

## SHOTS

**BALANCE** 2oz \$5.00

LEMON, MACA, CINNAMON, TURMERIC *Hormones*

**SHOT GUN** 2oz \$5.00

APPLE CIDER VINEGAR, GINGER, *Digestion*

**FIREBALL** 2oz \$5.00

LEMON, GINGER, CAYENNE PEPPER *Circulation*

**PUNCH** 2oz \$5.00

LEMON, MINT, OREGANO OIL, GARLIC OIL *Infection Fighter*

**MARY JANE** 1oz \$5.00 | 2oz \$7.00

WHEAT GRASS *Energy*

**TWIST'N'SHOT** 2oz \$5.00

PINEAPPLE, TURMERIC, CINNAMON *Inflammation*

**HOT SHOT** 2oz \$5.00

GINGER, TURMERIC, CAYENNE, OREGANO OIL *Immunity*

**GINGER SHOT** 2oz \$5.00

GINGER *Digestion*

**VOULA'S SHOT** 4oz \$7.25

LEMON, GINGER, TURMERIC, CAYENNE, OREGANO OIL, GARLIC OIL, MACA, CINNAMON, PINEAPPLE *Super Immunity*

**TOASTS** MAKE IT A SANDWICH + \$2.50

**AVOCADO TOAST** \$8.25

MULTIGRAIN BREAD, AVOCADO, CHILI FLAKES, EVERYTHING SEASONING, LEMON, SIDE OF FRESH FRUIT

**PEANUT BUTTER TOAST** \$8.25 MULTIGRAIN BREAD, PEANUT BUTTER, GREEN APPLE, BANANA, CINNAMON, AGAVE, SIDE OF FRESH FRUIT

**ALMOND BUTTER TOAST** \$9.00 MULTIGRAIN BREAD, ALMOND BUTTER, GREEN APPLE, PEAR, CINNAMON, COCONUT SHREDS, AGAVE, SIDE OF FRESH FRUIT

**PB & JELLY TOAST** \$8.25 MULTIGRAIN BREAD, PEANUT BUTTER, HOMEMADE BERRY CHIA SEED JELLY, GRANOLA, CACAO NIBS, SIDE OF FRESH FRUIT

**ALMOND BUTTER & JELLY TOAST** \$9.00 MULTIGRAIN BREAD, ALMOND BUTTER, HOMEMADE BERRY CHIA SEED JELLY, CINNAMON, COCONUT SHREDS, ALMONDS, SIDE OF FRESH FRUIT

**LATTES** SM \$5.75 | LG \$7.75

**TURMERIC LATTE**

TURMERIC, CINNAMON, GINGER, NUTMEG, HONEY/AGAVE, BLACK PEPPER, CHOICE OF MILK

**MATCHA LATTE**

MATCHA, HONEY/AGAVE, CHOICE OF MILK

**BEET ROOT CHOCOLATE MACA LATTE**

BEETROOT POWDER, CACAO POWDER, MACA, DOUBLE ESPRESSO, HONEY/AGAVE, ROSE PETALS, CHOICE OF MILK,

**ROSE CARDAMOM LATTE**

ROSE SYRUP, CARDAMOM, DOUBLE ESPRESSO, CHOICE OF MILK, ROSE PETALS

**LAVENDER LATTE**

LAVENDER SYRUP, DOUBLE ESPRESSO, CHOICE OF MILK, LAVENDER PETALS

## KIDS ROCK

### SMOOTHIES

**PUNKS** 8oz \$6.00

STRAWBERRIES, BANANA, ALMOND MILK  
*Cape of Immunity*

**RASCALS** 8oz \$6.00

BANANA, ORANGE, SPINACH *Strong Body*

### JUICES

**GO-GO** 8oz \$6.00

KIWI, APPLE, KALE  
*Super Brainy*

**BE-BOP** 8oz \$6.00

ORANGE *Boost Immunity*



# MENU

ORDER ONLINE:

ROCKNJUICE.COM



**SAN PEDRO 424.772.1533**

2470 S. WESTERN AVE, SPACE C, SAN PEDRO, CA 90732

# JUICES

**BOOM**    16oz \$9.00 | 24oz \$12.00  
 APPLE, PEAR, CUCUMBER, LEMON, MINT    *Refreshing Energy*

**HARMONY**    16oz \$9.00 | 24oz \$12.00  
 KALE, SPINACH, CELERY, CUCUMBER, APPLE, LEMON, GINGER    *Pain Reliever*

**REHAB**    16oz \$9.00 | 24oz \$12.00  
 KALE, SPINACH, CELERY, CUCUMBER, APPLE, PEAR    *Muscle Healer*

**LEM ZEP**    16oz \$9.00 | 24oz \$12.00  
 GRAPEFRUIT, ORANGE, APPLE, CARROT, LEMON, GINGER    *Immune Boost / Fat Burner*

