

## Sip It!

**Beet Me Up** cold-pressed raw **beet-carrot-tomato juice**  
12 oz \$4    16 oz \$5    quart \$9    half gallon \$16\* \*\*

**Juice Junkie** cold-pressed natural raw **juice blend** of the day  
[Brain Booster, **F#@ Cancer**, **Mean Green**, etc.]  
12 oz \$4    16 oz \$5    quart \$9    half gallon \$16\* \*\*

**No Moo! Milk** 3-ingredient unsweetened raw **almond milk** with sea salt  
12 oz \$3    16 oz \$4    quart \$7    half gallon \$12\* \*\*

**Sweet By Nature Vegan Shake** daily-changing combo of fresh fruits  
[**peach-mango**, **raspberry-pomegranate**, **pineapple-durian**, **kiwi-avocado**, **strawberry-banana**, etc.], **brown rice milk**, **hemp seeds**  
12 oz \$4    16 oz \$5    quart \$9    half gallon \$16\* \*\*

**Bottle-Free Mineral Water** with **lemon ice cubes** in compostable, BPA-free plant fiber cup 16 oz \$2

**Coconut Water** in earth-friendly natural coconut shell \$3

**Kombucha** chilled fizzy fermented fair-trade **tea** infused with **ginger**  
12 oz \$3    16 oz \$4    quart \$7    half gallon \$12\* \*\*

**Wheatgrass Shot** 1 oz \$2    **Raw Apple Cider Vinegar** 1 oz \$1

\*\$2 deposit on first jug \*\* may require 2 days advance notice

Mya Zeronis is chef/ owner of Zest Wishes and Lean Chef en Route. She is a meat freak turned cruelty-free health food advocate. She believes change is good. Prior to starting her own business, she was the chef at a green-certified, from-scratch Washington, DC restaurant. Unless she is on her way to deliver catered food or to shop at several farmers markets for a personal chef service client with multiple dietary restrictions, she uses public transportation.



<http://ZestWishes.CO>

412-512-5917

[Facebook.com/ZestWishes](https://www.facebook.com/ZestWishes)

Juice, Health Food & Specialty Grocery Stand

@ Pittsburgh Public Market  
2401 Penn Avenue (Strip District)  
Friday, Sunday: 10 am - 4 pm  
Saturday: 9 am - 5 pm



organic, non GMO, hormone free, antibiotic free, naturally grown, local



unprocessed, handmade, from-scratch, not mass-manufactured



free or low level of mercury/ contaminants, sustainable, not over-fished

*Drinks are served in compostable cups. Clamshell lunch boxes, straws, cutlery and napkins used are biodegradable.*

*Ingredients are purchased from:  
Clarion River Organics  
Mott Family Farm  
Penn's Corner Farm Stand  
Wild Purveyor  
Allegro Hearth Bakery*

Show your bike helmet, bike or bus pass, Get 10% off any purchase.



Zest Wishes