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JUICES

Name	Calories	Fat (g)	Potassium (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Xtreme Green	163	1	1110	365	33	1.5	10	5.5
Simply Green	172	0	967	60	39	2	22	4
Sweet Beet	315	0.5	1099	92	73	7	56	5
Strawberry Lemonade	142	1.1	628	5	72	1.5	30.7	3
Shandy	163	0.78	589	5	37	1.4	35.8	2.2
Antioxidant Blast	286	1.6	611	5.2	64	3.5	44.5	4
Carrot Plus	195	0.5	792	86	46	6.5	28	1.5
Mint Green	217	1	710	15.5	49	1.5	30	3
Bloody Mary	81	0.5	844	302	15.5	3	8.5	3.5
Workout	230	1.6	718	129	54.2	3.9	33	13
Joint Juice	141	0.72	666	34	40.3	0.8	27.3	2.6
Hydration	184	0	718	52	49	3.5	30.5	0.5
Radiance	203	5.4	777	13	49	1.1	33	3.2
Immunity	296	1.6	611	5.2	66	4	44	4.5
Health	232	0.3	912	44	58	6	24	3.8
Metabolism	180	1.2	803.5	51	66	2	35	5.5
V6	140	1.02	1119	173	44.4	1.6	26.9	4.4
Wheat Grass, 1 oz	7	0		5	1	0	0	0

SMOOTHIES

Name	Calories	Fat (g)	Potassium (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chocolate Banana Protein	354	9	973	253	49	15	22	17
Mangolicious	357	8	817	219	66	8	53	6
Muscle Up	353	5	858	289	54	11	23	25
Strawberry Banana	272	0	643	23	68	6	47	2
Banilla	238	4	875	215	50	8	28	3
Grasshopper	282	8	1408	128	55	8	38	3
Cinnaberry Twist	383	6	1437	115	71	16	47	11
Tropical	275	12	1268	113	45	6	29	2
Peanut Butter Cup	487	20	1125	326	73	8	48	11
Fruit Berry Blast	260	2	783	4	62	9	49	4
Super Berry Crunch	356	13	511	237	61	10	40	6
Banana Nut (Peanut butter/Almond Butter)	515/505	23/24	869/869	271/216	68/68	10//12	42/42	13/11
Acai Bowl	389	8	761	113	78	11	44	5
Nut Milk	93	4.1	451	320	15.1	4.6	9.6	2
Wake Up	448	20	1010	219	63	12	31	11

BAKED GOODS

Name	Calories	Fat (g)	Potassium (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
GF Brownie	276	12	81	132	34	3	26	1.6
Raw Energy Bar	264	14.3	133	85	32.1	6.2	15.8	6.5
GF Carrot Pulp Muffins	394	15.7	1084	1494	59.2	4.9	21.8	6
Banana Bread Slice	338	16	216	441	45	2	27	5
Banana Bread Muffin	382	17	66	133	57	2	33	5

MISCL.

Name	Calories	Fat (g)	Potassium (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Hummus	118	4.1	236	34	15.9	4.6	2.8	5.4
Veggie Chili 10 oz.	158	2.3	560	306	27	6.4	3	8.3
Veggie Chili 16 oz.	253	3.7	896	491	43.4	10.2	5.1	13.2
Zucchini soup 16 oz.	92	4.2	808	926	12.3	3.7	6	4.2
Broccoli Balls (hot item; 2 balls/serving)	157	11	250	208	5	2	1	10
Yogurt 1 oz.	20	0	0	13	2	1	1	3

DRESSINGS

Name	Calories	Fat (g)	Potassium (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
House Dressing	237	21	19	247	9	0	8	0
Shallot Vinagrette	220	21	18	36	8	0	8	0
Creamy Avocado	170	18	76	271	3	1	2	0
Tahini Dressing	212	22	86	825	3	1	0	3
Fat Free Honey Dijon Dressing	115	0	25	314	28	0	28	1
Caesar Dressing	217	22	62	181	2	1	0	6

QUINOA (Small=6 ounce, Large=14 ounce)

Name	Calories	Fat (g)	Potassium (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Greek Quinoa (6 oz.)	368	15.2	474	255	46.5	5.2	1.1	12
Cranberry Pistachio Quinoa (6 oz.)	372	14.5	464	59	48.6	5.7	3.2	12.9
Sweet Lime Quinoa (6 oz. serving)	325	10.6	504	113	47.7	5.9	1.9	10.3

SALADS (no dressing)

Name	Calories	Fat (g)	Potassium (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Greek Salad (w/o dressing)	157	8	941	458	19	6	11	6
Green Salad (w/o dressing)	98	1	1288	74	21	7	12	5
Salmon Goat Cheese Salad (w/o dressing)	307	20	823	373	11	6	3	23
Spinach Salad (w/o Dressing)	254	19	637	208	6	3	1	17
Cobb Salad (w/o dressing)	280	17	472	337	6	3	2	37
Kale Tahini Salad (w/o dressing)	53	12	1582	122	34	7	2	12
Raw Veggie Lasagna	345	35.2	471	148	8.4	2.2	3.3	2.9
Roasted Vegetables (5 oz. serving)	284	20.8	864	96	23	6.2	10.3	3.9

SANDWICHES / WRAPS

Name	Calories	Fat (g)	Potassium (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Turkey and Havarti Sandwich	439	10.6	120	1397	64	7.9	1	27.8
Smoked Salmon Sandwich	504	17.1	515	2238	65.3	11	1.8	27.6
Chicken Sandwich	528	10.5	446	756	60.3	8.1	1.2	52.2
Turkey and Havarti Wrap	513	18.7	120	1011	55.3	55.3	2	29
Smoked Salmon Wrap	559	24.6	515	1968	59.8	9.5	2.8	27.6
Chicken Wrap	583	18	446	486	54.8	6.6	2.2	52.2
Cobb Wrap	671	33.5	568	703	59.8	8.9	4	36.1