

\*Raw South #1: 9804 SW 77 Ave Miami, FL | 33156 Phone: 786.534.9263 M-Sat: 10am to 6pm

\*Raw South #2: Inside Body & Soul 3183 SW 38 Ct Coconut Grove, FL | 33146 Phone: 786.558.5767 M-Sat: 7:30am to 1pm

\*Raw South #3: 6102 S. Dixie Hwy South Miami, FL | 33143 Phone: 786.558.5767 M-Sat: 9am to 5pm

### JUICES

20 0z (\$9.00+tax) • 24 0z (\$11.00+tax)

# -I am Raw South:

Spinach, kale, dandelion, celery, lemon, green apple, ginger, cucumber

## -Hit the Bushes:

Carrot, spinach, beet, celery, apple

-That Dog will Hunt:

Chard, pineapple, kale, cucumber, apple

-Bless your Heart:

Carrot, orange, apple, beet, lemon

-The Knockout:

Carrot, orange, lemon, ginger

-Stay Sweet:

Orange, beet, celery, carrot, ginger shot

-Be Bold:

Kale, celery, apple, cucumber, lemon, ginger

-Feeling Hot Hot Hot:

Apple, pineapple, cucumber, jalapeno

#### SMOOTHIES

20 Oz (\$8.75+tax) • 24 Oz (\$10.50+tax)

### -\*Almonds are Forever:

Almond milk, rice protein, almond butter, cinnamon, dates, cocoa powder

#### -Fruit Freeze:

Banana, blueberry, strawberry, pineapple, organic apple juice, hempseeds

## -\*Mango Fusion:

Mango, pineapple, banana, coconut water, Agave

### -\*The Energizer:

Cold pressed coffee, almond milk, banana, maca, chia seeds, dates, Brazil nuts

### -Up a Notch:

Kale, spinach, lemon, apple juice, banana

# -Dose of Vigor:

Apple, pineapple, turmeric, ginger, lemon

#### -\*Pep in your Step:

Almond milk, banana, blueberry, spinach, cinnamon, cocoa powder, chia seeds, protein powder, Agave

### -Muscle Up:

Coconut Milk, hemp protein, peanut butter, banana, spirulina, spinach & honey

# ADD ON SUPPLEMENTS (\$1.00+tax)

-Maca	-Spirulina	-Cacao Nibs
-Bee Pollen	-Chia Seeds	-Flax Seeds
-Moringa	-Hemp Seeds	-Hemp Protein
-Chocolate Chips	-Peanut Butter Chips	

-PLEASE NOTIFY US IF THERE ARE ANY NUT ALLERGIES-Products are prepared on shared equipment that contains nuts \* SORRY NO SUBSTITUTIONS

f Raw South Juice Co. @\_rawsouthjuice\_ \*\*any additional toppings \$0.75

-Monkey Bowl:

Açai berry, Peanut Butter, banana, coconut H20

-Blueberry Bliss: Açai berry, blueberry, banana, coconut H2O

-Strawberry Supreme:

Açai berry, strawberry, banana, coconut H2O

-Tropical Treat:

Açai berry, mango, pineapple, banana, coconut H20 -Passion Bowl:

Açai berry, passion fruit, coconut meat, banana,

coconut milk

-Raspberry Rapture:

Açai berry, raspberries, banana, cacao nibs, coconut H2O -Mama Mamey:

Açai berry, mamey, banana, chia, coconut H20

-Pitaya Bowl: Dragon Fruit, strawberry, banana, coconut milk

\*All Bowls topped with granola, Fresh Fruit & coconut shavings.

#### SOUP OF THE DAY

12 0z(\$5.25+tax)

32 Oz (\$10.75+tax)

## WELLNESS SHOTS

-Power Shot: Ginger, lemon, honey, garlic (\$4.25+tax) -Detox Boost: Turmeric, coconut H2O, lime, ginger, honey (\$4.25+tax)

-Spicy C: Jalapeno, OJ, lime, maple syrup, organic aloe shot (\$4.25+tax)

## SALADS OR WRAPS

Salads (\$12.00+tax) • Wraps (\$8.50+tax)

Spinach, Wheat, Tomato Basil, Collard Greens

-PROTEINS: (Any additional Protein \$3.00) -Wild Albacore Tuna -Black Bean Almond Flax Burger

-Wild Salmon -Veggie Patty

-Organic Chicken \$9.50 -Homemade Hummus

-Quinoa Tabuleh Salad -Lentil Walnut Meat

-Vegan Picadillo -Raw Zucchini Pasta -BBQ Burrito

\*Ask about our Daily Special\*

#### BREAKFAST ALL DAY

-Power Waffles \$8.75+tax

Almond butter, fresh strawberry, blueberries and bananas

\$8.00+tax -Super Butter Sandwich Superfoods almond butter, strawberry organic

jelly, sliced apples on organic bread

-Overnight Oats (16 Oz) \$8.00
Soaked oats in almond milk, cinnamon, honey, \$8.00+tax

vanilla, chia seeds, Himalayan Salt, peanut butter or almond butter

-Vegan Cream Cheese Sandwich \$8.50+tax

Vegan cream cheese, cucumbers, tomatoes, avocado, sprouts on toasted organic bread

-Organic Egg Veggie Omelette \$8.75+tax Eggs, tomatoes, spinach, peppers, onions

and special seasoning

-Avocado Toast \$9.75+tax Add an egg \$1.50

Add Vegan Scramble \$3.25

# REFRESHMENTS & SWEET TREATS

- -Coconut H20 \$3.95+tax
- -Water Bottles \$1.50+tax -Cold pressed Iced Coffee \$3.95
- -Carrot Cake \$3.95+tax -Gluten Free Brownie \$3.95+tax