



ELM HEALTH

ORGANIC JUICE + SMOOTHIE MENU

Signature Juices

Small (12 oz.) \$5.75 Medium (16 oz.) \$7.00 Large (20 oz.) \$8.50

Big Apple *Granny Smith Apple, Fuji Apple, Celery, Carrot*

Body Cleanse *Ginger, Granny Smith Apple, Beet, Aloe Vera Juice, Lemon*

Citrus Sparkle *Orange, Grapefruit, Lemon*

Clean Sweep Detox *Carrot, Beet, Cabbage, Celery, Lemon, Grapefruit*

Immune Zoom *Carrot, Kale, Lemon, Ginger, Orange*

Singer's Cider *Grapefruit, Pear, Lemon, Ginger, Cayenne*

Winter Green *Apple, Pear, Strawberry, Essential Mint Oil*

Green Juices

	<u>12 oz.</u>	<u>16 oz.</u>	<u>20 oz.</u>
Glowing Green <i>Kale, Lemon, Aloe-Vera, Celery, Dandelion</i>	\$7.25	\$8.50	\$10.25
Power Green <i>Spinach, Celery, Lemon, Ginger, Cucumber, Chard</i>	\$7.25	\$8.50	\$10.25
Green Green <i>Collard Green, Kale, Cucumber, Celery,</i>	\$7.25	\$8.50	\$10.25
Super Green <i>Spinach, Cucumber, Collard Green, Kale, Parsley,</i> <i>Ginger, Green Apple, Lemon, Celery</i>	\$9.25	\$11.50	\$14.25
Heavenly Green <i>Dandelion, Spinach, Cucumber, Celery, Green Chard,</i> <i>Lemon, Romaine Lettuce, Ginger, Green Apple</i>	\$9.25	\$11.50	\$14.25
Mixed Greens <i>Kale, Cucumber, Celery, Parsley</i>	\$7.25	\$8.50	\$10.25

Special for Your Needs Juices

Small (12 oz.) \$8.25 Medium (16 oz.) \$9.75 Large (20 oz.) \$12.50

Brain Booster *Parsley, Carrots, Celery, Spinach, Ginkgo Biloba, Broccoli*

Stress Cleanse *Carrots, Parsley, Celery, Spinach, Kale, Flax Seed*

Power Booster *Carrots, Ginger, Celery, Collard Green, Dandelion*

Healthy Skin *Tomatoes, Broccoli, Cucumber, Cabbage, Dandelion*

Healthy Heart *Parsley, Tomato, Dandelion, Spinach, Celery, Beet*

Bright Eyes *Carrots, Broccoli, Spinach, Tomato, Kale*

Liver Cleanser *Beet, Dandelion, Kale, Celery, Carrot*

Kidney Cleanser *Celery, Parsley, Tomato, Dandelion, Broccoli*

Common Cold & Flu *Carrot, Celery, Cabbage, Garlic, Lemon, Ginger*

Vegetable Cocktail Spirulina, kale, Cucumber, Celery, Dandelion, Parsley
Pure Energy Wheatgrass, Carrot, Spinach, Celery, Beet, Cucumber

Organic Lemonades

Small (12 oz.) \$6.00 Medium (16 oz.) \$7.25 Large (20 oz.) \$9.00

Strawberry Lemonade Strawberry, Lemon, Ginger, Natural Sweetener

Ginger Lemonade Apple, Lemon, Ginger, Kale

Orange lemonade Orange, Pear, Ginger, Lemon

Apple Lemonade Apple, Lemon, Kale, Dandelion

Cucumber Lemonade Cucumber, Celery, Lemon, Pear

Lemonade Delight Lemon, Apple, Pear, Ginger, Collard Greens

CUSTOM JUICE

Small (12 oz.) \$5.25 Medium (16 oz.) \$6.00 Large (20 oz.) \$7.50

Choice of 2 Bases (Carrot, Celery, Apple, Orange, Beets)

Choice of 2 Vegetable (Kale, Green Chard, Collard Green, Cabbage, Romaine Lettuce) *Extra charge for additions.*

CUSTOM GREEN JUICE

Small (12 oz.) \$6.25 Medium (16 oz.) \$7.50 Large (20 oz.) \$9.25

Cucumber, Celery + Your choice of 4 Leafy Greens

Health Shots

Fresh Wheatgrass Shot	1oz \$2.25	2oz \$4.25
Fresh Ginger Shot	1oz \$2.25	2oz \$4.25
Fresh Lemon Shot	1oz \$2.25	2oz \$4.25

