

# SMOOTHIE MENU

**SuperFood Smoothies 16 oz. 6.95** *Organic or Wild-crafted*

## Crazy Cacao Banana

(Banana, Mango, Cacao, Plant Protein, Coconut Milk, Maca, Ashwagandha, He Shou Wu & Stevia)

## Happy Belly Blueberry

(Blueberries, Vital Whey Protein, Kefir, raw Cacao, Maca, Ashwagandha, He Shou Wu & Stevia)

## Super Green Dreamer

(Berries, Banana, Kale, Plant Protein, Chlorella, Maca, Ashwagandha, He Shou Wu, Coconut Milk & Kombucha)

**Fruit Smoothies 16 oz. 5.25**

## Acai Activator

(Acai, Strawberries, Bananas, & Apple Juice)

## El Tropicoso

(Mango, Banana, Pineapple, Cucumber & Coconut Milk)

## Green Dream

(Berries, Banana, Kale, Chlorella, Coconut Milk & Apple Juice)

## PB & J ( Elvis Style)

(Peanut Butter, Strawberries, Bananas, Coconut Milk & Apple Juice)

SuperFood Items contain full servings of Protein, Maca, Ashwagandha, Chlorella & He Shou Wu . For Radiant Health!

A little about the SuperFoods in our Smoothies . . .

### Maca:

- ~ Increased Energy, Stamina & Endurance
- ~ an Aphrodisiac, Improved Libido & Fertility
- ~ for Mental Clarity, Focus & Memory
- ~ Balances Hormones & Reduces depression
- ~ for Beautiful Skin & Strong Teeth / Bones

### Ashwagandha:

- ~ an Immune Booster & Stress Reducer
- ~ Lowers Cholesterol & Stabilizes Blood Sugar
- ~ Improves Learning, Memory & Reaction Time
- ~ Enhances Sexual Potency for Women & Men

### He Shou Wu :

- ~ Strengthen Immunity & Introduce Bliss
- ~ Youthen & Beautify the Body
- ~ Recharge Adrenals & Build Sexual Vitality

### Chlorella:

- ~ Detoxes Body from heavy Metals & Radiation
- ~ Awesome Source of Green Chlorophyll
- ~ Super High in Vitamin A & Iron

### Raw Cacao:

- ~ Greek for "Food of the Gods"
- ~ A Feel Good Mood & Energy Enhancer
- ~ Best Ever source of Iron & Magnesium
- ~ Antioxidant! 27x Higher ORAC than Blueberries



## **Farm Stand in the Gorge**

Serving Great Organic Food, Produce & Grocery

From 7am to 8pm M-F, 9am -8pm sat, 9-6 sun

1009 12th St. Hood River, OR 541-386-4203