



PICK YOUR PROTEIN

FISH (SALMON, AHI TUNA STEAKS, MAHI MAHI)	16.99
MEATLESS MEAT (BLK BEAN BURGER, MEAT CRUMBLER)	14.99
CHICKEN	10.99-13.99
GROUND TURKEY	9.99-11.99

HOW DO YOU WANT IT PREPARED?

NACHOS
 TACOS
 SALAD
 BURGER STYLE---SERVED ON GRILLED COLLARD OR GLUTEN FREE
 TORTILLA

ADD SPICE

VERY SPICY (LIFE OF THE PARTY)
 SPICY (GET THINGS MOVING)
 NO SPICY (I'M BORING)

SPECIALITY ITEM

WEEKLY MEALS (3 MEALS A DAY FOR SIX DAYS)	135.99
STUFFED PINEAPPLE	17.99
STUFFED AVACADO	9.99
TURKEY CHILLI	10.99
TURKEY SMASH	10.99

ADD ON

AVACADO	.50
QUINOA	1.99
PINEAPPLE	2.99
GRILLED VEGGIES	4.99

ORGANIC JUICES

JUICE OF THE DAY	5.99
MAKE YOUR JUICE	6.99

JULIA COOKS ORGANIC MENU

6521 N. MAIN, 77009 HOURS TUE-FRI 11-5, SAT 12-5

DELIVERY SERVICE @ WWW.JULIA-COOKS.COM OR CALL 281-960-8249



STRAWBERRY LEMONADE	3.99
ALKLINE FAT FLUSH WATER	2.99
CUSTOM BOTTLED JUICES ON DEMAND	7.99 & UP

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