

## Breakfast

<b>ORGANIC OATMEAL</b>	5.50
<i>served with any or all of the following: banana, green apple, raisins, walnuts, brown sugar, cinnamon &amp; honey (choose: whole, skim, soy or rice milk) add protein 1.50 / add ground flax 75¢</i>	
<b>ORGANIC GRANOLA</b>	5.50
<i>french vanilla almond or country blueberry, served with apples, bananas &amp; organic low-fat plain yogurt or choice of milk: whole, skim, soy, rice add protein 1.50 / add ground flax 75¢</i>	
<b>MUFFINS</b> ( <i>wheat-free, vegan or low-fat available</i> )	2.75
<i>strawberry peach, pear granola, banana blueberry, mixed berry, blueberry crumb, double berry non-fat yogurt</i>	
<b>COOKIES &amp; ENERGY BARS</b>	prices vary
<i>ask about our daily assortment of the city's most delicious baked goods ~ cookies, energy bars, brownies and more. (gluten-free, wheat-free, vegan and/or low/non-fat available)</i>	
<b>BAGELS</b> ( <i>hand-rolled</i> )	1.25
<i>add extra toppings for additional cost (prices vary)</i>	

## Sandwiches & Wraps

<b>PB&amp;J</b> ( <i>simply amazing</i> )	4.60
<i>organic 3-nut butter (almond, cashew &amp; peanut), local green market fruit spread of the day, sliced bananas on multi grain (spelt) bread</i>	
<b>AVOCADO WRAP</b>	5.95
<i>fresh field greens, avocado, cucumber, plum tomatoes, sprouts, julienne carrots, herb cream cheese in a spinach wrap</i>	
<b>TOFU WRAP</b>	5.95
<i>tofu, julienne carrots, fresh romaine lettuce &amp; hoisin sauce in a whole wheat wrap</i>	
<b>PORTOBELLO MUSHROOM</b> ( <i>hot/cold</i> )	6.95
<i>portobello mushrooms, goat cheese, red peppers, arugula &amp; roasted garlic on ciabatta bread</i>	
<b>MOZZARELLA &amp; SUN-DRIED TOMATO</b>	6.95
<i>fresh mozzarella, sun-dried tomatoes, plum tomatoes, pesto sauce &amp; fresh basil on a whole wheat baguette</i>	
<b>ZESTY TUNA</b>	6.95
<i>tuna infused with lemon zest &amp; lemon juice, soy mayo, capers, tomato &amp; fresh lettuce on hearty 7-grain bread</i>	
<b>VEGGIE BURGER</b>	6.95
<i>avocado, plum tomatoes, romaine lettuce &amp; organic ketchup on toasted organic whole wheat bun</i>	
<b>JUMBO TOFU DOG</b>	4.45
<i>boiled &amp; served on toasted organic whole wheat bun topped with your choice of organic sauerkraut, relish, grain mustard, organic ketchup</i>	

## Fresh pressed

Juice extracted from this method is the most nutritionally complete juice, containing 3 to 5 times more vitamins, minerals & enzymes than juice extracted any other way. Pressed daily & immediately bottled to ensure a shelf-life up to 3 days when refrigerated.

*In a hurry?  
Call in your order  
and we will have it  
packed & ready to go!  
212-358-0300*

<b>ALL GREENS</b>	8.50
<i>kale, spinach, romaine, parsley, celery &amp; cucumber</i>	
<b>ALL GREENS with apple, lemon &amp; ginger</b>	8.50
<i>kale, spinach, romaine, parsley, celery, cucumber, apple, lemon &amp; ginger</i>	
<b>ALL GREENS with apple</b>	8.50
<i>kale, spinach, romaine, parsley, celery, cucumber &amp; apple</i>	
<b>MR GREEN</b>	8.50
<i>carrot, apple, beet, ginger, Super Green Food &amp; Liver Kidney Lymph Detox</i>	
<b>GREENS with carrot</b>	8.50
<i>romaine, spinach, kale, parsley &amp; carrot</i>	
<b>MIXED VEGGIE</b>	8.50
<i>kale, spinach, parsley, celery, cucumber, carrot &amp; beets</i>	
<b>GRASSHOPPER</b>	8.50
<i>apple, pear, pineapple, wheatgrass &amp; mint</i>	
<b>THE KILLER</b>	6.50
<i>green apple, ginger, lemon &amp; Immunity Now</i>	
<b>THE KILLER XX</b>	6.50
<i>green apple, double serving of ginger, lemon, cayenne &amp; Immunity Now</i>	
<b>IMMUNE ROCKET BOOSTER</b>	7.50
<i>carrot, celery, beet, ginger, flax seed oil &amp; Immunity Now</i>	
<b>SKIN TRIP</b>	7.50
<i>carrot, spinach, cucumber, parsley, aloe vera &amp; Liver Kidney Lymph Detox</i>	
<b>ROYAL FLUSH</b>	8.50
<i>pineapple, pear, ginger, aloe vera &amp; Liver Kidney Lymph Detox</i>	
<b>BEETS ME</b>	7.50
<i>carrot, beet, apple, pear, lemon &amp; ginger</i>	

