



# Lifebar St. Matthew's Drink Menu



All ingredients at Lifebar are certified organic, 100% plant based and are dairy, soy and gluten free.

<h3>Protein Superfood Blends</h3>	<h3>Crafted Superfood Smoothies</h3>	<h3>Green Smoothies</h3>
<p>16 oz regular size...\$9 24 oz large size...\$13</p>	<p>16 oz regular size...\$9 24 oz large size...\$13</p>	<p>Made with 100% organic produce.</p>
<p>--- <b>Chocomaca Protein</b> --- chocolate plant-based protein, raw maca, raw cacao, banana, house-made almond milk, cinnamon, ginger &amp; vanilla</p> <p>--- <b>Banillamaca Protein</b> --- vanilla plant-based protein, raw maca, banana, house-made almond milk, cinnamon, ginger &amp; vanilla</p> <p>--- <b>Gorilla's Delight</b> --- raw almond butter, energy blend, banana, house-made almond milk, cinnamon, ginger &amp; vanilla</p> <p>--- <b>Midnight Mint</b> --- chocolate plant-based protein, raw maca, raw cacao, peppermint extract, banana, house-made almond milk, cinnamon, ginger &amp; vanilla</p>	<p>--- <b>Healer</b> --- raw maca, immune blend, banana, blueberry, house-made almond milk, cinnamon, ginger &amp; vanilla</p> <p>--- <b>Frozen Reishi Cappuccino</b> --- raw maca, raw cacao, immune blend, banana, house-made almond milk, cinnamon, ginger &amp; vanilla</p> <p>--- <b>P Bee &amp; J</b> --- almond butter, local bee pollen, strawberry, blueberry, house-made almond milk, cinnamon, ginger &amp; vanilla (<b>16 oz...\$10, 24 oz...\$14</b>)</p> <p>--- <b>Strawberry Shortcake</b> --- raw almond butter, almond extract, strawberry, banana, apple juice, cinnamon, ginger &amp; vanilla</p>	<p>--- <b>It's Easy Being Green</b> --- lemon, apple, cucumber, avocado, spinach, coconut oil, sea salt &amp; coconut water...<b>\$10</b></p> <p>--- <b>Love Your Kale</b> --- kale, banana, strawberry &amp; water (<b>16 oz...\$8, 24 oz...\$12</b>)</p> <p>--- <b>Avocado Dream</b> --- avocado, spinach, coconut oil, coconut water, coconut milk, cinnamon, ginger &amp; vanilla...<b>\$10</b></p>
<h3>Hot Superfood Drinks</h3>	<h3>Lifebar Smoothie Bowls</h3>	<h3>Lifebar Shots</h3>
<p>--- <b>Hot Matcha-Maca</b> --- matcha powder, raw maca, vanilla, coconut oil, raw almond butter &amp; hot water...<b>\$9</b></p> <p>--- <b>Hot Reishi Cappuccino</b> --- raw maca, raw cacao, immune blend, coconut oil, cinnamon, ginger &amp; vanilla, yerba mate tea &amp; hot water...<b>\$9</b></p> <p>--- <b>Hot Gingersnap</b> --- ginger root, raw almond butter, medjool dates, coconut oil, ginger powder, carob powder, cinnamon, cardamom, clove, fennel &amp; hot water...<b>\$10</b></p>	<p><i>*Smoothie bowls are one size and are topped with Purely Elizabeth granola, unsweetened coconut flakes, fresh blueberries, cashew cream &amp; honey drizzle.</i></p> <p>--- <b>Chocomaca Bowl</b> --- chocolate plant-based protein, raw maca, raw cacao, banana, unsweetened coconut milk, cinnamon, ginger &amp; vanilla...<b>\$13</b></p> <p>--- <b>Acai Bowl</b> --- acai powder, banana, blueberry, strawberry &amp; water...<b>\$13</b></p>	<p>--- <b>1 oz Wheatgrass</b> --- 1oz organic wheatgrass pressed daily...<b>\$3.50</b></p> <p>--- <b>2 oz Wheatgrass</b> --- 2oz organic wheatgrass pressed daily...<b>\$6</b></p> <p>--- <b>3 oz Hot Shot</b> --- 1 oz organic ginger juice, 1 oz organic lemon juice, 1 oz hot water, raw local honey, cayenne pepper...<b>\$6</b></p> <p>--- <b>3 oz Immune Shot Regimine</b> --- 1 oz organic ginger juice, 1 oz organic lemon juice, 1 oz organic wheatgrass...<b>\$9</b></p>

