



	CALORIES	CALORIES FROM FAT	TOTAL FAT	SAT. FAT (G)	SODIUM (MG)	CARBOHYDRATES (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
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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	341	126	14	3	98	53	9	24	8
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	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

SALADS									
FIESTA SALAD	532	297	33	4	762	52	11	10	11
MEDITERRANEAN SALAD	480	270	30	4	656	42	13	17	15
ANTIOXIDANT SALAD	523	315	35	5	242	43	6	30	8
THAI SALAD	640	378	42	7	646	42	12	13	30

GRAIN BOWLS									
PESTO FETA	860	387	43	5	793	102	14	16	26
HOT HUNNY	876	342	38	6	1005	106	16	19	36
PROTEIN POWER	1144	495	55	10	1567	116	15	35	59
BARE-ITO BOWL	877	333	37	8	574	101	15	22	43

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 INGNITE	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
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 PBJ	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

BREAKFAST PANINIS									
SWEET POTATO, EGG & CHEESE	588	198	22	9	1232	88	11	22	12
PESTO, EGG & CHEESE	543	306	34	10	1083	51	7	6	12
JALAPENO JAM, EGG & CHEESE	482	180	20	9	1289	67	8	20	12

LUNCH PANINIS									
SAVORY SMOKED	645	315	35	12	1888	68	9	17	19
PROTEIN PESTO	590	324	36	12	1125	54	9	7	17

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?
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?
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!

NEW!
Add your choice of Granola