

# BOWLS

	Size	Calories	Total Fat	Cholesterol	Sodium	Carbohydrates	Fiber	Sugar	Protein
<b>Acerola Bowl</b>	(M)	300	6g	0mg	40mg	63g	7g	35g	4g
	(L)	490	10g	0mg	65mg	98g	12g	53g	7g
<b>Detox Bowl</b>	(M)	400	6g	0mg	115mg	67g	13g	42g	8g
	(L)	530	7g	0mg	160mg	91g	17g	55g	10g
<b>Dragon Bowl</b>	(M)	350	5g	0mg	35mg	67g	11g	45g	6g
	(L)	460	6g	0mg	45mg	93g	15g	58g	8g
<b>Immunity Bowl</b>	(M)	250	3g	0mg	30g	53g	5g	27g	5g
	(L)	400	7g	0mg	50g	80g	7g	41g	7g
<b>Graviola Bowl</b>	(M)	320	5g	0mg	45mg	70g	8g	40g	6g
	(L)	500	9g	0mg	65mg	106g	12g	53g	10g
<b>Green Bowl</b>	(M)	410	6g	0mg	100mg	78g	14g	44g	11g
	(L)	650	10g	0mg	140mg	116g	18g	66g	16g
<b>Nutty Bowl</b>	(M)	560	16g	0mg	90mg	80g	14g	45g	11g
	(L)	670	19g	0mg	105mg	102g	16g	55g	14g
<b>Superfood Bowl</b>	(M)	370	7g	0mg	80mg	73g	11g	42g	8g
	(L)	500	10g	0mg	130g	98g	15g	52g	12g
<b>Tropical Bowl</b>	(M)	450	7g	0mg	40mg	74g	11g	48g	6g
	(L)	670	11g	0mg	65mg	111g	17g	64g	9g
<b>Vitality Bowl</b>	(M)	399	4.5g	0mg	45mg	72g	12g	42g	6g
	(L)	608	8g	0mg	65mg	108g	18g	58g	10g
<b>Warrior Bowl</b>	(M)	500	8g	0mg	95mg	80g	15g	45g	9g
	(L)	720	12g	0mg	135mg	117g	21g	64g	12g
<b>Breakfast Bowl</b>		290	6g	0mg	60mg	53g	7g	29g	6g
<b>Dessert Bowl</b>		360	8g	0mg	25mg	63g	9g	43g	4g
<b>Kids Bowl</b>		220	2.5g	0mg	15mg	43g	7g	25g	3g
<b>Oatmeal Bowl</b>		370	10g	0mg	70mg	72g	17g	14g	19g
<b>Superfood Waffle</b>		190	3g	0mg	390mg	34g	5g	6g	8g

# SMOOTHIES

	Calories	Total Fat	Cholesterol	Sodium	Carbohydrates	Fiber	Sugar	Protein
<b>Acai Elixir</b>	190	1g	5mg	25mg	41g	6g	25g	3g
<b>Dragon</b>	210	0g	0mg	30mg	50g	6g	41g	2g
<b>Go Green</b>	240	4g	0mg	220mg	49g	8g	30g	6g
<b>Graviola</b>	240	0.5g	0mg	55mg	61g	4g	43g	3g
<b>Hulk</b>	240	4.5g	5mg	260mg	37g	8g	20g	12g
<b>Immunity Smoothie</b>	170	3g	0mg	130mg	37g	5g	19g	3g
<b>Maca Up</b>	200	1g	0mg	180mg	49g	7g	33g	3g
<b>Matcha Madness</b>	340	14g	0mg	220mg	53g	11g	30g	6g
<b>Tropical Paradise</b>	250	4g	0mg	50mg	48g	5g	34g	2g
<b>Pitaya Punch</b>	200	4.5g	0mg	35mg	39g	4g	28g	4g
<b>Powernator</b>	210	2.5g	0mg	140mg	41g	6g	26g	3g
<b>Sunsation</b>	290	0.5g	0mg	85mg	68g	7g	52g	2g
<b>Temptation</b>	270	12g	0mg	60mg	34g	6g	25g	4g
<b>Kids Sunsation</b>	190	2.5g	0mg	15mg	40g	5g	27g	2g

