



# 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

**HOUSEMADE 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](mailto: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, housemade cashew milk, banana, maple syrup, vanilla

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

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

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

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

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

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

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

**CITRINE** ●●●●● orange, mango, banana, apple

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

**PCD** ●●●●● housemade 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, housemade cashew milk, cacao, cinnamon, date

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

**SPARKLE BERRY** ●●●●● blueberry, strawberry, banana, mango, pomegranate juice, housemade 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, housemade cashew milk, banana, housemade almond butter, cacao, date, hemp seed, maca, vanilla bean, cinnamon

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

## ADD A BOOST!

PROBIOTICS POWDER, COCONUT BUTTER, MACA, CHIA SEED, HEMP SEED, BRAGG® ACV, GINGER, HOUSEMADE ALMOND BUTTER, COLD BREW, ADAPTOGENIC DROPS, GREENS (SPINACH OR KALE), BERRIES, TURMERIC, GINGER, E3, BLUE MAJIK, 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** ♥ housemade elderberry, lemon, tart cherry, ACV, local 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**

**HOUSEMADE CASHEW MILK** (SWEET/UNSWEET)

## HOT

### HOT TEA

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

ADD JAPANESE MATCHA

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

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

**COFFEE** ● french press coffee, unsweet housemade cashew milk

**ELEVATED COFFEE** ● coconut butter, collagen, unsweet housemade 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)

† 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

## 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 HOUSEMADE CASHEW MILK  
FAUX YO PARFAIT (BOWL IN A CUP), banana, blueberry, strawberry,  
hemp seed, tart cherry juice, granola

**ASK ABOUT OUR CATERING MENU!**

# ORGANIC CLEANSSES

CHOOSE THE LEVEL THAT'S RIGHT FOR YOU:

**ORIGINAL, DIAMOND OR PLATINUM CLARITY**

**5-DAY CLEANSSE**—30 JUICES

**4-DAY CLEANSSE**—24 JUICES

**3-DAY CLEANSSE**—18 JUICES

**1-DAY CLEANSSE**—6 JUICES

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

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

**WORKOUT CLEANSSE**—4 JUICES + 2 MEALS DAILY

**HERE'S THE LOVE:** ♥

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