

OUR MISSION STATEMENT

Our focus at True Juice is to create and foster a positive space of encouragement that inspires health, community, education, personal growth and an open delivery of ideas and practices that support transformative lifestyles. We hold the highest intention to serve the community with integrity and to offer our knowledge and wisdom on health topics to all who wish to learn.

ASK ABOUT OUR JUICE CLEANSSES!

What are the **benefits** of a Juice Cleanse?

Juice Cleanses support overall health and immunity in a variety of ways. During and after a 3-5 day juice cleanse, you will notice many of these positive outcomes: Rest and Revitalization of certain organs (particularly the Stomach, Liver, Intestines) Boost in Energy Deeper Sleep Mental Clarity Glowing Skin, Hair, & Nails Improved Mood Weight Loss More Regulated Colon Reduction in Bloating Intense Hydration A Pronounced Desire to Eat Healthier Post-Cleanse If you haven't already, we recommend you watch the documentary, Fat Sick & Nearly Dead ... catch it on Netflix and be truly inspired to jump in to your cleanse!

Our Cleanse Program Options

Each includes 6 Fresh Cold Pressed Organic 12oz Juices with 1 Infused Water daily

1 Day STANDARD: Six Juices + 1 Water

Great for Beginners. Many make this a monthly ritual to stay on track with their health.

3 Day STANDARD: 18 Juices + 3 Waters

Take your Cleansing to the next level. Refresh, revive, rejuvenate.

5 Day STANDARD: 30 Juices + 5 Waters

For the ultimate detox. Great for a seasoned juicer or someone who just wants to make a radical shift in their health and diet toward massive positive gains. We salute you, Cleanser !

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All of our Cleanse Packages are repeatable and extendable... add a few more days if you want!

Optional Add-on's & Packages:

Balance Package:

Standard + a CBD Wellness Shot daily

Immune Kicker Package

Standard + an Immune Boost Shot daily

Mylk It Up!

Standard + a creamy, dairy-free Turmeric Horchata daily to change it up

Modified Cleanse:

5 Juices per day + Water + Rainbow Salad (Juice all day, eat a delicious salad at night)

Call for pricing and ordering details

Ask about our Local Businesses Juice Delivery Subscription Service:

Get juiced and & productive!

For more information visit truejuiceorganic.com



TRUE JUICE

organic juice & smoothie bar
and cafe

124 NW D Street,
Grants Pass, OR
541-441-4541

Mon - Fri : 8am - 5pm
Sat : 9am - 2pm
truejuiceorganic.com

Want to skip the line?
Order ahead of time!
541-441-4541

Juice

Organic, Fresh, Raw & Made to Order

8oz **\$4.95** | 12oz **\$6.95** | 16oz **\$7.95**

- #1 True Juice Wellness** - Carrot, apple, lemon, ginger
- #2 Drink Your Greens!** - Seasonal greens, cucumber, parsley, lemon, ginger, green apple, carrot
- #3 Immunity Blast** - Carrot, ginger, lemon, celery, apple, turmeric
- #4 Detox Dream** - Apple, lemon, carrot, celery, seasonal greens, ginger, cilantro
- #5 Heart Beet Hotel** - Beet, carrot, celery, cucumber, spinach, apple, lemon
- #6 Mother May I?** - Cucumber, beet, carrot, orange, apple, spinach
- #7 Matcha Madness** - Seasonal greens, apple, carrot, ginger, lemon, matcha tea
- #8 Just Green** - Cucumber, kale, parsley, celery, lemon, ginger, green apple

Shots

Immune Boost \$4.50
Anti-Inflammation \$5.95
CBD Wellness \$6.95

Build Your Own - Choose any four ingredients for juice, smoothie, or bowl
 +\$1.00

Smoothies

Organic, GMO-free ingredients & made to order

8oz **\$4.95** | 12oz **\$5.95** | 16oz **\$6.95**

- Green & Glorious** - Spinach, apple, celery, carrot, lemon, cucumber, green tea, stevia
- Antioxidant Warrior** - Mixed berries, spinach, banana, apple, hemp seeds, matcha green tea, stevia
- Purple Health** - Blueberries, banana, spinach, coconut milk, stevia
- Chocolate Lovers** - Coconut milk, cinnamon, vanilla, cacao, banana, cacao nibs, stevia
- Probiotic Berry Blast** - Local Rogue Kombucha, featured flavor, strawberries, blueberries, banana



