

CAFÉ SELECTIONS

24oz / \$10.95

RIP CURRENT

313 kcal, 47g carbs, 22g protein

Uplifting, Chocolate Decadence, Energy

Nitro Cold brew Coffee, Organic Coffee Boost, Organic Chocolate Boost, Vanilla Whey Protein

CAPE CAFFEINATOR

229 kcal, 31g carbs, 22g protein

For the Caffeine Extremist, Protein, Great Before a Workout
Cold Brew Coffee, Almond Milk, Organic Coffee Boost, Espresso Beans, Vanilla Whey Protein

GREAT WHITE CHAI

298 kcal, 44g carbs, 9g protein

Tea Lover's Dream, Reduces Inflammation, Improves Digestion
Spiced Chai, Black Tea, Oat Milk, Vanilla Whey Protein, Collagen Protein

COASTAL COLD BREW

653kcal, 84g carbs, 33g protein

Silky Smooth Brew with Added Brain Health, Bone Health, and Polyphenols

Cold Brew Coffee, Oat Milk, Banana, Cashews, Dates, Cocoa Nibs, Chocolate Whey Protein

SOLSTICE WHOLE 30

882 kcal, 152g carbs, 17g protein

Great as a Meal Replacement with Added Energy and Protein
Cold Brew Coffee, Almond Milk, Banana, Dates, Almond Butter, Cocoa Nibs, Cinnamon, Hemp Ht

BAYSIDE BANANA BUZZ

595 kcal, 95g carbs, 13g protein

All the Yummy Benefits of the Bayside but with the Buzz
Cold Brew Coffee, Chocolate Almond Milk, Banana, Peanut Butter, Hemp Hearts

ACAI

\$11.95

ISLAND ACAI BOWL

874 kcal, 123g carbs, 20g protein

Benefits: High in Fiber, Antioxidants, Vitamin C

Acai, Yogurt, Strawberries, Blueberries, Coconut Flakes, French Vanilla Granola, Almond Butter, Chia Seeds, and Honey

LIFE PRESERVER BOWL

545 kcal, 79g carbs, 12g protein

Benefits: High in Fiber, High in Potassium, Superfood

Acai, Yogurt, Banana, Strawberries, Blueberries, Coconut Flakes, In House Made Peanut Butter, Hemp Hearts, Honey

ACAI SOFT SERVE CONE \$5.95

146 kcal, 29g carbs, 1.5g protein

Benefits: Refreshing + Delicious Treat in the Form of Dessert

Organic Acai, Sugar Cane, Enriched Wheat Flour, Brown Sugar, Vegetable Oil, Soy Lecithin, Oat Fiber, Salt, Flavor

ON TAP

COLD BREW · DECAF

24oz / \$4.95

NITRO

24oz / \$5.95

NUTRITIONAL SUPPLEMENTAL AIDES \$1.50

Collagen Protein

Whey Protein (Chocolate, Plain, and Vanilla)

Plant Protein (Chocolate, Vanilla)

Ask your barista for additional supplements



Ring's Juice Bar creates made-to-order juices, smoothies, and acai bowls that are all-natural, great tasting, and nutritious using whole fruits and vegetables.

Ring Bros.
Marketplace

508-394-2244

Ext. 16

SUPERFOOD PROTEIN SHAKES

24oz / \$13.95

SEA GREENS

777 kcal, 113g carbs, 32g protein

Benefits: Meal Replacement, Anti-Inflammatory, Skin Elixir
Oat Milk, Kale, Spinach, Banana, MCT Coconut
Oil, Honey, Spirulina, Collagen Protein
and Pinch of Grey Sea Salt

LIQUID SUNSHINE

363 kcal, 64g carbs, 32g protein

Benefits: Skin Elixir, Vitamin C, Digestion Aide
Coconut Water, Fresh Squeezed Orange Juice,
Pineapple, Mango, Banana, Ginger, Turmeric,
Vanilla Plant Protein

