



A Place to Glow.

HAPPY PLACE

The GEM provides a unique place for fresh, organic juice, smoothies, teas and food. Grab and GLOW, or stay and work or visit, whatever sparks the power of a balanced lifestyle. The GEM's vibrant, disco-inspired environment is a home away from home – think 2014 clean version of “Cheers,” and provides healthy offerings easily incorporated into daily life. The GEM demonstrates that healthy whole foods and green juice really do taste good!

JUICE

Exquisitely perfected, GEM delightful organic juices are packed with purest of nutrients and send a shot of feel good straight to the heart. The GEM staples:

- **MADE TO ORDER.** We offer the ability to get what you want with juices made at the bar. The GEM's signature Green GLOW juice is nothing short of a miracle elixir with cucumber, ginger, lemon, kale and apple. Cleansing, alkalizing and most importantly, YUM!
- **PRESSED JUICES.** Made fresh daily on the latest hydraulic press machines, they are always available in the GEM cooler to grab and GLOW.
- **CLEANSSES.** Give your system time to rejuvenate with a regimen designed to regulate insulin levels and remove toxins stored in your body. The results are amazing: increased energy and clarity, better skin and a flatter tummy. When executed properly, feel satisfied and driven—never hungry. Three days are optimal, but even a one-day cleanse brings welcomed benefits, especially for maintenance of GEM living. Choose what kind of Cleanse Regimen is right for you: JUICE ONLY or JUICE & CLEAN FOOD CLEANSSES.

SMOOTHIES

The GEM has carefully edited a menu of smoothies certain to make the top of anyone's morning ritual list. Super food add ins such as chia seeds, maca, bee pollen or Amazing Meal raw, vegan protein make uniquely energizing and super powered smoothies. Featuring house-made cashew or hemp milks, coconut manna, blueberries or cacao combine to make happiness that is rich, energizing and immune boosting.





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BOOSTER SHOTS

The GEM's Power Shots, which include elements like Sea Buckthorn, fresh pressed ginger, super-powered Turmeric, E3 Live and proprietary blends. All are designed to boost immunity, quell inflammation and heal. Shots for everyone!

LUNCH & SNACKS

Deliciously-crafted and treasured offerings have created a cult-like following. Honestly organic menu items include award winning kale salad, our signature quinoa salad, a particularly badass bean salad, arugula/quinoa, lentil or white bean soup and hummus with jalapeno pesto are readily available to grab and GLOW.

HEALTH COUNSELING

We have two Integrative Nutrition Health Counselors at The GEM. And, we practice what we preach. In addition to the expertise we learned through our certification, we live it personally every day and gather a wealth of knowledge and experience at The GEM. We have individual programs and sessions as well as an intensive health program for those ready to fast forward their track to the GEM life.

SUSTAINABILITY

The GEM maintains the integrity of fruits and vegetables by offering all organic when available, delivered daily. Cardboard 6-pack beverage containers are gathered from local bars and house The GEM Juice Cleanses. The "to-GLOW" cups and containers are compostable biodegradable. The GEM composts more than 1,000 lbs a week of organic goodness for a better tomorrow. This compost is a much welcomed gift to local farming establishments, a worm farm and a master gardener.

THE GEM

The GEM, independently owned and operated, is driven to make people happier and healthier. It is all about peace and happy. In 2013 alone, we diverted 16 tons of compost from landfills. We believe in making our planet better for our children. And, we work hard at it! To learn more about The GEM, please visit insidethegem.com and follow our news on Instagram [@thegemjuicebar](https://www.instagram.com/thegemjuicebar) and Twitter [@InsideTheGem](https://twitter.com/InsideTheGem) and like us on Facebook at [Facebook/InsideTheGem](https://www.facebook.com/InsideTheGem).

