



NUTRITIONAL INFORMATION

SMOOTHIES

Food prepared in our restaurant may contain the following ingredients: milk, eggs, wheat, soybean, peanuts, tree nuts, and fish

| | Calories | Fat | Sat. Fat | Trans Fat | Cholest. | Carbs | Total Sugar | Fiber | Protein | Sodium | Allergens |
|--------------------------|----------|------|----------|-----------|----------|-------|-------------|-------|---------|--------|------------------------------------|
| RECOVERY | 600 | 24g | 4g | 0g | 0mg | 77g | 38g | 12g | 30g | 250mg | Almonds, Cashews, Coconut |
| TROPICAL TRIPPIN' | 220 | 3.5g | 3g | 0g | 0mg | 49g | 39g | 7g | 3g | 20mg | Coconut |
| SUPER MATCHA | 450 | 17g | 1.5g | 0g | 0mg | 75g | 40g | 13g | 11g | 45mg | Almonds, Coconut |
| BURNING KALE | 150 | 1.5g | 0g | 0g | 0mg | 36g | 19g | 9g | 6g | 70mg | |
| GO GETTER | 700 | 37g | 6g | 0g | 0mg | 71g | 32g | 14g | 33g | 250mg | Almonds, Peanuts, Walnuts, Coconut |
| GROUNDLED | 590 | 23g | 3.5g | 0g | 0mg | 94g | 57g | 15g | 16g | 10mg | Almonds, Coconut, Brazil Nuts |
| GREEN DREAM | 110 | 1g | 0g | 0g | 0mg | 24g | 13g | 6g | 5g | 70mg | Coconut |
| THE WARRIOR | 410 | 9g | 1g | 0g | 0mg | 78g | 40g | 10g | 8g | 180mg | Coconut |
| POWER HOUSE | 440 | 26g | 3.5g | 0g | 0mg | 29g | 13g | 9g | 29g | 250mg | Almonds, Cashews, Coconut |



NUTRITIONAL INFORMATION

AÇAÍ & OATS

Food prepared in our restaurant may contain the following ingredients: milk, eggs, wheat, soybean, peanuts, tree nuts, and fish

| | Calories | Fat | Sat. Fat | Trans Fat | Cholest. | Carbs | Total Sugar | Fiber | Protein | Sodium | Allergens |
|-------------------------|----------|-----|----------|-----------|----------|-------|-------------|-------|---------|--------|---------------------------|
| AÇAÍ BOWL | 500 | 23g | 11g | 0g | 0mg | 73g | 45g | 10g | 7g | 50mg | Cashews, Coconut |
| DELUXE AÇAÍ BOWL | 480 | 17g | 3g | 0g | 0mg | 80g | 51g | 11g | 9g | 65mg | Almonds, Cashews, Coconut |
| OVERNIGHT OATS | 880 | 34g | 7g | 0g | 0mg | 121g | 26g | 18g | 26g | 135mg | Almonds, Coconut, Walnuts |



NUTRITIONAL INFORMATION

HOT DRINKS

Food prepared in our restaurant may contain the following ingredients: milk, eggs, wheat, soybean, peanuts, tree nuts, and fish

| | Calories | Fat | Sat. Fat | Trans Fat | Cholest. | Carbs | Total Sugar | Fiber | Protein | Sodium | Allergens |
|--------------------------|----------|-----|----------|-----------|----------|-------|-------------|-------|---------|--------|-----------|
| BETROOT LATTE | 330 | 22g | 1.5g | 0g | 0mg | 27g | 17g | 6g | 10g | 45mg | Almonds |
| CAFÉ AU LAIT | 260 | 10g | 1g | 0g | 0mg | 36g | 18g | 4g | 4g | 170mg | |
| CHAI LATTE | 210 | 5g | 0g | 0g | 0mg | 39g | 32g | 1g | 1g | 80mg | |
| HOT COCOA | 290 | 14g | 3g | 0g | 0mg | 34g | 18g | 2g | 4g | 640mg | |
| MATCHA ROSE LATTE | 210 | 8g | 0.5g | 0g | 0mg | 29g | 17g | 1g | 3g | 140mg | |
| HOT TEA | 0 | 0g | 0g | 0g | 0mg | 1g | 0g | 0g | 0g | 10mg | |
| GOLDEN LATTE | 220 | 9g | 1g | 0g | 0mg | 31g | 17g | 2g | 3g | 140mg | |



