

Salads + Warm Bowls	Allergen Detail							Dietary Groups			Serving Size
	GF	Peanuts	Dairy	Fish	Tree Nuts	Eggs	Soy	Vegan	Vegetarian	Keto	
Udon Miso Soup with Tofu (Seasonal Default)							√	√	√		Regular
Udon Miso Soup with Chicken (Seasonal)							√				Regular
Roasted Cauliflower Curry	√							√	√		Regular
Bangkok Bowl	√	√					√	√	√		Regular
Shroomami	√				√		√	√	√		Regular
Chilango								√	√		Regular
Keto Kate	√				√				√	√	Regular
Truffle Rocket					√			√	√		Regular
Raw Pad Thai	√	√		√				√	√		Regular

Salads + Warm Bowls	Allergen Detail							Dietary Groups			Serving Size
	GF	Peanuts	Dairy	Fish	Tree Nuts	Eggs	Soy	Vegan	Vegetarian	Keto	
Avocado Wrap								√	√		Regular
Breakfast Wrap											Regular
Falamus Wrap								√	√		Regular
Bangkok Wrap											Regular
Nick's Wrap											Regular

Toppings	Allergen Detail							Dietary Groups			Serving Size (g)
	GF	Peanuts	Dairy	Fish	Tree Nuts	Eggs	Soy	Vegan	Vegetarian	Keto	
Roasted Cauliflower							√	√	√		100
Roasted Turmeric Tofu							√				100
Marinated Tofu	√							√	√		2 PCS
Turmeric Chicken Thigh	√	√					√	√	√		1 PCS
Hummus	√				√		√	√	√		100
Roasted Sweet Potatoes								√	√		75
Half Avocado	√				√				√	√	75
Walnut					√			√	√		40
Cashews	√				√						30
Macadamia Nuts	√										20
Roasted Peanuts		√									30
Falafel	√	√		√				√	√		60
Sautéed Mushroom	√						√	√	√		30
Chicken Breast	√										70
Sourdough Bread											1 Slice

Toppings sold per scoop/serving size	Allergen Detail							Dietary Groups			Serving Size (g)
	GF	Peanuts	Dairy	Fish	Tree Nuts	Eggs	Soy	Vegan	Vegetarian	Keto	
Roasted Cauliflower							√	√	√		75
Roasted Turmeric Tofu							√				75

Toppings sold per scoop/serving size	Allergen Detail							Dietary Groups			Serving Size (g)
	GF	Peanuts	Dairy	Fish	Tree Nuts	Eggs	Soy	Vegan	Vegetarian	Keto	
Marinated Tofu	√							√	√		2 PCS
Turmeric Chicken Thigh	√	√					√	√	√		1 PCS
Hummus	√				√		√	√	√		50
Roasted Sweet Potatoes								√	√		75
Half Avocado	√				√				√	√	75
Walnuts	√				√			√	√		20
Cashews	√				√						30
Macadamia Nuts	√										20
Roasted Peanuts		√									30
Falafel	√	√		√				√	√		60
Sautéed Mushroom	√						√	√	√		30
Bases											
Chicken Breast	√										70
Baby Arugula						30				25	1 SLICE
Sourdough Bread											
Spring Mix						30				25.00	
Kale						30				50.00	
Romaine Lettuce						30				20.00	
Baby Spinach						30				25.00	
Warm Quinoa						120				111.00	
Warm Brown Rice						80				109.00	

Bowl + Wrap Ingredients	Serving Size (g)	Calories
Apples	40	0.30
Black Beans	30	6.03
Beets	30	1.60
Bell Pepper	50	1.00
Chickpeas	50	4.90
Cucumbers	45	0.57
Cherry Tomatoes	50	0.90
Corn	40	2.47
Edamame	30	10.30
Parmesan	5	40.00
Red Onions	15	1.10
Shredded Carrots	30	0.00
Shredded Cabbage	30	1.20
Sun-dried Tomato	20	1.00
Tortilla Chips	25	7.20
Zoodles (Zucchini Noodles)	100	2.70
Udon Noodles	150	3.70
Baby Bok Choy	100	1.60

Bowl + Wrap Ingredients	Serving Size (g)	Calories
Apples	40	0

Bowl + Wrap Ingredients	Serving Size (g)	Calories
Boosters	Serving Size (g)	Calories
Almond Butter	30	200.001
Cacao nibs	15	100.0005
Hemp seeds	13	86.6671
Shredded Coconut	12	80.0004
Cacao powder	22.5	150.00075
Dates	30	200.001
Matcha	8	53.3336
Spirulina	4	26.6668
Maca Powder	4	26.6668
Collagen	9	60.0003

