

CATEGORY	Serving	Calories (cal)	Fat (g)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)		
BOWLS									
BOWL BASES									
	Serving	Calories (cal)	Fat (g)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)		
Açaí	1 bowl base	283	5.45	58.86	2.18	43.6	0		
Pitaya	1 bowl base	240	0	19.62	2.18	58.86	0		
Coconut	1 bowl base	480	32.7	50.14	2.18	45.78	2.18		
Spirulina Colada	1 bowl base	454	30.24	43.2	2	36.27	4		
Mango	1 bowl base	262	0	23.98	2.18	65.4	0		
Cacao	1 bowl base	392	15.26	69.76	6.54	45.78	4.36		
GRANOLA									
	Serving	Calories (cal)	Fat (g)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)		
Oat and Honey Gluten Free Granola	60g	270	9	39	5	10	8		
TOPPINGS									
	Serving	Calories (cal)	Fat (g)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)		
Strawberries	2 oz	18	0	4	1	2.8	0.5		
Blueberries	1 oz	16	0.095	4	0.75	3	0.25		
Banana	1/2 banana	45	0	11	1	6	< 1g		
Pineapple	2 oz	25	0.4	5.5	0.25	4.5	0.25		
Mango	2 oz	22.5	0	6	0.75	5.25	0.25		
Kiwi	1/2 kiwi	21	0.25	5	1	0	0.5		
Peanut Butter	0.75 oz	135	11.25	6	1.5	1.5	5.25		
Nutella	0.75 oz	150	8.25	16.5	0.75	9.75	1.5		
Almond Butter	0.75 oz	158	13.5	5.25	2.25	0.75	4.5		
Honey	0.25 oz	30	0	8.5	0	8.5	0		
Agave	0.25 oz	30	0	8	0	8	0		
Almond Slices		32	2.75	1	0.75	0	1		
Chocolate Chips	1 TBSP	70	4	9	<1	8	<1		
Coconut Flakes	1 TBSP	35	2.5	3.5	0.5	2.5	0.5		
Chia Seeds	0.25 TSP	12.5	0.75	1	0.8	0	0.4		
Flax Seeds	0.5 TSP	7	0.5	0.25	0.25	0	0.25		
Goji Berries	1 TBSP	25	0	5.5	1	0	1		

BOWL NAME		Calories (cal)	Fat (g)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)		
It's Raining Berries	Toppings Only	669	31.095	84	10.5	32.55	16		
	<i>with Açai Base</i>	952	36.545	142.86	12.68	76.15	16		
	<i>with Pitaya Base</i>	909	31.095	103.62	12.68	91.41	16		
	<i>with Coconut Base</i>	1149	63.795	134.14	12.68	78.33	18.18		
	<i>with Spirulina Base</i>	1123	61.36	127.2	12.5	68.82	20		
	<i>with Mango Base</i>	931	31.095	107.98	12.68	97.95	16		
	<i>with Cacao Base</i>	1061	46.355	153.76	17.04	78.33	20.36		
Feelin' Nutty	Toppings Only	635	29.25	82	9.75	39.3	15.25		
	<i>with Açai Base</i>	918	34.7	140.86	11.93	82.9	15.25		
	<i>with Pitaya Base</i>	875	29.25	101.62	11.93	98.16	15.25		
	<i>with Coconut Base</i>	1115	61.95	132.14	11.93	85.08	17.43		
	<i>with Spirulina Base</i>	1089	59.49	125.2	11.75	75.57	19.25		
	<i>with Mango Base</i>	897	29.25	105.98	11.93	104.7	15.25		
	<i>with Cacao Base</i>	1027	44.51	151.76	16.29	85.08	19.61		
On Island Time	Toppings Only	403.5	12.15	67.5	7.5	30.75	9.25		
	<i>with Açai Base</i>	686.5	17.6	126.36	9.68	74.35	9.25		
	<i>with Pitaya Base</i>	643.5	12.15	87.12	9.68	89.61	9.25		
	<i>with Coconut Base</i>	883.5	44.85	117.64	9.68	76.53	11.43		
	<i>with Spirulina Base</i>	857.5	42.39	110.7	9.5	67.02	13.25		
	<i>with Mango Base</i>	665.5	12.15	91.48	9.68	96.15	9.25		
	<i>with Cacao Base</i>	795.5	27.41	137.26	14.04	76.53	13.61		
Paradise	Toppings Only	372.5	9.9	62.75	7.25	30.55	9.25		
	<i>with Açai Base</i>	655.5	15.35	121.61	9.43	74.15	9.25		
	<i>with Pitaya Base</i>	612.5	9.9	82.37	9.43	89.41	9.25		
	<i>with Coconut Base</i>	691.5	14.9	134.55	9.25	82.35	9.25		
	<i>with Spirulina Base</i>	826.5	40.14	105.95	9.25	66.82	13.25		
	<i>with Mango Base</i>	634.5	9.9	86.73	9.43	95.95	9.25		
	<i>with Cacao Base</i>	764.5	25.16	132.51	13.79	76.33	13.61		
Go Go Goji	Toppings Only	406	11.75	64.5	9.5	18.8	10.75		

