

## BOWLS

	Calories	Fat (g)	Fiber (g)	Carbohydrates (g)	Sodium (mg)	Protein (g)	Sugar (g)	Contains Dairy
<b>ACAI BOWLS (12oz/18oz)</b>								
3RD AVE	305 / 454	6g / 12g	0g / 0g	26g / 41g	19mg / 36mg	2g / 5g	35g / 52g	
ACAI-U-LATER	331 / 504	6g / 12g	0g / 0g	31g / 49g	19mg / 36mg	2g / 5g	39g / 58g	
BELLA NUTELLA	412 / 636	14g / 26g	1g / 3g	26g / 47g	26mg / 46mg	2g / 7g	34g / 56g	✔
PACIFIC BEACH	313 / 483	8g / 16g	0g / 1g	22g / 38g	20mg / 38mg	2g / 6g	34g / 50g	
KOA BOWL	447 / 688	14g / 25g	2g / 3g	21g / 39g	118mg / 79mg	20g / 25g	27g / 46g	✔
<b>PITAYA BOWLS (12oz/18oz)</b>								
ALOHA BOWL	139 / 241	4g / 8g	1g / 3g	33g / 57g	20mg / 39mg	3g / 7g	23g / 32g	
COPA CABANA	164 / 303	5g / 12g	1g / 3g	36g / 66g	20mg / 40mg	3g / 8g	23g / 40g	
BEACH BUZZ	216 / 338	2g / 8g	1g / 3g	39g / 65g	20mg / 39mg	3g / 7g	24g / 38g	
BAYA PITAYA	217 / 385	12g / 20g	2g / 4g	24g / 48g	68mg / 109mg	7g / 13g	11g / 24g	
DRAGON BOWL	281 / 475	12g / 20g	3g / 5g	28g / 56g	80mg / 120mg	21g / 27g	12g / 26g	✔
<b>COCONUT BOWLS (12oz/18oz)</b>								
COCO LOCO	156 / 274	8g / 17g	1g / 2g	31g / 48g	20mg / 40mg	2g / 6g	19g / 29g	
AMERICANA	143 / 260	8g / 17g	1g / 2g	27g / 47g	20mg / 40mg	2g / 6g	17g / 28g	
NORTH SHORE	203 / 367	10g / 21g	1g / 3g	37g / 59g	20mg / 41mg	2g / 7g	23g / 38g	
COCO NUTELLA	288 / 481	16g / 37g	2g / 5g	32g / 58g	29mg / 53mg	2g / 8g	18g / 33g	✔
SOUTH BEACH	298 / 508	16g / 30g	3g / 5g	26g / 50g	80mg / 121mg	20g / 26g	11g / 23g	✔

## SMOOTHIES

	Calories	Fat (g)	Fiber (g)	Carbohydrates (g)	Sodium (mg)	Protein (g)	Sugar (g)	Contains Dairy
<b>SMOOTHIES (20oz)</b>								
ACAI	401	23g	5g	31g	21mg	1g	40g	
PITAYA	401	21g	6g	46g	25mg	1g	32g	
KALE	352	21g	4g	43g	28mg	1g	28g	
COCONUT	364	25g	6g	67g	33mg	2g	56g	
BERRY	313	21g	1g	38g	19mg	1g	25g	
MANGO TANGO	316	21g	2g	39g	19mg	1g	28g	
BAYA BLUES	339	21g	4g	37g	20mg	0g	29g	
BANANA STRAWBERRY	192	2g	4g	43g	137mg	3g	33g	
<b>PROTEIN SHAKES (20oz)</b>								
CHOCOLATE PROTEIN	373	9g	6g	37g	212mg	28.5g	28g	✔
VANILLA PROTEIN	252	3g	1g	41g	151mg	14g	31g	✔
MOCHA MUSCLE	362	9g	2g	36g	178mg	28.5g	25g	✔
BREAKFAST	349	5g	7g	54g	150mg	18g	27g	✔
THE BROOKLYN	386	21g	1g	44g	31mg	13g	28g	✔
<b>SUPER SMOOTHIES (20oz)</b>								
MATCHA MAN	384	28g	1g	32g	35mg	12g	20g	✔
74TH STREET	508	9g	2g	46g	202mg	17g	35g	✔
BILLY BK	386	12g	2g	51g	282mg	15g	33g	
WATERMELON BLAST	221	1g	1g	33g	15mg	12g	20g	✔
PROTEIN COLADA	343	14g	3g	42g	39mg	12g	26g	✔
EL VERDE	402	37g	2g	30g	145mg	5g	14g	

