



BEYOND
JUICERY + EATERY

NUTRITION GUIDE

We strive to get the freshest products for our patrons and to provide a better-for-you option. We believe food needs to get back to the basics. Great ingredients make great food, it's that simple. Please refer to the charts below to choose the items that best suits your needs.

	TOTAL CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)	DIETARY NEEDS	ALLERGENS (see below)
SMOOTHIES												
*Alive (20 oz)	250	0	0	0	0	0	63	8	44	3	VEGAN, GF	-
*Anna's (20 oz)	390	15	2	0	0	15	62	9	44	8	VEGAN, GF	3, 4
Banana Nut w/ Almond Butter (20 oz)	560	17	1.5	0	0	0	107	8	71	7	VEGETARIAN, GF	4
Banana Nut w/ Almonds (20 oz)	540	14	1	0	0	5	107	10	70	8	VEGETARIAN, GF	4
Banana Nut w/ Peanut Butter (20 oz)	540	14	2	0	0	0	107	9	74	9	VEGETARIAN, GF	3
Carlo's Detox (20 oz)	320	0.5	0	0	0	25	81	10	53	4	VEGETARIAN, GF	-
**Colombian (20 oz)	430	6	4	0	15	200	95	3	68	4	VEGETARIAN, GF	2, 5
Mango Tango (20 oz)	380	3	2	0	0	5	94	6	78	1	VEGETARIAN, GF	4
*Northern Berry (20 oz)	260	1	0	0	0	15	63	8	44	1	VEGAN, GF	4
**Peanut Butter Mocha (20 oz)	530	19	4.5	0	0	180	86	8	43	11	VEGETARIAN, GF	2, 3, 4, 5
Pookie's Power Boost (20 oz)	320	4.5	1	0	55	95	51	8	31	23	VEGETARIAN, GF	2, 4
*Razzle Dazzle (20 oz)	230	0	0	0	0	15	57	9	37	2	VEGAN, GF	4
*Skinny Dip (20 oz)	300	0	0	0	0	0	76	10	57	3	VEGAN, GF	-
The Boss (20 oz)	480	24	3.5	0	0	35	63	15	35	11	VEGAN, GF	3
The Dimmer (20 oz)	240	1	0	0	0	25	61	8	38	3	VEGAN, GF	-
*Total Energy (20 oz)	330	0	0	0	0	5	84	9	64	2	VEGAN, GF	-
*Total Energy Plus (20 oz)	340	0	0	0	0	30	86	10	65	3	VEGAN, GF	-
*Very Berry (20 oz)	230	1	0	0	0	15	56	7	39	1	VEGAN, GF	4
*Sassy Strawberry (12 oz)	200	0	0	0	0	0	51	6	41	1	VEGAN, GF	-
Luau Louie (12 oz)	190	1.5	0	0	0	0	47	3	39	0	VEGETARIAN, GF	4
*Gino Berry (12 oz)	120	0.5	0	0	0	5	28	4	20	1	VEGAN, GF	4

SMOOTHIE BOWLS

Acai Blueberry	670	23	13	0	0	55	122	16	84	6	VEGETARIAN, GF	4
Banana Split	680	16	9	0	0	40	139	14	88	7	VEGAN, GF	3, 4

