

## **SMOOTHIES**

**12 OZ. AND 24 OZ.**

**SLAM DUNK** - OJ, PINEAPPLE JUICE, PINEAPPLE SHERBET, BLUEBERRIES & STRAWBERRIES

**PENALTY FLAG** - STRAWBERRY JUICE, RASPBERRY SHERBET, PEACHES & STRAWBERRIES

**SCISSOR KICK** - STRAWBERRY JUICE, PINEAPPLE JUICE, PINEAPPLE SHERBET, STRAWBERRIES & PINEAPPLES

**GRAND SLAM** - OJ, YOGURT, BANANAS & STRAWBERRIES

**SLALOM** - OJ, PINEAPPLE JUICE, ORANGE SHERBET, BANANAS & STRAWBERRIES

**TRIPLE CROWN** - OJ, YOGURT & ORANGE SHERBET

**DOUBLE AXLE** - OJ, PINEAPPLE JUICE, PINEAPPLE SHERBET, BANANAS, STRAWBERRIES, RASPBERRIES & BOYSENBERRIES

**MARATHON** - OJ, BANANAS & STRAWBERRIES

**EAGLE** - OJ, RASPBERRY JUICE, CRANBERRY JUICE, ORANGE SHERBET, STRAWBERRIES & BANANAS

**HALF NELSON** - RASPBERRY JUICE, ORANGE SHERBET, BANANAS & STRAWBERRIES

**SLAP SHOT** - CRANBERRY JUICE, YOGURT, RASPBERRY SHERBET, BLUEBERRIES & STRAWBERRIES

**FREESTYLE** - MANGO JUICE, PINEAPPLE SHERBET, MANGO, PEACHES & STRAWBERRIES

**CROSS CAGE** - WATERMELON JUICE, ORANGE SHERBET, BANANAS & STRAWBERRIES

**OFF THE LIP** - PINEAPPLE JUICE, COCONUT, HONEY, BANANAS & STRAWBERRIES

**SIDE OUT** - APRICOT JUICE, ORANGE SHERBET, PEACHES, BANANAS & STRAWBERRIES

**HAT TRICK** - PAPAYA JUICE, COCONUT, ORANGE SHERBET, BANANAS & PEACHES

**ROUND HOUSE** - PEACH JUICE, ORANGE SHERBET, BANANAS & PEACHES

**AMERICAS CUP** - STRAWBERRY JUICE, YOGURT, BANANAS & STRAWBERRIES

**TOUR DE FRANCE** - APPLE JUICE, YOGURT, RASPBERRY SHERBET, BANANAS & BLUEBERRIES

**KNOCK OUT** - APPLE JUICE, YOGURT, BANANAS & STRAWBERRIES

**POWER PLAY** - WATERMELON JUICE, YOGURT, RASPBERRY SHERBET, RASPBERRIES & STRAWBERRIES

**SQUEEZE PLAY** - PINEAPPLE JUICE, YOGURT, PINEAPPLE SHERBET & BANANAS

**TOUCHDOWN** - RASPBERRY JUICE, YOGURT, BANANAS & RASPBERRIES

**VOLLEY** - POMEGRANATE JUICE, YOGURT, BANANAS, BLUEBERRIES & BOYSENBERRIES

**HALF PIPE** - GUAVA JUICE, PINEAPPLE SHERBET, BANANAS & PEACHES

**TURNOVER** - APRICOT JUICE, YOGURT, RASPBERRY SHERBET, BANANAS, RASPBERRIES & PINEAPPLES

**SINGLETRACK** - WATERMELON JUICE, MANGO JUICE, YOGURT, RASPBERRY SHERBET, MANGOES, RASPBERRIES & STRAWBERRIES

**CROSSTRAINER** - RASPBERRY JUICE, MANGO JUICE, YOGURT, PINEAPPLE SHERBET, MANGOES, PEACHES & STRAWBERRIES

**SHOOTOUT** - SKIM MILK & YOGURT (CHOICE OF VANILLA OR CHOCOLATE)

**ACE** - GUAVA JUICE, POMEGRANATE JUICE, RASPBERRY SHERBET & BANANAS

**BENCH PRESS** - SKIM MILK, YOGURT & BANANAS (CHOICE OF VANILLA, CHOCOLATE OR FRUIT)

**COACHES CHOICE** - SKIM MILK, CHOCOLATE, YOGURT & CAPPUCINO MIX

**WORLDS CUP** - SKIM MILK, CHOCOLATE, PEANUT BUTTER & YOGURT

**JAB