

FOR THE **LOVE** OF FRESH JUICE

SPICE UP YOUR LIFE

PINEAPPLE | ORANGE | GINGER | TURMERIC | CAYENNE PEPPER

COOL THERAPY

PINEAPPLE | APPLE | CUCUMBER | MINT

TIME MACHINE

PINEAPPLE | APPLE | ORANGE | CARROT | CUCUMBER | BEET | LEMON | GINGER

GARDEN NINJA

CUCUMBER | CELERY | SPINACH | KALE | LEMON

GET REFRESHED

CUCUMBER | LIME | COCONUT WATER | SEA SALT

16 OZ \$10 | 20 OZ \$12

FOR THE **LOVE** OF SMOOTHIES

STRAWBERRY VIBES

STRAWBERRIES | BANANA | HEMP SEEDS | ALMOND MILK

MANGO TANGO

MANGO | BANANA | ORANGE JUICE | HEMP SEEDS | HONEY | ALMOND MILK

JAMMIN WITH MY BERRIES

STRAWBERRIES | BLUEBERRIES | BANANA | APPLE JUICE

PB & J

PEANUT BUTTER | STRAWBERRIES | BANANA | CHIA SEEDS | ALMOND MILK

GREEN WARRIOR

SPINACH | KALE | AVOCADO | BANANA | FLAX SEEDS | ALMOND MILK

PEANUT BUTTER CUP

PEANUT BUTTER | BANANA | 20G PROTEIN | CACAO | ALMOND MILK

ISLAND VIBES

PINEAPPLE | MANGO | BANANA | ORANGE JUICE | COCONUT FLKES

NUTELLA IS MY NEW JAM

NUTELLA | STRAWBERRIES | BANANA | HEMP SEEDS | ALMOND MILK

ALL SMOOTHIES \$10 (20oz)

FOR THE **LOVE** OF BOWLS

THE ROOKIE BOWL

BASE: ACAI

TOPPINGS: GRANOLA | STRAWBERRIES | BLUEBERRIES | BANANA | HONEY

TOWSON BOWL

BASE: ACAI

TOPPINGS: GRANOLA | ALMOND BUTTER | BANANA | HEMP SEEDS

ISLAND BOUND BOWL

BASE: MANGO | PINEAPPLE | BANANA

TOPPINGS: GRANOLA | PINEAPPLE | KIWI | STRAWBERRIES | COCONUT FLAKES

16 OZ \$10 | 20 OZ \$12

BASE:

TOPPINGS:

ALL BOWLS \$13 (ONE SIZE)

FOR THE **LOVE** OF OATS

FOR THE **LOVE** OF YOUR BODY

SHOW YOUR BODY **LOVE** WITH A CLEANSE!

1 DAY CLEANSE OR 3 DAY CLEANSE AVAILABLE

THE SASSY SKILLET CAFE AND JUICE BAR AT TOWSON

WWW.GETSASSYINMARYLAND.COM