



## OUR PHILOSOPHY

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we aim to make irresistible juices that bring balance and well-being to our mind, body and spirit. after trying just one ice cold pressed juice you will understand why we are this passionate about our products.

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## NOT ALL JUICES ARE CREATED EQUAL

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there's juice, and then there's cold pressed juice.

cold press juicing involves a pressing action (instead of grinding) that won't oxidize the fruit and vegetables, keeps the nutrients and enzymes intact. if you use a blender, the fruits and vegetables are being cut and ground by a blade, which leaves behind much juice in the pulp. however, cutting into a fruit or vegetable can remove many of the vital vitamins, enzymes, proteins and minerals. the blender also heats the ingredients so you'll have to drink it immediately after blending to obtain the nutrients that are left (just like you should eat fruits and vegetables immediately after they're cut or chopped for maximum nutrient benefits).

the benefit of cold-pressing is that it pushes almost every drop of nectar out of the fiber, producing a drink dense with hue, tang and nutrients. it ensures that all the vital nutrients from the fruits and vegetables end up in the juice rather than in the fibrous throw-away byproduct.

at squeeze, the combination of our machines and selection of fresh, organic and raw produce ensures you always get the best tasting and purest juice available. our formulas are also the most daring, potent and tastiest around. all the juices are cold pressed and bottled in glass. it's the closest thing you're going to get to a raw, pure vegetable or fruit. ask anyone.

**WORK HARD.  
PLAY HARD.  
CLEANSE.  
REPEAT.**



# COLD PRESSED JUICES 75

## Ginger Hot Shot

oranges/ ginger/ cayenne

## We Love You Long Time

turmeric/ honey/ lemon/  
ginger/ sea salt

## Monogamous Tom

vine ripened tomatoes/ bali  
salt

## Strawberry Fields Forever

strawberry/ pineapple/  
beetroot/ tulsi/ coconut

## Salad A Gogo

spinach/ kale/ green apple/  
cucumber/ celery/ romaine  
lettuce/ tomato

## Red Alert

beetroot/ parsley/ cilantro/  
apple/ celery/ ginger/ carrot

## Aloha Green Clean

pineapple/ mint/ romaine  
lettuce

## William (Time Won't) Tell

pineapple/ apple

## Green Thumb Healthy Bum

cucumber/ romaine lettuce/  
spinach/ green apple/ cilantro/  
pineapple

## Pucker Punch

orange/ lemon/ lime/  
tangerine/

## AppleTina Tazer

green apple/pineapple/ lemon/  
ginger

## Carrot Me Thru

carrot/ ginger/ green apple/  
celery/ lemon

## Daily Juice Specials

with fresh seasonal produces

# DELICIOUS SMOOTHIES 65

## Monkey Forest

dates/ banana/ coconut meat/  
nut milk/ tulsi seeds/

## Mango Mimpi Manis

mango/ raspberry/ coconut  
meat/ coconut water/

## Colada's Cousin

pineapple/ coconut meat/  
coconut nectar/ ginger juice/  
mint leaves/ coconut milk

## The Perfect OM~ega

banana/ chia seeds/ dates/  
almond milk/ coconut nectar/  
cocoa nibs/ flax seeds/ peanut  
butter

## Little Italy

berries/ organic honey/ cashew  
milk

## Yippee Skippy

natural peanut butter/ carob  
nut

## Date a Banana

bananas/ soaked dates/  
coconut water/

## PB&J

blueberry or strawberry/  
natural peanut butter/ dates/  
coconut/ honey/

# 100% PURE SEASONAL FRESH JUICE 55

Apple

Coconut Water

Watermelon

Papaya

Orange