**Breads ‘N Spreads ... $5.95**

**Choice of Sourdough Toast**
[DAILY LOAF • Hamburg, PA]
country french • multigrain • seasonal • [GF bread +$0.50]

**Guacamole [v]**
mild green chile guacamole • heirloom pumpkin seeds • hemp seeds
chia seeds

**Guacamole Hummus**
mild green chile guacamole • garlic hummus • Dove Song Dairy goat cheese chèvre • Goose Lane microgreens • balsamic drizzle

**Small Batch Kitchen Berry [v]**
strawberry balsamic or blueberry balsamic • banana • Valencia peanut butter • cacao nibs

**Additional toppings +$0.50**

**Maple Syrup & Natural By Nature whipped cream**
served with Trickling Springs grassfed butter, Patterson Farms maple syrup & Natural By Nature whipped cream

**Greek Yogurt Parfait ... $1.95**
[WHOLESALE DARY FARM • Douglassville, PA]

**Choice of 3 Toppings**
banana • cacao nibs • ceylon cinnamon • chia seeds • chocolate covered cashews • coconut flakes • goji berries • GF granola • heirloom pumpkin seeds • hemp seeds • nitro cold brew • Patterson Farms maple syrup • raw almond butter • raw walnuts • Swambustin’ bee pollen • Swambustin’ raw honey • Valencia peanut butter

**Additional toppings +$0.50**

**Baked Oatmeal ... $8.95**
[HALF DOZEN CAFE • Reading, PA]

**Choice of 3 Toppings**
banana • cacao nibs • ceylon cinnamon • chia seeds • chocolate covered cashews • coconut flakes • goji berries • GF granola • heirloom pumpkin seeds • hemp seeds • nitro cold brew • Patterson Farms maple syrup • raw almond butter • raw walnuts • Swambustin’ bee pollen • Swambustin’ raw honey • Valencia peanut butter

**Additional toppings +$0.50**

**Seasonal GLO Egg Bowl ... $4.95**
[GOOD LIFE ORGANICS • BUILDING COMMUNITIES ORGANICALLY]
Goose Lane pastured eggs • Rooster Street Butcher pastured bacon • Conebella Farm raw smoked cheddar cheese • sprouted quinoa blend • Hazel & Ash Organics habanero lime

**Sourdough Flatbread Pizzas ... $9.95**
[GOOD GRAIN BREAD CO. • Fleetwood, PA]
sub Amaranth Bakery GF flatbread +$1.00

**GLO Margherita**
Goose Lane pizza sauce • Conebella Farm mozzarella • Goose Lane basil • herbs & spices
sub Miyoko’s Creamy smoked mozzarella [v] +$1.00
add Rooster Street Butcher pastured bacon +$2.00

**Beet Pesto**
beet pesto sauce • Dove Song Dairy goat cheese chèvre • Small Batch Kitchen smoked onion • balsamic glaze
sub Miyoko’s Creamy smoked mozzarella [v] +$1.00

**Kale Pesto [v]**
kale pesto sauce • porcini mushrooms • heirloom pumpkin seeds • garlic hummus
add Miyoko’s Creamy smoked mozzarella [v] +$2.00

**Spicy Smoked Cheddar**
Conebella Farm raw smoked cheddar • Small Batch Kitchen smoked onion • Small Batch Kitchen hot pepper • Hazel and Ash Organics habanero lime
add Rooster Street Butcher pastured bacon +$2.00

**Seasonal GLO Grain Bowl ... $9.95**
[WHOLESALE DARY FARM • Douglassville, PA]

**Seasonal Salads ... $10.95 / half $5.95**
sub Miyoko’s Creamy smoked mozzarella [v] +$1.00

**Seasonal Berry Salad**
Goose Lane salad mix • Dove Song Dairy goat cheese chèvre • raw walnuts • dried cranberries • seasonal fruit • pomegranate vinaigrette

**GLO Caprese Salad**
Goose Lane heirloom tomatoes • Conebella Farm mozzarella • Goose Lane basil • extra virgin olive oil • balsamic glaze
sub Miyoko’s Creamy smoked mozzarella / no bacon [v]

**Seasonal Soups**
[HALF DOZEN CAFE • Reading, PA ]
8oz ................. $4.00
12oz ................ $6.00
16oz ................ $8.00

**Good Life Organics: Building Communities Organically**
**FOUR SIGMATIC SUPERFOOD**

**“INSTANT” COFFEE... $3.00**

- Add 20mg locally-sourced full-spectrum CBD +$3.00
- [Humbled Healing Co. - Mohnton, PA]

