NAUTICAL BOWLS

est. 2018

SUPER FOOD | SUPER LIFE

NUTRITIONAL INFORMATION

AT NAUTICAL BOWLS, WE BELIEVE IN...

GLUTEN-FREE • DAIRY-FREE • PLANT-BASED • SOY-FREE • ALL-NATURAL• PACKED WITH ESSENTIAL VITAMINS & NUTRIENTS

We strive to achieve this by helping our guests find superfood fuel for each day. That's why our bowls are filled with powerful antioxidants and essential vitamins and nutrients. By utilizing high-quality ingredients, we are able to build bowls that are delicious and nutritious!

BUILD YOUR OWN BOWLS - BASES

PITAYA BASE

Bowl Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Kayak	90.7	0.0	0.0	0.0	0.0	18.1	21.5	0.0	19.3	0.0
Dinghy	127.0	0.0	0.0	0.0	0.0	25.4	30.2	0.0	27.0	0.0
Cruiser	181.4	0.0	0.0	0.0	0.0	36.3	43.1	0.0	38.6	0.0
Yacht	326.6	0.0	0.0	0.0	0.0	65.3	77.6	0.0	69.4	0.0

MANGO BASE

Bowl Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Kayak	104.9	0.0	0.0	0.0	0.0	19.8	23.3	0.0	21.0	0.0
Dinghy	146.9	0.0	0.0	0.0	0.0	27.7	32.6	0.0	29.4	0.0
Cruiser	209.8	0.0	0.0	0.0	0.0	39.6	46.6	0.0	42.0	0.0
Yacht	377.6	0.0	0.0	0.0	0.0	71.3	83.9	0.0	75.5	0.0

BLUE MAJIK BASE

Bowl Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Kayak	184.3	8.6	8.6	0.0	0.0	30.7	23.3	0.0	19.7	0.0
Dinghy	258.0	12.0	12.0	0.0	0.0	43.0	32.7	0.0	27.5	0.0
Cruiser	368.5	17.2	17.2	0.0	0.0	61.4	46.7	0.0	39.3	0.0
Yacht	663.4	31.0	31.0	0.0	0.0	110.6	84.0	0.0	70.8	0.0

COCONUT BASE

Bowl Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Kayak	172.0	8.6	7.4	0.0	0.0	16.0	22.1	0.0	22.1	0.0
Dinghy	240.8	12.0	10.3	0.0	0.0	22.4	31.0	0.0	31.0	0.0
Cruiser	344.0	17.2	14.7	0.0	0.0	31.9	44.2	0.0	44.2	0.0
Yacht	619.2	31.0	26.5	0.0	0.0	57.5	79.6	0.0	79.6	0.0

AÇAÍ BASE

Bowl Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Kayak	109.1	2.4	0.0	0.0	0.0	24.3	19.4	2.4	18.2	1.2
Dinghy	152.8	3.4	0.0	0.0	0.0	34.0	27.2	3.4	25.5	1.7
Cruiser	218.3	4.9	0.0	0.0	0.0	48.5	38.8	4.9	36.4	2.4
Yacht	392.9	8.7	0.0	0.0	0.0	87.3	69.9	8.7	65.5	4.4

CACAO BASE

Bowl Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Kayak	139.7	4.6	3.7	0.0	0.0	54.6	22.2	2.8	15.7	0.9
Dinghy	195.5	6.5	5.2	0.0	0.0	76.4	31.1	3.9	22.0	1.3
Cruiser	279.3	9.2	7.4	0.0	0.0	109.1	44.4	5.5	31.4	1.8
Yacht	502.8	16.6	13.3	0.0	0.0	196.5	79.9	10.0	56.6	3.3

