






12 oz = Regular / 24 oz = Large


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

SPRING SPECIALS

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

Guava-Tella 		297	38g	15.5g	7g	0g	0mg	70mg	5.5g	31g	0g	2.5g
Shore Break 		192	42g	0g	0g	0g	2 mg	11 mg	2g	37g	31g	3g
Sunset 		250	55g	3.5g	3g	0g	0g	55mg	6.5g	48g	34g	3.5g

SMOOTHIES

Guava Pop 	16 oz	211	45g	2g	2g	0g	0mg	45mg	6g	37g	18g	6g
	24 oz	377	56g	3g	3g	0g	0mg	56mg	12g	69g	30g	9g

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

Guava 	KIDS	81	20g	0g	0g	0g	0mg	8mg	3g	16g	9g	1g
	REG	144	35g	1g	1g	0g	0mg	14mg	5g	29g	15g	2g
	LRG	288	70g	1g	1g	0g	0mg	28mg	10g	58g	31g	5g

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Aloha 		232	43g	0g	0g	0g	0mg	0mg	2g	41g	34g	0g
Nu-Stella 		267	36g	12g	4g	0g	5mg	15mg	4g	31g	0g	2g
Cocotella 		312	40g	16g	7g	0g	5mg	70mg	6g	33g	0g	3g
Nutty Kiki 		342	48g	17g	2g	0g	0mg	0mg	5g	41g	34g	7g
Shaka 		375	51g	16g	4g	0g	0mg	160 mg	4g	45g	36g	8g
Beach 		259	43g	0g	0g	0g	0g	8mg	5g	54g	41g	1g

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

BASES

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Acai 	KIDS	64	12g	1g	0g	0g	0mg	8mg	3g	10g	6g	1g
	REG	112	22g	2g	1g	0g	0mg	14mg	5g	18g	10g	2g
	LRG	225	44g	4g	1g	0g	0mg	28mg	10g	37g	20g	3g
Pitaya 	KIDS	70	16g	0g	0g	0g	0mg	8mg	3g	13g	7g	1g
	REG	123	29g	1g	1g	0g	0mg	14mg	4g	23g	13g	1g
	LRG	246	58g	2g	2g	0g	0mg	28mg	8g	46g	26g	2g
Coconut 	KIDS	81	13g	4g	4g	0g	0mg	10mg	2g	11g	6g	1g
	REG	143	24g	7g	7g	0g	0mg	18mg	3g	20g	11g	1g
	LRG	263	44g	15g	13g	0g	0mg	35mg	6g	37g	22g	2g
Mango 	KIDS	88	21g	0g	0g	0g	0mg	8mg	1g	20g	11g	1g
	REG	156	37g	1g	1g	0g	0mg	14mg	2g	35g	20g	1g
	LRG	290	75g	1g	1g	0g	0mg	28mg	4g	71g	40g	2g

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

SMOOTHIES

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

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SMOOTHIES

Surfer 	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
Poppin' Pitaya 	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
Avo-Cardio 	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
Pipeline 	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
Nutty Lova 	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
Nutty Popeye 	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

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SURF SNACKS

Protein Balls



546 54g 27g 8g 0g 28mg 310mg 8g 29g 24g 23g

Parfait



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

SANDI'S

Sweet Javi



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

Best Darn Thing



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 Craze



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

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COFFEE & DRINKS

Cold Brew	16 oz	0	0g	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
POG	11.5 oz	150	38g	0g	0g	0g	0mg	15mg	0g	36g	34g	0g
Breakwall 	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

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



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

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