Village Juice & Kitchen

Fresh & Delicious | Made From Scratch | Organic Greens | Local Farmers | No Canola | Vegan & GF Options | No Refined Sugars

V: VEGETARIAN | GF: GLUTEN FREE | VG: VEGAN | NF: NUT FREE

Smoothies
MADE WITH NUT FREE OAT MILK. DAIRY FREE. GLUTEN FREE. VEGAN. Add a booster for extra nutrition.

MOCHA-NANA (VG, GF, NF) calories: 280 — 8.95
oat milk, cold brew coffee, banana, date, cacao

PINKY SWEAR (VG, GF, NF) calories: 320 — 8.95
oat milk, organic strawberry, banana, date

SUNSET (VG, GF, NF) calories: 400 — 8.95
oat milk, pineapple, banana, mango, lime

MINT CHIP (VG, GF, NF) calories: 340 — 8.95
oat milk, spinach, banana, date, cacao nibs, mint leaves

CURIOUS GEORGE (VG, GF) calories: 450 — 8.95
oat milk, cacao nibs, almond butter, banana, date

GREEN COCO (VG, GF, NF) calories: 270 — 9.95
oat milk, mango, cucumber, spinach, kale, banana, mint

SUPER BLUE (GF) calories: 480 — 9.95
oat milk, organic blueberry, almond butter, date, chia seed, banana, collagen

Smoothie Bowls & Breakfast Bowls
TOPPED WITH SUPERFOODS. Bowl full of vegan goodness.

PINKY SWEAR BOWL (VG, GF) calories: 330 — 10.50
oat milk, organic strawberry, banana, date. topped with organic strawberry, banana, toasted almond crumble, goji berries

SUNSET BOWL (VG, GF) calories: 400 — 10.50
oat milk, pineapple, banana, mango, lime. topped with banana, coconut, goji berries, mango

COCO-NUT-BUTTER BOWL (V, GF) calories: 440 — 9.50
oat milk, banana, almond butter, date. topped with frozen organic blueberry, toasted almond crumble, banana, bee pollen

AÇAÍ BOWL (VG, GF) calories: 440 — 11.50
oat milk, organic acai, banana, organic strawberry and date. topped with banana, cacao nib, organic strawberry, coconut, toasted almond crumble

OVERNIGHT OATS (GF, V) calories: 440 — 8.95
gluten free oats, oat milk, almond butter, organic strawberry, honey, banana, toasted almond crumble

BOOSTERS: BLEND-IN SUPERFOODS
ACAI (2)
ALMOND BUTTER (1)
AVOCADO (2)
BLUEBERRIES (1)
CACAO POWDER (1)
CACAO NIBS (1)
CHIA SEEDS (1)
COLD BREW (1)
COLLAGEN (1.50)
HEMP PROTEIN (1.50)
HEMP SEEDS (1)
KALE (1)
SPINACH (1)
STRAWBERRIES (1)
PEA PROTEIN (1.50)

EXTRA BOWL TOPPINGS
ALMOND BUTTER (1)
ALMOND CRUMBLE (1)
BANANA (1)
BLUEBERRY (1)
STRAWBERRY (1)
CACAO NIBS (1)
CHIA SEEDS (1)
COCONUT CHIPS (1)
GOJI BERRIES (1)
HEMP SEEDS (1)
PUMPKIN SEEDS (1)
MANGO (1)
BEE POLLEN (1)

Toasts & Wraps
GOURMET OPEN FACED & WRAPPED SANDWICHES | Gluten free options: Simple Kneads Sourdough -or- Sweet Potato slices

QUIT YOUR JOB (V) calories: 520 — 9.95
scrambled egg, tomato, avocado, sharp cheddar, avocado goddess, sriracha and wrapped in flour tortilla & topped with mango salsa
|| suggested add-ons: bacon (2)

