



100% Organic JUICES

Simple Pleasures { Sm \$4 M \$6 L \$8 }

Pure Carrot
Orange
Apple

Classic Combos { Sm \$5 M \$7 L \$9 }

Carrot ginger
Carrot apple
Carrot orange
Carrot apple ginger
Carrot apple beet
Wheatgrass Shots { 1oz shot \$2^{.50} 2oz shot \$4^{.50} }

Everyday Remedies { Sm \$6 M \$8 L \$10 }

Tummy Tuner
carrot, apple, ginger, probiotic, aloe vera
Prana Boost
carrot, beet, kale, apple, celery
Daily Greens
kale, parsley, celery, cucumber, shot of wheatgrass
Cold Cure
green apple, double ginger, cayenne, lemon
Immune Boost
carrot, ginger, garlic, apple, vitamin C powder, echinacea, golden seal
Liquid Lozenge
orange, lemon, ginger, honey {served hot or cold}

100% Organic SMOOTHIES

Basic Smoothie { Sm \$4 M \$6 L \$8 }

banana, 1 fruit, 1 boost, base*

{ Sm \$6 M \$8 L \$10 }

Thirst Quencher

pineapple, lemon, strawberries, aloe vera, vitamin C powder, apple juice

Orange Essence

mango, strawberries, banana, orange juice

Acai Colada

this yummy combo is packed with the powerful antioxidant acai
acai, banana, pineapple, vanilla spirutein, coconut juice

Ultimate Cleanse

supports the normal function of digestion
banana, pineapple, aloe vera, flax oil, base*

Rejuvenation

this protein packed combo is great after workout or anytime of day
hemp or whey powder, 2 frozen fruits, banana and base*

Nut Berry

blueberries, peanut butter, wheat germ, banana, honey, base*
(Add .50 cents for Almond Butter)

Banana Split

bananas, peanut butter, chocolate whey powder, vanilla soymilk
(Add .50 cents for Almond Butter)

Asana

great post-yoga drink, helps with inflammation, muscle rejuvenation,
replenishing the body
raspberry ultima electrolyte, flax oil, hemp protein, multi vitamin
powder, strawberries, banana, base*

Goddess

designed to support the female system, a great drink anytime or right before
your moon cycle
don quai powder, ginger, essential women oil, bananas, strawberries,
blueberries, base*

Green Vibrance

blueberries, strawberries, banana, green vibrance powder, vanilla
spirutein, base*

Pomegranate Power

pomegranate juice, strawberries, flax powder, low fat yogurt, agave
nectar, orange juice

*base – apple, rice, soy, or milk

(Add .50 cents for coconut, orange, pomegranate, or hemp)

Boosts { each \$1 or 2 for \$1^{.50} }

Apple, Lemon, Cucumber, Celery, Carrot, or Beet
Frozen Fruit – Pineapple, Banana, Strawberry, Blueberry, or Mango
Aloe Vera heals skin & stomach irritation
Wheat Germ increases vitality and stamina, packed with vitamin
B-complex
Raw Honey sweetens and soothes
Garlic promotes circulation, immune support and lowers cholesterol
Ginger great for nausea and indigestion
Cayenne cleansing and revitalizing for respiration
Vitamin C Powder supports immune system
Almond Butter provides yummy protein
Peanut Butter provides more yummy protein
Yogurt rich in antioxidants vitamins A and C, and loaded with acidophilus

Super Boosts { each \$1^{.50} or 2 for \$2^{.50} }

Greens (Kale & Parsley)
Hemp Oil "Nature's most perfectly balanced oil", high in protein, vitamins,
minerals
Hemp Protein Powder (Vanilla Spice, Chocolate, Plain)
Flax Oil or Powder omega 3's, antioxidants, plant estrogens...endless
benefits
Multi Vitamin Powder contain nutrients necessary for optimum health
Whey Powder burns fat and builds muscle (chocolate, vanilla)
Spirutein Protein Powder all-natural, high protein energy meal
(chocolate, vanilla)
Ultima electrolyte replenisher (raspberry, orange)
Don Quai Powder relieves menstrual symptoms
Essential Women Oil hormonal harmony and essential omega's
Green tea extract great antioxidant and burns fat
Hydrilla Grass Powder green calcium
Echinacea immune support
Golden Seal cleansing and immune support
Green Vibrance daily greens, vitamins and minerals
Probiotic aids in maintaining balance of flora in tummy
Acai rich in antioxidants
Spirulina complete protein, vitamin B-complex, vitamin E and loaded with
minerals

