



JUICE \$6 16oz.

Cleanse Me

Lemon, celery, ginger, apple, kale, cucumber and parsley

Recover

Carrot, kale, beet, cucumber, ginger and lemon

Energize

Apple, romaine, spinach, wheatgrass, cilantro and lime

Refresh

Pear, mint, romaine, cucumber, and lime

Ignite

Orange, carrot, turmeric, cayenne pepper and celery

LOCAL ADDS \$.50ea

Avocado, Ginger, Turmeric, Dates, Hemp Protein, Amino Acids, Vitamin D&K, Almond Butter, Hemp Oil
Add to anything!

SMOOTHIES \$7 16oz

Green Fuel

Banana, kale, spinach, avocado, apple, ginger, honey and turmeric

The Everyday

Berries, pear, coconut oil, coconut milk and orange juice

Davis Dip #hangovercure

Coconut water, mixed berries, pineapple, banana, amino acids and fresh squeezed lemon juice

The Sweetie

Strawberries, almond milk, banana, cacao, honey, coconut water and coconut shavings on top

YamCo Sunset

Orange, pineapple, dates, strawberries and coconut milk

The Meathead

Banana, almond butter, espresso powder, honey, hemp oil, hemp protein and almond milk

TOAST \$4

Avocado

Avocado, chia seeds, pumpkin seeds

Banana

Banana, almond butter, honey

Black Olive

black olive hummus, salt, pepper

Great Harvest Gluten Free bread.

SHOTS \$3

Wheatgrass - Local & Organic, shaken with coconut water.

Boost

Apple Cider Vinegar, lemon juice, amino acids, turmeric, ginger

Immunity

Fresh pressed apple juice, garlic, cayenne pepper

Ginja-Ninja

Lemon, apple, ginger, cayenne pepper

CALL-IN YOUR ORDER TOMORROW 971.261.2167

IT'S LUNCHTIME \$9

The Valley Bowl - Choose Rice or Quinoa
Broccoli, kale, red onion and pumpkin seeds, lemon dijon dressing, and topped with crushed hazelnuts

Thai Bowl - Choose Rice or Quinoa
Tofu, cabbage, carrots, sprouts, green onion, cucumbers topped with peanuts, sesame-curry dressing, and cilantro.
Ask to Make it Spicy!

Harvest Bowl

Spicy chickpeas, sweet potato, kale, cucumber, green onion tossed with a spicy tarragon dressing.

3rd St. - Choose Rice or Quinoa

Avocado, black beans, romaine, red onions, tomato and cilantro dressed with avocado lime sauce.

DRINKS

Kombucha \$4

Made by Lion Heart, On Draft, ask for seasonal flavors.

Matcha Latte \$3

Matcha, almond milk, agave, shaken

Check out the Grab'n Go for more!

SMOOTHIE BOWLS

The Wildcat \$10

Base - Acai, banana, honey crisp apple
Top - Strawberries, blueberries, raspberries and granola. Drizzled with honey and bee pollen.

Green Machine \$11

Base - Acai, granny smith apple, spirulina, spinach, kale, coconut water
Top - Blueberries, banana, granola, honey, bee pollen, and chia seeds

Check out the Local Adds to Customize your Flow!

The Sweet Tooth \$10

Base - Acai, Strawberries, Banana, Cacao, and almond milk.
Top - Cacao nibs, Strawberries, coconut shavings, granola and honey

Mauie on My Mind \$11

Pineapple, Mango, banana and coconut water topped with coconut shavings, kiwi, granola and honey

Brain-Booster \$11

Chia seed green goodness pudding (avocado, spinach, kale & honey) topped with blue berries, pumpkin seeds, walnuts.

THE GOODS FOOD IS MEDICINE

Heart Health

Carrot, tomatoes, broccoli, kale, spinach, onions, bananas, cacao, citrus, tofu, beets, avocado, acai, blue berries

Inflammation

Beets, turmeric, acai, pineapple, avocado, coconut oil, chia seeds, hemp, walnuts, pumpkin seeds, blue berries, garlic, ginger, turmeric

Detoxifiers

Lemon, ginger, spirulina, beets, kale, acai, coconut water, chickpeas, walnuts

Brain Fuel

Spirulina, avocado, walnuts, blue berries, cacao, turmeric, pumpkin seeds, kale

Gut Health

Garlic, kombucha, apple cider vinegar, mangoes, kale, coconut oil, onions

Let us cater your next lunch meeting!
#Fuelyourteam