

# SMOOTHIES

CALORIES ARE PER SERVING. 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

# FRESH JUICE BAR

CALORIES ARE PER SERVING. 14OZ | 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 140-195 cal

Carrot, Apple, Celery, Kale

## The Detoxifier 70-108 cal

Lemon, Raw Ginger, Cucumber, Coconut Water

## The Rejuvenator 140-197 cal

Carrot, Apple, Cucumber, Beet

## The Intensifier 104-145 cal

Apple, Beet, Celery, Raw Ginger, Lemon



# CATERING MENU

Our catering trays each serve 8-10 people. All catering menu items are customizable. Please allow 24 hours for all catering orders. Delivery and pickup available!

For catering questions and orders,  
call **1-866-VB-FOODS (1-866-823-6637)**  
or email

VITALITYBOWLS.COM/CATERING

2,000 calories a day is used for general nutrition advice, but calorie needs vary.  
Additional nutrition information available upon request



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Franchising available!  
FRANCHISE.VITALITYBOWLS.COM | franchise@vitalitybowls.com

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.  
All items delivered in disposable serveware.

# AÇAÍ BOWLS



OUR SIGNATURE BOWLS ARE MADE WITH THE PUREST INGREDIENTS AVAILABLE. NO FILLERS SUCH AS ICE, FROZEN YOGURT OR ARTIFICIAL PRESERVATIVES. CALORIES ARE PER SERVING.

MINIMUM ORDER FOR SIZE SMALL IS 10 BOWLS. GLUTEN-FREE AVAILABLE.  
SM 14oz | M 20oz | L 28oz | Tray 20oz per serving

## Superfood Bowl™ 260-500 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® 350-720 cal

**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 390-670 cal

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

## Vitality Bowl® 280-608 cal

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

## Detox Bowl® 280-530 cal

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

## Breakfast Bowl 290 cal

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

## Tropical Bowl 315-670 cal

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

## Dragon Bowl 245-460 cal

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

## Green Bowl 287-650 cal

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

## Graviola Bowl 224-500 cal

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

## Immunity Bowl 175-400 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 219-490 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.

# 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 390-470 cal

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

## The Sirloin 375-455 cal

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

## Veggie 355-435 cal

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



# SALADS AND SOUPS

## Soup Du Jour 8oz: 90-300 cal | 16oz: 180-600 cal

### Spinach Salad 320 cal per serving

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

### Kale Salad 420 cal per serving

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

