

Nutrition Facts

	Bowls									Smoothies										Seasonal			
	Acai Bowl	Beets & Berries Bowl	Blueberry / Mango	Dragon Bowl	Kiwi / Strawberry	PB and Banana Bowl	Power	Super Green	Yoga	Chocolate Almond	Cold & Allergy	Dragonfruit	Green Detox	Hangover	Instagraham	Protein	Skinny	Spicy Paloma	Strawberry Banana	Superberry Smoothie	Pear Ginger Smoothie	Green Apple	Thin Mint
Calories (kcal)	395.5	451.5	364	356	359	510	445	246	354	353	214	288	102	160	269	480	216	225	196	286	294	186	238
Protein (gm)	6.5	11	6	6.5	8	22.5	29.5	6.5	5	9	2	3	3	2	4	37.5	4	2	1	2	2	2	3.5
Total fat (gm)	12.25	18	8	6.25	8	23	11	6.25	7	21	5	2	0	0	6	20	5	0	1	0	1	0	7
Sat fat (gm)	3.5	2	1	0	1	2	1	0	0	3	4	0	0	0	2	1	0	0	0	0	0	0	3
Chol (mg)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0
Sodium (mg)	44	116	77	88	81	284	136	114	86	194	67	94	87	55	104	291	88	7	64	33	75	69	158
Total carbs (gm)	68	65.5	70	67.5	69	58.5	58.5	44.5	79	37	40	68	23	40	52	39.5	40	57	47	70	70	46	42.5
Fiber (gm)	13.5	17	7	15.5	11	13	14	11.5	11	9	3	6	4	5	4	11	10	3	4	6	7	5	7
Added sugar (gm)	5	5	5	10	5	5	7	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Vitamin D (mcg)	3	2.5	0	2.5	0	1.5	1.5	2.5	0	2.5	2.5	2.5	0	0	1.5	1.5	2.5	0	2.5	0	2.5	0	4
Calcium (mg)	221	651	188	517	325	545	345	1579	403	522	670	501	1118	494	498	644	1957	91	371	429	462	897	531
Iron (mg)	2	5.5	1	3.5	5	2.5	2.5	2	0	1	0	1	0	0	1	4.5	0	0	0	1	0	0	1
Potassium (mg)	671	798	778	939	1060	884	547	948	1095	529	347	514	815	801	582	677	701	652	512	651	826	399	578
Vitamin C (mg)	65	673.5	98	124.5	335.5	11.5	71.5	87.5	316.5	9	80	20	139	89	9	9	34	84	49	16	23	64.5	9
Vitamin A (mcg)	121.5	111.5	1093	126	36	120	111	3015	81	81	117	117	2808	801	111	111	1287	243	81	279	108	2745	104

