

Product Name	Calories	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Added Sugars	Protein	Vitamin A	Vitamin C	Vitamin D	Calcium	Iron	Potassium
Oola Bowl	840	180	33	9	0	0	170	130	14	86	59	17	0	0	0	121	4	700
Oola Bowl - Large	930	180	36	10	0	0	170	146	15	98	70	17	0	0	0	129	4	697
Pro Bowl	620	200	30	5	0	0	210	85	10	55	32	13	0	0	0	65	2	813
Pro Bowl - Large	710	200	33	6	0	0	230	102	11	69	44	13	0	0	0	73	2	813
Holy Cacao! Bowl	690	210	31	4.5	0	0	140	100	11	73	49	11	0	0	0	148	3	750
Holy Cacao! - Large	780	210	34	5	0	0	150	117	13	88	61	11	0	0	0	156	3	750
What the Flax!?	670	10	17	6	0	0	250	124	12	72	51	13	0	0	0	118	4	411
What the Flax!? - Large	760	10	20	7	0	0	260	140	14	87	63	13	0	0	0	126	4	411
Pitaya Bowl	1110	360	52	12	0	0	560	149	26	77	53	34	0	0	0	146	5	1174
Pitaya Bowl - Large	990	360	47	10	0	0	460	133	26	76	54	29	0	0	0	109	4	1041
PopEye Smoothie	260	100	16	2	0	0	290	34	7	15	0	16	0	0	5	602	3	917
Tropicoola	230	0	1	0	0	0	5	57	4	43	5	3	0	0	0	49	1	584
Strawberry Banana Smoothie	230	5	0.5	0	0	0	0	32	5	42	0	3	0	0	0	45	1	782
Legend Berry smoothie	150	15	3.5	0	0	0	90	23	5	26	0	3	0	0	2	314	2	395
Nutella Oola Bites	170	50	10	2	0	0	20	17	3	11	10	4	0	0	0	53	1	176
Strawberry Portion	25	0	0	0	0	0	0	7	2	4	0	< 1	0	0	0	14	0	130
Banana Portion	100	0	0	0	0	0	0	26	3	14	0	1	0	0	0	6	0	406
Blueberry Portion	50	0	0	0	0	0	0	12	2	8	0	< 1	0	0	0	5	0	65
Granola Portion	190	0	5	2.5	0	0	115	34	3	13	11	6	0	0	0	42	2	152
Almond Butter Portion	350	260	31	3.5	0	0	130	11	6	4	0	12	0	0	0	197	2	424
Peanut Butter Portion	330	240	28	4.5	0	0	115	12	4	5	0	14	0	0	0	23	1	424
Acai Bowl CYO	230	0	7	1.5	0	0	35	44	3	37	30	0	0	0	0	22	0	0
Acai Bowl CYO - Large	320	0	9	2.5	0	0	45	60	5	51	42	0	0	0	0	30	0	0
Pitaya Bowl CYO	130	0	0	0	0	0	0	37	9	28	28	< 1	0	0	0	0	0	0
Pitaya Bowl CYO - Large	180	0	0	0	0	0	0	51	12	39	39	1	0	0	0	0	0	0
Almond Dust Portion	500	360	43	3.5	0	0	190	21	9	7	3	17	0	0	0	219	3	582
Pacoca Portion	490	340	41	6	0	0	330	21	7	7	3	20	0	0	0	47	1	518
Kiwi Portion	35	0	0	0	0	0	0	8	2	5	0	< 1	0	0	0	23	0	176
Hemp Seeds Portion	20	15	1.5	0	0	0	0	0	0	0	0	1	0	0	0	2	0	40
Flaxseed Portion	15	10	1	0	0	0	0	< 1	< 1	0	0	0	0	0	0	6	0	20
Honey Portion	60	0	0	0	0	0	0	17	0	17	17	0	0	0	0	1	0	11
Cacao Portion	70	50	6	3.5	0	0	0	5	5	0	0	2	0	0	0	0	0	0
Pineapple Portion	45	0	0	0	0	0	0	11	1	8	0	0	0	0	0	11	0	93
Coconut Portion	35	15	2	2	0	0	10	4	1	3	0	0	0	0	0	1	0	28
Agave Portion	45	0	0	0	0	0	0	11	0	9	9	0	0	0	0	0	0	1
Chia Seeds Portion	35	20	2	0	0	0	0	3	2	0	0	1	0	0	0	45	1	29
Lemonade - Large	190	0	0	0	0	0	15	49	0	45	43	0	0	0	0	15	0	80
Cold Brew Coffee - Large	5	0	0	0	0	0	0	< 1	0	0	0	1	0	0	0	7	0	174
Apple Portion	30	0	0	0	0	0	0	8	2	6	0	0	0	0	0	0	0	62
Maple Syrup Portion	50	0	0	0	0	0	0	13	0	12	12	0	0	0	0	20	0	42