## JUICES

	Size	Calories	Total Fat	Cholesterol	Sodium	Carbohydrates	Fiber	Sugar	Protein
The Vitality	(R)	140	1.4g	0mg	160mg	40g	2g	23g	6g
	(L)	195	1.9g	0mg	220mg	56g	2.5g	34g	7.5g
The Detoxifier	(R)	70	.4g	0mg	180mg	19g	1g	8g	3g
	(L)	108	0.6g	0mg	230mg	28g	1.8g	12	5g
The Rejuvenator	(R)	140	0.7g	0mg	160mg	42g	1.5g	26g	4g
	(L)	197	1g	0mg	240mg	59g	2g	36g	6g
The Intensifier	(R)	104	.6g	0mg	114mg	32g	1g	20	2.4g
	(L)	145	1g	0mg	150g	45g	1.5g	27g	3g
Green Me Up	(R)	107	1.2g	0mg	114mg	30g	1g	17g	6g
	(L)	140	1.8g	0mg	150mg	30g	1.5g	21g	8g
The Invigorator	(R)	168	1.3	0mg	114mg	50g	2g	31g	6g
	(L)	240	2g	0mg	200mg	70g	2.7g	44g	9g
The Rehydrator	(R)	149	1.3g	0mg	122mg	42g	1.2g	28g	5g
	(L)	229	2g	0mg	273mg	64g	2g	41g	8g
C Me Up	(R)	123	.8g	0mg	89mg	36g	1.2g	22g	3g
	(L)	190	1g	0mg	135mg	56g	1.9g	36g	5g
Kids Orange Carrot		123	.5g	0mg	69mg	36g	1.2g	26g	3g
Lemon Ginger Shot		31	.08g	0mg	5mg	9g	.3g	1g	1g

## PANINI

	Calories	Total Fat	Cholesterol	Sodium	Carbohydrates	Fiber	Sugar	Protein
Turkey WW	390	14g	55mg	860mg	36g	5g	4g	29g
Turkey W	490	16g	55mg	1040mg	55g	4g	4g	32g
Turkey GF	470	18g	55mg	850mg	36g	4g	5g	31g
Sirloin WW	375	16g	60mg	890mg	35g	5g	3g	26g
Sirloin W	475	19g	60mg	1060mg	44g	4g	3g	30g
Sirloin GF	455	21g	60mg	880mg	34g	4g	4g	31g
Salami WW	430	24g	60mg	1440mg	36g	4g	3g	22g
Salami W	530	26g	60mg	1620mg	45g	3g	3g	25g
Salami GF	510	29g	60mg	1430mg	36g	3g	4g	24g
Veggie WW	355	24g	45mg	910mg	29g	5g	3g	19g
Veggie W	455	26g	45mg	1090mg	48g	4g	3g	22g
Veggie GF	435	28g	45mg	900mg	29g	4g	4g	21g
Gladiator	400	12g	0mg	350mg	68g	6g	21g	10g
Eggnini WW	400	22g	210mg	740mg	29g	3g	3g	20g
Eggnini W	500	22g	210mg	920mg	48g	4g	3g	23g
Eggnini GF	480	23g	210mg	730mg	35g	3g	4g	22g
Grilled Cheese WW	305	13g	45mg	630mg	27g	3g	2g	18g
Grilled Cheese W	405	15g	45mg	810mg	46g	2g	2g	21g
Grilled Cheese GF	385	17g	45mg	620mg	27g	2g	3g	27g

## SALAD

	Calories	Total Fat	Cholesterol	Sodium	Carbohydrates	Fiber	Sugar	Protein
Spinach Salad no dressing	210	11g	10mg	170mg	19g	5g	4g	11g
Kale Salad no dressing	180	8g	10mg	170mg	17g	4g	3g	10g
Add Turkey	72	2g	33mg	165mg	0g	0g	0g	14g
Add Sirloin	120	6g	47mg	320mg	0g	0g	0g	14g
Balsamic Vinaigrette (2oz)	160	15g	0mg	160mg	7g	0g	6g	0g
Dijon Vinaigrette (2oz)	140	14g	47mg	210mg	1g	0g	0g	0g