SMOOTHIES NUTRITION FACTS

	Size	Calories	Cal From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
BALANCE + GLOW												
Ocean Waves	16 oz	390	80	9	2	0	0	81	76	8	55	4
	24 oz	490	90	10	2	0	0	98	97	10	69	5
Tropical Island	16 oz	400	159	18	11	0	0	81	58	7	47	3
	24 oz	550	211	23	15	0	0	99	82	9	67	4
Matcha Swirl	16 oz	260	53	6	2	0	0	84	43	4	28	11
	24 oz	330	62	7	2	0	0	100	57	6	37	12
Honey Lavender	16 oz	390	72	8	0	0	0	98	72	8	52	12
	24 oz	490	99	11	1	0	0	114	89	11	62	13
Youthful One	16 oz	360	89	10	4	0	0	77	65	8	45	4
	24 oz	500	101	11	4	0	0	93	97	12	66	5
Choco 'Nana	16 oz	310	73	8	1	0	0	76	58	8	37	6
	24 oz	430	109	12	1	0	0	91	76	12	46	10
IMMUNITY + GREENS												
Immunity 2.0	16 oz	210	2	0	0	0	0	92	46	3	36	3
	24 oz	280	3	0	0	0	0	116	65	4	51	4
Intense One	16 oz	240	86	10	1	0	0	90	32	4	18	3
	24 oz	340	120	13	2	0	0	117	48	6	27	3
Feel Good	16 oz	360	59	7	0	0	0	112	64	8	44	14
	24 oz	480	78	9	0	0	0	144	88	11	60	15
ENERGY + FOCUS												
Recovery One	16 oz	410	79	9	0	0	0	76	82	8	61	5
	24 oz	520	106	12	1	0	0	76	101	11	71	7
Coffee Kick	16 oz	200	42	5	0	0	0	31	37	4	24	3
	24 oz	310	74	8	1	0	0	47	59	7	38	5
Peanut Butter Cup	16 oz	450	103	11	2	0	0	79	81	12	43	10
	24 oz	580	141	16	2	0	0	95	102	16	54	14
Mango 'N Cream	16 oz	430	74	8	2	0	0	82	86	9	65	5
	24 oz	560	85	9	2	0	0	100	115	12	86	6
Berry Colada	16 oz	260	102	11	6	0	0	96	35	6	26	4
	24 oz	370	154	17	10	0	0	112	48	7	35	5
PROTEIN + STRENGTH (WHEY PROTEIN)												
Green Gains	16 oz	500	51	6	0	0	7	432	62	5	41	49
	24 oz	650	83	9	1	0	10	469	85	8	54	56
Mighty Nutty Cacao	16 oz	540	84	9	1	0	7	432	61	9	35	53
	24 oz	650	121	13	2	0	10	470	74	12	41	62
Recharge One	16 oz	520	56	6	1	0	7	409	66	5	47	48
	24 oz	650	79	9	1	0	10	441	86	8	60	54
Boosted Blueberry Pineapple	16 oz	500	59	7	0	0	7	431	59	5	45	48
	24 oz	700	93	10	0	0	10	470	94	9	69	56
PROTEIN + STRENGTH (HEMP PROTEIN)												
Green Gains*	16 oz	510	86	10	0	0	7	371	65	8	41	41
	24 oz	660	118	13	1	0	10	408	88	10	54	48
Mighty Nutty Cacao*	16 oz	520	119	13	1	0	7	371	65	11	35	46
	24 oz	660	155	17	2	0	10	409	77	14	41	54
Recharge One*	16 oz	530	91	10	1	0	7	348	69	8	48	40
	24 oz	660	114	13	1	0	10	381	89	10	60	47
Boosted Blueberry Pineapple*	16 oz	510	94	10	0	0	7	370	63	7	46	41
	24 oz	710	128	14	0	0	10	409	97	12	69	48

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BOWLS NUTRITION FACTS

	Serving	Calories	Cal From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Berry Acai	1	550	116	13	5	0	0	117	102	11	58	4
Nutty Acai	1	600	137	15	6	0	0	102	107	14	52	8
Green Glow Acai	1	690	140	16	7	0	0	129	130	14	72	4
Blue Paradise	1	710	185	21	12	0	0	132	123	13	69	5
Peanut Butter	1	900	295	33	12	0	0	129	137	21	66	15
Red Velvet Acai	1	710	249	28	14	0	0	173	102	20	39	13

