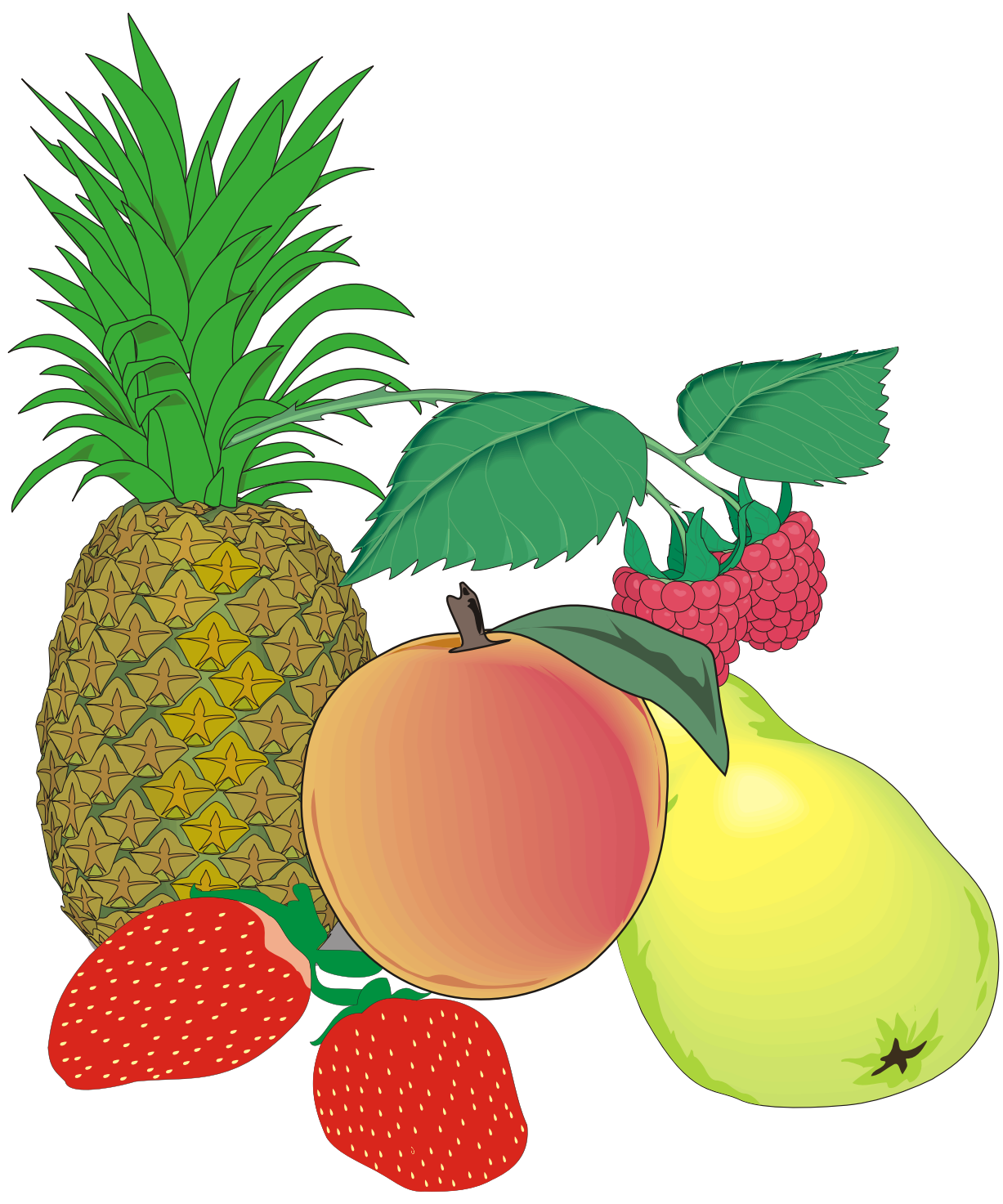




Fresh Organic Vegetable Juice

	<u>12 oz.</u>	<u>16 oz.</u>
Carrot	3.85	4.85
Carrot & Apple	3.95	4.95
Carrot, Apple, Celery	3.95	4.95
Carrot, Apple, Celery, Beet	3.95	4.95
Apple, Cabbage, Beet	3.95	4.95
Healthy House Blend = All 5	3.95	4.95
<u>Add:</u>		
- Gogi berry juice	1 oz.	1.45
- Mangosteen	1 oz.	1.00
- Wheat grass juice	.5 oz.	.80
- Mega Green	1 oz.	.60
- Organic flax seed oil	1 tbs.	.50
- 1/2 inch organic Ginger	1/2 inch	.40



