

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
Bowl	Large	Brunch	730	120	26	6	0	0	180	121	13	79	53	13	0	117	3	779
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	Great Bear	910	240	41	11	0	< 5	240	125	13	80	49	19	0	120	4	681
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	Great Bear Bowl	770	190	33	9	0	<5	180	112	11	75	45	14	0	100	3	561
Bowl	Large	Greek Yogurt Bowl	550	60	16	3.5	0	0	70	98	8	79	54	10	0	117	1	416
Bowl	Small	Great Bear Bowl	670	190	30	8	0	<5	170	92	10	58	31	14	0	90	3	561
Bowl	Small	Brunch	610	120	23	5	0	0	160	99	11	61	38	12	0	104	2	769
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	Great Bear	850	240	40	11	0	< 5	230	115	12	72	42	19	0	115	3	681
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	Greek Yogurt Bowl	450	60	13	3	0	0	55	78	6	62	40	10	0	107	1	416
Brews	Large	Coffee	5	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0
Brews	Large	Hot Tea	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0
Brews	Large	Lemonade	190	0	0	0	0	0	15	49	0	45	43	0	0	15	0	80
Brews	Large	Mushroom Coffee	25	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0
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	Large	Cold Brew	5	0	0	0	0	0	0	<1	0	0	0	1	0	7	0	174
Brews	Large	Strawberry Protein Coffee	220	60	7	4.5	0	25	95	27	0	22	0	11	0	172	0	395
Brews	Large	Strawberry Hydration Brew	110	0	0	0	0	0	100	26	<1	23	21	0	0	57	0	325
Brews	Large	Pitaya Hydration Brew	40	0	0	0	0	0	100	11	2	6	6	0	0	52	0	282
Brews	Large	Iced Strawberry Green Tea	80	0	0	0	0	0	19	<1	18	17	1	0	5	0	71	
Brews	Large	Iced Green Tea	0	0	0	0	0	0	0	0	0	0	0	<1	0	0	0	28
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	Lemonade	140	0	0	0	0	0	10	37	0	33	32	0	0	11	0	60
Brews	Regular	Mushroom Coffee	25	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0
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
Brews	Regular	Strawberry Hydration Brew	70	0	0	0	0	0	100	17	<1	14	13	0	0	57	0	325
Brews	Regular	Pitaya Hydration Brew	30	0	0	0	0	0	100	8	1	4	4	0	0	52	0	282
Brews	Regular	Iced Strawberry Green Tea	60	0	0	0	0	0	15	<1	14	13	<1	0	5	0	63	
Brews	Regular	Iced Green Tea	0	0	0	0	0	0	0	0	0	0	0	<1	0	0	0	20
Brews	Regular	Strawberry Protein Coffee	200	60	7	4.5	0	25	95	22	0	17	0	11	0	170	0	340
Smoothie	OS	Popeye	220	80	14	2	0	0	290	29	7	12	0	15	0	616	3	851
Smoothie	OS	Strawberry Oats	290	15	1.5	0	0	0	25	73	7	52	0	3	0	65	1	855
Smoothie	OS	Buzz Bean	210	5	1	0	0	0	30	44	5	31	0	8	0	40	1	591
Smoothie	OS	Chocolate Peanut Butter	370	120	19	4	0	< 5	220	56	6	33	0	13	5	510	2	983
Smoothie	OS	Glow up	260	0	0	0	0	0	10	68	9	52	22	2	0	32	1	308
Smoothie	OS	Makeover	300	0	0	0	0	0	45	68	9	52	22	12	0	32	1	308
Smoothie	OS	Acai	550	70	21	4.5	0	0	220	88	9	73	56	4	0	117	1	396
Swirl	Large	Cup	180	0	5	1.5	0	0	25	34	3	28	23	0	0	17	0	0
Swirl	OS	Nutella and Fruit Parfait	350	80	14	4.5	0	< 5	40	55	4	48	38	2	0	61	1	193
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	Cone	340	80	13	2	0	0	90	54	6	32	16	5	0	85	2	300
Swirl	Small	Cup	120	0	3.5	1	0	0	15	21	2	18	15	0	0	11	0	0

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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	Small	Coconut Base	610	0	22	7	0	0	50	35	2	28	28	1	0	0	0	0
CYO	Large	Coconut Base	980	0	36	11	0	0	80	57	3	45	45	2	0	0	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	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	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	Almond Dust	170	120	14	1	0	0	65	7	3	2	1	6	0	73	1	194
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	Greek Yogurt Portion	35	0	0	0	0	0	25	3	0	3	0	6	0	75	0	79
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	Protein Powder Portion	50	0	0	0	0	0	55	4	0	0	0	8	0	100	0	125
CYO	OS	Strawberry Portion	15	0	0	0	0	0	0	3	<1	2	0	0	0	7	0	65
CYO	OS	Hydration Powder	10	0	0	0	0	0	100	2	0	0	0	0	0	52	0	282
Grab N Go	OS	Chia Pudding - Banana & PB	470	180	30	9	0	0	130	42	9	11	12	13	0	109	2	734
Grab N Go	OS	Chia Pudding - Strawberries & Nutella	410	150	22	10	0	<5	65	48	7	26	34	5	0	155	3	494
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