**BEET IT**    16oz \$9.00 | 24oz \$12.00  
 BEET, SPINACH, PARSLEY, GREEN APPLE, PEAR, CARROT, LEMON, GINGER    *Inflammation / Detox*

**GREEN BAND**    16oz \$9.00 | 24oz \$12.00  
 PINEAPPLE, GREEN APPLE, KALE, CELERY, CUCUMBER, LEMON, GINGER    *Heart Health*

**GREENIAC**    16oz \$9.00 | 24oz \$12.00  
 CELERY, SPINACH, KALE, PARSLEY, MINT, CUCUMBER, GINGER    *Immunity / Detox*

# AÇAÍ ‘N PITAYA BOWLS

SUBSTITUTE AÇAÍ WITH PITAYA (DRAGON FRUIT) + \$2.25

**STAGE**    SM \$9.95 | LG \$12.95  
 BLEND: AÇAÍ, PINEAPPLE, BANANA, KALE, SPINACH, CELERY, COCONUT WATER  
 TOPPING: GRANOLA, BANANA, KIWI, CHIA SEEDS, HONEY/AGAVE

**MOSH PIT**    SM \$9.95 | LG \$12.95  
 BLEND: AÇAÍ, APPLE, BANANA, CINNAMON, ALMOND MILK  
 TOPPING: GRANOLA, BANANA, APPLES, COCONUT SHREDS, HONEY/AGAVE

**FUNK**    SM \$9.95 | LG \$12.95  
 BLEND: AÇAÍ, PINEAPPLE, MANGO, BANANA, COCONUT WATER  
 TOPPING: GRANOLA, BANANA, PINEAPPLE, COCONUT SHREDS, HONEY/AGAVE

**SYMPHONY**    SM \$9.95 | LG \$12.95  
 BLEND: AÇAÍ, BLUEBERRIES, RASPBERRIES, PINEAPPLE, BANANA, LEMON, GINGER, COCONUT WATER  
 TOPPING: GRANOLA, BANANA, STRAWBERRIES, BLUEBERRIES, HONEY/AGAVE

**ENCORE**    SM SM \$9.95 | LG \$12.95  
 BLEND: AÇAÍ, BANANA, STRAWBERRIES, APPLE JUICE,  
 TOPPING: GRANOLA, BANANA, STRAWBERRIES, COCONUT SHREDS, HONEY/AGAVE

**DRUM ROLL**    SM \$10.50 | LG \$13.50  
 BLEND: AÇAÍ, BANANA, STRAWBERRIES, PEANUT BUTTER, RAW CACAO, ALMOND MILK  
 TOPPING: GRANOLA, BANANA, STRAWBERRIES, CACAO NIBS, HONEY/AGAVE

**BACKSTAGE**    SM \$11.50 | LG \$14.50  
 BLEND: AÇAÍ, BLUEBERRIES, BANANA, ALMOND BUTTER,RAW CACAO, ALMOND MILK  
 TOPPING: GRANOLA, STRAWBERRIES, BLUEBERRIES, CACAO NIBS, ALMONDS, HONEY/AGAVE

**PUNKISH PITAYA**    SM \$11.50 | LG \$14.50  
 BLEND: PITAYA, PINEAPPLE, MANGO, BANANA, KIWI, COCONUT WATER  
 TOPPING: GRANOLA, BANANA, KIWI, STRAWBERRIES, COCONUT SHREDS, HONEY/AGAVE

**ROCKACCINO**    SM \$11.75 | LG \$14.50  
 BLEND: COFFEE, AÇAÍ, ALMOND BUTTER, BANANA, RAW CACAO  
 TOPPING: GRANOLA, BANANA, CACAO NIBS, ALMONDS, HONEY/AGAVE

# SMOOTHIES

**JAMMIN’**    16oz \$9.50 | 24oz \$12.50  
 MANGO, PINEAPPLE, BANANA, ORANGE, ALMOND MILK    *The Digester*

**GIG**    16oz \$9.50 | 24oz \$12.50  
 KALE, SPINACH, PINEAPPLE, BANANA, CINNAMON, ALMOND MILK    *Super Immunity*

**JAZZY OATS**    16oz \$9.50 | 24oz \$12.50  
 OATS, BLUEBERRY, BANANA, KALE, CINNAMON, ALMOND MILK    *Strength Builder / High in Fiber*

