

BEYOND
JUICERY + EATERY

updated: 4.10.2026

nutritional info

FEEL
BEYOND
GOOD

smoothies

sorbet bowls

breakfast

salads

wraps

juice

coffee

lemonade

retail

ingredients

soup

order now

FEATURED

LIMITED TIME ONLY

	<i>Serving Size</i>	<i>Calories</i>	<i>Total Fat (g)</i>	<i>Sat. Fat (g)</i>	<i>Trans Fat (g)</i>	<i>Cholest. (mg)</i>	<i>Sodium (mg)</i>	<i>Carbs (g)</i>	<i>Fiber (g)</i>	<i>Sugars (g)</i>	<i>Protein (g)</i>	<i>Allergens</i>	<i>Vegan</i>	<i>Gluten Friendly</i>	<i>Vegetarian</i>
Alohaberry Smoothie	20 fl oz	380	6	5	0	0	15	81	8	63	2	Tree Nut (Coconut)	✓	✓	
Fire Roasted Chili	12 oz	240	9	3	0	0	1330	37	5	18	7	Soy, Coconut			✓
Creamy Tomato Soup	12 oz	290	16	10	0.5	50	1100	33	6	18	7	Milk, Soy		✓	✓
Grilled Cheese	1 ea	580	29	14	0	70	1190	57	1	2	26	Milk, Wheat, Egg, Soy			✓

SPRING MENU

LIMITED TIME ONLY

	<i>Serving Size</i>	<i>Calories</i>	<i>Total Fat (g)</i>	<i>Sat. Fat (g)</i>	<i>Trans Fat (g)</i>	<i>Cholest. (mg)</i>	<i>Sodium (mg)</i>	<i>Carbs (g)</i>	<i>Fiber (g)</i>	<i>Sugars (g)</i>	<i>Protein (g)</i>	<i>Allergens</i>	<i>Vegan</i>	<i>Gluten Friendly</i>	<i>Vegetarian</i>
Broccoli Caesar Crunch - Gluten Friendly Tortilla	1	930	49	16	0	115	2150	71	4	2	40	Milk, Soy, Egg, Wheat			
Broccoli Caesar Crunch - Low Carb Tortilla	1	790	46	13	0	115	2150	50	15	4	50	Milk, Soy, Egg, Wheat			
Broccoli Caesar Crunch - Spinach Tortilla	1	900	45	15	0	115	2120	74	5	3	45	Milk, Soy, Egg, Wheat			
Broccoli Caesar Crunch - Wheat Tortilla	1	870	45	15	0	115	2090	71	9	4	45	Milk, Soy, Egg, Wheat			
Broccoli Caesar Crunch - Flour Tortilla	1	940	46	15	0	115	2170	79	5	4	45	Milk, Soy, Egg, Wheat			
Blue Coconut Refresher (Regular) (Lemonade)	20floz	220	3	3	0	0	20	52	0	48	1	Coconut, Pineapple		✓	✓
Blue Coconut Refresher (Regular) (Lemonade + Coconut Water)	20floz	170	3	3	0	0	45	38	1	34	1	Coconut, Pineapple		✓	✓
Blue Coconut Refresher (Large) (Lemonade)	32floz	410	6	5	0	0	40	95	1	87	1	Coconut, Pineapple		✓	✓
Blue Coconut Refresher (Large) (Lemonade + Coconut Water)	32floz	320	6	5	0	0	80	70	1	62	1	Coconut, Pineapple		✓	✓
Mango Refresher (Regular) (Lemonade)	20floz	210	0	0	0	0	20	55	0	45	0			✓	✓
Mango Refresher (Regular) (Lemonade + Coconut Water)	20floz	160	0	0	0	0	40	40	1	31	0	Coconut		✓	✓
Mango Refresher (Large) (Lemonade)	32floz	380	0	0	0	0	30	101	2	83	0			✓	✓
Mango Refresher (Large) (Lemonade + Coconut Water)	32floz	290	0	0	0	0	70	75	2	58	0	Coconut		✓	✓
Dragon Fruit Refresher (Regular) (Lemonade)	20floz	200	0	0	0	0	15	53	0	48	0			✓	✓
Dragon Fruit Refresher (Regular) (Lemonade + Coconut Water)	20floz	150	0	0	0	0	35	39	1	33	0	Coconut		✓	✓
Dragon Fruit Refresher (Large) (Lemonade)	32floz	380	0	0	0	0	30	99	2	87	0			✓	✓
Dragon Fruit Refresher (Large) (Lemonade + Coconut Water)	32floz	280	0	0	0	0	65	72	2	62	0	Coconut		✓	✓

LIFESTYLE BOWLS

*At select locations

	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens	Vegan	Gluten Friendly	Vegetarian
Korean BBQ Salmon Bowl	1 Bowl	740	29	5	0	50	1930	91	9	9	32	Fish (Salmon), Wheat, Soy, Sesame			
Spanish Braised Beef Bowl	1 Bowl	750	34	7	0	60	1750	84	6	10	28	Milk, Egg, Soy		✓	
Harissa Roasted Chicken Bowl	1 Bowl	700	27	6	0	75	2090	82	3	9	33	Milk, Egg, Soy, Sesame		✓	
Spicy Cilantro Chicken Bowl (Dearborn locations only)	1 Bowl	730	28	3.5	0	60	1710	90	6	11	32	Milk, Egg, Soy		✓	

