



# VITALITYBOWLS

• SUPERFOOD CAFÉ •



## Açaí Bowls® (Please Ask For Gluten-Free)

**S** 14 oz container    **M** 20 oz container    **L** 28 oz container

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 Açai  
VB Blend  
Bananas  
Strawberries  
Flax Seed

**Toppings**  
Organic Granola  
Bananas  
Strawberries  
Goji Berries  
Honey

**M** cal. 399    **L** cal. 608



**Tropical Bowl™**

**Base Blend**  
Organic Açai  
Coconut Milk  
Apple Juice  
Bananas  
Mango  
Pineapple  
Flax Seed

**Toppings**  
Organic Granola  
Bananas  
Strawberries  
Coconut Shavings  
Honey

**M** cal. 450    **L** cal. 670



**Graviola Bowl™**

**Base Blend**  
Graviola\*  
Coconut Water  
Mango Juice  
Pineapple  
Bananas  
Strawberries  
Kale

**Toppings**  
Organic Granola  
Bananas  
Mulberries  
Chia Seeds  
Honey

**M** cal. 320    **L** cal. 500



**Acerola Bowl™**

**Base Blend**  
Acerola  
VB Blend  
Coconut Milk  
Bananas  
Mango  
Spinach

**Toppings**  
Organic Granola  
Bananas  
Blueberries  
Coconut Shavings  
Honey

**M** cal. 300    **L** cal. 490



**Warrior Bowl™**

**Base Blend**  
Organic Açai  
VB Blend  
Almond Milk  
Bananas  
Blueberries  
Raspberries  
Flax Seed  
Broccoli  
Multi-Vitamin Boost

**Toppings**  
Organic Granola  
Bananas  
Strawberries  
Almonds  
Goji Berries  
Honey

**M** cal. 500    **L** cal. 720



**Dragon Bowl™**

**Base Blend**  
Pitaya  
Mango Juice  
Coconut Milk  
Bananas  
Pineapple  
Raspberries  
Immunity Boost

**Toppings**  
Strawberries  
Kiwi  
Almonds  
Goji Berries  
Bee Pollen  
Honey

**M** cal. 350    **L** cal. 460



**Detox Bowl™**

**Base Blend**  
Organic Açai  
Almond Milk  
Flax Seed  
Kale  
Spirulina  
Bananas  
Strawberries

**Toppings**  
Bananas  
Blueberries  
Kiwi  
Almonds  
Goji Berries  
Honey

**M** cal. 400    **L** cal. 530



**Immunity Bowl™**

**Base Blend**  
Fresh Lemon  
Raw Ginger  
Acerola  
Camu Camu  
Immunity Blend  
Kale, Banana  
Mango

**Toppings**  
Organic Granola  
Strawberries  
Blueberries  
Bee Pollen  
Honey

**M** cal. 250    **L** cal. 400



**Green Bowl™**

**Base Blend**  
Graviola\*  
Almond Milk  
Dates  
Spirulina  
Spinach  
Kale  
Strawberries  
Bananas

**Toppings**  
Organic Granola  
Bananas  
Kiwi  
Hemp Seeds  
Honey

**M** cal. 410    **L** cal. 650



**Nutty Bowl™**

**Base Blend**  
Organic Açai  
Almond Milk  
Apple Juice  
Peanut Butter  
Bananas  
Strawberries  
Flax Seed

**Toppings**  
Organic Granola  
Bananas  
Almonds  
Honey

**M** cal. 560    **L** cal. 670



**Superfood Bowl™**

**Base Blend**  
Organic Açai  
VB Blend  
Almond Milk  
Graviola  
Acerola  
Kale  
Bananas  
Strawberries

**Toppings**  
Organic Granola  
Bananas  
Blueberries  
Goji Berries  
Cacao Nibs  
Honey

**M** cal. 370    **L** cal. 500

**\* Power Up Your Bowl With .75**

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

**\*Add a Panini to any item \$4.99**

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

## Breakfast & Dessert

### Superfood Waffle™

**Base Blend**  
Whole Wheat  
Quinoa  
Chia Seeds  
Flax Seeds  
Pitaya  
Whey Protein  
Milk

**Toppings**  
Pick any one topping

**Additional toppings .75**

**S** cal. 190



### Breakfast Bowl™

**Base Blend**  
Organic Açai  
Almond Milk  
Bananas  
Strawberries  
Flax Seed

**Toppings**  
Organic Granola  
Bananas  
Strawberries  
Honey

**S** cal. 370

### Oatmeal Bowl™

**Base Blend**  
Organic Açai  
Almond Milk  
Cinnamon  
Organic Steel  
Cut Oats

**Toppings**  
Bananas  
Almonds  
Goji Berries  
Honey

**S** cal. 370

### Dessert Bowl™

**Base Blend**  
Organic Açai  
Coconut Milk  
Bananas  
Strawberries  
Dark Chocolate

**Toppings**  
Bananas  
Strawberries  
Coconut  
Shavings  
Chocolate Chips

**S** cal. 360



**\*Order with our free app!**



**VITALITYBOWLS.COM**

Vitality Bowls takes food allergies very seriously. Prior to ordering, please let us know if you have a food allergy so we can adjust your order and take extra precaution during prep. While we take great care in providing a safe kitchen for allergies and food sensitivities, please be advised that our products may contain milk, soy, tree nuts, peanuts, wheat and other allergens.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Additional nutrition information available upon request



