

# CAFÉ SMOOTHIES

24oz / \$12<sup>95</sup>

## THE BREAKFAST

522 kcal, 56g carbs, 15g protein  
*Antioxidant Packed + Caffeine*

Cold Brew Coffee, Almond Milk, Bananas,  
Almond Butter, Gluten Free Oats, Chia,  
Flax, Date Syrup, Cinnamon

## COASTAL COLD BREW

560 kcal, 88g carbs, 21g protein  
*Bone Health + Polyphenols*

Cold Brew Coffee, Oat Milk, Bananas,  
Cashews, Cacao Nibs, Date Syrup,  
Chocolate Whey Protein

## BEACHCOMBER BREW

882 kcal, 152g carbs, 17g protein  
*Energy + Protein*

Cold Brew Coffee, Almond Milk, Bananas,  
Cocoa Nibs, Hemp Hearts, Almond Butter,  
Date Syrup, Cinnamon

## BAYSIDE BANANA BUZZ

595 kcal, 95g carbs, 13g protein

*All the Yummy Benefits of the Beach Bum but with the Buzz*

Cold Brew Coffee, Chocolate Almond Milk,  
Bananas, Hemp Hearts, Peanut Butter

## IF THE GRINCH LIKED MATCHA

749 kcal, 82g carbs, 37g protein  
*Antioxidants + Hydration*

Coconut Water, Strawberries, Bananas,  
Vanilla Yogurt, Almond Butter, Matcha

# COLD BREW ON TAP

NO WAKE DECAF /  
REGULAR 24oz / \$4<sup>95</sup>

NITRO 24oz / \$5<sup>95</sup>

# SIGNATURE BOWLS

24oz / \$14<sup>95</sup>

## ISLAND ACAI

796 kcal, 110g carbs, 22g protein  
*Antioxidants + Vitamin C*

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

## LIFE PRESERVER

981 kcal, 155g carbs, 29g protein  
*High in Fiber + High in Potassium*

Acai, Vanilla Yogurt, Bananas, Strawberries,  
Blueberries, Almond Vanilla Granola,  
Coconut Flakes, Peanut Butter,  
Hemp Hearts, Honey

## COAST GUARD

813 kcal, 138g carbs, 14g protein  
*Antioxidants + Vitamin C*

Acai, Bananas, Strawberries,  
Almond Vanilla Granola, Coconut Flakes,  
Nutella, Cacao Nibs, Honey

## NUTRITIONAL AIDS \$2<sup>00</sup>

Collagen Protein	Hemp Hearts
Whey Protein	Nutella
(Chocolate, Plain, Vanilla)	Gluten Free Oats
Plant Protein	MCT Oil
(Chocolate, Vanilla)	Flax Seeds
Almond Butter	Ashwagandha
Peanut Butter	Vanilla Yogurt
Chia	Cacao Nibs



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Allergy Warning: Menu items may contain or come into contact with wheat, eggs, nuts, milk and sesame. Ask our staff for more information.



Ring's Juice Bar crafts fresh,  
whole-food smoothies, juices,  
and bowls delivering  
wholesome goodness in every  
sip or bite.

LOCATED INSIDE

Ring Bros.  
Marketplace

ORDER  
ONLINE



# SUPERFOOD PROTEIN SHAKES

24oz / \$14<sup>95</sup>

## SEA GREENS

742 kcal, 110g carbs, 23g protein  
*Anti-Inflammatory + Skin Elixir*

Oat Milk, Bananas, Kale, Spinach,  
MCT Coconut Oil, Honey, Spirulina, Chlorella,  
Collagen, Grey Sea Salt

## LIQUID SUNSHINE

248 kcal, 57g carbs, 22g protein  
*Vitamin C + Aids Digestion*

Coconut Water, Fresh Squeezed Orange Juice,  
Pineapple, Mangoes, Bananas, Ginger,  
Turmeric, Vanilla Plant Protein, Collagen

