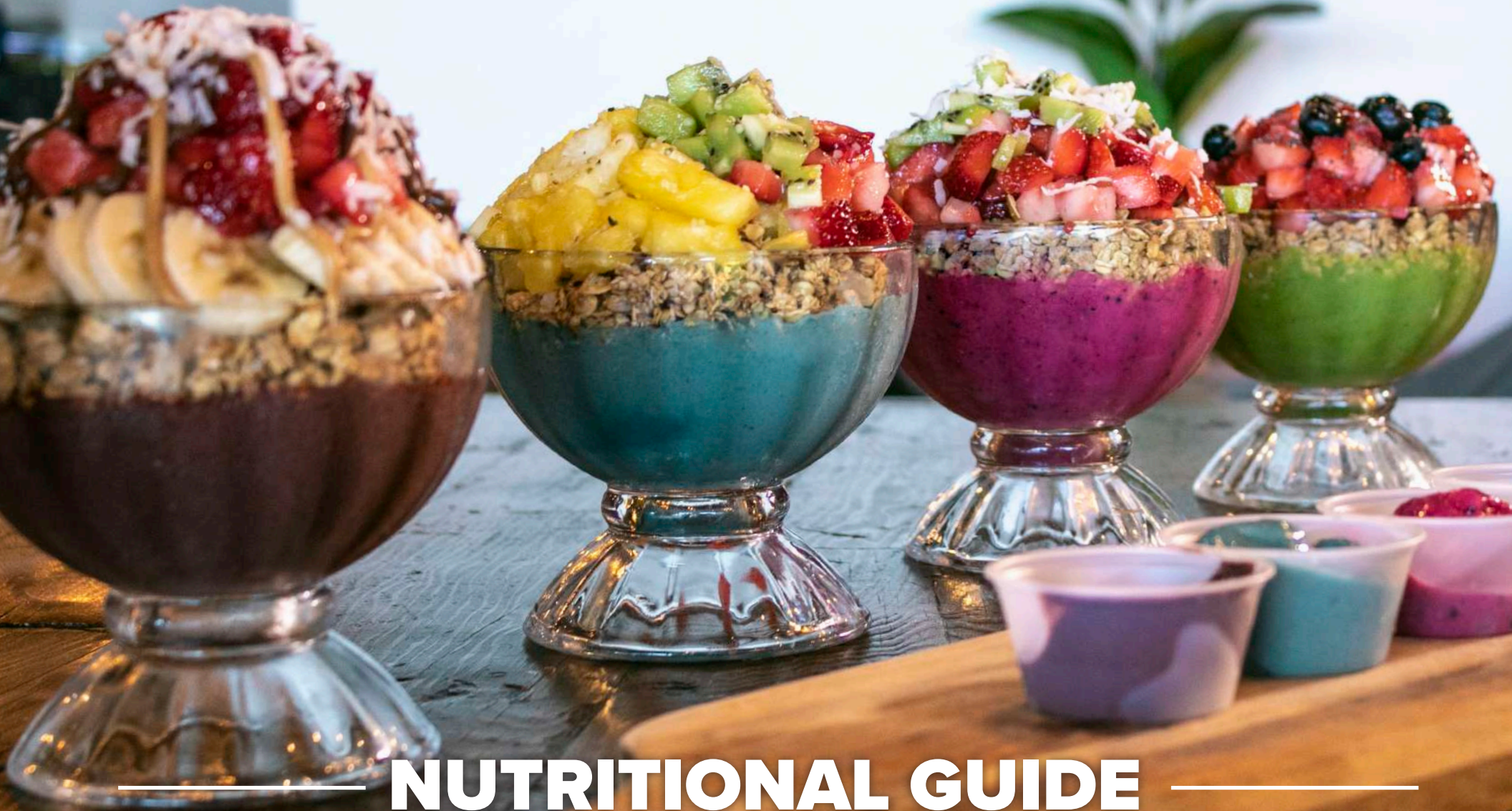


GRAIN & BERRY



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, Kale Bowls, Oatmeal Bowls, Yogurt Bowls, Smoothies, Avocado Toast, Fresh Juices, 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 free – 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 (G)	TOTAL CARBS (G)	SODIUM (MG)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Acai w/ 1 Banana	1 Bowl Base	331	102	11.50	2.60	0	0	57.20	17.30	6.50	40.20	3.50
Unsweetened Acai	1 Bowl Base	246	102	11.50	2.60	0	0	26.20	17.30	6.50	10.20	3.50
Pitaya	1 Bowl Base	205	2	1.30	0	0	0	50.20	0.90	7.10	32.20	2.90
Kale	1 Bowl Base	273	26	2.78	0.10	0	0	60.75	114.15	8.03	37.90	5.32
Spirulina	1 Bowl Base	224	7	0.93	0	0	0	53.45	58.4	5.43	36.20	1.15

GRANOLA	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)
Oats & Honey	2.5 oz	240	0	6.23	0.89	0	0	40.94	48.95	2.67	12.46	5.34

FRUIT	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)
Strawberries	1 oz	9	1	0.10	0	0	0	2.20	0.30	0.60	1.40	0.20
Blueberries	0.8 oz	13	1	0.08	0	0	0	3.28	0.24	0.56	2.24	0.16
Pineapple	1 oz	14	0	0	0	0	0	3.70	0.30	0.40	2.80	0.20
Mango	1 oz	18	1	0.10	0	0	0	4.80	0.60	0.50	4.10	0.10
Banana	1 Banana/3 oz	75	2	0.30	0	0	0	19.20	0.90	2.10	10.20	0.90
Kiwi	0.8 oz	14	1	0.08	0	0	0	3.28	0.64	0.64	2	0.24
