

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

MOTHER'S



EASTSIDE • KITCHEN

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 sweet potato, onion, bell pepper, tomatillo salsa, whole wheat spinach tortilla

PERFECTLY SUNNY 12

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

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

SALADS

Add organic avocado 2 | grilled chicken 5

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

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 house-made granola, fresh fruit & honey

SAVORY BOWLS

Add free range chicken 3
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, with choice of chicken or tofu

KATANA BOWL 13

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

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.