

COLD PRESSED JUICE MENU

We meticulously source, press, and blend some fantastic juice, shifting with the seasons we expect singular consumption of cold pressed juice to increase immunity + energy, lower blood pressure + inflammation, detoxify + enliven

THE JUICES

Summer Roots+

Beets*, watermelon*, carrots*, oranges*, turmeric, ginger, lemon

[.5 serving of red vegetables, 1 serving red fruit, .75 serving of orange vegetables, .75 servings of orange fruit per 12.5 oz bottle]

Sunrise Cardio

Watermelon*, pineapple, lime

[2 servings of red fruit, 1 serving of yellow fruit per 12.5 oz bottle]

Sunburst Immunity

carrots*, oranges*, turmeric, ginger, lemon

[1.5 servings of orange vegetable, 1.5 servings of orange fruit per 12.5 oz bottle]

Leaves+

spinach*, kale*, romaine*, cucumber*, celery*, parsley*, honeydew melon*, lemon, lime

[3 servings of green vegetables, .5 servings green fruit per 12.5 oz bottle]

Green Greens

spinach*, kale*, romaine*, cucumber*, celery*, parsley*, lemon, lime

[3.5 servings of green vegetables per 12.5 oz bottle]



we expect regular consumption of cold pressed juice to life changing shifts in habits and relationship to food.

We offer cold-pressed juice cleanses for 1-5 days.

THE_RESET, a full day meal replacement with 8 beverages a day (\$55 per day)

BALANCE_UP Level, a 5 juice cleanse designed to be paired with one plant based meal (\$35 per day)

add a smoothie or meal for \$9 per

THE_METRO_DAILY, a 3 beverage plan designed to meet the recommended daily intake of fruits and veggies, across the phytonutrient spectrum. Expect a feeling of vitality and a shift in your eating habits towards lifeful food. (\$21 per day)