**SMOOTHIES**

Our smoothies are delicious, luscious, frozen yummy concoctions with no fillers. They are great as a light meal, snack or dessert.

<table>
<thead>
<tr>
<th>Smoothie</th>
<th>Price</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>LOVE ALIVE</td>
<td>$7.00</td>
<td>Blueberry, Strawberry, Banana, Date, Chia, Coconut Milk</td>
</tr>
<tr>
<td>SPRING ALIVE</td>
<td>$7.50</td>
<td>Blueberry, Strawberry, Dried Mango, Spirulina, Ice Cream*</td>
</tr>
<tr>
<td>CHAGA CHAI CARAMEL</td>
<td>$8.25</td>
<td>Medicinal Chaga Mushrooms, Chai, Banana, Ice Cream, Chia, Coconut Milk, Lucuma Caramel</td>
</tr>
<tr>
<td>ELVIS ALIVE</td>
<td>$7.00</td>
<td>Peanut Butter, Raw Cacao, Banana, Ice Cream*</td>
</tr>
<tr>
<td>LUST ALIVE</td>
<td>$7.00</td>
<td>Strawberry, Banana, Fresh Ginger, Cinnamon, Raw Cacao, Ice Cream*</td>
</tr>
<tr>
<td>COCONUT ALIVE</td>
<td>$7.00</td>
<td>Banana, Coconut Oil, Ice Cream*</td>
</tr>
<tr>
<td>BEE HERE NOW</td>
<td>$8.25</td>
<td>Raspberry, Dragon Fruit, Lime, Chia, Honey, Bee Pollen, Coconut Water</td>
</tr>
<tr>
<td>VIBRANCE ALIVE</td>
<td>$7.00</td>
<td>Fresh Ginger, Lemon, Strawberry, Date, Banana, Maple Syrup</td>
</tr>
<tr>
<td>COCO LOCO ALIVE</td>
<td>$7.00</td>
<td>Dandi-Blend, Raw Cacao, Coconut Oil, Ice Cream*, Maple Syrup, Ice, Rice Milk</td>
</tr>
<tr>
<td>ECSTATIC</td>
<td>$7.00</td>
<td>Strawberry, Banana, Golden Berry, Coconut Water</td>
</tr>
<tr>
<td>HARVEST ALIVE</td>
<td>$7.50</td>
<td>Kale, Avocado, Lemon Juice, Banana, Chia, Date, Coconut Milk</td>
</tr>
<tr>
<td>CARROT CAKE ALIVE</td>
<td>$7.50</td>
<td>Hemp Protein, Carrot Juice, Banana, Ice Cream*, Rice Milk, Cinnamon</td>
</tr>
<tr>
<td>GOLDEN SUNRISE ALIVE</td>
<td>$8.00</td>
<td>Banana, Dried Mango, Turmeric, Cinnamon, Maca, Chia, Coconut Oil, Coconut Milk</td>
</tr>
<tr>
<td>*coconut milk base, non-dairy &amp; soy free</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**FRESH JUICES 12oz**

<table>
<thead>
<tr>
<th>Smoothie</th>
<th>Price</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>THRIVE ALIVE</td>
<td>$6.50</td>
<td>Carrot, Apple, Ginger</td>
</tr>
<tr>
<td>JIVE ALIVE</td>
<td>$6.00</td>
<td>Cucumber, Celery, Kale, Lemon, Ginger</td>
</tr>
<tr>
<td>LIFE ALIVE</td>
<td>$7.25</td>
<td>Apple, Beet, Carrot, Celery, Kale, Wheatgrass</td>
</tr>
<tr>
<td>SPICY GREEN TONIC</td>
<td>$7.25</td>
<td>Pineapple, Jalapeño, Apple, Mint, Cilantro</td>
</tr>
<tr>
<td>HIVE ALIVE</td>
<td>$6.25</td>
<td>Apple, Lemon, Honey, Pure Water</td>
</tr>
<tr>
<td>REVIVE ALIVE</td>
<td>$8.25</td>
<td>Apple, Carrot, Turmeric, Ginger, Lemon, Honey, Cinnamon, Apple Cider Vinegar</td>
</tr>
<tr>
<td>GINGER CRUSH</td>
<td>$5.00</td>
<td>Ginger, Lemon, Maple Syrup, Crushed Ice, Pure Water</td>
</tr>
<tr>
<td>ELEVATE ALIVE</td>
<td>$7.25</td>
<td>Apple, Beet, Kale, Strawberry, Aloe, Wheatgrass</td>
</tr>
<tr>
<td>SUPERHERO ALIVE</td>
<td>$7.75</td>
<td>Carrot, Apple, Ginger, Spirulina, Cayenne, Garlic, Apple Cider Vinegar, Honey, Pure Water</td>
</tr>
</tbody>
</table>

**SUPERFOODS**

Make it more deliciously nutritious for $1.50

- ALOE
- HEMP PROTEIN
- MACA
- MATCHA
- GRASS FED WHEY
- SPIRULINA
- BEE POLLEN

**SHOTS**

<table>
<thead>
<tr>
<th>Smoothie</th>
<th>Price</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>WHEATGRASS</td>
<td>1oz. $3.00</td>
<td></td>
</tr>
<tr>
<td>FRESH JUICED TUMERIC</td>
<td>1oz. $1.50</td>
<td></td>
</tr>
</tbody>
</table>

**HOURS**

Open 10am - 9pm everyday

**Take Out is ready fast!**

Order online at [www.LifeAlive.com](http://www.LifeAlive.com) or Download our App

**Contact Information**

281 Essex St, Salem, MA 01970 | 978.594.4644

We are also located in Central Square Cambridge & Downtown Lowell
WARM GRAIN BOWLS

Everything we serve is vibrant, therapeutic food – as healing for your body as it is delicious in your mouth! We urge you to notice how you feel after eating!