CHICKEN BACON AVOCADO WRAP (NF) — 12.95
roasted chicken, thick cut bacon, heirloom tomato, sharp cheddar, avocado, spinach, housemade ranch and wrapped in flour tortilla
calories: 620

NUT BUTTER & BANANA (V) calories: 550 — 8.95
cashew butter, banana, honey
|| suggested add-ons: strawberry (1) , bacon (2)

AVO VEGAN (VG, NF) calories: 260 — 10.50
housemade avocado spread, marinated red onion, herb oil, micro-greens
|| suggested add-ons: bacon (2), #over-easy egg (1)

BASIL, BACON & TOMATO (NF) calories: 210 — 10.95
thick cut bacon, heirloom tomato, basil with housemade avocado spread

Salads & Grain Bowls
HEAPING BOWLS OF GOODNESS. Want it chopped? Just ask!

VILLAGE COBB (GF, NF) calories: 760 — 14.95
roasted chicken, thick cut bacon, egg, cherry tomato, avocado, green onion, blue crumbled cheese, sweet corn, romaine
dressing: dressing: village ranch or avo-goddess

TROPICAL CHICKEN calories: 430 — 12.95
roasted chicken, fresh mango, cilantro, honey sesame cashews, sesame goat cheese medallions, romaine
dressing: cilantro lime ginger
|| suggested add-on: avocado (2)

MISO BOWL (VG, GF, NF) calories: 470 — 10.95
roasted red peppers, roasted carrots, edamame, pumpkin seeds, avocado, nori strips, brown rice, kale or spinach
dressing: miso ginger
|| suggested add-ons: #over-easy egg (1.5), roasted chicken (2)

FARMER'S DAUGHTER (GF) calories:550 — 10.95
roasted chicken, green apple, sweet potato, spiced almonds, brown rice, kale or spinach
dressing: balsamic dijon & roasted carrot vinaigrette
|| suggested add-on: avocado (2)

BRUSSELS & BACON (GF, NF) calories: 650 — 12.95
brussels sprouts, charred tomato, thick cut bacon, parmesan crisp, brown rice, spinach || Sub quinoa (1)
dressing: fig balsamic

MEDITERRANEAN (V, GF, NF) calories: 570 — 11.95
spiced chickpeas, feta, cherry tomato, cucumber, quinoa, fresh herbs romaine, mixed greens
dressing: lemon garlic
|| suggested add-ons: roasted chicken (2) over-easy egg (1.5)

SOUTHWEST (V, GF, NF) calories: 572 — 10.95
black beans, mango salsa, chopped romaine, sharp cheddar, cilantro, avocado, brown rice, sweet corn, green onion
dressing: avo-goddess
|| suggested add-ons: roasted chicken (2) over-easy egg (1.5)

BUILD ANY SALAD OR BOWL
Customize your bowl with your choice of:
UP TO 2 BASES | UP TO 4 TOPPINGS | DRESSING
9+

- LOCATIONS -
205 S. STRATFORD ROAD, WINSTON-SALEM | 400 W. 4TH STREET, WINSTON-SALEM (DOWNTOWN) | OPTIMIST HALL, CHARLOTTE | 126 W. BRUICE STREET, HARRISONBURG | WAKE FOREST UNIVERSITY, WINSTON SALEM | ELON UNIVERSITY, ELON | UNIVERSITY OF NORTH CAROLINA, CHAPEL HILL | UNIVERSITY OF SOUTH CAROLINA , COLUMBIA

All products in this facility may contain allergens. please notify us if you have any food or nut allergies.

may be cooked to order. consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness, especially if you have certain medical conditions.

