



Drink & Smoothie Bowl MENU

*All juices, smoothies and bowls are gluten-free, dairy-free, soy-free and GMO-free,
With no added sugar, chemicals or preservatives... nothing but clean, organic, whole, real food ingredients!
True Juice is a proud participating Blue ZonesProject™ business.  This symbol designates "Blue Zones Project™ Inspired"*

Juices

Organic, Fresh, Raw & Made-to-Order
8oz - \$4.95 | 12oz - \$6.95 | 16oz - \$7.95

- #1 **True Juice Wellness**.... Carrot, apple, lemon, ginger
 - #2 ***Drink Your Greens !** ... Seasonal greens, cucumber, parsley, lemon, ginger, green apple, carrot
 - #3 **Immunity Blast** ... Carrot, ginger, lemon, celery, apple, turmeric
 - #4 ***Detox Dream** Apple, lemon, carrot, celery, seasonal greens, ginger, cilantro
 - #5 **Heart Beet Hotel** ... Beet, carrot, celery, cucumber, spinach, apple, lemon
 - #6 **Mother May I ?** (kids love this one!) Cucumber, beet, carrot, orange, apple, spinach
 - #7 **Matcha Madness** (antioxidant heaven)..Seasonal greens, apple, carrot, ginger, lemon, matcha tea
 - #12 ***Just Green** ...Cucumber, green apple, kale, parsley, celery, lemon, ginger
- ** Grab a fresh Cold-Pressed Juice, Shot or Mylk any time from our cold case and bypass waiting**

SHOTS- \$3.95 / **Vampire Slayer Shot (with garlic*)** : \$4.95 | *any shot with CBD added: +2.50*
Immune Boost Shot: *Lemon, Ginger, Cayenne* | **Wellness Shot:** *Wheatgrass, Lemon, Green Apple*

Optional Juice Add-in's:

Add any extra veggie or fruit item... + .95 | Ginger, turmeric, matcha green tea, or wheatgrass... + 1.00

**A Lower-carb selection for those watching their blood sugar levels*

Smoothies

Organic, all GMO-free ingredients (no junk or processed mixes) & Made-to-Order
8oz - \$4.95 | 12oz - \$5.95 | 16 oz - \$6.95

- #8 **Green & Glorious** (here's to your health!) ... Spinach, apple, celery, carrot, lemon, cucumber, green tea, *stevia
- #9 ** Antioxidant Warrior** ... Mixed berries, spinach, banana, apple, hemp seeds, matcha green tea (or coconut milk), *stevia
- #10 **Purple Health**.... Blueberries, banana, spinach, coconut milk, *stevia
- #11 **Chocolate-Lovers** (guilt-free & nutritious!).... Coconut milk, cinnamon, vanilla, cacao, banana, cacao nibs, * stevia

Smoothie



BOWLS

\$5.95 – 8oz | 16oz (mondo-size!) \$7.95

Eden's Fave ... Coconut Milk, mixed berries, spinach, banana, stevia + two toppings of your choice

Lydia's Fave Coconut milk, strawberries, spinach, banana, stevia + two toppings

Finn's Fave Coconut Milk, blueberries, acai, banana, spinach, stevia + two toppings

**Want it sweeter? Ask for extra stevia / Sub out coconut milk for organic almond milk or filtered water any time*

Optional Smoothie & Bowl Extra Add-in's /Boosts/Toppings

Add organic Hemp protein, Pea protein, Amla, Maca, OR Acai + \$1.50.... Organic CBD + \$2.50

TOPPING OPTIONS: See our Toppings list at the service counter: **first 2 FREE, extra add \$1.00**

BUILD YOUR OWN Juice, Smoothie or Bowl (choose any FOUR ingredients).... Add \$1.00



Organic SOFT SERVE Vegan Frozen Yogurt!! Regular: \$4.95 | Tiny: \$3.95 *comes with one topping



Breakfast, Lunch, Snacks, Bowls & Specialty Drinks

To-Go Boxes available any time on request ! |  This symbol designates Blue Zones Project™ Inspired

Quinoa Bowls – 6.95 (Breakfast) / 8.95 (lunch bowls)

(All Organic & Delicious...#s 2&3 served with a side of probiotic-rich organic raw apple cider vinegar & olive oil dressing)

Breakfast Bowl... quinoa, coconut milk, cinnamon, choice of 3 toppings: nuts, seeds, berries, granola, fruit, coconut, honey, etc.

