

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.

Superfood Bowl M: 370 cal L: 500 cal

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

Warrior Bowl® M: 500 cal L: 712 cal

BASE: Organic Açai, 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 S: 359 cal M: 510 cal L: 700 cal

BASE: Organic Açai, Banana, Strawberries, VB Blend**, Peanut Butter **TOPPINGS:** Organic Granola, Sliced Banana, Almonds, Honey

Vitality Bowl® S: 255 cal M: \$XXX, 380 cal L: 572 cal

BASE: Organic Açai, Banana, Strawberries, VB Blend** **TOPPINGS:** Organic Granola, Sliced Banana, Strawberries, Organic Goji Berries, Honey

Tropical Bowl M: 450 cal L: 662 cal

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

Dragon Bowl M: 350 cal L: 452 cal

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

Green Bowl M: 410 cal L: 650 cal

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

Dessert Bowl S: 354 cal

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

POWER UP YOUR BOWL OR SMOOTHIE

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

Whey Green

240 cal

Organic Açai, Banana, Strawberries, Broccoli, Kale, Whey Protein, Organic Spirulina, Organic Guarana, Almond Milk

Matcha Madness

340 cal

Organic Açai, Banana, Kale, Dates, Almond Butter, Organic Matcha, Organic Hemp Seeds, Almond Milk

Açaí Elixir

190 cal

Organic Açai, Banana, Strawberries, VB Blend**

Go Green

240 cal

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

The Temptation®

240 cal

Organic Açai, Banana, Strawberries, Chocolate, Coconut Milk

Tropical Paradise

250 cal

Organic Açai, Banana, Strawberries, Pineapple, Coconut Milk, Mango Juice

The Dragon

210 cal

Pitaya, Strawberries, Raspberries, Mango, Mango Juice



WRAPS AND TOASTS

Vitality Wrap

770 cal

Tomato Basil Tortilla, Hummus, Avocado, Super Greens, Grains, Roasted Potato, Radish, Pickled Red Onion, Lemon Tahini Vinaigrette, Garlic Aioli, Superseed Crunch

Chimichurri Steak Wrap

740 cal

Tomato Basil Tortilla, Grass-Fed Steak, Super Greens, Grains, Roasted Tomato, Chimichurri, Garlic Aioli, Sunflower Seeds

Morning Glory

670 cal

Tomato Basil Tortilla, Scrambled Eggs, Avocado, Super Greens, Roasted Potato, Pickled Red Onion, Feta Cheese, Basil Pesto, Superseed Crunch

Superseed Avocado Toast

420 cal

Whole Grain Toast, Avocado, Grape Tomatoes, Feta Cheese, Superseed Crunch, Sea Salt

Wholesome Hummus Toast

370 cal

Whole Grain Toast, Hummus, Cucumber, Lemon Tahini Vinaigrette, Feta Cheese, Pepitas

PB & Chia Jam Toast

500 cal

Whole Grain Toast, Peanut Butter, Sliced Banana, Strawberry Jam, Chia Seeds, Organic Granola



KIDS MENU

Kids Bowl

210 cal

BASE: Organic Açai, Banana, Strawberries, VB Blend** **TOPPINGS:** Organic Granola, Sliced Banana, Strawberries

Kids Sunsation Smoothie

190 cal

Organic Açai, Strawberries, Bananas, Apple Juice

Kids PB & J

580 cal

Whole Grain Bread, Peanut Butter, Strawberry Jam

Grilled Cheese

Sandwich

405 cal

Mozzarella Cheese on Telera Roll

Side of Fruit

90 cal

Banana, Strawberries, Kiwi

*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 Açai, Blueberry, Pomegranate, Strawberry.

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.**

GRAIN BOWLS



Green Glow Bowl 420 cal

Super Greens, Chicken, Grains, Avocado, Cucumber, Radish, Pickled Red Onion, Lemon Tahini Vinaigrette, Green Goddess Dressing, Feta Cheese, Mint, Superseed Crunch

Power Pesto Chicken Bowl 410 cal

Super Greens, Chicken, Grains, Grape Tomatoes, Cucumber, Pickled Red Onion, Basil Pesto, Lemon Tahini Vinaigrette, Feta Cheese, Sunflower Seeds

Chimichurri Steak and

Roasted Potato Bowl

Super Greens, Grass-Fed Steak, Grains, Roasted Potato, Roasted Tomato, Radish, Chimichurri, Lemon Tahini Vinaigrette, Pepitas

SALADS



Supergreen Goddess Salad 540 cal

Super Greens, Chicken, Egg, Avocado, Radish, Cucumber, Green Goddess Dressing, Feta Cheese, Mint, Superseed Crunch

Mighty Med Salad 450 cal

Super Greens, Grass-Fed Steak, Egg, Grape Tomatoes, Cucumber, Pickled Red Onion, Lemon Tahini Vinaigrette, Feta Cheese, Mint, Superseed Crunch

PANINI



Power Panini 500 - 610 cal

Chicken or Veggie (Veggie includes Avocado), Pesto, Dijon, Roasted Tomato, Super Greens, Mozzarella on Telera Roll (Sub Grass-Fed Steak - \$1)