

Food

Wrap or 9 Grain Bread add \$1.25

Yellowfin Tuna Salad \$5.99

Spring Mix, Onion Red Pepper, Relish, Veganiase.

Karat Tuna Salad (V) \$7.99

Carrots, Veganaise, Red Onions, Red Pepper, Cilantro, Parsley, Celery, Sea Vegetables

Chunky Chicken Mango Salad \$6.99

Spring Mix, Red Onions, Red Pepper, Cilantro, Veganiase topped with Mango

Seafood Salad (V) \$8.99

Chick Peas, Hearts of Palm, Veganaise, Red Onion, Red Pepper, Celery & Sea Vegetables

Ms. Bee's Salad (V) \$6.99

Spring Mix, Red Onion, Cucumber, Carrots, Broccoli, Vinaigrette Dressing and Walnuts

Massage Kale Salad (V) \$6.99

Kale, Lemon Juice, Garlic, Olive Oil, Craisins, Sunflower Seeds, Strawberry Vinaigrette

Avocado Toast \$6.99

Avocado, Red Onions, Cilantro, Red Pepper on locally sourced 9 Grain Bread

Almond Butter Toast \$6.99

Almond Butter, Banana, Strawberry, Granola and Honey on 9 grain bread

The Northside Bacado (V) \$6.99

(Served from 9am-12pm)
Avo-Mix, Vegan Bacon, Spinach, Tomato, Aioli on locally sourced English Muffin

V.L.T. (V) \$8.99

Vegan Bacon, Spinach, Tomato, Avocado on 9 Grain locally sourced bread with Aioli Sauce

Copacetic BBQ (V) \$8.99

JackFruit Slider on Challah Roll

Turkey ClubSM \$8.99

Turkey, Vegan Bacon, Spinach, Tomato, Avocado, Aioli on 9 Grain Bread

Turkey Panini \$8.99

Turkey, Roasted Red Peppers, Aioli, Spinach, Vegan Cheese, on locally sourced 9 Grain Bread.

Acai Bowl \$6.99

Acai, Banana, Pineapple, & Up to 3 Add Ons

Fruit Bowl \$4.99

Add Ons

Vegan Bacon \$1.25

Avocado \$1.25

Turkey \$1.25

Aioli Sauce .75

Soup

Cup \$4.99, Bowl \$6.99

Alkaline Cabbage Soup (V)

Cabbage, Carrots, Onions, Red Potatoes

Summer Vegetable Soup (V)

Zucchini, Carrots, Broccoli, Parsley, Semolina Noodles

Chicken Noodle

Celery, Carrots, Onions, Cilantro, Semolina Noodles

Savory Lentil (V)

Carrots, Onion Garlic

Vegan Chilli (V)

Cup \$6.99, Bowl \$8.99

Wellness Shots

Energy Shot \$3.99

Orange, Ginger, Pineapple

Natures Flu Shot \$3.99

Lemon, Garlic, Ginger, Cayenne Pepper

Wheatgrass Shot \$3.99

Hotchkiss Hot Shot \$3.99

Ginger, Turmeric, Lemon



JUICE BAR & CAFE

LOCATIONS

NORTHSIDE

114 W. Brookland Park Blvd.

(804) 562-2693


DOWNTOWN

1015 E. Clay St.

(804) 649-9550

msbeesjuicebar.com

 MS.BEESJUICEBAR

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 MS.BEESJUICEBAR@GMAIL.COM

Cold Press Juices

12oz \$6.99, 16oz \$8.99, 20oz \$10.99

Ms Bee's Green (Cleanse)

Pineapple, Apple, Spinach,
Cucumber, Celery, Lemon & Ginger

Brookland Park Energizer (Energy)

Beets, Apple, Swiss Chard, Ginger &
Lemon

The Gold Post Glow (Rejuvenate)

Orange, Carrot, Apple & Ginger

Ebony Island Hangover (Hydrator)

Apple, Carrot, Orange, Beets, Ginger
& Lemon

Grand Rising (Renew)

Strawberry, Orange, Carrot, Apple,
Ginger & Turmeric

The Heart Beet

Orange, Beets, Ginger, Green Apple

House Brewed Teas

16oz

Black Seed Ginger	\$7.99
Soursop Tea	\$7.99
Elderberry Tea	\$9.99
Hibiscus Tea	\$7.99
Sweeten w/ Organic Blue Agave Gallon Tea	\$50.00

Smoothies

12oz \$5.99, 16oz \$7.99, 20oz \$9.99

The Northside Trop (The Mellow Mood)

Mango, Pineapple, Hemp Powder,
Agave

Under The Sea (Breakfast)

Sea Moss, Pineapple, Cinnamon,
Nutmeg, Agave

The Green Goddess (Pre-Workout)

Kale, Spinach, Banana, Ginger,
Lemon & Apple Juice, Agave

The Strawbaby (The Afternoon Peak)

Strawberry, Pineapple, Banana, Agave

Brown's Island

Cocoa, Banana, Cinnamon, Nutmeg,
Almond Butter Powder, Agave

Muscle (Post Workout) Add \$3.00

Banana, Organic Plant Base,
Protein, Maca Root, Flaxseeds,
Hemp, Agave

Base:

Coconut Milk
Hemp Milk
Almond Milk
Oat Milk
Spring Water

Specialty Smoothies

16oz

Jungle Juice, \$12.00

Pineapple, Mango, Papaya,
Sea Moss, Agave

PBJ (Peanut Butter & Jelly) \$10.99

Blueberry, Organic Plant Based
Protein, Almond Butter, Granola,
Agave

Berry Breeze \$14.00

Pineapple, Strawberry, Soursop,
Agave
(Seasonal)

Water Berry \$9.99

Watermelon, Strawberry, Lime,
Agave
(Seasonal)

Sea Moss 16oz \$25.00

Aquaman 16oz \$30.00

(Male Enhancement)

Ms. Bee's Bites \$1.50

Infused Local Honey 5oz \$12.00



Add Ons

Extra Fruit	.50
Coconut Shreds	.50
Moringa	.50
Chia Seeds	.75
Flax Seeds	.75
Honey	.75
Agave	.75
Goji Berries	.75
Granola	\$1.00
Chorella	\$1.00
Almond Butter Powder	\$1.00
Ashwagandha	\$1.25
Raw Cacao Powder	\$1.50
Turmeric Shot	\$1.50
Matcha	\$1.50
Ginger Shot	\$1.50
Spirulina	\$1.75
Maca Powder	\$1.75
Hemp Powder	\$2.00
Plant Base Protein	\$3.00
Sea Moss	\$3.00
Probiotic Scoop	\$3.00
Soursop	\$5.00