



## Mocha Bleu Launches Mocha Bar + Bowl

By Andrea Nissel

The reality of being stuck at home with no access to a gym or exercise equipment has left many people feeling unhealthy and out of shape. Naftali Abenaim, CEO of Mocha Hospitality Group and former spin instructor, can relate. Since the COVID-19-imposed lockdown, he has struggled to stay in shape and eat right, a challenge he believes many others are facing as well. This, he said, was the impetus to launch Mocha Bar + Bowl, an ultra-healthy juice boutique offering customized cold-pressed juices and acai bowls.

"People are tired of staying home and feeling unhealthy," he said. "They want to get back on track."

A juice cleanse is a great way to begin.

What makes cold-pressed juices so exceptional is the method by which they are made. The process, which relies on pressing the fruits and vegetables instead of blending them, ensures that the important nutrients and enzymes are not sacrificed due to the heat of a motor and friction.

At Mocha Bar + Bowl, juices are made with a high-end french press and stored in glass french bottles, not the BPA plastic ones that most juice bars use.

Juices are created from a variety of fruits and vegetables including apples, kale, spinach, cucumber, carrots, celery, lemon and ginger.

"There are more ingredients packed into these juices than the average salad," said Abenaim, who encourages customers to chew their drink. "It sounds strange, I know, but you want to make sure you chew your juice with each gulp because when you do so, you activate the secretion of saliva and enzymes that prepare your body to absorb the nutrients that are in the juices."

Top juice picks include Run For Your Life, a combination of beets, watermelon, lime and ginger. A customer favorite is Black Magic, which contains activated charcoal that can capture, bind and remove 100 times its weight in toxins. For an extra twist, customers can add plant-based green boosters named energy, glow and immunity.

"Each juice is made to order and is the closest thing you are going to get to a raw, pure vegetable or fruit," said Abenaim. "The coconut water is natural and refreshing and actually tastes like you are sipping on a fresh, young coconut."

Juicing allows other organs in the body to release toxins that build up over time. After a cleanse, most people report increased levels of energy, less bloating, clearer skin and overall improved auto-immune health.

For some, cold-pressed juices are an efficient way to get the vitamins and nutrients their body requires. Juicing, however, is not a lifestyle, said Abenaim, who is happy to work with customers or their nutritionists to develop a customized cleanse specific to their needs.

Also on the menu are delicious and healthy acai bowls made with natural sweeteners and premium ingredients. After extensive research, Abenaim discovered that acai varies in quality and texture and is often loaded with excessive amounts of sugar.

At Mocha Bar + Bowl, Abenaim steers clear of any added sugars or hidden sweeteners. Mouthwatering options include Magical Nutella, Monkey Bar and Jaguar, all so beautifully presented, they're almost too pretty to eat. An assortment of toppings and fruits are available and all bowls are pareve and keto friendly.

"From a health and wellness perspective, I am happy to recommend many of Mocha's detox blended drinks as well as the acai bowls," said Steve Szklarz of the Sadkhin Diet Program in Englewood. "As per the actual Sadkhin Program, acai and all fruits that are being used in the bowls are legal and recommended on the program, as well as honey, chia seeds and flax seeds."

As a special introductory offer, all acai bowls are currently \$10. For a full menu please visit Mochabarowl.com. To place an order online go to <https://direct.chownow.com/order/4359/locations/5656>.

Mocha Bleu is located at 1399 Queen Anne Road, Teaneck and operates under the strict supervision of the RCBC.



**OPENING PROMO!**  
**ALL ACAI BOWLS ONLY \$10**  
Use code ACAI



1399 Queen Anne Road, Teaneck, NJ.  
A Concept by the Mocha Hospitality Group at Mocha Bleu  
[Mochabarowl.com](http://Mochabarowl.com)  
[mochatakeout@gmail.com](mailto:mochatakeout@gmail.com)  
Hours:  
Sun - Thu: 10am - 8pm • Fri: 10am - 3pm  
Sat. Night: 1 hour after Shabbos - Midnight

