

# Bob's Natural Foods

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## HOT SPECIALS | GRAB N' GO

Why Our Smoothies Are Different... What is a smoothie? A delicious mix of frozen fruit blended with either fruit juice, coconut water, soy, or almond milk. That's it! No ice, high fructose corn syrup, or other colored or sweetened syrups. Plain and simple.

## Classic Favorites

All classics are \$8.00 + tax

### Chocolate Peanut Butter

organic chocolate soy milk, bananas, peanut butter

### Strawberry Lemonade

organic lemonade, mangoes, strawberries, emergen-c (vitamin c, b-complex, minerals)

### Maui Wowie

organic mango, passion fruit & apple juices, bananas, mangoes, pineapples

### Banana Berry

organic apple juice, bananas, strawberries, & blueberries

### Piña Colada

pineapple coconut juice, pineapple, bananas

### Tropical Bliss

pineapple coconut juice, pineapple, strawberries

## Healing Energy

Prices Vary + tax

### Amazing Acai

blueberry, pomegranate, cranberry,

### Raw Power

18 grams of raw protein, raw organic

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\$10

## Rejuvenation

carrot, celery, apple, kale, lemon & ginger juices, blueberries, pineapple, raw greens powder, sunwarrior raw plant protein, sumac, flax, & probiotics

\$14

## Cell Energizer

coconut water, pineapple coconut juice, celery, parsley, sunflower sprouts, chia seeds & spirulina

\$10

## Shaman Shake

moringa, maca, mesquite, goji, mesclun greens, spinach, passion fruit, banana, pineapple coconut juice

\$10

## Muscle & Joint Recovery Anti Inflammatory & Immune Booster

aloe vera juice, plant protein, pineapple, strawberries, probiotics collagen, powdered greens & beets, enzymes, 1-glutamine DMG

\$14

\$10

## Alkalizing

coconut water, chard, celery, pineapple, mango, & lemon juice

\$10

## Bananocado

almond milk, bananas, avocado, kale, lemon juice & agave

\$10

## Prana Boost Immune Enhancer & Detoxifier

cilantro, kale, green apple, cucumber, organic coconut water, pineapple, lemon juice, ginger, maca

\$10

## Alka-Tonic The Organic Feel Better Drink

alkaline water, organic fresh turmeric & ginger, lemon juice, apple cider vinegar, honey, cinnamon, black pepper, plant enzymes, probiotics

8 oz ..... \$5

16 oz ..... \$8.50

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HOME MENU PRODUCTS CONTACT

Choose a base + 2 fruits for \$7.50

## Bob's Natural Foods

### LOCATION & HOURS

104 W. Park Ave  
Long Beach, NY 11561

11am-6pm (Juice Bar closes 5:30pm)  
11am-5:30pm (Juice Bar closes 5pm)  
Sun 11am-3pm



### CONTACT

516-889-8955

### Protein Powders

- \$1.75
- Vanilla Whey
- Chocolate Whey
- Raw Vanilla Plant
- Raw Chocolate Plant

### Superfood Additions

- Kale ..... \$1
- Spirulina & Chia ..... \$3
- Peanuts ..... \$1
- Hemp Seeds ..... \$1.25
- Avocado ..... \$2
- Raw Superfood
- Greens ..... \$2.25
- Essential Greens 8000 .... \$2.25

### Our Ingredients...



While much of the food we prepare is made with ingredients that do not contain gluten, the kitchen is not "gluten-free", and cross-contamination may occur. Tree nuts are also present. Please let us know if you have any allergies. We will try our best to accommodate your needs.