## JUICES

	Calories	Fat (g)	Fiber (g)	Carbohydrates (g)	Sodium (mg)	Protein (g)	Sugar (g)	Contains Dairy
<b>JUICES (16oz/20oz)</b>								
CITRUS BEACH	164 / 199	0g / 0g	0g / 0g	32g / 37g	76mg / 96mg	0g / 0g	24g / 27g	
KALE VIBES	172 / 224	0g / 0g	0g / 0g	16g / 24g	80mg / 137mg	0g / 0g	7g / 12g	
DETOX CIDER	199 / 251	0g / 0g	0g / 0g	27g / 32g	52mg / 64mg	0g / 0g	16g / 20g	
KING GREEN	149 / 192	0g / 0g	0g / 0g	28g / 38g	37mg / 44mg	0g / 0g	16g / 23g	
WATERMELON SPLASH	122 / 140	0g / 0g	0g / 0g	13g / 19g	4mg / 6mg	0g / 0g	8g / 11g	
BRAIN POWER	233 / 277	0g / 0g	0g / 0g	31g / 32g	24mg / 32mg	0g / 0g	20g / 30g	
FLU FIGHT	162 / 200	0g / 0g	0g / 0g	24g / 28g	78mg / 118mg	0g / 0g	12g / 16g	
WEIGHT LOSS WONDER	129 / 165	0g / 0g	0g / 0g	21g / 30g	48mg / 58mg	0g / 0g	13g / 20g	
HANGOVER HELPER	161 / 199	0g / 0g	0g / 0g	16g / 20g	87mg / 136mg	0g / 0g	9g / 11g	

## BOOSTERS

	Calories	Fat (g)	Fiber (g)	Carbohydrates (g)	Sodium (mg)	Protein (g)	Sugar (g)	Contains Dairy
<b>BOOSTERS (2oz)</b>								
IMMUNE BOOSTER	21	0g	0g	4g	1mg	0g	1g	
FLU SHOT	20	0g	0g	4g	1mg	0g	1g	
24 HOUR CURE	19	0g	0g	4g	1mg	0g	1g	

## TOAST

	Calories	Fat (g)	Fiber (g)	Carbohydrates (g)	Sodium (mg)	Protein (g)	Sugar (g)	Contains Dairy
<b>TOAST (1 SLICE / 2 SLICES)</b>								
FRESCO	182 / 384	8g / 16g	7g / 14g	18g / 36g	348 / 696	6g / 12g	2g / 4g	
TRUFFACADO	194 / 388	11g / 22g	7g / 14g	18g / 36g	300 / 600	6g / 12g	2g / 4g	
MEDITERRANEAN	209 / 418	12g / 24g	7g / 14g	20g / 40g	356 / 712	7g / 14g	2g / 4g	
NUTELLA TOAST	260 / 520	10g / 20g	4g / 8g	28g / 56g	132 / 264	6g / 12g	14g / 28g	✔
PB TOAST	267 / 534	10g / 20g	4g / 8g	22g / 44g	196 / 392	10g / 20g	7g / 14g	

## OATMEAL

	Calories	Fat (g)	Fiber (g)	Carbohydrates (g)	Sodium (mg)	Protein (g)	Sugar (g)	Contains Dairy
<b>OATMEAL (10oz)</b>								
BREAKFAST BOOST	256	4g	6g	29g	5mg	5g	9g	
BAYA BERRY	209	3g	6g	27g	5mg	5g	8g	
P.B.B	315	10g	7g	30g	50mg	9g	9g	
FALL CLASSIC	304	10g	7g	31g	52mg	9g	9g	
THE BELLA	306	10g	6g	33g	10mg	6g	12g	✔

## TOPPINGS

	Calories	Fat (g)	Fiber (g)	Carbohydrates (g)	Sodium (mg)	Protein (g)	Sugar (g)	Contains Dairy
<b>ADD-ONS</b>								
BEE POLLEN	16	0g	0g	0g	0mg	0g	0g	
CACAO NIBS	25	0g	0g	0g	4mg	0g	0g	
CHIA SEEDS	17	0g	0g	0g	0mg	0g	0g	
CINNAMON	0	0g	0g	0g	0mg	0g	0g	
COCONUT SHAVINGS	21	2g	0g	1g	1mg	0g	0g	
FLAX SEEDS	18	1g	0g	1g	1mg	0g	0g	
GOJI BERRIES	40	0g	1g	9g	60mg	1g	5g	
GRANOLA	56	10g	0g	29g	39mg	5g	13g	
HEMP GRANOLA	86	3g	2g	12g	15mg	2g	3g	
MATCHA	0	0g	0g	0g	0mg	0g	0g	
SPIRULINA	6	0g	0g	0g	24mg	1g	0g	
<b>PROTEIN</b>								
CHOCOLATE WHEY	191	1g	1g	5g	35mg	38g	4g	✔
CHOCOLATE VEGAN	150	4g	2g	15g	290mg	21g	0g	
VANILLA WHEY	95	1g	1g	2g	17mg	11g	2g	✔
VANILLA VEGAN	150	4g	1g	15g	270mg	21g	0g	
<b>DRIZZLES</b>								
ALMOND BUTTER	95	9g	1g	3g	35mg	3g	0g	
COOKIE BUTTER	127	8g	0g	13g	49mg	1g	8g	
HONEY	20	0g	0g	5g	0mg	0g	5g	
NUTELLA	100	7g	1g	11g	7mg	0g	10g	✔
PEANUT BUTTER	90	8g	1g	3g	60mg	4g	1g	