



HEALTH & NUTRITION GUIDE

At Bahia Bowls our Super Fruit Bowls and Smoothies contain no dairy, no added sugar, no artificial preservatives, no trans fats, or any other fillers and everything is made fresh to order. Please refer to the charts below to choose the items that are right for you.



	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
SUPER FRUIT BOWLS										
Acai Bowl - Small 8oz	231	7.2	1.3	0	0	25.0	43.1	4.8	25.2	3.8
Acai Bowl - Regular 16oz	402	10.7	2.1	0	0	46.1	74.9	8.5	42.3	6.9
Acai Bowl - Large 24oz	547	14.1	2.8	0	0	66.0	100.6	11.9	55.6	9.9
Pitaya Bowl - Small 8oz	250	4.9	0.7	0	0	23.9	51.6	6.6	35.3	3.3
Pitaya Bowl - Regular 16oz	416	6.5	1.1	0	0	43.1	83.7	10.9	55.3	5.9
Pitaya Bowl - Large 24oz	576	8.0	1.3	0	0	61.2	115.8	15.4	74.7	8.5
Green Bowl - Small 8oz	232	5.5	0.7	0	0	54.4	46.6	5.6	30.1	3.7
Green Bowl - Regular 16oz	377	7.4	1.1	0	0	88.2	73.6	8.9	46.0	6.4
Green Bowl - Large 24oz	506	9.2	1.4	0	0	122.1	97.7	12.0	59.0	9.0
Summer Breeze- Small 8oz	210	4.5	0.7	0.0	0.0	21.5	42.7	5.2	24.9	3.3
Summer Breeze- Regular 16oz	360	6.1	1.07	0	0	39.65	71.86	9.03	40.45	6.06
Summer Breeze- Large 24oz	484	7.4	1.35	0	0	56.73	95.68	12.51	52.23	8.62
SPECIALTY BOWLS										
Oatmeal Bowl - Small 8oz	296	7.3	1.2	0	0	20.5	52.8	7.1	15.0	7.4
Oatmeal Bowl - Regular 16oz	518	10.9	1.9	0	0	38.1	92.1	12.6	24.6	13.4
Oatmeal Bowl - Large 24oz	787	15.8	2.8	0	0	54.6	138.4	19.8	30.6	21.6
SMOOTHIES (24oz)										
Acai	318	8.0	1.4	0	0	21.0	64.8	7.5	39.4	5.0
Berry Blast	297	0.6	0.0	0	0	7.0	74.8	9.1	54.2	2.9
Dragon Fruit	263	0.9	0.2	0	0	9.0	65.3	6.0	56.7	2.6
Go Green	233	3.5	0.1	0	0	124.8	53.2	7.2	31.5	5.0
Mocha Madness	519	17.6	16.8	0	0	28.0	64.2	9.2	58.6	5.6
The Nutcase	749	41.8	13.4	0	0	307.8	63.5	12.6	49.3	19.0
Strawberry Bananza	261	0.6	0	0	0	7.0	64.2	5.8	43.3	1.6
Tropical Delight	379	1.4	0	0	0	4.6	95.9	7.7	72.9	4.0
Oatmeal Raisin Cookie	881	22.9	4	0	0	193.8	146.4	15.1	97.5	11.9
Chocolate Covered Strawberry	517	24.4	18	0	0	124.3	68.1	8.7	42.3	6.1
S'mores	1037	38.4	14	0	0	394.0	173.6	12.4	111.8	7.4
TOPPINGS										
Peanut Butter - Smooth Operator (1.3oz)	180	15.0	2.5	0	0	100.0	8.0	2.0	3.0	7.0
Almond Butter (1.3oz)	146	12.3	0.8	0	0	76.0	4.6	2.3	0.8	5.4
Nutella (1.3oz)	153	8.4	8.4	0	0	11.5	17.6	1.5	15.3	1.5
Speculoos Cookie Butter (1.3oz)	221	14.3	3.9	0	0	0	19.5	0	11.7	0
Homade Granola (1.3oz)	72	3.0	0	0	0	15	8.3	1	2.7	1.8
Goji Berries (1 tbsp)	50	0.0	0	0	0	75	11.0	1	6.5	1.5
Cacao Nibs (1 tbsp)	45	3.5	2.3	0	0	0	2.0	1.5	0.0	1.0
Chia Seeds (1 tbsp)	60	4.0	0	0	0	0	4.0	4.0	0	2.0
Flax Seeds (1 tbsp)	37	3.0	0	0	0	2.0	2.0	2.0	0	1.0
Hemp Seeds (1 tbsp)	58	5.0	0	0	0	0	1.0	0	0	4.0
SUPPLEMENTS										
Whey Protein	55	6.0	2.0	0	10.0	80.0	10.0	0.5	8.0	16.0
Pea Protein	27	0	0	0	0	330.0	1.0	0	0	24.0
Hemp Protein	90	3.0	0	0	0	0	9.0	8.0	1.0	15.0
PROTEIN BITES										
Strawberry Almond	558	24.3	6	0	0	24	75.5	8.4	47.4	10.2
Carrot Cake	843	29.2	5	0	0	169	142.7	9.4	96.7	15.3
Banana Bread	548	14.8	3	0	0	45	100.96	6.0	73.2	9.0
Peanut Butter & Chocolate Chip	831	31.7	13	0	4	174	137	10.3	106.5	17.0
Mocha	527	12.1	4	0	12	39	98.2	6.0	64.6	13.0
TOASTS										
Loaded Avocado	301	17.8	3.2	0	212	299	27	7.7	7.3	12.2
Kickin Avocado	298	18.8	3.1	0	15	453.2	26.5	7.3	6.3	7.9
Cookie Craze	307	14.1	2.3	0	0	221.1	41.3	10.7	13.5	17
Funky Monkey	401	21.7	2.5	0	0	270	44.5	8.5	15	16.7
Salads										
Sunshine	532	33.2	11	0	255.7	1793.7	31.7	6.8	15.3	22
Caesar	690	62.9	14.4	0	60	1285	12.8	4	1	16.9
Spinach & Strawberry	529	31	12	0	77	965	39.6	9.6	24.4	21.5
Southwest	334	68.3	16.1	0	65.9	1031.1	32.9	10.5	5.9	16.5
Wraps										
Sunshine	636	30.6	10.5	0	230.8	1473.7	62.5	9	7.3	25.1
Caesar	615	36.9	9.6	0	27.5	1075.8	53.9	7	0.43	17.6
Spinach & Strawberry	600	28.3	9.3	0	38.5	970.5	66.9	10.8	11.2	21.2
Southwest	480	40.3	11.1	0	34.7	979.5	64.2	10.5	3.4	18.2
Limited Time Items										
Winter Bowl - Small 8oz	291	5.8	1.4	0	0.2	52.6	53.3	5.7	36.7	9.3
Winter Bowl - Regular 16oz	524	10.8	2.3	0	4.2	101	94.8	10.5	64.4	18.4
Winter Bowl - Large 24oz	761	15.9	3.3	0	6.3	149.9	137.5	15.6	94	27.3
Frozen Peppermint Mocha Smoothie	372	3.4	0	0	0	42.1	68.9	6.6	56.3	3.6

* The nutritional data presented are based on representative values from the USDA Nutrient Database for Standard Reference and information from product manufacturers. Variation may occur due to the handcrafted nature of our menu items or due to seasonal influences and/or sources of supply of our ingredients. Additionally, formulations may change on occasion or the substitution of ingredients or suppliers may be necessary which will alter the nutritional values. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g