



blendabowl

Bowl Nutritional Information

Estimated, as every bowl is prepared to order, Based on a single serving for our REGULAR bowl

ITEM	CALORIES	FAT	PROTEIN	SUGAR
Granola-	189	7.25g	4.5g	7.25g
BLENDS				
Acai-	298	6g	4.25g	24g
Pitaya-	302	0	4.8g	25g
Blue Crush-	214	3.5g	17.5g	38g
Passion Fruit-	348	0	4g	57g
FRUITS				
Strawberry-	18	0	0	3g
Blueberry-	15	0	0	3g
Blackberry-	12.5	0	0	1g
Banana-	30	0	0	7g
Pineapple-	27	0	0	6g
Mango-	33.5	0	0	8.5g
TOPPINGS				
Almonds-	65	5.5g	2g	0
Almond Butter-	100	9g	3g	1g
Bee Pollen-	2	0	0	0
Cacao Nibs-	72	5.5g	1g	0
Chia Seeds-	15	1g	0	0
Coconut-	38	3.5g	0	0
Nutella/Hazelnut-	100	5.5g	1g	10g
Hemp Hearts-	54	4.5g	3.5g	0
Honey-	90	0	0	24g
Chili— 16oz	165	.5g	8g	4g