

nourish

Cold Pressed Juice & Organic Superfood Smoothies

Cold Pressed · Raw · Healthy Grab & Go's **Made Fresh Daily**

#EatSleepNourishRepeat

JUICES & SMOOTHIES • POWER BOWLS • GRAB AND GO EATS • COLD BREW LATTE'S • ICE FREE SMOOTHIES

GREEN JUICES

\$9

KARMA

DETOX + WEIGHT LOSS + IMMUNITY

KALE, SPINACH, CUCUMBER, CELERY, TURMERIC, GINGER, CHLOROPHYLL, SPIRULINA, CHLORELLA, OIL OF OREGANO, LEMON, HIMALAYAN PINK SALT, ORGANIC FLAX OIL, CAYENNE PEPPER

BEETLE JUICE

CIRCULATION + B VITAMINS + HAIR, SKIN, NAILS

KALE, SPINACH, CUCUMBER, BEET, APPLE, GINGER, LEMON, ORGANIC FLAX OIL

JUAN CARLOS

DETOX + CALCIUM + STOMACH SOOTHER

SPINACH, PINEAPPLE, GRAPE, CILANTRO, LIME, ORGANIC FLAX OIL

SPICY JUAN

DETOX + CALCIUM + STOMACH SOOTHER

SPINACH, PINEAPPLE, GRAPE, CILANTRO, LIME, ORGANIC FLAX OIL,, JALAPEÑO

TALENT KICKS IN

METBOLIZE + VITAMIN C + LIVER DETOX

TRIPLE SPINACH, GRAPEFRUIT, PINEAPPLE, LEMON, CINNAMON, ORGANIC CHIA SEEDS

THE REFRESHER

MEMORY + METABOLISM + WEIGHT LOSS

KALE, SPINACH, CUCUMBER, CELERY, APPLE, LEMON, MINT, TURMERIC, ORGANIC FLAX OIL

GO GO JUICE

DETOX + HELPFUL FOR CHOLESTEROL + HELP YOU GOGO

SPINACH, KALE, APPLE, WATERMELON RIND, CELERY, PINEAPPLE, ORGANIC FLAX OIL

FRUITS & ROOTS

\$9

DROP THE BEET, DARLA

CIRCULATION + B VITAMINS + GREAT PRE WORKOUT

BEET, APPLE, LEMON, ORGANIC FLAX OIL

PINK STAR BURST

ANTI INFLAMMATORY + VITAMIN C + GOOD FOR THE BRAINS

CARROT, APPLE, PINEAPPLE, BEET, GINGER, LEMON, ORGANIC FLAX OIL

24 CARAT GOLD

ANTI INFLAMMATORY + VITAMIN C + GOOD FOR THE BRAINS

ORANGE, PINEAPPLE, TURMERIC, ORGANIC CHIA SEEDS, ORGANIC FLAX OIL

Southern Squeeze

IMMUNITY + VITAMIN C + WEIGHT LOSS

Carrot, Orange, Lemon, Cayenne

SHOTS

\$3.50 TURMERIC

\$3.50 GINGER

\$4.50 LOCAL WHEAT-GRASS

\$3.50 DEFENDER SHOT: OIL OF OREGANO, CAYENNE, LEMON, & GINGER

\$3.50 ENERGY SHOT

POWER BOWLS

\$10

ACAI BOWL

ORGANIC RAW BRAZILIAN ACAI, BLENDED WITH BANANAS, BLUEBERRY, ORGANIC HEMP GRANOLA, RAW UNFILTERED HONEY, TOPPED WITH SHREDDED COCONUT, & FRESH STRAWBERRY

SPIRULINA BOWL

ORGANIC SPIRULINA, BANANA, ORGANIC GLUTEN FREE GRANOLA, RAW UNFILTERED HONEY, SPINACH, BLUEBERRIES, ORGANIC HOMEMADE ALMOND MILK, TOPPED WITH SHREDDED COCONUT, & FRESH STRAWBERRY

PITAYA BOWL

ORGANIC PITAYA, COLD PRESSED APPLE JUICE, BLENDED STRAWBERRY & BANANA TOPPED WITH FRESH BANANA, STRAWBERRY, ORGANIC GLUTEN FREE GRANOLA, & HONEY

SMOOTHIE ADD ONS

.50¢

ORGANIC RAW UNFILTERED HONEY
JALAPEÑO

\$1.00

ORGANIC DEHYDRATED PEANUT BUTTER
ORGANIC CACAO NIBS
ORGANIC FLAX SEED
ORGANIC HEMP HEARTS
ORGANIC PEANUT BUTTER
ORGANIC SHREDDED COCONUT

