

VITALITY BOWLS *Nutritional*

BOWLS

	Size	Calories	Total Fat	Cholesterol	Sodium	Carbohydrates	Fiber	Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
Vitality Bowl	(M)	399	40cal/4.5g	0mg	45mg	72g	12g	42g	6g	20%	140%	10%	15%
	(L)	608	80cal/8g	0mg	65mg	108g	18g	58g	10g	20%	220%	15%	25%
Energy Bowl	(M)	440	50cal/5g	0mg	85mg	71g	12g	44g	7g	30%	120%	20%	15%
	(L)	650	90cal/10g	0mg	125mg	108g	19g	61g	11g	30%	210%	30%	25%
Tropical Bowl	(M)	450	60cal/7g	0mg	40mg	74g	11g	48g	6g	10%	80%	10%	15%
	(L)	670	100cal/11g	0mg	65mg	111g	17g	64g	9g	10%	80%	15%	8%
Green Bowl	(M)	410	50cal/6g	0mg	100mg	78g	14g	44g	11g	70%	150%	25%	20%
	(L)	650	90cal/10g	0mg	140mg	116g	18g	66g	16g	70%	230%	35%	25%
Warrior Bowl	(M)	500	70cal/8g	0mg	95mg	80g	15g	45g	9g	45%	120%	45%	30%
	(L)	720	110cal/12g	0mg	135mg	117g	21g	64g	12g	50%	160%	45%	25%
Dragon Bowl	(M)	350	45cal/5g	0mg	35mg	67g	11g	45g	6g	30%	140%	10%	15%
	(L)	460	60cal/6g	0mg	45mg	93g	15g	58g	8g	35%	250%	10%	15%
Nutty Bowl	(M)	560	140cal/16g	0mg	90mg	80g	14g	45g	11g	4%	90%	15%	15%
	(L)	670	170cal/19g	0mg	105mg	102g	16g	55g	14g	4%	100%	20%	20%
Detox Bowl	(M)	400	50cal/6g	0mg	115mg	67g	13g	42g	8g	70%	130%	35%	20%
	(L)	530	60cal/7g	0mg	160mg	91g	17g	55g	10g	70%	180%	50%	25%
Graviola Bowl	(M)	320	45cal/5g	0mg	45mg	70g	8g	40g	6g	35%	120%	10%	10%
	(L)	500	80cal/9g	0mg	65mg	106g	12g	53g	10g	40%	180%	15%	20%
Acerola Bowl	(M)	300	50cal/6g	0mg	40mg	63g	7g	35g	4g	40%	1560%	6%	10%
	(L)	490	90cal/10g	0mg	65mg	98g	12g	53g	7g	50%	2350%	8%	15%
Breakfast Bowl		370	40cal/4.5g	0mg	40mg	69g	10g	38g	6g	2%	110%	10%	10%
Kids Bowl		220	20cal/2.5g	0mg	15mg	43g	7g	25g	3g	0%	110%	4%	8%
Dessert Bowl		360	70cal/8g	0mg	25mg	63g	9g	43g	4g	0%	110%	6%	10%
Nutty Dessert Bowl		470	170cal/19g	0mg	25mg	61g	10g	37g	9g	0%	25%	8%	10%

SMOOTHIES

	Calories	Total Fat	Cholesterol	Sodium	Carbohydrates	Fiber	Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
Acai Elixer	270	5cal/1g	5mg	100mg	55g	6g	38g	9g	10%	140%	25%	8%
Tropical Paradise	250	35cal/4g	0mg	50mg	48g	5g	34g	2g	10%	110%	4%	6%
Hulk	240	40cal/4.5g	5mg	260mg	37g	8g	20g	12g	50%	150%	80%	15%
Dragon	210	0cal/0g	0mg	30mg	50g	6g	41g	2g	10%	140%	4%	6%
Powernator	210	20cal/2.5g	0mg	140mg	41g	6g	26g	3g	25%	130%	40%	8%
Sunsation	290	5cal/0.5g	0mg	85mg	68g	7g	52g	2g	0%	150%	6%	6%
King	300	15cal/1.5g	5mg	100mg	59g	9g	38g	9g	10%	90%	30%	8%
Temptation	350	35cal/4g	5mg	160mg	64g	7g	47g	15g	15%	90%	50%	8%
Graviola	240	5cal/0.5g	0mg	55mg	61g	4g	43g	3g	45%	110%	6%	4%
Acerola	250	0cal/0.5g	0mg	40mg	63g	4g	41g	2g	30%	850%	4%	4%

PANINI

	Calories	Total Fat	Cholesterol	Sodium	Carbohydrates	Fiber	Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
Turkey Whole Wheat	390	130cal/14g	55mg	860mg	36g	6g	5g	29g	35%	8%	25%	15%
Turkey White	490	150cal/17g	55mg	1020mg	54g	5g	6g	32g	35%	8%	25%	25%
Turkey Gluten Free	470	170cal/19g	55mg	980mg	36g	4g	5g	31g	35%	8%	25%	10%
Sirloin Whole Wheat	370	150cal/16g	70mg	890mg	29g	5g	3g	26g	35%	8%	25%	15%
Sirloin White	460	170cal/19g	60mg	1065mg	48g	4g	3g	30g	35%	8%	25%	25%
Sirloin Gluten Free	440	190cal/21g	60mg	1025mg	37g	4g	4g	31g	35%	8%	25%	10%
Salami Whole Wheat	430	220cal/24g	60mg	1440mg	17g	4g	3g	22g	35%	8%	25%	15%
Salami White	530	240cal/27g	60mg	1760mg	48g	3g	4g	25g	35%	8%	25%	25%
Salami Gluten Free	510	260cal/29g	60mg	1720mg	37g	4g	5g	24g	35%	8%	30%	10%
Veggie Whole Wheat	310	180cal/20g	45mg	910mg	17g	4g	3g	19g	40%	8%	40%	10%
Veggie White	480	210cal/23g	45mg	1220mg	48g	3g	4g	22g	40%	8%	40%	20%
Veggie Gluten Free	460	230cal/25g	45mg	1180mg	37g	4g	5g	21g	40%	8%	45%	8%
Olympian	400	120cal/12g	0mg	350mg	68g	6g	21g	10g	40%	8%	40%	20%

SALAD

	Calories	Total Fat	Cholesterol	Sodium	Carbohydrates	Fiber	Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
Spinach Salad	320	24	10mg	380mg	18g	4g	4g	10g	0%	0%	10%	20%
Kale Salad	420	35	10mg	690mg	17g	4g	3g	10g	0%	0%	10%	15%
Add Turkey	72	2	33mg	165mg	0g	0g	0g	14g				
Add Sirloin	120	6	47mg	320mg	0g	0g	0g	14g				

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