

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	
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 Protein 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		9	7	30	23		
Kale Chips - Thai Ginger	1 box (32 oz)	424		8	7	23	18		
Kale Chips - Mango Curry	1 box (32 oz)	498		8	7	30	19		
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		

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	31	5		6g (net carb)		6	
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

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	80	1	4	3	18	1	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

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

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)								