

SALADS & GRAIN BOWLS

GLUTEN-FREE AVAILABLE
Sous-Vide All Natural Chicken and Grass-Fed Steak



Supergreen Goddess Salad
Super Greens, All Natural Sous-Vide Chicken, Egg, Avocado, Radish, Cucumber, Green Goddess Dressing, Feta Cheese, Mint, Superseed Crunch

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

Green Glow Bowl
Super Greens, All Natural Sous-Vide Chicken, Grains, Avocado, Cucumber, Radish, Pickled Red Onion, Lemon Tahini Vinaigrette, Green Goddess Dressing, Feta Cheese, Mint, Superseed Crunch

Power Pesto Chicken Bowl
Super Greens, All Natural Sous-Vide 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 Sous-Vide Steak, Grains, Roasted Potato, Roasted Tomato, Radish, Chimichurri, Lemon Tahini Vinaigrette, Pepitas

Hummus with Veggies
Hummus with Celery and Carrots

WRAPS, TOASTS & PANINI

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Vitality Wrap
Tomato Basil Tortilla, Hummus, Avocado, Super Greens, Grains, Roasted Potato, Radish, Pickled Red Onion, Lemon Tahini Vinaigrette, Garlic Aioli, Superseed Crunch (Add All Natural Sous-Vide

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

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

Power Panini
All Natural Sous-Vide Chicken or Veggie (Veggie includes Avocado), Pesto, Dijon, Roasted Tomato, Super Greens, Mozzarella on Telera Roll (Grass-Fed Sous-Vide Steak

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

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

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

FRESH JUICE BAR



The Invigorator
Orange, Kale, Carrot, Apple

The Rehydrator
Kale, Pineapple, Mint, Apple, Coconut Water

The Vitality
Carrot, Apple, Celery, Kale

The Detoxifier
Ginger, Lemon, Cucumber, Coconut

The Rejuvenator
Carrot, Apple, Cucumber, Beet

The Intensifier
Ginger, Beet, Lemon, Celery, Apple

Green Me Up
Kale, Celery, Apple, Cucumber, Organic Spirulina

C Me Up
Orange, Kiwi, Carrot, Raw Ginger

Lemon Ginger Shot
Fresh Lemon, Raw Ginger, Dash of Cayenne



100%

DELICIOUS & NUTRITIOUS

OUR SIGNATURE BOWLS AND SMOOTHIES ARE MADE WITH THE
PUREST INGREDIENTS
AVAILABLE
NO FILLERS SUCH AS ICE OR FROZEN YOGURT
GLUTEN-FREE AVAILABLE

KIDS MENU



Kids Bowl
BASE: Organic Açaí, Banana, Strawberries, VB Blend**
TOPPINGS: Organic Granola, Banana, Strawberries

Kids Sunsation Smoothie
Organic Açaí, Strawberries, Banana, Apple Juice

Kids PB & J
Whole Grain Bread, Peanut Butter, Strawberry Jam

Kids Grilled Cheese
Mozzarella, Telera Roll

Kids Side of Fruit
Banana, Strawberries, Kiwi



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.

*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, and Strawberry.

AÇAÍ BOWLS

GLUTEN-FREE AVAILABLE



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

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

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

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

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

Nutty Bowl
BASE: Organic Açaí, Banana, Strawberries, VB Blend**, Peanut Butter TOPPINGS: Organic Granola, Banana, Almonds, Honey

Vitality Bowl®
BASE: Organic Açaí, Banana, Strawberries, VB Blend** TOPPINGS: Organic Granola, Banana, Strawberries, Organic Goji Berries, Honey

Chia Meets Açaí Bowl
BASE: Organic Açaí, Strawberries, Banana, VB blend** TOPPINGS: Housemade Chia Seed Pudding, Organic Granola, Banana, Strawberries, Honey, Goji Berries

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

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

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

Dessert Bowl
BASE: Organic Açaí, Banana, Strawberries, Coconut Milk, Dark Chocolate TOPPINGS: Banana, Strawberries, Coconut Shavings, Chocolate Chips

Oatmeal
Hot Oatmeal with Honey and Choice of 2 Toppings

Chia Pudding
Chia Seeds, Almond Milk, Honey



POWER UP YOUR BOWL OR SMOOTHIE

Almonds • Almond Butter • Bee Pollen • Blueberries • Chia Pudding • Coconut Shavings • Dates • Fruit • Honey • Kale
Mint • Multi-Vitamin Blend • Organic Aronia • Organic Camu Camu • **new** Organic Chia seeds • Organic Cacao Nibs • Organic Flax Seeds
Organic Goji Berries • Organic Granola • Organic Guarana • Organic Hemp Seeds • Organic Maca • Organic Matcha
Organic Mangosteen • Organic Moringa • Organic Spirulina • Organic Turmeric • Pea Protein • Peanut Butter • Spinach • Whey Protein



Contact us for catering questions and orders:
1-866-VB-FOODS (1-866-823-6637)

VITALITYBOWLS.COM/CATERING

FRANCHISING AVAILABLE!
FRANCHISE.VITALITYBOWLS.COM
franchise@vitalitybowls.com

SMOOTHIES

GLUTEN-FREE AVAILABLE
No Fillers Such as Ice or Frozen Yogurt



Pina Colada
Organic Coconut Blend with Banana, Mango, Pineapple, Mango Peach Juice, Coconut Milk

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

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

Power Protein
Organic Açaí, Banana, Strawberries, Kale, Whey Protein, Organic Spirulina, Organic Guarana, VB Blend**, Almond Milk

Matcha Madness
Organic Açaí, Banana, Kale, Dates, Almond Butter, Organic Matcha, Organic Hemp Seeds, Almond Milk

Açaí Elixir
Organic Açaí, Banana, Strawberries, VB Blend**

Tropical Paradise
Organic Açaí, Banana, Strawberries, Pineapple, Coconut Milk, Mango Peach Juice

The Dragon
Pitaya, Strawberries, Raspberries, Mango, Mango Peach Juice

The Temptation®
Organic Açaí, Banana, Strawberries, Chocolate, Coconut Milk

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