



Nutrition Information

Fruit Smoothies

Classy Berry

	calories	fat	protein	carbs	sugar	fiber
kiddie	106	2	1	19	13	2
regular	204	3	1	38	26	3
large	226	4	1	42	29	4

Tropical Dream

	calories	fat	protein	carbs	sugar	fiber
kiddie	128	2	1	27	20	2
regular	240	3	1	54	39	5
large	298	4	1	62	46	6

Hawaiian Healer

	calories	fat	protein	carbs	sugar	fiber
kiddie	109	2	1	24	16	2
regular	202	3	2	47	33	4
large	238	4	2	52	36	5

Blueberry Lemon

	calories	fat	protein	carbs	sugar	fiber
kiddie	112	1	1	28	19	4
regular	218	2	3	55	38	8
large	245	3	3	60	41	9

Georgia on my mind

	calories	fat	protein	carbs	sugar	fiber
kiddie	117	2	1	30	21	4
regular	226	3	2	59	41	7
large	260	4	3	66	47	8

Apple Pie ala brode

	calories	fat	protein	carbs	sugar	fiber
kiddie	130	1	2	31	22	4
regular	260	3	3	61	44	7
large	306	4	4	69	50	8

Mocha Morning

	calories	fat	protein	carbs	sugar	fiber
kiddie	128	2	2	33	19	6
regular	217	3	4	58	33	10
large	254	3	4	65	38	11

Purple Pineapple

	calories	fat	protein	carbs	sugar	fiber
kiddie	151	2	1	34	24	5
regular	202	3	2	47	33	6
large	233	3	2	54	37	8

Hulaberry

	calories	fat	protein	carbs	sugar	fiber
kiddie	122	1	1	29	21	4
regular	235	2	2	58	41	7
large	268	2	3	63	46	8

Banilla Nut

	calories	fat	protein	carbs	sugar	fiber
kiddie	165	5	3	32	19	4
regular	323	9	6	64	39	8
large	356	10	7	72	43	9

Green Smoothies

Kelly Green

	calories	fat	protein	carbs	sugar	fiber
kiddie	107	2	2	43	32	4
regular	172	3	2	68	51	7
large	215	4	3	85	64	8

Greensicle

	calories	fat	protein	carbs	sugar	fiber
kiddie	184	1	2	49	33	5
regular	218	2	3	60	39	6
large	271	4	3	71	45	7

Leo's Favorite

	calories	fat	protein	carbs	sugar	fiber
kiddie	185	6	3	33	23	3
regular	302	10	6	52	32	6
large	370	14	8	57	34	7

Tres Bayas Verdes

	calories	fat	protein	carbs	sugar	fiber
kiddie	110	2	2	43	32	4
regular	220	4	3	85	64	8
large	264	4	4	105	75	11

Mango Tree

	calories	fat	protein	carbs	sugar	fiber
kiddie	131	2	1	29	20	3
regular	272	3	2	62	44	6
large	316	4	3	69	49	7

Blackberry Forest

	calories	fat	protein	carbs	sugar	fiber
kiddie	196	3	2	40	29	4
regular	262	4	2	53	37	5
large	313	5	3	62	43	6

SuperTonic

	calories	fat	protein	carbs	sugar	fiber
kiddie	104	0	2	26	14	5
regular	195	1	3	49	29	8
large	225	1	3	54	32	10



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Acai Bowls

Original Acai

	calories	fat	protein	carbs	sugar	fiber
16 oz	637	22	12	113	63	15

Nutty Yum

16 oz	777	36	18	111	58	17
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Island Berry

16 oz	670	24	12	113	63	13
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Green Love

16 oz	620	22	13	107	54	16
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• We follow the Environmental Working Group's guidelines and source mainly organic produce, nuts, seeds, etc. and only source conventional when it's locally grown and/or non-GMO and on the clean fifteen

- All calorie counts are provided as estimates because whole foods vary in sizes
- Calories are one part of the nutrition picture to be considered, but should not be the only factor in determining food choice



