



**OUR MISSION & VISION** is dedicated to sharing high-vibe wellness magic through the synergistic combination of local seasonal produce + organic superfoods. Their specialities are cold-pressed adaptogenic juices, superfood smoothies, and raw/Ayurvedic foods. Coming from a local food co-op background, it's vitally important to the founder, Jennifer Lynne Le Vine, to source produce from local farms & organic farms, and superfoods from sustainable fair-trade companies. As a yoga teacher, she strives to share creations that feel good in the body and connect people to their community. Dharma is a word for our life's purpose, our destiny, and Dharma Delights strives to show how you can truly be as alive as what you eat :)

**PRICING:**

Juices: \$14 (or 6 pack \$13 each)

Smoothies: \$13 (or 6 pack \$12 each)

Food: \$18 (min. 2, or \$17 each for 6)

Serving size 1-2 for everything.

Juices and smoothies are 16 oz in glass bottles. On future orders, \$1/off per bottle returned :)

48-72 hours notice for most orders. delivery (>\$75 for free delivery) or Organize pickup at Zen Yoga Garage (Bucktown), The Sunroom (Logan Square), or The Space Between (Rlver North).

Order via @dharmadelights Instagram or email [dharmadelightschicago@gmail.com](mailto:dharmadelightschicago@gmail.com).

Instagram Payment via Venmo or zelle: @dharmadelights or 815-280-9427

*Our juice potions are cold-pressed, raw, organic, and locally-sourced as much as possible. Specific superfoods and adaptogens are added to them for particular goals (alkaline-forming, immune-enhancing, inflammation-support).*

*All of the food we offer is superfood & adaptogen enhanced as well. The food can be all raw or some cooked. It is always vegan and organic and gluten free.*



# GREEN JUICES

## CELERY CLEANSE

Celery + Zeolite + Chlorophyll  
MSM + Spirulina + Camu Camu  
Tocotrienol + Cayenne + E3AFA  
Electrolytes + Sea Minerals + Peppermint  
\*BALANCE FOR THE BODY + CELL RENEWAL + WASTE REMOVAL\*

## SPROUT SAMSARA

Celery + Cucumber + Sunflower sprouts + Pea shoots  
Wheatgrass + Barleygrass + Oatgrass + Alfalfa + Dandelion  
\*BOUNTIFUL MICRONUTRIENTS\*

## J & J's JUICE

Curly kale + Dino kale + Spinach + Green chard  
Dandelion greens + Watercress + Sprouts + Celery + Cucumber  
Lemon + Ginger + Coconut water + Moringa + Nettle + Holy basil  
Chickweed + Amla + Carob + Alfalfa + Barleygrass + Wheatgrass  
Horsetail + Basil + Oatgrass + Spirulina + Chlorella  
Kelp + Dulse + Nori + Enzymes  
\*LIFE FORCE CLEANSE & DETOXIFY\*

## GREEN GODDESS

Kale + Romaine + Parsley  
Spinach + Ginger + Coconut water + Coconut meat  
Spirulina + Chlorella + Barleygrass + Wheatgrass + Alfalfa  
Oatgrass + Dandelion leaf + Carob + Lucuma + Acerola  
Amla + Maca + Kale + Dulse + Peppermint  
\*IMMUNE AND INFLAMMATION SUPPORT\*

## GROUNDED GODDESS

Kale + Cucumber + Celery + Parsley  
Apple + Lemon + Microgreens and Sprouts  
E3Live EFA  
\*GRACE OF THE EARTH. STRENGTH OF THE SEA\*

## NAMASTE GREENS

Kale + Collard greens + Chard + Daikon + Lemon + Apple  
Maca + Astragalus + Cordyceps + Rhodiola  
Shiitake + Ashwagandha + Schizandra  
\*OMEGA COMPLEX + EVERYDAY ADAPTOGEN\*

## MANNA GREENS

Kale + Romaine + Orange  
Pineapple + Ginger + Parsley  
Lions Mane + Moringa + MSM  
Stinging Nettle + E3Live BrainOn + E3Live BluMajik  
CamuCamu + VitE Complex + Cayenne  
\*REVITALIZING SUPERFOOD POWERHOUSE\*