COFFEE

	<i>Serving Size</i>	<i>Calories</i>	<i>Total Fat (g)</i>	<i>Sat. Fat (g)</i>	<i>Trans Fat (g)</i>	<i>Cholest. (mg)</i>	<i>Sodium (mg)</i>	<i>Carbs (g)</i>	<i>Fiber (g)</i>	<i>Sugars (g)</i>	<i>Protein (g)</i>	<i>Allergens</i>	<i>Vegan</i>	<i>Gluten Friendly</i>	<i>Vegetarian</i>
Everyday Dose Hot Coffee w/Honey (no milk)	1	100	0	0	0	0	45	17	0	17	6				
Everyday Dose Hot Coffee w/Agave (no milk)	1	100	0	0	0	0	45	16	0	14	6				
Everyday Dose Hot Matcha w/ Honey (no milk)	1	160	0	0	0	0	45	36	2	35	6				
Everyday Dose Hot Matcha w/ Agave (no milk)	1	160	0	0	0	0	45	33	2	28	6				
Iced Functional Latte w/Agave w/ Oat Milk	1	190	0	0	0	0	170	33	1	20	8				
Iced Functional Latte w/Agave w/ Almond Milk	1	150	0	0	0	0	170	18	1	14	8	Tree Nuts (Almond)			
Iced Functional Latte w/Agave w/Skim Milk	1	190	0.5	0	0	4	160	28	0	26	14	Milk			
Iced Functional Latte w/Agave w/ Whole Milk	1	250	8	4.5	0	25	135	28	0	26	14	Milk			
Iced Functional Latte w/Honey w/ Oat Milk	1	190	1.5	0	0	0	170	34	1	23	8				
Iced Functional Latte w/Honey w/ Almond Milk	1	150	0	0	0	0	170	19	1	17	8	Tree Nuts (Almond)			
Iced Functional Latte w/Honey w/Skim Milk	1	190	0	0	0	4	160	29	0	29	14	Milk			
Iced Functional Latte w/Honey w/ Whole Milk	1	250	8	4.5	0	25	135	29	0	30	14	Milk			
Iced Functional Matcha Latte w/Agave w/Oat Milk	1	250	1.5	0	0	0	170	50	3	34	9				
Iced Functional Matcha Latte w/Agave w/ Almond Milk	1	210	4	0	0	0	170	35	3	28	9	Tree Nuts (Almond)			
Iced Functional Matcha Latte w/Agave w/ Skim Milk	1	250	0.5	0	0	4	160	45	2	40	15	Milk			
Iced Functional Matcha Latte w/Agave w/ Whole Milk	1	310	8	4.5	0	25	135	45	2	40	15	Milk			
Iced Functional Matcha Latte w/Honey w/Oat Milk	1	250	1.5	0	0	0	170	54	3	41	9				
Iced Functional Matcha Latte w/Honey w/ Almond Milk	1	210	4	0	0	0	170	39	3	35	9	Tree Nuts (Almond)			
Iced Functional Matcha Latte w/Honey w/ Skim Milk	1	250	0	0	0	4	160	49	2	47	15	Milk			
Iced Functional Matcha Latte w/Honey w/ Whole Milk	1	310	8	4.5	0	25	135	48	2	47	15	Milk			
Collagen Coffee Cloud Smoothie	1	400	0	0	0	0	150	70	5	50	18	Milk			
Matcha Wave Smoothie	1	280	7	5	0	0	90	48	3	40	7	Milk, Almond, Coconut, Soy			

COFFEE EXTRAS

	<i>Serving Size</i>	<i>Calories</i>	<i>Total Fat (g)</i>	<i>Sat. Fat (g)</i>	<i>Trans Fat (g)</i>	<i>Cholest. (mg)</i>	<i>Sodium (mg)</i>	<i>Carbs (g)</i>	<i>Fiber (g)</i>	<i>Sugars (g)</i>	<i>Protein (g)</i>	<i>Allergens</i>	<i>Vegan</i>	<i>Gluten Friendly</i>	<i>Vegetarian</i>
Almond Milk	4 fl oz	25	2	0	0	0	70	0	0	0	1	Tree Nuts (Almond)			
Oat Milk	4 fl oz	45	0.5	0	0	0	70	8	0	3	1				
Whole Milk	4 fl oz	70	4	2.5	0	10	50	6	0	6	4	Milk			
Skim Mik	4 fl oz	45	0	0	0	4	65	6	0	6	4	Milk			
Pumpkin Spice	1 tsp	5	0	0	0	0	0	1	0	0	0				

SPECIALTY SMOOTHIES

Serving Size *Calories* *Total Fat (g)* *Sat. Fat (g)* *Trans Fat (g)* *Cholest. (mg)* *Sodium (mg)* *Carbs (g)* *Fiber (g)* *Sugars (g)* *Protein (g)* *Allergens* *Vegan* *Gluten Friendly* *Vegetarian*

Matcha Wave Smoothie	1	280	7	5	0	0	90	48	3	40	7	Milk, Almond, Coconut, Soy			
Raspberry Rizz Smoothie	20 fl oz	780	28	23	0	0	105	123	14	97	7	Milk, Soy, Coconut		✓	✓
Wildberry Glow	20 oz	560	12	9	0	0	85	106	12	78	12	Coconut		✓	
Spiced Pineapple Revive Smoothie	20 oz	670	21	14	0	0	95	120	12	100	3	Coconut		✓	✓
Bluemood Rush Smoothie	20 oz	480	12	11	0	0	50	84	11	60	12	Coconut		✓	
Acai Berry Lit Energy Smoothie* **	20 oz	430	3.5	0.5	0	0	0	102	10	65	3			✓	✓
Island Surge Energy Smoothie**	20 oz	470	6	5	0	0	15	108	7	89	2	Coconut		✓	✓

