

Smoothies

All of our fresh 16-ounce smoothies start with a base of fruit juice and organic frozen fruit.....\$4.75

Strawberry banana, papaya banana, strawberry, banana, papaya, mango, peach, blueberry, pineapple, or chocolate peanut butter banana and jamocha

Fresh Organic Juices

12 ounces.....\$4.99
16ounces.....\$6.99

Carrot, beet, cucumber, garlic, parsley, apple, orange, celery, ginger or lemon

Juice Add-ins

Bee pollen, Brewer's yeast, spirulina, protein powder, lecithin, ginseng, vitamin C, echinacea or ginkgo biloba, etc.

Seasonal Therapies

Detox.....\$7.99
Apple, beet, cucumber, ginger and milk thistle
Headache Help.....\$7.99
Carrot, celery, parsley, spinach and feverfew
Immune Boost.....\$7.99
Carrot, celery, parsley, garlic, echinacea and vitamin C
Liquid Sunshine.....\$7.99
Carrot, orange and lemon with a shot of wheatgrass

Amazing Wheatgrass

"Live food for live cells, the nectar of rejuvenation, the closest thing you can get to drinking liquid sunshine."

This describes the miracle food, wheatgrass-the health builder, cleanser and natural healer.

Wheatgrass is one of nature's rich sources of vitamins A, B, C, E and all of the known mineral elements. It purifies and detoxifies the body and aids in metabolizing nutrients. Wheatgrass contains about 70% chlorophyll, which is considered to be "the life giving source" of plants. One ounce of wheatgrass is comparable in nutrients to over two pounds of vegetables.

Single (1 oz.)shot.....\$1.99
Double (2 oz.)shot.....\$3.99



*Menu Revised 06/10/2008

15 West Bay Road
Osterville, MA 02655
(508) 420-2206

Call ahead for quick pick-up!

- Healthy breakfast selections
- Soups and Salads
- Sandwiches and pizza
- Hot entrees
- Deli foodss
- Organic fresh juices & smoothies
- Organic coffees & teas

Out-of-Season Hours:

Monday-Friday 7 a.m. to 4 p.m.
Saturday 8 a.m. to 3 p.m.
Sunday Closed

In-Season Hours:

Monday-Friday 7 a.m. to 5 p.m.
Saturday 8 a.m. to 3 p.m.
Sunday 8 a.m. to 2 p.m.

**We accept cash and checks only
5% sales tax not included on menu prices

EARTHLY DELIGHTS Cape Cod, Inc