Smoothies + Juices + Other	Serving Size (g)	Calories	Total Fat (g)
Vanilla Whey Protein	33	220.0011	
Chocolate Whey Protein	33	220.0011	
Vanilla Plant Protein	31	206.6677	0
Vegan Mocha Protein	31	206.6677	0
Ginger	15	100.0005	0
Chia Seeds	4	26.6668	0
Turmeric powder	4	26.6668	0
OBC	14oz	235	1
Deep Cove	20oz	580	40
Cashew Maca	20oz	505	21
Papa Monkey	20oz	689	32
Wake Me Up	20oz	349	7
Blueberry Avocado Shake	20oz	725	45
The Executive Drink	20oz	945	27
Ginger Bread Cookie	14oz	199	4
Mango Madness	16oz	269	1
Tutti Frutti	16oz	329	1
Berry Berry	16oz	200	1
The Classic	16oz	320	2
Vanilla Matcha	16oz	425	4
Orange Slush	14oz	115	1
Cold Pressed Orange	14oz	155	0
Cold Pressed Orange	16oz	205	0
Cold Pressed Orange	20oz	255	1
House Lemonade	14oz	89	0

Boosters	Serving Size (g)	Calories
Almond Butter		666.67
Cacao nibs		642.00
Hemp seeds		553.30
Shredded Coconut		456.30
Cacao powder		414.00
Dates		281.60

Boosters	Serving Size (g)	Calories
Matcha		1.00
Spirulina		285.70
Maca Powder		360.00
Collagen		328.40
Vanilla Whey Protein		387.00
Chocolate Whey Protein		375.00
Vanilla Plant Protein		366.60
Vegan Mocha Protein		381.00
Ginger		80.00

Dressings + Sauces	Allergen Detail							Dietary Groups			Serving Size (g)
	GF	Peanut s	Dair y	Fish	Tree Nuts	Egg s	So y	Vegan	Vegetaria n	Ket o	
Japanese Vinaigrette	60						√	√	√		60
Miso Vinaigrette	60						√				60
Toasted Red Pepper Chipotle	60							√	√		60
Vegan Chipotle Mayo	75	√					√	√	√		75
Thai Peanut	70				√		√	√	√		70
Thai Curry Sauce	75							√	√		75
Creamy Sesame	45				√				√	√	45
Olive Oil + Balsamic Vinegar	25				√			√	√		25
Truffle oil	5	√		√				√	√		5
Caesar Dressing	50						√	√	√		50
Tamarind Dressing	60										60

Smoothie Bases	Serving Size (ml)	Calories
Almond Milk Unsweetened	300	36
Oat Milk	300	162
Coconut Water	300	56
Cold Pressed Orange	250	113
Mango Juice	300	153

Salads + Warm Bowls	Calories	Total Fat (g)	Total Carbs (g)	Protein (g)
Udon Miso Soup with Tofu (Seasonal Default)	569	12	92	24
Udon Miso Soup with Chicken (Seasonal)	549	10	82	30
Roasted Cauliflower Curry	419	18	60	9
Bangkok Bowl	385	16	48	13
Shroomami	310	13	42	11
Chilango	455	22	58	9
Keto Kate	609	52	20 (5g fibre)	13
Truffle Rocket	505	35	35	12
Raw Pad Thai	325	16	32	17

Salads + Warm Bowls	Calories	Total Fat (g)	Total Carbs (g)	Protein (g)
Avocado Wrap	605	30	70	15
Breakfast Wrap	715	40	62	27
Falamus Wrap	909	55	85	20
Bangkok Wrap	685	24	83	33
Nick's Wrap	660	22	80	30

Toppings	Calories	Total Fat (g)	Total Carbs (g)	Protein (g)
Roasted Cauliflower	59	1	12	3
Roasted Turmeric Tofu	179	9	13	13
Marinated Tofu	120	5	10	10
Turmeric Chicken Thigh	320	21	0	35
Hummus	309	23	21	8
Roasted Sweet Potatoes	100	1	23	2
Half Avocado	120	11	6	2
Walnut	249	24	4	10
Cashews	165.9	13.2	9	5.4
Macadamia Nuts	143.6	15.16	2.76	1.58
Roasted Peanuts	173.7	14.7	5.25	8.4
Falafel	249	22	11	3
Sautéed Mushroom	30	0	6	2
Chicken Breast	100	3	0	17
Sourdough Bread	125	1	24	4

