

BREAKFAST

COASTIE 6.75

Wheat english muffin, egg, ham, spinach, almond butter & pepper jelly

SMASHWICH 6.50

Wheat english muffin, egg, canadian bacon, avocado & gouda

THE "OG" 6.00

Wheat english muffin, cheddar cheese, canadian bacon, egg

ALL DAY PARFAIT 5.75

Vanilla greek yogurt, granola, 2 fruits of your choice

PANINIS 7.95

HAVE AGOUDA DAY

Smoked gouda, ham & apple

BEST "O" PESTO

Mozzarella, roma, pesto

TUSCAN TREAT

Turkey, havarti, sundried tomato pesto

THREE CHEESE

Provalone, mozzarella, swiss

*All sandwiches come with a side of apple or our house made hummas and veggies

TOAST

Peanut-butter Banana Toast 4.00

Avacado Toast 3.50

Wheat Toast (Plain) 1.00

Blackberry, Goat Cheese, Mint 4.50

WAFFLE BAR

1 - 8.50 (additional - 1.00per)

Buttermilk Protein Waffles with

2 Fruit of your choice + 2 Dry Toppings

Paleo Gluten Free 1 - 9.50 and 2 - 11.00

House-Made Hummus Plate 9.00

Loaded with Cucumber, Carrots, Celery, and Wheat Pita or Almond Crackers

Cheese & Meat Board 11.00

Salame Italiano, Black Forest Speck, Cranberry Cheddar, Havarti, Gouda, and Bellavitano Merlot Cheese

KOMBUCHA ON TAP WILD CULTURE, IOWA CITY 9.95

Mint Lemongrass

Ginger Hibiscus

Elderberry Lavender

Vanilla Sarsaparilla



@SMASHJUICEBARS

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smash

juice bar & eatery

TO GO MENU

ORGANIC COLD PRESSED JUICE 10.00

SQUEAKY CLEAN

Beet, Green Apple, Ginger, Lemon

VERDE ALL DAY

Cucumber, Celery, Fennel, Spinach, Lemon, Kale, Parsley

THE "UN" PLUG

Cucumber, Green Apple, Fennel, Ginger, Lime, Mint

SKINNY MINI

Cucumber, Grapefruit, Green Apple

HEALTHY HIPPIE

Carrot, Orange, Pineapple, Turmeric

SAVVY CITRUS

Orange, Grapefruit, Kale, Green Apple, Lemon, Lime

GROUNDLED

Cucumber, Kale, Lime, Green Apple

BABY FACE

Beet, Carrot, Green Apple, Lemon, Parsley, Turmeric

CELERY 8.00

KID'S JUICES (8oz) 6.50

Apple • Orange • Grape

SMOOTHIES 7.25

THE JULIUS

Banana, Orange, Vanilla, Vanilla Protein

PUMP UP THE JAM 7.50

Banana, Strawberry, Peanut butter & Vanilla Protein

BANANA SPLIT

Strawberry, Banana, Cocoa, Pineapple & Chocolate Protein

ORANGE CRUSH

Orange, Banana, Vanilla, Dates & Vanilla Protein

NUTTY NANNA 7.50

Banana, Peanut butter, Coco, Spinach & Flax

TROPIC THUNDER

Strawberry, Pineapple, Orange, Hemp Hearts & Chia Seeds

STRAWBERRY SHORTCAKE

Strawberry, Banana, Vanilla Protein. Flax, Cinnamon, Butter flavor (Vanilla opt.) & Dates

GREENOLOGY

Pineapple, Strawberry, Spinach, Matcha, Orange & Vanilla Protein

CRAZED COCONUT

Pineapple, Banana, Coconut, Vanilla Protein & Dates

BERRIES N MORE

Blueberries, Strawberries, Raspberries, Spinach, Chia Seed & Dates

PRETTY IN PINK

Pineapple, Strawberry, & Flax Banana, Super Food & Dates

MANGO TANGO

Mango, Orange, Strawberries & Raspberries

BOWLS & ELIXIRS 9.95

THE NEWBIE BOWL

Blend: Acai, Banana, Strawberry, House pressed Apple juice

Topped with: Granola, Coconut flakes, Strawberries & Banana

BUNGALOW BOWL

Blend: Mango, Pineapple, Banana, Coconut milk, House pressed Apple Juice

Topped with: Chia seeds, Kiwi, Mango & Coconut Flakes

THE "PRO"TEIN BOWL

Blend: Aca'i, Peanut butter, Protein, Strawberries, Banana, Almond milk

Topped with: Organic Chocolate chunks, Peanut butter, Banana

THE RONI BOWL

Blend: Aca'i, Pineapple, Raspberry

Topped with: Granola, Blueberries, Kiwi, Blended with our house pressed apple juice

BOOSTER SHOTS 3.50

THE HEALTHY HEART

Red apple, ginger, lemon

METABOLIZER

Beet, ginger, lemon

ATTITUDE ADJUSTMENT

Turmeric, ginger, lemon

SALADS 9.00

MEDITERRANEAN

Romain lettuce, cucumber, cherry tomatoes, red onion, Kalamata olives, feta & balsamic vinaigrette

MANDARIN MADNESS

Romain lettuce, mandarins, red onion, dried cranberries, slivered almonds & poppy seed dressing

BEET IT

Spinach, pickled beets, carrot, walnuts, goat cheese & balsamic vinaigrette

FALL HARVEST

Spinach, green apple, dried cranberries, walnuts, feta & raspberry vinaigrette