

Meatless Sandwich Wraps \$9.50

Served with Organic Chips

BBQ Chicken Wrap - Meatless/soy-less "chicken" strips marinated in vinegar based BBQ sauce, veganise, lettuce, and tomato.

Banana Nut Cinnamon Wrap - Banana, almond butter, cinnamon, and maple syrup.

Fresh Vibes Wrap - Avocado, Vegan Mozzarella, Pumpkin seeds, sprouts, and Vidalia onion dressing.

Hummus Wrap - Fresh, homemade hummus, cucumber, avocado, roasted red pepper, and fresh baby greens.

Portabella Mushroom Wrap - Portabella Mushroom, Vegan Mozzarella, lettuce, tomato, veganise, and Dijon mustard.

"Vegan" Cheeseburger Wrap - Meatless/soy-less "beef" crumbles with onions, Vegan Cheddar cheese, pickles, veganise, ketchup, and mustard.

Fresh Salads \$7.50

*Add Feta Cheese for .75

5 Step Kale Salad - Chopped Kale, shredded carrots, avocado, sweet onions, and pecans. Served with Homemade tahini dressing.

Creamy Marinated Kale Salad - Chopped Kale, red onions, red peppers, yellow peppers, and avocados. Tossed in an olive oil based dressing.

House Green Salad - Mixed greens, avocado, almonds, and Feta cheese crumbles.

*add "chicken" for \$2.00

Strawberry Fields Salad - Baby greens tossed with strawberries, dried cranberries, and red onions. Drizzled with a red wine vinaigrette.

TRY OUR 3-DAY JUICE DETOX

A juice detox is a type of detox diet that involves consuming only raw vegetable and fruit juice and water for a short period of time. It is considered one of the more rapid methods of detoxification due to the reduced food intake and absence of solid food. A typical juice fast lasts one to five days.

Consultation with a health care professional is often recommended for fasts longer than three days or for anyone with a preexisting health condition.

Fresh Vibes 3-day detox consists of 8 16oz. bottles to be consumed daily.

For \$44 per day you will receive 3-Green Zing, 2-Beet-IT!, 2-Great Vibes, and 1- Cacao Power.

Hours of Operation:
Monday - Friday
6 a.m. - 7 p.m.

1675 EBENEZER ROAD
Rock Hill, SC 29732
(803) 327-0123



Juice & Coffee Bar

www.freshvibesjuicebar.com

Cold-Pressed Juices

12oz.-\$4.50 16oz.-\$5.50 20oz.-\$6.50 24oz.-\$7.50

ABC: All the basic vitamins you need in one drink - Apples, beets, and carrots.

Baby's First Green: For beginners who want their greens to be a little fruity - Green apples, cucumbers, pears, pineapple, and kale.

Carrot and Apple - A simple blend of red apples and carrots.

Citrus Explosion: A vitamin C explosion in your mouth - Grapefruit, oranges, and carrots.

Fruity Punch with a Twist: The tangy taste is sure to please you - Apples, kiwi, lemons, lime with rind, oranges, and pineapple.

Great Vibes: Giving you good vibrations - Carrots, apples, cucumbers, and lemons.

Green Zing - A mix of 4 seasonal greens, cucumbers, apples, and lemons. (Combination of greens varies by season)

Just Beet It!:: A supreme energy-lifting, cleansing, and immunity-boosting blend - Beets, carrots, red apples, cucumbers, oranges, lemons, parsley, and ginger root.

Lee's Famous Lemonade: Sweet and tangy to get you hydrated and feeling juicy - Apples and lemons.

OMG!:: Yeah, it's that good! - Grapefruit, celery, cucumbers, pears, kale, and parsley.

Pink Lady - Pears, beets, ginger, and pineapple.

The Regulator: This will get you straight - Red apples and spinach.

Start Me Up!: The perfect juice to start your day... the flavor, the color, the feeling! - Carrots, parsley, spinach, apples, celery, and ginger.

Strawberry Fields Forever: Refreshing and smooth just like the Beatles - Strawberries, carrots, and oranges.

Veggielicious: Better than a V-8 - Carrots or apples, kale, spinach, celery, cucumbers, and cayenne.