Vacation Mode Bowl	420	30	8	4.5	0	0	125	86	16	49	39	9	0	0	0	72	2	376
Vacation Mode Bowl - Large	500	40	9	4.5	0	0	130	103	21	61	51	10	0	0	0	94	3	382
Fresh Start Bowl	460	0	6	2.5	0	0	120	104	17	57	40	9	0	0	0	92	2	603
Fresh Start Bowl - Large	510	0	6	2.5	0	0	120	118	20	68	51	9	0	0	0	92	2	603
Wake Up Bowl	790	150	30	7	0	0	230	124	13	76	50	17	0	0	0	125	3	872
Wake Up Bowl- Large	880	150	33	8	0	0	240	140	15	90	61	17	0	0	0	134	3	872
Power Bowl	610	160	25	4.5	0	0	120	88	9	65	40	15	0	0	0	91	1	702
Power Bowl - Large	660	160	28	5	0	0	130	95	11	70	42	15	0	0	0	99	2	701
Ootella Bowl	810	310	43	6	0	5	190	102	14	74	32	13	0	0	0	228	4	691
Ootella Bowl - Large	890	290	43	9	0	5	160	119	14	89	43	12	0	0	0	194	4	861
Great Bear Bowl	850	240	40	11	0	<5	230	115	12	72	42	19	0	0	0	115	3	681
Breat Bear Bowl - Large	950	240	42	11	0	<5	240	132	13	86	53	19	0	0	0	123	4	681
Revitalize Glow Up	240	0	0	0	0	0	10	62	3	51	13	1	0	0	0	31	1	213
Revitalize Glow Up - Large	260	0	0	0	0	0	10	57	6	44	13	1	0	0	0	32	1	308
Revitalize Energy	210	0	0	0	0	0	75	52	8	41	13	1	0	0	0	42	1	392
Revitalize Energy - Large	280	0	0.5	0	0	0	110	72	11	56	22	2	0	0	0	57	1	528
Strawberry Oats	220	10	1	0	0	0	20	55	5	38	0	3	0	0	0	47	1	606
Buzz Bean	130	0	0.5	0	0	0	20	27	3	17	0	7	0	0	0	36	1	428
Refuel Chocolate Peanut Butter	330	120	17	3.5	0	< 5	150	45	5	28	0	12	0	0	3	329	1	775
Blend Acai	410	70	17	3.5	0	0	200	62	7	50	37	4	0	0	0	105	1	412
Blend Acai - Large	550	70	21	4.5	0	0	220	88	9	73	56	4	0	0	0	117	1	396
Blend Pitaya	240	0	0.5	0	0	0	5	63	11	47	34	1	0	0	0	4	0	66
Blend Pitaya - Large	330	0	0.5	0	0	0	10	87	17	65	52	2	0	0	0	4	0	71
Iced Tea	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0
Iced Tea - Large	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0
Strawberry Coffee	140	60	7	4.5	0	20	40	18	0	17	0	3	0	0	0	70	0	215
Strawberry Coffee - Large	170	60	7	4.5	0	20	40	23	0	21	0	3	0	0	0	72	0	270
Strawberry Lemonade	170	0	0	0	0	0	10	43	<1	40	23	0	0	0	0	12	0	76
Strawberry Lemonade - Large	230	0	0	0	0	0	10	59	<1	54	33	0	0	0	0	15	0	94
Iced Blueberry Tea	50	0	0	0	0	0	5	13	<1	11	0	0	0	0	0	1	0	16
Iced Blueberry Tea - Large	90	0	0	0	0	0	10	22	<1	21	0	0	0	0	0	1	0	16
Matcha Lemonade	110	0	0	0	0	0	10	29	2	24	23	0	0	0	0	8	0	44
Matcha Lemonade - Large	150	0	0	0	0	0	10	39	0	34	33	2	0	0	0	12	0	62
Strawberry Matcha Lemonade	170	0	0	0	0	0	10	44	<1	40	23	1	0	0	0	12	0	76
Strawberry Matcha Lemonade - Large	240	0	0	0	0	0	10	61	<1	54	33	2	0	0	0	15	0	94
Nutella Oola Bites (Serving Size - 1 Bite)	140	45	8	1.5	0	0	20	14	3	9	8	3	0	0	0	44	1	147
PB Oola Bites (Serving Size - 1 Bite)	130	60	7	1	0	0	20	14	3	8	7	4	0	0	0	21	1	134
PB Chip Oola Bites (Serving Size - 1 Bite)	120	60	7	1	0	0	20	14	2	8	6	4	0	0	0	22	1	123