

# why juice pod

We are an independently owned and operated family business.

**Two sisters with one mission;** to handcraft raw juices, superfood smoothies and the highest quality, locally sourced and organic food options to give you optimal nutrition.

We aim to serve and nourish our community so you can power through your days feeling your very best!

**DRINK JUICE  
EAT CLEAN  
FEEL AMAZING**

## ALLERGEN INFORMATION

Many of our products contain or may come into contact with common allergens, including peanuts, tree nuts, wheat, milk, and eggs.

Before placing your order please inform us if you have a food allergy.

## power up

**Add Any Power Up Boosters To Any Bowl or Smoothie \$1.00 Each**

Chia seeds, bee pollen, spirulina, raw cacao, cacao nibs, goji berries, organic peanut butter, organic almond butter, coconut shavings, flaxseed, almonds, kale, spinach, extra fruit or granola, avocado, maca, tocos, coconut butter, superfood powder, hemp hearts, oats, pumpkin seeds, sunflower seeds, blue majik, vital collagen protein, vegan protein, epic sprouted protein, whey protein, Om Mushroom Blend

## smoothies 16 oz. 20 oz. 1.00 extra

*Choice of house made almond milk, coconut milk, house made cashew milk, oatmeal milk, coconut water, unsweetened chocolate almond milk. Also add any power booster to any smoothie for additional charge.*

### GREEN SMOOTHIES

**AVALON GREEN 7.50**  
Spinach, kale, banana, almond milk  
\*\*\*Low carb option sub avocado instead of banana 1.50\*\*\*

**KALEBERRY 7.50**  
Kale, blueberry, banana, almond milk

**MANGO MADNESS 7.50**  
Mango, spinach, banana, almond milk

**KALEWHICH 7.50**  
Kale, banana, cacao nibs, almond milk

**GREEN GLO 8.00**  
Kale, spinach, mint, banana, mango celery, apple, coconut water

**EPIC GREEN 8.50**  
Vanilla almond milk, spinach, banana, almond butter, dates, Epic vanilla protein

### FRUIT SMOOTHIES

**BRYN BERRY 7.50**  
Strawberry, banana, almond milk

**BERRY BANANA BURST 7.50**  
Blueberry, strawberry, raspberry, banana, almond milk

**SUNSET 7.50**  
Oranges, banana, pineapple, strawberry, almond milk

**PINA COLADA 7.50**  
Pineapple, banana, coconut flakes, coconut milk

**CREAMSICLE 7.50**  
Orange, banana, vanilla extract, almond milk

**RUNNERS BOOST 7.50**  
Oranges, pineapple, banana, chia seeds, almond milk

**GOOD VIBES 8.00**  
Acai, banana, strawberry, apple juice

**PITAYA 8.00**  
Pitaya, pineapple, mango, banana, coconut milk

### NUT BUTTER SMOOTHIES

**NUTTER BUTTER 8.00**  
Acai, banana, blueberries, peanut butter

**PB CLASSIC 7.50**  
Peanut butter, banana, almond milk

**SKINNY CHOCOLATE 7.50**  
PB2 powder, banana, chocolate almond milk

**REESE'S 7.50**  
Cacao powder, banana, peanut butter, almond milk

**CHOCOLATE CHUNK 8.00**  
Cacao powder, cacao nibs, almond butter, banana, chocolate almond milk

**SUMMER GLOW 8.00**  
Orange, banana, chia seeds, almond butter, spinach, almond milk

### SUPERFOOD SMOOTHIES

**BLUE BLISS 8.50**  
Vanilla almond milk, blue majik, cashews, dates, sea salt, vanilla extract

**ROCKSTAR 8.50**  
Vanilla almond milk, banana, dates, coconut base, blue majik, vanilla protein  
Add almond butter 1.00

