

VEGAN | ORGANIC | RAW

JUICE

HOLIDAY SPECIAL 16OZ \$12
pomegranate, pear, ginger, lime

ADAPTOGENIC PEPPERMINT CACAO MYLK 16OZ \$12
raw cashews, raw almonds, ashwagandha, cacao, dates, **doTERRA** peppermint essential oil, maple, himalayan salt, filtered h2o

PROTEIN BITES

\$3 EACH | 3 FOR \$8 | 10 FOR \$25

CHOCOLATE PEPPERMINT raw almonds, coconut, raw pecans, hemp protein, cacao, vegan chocolate chips, maple, **doTERRA** peppermint essential oil, himalayan salt

BUCKEYE GF oats, hemp protein, peanut butter, raw cacao, raw honey, vegan chocolate chips

BLUEBERRY MOON raw cashews, sacha inchi protein, coconut, **Blue Majik** algae, dried blueberries, dates, lemon, himalayan salt

SUPERFOOD OATMEALS

\$4.75 + CHOICE OF TOPPINGS

STRAWBERRY CHIA GF oats, housemade strawberry chia jam, coconut sugar (*optional*), housemade cashew mylk, himalayan salt
suggested toppings: sliced banana, chopped pecans

ALMOND BUTTER CACAO GF oats, almond butter, raw cacao, coconut sugar (*optional*), housemade cashew mylk, himalayan salt
suggested toppings: sliced banana, vegan chocolate chips

WILD ORANGE & CINNAMON GF oats, cinnamon, **doTERRA** wild orange essential oil, coconut sugar (*optional*), housemade cashew mylk, himalayan salt
suggested toppings: sliced banana, chopped pecans

VEGAN SOUPS

12OZ CUP \$6 | 16OZ BOWL \$8

WE ROTATE 2 SOUPS FROM THIS LIST EACH WEEK.
SEE LETTER BOARD FOR WEEKLY SOUP SELECTION.

Each soup comes with bread or GF crackers.

SWEET POTATO CURRY sweet potatoes, coconut mylk, red curry, garlic, red onion, turmeric, peanut butter, maple, lime, salt & pepper

SPICY RED PEPPER fire roasted tomatoes, red pepper, coconut mylk, vegetable broth, chili garlic, parsley, garlic, **doTERRA** oregano oil, salt & pepper

CASHEW SPINACH cauliflower, sweet vidalia onion, vegetable broth, oat mylk, cashews, spinach, garlic, nutritional yeast, salt & pepper

BUTTERNUT PUMPKIN butternut squash, pumpkin, vegetable broth, oat mylk, cashews, onion, garlic, coconut sugar, cinnamon, nutmeg, salt & pepper

WOODHOUSE SALADS

THREE-BEAN SALAD \$6.50
SF/NF/GF/DF/Vegan red kidney, cannellini, black beans, red bell pepper, green onion, red onion, curly parsley, dijon vinaigrette

LEMON COUSCOUS SALAD \$6.50
SF/NF/DF/Vegan durum wheat semolina couscous, chickpeas, sweet onion, green peppers, jalapeno, parsley, garlic, lemon vinaigrette

SUPERFOOD KALE CAESAR \$12.50
SF/DF/GF/Vegan curly kale, capote capers, garlic roasted chickpeas, hemp heart crumble, creamy cashew caesar dressing

100% ORGANIC
COLD PRESSED
FULLY RAW



CLEANSE MENU

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JUICE & SOUP CLEANSE

PRICES VARY BASED ON YOUR SELECTIONS

YOUR CHOICE OF: + 3 16OZ JUICES
+ 2 16OZ SOUPS*
+ 1 4OZ JUICE SHOT

Soup selection will be limited to the weekly flavors.

DAILY METHOD:

1. Drink 1 juice for breakfast (*we suggest a green*). Rinse out your bottle, fill with filtered water & optional lemon essential oil and drink.
2. Drink your juice shot mid-late morning (*we suggest the restore or recharge*).
3. Heat up 1 soup for lunch.
4. Drink 1 juice for a mid-afternoon snack (*we suggest a beet, carrot or another green*). Rinse out your bottle, fill with filtered water & optional lemon essential oil and drink.
5. Heat up your 2nd soup for dinner.
6. Finish off your night with your last juice (*we suggest Magic Mylk, Vanilla Coconut Shake, or Cooling Herb*). Rinse out your bottle, fill with filtered water & optional lemon essential oil and drink.

HAVE A QUESTION?

ASK A STAFF MEMBER!

We're happy to help with pricing questions, cleansing tips, nutrition facts and more.

FULL CLEANSSES

VEGAN | ORGANIC | GF

CLEANSE NO. 1 **\$65/DAY**

A great way to kick start healthier habits and reset the gut. Perfect for those new to cleansing.

1. Special Green
2. Sweet Carrot
3. Special Green
4. Sweet Beet
5. Cooling Herb
6. Magic Mylk
+\$2 to sub Vanilla Coconut Shake

CLEANSE NO. 2 **\$64/DAY**

A vegetable heavy detox that aims to alkalize the body and clean out the gut. Great for advanced cleansers.

1. Strong Green
2. Strong Carrot (Just Carrot + E3LIVE)
3. Strong Green
4. Strong Beet
5. Cooling Herb
6. Vanilla Coconut Shake
+recommended to add 1 Immunity Shot per day

MINI CLEANSSES

VEGAN | ORGANIC | GF

MINI NO. 1 **\$32/DAY**

1. Special Green
2. Sweet Carrot
3. Sweet Beet

MINI NO. 2 **\$32/DAY**

1. Strong Green
2. Spicy Carrot
3. Strong Beet

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COLD PRESSED
FULLY RAW**

