



**NUTRITION  
FACTS**  
EXTRACT JUICERY

quality  
refuel Organic community  
COLD vegetarian EATS  
PRESS nutrition NON  
HEALTHY Smoothies GMO  
BALANCE

*In this fast-paced world, people have too much on their plate to find the time to fuel their bodies in a way that makes them feel energized, healthy and bursting with life. We know you care about your well-being, and we also know that you have limited time to do all the things in life you wish, without making healthy living feel like a chore too.*

*Our mission is to provide people with access to incredible products that leave them feeling light, refreshed, yet satisfied in body and mind, knowing that what they're putting into their bodies is nourishment provided by nature.*

**Extract Juicery** is here to remove the barriers to healthy living - whether that be by not having enough time or energy - as we offer customers convenience, deliciousness, knowledge, motivation, and a smile along with your **100% ORGANIC juices, smoothies, bowls and more.**





# ACAI BOWL

	Calories	Total Fat	Saturated Fat	Trans Fats	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Total Sugars	Protein	Vitamin D	Calcium	Iron	Potassium
<i>Berry Best Acai</i>	510	18	2.5	0	0	105	111	21	63	10	1.1	300	3.4	1450
<i>Choco Almond Acai</i>	820	51	9	0	0	105	101	24	44	22	1.1	370	2.5	1350
<i>Pure Greens Acai</i>	450	21	3.5	0	0	170	60	12	25	12	24.9	450	3.8	1310
<i>Pitaya Dream Acai</i>	450	13	4	0	0	130	82	13	47	9	1.1	300	2.2	1110
<i>Go Nuts Acai</i>	720	26	3	0	0	105	143	21	91	15	1.1	320	2.6	1580
<i>Carrot Cake</i>	610	17	2	0	0	90	116	13	77	11	0.6	250	2	1460

**160z ACAI BOWL**



# JUICES

	Calories	Total Fat	Saturated Fat	Trans Fats	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Total Sugars	Protein	Vitamin D	Calcium	Iron	Potassium
<i>Beet-iful</i>	360	1.5	0	0	0	180	84	16	55	4	0	100	1.7	1310
<i>Cellery</i>	100	1.5	0	0	0	590	22	12	10	5	0	290	1.5	1920
<i>Golden Pine</i>	470	3	1	0	0	20	116	24	32	10	0	270	23.9	1960
<i>Green Glow</i>	120	2	0	0	0	290	24	10	9	8	0	410	7.1	1790
<i>Ocean Breeze</i>	100	1	0.5	0	0	450	19	5	12	5	0	100	2	1090
<i>Orange Delight</i>	380	1.5	0	0	0	220	91	19	59	5	0	200	1.5	1580
<i>Orange Spice</i>	410	1.5	0	0	0	170	101	20	62	8	0	340	2.4	1840
<i>Quench Me</i>	210	1.5	0	0	0	125	52	9	35	5	0	370	9.2	1270
<i>Reviver</i>	240	1	0	0	0	150	57	12	36	5	0	150	2.7	1210
<i>Shadow Coco</i>	150	1	0.5	0	0	420	36	5	29	3	0	100	1.2	1050
<i>Watermelon Mojito</i>	180	1	0	0	0	5	45	3	36	4	0	60	2.2	690
<i>Prickly Pear</i>	570	1.5	0	0	0	10	146	28	97	4	0	80	1.6	1160
<i>Apple Cider</i>	390	1.5	0	0	0	15	95	18	64	3	0	90	1.2	770



# NUT MYLKS

	Calories	Total Fat	Saturated Fat	Trans Fats	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Total Sugars	Protein	Vitamin D	Calcium	Iron	Potassium
<i>Cacao Almond Mylk</i>	420	25	3.25	0	0	575	48	13	29	13	0	130	3.3	560
<i>Vanilla Almond Mylk</i>	300	22	1.7	0	0	150	21	4	14	8	0	100	1.2	300



