

Organic Juices

12 oz. **\$4.99** 16 oz. **\$5.99** 24 oz. **\$7.99**

ABC

apple / beet / carrot

Very Veggie

carrot / celery / beet / parsley

Carrot Craze

carrot / carrot / more carrot

12 oz. **\$5.99** 16 oz. **\$6.99** 24 oz. **\$10.99**

Immunity

carrot / beet / apple / celery / lemon / ginger / garlic

Liver Flush

beet / green apple / dandelion

Happy Rabbit

carrot / apple / parsley / ginger

Liquid Sunshine

orange / carrot / ginger

12 oz. **\$6.99** 16 oz. **\$7.99** 24 oz. **\$11.99**

Mega Greens

kale / spinach / celery / parsley / dandelion / ginger

In-Between

spinach / kale / apple / celery / lemon / parsley

Glorious Greens

spinach / kale / cucumber / apple / lemon / celery

Green Goddess

romaine / cucumber / celery / parsley

Sweet Green

spinach / kale / apple

Lemon Cleanser

apple / lemon / ginger / cayenne (optional)

All of our juices, shakes, and smoothies are made with 100% organic fruits and vegetables.

Please note that ANY substitution to the listed recipe will result in an additional charge per substitution. Please limit requests to those items listed on the menu.

Fruit Smoothies

12 oz. **\$4.99** 16 oz. **\$5.99** 24 oz. **\$7.99**

Omega Mega

strawberry / banana / flax oil / apple juice

Go Man-Go!

mango / strawberry / banana / orange juice / apple juice

Coco Kale

kale / banana / shredded coconut / mint / *liquid (see UY section)

Tropical Breeze

banana / shredded coconut / pineapple juice / *liquid (see UY section)

Probiotic Smoothies

12 oz. **\$5.99** 16 oz. **\$6.99** 24 oz. **\$10.99**

PB & J Twist

banana / strawberry / blueberry / kefir / almond milk / peanut butter

Almond Berry

raspberry / strawberry / kefir / almond milk / almond butter / ground flax / cinnamon

Tropical Chia

blueberry / mango / banana / pineapple juice / kefir / chia / shredded coconut

Banana Berry Crunch

banana / strawberry / kefir / coconut milk / hemp granola / peanut butter

Uniquely Yours (UY)

12 oz. **\$5.99** 16 oz. **\$6.99** 24 oz. **\$10.99**

Liquid*

almond milk / coconut milk / rice milk / soy milk / coconut water / orange juice / apple juice / pineapple juice / filtered water

Choice of (2) Fruits

banana / strawberry / blueberry / raspberry / mango

Choice of (1) Protein OR (2) Healthy Boosters

see full list of protein & boosters on the back of the menu

Specialty Shakes

12 oz. **\$5.99** 16 oz. **\$6.99** 24 oz. **\$10.99**

Peanut Butter Cup

banana / peanut powder / raw cacao / chocolate PlantFusion / almond milk

Cacao Energizer

banana / raw cacao / maca root / flax oil / *liquid / *protein (see UY section)

Coffee Crunch

cold-brewed coffee / banana / sliced almonds / ground flax / vanilla PlantFusion / almond milk

Protein Booster

banana / peanut / spirulina / flax oil / *liquid / *protein (see UY section)

Mango Bliss

mango / banana / spinach / apple juice / coconut water

Protein Shakes

12 oz. **\$4.99** 16 oz. **\$5.99** 24 oz. **\$7.99**

Go Nuts!

banana / peanuts / *liquid / *protein (see UY section)

Power Crunch

banana, hemp granola / *liquid / *protein (see UY section)

Berry Blast

blueberry / strawberry / raspberry / banana / *liquid / *protein (see UY section)

Shots

Wheatgrass

1 oz. **\$2.49** 2 oz. **\$4.99**

Preorders are available for half or full flats of sprouted wheatgrass.

Hot Shot

2 oz. **\$2.99**

lemon / ginger / garlic / flax oil / cayenne

Fire Cider Shot

1 oz. **\$1.99** 2 oz. **\$3.99**

raw apple cider / orange / lemon / onion / ginger / horseradish / habanero pepper / garlic / turmeric

Protein

ea. \$2.00

Plant: PlantFusion, 21g, vegan

Whey: Biochem, 20g, dairy-based, grass-fed

Rice: 12g, organic, vegan

Hemp: 15g, 8g fiber, organic, vegan

Superfoods

ea. \$1.00

Almonds/Almond Butter: great source of vitamin E, copper, magnesium, and protein

Cacao: rich in natural antioxidant compounds

Chia: high in fiber, protein, calcium & Omega-3s

Kale: great for aiding in digestion

Maca Root: supports hormone & mood balance

Peanut Powder: high in dietary protein

Spinach: naturally high in zinc, protein, fiber, vitamins A, B3, B6, C, E and K, and more

Spirulina: high in blue algae, iron and fatty acid GLA

Turmeric: reduces inflammation

Boosters

ea. 50¢

Bee Pollen: aids digestive and cardiovascular health and boosts immune system

Cucumber: great for hydration

Dandelion: natural source of beta-carotene

Flax Oil/Ground Flax: rich in soluble fiber, Omega-3 fatty acids, improves blood sugar

Garlic: anti-viral & antibacterial, lowers LDL cholesterol and detoxifies heavy metals

Ginger: reduces inflammation and nausea

Lemon: high in vitamins A, B6, C, and E

Mint: full of antioxidants and good for digestion

Parsley: rich in vitamins C, B12, K, and A

Peanuts/Peanut Butter: good source of protein

Shredded Coconut: high in fiber, iron and zinc

Vitamin C: prevents common cold symptoms and is a natural cure for some skin problems

Store Locations

OCEAN TOWNSHIP, NJ

1119 Route 35 N. 732-517-1515 ext. 3

SHREWSBURY, NJ

490 Broad St. 732-842-8686 ext. 3

BASKING RIDGE, NJ

25 Mountainview Blvd. 908-495-1600 ext. 3

Call ahead for fast pick-up!

Store Hours

Mon.-Fri., 9 am - 8 pm

Sat., 9 am - 7 pm

Sun., 10 am - 6 pm

Juice Bar closes 30 minutes prior to store closing.

Our Commitment

Since 1996, our goal at Dean's Natural Food Market is to make you and your family feel better—naturally.

We will only make your drinks with the freshest organic fruits and vegetables because drinking freshly-made organic juices is a fast and delicious way to nourish your body without harmful ingredients.

Be well and enjoy.
- Dean

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DeansNaturalFoodMarket.com

Juice Bar

MENU



DEAN'S
NATURAL FOOD

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