

HOW TO ORDER:

1. Check out our juice menu to the right and circle the juices in the chart below you would like per day in your cleanse.
2. Check any add-ons you would like to add to your cleanse.
3. Turn this form into your Salud cleanse specialist

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
#1	SPICY ROLL LIVER TONIC	SPICY ROLL LIVER TONIC	SPICY ROLL LIVER TONIC	SPICY ROLL LIVER TONIC	SPICY ROLL LIVER TONIC
#2	SOYLENT GRUNGE	SOYLENT GRUNGE	SOYLENT GRUNGE	SOYLENT GRUNGE	SOYLENT GRUNGE
#3	INDIAN TOBO STRAW	INDIAN TOBO STRAW	INDIAN TOBO STRAW	INDIAN TOBO STRAW	INDIAN TOBO STRAW
#4	SUP DOWN	SUP DOWN	SUP DOWN	SUP DOWN	SUP DOWN
#5	LOLITA SHROOT COOL EASTERN PRESSED PERFECT	LOLITA SHROOT COOL EASTERN PRESSED PERFECT	LOLITA SHROOT COOL EASTERN PRESSED PERFECT	LOLITA SHROOT COOL EASTERN PRESSED PERFECT	LOLITA SHROOT COOL EASTERN PRESSED PERFECT
#6	MILK PURPLE COMFY FOAM	MILK PURPLE COMFY FOAM	MILK PURPLE COMFY FOAM	MILK PURPLE COMFY FOAM	MILK PURPLE COMFY FOAM

ADD-ONS: [check if desired]

- 32oz ALKALINE WATER
- 2oz GINGER SHOT
[\$4]

[\$7]

ORGANIC, COLD-PRESSED JUICES AND MILKS

#1 TONICS

SPICY ROLL: echinacea, lemon, honey, ginger, cayenne, turmeric

LIVER TONIC: grapefruit, green tea, turmeric, honey

#2 MELLOW GREEN

SOYLENT GREEN: kale, spinach, romaine, celery, cucumber, apple, lemon

THE GRUNGE: kale, spinach, romaine, celery, cucumber, orange, lemon

#3 FUN JUICE

THE OTHER BEET ONE [TOBO]: beet, orange, apple, lemon

INDIAN SUMMER: orange, carrot, lemon, muddled mint

THE STRAWBERRY ONE: strawberry, orange, lemon

#4 STRAIGHT GREENS

STRAIGHT UP [SUP]: kale, spinach, celery, romaine, cucumber, lemon, ginger

STRAIGHT DOWN [DOWN]: kale, spinach, celery, romaine, cucumber, lemon

#5 FUN JUICE

LOLITA: apple, lemon, ginger

SHROOT FARM: beet, apple, lemon

EASTERN SUNSET: carrot, apple, lemon, ginger

COOL 'CUMBER: cucumber, apple, lemon, muddled mint

THE PRESSED PINATA: watermelon, lemon, cayenne

PERFECT PEAR: asian pear, strawberry, lemon

#6 MILK

ALMOND MILK: almonds, dates, sea salt, vanilla bean, filtered water

***COMFY COZY:** SALUD almond milk, cacao, cinnamon, cardamom, nutmeg, mucuna

***THE FOAM:** Lord Windsor cold brew, SALUD almond milk, maca, cinnamon, cardamom, honey

***PURPLE RAIN:** lavender + SALUD almond milk

☐ POST-CLEANSE SNACK PACK
[\$4]

[* = \$1 extra]

GETTING TO KNOW YOU

Committing to a juice fast is a very personal experience that should affect every aspect of your life. Salud is committed to offering full support to our fasting customers, both physically and emotionally. Please answer a few questions so we may better understand your needs.

1. Is this your first time fasting?

2. What motivated you to go on a juice fast?

3. What do you hope to get out of this experience?

4. Are you fasting with a friend or alone?

5. ex

6. ex

7. ex

8. ex

9. ex

10. ex



CLEANSE ORDER FORM

Name: _____

Phone #: _____

Pick -Up Date: _____