

# GRAIN & BERRY



**NUTRITIONAL GUIDE**



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# TASTE THE DIFFERENCE

Grain and Berry strives to be Florida's favorite superfood cafe, specializing in serving delicious Acai Bowls, Pitaya Bowls, Spirulina Bowls, Yogurt Bowls, Smoothies, Specialty Toasts, Fresh Juices, Flatbreads, Quesadillas, and International Coffees. We are a place where friends gather over lunch, a place to escape the office & work on your laptop or simply a place where you can run in & grab a healthy meal on the go. We cater for all needs including vegetarian, paleo, vegan, dairy free and gluten friendly – just ask our friendly staff.

# EMPTY CALORIES VS. NUTRITIOUS CALORIES

If you're trying to lose weight, you may think calories are your enemy. But, in fact, your body needs a certain number of calories to function, depending on your weight, age, gender and physical activity level. In addition to the amount of calories you eat and the physical exercise you engage in, the kind of calories you choose is important to achieving your weight-loss goals and cutting your risk of disease. Choose nutritious or nutrient-dense calories over empty calories for optimum health.

Empty-calorie foods have either very little or no nutrient content. They are also calorie-dense, meaning a small serving contains a disproportionately large number of calories. In addition, your body has to use your valuable saved nutrients to burn these calories. As a result, empty calories not only contribute nothing to your nutrition, but they can also deplete the nutrients your body has stored, explains Douglas Margel, D.C., in his book "The Nutrient-Dense Eating Plan." Foods such as sugar, alcohol and junk foods – including chips, soft drinks, commercial baked goods and candy – are full of empty calories. A 2-ounce candy bar with caramel and nougat, for example, contains almost 264 calories, 35 grams of sugar and only trace vitamins and minerals. In addition, it is a "fast carb" that your body will burn up quickly, leaving you hungry again soon after.



*where healthy meets delicious*



# BOWL BASES - GRANOLA - FRUIT - TOPPINGS

BOWL BASES	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	TOTAL CARBS (G)	SODIUM (MG)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
<b>Acai w/ 1 Banana</b>	1 Bowl Base	252	41	4.6	2.2	0	0	61	1.8	6.7	40	4
<b>Unsweetened Acai</b>	1 Bowl Base	246	102	11.50	2.60	0	0	26.20	17.30	6.50	10.20	3.50
<b>Pitaya</b>	1 Bowl Base	288	7	0.8	0.2	0	0	72	6.4	9	42	4
<b>Spirulina</b>	1 Bowl Base	297	18	2	0.4	0	0	73	60	8.4	47	5
<b>Yogurt</b>	1 Bowl Base	300	45	5	3	0	20	50	210	0	28	14

GRANOLA	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	TOTAL CARBS (G)	SODIUM (MG)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
<b>Small Granola</b>	4 oz	450	148	16.4	2	0	0	74	154	6	24.6	8
<b>Medium Granola</b>	2 oz	225	74	8.2	1	0	0	37	77	3	12.2	4
<b>Large Granola</b>	6 oz	675	222	24.6	3	0	0	111	231	9	36.8	12

FRUIT	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	TOTAL CARBS (G)	SODIUM (MG)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
<b>Strawberries</b>	1.7 oz	15	0	0	0	0	0	3.7	0	1	2.4	0
<b>Blueberries</b>	0.6 oz	10	0	0	0	0	0	2.5	0	0	1.7	0
<b>Pineapple</b>	1.7 oz	24	0	0	0	0	0	6.3	0	1	4.7	0
<b>Mango</b>	2.5	43	0	0	0	0	0	11	0	1	10	1
<b>Banana</b>	1 Banana/ 3 oz	105	0	0	0	0	0	27	1	3	14	1
<b>Kiwi</b>	0.9 oz	16	0	0	0	0	0	3.7	1	1	2.3	0

TOPPINGS	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	TOTAL CARBS (G)	SODIUM (MG)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
<b>Peanut Butter</b>	0.4	68	48	5.3	0.8	0	0	3	1	0.8	0.8	3
<b>Hazelnut Spread</b>	0.5 oz	77	36	4	1.3	0	0	8	0	0	8	1
<b>Honey</b>	0.1 oz	9	0	0	0	0	0	2.3	0	0	2.3	0
<b>Coconut (Shredded)</b>	0.2 oz	37	33	3.7	3.2	0	0	1.3	2	1	0.4	0.4
<b>Almond Butter</b>	0.4 oz	74	58	6.4	0.5	0	0	2	0	1.4	0.4	2.5
<b>Almond Slices</b>	0.2 oz	32	25	2.8	0	0	0	1	0	1	0	1.3
<b>Hemp Seed</b>	0.1 oz	16	13	1.4	0	0	0	0	0	0	0	1
<b>Chia Seeds</b>	1 tsp	16	9	1	0	0	0	1.4	1	1	0	0.6
<b>Crushed Nuts</b>	0.1 oz	16	13	1.4	0	0	0	0.5	1	0	0	1



\*Based on daily calorie intake, indicating that 2,000 calories a day is used for general nutrition advice, but calorie needs may vary.



