



12 oz = Regular / 24 oz = Large

size

Calories

Carbs

Fats

Sugar

Fiber

Protein

Sugar

Added

BOWLS

****MUST ADD THE BASE INFO TO THE BOWL****

Aloha	12 oz		473	89 g	12 g	59 g	9 g	6 g	31 g
Aloha	24 oz		615	113 g	17 g	65 g	12 g	9 g	37 g
Nu-Stella	12 oz		497	68 g	19 g	41 g	8 g	8 g	29 g
Nu-Stella	24 oz		640	91 g	24 g	47 g	11 g	12 g	35 g
Nutty Kiki	12 oz		521	81 g	25 g	49 g	10 g	13 g	33 g
Nutty Kiki	24 oz		663	105 g	31 g	55 g	13 g	16 g	39 g
Very Berry	12 oz		456	91 g	11 g	56 g	10 g	6 g	31 g
Very Berry	24 oz		598	115 g	17 g	62 g	13 g	10 g	37 g
Beach	12 oz		456	92 g	12 g	56 g	7 g	6 g	31 g
Beach	24 oz		598	116 g	17 g	62 g	10 g	10 g	37 g
Shaka	12 oz		571	85 g	24 g	58 g	8 g	13 g	34 g
Shaka	24 oz		714	108 g	28 g	64 g	11 g	17 g	40 g

BASES

Açaí	12 oz		146	24 g	2 g	21 g	2 g	1 g	--
Açaí	24 oz		274	45 g	4 g	39 g	3 g	2 g	--
Pitaya	12 oz		161	33 g	1 g	27 g	2 g	0 g	--
Pitaya	24 oz		301	62 g	2 g	51 g	3 g	1 g	--
Coconut	12 oz		198	35 g	10 g	25 g	3 g	0 g	--
Coconut	24 oz		360	60 g	18 g	47 g	6 g	1 g	--
Green	12 oz		198	38 g	0 g	26 g	10 g	0 g	11 g
Green	24 oz		360	70 g	0 g	49 g	17 g	1 g	20 g

ONE BOWL AT A TIME





12 oz = Regular / 24 oz = Large

size

Calories

Carbs

Fats

Sugar

Fiber

Protein

Sugar

Added

BASES

Chia Pudding

12 oz

108

7 g

7 g

1 g

6 g

3 g

--

Chia Pudding

24 oz

216

14 g

14 g

2 g

12 g

5 g

--

Oatmeal

12 oz

273

55 g

7 g

3 g

8 g

11 g

--

Oatmeal

24 oz

546

111 g

14 g

5 g

16 g

21 g

--

SMOOTHIES

Surfer

16 oz

308

55 g

3 g

55 g

3 g

1 g

27 g

Surfer

24 oz

430

83 g

4 g

93 g

3 g

1 g

54 g

Classic

16 oz

200

37 g

1 g

37 g

1 g

1 g

27 g

Classic

24 oz

322

65 g

2 g

64 g

1 g

1 g

54 g

Nutty Popeye

16 oz

432

34 g

24 g

31 g

3 g

26 g

4 g

Nutty Popeye

24 oz

813

44 g

42 g

45 g

6 g

47 g

4 g

Poppin' Pitaya

16 oz

302

70 g

14 g

62 g

2 g

1 g

30 g

Poppin' Pitaya

24 oz

466

108 g

20 g

98 g

3 g

1 g

57 g

Piña Punch

16 oz

352

61 g

10 g

21 g

3 g

1 g

57 g

Piña Punch

24 oz

516

89 g

15 g

29 g

4 g

1 g

23 g

Maui Wowi

16 oz

178

38 g

1 g

35 g

1 g

1 g

46 g

Maui Wowi

24 oz

330

70 g

2 g

66 g

1 g

1 g

27 g

Tango Mango

16 oz

198

36 g

1 g

39 g

1 g

0 g

27 g

Tango Mango

24 oz

350

69 g

2 g

70 g

1 g

0 g

54 g

Nutty Lova

16 oz

574

48 g

34 g

44 g

3 g

15 g

29 g

ONE BOWL AT A TIME





12 oz = Regular / 24 oz = Large

size

Calories

Carbs

Fats

Sugar

Fiber

Protein

Sugars

Added

SMOOTHIES

Nutty Lova	24 oz		602	90 g	51 g	85 g	6 g	24 g	58 g
Islander	16 oz		294	40 g	8 g	24 g	3 g	1 g	23 g
Islander	24 oz		464	69 g	13 g	32 g	4 g	1 g	58 g
Pipeline	16 oz		419	36 g	20 g	36 g	6 g	1 g	20 g
Pipeline	24 oz		602	62 g	25 g	45 g	8 g	1 g	40 g

WARM FOODS

Nutella Toast	2 Slices		790	131 g	23 g	69 g	14 g	11 g	4 g
Wolfe Bite	12 oz		615	112 g	14 g	49 g	14 g	10 g	--
Sweet Javi	2 Slices		779	110 g	30 g	35 g	12 g	15 g	21 g
Skinny Sam	2 Slices		707	120 g	20 g	63 g	8 g	18 g	25 g
Nutella Toast Bread	2 Slices		100	38 g	2 g	2 g	1 g	4 g	46 g
Everything bread	2 Slices		220	38 g	6 g	4 g	4 g	8 g	2 g
Bagel	2 Slices		270	46 g	1 g	2 g	2 g	8 g	--
Oats	2 Slices		300	54 g	6 g	2 g	8 g	10 g	--
Tomato	1		5	1 g	1 g	1 g	1 g	1 g	--
Olive Oil	1 oz		120	--	14 g	--	--	--	--
Avocado	1		250	13 g	22 g	--	1 g	3 g	--
Strawberry Cream Cheese	Per 1 Bagel		140	8 g	12 g	8 g	--	2 g	--

