

Category	Size	Product Name	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	OS	PB Oola Bites	130	60	7	1	0	0	20	14	3	8	7	4	0	21	1	134
Bites	OS	Nutella Oola Bites	140	45	8	1.5	0	0	20	14	3	9	8	3	0	44	1	147
Bites	OS	PB Chip Oola Bites	120	60	7	1	0	0	20	14	2	8	6	4	0	22	1	123
Blend	Large	Acai	550	70	21	4.5	0	0	220	88	9	73	56	4	0	117	1	396
Blend	Large	Coconut	1620	60	61	22	0	0	170	105	7	85	68	5	0	57	1	372
Blend	Large	Pitaya	330	0	0.5	0	0	0	10	87	17	65	52	2	0	4	0	71
Blend	Large	Zero	360	80	19	4.5	0	0	310	44	35	6	0	5	0	135	2	596
Blend	Small	Acai	410	70	17	3.5	0	0	200	62	7	50	37	4	0	105	1	412
Blend	Small	Coconut	1250	60	47	18	0	0	125	82	6	65	51	4	0	53	1	279
Blend	Small	Pitaya	240	0	0.5	0	0	0	5	63	11	47	34	1	0	4	0	66
Blend	Small	Zero	290	80	17	3.5	0	0	230	33	26	4	0	5	0	110	2	446
Bowl	Large	Balance	490	0	6	3	0	0	120	112	19	64	46	9	0	92	2	603
Bowl	Large	Brunch	730	120	26	6	0	0	180	121	13	79	53	13	0	117	3	779
Bowl	Large	Caramel Apple Bowl	570	45	22	9	0	10	260	90	10	59	44	6	0	115	2	255
Bowl	Large	Coco Delight	1840	450	90	18	0	0	340	142	14	87	65	26	0	186	3	886
Bowl	Large	Coco Loco	1510	310	72	19	0	0	230	101	13	71	48	16	0	185	3	777
Bowl	Large	Dubai Chocolate Bowl	760	80	24	6	0	< 5	50	135	13	98	48	7	0	102	3	916
Bowl	Large	Great Bear	910	240	41	11	0	< 5	240	125	13	80	49	19	0	120	4	681
Bowl	Large	Harvest Bowl	650	0	22	9	0	0	350	105	13	67	47	9	0	101	3	441
Bowl	Large	Holy Cacao!	740	210	33	5	0	0	150	110	12	82	56	11	0	153	3	750
Bowl	Large	Island	430	40	7	3.5	0	0	85	93	19	57	42	7	0	70	2	456
Bowl	Large	Oola Bowl	790	150	29	8	0	0	130	129	13	89	62	13	0	110	3	617
Bowl	Large	Ootella	790	240	36	8	0	5	130	109	13	82	38	9	0	156	3	733
Bowl	Large	Power	680	120	26	6	0	0	180	103	11	69	44	17	0	108	3	652
Bowl	Large	Pro	570	130	24	5	0	0	150	90	9	62	38	9	0	58	1	687
Bowl	Large	Vital Energy	520	15	13	3.5	0	0	115	97	8	71	54	6	0	64	2	215
Bowl	Large	Zero	270	25	9	2.5	0	0	65	48	24	17	9	2	0	65	1	233
Bowl	Large	Great Bear Bowl	770	190	33	9	0	<5	180	112	11	75	45	14	0	100	3	561
Bowl	Small	Great Bear Bowl	670	190	30	8	0	<5	170	92	10	58	31	14	0	90	3	561
Bowl	Small	Balance	430	0	6	3	0	0	120	95	15	51	33	9	0	92	2	603
Bowl	Small	Brunch	610	120	23	5	0	0	160	99	23	61	38	12	0	104	2	769
Bowl	Small	Caramel Apple Bowl	460	45	19	8	0	10	240	70	8	42	30	6	0	105	2	255
Bowl	Small	Coco Delight	1470	450	77	14	0	0	310	120	13	70	48	25	0	186	3	886
Bowl	Small	Coco Loco	1140	310	59	15	0	0	200	80	12	54	31	15	0	185	3	777