SMOOTHIE INGREDIENTS

Acai (2.5g)	15	1.5	0	0	0	0	1	1	0	0	VEGAN, GF	-
(Green) Apple (150g)	90	0	0	0	0	0	20	4	14	1	VEGAN, GF	-
Almonds (Sliced) (25g)	150	13	1	0	0	0	5	3	1	5	VEGAN, GF	4
Almond Butter (28g)	180	17	1.5	0	0	0	6	0	2	5	VEGAN, GF	4
Almond Milk (Unsweetened) (1 fl oz)	0	0	0	0	0	15	0	0	0	0	VEGAN, GF	4
Avocado (68g)	110	10	1.5	0	0	0	6	5	0	1	VEGAN, GF	-
Banana (118g)	100	0	0	0	0	0	27	3	14	1	VEGAN, GF	-
Blueberries (60g)	35	0	0	0	0	0	7	2	5	0	VEGAN, GF	-
Cayenne Pepper (1/8 tsp)	0	0	0	0	0	0	0	0	0	0	VEGAN, GF	-
Cherries (60g)	30	0	0	0	0	0	7	1	5	0	VEGAN, GF	-
Chia Seeds (12g)	60	3.5	0	0	0	0	5	4	0	2	VEGAN, GF	-
Cinnamon (1 tsp)	5	0	0	0	0	0	2	1	0	0	VEGAN, GF	-
Coconut Water (Goya) (1 fl oz)	5	0	0	0	0	5	2	0	2	0	VEGAN, GF	4
Coffee (2 fl oz)	0	0	0	0	0	0	0	0	0	0	VEGAN, GF	-
Cream of Coconut (7.5g)	25	1	1	0	0	0	4	0	3	0	VEGAN, GF	4
Flaxseed (10g)	60	4.5	0	0	0	0	3	3	0	2	VEGAN, GF	-
Frozen Yogurt (85g)	110	3.5	2.5	0	15	50	16	0	13	3	VEGETARIAN, GF	2
Gluten Friendly Oats (25g)	100	2	1	0	0	0	18	3	0	3	VEGAN, GF	-
Gluten Friendly Granola (25g)	130	11	5	0	0	30	9	2	5	3	VEGETARIAN, GF	4
Honey (1 T)	60	0	0	0	0	0	17	0	17	0	VEGETARIAN, GF	-
Kale (20g)	10	0	0	0	0	10	2	0	0	1	VEGAN, GF	-
Lime Juice (7.5g)	0	0	0	0	0	0	0	0	0	0	VEGAN, GF	-
Mango (65g)	35	0	0	0	0	0	10	0	9	0	VEGAN, GF	-
**Mocha Powder (40g)	160	2.5	1.5	0	0	148	35	0	24	0	VEGETARIAN, GF	2, 4, 5
Orange (1 ea)	45	0	0	0	0	0	11	2	9	1	VEGAN, GF	-
Peaches (65g)	25	0	0	0	0	0	6	1	4	1	VEGAN, GF	-
Peanut Butter (28g)	160	13	2	0	0	0	6	2	5	7	VEGAN, GF	3
Pineapple (65g)	35	0	0	0	0	0	8	0	7	0	VEGAN, GF	-
Raspberries (65g)	35	0	0	0	0	0	8	4	3	1	VEGAN, GF	-
Spinach (20g)	0	0	0	0	0	15	0	0	0	1	VEGAN, GF	-

COMMON ALLERGENS: 1. CONTAINS EGG / 2. CONTAINS MILK / 3. CONTAINS PEANUTS / 4. CONTAINS TREE NUTS (INCLUDES COCONUT) / 5. CONTAINS SOY / 6. CONTAINS WHEAT / 7. CONTAINS FISH / 8. CONTAINS SHELLFISH

*Strawberries in smoothies are fresh frozen and sweetened with cane sugar for consistent flavor year round.

** This item contains Caffeine

GF - GLUTEN FRIENDLY

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SMOOTHIE INGREDIENTS (CONT.)												
*Strawberries (Sweetened) (70g)	70	0	0	0	0	1	19	2	17	0	VEGAN, GF	-
Strawberries (Unsweetened) (50g)	15	0	0	0	0	0	4	1	2	0	VEGAN, GF	-
Vegan Chocolate Chips (1 T)	75	5	3	0	0	0	9	1	7	1	VEGAN, GF	-

SUPPLEMENTS + PROTEIN POWDERS

Cacao (1 scoop)	35	2	0	0	0	0	4	2	0	2	VEGAN, GF	-
Chocolate Whey (1 scoop)	120	2.5	1.5	0	50	48	5	2	2	20	VEGETARIAN, GF	2
Collagen Peptides (1 scoop)	40	0	0	0	0	10	0	0	0	10	GF	-
Get Energized (1 scoop)	20	0	0	0	0	0	5	0	0	0	VEGAN, GF	-
Get Essentials (1 scoop)	15	0	0	0	0	0	4	0	0	0	VEGAN, GF	-
Get Lean (1 scoop)	15	0	0	0	0	0	4	0	0	0	VEGAN, GF	-
Get Regular (1 scoop)	10	0	0	0	0	0	3	3	0	0	VEGAN, GF	-
Maca (1 scoop)	30	0	0	0	0	0	7	0	2	0	VEGAN, GF	-
Vanilla Whey (1 scoop)	110	2	1	0	55	53	3	0	2	21	VEGETARIAN, GF	2
Vegan Protein (1 scoop)	70	1	0	0	0	90	7	2	3	10	VEGAN, GF	4
Vitamin C (1/8 tsp)	0	0	0	0	0	0	0	0	0	0	VEGAN, GF	-

