

# Nutritional Guide

## BOWLS

	Size	Calories	Total Fat	Cholesterol	Sodium	Carbohydrates	Fiber	Sugar	Protein
<b>Dragon Bowl</b>	(M)	350	5g	0mg	35mg	67g	11g	45g	6g
	(L)	460	6g	0mg	45mg	93g	15g	58g	8g
<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	80g	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)	339	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

## 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>Kids Sunsatation</b>	190	2.5g	0mg	15mg	40g	5g	27g	2g
<b>Matcha Madness</b>	340	3g	0mg	220mg	53g	11g	30g	6g
<b>Temptation</b>	270	12g	0mg	60mg	34g	6g	25g	4g
<b>Tropical Paradise</b>	250	4g	0mg	50mg	48g	5g	34g	2g
<b>Whey Green</b>	240	4.5g	5mg	260mg	37g	8g	20g	12g

# JUICES

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

## Toasts and Wraps

	Calories	Total Fat	Cholesterol	Sodium	Carbohydrates	Fiber	Sugar	Protein
<b>Superseed Avocado Toast</b>	420	24g	5mg	1150mg	45g	9g	6g	13g
<b>Wholesome Hummus Toast</b>	370	17g	15mg	600mg	41g	3g	8g	13g
<b>PB &amp; Chia Jam Toast</b>	500	17g	0mg	400mg	80g	6g	35g	13g
<b>Kids PB&amp;J</b>	610	18g	0mg	660mg	97g	4g	25g	20g
<b>Chimichurri Steak Wrap</b>	720	36g	60mg	1540mg	65g	3g	2g	30g
<b>Morning Glory Wrap</b>	720	34g	250mg	1440mg	71g	5g	4g	29g
<b>Vitality Wrap</b>	770	39g	0mg	1490mg	84g	6g	5g	17g
<b>Grilled Cheese on White</b>	405	15g	45mg	810mg	46g	2g	2g	21g

## Salads and Grain Bowls

	Calories	Total Fat	Cholesterol	Sodium	Carbohydrates	Fiber	Sugar	Protein
<b>Supergreen Goddess Salad</b>	580	41g	175mg	1490mg	21g	8g	8g	11g
<b>Mighty Med Salad</b>	580	49g	155mg	720mg	17g	5g	9g	25g
<b>Chimichurri Steak and Potato bowl</b>	630	41g	60mg	1320mg	41g	4g	5g	28g
<b>Power Pesto Chicken Bowl</b>	490	37g	70mg	1000mg	13g	4g	5g	31g
<b>Green Glow bowl</b>	460	33g	70mg	1090mg	16g	6g	6g	30g