STEP** - RASPBERRY JUICE, RASPBERRY SHERBET, PINEAPPLES & STRAWBERRIES

**RIGHT HOOK** - PEACH JUICE, YOGURT, BOYSENBERRIES, PEACHES & PINEAPPLES

**FINISH LINE** - RASPBERRY JUICE, LIME SHERBET, BANANAS & STRAWBERRIES

**STICKY WICKET** - RASPBERRY JUICE, LIME SHERBET, BANANAS, RASPBERRIES & STRAWBERRIES

**TUMBLE TURN** - LEMONADE, RASPBERRY JUICE, LIME SHERBET, BANANAS & RASPBERRIES

**HANG TEN** - SKIM MILK, YOGURT & CHOICE OF FRUIT

**CHA CHA** - SKIM MILK, YOGURT & CHOICE OF COFFEE, MOCHA, VANILLA LATTE. SPICE CHAI, GREEN TEA, VANILLA CHAI OR RASPBERRY CHAI

**HOME RUN** - LEMONADE, ORANGE SHERBET & STRAWBERRIES

**BUTTERFLY** - LEMONADE, STRAWBERRY JUICE, RASPBERRY SHERBET, STRAWBERRIES & RASPBERRIES

**TRIPLE GAINER** - LEMONADE, PINEAPPLE SHERBET, PEACHES & MANGOES

**PERSONAL BEST** - PINEAPPLE JUICE, LIME SHERBET & MANGOES

**1080** - PEACH JUICE, STRAWBERRY JUICE, YOGURT, PEACHES, MANGOES & STRAWBERRIES

**4 x 8** - SKIM MILK, YOGURT, PEANUT BUTTER, HONEY & BANANAS

**TRIPLE THREAT** - PAPAYA JUICE, RASPBERRY SHERBET, BLUEBERRIES & BOYSENBERRIES

**STRIKE 3** - LEMONADE, ORANGE SHERBET, MANGOES, PEACHES & PINEAPPLES

## **ACAI SMOOTHIES**

**ARONIA ISLAND** - GUAVA JUICE, YOGURT, RASPBERRY, SHERBET, PINEAPPLES, BANANAS, ARONIA BERRIES & ACAI PACKET

**SURF'S UP** - APPLE JUICE, ACAI PACKET, YOGURT, BANANAS, BLUEBERRIES & STRAWBERRIES

**RIP TIDE** - CRANBERRY JUICE, ACAI PACKET, YOGURT, RASPBERRIES & MANGOES

**THE GNARLY** - POMEGRANATE JUICE, ACAI PACKET, YOGURT, LIME SHERBET, PINEAPPLES & PEACHES

## **SHRED SMOOTHIES**

**THE GOOD LIFE** - LOW CARB JUICE, YOGURT, BANANAS, STRAWBERRIES & STRAWBERRY WHEY PROTEIN

**TROPICAL SHRED** - LOW CARB JUICE, MANGOES, PINEAPPLES, PEACHES & VANILLA WHEY PROTEIN

**TIRE FLIP** - LOW CARB LEMONADE, YOGURT, BLUEBERRIES, STRAWBERRIES & ORANGE WHEY

## **GREEN SMOOTHIES (24oz only)**

**COCONUT PEACH** - COCONUT MILK, PEACHES, PINEAPPLES, ORANGES, SPINACH & GINGER

**MANGO GINGER** - APPLE JUICE, KALE, CUCUMBER, MANGOES, GINGER & LIME

**BERRIE'S & GREENS** - POMEGRANATE JUICE, BLUEBERRIES, BOYSENBERRIES, YOGURT, KALE & SPINACH

**PB & GREENS** - ALMOND MILK, PEANUT BUTTER, YOGURT, SPINACH & BANANAS

**CUCUMBER LIME COOL DOWN** - LEMONADE, CUCUMBER, LIME, SPINACH, PEACHES, PINEAPPLES & MANGOES



Cold pressing is a juicing method in which fruit and vegetables are slowly squeezed at incredibly high pressures to yield the most nutritious, best tasting juice possible. This ensures that all the produce's fiber is utilized and that nothing is wasted or burned off in the process. All natural, NOTHING added.

