NUTRITIONAL INFORMATION

SMOOTHIES

	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 TRIPPING	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
GO GETTER	700	37g	6g	0g	0mg	71g	32g	14g	33g	250mg	
GROUNDED	590	23g	3.5g	0g	0mg	94g	57g	15g	16g	10mg	Almonds, Peanuts, Walnuts
GREEN DREAM	110	1g	0g	0g	0mg	24g	13g	6g	5g	70mg	Almonds, Brazil Nuts
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

NUTRITIONAL INFORMATION

AÇAÍ & OATS

	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
NUTTY AÇAÍ BOWI	640	32g	6g	0g	0mg	82g	43g	15g	15g	60mg	Almonds, Cashews
BERRY AÇAÍ BOWL	500	16g	4.5g	0g	0mg	90g	55g	12g	8g	60mg	Cashews

*May contain milk, May Contain Sesame, May Contain Soy, May Contain Tree Nuts

NUTRITIONAL INFORMATION

HOT DRINKS

	Calories	Fat	Sat. Fat	Trans Fat	Cholest.	Carbs	Total Sugar	Fiber	Protein	Sodium	Allergens
BEETROOT 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

	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 & FLATBREADS

	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
MARGHERITA FLATBREAD	970	49g	23g	0g	60mg	105g	5g	4g	39g	1020mg	Buffalo Milk, Milk, Soy, Wheat
PESTO PORTABELLA FLATBREAD	1000	50g	14g	0g	40mg	106g	3g	5g	32g	800mg	Milk, Pine Nuts, Soy, Wheat

KALE me CRAZY

NUTRITIONAL INFORMATION

WRAPS & SANDWICHES

	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	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
SALMON AVOCADO WRAP	1100	70g	9g	0g	60mg	82g	9g	11g	38g	1050mg	Salmon, Sesame, Soy, Wheat.
CHICKEN QUESADILLA	850	40g	19g	1g	165mg	61g	5g	4g	58g	1840mg	Milk, Soy, Sulphites, Wheat
VEGGIE QUESADILLA	840	47g	19g	1g	95mg	65g	4g	4g	37g	1780mg	Milk, Soy, Sulphites, Wheat

NUTRITIONAL INFORMATION

SALADS & DRESSINGS

ALL DESSINGS ARE 2OZ

	Calories	Fat	Sat. Fat	Trans Fat	Cholest.	Carbs	Total Sugar	Fiber	Protein	Sodium	Allergens
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
GRILLED SALMON SALAD	590	47g	8g	0g	65mg	15g	9g	1g	25g	620mg	Salmon, Soy, Wheat
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	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

NUTRITIONAL INFORMATION

BOWLS

	Calories	Fat	Sat. Fat	Trans Fat	Cholest.	Carbs	Total Sugar	Fiber	Protein	Sodium	Allergens
POKE BOWL	800	41g	3.5g	0g	35mg	71g	3g	6g	34g	1500mg	Sesame, Soy, Tuna, Wheat

NUTRITIONAL INFORMATION

SHOTS

	Calories	Fat	Sat. Fat	Trans Fat	Cholest.	Carbs	Total Sugar	Fiber	Protein	Sodium	Allergens
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

	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	210	8g	4g	0g	0mg	30g	10g	5g	5g	80mg	Almonds, Coconut