1. Coconut oil +$1.00
2. Protein +$.75
3. Bone broth keto protein vanilla • hemp protein • multi-collagen superfood Add-Ons
   - Anti-inflammatory • Anti-oxidants • Energy
   - Turmeric • Ginger • Maca • Goji Berry • Frankincense • Cardamom • Golden Milk
   - Benefits: Mental • Physical • Emotional well-being
   - $5.00
4. Superfood Add-Ons
   - Bone broth keto protein vanilla • Golden milk blend • Hemp protein • Multi-collagen protein • Ceylon cinnamon • Coconut oil • Ghee • $1.00

**FUNCTIONAL LATTÉ ELIXIRS**

- [Served hot or iced - choice of sweetener - choice of milk]
- Add 20mg locally-sourced full-spectrum CBD +$3.00
- [Humbled Healing Co. - Mohnton, PA]

1. Four Sigmatic Superfood Coffee ................. $6.00
   - Ceremonial grade matcha • Lion's mane • Gotu Kola • Ginger
   - Benefits: Calm • Focus • Energy
2. Four Sigmatic Mushroom Matcha ............... $6.00
   - Ceremonial grade matcha • Lion’s mane • Cordyceps • Lions mane
   - Benefits: Mental • Physical • Emotional well-being
3. MudWtr ........................................ $6.00
   - Masala chai • Cacao • Ceylon cinnamon • Turmeric • Himalayan sea salt • Chaga • Reshi • Cordyceps • Lions mane
   - Benefits: Anti-inflammatory • Anti-oxidants • Energy
4. Golden Milk ........................................ $5.00
   - Turmeric • Ginger • Maca • Goji Berry • Frankincense • Cardamom • Black Pepper
   - Benefits: Anti-inflammatory • Anti-oxidants • Energy

**SUPERFOOD ADD-ONS**

- Bone broth keto protein vanilla • Golden milk blend • Hemp protein • Multi-collagen protein • Ceylon cinnamon • Coconut oil • Ghee • $1.00

**SUPERFOOD SPECIALTY DRINKS**

- Add 20mg locally-sourced full-spectrum CBD +$3.00
- [Humbled Healing Co. - Mohnton, PA]

1. Presidential Coffee [hot] .......................... $6.00
   - Chaga mushroom coffee • Coconut oil • Ghee • Keto bone broth protein vanilla • Patterson Farms maple syrup
   - [Named after Courtnie Nein, president of Good Life Companies, and consumed daily, this superfood drink clears brain fog and enhances mood to tackle anything in your way.]
2. Kaaginator [iced] ................................ $6.00*
   - Nitro cold brew coffee • Cacao • Keto bone broth protein vanilla • Ceylon cinnamon • Patterson Farms maple syrup • Choice of milk
   - [Named after Chris Kaag, founder of the IM Able Foundation, this superfood drink will give you the fuel you need to overcome any obstacle.]
3. *20% of proceeds are donated to the IM Able Foundation*

**LOOSE LEAF TEAS... $3.00**

- [Organic • Hand-crafted • Small batch • Temple, PA]
- Add 20mg locally-sourced full-spectrum CBD +$3.00
- [Humbled Healing Co. - Mohnton, PA]

1. Akron House Tea
2. Lancaster Farmacy Tea
3. Backyard Beans Nitro Cold Brew
4. Four Sigmatic Mushroom Matcha
5. Presidential Coffee
6. Kaaginator [Iced]
7. Local Kombucha (4 Rotating Flavors)

**TAPS**

- Add 20mg locally-sourced full-spectrum CBD +$3.00
- [Humbled Healing Co. - Mohnton, PA]

1. Punch In The Face Nitro Cold Brew ........... $5.00
   - (12oz - Sustainably sourced - Backyard Beans - Lansdale, PA)
2. Iced Nitro Cold Brew Latté ...................... $5.50
   - (16oz - Choice of milk - Patterson Farms maple syrup)

**FRUIT & VEGGIE JUICES**

- [Organically grown • Ethically wildcrafted • Strasburg, PA]
- [Named after Courtnie Nein, president of Good Life Companies, and consumed daily, this superfood drink clears brain fog and enhances mood to tackle anything in your way.]
- Add 20mg locally-sourced full-spectrum CBD +$3.00
- [Humbled Healing Co. - Mohnton, PA]