Sandwiches

Organic, GMO-Free & Made to Order on Artisan Sourdough Bread

- Veggie** - Greens, cucumbers, green onions, hummus, cream cheese (or non-dairy Earth Balance on request), organic cheddar cheese, avocado, house olive oil & raw cider vinegar dressing.
\$8.95 Add Turkey **\$9.95** Vegan **\$7.95**
- Veggie Burgers** - Regular or Chipotle **\$8.95**
- Gluten-free Option** **+\$1.50**
- Add House-made Vegan Basil Pesto** **+\$1.50**
- Add a Salad** **+\$2.95**

Wraps

- Southwestern** - House-made vegan Chili, cheese, hummus, greens, green onions, salsa, avocado, cilantro.* **\$7.95**
- Veggie** - Greens, cucumbers, green onions, hummus, cream cheese, organic cheddar cheese, avocado, house olive oil, shredded beet, shredded carrot, celery, tomato & raw cider vinegar dressing. **\$7.95**
- Turkey** - Turkey, cheese, cream cheese, hummus, green onions, greens, cucumbers, avocado, ACV & oil dressing.* **\$8.95**

Toast

- Avocado Toast** - Avocado, tomato, sprouts, herb seasoning on local artisan bread.
 1 Slice **\$4.95** 2 Slices **\$8.95**
- Hummus/Feta Toast** - Hummus, cucumber, feta, micro greens, ACV, olive oil.
 1 Slice **\$4.95** 2 Slices **\$8.95**
- Nut-Butter Toast** - Almond butter, two toppings and local artisan bread.
 1 Slice **\$3.95** 2 Slices **\$6.95**
- Cup \$4.95** **Bowl \$6.95**

Soup

- Soup du jour or Chili** - Comes with gluten free crackers & Hummus

All juices, smoothies and bowls are organic, gluten-free, dairy-free, soy-free and GMO-free, with no added sugar, chemicals or preservatives. Nothing but clean, whole, REAL food ingredients! True Juice is a proud participating Blue Zones Project™ business.



Smoothie Bowls

\$6.95

- Gideon's Fave** - Mango, strawberry, banana, spinach, stevia, coconut milk & two toppings
- Eden's Fave** - Mixed berries, spinach, banana, stevia, coconut milk & two toppings
- Lydia's Fave** - Strawberries, spinach, banana, stevia, coconut milk & two toppings
- Finn's Fave** - Blueberries, acai, banana, spinach, stevia, coconut milk & two toppings

Quinoa Bowls

- Breakfast Bowl** - Quinoa, coconut milk, cinnamon, choice of three toppings **\$6.95**
- Rogue Bowl** - Quinoa, greens, roasted sweet potato, chick peas, avocado, carrots, green onion, beets, pumpkin seeds **\$9.95**
- Southwestern Bowl** - Quinoa, greens, black beans or vegan chili, avocado, salsa, celery, green onion, cilantro, cheese (optional) **\$9.95**

Other Drinks

- Lavender Lemonade** **\$3.95**
- Very Berry Tea** **\$3.95**
- Brewed Black Iced Tea** **\$2.95**
- Local Rogue Kombucha on tap** **\$3.79**
- Infused Water** **\$1.95 - \$2.95**
- Cold Brew Coffee** - (hot or on ice) **\$3.95 - \$4.95**
- Mochas, lattes, etc.
- Chai-Turmeric Latte** **\$4.95**
- Specialty Nut Mylks** **\$4.99**
- Uber Urban artisan teas** **\$2.95**

Treats

Banana Cream Sundae

Made with just frozen organic bananas, but tastes like frozen yogurt!
 Your choice of 2 toppings

Organic Soft Serve Vegan Frozen Yogurt

Comes with one topping
 Regular **\$4.95** | Tiny **\$3.95**

In a hurry? Grab a cold-pressed juice, shot, mylk and gluten-free treats or baked goods from our cold case!

