

sip

JUICE

12 oz / 16 oz

(Add any greens to your juice for .75, ginger for .50, or garlic for free)

HAWTHORNE: apple, carrot, parsley, lemon, & ginger **4.5 / 5.95**

GET UP: pineapple, orange, carrot, & apple **4.5 / 5.95**

POST STANDARD: apple, lemon, ginger, carrot, & beet **4.95 / 6.5**

SUPER VEGGIE: kale, celery, cucumber, carrot, beet, & garlic **4.95 / 6.5**

SUMMER BREEZE: apple, cilantro, pineapple, cucumber, & lime **5.5 / 6.95**

VERDE: kale, parsley, celery, cucumber, & lime **5.5 / 6.95**

CUSTOM BLEND: make your own combo out of any of our produce **5.5 / 6.95**

(Don't see an old favorite? Just ask we still remember the recipes!)

SMOOTHIES

12 oz / 16 oz

(Sub dates for agave in any smoothie (free), house-made raw hemp milk for almond milk .50)

ORANGE JULIEISH: banana, orange, vanilla, almond milk, agave, & ice **3.5 / 4.95**

SABANA: strawberries, banana, & fresh squeezed orange juice **3.95 / 5.5**

GINGERBERRY: strawberries, blueberries, apple, & ginger **3.95 / 5.5**

BELMONT: banana, peanut butter, cocoa powder, vanilla, agave, almond milk & ice. **4.5 / 5.95** (make it a Vegan Protein for .50)

MACA MADNESS: maca, almond milk, banana, almond butter, dates, vanilla, & ice. **4.95 / 6.50**

GREEN SMOOTHIES

12 oz / 16 oz

(Sub dates for agave in any smoothie)

INCREDIBLE HULK: kale, spinach, apple, lemon, ginger, agave, & ice **3.95 / 5.5**

GREENSICLE: kale, spinach, banana, orange, vanilla, agave & ice **3.95 / 5.5**

TROPICAL GREENS: kale, spinach, orange, pineapple, coconut oil, agave, & ice **4.5 / 5.95**

DIEHARD: kale, spinach, parsley, cilantro, cucumber, celery, lemon, ice, & a pinch of sea salt **4.95 / 6.5**

VEGAN MILKSHAKES

\$5.95

12 oz

(All milkshakes made with organic Coconut Bliss ice cream)

vanilla, chocolate, carrot cake, peanut butter, strawberry, blueberry, green tea, chocolate peanut butter, creamsicle, cookies & cream

SUNRISE BOWL \$5.5

organic granola served with blended blueberries, banana, & apple, topped with fresh fruit, nuts, and a dash of cinnamon

(Goji berry booster goes great with this.)

DAILY SOUP

\$2.50 CUP / \$4.50 BOWL

Our daily rotation of delicious, organic, fresh made soup. (usually served over brown rice)

STEAMED JUICE

ELIXIRS:

12oz 4.5 16oz 6

FLU SLAYER: freshly juiced apple, lemon, ginger and garlic steamed up with cayenne, elderberry, oregon grape, and echinacea.tincture

IMMUNE BOOSTER: fresh squeezed orange, apple, pineapple, and ginger juice steamed up with echinacea, and elderberry tincture.

CHILLAXER: freshly juiced pineapple, orange, and lemon steamed up with skullcap, st. john's wart, and a dash of kava kava.

TEALATTES

Your favorite tea brewed extra strong then cut with a lovely steamed "milk"

12oz 2.75 16oz 3.50

CHAI FROM SCRATCH: Make it extra spicy with some fresh ginger and a dash of cayenne for \$.50.

HERBAL CHAI: Made just like our house chai without the caffeine.

ROOIBOS: this wonderful south african herbal tea makes a killer caffeine-free latte.

MATCHA: powdered green tea, think Starbuck's green tea latte, but way better and organic.

MATE: high in caffeine without the jitters of coffee.

OTHERS:

HOT CIDER: 12oz \$4.00 16oz \$5.00 apples juiced to order, a splash of orange, and a dash of ginger.

HOT COCOA: 12oz 2.75 16oz 3.50 dark organic chocolate chips melted into steamed almond milk mmmmm.

FIRE COCOA: 12oz \$2.75 16oz \$3.50 same as our house hot cocoa with a hefty dash of cayenne.

SHOTS

ALOE: amazing digestive tract soother, great for people with IBS. **1.5 / 2.5**

GINGER: get a boost lighting your inner fire while calming your stomach. **1.5 / 2.5**

WHEATGRASS: potent source of chlorophyll that comes with a healthy punch of trace minerals, amino acids, and live enzymes **2 / 3.75**

E3LIVE: 100% blue-green algae with 64 easily absorbed vitamins, minerals, enzymes, & more biologically active chlorophyll than any known food. **3**

BOOSTERS

strawberries .75

blueberries .75

greens (kale, parsley, spinach, ect.) .75

raw rice protein 1

maca 1

matcha 1

chia 1

goji berries 1

vitamineral greens 1.5

flax 1.5

almond butter 1.5



HOURS

9A-7P EVERYDAY