

# Smoothies

16 oz. \$6<sup>50</sup>

Made with **organic** fruits & veggies

## Blue Heaven

apple juice\*, banana\*,  
blueberries\*, pineapple\*

## Golden Gate

pineapple\*, banana\*, mango\*,  
strawberry\*, orange juice\*

## Tropic Joy

almond milk\*, orange juice\*,  
banana\*, mango\*

## Sunrise

strawberries\*, banana\*,  
orange juice\*

## Berry Bliss

blueberries\*, strawberries\*,  
apple juice\*

## Great Green

avocado\*, banana\*, orange juice\*,  
spinach\*, ginger\*, apple\*, spirulina\*

### Additions

Echinacea  
Matcha\*  
Mesquite Powder, Raw\*  
Pea Protein\*  
Spirulina\*  
Turmeric\*  
Fresh Juice

### Build Your Own

#### Choose 2

Banana\*  
Mango\*  
Pineapple\*  
Strawberry\*  
Blueberry\*  
Avocado\*

#### Choose 1

Apple Juice\*  
Orange Juice\*  
Almond Milk\*  
Rice Milk\*  
Soy Milk\*  
Whole Milk\*  
2% Milk\*  
Non-Fat Milk

# Juice

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## Humboldt Refresher

apple\*, celery\*, spinach\*, cucumber\*

## Immune Booster

apple\*, spinach\*, honey, carrot\*, echinacea

## Spirit Juice

apple\*, beet\*, carrot\*, lemon\*, ginger\*

## Rising Fog

apple\*, lemon\*, ginger\*, turmeric\*, cucumber\*

### Additions

Echinacea  
Turmeric\*  
Spinach\*  
Ginger\*  
Wheatgrass\*

### Build Your Own

Apple\*  
Beet\*  
Carrot\*  
Cucumber\*  
Celery\*  
Honey  
Lemon\*  
Lime\*

**NORTH COAST  
CO-OP**

\*organic