

PANINI

Nutritious panini on sliced whole wheat, white roll, or sliced gluten-free bread. Our meats are always hormone-free and all natural with no additives, preservatives or nitrates.

Roasted Turkey 390 – 490 cal

Natural Turkey Breast, Mozzarella Cheese, Spinach, Sun-Dried Tomatoes, Dijon, Pesto

The Sirloin 375 – 490 cal

Grass-Fed Sirloin, Mozzarella Cheese, Red Onion, Spinach, Dijon

Veggie 355 – 455 cal

Mozzarella Cheese, Spinach, Avocado, Red Onion, Sun-Dried Tomatoes, Dijon, Pesto

Eggnini 400 – 500 cal

Organic Cage-Free Eggs (egg white only upon request) Spinach, Mozzarella, Pesto

Avocado Toast 200 – 240 cal

Smashed Avocado, Fresh Lemon, Olive Oil, Pink Himalayan Salt, Organic Hemp Seeds on Whole Wheat or Gluten-Free Toast

The Gladiator 400 cal

Peanut Butter, Organic Granola, Bananas, Honey on Whole Wheat Bread

SALADS AND SOUPS

Seasonal Soup Du Jour

8oz: 90-300 cal 16oz: 180-600 cal

Spinach Salad 320 cal

Spinach, Quinoa, Strawberries, Red Onion, Organic Goji Berries, Almonds, Goat Cheese, House-Made Açai Balsamic Vinaigrette

Kale Salad 420 cal

Kale, Quinoa, Cucumbers, Celery, Organic Hemp Seeds, Goat Cheese, House-Made Turmeric Dijon Vinaigrette

Add natural turkey breast 72 cal Add grass-fed sirloin 120 cal



FRESH JUICE BAR

R – 14oz
L – 20oz

Green Me Up

107 – 140 cal
Kale, Celery, Apple, Cucumber, Organic Spirulina

C Me Up

123 – 190 cal
Orange, Kiwi, Carrot, Raw Ginger

The Invigorator

168 – 240 cal
Orange, Kale, Carrot, Apple

The Rehydrator

149 – 229 cal
Kale, Pineapple, Mint, Apple, Coconut Water

The Vitality

140 ca – 195 cal
Carrot, Apple, Celery, Kale

The Detoxifier

70 cal – 108 cal
Lemon, Raw Ginger, Cucumber, Coconut Water

The Rejuvenator

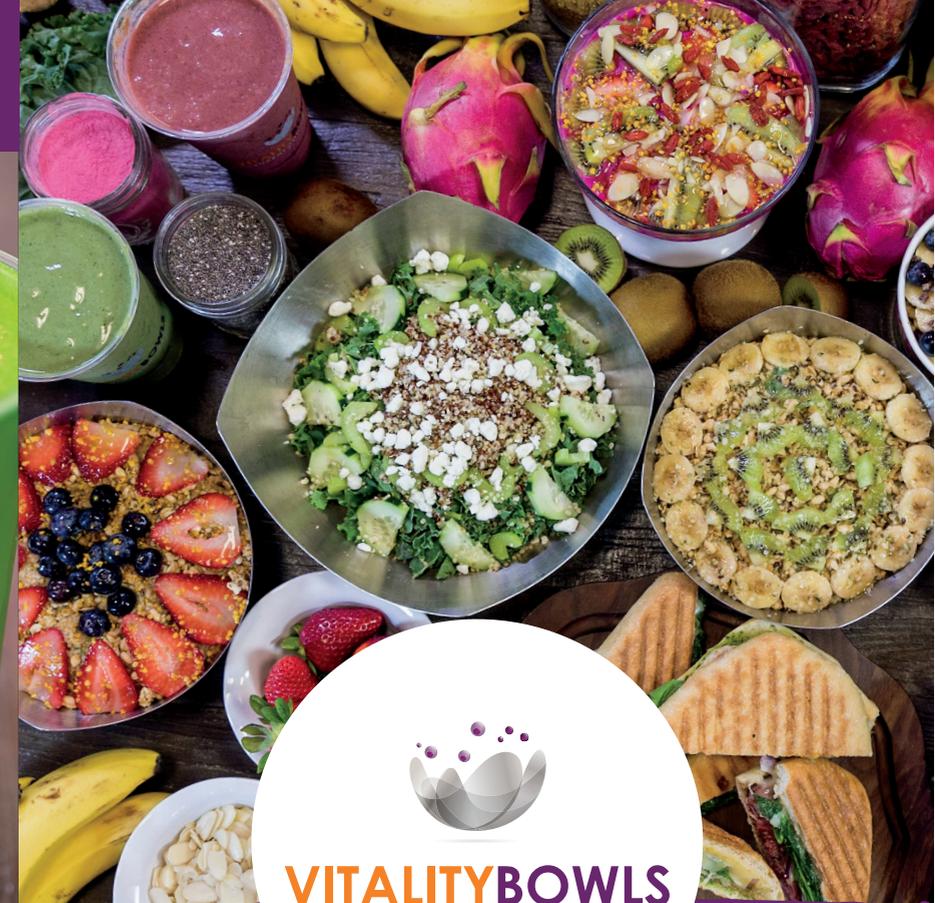
140 – 197 cal
Carrot, Apple, Cucumber, Beet

