THE FOOD

SANDWICHES

OUT 5.2
IN 5.8

JOE'S CLUB
Chicken, Avocado, Tomato, Pesto
430 kcal

AVOCADO
Avocado, Mozzarella, Tomato, Pesto
485 kcal

TUNACADO
Tuna mousse, Avocado, Tomato, Pesto
460 kcal

TURKEY
Turkey, Mozzarella, Tomato, Pesto
420 kcal

SPICY TUNA
Tuna mousse, Jalapeños, Tabasco, Tomato, Pesto
415 kcal

SERRANO
Serrano ham, Avocado, Mozzarella, Tomato, Pesto
490 kcal

BOWLS

OUT 4.1
IN 4.6

VEGAN YOGURT
Coconut yogurt, Banana, Granola
340 kcal

ACAI BOWL
Açai, Raspberry, Banana, Avocado, Almond drink, Granola
370 kcal

EXTRA TOPPING / GLUTEN FREE BREAD + 0.7
5 — 85 kcal / 255 kcal

THE SIGNATURES

OUT IN
Large (16 oz) 6.8 7.1

HERB TONIC
Turmeric, Ginger, Pineapple, Red bell pepper, Black pepper, Apple
255 kcal

GREEN SHIELD
Kale, Broccoli, Cucumber, Spinach, Apple
180 kcal

JOE'S GREEN MILE
Broccoli, Spinach, Avocado, Lemon, Apple
240 kcal

JOE'S IDENTITY
Kale, Broccoli, Spinach, Lemon, Cucumber
85 kcal

THE SHAKES

OUT IN
Small (12 oz) / Large (16 oz) 4.8 / 5.8 5 / 6

POWER SHAKE
Strawberry, Banana, Vanilla milk
290 / 400 kcal

AVO SHAKE
Avocado, Banana, Vanilla milk
365 / 500 kcal

ENERGY SHAKE
Raspberry, Banana, Vanilla milk
305 / 425 kcal

COFFEE SHAKE
Espresso*, Vanilla milk
200 / 250 kcal

CHOCO SHAKE
Raw cacao, Banana, Avocado, Plant based chocolate drink, Vanilla milk
285 / 390 kcal

RE-BUILD SHAKE
Protein, Avocado, Banana, Plant based chocolate drink
190 / 345 kcal

THE SHOTS

OUT IN
(2 oz) 2.2 2.3

GINGER SHOT
Ginger, Apple
25 kcal

TURMERIC SHOT
Turmeric, Lemon, Apple, Black pepper
35 kcal

EXTRA INGREDIENT + 0.6
5 — 85 kcal

THE JUICES

OUT IN
Small (12 oz) / Large (16 oz) 4.8 / 5.8 5 / 6

ALL JUICES ARE 100% VEGAN | VEGGIE | ENERGIZE | BERRY

GO AWAY DOC
Carrot, Ginger, Apple
175 / 235 kcal

GREEN HAVEN
Spinach, Pineapple, Apple
170 / 230 kcal

FIBRE ACTIVE
Avocado, Lemon, Apple
205 / 355 kcal

YOUNG BLOOD
Celery, Lemon, Apple
175 / 225 kcal

SEX ME UP
Passionfruit, Ginger, Apple
195 / 250 kcal

SPORTS JUICE
Passionfruit, Pineapple, Apple
160 / 215 kcal

ENERGIZER
Red grapefruit, Ginger, Apple
170 / 235 kcal

JOE'S AMG
Mint, Ginger, Apple
180 / 235 kcal

PICK ME UP
Raspberry, Banana, Apple
180 / 280 kcal

IRON MAN
Kiwi, Strawberry, Apple
165 / 225 kcal

HELL OF A NERVE
Strawberry, Banana, Elderflower
190 / 235 kcal

STRESS DOWN
Strawberry, Ginger, Apple
160 / 210 kcal

***ORGANIC**
Allergen information available upon request. 2000 calories a day is used for general nutrition advice, but calorie needs vary.

THE COFFEE

SIZES:	4 OZ	8 OZ	12 OZ	16 OZ
LATTE 45 — 260 kcal	2.4 / 2.5	2.7 / 2.8	3.2 / 3.4	3.6 / 3.8
FLAT WHITE 105 kcal			2.7 / 2.8	
CAPPUCCINO 140 kcal			3.2 / 3.4	
CUP OF JOE 1 kcal			2.4 / 2.5	
ESPRESSO 1 kcal			2 / 2.1	
ICED LATTE 145 / 220 kcal			3.2 / 3.4	3.6 / 3.8
ICED AMERICANO 1 kcal			2.4 / 2.5	2.7 / 2.8

TEA 2.4 / 2.5
WHITE TEMPLE
GREEN MANDARIN
VANILLA ROOIBOS
GREEN RHUBARB
ENGLISH BREAKFAST
1 kcal

VEGAN OPTIONS
Coconut & Cashew drink*, Oat drink, Almond drink