RAW JUICE / MADE TO ORDER

Caliente (20 oz)	100	0.5	0	0	0	230	21	0	11	3	VEGAN, GF	-
Citrus Circuit (20 oz)	240	0	0	0	0	5	60	0	52	2	VEGAN, GF	-
Green Machine (20 oz)	90	0.5	0	0	0	240	20	0	10	3	VEGAN, GF	-
The Root (20 oz)	240	0.5	0	0	0	340	59	1	47	2	VEGAN, GF	-
Up Beet (20 oz)	230	1	0	0	0	370	53	1	39	4	VEGAN, GF	-
Verde (20 oz)	100	0.5	0	0	0	250	23	0	12	3	VEGAN, GF	-
Wheat Grass Shot (1 oz)	5	0	0	0	0	0	1	0	0	0	VEGAN, GF	-

RAW JUICE INGREDIENTS

(Green) Apple Juice (1 ea)	45	0	0	0	0	0	11	0	10	0	VEGAN, GF	-
Beet Juice (1 ea)	15	0	0	0	0	64	4	0	4	0	VEGAN, GF	-
Carrot Juice (1 ea)	15	0	0	0	0	50	3	0	2	0	VEGAN, GF	-
Celery Juice (1 oz)	0	0	0	0	0	23	0	0	0	0	VEGAN, GF	-
Cilantro Juice (1/2 oz)	0	0	0	0	0	7	0	0	0	0	VEGAN, GF	-
Cucumber Juice (1 ea)	30	0	0	0	0	6	6	0	3	1	VEGAN, GF	-
Ginger Juice (1/2 oz)	10	0	0	0	0	0	2	0	0	0	VEGAN, GF	-
Grapefruit Juice (1 ea)	35	0	0	0	0	0	10	0	7	0	VEGAN, GF	-
Kale Juice (1 oz)	5	0	0	0	0	11	1	0	0	0	VEGAN, GF	-
Lemon Juice (1/2 ea)	5	0	0	0	0	0	2	0	<1	0	VEGAN, GF	-
Mint Juice (1/4 oz)	5	0	0	0	0	2	1	1	0	0	VEGAN, GF	-
Orange Juice (1 ea)	25	0	0	0	0	0	6	0	6	0	VEGAN, GF	-
Parsley Juice (1 oz)	0	0	0	0	0	16	1	0	0	0	VEGAN, GF	-
Spinach Juice (1 oz)	0	0	0	0	0	0	0	0	0	0	VEGAN, GF	-
Turmeric Juice (1/2 oz)	10	0	0	0	0	0	2	0	0	0	VEGAN, GF	-
Wheat Grass Juice (1 oz)	5	0	0	0	0	5	1	0	0	0	VEGAN, GF	-

RETAIL / BOTTLED JUICE

Bright + Boost	100	0	0	0	0	15	24	0	20	1	VEGAN, GF	-
Crisp + Cultivate	70	0	0	0	0	230	17	0	14	2	VEGAN, GF	-
Earthy + Essential	90	0	0	0	0	75	23	0	19	1	VEGAN, GF	-
Fresh + Focused	90	0	0	0	0	130	21	0	15	1	VEGAN, GF	-
Light + Lean	40	0	0	0	0	125	7	0	4	2	VEGAN, GF	-
I Need A Hero	160	1	0	0	0	10	38	0	19	1	VEGAN, GF	-
Pepper + Poise	100	0	0	0	0	5	20	0	16	0	VEGAN, GF	-
Almond Milk	250	16	2	0	0	25	22	4	16	6	VEGAN, GF	4
Elixir Shot	15	0	0	0	0	0	3	0	3	0	VEGAN, GF	-
Hot Shot	15	0	0	0	0	0	4	0	1	0	VEGAN, GF	4
Turmeric Shot	20	0	0	0	0	0	6	0	4	0	VEGETARIAN, GF	-

