House Juices

GINGER TONIC
Ginger, green apple, lemon

COASTAL SUNSHINE
Celery, orange, lemon, lime, carrot

EASY BEING GREEN
Baby spinach, kale, ginger root, green apple, mint, lemon

BEETS ME
Beets, red onion, carrot, green apple, mint, carrot, ginger

THE SUBLIME
Pineapple, cucumber, jalapeno, cold pressed oil

SALAD WITH A STRAW
Red onion, tomato, cucumber, jalapeno, cold pressed oil

MAKE JUICE NOT WAR
Kale, celery, cayenne, sprouts, green apple

TOLE IT DOWN
Pineapple, carrot, orange, turmeric, ginger

SPICED CARROT
Carrot, apple, cinnamon, ginger

COCONUT MILK
Coconut, banana, pineapple, cinnamon

SECRET SPARKLE
Chia seed, mint, lemon

PURE SINGLE JUICES
Orange, carrot, apple, kale

Signature Smoothies

PB & J
Peanut butter, milk, banana, pineapple

BANANA LATTÉ
Banana milk, fair trade coffee, and milk

COCO-LOCO
Coconut milk, almond, oats, cocoa, banana, coconut

GRIN & BERRY IT
Blueberries, cranberries, oatmeal, coconut water

MATCHA COOLER
Japanese Matcha green tea, milk, honey, mint, apple

GREEN MANGO MOJITO
Mango, avocado, spinach, lime, coconut water

“UN” CHUNKY MONKEY
Coconut milk, peanut butter, banana, cucumber

PEA-PINE-FU
Peas, pineapple, coconut milk

RED RASPBERRY
Raspberry, banana, carrot

NATURAL SWEETENERS
Organic cane sugar, organic coconut palm sugar, raw wildflower honey

WE BUY LOCAL AND ORGANIC SEASONALLY

Natural Refreshments

Ethiopian organic fair trade coffee or Peruvian decaffeinized
Brewed & blended black tea

5 Alive

a make your own juice

ANY combination of five fruits/vegetables/herbs and one natural sweetener to make your own favorite juice or smoothie $10 12 oz/JUICE $10 OZ/SMOOTHIE

Ingredients determine the drink’s size. Our staff is happy to guide you in your selection.

Natural Juices

GRANOLA PARFAIT
Plain Greek yogurt, seasonal flavored green or non-dairy, granola, hazelnuts, raisins

NOT YOUR MAMA’S OATS
Steel cut oatmeal, white chocolate, peanut butter, banana, toasted hazelnuts, honey

STEEL CUT OATMEAL
Wildflower honey, cinnamon, almonds, raisins, green tea

DO YOU JUST HAVE EGGS & BACON?
Two farm fresh eggs and grilled bacon

MORNING SANDWICH
Whole wheat toast, baby spinach, sunnyside-up, egg, grilled bacon, or turkey, served with fresh fruit or yogurt

CRUSTLESS QUICHE
See the chalkboard for today’s ingredients, served with fresh fruit or yogurt

GRENDS & EGGS
Baby spinach, kale, grilled chicken, served with fresh fruit or yogurt

I’M HUNGRY!
Two farm fresh eggs any style, choice of bacon or veggie sausage, two toasted whole wheat English muffins, choice of hot sauce or salsa

HUEVOS RANCHEROS
Corn tortillas, black beans, roasted tomatoes, pepper jack cheese, two poached eggs, choice of toast or tortillas

STUFFED CRANBERRY WILDFLOWER FRENCH TOAST
Locally baked cranberry wildflower bread, topped with wildflower honey, toasted and served with fresh fruit or yogurt

DRINKS

EGG A-LA-CY
Choice of egg any style

SCRAMBLED TOSH
Eggs, choice of vegetable

POTATO CUMBER
Two sizes of potatoes, choice of vegetable

SKIN ON BAKED POTATOES
Choice of vegetable

SAUTEED GARLIC GREENS
Garlic, spinach, choice of vegetable

POTATOES 25
Per serving

PEPPED POMEGRANATE
Choice of vegetable

VEGAN SAUSAGE PATTIES
Choice of vegetable

TOAST
Choice of bread, choice of spread

FRESH FRUIT BOWL
Choice of fruit

GREEK YOGURT
Plain or seasonal flavors

WE BUY LOCAL AND ORGANIC SEASONALLY

VOTED BEST JUICE BAR IN MINNESOTA 2015
W BY WCCO AND OUR FANS

ROCHELLE MAGAZINE voted
Best Vegetarian - 2017
Best Sandwich - 2017 runner up
Best Vegetarian - 2016
Best Sandwich - 2016 runner up
Best Healthy Restaurant - 2015

FOR A LISTING OF OUR UPCOMING EVENTS AND MENUS, PLEASE VISIT OUR WEBSITE

TonicFreshJuice.com

PLEASE LET US KNOW IF YOU HAVE ANY ALLERGIES OR AVersions PRIOR TO ORDERING

INQUIRE ABOUT OUR DESERTS AND HANDMADE SWEETS OF THE DAY.

GREAT QUALITY, GREAT VALUE.