BUILD YOUR OWN BOWLS - TOPPINGS

Topping	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Coconut Flakes	1 Tbsp	37.4	3.4	3.1	0.0	0.0	1.7	1.4	1.4	0.3	0.3
Topping	**Serving Size**	**Calories**	**Total Fat (g)**	**Saturated Fat (g)**	**Trans Fat (g)**	**Cholesterol (mg)**	**Sodium (mg)**	**Total Carbohydrate (g)**	**Dietary Fiber (g)**	**Total Sugars (g)**	**Protein (g)**
Cacao Nibs	1 tsp	27.3	2.3	1.3	0.0	0.0	0.9	1.2	1.1	0.1	0.5
Topping	**Serving Size**	**Calories**	**Total Fat (g)**	**Saturated Fat (g)**	**Trans Fat (g)**	**Cholesterol (mg)**	**Sodium (mg)**	**Total Carbohydrate (g)**	**Dietary Fiber (g)**	**Total Sugars (g)**	**Protein (g)**
Goji Berries	1/2 Tbsp	7.3	0	0	0	0	0	1.3	0.5	0.9	0.4
Topping	**Serving Size**	**Calories**	**Total Fat (g)**	**Saturated Fat (g)**	**Trans Fat (g)**	**Cholesterol (mg)**	**Sodium (mg)**	**Total Carbohydrate (g)**	**Dietary Fiber (g)**	**Total Sugars (g)**	**Protein (g)**
Hemp seeds	1/2 Tbsp	29.3	2.4	0.2	0	0	0	0.3	0.2	0.1	1.6
Topping	**Serving Size**	**Calories**	**Total Fat (g)**	**Saturated Fat (g)**	**Trans Fat (g)**	**Cholesterol (mg)**	**Sodium (mg)**	**Total Carbohydrate (g)**	**Dietary Fiber (g)**	**Total Sugars (g)**	**Protein (g)**
Pumpkin Seeds	1/2 Tbsp	20.6	1.8	0.3	0	0	0.3	0.4	0.2	0.1	1.1
Topping	**Serving Size**	**Calories**	**Total Fat (g)**	**Saturated Fat (g)**	**Trans Fat (g)**	**Cholesterol (mg)**	**Sodium (mg)**	**Total Carbohydrate (g)**	**Dietary Fiber (g)**	**Total Sugars (g)**	**Protein (g)**
Coconut Butter Crumbles	1/2 Tbsp	42.1	4.1	3.6	0	0	2.2	1.5	1	0.4	0.4
Topping	**Serving Size**	**Calories**	**Total Fat (g)**	**Saturated Fat (g)**	**Trans Fat (g)**	**Cholesterol (mg)**	**Sodium (mg)**	**Total Carbohydrate (g)**	**Dietary Fiber (g)**	**Total Sugars (g)**	**Protein (g)**
Chia seeds	1 tsp	21.2	1.4	0	0	0	0	1.8	1.5	0	0.6
Topping	**Serving Size**	**Calories**	**Total Fat (g)**	**Saturated Fat (g)**	**Trans Fat (g)**	**Cholesterol (mg)**	**Sodium (mg)**	**Total Carbohydrate (g)**	**Dietary Fiber (g)**	**Total Sugars (g)**	**Protein (g)**
Almonds	1/2 Tbsp	16.3	1.4	0.1	0	0	0	0.6	0.4	0.1	0.6
Topping	**Serving Size**	**Calories**	**Total Fat (g)**	**Saturated Fat (g)**	**Trans Fat (g)**	**Cholesterol (mg)**	**Sodium (mg)**	**Total Carbohydrate (g)**	**Dietary Fiber (g)**	**Total Sugars (g)**	**Protein (g)**
Fresh Blueberries	2 Tbsp	10.7	0.1	0	0	0	0	2.7	0.4	1.9	0.1
Topping	**Serving Size**	**Calories**	**Total Fat (g)**	**Saturated Fat (g)**	**Trans Fat (g)**	**Cholesterol (mg)**	**Sodium (mg)**	**Total Carbohydrate (g)**	**Dietary Fiber (g)**	**Total Sugars (g)**	**Protein (g)**
Fresh Pineapple	2 Tbsp	11	0	0	0	0	0.2	2.9	0.2	2.2	0.2
Topping	**Serving Size**	**Calories**	**Total Fat (g)**	**Saturated Fat (g)**	**Trans Fat (g)**	**Cholesterol (mg)**	**Sodium (mg)**	**Total Carbohydrate (g)**	**Dietary Fiber (g)**	**Total Sugars (g)**	**Protein (g)**
