

FRESH JUICE 16 oz. 7 24 oz. 9

Customize your made-to-order juice with a Superfood add-in.

The Well Being

kale, spinach, cucumber, apple, ginger, lemon

The Wake Up Call

carrot, apple, lemon

The Liver Lover

beet, carrot, apple, lemon

The Mood Lifter

grapefruit, orange, ginger

The Brave Heart

spinach, cucumber, celery, apple

The Cold Buster

grapefruit, apple, lemon, ginger

The Food for Thought

beet, spinach, carrot, apple

The Miracle Worker

kale, spinach, beet, apple

The Dr. Piña

pineapple, apple, mint, coconut water

SHOTS

2 oz. Elixirs

The Hot Shot 3

ginger, lemon, cayenne

The Ginger Baby 3

ginger, grapefruit, lemon, local honey

The Flu Shot 3

garlic, ginger, lemon, cayenne, local honey

Wheatgrass Shot 3.5

fresh, organic wheatgrass

Hot Shot Happy Hour! Enjoy a free shot with any purchase. Every day, 5pm-close. (Excludes Wheatgrass)

Customize your drink with a Superfood add-on. Ask your Juicierge for a personalized recommendation!

Superfoods

are designed to give you an extra burst of energy, antioxidants, fiber, or whatever you may need.

Açaí 1

Bee Pollen 1

Chia 1

Goji Berries 1

Flax 1

Maca 1

Cacao Nibs 1

Cacao Powder 1

Spirulina 1

Moringa 1

Hemp Protein 1

Whey Protein 2.5

Pea Protein 2.5

Almond Butter 2

SMOOTHIES 16 oz. 7 24 oz. 9

Made with whole fruits & vegetables

The Fountain of Youth

mixed berries, raspberry tea (decaf), raw agave

The Strawbana

strawberries, banana, coconut milk, raw agave

The Supergreens

kale, spinach, banana, coconut water

The Paradise Found

mango, pineapple, coconut milk, coconut water

The Liquid Lunch

banana, peanut butter, aloe vera, almond milk

The Bee Green

kale spinach, pineapple, mango, local honey, bee pollen, coconut water, orange juice

The Chocolate Buzz

banana, raw cacao nibs, cacao powder, bee pollen, local honey, coconut milk

The Chocolate Raspberry

raspberries, banana, spinach, raw cacao powder, raw agave, almond milk

THE PROTEIN LINE 16 oz. 9 24 oz. 11

Meal replacement smoothies with 30+g. of Protein

The Dreamsicle

mango, pineapple, goji berries, vanilla whey, coconut milk, orange juice

Cherry OH!

black cherries, banana, blueberries, raw cacao nibs, chocolate whey, coconut milk

The Java Jolt

banana, ground coffee beans, cashews, vanilla whey, coconut milk

The Green Machine

spinach, banana, cashews, dates, whey, almond milk

BREAKFAST

Served on an English muffin with a side of fresh fruit

The Frenchie 7.5

egg, canadian bacon, brie, green apple, spinach

The Baby Bella 7

egg, portabello mushroom, swiss, roasted red peppers, spinach

Not Your Average Joe 6.5

egg, cherrywood smoked bacon, cheese

Spice It Up with ghost pepper cheese & chipotle aioli +1

Make it Gluten-Free +1

SIGNATURE SALADS 10.5

THE URBAN BOWL

Our signature protein-packed salad



1. Pick a Green

Spring Mix
Spinach

2. Pick a Grain (Gluten-Free)

Quinoa
Asian Kohlrabi Noodles
Wild Rice with orange vinaigrette

3. Pick a Protein

Curry Chicken
Moringa Super Chicken
Grilled Chicken Breast
Curry Tofu
Sesame Tofu

SUPER SOUPS

12 oz. 6 16 oz. 8 32 oz. 12

Ask about today's selection of delicious housemade soups. Each bowl is freshly made in our Nashville kitchen. Featuring Superfoods and non-GMO ingredients.

* Consuming raw or undercooked eggs may increase your risk of foodborne illness.

AÇAÍ BOWLS 11

Antioxidant-packed Brazilian supertreat

All açai bowls are served with our **Signature UJ Base:** açai, pitaya, banana, coconut milk

The Beauty Bowl

kiwi, banana, blueberries, strawberries, cashew pieces

The Almond Butter Energy Bowl

banana, granola, cacao nibs, almond butter, bee pollen, local honey

The Brain Booster Bowl

banana, raspberries, flax seed, coconut shavings, peanut butter

COFFEE & TEA

Roasted for The Urban Juicer in Nashville.

Fresh Brew 3

roasted for The Urban Juicer by OSA Coffee Roasters in Nashville

Brewed Tea 3

Brain Boost 4

coffee, coconut MCT-oil, ginger & lavender infusion

The Apple Press 5

fresh apple juice, chai tea, ginger, local honey & cinnamon infusion

Urban Hot Chocolate 5

crushed cacao, vanilla bean, cayenne pepper, almond milk

SWEET TREATS

Vegan Energy Balls

Peanut Butter Chocolate 2

gluten-free old fashioned oats, vegan chocolate chips, organic flaxseed, peanut butter, flaxseed meal, agave nectar, vanilla, chia seeds

* Our juices have not been pasteurized, and therefore may contain harmful bacteria which can cause serious illness in children, the elderly, and persons with weakened immune systems.