

JUICE BLENDS

16oz 7.50 32oz 14.50 64oz 29

GREEN CLEAN

celery, cucumber, greens, parsley, lemon

GREEN MASTER

kale, apple, ginger, cayenne, lemon, maple syrup, water

GREEN MOJITO

pineapple, cucumber, apple, lime, mint, spinach, ice

SWEET VEGGIE

beet, carrot, greens, celery, cucumber, parsley, apple, lemon

THE ENERGIZER

apple, beet, lemon, ginger

THE GREEN

cucumber, apple, pear, lemon, greens

THE RED

beet, carrot, orange, apple, pineapple

ADD GINGER TO ANY JUICE

1

Ask about our juice special

SHOTS

3.50

COLD ELIXIR

ginger, lemon, cayenne

GINGER

cold-pressed ginger root

GREEN JOLT

wheatgrass, orange juice

WHEATGRASS

locally-grown, cold-pressed

THE OBLITERATOR

turmeric, ginger, garlic, apple cider vinegar, lemon, cayenne

CLEANSSES

Cleanses can be an important part of a health regimen. We are happy to build a cleanse specific to your personal goals.

3-DAY

choice of (3) 64oz jars of juice or 12 bottles 85
90

5-DAY

choice of (5) 64oz jars of juice or 20 bottles 140
145

7-DAY

choice of (7) 64oz jars of juice or 28 bottles 195
205

10-DAY

choice of (10) 64oz jars of juice or 40 bottles 275
285

G = contains gluten

S = contains soy

H = contains honey



Ola juice bar

<http://www.olajuicebar.com>



Ola juice bar

TAKE CONTROL OF YOUR HEALTH

Hours of Operations

8 AM - 4 PM

Monday - Friday

10 AM - 4 PM

Saturday and Sunday

27 E. Kiowa, Downtown Colorado Springs

P: 719-633-3111



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FOOD

BYO FRUIT BURRITOS

7.75

choose peanut or almond butter and 4 toppings on organic flour tortillas ©

GRANOLA

organic, gluten-free granola served with your choice of vegan milk 6
paleo heaven grain-free granola ⊕ 7.50
add a mix of fruit 2

ACAI BOWLS sm 8 lg 12 paleo granola 1.50

CLASSIC

Base

açaí ©, blueberries, strawberries, bananas, almond milk

Toppings

choice of paleo or regular organic açaí granola, blueberries, strawberries, banana

ESTELLE'S ⊕

Base

açaí ©, strawberries, bananas, almond milk, almond or peanut butter

Toppings

organic açaí granola, coconut, honey, strawberries, bananas, chocolate chips ©

PALEO POWER BOWL sm 9 lg 13

Base

açaí ©, greens, chlorella, strawberries, banana, almond milk

Toppings

paleo heaven granola, strawberries, pineapple, bananas, almond butter, hemp seeds

TROPICAL PROTEIN sm 9 lg 13

Base

açaí ©, mango, banana, protein, coconut milk

Toppings

organic açaí granola, strawberries, pineapple, coconut, goji berries, chocolate chips

HUMMUS and VEGGIES 8

housemade hummus, corn chips, a variety of veggies

SOUP OF THE WEEK/SOUP COMBO

pair a soup of the week with a wrap or small salad to make a combo

Bowl 7 Cup 4 Combo 9

CREATE YOUR OWN

choose one base, one dressing or housemade sauce, and 5 additional items 9

BASES

quinoa, brown rice, salad, wrap

DRESSINGS and SAUCES

ginger tamari ©, spicy peanut ©, lemon chive, shiitake sesame ©©, sun-dried tomato and onion, white balsamic vinaigrette ©, oil and vinegar

GREENS

arugula, mixed greens, spinach

LEGUMES

black beans, hummus

VEGGIES

artichoke, bell pepper, carrot, cucumber, celery, cilantro, micro greens, red onion, spiced corn

FRUITS

apples, bananas, blueberries, dates, dried cranberries, strawberries

NUTS and SEEDS

cashews, chia, pumpkin seeds, walnuts

SPECIALTY ITEMS

avocado, fermented beets and dulse, goji berries, hemp seeds, smoked jalapeño kraut 1

POPULAR CREATIONS

your choice of base: brown rice, quinoa, mixed greens or wraps

BEALE'S

spicy peanut sauce, mixed greens, blueberries, cranberries, avocado, artichoke

NISSA'S

spicy peanut sauce, arugula, avocado, pickled carrots and daikon, walnuts, black beans

THE RUTLEDGE

mixed greens, shiitake sesame dressing ©© hummus, pickled carrots and daikon, cashews, quinoa, micro greens, avocado, sriracha

THE SOUTHWESTERN

quinoa, black beans, bell peppers, cilantro, red onion, spiced corn, sun-dried tomato, onion dressing

SMOOTHIES

STANDARD SMOOTHIES

7

BERRY BANANA

strawberry, banana, vanilla, protein, coconut, rice milk

BERRY MATE

strawberry, blueberry, yerba maté, vanilla, vega energizer, raw agave

GREEN ALMOND BANANA

banana, almond butter, greens, dates, vanilla cinnamon, almond milk

TROPICAL

pineapple, mango, strawberry, banana, coconut milk, rice milk

SUPERFOOD & SPECIALTY SMOOTHIES

8

CHOCOLATE PEANUT BUTTER RECOVERY

banana, peanut butter, cocoa, chocolate chips ©, maca root, vega protein, almond milk, sea salt

CREAMSICLE RECOVERY

mango, orange juice, protein, coconut water, maca, raw agave

JEANINE'S

wheatgrass, chlorella, greens, vanilla, protein, coconut milk, banana, almond butter, turmeric, ginger, cayenne, cinnamon, raw agave

MEGA GREEN PB

wheatgrass, chlorella, greens, banana, peanut butter, protein, vanilla, rice milk, agave

MOCHA ALMOND

coffee beans, almond butter, banana, protein, vegan chocolate ice cream, chocolate chips, vanilla, almond milk

THAI AVOCADO MEDJOO

avocado, cashews, dates, lemongrass, vanilla, coconut milk, coconut water, raw agave

ADD-INS

avocado, almond butter, cacao, chlorella, coconut water, coffee, complete nutrition, dates, echinacea, ginger, goji berries, hydrator, maca, performance optimizer, protein, turmeric, wheatgrass 1