Fresh Kiwi	2 Tbsp	17.3	0	0	0	0	1.5	4.2	0.9	2.7	0.3
Topping	**Serving Size**	**Calories**	**Total Fat (g)**	**Saturated Fat (g)**	**Trans Fat (g)**	**Cholesterol (mg)**	**Sodium (mg)**	**Total Carbohydrate (g)**	**Dietary Fiber (g)**	**Total Sugars (g)**	**Protein (g)**
Fresh Mango	2 Tbsp	12	0	0	0	0	0.2	3	0.4	2.8	0.2
Topping	**Serving Size**	**Calories**	**Total Fat (g)**	**Saturated Fat (g)**	**Trans Fat (g)**	**Cholesterol (mg)**	**Sodium (mg)**	**Total Carbohydrate (g)**	**Dietary Fiber (g)**	**Total Sugars (g)**	**Protein (g)**
Fresh Banana	1/2 banana	44.1	0	0	0	0	0.4	11.4	1.3	5.9	0.4
Topping	**Serving Size**	**Calories**	**Total Fat (g)**	**Saturated Fat (g)**	**Trans Fat (g)**	**Cholesterol (mg)**	**Sodium (mg)**	**Total Carbohydrate (g)**	**Dietary Fiber (g)**	**Total Sugars (g)**	**Protein (g)**
Fresh Strawberries	2 tbsp	6.8	0	0	0	0	0	1.7	0.4	1	0.2
Topping	**Serving Size**	**Calories**	**Total Fat (g)**	**Saturated Fat (g)**	**Trans Fat (g)**	**Cholesterol (mg)**	**Sodium (mg)**	**Total Carbohydrate (g)**	**Dietary Fiber (g)**	**Total Sugars (g)**	**Protein (g)**
Shaved Frozen Pineapple	20 gm	10	0	0	0	0	0.2	2.6	0.2	2	0.2
Topping	**Serving Size**	**Calories**	**Total Fat (g)**	**Saturated Fat (g)**	**Trans Fat (g)**	**Cholesterol (mg)**	**Sodium (mg)**	**Total Carbohydrate (g)**	**Dietary Fiber (g)**	**Total Sugars (g)**	**Protein (g)**
Shaved Frozen Strawberries	17.5 gm	5.8	0	0	0	0	0	1.4	0.3	0.9	0.2
Topping	**Serving Size**	**Calories**	**Total Fat (g)**	**Saturated Fat (g)**	**Trans Fat (g)**	**Cholesterol (mg)**	**Sodium (mg)**	**Total Carbohydrate (g)**	**Dietary Fiber (g)**	**Total Sugars (g)**	**Protein (g)**
Shaved Frozen Mango	24 gm	14.4	0	0	0	0	0.2	3.6	0.5	3.4	0.2
Topping	**Serving Size**	**Calories**	**Total Fat (g)**	**Saturated Fat (g)**	**Trans Fat (g)**	**Cholesterol (mg)**	**Sodium (mg)**	**Total Carbohydrate (g)**	**Dietary Fiber (g)**	**Total Sugars (g)**	**Protein (g)**
Shaved Frozen Kiwi	20 gm	11.6	0	0	0	0	1	2.8	0.6	1.8	0.2
Topping	**Serving Size**	**Calories**	**Total Fat (g)**	**Saturated Fat (g)**	**Trans Fat (g)**	**Cholesterol (mg)**	**Sodium (mg)**	**Total Carbohydrate (g)**	**Dietary Fiber (g)**	**Total Sugars (g)**	**Protein (g)**
Shaved Frozen Blueberries	8 gm	4.6	0	0	0	0	0	1.2	0.2	0.8	0.1
Topping	**Serving Size**	**Calories**	**Total Fat (g)**	**Saturated Fat (g)**	**Trans Fat (g)**	**Cholesterol (mg)**	**Sodium (mg)**	**Total Carbohydrate (g)**	**Dietary Fiber (g)**	**Total Sugars (g)**	**Protein (g)**
Granola	1/4 cup	134.3	6.4	0.8	0	0	32.2	17.2	2.7	3.2	4.3
Topping	**Serving Size**	**Calories**	**Total Fat (g)**	**Saturated Fat (g)**	**Trans Fat (g)**	**Cholesterol (mg)**	**Sodium (mg)**	**Total Carbohydrate (g)**	**Dietary Fiber (g)**	**Total Sugars (g)**	**Protein (g)**
Cashew Cacao Butter	1 tbsp	79.4	6	1.7	0	0	7.4	6.4	1	3	2.5