## DANDELION DETOX

Kale + Kiwi + Apple + Celery + Cucumber + Parsley + Lime + Ginger  
Dandelion + Spirulina + Wheatgrass + Lemon + Spinach + Pineapple  
\*DETOXIFICATION AND RESTORATION. SUNSHINE SKIN\*

## GREEN GARDEN

Romaine + Kale + Celery + Parsley + Lime + Pear + Apple  
Wheatgrass + Barleygrass + Oatgrass + Alfalfa + Dandelion  
\*VITAMINS RICH\*

## GRATITUDE GREENS

Cucumber + Chard + Spinach + Kale + Green Apple  
Jalapeno + Serrano + Cilantro  
E3live Brain On + E3live Blu Majik  
\*CELLULAR RENEWAL + METABOLIC BOOST + SKIN CLEARING\*

## BUNNY LOVE

Celery + Carrot  
Lion's mane + Skullcap  
Passionflower + California poppy  
Holy basil + Reishj  
SERENE STATE OF MIND + CALM COOL COLLECTED

## PROLIFIC PROTEIN

Green chard + Spinach + Romaine + Cucumber  
Pea tendrils + Pink lady apple + Parsley + Lime  
Almond Protein + Pea Protein + Hemp Seed Protein  
Pumpkin Seed Protein + Spirulina & Chlorella  
Nettle Leaf + Wheat Grass + Barley Grass  
Burdock Root + Horsetail + Alfalfa + Kelp  
Ginger + Nopal Cactus + Oat Grass + Dulce  
Dandelion Leaf + Kale + Parsley Leaf  
Spinach + Broccoli + Probiotic + Enzyme  
NUTRIENT-DENSE + ENERGIZE + ALKALIZE

## EMERALD ENLIGHTENMENT

Spinach + Cucumber + Romaine + Sprouts  
Mint + Pear + Lime + Orange + Ginger  
Biotin + Calcium + Magnesium + Selenium + Spirulina + Chlorella  
L-Glutamine + Açai + Dandelion + Camu Camu + Eleuthero  
Astragalus + Mangosteen + Turmeric + Grape seed extract + Flaxseed  
RESET & REVIVAL CATALYST. SYSTEMIC GOLD PROTECTOR

## SHIVA VIBRATION

Dino kale + Collards + Broccoli + Romaine + Spinach + Parsley  
Celery + Cucumber + Lemon + Ginger + Turmeric  
Shatavari + Ashwagandha + Rhodiola + Amla  
A DANCE OF YOU & YOUR BEST SELF



## SHAKTI SENSATION

Zucchini + Spinach + Cucumber  
Lime + Green Apple + Basil  
Coconut water + E3 Live

ELECTROLYTES + ANTI-INFLAMMATORY + ENDURANCE

## GRACEFUL GLOW

Apple + Basil + Lime + Cucumber  
Hyaluronic Acid + Tocotrienols + Tremella Mushrooms  
Vanilla + Pea + Lucuma + Aloe vera

\*SKIN HEALTH + ANTI-AGING + FREE RADICAL SUPPORT\*

## MOJO MOJITO

Pineapple + Lime + Coconut Water  
Cucumber + Ginger  
Mint + E3 Live BrainOn

\*SOOTHING + IMMUNE HEALING + INCREASES CIRCULATION\*

## CELLULAR CLARITY

Celery + Apple + Lemon + Ginger + Aloe  
Ashwagandha + Saffron + Silica + BCAAs + Monkfruit  
\*MINERALS RICH\*

## KINETIC KOOL-AID

Kale + Strawberries + Lemon + Ginger + Apple  
Spirulina + Chlorella + Chlorophyll

\*ANTIOXIDANTS + KEY NUTRIENTS + SKIN & BONE HEALTH\*

## CUKE COOL DOWN

Romaine + Celery + Cucumber + Apple + Lemon  
Ashwagandha + Reishi

\*STRESS RELIEVING FOR BODY + MIND\*

## FEMME FELINE

Fennel + Celery + Apple  
Shatavari

\*HORMONE-BALANCING\*

## CITY OF SOUND

Spinach + Rainbow chard  
Pineapple + Apple + Lemon  
Stinging Nettle + Lion's Mane + Moringa