Check accuracy of spelling, numbers, quantity, job specs, etc. Changes to order since production has begun may incur additional charges. Colors of your finished product may vary from appearance on computer monitor or paper proof. Ask for color samples if color matching is critical. Exact color matches may not be available.

ON-SITE DELIVERY

Imported ingredients. Shipping costs and fees apply. Choice of local delivery, carrier, or self pickup.

JUX TO YOUR LOCAL DELIVERY DRIVER

SIGN HERE TO ACCEPT TERMS OF SERVICE.

ARTWORK PROOF

We are not responsible for any errors you approve.

SIGN HERE TO ACCEPT TERMS OF SERVICE.
Fresh Salads
Served with locally baked baguette or gluten free seven grain bread upon request.

- ADD locally raised nitrate and sulfate free chicken, turkey, bacon, tofu or quinoa $3 EACH
- ADD wild salmon $6

MINNESOTA SPIKED greens, roasted beets, amarula cheese, red onion, spiced pecans, toasted in fench vinagrette $11

MEDITERRANEAN greens, Tabuleh, Greek olives, hummus, tomatoes, side of olive oil and fresh lemon, black Hawaiian sea salt $10

TABULEH Nicci’s way with tri colored quinoa, cucumber, tomato, lemon, parsley, mint, olive oil, sea salt & black pepper CUP $5 / BOWL $8

FALL HARVEST greens, roasted butternut squash, crimi mushrooms, red onion, dried cranberries, toasted almonds, goat cheese, tossed in house balsamic $12

HOMEMADE DRESSING CHOICES
- Balsamic vinagrette, French vinagrette, organic olive oil
- Aged balsamic, lemon, thousand island, ranch, Caesar

Quinoa
CHICKEN CAESAR greens, red onion, Parmesan, walnuts, lemon, house dressing $11

SCRATCH SOUP & HOUSE SALAD COMBO any scratch made cup of soup paired with a fresh house salad, your choice of dressing $10

HOUSE greens, radish, onion, tomato, cucumber, carrot, sun flower seeds, micro greens, dressing choice on the side. SMALL $8 / LARGE $9

Scratch Soups
Served with locally baked wild rice baguette or gluten free seven grain bread upon request.

- 6 OZ CUP $4 / 12 OZ BOWL $7

UKRAINIAN BORSCHT like Baba used to make with beets, carrots, onions, cabbage in a tomato and citrus broth, topped with sour cream $10

JANE’S BLACK BEAN black beans, carrots, celery, onions, corn, curry, garlic, topped with house salsa $9

HERBED POTATO PANCAKES red skin potato, carrot, red onion, capers, fresh herbs $9

PYROHI our family recipe $6
- 5 hand crimped dumplings stuffed with house made sauerkraut and seasoned mashed potato served with sour cream and baked onion $10

QUESADILLAS black beans, tri-colored peppers, blackened chicken, mozzarella, sour cream and salsa $12

- ADD locally raised nitrate and sulfate free chicken, turkey $9 EACH

Savorings
To share or not to share, that is the question.

SPICY FAJITA WRAP bell peppers, roasted, peppers, spicy house madeghost pepper sauce, avocado spread, fresh kate, grilled hot VEGAN $12 BISON grass fed, grass finished $14

ROCHESTER WRAP
gilled garlic herb wrap, roasted turkey, avocado spread, peppered bacon, tomato, sprouts, house ranch $13

OUR RACHEL local roasted turkey, house sauerkraut, scratch thousand island dressing, baby Swiss, locally baked cranberry and wild rice bread $15

ROASTED ROOTS garnet yams, butternut squash, red beets, goat cheese, pine nuts, fresh herbs $15

GROWN UP GRILLED CHEESE white cheddar, crimi mushrooms, steamed kale, locally baked whole grain bread $9

BEEF CACCIATORE tender grass fed beef, penne pasta, roasted peppers, Cremini mushrooms, kale, baked onions, red wine tomato sauce, Parmesan cheese, fresh herbs $9

TOFU CAKE WRAP tofu, cranberries, house made sauerkraut, scratch thousand island dressing, baby Swiss, locally baked cranberry and wild rice bread $15

HEARTIER FARE
Served with soup, fresh salad or Tabouleh

SPICY PEANUT SAUCE fresh mix of carrot, onion, celery and peanut pubs ina spicy house sauce, tossed over rice noodles $10

- ADD locally raised nitrate and sulfate free chicken, turkey, tofu or quinoa $3 EACH

- FOR 2 $5 SPILT ANY ITEM AND RECEIVE A SECOND SIDE DISH

CHICKEN & RICE BOWL rice and lentil blend, roasted chicken, spinach, Cremini mushrooms, garlic olive oil, parmesan, toasted almonds, sprouts $14

GINGER SALMON wild Alaskaen, roasted sweet potatoes, spiced scallions, seasoned kale, green onion, black sesame seeds, garlic ginger sauce $17

- FOR 2 $5 SPILT ANY ITEM AND RECEIVE A SECOND SIDE DISH

507.258.5224
1217 2ND STREET SW ROCHESTER, MN 55902
TONICFRESHJUICE.COM

front, closed view, 15” tall x 7” wide

back closed view, 15” tall x 7” wide

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