



PH: 540-371-2931

915 Lafayette Blvd.

Fredericksburg, VA 22401

(call ahead ordering available)

MENU

JUICES

Get to the Root- pineapple, carrot, beet, radish, ginger
12 oz \$6.95 16oz \$8.25 32oz \$16.00

You Glow- pineapple, cucumber, carrot, lemon, lime, ginger
12oz \$6.95 16 oz \$8.25 32oz \$16.00

Popeye's Punch- pineapple, orange, lemon, celery, spinach, basil
12oz \$6.95 16oz \$8.75 32oz \$17.00

Pucker Up- green apple, kale, parsley, lemon, mint
12oz \$7.50 16oz \$9.25 32oz \$18.00

Green Lemonade- cucumber, celery, apple, mint, fennel, ginger

Perfect Green- cucumber, celery, kale, lemon, apple, fennel, ginger
12oz \$7.50 16oz \$9.25 32oz \$18.00

Additional Beverages

Organic Coffee
Variety of Hot Teas

SMOOTHIES

Tropical Paradise- pineapple, banana mango, strawberry, coconut \$5.95

Berry Berry Good- mixed berries, acai berry, banana, antioxidant blend \$6.35

Orange Creamsicle- orange, banana, almond milk, vanilla, coconut \$7.95

Carrot Creamsicle- carrot, banana, almond milk, vanilla, coconut \$7.95

Orange Ginger Green

Dream- orange, banana, almond milk, vanilla, coconut, spinach, ginger \$7.95

Cacao Clarity- Almond milk, banana, cacao, coconut, honey, cinnamon, vanilla

\$8.35

SMOOTHIE ADD-INS

\$1.00 each

Whey Protein
Pea Protein
Bee Pollen
Miracle Reds
Miracle Greens
Honey

Peanut Butter Powder
Almond Butter
Hemp Powder
Chia
Cacao
Acai

FOOD

Wraps

Mexican Wrap- wrapped in collard leaf, with nut based "meat", vegan nacho cheese, tropical salsa, chipotle avocado sauce, and romaine.

\$10.75

Mediterranean Wrap- wrapped in collard leaf, with hummus, marinated veggies, chutney, black olives, and romaine.

\$10.50

Paninis

Served on whole grain bread

Caprese- mozzarella cheese, tomato, basil, and olive oil

\$8.50

Almond Butter and Banana

\$7.50

Grilled Cheese

\$6.00

Salads

\$9.00

Superfood Kale Salad- kale, blueberries, feta cheese, quinoa, chickpeas, and almonds

Summer Berry Spinach Salad- spinach, blueberries, strawberries, oranges, and feta cheese

Ask about daily soups and specials!