

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

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

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 Chicken)

Chimichurri Steak Wrap

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

Morning Glory Wrap

3 Scrambled Eggs, Roasted Potatoes, Roasted Tomatoes, Seasoned Avocado, Mozzarella Cheese, Pickled Red Onions, Tomato and Basil Tortilla

Power Panini

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



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



COLD-PRESSED BOTTLED JUICES, SHOTS & SMOOTHIES

Berry Limeade (12oz)

Water, Lime Juice, Raw Agave, Strawberries, Blueberries

Green Me Up (12oz)

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

C Me Up (12oz)

Carrot, Orange, Lemon, Ginger

Wheatgrass Shot (2oz)

Pineapple Juice, Wheatgrass Juice, Lemon Juice

Turmeric Immunity Shot (2oz)

Orange Juice, Turmeric Juice, Lemon Juice, Black Pepper

Ginger Energy Shot (2oz)

Pineapple Juice, Ginger Root, Lime Juice, Cayenne Pepper

Vitality Blast Smoothie (12oz)

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



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



Side of Fruit

Banana, Strawberries, Kiwi

AÇAÍ BOWLS

GLUTEN-FREE AVAILABLE



100% PUREST INGREDIENTS

OUR SIGNATURE BOWLS AND SMOOTHIES ARE MADE WITH THE
AVAILABLE
NO FILLERS SUCH AS ICE OR FROZEN YOGURT
DELICIOUS & NUTRITIOUS 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

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



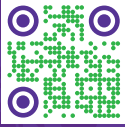
Contact us for catering questions and orders:
1-866-VB-FOODS (1-866-823-6637)

VITALITYBOWLS.COM/CATERING

FRANCHISING AVAILABLE!

FRANCHISE.VITALITYBOWLS.COM

franchise@vitalitybowls.com



SKIP THE LINE.
EARN REWARDS.
DOWNLOAD OUR APP.
SCAN ME!

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



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.