NUTRITIONAL INFORMATION

ICED DRINKS

Food prepared in our restaurant may contain the following ingredients: milk, eggs, wheat, soybean, peanuts, tree nuts, and fish

| | Calories | Fat | Sat. Fat | Trans Fat | Cholest. | Carbs | Total Sugar | Fiber | Protein | Sodium | Allergens |
|----------------------------|----------|-----|----------|-----------|----------|-------|-------------|-------|---------|--------|-----------|
| MUSHROOM ICED LATTE | 330 | 20g | 2.5g | 0g | 0mg | 32g | 13g | 10g | 12g | 10mg | Almonds |
| KMC ICED LATTE | 300 | 20g | 2.5g | 0g | 0mg | 26g | 13g | 8g | 9g | 10mg | Almonds |
| POWER ICED LATTE | 370 | 21g | 3.5g | 0g | 0mg | 27g | 14g | 7g | 22g | 180mg | Almonds |
| MATCHA ICED LATTE | 270 | 18g | 1.5g | 0g | 0mg | 23g | 14g | 5g | 8g | 15mg | Almonds |



NUTRITIONAL INFORMATION

TOASTS

Food prepared in our restaurant may contain the following ingredients: milk, eggs, wheat, soybean, peanuts, tree nuts, and fish

| | Calories | Fat | Sat. Fat | Trans Fat | Cholest. | Carbs | Total Sugar | Fiber | Protein | Sodium | Allergens |
|----------------------------|----------|-----|----------|-----------|----------|-------|-------------|-------|---------|--------|------------------------|
| ALMOND BUTTER TOAST | 430 | 16g | 1.5g | 0g | 0mg | 68g | 30g | 9g | 12g | 190mg | Almonds, Sesame, Wheat |
| AVOCADO TOAST | 410 | 25g | 4.5g | 0g | 210mg | 33g | 4g | 10g | 15g | 390mg | Egg, Sesame, Wheat |
| SALMON TOAST | 380 | 21g | 3g | 0g | 25mg | 34g | 4g | 10g | 17g | 690mg | Salmon, Sesame, Wheat |
| HUMMUS TOAST | 300 | 13g | 3.5g | 0g | 15mg | 30g | 5g | 5g | 10g | 430mg | Milk, Sesame, Wheat |



NUTRITIONAL INFORMATION

WRAPS & SANDWICHES

Food prepared in our restaurant may contain the following ingredients: milk, eggs, wheat, soybean, peanuts, tree nuts, and fish

| | Calories | Fat | Sat. Fat | Trans Fat | Cholest. | Carbs | Total Sugar | Fiber | Protein | Sodium | Allergens |
|---------------------------|----------|-----|----------|-----------|----------|-------|-------------|-------|---------|--------|-----------------------------|
| EGG SANDWICH | 550 | 23g | 6g | 0g | 230mg | 63g | 2g | 3g | 24g | 900mg | Egg, Milk, Sesame, Wheat |
| CHICKEN PESTO WRAP | 750 | 33g | 6g | 0g | 95mg | 68g | 8g | 4g | 44g | 1420mg | Milk, Pine Nuts, Soy, Wheat |
| TURKEY WRAP | 550 | 15g | 1.5g | 0g | 30mg | 64g | 4g | 5g | 36g | 1470mg | Sesame, Soy, Wheat |
| VEGAN WRAP | 690 | 15g | 1.5g | 0g | 0mg | 84g | 5g | 11g | 26g | 500mg | Sesame, Soy, Wheat |
| TUNA WRAP | 440 | 16g | 0.5g | 0g | 5mg | 60g | 1g | 4g | 15g | 760mg | Soy, Tuna, Wheat |
| CHICKEN QUESADILLA | 850 | 40g | 19g | 1g | 165mg | 61g | 5g | 4g | 58g | 1840mg | Milk, Soy, Wheat |
| VEGGIE QUESADILLA | 840 | 47g | 19g | 1g | 95mg | 65g | 4g | 4g | 37g | 1780mg | Milk, Soy, Wheat |



NUTRITIONAL INFORMATION

SALADS & DRESSINGS

Food prepared in our restaurant may contain the following ingredients: milk, eggs, wheat, soybean, peanuts, tree nuts, and fish