\*REFRESHING + APPROACHABLE\*

## GARDEN OF LYFE

Tomatoes + Carrots + Red bell pepper + Celery  
Cucumber + Parsley + Spinach + Cayenne pepper  
Astragalus + Maitake + Chaga + Black Elderberry + Ginger

\*TRADITIONALLY NUTRITIOUS + IMMUNE ENHANCING\*



## RED + PURPLE JUICES

### ALLEY-OOP

Beet + Pineapple + Orange  
Camu Camu + Manioc root + Acerola cherry  
Buckwheat berry sprout + Black pepper berry  
Blueberry + Raspberry + Cranberry  
Cherry + Rosehips + Lemon peel  
\*POWERFUL HEALTH SUPPORT\*

### IRON INTUITION

Beet + Spinach  
Apple + Lemon  
Cordyceps + Reishi  
\*OXYGEN-CARRYING, IRON, FOLIC ACID, ZINC RICH\*

### ROOT RADIANCE

Beet + Carrot + Parsnip + Daikon radish  
Lemon + Turmeric + Ginger + Orange + Grapefruit  
Cordyceps + Schisandra + Eleuthero + Rhodiola  
Astragalus + Ashwagandha + Ginseng  
ENERGETIC ADAPTOGEN + BRAIN & NERVOUS SYSTEM SUPPORT\*

### ROOT TO RISE

Beet + Pear + Mint + Carrot + Spinach + Pineapple + Ginger  
Astragalus + Maitake + Chaga + Black Elderberry  
HEALTH SUPPORTING + ENZYMES + ANTI-INFLAMMATORY\*

### BEET BABE DETOX

Beet + Beet greens + Red chard + Red kale + Red dandelion greens  
Parsley + Carrots + Apple + Lemon  
Shiitake + Maitake + Reishi + Chaga + Cordyceps + Lion's mane  
\*IMMUNITY + INTERNAL ORGANS CLEANSING\*

### BEET BABE OG

Beet + Orange + Grapefruit + Lemon + Lime  
Triphala + Zeolite  
\*ORGAN DETOXIFYING\*

### BEET BABE GLOW

Beet + Carrot + Sweet Potato  
Hyaluronic Acid + Tocotrienols + Tremella Mushrooms  
\*HEALTHY SKIN + SUN SUPPORT\*



## BEET BABE II

Beet + Celery + Carrot  
Lime + Apple + Cilantro  
Iodine + Cranberry + Juniper  
Horsetail + Hydrangea + Uva ursi  
Ginkgo biloba + Marshmallow  
\*BIG TIME DETOXIFICATION\*

## BEET BABE III

Beet + Pink Grapefruit + Raspberries + Apple  
Magnesium + L-Theanine + Monkfruit  
\*ANTI-AGING + UNSTRESSING\*

## PRANA PUNCH

Passionfruit + Papaya + Pineapple  
Grape + Lemon + Lime  
Triple magnesium + L-theanine  
Beetroot + Berry + Monkfruit  
\*DE-STRESSING + MUSCLE SOOTHING\*



# FRUIT JUICES

## COURAGEOUS CANTALOUPE

Cantaloupe  
B12 + VeganD3 + K2  
\*HYDRATION + INNER GLOW\*

## MORNING DEW

Honeydew + Mint + Basil + Chard + Green apple + Lime  
E3Live BrainOn + Moringa  
\*ANTIOXIDANTS + VIT A\*

## YOU ARE MY SUNSHINE

Orange + Golden mandarin  
Lime + Green apple + Turmeric  
Marshmallow root + Burdock root  
Turkey tail + Reishi + Lion's mane  
Probiotic blend  
\*IMMUNE SUPPORT + DIGESTIVE HEALTH\*

## AFTERNOON DELIGHT

Carrot + Pineapple + Apple + Coconut water + Ginger + Turmeric  
Black pepper + Cinnamon + Cardamom + Maca + Boswellia + Camu Camu  
\*IMMUNITY\*

