

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
- HUMMUS SNACK W/SAMI'S CHIPS & VEGGIES
- JALAPEÑO PESTO (8OZ)
- SPICY VEGAN RANCH (8OZ)

BREAKFAST BITES

- BLUEBERRY CHIA PUDDING
- STEEL CUT OATMEAL
served with walnuts, currants, cinnamon, maple syrup
ADD MANNA OR CASHEW MILK (\$1)
- 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 CLEANSE—30 JUICES 200
- 4-DAY CLEANSE—24 JUICES 170
- 3-DAY CLEANSE—18 JUICES 135
- 1-DAY CLEANSE—6 JUICES 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.**

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.

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 7/9
- RADIANT GLOW** ♥ kale, cucumber, beet, lemon, apple, ginger 7/9
- RUBY SLIPPER** ●●● carrot, cucumber, beet, lemon, ginger 7/9
- CELERY** straight up celery 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

COLD PRESSED BOTTLES

- DISCO (SUPER GREEN)** ♥ cucumber, pineapple, collard greens, spinach, E3Live, bok choy, dandelion greens, mint 10
- MOONSTONE** ●●● cashew, maple syrup, cinnamon, celery, spinach, carrot, cucumber, cilantro 9
- CELERY** celery, lemon 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!

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:

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



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ORGANIC 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
SPARKLE BERRY ●● blueberry, strawberry, banana, mango, pomegranate juice, hemp milk	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
CHOCOLATE DIAMOND ● banana, cashew milk, cacao, cinnamon, dates	6.5/8.5
BLUE DIAMOND ●●● banana, hemp milk, date, Blue Majik, coconut manna, almond extract, maca	8/10
WHITE DIAMOND ● cashew milk, coconut manna, banana, vanilla, maca, dates	8/10
CITRINE ●● orange, mango, banana, apple	6/8
MAUI GEM ● pineapple, banana, orange, coconut butter, coconut water, lemon, chia seed	7.5/9.5
PCD ●● hemp milk, strawberry, banana, pomegranate juice	7/9

BOTTLED SMOOTHIES IN CASE **10**

KIDS SMOOTHIES CHOICE OF ANY 10 OZ **5**

FAUX YO PARFAIT (BOWL IN A CUP!) hemp, banana, blueberry, strawberry, tart cherry juice, Marge's granola **8/10**

ADD A BOOST!

PROBIOTICS POWDER, COCONUT BUTTER, MACA, CHIA SEED, HEMP SEED,	1
BRAGG® ACV, GINGER, ALMOND BUTTER, COLD BREW BOOST	1
GREENS (SPINACH/KALE) OR BERRIES	1
TURMERIC, GINGER, E3, OR BLUE MAJIK	2
EPIC PROTEIN (CHOCOLATE, VANILLA OR ORIGINAL)	2
JAPANESE MATCHA, SPIRULINA	3

ORGANIC SPECIAL GEMS

BRIGHT LIKE A DIAMOND SHOT ●● cayenne, lemon, ginger, spirulina **4**

IMMUNITY SHOT ♥ ginger, turmeric, lemon, adaptogenic drops **4**

TURMERIC OR GINGER SHOT ●● **4**

E3 LIVE SHOT ♥ **4**

PERFORM SHOT ●●● beet, lemon **4**

ALLERGY SHOT ♥ elderberry, lemon, tart cherry, ACV, raw honey† **4**

BULK

E3 BOTTLE (16 OZ) ♥ **35**

TURMERIC OR GINGER (8 OZ) ●● **18**

IMMUNITY MIX (8 OZ) ♥ ginger, turmeric, lemon **20**

GROWLER THAT! (SPECIAL ORDER - 64 OZ GROWLER PURCHASE \$6)

GEM JUICE (SELECT) **30-38**

GET WELL GOLDEN GLOW **24**

FOREVER YOUNG GREEN TEA **16**

CASHEW MILK (SWEET/UNSWEET) **26**

HOT

HOT TEA **3**

HOT IMMUNI-TEA ♥ ginger, turmeric, lemon, raw local honey **5**
ADD JAPANESE MATCHA (\$3)

JAPANESE MATCHA LATTE ●●● matcha, cashew milk, cinnamon **5**

TURMERIC LATTE ●●● turmeric, ginger, cashew milk, garam masala **5**

COFFEE (FRENCH PRESS WITH FROTHED UNSWEET CASHEW MILK) ● **3.5**

ELEVATED COFFEE ● coconut manna, collagen, unsweet cashew milk **6.5**

COLD

FOREVER YOUNG ICED GREEN TEA ● **3.5**

ICED MATCH OR TURMERIC LATTE **5**

ICED GREEN IMMUNI-TEA* ♥ green tea, ginger, turmeric, lemon **5**

ICED COLD BREW COFFEE (16 OZ/24 OZ) **3.75/4.5**

PERFORM SPORTS RECOVERY (8 OZ BOTTLE) **3.5**
coconut water, trace minerals, tart cherry, pineapple, raw honey†, lemon, sea salt

*see hot drinks for info

†allergy risk