



# NUTRITION GUIDE

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|----------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------|-------------|---------------|-----------------------|
|----------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------|-------------|---------------|-----------------------|

## SPRING MENU 2024

|  |     |    |    |   |     |      |    |    |    |    |                |            |
|--|-----|----|----|---|-----|------|----|----|----|----|----------------|------------|
| Chicken Tortilla Soup (8oz)                | 330 | 17 | 8  | 0 | 60  | 850  | 23 | 4  | 2  | 20 | -              | 6          |
| Chicken Tortilla Soup (12 oz)              | 420 | 18 | 8  | 0 | 80  | 1330 | 35 | 7  | 5  | 30 | -              | 6          |
| Southwest Chicken Caesar on Spinach (1 ea) | 970 | 52 | 14 | 0 | 120 | 2750 | 80 | 6  | 7  | 44 | -              | 1, 2, 5, 6 |
| Southwest Chicken Caesar on Wheat (1 ea)   | 960 | 52 | 14 | 0 | 120 | 2750 | 79 | 9  | 7  | 44 | -              | 1, 2, 5, 6 |
| Southwest Chicken Caesar on GF (1ea)       | 990 | 55 | 15 | 0 | 120 | 2670 | 80 | 5  | 12 | 44 | GF             | 1, 2, 5    |
| Southwest Chicken Caesar on Low Carb (1ea) | 900 | 54 | 14 | 0 | 120 | 2400 | 66 | 16 | 7  | 53 | -              | 1, 2, 5, 6 |
| Fresca Market Salad ( 1 Bowl)              | 870 | 64 | 16 | 0 | 70  | 1640 | 57 | 12 | 10 | 20 | Vegetarian, GF | 1, 2, 5    |

## SPRING MENU 2024 - Ingredients

|                                 |     |    |   |   |    |      |    |   |   |   |                |         |
|---------------------------------|-----|----|---|---|----|------|----|---|---|---|----------------|---------|
| Fire Roasted Corn (1.45 oz)     | 50  | 1  | 0 | 0 | 0  | 0    | 8  | 1 | 4 | 1 | Vegan, GF      | -       |
| Southwest Caesar Dressing (75g) | 300 | 31 | 7 | 0 | 35 | 2160 | 3  | 0 | 0 | 4 | Vegetarian, GF | 1, 2, 5 |
| Tortilla Strips (0.85 oz)       | 120 | 7  | 0 | 0 | 0  | 50   | 14 | 0 | 0 | 0 | Vegan, GF      | -       |

## MANGO PASSION BOWL - LIMITED TIME ONLY

|                              |     |    |    |   |   |    |    |   |    |   |                |    |
|------------------------------|-----|----|----|---|---|----|----|---|----|---|----------------|----|
| Mango Passion Bowl (1 ea)    | 650 | 31 | 14 | 0 | 0 | 50 | 92 | 8 | 59 | 9 | VEGETARIAN, GF | 4  |
| Mango (65g)                  | 35  | 0  | 0  | 0 | 0 | 0  | 10 | 0 | 9  | 0 | VEGAN, GF      | -- |
| Passion Fruit Syrup (1 Tbsp) | 45  | 0  | 0  | 0 | 0 | 0  | 12 | 0 | 0  | 0 | VEGETARIAN, GF | -  |

## WINTER MENU 2024 - LIMITED TIME ONLY

|  |     |    |    |   |     |      |     |    |    |    |                |         |
|--|-----|----|----|---|-----|------|-----|----|----|----|----------------|---------|
| Chipotle Chicken Bacon Ranch - Low Carb (1ea)        | 730 | 27 | 13 | 0 | 138 | 1670 | 63  | 14 | 22 | 54 | -              | 2, 5    |
| Chipotle Chicken Bacon Ranch - Gluten Friendly (1ea) | 820 | 29 | 14 | 0 | 138 | 1940 | 77  | 3  | 27 | 45 | -              | 2, 6    |
| Chipotle Chicken Bacon Ranch - Wheat (1ea)           | 790 | 25 | 14 | 0 | 138 | 2020 | 76  | 7  | 22 | 45 | -              | 2, 5    |
| Chipotle Chicken Bacon Ranch - Spinach (1ea)         | 800 | 25 | 13 | 0 | 138 | 2020 | 77  | 4  | 22 | 45 | -              | 2,5     |
| Raspberry Rizz Smoothie (20 oz)                      | 780 | 28 | 23 | 0 | 0   | 105  | 123 | 14 | 97 | 7  | VEGETARIAN, GF | 2, 4, 5 |

## WINTER MENU 2024 - NEW INGREDIENTS

|  |     |    |     |   |    |     |    |   |    |    |                |         |
|--|-----|----|-----|---|----|-----|----|---|----|----|----------------|---------|
| Chipotle Glaze (2 Tbsp)                  | 80  | 0  | 0   | 0 | 0  | 65  | 18 | 0 | 18 | 0  | VEGETARIAN, GF | -       |
| Chipotle Glazed Chicken (116 g)          | 200 | 3  | 1   | 0 | 58 | 630 | 21 | 0 | 19 | 20 | GF             | -       |
| Ranch (2 oz)                             | 220 | 23 | 3.5 | 0 | 20 | 450 | 4  | 0 | 2  | 0  | VEGETARIAN, GF | 1, 2, 6 |
| White Chocolate Chips (Smoothies) (2 oz) | 300 | 15 | 13  | 0 | 0  | 75  | 34 | 0 | 34 | 4  | GF             | 1, 6    |
| White Chocolate Chips (Bowls) (1 oz)     | 100 | 5  | 4.5 | 0 | 0  | 25  | 1  | 0 | 11 | 1  | GF             | 1, 6    |



COMMON ALLERGENS: 1. CONTAINS EGG / 2. CONTAINS MILK / 3. CONTAINS PEANUTS / 4. CONTAINS TREE NUTS (INCLUDES COCONUT) / 5. CONTAINS SOY / 6. CONTAINS WHEAT / 7. CONTAINS FISH / 8. CONTAINS SHELLFISH / 9. CONTAINS SESAME

\*Strawberries in smoothies are fresh frozen and sweetened with cane sugar for consistent flavor year round    \*\* This item contains Caffeine    \*\*\* Contains Fresh Juiced Orange    \*\*\*\* Items containing halal meats may differ from our standard menu items.

