

CAFÉ SMOOTHIES

24oz / \$12⁹⁵

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

COLD BREW ON TAP

NO WAKE DECAF /
REGULAR 24oz / \$4⁹⁵

NITRO 24oz / \$5⁹⁵

SIGNATURE BOWLS

24oz / \$14⁹⁵

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 \$2⁰⁰

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



FOLLOW US
RINGSJUICEBAR
for in-store specials, news + more



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



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

SUPERFOOD PROTEIN SHAKES

24oz / \$14⁹⁵

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 / \$10⁹⁵

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 / \$10⁹⁵

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 / \$13⁹⁵ 64oz / \$24⁹⁵

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.