

COLD-PRESSED JUICE 350ML

CELERY (SPECIAL ORDER)	c4000
DR.GREEN'S Cucumber, chard, celery, lemon and ginger	c2600
DALE KALE Cucumber, lemon, kale, celery and himalayan salt	c2600
YELL-OW CHIA Pineapple, chia, orange, ginger and tumeric	c2600
SANA-HORIA Carrot, mandarin-lemon, beets and ginger	c2600
JUSTBEEI IT Beets, mandarin-lemon, carrot and ginger	c2600
MORNING GLORY Passion fruit, pineapple and tumeric	c2600
BLACK LEMONADE Lemon, honey, alkalized water and activated charcol	c2600
CHÍA FRÍA Coconut water, chía and coconut	c2600
REBOOT MILK Almonds, alkalized water, dates, vanilla and cinammon	c3000
CHOCO KETO MYLK	c3000
GAZPACHO	c3000

SHOTS

FLU SHOT Tumeric, ginger, lemon and honey	c1200
C-TAMIN Red pepper, lemon, salt	c1200



THE COLD PRESSED DIFFERENCE

Cold pressed juice is made very differently from fresh squeezed juice. Their methods of extraction is what makes them distinct from each other. Cold pressed juice is made with a special juicer that uses a hydraulic press and slow pulverizer to juice the fruits and veggies. This kind of juicer isn't the one you'd find at your local bodega or in your kitchen. That juicer, the kind you're more familiar with, is called a centrifugal juicer.

RAW CLEANSE

R

RESET \$40 • BEGINNERS

1 full day of food and 350ml cold pressed juice



1. Dale Kale
2. Morning Glory
3. Ensalada César
4. Yell-ow Chia
5. Sana-horia
6. Sushi Bowl
7. Reboot Milk

A

AWAKEN \$40 • INTERMEDIATE

1 full day of food and 350ml cold pressed juice



1. Dale Kale
2. Yell-ow Chia
3. Ensalada César
4. Just Beet It
5. Dr. Green's
6. Gazpacho
7. DaleKale

W

WIN \$40 • ADVANCED

1 full day of 350ml cold pressed juices and almond milk



1. Dr. Green's
2. Dale Kale
3. Dale Kale
4. Yell-ow Chia
5. Dale Kale
6. Dr. Green's
7. Reboot Milk

HERE ARE SOME TIPS TO MAKE THE MOST OF YOUR CLEANSE

- 01 ALWAYS keep the juices refrigerated
- 02 Keep hydrated, drink lots of water and herbal tea
- 03 Do gentle exercise, go for a walk or do yoga.
- 04 Every time you feel hungry, grin and bear it.
- 05 Relax and enjoy the process. Keep on reminding yourself why you are doing the cleanse.

BUY YOUR CLEANSE AT WWW.RAWCOCR.COM



Raw Co. Juicery and Food

Address: 400mts oeste de Plaza Colonial, CC Plaza del Río, Escazú
Phone: 2289 5285
Hours: De L a V de 7:00 a.m. a 6:00 p.m. / S de 8:00 a.m. a 5:00 p.m.



Raw To Go Lindora

Address: Del Fresh Market de Lindora, 50mts oeste, Urban Plaza
Phone: 4034 9154
Hours: De L a S de 8:00 a.m. a 5:00 p.m.

RAW CO

JUICERY & FOOD

MENU



/Raw Co. Juicery & Food



@rawcocr



www.rawcocr.com

ALL DAY BREAKFAST

TOFU SCRAMBLEEGS Homemad gluten free bagel, tofu scramble with tumeric, vegan spread, avocado. **c3000**

SALMON TOAST Homemade gluten free toast, fresh salmon, vegan spread, avocado **c4000**

AVOCADO TOAST (2 TOASTS) Homemade gluten free bread toast with avocado on top **c3000**

SWEET TOASTS (2 TOASTS) Homemade gluten free bread toast with peanut or almond butter and seasonal fruit **c3000**

PANCAKES 100% gluten free made from banana, almond milk, gluten free oat flour and sesaonal fruit on top. Add maple or coconut caramel **c3000**

CINNAMON PANCAKES 100% gluten free pancakes sweetened with maple syrup or coconut caramel **c3500**

COCONUT YOGURT / CASHEW YOGURT **c3500**

GOLDEN OATMEAL **c3500**

COCONUT YOGURT PARFAIT **c3500**

SIGNATURE

All dishes can be vegetarian. Available from 11:30am

RAW POKE Choose between grilled salmon, tuna or veggie. Kale, rice, rice crisps, avocado, green onion and asian dressing