***PLEASE LET US KNOW OF ANY ALLERGIES SO WE CAN MODIFY.

FRUIT JUICES CAN BE SUBSTITUTED FOR NO ADDITIONAL COST

NEXT LEVEL SMOOTHIES

\$9 Small / \$12 Biggie

(ANY PEANUT BUTTER CAN BE SUBBED FOR PB2)

*ADD PROTEIN (PRIMAL ESSENTIALS GRASS FED WHEY, PEA, HEMP, OR RICE) FOR \$1.50 ON ANY SMOOTHIE

LAVENDER DREAM (ANTI AGING)

BANANAS, BLUEBERRIES, DATES, LAVENDER, ORGANIC HOMEMADE ALMOND MILK

* SUGGESTED ADD PROTEIN

GOJI BEE (ALLERGY FIGHTER)

PINEAPPLE, ORANGE, MANGO, BANANA, ORGANIC BEE POLLEN, ORGANIC GOJI BERRIES

HAWAIIAN AIRLINES (IMMUNE BOOSTER)

PINEAPPLE, PEACH, MANGO, ORANGE, STRAWBERRY

RIPPED MONKEY (PRE / POST WORKOUT)

ORGANIC HOME MADE ALMOND MILK, BANANA, ORGANIC PEANUT BUTTER, PRIMAL ESSENTIALS GRASS-FED WHEY PROTEIN, RAW ORGANIC CACAO

SWEET SPICY* GREENS (DETOXING)

SPINACH, CILANTRO, PINEAPPLE, MANGO, CUCUMBER, ALKALINE H2O, JALAPEÑO, LIME

NANA'S ROSES (TUMMY SOOTHER)

ORGANIC HOMEMADE ALMOND MILK, ROSEWATER, ORGANIC CHIA, BANANA, STRAWBERRY, DATES

SWEET TART (FEEL LIKE A KID AGAIN)

STRAWBERRY, MANGO, LEMON, MINT, ORGANIC COCONUT PALM SUGAR, ALKALINE H2O

PEANUT BUTTER JELLY TIME (SUPERFOOD LOADED)

ORGANIC HOMEMADE ALMOND MILK, STRAWBERRIES, ORGANIC DEHYDRATED PEANUT BUTTER, ORGANIC HEMP HEARTS, ORGANIC FLAX SEED, DATES, ORGANIC COCONUT SUGAR

* SUGGESTED ADD PROTEIN

BACKWARDS HAT MATT (GET YOUR ANTIOXIDANTS)

BANANA, BLUEBERRIES, ORGANIC PEANUT BUTTER, SPIRULINA, GROUND FLAX SEED, CHLORELLA, COLD PRESSED APPLE JUICE

* SUGGESTED ADD PROTEIN

SWEET CAROLINE (POST WORKOUT / MEAL REPLACEMENT)

KALE, CUCUMBER, PINEAPPLE, PEACH, GINGER, BANANA, HOMEMADE ALMOND MILK, ORGANIC RAW BEE POLLEN, RAW ORGANIC UNFILTERED HONEY, PRIMAL ESSENTIAL GRASS-FED WHEY PROTEIN

SKINNY HONEY BOO BOO (MUSCLE SOOTHER)

BANANA, HOMEMADE PEANUT BUTTER, HOME MADE ALMOND MILK, ORGANIC RAW UNFILTERED HONEY, CINNAMON, PINK HIMALAYAN SALT

HOUSEMADE ORGANIC ALMOND MILK

16 oz /

\$6.50

32 oz /

\$12.50

\$1.50

+ADD FRUIT • +ADD GREENS
ORGANIC ALMOND BUTTER
ORGANIC CHIA SEEDS
ORGANIC CHLORELLA
ORGANIC COFFEE / OZ
ORGANIC GOJI BERRIES
ORGANIC GREEN TEA MATCHA
ORGANIC HEMP GRANOLA
ORGANIC MACA POWDER
ORGANIC SPIRULINA
GRASSFED WHEY PROTEIN • NAKED PEA OR BROWN RICE PROTEIN
LOCAL COLD BREW SHOT CONCENTRATE

\$2.50

OMNI - GREENS (STRAWBERRY KIWI / CHOCOLATE)

