

The Right Blend of Goodness and Wellness: Freshly Squeezed Juices From Fresh City Market.



- Fruits and vegetables are under-consumed in our Westernized diet, and Juicing* is just one way to get these much needed nutrients.
- For maximum benefit, it is wise to consume a wide variety of juices from different types of herbs, fruits, and vegetables.
- Be sure to incorporate juices into a well-balanced, high-fiber, whole food diet.
- Extracted juices should not completely replace whole fruits and vegetables since their fiber is important for eliminating toxins and help prevent some forms of cancer.
- **NOTE: When considering juicing, please seek advice from your physician or registered dietitian to see if juicing is right for you. High levels of certain vitamins and minerals are contraindicated with certain medical conditions, such as kidney disease. Also, certain medications can interact with high levels of certain vitamins and minerals. It is not recommended to consider juicing as a sole source of nutrition.**

JUICE BAR MENU:

Blueberry Cabbage – contains red cabbage, cucumbers, blueberries and red apples.

***Nutrition Highlights:** Blueberries* are considered a super food because they are packed with phytonutrients that protect your body against illness and disease. Blueberries are high in potassium, antioxidants, and Vitamin C. Potassium may help to maintain healthy blood pressure. Cabbage is high in a phytonutrient called indoles, which may help prevent certain cancers. Cabbage is also high in Vitamin C and Vitamin K.



Carrot-Orange – contains roma tomatoes, juicing oranges, red apples, and carrots. This juice is a little thicker than others thanks to the roma tomatoes!

***Nutrition Highlights:** Carrots* have a powerful phytochemical called carotenoids. Carotenoids repair DNA and may help prevent cancer and heart disease, as well as strengthen our vision.



Green Juice – contains parsley, spinach, lemons, pears, and celery stalks. Don't let the color fool you!

***Nutrition Highlights:** Spinach* is another superfood. It has several carotenoids and other antioxidants. It is an excellent source of Vitamin K and Vitamin A. Spinach is also a good source of B Vitamins and Manganese. Manganese has a role in collagen production, so this mineral is important for everyday skin health. Spinach is rich in iron, and the Vitamin C in the lemons can aid the absorption of iron. It is known to decrease risk of heart disease, some cancers, and eye problems like macular degeneration.



Strawberry-Cucumber – contains strawberries, cucumbers, red apples, and carrots.

***Nutrition Highlights:** Strawberries* contain anthocyanins, which are incredibly powerful antioxidants. They also have anti-inflammatory properties. Strawberries are also high in Vitamin C, potassium, folate, magnesium, and many other nutrients. Vitamin C is important for growth and repair of all body tissues, healing cuts and wounds, and improving iron absorption.



Tomato-Vegetable – contains hearts of romaine, green onions (chives), vine ripe tomatoes, jalapeno, red bell peppers, celery stalks, and carrots. This juice is a light mixture and has just the right amount of kick to it thanks to the jalepenos!

***Nutrition Highlights:** Celery* is not only an important food source of conventional antioxidant nutrients, including Vitamin C, beta-carotene, and manganese, but also has a plethora of phytonutrients that have shown to provide anti-inflammatory benefits as well. Celery is also high in Vitamin K, which has shown to be important in bone health.



Sweet and Dandy – contains beets, carrots, pineapple rings, ginger, lemons, and granny smith apples.

***Nutrition Highlights:** Ginger* is an herb that has shown to calm morning sickness nausea and nausea after chemotherapy for some people. Ginger contains antioxidant properties that may also help reduce inflammation and arthritic pain.



Sweet Beet – contains beets, kale leaves, red and green apples, Asian pears, and carrots.

***Nutrition Highlights:** Beets* contain folate, manganese, potassium, and iron to list just a few. Beets are a unique source of phytonutrients called betalains. which have been shown to provide antioxidant, anti-inflammatory, and detoxification support.



Kale Apple Lemon – contains green apples, lemons, kale leaves.

***Nutrition Highlights:** Kale* is an excellent source of Vitamin K, Vitamin A, and Vitamin C. The Isothiocyanates (ITCs) made from glucosinolates in kale play a primary role in achieving cancer risk-lowering benefits and may help regulate detoxification.



Banana Avocado – contains bananas, avocados, red grapes, wheatgrass, cucumbers, and red apples.

***Nutrition Highlights:** Avocados* contain carotenoids and, thanks to their fat content, you 'll receive good absorption of these carotenoids. If you happen to be consuming an avocado-free meal or snack that contains very little fat, yet rich amounts of carotenoids, some added avocado might go a long way in improving your carotenoid absorption and Vitamin A nourishment.



Melon Explosion – contains honeydew melon, pineapple spears, and red apples.

***Nutrition Highlights:** Pineapple* is an excellent source of the trace mineral manganese, which is an essential cofactor in a number of enzymes important in energy production and antioxidant defenses. In addition to manganese, pineapple is a good source of thiamin, a B Vitamin that acts as a cofactor in enzymatic reactions central to energy production.

