



# Urbanjuicer™ + EATERY

## FRESH JUICE 16 oz. 7 24 oz. 9

### 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

### 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

## SUPERFOOD ADD-INS

*boost your juice or smoothie!*

acai • bee pollen • chia • goji  
flax • maca • cacao • spirulina • moringa  
hemp protein 1 • whey protein 2  
pea protein 2.5 • almond butter 2

## SMOOTHIES 16 oz. 7 24 oz. 9

### 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

## URBAN COMBOS

half wrap, side of quinoa and a 16 oz juice 13  
12 oz soup, side of quinoa and a 16 oz juice 13

## BREAKFAST BOWLS

**Not Your Average Joe Bowl** 12  
fresh greens, farm fresh egg, roasted sweet potato, applewood smoked bacon, cheddar cheese, guacamole, UJ vinaigrette

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

**The Blackbean Salsa Bowl** 12  
housemade blackbean salsa, roasted sweet potato, farm fresh egg, guacamole, tomato, greek yogurt topped with cilantro and scallion

**The Baby Bella Bowl** 12  
fresh spinach, farm fresh egg, portabello mushroom, quinoa, roasted red pepper, feta cheese, UJ vinaigrette

**Chia Yogurt Bowl** 9  
greek vanilla yogurt, chia seeds, fresh fruit, local honey

## TOAST

**The Frenchie** 9  
local great harvest sunflower bread, green apple slices, Canadian bacon, brie, honey and arugula. served with fresh fruit  
*add a farm fresh egg +1*

**Avocado Toast** 9  
guacamole spread and sprouts on local great harvest sunflower bread. served with greens tossed in our UJ red wine vinaigrette  
*add a farm fresh egg +1*

**Almond Butter Toast** 9  
local great harvest sunflower bread, almond butter, bananas and chia seeds. served with fresh fruit

## URBAN WRAPS

*fresh wraps served with a side of quinoa*

**Curry Chicken Wrap** 10  
fresh greens and curry chicken

**Super Chicken Wrap** 10  
fresh greens, swiss cheese and super chicken

**Veggie Wrap** 10  
choice of tofu or curry chickpea, fresh greens, carrots, cucumbers and sprouts

## SUPERFOOD SOUPS

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

ask about today's selection of delicious soups!

## PROTEIN BOWLS

**Mediterranean Tuna Bowl** 12  
spring mix, mediterranean tuna salad, red onion, roasted red pepper, olives, cucumber, sprouts, UJ red wine vinaigrette

**Curry Salad Bowl** 12  
fresh greens, curry chicken salad, cucumber, carrot, tomato, red onion, sprouts, UJ dressing  
*Substitute Curry Chickpea*

**Asian Bowl** 12  
fresh greens, sesame tofu, asian slaw, scallions, carrot, cilantro, UJ Asian peanut dressing  
*Substitute Seared Ahi Tuna +5*

**Moringa Super Chicken Bowl** 12  
fresh greens, moringa super chicken salad, tomato, cucumber, carrot, beet, sprouts, UJ turmeric date dressing

## AÇAÍ BOWLS

*Antioxidant-packed Brazilian supertreat with açai, pitaya, banana, coconut milk*

**The Beauty Bowl** 11  
kiwi, banana, blueberries, strawberries, cashew pieces

**The Almond Butter Energy Bowl** 11  
banana, granola, cacao nibs, almond butter, bee pollen, local honey

**The Brain Booster Bowl** 11  
banana, raspberries, flax seed, coconut shavings, almond butter

## FLATBREADS

**Perfectly Pesto** 11  
pesto, diced tomatoes, fresh bell pepper, onions and feta cheese all on a cauliflower crust  
*Add our super chicken +2*

**Sweet N' Savory** 11  
our cauliflower crust topped with habanero peach jam, prosciutto goat cheese dates and sprinkled with arugula

**Mission Impossible** 12  
impossible burger (plant based ground burger), bell pepper and pepperjack cheese on a cauliflower crust

**The Margherita** 11  
our cauliflower crust topped with pesto, basil leaves, thinly sliced tomatoes and mozzarella with a drizzle of balsamic glaze

# HOT BEVERAGES

**Fresh Brew** 3  
the brew you're used to

**Brain Booster** 4  
fresh brewed coffee, coconut MCT-oil, ginger  
lavender infusion

**Beet Latte** 5  
beet, vanilla, cinnamon and ginger with steamed  
almond milk

**Matcha Latte** 5  
steamed almond milk, matcha powder and local  
honey

**CBD Hot Cocoa** 12  
steamed almond milk with vanilla infusion or raw  
agave, 15 mg CBD cocoa stirred with a wand

*finish with whipped cream, cayenne or cinnamon*

**Hot Apple Press** 5  
freshly juiced apples, local honey and cinnamon  
infusion, chai tea, ginger

**Remedy Bone Broth** 5  
8oz hot beverage with 20 grams of protein