**GRAB ONE OF OUR REVIVE MENUS  
FOR MORE INFORMATION!**

**SEE STORE FOR SEASONAL AND  
MONTHLY SPECIALS.**

## Juice Stop Does It Different

No sugary purees, No sweetened fruits,  
No smoothie mixes! Juice Stop specializes in custom-made frozen smoothies, fresh juices and healthy snacks. We blend exactly what you ask for at a competitive price.

The high quality of our products is what makes your Juice Stop experience memorable. We go to great lengths to satisfy you, our valued customer, in ways that cannot be matched by other juice establishments. At Juice Stop all of our non-fat yogurts and delicious sherbets are made especially for us from the brand leader in the frozen dessert industry. They are made from carefully selected, premium ingredients for great tasting flavors and a creamy texture. We have also refined our juice formulations. We continually meet with our growers to ensure only the most succulent fruits are picked so you will continue to enjoy nothing but the high-quality, natural products you have come to expect from Juice Stop.

Juice Stop looks forward to helping you reach your goals of becoming a healthier, happier you! All smoothies made non-dairy on request. All yogurt is non-fat.

**Colloidal Minerals:** A source of 74 essential minerals extracted from prehistoric humic shale, supplementing the eight minerals typically found in foods produced from today's depleted soils.

**Wheatgrass:** "Live food for live cells." This describes the miracle food wheatgrass - the health builder, cleanser and natural healer. Wheatgrass is one of nature's rich sources of vitamins A, B, C, E and all of the known mineral elements. It purifies and detoxifies the body and aids in metabolizing nutrients. Wheatgrass contains about 70% chlorophyll which is considered "the life giving source" of plants. One ounce of wheatgrass is comparable in nutrients to over two pounds of vegetables.

**Acai: (ah-sigh-ee)** Nature's energy fruit. Acai is one of the healthiest fruits in the world because of its high levels of antioxidants essential omegas and fiber.

**Organic Aronia:** Locally grown super fruit that are high in anti-virals & antioxidants which boost the immune system & are also rich in fiber.

**Tumeric, Lemon, Ginger, Cayenne:**  
Cleanse, detoxify, and boost metabolism while balancing PH levels. Has powerful anti-inflammatory properties and helps manage healthy immune system

## NUTRIENTS

EVERY SMOOTHIE RECEIVES ONE FREE NUTRIENT  
ADDITIONAL NUTRIENT .50 EACH

**DAILY BLEND** - DAILY DOSE OF VITAMINS & MINERALS

**SMART BLEND** - INCREASE AWARENESS

**ENERGY BLEND** - NATURAL ENERGIZER

**VITALITY BLEND** - ANTIOXIDANT TO PURIFY THE BODY

**WELLNESS BLEND** - BOOST THE IMMUNE SYSTEM

**METABOLIC BLEND** - SPEEDS METABOLISM

**BRAN BLEND** - WATER SOLUBLE FIBER

**POWER BLEND** - MUSCLE GROWTH

**GREEN BLEND** - SUPER FOODS

**INTENSITY BLEND** - PRE & POST WORKOUT

**BLISS** - A BLEND OF CALMING HERBS

**CALCIUM** - ESSENTIAL FOR HEALTHY BLOOD

### AVAILABLE UPON REQUEST:

WHEY	ARONIA BERRIES
SOY PROTEIN	ACAI PACKETS (3.4 OZ.)
SPINACH	GRANOLA
KALE	FLAX SEED
WHOLE ORANGE	MATCHA TEA
RED BULL	PROBIOTICS
LOW CARB JUICE	HANGOVER BLEND
SOY MILK	CREATINE
ALMOND MILK	PEANUT BUTTER
COCONUT MILK	HONEY
	COCONUT

### **Mugs - Snacks - And More!**

### **Rechargeable Gift Cards Available!**



## Juice for the Journey

Phone Orders Welcome

Text Juice Stop to 90210

Fax Numbers Same as Phone Number

### **Meridian Park Centre**

6900 'O' Street, Suite 109

Lincoln, NE 68510

(402) 467-3828

### **Downtown**

1217 'O' Street

Lincoln, NE 68508

(402) 435-4442

### **Old Cheney Plaza**

5700 Old Cheney, Suite #1

Lincoln, NE 68516

(402) 420-4925

### **North 27th-Drive Thru**

2731 King Lane

Lincoln, NE 68521

(402) 438-1002

### **Pine Ridge Centre**

1501 Pine Lake Road Suite #16

Lincoln, NE 68512

(402) 328-9198

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