



**Open Every Day**  
8:30am - 3:30pm  
71 Court Street  
Downtown Plymouth



**Download Our App  
to Order Ahead**  
Available on the App Store  
and Google Play

## Smoothies

**SM \$8.50 MD \$9.50 LG \$10.50**

### PUMPED UP

Strawberry, Banana, Cacao Nibs,  
House-made Peanut Butter,  
Protein Powder, Almond Milk

### BIG ISLAND

Pineapple, Strawberry, Mango,  
Banana, Coconut Water

### THE 1620

Blueberry, Spinach, Banana,  
Greek Yogurt, Almond Milk

### SAILOR'S DELIGHT

Orange, Kale, Mango, Banana,  
Coconut Water

### THE PATRIOT

Blueberry, Spinach, House-made  
Peanut Butter, Banana, Toasted  
Coconut, Almond Milk

### PROTEIN AÇAÍ SMOOTHIE

Açaí Berry, House-made Peanut  
Butter, Blueberry, Banana,  
Strawberry, Protein Powder,  
Almond Milk (\$1 increase as açaí  
is mixed into this smoothie)

### CHOCOLATE MACA

Plant Based Chocolate Maca  
Protein, Banana, House-made  
Peanut Butter, Almond Milk

### MATCHA SMOOTHIE

Matcha, Mango, Spinach,  
Banana, Almond Milk

### SMURF SMOOTHIE

Blueberry, Pineapple, Banana,  
Coconut Water

### WICKED AWESOME AVOCADO

Avocado, Strawberry, Spinach,  
Kale, Chia Seeds, Almond Milk

### WAKE UP CALL

Cold Brew Coffee, Banana,  
House-made Peanut Butter,  
Cinnamon, Almond Milk

## Juices

**SM \$8.50 MD \$9.50 LG \$10.50**

### GREEN MONSTER

Spinach, Kale, Apple, Ginger,  
Lemon, Celery, Cucumber

### FEEL THE HYDRATION

Cucumber, Pineapple, Apple,  
Ginger, Lemon

### BUZZARDS BREW

Carrot, Pineapple, Orange,  
Apple, Turmeric

### PILGRIM'S PUNCH

Cranberries, Strawberries, Carrot,  
Apple

### QUICK & DIRTY

#### FLU FIGHTER

Grapefruit, Orange, Apple,  
Carrot, Lemon, Ginger,  
Turmeric (Garlic Optional)

#### RUBY RED BLISS

Beet, Apple, Orange, Carrot,  
Lemon, Ginger  
(Jalapeño Optional)

#### DAY PARTY

Fennel, Cucumber, Pineapple,  
Celery, Kale, Ginger, Lemon

**VELA JUICE CLEANSE \$60/day**

Visit [velajuicebar.com](http://velajuicebar.com) or stop by  
the shop for more info.

## Açaí Bowls \$13.50

### PROTEIN AÇAÍ BOWL

**Blended:** Açaí Berry, Blueberry,  
Strawberry, Banana, House-made  
Peanut Butter, Protein Powder,  
Almond Milk

**Toppings:** Fresh Strawberries and  
Blueberries, Banana, Gluten Free  
Granola, House-made Peanut  
Butter, Agave

### ISLAND AÇAÍ BOWL

**Blended:** Açaí Berry, Blueberry,  
Banana, Strawberry, Coconut Water

**Toppings:** Fresh Strawberries and  
Blueberries, Banana, Pineapple,  
Toasted Coconut, Agave

### AMERICA'S HOMETOWN AÇAÍ BOWL

**Blended:** Açaí Berry, Blueberry,  
Strawberry, Banana, Spinach,  
Almond Milk

**Toppings:** Fresh Strawberries and  
Blueberries, Banana, Sliced  
Almonds, Agave

## Shots

**\$3.50**

### HANGOVER HELPER

Ginger, Apple

### FLU SHOT

Lemon, Ginger, Turmeric, Local  
Honey, Cayenne

### METABOLISM BOOSTER

Jalapeño, Pineapple

### WHEATGRASS \$5

Please notify staff of any allergies

## Salads & Grain Bowls

\$12.95

### GREEK FALAFEL QUINOA SALAD

Tri-color Quinoa, Arugula, Vegan Falafel, Pickled Red Onions, Crumbled Feta, Grape Tomatoes, European Cucumbers, Tzatziki Dressing, slice of Gyro Bread, & side of Sriracha Yogurt

