



Organic  Plant-Based  Super-Food Focused   
 Gluten-Free  Refined Sugar-Free  Dairy-Free 

Monday-Saturday 9am-4pm | Sunday 10am-3pm

## Cold-Pressed Juice

### GUIDING GREENS | 11

celery, cucumber, kale, parsley, lemon

### FOLLOW YOUR HEART | 10.50

cucumber, apple, kale, lemon

### EYES WIDE OPEN | 11

carrot, apple, ginger, lemon

### IN THE FLOW | 11.50

cucumber, pineapple, spinach, ginger

### GET ROOTED | 11

carrot, apple, beet, lime

### RISE AND SHINE | 12

orange, pineapple, carrot, turmeric, ginger

## Wellness Shots

### SOUL FIRE | 5

ginger, lemon, cayenne pepper, structured water

### LIGHTWORKER | 6

turmeric, orange, black pepper

## Activated H2O

### CHARCOAL LEMONADE | 7

structured water, lemon, activated charcoal, cayenne pepper, maple syrup, pink salt

### MERMAID LEMONADE | 7.50

structured water, lemon, maple syrup, blue spirulina, pink salt

## Magic Mylks

### BLUE BUTTERFLY MYLK | 10

housemade almond mylk, maca, blue spirulina, chai spice, vanilla, pink salt, dates, maple syrup

### VANILLA ALMOND MYLK | 10

housemade almond mylk, vanilla, cardamom, pink salt, dates, maple syrup



Ask us about our seasonal specials & cleanses!

## Super-Food Smoothies

### BERRY BALANCED | 10

blueberries, strawberries, goji berries, açai berry, banana, housemade plant mylk

### TRUTH SEEKER | 12

blueberries, peanut butter, maca, vanilla pea protein, blue spirulina, hemp seeds, banana, housemade plant mylk

### DRAGON SPIRIT | 11

strawberries, banana, dragon fruit, lions mane, beet juice powder, hemp seeds, housemade plant mylk

### EARTH ANGEL | 11.50

apple, spinach, almond butter, banana, maca, flax, spirulina, housemade plant mylk

### CONSCIOUS CREATOR | 11

orange, turmeric, coconut, banana, vanilla pea protein, goji berries, flax, coconut water

### PEACEFUL WARRIOR | 10

banana, cacao, peanut butter, coconut, maca, mesquite, reishi, housemade plant mylk

### SUPER CHAI | 10.50

banana, cashew, vanilla, cinnamon, coconut, turmeric, chai spice, almond butter, housemade plant mylk

### BLUE LOTUS | 10.50

mango, coconut, banana, blue spirulina, baobab, ashwagandha, coconut butter, coconut water

## Adaptogenic Elixirs & Coffee

### MATCHA LATTE | 7.50

matcha, vanilla, coconut butter, maple syrup, cardamom, housemade plant mylk

### ELEPHANT REVIVAL | 8

chai spice, adaptogenic herbs, coconut butter, vanilla, maple syrup, adaptogenic creamer

### AWAKENED HEART | 7

cacao, adaptogenic herbs, coconut butter, maple syrup, adaptogenic creamer

### INNER LIGHT LATTE | 6

adaptogenic coffee, coconut butter, maple syrup, adaptogenic creamer

### ADAPTOGENIC COFFEE | 3.50

coffee with adaptogenic herbs

## Smoothie Bowls

### SUNSHINE BOWL | 14

mango, banana, coconut water base topped with granola, coconut chips, seasonal fruit, coconut butter & raw honey

### BLISS BOWL | 14.50

blueberries, açai berry, banana, housemade plant mylk base topped with granola, hemp seeds, seasonal fruit, peanut butter & raw honey

### BLUE MOON BOWL | 15

pineapple, mango, banana, vanilla pea protein, blue spirulina, housemade plant mylk base topped with granola, coconut chips, seasonal fruit, almond butter & raw honey

### UNICORN BOWL | 14

strawberries, banana, housemade plant mylk base topped with granola, cacao nibs, seasonal fruit, almond butter & raw honey

## Plant-Based Bites

### CAESAR SALAD | 14

romaine, celery, tomatoes, pumpkin seeds, hems seeds, housemade sunflower walnut "parmesan", housemade chickpea croutons, housemade cashew caesar dressing

### THAI SALAD | 14

romaine, purple cabbage, carrot, cucumber, cashews, coconut, sesame seeds, housemade thai dressing

### SUNFLOWER POWER TOAST | 9

housemade pitaya sunflower seed "hummus", fresh greens & cucumbers tossed in lime juice and cayenne on gluten-free bread

### PB LOVE TOAST | 8

peanut butter, banana, cinnamon pecan crumble, hemp seeds, & raw honey on gluten-free bread

### OVERNIGHT OATS | 9

rolled oats, chia seeds, hemp seeds, cinnamon, almond butter, seasonal fruit, granola, maple syrup, housemade plant mylk

### RAW CHEEZECAKE | 6.50

*Rotating Flavors*  
 pecan-walnut-date crust layered under a vegan cashew "cheeze"

### LOVE BITES | 7

*Rotating Flavors*  
 raw nuts, dates, seeds, spices & super-foods rolled into an energizing ball of love

# A Message From Our Conscious Kitchen And Inner Light Family

In honor of Mother Earth and the future of this planet we always source organic and do our best to source local when we can. We use sustainable packaging whether it be compostable or glass and we compost and recycle everything that we possibly can.

We believe that everything is energy and what we put in, on and around our bodies makes a difference in our health and how we feel, so we never compromise on quality and put positive intention into all that we prepare and serve. Our entire menu is 100% organic, plant-based, dairy-free, gluten-free and refined sugar-free. If you have an allergy concern please let us know and we will do our best to accommodate you!

Please note that some menu items may not always be available due to seasonality, sourcing of fresh ingredients and preparation time from our loving hands.

Our housemade plant mylk rotates on a regular basis and will either be pumpkin seed mylk or almond mylk. Our seasonal fruit used to top our smoothie bowls rotates on a regular basis. If you are curious what we are using today, please ask!

Thank you for being a part of our commUNITY & supporting our mission to share the healing power of plants and how consciously consuming organic nourishment can provide balance to our body, mind, soul & planet.

Love, The Inner Light Juice Family



## Upgrade Your Smoothie Or Bowl

**\$0.50**

- açai berry
- chia seeds
- cacao
- cacao nibs
- coconut
- flax
- ginger
- goji berries
- hemp seeds
- maca
- moringa
- peanut butter
- reishi
- spirulina
- turmeric

**\$1**

- almond butter
- ashwagandha
- blue spirulina
- lions mane
- matcha
- pitaya
- spinach
- vanilla pea protein
- granola

[www.innerlightjuice.com](http://www.innerlightjuice.com)

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