

THE LIVING ROOT CELLAR

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

WINTER 2022 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)

GREEN AWAKENING (45 CAL)	\$8.50
Celery, cucumber, kale, parsley, and lemon.	
HEARTBEET (110 CAL)	\$9.00
Carrot, apple, beet, kale, ginger, and lemon	
ELECTRIC LIME (90 CAL)	\$8.00
Celery, kale, apple, cilantro, and lime.	
ORANGE ENVY (100 CAL)	\$8.50
Locally grown oranges, spinach, and basil.	
SWEET & SASSY (110 CAL)	\$8.00
Carrots, seasonal locally grown oranges, and ginger.	
SCREAMING METALS (120 CAL)	\$8.50
Apples, celery, kale, cilantro, turmeric, ginger, and lime.	
EVERGREEN (50 CAL)	\$9.00
Kale, cucumber, celery, spinach, lemon, parsley, cilantro, chlorella, and moringa.	
CELERY JUICE	\$10.50
100% organic celery. Nothing more, nothing less. Available by pre-order only.	

JUICE CLEANSSES

Sub A one-day cleanse consists of six juices from our list of cold-pressed juices above. Substitutions may occur. Add 5¢ CRV per bottle. Delivery service available. Subscribe for monthly delivery and save \$\$\$; visit our website for details.

1-DAY CLEANSSE.....	\$49.50
3-DAY CLEANSSE.....	\$145.50
5-DAY CLEANSSE.....	\$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.)

TROPICAL CALM GF • SF • NF.....	\$4.50/\$8.00
<u>Coconut milk</u> , <u>pineapple</u> , banana, <u>kale</u> , pea protein, D-ribose (for heart health), and agave.	
BRAZILIAN BEAUTY GF • SF.....	\$4.50/\$8.00
Almond milk, <u>mixed berries</u> , banana, <u>acai</u> , <u>hemp seeds</u> , MSM (for joint & skin health), and agave.	
VITALITY TONIC GF • SF.....	\$4.50/\$8.00
Almond milk, banana, raw <u>almonds</u> , peanut butter, <u>chlorella</u> (anti-aging), and agave.	
LIQUID LAZARUS GF • SF.....	\$4.50/\$8.00
Almond milk, banana, raw <u>cashews</u> , <u>cocoa powder</u> , plant protein, and agave.	
CINNABUN BUILDER GF • SF.....	\$4.50/\$8.00
Almond milk, banana, <u>nuts</u> , cinnamon, plant protein, L-glutamine (for building protein), and agave.	
SURFER DUDE GF • SF • NF.....	\$4.50/\$8.00
Coconut milk, <u>pineapple</u> , <u>strawberries</u> , <u>mango</u> , plant protein, cinnamon, and agave.	
SURFER GIRL GF • SF • NF.....	\$4.50/\$8.00
Coconut milk, <u>pineapple</u> , <u>mango</u> , <u>kale</u> , plant protein, cinnamon, and agave.	
FRUIT 'N' FUSION GF • SF.....	\$4.50/\$8.00
Packed with antioxidants! <u>Orange juice</u> , bananas, <u>pineapple</u> , <u>mixed berries</u> , and B-12.	
ULTIMATE BREAKFAST SMOOTHIE SF.....	\$8.50
Almond milk, grain cereal, banana, <u>nuts</u> , <u>hemp seeds</u> , cinnamon, <u>dates</u> , brown rice protein, and B-12 supplement. The perfect meal-in-a-glass!	

