# PLANT SLANT JUICE

HEALTHY STARTS HERE

### 13 oz.Cold Pressed Juices- \$6.75

- 1. Sweet Beet Blend beets, apple, carrot, lemon, and ginger
- 2. Healthy Greens celery, apple, cucumber, kale, parsley, and ginger
- 3. Energize Me pineapple, apple, pear, and ginger
- 4. Skinny Genes apple, pineapple, cucumber, lime, and wheatgrass
- 5. Summer Shine pineapple, apple, orange, lemon, and kale
- 6. Power House apple, purple cabbage, pineapple, and lemon
- 7. Just Greens spinach, kale, cucumber, lemon, and celery
- 8. Blue Energizer pineapple, apple, pear, ginger, and blue spirulina
- 9. Detox Me
  wheatgrass, green apple, pineapple, mint,
  and coconut water
- 10. Blue Detox Me
  wheatgrass, green apple, pineapple, mint,
  coconut water, and blue spirulina
- **11. Kickin Carrot**apples, carrots, celery, and parsley

#### Juice Cleanses

4 Pack- \$26 add pea/whey protein- \$30 6 Pack- \$39 add pea/whey protein- \$45

#### 12 oz. Protein Shakes- \$6

- 1. Power Shake- Vanilla almond milk, pea protein, maple syrup, agave, dates, vanilla, and Himalayan sea salt
- 2. Power Shake- Chocolate almond milk, pea protein, maple syrup, agave, dates, vanilla, and Himalayan sea salt, and cacao

#### 2 oz. Wellness Shot - \$3

- 1. Super Shot ginger, lemon, cayenne, orange, and turmeric
- 2. Immunity Shot elderberry juice and honey
- 3. Ginger Beet Shot beets, ginger, and orange
- **4. Probiotic Shot** sparkling probiotic, lemon, ginger, and honey

### 1 oz. Wheatgrass Shot - \$2.50

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#### 20 oz. Classic Smoothies- \$7.50

# 1. Peanut Butter Classic peanut butter, banana, dark chocolate, and almond milk

## 2. Avocado Punch avocado, pineapple, spinach, kale, coconut, lime, and almond milk

# **3. Sunshine**pineapple, mango, strawberry, and orange juice

## 4. Berry Passion strawberry, blueberry, banana, kale, peanut butter, and coconut water

#### 5. Banana Chia banana, chia seeds, almonds, dates, cinnamon, coconut, peanut butter, and almond milk

### 6. Dragon Fruit dragon fruit, mango, strawberry, pineapple, coconut, and coconut water

# 7. Açaí Blast açaí berries, blueberry, banana, strawberry, and coconut water

## 8. Banana Berry strawberry, blueberry, banana, and coconut water

# **9.** Body Guard strawberry, blueberry, ginger elderberry, turmeric, and coconut water

## 10. Green Goddess pineapple, banana, kale, spinach, and coconut water

# 11. White Chocolate Berry strawberry, vanilla greek yogurt, white chocolate, agave, and almond milk

# 12. Snickerdoodle Cookie snickerdoodle cookies, banana, cinnamon, almond butter, greek yogurt, almond milk

# 13. Longevity strawberry, blueberry, apple, grapes, honey, peppermint, elderberry, green tea, hemp seeds, and coconut water

#### 14. Carrot Cake

carrot, cream cheese, agave, raisons, vanilla, nutmeg, cinnamon, ginger, and almond milk topped with whipped cream and shredded carrot

#### 28 oz. Protein Smoothies- \$8

# 1. Aloha Protein coconut, pineapple, banana, pea/whey protein, and coconut milk

# 2. Power Smoothie oats, chia seeds, almond/peanut butter, pea/whey protein, yogurt, agave, and almond milk

# 3. Chocolate Power Smoothie oats, chia seeds, almond/peanut butter, pea/whey protein, yogurt, cacao, agave, and almond milk

# 4. Oatmeal Raisin Cookie oats, banana, peanut butter, raisins, honey cinnamon, vanilla, pea/whey protein, and almond milk

# 5. Blue Mermaid Spirulina blue spirulina, banana, mango, pea/whey protein, and almond milk

### 6. Banana Omega

banana, oats, flax seeds, chia seeds, honey, almond/peanut butter, pea/whey protein, and almond milk

# 7. Power Berry choice of strawberries or blueberries, oats, chia seeds, almond/ peanut butter, yogurt, pea/whey protein, and almond milk

# 8. Peanut Butter and Jelly strawberry, banana, peanut butter, yogurt, pea/whey protein, agave, and almond milk



#### 12 oz. fresh Bowls- \$8.50

#### 1. Açaí Banana Berry

açaí, banana, blueberries, strawberries, almond milk, topped with granola, coconut, strawberries, bananas, pistachios, and almond butter or nutella

