



**71 Baldwin Street, Unit 1
Whitby, Ontario
(905) 809-0380
www.vitalityjuiceco.ca**

Follow & tag us on Instagram!
[@vitalityjuiceco](https://www.instagram.com/vitalityjuiceco)

Everything made from 100% organic ingredients and inspired by local and seasonal availability. Feel-good, functional and flavourful "fast-food" is our goal.

SMOOTHIES

Ask about our seasonal smoothie specials!

DAILY GREENS 12.00

Cucumber, pineapple, banana, seasonal greens, coconut water, green spirulina, sea salt

WILD CHILD 12.00

Wild blueberries, raspberries, banana, filtered water, cashew butter, dates

PB BLISS 12.00

Banana, peanut butter, dates, maca, filtered water, cacao

GOOD DAY 12.00

Cold-brew coffee, banana, raw honey, cashew butter, lucuma, vanilla bean, sea salt

SMOOTHIE BOWL

Served with house-made goddess granola & seasonal fruit

ACAI BOWL 14.50

Acai, banana, wild blueberries, peanut butter, coconut water

COFFEE/TEA

Organic & fair-trade coffee/tea

Fresh house-made almond mylk or grass-fed dairy milk available

ESPRESSO 3.75

Made from fresh locally roasted beans

AMERICANO 4.00

ICED COFFEE 7.00

LATTE 7.00

CHAI TEA 5.00

Coriander, cinnamon, star anise, cardamom, allspice, cloves, ginger, black pepper

VITALI-TEA 5.00

Locally grown nettle, Tulsi basil, spearmint & peppermint

CHAGA TEA 5.00

Slow-simmered wild-crafted Ontario chaga mushroom

BLACK TEA 5.00

HOT ELIXIRS

Served hot, elixirs are full of medicinal superfoods

CHAGA HOT CHOCOLATE	8.00
Chaga tea, heirloom cacao, coconut oil, lucuma, local maple syrup, vanilla bean, sea salt	
COSMIC COFFEE	8.00
Espresso, chaga, reishi, coconut butter, coconut oil, raw honey, sea salt	
GOLDEN LATTE	8.00
Chaga tea, coconut butter, coconut oil, local maple syrup, turmeric, ginger, cinnamon, black pepper, vanilla bean	

SUPERFOOD UPGRADES

Add any to your smoothie or acai bowl

PROTEIN BOOST	1.75	GREENS	1.75
100% whole pumpkin seed protein - 12g protein per serving		A rich source of b-vitamins & minerals	
ASHWAGANDHA	1.75	MACA	1.75
Relieve stress & help calm the nervous system		Increase vitality & stamina	
ONTARIO GINSENG	1.75	ADAPTOGENIC MUSHROOMS	1.75
Enhance cognitive function & focus		16 wild mushroom blend - harmonizes jing (life force), qi (energy), and shen (spirit)	

COLD-PRESSED JUICE

Check out the grab & go fridge for current availability

JUICE BLENDS (12OZ)	12.00
NUT MYLKS	11.00
LEMON-AID	10.00
BOOSTER SHOTS (2OZ)	7.00

Bites

SOURDOUGH TOAST & BAGELS

*Toast is served on sourdough - gf bread available for additional \$2
Vegan cream cheese available on bagel for an additional \$2*

AVOCADO TOAST	11.00
Sourdough rye topped with avocado, lime juice, house-made sauerkraut, pickled radish, fresh sprouts, EVOO, salt & pepper	
BAGEL AND CREAM CHEESE	11.00
Fresh bagel served with chive cream cheese, cucumbers and sprouts	

HOT SIPPING BROTH

Made in-house with local grass-fed beef marrow bones, herbs, adaptogenic mushrooms and sea vegetables. Vegan mineral broth also available. 16oz. Available hot or frozen.

HEALING BONE BROTH

14.00

Slow simmered for 24 hours. Perfect for sipping. Filled with vitamins, minerals, healthy fats & collagen

MISO MINERAL BROTH

12.00

Made with chickpea miso, local veggies and herbs, and sea vegetables loaded with minerals. Umami deliciousness!

SALADS AND BOWLS

Check out the grab and go fridge for current availability!

TREATS

Gluten-free, dairy-free, refined sugar-free & made with functional superfoods.

BREAKFAST COOKIE

6.00 | 6 FOR 35.00

An upgraded oatmeal cookie! Nutrient-dense with healthy fats & protein. Perfect for breakfast, snack time or even dessert!

PROTEIN BAR

6.00 | 6 FOR 35.00

Power up your day with these ultra-clean, whole-food bars!

FUDGE BROWNIE

6.00 | 6 FOR 35.00

A rich and chewy chocolatey delight. Bliss in every bite!

YOGURT PARFAIT

9.00

House-made cultured yogurt topped with chia berry jam & goddess granola

FRESH PROBIOTIC YOGURT

15.00

Dairy-free. Made with cashew, coconut & vegan probiotics. Thick and creamy!

GODDESS GRANOLA

15.00

Made with beauty boosting healthy fats and superfood ingredients like gluten-free oats, coconut, pumpkin seeds, & raw honey. Nut-free!

THE PERFECT DATE

3.75

A medjool date stuffed with creamy cashew butter and dipped in heirloom chocolate. Love at first bite!

ALMOND BUTTER CUP

4.00

A creamy, dreamy dark chocolate cup to satisfy your sweet tooth!

CHEEZECAKE

Raw/gluten-free/dairy-free/refined sugar-free and infused with superfoods!

SLICES AVAILABLE EVERYDAY

INQUIRE ABOUT FULL CAKES, PRE-ORDER RECOMMENDED