



	CALORIES	CALORIES FROM FAT	TOTAL FAT	SAT. FAT (G)	SODIUM (MG)	CARBOHYDRATES (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
SMOOTHIE BOWLS									
ACAI CRUNCH	334	171	19	3	67	38	13	17	8
ACAI OVERLOAD	382	162	18	7	124	50	11	6	9
BANANA CREAM PIE	470	144	16	6	78	82	10	8	9
BEACH BUM	546	198	22	12	197	77	14	42	12
BLUE LAGOON	385	135	15	6	41	62	9	5	10
BUILD ME UP PB CUP	453	225	25	8	335	39	6	11	22
CREAMSICLE CRUSH	361	108	12	2	113	57	10	10	11
HARRY'S PBJ	586	324	36	15	268	57	15	11	17
NUTTER BUTTER	418	126	14	4	282	59	8	6	20
SWEET GREEN	341	126	14	3	98	53	9	24	8
VERY BERRY	350	189	21	6	68	37	12	19	8
GRANOLA									
PLAIN	130	45	5	4	130	19	2	7	3
GRAIN FREE	170	108	12	4	105	10	3	6	6
SMOOTHIES									
BERRY BOMB	201	54	6	2	266	26	7	13	13
BLUEBERRY MUFFIN	311	117	13	1	138	46	9	8	8
CALIFORNIA CLEANSE	282	81	9	3	309	38	7	9	17
CLOUD 9	429	153	17	6	345	54	9	2	20
COFFEE CLIMB	391	198	22	6	162	36	11	3	20
COCOA CHANEL	340	81	9	5	262	57	9	0	15
GREEN GIANT	250	27	3	0	175	58	6	32	5
HARRY'S PBJ	249	108	12	2	217	32	5	6	7
NUT BUTTER BLUSH	319	117	13	4	340	35	6	2	18
SUNSHINE STATE	176	18	2	1	70	41	8	20	4
PURPLE HAZE	174	27	3	0	137	37	5	6	3
FRESH PRESSED JUICE									
GREEN GLOW	129	9	1	0	185	28	5	15	7
OCEAN BREEZE	152	0	0	0	6	38	1	29	1
GINGER ZING	151	9	1	0	68	36	1	23	2
ORANGE OVATION	153	9	1	0	64	37	1	29	2
TICKLED PICKLE	159	9	1	0	98	36	3	22	5
IMMUNITY IGNITE	185	9	1	0	10	45	1	37	1
SWEET CITRUS	179	9	1	0	6	43	1	33	2
GOOD GREEN	183	9	1	0	96	43	3	29	4
BOTTLED JUICE & SHOTS									
REFRESHING RELEASE	164	9	1	0	5	40	3	30	2
GREEN GODDESS	97	0	0	0	29	24	1	19	2
ORANGE OVATION	194	9	1	0	121	46	2	31	3
SWEET C	159	9	1	0	102	37	3	24	3
COFFEE + PROTEIN BLENDS									
CASHEW CREAM COFFEE	107	36	4	1	23	16	1	1	2
REGULAR COFFEE	2	0	0	0	5	1	0	0	0
PEANUT BUTTER COFFEE	148	81	9	2	85	14	2	2	5
PROTEIN COFFEE	146	45	5	1	108	13	3	3	13
KIDS MENU									
BABY BLUE	127	0	0	0	36	32	4	5	3
BEACH BABE	134	9	1	1	13	29	4	12	2
SWEETIE PIE	126	9	1	0	34	31	5	2	2
SUGAR COOKIE	187	63	7	1	70	27	4	2	8
STRAWBERRY BANANA	159	27	3	0	52	31	4	1	6
HARRY'S PBJ	206	99	11	2	171	23	5	2	7
PLAIN WAFFLES	85	18	2	0	109	14	2	1	2
PBJ WAFFLES	167	45	5	1	133	27	4	9	4
SALADS									
ANTIOXIDANT SALAD	523	315	35	5	242	43	6	30	8
FIESTA SALAD	522	297	33	4	685	48	11	15	11
MEDITERRANEAN SALAD	483	261	29	4	654	45	11	17	15
THAI SALAD	548	324	36	6	567	37	10	18	23
GRAIN BOWLS									
BARE-ITO BOWL	869	414	46	5	780	98	14	16	26
PESTO FETA	875	342	38	6	1010	105	16	19	36
HOT HUNNY	950	387	43	8	1380	104	12	28	45
PROTEIN POWER	567	198	22	5	248	66	10	12	31
MINI WAFFLES									
AVOCADO	147	63	7	1	563	18	4	1	4
BANANA NUT	520	315	35	8	146	49	6	23	11
TACO	373	243	27	3	502	28	8	5	11
OG	434	153	17	11	156	68	6	32	6
AVOCADO TOAST (SERVED ON SOURDOUGH BREAD)									
ALL THE THINGS	176	72	8	1	500	22	5	1	5
THE SIMPLE FIX	246	126	14	8	570	25	4	3	5
MEDITERRANEAN	425	288	32	10	800	30	5	6	6
CHILI CRUNCH	306	180	20	2	790	30	4	5	4
BREAKFAST SANDWICHES									
SWEET POTATO, EGG & CHEESE	418	162	18	9	982	53	7	17	11
PESTO, EGG & CHEESE	472	333	37	11	1168	18	2	1	18
SPICY EGG & CHEESE	397	216	24	9	1241	31	2	13	17
BREAD									
SEEDY MULTIGRAIN	140	18	2	0	220	26	2	1	5
GLUTEN FREE	170	36	4	0	250	35	4	4	2

DID YOU KNOW?
All sugar found in our food comes naturally from fruits and not from any chemicals or additives? this sugar won't SPIKE your blood sugar or have negative impacts on your health like refined sugar does.

DID YOU KNOW?
Our Smoothie bowls are a great way to enjoy more fruits and veggies in your diet. each is high fiber & packed with nutrients.

NEW!
Add your choice of Granola

DID YOU KNOW?
Drinking smoothies regularly helps with weight management, gut health, detoxification, muscle recovery, immune support and more!

DID YOU KNOW?
Protein in our food comes from nuts, seeds, beans, veggies and more. You can even add a scoop of flavorless protein to any bowl or smoothie for an extra 20 grams

DID YOU KNOW?
Juice really does help to detox the body. Fresh pressed fruits and root veggies like carrot and ginger bind toxins in your gut and help flush them out of your system.

DID YOU KNOW?
Science says that if little ones eat fruits & veggies at a young age, they are more likely to enjoy them for the rest of their lives!

DID YOU KNOW?
Legumes like chickpeas and black beans are good for your health and not eaten regularly by most. You can find plenty of legumes on every BARE Blends salad

DID YOU KNOW?
All of our salads are made with whole food plant-based ingredients and contain 25+ grams of protein. each one is a perfect balance of nutrient-dense veggies, plant protein, healthy fats and fiber!

NEW!
Add your choice of Bread