



Juice Bar and Café

Our food is carefully made by hand from the freshest and simplest ingredients. We use organic products almost exclusively and promote local and seasonal foods, especially in our daily soup and salad selections.

- TORTILLA CHOICES**
- TWO 5" ORGANIC CORN
  - 8" ORGANIC WHOLE WHEAT
  - 10" ORGANIC SPROUTED MULTI-GRAIN
  - 10" RICE
  - 12" GARLIC HERB
  - 12" WHOLE WHEAT
  - 12" SPINACH

## WRAPS & BOWLS

Items below are wrapped in your choice of tortilla or served as a salad in a bowl.

### BURRITO/RICE & BEANS

brown rice, pinto beans, our mild chili vegetable sauce, and mixed greens with vinaigrette.  
*Small/Large 7.50/9.00 w/cheddar 8.50/10.00*  
*Fully loaded with avocado, sour cream & salsa. 3.50 extra*

### BLACK BEANS & CORN

black beans and corn marinated in cilantro and lime, a little brown rice, our mild chili vegetable sauce, and mixed greens with vinaigrette.  
*Small/Large 7.50/9.00 Deluxe 8.50/10.00*  
*Fully loaded with avocado, sour cream & salsa. 3.50 extra*

### SOUTHWEST

marinated corn, tomato, avocado, a little brown rice, our mild chili vegetable sauce, and mixed greens with vinaigrette.  
*Small/Large 7.50/9.00 Deluxe 8.50/10.00*

### SALMON, CREAM CHEESE & FETA

feta and neufchatel cheeses with red onion and parsley, wild local smoked salmon and mixed greens with vinaigrette. *Deluxe with avocado, lime and cilantro.*  
*Small/Large 7.50/9.00 Deluxe 8.50/10.00*

### SALMON

brown rice, wild local smoked salmon, cucumber, tomato, and mixed greens with vinaigrette. Good with cilantro and green onion.  
*Small/Large 8.50/10.00*

### HUMMUS

our hummus, brown rice, cucumber, tomato, black olives, and mixed greens with vinaigrette or lemon tahini.  
*Small/Large 7.50/9.00*

### PEANUT PEPPER

brown rice, mixed raw vegetables, our modestly spicy peanut sauce, and mixed greens. Ask for extra chili oil.  
*Small/Large 7.50/9.00*

### GREEK

our mix of greens and cabbage, tomato, cucumber, red onion, feta, kalamata olives, and our Greek dressing.  
*Small/Large 7.50/9.00*

### VORTILLA/HOUSE SALAD

our mix of greens and cabbage with either cucumber and tomato or raw mixed vegetables, and choice of dressing.  
*Small/Large 6.50/8.00 w/cheddar 7.50/9.00*

### RICE OR QUINOA WITH SAUCE

brown rice topped with choice of mild chili vegetable sauce, peanut sauce, lemon tahini sauce, or soup of the day.  
*Small/Large Bowl 4.50/6.00*

## CORN HILL

Corn tortilla, topped with melted raw milk cheddar, brown rice, pinto beans, our chili vegetable sauce and mixed greens with vinaigrette. *6.50*

## SOUP OF THE DAY

Served with bread, corn chips, or rice. See daily specials for selections.

*Cup (10 oz.) 6.00*  
*Bowl (16 oz.) 7.50*

## SOUP, SALAD & GRAIN

Soup with bread, rice, quinoa, or corn chips, and your choice of house salad or daily special.

*Cup 8.50*  
*Bowl 10.50*

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- CHIPS & SALSA** *6.00*
  - CHIPS & HUMMUS** *6.00*
  - HUMMUS VEGETABLE PLATE** *6.00*
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## QUESADILLAS

Melted cheddar and our mild chili vegetable sauce on your choice of tortilla.

- Small whole wheat..... *3.50*
- Two corn..... *3.50*
- Sprouted multi-grain..... *4.00*
- Rice..... *4.00*
- Large whole wheat, garlic herb, or spinach..... *4.50*

## CREATE YOUR OWN QUESADILLA

Choose any combination of tortillas and additions.

### SUGGESTIONS

- Salsa & Black Beans • Pintos, Tomatoes & Sour Cream •
- Marinated Corn & Quinoa • White Beans & Black Olives •
- Salmon & Avocado • Hummus, Tomatoes & Avocado •
- Black Beans, Sour Cream & Avocado •
- Avocado, Sour Cream, Cilantro & Green Onion •

We can accommodate your dietary needs and preferences.

