

Premium Smoothies

Made using only 100% Organic ingredients, or vegan, gluten and dairy free, no sugar added smoothies are like nothing else in Oklahoma.

\$9 Strawberry Fields
Organic Strawberries, Banana, Raspberry, *Yogurt, Local Bee Pollen, Açai, Canadian Dark Maple Syrup

\$10 Ka-Kowl \$10
Organic Banana, Peruvian Cacao Powder and Nibs, Coconut Nectar, Vanilla, Molasses, Pink Himalayan Salt, Guatemalan Coffee, Coconut Milk

\$10 Kiss From a Rose
Organic Strawberries, Coconut Meat, Bulgarian Rose Water, Evening Primrose Oil, Local Wild Clover Honey

\$12 Cold Fusion \$12
Organic Banana, Dates, Fig, Peruvian Cacao Powder and Nibs, Matcha, Vanilla, Coconut Butter, Pink Himalayan Salt, Guatemalan Coffee, Coconut Milk Creamer, Cardamom

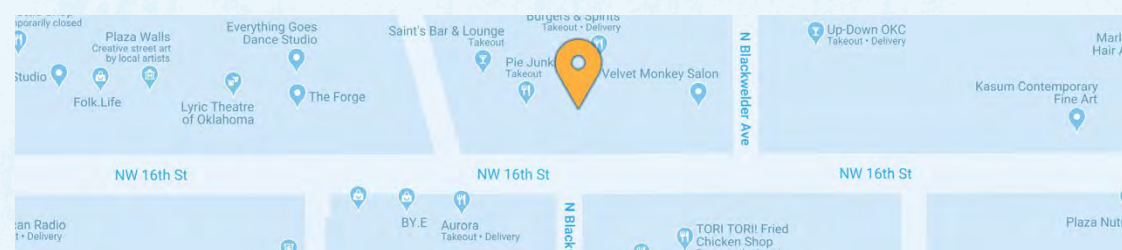
\$10 Piña Colavocado
Organic Pineapple, Coconut Meat, Lime, Coconut Nectar, Coconut Water (from whole coconut)

**Yogurt contains dairy, but may be substituted with coconut milk yogurt to make non-dairy/vegan*



SUMMERLAND

+ WELLNESS BOUTIQUE +
& Juice Bar



Summerland is located at 1705B NW 16th St in the Plaza District. We proudly offer delivery in the Plaza District. Call us at 405-600-9970, or visit our website summerlandok.com to place your order online.

Premium Juice

Cold-pressed and made using only 100% organic ingredients.

\$6
Island in the Sun
Organic Pineapple, Orange, Carrot, Açai

\$6
Golden Child
Organic Carrot, Green Apple, Lemon, Turmeric

\$6
Livewire
Organic Pineapple, Green and Red Apple, Ginger, Turmeric, Cayenne Pepper

Specialty Slushies

Blended ice drink with milk and your favorite fruit flavor! Non-dairy options are available.

Piña Colada
Smooth, blissful blend of Pineapple & Coconut

Strawbewi
Strawberry & bright Kiwi create a burst of flavor

Peachberry
Sweet Peach & Raspberry are a perky pair

Mañgolada
Just the right amount of tangy goodness with Mango & Coconut

Flavored Teas

Fresh-brewed Jasmine Green or Assam Black tea infused with your choice of flavor!

\$4.45 small
\$4.95 large

- Dragon Fruit
- Green Apple
- Honeydew
- Kiwi
- Lychee
- Mango
- Orange
- Peach
- Pineapple
- Raspberry
- Strawberry
- Wild Clover Honey

Milk Teas

Fresh-brewed Jasmine Green or Assam Black tea served with your choice of non-dairy creamer or half & half* and infused with your choice of flavor!

\$4.95 small
\$5.45 large

- Black
- Green
- Brown Sugar
- Coconut
- Dragon Fruit
- Mango
- Matcha Green Tea Latte with tapioca pearls
- Pineapple
- Raspberry
- Salted Caramel
- Strawberry
- Taro

**make it half & half for .25*

Wellness Boosters

TOPPINGS 50¢ EACH

- Boba (Tapioca Pearl)
- White Boba
- Bursting Kiwi Boba
- Bursting Mango Boba
- Bursting Orange Boba
- Bursting Peach Boba
- Bursting Pomegranate Boba
- Bursting Lychee Boba
- Bursting Strawberry Boba
- Egg Jelly
- Grass Jelly

PROTEIN

- Organic Grass Fed Whey Protein 3.50
- Organic Hemp Protein \$3.00
- Organic Pea Protein \$2.50

CANNABIS

- Broad Spectrum CBD (NO THC) 15mg \$2.00
- Broad Spectrum CBD (NO THC) 30mg \$4.00
- Full Spectrum CBD* (>0.03% THC) 15mg \$2.50
- Full Spectrum CBD* (>0.03% THC) 30mg \$5.00
- Delta 8 THC 15mg** \$2.50
- Delta 8 THC 30mg** \$5.00

**Full spectrum CBD contains 0.03% Delta 9 THC or less
**must be 21 or have medical id card*

Slushies

Blended ice drink with your favorite fruit flavor!

\$5.45 small
\$5.95 large

- Dragon Fruit
- Green Apple
- Honeydew
- Kiwi
- Lychee
- Mango
- Orange
- Peach
- Pineapple
- Raspberry
- Strawberry

Milk Slushies

Blended ice drink with milk and your favorite fruit flavor! Non-dairy options are available.

\$5.95 small
\$6.45 large

- Dragon Fruit
- Kiwi
- Honeydew
- Lychee
- Mango
- Orange
- Peach
- Pineapple
- Raspberry
- Strawberry

Click here to place an order online for pick-up.