

## SMOOTHIES

### PERFORMANCE SMOOTHIES 8/10

#### 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, oat 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, oat 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 7/8.5

#### 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, apple cider

#### LAVENDER

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

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

## JUICES

### COLD PRESSED JUICE & 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 8/10

#### 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

oat milk, espresso, maca, cinnamon, honey

#### COCONUT CARDAMOM

coconut milk, espresso, cardamom

#### CHAI LATTE

milk, local chai tea blend

### MOTHER'S STEAMERS 5/6

#### BEET LAVENDER LATTE

fresh beet juice, lavender, cardamom, coconut milk

#### GOLDEN MILK

fresh turmeric, ginger, honey, cinnamon, black pepper

#### MUSHROOM MOCHA

spiced superfood mushroom blend, honey & hemp milk

# MOTHER'S



WESTSIDE KITCHEN

541-318-0989

Order Online

www.mothersjuicecafe.com

## BREAKFAST & SUCH

---

Sub tofu scramble 2

### GOOD MORNING SUNSHINE 10

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

### BADEN-BADEN\* 10

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

### PERFECTLY SUNNY\* 14

2 organic sunny side eggs served over sweet potato-kale hash with caramelized onions, blistered tomatoes, avocado & cilantro-mint pesto

### AVOCADO TOAST 8

inquire about our seasonal selection

### SUNRISE WRAP 11

2 organic eggs, spinach, tomato, bacon, cheddar cheese & avocado in a whole wheat tortilla

## SANDOS & WRAPS

---

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

### MOTHER CLUCKER 13

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

### TURKEY EVEREST 13

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

### BOHEMIAN WRAPSODY 11

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

### LIL' TUNA 13

herbed tuna salad, cheddar, tomato, veggie chips, mamas chimichurri & house greens toasted on sourdough bread

### BURGER SHE WROTE 14

teriyaki turkey burger with pineapple chutney, grilled red onion, swiss & mayo on a brioche bun

## SALADS

---

Add organic avocado 2 | grilled chicken 5

### AVOCADO CAESAR 12

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

### MOM'S COBB SALAD 14

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

### KALING ME SOFTLY 13

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

## SWEET BOWLS

---

### CHAI OATMEAL 10

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

### SAMBAZON BOWL 13

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

### POWER BOWL 13

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

### SWEETGRASS BOWL 13

wheatgrass, avocado, banana, pineapple & spinach topped with fresh fruit, honey & cashews

## SAVORY BOWLS

---

Add avocado or organic egg 2

### RENEE'S ROASTED CHICKEN 15

creamy polenta, roasted squash, brussel sprouts, spinach & chevre with a grilled lemon vinaigrette

### GRAINS & GREENS\* 15

ancient grains, kale, spinach, caramelized onion & roasted mushrooms topped with turmeric tahini sauce, organic egg & pepitas

### BUDDHA BOWL 15

wok seared veggies, crispy tofu & Thai peanut sauce over rice with local microgreens

### SEOUL BOWL\* 15

turkey bolgogi, vegan kimchi, cucumber, edamame, organic egg, Korean chili sauce & sesame seeds over rice

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