



SIGNATURE SUPERFOOD SMOOTHIES

FRESH ORGANIC **JUICE BLENDS**

VEGETABLE BLENDS

JUST FRUIT SMOOTHIES

HEALTHY LIFE SHOTS

ENHANCER BLENDS

ORDER ONLINE OR FROM
OUR **MOBILE APP!**

SIGNATURE SUPERFOOD SMOOTHIES (16 OZ.)

GREEN FOR LIFE 8.99

Packed with the organic healing power of green vibrance, maca, the adaptogens eucommia and Eleuthero, flavored with warming ginger, cinnamon, and the delicate sweetness of pineapple and banana, this tasty drink makes it easy to enjoy the benefits of better nutrition. (146c)

LET'S GET IT ON 8.99

With a sultry combination of the superfood herbs, cordyceps, eucommia, he shou wu, and maca, the silky smooth flavor of raw chocolate, the sassy spiciness of cinnamon and cayenne, ginger and vanilla, this lusciously delicious potion will entice you to explore your deeper desires. (268c Hot / 319c Cold)

CHOCOMACA PROTEIN 8.99

Ideal after a workout or for an on the go meal replacement, this proteinrich, bodybuilding blend contains raw chocolate, Plant Fusion protein, maca, is flavored with vanilla, ginger, cinnamon, banana, and mixed with almond milk. (212c)

THE HUMMINGBIRD 8.99

Feeling a little sluggish today? No problem! With the help of energy supporting superfoods (herbs) like maca, cordyceps, and eleuthero, a delicious blend of peach, mango, banana, and a sprinkle of cinnamon, ginger and vanilla this energizing drink will keep you flying for hours. (312c)

THE YOGI 8.99

Feed your mind, body, and spirit before and after yoga, while supplying a powerful combination of the adaptogens, eleuthero, eucommia, and maca, the ancient wisdom of goji berries, and a tasteful blend of bananas, strawberries, vanilla, cinnamon, and almond milk, you are well on the way to a stronger, more balanced yoga practice. (172c)

GORILLA'S DELIGHT 8.99

Swing from the branches after drinking this healthy delightful vegan power shake. With the smooth blend of organic banana, almond butter, cordyceps, local raw honey, ginger, cinnamon and almond milk. Will keep your energy level up through out the day. (330c)

CAROB BLISS 8.99

If you are looking for a great tasting, caffeine-free alternative to chocolate, try carob. Full of key immune-supporting and energizing herbs like reishi, cordyceps, he shou wu, and maca, the smoothness of raw almond butter and bananas, creamy carob, cinnamon, and almond milk, Carob Bliss elevates the mood of the day. (349c)

THE DRAGON SUNRISE 8.99

Inspired by the power of the dragon and the warm radiance of the sun, this potent, colorful, and flavorful drink contains healthy amounts of eucommia, maca, goji berries, pineapple, banana, cayenne, cinnamon, vanilla, and coconut milk. (355 c)

REISHI CAPPUCCINO 8.99

Forget about coffee! Grab a rich raw chocolate blend filled with energizing superfoods maca, reishi, and he shou wu, and finished with vanilla, ginger, and cinnamon, this creamy delicious drink provides you with sustained energy, immune support and a sharp mind throughout the day. (201c Hot / 351c Cold)

THE HEALER 8.99

With an uplifting blend of the adaptogens, he shou wu, maca, and reishi, the antioxidant power of organic blueberries, a hint of banana, and finished with vanilla, ginger, cinnamon, and almond milk, experience the benefits of optimal health and feeling great. (336c)

BANILLAMACA PROTEIN 8.99

Ideal after a workout or for an on-the-go meal replacement, this protein-rich, bodybuilding blend contains Plant-Fusion protein and maca and is flavored with vanilla, cinnamon, ginger, organic banana and mixed with almond milk. (212c)

THE ULTIMATE 24.99

If you are searching for the best of what LIFEbar has to offer, this is it! Containing our signature blend of top superfood herbs, plant-based protein, green foods, vitamins and minerals, essential fats, and antioxidants, this powerful drink renews your mind, body, and spirit on a deeper level and promotes youth and longevity. It's the ultimate expression of the LIFEbar philosophy. (412c)

SWEETENER OPTIONS

Raw Agave, Stevia, Raw Local Honey, or none at all.