# SALADS

	Calories	Total Fat	Saturated Fat	Trans Fats	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Total Sugars	Protein	Vitamin D	Calcium	Iron	Potassium
<i>Citrus Almond Salad</i>	430	31	8	0	25	360	32	15	14	13	0.1	270	1.9	1120
<i>Summer Feast Salad</i>	430	38	7	0	25	370	12	6	2	17	0.1	240	4.4	850
<i>Harvest Salad</i>	260	17	4.5	0	25	1480	26	6	16	6	0.1	170	0.9	260
<i>Garden Cobb Salad</i>	430	33	9	0	180	380	24	12	8	17	1	230	1.8	930



# SMOOTHIES

	Calories	Total Fat	Saturated Fat	Trans Fats	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Total Sugars	Protein	Vitamin D	Calcium	Iron	Potassium
<i>Berry Bliss</i>	670	23	4	0	0	650	109	17	49	18	2.8	620	5.3	1510
<i>Blue Mango</i>	290	1.5	1	0	0	360	67	8	48	8	0	110	3	1450
<i>Choco-Nuts</i>	590	30	8	0	0	650	71	13	31	14	2.8	560	1.9	950
<i>Double Green</i>	270	7	0.5	0	0	280	50	9	28	7	2.8	760	3.8	1300
<i>Green Refresher</i>	280	17	2.5	0	0	250	30	10	18	6	2.8	640	2.8	1000
<i>Island Sunrise</i>	340	1.5	0	0	0	130	80	10	56	5	0	90	1.7	1190
<i>Mangos &amp; Cream</i>	370	4	0.5	0	0	210	84	9	62	5	2.8	570	3.2	1100
<i>Morning Java</i>	230	4	1	0	0	90	49	6	28	4	1.1	240	1	700
<i>Pitaya Oatie</i>	590	15	1.5	0	0	220	106	19	48	14	2.8	700	4.5	1330
<i>Replenish</i>	250	2	1	0	0	370	55	11	31	8	0	280	5.1	4470
<i>Strawberries &amp; Cream</i>	540	21	3.5	0	0	650	88	11	51	11	2.8	580	5.6	1330
<i>Vanilla Butter Berry</i>	310	7	0.5	0	0	210	59	10	37	4	2.8	570	1.7	680

**16oz SMOOTHIES**



# SMOOTHIES

	Calories	Total Fat	Saturated Fat	Trans Fats	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Total Sugars	Protein	Vitamin D	Calcium	Iron	Potassium
<i>Berry Bliss</i>	880	32	6	0	0	700	142	21	68	22	3.4	760	6.7	2000
<i>Blue Mango</i>	470	2.5	1	0	0	420	111	13	79	10	0	150	3.5	2110
<i>Choco-Nuts</i>	830	40	10	0	0	700	99	17	46	20	3.4	680	2.5	1280
<i>Double Green</i>	380	11	1	0	0	320	70	11	41	9	3.4	890	4.3	1580
<i>Green Refresher</i>	460	32	5	0	0	300	42	17	21	10	3.4	790	3.5	1480
<i>Island Sunrise</i>	630	2.5	0.5	0	0	135	146	19	101	8	0	150	2.8	1890
<i>Mangos &amp; Cream</i>	470	5	1	0	0	250	109	11	79	6	3.4	680	3.6	1450
<i>Morning Java</i>	360	7	1.5	0	0	115	73	10	43	6	1.4	310	1.5	940
<i>Pitaya Oatie</i>	890	26	2.5	0	0	270	161	29	80	20	3.4	900	6	2040
<i>Replenish</i>	340	2.5	1	0	0	440	77	13	46	9	0	310	5.4	4820
<i>Strawberries &amp; Cream</i>	890	37	6	0	0	700	138	15	81	19	3.4	720	9.2	1960
<i>Vanilla Butter Berry</i>	570	13	1	0	0	260	106	18	66	8	3.4	740	2.8	1200

