

Plant Slant Juice Menu

To-Go Orders and Curbside Pick-Up

Order online through our *Plant Slant Juice* website or call us for pick-up. When you arrive, call the store and we'll bring your order out to you curbside. *Plant Slant Juice* has a designated parking spot for take-out and curbside pick-up.

Cold Pressed Juices: 12 oz bottle- \$4.85 each

Calories

- | | |
|--|-----|
| 1. Sweet Beet Blend
~Beets, apple, carrot, lemon & ginger | 210 |
| 2. Healthy Greens
~Celery, apple, cucumber, kale, parsley & ginger | 150 |
| 3. Energize Me
~Pineapple, apple, pear & ginger | 275 |
| 4. Skinny Genes
~Apple, pineapple, cucumber, lime & wheat grass | 215 |
| 5. Mint Melon Kale
~Watermelon, lemon, lime, mint, apple & kale | 145 |
| 6. Summer Shine
~Pineapple, apple, orange, lemon & kale | 255 |
| 7. Power House
~Apple, purple cabbage, pineapple & lemon | 300 |
| 8. Just Greens
~Spinach, kale, cucumber, lemon & celery | 120 |
| 9. Antioxidant Reviver Juice
~Purple cabbage, carrot, orange, lemon, ginger root & apple | 340 |

Juice Cleanses: 12 oz juices listed above

- **4 pack-** \$18.00 (add pea/whey protein - \$22.00)
~12 grams/juice
- **6 pack-** \$27.00 (add pea/whey protein - \$33.00)
~12 grams/juice

Wellness Shots: 2 oz \$2.75 each

Calories

- | | |
|--|----|
| 1. Super Shot
~Ginger, lemon, cayenne, orange & turmeric | 25 |
| 2. Immunity Shot
~Elderberry juice & honey | 92 |
| 3. Ginger Beet Shot
~Beets, ginger & orange | 70 |

Wheat Grass Shots: 2 oz \$3.50 each **Calories**
 (add: cayenne pepper or lemon juice- included options)

- | | |
|----------------------------|----|
| 1. Wheat Grass Shot | |
| ~Wheat grass | 10 |

Classic/Superfood Smoothies: 20 oz cup with lid & smoothie straw- \$5.50 each **Calories**
 (Add: chia seeds, pea/whey protein, green tea extract, collagen & blue spirulina - \$0.75/each)

- | | |
|---|-----|
| 1. Peanut Butter Classic | |
| ~Peanut butter, banana & dark chocolate almond milk | 295 |
| 2. Avocado Punch | |
| ~Avocado, pineapple, spinach, kale, coconut, lime & almond milk | 370 |
| 3. Sunshine | |
| ~Strawberries, mango, pineapple & orange juice | 275 |
| 4. Berry Passion | |
| ~ Strawberries, blueberries, banana, kale, peanut butter & coconut water | 345 |
| 5. Banana Chia | |
| ~Banana, chia seeds, almonds, dates, cinnamon, coconut, peanut butter & almond milk | 600 |
| 6. Dragon Fruit Smoothie | |
| ~Dragon fruit, mango, strawberries, pineapple, coconut & coconut water | 315 |
| 7. Acai Blast | |
| ~Acai berries, blueberries, pomegranate juice, banana, strawberries & coconut water | 345 |
| 8. Banana Berry | |
| ~Strawberries, banana, blueberries, raspberries & coconut water | 270 |
| 9. Low Glycemic Green Smoothie | |
| ~Cucumber, avocado, almond butter, cinnamon, ginger, spinach, kale & almond milk | 330 |
| 10. Body Guard | |
| ~Strawberries, blueberries, raspberries, elderberries, ginger, turmeric & coconut water | 240 |
| 11. Green Goddess | |
| ~Pineapple, banana, kale, spinach & coconut water | 235 |

Protein Smoothies: 20 oz - \$6.00 each **Calories/Protein**

- | | |
|---|------------|
| 1. Aloha Protein | |
| ~Coconut, pineapple, banana, pea/whey protein & coconut milk | 415 / 28 g |
| 2. Power Smoothie | |
| ~Oats, chia seeds, almond or peanut butter, pea/whey protein, vanilla Greek yogurt & almond milk | 505 / 43 g |
| 3. Chocolate-Power Smoothie | |
| ~Oats, chia seeds, almond or peanut butter, pea/whey protein, vanilla Greek yogurt, almond milk & cacao | 580 / 49 g |
| 4. Oatmeal Raisin Cookie | |
| ~Oats, banana, peanut butter, golden raisins, cinnamon, honey, vanilla, whey/pea protein & almond milk | 790 / 42 g |

- | | |
|---|-------------------|
| <p>5. Blue Mermaid Spirulina Smoothie
~Blue spirulina, banana, mango, pea/whey protein & almond milk</p> | <p>315 / 30 g</p> |
|---|-------------------|

