



	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	1	0	0	25	43	5	25	4
Acai Bowl - Regular 16oz	402	11	2	0	0	46	75	9	42	7
Acai Bowl - Large 24oz	547	14	3	0	0	66	101	12	56	10
Pitaya Bowl - Small 8oz	250	5	1	0	0	24	52	7	35	3
Pitaya Bowl - Regular 16oz	416	6	1	0	0	43	84	11	55	6
Pitaya Bowl - Large 24oz	576	8	1	0	0	61	116	15	75	9
Green Bowl - Small 8oz	232	5	1	0	0	54	47	6	30	4
Green Bowl - Regular 16oz	377	7	1	0	0	88	74	9	46	6
Green Bowl - Large 24oz	506	9	1	0	0	122	98	12	59	9
Summer Breeze- Small 8oz	210	5	1	0	0	22	43	5	25	3
Summer Breeze- Regular 16oz	360	6	1	0	0	40	72	9	40	6
Summer Breeze- Large 24oz	484	7	1	0	0	57	96	13	52	9
SPECIALTY BOWLS										
Oatmeal Bowl - Small 8oz	296	7	1	0	0	21	53	7	15	7
Oatmeal Bowl - Regular 16oz	518	11	2	0	0	38	92	13	25	13
Oatmeal Bowl - Large 24oz	787	16	3	0	0	55	138	20	31	22
SMOOTHIES (24oz)										
Acai	318	8	1	0	0	21	65	8	39	5
Berry Blast	297	1	0	0	0	7	75	9	54	3
Dragon Fruit	263	1	0	0	0	9	65	6	57	3
Go Green	233	4	0	0	0	125	53	7	32	5
Mocha Madness	519	18	17	0	0	28	64	9	59	6
The Nutcase	749	42	13	0	0	308	63	13	49	19
Strawberry Bananza	261	1	0	0	0	7	64	6	43	2
Tropical Delight	379	1	0	0	0	5	96	8	73	4
Oatmeal Raisin Cookie	881	23	4	0	0	194	146	15	98	12
Chocolate Covered Strawberry S'mores	517	24	18	0	0	124	68	9	42	6
	1037	38	14	0	0	394	174	12	112	7
TOPPING/ADD-INS										
Peanut Butter - Smooth Operator (1.3oz)	180	15	3	0	0	100	8	2	3	7
Almond Butter (1.3oz)	146	12	1	0	0	76	5	2	1	5
Nutella (1.3oz)	153	8	8	0	0	11	18	2	15	2
Speculoos Cookie Butter (1.3oz)	221	14	4	0	0	0	20	0	12	0
Homade Granola (1.3oz)	72	3	0	0	0	15	8	1	3	2
Goji Berries (1 tbsp)	50	0	0	0	0	75	11	1	7	2
Cacao Nibs (1 tbsp)	45	4	2	0	0	0	2	2	0	1
Chia Seeds (1 tbsp)	60	4	0	0	0	0	4	4	0	2
Flax Seeds (1 tbsp)	37	3	0	0	0	2	2	2	0	1
Hemp Seeds (1 tbsp)	58	5	0	0	0	0	1	0	0	4
Grilled Chicken (4oz)	168	4	1	0	120	244	0	0	0	33
Black Bean Hummus (2oz)	78	3	1	0	0	179	35	3	1	4
Avocado Mash (2oz)	31	3	0	0	0	1	2	1	0	0
SUPPLEMENTS										
Whey Protein	55	6	2	0	10	80	10	1	8	16
Pea Protein	27	0	0	0	0	330	1	0	0	24
Hemp Protein	90	3	0	0	0	0	9	8	1	15
PROTEIN BITES										
Strawberry Almond	558	24	6	0	0	24	76	8	47	10
Carrot Cake	843	29	5	0	0	169	143	9	97	15
Banana Bread	548	15	3	0	0	45	101	6	73	9
Peanut Butter & Chocolate Chip Mocha	831	32	13	0	4	174	137	10	107	17
	527	12	4	0	12	39	98	6	65	13
TOASTS										
Loaded Avocado	301	18	3	0	212	299	27	8	7	12
Kickin Avocado	298	19	3	0	15	453	27	7	6	8
Cookie Craze	307	14	2	0	0	221	41	11	14	17
Funky Monkey	401	22	3	0	0	270	45	9	15	17
Salads										
Sunshine	532	33	11	0	256	1794	32	7	15	22
Caesar	690	63	14	0	60	1285	13	4	1	17
Spinach & Strawberry	529	31	12	0	77	965	40	10	24	22
Southwest	840	68	16	0	66	1031	33	11	6	17
Wraps										
Sunshine	636	31	11	0	231	1474	63	9	7	25
Caesar	615	37	10	0	28	1076	54	7	0	18
Spinach & Strawberry	600	28	9	0	39	971	67	11	11	21
Southwest	697	40	11	0	35	980	64	11	3	18
Limited Time Items										
Tidal Wave- Small 8oz	363	9	4	0	0	60	67	5	48	7
Tidal Wave- Regular 16oz	549	13	7	0	0	81	102	10	68	10
Tidal Wave- Large 24oz	715	16	9	0	0	101	131	13	85	13
Mango Tango Smoothie	379	1	0	0	0	5	96	8	73	4

* 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.

	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