#### **FRUIT SMOOTHIES**

WHOLE FRUIT, SPRING WATER & ICE \*VEGAN\*

**SIZES** 

Sm \$6.25

Med \$6.95 Lg \$7.75

STRAWBERRY BANANA

banana & strawberries

RED, WHITE & BLUEBERRRY

strawberries, blueberries & banana

**BLUEBERRY BANANA KALE** 

blueberries, banana & kale

PINEAPPLE BANANA KALE

pineapple, banana & kale

**GREEN BANANA SMOOTHIE** 

bananas, baby spinach & kale

**BANANA TROPIC** 

banana, mango & pineapple \*best add-in: coconut

\*\* BANANA SMOOTHIES \*\*
ALWAYS CONTAIN BANANA

**SMOOTHIES WITHOUT BANANA** 

**MANGO BERRY** 

strawberries, mango, blueberries

STRAWBERRY PINEAPPLE

strawberries & pineapple

PINEAPPLE MANGO

pineapple & mango

**PINEBERRY** 

pineapple, strawberries, blueberries

**CASHEW SMOOTHIES** 

MADE WITH CASHEW NUT MILK \*VEGAN\*

**SIZES** 

Sm \$6.25 Med \$6.95 Lg \$7.75

KALE CHIP

nut milk, banana, kale, cocoa nibs

**CASHEW GREEN** 

nut milk, banana, spinach & kale

**LOW-CARB GREEN** 

nut milk, avocado, spinach & kale

**CHOCOLATE PROTEIN SHAKE** 

nut milk, banana, cocoa powder & protein

COCONUT CRÈME

cashew nut milk, banana, coconut oil

**MOCHA CHIP** 

nut milk, banana, coffee, cacao

**PEANUT BUTTER SMOOTHIES** 

MADE WITH OASIS PEANUT BUTTER \*VEGAN\*

**SIZES** 

Sm \$6.25 Med \$6.95 Lg \$7.75

PEANUT BUTTER BANANA

peanut butter & banana & peanut butter

PEANUT BUTTER KALE

peanut butter, banana & kale

PEANUT BUTTER KALE CHIP

peanut butter, banana, kale, cocoa nibs

PEANUT BUTTER & JELLY

peanut butter, banana & strawberries

PEANUT BUTTER CUP

peanut butter, banana & cocoa powder

**ADD-INS \$1.00** 

OASIS PROTEIN BLEND

our custom plant based protein blend of hemp seeds, pumpkin seeds & sprouted brown rice proteins. 12a protein / servina

CHIA SEEDS OR FLAX SEEDS

source of omega-3s & fiber

COCOA BEAN NIBS

the real chocolate bean- natural energy booster, iron, magnesium, & antioxidants

COCONUT OIL

adds creaminess & healthy fats

**COCONUT FLAKES** 

adds light coconut flavor & texture

COFFEE

the classic energy boost

MACA POWDER

Peruvian root vegetable with a malty flavor ~ improves energy

VITAMIN C

super boost of Vitamin C for immunity

**BEE POLLEN** 

for seasonal allergies and energy

**SUPERGREENS** 

a blend of wheatgrass, alfalfa & chlorella

**GINGER** 

ginger juice immune booster

**GRANOLA** 

oasis hand made oatmeal granola



#### CALORIES

Fruit Smoothies: 16oz 200 cal 20oz 250 cal

24oz 300 cal

Nut Milk Smoothies:

16oz 250 cal 20oz 300 cal

24oz 360 cal

Peanut Butter Smoothies:

16oz 300 cal 20oz 350 cal

24oz 400 cal

Bowls: 395 cal

Actual calories may vary slightly depending on the addition of boosters.

#### **DESSERT SMOOTHIES**

#### **SIZES**

Sm \$6.25 Med \$6.95 Lg \$7.75

Made with Cashew nut milk, avocado & cane sugar.

## **BERRIES & CRÈME**

nut milk, blueberries, strawberries

#### MINT CHIP SHAKE

cool mint nut milk shake & crunchy cacao nibs

#### **CHOCOLATE SHAKE**

nut milk, avocado & cocoa powder \*best add-in: coconut oil

### STRAWBERRY SHAKE

nut milk, strawberries & avocado \*best add-in: chia seeds

#### CHOCOLATE MINT SHAKE

smooth, minty chocolate nut milk shake
\*best add-in: cacao nibs

## OASIS BOWLS \$8.75

Turn any Smoothie into a Bowl!
Topped with Homemade
Gourmet Granola, Sliced Bananas,
Whipped Coconut Crème
& Chocolate Chips

# **BOWL TOPPINGS \$1**

- \* CHOCOLATE CHIPS
- \* COCONUT FLAKES
- \* CRUSHED PEANUTS
- \* BEE POLLEN
- \* CHIA SEEDS
- \* EXTRA GRANOLA
- \* SUNFLOWER SEEDS
- \* PUMPKIN SEEDS

BUSINESS HOURS Monday- Thursday 8:00am - 4:00pm Friday 8:00am - 3:00pm Saturday

\*Visit Website for seasonal hours

9:00am -1:00 pm

The items listed are not intended to treat, diagnose, cure or prevent any disease. The information given is not medical advice. As always, consult your physician for medical related guidance.

Menu prices include sales tax and are subject to change.

010120



... beyond juice



# MENU

Bowls & Smoothies

100% Plant Based Whole Plant Blends Dairy Free ~ Gluten Free

610-254-9797 Give Us a Call! Order By Phone.

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