

# SMOOTHIES

## PERFORMANCE SMOOTHIES 7.5/9

### 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, cinnamon, vanilla yogurt, almond milk

### SUPERB 8.5 / 9.5

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

### WHEAT GRASS 8.5 / 9.5

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

## CLASSIC SMOOTHIES 6/7.5

### PINK LADY

strawberry, peach, banana, sorbet, orange juice

### ROME BEAUTY

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

### TROPICAL FUJI

mango, pineapple, banana, 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 7/8

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

### LAVENDER 7/8

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 3.5

### 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 6/8.5

### 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 4/5

### 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 2.5/3

### LATTE 3/4

### NON-DAIRY MILKS .50

coconut milk, hemp milk & almond milk

# COCKTAILS

### MADRE'S MARGARITA 10

tequila, cold pressed pineapple, orange, jalapeño, cilantro, lime, himalayan salt rim

### EARL GREYHOUND 10

vodka, grapefruit, earl grey tea, elderflower, honey, bitters

### WHISKEY RIVER 10

whiskey, bitters, honey, apple, ginger beer, grilled orange

### MOM'S MOSA 10

prosecco, choice of fresh orange or grapefruit juice

### MOTHER'S MARY 10

vodka, cold pressed mary mix, himalayan salt rim, fresh horseradish root, house pickled veggies & lime

### SPIKE YOUR SMOOTHIE 5

### WINE AND BEER

ask your server for today's selections

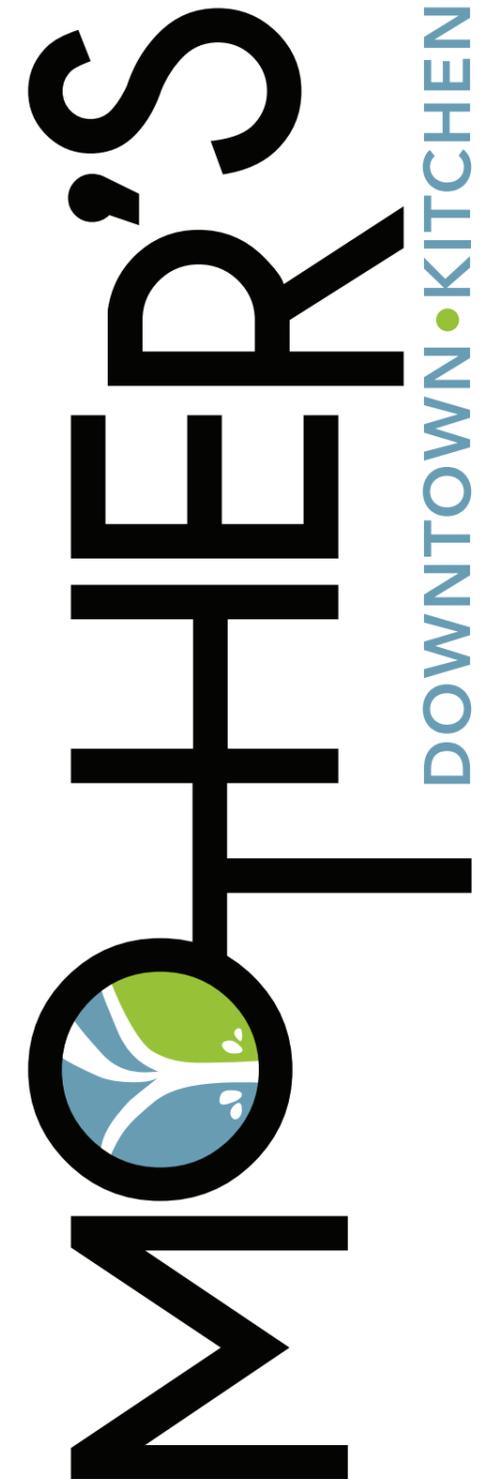
### ADD CBD TO YOUR COCKTAIL 5

### WILL CBD SHOTS GET ME HIGH?

NO! CBD's will not get you high. CBD comes from hemp, unlike THC it does not bind to the CB1 or CB2 receptors in the brain, meaning it will not have the psychoactive effects that THC does.

RELEIVE PAIN  
REDUCE STRESS & ANXIETY  
REDUCE NAUSEA  
REDUCE INFLAMATION

MOTHERSJUICECAFE.COM



## BREAKFAST & SUCH

### GOOD MORNING SUNSHINE 9

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

### BADEN-BADEN 8

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

### HAM & JAM 8

ham, havarti, marionberry jam, egg, toasted on multi grain bread

### WILD THING 11

tomato, cucumber, sprouts, capers, veggie cream cheese & nw wild caught salmon lox on a plain bagel

### SUNRISE WRAP 9

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

### FARMER BEAU'S WRAP 9

2 organic eggs, pioneer ranch pork, roasted potato, onion, bell pepper, tomatillo salsa, whole wheat spinach tortilla

## SALADS

Add organic avocado 2 | grilled chicken 5 | grilled wild salmon 7

### ASIAN CHICKEN SALAD 12

spinach, noodles, daikon slaw, pickled onion, bell peppers, sliced almonds & miso vinaigrette

### SEASONS SALAD 10

house greens, roasted squash, caramelized onion, apple, hazelnut, white balsamic maple vinaigrette

### COBB SALAD 13

house greens, grilled chicken, bacon, blue cheese, tomatoes, egg & avocado with herb buttermilk ranch

### AVOCADO CAESAR 10

romaine & kale tossed with avocado caesar dressing, capers, seeded love & parmesan cheese

### ROASTED WINTER VEGETABLE 11

brussel sprouts, squash, cauliflower, white beans, kale, pomegranate, pepitas, horseradish vinaigrette

## SANDOS & WRAPS

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

### MOTHER CLUCKER 11

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

### TURKEY EVEREST 11

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

### TACOS MAMACITAS 12

choice of chicken, pork or jackfruit, charred tomatillo, daikon slaw, pickled onions, avocado - 3 tacos

### BOHEMIAN WRAPSODY 10

market hummus, roasted veggies, house greens & pesto in choice of wrap - add chicken 2

### GOUDA THYME 11

ham, apples, smoked gouda, thyme infused honey & spinach, caramelized onions, stone ground mustard toasted on rosemary sourdough bread

### BURGER SHE WROTE 14

ask about today's burger offering

## 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, and produce. Mother's Juice Cafe will always provide the best products possible to our customers. It's just the right thing to do.

## SWEET BOWLS

### CHAI OATMEAL 9

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

### LEAN GREEN CHIA PUDDING 8

kale, mango, lemon, ginger, bee pollen, chia seeds & hemp milk, topped with apple, almonds & fresh berries

### SWEETGRASS BOWL 10

pineapple, wheatgrass, ginger, banana, avocado, spinach & fresh orange juice topped with cashews, fresh berries & honey

### POWER BOWL 10

açai, banana, peanut butter, hemp milk & hemp protein, topped with housemade granola, apples & cinnamon

### SAMBAZON BOWL 10

açai, banana, peaches & apple cider, topped with housemade granola, fresh fruit & honey

## SAVORY BOWLS

Served over organic brown rice blend. Add avocado or organic egg 2

### BUDDHA BOWL 13

wok seared veggies, crispy tofu & spicy peanut sauce

### POKE BOWL 15

ahi tuna, cucumber, edamame, carrot, radish, cabbage, avocado & citrus ponzu sauce

### OH DANG PANANG! 15 🌙

thai coconut curry broth, veggies, shrimp & cilantro

### KATANA BOWL 13

chicken, assorted veggies, whole fruit teriyaki sauce & sesame seeds

**ORDER AHEAD**  
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