



# VITALITYBOWLS

• SUPERFOOD CAFÉ •

## Nutritional Guide

### BOWLS

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

### SMOOTHIES

	Calories	Total Fat	Cholesterol	Sodium	Carbohydrates	Fiber	Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
Acai Elixer	270	1g	5mg	100mg	55g	6g	38g	9g	10%	140%	25%	8%
Tropical Paradise	250	4g	0mg	50mg	48g	5g	34g	2g	10%	110%	4%	6%
Hulk	240	4.5g	5mg	260mg	37g	8g	20g	12g	50%	150%	80%	15%
Dragon	210	0g	0mg	30mg	50g	6g	41g	2g	10%	140%	4%	6%
Powernator	210	2.5g	0mg	140mg	41g	6g	26g	3g	25%	130%	40%	8%
Sunsation	290	0.5g	0mg	85mg	68g	7g	52g	2g	0%	150%	6%	6%
King	300	1.5g	5mg	100mg	59g	9g	38g	9g	10%	90%	30%	8%
Temptation	350	4g	5mg	160mg	64g	7g	47g	15g	15%	90%	50%	8%
Graviola	240	0.5g	0mg	55mg	61g	4g	43g	3g	45%	110%	6%	4%
Acerola	250	0.5g	0mg	40mg	63g	4g	41g	2g	30%	850%	4%	4%
Kids Sunsation	190	2.5g	0mg	15mg	40g	5g	27g	2g	0%	130%	4%	6%



# VITALITYBOWLS

• SUPERFOOD CAFÉ •

## Nutritional Guide

### JUICES

	Size	Calories	Total Fat	Cholesterol	Sodium	Carbohydrates	Fiber	Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
The Vitality	(R)	140	1.4g	0mg	160mg	40g	2g	23g	6g	150%	115%	20%	25%
	(L)	195	1.9g	0mg	220mg	56g	2.5g	34g	7.5g	200%	150%	26%	32%
The Detoxifier	(R)	70	.4g	0mg	180mg	19g	1g	8g	3g	2%	25%	8%	16%
	(L)	108	0.6g	0mg	230mg	28g	1.8g	12	5g	2%	40%	12%	25%
The Rejuvenator	(R)	140	0.7g	0mg	160mg	42g	1.5g	26g	4g	93%	20%	18%	21%
	(L)	197	1g	0mg	240mg	59g	2g	36g	6g	140%	29%	12%	33%
The Intensifier	(R)	104	.6g	0mg	114mg	32g	1g	20	2.4g	3%	27%	6%	13%
	(L)	145	1g	0mg	150g	45g	1.5g	27g	3g	4%	48%	9%	18%
Green Me Up	(R)	107	1.2g	0mg	114mg	30g	1g	17g	6g	4%	95%	17%	27%
	(L)	140	1.8g	0mg	150mg	30g	1.5g	21g	8g	72%	150%	26%	38%
The Invigorator	(R)	168	1.3	0mg	114mg	50g	2g	31g	6g	157%	160%	20%	21%
	(L)	240	2g	0mg	200mg	70g	2.7g	44g	9g	278%	264%	34%	35%
The Rehydrator	(R)	149	1.3g	0mg	122mg	42g	1.2g	28g	5g	48%	158%	17%	25%
	(L)	229	2g	0mg	273mg	64g	2g	41g	8g	77%	266%	29%	42%
C Me Up	(R)	123	.8g	0mg	89mg	36g	1.2g	22g	3g	117%	115%	11%	9%
	(L)	190	1g	0mg	135mg	56g	1.9g	36g	5g	180%	178%	18%	14%
Kids Orange Carrot		123	.5g	0mg	69mg	36g	1.2g	26g	3g	95%	130%	13%	7%
Lemon Ginger Shot		31	.08g	0mg	5mg	9g	.3g	1g	1g	0%	22%	2%	6%

### PANINI

	Calories	Total Fat	Cholesterol	Sodium	Carbohydrates	Fiber	Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
Turkey WW	390	14g	55mg	860mg	36g	5g	4g	29g	35%	8%	25%	15%
Turkey W	490	16g	55mg	1040mg	55g	4g	4g	32g	35%	8%	25%	25%
Turkey GF	470	18g	55mg	850mg	36g	4g	5g	31g	35%	8%	25%	10%
Sirloin WW	370	16g	60mg	890mg	34g	5g	3g	26g	35%	8%	25%	15%
Sirloin W	470	19g	60mg	1060mg	44g	4g	3g	30g	35%	8%	25%	25%
Sirloin GF	450	21g	60mg	880mg	34g	4g	4g	31g	35%	8%	25%	10%
Salami WW	430	24g	60mg	1440mg	36g	4g	3g	22g	35%	8%	25%	15%
Salami W	530	26g	60mg	1620mg	45g	3g	3g	25g	35%	8%	25%	25%
Salami GF	510	29g	60mg	1430mg	36g	3g	4g	24g	35%	8%	30%	10%
Veggie WW	310	20g	45mg	910mg	28g	4g	3g	19g	40%	8%	40%	10%
Veggie W	410	22g	45mg	1090mg	47g	3g	3g	22g	40%	8%	40%	20%
Veggie GF	390	24g	45mg	900mg	28g	3g	4g	21g	40%	8%	45%	8%
Olympian	400	12g	0mg	350mg	68g	6g	21g	10g	40%	8%	40%	20%
Grilled Cheese WW	305	13g	45mg	630mg	27g	3g	2g	18g	35%	8%	25%	10%
Grilled Cheese W	405	15g	45mg	810mg	46g	2g	2g	21g	35%	8%	25%	15%
Grilled Cheese GF	385	17g	45mg	620mg	27g	2g	3g	27g	35%	8%	25%	10%

### 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				