

nourish

juice & smoothie bar

cold pressed · raw · healthy grab & go's

#EatSleepNourishRepeat

JUICES & SMOOTHIES
POWER BOWLS
GRAB AND GO EATS
AND MORE!

GREEN JUICES

\$9

KARMA DETOX + WEIGHT LOSS + IMMUNITY
KALE, SPINACH, CUCUMBER, CELERY, TURMERIC,
GINGER, CHLOROPHYLL, SPIRULINA, CHLORELLA,
OIL OF OREGANO, LEMON, HIMALAYAN PINK SALT,
ORGANIC FLAX OIL, CAYENNE PEPPER

BEETLE JUICE CIRCULATION + B VITAMINS + HAIR, SKIN, NAILS
KALE, SPINACH, CUCUMBER, BEET, APPLE,
GINGER, LEMON, ORGANIC FLAX OIL

ELVIS PARSLEY DETOX + CALCIUM + ANTI INFLAMMATORY
KALE, CUCUMBER, CELERY, PARSLEY, GINGER,
LEMON, ORGANIC FLAX OIL

JUAN CARLOS DETOX + CALCIUM + STOMACH SOOTHER
SPINACH, PINEAPPLE, GRAPE, CILANTRO, LIME,
ORGANIC FLAX OIL

TALENT KICKS IN METBOLIZE + VITAMIN C + LIVER DETOX
SPINACH, GRAPEFRUIT, PINEAPPLE, LEMON,
CINNAMON, ORGANIC CHIA SEEDS

THE REFRESHER ENERGY + METBOLIZE + WEIGHT LOSS
KALE, SPINACH, CUCUMBER, CILANTRO, MINT,
LEMON, MINT, TURMERIC, ORGANIC FLAX OIL

THE REMEDY HANGOVER REMEDY + MEMORY + ANTI INFLAMMATORY
SPINACH, COCONUT H2O, TURMERIC, PINEAPPLE,
LEMON, ORGANIC FLAX OIL, JALAPEÑO

ROOTS

\$9

CARROTSMATIC GREAT FOR EYES + ENERGY + HYDRATION
CARROT, APPLE, GINGER, COCONUT H2O, ORGANIC
FLAX OIL

DROP THE BEET, DARLA CIRCULATION + B VITAMINS + GREAT PRE WORKOUT
BEET, APPLE, LEMON, ORGANIC FLAX OIL

FRUIT JUICES

\$9

24 CARAT GOLD ANTI INFLAMMATORY + VITAMIN C + GOOD FOR THE BRAINS
ORANGE, PINEAPPLE, TURMERIC, ORGANIC CHIA
SEEDS, ORGANIC FLAX OIL

PINK STAR BURST ANTI INFLAMMATORY + VITAMIN C + GOOD FOR THE BRAINS
CARROT, APPLE, PINEAPPLE, BEET, GINGER,
LEMON, ORGANIC FLAX OIL

LIQUID SUNSHINE ENERGY + VITAMIN C + ENZYMES
SEASONAL CITRUS, PINEAPPLE, APPLE, LEMON,
ORGANIC FLAX OIL

SHOTS

\$3.50 TURMERIC
\$3.50 GINGER
\$4.50 WHEAT-GRASS
\$3.50 DEFENDER SHOT: OIL OF OREGANO, CAYENNE,
LEMON, & GINGER

TOP NOTCH SMOOTHIES

\$9 16 oz / \$12 24 oz

(ANY PEANUT BUTTER CAN BE SUBBED FOR PB2)
*ADD PROTEIN (PRIMAL ESSENTIALS GRASS FED WHEY) FOR \$1.50 ON ANY SMOOTHIE

LAVENDER DREAM (ANTI AGING)
BANANAS, BLUEBERRIES, LOCAL ORGANIC BEE
POLLEN, DATES, LAVENDER, ORGANIC HOME MADE
ALMOND MILK * SUGGESTED ADD PROTEIN

GOJI BEE
PINEAPPLE, ORANGE, MANGO, BANANA, ORGANIC
BEE POLLEN, ORGANIC GOJI BERRIES

GREEN TEA FRAPPISH
ORGANIC MATCHA, HOME MADE ALMOND MILK,
DATES, COCONUT SUGAR, ORGANIC VANILLA BEAN
* SUGGESTED ADD PROTEIN

HAWAIIAN AIRLINES
PINEAPPLE, PEACH, MANGO, ORANGE,
STRAWBERRY

RIPPED MONKEY
ORGANIC HOME MADE ALMOND MILK, BANANA,
ORGANIC PEANUT BUTTER, PRIMAL
ESSENTIALS GRASS-FED WHEY PROTEIN,
ORGANIC HEMP HEARTS, RAW ORGANIC CACAO

SWEET SPICY* GREENS
SPINACH, CILANTRO, PINEAPPLE, MANGO,
CUCUMBER, ALKALINE H2O, JALAPEÑO, LIME

NANA'S ROSES
ORGANIC HOME MADE ALMOND MILK, ROSEWATER,
ORGANIC CHIA, BANANA, STRAWBERRY, DATES

SWEET TART
STRAWBERRY, MANGO, LEMON, MINT, ORGANIC
COCONUT PALM SUGAR, ALKALINE H2O

PEANUT BUTTER JELLY TIME
ORGANIC HOME MADE ALMOND MILK,
STRAWBERRIES, PB2, ORGANIC HEMP HEARTS,
ORGANIC FLAX SEED, DATES, ORGANIC COCONUT
SUGAR * SUGGESTED ADD PROTEIN

BACKWARDS HAT MATT
BANANA, BLUEBERRIES, ORGANIC PEANUT
BUTTER, SPIRULINA, GROUND FLAX SEED,
CHLORELLA, ORGANIC HOME MADE ALMOND MILK
*SUGGESTED ADD PROTEIN