# Lifebar St. Matthew's Drink Menu

## Seasonal Drink Offerings

Please *specify hot or cold.*

### --- Pumpkin Chai ---

vanilla plant-based protein, raw maca, pumpkin spice blend (cinnamon, nutmeg, clove) banana, house-made almond milk, cinnamon, ginger & vanilla...**\$9**

### --- Gingersnap ---

ginger root, raw almond butter, medjool dates, gingersnap spice blend (ginger powder, carob powder, cinnamon, cardamom, clove, fennel), unsweetened coconut milk & banana...**\$11**

### --- Candy Cane ---

vanilla plant-based protein, raw maca, peppermint extract, banana, house-made almond milk, cinnamon, ginger & vanilla...**\$9**

## Just Fruit Blends

*\*All organic fruit blends come in one 16 oz size, are \$7 and made with ice & water.*

### --- Rainbow ---

strawberry, banana, peach, pineapple, mango

### --- Tropics ---

banana, peach, pineapple, mango

### --- Berry Berry ---

strawberry, blueberry, goji berry

## Lifebar Smoothie Toppings

**Unsweetened Coconut Flakes...\$2**

**Purely Elizabeth Granola...\$2.50**

**Fresh blueberries...\$1**

**Local Bee Pollen...\$1.50**

**Cacao Nibs...\$1**

**Chia Seed...\$1**

**Cashew Cream...\$1**

## Lifebar Organic Juices

*All Lifebar juices are made with certified organic produce and cold-pressed daily in our store. Each juice is **\$10.50**. Our daily juice offerings include:*

**Keep it Green**

**Green Glow**

**Beet It**

**Breath of Ginger**

**Cooling Cucumber**

**Crisp Green Delight**

*\*For custom juice orders, please place your order using our Lifebar App.*

## Create Your Own

*\*Create your own smoothies are made with ice & water and come in one 16 oz size. Almond, coconut milk or coconut water are an additional charge.*

Create your own smoothie by starting with your choice of 3 fruits: banana, strawberry, blueberry, peach, mango & pineapple...**\$7**

## Kids Smoothies

*\*Kids smoothies are **\$4**, come in one 8 oz size and are made with ice & water. No additions or substitutions for kids smoothies.*

### --- Cowabunga ---

*kale, strawberry, banana*

### --- Create Your Own ---

Create your own kids smoothie by choosing 2 fruits: banana, strawberry, blueberry, peach, mango & pineapple.

## --- Smoothie Boosters ---

**chocolate or vanilla plant-based protein...\$1.50**

**almond butter...\$2**

**raw hemp protein...\$1.50**

**chia seed...\$1.50**

**medjool date...\$0.75**

**spinach or kale...\$1.50**

**probiotic greens...\$2.50**

**avocado...\$1.50**

**beet...\$1.50**

**apple...\$1.50**

**extra fruit...\$1**

**house-made almond milk...\$1.50**

**coconut milk...\$1.50**

**coconut water...1.50**

**goji berries...1.00**

**ginger...\$1**

**turmeric...\$1**

**cayenne...\$0.25**

**adaptogenic blends**

**(energy, recovery, or**

**immunity)...\$2**

**CBD oil...\$2.50**

**raw maca...\$1.50**

**raw cacao...\$1.25**

**carob powder...\$1**

**local bee pollen...\$1.50**

**coconut oil...\$2**