

# SIGNATURE SMOOTHIES

[NUTRITION-DENSE MEAL REPLACEMENTS]

8.25

<b>blueberry detox</b>	green tea, kale, spinach, parsley, frozen banana, frozen blueberry
<b>blues buster</b>	fresh-pressed carrot juice, fresh-pressed beet juice, spinach, avocado, frozen blueberry, frozen raspberry
<b>minty mimi</b>	almond milk, coconut water, kale, spinach, fresh mint, lime, mango, banana
<b>hannah banana</b>	almond milk, coconut water, almond butter, kale, spinach, cinnamon, dates, frozen banana, frozen mango
<b>mental miracle</b>	almond milk, banana, almond butter, flaxseed oil, cinnamon, dates
<b>protein punch</b>	almond milk, peanut butter, chia and flax seeds, almonds, dates, frozen strawberry, frozen blueberry, frozen raspberry
<b>chocolate monkey</b>	almond milk, almond butter, raw cocoa, banana, dates

# TRADITIONAL SMOOTHIES

[FRUITY & REFRESHING]

4.0 | 5.0 | 6.0

<b>home run</b>	fresh-pressed apple juice, vanilla yogurt, frozen strawberry, frozen banana
<b>tropical treat</b>	fresh-pressed apple juice, frozen strawberry, frozen pineapple, frozen mango
<b>berry piña colada</b>	almond milk, coconut oil, frozen banana, pineapple + blueberry,
<b>sail away</b>	fresh-pressed apple juice, frozen mango, pineapple, kale

# COLD-PRESSED ORGANIC JUICES + NUT MILKS

5.75 | 9.75

<b>clean green</b>	green apple, leafy greens, spinach, celery, dandelion green, burdock root, parsley, lemon, lime, ginger, apple, cucumber, romaine
<b>mean green</b>	leafy greens, spinach, celery, dandelion green, burdock root, parsley, lemon, lime, ginger, cucumber, romaine
<b>sweet roots</b>	beet, cucumber, lime, ginger, carrot, apple
<b>super c</b>	carrot, orange, apple, lemon, lime, ginger
<b>hydrate</b>	cucumber, coconut water, lime, green apple
<b>almond milk</b>	almonds, dates, cinnamon, filtered water

*We charge a \$1 deposit per bottle because we reuse our bottles. If you find that inconvenient, you are welcome to bring your own bottle or we can give you a plastic cup.*

# ADD TO ANY JUICE OR SMOOTHIE

<b>maca root</b>	1.50	<b>apple cider vinegar</b>	.5	<b>bee panacea</b>	2.5
<b>fresh-pressed ginger</b>	1.0	<b>cayenne pepper</b>	.5	<b>matcha</b>	1.5
<b>chia seeds</b>	.5	<b>oregano oil</b>	1.25	<b>cilantro-jalapeño "hot mix"</b>	1.0
<b>flax seeds</b>	.5	<b>e3 live blue green algae</b>	3.0	<b>ginger shot</b>	1.5

# TONICS

[CONCENTRATED ELIXIRS/MAGIC POTIONS]

4.5

<b>be super well</b>	lemon, apple, ginger	<b>be very focused</b>	e3 live algae, coconut water, lime
<b>spice of life</b>	orange, turmeric, cayenne	<b>immunity-boosting shot of the day</b>	3.0

# OTHER COLD DRINKS

<b>seasonal lemonade</b>	4.0
<b>iced green matcha</b>	4.0
<b>matcha lemonade</b>	5.0
<b>lemon-ginger-chia-cayenne "wake up"</b>	3.75
<b>kombucha</b>	5.0

# HOT DRINKS

<b>honey-lemon-ginger tonic</b>	3.75
<b>bee panacea tonic</b>	5.75
<b>herbal tea [selection]</b>	2.0

# BREAKFAST + SMOOTHIE BOWLS

[FILLING, CREAMY & CRUNCHY]

6.75

<b>acai bowl</b>	acai, cold-pressed apple juice, mango, strawberry, banana blended and topped with housemade granola, banana, berries, honey, shredded coconut
<b>green bowl</b>	almond milk, coconut water, blueberry, strawberry, mango, kale, topped with house made granola, berries, almonds, flax seeds coconut flakes, goji berries
<b>granola</b>	housemade granola with housemade nut milk, berries, banana, shredded coconut, honey
<b>mueseli</b>	housemade mueseli with housemade nut milk, berries, almonds, banana, shredded coconut, honey
<b>bliss bowl</b> 6.75   9.25	creamy soaked oats blended with almond or cashew milk, blueberry, banana and topped with berries, almonds, flax and chia seeds, shredded coconut

## SQUARES

[OPEN-FACED SANDWICHES]

All available on gluten-free bread at no extra charge, or on gluten-free seed and nut loaf for \$2.

5.50

<b>nutty banana square</b>	toasted bread, organic almond or peanut butter topped with bananas, cinnamon and honey
<b>avocado square</b>	toasted bread, avocado, garlic oil, Jane's crazy salt
<b>italian avocado square</b>	toasted bread, avocado, fresh sliced tomato, fresh basil drizzled with olive oil, balsamic vinegar, seasoned sea salt
<b>pizza square</b>	artisan roll, house-made tomato sauce topped with mozzarella and cheddar cheeses, melted to perfection
<b>legendary tuna melt</b> 7.5	toasted bread, fresh tomato, tuna, olive oil, sea salt topped with melted mozzarella and cheddar cheeses, avocado

## SALADS

Add organic chicken breast or tuna to any salad for \$3.50.

6.75 | 10.5

<b>JG signature salad</b>	greens, kale, broccoli, red cabbage, sliced beets, garbanzo beans, nut and seed mix, JG signature dressing (garlic olive oil, fresh-squeezed lemon juice, seasoned salt)
<b>tam yam salad</b>	greens, kale, pumpkin seeds, cranberries, almonds, roasted sweet potato, JG signature dressing (garlic olive oil, fresh-squeezed lemon juice, seasoned salt)
<b>grain of the day bowl</b>	quinoa, kale, baby spinach, garbanzo or black beans, almonds, red cabbage, broccoli or cauliflower, parsley, nut and seed mix

## ADD TO ANY SALAD OR SQUARE

<b>avocado</b>	1.0	<b>hummus</b>	1.0	<b>chicken</b>	3.5
<b>cheese</b>	1.0	<b>tomato</b>	.5	<b>tuna</b>	3.5
<b>roasted sweet potatoes</b>	1.0	<b>extra nuts or seeds</b>	1.0		

## MORE LUNCH OPTIONS

<b>soup of the day</b>	5.0
<b>veggie wrap of the day</b>	9.0
<b>tuna/chicken wrap of the day</b>	11.0



## SNACKS + TREATS

<b>muffin revolution</b> gluten-free/paleo	4.25
<b>dosa chips</b> gluten-free	5.5
<b>mariposa bars</b> gluten-free	4.0
<b>epic vegan muffin</b>	2.5
<b>epic cookies</b>	2.5
<b>mammoth bar</b> gluten-free/paleo	4.0
<b>Mill Valley Baking treats</b>	3.25
<b>housemade protein ball</b>	1.5
<b>gluten-free seed + nut loaf</b>	
slice	4.25
half loaf	11.0
full loaf	21.0