

### ORGANIC COLD PRESSED JUICES

### **ROOTS RADICAL...**\$9

red beet, carrot, pear, ginger, lemon, turmeric liver support, oxygenating, anti-inflammatory

### SWEET KARMA...\$10

apple, parsley, spinach, kale, romaine, ginger, lemon increases vitality, supports brain function, improves complexion

#### BASILLION...\$10

apple, basil, spinach, lemon, cayenne, chlorophyll digestive support, clear skin, anti-inflammatory

### MELONDRAMATIC...\$10

watermelon, strawberry, mint, lime, himalayan sea salt hydrating, soothes stomach, glowing complexion

### LEAN GREEN VEGGIE MACHINE...\$10

cucumber, romaine, spinach, kale, lemon, parsley, ginger improves complexion, digestive health, anti-inflammatory

### OH GINGER!...\$9

apple, carrot, ginger, turmeric high vitamin A, anti-inflammatory

### C-HORSE...\$9

orange, green apple, lemon, pineapple, lime, cayenne supports immune system, glowing complexion, metabolic boost

## MIDNIGHT TRAIN...\$6

chaga + reishi infused honey, lemon, heavy black tea, activated charcoal, alkaline water adaptogenic, energizing, high in antioxidants

#### PRESSED KALE-AID...\$9

celery, apple, cucumber, lemon, kale, ginger aids water reduction, connective tissue support, alkalizing

# **JUICE BOOSTS**

### YIN ZING...\$5

ginger, lemon, turmeric anti-inflammatory, supports digestive health, alkalizing

### DETOX...\$4

green apple, lemon, ginger, stinging nettle extract, milk thistle extract

boosts immunity, anti-inflammatory, supports digestive health

### **BODY KARATE...\$4**

orange, sea buckthorn berry juice, ginger, lemon, astragalus, nettle oil

boosts immunity, essential fatty acids, improves complexion



gluten free



## **SMOOTHIES**





strawberry, banana, oat, coconut water, coconut cream, house almond mylk, honey skin cell turnover, boosts electrolytes, healthy digestion

...\$9 GF



pineapple, orange, banana, lemon, sea buckthorn berry juice, astragalus, nettle oil, ginger boosts immunity, glowing skin, supports respiratory health

...\$10.<sup>50</sup> GF



cacao, mesquite, spinach, banana, coconut oil, coconut cream, coconut water, house almond mylk, maple syrup, cinnamon, maca, tocotrienols, sea salt stabilizes mood, energizes, supports brain function

...\$10.<sup>50</sup> GF



banana, house almond mylk, coconut oil, date, spinach, peppermint oil, cacao nib, tocotrienols antimicrobial, glowing skin, supports heart health

...\$9 GF



pineapple, orange, pomegranate, coconut cream high antioxidants, improves complexion, anti-inflammatory

...\$9 GF



house almond mylk, kale, banana, date high electrolytes & omegas

## ALMOND MYLKS

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cold-brewed coffee, house almond mylk, madagascar vanilla

## SMOOTH OPERATOR...\$9



house almond mylk, date, cinnamon, vanilla omega fatty acids, supports brain function, supports digestion

ALMOND MYLK...\$9 GF



raw sprouted almond, filtered water, date, vanilla bean omega fatty acids, supports brain function, heart health

### **SNACKS + SWEETS**

### TUSCAN KALE & QUINOA SALAD...\$8



kale, red quinoa tabbouleh, lemon dressing alkalizing, high in vitamin K, antioxidants

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almond, date, vanilla, dark chocolate, almond butter, GF pretzel, sesame seed, honey