

HOW TO ORDER

1

CHOOSE YOUR DRINK

Any of our Signature Superfood Smoothies, Green Smoothies, Organic Juice Blends, Just Fruit Smoothies, or Healthy LIFE Shots

2

CHOOSE A NUT MILK:

House-made Almond Milk,
House-made Cashew Milk or Coconut Milk

3

CHOOSE A SWEETENER

Raw Local Honey,
Organic Agave Nectar,
Organic Stevia, or none at all

We accept credit/debit,
or bring order form to front register
and return it with receipt

WE SEASONALLY OFFER PRODUCE FROM
YOUR FAVORITE LOCAL CERTIFIED ORGANIC FARMS.

ORGANIC JUICE BLENDS

KEEP IT GREEN: \$11

Kale, Celery, Cucumber, Apple, Lemon & Ginger

CRISP GREEN DELIGHT: \$11

Celery, Apple & Kale

COOLING CUCUMBER: \$11

Cucumber, Kale, Apple & Lemon

BEET IT!: \$11

Beets, Carrot, Celery, Cucumber, Apple & Ginger

BREATH OF GINGER: \$11

Carrot, Apple & Ginger

CREATE YOUR OWN

Choose your base:
Carrot, Apple, Celery or Cucumber

THEN ADD IN 3 MORE

Kale, Lemon, Celery, Apple,
Ginger, Beet or Cucumber

Add Spinach for \$1.00



LIFE bar

A LIVING FOOD CAFÉ®

3738 LEXINGTON ROAD LOUISVILLE, KY 40207

   #theLIFEbar



GREEN SMOOTHIES

IT'S EASY BEING GREEN: \$10

Spinach, Cucumber, Avocado, Apple, Coconut Meat, Coconut Water, Lemon & Sea Salt

LOVE YOUR KALE: \$8

Kale, Banana & Strawberry

AVOCADO DREAM: \$10

Spinach, Avocado, Banana, Coconut Water, Coconut Meat & LIFEbar triple spice

CREATE YOUR OWN

CHOOSE 2 VEGGIES:

Kale, Spinach, Beet, Avocado & Cucumber

CHOOSE 2 FRUITS:

Banana, Apple, Strawberry, Blueberry, Coconut Meat, Peach, Mango & Pineapple

CHOOSE A NUT MILK:

House-made Almond Milk, House-made Cashew Milk or Coconut Milk

CHOOSE SWEETENER:

Raw Local Honey, Agave Nectar, Stevia or None

ADDITIONS and SUBSTITUTIONS MAY VARY IN COST.

All produce is 100% Certified Organic, Juiced Daily and NON GMO

HEALTHY LIFE SHOTS

HOT SHOT: \$6

Fresh Ginger, Lemon Juice, Local Raw Honey & Cayenne

IMMUNE SHOT REGIMEN: \$9

1 oz Wheatgrass, Lemon Juice & Ginger Juice

THE DETOX: \$12

2 oz Wheatgrass, 4 oz Coconut Water & 1 oz Lemon Juice

ORGANIC WHEATGRASS SHOTS:

1 oz **\$3.50** 2 oz **\$6** 1 lb Bag **\$25**

We have Guayaki Yerba Mate tea available hot, or cold with or without sweetener for 3.00

THE ULTIMATE: \$25

A two drink meal including all of our Superfoods, proteins, adaptogenic herbs, Give your mind, body, and soul optimum nutrition. Choose 3 fruits.

SIGNATURE SUPERFOOD SMOOTHIES

GREEN FOR LIFE: \$9

Maca, Green Vibrance, Pineapple, Banana, Eluethero, Eucommia & LIFEbar triple spice

GORILLA'S DELIGHT: \$9

Almond Butter, Banana, House-made Almond Milk, Cordyceps, Eluethero & LIFEbar triple spice

CHOCOMACA PROTEIN: \$9

Cacao, Maca, Chocolate Plant Fusion, Banana, House-made Almond Milk & LIFEbar triple spice

BANILLAMACA PROTEIN: \$9

Maca, Vanilla Plant Fusion, Banana, House-made Almond Milk & LIFEbar triple spice

THE YOGI: \$9

Strawberry, Banana, Goji Berry, Maca, Coconut Milk, Eluethero, Eucommia & LIFEbar triple spice

THE DRAGON SUNRISE: \$9

Pineapple, Banana, Goji Berry, Maca, Cayenne, Coconut Milk, Cordyceps, Eluethero & LIFEbar triple spice (*Specify low, medium, or high spice level*)

THE HEALER: \$9

Blue Berry, Banana, Maca, House-made Almond Milk, Reishi, He Shou Wu & LIFEbar triple spice

REISHI CAPPUCCINO (COLD): \$9

Cacao, Maca, Banana, House-made Almond Milk, Reishi, He Shou Wu & LIFEbar triple spice

(HOT): \$9

Cacao, Maca, Coconut Oil, Yerba Matè & LIFEbar triple spice

LET'S GET IT ON: \$9

Cacao, Maca, Coconut Milk, Cordyceps, Eluethero, Cayenne & LIFEbar triple spice

CAROB BLISS: \$9

Carob, Maca, Banana, Almond Butter, House-made Almond Milk, Reishi, He Shou Wu & LIFEbar triple spice

HUMMINGBIRD: \$9

Peach, Mango, Banana, Maca, Cordyceps, Eluethero & LIFEbar triple spice

PUMPKIN CHAI: \$9

Maca, Banana, Choice of Milk, Pumpkin spice & LIFEbar triple spice

MIDNIGHT MINT: \$9

Raw Cacao, Maca, Banana, Chocolate protein, Mint extract & LIFEbar triple spice

CREATE YOUR OWN

CHOOSE A NUT MILK:

House-made Almond Milk, Cashew Milk or Coconut Milk

CHOOSE 3 FRUITS:

Banana, Strawberry, Blueberry, Peach, Mango or Pineapple

CHOOSE A SUPERFOOD: SEE LIST

CHOOSE AN ADAPTOGENIC HERB BLEND:

JUST FRUIT SMOOTHIES

THE RAINBOW: \$7

Strawberry, Peach, Pineapple, Mango & Banana

STRAWBERRY-BANANA: \$7

Strawberry & Banana

THE TROPICS: \$7

Pineapple, Mango, Peach & Banana

LIFE'S A PEACH: \$7

Mango & Peach

BLUE BLISS: \$7

Blueberry & Banana

BERRY-BERRY: \$7

Gogi Berry, Strawberry & Blueberry

SMOOTH MANGO: \$7

Mango & Banana

CREATE YOUR OWN

CHOOSE 3 FRUITS:

Banana, Strawberry, Blueberry, Peach, Mango or Pineapple

We add filtered ice, oxygenated water, and a splash of organic unfiltered apple juice.

KIDS DRINKS

STRAWBERRY BANANA: \$4

Strawberry & Banana

COW•A•BUN•GA: \$4

Kale, Banana & Strawberry

CREATE YOUR OWN

CHOOSE 2 FRUITS:

Banana, Strawberry, Blueberry, Peach, Mango or Pineapple

CHOOSE SWEETENER:

Raw Local Honey, Agave Nectar, Stevia or None (Includes a splash of unfiltered apple juice)