

# VITALITY BOWLS

## Nutritional Guide

Small=14oz, Medium=20oz, Large=32oz

### BOWLS

	Size	Calories	Total Fat	Cholesterol	Sodium	Carbohydrates	Fiber	Protein	Sugar	Vitamin A	Vitamin C	Calcium	Iron
Vitality Bowl	(M)	399	40cal/4.5g	0mg	45mg	72g	12g	6g	43g	20%	140%	10%	15%
	(L)	608	80cal/8g	0mg	65mg	108g	18g	10g	59g	20%	220%	15%	25%
Energy Bowl	(M)	440	50cal/5g	0mg	85mg	71g	12g	7g	46g	30%	120%	20%	15%
	(L)	650	90cal/10g	0mg	125mg	108g	19g	11g	62g	30%	210%	30%	25%
Tropical Bowl	(M)	450	60cal/7g	0mg	40mg	74g	11g	6g	49g	10%	80%	10%	15%
	(L)	670	100cal/11g	0mg	65mg	111g	17g	9g	64g	10%	80%	15%	8%
Power Bowl	(M)	460	50cal/6g	0mg	100mg	82g	14g	8g	48g	45%	220%	25%	20%
	(L)	660	90cal/10g	0mg	140mg	116g	18g	11g	61g	50%	260%	35%	25%
Warrior Bowl	(M)	500	70cal/8g	0mg	95mg	80g	15g	9g	46g	45%	120%	35%	20%
	(L)	720	110cal/12g	0mg	135mg	117g	21g	12g	64g	50%	160%	45%	25%
Dragon Bowl	(M)	350	45cal/5g	0mg	35mg	67g	11g	6g	45g	30%	140%	10%	15%
	(L)	460	60cal/6g	0mg	45mg	93g	15g	8g	58g	35%	250%	10%	15%
Nutty Bowl	(M)	560	140cal/16g	0mg	90mg	80g	14g	11g	45g	4%	90%	15%	15%
	(L)	670	170cal/19g	0mg	105mg	102g	16g	14g	55g	4%	100%	20%	20%
Detox Bowl	(M)	400	50cal/6g	0mg	115mg	67g	13g	8g	43g	70%	130%	35%	20%
	(L)	530	60cal/7g	0mg	160mg	91g	17g	10g	49g	70%	180%	50%	25%
Graviola Bowl	(M)	320	45cal/5g	0mg	45mg	70g	8g	6g	40g	35%	120%	10%	10%
	(L)	500	80cal/9g	0mg	65mg	106g	12g	10g	53g	40%	180%	15%	20%
Acerola Bowl	(M)	300	50cal/6g	0mg	40mg	63g	7g	4g	35g	40%	1560%	6%	10%
	(L)	490	90cal/10g	0mg	65mg	98g	12g	7g	53g	50%	2350%	8%	15%
Breakfast Bowl	(S)	370	40cal/4.5g	0mg	40mg	69g	10g	6g	42g	2%	110%	10%	10%
Kids Bowl	(S)	220	20cal/2.5g	0mg	15mg	43g	7g	3g	25g	0%	110%	4%	8%
Dessert Bowl	(S)	360	70cal/8g	0mg	25mg	63g	9g	4g	43g	0%	110%	6%	10%
Nutty Dessert Bowl	(S)	470	170cal/19g	0mg	25mg	61g	10g	9g	37g	0%	25%	8%	10%

### SMOOTHIES

	Calories	Total Fat	Cholesterol	Sodium	Carbohydrates	Fiber	Protein	Sugar	Vitamin A	Vitamin C	Calcium	Iron
Acai Elixir	270	5cal/1g	5mg	100mg	55g	6g	9g	38g	10%	140%	25%	8%
Tropical Paradise	250	35cal/4g	0mg	50mg	48g	5g	2g	34g	10%	110%	4%	6%
Hulk	240	40cal/4.5g	5mg	260mg	37g	8g	12g	20g	50%	150%	80%	15%
Dragon	210	0cal/0g	0mg	30mg	50g	6g	2g	41g	10%	140%	4%	6%
Powernator	210	20cal/2.5g	0mg	140mg	41g	6g	3g	26g	25%	130%	40%	8%
Sunsation	290	5cal/0.5g	0mg	85mg	68g	7g	2g	42g	0%	150%	6%	6%
King	300	15cal/1.5g	5mg	100mg	59g	9g	9g	49g	10%	90%	30%	8%
Temptation	350	35cal/4g	5mg	160mg	64g	7g	15g	47g	15%	90%	50%	8%
Graviola	240	5cal/0.5g	0mg	55mg	61g	4g	3g	48g	45%	110%	6%	4%
Acerola	250	0cal/0.5g	0mg	40mg	63g	4g	2g	41g	30%	850%	4%	4%

### PANINI

	Calories	Total Fat	Cholesterol	Sodium	Carbohydrates	Fiber	Protein	Sugar	Vitamin A	Vitamin C	Calcium	Iron
Turkey Whole Wheat	270	130cal/14g	55mg	700mg	16g	4g	25g	3g	35%	8%	25%	15%
Turkey White	440	150cal/17g	55mg	1020mg	47g	3g	28g	4g	35%	8%	25%	25%
Turkey Gluten Free	420	170cal/19g	55mg	980mg	36g	4g	27g	5g	35%	8%	25%	10%
Ham Whole Wheat	290	150cal/16g	60mg	1200mg	17g	4g	24g	4g	35%	8%	25%	15%
Ham White	460	170cal/19g	60mg	1510mg	48g	3g	27g	5g	35%	8%	25%	25%
Ham Gluten Free	440	190cal/21g	60mg	1470mg	37g	4g	26g	6g	35%	8%	25%	10%
Salami Whole Wheat	360	220cal/24g	60mg	1440mg	17g	4g	22g	3g	35%	8%	25%	15%
Salami White	530	240cal/27g	60mg	1760mg	48g	3g	25g	4g	35%	8%	25%	25%
Salmi Gluten Free	510	260cal/29g	60mg	1720mg	37g	4g	24g	5g	35%	8%	30%	10%
Veggie Whole Wheat	310	180cal/20g	45mg	910mg	17g	4g	19g	3g	40%	8%	40%	10%
Veggie White	480	210cal/23g	45mg	1220mg	48g	3g	22g	4g	40%	8%	40%	20%
Veggie Gluten Free	460	230cal/25g	45mg	1180mg	37g	4g	21g	5g	40%	8%	45%	8%