The Intensifier

104 cal – 145 cal
Apple, Beet, Celery, Raw Ginger, Lemon

Lemon Ginger Shot (2oz.)

31 cal
Fresh lemon, Raw Ginger, Dash of Cayenne



KIDS MENU

Kids Bowl 220 cal

BASE: Organic Açai, Banana, Strawberries, Apple Juice
TOPPINGS: Organic Granola, Sliced Banana, Strawberries

Kids Sunation Smoothie 190 cal

Organic Açai, Strawberries, Bananas, Lemonade

Grilled Cheese Sandwich 305-385 cal

Mozzarella Cheese on White or Whole Wheat or Gluten-Free

Side of Fruit 90 cal

Banana, Strawberries, Kiwi

Carrot Orange Juice 123 cal

VITALITY BOWLS MENU

Contact us for catering questions and orders:

1-866-VB-FOODS (1-866-823-6637)

VITALITYBOWLS.COM/CATERING

Franchising available!

FRANCHISE.VITALITYBOWLS.COM | franchise@vitalitybowls.com

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request. While we take great care in providing a safe kitchen for allergies and food sensitivities, our products may contain milk, soy, tree nuts, peanuts and wheat. Need it gluten-free? Just ask.

AÇAÍ BOWLS

M – 20oz
L – 28oz



Superfood Bowl 370 – 500 cal

BASE: Organic Açaí, Graviola*, Acerola, Banana, Strawberries, Kale, VB Blend**, Almond Milk **TOPPINGS:** Organic Granola, Sliced Banana, Blueberries, Organic Goji Berries, Organic Cacao Nibs, Honey

Warrior Bowl® 500 – 720

BASE: Organic Açaí, Banana, Blueberries, Raspberries, Broccoli, Organic Flax Seeds, Multi-Vitamin Boost, VB Blend**, Almond Milk **TOPPINGS:** Organic Granola, Sliced Banana, Strawberries, Almonds, Organic Goji Berries, Honey

Nutty Bowl 560 – 670 cal

BASE: Organic Açaí, Banana, Strawberries, Peanut Butter, Organic Flax Seeds, Almond Milk, Apple Juice **TOPPINGS:** Organic Granola, Sliced Banana, Almonds, Honey

Vitality Bowl® 399 – 608 cal

BASE: Organic Açaí, Banana, Strawberries, Organic Flax Seeds, VB Blend** **TOPPINGS:** Organic Granola, Sliced Banana, Strawberries, Organic Goji Berries, Honey

Detox Bowl® 400 – 530 cal

BASE: Organic Açaí, Banana, Strawberries, Kale, Organic Flax Seeds, Organic Spirulina, Almond Milk **TOPPINGS:** Sliced Banana, Blueberries, Almonds, Organic Goji Berries, Honey

Tropical Bowl 450 – 670 cal

BASE: Organic Açaí, Banana, Mango, Pineapple, Organic Flax Seeds, Coconut Milk, Apple Juice **TOPPINGS:** Organic Granola, Sliced Banana, Strawberries, Coconut Shavings, Honey

BREAKFAST AND DESSERT

S – 14oz

Breakfast Bowl 290 cal

BASE: Organic Açaí, Banana, Strawberries, Organic Flax Seeds, Almond Milk **TOPPINGS:** Organic Granola, Sliced Banana, Strawberries, Honey

Oatmeal Bowl (seasonal) 370 cal

BASE: Organic Steel Cut Oats, Organic Açaí, Almond Milk, Cinnamon **TOPPINGS:** Sliced Banana, Almonds, Organic Goji Berries, Honey

Dessert Bowl 360 cal

BASE: Organic Açaí, Banana, Strawberries, Coconut Milk, Dark Chocolate **TOPPINGS:** Sliced Banana, Strawberries, Coconut Shavings, Chocolate Chips

OUR SIGNATURE BOWLS AND SMOOTHIES ARE MADE WITH THE PUREST INGREDIENTS AVAILABLE. NO FILLERS SUCH AS ICE, FROZEN YOGURT OR ARTIFICIAL PRESERVATIVES. GLUTEN-FREE AVAILABLE.

