



KREIPS & JUICES

Crepes With An American Twist

"Founded in 2014, Kreips and Juices takes your ordinary crepe and gives it an American twist. We serve fresh ingredients to provide you with a variety of crepes and natural fruit juices, smoothies, acai bowls, rice bowls, and much more! From Buffalo Chicken to Nutella and Banana Crepes and even Very Berry smoothies. We are a family operated business who will treat you like one of our own. Our delicious cuisine combined with exceptional customer service is what separates Kreips and Juices from the rest. We also believe in supporting our local businesses, this is why we commit in buying our products locally."

CAPE CORAL LOCATION:
1127 Del Prado Blvd S. Unit C
Cape Coral, Florida, 33990

DOWNTOWN FORT MYERS RIVER DISTRICT FARMERS MARKET:
Thursdays 8:00am – 1:00pm.

CAPE CORAL FARMERS MARKET:
SE 47th Ter & SE 10th Pl
Cape Coral, FL, 33904
Saturdays 8:00am – 1:00pm.



KREIPS & JUICES INSIDE LA FITNESS:
2301 Del Prado Blvd,
Cape Coral, FL 33990

EDISON MALL:
4125 Cleveland Ave
Fort Myers, FL 339010



Breakfast Crepes



Two eggs, (Your choice of Ham, bacon, or sausage) & Cheddar cheese

\$6.00 Add veggies for **\$0.75**

Egg whites, Steak, and Chesse.....\$6.89
(Sirloin, egg whites, spinach, and mushrooms on top of melted cheddar cheese).

Ranchero Breakfast.....\$6.89
(Two eggs with onions, tomatoes, bacon, ham, cheddar, and topped with mild salsa).

Kids Crepes

(10 Years or under)

Includes a kids juice box

Grilled Cheese Crepe.....\$4.99
(Sizzling cheese).

Pepperoni Pizza Crepe.....\$4.99
(Pepperoni, mozzarella, cheese, and pizza sauce).



Gourmet Coffees



Hot Coffee.....\$1.65 / \$1.99
Iced Coffee.....\$2.95

Frappe.....\$3.99

Cappuccino.....\$2.75 / \$3.50
Espresso.....\$1.65
Double Espresso.....\$2.25
1 Lb Coffee bag.....\$11.99
Flavors.....\$0.80
(Caramel, Mocha, Vanilla, pumpkin spice [seasonal]).

Beverages

Fountain drinks
Bottle drinks
Beer/Wine

Specialty Limeade.....\$2.50
(Add flavors: mango, pineapple, strawberry, passion fruit, cherry, peach, \$0.75)



Savory Crepes



Buffalo Chicken Crepe.....\$6.89
(Marinated chicken breast cooked in buffalo sauce, cheddar cheese, romaine lettuce, onions, tomatoes, and a drizzle of ranch).

Caesar Chicken Crepe.....\$6.89
(Marinated chicken breast, cheddar cheese, romaine lettuce, onions, tomatoes, and a drizzle of Caesar dressing).

Philly Cheese Crepe.....\$7.89
(Sirloin steak, green peppers, onions, mushrooms, white American cheese).



Chicken Bacon Ranch Crepe.....\$6.89
(Marinated chicken breast, romaine lettuce, tomatoes, onions, blended cheese, bacon, and a drizzle of ranch).

Mexicano Crepe.....\$6.89
(Marinated chicken breast, black beans, Mexican blend cheese, onions, lettuce, tortilla chips, tomatoes, and chipotle sauce).

Veggie Party Crepe.....\$6.89
(Green peppers, romaine lettuce, onions, mushrooms, tomatoes, cheddar cheese, and your choice of sauce).

Teriyaki Crepe.....\$6.89
(Marinated chicken breast, romaine lettuce, tomatoes, onions, teriyaki sauce, and cheddar cheese).

Midnight Crepe.....\$6.89
(Ham, pork, swiss cheese, pickles, topped with picnic chips and a drizzle of mayo and mustard).



