



NUTRITION INFORMATION

Rev 9/04/2018

JUICES	NUTRITIONAL DATA																
	Serving Size (oz)	Servings Per Container	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
GREENS																	
#GetYourGreens	14.5	1	70	5	1 (1%)	0 (0%)	0	0 (0%)	310 (13%)	14 (5%)	0 (0%)	5	4	130%	60%	15%	10%
Deep Green	14.5	1	70	10	1 (2%)	0 (0%)	0	0 (0%)	200 (10%)	6 (2%)	0 (0%)	5	7	200%	100%	30%	30%
Dr. Green with Lime	14.5	1	70	10	1 (1%)	0 (0%)	0	0 (0%)	230 (10%)	13 (4%)	0 (0%)	5	4	200%	80%	20%	10%
Green Ginger	14.5	1	110	0	1 (2%)	0 (0%)	0	0 (0%)	120 (5%)	26 (8%)	0 (0%)	16	2	140%	110%	10%	10%
Green Lemon	14.5	1	110	0	1 (2%)	0 (0%)	0	0 (0%)	120 (5%)	26 (8%)	0 (0%)	16	2	140%	110%	10%	10%
Greenbiotic	14.5	1	160	5	1 (1%)	0 (0%)	0	0 (0%)	35 (1%)	39 (13)	0 (0%)	29	3	15%	266%	6%	6%
Potion 10	14.5	1	160	10	1 (2%)	0 (0%)	0	0 (0%)	25 (1%)	41 (14%)	0 (0%)	25	3	90%	90%	8%	35%
Sweet Greens	14.5	1	110	0	1 (2%)	0 (0%)	0	0 (0%)	120 (4%)	26 (8%)	0 (0%)	16	2	140%	80%	12%	12%
CITRUS																	
Black Magic	14.5	1	50	0	0 (0%)	0 (0%)	0	0 (0%)	10 (0%)	12 (4%)	0 (0%)	8	0	0%	50%	1%	0%
Immunity	14.5	1	170	10	1 (1%)	0 (0%)	0	0 (0%)	5 (0%)	41 (14%)	0 (0%)	16	4	15%	370%	15%	10%
The Master	14.5	1	50	0	0 (0%)	0 (0%)	0	0 (0%)	10 (0%)	12 (4%)	0 (0%)	8	0	0%	50%	1%	0%
Turmeric Lemonade	14.5	1	50	0	0 (2%)	0 (0%)	0	0 (0%)	10 (0%)	12 (4%)	0 (0%)	8	0	0%	50%	2%	0%
BLENDS																	
Beta-Bomb	14.5	1	170	15	1.5 (2%)	0 (0%)	0	0 (0%)	105 (4%)	35 (14%)	0 (0%)	18	4	480%	220%	15%	35%
D-Tox	14.5	1	100	0	2 (2%)	0 (0%)	0	0 (0%)	140 (6%)	22 (6%)	0 (0%)	14	2	15%	55%	7%	6%
Recharge	14.5	1	150	0	0.5(1%)	0 (0%)	0	0 (0%)	20 (1%)	35 (11%)	0 (0%)	24	2	10%	260%	4%	6%
NUT MYLKS & SHAKES																	
Almond Mylk	14.5	1	230	130	15 (23%)	1.5 (8%)	0	0 (0%)	0 (0%)	17 (6%)	1 (4%)	7	13	0%	0%	8%	8%
Cashew Mylk	14.5	1	290	100	22 (36%)	4 (20%)	0	0 (0%)	14 (0%)	20 (8%)	6 (20%)	10	10	0%	0%	4%	20%
Chocolate Protein	14.5	1	350	180	21 (32%)	2 (9%)	0	0 (0%)	5 (0%)	29 (10%)	4 (17%)	13	17	6%	10%	10%	25%
Get Up And Go-Go	14.5	1	180	110	12 (18%)	1 (6%)	0	0 (0%)	0 (0%)	14 (5%)	1 (3%)	6	10	0%	0%	6%	6%
Mint Chip Shake	14.5	1	280	110	13 (20%)	2.5 (12%)	0	0 (0%)	20 (1%)	37 (12%)	6 (22%)	17	9	50%	25%	8%	10%
Turmeric Mylk	14.5	1	250	130	15 (23%)	1.5 (7%)	0	0 (0%)	0 (0%)	21 (7%)	2 (7%)	7	10	0%	0%	8%	25%
OTHER																	
Chlorophyll Water	14.5	1	0	0	0 (0%)	0 (0%)	0	0 (0%)	0 (0%)	1 (0%)	0 (0%)	0	0	0%	0%	0%	0%
True Brew	7.25	2	15	0	0 (0%)	0 (0%)	0	0 (0%)	5 (0%)	3 (1%)	0 (0%)	0	1	0%	0%	0%	0%
WELLNESS BOOSTS																	
Energy Elixir	2	1	35	0	0 (0%)	0 (0%)	0	0 (0%)	6 (0%)	9 (3%)	0 (0%)	6	0	0%	10%	2%	2%
Immune Boost	2	1	50	0	0 (0%)	0 (0%)	0	0 (0%)	10 (0%)	13 (5%)	0 (0%)	4	0	0%	30%	0%	4%
Liver Flush	2	1	25	0	0 (0%)	0 (0%)	0	0 (0%)	10 (0%)	6 (2%)	0 (0%)	5	0	0%	35%	0%	0%
Tummy Tonic	2	1	30	0	0 (0%)	0 (0%)	0	0 (0%)	0 (0%)	6 (2%)	0 (0%)	5	0	0%	2%	0%	0%
Turmeric Tonic	2	1	30	0	0 (0%)	0 (0%)	0	0 (0%)	0 (0%)	7 (3%)	1 (4%)	2	0	0%	2%	0%	10%

