

GEM LUNCH

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
- HUMMUS
- HUMMUS SNACK W/ SAMI'S CHIPS & VEGGIES

SOUPS & SUCH ♥

- SOUP OF THE DAY (SERVED HOT OR COLD IN CASE)
- RAW COLLARD WRAP
- PICO DE GALLO
- STEEL CUT OATMEAL
served with walnuts, currants, cinnamon, maple syrup

EXTRAS

- JALAPEÑO PESTO (8 OZ)
- SPICY VEGAN RANCH (8 OZ)
- DIJON SALAD DRESSING (16 OZ)

ASK ABOUT OUR CATERING MENU!

GEM CLEANSES

ASK US ABOUT GEM CLEANSES AND NUTRITIONAL COUNSELING!
CHOOSE THE LEVEL THAT'S RIGHT FOR YOU:

ORIGINAL, DIAMOND OR PLATINUM CLARITY

- 5-DAY CLEANSE—30 JUICES
- 4-DAY CLEANSE—24 JUICES
- 3-DAY CLEANSE—18 JUICES
- 1-DAY CLEANSE—6 JUICES

200
170
135
50

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

- JUICE TIL DINNER—5 JUICES + 1 SALAD OR SOUP DAILY
- WORKOUT CLEANSE—4 JUICES + 2 MEALS + SHOT DAILY

HERE'S THE LOVE: ♥

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

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

6030 Luther Lane @ Preston Center, suite 160, 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:   

4.5/7



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.

JUICES 16 OZ / 24 OZ (OR BOTTLE)

MADE TO ORDER AND BOTTLED IN CASE

- GREEN GLOW** ♥ kale, cucumber, lemon, apple, ginger **7/9**
- RADIANT GLOW** ♥ kale, cucumber, beet, lemon, apple, ginger **7/9**
- RUBY SLIPPER** ●●● carrot, cucumber, beet, lemon, ginger **7/9**
- PRINCESS CUT** ●●● carrot, apple, ginger **7/9**
- PLATINUM VEGGIE LOVE** ●●● celery, spinach, carrot, cucumber, cilantro **7/9**
- SHINE AND SPARKLE** ●●● celery, green apple, spinach, jalapeño, parsley **7/9**
- FLAWLESS** ♥ cucumber, celery, kale, ginger, lemon **7/9**
- 24 KARAT MAGIC** ♥ spinach, celery, cucumber, carrot, parsley, turmeric, ginger, lemon **8/10**

WANT A CUSTOM JUICE?

add a kick of cayenne or jalapeño (NC)

JUST ASK!

BOTTLED IN CASE

- DISCO (SUPER GREEN)** ♥ cucumber, pineapple, collard greens, spinach, E3Live, bok choy, dandelion greens, mint **9**
- MOONSTONE** ●●● cashew, maple syrup, cinnamon, celery, spinach, carrot, cucumber, cilantro **9**
- CLARITY LEMONADE** ●●● lemon, maple syrup, cayenne, filtered water **4.5**
- GOLDEN GLOW** ♥ turmeric, lemon, orange, maple syrup, fresh ginger, cardamom, sea salt, filtered water **6**
- CASHEW MILK** ●●● cashew, maple syrup, cinnamon, sea salt, filtered water **6**

MAKE IT GREENER (ADD GREENS)

SEE **BOOSTS** FOR EXTRA JUICE POWER!

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SMOOTHIES ALL SMOOTHIES 16 OZ

EMERALD CITY ♥ celery, spinach, basil, ginger, apple, lemon, cucumber	7
CAMEO ♥ spinach, kale, strawberry, coconut manna, coconut water, orange	8
JADED GINGER SNAP ●●● spinach, ginger, cashew milk, banana, maple syrup, vanilla	7
SUPER SAPPHIRE ●●● blueberry, raspberry, pomegranate, hemp milk, chia seed	7
TAHITIAN PEARL ●●● banana, almond butter, cashew milk, coconut manna, date, maca, bee pollen, cacao	8
CROWN JEWEL ♥ banana, cashew milk, coconut manna, spinach, blueberry, date, cacao, cinnamon, maca	8
SPARKLE BERRY ●● blueberry, strawberry, banana, mango, pomegranate juice, hemp milk	8
CITRINE ●● orange, mango, banana, apple	6
CHOCOLATE DIAMOND ● banana, cashew milk, cacao, cinnamon, dates	6.5
WHITE DIAMOND ● cashew milk, coconut manna, banana, vanilla, maca, dates	8
PCD ●● hemp milk, strawberry, banana, pomegranate juice	7
FAUX YO PARFAIT (NON-DAIRY) ●● hemp, banana, blueberry, strawberry, tart cherry juice, Marge's granola	8
KIDS SMOOTHIES <small>10 OZ</small>	5
BOOST YOUR SMOOTHIE OR JUICE!	
PROBIOTICS POWDER, COCONUT MANNA, MACA, CHIA SEED, HEMP SEED, BEE POLLEN, ACAI GREEN TEA BOOST, BRAGG® ACV	1
GINGER BOOST	1.25
ADD GREEN (SPINACH/KALE) OR BERRIES	1
TURMERIC BOOST OR E3 BOOST	2
EPIC PROTEIN (CHOCOLATE, VANILLA OR ORIGINAL)	2
JAPANESE MATCHA BOOST	3

SPECIAL GEMS

GLAMOUR SHOT ● sea buckthorn juice, pomegranate juice (BUCK SHOT FOR YOU GUYS)	3
BRIGHT LIKE A DIAMOND SHOT ●● cayenne, lemon, ginger, spirulina	4
IMMUNITY SHOT ♥ ginger, turmeric, lemon, adaptogenic drops	4
TURMERIC OR GINGER SHOT ●●	4
E3LIVE SHOT ♥	4
PERFORM SHOT ●● beet, lemon	4
BOTTLES	
E3 BOTTLE (16 OZ) ♥	35
TURMERIC OR GINGER BOTTLE (8 OZ) ●●	18
IMMUNITY MIX (8 OZ) ♥ ginger, turmeric, lemon	20
GROWLER THAT! (64 OZ GROWLER PURCHASE \$5)	
CLARITY LEMONADE	15
GREEN TEA	10
CANARY DIAMOND (AVAILABLE FRIDAYS) pineapple, lemon, basil, green tea	18
GOLDEN GLOW OR IMMUNI-TEA	18
CASHEW MILK	20
GREEN JUICE	27
HOT AND COLD	
HOT TEA OR JAPANESE MATCHA	3
IMMUNI-TEA ♥ ginger, turmeric, lemon, raw local honey COMBINE WITH JAPANESE MATCHA (\$3)	5 8
ICED GREEN IMMUNI-TEA ♥	5
JAPANESE MATCHA LATTE ●● matcha, cashew milk, cinnamon (ADD RAW HONEY OPTION)	4
TURMERIC LATTE ●●● turmeric, ginger, cashew milk, garam masala	4
HOT CHOCOLATE ● cashew milk, cacao, cinnamon, maple syrup (ADD MACA OPTION)	4
ILLY FRENCH PRESS COFFEE (WITH CASHEW MILK) ●	3
FOREVER YOUNG ICED GREEN TEA ●	3
ORANGE OR APPLE JUICE (10 OZ/16 OZ) ● fresh-squeezed goodness	4/6
CLEAN, CRYSTAL CLEAR RO FILTERED WATER	NC