

milkshakes

\$5⁵⁰



BOBBY SANDS
MINT CHOCOLATE
CHIP

ALL SHAKES ARE DAIRY FREE
MANY CAN BE MADE GLUTEN FREE
PLEASE ASK!

most popular milkshake
EARTH CRISIS
CHOCOLATE PEANUT BUTTER

FARM SANCTUARY
CARAMEL COOKIE
DOUGH



NELSON MANDELA CHOCOLATE
FRED HAMPTON CHOCOLATE OREO
MALCOLM X CHOCOLATE CHERRY
WEST MEMPHIS THREE CHOCOLATE MINT
NAT TURNER CHOCOLATE BANANA
KEN SARO-WIWA CHOCOLATE PEANUT BUTTER BANANA
ROBERTO CLEMENTE PEANUT BUTTER OREO
ERNIE DAVIS BUTTERFINGER
MARTIN LUTHER KING JR. MOCHA
CHE GUEVARA COFFEE

JOHN LENNON VANILLA
JOHN BROWN OREO COOKIES N CREAM
GERONIMO PEANUT BUTTER
JILL PHIPPS PEANUT BUTTER BANANA
WHITE ROSE BANANA
HARRIET TUBMAN MAPLE VANILLA OREO
THE HAUDENOSAUNEE PUMPKIN
STEVE BIKO PUMPKIN OREO
HOWARD ZINN CHAI
BARRY HORNE CHERRY

smoothies

\$5⁵⁰

STRAWBERRY BANANA STRAWBERRIES, BANANA, PEANUT BUTTER, AND AGAVE NECTAR BLENDED WITH ALMOND MILK
VEGAN PROTEIN HOMEMADE CHOCOLATE PROTEIN MIX, PEANUT BUTTER, AND BANANA BLENDED WITH ALMOND MILK
IMMUNITY GRANNY SMITH APPLE, KALE, LEMON SLICE AND BANANA BLENDED WITH FRESH ORANGE JUICE
CHAI RECESS CHAI CONCENTRATE BLENDED WITH BANANA, ALMOND MILK AND ICE
TROPICAL GREEN MANGO, BANANA, SPINACH, LEMON, AND COCONUT OIL BLENDED WITH ALMOND MILK
STRAWBERRY LEMONADE STRAWBERRIES, BANANA, LEMON, FRESH ORANGE JUICE, AND AGAVE
TROPICAL CHIA CINNAMON CHIA GEL, MANGO, BANANA, AND FRESH ORANGE JUICE
ADD-ONS: PROTEIN MIX \$1⁰⁰ HEMP SEEDS, PEANUT BUTTER, BANANA, SPINACH OR KALE 50¢ EACH

ALL SMOOTHIES ARE GLUTEN AND DAIRY FREE.



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soup

FRESH SOUP MADE DAILY FROM
SCRATCH.

OFTEN GLUTEN FREE. PLEASE CALL OR
ASK US IN PERSON TO FIND OUT
WHAT OUR SOUP IS TODAY!

COMES WITH A FRESH PIECE OF
PATISSERIE STRETCH BREAD FOR
DIPPIN'.

CUP \$3²⁵
8 OUNCES
BOWL \$5²⁵
16 OUNCES

sides

QUINOA LENTIL SALAD \$3⁵⁰
QUINOA AND LENTILS COOKED IN
FLAVORFUL BROTH, TOSSED WITH
FRESH CILANTRO, SHREDDED CARROT,
FRESH SQUEEZED LEMON JUICE AND
GARLIC.

CHIPOTLE PEANUT NOODLES \$3⁵⁰
HOMEMADE SPICY CHIPOTLE PEANUT
SAUCE OVER NOODLES WITH SASSY
TOFU CUBES, SHREDDED CARROT,
SLICED YELLOW ONION, SESAME SEEDS,
AND CHOPPED PEANUTS.

CHECK OUR COOLER FOR MORE!

315-478-5500

Strong Hearts



On The Hill