

## POWER WARM BOWLS/SALADS

**BOWL BASE: CHOOSE UP TO 2**

**Organic rice & quinoa mix // Massaged kale  
Baby spinach // Romaine lettuce**

**PURA VIDA BOWL** **\$13.75**

Seasoned black beans, roasted corn, fresh pico de gallo, pickled onions, avocado spread, sweet plantains, and roasted red pepper dressing **V, GF**

**MEDITERRANEAN BOWL** **\$13.50**

House made hummus, carrots, kalamata olives, cucumber-dill, roasted red peppers, cherry tomatoes, and roasted red pepper dressing **V, GF**

**POWER CAESAR BOWL** **\$13.50**

Fresh avocado, roasted chickpeas, pickled onions, cherry tomatoes, vegan croutons, vegan parmesan cheese, pumpkin seeds, and vegan Caesar dressing **V**

**ZEN BOWL** **\$13.50**

Roasted chickpeas, microgreens, purple cabbage, shredded carrots, cucumber-dill, avocado spread, pumpkin seeds, and ginger tahini dressing **V, GF**

**CUBAN BURRITO BOWL** **\$13.75**

Vegan "ropa vieja", seasoned black beans, sweet plantains, cilantro, avocado spread, pickled onions, and citrus aioli dressing **V, GF**

**SHIITAKE MANGO POKE BOWL** **\$13.50**

Fresh mango, shiitake, fresh cabbage, carrots, fresh mint leaves, roasted almonds, sesame seeds, and sesame-ginger vinaigrette dressing **V, GF**

### ADD ONS

Boiled egg	\$2.00	Feta cheese	\$2.00
Avocado spread	\$3.00	Mushrooms	\$2.00
Sweet plantains	\$3.00	Hummus	\$2.00
Extra dressing	\$0.50	Extra topping	\$1.00

## TASTY BITES

**Bread options: Vegan sourdough, 7 grain or Gluten-free**

**AVOCADO AVALANCHE** **\$10.95**

Avocado spread, fresh avocado, cherry tomatoes, chili flakes, salt & pepper, olive oil, and parsley with choice of bread

**JUICY AVO TOAST** **\$10.50**

Avocado spread, roasted corn, roasted red peppers, pickled onions, cilantro, and roasted red pepper dressing with choice of bread

**GOOD TOAST** **\$10.50**

Avocado spread, cherry tomatoes, microgreens, hemp seeds, chili flakes, olive oil, and a hard-boiled egg with choice of bread

**FARMER'S GARDEN TOAST** **\$9.95**

House made hummus, cherry tomatoes, cucumber-dill, shredded carrots, pepper, olive oil, and balsamic glaze with choice of bread

**CUBAN BURRITO** **\$12.50**

Vegan "ropa vieja", organic rice & quinoa mix, seasoned black beans, sweet plantains, cilantro, avocado spread, pickled onions, and citrus aioli dressing in a whole wheat wrap **V**



## SUPERFOOD SMOOTHIES

### CHAGA-ESPRESSO

Banana, cacao powder, espresso, cacao nibs, chaga, peanut butter, oats, date, almond milk

### FRESH DETOX

Pineapple, spinach, parsley, moringa, kale, green apple, ginger, lemon, cucumber, water

### POWER JP / ROW

Banana, plant-based protein powder, peanut butter, cacao nibs, almond milk

### TROPICAL SUN

Pineapple, mango, banana, coconut milk

### CUBAN MOJITO

Mango, spinach, green spirulina, fresh mint leaves, lemon, coconut milk

### BAHAMA BREEZE

Pineapple, blue spirulina, almond butter, ginger, coconut milk

### GOLDEN MILK GLOW

Mango, turmeric, date, cinnamon, coconut milk

#### ADD ONS

\$1.50 each

Almond butter, peanut butter, Omega 3, espresso, plant-based protein powder, avocado, blue spirulina.

\$0.50 each

Honey drizzle or agave drizzle

### MIND BOOSTER

16 oz \$9.25 V, GF

Açaí puree, strawberries, banana, spinach, blueberries, ashwagandha, almond milk

### ROSA DULCE

Dragon fruit, strawberries, date, banana, coconut milk

### BERRY MINT

Blueberries, strawberries, fresh mint leaves, agave, coconut milk

### NUTTY LOVE

Blueberries, banana, maca, hemp seeds, cinnamon, almond butter, almond milk



\$1.00 each

Maca, hemp seeds, dates, moringa, zinc, chaga, ashwagandha, vitamin D, chia seeds, turmeric, green spirulina, cacao nibs, vitamin C, matcha, bee pollen, kale, spinach, wheatgrass powder, extra fruit.

**\*It is not advised to consume ashwagandha while pregnant**

**BEFORE ORDERING PLEASE INFORM YOUR SERVER IF SOMEONE IN YOUR PARTY HAS A FOOD ALLERGY**

## WELLNESS COLD BOWLS

### PURE AMAZON AÇAÍ

16 oz \$11.50

Açaí puree, banana, blueberries, almond milk

**Toppings:** banana, fresh berries, coconut flakes, and house made granola **V, GF**

### BLUE MAGIC

Pineapple, banana, blue spirulina, almond milk

**Toppings:** kiwi, mango, banana, fresh berries, coconut flakes, and house made granola **V, GF**

### PITAYA MAMA

Dragon fruit, pineapple, banana, coconut milk

**Toppings:** kiwi, fresh berries, coconut flakes, banana and house made granola **V, GF**

### GREEN VIBES

Pineapple, mango, banana, spinach, coconut milk

**Toppings:** kiwi, fresh berries, banana, coconut flakes, house made granola, and bee pollen **V, GF**

#### ADD ONS

\$1.50 each

Almond butter or peanut butter.

\$1.00 each

Hemp seeds, dates, chia seeds, green spirulina, spinach, cacao nibs, bee pollen, kale, extra granola, extra fruit.

\$0.50 each

Honey drizzle, agave drizzle, vegan chocolate drizzle.



## BREAKFAST (SERVED UNTIL 2:00 P.M.)

### CHIA PUDDING

\$6.95

Chia seeds, coconut milk, vanilla topped with almond butter, dragon fruit-strawberry compote, house made granola, and coconut flakes **V, GF**



### WAKE UP OATS (WARM)

\$6.95

Gluten free oatmeal with steamed milk (oat, almond or 2%) topped with bananas, cacao nibs, strawberries, peanut butter, cinammon, and hemp seeds **GF**

**CHOOSE:** Honey or agave drizzle



## GLUTEN - FREE AREPAS

### Hot corn cakes with choice of queso fresco or vegan cheese

#### AREPA CRIOLLA

\$10.50

Avocado spread, black beans, sweet plantains, pico de gallo, and roasted red pepper dressing **V, GF**

#### AREPA DE QUESO

\$6.25

Vegan butter **V, GF**

#### BUENA AREPA

\$9.95

Avocado spread, sweet plantains, garlic, and citrus aioli dressing **V, GF**

#### REINA AREPA

\$10.50

Warm spinach, shiitake mushrooms, olive oil, and balsamic glaze **V, GF**

#### ADD ONS

Side salad	\$2.50
Mushrooms	\$2.00



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