

## COLD PRESSED JUICE

### BUNNY BREW - \$10.50

carrot, pineapple, orange

### RADIANCE - \$10.50

grapefruit, cucumber, carrot, pineapple

### SHINE - \$10.50

orange, grapefruit, lemon

### SPICY SHINE - \$11.00

orange, grapefruit, lemon, ginger, cayenne

### LOVIN' SPOONFUL - \$11.00

carrot, apple, cucumber, celery, parsley, lemon, ginger

### HEAVENLY HEALING - \$11.00

orange, turmeric, grapefruit, carrot, lemon, ginger, pinch of salt

### STRAWBERRY FIELDS - \$11.00

apple, strawberry, lime

### REJUVENATION - \$10.50

carrot, beet, apple, lime, ginger

### SNAP TO IT - \$10.50

carrot, beet, apple, celery, spinach

### LIL' HELPER - \$11.00

beet, pear, pineapple, ginger

### MINT BLISS - \$11.00

apple, pineapple, cucumber, mint

### RISE AND SHINE - \$10.50

cucumber, pineapple, lemon

### PEARADISE - \$10.50

spinach, pear, pineapple, ginger

### SWEET HARVEST - \$11.00

apple, cucumber, spinach, celery, parsley, pineapple, lemon, moringa

### HARVEST - \$11.00

spinach, cucumber, apple, celery, lemon, parsley, ginger

### G-FORCE - \$12.00

spinach, cucumber, celery, kale, apple, parsley, pineapple, romaine, lemon, lime, ginger

### AH-GREEN-ZING - \$11.00

kale, spinach, cucumber, celery, pineapple, parsley

### GREEN GODDESS - \$11.00

apple, kale, ginger, celery, cucumber, lemon

### JODY'S SPECIAL - \$12.00

spinach, cucumber, kale, celery, turmeric, ginger, parsley, lemon



# Press On Juice

## MENU

### WHY PRESS ON JUICE?

Press On Juice's fruits and veggies are pulverized, which has been proven to be the most effective way to liberate nutritional enzymes. There is absolutely no high pressure or heat pasteurization involved in the process, ensuring that these enzymes stay alive and ready to repair, rejuvenate, and nourish your body. And guess what? Press On Juice tastes delicious too!



1125 E. 8TH STREET  
TRAVERSE CITY, MI 49686

231.409.9325 // PRESSONJUICE.COM



DELIVERY AVAILABLE!  
ORDER ONLINE FOR DELIVERY AT  
[CHOMPLER.COM](http://CHOMPLER.COM)



## SMOOTHIES & BOWLS



**MAKE ANY SMOOTHIE A BOWL** - add \$1.95

Bowls feature our house made granola, topped with fresh fruit, nuts, & other yummys.

### STRAWBERRY BANANA - \$6.95

strawberry, banana, kiwi, apple juice, local raw honey

### TROPICAL BREEZE - \$8.25

banana, mango, pineapple juice, orange juice, coconut yogurt, coconut milk

### POWER TO THE PEOPLE - \$8.95

almond milk, pepita butter, banana, dates, hemp hearts, hemp protein, cocoa powder, cinnamon, almonds *(19g protein)*

### GINGER BERRY - \$8.95

almond milk, blueberries, strawberries, ginger, lemon, local raw honey, flax seeds

### SUPER MATCHA - \$8.95

almond milk, blueberries, spinach, maple syrup, chia seeds, dates, Light of Day organic matcha green tea

### IT'S GOT IT ALL - \$7.95

apple, spinach, cucumber, celery, carrot, orange juice, lemon juice, pineapple, mint

### COCO-CHERRY - \$8.95

almond milk, cherries, banana, orange juice, coconut milk, coconut yogurt, cocoa powder, local raw honey

### BERRY GREEN - \$8.95

almond milk, apple juice, spinach, kale, blueberries, avocado

### COCO-MINT - \$7.95

almond milk, banana, mint, cocoa powder, local raw honey

### COTTON CANDY - \$7.95

almond milk, orange juice, coconut milk, strawberry, mango, pineapple

### GOLDEN MILK - \$8.95

chai almond milk, turmeric, banana, honey, black pepper

### TOP BANANA - \$8.95

almond milk, banana, spinach, hemp protein, local raw honey, Light of Day organic matcha green tea

ALL JUICES & ALMOND MILKS IN OUR SMOOTHIES ARE MADE FRESH RIGHT HERE!

