

ALL FRUIT SMOOTHIES

16 oz \$6.35

All of our smoothies are made with 100% all fruit juice and frozen unsweetened fruit. We are proud of our wholesome ingredients. **Omega Size:** Add ground flax seed or chia seeds .50. Add a scoop of protein powder, vegan protein powder, Acai powder or organic microalgae powder \$1.00.

BASHFUL SMOOTHIE

mixed with apple juice & banana with choice of: **Strawberry, Blueberry, Peach Raspberry, Mango and Pineapple.**

CARRIBEAN COOLER

Banana, strawberries, peach & apple juice.

AMBROSIA

Banana, strawberries, mango & apple juice.

CHOCOLATE BANANA

Banana, all fruit fudge sauce & choice of: Milk, soy, coconut or almond milk.

AUSTRALIAN KIWI BERRY

Banana, kiwi, strawberry, peach & cranberry juice.

PUMPKIN PIE SMOOTHIE

Pureed Pumpkin, spices, maple syrup & choice of milk, soy, coconut or almond milk.

ALGAE SHAKE \$7.25

Organic microalgae powder, banana & choice of milk, soy, coconut, or almond milk.

FROM OUR JUICE BAR: All juice is fresh squeezed on premise with fresh ingredients pure and natural free from additives and preservatives. Here is to your health!

12 oz of FRESH SQUEEZED FRUIT JUICE – CHOICE OF ORANGE OR GRAPEFRUIT \$5.50

12 oz VEGETABLE JUICE MADE TO ORDER- \$5.50 Carrot with your choice of 3 of the following: Kale, cucumber, green apple, parsley, lime, lemon, ginger, garlic, spinach, celery, cabbage, or beets. Each additional is .50. **Add organic wheat grass \$1.00.**

12 oz Organic Carrot Juice \$6.25.

WHEAT GRASS SHOTS: 1oz \$2.95 2oz \$5.50 **APPLE CIDER VINEGAR SHOTS –Lemon or Cayenne 2oz \$1.75**

NEW!!! SMOOTHIE BOWLS \$7.95

BLUEBERRY ACAI BOWL

Mix blueberry, banana, raspberry, Acai powder Acai juice, top with blueberry, chia & almonds.

MERMAID BOWL

Mix banana, Greek yogurt, organic microalgae powder top with kiwi, blueberries, strawberries & coconut.

PUMPKIN PIE SMOOTHIE BOWL

Pureed pumpkin, spices, maple syrup & Choice of milk, soy, coconut or almond milk Top with walnuts, pecans and pepitas.

PEANUT BUTTER CUP

Banana, peanut butter, all fruit fudge sauce with choice of milk, coconut milk, soy or Almond milk.

JAMAICAN JOY

Banana, raspberries, and papaya nectar.

MANGO TANGO

Banana, peaches, mango and apple juice.

BERRY BLUEBERRY

Banana, blueberry, strawberry, and Cranberry juice.

BERRY YOGURT SHAKE

Banana, strawberry, pineapple, peach Organic greek yogurt and apple juice.

NEW! PINK LADY 7.25

Fresh squeezed grapefruit juice, raspberries Strawberries.

GREEN YOUR SMOOTHIE

Add kale, spinach or cabbage to any of the Smoothies: .50 per each addition

MANGO TANGO BOWL

Mix banana, mango & almond milk top with strawberry, pepitas, almonds & flax.

RAINBOW BOWL

Mix coconut milk, banana, strawberry & Mango, top with strawberry, kiwi blueberry, coconut & banana.

GREEN SMOOTHIE BOWL

Mix banana, organic Greek yogurt, avocado, **kale** & spinach top with granola & craisins.