MOTHER'S FRESH JUICE BAR

Refreshing! Revitalizing! Invigorating!
Juice Blends

16 oz... 5.00  32 oz... 9.00

**Beauty Express**
Carrot, Apple, Spinach and Parsley

**Beet Me Up**
Carrot, Beet, Spinach, Parsley and Garlic

**Cleansing Cocktail**
Carrot, Apple, Beet and Ginger

**Cold Comfort**
Carrot, Ginger, Garlic and Cayenne Pepper

**Ginger’s Ale**
Lemon, Ginger, Grape and Sparkling Water

**Ginger Snap**
Apple, Ginger and Lemon blended with ice

**Ma’s Lemonade**
Lemon, Grape and Apple

**Popeye’s Blend**
Carrot, Spinach and Apple

Sunrise
Carrot, Orange, Beet and Lemon

Premium Juice Blends

16 oz... 6.25  32 oz... 11.50

**Aloha Goddess**
Apple, Pineapple, Celery, Cucumber, Spinach, Parsley and Kale

**Detox Shock**
Apple, Wheatgrass, Lemon and Ginger

**Goddess of Greens**
Apple, Celery, Cucumber, Spinach, Parsley and Kale

**Liver Cleanse**
Apple, Beet, Lemon, Ginger and Parsley

**Facial Express**
Pineapple, Cucumber and Apple

Juice Combos

Carrot blend (50% Carrot)
16 oz... 5.25  32 oz... 9.50

non-Carrot blend (50% Apple, Celery, Cucumber or Pear)
16 oz... 6.25  32 oz... 11.50

Choose up to five:

- Apple
- Beet
- Bell Pepper
- Broccoli
- Cabbage
- Celery
- Chard
- Cucumber
- Garlic
- Ginger
- Grape
- Kale
- Lemon
- Lime
- Orange
- Parsley
- Pear
- Pineapple
- Spinach
- Tomato
Squeezed Juices

<table>
<thead>
<tr>
<th></th>
<th>8oz</th>
<th>16oz</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple</td>
<td>3.45</td>
<td>6.50</td>
</tr>
<tr>
<td>Carrot</td>
<td>1.95</td>
<td>3.50</td>
</tr>
<tr>
<td>Grapefruit</td>
<td>2.25</td>
<td>4.25</td>
</tr>
<tr>
<td>Orange</td>
<td>2.75</td>
<td>4.95</td>
</tr>
<tr>
<td>Pear</td>
<td>2.95</td>
<td>5.75</td>
</tr>
<tr>
<td>Pineapple</td>
<td>3.45</td>
<td>6.50</td>
</tr>
</tbody>
</table>

Shots

<table>
<thead>
<tr>
<th>Shots</th>
<th>1oz</th>
<th>2oz</th>
<th>4oz</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aloe Vera</td>
<td>1.00</td>
<td>1.75</td>
<td>2.00</td>
</tr>
<tr>
<td>Ginger Pineapple Shot</td>
<td>1.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Just Ginger</td>
<td>1.50</td>
<td>3.00</td>
<td>5.50</td>
</tr>
<tr>
<td>Wheatgrass</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Specialty Smoothies

Acai Energy 16oz... 5.95
Acai, Banana, Strawberries and your choice of Juice or Milk

Antioxidant 16oz... 7.50
Acai, Blueberries, Banana blended with Pomegranate juice

Brain Power 16oz... 8.50
Pomegranate and Pineapple juices blended with Banana, Mixed Fruit, Lecithin, Choline Cocktail, Flax Oil

Creamy Mango 16oz... 7.50
Mango, Banana and Hemp Granola blended with Apple juice and your choice of Yogurt

Workout 16oz... 7.50
Mixed Fruit, Banana and Ginseng blended with Mixed Berry juice, Boysenberry jam and your choice of Protein.

*****Add fresh Kale or Spinach to your Smoothie for FREE!*****

Fruit Smoothies 16oz... 5.50
Made with our Organic Mixed Fruit, Organic Banana, Ice, your choice of Juice or Coconut Water and two Fruits.

Choose an organic juice:
- Apple juice
- Mixed Berry juice
- Pineapple juice
- Pomegranate juice
- Coconut water

Choose two organic fruits:
- Blueberries
- Mango
- Pineapple
- Raspberries
- Strawberries
The Classic Acai Rio Bowl 8.95
Sambazon Acai Pack (Acai puree, evaporated cane juice, soy lecithin, guarana, citric acid), Banana, Hemp Granola and your choice of Milk

Specialty Shakes
16 oz... 7.95

Amaretto Coconut Mudslide
Almond Amaretto Teccino, Coconut, sliced Almonds and Chocolate Chips mixed with your choice of Milk and Ice Cream

Dream Date
Date pieces and Peanut Butter mixed with your choice of Milk and Ice Cream

Grasshopper
Newman-O’s cookies, Mint and Spirulina mixed with your choice of Milk and Ice Cream

Joyful Almond
Sliced Almonds, Chocolate Chips and Coconut mixed with your choice of Milk and Ice Cream

Sweet Energy
Espresso, Peanut Butter and Chocolate Chips mixed with your choice of Ice Cream

Toasted Coconut Hemp
Coconut, Hemp Granola and Pineapple Coconut juice mixed with your choice of Ice Cream

Tropical Paradise
Orange, Banana and Pineapple Coconut juice mixed with your choice of Ice Cream

Original Shakes
16 oz... 6.50

Choose an ice cream:
Real Ice Cream
Vanilla Rice Dream
Vanilla Soy Dream
Non-fat Frozen Yogurt

Choose a flavor:
Banana
Blueberry
Boysenberry
Chocolate Chips
Chocolate Syrup
Dates
Mango
Mint
Newman-O’s
Orange
Peanut Butter
Pineapple
Strawberry

Choose a milk:
Regular Milk
Almond Milk
Coconut Milk
Hemp Milk
Rice Milk
Soy Milk
Extras
1.50
Bee Pollen
Chia Seed
Coconut
Coconut Oil
Echinacea
Espresso

Flax Oil
Ginseng Tonic
Immune Tonic
Lecithin
Maca Powder
Mental Tonic

Peanut Butter
Peanut Butter (powdered)
Respir-ease
Spirulina
Turmeric

Proteins
1.50
Hemp Protein
Rice Protein
Whey Protein

Soy Protein

Premium Extras
2.00
Acai packet
Choline Cocktail
Vitamineral Green

Mother’s uses organic produce when available.

Please ask us what is organic today.

For all unique requests, please allow for an additional charge.
Costa Mesa
1890 Newport Blvd.
949.631.4741

Huntington Beach
19770 Beach Blvd.
714.963.MOMS

Irvine
2963 Michelson Dr.
949.752.MOMS

Laguna Woods
24165 Paseo de Valencia
949.768.MOMS

Santa Ana
151 E. Memory Lane
714.542.MOMS

Anaheim Hills
5759 E. Santa Ana Canyon Rd.
714.974.MOMS

Brea
413 S. Associated Rd.
714.990.MOMS

www.mothersmarket.com
www.facebook.com/MothersMarketandKitchen
www.twitter.com/MothersMarkets