

Oola Bowls Nutrition-Fall Menu

Category	Product	Size	Calories	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Added Sugars	Protein	Vitamin D	Calcium	Iron	Potassium
Bites	Nutella Oola Bites	Small	140	45	8	1.5	0	0	20	14	3	9	8	3	0	44	1	147
Bites	PB Oola Bites	OS	130	60	7	1	0	0	20	14	3	8	7	4	0	21	1	134
Bites	PB Chip Oola Bites	OS	120	60	7	1	0	0	20	14	2	8	6	4	0	22	1	123
Blend	Acai	Small	410	70	17	3.5	0	0	200	62	7	50	37	4	0	105	1	412
Blend	Acai	Large	550	70	21	4.5	0	0	220	88	9	73	56	4	0	117	1	396
Blend	Pitaya	Small	240	0	0.5	0	0	0	5	63	11	47	34	1	0	4	0	66
Blend	Pitaya	Large	330	0	0.5	0	0	0	10	87	17	65	52	2	0	4	0	71
Blend	Zero	Small	290	80	17	3.5	0	0	230	33	26	4	0	5	0	110	2	446
Blend	Zero	Large	360	80	19	4.5	0	0	310	44	35	6	0	5	0	135	2	596
Blend	Coconut	Small	1250	60	47	18	0	0	125	82	6	65	51	4	0	53	1	279
Blend	Coconut	Large	1620	60	61	22	0	0	170	105	7	85	68	5	0	57	1	372
Bowl	Oola	Small	840	180	33	9	0	0	170	130	14	86	59	17	0	121	4	700
Bowl	Oola	Large	930	180	36	10	0	0	170	146	15	98	70	17	0	129	4	697
Bowl	Pro	Small	560	200	29	5	0	0	210	75	9	46	25	13	0	60	2	813
Bowl	Pro	Large	670	200	32	6	0	0	220	95	11	63	39	13	0	70	2	813
Bowl	Holy Cacao!	Small	640	210	30	4	0	0	130	90	11	65	42	11	0	143	2	750
Bowl	Holy Cacao!	Large	740	210	33	5	0	0	150	110	12	82	56	11	0	153	3	750
Bowl	What the Flax!?	Small	620	10	16	6	0	0	240	114	11	64	44	13	0	113	4	411
Bowl	What the Flax!?	Large	730	10	19	7	0	0	260	134	13	81	58	13	0	123	4	411
Bowl	Acai CYO Base	Small	180	0	5	1.5	0	0	25	34	3	28	23	0	0	17	0	0
Bowl	Acai CYO Base	Large	290	0	8	2	0	0	40	54	4	45	37	0	0	27	0	0
Bowl	Pitaya CYO Base	Small	100	0	0	0	0	0	0	28	7	22	22	< 1	0	0	0	0
Bowl	Pitaya CYO Base	Large	160	0	0	0	0	0	0	45	11	34	34	< 1	0	0	0	0
Bowl	Island	Small	420	30	8	4.5	0	0	125	86	16	49	39	9	0	72	2	376
Bowl	Island	Large	500	40	9	4.5	0	0	130	103	21	61	51	10	0	94	3	382
Bowl	Balance	Small	430	0	6	2.5	0	0	120	95	15	51	33	9	0	92	2	603
Bowl	Balance	Large	490	0	6	2.5	0	0	120	112	19	64	46	9	0	92	2	603
Bowl	Brunch	Small	740	150	29	7	0	0	220	113	13	67	43	17	0	120	3	872
Bowl	Brunch	Large	840	150	32	8	0	0	230	134	14	84	57	17	0	130	3	872
Bowl	Power	Small	770	160	30	7	0	0	230	112	13	69	41	21	0	133	3	853
Bowl	Power	Large	860	160	33	8	0	0	240	129	14	83	53	21	0	142	3	853
Bowl	Ootella	Small	770	300	41	8	0	5	150	94	13	67	25	12	0	183	4	861
Bowl	Ootella	Large	860	300	44	9	0	5	160	114	15	84	39	12	0	193	4	861
Bowl	Great Bear	Small	850	240	40	11	0	< 5	230	115	12	72	42	19	0	115	3	861
Bowl	Great Bear	Large	910	240	41	11	0	< 5	240	125	13	80	49	19	0	120	4	681
Bowl	Zero	Small	210	25	7	1.5	0	0	40	37	16	17	9	2	0	56	1	162
Bowl	Zero	Large	430	130	22	3.5	0	0	65	54	26	20	9	10	0	85	3	564
Bowl	Coco Delight	Small	1470	450	77	14	0	0	310	120	13	70	48	25	0	186	3	886
Bowl	Coco Delight	Large	1840	450	90	18	0	0	340	142	14	87	65	26	0	186	3	886
Bowl	Coco Loco	Small	1140	310	59	15	0	0	200	80	12	54	31	15	0	185	3	777
