

## SMOOTHIE BOWLS \$10.75

### 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

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

## KID SMOOTHIES 12oz. \$5.60

#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 \$2.57/ounce

WHEAT GRASS \$2.57/ounce

TURMERIC \$3.50/ounce

IMMUNITY (3 oz.) \$3.74

Ginger, Oregano Oil, Lemon, Cayenne, H2O

INFLAMMATION & SKIN (3 oz.) \$4.67

Turmeric, Lemon, Honey, Black Pepper, H2O

ENERGY+ (3 oz.) \$3.74

Wheat Grass, Lemon, Mint, H2O

KITCHEN SINK (10 oz.) \$8.41

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

DETOX CIDER (16 oz. HOT DRINK) \$6.95

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



### ASHEVILLE

1863 Hendersonville Rd., Ste. 132  
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### HENDERSONVILLE

637 Spartanburg Hwy., Ste. 60  
(828) 513-1898

@mountainjuicery

www.mountainjuicery.com

Order online or call ahead orders are welcomed!!

## COLD PRESSED JUICES 16 oz.

### AN APPLE A DAY \$7.01

Apple, Lemon, Ginger

### PISGAH PEAR ALE \$7.94

Kale, Cucumber, Celery, Pear, Mint, Lime

### VITAMIN SPICE-C \$7.94

Orange, Grapefruit, Ginger, Cayenne Pepper

### WHAT'S UP DOC? \$7.94

Carrot, Apple, Lemon, Turmeric

### SHADES OF GREEN \$7.94

Kale, Romaine, Parsley, Cucumber, Celery

### SHADES OF GREEN + \$7.94

Kale, Romaine, Parsley, Cucumber, Celery, Apple, Lemon, Ginger

### LOCAL FARMACY \$7.94

Beet, Carrot, Romaine, Parsley, Cucumber, Celery

### DAILY GLOW \$7.94

Pineapple, Cucumber, Lemon, Mint

### SOUTHERN BREEZE (Seasonal) \$7.94

Watermelon, Lime, Mint

### TROPICAL ROOTS (Seasonal) \$7.94

Carrot, Pineapple, Lemon, Ginger

### "SO GOOD" ALMOND MILK \$7.94

Almonds, Vanilla Bean, Dates, Cinnamon, Sea Salt, H2O

### HULK MILK \$7.94

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

### BEGINNER AND INTERMEDIATE JUICE CLEANSSES \$46.73

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 \$7.94

Blueberry, Mango, Avocado, Date, Cinnamon, Almond Milk

### PINA-KALE-ADA \$7.48

Pineapple, Kale, Mango, Coconut Flakes, Almond Milk

### CASHEW MANGO LIME \$7.48

Mango, Spinach, Cashews, Lime, Banana, Almond Milk

### APPLE GINGER-BERRY \$7.48

Green Apple, Blueberry, Banana, Lemon, Ginger, Pink Sea Salt, Almond Milk

### BLUE RIDGE BLISS \$7.48

Strawberry, Blueberry, Mango, Lemon, Coconut Water

### YOU LIFT BRO? \$7.94

Strawberry, Blueberry, Banana, Almond Butter, Choice of Protein Powder (Chocolate or Vanilla), Almond Milk

### MY DATE WITH CHOCOLATE \$7.94

Strawberry, Dried Cherries, Date, Raw Cacao Nibs, Banana, Semi-Sweet Chocolate Chips, Peanut Butter, Almond Milk

### BLUEBERRY COBBLER \$7.94

Blueberry, Banana, GF Oats, Cinnamon, Date, Pecans, Sea Salt, Almond Milk

### THE CHOCOLATE CHERRY PROTEIN ONE \$7.94

Mango, Banana, Dried Cherries, Raw Cacao Nibs, Almond Butter, Chocolate Protein Powder, Almond Milk

### PBJ+K \$7.48

Kale, Strawberry, Banana, Peanut Butter, Almond Milk

### PEANUT BUTTER CRUNCH \$7.94

Banana, Peanut Butter, Raw Cacao Nibs, Cinnamon, Chia Seeds, Chocolate Protein Powder, Almond Milk

### ALMOND BUTTER CRUNCH \$7.94

Banana, Almond Butter, Spinach, Chia Seeds, Raw Cacao Nibs, Cinnamon, Vanilla Protein Powder, Almond Milk

### CINNA-BUN \$7.94

Banana, Almond Butter, GF Oats, Cinnamon, Date, Vanilla Protein Powder, Almond Milk

### MORNIN' JOE \$7.94

Banana, Coffee, Cacao Powder, Date, Chocolate Protein Powder, Almond Milk

### HEAVY GREENS \$7.94

Banana, Kale, Spinach, Cashews, Chocolate Protein Powder, Almond Milk

### COLD KICKER \$9.35

Green Apple, Pineapple, Kale, Spinach, Ginger, Orange Juice, Lemon, Cayenne Pepper, Honey, Almond Milk

### STRAWBERRY PINEAPPLE LEMONADE \$7.48

Strawberry, Pineapple, Lemon, Date, Mint, Coconut Water

### MATCHA MINT SHAKE \$7.94

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.