Bowl	Small	Dubai Chocolate Bowl	650	80	20	5	0	< 5	35	115	11	81	34	7	0	91	3	916
Bowl	Small	Great Bear	850	240	40	11	0	< 5	230	115	12	72	42	19	0	115	3	681
Bowl	Small	Harvest Bowl	440	0	14	6	0	0	230	74	9	45	30	7	0	76	2	387
Bowl	Small	Holy Cacao!	640	210	30	4	0	0	130	90	11	65	42	11	0	143	2	750
Bowl	Small	Island	350	30	6	3.5	0	0	80	75	14	43	29	6	0	50	2	456
Bowl	Small	Oola Bowl	690	150	26	8	0	0	125	109	12	74	48	13	0	100	3	621
Bowl	Small	Ootella	680	240	33	8	0	5	115	89	12	65	24	9	0	146	3	733
Bowl	Small	Power	580	120	23	5	0	0	170	83	10	52	30	17	0	98	2	652
Bowl	Small	Pro	460	130	21	4	0	0	140	70	8	45	24	9	0	48	1	687
Bowl	Small	Vital Energy	410	15	10	3	0	0	100	77	6	54	40	6	0	54	2	215
Bowl	Small	Zero	200	25	7	1.5	0	0	40	37	16	17	9	2	0	56	1	162
Bowl	Swirl	Brunch Swirl Bowl	530	90	18	4.5	0	0	140	90	10	55	34	11	0	94	2	699
Bowl	Swirl	Caramel Apple Swirl Bowl	420	45	18	8	0	10	240	64	8	37	25	6	0	101	2	255
Bowl	Swirl	Dubai Chocolate Swirl Bowl	470	60	17	4	0	< 5	30	77	7	58	29	5	0	71	2	512
Bowl	Swirl	Harvest Swirl Bowl	410	0	13	6	0	0	220	67	9	40	25	7	0	72	2	387
Bowl	Swirl	Island Swirl Bowl	280	25	6	3.5	0	0	80	56	10	31	24	6	0	41	1	239
Bowl	Swirl	Oola Swirl Bowl	560	120	21	6	0	0	120	89	9	60	44	11	0	86	2	426
Bowl	Swirl	Ootella Swirl Bowl	530	220	29	6	0	< 5	105	62	9	46	30	8	0	126	2	455
Bowl	Swirl	Power Swirl Bowl	490	90	18	4.5	0	0	150	74	8	45	26	15	0	90	2	577
Bowl	Swirl	Pro Swirl Bowl	430	130	20	4	0	0	135	63	7	39	30	9	0	44	1	687
Bowl	Swirl	Vital Energy Swirl Bowl	350	15	9	2.5	0	0	95	65	5	44	35	5	0	46	2	175

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Brews	Large	Coffee	5	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0
Brews	Large	Cold Brew	5	0	0	0	0	0	0	< 1	0	0	0	2	0	10	0	212
Brews	Large	Hot Tea	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0
Brews	Large	Iced Blueberry Tea	90	0	0	0	0	0	10	22	< 1	21	0	0	0	1	0	16
Brews	Large	Iced Tea	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0
Brews	Large	Lemon & Ginger Elixir	15	0	0	0	0	0	10	4	0	< 1	0	0	0	45	0	79
Brews	Large	Lemonade	190	0	0	0	0	0	15	49	0	45	43	0	0	15	0	80
Brews	Large	Matcha Lemonade	150	0	0	0	0	0	10	39	0	34	33	2	0	12	0	62
Brews	Large	Mushroom Coffee	25	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0
Brews	Large	Salted Caramel Protein Coffee	210	60	7	5	0	25	180	26	0	22	0	11	0	186	0	395
Brews	Large	Strawberry Coffee	170	60	7	5	0	20	40	23	0	21	0	3	0	72	0	270
Brews	Large	Strawberry Lemonade	230	0	0	0	0	0	10	59	< 1	54	33	0	0	15	0	94
