

# THE LIVING ROOT CELLAR

12 N. SIXTH STREET, REDLANDS, CA 92373 • 909.894.4057 • WWW.THELIVINGROOTCELLAR.COM

WINTER 2020 HOURS — Sun: 9 a.m. to 4 p.m. • Mon to Fri: 8 a.m. to 5 p.m. • Sat: CLOSED

## • COLD-PRESSED JUICES •

We make our juices twice a week from fresh, raw, organic produce.

Call for our current juicing schedule.

ALL JUICES = GF • SF • NF

16 OZ. BOTTLES (PLUS 5¢ CRV)

<b>GREEN AWAKENING</b> .....	\$8.50
Celery, cucumber, kale, parsley, and lemon.	
<b>BEEF BOX</b> .....	\$8.00
Carrot, apple, beet, kale, ginger, and lemon.	
<b>ELECTRIC LIME</b> .....	\$8.00
Celery, kale, apple, cilantro, and lime.	
<b>ORANGE ENVY</b> .....	\$8.50
Locally grown oranges, spinach, and basil.	
<b>SWEET &amp; SASSY</b> .....	\$8.00
Carrots, seasonal locally grown oranges, and ginger.	
<b>SCREAMING METALS</b> .....	\$8.50
Apples, celery, kale, cilantro, turmeric, ginger, and lime.	
<b>EVER-GREEN</b> .....	\$8.50
Kale, cucumber, celery, spinach, lemon, parsley, cilantro, chlorella, and moringa.	

### JUICE CLEANSSES

Fasting has been shown to have many health benefits. Our juice cleanse is an excellent way to fast and gently detoxify. A one-day cleanse consists of six juices from our list of cold-pressed juices above. Add 5¢ CRV per bottle. Delivery service available.

1-DAY CLEANSE.....	\$49.50
3-DAY CLEANSE.....	\$145.50
5-DAY CLEANSE.....	\$240.50

## • SUPERFOOD SMOOTHIES •

Featuring fresh nut milks house-made from raw almonds and raw coconuts!

Underlined items are considered nutrient-dense Superfoods.

For **NUT FREE (NF)** smoothies, ask for coconut milk.

SMALL (9 OZ.) OR LARGE (16 OZ.)

<b>BRAZILIAN BEAUTY</b> GF • SF.....	\$4.00/\$7.50
<u>Almond milk</u> , <u>mixed berries</u> , <u>banana</u> , <u>acai</u> , <u>hemp seeds</u> , MSM (for joint & skin health), and agave.	
<b>CINNABUN BUILDER</b> GF • SF.....	\$4.00/\$7.50
<u>Almond milk</u> , <u>banana</u> , <u>nuts</u> , <u>cinnamon</u> , <u>plant protein</u> , L-glutamine (for building protein), and agave.	
<b>FRUIT 'N' FUSION</b> GF • SF.....	\$4.00/\$7.50
Packed with antioxidants! <u>Orange juice</u> , <u>bananas</u> , <u>pineapple</u> , <u>mixed berries</u> , and B-12.	
<b>LIQUID LAZARUS</b> GF • SF.....	\$4.00/\$7.50
<u>Almond milk</u> , <u>banana</u> , <u>raw cashews</u> , <u>cocoa powder</u> , <u>plant protein</u> , and agave.	
<b>TROPICAL CALM</b> GF • SF • NF.....	\$4.00/\$7.50
<u>Coconut milk</u> , <u>pineapple</u> , <u>banana</u> , <u>kale</u> , <u>pea protein</u> , D-ribose (for heart health), and agave.	
<b>SURFER DUDE</b> GF • SF • NF.....	\$4.00/\$7.50
<u>Coconut milk</u> , <u>pineapple</u> , <u>strawberries</u> , <u>mango</u> , <u>plant protein</u> , <u>cinnamon</u> , and agave.	
<b>SURFER GIRL</b> GF • SF • NF.....	\$4.00/\$7.50
<u>Coconut milk</u> , <u>pineapple</u> , <u>mango</u> , <u>kale</u> , <u>plant protein</u> , <u>cinnamon</u> , and agave.	
<b>VITALITY TONIC</b> GF • SF.....	\$4.00/\$7.50
<u>Almond milk</u> , <u>banana</u> , <u>raw almonds</u> , <u>peanut butter</u> , <u>chlorella</u> (anti-aging), and agave.	
<b>MAKE YOUR OWN</b> GF • SF.....	\$4.50/\$8.00
Create your own customized smoothie.	

