

CATEGORY	ITEM NAME	Ingredients	Total Calories	Protein (g)	Dietary Fiber (g)	Total Carbs (g)	Net Carbs (g)	Total Fat (g)	Sat. Fat (g)	Monounsaturat Fat (g)	Polyunsaturat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Sugars (g)	Vitamin A (%)	Vitamin C (%)	Calcium (mg)	Iron (mg)	Caffeine (mg)
BOWLS																					
ACAI BOWLS																					
Acai Bowl	Traditional (24 oz)	base: acai / banana / apple juice toppings: strawberries / blueberries / banana / coconut / honey / granola	753	8.6	16.6	142.2	125.6	19.3	4.1	0.1	0.2	0	0	95.8	980	87	2	86.80	538	8.26	
Acai Bowl	Traditional (32 oz)	base: acai / banana / apple juice toppings: strawberries / blueberries / banana / coconut / honey / granola	1095	13.2	22.4	208.6	186.2	27.3	5.5	0.1	0.2	0	0	132.7	1229	127.9	2.9	113.60	625	10.44	
Baby Bowl	Traditional (12oz)	base: acai / banana / apple juice toppings: strawberries / blueberries / banana	221	1.6	5.9	44.2	38.3	5.1	1.4	0	0	0	0	27.5	536	27.8	1.1	32.00	257	3.25	
Acai Bowl	Honey Bee (24 oz)	base: acai / banana / apple juice toppings: banana / bee pollen / honey / granola	778	11.6	15.9	143.9	128	19.8	4.6	0	0	0	0	95.7	882	90.5	1.1	63.50	541	8.91	
Acai Bowl	Honey Bee (32 oz)	base: acai / banana / apple juice toppings: banana / bee pollen / honey / granola	1095	17.6	21.7	200.6	178.9	28	6.2	0	0.1	0	0	132.7	1104	122.4	1.8	83.00	630	11.4	
Acai Bowl	Hawaiian (24 oz)	base: acai / banana / apple juice toppings: kiwi / mango / coconut / granola	654	8.6	16.3	113.8	97.5	19.6	4.2	0.1	0.2	0	0	97.1	996	64	18.4	139.80	555	8.13	
Acai Bowl	Hawaiian (32 oz)	base: acai / banana / apple juice toppings: kiwi / mango / coconut / granola	1044	14.6	25.2	159.4	134.2	41.1	17.6	0.7	0.5	0	0	142.3	1321	84.2	20.9	190.00	655	10.95	
Acai Bowl	Protein Blast (24 oz)	base: acai / banana / almond butter / homemade cashew mylk toppings: banana / hemp seeds / sliced almonds / granola	769	17.4	18	91.1	73.1	40	5.9	5.7	6	0	0	137	1154	35.8	1.1	4.90	623	10.01	
Acai Bowl	Protein Blast (32 oz)	base: acai / banana / almond butter / homemade cashew mylk toppings: banana / hemp seeds / sliced almonds / granola	1241	31.4	26.7	134.2	107.5	68.8	9	11.8	12.6	0	0	183.6	1644	50.5	1.9	8.40	805	14.07	
PITAYA BOWLS																					
Pitaya Bowl	Electric Pink (24 oz)	base: pitaya / banana / apple juice toppings: blueberries / mango / bee pollen / granola	567	8.1	16.9	128.1	111.2	1	0.5	0.1	0.1	0	0	9.7	1667	88	17.2	115.50	64	3.24	
Pitaya Bowl	Electric Pink (32 oz)	base: pitaya / banana / apple juice toppings: blueberries / mango / bee pollen / granola	499	8.9	14.2	110.6	96.4	1.4	0.8	0.1	0.1	0	0	8.1	1298	78.3	18.8	110.10	60	3.18	
Pitaya Bowl	Health Nut (24 oz)	base: pitaya / blueberries / almond butter / homemade cashew mylk toppings: banana / kiwi / hemp seeds / granola	775	18.9	23.6	119	95.4	25.8	2.9	5.9	6.6	0	0	87.5	1337	60.6	7.2	122.10	150	5.84	
Pitaya Bowl	Health Nut (32 oz)	base: pitaya / blueberries / almond butter / homemade cashew mylk toppings: banana / kiwi / hemp seeds / granola	1088	29.4	27.4	143.1	115.7	47.4	5.2	12	13.2	0	0	121	1637	65.2	7.8	148.70	233	8.13	