CLASSIC SMOOTHIES

Serving Size *Calories* *Total Fat (g)* *Sat. Fat (g)* *Trans Fat (g)* *Cholest. (mg)* *Sodium (mg)* *Carbs (g)* *Fiber (g)* *Sugars (g)* *Protein (g)* *Allergens* *Vegan* *Gluten Friendly* *Vegetarian*

Alive*	20 oz	320	0	0	0	0	0	82	10	60	3		✓	✓	✓
Anna's	20 oz	360	12	1.5	0	0	15	61	9	43	7	Peanuts, Coconut	✓	✓	✓
Banana Nut/AB	20 oz	530	14	1	0	0	0	106	8	71	6	Almond		✓	✓
Banana Nut/Almonds	20 oz	540	14	1	0	0	5	107	10	70	8	Almond		✓	✓
Banana Nut/PB	20 oz	520	11	1.5	0	0	0	106	9	73	8	Peanuts		✓	✓
Carlo's Detox	20 oz	320	0.5	0	0	0	25	81	10	53	4			✓	✓
Colombian**	20 oz	430	6	4	0	15	200	95	3	68	4	Milk		✓	✓
Mango Tango	20 oz	380	3	2	0	0	5	94	6	78	1	Coconut		✓	✓
Peanut Butter Mocha	20 oz	550	16	4	0	0	180	98	9	49	10	Milk, Peanuts, Almond		✓	✓
Razzle Dazzle*	20 oz	230	0	0	0	0	15	57	9	37	2	Coconut	✓	✓	✓
The Dimmer	20 oz	240	1	0	0	0	25	61	8	38	3		✓	✓	✓
Total Energy*	20 oz	330	0	0	0	0	5	84	9	64	2		✓	✓	✓
Total Energy Plus*	20 oz	340	0	0	0	0	30	86	10	65	3		✓	✓	✓
Very Berry*	20 oz	230	1	0	0	0	15	56	7	39	1	Coconut	✓	✓	✓

KID SMOOTHIES

Serving Size *Calories* *Total Fat (g)* *Sat. Fat (g)* *Trans Fat (g)* *Cholest. (mg)* *Sodium (mg)* *Carbs (g)* *Fiber (g)* *Sugars (g)* *Protein (g)* *Allergens* *Vegan* *Gluten Friendly* *Vegetarian*

Gino Berry*	12 oz	120	0.5	0	0	0	5	28	4	20	1	Coconut	✓	✓	✓
Luau Louie	12 oz	190	1.5	0	0	0	0	47	3	39	0	Coconut		✓	✓
Sassy Strawberry*	12 oz	200	0	0	0	0	0	51	6	41	1		✓	✓	✓



SORBET BOWLS

Serving Size *Calories* *Total Fat (g)* *Sat. Fat (g)* *Trans Fat (g)* *Cholest. (mg)* *Sodium (mg)* *Carbs (g)* *Fiber (g)* *Sugars (g)* *Protein (g)* *Allergens* *Vegan* *Gluten Friendly* *Vegetarian*

Acai Cosmic Dream Bowl w/ Almond Butter	1 bowl	860	36	13	0	0	55	129	12	60	14	Almonds, Coconut		✓	✓
Acai Cosmic Dream Bowl w/ Peanut Butter	1 bowl	840	33	13	0	0	55	129	13	62	16	Peanuts, Coconut		✓	✓
Acai Cosmic Dream Bowl w/ Nutella	1 bowl	1010	38	18	0	0	80	157	13	90	13	Coconut, Hazelnuts, Soy, Milk		✓	✓
Coconut Breeze Sorbet Bowl w/Almond Butter	1 bowl	820	36	19	0	0	70	123	10	81	11	Almonds, Coconut		✓	✓
Coconut Breeze Sorbet Bowl w/Peanut Butter	1 bowl	810	32	19	0	0	75	123	11	83	12	Peanuts, Coconut		✓	✓
Coconut Breeze Sorbet Bowl w/Nutella	1 bowl	970	38	24	0	0	95	151	11	111	10	Coconut, Hazelnuts, Soy, Milk		✓	✓
Pitaya Bloom Sorbet Bowl	1 bowl	540	7	0	0	5	65	111	9	70	9	Milk, Almonds		✓	✓
Golden Mango Sorbet Bowl	1 bowl	570	5	0.5	0	5	75	127	10	66	9	Milk		✓	✓

BREAKFAST

Serving Size *Calories* *Total Fat (g)* *Sat. Fat (g)* *Trans Fat (g)* *Cholest. (mg)* *Sodium (mg)* *Carbs (g)* *Fiber (g)* *Sugars (g)* *Protein (g)* *Allergens* *Vegan* *Gluten Friendly* *Vegetarian*