Bowl	Coco Loco	Large	1510	310	72	19	0	0	230	101	13	71	48	16	0	185	3	777
Brew	Lemonade	Large	190	0	0	0	0	0	15	49	0	45	43	0	0	15	0	80
Brew	Cold Brew Coffee	Large	5	0	0	0	0	0	0	< 1	0	0	0	1	0	7	0	174
Brew	Iced Tea	Regular	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0
Brew	Iced Tea	Large	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0
Brew	Strawberry Coffee	Regular	140	60	7	4.5	0	20	40	18	0	17	0	3	0	70	0	215
Brew	Strawberry Coffee	Large	170	60	7	4.5	0	20	40	23	0	21	0	3	0	72	0	270
Brew	Strawberry Lemonade	Regular	170	0	0	0	0	0	10	43	< 1	40	23	0	0	12	0	76
Brew	Strawberry Lemonade	Large	230	0	0	0	0	0	10	59	< 1	54	33	0	0	15	0	94
Brew	Iced Blueberry Tea	Regular	50	0	0	0	0	0	5	13	<1	11	0	0	0	1	0	16
Brew	Iced Blueberry Tea	Large	90	0	0	0	0	0	10	22	<1	21	0	0	0	1	0	16
Brew	Matcha Lemonade	Regular	110	0	0	0	0	0	10	29	2	24	23	0	0	8	0	44
Brew	Matcha Lemonade	Large	150	0	0	0	0	0	10	39	0	34	33	2	0	12	0	62
Brew	Strawberry Matcha Lemonade	Regular	170	0	0	0	0	0	10	44	<1	40	23	1	0	12	0	76
Brew	Strawberry Matcha Lemonade	Large	240	0	0	0	0	0	10	61	<1	54	33	2	0	15	0	94
Brew	Lemonade	Regular	140	0	0	0	0	0	10	37	0	33	32	0	0	11	0	60
CYO	Granola Portion	OS	720	0	18	9	0	0	420	126	12	48	42	24	0	156	6	564
Kicker	Coconut Portion	OS	35	15	2	2	0	0	10	4	1	3	0	0	0	1	0	28
Kicker	Agave Portion	OS	45	0	0	0	0	0	0	11	0	9	9	0	0	0	0	1
Kicker	Chia Seeds Portion	OS	35	20	2	0	0	0	0	3	2	0	0	1	0	45	1	29
Kicker	Apple Portion	OS	30	0	0	0	0	0	0	8	2	6	0	0	0	0	0	62
Kicker	Maple Syrup Portion	OS	50	0	0	0	0	0	0	13	0	12	12	0	0	20	0	42
Kicker	Collagen	Small	40	0	0	0	0	0	35	0	0	0	0	10	0	0	0	0
Kicker	Nutella	Small	200	100	11	4	0	0	15	22	1	21	0	2	0	40	1	170
Refuel	Popeye	Small	220	80	14	1.5	0	0	290	29	7	12	0	15	0	616	3	851
Refuel	Strawberry Oats	OS	290	15	1.5	0	0	0	25	73	7	52	0	3	0	65	1	855
Refuel	Buzz Bean	OS	210	5	1	0	0	0	30	44	5	31	0	8	0	40	1	591
Refuel	Chocolate Peanut Butter	Os	370	120	19	3.5	0	< 5	220	56	6	33	0	13	0	510	2	983
Revitalize	Glow Up	Small	190	0	0	0	0	0	10	50	6	38	13	1	0	25	0	241
Revitalize	Glow Up	Large	260	0	0	0	0	0	10	68	9	52	22	2	0	32	1	308
Revitalize	Jumpstart	Small	210	0	0	0	0	0	75	52	8	41	13	1	0	42	1	392
Revitalize	Jumpstart	Large	280	0	1	0	0	0	110	72	11	56	22	2	0	57	1	528
Swirl	Soft Serve Sorbet Cup	Small	180	0	5	1.5	0	0	25	34	3	28	23	0	0	17	0	0
Swirl	Tropic Cone	OS	360	80	13	2.5	0	0	95	58	6	35	16	5	0	88	2	349
Swirl	Granola and Fruit Parfait	OS	390	0	10	3.5	0	0	140	72	7	44	35	7	0	64	2	201
Swirl	Granola & Nutbutter Parfait	OS	630	180	31	7	0	0	230	78	9	46	35	17	0	78	3	477
Swirl	Granola and Nutbutter Parfait	OS	640	200	34	7	0	0	240	76	10	44	35	15	0	206	3	470
Swirl	Nutbutter Parfait	OS	700	400	52	7	0	0	220	50	11	34	23	18	0	312	3	636

Swirl	Sweet Cone	OS	340	80	13	2	0	0	90	54	6	32	16	5	0	85	2	300
Swirl	Pure Cone	OS	360	80	13	2	0	0	90	60	6	38	22	5	0	86	2	303
Swirl	Coconut Sorbet Scoop	OS	490	40	20	6	0	0	75	27	2	21	20	3	0	5	0	60