**AMPLIFIER**    16oz \$9.50 | 24oz \$12.50  
 RASPBERRIES, BLUEBERRIES, STRAWBERRIES, CHERRIES, SPINACH, HONEY, FRESH MINT, ALMOND MILK    *Energizer*

**STRAWBERRY FEELS**    16oz \$9.50 | 24oz \$12.50  
 STRAWBERRIES, PINEAPPLE, ORANGE, BANANA, FRESH MINT    *De-Stress*

**TROPICAL DETOX**    16oz \$9.73 | 24oz \$12.75  
 ACTIVATED CHARCOAL, PINEAPPLE, RASPBERRIES, MANGO, KALE, SPINACH, COCONUT WATER    *Detox*

**GREEK COFFEE**    16oz \$9.75 | 24oz \$12.75  
 COFFEE, BANANA, RAW CACAO, DATES, CARDAMOM, ALMOND MILK    *Energy*

**GROUPIES**    16oz \$10.50 | 24oz \$13.50  
 BLUEBERRIES, STRAWBERRIES, BANANA, PEANUT BUTTER, RAW CACAO, HONEY, ALMOND MILK    *Appetite Suppressant*

**PURPLE LOVIN’**    16oz \$10.50 | 24oz \$13.50  
 AÇAÍ, BLUEBERRIES, PINEAPPLE, BANANA, SPINACH, LEMON, GINGER, COCONUT WATER    *Super Antioxidant*

**DRAG ‘N ROLL**    16oz \$10.50 | 24oz \$13.50  
 PITAYA, PINEAPPLE, MANGO, BANANA, KIWI, COCONUT WATER    *Bones-Teeth Strength / Super Immunity*

**AVOCADO & FLAX**    16oz \$10.50 | 24oz \$13.50  
 AVOCADO, BANANA, PINEAPPLE, SPINACH, FLAX SEEDS, COCONUT SHREDS, ALMOND MILK    *Brain Boost*

**MATCHA AVO**    16oz \$10.50 | 24oz \$13.50  
 AVOCADO, MATCHA, MANGO, SPINACH, DATES, ALMOND MILK    *Energy*

**CHOCOLATE RASPBERRY DATE**    16oz \$11.00 | 24oz \$14.00  
 ALMOND BUTTER, RASPBERRIES, DATES, RAW CACAO, ALMOND MILK    *Antioxidant*

# PROTEIN SHAKES

**AMP UP YOUR DAY**    16oz \$11.75 | 24oz \$14.75  
 COFFEE, BANANA, CACAO NIBS, CINNAMON, ALMOND MILK, WHEY OR RAW PROTEIN

**BIG HIT**    16oz \$11.75 | 24oz \$14.75  
 BANANA, GRANOLA, ALMOND MILK, PEANUT BUTTER, WHEY OR RAW PROTEIN

**INKY POP**    16oz \$11.75 | 24oz \$14.75  
 ACTIVATED CHARCOAL, PEANUT BUTTER, CHIA SEEDS, BLUEBERRIES, KALE, BANANA, DATES, ALMOND MILK, CAYENNE, WHEY OR RAW PROTEIN

**PUMP IT**    16oz \$11.00 | 24oz \$14.00  
 BANANA, STRAWBERRIES, ALMOND MILK, WHEY OR RAW PROTEIN

**PURE ROCK**    16oz \$11.00 | 24oz \$14.00  
 BANANA, SPINACH, RAW CACAO, FLAXSEED OIL, ALMOND MILK, WHEY OR RAW PROTEIN

# ADDITIVES

**\$1.00 EACH:**  
 APPLE CIDER VINEGAR  
 HONEY/AGAVE  
 CINNAMON  
 CAYENNE  
 TURMERIC

**\$1.50 EACH:**  
 DATES  
 COCONUT SHREDS  
 CACAO NIBS  
 RAW CACAO  
 CHIA SEEDS  
 MATCHA  
 GRANOLA  
 GARLIC OIL  
 OREGANO OIL  
 MACA  
 COFFEE  
 OATS

**\$2.25 EACH:**  
 PEANUT BUTTER  
 AÇAÍ EXTRA  
 PITAYA EXTRA  
 FLAXSEEDS  
 FLAXSEED OIL  
  
**\$2.75 EACH:**  
 ALMOND BUTTER  
 PROTEIN POWDER  
 (WHEY OR VEGAN)