Healthy Eats

Soulful Salads or Wraps

SALAD - \$11 | SIDE SALAD - \$8 WRAPS - \$11

Mediterranean

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

Black Bean

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

Caesar

Romaine, Tomatoes, Parmesan Cheese, Croutons, Caesar Dressing

Veggie (V)

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

Power Up (V)

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

Avocado Ranch

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

Ancient Grains

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

Tex Mex (V)

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

Summer Vibes

Seasonal Salads, Smoothies and bowls listed in store

Follow Us!



/soulfulsmoothieshealthcafe



/soulful_smoothies

Eat With Us

Wes

West 1st Street, Waconia, MN



952-442-3840



soulful-smoothies.com

Hours

Summer Hours (May-Oct)

Monday - Thursday 7 AM - 7 PM Satur**d**ay 8 AM - 4PM

Friday

7 AM - 4 PM

Winter Hours (October - April)

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

*Hours our subject to change based on demand and staffing

Add-Ins

Chicken, Vegan Chorizo -\$3.50 Cheese, Avocado, Buffalo Sauce, Extra Dressing - \$1 Gluten-Free Wrap -\$1

GF: Gluten-Free **V:** Vegan

Wellness Shots are here!

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



Smoothies

12 OZ. \$6.50 | 20 OZ. \$8.50

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)



Be Energized Smoothies

12 OZ. \$7.50| 20 OZ. \$9.50

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 07 \$11.50

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)

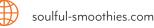
Almond Milk, Banana PB, Cacao

Toppings: PB, Banana, Cacao Nibs

CALL AHEAD

952-442-3840





Superfood Smoothie Bowls

16 OZ. \$12.50

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 -\$1.50

Dry Seeds + **Powders**

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

Toppings

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

Drizzles

Peanut Butter, Almond Butter, Honey, Agave

GF: Gluten-Free

V: Vegan