

1: CHOOSE A SEASONAL BOWL

→ ALL GLUTEN-FREE + WE CAN MAKE ANYTHING VEGAN!

DID YOU KNOW:
OUR KITCHEN IS 80% ORGANIC + HYPER LOCAL

- \$9.25** **daily special**
always our best seller! always hearty and healthy! order it online and skip the wait

- \$8.15** **ginger peanut** *gluten-free, vegan, dairy-free, soy-free (326 calories)*
warm ginger peanut sauce + big scoop of roasted veggies + organic shredded veggies + spinach + kale + topped with: smashed peanuts + coconut flakes + fresh cilantro

- \$8.15** **hippy curry** *gluten-free, soy-free, lectin-free vegan, keto, AIP (340 calories)*
warm savory coconut curry over roasted veggies + spinach + kale + topped with: coconut flakes + mama lil's pickled peppers + omega seeds

- \$9.15** **earth bowl** *gluten-free, vegetarian, keto, AIP (426 calories)*
warm fire-roasted red pepper, tomato and mushroom stew over seasonal roasted veggies + spinach + kale + topped with: fresh basil + walnuts + pesto drizzle + shaved parm

- \$9.15** **baja cali** *gluten-free, vegetarian, soy-free (325 calories)*
chipotle black beans + fresh avocado + spinach + cherry tomatoes + cucumbers + pickled onions + jalapeño + mama lil's pickled peppers + local white cheddar + fresh cilantro + smokey plantains + tossed in: fresh salsa + avocado lime aoli

- \$9.15** **rainbow cobb** *gluten-free, soy-free, keto (395 calories)*
turkey bacon + organic egg + local white cheddar + fresh avocado + organic shredded veggies + mesclun greens + red onion + cherry tomato + cucumber + bell pepper + smokey plantains + sunflower seeds + radish + fresh basil + tossed in: smokey vegan ranch dressing

- \$8.15** **kale caesar** *gluten-free, vegetarian, soy-free (285 calories)*
sunflower seeds + capers + parm crisps + cherry tomato + kale + organic veggie mix + shaved parm + lemon squeeze + tossed in: vegan lemon flax caesar dressing

- \$8.15** **spartan** *gluten-free, vegetarian, soy-free (265 calories)*
herby chickpeas + fresh basil, parsley and mint + pickled onions and peppers + feta + beet chips + organic shredded veggies + cucumbers + cherry tomato + mesclun greens + bell pepper + tossed in: vegan lemon za'atar hummus vini

- \$8.15** **pineapple crunch** *gluten-free, vegan, dairy-free, soy-free (293 calories)*
fresh pineapple + seasoned cashews + fresh mint, cilantro and jalapeño + mesclun greens + tamari crisps + red onion + bell pepper + organic shredded veggies + radish + celery + coconut flakes + tossed in: vegan miso sesame lime vini

- \$9.15** **ultimate jc** *gluten-free, vegan, dairy-free, soy-free (385 calories)*
dried blueberries + fresh apple + fresh avo + turmeric ancient grains + walnuts + sunflower seeds + fresh parsley & basil + golden raisins + celery + herby chickpeas + red onion + organic shredded veggies + spinach + kale + tossed in: vegan dijon apple cider vini

2: CUSTOMIZE BASE

grains:

- coconut brown rice
- turmeric ancient grains

greens:

- baby spinach
- kale
- mesclun greens
- roasted sweet potato + cauliflower

3: + PROTEIN

animal-based options:

- shredded chicken breast +2.5
- turkey bacon +2
- egg +1.25
- wild alaska salmon +3

plant-based options:

- local organic tofu (gluten-free + vegan) +2.5
- falafel (gluten-free + vegan) +2.5
- herby chickpeas +1.5
- chipotle black beans +1.5

add a SCOOP OF KIMCHEE ON THE HOUSE

CYO BOWL

\$8.15+ comes with organic veggie mix, your choice of base, dressing, and 3 add-ons

1. base

- spinach
- kale
- mesclun greens
- coconut brown rice
- turmeric ancient grains
- roasted sweet potato + cauliflower

2. add-ons up to 3

each add-on over 3 +.5

- peanuts
- almonds
- walnuts
- cashews
- sunflower seeds
- cucumbers
- tomatoes
- mint
- basil
- scallions
- celery
- mama lil's pickled peppers
- plantain crisps
- pickled onion
- red bell pepper
- red onion
- cilantro
- jalapeño
- pineapple
- kimchee
- coconut flakes
- omega seeds
- beet chips
- tamari crisps
- capers
- golden raisins
- radish
- parm crisps
- feta
- local white cheddar
- shaved parmesan
- vegan cheezy sprinkle

3. dressing

- lemon flax caesar
- fresh salsa
- warm ginger peanut
- warm savory curry
- warm fire-roasted red pepper stew
- olive oil + fresh lemon
- dijon apple cider vini
- miso sesame lime vini
- lemon za'atar hummus vini
- olive oil + fresh lemon
- smokey vegan ranch
- pesto
- braggs

+ protein

- shredded chicken +2.5
- turkey bacon +2
- egg +1.25
- wild alaska salmon +3
- local organic tofu +2.5
- falafel +2.5
- herby chickpeas +1.5
- chipotle black beans +1.5
- avocado +2

ALL OF OUR DRESSINGS ARE VEGAN,
GLUTEN-FREE + MADE IN-HOUSE!

