

# Raw Jūce Allergen Reference Guide



PRODUCT	ALMOND	CASHEW	COCONUT	HAZELNUT	MANGO	PINEAPPLE	SOY	KOSHER CERTIFIED	KETO-FRIENDLY
<b>J Ū C E S</b>									
Berry Peary Chia						•		✓	
Celery								✓	✓
ChocoLIT!	•	•	•					✓	
Chunky Coconut			•					✓	
Electro Fuel Blue Majik			•			•		✓	
F.O.Y.								✓	✓
Flu Warrior						•		✓	
Ginger Carotene								✓	
Ginger Green								✓	
Glow Up						•		✓	
Green Protein	•					•			
Hydr8 (seasonal)								✓	
Namaste Green						•		✓	
Raw Green								✓	
Spicy Lemonade			•					✓	
Square Root			•					✓	
Tasty AF			•			•		✓	
Turmeric Soul								✓	
TOPR (seasonal)						•		✓	
Raw Sangria (seasonal)						•			

\* Item can be modified to avoid the allergen • Allergen may be present ✓ Kosher Certified and/or Keto Friendly ● Allergen present if made with Oat Mylk

All Raw Jūce items are plant-based, peanut free, and dairy free. All items are vegan with the exception of honey & bee pollen. Although our products are gluten free, some ingredients are not certified as they are handled in a facility that may cross contaminate.

If you or a guest in your party has an allergy, please state this to the team member taking your order to ensure we prepare it correctly and safely.

All blenders have been exposed to tree nuts. An allergy blender is available upon request.

We make reasonable efforts to prevent cross-contamination of allergens. However, Raw Jūce cannot guarantee that allergens may not have been introduced during another stage of the food chain process, or even inadvertently, by us.

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<b>S H O T S</b>									
Detoxifier			•					✓	✓
Ginger								✓	✓
Flu						•		✓	
Turmeric								✓	✓
Immunity						•			
<b>O A T M E A L S</b>									
Berry Coconut	•		•						
Banana Cinnamon Crunch	•								
Cacao Almond Butter Crunch	•		•						
Big Berry Omega Crunch	•		•						
<b>D E S S E R T S</b>									
Caramel Pecan Brownie	•	•	•						
OG Chocolate Chip Cookie			•						
OMG Bar	•	•	•						
The Brownie	•		•						
Trail Mix Bar	•	•	•						
Brownie Trio	•	•	•						
<b>S M O O T H I E S</b>									
AB&J *	•		•						
Big Green Energy *	•				•				
Big Ox *						•			

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<b>S M O O T H I E S ( C O N T I N U E D )</b>									
Blue Mermaid *	●				●	●			
Choco Power Protein *	●								
Chocolate Protein Bomb *	●		●			●			
Classic Strawberry Nana *	●		●						
Creamsicle Protein *	●		●		●				
E3 Green Monster Protein *	●		●			●			
Galaxy Protein *	●		●			●			
Hercules *	●		●						
Manglow *	●		●		●	●			
OG Acai *	●		●						
OMG Protein *	●		●						
Popeye *					●	●			
Super Greens *					●	●			
Strawberry Protein *	●		●						
Tropical Verde *	●		●		●	●			
Vanilla Bean Protein *	●		●	●	●				
Vitamin Sea *	●		●		●	●			
<b>C O L D - B R E W C O F F E E</b>									
Iced Cold Brew *	●		●						
Iced ChocoLIT! Cold Brew	●	●	●						

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<b>CLASSIC SMOOTHIE BOWLS</b>									
AB&J Bowl *	●		●						
Berry Hemp Banana Bowl *	●		●		●				
Black Magic Protein Bowl *	●		●		●				
Blue Majik Protein Bowl *	●		●		●				
Cacao Protein Crunch Bowl *	●		●		●				
Go Go Goji Crunch Bowl *	●		●		●	●			
OMG Protein Bowl *	●		●						
Pitaya Bowl *	●		●		●	●			
Power Protein Bowl *	●		●		●				
Strawberry Shorty Bowl *	●		●						
<b>MANGO BOWLS</b>									
Mango Trio *	●				●	●			
Mango Chill *	●				●	●			
Mango Tropic *	●		●		●	●			
Mango Max *	●				●	●			
<b>GREEN BOWLS</b>									
Green Harmony *					●				
Green Island *			●		●	●			
Green Envy *					●				
Green Extreme *	●				●				

