

VITALITYBOWLS

• SUPERFOOD CAFÉ •



Açaí Bowls® (Please Ask For Gluten-Free)

Our bowls and smoothies contain NO ice, NO frozen yogurt, NO added sugar, NO artificial preservatives, NO trans fats, or any other fillers. Most of our ingredients are organic, depending on the season and availability, and everything is made fresh to order.



Vitality Bowl®
Base Blend Organic Açaí, VB Blend, Bananas, Strawberries, Flax Seed
Toppings Organic Granola, Bananas, Strawberries, Goji Berries, Honey
M 20oz **L** 28oz



Tropical Bowl™
Base Blend Organic Açaí, Coconut Milk, Apple Juice, Bananas, Mango, Pineapple, Flax Seed
Toppings Organic Granola, Bananas, Strawberries, Coconut Shavings, Honey
M 20oz **L** 28oz



Graviola Bowl™
Base Blend Graviola*, Coconut Water, Mango Juice, Pineapple, Bananas, Strawberries, Kale
Toppings Organic Granola, Bananas, Mulberries, Chia Seeds, Honey
M 20oz **L** 28oz



Acerola Bowl™
Base Blend Acerola, VB Blend, Coconut Milk, Bananas, Mango, Spinach
Toppings Organic Granola, Bananas, Blueberries, Coconut Shavings, Honey
M 20oz **L** 28oz



Warrior Bowl™
Base Blend Organic Açaí, VB Blend, Almond Milk, Bananas, Blueberries, Raspberries, Flax Seed, Broccoli, Multi-Vitamin Boost
Toppings Organic Granola, Bananas, Strawberries, Almonds, Goji Berries, Honey
M 20oz **L** 28oz



Dragon Bowl™
Base Blend Pitaya, Mango Juice, Coconut Milk, Bananas, Pineapple, Raspberries, Immunity Boost
Toppings Strawberries, Kiwi, Almonds, Goji Berries, Bee Pollen, Honey
M 20oz **L** 28oz



Detox Bowl™
Base Blend Organic Açaí, Almond Milk, Flax Seed, Kale, Spirulina, Bananas, Strawberries
Toppings Bananas, Blueberries, Almonds, Goji Berries, Honey
M 20oz **L** 28oz



Energy Bowl™
Base Blend Organic Açaí, VB Blend, Almond Milk, Guarana, Bananas, Strawberries, Flax Seed
Toppings Organic Granola, Bananas, Strawberries, Goji Berries, Bee Pollen, Honey
M 20oz **L** 28oz



Green Bowl™
Base Blend Graviola*, Almond Milk, Dates, Spirulina, Spinach, Kale, Strawberries, Bananas
Toppings Organic Granola, Bananas, Kiwi, Hemp Seeds, Honey
M 20oz **L** 28oz



Nutty Bowl™
Base Blend Organic Açaí, Almond Milk, Apple Juice, Peanut Butter, Bananas, Strawberries, Flax Seed
Toppings Organic Granola, Bananas, Almonds, Honey
M 20oz **L** 28oz

* Power Up Your Bowl With

- Almonds
- Aronia
- Bee Pollen
- Broccoli
- Camu Camu
- Chia Seeds
- Coconut Shavings
- Dates
- Extra Fruit
- Extra Granola
- Extra Honey
- Flax Seed
- Ginko
- Goji Berries
- Guarana
- Hemp Seeds
- Immunity Blend
- Kale
- Maca
- Mangosteen
- Mint
- Moringa
- Mulberries
- Multi-Vitamin Blend
- Noni
- Peanut Butter
- Raw Cacao
- Spinach
- Spirulina
- Whey Protein

*Add a Panini to any item

VB Blend: Our own superfood blend consisting of some of the world's leading superfoods: Mangosteen, Aronia Berry, Camu Camu, Moringa, Açaí, Blueberry, Pomegranate

*Graviola is not recommended for pregnant women.

Dessert & Breakfast Bowls



Dessert Bowl™
Base Blend Organic Açaí, Coconut Milk, Bananas, Strawberries, Dark Chocolate
Toppings Bananas, Strawberries, Coconut Shavings, Chocolate Chips
S 14oz



Nutty Dessert Bowl™
Base Blend Organic Açaí, Coconut Milk, Peanut Butter, Bananas, Dark Chocolate
Toppings Bananas, Almonds, Coconut Shavings, Chocolate Chips
S 14oz



Breakfast Bowl™
Base Blend Organic Açaí, Nonfat Milk, Apple Juice, Bananas, Strawberries, Flax Seed
Toppings Organic Granola, Bananas, Strawberries, Honey
S 14oz



Oatmeal Bowl™
Base Blend Organic Açaí, Almond Milk, Cinnamon
Toppings Bananas, Almonds, Goji Berries, Honey
S 14oz

Smoothies

Our bowls and smoothies contain NO ice, NO frozen yogurt, NO added sugar, NO artificial preservatives, NO trans fats, or any other fillers. Most of our ingredients are organic, depending on the season and availability, and everything is made fresh to order.

