

## KIDS ROCK

### SMOOTHIES

**PUNKS** 8oz \$5.75

STRAWBERRIES, BANANA, ALMOND MILK *Cape of Immunity*

**RASCALS** 8oz \$5.75

BANANA, ORANGE, SPINACH *Strong Body*

### JUICES

**GO-GO** 8oz \$5.75

KIWI, APPLE, KALE *Super Brainy*

**BE-BOP** 8oz \$5.75

ORANGE *Boost Immunity*

# Rock'n Juice

**TORRANCE** 424.275.9890

3730 PACIFIC COAST HWY, STE #102 TORRANCE, CA 90505

**SAN PEDRO** 424.772.1533

2470 S WESTERN AVE, SPACE C, SAN PEDRO, CA 90732

### CONTACT US

INFO@ROCKNJUICE.COM

# MENU

ORDER ONLINE:  
[WWW.ROCKNJUICE.COM](http://WWW.ROCKNJUICE.COM)



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## JUICES

**BOOM** 16oz \$7.50 | 24oz \$9.50  
APPLE, PEAR, CUCUMBER, LEMON, MINT *Refreshing Energy*

**HARMONY** 16oz \$7.50 | 24oz \$9.50  
KALE, SPINACH, CELERY, CUCUMBER, APPLE, LEMON,  
GINGER *Pain Reliever*

**REHAB** 16oz \$7.50 | 24oz \$9.50  
KALE, SPINACH, CELERY, CUCUMBER, APPLE, PEAR  
*Muscle Healer*

**LEM ZEP** 16oz \$7.50 | 24oz \$9.50  
GRAPEFRUIT, ORANGE, APPLE, CARROT, LEMON, GINGER,  
*Immune Boost / Fat Burner*

**BEET IT** 16oz \$7.50 | 24oz \$9.50  
BEET, SPINACH, PARSLEY, GREEN APPLE, PEAR, CARROT,  
LEMON, GINGER *Inflammation / Detox*

**GREEN BAND** 16oz \$7.50 | 24oz \$9.50  
PINEAPPLE, GREEN APPLE, KALE, CELERY, LEMON, GINGER  
*Heart Health*

## AÇAÍ OR PITAYA BOWLS

SUBSTITUTE AÇAÍ WITH PITAYA (DRAGON FRUIT) + \$1.50

**STAGE** SM \$7.95 | LRG \$9.95  
BLEND: AÇAÍ, PINEAPPLE, BANANA, KALE, SPINACH, CELERY, COCONUT WATER  
TOPPING: GRANOLA, BANANA, KIWI, CHIA SEEDS, HONEY/AGAVE

**MOSH PIT** SM \$7.95 | LRG \$9.95  
BLEND: AÇAÍ, APPLE, BANANA, CINNAMON, ALMOND MILK  
TOPPING: GRANOLA, BANANA, APPLES, COCONUT SHREDS, HONEY/AGAVE

**FUNK** SM \$7.95 | LRG \$9.95  
BLEND: AÇAÍ, PINEAPPLE, MANGO, BANANA, COCONUT WATER  
TOPPING: GRANOLA, BANANA, PINEAPPLE, COCONUT SHREDS, HONEY/AGAVE

**SYMPHONY** SM \$7.95 | LRG \$9.95  
BLEND: AÇAÍ, BLUEBERRIES, RASPBERRIES, PINEAPPLE, BANANA,  
LEMON, GINGER, COCONUT WATER  
TOPPING: GRANOLA, BANANA, STRAWBERRIES, BLUEBERRIES, HONEY/AGAVE

**ENCORE** SM \$7.95 | LRG \$9.95  
BLEND: AÇAÍ, BANANA, STRAWBERRIES, APPLE JUICE  
TOPPING: GRANOLA, BANANA, STRAWBERRIES, COCONUT SHREDS,  
HONEY/AGAVE

**DRUM ROLL** SM \$8.50 | LRG \$10.50  
BLEND: AÇAÍ, BANANA, STRAWBERRIES, PEANUT BUTTER,  
RAW CACAO, ALMOND MILK  
TOPPING: GRANOLA, BANANA, STRAWBERRIES, CACAO NIBS, HONEY/AGAVE

**BACKSTAGE** SM \$9.75 | LRG \$11.75  
BLEND: AÇAÍ, BLUEBERRIES, BANANA, ALMOND BUTTER,  
RAW CACAO, ALMOND MILK  
TOPPING: CACAO NIBS, ALMONDS, GOJI BERRIES, BLUEBERRIES, HONEY/AGAVE

**PUNKISH PITAYA** SM \$9.75 | LRG \$11.75  
BLEND: PITAYA, PINEAPPLE, MANGO, BANANA, KIWI, COCONUT WATER  
TOPPING: BANANA, KIWI, COCONUT SHREDS, GOJI BERRIES, HONEY/AGAVE

