



Be a **GEM**. Drink Your Juice!

We use only the freshest organic ingredients and latest nutritional know-how to create pressed juices, smoothies, juice cleanses and radically simple foods that nourish the mind and body from the inside out.

ORGANIC JUICES 16 OZ / 24 OZ (OR 16 OZ COLD PRESSED BOTTLE)

MADE TO ORDER & COLD PRESSED BOTTLE

GREEN GLOW ♥ kale, cucumber, lemon, apple, ginger

RADIANT GLOW ♥ kale, cucumber, beet, lemon, apple, ginger

RUBY SLIPPER ● ● carrot, cucumber, beet, lemon, ginger

CELERY ● ● straight up celery

PLATINUM VEGGIE LOVE ● ● ● celery, spinach, carrot, cucumber, cilantro

SHINE AND SPARKLE ● ● ● celery, green apple, spinach, jalapeño, parsley

FLAWLESS ♥ cucumber, celery, kale, ginger, lemon

24 KARAT MAGIC ♥ spinach, celery, cucumber, carrot, parsley, turmeric, ginger, lemon

COLD PRESSED BOTTLES

DISCO (SUPER GREEN) ♥ cucumber, pineapple, collard greens, spinach, E3Live, bok choy, dandelion greens, mint

CELERY ● ● ● celery, lemon

CLARITY LEMONADE ● ● ● lemon, maple syrup, cayenne, filtered water

GOLDEN GLOW ♥ turmeric, lemon, orange, maple syrup, fresh ginger, cardamom, sea salt, filtered water

CASHEW MILK ● cashew, maple syrup, cinnamon, sea salt, filtered water

SEE **BOOSTS** FOR EXTRA JUICE POWER!

VISIT US ON THE WEB AT **INSIDETHEGEM.COM** AND AT OUR TWO DALLAS LOCATIONS!

6102 Luther Lane @ Preston Center, Dallas, TX 75225 call **214.750.2929**

5915 Forest Lane @ Preston Road, suite 360, Dallas, TX 75230 call **214.792.9928**

email us: thegem@insidethegem.com follow us:   

● ENERGY ● IMMUNITY ● DETOX ● INFLAMMATION ♥ TRUE GEMS! (ALL OF THESE)

ORGANIC SMOOTHIES

REGULAR 16 OZ / LARGE 24 OZ

EMERALD CITY ♥ celery, spinach, basil, ginger, apple, lemon, cucumber

CAMEO ♥ spinach, kale, strawberry, coconut butter, coconut water, orange

JADED GINGER SNAP ●●● spinach, ginger, cashew milk, banana, maple syrup, vanilla

SPARKLE BERRY ●● blueberry, strawberry, banana, mango, pomegranate juice, hemp milk

TAHITIAN PEARL ●●● banana, almond butter, cashew milk, coconut butter, date, maca, cacao

CROWN JEWEL ♥ banana, cashew milk, coconut butter, spinach, blueberry, date, cacao, cinnamon, maca

CHOCOLATE DIAMOND ● banana, cashew milk, cacao, cinnamon, date

BLUE DIAMOND ●●● banana, hemp milk, date, Blue Majik, coconut butter, almond extract, maca

WHITE DIAMOND ● cashew milk, coconut butter, banana, vanilla, maca, date

SILVER BULLET ● strawberry, banana, original protein, cacao, maca, vanilla bean, cashew milk

CITRINE ●● orange, mango, banana, apple

MAUI GEM ● pineapple, banana, orange, coconut butter, coconut water, lemon, chia seed

PCD ●● hemp milk, strawberry, banana, pomegranate juice

FAUX YO PARFAIT (BOWL IN A CUP!) hemp, banana, blueberry, strawberry, tart cherry juice, Marge's granola

ORGANIC KIDS SMOOTHIES

10 OZ

CHOCOLATE DIAMOND ● banana, cashew milk, cacao, cinnamon, date

PCD ●● hemp milk, strawberry, banana, pomegranate juice

SPARKLE BERRY ●● blueberry, strawberry, banana, mango, pomegranate juice, hemp milk

CITRINE ●● orange, mango, banana, apple

EMERALD CITY ♥ celery, spinach, basil, ginger, apple, lemon, cucumber

BOTTLED SMOOTHIES IN CASE

TIGER EYE CHOCOLATE ● Epic Protein, cashew milk, banana, almond butter, cacao, date, hemp seed, maca, vanilla bean, cinnamon

BERRY BRIGHT ● Epic Protein, strawberry, blueberry, banana, almond butter, hemp seed, date, lemon, vanilla bean

ADD A BOOST!