JUICE BAR NUTRITION FACTS

	Size	Calories	Cal From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
FRESH JUICE BLENDS												
Immunity	12 oz	150	0	0	0	0	0	91	33	1	29	2
	18 oz	220	0	0	0	0	0	116	50	2	44	3
Detoxifying	12 oz	150	1	0	0	0	0	158	36	2	30	2
	18 oz	220	2	0	0	0	0	234	51	3	42	3
Hardcore	12 oz	80	8	1	0	0	0	125	17	5	3	4
	18 oz	120	11	2	0	0	0	204	25	7	4	6
Energy	12 oz	150	0	0	0	0	0	129	35	1	31	2
	18 oz	240	1	0	0	0	0	205	55	2	48	3
Wake Up	12 oz	180	0	0	0	0	0	23	40	0	36	2
	18 oz	260	0	0	0	0	0	35	59	0	54	2
Glow	12 oz	110	7	1	0	0	0	17	25	3	15	3
	18 oz	220	10	2	0	0	0	28	49	3	30	5
JUICE SHOTS												
Ginger-Aid	2 oz	60	0	0	0	0	0	8	13	0	7	0
Burn & Boost	2 oz	30	0	0	0	0	0	4	7	0	6	0
Green Reset	2 oz	20	3	0	0	0	0	45	5	1	1	1
Metabolic Booster	2 oz	60	0	0	0	0	0	8	13	0	7	0

SPARKLERS NUTRITION FACTS

	Size	Calories	Cal From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Blueberry Citrus	16 oz	70	0	0	0	0	0	22	16	1	14	0
	24 oz	90	0	0	0	0	0	31	22	1	20	0
Cucumber Ginger-Aid	16 oz	50	1	0	0	0	0	20	11	0	7	0
	24 oz	70	1	0	0	0	0	29	16	0	10	0
Pineapple Mango Citrus	16 oz	60	0	0	0	0	0	19	15	1	13	1
	24 oz	90	0	0	0	0	0	26	21	1	18	1

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HANDHELDS NUTRITION FACTS

	Serving	Calories	Cal From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
TOASTS (SOURDOUGH BREAD)												
Avocado	1	290	152	17	2	0	0	314	29	3	0	5
Protein	1	340	167	19	4	0	214	456	30	3	1	12
Almond Butter*	1	400	150	17	1	0	0	311	57	6	19	11
Caprese	1	410	202	22	10	0	60	865	29	2	1	20
TOASTS (GLUTEN FREE BREAD)												
Avocado	1	370	188	21	4	0	0	444	43	4	2	3
Protein	1	420	203	23	6	0	214	586	44	4	3	10
Almond Butter*	1	480	186	21	3	0	0	441	71	7	21	9
Caprese	1	490	238	26	12	0	60	995	43	3	3	18
TOASTS (MULTIGRAIN BREAD)												
Avocado	1	290	170	19	2	0	0	184	25	7	5	6
Protein	1	340	185	21	4	0	214	326	26	7	6	13
Almond Butter*	1	400	168	19	1	0	0	181	53	10	24	12
Caprese	1	410	220	24	10	0	60	735	25	6	6	21
SANDWICHES (SOURDOUGH BREAD)												
Egg Salad	1	300	125	14	4	0	217	677	29	3	0	14
Breakfast	1	580	353	39	12	0	257	790	35	6	1	23
Chicken Pesto	1	300	73	8	2	0	53	679	43	1	3	14
Cali	1	460	210	23	7	0	80	755	43	6	1	21
SANDWICHES (GLUTEN FREE BREAD)												
Egg Salad	1	380	161	18	6	0	217	807	43	4	2	12
Breakfast	1	660	389	43	14	0	257	920	49	7	3	21
Chicken Pesto	1	380	109	12	4	0	53	809	57	2	5	12
Cali	1	540	246	27	9	0	80	885	57	7	3	19
SANDWICHES (MULTIGRAIN BREAD)												
Egg Salad	1	300	143	16	4	0	217	547	25	7	5	15
Breakfast	1	580	371	41	12	0	257	660	31	10	6	24
Chicken Pesto	1	300	91	10	2	0	53	549	39	5	8	15
Cali	1	460	228	25	7	0	80	625	39	10	6	22
WRAPS (FLOUR)												
Egg Salad	1	380	179	20	7	0	217	767	37	3	1	16
Breakfast	1	660	407	45	15	0	257	880	43	6	2	25
Chicken Pesto	1	380	127	14	5	0	53	769	51	1	4	16
Cali	1	540	264	29	10	0	80	845	51	6	2	23
WRAPS (GLUTEN FREE)												
Egg Salad	1	380	179	20	5	0	217	797	37	3	5	12
Breakfast	1	660	407	45	13	0	257	910	43	6	6	21
Chicken Pesto	1	380	127	14	3	0	53	799	51	1	8	12
Cali	1	540	264	29	8	0	80	875	51	6	6	19

