

• Cafe Hours •

Mon-Fri: 9am-6pm  
Sat: 9am-5pm  
Sun: Closed



# MILLIE'S

## LIVING CAFE

• Dine in • Take out •

1701 Enterprise Dr  
Lynchburg, VA 24502

(434) 616-3621

## Smoothie Bowls

**Whole | 12.50 Half | 7.50**

### Dragon

pitaya, strawberries, banana, almond butter, vanilla plant protein, nut mylk, topped w/fruit, blueberry granola, & coconut

### Riptide

peaches, pineapple, banana, blue spirulina, vanilla plant protein, nut mylk. topped w/fruit, coconut almond granola & coconut

### PB&J

açaí, strawberries, blueberries, banana, peanut butter, nut mylk. topped w/fruit, blueberry granola, & peanut butter

### Blue Dreams

açaí, banana, blueberries, sunbutter, vanilla plant protein, nut mylk. topped w/fruit, blueberry granola, sunbutter, coconut, & lavender flowers

### The Millie's Bowl

açaí, pitaya, banana, almond butter, chocolate plant protein, flax mylk. topped w/fruit, blueberry granola, almond butter, cacao nibs, coconut, & vegan chocolate syrup

### Banana Split

banana, cacao, vanilla, agave nectar, nut mylk. topped w/fruit, blueberry granola, cocowhip, coconut, & cacao nibs

### Ke'Aloha

mangos, pineapple, banana, greens, blue spirulina, vanilla plant protein, coconut water. topped w/fruit, coconut almond granola & coconut

EXTRA TOPPINGS FOR \$1

cocowhip • peanut butter • almond butter • sunbutter • chia seeds • cacao nibs • honey

## Smoothies

**12oz | 7.50 16oz | 9.50**

### Pitayalicious

pitaya, strawberries, banana, almond butter, vanilla plant protein, nut mylk

### The Basic

banana, peanut butter, hemp seeds, nut mylk, protein of choice: Plant Protein, Whey, or Bone Broth Protein

### Classic Green

banana, spinach, kale, sunflower seed butter, cinnamon, nut mylk

### Java Jolt

cold brew, vanilla protein, banana, vanilla extract, maple, & sea salt

### Oh Toodles

strawberries, banana, raw honey, camu camu, nut mylk

### Heavenly Cacao 8 | 10

avocado, agave nectar, maple syrup, cacao, vanilla, cinnamon, mesquite, nut mylk topped with cocowhip

### Mint Cacao

banana, spinach, peppermint, cacao nibs, nut mylk topped with cocowhip

### Very Vanilla 8 | 10

banana, maple syrup, vanilla, mesquite, cashews, nut mylk topped with cocowhip

## Organic Juices

**12 oz | 8 16oz | 11**

### Living Green

kale, cucumber, celery, apple, lemon, ginger

### The Hulk

spinach, pineapple, lemon, apple, ginger

### Skinny Detox

grapefruit, orange, ginger, aloe

### Pineapple Zen

pineapple, cucumber, lime, jalapeño

### The Zinger

carrot, orange, lemon, ginger

### Liver Lover

beet, carrot, apple, kale

### Heart Beet

beet, apple, lime, cilantro, turmeric

### Tonic Shot 4oz | 5

apple, lemon, ginger, garlic, camu camu

## JUICE KIT

Choose any 4 juices  
+ a tonic shot | 44

\*Granola is wheat free, but not gluten free & also contains honey. Gluten Free granola available upon request.

\*\*Customization on whole size bowls only

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### Drinks

#### Hot Coffee\*

12 oz 2.75 16oz 3.25

#### Hot Tea

12oz 2.50 Pot 6.50

#### Cold Brew\*

12 oz 3.25 16oz 3.75

#### Kombucha on Tap

12oz 3.99 16oz 5.25 Flight 4.99

#### Lavender Lemonade

12oz 3.75 16oz 4.25  
organic lemon juice, sugar, raw  
honey, & alkaline water

#### Iced Matcha Latte

12 oz 4.50 16oz 5.25  
matcha, honey, vanilla, nut mylk

\*ask about our creamer options!

### Salads

#### Raw Earth Salad GF 11

spring mix, hummus, cucumber, red  
onions, carrot, cherry tomatoes,  
local sprouts, served with olive oil  
& herbs

Add Avocado: 2.00

#### Spring Mix Salad\*\* GF 11

spring mix, candied walnuts,  
mulberries, feta goat cheese,  
apple, local sprouts, served with  
house made spirulina dijon  
vinaigrette dressing

#### Taco Salad GF 11

spring mix, seasoned walnut meat,  
guacamole, chipotle sauce,  
cucumbers, corn salad, served with  
salsa & a lime wedge

### Breakfast

{served all day}

#### Wheat free bagels 4.95

cinnamon raisin, onion, plain, or berry  
Pick between any **bagel spread**:  
vegan butter, nut butter, regular or  
vegan cream cheese

#### Bagel & Fresh Fruit Platter 9.95

Pick between any wheat-free bagel:  
cinnamon raisin, onion, plain, or  
berry  
served with seasonal fruit, coconut  
cream dip, & choice of bagel spread

#### Warm Oats Bowl

organic rolled oats served with your  
choice of: **6.95**

**1** sweetener: agave, honey, maple  
syrup

**3** toppings: almond butter, peanut  
butter, sun butter, berries, banana,  
apple, blueberry flax granola, coconut  
almond granola

### All Day Eats

#### Jackfruit Sliders 11

BBQ Jackfruit, house-made slaw,  
& pickles on 3 wheat free rolls  
served with chips

#### Tex Mex Tacos 10

tex mex style jackfruit, black beans,  
chipotle sauce, corn, cucumbers,  
guacamole served on corn tortillas

#### Veggie Sami GF 10

hummus, greens, red onion,  
carrots, cucumber, cabbage,  
cherry tomatoes, & local sprouts  
on GF bread. Comes with chips  
Add Avocado: 1.50

#### Avocado Bagel 9.50

wheat free onion bagel topped with  
olive oil, avocado, & herbs

\*available in GF toast option

#### Loaded Bagel\*\* 11

wheat free onion bagel topped with  
avocado, olive oil, herbs, goat feta  
cheese, & siracha

#### Curry Salad Flat Bread 10.50

chickpea salad made with curry,  
walnuts, apple, celery, &  
cranberries served on a pita flat  
bread with avocado & carrot shreds

#### Rice Bowls 13.50

all served on a bed of brown rice

- **Vegan Poke**: beet poke,  
edamame, cabbage, carrot  
shreds, greens, cucumbers  
served with a vegan spicy mayo

- **Mediterranean\***: Hummus,  
tomatoes, cabbage, greens,  
cucumbers, quinoa, feta cheese,  
served with an olive oil & herb  
dressing

- **Southwest**: BBQ Jackfruit, corn,  
cabbage, quinoa, carrots, greens,  
black beans served with a creamy  
chipotle dressing

Add Avocado: 2.00

\*GF=gluten free

\*\*Contains dairy