

Healthy habits start here.™

NUTRITIONAL INFORMATION

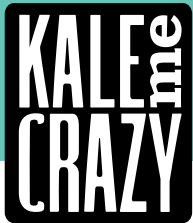
JUICES

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
Kale Yeah!	160	1g	0g	0g	0mg	75mg	26g	0g	21g	7g	0%	15%	15%	25%	70%	130%	630%	none
Go Green	80	1g	0g	0g	0mg	230mg	14g	0g	5g	8g	0%	20%	30%	30%	90%	150%	990%	none
Energizer	110	.5g	0g	0g	0mg	210mg	22g	0g	12g	6g	0%	15%	20%	30%	100%	50%	290%	none
Pear-adise	240	.5g	0g	0g	0mg	90mg	59g	0g	39g	5g	0%	10%	15%	15%	45%	60%	360%	none
Revive	200	1g	0g	0g	0mg	55mg	48g	0g	33g	7g	0%	15%	10%	10%	45%	150%	460%	none
The Green Factor	150	1g	0%	0g	0mg	190mg	31g	0g	19g	7g	0%	15%	20%	25%	80%	80%	850%	none
Beet Up	220	.5g	0g	0g	0mg	115mg	38g	0g	38g	4g	0%	4%	10%	20%		25%		none
Beet'l Juice	180	.5g	0g	0g	0mg	180mg	33g	0g	29g	4g	0%	8%	10%	25%	35%	30%		none
Fire Fighter	190	.5g	0g	0g	0mg	190mg	44g	0g	30g	4g	0%	8%	10%	25%	70%	25%		none
The Glow	230	0g	0g	0g	0mg	30mg	60g	0g	44g	4g	0%	6%	15%	2%	4%	120%		none
Watermelon Juice	230	0g	0g	0g	0mg	0mg	60g	0g	44g	4g	0%	6%	15%	2%	4%	120%		none
Almond Milk	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

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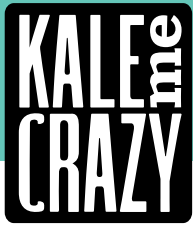
SMOOTHIES

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**
Tropical Trippin'	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
Burning Kale	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
Recovery	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
Recharge	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
Kale-icious	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
Green Dream	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
Refresh	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
Pink Splash	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
Super Matcha	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
Grounded	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
The Warrior	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
Power House	393	19	154	1g	8g	27g	11g	35g	0mg	0g	405mg	2.10%	26.67%	18.20%	27.78%	tree nuts

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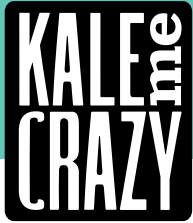
NUTRITIONAL INFORMATION

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**	
Mediterranean Hummus	540	40g	357	6g	3g	34g	4g	10g	0mg	0g	410mg	8%	9%	6%	19%	wheat, soy
Kale Salad	672	48g	433	6g	28g	58g	10g	17g	0mg	0g	287mg	346%	247%	22%	26%	peanuts, wheat, soy
Beet Salad	447	37.42g	336.80	6g	15g	27g	8g	14g	15mg	0g	165mg	143%	71%	23%	26%	milk, tree nuts
Greek Salad	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
Pear Apple Salad	376	20g	184	4g	31g	45g	7g	8g	15mg	0g	75mg	132%	14%	8%	8.5%	milk, tree nuts
Quinoa Bowl w/o dressing	523	18g	161	5g	12g	76g	12g	20g	21mg	0g	521mg	239%	64%	24%	38%	milk
Quinoa Bowl w/ Lemon Vinaigrette	799	49g	437	9g	12g	77g	12g	20g	21mg	0g	560mg	239%	70%	24%	39%	milk
Quinoa Bowl w/ Peanut Dressing	824	47g	422	9g	20g	86g	13g	23g	21mg	0g	663mg	239%	64%	24%	40%	milk, peanuts, wheat, soy

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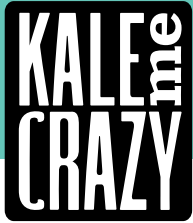
NUTRITIONAL INFORMATION

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**
Vegan Wrap	408	19g	167	2g	7g	52g	11g	12g	0mg	0g	403mg	234%	198%	19%	25%	wheat, soy
Tuna Wrap	405	16g	142	1g	4g	29g	4g	38g	52mg	0g	1403mg	104%	5%	5%	11%	milk, eggs, wheat, soy, fish
Tuna Wrap w/ Mozzarella	465	21g	187	3g	4g	30g	4g	43g	62mg	0g	1518mg	106%	5%	20%	11%	milk, eggs, wheat, soy, fish
Turkey Wrap	376	17g	149	2g	2g	33g	7g	24g	51mg	0g	1060mg	79%	50%	4%	32%	wheat, soy
Chicken Pesto Wrap	328	15g	137	4g	3g	26g	2g	22g	47mg	0g	915mg	72%	6%	21%	16%	milk, tree nuts, wheat, soy
Breakfast Wrap	441	28g	247	7g	3g	33g	8g	21g	243mg	0g	685mg	36%	37%	11%	21%	milk, eggs, wheat, soy

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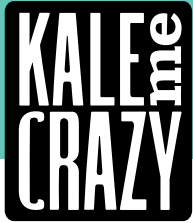
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ACAI BOWLS

	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**
Acai Bowl <i>w/ bananas</i>	560	25g	222	13g	42g	82g	14g	7g	0mg	0g	60mg	18%	21%	13%	16%	tree nuts, wheat, soy
Acai Bowl <i>w/ strawberries</i>	517	24g	221g	13g	36g	72g	13g	7g	0mg	0g	60mg	18%	46%	13%	17%	tree nuts, wheat, soy
Deluxe Acai Bowl <i>w/ bananas</i>	526	20g	181	5g	45g	87g	15g	8g	0mg	0g	60mg	30%	24%	33%	19%	tree nuts, wheat, soy
Deluxe Acai Bowl <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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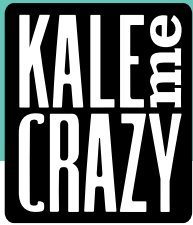
COFFEE & TEA

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**
KMC Iced Latte	100	3g	29	0g	12g	16g	0g	1g	0mg	0g	193mg	10%	0%	3%	4%	tree nuts
Power Iced Latte	254	6g	55	0g	12g	22g	4g	30g	0mg	0g	540mg	10%	0%	18%	33%	tree nuts
Iced Matcha Tea	116	3g	23	0g	14g	21g	0g	1g	0g	0g	202mg	20%	5%	16%	2%	tree nuts

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Peanut Butter Energy Bites	220.02	12.15	113.92	1.63g	15.05g	22.81g	4.13g	6.95g	0mg	0g	20.49mg	0%	57.80%	2.05%	10.01%	tree nuts, peanuts

	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**
Avocado Toast <i>Single Portion</i>	259.25	16.61	162.38	2.65g	0.65g	20.12g	6.80g	8.28g	93.25mg	0g	534.78mg	4.12%	9.45%	1.95%	7.56%	eggs, tree nuts, soy

	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**
Poke Bowl <i>w/o Marinade</i>	424	14g	124	1g	4g	54g	7g	30g	27mg	0g	148mg	93%	22%	6.7%	11.12%	soy, fish
Poke Marinade	74	5g	45	0g	0g	5g	0g	2g	0mg	0g	1387mg	0.1%	0.49%	0.01%	0%	wheat, soy
Spicy Mayonnaise	195	21g	184	2g	1g	3g	0g	0g	0mg	0g	187mg	0.01%	0.63%	4.02%	0%	none

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