



## KOMBUCHA

<b>On Tap</b>	1/2 pint	Pint
Make it Basil, Mint, or Jalapeno add .35 cents	3.50	5.50
<b>Housemade Buchas</b>		
Coffee Kombucha	2.50	4.25
Earl Grey Kombucha		5.50
Flavor of the day (ask server)		5.50

## APPLE CIDER VINEGAR TONICS

Straight up Agave	3.25
Orange	4.25
Apple	4.25
Ginger Lemon	4.25
Hibiscus lemon	4.25

## LEMONADES

3.05 a pint  
flight of 3 for 5.15

**Ginger - Hibiscus - Lavender - Rosemary - Seasonal**

## SMOOTHIES 6.25

### Green Machine

Mango, banana, kale, lettuce, avocado, chlorophyll, spirulina  
\*super alkaline add apple cider vinegar \$0.75\*

### Southwest Sunset

Pineapple, banana, coconut, carrot juice, orange juice

### Pineapple Upside Down

Pineapple, cherries, maple syrup, rice milk (make it chocolatey .75 cents)

### Fresh Flagstorian

Kale, pineapple, ginger, banana, cinnamon, rice milk

### La Braselina

Kale, mango, banana, chia, orange juice

### Patagonia Pleasure

Cherries, avocado, kale, beet juice

### Whistling Dixie

Beet, banana, carrot juice, cinnamon, clove

### Momma's Mole

Strawberry, mango, carob, chipotle, cinnamon, agave, rice milk

### Saguaro Nut

Coconut milk, strawberry, mango, coconut, cinnamon, rice milk

### Roxberry

Blueberry, blackberry, strawberry, lemon juice, ginger, agave, rice milk, cinnamon

### Chermapple

Cherries, vanilla, apple juice, maple syrup

### Southern Tropic Holiday

Mango, banana, cinnamon, ginger, rice milk

### Beetster- the slushie

Kale cubes, beet cubes, ginger, lemonade

### Elverdoodles

Banana, peanut butter, carob, rice milk

### Basilberry

Blueberry, basil, hemp seeds, rice milk

### Noggin on Heavens Door

Dates, bananas, coconut milk, nutmeg, clove

## COFFEE SMOTHIES

- #1. Banana, Peanut Butter, Carob, and Coffee
- #2. Cherries, Agave, Almonds, Carob and Coffee
- #3. Strawberries, Agave, Coconut Milk, Cinnamon, and Coffee
- #4. Mango, Agave, Cashew Milk, and Coffee

### Add ons

Chia, fennel, or flax	\$ .75
Spirulina or Wheatgrass	\$1.00
Protein/multi mineral	\$2.25
Avocado	\$1.30
Add apple cider vinegar	\$0.75
Make it Chocolately	\$1.00
Add HEMP seeds	\$1.00

## FRESH JUICES 6.35

### Hot Roots - Blood Cleanser

Carrot, Beet, Sweet Potato, Jalapeño

### Sugar Bomb - Lowers Blood Sugar

Apple, Sweet Potato, Cucumber, Kale, Lemon, Parsley

### Breakfast Booster - Metabolism

Apple, Cucumber, Beet, Lemon, Ginger, Cinnamon

### Bright Eyes - Vision

Carrot, Apple, Orange, Basil

### Liquid Love - Heart Health

Carrot, Orange, Apple, Beet, Lemon

### Spicy Stabilizer - Alkalizer

Cucumber, Celery, Lemon, Cayenne

### Whyld 8 - Immune Defense

Orange, Kale, Apple, Carrot, Beet, Ginger, Tomato, Sweet Potato

### Beauty Monk - Skin Rejuvenator

Carrot, Celery, Apple, Mint

## MIX YOUR OWN JUICE 6.75

**\*Choose your base (as many as you want)\***

**Apple - Carrot - Beet - Sweet Potato - Tomato  
-Cucumber - Celery - Orange**

**\*Add any of these flavors to your base\***

**Kale - Mint - Basil - Jalapeño - Lemon - Parsley**

### Ingredients

- Sweet Potato**- high in beta carotene, boosts the immune system, reduces the risk of cancer
- Flax Seed**- cultivated in 3000 b.c., reduces cholesterol, high in omega 3, protects from cancer
- Mint Juice**- Excellent skin cleanser, powerful antioxidant, full of phytonutrients, alkalizes
- Spirulina**- richest source of carotene, 67% protein, high in trace minerals, iron and magnesium, suppresses candida, healthiest source of b12, stimulates gut flora
- Wheatgrass Powder**- traced in ancient Egypt, improves digestion, Vitamin A, C, F, powerful antioxidant, 70 % chlorophyll
- Jalapeño**- rich in vitamin C, great antioxidant, anti-bacterial, anti-carcinogenic, reduces cholesterol
- Basil**- benefits vision, vitamin A, C, K, magnesium, copper, calcium, iron, omega 3
- Chia**- Mayan for strength, among the most nutritious food on the planet, high in protein, full of fiber, omega 3, antioxidant
- Fennel**- Symbolizes longevity, courage, and strength, great for the immune system, high in copper, iron, calcium, potassium, zinc, magnesium

## DRINKS

Iced Toddy	3.30
Hot Tea	2.80
Iced Tea	2.80

### Caffeine Free

	<b>small</b>	<b>large</b>	<b>iced</b>
Medicinal Chai		5.55	5.55
Try it Chocolate or Coconut for		6.55	6.55
Turmeric Elixer	4.45		
Moosetrax		5.55	5.55
Coco-Kava	6.05		
Herbal Tea	2.80		2.80

### Educated Coffee Drinks

	<b>small</b>	<b>large</b>	<b>iced</b>
Espresso	2.60		
add shot .60 cents			
Americano	3.55	4.55	4.55
Cappuccino	4.35	5.35	
Latte	4.560	5.60	5.60

### Specialty Lattes

	<b>small</b>	<b>large</b>	<b>iced</b>
Mexican	4.60	5.60	5.60
Rosemary	4.60	5.60	5.60
Turmeric	4.85	5.85	5.85
Lavender Cardamom	5.10	6.10	6.10
Tea	4.60	5.60	5.60
Chai	4.85	5.85	5.785
Chocolate or coconut Chai	5.85	6.85	6.85

### Specialty Mochas

	<b>small</b>	<b>large</b>	<b>iced</b>
Moosetrax	4.85	5.85	5.85
Lavender	5.35	6.35	6.35
Rosemary Mint	5.35	6.35	6.35
Maca	6.60	7.85	7.85
Mexican	5.35	6.35	6.35