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OTHER BEVERAGES

Lemonade (w/o fruit) (32oz)	290	0	0	0	0	0	79	0	75	0	VEGAN, GF	-
Hot Lemonade (16 oz)	190	0	0	0	0	0	50	0	50	0	VEGAN, GF	-
Hot Coffee (16 oz)	5	0	0	0	0	9	0	0	0	0	VEGAN, GF	-

SIGNATURE WRAPS

Avocado Turkey - Spinach Tortilla	670	32	10	0	50	1380	66	9	5	32	-	2, 6
Avocado Turkey - Honey Wheat Tortilla	640	32	10	0	50	1350	63	13	6	32	-	2, 6
Avocado Turkey - Gluten Friendly Tortilla	630	36	10	0	50	1350	64	11	10	30	GF	2, 5
Avocado Turkey - Low Carb Tortilla	560	33	9	0	50	1410	42	19	6	37	-	2, 5, 6
Chicken Caprese - Spinach Tortilla	690	36	11	0	90	1320	54	3	4	38	-	2, 6
Chicken Caprese - Honey Wheat Tortilla	660	36	11	0	90	1290	51	7	5	38	-	2, 6
Chicken Caprese - Gluten Friendly Tortilla	650	40	11	0	90	1290	52	5	9	36	GF	2, 5
Chicken Caprese - Low Carb Tortilla	580	37	10	0	90	1350	30	13	5	43	-	2, 5, 6
Cilantro Chicken - Spinach Tortilla	690	35	14	0	105	1410	60	9	3	39	-	2, 5, 6
Cilantro Chicken - Honey Wheat Tortilla	660	35	14	0	105	1380	57	13	4	39	-	2, 5, 6
Cilantro Chicken - Gluten Friendly Tortilla	650	39	13	0	105	1380	58	11	8	37	GF	2, 5
Cilantro Chicken - Low Carb Tortilla	580	36	12	0	105	1440	36	19	4	44	-	2, 5, 6
Fuego Huevo - Spinach Tortilla	590	24	8	0	25	1660	69	8	4	30	VEGETARIAN	1, 2, 5, 6
Fuego Huevo - Honey Wheat Tortilla	560	24	8	0	25	1630	66	12	5	30	VEGETARIAN	1, 2, 5, 6
Fuego Huevo - Gluten Friendly Tortilla	550	28	8	0	25	1630	67	10	9	28	VEGETARIAN, GF	1, 2, 5
Fuego Huevo - Low Carb Tortilla	480	25	7	0	25	1690	45	18	5	35	VEGETARIAN	1, 2, 5, 6
The Original - Spinach Tortilla	600	29	13	0	45	1310	58	7	3	28	VEGETARIAN	1, 2, 6
The Original - Honey Wheat Tortilla	570	29	13	0	45	1280	55	11	4	28	VEGETARIAN	1, 2, 6
The Original - Gluten Friendly Tortilla	560	33	12	0	45	1280	56	9	8	26	VEGETARIAN, GF	1, 2, 5
The Original - Low Carb Tortilla	490	30	11	0	45	1340	34	17	4	33	VEGETARIAN	1, 2, 5, 6
PB + J - Spinach Tortilla	890	43	12	0	0	570	114	10	53	25	VEGETARIAN	3, 4, 6
PB + J - Honey Wheat Tortilla	860	43	12	0	0	540	111	14	54	25	VEGETARIAN	3, 4, 6
PB + J - Gluten Friendly Tortilla	850	47	11	0	0	540	112	12	58	23	VEGETARIAN, GF	3, 4, 5
PB + J - Low Carb Tortilla	780	44	10	0	0	600	90	20	54	30	VEGETARIAN	3, 4, 5, 6
Spicy Griego - Spinach Tortilla	570	23	7	0	15	1450	78	9	6	20	VEGETARIAN	2, 6
Spicy Griego - Honey Wheat Tortilla	540	23	7	0	15	1420	75	13	7	20	VEGETARIAN	2, 6
Spicy Griego - Gluten Friendly Tortilla	530	27	6	0	15	1420	76	11	11	18	VEGETARIAN, GF	2, 5
Spicy Griego - Low Carb Tortilla	460	24	5	0	15	1480	54	19	7	25	VEGETARIAN	2, 5, 6