SWEET CAROLINE
KALE, CUCUMBER, PINEAPPLE, PEACH, GINGER,
BANANA, HOME MADE ALMOND MILK,
ORGANIC RAW BEE POLLEN, RAW ORGANIC
UNFILTERED HONEY, PRIMAL ESSENTIAL
GRASS-FED WHEY PROTEIN

SKINNY HONEY BOO BOO
BANANA, HOME MADE PEANUT BUTTER, HOME
MADE ALMOND MILK, ORGANIC RAW UNFILTERED
HONEY, CINNAMON, PINK HIMALAYAN SALT

JUICE FLIGHTS · 8 JUICES · \$10

NUT MILKS LATTE'S (ON ICE) \$7

ALL MILKS ARE MADE IN HOUSE

GHANDI'S GOLD

ORGANIC ALMOND MILK, TURMERIC, CINNAMON,
ORGANIC VANILLA BEAN, ORGANIC
RAW UNFILTERED HONEY, HIMALAYAN PINK SALT

LATTE " CHOCO LATTE"

ORGANIC ALMOND MILK, ORGANIC RAW CACAO,
RAW ORGANIC VANILLA BEAN, LOCAL COLD BREW
COFFEE, MAPLE, PINK HIMALAYAN SALT

ALMOND VANILLA LATTE

ORGANIC ALMOND MILK, ORGANIC RAW VANILLA
BEAN, LOCAL COLD BREW COFFEE, ORGANIC
MAPLE

COFFEE TODDY \$5.50

POWER BOWLS \$10

ACAI BOWL

ORGANIC RAW ACAI, BANANAS, ORGANIC HEMP
GRANOLA, BLUEBERRIES, RAW UNFILTERED HONEY

SPIRULINA BOWL

SPIRULINA, BANANA, GRANOLA, RAW UNFILTERED
HONEY, SPINACH, BLUEBERRIES, ORGANIC HOME MADE
ALMOND MILK

ADD ONS

.50¢

ORGANIC RAW UNFILTERED HONEY
JALAPEÑO

\$1.00

PB2
ORGANIC CACAO NIBS
ORGANIC FLAX SEED
ORGANIC HEMP HEARTS
ORGANIC PEANUT BUTTER
ORGANIC SHREDDED COCONUT

\$1.50

+ADD FRUIT
+ADD GREENS
ORGANIC ALMOND BUTTER
ORGANIC CHIA SEEDS
ORGANIC CHLORELLA
ORGANIC COFFEE / OZ
ORGANIC GOJI BERRIES
ORGANIC GREEN TEA MATCHA
ORGANIC HEMP GRANOLA
ORGANIC MACA POWDER
ORGANIC SPIRULINA
GRASSFED WHEY PROTEIN



JUICE CLEANSING 101

ALSO AVAILABLE FOR CUSTOMIZED CLEANSSES!
CONTACT US CUSTOMIZE A CLEANSSE TO FIT YOUR NEED!

3 DAYS \$160//5 DAYS \$265//7 DAYS \$370// ++

ROOKIE CLEANSE

ARE YOU NEW TO CLEANSING? THIS ONE'S FOR
YOU! OUR MOST POPULAR JUICES!

THE MIDDLE CHILD

OUR MOST POPULAR AND BALANCED CLEANSE.
THE MIDDLE CHILD CLEANSE IS AWESOME FOR
THOSE WHO WANT TO BALANCE GREAT TASTING
JUICES WITH HIGH EFFICIENCY.

OUR MOST POPULAR JUICES

HARDCORE CLEANSE

OUR MOST HARDCORE AND LOWEST CALORIE CLEANSE.
THE HARDCORE CLEANSE IS FOR THOSE LOOKING FOR
MAXIMUM RESULTS IN THE SHORTEST POSSIBLE TIME.

NOT FOR THE FAINT OF HEART

MUST LOVE GREEN JUICE
GREAT DETOX RESULTS

THE RECOVERY CLEANSE

HUNG OVER? JUST HAVE SURGERY?
FEELING LIKE YOU'RE ABOUT TO BE A LITTLE SICKLY?
THIS CLEANSE IS FOR YOU!

MUST LOVE GREEN JUICE

WHY COLD PRESSED?

THE COLD PRESSED METHOD EXTRACTS 3-5 X MORE VITAMINS, MINERALS, AND ENZYMES THAN ANY OTHER METHOD. TRADITIONAL CENTRIFUGAL METHODS ACTUALLY HEAT THE JUICE WHICH KILLS MANY OF THE BENEFICIAL NUTRIENTS IN RAW FRUITS AND VEGETABLES. WITHOUT THE USE OF HEAT, AND MINIMAL OXIDATION, THE FINAL RESULT IS THE CLEANEST, FRESHEST, RAW JUICE YOU HAVE EVER HAD. WE PROMISE. OUR JUICES ARE MADE FROM NOTHING BUT THE MOST FRESH AND HIGH QUALITY PRODUCE. JUST LIKE FOOD WILL GO BAD, OUR JUICES HAVE A SHELF LIFE OF 2-4 DAYS. WE DO NOT HEAT OR PASTEURIZE THEM IN ANY WAY. FROM THE FARM, TO YOUR BOTTLE. NO SHORTCUTS. NO WATERING DOWN. NOT FROM CONCENTRATE. NON-HPP. WE ADD A TOUCH OF OIL TO YOUR JUICES TO AID IN THE ABSORPTION OF FAT SOLUBLE VITAMINS, LIKE A,B, E, D, & K.

*PLEASE LET US KNOW OF ANY ALLERGIES SO WE CAN MODIFY. FRUIT JUICES CAN BE SUBSTITUTED FOR NO ADDITIONAL COST. *

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