



RAW



→ **AT FRESH PRESS JUICE CO.,**
we are a **100% organic** and **100% vegan** facility.
We always use the highest quality ingredients
in all of our products and we support local
farmers whenever possible.

YUM!



→ Our cold-pressed juices are juiced using
a Norwalk hydraulic press. The Norwalk
juicer extracts juice through tremendous
pressure exerted by a hydraulic press.
Maximal amounts of natural fruit sugars,
vitamins, trace minerals, enzymes, and
other vital elements are preserved.


LIVE


FRESH




JUST THE RIGHT
AMOUNT OF RAW



 Fresh Press Juice Co.

 @FPJCO

 @freshpressjuiceco

105 South Avenue East, Cranford, New Jersey
908-272-3927 / freshpressjuiceco@gmail.com
www.freshpressjuiceco.com

{ 100% ORGANIC COLD-PRESSED JUICE }

○○○ \$10

Our cold-pressed juices are made fresh daily using a Norwalk hydraulic press. Independent tests show that a hydraulic press can extract 3-5x more minerals and nutrients than a centrifugal juicer. Pressed juices can last up to 72 hours before losing meaningful amounts of minerals, vitamins, and enzymes. To ensure we have the selection you prefer, please feel free to call the day before!

- 1 **THE HEALER:**
apple, cucumber, celery, parsley, lemon, & ginger.
- 2 **Feel'n the Beet:**
beet, pineapple, carrot, & lime.
- 3 **Vedge Out:**
carrot, spinach, kale, cucumber, celery, & parsley.
- 4 **ORANGE YOU HOT!:**
orange, carrot, sweet potato with a dash of cayenne.
- 5 **Green-Aid:**
apple, swiss chard, spinach, & lemon.
- 6 **ALMOND DELIGHT:**
almonds, alkaline water, vanilla, dates, & cinnamon.
- 7 **SUPER GREENS:**
kale, spinach, swiss chard, celery, cucumber, parsley, lemon, & lime.
- 8 **CARROT COOLER:**
young Thai coconut water, carrot, & lime.
- 9 **COLD BUSTER:**
apple, carrot, lemon, & ginger.
- 10 **CHOCOLATE ALMOND PROTEIN SHAKE:**
almonds, alkaline water, raw cocoa powder, dates, & hemp protein.
- 11 **PEARED UP:**
pear, kale, cucumber, & orange.

{ BOWLS }

○○○ \$10
MAKE IT GREEN ○○○ \$5.00

- ACAI:**
organic acai pulp, organic homemade almond milk, banana, organic, & gluten free homemade raw granola with fresh fruit.
- PITAYA:**
organic pitaya blended with mango, pineapple, banana, & cold-pressed apple juice. Topped with sliced banana & our raw granola.
- COCONUT BOWL:**
organic raw coconut flesh, coconut milk, banana, & raw granola topped with agave drizzle.

{ CLEANSSES }

FRESH START ○○○ 3 DAYS \$105 // 5 DAYS \$175

➔ Includes (3) 16 oz. juices: The Healer, Feel'n the Beet, Vedge Out, 1 oz. shot of Aloe, & FPJC cooler tote. This cleanse should be complimented by organic fruits, veggies, & nuts.

WHOLE FOOD CLEANSE ○○○ 3 DAYS \$175 // 5 DAYS \$280

➔ Includes Fresh Start cleanse plus daily salad, soup, & a snack.

FULL PRESS ○○○ 3 DAYS \$200 // 5 DAYS \$320

➔ Includes (6) 16 oz. juices: The Healer, Feel'n the Beet, Vedge Out, Orange You Hot!, Green-Aid, Almond Delight, 1 oz. shot of Aloe, & FPJC cooler tote.

{ SMOOTHIES }

All ingredients all 100% raw & organic.

○○○ 12 OZ \$7 // 16 OZ \$9

- 1 **THE REGULATOR:**
the Regulator juice blended with a banana.
- 2 **KALE GIRL:**
kale, mint, almond butter, banana, & homemade almond milk.
- 3 **MACA ME CRAZY:**
apples, homemade almond milk, coconut flesh, spinach, banana, maca, nutmeg, & cinnamon.
- 4 **ENERGIZER MONKEY:**
cold-brewed coffee, banana, & homemade chocolate almond milk.
- 5 **TROPICAL ROSE:**
strawberries, pineapple, banana, & young Thai coconut water.
- 6 **ACAI:**
acai pulp, organic homemade almond milk, & banana.
- 7 **PITAYA:**
pitaya blended with mango, pineapple, banana, & cold-pressed apple juice.

{ ADDITIONS }

- CHIA, HEMP PROTEIN POWDER, MACA & ALMOND BUTTER** ○○○ \$1.50
- SHOTS:** ○○○ \$3
- Aloe
 - Wheatgrass
 - E-3live
 - Ginger
 - Wheatgrass with pineapple & ginger
 - Fire Cider

{ 100% ORGANIC JUICE ON THE SPOT }

○○○ 12 OZ \$7 // 16 OZ \$9

- 1 **THE REGULATOR:**
beet, apple, spinach, swiss chard, kale, & ginger.
- 2 **HANGOVER HELPER:**
pineapple, orange, carrot, kale, & lemon.
- 3 **THE EMERALD:**
kale, apple, parsley, cucumber, ginger, & lime.
- 4 **ALL IN:**
apple, kale, spinach, celery, carrot, cucumber, ginger, & lemon.
- 5 **GOOD GIRL MARY:**
tomato, carrot, celery, cucumber, parsley, & lemon.
- 6 **YOU CALL IT:** pick at least 1 base & add up to 3 more fruits or veggies

BASE:

- Apple
- Carrot
- Cucumber
- Orange

FRUITS & VEGGIES:

- Apple
- Beet
- Carrot
- Celery
- Cucumber
- Kale
- Lemon
- Lime
- Orange
- Parsley
- Pear
- Pineapple
- Spinach
- Sweet potato
- Swiss chard

{ SMALL BITES }

BANANA WHIPS ○○○ KIDDIE \$3.75 // REGULAR \$5.25
(YES ITS ONLY A BANANA!) ○○○ / CONE \$3
Toppings: all fruit fudge, chocolate chips, shredded coconut, almonds. // \$.50

PARFAIT ○○○ \$8
signature banana whip with fresh fruit & homemade raw granola.

PEANUT BUTTER ○○○ 1 LB. FOR \$5.69

OVERNIGHT OATS ○○○ \$7.95
organic gluten-free oats, chia seeds, blueberries, banana, cinnamon, & vanilla.

SOUP OF THE DAY ○○○ \$4.95

SALAD / ENTREE OF THE DAY ○○○ \$10-\$12

RAW PIES ○○○ \$5.95 / SLICE \$3.00 / PIE

GF & VEGAN SNACKS: ○○○ \$3.95
cranberry or chocolate granola bars, date truffles, & coconut macaroons

COLD BREWED COFFEE: ○○○ \$3.25
approximately 67% less acidic than conventional hot brewed coffee.