

Juby Cleanse

THE NEWBIE:

This 1, 2, or 3 day beginner's cleanse includes a delicious salad for dinner and is a great way to recover from bad behavior and help your body reboot.

Boost: **Grassercise**

Sweet Karma

Oh Ginger!

Tuscan Kale & Quinoa Salad

Pressed Kale-Aid

Get Glowing

Almond Mylk

THE APPRENTICE:

When you're ready to say farewell to the fork, this 1, 2, or 3 day cleanse is 100% liquid and full of a variety of fruits and veggies to satisfy your taste buds and give your digestive system a real opportunity to reset and detoxify.

Boost: **Buddha Belly**

Sweet Karma

Oh Ginger!

Reset Button

Midnight Train

Pressed Kale-Aid

Almond Mylk

THE SAGE:

If you have some knowledge of cleansing, elevate to the next level and try this 1, 2, or 3 day 100% liquid cleanse packed with extra-high quantities of nutrient dense greens to help restore maximum vitality to your entire system.

Boost: **Yin Zing**

Sweet Karma

Midnight Train

Basillion

Lean Green Veggie Machine

Roots Radical

Almond Mylk



Hydration is key. Please drink at least 64 oz of water every day while you cleanse.

SNACKS + SWEETS

Apple + Caramel (gf, v) \$6

fresh cut apple with vegan caramel dip
alkalizing, contains healthy fats

Protein Puffs (gf, veg) \$5.5

crisped brown rice, superberry nut & seed mix, almond butter, honey, coconut oil
supports brain function, high in omega fatty acids, high in antioxidants & healthy fiber

Cranberry Coconut Paleo Power Bar (gf, v) \$3

sprouted almond, dried cranberry, dates, raw pecan, coconut oil, unsweetened coconut

Seasonal Muffin (gf, veg) \$4

Banana, Espresso, Pistachio & Date Muffin (veg) \$3

Quinoa Brownie (gf, veg) \$3

Organic Superfood Popcorn (gf, veg) \$4
yellow popcorn, coconut oil, red palm oil, hemp seed, nutritional yeast, cumin, spike seasoning, grass-fed butter
high in omega fatty acids, healthy hair & skin, supports libido

Seasonal Fruit + Yogurt Parfait (veg) \$6

organic greek yogurt, seasonal fresh fruit compote, hand made Juby granola

Lemon Cashew-Cream Parfait with gf Graham Cracker (veg) \$6

raw cashew, gf graham cracker, maple syrup, coconut oil, lemon & zest, sea salt
high antioxidants, essential fatty acids

Coconut Donut Holes (v) \$6

brazil nut, oat, coconut oil, maple syrup, sea salt
essential fatty acids, supports heart health, supports brain function

Sea Salt Cacao Truffles (gf, v) \$6

walnut, cashew, dates, cacao, coconut oil, sea salt
high antioxidants, high mineral content, essential fatty acids

Half + Half (gf, v) \$6

mix of truffles & donut holes

ORGANIC SALADS

Superfood Salad (gf, v) \$10

mixed greens, kale, baby spinach, super berry & seed mix, red beet, carrot, raw root vinaigrette
free radical uptake, liver support, improves complexion

Asian Soba Noodle Salad (v) \$9

soba & kelp noodles, spinach, shiitake mushroom, daikon radish, snow pea, carrot, cucumber, scallion, cilantro, sesame seed, shiitake vinaigrette
alkalizing, contains trace minerals, aids water reduction, removes heavy metals

Tuscan Kale Quinoa Salad (gf, v) \$8

kale, red quinoa tabbouleh, lemon dressing
alkalizing, high in vitamin K, antioxidants

Crudit  To Go (gf, v) \$8

organic seasonal vegetables
choice of 2 dips: pimento cashew cheese & red pepper walnut
alkalizing, anti-viral, kidney support

N^o. 480.240.1277 • JUBYTRUE.COM

3912 E CAMELBACK ROAD • PHOENIX, ARIZONA 85018



ORGANIC COLD PRESSED JUICE



There is only truth in our juice.

We only tell you what we know to be true: more fruits and vegetables are good for you. Juby True is built on the belief that nutrition should always taste amazing. We create new pathways to health by making organic and delicious also quick and easy.

How do you Juby?

ORGANIC COLD PRESSED JUICES

Let's be honest: plants are good for us. We should eat (and drink) more of them. Here are our favorites; cold-pressed to keep the flavors and nutrients freshest.

