

# 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

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## 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 3oz

#### 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 \$9

**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