## BLUEBERRY BAY

802 kcal, 92g carbs, 32g protein  
*Omega 3 + Antioxidants*

Almond Milk, Bananas, Blueberries,  
Hemp Hearts, Chia, Cashews, Almond Butter,  
Chocolate Whey Protein

## BOARDWALK BROWNIE

744 kcal, 138g carbs, 33g protein  
*Antioxidant + Iron*

Chocolate Almond Milk, Bananas,  
Blueberries, Spinach, Cacao Nibs, Chia,  
Vanilla and Chocolate Whey Protein,  
Grey Sea Salt

## RAIL TRAIL MIX

726 kcal, 105g carbs, 29g protein  
*Quick Absorption + Improve Immune*

Oat Milk, Bananas, Cranberries, Red Apple, Green  
Apple, Hemp Hearts,  
Vanilla Almond Granola, Almond Butter,  
Vanilla Whey Protein, Collagen

# SMOOTHIES

24oz / \$10<sup>95</sup>

## BEACH BUM BANANA

577 kcal, 79g carbs, 15g protein  
*Protein + Improved Mood*

Almond Milk, Bananas,  
Cacao Nibs, Hemp Hearts, Peanut Butter

## MANGO MERMAID

275 kcal, 67g carbs, 7g protein  
*High in Vitamin C + Iron*

Pineapple Juice, Bananas,  
Mangoes, Kale, Spinach, Ginger

## FERRY BERRY

588 kcal, 142g carbs, 7g protein  
*Exercise Recovery + Antioxidants*

Pineapple Juice, Blueberries,  
Strawberries, Raspberries

## HIT THE GREEN

399 kcal, 92g carbs, 10g protein  
*Folate + Heart Health*

Coconut Water, Bananas, Kale, Spinach,  
Green Apple

## SUNBURST

556 kcal, 105g carbs, 7g protein  
*Cognitive Health + Blood Circulation*

Fresh Squeezed Orange Juice, Mangoes,  
Pineapple, MCT Coconut Oil

## P-TOWN PB+J

806kcal, 143g carbs, 14g protein  
*Fiber + Protein*

Apple Juice, Bananas, Strawberries,  
Peanut Butter

# JUICE BLENDS

24oz / \$10<sup>95</sup>

## NAUSET NIGHTFALL

336 kcal, 86g carbs, 5g protein  
*Vitamins A, C + K*

Purple Sweet Potato, Beets, Apples,  
Lemon, Ginger

## GREEN COOLER

265 kcal, 75g carbs, 8g protein  
*Detoxifies + Skin Elixir*

Kale, Cucumbers, Green Apples, Pears,  
Pineapple, Mint, Ginger, Lime

## LEMON ELIXIR (Served Iced or Hot)

51 kcal, 16g carbs, 2g protein  
*Balances PH + Improves Immune*

Alkaline Water, Lemons, Ginger,  
Turmeric, Cayenne Pepper, Black Pepper, Agave

## GREEN FLASH

126 kcal, 35g carbs, 7g protein  
*Detoxifies + Bone Density*

Celery, Kale, Cucumbers, Parsley, Green Apples,  
Lemons, Ginger, Turmeric

## BUOY BEET BLAST

571 kcal, 141g carbs, 11g protein

*Muscles Recovery + Aides Blood Pressure*  
Beets, Red Apples, Carrots, Lemons, Ginger,  
Parsley

## SUNSET SPLASH

331 kcal, 81g carbs, 6g protein  
*Vitamin C + Immune Boost*

Carrots, Pineapple, Oranges, Ginger, Turmeric,  
Lime

# CUSTOM JUICES

## RESEALABLE BOTTLE

32oz / \$13<sup>95</sup> 64oz / \$24<sup>95</sup>

Before placing your order, please inform your server if a person in your party has a food allergy. Please be aware that allergen cross contamination may occur.