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Pulp & Sprout Juice Bar and Ve

ABOUT PULP AND SPROUT JUICE BAR

Glass Bottled Organic Cold Pressed Juice, Smoothies, Nut Milks, Acai Bowls, Vegan Food, Raw Desserts, Soups, Kitchari. Pulp and Sprout Juice Bar is a vegan cafe and juice bar dedicated to producing high quality, nutrient dense, organic food and drinks. We offer the best cold pressed juice, smoothies, superfood nut milks, vegan food and raw vegan desserts Asheville has to offer. All of our ingredients are organically grown and we are huge supporters of many of the amazing local farms that we are so fortunate to have in our area.

COLD PRESSED JUICES 16 oz.

Go Forth	\$13.13
<i>kale, celery, pear, apple, cucumber, lemon, ginger</i>	
Clean	\$13.13
<i>celery, cucumber, kale, lemon, parsley</i>	
Beat	\$13.13
<i>beets, carrots, cucumber, apple, lemon, ginger</i>	
Shine	\$13.13
<i>pineapple, cucumber, apple, lemon, mint, jalapeno</i>	
Breathe	\$13.13
<i>Carrots, orange, apple, lemon, turmeric</i>	
Cold Pressed 6-Pack	\$73.75
<i>Customize a 6-pack of a favorite juices</i>	

SIPPING BROTHS

Miso Ginger Broth (small)	\$7.50
<i>Chickpea miso, ginger, chaga, toasted sesame-oil</i>	
Mushroom Broth (small)	\$7.50
<i>Chickpea miso, ginger, chaga, mushroom blend & toasted sesame oil</i>	
Golden Tonic Broth (small)	\$7.50
<i>Chickpea miso, ginger, chaga, turmeric, ashwagandha, cardamom, vanilla</i>	

HOT DRINKS

Golden Mylk	\$7.50
<i>Golden ayurvedic blend, cashew cream, maple syrup, cinnamon</i>	
Matcha Mylk	\$7.50
<i>blended matcha and sweet cashew cream, maple syrup, cinnamon</i>	
Hot Tea	\$5.00
Sharewell Coffee French Press	\$3.75
<i>12oz.</i>	
Sharewell Coffee French Press	\$5.00

FOOD

Avo Toasty	\$13.75
<i>Smashed avocado, cashew ricotta, mayo, tomato, cucumber, pickles, radish & sprouts on sesame heirloom wheat or P+S gluten-free bread with a side salad</i>	
Sweetheart Toast	\$13.75
<i>Toasted OWL raisin-flax bread from OWL Bakery served with almond butter, seasonal fruit, granola topping, Vermont maple syrup, cinnamon</i>	
A.L.T. Sandwich	\$16.25
<i>Avocado, local lettuce, tomato, pickled onion, basil pesto, & mayo on sesame heirloom wheat or P+S gluten-free bread with today's side</i>	
Mushroom Banh Mi	\$17.50
<i>Seared oyster & shiitake, cucumber, radish, spicy aioli, sesame-ginger slaw, arugula & cilantro on a crusty-grilled roll with today's side</i>	
Chickpea Caesar Sandwich	\$15.00
<i>Chickpea smash salad, cucumber, local lettuces, sprouts & mayo on sesame heirloom wheat or P+S gluten-free bread with today's side</i>	
Chickpea Caesar Salad	\$15.00
<i>Local lettuces, Chickpea smash salad, cucumber, carrot, sprouts & mayo with ceasar dressing</i>	
Up-Beet Salad	\$15.00
<i>Local lettuce, roasted beets, cashew ricotta, carrot, cucumber, avocado, radish & sprouts (Choice of herbed vinaigrette, lemon dill, or caesar)</i>	
Up-Beet Sandwich	\$15.00
<i>Roasted beets, cucumber, avocado, cashew ricotta, pesto, lettuce & sprouts on sesame heirloom wheat or P+S gluten-free bread with today's side</i>	
Wellness Salad	\$15.00
<i>Softened kale, avocado, cucumber, radish, carrot, apple, roasted pepitas & lemon-dill dressing</i>	
Ayurvedic Kitchari Cup	\$6.25
<i>Mung dal, basmati rice, ginger & turmeric with carrots, radish & cilantro</i>	
Soup of the Day (Cup)	\$6.25
Kid's Almond Butter Toast	\$7.50
Soup of the Day (Bowl)	\$10.00
Kid's Avo Toasty Jr.	\$7.50

SWEETS

Chocolate Chip Cookie	\$5.00
<i>Vegan, gluten free chocolate chip cookies made with chips from french broad chocolates</i>	
Black-Bean Brownie	\$5.00
<i>Gluten Free</i>	
Muffin	\$5.00
<i>Rotating muffin selection, organic, gluten-free</i>	
Millionaire Shortbread	\$7.50
<i>Chickpea flour shortbread with tahini caramel and house-made chocolate.</i>	
Cashew-Cacao Butter	\$8.75
Cheesecake	
<i>Daily flavors Gluten free</i>	
House Cacao Truffle	\$3.75
<i>A rotating selection of house-made chocolate truffles Gluten Free</i>	

SMOOTHIES AND BOWLS

make any smoothie into a bowl

Blueberry Diesel	\$12.50
<i>blueberry, banana, date, almond butter, house oat milk</i>	
PB&J	\$12.50
<i>strawberry, banana, peanut butter, house oat milk,</i>	
Chocolate Bliss	\$12.50
<i>Cacao, strawberry, banana, date, almond butter, house oat milk</i>	
Green Goddess	\$12.50
<i>Kale, pineapple, mango, banana, apple, spirulina, choice of filtered water or house oat milk</i>	
Chocolate Cherry Bomb	\$12.50
<i>Banana, strawberry, cherry, cashew butter, dates, maca, lucuma, house oat milk & MCT chocolate sauce</i>	
Goji Apparatus	\$13.75
<i>Goji berries, strawberries, blueberries, banana, spirulina, maca, cinnamon, cacao, almond butter, dates, house oat milk</i>	
Magnum	\$13.75
<i>blueberry, strawberry, banana, date, hemp protein, maca, cacao, vita mineral greens, house oat milk</i>	
Acai Bowl	\$16.25
<i>Acai, blueberry, banana, mango & house oat milk with P+S granola, goji, mulberry, fresh fruit, matcha & super-food cashew toffee</i>	
Magnum	\$13.75
<i>Strawberries, blueberries, banana, dates, hemp protein, maca, cacao, vita mineral greens, house oat milk</i>	
Peanut Butter Espresso	\$13.75
<i>Bananas, peanut butter, espresso, date, maple syrup, house oat milk</i>	
Peanut Butter Espresso Bowl	\$16.25
<i>Bananas, peanut butter, cold brew, date, maple & house oat milk with P+S granola, cacao nibs, coconut, fresh banana, MCT chocolate sauce & peanut butter drizzle</i>	

16oz.
Cold Brew \$5.00

NUT MYLK

Maca Mylk \$13.75
*cashews, maca, dates,
camu-camu, vanilla, pink himalayan
salt*

Medicine Mylk \$13.75
*cashews, chaga, lucuma, spirulina,
dates, vanilla, pink himalayan salt,
cinnamon*

Cashew Cacao Mylk \$13.75
*cashews, cacao, dates, vanilla,
pink himalayan salt*