

## BUILD YOUR OWN POWERHOUSE SMOOTHIE

*(Includes liquid base, sweetener & up to 2 fruits)...\$6.95*

### #1: CHOOSE YOUR LIQUID BASE:

Brazil Nut Mylk  
Hemp Seed Mylk  
Sesame Seed Mylk  
Quality-PURE-Filtered Water

### #2: CHOOSE YOUR SWEETENER:

REAL Raw Agave Nectar  
Raw Local Honey  
Green-Leaf Stevia

### #3: CHOOSE TWO FRUITS (\$1.00 extra for each additional fruit):

Apple	Strawberries
Pear	Mixed Berries
Orange	Mango
Banana	Peach
Blueberries	

**ADD SPINACH OR KALE...\$1.00 extra**

### RAWSOME SUPER-FOOD/BOOSTER ADD-INS:

Chlorella; Spirulina; Hemp Seeds; Chia Seeds; Goji Berries; Bee Pollen; Maca; Mesquite; Cacao;  
Hemp Protein Powder and/or Coconut Flakes...**ALL \$1.25 each**

### OR...ADD OUR SIGNATURE RAWK 'N ROLL INFERNO BLEND...\$2.00 extra

We blended our favorite **Super-Food/Boosters** to bring your smoothie to the next level...Feel your energy EXPLODE with our special blend of Spirulina, Maca, Mesquite, Cacao, Coconut & Hemp Protein!!!

**SUPER GREEN SMOOTHIE...\$ 8.95**

**KING RAWKER FRUIT SMOOTHIE (powered w/ RAWK 'N ROLL INFERNO blend)...\$8.95**

## SPLENDID LOOSE LEAF TEAS

*Over 30 to Choose From ~ ALL Certified Organic*

### Personal Hot/Iced:

Herbals, Red & Black Teas...\$2.75

Darjeeling, Oolong, Green & White Teas...\$3.25

Iced "Cold" Brewed Teas of the Day...\$2.25

**BULK TEA PURCHASES ARE ALSO AVAILABLE - 2 OZ MINIMUM**

## BUILD YOUR SUPERHERO SALAD

*(Includes leafy greens topped w/ colorful veggies, one serving of dressing & complimentary chipz/crazz or onion ringz)...\$7.95*

### #1: CHOOSE YOUR DRESSING (includes one serving - \$1.50 each for extra):

Hemp Seed or Olive Oil with choice of Apple Cider Vinegar or Lemon Juice; **or** choose from one of our "Wild Card" Blends

### #2: CHOOSE YOUR RAWSOME ADD-ONS & SUPER-FOODS:

Chlorella; Spirulina; Hemp Seeds; Pumpkin Seeds; Sunflower Seeds; Black Sesame Seeds; and Dulse Flakes...**ALL \$1.25 each**

Fresh Sprouts (when available); 1/2 Sliced Avocado; Sun-Dried Tomatoes; Sun-Dried Olives; Nutritional Yeast; Prama Sprinkle and Rancho Sprinkle...**ALL \$1.50 each**

### DRUM BEAT'N SALADS...\$11.95

*(Topped with "Protein Packed" Pate or Sliced Avocado)*

Mixed baby greens - garnished with colorful chopped and shredded veggies - served with your choice of dressing.

### IT'S A W-RAP w/ Side Salad...\$11.95

**W-RAP ONLY...\$7.95**

*(Filled with "Protein Packed" Pate or Sliced Avocado)*

Collard leaf wrap served alone or with a side salad of mixed baby greens - garnished with colorful chopped and shredded veggies - served with your choice of dressing.

**Avocado  
Egg-less Salad  
Toona-ish Salad  
Spontaneous Creation  
(Changes Weekly)**

**RAW-VEGAN PIZZA w/ Salad or Rawgettie Salad & "Cheez" Sprinkle...\$11.95**

**PIZZA SLICE ONLY...\$6.95**

**Mediterranean, Mexican, Italian and "Wild Card" Concoctions!!**

*(Rotates Daily/Weekly)*

### "WILD CARD" SPECIALS

Spontaneity at its best with something new created daily and/or weekly! Step out of the box with "edgy" creative deli style sides, desserts, snackz and treats by some savvy **RAWK 'N SOUL SHAKERS!** Healthy, delicious & whimsical...what more could you ask for?

## DECADENT DESSERTS

**ALL Raw-Vegan-Organic Ingredients**

**TOTALLY Gluten FREE, Dairy FREE,  
Soy FREE & Processed Sugar FREE!!**

## MOUTH WATERING SWEET TREATS

Hand-Crafted Chocolates  
Specialty Chocolates & Melt-Aways  
Magic **Super-Food** Chocolate Brittles

Cheez-Cake ★ Pies ★ Pudding/Tapioca/Parfaits  
Cacao Brownies ★ Coconut Rawkaroons  
Oreo & Nilla-Gold Rawkie Sandwiches  
Power Bites & Super Balls  
Rawk'N Granola...  
...& Much, Much More!!!  
*(Selection & Prices Vary)*

## AMAZING ICE SCREAMS

Dreamy Vanilla Bean ...\$4.95  
Fantastical Flavors...\$5.49

## SAVORY SNACKZ

Chipz/Crakz/Onion Ringz  
*(Selection & Prices Vary)*

**GO AHEAD...Being a Little Naughty was NEVER  
So Good for You!**

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### Food Sensitivities/Allergies:

Many items are made with a nut and/or seed base...be sure to ask for details before ordering.

### Our Promise:

At Rawk Star Café ~ we only prepare and serve "Modern" Raw and Living /Vegan Cuisine that will benefit your body and delight your palate. ALL our food and liquid creations ~ for café and retail ~ are FREE from genetically modified and processed ingredients, such as refined sugar and flours, along with certain allergy provoking ingredients, such as peanuts, wheat/gluten, soy, dairy, eggs, seafood and fish. Also, we are proud to state that we do not use lecithin or psyllium in any of our recipes. ONLY pure and natural creative cuisine is what you can trust and expect from us!! We TRULY have some-thing for every-one!!

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**Check in with us often for the "Latest" on our Rotating  
Menu & "Details" on our Daily Offerings**



**YOUR # 1 LOCAL RAW-VEGAN-ORGANIC EATERY AND SUPER FOOD  
MARKETPLACE**

## HAVE YOU BEEN RAWKED TODAY?

Here at Rawk Star Café, we welcome you to taste the creative art behind our unique and progressive raw-vegan market/tea and chocolate bar! No matter what your eating style or preference may be we encourage you to engage your curiosity and enthusiasm by trying something "Natu-RAW-ly" delicious. You do not have to be a "vegetarian"...a "vegan"...or "raw foodist" to enjoy great tasting...enzyme rich...nutrient dense cuisine. Our creations are fresh...organic...full of life force energy and infused with fresh vitality!

## GO AHEAD... GET RAWKED!!

*We are conveniently located on US HWY 19 N (Just N. of Tampa Rd.)*

*in the PALMS PLAZA Shopping Center*

*Between Super Vitamin Outlet and Pet Supermarket*

32522 US HWY 19 N  
Palm Harbor, FL 34684

727-772-RAWK (7295)  
727-772-6700 FAX

Mon - Wed 11AM-7PM  
Thurs - Sat 11AM-8PM

[www.rawkstarcafe.com](http://www.rawkstarcafe.com)

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