

Juice 101
 Located At Shops At Mauna Lani
 808-887-2244
 68-1330 Mauna Lani Dr.
 Suite 301
 Kamuela, HI 96743



Juice, Smoothie + Coffee Bar

Juice/Elixirs

Small(12oz) Large (20 oz)

Fresh Pineapple	\$10/12
4 Horseman	\$10/12
<i>apple, beet, celery, carrot</i>	
33 (Tribute to Larry Bird)	\$10/12
<i>green veggies and apple</i>	
Z-8	\$10/12
<i>carrot, beet, celery, tomato, kale, jalapeno, garlic, cucumber</i>	
Premium Juice Combination:	\$10/12
Choose up to 4: <i>beet, carrot, celery, apple, lemon, kale, parsley, tomato, cucumber, cranberry, pineapple, mango, orange, garlic, ginger, turmeric, jalapeno</i>	
Tai Mai	\$10/12
<i>pineapple, mango, orange</i>	
Recovery Elixir	\$10/12
<i>Cranberry Juice, goji, ginseng, iced green tea</i>	
Liquid Aloha	\$10/12
<i>Kale, Parsley, Cucumber, Pineapple</i>	
Mintade	\$10/12
<i>Mint, Cucumber, Fresh Lemonade</i>	

Shots

Ginger	\$5
Turmeric	\$5
Immunity Boost	\$7
<i>Turmeric, Garlic, Jalapeno, Lemonade</i>	
Wellness Boost	\$7
<i>Ginger, Turmeric, Mint, Lemonade</i>	
Goji	\$2

Smoothies

Small(12oz) Large (20 oz)

Perfecto	\$10/12
<i>Smoothie of the Day</i>	
B-52	\$10/12
<i>Strawberries, blueberries, mango, pineapple juice</i>	
Pirates of the Hawaiian Islands	\$10/12
<i>Mango, banana, coconut lilikoji, pineapple juice, rice milk</i>	
Fountain of Youth	\$10/12
<i>Blueberry, Cranberry juice, acai, kale</i>	
Purple Haze	\$10/12
<i>Acai, blueberry, banana, Cranberry juice, soy milk, frozen yogurt</i>	
The Garage	\$10/12
<i>the 101 works - all fruits</i>	
Jinx Bond	\$10/12
<i>matcha green tea powder, banana, frozen yogurt, rice milk</i>	
Enter Sandman	\$10/12
<i>dark chocolate, frozen yogurt, almond milk, banana, Mac-Nut butter</i>	

Smoothie (9oz)

Strawberry Pineapple	\$7
Strawberry Banana	\$7
<i>Frozen yogurt and rice milk</i>	

Add-ons:	
<i>Bee pollen, Goji Berries, Cacao, Ginseng</i>	\$1
<i>Kale, Cucumber, Banana</i>	
<i>Whey protein, Plant Protein, Soy Protein, Mac-Nut Butter, Spirulina, Maca, Fiber, Acai, Brain Octane Oil</i>	\$2
<i>Ginger, Turmeric, Espresso</i>	\$5

Meal Replacement Smoothies

Small(12oz) Large (20 oz)

Met Rx	\$11/13
<i>Vanilla or chocolate whey protein, banana, rice milk</i>	
Hulk	\$11/13
<i>Soy protein, kale, apple, banana, blueberry, Cranberry juice</i>	
Breakfast Fiber	\$11/13
<i>Plant protein, banana, date, coconut oil, matcha green tea powder, almond milk</i>	
Lean Machine	\$11/13
<i>Whey protein powder, mac-nut butter, flaxseed oil, blueberries, almond milk</i>	
Add-ons:	
<i>Bee pollen, Goji Berries, Cacao, Ginseng</i>	\$1
<i>Kale, Cucumber, Banana, Mac-Nut Butter</i>	
<i>Whey protein, Plant Protein, Soy Protein, Spirulina, Maca, Fiber, Acai, Brain Octane Oil</i>	\$2
<i>Ginger, Turmeric, Espresso</i>	\$5

Random Drinks

Small(12oz) Large (20 oz)

Tropical Iced Tea	\$5/7
Iced Green Tea	\$5/7
Fresh Squeezed Lemonade	\$5/7
Arnold Palmer	\$6/8
<i>Green tea, Lemonade</i>	
Plantation	\$6/8
<i>Pineapple juice, tropical tea</i>	