GF - GLUTEN FRIENDLY

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|--|----------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------|-------------|---------------|-----------------------|
|--|----------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------|-------------|---------------|-----------------------|

## HOLIDAY MENU 2023 - SMOOTHIES

|                                       |     |    |    |   |    |     |     |   |    |    |                |         |
|---------------------------------------|-----|----|----|---|----|-----|-----|---|----|----|----------------|---------|
| Peppermint Mocha Chip Smoothie (20oz) | 550 | 16 | 9  | 0 | 50 | 230 | 85  | 7 | 53 | 23 | VEGETARIAN, GF | 2,4,5   |
| Cookie Butter Smoothie (20oz)         | 870 | 46 | 10 | 0 | 15 | 250 | 110 | 4 | 74 | 11 | VEGETARIAN     | 2,4,5,6 |

## HOLIDAY MENU 2023 - EATERY

|                               |     |    |    |     |    |      |    |   |    |    |                |           |
|-------------------------------|-----|----|----|-----|----|------|----|---|----|----|----------------|-----------|
| Toasted Grilled Cheese (1 ea) | 720 | 43 | 18 | 0   | 90 | 1260 | 56 | 1 | 2  | 26 | VEGETARIAN     | 1,2,5,6,9 |
| Creamy Tomato Soup (8oz)      | 190 | 11 | 7  | 0   | 35 | 730  | 22 | 4 | 12 | 5  | VEGETARIAN, GF | 2,5       |
| Creamy Tomato Soup (12oz)     | 290 | 16 | 10 | 0.5 | 50 | 1100 | 33 | 6 | 18 | 7  | VEGETARIAN, GF | 2,5       |
| Toasted Sourdough (1 Slice)   | 130 | 0  | 0  | 0   | 0  | 290  | 27 | 0 | 1  | 5  | VEGETARIAN     | 6,9       |

## HOLIDAY MENU 2023 - TOPPINGS / INGREDIENTS

|                              |     |    |   |   |    |     |   |   |   |   |                |   |
|------------------------------|-----|----|---|---|----|-----|---|---|---|---|----------------|---|
| Colby Jack Cheese (2 Slices) | 110 | 10 | 6 | 0 | 30 | 180 | 0 | 0 | 0 | 7 | VEGETARIAN, GF | 2 |
| Havarti Cheese (2 Slices)    | 160 | 14 | 8 | 0 | 40 | 220 | 0 | 0 | 0 | 8 | VEGETARIAN, GF | 2 |



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|-------------------------------------|----------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------|-------------|----------------|-----------------------|
| <b>SMOOTHIES</b>                    |                |               |                   |               |                  |             |                 |                   |            |             |                |                       |
| * ***Alive (20 oz)                  | 320            | 0             | 0                 | 0             | 0                | 0           | 82              | 10                | 60         | 3           | VEGAN, GF      | -                     |
| *Anna's (20 oz)                     | 360            | 12            | 1.5               | 0             | 0                | 15          | 61              | 9                 | 43         | 7           | VEGAN, GF      | 3, 4                  |
| Banana Nut w/ Almond Butter (20 oz) | 530            | 14            | 1                 | 0             | 0                | 0           | 106             | 8                 | 71         | 6           | VEGETARIAN,GF  | 4                     |
| Banana Nut w/ Almonds (20 oz)       | 540            | 14            | 1                 | 0             | 0                | 5           | 107             | 10                | 70         | 8           | VEGETARIAN,GF  | 4                     |
| Banana Nut w/ Peanut Butter (20 oz) | 520            | 11            | 1.5               | 0             | 0                | 0           | 106             | 9                 | 73         | 8           | VEGETARIAN,GF  | 3                     |
| Carlo's Detox (20 oz)               | 320            | 0.5           | 0                 | 0             | 0                | 25          | 81              | 10                | 53         | 4           | VEGETARIAN,GF  | -                     |
| **Colombian (20 oz)                 | 430            | 6             | 4                 | 0             | 15               | 200         | 95              | 3                 | 68         | 4           | VEGETARIAN,GF  | 2, 4, 5               |
| Mango Tango (20 oz)                 | 380            | 3             | 2                 | 0             | 0                | 5           | 94              | 6                 | 78         | 1           | VEGETARIAN,GF  | 4                     |
| **Peanut Butter Mocha (20 oz)       | 550            | 16            | 4                 | 0             | 0                | 180         | 98              | 9                 | 49         | 10          | VEGETARIAN, GF | 2, 3, 4, 5            |
| *Razzle Dazzle (20 oz)              | 230            | 0             | 0                 | 0             | 0                | 15          | 57              | 9                 | 37         | 2           | VEGAN,GF       | 4                     |
| The Dimmer (20 oz)                  | 240            | 1             | 0                 | 0             | 0                | 25          | 61              | 8                 | 38         | 3           | VEGAN, GF      | -                     |
| *Total Energy (20 oz)               | 330            | 0             | 0                 | 0             | 0                | 5           | 84              | 9                 | 64         | 2           | VEGAN, GF      | -                     |
| *Total Energy Plus (20 oz)          | 340            | 0             | 0                 | 0             | 0                | 30          | 86              | 10                | 65         | 3           | VEGAN, GF      | -                     |
| *Very Berry (20 oz)                 | 230            | 1             | 0                 | 0             | 0                | 15          | 56              | 7                 | 39         | 1           | VEGAN, GF      | 4                     |
| *Sassy Strawberry (12 oz)           | 200            | 0             | 0                 | 0             | 0                | 0           | 51              | 6                 | 41         | 1           | VEGAN, GF      | -                     |
| Luau Louie (12 oz)                  | 190            | 1.5           | 0                 | 0             | 0                | 0           | 47              | 3                 | 39         | 0           | VEGETARIAN,GF  | 4                     |
| *Gino Berry(12 oz)                  | 120            | 0.5           | 0                 | 0             | 0                | 5           | 28              | 4                 | 20         | 1           | VEGAN, GF      | 4                     |

