

## Create Your Own

<b>Cold Pressed Juices</b>	<b>Smoothies</b>
16oz bottle.....\$6.49	24oz cup.....\$4.49
24oz cup.....\$7.99	Kids.....\$3.99
32oz.....\$10.99	
64oz.....\$21.99	
1 Gallon.....\$43.99	

\$0.75 for additional items

	<b>Fruits &amp; Vegetables</b>	
Watermelon	Lemon	Apple
Beets	Ginger	Carrots
Kale	Pineapple	Grapefruit
Celery	Cucumber	Mint
Orange	Spinach	Coffee
Peach	Kiwi	Coconut
Mango	Banana	Strawberry
Blueberry	Almond Milk	
	<b>Supplements</b>	
Vanilla	Cayenne	Echinacea
Flax Seeds	Probiotic	Nutmeg
Chia Seeds	Ginseng	Maca
Moringa	Spirulina	Probiotic
Acai	Cinnamon	Garcinia
Ginkgo Biloba	Glucosamine	Guarana
	<b>Nuts &amp; Naturals</b>	
Cashews	Cacao	Walnuts
Almonds	Pecans	Peanuts
Granola		

## Immune System Booster

### IMMUNE SYSTEM 3 PACK \$24.99

cold fighter, flu shot, itchy throat,  
w/added echinacea, added ginger and 2 extra  
ginger shots on the side  
(add 2 shots of wheat grass for an additional \$5.00)

### IMMUNE SYSTEM 4 PACK \$29.99

natural energy, cold fighter, flu shot, itchy throat,  
w/added echinacea, added ginger and 2 extra  
ginger shots on the side  
(add 2 shots of wheat grass for an additional \$5.00)

## Wellness Shots

(1oz)

### THE BIG BANG \$5.99

wheat-grass, ginger, lemon, apple cider vinegar

<b>WHEAT-GRASS</b>	<b>GINGER</b>	<b>APPLE CIDER VINEGAR</b>
\$2.99	\$1.99	\$1.99

## Wraps

### CHICKEN SALAD WRAP

chicken, cranberries, yogurt, raw honey  
\$6.49

### CHICKEN CAESAR SALAD

chicken, kale, parmesan cheese, caeser dressing  
\$6.49

### VEGGIE

roasted red pepper humus, kale, spinach, carrots, cucumber, sweet  
peppers, balsamic vinaigrette  
\$6.49

### KIDS MEAL

1/2 wrap & smoothie  
\$5.99

## Vegan Dishes

### Curry Chick Pea Wrap

\$8.49

### Jack-fruit Wrap

\$8.49

### Curry Chickpea Wrap w/Mac & Cheese

\$12.49

### BBQ Jack-fruit Wrap (or Gluten Free) w/Mac & Cheese

\$12.49

### Side of Mac & Cheese (or Gluten Free \$4.99)

\$4.49

### All Raw Cheesecake (Strawberry or Plain)

\$2.49

## Salads

### KALE POWER SALAD

kale, walnuts, apples, dried cranberries, carrots, cucumber  
\$6.49 (add chicken \$2.00 extra)

**DRESSINGS** - balsamic vinaigrette, caesar

## Smoothie Bowls

\$7.99 (add agave or raw honey \$0.75)

### FRUIT ROLL UP

kiwi, strawberry, banana, mango, pineapple  
topped w/strawberries, banana, granola

### CHOC BANANA ACAI \$8.99

almond milk, banana, agave, chocolate whey, cocoa  
topped w/banana, chai seeds, coconut, granola

### PB&J

banana, blueberry, peanuts, vanilla whey, almond milk  
topped w/banana, peanuts, scoop of peanut butter

### SWEET GREENS

mango, pineapple, banana, spinach, kale  
topped w/banana, chai seeds



## TAKE - OUT MENU

**(757) 963-6332**

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

@juicebarlaskinroad

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

## DELIVERY HOURS ONLY THROUGH ORDERUP

Mon-Fri 8am-8pm  
Sat - 9am-8pm  
Sun - 10am-7pm





# Cold Pressed 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

## HANGOVER

apple, carrot, beets, lemon, ginger, ginseng, pretoxx

16oz bottle .....	\$5.49
24 oz cup.....	\$6.99
32oz.....	\$9.99
1/2 Gallon.....	\$19.99
1 Gallon.....	\$39.99

# Cold Pressed Juices

## ORANGE JUICE or APPLE JUICE

160z.....	\$6.99
24oz.....	\$8.99
32oz.....	\$10.99
64oz.....	\$22.50
1 Gallon.....	\$44.99

# 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
Kids Smoothie.....	\$3.49
Agave or Raw Honey.....	\$0.75(extra)

# Premium Smoothies

## PB & J

peanuts, banana, blueberry, whey, almond milk

## CINNAMON TOAST CRUNCH

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
Kids Smoothie.....	\$3.49
Agave or Raw Honey.....	\$0.75(extra)

# Alkaline Water

32oz .....	\$1.99
1 gal.....	\$2.99

# Detox - Cleanse - Weight Loss

please place order 24 hours in advance

## ALKALINE INFUSED DETOX

includes 6 cold-pressed juices (infused with 12.0 alkaline water) for a 1 day detox. (3 days suggested for best results)

**\$21.99**

## ADVANCED DETOX

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

**\$49.99**