BUILD YOUR OWN BOWLS - TOPPINGS

Topping	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Peanut Butter	4 tbsp	380.4	28.0	4.0	0.0	0.0	0.0	14.0	4.0	4.0	16.0
Topping	**Serving Size**	**Calories**	**Total Fat (g)**	**Saturated Fat (g)**	**Trans Fat (g)**	**Cholesterol (mg)**	**Sodium (mg)**	**Total Carbohydrate (g)**	**Dietary Fiber (g)**	**Total Sugars (g)**	**Protein (g)**
Almond Butter	4 Tbsp	423.4	33.9	3.2	0	0	0	12.7	6.4	4.2	12.7
Topping	**Serving Size**	**Calories**	**Total Fat (g)**	**Saturated Fat (g)**	**Trans Fat (g)**	**Cholesterol (mg)**	**Sodium (mg)**	**Total Carbohydrate (g)**	**Dietary Fiber (g)**	**Total Sugars (g)**	**Protein (g)**
PB Protein Crumbles	1/2 bar or 8 pieces	153.3	8.8	3.3	0	0	186.1	7.7	2.2	5.5	10.9
Topping	**Serving Size**	**Calories**	**Total Fat (g)**	**Saturated Fat (g)**	**Trans Fat (g)**	**Cholesterol (mg)**	**Sodium (mg)**	**Total Carbohydrate (g)**	**Dietary Fiber (g)**	**Total Sugars (g)**	**Protein (g)**
Organic Matcha Powder	1gm	2.5	0	0	0	0	32.2	0.5	0	0	0
Topping	**Serving Size**	**Calories**	**Total Fat (g)**	**Saturated Fat (g)**	**Trans Fat (g)**	**Cholesterol (mg)**	**Sodium (mg)**	**Total Carbohydrate (g)**	**Dietary Fiber (g)**	**Total Sugars (g)**	**Protein (g)**
Tajín	1gm	0	0	0	0	0	188.5	0	0	0	0
Topping	**Serving Size**	**Calories**	**Total Fat (g)**	**Saturated Fat (g)**	**Trans Fat (g)**	**Cholesterol (mg)**	**Sodium (mg)**	**Total Carbohydrate (g)**	**Dietary Fiber (g)**	**Total Sugars (g)**	**Protein (g)**
Organic Cinnamon	1gm	2.5	0	0	0	0	0	0.8	0.5	0	0
Topping	**Serving Size**	**Calories**	**Total Fat (g)**	**Saturated Fat (g)**	**Trans Fat (g)**	**Cholesterol (mg)**	**Sodium (mg)**	**Total Carbohydrate (g)**	**Dietary Fiber (g)**	**Total Sugars (g)**	**Protein (g)**
Organic Espresso Powder	1gm	2.5	0	0	0	0	0	0.5	0	0	0
Topping	**Serving Size**	**Calories**	**Total Fat (g)**	**Saturated Fat (g)**	**Trans Fat (g)**	**Cholesterol (mg)**	**Sodium (mg)**	**Total Carbohydrate (g)**	**Dietary Fiber (g)**	**Total Sugars (g)**	**Protein (g)**
Organic Cacao Powder	1gm	4.1	0.1	0	0	0	0	0.5	0.3	0	0.3
Topping	**Serving Size**	**Calories**	**Total Fat (g)**	**Saturated Fat (g)**	**Trans Fat (g)**	**Cholesterol (mg)**	**Sodium (mg)**	**Total Carbohydrate (g)**	**Dietary Fiber (g)**	**Total Sugars (g)**	**Protein (g)**
