

Healthy habits start here.\*

# NUTRITIONAL INFORMATION

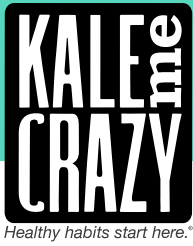
# JUICES

All juices are 16 oz

	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Total Fiber	Total Sugar	Protein	Allergens**
<b>Kale Yeah!</b>	160	1g	0g	0g	0mg	75mg	26g	0g	21g	7g	none
<b>Go Green</b>	80	1g	0g	0g	0mg	230mg	14g	0g	5g	8g	none
<b>Energizer</b>	110	.5g	0g	0g	0mg	210mg	22g	0g	12g	6g	none
<b>Paradise</b>	240	.5g	0g	0g	0mg	90mg	59g	0g	39g	5g	none
<b>So Celery</b>	40	0g	0g	0g	0mg	105mg	7g	0g	6g	3g	none
<b>Beet'l Juice</b>	180	.5g	0g	0g	0mg	180mg	33g	0g	29g	4g	none
<b>The Glow</b>	230	0g	0g	0g	0mg	30mg	60g	0g	44g	4g	none
<b>Watermelon Juice</b>	230	0g	0g	0g	0mg	0mg	60g	0g	44g	4g	none
<b>Almond Milk</b>	120	10g	.5g	0g	0mg	20mg	1%	0g	3g	4g	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.



# NUTRITIONAL INFORMATION

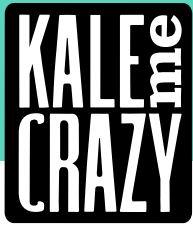
# SMOOTHIES

All smoothies are 16 oz

	Calories	Total Fat	Calories from Fat	Saturated Fat	Total Sugar	Total Carbs	Total Fiber	Protein	Cholesterol	Trans Fat	Sodium	Allergens**
<b>Tropical Trippin'</b>	182	3g	29	2g	32g	40g	4g	2g	0mg	0g	10mg	none
<b>Burning Kale</b>	160	2g	17	0.5g	19g	35g	9g	6g	0mg	0g	68mg	none
<b>Recovery</b>	395	10g	91	1g	22g	46g	7g	35g	0mg	0g	577mg	tree nuts
<b>Green Dream</b>	170	1g	11	0g	26g	39g	7g	6g	0mg	0g	105mg	none
<b>Super Matcha</b>	269	4g	36	0.5g	36g	58g	7g	4g	0mg	0g	226mg	tree nuts
<b>Grounded</b>	375	13g	119	2g	43g	67g	9g	9g	0mg	0g	191mg	tree nuts
<b>The Warrior</b>	303	9g	85	1g	34g	55g	6g	6g	0mg	0g	166mg	none
<b>Power House</b>	393	19g	154	1g	8g	27g	11g	35g	0mg	0g	405mg	tree nuts
<b>Go Getter</b>	507	22g	162	3.5g	17g	43g	10g	39g	0mg	0g	400mg	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.



Healthy habits start here.\*

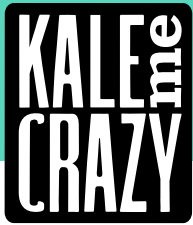
# NUTRITIONAL INFORMATION

# SALADS

	Calories	Total Fat	Calories from Fat	Saturated Fat	Total Sugar	Total Carbs	Total Fiber	Protein	Cholesterol	Trans Fat	Sodium	Allergens**
<b>Mediterranean Hummus</b>	931	71g	646	10g	5g	58g	7g	18g	13mg	0g	640mg	milk, wheat, soy
<b>Farro Salad</b>	511	25g	221	4g	14g	62g	10g	14g	9mg	0g	1492mg	milk, wheat, soy
<b>Kale Salad</b>	672	48g	433	6g	28g	58g	10g	17g	0mg	0g	287mg	peanuts, wheat, soy
<b>Quinoa Bowl</b>	799	49g	437	9g	12g	77g	12g	20g	21mg	0g	560mg	milk
<b>Salmon Salad</b>	441	33g	293	6g	3g	13g	2g	25g	232mg	0g	1250mg	milk, fish, wheat, egg
<b>Greek Salad</b>	361	27g	246	6g	6g	18g	5g	9g	21mg	0g	1200mg	milk

\* 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.



Healthy habits start here.\*

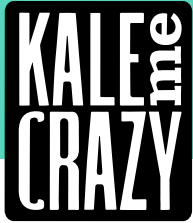
# NUTRITIONAL INFORMATION

# WRAPS

	Calories	Total Fat	Calories from Fat	Saturated Fat	Total Sugar	Total Carbs	Total Fiber	Protein	Cholesterol	Trans Fat	Sodium	Allergens**
<b>Vegan Wrap</b>	608	24.5g	207	2.5g	7g	84g	13g	19g	0mg	0g	353mg	wheat, soy
<b>Tuna Wrap</b>	605	22.5g	202	2g	5g	60g	7g	44g	52mg	0g	1383mg	milk, eggs, wheat, soy, fish
<b>Tuna Wrap w/ Mozzarella</b>	665	27.5g	247	3g	5g	61g	7g	49g	62mg	0g	1498mg	milk, eggs, wheat, soy, fish
<b>Turkey Wrap</b>	576	22.5g	189	2.5g	2g	65g	9g	31g	51mg	0g	1010mg	wheat, soy
<b>Chicken Pesto Wrap</b>	687	30g	284	7g	4g	65g	6g	38.5g	89mg	0g	1006mg	milk, tree nuts, wheat, soy
<b>Egg Sandwich</b>	551	22g	200	7g	8g	63g	2g	21g	209mg	0g	895mg	Dairy, Egg, Sesame, Wheat

\* 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.



