



## WE'VE GOT LUNCH...DINE IN OR CARRY-OUT

Imagine going back to work full of energy and vitality!! No more afternoon 'slumps' when you give your body "REAL FOOD"!!

### LORI'S VERY OWN SAVE THE "CHICKEN" SALAD

This incredible vegetarian sandwich spread is house-made... It's chocked full of nutrition and "Oh So" delicious. Made with an alternative mushroom protein mixed with organic raw vegetables, seeds, nuts, and a snappy sauce. Made to order on lightly toasted California bread **\$7.95** or By The Scoop - **\$6.95**

### HUMMUS, QUINOA & VEGETABLE WRAP

Your choice of organic sprouted whole wheat tortilla or a fully sprouted "Ezekiel" tortilla stuffed with house-made hummus, quinoa, romaine lettuce, shredded carrots, cucumbers, tomato, olive oil, and balsamic vinegar and Herbamare seasoning-**\$7.50**

### VEG-FRIENDLY ORGANIC HOUSE SALAD

A vegetarian salad made with fresh romaine lettuce, spinach, shredded carrots, tomato, cucumber, and your choice of dressing oil & vinegar or Braggs Sesame Ginger Vinaigrette- **\$7.00**,

Add a scoop of hummus for extra protein -**\$3.50**

### MURPHY'S HOUSE-MADE HUMMUS AND VEGGIES

A Scoop of Lori's nutritionally charged house-made hummus with a side of cucumber slices, carrot, and celery sticks -**\$5.00**

## SEASONAL SPECIALS

Call to ask about our seasonal soups, vegetarian chili, drinks, and smoothies



## GUILT FREE DESSERTS

If you've got a Sweet Tooth and one of our Lunch Specials hasn't quite filled you up...Have we got some news for you!

### BIG FAT VEGAN COOKIE \$2.55

Mouthwatering flavors include Chocolate Chip, Lemon Poppy Seed, Peanut Butter, Espresso Chocolate Chip, Peanut Butter Chocolate Chip, Double Chocolate Decadence, Oatmeal Raisin, Pumpkin Spice, and Mac the Chip!!!

### WHEAT FREE/ GLUTEN FREE COOKIES \$2.55

Vegan, Gluten Free Cookies, fresh from Sun Flour Baking Company. Just as delicious and available in many flavors

### HELEN'S FAMOUS PINEAPPLE CAKE \$4.00

Organic cake made with pineapple, walnuts, spelt flour and a yummy cream cheese frosting



Murphy's Favorites

### NOTES:

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PHONE AHEAD ORDERS ARE RECOMMENDED

**(847) 362-4664**

The staff at Murphy's understands allergies and dietary restrictions, so please indicate any substitutions required and we will do our best to meet your needs. Additional fees may be assessed. Organic produce can be seasonal and require ingredient substitution when necessary. Some of our lunch ingredients may not be organic. Prices are subject to change without notice.



400 N. Milwaukee Avenue

Downtown Libertyville, IL 60048

**(847) 362-4664**

Hours: Mon-Fri: 9am-6pm\*

Sat: 9am-5pm\*

Sun: Closed

\*Juice Bar closes 1 hour prior

# Menu



When you want "REAL FOOD"...come to Murphy's There's nothing else like us in Lake County!

Not Only do we serve the freshest, finest Organic Juices and Smoothies, but Vegetarian Lunches too!

We are a "full service" Health Food Store. Let our friendly, knowledgeable staff guide you through your supplement and herb purchases, as well as Health & Beauty Aids, Aromatherapy Oils & Accessories, and a nice selection of Organic & Natural groceries.

Please...won't you let us feed your Mind, Body, and Spirit!!

The Murphy Family Welcomes You!!



## ORGANIC VEGETABLE JUICES

 THE ULTIMATE GREEN	\$8.75
Spinach, Kale, Cucumber, Parsley, Green Apple Green Pepper, Celery, Lemon, Lime,	
THE VEG-O-MATIC	\$8.00
Spinach, Parsley, Carrot, Cucumber Celery, Green Apple, and Green Pepper	
THE EINSTEIN	\$6.50
Carrot, Celery, Parsley	
THE PARSLEY PUCKER	\$6.50
Carrot, Apple, Lemon, Parsley	
 THE PERFECT CLEANSE	\$7.50
Carrot, Cucumber, Beet, Lemon, Apple	
THE SUNDOWNER	\$6.25
Carrot, Celery, Beet, Apple	
THE GINGER SNAP	\$6.25
Carrot, Apple, Ginger Root	
THE GINGER "BEET"	\$7.25
Beet, Carrot, Apple, Lemon, Ginger Root	
TOTAL RECALL	\$6.50
Carrot, Celery, Spinach, Tomato	
PATRICK O' CARROT	\$5.75
Just Carrots	



