

FRESH-MADE JUICE

\$5.00 12oz • \$6.00 16oz • • • • •



CALORIES 12oz 16oz

ABC apple, beet, carrot	140	180
COLD BUSTER apple, lemon, ginger, cayenne	90	120
GREEN LEMONADE celery, cucumber, apple, lemon	110	170
RISE & SHINE carrot, orange	150	190
TRIPLE C carrot, cucumber, celery	90	110
20/20 carrot	130	170

SHOTS

WELLNESS (5oz) \$3.50 40 CAL	WHEAT GRASS
apple, turmeric, ginger, lemon, cayenne	Single Shot (1oz) \$1.99 5 CAL
	Double Shot (2oz) \$3.99 10 CAL

BUILD YOUR OWN JUICE

MARK YOUR CHOICES AND HAND BACK TO A TEAM MEMBER ☐ 12oz ☐ 16oz

STEP 1: CHOOSE A BASE

☐ carrot juice (6oz) 65 cal	☐ orange juice (6oz) 80 cal
☐ apple juice (6oz) 90 cal	

STEP 2: PICK 2 FOR A 12oz AND 3 FOR A 16oz JUICE

☐ beets (3oz) 40 cal	☐ carrots (3oz) 35 cal
☐ apples (3oz) 45 cal	☐ cucumber (3oz) 15 cal
☐ celery (3oz) 10 cal	☐ spinach (3oz) 5 cal
☐ kale (3oz) 40 cal	

2,000 calories a day is used for general nutrition advice, but calorie needs vary.



JUICE AND SMOOTHIE MENU



SIGNATURE SMOOTHIES

\$7.00 • 16oz •



CALORIES

GREEN GOODNESS 310

apple juice, banana, kale, ginger, lemon juice, apple

CARIBBEAN DREAM 390

coconut water, banana, kale, mango, pineapple

THE NUTTER 720

almond milk, banana, almond butter, cacao, date

THE BIG YUMMY 710

vanilla soy, banana, peanut butter, date

CALORIES

TROPICAL SUNSET 370

orange juice, strawberry, banana

STRAWBANA HEMPSTER 470

hemp milk, banana, strawberry, hemp protein, date

KICKSTARTER 230

orange juice, mango, celery, ginger, spinach, kale, turmeric, cayenne

RAZZLEBERRY 390

apple juice, banana, raspberry

KIDS SMOOTHIES \$4.00 • 12 oz

SUMMER CAMP 380

apple juice, strawberry, peanut butter

CUP OF SUNSHINE 270

apple juice, mango, pineapple

BERRY POPSICLE 330

apple juice, banana, blueberry, raspberry



SMOOTHIE BOWLS \$10.00 • 24 oz

PNW SMOOTHIE BOWL 1050

almond milk, banana, almond butter, cacao, blueberry, cinnamon, topped with granola, coconut, banana

GREEN FUEL SMOOTHIE BOWL 850

kale, almond milk, banana, mango, avocado, topped with raspberry, banana, hemp hearts and agave syrup

BUILD YOUR OWN SMOOTHIE

\$7.00 16oz • 105-350 CALORIES



MARK YOUR CHOICES AND HAND BACK TO A TEAM MEMBER

STEP 1: CHOOSE A BASE

- | | | | |
|--|---------|---|---------|
| ☐ vanilla soymilk (8 oz) | 100 cal | ☐ coconut water (10 oz) | 60 cal |
| ☐ almond milk (8 oz) | 40 cal | ☐ apple juice (10 oz) | 150 cal |
| ☐ hemp milk (8 oz) | 80 cal | ☐ orange juice (10 oz) | 110 cal |

STEP 2: PICK UP TO 3 FRUITS & VEGGIES

- | | | | |
|---|---------|--|--------|
| ☐ mango (5 oz) | 80 cal | ☐ blueberry (5 oz) | 70 cal |
| ☐ pineapple (5 oz) | 70 cal | ☐ raspberry (5 oz) | 70 cal |
| ☐ banana (5 oz) | 120 cal | ☐ kale (3 oz) | 30 cal |
| ☐ strawberry (5 oz) | 50 cal | ☐ spinach (3 oz) | 15 cal |

OPTIONAL ADD ONS - \$1 EACH

- | | | | |
|---|---------|--|---------|
| ☐ bee pollen (.5 oz) | 40 cal | ☐ hemp seed (3 Tbsp) | 170 cal |
| ☐ hemp protein (1 oz) | 130 cal | ☐ ginger (1 oz) | 20 cal |
| ☐ almond butter (1 oz) | 170 cal | ☐ turmeric (1 oz) | 90 cal |
| ☐ peanut butter (1 oz) | 170 cal | ☐ dates (2 ea) | 132 cal |
| ☐ flax seeds (1.5 Tbsp) | 50 cal | ☐ cacao (1 oz) | 60 cal |
| ☐ chia seeds (1 Tbsp) | 45 cal | ☐ additional fruit (5 oz) | 75 cal |
| ☐ spirulina (1 tsp) | 10 cal | ☐ additional veggie (3 oz) | 40 cal |
| ☐ matcha (5g) | 20 cal | | |

PLANT-BASED PROTEIN POWDER - \$3

- | | | | |
|-------------------------------------|---------|---------------------------------------|---------|
| ☐ natural (39g) | 150 cal | ☐ chocolate (46g) | 170 cal |
| ☐ vanilla (44g) | 170 cal | | |

Additional nutrition information available upon request. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.