Chicken Sausage + Egg Breakfast Burrito w/ Flour Tortilla	1 ea	720	35	14	0	410	2130	62	3	5	37	Milk, Wheat, Egg, Soy			
Bacon, Egg + Cheese Breakfast Burrito w/ Flour Tortilla	1 ea	790	36	15	0	395	2100	61	7	2	38	Milk, Wheat, Egg			
Avocado, Egg + Cheddar Breakfast Burrito w/ Flour Tortilla	1 ea	670	35	13	0	365	1410	59	7	2	28	Milk, Wheat, Egg			
Bacon, Egg & Avocado Grilled Cheese	1 ea	900	44	21	0	430	1700	63	6	3	46	Milk, Wheat, Egg			
Herb, Tomato & Egg Grilled Cheese	1 ea	800	45	17	0	395	1430	61	2	3	36	Milk, Wheat, Egg, Soy			✓

WRAPS

Serving Size Calories Total Fat (g) Sat. Fat (g) Trans Fat (g) Cholest. (mg) Sodium (mg) Carbs (g) Fiber (g) Sugars (g) Protein (g) Allergens Vegan Gluten Friendly Vegetarian

Avocado Turkey/Gluten Friendly	1 ea	700	34	10	0	50	1420	68	8	9	31	Milk, Soy, Sesame		✓	
Avocado Turkey/Low Carb	1 ea	610	33	9	0	50	1150	54	19	4	40	Milk, Wheat, Sesame, Soy			
Avocado Turkey/Spinach	1 ea	680	31	9	0	50	2990	68	9	4	31	Milk, Wheat, Sesame			
Avocado Turkey/Wheat	1 ea	670	31	9	0	50	1500	67	12	4	31	Milk, Wheat, Sesame			
Cilantro Chicken/Gluten Friendly	1 ea	800	44	12	0	95	1520	66	8	8	39	Milk, Soy		✓	
Cilantro Chicken/Low Carb	1 ea	710	43	11	0	95	1250	52	19	3	48	Milk, Wheat, Soy			
Cilantro Chicken/Spinach	1 ea	780	41	11	0	95	1600	66	9	3	39	Milk, Wheat, Soy			
Cilantro Chicken/Wheat	1 ea	770	41	12	0	95	1600	65	12	3	39	Milk, Wheat, Soy			
Chicken Caesar Wrap/Low Carb	1 ea	840	48	14	0	120	1940	59	14	3	55	Milk, Soy, Egg, Wheat			
Chicken Caesar Wrap/Gluten Friendly*	1 ea	930	49	15	0	120	2210	73	3	8	46	Milk, Soy, Egg, Wheat			
Chicken Caesar Wrap/Wheat	1 ea	900	46	14	0	120	2290	72	7	3	46	Milk, Soy, Egg, Wheat			
Chicken Caesar Wrap/Spinach	1 ea	910	46	14	0	120	2290	73	4	3	46	Milk, Soy, Egg, Wheat			
Greek Veggie/Gluten Friendly	1 ea	510	19	6	0	15	1280	69	4	13	18	Milk, Soy, Sesame		✓	
Greek Veggie/Low Carb	1 ea	420	18	5	0	15	1010	55	15	8	27	Milk, Wheat, Sesame, Soy			
Greek Veggie/Wheat	1 ea	480	16	6	0	15	1360	68	8	8	18	Milk, Wheat, Sesame			
Greek Veggie/Spinach	1 ea	490	16	5	0	15	1360	69	5	8	18	Milk, Wheat, Sesame			
Italiana - spinach wrap	1 ea	780	45	11	0	65	2610	64	5	9	32	Milk, Egg, Wheat			
Italiana - wheat wrap	1 ea	770	45	12	0	65	2610	63	8	9	32	Milk, Egg, Wheat			
Italiana - gluten free	1 ea	800	48	12	0	65	2530	64	4	14	32	Milk, Egg Soy			
Italiana - low carb	1 ea	710	47	11	0	65	2260	50	15	9	32	Milk, Egg, Wheat, Soy			
The Original/Low Carb	1 ea	520	29	10	0	35	1040	47	17	3	36	Milk, Egg, Wheat, Soy			
The Original/Gluten Friendly	1 ea	610	30	11	0	35	1310	61	6	8	27	Milk, Egg, Soy		✓	
The Original/Spinach	1 ea	590	27	10	0	35	1390	61	7	3	27	Milk, Egg, Wheat			
The Original/Wheat	1 ea	580	27	10	0	35	1390	60	10	3	27	Milk, Egg, Wheat			
Turkey Dijon/Gluten Friendly	1 ea	730	31	14	0	90	1890	69	3	18	33	Milk, Soy		✓	
Turkey Dijon/Low Carb	1 ea	640	30	13	0	90	1630	55	14	13	42	Milk, Wheat, Soy			
Turkey Dijon/Spinach	1 ea	710	33	13	0	90	1980	69	4	13	33	Milk, Wheat			
Turkey Dijon/Wheat	1 ea	700	28	13	0	90	1980	68	7	13	33	Milk, Wheat			
Southwest Caesar/Low Carb	1 ea	1040	69	17	0	135	2560	66	16	7	54	Milk, Egg, Wheat, Soy			
Southwest Caesar/Wheat	1 ea	950	51	13	0	120	2700	79	9	6	43	Milk, Egg, Wheat, Soy			
Southwest Caesar/Spinach	1 ea	960	51	13	0	120	2700	80	6	6	43	Milk, Egg, Wheat, Soy			
Southwest Caesar/Gluten friendly	1 ea	980	54	14	0	120	2620	80	5	11	43	Milk, Egg, Wheat, Soy			