Honey	1 Tbsp	25.9	0	0	0	0	0	7.3	0	7.3	0
Topping	**Serving Size**	**Calories**	**Total Fat (g)**	**Saturated Fat (g)**	**Trans Fat (g)**	**Cholesterol (mg)**	**Sodium (mg)**	**Total Carbohydrate (g)**	**Dietary Fiber (g)**	**Total Sugars (g)**	**Protein (g)**
Maple Syrup	1 Tbsp	55	0	0	0	0	2.5	13.5		12	0
Topping	**Serving Size**	**Calories**	**Total Fat (g)**	**Saturated Fat (g)**	**Trans Fat (g)**	**Cholesterol (mg)**	**Sodium (mg)**	**Total Carbohydrate (g)**	**Dietary Fiber (g)**	**Total Sugars (g)**	**Protein (g)**
Agave Syrup	1 Tbsp	45	0	0	0	0	0	12	0	11	0
Topping	**Serving Size**	**Calories**	**Total Fat (g)**	**Saturated Fat (g)**	**Trans Fat (g)**	**Cholesterol (mg)**	**Sodium (mg)**	**Total Carbohydrate (g)**	**Dietary Fiber (g)**	**Total Sugars (g)**	**Protein (g)**
Harvest Greens Drizzle	1 Tbsp	35	0	0	0	0	2.5	8.5	0.5	7.5	0.5
Topping	**Serving Size**	**Calories**	**Total Fat (g)**	**Saturated Fat (g)**	**Trans Fat (g)**	**Cholesterol (mg)**	**Sodium (mg)**	**Total Carbohydrate (g)**	**Dietary Fiber (g)**	**Total Sugars (g)**	**Protein (g)**
Sunny Banana Drizzle	1 Tbsp	35	0	0	0	0	0	8.5	0.5	8	0.5
Topping	**Serving Size**	**Calories**	**Total Fat (g)**	**Saturated Fat (g)**	**Trans Fat (g)**	**Cholesterol (mg)**	**Sodium (mg)**	**Total Carbohydrate (g)**	**Dietary Fiber (g)**	**Total Sugars (g)**	**Protein (g)**
Wild Watermelon Drizzle	1 Tbsp	35	0	0	0	0	0	8	0	7.5	0.5
Topping	**Serving Size**	**Calories**	**Total Fat (g)**	**Saturated Fat (g)**	**Trans Fat (g)**	**Cholesterol (mg)**	**Sodium (mg)**	**Total Carbohydrate (g)**	**Dietary Fiber (g)**	**Total Sugars (g)**	**Protein (g)**
Tropical Harmony Drizzle	1 Tbsp	35	0	0	0	0	0	8	0	7.5	0.5
Topping	**Serving Size**	**Calories**	**Total Fat (g)**	**Saturated Fat (g)**	**Trans Fat (g)**	**Cholesterol (mg)**	**Sodium (mg)**	**Total Carbohydrate (g)**	**Dietary Fiber (g)**	**Total Sugars (g)**	**Protein (g)**
Summer Strawberry Drizzle	1 Tbsp	35	0	0	0	0	2.5	8.5	0.5	8	0.5

SIGNATURE BOWLS

NAUTI BOWL

Bowl Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Kayak	686.1	37.9	6.1	0.0	0.0	54.7	64.3	10.3	31.9	21.9
Dinghy	726.2	38.4	6.1	0.0	0.0	63.3	72.5	10.8	39.5	22.1
Cruiser	786.0	39.2	6.1	0.0	0.0	75.9	84.7	11.5	50.7	22.5
Yacht	1080.2	47.5	7.0	0.0	0.0	142.1	134.7	16.2	83.9	27.7