| <b>ENERGY SMOOTHIES</b>                  |     |   |   |   |   |    |     |    |    |   |                |   |
|--|-----|---|---|---|---|----|-----|----|----|---|----------------|---|
| **Acai Berry Lit Energy Smoothie (20 oz) | 420 | 4 | 0 | 0 | 0 | 10 | 99  | 10 | 64 | 2 | GF, VEGETARIAN | - |
| **Island Surge Energy Smoothie (20 oz)   | 470 | 6 | 5 | 0 | 0 | 15 | 108 | 7  | 89 | 2 | GF, VEGETARIAN | 4 |
| **Beyond Energy Supplement (7.68g)       | 25  | 0 | 0 | 0 | 0 | 0  | 6   | 0  | 0  | 0 | GF, VEGETARIAN | - |

## SUPERFOOD SORBET BOWLS

|                   |     |    |    |   |   |    |    |    |    |    |               |      |
|-------------------|-----|----|----|---|---|----|----|----|----|----|---------------|------|
| Cosmic Dream Bowl | 640 | 31 | 12 | 0 | 0 | 55 | 89 | 10 | 47 | 12 | VEGETARIAN,GF | 3, 4 |
|-------------------|-----|----|----|---|---|----|----|----|----|----|---------------|------|

## SMOOTHIE INGREDIENTS

|                                     |     |     |     |   |    |     |    |   |    |   |               |         |
|-------------------------------------|-----|-----|-----|---|----|-----|----|---|----|---|---------------|---------|
| Agave (21ml)                        | 60  | 0   | 0   | 0 | 0  | 0   | 16 | 0 | 16 | 0 | VEGAN, GF     | -       |
| (Green) Apple (150g)                | 90  | 0   | 0   | 0 | 0  | 0   | 20 | 4 | 14 | 1 | VEGAN, GF     | -       |
| Almonds (Sliced) (25g)              | 150 | 13  | 1   | 0 | 0  | 0   | 5  | 3 | 1  | 5 | VEGAN, GF     | 4       |
| Almond Butter (24g)                 | 150 | 14  | 1   | 0 | 0  | 0   | 5  | 1 | 2  | 4 | VEGAN, GF     | 4       |
| Almond Milk (Unsweetened) (1 fl oz) | 0   | 0   | 0   | 0 | 0  | 15  | 0  | 0 | 0  | 0 | VEGAN, GF     | 4       |
| Avocado (68g)                       | 110 | 10  | 1.5 | 0 | 0  | 0   | 6  | 5 | 0  | 1 | VEGAN, GF     | -       |
| Banana (118g)                       | 100 | 0   | 0   | 0 | 0  | 0   | 27 | 3 | 14 | 1 | VEGAN, GF     | -       |
| Blueberries (60g)                   | 35  | 0   | 0   | 0 | 0  | 0   | 7  | 2 | 5  | 0 | VEGAN, GF     | -       |
| Cayenne Pepper (1/8 tsp)            | 0   | 0   | 0   | 0 | 0  | 0   | 0  | 0 | 0  | 0 | VEGAN, GF     | -       |
| Chia Seeds (12g)                    | 60  | 3.5 | 0   | 0 | 0  | 0   | 5  | 4 | 0  | 2 | VEGAN, GF     | -       |
| Cinnamon (1 tsp)                    | 5   | 0   | 0   | 0 | 0  | 0   | 2  | 1 | 0  | 0 | VEGAN, GF     | -       |
| Coconut Flakes (Unsweetened) (13g)  | 95  | 9   | 8   | 0 | 0  | 0   | 3  | 2 | 1  | 1 | VEGAN, GF     | 4       |
| Coconut Water (Goya) (1 fl oz)      | 5   | 0   | 0   | 0 | 0  | 5   | 2  | 0 | 2  | 0 | VEGAN, GF     | 4       |
| Coffee (2 fl oz)                    | 0   | 0   | 0   | 0 | 0  | 0   | 0  | 0 | 0  | 0 | VEGAN, GF     | -       |
| Cream of Coconut (7.5g)             | 25  | 1   | 1   | 0 | 0  | 0   | 4  | 0 | 3  | 0 | VEGAN, GF     | 4       |
| Flaxseed (10g)                      | 60  | 4.5 | 0   | 0 | 0  | 0   | 3  | 3 | 0  | 2 | VEGAN, GF     | -       |
| Frozen Yogurt (85g)                 | 110 | 3.5 | 2.5 | 0 | 15 | 50  | 16 | 0 | 13 | 3 | VEGETARIAN,GF | 2       |
| Gluten Friendly Oats ( 25g)         | 100 | 2   | 1   | 0 | 0  | 0   | 18 | 3 | 0  | 3 | VEGAN, GF     | -       |
| Honey GF Granola (25g)              | 90  | 1.5 | 0   | 0 | 0  | 30  | 18 | 2 | 5  | 2 | VEGETARIAN,GF | -       |
| Honey (1 T)                         | 60  | 0   | 0   | 0 | 0  | 0   | 17 | 0 | 17 | 0 | VEGETARIAN,GF | -       |
| Kale (20g)                          | 10  | 0   | 0   | 0 | 0  | 10  | 2  | 0 | 0  | 1 | VEGAN, GF     | -       |
| Lime Juice (7.5g)                   | 0   | 0   | 0   | 0 | 0  | 0   | 0  | 0 | 0  | 0 | VEGAN, GF     | -       |
| Mango (65g)                         | 35  | 0   | 0   | 0 | 0  | 0   | 10 | 0 | 9  | 0 | VEGAN, GF     | -       |
| **Mocha Powder (40g)                | 160 | 2.5 | 1.5 | 0 | 0  | 148 | 35 | 0 | 24 | 0 | VEGETARIAN,GF | 2, 4, 5 |
| ***Orange (1 ea)                    | 45  | 0   | 0   | 0 | 0  | 0   | 11 | 2 | 9  | 1 | VEGAN, GF     | -       |
| Peaches (65g)                       | 25  | 0   | 0   | 0 | 0  | 0   | 6  | 1 | 4  | 1 | VEGAN, GF     | -       |
| Peanut Butter (28g)                 | 130 | 11  | 1.5 | 0 | 0  | 0   | 5  | 2 | 4  | 6 | VEGAN, GF     | 3       |
| Pineapple (65g)                     | 35  | 0   | 0   | 0 | 0  | 0   | 8  | 0 | 7  | 0 | VEGAN, GF     | -       |
| Raspberries (65g)                   | 35  | 0   | 0   | 0 | 0  | 0   | 8  | 4 | 3  | 1 | VEGAN, GF     | -       |
| Spinach (20g)                       | 0   | 0   | 0   | 0 | 0  | 15  | 0  | 0 | 0  | 1 | VEGAN, GF     | -       |

