



# Drink Menu



## Juices

**12 ounces \$5.99, 16 ounces \$6.49**

✔ **Apple Juice or Orange Juice**

✔ **Beetnik:**  
Carrot, Apple & Beet

✔ **Dr. Geo's Juice:**  
Cucumber, Parsley, Chard, Celery,  
Lemon & Ginger

✔ **The Ultimate:**  
Celery, cucumber, apple, kale,  
romaine, cilantro, carrot, lemon

✔ **3-Your Way:** your choice

- 1) any green
- 2) apple or orange
- 3) 3 from the following add-ins:

- |          |            |            |
|----------|------------|------------|
| - Lemon  | - Parsley  | - Cilantro |
| - Ginger | - Cucumber | - Celery   |

✔ **Wheatgrass Shot**

- 1 oz - \$1.99
- 2 oz - \$3.98

✔ **Summer Drinks:** Ice-Tea and  
Ice-Coffee  
12 oz - \$2.49 • 16 oz - \$2.99

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### Extra Ingredients:

- Lemon, Ginger, etc. \$0.50 per item
- Protein Powder - \$1.00

## Power Shakes

**16 ounces \$6.99**

✔ **Your choice:**  
one fruit, yogurt or vegetable juice combined with Whey or Rice Protein Powder.

✔ **Power Pro:**  
Protein Powder, Juice and Fruits

✔ **Antioxidant :**  
Banana, blueberries, orange juice and protein powder blended with 1 teaspoon cod liver oil or flax oil

## Smoothies

**16 ounces \$6.99**

✔ **Yo-Banana:**  
Yogurt, banana and one other fruit blended together.

✔ **Acai Energy Smoothie:**  
Sambazon Acai, Banana, Berries, Apple Juice or Soy Milk

✔ **Detox Cleanse:**  
Cranberry, Fruit Juice, Aloe Vera & Fiber

\* Non-Dairy option available – Soy or Almond Milk