VEGETABLE BLENDS (16 OZ.)

ITS EASY BEING GREEN 9.99

Spinach, cucumber, avocado, apple, lemon slice, sea salt, filtered water, fresh coconut water and fresh young coconut meat. (222c)

LOVE YOUR KALE 7.99

Kale, banana and strawberry. (256c)

AVOCADO DREAM 9.99

Young coconut meat, spinach, fresh coconut water, organic avocados and banana with a hint of cinnamon. (260c)

JUST FRUIT SMOOTHIES (16 OZ.)

THE TROPICS 5.99

Banana, peach, pineapple and mango. (320c)

THE STRAWBERRY-BANANA 5.99

Strawberry and banana. (162c)

BERRY-BERRY 6.99

Blueberry, goji berry and strawberry. (325c)

BLUE BLISS 5.99

Blueberry and banana. (173c)

LIFE'S A PEACH 5.99

Peach and mango. (199c)

SMOOTH MANGO 5.99

Mango and banana. (173c)

THE RAINBOW 6.99

Banana, mango, peach, pineapple and strawberry. (316c)

CREATE YOUR OWN 6.99

Choose three fruits (banana, strawberry, mango, pineapple, peach or blueberry).

INDIVIDUALS

Cordyceps	.75	Reishi	.75
Eucommia	.75	Cacao	2.00
Eleuthero	.75	Carob	.75
Almond Milk	1.50	Goji Berries	1.50
Almond Butter	1.50	Bee Pollen	1.00
Coconut Milk	1.25	Maca	.75
Green Vibrance	2.50	Hemp Seed Protein	1.00
He shou wu	.75		

FRESH ORGANIC JUICE BLENDS

COLD-PRESSED, RAW (16OZ.)

ADD SPINACH FOR \$1.00

STRICTLY CARROTS \$8.99
(310c)

CRISP GREEN DELIGHT \$10.50
Apple, kale and celery. (270c)

BREATH OF GINGER \$10.50
Carrot, apple and ginger. (280c)

BEET IT! \$10.50
Apple, cucumber, beet, carrot, celery and ginger. (240c) \$10.50

KEEP IT GREEN \$10.50
Green apple, celery, cucumber, ginger, kale and parsley. (195c)

CREATE YOUR OWN \$10.50
Use up to four items (carrot, celery, cucumber, beet, apple, kale, ginger and lemon).

HEALTHY LIFE SHOTS

WHEATGRASS SHOTS 3.50 / 6.00

Local and freshly grown. Available in 1 oz. or 2 oz. sizes. (12c / 23c)

IMMUNE SHOT REGIMEN 9.00

1 oz. wheatgrass, 1 oz. lemon juice and 1 oz. ginger juice. (25c)

HOT SHOT IMMUNE REGIMEN 6.00

1 oz. ginger, 1 oz. lemon juice, cayenne and honey (19c)

ENHANCER BLENDS

IMMUNE 1.25

Reish and he shou wu.

LIBIDO 1.00

Maca, he shou wu and cordyceps.

ENERGY 1.25

Cordyceps and eleuthero.

RECOVERY 1.25

Reish, Eucommia, and He Shou Wu

PROTEIN 1.50

Plant Fusion



THE LIFE BAR MISSION

Our mission is to provide the public with a warm and friendly atmosphere that provides healthy drinks made with superfood herbs, raw and cooked foods from fresh, organic and local produce, that tastes great, provides better-quality nutrition, and enhances overall health and well-being.

We also strive to share and educate people about the benefits of the foods we offer to build a better relationship with our customers, and to be a resource that promotes a health-conscious lifestyle in the community.

502.498.2341

3738 Lexington Rd.
Louisville, KY 40207
(Located on inside
Rainbow Blossom)
M-S: 8am-7pm
Sun: 11am-5pm

502.409.7900

1570 Bardstown Rd.
Louisville, KY 40207
(In the heart of
the Highlands)
M-S: 8am-7pm
Sun: 11am-5pm

Hours are subject to change due to season. Please check website for up-to-date information.

DOWNLOAD OUR APP!



www.LIFEbarLouisville.com

FOLLOW US ON:



The "C" number after each item is that item's calorie count. Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium. Calorie counts are based on standard recipes and may vary slightly. Additional nutrition information is available upon request.

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