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|-------------------------------------|----------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------|-------------|---------------|-----------------------|
| <b>SMOOTHIE INGREDIENTS (CONT.)</b> |                |               |                   |               |                  |             |                 |                   |            |             |               |                       |
| *Strawberries (Sweetened) (70g)     | 70             | 0             | 0                 | 0             | 0                | 1           | 19              | 2                 | 17         | 0           | VEGAN, GF     | -                     |
| Strawberries (Unsweetened) (50g)    | 15             | 0             | 0                 | 0             | 0                | 0           | 4               | 1                 | 2          | 0           | VEGAN, GF     | -                     |
| Vegan Chocolate Chips (1 T)         | 75             | 5             | 3                 | 0             | 0                | 0           | 9               | 1                 | 7          | 1           | VEGAN, GF     | -                     |

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|--------------------------------------|----------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------|-------------|----------------|-----------------------|
| <b>SUPPLEMENTS + PROTEIN POWDERS</b> |                |               |                   |               |                  |             |                 |                   |            |             |                |                       |
| Cacao (1 scoop)                      | 35             | 2             | 0                 | 0             | 0                | 0           | 4               | 2                 | 0          | 2           | VEGAN, GF      | -                     |
| Chocolate Whey (1 scoop)             | 120            | 2.5           | 1.5               | 0             | 50               | 48          | 5               | 2                 | 2          | 20          | VEGETARIAN, GF | 2                     |
| Collagen Peptides (1 scoop)          | 40             | 0             | 0                 | 0             | 0                | 10          | 0               | 0                 | 0          | 10          | GF             | -                     |
| **Get Energized (1 scoop)            | 20             | 0             | 0                 | 0             | 0                | 0           | 5               | 0                 | 0          | 0           | VEGAN, GF      | -                     |
| Get Essentials (1 scoop)             | 15             | 0             | 0                 | 0             | 0                | 0           | 4               | 0                 | 0          | 0           | VEGAN, GF      | -                     |
| Get Lean (1 scoop)                   | 15             | 0             | 0                 | 0             | 0                | 0           | 4               | 0                 | 0          | 0           | VEGAN, GF      | -                     |
| Maca (1 scoop)                       | 30             | 0             | 0                 | 0             | 0                | 0           | 7               | 0                 | 2          | 0           | VEGAN, GF      | -                     |
| Vanilla Whey (1 scoop)               | 110            | 2             | 1                 | 0             | 55               | 53          | 3               | 0                 | 2          | 21          | VEGETARIAN, GF | 2                     |
| Vegan Protein (1 scoop)              | 70             | 1             | 0                 | 0             | 0                | 90          | 7               | 2                 | 3          | 10          | VEGAN, GF      | 4                     |
| Vitamin C (1/8 tsp)                  | 0              | 0             | 0                 | 0             | 0                | 0           | 0               | 0                 | 0          | 0           | VEGAN, GF      | -                     |

