

SMOOTHIE BOWLS \$12.50

BLUE RIDGE BOWL

Strawberry, Mango, Blueberry, Coconut Water topped with Banana, Granola, Almond Butter, Raw Cacao Nibs, Coconut Flakes, Matcha Powder, Honey

CHOCOLATE CHERRY BOWL (\$13.25)

Mango, Dried Cherries, Chocolate Protein Powder, Almond Milk topped with Banana, Granola, Almond Butter, Raw Cacao Nibs, Chia Seeds, Honey

HEAVY GREENS BOWL

Banana, Kale, Spinach, Chocolate Protein Powder, Almond Milk topped with Strawberries, Granola, Cashews, Raw Cacao Nibs, Coconut Flakes

ALOHA BOWL

Pineapple, Mango, Banana, Spirulina, Almond Milk topped with Pineapple, Strawberries, Granola, Coconut Flakes, Honey

PEANUT BUTTER CRUNCH BOWL

Banana, Peanut Butter, Chocolate Protein Powder, Cinnamon, Sea Salt, Almond Milk topped with Strawberries, Granola, Peanut Butter, Raw Cacao Nibs, Chia Seeds, Chocolate Chips, Cinnamon

BRO BOWL

Strawberry, Blueberry, Banana, Almond Butter, Choice of Protein Powder (Chocolate or Vanilla), Almond Milk topped with Strawberries, Granola, Coconut Flakes, Chia Seeds, Honey

STRAWBERRY SHORTCAKE BOWL

Strawberries, Banana, Vanilla Protein Powder, Almond Butter, Cinnamon, Almond Milk topped with Strawberries, Granola, Hemp Seeds, Cinnamon, Honey

Nut Allergen Notice: Our granola is prepared with tree nuts.

KID SMOOTHIES 12oz. \$5.95

#1 Banana, Peanut Butter, Chocolate Chips, Almond Milk

#2 Strawberry, Banana, Honey, Spinach, Almond Milk

#3 Mango, Banana, Dried Cherries, Chocolate Protein, Almond Milk

#4 Blueberry, Banana, Honey, Cinnamon, Oats, Almond Milk

SNACKS Protein Bites, Vegan Cookies, Granola, Snack Bars/Mix

SMOOTHIE/BOWL ADD ONS

Protein Powder, Spinach, Kale, Avocado, Ginger, Turmeric, Nut Butter, Cacao Nibs, Chia Seeds, Flax Seeds, Hemp Seeds, MCT Oil, Coconut Oil, Coffee, Maca, Matcha, Honey, Cayenne Pepper

SHOTS & ELIXIRS

GINGER \$3.00/ounce

WHEAT GRASS \$3.00/ounce

TURMERIC \$4.00/ounce

IMMUNITY (3 oz.) \$4.00

Ginger, Oregano Oil, Lemon, Cayenne, H2O

INFLAMMATION & SKIN (3 oz.) \$5.00

Turmeric, Lemon, Honey, Black Pepper, H2O

ENERGY+ (3 oz.) \$4.00

Wheat Grass, Lemon, Mint, H2O

KITCHEN SINK (10 oz.) \$10.00

Ginger, Turmeric, Wheat Grass, "An Apple A Day" Juice, Oregano Oil, Cayenne Pepper

DETOX CIDER (16 oz. HOT DRINK) \$7.95

Ginger, Turmeric, "An Apple A Day" Juice, Lemon, Honey, Black Pepper, Cayenne Pepper, Hot H2O



ASHEVILLE

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HENDERSONVILLE

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Order online or call ahead orders are welcomed!!

Food Allergy Notice: Some of our products contain tree nuts and all products are prepared in the same blenders.