Recommended limits for a 2,000 calorie a day diet are 20 g saturated fat and 2,300 mg sodium. A 2,000 calorie a day diet is used for the basis of general nutrition advice; however individual needs may vary.

<h1>JUICES</h1>	Ingredients	Allergens
GREENS		
#GetYourGreens	Celery, Cucumber, Swiss Chard, Romaine, Cilantro, Lemon, Ginger, Aloe	
Deep Green	Cucumber, Celery, Kale, Spinach, Romaine, Lemon, Ginger	
Dr. Green with Lime	Cucumber, Celery, Kale, Spinach, Romaine, Lime	
Green Ginger	Kale, Romaine, Spinach, Celery, Cucumber, Green Apple, Lemon, Ginger	
Green Lemon	Kale, Romaine, Spinach, Celery, Cucumber, Green Apple, Lemon	
Greenbiotic	Orange, Cucumber, Spinach, Ginger, Bacillus coagulans GBI-30, 6086 (Vegan Probiotics)	
Potion 10	Pineapple, Pear, Cucumber, Kale, Spinach, Romaine, Parsley, Ginger, Turmeric, Lime	
Sweet Greens	Cucumber, Kale, Spinach, Romaine, Celery, Green Apple	
CITRUS		
Black Magic	Purified Water, Lemon, Raw Agave, Cayenne, Activated Coconut Charcoal	
Immunity	Orange, Grapefruit, Lemon, Ginger, Cayenne	
The Master	Lemon, Purified Water, Raw Agave, Cayenne	
Turmeric Lemonade	Lemon, Purified Water, Raw Agave, Turmeric, Ginger	
BLENDS		
Beta-Bomb	Orange, Carrot, Pineapple, Ginger, Lime, Turmeric, Cinnamon	
D-Tox	Pineapple, Young Coconut Water, Mint, Green Apple, Chlorophyll Water	
Recharge	Orange, Strawberry, Young Coconut Water, Grapefruit, Beet, Ginger, Lemon	Coconut
NUT MYLKS & SHAKES		
Almond Mylk	Purified Water, Raw Almonds, Dates, Vanilla, Sea Salt	Almond
Cashew Mylk	Raw Cashew, Purified Water, Cinnamon, Nutmeg, Vanilla, Raw Agave	Cashew
Chocolate Protein	Raw Almonds, Purified Water, Dates, Banana, Raw Almond Butter, Cacao, Ultra Brown Rice Protein, Sacha Inchi, Vanilla, Sea Salt, Stevia	Almond
Get Up And Go-Go	Purified Water, Cold-Brew Coffee, Raw Almonds, Dates, Vanilla, Sea Salt	Almond
Mint Chip Shake	Raw Almonds, Purified Water, Spinach, Banana, Dates, Cacao Nibs, Vanilla Bean, Sea Salt, Mint	Almond
Turmeric Mylk	Raw Almonds, Purified Water, Ginger, Turmeric, Cardamom, Cinnamon, Dates, Vanilla, Sea Salt	Almond
OTHER		
Chlorophyll Water	Alkaline and Ionized Water, Chlorophyll	
True Brew	Filtered Water, Cold-Brew Coffee	
WELLNESS BOOSTS		
Energy Elixir	Pineapple Juice, Ginger, Matcha, Vitamin B-12	
Immune Boost	Orange, Lemon, Ginger, Cayenne, Echinacea, Reishi	
Liver Flush	Grapefruit, Beet, Aloe, Milk Thistle, Burdock, Cayenne	
Tummy Tonic	Apple, Aloe, Apple Cider Vinegar, Ginger, Bacillus Coagulans GBI-30, 6086 (Vegan Probiotics)	
Turmeric Tonic	Turmeric, Pineapple, Aloe, Ginger, and Chamomile	

