









\*12 oz = Regular / 24 oz = Large\*

**SIZE** **CALORIES** **CARBS** **FATS** **SATURATED FATS** **TRANS FATS** **CHOLESTEROL** **SODIUM** **FIBER** **SUGAR** **ADDED SUGAR** **PROTEIN**

**BOWLS**

\*For bowl toppings only. You must add the base for the bowl \*

	SIZE	CALORIES	CARBS	FATS	SATURATED FATS	TRANS FATS	CHOLESTEROL	SODIUM	FIBER	SUGAR	ADDED SUGAR	PROTEIN
<b>Aloha</b> 		232	43g	0g	0g	0g	0mg	0mg	2g	41g	34g	0g
<b>Nu-Stella</b> 		267	36g	12g	4g	0g	5mg	15mg	4g	31g	0g	2g
<b>Cocotella</b> 		312	40g	16g	7g	0g	5mg	70mg	6g	33g	0g	3g
<b>Nutty Kiki</b> 		342	48g	17g	2g	0g	0mg	0mg	5g	41g	34g	7g
<b>Shaka</b> 		375	51g	16g	4g	0g	0mg	160 mg	4g	45g	36g	8g
<b>Beach</b> 		259	43g	0g	0g	0g	0g	8mg	5g	54g	41g	1g

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**BOWLS**

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<b>Very Berry</b> 		212	43g	4g	3g	0g	0mg	55mg	5g	42g	34g	1g
<b>Brotein</b> 		400	22g	18g	5g	0g	90 mg	370 mg	4g	15g	2g	33g

**BASES**

\*For bases only. Add bowl toppings and granola for total\*

<b>Acai</b> 	<b>KIDS</b>	64	12g	1g	0g	0g	0mg	8mg	3g	10g	6g	1g
	<b>REG</b>	112	22g	2g	1g	0g	0mg	14mg	5g	18g	10g	2g
	<b>LRG</b>	225	44g	4g	1g	0g	0mg	28mg	10g	37g	20g	3g
<b>Pitaya</b> 	<b>KIDS</b>	70	16g	0g	0g	0g	0mg	8mg	3g	13g	7g	1g
	<b>REG</b>	123	29g	1g	1g	0g	0mg	14mg	4g	23g	13g	1g
	<b>LRG</b>	246	58g	2g	2g	0g	0mg	28mg	8g	46g	26g	2g
<b>Coconut</b> 	<b>KIDS</b>	81	13g	4g	4g	0g	0mg	10mg	2g	11g	6g	1g
	<b>REG</b>	143	24g	7g	7g	0g	0mg	18mg	3g	20g	11g	1g
	<b>LRG</b>	263	44g	15g	13g	0g	0mg	35mg	6g	37g	22g	2g
<b>Green</b> 	<b>KIDS</b>	63	16g	0g	0g	0g	0mg	43mg	4g	10g	4g	1g
	<b>REG</b>	112	28g	1g	1g	0g	0mg	75mg	7g	18g	7g	1g
	<b>LRG</b>	223	55g	1g	1g	0g	0mg	151mg	14g	37g	13g	2g

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**BASES**

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	<b>KIDS</b>	166	18g	9g	3g	0g	0mg	51mg	7g	9g	9g	7g
	<b>REG</b>	290	32g	16g	5g	0g	0mg	90mg	13g	16g	15g	13g
	<b>LRG</b>	580	64g	32g	9g	0g	0mg	180mg	25g	32g	30g	26g
	<b>KIDS</b>	169	30g	3g	1g	0g	0mg	0mg	5g	1g	1g	6g
	<b>REG</b>	300	54g	6g	1g	0g	0mg	0mg	8g	2g	2g	10g
	<b>LRG</b>	600	108g	12g	2g	0g	0mg	0mg	16g	4g	4g	20g

**SMOOTHIES**

	<b>16 oz</b>	146	25g	3g	3g	0g	0mg	56mg	3g	20g	8g	6g
	<b>24 oz</b>	227	41g	3g	3g	0g	0mg	68mg	5g	34g	15g	7g
	<b>16 oz</b>	168	35g	3g	3g	0g	0mg	56mg	4g	29g	8g	7g
	<b>24 oz</b>	261	57g	3g	3g	0g	0mg	68mg	6g	47g	15g	8g
	<b>16 oz</b>	156	28g	3g	3g	0g	0mg	56mg	3g	25g	8g	6g
	<b>24 oz</b>	243	46g	3g	3g	0g	0mg	68mg	4g	41g	15g	7g
	<b>16 oz</b>	188	33g	21g	19g	0g	0mg	66mg	9g	27g	15g	6g
	<b>24 oz</b>	291	54g	30g	27g	0g	0mg	83mg	13g	44g	26g	8g

