








NUTRITIONAL INFORMATION



OUR BOWLS - ALL INGREDIENTS

	Calories	Calories From Fat	Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Total Sugar (g)	Protein (g)
BASES Per Serving											
Acai	110	18	2	0	0	0	15	24	3	14	1
Pitaya	90	4.5	0.5	0	0	0	0.5	22	1	17	1
Chia Pudding	20	15	1.5	0	0	0	0	2	1	0	1
Overnight Oats	35	4.5	0.5	0	0	0	5	7	<1	1	1
Vanilla Yogurt	109	1	<1	<0.5	0	<0.5	58	22	0	16	4
Coffee	130	31.5	3.5	3	0	0	11	14.8	<1	10	0
Mango	87	0	0	0	0	0	0	22	1	17	0
Coconut	157	42	4.6	4.2	0	0	14	20	<1	14	<1
Blue Majic	154	21	2.5	0	0	0	7	22	<1	17	0
Pumpkin	82	0	0	0	0	0	<1	18	<1	12	<1
Charcoal Coconut	157	42	4.6	4.2	0	0	14	20	<1	14	<1
FRUITS Per Serving											
1/2 Banana	52	1.8	0.2	0.1	0	0	0.5	13.5	2	7	0.7
Strawberry	11.6	1	0.1	0	0	0	0.4	2.8	0.7	1.8	0.2
Blueberry	4	0	0	0	0	0	0	2	0.3	2	0.1
Kiwi	23	1.6	0.2	0	0	0	1	5	1.1	3.1	0.4
Pineapple	20	0.4	0.1	0	0	0	0.4	5.5	0.6	4	0.2
DRY TOPPINGS Per Serving											
Granola	115	27	3	0	0	0	35	22	2	8	3
Coconut Flakes	66	51	5.7	5.3	0	0	2.2	3	2	<1	0.7
Cacao Nibs	20	13.5	1.5	1	0	0	0	2	1	0	2
Goji Berries	19.5	0.2	0	0	0	0	16	4.3	7	2.6	0.8
Chia Seeds	35	22.5	2.5	0	0	0	0	3	1.5	0	1
Hemp Hearts	28.5	22.5	2.5	0.3	0	0	0	0.5	0.2	0	0.2
Flax Seeds	18	13	1.4	0.1	0	0	1	1	0.9	0.1	0.6
Bee Pollen	16	2.2	0.3	0.1	0	0	0	2.2	0.4	1.8	1.2
Cinnamon	1.3	0.1	0	0	0	0	0.1	0.4	0.3	0	0
PB Protein Crumbles	62	32.5	3.5	2	0	1.3	62.5	5.8	3	0.5	6
Chocolate Chips	47.5	24	2.7	1.7	0	0.5	0.4	6.6	0.5	5.8	0.5
Salted Caramel Chips	52	27	3	2.3	0	0	60	6	0	6	0
Cookie Dough	42	12.6	1.4	0.7	0	0	21	7.3	0.2	3.3	0
Strawberry/ Mango Boba	31	0	0	0	0	0	3	8	0	6	0
DRIZZLES Per Serving											
Almond Butter	69	56	6.2	0.5	0	0	0.8	2.1	1.1	0.5	2.4
Peanut Butter	70	53.2	5.9	0.9	0	0	41.3	2.5	0.6	1	2.9
Cashew Butter	68	53	5.9	1.2	0	0	32.9	3.4	0.3	1	1.3
Nutella	70	39	3.9	3.9	0	0	5.3	8.1	0.7	7	<1
Honey	35	0	0	0	0	0	0	8.5	0	3.5	0
Agave Nectar	35	0	0	0	0	0	0	8.5	0	8.5	0
Dark Chocolate Drizzle (V)	27.5	<1	0.3	0	0	0	5	5.8	0	5.8	<1
Caramel Drizzle	27.5	1.25	<1	0	0	0	16.3	6.3	0	5.5	0

OUR BOWLS - SIGNATURE BOWLS

		CAL	CAL / FAT	FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHL (mg)	SOD (mg)	CHO (g)	FIB (g)	TOTAL SUG (g)	PROT (g)
	BLOSSOM BOWL MINI	526	145	16	3	0	0	55	91	10	47	9
	BLOSSOM BOWL FULL	703	173	19	5	0	0	67	126	13	68	10
	ACAI LOVER MINI	423	141	16	6	0	0	35	71	11	42	6
	ACAI LOVER FULL	557	157	18	6	0	0	47	103	16	59	7
	SUPER BOWL MINI	381	88	10	1	0	0	71	74	8	35	7
	SUPER BOWL FULL	523	103	11	1	0	0	84	106	11	50	9
	CHOCOLATE MONKEY MINI	508	137	15	6	0	1	57	96	11	56	8
	CHOCOLATE MONKEY FULL	638	149	16	6	0	1	65	128	15	75	9
	COCOCCINO MINI	593	173	19	8	0	0	116	88	16	46	11
	COCOCCINO FULL	699	200	22	11	0	0	125	101	16	55	11
	BEACH BUM MINI	444	120	13	9	0	0	17	70	6	44	2
	BEACH BUM FULL	595	138	16	10	0	0	23	99	8	63	4
	BALI BOWL MINI	410	109	12	9	0	0	19	63	6	45	2
	BALI BOWL FULL	509	125	14	10	0	0	24	78	6	57	2
	YOGI BOWL MINI	480	55	6	0	0	0	152	97	5	56	12
	YOGI BOWL FULL	562	55	6	0	0	0	196	113	5	68	15
	PUMPKIN LATTE MINI	505	114	13	9	0	0	66	87	8	46	5
	PUMPKIN LATTE FULL	591	130	14	10	0	0	71	99	8	55	5
	WITCHES BREW MINI	353	68	8	4	0	0	19	61	3	42	1
	WITCHES BREW FULL	431	89	10	7	0	0	26	71	3	49	1

*Nutrition information is calculated based on our standard recipes. Because our products may be customized, exact information may vary. Variations may occur due to seasonal conditions, ingredient substitutions and product assembly.

