

# SALADS & GRAIN BOWLS

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



**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

**Hummus with Veggies 111 cal** Hummus with Celery and Carrots



# WRAPS, TOASTS & PANINI

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**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 (Add All Natural Sous-Vide Chicken \$X.XX Add Grass-Fed Sous-Vide Steak \$X.XX)  
**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 Wrap 780 cal**  
3 Scrambled Eggs, Roasted Potatoes, Roasted Tomatoes, Seasoned Avocado, Mozzarella Cheese, Pickled Red Onions, Tomato and 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 (Grass-Fed Sous-Vide Steak - \$X.XX)



**Superseed Avocado Toast 350 cal**  
Whole Grain Toast, Avocado, Grape Tomatoes, Feta Cheese, Superseed Crunch, Sea Salt

**Wholesome Hummus Toast 370 cal**  
Whole Grain Toast, Hummus, Cucumber, Lemon Tahini Vinaigrette, Feta Cheese, Pepitas

**PB & Chia Jam Toast 740 cal**  
Whole Grain Toast, Peanut Butter, Banana, Strawberry Jam, Chia Seeds, Organic Gluten-Free Granola

# FRESH JUICE BAR



**The Invigorator S: 320 cal | L: 80 cal** Orange, Kale, Carrot, Apple

**The Rehydrator S: 290 cal | L: 390 cal** Kale, Pineapple, Mint, Apple, Coconut Water

**The Vitality S: 240 cal | L: 310 cal** Carrot, Apple, Celery, Kale

**The Detoxifier S: 90 cal | L: 110 cal** Ginger, Lemon, Cucumber, Coconut

**The Rejuvenator S: 250 cal | L: 330 cal** Carrot, Apple, Cucumber, Beet

**The Intensifier S: 190 cal | L: 240 cal** Ginger, Beet, Lemon, Celery, Apple

**Green Me Up S: 220 cal | L: 290 cal** Kale, Celery, Apple, Cucumber, Organic Spirulina

**C Me Up S: 220 cal | L: 260 cal** Orange, Kiwi, Carrot, Raw Ginger

**Lemon Ginger Shot (2oz) 15 cal**  
Fresh Lemon, Raw Ginger, Dash of Cayenne



# KIDS MENU

**Kids Bowl 230 cal**  
BASE: Organic Açaí, Banana, Strawberries, VB Blend\*\*  
TOPPINGS: Organic Gluten-Free Granola, Banana, Strawberries

**Kids Sunsatation Smoothie 240 cal** Organic Açaí, Strawberries, Banana, Apple Juice

**Kids PB & J 660 cal**  
Whole Grain Bread, Peanut Butter, Strawberry Jam

**Kids Grilled Cheese 410 cal** Mozzarella, Telera Roll

**Side of Fruit 100 cal**  
Banana, Strawberries, Pineapple



# AÇAÍ BOWLS

GLUTEN-FREE AVAILABLE



## Signature Bowls

**Superfood Bowl M: 450 cal | L: 680 cal**  
BASE: Organic Açaí, Graviola\*, Pitaya, Banana, Strawberries, Kale, VB Blend\*\*, Almond Milk TOPPINGS: Organic Gluten-Free Granola, Banana, Blueberries, Organic Goji Berries, Organic Cacao Nibs, Honey

**Warrior Bowl® M: 450 cal | L: 680 cal**  
BASE: Organic Açaí, Banana, Blueberries, Raspberries, Organic Flax Seeds, Spinach, Multi-Vitamin Boost, VB Blend\*\*, Almond Milk TOPPINGS: Organic Gluten-Free Granola, Banana, Strawberries, Almonds, Organic Goji Berries, Honey

**Vitality Bowl® S: 260 cal | M: 400 cal | L: 630 cal**  
BASE: Organic Açaí, Banana, Strawberries, VB Blend\*\* TOPPINGS: Organic Gluten-Free Granola, Banana, Strawberries, Organic Goji Berries, Honey

**Tropical Bowl M: 430 cal | L: 700 cal**  
BASE: Organic Açaí, Banana, Mango, Pineapple, Organic Flax Seeds, Coconut Milk, Apple Juice TOPPINGS: Organic Gluten-Free Granola, Banana, Strawberries, Coconut Shavings, Honey

**Dragon Bowl M: 270 cal | L: 380 cal**  
BASE: Pitaya, Banana, Pineapple, Raspberries, Immunity Boost, Coconut Milk, Mango Peach Juice TOPPINGS: Strawberries, Kiwi, Almonds, Organic Goji Berries, Bee Pollen, Honey

**Nutty Bowl S: 360 cal | M: 500 cal | L: 830 cal** BASE: Organic Açaí, Banana, Strawberries, VB Blend\*\*, Peanut Butter  
TOPPINGS: Organic Gluten-Free 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 TOPPINGS

Each bowl includes Organic Gluten-Free 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 • **Goji Berries** 11 cal • **Ground Flax Seeds** 35 cal • **Hemp Seeds** 11 cal  
**Honey** 40 cal • **Mulberries** 12 cal • **Organic Gluten-Free Granola** 51-200 cal • **Peanut Butter** 86cal  
**Semisweet Chocolate Chips** 70 cal • **Sliced Almonds** 32 cal *Add additional toppings at an extra cost*

**100%** OUR SIGNATURE BOWLS AND SMOOTHIES ARE MADE WITH THE PUREST INGREDIENTS AVAILABLE  
NO FILLERS SUCH AS ICE OR FROZEN YOGURT  
DELICIOUS & NUTRITIOUS GLUTEN-FREE AVAILABLE



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

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**FRANCHISING AVAILABLE!**  
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# SMOOTHIES

GLUTEN-FREE AVAILABLE  
No Fillers Such as Ice or Frozen Yogurt



**Pina Colada 290 cal**  
Organic Coconut Blend with Banana, Mango, Pineapple, Mango Peach Juice, Coconut Milk

**Purple Passion 380 cal** Pineapple, Coconut, Mango and Blue Spirulina Blend with Banana, Pitaya, Apple Juice

**Groovy Guava 250 cal**  
Guava and Organic Acerola Blend with Banana, Strawberries, Mango Peach Juice

**Power Protein 230 cal**  
Organic Açaí, Banana, Strawberries, Kale, Whey Protein, Organic Spirulina, Organic Guarana, VB Blend\*\*, Almond Milk

**Matcha Madness 370 cal**  
Organic Açaí, Banana, Kale, Dates, Almond Butter, Organic Matcha, Organic Hemp Seeds, Almond Milk

**Açaí Elixir 210 cal**  
Organic Açaí, Banana, Strawberries, VB Blend\*\*

**Tropical Paradise 180 cal**  
Organic Açaí, Banana, Strawberries, Pineapple, Coconut Milk, Mango Peach Juice

**The Dragon 160 cal**  
Pitaya, Strawberries, Raspberries, Mango, Mango Peach Juice

**Chocolate Crush 350 cal**  
Cacao Chocolate Blend, Banana, Strawberries, Almond Butter, Almond Milk

**Go Green 220 cal**  
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.

# 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 Gluten-Free Granola • Organic Goji Berries • Organic Guarana • Organic Hemp Seeds  
Organic Maca • Organic Matcha • Organic Mangosteen • Organic Moringa • Organic Spirulina • Organic Turmeric • Pea Protein • Peanut Butter • Spinach • Whey Protein