### AVOCADO CHICKPEA SALAD

Roasted Chickpeas, European Cucumbers, Red Bell Peppers, Grape Tomatoes, Avocado, Crumbled Feta, Kalamata Olives, Lime, Mixed Greens served with a side of Sweet Onion Poppyseed Dressing

### KALE CAESAR SALAD

Baby Kale, Lemon Juice, House-made Croutons, Gluten Free Bread Crumbs, Parmesan Cheese, side of Roasted Tahini Chickpeas served with House-made Caesar Dressing (Gluten Free Croutons Available)

### GARDEN SALAD \$9.95

Mixed Greens, Grape Tomatoes, European Cucumbers, Red Onions, Red Bell Peppers, Carrots served with your choice of dressing

## Sandwiches

All sandwiches served with Cape Cod Chips  
Gluten Free Bread Options Available Upon Request

### VEGGIE WRAP

\$10.25

Red Bell Peppers, White Cheddar, European Cucumbers, Tomato, Red Onions, Microgreens, Lettuce, Roasted Red Pepper Hummus on a Whole Wheat Wrap

### GREEK GODDESS WRAP

Romaine Lettuce, Crumbled Feta, Tzatziki, European Cucumbers, Red Bell Peppers, Red Onions, Banana Peppers

### CAPRESE PANINI

House-made Pesto, Vine Ripened Tomatoes, Mozzarella, pressed on a Ciabatta Roll with a side of Balsamic Glaze (Contains Pine Nuts)

### CARAMELIZED ONION GRILLED CHEESE

Caramelized Onions, White Cheddar and Gruyere Cheese on Multigrain Bread

### VEGAN CHICKPEA SALAD SANDWICH

Chickpea Salad made with Grapes & Celery, Vegan Mayo, Vine Ripened Tomatoes, Lettuce on Multigrain Bread

### FALAFEL WRAP

Vegan Falafel, Roasted Red Pepper Hummus, Mixed Greens, Tabouli, Tzatziki, Tomatoes, European Cucumbers, Crumbled Feta

### SPICY VEGGIE BURGER

Sweet Potato Black Bean Burger, Sriracha Mayo, Curry Ketchup, White Cheddar, Red Onions, House-made Pickles, Tomato, Lettuce on a Brioche Bun

### KALE CAESAR WRAP

Baby Kale, Lemon Juice, House-made Croutons, Gluten Free Bread Crumbs, Parmesan Cheese tossed in House-made Caesar Dressing on a Whole Wheat Wrap served with a side of Roasted Tahini Chickpeas (Gluten Free Croutons Available)

## Gourmet Toasts \$7.50

### AVOCADO TOAST

Avocado, Lime Juice, Pepitas, Baby Arugula, Watermelon Radish, Shallots, Chia Seeds

### EGG & SMASH TOAST

Hard Boiled Egg, Avocado Smash, Red Pepper Flakes, Microgreens

### PEANUT BUTTER TOAST

House-made Peanut Butter, Bananas, Strawberries, Toasted Coconut, Agave

### CAPRESE TOAST

Avocado Smash, Mozzarella, Grape Tomatoes, Balsamic Glaze, House-made Pesto (Contains Pine Nuts)

### TWO MINI TOASTS

Peanut Butter Toast and Avocado Toast on Miniature Breads

•Gluten Free Bread Available Upon Request

## Coffee & Tea

HOT TEA SM \$2.45 MD \$2.75 LG \$3.45

COLD BREW SM \$3.45 MD \$3.95 LG \$4.45

## Snacks

MUFFINS (GF & Vegan)

DONUTS (GF & Vegan)

CHOCOLATE CHIP COOKIES (GF & Vegan)

SIDE OF CHICKPEA SALAD

SIDE OF AVOCADO SMASH

FRUIT CUP

FALAFEL BALLS

ENERGY BITES

CAPE COD CHIPS