

THE JUICE BAR



SIGNATURE SMOOTHIES

WILD BERRIES.....20oz | \$8.50

RASPBERRIES, STRAWBERRIES, BLACKBERRIES, BLUEBERRIES, BANANA, CRANBERRY JUICE, ALMOND MILK
250 CALORIES | 57G CARBS | 2G FAT | 3G PROTEIN
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COFFEE DATE.....20oz | \$8.50

COFFEE, DATES, ROLLED OATS, BANANA, ALMOND BUTTER, CINNAMON, ALMOND MILK
420 CALORIES | 58G CARBS | 20G FAT | 11G PROTEIN
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CALIFORNIA.....20oz | \$8.50

STRAWBERRIES, BANANA, ORANGE JUICE
280 CALORIES | 66G CARBS | 0G FAT | 4G PROTEIN
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VITAL GREENS.....20oz | \$9.50

GREEN APPLE, PINEAPPLE, PEACHES, BANANA, SPINACH, COCONUT WATER
230 CALORIES | 57G CARBS | 0G FAT | 4G PROTEIN
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TROPICAL ELIXIR.....20oz | \$10.50

PASSION FRUIT, MANGO, PINEAPPLE, SHREDDED COCONUT, COCONUT MILK, COCONUT WATER, GUAYUSA, SEA MOSS
330 CALORIES | 57G CARBS | 11G FAT | 3G PROTEIN
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BLUEBERRY MUFFIN.....20oz | \$9.50

BLUEBERRIES, BANANA, CLUB-MADE GRANOLA, SOY MILK, LEMON JUICE
400 CALORIES | 70G CARBS | 8G FAT | 10G PROTEIN
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ADD-ONS

WHEY PROTEIN POWDER.....\$2
VANILLA & CHOCOLATE

SOY PROTEIN.....\$2
UNFLAVORED

VEGAN PROTEIN POWDER.....\$3
VANILLA & CHOCOLATE

COLLAGEN.....\$2

SEAMOSS.....\$2
UNFLAVORED & MANGO PINEAPPLE

MATCHA.....\$1.50

FLAXSEEDS.....\$1

CHIA SEEDS.....\$1

BLUE SPIRULINA.....\$2.50

CLUB-MADE GRANOLA.....\$1.50

PROTEIN SMOOTHIES

BANANA BREAD.....20oz | \$10

BANANA, ROLLED OATS, PECANS, FLAXSEEDS, CACAO NIBS, CINNAMON, VANILLA WHEY PROTEIN POWDER, ALMOND MILK
480 CALORIES | 48G CARBS | 23G FAT | 24G PROTEIN
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PLANT POWER.....20oz | \$11.50

SPINACH, AVOCADO, COCONUT MILK, FLAXSEEDS, ALMOND MILK, PLANT PROTEIN POWDER
290 CALORIES | 12G CARBS | 18G FAT | 22G PROTEIN
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PB HEAVEN LIGHT.....20oz | \$10

PEANUT BUTTER, BANANA, ALMOND MILK
VANILLA WHEY PROTEIN POWDER
*SUB CHOCOLATE WHEY PROTEIN POWDER
460 CALORIES | 37G CARBS | 24G FAT | 29G PROTEIN
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BLUE MANGO.....20oz | \$12

MANGO, BANANA, COCONUT WATER, LIME JUICE, SEA MOSS, VANILLA WHEY PROTEIN POWDER, BLUE SPIRULINA
320 CALORIES | 60G CARBS | 1.5G FAT | 21G PROTEIN
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SUPER POM.....20oz | \$12

CHERRIES, BLACKBERRIES, POMEGRANATE JUICE, HEMP SEEDS, VANILLA WHEY PROTEIN POWDER, ALMOND MILK
300 CALORIES | 48G CARBS | 4G FAT | 22G PROTEIN
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RED VELVET.....20oz | \$11

STRAWBERRIES, BEET JUICE, BANANA, ALMOND BUTTER, VANILLA WHEY PROTEIN POWDER, ALMOND MILK
350 CALORIES | 44G CARBS | 10G FAT | 24G PROTEIN
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BENCH PRESS.....24oz | \$12.50

STRAWBERRIES, PEACHES, BANANA, CRANBERRY JUICE, VANILLA WHEY PROTEIN POWDER
370 CALORIES | 51G CARBS | 2G FAT | 36G PROTEIN
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RELOADED.....24oz | \$12.50

BLUEBERRIES, STRAWBERRIES, CLUB-MADE GRANOLA, VANILLA WHEY PROTEIN POWDER, PINEAPPLE JUICE
490 CALORIES | 70G CARBS | 6G FAT | 38G PROTEIN
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= Recovery



