

# SMOOTHIES

## PERFORMANCE SMOOTHIES 7.5/9

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### 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

### 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

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### 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

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

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### 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

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### 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

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### 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

DOWNTOWN • KITCHEN

AVAILABLE SATURDAY & SUNDAY 8AM - 3PM

## SIDES

bacon / nitrate free 4  
organic egg 2  
roasted potatoes 4  
organic avocado 2  
sourdough or  
multigrain toast 2  
seasonal dessert

## SEASONAL BAKED GOODS

ask about today's specials

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness.