



the green ingredient

The green ingredient is a restaurant that cares for your health. We serve delicious well-balanced meals using sustainable fresh, organic and all-natural ingredients. We are concerned about your health so we strive to offer a menu free from GMOs, hormones, chemicals, pesticides, trans-fats, additives, artificial coloring and highly refined products. Since we prepare all our recipes from scratch, there is no hidden sodium or other by-products in our food. Our dishes are designed to preserve and sometimes even enhance the nutritional value of its ingredients.

JUICE BAR

SMOOTHIES
TEA
COFFEE
& MORE

Catering services available.

www.facebook.com/thegreeningredienteatery



Hours of Operation

Monday - Thursday 8 AM - 4 PM

Friday 8 AM - 8 PM

At the corner of Mesa & Franklin
inside the Chase Tower

201 East Main Street #112

El Paso, TX 79901

915-298-1010

www.greeningredient-elp.com



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JUICE IT BABY!

SHOTS, JUICES & SMOOTHIES

WHEATGRASS SHOT \$4

Organic wheatgrass, full of iron and minerals. Cold pressed.

KALE & PARSLEY SHOT \$4

Helps remove metals from your system. Cold pressed.

ORANGE JUICE \$4

Freshly squeezed, full of Vitamin C.

CARROT JUICE \$4

Vitamin A all the way, very good for your eyesight.

APPLE JUICE \$4

Freshly extracted, flavonoids will help keep cholesterol at bay.

IRON GALORE \$6

Beet, apple, carrot & kale. Iron, folic acid, minerals, Vitamins C & E.

ANTI INFLAMMATORY \$6

Pineapple, lime, ginger & honey.

BREAKFAST SMOOTHIE \$6

Almond milk, banana, maca, raw cacao nibs & honey.

RELAX DRINK \$6

Pineapple & celery. Rich in manganese and potassium.

BRAIN JUICE \$6

Stimulate your noodle. Cucumber, carrot, broccoli & lemon.

SIMPLY GREEN \$7

Cucumber, spinach, broccoli, celery, apple, parsley & ginger.

GREEN & SWEET \$7

Kale, celery, apple, pear & parsley.

FANTASTIC BOOST \$7

Banana, orange, sunflower seeds, spiruline.

MANGO LASSI \$7

Mango, organic milk & Greek yogurt.

MAKE-YOUR-OWN \$7

Your own combination of fruits, veggies and add-ons.

Add to your drink:

• SPIRULINE	• HONEY	• CHIA SEEDS
• MACA POWDER	• ALMOND MILK	• SUNFLOWER SEEDS
• CACAO NIBS	• GINGER	• QUINOA PROTEIN
• AGAVE NECTAR	• ALMOND PROTEIN	• CHLOROPHYLL

COFFEE & MORE

Our coffee and teas are organic, fair trade.

HOUSE COFFEE \$3.50

Brazil Prima Qualita freshly brewed, French Press style.

ICED COFFEE \$3.50

Cold brewed, poured over ice with choice of milk or almond milk.

MILK \$3

Organic, 2% fat.

HOT CHOCOLATE \$4

Organic raw cacao, honey and almond milk.

SPECIALTY TEAS & INFUSIONS \$4.50

Special blend of teas, herbs, fruits and spices.

SPARKLING LEMONADE \$3.50

Freshly squeezed lemon juice & club soda.

LOOSE LEAF TEA \$3.50

ENGLISH BREAKFAST TEA

Perfect breakfast tea, good body and full tea flavor notes.

SENCHA KYOTO CHERRY ROSE FESTIVAL

A blend of high quality green tea with sweet cherry flavors and subtle rose hints.

GREEN YERBA MATE

Mate is rich in mateine and was used as caffeine beverage in South America before the advent of coffee.

BLOSSOM TEA \$3.50

GINSENG LILY

Hand made and hand tied. Excellent green tea character with a mild hint of dry. Green tea, ginseng & lily blossom.

MENTHE SOLEIL

Hand made and hand tied. Refreshing peppermint notes come to the fore finishing with a sweet lightly floral fullness. Luxury green tea, mint leaves, amaranth & marigold blossoms.

DRAGON 4 FLOWERS

Light lavender notes wind their way through a floral bouquet and provide depth and body. Green tea, amaranth, jasmine & chrysanthemum.

3 FLOWER BURST

The peach character of osmanthus comes to the fore with hints of jasmine and lily. Green tea, lily, jasmine & osmanthus blossoms.

CAFFEINE-FREE \$3.50

BELLA COOLA

Orange and pineapple flavors combined with the tartness of hibiscus, apple, rosehip and other dried fruits.

BERRY-BERRY

A full flavored tea with deep berry notes. The infused cup is burgundy red and provides strength and character. Elderberry, raisins & hibiscus petals.

BINGO BLUEBERRY

A full flavored tea with superb and well-defined blueberry highlights.

CRANBERRY APPLE

Full flavored and pungent tea with a rich fruity character. Apple, rose hip & hibiscus.

MADAGASCAR ALMOND SPICE

Full bodied with almond and hints of cinnamon nestled between hibiscus and rose hip. Apple, rosehip, almond pieces & red thistle.

ROMAN PROVENCE

Fruity with a sweet floral finish. Rooibos, elderberry, rosehip, blueberry pieces, rose & lavender petals.

GINGER

Excellent clean ginger notes with a refreshing and spicy finish.

LEMONGRASS

Sweet lemon taste profile; lemon character without the tangy flavor.

ROOIBOS GOOD HOPE

The reddish orange cup is fruity with sweet notes.

PEPPERMINT WILLAMETTE

Very pungent with a cool fresh taste. Tending yellowish green with a bright green infused leaf.

Most of our teas come from highlands where tea can grow without pesticides; pests that typically attack tea crops cannot survive such high altitudes.