vitality BOWLS™ SUPERFOOD CAFE

NUTRITIONAL GUIDE

ACAI BOWLS

Signature Acai Bowls

	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
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
Nutty Bowl								
(S)	360	14	0	20	46	12	27	7
(M)	500	18	0	40	70	15	41	10
(L)	830	30	0	70	115	23	64	17
Superfood Bowl								
(S)	330	9	0	50	54	12	34	5
(M)	450	11	0	80	74	18	44	7
(L)	680	17	0	135	109	26	61	10
Tropical Bowl								
(S)	250	7	0	30	45	10	25	3
(M)	430	12	0	55	77	18	40	6
(L)	700	20	0	95	128	28	62	10
Vitality Bowl								
(S)	260	4	0	30	45	12	29	3
(M)	400	8	0	50	70	15	43	5
(L)	630	13	0	80	107	23	63	8
Warrior Bowl								
(S)	280	8	0	45	44	10	27	5
(M)	450	12	0	85	69	17	41	7
(L)	680	18	0	130	105	25	60	10
Side of Fruit - Pineapple								
(S)	100	0.0	0	0	26	3	14	1
Kids Bowl								
(S)	230	4	0	20	38	12	23	3

Create Your Own Bowl - Bases

	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Vitality Bowl Blend								
1 Base portion	76	2	0	20	46	11	28	
Blue Bliss Blend								
1 Base portion	130	0	0	0	25	1	15	
Organic Coconut Blend								
1 Base portion	140	2	0	3	21	2	14	1
Guava and Organic Acerola Blend								
1 Base portion	120	0	0	1	20	2	14	1
Cacao Chocolate Blend								
1 Base portion	140	1	0	10	29	3	13	2
Nutty Blend								
1 Base portion	123	2	0	19	13	5	9	1
Chia Seed Pudding								
1 Base portion	74	6	0	103	12	7	6	4

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Create Your Own Bowl - Toppings

	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Almonds								
1 Portion	32	1	0	1	0	0	0	0
Almond Butter								
1 Portion	100	2	0	0	1	0	0	1
Banana								
1 Portion	63-141	0	0	0	17-38	2-4	9-20	1
Bee Pollen								
1 Portion	5	0	0	0	3	0	2	0
Blueberries								
1 Portion	10	0	0	0	3	0	2	0
Cacao Nibs								
1 Portion	14	1	0	0	1	0	0	0
Chia Seeds								
1 Portion	34	1	0	1	2	0	0	1
Chocolate Chips								
1 Portion	70	1	0	0	1	0	1	0
Coconut Chips								
1 Portion	55	0	0	0	0	0	0	0
Flax Seeds								
1 Portion	35	0	0	0	0	0	0	0
Goji Berries								
1 Portion	11	0	0	2	0	0	0	0
Hemp Seeds								
1 Portion	11	0	0	0	0	0	0	0

	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Honey								
1 Portion	40	0	0	0	1	0	1	0
Kiwi								
1 Portion	42	0	0	2	10	1	6	1
Mulberries								
1 Portion	12	0	0	1	1	0	0	0
Organic Gluten-Free Granola								
1 Portion	51-200	1-4	0	11-43	8-31	1-3	1-3	0
Peanut Butter								
1 Portion	86	2	0	0	1	0	0	1
Pineapple								
1 Portion	47	0	0	0	15	2	11	1
Strawberries								
1 Portion	13	0	0	0	4	1	2	0

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Smoothies

	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Pina Colada								
(L)	290	4	0	40	65	6	36	3
(S)	180	2.5	0	25	39	3	22	2
Groovy Guava								
(L)	250	0	0	25	44	12	33	2
(S)	150	0	0	15	27	7	20	1
Purple Passion								
(L)	380	0	0	15	74	5	60	2
(S)	230	0	0	10	44	3	36	1
Acai Elixir								
(L)	210	2.5	0	30	32	13	26	1
(S)	140	2.5	0	20	22	9	17	1
Dragon								
(L)	160	0	0	30	33	3	24	2
(S)	100	0	0	18	20	2	15	1.2
Go Green								
(L)	220	4	0	240	44	9	23	6
(S)	140	3	0	160	28	6	15	4
Kids Sunsation								
(S)	240	2.5	0	15	44	10	36	2
Matcha Madness								
(L)	370	15	0	240	33	23	25	9
(S)	240	11	0	140	21	14	15	7
Temptation								
(L)	280	12	0	60	28	14	23	3
(S)	190	8	0	35	19	9	15	2
Tropical Paradise								
(L)	180	4.5	0	45	35	12	18	2
(S)	110	2.5	0	25	21	7	11	1
Power Protein								
(L)	230	4.5	5	120	25	12	19	12
(S)	150	3.5	0	75	16	8	11	8
Chocolate Crush								
(L)	350	12	0	270	39	17	23	6
(S)	220	7	0	140	24	10	14	4

Juice

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

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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

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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

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