MEAL DEAL COMBOS

- \$15.5** any bowl + any drink
- \$13** any \$8.15 bowl + small juice
- \$12.5** mini bowl + any \$8 smoothie
*protein extra on combos

OTHER FAVS

- \$4.95** **seasonal soup**
rotating flavors, made fresh every morning, always gluten-free and vegan
- \$7.5** **soup bowl**
a big bowl of homemade soup + rice + spinach

SKIP THE LINE
ORDER ONLINE
WWW.THEJUICYCAFE.COM

FRESH JUICE SMALL: \$7 | REG: \$8

green religion 70 calories

lemon + ginger + kale + spinach + cucumber + celery
energizing, detoxifying, alkalizer

life cleanser 172 calories

mint + lemon + ginger + spinach + kale + apple + celery + cucumber
cleansing + cholesterol + weight + detox

rise + shine 221 calories

orange + apple + carrot + pineapple
high in vitamin c, energy booster

witches brew 183 calories

beet + orange + carrot + apple + turmeric + lemon
immunity booster, endurance, energy

skin beet beautiful 260 calories

beet + lemon + ginger + spinach + kale + carrot + apple + celery + cucumber
skin purification, liver cleanser, energy

cold + flu 240 calories

lemon + ginger + apple + pineapple + cayenne
immunity booster, energy

ultimate gut healer 91 calories

lots of celery + lemon + ginger + pineapple
heals gut lining, improves digestion, bromelain, circulation

pineapple immunity 228 calories

pineapple + ginger + cucumber + apple + celery
gut healing, digestion, circulation

high c 192 calories

strawberry + kiwi + orange + apple + lemon
mega hit of vitamin c, immunity booster

SMOOTHIES REG: \$8

pb+j 395 calories

strawberries + blueberries + banana + raw pb + almond mylk

green monster 372 calories

spinach + kale + mango + almonds + banana + almond mylk

lowry's ironman 432 calories \$9

strawberry + blueberry + kale + flax + raw almond butter + banana with the peel + almond mylk

fast abby 305 calories

mango + spinach + banana + cucumber + apple + lime + coconut h2o

coffee nutter 382 calories

banana + raw pb + coffee + cacao + honey + almond mylk

adrenal love 290 calories \$9

mango + spinach + cucumber + kale + celery + lemon + ginger + avocado

keto chocolate mint 385 calories \$10

whey protein + fresh mint + cacao powder + frozen cauliflower + stevia + almond mylk + cacao nibs + collagen

cloud 9 290 calories

blueberry + kale + spinach + avocado + chia + coconut h2o

very berry 301 calories

orange + berries + banana + flax

funky monkey malt 285 calories

macca x2 + banana w peel + cacao + strawberry + honey + almond mylk

+ CUSTOMIZE YOUR DRINK

- COCONUT OIL +\$.5
- EXTRA GREENS +\$.5
- WHEY/PEA/HEMP PROTEIN +\$1
- RAW PB +\$1
- AVOCADO +\$2
- ALMOND BUTTER +\$2

make it LOWER cal:
sub CAULIFLOWER FOR banana

make it HIGHER in gut-LOVING
RESISTANT STARCH: add THE PEEL!

QUAD SHOTS \$5 (4oz)

honeybee turmeric + lemon + raw honey + ginger + pineapple

golden hour beet + lemon + ginger

flu shot 2x ginger + 2x lemon + cayenne

avc apple cider vinegar + apple + lemon

gut celery juice

SMOOTHIE BOWLS

MICRO: \$10 | MACRO: \$12

acai bowl

berries + mango + banana + almond mylk + toppings: gf/vegan granola + banana + blueberries + coconut flakes + honey drizzle

pb+j bowl

strawberries + blueberries + raw PB + banana + almond mylk + toppings: gf/vegan granola + banana slices + blueberries + raw PB + honey drizzle sub almond butter +1.50

green machine \$11/13

mango + spinach + kale + banana + almonds + almond mylk + toppings: gf/vegan granola + banana + almonds + almond butter + honey drizzle

CYO DRINK

SMALL: \$7+ | REG: \$8+

choose a base
+ 3 add-ons

1. base

- apple
- carrot
- celery
- cucumber
- orange
- coconut h2o
- oat mylk
- almond mylk

2. add-ons up to 3 each add-on over 3 +.5

- spinach
- kale
- beet
- lemon
- lime
- ginger
- mango
- orange
- kiwi
- pineapple
- strawberry
- blueberry
- banana
- apple
- carrot
- cucumber
- celery
- mint
- parsley
- raw almonds
- basil
- cinnamon
- turmeric
- cayenne

+ extras

- chia +.5
- cacao +.5
- coffee +.5
- turmeric +.5
- spirulina +.5
- raw honey +.5
- flax seeds +.5
- collagen +.5
- charcoal +.5
- l.glutamine +.5
- ashwagandha +.5
- coconut oil +.5
- macca +.5
- whey protein +1
- pea protein +1
- hemp protein +1
- raw pb +1
- almond butter +2
- avocado +2
- mct oil +2

+ CINNAMON, TURMERIC OR CAYENNE TO YOUR DRINK AT NO EXTRA CHARGE