



850 460 4766

<http://www.30agrub2go.com>

# For the Health of It

## Juices

16 ounces

Beet Nik	\$5.75
<i>carrots and beet</i>	
Bugs Bunny	\$5.00
<i>carrots</i>	
Dr. Away	\$6.50
<i>carrots and apples</i>	
Great Green	\$9.75
<i>seasonal greens and a touch of lemon</i>	
Luscious Lemon	\$7.50
<i>lemon, apple, and carrots</i>	
Radical Rob	\$8.00
<i>beet, carrot, cucumber, and tumeric</i>	
Spicy Veggie	\$9.25
<i>tomato, spinach, garlic, celery, carrot, and a touch of cayenne</i>	
The Capo	\$8.50
<i>spinach, parsley, kale, beet, carrot, celery, and cucumber</i>	
The Remedy	\$8.00
<i>lemon, beet, apple, ginger, kale, spinach, carrot, and cayenne</i>	

## Shots

Ginger Shot	\$3.50
<i>2 oz. ginger....that is all</i>	
Heat Wave	\$3.50
<i>2 oz. ginger, garlic, lemon, apple, and cayenne</i>	
The Wheatgrass Shot	\$3.50
<i>1 oz. wheatgrass</i>	
5 Alive	\$5.00
<i>5 oz. lemon, apple, ginger, tumeric, and E3 live</i>	

## Smoothies

16 ounces

A Good Chance	\$8.00
<i>pineapple, ginger, lemon juice, and carrot juice</i>	
Acai Island	\$8.00
<i>acai, banana, mango, pineapple, and apple juice</i>	
Berrylicious	\$7.50
<i>strawberry, blueberry, raspberry, banana, and apple juice</i>	
The Blue Mountain Blizzard	\$8.00
<i>blueberry, banana, and pineapple juice</i>	
The Carrot Cake	\$9.99
<i>carrot juice, ginger, almond butter, banana, and cinnamon</i>	
Criolla Man	\$9.00
<i>strawberry, banana, plant protein, ginseng, ginkgo, flax seed, royal jelly, cinnamon, and apple juice</i>	
Dragonfruit Bliss	\$9.99
<i>dragonfruit, mango, pineapple, peach, banana, pineapple juice</i>	
Earthquake Eddie Bee	\$9.00
<i>strawberry, blueberry, raspberry, banana, liquid multi-vitamin, plant protein, bee pollen, royal jelly, flax meal, apple juice</i>	
Go Go Goji	\$9.00
<i>goji berry, orange, peach, banana, apple juice</i>	
J. Colt Jolt	\$9.00
<i>coconut water, Laird's Superfood Creamer, Laird's Instafuel, Laird's Cocoa, avocado, banana</i>	
Mystic Almond	\$9.50
<i>almond butter, banana, plant protein, cinnamon, almond milk</i>	
Peanut Butter Cup	\$7.50
<i>peanut butter, banana, chocolate greens powder, almond milk</i>	
Pineapple Pizzazz	\$7.25
<i>pineapple, banana, pineapple and coconut juice</i>	
Pollen Power Punch	\$9.00
<i>blueberry, raspberry, banana, bee pollen, royal jelly, ginseng, ginkgo, spirulina, cayenne, apple juice</i>	
Santa Rosa Sunshine	\$7.50
<i>mango, pineapple and coconut juice</i>	
Strawberry Fields Forever	\$7.00
<i>strawberry, banana, apple juice</i>	
Viva Verde	\$9.00
<i>cucumber, kale, spinach, avocado, banana, orange, peach, apple juice</i>	