

SALAD BOWLS

heaping portions of organic green goodness. want it chopped? just ask!

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| <p>KALE & SQUASH (V,GF) calories: 290
kale, squash, avocado, pumpkin seed, parmesan crisp
dressing: maple basil
 suggested add-ons: chicken (2) #fried egg (1)</p> <p>ARUGULA & BEET (V,GF) calories: 240
arugula and spinach, beets, pistachio-dusted goat cheese medallions, pistachios
dressing: roasted carrot vinaigrette
 suggested add-ons: chicken (2), bacon (1.5), avocado (1)</p> <p>HERB & PUMPKIN SEED (V,GF) calories: 420
arugula, kale, avocado, parsley/mint/basil/cilantro blend, cucumber, cherry tomato, curtido, pumpkin seed, parmesan crisp
dressing: citrus vinaigrette suggested add-ons: chicken (2), #fried egg (1)</p> | <p>8.95 TROPICAL CHICKEN (GF) calories: 330
romaine and spinach, chicken, mango, pistachio, cilantro, pistachio-dusted goat cheese medallions
dressing: cilantro lime ginger suggested add-on: avocado (1)</p> <p>8.95 VILLAGE COBB calories: 510
romaine, chicken, bacon, egg, cherry tomato, avocado, green onion, crumbled cheese, raw corn
dressing: village ranch*</p> <p>9.95 BUILD ANY SALAD 8+
customize your bowl with your choice of up to 2 bases, up to 4 toppings, dressing + parmesan crisp</p> |
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GRAIN BOWLS

hearty & healthy with quinoa or brown rice. want it chopped? just ask!

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| <p>MISO BOWL (V,GF) calories: 520
brown rice, kale or spinach, red peppers, carrot, pumpkin seeds, avocado, nori strips
dressing: miso ginger suggested add-ons: #fried egg (1), chicken (2)</p> <p>FARMER'S DAUGHTER (GF) calories: 430
brown rice, kale or spinach, chicken, sweet potato, apple, spiced almonds
dressing: balsamic dijon and roasted carrot vinaigrette</p> | <p>8.95 BRUSSELS & BACON (GF) calories: 460
quinoa or brown rice, spinach, brussels sprouts, charred cherry tomato, bacon, parmesan crisp
dressing: fig balsamic</p> <p>10.95 BUILD ANY BOWL 8+
customize your bowl with your choice of up to 2 bases, up to 4 toppings, dressing</p> |
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DRESSINGS

housemade fresh daily for salads and grain bowls. vegan, gluten free and dairy free except when *.

balsamic dijon	cilantro lime ginger	fig balsamic	miso ginger	village ranch*
balsamic vinegar	citrus vinaigrette	maple basil	roasted carrot	

SMOOTHIE BOWLS

topped with super foods. spoon required. all vegan and gluten free.

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| <p>PINKY SWEAR BOWL calories: 440
housemade almond milk, strawberry, banana, date. topped with strawberry, banana, toasted almond crumble, goji berries.</p> <p>SUNSET BOWL calories: 480
housemade coconut milk, pineapple, banana, mango, lime. topped with banana, coconut, goji berries, mango</p> | <p>8.95 COCO-NUT-BUTTER BOWL calories: 470
housemade coconut milk, banana, almond butter, date. topped with frozen blueberry, toasted almond crumble, banana, bee pollen.</p> <p>8.95 AÇAÍ BOWL calories: 530
housemade almond milk, acai, banana, strawberry and date. topped with banana, cacao nib, strawberry, coconut</p> |
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SMOOTHIES

housemade nut milks. dairy free. raw. vegan. add a booster for extra nutrition. all vegan and gluten free except when *

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| <p>MOCHA-NANA calories: 380
housemade almond milk, cold brew coffee, banana, date, cacao</p> <p>PINKY SWEAR calories: 420
housemade almond milk, strawberry, banana, date</p> <p>SUNSET calories: 430
housemade coconut milk, pineapple, banana, mango, lime</p> <p>MINT CHIP calories: 420
housemade almond milk, housemade coconut milk, spinach, banana, date, cacao nibs, mint leaves</p> | <p>6.95 CURIOUS GEORGE calories: 460
housemade almond milk, cacao nibs, almond butter, banana, date</p> <p>6.95 GREEN COCO calories: 360
housemade coconut milk, mango, cucumber, spinach, kale, mint</p> <p>6.95 SUPER BLUE* calories: 420
housemade almond milk, blueberry, almond butter, date, chia seed, banana, collagen*</p> <p>7.95</p> |
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BOOSTERS: BLEND-IN SUPERFOODS, GREENS & PROTEINS

acai (2)	cacao nibs (.75)	kale (.75)
almond butter (1)	chia seeds (.50)	mango (.75)
avocado (1)	cold brew (.75)	pea protein (1.50)
banana (.50)	collagen (1.50)	pineapple (.75)
blueberry (.75)	hemp protein (1.50)	spinach (.75)
cacao powder (1)	hemp seeds (.75)	strawberry (.75)

EXTRA BOWL TOPPINGS

almond butter (1)	cacao nibs (1)	pumpkin seeds (1)
almond crumble (.75)	chia seeds (1)	strawberries (.75)
banana (.25)	coconut chips (.75)	mango (.75)
bee pollen (.50)	goji berries (1)	
blueberry (.75)	hemp seeds (1)	

TOASTS

fresh, made to order, open-faced sandwiches. served on camino bread, simple kneads gluten free (1)

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| <p>NUT BUTTER & BANANA (VG) calories: 450
cashew butter, banana, honey
**suggested add-ons: strawberry (.50)</p> <p>BASIL, BACON & TOMATO calories: 210
bacon, tomato, basil with housemade avocado spread
**suggested add-ons: #fried egg (1)</p> | <p>8.95 AVO VEGAN (VG) calories: 260
housemade avocado spread, curtido, herb oil, micro-greens
**suggested add-ons: bacon (1.5), #fried egg (1)</p> <p>9.95</p> |
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KOMBUCHA ON TAP

seasonal flavors of local organic fermented tea - ask what flavors are on tap today.

DESSERTS & SNACKS

plant based, hand crafted

BOSS BAR

almond, hemp, flax, chia, sunflower seed, pumpkin seed, goji berry, coconut, cacao nib, cacao butter, almond butter, date, honey, vanilla bean

RAW VEGAN DESSERTS

ask about our vegan "cheesecake" of the day and other raw, housemade desserts and snacks

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.

other locations | 205 S. Stratford Road, Winston-Salem | 400 W. 4th Street, Winston-Salem (downtown)



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