Village Juice & Kitchen

VJK Menu Ingredient & Allergen Breakdown

Menu Item Name	Vegan/Vegetarian	Item Group	Ingredients	Allergens
Avo Vegan 	Vegan	**Toast**	**MicroGreens** **Olive Oil** **Royal Curtido** (Onions, Carrots, Cabbage, Oregano, Red Pepper Flakes, Pink Hawaiian Sea Salt) **Camino Bread Loaf** (Flour,wheat, water, Corn grits, spelt,flax seeds, Cracked Wheat, flax seeds, Rye Chips, molasses, Hulled millet, yeast,sea salt) **Avocado Mash** (avocado, olive oil, cilantro, pink salt) **Pink Salt**	Allergens: Gluten, wheat

Menu Item Name	Vegan/Vegetarian	Item Group	Ingredients	Allergens
Bacon Basil Tomato 		**Toast**	**Basil** **Tomato Heirloom** **Olive Oil** **Camino Bread Loaf** (Flour,wheat, water, Corn grits, spelt,flax seeds, Cracked Wheat, flax seeds, Rye Chips, molasses, Hulled millet, yeast,sea salt) **Avocado Mash** (avocado, olive oil, cilantro, pink salt) **Bacon** (water, salt, sugar, sodium phosphates, flavorings, sodium erythorbate, sodium nitrite) **Pink Salt**	Allergens: Gluten, wheat

Menu Item Name	Vegan/Vegetarian	Item Group	Ingredients	Allergens
Nut Butter & Banana 	Vegetarian	**Toast**	**Strawberries** **Cashew Butter** **Honey** **Camino Bread Loaf** (Flour,wheat, water Corn grits, spelt,flax seeds Cracked Wheat, flax seeds Rye Chips,molasses Hulled millet, yeast, pink salt) **Banana**	Allergens: Cashew (Tree Nut) Allergens: Gluten, wheat

Menu Item Name	Vegan/Vegetarian	Item Group	Ingredients	Allergens
Chicken, Bacon and Avo Wrap 		**Toast**	**10" Tortilla** (Enriched Unbleached Flour (wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin And Folic Acid), Water, Vegetable Shortening (contains One Or More Of The Following: Palm And/or Olive Oil), Contains 2% Or Less Of The Following: Salt, Aluminum-free Leavening (sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate), Wheat Protein, Preservatives (calcium Propionate, Sorbic Acid), Dough Conditioner (fumaric Acid, Xanthan Gum, Mono- And Diglycerides, Sodium Metabisulphite) **Roasted Chicken** (Chicken Breast, Olive Oil, Red Wine Vinegar, Pink Salt, Black Pepper, Oregano) **Avocado** **White Cheddar** (Cultured Milk, Salt, Enzymes) **Bacon** (water, salt, sugar, sodium phosphates, flavorings, sodium erythorbate, sodium nitrite) **Heirloom Tomato** **Baby Spinach** **VJC Ranch Dressing** (Sunflower Oil, Buttermilk, Mayonnaise (Eggs, Vinegar, Oil) Garlic, Mustard (Brown mustard seeds White wine, Vinegar, Salt, Water), Onion, Red Chili, Pepper, Oregano, Dill, Lemon, Black Pepper, Pink Salt)	Allergens: Gluten, wheat Allergens: Dairy Allergens: Dairy, Egg

Menu Item Name	Vegan/Vegetarian	Item Group	Ingredients	Allergens
Quit Your Job Burrito		**Breakfast**	**10" Tortilla** (Enriched Unbleached Flour (wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin And Folic Acid), Water, Vegetable Shortening (contains One Or More Of The Following: Palm And/or Olive Oil), Contains 2% Or Less Of The Following: Salt, Aluminum-free Leavening (sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate), Wheat Protein, Preservatives (calcium Propionate, Sorbic Acid), Dough Conditioner (fumaric Acid, Xanthan Gum, Mono- And Diglycerides, Sodium Metabisulphite)	Allergens: Gluten, wheat
			**Scrambled Egg** (egg, oat milk (Filtered Water, Whole Grain GF Oats, Salt), pink salt	Allergens: Egg
			Heirloom Tomato	
			Bacon (water, salt, sugar, sodium phosphates, flavorings, sodium erythorbate, sodium nitrite)	
			Avocado	
			Avocado Goddess (Avocado, Coconut Aminos, Basil, Green Onion, Lemon, Black Pepper, Honey, Sunflower Oil, Garlic, Pink Salt)	Allergens: Coconut (Tree Nut)
			Mango Salsa (Mango, Red Onion, Red Bell Pepper, Garlic, Lime, Cumin, Pink Salt)	
			Sriracha (chili, sugar, salt, garlic, distilled vinegar, potassium sorbate, sodium bisulfite, xanthan gum)	
			Banana	
			Orange Slices	