## SANDWICHES

All sandwiches are served on Press On Juice's gluten-free bread (zucchini, almond, flax & chia seed),

### SPICY SURPRISE - \$8.50

shredded carrots, beets, cucumber, bell pepper, kale, avocado, kalamata olives, spicy almond dressing

### SOUTHWEST VEGGIE - \$8.50

mashed black beans, cashew cheddar cheese, romaine, shredded kale, bell pepper, cucumber, marinated mushrooms, tomatoes, southwest dressing

### PEAR & HERB CASHEW CHEESE - \$8.50

pear, spinach, herb cashew cheese, walnuts, cucumber, bell pepper, garbanzo beans, cashew dill dressing

### BREAKFAST DELIGHT - \$6.50

pepita butter, jam, Press On Juice granola, banana, green apple

*Wanna build your own sandwich or salad? Just ask!*

## SALADS

### KALE SALAD - \$6.95

kale, carrots, bell peppers, zucchini, dates, walnuts, tahini dressing

### SOUTHWESTERN SPICY SALAD - \$6.95

romaine, marinated mushrooms, black beans, tomatoes, avocado, bell peppers, spicy buckwheat, southwestern dressing

### KELP NOODLE SALAD - \$7.50

kelp noodles, zucchini, carrots, bell peppers, spicy almond butter dressing

### SPINACH SALAD - \$6.95

spinach, cucumber, garbanzo beans, tomatoes, kalamata olives, garlic-onion buckwheat, cashew dill dressing

## SMOOTHIE ADD ONS

moringa : \$1.50

coconut milk : \$1.00

chia seeds : \$1.00

almonds : \$1.00

fresh fruit : \$1.00

fresh greens : \$1.00

cayenne : 50¢

hemp hearts : \$1.00

hemp protein : \$1.50

flax seeds : \$1.00

matcha green tea : \$1.50

spirulina : \$1.50

red maca : \$1.00

black maca : \$1.00

cocoa powder : 75¢

avocado : \$1.50

dates : \$1.00

fresh mint : \$1.00

## SNACKS

**CARROT CUP** - \$1.99  
with cashew dill dressing

**FLAX CRACKERS** - \$4.99

**ZUCCHINI HUMMUS** - \$4.50

**CHEESY KALE CHIPS** - \$5.95

**CASHEW HERB CHEESE** - \$5.95

**CASHEW CHEDDER CHEESE** - \$5.95

**YUMMY BALLS** - \$5.95  
cocoa // cherry cashew // protein

**CASHEW SHORTBREAD COOKIES**  
sm \$3.95 // lg \$19.95

**PRESS ON JUICE GRANOLA**  
sm \$2.95 // lg \$14.95

**GLUTEN FREE BREAD** - 2 slices // \$4.95

## SPECIALTIES

**STRAWBERRY SHAKE** - \$6.50  
strawberry, apple, coconut milk

**MATCHA MAGIC** - \$7.00  
pineapple, coconut milk, with  
Light of Day organic matcha green tea

**LIQUID GOLD**  
Shot \$4.00 // bottle \$16.00  
turmeric, ginger, lime, local raw honey

**WHEATGRASS SHOT** - \$4.00  
add lemon & ginger - \$5.00  
add lemon, ginger, & cayenne - \$5.50

**GINGER SHOT** - \$3.00

**ALMOND MILK** - \$6.95

**CHOCOLATE ALMOND MILK** - \$6.95

**CHAI ALMOND MILK** - \$6.95

•• ALL CHEESES & MILKS ARE DAIRY FREE, MADE WITH NUTS & SEEDS INSTEAD. ••