

## Fermented Refreshers

Digestion Enhancing, Thirst Quenching Iced Refreshers to Support Weight Loss and Immunity

12 oz, \$4-\$6

### DEEP DETOX

Turmeric, Ginger, Hibiscus, Beet Boost, Alkaline Water

### PINEAPPLE SLIM

Apple Cider Vinegar, Pineapple Mint, Raw Agave, Alkaline Water

### RITUAL KOMBUCHA

This Season's Feature Served on Tap

## Cold-Brew Coffee

A Protein Rich and Organic Caffeine Fix

12 oz, \$4-\$5

### CLASSIC BREW

Cold Brew Coffee, Cashew Mylk

### SWEET BREW

Cold Brew Coffee, Cashew Mylk, Raw Agave, Vanilla

### SPICED BREW

Cold Brew Coffee, Cashew Mylk, Raw Agave, Vanilla, Nutmeg, Cinnamon

## H2O

Supercharged waters for maximum nutrient absorption

16 oz, \$4-\$6

### ALOE WATER

Aloe, Alkaline, Ionized Water

### CHLOROPHYLL WATER

Chlorophyll, Alkaline, Ionized Water

### YOUNG COCONUT WATER

Young Coconut Water

## Plant Based, Organic Food Menu & Superfruit Bowls

Locally sourced, seasonal, vegan food. Packaged to be enjoyed in house or on the go.

Available at select locations. Please contact your local store for current seasonal menu.



ritual  
: JUICEBOX

USDA Organic • Cold Pressed • Non-GMO • Raw



WE BELIEVE food has the power to heal, humans have limitless potential, and our success is measured by the positive impact we have on your life.



USDA ORGANIC



NON GMO VERIFIED



COLD PRESSED



LIVING FOOD

## LOCATIONS

**The CAMP** 2937 Bristol Street, Costa Mesa 92626 949.354.5581

**CDM** 2841 East Coast Hwy, Corona Del Mar 92625 714.786.8922

**Laguna** 1100 South Coast Hwy, Ste 110, Laguna Beach 92651 949.484.0239

**Hillcrest** 1080 University Avenue, Ste H 107, San Diego 92103 619.452.2513

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[www.ritualwellness.com/locations](http://www.ritualwellness.com/locations)

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#perfectritual



## Cold-Pressed Juices

Everyday Nutrition on the Go

16 oz, \$7-\$10

### greens

Get your veggie fix from more than 3 pounds of 100% organic goodness pressed into each bottle. Benefits include gentle detox, improved digestion, superior nutrition.

#### BASIC GREENS

Kale, Romaine, Cucumber, Celery, Spinach, Lemon, Ginger

#### CLEAN GREENS

Cucumber, Romaine, Celery, Kale, Aloe, Lemon

#### GREEN GINGER

Green Apple, Spinach, Romaine, Celery, Cucumber, Kale, Ginger

#### GREEN LEMON

Kale, Romaine, Spinach, Celery, Cucumber, Green Apple, Lemon

#### SPICY GREENS

Romaine, Cucumber, Celery, Pineapple, Lime, Ginger, Turmeric, Parsley

#### SWEET GREENS

Kale, Romaine, Spinach, Celery, Cucumber, Green Apple

## lemonades

Refreshing, antioxidant rich lemonades create the perfect start to a balanced day or a great replacement for an afternoon snack. Benefits may include balanced pH, decreased water retention, appetite suppressant.

#### SPICY LEMONADE

Lemon, Purified Water, Cayenne, Raw Agave

#### TURMERIC LEMONADE

Lemon, Purified Water, Turmeric, Ginger, Raw Agave

## blends

Hydrate, energize and heal with these vitamin packed blends. Delicious vitamin and enzyme rich fruit juice blends add incredible flavor to your diet and increase energy levels. Benefits include increased energy, heightened immunity.

#### APPLE GINGER

Apple, Lemon, Ginger

#### BEET BOOST

Beet, Apple, Lemon, Ginger

#### CARROT ORANGE

Carrot, Orange, Lemon

#### PINEAPPLE MINT

Pineapple, Young Coconut Water, Apple, Mint

#### SEASONAL BLEND

Blend of this season's freshest local, organic fruits

## mylks

Perfect as a meal replacement, workout recovery, or as a guilt free indulgence. Benefits may include less cravings, improved sports performance, more restful sleep, complete satisfaction.

#### ALMOND MYLK

Sprouted Almond, Purified Water, Cinnamon, Raw Agave, Vanilla

#### CASHEW MYLK

Sprouted Cashew, Purified Water, Vanilla, Cinnamon, Nutmeg, Raw Agave

## Superfood Smoothies

Energizing Power Blends

16 oz, \$7-\$13

Customized smoothies also available

#### RED VITALITY

Beet Boost, Activated Cashew, Banana

#### LORI'S PERFECT GREENS

Basic Greens, Activated Cashew, Banana, Grass Fed Whey

#### CACAO POWER

Cashew Mylk, Banana, Cacao Powder, Maca

#### MOOD LIFTER

Carrot Orange, Activated Cashew, Banana, Cacao Nibs

#### STRAWBERRY CREAMERY

Cashew Mylk, Banana, Strawberry

#### MAGIK MYLKSHAKE

Cashew Mylk, Turmeric, Cinnamon, Nutmeg, Raw Agave

#### HEALTH GURU

Hemp Mylk, Activated Cashew, Banana, Maca, Green Vibrance, Shilajit

### add-ins: enhance your smoothies

- CACAO NIBS
- CACAO POWDER
- CAYENNE
- CHOCOLATE WHEY PROTEIN
- GREEN VIBRANCE
- MACA
- PINEAPPLES
- PLANT PROTEIN
- SPIRULINA
- STRAWBERRIES
- TURMERIC
- VANILLA WHEY PROTEIN

## Power Shots & Boosters

Improve Digestion, Boost Immunity, Increase Overall Health

1 oz, \$3-\$4

#### E3 Live Brain-On

AFA blue green algae with AFA extra of Phenylethylamine

#### Shilajit

85 minerals, trace agents and high in fulvic acid

#### Golden Triangle

Hibiscus, Ginger, Turmeric

## Juice on Demand

Organic juices made to order for your nutrition needs, available at select locations

16 oz, \$7



Menu subject to change.

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.