

<u>Menu Item</u>	<u>Calories (kcal)</u>	<u>Protein (g)</u>	<u>Fat (g)</u>	<u>Saturated Fat (g)</u>	<u>Cholesterol (mg)</u>	<u>CHO (g)</u>	<u>Fiber (g)</u>	<u>Sugar</u>	<u>Added sugar</u>	<u>Sodium</u>
ACAI BOWLS										
Avalon Bowl	615	7	12	1	0	128	14	60	40	159
Nutty Nutella	834	13	31	9	3	139	15	68	49	225
Aloha Bowl	729	7	19.5	5	0	143	14	47	27	131
Gainz Bowl	972	35	31	7	55	149	18	42	27	262
Crunchy Cocoa Bowl	892	15	34	4.5	0	148	20	39	27	175
Lantern Point Bowl	683	9	14.5	0	0	138	12.7	41.6	27	147
Goodness Grace Bowl	781	12	23.5	1	0	142	15	39	27	190
Chi-Chi-Chia Bowl	570	9.3	17.5	0	0	146	17	42	27	131
PITAYA BOWLS										
"The Pink One" Bowl	573	4.8	2.5	0	0	131	14	74	59	86
Pitaya-Nutty Bowl	734	8.8	15.5	6	0	140.5	16.5	79	59	145
Purple Rain Bowl	648	4.8	7.5	5	0	140	15	82	59	86
Pink Floyd Bowl	599	6.2	7.5	5	0	125	13.5	75	59	103
BANANA BOWLS										
Its Bananas Bowl	291	4.5	2.5	0	0	64	7.5	27	14	85
Banana Butter Bowl	266	7	12.5	1	0	58	5	21	0	103
Banana Hammock Bowl	450	8	17.5	6	0	67	11	26	14	86
Banana Pancakes Bowl	307	5	4.2	0	0	37	7	34	14	86
GREEN BOWLS										
Go Green Bowl	406	6.5	4.5	0	0	88	11.5	43	14	100
Bruce Springsteen Bowl	455	7.5	6.2	0	0	97	11.5	53	14	100
"Kiwi, do you love me" Bowl	454	6	9.5	5	0	92	12	50	14	101
SPECIALTY BOWLS										
Bae-by Blue Bowl	666	11.5	18.5	6	0	120	16	55	14	108
Chunky Monkey Bowl	812	37	20	5.5	55	131.5	22	59	14	280
Here Comes the Sun Bowl	596	5.3	20.5	10	0	110.5	15	58	14	97
Banana Boathouse Row Bowl	809	14	27	5	0	146	19	53	34	231
COCONUT BOWLS										
Dune Drive Bowl	753	8	42	6	0	107	8	59	44	116
Nutty Nutella Bowl	972	13	61	14	3	119	10	66	53	182
Island in the Sun Bowl	754	7	42	6	0	109	8	66	44	116
OATMEAL										
OG Oats	366	7.5	6.7	0.9	0	69	12.5	27	0	4
Samoa Oats	618	24	32.7	10	0	68	15.4	15.4	0	191
PB&Jammin Oats	454	12.5	19.7	5	0	63	14.5	18	0	61

