



ECO - FRIENDLY + WELLNESS + ORGANIC + LOVE + COMMUNITY

SMOOTHIES

- **HULK DETOX** - pineapple, banana, spinach, kale, coconut H2O, agave & love \$7
- **GALAXY** - blueberries, pineapple, banana, love, almond milk & agave \$7
- **BANANA BLASTER** - peanut butter, banana, love, almond milk & agave \$7
- **CHICA FRESA** - strawberries, banana, love, almond milk & agave \$7
- **MARY-JANE** - peach, pineapple, kale, coconut H2O, love & agave \$7
- **BELLE ISLE** - mango, peach, pineapple, coconut H2O, love & agave \$7
- **MANGONADA** - mango, coconut H2O, love, chamoy & agave \$7
- **GREEN ENERGY** - avocado, banana, kale, spinach, flax seed, almond milk, love & agave \$8
- **OH HEAL YES!** - mango, pineapple, celery, ginger, kale, coconut H2O, love & agave \$8
- **ANGIE POWER** - house cold brew, chocolate vegan protein, banana, peanut butter, almond milk, flax seed, agave & love \$8

--- MADE TO ORDER ---

--- MADE WITH REAL FOOD & REAL LOVE ---



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RAW JUICES

- **NARANJA / ORANGE** \$7
- **ZANAHORIA / CARROT** \$7
- **APIO / CELERY** \$7
- **LADY GAGA** - orange, carrot & beets \$8
- **LIT** - carrot, mango, ginger & cayenne \$8
- **CLARK PARK** - celery, pineapple, kale, spinach, ginger & lemon \$8
- **GREEN COLADA** - celery, ginger, pineapple & lemon \$8
- **SAVAGE** - carrot, orange, celery & ginger \$8
- **BONITA** - beets, pineapple, carrot & ginger \$8
- **GARCIA MOON** - coconut H2O, chia seeds, mint, lemon, ginger, agave, cayenne -over ice- \$7

OBAMA CARE WELLNESS SHOTS

ginger, turmeric, lemon, orange juice & cayenne

1oz . - \$5

2oz - \$10

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FRESH SQUEEZED LEMONADES \$6

REGULAR LEMONADE - \$5

STRAWBERRY

MANGO

PINEAPPLE

PEACH

MANGO – GINGER

STRAWBERRY MINT

LIMEADE

CUCUMBER – LIME

MAI TAI

DRAGON FRUIT

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COFFEE

- **ICED OR BLENDED** - cold brew, non-dairy creamer, agave, topped with cinnamon & love \$6
- **BRANDON** - cold brew topped with cinnamon & love \$4
- **FRENCH PRESS** Lg - \$5 Sm - \$3
- **HOT TEA** \$3
- **HOT CHOCOLATE** \$3

ADD ONS

CHIA SEEDS	-	\$1	GINGER	-	\$2
MINT	-	\$1	VEGAN PROTEIN	-	\$3
FLAX SEEDS	-	\$1	SEA MOSS	-	\$3
ACV	-	\$1	CBD DROPS	-	\$2
EXTRA FRUIT	-	\$1	BOTTLED WATER	-	\$2
PEANUT BUTTER	-	\$1			

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NOM NOMS

- **THE LOUIE VEGAN WRAP** - spinach wrap with hummus, spinach, tri color pepper, cucumber, red onion, avocado & house dressing. Served with Vegan chips \$8
- **NINA SALAD** – kale, red onion, mango, avocado & house dressing. Served with Vegan chips \$8
- **STRAWBERRY SQUEEZE GRILLED CHK SALAD** - grilled chicken, mixed greens, feta cheese, tomatoes, cucumber, red onions, strawberries. Choice of dressing: Ranch or house dressing \$10
- **TUNA SALAD** – tuna, onion, minced ginger, spinach, jalapenos, avocado, cucumber, celery, parsley, lemon, ACV, sea salt & olive oil served with white bean chips \$8
- **BIONICO** – melon, strawberries, apples, bananas, blueberries, topped with yogurt & coconut chia granola \$6
- **WALKING TACO** – Multi-grain chips topped with ground turkey, cheese, Chopped spinach, sour cream & tomatoes \$8