Plant Based Protein Shakes: 12 oz bottles- \$6.00 each

Calories/Protein

(great post workout shakes- may substitute whey protein)

- | | |
|--|-------------------|
| <p>1. Power Shake-Vanilla
~Almond milk, pea protein, maple syrup, agave, dates, vanilla extract & Himalayan sea salt</p> | <p>400 / 26 g</p> |
| <p>2. Power Shake-Chocolate
~Almond milk, pea protein, maple syrup, agave, dates, vanilla extract, Himalayan sea salt & cacao</p> | <p>445 / 29 g</p> |

House Brewed Coffee or Tea: 20 oz (hot or cold)

Energy Bites: 4 bites- \$3.15

Calories/Protein

- | | |
|--|-------------------|
| <p>1. Peanut Butter Oatmeal Bites
~Oats, coconut, peanut butter, chocolate chips, honey, chia seeds & vanilla extract</p> | <p>520 / 16 g</p> |
| <p>2. Aloha Bites
~Coconut, macadamia nuts, pineapple, protein powder, vanilla extract, honey & agave</p> | <p>380 / 9 g</p> |

Fresh Bowls: 12 oz - \$6.95 each

Calories

- | | |
|--|------------|
| <p>1. Acai Banana Berry Bowl
~Acai, banana, blueberries, strawberries, almond milk (blended)
~Topped with granola, strawberries, banana, coconut, roasted pistachios & almond butter</p> | <p>415</p> |
| <p>2. Sunrise Bowl
~Mango, strawberries & coconut milk (blended)
~Topped with granola, strawberries, blueberries, banana, coconuts & almond butter</p> | <p>370</p> |
| <p>3. Dragon Fruit Bowl
~Dragon fruit, mango, strawberries & coconut milk (blended)
~Topped with granola, strawberries, banana, coconut & almond butter</p> | <p>330</p> |
| <p>4. Blue Mermaid Spirulina Bowl
~Blue spirulina, banana, mango, pea/whey protein & almond milk (blended)
~Topped with blueberries, strawberries, granola, coconut, chia seeds & honey</p> | <p>430</p> |

Hot Pressed Sandwiches: \$5.50 each (add juice or classic smoothie- \$9.00) **Calories**
(served with choice of veggie chips or fresh fruit cup)

- 1. Caprese**
~Mozzarella cheese, tomatoes, spinach, pesto, basil & balsamic glaze on Ciabatta bread 640
- 2. Chicken and Cheese Quesadilla**
~Grilled chicken & cheese blend on flour tortilla 475
- 3. Turkey and cheese spinach wrap**
~Turkey, provolone cheese, spinach, cucumber, carrot & green pepper on spinach wrap with ranch or honey mustard 415

Yogurt Parfaits: \$4.15 each (add juice or classic smoothie- \$8.50) **Calories**

- 1. Lemon Berry**
~Lemon Greek yogurt, vanilla Greek yogurt, blueberries & granola 320
- 2. Hawaiian**
~Vanilla Greek yogurt, strawberries, banana, pineapple, granola & coconut 470

Hot Oatmeal: 8 oz - \$4.15 each (add juice or classic smoothie- \$8.50) **Calories/Protein**
(made with pea/whey protein)

- 1. Apple Cinnamon**
~Oats, apple, almonds & cinnamon 370 / 12 g
- 2. Peanut Butter Banana**
~Oats, banana, chia seeds & peanut butter 350 / 12 g
- 3. Chocolate Coconut**
~Oats, chocolate chips, coconut, agave & cocoa powder 465 / 8 g

Toast To Live For! - \$4.15 per slice (add juice or classic smoothie- \$8.50) **Calories**

- 1. Avocado Toast**
~Wholegrain or sourdough toast, avocado, olive oil & special spice blend (crushed red pepper flakes, basil, Himalayan salt, cilantro & mint - optional) 310
- 2. Peanut Butter Banana Toast**
~Wholegrain or sourdough toast, banana, peanut butter & cinnamon (optional) 260

Seasonal Healthy Dessert Options: \$2.65 mini pie **Calories/Protein**

- 1. Key Lime Pie**
~Key lime Greek yogurt, graham cracker & all natural whipped topping 150 / 7 g
- 2. Banana Cream Pie**
~Banana Greek yogurt, graham cracker & all natural whipped topping 155 / 7 g
- 3. Coconut Cream Pie**
~Coconut Greek yogurt, graham cracker & all natural whipped topping 155 / 7 g

Please Note:

Bundle Options

~Ask about our *Plant Slant Juice* bundle options which include juices, wellness shots, energy bites and other grab and go items that may be bundled for cost savings for events or just larger take home orders.

Allergy Concerns?

~Please let us know when ordering. Our products may contain almonds, peanuts, coconuts, eggs, wheat, dairy, or soy.