SIGNATURE SALADS (INCLUDES 3 OZ DRESSING)

Chicken Cali Salad	890	78	18	0	105	780	21	8	8	32	GF	2
Hummus + Beet	720	58	10	0	15	1540	38	5	12	36	VEGETARIAN, GF	1, 2
Prescott Bowl	920	71	15	0	45	1730	55	16	8	20	VEGETARIAN, GF	2, 4
Strawberry + Almond	990	79	13	0	80	1150	36	7	12	36	GF	2, 4

TORTILLAS

Gluten Friendly	220	9	2	0	0	500	45	4	6	6	VEGAN, GF	5
Honey Wheat	230	5	2.5	0	0	500	44	6	2	8	VEGETARIAN	6
Low Carb Wheat	150	6	1	0	0	560	23	12	2	13	VEGAN	5, 6
Spinach	260	5	2.5	0	0	530	47	2	1	8	VEGAN	6

DRESSINGS

Balsamic Vinaigrette (3 oz)	450	48	7.5	0	0	75	6	0	3	0	VEGAN, GF	-
Hummus (30g)	90	6	1	0	0	135	5	1	0	2	VEGAN, GF	-
Lime Vinaigrette (3 oz)	360	39	4.5	0	0	690	6	0	3	0	VEGAN, GF	4
Ranch (3 oz)	120	13	2	0	10	250	2	0	1	0	VEGETARIAN, GF	1, 2, 5
Red Wine Vinaigrette (3 oz)	420	45	6	0	0	960	6	0	6	0	VEGETARIAN, GF	1
Salsa (side) (2 oz)	20	0	0	0	0	240	4	0	0	0	VEGAN, GF	-
Spicy Cilantro Sauce (3 oz)	105	9	0	0	0	570	6	0	0	3	VEGAN, GF	5

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EATERY - INGREDIENTS

Almonds (Sliced) (25g)	150	13	1	0	0	0	5	3	1	5	VEGAN, GF	4
(Green) Apple (150g)	90	0	0	0	0	0	20	4	14	1	VEGAN, GF	-
Avocado (68g)	110	10	1.5	0	0	0	6	5	0	1	VEGAN, GF	-
Bacon (30g)	130	9	4.5	0	43	450	0	0	0	9	GF	-
Banana Peppers (35g)	5	0	0	0	0	350	1	1	0	0	VEGAN, GF	-
Basil (3 leaves)	0	0	0	0	0	0	0	0	0	0	VEGAN, GF	-
Beets (40g)	10	0	0	0	0	43	3	1	2	1	VEGAN, GF	-
Carrots (Shredded) (20g)	10	0	0	0	0	15	2	0	1	0	VEGAN, GF	-
Cheddar (Shredded) (40g)	170	14	9	0	43	286	1	0	0	9	VEGETARIAN, GF	2
Chicken (90g)	95	2	0	0	64	392	1	0	0	19	GF	-
Corn & Black Bean Salsa (85g)	80	3.5	0	0	0	360	10	3	2	2	VEGAN, GF	4
Cucumber (40g)	5	0	0	0	0	1	1	0	1	0	VEGAN, GF	-
Dried Cherries (35g)	110	0	0	0	0	0	29	2	21	0	VEGAN, GF	-
Egg White (2.5 Patties)	50	0	0	0	0	331	2	0	1	10	VEGETARIAN, GF	1
Feta (30g)	75	4.5	3	0	16	364	2	0	1	6	VEGETARIAN, GF	2
Fresh Strawberries (50g)	15	0	0	0	0	0	4	1	2	0	VEGAN, GF	-
Garbanzo Beans (40g)	35	0	0	0	0	115	6	2	0	2	VEGAN, GF	-
Grain Friendly Granola (25g)	130	11	5	0	0	30	9	2	5	3	VEGETARIAN, GF	4
Grape Jelly (50g)	130	0	0	0	0	0	33	0	30	0	VEGAN, GF	-
Grape Tomatoes (40g)	10	0	0	0	0	3	2	1	1	1	VEGAN, GF	-
Hard Boiled Egg (1 ea)	70	5	1.5	0	170	55	1	0	1	6	VEGETARIAN, GF	1
Jalapenos (40g)	15	0	0	0	0	629	3	0	3	0	VEGAN, GF	-
Kalamata Olives (25g)	75	8	1	0	0	313	1	1	0	0	VEGAN, GF	-
Kale (bowl) (80g)	40	0.5	0	0	0	30	7	3	2	3	VEGAN, GF	-
Kale (wrap) (20g)	10	0	0	0	0	10	2	1	0	1	VEGAN, GF	-
Morton Seasoning (0.5g)	0	0	0	0	0	160	0	0	0	0	VEGAN, GF	-
Muenster (Shredded) (40g)	130	9	5	0	27	267	1	0	0	9	VEGETARIAN, GF	2
Quinoa (60g)	85	0	0	0	0	0	14	2	1	3	VEGAN, GF	-
Red Onions (25g)	10	0	0	0	0	0	2	0	0	0	VEGAN, GF	-
Roasted Tomatoes (35g)	110	6	0	0	0	166	16	4	1	1	VEGAN, GF	-
Romaine (bowl) (140g)	25	0	0	0	0	10	5	3	2	2	VEGAN, GF	-
Romaine (wrap) (40g)	5	0	0	0	0	0	1	0	0	0	VEGAN, GF	-
Spicy Asparagus (30g)	10	0	0	0	0	180	2	0	0	0	VEGAN, GF	-
Spinach (bowl) (80g)	20	0	0	0	0	65	3	2	0	2	VEGAN, GF	-
Spinach (wrap) (20g)	0	0	0	0	0	15	0	0	0	1	VEGAN, GF	-
Turkey (50g)	50	0	0	0	22	420	3	0	3	10	GF	-

