

## salads

### smoked salmon salad \$11.00

arugula, smoked salmon, avocado, lime, sesame seeds, and cucumber with citrus sesame dressing

### spinach & berry salad with quinoa \$8.00

baby spinach, raspberries, blue berries, toasted almond slices, quinoa, feta cheese, lime with zinfandel vinaigrette

### asian chicken shaker salad \$8.00

chicken, brown rice, shredded red and green cabbage, sesame seeds with sesame & ginger dressing

### seasonal grain salad \$7.50

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## soups

call for our daily seasonal soups

## quinoa bowls

### sweet & sassy \$7.50

red quinoa, blueberries, strawberries, bananas, almond butter & cacao maca sauce

## acai bowls

### peanut butter acai \$7.50

**base:** acai blended with apple cider, vanilla almond milk & bananas

**toppings:** peanut butter & granola

### acai parfait \$9.50

acai, strawberries, almond butter, peanut butter, vanilla almond milk, honey, topped with blueberries, strawberries, banana & flax seeds

### kale fiesta chicken salad \$10.00

baby kale, roasted chicken, avocado, black beans, corn, bell peppers, tomato, red onion, cilantro, jalapeno peppers with avocado & lime dressing

### mediterranean kale salad \$8.00

baby kale, kalamata olives, chickpeas, cherry tomatoes, red bell pepper, red onion, cucumber, hummus, parsley, lemon juice with dijon vinaigrette dressing

### farro salad \$6.00

farro, red, yellow & green peppers, red onion, asparagus, garlic, zucchini, peas, artichoke hearts, parsley, basil, scallions, olive oil, lemon juice, salt, pepper with lemon & olive oil dressing

## New & Seasonal

ASK ABOUT OUR SEASONAL SMOOTHIES AND COLD PRESSED JUICE OPTIONS

Fresh  
PRESSED  
SINCE 1996

## smoothies

handcrafted and made-to-order, our smoothies offer a refreshing blend of fruits, vegetables and all-natural boosters

### mean green \$8.00

kale, spinach, mango, bananas, golden pineapple & fresh golden pineapple juice

### berry powerful \$7.00

blueberries, strawberries, raspberries, bananas, vanilla almond milk, vanilla whey protein & flax seeds

### bulldozer \$7.00

bananas, peanut butter, vanilla almond milk & chocolate whey protein

### coffee-n-cacao \$9.00

fair-trade coffee, raw cacao, almond butter, bananas, chocolate almond milk, chocolate whey protein & raw coconut sugar

### "green" monster \$7.00

blueberries, strawberries, bananas, apple cider, super green food & vegan protein

### hangover cure \$7.00

papaya, peaches, bananas, apple cider, vanilla almond milk, coconut, vitamin c, liver kidney lymph detox & honey

### deep blue acai \$9.00

acai, blueberries, mango, vanilla almond milk, orange juice, ginger, vitamin c & raw coconut sugar

### mudslide \$7.00

blueberries, bananas, vegan protein, spirulina & vanilla almond milk

### skinny \$8.00

bananas, strawberries, apple cider, fat burner & vegan protein

### blue velvet \$9.00

blueberries, acai, grass-fed whey protein, almond butter, coconut butter, coconut sugar, almond milk

## boosters

add an all-natural booster to any smoothie or cold pressed juice

### energy

fat burner	\$1.00
bee pollen	\$1.00
energy memory	\$1.00
chia	\$1.50

### digestion \$1.00

flax seed oil	
aloe vera	
fresh ginger	
liver kidney lymph detox	

### immunity \$1.00

immunity now	
vitamin c	
cayenne	
honey	

### protein

spirulina	\$1.25
whey protein GRASS-FED	\$1.50
super green food	\$1.75
vegan protein PLANT-BASED	\$2.00

## cold pressed juice

fresh pressed in NYC for 100% of the vitamins, minerals, and live enzymes, as nature intended

### all greens \$8.50

kale, spinach, romaine, parsley, celery, cucumber

### all greens with apple \$8.50

apple, kale, spinach, romaine, parsley, celery, cucumber

### all greens with lemon and ginger \$8.50

lemon, ginger, kale, spinach, romaine, parsley, celery, cucumber

### all greens with apple, lemon, and ginger \$8.50

apple, lemon, ginger, kale, spinach, romaine, parsley, celery, cucumber

### grasshopper \$8.50

apple, pineapple, mint, wheatgrass

### mr. b \$8.50

carrot, beet, ginger, orange, pineapple

### turmeric tonic \$8.50

turmeric, probiotic, lemon, maple syrup, filtered water

### royal flush \$8.50

pineapple, apple, ginger

### killer xx \$8.50

apple, lemon, ginger, cayenne

### skin trip \$8.50

carrot, spinach, cucumber, pineapple

### coconut water \$9.00

100% Thai coconut water

## shots

	1 oz	2 oz
e3 live shot	\$4.00	
ginger shot	\$4.00	
turmeric tonic	\$4.00	
hot shot	\$4.00	
wheatgrass	\$2.25	\$4.00
sinus blaster	\$2.25	\$4.00

LIQUITERIA GIFT CARDS are a great way to show somebody that you care about them



# cleanse

During a fresh juice cleanse, your digestive system has the opportunity to rest, allowing your system to use the energy normally required for digestion to be used to restore your entire body.

1 day/3 day  
juice, eat & repeat  
**Introductory | Beginners**  
all greens  
all greens with apple  
mr. b  
turmeric tonic  
\$33 / \$99

explore & nourish  
**Level 1 | Beginners**  
all greens  
(2) all greens with apple  
skin trip  
mr. b  
royal flush  
\$49 / \$147

restore & energize  
**Level 2 | Experienced**  
(2) all greens  
(2) all greens lemon, ginger  
skin trip  
mr.b  
\$49 / \$147

deep dive & heal  
**Level 3 | Aggressive**  
(3) all greens  
(2) all greens lemon, ginger  
skin trip  
mr. b  
turmeric tonic  
\$65 / \$195

Our Cleanse Coaches are always available to discuss your needs (free of charge).



HEALTHY TWISTS ON OLD FAVORITES

breakfast

- banana bread french toast \$5.50
veggie egg muffin \$5.50
turkey bacon egg muffin \$5.50

steel cut oatmeal

- protein power \$7.50
berry blend \$6.50
the classic \$6.50
build your own \$5.50

Harvard Square
1440 Massachusetts Ave
Cambridge, MA 02138



liquiteria.com

Menu and pricing subject to change



HAND-CRAFTED SUPERFOOD SMOOTHIES

cleanses (BEGINNER to EXPERIENCED)

GOLD PRESSED JUICE

MEALS & SNACKS

TO GO

sweets

- raw chocolate chia pudding \$4.50
raw vanilla chia pudding \$4.50
seasonal chia pudding \$4.50
blondie (gf) \$4.00
sweet & salty brownie (gf) \$4.50

bakery

- blueberry muffin (gf) \$4.00
carrot raisin walnut muffin \$3.50
double berry muffin \$3.50
doughnut muffin (gf) \$4.00
lemon scone \$3.50
cinnamon streusel (gf) \$4.50
fudge brownie (vegan) \$4.50
chocolate chip cookie (gf) \$2.50