

ignite your inner light

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 H20

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!

Organic Plant-Based Super-Food Focused





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

Super-Food Smoothies Smoothie Bowls

BERRY BALANCED | 10

blueberries, strawberries, goji berries, açaí 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

SUNSHINE BOWL | 14

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

BLISS BOWL | 14.50

blueberries, açaí 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, hemps 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

Positions of the second of the

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.

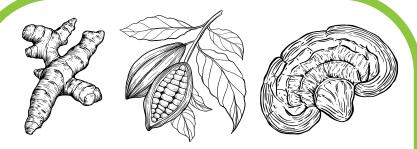
We believe that everything is energy and what we put in, on and around our bodies makes a difference in our health and how we feel, so we never compromise on quality and put positive intention into all that we prepare and serve. Our entire menu is 100% organic, plant-based, dairy-free, gluten-free and 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

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

\$1

almond butter

Light

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

www.innerlightjuice.com





@innerlightjuice











