

THE HARMONY HOTEL

JUICE BAR MENU

Fresh Juices

\$5

Carrot Zing

For a better vision, a calm stomach and a happy body.

Straight Pineapple

Full of digestive enzymes and trace minerals!

Sweet & Sour V8

A combination of low sugar vegetables to level out blood sugar levels.

Juicy Greens

Green vegetables spiced with garlic and sweetened with carrot.

Lemonade with Ginger

Refreshing, cleansing & alkalizing.

Watermelon

One of the best antioxidants and a source of vitamin C.

Smoothies

\$6

All Smoothies are made with fresh ingredients and do not contain milk or sugar.

Almond Mango Lasse

Banana Delight

Piña Colada

Tropical Blend

Avocado Banana Spirulina

Papaya Ginger

Tangy Mango

Add-Ons

\$1

Aloe

Spirulina

Soy Protein

Chlorophyll

Bee Pollen

Flax Seeds

Maca

All prices include taxes.

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JUICE BAR MENU

Finger Food

\$6

Vegetarian Sushi Rolls with Macadamia Miso Paté
Fresh Spring Rolls and Spicy Almond Paté
Open Face Avocado Sandwich with Herb Aioli
Coconut Ceviche Cocktail
Grilled Cheese Sandwich
Peanut Butter & Jelly Sandwich

Salads

\$5

Tropical Fruit Salad bathed in Lemon Juice
House Salad tossed in Green Goddess Herb Dressing
Spinach Salad with our Ginger Miso Dressing

Soups

\$4

Cold Soup of the Day

Desserts

\$4

Fudge Balls
Spirulina Protein Leather
Tomato, Flax & Herb Cracker
Tropical Protein Bars
Chocolate Cream Pie
Lemon Meringue Parfait

Coffee & Teas

\$3

Served hot or blended over ice with soymilk or cow's milk.

Latte

Espresso

Mocha

Mate Mocha or Latte

Lemon Mint Iced Mate

**Mate is a coffee substitute rich in vitamins A, C, E, B1, B2, B3, & B5.*

Its also rich in minerals such as: calcium, manganese, iron, selenium, potassium, magnesium and phosphorus.

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