

JUICE BAR

SMOOTHIES (20oz) 8.50

- organic banana - organic blueberry
- organic banana - organic strawberry
- organic banana - organic cherry
- organic banana - organic raspberry
- organic banana - organic peach
- organic banana - papaya
- organic banana - mango
- organic banana - pineapple



VEGETABLE & FRUIT JUICES - 16 oz

FRESH JUICED TO ORDER

- organic carrot 7.50
- organic carrot - beet 8.00
- organic carrot - beet - celery 8.50
- organic carrot - celery 8.00
- green drink 8.99
celery, spinach, cucumber, kale, green apple, lemon
- fresh made orange juice 7.95
- fresh pressed organic apple juice 7.95
- wheat grass (1 oz) 3.95

Add to any drink:

protein or spirulina	2.50	aloe.....	0.50
green magma	2.75	flax seed oil	1.50
greens+	2.75	ginger or garlic.....	1.00
synergy	2.75	flax meal	0.50
acai	2.00	peanut butter	1.50
oat bran	0.50	chia seeds	1.00
spinach	1.50		



SALADS

FRESH GARDEN SALAD 9.50

Mixed greens & fresh vegetables

Dressings: miso, Key Lime vinaigrette or sesame tahini

HUMMUS SALAD 12.99

Hummus on a bed of mixed greens with tomato & lettuce with whole grain bread.

MARINATED SUNDRIED TOMATO SALAD 13.50

Artichoke hearts, tofu, sundried tomato & vegetables on greens with whole grain bread.

GRILLED TEMPEH SALAD (or tofu) 13.50

Savory tofu, hearts of palm, avocado & vegetables on greens with whole grain bread.

PESTO SALAD 13.50

Baby greens, green leaf lettuce & vegetables with vegan pesto, grilled tofu, and whole grain bread.

SANDWICHES & ENTREES

PEACEFUL TEMPEH 13.50

Tempeh, avocado, and cranberry sauce on multi-grain bread, with soy mayo, mixed greens and fresh veggies, served with a salad.

TEMPEH REUBEN 13.50

Tempeh on bakery bread with organic sauerkraut and vegan thousand island dressing and a salad.

PESTO RICE 12.99

Brown rice with vegan pesto, grilled tofu slices, and a salad.

MARINATED TEMPEH SANDWICH 13.50

Savory tempeh on whole grain bakery bread with vegan tartar sauce and a salad.

GRILLED TOFU (OR TEMPEH) 13.50

Served on organic rice or whole grain roll with tahini sauce and a salad.

VEGETARIAN ITALIAN SUB 11.50

Soy deli slices, soy pepperoni, on a multi-grain bread with mixed greens, dill pickle, and soy mayo.

VEGGIE BURGER 12.25

on a whole grain roll with savory soy mayo, tomato, and mixed greens served with a salad.

-add soy cream cheese or fakin' bacon (1.50 extra)

ITALIAN VEGGIE SAUSAGE 13.50

Sundried tomato, soy sausage on a multi-grain roll or on rice with tomato sauce, served with a salad.

CREAMY HUMMUS 13.50

Chickpea pate with tahini on multigrain bread with mixed greens and tomato.

-add sundried tomatoes or avocado (1.25 extra)

FLT 11.50

Fakin bacon (soy), lettuce, and tomato on whole grain bread with soy mayo.

SMOKEY TEMPEH SANDWICH 13.50

Smokey tempeh strips on whole grain bread with vegan tartar sauce and a salad.

ORGANIC PEANUT BUTTER 7.50

With organic jelly on whole grain bread.

VEGGIE HOT DOG 6.50

On whole grain bun with stone ground mustard.

***GLUTEN FREE BREAD** available on all sandwiches.

SUGAR APPLE 305-292-0043

There are no animal products used in this kitchen.

SUGAR APPLE

305-292-0043

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**Juice Bar &
Veggie Deli**

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