

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



COFFEE DATE.....20oz | \$8.50

COFFEE, DATES, ROLLED OATS, BANANA, ALMOND BUTTER, CINNAMON, ALMOND MILK

420 CALORIES | 58G CARBS | 20G FAT | 11G PROTEIN



CALIFORNIA.....20oz | \$8.50

STRAWBERRIES, BANANA, ORANGE JUICE

280 CALORIES | 66G CARBS | 0G FAT | 4G PROTEIN



VITAL GREENS.....20oz | \$9.50

GREEN APPLE, PINEAPPLE, PEACHES, BANANA, SPINACH, COCONUT WATER

230 CALORIES | 57G CARBS | 0G FAT | 4G PROTEIN



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



BLUEBERRY MUFFIN.....20oz | \$9.50

BLUEBERRIES, BANANA, CLUB-MADE GRANOLA, SOY MILK, LEMON JUICE

410 CALORIES | 68G CARBS | 11G FAT | 10G PROTEIN



ADD-ONS

WHEY PROTEIN POWDER | \$2
VANILLA & CHOCOLATE

SOY PROTEIN | \$2
UNFLAVORED

VEGAN PROTEIN POWDER | \$3
VANILLA & CHOCOLATE

COLLAGEN | \$2

CREATINE | \$1.50

MATCHA | \$1.50

FLAXSEEDS | \$1

CHIA SEEDS | \$1

BLUE SPIRULINA | \$2.50

CLUB-MADE GRANOLA | \$1.50

SEAMOSS | \$2
UNFLAVORED & MANGO PINEAPPLE



= Recovery



= Heart Health



= Gut Health



= Antioxidant Rich

= Gluten Friendly = Vegan

= Contains Caffeine

*GUAYUSA AND SEA MOSS ARE NOT SUITABLE FOR CHILDREN

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



PLANT POWER.....20oz | \$11.50

SPINACH, AVOCADO, COCONUT MILK, FLAXSEEDS, ALMOND MILK, PLANT PROTEIN POWDER

290 CALORIES | 12G CARBS | 18G FAT | 22G PROTEIN



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



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



SUPER POM.....20oz | \$12

CHERRIES, BLACKBERRIES, POMEGRANATE JUICE, HEMP SEEDS, VANILLA WHEY PROTEIN POWDER, ALMOND MILK

300 CALORIES | 48G CARBS | 4G FAT | 22G PROTEIN



RED VELVET.....20oz | \$11

STRAWBERRIES, BEET JUICE, BANANA, ALMOND BUTTER, VANILLA WHEY PROTEIN POWDER, ALMOND MILK

350 CALORIES | 44G CARBS | 10G FAT | 24G PROTEIN



PROTEIN BOOSTED SMOOTHIES

BENCH PRESS.....24oz | \$12.50

STRAWBERRIES, PEACHES, BANANA, CRANBERRY JUICE, VANILLA WHEY PROTEIN POWDER

370 CALORIES | 51G CARBS | 2G FAT | 36G PROTEIN



RELOADED.....24oz | \$12.50

BLUEBERRIES, STRAWBERRIES, CLUB-MADE GRANOLA, VANILLA WHEY PROTEIN POWDER, PINEAPPLE JUICE

500 CALORIES | 67G CARBS | 9G FAT | 38G PROTEIN



COCONUT ALMOND LIFT....20oz | \$12

BANANA, CHOCOLATE WHEY PROTEIN POWDER, SHREDDED COCONUT, ALMOND BUTTER, HEMP SEEDS, COCOA POWDER, ALMOND MILK

490 CALORIES | 41G CARBS | 18G FAT | 44G PROTEIN



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



PB HEAVEN.....20oz | \$8.50

PEANUT BUTTER, BANANA, VANILLA FROZEN YOGURT, SKIM MILK

840 CALORIES | 137G CARBS | 22G FAT | 30G PROTEIN



PRO BLAST.....20oz | \$10.50

BLUEBERRIES, BANANA, VANILLA FROZEN YOGURT, HONEY, VANILLA WHEY PROTIEN POWDER, SKIM MILK

440 CALORIES | 78G CARBS | 1G FAT | 30G PROTEIN



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.

24-HOUR NOTICE REQUIRED FOR ALL ORDERS.