## **JUICE BAR MENU**

\$15

## The Green Goddess



#### **INGREDIENTS**

spinach, kale, cucumber, celery, apple, lemon



#### **RENEFITS**

Boosts your immune system, improve digestion, promote weight loss

# The Healing Elixir



#### **INGREDIENTS**

pineapple, papaya, mango, chia seeds, coconut water



#### **BENEFITS**

Boost your immune system, improve digestion, reduce bloating, healthy gut microbiome

# The Berry Blast



#### **INGREDIENTS**

strawberries, blueberries, raspberries, blackberries, apples



#### **BENEFITS**

High in Vitamin C, energy, enhancement of cognitive function

# The King's Brew



#### **INGREDIENTS**

beets, carrots, cucumber, celery, apple, ginger root



#### **BENEFITS**

Help with lower blood pressure and reduce bad cholesterol. Contain nitrates, which the body converts to nitric oxide, a compound that relaxes and widens blood vessels

## **BUILD YOUR OWN JUICE**

#### **\$12** INCLUDES FOUR INGREDIENTS

Pick four Ingredients any additional ingredients will be an additional \$2.00

### **Fruits**

Blackberries Blueberries Strawberries Raspberries Mango Kiwi Papaya Orange Pineapple Lemon Apple

### Vegetables

Carrots Parsley
Beets Spinach
Celery Cucumber
Kale

### Extras

Ginger Turmeric Honey

