

Smoothies



Invent your own



Greens \$6.99 12oz \$7.99 16oz

KALE-LICIOUS

Kale, blue green algae, pineapple, mangos, coconut water

BLUE-GREENIE

Spinach, spirulina, wheatgrass, blueberries, mangos, bananas, mango juice

WILD GREEN YONDER

Spinach, powdered greens, mangos, bananas, mango juice, peach juice

Fruits \$5.99 12oz \$6.99 16oz

BLUE LIPS

Blueberries, bananas, yogurt, blueberry juice

BERRY RED

Raspberries, bananas, yogurt, pomegranate juice

MANGO RAMBA

Mangos, yogurt, orange juice, mango juice

BANFF EXPRESS

Bananas, espresso, organic chocolate syrup, almond butter, almond milk

WHAT'S UP DOC

Mangos, carrot juice, bananas, coconut milk

Juice \$5.99 12oz \$7.99 16oz

MIX & MATCH

Oranges, green or red apples, carrots, celery, cucumbers, beets, lemon, lime

ADD A SHOT....1oz + \$1.49 / 2oz + \$2.99

Ginger, green shot including kale, spinach & your choice of wheatgrass, parsley or cilantro

Smoothies \$5.99 12oz \$6.99 16oz

START WITH:

Bananas, mangos, pineapple, strawberries, blueberries, raspberries

THEN ADD:

Blueberry juice, orange juice, peach juice, pomegranate juice, coconut water, dairy milk, coconut milk, almond milk

EXTRAS:

Almond butter, organic chocolate syrup, yogurt or cinnamon

Add in a supplement or herbal tonic + \$1

PROTEIN:

Sprouted protein blend, Whey

ENERGY, STAMINA:

Maca

JOINT & MUSCLE SUPPORT:

Turmeric

OMEGAS & FIBER:

Chia seed

HERBAL TONICS:

Mood tonic, cleansing tonic, immunity tonic

GREENS & ANTIOXIDANTS:

Powdered greens, Spirulina, blue green algae

We use local and organic ingredients when possible

order for pick-up
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