

Phone: 718-360-4885



E-mail: info@verdejuicebar.com

## Protein Shakes

- \* Base Substitutes: Soy Milk, Rice Milk, Apple Juice
- \* Add \$1 - Hemp Milk, Almond Milk, Coconut Water

|   | <u>16 oz</u> | <u>20 oz</u> |
|---|--------------|--------------|
| <b>Wonder Woman</b><br>Soy milk*, strawberries, banana, protein powder        | 6.95         | 7.95         |
| <b>Captain America</b><br>Rice milk*, blueberries, banana, protein powder     | 6.95         | 7.95         |
| <b>The Green Hornet</b><br>Orange Juice*, banana, green stuff, protein powder | 6.95         | 7.95         |
| <b>James Brown</b><br>Soy milk*, chocolate, peanut butter, protein powder     | 6.95         | 7.95         |
| <b>The Hulk</b><br>Soy milk*, peanut butter, banana, protein powder           | 6.95         | 7.95         |
| <b>Howlin' Wolf</b><br>Soy milk*, acai, banana, protein powder                | 6.95         | 7.95         |

## Supplements

|   |      |
|---|------|
| <b>Aloe Vera</b><br>Soothes stomach, great for skin                       | 1.00 |
| <b>Ginseng</b><br>Energy Tonic  | 1.00 |
| <b>Vitamin C</b><br>Strengthens immune system                             | 1.00 |
| <b>Wheat Germ</b><br>Vitamin B complex, increases vitality and stamina    | 1.00 |
| <b>Honey</b><br>Sweetens and soothes                                      | 1.00 |
| <b>Garlic</b><br>Promotes circulation, immune support, lowers cholesterol | .50  |
| <b>Ginger</b><br>Invigorating, relieves indigestion and nausea            | .50  |
| <b>Cayenne</b><br>Aids circulation  | .50  |
| <b>Almond Butter</b><br>Excellent source of protein                       | 1.00 |
| <b>Yogurt</b><br>Acidophilus and protein                                  | 1.00 |
| <b>Bee Pollen</b><br>Energy, strengthens immune system                    | 1.00 |

## Smoothies

- \* Base Substitute: Soy Milk, Rice Milk, Apple Juice, OJ
- \* Add \$1 - Hemp Milk, Almond Milk, Coconut Water

|   | <u>16 oz</u> | <u>20 oz</u> |
|---|--------------|--------------|
| <b>Purple People Eater</b><br>Apple Juice*, acai, pomegranate, cranberry        | 6.50         | 7.50         |
| <b>Billie Holliday</b><br>Orange Juice*, blueberries, pineapple, orange, banana | 6.50         | 7.50         |
| <b>Carmen Miranda</b><br>Orange Juice*, Coconut milk, mango, pineapple, orange, | 6.50         | 7.50         |
| <b>Louisiana Red</b><br>Orange Juice*, Raspberries, strawberries, banana        | 6.50         | 7.50         |
| <b>Elvis</b><br>Soy milk*, Peanut butter, banana, honey                         | 6.50         | 7.50         |
| <b>Elvis in Vegas</b><br>Soy milk*, Peanut butter, banana, honey, strawberries  | 6.95         | 7.95         |
| <b>Berry White</b><br>Apple juice, blueberry, raspberry, strawberry,            | 6.50         | 7.50         |

## Super Supplements

|  |      |
|--|------|
| <b>Echinacea/ Goldenseal</b><br>Cleansing and supports immune system             | 1.50 |
| <b>Green Stuff</b><br>Micronutrients, chlorophyll, loaded with vitamins          | 1.50 |
| <b>Protein Powder</b><br>Aids in building muscle                                 | 1.50 |
| <b>Hemp Oil</b><br>Excellent source of Omega 3, 6 & 9's                          | 1.50 |
| <b>Flaxseed Oil</b><br>Excellent source of Omega 3s and antioxidants             | 1.50 |
| <b>Spirulina</b><br>Energy and vitality  | 1.50 |
| <b>Hemp Seeds</b><br>Excellent source of protein                                 | 1.50 |
| <b>Goji Berries</b><br>Rich in antioxidants and Vitamin A                        | 1.50 |
| <b>Irish Moss</b><br>Contains Vitamins A, B, C, D, prevents cholesterol build up | 1.50 |

## Norwalk Press Juices

Try our bottled juices made in our 8 oz 16 oz  
Norwalk Juice Press and bottled for 4.25 7.95  
your convenience.