PADDLE BOWL

Bowl Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Kayak	331.2	14.3	8.0	0.0	0.0	51.2	47.1	4.9	29.3	5.1
Dinghy	423.4	17.8	11.2	0.0	0.0	64.5	60.8	4.9	41.8	5.1
Cruiser	515.6	21.2	14.4	0.0	0.0	77.8	74.6	4.9	54.4	5.1
Yacht	899.0	36.9	23.8	0.0	0.0	146.0	128.9	7.6	91.5	9.3

SUNRISE BOWL

Bowl Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Kayak	355.5	10.7	5.1	0.0	0.0	57.1	61.6	4.8	38.0	5.1
Dinghy	410.5	12.5	6.8	0.0	0.0	66.8	70.6	4.8	45.8	5.1
Cruiser	493.0	15.0	9.4	0.0	0.0	81.5	84.1	4.8	57.5	5.1
Yacht	847.3	28.4	17.1	0.0	0.0	152.8	137.2	7.5	91.8	9.4

PROTEIN BOWL

Bowl Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Kayak	821.5	49.6	6.9	0.0	0.0	175.3	62.5	15.5	25.2	32.4
Dinghy	949.2	56.4	8.5	0.0	0.0	288.2	72.5	19.0	31.6	39.0
Cruiser	1025.6	60.0	8.5	0.0	0.0	317.9	81.8	22.6	37.0	40.7
Yacht	1363.8	76.0	9.3	0.0	0.0	429.4	123.8	34.9	54.8	49.7

SMOOTHIES

GREEN OASIS

Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
16 oz	324.0	0.0	0.0	0.0	0.0	20.5	81.5	5.5	67.0	4.5

WATERMELON WAVE

Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
16 oz	315.0	1.5	1.5	0.0	0.0	0.0	68.0	0.0	62.0	4.0

ISLAND CLOUD

Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
16 oz	315.0	1.5	1.5	0.0	0.0	0.0	68.0	0.0	62.0	4.0

STRAWBERRY BANANA BREEZE

Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
16 oz	324.0	0.0	0.0	0.0	0.0	20.5	81.5	5.5	71.0	4.5

PB CACAO CRUISE

Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
16 oz	425.0	7.2	1.0	0.0	0.0	0.5	85.8	7.0	72.0	9.0

REFRESHERS

STRAWBERRY AÇAÍ LEMONADE

Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
16 oz	207.0	0.0	0.0	0.0	0.0	4.0	18.9	0.4	15.6	0.2

MANGO PASSIONFRUIT

Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
16 oz	212.0	0.0	0.0	0.0	0.0	0.2	19.0	0.4	17.5	0.2

FALL ITEMS

PUMPKIN PROTEIN BOWL

Bowl Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Kayak	888.4	48.9	9.1	0.0	0.0	154.7	79.9	12.7	42.7	21.2
Dinghy	986.5	52.5	11.3	0.0	0.0	184.5	93.3	13.1	52.2	23.5
Cruiser	1085.0	55.5	13.9	0.0	0.0	196.8	110.0	13.5	64.6	23.7
Yacht	1347.6	63.4	20.7	0.0	0.0	228.4	154.5	14.5	97.6	24.2

BLUEBERRY PIE BOWL

Bowl Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Kayak	424.3	12.2	3.9	0.0	0.0	158.1	63.6	7.1	36.3	7.7
Dinghy	509.9	14.6	4.6	0.0	0.0	189.6	76.4	8.0	45.0	10.3
Cruiser	589.5	15.8	5.0	0.0	0.0	204.4	92.3	9.2	56.3	10.8
Yacht	801.8	18.6	6.0	0.0	0.0	242.6	134.7	12.0	86.2	12.3

NUTTY PUMPKIN BOWL

Bowl Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Kayak	804.5	43.3	7.5	0.0	0.0	161.6	71.8	14.7	30.0	23.4
Dinghy	864.2	45.4	7.7	0.0	0.0	181.4	80.8	16.8	33.9	24.3
Cruiser	953.6	48.6	8.1	0.0	0.0	211.4	94.2	20.0	39.7	25.8
Yacht	1191.6	57.1	9.1	0.0	0.0	290.0	130.1	28.5	55.0	29.4