# PROTEIN POWDER - FROZEN FRUITS

PROTEIN POWDER	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	TOTAL CARBS (G)	SODIUM (MG)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
<b>Chocolate</b> (Plant Based)	1 Scoop	75	20	2	0	0	0	7.50	100	3.50	0	10.5
<b>Vanilla</b> (Plant Based)	1 Scoop	75	20	2	0	0	0	7.50	90	2.50	0	10.5
<b>Peanut Butter</b> (Plant Based)	1 Scoop	75	23	2.5	0.25	0	0	8	190	3	0.5	10.5
<b>Strawberry</b> (Plant Based)	1 Scoop	90	23	2.5	0.5	0	0	8	145	0	0.5	10.5
<b>Coffee</b> (Plant Based)	1 Scoop	85	23	2.5	0	0	0	7.5	145	0	0.5	10.5

FROZEN FRUITS	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	TOTAL CARBS (G)	SODIUM (MG)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
<b>Frozen Banana</b>	1 cup	140	0	0.50	0	0	0	34	15	0	22	1
<b>Frozen Pineapple</b>	1 cup	70	0	0	0	0	0	18	0	2	14	0
<b>Frozen Mango</b>	1 cup	133	0	0	0	0	0	31.99	0	2.66	23.99	0
<b>Frozen Kale</b>	1 cup	39	5	0.60	0.10	0	0	6.80	19.50	2.60	1.70	3.70
<b>Frozen Peaches</b>	1 oz	26	0	0	0	0	0	6.70	1.70	0.50	6.20	0.20
<b>Frozen Strawberry</b>	1 oz	10	0	0	0	0	0	2.60	0.60	0.60	1.30	0.10
<b>Frozen Mixed Berries</b>	1 cup	80	0	1	0	0	0	19	0	7	11	1
<b>Frozen Pitaya</b>	1 packet	60	0	1	0	0	0	13	0	3	8	2
<b>Frozen Acai</b>	1 packet	128	50	5.60	1.30	0	0	19	8.20	2.20	15	1.30
<b>Blue Majik Spirulina Extract</b>	1 scoop	5	0	0	0	0	0	0	15	0	0	0

\*Based on daily calorie intake, indicating that 2,000 calories a day is used for general nutrition advice, but calorie needs may vary.



# YOGURT PARFAITS - SMOOTHIES - MILK SUBSTITUTES

YOGURT PARFAITS	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	TOTAL CARBS (G)	SODIUM (MG)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
<b>Grain &amp; Berry Parfait</b>	16oz	490	60	13.31	4.50	0	0	110.70	222.86	6.87	61.94	16.81
<b>Feed The Soul Parfait</b>	16oz	355	2	7.25	0.97	0	0	90.49	180.30	4.38	51.02	14.55
<b>Relax, Eat, Repeat Parfait</b>	16oz	487	63	13.62	3.81	0	0	108.85	215.89	6.43	60.90	17.30

SMOOTHIES	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	TOTAL CARBS (G)	SODIUM (MG)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
<b>Magic Dragon</b>	16oz	287	41	4.5	0.1	0	0	63	17	9.9	46	6.3
<b>Jammin</b>	16oz	293	21	2.3	1.1	0	6.1	64	83	5.7	47	8.3
<b>Strawberry Fields</b>	16oz	307	38	4.2	0.7	0	40	44	332	5.8	23	27
<b>Vacation</b>	16oz	323	36	4	0.5	0	0	75	139	8.7	54	5
<b>Purple Rain</b>	16oz	332	90	9.8	0.8	0	0	62	224	7.8	39	4.3
<b>Health Nut</b>	16oz	387	126	14	2	0	0	61	443	8.8	30	17
<b>Healthy Elvis</b>	16oz	387	117	13	2.2	0	0	61	393	9.3	30	17
<b>Just Peachy</b>	16oz	356	18	2	0.3	0	5.3	69	119	5	47	20
<b>Bean Healthy</b>	16 oz	430	129	14	2.7	0	0	64	372	6.5	33	19

MILK SUBSTITUTES	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	TOTAL CARBS (G)	SODIUM (MG)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
<b>Almond Milk</b>	1 cup	30	25	2.50	0	0	0	1	125	0	0	1
<b>Vanilla Almond Milk</b>	1 cup	30	20	2.50	0	0	0	1	170	0	0	1
<b>Coconut Milk</b>	1 cup	45	40	4.50	4	0	0	2	15	1	0	0
<b>Soy Milk</b>	1 cup	80	0	4	0.50	0	0	3	75	2	1	7
<b>Orange Juice</b>	1 cup	112	4	0.50	0.10	0	0	25.80	2.50	0.50	20.80	1.70

\*Based on daily calorie intake, indicating that 2,000 calories a day is used for general nutrition advice, but calorie needs may vary.



