



The Green Light

juices • smoothies • cleanses

The Green Light is a nutrition and wellness company, that provides the road map to optimal health! Visit us at www.bethegreenlight.com

Please inform your server of any food allergies before placing your order

OUR SIGNATURE JUICE

12oz. \$5.95 | 16oz. \$7.25 | 24oz. \$9.25 | Quart \$13.50 | Half Gallon. \$25.00

The Green Light

Spinach, Kale, Cilantro, Celery, Cucumber, Apple, Ginger, Lemon

JUICES

12oz. \$4.95 | 16oz. \$6.25 | 24oz. \$8.25 | Quart \$12.50 | Half Gallon. \$24.00

Crimson Sunset Carrot, Apple, Beet, Ginger

What's Up Doc? Carrot, Apple, Celery

Create YOUR own vegetable juice

Choose **two** of these: *Carrot, Apple, Cucumber, Beet, Celery*

Plus **two** of these: *Kale, Spinach, Cilantro, Ginger, Lemon*

YOUR BEST SHOT

1 oz. \$3.65 | 2 oz. \$4.95

Organic Wheatgrass or Ginger (Frozen shots available too!)

The Flu Shot *Ginger, Cayenne, Lemon juice*

MORE OF THE BEST

Earth's Best Granola 3 oz. \$4 | 8 oz. \$10 | 16 oz. \$16

Original • Apple • Banana

100% Organic | Raw | Vegan | Gluten Free | Wheat Free | Nut Free

"To Live For" Chocolate Truffle

100% Organic | Raw | Vegan *\$2.95 each | Box of 8 \$23*

"Outrageous" Coconut Cream

100% Organic | Raw | Vegan *Small \$6.25 | Large \$11.95*

GREEN LIGHT CAFE FOOD

Smashed Avocado Toast One slice *\$4.25* | Two slices *\$7.75*

Acai Berry Bowl *\$10.95*

Fresh Rolls With house made Almond Dipping Sauce *\$9.25*

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RAW DAVE'S FAVORITES

12 oz. \$5.95 | 16 oz. \$7.95 | 24 oz. \$10.95

- #1 Banana, Goji Berries, Maca, Cacao, & Coconut Water
- #2 Banana, Cashews, Coconut Oil, Vanilla & Coconut Milk.

FRUIT SMOOTHIES

12 oz. \$4.95 | 16 oz. \$6.95 | 24 oz. \$8.25

- #3 Banana, Mango, Pineapple, with Coconut Water
- #4 Banana, Blueberries, Strawberries, with Coconut Milk
- #5 Banana, Blueberries, Strawberries, with Orange Juice
- #6 Mango, Blueberries, Strawberries, with Coconut Milk
- #7 Banana, Blackberries, Raspberries, with Orange Juice
- #8 Pineapple, Mango, Blueberries, with Coconut milk

Available with Almond Milk

Super Smoothie Enhancers \$1.50 each

Goji Berries • Cacao Nibs • Hemp Seeds • Chia Seeds • Flax Seeds • Pumpkin Seeds • Cashews • Almonds • Brazil Nuts • Dates • Coconut Oil • Hemp Oil

More Enhancers \$2.00 each

Super Greens • Raw Maca • Protein

Go Green on YOUR Smoothie \$1.00 each

Kale • Spinach

THE GREEN LIGHT CLEANSE

The most effective cleanse on the planet

Energize, alkalize, eliminate toxins, and reset your taste buds. You may do the cleanse for as many days as you like. In our experience, the most effective time frame is for 5 days. No matter what your current state of health is, you can benefit from this! Call or stop by for more information. *Investment \$65 a day*



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Visit us at www.davesrawfood.com

info@bethethegreenlight.com

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