

ACAI BOWLS

Signature Acai Bowls

	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Added Sugar(g)
Dragon Bowl									
(S)	200	4	0	20	37	11	25	3	6
(M)	270	4.5	0	25	52	17	33	4	7
(L)	380	5	0	35	83	24	48	5	9
Nutty Bowl									
(S)	360	14	0	20	46	12	27	7	6
(M)	500	18	0	40	70	15	41	10	10
(L)	830	30	0	70	115	23	64	17	16
Superfood Bowl									
(S)	330	9	0	50	54	12	34	5	12
(M)	450	11	0	80	74	18	44	7	14
(L)	680	17	0	135	109	26	61	10	16
Tropical Bowl									
(S)	250	7	0	30	45	10	25	3	2
(M)	430	12	0	55	77	18	40	6	4
(L)	700	20	0	95	128	28	62	10	7
Vitality Bowl									
(S)	260	4	0	30	45	12	29	3	6
(M)	400	8	0	50	70	15	43	5	10
(L)	630	13	0	80	107	23	63	8	16
Warrior Bowl									
(S)	280	8	0	45	44	10	27	5	6
(M)	450	12	0	80	69	17	41	7	10
(L)	680	18	0	130	105	25	60	10	16
Side of Fruit - Pineapple									
(S)	100	0.0	0	0	26	3	14	1	0
Kids Bowl									
(S)	230	4	0	20	38	12	23	3	2

Create Your Own Bowl - Bases

	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Added Sugar (g)
Vitality Bowl Blend									
1 Base portion	76	2	0	5	10	5	8	1	0
Blue Bliss Blend									
1 Base portion	130	0	0	0	25	1	15	1	15
Organic Coconut Blend									
1 Base portion	140	2	0	3	21	2	14	1	14
Guava and Organic Acerola Blend									
1 Base portion	120	0	0	1	20	4	14	1	14
Cacao Chocolate Blend									
1 Base portion	140	1	0	10	29	3	13	2	13
Nutty Blend									
1 Base portion	123	2	0	19	13	5	9	1	0
Chia Seed Pudding									
1 Base portion	120	6	0	56	12	5	0	4	0

Create Your Own Bowl - Toppings

	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Added Sugar (g)
Almonds									
1 Portion	32	1	0	1	0	0	0	0	0
Almond Butter									
1 Portion	100	2	0	0	1	0	0	1	0
Banana									
1 Portion	63-141	0	0	0	17-38	2-4	9-20	1	0
Bee Pollen									
1 Portion	5	0	0	0	0	0	0	0	0
Blueberries									
1 Portion	10	0	0	0	3	0	2	0	0
Cacao Nibs									
1 Portion	14	1	0	0	1	0	0	0	0
Chia Seeds									
1 Portion	34	1	0	1	2	0	0	1	0
Chocolate Chips									
1 Portion	70	1	0	0	1	0	1	0	1
Coconut Chips									
1 Portion	55	0	0	0	0	0	0	0	0
Flax Seeds									
1 Portion	35	0	0	0	0	0	0	0	0
Gluten Free Granola									
1 Portion	51-200	1-4	0	14-43	8-31	1-3	1-8	1-4	1-8
Goji Berries									
1 Portion	11	0	0	2	0	0	0	0	0
Hemp Seeds									
1 Portion	11	0	0	0	0	0	0	0	0

	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Added Sugar (g)
Honey									
1 Portion	40	0	0	0	1	0	1	0	0
Kiwi									
1 Portion	42	0	0	2	10	1	6	1	0
Mulberries									
1 Portion	12	0	0	1	1	0	0	0	0
Peanut Butter									
1 Portion	86	2	0	0	1	0	0	1	0
Pineapple									
1 Portion	47	0	0	0	15	2	11	1	0
Strawberries									
1 Portion	13	0	0	0	4	1	2	0	0

