

Acai Bowls

	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Beach Bowl								
(S)	400	10	0	15	56	6	34	4
(M)	590	14	0	25	85	9	51	6
(L)	760	18	0	40	110	10	67	9
Island Bowl								
(S)	370	8	0	10	55	1	33	4
(M)	550	11	0	15	82	1	49	6
(L)	800	17	0	30	119	2	68	9
Blue Bliss Bowl								
(S)	370	4	0	10	42	3	37	2
(M)	560	6	0	15	66	4	57	3
(L)	780	5	0	30	90	5	76	5
Dragon Bowl								
(S)	276	3	0	28	47	9	40	1
(M)	349	5	0	42	73	11	51	6
(L)	447	6	0	52	88	15	61	8
Green Bowl								
(S)	285	4	0	73	55	11	33	8
(M)	410	6	0	100	78	14	44	11
(L)	650	10	0	140	116	18	66	16
Nutty Bowl								
(S)	366	14	0	28	56	7	39	8
(M)	517	19	0	42	78	9	49	11
(L)	707	25	0	62	112	12	65	15
Superfood Bowl								
(S)	260	5	0	64	52	9	39	5
(M)	377	7	0	87	80	11	49	8
(L)	507	10	0	137	99	15	59	12
Tropical Bowl								
(S)	311	5	0	25	52	9	58	4
(M)	450	7	0	40	74	11	75	6
(L)	662	11	0	65	109	17	63	9
Vitality Bowl								
(S)	262	6	0	36	58	7	38	4
(M)	387	9	0	52	72	9	48	6
(L)	579	15	0	77	106	12	64	10

	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Warrior Bowl								
(S)	255	5	0	69	57	11	41	6
(M)	500	8	0	95	76	15	52	9
(L)	712	12	0	135	115	21	70	12
Breakfast Bowl								
(S)	280	6	0	25	54	6	30	5
Dessert Bowl								
(S)	354	8	0	25	63	9	43	4
Kids Bowl								
(S)	227	2.5	0	22	44	7	32	3
Chia Meets Acai Bowl								
(S)	370	10	0	75	64	13	36	8
(M)	500	14	0	90	86	16	47	11
(L)	680	20	0	115	115	19	61	14
Chia Pudding								
(4 oz)	120	5	0	57	12	7	5	5
Oatmeal								
(M)	430	10	0	70	72	12	17	14

Smoothies

	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Pina Colada								
(R)	146	1	0	10	29	2	19	1
(L)	289	1.5	0	15	64	4	44	2
Groovy Guava								
(R)	140	1	0	11	28	1	19	1
(L)	302	2.5	0	15	63	4	39	2
Purple Passion								
(R)	179	0	0	12	33	1	27	1
(L)	360	0.5	0	15	69	3	57	1
Acai Elixir								
(R)	140	1	0	25	30	4	25	2
(L)	197	1	0	32	41	6	32	3
Dragon								
(R)	122	0	0	25	28	4	28	1
(L)	170	0	0	37	39	6	36	2
Go Green								
(R)	164	3	0	154	34	6	21	4
(L)	240	4	0	220	49	8	30	6
Kids Sunsation								
(R)	190	2.5	0	15	40	5	27	2
Matcha Madness								
(R)	238	2	0	154	37	8	21	4
(L)	340	3	0	220	53	11	30	6
Temptation								
(R)	168	8	0	42	23	4	14	3
(L)	240	12	0	60	33	6	20	4
Tropical Paradise								
(R)	158	3	0	42	29	4	25	1
(L)	225	4	0	57	35	5	33	2
Power Protein								
(R)	164	3	0	175	25	6	14	8
(L)	253	4.5	5	253	36	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