

Nature's Blends

Smoothies

16 OZ \$8
20 OZ \$10
24 OZ \$12
32 OZ \$15

20 Tropical Bananza

Pineapple, mango, banana, organic agave



21 Honeyed Mango Blazt

Mango, banana, almond milk, agave

22 Very Berry Blendz

Mixed berries (Strawberry, blueberry, raspberry), banana, almond milk, agave



23 Strawberry Banana

Strawberry, banana, almond milk, agave

Juthies

16 OZ \$10
20 OZ \$12
24 OZ \$13
32 OZ \$16

25 Strawberry Twist

Strawberry, mango, pineapple, orange, agave



26 Caribbean

Pineapple, mango, banana, orange, agave

27 Popeye

Spinach, kiwi, lemon, orange, pineapple, apple, agave



28 Citrus Blast

Orange, pineapple, mango, agave

38 Fruit Salad



Small: \$8
Medium: \$12
Large: \$15

Juices

16 OZ \$8
20 OZ \$10
24 OZ \$12
32 OZ \$15

29 Green Delight

Kale, cucumber, celery, apple, pineapple



30 Red Fusion

Beet, apple, orange, pineapple



31 Yellow Signature

Carrot, orange, pineapple, apple



32 Make Your Own

Choose any 4 of the following: pineapple, kale, orange, cucumber, apple, beets, celery

39 Vegetables Salad



Small: \$7
Medium: \$10
Large: \$14

Sandwiches & Wraps

33 Tofurky Veggie Wrap: \$12

Black beans, corn, hummus, cheese, lettuce, tomato, soy based meat and more

34 Veggie Chicken Sandwich: \$10

Lettuce, tomatoes, veggie chicken

35 Quesadilla: \$12

Veggie cheese



36 Taco: \$10

Lettuce, tomato, avocado, onion, peppers, chicken



37 Stuffed Pita: \$10

Lettuce, avocado, chicken, corn, black beans, tomatoes



Nature's Blends



NEW!!!

*Disclaimer: Nature's Blendz does not intent to replace the advice of your physician

Additional: Protein, chia, flats eed, cactus, lemon, ginger



1 Corinthians 10:31 - So whether you eat or drink or whatever you do, do it all for the glory of God.

Juices

- 16 OZ \$8
- 20 OZ \$10
- 24 OZ \$12
- 32 OZ \$16



1 Cholesterol

Cucumber, Apple, Avocado, Oat

2 Weightloss

Celery, Cucumber, Cactus, Apple, Chia Seeds



3 Low Blood Press

Broccoli, Celery, Cucumber

4 Clean Colon

Broccoli, Flax Seed, Kale, Pineapple

5 Gastritis

Potato Juice



6 Diabetes

Spinash, Cucumber, Lime, Flax



7 Cold

Carrot, Orange, Ginger, Lime

8 Anemia

Beets, Carrots, Apples, Pineapple, Chia Seeds

9 High Blood Pressure

Beets, Banana, Kale, Apple, Ging

10 Clean Liver

Beets, Cucumber, Broccoli, Appte



11 Arthritis

Celery, Pineapple, Carrot, Ginger, Turmeric

12 Eyesight

Orange, Carrot, Celery, Apple



13 Dizzines

Carrot, Beets, Orange

14 Depression

Carrot, Apple, Chia Seeds, Mixed Beries

15 Immune System

Spinach, Orange, Pineapple, Kale



- 16 OZ \$10
- 20 OZ \$12
- 24 OZ \$14
- 32 OZ \$16



Protein

16 Nature's Blendz Favorite

Banana, Granola, Organic Protein, Almond Milk, Turmeric

17 Popeye

Spinach, Apple, Kiwi, Lime, Pineapple, Granola, Organic Protein

18 Tropical Bananza

Mango, Pineapple, Banana, Organic Protein, Almond Milk

19 Caribbean

Pineapple, Mango, Orange, Cucumber, Granola, Almond Milk



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1 Corintios 10:31 - Así que, ya sea que coman o beban, o hagan cualquier otra cosa, háganlo todo para la gloria de Dios.



Smoothies

- 1.- Super "C"**
Fresa, piña, kiwi, agua de coco, agave y limon
- 2.- Happy Heart**
Col, espinaca, fresa, banana, agua de coco y linaza
- 3.- Big Smile**
Banana, piña, manzana verde y fresa
- 4.- Tropi-Cool**
Col, banana, manaza verde, naranja, mango y linaza
- 5.- La Vecina**
Piña, arándanos, fresa, limon, agave y agua de coco
- 6.- Green**
Col, espinaca, manzana verda y piña



32 OZ \$16

24 OZ \$12

20 OZ \$10

16 OZ \$8

Juices

- 7.- Super Detox**
Piña, nopal, apio, limon, pepino y jengibre
- 8.- Red Power**
Remolacha, zanahoria, piña, jengibre, limon
- 9.- Super Green**
Pepino, manzana verde, limon
- 10.- Orange Power**
Naranja, col, manzana verde
- 11.- Fresh**
Piña, manzaba verde, apio
- 12.- Splash**
Remolacha, apio, limon, manzana verde



24 OZ \$10

20 OZ \$8

16 OZ \$7

32 OZ \$15



Puedes crear tu propio jugo después de elegir 4 ingredientes, por un dólar adicional.

Protein Shakes

- 13.- Pre-Workout**
Fresa, linaza, leche, agave (optional)
- 14.- Post-Workout**
Banana, avena, leche, agave (optional)
- 15.- Diabetic Protein**
Proteina en polvo (1 cucharada) GC control, una fruta de su eleccion, leche
- 16.- Vegan Protein**
Proteina en polvo (1 cucharada). Una fruta de su eleccion, leche
- 17.- Meal Replacement**
Proteina en polvo (1 cucharada). Una fruta de su eleccion, leche



24 OZ \$12

20 OZ \$10

16 OZ \$8

32 OZ \$16

\$2 por una cucharada adicional

La lactosa de su opcion:
Leche sin lactosa
Leche de almendra
Leche de coco
Leche de 2%

Descargo de responsabilidad: Nature's Blendz no intenta reemplazar el consejo de su médico.