

THE SQUEEZE™

BARE FOOD. BARE NUTRITION.

FREE DELIVERY!
[THESQUEEZEJUICE.COM](http://thesqueezejuice.com)
646.351.6545

LOCATIONS

BUSHWICK STOREFRONT

196 GRAHAM AVENUE
MONDAY-FRIDAY | 8AM-10PM
SATURDAY-SUNDAY | 9AM-8PM

MERCEDES CLUB

550 W. 54TH ST
(BTWN 10/ 11TH AVE)
MONDAY-FRIDAY | 7AM-10PM
SATURDAY-SUNDAY | 8AM-8PM

SOHO

233 SPRING ST
(BTWN 6TH / 7TH AVE)
MONDAY-FRIDAY | 7:30M-5PM
SATURDAY-SUNDAY | CLOSED

GREENWICH VILLAGE

108 MACDOUGAL ST
(BTWN W. 3RD ST/ BLEEKER ST)
MONDAY-SUNDAY | 7:30AM-MIDNIGHT

TWITTER / INSTAGRAM: @THESQUEEZENY
FACEBOOK.COM/THESQUEEZEJUICE

CLEANSSES

Whether you're a hardcore enthusiast or a cleansing virgin, The Squeeze has designed 4 programs to help you cleanse deeply. Proactively packed with nutrients for a pure body and a sharp mind, our cleanses purge the built-up toxic acidity caused by air and dietary pollution, and regenerates and fortifies your body's cells with essential nutrients.

MAIN SQUEEZE \$59/DAY

6 JUICES + 1 BOOSTER

This 1-30 day cleanse is for the detox enthusiast. With few juices and the lowest sugar levels of all our cleanses, Main Squeeze is fueled by green juices, which work to steadily cleanse the body of harmful toxins. Designed for radical results, like looking slim and sleek and ready to rock a banana-hammock.

STEADY SQUEEZE \$59/DAY

7 JUICES + 1 BOOSTER

An intermediate cleanse, but not for the faint of heart. This 5 day cleanse (longer and shorter options available) will skyrocket your energy, repair cells, and alkalize the blood.

SOFT SQUEEZE \$69/DAY

5 JUICES + 1 BOOSTER + 1 DINNER

Our most popular cleanse allows for flexibility. It can be done 3 days before or 3 days after a juice cleanse, or it can be done on its own for a week as a solid food cleanse - as an alternative to juicing.

SQUEEZEWICH \$75/DAY

**3 JUICES + 1 ELIXIR + 1 BOOSTER +
1 BREAKFAST + 1 LUNCH + 1 DINNER
+ 1 SNACK**

Our most robust plan, 3 meals per day. Breakfast is your choice of chia seed pudding topped with coconut granola, or creamy cinnamon oatmeal. Large salad with loads of toppings, soup of the day, a living sandwich and a dessert.

COLD-PRESSED JUICES \$9.50

TWO HEARTS BEET AS ONE

apple, cucumber, beet, carrot, ginger, lemon, cayenne

STAND AND DELIVER

swiss chard, kale, dandelion, celery, cucumber, parsley, lemon, ginger

I HAVE A HEART ON

pineapple, swiss chard, kale, dandelion, celery, apple, mint

THE JEANS I WORE IN HIGH SCHOOL

orange, grapefruit, lemongrass

GET YOUR JUICES FLOWING

apple, ginger, cinnamon, turmeric

LOOKING GOOD IS THE SWEETEST REVENGE

fennel, clementine, carrot, orange, lemon

MY PLASTIC SURGEON GOT LAID OFF BY ME

cucumber, aloe vera, e3live

ARE YOU KIDNEY ME? (SEASONAL)

watermelon juice

HEAD OVER HEAL ME (SEASONAL)

honeydew, cucumber, aloe vera, spirulina

ELIXIRS

ALOE WATER

alkalized water with organic aloe vera 3.99

SQUEEZE MY PINK LEMONADE

alkaline water, lemon, coconut nectar, a hint of strawberry 4.99

RAW GINGER AID

alkaline water, ginger, lemon, agave, aloe vera 6.50

LIVING LATTES

\$7.00

organic fair-trade cold brew coffee reduces acidity by 70% and gives you a taste smoother than traditional heat brew coffee

CHAI SQUEEZZUCINO

housemade nut milk with alkalized water, cashew, hemp seeds, dates, irish moss, vanilla, cardamom

COLD BREW SQUEEZZUCINO

organic fair trade coffee brewed in alkalized water, activated almonds, cashews, dates, vanilla bean, himalayan pink salt

RAW MILKS + SHAKES \$9.00

DON'T CRY OVER SPICED MILK

housemade nut milk with alkalized water, cashew, hemp seeds, dates, irish moss, vanilla, cardamom

WHAT MAKES A COCONUT SHAKE?

strawberry coconut smoothie with raw coconut meat with unpasteurized water, strawberry, irish moss, maca vanilla bean, cashew, dates

