



Glow Juicery and Raw Food Cafe Menu

<https://menulist.menu>

3-5380 Trans Canada Hwy | SOL Centre, Duncan, British Columbia V9L 6W4, Canada, Cowichan

(+1)2505972595 - <http://glowjuicery.ca>



Here you can find the menu of Glow Juicery and Raw Food Cafe in Cowichan. At the moment, there are 19 dishes and drinks on the food list. You can inquire about **changing offers** via phone. What [User](#) likes about Glow Juicery and Raw Food Cafe:

If you are looking for raw food, Glow has you covered. Juice or salads (and probably lots of other options, but I only tried the two). The Thai peanut salad was delicious, but pricey. Same for the green juice. They also offer 'meal' plans so you can do a juice cleanse (or similar) without all the mess and work. Expect to pay for the ease and service, but it may totally be worth your while (if that's what you are look... [read more](#). What [User](#) doesn't like about Glow Juicery and Raw Food Cafe:

The food is good if not a tad inconsistent (sometimes the salads come with many blows and dressing, other times it is much more economical), and the prepacked options they have in the cooler are sometimes not as good as ordering the foods fresh. However, the juices are great, their smoothie selection is beautiful, and the fact that everything is raw is also a plus. Unfortunately, this place was one of the first compa... [read more](#). It's definitely always an experience to be in a *typical saloon* and to consume; to feel like a cowboy for once with a chilled drink and also the finger food like crispy fries, onion rings or a hearty burger, and you can enjoy here fine American meals like Burger or Barbecue. Lastly, the restaurant provides a variety of flavorful meals, which are unquestionably worth trying, the visitors love having the chance to watch the latest games or races on the big screen in this **sports bar**, while also enjoying food and drinks.

Glow Juicery and Raw Food Cafe Menu



Appetizers

STUFFED MUSHROOMS

Soft drinks

JUICE

Soup

MUSHROOM SOUP

Milchshakes

SMOOTHIE

Beverages

JUICES

Popular Items

SMOOTHIES

Condiments and Sauces

CURRY

MUSHROOM

Restaurant Category

BAR

VEGAN

Dishes are prepared with

COCONUT

PESTO

ZUCCHINI

MUSHROOMS

These types of dishes are being served

SOUP

DESSERTS

PIZZA

NOODLES

SALAD

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Centre, Duncan, British Columbia
V9L 6W4, Canada, Cowichan

Opening Hours:

Monday 09:00-17:30
Tuesday 09:00-17:30
Wednesday 09:00-17:30
Thursday 09:00-17:30
Friday 09:00-17:30
Saturday 09:00-17:30
Sunday 10:00-17:00

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