SMOOTHIES	NUTRITIONAL DATA																
	Serving Size (ea.)	Servings Per Container	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV	Potassium (mg)	
SMOOTHIES																	
Berry Blaze	1	1	224	4 (6%)	0 (0%)	0 (0%)	13 (1%)	47 (16%)	11 (43%)	27	2 (4%)	33%	71%	10%	8%	851 (24%)	
Blue Moon	1	1	340	22 (33%)	3 (13%)	0 (0%)	95 (4%)	36 (12%)	5 (24%)	18	11	6%	2%	8%	20%	650 (15%)	
Buff Beatnik	1	1	431	14 (22%)	1 (3%)	0 (0%)	24 (1%)	52 (17%)	9 (35%)	39	25 (50%)	31%	21%	6%	23%	591 (17%)	
Epic Greens	1	1	350	4 (6%)	.5 (3%)	0 (0%)	310 (13%)	52 (17%)	6 (27%)	25	16	30%	35%	10%	15%	461 (13%)	
Marina Greens	1	1	257	13 (19%)	1 (5%)	0 (0%)	34 (1%)	35 (12%)	5 (21%)	22	5 (11%)	140%	239%	11%	9%	1104 (32%)	
Mission Mocha	1	1	319	10 (16%)	4 (19%)	0 (0%)	12 (0%)	53 (18%)	10 (38%)	33	8 (17%)	1%	3%	7%	7%	843 (24%)	
Peace Love & Kale	1	1	220	3 (5%)	0 (0%)	0 (0%)	31 (1%)	48 (16%)	4 (16%)	32	3 (6%)	132%	79%	12%	7%	1009 (29%)	
Protein Cacao	1	1	333	16 (24%)	3 (14%)	0 (0%)	1 (0%)	29 (10%)	9 (37%)	13	16 (32%)	1%	13%	5%	18%	311 (9%)	
Strawberry Maca	1	1	340	27 (40%)	2 (10%)	0 (0%)	180 (8%)	54 (18%)	9 (40%)	34	12	0%	70%	10%	15%	870 (20%)	
Sunset Beach	1	1	197	4 (7%)	0 (0%)	0 (0%)	6 (0%)	23 (8%)	3 (12%)	26	6 (13%)	16%	113%	3%	4%	218 (6%)	

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SMOOTHIES	Ingredients	Allergens
SMOOTHIES		
Berry Blaze	Raw Coconut Water, Blueberry, Banana, Raspberry, Strawberry, Acai, Goji Berry	Coconut
Blue Moon	House-Made Almond Mylk (Almond Butter, Date, Vanilla, Sea Salt), Blue Spirulina, Coconut Meat, Cashews, Dates, Vanilla	Almond
Buff Beatnik	House-Made Almond Mylk (Almond Butter, Date, Vanilla, Sea Salt), Blueberry, Banana, Spinach, Raw Almond Butter, Dates, Brown Rice Protein, Hemp Seeds, Cinnamon	Almond
Epic Greens	House-Made Almond Mylk (Almond Butter, Date, Vanilla, Sea Salt), Spinach, Banana, EPIC Protein [Yellow Pea, Sunflower Seed, Pumpkin Seed, Sacha Inchi, Cranberry Seed, Cinnamon, Ginger Root, Vanilla Bean, Coconut Crystals, Heirloom Red Banana, Jerusalem Artichoke, Baobab Fruit, Himalayan Pink Salt], Almond Butter, Vanilla Bean	Almond
Marina Greens	Raw Coconut Water, Cold-Pressed Orange Juice, Kale, Spinach, Avocado, Aloe, Cold-Pressed Lime Juice, Spirulina	Coconut
Mission Mocha	Cold-Brew Coffee, House-Made Almond Mylk, Raw Coconut Meat, Banana, Dates, Cacao Powder, Cacao Nibs	Almond
Peace Love & Kale	Coconut Water, Coconut Meat, Kale, Spinach, Dates, Cinnamon	Coconut
Protein Cacao	House-Made Almond Mylk (Almond Butter, Date, Vanilla, Sea Salt), Banana, Cashews, Hemp Seeds, Cacao Powder, Cacao Nibs, Maca	Almond
Strawberry Maca	House-Made Almond Mylk (Almond Butter, Date, Vanilla, Sea Salt), Strawberry, Dates, Vanilla, Maca, Coconut Meat, Cashews	Almond
Sunset Beach	Cold-Pressed Orange Juice, House-Made Almond Mylk, Cold-Pressed Carrot Juice, Cold-Pressed Turmeric Juice, Cold-Pressed Ginger Juice, Mangoes, Pineapples, Strawberries	Almond