Chorizo Crepe.....\$7.49
(Argentinian Chorizo, romaine lettuce, onions, tomatoes, blended cheese, and homemade chimichurri sauce).

Turkey and Cheese Crepe.....\$6.89
(Sliced turkey breast, cheddar cheese, romaine lettuce, tomato, onions, and your choice of sauce).

Savory Crepes



Chicken Cordon Bleu Crepe.....\$6.89
(Marinated grilled Chicken breast, ham, mushrooms, mozzarella cheese, spinach, and alfredo sauce).

The Lomo Crepe.....\$7.89
Our Signature (Marinated sirloin, onions, and tomatoes sauteed in our signature lomo sauce, on a bed of picnic chips).

Greek Crepe.....\$6.99
(Marinated grilled chicken breast, romaine lettuce, tomato, onions, cucumber, black olives, feta cheese, and tzatziki sauce).

Italiano Crepe.....\$6.89
(Pepperoni, Salami, cheddar cheese, romaine lettuce, tomato, and onions, with your choice of any sauce).

BYO Crepe.....\$7.89
(Choose marinated chicken or sirloin, steak, cheddar cheese, any veggies and your choice of sauce).

Pesto Chicken or Steak Crepe.....\$6.89 / \$7.89
(Marinated grilled Chicken breast or sirloin steak, spinach, tomatoes, mozzarella cheese, and a drizzle of our homemade creamy pesto sauce).

Ham and Cheese Crepe.....\$5.99
(Serrano ham, cheddar cheese, romaine lettuce, tomatoes, onions, with your choice of sauce).

Pepperoni Pizza Crepe.....\$6.89
(Pepperoni, tomato sauce, mozzarella).



Churrasco Crepe.....\$10.99
(Skirt steak, romaine lettuce, tomatoes, onions, blended cheese, and our homemade chimichurri sauce).

Hot Dog Crepe.....\$6.89
(Hot dog, cheddar cheese, onions, banana peppers, mayo, mustard, and picnic chips).

Deluxe Turkey Club Crepe.....\$6.99
(Sliced turkey breast, serrano ham, bacon, cheddar cheese, topped with romaine lettuce, tomato, onions, and a drizzle of mayo).

BLT Crepe.....\$6.89
(Crispy bacon, romaine lettuce, tomatoes, a sprinkle of blended cheese, and a drizzle of mayo).

Cheddar Bacon Burger Crepe.....\$7.99
(Juicy burger, romaine lettuce, tomatoes, onions, bacon, cheddar cheese, mayo, and mustard).

Lechon Crepe.....\$6.99
(Slow roasted pork marinated in mojo sauce, sauteed onions, on a bed of picnic chips, topped with a drizzle of mayo).

Meat Lovers Crepe.....\$6.99
(Ham, pepperoni, salami, bacon, romaine lettuce, blended cheese, and your choice of sauce).

Extra protein:
Add Chicken.....\$1.99
Add Sirloin.....\$2.79
Add Churrasco.....\$4.25
Add Chorizo.....\$2.99
Add Lechon.....\$2.49

Rice Bowls



The House Rice Bowl.....\$8.79
(Our homemade cilantro rice, marinated chicken breast, seasoned onions, and homemade sauce, on a bed of spinach).

Pesto Rice Bowl.....\$8.79
(Marinated chicken breast or sirloin steak, yellow or cilantro rice, tomatoes, mozzarella cheese, our homemade pesto sauce, on a bed of spinach).

Churrasco Rice Bowl.....\$10.99
(Grilled skirt steak, yellow rice with vegetables, cilantro rice or brown rice, tomatoes, onions, blended cheese, our homemade chimichurri sauce, on a bed of romaine lettuce).

Buffalo Rice Bowl.....\$8.79
(Marinated chicken breast tossed in buffalo sauce, yellow rice with vegetables, tomatoes, onions, cheddar cheese, ranch, on a bed of romaine lettuce).