GREEN BOWLS																					

CATEGORY	ITEM NAME	Ingredients	Total Calories	Protein (g)	Dietary Fiber (g)	Total Carbs (g)	Net Carbs (g)	Total Fat (g)	Sat. Fat (g)	Monounsats Fat (g)	Polyunsats Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Sugars (g)	Vitamin A (%)	Vitamin C (%)	Calcium (mg)	Iron (mg)	Caffeine (mg)
Green Bowl	Matcha Mango (24 oz)	base: mango / banana / raw honey / matcha green tea powder / homemade cashew mylk toppings: blueberries / cocoa nibs / coconut / granola	800	14.8	23.8	139.2	115.4	24.5	10.7	0.6	0.3	0	0	87.9	1988	74.3	327.2	121.40	125	5.47	
Green Bowl	Matcha Mango (32 oz)	base: mango / banana / raw honey / matcha green tea powder / homemade cashew mylk toppings: blueberries / cocoa nibs / coconut / granola	1155	22.6	32.3	175	142.7	44.1	21.4	0.8	0.3	0	0	120.9	2018	90.1	463.4	115.90	167	8.33	
Green Bowl	Omega Blast (Avocado Bowl) (24 oz)	base: avocado / spinach / raw honey / banana / coconut water toppings: blueberries / chia seed / pumpkin seed / granola	550	7.1	15.5	91	75.5	21.3	3.1	10	2	0	0	91.9	2096	51.2	159.3	30.50	100	3.52	
Green Bowl	Omega Blast (Avocado Bowl) (32 oz)	base: avocado / spinach / raw honey / banana / coconut water toppings: blueberries / chia seed / pumpkin seed / granola	785	12.8	22.2	98.8	76.6	43	6.2	20	3.9	0	0	139.3	2601	53	270.9	51.80	147	5.95	
FRUIT BOWL																					
Fruit Bowl	Fruit Bowl	Choice of 3 fruits: strawberry, banana, blueberry, mango, or kiwi (nutritional info shown for strawberry, blueberry, banana)	141	1.9	5.4	35.8	18	0.7	0.1	0.1	0.3	0	0	2.3	481	21.2	3.4	60.60	20	0.71	
SMOOTHIES																					
SEASONAL																					
Fall Smoothie	Pumpkin Power	Banana / Almond Butter / Cinnamon / Turmeric / Pumpkin Spice / Cashew Mylk	435	6.9	9.3	81	71.7	11.9	1.1	6.5	2.9	0	0	14.2	1042	50.8	5.3	23.60	96	1.83	
FRUIT																					
Fruit Smoothie	Berrylicious	mixed berries / banana / apple juice	334	1.5	9.9	81.2	71.3	0.5	0	0	0	0	0	666	57.8	0	90.00	33	1.43		
Fruit Smoothie	Last Dragon	pitaya / mango / pineapple / coconut water / chia seeds	319	6.2	12.5	63.4	50.9	4.7	0.6	0.4	3.4	0	0	99.1	961	38.9	30.9	67.60	148	2.45	
Fruit Smoothie	Sunshine Shake	banana / raw honey / orange juice / homemade cashew mylk	345	4.3	6.4	84.5	78.1	1.9	0.5	0.1	0.2	0	0	28.6	1155	56.2	5.2	76.70	26	0.98	
Fruit Smoothie	Tropical	pineapple / mango / banana / orange juice	349	6.2	5.6	88.3	82.7	0.3	0.1	0.1	0.1	0	0	17.4	1287	63.5	30.7	215.60	50	1.19	
Fruit Smoothie	Violet	pineapple / blueberries / beet / banana / homemade cashew mylk	234	5	8.1	52.6	44.5	3.4	0.6	0.1	0.2	0	0	101.7	695	26.5	2.2	44.70	28	1.71	
GREEN																					
Green Smoothie	Bancado	avocado / kale / dates / banana / homemade cashew mylk	511	7.5	16.2	102.1	85.9	13.9	2	6.7	1.5	0	0	83.8	1927	68.6	259.9	108.70	188	2.93	
Green Smoothie	Green Giant	kale / spinach / raw honey / flax seeds / strawberries / banana / homemade cashew mylk	315	12	14.3	55.4	41.1	8.7	0.9	1.1	4.6	0	0	212.6	2056	28.2	827.5	171.90	345	8.11	

