

BASES:

Serving size: Regular bowl	Added Sugars	Sugar	Calories	Carbs		Fibers	Sodium	Protein
Acai Smoothie base 10fl oz		2 5 G	1 6 5	2 0 G		3 G	3 G	2 G
Peach Smoothie Base 10fl oz		2 0 G	1 4 0	2 6 G		3 G	3 G	2 G
Banana Smoothie Base 10fl oz		1 8 G	1 0 5	2 2 G		1 G	3 G	2 G
Cherry Smoothie Base 10fl oz		2 5 G	1 3 5	1 0 G		4 G	3 G	2 G
Mango Smoothie Base 10fl oz		1 9 G	1 2 4	3 0 G		3 G	3 G	2 G
Pineapple Smoothie Base 10fl oz		1 5 G	1 0 8	2 0 G		5 G	3 G	2 G
Overnight Oats	2 0 G	2 5 G	2 1 0	4 5 G		5 G	1 0 0 MG	5 G
Warm Oatmeal	2 0 G	2 5 G	2 1 0	4 5 G		5 G	1 0 0 MG	5 G
Vanilla Poundcake	2 1 G	2 2 G	3 2 0	4 0 G		5 G	3 7 0 MG	5 G

*All smoothie bowls and smoothies that use the smoothie bases, contain coconut powder. According to the FDA, coconut is a tree nut.

The Fruit Stand serves a variety of menu items that may contain a food item from food allergens: . There may also be food items that contain gluten or are manufactured in a factory with gluten. The Fruit Stand cannot guarantee that a menu item will be completely allergen free. Food may come into contact with food allergens. Please notify our staff if you have a food allergy or sensitivity.

CRUNCHIES:

Serving size: Two Scoops	Added Sugars	Sugar	Calories	Carbs		Fibers	Sodium	Protein
Vanilla Granola		1 4 G	1 1 0	3 5 G		4 G	2 4 0 MG	5 G
Maple Granola		1 5 G	1 2 5	3 1 G		3 G	2 0 0 MG	5 G
Blueberry Granola		2 0 G	1 4 0	4 5 G		3 G	2 8 0 MG	6 G
Birthday Cake Granola		9 G	1 3 0	2 1 G		1 G	4 0 MG	2 G
Chocolate Peanut Butter Granola		1 6 G	2 0 0	4 3 G		5 G	2 5 0 MG	7 G
Pie Crust		1 0 G	1 4 0	4 3 G		5 G	1 5 0 MG	2 G
Waffle Cone	6 G	6 G	8 0	1 8 G		1 G	3 5 G	1 G
Oreo	1 3 G	1 4 G	1 6 0	2 5 G		1 G	1 3 0 MG	1 G
Walnuts	/	1 G	1 9 0	4 G		2 G	/	4 G
Peanuts	/	6 G	8 2 8	2 4 G		1 2 G	2 6 MG	3 8 G
Almonds	/	1 G	1 6 0	6 G		4 G	/	6 G
Chocolate Chips		7 G	7 0	9 G		1 G	/	1 G
Toasted Coconut	/	6 G	8 0	8 G		1 G	4 0 G	1 G
Flax Seeds (1 Tbsp)	/	0 . 2 G	3 7	3 G		2 G	3 MG	1 . 9 G
Chia Seeds (2.5Tbsp)	/	/	1 4 0	1 2 G		1 0 G	/	5 G
Sprinkles (5g)	3 G	3 G	1 5	3 G		/	/	/
Cherry Granola		1 4 G	2 4 0	4 0 G		3 G	2 0 0 MG	4 G
Peanut butter Granola		1 5 G	2 6 0	3 2 G		3 G	1 6 0 MG	2 0 G

DRIZZLES:

	Added Sugars	Sugar	Calories	Carbs	Cholesterol	Fibers	Sodium	Protein
Nutella	1 1 G	1 1 G	1 8 0	1 4 G	/	2 G	/	1 G
Peanut Butter (2 Tbsp)	/	1 G	1 7 0	6 G	/	2 G	3 5 MG	7 G
Almond Butter (1 Tbsp)	/	2 G	1 9 0	7 - 8 G	/	3 G	< 1 3 MG	7 G
Honey (1 Tbsp)	1 6 G	1 6 G	6 0	1 7 G	/	/	/	/
Agave (1/2 fl oz)	1 5 G	1 5 G	6 0	1 6 G	/	/	/	/
Maple Syrup (2 Tbsp)	/	2 4 G	1 1 0	2 7 G	/	/	5 MG	/
Whipped Cream (2 Tbsp)	1 G	1 G	1 5	1 G	5 MG	/	/	/

OTHER:

[illegible]