BOWLS	NUTRITIONAL DATA																
	Serving Size (ea)	Servings Per Container	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
BREAKFAST BOWLS																	
Coconut Yogurt Parfait	1	1	240	120	13 (20%)	5 (24%)	0	0 (0%)	105 (4%)	60 (20%)	11	30	9	0%	40%	10%	15%
Hot Protein Oats (with Toppings)	1	1	210	50	6 (9%)	2 (9%)	0	0 (0%)	50 (2%)	39 (13%)	6 (25%)	30	5	0%	40%	10%	8%
ORGANIC SUPERFOOD BOWLS																	
Acai Superberry Bowl	1	1	230	35	4.5 (7%)	1 (3%)	0	0 (0%)	10 (0%)	44 (15%)	7 (30%)	24	4	10%	35%	6%	8%
Almond Butter Acai Bowl	1	1	580	320	36 (54%)	3 (14%)	0	0 (0%)	10 (1%)	55 (18%)	13 (56%)	26	16	10%	35%	25%	20%
Dragon Bowl	1	1	180	80	9 (13%)	1 (4%)	0	0 (0%)	95 (4%)	37 (12%)	5 (24%)	25	4	2%	70%	6%	8%
Green Bowl	1	1	140	60	7 (10%)	1 (5%)	0	0 (0%)	100 (4%)	27 (9%)	5 (22%)	16	3	30%	50%	6%	6%
SUPERFOOD BOWL TOPPINGS																	
Classic	1	1	230	110	12 (18%)	5 (24%)	0	0 (0%)	80 (3%)	58 (19%)	9 (34%)	27	7	0%	50%	4%	15%
Protein	1	1	340	160	18 (27%)	3 (13%)	0	0 (0%)	60 (2%)	40 (13%)	8 (27%)	12	10	2%	35%	4%	15%
Paleo	1	1	400	270	30 (46%)	5 (26%)	0	0 (0%)	10 (0%)	30 (10%)	6 (23%)	18	12	0%	60%	8%	15%

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BOWLS		
	Ingredients	Allergens
BREAKFAST BOWLS		
Coconut Yogurt Parfait	Probiotic Coconut Yogurt (Coconut meat, Agave, Lemon, Vanilla, Vegan Probiotics), Banana, Blueberry, Strawberry, Gluten-Free Granola (Gluten-Free Rolled Oats, Maple Syrup, Certified Gluten-Free Oat Flour, Pecans, Extra Virgin Olive Oil, Coconut Chips, Sunflower Seeds, Flax Meal, Sesame Seeds, Sea Salt, Chia Seeds, Cinnamon, Nutmeg), Honey	Coconut, Pecan
Hot Protein Oats (with Toppings)	GF Oats (Almond Butter, Epic Protein [Yellow Pea, Sunflower Seed, Pumpkin Seed, Sacha Inchi, Cranberry Seed, Cinnamon, Ginger Root, Vanilla Bean, Coconut Crystals, Heirloom Red Banana, Jerusalem Artichoke, Baobab Fruit, Himalayan Pink Salt], Agave, Vanilla), Probiotic Coconut Yogurt (Coconut Meat, Agave, Lemon, Vanilla, Vegan Probiotics), Shredded Coconut, Toasted Almonds, Honey	Almond, Coconut
ORGANIC SUPERFOOD BOWLS		
Acai Superberry Bowl	House-Made Almond Mylk (Almond Butter, Date, Vanilla, Sea Salt), Pure Unsweetened Acai, Blueberry, Banana	Almond
Almond Butter Acai Bowl	House-Made Almond Mylk (Almond Butter, Date, Vanilla, Sea Salt), Almond Butter, Pure Unsweetened Acai, Blueberry, Banana	Almond
Dragon Bowl	Pitaya, Banana, Pineapple, Coconut Water, Probiotic Coconut Yogurt (Coconut meat, Agave, Lemon, Vanilla, Vegan Probiotics)	Coconut
Green Bowl	Kale, Spinach, Banana, Mango, Avocado, Coconut Water, Probiotic Coconut Yogurt (Coconut meat, Agave, Lemon, Vanilla, Vegan Probiotics)	Coconut
SUPERFOOD BOWL TOPPINGS		
Classic	GF Superfood Granola (Gluten-Free Rolled Oats, Maple Syrup, Certified Gluten-Free Oat Flour, Pecans, Extra Virgin Olive Oil, Coconut Chips, Sunflower Seeds, Flax Meal, Sesame Seeds, Sea Salt, Chia Seeds, Cinnamon, Nutmeg), Banana, Blueberry, Strawberry, Coconut Shavings, Honey	Coconut, Pecan
Protein	GF Superfood Granola (Gluten-Free Rolled Oats, Maple Syrup, Certified Gluten-Free Oat Flour, Pecans, Extra Virgin Olive Oil, Coconut Chips, Sunflower Seeds, Flax Meal, Sesame Seeds, Sea Salt, Chia Seeds, Cinnamon, Nutmeg), Banana, Strawberry, Cashew, Cacao Nibs, Hemp Seeds, Honey	Cashew, Pecan
Paleo	Almonds, Cashews, Cacao Nibs, Coconut Shavings, Hemp Seeds, Bee Pollen, Seasonal Berries, Honey	Almond, Cashew, Coconut