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Green Smoothie	Green-Aid	cucumber / spinach / pineapple / coconut water	219	11.3	10	54.4	44.4	0.8	0.2	0	0.3	0	0	156.8	1263	15.2	484.2	150.30	190	5.67	
PROTEIN																					
Protein Smoothie	Almond Butter Cup	almond butter / banana / cacao / flax seeds / raw honey / sunwarrior chocolate protein / homemade cashew mylk	725	29	18.2	85.9	67.7	22.3	3	7.6	7	0	0	44.3	1164	43.7	5.2	23.70	171	7.62	
Protein Smoothies	Beet Me Up	beet / strawberries / pineapple / dates / sunwarrior vanilla protein / homemade cashew mylk	375	23.9	11.5	70	58.5	3.8	1	0	0.1	0	0	235.1	659	41	4.2	92.80	93	6.45	
Protein Smoothies	Nitro Coffee Shake	cold brew coffee / banana / almond butter / sunwarrior vanilla protein / home made cashew mylk	448	25.4	10.4	64	53.6	13.3	1.7	6.6	2.9	0	0	157.8	1173	31	5.2	23.60	124	5.42	
Protein Smoothies	Purple Haze	blueberries / banana / cacao / raw honey / sunwarrior chocolate protein / homemade cashew mylk	499	21.2	11.9	68.4	56.5	6	1.7	0	0.1	0	0	59.3	777	39	1.5	9.20	73	6.25	
Protein Smoothies	Raven	Acai + Blueberry + Banana + Almond Butter + Raw Honey + Hemp Seeds + Cashew Mylk	404	7.3	9.5	53.6	44.1	20.1	2.9	6.5	3	0	0	89.5	665	33.1	1.6	9.20	370	4.97	
POWER UP (ADDS) (smoothies or bowls)																					
Power UP (ADDS)	Almond Butter (1 TBSP)	Almond Butter	95	4	2	3	1	9	1	0	0	0	0	3	120	1	0	0	3	2	
Power UP (ADDS)	Bee Pollen (1TBSP)	Bee Pollen	50	1	0	3	3	0	0	0	0	0	0	0	0	2	0	0	0	0	
Power UP (ADDS)	Cacao Nibs (1TBSP)	Cacao Nibs	53	2	2	1	1	4	2	0	0	0	0	6	0	1	0	0	10	1	
Power UP (ADDS)	Cacao Powder (1TBSP)	Cacao Powder	60	3	4	9	5	2	1	0	0	0	0	10	243	0	0	0	2	8	
Power UP (ADDS)	Chia Seeds (1 TBSP)	Chia Seeds	70	3	6	6	0	4	0	0	0	0	0	0	0	0	8	0	8	4	
Power UP (ADDS)	Chocolate Sun Warrior Protein (1 Scoop)	Proprietary Protein Blen (Organic Fermented Brown Rice, Organic Fermented Pea, Organic Quinoa, Organic Chia Seed, Organic Amaranth), Organic Cocoa, Organic Chocolate Flavor, Sea Salt, Organic Guar Gum, Organic Stevia Ectract (Steviol Glycosides)	100	17	3	4	1	1.5	<.05	0	0	0	0	310	0	0	0	54	3	25	
Power UP (ADDS)	Coconut Shreds (1 TBSP)	Coconut Shreds	60	0	1	2	1	6	4	0	0	0	0	3	0	0	0	0	0	2	
Power UP (ADDS)	Extra Gluten Free Granola (1/8 cup)	Grandyoats - Grain Free Coconola	75	2	1	4	3	6	2	0	0	0	0	0	71	2	0	0	1	4	
Power UP (ADDS)	Extra Granola (2 oz)	Whole grain rolled oats, cane sugar, soy oil, brown rice flour, flax seeds,oat syrup solids, hemp seeds, sea salt, molasses	260	6	5	36	31	10	2	6	3	0	0	45	178	10	0	0	2	10	
Power UP (ADDS)	Flax Seeds (1 TBSP)	Flax Seeds	6	2	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	
Power UP (ADDS)	Ginger (1.5 oz)	Juiced Ginger Root	12	0	0	3	3	0	0	0	0	0	0	2	70	0	0	1	0	1	
Power UP (ADDS)	Gogi Berries (1TBSP)	Gogi Berries	51	0	1	2	1	0	0	0	0	0	0	22	0	1	600	2	12		
Power UP (ADDS)	Hemp Seeds (1 TBSP)	Hemp Seeds	55	3	1	1	0	5	1	1	0	0	0	1	0	0	0	0	2	7	

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Power UP (ADDS)	Maca Powder (1 TBSP)	Maca Powder	60	3	3	12	9	0	0	0	0	0	0	0	0	3	0	6	6	6	
Power UP (ADDS)	Matcha Green Tea Powder (1 TBSP)	Matcha Green Tea Powder	25	0	0	6	6	0	0	0	0	0	0	0	0	5	0	4	0	2	