Toppings sold per scoop/serving size	Calories	Total Fat (g)	Total Carbs (g)	Protein (g)
Roasted Cauliflower	44.25	0.75	9	2.25
Roasted Turmeric Tofu	134.25	6.75	9.75	9.75

Toppings sold per scoop/serving size	Calories	Total Fat (g)	Total Carbs (g)	Protein (g)
Marinated Tofu	120	5	10	10
Turmeric Chicken Thigh	320	21	0	35
Hummus	50	0.5	11.5	1
Roasted Sweet Potatoes	100	1	23	2
Half Avocado	120	11	6	2
Walnuts	124.5	12	2	5
Cashews	165.9	13.2	9	5.4
Macadamia Nuts	143.6	15.16	2.76	1.58
Roasted Peanuts	173.7	14.7	5.25	8.4
Falafel	249	22	11	3
Sautéed Mushroom	30	0	6	2
Bases				
Chicken Breast	100	3	0	17
Baby Arugula				
Sourdough Bread	125	1	24	3
Spring Mix		0.00		3.50
Kale		0.70		10.01
Romaine Lettuce		0.00		2.00
Baby Spinach		0.00		3.50
Warm Quinoa		2.00		20.00
Warm Brown Rice		1.00		23.00

Bowl + Wrap Ingredients	Protein (g)	Carbs (g)
Apples	0.20	13.80
Black Beans	0.29	16.56
Beets	0.20	9.60
Bell Pepper	0.30	6.00
Chickpeas	2.00	13.50
Cucumbers	0.14	2.86
Cherry Tomatoes	0.20	3.90
Corn	2.83	18.71
Edamame	4.70	8.60
Parmesan	20.00	0.00
Red Onions	0.10	9.30
Shredded Carrots	0.00	7.00
Shredded Cabbage	0.00	7.14
Sun-dried Tomato	3.00	3.00
Tortilla Chips	24.60	62.70
Zoodles (Zucchini Noodles)	0.00	3.10
Udon Noodles	0.05	29.40
Baby Bok Choy	0.20	1.80

Bowl + Wrap Ingredients	Protein (g)	Carbs (g)
Apples	0	6

Bowl + Wrap Ingredients	Protein (g)		Carbs (g)
Boosters	Total Fat (g)		Carbs (g)
Almond Butter	3.999		16.065
Cacao nibs	1.9995		8.0325
Hemp seeds	1.7329		6.9615
Shredded Coconut	1.5996		6.426
Cacao powder	2.99925		12.04875
Dates	3.999		16.065
Matcha	1.0664		4.284
Spirulina	0.5332		2.142
Maca Powder	0.5332		2.142
Collagen	1.1997		4.8195
Vanilla Whey Protein	4.3989		17.6715
Smoothies + Juices + Other	Total Carbs (g)		Protein (g)
Chocolate Whey Protein	4.3989		17.6715
Vanilla Plant Protein	54	4.1323	16.6005
Vegan Mocha Protein	77	4.1323	16.6005
Ginger	76	1.9995	8.0325
Chia Seeds		0.5332	2.142
Turmeric powder		0.5332	2.142
OBC	53		4
Deep Cove	35		23
Cashew Maca	81		10
Papa Monkey	61		44
Wake Me Up	53		26
Blueberry Avocado Shake	34		46
The Executive Drink	15		53
Ginger Bread Cookie	43		4
Mango Madness	69		3
Tutti Frutti	85		2
Berry Berry	48		3
The Classic	78		4
Vanilla Matcha	73		31
Orange Slush	26		2
Cold Pressed Orange	34		2
Cold Pressed Orange	45		3
Cold Pressed Orange	57		4
House Lemonade	23		0

Boosters	Total Fat (g)	Carbs (g)
Almond Butter	13.33	53.55
Cacao nibs	28.00	52.00
Hemp seeds	8.70	50.00
Shredded Coconut	51.70	28.20
Cacao powder	60.00	10.00
Dates	74.60	0.40

Boosters	Total Fat (g)	Carbs (g)
Matcha	0.00	0.00
Spirulina	24.30	7.70
Maca Powder	84.00	0.40
Collagen	0.00	0.10
Vanilla Whey Protein	6.50	6.50
Chocolate Whey Protein	6.30	6.30
Vanilla Plant Protein	23.30	0.00
Vegan Mocha Protein	14.30	7.10
Ginger	17.80	0.80

