

# Detox - Cleanse - Weight Loss

please place order 24 hours in advance

## ALKALINE INFUSED DETOX

includes 6 cold-press juices (infused with 10.0 alkaline water) for a 1 day detox. (3 days suggested for best results)

**\$21.99**

## ADVANCED DETOX

includes 6 cold-press juices (heavy on greens) for a 1 day detox. (3 days suggested for best results)

**\$49.99**

## Alkaline Water

32oz .....\$1.99

1gal.....\$2.99

## Pick 3 Create Your Own

Cold Press Juices	Smoothies
16oz bottle refill.....\$5.99	24oz cup.....\$4.49
16oz bottle.....\$6.49	
24oz cup.....\$7.99	

\$0.75 for additional items

Fruits & Vegetables		
Watermelon	Lemon	Apple
Beets	Ginger	Carrots
Kale	Pineapple	Grapefruit
Celery	Cucumber	Mint
Orange	Spinach	Coffee
Peach	Kiwi	Coconut
Mango	Banana	Strawberry
Blueberry	Almond Milk	
Supplements		
Vanilla	Cayenne	Echinacea
Flax See	Probiotic	Nutmeg
Chia Seeds	Ginseng	Maca
Moringa	Spirulina	
Acai	Cinnamon	
Nuts & Naturals		
Cashews	Cacao	Walnuts
Almonds	Pecans	Peanuts

## Meal Deals

- #1 - CHICKEN SALAD WRAP & REGULAR SMOOTHIE.....\$9.00
  - with premium smoothie.....\$10.00
  - with juice 16oz.....\$10.00
  - 24oz.....\$11.00
- #2 - CHICKEN CAESAR WRAP & REGULAR SMOOTHIE .....\$9.00
  - with premium smoothie.....\$10.00
  - with juice 16oz.....\$10.00
  - 24oz.....\$11.00
- #3 - KALE SALAD and REGULAR SMOOTHIE.....\$9.00
  - add chicken.....\$2.00
  - add premium smoothie.....\$1.00
  - with juice 16oz.....\$10.00
  - 24oz.....\$11.00
- #4 - VEGGIE WRAP AND REGULAR SMOOTHIE.....\$9.00
  - with premium smoothie.....\$10.00
  - with juice 16oz.....\$10.00
  - 24oz.....\$11.00

## Wraps

### CHICKEN SALAD WRAP

chicken, cranberries, yogurt, raw honey, celery, seeds, walnuts  
\$5.49

### CHICKEN CAESAR SALAD

chicken, kale, parmesan cheese, caesar dressing  
\$5.49

### VEGGIE

roasted red pepper humus, kale, spinach, carrots, cucumber, sweet peppers, balsamic vinaigrette  
\$5.49

## Salads

### KALE POWER SALAD

kale, walnuts, apples, dried cranberries, carrots, cucumber  
\$5.49

DRESSINGS - balsamic vinaigrette, caesar

## Snacks

POP CHIPS - \$2.25 barbecue or salt & vinegar	VEGGIE STRAWS - \$1.42 zesty ranch, sea salt
NUTRI-GRAIN BAR - \$0.95 blueberry, apple, strawberry	CLIFF BAR - \$1.90 chocolate chip, white chocolate macadamia nut, crunchy peanut-butter
CHEWY GRANOLA BAR - \$0.95 chocolate chip	SKINNY POP POPCORN - \$1.28
NATURE VALLEY - \$0.95 oats-n-honey	FIBER ONE BROWNIE - \$1.00

# JuiceBar

## 80/20

## TAKE -OUT MENU

**(757) 963-6332**

[www.juicebarlaskinroad.com](http://www.juicebarlaskinroad.com)

Ig- @juicebarlaskinroad

Fb- JuiceBarLaskinRoad

Business Hours:  
Mon- Fri 7am-9pm  
Sat- 8am-8am  
Sunday- 10am-7pm

## WE DELIVER

Delivery Hours:  
Mon-Fri 8am-8pm  
Sat- 8:30am-7:30pm  
Sun- 10am-6:30pm



# Cold Press Juices

## SPUNK ME UP

grapefruit, carrot, lemon, ginger, apple

## BIKINI BLAST

grapefruit, apple, ginger, tumeric, apple cider vinegar, raw honey

## NATURAL ENERGY

pineapple, apple, orange carrot

## DETOX NOW

apple, celery, cucumber, lemon, ginger

## DAILY RECOMMENDED

kale spinach, cucumber, apple, pineapple

## BLOOD FLOW

ginger, beets, spinach, orange, pineapple

## FLU SHOT

orange, lemon, ginger, carrot, pineapple

## ITCHY THROAT

grapefruit, orange, lemon, pineapple

## COLD FIGHTER

orange, lemon, spinach, apple

## HYDRATION

watermelon, pineapple, orange, spinach

## INFLAMMATION

apple, orange, beets, carrot, ginger

## NUTRI-GREENS

kale, spinach, beets, apple, pineapple

## PH BALANCE

cucumber, lemon, apple, pineapple

## MASTER CLEANSE

alkaline water, lemon, cayenne, agave

16oz refill.....\$4.99  
 16oz bottle .....\$5.49  
 24 oz cup.....\$6.99

# Smoothies

## PINEAPPLE PASSION

strawberry, mango, pineapple, orange

## FRUIT - ROLL-UP

kiwi, strawberry, banana, mango, pineapple

## TROPICAL PARADISE

coconut, banana, strawberry, almond milk

## SWEET GREENS

mango, pineapple, banana, spinach, kale

## PROTEIN DELIGHT

banana, strawberry, almond milk

choose your choice of protein from pick 3 section

## BLUE YOGURT

blueberry, strawberry, yogurt, banana, almond milk

## BANANA BREAD

spinach, banana, walnuts, almond milk

## INNOVATIVE TWIST

strawberry, banana, mango, pineapple

## BEET - TACULAR

beets, peaches, banana, strawberry, watermelon

## SWEET KISS

blueberry, strawberry, orange, peach

24oz cup.....\$3.99

# Premium Smoothies

## PB & J

peanuts, banana, blueberry, whey, almond milk

## CINNAMON TOAST CRUNCH

kiwi, banana, pecans, agave, cinnamon, apple, almond milk

## CHOCOLATE DELIGHT

banana, strawberry, cocoa, whey, chocolate almond milk

## REESE'S CUP

banana, peanuts, spinach, whey, almond milk

## HELIX

coconut, blueberry, pecans, agave, almond milk

## COFFEE LOVER

coffee, almonds, vanilla extract, whey, almond milk

## BERRY BANANA BLAST

blueberry, cranberry, banana, oats, almond milk

## CHIQUITA BANANA

banana, lemon, apple, pineapple, cucumber, workout mix

24oz cup.....\$4.99

# Workout Shakes

16oz bottle .....\$3.49

**PRE - WORKOUT**  
 watermelon or  
 strawberry lime-aid

**AFTER WORKOUT**  
 almond milk, protein & choose  
 one produce from the pick 3 section  
 \$1.00 for 4th item \$0.75 for additional items