## SMOOTHIES

**JAMMIN'** 16oz \$7.50 | 24oz \$9.50  
MANGO, PINEAPPLE, BANANA, ORANGE, ALMOND MILK *The Digester*

**GIG** 16oz \$7.50 | 24oz \$9.50  
KALE, SPINACH, PINEAPPLE, BANANA, CINNAMON  
*Super Immunity*

**JAZZY** 16oz \$7.50 | 24oz \$9.50  
KALE, CELERY, APPLE, BANANA, LEMON, CHIA SEEDS *Strength Builder*

**AMPLIFIER** 16oz \$7.50 | 24oz \$9.50  
RASPBERRIES, BLUEBERRIES, STRAWBERRIES, SPINACH,  
HONEY, FRESH MINT, ALMOND MILK *Energizer*

**STRAWBERRY FEELS** 16oz \$7.50 | 24oz \$9.50  
STRAWBERRIES, PINEAPPLE, ORANGE, BANANA, FRESH MINT *De-Stress*

**GROUPIES** 16oz \$7.50 | 24oz \$9.50  
BLUEBERRIES, STRAWBERRIES, BANANA, PEANUT BUTTER, RAW CACAO,  
HONEY, ALMOND MILK *Appetite Suppressant*

**PURPLE LOVIN'** 16oz \$9.50 | 24oz \$11.50  
AÇAÍ, BLUEBERRIES, PINEAPPLE, BANANA, SPINACH,  
LEMON, GINGER, COCONUT WATER *Super Antioxidant*

**DRAG 'N ROLL** 16oz \$9.50 | 24oz \$11.50  
PITAYA, PINEAPPLE, MANGO, BANANA, KIWI, COCONUT WATER  
*Bones-Teeth Strength / Super Immunity*

## PROTEIN SHAKES

**AMP UP YOUR DAY** 16oz \$9.95 | 24oz \$11.95  
COFFEE, BANANA, CACAO NIBS, CINNAMON, ALMOND MILK,  
WHEY OR RAW PROTEIN

**BIG HIT** 16oz \$9.95 | 24oz \$11.95  
BANANA, GRANOLA, ALMOND MILK, PEANUT BUTTER,  
WHEY OR RAW PROTEIN

**PUMP IT** 16oz \$9.50 | 24oz \$11.50  
BANANA, STRAWBERRIES, ALMOND MILK, WHEY OR RAW PROTEIN

**PURE ROCK** 16oz \$9.50 | 24oz \$11.50  
BANANA, SPINACH, RAW CACAO, FLAXSEED OIL,  
ALMOND MILK, WHEY OR RAW PROTEIN

## SHOTS

**BALANCE** 2oz \$4.00  
LEMON, MACA, CINNAMON, TURMERIC *Hormones*

**SHOT GUN** 2oz \$4.00  
APPLE CIDER VINEGAR, GINGER *Digestion*

**FIREBALL** 2oz \$4.00  
LEMON, GINGER, CAYENNE PEPPER *Circulation*

**PUNCH** 2oz \$4.00  
LEMON, MINT, OREGANO OIL, GARLIC OIL *Infection Fighter*

**MARY JANE** 1oz \$3.75 | 2oz \$5.75  
WHEATGRASS *Energy*

**TWIST'N'SHOT** 2oz \$4.00  
PINEAPPLE, TURMERIC, CINNAMON *Inflammation*

**HOT SHOT** 2oz \$4.00  
GINGER, TURMERIC, CAYENNE, OREGANO OIL *Immunity*

## ADDITIVES

**\$.75 EACH:**  
COCONUT SHREDS  
HONEY/AGAVE  
CINNAMON  
CAYENNE  
TURMERIC  
DATES

**\$1.00 EACH:**  
CACAO NIBS  
RAW CACAO  
CHIA SEEDS  
GRANOLA  
GOJI BERRIES  
MACA

**\$1.50 EACH:**  
PEANUT BUTTER  
AÇAÍ EXTRA  
PITAYA EXTRA  
FLAX SEED OIL

**\$1.95 EACH:**  
ALMOND BUTTER  
PROTEIN POWDER  
(WHEY OR VEGAN)

**Is it normal to sweat so much during a cleanse?**  
It's not just normal, it's essential. Sweating purges more than one pound of toxins from your body each day. That's more than your colon and kidneys combined. Here are a couple of ways you can help your skin eliminate waste acid during your cleanse:

- Take a 15-minute bath every other day using one to two cups of Epsom salts, mineral salts or sea salts
- Spend 30 minutes relaxing in a sauna
- Dry brush your skin after a bath, shower or sauna to open up your pores

**I'm hungry. Can I eat during my cleanse?**

Try noshing on some fresh fruits and vegetables. They'll stave off the munchies while supplying some much-needed fiber.

**How much water should I drink?**

As much as you can. The detox process uses up a lot of water so you'll need to stay hydrated. Add lemons, limes, cucumbers or berries for a little extra refreshment. Or treat yourself to a delicious cup of herbal tea instead.

**Is coffee OK?**

Believe it or not, the answer is yes. Here's why: The more coffee you drink, the more addicted your body becomes to caffeine. Going cold turkey during your cleanse would be a shock to your system. The sudden withdrawal could leave you with a splitting headache. So go ahead, enjoy your daily cup of coffee. Just be sure to take it black without any milk, cream, sugar or sugar substitutes.

