

# SMOOTHIES

14oz OR 20oz.

MINIMUM ORDER FOR 14oz IS 10 SMOOTHIES



## Power Protein 150-230 cal

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

## Matcha Madness 240-370 cal

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

## Açai Elixir 140-210 cal

Organic Açai, Banana, Strawberries  
VB Blend\*\*

## Tropical Paradise 110-180 cal

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

## The Dragon 100-160 cal

Pitaya, Strawberries, Raspberries, Mango, Mango Peach Juice

## Pina Colada 180-290 cal

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

## Groovy Guava 150-250 cal

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



DELIVERY & PICKUP AVAILABLE

## The Temptation® 190-280 cal

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

## Go Green 140-220 cal

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

## Purple Passion 230-380 cal

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

## Kids Sunsatation Smoothie

Organic Acai, Strawberries, Bananas, Apple Juice

# COLD-PRESSED BOTTLED JUICES, SHOTS & SMOOTHIES

## Vitality Blast Smoothie

Fuji Apple Juice, Mango, Orange Juice, Banana, Spinach, Kale, Moringa

## Green Me Up

Cold Pressed Fuji Apple, Cucumber, Celery, Romaine, Spinach, Kale, Lemon

## C Me Up

Cold Pressed Carrot, Orange, Lemon, Ginger

## Berry Limeade

Water, Lime Juice, Raw Agave, Strawberries, Blueberries

## Ginger Energy Shot

Pineapple Juice, Ginger Root, Lime Juice, Cayenne Pepper

## Turmeric Immunity Shot

Orange Juice, Turmeric Juice, Lemon Juice, Black Pepper

## Wheatgrass Shot

Pineapple Juice, Wheatgrass Juice, Lemon Juice



MADE WITH THE PUREST INGREDIENTS

FOR CATERING QUESTIONS AND ORDERS,  
CALL | 1-866-VB-FOODS (1-866-823-6637)  
EMAIL | [catering@vitalitybowls.com](mailto:catering@vitalitybowls.com)

[VITALITYBOWLS.COM/CATERING](http://VITALITYBOWLS.COM/CATERING)

FRANCHISING AVAILABLE  
[franchise.vitalitybowls.com](http://franchise.vitalitybowls.com) | [franchise@vitalitybowls.com](mailto:franchise@vitalitybowls.com)

*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. All items delivered in disposable serveware.*



**vitality**  
— BOWLS™ —  
SUPERFOOD CAFE

# CATERING MENU

Our catering trays each serve 5-8 people. Please allow 48 hours for all catering orders. Delivery and pickup available!

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ORDER CATERING THROUGH OUR APP  
SCAN ME!



# AÇAÍ BOWLS

GLUTEN-FREE AVAILABLE



SM 16 oz | M 20 oz | L 28 oz  
MINIMUM ORDER FOR SIZE SMALL IS 10 BOWLS

## Superfood Bowl™ 330-700 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® 290-700 cal

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

## Nutty Bowl 370-860 cal

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

## Vitality Bowl® 270-660 cal

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

## Tropical Bowl 260-720 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 200-380 cal

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

## Beach Bowl 410-880 cal

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

## Blue Bliss Bowl 390-860 cal

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

## Island Bowl 360-810 cal

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



# SALADS & GRAIN BOWLS

GLUTEN-FREE AVAILABLE



## SOUS-VIDE ALL NATURAL CHICKEN AND GRASS-FED STEAK

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

## Supergreen Goddess Salad 570 cal

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

## Mighty Med Salad 570 cal

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 780 cal

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 630 cal

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 690 cal

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



# WRAPS & PANINI

GLUTEN-FREE AVAILABLE



## SOUS-VIDE ALL NATURAL CHICKEN AND GRASS-FED STEAK

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

## Vitality Wrap 710 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 840 cal

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

## Morning Glory 780 cal

3 scrambled eggs, roasted potatoes, roasted tomatoes, seasoned avocado, mozzarella cheese, pickled red onions, tomato & basil tortilla

## Power Panini 550-600 cal

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

## Grilled Cheese 410 cal

Mozzarella, Telera Roll



# 100%

DELICIOUS & NUTRITIOUS

\*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, and Strawberry.

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