

Healthy habits start here.™

# NUTRITIONAL INFORMATION

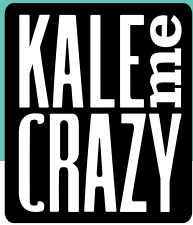
# JUICES

All juices are 16oz

	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Fiber	Total Sugars	Protein	Vitamin D (%DV)*	Calcium (%DV)*	Iron (%DV)*	Potassium (%DV)*	Vitamin A (%DV)*	Vitamin C (%DV)*	Vitamin K (%DV)*	Allergens
<b>Kale Yeah!</b>	160	1g	0g	0g	0mg	75mg	26g	0g	21g	7g	0%	15%	15%	25%	70%	130%	630%	none
<b>Go Green</b>	80	1g	0g	0g	0mg	230mg	14g	0g	5g	8g	0%	20%	30%	30%	90%	150%	990%	none
<b>Energizer</b>	110	.5g	0g	0g	0mg	210mg	22g	0g	12g	6g	0%	15%	20%	30%	100%	50%	290%	none
<b>Pear-adise</b>	240	.5g	0g	0g	0mg	90mg	59g	0g	39g	5g	0%	10%	15%	15%	45%	60%	360%	none
<b>Revive</b>	200	1g	0g	0g	0mg	55mg	48g	0g	33g	7g	0%	15%	10%	10%	45%	150%	460%	none
<b>The Green Factor</b>	150	1g	0%	0g	0mg	190mg	31g	0g	19g	7g	0%	15%	20%	25%	80%	80%	850%	none
<b>Beet Up</b>	220	.5g	0g	0g	0mg	115mg	38g	0g	38g	4g	0%	4%	10%	20%		25%		none
<b>Beet'l Juice</b>	180	.5g	0g	0g	0mg	180mg	33g	0g	29g	4g	0%	8%	10%	25%	35%	30%		none
<b>Fire Fighter</b>	190	.5g	0g	0g	0mg	190mg	44g	0g	30g	4g	0%	8%	10%	25%	70%	25%		none
<b>The Glow</b>	230	0g	0g	0g	0mg	30mg	60g	0g	44g	4g	0%	6%	15%	2%	4%	120%		none
<b>Watermelon Juice</b>	230	0g	0g	0g	0mg	0mg	60g	0g	44g	4g	0%	6%	15%	2%	4%	120%		none
<b>Almond Milk</b>	120	10g	.5g	0g	0mg	20mg	1%	0g	3g	4g	0%	6%	6%	0%		2%		tree nuts

\* Percent Daily Value - These are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs

\*\* All Kale Me Crazy locations use milk, eggs, tree nuts, peanuts, wheat, soy, and fish in production. These allergens are only present in the product if noted.



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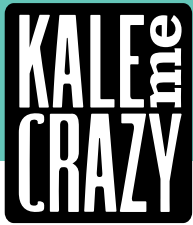
# SMOOTHIES