NUT BUTTERS

TAKE HOME PEANUT BUTTER

Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
1/2 Pound	1797.4	132.3	18.9	0.0	0.0	0.0	66.1	18.9	18.9	75.6
3/4 Pound	2696.0	198.4	28.3	0.0	0.0	0.0	99.2	28.3	28.3	113.4
1 Pound	3594.7	264.6	37.8	0.0	0.0	0.0	132.3	37.8	37.8	151.2
1.5 Pound	5392.1	396.9	56.7	0.0	0.0	0.0	198.4	56.7	56.7	226.8

TAKE HOME ALMOND BUTTER

Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
1/2 Pound	1846.6	147.9	14.0	0.0	0.0	0.0	55.4	27.9	18.3	55.4
3/4 Pound	2770.0	221.8	20.9	0.0	0.0	0.0	83.1	41.9	27.5	83.1
1 Pound	3693.3	295.7	27.9	0.0	0.0	0.0	110.8	55.8	36.6	110.8
1.5 Pound	5539.9	443.6	41.9	0.0	0.0	0.0	166.2	83.7	55.0	166.2

ADDITIONAL INGREDIENT INFORMATION AND HEALTH BENEFITS

BASES

AÇAÍ

Açaí berries are a Brazilian "superfruit." Açaí is incredibly rich in antioxidants, containing three times the amount found in blueberries.

MANGO

This fruit is not only delicious but also boasts an impressive nutritional profile. It is also low in calories.

COCONUT

Coconut is low in carbs and rich in amino acids, healthy fats, and fiber.

PITAYA

Also known as dragon fruit, is rich in antioxidants, vitamin C, polyunsaturated (good) fatty acids, and several B vitamins for carbohydrate metabolism.

BASES

BLUE MAJIK

Also known as spirulina, is packed with powerful antioxidants. Blue majik has a complete amino acid profile and is rich in protein, vitamin B and A, iron, copper and more.

CACAO

Cacao is simply chocolate in its raw, purest form before it has been processed! It is derived from the seeds (also known as cacao beans) that come from the pods of the cacao fruit tree.

CHIA PUDDING

Despite their tiny size, chia seeds are one of the most nutritious foods on the planet. They're loaded with fiber, protein, omega-3 fatty acids and various micronutrients. Our house-made chia pudding comes in 2 flavors:

peanut butter cacao and vanilla.

FRUIT

BANANA

Bananas are fairly rich in fiber and resistant starch. They are also a good dietary source of potassium and magnesium.

BLUEBERRIES

Blueberries have the highest antioxidant capacity of all the popular fruits and vegetables.

STRAWBERRIES

Strawberries are a good source of vitamin C, manganese, folate (vitamin B9) and potassium.

PINEAPPLE

Pineapple is a nutrient-dense fruit packed with Vitamin C and manganese.

KIWI

Kiwi is packed with vitamin C and fiber, helping to support immunity and heart health.

MANGO

Mangoes are superfruit packed with over 20 vitamins and minerals, specifically high in Vitamin C, Vitamin A, and fiber.

ENJOY AS SLICED FRUIT OR AS SHAVED FROZEN FRUIT!

DRY

ALMONDS

High in healthy mono-unsaturated fats, fiber, and protein. They're among the world's best sources of vitamin E.

COCONUT BUTTER CRUMBLES

Made from the whole coconut, it contains saturated fat. It also has protein, fiber, potassium, magnesium and iron.

CACAO NIBS

Highly nutritious, they provide an impressive amount of protein, fiber, healthy fats, minerals, and plant compounds like flavonoids.

CHIA SEEDS

One of the most nutritious foods on the planet, they're loaded with fiber, protein, omega-3 fatty acids and various micro-nutrients.