TORTILLAS & SOURDOUGH

Gluten Friendly Tortilla	1 ea	300	8	2	0	0	570	50	1	6	8	Soy	✓	✓	✓
Wheat Tortilla	1 ea	270	5	1.5	0	0	650	49	5	1	8	Wheat	✓		✓
Low Carb Wheat Tortilla	1 ea	210	7	1	0	0	300	36	12	1	17	Wheat, Soy	✓		✓
Spinach Tortilla	1 ea	280	5	1	0	0	650	50	2	1	8	Wheat	✓		✓
Flour Tortilla	1 ea	280	5	1.5	0	0	650	50	2	2	8	Wheat	✓		✓
Toasted Sourdough	1 slice	130	0	0	0	0	290	27	0	1	5	Wheat, Sesame			✓

SALADS

Serving Size *Calories* *Total Fat (g)* *Sat. Fat (g)* *Trans Fat (g)* *Cholest. (mg)* *Sodium (mg)* *Carbs (g)* *Fiber (g)* *Sugars (g)* *Protein (g)* *Allergens* *Vegan* *Gluten Friendly* *Vegetarian*

Chicken Caesar Salad	1 ea	740	51	15	0	130	1780	27	4	3	41	Milk, Soy, Egg, Wheat			
Hummus + Beet Greek Salad	1 ea	490	33	8	0	15	1050	38	5	11	14	Milk, Egg, Wheat, Sesame			✓
Balsamic Berrycado Salad	1 ea	860	75	13	0	15	870	35	11	13	16	Milk, Wheat, Soy, Sesame, Tree Nuts			✓
Chicken Bacon Ranch Cobb Salad	1 ea	830	55	18	0	315	2020	19	6	4	44	Milk, Soy, Egg		✓	
Fresca Market Salad	1 ea	780	62	16	0	70	1570	42	11	8	17	Milk, Egg, Soy		✓	✓

DRESSINGS

Pink Greek Dressing	2.25 oz	70	6	2	0	0	280	0	0	2	0	Milk, Egg		✓	✓
Balsamic Vinaigrette - 3 oz portion	62 grams	410	43	6	0	0	260	4	0	4	0		✓	✓	✓
Caesar - 3 oz portion	68 grams	370	39	9	0	45	520	1	0	0	5	Milk, Egg, Soy		✓	✓
Hummus - 1oz yellow scoop	34 grams	100	7	1	0	0	150	6	1	0	2	Sesame	✓	✓	✓
Maple Dijon - 3 oz portion	61 grams	210	13	2	0	0	480	21	0	15	0		✓	✓	✓
Ranch - 3 oz portion	79 grams	330	35	5	0	25	680	5	0	3	0	Milk, Soy, Egg Yolk		✓	✓
Red Wine Vinaigrette - 3 oz portion	70 grams	330	35	4.5	0	0	750	5	0	5	0	Egg Yolk		✓	✓
Salsa - 2 oz portion	38 grams	15	0	0	0	0	160	3	0	0	0		✓	✓	✓
Spicy Cilantro Sauce - 3 oz portion	87 grams	340	34	3	0	0	440	9	3	0	3	Soy	✓	✓	✓

SOUPS

	<i>Serving Size</i>	<i>Calories</i>	<i>Total Fat (g)</i>	<i>Sat. Fat (g)</i>	<i>Trans Fat (g)</i>	<i>Cholest. (mg)</i>	<i>Sodium (mg)</i>	<i>Carbs (g)</i>	<i>Fiber (g)</i>	<i>Sugars (g)</i>	<i>Protein (g)</i>	<i>Allergens</i>	<i>Vegan</i>	<i>Gluten Friendly</i>	<i>Vegetarian</i>
Fire Roasted Chili 8 oz	229 grams	160	6	2	0	0	880	25	3	12	5	Soy, Coconut			✓
Fire Roasted Chili 12 oz	343 grams	240	9	3	0	0	1330	37	5	18	7	Soy, Coconut			✓
Creamy Tomato Soup	8 oz	190	11	7	0	35	730	22	4	12	5	Milk, Soy		✓	✓
Creamy Tomato Soup	12 oz	290	16	10	0.5	50	1100	33	6	18	7	Milk, Soy		✓	✓

RAW JUICE

	<i>Serving Size</i>	<i>Calories</i>	<i>Total Fat (g)</i>	<i>Sat. Fat (g)</i>	<i>Trans Fat (g)</i>	<i>Cholest. (mg)</i>	<i>Sodium (mg)</i>	<i>Carbs (g)</i>	<i>Fiber (g)</i>	<i>Sugars (g)</i>	<i>Protein (g)</i>	<i>Allergens</i>	<i>Vegan</i>	<i>Gluten Friendly</i>	<i>Vegetarian</i>
Caliente	20 oz	100	0.5	0	0	0	230	21	0	11	3		✓	✓	✓
Citrus Circuit	20 oz	240	0	0	0	0	5	60	0	52	2		✓	✓	✓
Green Machine	20 oz	90	0.5	0	0	0	240	20	0	10	3		✓	✓	✓
The Root	20 oz	240	0.5	0	0	0	340	59	1	47	2		✓	✓	✓
Up Beet	20 oz	230	1	0	0	0	370	53	1	39	4		✓	✓	✓
Verde	20 oz	100	0.5	0	0	0	250	23	0	12	3		✓	✓	✓
Wheat Grass Shot	1 oz	5	0	0	0	0	0	1	0	0	0		✓	✓	✓
Lively Greens Raw Juice	20 fl oz	220	0.5	0	0	0	135	54	1	46	2	Coconut	✓	✓	✓

