

## Organic Juices Freshly squeezed Fruit and Vegetable Juices\*

\*See order form for list of Vegetables and Fruits

Any Combination 8.00 10.00
Lulu's Special 8.00 10.00
Flower's Special 8.00 10.00
Orange, Grapefruit or Carrot 6.00 8.00

Flower's Favorite: Apple, Ginger, Beet and Lemon

Lulu's Special: Pineapple, Apple, Spinach, Kale, Parsley, Ginger, Lemon, Celery

## Smoothies 6.00

Choose your frozen fruit blend and fruit juice - no ice, just fruit and juice!

Juice selections: Pineapple, Apple or Orange Juice

Fruit blends:

Strawberry/Blueberry/Banana Strawberry/Banana

Mango/Raspberry/Strawberry Pineapple/Mango/Banana Chocolate Chimp: Chocolate, Banana, Milk, Peanut Butter and Ice. Yum!

## Wellness Smoothies & Shots

Tart Cherry 9.00

red & tart cherries, greek yogurt, banana, date, kale, almond milk, cinnamon

Golden Toasted Coconut 9.00

turmeric, ginger, bee pollen, almond milk, banana, date, toasted coconut, vanilla, cinnamon

Cacao Bliss 9.00

hemp milk, hemp seeds, cacao nibs, coconut oil, chia seeds, banana, date, cinnamon

Kefir Summerland 9.00

kefir (probiotic), spinach, avocado, mango, banana, date, chia seeds, almond milk

Hot Shot 3.00

lemon, ginger, turmeric, cayenne

Additions available for Juices and Smoothies 1.00

Hemp ProteinBee PollenPowder SpirulinaWhey ProteinChia SeedCacao NibsFlax SeedVitamin CHemp Seeds