Smoothies

16 oz. - \$3.49

Strawberry

Mouth watering ripe Strawberries

Four Berry

Raspberries, Strawberries, Blackberries & Blueberries

Peach Pear Plus

Peaches, Pears & Apricot

Pineapple Paradise

Pineapple, Banana & Coconut

Acai Plus

Brazilian Rain Forest Fruit, Blackberry, Blueberry & Pomegranate

Northwest Berry

Boysenberries & Blackberries

NUTRITIONAL COMPLEMENTS:

Whey Protein60¢
 Ultimate Nutrient Blend60¢
 Antioxidant Blend60¢
 Feminine Formula60¢
 Wheat Grass Juice Powder . .60¢
 The Complete Meal 2.45

EXTRAS:

Gogi Berry juice (1 oz.) 1.45
 Mangosteen (1 oz.) 1.00
 1/2 Banana50¢
 Organic Flax Seed
 Oil (1 Tbs.)50¢

Vanilla Banana Vitamin Protein Shake (18g Protein) 3.29
 Chocolate Banana Vitamin Protein Shake (18g Protein) 3.59

Our delicious fruit smoothies are 100% all natural, fat free and non dairy (lactose free). Our smoothie puree is made with vine-ripened fruit that is picked at the peak of freshness. They are vitamin and mineral fortified, and are formulated with your good health in mind.



Locally Roasted Organic Fair Trade Coffee

Hot or Iced / Regular or Decaf

	<u>12 oz.</u>	<u>16 oz.</u>
Brewed	1.45	1.65
Café Latte	2.40	2.95
Flavored Café Latte*	2.70	3.25
Café Mocha	2.70	3.25
Cappuccino	2.40	2.95
Café au Lait	2.40	2.70
Café Americano	1.75	1.95
Sattwa Organic Black Tea Chai	2.50	2.95
Espresso (1 shot)	1.30	(2 shots) 1.50
Espresso Machiato (a shot topped w/foamed milk)	1.40	(2 shots) 1.60
Espresso con Panna (a shot topped w/ whipped cream)	1.40	(2 shots) 1.60
Steamer*	2.10	2.40
Hot / Iced Tea	1.40	1.70
Iced Raspberry Tea	1.85	2.15
Hot Chocolate	2.20	2.50
Café FRIO!	3.30	3.55
(A smooth, all natural blended iced coffee drink!)		
Mocha Café FRIO!	3.50	3.75
Caramel Café FRIO!	3.50	3.75
(Add one of our Nutritional Complements for a healthy boost!) 60¢ per scoop		

* Vanilla, Almond, Caramel, Hazelnut, Raspberry, Chocolate, Peppermint, Irish Cream
Sugar Free: Vanilla, Caramel, Almond, Hazelnut, White Chocolate

