

## COLD-PRESSED ORGANIC JUICES

8 OUNCES 6 • 12 OUNCES 8.25 • 16 OUNCES 10

### FLUSH

cucumber • apple • celery • kale • lemon

### GLOW

kale • collards • cucumber • celery • lime

### RISE

kale • cucumber • apple • lemon • ginger

### GROUND

beet • carrot • apple • celery • lemon • ginger

### ENERGIZED

beet • apple • pineapple • cucumber

### HEALED

pineapple • carrot • turmeric • lemon • ginger

### SHINE

orange • grapefruit • turmeric • ginger

### HYDRATE PURE HYDRATOR

coconut water • lemon • lime • maple syrup • sea salt

### ACTIVATE PURE HYDRATOR

Flow™ alkaline spring water • lemon • maple syrup • activated charcoal

### CHAMPION BLENDED NUT MYLK

almonds • dates • cinnamon • vanilla

### STRAWBERRY FIELDS BLENDED NUT MYLK

cashews • strawberries • maple syrup • date • beet

### REBUILD BLENDED NUT MYLK

cashews • banana • maple syrup • maca • raw cacao

## FRESHLY SQUEEZED

8 OUNCES 5 • 12 OUNCES 7.5

### APPLE

### ORANGE

### GRAPEFRUIT

### PINEAPPLE

## ELIXIRS

2 OUNCES • 2

### MASTERFUL

lemon • cayenne • maple syrup

### GREEN ENERGY

spirulina • kale • spinach • collards

### CLEANSE

lemon • aloe

### TUMMY TONIC

apple cider vinegar • ginger

### PROTECTOR

turmeric • grapefruit • ginger  
(+) oil of oregano 2

## SMOOTHIES

16 OUNCES • 7

### BOHEMIAN

almond milk • blueberry • banana • almond butter

### STRONG

pineapple juice • orange juice • mango • banana

### REFRESHED

orange juice • coconut milk • strawberry • banana

### SOOTHED

coconut milk • peach • spinach • banana

### INSPIRED

rice milk • strawberry • peach • raspberry • cinnamon

### OASIS

orange juice • mango • spinach • cilantro • mint

### CHEER

almond milk • strawberry • raspberry • banana

### EPIC

coconut milk • dates • cinnamon • banana • espresso

## ADDITIONS

### give it a boost

(+) maca 2

(+) spirulina 2

(+) camu 2

(+) cacao 2

(+) chia seeds 2

(+) acai 2

(+) nut butter 2

### make it a meal

(+) protein powder 3

(+) meal replacement 3

(+) avocado 3

(+) GoodStuff Chocolate Chaga Mix 3

## CAFFEINE & CO.

DRIP COFFEE 2.25

ESPRESSO 2.75

AMERICANO 2.75

FLAT WHITE 3.5

CAPPUCCINO 3.5

LATTE 4

MACCHIATO 3

BULLET COFFEE 4

HOT CHOCOLATE 4

MATCHA LATTE 4

SPICED APPLE CIDER 6

ASSORTED TEA 2.5

GOLDEN MILK 4

almond milk • protector elixir • honey • cinnamon

## OTHER

HARVEY AND VERN'S SODAS 3


KOMBUCHA BOTTLE 3.5

KOMBUCHA ON TAP \*ELGIN ONLY 5


COCONUT WATER 3

CHOCOLATE ALMOND MILK 2.5

### LEGEND

 contains nuts

 MealShare item

 contains gluten

 spicy item

### FROM SCRATCH

We are proud to be a scratch kitchen.

All menu items are made fresh, using whole natural ingredients.



### LOCATIONS

340 Elgin Street  
(613) 233-7873

357 Richmond Road  
(613) 680-5500

### SOCIAL

 purekitchenottawa

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[www.purekitchenottawa.com](http://www.purekitchenottawa.com)