

Salads

Our salads are made fresh daily. Add Chicken for \$2

Chickpea 10

Chickpeas, feta cheese, bell peppers, cucumbers, red onions, homemade dressing.

fruit 10

spring mix, pecans, raisins, strawberries, apples, raspberry dressing.

Romaine 10

Romaine lettuce, roasted chicken parmesan cheese, gyro, bread, croutons, ranch or caesar dressing.

Healthy diet food tips

Eat mostly veggies and fruits

Choose whole grains over processed grains

Consume lean protein whenever possible

Love Our Smoothies?
Let us cater your next event!

www.familiassaludableslincolnpark.com

Fresh brewed ice Tea

All of our teas default with no artificial flavors, and comes vitamins and fresh fruit. Please specify if you have any allergies, for an additional ingredients there will be a charge, when ordering.

Pomegranate seeds Tea 12

Beauty Tea 12

Orange Tea 12

Lime Tea

Pineapple Tea 12



Familias Saludables

NATURAL SMOOTHIES

JUICE BAR



(313) 414-4145

1664 Fort Street.

Lincoln Park, MI 48146

www.familiassaludableslincolnpark.com



Juices

Crafted from 100% natural ingredients in small batches and cold-pressed.

Beetroot. 10

100% Natural beet root juice with or without pulp

Carrot. 10

100% natural carrot juice with or without pulp.

orange. 10

100% Natural orange juice with or without pulp.

The Hulk. 10

100% fresh spinach, green apples, lime, celery, and water.



Shakes

\$1.00 for additional toppings

Cinnamon Roll. 12

Banana Foster. 12

Campfire S'more. 12

Lucky Shamrock. 12

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Sugar Cookie. 12

Mint Latte. 12

Fruity Pebbles. 12

Samoa. 12

The King Elvis. 12

Aloha Delight. 12

Orange Dreamsicle. 12

Coconut Kruszh. 12

Upside Down Pineapple. 12

Cinnamon Crunch. 12

Rocky Road. 12

Shake it up

Strawberry Banana. 12

Caramel pudding, shot of Carmel syrup, vanilla protein.

Carmel apple. 12

Apple fiber, caramel pudding, caramel syrup, vanilla protein, dulce de leche.

Strawberry Milkshake. 12

Strawberries, vanilla, pudding, vanilla protein, strawberry syrup,

Caramel corn. 12

Caramel Pudding, nuts, Caramel syrup, Vanilla protein, dulce de leche.