## SEDONA SUNRISE

Orange + Lemon + Carrot + Pineapple + Ginger + Turmeric + Coconut nectar  
Amla + Plant peptides + Pomegranate + Mangosteen + Asparagus shoot  
Okra pod + Coffee bean fruit + Quercetin + Acerola + Camu + Acai  
White tea extract + Acacia beet root + Lucuma + Yacon + Monkfruit  
\*RADIANT SKIN + INFLAMMATION FIGHTER\*

## ETHEREAL ENERGIZER

Grapefruit + Mandarin + Vanilla + Cayenne + Coconut water  
Rhodiola + Maca root  
\*METABOLISM BOOSTING + ENERGY SUPPORT\*\*\*

## CHARCOAL CLEMENTINE SOOTHER

Clementine + Aloe water + Clove + Nutmeg + Cinnamon + Vanilla  
Activated charcoal + Shilajit + Monkfruit  
\*STOMACH SUPPORT + DIGESTION\*

## BLUEBERRY BAE

Blueberry + Lemon + Apple + Celery + Ginger  
E3live Blu Mjaik  
\*HEALTHY IMMUNITY AND INFLAMMATION RESPONSE\*



## MAJESTIC MAMA

Pomegranate + Pear + Carrot + Orange + Apple  
B12 + Turmeric + Shatavari

\*IMMUNITY AND ENDURANCE. PRANA ACTIVATING.  
LIFE-GIVING VIAONS AND MINERALS\*

## SHALA SHAKE-DOWN

Pomegranate + Mint + Orange + Apple  
Beet + Berry + Lemon + Spirulina  
Magnesium + L-Theanine + Monkfruit + HSS

MEDITATE + VIBRATE

## CARROT CURCUMIN COLADA

Carrot + Curcumin Turmeric + Coconut h2o  
Ginger + Cardamom + Cinnamon + Nopal cactus  
Black pepper + Ashwagandha + Astragalus  
Schizandra + Reishi + Chaga + Cordyceps

\*ADATOGENIC ALCHEMY\*

## CHRYSANTHEMUM COLADA

Pineapple + Coconut Water  
Chamomile + Chrysanthemum

\*CALMING + REFRESHING\*

## ENZYME ENERGY

Papaya + Orange + Pineapple  
Full-spectrum Enzymes + Maca root

\*ENHANCED ENZYME LOVE\*

## DELICIOUS DIGESTIF

Kiwi + Pineapple + Ginger + Mint  
Triphala + 50 billion CFU Probiotics

\*DIGESTION SUPPORT\*

## WATERMELON WANDERLUST

Watermelon + Lime + Mint + Basil + Electrolytes

\*ANTIOXIDANT-BOOSTING + HYDRATING + MINERALIZING\*





## TONICS

### MAGIC MYLK

#### *Almond Amaretto*

sprouted almonds blu majik  
vanilla bean vanilla powder  
dates monkfruit almond extract  
tocotrienols pea protein  
*Energy + Vitality + Endurance*

### MAGIC MYLK

#### *Beauty Berry*

sprouted cashews coconuts  
Strawberries goji berries schisandra  
vanilla bean vanilla powder  
dates monkfruit  
*Energy + Stress support + Healthy liver*

### MAGIC MYLK

#### *Matcha Manifest*

coconut matcha lions mane stinging nettle  
moringa e3live spirulina chlorella  
dates monkfruit vanilla  
*Focus + Creativity + Productivity*

### MAGIC MYLK

#### *Celestial Chai*

cashew turmeric ginger mountain chai  
maca moringa goji cinnamon cardamom  
black pepper beet boswellia dates monkfruit  
*Anti-Inflammatory + Soothing + Comforting*

### MAGIC MYLK

#### *Magic Mushroom*

almond cacao lucuma aloe ashwaganda reishi  
chaga tremella shiitake maitake cordyceps  
lions mane dates monkfruit cinnamon vanilla  
*Immunity + Nootropic + Antioxidant*



