

WELCOME TO  
**JUICE IT**  
JUICE BAR & CAFE

Est. 1994

ONE OF SEATTLE'S GREATEST HIDEAWAYS!  
JOIN US FOR A HEALTHY  
& HAPPY EXPERIENCE

FIRST FLOOR  
WASHINGTON CONVENTION CENTER  
NEXT TO GOLDS GYM

(206) 447 - 6960

8TH & PIKE ST.



INQUIRE ABOUT SPECIAL DELIVERIES

12oz \$3.50 16oz \$3.95 20oz 4.50

## Fresh Fruit Juices & Smoothies

Banana Pineapple Orange  
add strawberry, Pear, Kiwi or lime

Apple Banana Strawberry  
or Blueberry

Pear Apple Kiwi Strawberry

Orange Banana Lemon

Grapefruit Orange Strawberry

Pink Lemonade  
(apple, lemon, strawberry)

Orange Raspberry Blueberry

Apple Banana Raspberry

Mango Banana Orange

## Specialty Juices

**No Colds Barred**  
Pear, Lemon, Ginger, Pineapple  
Echinacea or Superfood

**Cleansing Juice**  
Carrot, Kale, Beet, Cucumber,  
Apple, Wheatgrass, Ginger

**Energy**  
Banana, Pineapple, Orange  
with Ginseng or Superfood

## Fresh Squeezed Vegetable Juices

Carrot, Celery, Spinach,  
Parsley

Carrot, Beet, Spinach,  
Lemon

Carrot, Apple, Beet,  
Kale

Carrot, Apple, Celery

Carrot, Apple, Parsley,  
Spinach

Just Green Juices

AND MORE

## Wheatgrass

Single, Double, and Triple Shots!

**Grasshopper**  
Apple, Banana, Wheatgrass

**Sweetgrass**  
Pear, Pineapple, Lime, Wheatgrass  
or Lemon



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**JUIC**  
JUICE

ONE OF SEATTLE'S C  
JOIN US FOR A HEALTH

## Juice It Favorites

### Jeffs Amazing Shake

Banana, Blueberries  
Flax oil, Protein,  
Organic Soy Milk  
\$5.50

### Abigails Amazing

Organic Soy Milk,  
Vanilla Yogurt,  
Cinnamon, Protein,  
Flax oil, Apple Juice  
\$5.50

### Low Carb Protein Shake

Two fruits and Protein  
\$4.25

### Peanut Power

Peanut Butter, Soy Milk,  
Protein, Banana  
\$5.50

### Strawberry Supreme

Strawberries, non-fat  
Yogurt, Apple Juice,  
Flax Oil, Soy Milk, Protein  
\$5.50

### Mango Madness

Mango, Fresh O.J.,  
non-fat Vanilla Yogurt,  
Whey or Soy Protein  
\$5.50

### Orange Creamsicle

Carrot, Orange, Mango,  
Flax oil, Vanilla Protein  
\$5.50

## Steamed Brown Rice Bowls \$5.95

### Classic House

(Basil Chicken / White Tuna)  
Brown Rice, Whole Beans,  
Fresh Veggies, Nuts,  
Cranberries, Special Dressing

### Hawaiian

(Chicken/Tuna)  
Bell Pepper, Pineapple, Broccoli,  
Cabbage, Honey Ginger Sesame

### Thai Red Curry

Snap Peas, Carrots, Broccoli,  
Spinach, Basil, Chicken,  
Red Curry Sauce

### Italian Pesto

Whole Wheat Penne, Spinach,  
Nuts, Tomato, Pesto

### Baked Tofo

Brown Rice, Whole Beans,  
Fresh Veggies, Marinated Tofu,  
Balsamic Dressing

### Veggie

Brown Rice, Whole Beans  
Raw Veggies,  
Balsamic Vinaigrette  
\$4.95

### NW Smoked Salmon

Wild Smoked Salmon,  
Cucumber, Spinach,  
Bell pepper, Lemon Dill  
Sauce, Brown Rice

COME TO  
**JUICE IT**  
BAR & CAFE

GREATEST HIDEAWAYS!  
WHY & HAPPY EXPERIENCE

PLUS LOTS MORE ->

# Fresh Soups, Salads & Sandwiches

## Soup Specials Made Fresh Daily

### Garden Salad

Baby Spinach, Carrots,  
Broccoli, Cucumber,  
Cherry Tomatoes,  
Celery, Bell Pepper,  
Walnuts, Cranberries

\$5.25

### Choice Of

- \*Basil Lemon Chicken
- \*Albacore Tuna
- \*Baked Marinated Tofu

\$5.95

### Greek Salad

Organic Mixed Greens,  
Tomato, Bell Pepper,  
Cucumber, Feta Cheese,  
Mandarin Oranges,  
Cashews

\$5.95

## Sandwiches

Albacore Tuna Salad  
\$5.50

Curry Chicken Salad  
\$5.50

Organic Egg Salad  
\$4.90

Turkey Deluxe  
Cranberry,  
Cream Cheese  
\$5.50

Turkey Breast  
\$5.50

"Soy Nut Butter  
Honey & Banana  
\$5.50

Veggie Lovers  
Tofu Optional  
\$4.50



CHECK FOR OUR DAILY SPECIALS