Apple	1 oz	15	0	0	0	0	0	3.90	0.30	0.70	2.90	0.10

TOPPINGS	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)
Peanut Butter	0.25 oz	41	30	3.53	0.73	0	0	1.40	32.25	0.43	0.65	1.75
Hazelnut Spread	0.25 oz	38	19	2.08	2	0	0	4.35	2.88	0.38	3.78	0.38
Honey	0.1 oz	9	0	0	0	0	0	2.31	0.11	0.01	2.30	0.01
Coconut (Shredded)	0.1 oz	14	8	0.99	0.88	0	0	1.33	7.34	0.13	1.21	0.08
Agave	0.1 oz	2	2	0	0	0	0	0.45	0.39	0.18	0.07	0.01
Almond Butter	0.25 oz	44	35	4.15	0.40	0	0	1.47	31.50	0.25	0.35	1.05
Almond Slices	0.1 oz	16	12	1.38	0.10	0	0	0.61	0.03	0.34	0.11	0.59
Hemp Seed	0.5 tsp	10	0	0.84	0.08	0	0	0.06	0	0.06	0.06	0.56
Chia Seeds	0.5 tsp	10	0	0.59	0.07	0	0	0.86	0	0.66	0	0.33
Crushed Nuts	0.1 oz	16	12	1.38	0.19	0	0	0.45	0.50	0.24	0.11	0.72
Yogurt	4 fl. oz	30	0	0	0	0	0	19	65	0	15	4
Ground Ginger	1 tsp	6	1	.10	0	0	0	1.20	0.60	0.20	0.10	0.20



*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 • MILK SUBSTITUTES

PROTEIN POWDER	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)
Chocolate <i>(Plant Based)</i>	1 Scoop	75	20	2	0	0	0	7.50	100	3.50	0	10.50
Vanilla <i>(Plant Based)</i>	1 Scoop	75	20	2	0	0	0	7.50	90	2.50	0	10.50
Peanut Butter <i>(Plant Based)</i>	1 Scoop	80	23	2.50	0.25	0	0	8	190	3	0.50	10.50
Strawberry <i>(Plant Based)</i>	1 Scoop	200	0	6	2	0	65	15	160	0	5	22