TOASTS & WAFFLES	NUTRITIONAL DATA															
	Serving Size (oz)	Calories	Calories From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
PALEO PROTEIN WAFFLES																
Almond Butter + Banana Waffle	1	520	230	25 (39%)	1.5 (7%)	0	0 (0%)	230 (10%)	61 (20%)	9 (37%)	20	18	0%	8%	15%	10%
Berries + Cream Waffle	1	480	210	23 (36%)	.5 (3%)	0	0 (0%)	400 (17%)	54 (18%)	7 (29%)	20	17	0%	45%	10%	6%
TOAST																
Banana Almond Butter Toast	1	420	190	21 (33%)	1.5 (8%)	0	0 (0%)	210 (9%)	30 (10%)	6 (25%)	13	10	0%	0%	10%	10%
Avocado Toast	1	230	100	11 (17%)	2 (10%)	0	0 (0%)	310 (13%)	8 (3%)	7 (27%)	2	4	0%	30%	2%	4%
Golden Toast	1	170	90	10 (16%)	1.5 (7%)	0	0 (0%)	380 (16%)	10 (3%)	4 (14%)	1	5	0%	10%	2%	4%

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TOASTS & WAFFLES

	Ingredients	Allergens
PALEO PROTEIN WAFFLES		
Almond Butter + Banana Waffle	Toasted GF Waffle (Water, Banana, Almond Flour, PJ Almond Milk (Almond Butter, Date, Vanilla, Sea Salt), Coconut Flour, Tapioca Starch, Baking Soda, Cinnamon, Vanilla, Sea Salt, Apple Cider Vinegar.) Banana, Almond Butter, Probiotic Coconut Yogurt (Young Coconut, Agave, Lemon, Vanilla, Vegan Probiotic), Honey and Hemp Seeds	Almond, Coconut
Berries + Cream Waffle	Toasted GF Waffle (Water, Banana, Almond Flour, PJ Almond Milk (Almond Butter, Date, Vanilla, Sea Salt), Coconut Flour, Tapioca Starch, Baking Soda, Cinnamon, Vanilla, Sea Salt, Apple Cider Vinegar.), Seasonal Berries, Almond Cream Cheese (Almond milk (Water, Almonds), Salt, Enzyme, Chives, Vinegar, Xanthan Gum, Locust Bean Gum, Guar Gum, White Pepper, Cultures), Honey, Toasted Almonds	Almond, Coconut
TOAST		
Banana Almond Butter Toast	Almond Butter, Banana, Honey, Toasted Almonds, GF Bread*	Almond
Avocado Toast	Avocado Mash (Avocado, Lemon Juice, Garlic Powder, Sea Salt, Black Pepper), Microgreens, Black Sesame Seeds, GF Bread*	
Golden Toast	Turmeric Hummus (Garbanzo Beans, Water, Tahini, Extra Virgin Olive Oil, Sea Salt, Lemon Juice, Spices, Citric Acid, Garlic Powder, Cayenne), Avocado Mash (Avocado, Lemon Juice, Garlic Powder, Sea Salt, Black Pepper), Pickled Red Onion (Onions, Cider Vinegar, Coconut Sugar, Sea Salt), Microgreens, Crunchy Seeds (Hemp, Sesame and Chia), GF Bread*	

***GF Bread in Southern CA:** Filtered Water, GF Flour (Tapioca Starch, Organic Brown Rice Flour, Potato Starch, Organic Amaranth Flour), Organic Unrefined Cane Sugar, Xanthan Gum, Yeast, Organic Palm Oil Shortening, Sea Salt, Sweet Beet Fiber, Apple Cider Vinegar, Ascorbic Acid.)

