

Healthy Eats

Soulful Salads or Wraps

SALAD - \$10 | SIDE SALAD - \$5
WRAPS - \$10

Mediterranean

Romaine, Couscous/
Quinoa Veggie Blend,
Cucumber, Kalamata
Olives, Feta, Roasted
Red Pepper Dressing

Avocado Ranch

Romaine, Carrot,
Tomatoes, Mozzarella,
Avocado, Ranch
Dressing

Black Bean

Spring Mix, Black Beans,
Corn, Avocado, Salsa,
Southwest Ranch

Ancient Grains

Spring Mix, Romaine
Ancient Grains/Kale
Blend, Feta, Mangos,
Cucumber, Lemon
Vinegarette Dressing

Caesar

Romaine, Tomatoes,
Parmesan Cheese,
Croutons, Caesar
Dressing

Tex Mex (v)

Vegan Chorizo,
Refried Beans, Corn,
Salsa, Avocado,
Lettuce Wrap, or
Wrap

Veggie (v)

Spring Mix, Carrots,
Cucumber, Tomato,
Avocado, Red Pepper
Dressing

Summer Vibes

Seasonal Salads,
Smoothies and
bowls listed in store

Power Up (v)

Spring Mix, Ancient
Grains, Kale, Broccoli,
Carrots, Walnuts,
Balsamic Dressing

Add-Ins

Chicken, Vegan Chorizo -\$3
Cheese, Avocado, Buffalo Sauce, Extra Dressing - \$1
Udi's Gluten-Free Wrap -\$1

GF: Gluten-Free

V: Vegan

Follow Us!

 /soulfulsmoothieshealthcafe

 /soulful_smoothies

Eat With Us

 West 1st Street, Waconia, MN

 952-442-3840

 soulful-smoothies.com

Hours

Summer Hours Starting 6/1

Monday - Thursday Saturday
7 AM - 7 PM 8 AM - 4PM

Friday
7 AM - 4 PM

Winter Hours (October - April)

Monday - Friday Saturday
7 AM - 4 PM 8 AM - 4PM

**Hours our subject to change based on demand and staffing*

Wellness Shots are here!

Give your body a condensed and concentrated cold-pressed juice designed to boost immunity, aid digestion and more.

Organic Health Cafe



Soulful

SMOOTHIES



Smoothies

12 OZ. \$6 | 20 OZ. \$8

Be Kind (V)(GF)

Oat Milk, Strawberries, Banana, Raw Honey

Be Inspirational (V)(GF)

Oat Milk, Raspberries, Blackberries, Raw Honey

Green Goddess (V)(GF)

Almond Milk, Avocado, Mango, Spinach

Be Positive (V)(GF)

Coconut Milk, Pineapple Juice, Banana,
Pineapple, Mango

Be Happy (V)(GF)

Apple Juice, Blueberry, Strawberry, Spinach

Be Confident (V)(GF)

Oat Milk, Organic Oatmeal, Bananas,
Organic Maple Syrup, Cinnamon

Superfood Smoothies

Be Joyful (V)(GF)

Coconut Milk, Manago, Banana, Blue Spirulina

Be Dazzled (V)(GF)

Apple Juice, Raspberries, Banana, Dragon Fruit

Be Yourself (V)(GF)

Coconut Milk, Blueberries, Blackberries,
Honey, Acai

Be Courageous (V)(GF)

Almond Milk, PB, Banana, Cacao



Be Energized Smoothies

12 OZ. \$7 | 20 OZ. \$9

Positive Vibes (V)(GF)

Coconut Milk, Banana, Matcha, Strawberries

Spread Joy (V)(GF)

Almond Milk, Banana, Blueberries, Matcha, Vanilla

Empowerment (V)(GF)

Almond Milk, Pineapple, Banana, Spinach, Matcha

Good Vibes Smoothie Bowls

16 OZ. \$11

Soulful Bliss (V)

Oat Milk, Strawberries, Banana

Toppings: Strawberries, Banana, Granola,
Raw Honey

Dream Big (V)(GF)

Almond Milk, Blueberries, Avocado, Agave

Toppings: Blueberries, Almonds, Chia Seeds

Oatmeal Cookie (V)(GF)

Oat Milk, Organic Oatmeal, Bananas
Organic Maple Syrup, Cinnamon

Toppings: banana, blueberries, granola

Peaceful Harmony (V)(GF)

Coconut Milk, Mango, Banana, Raspberries

Toppings: Raspberries, Banana, Coconut

On Top of The World (V)(GF)

Almond Milk, Banana PB, Cacao

Toppings: PB, Banana, Cacao Nibs

CALL AHEAD

9 5 2 - 4 4 2 - 3 8 4 0



West 1st Street
Waconia, MN



soulful-smoothies.com

Superfood Smoothie Bowls

16 OZ. \$12

Amazing Acai (V)

Almond Milk, Acai, Blueberries, Banana,
Almond Butter

Toppings: Blueberries Banana, Granola,
Almond Butter

Powerful Acai (V)

Coconut Milk, Acai, Blackberries,
Banana, Strawberries

Toppings: Almonds, Banana, Granola, Raw
Honey

Joyful Journey (V)

Coconut Milk, Mango, Banana, Blue Spirulina

Toppings: Blueberries, Banana, Granola, Honey

Green Machine (V)

Coconut Milk, Pineapple, Banana,
Mango, Matcha

Toppings: Banana, Chia Seeds, Granola

Add Ins

Protein

Whey, Plant, or
Collagen - \$1

Dry Seeds + Powders

Chia Seeds, Hemp
Heart, Flax Seeds,
Acai, Dragonfruit,
Blue Spirulina, Matcha,
Cinnamon

Toppings

Bananas, Strawberries,
Raspberries,
Blueberries,
Goji Berries, Coconut
Flakes, Cacao Nibs
Almonds, Granola +
Gluten-Free Granola

Drizzles

Peanut Butter, Almond
Butter, Honey, Agave

GF: Gluten-Free

V: Vegan