SOUPS

Cactus Chili (Cup)	260	11	4	0.5	55	720	20	4	10	19	GF	-
Cactus Chili (Bowl)	390	17	6	1	82	1080	30	6	15	28	GF	-
Harvest Grain Mushroom (Cup)	300	12	2	0	0	2300	44	6	8	8	VEGAN	5, 6
Harvest Grain Mushroom (Bowl)	450	18	3	0	0	3450	66	9	12	12	VEGAN	5, 6
Ciabatta Roll (1/2)	135	2.5	0	0	0	260	24.5	1	0.5	4	VEGETARIAN	6

RETAIL - BEYOND MADE BAKED GOODS

Beyond Cashew Cookies (1 ea)	60	5	1.5	0	0	60	4	0	2	1	VEGAN, GF	4
Beyond Paleo Nut Bites (1 ea)	90	5	2	0	0	60	9	2	7	2	VEGAN, GF	4
Beyond Peanut Butter Bites (1 ea)	90	5	2	0	0	0	9	2	4	2	VEGAN, GF	3, 4

CLEANSSES

Juice Cleanse (1 Day)	760	16	2	0	0	600	137	4	107	13	VEGAN, GF	4
Reboot (1 Day)	920	16	10	0	0	980	156	10	94	44	VEGAN, GF	4

COMMON ALLERGENS: 1. CONTAINS EGG / 2. CONTAINS MILK / 3. CONTAINS PEANUTS / 4. CONTAINS TREE NUTS (INCLUDES COCONUT) / 5. CONTAINS SOY / 6. CONTAINS WHEAT / 7. CONTAINS FISH / 8. CONTAINS SHELLFISH

*Strawberries in smoothies are fresh frozen and sweetened with cane sugar for consistent flavor year round.

** This item contains Caffeine

GF - GLUTEN FRIENDLY

Ingredients or production methods used by our suppliers may change, or there may be product differences among regional suppliers. Additionally, normal kitchen operations involve shared cooking and preparation areas, or we may need to substitute ingredients in menu items. We are therefore unable to guarantee that any menu item is free from gluten or any other allergen. Please inform us of any and all food allergies before placing your order. A 2,000-calorie daily diet is used as the basis for general nutrition advice; however, individual calorie needs may vary for adults and children and for varying age, gender, and fitness level. Beyond Juicery + Eatery defines a vegetarian diet as one that excludes animal meats like poultry, beef, and other animals but may include eggs, dairy, fish, honey, and foods with animal by-products. Additionally, normal kitchen operations and vendor production methods may present cross-contact opportunities for otherwise vegetarian ingredients.