SMOOTHIE BOOSTS (\$1.00 EACH):

B-Complex • Vitamin D • Cal+Mag+Zinc • Zinc • Shot of Fresh Ginger • Maca Powder •
Mushroom Powder • Turmeric Powder • Cayenne Powder • Cacao Nibs • Coffee • Kale •
Plant Protein • Walnuts/Pecans/Cashews • Shot of Elderberry Syrup (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 AS NOTED) | 16 OZ. BOTTLES (PLUS 5¢ CRV)

BERRYADE	\$6.50
Light and refreshing, this alkaline water base entices with 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.	
MUCUS BUSTER	\$6.50
Kick that mucus to the curb with this blend of alkaline water, lemon, cayenne pepper, agave, and ginger.	
NO WHEY SHAKE GF • SF.....	\$8.50
Filling blend of house-made almond milk, brown rice protein, cinnamon, vanilla, and brown sugar. Pairs perfectly with our Banana-Oat Cacao Nib Muffin!	
RECOVERY ELIXIR	\$8.50
Working out? Replace those electrolytes with our blend of Redlands orange juice, coconut water, sea salt, and liquid calcium+magnesium+zinc.	
SUMMER GO-TART	\$8.00
Redlands orange juice meets raspberries + pomegranate in this refreshing, tangy, thirst-quenching drink.	
TROPICAL Cs WITH B-12	\$8.00
A nutritional powerhouse! A light and refreshing drink of coconut water, Redlands oranges, pineapple, ginger, and a dose of B-complex.	
Z-D FENDER	\$8.50
A protective mix of strawberries, pineapple, orange juice, and ginger, boosted with vitamin D and zinc.	

• COFFEE, TEA & MORE •

WILDGOOSE BRAZILIAN COFFEE (16 OZ.) GF • SF • NF (W/OUT CREAMER).....	\$3.50
Locally roasted coffee, freshly brewed to order (regular or <u>decaf</u>). Take it up a notch with our almond milk creamer, and sweeten with maple syrup, or honey.	
CACAO CON LECHE (16 OZ.) GF • SF • NF (W/OUT CREAMER).....	\$5.00
Roasted cacao nibs, ground and brewed like coffee, blended with maple syrup, cinnamon, and house-made almond creamer.	
GERMAN ROASTED GRAIN (ROMA) (12 OZ.) SF • NF (W/OUT CREAMER).....	\$3.00
<u>Caffeine free</u> . Depth of flavor without the caffeine found in this cup of hearty roasted grains—chicory, barley, malted barley, and rye.	
TURMERIC LATTE (SOKU) (12 OZ.) GF • SF.....	\$5.50
<u>Caffeine free</u> . Nourishing, organic superfood spices and adaptogenic ingredients. Made with our fresh almond milk.	
GINGER-TURMERIC TEA (16 OZ.) GF • SF • NF.....	\$6.00
<u>Caffeine free</u> . Brewed ginger and turmeric roots with a hint of local honey.	
LOOSE-LEAF TEA (16 OZ.) GF • SF • NF.....	\$3.50
Freshly brewed. Choose from green, black, hibiscus, or chamomile. Served hot or over ice.	
HOT COCOA (16 OZ.) GF • SF.....	\$5.00
Never from a package, our hot cocoa is made from scratch with house-made almond milk, pure cocoa powder (not a syrup), spices, and lightly sweetened with brown sugar.	
ORANGE JUICE (16 OZ.) GF • SF • NF.....	\$6.00
Freshly squeezed oranges harvested from Redlands' own Old Grove Orange Farm.	
CAFE AZTECA (16 OZ.) GF • SF.....	\$9.00
Brewed coffee blended with roasted cacao nibs, almond creamer, brown sugar, and spices. Served hot or cold. May need to pre-order.	
APPLE CIDER (16 OZ.) GF • SF • NF.....	\$6.00
Freshly pressed apple juice brewed with fresh ginger and spices. Served hot or cold. May need to pre-order.	

• SEASONAL & CUSTOM •

CAFE AZTECA (16 OZ.) GF • SF.....	\$9.00
Brewed coffee blended with roasted cacao nibs, almond creamer, brown sugar, and spices. Served hot or cold. May need to pre-order.	
APPLE CIDER (16 OZ.) GF • SF • NF.....	\$6.00
Freshly pressed apple juice brewed with fresh ginger and spices. Served hot or cold. May need to pre-order.	

We offer easy ONLINE ORDERING and CURBSIDE PICKUP.

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