| | Calories | Fat | Sat. Fat | Trans Fat | Cholest. | Carbs | Total Sugar | Fiber | Protein | Sodium | Allergens |
|---------------------------------|----------|-----|----------|-----------|----------|-------|-------------|-------|---------|--------|--------------------------|
| MEDITERRANEAN HUMMUS | 1260 | 78g | 10g | 0g | 5mg | 82g | 1g | 12g | 26g | 1460mg | Milk, Sesame, Soy, Wheat |
| FARRO SALAD | 490 | 33g | 7g | 0g | 20mg | 38g | 5g | 6g | 13g | 540mg | Milk, Pecans, Wheat |
| QUINOA SALAD | 550 | 25g | 5g | 0g | 15mg | 64g | 9g | 12g | 17g | 440mg | Milk |
| GREEK SALAD | 360 | 27g | 4.5g | 0g | 15mg | 22g | 4g | 6g | 8g | 800mg | Milk, Sesame |
| SMOKED SALMON SALAD | 360 | 25g | 4g | 0g | 150mg | 12g | 3g | 1g | 24g | 1180mg | Egg, Milk, Salmon, Wheat |
| KALE SALAD | 350 | 15g | 2g | 0g | 0mg | 46g | 20g | 10g | 14g | 115mg | Peanuts |
| LEMON VINAIGRETTE | 280 | 31g | 4.5g | 0g | 0mg | 3g | 0g | 0g | 0g | 45mg | |
| PEANUT DRESSING | 460 | 44g | 6g | 0g | 0mg | 15g | 10g | 2g | 5g | 220mg | Peanuts, Soy, Wheat |
| HONEY DIJON DRESSING | 300 | 31g | 4g | 0g | 0mg | 6g | 5g | 0g | 0g | 240mg | |
| MUSTARD DILL VINAIGRETTE | 320 | 35g | 4.5g | 0g | 0mg | 4g | 2g | 0g | 0g | 85mg | |
| TAHINI | 100 | 0g | 0g | 0g | 0mg | 4g | 0g | 2g | 4g | 50mg | Sesame |

Salad nutritional information is calculated without dressings. All dressings are served as 2oz portions.



NUTRITIONAL INFORMATION

POKE

Food prepared in our restaurant may contain the following ingredients: milk, eggs, wheat, soybean, peanuts, tree nuts, and fish

| | Calories | Fat | Sat. Fat | Trans Fat | Cholest. | Carbs | Total Sugar | Fiber | Protein | Sodium | Allergens |
|-------------------|----------|-----|----------|-----------|----------|-------|-------------|-------|---------|--------|--------------------------|
| POKE BOWL* | 790 | 41g | 4g | 0g | 35mg | 70g | 4g | 7g | 35g | 1640mg | Sesame, Soy, Tuna, Wheat |

*Includes Spicy Vegan Mayo



NUTRITIONAL INFORMATION

SHOTS

Food prepared in our restaurant may contain the following ingredients: milk, eggs, wheat, soybean, peanuts, tree nuts, and fish

| | Calories | Fat | Sat. Fat | Trans Fat | Cholest. | Carbs | Total Sugar | Fiber | Protein | Sodium | Allergens |
|-------------------|----------|------|----------|-----------|----------|-------|-------------|-------|---------|--------|-----------|
| BRAIN-ON | 10 | 0g | 0g | 0g | 0mg | 3g | 2g | 1g | 0g | 0mg | |
| ELDERBERRY | 45 | 0g | 0g | 0g | 0mg | 12g | 5g | 3g | 1g | 0mg | |
| PAINKILLER | 45 | 0g | 0g | 0g | 0mg | 11g | 3g | 2g | 1g | 0mg | |
| WELLNESS | 60 | 1.5g | 1g | 0g | 0mg | 13g | 2g | 3g | 2g | 5mg | |



NUTRITIONAL INFORMATION

SNACKS

Food prepared in our restaurant may contain the following ingredients: milk, eggs, wheat, soybean, peanuts, tree nuts, and fish

| | Calories | Fat | Sat. Fat | Trans Fat | Cholest. | Carbs | Total Sugar | Fiber | Protein | Sodium | Allergens |
|-----------------------------------|----------|-----|----------|-----------|----------|-------|-------------|-------|---------|--------|---|
| PEANUT BUTTER ENERGY BITES | 260 | 11g | 3.5g | 0g | 0mg | 37g | 23g | 6g | 7g | 25mg | Coconut, Peanuts |
| CHIA PUDDING w/ toppings | 420 | 22g | 14g | 0g | 0mg | 48g | 18g | 9g | 8g | 190mg | Almonds, Coconut May Contain: Milk, Nuts, Sesame, Soy |



NUTRITIONAL INFORMATION

JUICES

Food prepared in our restaurant may contain the following ingredients: milk, eggs, wheat, soybean, peanuts, tree nuts, and fish

| | Calories | Fat | Sat. Fat | Trans Fat | Cholest. | Carbs | Total Sugar | Fiber | Protein | Sodium | Allergens |
|---------------------|----------|-----|----------|-----------|----------|-------|-------------|-------|---------|--------|-----------|
| PARADISE | 80 | 0g | 0g | 0g | 0mg | 20g | 17g | 0g | 1g | 40mg | |
| BEET-L-JUICE | 70 | 0g | 0g | 0g | 0mg | 16g | 13g | 0g | 2g | 125mg | |
| THE GLOW | 110 | 0g | 0g | 0g | 0mg | 26g | 21g | 0g | 1g | 0mg | |
| GO GREEN | 20 | 0g | 0g | 0g | 0mg | 4g | 3g | 0g | 1g | 75mg | |
| KALE YEAH! | 50 | 0g | 0g | 0g | 0mg | 12g | 10g | 0g | 1g | 40mg | |