

BOWLS \$7

SUNSHINE DAYDREAM 620 cal

blended: pineapple juice, yogurt, banana, mango, pineapple

toppings: chunky flax seed granola, fresh banana

AÇAÍ BANANA BERRY 790 cal

blended: apple juice, banana, strawberry, açai

toppings: chunky flax seed granola, kiwi, seasonal berries

SHOTS

\$4 **2oz**

WHEATGRASS 30 cal

GINGER 60 cal

LEMON GINGER 30 cal

LEMON GINGER CAYENNE 40 cal

ADD-INS

\$2 **1oz**

CHIA SEEDS 60 cal

HEMP SEEDS 110 cal

SOY VEGAN PROTEIN 110 cal

WHEY 90 cal

COCONUT OIL 40 cal

AÇAÍ 60 cal

ALOE VERA 5 cal

FLAX OIL 240 cal

SUPPLEMENTS

\$2 **EA**

MACA 5 cal

RAW CACAO 20 cal

SPIRULINA 25 cal

GREEN SUPERFOOD 30 cal

JUICE BAR



WHOLE FOODS MARKET DOWNTOWN
525 N. LAMAR BLVD. AUSTIN, TX

6AM-10PM EVERYDAY

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

JUICES

12oz 16oz 24oz

- GREEN GODDESS** 130-240 cal \$5 | \$6 | \$7
cucumber, apple, spinach, kale, lemon
- COLD BLASTER** 160-310 cal \$5 | \$6 | \$7
carrot, orange, lemon, ginger
- RED CLEANSE** 120-240 cal \$5 | \$6 | \$7
carrot, apple, celery, beet, parsley, lemon
- VERDANT FORCE** 70-140 cal \$5 | \$6 | \$7
cucumber, celery, spinach, kale, parsley, lemon, ginger
- CARROT APPLE SNAP** 160-310 cal \$5 | \$6 | \$7
carrot, apple, ginger
- RED DAWN** 130-250 cal \$5 | \$6 | \$7
beet, carrot, spinach
- APPLE SUPER GREENS** 170-350 cal \$5 | \$6 | \$7
apple, kale, spinach, lemon, ginger
- IMMUNE BOOST** 140-280 cal \$5 | \$6 | \$7
orange, carrot, celery, beet, parsley, ginger, garlic, cayenne
- ENERGIZE ME** 50-100 cal \$5 | \$6 | \$7
cucumber, celery, spinach, kale, parsley, lemon
- CHLOROPHYLL UP** 60-80 cal \$7 | \$8 | \$9
cucumber, celery, spinach, parsley, lemon, green superfood
- THE AFTER PARTY** 90-180 cal \$7 | \$8 | \$9
coconut water, beet, spinach, kale, lemon, ginger, honey

BUILD-YOUR-OWN JUICE

\$6 12oz 30-460 cal **\$7** 16oz 45-540 cal **\$8** 24oz 60-600 cal

VEGGIES

carrot (70 cal) • cucumber (25 cal) • celery (15 cal)
kale (30 cal) • spinach (5 cal) • parsley (10 cal) • beet (25 cal)

FRUITS

apple (50 cal) • orange (80 cal) • lemon (5 cal)

OTHER

coconut water (45 cal) • ginger (25 cal)
turmeric (100 cal) • cayenne (5 cal)

SMOOTHIES

12oz 16oz 24oz

- GREEN MISSION** 140-300 cal \$5 | \$6 | \$7
coconut water, orange juice, spinach, kale, banana, pineapple, apple
- THE UPTOWN** 90-170 cal \$5 | \$6 | \$7
coconut water, spinach, kale, mango, pineapple
- TROPICS** 170-360 cal \$5 | \$6 | \$7
orange juice, banana, peach, strawberry, mango
- DIVINE INTERVENTION** 120-220 cal \$5 | \$6 | \$7
coconut water, strawberry, pineapple, peach, raspberry
- SWAMP THING** 130-250 cal \$5 | \$6 | \$7
coconut water, banana, strawberry, pineapple, spirulina
- KALE YEAH** 150-310 cal \$5 | \$6 | \$7
orange juice, kale, pineapple, strawberry
- PEACHY KEEN** 190-370 cal \$5 | \$6 | \$7
orange juice, peach, banana, blueberry
- ALMOND DELIGHT** 320-640 cal \$5 | \$6 | \$7
coconut water, banana, almond butter, raw cacao, coconut oil
- PB & J** 340-480 cal \$5 | \$6 | \$7
apple juice, banana, strawberry, raspberry, peanut butter
- STRAWBERRY BRUNETTE** 200-360 cal \$5 | \$6 | \$7
apple juice, strawberry, banana
- STRAWBERRY BLONDE** 190-350 cal \$5 | \$6 | \$7
orange juice, strawberry, banana
- AÇAÍ BANANA BERRY** 220-440 cal \$6 | \$7 | \$8
apple juice, banana, strawberry, açai
- FUNKY MONKEY** 310-740 cal \$6 | \$7 | \$8
rice milk, banana, peanut butter, raw cacao, honey
- PINEAPPLE EXPRESS** 310-470 cal \$6 | \$7 | \$8
orange juice, coconut water, strawberry, pineapple, hemp seed, lime, honey
- COCO KALE** 300-470 cal \$6 | \$7 | \$8
coconut water, apple juice, strawberry, mango, kale, ginger
- JUMPING GRASSHOPPER** 170-370 cal \$6 | \$7 | \$8
banana, pineapple, apple juice, lemon, lime, wheatgrass
- GET YOUR GREENS ON** 380-520 cal \$6 | \$7 | \$8
almond milk, banana, almond butter, spinach, kale

BUILD-YOUR-OWN SMOOTHIE

\$6 12oz 70-510 cal **\$7** 16oz 150-600 cal **\$8** 24oz 160-660 cal

BASES

coconut water (45 cal) • orange juice (80 cal)
apple juice (90 cal) • almond milk (30 cal)
rice milk (90 cal) • soy milk (60 cal)

VEGGIES

spinach (10 cal) • kale (30 cal) • parsley (5 cal)

FRUITS

apple (50 cal) • strawberry (30 cal) • pineapple (40 cal)
peach (35 cal) • mango (50 cal) • banana (80 cal)
raspberry (30 cal) • blueberry (50 cal)

OTHER

peanut butter (100 cal) • honey (60 cal)
almond butter (100 cal)

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Additional nutrition information available upon request.