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|----------------------------------|----------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------|-------------|---------------|-----------------------|
| <b>RAW JUICE / MADE TO ORDER</b> |                |               |                   |               |                  |             |                 |                   |            |             |               |                       |
| Caliente (20 oz)                 | 100            | 0.5           | 0                 | 0             | 0                | 230         | 21              | 0                 | 11         | 3           | VEGAN, GF     | -                     |
| Citrus Circuit (20 oz)           | 240            | 0             | 0                 | 0             | 0                | 5           | 60              | 0                 | 52         | 2           | VEGAN, GF     | -                     |
| Green Machine (20 oz)            | 90             | 0.5           | 0                 | 0             | 0                | 240         | 20              | 0                 | 10         | 3           | VEGAN, GF     | -                     |
| The Root (20 oz)                 | 240            | 0.5           | 0                 | 0             | 0                | 340         | 59              | 1                 | 47         | 2           | VEGAN, GF     | -                     |
| Up Beet (20 oz)                  | 230            | 1             | 0                 | 0             | 0                | 370         | 53              | 1                 | 39         | 4           | VEGAN, GF     | -                     |
| Verde (20 oz)                    | 100            | 0.5           | 0                 | 0             | 0                | 250         | 23              | 0                 | 12         | 3           | VEGAN, GF     | -                     |
| Wheat Grass Shot (1 oz)          | 5              | 0             | 0                 | 0             | 0                | 0           | 1               | 0                 | 0          | 0           | VEGAN, GF     | -                     |

|                              | TOTAL CALORIES | TOTAL FAT (g) | SATURATED FAT (g) | TRANS FAT (g) | CHOLESTEROL (mg) | SODIUM (mg) | TOTAL CARBS (g) | DIETARY FIBER (g) | SUGARS (g) | PROTEIN (g) | DIETARY NEEDS | ALLERGENS (see below) |
|------------------------------|----------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------|-------------|---------------|-----------------------|
| <b>RAW JUICE INGREDIENTS</b> |                |               |                   |               |                  |             |                 |                   |            |             |               |                       |
| (Green) Apple Juice (1 ea)   | 90             | 0             | 0                 | 0             | 0                | 0           | 20              | 4                 | 14         | 1           | VEGAN, GF     | -                     |
| Beet Juice (1 ea)            | 35             | 0             | 0                 | 0             | 0                | 120         | 7               | 0                 | 7          | 1           | VEGAN, GF     | -                     |
| Carrot Juice (1 ea)          | 20             | 0             | 0                 | 0             | 0                | 60          | 4               | 0                 | 3          | 0           | VEGAN, GF     | -                     |
| Celery Juice (1 oz)          | 0              | 0             | 0                 | 0             | 0                | 23          | 0               | 0                 | 0          | 0           | VEGAN, GF     | -                     |
| Cilantro Juice (1/2 oz)      | 0              | 0             | 0                 | 0             | 0                | 7           | 0               | 0                 | 0          | 0           | VEGAN, GF     | -                     |
| Cucumber Juice (1 ea)        | 30             | 0             | 0                 | 0             | 0                | 6           | 6               | 0                 | 3          | 1           | VEGAN, GF     | -                     |
| Ginger Juice (1/2 oz)        | 10             | 0             | 0                 | 0             | 0                | 0           | 2               | 0                 | 0          | 0           | VEGAN, GF     | -                     |
| Grapefruit Juice (1 ea)      | 35             | 0             | 0                 | 0             | 0                | 0           | 10              | 0                 | 7          | 0           | VEGAN, GF     | -                     |
| Kale Juice (1 oz)            | 5              | 0             | 0                 | 0             | 0                | 11          | 1               | 0                 | 0          | 0           | VEGAN, GF     | -                     |
| Lemon Juice (1/2 ea)         | 5              | 0             | 0                 | 0             | 0                | 0           | 2               | 0                 | 0          | 0           | VEGAN, GF     | -                     |
| Mint Juice (1/4 oz)          | 5              | 0             | 0                 | 0             | 0                | 2           | 1               | 1                 | 0          | 0           | VEGAN, GF     | -                     |
| Orange Juice (160 g)         | 10             | 0             | 0                 | 0             | 0                | 0           | 2               | 0                 | 2          | 0           | VEGAN, GF     | -                     |
| Parsley Juice (1 oz)         | 0              | 0             | 0                 | 0             | 0                | 16          | 1               | 0                 | 0          | 0           | VEGAN, GF     | -                     |
| Spinach Juice (1 oz)         | 0              | 0             | 0                 | 0             | 0                | 0           | 0               | 0                 | 0          | 0           | VEGAN, GF     | -                     |
| Turmeric Juice (15 g)        | 15             | 0             | 0                 | 0             | 0                | 0           | 2               | 0                 | 0          | 0           | VEGAN, GF     | -                     |
| Wheat Grass Juice (1 oz)     | 5              | 0             | 0                 | 0             | 0                | 5           | 1               | 0                 | 0          | 0           | VEGAN, GF     | -                     |

