











Acai bowls & Smoothies
Portland, Oregon
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Nutritional Information




SMOOTHIES						
	Calories	Fat (g)	Saturated Fat (g)	Carbs (g)	Sugars (g)	Protein (g)
Fresh Prince of Brazil						
Regular- 16 oz	165	2	0.5	47	32	2.5
Ingredients:						
Apple Juice, Goji Berry, Banana, Strawberry, Acai						
	Calories	Fat (g)	Saturated Fat (g)	Carbs (g)	Sugars (g)	Protein (g)
Juice Springsteen						
Regular- 16 oz	191	0.89	0.1	45	36	3
Ingredients:						
Orange Juice, Pitaya, Strawberry, Mango						
	Calories	Fat (g)	Saturated Fat (g)	Carbs (g)	Sugars (g)	Protein (g)
Sunny G						
Regular- 16 oz	218	1	0.23	53	36	3
Ingredients:						
Orange Juice, Kale, Mango, Banana						
	Calories	Fat (g)	Saturated Fat (g)	Carbs (g)	Sugars (g)	Protein (g)
Captain Planet						
Regular- 16 oz	346	14	0.19	50	30	10
Ingredients:						
Apple Juice, Almond Milk, Kale, Hemp Seeds, Blue Spirulina, Mango, Banana						
	Calories	Fat (g)	Saturated Fat (g)	Carbs (g)	Sugars (g)	Protein (g)
Green Vibes						
Regular- 16 oz	412	15	1	68	46	8
Ingredients:						
Almond Milk, Almond Butter, Dates, Kale, Matcha, Banana						

	Calories	Fat (g)	Saturated Fat (g)	Carbs (g)	Sugars (g)	Protein (g)
Peanut Butter Cacao						
Regular- 16 oz	477	21	2	54	28	21
Ingredients:						
Almond Milk, Holy Kakow Chocolate, Vegan Protein Peanut Butter, Banana						
Vegan Protein contains Coconut.						
SIGNATURE BOWLS						
	Calories	Fat (g)	Saturated Fat (g)	Carbs (g)	Sugars (g)	Protein (g)
Moberi Bowl						
Small- 12 oz	455	10	2	91	51	6
Regular- 16 oz	649	16	4	126	68	9
Large- 24 oz	1004	27	6	192	100	14
Ingredients:						
Acai Base, Granola, Banana, Strawberry, Blueberry, Goji Berry, Honey						
	Calories	Fat (g)	Saturated Fat (g)	Carbs (g)	Sugars (g)	Protein (g)
Uncle Jesse						
Small- 12 oz	662	29	7	90	45	15
Regular- 16 oz	862	35	8	129	64	18
Large- 24 oz	1218	46	11	195	97	23
Ingredients:						
Acai Base, Granola, Banana, Strawberry, Blueberry, Peanut Butter, Coconut, Honey						
	Calories	Fat (g)	Saturated Fat (g)	Carbs (g)	Sugars (g)	Protein (g)
Rip City						
Small- 12 oz	624	30	3	81	36	15
Regular- 16 oz	806	36	5	116	53	18
Large- 24 oz	1162	46	8	182	85	23
Ingredients:						
Acai Base, Chia Pudding, Granola, Banana, Blueberry, Almond Butter, Hemp Seeds, Honey						

	Calories	Fat (g)	Saturated Fat (g)	Carbs (g)	Sugars (g)	Protein (g)
Peanut Butter Bliss						
Small- 12 oz	879	44	8	104	52	24
Regular- 16 oz	1062	50	10	139	69	27
Large- 24 oz	1417	61	12	205	101	32
Ingredients:						
Acai Base, Granola, Banana, Strawberry, Peanut Butter, Cacao Nibs, Honey						
	Calories	Fat (g)	Saturated Fat (g)	Carbs (g)	Sugars (g)	Protein (g)
Purple Rain						
Regular- 16 oz	660	24	8	115	56	12
Large- 24 oz	982	36	13	178	89	17
Ingredients:						
Acai Base, Pitaya Base, Chia Pudding, Granola, Banana, Strawberry, Blueberry, Coconut Whip, Coconut, Honey						
	Calories	Fat (g)	Saturated Fat (g)	Carbs (g)	Sugars (g)	Protein (g)
Rainbowl Bright						
Regular- 16 oz	611	13	3	128	80	8
Large- 24 oz	947	21	5	193	121	13
Ingredients:						
Acai Base, Pitaya Base, Mango Base, Granola, Banana, Strawberry, Blueberry, Goji Berry, Honey						
House Granola contains wheat, coconut and almonds. Gluten Free Granola is made in a facility that processes peanuts, tree nuts, soy and sesame.						
SNACKS						
	Calories	Fat (g)	Saturated Fat (g)	Carbs (g)	Sugars (g)	Protein (g)
Protein Bites						
One container (3 bites)	362	22	4	30	20	12
Ingredients:						
Rolled Oats, Chia Seeds, Sea Salt, Vanilla, Maple, Peanut Butter						

OATMEAL						
	Calories	Fat (g)	Saturated Fat (g)	Carbs (g)	Sugars (g)	Protein (g)
Breakfast Club						
Regular- 16 oz	799	29	4	114	41	23
Ingredients:						
Oatmeal, Banana, Strawberry, Peanut Butter Chopped Almond, Cacao Nibs, Cinnamon, Maple						
	Calories	Fat (g)	Saturated Fat (g)	Carbs (g)	Sugars (g)	Protein (g)
Sweater Weather						
Regular- 16 oz	643	19	2	102	36	16
Ingredients:						
Oatmeal, Apple, Blueberry, Almond Butter Chopped Almond, Cinnamon, Maple						
SPECIALS						
	Calories	Fat (g)	Saturated Fat (g)	Carbs (g)	Sugars (g)	Protein (g)
Ube Bowl						
Regular- 16 oz	614	26	6	90	42	10
Large- 24 oz	1218	51	8	181	95	15
Ingredients:						
Ube Base, Chia Pudding, Granola, Strawberry Coconut Whip, Matcha Dusting, Honey						
	Calories	Fat (g)	Saturated Fat (g)	Carbs (g)	Sugars (g)	Protein (g)
Pumpkin Smoothie						
Regular- 16 oz	431	16	1	73	49	8
Ingredients:						
Almond Milk, Dates, Pumpkin, Pumpkin Spice, Almond Butter, Banana						

	Calories	Fat (g)	Saturated Fat (g)	Carbs (g)	Sugars (g)	Protein (g)
Ginger Sea Moss						
Regular- 16 oz	178	0.5	0.08	44	33	2
Ingredients:						
Apple Juice, Kale, Ginger, Sea Moss, Mango, Pineapple						