= Heart Health



= Gut Health



= Antioxidant Rich



= Gluten Friendly



= Vegan



= Contains Caffeine

*GUAYUSA AND SEA MOSS ARE NOT SUITABLE FOR CHILDREN

INDULGENT SMOOTHIES

CHICAGO STORM.....20oz | \$8.50

MANGO, BANANA, COCONUT CREAM, VANILLA FROZEN YOGURT, ORANGE JUICE, PINEAPPLE JUICE
510 CALORIES | 115G CARBS | 1.5G FAT | 10G PROTEIN
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PB HEAVEN.....20oz | \$8.50

PEANUT BUTTER, BANANA, VANILLA FROZEN YOGURT, SKIM MILK
840 CALORIES | 137G CARBS | 22G FAT | 30G PROTEIN
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PRO BLAST.....20oz | \$10.50

BLUEBERRIES, BANANA, VANILLA FROZEN YOGURT, HONEY, VANILLA WHEY PROTIEIN POWDER, SKIM MILK
440 CALORIES | 78G CARBS | 1G FAT | 30G PROTEIN
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POWER LUNCH.....20oz | \$10.50

BANANA, VANILLA FROZEN YOGURT, CLUB-MADE GRANOLA, VANILLA WHEY PROTEIN POWDER, PINEAPPLE JUICE
620 CALORIES | 114G CARBS | 5G FAT | 30G PROTEIN

JUICE BAR SHOTS

EBC 3.....\$5.25

GREEN APPLE, LEMON, TURMERIC

SUPER T.....\$6.50

APPLE CIDER VINEGAR, ORANGE JUICE, LEMON, TURMERIC, BLACK PEPPER, CINNAMON

POWER C.....\$6.50

VITAMIN C, ORANGE JUICE, GINGER, CAYENNE

5-ALIVE.....\$5.25

ORANGE JUICE, CARROT, LEMON, GINGER, CARDAMOM

HOTSHOT.....\$5.75

GINGER, CAYENNE, TURMERIC, LIME, HONEY

GINGER SHOT.....\$4.75

TURMERIC SHOT.....\$5.25

KIDS' SMOOTHIES (ages 12 and under)

BANANARAMA.....10oz | \$5

STRAWBERRIES, BANANA, ORANGE JUICE

CHUNKY MONKEY.....10oz | \$5

BANANA, PEANUT BUTTER, 2% MILK, CACAO NIBS
CONTAINS: MILK & NUTS

PEANUT BUTTER & JELLY.....10oz | \$5

PEANUT BUTTER, BLUEBERRIES, STRAWBERRIES, 2% MILK
CONTAINS: MILK & NUTS

KIDS' SHAKE.....10oz | \$5

CHOCOLATE OR VANILLA
CONTAINS: MILK

FRESH JUICES

GREEN CALM.....\$9.00

SPINACH, CELERY, GREEN PEPPER, BOK CHOY, CUCUMBER

THE WORKS.....\$9.00

BEET, SPINACH, PARSLEY, CARROT, CELERY, CUCUMBER

THE DETOX.....\$9.50

PINEAPPLE, KALE, SPINACH, LEMON, GINGER, GREEN APPLE

RECOVER-AID.....\$9.50

BEET, GREEN APPLE, GINGER, CRANBERRY JUICE, CARROT, LEMON

CELERY SIPPER.....\$9.50

CELERY, CUCUMBER, GREEN APPLE, LEMON, GINGER

ENERGIZER.....\$8.75

CARROT, APPLE, BEET, CELERY

GREEN MACHINE.....\$9.50

KALE, SPINACH, CELERY, BOK CHOY, CUCUMBER, GREEN APPLE, LIME

VEGGIE SUPREME.....\$9.50

BEET, BOK CHOY, SPINACH, LEMON, CARROT, CELERY, TOMATO JUICE

V-6.....\$8.75

TOMATO JUICE, LEMON, CARROT, CELERY, SPINACH, PARSLEY

CARROT JUICE.....\$8.75

CELERY JUICE.....\$7.75

MAKE YOUR OWN.....\$8.75

CHOOSE ANY THREE FRUITS OR VEGETABLES;
ADD \$1 PER EXTRA INGREDIENT

EBC JUICE CLEANSSES

ALL OF OUR JUICES ARE MADE IN THE JUICE BAR FROM UNPASTEURIZED, RAW AND VEGAN INGREDIENTS WITHOUT ANY ADDITIVES OR PRESERVATIVES. ALL JUICES ARE MADE TO ORDER.

THERE IS A 24-HOUR CANCELLATION POLICY; ONLY ORDERS THAT ARE CANCELLED AT LEAST 24 HOURS BEFORE THE SCHEDULED PICK-UP WILL NOT BE CHARGED TO YOUR MEMBERSHIP ACCOUNT.

ONE-DAY CLEANSE.....\$70.00

TWO-DAY CLEANSE.....\$130.00

THREE-DAY CLEANSE.....\$195.00

FIVE-DAY CLEANSE.....\$320.00

MORE INFORMATION AT [EASTBANKCLUB.COM/NUTRITION](https://eastbankclub.com/nutrition).
24-HOUR NOTICE REQUIRED FOR ALL ORDERS.