



	CALORIES (kcal)	WATER (g)	CARBOHYDRATES (g)	FIBER (g)	SUGAR (g)	ADDED SUGAR (g)	TOTAL FAT (g)	OMEGA-3 (g)	OMEGA-6 (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	PROTEIN (g)	FOLATE (µg)	VITAMIN A (IU)	VITAMIN C (mg)	VITAMIN E (mg)	VITAMIN K (µg)	CALCIUM (mg)	MAGNESIUM (mg)	IRON (mg)	MANGANESE (mg)	POTASSIUM (mg)	SELENIUM (µg)	SODIUM (mg)	
Blue Lagoon	517kcal	31.0g	77.5g	10.1g	52.9g	N/A	15.4g	0.0g	1.4g	6.5g	0.0mg	22.8g	13.4µg	360IU	13.0mg	0.4mg	12.7	53.7	46.5	3.0	0.3	184	2.5	83.6	
Coffee Cake	588kcal	226.2g	61.6g	18.1g	33.9g	N/A	27.4g	0.2g	2.4g	6.7g	0.0mg	31.6g	173.7µg	340.8IU	115.3mg	6.3mg	22.9µg	208.5mg	117.9mg	5.2mg	1.9mg	625.5mg	12.9µg	324.6mg	
Asana Acai	596kcal	157.2g	79.4g	15.6g	39.8g	N/A	25.5g	0.4g	3.9g	8.1g	0.0mg	20.8g	45.8µg	2385.2IU	71.5mg	3.2mg	4.6µg	147.7mg	69.1mg	3.9mg	1.1mg	514.9mg	2.4µg	105.0mg	
Creamsicle Crush	488kcal	250.4g	83.5g	12.7g	50.6g	N/A	16.1g	0.6g	2.3g	5.9g	0.0mg	9.9g	69.4µg	1585.7IU	148.2mg	3.4mg	28.8µg	162.6mg	71.8mg	2.7mg	1.0mg	594.4mg	4.4µg	87.9mg	
Sunset Savasana	370kcal	86.6g	51.5g	8.2g	36.2g	N/A	13.1g	1.0g	5.4g	1.6g	0.0mg	10g	29.3µg	2623.3IU	89.5mg	3.1mg	3.2µg	76.5mg	150.2mg	3.1mg	1.6mg	452.6mg	4.2µg	33.4mg	
Green Machine	564kcal	76.1g	86.0g	11.9g	55.5g	N/A	19.8g	1.6g	2.5g	6.2g	0.0mg	18.5g	71.9µg	3230.6IU	66.1mg	2.6mg	119.9µg	135.8mg	100.1mg	3.3mg	0.8mg	405.9mg	4.3µg	103.1mg	
Pretty in Pink	423kcal	35.6g	57.9g	10.3g	42.2g	N/A	17.5g	0.0g	0.0g	6.9g	0.0mg	11.9g	7.7µg	1222.4IU	49.3mg	1.3mg	0.3µg	94.6mg	47.4mg	1.7mg	0.5mg	70.6mg	0.7µg	96.6mg	
Very Berry	491kcal	219.1g	61.6g	14.2g	30.0g	N/A	25g	0.2g	3.4g	9.1g	0.0mg	10.1g	36.2µg	922.8IU	52.1mg	5.3mg	20.6µg	192.7mg	69.8mg	3.3mg	3.3mg	534.8mg	2.2µg	98.9mg	
Mocha Latte	446kcal	241.4g	76.8g	15.0g	42.0g	N/A	12.1g	0.5g	1.2g	5.0g	0.0mg	20.6g	112.4µg	37.6IU	96.7mg	0.7mg	23.1µg	89.9mg	106.6mg	3.4mg	1.1mg	622.9mg	3.7µg	102.9mg	
Pina Colada	430kcal	56.2g	80.8g	9.3g	49.0g	N/A	9.9g	0g	0.1g	7.3g	0.0mg	9.8g	10.4µg	1032.9IU	79.5mg	1.0mg	2.4µg	82.1mg	12.9mg	1.4g	0.4mg	154.4mg	1.1µg	68.2mg	
Build Me Up PB Cup	674kcal	166.4g	86.2g	16.2g	47.1g	N/A	27.6g	0.2g	4.1g	7.8g	0.0mg	36.2g	167.6µg	167.6µg	482.4IU	117.5mg	6.7mg	22.3µg	291.5mg	156.1mg	4.3mg	1.3mg	951.1mg	9.6µg	
Keto Bowl	483kcal	289.8g	34.2g	16.2g	12.6g	N/A	33.6g	0.3g	2.8g	8.4g	0.0mg	20.1g	267.0µg	2410.0IU	149.1mg	6.3mg	150.2µg	244.7mg	142.2mg	4.5mg	1.4mg	972.7mg	6.8µg	274.1mg	