Açaí Elixir™
Organic Açaí, VB Blend, Nonfat Milk, Bananas, Strawberries

The Hulk™
Organic Açaí, Guarana, Almond Milk, Spirulina, Kale, Broccoli, Whey Protein, Strawberries, Bananas

Sunsation™
Organic Açaí, Lemonade, Raspberries, Strawberries, Bananas

The Dragon™
Pitaya, Guava Juice, Strawberries, Mango, Raspberries

Tropical Paradise™
Organic Açaí, Mango Juice, Coconut Milk, Bananas, Pineapple, Strawberries

The Powernator™
Organic Açaí, Guarana, VB Blend, Almond Milk, Strawberries, Bananas, Spinach, Pineapple

The King™
Organic Açaí, VB Blend, Nonfat Milk, Blueberries, Raspberries, Bananas, Chia Seeds

The Temptation™
Organic Açaí, Nonfat Milk, Guittard Dark Chocolate, Raw Cacao, Strawberries, Bananas

Acerola Smoothie™
Acerola, Guava Juice, Bananas, Mango, Spinach

Graviola Smoothie™
Graviola*, Mango Juice, Coconut Water, Bananas, Pineapple, Kale
 *Graviola is not recommended for pregnant women.

* Power Up Your Smoothie With

- Almonds
- Aronia
- Bee Pollen
- Broccoli
- Camu Camu
- Chia Seeds
- Coconut Shavings
- Dates
- Honey
- Hemp Seeds
- Flax Seed
- Ginko
- Goji Berries
- Guarana
- Immunity Blend
- Kale
- Maca
- Mangosteen
- Mint
- Moringa
- Mulberries
- Multi-Vitamin Blend
- Noni
- Peanut Butter
- Raw Cacao
- Spinach
- Spirulina
- Whey Protein

*Add a Panini to any item

VB Blend: Our own superfood blend consisting of some of the world's leading superfoods: Mangosteen, Aronia Berry, Camu Camu, Moringa, Açaí, Blueberry, Pomegranate

Fresh Juice Bar

Raw juices made fresh to order.

Green Me Up
Kale, Celery, Apple, Cucumber, Spirulina

C Me Up
Orange, Kiwi, Carrot, Raw Ginger

The Invigorator
Orange, Kale, Carrot, Apple

The Rehydrator
Kale, Pineapple, Mint, Apple, Coconut Water

The Vitality
Carrot, Apple, Celery, Kale

The Detoxifier
Lemon, Raw Ginger, Cucumber, Coconut Water

The Rejuvenator
Carrot, Apple, Cucumber, Beet

The Intensifier
Apple, Beet, Celery, Raw Ginger, Lemon

Lemon Ginger Shot (2oz)
Fresh Lemon and Raw Ginger with a dash of Cayenne



Panini (Whole Wheat, White, Gluten-Free)

Hungry? Nothing complements a Vitality Bowl or smoothie like a house-made panini. Turkey and sirloin are hormone-free and all natural with no additives, preservatives or nitrates. Sirloin is grass-fed.

Roasted Turkey
Natural Turkey, Mozzarella Cheese, Spinach, Sun Dried Tomatoes, Dijon, Pesto

The Sirloin
Natural Seasoned Seared Sirloin, Mozzarella Cheese, Spinach, Dijon

Salami
Salami, Mozzarella Cheese, Spinach, Sun Dried Tomatoes, Dijon, Pesto

Veggie
Mozzarella Cheese, Spinach, Sun Dried Tomatoes, Dijon, Pesto

The Olympian™
Peanut Butter on Whole Wheat Bread with Granola, Bananas, Honey

*Add a Panini to any menu item



Salads & Soups

Soup Du Jour
House Soup - Varies Weekly

Spinach Salad
Spinach, Goat Cheese, Quinoa, Strawberries, Almonds, House-Made Balsamic Vinaigrette

Kale Salad
Kale, Cucumbers, Goat Cheese, Quinoa, Celery, House-Made Dijon Vinaigrette

*Add Roasted Turkey Breast Seasoned Seared Sirloin

Turkey and sirloin are hormone-free and all natural with no additives, preservatives or nitrates. Sirloin is grass-fed.



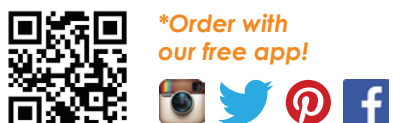
Kid's Menu

Kids Bowl 14oz
Base Blend: Organic Açaí, Apple Juice, Bananas, Strawberries
Toppings: Organic Granola, Bananas, Strawberries

Kids Sunsation Smoothie 14oz
Lemonade, Açaí, Strawberries, Bananas (ask to add spinach)

Grilled Cheese Sandwich
Mozzarella Cheese on White or Whole Wheat

Side of Fruit
Carrot Orange Juice 14oz
Nonfat Milk or Lemonade



*Order with our free app!

VITALITYBOWLS.COM

Please ask for gluten-free. While we take great care in providing a safe kitchen for allergies and food sensitivities, our products may contain milk, soy, tree nuts, peanuts and wheat.