SWEET GINGER POKE Choose between grilled salmon, tuna or veggie. Rice, kale, carrots, green papaya, avocado and nori chips

CESAR SALAD Kale, mushroom, quinoa, coconut bacon and homemade vegan cesar dressing

CHICKPEA CÉSAR Roman lettuce, quinoa, chickpeas, cucumber, cherry tomato, avocado, garbanzo crumble and cesar dressing

FALAFEL BOWL Cucumber noodles, hummus, kale, cabagge, falafel and tahini dressing

SUSHI BOWL Kale, cucumber noodles, sushi (vegan or fish), avocado, salmon and asian dressing

MESITERRANEAN SANDIWCH served with soup and kale chips.

CAULIFLOWER RISOTTO Rice cauliflower, mushrooms and green onions

SPICY SESAME NOODLES Choose between grilled salmon, tuna or veggie. Gluten free noodles, carrot, green papaya, kale and asian dressing

JACKFRUIT LOVE **c4900**

TICO BOWL Rice, beans, shredded jackfruit, tomato, avocado and yuca chips.

NACHOS Blue corn chips, yuca cheddar cheese, shredded jackfruit, tomato, avocado and jalapeño

JACKFRUIT TACOS Corn tortilla, shredded jackfruit, cabagge, avocado and cilantro

BOWLS

BLACK BERRY Banana, blueberry, strawberry, activated charcol and almond milk **c3000**

CHOCO PROTEIN Banano, almond butter, plant-based protein, raw cacao and almond milk **c3500**

GOLDEN Banano, mango, tumeric and almond milk **c3500**

SEASONAL **c3500**

SMOOTHIES

BERRY GOOD Strawberry, blueberry, banano and almond milk **c3000**

FULTHY Kale, pineapple, mango, almond butter, ginger, chia seeds, coconut water and avocado **c3500**

PROTEIN SHAKE Banano, plant-based protein, peanut butter and almond milk **c3500**

CHOCO FORTE Almond milk, banano and cacao **c3000**

COLD DRINKS

ICED COFFEE Cold brew coffee **c1900**

ALMOND ICED COFFEE Cold brew coffee and almond milk **c2500**

ICED COFFEE (caramel or chocolate) **c3000**
Cold brew coffee, almond milk, chocolate or coconut caramel and coconut whipped cream

ICED MATCHA LATTE Almond milk and matcha **c3000**

SINLESS FRAPUCCINO **c3000**



DAILY DISH

Choose your Signature Dish + Black lemonade or cookie **c7400**



DID YOU KNOW...

We prepare all our products from scratch, and we never add preservatives or additives to any of our preparations. We use homemade almond milk for all our drinks, coffees, smoothies and bowls and all our drinks are naturally gluten-free and 100% dairy-free.

HOT DRINKS

BLACK COFFEE / AMERICAN ESPRESSO **c1900**

LATTE Cold brew coffee and almond milk **c2500**

CAPPUCCINO Organic coffee, cinammon and almond milk **c2500**

GOLDEN MILK Almond milk, tumeric, vanilla and cinammon **c2900**

TEAS Roiboos, White Champagne, Green, Raw Tea **c1500**

BULLET PROOF COFFEE Organic coffee and coconut oil **c2000**

MATCHA LATTE Matcha and homemade almond milk **c2900**

CHOCOLATE Almond milk, cacao, coconut oil and agave **c2900**

DESSERTS

100% gluten free, no refined sugars, dairy free

SNICKERS RAW TO GO

LEMON PIE TO GO

TIRAMISÚ TO GO

CHOCOLATE CAKE TOGO

CARROT CAKE TOGO

BANANA CAKE

CINNAMON ROLL **c2000**

COOKIE peanut, almond, chocolate **c1500**

BROWNIE **c1500**

CROISSANT **c2000**

MUFFIN **c1500**

PROTIEN BAR **c2000**



ORDER YOUR RAW CAKE OR PIE

Always 100% gluten free and dairy free

BANANA **c9000**

CARROT **c19000**

CHOCOLATE **c19000**

SNICKERS **c24000**

RAW BREAD quinoa, whole rice, seeds **c5900**

HOMEMADE TOGO

100% gluten free, no refined sugars, dairy free

CHIA PUDDING **c3000**

COCONUT YOGURT **c3500**

COCONUT CARAMEL **c3500**

ALMOND BUTTER **c6000**

PEANUT BUTTER **c5000**

TAHINI **c4500**

DRESSINGS cesar, spicy **c3500**

GRANOLA CLUSTERS **c4000**

KALE CHIPS green onion, spicy **c3000**