Smoothies

	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Added Sugar (g)
Pina Colada									
(L)	290	4	0	40	65	6	36	3	14
(S)	180	2.5	0	25	39	3	22	2	8
Groovy Guava									
(L)	250	0	0	25	44	12	33	2	12
(S)	150	0	0	15	27	7	20	1	7
Purple Passion									
(L)	380	0	0	15	74	5	60	2	15
(S)	230	0	0	10	44	3	36	1	9
Acai Elixir									
(L)	210	2.5	0	30	32	13	26	1	0
(S)	140	2.5	0	20	22	9	17	1	0
Dragon									
(L)	160	0	0	30	33	3	24	2	0
(S)	100	0	0	18	20	2	15	1.2	0
Go Green									
(L)	220	4	0	240	44	9	23	6	0
(S)	140	3	0	160	28	6	15	4	0
Kids Sunsation									
(S)	240	2.5	0	15	44	10	36	2	0
Matcha Madness									
(L)	370	15	0	240	33	23	25	9	0
(S)	240	11	0	140	21	14	15	7	0
Tropical Paradise									
(L)	180	4.5	0	45	35	12	18	2	0
(S)	110	2.5	0	25	21	7	11	1	0
Power Protein									
(L)	230	4.5	5	120	25	12	19	12	0
(S)	150	3.5	0	75	16	8	11	8	0
Chocolate Crush									
(L)	350	12	0	270	39	17	23	6	11
(S)	220	7	0	140	24	10	14	4	6
Coffee Smoothie									
(L)	390	10	0	225	35	16	27	17	2
(S)	340	8	0	200	25	14	18	14	1

Juice

	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Added Sugar (g)
The Vitality									
(S)	240	2.5	0	250	52	15	32	5	0
(L)	310	4.5	0	390	64	22	37	10	0
The Detoxifier									
(S)	90	1	0	135	28	8	11	4	0
(L)	110	1	0	140	29	6	12	5	0
The Rejuvenator									
(S)	250	1	0	170	58	12	38	4	0
(L)	230	1.5	0	280	77	17	48	7	0
The Intensifier									
(S)	190	1	0	135	47	11	30	3	0
(L)	240	1	0	260	58	15	37	5	0
Green Me Up									
(S)	220	2.5	0	150	48	12	30	6	0
(L)	290	4	0	270	60	18	34	10	0
The Invigorator									
(S)	320	2.5	0	160	73	20	45	7	0
(L)	380	4	0	250	83	25	49	10	0
The Rehydrator									
(S)	290	2.5	0	150	67	10	46	5	0
(L)	390	4.5	0	210	87	17	59	9	0
C Me Up									
(S)	220	1.5	0	110	53	13	31	5	0
(L)	260	1.5	0	180	62	16	36	6	0
Kids Orange Carrot									
Small	250	1	0	90	61	18	35	5	0
Lemon Ginger Shot									
2oz	30	0	0	0	13	5	3	1	0

Toasts & Wraps

	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Added Sugar (g)
Superseed Avocado Toast									
	350	15	15	1210	44	7	8	14	1
Wholesome Hummus Toast									
	500	26	25	890	50	3	10	17	1
PB & Chia Jam Toast									
	740	28	0	350	108	8	41	22	19
Kids PB&J									
	660	23	0	650	96	4	25	23	10
Chimichurri Steak Wrap									
	840	47	70	1690	72	3	2	32	1
Chimichurri Steak Wrap-sub chicken									
	800	44	50	1580	72	3	2	27	1
Morning Glory Wrap									
	780	35	660	1480	70	2	2	39	1
Morning Glory Wrap with Chicken									
	900	41	695	1810	73	2	3	55	1
Morning Glory Wrap with Steak									
	940	44	715	1930	72	2	3	60	1

	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Added Sugar (g)
Vitality Wrap									
	710	32	10	1430	87	4	5	16	1
Vitality Wrap with Chicken									
	820	37	50	1701	89	4	5	28	1
Vitality Wrap with Steak									
	860	41	70	1830	88	4	5	33	1
Grilled Cheese on Multi Grain									
	530	15	45	920	75	4	12	25	1
Grilled Cheese on Telera									
	410	14	45	730	46	3	2	21	2
Grilled Cheese on Gluten Free White									
	410	20	45	760	39	2	4	19	1

Salads & Grain Bowls

	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Added Sugar (g)
Supergreen Goddess Salad Chicken									
	570	47	180	1210	14	5	6	25	0
Supergreen Goddess Salad Steak									
	610	50	200	1330	13	5	6	30	0
Mighty Med Salad Steak									
	570	46	185	980	11	3	7	30	0
Mighty Med Salad Chicken									
	530	43	160	860	12	3	7	25	0
Chimichurri Steak and Potato Bowl									
	690	42	60	1300	51	5	6	31	0
Power Pesto Chicken Bowl									
	630	39	70	1420	42	6	7	28	0
Green Glow Bowl									
	780	56	70	1550	43	7	7	27	0

Panini

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