JUICE IT UP!
live life juiced™

Menu

At Juice It Up we take the road of life with the windows down and the volume up! Come explore our menu of tantalizing mixtures, specially created to *liven up the party that is your body, mind, and mood*.

Smoothies | Power Shakes | Brazilian Blends | Boosts | The Healtyway™ Juices
Non-dairy Coolers | Nectars | Wheatgrass | Hot Teas & Cocoas | Organic Coffee

Smoothies (16oz, 24oz, 32oz)

Boost your smoothie for FREE*

Strawberry Wave™

Strawberry juice blend, non-fat yogurt, banana and strawberries

Calories 220 > Carbs 48g > Fat 1g
Protein 6g > Fiber 2g > Sugars 46g

Seabreeze Squeeze™

Cranberry/apple juice blend, non-fat yogurt, orange sherbet, banana, raspberries & strawberries

Calories 260 > Carbs 58g > Fat 1g
Protein 4g > Fiber 2g > Sugars 56g

Passion Punch

Passion juice blend, non-fat yogurt, orange sherbert, banana, peaches & strawberries

Calories 290 > Carbs 66g > Fat 1g
Protein 4g > Fiber 2g > Sugars 63g

Raspberry Craze™

Cranberry/Raspberry juice blend, raspberry sherbet, banana, raspberries & strawberries

Calories 270 > Carbs 63g > Fat 1g
Protein 1g > Fiber 2g > Sugars 56g

Orange Berry Tickler

Orange juice, non-fat yogurt, banana & strawberries

Calories 220 > Carbs 47g > Fat 1g
Protein 7g > Fiber 2g > Sugars 42g

Tropical Tango

Orange/papaya juice blend, non-fat yogurt, orange sherbet, banana & strawberries

Calories 250 > Carbs 56g > Fat 1g
Protein 4g > Fiber 2g > Sugars 52g

Piña Cool-Ada

Pineapple juice blend, non-fat yogurt, banana, pineapple & coconut

Calories 290 > Carbs 62g > Fat 3g
Protein 6g > Fiber 2g > Sugars 60g

Banana Rama

Apple juice blend, non-fat milk, banana & non-fat yogurt

Calories 250 > Carbs 51g > Fat 0.5g
Protein 10g > Fiber 2g > Sugars 47g

Mango Mania

Mango juice blend, non-fat yogurt, banana, mango & strawberries

Calories 210 > Carbs 46g > Fat 0.5g
Protein 6g > Fiber 2g > Sugars 46g

Melon Madness

Watermelon juice blend, non-fat yogurt, banana & strawberries

Calories 210 > Carbs 46g > Fat 0.5g
Protein 6g > Fiber 2g > Sugars 47g

Just Peachy

Peach juice blend, non-fat yogurt, banana & peaches

Calories 230 > Carbs 51g > Fat 0.5g
Protein 6g > Fiber 2g > Sugars 52g

Lava Flow

Exotic juice blend, non-fat yogurt, banana, strawberries, pineapple & coconut

Calories 230 > Carbs 48g > Fat 2g
Protein 6g > Fiber 2g > Sugars 48g

Orange Blitz
Orange juice, non-fat yogurt, orange sherbet, banana & blueberries
Calories 280 > Carbs 61g > Fat 1.5g
Protein 5g > Fiber 4g > Sugars 50g

Carrot Patch
Fresh squeezed carrot juice, banana & non-fat yogurt
Calories 220 > Carbs 45g > Fat 1g
Protein 8g > Fiber 3g > Sugars 39g

Congo Lime™
Pineapple juice blend, lime sherbet & peaches
Calories 250 > Carbs 57g > Fat 0.5g
Protein 1g > Fiber 1g > Sugars 53g

Big Berry Combo™
Apple juice blend, non-fat yogurt, raspberry sherbet, banana & blueberries
Calories 290 > Carbs 65g > Fat 1g
Protein 4g > Fiber 4g > Sugars 58g

Razzle-Dazzle
Raspberry juice blend, non-fat yogurt, banana & strawberries
Calories 220 > Carbs 50g > Fat 0.5g
Protein 6g > Fiber 2g > Sugars 48g

Sunrise Splash ™
Orange juice, non-fat yogurt, orange sherbet, banana & peaches
Calories 240 > Carbs 53g > Fat 0.5g
Protein 5g > Fiber 2g > Sugars 44g

Papaya Passion
Papaya juice blend, non-fat yogurt, banana & peaches
Calories 240 > Carbs 54g > Fat 0.5g
Protein 6g > Fiber 2g > Sugars 52g

Jumpin Java™
Non-fat milk, non-fat yogurt & our own Juice It Up! java blend
Calories 380 > Carbs 67g > Fat 5g
Protein 16g > Fiber 1g > Sugars 69g

Herbal Cocoa Shake - 20oz
Your choice of herbal infused cocoa with a hint of coffee or the popular natural flavor of raspberry, blended with non-fat yogurt
Calories 350 > Carbs 64g > Fat 2.5g
Protein 16g > Fiber 1g > Sugars 69g

Chai Tea
Your choice of richly spiced or vanilla Chai Tea, banana & non-fat yogurt
Calories 310 > Carbs 61g > Fat 4g
Protein 9g > Fiber 2g > Sugars 55g

Nutritional data based upon a 16oz smoothie.
*one free boost for every regular priced smoothie (power shakes not included)

Power Shakes (24oz, 32oz)
The perfect blast of protein. Great after a hard workout.