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KIDS FOOD NUTRITION FACTS

	Serving	Calories	Cal From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
SANDWICH (SOURDOUGH BREAD) / WRAP (FLOUR)												
PB&J Sandwich	1	330	144	16	2	0	0	320	39	4	9	12
Cheesy Wrap	1	310	135	15	8	0	30	580	35	1	1	13
Peanut Butter Apple Wrap	1	310	126	14	4	0	0	403	41	3	5	10
Chicken & Cheese Wrap	1	360	148	16	8	0	55	709	39	1	1	17
GLUTEN FREE												
PB&J Sandwich	1	410	180	20	4	0	0	410	53	5	17	15
Cheesy Wrap	1	370	176	20	9	0	45	700	36	1	5	13
Peanut Butter Apple Wrap	1	310	126	14	2	0	0	433	41	3	9	6
Chicken & Cheese Wrap	1	360	148	16	6	0	55	739	39	1	5	13

KIDS SMOOTHIES NUTRITION FACTS

	Size	Calories	Cal From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Strawberry Banana	12 oz	170	36	4	0	0	0	61	33	4	22	2
Banana Blueberry	12 oz	230	63	7	0	0	0	61	40	6	26	4
Orange Pineapple Banana	12 oz	180	2	0	0	0	0	10	41	3	31	2
Strawberry Pineapple	12 oz	120	3	0	0	0	0	73	28	3	19	1

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LIMITED TIME NUTRITION FACTS

	Size	Calories	Cal From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
SMOOTHIE												
Chocolate Dipped Cherry	16 oz	360	63	7	2	0	0	78	74	9	61	7
	24 oz	450	71	8	2	0	0	93	93	11	77	8
BOWL												
Chocolate Dipped Cherry Acai	each	630	216	24	11	0	0	1205	97	17	58	8

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CALIFORNIA LOCATIONS ONLY

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SMOOTHIES NUTRITION FACTS

Size	Calories	Cal From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
PROTEIN + STRENGTH (PEA PROTEIN)											
Green Gains	16 oz	500	74	8	0	0	7	950	61	5	40	46
	24 oz	650	107	12	1	0	10	987	84	8	53	53
Mighty Nutty Cacao	16 oz	540	108	12	1	0	7	950	61	9	34	50
	24 oz	650	144	16	2	0	10	988	73	12	40	59
Recharge One	16 oz	520	79	9	1	0	7	927	65	5	47	45
	24 oz	650	103	11	1	0	10	959	85	8	59	51
Boosted Blueberry Pineapple	16 oz	500	83	9	0	0	7	949	59	5	45	45
	24 oz	700	116	13	0	0	10	988	93	9	68	53

TOAST NUTRITION FACTS

Serving	Calories	Cal From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
ALMOND BUTTER (MADE WITH CHIA SEEDS)											
Sourdough Bread	1	400	150	17	1	0	0	1	31	5	19	7
Gluten Free Bread	1	480	186	21	3	0	0	441	71	7	21	9
Multi-Grain Bread	1	400	168	19	1	0	0	181	53	10	24	12

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