

# SALADS, BOWLS, TOASTS

Extras ~ housemade dressings, avocado or kale +\$1

Additions ~ smoked salmon +\$3; vegan pepperoni, vegan bacon, vegan carne asada or fresh mozzarella +\$2

## Salads

**Selection varies daily.**

Prepared with the freshest ingredients, organic when we can and always served with our housemade dressings.

## Bowls (available after 11am)

### Sushi Bowl ..... \$9

Sprouted brown rice, kale, avocado, cucumber, carrots, nori, edamame, served with our housemade sushi bowl dressing and vegan spicy mayo sauce.

### Buddha Bowl ..... \$9

Sprouted brown rice, kale, cumin chickpeas, avocado, cucumber, carrots, served with our housemade cilantro jalapeño dressing.

## Toasts ..... \$3 for 1 / \$5.50 for 2

Served on Cambera Farm sourdough bread, by the slice. Assorted flavors.

### Simple Avocado

Avocado, lemon juice, salt, black pepper, evoo, parsley.

### Everything Avocado

Avocado, lemon juice, salt, black pepper, evoo, housemade everything seasoning.

### PB&J (substitute almond butter +\$0.50)

Creamy pb, strawberries, honey.

### Strawberry & Cream Cheese

Cream cheese, strawberry, honey.

### Banana & Almond Butter

Almond butter, banana, honey.

### Caprese Avocado ..... +\$2 / +\$4

Avocado, tomato, mozzarella, lemon juice, salt, black pepper, evoo, glazed balsamic vinegar, basil.

### Smoked Salmon Avocado ..... +\$2 / +\$4

Avocado, cream cheese, smoked salmon, red onion, lemon juice, salt, black pepper, dill, your choice of cucumber or tomato.

## Bites

### Chocolate Oat Bites ..... \$1

Rolled oats, tahini, cacao, coconut oil, maple syrup, vanilla, cinnamon, salt.

# COLD-PRESSED JUICES

Our juices are housemade and cold-pressed for pre-order only. Order by Wednesday, pick up Thursday or Sunday.

by the bottle 16oz ~ \$8  
6-pack ~ \$37 | 3-pack ~ \$21

### Detoxify

Cucumber, celery, apple, kale, lemon, ginger root.

### Refresher

Pineapple, cucumber, kale, ginger root, mint.

### Antioxidant

Strawberry, apple, cucumber, kiwi, lemon.

### Energize

Carrot, orange, beet, celery, ginger root.

### Immunity

Carrot, orange, lemon, cayenne pepper.

### Cleanse

Apple, cucumber, celery, spinach, lemon.

### Ginger-Aid

Cucumber, apple, celery, romaine, lime, ginger root.

### Healing

Carrot, cucumber, beet, apple, ginger root.

### Wellness Shot ..... \$2

**2oz**  
Orange, lemon, ginger root, turmeric root, black pepper.

# COFFEE, TEA & MORE...

We proudly serve Ashlawn Farm Coffee.  
Add a flavor shot for \$0.75

### Hot or Iced Coffee

Regular 12oz ..... \$2  
Large 20oz ..... \$3

### Assorted Loose Leaf Teas

Regular 12oz ..... \$2  
Large 20oz ..... \$3

### Housemade Italian Sodas

Choose your flavor, seltzer, half & half, whipped cream.

Regular 16oz ..... \$3.25  
Large 24oz ..... \$4

### Housemade Almond Milk

64 oz. Must pre-order.

With mason jar ..... \$10.99  
With mason jar exchange ..... \$5.99

### Bubble Teas & Bubble Milk

Regular 16oz | Large 24oz

*Coming soon!*

### Green Matcha ..... \$4 / \$5

Black tapioca pearls, matcha green tea powder, maple syrup, choice of milk.

### Honeydew Melon ..... \$4 / \$5

Black tapioca pearls, loose leaf black tea, honeydew melon juice, maple syrup, choice of milk.

### Strawberry Bubble Milk ..... \$5 / \$6

Black tapioca pearls, strawberries, maple syrup, choice of milk.



# Twisted Dog Soul Bar

**SMOOTHIES  
COLD-PRESSED JUICES  
ACAI BOWLS  
SALADS  
RICE BOWLS  
TOASTS  
COFFEE & TEA**

Vegan, dairy-free and gluten-free options  
~ organic when we can ~

Your destination for  
fresh, healthy + delicious.

