

Food notes: Healthy juices in a comfortable setting in Williamsburg



From left, owners Katy Henderson, Lauren Hallczuk and Kelsey Sanders at Free Range Juice in Williamsburg. (Courtesy Free Range Juice / HANDOUT)



By **Mike Holtzclaw**
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Katy Henderson says it is about health and convenience. That's why she and partners Kelsey Sanders and Lauren Hallczuk opened Free Range Juice in Williamsburg.

The juice bar, at 410 Lightfoot Road, Suite G, had its soft opening last week and plans a grand opening for April 27. It serves cold-pressed juices, smoothies, lattes, bowls and toasts.

"The average juice has 2 or 2½ pounds of fresh produce per 16-ounce bottle, so the amount of nutrients you can consume through juice is pretty phenomenal," Henderson said. "But it's a fast-paced world and there's not always a way to consume them easily. How many people have time to sit down and eat 2 to 3 pounds of produce at a sitting?"

Free Range uses a “cold-press” method to extract juice, which retains a lot of the nutrients and vitamins that can get lost in the traditional grinding process. The owners use locally produced fruits, vegetables and honey as often as possible.

Henderson said the name Free Range reflects the operators’ philosophy on wellness — that they are open to health food fanatics as well as customers who just came from eating a double cheeseburger.

“For us, meeting people where they are is what matters,” she said.

Free Range is open 6:30 a.m. to 2 p.m. Monday through Friday, and 8 a.m. to 2 p.m. Saturday. It has a very green and casual decor, including a 10-foot palm tree and lots of potted plants.

For information: freerangejuice.com.

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