

Healthy habits start here.™

NUTRITIONAL INFORMATION

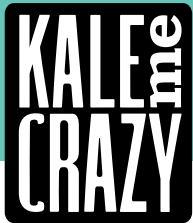
JUICES

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

** 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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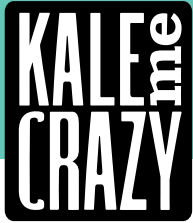
SMOOTHIES

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**
Tropical Trippin'	182	3g	29	2g	32g	40g	4g	2g	0mg	0g	10mg	26%	237%	10%	5%	none
Burning Kale	160	2g	17	0.5g	19g	35g	9g	6g	0mg	0g	68mg	207%	201%	17%	11%	none
Recovery	395	10g	91	1g	22g	46g	7g	35g	0mg	0g	577mg	12%	24%	17%	28%	tree nuts
Recharge	373	7g	65	1g	20g	47g	9g	37g	0mg	0g	681mg	223%	207%	12%	35%	tree nuts
Kale-icious	221	3g	32	0.5g	24g	45g	10g	7g	0mg	0g	163mg	258%	200%	12%	17%	tree nuts
Green Dream	170	1g	11	0g	26g	39g	7g	6g	0mg	0g	105mg	252%	331%	20%	16%	none
Refresh	275	4g	41	3g	37g	58g	10g	5g	0mg	0g	76mg	182%	182%	11%	12%	none
Pink Splash	200	1g	7	0.5g	35g	49g	9g	2g	0mg	0g	38mg	4%	66%	4%	7%	none
Super Matcha	269	4g	36	0.5g	36g	58g	7g	4g	0mg	0g	226mg	92%	42%	3%	13%	tree nuts
Grounded	375	13g	119	2g	43g	67g	9g	9g	0mg	0g	191mg	12%	20%	1%	20%	tree nuts
The Warrior	303	9g	85	1g	34g	55g	6g	6g	0mg	0g	166mg	102%	43%	3%	18%	none
Power House	393	19g	154	1g	8g	27g	11g	35g	0mg	0g	405mg	2%	27%	18%	28%	tree nuts

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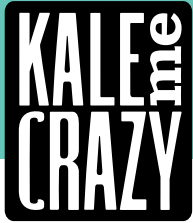
NUTRITIONAL INFORMATION

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	37g	337	6g	15g	27g	8g	14g	15mg	0g	165mg	143%	71%	23%	26%	milk, tree nuts
Greek Salad	361	27g	246	6g	6g	18g	5g	9g	21mg	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
Salmon Salad	441	33g	293	6g	3g	13g	2g	25g	232mg	0g	1250mg	2%	15%	8%	7%	milk, fish, wheat, egg

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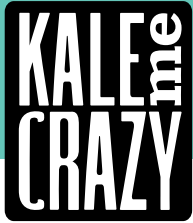
NUTRITIONAL INFORMATION

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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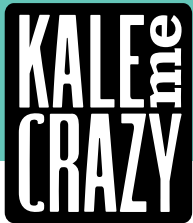
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ACAI BOWLS

	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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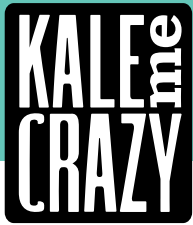
COFFEE & TEA

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	0mg	0g	202mg	20%	5%	16%	2%	tree nuts

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Peanut Butter Energy Bites	220	12g	114	2g	15g	23g	4g	7g	0mg	0g	20mg	0%	58%	2%	10%	tree nuts, peanuts
Avocado Toast <i>Single Portion</i>	259	16g	162	3g	1g	20g	7g	8g	93mg	0g	535mg	4%	9%	2%	8%	wheat, eggs, tree nuts, soy
Salmon Toast w/ Goat Cheese <i>Single Portion</i>	270	16g	141	5g	0.3g	16g	4g	18g	43mg	0g	655mg	0%	3%	3%	4%	fish, wheat, milk, tree nuts, soy
Salmon Toast w/ Pesto <i>Single Portion</i>	233	14g	123	2g	0.3g	15g	5g	14g	24mg	0g	635mg	0%	5%	3%	5%	fish, wheat, milk, tree nuts, soy
Almond Butter Toast <i>Single Portion</i>	379	20g	190	2g	19g	43g	9g	12g	0mg	0g	71mg	0%	5%	9%	12%	wheat, tree nuts, soy
Poke Bowl <i>w/o Marinade</i>	424	14g	124	1g	4g	54g	7g	30g	27mg	0g	148mg	93%	22%	7%	11%	soy, fish
Poke Marinade	74	5g	45	0g	0g	5g	0g	2g	0mg	0g	1387mg	0%	0.5%	0%	0%	wheat, soy
Spicy Mayonnaise	195	21g	184	2g	1g	3g	0g	0g	0mg	0g	187mg	0%	1%	4%	0%	none

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