FROZEN FRUITS	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)
Frozen Banana	1 cup	140	0	0.50	0	0	0	34	15	0	22	1
Frozen Pineapple	1 cup	70	0	0	0	0	0	18	0	2	14	0
Frozen Mango	1 cup	133	0	0	0	0	0	31.99	0	2.66	23.99	0
Frozen Kale	1 cup	39	5	0.60	0.10	0	0	6.80	19.50	2.60	1.70	3.70
Frozen Peaches	1 oz	26	0	0	0	0	0	6.70	1.70	0.50	6.20	0.20
Frozen Strawberry	1 oz	10	0	0	0	0	0	2.60	0.60	0.60	1.30	0.10
Frozen Mixed Berries	1 cup	80	0	1	0	0	0	19	0	7	11	1
Frozen Pitaya	1 packet	60	0	1	0	0	0	13	0	3	8	2
Frozen Acai	1 packet	128	50	5.60	1.30	0	0	19	8.20	2.20	15	1.30
Blue Majik Spirulina Extract	1 scoop	5	0	0	0	0	0	0	15	0	0	0

MILK SUBSTITUTES	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)
Almond Milk	1 cup	30	25	2.50	0	0	0	1	125	0	0	1
Vanilla Almond Milk	1 cup	30	20	2.50	0	0	0	1	170	0	0	1
Coconut Milk	1 cup	45	40	4.50	4	0	0	2	15	1	0	0
Soy Milk	1 cup	80	0	4	0.50	0	0	3	75	2	1	7
Orange Juice	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.



ACAI BOWLS	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)
Grain & Berry	16 oz Bowl	761	163	24.81	7.10	0	0	129.90	110.16	13.37	72.14	12.31
<i>with half portion of granola</i>	16 oz Bowl	640	163	21.70	6.66	0	0	109.43	85.69	12.04	65.91	9.64
<i>with half portion of granola and no toppings</i>	16 oz Bowl	547	106	15.10	3.05	0	0	102.35	43.22	11.10	60.27	7.43
Relax, Eat, Repeat	16 oz Bowl	767	166	25.22	6.41	0	0	130.25	103.49	13.53	72.50	13
<i>with half portion of granola</i>	16 oz Bowl	647	166	22.11	5.97	0	0	109.78	79.02	12.20	66.27	10.33
<i>with half portion of granola and no toppings</i>	16 oz Bowl	544	106	15.12	3.05	0	0	101.27	43.28	11.14	59.43	7.47
Mango Passion	16 oz Bowl	658	124	20.25	4.47	0	0	115.14	75.08	11	66.63	9.97
<i>with half portion of granola</i>	16 oz Bowl	538	124	17.14	4.03	0	0	94.67	50.61	9.67	60.40	7.30
<i>with half portion of granola and no toppings</i>	16 oz Bowl	499	104	14.77	3.05	0	0	90.42	43.13	9.19	56.78	6.62
Good Karma	16 oz Bowl	707	106	18.78	3.56	0	0	127.07	68.14	13.14	69.40	10.48
<i>with half portion of granola</i>	16 oz Bowl	570	106	15.67	3.11	0	0	106.60	43.67	11.81	63.17	7.81
<i>with half portion of granola and no toppings</i>	16 oz Bowl	552	106	15.08	3.05	0	0	103.43	43.56	11.14	60.87	7.47
Chillin	16 oz Bowl	752	154	23.72	6.22	0	0	130.07	103.22	13.12	72.09	12.31
<i>with half portion of granola</i>	16 oz Bowl	632	154	20.61	5.78	0	0	109.60	78.75	11.79	65.86	9.64
<i>with half portion of granola and no toppings</i>	16 oz Bowl	553	106	15	3.05	0	0	103.85	43.62	10.98	61.43	7.51
Feed The Soul	16 oz Bowl	626	104	18.75	3.57	0	0	109.69	67.60	10.88	61.22	10.05
<i>with half portion of granola</i>	16 oz Bowl	506	104	15.64	3.13	0	0	89.22	43.13	9.54	54.99	7.38
<i>with half portion of granola and no toppings</i>	16 oz Bowl	488	104	14.80	3.05	0	0	86.85	43.02	9.48	52.63	6.81

