



Whether you're a hard-core enthusiast or a cleansing virgin, **THE SQUEEZE** has designed 4 programs to help you cleanse deeply. Provocatively 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 regenerate and fortify your body's cells with essential nutrients. We'll SQUEEZE if you SWALLOW.

contact us today to Get Clean: T.646.351.6545 info@thesqueezejuice.com

Main Squeeze \$59/day

This 1-30 day cleanse is for the detox enthusiast. With few fruit 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. The Main Squeeze cleanse plan include 6 juices + 1 booster per day.

Steady Squeeze \$59/day

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. Steady Squeeze contains a delicious mixture of fresh fruit and vegetable elixirs, lemonade, raw milk, and 1 booster shot.

Soft Squeeze \$69/day

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. The Soft Squeeze includes 3 of our pressed juices, 1 booster, an entree, a soup, living bread, a milk and an electrolyte lemonade, all of which is fresh organic raw plant-based cuisine. Soft on the system, each spoonful goes down in the most delightful way.

Squeezewich \$75/day

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 microgreen salads with loads of toppings, soup of the day, bruschetta, and a dessert. The Squeezewich beverages include 2 juices, a lemonade, a milk, and a booster.



THE SQUEEZE™

SIMPLY RAWnchy

COLD PRESSED JUICE AND RAW COMFORT FOOD

SQUEEZE LOCATIONS:

Food Truck Broadway **The Mercedes Club**
 Union Square West & 17 St. 550 West 54 St (10 Av / 11 Av)
 7 days | 8AM - 8PM 7 days | 7AM - 9PM

225 Liberty St. Battery Park City
 2 World Financial
 Monday - Friday | 8AM-6PM

thesqueezejuice.com * 646.351.6545
 follow us on twitter: @squeezejuicetruck
 Free Delivery

get our grub on  and 

Cold Pressed Juices

9.50 for 16 ounces of juice
6.99 for 12 ounces of juice

Two Hearts BEET As One

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

Stand And DELIVER

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

I Have A Heart-On

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

The Jeans I Wore In Highschool

orange, grapefruit and lemongrass

GET YOUR JUICES FLOWING

apple, ginger, cinnamon and turmeric

Looking Good is the SWEETEST Revenge

fennel, clementine, carrot, orange and lemon

My Plastic Surgeon Got Laid Off.....By ME

cucumber, aloe vera, E3Live

ELIXIRS

How Does Your Succulent Garden Grow?

alkalized water with organic aloe vera 3.99 for 16 ounces

3.50 for 12 ounces

Squeeze My Pink Lemonade

alkaline water, lemon, 4.99 for 16 ounces

coconut nectar, a hint of strawberry 4.00 for 12 ounces

Raw Ginger-Aid

alkaline water, ginger, 6.50 for 16 ounces

lemon, agave & aloe vera 5.50 for 12 ounces

Boosters

2.00 each

10.00/6 boosters

E3LIVE

60% protein, highest chlorophyll content of any plant

Pressed Ginger

great for digestion and circulation

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. It balances the brain.

Chlorophyll

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

Raw Milks & Shakes

9.00 for 16 ounces of juice

6.99 for 12 ounces of juice

Don't Cry Over Spiced Milk

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

What Makes A Coconut Shake?

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

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

Living Lattes

7.50 for 16 ounces of juice
4.99 for 12 ounces of juice

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

Chai Squeezuccino

chai tea latte made with housemade nut milk

Cold Brew Squeezuccino

cold brew coffee with alkaline water, cashew, dates, vanilla bean, Himalayan sea salt

Live Food

Rise + Shine

• **fresh strawberry chia seed tapioca** topped with coconut granola 7.99

• **bubby's everything sprouted bagel** 6.99

16 seed and grain sprouted bagel with your choice of: "bacon" chive cream cheese with caramelized onion

• **creamy cinnamon oatmeal** 6.99

• **squeezola granola** chocolate or coconut 9.99

(breakfast portion with mylk: 6.00)

• **vegan gluten-free scones** chocolate chip scone / orange cranberry scone 3.50

• **vegan gluten-free muffins** blueberry muffin / apple cinnamon muffin 3.75

Soups

\$6

• fresh seasonal soups available daily - check TheSqueezeJuice.com

Salad + Savories

• **kale quinoa salad** with hazelnut parsley pesto and dried cranberry 6.99

• **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

slice of living bread 2.00

• **housemade caribbean empanadas with chipotle aioli** with seasonal organic vegetables 4.99

• **moc n cheese** gluten free pasta with raw cashew cheddar 6.99

• **cashew cream cheese bruschetta**

with caramelized onion + red pepper 9.00

• **sweet potato white bean protein burger**

with herbed lentils and chipotle mayo 8.99

• **portobello, crimini, porcini mushroom burger**

with creamy raw slaw and mustard seed aioli 8.99

Live Food (cont'd)



Snacks + Sides + A la carte

• **popcorn** 8.99

• **squeezy cheezy kale chips** 8.99

• **FunONIONS** 11.00

• **squeezola granola** chocolate or coconut 9.99

• **living onion bread** 2.00/piece

Dessert

• **box of coconut truffles** 3.50

• **raw cheesecake of the day** 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

• **vegan gluten-free scones** chocolate chip / orange cranberry 3.50

• **vegan gluten-free muffins** blueberry / apple cinnamon 3.75

• **almond joys** 3.99

• **almond buttercups** 3.99

Free delivery available

