

THE LIVING ROOT CELLAR

12 N. SIXTH STREET, REDLANDS, CA 92373 • 909.894.4057 • WWW.THELIVINGROOTCELLAR.COM
SPRING 2020 HOURS — Mon to Thu: 8 a.m. to 3 p.m. • Fri: 8 a.m to 4 p.m. • Sat: CLOSED • Sun: 9 a.m. to 3 p.m.

Our food is VEGAN and prepared in our cellar kitchen from scratch, using the freshest, healthiest ingredients available.
We make our delicious nut milks in-house, FRESH, from raw almonds and raw coconuts.

• KIDS' MENU •

ANTS ON A LOG GLUTEN FREE • SOY FREE	\$4.00
Celery sticks with peanut butter and raisins.	
FRUIT BOWL GLUTEN FREE • SOY FREE • NUT FREE	\$5.00
Fresh strawberries, fresh bananas, raisins, and frozen blueberries.	
KIDS' GRANOLA & FRUIT GLUTEN FREE* • SOY FREE	\$3.50
House-made granola with nuts, strawberries, bananas, and choice of raisins or dates. Served with house-made almond milk. For Nut Free , ask for no nuts and coconut milk.	
<small>*While oats are generally considered gluten free, they may have trace amounts of wheat if packaged on equipment also used for wheat.</small>	
KIDS' PB & J SANDWICH SOY FREE.....	\$3.50
Healthy peanut butter (peanuts and salt) with house-made fruit spread on whole wheat or multigrain bread.	
MIXED NUTS (9 OZ.) GLUTEN FREE • SOY FREE	\$4.50
Almonds, pecans, walnuts, cashews. Lightly roasted with spices and lightly sweetened with maple syrup. Made to order; please allow 10 to 15 minutes.	

• KIDS' DRINKS •

HOT COCOA (12 OZ.) GLUTEN FREE • SOY FREE.....	\$2.75
Never from a package, our hot cocoa is made from scratch with pure cocoa powder (not a syrup), spices, and lightly sweetened!	
ORANGE JUICE (9 OZ.) GLUTEN FREE • SOY FREE • NUT FREE	\$3.50
STRAWBERRY-BANANA SMOOTHIE (9 OZ.) GLUTEN FREE • SOY FREE.....	\$4.00
House-made almond or coconut milk, bananas, and strawberries, lightly sweetened with agave or date pieces.	

• SIDES & EXTRAS •

BROCCOLI SALAD (4 OZ.).....	\$1.50
CABBAGE SALAD (4 OZ.).....	\$1.50
FRUIT CUP (4 OZ.)	\$2.25
EXTRA AVOCADO	\$1.50
VEGAN BACON (one piece).....	\$1.00
SLICE OF BREAD (whole wheat or multigrain).....	\$0.50
SLICE OF GF BREAD (when available from our baker).....	\$1.00

• FUNCTIONAL HEALTH •

Ask the counter staff for a list of health benefits or visit the Superfoods page on our website.

ALL ITEMS = GF • SF • NF

COLD & FLU TONIC (2 OZ. OR 6 OZ.).....	\$3.50/\$9.00
Infuse your body with this potent blend of fresh ginger juice, fresh turmeric juice, apple cider vinegar, lemon, elderberry syrup, fresh minced garlic, Echinacea powder, and a touch of cayenne pepper.	
IMMUNITY SHOT (2 OZ. OR 6 OZ.)	\$3.50/\$9.00
An energizing blend of apple cider vinegar, lemon, ginger juice, elderberry syrup, Echinacea powder, mushroom powder blend (agaricus, cordyceps, turkey tail, maitake, shiitake, reishi and antrodia), and cayenne pepper.	
GINGER SHOT (1 OZ.)	\$1.50
TURMERIC SHOT (1 OZ.).....	\$1.50
WHEATGRASS SHOT (1 OZ.).....	\$5.00
FULL-SPECTRUM CBD OIL (add to juice, smoothie, or coffee)	
20 mg	\$6.00
33 mg	\$10.00
46 mg	\$15.00