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



PITAYA BOWLS	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)
Key West Sunset	16oz Bowl	598	33	10.98	3.77	0	0	123	61.51	13.34	64.89	9.96
<i>with half portion of granola</i>	16oz Bowl	478	33	7.87	3.33	0	0	102.53	37.04	12.01	58.66	7.29
<i>with half portion of granola and no toppings</i>	16oz Bowl	426	6	4.80	0.45	0	0	96.85	26.82	11.50	53.67	6.83
California Dream	16oz Bowl	526	12	9.26	1.84	0	0	108.39	58.65	11.92	58.52	9.11
<i>with half portion of granola</i>	16oz Bowl	406	12	6.15	1.39	0	0	87.92	34.18	10.59	52.29	6.44
<i>with half portion of granola and no toppings</i>	16oz Bowl	373	4	4.57	0.45	0	0	83.42	26.73	9.79	48.78	6.02
Carpe Diem	16oz Bowl	617	54	13.64	3.62	0	0	120.49	86.48	13.88	62.09	11.67
<i>with half portion of granola</i>	16oz Bowl	497	54	10.53	3.18	0	0	100.02	62.01	12.55	55.86	9
<i>with half portion of granola and no toppings</i>	16oz Bowl	418	6	4.92	0.45	0	0	94.27	26.88	11.74	51.43	6.87
Dragon Berry	16oz Bowl	635	63	14.61	4.50	0	0	122.90	93.76	13.97	64.14	11.71
<i>with half portion of granola</i>	16oz Bowl	514	63	11.50	4.06	0	0	102.43	69.29	12.64	57.91	9.04
<i>with half portion of granola and no toppings</i>	16oz Bowl	421	6	4.90	0.45	0	0	95.35	26.82	11.70	52.27	6.83
Superfruit	16oz Bowl	508	13	9.39	1.84	0	0	103.32	58.14	12.33	53.21	9.22
<i>with half portion of granola</i>	16oz Bowl	388	13	6.28	1.39	0	0	82.85	33.67	11	46.98	6.55
<i>with half portion of granola and no toppings</i>	16oz Bowl	356	4	4.70	0.45	0	0	78.35	26.22	10.20	43.47	6.13
Namaste	16oz Bowl	528	32	10.88	3.77	0	0	104.50	61.31	12.12	54.45	9.34
<i>with half portion of granola</i>	16oz Bowl	408	32	7.77	3.33	0	0	84.03	36.84	10.79	48.22	6.67
<i>with half portion of granola and no toppings</i>	16oz Bowl	357	5	4.70	0.45	0	0	78.35	26.62	10.28	43.23	6.21