Rogue Bowl ...quinoa, greens, roasted sweet potato, chick peas, avocado, carrots, green onion, beets, parsley, pumpkin seeds

Southwestern Bowl...quinoa, greens, black beans OR vegan chili, avocado, salsa, celery, green onion, cilantro (cheese-*optional)

Sandwiches on Artisan Sour Dough (Organic/contains sprouted wheat) - 8.95 / 9.95

Veggie (8.95): comes with greens, cucumbers, green onions, hummus, cream cheese (or non-dairy Earth Balance on request), organic cheddar cheese, avocado, house olive oil & raw cider vinegar dressing

Turkey & Veggie (9.95): Same as the Veggie above, but with organic sliced turkey added

- Ask for a side of probiotic-rich organic sauerkraut or salsa for just .50 more
- Have it on a Gluten-Free Cheddar or Garlic Onion Bagel for just \$1.00 more

***Vegan Version** (like the Veggie above but without cheese or cream cheese... extra hummus or Earth Balance added) : \$7.95

WRAPS (contains wheat, Organic, vegetarian & vegan options): 7.95

Southwestern: House-made vegan Chili, cheese (optional), hummus, greens, green onions, salsa, avocado, cilantro

Turkey: Organic turkey slice, cheese (optional), cream cheese (optional), hummus, green onions, greens, cucumbers, Avocado, ACV & oil dressing

Veggie/Vegan: Same as Turkey above, minus the turkey (organic black beans and/or quinoa added on request) ☺

Quiche: (Gluten-Free & Organic) - 6.95

(great for breakfast or lunch! Ask for our featured flavor of the day)

AVOCADO TOAST: 4.95/slice or 8.95/two slices (contains organic sprouted wheat & other grains)

Choice of *RISE UP* Multigrain Sprouted Bread, or sourdough w/ Avocado, Tomato, Sprouts, Herb shake/sea salt

Nut-Butter Toast: 3.95/slice or 6.95 / two slices

Choice of Bread.... Choice of Almond or Mixed Nut & Seed Butter + TWO Toppings of Choice

Soup OR Chili & Juice Combo - 9.95

Soup of Chili of the day + an 8 oz* juice (or smoothie) of your choice

- make it a 12 oz drink for just \$2.00 more-

Cup of Organic Soup or Chili + Gluten Free Crackers w/ Hummus - 6.95

*organic, gluten free

Herb & Fruit-Infused Waters: 12 oz. - 1.95 | 16 oz. - 2.95

(made with Aqua Tru triple- filtered water... see daily flavors available)

* or ask for a **32 oz. Mason Jar - \$3.95 + \$1.50 refundable jar deposit** (bring back our jar next time & save \$1.50)

"COLD-BREW" ORGANIC, FAIR TRADE COFFEE (made hot or cold for you): 3.95/ 12 oz

■ Specialty hot & Cold drinks (lattes/mochas, etc....hot or iced) - 4.95 * try it with our house-made hemp mylk or organic half & half !

Herb Tea - 2.95: Iced OR Hot tea Varieties...see current selection on service counter

Organic Snow Cones- 3.95 (Strawberry or Blueberry - * contains organic cane sugar)

Banana Cream Sundae- 8 oz - 3.95 | 12 oz- 4.95 | 16 oz – 5.95

(made with just frozen organic bananas, but tastes like frozen yogurt!)

Comes with 2 toppings of choice: organic chocolate syrup, nuts, seeds, granola, fruit, etc. extra toppings, add \$.75 each

Specialty Seasonal Drinks.... Vanilla-Turmeric Horchata , Lavender Lemonade, Matcha Tea, Turmeric Chai Latte, House-Made Specialty Nut Mylks and more... ask at the service counter for current choices