PLANT SLANT JUICE

HEALTHY STARTS HERE

13 oz.Cold Pressed Juices- \$6.25

- 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- \$24 add pea/whey protein- \$30 6 Pack- \$36 add pea/whey protein- \$42

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 - \$2.75

- 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

1. Wheatgrass Shot wheatgrass

20 oz. Classic Smoothies-\$1

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

20 oz. Protein Smoothies- \$1.50

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, and almond milk

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

4. Oatmeal Raison 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- \$7.75

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

1. Chips and Hummus

veggie chips and hummus

Hot Pressed Sandwiches & More- \$1

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

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

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

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
- Chocolate Coconut oats, chocolate chips, agave, coconut, and cacao powder

Hot Soup - \$4.50

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

Bagels with Cream Cheese - \$3.25

- 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. Dragon Fruit Refresher dragon fruit and lemonade
- 3. Golden Turmeric Milk almond milk, turmeric, honey, ginger, and cinnamon

Cold Brew Smoothies - \$7

- 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

- 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! HOURS:**

1851 Aversboro Rd. Garner, NC 27529

Mon-Fri: 7am - 7pm

Sat: 8am - 4pm

Sun: CLOSED

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