

# SMOOTHIES

## PERFORMANCE SMOOTHIES 8/9.5

### OPAL

apple, mango, pineapple, peach, banana, spinach, kale, ginger, fresh orange juice

### IMMUNE ENHANCER

apple, banana, kale, parsley, celery, lemon, ginger, honey, bee pollen, coconut water

### FAT BURNER

mango, berries, avocado, lime, honey, bee-pollen, turmeric, apple cider, fresh orange juice

### CHOCOLATE DETOX

apple, banana, chocolate performance protein, mint, dark chocolate, chia, almond milk

### HAPPY HIPPIE

strawberry, banana, hemp protein, goji berries, hemp milk

### HANGOVER HELPER

pineapple, strawberry, peach, banana, ginger, maca, coconut milk

### CASHEW BLISS

cashew, mango, banana, maple syrup, chai spice, turmeric, ginger, coconut milk

### DIGESTION

pineapple, banana, avocado, mint, ginger, cinnamon, honey, coconut milk

### NUTTIN' HONEY

cashew, maca, honey, banana, apple, dates, cinnamon, vanilla yogurt, almond milk

### SUPERB

pineapple, strawberry, banana, açai, goji berries, spinach, lemon, hemp milk

### WHEAT GRASS

mango, pineapple, banana, honey, wheatgrass, ginger, fresh orange juice

## CLASSIC SMOOTHIES 7/8

### PINK LADY

strawberry, peach, banana, mango sorbet, fresh orange juice

### ROME BEAUTY

apple, strawberry, peach, mango sorbet, honey, coconut milk

### TROPICAL FUJI

mango, pineapple, banana, mango sorbet, coconut, fresh orange juice

### LITTLE BEAR

apple, strawberry, peach, vanilla yogurt, honey, fresh orange juice

### RED HAVEN

strawberry, peach, banana, vanilla yogurt, apple cider

### PBJJ

banana, apple, vanilla yogurt, peanut butter, peanut butter protein, apple cider

### LAVENDER

apple, mixed berries, banana, lavender, vanilla yogurt, hemp milk

# JUICES

## COLD PRESSED JUICE & NUT MILKS & CBD ELIXIRS

### In the Cooler Case

Made from local and organic ingredients, our cold pressed method provides fresh, raw, unpasteurized juice rich in vitamins, minerals and active enzymes. Check the cooler case for today's flavors and be sure to ask about our 3-Day Cleanse packages!

## SHOTS 2.5OZ 4

### WELLNESS

lemon, ginger, cayenne

### SUNSHINE

lemon, ginger, red turmeric, celery, black pepper

### VITALITY

spinach, parsley, kale, lime

### WHEAT GRASS 7.5

(when available)

## JUICED TO ORDER 7/9

### MAKE YOUR OWN

**choose base:** carrot, cucumber, celery, orange

**add veggies:** beet, spinach, kale, ginger

**add fruit:** apple, lemon, lime

### FRUIT & VEGGIE BLEND

carrot, cucumber, beet, apple, orange, lemon

### GREEN GODDESS

apple, cucumber, celery, spinach, lemon

### FUEL

beet, celery, apple, coconut water, red turmeric, lime

### JUMPSTART

carrot, orange, apple, beet, red turmeric, ginger

### CURE (served hot or cold)

apple, celery, lemon, parsley, ginger, honey, cinnamon (add cayenne .25)

## COFFEE DRINKS 5/6

### DIRTY HIPPIE

hemp milk, chai, espresso

### MORNING BUZZ

almond milk, espresso, maca, cinnamon, honey

### COCONUT CARDAMOM

coconut milk, espresso, cardamom

### CHAI LATTE

milk, local chai tea blend

### MOCHA

milk, espresso, madagascar chocolate

### AMERICANO 3/4

### LATTE 4/5

### NON-DAIRY MILKS .50

coconut milk, hemp milk & almond milk

### FLAVORS .50

ADD CBD TO ANY MENU ITEM | 25mg - 3 50mg - 5 75mg - 7

NOTHER'S  
WESTSIDE • JUICE • CAFE

# BREAKFAST

## SANDOS

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### GOOD MORNING SUNSHINE 9

turkey, bacon, cheddar, cream cheese & tomato, gourmet bagel (ask about today's bagel flavors)

### BADEN-BADEN 9

avocado, egg, tomato, spinach, swiss, mama's chimichurri, toasted on multi-grain bread

### TOAST OF THE TOWN

inquire about our seasonal selections of avocado toast - 8  
or almond butter toast - 6

## BOWLS

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### CHAI OATMEAL 9

steel cut oats, chia seeds, chai & hemp milk topped with fruit, almonds & real maple syrup

### HARVEST HOT CEREAL 9

ancient grains & steel cut oats, pumpkin, apples, pepitas, golden raisins & brown sugar

### POWER BOWL 12

açaí, banana, peanut butter & hemp protein, topped with housemade granola, mixed fruit, hemp hearts & honey

### SAMBAZON BOWL 12

açaí, banana, peaches, mango & oregon berries, topped with granola, fresh seasonal fruit & honey, chia seeds

## KIDDOS Served with choice of local cider, milk or juice box

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### Kids Bagel 6

plain bagel with choice of plain or strawberry-vanilla cream cheese with side of fresh fruit & veggies

### Eggy Sando 6

organic egg, bacon & cheddar with side of fresh fruit & veggies

### Honey Parfait 6

organic honey yogurt, house made granola, fresh berries, banana & drizzled with honey

### Rock & Roller 6

peanut butter, banana & honey rolled up tight in a tortilla with side of fresh fruit & veggies

### Bitty Bites 6

chicken, cheese, fruit & veggies served diced & ready for little fingers

### Simple Sando 6

turkey & cheddar, PB&J, or grilled cheese sammy on multi-grain bread with side of fresh fruit & veggies

# LUNCH

## SALADS

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Add organic avocado 2 | grilled chicken 5

### AVOCADO CAESAR 11

romaine & kale tossed with vegan avocado caesar dressing, capers, croutons & seeded parmesan crisps

### MOM'S COBB SALAD 14

house greens, bacon, chicken, chevre, assortment of seasonal veggies, egg & avocado with grilled lemon vinaigrette

### FALL'IN LOVE 12

massaged kale, shaved brussel sprouts, roasted apples & squash, pomegranate seeds, pepitas with apple cider vinaigrette

## SANDOS & WRAPS

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All sandwiches available as wraps on whole wheat tortilla, gluten free tortilla, or collard greens at no additional charge

### MOTHER CLUCKER 12

chicken, smoked gouda, tomato, pickled onions, avocado, romesco sauce & house greens toasted on rosemary sourdough bread

### TURKEY EVEREST 12

roasted turkey breast, havarti, sliced tomato, cucumber, pickled onions, honey mustard, avocado & house greens toasted on multi-grain bread

### BOHEMIAN WRAPSODY 10

market hummus, roasted veggies, house greens & vegan pesto in choice of wrap - add chicken 3

### PASTRAMI MOMMI 12

shaved pastrami, swiss, caramelized onion, pickled red cabbage & mac daddy sauce toasted on rosemary sourdough

\*Consuming raw or undercooked eggs & seafood can increase your risk of food born illness.

## ALWAYS FRESH, MADE WITH MOTHER'S LOVE.

Mother's takes pride in using only fresh, organic, local and all natural ingredients. We work closely with our farmers and suppliers to source the finest local and sustainable non-GMO, hormone free, nitrate and nitrite free meats, poultry and dairy products. Mother's Juice Cafe will always provide the best products possible to our customers. It's just the right thing to do.