

Customize any recipe or create your own!

# Salads, Wraps & Simmers

\$8.<sup>95</sup>

Enjoy any of our recipes as a salad, wrap or simmer (steamed vegetable broth with grains & veggies)

new!

**Julie's Caesar**  
kale, romaine, croutons,  
parmesan, caesar  
dressing (450/520 cal)

**Kevin's Quinoa & Kale**  
butternut squash, black  
beans, tomatoes, feta,  
fresh herbs, mild harissa  
sauce (450/520 cal)

new!

**Autumn's Harvest**  
kale, romaine, butternut  
squash, pepitas, beets,  
apples, dried cranberries,  
feta, white balsamic  
(600/600 cal)

**Melodie's  
Avocado & Kale**  
spinach, romaine, corn,  
grilled zucchini, roasted red  
peppers, feta, fresh  
herbs, mango vinaigrette  
sauce (470/610 cal)

**Lisa's Lentils  
& Brown Rice**  
kale, roasted red peppers,  
grilled zucchini, carrots,  
feta, fresh herbs, lemon  
tahini sauce (550/570 cal)

**Jon's Chicken &  
Spinach** + \$2.<sup>00</sup>  
romaine, egg, carrots,  
chickpeas, tomatoes, fresh  
herbs, avocado, garlic  
balsamic sauce (700/770 cal)

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## Hearty Soups

new!

**Mediterranean  
Spiced Carrot**  
spiced carrot soup, brown  
rice, lentils, roasted red  
peppers, feta, fresh herbs,  
mild harissa sauce (270 cal)

Bowl \$5.<sup>95</sup>

new!

**Santa Fe Tomato**  
signature tomato soup,  
quinoa, black beans, corn,  
feta, fresh herbs, mild  
harissa sauce (290 cal)

## Classic Soups

**Spiced Carrot**  
curry, ginger  
(70/120 cal)

Cup \$3.<sup>75</sup> Bowl \$4.<sup>95</sup>

**Signature Tomato**  
onion, garlic, oregano  
(90/150 cal)

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## All-Day Breakfast

Enjoy as: Bowl or Wrap \$4.<sup>95</sup>

**Southwest Scramble**  
eggs, quinoa, black beans,  
roasted red peppers,  
spinach, feta, fresh herbs,  
harissa sauce (240/540 cal)

**All Greens Scramble**  
eggs, broccoli, kale, grilled  
zucchini, spinach, fresh  
herbs, lemon tahini sauce  
(220/520 cal)

**Tofu Southwest  
Scramble**  
organic tofu, quinoa,  
black beans, roasted red  
peppers, spinach, fresh  
herbs, harissa sauce  
(210/510 cal)

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## Protein Add-Ins

**Chicken** \$2.<sup>00</sup>  
(100 cal)

**Organic Tofu** \$2.<sup>00</sup>  
(110 cal)

**Avocado** \$1.<sup>00</sup>  
(160 cal)

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# Handcrafted Juices

8 fl oz \$4.95

16 fl oz \$6.95

Natural. Cold-Pressed. High-Pressure Processed.

## Field of Greens

essential greens, organic apple, ginger (45/90 cal)

## Garden Gathering®

essential greens, organic apple, organic ruby roots, blueberry, ginger (70/150 cal)

## Mint Julep

organic apple, pineapple, smooth greens (80/150 cal)

## Sweet Burn®

pineapple coconut water, pineapple, organic apple, organic ruby roots, cayenne, ginger (80/150 cal)

## Citrus Beet

orange, organic ruby roots, ginger (100/200 cal)

## Hot Spiced Apple

organic apple juice, ginger, cinnamon (220 cal)

12 fl. oz \$4.95

## Organic Lemon Shot

(10 cal)

2.5 fl. oz \$1.95



# Add-Ins

## SUPERFOODS

açai (70 cal) \$1.50

fresh avocado (160 cal) \$1.00

fresh kale (10 cal) \$.75

cacao (10 cal) \$.75

ginger (0 cal) \$.50

## PROTEINS

whey protein (90 cal) \$1.50

organic vegan soy (200 cal) \$1.50

nonfat greek yogurt (10 cal) \$1.50

# Handcrafted Smoothies

16 fl oz \$6.95

Natural. No Sugar Added.

## Seasonal

### Citrus Defense Up

defense up juice blend, mangoes (270 cal)

### Green Defense Up

defense up juice blend, fresh spinach, mangoes (270 cal)

### Berry Defense Up

defense up juice blend, fresh spinach, mangoes (240 cal)

400% DV of Vitamin C!

