



Nutrition Facts

Nutrition information is an **estimate and subject to change, due to the fact that we use real food that naturally varies in size and composition*****

Menu Item	Calories	Carbs(g)	Protein(g)
Bowls			
Original Small	420	79	5
Original Large	603	110	7.3
Berry Small	432	80.8	5.7
Berry Large	626	114.4	8
Island Small	505	80.5	6.5
Island Large	738	114.2	8.45
Green Small	403	67.1	8
Green Large	593	104.1	11.55
Backyard	772	118.45	12.75
Diego's Small	703	80	30.5
Diego's Large	919	107.65	35.95
Dan's	824	115.35	28.17
Bed of Yogurt	118	21.2	8
Smoothies			
Acai Sm (16oz)	268	65.1	2.2
Acai Lg (24oz)	403	95.1	3.2
Amazon Cherry Sm	298	62.8	4.2

Amazon Cherry Lg	440	91.6	6.1
Tropical Ginger Sm	301	65.4	1.7
Tropical Ginger Lg	430	92.2	2.5
Carrot Sm	259	52.8	8.2
Carrot Lg	362	72.1	12.2
Brekkie Sm	468	81.7	16.9
Brekkie Lg	675	115.4	25.1
Popeye Sm	231	55.1	2.5
Popeye Lg	339	82	3.6
Mint Melon Sm	232	38.3	11.3
Mint Melon Lg	339	54.9	16.8
Goji Sm	250	56.9	7.3
Goji Lg	371	83.9	10.9
Peanut Butter Sm	338	52.4	13.85
Peanut Butter Lg	447	71	18.25

Breakfast Bowls

	Calories	Carbs(g)	Protein(g)
Ultimate Oatmeal (before fruit/sweet choice)	383	60.1	13.2
Cottage Cheese Bowl	379	18.8	50.7
Granola Bowl	615	73.5	17.6
Yogurt Bowl	555	77.8	22.3
Spartan Muesli	776	92.9	24.74
Hot Quinoa	544	71.5	15.9

Fat(g)

8.3
12.45

8.5
12.8

16.3
23.8

8.75
13.3

24.65

27.6
34

26.95

0

Fat(g)

1
1.5

0.4

0.5

4.6

7

2.1

3.1

9.8

14.5

0.3

0.7

4.4

6.5

0.4

0.5

10.8

13.15

Fat(g)

9.55

9.9

19.5

11.1

36.9

26.4