



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!

OUR SIGNATURE BOWLS



SERVING SIZE

CALORIES

TOTAL FAT (g)

CARBOHYDRATES

FIBER (g)

PROTEIN (g)

NAUTI BOWL

Dinghy Bowl - 12 oz	726	38	73	11	22
Cruiser Bowl - 16 oz	786	39	85	12	23
Yacht Bowl - 24 oz	1080	48	135	16	28



SERVING SIZE

CALORIES

TOTAL FAT (g)

CARBOHYDRATES

FIBER (g)

PROTEIN (g)

PADDLE BOWL

Dinghy Bowl - 12 oz	425	18	61	5	5
Cruiser Bowl - 16 oz	518	519	75	5	5
Yacht Bowl - 24 oz	899	37	129	8	9



SERVING SIZE

CALORIES

TOTAL FAT (g)

CARBOHYDRATES

FIBER (g)

PROTEIN (g)

SUNRISE BOWL

Dinghy Bowl - 12 oz	411	13	71	5	5
Cruiser Bowl - 16 oz	493	15	84	5	5
Yacht Bowl - 24 oz	847	28	137	8	9



SERVING SIZE

CALORIES

TOTAL FAT (g)

CARBOHYDRATES

FIBER (g)

PROTEIN (g)

PROTEIN BOWL

Dinghy Bowl - 12 oz	949	56	73	19	39
Cruiser Bowl - 16 oz	1026	60	82	23	41
Yacht Bowl - 24 oz	1364	76	124	35	50

LIMITED-TIME BOWL



SERVING SIZE

CALORIES

TOTAL FAT (g)

CARBOHYDRATES

FIBER (g)

PROTEIN (g)

STRAWBERRY PROTEIN BOWL

Dinghy Bowl - 12 oz	720	35	81	7	23
Cruiser Bowl - 16 oz	808	37	98	8	23
Yacht Bowl - 24 oz	1177	50	157	11	27

SMOOTHIES



SERVING SIZE	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES	FIBER (g)	SUGAR (g)	PROTEIN (g)
16 oz	591.8	34.2	13.4	0.0	0.0	138.1	58.7	7.5	44.5	8.8



SERVING SIZE	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES	FIBER (g)	SUGAR (g)	PROTEIN (g)
16 oz	157.1	2.6	0.0	0.0	0.0	157.2	32.1	4.7	20.4	2.5



SERVING SIZE	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES	FIBER (g)	SUGAR (g)	PROTEIN (g)
16 oz	329.9	14.9	10.8	0.0	0.0	182.7	44.4	3.5	37.2	1.6



SERVING SIZE	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES	FIBER (g)	SUGAR (g)	PROTEIN (g)
16 oz	241.1	8.0	0.0	0.0	0.0	188.2	37.4	6.9	31.6	3.6



SERVING SIZE

CALORIES

TOTAL FAT (g)

SATURATED FAT (g)

TRANS FAT (g)

CHOLESTEROL (mg)

SODIUM (mg)

CARBOHYDRATES

FIBER (g)

SUGAR (g)

PROTEIN (g)

TROPICAL TIDE

16 oz	270.2	5.4	0.0	0.0	0.0	142.7	51.0	2.2	41.0	1.2
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SERVING SIZE

CALORIES

TOTAL FAT (g)

SATURATED FAT (g)

TRANS FAT (g)

CHOLESTEROL (mg)

SODIUM (mg)

CARBOHYDRATES

FIBER (g)

SUGAR (g)

PROTEIN (g)

ANCHORS AWAY

16 oz	447.7	23.2	7.9	0.0	0.0	163.2	48.0	6.4	30.6	9.9
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***Add protein powder to any smoothie for over 19g of extra protein!**





**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 chia pudding comes in three flavors: peanut butter cacao, spirulina, and vanilla.



GRANOLA

FRUIT



HONEY OAT GRANOLA

Granola provides protein and important micro-nutrients like iron, vitamin D, folate and zinc.



BANANAS

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.

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, phosphorus, potassium, sodium, magnesium, sulfur, calcium, iron and zinc.

**PUMPKIN SEEDS**

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

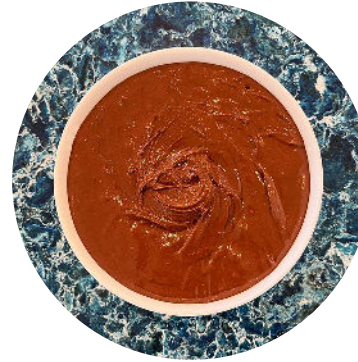
**PB CACAO PROTEIN CRUMBLES**

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



ALMOND BUTTER

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



CASHEW CACAO BUTTER

Cacao butter is a great source of vitamin E.



HONEY

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



PEANUT BUTTER

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



NAUTICAL BOWLS

SUPER FOODS | SUPER MEAL | SUPER LIFE