

Acai Bowls

	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Beach Bowl								
(S)	410	11	0	15	56	6	33	4
(M)	620	15	0	30	90	9	52	7
(L)	880	21	0	50	126	11	71	11
Island Bowl								
(S)	360	4.5	0	15	60	10	37	4
(M)	560	7	0	25	92	14	55	7
(L)	810	11	0	45	134	19	77	11
Blue Bliss Bowl								
(S)	390	4.5	0	10	71	4	39	4
(M)	590	7	0	20	109	5	59	7
(L)	860	11	0	40	157	7	83	11
Dragon Bowl								
(S)	200	4	0	20	37	11	25	3
(M)	270	4.5	0	25	52	17	33	4
(L)	380	5	0	35	83	24	48	5
Green Bowl								
(S)	300	4.5	0	55	60	11	41	6
(M)	440	7	0	110	83	16	55	8
(L)	710	13	0	170	128	25	81	14
Nutty Bowl								
(S)	370	15	0	20	46	11	28	8
(M)	510	19	0	35	70	14	41	10
(L)	860	33	0	65	115	21	65	18
Superfood Bowl								
(S)	330	10	0	45	54	11	34	5
(M)	460	12	0	80	74	16	45	7
(L)	700	19	0	130	109	24	62	12
Tropical Bowl								
(S)	260	8	0	25	45	9	25	4
(M)	440	13	0	50	77	17	40	7
(L)	720	22	0	90	128	25	63	11
Vitality Bowl								
(S)	270	5	0	25	45	11	29	3
(M)	420	10	0	45	70	14	43	6
(L)	660	16	0	75	107	20	64	10

	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Warrior Bowl								
(S)	290	9	0	45	45	9	27	5
(M)	460	14	0	80	69	15	41	8
(L)	700	21	0	125	105	22	61	12
Side of Fruit - Pineapple								
(S)	100	0.0	0	0	26	3	14	1
Side of Fruit - Kiwi								
(S)	110	0.5	0	0	27	3	16	2
Dessert Bowl								
(S)	270	10	0	15	37	12	26	3
Kids Bowl								
(S)	240	4.5	0	20	38	11	23	3
Chia Meets Acai								
(S)	320	8	0	75	49	15	31	6
(M)	470	12	0	90	75	17	45	8
(L)	710	19	0	120	112	24	66	12
Chia Pudding								
(S)	120	6	0	105	12	7	6	4
Oatmeal								
(S)	520	9	0	80	94	14	22	18

Smoothies

	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Pina Colada								
(20oz)	290	4	0	40	65	6	36	3
(12oz)	180	2.5	0	25	39	3	22	2
Groovy Guava								
(20oz)	250	0	0	25	44	12	33	2
(12oz)	150	0	0	15	27	7	20	1
Purple Passion								
(20oz)	380	0	0	15	74	5	60	2
(12oz)	230	0	0	10	44	3	36	1
Acai Elixir								
(20oz)	210	2.5	0	30	32	13	26	1
(12oz)	140	2.5	0	20	22	9	17	1
Dragon								
(20oz)	160	0	0	30	33	3	24	2
(12oz)	100	0	0	18	20	2	15	1.2
Go Green								
(20oz)	220	4	0	240	44	9	23	6
(12oz)	140	3	0	160	28	6	15	4
Kids Sunsation								
(12oz)	240	2.5	0	15	44	10	36	2
Matcha Madness								
(20oz)	370	15	0	240	33	23	25	9
(12oz)	240	11	0	140	21	14	15	7
Temptation								
(20oz)	280	12	0	60	28	14	23	3
(12oz)	190	8	0	35	19	9	15	2
Tropical Paradise								
(20oz)	180	4.5	0	45	35	12	18	2
(12oz)	110	2.5	0	25	21	7	11	1
Power Protein								
(20oz)	230	4.5	5	120	25	12	19	12
(12oz)	150	3.5	0	75	16	8	11	8

