



## Fresh Juice Bar Order Form

To order, please contact the Holistic Healing Center at 724.329.6411. Orders will need to be picked up at the Holistic Healing Center at Horizon Point.

Open Daily 9 a.m. - 5 p.m.

### 12 oz. Fresh Juice / \$ 10

Great tasting juice packed with the essentials your body needs.

#### Daily Detox

Start your day on the right path with a gentle yet cleansing juice.

*Carrots, Cucumber, Apple, Ginger & Lemon*

#### Green Elixir

Balance out your fruits and veggies with this inviting non-intimidating mix.

*Kale, Spinach, Apple, Celery, Cucumber, Beet & Lemon*

#### Keep It Sweet

Feel free to have this sweet treat any time of the day.

*Apple, Pear & Ginger*

#### Get Your Green On

Take the work out of going green and enjoy this tasty number. *(Available in a juice or smoothie.)*

Juice     Smoothie

*Kale, Spinach, Pineapple, Green Apples, Mint,*

*Coconut Meat or Bananas added for smoothie.*

#### Build Your Own Juice

- |                                 |                                |   |
|---------------------------------|--------------------------------|---|
| <input type="checkbox"/> Carrot | <input type="checkbox"/> Apple | <input type="checkbox"/> Cucumber       |
| <input type="checkbox"/> Ginger | <input type="checkbox"/> Beet  | <input type="checkbox"/> Spinach        |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Pear  | <input type="checkbox"/> Seasonal Fruit |
| <input type="checkbox"/> Kale   |                                |   |

To receive the full benefits of the juice we recommend that it be taken on an empty stomach or with a light meal. If you are currently on any medications or pregnant please consider consulting your doctor before you introduce juicing. Enjoy this juice menu as an introduction into a gentle cleanse stepping stone to a healthy lifestyle or simply a nutritious morning treat.



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### 4 oz. Fresh Juice Elixer / \$ 4

Choose one of these powerful 4 oz superfood shots to fight colds and deliver an extra boost.

#### Morning Super C

Give your morning a jump start with the new breakfast for champions. This tart and tangy shot, to be taken on an empty stomach, will aid the kidney, liver and gallbladder as you feel a refreshing morning jolt!

*Also available as a 12 oz. / \$8*

*Pineapple, Grapefruit, Orange & Mint*

#### Kick It Up a Notch

A little kick is all you need. Let us add a burst of flavor to some of your favorite juicy ingredients and receive the immunity boost, anit-inflammatory properties that will help you stand strong all winter long.

*Gingerroot, Apple, Lemon & Cayenne Pepper*

#### Fire Up Your System

Feeling a cold coming on? This simply warming and cleansing blend will give your body the help it needs to fight back those early symptoms.

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