

TRADITIONAL SMOOTHIES [fruity and refreshing]

8 oz. \$4.00 | 12 oz. \$5.50 | 16 oz. \$7.50



home run	fresh-pressed apple juice, vanilla yogurt, strawberry, banana
tropical treat	fresh-pressed apple juice, strawberry, pineapple, mango
berry piña colada	fresh-pressed apple juice, coconut oil, banana, pineapple, blueberry
sail away	fresh-pressed apple juice, mango, pineapple, kale, spinach
mango mania	oat milk, mango, pineapple, banana, vanilla yogurt

SIGNATURE SMOOTHIES [nutrition-dense meal replacements]

16 oz. \$8.50

blueberry detox	green tea, kale, spinach, parsley, banana, blueberry
minty mimi	almond milk, coconut water, kale, spinach, fresh mint, lime, mango, banana
hannah banana	almond milk, coconut water, almond butter, kale, spinach, cinnamon, dates, banana, mango
mental miracle	almond milk, banana, almond butter, flaxseed oil, cinnamon, dates
chocolate monkey	almond milk, almond butter, raw cacao, banana, dates
just beet it	oat milk, spinach, beets, blueberry, strawberry

16 oz. \$10.50

maca my day	cold brew coffee, almond milk, almond butter, oats, dates, banana, maca root
be berry lively	almond milk, almond butter, e3 live algae, spinach, bee pollen, chia seed, blueberry, banana
protein pleaser	almond milk, peanut butter, spinach, avocado, dates, whey protein powder, blueberry, banana
protein punch	almond milk, peanut butter, chia and flax seeds, almonds, dates, strawberry, blueberry, raspberry
fire fighter	oat milk, chia seeds, pineapple, cherry, turmeric, black pepper

COLD-PRESSED ORGANIC JUICES + nut milk

8 oz. \$5.75 | 16 oz. \$10.50

celery	celery
clean green	kale, spinach, chard, romaine, celery, dandelion green, burdock root, parsley, cucumber, lemon, lime, ginger, green apple
mean green	kale, spinach, chard, romaine, celery, dandelion green, burdock root, parsley, cucumber, lemon, lime, ginger
super c	carrot, orange, apple, lemon, lime, ginger
hydrate	cucumber, coconut water, lime, green apple
almond milk	almonds, dates, cinnamon, filtered water
super be well	lemon, apple, ginger 4 oz. \$5.00 8 oz. \$9.00

**we charge a \$1.00 deposit on our glass bottles which is fully refundable upon return.*

add to any smoothie, juice or bowl...

maca root	\$1.50	cayenne pepper	¢.50	whey protein powder	\$1.00
fresh-pressed ginger	\$1.50	oregano oil	\$1.25	MOJO immunity powder	\$2.00
chia seeds	¢.50	e3 live blue green algae	\$3.00	collagen peptides	\$2.00
flax seeds	¢.50	bee pollen	\$1.50	almond or peanut butter	¢.50
apple cider vinegar	¢.50	matcha	\$2.50	extra greens	¢.50

OTHER COLD DRINKS

seasonal lemonade	\$4.50	kombucha on tap	
iced green matcha	\$4.50	small	\$4.00
kombucha (bottle)	\$5.00	large	\$5.50
cold-brewed coffee	\$4.25	cold-brewed coffee with housemade almond milk	\$6.50

HOT DRINKS

honey-lemon-ginger tonic	\$4.00
bee pollen tonic	\$5.75
resilience tea	\$4.50
chaga mushroom extract, green tea, goji and strawberry leaves.	

BREAKFAST + ACAI BOWLS — [filling, creamy and crunchy]

- fruit bowl** acai, fresh-pressed apple juice, mango, strawberry, banana blended and topped with housemade granola, banana, berries, honey, coconut.....\$8.50
- green bowl** acai, almond milk, coconut water, blueberry, strawberry, mango, kale, topped with housemade granola, berries, almonds, flax seeds, coconut, goji berries.....\$9.50
- granola** housemade granola with housemade almond milk, berries, banana.....\$7.50
- muesli** housemade muesli with housemade almond milk, berries, banana.....\$7.50
- bliss bowl** creamy soaked oats with cashew milk, blended with blueberries and banana or raw cacao and banana; topped with fresh berries, almonds, chia seeds, flax seeds.....\$7.00

SQUARES — [open-faced sandwiches]

- nutty banana** toasted whole grain wheat bread, organic almond or peanut butter topped with bananas, cinnamon, honey.....\$6.50
- power PB & J** toasted whole grain wheat bread, peanut or almond butter, strawberries, chia seeds, flax seeds, honey.....\$7.00
- avocado** toasted whole grain wheat bread, avocado, olive oil, seasoned sea salt.....\$6.50
- Italian avo** toasted whole grain wheat bread, avocado, fresh tomato, fresh basil drizzled with olive oil, balsamic vinegar, seasoned sea salt.....\$6.50
- eggcellent avo** toasted whole grain wheat bread, avocado, hard boiled egg, olive oil, seasoned sea salt.....\$8.50
- everything avo** toasted whole grain wheat bread, avocado, housemade hummus, roasted sweet potatoes, spinach, pumpkin seeds, olive oil, seasoned sea salt.....\$8.50
- pizza** artisan roll, house-made tomato sauce topped with melted mozzarella and cheddar cheeses.....\$5.50
- legendary melt** choice of tuna or chicken, toasted whole grain wheat bread, fresh tomato, olive oil, topped with melted mozzarella and cheddar cheeses, avocado, seasoned sea salt.....\$9.00

ORGANIC SALADS

small \$6.75 large \$12.00

add organic chicken breast or tuna to any salad for \$3.50 add quinoa for \$1.25

with JG signature dressing (olive oil, fresh-squeezed lemon juice, seasoned salt)

- JG signature** kale, spinach, broccoli, red cabbage, sliced beets, garbanzo beans, almonds, pumpkin seeds, goji berries
- tam yam** kale, spinach, roasted sweet potato, cranberries, almonds, pumpkin seeds
- salad of the day**

WRAPS

- veggie wrap** roasted yams, cabbage, hummus, quinoa, pumpkin seeds in a spinach tortilla \$9.00
add tuna or chicken \$11.50

add to any square, salad or wrap...

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|------------------------|--------|---------------------|--------|---------|--------|
| avocado | \$2.00 | tomato | \$1.00 | chicken | \$3.50 |
| cheese | \$1.00 | extra nuts or seeds | \$1.00 | tuna | \$3.50 |
| roasted sweet potatoes | \$1.50 | | | | |

SOUP + BREAD

- soup of the day** \$7.00
- add toasted whole grain wheat bread** \$1.50

SNACKS + TREATS

- muffin revolution gluten-free/paleo** \$4.25
- dosa chips gluten-free** \$5.75
- mariposa brownies & cupcakes gluten-free** \$4.00
- housemade protein ball** \$3.00
- oreo sugar cookie** \$2.00
- gf peanut butter chocolate chip cookie** \$1.00