BOTTLED JUICE

Almond Milk	1 ea	250	16	2	0	0	25	22	4	16	6	Almond	✓	✓	✓
Boost Hero	1 ea	170	0.5	0	0	0	85	35	1	25	2		✓	✓	✓
Cold + Flu Hero	1 ea	170	1	0	0	0	15	41	0	28	1		✓	✓	✓
Complexion Hero	1 ea	110	1	0	0	0	90	22	0	16	3		✓	✓	✓
Detox Hero	1 ea	130	0	0	0	0	10	30	0	24	1		✓	✓	✓
Essentials Hero	1 ea	160	0.5	0	0	0	25	35	0	28	2		✓	✓	✓
Focus Hero	1 ea	160	0.5	0	0	0	150	34	2	18	2		✓	✓	✓
Greens Hero	1 ea	80	1.5	0	0	0	135	13	0	6	5		✓	✓	✓
Hot Shot	1 ea	25	0.5	0	0	0	10	6	0	2	1	Coconut		✓	✓
Turmeric Shot	1 ea	30	0	0	0	0	0	7	0	6	0			✓	✓
Cleanse	1 Day	1260										Almond	✓	✓	✓



LEMONADE & COFFEE

	<i>Serving Size</i>	<i>Calories</i>	<i>Total Fat (g)</i>	<i>Sat. Fat (g)</i>	<i>Trans Fat (g)</i>	<i>Cholest. (mg)</i>	<i>Sodium (mg)</i>	<i>Carbs (g)</i>	<i>Fiber (g)</i>	<i>Sugars (g)</i>	<i>Protein (g)</i>	<i>Allergens</i>	<i>Vegan</i>	<i>Gluten Friendly</i>	<i>Vegetarian</i>
Large Lemonade	32 oz	320	0	0	0	0	35	80	0	77	0		✓	✓	✓
Regular Lemonade	16 oz	160	0	0	0	0	20	40	0	38	0		✓	✓	✓
Iced Coffee	16 oz	5	0	0	0	0	9	0	0	0	0		✓	✓	✓
Hot Coffee	16 oz	5	0	0	0	0	9	0	0	0	0		✓	✓	✓

HOMEMADE BAKED GOODS

	<i>Serving Size</i>	<i>Calories</i>	<i>Total Fat (g)</i>	<i>Sat. Fat (g)</i>	<i>Trans Fat (g)</i>	<i>Cholest. (mg)</i>	<i>Sodium (mg)</i>	<i>Carbs (g)</i>	<i>Fiber (g)</i>	<i>Sugars (g)</i>	<i>Protein (g)</i>	<i>Allergens</i>	<i>Vegan</i>	<i>Gluten Friendly</i>	<i>Vegetarian</i>
Beyond Cashew Cookies	1 ea	60	5	1.5	0	0	60	4	0	2	1	Almond, Cashew, Coconut	✓	✓	✓
Beyond Paleo Date Bites	1 ea	90	5	2	0	0	60	9	2	7	2	Almond, Cashew, Coconut	✓	✓	✓
Beyond Peanut Butter Bites	1 ea	90	5	2	0	0	0	9	2	4	2	Peanuts, Coconut	✓	✓	✓

