

# CAFÉ SELECTIONS

24oz / \$12.95

## GREAT WHITE CHAI

335 kcal, 37g carbs, 40g protein

Tea Lover's Dream, Reduces Inflammation, Improves Digestion

Black Tea, Oat Milk, Bananas, House Made Chai,

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, Bananas, Cashews,

Cacao Nibs, Dates, 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, Bananas, 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,

Bananas, Peanut Butter, Hemp Hearts

## CAPE COD ZEN BLEND

297 kcal, 58g carbs, 17g protein

Antioxidant Packed, Calming, and Aids in Heart Health

Hemp Milk, Bananas, Spinach, Kale, Almond

Butter, Yogurt, Honey, Sunfoods Matcha

## COASTAL GOLDEN VIBES

257 kcal, 57g carbs, 4g protein

Skin Elixir, Reduces Inflammation, and Enhances Mood

Hemp Milk, Bananas, Mangoes, Ginger,

Sunfoods Golden Milk Blend

# ACAI

24oz / \$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, Honey

## LIFE PRESERVER BOWL

545 kcal, 79g carbs, 12g protein

Benefits: High in Fiber, High in Potassium, Superfood

Acai, Yogurt, Bananas, Strawberries, Blueberries,

French Vanilla Granola, Coconut Flakes, Peanut

Butter, Hemp Hearts, Honey

## ACAI SOFT SERVE CONE 12oz / \$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, Bananas, MCT Coconut Oil, Honey, Spirulina, Chlorella, 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, Mangoes, Bananas, Ginger, Turmeric, Vanilla Plant Protein, Collagen Protein

## OCEANSIDE

562 kcal, 84g carbs, 27g protein

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

## BOARDWALK BROWNIE

844 kcal, 140g carbs, 55g protein

Benefits: Antioxidants, Iron, Mood Enhancer  
Chocolate Almond Milk, Cacao Nibs, Spinach, Bananas, Blueberries, Chia Seeds, Vanilla and Chocolate Whey Protein, Pinch of 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, Bananas, 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  
Almond Milk, Bananas, 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, Bananas, Mangoes, 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, Bananas, Kale, Spinach

## SUNBURST

556 kcal, 105g carbs, 7g protein

Benefits: Skin Improvement, Blood Circulation, Recovery  
Fresh Squeezed Orange Juice, Mangoes, Pineapple, MCT Coconut Oil

## HIGH SEA

553 kcal, 131g carbs, 9g protein

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

# JUICE BLENDS

24oz / \$10.95

## STRAWBERRY SUNRISE

131 kcal, 43 g carbs, 3g protein

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

## GREEN COOLER

265 kcal, 75g carbs, 8g protein

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

## LEMON ELIXIR (Served Iced or Hot)

51 kcal, 16g carbs, 2g protein

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

## GREEN FLASH

126 kcal, 35g carbs, 7g protein

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

## BUOY BEET BLAST

571 kcal, 141g carbs, 11g protein

Benefits: Delivers Nutrients to Muscles, Reduces Blood Pressure, Brain Health  
Beets, Red Apple, Carrot, Lemon, Ginger, Parsley

# SIMPLE FRESH JUICES

24oz / \$10.95

Orange	Apple
Pineapple	Celery
Carrot + Ginger	Cucumber + Mint

## BOTTLED JUICES

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