

THE LIFEbar MENU

PLANT-BASED. ORGANIC. GLUTEN-FREE. MADE WITH LOVE.

SUPERFOOD SMOOTHIES

CHOCOMACA PROTEIN[®]* cal: 236 protein: 12 g

The drink that started it all RAW PLANT-BASED CACAO PROTEIN, RAW MACA, RAW CACAO, BANANA, HOUSE-MADE ALMOND MILK, CINNAMON, GINGER & VANILLA REG \$9, LRG \$13

BANILLAMACA PROTEIN[™] cal: 236 protein: 12 g

RAW PLANT-BASED VANILLA BEAN PROTEIN, RAW MACA, BANANA, HOUSE-MADE ALMOND MILK, CINNAMON, GINGER & VANILLA REG \$9, LRG \$13

SUPERHERO PROTEIN*

COCONUT OIL, LIVWELL VANILLA PROTEIN, BANANA, STRAWBERRY, PEACH, MANGO & PINEAPPLE \$10

GORILLA'S DELIGHT[™]** cal: 340 protein: 8g

ALMOND BUTTER, ENERGY BLEND, BANANA, HOUSE-MADE ALMOND MILK, CINNAMON, GINGER & VANILLA REG \$9, LRG \$13

HEALER[™]*** cal: 180 protein: 4 g

RAW MACA, IMMUNE BLEND, BANANA, BLUEBERRY, HOUSE-MADE ALMOND MILK, CINNAMON, GINGER & VANILLA REG \$9, LRG \$13

FROZEN REISHI CAPPUCCINO[™]*

RAW MACA, RAW CACAO, IMMUNE BLEND, BANANA, HOUSE-MADE ALMOND MILK, CINNAMON, GINGER & VANILLA REG \$9, LRG \$13

STRAWBERRY SHORTCAKE* cal: 365 protein: 8 g

ALMOND BUTTER, ALMOND EXTRACT, STRAWBERRY, BANANA, CINNAMON, GINGER & VANILLA REG \$9, LRG \$13

PUMPKIN PIE

BUTTERNUT SQUASH, BANANA, LIVWELL PROTEIN, MEDJOOOL DATES, ALMOND BUTTER, PUMPKIN SPICE & HOUSE MADE ALMOND MILK REG \$11, LRG \$15

THE GINGERSNAP

CAROB, ALMOND BUTTER, BANANA, MEDJOOOL DATES, ALMOND MILK, CINNAMON, CLOVES, CARADAMON, FENNEL, GINGER JUICE & VANILLA. \$12

HEALTHY LIFE SHOTS

HOT SHOT

1 OZ GINGER JUICE, 1 OZ LEMON JUICE, 1 OZ HOT WATER, RAW LOCAL HONEY & CAYENNE PEPPER \$6

IMMUNE SHOT

1 OZ GINGER, 1 OZ LEMON & 1 OZ WHEATGRASS \$9

WHEATGRASS SHOT

WHEATGRASS FRESH-PRESSED, DAILY 1^{oz} \$3.50, 2^{oz} \$6

GIVE IT A BOOST!

CAYENNE \$0.25	LIVWELL PROTEIN \$1.50	COCONUT MILK \$1.50
FRESH FRUIT \$1	KALE /SPINACH \$1.50	GINGER \$1
HEMP PROTEIN \$1.50	COCONUT WATER \$1.50	FROZEN FRUIT \$1
TURMERIC \$1	COCONUT OIL \$1.50	MEDJOOOL DATE \$0.75
GOJI BERRIES \$1.50	CHIA SEEDS \$1.50	ALMOND MILK \$1.50
ALMOND BUTTER \$2	BEE POLLEN \$1.50	

SHARE LIFE WITH THE ONES YOU LOVE!
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*WHOLE30-FRIENDLY *PAELO-FRIENDLY *SQUAD PICK *SEASONAL ITEM

***Please note that some products contain or have traces of nuts and nut oils or may have been made alongside other products containing nuts. LIFEbar can not be held responsible for any issues resulting from food allergies.

CHOOSE YOUR COMPLEMENTARY SWEETENER RAW LOCAL HONEY, AGAVE, STEVIA

SIP YOUR GREEN SMOOTHIE

CBD-MATCHA MACA

SPINACH, PLANT-BASED VANILLA BEAN PROTEIN, RAW MACA, MATCHA, CBD OIL, BANANA, HOUSE-MADE ALMOND MILK, CINNAMON, GINGER & VANILLA \$15

AVOCADO DREAM^{***} cal: 343

AVOCADO, SPINACH, COCONUT OIL, COCONUT WATER, COCONUT MILK, BANANA, CINNAMON, GINGER & VANILLA REG \$10, LRG \$14

LOVE YOUR KALE^{**} cal: 165

KALE, STRAWBERRY, BANANA REG \$8, LRG \$12

SEASONAL HOT-DRINKS

HOT REISHI CAPPUCCINO Boost's + Immunity!

RAW CACAO, MACA, REISHI, HE-SHOU WU, COCONUT OIL, CINNAMON, VANILLA, GINGER, YERBA MATÉ & H2O \$9

CBD MATCHA LATTE Get focused!

CBD OIL 5MG, MATCHA, ALMOND BUTTER, COCONUT OIL, H2O \$11

HOT GINGER SNAP Warms the soul!

GINGER JUICE, MEDJOOOL DATES, ALMOND BUTTER, CAROB, COCONUT OIL, CINNAMON, CLOVES, CARDAMOM, VANILLA & H2O \$9

JUST FRUIT SMOOTHIES

RAINBOW^{***} cal: 145

STRAWBERRY, BANANA, PEACH, PINEAPPLE, MANGO \$7

BERRY BERRY^{**} cal: 115

BLUEBERRY, STRAWBERRY & GOJI BERRY \$7

CREATE YOUR OWN^{**}

CHOOSE UP TO 3 FRUITS: BANANA, STRAWBERRY, BLUE BERRY, PEACH, MANGO, PINEAPPLE \$7

KID AT HEART

TOPPINGS AND BOOSTERS ARE UNAVAILABLE FOR KID'S DRINKS
SWEETENED WITH LOCAL HONEY

COWABUNGA

KALE, STRAWBERRY & BANANA \$4

KIDS CREATE YOUR OWN

CHOOSE UP TO 2 FRUITS: BANANA, STRAWBERRY, PEACH, MANGO, PINEAPPLE \$4

SMOOTHIE TOPPINGS

COCONUT FLAKES \$1

PURELY ELIZABETH GRANOLA \$2.50

LOCAL BEE POLLEN \$1.50

GOJI BERRIES \$1.50

