

# 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

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

## Mango Maca Smoothie (12oz)

Mango, Fuji Apple Juice, Orange Juice, Carrot, Maca Powder

## Vitality Blast Smoothie (12oz)

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

## Turmeric Immunity Shot (2oz)

Orange Juice, Turmeric Juice, Lemon Juice, Black Pepper

## Ginger Energy Shot (2oz)

Pineapple Juice, Ginger Root, Lime Juice, Cayenne Pepper

# KIDS MENU



## Kids Bowl

**BASE:** Organic Açaí, Banana, Strawberries, VB Blend\*\*  
**TOPPING:** Organic Granola, Banana, Strawberries

## Kids Sunsatation 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, Pineapple



# AÇAÍ BOWLS

GLUTEN-FREE AVAILABLE



## Signature Bowls

### Superfood Bowl

**BASE:** Organic Açaí, Graviola\*, Pitaya, Banana, Strawberries, Kale, VB Blend\*\*, Almond Milk **TOPPING:** 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 **TOPPING:** Organic Granola, Banana, Strawberries, Almonds, Organic Goji Berries, Honey

### Vitality Bowl®

**BASE:** Organic Açaí, Banana, Strawberries, VB Blend\*\*  
**TOPPING:** Organic Granola, Banana, Strawberries, Organic Goji Berries, Honey

### Tropical Bowl

**BASE:** Organic Açaí, Banana, Mango, Pineapple, Organic Flax Seeds, Coconut Milk, Apple Juice **TOPPING:** Organic Granola, Banana, Strawberries, Coconut Shavings, Honey

### Dragon Bowl

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

### Nutty Bowl

**BASE:** Organic Açaí, Banana, Strawberries, VB Blend\*\*, Peanut Butter  
**TOPPING:** Organic Granola, Banana, Almonds, Honey

## Create Your Own Bowl

Includes Granola and Honey plus 3 additional toppings of your choice.

### 1. CHOOSE YOUR SIZE

#### Small

Pick up to 2 bases

#### Medium

Pick up to 3 bases

#### Large

Pick up to 4 bases

### 2. PICK YOUR BASE

**Organic Coconut Blend 140 cal**  
Organic Coconut, Organic Coconut Milk

**Guava and Organic Acerola Blend 120 cal**  
Organic Acerola, Pink Guava

**Blue Bliss Blend 130 cal**  
Pineapple, Coconut, Mango, Blue Spirulina

**Vitality Bowl Blend 76 cal**  
Organic Açaí, Banana, Strawberries, VB Blend\*\*

**Nutty Blend 123 cal**  
Organic Açaí, Peanut Butter, Banana, Strawberries, VB Blend

**Cacao Chocolate Blend 140 cal**  
Cacao

**House-made Chia Seed Pudding 74 cal**  
Chia Seeds, Almond Milk, Honey

*Calories reflect 1 base portion  
Bases cannot be modified  
Base blends are dairy free*

### 3. PICK YOUR TOPPING

Each bowl includes Granola, Honey and any 3 toppings you choose.

**Almond Butter** 100 cal • **Bee Pollen** 5 cal • **Cacao Nibs** 14 cal • **Chia Seeds** 34 cal • **Coconut Chips** 55 cal  
**Fresh Banana** 63-141 cal • **Fresh Blueberries** 10 cal • **Fresh Kiwi** 42 cal • **Fresh Pineapple** 47 cal  
**Fresh Strawberries** 13 cal • **Gluten Free Granola** 47-187 cal • **Goji Berries** 11 cal • **Ground Flax Seeds** 35 cal  
**Hemp Seeds** 11 cal • **Honey** 40 cal • **Mulberries** 12 cal • **Organic Granola** 87-174 cal • **Peanut Butter** 86cal  
**Semisweet Chocolate Chips** 70 cal • **Sliced Almonds** 32 cal *Add additional toppings at an extra cost*

**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

## POWER UP YOUR BOWL OR SMOOTHIE BY ADDING A BOOST

Almonds • Almond Butter • Bee Pollen • Blueberries • Chia Pudding • Coconut Shavings • Dates • Fruit • Honey • Kale • Mint • Multi-Vitamin Blend • Organic Aronia  
Organic Camu Camu • 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



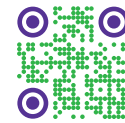
Contact us for catering questions and orders:  
**1-866-VB-FOODS (1-866-823-6637)**

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# 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

## Chocolate Crush Smoothie

Cacao Chocolate Blend, Banana, Strawberries, Almond Butter, Almond 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.