## ORGANIC FRUIT JUICES

FRED AND GINGER	\$6.50
Apple, Orange, Ginger Root	
FOLLOW YOUR HEART	\$6.75
Orange, Apple, Lemon, Ginger root	
"C" CAPTAIN	\$6.75
Orange, Apple, Grapefruit, Lemon	
ARTHUR-ITS	\$7.00
Pineapple, Grapefruit, Apple, Strawberry	
 LIQUID SUNSHINE	\$6.50
Pineapple, Orange, Apple, Strawberry	
THE BLUES BROTHERS	\$6.00
Apple, Orange, Blueberry	

\*Add \$1.00 for each additional ingredient



## ORGANIC FRUIT SMOOTHIES

"UDO'S" PERFECT BLEND	\$7.50
Banana, Apple, Blueberry with Udo's Perfected Oil Blend, Udo's Beyond Greens, and Udo's Wholesome Fast Food Blend	
"BARLEAN'S" BERRY BLEND	\$6.75
Banana, Apple, Blueberry, Strawberry with Barlean's Flax Oil and Barlean's Greens	
PERFECT PICK ME UP	\$6.00
Banana, Apple, Oats, Apple Juice, Flax oil, & Cinnamon	
 MORNING LIFT OFF	\$6.50
Banana, Apple, GF Oats, Peanut Butter, Almond milk, and Chocolate Plant or Whey Protein Change it up with Vanilla Protein & Cinnamon	
 "FRUTEIN" FLAX FRENZY	\$6.75
Banana, Apple, Strawberry with Banana/Orange Protein and Flax oil	
"FRUTEIN" LUSCIOUS BLUE	\$6.75
Banana, Apple, Blueberry with Luscious Blue Protein and Flax oil	
THE "WHEY" IT IS	\$6.50
Banana, Orange, Strawberry with Chocolate Whey Protein	
IT'S THE BERRIES	\$5.25
Banana, Apple, Strawberry, Blueberry	
THE "3" STOOGES	\$5.75
Banana, Pineapple, Strawberry	

## ADD INS & EXTRAS

SPIRULINA	\$1.50
HONEY	\$.50
BEE POLLEN	\$1.00
BARLEAN'S GREENS	\$1.50
UDO'S GREENS	\$1.50
BARLEAN'S FLAX OIL	\$1.50
UDO'S 3.6.9 OIL	\$1.50
DAILY MEGAFOODS BOOST	\$1.00
"Energy", "Purify", "Protect -C", "Turmeric"	
DAILY MULTI-VITAMIN BOOST	\$1.00
"Nutritional powerhouse containing 27 vitamins & minerals"	
FLAX, CHIA, OR HEMP SEEDS	\$1.00



## PROTEIN POWDERS

"LIFE'S BASICS" PROTEIN	\$2.00
A vegan protein powder with 22g of protein per serving made from rice, pea, hemp and chia. Choice of chocolate, or vanilla	
"LIFE'S BASICS" VANILLA SPORTS PROTEIN	\$3.25
A vegan protein powder with 23g of protein per serving with added supplements for pre & post workout, made from rice, pea, hemp and chia	
"BLUEBONNET" WHEY PROTEIN	\$2.00
100% Natural Grass Fed Whey Protein containing 26g of protein per serving. Choice of chocolate or vanilla	
"GARDEN OF LIFE" VEGAN RAW PROTEIN	\$2.00
Contains 17g of raw sprouted protein. Choice of vanilla or chocolate.	
"SUN WARRIOR" RAW VEGAN PROTEIN	\$2.00
Contains 20g of raw sprouted protein. Choice of vanilla, chocolate, or natural	

## SOMETHING SPECIAL

<u>WHEATGRASS SHOTS</u>	1oz. \$2.75 2oz. \$3.55
 <u>ALKALIZING WELLNESS SHOT</u>	2oz. \$4.00
Ginger, Celery, Lemon, and Cayenne Pepper	
 <u>"DANDY BLEND" DELICIOUS COFFEE ALTERNATIVE</u>	
Have it Black- \$2.50 or Make it a Latte: Add agave nectar & organic creamer or almond milk - \$3.50 or Make it a Mocha: Add chocolate agave nectar and organic creamer or almond milk- \$3.50	
"BRAGG'S" HOT TODDY	\$2.50
Bragg's Apple Cider Vinegar, Local Honey, and Hot Water	
HOT HERBAL TEAS	\$2.00
"TAI CHI" GREEN TEA	\$2.50
Spring sprouts The Edible Green Tea	
 GUAYAKI MATE	\$2.50
Energizing herbal tea containing natural caffeine, vitamins, minerals, amino acids, & antioxidants	

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