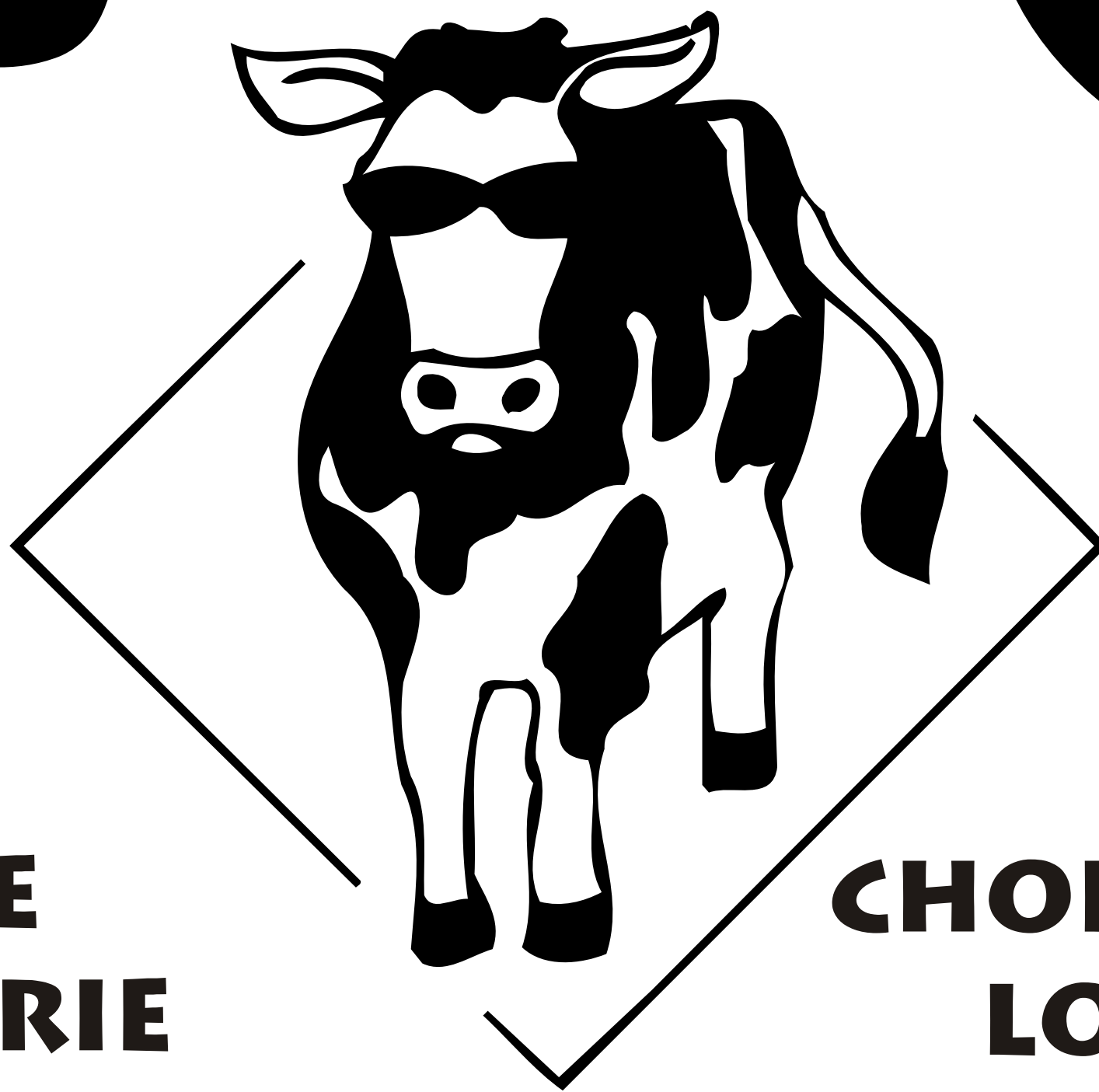
AVAILABLE -

EXTRAS:

Soy Milk 40¢
Organic Milk 50¢
Extra Shot Espresso 50¢

WHOLE BEANS

(by the pound)



**FAT FREE
LOW CALORIE**

**CHOLESTEROL FREE
LOW LACTOSE**

WOW COW!

*ALL NATURAL
FROZEN DESSERT*

	<u>Small</u>	<u>Large</u>
Vanilla	1.50	1.75
Chocolate	1.50	1.75
Twist	1.50	1.75

Cup or Organic Sugar Cone

TOPPINGS:

Sliced Banana	40¢
Pecans Pieces	60¢
Peanuts	35¢
Granola	55¢
Ghirardelli Chocolate Sauce	55¢
Ghirardelli Caramel Sauce	55¢
Coffee	35¢
Espresso	50¢
Flavored Monin Syrup	40¢

THE BOMB! (*Half Wow Cow /
Half Smoothie of your Choice*)

3.75