

COLD PRESSED JUICE									
NUTRITIONAL INFORMATION									
Name	Unit Size	Calories	Fat (g)	Sugars (g)	Fibre (g)	Carbs (g)	Protein (g)	Sodium (mg)	
FRUITS									
Sun Power	16oz	136	0		19	0	26	4	120
Berry Good	16oz	110	0		21	0	25	0	100
Kelp Yourself	16oz	200	0		30	0	30	1	80
Tango	16oz	150	0		26	0	26	1	100
Melon Burst	16oz	136	0		19	0	19	1	90
DEEP GREENS									
Feeling Green	16oz	96	0		6	0	8	5	100
Just Green	16oz	70	0		2	0	2	1	25
Super Green	16oz	75	0		1	0	2	1	30
Mean Green	16oz	116	0		10	0	12	6	68
LIGHT GREENS									
Citrus Bliss	16oz	140	0		22	0	25	1	10
Dew Good	16oz	110	0		22	0	24	0	48
Reliever	16oz	147	0		27	0	33	4	50
Green Heart	16oz	145	0		20	0	32	2	65
Sweet Kale	16oz	150	0		24	0	36	2	60
HERBAL									
Burdock Splash	16oz	110	0		14	0	20	4	75
Spiked Pine	16oz	141	0		26	0	36	4	120
Sweet & Spicy	16oz	160	0		32	0	32	2	90
ROOTS									
Bloody Beet	16oz	110	0		13	0	21	3	130
Enerbeet	16oz	121	0		15	0	20	3	110
Mother Nature	16oz	95	0		10	0	12	2	100
Pink Lady	16oz	125	0		18	0	27	7	80
Red Dawn	16oz	139	0		25	0	33	7	79
Root Punch	16oz	110	0		12	0	13	2	80
Tropical Storm	16oz	115	0		22	0	24	4	50
NUT MYLKs									
Coffee Cashew	16oz	294	10		15	0	27	6	75
Golden Mylk	16oz	181	10		7.3	0	19	4	70
Protein Chocolate Cashew	16oz	192	11.1		7.1	0	16	18	30
Brazilian Green Mylk	16oz	216	19		6	2	11	6	10
Matcha Mylk	16oz	192	13.1		8	2	16	6	5
Strawberry Probiotic	16oz	227	3		12.4	4	26	5	10
Black Mamba	16oz	168	14		8.4	4	13	2	10
Coconut Cloud	16oz	142	13		4	4	6	2	10
SPECIALITY									
Blue Magic	16oz	140	0		22	0	25	1	10
Charcoal lemonade	16oz	146	0		33	0	46	0	26

BAKED GOODS								
NUTRITIONAL INFORMATION								
Name	Serving Size	Calories	Fat (g)	Sugars (g)	Fibre (g)	Carbs (g)	Protein (g)	Sodium (mg)
Ginger Berry Muffins	1 muffin	176	0.1	38	1	43	1	40
Zucchini Chocolate Muffins	1 Muffin	167	5	8	6	28	11	
Cookie Dough Cookie	1 package (10 cookies)	300	10	30	10	40	1	150
Chickpea Brownie	each	80	4.5	5	2	9	1	2
Pumpkin Protien Cookie	each	305	16	4	17	28	14	60
Chia Pudding Parfait (Plain)	1 jar (9 oz)	310	20	3	20	25	12	20
Chia Pudding Parfait (Vanilla)	1 jar (9 oz)	380	20	10	23	32	12	25
Kale Chips - Cheddar Bacon	1 box (32 oz)	504	14	9	7	30	23	243
Kale Chips - Thai Ginger	1 box (32 oz)	424	13.5	8	7	23	18	262
Kale Chips - Mango Curry	1 box (32 oz)	498	15	8	7	30	19	296
Banana Oat Puck (original)	full puck	298	4	13	5	22	6	
Banana Oat Puck (apple pecan)	full puck	305	6	16	7	30	7	
Banana Oat Puck (Carrot)	full puck	290	4	12	6	20	6	
Banana Oat Puck (Blueberry)	full puck	295	4	15	6	24	5	
Almond Flax Cookie	1 cookie	271	19	8	6	18	9	288
Peanut Flax Cookie	1 cookie	274	19	8	6	19	8	302

				RAW PRODUCTS				
				NUTRITIONAL INFORMATION				
Name	Serving Size	Calories	Fat (g)	Sugars (g)	Fibre (g)	Carbs (g)	Protein (g)	Sodium (mg)
Overnight Oatmeal	1 jar (9 oz)	230	6	12	8.5	35	20	95
Chocolate Cheesecake	1 jar (9 oz)	375	24	20	8	35	8	11
Raspberry Cheesecake	1 jar (9 oz)	340	20	14	5	28	8	10
Coconut Kefir (Vanilla)	1 jar (9 oz)	264	14	13	14	26	2	20
Coconut Kefir (Plain)	1 jar (9 oz)	220	16	2	12	15	2	22
Coconut Kefir (chocolate)	1 jar (9 oz)	295	14	17	14	26	2	20
Tiramisu	1 jar (9 oz)	340	25	13	3	23	6	224