Brews	Large	Strawberry Matcha Lemonade	240	0	0	0	0	0	10	61	< 1	54	33	2	0	15	0	94
Brews	Regular	Coffee	5	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0
Brews	Regular	Cold Brew	5	0	0	0	0	0	0	< 1	0	0	0	1	0	7	0	174
Brews	Regular	Hot Tea	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0
Brews	Regular	Iced Blueberry Tea	50	0	0	0	0	0	5	13	< 1	11	0	0	0	1	0	16
Brews	Regular	Iced Tea	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0
Brews	Regular	Lemon & Ginger Elixir	15	0	0	0	0	0	10	4	0	< 1	0	0	0	33	0	79
Brews	Regular	Lemonade	140	0	0	0	0	0	10	37	0	33	32	0	0	11	0	60
Brews	Regular	Matcha Lemonade	110	0	0	0	0	0	10	29	2	24	23	0	0	8	0	44
Brews	Regular	Mushroom Coffee	25	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0
Brews	Regular	Salted Caramel Protein Coffee	190	60	7	5	0	25	160	21	0	17	0	11	0	180	0	340
Brews	Regular	Strawberry Coffee	140	60	7	5	0	20	40	18	0	17	0	3	0	70	0	215
Brews	Regular	Strawberry Lemonade	170	0	0	0	0	0	10	43	< 1	40	23	0	0	12	0	76
Brews	Regular	Strawberry Matcha Lemonade	170	0	0	0	0	0	10	44	< 1	40	23	1	0	12	0	76
CYO	Large	Acai Base	290	0	8	2	0	0	40	54	4	45	37	0	0	27	0	0
CYO	Large	Zero Base	140	0	6	2	0	0	60	23	21	0	0	0	0	27	0	0
CYO	OS	Granola Portion	120	0	3	2	0	0	70	21	2	8	7	4	0	26	1	95
CYO	OS	Collagen Portion	40	0	0	0	0	0	35	0	0	0	0	10	0	0	0	0
CYO	OS	Maple Granules Portion	25	0	0	0	0	0	0	7	0	6	6	0	0	20	0	21
CYO	OS	Nutella Portion	115	60	6	3	0	<5	10	13	<1	12	0	1	0	23	1	98
CYO	OS	Pistachio Cream Portion	120	0	8	3	0	0	110	9	1	6	5	3	0	17	1	121
CYO	Small	Acai Base	180	0	5	1.5	0	0	25	34	3	28	23	0	0	17	0	0
CYO	Small	Pitaya Base	160	0	0	0	0	0	0	45	11	34	34	< 1	0	0	0	0
CYO	Small	Zero Base	90	0	2	0	0	0	40	14	13	0	0		0	17	0	0
CYO	Large	Pitaya Base	100	0	0	0	0	0	0	28	7	22	22	< 1	0	0	0	0
CYO	OS	Agave Portion	45	0	0	0	0	0	0	11	0	9	9	0	0	0	0	1
CYO	OS	Almond Butter Portion	170	130	16	2	0	0	65	5	3	2	0	6	0	98	1	212
CYO	OS	Apple Portion	20	0	0	0	0	0	0	6	1	4	0	0	0	0	0	47
CYO	OS	Banana Portion	50	0	0	0	0	0	0	13	1	7	0	< 1	0	3	0	203
CYO	OS	Bee Pollen	10	0	0	0	0	0	0	10	0	0	0	2	0	0	0	0
CYO	OS	Cacao Portion	70	50	6	3.5	0	0	0	5	5	0	0	2	0	0	0	0
CYO	OS	Chia Seeds Portion	35	20	2	0	0	0	0	3	2	0	0	1	0	45	1	29
CYO	OS	Coconut Portion	35	15	2	2	0	0	10	4	1	3	0	0	0	1	0	28
CYO	OS	Flaxseed Portion	15	10	1	0	0	0	0	< 1	< 1	0	0	0	0	6	0	20
CYO	OS	Hemp Seeds Portion	20	15	1.5	0	0	0	0	0	0	0	0	1	0	2	0	40
CYO	OS	Honey Portion	60	0	0	0	0	0	0	17	0	17	17	0	0	1	0	11
CYO	OS	Kiwi Portion	25	0	0	0	0	0	0	6	1	4	0	< 1	0	17	0	132