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**SMOOTHIES**

<b>Surfer</b> 	16 oz	186	32g	4g	3g	0g	0mg	56mg	5g	27g	14g	6g
	24 oz	287	52g	5g	3g	0g	0mg	68mg	8g	44g	25g	7g
<b>Poppin' Pitaya</b> 	16 oz	173	36g	3g	3g	0g	0mg	56mg	5g	28g	16g	6g
	24 oz	263	58g	3g	3g	0g	0mg	56mg	7g	46g	28g	7g
<b>Islander</b> 	16 oz	191	38g	3g	3g	0g	0mg	96mg	7g	29g	12g	6g
	24 oz	295	60g	3g	3g	0g	0mg	128mg	10g	47g	22g	7g
<b>Pipeline</b> 	16 oz	228	35g	21g	19g	0g	0mg	66mg	9g	30g	15g	5g
	24 oz	351	57g	30g	27g	0g	0mg	83mg	14g	49g	26g	6g
<b>Nutty Lova</b> 	16 oz	536	39g	36g	8g	0g	0mg	216mg	8g	25g	10g	21g
	24 oz	817	62g	52g	12g	0g	0mg	388mg	12g	42g	19g	30g
<b>Nutty Popeye</b> 	16 oz	407	29g	19g	6g	0g	47mg	310mg	5g	21g	3g	26g
	24 oz	750	43g	20g	7g	0g	93mg	437mg	7g	32g	5g	42g
<b>Avo-Cardio</b> 	16 oz	300	30g	19g	4g	0g	0mg	51mg	13g	13g	0g	9g
	24 oz	554	51g	37g	6g	0g	0mg	79mg	26g	19g	0g	15g

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**SURF SNACKS**

**Protein Balls**



530 54g 27g 8g 0g 0mg 310mg 8g 29g 24g 23g

**Parfait**

306 45g 5g 1g 0g 10mg 95mg 5g 22g 14g 19g

**WARM FOODS**

**Sweet Javi**



818 123g 26g 13g 0g 0mg 860mg 8g 50g 6g 18g

**Best Darn thing Ever**



500 61g 25g 3g 0g 0mg 288mg 17g 11g 8g 14g

**Skinny Sam**



974 136g 34g 8g 0g 0mg 955mg 10g 60g 38g 30g

**Nutella Toast**



694 102g 27g 8g 0g 10mg 470mg 8g 60g 4g 12g

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**COFFEE & DRINKS**

<b>Cold Brew</b>	16 oz	0	0g	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
<b>POG</b>	16 oz	161	40g	0g	0g	0g	0mg	5mg	0g	46g	0g	1g
<b>Breakwall</b> 	16 oz	405	51g	13g	5g	0g	50mg	120mg	4g	45g	8g	15g
	24 oz	558	69g	14g	5g	0g	95mg	225mg	6g	61g	15g	27g

**ADD ONS**

<b>Strawberries</b>		12	3g	0g	0g	0g	0mg	0mg	1g	2g	0g	0g
<b>Bananas</b>		35	6g	0g	0g	0g	0mg	0mg	1g	5g	0g	0g
<b>Blueberries</b>		20	4g	0g	0g	0g	0mg	0mg	1g	3g	0g	0g
<b>Blackberries</b>		15	2g	0g	0g	0g	0mg	0mg	1g	1g	0g	0g
<b>Pineapple</b>		20	4g	0g	0g	0g	0mg	0mg	1g	4g	0g	1g
<b>Kiwi</b>		27	5g	0g	0g	0g	0mg	0mg	1g	5g	0g	0g
<b>Coconut Chips</b>		65	8g	4g	3g	0g	0mg	55mg	3g	5g	0g	1g
<b>Chia Seeds</b>		88	8g	6g	0g	0g	0mg	18mg	6g	0g	0g	3g
<b>Flax Seeds</b>		55	3g	4g	0g	0g	0mg	3mg	3g	0g	0g	2g
<b>Almond Slices</b>		160	6g	14g	1g	0g	0mg	0mg	4g	1g	0g	6g
<b>Goji Berries</b>		100	20g	0g	0g	0g	0mg	76mg	4g	8g	0g	4g
<b>Bee Pollen</b>		45	9g	0g	0g	0g	0mg	0mg	3g	6g	0g	3g
<b>Cacao Nibs</b>		75	6g	5g	3g	0g	0mg	0mg	3g	0g	3g	0g
<b>Pumpkin Seeds</b>		190	6g	16g	3g	0g	0mg	6mg	1g	0g	0g	8g

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**ADD ONS**

Greek Yogurt		20	3g	0g	0g	0g	2mg	11mg	0g	2g	1g	3g
Nutella		200	23g	12g	4g	0g	5mg	15mg	1g	21g	0g	2g
Raw Honey		120	34g	0g	0g	0g	0mg	0mg	0g	34g	34g	0g
Agave		140	32g	0g	1g	0g	0mg	0mg	0g	30g	30g	0g
Peanut Butter		200	7g	16g	4g	0g	0mg	160mg	2g	3g	2g	8g
Almond Butter		190	7g	17g	2g	0g	0mg	0mg	3g	2g	0g	7g
Whey Protein		130	3g	2g	1g	0g	90mg	210mg	0g	2g	0g	25g
Organic Protein		150	15g	4g	1g	0g	0mg	270mg	1g	0g	0g	21g

**GRANOLA** \*For granola only. Add bowl toppings and base for total\*



<b>KIDS</b>	54	8g	2g	0g	0g	0mg	10mg	1g	2g	2g	1g
<b>REG</b>	216	32g	7g	1g	0g	0mg	40mg	4g	8g	8g	6g
<b>LRG</b>	378	56g	13g	2g	0g	0mg	70mg	7g	14g	14g	10g

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