

# THE LIVING ROOT CELLAR

12 N. SIXTH STREET, REDLANDS, CA 92373 • 909.894.4057 • WWW.THELIVINGROOTCELLAR.COM  
FALL 2020 HOURS — Mon to Fri: 8 a.m. to 5 p.m. • Thu: 6 to 9 p.m. • Sat: CLOSED • Sun: 9 a.m. to 4 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 •

- KIDS' ANTS ON A LOG** GLUTEN FREE • SOY FREE ..... \$4.00  
Celery sticks with peanut butter and raisins.
- KIDS' 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.  
\*While oats are generally considered gluten free, they may have trace amounts of wheat if packaged on equipment also used for wheat.
- 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.
- KIDS' 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 •

- KIDS' 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!
- KIDS' ORANGE JUICE** (9 OZ.) GLUTEN FREE • SOY FREE • NUT FREE ..... \$3.50
- KIDS' 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