Menu Item Name	Vegan/Vegetarian	Item Group	Ingredients	Allergens
Overnight Oats	Vegetarian	**Breakfast**	**Overnight Oats** (GF rolled oats,Oat Milk (Filtered Water, Whole Grain GF Oats, Salt), maple syrup, pink salt)	
			**Oat Milk** (Filtered Water, Whole Grain GF Oats, Salt)	
			Almond Butter	Allergens: Almond (Tree Nut)
			Strawberries	
			Banana	
			Honey	
			Almond Crumble (almonds, coconut sugar, pink salt, cinnamon)	Allergens: Almond & Coconut (Tree Nut)

Menu Item Name	Vegan/Vegetarian	Item Group	Ingredients	Allergens
Coconut Butter Bowl (16oz.)	Vegetarian	**Smoothie Bowls**	**Oat Milk** (Filtered Water, Whole Grain GF Oats, Salt)	
			**Almond Butter**	Allergens: Almond (Tree Nut)
			Date	
			Bee Pollen	
			Pink Salt	
			Almond Crumble (almonds, coconut sugar, pink salt, cinnamc	Allergens: Almond & Coconut (Tree Nut)
			Blueberry	
			Banana	

Menu Item Name	Vegan/Vegetarian	Item Group	Ingredients	Allergens
Pinky Swear Bowl (16oz.)	Vegan	**Smoothie Bowls**	**Oat Milk** (Filtered Water, Whole Grain GF Oats, Salt)	
			**Banana**	
			Strawberry	
			Date	
			Pink Salt	
			Strawberry	
			Almond Crumble (almonds, coconut sugar, pink salt, cinnamon)	Allergens: Coconut (Tree Nut)
			Goji Berries	

Menu Item Name	Vegan/Vegetarian	Item Group	Ingredients	Allergens
Acai Bowl	Vegan	**Smoothie Bowls**	**Oat Milk** (Filtered Water, Whole Grain GF Oats, Salt)	
			**Unsweetened Acai Drupe**	
			Banana	
			Strawberry	
			Date	
			Pink Salt	
			Unsweetened Coconut Chips	Allergens: Coconut (Tree Nut)
			Strawberry	
			Almond Crumble (almonds, coconut sugar, pink salt, cinnamon)	Allergens: Almond & coconut (Tree Nut)
			Cacao Nibs	

Menu Item Name	Vegan/Vegetarian	Item Group	Ingredients	Allergens
Sunset Bowl (16oz.)	Vegan	**Smoothie Bowls**	**Oat Milk** (Filtered Water, Whole Grain GF Oats, Salt) **Banana** **Pineapple** **Mango** **Lime Juice** **Pink Salt** **Mango** **Unsweetened Coconut Chips** **Goji Berries** **Hemp Seeds**	Allergens: Coconut (Tree Nut)

Menu Item Name	Vegan/Vegetarian	Item Group	Ingredients	Allergens
Curious George	Vegan	**Smoothie**	**Almond Butter** **Date** **Cacao Nibs** **Oat Milk** (Filtered Water, Whole Grain GF Oats, Salt) **Banana** **Pink Salt**	Allergens: Almonds (Tree Nut)

Menu Item Name	Vegan/Vegetarian	Item Group	Ingredients	Allergens
Green Coco	Vegan	**Smoothie**	**Mango** **Cucumber** **Kale** **Baby Spinach** **Mint** **Banana** **Oat Milk** (Filtered Water, Whole Grain GF Oats, Salt) **Pink Salt**	