BLUEBERRY PROTEIN

blueberry, cashew, vanilla bean, raw coconut meat, tocotrienols, hemp protein, dates

PB+J

alkalized water, organic raspberries, organic strawberries, organic peanut butter, organic dates, organic maca, hemp protein, himalayan sea salt

MINT CHIP PROTEIN

raw unpasteurized coconut meat, cashews, bananas, dates, hemp seed, fermented brown rice protein, vanilla, raw coconut oil, vanilla bean, himalayan pink salt

COOKIES 'N CREAM

cacao bean, almonds, cashews, bananas, dates, vanilla, himalayan pink salt

BOOSTERS

\$4 EACH / 3 FOR \$10

PRESSED GINGER

apple, cucumber, beet, carrot, ginger, lemon, cayenne

ACAI

energy surge, high in antioxidants and omegas 3 + 6

RAW ALOE

very alkalizing, natural remedy for diabetes, skin problems, constipation, soothes stomach

SPIRULINA

instant energy, highest source of concentrated protein of any known food, and balances the mind

CHLOROPHYLL

regenerates and cleanses, fights infection, increases the number of red blood cells and oxygen in your body

MASTER TONIC

an alkalizing detoxifier, natural remedy for diabetes, skin problems, constipation, soothes stomach

HOT SHOT

pain reducer, sinus reliever, meteoric energy lift, cayenne, olive leaf extract, date paste

LIVE FOOD RISE + SHINE

FRESH STRAWBERRY CHIA SEED TAPIOCA

topped with coconut granola 7.99

APPLE & CINNAMON OVERNIGHT OATS 6.99

BUBBY'S EVERYTHING SPROUTED BAGEL

6 seed & grain sprouted bagel with cashew cream cheese 6.99 and caramelized onion

ACAI PROTEIN BOWL

with strawberries, blueberries, raw coconut, and paleo granola 9.00

SQUEEZOLA GRANOLA

chocolate or coconut 9.99 (breakfast portion with milk) 7.00

SOUPS

\$5.50

FRESH SEASONAL SOUPS AVAILABLE DAILY

(check our website)

SALAD + SAVORIES

KALE QUINOA SALAD

with hazelnut parsley, pesto and dried cranberry 7.99

MY BIG FAT-ASS GREEK SALAD

romaine and massaged kale with greek olives, almond feta, raw croutons, in a greek vinaigrette 9.99 slice of living bread 2.00

TOSS MY SALAD W/ LIVING RED PEPPER HUMMUS

mesclun greens with microgreens, spiced pecans, caramelized onions, cherry tomatoes in a creamy lemon dijon 9.99

MOC N' CHEESE

gluten free pasta with raw cashew cheddar 6.99

KALE ARTICHOKE SUMMER ROLL

with an herbed vinaigrette 7.99

BLACK BEAN COCONUT BACON BURGER

with roasted brussel sprouts, coconut bacon and truffle "mayo" 9.99

SWEET POTATO WHITE BEAN PROTEIN BURGER

with herbed lentils, roasted carrots and chipotle aioli 9.99

PORTABELLO, CRIMINI, PORCINI MUSHROOM BURGER

with black bean corn salad, roasted beets and mustard seed aioli 9.99

SPAGHETTI AND "MEAT" BALLS

soba noodles with portabello mushroom balls, in a crimini mushroom sauce 11.00

CURRY CAULIFLOWER "RISOTTO"

with cauliflower, onions, tomatoes, black chickpeas, arborio rice 11.00

CREAMY GINGER ALMOND SOBA BOWL

protein packed rice soba noodles with hazelnut pesto kale salad 11.00

SNACKS + SIDES + A LA CARTE

FUNIONIONS

crisp onion rings 9.00

SQUEEZOLA GRANOLA

chocolate or coconut 9.99

SPICED PECANS

activated dehydrated sweet 'n spicy pecans 5.75

LIKE MY NUTS?

maple almonds, spiced pecans, pistachios, jumbo cashews, mulberries, himalayan raisins, goji berries 7.99

AGED CASHW CHEESE

..... 4.00

ALIVE HUMMUS

..... 4.00

MAC 'N CHEESE KALE CHIPS

handmade w/micronutrient rich kale & creamy seed & nut coating 6.00

NACHO KALE ALMONDS

activated almonds seasoned with a creamy kale coating 7.99

CASHW ALMOND BRITTLE

activated cashew and almond bark 5.75

MAPLE ALMONDS

activated dehydrated maple coated almonds 5.75

DESSERT

BOX OF COCONUT TRUFFLES 3.50

STRAWBERRY CHEESECAKE 8.99

FRESH STRAWBERRY CHIA SEED TAPIOCA

topped with coconut granola 7.99

CHOCOLATE CHIP COOKIE DOUGH BON BONS 1.50

TOLLHOUSE NOOKIES

raw chocolate chip cookies 3.99

ALMOND JOYS 3.99

ALMOND BUTTERCUPS 3.99