

Açaí bowls, make your own with add ins



Fresh juices





Peanut butter  
and banana toast



Muffins (vegan  
option)



Grilled cheese or  
single mini waffles



Chocolate tunda shake



Avocado toast



Homemade  
seeds bars  
(Ask options)



Organic  
homemade  
chocolate bars  
(Ask options)



Ask today's meals options



Ice tea (ask options)



Organic Thai coconuts ready to drink



Vegan homemade  
cookies  
Ask option of the  
day



Green smoothies



Organic coffee



Variety of snacks





# Main Squeeze

ORGANIC COFFEE  
AND JUICE BAR  
DELIVERY



**EXCITING NEWS! MAIN SQUEEZE NOW  
OFFERS SHIPPING ALL OVER THE COUNTRY!**

## SMOOTHIES

**THE GREEN MONSTER/13.50**  
Coconut Milk, Banana, Kale, Walnuts,  
Dates, Cacao Nibs, Vitamineral Greens,  
Protein.

**BREAKFAST ON THE GO/12.50**  
Almond Milk, Banana, Strawberries **OR**  
Blueberries, Almond Butter, Granola.

**MAGIC BULLET/13.50**  
Coconut Milk, Banana, Matcha, Almond  
Butter, Spirulina, Protein.

**GREEN PERFECTION/13.50**  
Almond Milk, Banana, Spinach, Kale,  
Peaches, Vitamineral Greens, Protein.

**THE ULTIMATE/16.50**  
Coconut Milk, Almond Milk, Banana,  
Strawberries, Blueberries, Kale,  
Vitamineral Greens, Tocos, Goji Berries,  
Agave.

## ADD-ONS

Spirulina/3.50  
Chia Seeds/2.00  
Flax/2.00

Wheat Grass/3.50  
Vitamineral Greens/3.50  
Almond Butter/3.00

Peanut Butter/3.00  
MVP Protein Powder/3.00  
CBD OIL **OR** Bottle of CBD/  
3.00 **OR** 100.00





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## SMOOTHIES

**THE GREEN MONSTER**  
**3-DAY \$40/5-DAY \$60**

Banana, Kale, Walnuts, Dates, Cacao Nibs,  
Vitamineral Greens, Protein.

**BREAKFAST ON THE GO**  
**3-DAY \$35/5-DAY \$60**

Banana, Strawberries OR Blueberries,  
Almond Butter, Granola.

**GREEN LOVE**  
**3-DAY \$35/5-DAY \$60**

Frozen Apple, Cucumber, Celery,  
Avocado, Spinach, Turmeric.

**BERRY GOOD**  
**3-DAY \$35/5-DAY \$60**

Apple Juice, Strawberries, Blueberries,  
Raspberries.

**GREEN PERFECTION**  
**3-DAY \$40/5-DAY \$65**

Banana, Spinach, Kale, Peaches,  
Vitamineral Greens, Protein.

**MAGIC BULLET**  
**3-DAY \$40/5-DAY \$65**

Banana, Matcha, Almond Butter,  
Spirulina, Protein.

**THE ULTIMATE**  
**3-DAY \$50/5-DAY \$80**

Banana, Strawberries, Blueberries, Kale,  
Vitamineral Greens, Tocos, Goji Berries,  
Agave.

**GO manGO**  
**3-DAY \$30/5-DAY \$55**

Apple Juice, EXTRA Mango, Pineapple.

### ADD-ONS

Spirulina/3.50	Wheat Grass/3.50	Peanut Butter/3.00
Chia Seeds/2.00	Vitamineral Greens/3.50	MVP Protein Powder/3.00
Flax/2.00	Almond Butter/3.00	Collagen/2.00
Coji Berries/1.00	Tocos/3.00	CBD OIL OR Bottle of CBD/ 3.00 OR 100.00
	Agave/0.50	