Pitaya Bowls

Original Pitaya

	calories	fat	protein	carbs	sugar	fiber
16 oz	670	19	12	126	72	16

PC Bowl

16 oz	610	20	12	107	55	18
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Pinkapple

16 oz	614	18	10	110	63	14
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Dragon Delite

16 oz	631	16	12	119	70	16
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Smoothie Bowls

SuperBowl

	calories	fat	protein	carbs	sugar	fiber
16 oz	668	20	14	119	66	17

Matcha Bowl

16 oz	660	16	11	121	79	14
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Choco PB Dessert Bowl

16 oz	777	35	19	121	57	19
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Anna Banana Whip Bowls

	calories	fat	protein	carbs	sugar	fiber
kiddie	105	0	1	30	19	3
regular	210	0	2	60	38	6

Oatmeal Bowls

Cinnamon Raisin

	calories	fat	protein	carbs	sugar	fiber
10 oz	249	3	7	51	21	6

Berry Berry Goji

10 oz	317	4	9	67	30	10
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Maple Walnut

10 oz	313	8	9	56	24	7
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Aloha

10 oz	277	6	8	50	20	6
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Blueberry Chia

10 oz	324	8	10	58	22	13
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Choco PB

10 oz	365	16	12	46	15	9
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Specialty Smoothies

Natural Energy							Cacao Wow						
	calories	fat	protein	carbs	sugar	fiber		calories	fat	protein	carbs	sugar	fiber
kiddie	129	1	2	20	11	4	kiddie	306	22	2	33	22	5
regular	238	2	3	41	24	7	regular	521	30	5	80	50	11
large	276	3	3	43	24	9	large	602	32	6	97	62	14

Yogalicious						
	calories	fat	protein	carbs	sugar	fiber
kiddie	237	7	10	39	22	11
regular	365	9	12	67	42	15
large	425	12	14	74	48	16

Study Helper						
	calories	fat	protein	carbs	sugar	fiber
kiddie	158	4	2	31	21	4
regular	363	12	7	64	43	9
large	440	16	8	73	48	11

Common Cold Contender						
	calories	fat	protein	carbs	sugar	fiber
kiddie	109	4	4	30	21	3
regular	211	1	3	54	35	7
large	242	2	3	59	38	8

Zen Stress Beater						
	calories	fat	protein	carbs	sugar	fiber
kiddie	172	4	4	33	25	4
regular	301	6	6	64	48	7
large	368	9	9	74	56	8

Before the Burn						
	calories	fat	protein	carbs	sugar	fiber
kiddie	175	2	7	33	20	4
regular	272	3	8	58	36	7
large	326	4	8	69	42	9

Cool It Down						
	calories	fat	protein	carbs	sugar	fiber
kiddie	187	5	4	34	24	5
regular	296	6	6	58	40	7
large	356	9	8	64	45	8

Turn Back the Clock						
	calories	fat	protein	carbs	sugar	fiber
kiddie	153	3	3	33	17	5
regular	232	4	4	54	30	9
large	313	5	5	74	43	11

BerryCado						
	calories	fat	protein	carbs	sugar	fiber
kiddie	140	8	2	18	10	6
regular	223	12	3	29	16	10
large	279	15	3	36	20	12

Immunibee						
	calories	fat	protein	carbs	sugar	fiber
kiddie	313	10	6	58	41	6
regular	414	13	7	78	55	8
large	462	16	8	83	60	9



Sweet Tooth Smoothies						
Cha Cha Chocolate Banana						
	calories	fat	protein	carbs	sugar	fiber
kiddie	134	3	3	33	19	5
regular	203	4	4	50	29	8
large	247	6	5	60	33	11

Salted Choco Peanut						
	calories	fat	protein	carbs	sugar	fiber
kiddie	256	11	7	45	24	8
regular	299	12	8	55	29	11
large	271	4	3	71	45	7

Leo's Favorite						
	calories	fat	protein	carbs	sugar	fiber
kiddie	185	6	3	33	23	3
regular	302	10	6	52	32	6
large	370	14	8	57	34	7



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