Dressings + Sauces	Calories	Total Fat (g)	Total Carbs (g)	Protein (g)
Japanese Vinaigrette	59	1	12	3
Miso Vinaigrette	179	9	13	13
Toasted Red Pepper Chipotle	120	5	10	10
Vegan Chipotle Mayo	320	21	0	35
Thai Peanut	309	23	21	8
Thai Curry Sauce	100	1	23	2
Creamy Sesame	120	11	6	2
Olive Oil + Balsamic Vinegar	249	24	4	10
Truffle oil	249	22	11	3
Caesar Dressing	30	0	6	2
Tamarind Dressing	100	3	0	17

Smoothie Bases	Total Fat (g)	Carbs (g)
Almond Milk Unsweetened	3	2
Oat Milk	1	12
Coconut Water	0	5
Cold Pressed Orange	1	10
Mango Juice	0	13

Bases	Protein (g)
Baby Arugula	1
Spring Mix	2.35
Kale	3.30
Romaine Lettuce	2.00
Baby Spinach	2.35
Warm Quinoa	4.00
Warm Brown Rice	2.00

Bowl + Wrap Ingredients	Total Fat (g)
Apples	52.00
Black Beans	91.00
Beets	43.00
Bell Pepper	31.00
Chickpeas	88.00
Cucumbers	9.00
Cherry Tomatoes	18.00
Corn	98.00
Edamame	110.00
Parmesan	460.00
Red Onions	40.00
Shredded Carrots	30.00
Shredded Cabbage	29.80
Sun-dried Tomato	30.00
Tortilla Chips	501.00
Zoodles (Zucchini Noodles)	21.00
Udon Noodles	133.00
Baby Bok Choy	12.00

Bowl + Wrap Ingredients	Total Fat (g)
Apples	21

Bowl + Wrap Ingredients	Total Fat (g)
Boosters	Protein (g)
Almond Butter	8.001
Cacao nibs	4.0005
Hemp seeds	3.4671
Shredded Coconut	3.2004
Cacao powder	6.00075
Dates	8.001
Matcha	2.1336
Spirulina	1.0668
Maca Powder	1.0668
Collagen	2.4003
Vanilla Whey Protein	8.8011
Chocolate Whey Protein	8.8011
Vanilla Plant Protein	8.2677
Vegan Mocha Protein	8.2677
Ginger	4.0005
Chia Seeds	1.0668
Turmeric powder	1.0668

Boosters	Protein (g)
Almond Butter	26.67
Cacao nibs	14.00
Hemp seeds	31.70
Shredded Coconut	3.20
Cacao powder	20.00
Dates	2.40

Boosters	Protein (g)
Matcha	0.00
Spirulina	57.10
Maca Powder	7.00
Collagen	85.70
Vanilla Whey Protein	80.60
Chocolate Whey Protein	78.10
Vanilla Plant Protein	63.30
Vegan Mocha Protein	71.40
Ginger	1.80
Chia Seeds	17.00
Turmeric powder	9.70

Smoothie Bases	Protein (g)
Almond Milk Unsweetened	2
Oat Milk	2
Coconut Water	0
Cold Pressed Orange	2
Mango Juice	2

Salads + Warm Bowls	Allergen Detail							Dietary Groups			Serving Size	Calories (kCal)	Total Fat (g)	Total Carbs (g)	Protein (g)
	GF	Peanuts	Dairy	Fish	Tree Nuts	Eggs	Soy	Vegan	Vegetarian	Keto					
Roasted Cauliflower Curry	√						√	√	√		Regular	419	16	60	9
Bangkok Bowl	√	√					√	√	√		Regular	385	16	47	13
Shroomami	√						√	√	√		Regular	310	12	40	11
Chilango								√	√		Regular	455	22	55	9
Keto Kate			√		√				√	√	Regular	609	52	20 (5g fibre)	15
Truffle Rocket					√			√	√		Regular	505	35	35	12
Larb Bowl (Excluding choice of protein)	√			√							Regular	265	1	61	4
Roasted Beets & Feta	√						√	√	√		Regular	457	40	16	

Wraps	Allergen Detail							Dietary Groups			Serving Size	Calories (kCal)	Total Fat (g)	Total Carbs (g)	Protein (g)
	GF	Peanuts	Dairy	Fish	Tree Nuts	Eggs	Soy	Vegan	Vegetarian	Keto					
Avocado Wrap								√	√		Regular	645	30	75	18
Chipotle Wrap											Regular	765	43	70	20
Falamus Wrap			√						√		Regular	945	55	78	20
Bangkok Wrap											Regular	699	24	83	34
Nick's Wrap											Regular	690	23	83	35