Mexicano Rice Bowl.....\$8.79
(Marinated Chicken breast, black beans, yellow rice with vegetables, onions tomatoes, blended cheese, our homemade chipotle sauce, tortilla chips, on a bed of romaine lettuce).

BYO Rice Bowl.....\$8.79
(Yellow rice with vegetables, cilantro rice or brown rice, pick: onions, green peppers, tomatoes, cucumber, black beans, garbanzo beans, cheddar cheese and your choice of sauce).

Caesar Chicken Rice Bowl.....\$8.79
(Your choice of yellow rice with vegetables or cilantro rice, marinated chicken breast, cheddar cheese, romaine lettuce, onions, tomatoes, and a drizzle of Caesar dressing).

Veggie Rice Bowl.....\$8.79
(Your choice of yellow rice with vegetables, brown rice or cilantro rice, pick: black beans, garbanzo beans, green peppers, romaine lettuce, onions, mushrooms, tomatoes, cheddar cheese, and your choice of sauce).

Chorizo Rice Bowl.....\$8.79
(Your choice of yellow rice with vegetables or cilantro rice, Argentinian Chorizo, lettuce, onions, tomatoes, blended cheese, and homemade chimichurri sauce).

Philly Cheese Rice Bowl.....\$8.79
(Your choice of yellow rice with vegetables or cilantro rice, Sirloin steak, green peppers, onions, mushrooms, white American cheese).



Steak Bowl.....\$8.79
(Our homemade cilantro rice, sirloin steak, seasoned onions, and homemade sauce, on a bed of spinach).

Teriyaki Rice Bowl.....\$8.79
(Your choice of yellow rice with vegetables, brown rice or cilantro rice, marinated chicken breast, romaine lettuce, tomatoes, onions, teriyaki sauce, and cheddar cheese).

Chicken Cordon Bleu Rice Bowl.....\$8.79
(Your choice of yellow rice with vegetables, brown rice or cilantro rice, marinated chicken breast, ham, mushrooms, mozzarella cheese, spinach, and alfredo sauce).

Chicken Bacon Ranch Rice Bowl.....\$8.79
(Your choice of yellow rice with vegetables, brown rice or cilantro rice, marinated chicken breast, lettuce, tomatoes, onions, blended cheese, bacon, and a drizzle of ranch).

The Lomo Rice Bowl.....\$8.79
Our Signature (Cilantro rice, marinated sirloin, onions, and tomatoes sauteed in our signature lomo sauce, topped with picnic chips).

Lechon Rice Bowl.....\$8.79
(Yellow rice with vegetables, slow roasted pork marinated in mojo sauce, sauteed onions, picnic chips, romaine lettuce with a drizzle of mayo).

Extra protein:
Add Chicken.....\$1.99
Add Sirloin.....\$2.49
Add Churrasco.....\$3.49
Add Chorizo.....\$2.49
Add Lechon.....\$2.49

Fresh Salads

Mexicano Salad.....\$6.89
(Marinated chicken, Black Beans, Romaine Lettuce, Tomatoes, Onions, Blended cheese, Tortilla Chips, & Chipotle Dressing).

Buffalo Chicken Salad.....\$6.89
(Grilled Buffalo Chicken, Romaine Lettuce, Tomatoes, Onions, Blended Cheese, & Ranch Dressing).

Chicken Bacon Ranch Salad.....\$6.89
(Grilled Chicken, Romaine Lettuce, Tomatoes, Onions, Bacon, Blended Cheese, & Ranch Dressing).

Meat Lovers Salad.....\$7.49
(Ham, Bacon, Pepperoni, Salami, Romaine Lettuce, Tomatoes, Onions, Blended Cheese, & Your Choice Dressing).

Italiano Salad.....\$7.49
(Pepperoni, Salami, cheddar cheese, lettuce, tomato, and onions, with your choice of any sauce).

Churrasco Salad.....\$10.99
(Skirt Steak Strips, Romaine Lettuce, Tomatoes, Onions, Shredded Blended Cheese, & Chimmichurri Sauce).



