

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	1/2 cup	190	5.25	33	3.75	9.75	4.5		
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	2.5	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	3	0.25		
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	1 TBSP	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	589	27.345	78	9.25	34.8	12.5		
	with Açaí Base	872	32.795	136.86	11.43	78.4	12.5		
	with Pitaya Base	829	27.345	97.62	11.43	93.66	12.5		
	with Coconut Base	1069	60.045	128.14	11.43	80.58	14.68		
	with Spirulina Base	1043	57.585	121.2	11.25	71.07	16.5		
	with Mango Base	851	27.345	101.98	11.43	100.2	12.5		
	with Cacao Base	981	42.605	147.76	15.79	80.58	16.86		
Feelin' Nutty	Toppings Only	555	25.5	76	8.5	39.05	11.75		
	with Açaí Base	838	30.95	134.86	10.68	82.65	11.75		
	with Pitaya Base	795	25.5	95.62	10.68	97.91	11.75		
	with Coconut Base	1035	58.2	126.14	10.68	84.83	13.93		
	with Spirulina Base	1009	55.74	119.2	10.5	75.32	15.75		
	with Mango Base	817	25.5	99.98	10.68	104.45	11.75		
	with Cacao Base	947	40.76	145.76	15.04	84.83	16.11		
On Island Time	Toppings Only	323.5	8.4	61.5	6.25	33.5	5.75		
	with Açaí Base	606.5	13.85	120.36	8.43	77.1	5.75		
	with Pitaya Base	563.5	8.4	81.12	8.43	92.36	5.75		
	with Coconut Base	803.5	41.1	111.64	8.43	79.28	7.93		
	with Spirulina Base	777.5	38.64	104.7	8.25	69.77	9.75		
	with Mango Base	585.5	8.4	85.48	8.43	98.9	5.75		
	with Cacao Base	715.5	23.66	131.26	12.79	79.28	10.11		
Paradise	Toppings Only	292.5	6.15	56.75	6	30.3	5.75		
	with Açaí Base	575.5	11.6	115.61	8.18	73.9	5.75		
	with Pitaya Base	532.5	6.15	76.37	8.18	89.16	5.75		
	with Coconut Base	772.5	38.85	106.89	8.18	76.08	7.93		

	<i>with Spirulina Base</i>	746.5	36.39	99.95	8	66.57	9.75		
	<i>with Mango Base</i>	554.5	6.15	80.73	8.18	95.7	5.75		
	<i>with Cacao Base</i>	684.5	21.41	126.51	12.54	76.08	10.11		
Go Go Goji	Toppings Only	326	8.095	58.5	8.25	25.05	7.25		
	<i>with Açai Base</i>	609	13.545	117.36	10.43	68.65	7.25		
	<i>with Pitaya Base</i>	566	8.095	78.12	10.43	83.91	7.25		
	<i>with Coconut Base</i>	806	40.795	108.64	10.43	70.83	9.43		
	<i>with Spirulina Base</i>	780	38.335	101.7	10.25	61.32	11.25		
	<i>with Mango Base</i>	588	8.095	82.48	10.43	90.45	7.25		
	<i>with Cacao Base</i>	718	23.355	128.26	14.79	70.83	11.61		
Pink Flamingo	Toppings Only	292.5	6.5	56	7.55	26.55	6.4		
	<i>with Açai Base</i>	575.5	11.95	114.86	9.73	70.15	6.4		
	<i>with Pitaya Base</i>	532.5	6.5	75.62	9.73	85.41	6.4		
	<i>with Coconut Base</i>	772.5	39.2	106.14	9.73	72.33	8.58		
	<i>with Spirulina Base</i>	746.5	36.74	99.2	9.55	62.82	10.4		
	<i>with Mango Base</i>	554.5	6.5	79.98	9.73	91.95	6.4		
	<i>with Cacao Base</i>	684.5	21.76	125.76	14.09	72.33	10.76		

*2,000 calories a day is used for general nutrition advice, but calorie needs vary.

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SMOOTHIES								
SMOOTHIES	Serving	Calories (cal)	Fat (g)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	
Banana Bread	16 oz	595.5	12	110	11	42.5	28.25	
Berry Bomb	16 oz	193.5	1	49	6	22	2	
Berry Nutty	16 oz	422.5	12	63	9.9	35	10.75	
Blueberry Fields	16 oz	523.5	20	73.25	12.25	34	21.25	
Chocolate PB Protein	16 oz	552.5	14	85	10.75	38	21.75	
Coastal Colada	16 oz	530.5	21.25	70.5	6.25	65.5	19	
Glow Getter	16 oz	348.25	6.25	66.25	7.5	35	18.25	
Green Dream	16 oz	228.25	0.25	53	4.25	8	2	
Golden Hour	16 oz	318	3	75	4.75	43.5	10.75	
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	
Sweet Honey	16 oz	333	6	70.5	9	40.5	5.75	
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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	395	18.75	53.25	17	10	12	
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	270	13	17	2	2	16	
Cheesy Egg Bites	2 Egg Bites	180	6	4	0	2	14	
Veggie Egg Bites	2 Egg Bites	170	6	9	0	3	13	
Egg and Cheese Bagel	1 Sandwich							
	with plain bagel	610	18.5	60	2	1	30	
	with everything bagel	640	21	60	2	3	30	
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	
Power Bagel	1 Sandwich							
	with plain bagel	689	29	69.25	7.25	4	40.75	
	with everything bagel	719	31.5	69.25	7.25	6	40.75	
Side of Kettle Chips (chip selection may vary by location)	1 oz	130	5	18	2	0	2	

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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)	Calories (cal)	Fat (g)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)		
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		
PER TBSP SERVING								
Heavy Cream (1 TBSP)	50	6	1	0	0	0		
Half & Half (2 TBSP)	40	3.5	1	0	0	1		
SYRUPS (per 1 pump)	Calories (cal)	Fat (g)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)		
Pure Cane Syrup	25	0	6	0	6	0		
Vanilla Syrup	25	0	6	0	5.75	0		
Hazelnut Syrup	22.5	0	5.25	0	5.25	0		
Caramel Syrup	25	0	6	0	6	0		
Almond Syrup	25	0	6.25	0	6.25	0		
Lavender Syrup	22.5	0	5.5	0	5.5	0		
Honey Syrup	25	0	6.5	0	6.25	0		
Toasted Marshmallow Syrup	25	0	6	0	6	0		
Pistachio Syrup	20	0	5	0	4.75	0		
Chai Syrup	22.5	0	5.5	0	5.5	0		
Sugar Free Vanilla	0	0	1.25	0	0	0		
Sugar Free Caramel	1.25	0	1.5	0	0	0		
Sugar Free Hazelnut	0	0	1.25	0	0	0		
Strawberry Puree	50	0	13	0	12	0		
Dark Chocolate Sauce (Mocha)	55	0.25	12.5	0.5	11.5	0.5		
White Chocolate Sauce (White Mocha)	55	0.75	11.5	0	11	1		
Caramel Sauce	55	0.75	11.5	0	11	0.5		

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