**What if I go off my cleanse for a day or two?**

No problem. Stick the juices in your freezer or refreeze them in your fridge until you're ready to resume your cleanse. In the meantime, eat light, healthy foods like salads, oatmeal, fruits and vegetables.

**Got more questions? We've got more answers.**  
Just ask one of our friendly, knowledgeable servers. They'll be happy to show you how to get the most out of your cleanse.

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# Rockn Juice™

# CLEANSSES

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# CLEANSSES

## 1 REBOOT YOUR BODY

1 DAY \$47.00 | 3 DAYS \$141.00 | 5 DAYS \$235.00

- JIVE** LEMON, APPLE CIDER VINEGAR, GINGER, AGAVE, FILTERED WATER
- GREEN BAND** PINEAPPLE, GREEN APPLE, KALE, CELERY, LEMON, GINGER
- BOOM** APPLE, PEAR, CUCUMBER, LEMON, MINT
- BEET IT** BEET, SPINACH, PARSLEY, GREEN APPLE, PEAR, CARROT, LEMON, GINGER
- HARMONY** KALE, SPINACH, CELERY, CUCUMBER, APPLE, LEMON, GINGER
- GLEE** ALMONDS, DATES, CINNAMON, NUTMEG, VANILLA BEAN, PINK SALT

## 2 ROCK YOUR BODY

1 DAY \$50.00 | 3 DAYS \$150.00 | 5 DAYS \$250.00

- BLACK MAGIC LEMON** ACTIVATED CHARCOAL, LEMON, ROSEMARY, AGAVE, CAYENNE PEPPER, FILTERED WATER
- GREENBROSIA** WHEATGRASS, PINEAPPLE, GREEN APPLE, CUCUMBER, TURMERIC, LEMON
- LEM ZEP** GRAPEFRUIT, ORANGE, APPLE, CARROT, LEMON, GINGER
- GREENIAC #1** KALE, SPINACH, PARSLEY, ROMAINE, CELERY, CUCUMBER
- COCONUT GREENIE** COCONUT WATER, KALE, SPINACH, CELERY, APPLE, CUCUMBER, LEMON, GINGER
- MILKY BLUES** ALMONDS, VANILLA BEAN, RAW PROTEIN

## 3 MELT YOUR BODY

1 DAY \$51.00 | 3 DAYS \$153.00 | 5 DAYS \$255.00

- GREENBROSIA** WHEATGRASS, PINEAPPLE, GREEN APPLE, CUCUMBER, TURMERIC, LEMON
- REHAB** KALE, SPINACH, CELERY, CUCUMBER, APPLE, PEAR
- HARMONY** KALE, SPINACH, CELERY, CUCUMBER, APPLE, LEMON, GINGER
- GREENIAC #1** KALE, SPINACH, PARSLEY, ROMAINE, CELERY, CUCUMBER
- COCONUT GREENIE** COCONUT WATER, KALE, SPINACH, CELERY, CUCUMBER, APPLE, LEMON, GINGER
- GREENIAC #2** KALE, SPINACH, CELERY, ROMAINE, PARSLEY, MINT, LEMON, GINGER, PINK SALT

# ROCK YOUR CLEANSE

## JUICING FOR A HEALTHIER, HAPPIER YOU

Cleansing is no mere fad. Study after study has vividly demonstrated the benefits of detoxification. By purging your body of harmful toxins that sap you of your strength and rob you of your vitality, you'll have more energy during the day and sleep better at night. You'll have fewer headaches and greater focus.

### When's a good time to start?

Your body will be working nonstop as it burns fat and sheds toxins. So it's important that you set aside enough time to rest and relax. Wait until you have a lull in your schedule. Once you begin your cleanse, you can dial down your stress levels even further through:

- Deep breathing
- Light exercises
- Acupuncture/acupressure

### How do I get ready for my cleanse?

We recommend boosting your body's alkaline levels three to five days prior to your cleanse. Enzyme-rich food like brown rice, baby spinach, apples, apricots, almonds and avocados are excellent sources of alkaline. Try to avoid anything that's too acidic or difficult to digest, like meat, dairy products and deep-fried or heavily processed foods. Stick to lighter fare such as oatmeal, fruits, salads and soups (as long as they're not too rich or creamy). You'll also need to give up drinks that are high in sugar like sodas and sports drinks as well as alcohol (sorry).

### How long before I begin to feel the benefits of my cleanse?

A few days. After all, those toxins have been building up inside you for a long time. So it'll take a little while to get them out of your system. If you feel a bit tired, hungry or irritable at first, don't freak out. Your body is simply resetting itself as it rids itself of all those nasty toxins. By the fifth day of your cleanse, you'll feel refreshed, revitalized and ready to take on the world.

### When should I drink the juices?

Whenever you want. Just make sure you drink all six juices each day.

### Do I have to drink the juices in a certain order?

If your daily cleanse includes more than one green juice, it's a good idea to alternate them with the other juices. Otherwise, you can drink them however you like. (continued on back)