INGREDIENTS: SMOOTHIES & SORBET BOWLS

	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens	Vegan	Gluten Friendly	Vegetarian
Acai Sorbet	75 grams	110	2	0.5	0	0	0	22	1	11	1		✓	✓	✓
Agave	21 ml	60	0	0	0	0	0	16	0	16	0		✓	✓	✓
Almond Butter	24 grams	150	14	1	0	0	0	5	1	2	4	Almond	✓	✓	✓
Almond Milk (Unsweetened)	1 fl oz	0	0	0	0	0	15	0	0	0	0	Almond	✓	✓	✓
Almonds (Sliced)	25 grams	150	13	1	0	0	0	5	3	1	5	Almond	✓	✓	✓
Apple - No Core	150 grams	90	0	0	0	0	0	20	4	14	1		✓	✓	✓
Avocado - Half	68 grams	110	10	1.5	0	0	0	6	5	0	1		✓	✓	✓
Banana - Medium	118 grams	100	0	0	0	0	0	27	3	14	1		✓	✓	✓
Blueberries	60 grams	35	0	0	0	0	0	7	2	5	0		✓	✓	✓
Cayenne Pepper	1/8 tsp	0	0	0	0	0	0	0	0	0	0		✓	✓	✓
Chia Seeds - 1 tbsp	12 grams	60	3.5	0	0	0	0	5	4	0	2		✓	✓	✓
Cinnamon	1 tsp	5	0	0	0	0	0	2	1	0	0		✓	✓	✓
Coconut Flakes (Unsweetened)	13 grams	95	9	8	0	0	0	3	2	1	1	Coconut	✓	✓	✓
Coconut Water (Goya)	1 fl oz	5	0	0	0	0	5	2	0	2	0	Coconut	✓	✓	✓
Coffee	2 fl oz	0	0	0	0	0	0	0	0	0	0		✓	✓	✓
Cream of Coconut - 1 squeeze	7.5 grams	25	1	1	0	0	0	4	0	3	0	Coconut	✓	✓	✓
Flaxseed - 1 tbsp	10 grams	60	4.5	0	0	0	0	3	3	0	2		✓	✓	✓
Frozen Yogurt	85 grams	110	3.5	2.5	0	15	50	16	0	13	3	Milk		✓	✓
Gluten Friendly Oats	25 grams	100	2	1	0	0	0	18	3	0	3		✓	✓	✓
Granola (Honey GF Granola)	25 grams	90	1.5	0	0	0	30	18	2	5	2			✓	✓
Honey	1 Tbsp - 21 grams	60	0	0	0	0	0	17	0	17	0			✓	✓
Kale	20 grams	10	0	0	0	0	10	2	0	0	1		✓	✓	✓
Lime Juice	7.5 grams	0	0	0	0	0	0	0	0	0	0		✓	✓	✓
Mango	65 grams	35	0	0	0	0	0	10	0	9	0		✓	✓	✓
Mocha Powder**	40 grams	160	2.5	1.5	0	0	148	35	0	24	0	Milk		✓	✓
Orange	1 ea	45	0	0	0	0	0	11	2	9	1		✓	✓	✓
Peaches	65 grams	25	0	0	0	0	0	6	1	4	1		✓	✓	✓
Peanut Butter	24 grams	130	11	1.5	0	0	0	5	2	4	6	Peanut	✓	✓	✓
Pineapple	60 grams	35	0	0	0	0	0	8	0	7	0		✓	✓	✓
Raspberries	65 grams	35	0	0	0	0	0	8	4	3	1		✓	✓	✓
Spinach	20 grams	0	0	0	0	0	15	0	0	0	1		✓	✓	✓
Strawberries (Fresh)	50 grams	15	0	0	0	0	0	4	1	2	0		✓	✓	✓
Strawberries (Sweetened)	70 grams	70	0	0	0	0	1	19	2	17	0		✓	✓	✓
Vegan Chocolate Chips	1 Tbsp	75	5	3	0	0	0	9	1	7	1		✓	✓	✓

INGREDIENTS: SUPPLEMENTS

Serving Size *Calories* *Total Fat (g)* *Sat. Fat (g)* *Trans Fat (g)* *Cholest. (mg)* *Sodium (mg)* *Carbs (g)* *Fiber (g)* *Sugars (g)* *Protein (g)* *Allergens* *Vegan* *Gluten Friendly* *Vegetarian*

Beyond Energy Supplement	7.68 grams	25	0	0	0	0	0	6	0	0	0		✓	✓	✓
Cacao - 1 tbsp	7 grams	35	2	0	0	0	0	4	2	0	2		✓	✓	✓
Chocolate Whey	31 grams	120	2.5	1.5	0	50	48	5	2	2	20	Milk		✓	✓
Collagen Peptides - 1.5 tbsp	8 grams	40	0	0	0	0	10	0	0	0	10			✓	
Get Essentials	6 grams	15	0	0	0	0	0	4	0	0	0		✓	✓	✓
Get Lean	5 grams	15	0	0	0	0	0	4	0	0	0		✓	✓	✓
Maca - 1 tbsp	9 grams	30	0	0	0	0	0	7	0	2	0		✓	✓	✓
Vanilla Whey	27 grams	110	2	1	0	55	53	3	0	2	21	Milk		✓	✓
Vegan Protein	17 grams	70	1	0	0	0	90	7	2	3	10	Coconut	✓	✓	✓
Vitamin C	1/8 tsp	0	0	0	0	0	0	0	0	0	0		✓	✓	✓
Blue Spirulina	1 gram	0	0	0	0	0	4	0	0	0	0		✓	✓	✓
Electrolyte Supplement	6.5 grams	20	0	0	0	0	50	6	2	2	0	Coconut	✓	✓	✓
Mood Boosting Supplement	7.9 grams	20	0	0	0	0	5	7	5	1	0	Coconut	✓	✓	✓