## Smooth Mango

organic apple juice, mangoes, pineapple (260 cal)

## Smooth Strawbana®

organic apple juice, strawberries, bananas (260 cal)

## Smooth Açai +\$1.00

açai, mangoes, blueberries, organic apple juice, cacao (330 cal)

## Smooth Green

essential greens juice, pineapple juice, bananas, pineapple (170 cal)

## Smooth Super Avocado

fresh avocado, pineapple juice, essential greens juice, mangoes, bananas, ginger, fresh herbs (290 cal)

## Smooth Kale

fresh kale, essential greens juice, organic apple juice, mangoes, bananas (240 cal)

## Smooth Blue®

pineapple juice, pineapple coconut water, blueberries, mangoes, pineapple (200 cal)

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ALL JUICE ITEMS ARE MADE WITHOUT WHEAT INGREDIENTS.

# Evolution Fresh Juice Program. Juicing made easy.

A program designed to help increase your intake of nutrients, minerals, enzymes and vitamins. One, three and seven-day juice programs are most popular, but how many days you choose to juice is customizable to your lifestyle and goals. Most participants drink one pack of juice per day. Each delicious pack comes with six of our cold-pressed and squeezed juices. Choose from four different juice packs or customize your own.

## Juice Packs

### Easy Evolution™ Pack \$33.20

If eating fruits and vegetables is a struggle, this pack is a great place to start. It's perfect for those new to green juices and tend to like things a bit sweeter.

- 1 Sweet Greens and Lemon
- 1 Pineapple Coconut Water
- 1 Coconut Water and Greens
- 1 Spicy Lemonade
- 1 Organic V
- 1 Protein Power

### Balanced Evolution™ Pack \$33.20

This pack is perfect for those who exercise regularly and attempt to consume whole foods, but might not have the time to incorporate an optimum amount of fruits and vegetables into their diet.

- 1 Sweet Greens and Lemon
- 1 Organic V
- 1 Essential Greens
- 1 Organic Ruby Roots
- 1 Spicy Lemonade
- 1 Coconut Water and Greens

### Green Evolution™ Pack \$33.20

If you're a conscientious eater who is actively pursuing your health and wellness goals, this pack has your name on it. Get your daily leafy greens.

- 2 Essential Greens
- 2 Sweet Greens and Lemon
- 1 Coconut Water and Greens
- 1 Spicy Lemonade

### Organic Pack \$37.20

This pack includes our most popular USDA Certified Organic juices.

- 2 Organic Sweet Greens and Ginger
- 2 Organic V
- 1 Organic Ruby Roots
- 1 Organic Spicy Lemonade



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	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (mg)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
<b>Veggies &amp; More</b>																
Butternut Squash	0.6 oz	15	5	1	0	0	0	0	2	1	0	40	4%	0%	0%	0%
Broccoli	2 oz	20	0	0	0	0	0	25	4	2	1	1	20%	60%	2%	2%
Zucchini	0.6 oz	0	0	0	0	0	0	0	0	0	0	0	2%	2%	0%	0%
Carrots	0.8 oz	10	0	0	0	0	0	15	2	1	1	0	80%	2%	0%	0%
Roasted Red Pepper	0.7 oz	10	0	0	0	0	0	0	2	0	1	0	6%	45%	0%	2%
Grape Tomatoes	1 oz	5	0	0	0	0	0	0	1	0	1	0	4%	6%	0%	0%
Corn	1 oz	25	0	0	0	0	0	0	6	1	1	1	2%	4%	0%	0%
Feta	0.3 oz	20	10	1.5	1	0	5	105	1	0	0	2	2%	0%	4%	0%
Black Beans	1.5 oz	60	0	0	0	0	0	100	10	6	0	5	0%	0%	0%	6%
Lentils	1.4 oz	90	0	0	0	0	0	0	15	8	1	7	0%	2%	2%	10%
Chickpeas	2 oz	80	0	0	0	0	0	170	16	10	0	5	0%	0%	2%	6%
Herb Blend	0.15 oz	0	0	0	0	0	0	0	0	0	0	0	6%	2%	0%	0%
Pepitas	0.5 oz	110	90	9	1.5	0	0	260	2	1	1	6	2%	0%	0%	10%
Diced Apples	2 oz	30	0	0	0	0	0	0	8	1	6	0	0%	4%	0%	0%
Dried Cranberries	1 oz	90	0	0	0	0	0	0	23	1	19	0	0%	2%	0%	2%
Cubed Beets	1.5 oz	15	0	0	0	0	0	80	3	1	2	0	0%	2%	0%	4%
Shaved Parmesan	1 oz	110	70	8	5	0	25	240	1	0	0	9	4%	0%	20%	0%
Croutons	0.5 oz	60	35	4	0	0	0	105	6	0	0	1	0%	0%	0%	0%
Rotella's Bread Loaf	1 slice	130	20	2	0	0	0	220	22	3	4	6	0%	8%	4%	8%