

COMPLETE BODY ELIXIRS

20oz - \$9.50

COLD

Carrot, kale, parsley, lemon, ginger, radish, garlic, chlorophyll.

DEPRESSION

Carrot, kale, apple, beet, banana, orange or lemon.

DIGESTION

Kale, carrot, celery, cucumber, parsley, pineapple, ginger.

FATIGUE

Carrot, kale, spinach, beet, banana, ginger, ginseng, spirulina.

HANGOVER

Orange, kale, celery, grapefruit, banana, radish, chlorophyll.

INDIGESTION

Kale, spinach, apple, ginger, parsley, spirulina.

LIVER

Kale, carrot, celery, beet, lemon, parsley, spirulina, chlorophyll.

YOGURT & FRUIT BOWLS

ALL NATURAL PROBIOTIC FROZEN YOGURT

S - \$3.75/\$4.75* **M** - \$4.75/\$5.75* **L** - \$6.75/\$7.75*

*with toppings

GREEK YOGURT BOWL WITH TOPPINGS - \$7.50

Non-fat Greek Yogurt served with your favorite Fresh Fruit

LAYERED FRESH FRUIT BOWL - \$5.75 (with berries +\$1.50)

Served with a side of Non-Fat Greek Yogurt

OATMEAL/SOUP/BAGEL

HOT OATMEAL - \$3.95/\$4.95* *with toppings

TURKEY CHILI HOT SOUP - \$5.45

FEATURED HOT SOUPS - \$4.90

BAGEL - \$1.45 / **TUNA BAGEL** - \$5.95

COFFEE & TEA

Proudly serving Illy Coffee

HOT COFFEE & TEAS

12oz - \$2.00 **16oz** - \$2.50

ICED COFFEE & TEAS

12oz - \$2.50 **16oz** - \$3.25

HOT CAPPUCCINO/LATTE/CHAI LATTE

12oz - \$3.50 **16oz** - \$4.25

ICED LATTE

16oz - \$4.25 **20oz** - \$4.50

ESPRESSO 1oz - \$2.30 / **2oz** - \$2.75

COMPLETEBODY

JUICE BAR



Free Delivery
SeamlessWeb®

10 HANOVER SQUARE

212 777 7705

www.completebody.com

FRESHLY PREPARED JUICES

16oz - \$7.45 20oz - \$8.45

COMPLETE GREEN

Green Apple, Cucumber, Kale, Spinach, Celery

COMPLETE RED

Red Apple, Carrot, Beet

COMPLETE ORANGE

Orange, Carrot, Pineapple, Mango

CREATE YOUR OWN JUICE

(first four free, after \$0.80)

BASE (min one):

Green Apple, Red Apple, Orange, Carrot, and Cucumber

INGREDIENTS:

Strawberries, Blueberries, Raspberries, Banana, Pineapple, Mango, Kiwi, Beet, Kale, Spinach, Celery, Lemon, Ginger, Avocado

COMPLETE SMOOTHIES

16oz - \$7.45 24oz - \$8.45

SUMMER BLAST

Filtered Water, Banana, Blueberries, Strawberries, Lemon, Honey

CAPTAIN MANGO

Skim Milk, Natural Frozen Yogurt, Mango, Agave Nectar

PEANUT BANANA SPLIT

Skim Milk, Natural Frozen Yogurt, Peanut Butter, Banana, Chocolate Drizzle

COMPLETE COLADA

Coconut Milk, Orange Juice, Pineapple, Ginger, Agave Nectar

PROTEIN STRIKE

Skim Milk, Strawberries, Banana, Protein Boost

PROTEIN BOOM

Skim Milk, Blueberries, Raspberries, Banana, Protein Boost

MULTI-V BLAST

Freshly Squeezed Orange Juice, Apple Juice, Strawberries, Banana, Multi-V Boost

POMEGRANATE BERRY

Pomegranate Juice, Strawberries, Raspberries, Blueberries, Agave Nectar

SWEET POTATO PIE

Almond Milk, Sweet Potato, Almond Butter, Whey Protein, Cinnamon

RASPBERRY AVOCADO

Coconut Milk, Banana, Raspberries, Avocado, Agave Nectar

COMPLETE ESPRESSO

Almond Milk, Espresso, Peanut Butter, Banana

CREATE YOUR OWN SMOOTHIE

(first four free, after \$0.80)

BASE (min one):

Skim Milk, Whole Milk, Almond Milk, Coconut Milk, Soy Milk or Orange Juice, Apple Juice, Carrot Juice

INGREDIENTS:

Strawberries, Blueberries, Raspberries, Banana, Pineapple, Mango, Kiwi, Beet, Kale, Spinach, Celery, Lemon, Ginger, Avocado