Caesar Chicken Salad.....\$6.89
(Marinated chicken, Romaine Lettuce, Tomatoes, Onions, Blended Cheese, & Caesar Dressing).

Chorizo Salad.....\$7.49
(Argentinian Chorizo, Romaine Lettuce, Tomatoes, Onions, Blended Cheese, & Chimmichurri Sauce).

Veggie Salad.....\$6.89
(Romaine lettuce, tomato, onion, green pepper, mushroom, cheddar cheese and your choice of sauce).

Greek Salad.....\$6.89
(Marinated grilled chicken breast, romaine lettuce, tomato, onions, cucumber, black olives, feta cheese, and tzatziki sauce).

Smoothies \$5.99

All smoothies are blended with real fruit and come with organic agave for a natural sweetness. Pick your base: of water, almond milk, or whole milk. (Add ins: Kale \$0.80, Spinach \$0.80, Fresh OJ \$1.50, Flax \$0.40, Protein or Energy \$1.00).



#1 Tropical Sunset
\$7.50
(Fresh Orange Juice, Pineapple, Kiwi, Banana, Strawberry, Mango).



#2 Papaya Passion
(Papaya, Mango, Pineapple, Strawberries).



#3 Hawaiian Breeze
(Pineapple, Mango).



#4 The Hulk
(Kale, Banana, Carrots, Fresh Orange Juice).



#5 Piña Colada
(Pineapple and Coconut).



#6 Nanaberry
(Strawberry and Banana).



#7 Peach Paradise
(Peach, Mango, Pineapple, Strawberry).



#8 Verry Berry
(Strawberries, Blueberries, Raspberries).



#9 Mango, Pineapple, Orange



#10 Mango, Pineapple, Passion fruit



#11 Strawberry, Banana, Pineapple



#12 Mango, Peach, Strawberry, Passion Fruit



#13 Strawberry, Banana, Mango



#14 Strawberry, Blueberry, Banana



#15 Pineapple, Passion Fruit, Banana



#16 Fresh Orange Juice.....\$3.99



#17 Pick 3 Fruits



#18 Morning Boost \$8.99
(Mango, pineapple, banana and red bull).

Recovery Protein Smoothies \$6.99



Banana Split
(Banana, Pineapple, Strawberry, Vanilla Protein, Almond Milk).



Protein Overload
(Banana, Peanut Butter, Chocolate, Almond Milk).



Green Goddess
(Spinach, Oats, Banana, Pineapple, Protein, Almond Milk).

Juice Extractions \$6.99



#1 Detoxifier
(Cucumber, Lime, Ginger, Coconut water).



#2 C ME UP
(Carrots, Kiwi, Ginger, Orange).



#3 Beet, Cucumber, Apple, Carrot



#4 Sunrise Cleanser
(Lemon, Kale, Apples, Ginger).....
\$7.50



#5 Vitality
(Carrots, Apples, Celery, Kale).



#6 Kale, Apple, Celery, Orange, Ginger\$7.50



#7 Beet, Pineapple, Orange, Cucumber ...\$7.50



#8 Carrot, Orange, Pineapple



#9 Carrot, Spinach, Kale, Apple



#10 Tomato, Celery, Lemon



#11 Pineapple, Cucumber, Celery, Apple, Lemon.....\$7.50



#12 Cucumber, Apple, Celery, Kale, Lemon.....\$7.50

Super Fruit Bowls (Blended with Banana)



Step 1 : Pick One

BYO \$8.49
Original bowl

Warrior \$9.43
Recover with vanilla whey protein.

Energy \$9.43
Packed with B12 vitamin

Detox \$8.49
Boosted with kale and flax

Step 2: Pick your base

Acai, dragon fruit, mango, guanabana, guava.

Step 3: Pick two toppings

(Strawberries, blueberries, kiwi, banana, granola, coconut shavings, dark chocolate, white chocolate, flax, honey, Nutella, peanut butter, almonds).

Additional topping \$0.50

Sweet Crepes and Desserts

Choose any sauce, Nutella, dulce de leche, peanut butter, vanilla yogurt, chocolate, or Ghirardelli white chocolate.



