

London's top Juice bars

Our love for liquid nutrition continues to grow - we slurp through the best places in town to get your speedy vitamin fix

by CHARLOTTE DORMON

Once the reserve of hipster Californians, juiceries have found their place alongside the capital's buzzing café culture. It helps that many health-conscious Londoners are looking to drink clean and green - cutting back on post-work pints in favour of a smoothie and a spin class. With that in mind, here's our pick of the best juice bars. No additives in sight.



Get a vitamin rainbow of goodness into your body

DRINK UP

Juicing extracts the liquid from fruit or vegetables, leaving the fibrous pulp behind. But not all methods are the same.

Stay cool

The cold-press method, in which no heat is applied to the process, ensures nutrients, vitamins and minerals remain uncompromised.

Savvy choice

Avoid choosing only sweet fruits - try to include leafy veg too.

For a tasty, filling breakfast, opt for a smoothie with protein powder, nut butter or superfood boost, and nut milk.

WIN!
SEVEN
DAYS OF GREEN
(includes two bottles of juice a day)
FROM
PRESS LONDON
See balance.media
for details



JUICE BABY

Chelsea

Every yogi, nutritionist and healthista goes here. The juices and smoothies are made using quality, certified organic ingredients.

The Green Glow, with cucumber, apple, leafy greens, celery, lemon and ginger, is great if you're looking for a detox and cleanse.

For a post-workout boost, try the Chai Spiced Maca, which includes banana, figs, maca, chai spice, pink Himalayan salt, coconut nectar and cinnamon.

C-PRESS

Canary Wharf, Fulham

C-Press looks like a pharmacy of juice: wall to wall with fridges full of organic, botanically charged juices, waters and shots that look like they mean business.

The TLC health shot, a blend of turmeric, lime, carrot and cayenne pepper, is good for circulation and your immune system.

The Liver Flush, with beetroot, lemon, milk thistle and dandelion, might be just the tonic after a heavy weekend.

CRUSSH

Across London

Head to one of the many branches for an improved range of superfood smoothies, cold pressed juices and herbal infused shots.

Highlights include Protein Power, a blend of organic soy milk, low-fat yogurt, tofu, bananas, raspberries and protein powder - ideal for breakfast.

Lean Green is a delicious mix of green apple, pear, pineapple, spinach, Swiss chard, kiwi, kale, romaine lettuce and parsley.

SUPERNATURAL

Canary Wharf, Oxford Circus & Piccadilly Circus stations

One of London's most successful mixologists, Dan Thompson, realised his passion was more than just a fad, so he launched Supernatural.

He's masterminded turning nutrient-dense ingredients into healthy drinks. The Forever Young, with beetroot, kale, mint, celery, carrot and alkalising aloe vera, is great for aiding digestion.

PRESS

Broadgate, St Paul's, Soho

A slick, LA-style juice bar full of brightly coloured bottles, each filled with a bespoke fruit and vegetable blend, varying from dark green veg mixes to orange and pink fruit fusions.

Staff members are helpful and provide enough nutritional knowledge to help you find your perfect tonic.

The N4 is a refreshing, scrumptious blend of zingy tangerine, carrot and apple. **B**



Get super juicy

Ditch the bog-standard orange juice for these blended creations

Discover London's top juiceries by following us on social media. Share pics of your fave meals on Instagram, using #BalanceEats

IMAGE: STOCKSY