Signature Smoothies

	<u>12 oz.</u>	<u>16 oz.</u>	<u>20 oz.</u>
Nutty Dream – Banana, Almond Butter, Mixed Berries, Chocolate Protein, Base	\$6.50	\$7.75	\$9.25
Berry Bananarama – Mixed Berries, Banana, Base	\$5.50	\$6.75	\$8.25
Morning Renewal – Mango, Banana, Orange, Coconut Water	\$5.50	\$6.75	\$8.25
Raspberry Cream Pie – Raspberry, Apple, Banana, Base	\$5.50	\$6.75	\$8.25
Strawberry Oatmeal – Strawberry, Rolled Oats, Banana, Base	\$5.50	\$6.75	\$8.25

Protein Smoothies 12.oz \$6.50 16.oz \$7.75 20.oz \$9.25

Almond Bliss – Strawberry, Blueberry, Almond butter, Banana, Protein, Base: Almond Milk

Peanut Butter Delight – Banana, Strawberry, Peanut Butter, Whey Protein, Base

Blueberry Fusion-Blueberries, Raspberries, Banana, Plant Fusion, Base

Cacao Nib-Banana, Cacao Nibs, Low-fat Yogurt, Almond Butter, Spirutein Protein, Base

Rise Sunshine-Granola, Strawberries, Banana, Yogurt, Protein, Base: Rice Milk

Blue Almond-Blueberries, Banana, Almond Butter, Cinnamon, Protein, Base Almond Milk

Coconut Paradise-Coconut flakes, Pineapple, Banana, Protein, Base: Coconut Milk

Chocolate Peanut Butter-Banana, Mango, Chocolate protein, Cacao Nibs, Peanut Butter Base: Soy Milk

Green Smoothies 12.oz \$6.50 16.oz \$7.75 20.oz \$9.25

Raw Sensation – Celery, Pineapple, Almond Butter, Parsley, Kale, Base: Coconut Water

Sea Breeze – Pineapple, Mango, Kale, Spirulina, Water/Coconut Water Base

Super Smoothie – Spinach, Kale, Banana, Blueberry, Base: Apple Juice

Ginger Smoothie – Kale, Ginger, Mango, Pineapple, Banana, Coconut Water

Iron Smoothies-Spinach, Parley, Kale, Apple, Lemon, pear, Base: Filtered Water

Detox Smoothie-Parsley, Dandelion, Celery, Lemon, Mango, Apple, Base: Filtered Water

The Purifier-Grapefruit, Parsley, Celery, Aloe-Vera, Pineapple, Kale, Base: Filtered Water

SuperFood Smoothies 12.oz \$7.99 16.oz \$9.99 20.oz \$12.99

Green Superfood - Banana, Flax Seed, Kale, Spinach, Dates, Spirulina, Chia Seeds, Base: Coconut water

Delicioso Superfood – Spinach, Blueberries, Banana, Cacao Nibs, Flax seeds, Honey, Maca, Base

Everyday Superfood – Blueberry, Dates, Cinnamon, Chia Seeds, Flax Seed Oil, Almond Butter, Base

Energy Kick – Banana, Goji Berry, Cacao Nibs, Maca, Dates, Flax Seeds, Base: Coconut Milk,

Power-Up – Banana, Apple, mix Berries, Hemp Seeds, Spirulina, Almond Butter, Goji Berries, Base: Coconut Milk

Ultra Superfood – Acai, Goji Berries, Spirulina, Cacao Nibs, Chia Seeds, Banana, Base: Almond Milk

Creamy Coconut-Maca, Blueberry, Coconut Flakes, Cinnamon, Honey, Banana, Base: Coconut Milk

Acai Smoothies 12.oz \$6.75 16.oz \$7.99 20.oz \$9.75

Amazon-Acai, Banana, Mango, Spirulina, Base: Almond Milk

Purple Smoothie-Acai, Blueberry, Raspberry, Maca, Base: Apple juice

Tropical Star-Acai, Pineapple, Strawberry, Dates, Agave or Honey, Base

Antioxidant Smoothie-Acai, Goji Berries, Banana, Raspberries, Base: Almond Milk

Custom Smoothie: 12.oz \$5.50 16.oz \$6.75 20.oz \$7.99

Choice of any 3 Fruits Banana, Strawberry, Blueberry, Mango, Raspberry, pineapple

Base: Whole milk, Almond milk, Rice milk, Soy milk, Coconut milk, Filtered Water, Coconut water

[There will be an additional charge for any Extra ingredients](#)

ADDITIONS

Ginger \$0.75

Apple, Orange or Lemon (Whole) \$1.00

Apple ,Orange or Lemon (Half) \$0.50

Protein \$1.50

Flax Seed Oil \$1.00

Echinacea GoldenSeal \$1.50

Vega Protein \$3.00

Maca \$1.00

Spirulina \$1.25

Garlic \$0.50

Cayenne Pepper \$0.25

Leafy Green \$0.50_{each}