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<b>B L U E B O W L S</b>									
Blue Zen *	●	●	●	●	●	●			
Blue Oasis *	●	●	●	●	●	●			
Blue Ocean *	●	●	●	●	●	●			
Blue Platinum *	●	●	●	●	●	●			
<b>P I T A Y A B O W L S</b>									
Pitaya Balance		●		●		●			
Pitaya Paradise		●		●		●			
Pitaya Surf *		●	●	●		●			
Pitaya Power *	●	●		●		●			
<b>A C A I B O W L S</b>									
Acai Barry *	●	●		●	●	●			
Acai Adventure *	●	●		●	●	●			
Acai Flex *	●	●		●	●	●			
Acai Ninja *	●	●		●	●	●			
<b>F U S I O N B O W L S</b>									
Avocado Protein Bowl *	●	●	●	●		●	●		✓
Boca Greek Bowl *	●	●	●	●		●	●		✓
Chickpea Cobb Bowl *		●	●	●		●	●		
Mediterranean Bowl *		●	●	●		●	●		✓
RJ Caesar Bowl *	●	●	●	●		●	●		✓

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<b>DRESSINGS &amp; SAUCES</b>										
Caesar		•						•		✓
Cashew Ranch		•								✓
Greek Dressing										✓
Lemon Garlic Tahini			•					•		✓
Maple Balsamic		•	•							
Chocolate Hazelnut Sauce			•	•						
<b>EXTRAS &amp; INDIVIDUAL INGREDIENTS</b>										
Oatmeal	•									
Vegan Feta Cheese			•							
Vegan Parmesan Cheese			•							
Tahini Chickpeas								•		
Almond Mylk	•									
Oat Mylk			•							

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# Gluten Free



Although these products are gluten free, the following ingredients are not certified gluten-free as they are handled in a facility that may cross contaminate.

## GLUTEN RISK INGREDIENTS

Flax & Hemp Granola	Oatmeal	Oat Mylk	Oats
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## MENU ITEMS CONTAINING GLUTEN RISK INGREDIENTS:

### CAN BE MODIFIED

MENU ITEM	INGREDIENTS TO AVOID	MENU ITEM	INGREDIENTS TO AVOID
AB&J Bowl	Oat Mylk	Acai Flex	Granola
AB&J Smoothie	Oat Mylk	Acai Ninja	Granola
Big Green Energy Smoothie	Oats		
Black Magic Protein Bowl	Granola, Oat Mylk	Blue Oasis	Granola
Blue Majik Protein Bowl	Granola, Oat Mylk, Oatmeal	Blue Ocean	Granola
Cacao Protein Crunch Bowl	Granola, Oat Mylk	Blue Platinum	Granola
Caribbean Chia Smoothie	Oat Mylk	Green Island	Granola
Chocolate Protein Bomb	Granola, Oats, Oat Mylk	Green Envy	Granola
Dragon Bomb	Granola, Oat Mylk	Green Extreme	Granola
E3 Green Monster Protein Smoothie	Oat Mylk	Mango Chill	Granola
Hercules Protein Smoothie	Oats, Oat Mylk	Mango Tropic	Granola
Classic Strawberry Nana Smoothie	Oat Mylk	Mango Max	Granola
Iced Cold Brew	Oat Mylk	Pitaya Surf	Granola
Liquid Gold Bomb	Granola, Oat Mylk	Pitaya Power	Granola
OMG Protein Bowl	Granola, Oats, Oat Mylk		
OMG Protein Smoothie	Oats, Oat Mylk		
Pitaya Bowl	Oat Mylk		
Power Protein Bowl	Granola, Oat Mylk		
Strawberry Shorty Bowl	Granola, Oat Mylk		

### CANNOT BE MODIFIED

Berry Coconut Parfait
Banana Cinnamon Crunch Parfait
Cacao Almond Butter Omega Crunch
Big Berry Omega Crunch