NUT MILKS LATTE'S (ON ICE) **\$7** Smalls **\$10** Biggie

ALL MILKS ARE MADE IN HOUSE

GHANDI'S GOLD

ORGANIC ALMOND MILK, TURMERIC, CINNAMON, ORGANIC VANILLA BEAN, ORGANIC RAW UNFILTERED HONEY, HIMALAYAN PINK SALT

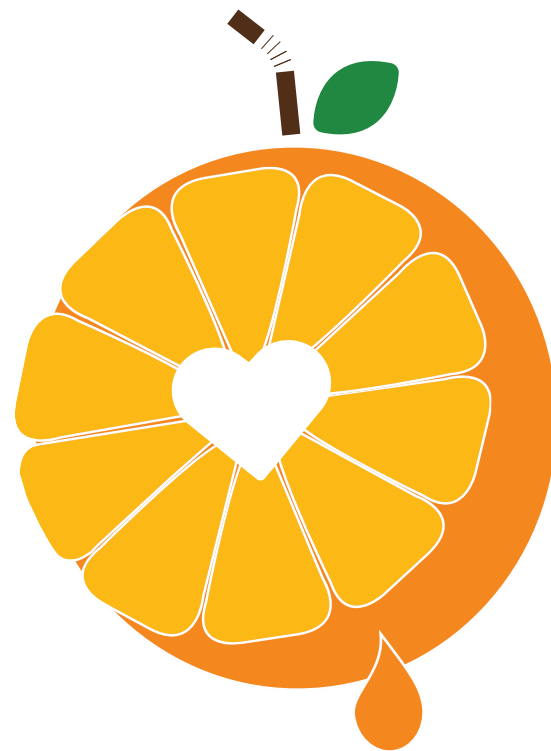
LATTE " CHOCO LATTE"

ORGANIC ALMOND MILK, ORGANIC RAW CACAO, RAW ORGANIC VANILLA BEAN, LOCAL COLD BREW COFFEE, MAPLE, PINK HIMALAYAN SALT

ALMOND VANILLA LATTE

ORGANIC ALMOND MILK, ORGANIC RAW VANILLA BEAN, LOCAL COLD BREW COFFEE, ORGANIC MAPLE

COFFEE TODDY \$5.50



GLUTEN FREE • REFINED SUGAR FREE SOY FREE • ORGANIC SUPER FOODS •

JUICE CLEANSING 101

ALSO AVAILABLE FOR CUSTOMIZED CLEANSSES!
CONTACT US CUSTOMIZE A CLEANSSE TO FIT YOUR NEED!

3 DAYS \$160//5 DAYS \$265//7 DAYS \$370// ++

ROOKIE CLEANSE

ARE YOU NEW TO CLEANSING? THIS ONE'S FOR YOU! OUR MOST POPULAR JUICES!

THE MIDDLE CHILD

OUR MOST POPULAR AND BALANCED CLEANSE. THE MIDDLE CHILD CLEANSE IS AWESOME FOR THOSE WHO WANT TO BALANCE GREAT TASTING JUICES WITH HIGH EFFICIENCY.

OUR MOST POPULAR JUICES

HARDCORE CLEANSE

OUR MOST HARDCORE AND LOWEST CALORIE CLEANSE. THE HARDCORE CLEANSE IS FOR THOSE LOOKING FOR MAXIMUM RESULTS IN THE SHORTEST POSSIBLE TIME.

NOT FOR THE FAINT OF HEART
MUST LOVE GREEN JUICE
GREAT DETOX RESULTS

**** PLEASE GIVE 24 HOURS NOTICE WHEN PLACING CLEANSE ORDERS**

WHY COLD PRESSED?

THE COLD PRESSED METHOD EXTRACTS 3-5 X MORE VITAMINS, MINERALS, AND ENZYMES THAN ANY OTHER METHOD. TRADITIONAL CENTRIFUGAL METHODS ACTUALLY HEAT THE JUICE WHICH KILLS MANY OF THE BENEFICIAL NUTRIENTS IN RAW FRUITS AND VEGETABLES. WITHOUT THE USE OF HEAT, AND MINIMAL OXIDATION, THE FINAL RESULT IS THE CLEANEST, FRESHEST, RAW JUICE YOU HAVE EVER HAD. WE PROMISE. OUR JUICES ARE MADE FROM NOTHING BUT THE MOST FRESH AND HIGH QUALITY PRODUCE. JUST LIKE FOOD WILL GO BAD, OUR JUICES HAVE A SHELF LIFE OF 2-4 DAYS. WE DO NOT HEAT OR PASTEURIZE THEM IN ANY WAY. FROM THE FARM, TO YOUR BOTTLE. NO SHORTCUTS. NO WATERING DOWN. NOT FROM CONCENTRATE. NON-HPP. WE ADD A TOUCH OF OIL TO YOUR JUICES TO AID IN THE ABSORPTION OF FAT SOLUBLE VITAMINS, LIKE A,B, E, D, & K.

***PLEASE LET US KNOW OF ANY ALLERGIES SO WE CAN MODIFY. FRUIT JUICES CAN BE SUBSTITUTED FOR NO ADDITIONAL COST.

1000 W Gray
Suite 200
Houston, Tx 77019
PH: 346.701.1505

i: @NOURISHJUICEBARHTX
t: @NourishJuiceHTX
f: facebook.com/NourishHTX
w. ilovenourishjuicebar.com
e. info@ilovenourishjuicebar.com