COLD PRESSED JUICES 16 oz. \$8.95

AN APPLE A DAY
Apple, Lemon, Ginger

PISGAH PEAR ALE
Kale, Cucumber, Celery, Pear, Mint, Lime

VITAMIN SPICE-C
Orange, Grapefruit, Ginger, Cayenne Pepper

WHAT'S UP DOC?
Carrot, Apple, Lemon, Turmeric

SHADES OF GREEN
Kale, Romaine, Parsley, Cucumber, Celery

SHADES OF GREEN +
Kale, Romaine, Parsley, Cucumber, Celery, Apple, Lemon, Ginger

LOCAL FARMACY
Beet, Carrot, Romaine, Parsley, Cucumber, Celery

DAILY GLOW
Pineapple, Cucumber, Lemon, Mint

SOUTHERN BREEZE (Seasonal)
Watermelon, Lime, Mint

TROPICAL ROOTS (Seasonal)
Carrot, Pineapple, Lemon, Ginger

"SO GOOD" ALMOND MILK
Almonds, Vanilla Bean, Dates, Cinnamon, Sea Salt, H2O

HULK MILK
Almonds, Cashews, Spinach, Kale, Dates, Vanilla Bean, H2O

BEGINNER AND INTERMEDIATE JUICE CLEANSSES \$50

We offer 1-Day Juice Cleanses (purchase multiple to do the cleanse longer than one day). Whether you're feeling low on energy or just need a system reboot, a juice cleanse is a simple way to rejuvenate the body and mind. Our juice cleanses are made to order, and we usually need 24 hours advance notice to have it ready for you. Ask us for a juice cleanse flyer for more details.

SMOOTHIES 16 oz. (20 oz. + \$1)

FROM A TO Z \$9.50
Blueberry, Mango, Avocado, Date, Cinnamon, Almond Milk

PINA-KALE-ADA \$8.95
Pineapple, Kale, Mango, Coconut Flakes, Almond Milk

CASHEW MANGO LIME \$8.95
Mango, Spinach, Cashews, Lime, Banana, Almond Milk

APPLE GINGER-BERRY \$8.95
Green Apple, Blueberry, Banana, Lemon, Ginger, Pink Sea Salt, Almond Milk

BLUE RIDGE BLISS \$8.95
Strawberry, Blueberry, Mango, Lemon, Coconut Water

YOU LIFT BRO? \$9.50
Strawberry, Blueberry, Banana, Almond Butter, Choice of Protein Powder (Chocolate or Vanilla), Almond Milk

MY DATE WITH CHOCOLATE \$9.50
Strawberry, Dried Cherries, Date, Raw Cacao Nibs, Banana, Semi-Sweet Chocolate Chips, Peanut Butter, Almond Milk

BLUEBERRY COBBLER \$9.50
Blueberry, Banana, GF Oats, Cinnamon, Date, Pecans, Sea Salt, Almond Milk

THE CHOCOLATE CHERRY PROTEIN ONE \$10.25
Mango, Banana, Dried Cherries, Raw Cacao Nibs, Almond Butter, Chocolate Protein Powder, Almond Milk

PBJ+K \$8.95
Kale, Strawberry, Banana, Peanut Butter, Almond Milk

PEANUT BUTTER CRUNCH \$9.50
Banana, Peanut Butter, Raw Cacao Nibs, Cinnamon, Chia Seeds, Chocolate Protein Powder, Almond Milk

ALMOND BUTTER CRUNCH \$9.50
Banana, Almond Butter, Spinach, Chia Seeds, Raw Cacao Nibs, Cinnamon, Vanilla Protein Powder, Almond Milk

CINNA-BUN \$9.50
Banana, Almond Butter, GF Oats, Cinnamon, Date, Vanilla Protein Powder, Almond Milk

MORNIN' JOE \$9.50
Banana, Coffee, Cacao Powder, Date, Chocolate Protein Powder, Almond Milk

HEAVY GREENS \$9.50
Banana, Kale, Spinach, Cashews, Chocolate Protein Powder, Almond Milk

COLD KICKER \$10.25
Green Apple, Pineapple, Kale, Spinach, Ginger, Orange Juice, Lemon, Cayenne Pepper, Honey, Almond Milk

STRAWBERRY PINEAPPLE LEMONADE \$8.95
Strawberry, Pineapple, Lemon, Date, Mint, Coconut Water

MATCHA MINT SHAKE \$9.50
Banana, Spinach, Vanilla Protein Powder, Cashews, Matcha, Raw Cacao Nibs, Peppermint Extract, Almond Milk

PREPPED SMOOTHIE CUPS (UNBLENDED)
Any smoothie – store in the freezer and then blend with ~1 cup of liquid at home. Same as regular menu price.

***AMP UP the nutritional value of any smoothie with our smoothie add-ons listed on the back of the menu.