***GF Bread in Northern CA:** Organic White Rice Flour, Organic Millet Flour, Organic Sorghum Flour, Arrowroot, Sourdough Starter (Water, Organic Sorghum Flour), Xanthan Gum, Kosher Salt

SOUPS

SOUP

NUTRITIONAL DATA

	Serving Size (oz)	Servings Per Container	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Black Bean Chili	12	1	182	36	4 (6%)		0	0 (0%)	801 (34%)	31 (10%)	10 (41%)		9	26%	84%	6%	19%
Butternut Lentil	14.5	1	440	140	16 (21%)	1.5 (6%)	0	0 (0%)	450 (20%)	56 (20%)	9 (32%)	2	20	160%	20%	15%	25%
Carrot Soup with Moroccan Spice	14.5	1	240	110	12 (17%)	6 (29%)	0	0 (0%)	870 (36%)	35 (12%)	9 (37%)	16	5	580%	40%	15%	20%
Chickpea Kale	14.5	1	240	60	7 (11%)	1 (4%)	0	0 (0%)	490 (21%)	35 (12%)	7 (12%)	3	9	40%	45%	10%	15%
Coconut Dal with Roasted Butternut	12	1	368	116	13 (19%)	1.5 (6%)	0	0 (0%)	597 (25%)	47 (16%)	8 (35%)		17	54%	23%	6%	32%
Cream of Tomato (w/ Cashew)	12	1	210	90	10 (15%)	1.5 (6%)	0	0 (0%)	460 (19%)	29 (10%)	3 (14%)		5	20%	70%	4%	10%
Mediterranean Lentil Stew	12	1	257	15	2 (3%)	0 (0%)	0	0 (0%)	657 (27%)	46 (15%)	18 (79%)		16	195%	30%	6%	20%
Smoky Split Pea	12	1	257	15	2 (3%)	0 (0%)	0	0 (0%)	657 (27%)	46 (15%)	18 (79%)		16	195%	30%	6%	20%
Spiced Cauliflower	14.5	1	180	60	7 (10%)	1 (4%)	0	0 (0%)	470 (20%)	26 (9%)	9 (37%)	7	6	10%	320%	10%	15%
SW Corn Chowder	12	1	269	85	9 (14%)		0	0 (0%)	679 (28%)	45 (15%)	4 (19%)		5	29%	64%	4%	12%

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SOUPS

SOUP

SOUP	Ingredients	Allergens
Black Bean Chili	Black Beans, Chile Ancho, Chili Passila, Corn, Garlic, Canola Oil, Onion, Green Bell Pepper, Cayenne, Cumin, Oregano, Paprika, Sea Salt, Thyme, Tomato, Water	
Butternut Lentil	Water, Red Lentil, Butternut Squash, Carrot, Onion, Celery, Tomato, Coconut Milk, Sunflower Oil, Lime Juice, Coconut Sugar, Cayenne, Turmeric, Sea Salt	Coconut
Carrot Soup with Moroccan Spice	Carrot, Tomato, Coconut milk, Vegetable Stock, Onion, Maple Syrup, Sunflower Oil, Garlic, Ginger, Brown Mustard Seed, Fennel Seed, Caraway, Lemon Juice, Sea Salt, Black Pepper	Coconut
Chickpea Kale	Chickpeas, Kale, Vegetable Stock, Onion, Extra Virgin Olive Oil, Garlic, Lemon Juice, Thyme, Cumin, Coriander, Cayenne, Sea Salt	
Coconut Dal with Roasted Butternut	Red Lentil, Carrot, Celery, Lime Juice, Coconut Milk, Canola Oil, Onion, Sriracha, Ground Cumin Seed, Sea Salt, Turmeric, Butternut, Sugar, Tomato, Water	Coconut
Cream of Tomato (w/ Cashew)	Canola Oil, Onion, Garlic, Rice Flour, Black Pepper, Sea Salt, Brown Sugar, Tomato Paste, Tomato, Cashew	Cashew
Mediterranean Lentil Stew	Lentil, Garlic, Mint, Lemon Juice, Canola Oil, Red Potato, Cayenne, Pepper, Sea Salt, Spinach, Water	
Smoky Split Pea	Carrot, Garlic, Oil, Onion, Green Split Peas, Chipotle, Cumin, Paprika, Sea Salt, Tomato, Water	
Spiced Cauliflower	Vegetable stock (water, carrot, onion, celery, parsley), Cauliflower, Yellow Finn Potato, Celery, Olive Oil, Lemon Juice, Garlic, Sea Salt, Turmeric, Black Pepper, Thyme, Cayenne Pepper	
SW Corn Chowder	Corn, Rice Flour, Garlic, Canola Oil, Onion, Red Bell Pepper, Red Potato, Chipotle, Chili Powder Blend, Cumin Seed, Spice, Ground Paprika, Pepper, Sea Salt, Light Brown Sugar, Water	