Power Pro (37 grams of protein)
Your choice of protein powder, juice & fruit

The Zone (34 grams of protein)
A blend of non-fat yogurt, banana, peanut butter, peanuts & protein powder

Protein Blast (34 grams of protein)
Cranberry/orange juice blend, non-fat yogurt, orange sherbet, strawberries, blueberries, raspberries & protein powder

Brazilian Blends (24oz, 32oz)
Refreshing and energizing tropical fruits straight from the Brazilian Amazon

The Ultimate Açaí Smoothie
Organic Açaí, fresh from the Amazon with Guarana, banana & apple/strawberry juice blend

Super C Cherry (1000 mg of Vitamin C)
Amazon cherry blended with orange/pineapple juice blend, non-fat yogurt & peaches

Ultimate Açaí Bowl (16oz)
Organic Açaí, Guarana, banana & apple juice blend. Topped with sliced banana & organic omega-3 granola

Boosts
Enhance your smoothie experience with our all natural boosts. Seven purposeful formulas - for whatever's on your mind.

Immunizer
Echinacea

Energy
Ginko Biloba & Ginseng

Memory Surge
Ginko Biloba

Calcium Plus
Calcium & Iron

Vita Boost
Essential Daily Vitamins

Fat Burner
Chromium Picolinate

Protein Power
Soy Protein

The Healthyway™ Juices

100% fresh squeezed fruit and veggie juices. Just the good stuff to *live life juiced!*

Applemint
Apples, ginger, lemon and mint form a nutritious and tasty mix

Fruitastic
A blend of apples, grapes, and lemon that consider your health and taste buds alike

Carrotginger Splash
A vibrant combinations that blend carrots with oranges and ginger

Pure Gold
Pineapple, carrots, ginger & oranges; this drink lives up to its name

Caliente Carrot
A zesty meeting of tomato, carrot, and jalapeño

Rejuvenator
A dynamic mix of carrots, cucumbers & beets

Orange, Carrot & Apple juices are also available

Click here for more information on our Healthyway Juices.

Non-dairy Coolers

Perfect for those who don't do dairy products. Drinks featured below are available as a Freeze or Shake.

Lemon Ginseng Sling
Lemon Ginseng tea blended with crushed ice
(Shakes include banana & strawberries)

Mango Tango
Mango tea blended with crushed ice
(Shakes include banana & strawberries)

Peach Cool Down
Peach Serenity tea blended with crushed ice
(Shakes include banana & peaches)

Very Berry Thrive
Wildberry Longevity tea blended with crushed ice
(Shakes include rasberries & strawberries)

Soy Sensation (Only available as a Shake)
Soy milk, strawberry juice blend, honey, banana & strawberries

Nectars

Apple, Cranberry, Passionfruit, Mango, Strawberry, Papaya, Raspberry, Pineapple, Peach, & Watermelon

Wheatgrass

Wheatgrass is extremely high in oxygen. All body tissues function at an optimal level in a highly oxygenated environment.

Available as 1 oz. and 2 oz. shots

Click here for more information on Wheatgrass.

Hot Teas & Cocoas

Organic Coffee*

Peach Calmer
All natural Peach Tea, made with real fruit and blended with cranberry juice blend

Berry Soother
All natural Berry Tea, made with real fruit and blended with cranberry juice blend

Lemon Balancer
Lemon tea infused with ginseng & gotucola root blended with cranberry juice blend

Mango Energizer
All natural Mango Tea, made with real fruit and blended with cranberry juice blend

Herbal Cocoa
Natural herbal infused cocoa with a hint of coffee

Raspberry Cocoa
Natural herbal infused raspberry cocoa

Sailor's Sunrise
A bold, distinct carbony taste, french roasted for a deliciously dark coffee

Zen Blend
A perfect balance of Central American Arabicas, light and smooth, for a meditative start to your day

French Vanilla
Natural French Vanilla is added to our lightly roasted beans for a creamy, cafe delight

Sailor's Sunrise Decaffeinated

A delicious, caffeine free blend of our flavorful Sailor's Sunrise

Pretzels, bagels & soup available at participating locations

* available at participating locations

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