**BERRY MACA 8.50**  
Strawberry, coconut butter, cashews, dates, maca, vanilla, sea salt

**ALMOND JOY 8.50**  
Almond milk, coconut base, chocolate protein, cacao nibs, almond butter

**MATCHA 8.50**  
Matcha green tea, banana, almond milk, dates

## cold-press juices 16 oz.

**AVALON GREEN Cup-7.50 ~ BTL- 8.25**  
Kale, red apple, cucumber, lemon

**BEACH BEET Cup-7.50 ~ BTL- 8.25**  
Beet, celery, apple, cucumber, lemon, ginger

**BODY DETOX Cup-7.50 ~ BTL- 8.25**  
Strawberry, pineapple, celery, cilantro, lemon

**CARROT-ADE Cup-7.50 ~ BTL- 8.25**  
Carrot, apple, lemon

**CELERY JUICE Cup-7.50 ~ BTL- 8.25**  
Celery

**GREEN APPLE Cup-7.50 ~ BTL- 8.25**  
Apple, cucumber, lime

**GREEN ENVY Cup-7.50 ~ BTL- 8.25**  
Kale, spinach, cucumber, celery, romaine, lemon, ginger

**ORANGE Cup-7.50 ~ BTL- 8.25**  
Fresh squeezed oranges

**POD Cup-7.50 ~ BTL- 8.25**  
Kale, cucumber, green apple, lemon

**SUMMER - Cup-7.50 ~ BTL- 8.25**  
Carrot, pineapple, lemon, ginger

## coffee + tea 16 oz.

**COFFEE 3.00**

**ICED COFFEE 4.00**  
Caramel or vanilla

**LA COLUMBE HOT COFFEE 12 OZ. - 3.50**  
Add caramel or vanilla. - 1.00

**LA COLUMBE COLD BREW 12 OZ. - 4.00**  
Add caramel or vanilla. - 1.00

**LEMONADE TEA 4.00**

**UNSWEETENED ICE TEA 3.50**

**FRESH SQUEEZED LEMONADE 3.50**

**DETOX WATER 3.50**

*Proudly Serving La Columbe Coffee*

## wellness shots 2 oz.

**GINGER SHOT 3.50**  
Ginger, lemon, apple, cayenne

**FLU FIGHTER 3.50**  
Orange, lemon, ginger, cayenne, echinacea

**GOLD-DIGGER 3.50**  
Ginger, lemon, turmeric, cayenne



## FRAZER

446 Lancaster Ave, Malvern

**484-320-8928**



**ORDER ONLINE AT**

[thejuicepod.com](http://thejuicepod.com)

**WOMEN OWNED**

Ambler • Bryn Mawr • Downingtown • Frazer • Lionville  
Milmont Park • Newtown Square • Sea Isle City • Springfield

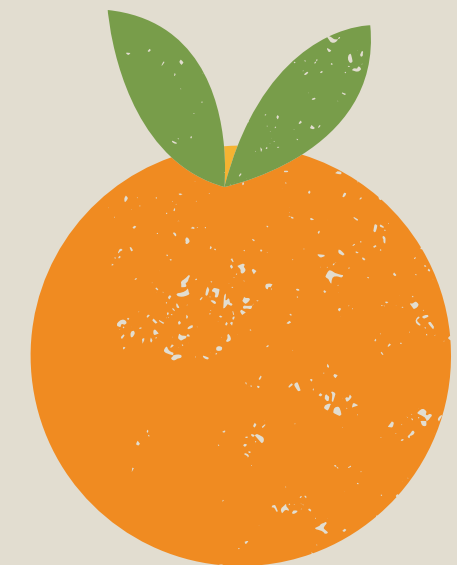


juices

smoothies

acai bowls

salads + wraps



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**446 Lancaster Ave, Malvern**

# paninis

Choice of whole grain bread, gluten free or sourdough

**MARGHERITA 6.95**  
Tomatoes, fresh basil, mozzarella cheese  
Add pesto or balsamic glaze drizzle

**BUFFALO CHICKEN 7.95**  
Organic grilled chicken, celery, mozzarella cheese, buffalo ranch, hot sauce

**GREEN GODDESS 8.95**  
Spinach, kale, pesto, mozzarella, avocado

**BBQ CHICKEN 7.95**  
Organic grilled chicken, mozzarella cheese, BBQ sauce drizzle

**VEGGIE 6.95**  
Spinach, roasted pepper, sun-dried tomatoes, mozzarella cheese

**TURKEY SPECIAL 8.50**  
Oven roasted turkey, tomato, avocado, dijon mustard

# salads + wraps

Whole wheat or gluten free wraps

Create Your Own

Add grilled chicken, roasted turkey, tofu, quinoa avocado, hummus, falafel to any salad or wrap for an additional charge

**AVO-CRANBERRY**  
Organic grilled chicken, cranberry, spinach, avocado, candied walnuts, feta cheese, cranberry vinaigrette dressing  
Salad 11.50 | Wrap 8.95

**BABY KALE CAESAR**  
Organic grilled chicken, kale, parmesan crisps, shaved parmesan cheese, caesar dressing  
Salad 10.50 | Wrap 8.95