INGREDIENTS: EATERY

	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens	Vegan	Gluten Friendly	Vegetarian
Almonds (Sliced)	25 grams	150	13	1	0	0	5	3	1	5		Almond	✓	✓	✓
Apple - No Core	150 grams	90	0	0	0	0	20	4	14	1			✓	✓	✓
Arcadian Greens (bowl)	45 grams	10	0	0	0	50	2	1	1	1			✓	✓	✓
Arcadian Greens (wrap)	25 grams	5	0	0	0	30	1	0	0	0			✓	✓	✓
Avocado - 1 half	68 grams	110	10	1.5	0	0	6	5	0	1			✓	✓	✓
Bacon	30 grams	100	4	3	0	30	390	1	0	1	7			✓	
Bell Pepper Medley		10	0	0	0	0	2	0	0	0	0		✓	✓	✓
Cheddar (Shredded)	34 grams	150	12	7	0	40	243	1	0	0	7	Milk		✓	✓
Chickpea Salad	3 oz	90	4.5	0.5	0	0	200	10	2	2	2		✓	✓	✓
Chicken	85 grams	120	3	0	0	60	560	3	0	1	20			✓	
Chicken Sausage	1.5 oz	70	3	1	0	40	340	0	0	0	9			✓	
Croutons	25 grams	110	3	0	0	0	380	17	0	1	3	Milk, Wheat			
Cucumber	40 grams	5	0	0	0	0	1	1	0	1	0		✓	✓	✓
Eggs (Fresh)	2 ea	140	10	3	0	370	140	0	0	0	13	Egg			✓
Egg Whites	2.5 Egg Patties	50	0	0	0	0	331	2	0	1	10	Egg		✓	✓
Egg (Hard Boiled)	1 Egg	65	4	1.5	0	164	62	0	0	0	6	Egg		✓	✓
Honey Ginger Beets	30 grams	25	0	0	0	0	15	6	0	5	0			✓	✓
Fire Roasted Corn	0.75 oz	25	0.5	0	0	0	0	4	0	2	1		✓	✓	✓
Feta - 1.5oz brown scoop	30 grams	75	4.5	3	0	20	364	2	0	1	6	Milk		✓	✓
Fresh Strawberries	50 grams	15	0	0	0	0	0	4	1	2	0		✓	✓	✓
Granola (Honey GF Granola)	25 grams	130	11	5	0	0	30	9	2	5	3			✓	✓
Grape Tomatoes	40 grams	10	0	0	0	0	3	2	1	1	1		✓	✓	✓
Harissa	1 oz	35	2	0	0	0	150	4	0	2	0		✓	✓	✓
Kale (dressed)	2.5 oz	100	9	1	0	0	22	6	1	0	2		✓	✓	✓
Kale (bowl)	80 grams	40	0.5	0	0	0	30	7	3	2	3		✓	✓	✓
Kale (wrap)	20 grams	10	0	0	0	0	10	2	0	0	1		✓	✓	✓
Morton Seasoning	0.5 gram	0	0	0	0	0	160	0	0	0	0		✓	✓	✓
Provolone Mozzarella Blend	34 grams	110	8	4.5	0	25	227	1	0	0	8	Milk		✓	✓
Parmesan (Shredded)	30 grams	120	9	5	0	25	390	0	1	0	10	Milk		✓	
Quinoa	55 grams	100	2	0	0	0	70	15	2	1	3		✓	✓	✓
Red Onions	30 grams	10	0	0	0	0	0	2	0	0	0		✓	✓	✓
Romaine (bowl)	175 grams	25	0	0	0	0	10	5	3	2	2		✓	✓	✓
Romaine (wrap)	40 grams	5	0	0	0	0	0	1	0	0	0		✓	✓	✓
Spicy Asparagus	30 grams	10	0	0	0	0	180	2	0	0	0		✓	✓	✓
Spinach (bowl)	80 grams	20	0	0	0	0	65	3	2	0	2		✓	✓	✓
Spinach (wrap)	20 grams	0	0	0	0	0	15	0	0	0	1		✓	✓	✓
Turkey	50 grams	60	1	0	0	25	455	2	0	2	10			✓	✓
Toasted Hemp Seeds	14 grams	80	5	1	0	190	7	0	0	0	2	Wheat, Soy, Sesame			✓

INGREDIENTS: RAW JUICE

	<i>Serving size</i>	<i>Calories</i>	<i>Total Fat (g)</i>	<i>Sat. Fat (g)</i>	<i>Trans Fat (g)</i>	<i>Cholest. (mg)</i>	<i>Sodium (mg)</i>	<i>Carbs (g)</i>	<i>Fiber (g)</i>	<i>Sugars (g)</i>	<i>Protein (g)</i>	<i>Allergens</i>	<i>Vegan</i>	<i>Gluten Friendly</i>	<i>Vegetarian</i>
Apple Juice	1 ea (150 grams)	90	0	0	0	0	0	20	4	14	1		✓	✓	✓
Beet Juice	1 ea (155 grams)	35	0	0	0	0	120	7	0	7	1		✓	✓	✓
Carrot Juice	1 ea (170 grams)	20	0	0	0	0	60	4	0	3	0		✓	✓	✓
Celery Juice	1 stalk (85 grams)	0	0	0	0	0	35	0	0	0	0		✓	✓	✓
Cilantro Juice	20 grams	0	0	0	0	0	7	0	0	0	0		✓	✓	✓
Cucumber Juice	1 ea (322 grams)	30	0	0	0	0	5	7	0	4	1		✓	✓	✓
Ginger Juice	15 grams	10	0	0	0	0	0	2	0	0	0		✓	✓	✓
Grapefruit Juice	1 ea (345 grams)	35	0	0	0	0	0	10	0	7	0		✓	✓	✓
Kale Juice	50 grams	10	0	0	0	0	20	2	0	0	1		✓	✓	✓
Lemon Juice	1/2 ea (80 grams)	5	0	0	0	0	0	2	0	0	0		✓	✓	✓
Mint Juice	20 grams	0	0	0	0	0	2	1	1	0	0		✓	✓	✓
Orange Juice	1 ea (160 grams)	10	0	0	0	0	0	2	0	2	0		✓	✓	✓
Parsley Juice	20 grams	0	0	0	0	0	16	1	0	0	0		✓	✓	✓
Spinach Juice	50 grams	0	0	0	0	0	40	0	0	0	0		✓	✓	✓
Turmeric Juice	15 grams	15	0	0	0	0	0	2	0	0	0		✓	✓	✓
Wheat Grass Juice	1 oz	5	0	0	0	0	5	1	0	0	0		✓	✓	✓

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*Strawberries in smoothies are fresh frozen and sweetened with cane sugar for consistent flavor year round ** This item contains Caffeine *** Contains Fresh Juiced Orange
**** Items containing halal meats may differ from our standard menu items.

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.