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

SPIRULINA BOWLS



SPIRULINA BOWLS	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)
Seas The Day	16oz Bowl	519	9	8.18	0.97	0	0	105.93	108.70	9.81	57.21	7.70
<i>with half portion of granola</i>	16oz Bowl	399	9	5.06	0.53	0	0	85.46	84.23	8.47	50.98	5.03
<i>with half portion of granola and no toppings</i>	16oz Bowl	381	9	4.22	0.45	0	0	83.10	84.12	8.41	48.63	4.46
Vitamin Sea	16oz Bowl	527	18	9.02	1.84	0	0	106.56	115.64	10.66	57.21	7.47
<i>with half portion of granola</i>	16oz Bowl	407	18	5.90	1.39	0	0	86.09	91.17	9.33	50.98	4.80
<i>with half portion of granola and no toppings</i>	16oz Bowl	375	9	4.32	0.45	0	0	81.60	83.72	8.53	47.47	4.38
Berry Blue	16oz Bowl	654	68	14.24	4.50	0	0	126.15	151.26	12.30	68.14	9.96
<i>with half portion of granola</i>	16oz Bowl	534	68	11.12	4.06	0	0	105.68	126.79	10.97	61.91	7.29
<i>with half portion of granola and no toppings</i>	16oz Bowl	441	11	4.52	0.45	0	0	98.60	84.32	10.03	56.27	5.08
Beach Please	16oz Bowl	584	11	8.21	0.96	0	0	123.31	109.24	12.07	65.40	8.13
<i>with half portion of granola</i>	16oz Bowl	464	11	5.09	0.51	0	0	102.84	84.77	10.74	59.17	5.46
<i>with half portion of granola and no toppings</i>	16oz Bowl	445	11	4.50	0.45	0	0	99.68	84.66	10.07	56.87	5.12
Tropical Blue	16oz Bowl	551	29	9.68	1.87	0	0	111.39	116.18	9.93	62.63	7.62
<i>with half portion of granola</i>	16oz Bowl	431	29	6.56	1.43	0	0	90.92	91.71	8.60	56.40	4.95
<i>with half portion of granola and no toppings</i>	16oz Bowl	392	9	4.19	0.45	0	0	86.67	84.23	8.12	52.78	4.27
Blue Wave	16oz Bowl	636	59	13.27	3.62	0	0	123.74	143.98	12.21	66.09	9.92
<i>with half portion of granola</i>	16oz Bowl	516	59	10.15	3.18	0	0	103.27	119.51	10.88	59.86	7.25
<i>with half portion of granola and no toppings</i>	16oz Bowl	437	11	4.54	0.45	0	0	97.52	84.38	10.07	55.43	5.12

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

KALE BOWLS	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)
Don't Kale My Vibe	16oz Bowl	693	78	15.12	3.72	0	0	133.35	199.84	14.82	70.09	14.13
<i>with half portion of granola</i>	16oz Bowl	573	78	12	3.28	0	0	112.88	175.37	13.49	63.86	11.46
<i>with half portion of granola and no toppings</i>	16oz Bowl	486	30	6.39	0.55	0	0	104.82	140.13	12.67	57.13	9.32
Oh, Kale No	16 oz Bowl	604	58	13.41	1.79	0	0	113.93	196.30	13.56	58.35	13.34
<i>with half portion of granola</i>	16oz Bowl	483	58	10.29	1.34	0	0	93.46	171.83	12.23	52.12	10.67
<i>with half portion of granola and no toppings</i>	16oz Bowl	424	28	6.17	0.55	0	0	88.90	139.47	11.13	49.17	8.58

SMOOTHIES	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)
Vacation	16oz	271	26	2.65	0	0	0	60.59	125.45	5.71	43.09	1.45
Magic Dragon	16oz	323	28	3.73	0.03	0	0	72.81	134.09	8.13	58.36	4.59
Jammin	16oz	181	3	0.93	0.03	0	0	56.46	66.64	5.74	38.20	5.84
Strawberry Fields	16oz	413	26	9	2	0	65.00	61.44	302.64	2.64	32.72	24.44
Green Whisper	16oz	266	42	4	0.03	0	0	54.84	193.37	5.69	38.59	2.64
Purple Rain	16oz	345	82	9.23	1.30	0	0	64.47	180.77	4.02	43.36	3.77
Health Nut	16oz	335	77	9.16	0.98	0	0	55.21	366.11	3.44	30.95	14.51
Healthy Elvis	16oz	330	75	8.66	0.73	0	0	54.71	276.11	3.94	30.45	14.51

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





YOGURT BOWLS • YOGURT PARFAITS • YOGURT BANANA SPLITS

YOGURT BOWLS	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)
Wake Up	16oz Bowl	518	104	14.80	3.05	0	0	105.85	108.02	9.48	67.63	10.81
<i>with half portion of granola</i>	16oz Bowl	457	104	13.24	2.82	0	0	95.62	95.78	8.81	64.52	9.48
<i>with half portion of granola and no toppings</i>	16oz Bowl	457	104	13.24	2.82	0	0	95.62	95.78	8.81	64.52	9.48
Fresh Start	16oz Bowl	629	133	18.17	5.93	0	0	127.03	118.44	11.61	80.26	11.89
<i>with half portion of granola</i>	16oz Bowl	569	133	16.61	5.70	0	0	116.80	106.20	10.94	77.15	10.56
<i>with half portion of granola and no toppings</i>	16oz Bowl	517	106	13.54	2.82	0	0	111.12	95.98	10.43	72.16	10.10