**ALL PRICES INLCUDE TAX.**

## ADDITIONS

Slice of bread.....	1.00	Nonfat yogurt .....	1.00	Marinated white beans.....	1.50
Side of corn chips.....	1.00	Avocado .....	1.00	Marinated black beans.....	1.50
Pepper sauces .....	n/c	Black olives .....	1.50	Mixed raw vegetables.....	1.50
Cilantro .....	.25	Kalamata olives.....	1.50	Mixed greens .....	1.50
Green onion.....	.25	Sour cream .....	1.50	Hummus.....	1.50
Brown rice.....	1.00	Seeds and nuts .....	1.50	Wild local smoked salmon.....	2.50
Quinoa.....	1.00	Medium raw milk cheddar .....	1.50		
Pinto beans .....	1.00	Feta .....	1.50	<b>ANY 2 ADDITIONS.....</b>	<b>2.50</b>
Cucumbers .....	1.00	Fresh salsa.....	1.50	<b>ANY 3 ADDITIONS.....</b>	<b>3.50</b>
Tomatoes .....	1.00	Marinated corn.....	1.50	<b>SALMON.....</b>	<b>1.00 EXTRA</b>

- SALAD DRESSINGS**
- BALSAMIC VINAIGRETTE
  - MISO GINGER
  - GREEK LEMON & OLIVE OIL
  - LEMON TAHINI

## JUST FOR KIDS

### QUESADILLA JR.

Just melted cheddar on choice of small whole wheat tortilla or 2 corn tortillas. 3.50

Additions .75 ea.  
Salmon 1.00 extra

### JR. BOWL OF RICE & PINTO BEANS 3.50

With corn chips 4.00  
Additions .75 ea.  
Salmon 1.00 extra

### CORN HILL JR. 4.50

Corn tortilla, topped with melted cheddar, brown rice, pinto beans, and mixed greens. Our chili vegetable sauce or vinaigrette added upon request.

### JR. PLATE OF SIDES

Choose from additions list

2 Sides 2.00  
Additional Sides .75 ea.  
Salmon 1.00 extra

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**CARRY-OUT FRESH SALSA** 8 oz. 3.50  
16 oz. 5.50

**CARRY-OUT FRESH HUMMUS** 8 oz. 3.50  
16 oz. 5.50

**CARRY-OUT HOT SAUCES, SALADS & SALAD DRESSINGS** as marked

**COOKIES** 1.25/2.00

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## JUICES

Combine any of our available fruits and vegetables for a fresh, unpasteurized, raw juice.

10 oz. 5.00

14 oz. 6.00

### JUICE SUGGESTIONS

- Carrot Orange Lemon • Apple Lemon Ginger • Carrot Beet • Carrot Beet Ginger •
- Carrot Parsley Lemon • Pear Beet Lime Ginger • Carrot Apple Ginger • Carrot Beet Apple Ginger •
- Cucumber Celery Parsley Lime Pear • Carrot Beet Lime Ginger Jalapeno • Carrot Apple Celery •
- Apple Celery Beet • Cucumber Pear Ginger • Orange Carrot Pineapple • Grapefruit Ginger •
- Apple Pear Lemon • Carrot Celery Parsley • Pineapple Orange Lemon •

### GREEN JUICE

Local seasonal greens, celery, cucumber, and parsley. Ask for lemon, lime, ginger, apple, or pear.

10 oz. 6.00

14 oz. 7.00

w/wheatgrass 2.00 extra

### WHEATGRASS JUICE

1 oz. 2.00

## SLUSHES & SMOOTHIES

For a slush choose any combination of fresh raw juice and frozen fruits and berries. For a smoothie, we add plain non-fat yogurt and frozen banana to the above.

14 oz. 5.50

6.50 w/ALIVE (rice & pea protein powder)

### SLUSH & SMOOTHIE SUGGESTIONS

- Apple Strawberry • Orange Peach Ginger • Orange Pineapple Peach •
- Pear Lemon Blueberry • Pear Marionberry • Orange Lime Strawberry • Carrot Orange Peach •
- Pear Beet Lime Ginger Marionberry • Strawberry Blueberry Apple •
- Peach Marionberry Pear • Grapefruit Peach Ginger •
- Pineapple Lemon Orange Coconut •

## COCONUT SHAKE

Choice of milk with frozen banana, vanilla, and a coconut fruitstick. 14 oz. 5.50

## CHAI

Our own blend of spices and ginger with black tea, honey, and your choice of milk. Decaf and unsweetened available.

Hot or Iced in season 4.00

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### COFFEE-ORGANIC, FAIR TRADE

1.75 w/one refill

### TEA-BLACK, GREEN & HERBAL 1.50

iced black and herbal tea available in season

**MILK** 10 oz. 2.00

**BOTTLED DRINKS** as marked

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**ORGANIC MILK CHOICES**  
2%  
**HALF & HALF**  
**RICE**  
**SOY**  
**OAT**

Monday - Saturday  
10 am - 7 pm Summer  
10 am - 6 pm Year round

All prices include tax. Wondering if something's organic? Just ask! All items available to go. Call ahead for quick pick-up, 468-4740. Catering available.