All smoothies are 16oz

	Calories	Total Fat	Calories from Fat	Saturated Fat	Total Sugar	Total Carbs	Total Fiber	Protein	Cholesterol	Trans Fat	Sodium	Vitamin A (%DV)*	Vitamin C (%DV)*	Calcium (%DV)*	Iron (%DV)*	Allergens**
<b>Tropical Trippin'</b>	182.46	3.27	29.43	2.42	31.98	40.44	3.68	2.06	0.00	0	9.97	26.54	237.14	10.35	5.18	none
<b>Burning Kale</b>	159.58	1.91	17.21	0.21	18.82	34.96	8.67	5.55	0	0	67.93	207.13	201.04	17.33	11.48	none
<b>Recovery</b>	394.55	10.11	91.00	1.16	22.28	46.30	6.82	34.65	0.00	0.00	577.20	12.24	23.79	17.43	28.22	tree nuts
<b>Recharge</b>	373.19	7.24	65.19	0.59	19.63	46.88	9.40	37.11	0.00	0.00	680.96	223.28	207.18	12.41	34.92	tree nuts
<b>Kale-icious</b>	220.72	3.53	31.78	0.17	24.07	45.18	9.89	7.08	0.00	0.00	162.93	257.65	200.24	11.99	17.31	tree nuts
<b>Green Dream</b>	170.45	1.23	11.03	0.09	25.60	38.81	7.32	5.72	0.00	0.00	104.89	252.28	331.01	19.82	15.90	none
<b>Refresh</b>	274.98	4.52	40.66	2.98	36.69	57.94	9.55	5.25	0.00	0.00	75.96	181.67	182.45	10.92	12.44	none
<b>Pink Splash</b>	200.08	0.75	6.71	0.19	34.67	49.39	8.50	2.09	0.00	0.00	38.06	4.45	65.90	3.95	7.22	none
<b>Super Matcha</b>	269.05	4.04	36.34	0.25	35.60	58.44	7.14	4.19	0.00	0.00	226.35	92.08	42.14	2.52	12.76	tree nuts
<b>Grounded</b>	374.80	13.19	118.71	1.85	42.65	67.44	8.85	8.58	0.00	0.00	191.43	12.33	19.88	1.19	19.88	tree nuts
<b>The Warrior</b>	303.21	9.46	85.10	0.65	34.42	54.64	6.34	6.46	0.00	0.00	166.09	101.50	43.17	2.58	18.06	none
<b>Brain Wash</b>	448.57	30.05	270.43	4.13	26.37	44.83	5.25	5.57	0.00	0.00	126.56	12.21	19.99	32.79	10.59	tree nuts, soy

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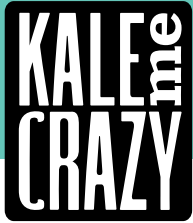
# NUTRITIONAL INFORMATION

# SALADS

	Calories	Calories from Fat	Saturated Fat	Total Sugar	Total Carbs	Total Fiber	Protein	Cholesterol	Trans Fat	Sodium	Vitamin A (%DV)*	Vitamin C (%DV)*	Calcium (%DV)*	Iron (%DV)*	Allergens**	
<b>Mediterranean Hummus</b>	540	40g	357	6g	3g	34g	4g	10g	0mg	0g	410mg	8%	9%	6%	19%	wheat, soy
<b>Kale Salad</b>	672	48g	433	6g	28g	58g	10g	17g	0mg	0g	287mg	346%	247%	22%	26%	peanuts, wheat, soy
<b>Beet Salad</b>	447	37.42g	336.80	6g	15g	27g	8g	14g	15mg	0g	165mg	143%	71%	23%	26%	milk, tree nuts
<b>Greek Salad</b>	361.43	27g	246.05	5.84g	6.07g	18.01g	5.15g	9.25g	21.17 mg	0g	1200mg	153%	66%	18%	28%	milk
<b>Pear Apple Salad</b>	376	20g	184	4g	31g	45g	7g	8g	15mg	0g	75mg	132%	14%	8%	8.5%	milk, tree nuts
<b>Quinoa Bowl w/o dressing</b>	523	18g	161	5g	12g	76g	12g	20g	21mg	0g	521mg	239%	64%	24%	38%	milk
<b>Quinoa Bowl w/ Lemon Vinaigrette</b>	799	49g	437	9g	12g	77g	12g	20g	21mg	0g	560mg	239%	70%	24%	39%	milk
<b>Quinoa Bowl w/ Peanut Dressing</b>	824	47g	422	9g	20g	86g	13g	23g	21mg	0g	663mg	239%	64%	24%	40%	milk, peanuts, wheat, soy

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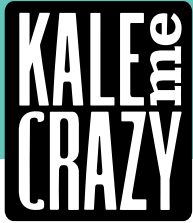
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# WRAPS