1. Presidential Coffee
2. Kaaginator [iced]

**FOUR SIGMATIC LOAF BAKERY**

- [Organic • Hand-crafted • Small batch • Temple, PA]
- Add 20mg locally-sourced full-spectrum CBD +$3.00
- [Humbled Healing Co. - Mohnton, PA]

1. Half Dozen Café
2. Barbell Plates
3. IM Able Foundation
4. Akron House Tea
5. Wholesome Dairy Farms
6. RiJuice
7. Lancaster Farmacy
8. Lancaster Farm Fresh Co-op
9. Sol Kitchen Studios
10. Backyard Beans
11. Sole Kombucha
12. Goose Lane

At Good Life Organics, our primary focus is to make a positive impact on the health of our local community so that we all can live a life of abundance and pursue the “Good Life.” We aim to achieve this by supporting our local farmers whenever possible; by following sustainable practices with eco-friendly disposables and composting; and by serving the most nutrient dense food and drink options for a feeling of vitality.

In addition to our menu items, we always have 4 rotating taps of locally-sourced kombucha and Backyard Beans nitro cold brew coffee. Our intention is to grow the number of tap offerings to continue to offer our area unique non-alcoholic superfood beverages! Growler and growlette fill-ups are encouraged! Our retail market area contains: a functional beverage bottle shop featuring an extensive variety of superfood beverages; energy and wellness shots; granola, energy bars, and chocolates; superfood supplements; and an assortment of products from local vendors. We are working on building the Good Life Apothecary focused on organic CBD infused products and other supplements!

We are servant leaders: we believe in serving the community, community outreach, and are relationship focused first and foremost. We believe in education as the foundation of our business and its success based on how it can positively impact the overall health of those we serve. The main reason for starting this business was to fill the gap of affordable, organic grab ‘n go nutrition delivered by people passionate about this industry and its mission. We want our county to be defined as a place for positive energy, abundant economics, and HEALTH.

We pride ourselves in collaborating with and supporting other local businesses.

- Half Dozen Café
- Barbell Plates
- IM Able Foundation
- Akron House Tea
- Wholesome Dairy Farms
- RiJuice
- Lancaster Farmacy
- Lancaster Farm Fresh Co-op
- Sol Kitchen Studios
- Backyard Beans
- Baba’s Brew
- Sole Kombucha
- Goose Lane
- Half Dozen Café
- Barbell Plates
- IM Able Foundation
- Akron House Tea
- Wholesome Dairy Farms
- RiJuice
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- Lancaster Farm Fresh Co-op
- Sol Kitchen Studios
- Backyard Beans
- Baba’s Brew
- Sole Kombucha
- Goose Lane

**WE MAKE IT OUR PRIORITY TO FIND THE healthiest ingredients from the best sources. That means we strive to source as close as possible 100% organic as possible. All of our produce scraps are composted for use by Blended Acres Homestead in Exeter, PA.**

**THE FUTURE OF THE GOOD LIFE**

- We are working on building the Good Life Apothecary focused on organic CBD infused products and other supplements!
- We are servant leaders: we believe in serving the community, community outreach, and are relationship focused first and foremost. We believe in education as the foundation of our business and its success based on how it can positively impact the overall health of those we serve. The main reason for starting this business was to fill the gap of affordable, organic grab ‘n go nutrition delivered by people passionate about this industry and its mission. We want our county to be defined as a place for positive energy, abundant economics, and HEALTH.

**WE PRIDE OURSELVES IN COLLABORATING WITH AND SUPPORTING OTHER LOCAL BUSINESSES:**

- Half Dozen Café
- Barbell Plates
- IM Able Foundation
- Akron House Tea
- Wholesome Dairy Farms
- RiJuice
- Lancaster Farmacy
- Lancaster Farm Fresh Co-op
- Sol Kitchen Studios
- Backyard Beans
- Baba’s Brew
- Sole Kombucha
- Goose Lane

**Egg Farm, Clean Junk Food, Good Grain Bread Co, Humbled Healing Co, Conebella Farm, Rooster Street Butcher, Dove Song Dairy, Fox Meadows Creamery, Trickling Springs Creamery, Apple Valley Creamery, Eco Home + Body Care, Daily Loaf Bakery, Hazel & Ash Organics, Barn Picks & Stuff, Twelve Twelve, Victoria Lex.**

**www.goodlifejuicebar.com / 610.924.2862**
**Organics Juice. Smoothies. Bowls.**

- **Acai (Berry)**
  Antioxidants + Omega-3s + Energy

- **Almond Butter (Truly Raw)**
  Vitamin E + Healthy Fats + Fiber + Protein + Probiotics