Panini



Kids Bowl

## 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.

- Go Green** cal.240  
Graviola, Almond Milk, Spirulina, Mint, Spinach, Kale, Banana, Dates
- The Hulk™** cal. 240  
Organic Açai, Guarana, Almond Milk, Spirulina, Kale, Broccoli, Whey Protein, Strawberries, Bananas
- Matcha Madness** cal.340  
Organic Açai, Almond Milk, Matcha, Hemp Seeds, Dates, Almond Butter, Banana, Kale
- The Powernator™** cal. 210  
Organic Açai, Guarana, VB Blend, Almond Milk, Strawberries, Bananas, Spinach, Pineapple
- Immunity Smoothie** cal.170  
Acerola, Raw Ginger, Fresh Lemon, Almond Milk, Camu Camu, Immunity Blend, Kale, Banana, Mango
- Pitaya Punch** cal.200  
Pitaya, Fresh Juiced Orange, Coconut Milk, Chia Seeds, Strawberries, Mango, Spinach
- The Dragon™** cal. 210  
Pitaya, Guava Juice, Strawberries, Mango, Raspberries
- Maca Me** cal.200  
Acerola, Fresh Juiced Apple, Coconut Water, Maca, Banana, Blueberries
- Graviola Smoothie™** cal. 240  
Graviola\*, Mango Juice, Coconut Water, Bananas, Pineapple, Kale  
\*Graviola is not recommended for pregnant women.
- Tropical Paradise™** cal. 250  
Organic Açai, Mango Juice, Coconut Milk, Bananas, Pineapple, Strawberries
- Sunsation™** cal. 290  
Organic Açai, Lemonade, Raspberries, Strawberries, Bananas
- The Temptation™** cal.350  
Organic Açai, Coconut Milk, Guittard Dark Chocolate, Raw Cacao, Strawberries, Banana
- Açai Elixir™** cal.170  
Organic Açai, VB Blend, Bananas, Strawberries

### \* Power Up Your Smoothie With .75

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

### \*Add a Panini to any item \$4.99

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

## Kid's Menu

- Kids Bowl** 14 oz cal. 220  
**Base Blend:** Organic Açai, Apple Juice, Bananas, Strawberries  
**Toppings:** Organic Granola, Bananas, Strawberries
- Kids Sunsation Smoothie** 14 oz cal.190  
Lemonade, Açai, Strawberries, Bananas (ask to add spinach)
- Grilled Cheese Sandwich** cal. 305/405/385  
Mozzarella Cheese on White or Whole Wheat
- Side of Fruit** cal. 90
- Carrot Orange Juice** 14 oz cal. 123
- Nonfat Milk or Lemonade** cal. 170

\*Order with our free app!



VITALITYBOWLS.COM

## Smoothies



Salad

## Fresh Juice Bar

14oz | 20oz

Raw juices made fresh to order.

- Green Me Up** cal. 107/140  
Kale, Celery, Apple, Cucumber, Spirulina
- C Me Up** cal. 120/190  
Orange, Kiwi, Carrot, Raw Ginger
- The Invigorator** cal. 168/240  
Orange, Kale, Carrot, Apple
- The Rehydrator** cal. 149/229  
Kale, Pineapple, Mint, Apple, Coconut Water
- The Vitality** cal. 149/229  
Carrot, Apple, Celery, Kale
- The Detoxifier** cal. 70/108  
Lemon, Raw Ginger, Cucumber, Coconut Water
- The Rejuvenator** cal. 140/197  
Carrot, Apple, Cucumber, Beet
- The Intensifier** cal. 104/145  
Apple, Beet, Celery, Raw Ginger, Lemon
- Lemon Ginger Shot (2oz Container)** 2.99 cal. 31  
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** cal. 390/490/470  
Natural Turkey, Mozzarella, Spinach, Sun Dried Tomatoes, Dijon, Pesto
- The Sirloin** cal. 370/470/490  
Natural Seasoned Seared Sirloin, Mozzarella, Spinach, Dijon
- Salami** cal. 430/530/510`  
Salami, Mozzarella, Spinach, Sun Dried Tomatoes, Dijon, Pesto
- Veggie** cal. 310/410/390  
Mozzarella, Spinach, Sun Dried Tomatoes, Dijon, Pesto
- The Olympian™** cal. 400  
Peanut Butter on Whole Wheat Bread with Granola, Bananas, Honey
- The Eggini™** cal. 400/500/480  
Organic Cage Free Egg (egg white only upon request), Spinach, Mozzarella, Pesto



- \*Add a Panini to any menu item \$4.99
- \*Add organic egg to any panini \$1.50 Cal. 70

## Salads & Soups

- Soup Du Jour** cup | bowl cal.90-300/180-600  
House Soup - Varies Weekly

- Spinach Salad** cal. 320  
Spinach, Goat Cheese, Quinoa, Strawberries, Almonds, House-Made Balsamic Vinaigrette
- Kale Salad** cal. 420  
Kale, Cucumbers, Goat Cheese, Quinoa, Celery, House-Made Dijon Vinaigrette

- \*Add . . . Roasted Turkey Breast \$3 cal. 72
- . . . . . Seasoned Seared Sirloin \$4 cal. 120

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



Vitality Bowls takes food allergies very seriously. Prior to ordering, please let us know if you have a food allergy so we can adjust your order and take extra precaution during prep. While we take great care in providing a safe kitchen for allergies and food sensitivities, please be advised that our products may contain milk, soy, tree nuts, peanuts, wheat and other allergens.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Additional nutrition information available upon request