## Juices

|   | <u>12 oz</u> | <u>16 oz</u> |
|---|--------------|--------------|
| <b>Carrot Juice</b><br>Carrot   | 4.95         | 6.50         |
| <b>Apple Juice</b><br>Apple   | 4.95         | 6.50         |
| <b>Orange Juice</b><br>Orange   | 4.95         | 6.50         |
| <b>Don Rickles</b><br>Carrot, apple, ginger   | 5.95         | 7.50         |
| <b>Skin Trip</b><br>Cucumber, aloe vera, apple, carrot, spinach   | 5.95         | 7.50         |
| <b>Alex's Super Juice</b><br>Carrot, spinach, kale, cucumber, celery, parsley   | 5.95         | 7.50         |
| <b>The Cold Killer</b><br>Orange, carrot, lemon, ginger, vitamin C<br>Suggested Supplement: Cayenne                           | 5.95         | 7.50         |
| <b>Green Goddess</b><br>Spinach, kale, parsley, cucumber, celery  | 5.95         | 7.50         |
| <b>The Wicked Witch of East Bushwick</b><br>Spinach, kale, parsley, cucumber, celery, ginger                                  | 5.95         | 7.50         |
| <b>The Beetnik</b><br>Beet, cucumber, spinach, ginger   | 5.95         | 7.50         |
| <b>Fair Trade Coffee</b> 10 oz 1.75 16oz 2.25 <b>Herbal Tea</b> 16oz 2.25   |              |              |
| <b>Vita Coco Coconut Water</b> 11.2oz 1.99 17oz 2.99<br>Flavors: Natural, Acai/Pomegranate, Tangerine, Pineapple, Peach Mango |              |              |

## Eats

**Soups - 16oz 4.95**

**Vegetarian Matzoh Ball or Garden Vegetable**

**Ask about our special soup of the day**

**Wraps - Avocado or Grilled Veggie 6.50**

**Coming Soon - Ask about our baked goods, muffins, cookies, energy bars, and other healthy snacks!**



*At Verde Juice Bar, we believe nutrition plays an integral role in health and fitness. Our juices are designed to promote healthy living and taste great!*

*At Verde Juice Bar we are*  
**"Beyond Organic"**

*We source organics whenever possible but also support small, local farmers who use good practices.*



[www.GreenFitnessStudio.com](http://www.GreenFitnessStudio.com)

## Verde Juice Bar

Located at  
Green Fitness Studio  
232 Varet St  
Brooklyn, NY 11206

718 360 4885

[info@verdejuicebar.com](mailto:info@verdejuicebar.com)

We Deliver!

Free Delivery for  
orders over \$15.

## Norwalk Press Juicer

**Tastier, pulp-free juice with far more nutrients. Processing the Norwalk way allows you to take full advantage of the tremendous store of nutrients and taste provided by Mother Nature. Through fresh raw foods, you can receive the nutrition you need... the natural way.**

[www.norwalkjuicer.com](http://www.norwalkjuicer.com)

Helping Brooklyn stay  
Healthy and Green  
With natural ingredients and  
planet friendly products.  
**"Beyond Organic"**



Fresh Squeezed Juices  
Smoothies  
and  
Soups, Wraps, Muffins

Certified Kosher



Phone: 718-360-4885

[info@verdejuicebar.com](mailto:info@verdejuicebar.com)