Toppings	Allergen Detail							Dietary Groups			Serving Size (g)	Calories (kCal)	Total Fat (g)	Total Carbs (g)	Protein (g)
	GF	Peanuts	Dairy	Fish	Tree Nuts	Eggs	Soy	Vegan	Vegetarian	Keto					
Roasted Cauliflower	√							√	√		100	80	5	7	2
Roasted Turmeric Tofu	√						√	√	√		100	130	7	9	8
Legendary Tofu	√						√	√	√		1 PC	120	5	10	9
Fresh Hummus	√							√	√		100	309	21	21	9
Roasted Sweet Potatoes	√							√	√		75	120	5	19	2
Half Avocado	√							√	√	√	75	120	10	6	2
Walnut	√				√			√	√	√	40	249	24	4	10
Cashews	√				√			√	√	√	30	165	12	9	5
Falafel	√							√	√		60	249	21	11	4
Sautéed Mushroom	√						√	√	√		30	30	0	6	2
Chicken Breast	√									√	70	100	3	0	18
Sourdough Bread								√	√		1 Slice	125	1	24	5
Roasted Brussel Sprouts	√									√	80	120	10	8	3
Steak	√									√	70	230	15	0	24
Feta Cheese	√		√						√		28	75	6	2	4

Toppings	Allergen Detail							Dietary Groups			Serving Size (g)	Calories (kCal)	Total Fat (g)	Total Carbs (g)	Protein (g)
	GF	Peanuts	Dairy	Fish	Tree Nuts	Eggs	Soy	Vegan	Vegetarian	Keto					
Toppings sold per scoop/serving size	Allergen Detail							Dietary Groups			Serving Size (g)	Calories (kCal)	Total Fat (g)	Total Carbs (g)	Protein (g)
GF	Peanuts	Dairy	Fish	Tree Nuts	Eggs	Soy	Vegan	Vegetarian	Keto						
Roasted Cauliflower	√							√	√		75	60	4	5	2
Roasted Turmeric Tofu	√						√	√	√		75	98	5	7	6
Legendary Tofu	√						√	√	√		1 PC	120	5	10	9
Hummus	√							√	√		50	155	11	11	5
Roasted Sweet Potatoes	√							√	√		75	90	4	14	2
Half Avocado	√							√	√	√	75	90	8	5	2
Walnuts	√				√			√	√	√	20	50	5	1	2
Cashews	√				√			√	√	√	30	50	4	3	2
Falafel	√							√	√		60	149	13	7	2
Sautéed Mushroom	√							√	√		30	9	0	2	1
Chicken Breast	√									√	70	70	2	0	13
Sourdough Bread								√	√		1 SLICE	125	1	24	5
Roasted Brussel Sprouts	√									√	80	120	10	8	3
Steak	√									√	70	230	15	0	24

Dressings + Sauces	Allergen Detail							Dietary Groups			Serving Size (g)	Calories (kCal)	Total Fat (g)	Total Carbs (g)	Protein (g)
	GF	Peanuts	Dairy	Fish	Tree Nuts	Eggs	Soy	Vegan	Vegetarian	Keto					
Japanese Vinaigrette	√						√	√	√		60	169	15	7	1
Miso Vinaigrette	√							√	√		60	180	17	6	1
Toasted Red Pepper Chipotle	√							√	√		60	145	13	7	0
Vegan Chipotle Mayo	√							√	√		75	280	30	6	0
Thai Peanut	√	√					√	√	√		70	205	14	13	7
Thai Curry Sauce	√							√	√		75	135	12	4	2
Creamy Sesame	√				√		√	√	√		45	115	10	5	1
Olive Oil + Balsamic Vinegar	√				√			√	√		25	145	15	2	0
Truffle oil	√							√	√	√	5	45	5	0	0
Caesar Dressing			√						√	√	50	210	1	0	23
Cilantro & Jalapeño	√							√	√		60	89	8	3	1
Tamarind Sauce	√			√					√		60	100	0	25	0
Balsamic Vinaigrette	√						√	√	√		70	290	30	2	0

Bowl + Wrap Bases	Serving Size (g)	Calories (kCal)	Total Fat (g)	Carbs (g)	Protein (g)
Baby Arugula	30	8	0	1	1
Spring Mix	30	8	0	1	1
Kale	30	8	0	2	1
Romaine Lettuce	30	6	0	1	1
Baby Spinach	30	8	0	1	1
Warm Quinoa	120	133	2	24	5
Warm Brown Rice	80	87	1	18	2
12" Tortilla	104	299	7	50	9
GF Tortilla	68	190	5	33	5

