

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

4.5/7

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
- ADD MANNA (\$1)

6.5
7
7
4

EXTRAS

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

4.5
5
14

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, PLANT-BASED**
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:   



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 16 OZ COLD PRESSED BOTTLE)

MADE TO ORDER & COLD PRESSED BOTTLE

- 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)
- Make it greener (add greens \$1)

JUST ASK!

COLD PRESSED BOTTLES

- 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**

SEE **BOOSTS** FOR EXTRA JUICE POWER!

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



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

SMOOTHIES

REGULAR 16 OZ / LARGE 24 OZ

- EMERALD CITY** ♥ celery, spinach, basil, ginger, apple, lemon, cucumber **7/9**
- CAMEO** ♥ spinach, kale, strawberry, coconut manna, coconut water, orange **8/10**
- JADED GINGER SNAP** ●●● spinach, ginger, cashew milk, banana, maple syrup, vanilla **7/9**
- SUPER SAPPHIRE** ●●● blueberry, raspberry, pomegranate, hemp milk, chia seed **7/9**
- TAHITIAN PEARL** ●●● banana, almond butter, cashew milk, coconut manna, date, maca, bee pollen, cacao **8/10**
- CROWN JEWEL** ♥ banana, cashew milk, coconut manna, spinach, blueberry, date, cacao, cinnamon, maca **8/10**
- SPARKLE BERRY** ●●● blueberry, strawberry, banana, mango, pomegranate juice, hemp milk **8/10**
- BLUE DIAMOND** ●●● banana, hemp milk, date, Blue Majik, coconut mana, almond extract, maca **8/10**
- CITRINE** ●●● orange, mango, banana, apple **6/8**
- CHOCOLATE DIAMOND** ●●● banana, cashew milk, cacao, cinnamon, dates **6.5/10.5**
- WHITE DIAMOND** ●●● cashew milk, coconut manna, banana, vanilla, maca, dates **8/10**
- PCD** ●●● hemp milk, strawberry, banana, pomegranate juice **7/9**
- FAUX YO PARFAIT (BOWL IN A CUP!)** ●●● hemp, banana, blueberry, strawberry, tart cherry juice, Marge's granola **8/10**

KIDS SMOOTHIES 10 OZ **5**

BOOST YOUR SMOOTHIE OR JUICE!

- PROBIOTICS POWDER, COCONUT MANNA, MACA, CHIA SEED, HEMP SEED, BEE POLLEN, BRAGG® ACV, GINGER BOOST, ALMOND BUTTER **1**
- COLD BREW BOOST **1**
- ADD GREEN (SPINACH/KALE) OR BERRIES **1**
- TURMERIC BOOST, E3 BOOST OR BLUE MAGIC **2**
- EPIC PROTEIN (CHOCOLATE, VANILLA OR ORIGINAL) **2**
- JAPANESE MATCHA BOOST **3**

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

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**
- ALLERGY SHOT** ♥ elderberry, lemon, tart cherry, ACV **4**

BOTTLES

- E3 BOTTLE** (16 OZ) ♥ **35**
- TURMERIC OR GINGER BOTTLE** (8 OZ) ●●● **18**
- IMMUNITY MIX** (8 OZ) ♥ ginger, turmeric, lemon **20**
- GROWLER THAT!*** (SPECIAL ORDER) **27**
- GREEN JUICE** (SELECT) **18**
- GOLDEN GLOW OR IMMUNI-TEA** **15**
- CLARITY LEMONADE** **18**
- CANARY DIAMOND** pineapple, lemon, basil, green tea **12**
- GREEN TEA** **20**
- CASHEW MILK** **20**

*(64 OZ GROWLER \$5)

HOT

- HOT TEA** **3**
- HOT IMMUNI-TEA** ♥ ginger, turmeric, lemon, raw local honey **5**
- COMBINE WITH JAPANESE MATCHA (\$3) **8**
- JAPANESE MATCHA LATTE** ●●● matcha, cashew milk, cinnamon **5**
- TURMERIC LATTE** ●●● turmeric, ginger, cashew milk, garam masala **5**
- HOT CHOCOLATE** ●●● cashew milk, cacao, cinnamon, maple syrup **4**
- COFFEE** (FRENCH PRESS WITH CASHEW MILK) ● **3.5**
- ELEVATED COFFEE** ● **6.5**
- COCONUT MANA, COLLAGEN, UNSWEET CASHEW MILK

COLD

- FOREVER YOUNG ICED GREEN TEA** ● **3.5**
- ICED GREEN IMMUNI-TEA** ♥ **5**
- ICED COLD BREW COFFEE** (16 OZ/24 OZ) **3.75/4.5**
- COLD BREW CONCENTRATE** (16 OZ BOTTLE) **8**
- PERFORM SPORTS RECOVERY** (8 OZ BOTTLE) **3.5**
- coconut water, trace minerals, tart cherry, pineapple, raw honey, lemon, sea salt