



CALORIES	CALORIES FROM FAT	TOTAL FAT	SAT. FAT (G)	SODIUM (MG)	CARBOHYDRATES (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
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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.

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?
DRINKING SMOOTHIES REGULARLY HELPS WITH WEIGHT MANAGEMENT, GUT HEALTH, DETOXIFICATION, MUSCLE RECOVERY, IMMUNE SUPPORT AND MORE!

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!

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!

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	522	198	22	12	198	71	14	35	12
BLUE LAGOON	385	135	15	6	41	62	9	5	10
BUILD ME UP PB CUP	462	216	24	8	402	43	9	13	25
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	334	126	14	3	67	51	10	22	7
VERY BERRY	350	189	21	6	68	37	12	19	8

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	276	81	9	3	276	37	7	9	16
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	240	27	3	0	142	56	6	31	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

SALAD + GRAIN BOWLS

FIESTA SALAD	532	297	33	4	762	52	11	10	11
FIESTA GRAIN	612	297	33	4	762	69	11	10	13
MEDITERRANEAN SALAD	480	270	30	4	656	42	13	17	15
MEDITERRANEAN GRAIN	560	270	30	4	656	59	14	18	17
BUFFALO SALAD	557	342	38	7	1260	33	11	9	28
BUFFALO GRAIN	637	351	39	7	1260	50	11	10	30
THAI SALAD	640	378	42	7	646	42	12	13	30
THAI GRAIN	720	378	42	7	646	59	13	13	32

FRESH PRESSED JUICE

GREEN GLOW	133	9	1	0	49	29	0	14	5
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	160	9	1	0	30	37	0	21	4
IMMUNITY INGNITE	185	9	1	0	10	45	1	37	1
SWEET CITRUS	179	9	1	0	6	43	1	33	2
GOOD GREEN	184	9	1	0	28	44	1	29	4

BOTTLED JUICE & SHOTS

REFRESHING RELEASE	164	9	1	0	5	40	3	30	2
GREEN GODDESS	98	0	0	0	12	24	0	19	1
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
VANILLA COFFEE BLEND	157	63	7	3	178	12	2	2	13
MOCHA COFFEE BLEND	157	63	7	3	175	12	2	2	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
PLAIN WAFFLES	85	18	2	0	109	14	2	1	2
PBJ WAFFLES	167	45	5	1	133	27	4	9	4
SUGAR COOKIE	187	63	7	1	70	27	4	2	8
STRAWBERRY BANANA	159	27	3	0	52	31	4	1	6
HARRY'S	206	99	11	2	171	23	5	2	7

GRANOLA

PLAIN	130	45	5	4	130	19	2	7	3
GRAIN FREE	170	108	12	4	105	10	3	6	6

NEW!
ADD YOUR CHOICE OF GRANOLA.