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|-------------------------------|----------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------|-------------|----------------|-----------------------|
| <b>RETAIL / BOTTLED JUICE</b> |                |               |                   |               |                  |             |                 |                   |            |             |                |                       |
| Almond Milk (1 ea)            | 250            | 16            | 2                 | 0             | 0                | 25          | 22              | 4                 | 16         | 6           | VEGAN, GF      | 4                     |
| Boost Hero (1 ea)             | 170            | 0.5           | 0                 | 0             | 0                | 85          | 35              | 1                 | 25         | 2           | VEGAN, GF      | -                     |
| Cold + Flu Hero (1 ea)        | 170            | 1             | 0                 | 0             | 0                | 15          | 41              | 0                 | 28         | 1           | VEGAN, GF      | -                     |
| Complexion Hero (1 ea)        | 110            | 1             | 0                 | 0             | 0                | 90          | 22              | 0                 | 16         | 3           | VEGAN, GF      | -                     |
| Detox Hero (1 ea)             | 130            | 0             | 0                 | 0             | 0                | 10          | 30              | 0                 | 24         | 1           | VEGAN, GF      | -                     |
| Essentials Hero (1 ea)        | 160            | 0.5           | 0                 | 0             | 0                | 25          | 35              | 0                 | 28         | 2           | VEGAN, GF      | -                     |
| Focus Hero (1 ea)             | 160            | 0.5           | 0                 | 0             | 0                | 150         | 34              | 2                 | 18         | 2           | VEGAN, GF      | -                     |
| Greens Hero (1 ea)            | 80             | 1.5           | 0                 | 0             | 0                | 135         | 13              | 0                 | 6          | 5           | VEGAN, GF      | -                     |
| Hot Shot (1 ea)               | 25             | 0.5           | 0                 | 0             | 0                | 10          | 6               | 0                 | 2          | 1           | VEGAN, GF      | 4                     |
| Turmeric Shot (1 ea)          | 30             | 0             | 0                 | 0             | 0                | 0           | 7               | 0                 | 6          | 0           | VEGETARIAN, GF | -                     |
| Cleanse (1 Day)               | 760            | 16            | 2                 | 0             | 0                | 600         | 137             | 4                 | 107        | 13          | VEGAN, GF      | 4                     |

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\*Strawberries in smoothies are fresh frozen and sweetened with cane sugar for consistent flavor year round

\*\* This item contains Caffeine

\*\*\* Contains Fresh Juiced Orange

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|--------------------------------------|----------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------|-------------|----------------|-----------------------|
| <b>SIGNATURE WRAPS</b>               |                |               |                   |               |                  |             |                 |                   |            |             |                |                       |
| Avocado Turkey/Gluten Friendly       | 700            | 34            | 10                | 0             | 50               | 1420        | 68              | 8                 | 9          | 31          | GF             | 2,5,9                 |
| Avocado Turkey/Low Carb              | 610            | 33            | 9                 | 0             | 50               | 1150        | 54              | 19                | 4          | 40          | -              | 2,6,9                 |
| Avocado Turkey/Spinach               | 680            | 31            | 9                 | 0             | 50               | 2990        | 68              | 9                 | 4          | 31          | -              | 2,6,9                 |
| Avocado Turkey/Wheat                 | 670            | 31            | 9                 | 0             | 50               | 1500        | 67              | 12                | 4          | 31          | -              | 2,6,9                 |
| Cilantro Chicken/Gluten Friendly     | 800            | 44            | 12                | 0             | 95               | 1520        | 66              | 8                 | 8          | 39          | GF             | 2,5                   |
| Cilantro Chicken/Low Carb            | 710            | 43            | 11                | 0             | 95               | 1250        | 52              | 19                | 3          | 48          | -              | 2,5,6                 |
| Cilantro Chicken/Spinach             | 780            | 41            | 11                | 0             | 95               | 1600        | 66              | 9                 | 3          | 39          | -              | 2,5,6                 |
| Cilantro Chicken/Wheat               | 770            | 41            | 12                | 0             | 95               | 1600        | 65              | 12                | 3          | 39          | -              | 2,5,6                 |
| Chicken Caesar Wrap/Low Carb         | 840            | 48            | 14                | 0             | 120              | 1940        | 59              | 14                | 3          | 55          | -              | 1,2,5,6               |
| Chicken Caesar Wrap/Gluten Friendly* | 930            | 49            | 15                | 0             | 120              | 2210        | 73              | 3                 | 8          | 46          | -              | 1,2,5,6               |
| Chicken Caesar Wrap/Wheat            | 900            | 46            | 14                | 0             | 120              | 2290        | 72              | 7                 | 3          | 46          | -              | 1,2,5,6               |
| Chicken Caesar Wrap/Spinach          | 910            | 46            | 14                | 0             | 120              | 2290        | 73              | 4                 | 3          | 46          | -              | 1,2,5,6               |
| Greek Veggie/Gluten Friendly         | 510            | 20            | 6                 | 0             | 15               | 1320        | 65              | 4                 | 10         | 19          | VEGETARIAN, GF | 2,5,9                 |
| Greek Veggie/Low Carb                | 420            | 19            | 5                 | 0             | 15               | 1050        | 51              | 15                | 5          | 28          | VEGETARIAN     | 2,6,9                 |
| Greek Veggie/Wheat                   | 480            | 17            | 6                 | 0             | 15               | 1400        | 64              | 8                 | 5          | 19          | VEGETARIAN     | 2,6,9                 |
| Greek Veggie/Spinach                 | 490            | 17            | 5                 | 0             | 15               | 1400        | 65              | 5                 | 5          | 19          | VEGETARIAN     | 2,6,9                 |
| Egg White Wrap/Gluten Friendly       | 610            | 30            | 11                | 0             | 35               | 1310        | 61              | 6                 | 8          | 27          | VEGETARIAN, GF | 1,2,5                 |
| Egg White Wrap/Low Carb              | 520            | 29            | 10                | 0             | 35               | 1040        | 47              | 17                | 3          | 36          | VEGETARIAN     | 1,2,6                 |
| Egg White Wrap/Spinach               | 590            | 27            | 10                | 0             | 35               | 1390        | 61              | 7                 | 3          | 27          | VEGETARIAN     | 1,2,6                 |
| Egg White Wrap/Wheat                 | 580            | 27            | 10                | 0             | 35               | 1390        | 60              | 10                | 3          | 27          | VEGETARIAN     | 1,2,6                 |
| Turkey Dijon/Gluten Friendly         | 730            | 31            | 14                | 0             | 90               | 1890        | 69              | 3                 | 18         | 33          | GF             | 2,5                   |
| Turkey Dijon/Low Carb                | 640            | 30            | 13                | 0             | 90               | 1630        | 55              | 14                | 13         | 42          | -              | 2,6                   |
| Turkey Dijon/Spinach                 | 710            | 33            | 13                | 0             | 90               | 1980        | 69              | 4                 | 13         | 33          | -              | 2,6                   |
| Turkey Dijon/Wheat                   | 700            | 28            | 13                | 0             | 90               | 1980        | 68              | 7                 | 13         | 33          | -              | 2,6                   |