## Soups

<b>ASK FOR OUR DAILY SOUP SPECIALS</b>	4.25 (12 oz)
Summer or winter, we offer a scrumptious selection of	5.25 (16 oz)
<i>homemade soups for every craving. Many are low-fat or fat-free, dairy-free, gluten-free &amp; vegetarian/vegan.</i>	

*Additions, extras, substitutions or changes will be charged accordingly.  
We use organic whenever possible. Menu items, ingredients and prices  
are subject to change without notice.*

01/07/10



*The Original & The Best  
Cold Pressed Juices  
in New York City*

**(212) 358-0300**

**FREE DELIVERY**  
(minimum \$10)

*Monday-Friday 7am-8pm  
Saturday-Sunday 8am-8pm*

170 Second Avenue @ 11th St

www.liquiteria.com

# Liquid Assets

CERTIFIED ORGANIC  
HERBAL BLENDS

**ENERGY MEMORY** 1.00 each  
fights fatigue & rebuilds essential energy

**FAT BURNER with Hoodia** accelerates fat-burning process, increases energy, decreases sugar cravings

**IMMUNITY NOW** immune system tonic, helps maintain & boosts immunity when deficient

**LIVER KIDNEY LYMPH DETOX** increases rate at which your body removes toxins

**B-COMPLEX** increases energy & essential for healthy nervous system

**CHLOROPHYLL** antioxidant, anticarcinogenic & natural deodorizer

# Supplements

**ALOE VERA** 100% pure digestive healer... 1.00

**BEE POLLEN** promotes vitality & stamina... 1.00

**CAYENNE** organic revitalizes respiratory system... no charge

**VITAMIN C** strengthens immune system... 1.00

**FLAX SEED OIL** organic benefits cardiovascular system... 1.00

**FRESH GINGER** helps relieve nausea & indigestion... 1.00

**LECITHIN** non-GMO helps improve brain & liver function... 1.00

**RAW HONEY** organic contains healthful minerals, vitamins, carbohydrates & enzymes... 1.00

**SPIRULINA** antioxidant rich, boosts energy & supports cellular health... 1.25

**SUPER GREEN FOOD** blend of greens, fiber, enzymes & antioxidants 1.75

**PROTEIN POWDERS** helps to burn fat & build muscle 1.50

**COMPLETE MEAL POWDER** plant based protein contains every nutrient necessary for optimum health 2.00

# Liquid Assets by the bottle

**LIQUID ASSETS** 13.00 (1 oz)

<b>ENERGY MEMORY</b>	<b>FAT BURNER WITH HOODIA</b>
<b>IMMUNITY NOW</b>	<b>B-12</b>
<b>ALLER-CALM</b>	<b>COLD &amp; SINUS BLASTER</b>
<b>DIGEST EASE</b>	<b>LIVER KIDNEY LYMPH DETOX</b>
<b>RELAX</b>	<b>CHLOROPHYLL</b>

**GINGER ZINGER COUGH** 16.00 (4 oz)  
**GREEN TEA** 18.00 (2 oz)

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.