Harry's PBJ	240kcal	345.4g	29.3g	5.4g	19.0g	N/A	11.3g	0.1g	2.7g	1.7g	0.0mg	8.8g	33.3µg	536.2IU	32.9mg	8.4mg	13.2µg	471.7mg	54.3mg	2.0mg	0.7mg	385.1mg	1.7µg	165.9mg	
Chai Spice	372kcal	221.0g	43.4g	8.8g	28.9g	N/A	12.8g	0.0g	1.9g	2.5g	0.0mg	24.1g	76.1µg	793.1IU	19.5mg	8.8mg	6.4µg	560.5mg	98.0mg	4.8mg	1.1mg	358.7mg	10.7µg	374.1mg	
Berry Restore	253kcal	366.6g	33.6g	8.4g	20.0g	N/A	12.0g	0.1g	2.8g	0.7g	0.0mg	6.2g	47.1µg	615.5IU	31.9mg	11.3mg	19.6µg	548.8mg	85.4mg	2.8mg	1.4mg	530.0mg	1.4µg	165.5mg	
Tequila-less Sunrise	181kcal	291.6g	35.8g	4.3g	20.3g	N/A	4.4g	0.0g	0.1g	3.8g	0.0mg	2.1g	81.2µg	1168.7IU	73.2mg	1.0mg	0.3µg	126.8mg	51.1mg	2.4mg	0.3mg	254.8mg	5.8µg	122.4mg	
Ruby Refresher	185kcal	318.2g	36.4g	9.6g	20.3g	N/A	2.8g	0.3g	0.9g	0.5g	0.0mg	5.3g	83.1µg	148.1IU	28.4mg	1.0mg	7.1µg	70.6mg	102.6mg	2.3mg	1.2mg	703.4mg	3.3µg	211.6	
Keto Lovers	181kcal	461.1g	33.9g	7.8g	23.1g	N/A	5.4	0.1g	0.2g	4.1g	0.0mg	2.6g	50.1µg	1983.4IU	23.9mg	0.7mg	119.3µg	71.2mg	38.2mg	0.9mg	0.6mg	624.1mg	2.2µg	71.4mg	
Cocoa Chanel	367kcal	393.0g	73.9g	11.7g	56.2g	N/A	5.5g	0.2g	0.6g	0.5g	0.0mg	17.1g	154.2µg	909.4IU	87.5mg	8.2mg	27.3µg	613.7mg	132.5mg	3.1mg	1.0mg	1233.3mg	8.1µg	443.7mg	
Blueberry Muffin	291kcal	295.4g	37.5g	8.1g	20.2g	N/A	12.4g	0.1g	3.0g	0.8g	0.0mg	11.3g	19.9µg	518.7IU	5.1mg	10.7mg	15.0µg	539.1mg	79.3mg	2.6mg	1.4mg	362.6mg	3.9µg	163mg	
Sweet Ginger	150kcal	243.2g	27.1g	3.6g	16.1g	N/A	2.0g	0.0g	0.4g	0.0g	0.0mg	6.3g	16.4µg	392.1IU	38.1mg	5.0mg	1.9µg	349.0mg	22.1mg	1.7mg	0.3mg	248.1mg	0.9µg	122.7mg	
Popeyes Revive	211kcal	471.7g	21.8g	7.1g	9.7g	N/A	13.4g	0.1g	1.7g	1.5g	0.0mg	4.6g	94.6µg	2027.4IU	14.4mg	8.2mg	88.7µg	479.3mg	53.1mg	1.7mg	0.4mg	677.8mg	0.9µg	183.9mg	
Purple Haze	157kcal	420.2g	33.1g	5.6g	18.3g	N/A	3.1g	0.1g	0.7g	0.1g	0.0mg	2.4g	23.4µg	573.9IU	52.8mg	7.0mg	12.5µg	467.3mg	30.9mg	1.6mg	0.4mg	388.6mg	0.9µg	163.9mg	
The Bala	351kcal	281.0g	70.5g	8.7g	57.4g	N/A	9.6g	0.0g	0.6g	4.5g	0.0g	3.1g	79.8µg	640.8IU	50.0mg	0.7mg	9.5µg	148.1mg	88.3mg	1.8mg	0.4mg	760.7mg	5.4µg	5.7mg	

Our products contain no added sugar and the natural sugars found in our smoothies and bowls come from fresh fruit. Unlike refined sugars found in processed food, naturally occurring sugar in the form of fructose (like those in our menu items) are actually beneficial to your health. Our products also contain antioxidants, vitamins and minerals that occur naturally in plant-based ingredients and help your body operate optimally.