# SMOOTHIES

## ACAI MACQUI MAGIC

Bananas + Blueberries + Blackberries + Kale  
Almond mylk + Sprouted almond butter + Dates + Monkfruit  
Acai + Maqui + Red maca + Kachava protein + Chia + Hemp + Lucuma  
\*ANTIOXIDANT & INFLAMMATION SUPPORT\*

## MANGO MAHALO BERRY

Wild blueberries + Mangos + Lemon + Bananas + Dates + Monkfruit + Coconut mylk + Black currant + Bilberry + Red raspberry  
Apple fruit + Beet juice + Baobab + Acerola cherry + Aronia berry + Concord grape + Pomegranate juice + Lingonberry + Sour  
cherry + Acai + Goji + Maqui + Elderberry + Cranberry + Mangosteen + Matcha + Papaya + Black raspberry  
\*MUSCLE & JOINT HEALING \*

## CASHEW TAHINI MYCOFORCE MAGIC

Bananas + Dates + Monkfruit + Cashew mylk + Black sesame mylk  
Cacao + Kachava protein + Reishi + Chaga + Lion's mane + Shiitake + Maitake + Cordyceps  
\*DECADENT + SMOOTH + IMMUNE SUPPORTING\*

## CAPTIVATING COCONUT

Strawberries + Goji Berries + Bananas + Coconut meat  
Coconut mylk + Coconut water + Kachava protein + Camu Camu  
Manioc root + Acerola cherry + Buckwheat berry sprout  
Black pepper berry + Blueberry + Raspberry + Cranberry  
Cherry + Rosehips + Lemon peel  
\*STRENGTHEN IMMUNE SYSTEM + PREVENT DISEASE\*

## CITRUS DREAMSICLE

Orange + Mandarins + Mango + Bananas + Coconut + Dates  
Coconut mylk + Vanilla + Kachava protein + Acerola cherry + Camu Camu  
\*IMMUNITY & FIBROUS\*

## JOOL'Z BEAUTY + BRAINS

Walnuts + Apples + Bananas + Cashew mylk + Cacao nibs  
Kachava protein + Bacopa + Lion's mane + Reishi + Turmeric  
Gotu kola + Gingko + Holy basil + Fo-Ti root + Dates  
\*MUSCLE & JOINT HEALING\*

## PB&JEALY

Bananas + Strawberries + Raspberries + Dates  
Peanut powder + Almond mylk + Kachava Protein + Monkfruit  
Goji berry + Maca + Chlorella  
\*MEMORY & MUSCLE SUPPORT\*

## MOCHA ALMOND HAZELNUT FUDGE



Bananas + Sprouted Almonds + Hazelnuts + Dates + Monkfruit + Almond mylk + Cold brew coffee + Espresso + Kachava Protein + Cacao + Maca + Chaga + Fo-Ti + Cordyceps + Gymnema + Hawthorn berry + Alfalfa + Bladderwrack + Irish moss + Sea kelp + Licorice root + Rhodiola + Schisandra + Chlorella + Spirulina + Mucuna + Goji berry + Gotu kola + Ashwagandha + Astragalus

\*ADRENAL SUPPORT + NATURAL ENERGY + IMMUNITY\*

### BLUE DREAM CLOUDS SMOOTHIE

Banana + Blueberry + Pineapple + Mango + Peaches + Strawberries + Coconut water + Coconut mylk + Coconut oil + Peanut butter powder + Peanut butter + E3live Blu Majik + Kachava + Dates + Monkfruit

\*ENDURANCE AND RECOVERY AND EREWHON VIBES\*

### THEE GREEN SMOOTHIEEEE

Banana + Orange + Strawberry + Pineapple  
Mixed Raw Greens and Sprouts + Mixed Greens superfoods  
Kachava + Dates + Monkfruit

\*TANGIBLE AND PALATABLE\*

### SOLAR RETURN

Banana + Strawberry + Vanilla bean + Cashew butter cake batter + Fruity vegan protein + Vegan Collagen + Superfood mushrooms + Kachava + Dates + Monkfruit