Healthy habits start here.\*

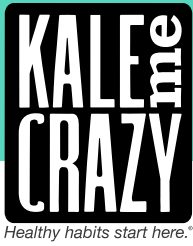
# NUTRITIONAL INFORMATION

# ACAI BOWLS

	Calories	Total Fat	Calories from Fat	Saturated Fat	Total Sugar	Total Carbs	Total Fiber	Protein	Cholesterol	Trans Fat	Sodium	Allergens**
<b>Acai Bowl</b>	560	25g	222	13g	42g	82g	14g	7g	0mg	0g	60mg	tree nuts, soy
<b>Deluxe Acai Bowl</b>	526	20g	181	5g	45g	87g	15g	8g	0mg	0g	60mg	tree nuts, soy
<b>Overnight Oats</b>	623	18g	174	1g	18g	98g	12g	16g	0mg	0g	84mg	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.



# NUTRITIONAL INFORMATION

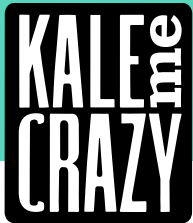
# COFFEE & TEA

All coffees and teas are 16 oz

	Calories	Total Fat	Calories from Fat	Saturated Fat	Total Sugar	Total Carbs	Total Fiber	Protein	Cholesterol	Trans Fat	Sodium	Allergens**
<b>KMC Iced Latte</b>	100	3g	29	0g	12g	16g	0g	1g	0mg	0g	193mg	tree nuts
<b>Power Iced Latte</b>	254	6g	55	0g	12g	22g	4g	30g	0mg	0g	540mg	tree nuts
<b>Matcha Iced Latte</b>	116	3g	23	0g	14g	21g	0g	1g	0mg	0g	202mg	tree nuts
<b>Beetroot Latte</b>	114	3	31	0	14	18	2	2	0	0	34	tree nuts
<b>Café Au Lait</b>	182	7	71	1	14	27	2	1	0	0	111	none
<b>Chai Latte</b>	184	4	45	0	26	33	1	1	0	0	69	none
<b>Golden Latte</b>	105	3	32	0	13	18	2	1	0	0	11	tree nuts
<b>Hot Tea</b>	116	0	2	0	25	29	1	0	0	0	18	none
<b>Matcha Rose Latte</b>	182	7	71	1	14	28	3	1	0	0	111	none
<b>Mushroom Coffee</b>	131	4	39	0	11	19	4	4	0	0	11	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.



Healthy habits start here.™

# NUTRITIONAL INFORMATION

# ENERGY BITES

	Calories	Total Fat	Calories from Fat	Saturated Fat	Total Sugar	Total Carbs	Total Fiber	Protein	Cholesterol	Trans Fat	Sodium	Allergens**
<b>Peanut Butter Energy Bites</b>	401	13g	118	2g	50g	67g	4g	7g	0mg	0g	20mg	tree nuts, peanuts

\* 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.

# NUTRITIONAL INFORMATION

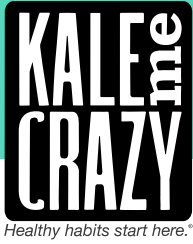
**POKE**

	Calories	Total Fat	Calories from Fat	Saturated Fat	Total Sugar	Total Carbs	Total Fiber	Protein	Cholesterol	Trans Fat	Sodium	Allergens**
<b>Poke Bowl</b> w/o Marinade	424	14g	124	1g	4g	54g	7g	30g	27mg	0g	148mg	soy, fish
<b>Poke Marinade</b>	74	5g	45	0g	0g	5g	0g	2g	0mg	0g	1387mg	wheat, soy
<b>Spicy Mayonnaise</b>	195	21g	184	2g	1g	3g	0g	0g	0mg	0g	187mg	none

\* 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.





# NUTRITIONAL INFORMATION

# TOASTS

	Calories	Total Fat	Calories from Fat	Saturated Fat	Total Sugar	Total Carbs	Total Fiber	Protein	Cholesterol	Trans Fat	Sodium	Allergens**
<b>Almond Butter Toast</b>	303	17.1g	154.5	2.7g	3.4g	25.4g	3.6g	14.9g	23.8mg	0g	755.2mg	wheat, tree nuts
<b>Avocado Toast</b>	329	21g	198	3g	4g	29g	7g	10g	93mg	0g	650mg	wheat, eggs
<b>Hummus Toast</b>	452	31g	280	6g	5g	36g	6g	12g	13mg	0g	563mg	wheat, milk
<b>Salmon Toast</b>	349	19g	182	3g	4g	34g	9g	16g	23mg	0g	1278mg	fish, wheat

\* 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.