

SMOOTHIES

MINIMUM ORDER FOR SIZE REGULAR IS 10 SMOOTHIES



FRESH JUICE BAR

Pina Colada 170-345 cal

Organic Coconut Blend with Banana, Mango, Pineapple, Mango Juice, Coconut Milk

Groovy Guava 171-350 cal

Guava and Organic Acerola Blend with Banana, Strawberries, Mango Juice

Purple Passion 179-360 cal

Pineapple, Coconut, Mango and Blue Spirulina Blend with Banana, Pitaya, Apple Juice

Power Protein 164-253 cal

Organic Açai, Banana, Strawberries, Kale, Whey Protein, Organic, Spirulina, Organic Guarana, VB Blend**

Matcha Madness 238-340 cal

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

Açaí Elixir 140-197 cal

Organic Açai, Banana, Strawberries, VB Blend**

Tropical Paradise 182-257 cal

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

The Dragon 154-217 cal

Pitaya, Strawberries, Raspberries, Mango, Mango Juice

The Temptation® 168-240 cal

Organic Açai, Banana, Strawberries, Dark Chocolate, Coconut Milk

Go Green 168-240 cal

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

Kids Sunstation Smoothie 190 cal

Organic Acai, Strawberries, Bananas, Apple Juice

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

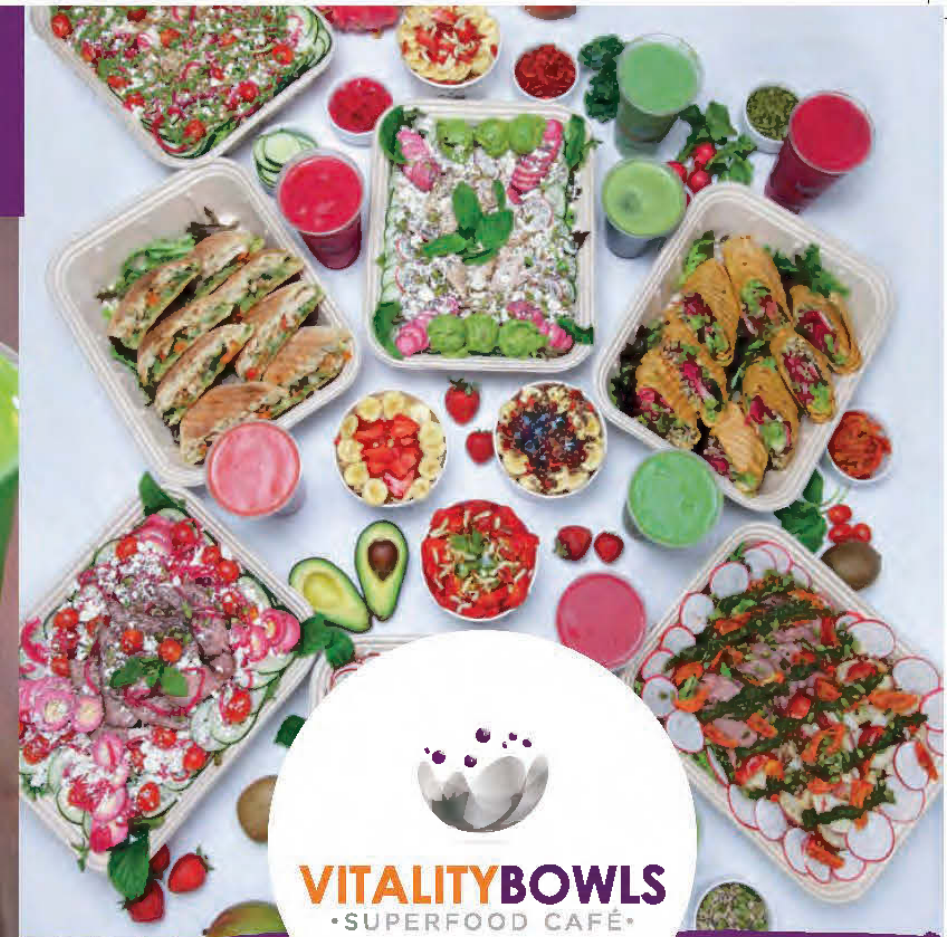
Ginger, Lemon, Cucumber, Coconut Water

The Rejuvenator 140-197 cal

Carrot, Apple, Cucumber, Beet

The Intensifier 104-145 cal

Ginger, Beet, Lemon, Celery, Apple



CATERING MENU

Our catering trays each serve 5-8 people. Please allow 48 hours for all catering orders. Delivery and pickup available!
Franchising Available | Franchise.vitalitybowls.com
franchise@vitalitybowls.com

For catering questions and orders,
call
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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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



MINIMUM ORDER FOR SIZE SMALL IS 10 BOWLS. GLUTEN-FREE AVAILABLE.

Island Bowl 370-800 cal

BASE: Guava and Organic Acerola Blend **TOPPINGS:** Organic Granola, Banana, Coconut Shavings, Mulberries

Beach Bowl 400 - 760 cal

BASE: Organic Coconut Blend **TOPPINGS:** Organic Granola, Strawberries, Pineapple, Cacao Nibs

Blue Bliss Bowl 370-780 cal

BASE: Pineapple, Coconut, Mango and Blue Spirulina Blend **TOPPINGS:** Organic Granola, Banana, Blueberries, Coconut Shavings

Superfood Bowl™ 260-707 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® 351-712 cal

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

Nutty Bowl 366-707 cal

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

Vitality Bowl® 262-579 cal

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



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

Tropical Bowl 311-662 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 280-459 cal

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

Green Bowl 285-650 cal

BASE: Graviola*, Banana, Strawberries, Kale, Spinach, Dates, Organic Spirulina, Almond Milk **TOPPINGS:** Organic Granola, Sliced Banana, Kiwi, Organic Hemp Seeds, 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 Açai, Blueberry, Pomegranate, Strawberry.*

SALADS AND GRAIN BOWLS

GLUTEN-FREE AVAILABLE. INDIVIDUAL (I) OR TRAY (T) . TRAY SERVES 5-8.

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, Green Goddess Dressing, Feta Cheese, Mint, Superseed Crunch

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 455 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 650 cal

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

WRAPS AND PANINI

GLUTEN-FREE AVAILABLE. INDIVIDUAL (I) OR TRAY (T) . TRAY SERVES 5-8.



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 720 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

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 for Individual and \$4 for Tray)

Grilled Cheese 405 cal

Mozzarella, Telera Roll