	Calories	Total Fat	Calories from Fat	Saturated Fat	Total Sugar	Total Carbs	Total Fiber	Protein	Cholesterol	Trans Fat	Sodium	Vitamin A (%DV)*	Vitamin C (%DV)*	Calcium (%DV)*	Iron (%DV)*	Allergens**
<b>Vegan Wrap</b>	408	19g	167	2g	7g	52g	11g	12g	0mg	0g	403mg	234%	198%	19%	25%	wheat, soy
<b>Tuna Wrap</b>	405	16g	142	1g	4g	29g	4g	38g	52mg	0g	1403mg	104%	5%	5%	11%	milk, eggs, wheat, soy, fish
<b>Tuna Wrap w/ Mozzarella</b>	465	21g	187	3g	4g	30g	4g	43g	62mg	0g	1518mg	106%	5%	20%	11%	milk, eggs, wheat, soy, fish
<b>Turkey Wrap</b>	376	17g	149	2g	2g	33g	7g	24g	51mg	0g	1060mg	79%	50%	4%	32%	wheat, soy
<b>Chicken Pesto Wrap</b>	328	15g	137	4g	3g	26g	2g	22g	47mg	0g	915mg	72%	6%	21%	16%	milk, tree nuts, wheat, soy
<b>Salmon Wrap</b>	361	18g	162	4g	4g	35g	9g	21g	18mg	0g	1122 mg	59%	37%	11%	14%	milk, wheat, soy, fish
<b>Breakfast Wrap</b>	441	28g	247	7g	3g	33g	8g	21g	243mg	0g	685mg	36%	37%	11%	21%	milk, eggs, wheat, soy

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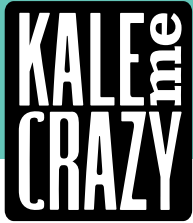
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# ACAI BOWLS

	Calories	Total Fat	Calories from Fat	Saturated Fat	Total Sugar	Total Carbs	Total Fiber	Protein	Cholesterol	Trans Fat	Sodium	Vitamin A (%DV)*	Vitamin C (%DV)*	Calcium (%DV)*	Iron (%DV)*	Allergens**
<b>Acai Bowl</b> <i>w/ bananas</i>	560	25g	222	13g	42g	82g	14g	7g	0mg	0g	60mg	18%	21%	13%	16%	tree nuts, wheat, soy
<b>Acai Bowl</b> <i>w/ strawberries</i>	517	24g	221g	13g	36g	72g	13g	7g	0mg	0g	60mg	18%	46%	13%	17%	tree nuts, wheat, soy
<b>Deluxe Acai Bowl</b> <i>w/ bananas</i>	526	20g	181	5g	45g	87g	15g	8g	0mg	0g	60mg	30%	24%	33%	19%	tree nuts, wheat, soy
<b>Deluxe Acai Bowl</b> <i>w/ strawberries</i>	484	20g	180	5g	40g	77g	14g	8g	0mg	0g	61mg	30%	49%	34%	20%	tree nuts, wheat, soy

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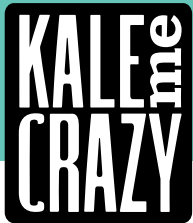
# COFFEE & TEA

All coffees and teas are 16oz

	Calories	Total Fat	Calories from Fat	Saturated Fat	Total Sugar	Total Carbs	Total Fiber	Protein	Cholesterol	Trans Fat	Sodium	Vitamin A (%DV)*	Vitamin C (%DV)*	Calcium (%DV)*	Iron (%DV)*	Allergens**
<b>KMC Iced Latte</b>	100	3g	29	0g	12g	16g	0g	1g	0mg	0g	193mg	10%	0%	3%	4%	tree nuts
<b>Power Iced Latte</b>	254	6g	55	0g	12g	22g	4g	30g	0mg	0g	540mg	10%	0%	18%	33%	tree nuts
<b>Iced Matcha Tea</b>	116	3g	23	0g	14g	21g	0g	1g	0g	0g	202mg	20%	5%	16%	2%	tree nuts

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# NUTRITIONAL INFORMATION

# POKE

All coffees and teas are 16oz

Calories	Total Fat	Calories from Fat	Saturated Fat	Total Sugar	Total Carbs	Total Fiber	Protein	Cholesterol	Trans Fat	Sodium	Vitamin A (%DV)*	Vitamin C (%DV)*	Calcium (%DV)*	Iron (%DV)*	Allergens**	
<b>Poke</b>	490	14.5	130.5	1g	3.5g	64g	6g	32g	27mg	0g	973mg	118%	18.6%	6%	9%	wheat, soy, fish

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