## SMOOTHIES $8.95

KALE SHAKE
Kale, Pineapple, Apple, Banana, Lemon

COCONUT SHAKE
Young Coconut Meat and Coconut Water

ENERGIZING
Pineapple, Strawberry, Banana

PINK LADY
Strawberry, Mango, Orange, Apple, Banana

BUGGY BANANA
Banana, Carrot, Orange

## LEMONADES $7.00

Turmeric
Blueberry
Pineapple
Raspberry

## NUT MYLKS $9.50

Almond
Cashew
Brazil
Almond Latte
Cashew Mocha
Coffee Brazil

## WATERS $5.00

Alkaline
Lemon
Coconut
Zinger
Enzymatic Aloe Tonic

## COLD PRESSED JUICES $8.95

GREEN MONSTER
Kale, Celery, Spinach, Cucumber, Apple, Romaine Lettuce, Ginger, Lemon

GREEN BULL
Pineapple, Apple, Mint

GREEN GIRL
Collard Greens, Celery, Cucumber, Apple, Lemon

IRON MAIDEN
Spinach, Parsley, Carrot, Cilantro, Grapefruit

ONE
Carrot, Orange, Apple, Ginger

JOY BLAST
Kale, Celery, Fennel, Apple, Ginger

PURIFIER
Beet, Carrot, Swiss Chard, Apple, Ginger, Lemon

RED BULL
Beets, Cucumber, Pineapple, Apple, Mint

SPICED UP CITRUS
Orange, Grapefruit, Lemon, Ginger, Cayenne, Sea Salt

WHEATGRASS WONDER GLASS
Wheatgrass, Celery, Apple

## SHOTS $6.00

D-Flame $6.00
Cold Remedy $6.00
Probiotic $6.00
Sunflower $3.95
Wheat Grass $2.95

# the PUREGANIC cafe

THEY SAY YOU ARE WHAT YOU EAT

That's why you should try eating our truly delicious, fresh, clean and organic food so that you will feel and look your best.

46 PURCHASE STREET
RYE, NY 10580
(914) 967-2332
PUREGANIC.CAFE@GMAIL.COM

WWW.PUREGANIC-CAFE.COM

Hours of Operation:
Mon. to Sat. 7:00am to 8:00pm
Sunday 8:00am to 8:00pm

DELIVERY AVAILABLE

## VEGGIE & SALAD BAR $12.50/LB

AVACADO & TOMATO
BAKED APPLES W/ ALMONDS
BEETS & CARROTS
BROCCOLI & LEEKS
BRUSSEL SPROUTS
BUTTER BEANS
CHIA PUDDING
CHICKPEAS
CABBAGE W/ COLLARD GREENS
EGGPLANT SALAD
FRUIT SALAD
HEARTS OF PALM
KALE SALAD
LENTIL SALAD
LENTIL ROLLS
QUINOA SALAD
RAW CHOPPED
SPICY CABBAGE
STUFFED GRAPE LEAVES
STUFFED MUSHROOMS
SWEET POTATO
SWISS CHARD
TOFU & VEGGIES
TOMATO & CUCUMBERS
VEGGIE BURGER
VEGGIE TOWER
ZUCCHINI SPAGHETTI

## SANDWICHES & WRAPS $7.95

Tofu Guacamole
Sundries Tomato Basil
Veggie Burger
Falafel

## SOUPS $5.50

Butternut Squash
Carrot Ginger
Cauliflower
Gazpacho
Lentil
Mixed Vegetable
Tomato Basil
Zucchini

## SALADS $7.95

Avocado Salad
Fruit Salad
Greek Salad
Mediterranean Salad
Summer Salad
Tabbouleh

## GRAB & GO

Spanakopita $6.00
Vegan Spanakopita $6.00
Vegan Meatballs & Spaghetti $12.50
Stuffed Bell Peppers $12.50
Raw Falafel Balls $6.95
Macaroons (cocoa) $6.95
Macaroons (coconut) $6.95
Green Kale Chips $8.00
Red Kale Chips $8.00
Young Coconuts $6.00
Apple Pie $8.00
Chocolate Truffles $7.95

## CLEANSES

Cleansing is a great way to jump start your body's natural detoxification process, reset your body's metabolism, help your digestive system and increase mental clarity.

3 DAY CLEANSE | $150.00*
5 DAY CLEANSE | $250.00*
7 DAY CLEANSE | $350.00*

Each day you will get a combination of juices, tonics, shakes, salads and soups to help clean and detoxify your system and make you feel healthy, alert and vibrant.

### JUST JUICE CLEANSE

(Lemon Water, Green Juice, Electrolyte Lemonade, Red Juice, Another Green Juice, Aloe Tonic, Nut Mylk)

### RENEW & REJUVINATE CLEANSE

(Lemon Water, Juice, Electrolyte Lemonade, Soup, Salad, Nut Mylk)

### WEIGHT LOSS CLEANSE

(Lemon Water, Green Juice, Nettle Tea, Another Green Juice, Soup D-Flame Detox)

### LIVER DETOX CLEANSE

(Zinger Water, Iron Maiden, Purifier, Tumeric Lemonade, Sm. Kale Salad, D-Flame Detox, Nut Mylk)

### GLOWING SKIN CLEANSE

(Aloe Tonic, Green Juice, Kale Shake w/ ½ banana, Electrolyte Lemonade, Soup, Sm. Salad, Nut Mylk)