**ASIAN CHICKEN**  
Organic grilled chicken, mixed greens, snap peas, carrots, red cabbage, edamame, crispy wonton, sesame ginger dressing  
Salad 11.50 | Wrap 8.95

**GREEK**  
Romaine, red onions, onions, cucumber, tomato, pita crisps, greek dressing, feta cheese and kalamata olives  
Salad 10.50 | Wrap 8.95  
Add Chicken -2.00 - Add Avocado -1.50

**BUFFALO CHICKEN**  
Organic grilled chicken, celery, tomatoes, blue cheese, buffalo ranch dressing  
Salad 10.50 | Wrap 8.95  
Option- Mozzarella Cheese

**VEGGIE WRAP**  
Spinach, cucumber, carrot, red pepper, hummus 8.95

**GREEN GODDESS**  
Organic grilled chicken, spring mix, edamame, carrots, broccoli, cucumber, avocado, wasabi peas, green goddess or balsamic dressing  
Salad 11.50 | Wrap 8.95

**THE ELITE**  
Organic grilled chicken, arugula, shaved parmesan cheese, olive oil, sea salt  
Salad 9.50 | Wrap 8.95

**THE HIPSTER**  
Romaine, grilled chicken, hardboiled egg, turkey bacon, tomato, blue cheese, avocado  
Choice of avocado ranch or balsamic dressing  
Salad 10.50 | Wrap 9.50

**BUFFALO CAULIFLOWER WRAP**  
Buffalo cauliflower, celery, tomato, romaine, buffalo ranch dressing 8.95

**CRISPY BUFFALO CHICKEN WRAP**  
Crispy chicken tenders, romaine, mozzarella cheese, celery, tomatoes 8.95

All salads & wraps can be made vegan without cheese or chicken upon request.

# toast

**AVOCADO 8.00**  
Whole grain bread with special avocado blend topped with microgreens  
Add goat cheese, hard boiled egg or Tomato 1.00 each  
Add cage free brown eggs, fried or poached 2.00 each

**VEGGIE HUMMUS 7.00**  
Hummus topped with spinach, carrots, cucumber, roasted red pepper

**GREEK HUMMUS 7.00**  
Hummus, cucumber, feta, red onion, kalamata olives, chopped tomato

**ORGANIC PEANUT OR ALMOND BUTTER BANANA 6.50**  
Topped with banana, cinnamon, honey

**CAPRESE 8.00**  
Multi-grain bread with heirloom tomatoes, burrata cheese, arugula, basil drizzled with olive oil, sea salt  
Add avocado 1.50

**AVOCADO EVERYTHING 7.00**  
Hummus, avocado, everything seasoning

**SUPERFOOD 7.00**  
Choice of sunflower nut butter, almond butter or peanut butter topped with apple slices, raw pumpkin seeds, raw sunflower seeds, toasted coconut, cacao nibs, chia, hemp seeds

# acai bowls

Customize your own bowl

**ORIGINAL ACAI 10.00**  
Topped with granola, banana, strawberry, blueberry, coconut, honey

**SEVEN MILE ISLAND 10.00**  
Topped with granola, mango, pineapple, strawberry, coconut, honey

**PEANUTTY 10.00**  
Acai blended with peanut butter, almond milk, topped with granola, banana, honey

**PRINCETON 10.00**  
Topped with granola, kiwi, strawberry, mango, honey, coconut flakes

**SUPERFOOD 12.00**  
Topped with almonds, cacao nibs, bee pollen, coconut flakes, goji berries, hemp seeds, strawberries. Choice of almond butter, peanut butter or nutella

**FRAZER 11.00**  
Topped with granola, banana, strawberry, blueberry, nutella

**NUTTER BUTTER 12.00**  
Topped with granola, blueberries, bananas, peanut butter, nutella

**ALL STAR 11.00**  
Acai blended with vanilla or chocolate protein topped with granola, banana, organic peanut butter drizzle

Gluten Free Granola upon request. - 1.00

# green bowls

**POD 10.00**  
Topped with granola, strawberry, blueberry, coconut, honey

**KALE YEAH 10.00**  
Topped with granola, kiwi, strawberry, coconut flakes, honey

**GREENTASTIC 10.00**  
Topped with granola, kiwi, pineapple, coconut, honey

All Green Bowls Blended with Kale & Spinach, Banana, Pineapple & Coconut Milk.

