

# big love

## JUICE BAR + KITCHEN

### JUICE

cold pressed, raw & unfiltered\*

5oz\4. 12oz\9. 16oz\12. 32oz\23.

#### big love

beet, carrot, apple, lemon, celery

#### detox

celery, spinach, cucumber

#### sunny

turmeric, ginger, lemon, apple

#### warrior

kale, spinach, parsley, apple, lemon, ginger

#### half + half

choose two of our blends

12oz\10. 16oz\14. 32oz\26.

### MIGHTY MINIS

one size only 5oz\4.5

**aquamarine** celery, pineapple, blue spirulina

**mega meta** apple, lemon, ginger, turmeric, cayenne, camu camu

**mind fuel** activated charcoal, mct oil

**T.O.** turmeric, orange

**G.P.** ginger, pineapple

### JUICE SHOTS

one size only 1.5oz\3.

#### turmeric, ginger or celery

\*consuming unpasteurized fruit + vegetable juices may increase the risk of food borne illness if you have certain medical conditions.

### SMOOTHIES

with pre+probiotics & plant protein

20oz\8.5

#### sunrise

passionfruit, pineapple, banana, mango, tangerine, ashwagandha

#### karma

strawberry, mango, banana, pineapple, orange, elderberry

#### baker

pineapple, mango, banana, coconut, blue spirulina

#### nutbutta cup

almond nutbutta, banana, coconut, dark cocoa, mct oil

add vegan oat yogurt or baby greens +2.

### CUSTOM SMOOTHIE

20oz\11.

choose a base:

orange juice, oat, almond, hemp or coconut milk;

and up to 5 other ingredients:

~choices: mango, blueberry, strawberry, pineapple, banana, spinach, oat yogurt, protein, pre+probiotics or superfoods

### CUSTOM JUICE BLEND

12oz\13. 16oz\15. 32oz\29.

choose 3: apple, lemon, celery, pineapple, ginger or turmeric

we proudly make + serve the cold pressed juices listed here. at this time we're unable to make specialty items to order but will gladly provide a current market price within 24 hours to all requests.

### LATTES + MORE

hot or iced

12oz\4.5 16oz\5.5

#### matcha

ceremonial grade matcha

#### fairhaven fog

earl grey tea, camu camu, vanilla

#### just like fire

espresso, cinnamon, orange, mct oil

#### caffe latte

espresso + milk

#### americano

local maniac espresso

#### cold brew

12oz\4. 16oz\4.5

#### organic tea

12oz\3.5 16oz\4.5

### JUICE REMEDIES

hor or cold | soothing + caffeine-free

one size only 16oz\7.5

#### dandelion roots

with beet, carrot, apple, celery, lemon

#### green tea detox

with spinach, celery, cucumber

#### lemon love

with cayenne, camu camu, turmeric, apple, ginger

choose a milk

oat, hemp, almond, coconut, whole, low fat, half + half

add syrup or whip

cinnamon, hazelnut, ginger, lavender, chai, caramel, chocolate, whipped cream or non-dairy whip + l.



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## BOWLS

**sunset** 11.5

our açai blend, granola, strawberries, mango, banana, goji berries, honey

**nirvana** 12.

açai blend, granola, nutbutta, vegan chocolate, banana, strawberries, pineapple

**bee good** 12.5

vegan oat yogurt, oat milk, granola, blueberries, banana, bee pollen, chia, coconut, honey, passion fruit coulis

**DIY** 13.5

#1 choose açai or granola + oat yogurt  
#2 choose 3: pineapple, strawberries, mango, banana, blueberries, goji berries, honey, chia, nutbutta, granola, vegan chocolate, bee pollen, coconut, passion fruit puree  
additional toppings +3. each

## THE BLING CLEANSE

**our all juice cleanse is the ultimate body bling and self-care intensive!**

this 8 juice repair kit contains the nutritional building blocks and toxin flush you need to feel shiny and renewed. let's us get you glowing!

**1 day 65. | 2 day 125. | 3 day 180.\***

\*pricing applies to orders of the same cleanse for consecutive days

## TOAST

**local bagel** 5.

sando style with cream cheese

**big love bagel** 7.5

cream cheese, cucumber, spinach, tomato + avocado sando

**breakfast bagel** 8.

hard boiled egg, avocado, cream cheese + spinach sando

**avocado toast** 12.

grain bread, avocado, spinach, extra virgin olive oil, salt flakes, micro greens - open face

**almond berry toast** 10.

open face grain bread, nutbutta, strawberries, coconut + chocolate

## CLEANSSES

our juice-smoothie cleanses deliver a flood of nutrients designed to detox, nourish + restore

### ESSENTIAL 'C'

skin, cognitive function, immunity

### DEEP DETOX

liver flush, digestion, healing

### RECOVERY KIT

metabolism boost, protein, iron

**1 day 40. | 2 day 75. | 3 day 110.\***

please allow 24 hours for all cleanse orders.  
find more info online or ask our team.

## CLEAN EATS

**organic greens salad** 9. | 13.

quinoa, chickpeas, goji berries, pumpkin seeds, carrot, avocado, baby spinach and kale with our minty ginger-lime vinaigrette

**toasty organic spinach wrap** 9.

provolone, baby spinach, onion, avocado, tomato, jalapeños, quinoa and green salsa baked in a spinach flour tortilla with extra mild green salsa on the side

### want to add something? absolutely.

- provolone or cream cheese +2.
- avocado, chicken, boiled egg, chickpeas or vegan cheese (cheddar or cream cheese) +3.

### want to make some changes? sure thing.

- swap bread for bagel or bagel for bread +1.
- switch to gluten free bread or bagel +2.
- change cheese to a vegan option +2.
- sub provolone for cream cheese +1.

## GLUTEN FREE BAKING

**cookies** 4.

snickerdoodle, ginger snap, vegan coconut macaroon

**vegan bars** 4.5

lemon-coconut, chocolate chip or monkey bar

**vegan upcakes** 5.

chocolate-beet or pineapple-carrot

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