CYO	OS	Maple Syrup Portion	50	0	0	0	0	0	0	13	0	12	12	0	0	20	0	42
CYO	OS	Pacoca Portion	160	110	14	2	0	0	110	7	2	2	1	7	0	16	0	173
CYO	OS	Peanut Butter Portion	170	120	14	2	0	0	60	6	2	3	0	7	0	12	1	212
CYO	OS	Pineapple Portion	20	0	0	0	0	0	0	6	< 1	4	0	0	0	6	0	46
CYO	OS	Strawberry Portion	15	0	0	0	0	0	0	3	< 1	2	0	0	0	7	0	65
Grab N Go	OS	Chia Pudding - Banana & PB	470	180	30	9	0	0	130	42	9	11	12	13	0	109	2	734

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Grab N Go	OS	Chia Pudding - Strawberries & Nutella	410	150	22	10	0	<5	65	48	7	26	34	5	0	155	3	494
Refuel	OS	Popeye	220	80	14	2	0	0	290	29	7	12	0	15	0	616	3	851
Refuel	OS	Strawberry Oats	290	15	1.5	0	0	0	25	73	7	52	0	3	0	65	1	855
Refuel	OS	Buzz Bean	210	5	1	0	0	0	30	44	5	31	0	8	0	40	1	591
Refuel	OS	Chocolate Peanut Butter	370	120	19	4	0	< 5	220	56	6	33	0	13	5	510	2	983
Revitalize	Large	Cold Buster	370	5	0.5	0	0	0	10	93	10	64	22	4	0	26	1	388
Revitalize	Large	Cold Crusher	350	0	0	0	0	0	10	91	10	63	22	2	0	26	1	388
Revitalize	Large	Glow up	260	0	0	0	0	0	10	68	9	52	22	2	0	32	1	308
Revitalize	Large	Jumpstart	280	0	0	0	0	0	110	72	11	56	22	2	0	57	1	528
Revitalize	Large	Makeover	300	0	0	0	0	0	45	68	9	52	22	12	0	32	1	308
Revitalize	Large	Superstart	310	15	2	0	0	0	110	72	11	56	22	3	0	59	1	568
Revitalize	Small	Cold Buster	250	5	0.5	0	0	0	10	61	7	41	13	3	0	20	1	304
Revitalize	Small	Cold Crusher	230	0	0	0	0	0	10	59	6	40	13	2	0	20	1	304
Revitalize	Small	Glow up	190	0	0	0	0	0	10	50	6	38	13	1	0	25	0	241
Revitalize	Small	Jump Start	210	0	0	0	0	0	75	52	8	41	13	1	0	42	1	392
Revitalize	Small	Makeover	230	0	0	0	0	0	45	50	6	38	13	11	0	25	0	241
Revitalize	Small	Superstart	230	15	2	0	0	0	75	52	8	41	13	2	0	44	1	432
Swirl	Large	Cup	180	0	5	1.5	0	0	25	34	3	28	23	0	0	17	0	0
Swirl	OS	Coconut Scoop	490	40	20	6	0	0	75	27	2	21	20	3	0	5	0	60
Swirl	OS	Nutbutter Parfait	700	400	52	7	0	0	220	50	11	34	23	18	0	312	3	636
Swirl	OS	Pistachio and Fruit Parfait	330	80	14	6	0	25	70	49	4	42	23	2	0	85	1	49
Swirl	OS	Granola & Nutbutter Parfait	630	180	31	7	0	0	230	78	9	46	35	17	0	78	3	477
Swirl	OS	Granola and Fruit Parfait	390	0	10	3.5	0	0	140	72	7	44	35	7	0	64	2	201
Swirl	OS	Nutella Cone	450	130	18	4	0	0	100	69	7	45	16	6	0	100	3	401
Swirl	OS	Pure Cone	340	80	13	2	0	0	90	54	6	32	16	5	0	85	2	300
Swirl	OS	Sweet Cone	360	80	13	2	0	0	90	60	6	38	22	5	0	86	2	303
Swirl	OS	Tropic Cone	360	80	13	2.5	0	0	95	58	6	35	16	5	0	88	2	349
Swirl	Small	Cup	120	0	3.5	1	0	0	15	21	2	18	15	0	0	11	0	0