

elxr juice lab is a Toronto-based cold pressed juice bar among other things green and organic. from cold pressed juice, to protein nut milks, to alkalized water based favourites, all our products are made with the intent to taste good, and make you feel even better. in the last few months, we've grown from beverages to a variety of snack-based foods inspired by the same values as our original juices. information below. *we hope to see you soon.*

## cold-pressed juices

16oz \$11, 8oz \$8

### 1st base

granny smith apple, spinach, cucumber, lime, mint

### 2nd base

granny smith apple, spinach, cucumber, parsley, kale, lemon, ginger  
(16oz \$11.50)

### 3rd base

spinach, celery, cucumber, parsley, dandelion leaf, basil  
(16oz \$11.50)

### pina vida

pineapple, granny smith apple, turmeric, ginger, lemon, liquid cayenne

### BPM

beet, granny smith apple, parsley, ginger, lemon

### beta rush

orange, carrot, lemon, lime, turmeric

### hibiscus fresca

hibiscus flower infusion, cold-pressed apple juice, lemon juice, ginger juice, chia seeds

### picante punch

watermelon, red grape, jalapeno, lime

### tropic tonic

pineapple, cucumber, spinach, kale, lemon

## tonics

### after party, 16oz \$9, 8oz \$7.50

alkaline water, activated charcoal, lemon juice, maple syrup

### toxic flush, 16oz \$8.50, 8oz \$6

alkaline water, lemon juice, maple syrup, liquid cayenne

## milks

16oz \$13.50, 8oz \$9.50

### chaga fix

alkaline water, cashews, coconut oil, medjool dates, pure vanilla extract, cinnamon, chaga, himalayan salt

### supercharge

cashews, chocosal's roasted cacao shell infusion, raw cacao powder, medjool dates, himalayan salt

## smoothies

\$8.95

### TLC

wild blueberries, pineapple, cucumber, fig, ginger, chamomile, maple water

### cookies n cream

kale, peanut butter, banana, maca, cacao nibs, coconut cream, pure vanilla extract, himalayan salt

### the sinner

peanut butter, banana, vanilla, cinnamon, chaga, maple syrup, house cashew milk, himalayan salt

### tropical chai

pineapple, mango, banana, goji berries, cardamom, turmeric, ginger, coconut butter, lemon

### green envy

avocado, cucumber, kiwi, apple, spinach, maple water, basil, ginger, date, lime

## hot drinks

\$4.95

### raw hot chocolate

house toasted coconut milk, cashew milk, raw cacao, reishi, maca, dates, vanilla, himalayan salt

### the fix

cold-pressed pineapple, camu berry, ginger, echinacea, lime, lemon, allspice, cloves, liquid cayenne

### matcha boost latte

house cashew milk, ceremonial grade matcha, medjool dates, cinnamon, cordyceps, vanilla, himalayan salt

### cup of youth, \$6.95

house cashew milk, cold-pressed beet, maple syrup, goji, raw cacao, schisandra, vanilla, himalayan salt, TruMarine collagen

+ add ons for smoothies & hot drinks

\$2.25, 10g plant based protein powder (vanilla/unflavoured), marine collage

\$1.25, maca, chia seeds, matcha, spirulina, turmeric, camu berry

## misc.

### 100% organic sprouted granola

\$9.95 large bag, \$1.25 sachet size  
vegan, gluten free

### witches brew kombucha

\$4.85

### assortment of gluten-free, vegan desserts

\$3.50-\$4.50

## parfaits

\$6.50

### pb & j

probiotic coconut yoghurt, wild blueberries, cold-pressed apple juice, chia seeds, lemon juice, maple syrup, peanut butter, coconut milk, maple syrup, pure vanilla extract, himalayan salt

### carrot ginger spice

probiotic coconut yoghurt, carrots, unsweetened coconut, medjool dates, extra virgin organic coconut oil, ginger, cinnamon, cardamom, cloves, nutmeg, pure vanilla extract, himalayan salt

### toasted s'mores

probiotic yoghurt, toasted coconut milk, chia seeds, maple syrup, raw cacao, coconut milk, pure vanilla extract, himalayan salt

all parfaits are dairy free, made with elxr's own probiotic yoghurt

## boosters

\$4

### defender

ginger, lemon, oregano oil, nettle, astragalus, condonopsis, eleuthero, reishi, ligustrum, schisandra, white atractylodes, licorice

### R&R

pineapple, aloe, lavender, chamomile

### immune boost

turmeric, chaga & reishi

### ginger, \$2

100% ginger

## cheat sheet overwhelmed?

tired? try *toxic flush*

hangover? try *after party*

glow-getter? try *beta rush*

sniffly? try *defender*

post-workout? try *pina vida*

in need of greens? try *second base*

even more greens? try *third base*



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