#### 2. Sunrise Bowl

mango, strawberries, and coconut milk, topped with granola, strawberries, banana, coconut, blueberries, and almond butter

#### 3. Dragon Fruit Bowl

dragon fruit, mango, strawberries, and coconut milk, topped with granola, banana, coconut, strawberries, and almond butter

#### 4. Blue Mermaid Bowl

blue spirulina, mango, banana, pea/whey protein, and almond milk, topped with honey, granola, blueberries, coconut, strawberries, and chia seeds

#### 5. Piña Colada Bowl

pineapple, banana, and coconut milk, topped with granola, coconut, banana, and pineapple

#### 6. Banana Pudding Bowl

banana and coconut milk, topped with granola, banana, and whipped topping

#### 7. Lavender Bowl

lavender, honey, banana, vanilla, and almond milk, topped with lavender, granola, coconut, almonds, banana, and whipped cream

### Yogurt Parfaits - \$4.75

#### 1. Blueberry

vanilla greek yogurt, blueberries, and granola

#### 2. Hawaiian

vanilla greek yogurt, strawberries, banana, pineapple, granola, and coconut

### Healthy Snacks - \$3.50

### 1. Chips and Hummus

veggie chips and hummus

#### Hot Pressed Sandwiches- \$1.50

#### 1. Caprese

mozzarella cheese, tomatoes, spinach, pesto, basil, and balsamic glaze on ciabatta bread

## 2. Chicken and Cheese Quesadilla grilled chicken and cheese blend on flour tortilla

### 3. Avocado Grilled Cheese sour dough or wheat bread, cheese, an

sour dough or wheat bread, cheese, and avocado

### 4. Buffalo Chicken and Cheese Quesadilla

buffalo ranch, grilled chicken, and cheese blend on flour tortilla with cilantro garnish

### Energy Bites (pack of 3)- \$4.25

#### 1. Aloha Bites

coconut, macadamia nuts, pineapple, protein, vanilla extract, yogurt, honey, and agave

### 2. Peanut Butter Oatmeal Bites

oats, peanut butter, coconut, chocolate chips, honey, chia seeds, and vanilla extract

#### 3. Almond Espresso Bites

oats, almond butter, honey, agave, coconut, espresso powder, vanilla extract. cinnamon, chocolate chips, and a dash of salt

#### Toast To Live For - \$4.75

#### 1. Avocado Toast

wholegrain or sourdough toast, avocado, olive oil, crushed red pepper, basil, Himalayan salt, and cilantro

#### 2. Peanut Butter Banana

wholegrain or sourdough toast, banana, peanut butter, and cinnamon

#### 3. Nutella

wholegrain or sourdough toast, Nutella, strawberries, banana, and honey

#### Hot Oatmeal - \$4.50

- 1. Apple Cinnamon oats, apple, almonds, and cinnamon
- Peanut Butter Banana oats, banana, chia seeds, and peanut butter
- 3. Chocolate Coconut oats, chocolate chips, agave, coconut, and cacao powder

### Hot Soup - \$4.75

- 1. Tomato Basil (seasonal)
- 2. Butternut Squash (seasonal)
- 3. Chicken Noodle (seasonal)

### Bagels with Cream Cheese - \$3.50

- 1. Everything Bagel
- 2. Cinnamon Raisin
- 3. Plain

### Healthy Treats - \$6

1. Berry Banana Split vanilla greek yogurt, banana, almonds, granola, blueberries, strawberries, coconut, chocolate chips, honey, almond butter, Nutella or peanut butter, and whipped topping

#### Hot/ Iced Drinks- \$6

- 1. Classic Cold Brew cold brew, almond milk, honey or agave add white chocolate or caramel
- 2. Golden Turmeric Milk almond milk, turmeric, honey, ginger, and cinnamon
- 3. London Fog Tea Latte (hot or iced) black tea, almond milk, agave, vanilla, and cinnamon

### Cold Brew Smoothies - \$1.50

- 1. PB Banana Cold Brew **Smoothie** cold brew, almond milk, banana, peanut butter, honey, and vanilla
- 2. Green Cold Brew Smoothie cold brew, almond milk, greens, banana, peanut butter, honey, and vanilla

#### Seasonal Items - \$1.50

- 1. Pumpkin Spice Smoothie yogurt, pumpkin, cinnamon, ginger, nutmeg, allspice, agave, and almond milk
- 2. Eggnog Smoothie eggnog, coconut milk, vanilla greek yogurt, agave, banana, cinnamon, and nutmeg
- 3. Caramel Pumpkin Pie **Smoothie**

Plant Slant Juice
Call or order online for in store or curbside pickup!

**VISIT US!** 1851 Aversboro Rd. Garner, NC 27529

HOURS:

Mon-Fri: 7am - 7pm

Sat: 8am - 4pm

Sun: CLOSED

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