Juice

	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
The Vitality								
(R)	240	2.5	0	250	52	15	32	5
(L)	310	4.5	0	390	64	22	37	10
The Detoxifier								
(R)	90	1	0	135	28	8	11	4
(L)	110	1	0	140	29	6	12	5
The Rejuvenator								
(R)	250	1	0	170	58	12	38	4
(L)	330	1.5	0	280	77	17	48	7
The Intensifier								
(R)	190	1	0	135	47	11	30	3
(L)	240	1	0	260	58	15	37	5
Green Me Up								
(R)	220	2.5	0	150	48	12	30	6
(L)	290	4	0	270	60	18	34	10
The Invigorator								
(R)	320	2.5	0	160	73	20	45	7
(L)	380	4	0	250	83	25	49	10
The Rehydrator								
(R)	290	2.5	0	150	67	10	46	5
(L)	390	4.5	0	210	87	17	59	9
C Me Up								
(R)	220	1.5	0	110	53	13	31	5
(L)	260	1.5	0	180	62	16	36	6
Kids Orange Carrot								
12oz	250	1	0	90	61	18	35	5
Lemon Ginger Shot								
2oz	30	0	0	0	13	5	3	1

Toasts & Wraps

	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Superseed Avocado Toast								
	350	15	15	1210	44	7	8	14
Wholesome Hummus Toast								
	500	26	25	890	50	3	10	17
PB & Chia Jam Toast								
	750	30	0	350	108	7	42	22
Kids PB&J								
	660	23	0	650	96	4	25	23
Chimichurri Steak Wrap								
	840	47	70	1690	72	3	2	32
Chimichurri Steak Wrap-sub chicken								
	800	44	50	1580	72	3	2	27
Morning Glory Wrap								
	780	35	660	1480	70	2	2	39
Morning Glory Wrap with Chicken								
	900	41	695	1810	73	2	3	55
Morning Glory Wrap with Steak								
	940	44	715	1930	72	2	3	60

	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Vitality Wrap								
	710	32	10	1430	87	4	5	16
Vitality Wrap with Chicken								
	820	37	50	1701	89	4	5	28
Vitality Wrap with Steak								
	860	41	70	1830	88	4	5	33
Grilled Cheese on Multi Grain								
	530	15	45	920	75	4	12	25
Grilled Cheese on Telera								
	410	14	45	730	46	3	2	21
Grilled Cheese on Gluten Free White								
	410	20	45	760	39	2	4	19

Salads & Grain Bowls

	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Supergreen Goddess Salad Chicken								
	570	47	180	1210	14	5	6	25
Supergreen Goddess Salad Steak								
	610	50	200	1330	13	5	6	30
Mighty Med Salad Steak								
	570	46	185	980	11	3	7	30
Mighty Med Salad Chicken								
	530	43	160	860	12	3	7	25
Chimichurri Steak and Potato Bowl								
	690	42	60	1300	51	5	6	31
Power Pesto Chicken Bowl								
	630	39	70	1420	42	6	7	28
Green Glow Bowl								
	780	56	70	1550	43	7	7	27

Panini

	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Power Panini Veggie Telera Roll								
	550	28	25	1580	54	8	4	18
Power Panini Veggie Multi Grain								
	670	28	25	1770	83	9	14	22
Power Panini Veggie Gluten Free								
	550	33	25	1610	47	7	6	16
Power Panini Chicken Telera Roll								
	560	23	65	1460	50	3	3	29
Power Panini Chicken Multi Grain								
	680	24	65	1650	79	4	13	33
Power Panini Chicken Gluten Free								
	560	29	65	1490	43	2	5	27
Power Panini Steak Telera Roll								
	600	26	85	1580	49	3	3	34
Power Panini Steak Multi Grain								
	720	27	85	1770	78	4	13	38
Power Panini Steak Gluten Free								
	600	32	85	1610	42	2	5	32