

Smoothies and Juices

Smoothies

Green Machine

Spinach, Kale, Peanut Butter, Banana, Almond Milk

Pretty in Pink

Strawberry, Pineapple, Coconut Water

Funky Monkey

Banana, Peanut Butter, Cacao, Honey, Almond Milk

Almond Delight Almond Butter, Strawberry, Banana, Almond Milk

Man-go Green

Mango, Kale, Apple Juice

Strawberries gone Bananas

Banana, Strawberry, Apple Juice

Berry Blast

Mixed Berries, Strawberry, Apple Juice

Banana Bread

Banana, Walnuts, Honey, Wheat Germ, Cinnamon, Almond Milk

Tropical Breeze

Pineapple, Strawberry, Peach, Mango, Orange Juice

Island Impact

Pineapple, Mango, Banana, Coconut Water

Juices

Glowing Green

Spinach, Kale, Apple, Cucumber, Celery, Lemon

Bob Ross

Pineapple, Lemon, Carrot, Celery, Ginger

Pear-fect

Kale, Spinach, Pear, Lime, Cucumber

Ginger Zinger

Carrot, Ginger, Orange, Lemon, Turmeric

Beet Boost

Beet, Cucumber, Celery, Apple, Lemon

More choices with our in-store menu, or build your own! Prices vary depending on size and ingredients.

Kombucha

Buddha's Brew(Austin, Tx)

Blueberry, Cranberry, Peach Mint, Tart Cherry Melon, Honeydew, Hops, Grape, Pineapple Super Greens, seasonal flavors

Sanctuary Kitchen (Georgetown, Tx)

Low-sugar seasonal flavors

On Tap

Rotating Flavors between two taps from our Buddha's Brew

Fresh Sandwiches

The Smokehouse Griller

Boar's Head Smoked Habanero Ham, Mesquite Wood Smoked-Turkey, Smoked Chipotle Gouda and Pepperhouse Gourmaise Dressing on Grilled Sourdough

The Veggie Sensation

Avocado, Garlic Hummus, Black Olives, Alfalfa Sprouts, Tomato, Cucumber, Red Onion, and Mushrooms, on your choice of bread

The Mona Lisa

Boar's Head EverRoast Chicken, Havarti Dill, Red Roasted Peppers, Baby Spinach, with an Herbed Deli Dressing on Focaccia

Grab & Go's

Custom Salads

Salads made with Spinach, Tomato, Red Onion, Cucumber, Deli Dressing and EverRoast Chicken or Habanero Ham

Custom Wraps

Juice Cleanse

6 Per Day

16 oz. - \$119

20 oz. - \$129

6 Per Day

16 oz. - \$154

20 oz. - \$164

6 Per Day

16 oz. - \$189

20 oz. - \$199

Advantages

Juicing is the perfect way to power up your system with fresh, clean, plant-based energy. When you juice, your system is flooded with an abundance of vitamins and minerals.

A 5-Day Reboot Helps

1. Reset your system to crave healthy foods.
2. Jumpstart weight loss.
3. Boost your immune system.
4. Promote detoxification.
5. Promote beautiful, clear skin.

Is a reboot for me?

A reboot is for almost everyone! The exception to a reboot is if you are pregnant or nursing, under 18 years old, or have a severe medical condition. Check with your doctor if you are

unsure. If you are currently taking medication, ask your doctor before you begin any diet program.

Possible Side Effects

Most side effects are temporary and will resolve once you resume a healthy diet following the Reboot. Side effects may include dizziness, fatigue, headache, low blood sugar, constipation or diarrhea. Increasing your fluid intake may help resolve the side effects. If any of these symptoms occur, please consult your physician to be sure you can manage them wisely.

Steps to Juicing

1. Select your Juice Plan.
2. If a recipe looks unappealing to you, make substitutions that are similar. For example, if a juice calls for kale, replace it with spinach or broccoli.
3. Do not eat any solid foods during your reboot because it defeats the purpose of juicing.
4. Headaches are normal for the first 2-4 days, so if you get a headache or have a strong craving, drink an extra juice.
5. Drink at least 16oz of water after each juice meal and drink plenty of water throughout the day.
6. It is recommended to have between 4-6 juices per day consisting of 16-20 ounces.
7. During the reboot, exercise is important, but you should decrease the intensity of your workout. Yoga, pilates, walking, or cycling are all good examples of workouts that are acceptable during your reboot.