Power UP (ADDS)	Natural Sun Warrior Protein (1 Scoop)	Proprietary Protein Blen (Organic Fermented Brown Rice, Organic Fermented Pea, Organic Quinoa, Organic Chia Seed, Organic Amaranth), Organic Vanilla Flavor, Sea Salt, Organic Guar Gum, Organic Stevia Ectract (Steviol Glycosides)	100	20	2	2	0	2	1	0	0	0	0	160	0	0	0	48	3	31	
Power UP (ADDS)	Pumpkin Seeds (1 TBSP)	Pumkin Seeds	56	3	1	1		5	1	2	2	0	0	1	81	0	0	0	0	5	
Power UP (ADDS)	Raw Honey (1TBSP)	Raw Honey	70	0	0	17	17	0	0	0	0	0	0	0	0	17	0	0	0	0	
Power UP (ADDS)	Sliced Almonds (1 TBSP)	Sliced Almonds	52	2	1	2		5	0	1	3	0	0	43	61	0	0	0	2	2	
Power UP (ADDS)	Spirulina (1TBSP)	Spirulina	36	7	0	2	2	1	0	0	0	0	0	74	0	0	0	0	0	0	
Power UP (ADDS)	Sub Gluten Free Granola (1/4 cup)	Grandyoats - Grain Free Coconola	150	4	2	8	6	12	4	0	0	0	0	0	142	4	0	0	2	8	
Power UP (ADDS)	Vanilla Sun Warrior Protein (1 Scoop)	Proprietary Protein Blen (Organic Fermented Brown Rice, Organic Fermented Pea, Organic Quinoa, Organic Chia Seed, Organic Amaranth), Organic Vanilla Flavor, Sea Salt, Organic Guar Gum, Organic Stevia Ectract (Steviol Glycosides)	100	18	2	4	2	1	<.05	0	0	0	0	140	0	0	0	50	3	22	
WINTER MENU ITEMS																					
OATMEAL BOWLS																					
Oatmeal Bowl	Almond Joy Bowl	base: oats, himalayan pink salt, cinnamon, coconut sugar, filtered H2O toppings: cacao nibs / coconut / almonds / maple syrup	747	17.7	15.2	109.9		28.2	13.7	0.4	0.1	0	0	15	503	55.4	0	0.30	138	5.08	
Oatmeal Bowl	Apple Cinnamon Harvest B	base: oats, himalayan pink salt, cinnamon, coconut sugar, filtered H2O toppings: red apple / banana / hemp seeds / maple syrup / cinnamon	641	18	19	123.7		12.3	1.6	0.8	5.5	0	0	12.9	861	56.6	4.1	31.50	229	6.11	
Oatmeal Bowl	Classic Berry Bowl	base: oats, himalayan pink salt, cinnamon, coconut sugar, filtered H2O toppings: banana / strawberries / blueberries / honey	553	13.4	11.4	121.8		5.4	1	0.1	0.2	0	0	10.6	670	63.8	2.5	39.50	55	3.85	
FRIDGE DISPLAY																					
COLD PRESSED JUICES																					
Cold Pressed Juice	Celery (Hint of Lemon)	celery / hint of lemon	40	1.7	3.9	7.5		0.4	0.1	0.1	0.2	0	0	192.1	629	3.3	35.9	10.50	96	0.48	

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Cold Pressed Juice	Fat Buster	grapefruit / orange / lemon / ginger root	201	2.9	4.3	47.4		0.8	0.2	0.2	0.2	0	0	8.2	878	33.8	43.7	226.60	48	0.97	
Cold Pressed Juice	Heart Beet	apple / beet / carrot / celery / lemon / ginger root	333	6	17.5	77.9		1.4	0.2	0.1	0.4	0	0	310	1649	50.8	1191.7	145.30	121	2.57	
Cold Pressed Juice	Orange (Straight Up)	orange	223	3.5	1	51.6		1	0.1	0.2	0.2	0	0	5	992	41.7	33.1	275.60	55	0.99	
Cold Pressed Juice	Orange Glow	carrot / orange / green apple / lemon / ginger root	352	5.9	17	82.6		1.7	0.2	0.1	0.6	0	0	298.7	1920	50	2384.1	196.50	168	1.9	
Cold Pressed Juice	Pineapple (Straight Up)	pineapple	165	1.8	4.6	43.3		0.4	0	0	0.1	0	0	3.3	360	32.5	6.4	175.30	43	0.96	
Cold Pressed Juice	Rehydrate	thai young coconut water / cucumber / pineapple / kale	155	6.1	6.9	35.2		1.3	0.4	0.1	0.4	0	0	189.6	1150	21	245.3	170.40	190	2.39	
