



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 SPOKE YOUR BLOOD SUGAR OR HAVE NEGATIVE IMPACTS ON YOUR HEALTH LIKE REFINED SUGAR DOES.

SMOOTHIE BOWLS

ACAI CRUNCH	509	234	26	8	142	63	15	26	12
ACAI OVERLOAD	522	216	24	11	184	70	13	13	12
BANANA CREAM PIE	610	198	22	11	138	102	12	15	12
BLUE LAGOON	585	189	21	10	101	84	11	13	13
BUILD ME UP PB CUP	632	270	30	11	452	71	12	21	30
CREAMSICLE CRUSH	561	162	18	6	173	79	12	18	14
NUTTER BUTTER	558	180	20	8	342	79	10	13	23
SWEET GREEN	334	126	14	3	67	51	10	22	7
VERY BERRY	550	243	27	10	128	59	14	27	11

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.

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
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

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

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

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

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

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

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

DID YOU KNOW?
ALL 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!

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 PUTTER 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

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.

KIDS MENU

BABY BLUE	197	27	3	2	66	42	5	9	4
BEACH BABE	204	36	4	3	43	39	5	16	3
SWEETIE PIE	211	36	4	2	59	45	7	6	5
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 PBJ	206	99	11	2	171	23	5	2	7

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!