COMPLETE WORKOUT DRINKS

16oz - \$7.95 24oz - \$8.95

PRE-WORKOUT

Skim Milk, Strawberries, Blueberries, Raspberries, Protein, Flax Seeds

POST-WORKOUT

Skim Milk, Peanut butter, Banana, Protein, Glutamine, Creatine

ESPRESSO ENERGISER

Skim Milk, Espresso, Oats, Peanut butter, Banana, Protein

BOOSTER ADDITION - \$1.50

Whey, Soy and Hemp Protein, Creatine, Glutamine, BCAA Complex, Peanut Butter, Flax Seeds, Chia Seeds, Bee Pollen, Chlorophyll, Ginkgo Powder, Spirulina, Echinacea, Acai Powder, Goldenseal, Wheat Germ, Ginseng, Green Tea, Vitamin C

DRINK ME

1oz - \$2.75 2oz - \$4.50

Wheatgrass Detox
Ginger Awake
Aloe Vera

SKINNY SMOOTHIES

16oz - \$7.45 24oz - \$8.45

FLAT BELLY

Filtered Water, Kale, Natural Frozen Yogurt, Almond Butter, Blueberries, Pineapple

VEGGIE

Freshly Squeezed Orange Juice, Carrot, Spinach, Kale, Banana

GREEN TROPICS

Skim Milk, Natural Frozen Yogurt, Peanut Butter, Banana, Chocolate Drizzle

VEGGIE & BERRY

Coconut Milk, Kale, Spinach, Raspberries, Blueberries

POM ACAI

Pomegranate Juice, Filtered Water, Açai, Kale, Blueberries, Agave Nectar

SKINNYLICIOUS

Coconut Milk, Non Fat Greek Yogurt, Kale, Blueberries, Agave Nectar

AÇAÍ SMOOTHIES & BOWLS

Smoothie - 24oz Bowl - 16oz

(topped with Banana and Granola)

ORIGINAL AÇAÍ - \$9.45

Açaí, Apple Juice, Banana

AÇAÍ+GREENS - \$9.75

Açaí, Apple Juice, Banana, Kale, Spinach

AÇAÍ+PB - \$9.95

Açaí, Almond Milk, Peanut Butter, Banana

AÇAÍ+COCO - \$9.75

Açaí, Coconut Milk, Banana, Coconut Flakes

AÇAÍ+COFFEE - \$9.95

Açaí, Banana, Almond Butter, Coffee Beans, Almond Milk

SALADS & WRAPS

CAESAR - \$9.75

Romaine Lettuce, Shaved Parmesan, Grilled Chicken, Croutons (Caesar Dressing)

VEGETARIAN MIX - \$9.25

Romaine Lettuce, Chickpeas, Green Peas, Crumbled Feta, Kalamata Olives, Sliced Cucumbers (Olive Oil/ Balsamic Vinaigrette)

ROASTED TURKEY CLUB - \$9.95

Mesclun Mix, Roasted Turkey, Grape Tomatoes, Sliced Avocado, Grated Parmesan (Ranch Dressing)

BABY ARUGULA SALAD - \$9.95

Baby Arugula, Grilled Chicken, Cranberries, Walnuts, Green Apple, Crumbled Blue Cheese, Balsamic Vinaigrette

ASIAN SALAD - \$10.50

Mesclun Lettuce, Grilled Chicken, Fresh Orange, Grape Tomatoes, Sesame Bits, Sesame Seeds, Sunflower Seeds, Soy Ginger Dressing

GRILLED CHICKEN TERIYAKI SALAD - \$10.50

Baby Spinach, Grilled Chicken, Pineapple, Grape Tomatoes, Celery, Bell Pepper, Cashews, Teriyaki Dressing

SUNNY KALE SALAD - \$10.50

Kale, Grilled Chicken, Fresh Mango, Grape Tomatoes, Avocado, Bell Pepper, Sunflower Seeds, Parmesan Cheese, Citrus Dressing

KALEBERRY SALAD - \$10.50

Kale, Strawberries, Blueberries, Avocado, Sweet Potato, Chia Seeds, Sliced Almonds, Feta Cheese, Balsamic Vinaigrette

SPINACH QUINOA TURKEY SALAD - \$10.50

Baby Spinach, Quinoa, Smoked Turkey, Grape Tomatoes, Cucumbers, Bell Pepper, Avocado, Balsamic Vinaigrette

CUSTOM SALADS & WRAPS

Salad/Wrap - \$9.75

Romaine Mesclun Mix Baby Spinach Arugula +\$0.69

(first four free)

Veggies (additional 59 cents): Red Onion, Fresh Beets, Steamed Broccoli, Shredded Carrots, Chickpeas, Corn, Sliced Cucumbers, Edamame, Bell Pepper, Grape Tomato, Green Olives, Green Peas, Croutons, Sweet Potato

Premium (additional 99 cents): Avocado, Kalamata Olives, Hard Boiled Eggs, Quinoa

Protein: Grilled Chicken - \$2.50, Tuna - \$1.49, Roasted Turkey - \$2.50

Cheeses (additional \$1): Crumbled Blue, Grated Parmesan, Crumbled Feta
Dressing: Balsamic Vinaigrette, Caesar, Ranch, Citrus Vinaigrette, Olive Oil