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SMOOTHIES										
Stawnana	191	1.5	2.5	0	0	40	6.5	22.5	0	133
Kale Me Maybe	135	1	5	0	0	16.7	3.5	10	0	275
Post Pump	524	32.6	15	2	55	64.5	11	27	0	321
Blue Hawaii	499	29	13	2	55	67	11	38	0	263
PB&J Time	378	6	14.5	1	0	61.5	8	23	4	206
Green Day	228	2	2.5	0	0	51	6	30	0	147
Morning Mango	342	4.6	11.5	1	0	55.5	7.6	38	0	146
Walk this Whey	403	29	12	2	55	47	9	24.5	0	321
The Cure	229	2	3.5	0	0	47	9	24	0	143
Thin Mint	333	4.5	8.5	3.5	0	62.5	12	28	0	144
Espresso Yourself	468	29	13	2	55	60	9	30	0	263
Reef Road	181	0	8	0	0	25.5	4.5	17.5	7.5	20
Zeppelin Smoothie	278	2	8	0	0	53	7.3	30	0	23
Brain Boost	288.5	1	13	3.6	0	39	8.7	19.5	0	35
Raspberry Beret	160	1.4	2.5	0	0	28.5	6.5	12.5	0	130
Bananacado	334	3.3	17	2.2	0	44.5	10	22.7	0	138
Sunrise	282	3.5	11.5	1	0	38	6.5	28	0	131
Coco-loco	554	8	25.5	14	0	78	13	39	2	192
Love you so Matcha	300	2.6	2.5	0	0	67	8	44	0	133
SALADS AND WRAPS										
Southwest salad	600	35	35	11	92	58	14	9	1	488
Southwest wrap	882	43	42	14	92	86	19	9	0.7	1105
Avo-caesar salad	677	42	53	16	110	18	10	2	0.7	1004
Avo-caesar wrap	959	51	60	18	110	65	15	1	1	1620
cobb salad	810	45	64	14	290	22	9	11	1	1059
cobb wrap	1092	53	71	16	290	70	14	11	1	1675
Summer mix salad	543	13	40	9	38	32	8	18	0	749
Summer mix wrap	823	21	47	12	38	80	13	18	0	1321
Dont kale my vibe salad	589	29	40	10	88	23	7	14	0	417
Dont kale my vibe wrap	864	38	47	13	88	70	11	13	0	1014
Greek salad	281	8	32	9	38	15	6	5	0	731
Greek wrap	663	17	39	12	38	63	11	4	0	1347
Buffalo soldier salad	577	47	43	16	155	6	3	3	0	1349
Buffalo soldier wrap	859	55	50	19	155	54	8	3	0	1965
power hour salad	775	34	49	11	88	50	12	23	0	546
Power hour wrap	1065	43	56	14	88	98	18	23	0	546
WARM BOWLS										
Buddah bowl	576	21	20	9	88	29	9	4	0	546
Burrito Bowl	614	37	36	11	92	47	15	10	1	527

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SMALL BITES										
Avocado Smash	210	6	7.5	1	0	28	3	0	0	364
Caprese Avocado Smash	393	13	22	7	35	33	4	4	0	391
Mediterranean Smash	413	10	24	5	25	36	4	3	0	825
Spicy Sriracha Smash	276	12	12	3	180	28	3	0	0	567
Pesto Smash	535	22	26	9	42	58	8	19	0	679
Buff Chick Smash	274	9	8	1	0	39	5	1	0	632
EBTB Smash	350	14	19	7	204	29	3	0	0	693
TOASTS										
Bagel w/ butter	420	10	20	12	46	53	2	6	5	586
Bagel w/ cream cheese	345	12	9	5	24	54	2	6	5	514
PB Toast	376	11	22	6	0	43	9	22	0	118
AB Toast	536	14	25	6	0	68	12	22	0	362
Thats My Jam Toast	385	11	10	1	0	64	7	22	0	419
Sweet Ricotta Tartine	330	10	6	3	22	58	6	21	0	421
Savory Ricotta Tartine	454	13	21	5	22	51	8	11	1	1047
Blueberry Cobbler Tartine	473	13	16	4	22	66	7	23	7	464
Chicken Salad Tartine	467	31	21	8	88	34	4	2	0	688
JUICES										
Main Squeeze	104	1	0	0	0	20.5	1	12	0	147
Bring the Beet In	188	0	0	0	0	42	1	32	0	149
North Shore	127	1	0	0	0	28	4.5	16	0	136
Kale as a Cucumber	89	2	0	0	0	20	1	10	0	50
Goodness	131	0	0	0	0	29	2	22	0	124
Turmeric Detox	161	0	0	0	0	35	5	22	0	198
You Glow Girl	108	0	0	0	0	22	1	14	0	86
WELLNESS SHOTS										
Hangover Help	25	0	0	0	0	6	0	2	0	3
Instant Immunity	59	0	0	0	0	12	0	8	0	4
Quick Greens	28	0	0	0	0	3	0	1	0	16
Serotonin Boost	91	0	0	0	0	16	0	15	0	40
PROTEIN BALLS										
1 Almond Butter Ball	179	7	11	2	0	17	4	5	0	74
Serving 3 Balls	537	21	33	6	0	51	12	15	0	222
1 Peanut Butter Ball	184	7	11	3	0	17	3	5	0	100
Serving 3 Balls	552	21	33	9	0	51	9	15	0	300
CHIA PUDDING										
Plain Chia Pudding	82	2	5	0.5	0	8	4.5	2.3	0	5