



ACAI BOWLS

	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Dragon Bowl								
(M)	350	5	0	35	67	11	45	6
(L)	460	6	0	45	93	15	58	8
Green Bowl								
(M)	410	6	0	100	78	14	44	11
(L)	650	10	0	140	116	18	66	16
Nutty Bowl								
(M)	510	19	0	35	78	9	42	11
(L)	700	25	0	55	111	12	58	15
Superfood Bowl								
(M)	370	7	0	80	73	11	42	8
(L)	500	10	0	130	98	15	52	12
Tropical Bowl								
(M)	450	7	0	40	74	11	75	6
(L)	670	11	0	65	111	17	64	9
Vitality Bowl								
(M)	380	9	0	45	72	9	41	6
(L)	580	15	0	70	107	12	58	10
Warrior Bowl								
(M)	500	8	0	95	80	15	45	9
(L)	720	12	0	135	117	21	64	12
Breakfast Bowl								
(S)	280	6	0	25	54	6	30	5
Dessert Bowl								
(S)	360	8	0	25	63	9	43	4
Kids Bowl								
(S)	220	2.5	0	15	43	7	25	3

SMOOTHIES

	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Acai Elixir								
20 oz	190	1	0	25	41	6	25	3
Dragon								
20 oz	210	0	0	30	50	6	41	2
Go Green								
20 oz	240	4	0	220	49	8	30	6
Kids Sunsation								
14 oz	190	2.5	0	15	40	5	27	2
Matcha Madness								
20 oz	340	3	0	220	53	11	30	6
Temptation								
20 oz	240	12	0	60	33	6	20	4
Tropical Paradise								
20 oz	250	4	0	50	48	5	34	2
Whey Green								
20 oz	240	4.5	5	260	37	8	20	12



JUICE

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

TOASTS & WRAPS

	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Superseed Avocado Toast								
	420	24	5	1150	45	9	6	13
Wholesome Hummus Toast								
	370	17	15	600	41	3	8	13
PB & Chia Jam Toast								
	500	17	0	400	80	6	35	13
Kids PB&J								
	580	17	0	650	93	4	24	19
Chimichurri Steak Wrap								
	740	36	60	1570	68	4	2	31
Morning Glory Wrap								
	670	32	215	1540	71	4	3	24
Vitality Wrap								
	770	39	0	1490	84	5	5	17
Grilled Cheese on White								
	405	15	45	810	46	2	2	21



SALADS & GRAIN BOWLS

	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Supergreen Goddess Salad								
	540	36	165	1350	24	9	8	34
Mighty Med Salad								
	450	31	165	770	19	6	8	30
Chimichurri Steak and Potato Bowl								
	650	42	60	1350	43	5	5	29
Power Pesto Chicken Bowl								
	410	26	70	1080	18	6	5	32
Green Glow Bowl								
	420	27	60	990	20	8	7	30

PANINI

	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Power Panini Veggie Telera Roll								
	500	22	30	1200	52	5	4	19
Power Panini Chicken Telera Roll								
	540	20	80	1310	50	4	4	36
Power Panini Steak Telera Roll								
	610	27	90	1450	51	4	4	36