OCEANSIDE

562 kcal, 84g carbs, 27g protein

Benefits: Omega 3, Anti-Viral, Antioxidants
Oat Milk, Spinach, Kale, Avocado, Blueberries,
Spirulina, Chlorella, Chia Seeds, Collagen Protein

BOARDWALK BROWNIE

844 kcal, 140g carbs, 55g protein

Benefits: Antioxidants, Iron, Mood Enhancer
Chocolate Almond Milk, Cacao, Spinach, Banana,
Blueberries, Chia Seeds, Vanilla and Chocolate
Whey Protein, Pinch of Grey Salt

RAIL TRAIL MIX

742 kcal, 108g carbs, 40g protein

Benefits: Meal Replacement, Quick Absorption, Improve Immune
Oat Milk, French Vanilla Granola, In House Made
Almond Butter, Cranberries, Red and Green
Apple, Banana, Hemp Hearts, Vanilla Whey
Protein, Collagen Protein

SMOOTHIES

24oz / \$10.95

BAYSIDE BANANA

577 kcal, 79g carbs, 15g protein

Benefits: Meal Replacement, Protein, Improved Mood
Chocolate Almond Milk, Banana,
Cocoa Nibs, In House Made Peanut Butter,
Hemp Hearts

MANGO MERMAID

275 kcal, 67g carbs, 7g protein

Benefits: High in Vitamin C, Iron, Aides Digestion
Pineapple Juice, Kale, Spinach, Banana,
Mango, Ginger

FERRY BERRY

588 kcal, 142g carbs, 7g protein

Benefits: Exercise Recovery, Antioxidants, Heart Health
Pineapple Juice, Blueberries, Strawberries,
Raspberries

HIT THE GREEN

399 kcal, 92g carbs, 10g protein

Benefits: Vitamin C, Folate, Heart Health
Coconut Water, Green Grapes, Green Apple,
Banana, Kale, Spinach

SUNBURST

556 kcal, 105g carbs, 7g protein

Benefits: Skin Improvement, Blood Circulation, Recovery
Fresh Squeezed OJ, Mangos, Pineapple,
MCT Coconut Oil

HIGH SEA

553 kcal, 131g carbs, 9g protein

Benefits: Anti-Inflammatory, Vitamin C, Folate
Pomegranate Juice, Fresh Squeezed Orange
Juice, Mango, Raspberries, Beet, Turmeric,
Ginger, Cayenne Pepper, Black Pepper

JUICE BLENDS

24oz / \$10.95

STRAWBERRY SUNRISE

337 kcal, 91 g carbs, 3g protein

Benefits: High in Magnesium, Tummy Tonic, Strengthens Gut
Lime, Red Apple, Strawberries, Mint

GREEN COOLER

627 kcal, 154g carbs, 10g protein

Benefits: Boosts Digestion, Detoxifies, Skin Elixir
Kale, Cucumber, Apple, Pear, Pineapple, Mint

LEMON ELIXIR (Served Iced or Hot)

71 kcal, 19g carbs, .77g protein

Benefits: Anti-Inflammatory, Balances PH, Improves Immune
High PH Mineral water, Lemon, Ginger,
Turmeric, Cayenne Pepper, Black Pepper, Agave

GREEN FLASH

396 kcal, 89g carbs, 13g protein

Benefits: Detoxifies, Tummy Tonic, Bone Density
Celery, Kale, Cucumber, Parsley, Green Apple,
Lemon, Ginger, Turmeric

CHRIS'S B.A.C.K

571 kcal, 141g carbs, 11g protein

Benefits: Delivers Nutrients to Muscles, Reduces Blood
Pressure, Brain Health
Beets, Apple, Carrot, Kale

SIMPLE FRESH JUICES

24oz / \$10.95

Orange
Pineapple
Carrot + Ginger

Apple
Celery
Cucumber + Mint

BOTTLED JUICES

12oz / \$7.95 · 32oz / \$13.95 · 64oz / \$24.95