Dragon Bowl 350 – 460 cal

BASE: Pitaya, Banana, Pineapple, Raspberries, Immunity Boost, Coconut Milk, Mango Juice **TOPPINGS:** Strawberries, Kiwi, Almonds, Organic Goji Berries, Bee Pollen, Honey

Green Bowl 410 – 650 cal

BASE: Graviola*, Banana, Strawberries, Kale, Spinach, Dates, Organic Spirulina, Almond Milk **TOPPINGS:** Organic Granola, Sliced Banana, Kiwi, Organic Hemp Seeds, Honey

Graviola Bowl 320 – 500 cal

BASE: Graviola*, Banana, Pineapple, Strawberries, Kale, Mango Juice, Coconut Water **TOPPINGS:** Organic Granola, Sliced Banana, Organic Mulberries, Organic Chia Seeds, Honey

Immunity Bowl 250 – 400 cal

BASE: Acerola, Raw Ginger, Fresh Lemon, Banana, Mango, Kale, Organic Camu Camu, Immunity Boost **TOPPINGS:** Organic Granola, Strawberries, Blueberries, Bee Pollen, Honey

Acerola Bowl 300 – 490 cal

BASE: Acerola, Banana, Mango, Spinach, VB Blend**, Coconut Milk **TOPPINGS:** Organic Granola, Sliced Banana, Blueberries, Coconut Shavings, Honey

**Graviola is not recommended for pregnant women. **VB Blend: Our own superfood blend made from some of the world's leading superfoods including Organic Mangosteen, Organic Aronia Berry, Organic Camu Camu, Organic Moringa, Organic Açaí, Blueberry, Pomegranate.*

POWER UP YOUR BOWL OR SMOOTHIE \$0.75 Each

Almond Butter	Organic Aronia	Organic Mangosteen
Almonds	Organic Cacao Nibs	Organic Matcha
Bee Pollen	Organic Cacao Powder	Organic Moringa
Broccoli	Organic Camu Camu	Organic Mulberries
Coconut Shavings	Organic Chia Seeds	Organic Spirulina
Dates	Organic Flax Seeds	Organic Turmeric
Fruit	Organic Ginkgo	Pea Protein
Honey	Organic Goji Berries	Peanut Butter
Immunity Boost	Organic Granola	Spinach
Kale	Organic Guarana	Whey Protein
Mint	Organic Hemp Seeds	
Multi-Vitamin Boost	Organic Maca	

SMOOTHIES

20oz



Whey Green

240 cal
Organic Açaí, Banana, Strawberries, Broccoli, Kale, Whey Protein, Organic Spirulina, Organic Guarana, Almond Milk

Matcha Madness

340 cal
Organic Açaí, Banana, Kale, Dates, Almond Butter, Organic Matcha, Organic Hemp Seeds, Almond Milk

Açaí Elixir

190 cal
Organic Açaí, Banana, Strawberries, VB Blend**

Tropical Paradise

250 cal
Organic Açaí, Banana, Strawberries, Pineapple, Coconut Milk, Mango Juice

Sunsation®

290 cal
Organic Açaí, Banana, Strawberries, Raspberries, Lemonade

The Dragon

210 cal
Pitaya, Strawberries, Raspberries, Mango, Guava Juice

The Temptation®

270 cal
Organic Açaí, Banana, Strawberries, Organic Raw Cacao, Dark Chocolate, Coconut Milk

Pitaya Punch

200 cal
Pitaya, Strawberries, Mango, Spinach, Organic Chia Seeds, Fresh Juiced Orange, Coconut Milk

Go Green

240 cal
Graviola*, Banana, Spinach, Kale, Dates, Mint, Organic Spirulina, Almond Milk

Graviola* Smoothie

240 cal
Graviola*, Banana, Pineapple, Kale, Mango Juice, Coconut Water

Immunity Smoothie

170 cal
Acerola, Raw Ginger, Fresh Lemon, Banana, Mango, Kale, Organic Camu Camu, Immunity Boost, Almond Milk

*Add a panini to any item