**24oz SMOOTHIES**



# REFRESHERS

	Calories	Total Fat	Saturated Fat	Trans Fats	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Total Sugars	Protein	Vitamin D	Calcium	Iron	Potassium
<i>Water Lemonade</i>	250	1	0	0	0	250	43	6	33	4	0	100	1.7	1050
<i>Strawberry Dragon Fruit</i>	220	1.5	0.5	0	0	310	52	9	40	4	0	120	1.8	1220
<i>Cucumber/Pineapple</i>	150	0	0	0	0	40	3	34	1	0	30	0.7	260	

**16oz Smoothies**



# REFRESHERS

	Calories	Total Fat	Saturated Fat	Trans Fats	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Total Sugars	Protein	Vitamin D	Calcium	Iron	Potassium
<i>Water Lemonade</i>	440	1.5	0.5	0	0	310	74	9	59	5	0	150	2.4	1490
<i>Strawberry Dragon Fruit</i>	310	2	0.5	0	0	370	75	12	57	5	0	150	2.4	1610
<i>Cucumber/Pineapple</i>	230	0	0	0	0	5	61	4	52	2	0	50	1.1	420

**24oz Refreshers**



# MADE TO ORDER JUICES

	Calories	Total Fat	Saturated Fat	Trans Fats	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Total Sugars	Protein	Vitamin D	Calcium	Iron	Potassium
<i>Celery</i>	60	0.5	0	0	0	250	14	8	5	3	0	160	0.9	860
<i>Detox</i>	160	0.5	0	0	0	140	36	8	25	3	0	50	1.5	760
<i>Immune Booster</i>	160	0.5	0	0	0	80	42	9	28	3	0	130	1	740
<i>Kale Delight</i>	120	1	0	0	0	50	26	7	17	3	0	160	2	680
<i>Extreme Green</i>	60	1	0	0	0	160	13	7	5	3	0	170	1.8	850
<i>Rejuvenator</i>	170	0.5	0	0	0	110	41	9	28	3	0	90	1	770

**16oz MADE TO ORDER**



# MADE TO ORDER JUICES

	Calories	Total Fat	Saturated Fat	Trans Fats	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Total Sugars	Protein	Vitamin D	Calcium	Iron	Potassium
<i>Celery</i>	90	1	0	0	0	380	21	12	8	4	0	250	1.3	1290
<i>Detox</i>	220	1	0	0	0	210	52	12	35	5	0	80	2.2	1130
<i>Immune Booster</i>	240	1	0	0	0	100	62	12	42	4	0	160	1.8	1040
<i>Kale Delight</i>	180	1.5	0	0	0	65	40	10	27	5	0	200	2.7	960
<i>Extreme Green</i>	90	1	0	0	0	240	19	10	8	5	0	240	2.6	1290
<i>Rejuvenator</i>	250	1	0	0	0	135	61	13	42	4	0	130	1.2	1060

**24oz MADE TO ORDER**



# TOASTS

	Calories	Total Fat	Saturated Fat	Trans Fats	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Total Sugars	Protein	Vitamin D	Calcium	Iron	Potassium
<i>Avo Toast</i>	430	32	5	0	0	1900	35	10	4	7	0	50	1.7	620
<i>Choco-Nana Toast</i>	540	17	2	0	0	180	91	19	28	15	0	280	5.2	820
<i>Protein Toast</i>	530	37	6	0	170	1960	38	10	9	13	1	60	2.2	740
<i>Strawberry Banana</i>	450	21	2	0	0	150	62	6	31	9	0	110	2.5	470



# TOASTS

	Calories	Total Fat	Saturated Fat	Trans Fats	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Total Sugars	Protein	Vitamin D	Calcium	Iron	Potassium
<i>Avo Toast</i>	410	31	5	0	0	1110	34	15	5	10	0	40	1.5	650
<i>Choco-Nana Toast</i>	520	16	1.5	0	0	250	90	24	29	18	0	270	10.4	840
<i>Protein Toast</i>	510	35	6	0	170	2040	34	14	7	15	1	60	1.9	700
<i>Strawberry Banana</i>	430	20	1.52	0	0	230	61	10	32	12	0	100	2.3	490

