



Everything is made from 100% organic ingredients inspired by local & seasonal availability. Feel-good, functional & flavourful is our goal!

JUICE BENEFITS DIRECTORY

JUICE BLENDS

*Single 12oz glass: \$12 | 32oz plastic bottle: \$30 | 32oz glass bottle: \$32
no tax on large bottles or 12oz 4-packs

BOLD BEET

100% ORGANIC: BEET, PEAR, GREEN APPLE, GINGER, LEMON

- Gently cleanses the kidneys and liver, binding to heavy metals and toxins for detoxification.
- Reduces inflammation, slows cellular aging, protects cells from cancer causing free radical damage.
- Supports the immune system, aids digestion, and promotes healthy skin, nails, and hair.
- Optimal low glucose option for those with diabetes or blood sugar imbalances.

STRONG GREEN

100% ORGANIC: CELERY, CUCUMBER, KALE, PARSLEY, LEMON

For the lovers of intense green juice!

- Heavy metal chelator which traps toxins & heavy metals circulating in the blood for safe elimination.
- Supports inflammatory conditions of the skin such as acne, eczema, and psoriasis.
- Increases circulation in the GI tract which supports optimal hydration & digestion, reduces inflammation.
- Reduces inflammation and supports function of the nervous system, including our ability to manage stress.

SUPER-C

100% ORGANIC: CARROT, ORANGE, APPLE, SEABUCKTHORN BERRIES, TURMERIC

This is your go-to immune boosting juice! Its high-dose vitamin c content gives it its name. It is also loaded with many other vitamins such as k, a, e, b's - including b12 (yes, seabuckthorn contains b12 - rarely found in the plant kingdom) & even omega 3, 6, 9, & 7!

CLEAN GREEN

100% ORGANIC: CUCUMBER, PINEAPPLE, GREEN APPLE, MINT, PARSLEY, LIME

A fresh and clean tasting green juice that immediately vitalizes every cell of your body! Very refreshing and hydrating on a summer's day.

- Gently cleanses the kidneys & liver, and alleviates congestion of the throat, lungs & respiratory system.
- Provides key enzymes that support optimal digestion and help to relieve symptoms of IBS.
- Reduces cholesterol, lowers blood pressure & improves circulation, rich in energy producing nutrients.
- High in immunity supporting antioxidants, supporting the reduction of inflammation in the body.

CARROT GLOW

100% ORGANIC: CARROT, RED & GREEN APPLE, GINGER, LEMON

Get the glow! This juice is very high in beta-carotenes (Beta-carotene is the Latin word for "carrot") which are great for beautifying the hair, skin, eyes and nails from the inside out.

CELERY JUICE

100% ORGANIC: CELERY

We highly recommend consuming at least 12oz every morning on an empty stomach for at least 7 consecutive days to notice results.

- Heavy metal chelator which traps toxins & heavy metals circulating in the blood for safe elimination.
- Supports inflammatory conditions of the skin such as acne, eczema, and psoriasis.
- Increases circulation in the GI tract which supports optimal hydration & digestion, reduces inflammation.
- Reduces inflammation and supports function of the nervous system, including our ability to manage stress.

HOT PINK

100% ORGANIC INGREDIENTS: ORANGE/GRAPEFRUIT, CUCUMBER, BEET, PEAR, APPLE, GINGER

- Immune-system boosting, high in vitamin c.
- High in citrus which strongly aids in body detoxification.
- Increases circulation, supporting all systems of detoxification to cleanse and release stored toxins.
- High in ginger which is a fantastic anti-viral.
- Great for pre/post workout.
- Cucumber provides extra hydration & electrolytes.

THE HEALER

100% ORGANIC INGREDIENTS: CUCUMBER, PINEAPPLE, ALOE VERA, LIME

- A powerful & soothing digestive aid. Helps to heal the gut.

