

SIMPLY PRESSED

FRESH JUICES 8.25 | 12 OZ.

APPLE MINT
APPLE, GINGER, LEMON, MINT

CALIENTE CARROT
CARROT, TOMATO, JALAPEÑO

CARROT LEMONADE
CARROT, APPLE, LEMON, GINGER

FRUIT OASIS
APPLE, GRAPE, LEMON

BUILD-YOUR-OWN JUICE SELECT ANY 4:

APPLE CELERY GRAPEFRUIT LEMON PINEAPPLE
BEET CUCUMBER JALAPEÑO MINT SPINACH
CARROT GINGER GRAPE ORANGE TOMATO

ADD A SUPPLEMENT (.75) BCAA CREATINE

SMOOTHIES 8.25 | 12 OZ.

POWER SHAKE
THE ULTIMATE MEAL REPLACEMENT! A LOW-CALORIE, HIGH-NUTRIENT BLEND: MILK, WHEY PROTEIN, BANANA, MIXED BERRIES

MUSCLE BUILDING
A HIGH-CALORIE, HIGH-NUTRIENT SHAKE LOADED WITH MUSCLE-FUELING CARBS AND PROTEIN: MILK, WHEY PROTEIN, CREATINE POWDER, BCAA POWDER, BANANA, MIXED BERRIES

BUILD-YOUR-OWN FRUIT SMOOTHIE
SELECT ANY 4:

APPLE BEET CARROT CUCUMBER LEMON PINEAPPLE
BANANA BLACKBERRIES CELERY GRAPEFRUIT ORANGE SPINACH
STRAWBERRIES

ADD-INS:

CARAMEL, CHOCOLATE SYRUP, PEANUT BUTTER, YOGURT, WHEY PROTEIN (VANILLA OR CHOCOLATE), MILK (WHOLE, SKIM, ALMOND OR SOY)

ADD A SUPPLEMENT (.75) BCAA CREATINE

