



864-909-3793

<http://spartanburg.hubcitydelivery.com>

Health In Hand Tyger River

Drinks From HCD

All drinks will be delivered at room temperature. Drink orders do not go towards the food purchase minimum.

Cold-Pressed Juices

The Yogi	\$10.00
Cucumber, Spinach, Apple, Kale	
Green Goddess	\$11.00
Spinach, Orange, Lemon, Apple, Ginger, Celery	
Mean Green	\$13.00
Kale, Spinach, Romaine, Parsley, Celery, Cucumber, Apple, Lemon	
Natural Glow	\$10.00
Carrot, Orange, Lemon, Ginger, Cayenne	
Turmeric Sunrise	\$10.00
Apple, Pear, Carrot, Celery, Lemon, Ginger, Turmeric	
Liquid Gold	\$10.00
Grapefruit, Apple, Orange, Lemon, Ginger, Coconut Water	
Sweet Beet	\$10.00
Beet, Apple, Cucumber, Lemon, Ginger	
Caffe Mocha	\$10.00
Activated Almonds, Filtered H2O, Cold Brew, Cacao, Agave	
Almond Mylk	\$10.00
Almonds, H2O, Agave, Cinnamon, Sea Salt	

Extras'

Overnight Oats	\$8.50
Oats Soaked in Almond Milk, Overnight, Topped with Chia Seeds, Agave, Blueberries, Cinnamon, Strawberries & Walnuts	
Flu Shot	\$5.00
Coconut Water, Ginger, Turmeric, Local Honey, Lemon	
E3Live + Brainon Shot	\$5.00
Cold Brew	\$5.00
On Ice	
Iced Oat Milk Latte	\$6.00
With Maple Syrup	
Protein Balls (1)	\$1.75
Peanut Butter, Oats, Flax, Chia, Agave, Sea Salt, Cinnamon	
United Soda	\$5.50
Strawberry Basil, Lemon Verbena, Mango, Nectarine	

Organic Smoothies

Mocha Maca	\$10.00
Banana, Maca, Oats, Agave, Cinnamon, Almond Butter, Cold Brew, Cacao, Oat Milk	
Spice of Life	\$10.00
Apple, Banana, Ginger, Turmeric, Flax, Cinnamon, Sea Salt, Local Honey, Almond Butter, Almond Milk	
Aloe-ha	\$11.50
organic mango, pure aloe vera, spinach, pineapple, ginger, organic agave, organic coconut water	
Breakfast Smoothie	\$10.00
Banana, Blueberries, Oats, Almonds, Flax, Oat Milk	
Peanut-Butter Banana	\$10.00
Organic Peanut Butter, Banana, Almond Milk	
Berry Blast	\$11.00
Strawberry, Blueberry, Dragonfruit, Avocado, Local Honey, Ginger, Coconut Water	
Glowing Green	\$10.00
Spinach, Lime, Banana, Pineapple, Wheatgrass, Coconut Water	
Dragonberry	\$11.00
Dragonfruit, Orange, Strawberry, Banana, Coconut Water	
PB&J	\$11.00
Acai, Peanut Butter, Blueberry, Banana, Almond Milk	
Black Buddha	\$11.00
Blueberries, Banana, Kale, Almond Butter, Activated Charcoal, Vegan Vanilla Protein, Almond Milk	
Oatmeal Pear	\$10.00
Banana, Pear, Oats, Cinnamon, Agave, Almond Butter, Ginger, Oat Milk	
Kale Yeah	\$10.00
Kale, Spinach, Apple, Banana, Flax, Soy Milk	

Bowls

Acai Bowl	\$13.00
Blended Organic Acai Topped w/Fresh Fruit, Granola, Coconut Flakes & Honey	
PB Lover Bowl	\$13.00
Blended Organic Acai & Banana, Topped with Strawberry, Blueberry, Granola, Coconut Flakes, Cacao Nibs, Goji Berries & Peanut Butter	
Dragon Fruit Bowl	\$13.00
Pitaya Blended w/ Banana & Blue Majik, Topped w/ Strawberry, Pineapple, Coconut Flakes, Local Honey	
Chunky Monkey	\$13.00
Acai Bowl Base, Topped With Banana, Cacao Nibs, Chia seeds, Cinnamon, Local Honey & Almond Butter Drizzle	
Cran Apple Acai	\$13.00
Organic Unsweetened Acai blended with Banana, topped with sliced Apple, Dried Cranberry, Walnuts, Granola, Almond Butter & Local Honey Drizzle, Cinnamon Sprinkle	

Lunch

Veggie Lover's Salad	\$10.50
Organic Spring Mix, Carrot, Cucumber, Cherry Tomato, Avocado, Chickpeas, Plant-based Feta, Homemade Maple Dijon Vinaigrette	
Mediterranean Wrap	\$10.50
Spinach, Avocado, Cucumber, Olives, Red Pepper, Red Onion, Hummus on a Garden Spinach Wrap	
Kale & Hummus Wrap	\$10.50
Kale, Cucumber, Avocado, Sunflower Seeds, Housemade Maple Dijon Vinaigrette, Hummus on a Garden Spinach Wrap	
Harvest Garden Salad	\$10.50
Organic Spring Mix, Avocado, Green Apple, Dried Cranberry, Walnuts, Plant-based Feta, Homemade Honey Poppyseed Dressing	