



FRESH & PRESSED JUICE

3622 Rochester Rd, Troy, MI, 48083

COLD PRESSED JUICES

I AM UNIQUE Apple, Carrot, Pineapple, Ginger	\$10.95
I AM CONFIDENT Pineapple, Grapefruit, Celery, Spinach, Mint	\$10.95
I AM BOLD Pineapple, Apple, Ginger, Blue Spirulina	\$10.95
I AM SUCCESS Apple, Lemon, Ginger	\$10.95
I AM CALM Cucumber, Celery, Spinach, Lemon, Apple	\$10.95
I AM CLEAR Celery	\$10.95
I AM KIND Apple, Beets, Lemon, Ginger	\$10.95
I AM WORTHY Cucumber, Kale, Lemon, Celery, Chlorophyll	\$10.95
I AM ACTIVATED Apple, Lemon, Ginger, Activated Charcoal	\$10.95
GUT JUICE Pineapple, Cucumber, Ginger, Lemon, Cayenne	\$10.95
SIMPLE GREENS Green Apple, Ginger, Celery, Kale, Lemon	\$10.95
PROTEIN DRINK	
I AM GREATNESS Banana, Cinnamon, Oats, Coconut Water, Protein, Cashews	\$12.50

COLD PRESSED SHOTS

I AM CREATIVE Pineapple, Ginger, Blue Spirulina, Coconut Water	\$5.95
I AM HEALING Apple, Ginger, Lemon	\$5.95
I AM WELL Apple, Carrot, Turmeric, Black Pepper, Cayenne	\$5.95

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 Oat Milk, Honey, Vanilla Extract, Pink Pitaya Powder, Strawberries, Banana	\$9.95
I AM POWERFUL Oat Milk, Honey, Vanilla Extract, Chai Spice, Mango, Banana	\$9.95
I AM FOCUSED Pineapple Juice, Ginger, Turmeric, Vanilla Extract, Banana, Honey	\$9.95
I AM GRATEFUL Apple Juice, Pineapple, Moringa Powder, Avocado, Kale, Banana, Honey	\$9.95
I AM BEAUTIFUL Apple Juice, Acai, Blueberries, Strawberries, Mango, Honey	\$9.95
I AM JAMMING Oat Milk, Honey, Vanilla Extract, Peanut Butter, Cacao Powder, Banana, Himalayan Salt	\$9.95
I AM GOALS Pineapple Juice, Mango, Avocado, Honey	\$9.95
I AM MINDFUL Pineapple Juice, Ginger, Spinach, Kale, Vanilla Extract, Banana, Oat Milk, Honey	\$9.95

SMOOTHIE BOWL

I AM FIERCE BOWL Base: Pineapple Juice, Honey, Vanilla, Pink Pitaya, Strawberries, Mango Toppings: Granola, Mango, Strawberries, Goji Berries and Honey	\$13.95
I AM ZEN BOWL Base: Oat Milk, Honey, Vanilla, Blue Spirulina, Pineapple, Banana Toppings: Granola, Banana, Mango, Honey	\$13.95
PROTEIN BOWL Base: Apple Juice, Peanut Butter, Vanilla Protein, Acai, Blueberries, Strawberries and Mango Toppings: Granola, Strawberries, Pumpkin Seeds, Banana, Cacao Nibs, Peanut Butter, Honey, Cinnamon	\$15.95

ACAI BOWL

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

CHIA PUDDING BOWL

PURPLE RAIN BOWL Base: Chia Pudding, Apple Juice, Honey, Blue Spirulina, Blueberries, Banana Toppings: Granola, Strawberries, Blueberries, Coconut Flakes, Banana	\$14.95
CHOCOLATE DESSERT BOWL Base: Oat Milk, Honey, Banana, Avocado, Cacao, Vanilla, Pink Salt, Chia Pudding Toppings: Granola, Banana, Strawberries, Hemp Seeds, Chocolate Chips, Sprinkles, Peanut Butter	\$14.95
TRIO BOWL Base: Apple Juice, Honey, Strawberries, Banana, Blue Spirulina, Chia Pudding, Pink Pitaya Toppings: Granola, Banana, Hemp Seeds, Strawberries, Honey	\$14.95
DREAM BOWL Base: Oat Milk, Pineapple, Banana, Pink Pitaya Sorbet Toppings: Blueberries, Granola, Chocolate Chips, Coco Flakes, Peanut Butter, Honey	\$14.95



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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