



FRESH & PRESSED JUICE

3622 Rochester Rd, Troy, MI, 48083

COLD PRESSED JUICES

I AM UNIQUE \$10.95
Apple, Carrot, Pineapple, Ginger

I AM CONFIDENT \$10.95
Pineapple, Grapefruit, Celery, Spinach, Mint

I AM BOLD \$10.95
Pineapple, Apple, Ginger, Blue Spirulina

I AM SUCCESS \$10.95
Apple, Lemon, Ginger

I AM CALM \$10.95
Cucumber, Celery, Spinach, Lemon, Apple

I AM CLEAR \$10.95
Celery

I AM KIND \$10.95
Apple, Beets, Lemon, Ginger

I AM WORTHY \$10.95
Cucumber, Kale, Lemon, Celery, Chlorophyll

I AM ACTIVATED \$10.95
Apple, Lemon, Ginger, Activated Charcoal

GUT JUICE \$10.95
Pineapple, Cucumber, Ginger, Lemon, Cayenne

SIMPLE GREENS \$10.95
Green Apple, Ginger, Celery, Kale, Lemon

PROTEIN DRINK

I AM GREATNESS \$12.50
Banana, Cinnamon, Oats, Coconut Water, Protein, Cashews

COLD PRESSED SHOTS

I AM CREATIVE \$5.95
Pineapple, Ginger, Blue Spirulina, Coconut Water

I AM HEALING \$5.95
Apple, Ginger, Lemon

I AM WELL \$5.95
Apple, Carrot, Turmeric, Black Pepper, Cayenne

ADD ONS

AGAVE: 1.95 (V) SPRINKLES 1.09 (V) CHIA SEEDS: 1.95 (V)
GRANOLA: 2.95 (V) *N* PEANUT BUTTER: 1.95 *N*(V)
NUT FREE GRANOLA: 2.95 (V) COCONUT FLAKES: 1.50,
CHOCOLATE CHIPS: 1.50 (V) MINI MARSHMALLOW: 1.50 (V)
CHIA PUDDING: 2.95 (V) | BEE POLLEN: 1.95 (V)

PROTEIN ADD ONS

PINK PITAYA: 1.95 (V) WHEY PROTEIN: 2.09,
VEGAN PROTEIN: 1.75 (V) BLUE SPIRULINA: 1.50 (V)

N - Nuts (v) - Vegan

SMOOTHIES

I AM HAPPINESS \$9.95
Oat Milk, Honey, Vanilla Extract, Pink Pitaya Powder, Strawberries, Banana

I AM POWERFUL \$9.95
Oat Milk, Honey, Vanilla Extract, Chai Spice, Mango, Banana

I AM FOCUSED \$9.95
Pineapple Juice, Ginger, Turmeric, Vanilla Extract, Banana, Honey

I AM GRATEFUL \$9.95
Apple Juice, Pineapple, Moringa Powder, Avocado, Kale, Banana, Honey

I AM BEAUTIFUL \$9.95
Apple Juice, Acai, Blueberries, Strawberries, Mango, Honey

I AM JAMMING \$9.95
Oat Milk, Honey, Vanilla Extract, Peanut Butter, Cacao Powder, Banana, Himalayan Salt

I AM GOALS \$9.95
Pineapple Juice, Mango, Avocado, Honey

I AM MINDFUL \$9.95
Pineapple Juice, Ginger, Spinach, Kale, Vanilla Extract, Banana, Oat Milk, Honey

SMOOTHIE BOWL

I AM FIERCE BOWL \$13.95
Base: Pineapple Juice, Honey, Vanilla, Pink Pitaya, Strawberries, Mango
Toppings: Granola, Mango, Strawberries, Goji Berries and Honey

I AM ZEN BOWL \$13.95
Base: Oat Milk, Honey, Vanilla, Blue Spirulina, Pineapple, Banana
Toppings: Granola, Banana, Mango, Honey

PROTEIN BOWL \$15.95
Base: Apple Juice, Peanut Butter, Vanilla Protein, Acai, Blueberries, Strawberries and Mango
Toppings: Granola, Strawberries, Pumpkin Seeds, Banana, Cacao Nibs, Peanut Butter, Honey, Cinnamon

