



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. Add base and granola for total

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

For bases only. Add bowl toppings and granola for total

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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Chia Pudding



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

Oatmeal



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

Classic



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

Maui Wowi



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

Tango Mango



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

Pina Punch



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

	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
	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
	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
	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
	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
	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
	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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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	0mg	40mg	4g	8g	8g	6g
	LRG	378	56g	13g	2g	0g	0mg	70mg	7g	14g	14g	10g

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FALL SPECIALS

BOWLS

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Pumpkin Paradise



500

41g

33g

10g

0g

5mg

21mg

6g

26g

3g

10g

Caramel Apple



206

39g

4g

0g

0g

0mg

104mg

5g

27g

18g

2g

SANDI'S

Sweet Heat



556

68g

27g

4g

0g

5g

441mg

16g

19g

19g

16g

SMOOTHIES

*16oz contains 100mg of caffeine | 24oz contains 150mg of caffeine

Electric Detox



16 oz

174

32g

0g

0g

0g

0mg

0mg

5g

26g

8g

1g

24 oz

250

53g

0g

0g

0g

0mg

0mg

8g

42g

15g

2g

BASES

For bases only. Add bowl toppings and granola for total

Pumpkin



KIDS

79

12g

4g

4g

0g

0mg

11mg

4g

8g

5g

1g

REG

139

21g

7g

7g

0g

0mg

20mg

6g

14g

9g

1g

LRG

279

41g

13g

13g

0g

0mg

49mg

13g

28g

18g

2g

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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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