



FRUITS & ROOTS

122 Campbell Ave SE

Tues. - Sat. 8am-4pm

ORGANIC
RAW * COLD PRESSED * JUICE

PLANT BASED
SMOOTHIES * BOWLS * SNACKS

SUPERFOOD SMOOTHIES \$7.50

NUTTY GREEN

banana, blueberries, spinach, hemp seeds,
peanut butter, almond milk

BANANA BREAD

Banana, oats, date, chia seeds, cinnamon,
almond butter, almond milk

POWER GREEN

spinach, kale, mango, pineapple, flax seeds,
ginger, coconut milk

AB & J

strawberries, blueberries, banana, almond butter,
dates, almond milk

GOLDEN GLOW

mango, banana, turmeric, maple syrup, cinnamon,
almond milk

BLUE WAVE

mango, pineapple, banana, blue spirulina,
coconut milk

PINK FLAMINGO

strawberries, pineapple, banana, pitaya,
coconut milk

MIXED BERRY

berries, banana, acai, chia seeds, maple syrup,
almond milk

CHOCOLATE CHERRY

cherries, banana, date, spinach, cinnamon,
cacao, almond milk

STRAWBERRY BANANA

strawberries, banana, date, pumpkin seeds,
almond milk

WELLNESS BOWLS \$10

GF GRANOLA FOR ALL BASES & TOPPINGS

ACAI

mixed berries, banana, acai, chia seeds,
almond milk
topped with strawberries, blueberries, cacao
nibs, GF granola, raw honey

DRAGON

pineapple, strawberries, banana, pitaya,
coconut milk
topped with strawberries, goji berries, coconut,
GF granola, raw honey

BANANA BREAD

banana, oats, date, chia seeds, cinnamon,
almond milk, almond butter
topped with banana, chocolate chips,
GF granola, nut butter or raw honey

CHOCOLATE PEANUT BUTTER

banana, peanut butter, maca, chia seeds,
cacao, almond milk
topped with banana, chocolate chips,
GF granola, peanut butter

MERMAID

pineapple, mango, banana, blue spirulina,
coconut milk
topped with kiwi, blueberries, coconut, hemp
seeds, 1/2 banana

Overnight Oats

GF Oats, chia seeds, vanilla, almond milk

- Served hot or cold w/ GF granola & choice of (2) toppings
- Maple syrup or raw honey drizzle (optional)

SNACKS

Muffins - Energy Bites - Granola Bars

JUICE

ORGANIC, RAW, COLD PRESSED

Simply Celery
Lean Green
Seed Green
Carrot Refresh

Best Visibility
Detox Lemonade
Lemon Drop
Mango Tango

Apple Peach Berry
Pineapple Zinger
Key West Zest

SHOTS
Ginger & Turmeric

ASK ABOUT OUR
CLEANSE PACKAGES!