

JUICE BAR

FRESH JUICES

small 4.5 / regular 5.5

ORANGE

GRAPEFRUIT

ORANGE YOU GLAD

Orange and pineapple

STRAWBERRY FIELDS

Strawberry, apple and orange

CRANBERRY CRUSH

Cranberry, apple and orange

ZINGAPORE

Pineapple and ginger

IMMUNI "C"

Orange and wheat grass

ROOTY FRUITY

Carrot and apple

BETA CARROT-ENE

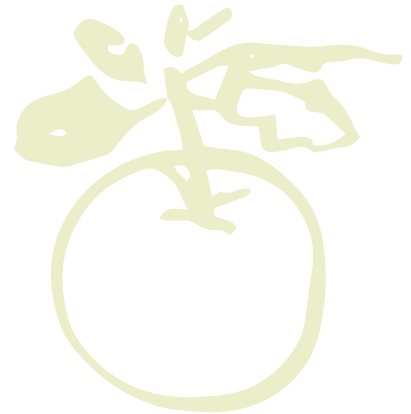
Orange and carrot

HEART BEET

Beet, wheat grass and carrot

VEGAMARY

Tomato, carrot, celery, red pepper and parsley,
garnished with celery salt,
black pepper and pepperoncini



NATURAL SHAKES

made with your choice of ice cream or fat-free
frozen yogurt 6.95

POWER PLUS

Carob powder, banana, nuts & coconut

SURFER

Pineapple, banana, coconut

FINISH LINE

Homemade granola, strawberries & banana

BODY SLAM

Peanut butter and carob powder

FRESH FRUIT SMOOTHIES

Blended with ice, honey, and fruit 6.75

CARMEN MI-JUICE-DA

Strawberries, banana and a splash of orange
juice

COPABANANA

Mango, pineapple, banana, pina colada and
protein powder

FIBERRY

Raspberries, strawberries, blueberries, banana,
apple juice and wheat germ

FRESH-SQUEEZED FAVORITES

WHOLE LEMONADE

An entire lemon juiced with fresh apples,
no sugar added 6.25
Strawberry or Raspberry 7

GO GREEN LEMONADE

Kale, spinach, apples, lemon, and ginger 7

WHEAT GRASS SHOOTER

A shot of wheat grass – straight up 4

ALL NATURAL SODAS

4

SAN PELLEGRINO

Orange, Lemon Mint, or Pomegranate

BOYLAN

Ginger Ale, Root Beer

LAKE STATE KOMBUCHA

4.5

Ginger

Orange Mango

Mint Lime

Blueberry Hibiscus

COCONUT WATER

4

ADDITIONS

Add one of these ingredients to any juice, smoothie or shake 1

WHEAT GRASS

PROTEIN POWDER

WHEAT GERM

FLAX SEED

AGAVE NECTAR

POMEGRANATE JUICE



WINE

FEATURED WINES

Pavolino wines are from Italy's Veneto region which is located in the northeastern area of the country. Veneto is Italy's main wine producing region though it is the smallest of the six primary areas where wine is produced in the country. True to their terroir, these wines are vegan taking care to not use any animal products in the production and filtration process. They are also kosher for Passover and available all year long.

Pinot Grigio, Pavolino, Veneto, Italy ∞

Glass 8 Bottle 30

Pinot Noir, Pavolino, Veneto, Italy ∞

Glass 8 Bottle 30

∞ - Sustainable § - Organically Grown □ - Biodynamic

RED

	Glass	Bottle
Pinot Noir, Evolution, Willamette Valley, OR ∞	11	38
Pinot Noir, McManis, Lodi, CA ∞	10	35
Malbec, Santa Julia[+], Mendoza, Argentina ∞	9	32
Red Blend, Seven Deadly, Lodi, CA ∞	9	32
Merlot, Forestville, Sonoma & Napa, CA	8	30
Syrah, Pacific Redwood, Redwood Valley, CA §	9	32
Cabernet Sauvignon, Sycamore Lane, Napa & Lodi, CA ∞ (Vegan)	9.5	33
Cabernet Sauvignon, Hess Select, Napa County, CA ∞	11.5	40

WHITE

	Glass	Bottle
Riesling, Clear Night, Pfalz, Germany	9	32
Rosé, Malene, Central Coast, CA ∞	9	32
Rosé, Fleurs de Prairie, Provence, France ∞	10.5	37
Pinot Grigio, Sycamore Lane, Napa & Lodi, CA ∞	9.5	33
Pinot Gris, Montinore Estate, Willamette Valley, OR □ §	10	35
Sauvignon Blanc, Wairau River, Marlborough, New Zealand ∞	11	38
Sauvignon Blanc, Benziger, North Coast, CA ∞	9	32
Chardonnay, Hess Shirtable, Napa County, CA ∞	10	35
Chardonnay, Forestville, Sonoma & Napa, CA	8	30

NON-ALCOHOLIC

Chardonnay, Sutter Home Fre, CA	7.5	26
---------------------------------	-----	----

SPARKLING WINE, COCKTAILS, AND SPLITS

	Glass	Bottle
Moscato d'Asti, Risata, Piedmont DOCG, Italy	9	32
Brut Rosé, Le Grand Noir, Languedoc, France	8	30
Astoria Prosecco 187ml, Italy		9.5 split
Brut Rosé, Veuve du Vernay, Burgundy, France		9.5 split

OTHER

	Glass
Mimosa with Fresh Squeezed Juice	9
Sangria	9
C Squared Cider, "Ella" India Pale	8
Orange Mango Kombucha Cooler	8

SAKE COCKTAILS

	Glass
Bloody Mary	8
Margarita	8
Mojito	8



BEER

6

Summit Extra Pale Ale, Minnesota
 Finnegan's Irish Amber, Minnesota
 Amstel Light, Holland
 Lakefront Brewery New Grist Pilsner - Gluten Free, WI
 Buckler Non-Alcoholic, Holland

7

Indeed Brewing Flavorwave IPA, Minnesota
 Indeed Brewing Shannanigans Summer Ale, Minnesota
 Indeed Brewing Mexican Honey Light, Minnesota
 Bauhaus Short Pants Lemon Shandy, Minnesota
 Surly Furious IPA, Minnesota

Tall Boy - 9

Indeed Brewing Day Tripper Pale Ale, Minnesota