

	Menu Item	Total Fat, g	Saturated Fat, g	Trans Fat, g	Cholesterol, mg	Sodium, mg	Total Carbs, g	Fiber, g	Sugar, g	Protein, g	Calories
BOWLS	Small Acai Bowl	7.92	2.42	0	0	70.65	48.95	7.1	28.88	4.17	267
	Regular Acai Bowl	13.99	3.34	0	0	113.8	85.33	12.33	48.3	7.89	469
	Large Acai Bowl	19.96	4.26	0	0	156.45	115.65	17.07	64.2	11.11	647
	Small Pitaya Bowl	6.12	1.9	0	0	62.4	47.95	6.64	31.83	5.07	269
	Regular Pitaya Bowl	10.49	2.3	0	0	97.3	94.15	12.03	55.76	9.89	484
	Large Pitaya Bowl	14.86	2.7	0	0	132.2	136.35	17.42	79.69	14.71	699
	Small Green Bowl	6.2	1.9	0	0	71.16	50.75	5.88	32.13	4	263
	Regular Green Bowl	10.65	2.66	0	0	114.82	91.75	10.51	56.36	7.75	472
	Large Green Bowl	15.1	2.7	0	0	158.48	132.75	15.14	80.59	11.5	681
	Small Oatmeal Bowl	7.53	2.23	0	0	61.77	49.63	6.47	22.01	6.28	284
	Regular Oatmeal Bowl	13.21	2.96	0	0	96.04	86.91	11.07	34.56	12.11	503
	Large Oatmeal Bowl	18.79	3.69	0	0	129.81	117.69	15.18	43.59	17.44	698
	Small Summer Breeze Bowl	6.12	1.91	0	0	63.86	56.29	6.89	32.2	4.41	280
	Regular Summer Breeze Bowl	10.29	2.32	0	0	100.22	96.93	11.58	52.4	8.17	483
	Large Summer Breeze Bowl	14.36	2.73	0	0	136.08	131.07	15.77	69.1	11.43	661
	Small Tidal Wave Bowl	6.65	2.41	0	2	72.22	50.53	5.71	28.96	4.81	269
	Regular Tidal Wave Bowl	10.9	2.97	0	2	110.44	88.96	9.7	48.36	8.62	464
	Large Tidal Wave Bowl	15.05	3.53	0	2	148.15	120.89	13.2	64.24	11.93	636
	Small Acai Smoothie	6.65	1.6	0	0	13.5	44	5.5	29.4	2.85	230
	Regular Acai Smoothie	11.7	2.8	0	0	22	72.7	10.6	46.4	5.2	386
	Small Tropical Delight Smoothie	0.2	0	0	0	23.6	60.9	3.4	50.1	1.6	244
	Regular Tropical Delight Smoothie	0.4	0	0	0	32	107.3	6.8	85.5	3.2	426
	Small Berry Blast Smoothie	1.1	0	0	0	7	50.7	8.2	35.3	2.1	257
	Regular Berry Blast Smoothie	2.1	0	0	0	9	86.9	16.2	57	4.1	456
	Small Dragon Fruit Smoothie	0.4	0	0	0	7	58.3	4.4	45.6	3.1	232
	Regular Dragon Fruit Smoothie	0.7	0	0	0	9	102.1	8.6	77.5	6.1	405
	Small Go Green Smoothie	3	0	0	0	135.7	32.7	4.8	17.9	4.7	155
	Regular Go Green Smoothie	4.3	0	0	0	216	64.7	9	35.7	8.8	296
	Small Strawberry Bananza Smoothie	0.6	0	0	0	10	50.2	4.8	35.1	1.8	197
	Regular Strawberry Bananza Smoothie	1.1	0	0	0	16	86	9.3	56.5	3.6	335
	Small Nutcase Smoothie	23.4	5.19	0	0	249.63	48.21	6.91	28.01	11.12	426
	Regular Nutcase Smoothie	36	7.28	0	0	432.86	79.72	9.22	50.02	5.64	882
	Small Mocha Mayhem Smoothie	11.5	4.14	0	0	20.43	54.36	4.71	38.36	3.97	328
	Regular Mocha Mayhem Smoothie	23	8.28	0	0	37.86	108.72	9.42	76.72	7.64	655
	Small Oatmeal Raisin Cookie Smoothie	17.22	2.64	0	0	188.57	145.73	11.34	53.7	10.23	714
Regular Oatmeal Raisin Cookie Smoothie	32.82	5.38	0	0	292.3	259.29	21.15	107.16	19.9	1302	
Small Mango Tango Smoothie	0.75	0.35	0	2	20.8	65	4	52.5	1.95	264	
Regular Mango Tango Smoothie	1.15	0.35	0	2	26.5	108.7	8	84.3	3.25	433	
Small Chocolate Covered Strawberry Smoothie	16	4.5	0	0	132.2	60.25	7.15	39.25	4.5	382	
Regular Chocolate Covered Strawberry Smoothie	27.9	8.5	0	0	178.5	98.05	11.85	67.95	7.5	648	
Small Smores Smoothie	12.87	2.24	0	0.25	251.73	78.81	5.66	45.36	4.3		