# SPROUTED-GRAIN

# TOASTS



# TOASTS

	Calories	Total Fat	Saturated Fat	Trans Fats	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Total Sugars	Protein	Vitamin D	Calcium	Iron	Potassium
<i>Avo Toast</i>	430	32	6	0	0	2020	38	11	6	5	0	50	20.5	560
<i>Choco-Nana Toast</i>	460	17	2.5	0	0	280	76	19	16	12	0	270	28.8	690
<i>Protein Toast</i>	530	37	7	0	170	2080	38	10	8	10	1	60	20.9	620
<i>Strawberry Banana</i>	450	21	2.5	0	0	270	65	6	33	7	0	100	21.3	410

## GLUTEN-FREE BREAD

### TOASTS



# SANDWICHES

	Calories	Total Fat	Saturated Fat	Trans Fats	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Total Sugars	Protein	Vitamin D	Calcium	Iron	Potassium
<i>Bruschetta Chicken</i>	370	11	3	0	55	570	35	6	6	31	0.1	270	4.3	630
<i>Buffalo Chicken</i>	480	27	7	0	65	780	32	6	3	28	0	210	3.8	600
<i>California Chicken</i>	460	26	6	0	55	1250	18	11	5	18	0.1	80	2.2	1080
<i>Egg Salad Sandwich</i>	390	19	6	0	20	2360	42	13	6	17	0.1	120	2.1	730
<i>EJ Chicken Wrap</i>	690	41	12	0	85	1300	62	11	34	27	0.2	330	4.4	950
<i>Grilled Cheese</i>	240	4.5	2	0	25	940	27	7	3	28	0.1	680	2.8	560

# SPROUTED-GRAIN

# SANDWICHES AND WRAPS



# SANDWICHES

	Calories	Total Fat	Saturated Fat	Trans Fats	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Total Sugars	Protein	Vitamin D	Calcium	Iron	Potassium
<i>Bruschetta Chicken</i>	390	15	4	0	55	1650	39	5	7	24	0.1	370	4.6	520
<i>Buffalo Chicken</i>	500	31	8	0	65	700	36	5	3	20	0	310	4.1	490
<i>California Chicken</i>	540	30	7	0	55	1570	50	14	8	21	0.1	170	4.1	1130
<i>Egg Salad Sandwich</i>	410	23	6	0	20	2280	46	12	6	9	0.1	210	2.4	620
<i>EJ Chicken Wrap</i>	730	43	13	0	85	1440	66	7	34	25	0.2	400	5	930
<i>Grilled Cheese</i>	300	3.5	2	0	25	1100	35	7	4	33	0.1	670	3.4	630

## GLUTEN-FREE BREAD

# SANDWICHES AND WRAPS



# SANDWICHES

	Calories	Total Fat	Saturated Fat	Trans Fats	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Total Sugars	Protein	Vitamin D	Calcium	Iron	Potassium
<i>Bruschetta Chicken</i>	360	15	3.5	0	55	1700	31	3	6	25	0.1	350	4.4	530
<i>Buffalo Chicken</i>	470	31	8	0	65	750	28	2	2	21	0	290	3.9	500
<i>California Chicken</i>	510	30	7	0	55	1620	42	12	7	22	0.1	160	3.9	1150
<i>Egg Salad Sandwich</i>	410	24	6	0	20	2250	42	12	10	9	0.1	150	0.8	630
<i>EJ Chicken Wrap</i>	730	43	13	0	85	1440	66	7	34	25	0.2	400	5	930
<i>Grilled Cheese</i>	300	3.5	2	0	25	1100	35	7	4	33	0.1	670	3.4	630

