

Category	Product	Calories	Fat Kcal	Total Fat	Sat. Fat	Trans Fat	Cholest.	Total		Dietary		Added		Protein	Vit. D	Calcium	Iron	Potass.
								Sodium	Carbs	Fiber	Sugars	Sugars						
Bowls	Oola Bowl	1180	270	49	14	0	0	280	171	17	106	74	28	0	183	6	986	
Bowls	Oola Bowl - Large	1360	270	54	15	0	0	300	201	19	133	97	28	0	205	6	982	
Bowls	Pro Bowl	890	360	50	8	0	0	380	99	13	65	39	23	0	98	2	1055	
Bowls	Pro Bowl - Large	1080	360	55	9	0	0	410	130	16	94	62	24	0	120	2	1055	
Bowls	Holy Cacao! Bowl	970	380	53	6	0	0	240	113	16	84	56	20	0	262	4	1022	
Bowls	Holy Cacao! - Large	1160	380	58	7	0	0	260	144	18	113	79	20	0	284	4	1022	
Bowls	What the Flax!?	720	10	18	6	0	0	260	127	12	79	56	14	0	130	4	411	
Bowls	What the Flax!? - Large	910	10	23	8	0	0	290	158	15	108	80	15	0	152	4	411	
Bowls	Pitaya Bowl	1140	360	52	12	0	0	560	156	27	82	58	34	0	146	5	1174	
Bowls	Pitaya Bowl - Large	1240	360	52	12	0	0	560	185	34	104	80	35	0	146	5	1174	
Smoothie	PopEye Smoothie	260	100	16	0	0	0	290	34	7	15	0	16	5	602	3	917	
Smoothie	Tropicoola	230	0	1	0	0	0	5	57	4	43	5	3	0	49	1	584	
Smoothie	Strawberry Banana Smoothie	230	5	0.5	0	0	0	0	32	5	42	0	3	0	45	1	782	
Smoothie	Legend Berry smoothie	150	15	3.5	0	0	0	90	23	5	26	0	3	2	314	2	395	
Bites	Nutella Oola Bites	170	50	10	2	0	0	20	17	3	11	10	4	0	53	1	176	
Bites	Peanut Butter Chips Oola Bites	175	85	10	2	0	0	20	17	3	10	9	5	0	26	1	166	
Bites	Peanut Butter Oola Bites	160	73	9	2	0	0	20	18	3	10	9	5	0	26	1	166	
Drinks	Caramel Cascade	250	70	8	5	0	35	110	36	0	35	0	3	0	125	0	327	
Drinks	Oolay - Hazlenut	160	60	7	4	0	20	40	21	0	20	0	3	0	71	0	332	
Drinks	Oolay - Caramel	210	60	7	4.5	0	20	40	34	0	31	0	3	0	75	0	345	
Drinks	Oolay - Vanilla	90	0	0	0	0	0	0	20	0	19	0	1	0	10	0	187	
CYO Bowl	Strawberry	25	0	0	0	0	0	0	7	2	4	0 < 1		0	14	0	130	
CYO Bowl	Banana	100	0	0	0	0	0	0	26	3	14	0	1	0	6	0	406	
CYO Bowl	Blueberry	50	0	0	0	0	0	0	12	2	8	0 < 1		0	5	0	65	
CYO Bowl	Vegan Granola	310	0	9	4.5	0	0	210	74	6	34	31	12	0	79	3	286	
CYO Bowl	Granola	360	0	9	4.5	0	0	210	64	6	24	21	12	0	79	3	286	
CYO Bowl	Almond Butter	350	260	31	3.5	0	0	130	11	6	4	0	12	0	197	2	424	
CYO Bowl	Peanut Butter	330	240	28	4.5	0	0	115	12	4	5	0	14	0	23	1	424	
CYO Bowl	Acai Bowl CYO	280	0	8	1.5	0	0	45	47	3	44	35 < 1		0	33	0	0	
CYO Bowl	Acai Bowl CYO - Large	470	0	13	3	0	0	70	78	6	73	58	1	0	56	1	0	
CYO Bowl	Pitaya Bowl CYO	160	0	0	0	0	0	0	44	10	33	33 < 1		0	0	0	0	
CYO Bowl	Pitaya Bowl CYO - Large	260	0	0	0	0	0	0	73	17	55	55	1	0	0	0	0	
CYO Bowl	Almond Dust	500	360	43	3.5	0	0	190	21	9	7	3	17	0	219	3	582	
CYO Bowl	Pacoca	490	340	41	6	0	0	330	21	7	7	3	20	0	47	1	518	
CYO Bowl	Apple	30	0	0	0	0	0	0	0	2	6	0	0	0	0	0	62	
CYO Bowl	Maple Syrup	50	0	0	0	0	0	0	13	0	12	12	0	0	20	0	42	
CYO Bowl	Kiwi	35	0	0	0	0	0	0	8	2	5	0 < 1		0	23	0	176	
CYO Bowl	Hemp Seeds	20	15	1.5	0	0	0	0	0	0	0	0	1	0	2	0	40	
CYO Bowl	Flaxseed	15	10	1	0	0	0	0 < 1		< 1	0	0	0	0	6	0	20	
CYO Bowl	Honey	60	0	0	0	0	0	0	17	0	17	17	0	0	1	0	11	
CYO Bowl	Cacao	70	50	6	3.5	0	0	0	5	5	0	0	2	0	0	0	0	
CYO Bowl	Pineapple	45	0	0	0	0	0	0	11	1	8	0	0	0	11	0	93	
CYO Bowl	Coconut	35	15	2	2	0	0	10	4	1	3	0	0	0	1	0	28	
CYO Bowl	Agave	45	0	0	0	0	0	0	11	0	9	9	0	0	0	0	1	
CYO Bowl	Chia Seeds	35	20	2	0	0	0	0	3	2	0	0	1	0	45	1	29	
Drinks	Nitro Lemonade	190	0	0	0	0	0	15	49	0	45	43	0	0	15	0	80	
Drinks	Nitro Tea	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Drinks	Nitro Coffee	10	0	0	0	0	0	0 < 1		0	0	0	0	0	9	0	227	