COCONUT FLAKES

Coconuts contain polyphenol antioxidants and high amounts of in electrolytes, fiber, manganese, potassium, and phosphorus.

GOJI BERRIES

Goji berries are loaded with important nutrients and antioxidants.

HEMP SEEDS

This plant-based protein source is rich in healthy fats, essential fatty acids, vitamin E, potassium, magnesium, and more!

PUMPKIN SEEDS

Rich in vitamins and minerals like manganese and vitamin K, protein, unsaturated fatty acids, vitamins, and minerals.

PB CACAO PROTEIN CRUMBLES

Rich in vitamins and minerals like manganese and vitamin K, protein, unsaturated fatty acids, vitamins, and minerals.

ALMOND BUTTER

High in healthy mono-unsaturated fats, fiber, protein and various important nutrients, and among the world's best sources of vitamin E.

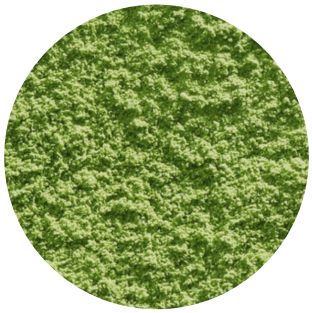
PEANUT BUTTER

Peanut butter is a rich source of protein, dietary fiber, healthy fats, vitamin E and more.

SHAKE ONS

CINNAMON

Enjoy a warm, slightly sweet cinnamon flavor on top of your superfood bowl.



MATCHA

Smooth green tea flavor with a gentle earthy sweetness. Adds vibrant color and a light energy boost.

ESPRESSO POWDER

A smooth coffee boost that adds bold roasted flavor to our superfood bowls.

CACAO POWDER

Deep, rich chocolate flavor that's more natural and less sweet than traditional chocolate powder.

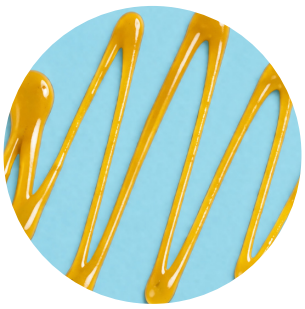
TAJIN

A tangy chili-lime seasoning that adds a sweet, salty, citrus kick. Brightens fruit flavors and creates a tropical street-food vibe.

DRIZZLES

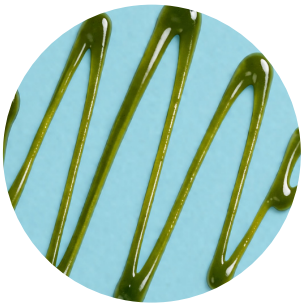
SUMMER STRAWBERRY

All-natural fruit drizzle with no added sugars, preservatives, artificial colors or flavors.



SUNNY BANANA

All-natural fruit drizzle with no added sugars, preservatives, artificial colors or flavors.



HARVEST GREENS

All-natural fruit drizzle with no added sugars, preservatives, artificial colors or flavors.

TROPICAL HARMONY

All-natural fruit drizzle with no added sugars, preservatives, artificial colors or flavors.

WILD WATERMELON

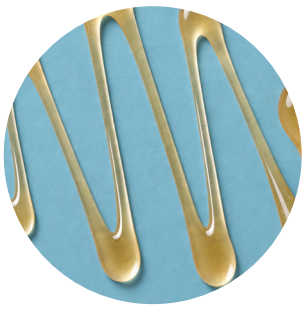
All-natural fruit drizzle with no added sugars, preservatives, artificial colors or flavors.

MAPLE SYRUP

Maple syrup is packed with essential minerals like manganese, zinc, and potassium!

AGAVE SYRUP

Agave syrup is a naturally sweet drizzle with prebiotic fiber from inulin!



HONEY

Honey contains a number of antioxidants, including phenolic compounds like flavonoids.

CASHEW CACAO BUTTER

Our all-natural cashew cacao butter is a great source of vitamin E and better-for-you chocolate-like drizzle.

NAUTICAL BOWLS

SUPER FOODS | SUPER MEAL | SUPER LIFE