Menu Item Name	Vegan/Vegetarian	Item Group	Ingredients	Allergens
Mint Chip	Vegan	**Smoothie**	**Baby Spinach** **Mint** **Date** **Oat Milk** (Filtered Water, Whole Grain GF Oats, Salt) **Banana** **Cacao Nibs** **Pink Salt**	

Menu Item Name	Vegan/Vegetarian	Item Group	Ingredients	Allergens
Mocha-Nana	Vegan	**Smoothie**	**Date** **Cacao Powder** **Cold Brew Coffee** **Oat Milk** (Filtered Water, Whole Grain GF Oats, Salt) **Banana** **Pink Salt**	

Menu Item Name	Vegan/Vegetarian	Item Group	Ingredients	Allergens
Pinky Swear	Vegan	**Smoothie**	**Strawberries** **Date** **Oat Milk** (Filtered Water, Whole Grain GF Oats, Salt) **Banana** **Pink Salt**	

Menu Item Name	Vegan/Vegetarian	Item Group	Ingredients	Allergens
Sunset	Vegan	**Smoothie**	**Pineapple** **Mango** **Lime Juice** **Oat Milk** (Filtered Water, Whole Grain GF Oats, Salt) **Banana** **Pink Salt**	

Protein 3g	
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 2mg	15%
Potassium 462mg	20%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

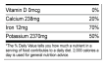
Menu Item Name	Vegan/Vegetarian	Item Group	Ingredients	Allergens
Super Blue 		**Smoothie**	**Almond Butter** **Blueberries** **Date** **Chia Seeds** **Great Lakes Collagen** (Bovine Collagen Peptides) **Oat Milk** (Filtered Water, Whole Grain GF Oats, Salt) **Banana** **Pink Salt**	Allergens: Almonds (Tree Nut)

Menu Item Name	Vegan/Vegetarian	Item Group	Ingredients	Allergens
Tropical Chicken 		**Salad Bowls**	**Romaine Lettuce** **Baby Spinach** **Cilantro** **Mango** **Honey Sesame Cashew** (Cashews, honey, sesame seeds) **Roasted Chicken** (Chicken Breast, Olive Oil, Red Wine Vinegar, Pink Salt, Black Pepper, Oregano) **Goat Cheese Medalions** (goat cheese (goat milk (pasteurized), salt, starter culture, microbial rennet), sesame seeds) **Cilantro Lime Ginger** (Sesame Oil, Tamari Soy Sauce, Rice Vinegar (white wine vinegar, Potassium Metabisulfite) Lime, Cilantro, Ginger, Spinach, Honey, Pink Salt, Black Pepper)	Allergens: Cashew (Tree Nut) & Sesame Allergens: Dairy, Sesame Allergens: Soy, Sesame ,Gluten

Menu Item Name	Vegan/Vegetarian	Item Group	Ingredients	Allergens
Village Cobb 		**Salad Bowls**	**Romaine Lettuce** **Egg** **Blue Cheese** (pasteurized milk cultures salt microbial rennet penicillium roqueforti) **Avocado Hass** **Grape tomatoes** **Corn** **Roasted Chicken** (Chicken Breast, Olive Oil, Red Wine Vinegar, Pink Salt, Black Pepper, Oregano) **Bacon** (water, salt, sugar, sodium phosphates, flavorings, sodium erythorbate, sodium nitrite) **Green Onion** **VJC Ranch Dressing** (Sunflower Oil, Buttermilk, Mayonnaise (Eggs Vinegar Oil) Garlic, Mustard (Brown mustard seeds White wine, Vinegar, Salt, Water), Onion, Red Chili, Pepper, Oregano, Dill, Lemon, Black Pepper, Pink Salt) **Avocado Goddess** (Avocado, Coconut Aminos, Basil, Green Onion, Lemon, Black Pepper, Honey, Sunflower Oil, Garlic, Pink Salt)	Allergens: Egg Allergens: Dairy Allergens: Dairy & Egg Allergens: Coconut (Tree Nut)