*Add a nutritional supplement to your juice or smoothie for .75:
L-Glutamine, Wheatgrass, Chia Seeds, Whey Protein, Vegan Protein Powder, Spirulina, Echinacea, or Turmeric.

Coffee Drinks (Hot or Iced)

*Add extra Espresso for .75

911 - Coffee with Espresso

12oz.-\$2.50 16oz.-\$2.70 20oz.-\$2.90 24oz.-\$3.20

Americano

12oz.-\$2.20 16oz.-\$2.40 20oz.-\$2.60 24oz.-\$2.80

Breve

12oz.-\$3.80 16oz.-\$4.20 20oz.-\$4.55 24oz.-\$4.90

Chocolate Mocha

12oz.-\$3.70 16oz.-\$4.20 20oz.-\$4.70 24oz.-\$5.20

Classic Cappuccino

12oz.-\$3.45 16oz.-\$3.80 20oz.-\$4.20 24oz.-\$4.55

Classic Latte

12oz.-\$3.45 16oz.-\$3.80 20oz.-\$4.20 24oz.-\$4.55

Hot Chocolate

12oz.-\$2.50 16oz.-\$2.75 20oz.-\$3.15 24oz.-\$3.70

Organic Coffee: (Dark, Light, Medium, or Decaf.)

12oz.-\$1.95 16oz.-\$2.20 20oz.-\$2.40 24oz.-\$2.60

Raspberry White Chocolate Mocha

12oz.-\$4.85 16oz.-\$5.30 20oz.-\$5.65 24oz.-\$5.85

Spiced Chai Latte

12oz.-\$3.80 16oz.-\$4.05 20oz.-\$4.35 24oz.-\$4.60

Toffee Nut Mocha

12oz.-\$4.45 16oz.-\$4.95 20oz.-\$5.45 24oz.-\$5.95

White Chocolate Mocha

12oz.-\$4.05 16oz.-\$4.55 20oz.-\$4.90 24oz.-\$5.10

Flavored Lattes

12oz.-\$4.05 16oz.-\$4.55 20oz.-\$4.90 24oz.-\$5.10

Almond Joy Latte - Chocolate syrup, almond, caramel, steamed milk, and espresso.

Fall Back Latte - Caramel, cinnamon, coconut, pumpkin, steamed milk, and espresso.

Ultimate Caramel Latte - Caramel, vanilla, steamed milk, and espresso.

Pure Juices

16oz.-\$6.00

Apple, Carrot, Grapefruit, or Orange

Smoothie Blends

12oz.-\$4.50 16oz.-\$5.25 20oz.-\$6.00 24oz.-\$6.75

Almond Berry Smoothie - Mango, banana, almond milk, blueberries, and strawberries.

Fresh Vibes - Mango, kale, spinach, banana, almond milk, and fresh ginger.

Green Monster - Spinach, banana, flaxseed, and almond milk.

Tropical Blueberry - Pineapple, blueberries, oranges, and honey.

The WU! - Strawberries, low-fat greek yogurt, agave nectar, and vanilla.

Specialty Smoothies

16oz.-\$6.00 20oz.-\$6.75 24oz.-\$7.25

Banana's Gone Wild - Almond milk, bananas, coconut oil, mango, and chia seeds.

Cacao Power - Non-dairy almond milk, cacao powder, vegan protein, bananas, almond butter, and maple syrup.

Hearty Fruit and Oat Smoothie - Strawberries, bananas, raw almonds, old-fashioned oats, low-fat yogurt, and maple syrup.

Morning Smoothie Tart - Cold pressed orange juice, strawberries, bananas, lime juice, and chia seeds.

Pina Colada Health Twist - Coconut milk, coconut oil, bananas, pineapple, and whey protein.

Post Run Berrylicious Smoothie - Strawberries, bananas, almond milk, blueberries, and chia seeds.

Tropical Green Tea Power - Almond milk, matcha green tea, bananas, mango, and flaxseed.

Tropical Weight Loss - Cold pressed orange juice, pineapple, bananas, whey protein, and L-Glutamine powder.