## TORTILLAS

|                 |     |   |     |   |   |     |    |    |   |    |           |   |
|-----------------|-----|---|-----|---|---|-----|----|----|---|----|-----------|---|
| Gluten Friendly | 300 | 8 | 2   | 0 | 0 | 570 | 50 | 1  | 6 | 8  | VEGAN, GF | 5 |
| Wheat           | 270 | 5 | 1.5 | 0 | 0 | 650 | 49 | 5  | 1 | 8  | VEGAN     | 6 |
| Low Carb Wheat  | 210 | 7 | 1   | 0 | 0 | 300 | 36 | 12 | 1 | 17 | VEGAN     | 6 |
| Spinach         | 280 | 5 | 1   | 0 | 0 | 650 | 50 | 2  | 1 | 8  | VEGAN     | 6 |

## SIGNATURE SALADS (INCLUDES 3 OZ DRESSING)

|                     |     |    |    |   |     |      |    |   |    |    |                |            |
|---------------------|-----|----|----|---|-----|------|----|---|----|----|----------------|------------|
| Chicken Caesar      | 740 | 51 | 15 | 0 | 130 | 1780 | 27 | 4 | 3  | 41 | -              | 1, 2, 5, 6 |
| Chicken Cali Salad  | 820 | 69 | 16 | 0 | 95  | 1080 | 22 | 8 | 9  | 31 | GF             | 2          |
| Hummus + Beet       | 620 | 48 | 9  | 0 | 15  | 1360 | 35 | 5 | 10 | 14 | VEGETARIAN, GF | 1, 2, 9    |
| Strawberry + Almond | 880 | 65 | 11 | 0 | 75  | 1290 | 37 | 8 | 12 | 37 | GF             | 2, 4       |

## DRESSINGS

|                             |     |    |     |   |    |     |    |   |    |   |                |         |
|-----------------------------|-----|----|-----|---|----|-----|----|---|----|---|----------------|---------|
| Caesar (3 oz)               | 370 | 39 | 9   | 0 | 45 | 520 | 1  | 0 | 0  | 5 | VEGETARIAN     | 1, 2, 5 |
| Balsamic Vinaigrette (3 oz) | 410 | 43 | 6   | 0 | 0  | 260 | 4  | 0 | 4  | 0 | VEGAN, GF      | -       |
| Hummus (34g)                | 100 | 7  | 1   | 0 | 0  | 150 | 6  | 1 | 0  | 2 | VEGAN, GF      | 9       |
| Maple Dijon (3oz)           | 210 | 13 | 2   | 0 | 0  | 480 | 21 | 0 | 15 | 0 | VEGAN, GF      | -       |
| Ranch (3 oz)                | 330 | 35 | 5   | 0 | 25 | 680 | 5  | 0 | 3  | 0 | VEGETARIAN, GF | 1, 2, 5 |
| Red Wine Vinaigrette (3 oz) | 330 | 35 | 4.5 | 0 | 0  | 750 | 5  | 0 | 5  | 0 | VEGETARIAN, GF | 1       |
| Salsa (side) (2 oz)         | 15  | 0  | 0   | 0 | 0  | 160 | 3  | 0 | 0  | 0 | VEGAN, GF      | -       |
| Spicy Cilantro Sauce (3 oz) | 340 | 34 | 3   | 0 | 0  | 440 | 9  | 3 | 0  | 3 | VEGAN, GF      | 5       |

