

## 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 is "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

Hand wrapped in an Organic sprouted whole wheat tortilla stuffed with house-made hummus, quinoa, romaine lettuce, shredded carrots, cucumbers, tomato, olive oil, and balsamic vinegar or Bragg's Sesame Ginger 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

Various Soups available Fall to Winter  
8 oz. Cup \$3.40 12 oz. Cup \$4.50



## 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 from Alternative Baking Company . Just as delicious and available in many flavors !

 We offer a delicious assortment of other Nut Balls, Vegan Candy Bars, & Asstd. Artisan Chocolate Bars



PHONE AHEAD ORDERS ARE RECOMMENDED  
**(847) 362-4664**

NOTE: Peanuts and Tree Nuts and Whey Protein (Dairy sourced) are used daily at our Juice Bar. 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

**OWNER: LORI MURPHY**

**(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

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



## ORGANIC FRUIT JUICES

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

\*Add \$1.00 for each additional ingredient



## ORGANIC FRUIT SMOOTHIES

<b>"UDO'S" PERFECT BLEND</b>	\$7.50
Banana, Apple, Blueberry with Udo's Perfected Oil Blend, Udo's Beyond Greens, and Udo's Wholesome Fast Food Blend	
<b>"BARLEAN'S" BERRY BLEND</b>	\$6.75
Banana, Apple, Blueberry, Strawberry with Barlean's Flax Oil and Barlean's Greens	
<b>PERFECT PICK ME UP</b>	\$6.00
Banana, Apple, Oats, Apple Juice, Flax oil, & Cinnamon	
 <b>MORNING LIFT OFF</b>	\$6.50
Banana, Apple, GF Oats, Peanut Butter, Almond milk, Flax Oil and Chocolate Plant or Whey Protein Change it up with Vanilla Protein & Cinnamon	
 <b>"FRUTEIN" FLAX FRENZY</b>	\$7.00
Banana, Apple, Strawberry with Banana/Orange Protein and Flax oil	
<b>"FRUTEIN" LUSCIOUS BLUE</b>	\$7.00
Banana, Apple, Blueberry with Luscious Blue Protein and Flax oil	
<b>THE "WHEY" IT IS</b>	\$6.50
Banana, Orange, Strawberry with Chocolate Whey Protein	
<b>IT'S THE BERRIES</b>	\$5.25
Banana, Apple, Strawberry, Blueberry	
<b>THE "3" STOOGES</b>	\$5.75
Banana, Pineapple, Strawberry	

## ADD INS & EXTRAS

GINGER	\$1.00
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 S "Energy", "Protect -C", "Turmeric"	\$1.00
DAILY MEGAFOODS MULTI-VITAMIN BOOST 22 + Nutrients, available in Men's, Women's, & Kids	\$1.00
FLAX, CHIA,, HEMP SEEDS OR MCT OIL	\$1 00



## PROTEIN POWDERS

<b>"PLANT HEAD" PROTEIN</b>	\$2.00
A vegan protein powder with 22g of protein per serving made from rice, pea, hemp, algae, cranberry. Choice of Vanilla or Chocolate	
<b>"ANCIENT NUTRITION" BONE BROTH PROTEIN</b>	\$3.00
A Super food Bone Broth protein powder with 20g of protein per serving. Choice of Vanilla or Chocolate	
<b>"BLUEBONNET" WHEY PROTEIN</b>	\$2.00
100% Natural Grass Fed Whey Protein containing 26g of protein per serving. Choice of Vanilla or Chocolate	
<b>"ANCIENT NUTRITION" KETO PROTEIN</b>	3.00
Contains 15g of Ketogenic Performance protein. Loaded- with Whole Foods,,MCT's Choice of Vanilla or Chocolate.	
<b>"DR. AXE" MULTI COLLAGEN COMPLEX</b>	2.00
Contains 9g of protein from 5 varieties, of Collagen: Choice of Unflavored, Vanilla or Chocolate	

## SOMETHING SPECIAL

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

Energizing herbal tea containing natural caffeine, vitamins,  
minerals, amino acids, & antioxidants

400 N. Milwaukee Avenue

Downtown Libertyville, IL 60048

(847) 362-4664