LEMON-AID

Single 12oz glass: \$10 | 32oz plastic bottle: \$24.50 | 32oz glass bottle: \$26.50

BLUE LEMON-AID

100% ORGANIC: FILTERED WATER, LEMON, MAPLE, BLUE SPIRULINA

- Supports digestion, strengthens immune function, cleanses the kidneys.
- Reduces inflammation, blocks the growth of tumors and kills cancer cells.
- High in complete, bioavailable protein, which means it contains all 8 essential amino acids in balanced ratios.
- Increases energy levels, metabolizes fats and amino acids for health of the liver, supports metabolism.

BLACK MAGIC LEMON-AID

100% ORGANIC: FILTERED WATER, LEMON, ACTIVATED CHARCOAL, VANILLA BEAN

- Increases HCL (stomach acid) to support digestion & assimilation of nutrients, converting food to energy.
- Cleanses the kidneys and helps to protect against the formation of kidney stones,
- Charcoal binds to heavy metals & daily toxins circulating in the body, helping to safely excrete them as waste.
- Vanilla Bean is high in magnesium which helps to regulate the nervous system & relax tension.

MYLKS

Single 12oz glass: \$11 | 32oz plastic bottle: \$25 | 32oz glass bottle: \$27

VANILLA ALMOND MYLK

100% ORGANIC: FILTERED WATER, RAW ORGANIC ALMONDS, MEDJOO DATE, VANILLA BEAN, SEA SALT

Fresh-pressed & made in house!

COLD-BREW LATTE

100% ORGANIC: HOUSE-MADE ALMOND MYLK, LOCAL MAPLE SYRUP, COLD-BREW COFFEE, VANILLA BEAN, SEA SALT

One of our most popular drinks! Made with locally roasted cold-brewed beans and lightly sweetened with maple syrup.

CHOCOLATE MYLK

100% ORGANIC: HOUSE-MADE ALMOND MYLK, LOCAL MAPLE SYRUP, CACAO POWDER, VANILLA BEAN, SEA SALT

Mood-enhancing rich chocolate mylk made from real cacao, high in minerals & healthy fats!

BOOSTER SHOTS

Single 2oz glass: \$7 | 32oz plastic bottle: \$80

IMMUNITY

100% ORGANIC: TURMERIC, GINGER, LEMON, BLACK PEPPER

- Potent anti-inflammatory, black pepper supports cognition and the reduction of inflammation in the brain.
- Enhances immune function, even in autoimmunity.
- Supports the moving of the lymphatic system, which helps protect against bacteria, viruses, and parasites.

DETOX

100% ORGANIC: GINGER, LEMON, GREEN APPLE

- Strengthens the immune system, increasing bile production which supports liver detoxification pathways.
- Supports indigestion and nausea and deeply cleanses the intestinal tract when taken with warm water.
- Increases circulation, supporting all systems of detoxification to cleanse and release stored toxins.

C-SHOT

100% ORGANIC: SEABUCKTHORN BERRIES, TURMERIC, ORANGE

- Packs a punch with seabuckthorn berries containing 12 times the amount of vitamin C as an orange.
- Moisturizes from the inside out (contains omega 3, 6, 9 and the rarely found omega 7).
- Seabuckthorn berries are one of the most nutritious and vitamin-rich foods in the world.

LIQUID GOLD

100% ORGANIC: TURMERIC, PINEAPPLE, CAYENNE, SEA SALT

- Powerful anti-inflammatory.
- Improves skin health, get the glow!
- Increases circulation.
- Kickstarts the digestive fire/improves digestion.

ALOE VERA

100% ORGANIC: ALOE VERA

- Improves gastrointestinal & digestive issues, also acts as a neutral laxative & has also been shown to support the growth of flora and good bacteria in the gut.
- Hydrating & full of electrolytes.
- Full of antioxidants, vitamins A, C, and E, folic acid, and choline, as well as the minerals calcium, copper, selenium, chromium, magnesium, potassium, sodium, and zinc.
- Clinically proven to help clear skin issues such as acne & rosacea.