ALL GRAIN-BASED MEALS ARE AVAILABLE 3 WAYS:

FILLING BOWL $9.50    HANDY WRAP $9.95    DEMI (HALF) BOWL $6.95

THE GODDESS
Our supreme Ginger Nama Shoyu Sauce nurturing carrots, beets, broccoli, kale, & tofu or sprouted legumes, gracing short-grain brown rice.

THE HEALER
Our Nutri-Lemon Flax Sauce with kelp & nutritional flakes enriching broccoli, kale & sun-sprouts over short grain brown rice.

THE REBEL
Our famous Sesame Ginger Nama Sauce with high lignan flax oil enlivening carrots, beets, broccoli, kale, tofu or sprouted legumes & seaweed over quinoa & short grain brown rice.

THE ADVENTURER
Our Sesame Ginger Nama Sauce meets a colorful mix of corn, beets, broccoli, kale, shredded cheddar, tofu or sprouted legumes & tamari almonds over quinoa & brown rice.

THE SWAMI
Our Sweet Curry Miso Sauce initiating a flavorful mix of tamari almonds, raisins, shredded carrots, broccoli, kale, & sweet onions over brown rice with a sprinkle of nutritional flakes.

THE INNOCENT
Our Ginger Nama Shoyu Sauce seasoned with high lignan flax oil, kelp and nutritional flakes giving a savory, cheese-like seasoning to sweet corn, shredded carrots, broccoli, & tamari almonds over quinoa & short grain brown rice.

GRILLED WRAPS

THE HOT & HEALTHY BACHELOR
Melted cheddar, hardboiled egg, broccoli, kale, Braggs & nutritional flakes, warmly nestled in a soft whole-wheat tortilla.

THE ROMANTIC
Melted cheddar, avocado, broccoli, garlic, nutritional flakes & Braggs, all embraced within a soft whole-wheat tortilla.

THE SEDUCTRESS
Hardboiled egg, broccoli, kale, shredded carrots & beets, high lignan flax oil, garlic, Braggs & nutritional flakes all embraced by a whole wheat tortilla.

THE FEISTY CHILD
A gooey, glorious mix of peanut butter, strawberry jam, banana & honey playing inside a warmed whole-wheat tortilla.

KIDDIE QUESADILLA
A simple & comforting soft whole-wheat tortilla enfolding delicious melted cheese & nutritional flakes.

GREEN SALAD BOWLS

FILLING BOWL $9.50    HANDY WRAP $9.95    DEMI (HALF) BOWL $6.95

THE SUFI POET
Delight in our red-lentil hummus whirling atop cranberries, cashews, cucumbers, green apples, shredded carrots, sun-sprouts & spring greens all infused by our Balsamic Vinaigrette.

THE EMPEROR
Our velvety Miso Sauce smothering sweet corn, shredded carrots, sundried tomatoes, kale, tofu or sprouted legumes, cheddar cheese & sun-sprouts all over brown rice.

THE GREEN GODDESS
Our Ginger Nama Shoyu Sauce enhanced by fresh garlic & high lignan flax oil, empowering avocado, broccoli, kale, & tofu or sprouted legumes over short grain brown rice.

THE UDON MISO MASTERFUL
Red Miso Broth deepened with toasted sesame & flax oils, a dash of Braggs, sesame seeds, broccoli, kale, shredded carrots, seaweed & shiitake mushrooms plus udon noodles for a powerful soup that nourishes & satisfies! (available with gluten free rice noodles)

THE LOVER
Juicy, messy, & fantastic because of it! Wild & meaty shiitake mushrooms, shredded carrots & beets, broccoli, & kale smothered in our Ginger Nama Shoyu sauce over brown rice.

THE FOOL
Our fragrant Sesame Ginger Sauce marinating thick & comforting udon noodles, healing shiitake mushrooms, shredded carrots, sweet onions, tofu or sprouted legumes, kale & sesame seeds. (available with gluten free rice noodles)

THE ALCHEMIST
Ginger Nama Shoyu sauce transforming sweet corn, carrots, kale, tofu or sprouted legumes, sunsprouts and sesame seeds over protein rich quinoa.

THE CRUNCHY HIPPIE
Simply delicious peanut butter & strawberry jam rolled up in a whole-wheat tortilla

THE CHILD
So much more than cereal: Locally made granola, fresh apples slices, goji berries, & rice milk

MAKE IT MORE DELICIOUS - $2

STEAMED EGG the perfect protein
RED LENTIL HUMMUS a slow burning energy source
LEMON GARLIC HUMMUS sprouted chickpeas
ROASTED TAMARI ALMONDS crunchy and salty
AVOCADO the good green fat
WHIPPED BUTTERNUT SQUASH lemon, flax & bragg’s

TEAS

WILD-CRAFTED TEAS $3.00
LEMON GARLIC HUMMUS $3.00
CHAGA CHAI $5.25

LATTES

GOLDEN SPICE LATTE $4.25
COCO LOCO LATTE $4.75
DANDI-MOCHA LATTE $4.50
GREEN TEA LATTE $4.50

HOT CHOCOLATE $4.25

Please inform us of any allergies before placing your order