	<i>with Açai Base</i>	689	17.2	123.36	11.68	62.4	10.75		
	<i>with Pitaya Base</i>	646	11.75	84.12	11.68	77.66	10.75		
	<i>with Coconut Base</i>	886	44.45	114.64	11.68	64.58	12.93		
	<i>with Spirulina Base</i>	860	42	107.7	11.5	55.02	14.75		
	<i>with Mango Base</i>	668	11.75	88.48	11.68	84.2	10.75		
	<i>with Cacao Base</i>	798	27.01	134.26	16.04	64.58	15.11		
Pink Flamingo	Toppings Only	372.5	10.25	62	8.8	24.8	9.9		
	<i>with Açai Base</i>	655.5	15.7	120.86	10.98	68.4	9.9		
	<i>with Pitaya Base</i>	612.5	10.25	81.62	10.98	83.66	9.9		
	<i>with Coconut Base</i>	852.5	42.95	112.14	10.98	70.58	12.08		
	<i>with Spirulina Base</i>	826.5	40.49	105.2	10.8	61.07	13.9		
	<i>with Mango Base</i>	634.5	10.25	85.98	10.98	90.2	9.9		
	<i>with Cacao Base</i>	764.5	25.51	131.76	15.34	70.58	14.26		
*2,000 calories a day is used for general nutrition advice, but calorie needs vary.									
***Before consuming: please be aware that our products may contain or come into contact with common allergens, including but not limited to dairy, wheat, soy, tree nuts, peanuts, sesame etc. While we take steps to minimize risk and safely handle products that contain potential allergens, be advised that cross contamination may occur. Factors beyond our reasonable control may alter the formulations of the food we serve, or manufacturers may change their formulations without our knowledge. Due to seasonality / availability, the ingredients we use are also subject to change. This chart has been compiled based on product information from suppliers/manufacturers. Neither Raining Berries, LLC nor Raining Berries Holdings, LLC assume any liability, legal or otherwise, regarding this information.									

SMOOTHIES							
SMOOTHIES	Serving	Calories (cal)	Fat (g)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Berry Bomb	16 oz	177.75	1	45.25	6	4.5	2
Berry Nutty	16 oz	409.25	11.25	63	9.4	10	10.25
Blueberry Fields	16 oz	421	13.5	64.75	10.5	4	18.25
Chocolate PB Protein	16 oz	539.25	13.25	85	10.25	2	21.25
Dragon Blast	16 oz	245.5	0.5	61	7.75	4.75	2.5
Green Dream	16 oz	228.25	0.25	53	4.25	8	2
Passion Berry	16 oz	308	0.5	71.5	6.25	12.5	2.5
Pink Coconut	16 oz	360.5	4.75	71.25	6.25	16	13.5
Protein Machine	16 oz	577.5	13	89.5	11	10	23.25
Riptide	16 oz	240.75	1.5	53.75	4.75	4	1.75
Sweet Honey	16 oz	280.5	3.75	63.5	8	12.5	4.5
Vanilla Protein	16 oz	359.75	4.75	77	8.25	0	14.25
Wanna Date	16 oz	280.25	2.25	68.25	7.75	8	3.25
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TOASTED FOODS

FOOD ITEM	Serving	Calories (cal)	Fat (g)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Avocado Toast	2 Slices	421.5	11.5	76.25	9.75	21.75	8.5
Eggocado Toast	2 Slices	565	28.75	56.5	17	11	24.25
OG Turkey	1 Sandwich	573	26	55.5	10.75	16	38.75
Chicken Pesto	1 Sandwich	742.5	32.25	67	3	0	40.25
Ciabatta Caprese	1 Sandwich	603	20	75.5	2.75	7	26.75
Grilled Cheese	2 Sandwiches	810	40	84	3	8	32
Gourmet Grilled Cheese	2 Sandwiches	877.5	44.25	89	4	8	34.25
Chipotle Chicken Avo	1 Sandwich	584.5	20.25	72.5	5	6	24.5
Spinach Feta Wrap	1 Wrap	340	7	49	3	2	18
Cheesy Egg Bites	2 Egg Bites	90	3	2	0	0	7
Veggie Egg Bites	2 Egg Bites	170	6	9	0	3	13
Egg and Cheese Bagel	1 Sandwich						
	with plain bagel	440	10	57	2	1	20
	with everything bagel	470	12.5	57	2	3	20
Cali Bagel	1 Sandwich						
	with plain bagel	445.67	10	58	2.25	1	20.42
	with everything bagel	475.67	12.5	58	2.25	3	20.42
Pesto Pizza Bagel	1 Sandwich						
	with plain bagel	665	26.5	70.3	2.5	9	35
	with everything bagel	695	29	70.3	2.5	11	35

COFFEE DRINKS

ITEM NAME	Calories (cal)	Fat (g)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
*all nutrition estimates for coffee drinks made with whole milk						
Espresso (Double Shot)	5	0	1	0	0	0
Macchiato	45	2	4.25	0	0	2
Cortado	85	4	7.5	0	0	4
Cappuccino (12oz)	125	6	10.75	0	0	6
Cappuccino (16oz)	165	8	14	0	0	8
Americano (12 oz)	5	0	1	0	0	0
Americano (16 oz)	5	0	1	0	0	0
Latte (12 oz)	165	8	14	0	0	8
Latte (16 oz)	205	10	17.25	0	0	10
MILK (per 8 oz serving)						
Whole Milk	160	8	13	0	0	8
Almond Milk	30	3	2	1	0	1
Oat Milk	120	5	16	2	7	3

Coconut Milk	80	5	8	0	7	1
Soy Milk	100	4	8	1	6	7
Non-Fat / Skim Milk	90	0	12	0	11	8
<i>PER TBSP SERVING</i>						
Heavy Cream (1 TBSP)	50	6	1	0	0	0
Half & Half (2 TBSP)	40	3.5	1	0	0	1

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