SOUPS								
NUTRITIONAL INFORMATION								
Name	Serving Size	Calories	Fat (g)	Sugars (g)	Fibre (g)	Carbs (g)	Protein (g)	Sodium (mg)
Kale Quinoa	250 ml	110	1.5	0	4	19	4	1580
Hearty Vegetable	250 ml	85	0.7	3	3	17.9	3	1390
Broccoli Dill	250 ml	80	1.5	0.3	3	15	3	1720
Mushroom Coconut	250 ml	80	7	3	2	11	4	1290
Queso Chili	250 ml	110	2.5	4	5	19	5	700
Chickpea	250 ml	130	3	1	5	23	5	1390
Pumpkin Thai	250 ml	150	6	3	4	22	3	1230
Split Pea	250 ml	105	0.2	3.2	5.6	22	6.5	1625
Cauliflower Ginger	250 ml	173	8	7	4.5	21	6.5	625

SALADS								
NUTRITIONAL INFORMATION								
Name	Serving Size	Calories	Fat (g)	Sugars (g)	Fibre (g)	Carbs (g)	Protein (g)	Sodium (mg)
Sweet Potato Noodle	12oz	300	6.5	17.5	3	55	4	950
Buddha Bowl	35oz	428	8	8	10	65	25	109
Lean Green	35oz	275	12	8	8	35	10	63
Warrior Salad	35oz	343	18	3	12	30	20	23
Quinoa Sweet potato	12oz	140	4	2	5	9.5	4	500
Pomegranate Bean Box	12oz	389	3	0	23	68	25	27
Vegan Wraps	Per wrap	92	1	4	4	14	5	33
Dressing								
Peanut Thai	3 oz	183	13	2.2	2.6	4.7	4.7	266
Lemon Vinaigrette	3 oz	98	8.8	2.4	0.3	3.9	0.2	312
Balsamic Vinaigrette	3 oz	161	16	1.7	0.2	3.1	0.3	349
Asian Ginger	3 oz	178	13.9	3.2	0.2	4.4	0.5	266
Gluten Free Wraps								
Mushroom Basil	1 Wrap	538	11	12	18.4	75	24	519
Red Pepper Hummus	1 Wrap	558	10	13	26	81	25	555

SMOOTHIES AND BOWLS								
NUTRITIONAL INFORMATION								
Name	Unit Size	Calories	Fat (g)	Sugars (g)	Fibre (g)	Carbs (g)	Protein (g)	Sodium (mg)
SMOOTHIES								
Green 42	16oz	419	15g	19g	7	47	42	9
Maca Power	16oz	369	16g	15g	6	29	14	32
Berry Blast	16oz	223	1g	30g	8	36	3	39
Green Mango	16oz	259	8g	29g	8	44	4	12
Green Breeze	16oz	226	1g	16g	6	14	4	50
Project Blue	16oz	273	2g	22g	7	44	4	2
Immunity	16oz	214	1g	29g	8	52	2	4
Cookies 'n Cream	16oz	448	20g	38g	5.5	52	8.8	20
Keto Berry	16oz	365	31g	5g		6g (net carb)	6	
Mr. Chocolate	16oz	330	14g	20g	8	20	10	45
BOWLS								
Blue Magic Bowls	12oz	420	11g	35g	8	50	7	6
Dragon Bowl	12oz							
Power Bowl	12oz	377	14g	28	11	42	5	20
Super Bowl	12oz	341	13	27	9	36	4	40
Revita Bowl	12oz	325	13	25	9	33	4	40
Ultimate Bowl	12oz	514	20	35	13	56	18	62
Peanut Butter Bowl	12oz	456	14	33	14	61	8	47

VEGAN LATTE'S								
NUTRITIONAL INFORMATION								
Name	Serving Size	Calories	Fat (g)	Sugars (g)	Fibre (g)	Carbs (g)	Protein (g)	Sodium (mg)
Bulletproof	12oz	304	18	8	0	12	2	59
Reg. Latte	12oz	165	6	0	0	8	1	50
Turmeric Latte	12oz	175	6	0	0	6	1	50
Hot Choc. Latte	12oz	200	8	8	0	14	2	50
Matcha Latte	12oz	169	6	0	0	8	1	0
(all facts are calculated with cashew milk)								

REVITA-TWIST								
NUTRITIONAL INFORMATION								
Name	Serving Size	Calories	Fat (g)	Sugars (g)	Fibre (g)	Carbs (g)	Protein (g)	Sodium (mg)
Vanilla	6 oz	145	9.28	7.52	8.5	12.2	2.7	87
Pineapple	6 oz	205	12	10.4	4.6	15.6	2.2	121