



Shots! 4.50

Wheatgrass-detoxifying, oxygenating
Ginger Juice-decreases congestion, improves digestion

Juices 8.50

Purify-hydrating, cleansing
kale, spinach, cucumber, celery, apple, lemon, ginger

Spring-anti-inflammation, improves digestion
snap pea, carrot, fennel, watercress

Energize-high in vitamins C, A, K, energizing
& reverses low blood sugar
orange, grapefruit, cranberry, pinch of cayenne

Renew-includes all vitamins and minerals, anti-inflammatory, high in antioxidants
beet, carrot, apple, ginger

Balance-post workout, hydrating, reverses low blood sugar
pineapple, apple, carrot, ginger, orange

Hydrate-hydrating, electrolytes
strawberry, rhubarb, snap pea, lemon juice, mint

Smoothies 11.00

Wake Up Call
strawberry, mango, banana, orange juice, turmeric
cal 140, fat 1g, carb 36g, prot 2g

Vitality
kale, papaya, mango, acai
cal 280, fat tr, carb 70g, prot 2g

Maca Shake
organic cacao, banana, maca powder, coconut
cal 350, fat 14, carb 58g, prot 5g

Avocado Surprise
pineapple, avocado, coconut, lime juice, agave, vanilla
cal 380, fat 21g, carb 36g, prot 3g

Breakfast Cereal
strawberry, banana, chia seeds, oatmilk, almond butter, pinole
cal 340, fat 14g, carb 51g, prot 10g

Green Protein
kale, spinach, banana, apple, almond milk, almond butter, spirulina
cal 220 fat 10g, carb 29g, prot 8g

Morning Cocktails

Bloody Mary- option of mild or spicy, 17
garnished with celery, pepper, olive and turkey bacon

Champagne Mule- vodka, ginger beer, lime 16
and mint, topped with champagne

Mimosa - prosecco and orange juice. Add 14
berries if you'd like

Juice & Smoothie Supplements 2.50each

Acai Berry high in antioxidants, immune boosting benefits, increases joint mobility and flexibility

Aloe Juice contains vitamins, minerals, enzymes, amino acids, polysaccharides and is particularly useful for aiding in digestion

Local Bee Pollen helps alleviate allergy symptoms

Camu Camu Berry Powder antioxidant, high in vitamin C

Chia Seed protects against inflammation, high in fiber, nutrient dense

Echinacea boosts immune system

Eleuthero (Siberian Ginseng) helps minimize cold and flu symptoms and severity. Helps avoid mental fatigue.

Flax Seed high in most vitamin B, magnesium, fiber, omega-3 fatty acids, and lignans

Ginkgo improves blood flow to the brain

Kava for PMS symptoms, stress and digestion

Maca increases energy, endurance and stamina, alleviating depression

Raw Protein Powder source of protein, almost 18 grams per serving. Raw/vegan/gluten and dairy free

Spirulina vitamin A, B complex, iron and essential trace minerals. High in protein and one of the most nutrient dense food sources on the planet.

Matcha high in antioxidants, boosts metabolism

Turmeric anti-inflammation, reduces heartburn and stomachaches, and helps to get a better sleep.

Tonics

Wellness	5.00
turmeric, ginger, citrus, mint	
Sleep	5.00
tart cherry juice, chamomile syrup, lavender	
Energy	5.00
matcha, cucumber, green apple, mint	

Bottled Waters

Pellegrino Sparkling 750ml bottle	8.00
Panna Still 750ml bottle	8.00
Pellegrino Sparkling 250ml bottle	5.00
Coconut Water-8oz glass	6.00

Enchantment Resort and Mii amo Destination Spa are not liable for any reaction or side effects resulting from the consumption of juices and supplements.

The supplements listed above are generally recognized as safe by the FDA, however, consumption of large quantities of any supplement may be toxic. The reaction of individuals varies. People with medical questions should consult with their health care professional.

Supplements are not recommended for those pregnant or nursing