KOMBUCHA, COFFEES, TEA	NUTRITIONAL DATA																
	Serving Size (ea)	Servings Per Container	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
COFFEE																	
Black Coffee	1	1	5	0	0 (0%)	0 (0%)	0	0 (0%)	0 (0%)	0 (0%)	0 (0%)	0	0	0%	0%	0%	0%
Hot Coffee with Almond Mylk	1	1	150	90	10 (15%)	1 (5%)	0	0 (0%)	110 (5%)	13 (4%)	3 (11%)	9	4	0%	0%	6%	4%
Hot Coffee with Cashew Mylk	1	1	120	80	9 (14%)	1.5 (8%)	0	0 (0%)	5 (0%)	8 (3%)	2 (7%)	4	4	0%	0%	0%	8%
Hot Espresso with Almond Mylk	1	1	200	120	13 (20%)	1 (5%)	0	0 (0%)	150 (6%)	17 (6%)	4 (14%)	12	6	0%	0%	8%	6%
Hot Espresso with Cashew Mylk	1	1	160	110	12 (19%)	2 (11%)	0	0 (0%)	10 (0%)	11 (4%)	3 (11%)	6	6	0%	0%	0%	10%
Superfood Mocha	1	1	130	60	7 (10%)	1.5 (8%)	0	0 (0%)	0 (0%)	16 (5%)	6 (23%)	20	5	0%	0%	10%	10%
KETO																	
MCT Keto Coffee (Hot or Iced)	1	1	130	60	7 (11%)	8 (42%)	0	0 (0%)	5 (0%)	7 (2%)	2 (8%)	1	1	0%	0%	0%	2%
Iced MCT Keto Matcha Latte	1	1	190	130	14 (21%)	14 (72%)	0	0 (0%)	35 (2%)	4 (1%)	0 (0%)	2	2	0%	0%	0%	2%
COLD DRINKS ON TAP																	
Cold Brew Coffee	1	1	5	0	0 (0%)	0 (0%)	0	0 (0%)	0 (0%)	0 (0%)	0 (0%)	0	0	0%	0%	0%	0%
Straight Kombucha	1	1	60	0	0 (0%)	0 (0%)	0	0 (0%)	15 (1%)	14 (5%)	0 (0%)	11	0	0%	0%	0%	0%
Kombucha + Immune Boost	1	1	80	20	2 (3%)	0 (0%)	0	0 (0%)	15 (1%)	27 (9%)	2 (8%)	15	2	0%	130%	0%	0%
Kombucha + Green Ginger	1	1	70	0	0 (0%)	0 (0%)	0	0 (0%)	30 (1%)	15 (5%)	0 (0%)	11	0	0%	0%	0%	0%
Kombucha + Recharge	1	1	70	0	0 (0%)	0 (0%)	0	0 (0%)	15 (1%)	16 (5%)	0 (0%)	9	0	0%	0%	0%	0%
TEA																	
Loose Leaf Tea	1	1	0	0	0 (0%)	0 (0%)	0	0 (0%)	0 (0%)	0 (0%)	0 (0%)	0	0	0%	0%	0%	0%
Hot Tea with Steamed Cashew Mylk	1	1	60	45	4.5 (7%)	1 (4%)	0	0 (0%)	10 (0%)	4 (1%)	1 (5%)	2	2	0%	0%	0%	4%
Hot Tea with Steamed Almond Mylk	1	1	70	45	5 (8%)	0 (0%)	0	0 (0%)	60 (3%)	6 (2%)	1 (6%)	4	2	0%	0%	4%	2%
ADAPTOGEN LATTES																	
Brain Alchemy	1	1	300	160	18 (23%)	1 (6%)	0	0 (0%)	100 (4%)	23 (8%)	7 (26%)	7	8	0%	0%	10%	15%
Detox Tonic	1	1	110	0	0 (0%)	0 (0%)	0	0 (0%)	10 (0%)	29 (11%)	0 (0%)	18	0	0%	10%	0%	6%
Golden Immunity	1	1	260	160	18 (24%)	0 (0%)	0	0 (0%)	50 (2%)	24 (9%)	1 (3%)	19	3	0%	0%	2%	6%
Matcha Energy	1	1	210	150	17 (21%)	0.5 (3%)	0	0 (0%)	60 (3%)	15 (5%)	3 (12%)	7	4	0%	0%	10%	6%
Skin Potion	1	1	190	160	18 (23%)	0 (0%)	0	0 (0%)	60 (3%)	3 (1%)	0 (0%)	1	2	0%	0%	0%	2%

