



Harmony & Heritage Juicing Menu

As part of the Harmony & Heritage Juicing Program, we are offering a 6-pack of 8oz juices for \$20. Customers can select and arrange their pack from the menu provided below. Orders must be placed through Arlington's website and must be pre-ordered and ~~prepaid~~ prior to the pick-up date to ensure availability. Please review the menu to customize your pack and place your order in advance. All orders must be placed a week in advance. Pick-Up Dates are every Friday from January 17th to April 25th.

Juice Name	Ingredients	Health Benefits
Green Detox	Kale, Spinach, Cucumber, Green Apple, Lemon, Ginger	Supports detoxification by aiding liver function and flushing out toxins. Rich in antioxidants and vitamin C to boost immunity.
Hibiscus Bliss	Hibiscus Tea, Pineapple, Lemon, Mint	Rich in antioxidants and helps lower blood pressure, promoting cardiovascular health.
Citrus Sunshine	Orange, Grapefruit, Lemon, Turmeric, Honey	Packed with vitamin C to boost immunity and fight off colds. Turmeric helps with inflammation.
Immunity Booster	Carrot, Orange, Ginger, Turmeric	Strengthens the immune system with beta-carotene, vitamin C, and anti-inflammatory compounds.
Digestive Aid	Papaya, Pineapple, Ginger, Mint	Contains natural enzymes like bromelain and papain to improve digestion and reduce bloating.
Anti-Inflammatory Tonic	Turmeric, Pineapple, Carrot, Black Pepper, Lemon	Turmeric and black pepper work together to reduce inflammation, while pineapple and carrot provide antioxidants.
Diabetes Support	Bitter Melon, Cucumber, Spinach, Green Apple	Bitter melon helps regulate blood sugar levels. Rich in fiber and low in sugar to support glycemic control.
Vision Vitalizer	Carrot, Orange, Kale, Lemon	Rich in beta-carotene, lutein, and zeaxanthin to support eye health and prevent age-related vision decline.
Liver Cleanse	Beetroot, Lemon, Ginger, Cucumber	Beetroot supports liver detoxification, while ginger and lemon aid digestion and flush out toxins.
Hypertension Helper	Beetroot, Celery, Cucumber, Lemon	Beetroot is known for its nitric oxide content, which helps lower blood pressure, while celery provides natural diuretics.
Heart Harmony	Pomegranate, Blueberries, Spinach, Lemon	Supports cardiovascular health with antioxidants and nitric oxide boosters.
Berry Bliss	Blueberries, Strawberries, Spinach, Coconut Water	Rich in antioxidants, vitamin C, and hydration for overall well-being.
Energy Boost	Apple, Carrot, Ginger, Lemon	Natural sugars and ginger provide an energy boost, while carrots and apples support immunity.
Skin Glow	Cucumber, Aloe Vera, Lemon, Mint	Hydrating and rich in vitamins for clear and glowing skin.
Kidney Cleanser	Watermelon, Cucumber, Lemon, Mint	Hydrates and helps flush out toxins, supporting kidney health.
Stress Reliever	Chamomile Tea, Orange, Ginger, Honey	Chamomile and ginger help reduce stress and improve digestion.
Iron Boost	Spinach, Kale, Beetroot, Orange	Rich in iron and vitamin C to support blood health and energy levels.
Metabolism Kickstart	Grapefruit, Ginger, Cayenne, Lemon	Boosts metabolism and aids in fat burning.
Joint Relief	Pineapple, Turmeric, Orange, Black Pepper	Anti-inflammatory properties to support joint health.
Hydration Hero	Coconut Water, Cucumber, Lime, Mint	Electrolyte-rich for hydration and cooling, especially post-workout.