



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
- Almond Butter
- 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
- Matcha
- Mint
- Moringa
- Mulberries
- Multi-Vitamin Blend
- Noni
- Peanut Butter
- Pea Protein
- Raw Cacao
- Spinach
- Spirulina
- Whey Protein

***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 Acai, 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 Up** 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

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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

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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)** 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 Gladiator** cal. 400
Peanut Butter on Whole Wheat Bread with Granola, Bananas, Honey
- The Eggnini®** 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.



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