

# SMOOTHIES

## **BERRY BLESSED - \$10**

Blueberry, Raspberry, Strawberry, Pineapple, Almond Milk, Honey, Ice

## **HEART-BEET - \$10**

Beet, Raspberry, Strawberry, Banana, Honey, Ice, Coconut Water

## **MANGO-GLOW - \$10**

Mango, Strawberry, Honey, Almond Milk, Vitamin C Powder (1,000 mg)

## **STRAWBERRY ENERGY - \$10**

Strawberry, Banana, Lime Juice, Apple Juice  
ADD Moringa for \$1

## **MOOOOO MUSCLE - \$10**

A2 Whole Milk, Peanut Butter, Chocolate Whey Protein, Banana, Honey, Cinnamon, Ice

## **GUT GLADNESS - \$10**

Spinach, Wheatgrass Powder, Yogurt, Lime Juice, Apple Juice, Pineapple, Oat Milk, Ice

# SMOOTHIES+

## **CREATINE CREATURE - \$11**

Mango, Pineapple, Banana, Creatine (5g), Lime Juice, Coconut Water, Ice

## **FIBER FREAK - \$11**

Raspberry, Blueberry, Pineapple, Almond Butter, Psyllium Husk Fiber (8g fiber), Almond Milk, Honey

## **POPEYE'S PBJ - \$11**

Spinach, Blueberries, Raspberries, Peanut Butter, Vanilla Plant Protein (25g protein), Almond Milk, Honey, Ice

# KIDS SMOOTHIE

Any smoothie above for \$7 for kids 12 & under.

***"On each side of the river stood the tree of life."  
- Rev 22:2***

# JUICES

## **WELLNESS WARRIOR - \$10**

Orange, Apple, Kale, Spinach, Lemon Juice, Turmeric

## **INFLAM-EEZEE - \$10**

Cucumber, Celery, Apple, Lime Juice, Turmeric, Cayenne

## **PRESSURE DROP - \$10**

Apple, Beet, Orange, Cucumber, Turmeric

## **MORNING RECOVERY - \$10**

Cucumber, Celery, Apple, Coconut Water, Trace Mineral Drops

## **VIBRANT YOU JUICE - \$9**

Cucumber, Celery, Lemon Juice, Ginger, Cayenne  
Irish Sea Moss Drops

## **GREEN CLEANSE - \$10**

Cucumber, Celery, Spinach, Kale, Parsley, Lemon Juice, Ginger

## **FARMER'S FAVE - \$9**

Beet, Carrot, Apple, Lime Juice, Ginger

## **IMMUNE BOOSTER - \$10**

Orange, Apple, Carrot, Ginger, Cinnamon