### SMOOTHIE ADD-INS:

Acai 50¢ • Almond or Peanut Butter 50¢ • Cacao Nibs 50¢ • Coffee 50¢ • Kale 50¢

Plant Protein 50¢ • Walnuts/Pecans/Cashews 50¢ • Shot of Elderberry Syrup (1 oz.) \$1.50 •

Shot of Fresh Ginger or Turmeric (1 oz.) \$1.50

Substitute Agave sweetener with Maple Syrup (50¢) or Dates (\$1.00)

## • HAND-CRAFTED BEVERAGES •

ALL HAND-CRAFTED BEVERAGES = GF • SF • NF (EXCEPT WHERE NOTED)

16 OZ. BOTTLES (PLUS 5¢ CRV)

<b>PROTEIN ALMOND MILK</b> GF • SF.....	\$7.55
Filling blend of house-made almond milk, brown rice protein, cinnamon, vanilla, and brown sugar. Pairs perfectly with our Banana-Oat Cacao Nib Muffin!	
<b>BLUEBERRY-ADE</b> .....	\$5.50
Light and refreshing, this alkaline water base has a faint taste of blueberries and a dose of D-Ribose (for muscle recovery + energy boost), L-Carnitine (boosts fat burning within cells), and lime.	
<b>MUCUS BUSTER</b> .....	\$5.50
Kick that mucus to the curb with this blend of alkaline water, lemon, cayenne pepper, agave, and ginger.	
<b>RECOVERY ELIXIR</b> .....	\$7.50
Working out? Replace those electrolytes with our blend of Redlands orange juice, coconut water, sea salt, and liquid calcium+magnesium.	
<b>SUMMER GO-TART</b> .....	\$7.50
Redlands orange juice meets raspberries + pomegranate in this refreshing, tangy, thirst-quenching drink.	
<b>TROPICAL Cs WITH B-12</b> .....	\$7.50
A nutritional powerhouse! We crack fresh coconuts to make this light and refreshing drink of coconut water, Redlands oranges, pineapple, and a dose of B-12.	
<b>CAFE AZTECA</b> (made to order in regular or decaf).....	\$8.00
Locally sourced Wildgoose coffee, roasted cacao, almond creamer, brown sugar, and spices.	
<b>WATERMELON NECTAR</b> (available in-season only).....	\$5.50

### GT'S ORGANIC KOMBUCHA

Ask us about today's selection of fresh kombucha flavors on tap!

ALL KOMBUCHA FLAVORS ARE GLUTEN FREE, NUT FREE, AND SOY FREE

\$5.50 TO \$6.00 (16 OZ. CUP)

## • COFFEE, TEA & MORE •

<b>WILDGOOSE BRAZILIAN COFFEE</b> (16 OZ.) GF • SF • NF (W/OUT CREAMER).....	\$3.00
Locally sourced brew, in regular or decaf.	

### COFFEE INFUSIONS

Infuse your coffee with the added nutrition and flavor of:

Matcha Powder 50¢ • Mushroom Blend Powder \$1.00

Roasted Cacao \$1.50 • Turmeric Powder 50¢

<b>BREWED CACAO NIBS</b> (16 OZ.) GF • SF • NF (W/OUT CREAMER).....	\$3.50
Roasted cacao nibs, ground and brewed like coffee. The right amount of chocolatey and packed with antioxidants. Delicious as is, or with a splash of our house-made almond creamer.	
<b>GERMAN ROASTED GRAIN</b> (12 OZ.) SF • NF (W/OUT CREAMER).....	\$2.50
Depth of flavor without the caffeine found in this cup of hearty roasted grains—chicory, barley, malted barley, and rye.	
<b>LOOSE-LEAF GREEN TEA</b> (16 OZ.) GF • SF • NF.....	\$3.00
Minimally processed, this imported loose-leaf green tea is the real deal. You'll taste the difference.	
<b>HOT COCOA</b> (16 OZ.) GF • SF.....	\$3.50
Never from a package, our hot cocoa is made from scratch with pure cocoa powder (not a syrup), spices, and lightly sweetened!	
<b>SPICED TURMERIC TEA</b> (12 OZ.) GF • SF • NF.....	\$3.00
<b>TURMERIC LATTE BLENDS</b> (16 OZ.) GF • SF.....	\$5.00
A superior tea latte experience like no other, filled with nourishing, organic superfoods and adaptogenic ingredients. Made with our fresh almond milk, but without black tea, these delightful lattes have no caffeine. <b>Golden Spice</b> or <b>Golden Orange</b> .....	
<b>ICED TEA</b> (16 OZ.) GF • SF.....	\$3.50
Loose-leaf tea flavor-infused with your choice of <b>tropical</b> , <b>ginger-turmeric</b> , or <b>blueberry</b> .....	
Make it <b>latte style</b> (with almond milk).....	
<b>ORANGE JUICE</b> (9 OZ. or 16 OZ.) GF • SF • NF.....	\$3.50/\$6.00
Freshly squeezed oranges harvested from Redlands' own Old Grove Orange Farm.	
<b>ALKALINE WATER</b> (16 OZ. BOTTLE, PLUS 5¢ CRV).....	\$2.00
<b>PURE COCONUT WATER</b> (16 OZ. BOTTLE, PLUS 5¢ CRV).....	\$9.00

We offer easy ONLINE ORDERING and CURBSIDE PICKUP.

We happily deliver JUICE CLEANSE orders to your home or office.