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|---------------------------------------|----------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------|-------------|----------------|-----------------------|
| <b>EATERY - INGREDIENTS</b>           |                |               |                   |               |                  |             |                 |                   |            |             |                |                       |
| Almonds (Sliced) (25g)                | 150            | 13            | 1                 | 0             | 0                | 0           | 5               | 3                 | 1          | 5           | VEGAN, GF      | 4                     |
| (Green) Apple (150g)                  | 90             | 0             | 0                 | 0             | 0                | 0           | 20              | 4                 | 14         | 1           | VEGAN, GF      | -                     |
| Avocado (68g)                         | 110            | 10            | 1.5               | 0             | 0                | 0           | 6               | 5                 | 0          | 1           | VEGAN, GF      | -                     |
| Bacon (30g)                           | 100            | 4             | 3                 | 0             | 30               | 390         | 1               | 0                 | 1          | 7           | GF             | -                     |
| Beets (40g)                           | 10             | 0             | 0                 | 0             | 0                | 35          | 2               | 0                 | 1          | 0           | VEGAN, GF      | -                     |
| Cheddar (Shredded) (34g)              | 150            | 12            | 7                 | 0             | 40               | 243         | 1               | 0                 | 0          | 7           | VEGETARIAN, GF | 2                     |
| Chicken (85g)                         | 120            | 3             | 0                 | 0             | 60               | 560         | 3               | 0                 | 1          | 20          | GF             | -                     |
| Chipotle Chicken (116g)               | 200            | 3             | 1                 | 0             | 58               | 630         | 21              | 0                 | 19         | 20          | -              | -                     |
| Croutons (3oz)                        | 110            | 3             | 0                 | 0             | 0                | 380         | 17              | 0                 | 1          | 3           | VEGETARIAN     | 2,6                   |
| Cucumber (40g)                        | 5              | 0             | 0                 | 0             | 0                | 1           | 1               | 0                 | 1          | 0           | VEGAN, GF      | -                     |
| Egg White (2.5 Patties)               | 50             | 0             | 0                 | 0             | 0                | 331         | 2               | 0                 | 1          | 10          | VEGETARIAN, GF | 1                     |
| Feta (30g)                            | 75             | 4.5           | 3                 | 0             | 16               | 364         | 2               | 0                 | 1          | 6           | VEGETARIAN, GF | 2                     |
| Fresh Strawberries (50g)              | 15             | 0             | 0                 | 0             | 0                | 0           | 4               | 1                 | 2          | 0           | VEGAN, GF      | -                     |
| Grain Friendly Granola (25g)          | 130            | 11            | 5                 | 0             | 0                | 30          | 9               | 2                 | 5          | 3           | VEGETARIAN, GF | 4                     |
| Grape Tomatoes (40g)                  | 10             | 0             | 0                 | 0             | 0                | 3           | 2               | 1                 | 1          | 1           | VEGAN, GF      | -                     |
| Kale (bowl) (80g)                     | 40             | 0.5           | 0                 | 0             | 0                | 30          | 7               | 3                 | 2          | 3           | VEGAN, GF      | -                     |
| Kale (wrap) (20g)                     | 10             | 0             | 0                 | 0             | 0                | 10          | 2               | 1                 | 0          | 1           | VEGAN, GF      | -                     |
| Morton Seasoning (0.5g)               | 0              | 0             | 0                 | 0             | 0                | 160         | 0               | 0                 | 0          | 0           | VEGAN, GF      | -                     |
| Provolone Mozzarella (Shredded) (34g) | 110            | 8             | 4.5               | 0             | 25               | 227         | 1               | 0                 | 0          | 8           | VEGETARIAN, GF | 2                     |
| Parmesan (30g)                        | 120            | 9             | 5                 | 0             | 25               | 390         | 0               | 1                 | 0          | 10          | GF             | 2                     |
| Quinoa (55g)                          | 100            | 2             | 0                 | 0             | 0                | 70          | 15              | 2                 | 1          | 3           | VEGAN, GF      | -                     |
| Red Onions (25g)                      | 10             | 0             | 0                 | 0             | 0                | 0           | 2               | 0                 | 0          | 0           | VEGAN, GF      | -                     |
| Romaine (bowl) (140g)                 | 25             | 0             | 0                 | 0             | 0                | 10          | 5               | 3                 | 2          | 2           | VEGAN, GF      | -                     |
| Romaine (wrap) (40g)                  | 5              | 0             | 0                 | 0             | 0                | 0           | 1               | 0                 | 0          | 0           | VEGAN, GF      | -                     |
| Spicy Asparagus (30g)                 | 10             | 0             | 0                 | 0             | 0                | 180         | 2               | 0                 | 0          | 0           | VEGAN, GF      | -                     |
| Spinach (bowl) (80g)                  | 20             | 0             | 0                 | 0             | 0                | 65          | 3               | 2                 | 0          | 2           | VEGAN, GF      | -                     |
| Spinach (wrap) (20g)                  | 0              | 0             | 0                 | 0             | 0                | 15          | 0               | 0                 | 0          | 1           | VEGAN, GF      | -                     |
| Turkey (50g)                          | 60             | 1             | 0                 | 0             | 25               | 445         | 2               | 0                 | 2          | 10          | GF             | -                     |

## RETAIL - BEYOND MADE BAKED GOODS

|                                   |    |   |     |   |   |    |   |   |   |   |           |      |
|-----------------------------------|----|---|-----|---|---|----|---|---|---|---|-----------|------|
| Beyond Cashew Cookies (1 ea)      | 60 | 5 | 1.5 | 0 | 0 | 60 | 4 | 0 | 2 | 1 | VEGAN, GF | 4    |
| Beyond Paleo Nut Bites (1 ea)     | 90 | 5 | 2   | 0 | 0 | 60 | 9 | 2 | 7 | 2 | VEGAN, GF | 4    |
| Beyond Peanut Butter Bites (1 ea) | 90 | 5 | 2   | 0 | 0 | 0  | 9 | 2 | 4 | 2 | VEGAN, GF | 3, 4 |

## CLEANSSES

|                       |     |    |   |   |   |     |     |   |     |    |           |   |
|-----------------------|-----|----|---|---|---|-----|-----|---|-----|----|-----------|---|
| Juice Cleanse (1 Day) | 760 | 16 | 2 | 0 | 0 | 600 | 137 | 4 | 107 | 13 | VEGAN, GF | 4 |
|-----------------------|-----|----|---|---|---|-----|-----|---|-----|----|-----------|---|

## OTHER BEVERAGES

|                                     |     |   |   |   |   |    |    |   |    |   |           |   |
|-------------------------------------|-----|---|---|---|---|----|----|---|----|---|-----------|---|
| Regular Lemonade (w/o fruit) (16oz) | 160 | 0 | 0 | 0 | 0 | 20 | 40 | 0 | 38 | 0 | VEGAN, GF | - |
| Large Lemonade (w/o fruit) (32oz)   | 320 | 0 | 0 | 0 | 0 | 35 | 80 | 0 | 77 | 0 | VEGAN, GF | - |
| Hot Lemonade (16 oz)                | 190 | 0 | 0 | 0 | 0 | 0  | 50 | 0 | 50 | 0 | VEGAN, GF | - |
| Hot Coffee (16 oz)                  | 5   | 0 | 0 | 0 | 0 | 9  | 0  | 0 | 0  | 0 | VEGAN, GF | - |

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