

• Cafe Hours •

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



MILLIE'S

• Dine in • Take out •

1701 Enterprise Dr
Lynchburg, VA 24502

(434) 616-3621

LIVING CAFE

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 milk

*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**

Sun-Kissed Pesto** GF 11

spring mix, quinoa, roasted chickpeas, sun dried tomatoes, sheep goat feta crumbles, & a house-made vegan pesto dressing. *contains pistachios*

Taco Salad GF 12

spring mix, seasoned walnut meat, guacamole, chipotle sauce, cucumbers, black beans, 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

seasoned walnut meat, 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