Menu Item Name	Vegan/Vegetarian	Item Group	Ingredients	Allergens
Brussels & Bacon 		**Grain Bowls**	**Baby Spinach** **Quinoa** (quinoa, olive oil, pink salt) **Brown Rice** (brown rice, olive oil, pink salt) **Charred Tomatoes** (tomatoes, olive oil, pink salt) **Brussel Sprouts** (brussel sprouts, olive oil, pink salt) **Bacon** (water, salt, sugar, sodium phosphates, flavorings, sodium erythorbate, sodium nitrite) **Parmesan Crisp (**pasteurized milk, cheese cultures, salt, microbial enzymes) **Fig Balsamic** (Figs, Olive Oil, Sunflower Oil, Shallots, Red Chili Pepper, Balsamic Vinegar, Pink Salt, Garlic, Black Pepper, Honey)	Allergens: Dairy

Menu Item Name	Vegan/Vegetarian	Item Group	Ingredients	Allergens
Miso Bowl 	Vegan	**Grain Bowls**	**Kale** **Baby Spinach** **Brown Rice** (brown rice, olive oil, pink salt) **Nori Seaweed** **Pepitas (sunflower seeds)** **Avocado Hass** **Roasted Peppers** (red pepper, olive oil, pink salt) **Roasted Carrots** (carrots, olive oil, pink salt)	



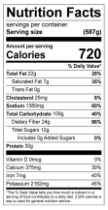
Vitamin D 3mcg	0%
Calcium 238mg	20%
Iron 12mg	70%
Potassium 237mg	50%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Miso Ginger Vinaigrette (Miso paste, Agave, Rice Vinegar (white wine vinegar, Potassium Metabisulfite) , Sesame Oil, Lemon, Garlic, Ginger)

Allergens: Sesame and Soy

Menu Item Name	Vegan/Vegetarian	Item Group	Ingredients	Allergens
Farmers Daughter		**Grain Bowls**	**Kale**	
			**Baby Spinach**	
			Brown Rice (brown rice, olive oil, pink salt)	
			Granny smith apples, lemon	
			VJC Spiced Almonds (Almonds, Cinnamon, Allspice, Pink Salt, White Pepper, Olive Oil, Cumin)	Allergens: Almonds (Tree Nut)
			Roasted Sweet Potato (sweet potatoes, olive oil, pink salt)	
			Roasted Chicken (Chicken Breast, Olive Oil, Red Wine Vinegar, Pink Salt, Black Pepper, Oregano)	
			Roasted Carrot Dressing (Carrots, Balsamic Vinegar, Thyme, Garlic, Sunflower Oil)	
			Balsamic Dijon Dressing (Sunflower Oil, Balsamic Vinegar, Dijon Mustard, Pink Salt, Black Pepper, Honey)	

Menu Item Name	Vegan/Vegetarian	Item Group	Ingredients	Allergens
Southwest Bowl	Vegetarian	**Grain Bowls**	**Romaine Lettuce**	
			**Brown Rice** (brown rice, olive oil, pink salt)	
			Black Beans (black beans, pink salt, chili peppers, cumin)	
			Corn	
			Cilantro	
			White Cheddar (Cultured Milk, Salt, Enzymes)	Allergens: Dairy
			Green Onion	
			Avocado	
			Mango Salsa (Mango, Red Onion, Red Bell Pepper, Garlic, Lime, Cumin, Himalayan Pink Salt)	
			Avocado Goddess (Avocado, Coconut Aminos, Basil, Green Onion, Lemon, Black Pepper, Honey, Sunflower Oil, Garlic, Pink Salt)	Allergens: Coconut (Tree Nut)