\*WISH GRANTED\*

### RADIANT RECOVERY

Banana + Apple + Mango + Kale + Hemp seeds + Cinnamon  
Turmeric + Coconut water + Tremella Mushrooms + Hyaluronic Acid + Tocotrienols + E3Live BrainOn & BluMajik + Shredded coconut

\*MUSCLE & JOINT HEALING \*

### APPLE BERRY AMBROSIA

Banana + Raspberry + Apples + Coconut water  
Purim Protein + E3live + Dates + Monkfruit

\*ALL IN ONE\*

### MATCHA MINT MUSE

Bananas + Spinach + Peppermint + Almond mylk + Matcha + Dates + Monkfruit + E3Live BrainOn + Kachava Protein + Maca + Chlorella + Spirulina + Chlorophyll

\*ENERGIZING + HORMONE BALANCING\*

### COZY COTTON CANDY

Grapes + Bananas + Chia seeds + Almond mylk + Dates  
E3Live Blu Majik + Kachava Protein + Monkfruit + Maca + Chlorella + Spirulina + Vanilla

\*HEART HEALTH + ANTIOXIDANTS\*



## COCONUT LIME LUAU

Bananas + Lime + Zest + Vanilla + Coconut mylk  
Coconut meat + E3Live BrainOn + Kachava protein + Dates + Monkfruit + Coconut water + Maca + Chlorella + Spirulina  
\*ENERGY + ENDURANCE\*

## PEACHES & PINEAPPLE QWUEEN

Peaches + Pineapple + Bananas + Cashew mylk + Dates + Vanilla + Monkfruit + Camu camu + Manioc root + Acerola cherry +  
Buckwheat berry sprout  
Blueberry + Raspberry + Cranberry + Cherry + Rosehips + Lemon peel + Kachava protein + Maca + Chlorella + Spirulina  
\*TANGY + IMMUNE-BUILDING\*

## BUTTERFLY THAI CHAI TEA

Bananas + Assam tea + Butterfly pea + Vanilla + Chai spices  
Coconut mylk + Almond mylk + Kachava protein + Dates + Monkfruit + Ginger + Astragalus + Maitake  
Chaga + Black elderberry  
\*DECADENT + ANTIOXIDANTS\*

## MACA MAGIC MUSHROOM HORCHATA

Coconut water + Coconut mylk + Coconut + Cinnamon  
Rice mylk + Kachava protein + Cacao + Maca + Dates + Shiitake + Maitake + Reishi + Cordyceps + Lion's mane + Chaga  
\*IMMUNE SUPPORTIVE VITALITY\*



## **SMOOTHIE BOWLS**

### **ACAI MACQUI MAGIC**

w/ bananas, blueberries, blackberries  
almonds, sprouted almond butter  
hemp seeds, chia seeds, granola, dates

### **MOCHA ALMOND HAZELNUT FUDGE**

w/ bananas, cacao nibs, coconut shreds  
hazelnuts, almonds, hazelnut butter  
hemp seeds, chia seeds, granola, dates

### **PB&JEALY**

w/ bananas, strawberries, goji berries  
mulberries, peanuts, peanut butter  
hemp seeds, chia seeds, granola, dates



## **FOOD FOOD**

*(Min. order 2 per each)*

### **ROTATING CARROT LOX OF THE WEEK**

Local ingredients + Superfood enhanced

### **ROTATING SALAD OF THE WEEK**

Local ingredients + Superfood enhanced

### **ROTATING WRAP OF THE WEEK**

Raw coconut wrap + Local ingredients + Superfood enhanced

### **ROTATING KITCHARI OF THE WEEK**

Sprouted lentils & rice + Local ingredients + Superfood enhanced

### **ROTATING PASTA OF THE WEEK**

Spiralized veggies/Kelp noodles + Local ingredients + Superfood enhanced

### **ROTATING LASAGNA OF THE WEEK**

Hearts of Palm + Local ingredients + Superfood enhanced

### **ROTATING SPRING ROLLS OF THE WEEK**

Green tea wraps + Local ingredients + Superfood enhanced

### **ROTATING SWEET BAR OF THE WEEK**

Sprouted nuts and fruits + Local ingredients + Superfood enhanced