Dine-in + takeout available  
Call ahead to place your order  
860-603-2387  
twisteddogsoulbar.com

  twisteddogsoulbar

## SMOOTHIES

Regular 16oz | Meal 24oz (includes protein)  
Choice of milk: housemade almond, coconut or 1% dairy

### Greens

#### Green Soul ..... \$6/\$8

Banana, kale, apple, avocado, fresh ginger, chia seeds, orange juice, apple juice, topped with chia seeds.

#### Yoga on the Green ..... \$6/\$8

Banana, kale, peanut butter powder, honey, orange juice, choice of milk, topped with pb powder.

#### Super Green..... \$6/\$8

Greens, banana, apple, celery, lemon, chia seeds, coconut water, topped with chia seeds.

### Very Berry

#### Ole Faithful ..... \$5/\$7

Banana, strawberry, honey, choice of milk.

#### Berries N Cream ..... \$5/\$7

Strawberry, banana, blueberries, honey, choice of milk.

#### Strawberry Shortcake ..... \$6/\$8

Strawberry, cauliflower, yogurt, honey, choice of milk.

### Chocolate Fix

#### Twisted Chocolate Cherry ..... \$6/\$8

Cherry, avocado, spinach, cacao, vanilla, maple syrup, choice of milk, topped with chocolate drizzle.

#### Chocolate PB Cup ..... \$6/\$8

Banana, avocado, blueberry, spinach, cacao, pb powder, creamy pb, maple syrup, choice of milk, topped with chocolate drizzle.

#### Frozen Chocolate ..... \$5/\$7

Cocoa mix, cacao powder, mint extract, choice of milk, topped with crushed candy cane, whipped cream and chocolate drizzle.

## SMOOTHIES

### Tropical

#### Island Tropics ..... \$6/\$8

Pineapple, mango, banana, coconut, honey, almond and coconut milk, topped with coconut.

#### Orange Creamsicle ..... \$5/\$7

Orange, banana, vanilla, honey, choice of milk.

### Protein Boost

#### PB&J ..... \$6/\$8

Strawberry, banana, peanut butter powder, honey, choice of milk, topped with jelly.

#### Pumpkin Pie ..... \$6/\$8

Banana, pumpkin, almond butter, cinnamon, nutmeg, maple syrup, choice of milk, topped with whipped cream and pumpkin pie spice.

### Caffeine

#### Pick-me-up Coffee ..... \$5/\$7

Banana, iced coffee, rolled oats, creamy pb, cacao, honey, choice of milk, topped with chocolate drizzle.

#### Matcha SHAKE ..... \$4/\$6

Banana, spinach, Matcha green tea powder, vanilla, medjool date, choice of milk.

## BOOSTS

Add any boost to your smoothie or bowl.

Protein ~ whey, pea, hemp, pb +\$1; almond butter +1.25

Greens ~ kale, spinach +\$0.75; avocado +\$1

Fiber ~ chia, flax +\$0.75

Powders ~ immune support, energy, greens, trim+fit, antioxidant +\$1

CBD ~ 20mg +\$4

Extras ~ whipped cream, chocolate drizzle (upon request, no charge)

## BOWLS

One size only  
Choice of milk: housemade almond, coconut or 1% dairy  
Substitute coconut water +\$0.75

### Açaí Bowls

#### The 'Ushe' ..... \$9

Açaí, strawberry, banana, choice of milk, topped with banana, strawberry, granola, honey, coconut.

#### The Dragon ..... \$9

Açaí, dragon fruit, banana, raspberry, choice of milk, topped with banana, granola and chia seeds.

### Smoothie Bowls

#### Strawberry Blast ..... \$8

Strawberry, banana, choice of milk, topped with banana, granola and strawberry.

#### Island Tropics ..... \$8

Pineapple, mango, banana, coconut, honey, coconut milk, topped with banana, coconut, chia seeds and honey.

#### Raspberry Almond Protein ..... \$8

Raspberry, banana, almond butter, choice of milk, topped with banana, granola, strawberry, coconut and honey.

#### Pumpkin Pie Protein ..... \$8

Banana, pumpkin, almond butter, cinnamon, nutmeg, maple syrup, choice of milk, topped with banana, granola, almond butter, whipped cream and pumpkin pie spice.

#### Chocolate Peanut Butter ..... \$8

Banana, creamy peanut butter, spinach, cacao, vanilla, choice of milk, topped with banana, granola, chocolate chips and maple syrup.

#### Cookies N Cream ..... \$8

Banana, Oreo cookie, choice of milk, topped with banana, Oreo cookie and chocolate drizzle.

#### Green Power ..... \$8

Kale, banana, avocado, coconut, choice of milk, topped with banana, kiwi, strawberry, chia seeds, coconut and honey.