YOGURT PARFAITS	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)
Grain & Berry Parfait	16oz	490	60	13.31	4.50	0	0	110.70	222.86	6.87	61.94	16.81
<i>with no toppings</i>	16oz	398	3	6.63	0.89	0	0	104.04	180.45	5.77	56.86	14.64
Feed The Soul Parfait	16oz	355	2	7.25	0.97	0	0	90.49	180.30	4.38	51.02	14.55
<i>with no toppings</i>	16oz	337	2	6.41	0.89	0	0	88.12	180.19	4.31	48.66	13.98
Relax, Eat, Repeat Parfait	16oz	487	63	13.62	3.81	0	0	108.85	215.89	6.43	60.90	17.30
<i>with no toppings</i>	16oz	384	3	6.63	0.89	0	0	100.34	180.15	5.37	54.06	14.44

YOGURT BANANA SPLITS	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)
Grain & Berry Split	One split	370	60	10.20	4.06	0	0	90.23	198.39	5.54	55.71	14.14
<i>with no toppings</i>	One split	277	4	3.60	0.45	0	0	83.15	155.92	4.60	50.07	11.93
Feed The Soul Split	One split	310	4	4.44	0.53	0	0	89.22	156.73	5.14	54.99	12.78
<i>with no toppings</i>	One split	292	4	3.60	0.45	0	0	86.85	156.62	5.08	52.63	12.21
Relax, Eat, Repeat Split	One split	367	63	10.51	3.37	0	0	88.38	191.42	5.10	54.67	14.63
<i>with no toppings</i>	One split	264	3	3.52	0.45	0	0	79.87	155.68	4.04	47.83	11.77

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



AVOCADO TOAST • PRESSED SHOTS • FRESH JUICES

AVOCADO TOAST	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)
The Roasted Red	1 Slice	265	71	8.402	1.332	0	0	40.728	1105.28	5.018	2.044	8.632
Egg & Avocado	1 Slice	333	114	13.252	2.832	0	0	40.628	1147.69	4.768	2.344	14.832
The Caprese	1 Slice	349	106	12.62	3.852	0	0	45.524	612.846	5.702	3.82	15.674
Everything Avocado	1 Slice	340	120	14.012	4.572	0	0	42.888	733.38	4.768	2.484	9.552

PRESSED SHOTS	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)
Turmeric Shot	2 oz.	30	0	0	0	0	6	7	0	0	7	0
Ginger Shot	2 oz.	30	0	0	0	0	0	6	0	0	1	0
Wheatgrass Shot	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 (G)	TOTAL CARBS (G)	SODIUM (MG)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Summer Glow	16 oz	368	19	2.374	0.225	0	0	89.486	328.954	19.163	52.059	7.72
Elvis Parsley	16 oz	140	12	0.252	0	0	0	32.64	301.978	7.366	14.024	6.298
Turn The Beet Around	16 oz	477	16	2.01	0.30	0	0	123.49	265.72	26.59	75.32	6.82
Detox	16 oz	395	12	1.35	0.4	0	0	106.7	9.3	20.15	75.6	3.15
Southern Apple Pie	16 oz	323	9	0.1	0.05	0	0	85.4	8.292	13.204	62.258	3.162
50 Shades of Green	16 oz	336	12	0.084	0.042	0	0	87.966	18.294	13.758	59.848	5.604
Hale To The Kale	16 oz	487	18	1.108	0	0	0	123.7	75.252	15.02	81.872	10.834
Healer	16 oz	283	11	2.002	0.05	0	0	73.228	3.484	14.558	55.922	4.248
Melon Mojito	16 oz	114	6	0.084	0.042	0	0	29.04	7.836	2.116	20.99	2.896
Beet The Heat	16 oz	417	13	0.202	0.025	0	0	112.376	53.498	21.884	79.151	4.175

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