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MORE NOM NOMS

- **NITORTA** – bolillo (Mexican sub), light mayo, turkey ham, queso fresco, red onion, tomato, avocado & jalapenos. Served with vegan chips - \$8
- **AMERICANA** -- Same as Nitorta but with lettuce, tomatoes, cheese and mayo - \$8
- **AVOCADO TOAST** – bolillo (Mexican sub), with avocado spread, arugula, tomato & fresh mozzarella, drizzled with house dressing
Served with vegan chips - \$8
- **MICHIGAN AVE WRAP** - Spinach wrap, cream cheese, spinach, tomatoes onion, jalapeños and grilled chicken - \$8
- **SACRED WRAP** – wrap, hummus, arugula, kale, red onion, cucumber, avocado & fresh mozzarella. Served with vegan chips - \$8
- **ACTIVA WRAP** – wrap, avocado spread, spinach, turkey ham, queso fresco, & pickled jalapenos. Served with vegan chips - \$8
- **WHITNEY WRAP** – spinach wrap, ranch, mixed greens, cheese, tomatoes, grilled chicken. Served with vegan chips - \$8
- **SLAPPIN' WRAP** – spinach wrap, hummus, spinach, red onion, tomato, cucumber - grilled chicken, house dressing. Served with vegan chips - \$8

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WEEKLY SPECIALS

FALL / WINTER SPECIALS

- **CHILI-MONDAYS** – homemade ground turkey chili. Served with crackers - \$8
- **CHICKEN NOODLE TUESDAYS** – homemade chicken noodle soup. - \$8
Served with crackers
- **MOSTACCIOLLI WEDNESDAYS** – homamade ground beef mostaccioli - \$8
Topped with grated parmessen cheese.
Served with a roll
- **THURSDAYS-TURKEY BURGUERS** – turkey patty in a sesame seed bun, mixed - \$8
greens, tomatoes, white american cheese
and KYO sauce. Served with vegan tortilla
chips
- **FRIDAYS GRILLED CHICKEN WRAP** – spinach wrap, hummus, spinach, - \$8
red onion, tomato, cucumber, grilled chicken
house dressing. Served with vegan chips

--- HOMEMADE ---

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WEEKLY SPECIALS

MONDAY

- **GREEK CHICKEN SALAD WRAP** – grilled chicken spinach wrap, mixed greens beets, tomatoes, feta cheese, Greek dressing
Served with vegan chips \$8

TUESDAY

- **SWEET CHILI BBQ CHK WRAP** – grilled chicken, mixed greens, sweet chili BBQ. sauce, tomatoes, red onions. Served with
vegan chips \$8

WEDNESDAY

- **BUFFALO CHICKEN WRAP** – grilled chicken, mixed greens, tomatoes, blue cheese crumbles, buffalo sauce wrapped in a spinach tortilla
Served with vegan chips \$8

THURSDAY

- **TURKEY BURGUERS** – turkey patty in a sesame seed bun, mixed greens, tomatoes white american cheese and KYO sauce. Served with vegan
tortilla chips \$8

FRIDAY

- **ELOTE MEXICAN STREET CORN** – sauteed corn with lemon-butter, topped with. mayo, parmesan cheese and “tajin” chili powder \$6

SATURDAY

- **CHICKEN AND WAFFLES** – homemade buttermilk waffles paired with - ½ order - \$8
Auntie Baked Beans crispy chicken strips - full order - \$15

--- HOMEMADE ---

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Juice Cleanse Detox

Welcome to the Squeeze Station Juice Cleanse, we are happy and grateful to assist you on your health journey. These simple guidelines are designed to help you reach your goal and easily complete your detox. It is \$45 per day and it includes six 12oz juices. You may pick the juices from our menu.

1. Two to three days prior to your cleanse, it is recommended that you stop consuming: Processed foods, fast food, sweets, alcohol, fried food, caffeine, dairy and animal products. This will help your body and mind to be prepared for the detox, that way you can avoid negative side effects such as, irritability, hunger pains and lack of energy. You may eat soups, salads, veggies and fruit.
2. During your cleanse, it is recommended to fast. Drink your last juice at 8pm and your first juice at 12pm. It does not matter in what order you drink your juices. Drink lots of water during your cleanse (it helps you stay full). In case you need to eat, you may eat a handful of nuts (any nuts) or raw veggies. No exercising, since you won't be consuming the same amount of energy.
3. After the detox, ease into your food. Do not eat processed food, fried food, sweets, alcohol, caffeine, dairy or animal products, it will upset your stomach. Start light, with fruits, salads, soups, or stir fry.

Thank you for choosing us for your cleanse, if you have any questions, feel free to text 313 398-5043