Recommended limits for a 2,000 calorie a day diet are 20 g saturated fat and 2,300 mg sodium. A 2,000 calorie a day diet is used for the basis of general nutrition advice; however individual needs may vary.

KOMBUCHA, COFFEES, TEA		
	Ingredients	Allergens
COFFEE		
Black Coffee	Filtered Water, Coffee	
Hot Coffee with Almond Mylk	Filtered Water, Coffee, Almond Mylk (Almond Butter, Date, Vanilla, Sea Salt)	Almond
Hot Coffee with Cashew Mylk	Filtered Water, Coffee, Cashew Mylk (Raw Cashew, Water, Cinnamon, Nutmeg, Vanilla, Raw Agave)	Cashew
Hot Espresso with Almond Mylk	Espresso, Almond Mylk (Almond Butter, Date, Vanilla, Sea Salt)	Almond
Hot Espresso with Cashew Mylk	Espresso, Cashew Mylk (Raw Cashew, Water, Cinnamon, Nutmeg, Vanilla, Raw Agave)	Cashew
Superfood Mocha	Coffee, Cacao Powder, Maca, Agave, Cashew Mylk	Cashew
KETO		
MCT Keto Coffee (Hot or Iced)	Coffee, Coconut Butter, Tocos, MCT Oil, Vegan Collagen Boost (He Shou Wu, Horsetail Plant, Gynostemma, Nettles, Calendula, Comfrey)	Coconut
Iced MCT Keto Matcha Latte	Matcha, Coconut Mylk, Tocos, MCT oil, Vegan Collagen Boost (He Shou Wu, Horsetail Plant, Gynostemma, Nettles, Calendula, Comfrey)	Coconut
COLD DRINKS ON TAP		
Cold Brew Coffee	Filtered Water, Coffee	
Straight Kombucha	Filtered Water, Kombucha Culture (Yeast and Bacteria Cultures), Black Tea, Green Tea, Evaporated Cane Juice	
Kombucha + Immune Boost	Orange, Lemon, Ginger, Cayenne, Echinacea, Reishi	
Kombucha + Green Ginger	Kale, Romaine, Spinach, Celery, Cucumber, Green Apple, Lemon, Ginger	
Kombucha + Recharge	Orange, Strawberry, Coconut Water, Grapefruit, Beet, Ginger, Lemon	
TEA		
Loose Leaf Tea	Filtered Water, Tea	
Hot Tea with Steamed Cashew Mylk	Cashew Mylk (Raw Cashew, Water, Cinnamon, Nutmeg, Vanilla, Raw Agave)	Cashew
Hot Tea with Steamed Almond Mylk	Almond Mylk (Almond Butter, Date, Vanilla, Sea Salt)	Almond
ADAPTOGEN LATTES		
Brain Alchemy	Raw Cacao, Rice Bran Tocos, Vanilla, Sea Salt, Coconut-Almond Mylk (Almond Butter, Date, Vanilla, Sea Salt), Raw Agave, Gotu Kola, Ginkgo, Brahmi, Lion's Mane Mushroom, Rama Tulsi, Rosemary	Almond, coconut
Detox Tonic	Ginger, Turmeric, Lemon Water, Honey, Graviola, Moringa, Chanca Piedra, Spirulina, Chlorella, Rama Tulsi, Dandelion, Lemon Peel, Lemongrass	
Golden Immunity	Turmeric, Ginger, Cinnamon, Black Pepper, Coconut Mylk, Honey, Reishi, Chaga, Lion's Mane Mushroom, Shiitake, Maitake, Agaricus, Schisandra Berry, Mangosteen Peel	Coconut
Matcha Energy	Matcha, Ginger, Coconut Mylk, Raw Agave, Rhodiola, Suma, Green Coffee, Jatoba, Guarana	Coconut
Skin Potion	Blue Majik, Coconut Mylk, Honey, He Shou Wu, Horsetail Plant, Gynostemma, Nettles, Calendula, Comfrey	Coconut