Boost  
the Potency  
of your  
drink

With any  
of these  
Assets or  
Supplements

# Liquid Meals

6.45 | 20 oz

**BERRY POWERFUL** blueberries, strawberries, raspberries, bananas, vanilla soy milk, wild berry whey protein & flax seed oil (vegan protein optional)

**PEACHES-N-DREAM** peaches, strawberries, bananas, apple cider, cinnamon, aloe vera & Energy Memory (add protein 1.50)

**GREEN MONSTER** blueberries, strawberries, bananas, apple cider, Super Green Food Powder, vanilla vegan protein

**SOY TO THE WORLD** bananas, blueberries, mixed melon, vanilla soy milk, lecithin & organic raw honey (add protein 1.50)

**BULLDOZER** bananas, organic peanut butter, vanilla soy milk, & chocolate whey protein

**MUDSLIDE** blueberries, bananas, rice milk, spirulina & vanilla vegan protein

**FULL MEAL POWER** bananas, strawberries, apple cider, & Complete Meal Powder (plant based protein)

**POWER PINA COLADA** bananas, golden pineapple, strawberries, apple cider, shredded coconut, bee pollen & lecithin (add protein 1.50)

**PAPAYA PARADISE** papaya, peaches, bananas, apple cider, vanilla soy milk, shredded coconut & organic raw honey (add protein 1.50)

Power  
Smoothies

# Liquid RX

5.45 | 14 oz  
5.95 | 20 oz

Designed to achieve specific health enhancing effects, these freshly squeezed juices are already blended with one of our Supplements or Assets, but you may add more!

**BRAIN TEASER** carrot, kale, apple, red cabbage, parsley, ginger, lecithin & Energy Memory

**THE KILLER (hot\*/cold)** green apple, double serving of ginger, lemon & Immunity Now (cayenne optional)

**GRASSHOPPER** apple, pear, golden pineapple, wheatgrass & mint

**GINSENG GINGERSNAP** carrot, apple, ginger, bee pollen, Vitamin C & Energy Memory

**MR. GREEN** carrot, apple, beet, ginger, Super Green Food & Liver Kidney Lymph Detox

**IMMUNE ROCKET BOOSTER** carrot, celery, beet, ginger, flax seed oil & Immunity Now

**SKIN TRIP** carrot, spinach, cucumber, parsley, aloe vera & Liver Kidney Lymph Detox

**ROYAL FLUSH** golden pineapple, pear, ginger, aloe vera & Liver Kidney Lymph Detox

**LIQUID LOZENGE** orange, grapefruit, lemon & double serving of ginger

**BEETS ME** carrot, beet, apple, pear, lemon & ginger

Nature's  
Pharmacy

\*hot selection comes in 16 oz only at 5.95

# Fresh-Squeezed

choice of one or up to 3 combo

**APPLE | CARROT | GRAPEFRUIT**  
**ORANGE | PEAR | WATERMELON**

small | large

**PINEAPPLE** 4.50 | 5.50

**WHEATGRASS** 2.25 | 4.00

**MIXED VEGGIE** carrot, beet, celery, cucumber, red cabbage 4.50 | 5.50

**ALL GREENS** cucumber, celery, spinach, kale & parsley 5.50 | 6.50

add a shot to your drink

**GINGER SHOT** 1.75

**THE HOT SHOT** 2.25

lemon, ginger & cayenne

Add 3 oz  
leafy greens  
to your drink  
1.50

# Refreshers

6.45 | 20 oz

**ORANGASM** mango, strawberries, orange juice & Energy Memory

**AFTERNOON D'LITE** golden pineapple, melon, mint, honey, apple juice & pear juice

**REGGAE RHUMBA** mixed berries, golden pineapple, watermelon (seasonal), apple cider, Vitamin C & aloe vera

**TROPICAL KISS** mango, strawberries, peaches, apple cider, Vitamin C & Energy Memory

Hot

**HOT MULLED CIDER** 2.95

**HOT COCOA** organic, fair trade 2.95

**COFFEE** organic, fair trade 1.25 | 2.00  
COFFEE BEANS AVAILABLE BY WEIGHT

**CHAI** 2.95

**ORGANIC TEA** organic, fair trade 2.25

hand-rolled upon your selection  
oolong | orange blossom | blueberry rooibos  
breakfast americana | kyoto rice | sencha  
peach white tea | pearl jasmine | chamomile citrus  
earl grey lavender | mint herbal  
TEA LEAVES AVAILABLE BY WEIGHT

Cold

**ICED COFFEE** 2.25 | 3.25

**ICED CHAI** 3.50

**ICED TEA** 2.50

cool mint tea | blueberry rooibos tea  
orange blossom green tea

**LEMONADE** 3.50

**ALOE WATER** 1.75