# WRAPS



# SANDWICHES

	Calories	Total Fat	Saturated Fat	Trans Fats	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Total Sugars	Protein	Vitamin D	Calcium	Iron	Potassium
<i>Bruschetta Chicken</i>	390	15	4	0	55	1650	39	5	7	24	0.1	370	4.6	520
<i>Buffalo Chicken</i>	500	31	8	0	65	700	36	4	3	20	0	310	4.1	490
<i>California Chicken</i>	540	30	7	0	55	1570	50	14	8	21	0.1	170	4.1	1130
<i>Egg Salad Sandwich</i>	410	23	6	0	20	2280	46	12	6	9	0.1	210	2.4	620
<i>EJ Chicken Wrap</i>	730	43	13	0	85	1440	66	7	34	25	0.2	400	5	930
<i>Grilled Cheese</i>	310	8	2.5	0	25	1000	36	5	8	26	0.1	700	2.1	530

# GLUTEN-FREE WRAPS



# WELLNESS SHOTS

	Calories	Total Fat	Saturated Fat	Trans Fats	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Total Sugars	Protein	Vitamin D	Calcium	Iron	Potassium
<i>Immunity</i>	15	0.1	0	0	0	5	4	0.3	1	0.4	0	10	0.2	60
<i>Vitality</i>	300	22	1.7	0	0	150	21	4	14	8	0	100	1.2	300



# HEALTHY SNACKS

	Calories	Total Fat	Saturated Fat	Trans Fats	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Total Sugars	Protein	Vitamin D	Calcium	Iron	Potassium
Banana Bread	580	21	2.5	0	0	100	86	16	22	19	1.3	400	5.8	660
Peanut Butter Protein Ball	467	32	6	0	0	100	37	5	17	13	0	33	1.3	333
Piña Colada	510	12	4	0	0	30	87	14	26	16	0	140	5.2	500
Strawberry Banana	450	21	2	0	0	150	62	6	31	9	0	110	2.5	470



# SOUPS

	Calories	Total Fat	Saturated Fat	Trans Fats	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Total Sugars	Protein	Vitamin D	Calcium	Iron	Potassium
<i>Tomato Basil</i>	190	11	4.5	0	25	610	20	1	14	5	0	150	1.4	278



# JUICES

	Calories	Total Fat	Saturated Fat	Trans Fats	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Total Sugars	Protein	Vitamin D	Calcium	Iron	Potassium
<i>Beet-iful</i>	100	0	0	0	0	85	26	0	23	1	0	20	0.4	350
<i>Celery</i>	20	0	0	0	0	270	3	0	4	1	0	70	0.3	440
<i>Golden Pine</i>	120	0	0	0	0	0	29	1	23	1	0	40	1.2	290
<i>Green Glow</i>	30	0	0	0	0	140	6	0	4	2	0	90	1.8	480
<i>Minty Cooler</i>	50	1.5	0	0	0	10	7	0	3	3	0	100	2.2	370
<i>Ocean Breeze</i>	56	1	0.5	0	0	10	8	2	3	2	0	70	1.1	200
<i>Orange Delight</i>	100	0.5	0	0	0	105	23	0	15	1	0	30	0.5	420
<i>Orange Spice</i>	90	0	0	0	0	80	21	1	16	1	0	60	1.1	430
<i>Quench Me</i>	80	1.5	0	0	0	60	20	0	16	1	0	60	0.9	300
<i>Reviver</i>	70	0	0	0	0	75	17	0	13	1	0	40	0.7	330
<i>Shadow Coco</i>	60	0	0	0	0	0	17	1	14	0	0	30	0.1	370
<i>Sweet Rescue</i>	90	0	0	0	0	10	23	0	18	1	0	30	0.7	230

**12 Oz JUICES**



HEALTHY IN BODY | STRONG IN SPIRIT

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The nutritional information provided in this guide is intended for informational purposes only. While we strive to ensure that the information is accurate and up-to-date, we do not guarantee its completeness, reliability, or suitability for your specific needs. Nutritional values may vary based on ingredient sources, preparation methods, and serving sizes.

Consult with a healthcare provider or a registered dietitian before making any significant changes to your diet, especially if you have specific health conditions or dietary requirements. We are committed to providing high-quality products, but individual results may vary.

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