Cold Pressed Juice	Rx Green	cucumber / green apple / kale / celery / romaine / spinach / parsley / lemon / ginger root	136	5.3	7.6	30.2		1.2	0.2	0.1	0.4	0	0	44.7	961	15.4	440.1	130.40	153	2.61	
Cold Pressed Juice	True Blood	pineapple / beet / carrot / orange	283	6.4	11.9	65.4		1.2	0.2	0.2	0.5	0	0	304.1	1692	45.1	1197.5	138.20	126	2.68	
Cold Pressed Juice	Zinger	apple / lemon / ginger root	351	1.8	13.2	84.4		1.3	0.1	0	0	0	0	9.1	671	60.5	10.5	265.80	38	0.72	
SEASONAL JUICES																					
Cold Pressed Juice	Melon Bliss (summer)	watermelon / lime	136	2.9	1.7	36.4		0.7	0	0	0	0	0	0.6	36	28.4	85.3	51.20	36	1.15	
Cold Pressed Juice	Pom-Pine (winter)	pomegranate / pineapple / lemon	204	0.7	0.4	50		0.8	0.2	0.2	0.2	0	0	24.3	644	45.7	1.6	52.80	39	0.5	
Cold Pressed Juice	Tropic-O (summer)	young Thai coconut water / carrot / orange / pineapple	227	4.5	9.6	52.5		1.2	0.4	0.1	0.4	0	0	323.7	1500	33.8	1587.8	112.60	141	1.57	
AIDS																					
Lemon-Aid	Acai Berry Lemon-Aid	lemon / acai powder / agave / filtered water	157	0.6	1.2	37.2		2.2	0.5	0	0	0	0	20.6	70	33.5	0.1	26.20	25	1.07	
Lemon-Aid	Aqua Lemon-Aid	lemon / blue majik / agave / filtered water	135	0.2	0.2	36.2		0.1	0	0	0	0	0	23.3	63	33.5	2.3	26.20	18	0.16	
Lemon-Aid	Lemon Ginger-Aid	ginger root / lemon / filtered water	31	0.5	0.2	8.3		0.2	0.1	0.1	0.1	0	0	26.1	150	1.6	0.1	18.90	21	0.19	
Lemon-Aid	Matcha Lemon-Aid	lemon / matcha green tea powder / cane sugar / filtered water	122	0.2	0.2	30.4		0.1	0	0	0	0	0	2501.8	63	27.7	0.1	26.20	1822	0.05	
COFFEES																					
Coffee	Caramel Au Lait	organic fair trade cold brewed coffee cashew mylk (honey / cinnamon / Himalayan sea salt / filtered H2O) organic caramel syrup	103	1	0.2	20.3		1.8	0.3	0	0	0	0	37.1	142	19.2	0	0.00	9	0.52	
Coffee	Cold Brew Coffee	organic fair trade coffee bean / filtered H2O	5	0.6	0	0		0.1	0	0.1	0	0	0	9.5	232	0	0	0.00	9	0.05	
Coffee	French Vanilla Au Lait	organic fair trade cold brewed coffee cashew mylk (honey / cinnamon / Himalayan sea salt / filtered H2O) organic French vanilla syrup	103	1	0.2	20.3		1.8	0.3	0	0	0	0	37.1	142	18.4	0	0.00	9	0.52	
Coffee	Hazelnut Au Lait	organic fair trade cold brewed coffee cashew mylk (honey / cinnamon / Himalayan sea salt / filtered H2O) organic hazelnut syrup	103	1	0.2	20.3		1.8	0.3	0	0	0	0	37.1	142	19.2	0	0.00	9	0.29	
Coffee	Pumpkin Spice Au Lait (seasonal)	organic fair trade cold brewed coffee (honey / cinnamon / Himalayan sea salt / filtered H2O) organic pumpkin spice syrup	95	1	0.2	17.3		1.8	0.3	0	0	0	0	44.6	142	16.2	0	0.00	9	0.29	
MYLKS																					

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Mylk	Cashew Mylk	raw cashew / honey / cinnamon / Himalayan sea salt / filtered H2O	211	5.9	1.4	18.8		14.3	2.5	7.7	2.6	0	0	269.9	217	9.9	0.1	0.20	33	2.23	
SHOTS																					
Shots	Flu Shot	ginger root / lemon / raw honey / cayenne pepper / filtered H2O	80	0.2	0.1	19.9		0.1	0.1	0	0	0	0	3.2	74	16.6	1.1	11.20	3	0.09	
Shots	Wheatgrass	wheatgrass / touch of lemon	12	1.1	0.2	2		0.1	0	0	0	0	0	0.2	243	0.7	60.2	11.10	27	0.43	