



JUICY + ORGANIC + YUM

# THE JOY JOURNAL

## Hello Sunshines!

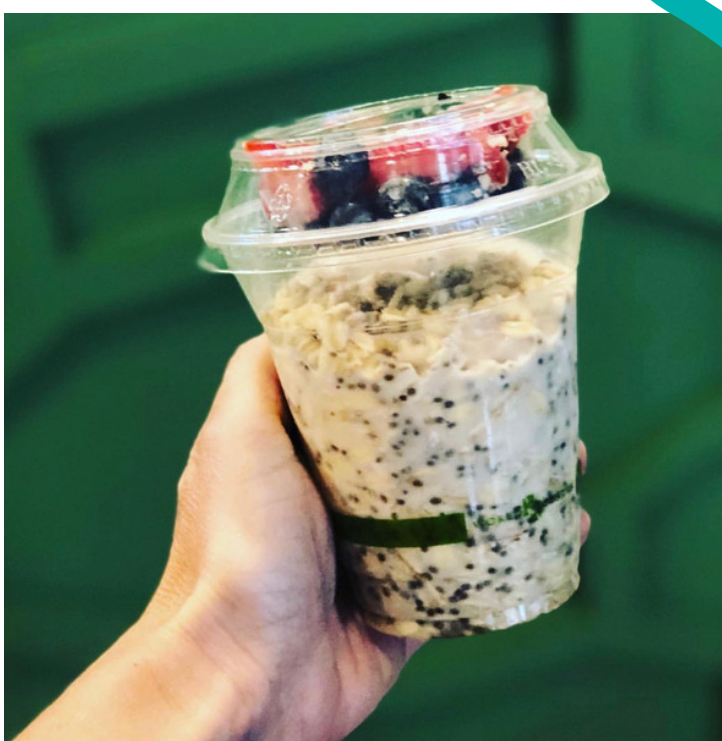
WOW! We cannot believe it's been 6 months since we opened our Joy Bar doors. In this month of gratitude, we want to thank everyone for their support and love. We are beyond grateful to have your smiling faces come through our doors, showing us healthy delicious foods are something our community needs. For us, this is a dream come true! We are grateful for our staff who has shown to be hard working, creative and most of all fun! Want to join in the fun? We still have room to add more to our amazing crew. If you are interested in being part of our Joy Squad please apply on our website or give us a call. The Gratitude Gang, as we call ourselves, truly enjoys spreading joy through the love we put in our food to greeting the Joy Bar community that comes to visit us. Together we are growing and learning on a daily basis.



Our primary goal is to serve our community with joy and health. In the past six months we have enjoyed making up lots of smoothies, cold pressed juices, smoothie bowls, tasty toasts and salads. This summer, we enjoyed a variety of smoothie seasonal specials and juices like our Summer Love and Aloha juices. This fall, we have enjoyed letting everyone know about our great coffee options like bulletproof, our large variety of Kilogram teas and warming lattes (chai, matcha and turmeric). We've introduced wraps (Eye of the Thaiger & That's a Wrap) that are made from coconut only wraps that are both gluten and nut free. And now we are serving soups (Butternut Turmeric Thai, Tomato Red Pepper and Southwest Black Bean) and seasonal toasts to keep you warm all winter long. Keep a look out on more warming options like our oatmeal bowls and bone broths!



This summer and fall we have been grateful to work with amazing organizations like Athleta, RISE Fitness, Corepower Yoga for their 4 year anniversary, Jayne, Re:New, Marcel's, OrangeTheory, Club Pilates and Fitspot. We thoroughly enjoyed visiting the culinary classes and having the nutritional classes from Glenbard West stop in to learn about the benefits of juicing, smoothies and add-ons. We enjoy supporting our community and look forward to more partnerships and future events.



We have partnered with some great vendors like Greater Good Granola (all the proceeds through the end of the year is donated to the Anti-Defamation League), Intelligentsia Coffee providing us delicious organic coffee, local GE Michaelene Energy Bars, Manna Organics for local organic nuts and spreads, Darista Dips, Local Foods providing us local farm fresh produce and honey, Get Fresh, Testa and Chicago Indoor Garden providing us organic local wheatgrass and sprouts. We also proudly use all compostable to go cups and containers from Good Start Packaging.



We are excited to announce our Joy Bar Cleanse packages are now available! Just in time for the holidays and after. You can order them online. If you are looking for a stocking stuffer, teacher's gift or a gift for your healthy friends and family we have gift cards available as well. You can purchase gift cards online or in-store and they can be kept on your phone for ease. Just go to our website or <https://www.toasttab.com/the-joy-bar/giftcards>.



With the cooler temperatures, we hope you come on in to visit, get warm and get your healthy eats! As always, we love any and all feedback. If there is anything you would like us to know or items you'd like to see offered please email us at [spreadjoy@thejoybar.com](mailto:spreadjoy@thejoybar.com). The Joy Bar is for YOU and we want to hear from you!

We wish you a JOYFUL holiday season with your loved ones! Thank you again for supporting The Joy Bar! We look forward to seeing you lots this winter!

*Joyfully,  
Alicia & Megan*