ONE BOWL AT A TIME





Our Serving
Serving Sizes may vary

Calories

Carbs

Fats

Sugar

Fiber

Protein

Sugars

Added

DRIZZLES

These numbers are for our servings

Nutella	1		200	22 g	11 g	21 g	2 g	3 g	21 g
Honey	1		128	34 g	0 g	34 g	0 g	0 g	23g
Almond Butter	1		200	6 g	17 g	2 g	3 g	7 g	--
Peanut Butter	1		200	7 g	16 g	5 g	2 g	8 g	2 g
Agave	1		70	16 g	--	15 g	--	--	15 g

FROZEN FRUIT

These numbers are for our servings

Strawberry	1		50	13 g	0 g	6 g	3 g	1 g	--
Pineapple	1		80	18 g	0 g	14 g	2 g	1 g	--
Banana	1		165	28 g	0 g	15 g	3 g	2 g	--

TOPPINGS

These numbers are for our servings

Cacao Nibs	1		32	2 g	2 g	--	--	1 g	--
Strawberry	1		10	13 g	0 g	93 g	12 g	0 g	--
Banana	1		35	9 g	0 g	5 g	1 g	0 g	--
Blueberry	1		16	21 g	0 g	15 g	4 g	0 g	--
Kiwi	1		110	26 g	0 g	16 g	5 g	0 g	--
Pineapple	1		82	22 g	0 g	16 g	2 g	0 g	--
Blackberry	1		62	14 g	0 g	7 g	8 g	0 g	--
Coconut	1		52	6 g	3 g	4 g	2 g	0 g	--
Granola	1		162	22 g	6 g	6 g	1 g	4 g	--

ONE BOWL AT A TIME





Our Serving
Serving Sizes may vary

Calories

Carbs

Fats

Sugar

Fiber

Protein

Sugars

Added

TOPPINGS

These numbers are for our servings

Chia Seed	1		35	3 g	3 g		3 g	1 g	--
Flax Seed	1		35	2 g	2 g	0 g	2 g	1 g	--
Sliced Almonds	1		80	3 g	7 g	1 g	2 g	3 g	--
Pumpkin Seeds	1		85	2 g	7 g	--	1 g	5 g	--
Bee Pollen	1		15	2 g	--	2 g	1 g	1 g	--
Goji Berry	1		45	10 g	--	6 g	--	2 g	--

PROTEIN

Whey Protein	1		140	3 g	2 g	1 g	--	25 g	1 g
Organic Protein	1		150	15 g	4 g	--	5 g	25 g	--

SMOOTHIE ADD INS

Coconut Milk	1 oz		30	1 g	3 g	0 g	1 g	1 g	--
Apple Juice	8 oz		120	29 g	0 g	28 g	0 g	0 g	--
Coconut Water	1 oz		35	9 g	0 g	9 g	0 g	0 g	--
Orange Juice	8 oz		110	26 g	0 g	23 g	1 g	2 g	--
Yogurt	3 oz		45	6 g	--	4 g	--	6 g	1 g
Strawberry Puree	1 oz		110	27 g	--	27 g	--	--	27 g
Mango Puree	1 oz		120	28 g	--	28 g	--	--	27 g

ONE BOWL AT A TIME





Our Serving
Serving Sizes may vary

Calories

Carbs

Fats

Sugar

Fiber

Protein

Sugars

Added

SMOOTHIE ADD INS

These numbers are for our servings

POG (Lyons Magnus)	1 oz		110	28 g	--	26 g	1 g	--	21 g
Coconut Cream	1 oz		130	21 g	5 g	20 g	1 g	--	20 g
Sweet Cream	1 oz		130	21 g	5 g	20 g	1 g	--	20 g
Surf Cream	1 oz		130	21 g	5 g	20 g	1 g	--	20 g
Pineapple Juice	1 oz		17	4 g	--	4g	--	--	3 g

COFFEE

San 'O'	16 oz		365	60 g	10 g	56 g	3 g	--	56 g
San 'O'	24 oz		600	99 g	15 g	91 g	5 g	--	91 g
Breakwall	16 oz		458	34 g	8 g	50 g	4 g	16 g	50 g
Breakwall	24 oz		905	68 g	16 g	99 g	7 g	28 g	99 g
Sweet Cold Brew	16 oz		260	42 g	10 g	42 g	2 g	--	42 g
Sweet Cold Brew	24 oz		390	63 g	15 g	63 g	3 g	--	63 g

SURF SNACKS

Protein Balls	4 balls		883	95	46 g	40 g	4 g	36 g	40 g
Parfait	1		390	68 g	25 g	22 g	5 g	22 g	22 g

ONE BOWL AT A TIME





Wheat

Milk

Egg

Fish

Shellfish

Tree Nuts

Peanuts

Soy

Sesame

ALLERGEN

Granola

INFORMATION

Wheat Bread

White Bread

Bases

Nutella

Almond Butter

Peanut Butter

Whey Protein

Oatmeal

Strawberry Cream Cheese

Greek Yogurt

Everything Bagel Seasoning

No

No

No

No

No

No

No

No

No

Yes

No

No

No

No

No

No

Yes

Yes

Yes

No

No

No

No

No

No

Yes

No

No

No

No

No

No

Coconut

No

No

No

No

Yes

No

No

No

Yes

No

Yes

No

No

No

No

No

No

Yes

No

No

No

No

No

No

No

No

Yes

Yes

No

No

No

Yes

No

No

No

No

No

Yes

No

No

No

No

No

No

No

No

No

No

No

Yes

No

No

No

No

No

No

No

No

Yes

No

No

No

No

No

No

No

No

No

No

No

No

No

No

No

No

ONE BOWL AT A TIME