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OUR SMOOTHIES - ALL INGREDIENTS

	Calories	Calories From Fat	Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Total Sugar (g)	Protein (g)
Per Serving											
Banana	65	2.3	0.3	0.1	0	0	1	16	2	8.1	0.8
Strawberry	26	0.7	0.1	0	0	0	1.5	7	1.6	3.4	0.3
Pineapple	105	1.1	0.1	0	0	0	2.5	27	1.4	26	0.5
Dragon Fruit (Pitaya)	90	4.5	0.5	0	0	0	0.5	22	1	17	1
Mango	101	5.5	0.7	0.2	0	0	1.7	25	2.7	23	1.4
Coconut	157	42	4.6	4.2	0	0	14	20	<1	14	<1

BASES Per Serving											
Almond Milk Base	7.5	5.6	0.6	0	0	0	31	0.3	0	0	0.3
Coconut Milk Base	10	9	1	0.8	0	0	11.3	0.3	0	0	0
Apple Juice Base	27	0	0	0	0	0	30	7	0	0	0

TOPPINGS Per Serving											
Green Spirulina	15	0	0	0	0	0	35	1	0.2	0.2	2
Blue Spirulina	6.7	0	0	0	0	0	10	0	0	0	1.3
Kale	6	0	0	0	0	0	6	1.2	0.3	0.3	0.3
Spinach	5.7	0	0	0	0	0	18	1.1	0	0.6	0.6
Matcha	3	0	0	0	0	0	0	1	0	1	1
Maca	8	0	0	0	0	0	0	1.6	0	<1	0
Ashwagandha	9	0	0	0	0	0	0	2	0	0	0
Collagen	3.8	0	0	0	0	0	2	0	0	0	0.9
Chia Seeds	35	22.5	2.5	0	0	0	0	3	1.5	0	1
Hemp Hearts	28.5	22.5	2.5	0.3	0	0	0	0.5	0.2	0	0.2
Flax Seeds	18	13	1.4	0.1	0	0	1	1	0.9	0.1	0.6
Cacao	12	2.6	0.1	0	0	0	0	1.8	0.6	0	0.6
Coffee	12	0	0	0	0	0	0	2.4	0	0	0.8
Cinnamon	2.6	0.2	0	0	0	0	0.2	0.8	0.6	0	0
Plant Protein	79.8	10.3	1.1	0.3	0	0	185	0.2	0	0	18
Whey Protein	80	14.4	1.6	0.8	0	40	76	3.2	<1	1.2	12
Honey	35	0	0	0	0	0	0	8.5	0	3.5	0
Agave Nectar	35	0	0	0	0	0	0	8.5	0	8.5	0
Dark Chocolate Drizzle (V)	27.5	<1	0.3	0	0	0	5	5.8	0	5.8	<1
Caramel Drizzle	27.5	1.3	<1	0	0	0	16.3	6.3	0	5.5	0
Almond Butter	69	56	6.2	0.5	0	0	0.8	2.1	1.1	0.5	2.4
Peanut Butter	70	53.2	5.9	0.9	0	0	41.3	2.5	0.6	1	2.9
Cashew Butter	68	53	5.9	1.2	0	0	32.9	3.4	0.3	1	1.3
Nutella	70	39	3.9	3.9	0	0	5.3	8.1	0.7	7	<1

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	PINK FLAMANGO - MEDIUM	356	17	2	0	0	0	37	88	6	79	3
	PINK FLAMANGO - LARGE	412	21	2	0	0	0	54	101	7	92	4
	BLUE CARIBBEAN - MEDIUM	364	54	6	5	0	0	40	69	3	57	2
	BLUE CARIBBEAN - LARGE	421	59	6	5	0	0	46	82	4	70	3
	STRAWBERRY BANANA - MEDIUM	199	11	1	0	0	0	35	48	6	23	2
	STRAWBERRY BANANA - LARGE	228	14	2	0	0	0	52	55	7	27	3
	NUTTY BANANA - MEDIUM	269	64	7	1	0	0	76	50	6	24	5
	NUTTY BANANA - LARGE	298	67	8	1	0	0	93	57	8	28	5
	HYPER MONKEY - MEDIUM	444	78	9	2	0	0	262	73	9	33	26
	HYPER MONKEY - LARGE	480	82	9	2	0	0	278	81	10	37	26
	BEAST MODE - MEDIUM	440	86	9	1	0	0	221	70	10	33	25
	BEAST MODE - LARGE	477	90	10	1	0	0	237	78	11	37	26
	GREEN MONK - MEDIUM	363	71	8	2	0	0	110	70	9	34	9
	GREEN MONK - LARGE	401	77	9	2	0	0	116	78	10	38	9
	KALE KILLER - MEDIUM	314	33	4	0	0	0	75	69	9	40	6
	KALE KILLER - LARGE	393	35	4	1	0	0	91	89	11	48	7
	PUMPKIN LATTE - MEDIUM	167	8	1	0	0	0	32	37	2	20	2
	PUMPKIN LATTE - LARGE	203	12	1	0	0	0	48	45	3	24	2
	WITCHES BREW - MEDIUM	357	54	6	5	0	0	30	69	3	57	1
	WITCHES BREW - LARGE	415	59	6	5	0	0	36	82	4	70	1

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