# green + grain bowls cauliflower rice 2.00

Choice of brown rice, quinoa, cauliflower rice, forbidden black rice

**MEDITERRANEAN 10.50 (VGF)**  
Cucumber, feta cheese, red onions, kalamata olives, roasted red peppers, greek or tahini dressing  
Add grilled chicken 2.00 (GF)  
Add hummus 1.50

**FIESTA 11.00 (GF)**  
Organic grilled chicken, black beans, shredded cheddar cheese, tomatoes, corn, avocado, chipotle ranch dressing

**LEAN & GREEN 10.50**  
Spinach, edamame, chickpeas, broccoli, cucumber, avocado, red wine vinegar or green goddess dressing  
Add grilled chicken 2.00 (GF)  
Add hummus 1.50

**AHI TUNA POKE BOWL 12.50**  
Topped with mixed greens, cucumber, shredded carrots, edamame, avocado, crispy onions, sesame ginger dressing

# sweet potato fries

Sweet Potato Fries 3.00

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have a certain medical condition.

# chia pudding bowls

**CHIA CHOCO 8.00**  
Strawberry, cacao nibs, coconut flakes, granola, nutella, chia seeds, coconut milk, agave, vanilla extract

**CHIA NUT 8.00**  
Banana, strawberry, cacao nibs, almond butter, almonds, chia seeds, coconut milk, agave, vanilla extract

Gluten Free Granola upon request. - 1.00

# special bowls

**BLUE MAJIK 10.00**  
Blue majik spirulina blended with banana, topped with granola, blueberry, strawberry, coconut

**COCO TROPIC 10.00**  
Coconut base topped with granola, pineapple, mango, kiwi, coconut, honey

**HALF & HALF 10.00**  
Blue majik, pitaya topped with granola, banana, blueberry, strawberry, coconut

**BANANA SPLIT 10.00**  
Whipped banana topped with granola, strawberry, blueberry, coconut, nutella

**OCEAN DRIVE 10.00**  
Blue majik, banana, pineapple, almond milk, topped with granola, pineapple, kiwi, coconut flakes, honey

**COCOLOCO 11.00**  
Coconut base topped with granola, banana, strawberry, nutella

# pitaya bowls

**DRAGONFRUIT 10.00**  
Topped with granola, banana, blueberry, strawberry

**BEACHY 10.00**  
Topped with granola, pineapple, mango, kiwi, coconut flakes, honey

**PINK PANTHER 11.00**  
Pitaya blend with vegan vanilla or vanilla whey protein, almond milk, topped with granola, strawberry, blueberry, coconut, honey

**PINKBERRY 11.00**  
Topped with granola, strawberry, blueberries, peanut butter

**MIGHT MAC 11.00**  
Topped with granola, strawberry, banana, pineapple, peanut butter

**LANCASTER 10.00**  
Topped with granola, banana, strawberry, mango

# oatmeal bowls

**BERRY OATS 8.00**  
Organic steel cut oats topped with strawberries, blueberries. Add organic peanut butter, almond butter or nutella

Create Your Own  
**CLASSIC 8.00**  
Organic steel cut oats with maple brown sugar, cinnamon, honey

# bagels

**WHOLE WHEAT EVERYTHING 6.50**  
Avocado, goat cheese, tomato  
Add hard boiled egg 1.00 each

**PLAIN OR WHOLE WHEAT**  
Toasted with butter 2.50  
Toasted with cream cheese 3.50  
Toasted with nutella, strawberries 5.50

# soup of day 16 oz.

Ask about our soup of the day 6.00

# superfood base facts

## ACAI- (AH-SIGH- EE)

Loaded with Antioxidants. Packed with Nutrients, Purple Berry Fruit Native to the Rainforest of South America harvested from Acai Palm trees, Super Nutrient Dense, Anti- Inflammatory.

## PITAYA

Immunity Booster, High levels of Vitamin C, Anti-Aging, High Fiber, High in Nutrients.

## BLUE MAJIK

High in Protein, Vitamins and Antioxidants. Boost your Immune system, Fights Inflammation. Provides Steady Energy, Improves Recovery Boost Weight Loss.

## KALE

Very high in Nutrients, and Very Low in Calories Making it one of the Densest Foods on the Planet.

## SPINACH

Regulates Blood Sugar, Boost Bone Health, Iron, and has More Potassium than a Banana.

## CHIA

Highest concentration source of Omega 3 fatty acids loaded with nutrients, few calories, high in fiber, low carb, high protein so tiny but so mighty!

## BANANA

High in Potassium, Powerful Antioxidants, Increases energy.



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