# - SUPERFOOD SMOOTHIES

100% organic blended smoothies made to order.

#### BLUE DREAM - \$9.00

Acaí, bananas, blueberries, flax seeds, peanut or almond butter, almond milk & local honev.

#### BERRY HAZE - \$9.00

Acaí, strawberries, raspberries, coconut oil, water & chia seeds.

#### NATURAL MYSTIC - \$8.75

Acaí, strawberries, banana, almond milk & ice.

#### **BEAST MODE - \$9.50**

Acaí, kale, spinach, cucumber, avocado, ainger & water.

#### THE GREEN MONSTER - \$9.00

Spinach, pineapple, banana, avocado, coconut oil, local honey & water.

#### KALER INSTINCT - \$9.00

Kale, spinach, pineapple, banana, coconut meat & water.

#### **ROCKBAR FROSTY - \$9.00**

Banana, coconut meat, cacao nibs, chocolate protein powder, almond milk & local honey.

#### HAWAIIAN GODDESS - \$9.00

Pineapple, banana, coconut meat, chia seeds & almond milk.

#### BANANA SPLIT - \$8.75

Strawberries, banana, cacao nibs, peanut or almond butter and almond milk.

#### **BANANA O.G - \$8.25**

Bananas, yogurt, peanut or almond butter.

#### PUMPHOUSE - \$9.50

Cold brew coffee, banana, chocolate protein, cinnamon, local honey and hemp seeds.

## OTHER OPTIONS

## "SEASONAL" YOGURT PARFAIT - \$4.75

Yogurt, granola, seasonal fruit.

#### "POWER" PARFAIT - \$5.75

Yogurt, granola, seasonal fruit, topped with shaved coconut, chia seeds, hemp seeds & bee pollen

### CREATE YOUR OWN CUSTOM SALAD

Just ask a team member



# ROCK STEADY

# JUICE JOINT

DEDICATED TO SERVING OUR COMMUNITY THE FINEST ORGANIC INGREDIENTS AT AN AFFORDABLE PRICE

## SERVING TWº GREAT LOCATIONS

JUPITER // 201 N US HWY 1 // SUITE C5-B JUPITER, FL 33477 // 561.406.6242

NORTH PALM // 420 US HWY 1 // SUITE 2 NORTH PALM BEACH, FL 33408 // 561.629.5188

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