# PRESSED SHOTS - FRESH JUICES

HEALTHY SHOTS	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	TOTAL CARBS (G)	SODIUM (MG)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
<b>Turmeric Shot</b>	2 oz	30	0	0	0	0	6	7	0	0	7	0
<b>Ginger Shot</b>	2 oz	30	0	0	0	0	0	6	0	0	1	0
<b>Wheatgrass Shot</b>	2 oz	5	0	0	0	0	0	1	0	0	0	0

FRESH JUICES	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	TOTAL CARBS (G)	SODIUM (MG)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
<b>Summer Glow</b>	16 oz	294	12	1.3	0.3	0	0	72	267	18	38	5.4
<b>Elvis Parsley</b>	16 oz	166	16	1.8	0.4	0	0	35	698	13	13	8.1
<b>Turn The Beet Around</b>	16 oz	384	13	1.4	0.2	0	0	98	168	20	62	5
<b>Detox</b>	16 oz	101	4	0.4	0.1	0	0	27	293	5.3	19	1
<b>Southern Apple Pie</b>	16 oz	308	8	0.9	0.1	0	0	82	6	13	61	2
<b>50 Shades of Green</b>	16 oz	444	14	1.5	0.3	0	0	117	14	18	83	4.9
<b>Hale To The Kale</b>	16 oz	300	14	1.6	0.2	0	0	74	64	12	48	7.4
<b>Healer</b>	16 oz	310	8	0.9	0.1	0	0	81	8.1	11	57	4.9
<b>Beet The Heat</b>	16 oz	279	10	1.1	0.2	0	0	74	50	13	53	2.7

\*Based on daily calorie intake, indicating that 2,000 calories a day is used for general nutrition advice, but calorie needs may vary.



# SPECIALTY TOASTS • FLATBREADS • QUESADILLAS

SPECIALTY TOAST	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	TOTAL CARBS (G)	SODIUM (MG)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
<b>Cheesy Caprese</b>	1 Slice	312	126	14	4	0	20	36	596	5	5	13
<b>Berry Bliss</b>	1 Slice	288	104	12	1	0	0	41	382	5	11	9
<b>Guac and Roll</b>	1 Slice	371	162	18	7	0	213	34	809	3	5	20
<b>Best of Cluck</b>	1 Slice	330	133	15	3	0	14	38	724	4	3	15
<b>Green Monstah</b>	1 Slice	300	144	16	5	0	9	34	634	5	3	8
<b>Live Life on the Veg</b>	1 Slice	214	59	6.5	1.4	0	8	33	520	3.4	4	8
<b>Toasted Elvis Base</b> Toast + Banana	1 Slice	175	23	2.5	0	0	0	35	380	3	5.5	5
<b>Toasted Elvis</b> with Peanut Butter	1 Slice	95	72	8	1.4	0	0	4	69	1	2	4
<b>Toasted Elvis</b> with Nutella	1 Slice	200	99	11	3.5	0	0	22	0	1	21	3
<b>Toasted Elvis</b> with Almond Butter	1 Slice	96	78	8.7	3.5	0	0	3	1	1.6	0.7	3

FLATBREADS	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (G)	TOTAL CARBS (G)	SODIUM (MG)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
<b>Let's Go Pesto</b>	1 Flatbread	687	351	39	13	0	70	45	1458	9.8	13	41
<b>Meat Your Heart Out</b>	1 Flatbread	387	153	17	7.8	0	50	27	1085	9.7	5.4	31
<b>Go Fig Or Go Home</b>	1 Flatbread	817	468	52	17	0	87	56	843	6.3	40	29
<b>Kickin' Chicken</b>	1 Flatbread	485	207	23	10	0	62	32	2467	9.5	2.6	37

QUESADILLAS	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (G)	TOTAL CARBS (G)	SODIUM (MG)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
<b>Meat Your Heart Out</b>	1 Quesadilla	637	225	25	11	0	81	50	1811	17	9.5	49
<b>Go Fig Or Go Home</b>	1 Quesadilla	842	342	38	17	0	117	73	1327	12	42	45
<b>Let's Go Pesto</b>	1 Quesadilla	899	414	46	16	0	100	62	1943	16	14	58
<b>Kickin' Chicken</b>	1 Quesadilla	697	279	31	13	0	92	49	2952	16	4.1	54
<b>Thanks A Brunch</b>	1 Quesadilla	788	369	41	21	0	339	41	1489	14	7.4	53

\*Based on daily calorie intake, indicating that 2,000 calories a day is used for general nutrition advice, but calorie needs may vary.