Seasonal Juice \$10

El Verde \$10

dandelion, cucumber, romaine, lemon, kale, ginger, jalapeño, turmeric, parsley, himalayan sea salt
chlorophyll dense, anti-inflammatory, heavy metal uptake

Roots Radical \$9

red beet, carrot, pear, ginger, lemon, turmeric
liver support, oxygenating, anti-inflammatory

Sweet Karma \$10

apple, parsley, spinach, kale, romaine, ginger
increases vitality, supports brain function, improves complexion

Little Miss Sunshine \$9

pineapple, pear, ginger, mint
digestive support, clear skin, anti-inflammatory

Pressed Kale-Aid \$9

celery, apple, cucumber, lemon, kale, ginger
aids water reduction, connective tissue support, alkalizing

Lean Green Veggie Machine \$10

cucumber, romaine, spinach, kale, lemon, parsley, ginger
improves complexion, digestive health, anti-inflammatory

Oh Ginger! \$9

apple, carrot, ginger, turmeric
high vitamin A, anti-inflammatory

Basillion \$10

fuji apple, spinach, basil, lime, chlorophyll, cayenne
revitalizing metabolic boost, reduces nausea, supports immune system

C-Horse \$9

orange, green apple, lemon, pineapple, lime, cayenne
supports immune system, glowing complexion, metabolic boost

HYDRATORS \$6

Maybe you work out a lot or maybe you don't. We're not asking questions. Either way, you'll love the beachy clean flavors and super-hydrating qualities of our refreshing waters.

Midnight Train

chaga + reishi infused honey, lemon, heavy black tea, activated charcoal, alkaline water
adaptogenic, energizing, high in antioxidants

Reset Button

apple, celery, lemon, jalapeño, filtered water
boosts metabolism, aids water reduction, high antioxidants

Get Glowing

cucumber, pineapple, coconut water, chia seed
replenishes electrolytes, high protein & omegas, improves complexion

Juby's Mastermind

lemon, maple, cayenne, alkaline water
detoxifying, aids digestion, supports weight loss

JUICE BOOSTS 4oz

Juby's Mini-Mastermind Mix \$4

lemon, maple, cayenne - add to 12oz of water
detoxifying, aids digestion, supports weight loss

Yin Zing \$5

ginger, lemon, turmeric
anti-inflammatory, supports digestive health, alkalizing

Detox \$4

green apple, lemon, ginger, stinging nettle extract, milk thistle extract
boosts immunity, anti-inflammatory, supports digestive health

Body Karate \$4

orange, sea buckthorn berry juice, ginger, lemon, astragalus, nettle oil
boosts immunity, essential fatty acids, improves complexion

Grassercise \$4

pineapple, lemon, turmeric, wheatgrass
anti-inflammatory, supports detox, energizing

Buddha Belly \$4

apple, apple cider vinegar, maple syrup
supports digestive health, alkalizing, stabilizes blood sugar

ALMOND MYLKS \$9

Sprouted almonds are higher in nutrients and vitamins than plain raw. Sprouting releases the life force and stored energy of dried foods.

Seasonal Mylk

Vanilla Almond Java (gf, v)

cold-brewed coffee, house almond mylk, madagascar vanilla

Smooth Operator (gf, v)

house almond mylk, dates, cinnamon, vanilla
omega fatty acids, supports brain function, supports digestion

Almond Mylk (gf, v)

raw sprouted almond, filtered water, dates, vanilla bean
omega fatty acids, supports brain function, heart health

SMOOTHIES

Seasonal Smoothie \$8

Strawberry Banana Oat (veg) \$8

strawberry, oat, banana, honey, coconut cream, coconut water, almond mylk
skin cell turnover, boosts electrolytes, healthy digestion

Lawn Ranger (gf, veg) \$8

pineapple, lemon, turmeric, wheatgrass, coconut water, spinach, pea protein, honey, banana
anti-inflammatory, hydrating, high in protein

Weekend Warrior (gf, veg) \$8

almond butter, flax, low-fat yogurt, banana, honey, apple
high protein & omegas, supports heart health, digestive health

Pom Pom Pop (gf, v) \$8

pineapple, orange, pomegranate, coconut cream
high antioxidants, improves complexion, anti-inflammatory

Skini Mini (gf, veg) \$8

banana, pear, apple, low-fat yogurt, honey
supports healthy cholesterol, digestive health, improves complexion

#Hotdate (gf, v) \$8

house almond mylk, kale, banana, dates
high electrolytes & omegas

Immunie (gf, v) \$8

orange, banana, lemon, sea buckthorn berry juice, astragalus, nettle oil, ginger
boosts immunity, glowing skin, supports respiratory health

Cacao Ka-pow (gf, v) \$9.5

cacao, powdered mesquite, spinach, banana, coconut oil, coconut cream, coconut water, almond mylk, maple syrup, cinnamon, vanilla, maca root, tocotrienols, sea salt, stevia
high antioxidants, stabilizes mood, energizes, supports brain function

COFFEE + TEA

Paleo Coffee (gf)

high mct coconut oil, grass-fed butter
supports brain health, sustained energy, low acid, boosts metabolism
12oz \$3.5 / 16oz \$4.5

Organic Tuscan Blend regular

12oz \$2 / 16oz \$3

Double Espresso \$3

Latte

12oz \$3.5 / 16oz \$4.5

Cappuccino

12oz \$3.5 / 16oz \$4.5

Iced Green Tea

16oz \$3 / 32oz \$4

Organic Hot Teas

12oz \$3.5 / 16oz \$4.5

milk choices: almond, nonfat, whole, half & half

(gf) gluten free • (v) vegan • (veg) vegetarian