Bowl + Wrap Ingredients	Serving Size (g)	Calories (kCal)	Total Fat (g)	Carbs (g)	Protein (g)
Apples	40	21	0	6	0
Black Beans	30	27	0	5	2
Roasted Beets	100	43	1	9	2
Bell Pepper	50	16	0	3	1
Chickpeas	50	44	1	7	2
Cucumbers	45	4	0	1	0
Cherry Tomatoes	50	9	0	2	0
Corn	40	39	1	7	1
Edamame	30	33	1	3	3
Red Onions	15	6	0	1	0
Shredded Carrots	30	9	0	2	0
Shredded Cabbage	30	9	0	2	0
Sun-dried Tomato	20	6	1	1	0
Tortilla Chips	25	125	6	16	2

Smoothie Bowls	Serving Size (oz)	Calories (kCal)	Total Fat (g)	Carbs (g)	Protein (g)
Pitaya Bowl	34 oz bowl	439	9	84	5
Morning Glo	34 oz bowl	590	28	60	25

Smoothie Bowls	Serving Size (oz)	Calories (kCal)	Total Fat (g)	Carbs (g)	Protein (g)
Power Punch	34 oz bowl	890	38	82	55

Smoothies + Juices + Other Beverages	Serving Size (g)	Calories (kCal)	Total Fat (g)	Total Carbs (g)	Protein (g)
Smoothies					
Forever21	Regular	240	0	51	9
Phuket Paradise	Regular	340	5	71	3
Greena Colada	Regular	349	5	72	4
Salad Blend	Regular	109	0	25	2
OBC	Regular	235	1	53	4
Deep Cove	Regular	385	23	30	15
Cashew Maca	Regular	505	20	81	10
Creamy Cold Brew	Regular	585	28	67	17
Papa Monkey	Regular	689	30	60	45
Wake Me Up	Regular	349	6	49	25
Blueberry Avocado Shake	Regular	525	27	30	40
The Executive Drink	Regular	945	40	91	55
Mango Madness	Regular	269	1	62	3
Tutti Frutti	Regular	329	1	80	2
Berry Berry	Regular	200	1	45	3
The Classic	Regular	320	2	72	3
Vanilla Matcha	Regular	425	4	67	30
Orange Slush	Regular	115	1	24	2
Juices					
Sunset Beach	Regular	200	0	45	2
ABC	Regular	375	1	89	4
Generic Green	Regular	195	1	50	4
21 Forever	Regular	125	0	34	2
Ginger & Turmeric Shot	Regular	125	1	20	2
Cold Pressed Orange	Small	155	0	35	3
Cold Pressed Orange	Regular	205	0	47	3

Smoothies + Juices + Other Beverages	Serving Size (g)	Calories (kCal)	Total Fat (g)	Total Carbs (g)	Protein (g)
Others					
Smoothie Bases	Serving Size (ml)	Calories (kCal)	Total Fat (g)	Carbs (g)	Protein (g)
Almond Milk Unsweetened	300	36	3	2	2
Oat Milk	300	162	1	36	2
Coconut Water	300	56	0	14	0
Cold Pressed Orange	250	115	1	25	2
Mango Juice	300	153	0	40	0

Boosters/Smoothie Toppings	Serving Size (g)	Calories (kCal)	Total Fat (g)	Carbs (g)	Protein (g)
Almond Butter	30	200	16	4	8
Cacao nibs	15	96	8	2	4
Hemp seeds	13	83	7	1	4
Shredded Coconut	12	51	3	6	0
Cacao powder	22.5	93	2	14	5
Dates	30	88	0	22	1
Matcha	8	0	0	0	0
Spirulina	4	11	0	1	2
Maca Powder	4	14	0	3	0
Collagen	9	30	0	0	8
Vanilla Whey Protein	33	128	2	2	27
Chocolate Whey Protein	33	124	2	2	26
Vanilla Plant Protein	31	110	0	7	20
Vegan Mocha Protein	31	118	2	4	22
Ginger	15	12	0	3	0
Chia Seeds	4	19	1	2	1
Turmeric powder	4	13	0	3	0
Granola	20	102	5	13	2

Note: The **nutrition information** listed here is based on standard recipes and is shown as standard serving portion. Nutritional information rounded to the nearest whole number.