ACAI BOWL

ORCHARD ACAI \$14.95
Base: Apple Juice, Acai, Strawberries, Banana
Toppings: Banana, Strawberries, Hemp Seeds, Granola, Honey, Peanut Butter

ISLAND ACAI \$14.95
Base: Orange Juice, Acai, Mango, Pineapple
Toppings: Granola, Mango, Strawberries, Goji Berries, Honey, Peanut Butter

CHIA PUDDING BOWL

PURPLE RAIN BOWL \$14.95
Base: Chia Pudding, Apple Juice, Honey, Blue Spirulina, Blueberries, Banana
Toppings: Granola, Strawberries, Blueberries, Coconut Flakes, Banana

CHOCOLATE DESSERT BOWL \$14.95
Base: Oat Milk, Honey, Banana, Avocado, Cacao, Vanilla, Pink Salt, Chia Pudding
Toppings: Granola, Banana, Strawberries, Hemp Seeds, Chocolate Chips, Sprinkles, Peanut Butter

TRIO BOWL \$14.95
Base: Apple Juice, Honey, Strawberries, Banana, Blue Spirulina, Chia Pudding, Pink Pitaya
Toppings: Granola, Banana, Hemp Seeds, Strawberries, Honey

DREAM BOWL \$14.95
Base: Oat Milk, Pineapple, Banana, Pink Pitaya Sorbet
Toppings: Blueberries, Granola, Chocolate Chips, Coco Flakes, Peanut Butter, Honey



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SOUPS, SALADS & SANDWICHES

SALADS

SEASONAL SALAD MARKET PRICE

SOUTHWEST CHICKEN SALAD \$16.95

Dairy Free Gluten Free* Contains Almonds**

Without Chicken - \$14.95

Organic mix greens, onions, sweet potato, corn, black beans, cilantro, chicken, lime wedge, & GF chips topped with in-house southwest dairy-free dressing

SANDWICHES

TURKEY MELT \$11.95

Shredded and melted vegan cheese, Turkey, Pickles & Dairy-free Tangy sauce - GF Bread

CHICKEN MELT \$11.95

Shredded Chicken, Vegan Cheese GF Bread

TURKEY STACKER \$12.95

Turkey, Vegan cheese, Tomato, Pickles, Shredded lettuce with sweet & tangy Dairy free sauce -- GF Bread

GRILLED CHEESE \$6.95

AVOCADO TOAST \$11.95

GRILLED CHEESE \$6.95

SOUP

TOMATO SOUP (V), (GF) *Seasonal* \$7.50

COMBOS

SMOOTHIE & TURKEY STACKER \$21.95

SMOOTHIE & TURKEY MELT \$20.95

SMOOTHIE & SOUTHWEST CHICKEN SALAD \$24.95

HOT DRINKS

HOT COFFEE \$2.00

HOT TEA \$2.95

WELLNESS CUP \$3.95

Ginger Bomb ~ Ginger Lemon, Cayenne Honey, Oranges, Turmeric Water, Lemongrass, Immunity Tea

LOADED HOT COCOA \$6.95

HOT LATTE \$6.95

Vanilla or Caramel

HOT COCOA \$5.95

ICED DRINKS

ICED LATTE \$6.95

Vanilla or Caramel

MATCHA LATTE \$6.95

Organic Green Matcha Tea

LAVENDER LATTE \$7.95

TURMERIC LATTE \$7.95

PUMPKIN SPICE LATTE *Seasonal* \$7.95

CARAMEL PISTACHIO \$7.95

ADD ON FLAVORS \$1.09

COCONUT REFRESHER \$9.95

Coconut Water, Dragon Fruit, Strawberry

PINEAPPLE REFRESHER \$9.95

Pineapple Juice, Dragon Fruit, Strawberry

SINGLE SHOT OF ESPRESSO \$1.09

DOUBLE ESPRESSO \$1.95

CLASSIC MATCHA \$6.95

ESPRESSO MATCHA \$7.95

(V)- Vegan (GF)- Gluten Free

* Please make us aware of any food allergies you may have

WWW.FRESHANDPRESSEDJUICE.COM