BYO Crepe.....\$7.99
(Choose up to four fruits (strawberries, bananas, kiwi, blueberries), and your choice of sauce, topped with whipped cream and powdered sugar).

Sweet Heaven Crepe.....\$6.99
(Strawberries, bananas, your choice of sauce, topped with whipped cream and powdered sugar).

S'Mores Crepe.....\$6.49
(Marshmallows, Nutella, graham crackers, topped with whipped cream).

Banana Split Crepe.....\$8.49
(Strawberries, bananas, a scoop of ice cream, and your choice of dulce de leche or nutella, topped with whipped cream and powdered sugar).

Dirty Banana Crepe.....\$6.49
(Banana, Nutella, Peanut Butter, Whipped Cream and Powdered Sugar).

Solo Crepe.....\$4.99
(Your choice of dulce de leche or nutella, topped with whipped cream and powdered sugar).



Strawberry Delight Crepe.....\$6.49
(Fresh strawberries and your choice of sauce, topped with whipped cream and powdered sugar).

Banana Madness Crepe.....\$6.49
(Fresh bananas and your choice of sauce, topped with whipped cream and powdered sugar).



Berry Parfait Crepe.....\$6.99
(Strawberries, blueberries, low-fat vanilla yogurt, topped with granola, whipped cream, and powdered sugar).

Ice Cream & Desserts

• **Small Ice Cream Cup / Cone**.....\$4.25/\$5.25

• **Large Ice Cream Cup / Cone**.....\$5.25/\$6.25

• **Alfajores**.....\$2.99

Flavors:
Vanilla, Strawberry, Chocolate, Caramel Pretzel, Coconut, Birthday Cake, Mint Chocolate Chip, Cookies & Cream, Cookie Dough, Key Lime Pie.



K & J Trilogy.....\$13.99
(Double chocolate ice cream on top of a warm brownie, homemade tres leches cake topped with vanilla bean ice cream, and a homemade strawberry shortcake topped with strawberry ice cream).

Banana Split.....\$7.49
(Banana, strawberry slices, 2 scoops of ice cream, your choice of sauce, and whipped cream).

Ice Cream Sundae.....\$5.49
(Two scoops of ice cream, one toppings, nutella or dulce de leche, and whipped cream).

Strawberry Shortcake.....\$3.99

Classic Milkshakes.....\$5.50



Flavors:
Vanilla, Strawberry, Chocolate, Caramel Pretzel, Coconut, Birthday Cake, Mint Chocolate Chip, Cookies & Cream, Cookie Dough, Key Lime Pie.

Gourmet Milkshakes.....\$12.99

Tres Leches
(Vanilla love boat ice cream, waffle cone with a scoop of vanilla love boat ice cream, topped with a tres leches cake, drizzled with condensed milk and caramel, and topped with whipped cream).



Strawberry Shortcake
(Strawberry ice cream, waffle cone with a scoop of strawberry ice cream, topped with whipped cream and caramel).



Birthday Cake
(Birthday cake ice cream, a waffle cone with a scoop of birthday cake ice cream, topped with a slice of chocolate cake, topped with sprinkles and whipped cream).



Macaroon
(Your choice of ice cream, a waffle cone, topped with french macaroons, whipped cream, raspberry sauce, and caramel [seasonal item]).



Pumpkin Cheesecake
(Pumpkin cheesecake ice cream, a waffle cone with a scoop of pumpkin cheesecake ice cream, topped with homemade cheesecake, whipped cream, and caramel [seasonal item]).



Chocolate Chip Cookie Dough
(Cookie dough ice cream, a chocolate chip cookie ice cream sandwich, topped with whipped cream, Nutella, and caramel).



S'mores
(Graham crackers sandwich, a scoop of chocolate ice cream, topped with whipped cream and Nutella).



Double Chocolate Brownie
(Fudge brownie ice cream, topped with a warm brownie and a scoop of chocolate ice cream, drizzled with nutella, and topped with whipped cream).