- **Adaptogen Blend (Four Sigmatic)**
  [Reishi • Cordyceps • Asian Ginseng • Ashwagandha • Tulsi • Cynostemma • Amla • Schisandra • Turmeric • Ginger • Black Pepper]
  Immune System + Stress + Energy + Antioxidants + Digestion + Metabolism

- **Astragalus (Root)**
  Immune System + Antioxidants + Stress + Anti-Inflammatory

- **Bone Broth Keto Protein**
  [Chicken Bone Broth • MCTs • Ashwagandha • Apple Cider Vinegar • Ginger • Reishi]
  Protein + Healthy Fats + Stress + Metabolism + Energy

- **Cacao (Raw)**
  Antioxidants + Mood + Energy + Healthy Fats + Fiber

- **Ceylon Cinnamon (True Cinnamon)**
  Antioxidants + Metabolism + Digestion

- **Chaga (King of Mushrooms)**
  Immune System + Antioxidants + Energy + Well-Being

- **Chia Seeds**
  Omega 3s + Heart Health + Energy + Fiber + Protein

- **Coconut Oil**
  Healthy Fats + Brain + Energy + Weight + Cholesterol

- **Cordyceps (Mushroom)**
  Energy + Stamina + Athletic Performance + Antioxidants

- **Ghee (Grass Fed)**
  Healthy Fats + Antioxidants + Anti-inflammatory + Weight + Digestion

- **Goji Berries**
  Antioxidants + Energy + HGH + Libido

- **Golden Milk Blend**
  [Turmeric • Ginger • Maca • Goji Berries • Boswellia • Cardamom • Cinnamon • Black Pepper]
  Anti-Inflammatory + Antioxidants + Joints + Digestion + Stress

- **Hemp Protein**
  Plant Protein + Healthy Fats + Fiber + Muscles + Heart

- **Hemp Seeds**
  Plant Protein + Immune System + Heart + Omega Fat Balance

- **Lion’s Mane (Mushroom)**
  Memory + Concentration + Focus

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**Superfood Ingredients Reference Guide**

- **Maca (Root)**
  Hormone Balance + Energy + Athletic Performance + Libido

- **Matcha Green Tea (Ceremonial Grade)**
  Chlorophyll + Antioxidants + Energy + Calm + Mind

- **Moringa (Leaf)**
  Detoxification + Energy + Immune System + Stress + Vision

- **Multi-Collagen Protein (Tasteless, Odorless)**
  Protein + Joints + Gut + Skin + Hair + Nails

- **Patterson Farms Maple Syrup (Tioga County)**
  Antioxidants + Heart + Immune System

- **Pumpkin Seeds (Heirloom)**
  Mood + Well-Being + Sleep + Heart + Immunity

- **Reishi (Queen of Mushrooms)**
  Stress + Sleep + Relaxation + Calm

- **Superhero Mushroom Blend (Four Sigmatic)**
  [Chaga • Lion’s Mane • Reishi • Cordyceps • Enokitake • Maitake • Shiitake • Tremella • Agaricus • Blazei • Mesima • Rose Hip]
  Stress + Immunity + Energy + Mind + Beauty

- **Sun Is Shining SuperGreens**
  [Spirulina • Chlorella • Wheat Grass • Nettle • Burdock • Alfalfa • Barley Grass • Oat Grass • Broccoli • Dandelion • Kale • Spinach • Parsley • Kelp • Dulse • Ginger • Enzymes • Probiotics]
  Chlorophyll + Alkalinity + Detoxification + Immunity + Digestion + Energy

- **Swarmbustin’ Bee Pollen (Chester County)**
  Complete Protein + Immunity + Allergies + Energy

- **Swarmbustin’ Totally Raw Honey (Chester County)**
  Enzymes + Energy + Allergies + Antiseptic + Antimicrobial

- **Tulsi (Holy Basil)**
  Mood + Digestion + Energy
Healthy Happy Hour

[Wed-Fri • 4PM-6PM • BYOB + 25% off all drinks]

VISIT US
Monday: 7am–3pm
Tuesday: 7am–3pm
Wednesday: 7am–7pm
Thursday: 7am–7pm
Friday: 7am–7pm
Saturday: 9am–4pm
Sunday: CLOSED

CONTACT US
(610) 924-2862
info@goodlifejuicebar.com
www.goodlifejuicebar.com

Online Ordering & Grubhub delivery available!

GRUBHUB