

## Compare Our Smoothies with some other options

These Smoothies might seem expensive but when you compare what you are getting the value is obvious. Consider how much money you save on healthcare when you are healthy than when you are sick and the choice is clear. If you want to live well, Superfood smoothies are worth more than gold.

<b>Meal at a fast food place</b>	<b>\$5-6</b>
Poor nutrient content, high fat, acid forming, high toxicity, not fresh	5-15min
<b>Meal at normal restaurant</b>	<b>\$12-25</b>
High fat, low nutrients, GMO's, antibiotic and chemical laden meats	45min - 1hr
<b>Meal at quality restaurant</b>	<b>\$18-35</b>
Higher than average quality, but still mostly conventional, nutrient poor.	45min- 1.5 hrs
<b>Meal at healthy restaurant</b>	<b>\$12-25</b>
Good quality, better nutrition, low fat, lacking in minerals & enzymes	45min- 1hr
<b>Our Super Smoothies</b>	<b>\$7-9</b>
High vitamins, minerals, enzymes, fiber, immune boosting, energizing +	2 -4min

### Super Extras

The items in this section are super ad ons to any smoothie, They give extra concentrated nutrition and nutrients that are not commonly found in food. Give them a try for an extra boost.

<b>Cell Food</b>	<b>\$1 for eight drops</b>
Formula containing 78 minerals, 34 enzymes, and 17 amino acids + oxygen	
<b>Maca</b>	<b>\$1 for per tbsp</b>
Formula containing 78 minerals, 34 enzymes, and 17 amino acids + oxygen	
<b>Marine Phytoplankton</b>	<b>\$.25 Per drop</b>
Contains 90 trace minerals, B-12, Omegas 3,6,7,9, amino acids	
<b>Re-Vita Phi</b>	<b>\$1.50 Per tbsp</b>
Super green powder with probiotics, enzymes and herbs for alkalizing effect	

## Superfood Smoothies

These delicious meal replacement smoothies are full of vitamins, minerals and antioxidants and they taste delicious. Good for you never tasted so good! 16 Ounces of pure pleasure

<b>Nutty Vanilla</b>	<b>\$7</b>
Almonds, Chia Seeds, Vanilla, Nutmeg, Cinnamon, Agave	
<b>Electrolyte Recovery</b>	<b>\$8</b>
Coconut water, Blue Green Algae, MSM, Chia seeds, EmergenC pack, pineapple, ice	
<b>Superfood Smoothie</b>	<b>\$9</b>
Coconut Water, Raw Cacao Powder, Maca, Hemp Seeds, Bee Pollen, Revita-Phi green powder, goji berries, wild blueberries	
<b>Mood Lifter</b>	<b>\$8</b>
Raw Cacao Powder, Gold Rush, goji berries, coconut water, maca, bananas	
<b>Vita-Mineral Blaster</b>	<b>\$9</b>
Wild blueberry juice, marine phytoplankton, bee pollen, Re-Vita Phi greens, Incan Berries, goji berries, plant sterols	
<b>Green Smoothie</b>	<b>\$7</b>
green apple, celery, spinach, cucumber, kale, cilantro, lemon, coconut water	

## Specially Targeted Smoothies

The Smoothies in this section are specially targeted to help support Specific health concerns

<b>Chocolate Weightloss</b>	<b>\$8</b>
Raw Cacao Powder, Coconut oil, coconut water, Cacao nibs, goji berries, Ice	
<b>Antioxidant Immune Booster</b>	<b>\$9</b>
wild blueberry juice, Blue Green Algae, medicinal mushroom blend, goji berries, raw cacao powder, wild blue berries, acai, plant sterols	
<b>Healthy Digestion</b>	<b>\$9</b>
strawberries, blueberries, goji berries, coconut water, Good Belly probiotics, inulation, ginger	
<b>Candida Buster</b>	<b>\$9</b>
Just Cranberry juice, liquid stevia, coconut oil, Good Belly probiotics, flax seeds, green apple, Kale, 3-lac and Inulation	
<b>Mega Omega</b>	<b>\$8</b>
Chia Seeds, Hemp Seeds, Flax Seeds, Almonds, Agave, banana, phytoplankton	

## Fresh juices

We have created these great recipes using fresh fruits and veggies to give you a nutritious boost of energy any time of day. Juices are great between meals or as a light lunch. Try one and enjoy the difference a fresh made juice makes!

<b>Cleansing Cocktail</b>	<b>4.95/16oz</b>
Carrot*, Apple*, Beet, Ginger	6.50/22oz
*denotes organic	
<b>Alkaline Special</b>	<b>4.95/16oz</b>
Cucumber, Celery*, Beet	6.50/22oz
<b>Ginger Hopper</b>	<b>4.95/16oz</b>
Ginger, Carrot*, Apple*	6.50/22oz
<b>Energy Boost</b>	<b>4.95/16oz</b>
Carrot*, Parsley	6.50/22oz
<b>Garlic Express</b>	<b>4.95/16oz</b>
Carrot*, Celery*, Parsley, Garlic	6.50/22oz
<b>Item</b>	<b>5.45/16oz</b>
A brief description of the dish.	7.25/22oz
<b>Green Lemonade</b>	<b>5.95/16oz</b>
Apple*, Lemon, Celery*, Greens	7.95/22oz
<b>Make Your own</b>	<b>5.45/16oz</b>
With cucumber or carrot base	7.25/22oz

## Shots and Cocktails

When you need an extra boost try a shot of wheatgrass or gogi juice for extra nutrients To make them more palatable try our cocktail option. Cheers!

<b>Wheatgrass Juice</b>	<b>\$2.25</b>
A brief description of the dish.	Per ounce
<b>Gogi Juice</b>	<b>\$2.50</b>
A brief description of the dish.	Per ounce
<b>Wheatgrass Cocktail</b>	<b>\$5.95</b>
1oz wheatgrass w/pineapple juice/ice	For 8 oz.