PROBIOTICS POWDER, COCONUT BUTTER, MACA, CHIA SEED, HEMP SEED, BRAGG® ACV, GINGER, ALMOND BUTTER, COLD BREW, ADAPTOGENIC DROPS, GREENS (SPINACH OR KALE), BERRIES, TURMERIC, GINGER, E3, BLUE MAJIC, EPIC PROTEIN (CHOCOLATE, VANILLA OR ORIGINAL), JAPANESE MATCHA, SPIRULINA

● ENERGY ● IMMUNITY ● DETOX ● INFLAMMATION ♥ TRUE GEMS! (ALL OF THESE)

ORGANIC SPECIAL GEMS

SHOTS

BRIGHT LIKE A DIAMOND ●● cayenne, lemon, ginger, spirulina

IMMUNITY ♥ ginger, turmeric, lemon, adaptogenic drops

TURMERIC OR GINGER ●●

E3 LIVE ♥

PERFORM ●●● beet, lemon

ALLERGY ♥ elderberry, lemon, tart cherry, ACV, raw honey†

BULK

E3 BOTTLE (16 OZ) ♥

TURMERIC OR GINGER (8 OZ) ●●

IMMUNITY MIX (8 OZ) ♥ ginger, turmeric, lemon

GROWLER THAT! (SPECIAL ORDER - PRICES INCLUDE 64 OZ GROWLER)

GEM JUICE (SELECT)

GET WELL GOLDEN GLOW

FOREVER YOUNG GREEN TEA

CASHEW MILK (SWEET/UNSWEET)

HOT

HOT TEA

HOT IMMUNI-TEA ♥ ginger, turmeric, lemon, raw local honey

ADD JAPANESE MATCHA (\$3)

JAPANESE MATCHA LATTE ●● matcha, unsweet cashew milk, cinnamon

TURMERIC LATTE ●●● turmeric, ginger, unsweet cashew milk, garam masala

COFFEE ● french press coffee, unsweet cashew milk

ELEVATED COFFEE ● coconut butter, collagen, unsweet cashew milk

COLD

FOREVER YOUNG ICED GREEN TEA* ●

ICED MATCHA OR TURMERIC LATTE ●●

ICED GREEN IMMUNI-TEA ♥ green tea, ginger, turmeric, lemon

ICED COLD BREW COFFEE ● (16 OZ/24 OZ)

* see hot drinks for info

† allergy risk

ORGANIC FOOD

MADE FRESH DAILY. EAT HERE OR TAKE IT TO GO!

SALADS ♥

KALE SALAD
QUINOA SALAD
KALE/QUINOA SALAD COMBO
ARUGULA, MUSHROOM, QUINOA SALAD
3 BEAN SALAD
CHOPPED VEGGIE SALAD
CELERY SALAD
DANDELION SALAD
SUPER TABOULI
RAW FALAFEL SALAD

SOUPS & SUCH ♥

SOUP OF THE DAY (SERVED HOT OR COLD IN CASE)
MVP SOUP (MUSHROOM VEGGIE PURÉE—BEST SOUP EVER)
IMMUNITY BONE BROTH
RAW COLLARD WRAP
PICO DE GALLO
HUMMUS, LARGE
HUMMUS, SMALL
JALAPEÑO PESTO (8OZ)
VEGGIE SIDE
SPICY VEGAN RANCH (8OZ)

BREAKFAST BITES

BLUEBERRY CHIA PUDDING
STEEL CUT OATMEAL
served with walnuts, currants, cinnamon, maple syrup
ADD COCONUT BUTTER OR CASHEW MILK (\$1)
FAUX YO PARFAIT (BOWL IN A CUP), banana, blueberry, strawberry,
hemp seed, tart cherry juice, granola

ASK ABOUT OUR CATERING MENU!

ORGANIC CLEANSES

CHOOSE THE LEVEL THAT'S RIGHT FOR YOU:

ORIGINAL, DIAMOND OR PLATINUM CLARITY

5-DAY CLEANSER—30 JUICES

4-DAY CLEANSER—24 JUICES

3-DAY CLEANSER—18 JUICES

1-DAY CLEANSER—6 JUICES

NEED A LITTLE MORE? TRY THESE OPTIONS FOR THE SAME PRICE:

JUICE TIL DINNER—5 JUICES + 1 SALAD OR SOUP DAILY

WORKOUT CLEANSER—4 JUICES + 2 MEALS DAILY

HERE'S THE LOVE: ♥

OUR JUICES, SMOOTHIES AND FOODS ARE **MADE DAILY, PLANT-BASED**
AND **HONESTLY ORGANIC. ALWAYS.**