

GRAIN & BERRY



NUTRITIONAL GUIDE



Table of Contents

- 2 — Introduction
- 3 — Bowl Bases
- 3 — Granola
- 3 — Fruit
- 3 — Toppings
- 4 — Protein Powder
- 4 — Frozen Fruits

- 5 — Yogurt Parfaits
- 5 — Smoothies
- 6 — Healthy Shots
- 6 — Fresh Juices
- 6 — Specialty Toasts
- 7 — Flatbread
- 7 — Quesadillas

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)
Acai w/ 1 Banana	1 Bowl Base	252	41	4.6	2.2	0	0	61	1.8	6.7	40	4
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	288	7	0.8	0.2	0	0	72	6.4	9	42	4
Spirulina	1 Bowl Base	297	18	2	0.4	0	0	73	60	8.4	47	5
Yogurt	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)
Small Granola	2 oz	225	74	8.2	1	0	0	37	77	3	12.2	4
Medium Granola	4 oz	450	148	16.4	2	0	0	74	154	6	24.6	8
Large Granola	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)
Strawberries	1.7 oz	15	0	0	0	0	0	3.7	0	1	2.4	0
Blueberries	0.6 oz	10	0	0	0	0	0	2.5	0	0	1.7	0
Pineapple	1.7 oz	24	0	0	0	0	0	6.3	0	1	4.7	0
Mango	2.5	43	0	0	0	0	0	11	0	1	10	1
Banana	1 Banana/ 3 oz	105	0	0	0	0	0	27	1	3	14	1
Kiwi	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)
Peanut Butter	0.4	68	48	5.3	0.8	0	0	3	1	0.8	0.8	3
Hazelnut Spread	0.5 oz	77	36	4	1.3	0	0	8	0	0	8	1
Honey	0.1 oz	9	0	0	0	0	0	2.3	0	0	2.3	0
Coconut (Shredded)	0.2 oz	37	33	3.7	3.2	0	0	1.3	2	1	0.4	0.4
Almond Butter	0.4 oz	74	58	6.4	0.5	0	0	2	0	1.4	0.4	2.5
Almond Slices	0.2 oz	32	25	2.8	0	0	0	1	0	1	0	1.3
Hemp Seed	0.1 oz	16	13	1.4	0	0	0	0	0	0	0	1
Chia Seeds	1 tsp	16	9	1	0	0	0	1.4	1	1	0	0.6
Crushed Nuts	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)
Chocolate (Plant Based)	1 Scoop	75	20	2	0	0	0	7.50	100	3.50	0	10.5
Vanilla (Plant Based)	1 Scoop	75	20	2	0	0	0	7.50	90	2.50	0	10.5
Peanut Butter (Plant Based)	1 Scoop	75	23	2.5	0.25	0	0	8	190	3	0.5	10.5
Strawberry (Plant Based)	1 Scoop	90	23	2.5	0.5	0	0	8	145	0	0.5	10.5
Coffee (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)
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 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	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

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)
Grain & Berry Parfait	16oz	490	60	13.31	4.50	0	0	110.70	222.86	6.87	61.94	16.81
Feed The Soul Parfait	16oz	355	2	7.25	0.97	0	0	90.49	180.30	4.38	51.02	14.55
Relax, Eat, Repeat Parfait	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)
Magic Dragon	16oz	287	41	4.5	0.1	0	0	63	17	9.9	46	6.3
Jammin	16oz	293	21	2.3	1.1	0	6.1	64	83	5.7	47	8.3
Strawberry Fields	16oz	307	38	4.2	0.7	0	40	44	332	5.8	23	27
Vacation	16oz	323	36	4	0.5	0	0	75	139	8.7	54	5
Purple Rain	16oz	332	90	9.8	0.8	0	0	62	224	7.8	39	4.3
Health Nut	16oz	387	126	14	2	0	0	61	443	8.8	30	17
Healthy Elvis	16oz	387	117	13	2.2	0	0	61	393	9.3	30	17
Just Peachy	16oz	356	18	2	0.3	0	5.3	69	119	5	47	20
Bean Healthy	16 oz	430	129	14	2.7	0	0	64	372	6.5	33	19

*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)
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 (MG)	TOTAL CARBS (G)	SODIUM (MG)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Summer Glow	16 oz	294	12	1.3	0.3	0	0	72	267	18	38	5.4
Elvis Parsley	16 oz	166	16	1.8	0.4	0	0	35	698	13	13	8.1
Turn The Beet Around	16 oz	384	13	1.4	0.2	0	0	98	168	20	62	5
Detox	16 oz	101	4	0.4	0.1	0	0	27	293	5.3	19	1
Southern Apple Pie	16 oz	308	8	0.9	0.1	0	0	82	6	13	61	2
50 Shades of Green	16 oz	444	14	1.5	0.3	0	0	117	14	18	83	4.9
Hale To The Kale	16 oz	300	14	1.6	0.2	0	0	74	64	12	48	7.4
Healer	16 oz	310	8	0.9	0.1	0	0	81	8.1	11	57	4.9
Beet The Heat	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)
Cheesy Caprese	1 Slice	312	126	14	4	0	20	36	596	5	5	13
Berry Bliss	1 Slice	288	104	12	1	0	0	41	382	5	11	9
Guac and Roll	1 Slice	371	162	18	7	0	213	34	809	3	5	20
Best of Cluck	1 Slice	330	133	15	3	0	14	38	724	4	3	15
Green Monstah	1 Slice	300	144	16	5	0	9	34	634	5	3	8
Live Life on the Veg	1 Slice	214	59	6.5	1.4	0	8	33	520	3.4	4	8
Toasted Elvis Base Toast + Banana	1 Slice	175	23	2.5	0	0	0	35	380	3	5.5	5
Toasted Elvis with Peanut Butter	1 Slice	95	72	8	1.4	0	0	4	69	1	2	4
Toasted Elvis with Nutella	1 Slice	200	99	11	3.5	0	0	22	0	1	21	3
Toasted Elvis 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)
Let's Go Pesto	1 Flatbread	687	351	39	13	0	70	45	1458	9.8	13	41
Meat Your Heart Out	1 Flatbread	387	153	17	7.8	0	50	27	1085	9.7	5.4	31
Go Fig Or Go Home	1 Flatbread	817	468	52	17	0	87	56	843	6.3	40	29
Kickin' Chicken	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)
Meat Your Heart Out	1 Quesadilla	637	225	25	11	0	81	50	1811	17	9.5	49
Go Fig Or Go Home	1 Quesadilla	842	342	38	17	0	117	73	1327	12	42	45
Let's Go Pesto	1 Quesadilla	899	414	46	16	0	100	62	1943	16	14	58
Kickin' Chicken	1 Quesadilla	697	279	31	13	0	92	49	2952	16	4.1	54
Thanks A Brunch	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.