### COLD PRESSED/EXTRACTED JUICES

Pressed to order | 16oz | All Vitamins + Nutrients

- Ka-ley Called** 10  
Kale, Green Apple, Watermelon, Lime
- Green Mantra** 10  
Apple, Kale, Pineapple, Spinach, Mint
- Deep Clean** 10  
Apple, Celery, Cucumber, Kale, Lemon, Parsley, Spinach
- DoctorX** 12  
Apple, Cucumber, Ginger, Kale, Lemon, Spinach, Wheatgrass
- DetoX** 11  
Apple, Carrots, Cucumber, Ginger, Lemon + Lime
- Run for your life!** 10  
Beets, Watermelon, Lime, Ginger
- Hangover** 10  
Apple, Carrots, Cucumber, Ginger, Lemon
- Super C** 10  
Grapefruit, Orange, Pineapple, Fresh Mint
- Diamond Cleanse** 12  
Lemon, Cayenne, Ginger, Maple Feel the heat of a raised metabolism and reduced congestion.
- Daily Detox [CELERY]** 10  
Celery, Lemon, Cayenne
- Black Magic** 13  
Purified Water, Lemon, Cayenne, Activated Coconut Charcoal: Practically magic, activated charcoal can capture, bind and remove up to 100 times its weight in toxins.
- Beauty in a Bottle** 13  
Cucumber, Spinach, Lemon  
**Rosewater:** Soothes sore throats and enhances mood.  
**Shizandra:** Extremely high in powerful antioxidants to fight free radicals.  
**Chlorella:** Extremely high in powerful antioxidants to fight free radicals.

### BAR + BOWL

#### SINGLE BLEND JUICES

Pressed to order | 16oz

- Apple 8
- Green Apple 8
- Carrots 8
- Pineapple 8
- Watermelon 8
- Celery 8
- Young Coconut 10  
Whole Branded Young Coconut chilled

#### SHOTS SHOTS SHOTS

ALL PURE! | 1oz

- Wheatgrass 2
- Tumeric 1.5
- Ginger 2
- Organic Unfiltered Apple 2
- Cider Vinegar 2
- Immunology 3
- Immune Boost: Cold extracted  
Ginger, Lemon, Cayenne

#### ONE + THREE DAY CLEANSSES

24 hour Notice Needed

- 1 Day Cleanse 55**  
6 bottles curated and pressed to your needs  
**3 Day Cleanse 160**  
18 bottles curated and pressed to your needs  
**SKINNY 3 day Cleanse 160**  
18 bottles curated and pressed to your needs  
**DETOXIFICATION 3 day Cleanse 160**  
18 bottles curated and pressed to your needs

#### GREEN BOOSTERS 2

Plant Based - 1 Scoop

- Detox + Digest** daily greens + superfoods + probiotics for soothing digestive support
- Alkalize + Detox** daily greens + cleansing herbs + spices for pH balance + detox
- IMMUNITY** daily greens + herbs + mushrooms for immunity + wellness
- GLOW** plant based protein with reviving superfoods to help support collagen synthesis
- ANTIOXIDANT** daily greens + nutritious super fruits to fight free radicals
- BEAUTY** 100% daily value Biotin to support healthy hair, skin & nails
- ENERGY** daily greens + plant based caffeine for energy + wellness
- SUPERFOOD** daily greens + fruit + veggies for health + wellness

GLUTEN FREE - RCBC - NUTELLA PAREVE

#### ACAI BOWLS

Blended to order | Keto Friendly | 16oz | PAREVE

- Magical Nutella** 12  
Organic unsweetened Acai, topped with bananas, strawberries, blueberries, toasted coconut flakes, chia seeds, homemade granola, & Nutella
- Floresta** 12  
Organic unsweetened Acai, topped with bananas, pineapple chunks, home made granola, toasted coconut flakes, hemp seeds, Organic Agave Honey
- Monkey Bar** 11  
Organic unsweetened Acai, topped with bananas, home made granola, toasted coconut, peanut butter, Nutella
- Jaguar** 12  
Organic unsweetened Acai loaded with berry protein, topped with bananas, home made granola, berries, strawberries. Organic Agave Honey
- All Dressed** 13  
Organic unsweetened Acai loaded with berry protein, topped with bananas, home made granola, berries, strawberries, pineapple chunks, chia seeds, hemp seeds, Organic Agave Honey, Nutella

#### Add Ons to Acai Base

- Superfood Protein 2
- Vanilla and Organic -- Non Dairy Stevia 1
- If you have a sweet tooth for Acai, add some organic Stevia
- Cider Sweetener 1  
Organic Cider to give a sweet tang to the Acai
- Cane Sugar Free  
Organic cane sugar

#### BOOSTERS

- Almond Butter 3
- Hemp Seeds 2
- Pumpkin Seeds 2
- Flax Seeds 2
- Chia Seeds 2

#### TOPPINGS

- Toasted Slivered Almonds 2
- Pomegranate-In Season 2
- Walnuts Bits + Pieces 2
- Caramel Drizzle 2
- Craisins 2
- Kiwi 2
- Cactus Pear 4  
In Season

#### PARFAIT BOWLS

Greek Yogurt | 16oz | Natural | Cholov Yisroel

- Signature Parfait** 10  
Greek Yogurt, strawberries, blueberries, chia seeds, toasted coconut flakes, pumpkin seeds, Agave honey drizzle