Open Daily From 6am – 5pm
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Juice, Smoothie + Coffee Bar

Coffee

HOT One Size (16oz)
COLD Small(12oz) Large (20 oz)

100% Local Coffee	\$5
Bulletproof Coffee	\$7
<i>Local grass-fed butter, brain octane oil</i>	
100% Local Decaf French Press	\$5
Iced 100% Local Coffee	\$5/7
100% Hawaiian Espresso	\$5
Iced Latte	\$5/7
Cappuccino	\$5
Latte	\$5
Hot Tea	\$3
Fire & Ice Iced Blended Coffee	\$8/10
Iced Blended Mocha Banana	\$8/10

Add-ons:

<i>Vanilla syrup, sugar-free vanilla syrup</i>	\$1
<i>caramel syrup, chocolate syrup, peppermint syrup,</i>	
<i>cinnamon syrup, coconut syrup, hazelnut syrup</i>	

<i>Local grass-fed butter, brain octane oil,</i>	\$2
<i>vanilla bean powder</i>	

<i>Espresso</i>	\$5
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Breakfast (Served All Day)

Egg & Avocado Wrap	\$10
<i>Tomato and cheddar</i>	
Egg & Turkey Wrap	\$10
<i>Tomato and cheddar</i>	

Add-ons:

<i>Avocado</i>	\$2
<i>Turkey</i>	\$3

Acai Bowls

Small(16oz) Large (32 oz)

O.G. Acai Bowl	\$8/15
<i>100% Acai, dollop of yogurt, topped with Banana, blueberries, granola, coconut, & agave</i>	
Hapuna Bomber Acai Bowl	\$10/17
<i>100% Acai, dollop of peanut butter, topped with Banana, Granola, coconut, & chocolate chips</i>	
Rootsy Puna Acai Bowl	\$10/17
<i>100% Acai, dollop of overnight spirulina chia seed pudding, topped with banana, blueberries, hemp seeds, bee pollen, coconut, & honey</i>	
Waipo Mudslide Acai Bowl	\$10/17
<i>100% Acai, Topped with Banana, graham crackers, coconut, chocolate chips, mac-nut nutella, & coconut</i>	

Add-ons:

<i>Bee pollen, Goji Berries, Cacao, hempseeds</i>	\$1
<i>Whey protein, Plant Protein, Soy Protein, mac-nut nutella, peanut butter, Mac-Nut Butter, overnight spirulina chia seed pudding</i>	\$2

Bagels (Toasted)

Butter	\$3
Avocado	\$5
Cream Cheese	\$5
Veggie	\$7
<i>hummus, tomato, cucumber, sprouts</i>	
Smoked Salmon	\$10
<i>cream cheese, tomato, cucumber, sprouts</i>	

Treats

(2 Scoop/ 3 Scoop)

Ice Cream	\$4.50/6.75
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Add-ons:

<i>Sprinkles, Chocolate sauce</i>	\$1
<i>Banana, Gronola, Coconut, Chocolate chips</i>	

Hot Paninis & Cold Wraps

(Comes with Chips or Green Salad)

Tomato Mozzarella	\$11
And Turkey	\$14
<i>fresh basil, pesto</i>	
Veggie Wrap	\$11
<i>Hummus, Tomato, Cucumber, Sprouts</i>	
Turkey & Prosciutto	\$15
<i>brie, Dijon, tomato, sprouts</i>	
Corleone Italian	\$15
<i>prosciutto, tomato, mozzarella, basil, olive tapenade</i>	
No-Mayo Tuna	\$15
<i>EVOO, onions, celery, tomato, cheddar, sprouts</i>	
Add-ons:	\$2
<i>Avocado</i>	

Salads

(Can be made into a wrap)

Greek	\$11
<i>mixed local organic lettuces, cucumbers, tomatoes, olives, local goat feta, lemon oregano vinaigrette</i>	
Local Hippy Farmer	\$11
<i>mixed local organic lettuces, radishes, cucumbers, tomatoes, sprouts, feta, orange basil vinaigrette</i>	
No-Mayo Tuna	\$12
<i>mixed local organic lettuces, sprouts, tomato, cucumber, Balsamic vinegar</i>	

Kids Menu

(Served with chips)

Grilled Cheese	\$7
Mac-Nut Nutella	\$7
<i>With sliced banana</i>	
Egg and Cheese	\$8
No-Mayo Tuna	\$8
<i>Cheddar cheese</i>	

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