100% Organic HOT drinks

Coffee regular/decaf { Sm \$1^{.50} M \$2 L \$2^{.50} }

Espresso { single \$1^{.75} double \$2^{.25} }

Cappuccino { Sm \$3^{.25} M \$3^{.75} L \$4^{.25} }

Latte { Sm \$3^{.25} M \$3^{.75} L \$4^{.25} }

Vanilla Latte { Sm \$3^{.75} M \$4^{.25} L \$4^{.75} }

Caramel Latte { Sm \$3^{.75} M \$4^{.25} L \$4^{.75} }

Mocha Latte { Sm \$3^{.75} M \$4^{.25} L \$4^{.75} }

Chai Tea Latte { Sm \$3^{.75} M \$4^{.25} L \$4^{.75} }

Green Tea Latte { Sm \$4 M \$4^{.50} L \$5 }

Honey, Lemon, Ginger { Sm \$3^{.25} M \$3^{.75} L \$4^{.25} }

Hot Chocolate { Sm \$3^{.50} M \$4 L \$4^{.50} }

Pressed coffee { 2cup \$3 4cup \$5 }

Loose Leaf Tea { Sm \$2 M \$2^{.50} L \$3 }

Pot of tea { 2cup \$3^{.50} 4cup \$5^{.50} }

teas listed on back *(add .50 cents for hemp)

Shots of Syrup (Vanilla, Carmel, Chocolate, Hazelnut) { \$.50 }

GreenWich YOGA

believes that by supporting the self and our local community, we can transform our planet. We have worked hard to make our studio and juice bar café not only a haven where you can develop your mind, body and spirit, but also one that serves as an example of how to live in harmony with the earth.

Our "green" space is built entirely of eco-friendly materials—from our shelving constructed from plant stalks to our straws made from corn—all of our supplies are recycled. We use only organic products in our café, free from chemicals, additives, pesticides, hormones, steroids and antibiotics. We buy products from local farms and we compost waste back into these farms, supporting the next cycle of growth.

As yogis we know that self-awareness does not stop with ourselves, but must continue by supporting and nurturing our connection to others and the planet. That is why our goal is to not only make Greenwich Yoga an example of sustainability, but also to offer customers information on implementing some of these practices into their own lives. It is only when the self, others and the planet work together that true harmony can be created, and elevation of our souls is possible. We hope that Greenwich Yoga can be not only an oasis for self-discovery, relaxation and healthy eating, but also a resource on how to make your footprint on this earth a positive and supportive one for all beings.



Greenwich Yoga
Holistic Center & Juice Bar Café

Yummy Organic FOOD

We offer a variety of fresh salads, wraps, yogurt & granola, snacks and more. All made with organic ingredients from local farms. Please ask for daily selections and how to receive faxes or emails for weekly menu updates. We also offer Corporate Lunches and Delivery!

Organic BAKED GOODS

We offer fresh all organic baked goods at our café including muffins, croissants, scones, rolls and cookies; as well as wide selection of scrumptious doughnuts from Donut Plant in NYC! A great way to enjoy your cup of coffee or tea!

Organic TEAS

Emerald Green Tea
English Breakfast
Earl Grey
Decaf Earl Grey
Chai Black
Rooibos Chai
Chamomile
Peppermint
Orange Spice
Wild Yerba Mate
Ayurvedic Cleansing
Ayurvedic Vatta (Tea Leaves, Lemongrass, Orange Peel, Licorice Root)
Ayurvedic Pitta (Hibiscus, Rose, Chamomile, Peppermint)
Ayurvedic Kapha (Lemon Balm, Ginger, Cinnamon, Cardamom, Pepper)
Blossom Green Tea w/ Jasmine
Pu-erh (Green/Black) – Fat Burning Tea
Red Raspberry (*great for prenatal*)

"NEW" Natural Food Coop

Greenwich Yoga Natural Food Coop has one simple goal—to make healthy living accessible, easy and affordable for the local community. We're in business to help you treat yourself and your loved ones to wholesome, ecologically-sound products while staying within your budget.

VISIT coop.greenwichyoga.com for more information!



Juice Bar
Café
Greenwich Yoga

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info@greenwichyoga.com
www.greenwichyoga.com

Open M-F 7:30am-8:00pm
Sat & Sun 8:00am-6:00pm

Our Juice Bar Café offers fresh, organic, nutrient-packed juices, smoothies, coffee and teas. You can sit and enjoy one of our fabulous juices, salads, wraps or scrumptious baked goods in our relaxing eco-built café or grab it to go!