



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!

SIGNATURE BOWLS



SERVING SIZE

CALORIES

TOTAL FAT (g)

SATURATED FAT (g)

TRANS FAT (g)

CHOLESTEROL (mg)

SODIUM (mg)

CARBOHYDRATES

FIBER (g)

SUGAR (g)

PROTEIN (g)

NAUTI BOWL

Dinghy Bowl - 12 oz	576.0	24.9	4.1	0.0	0.0	71.7	73.7	9.3	44.9	14.3
Cruiser Bowl - 16 oz	635.8	25.6	4.4	0.0	0.0	84.4	85.9	10.0	56.2	14.7
Yacht Bowl - 24 oz	755.7	27.1	4.1	0.0	0.0	109.9	110.5	11.5	78.6	15.4



SERVING SIZE

CALORIES

TOTAL FAT (g)

SATURATED FAT (g)

TRANS FAT (g)

CHOLESTEROL (mg)

SODIUM (mg)

CARBOHYDRATES

FIBER (g)

SUGAR (g)

PROTEIN (g)

PADDLE BOWL

Dinghy Bowl - 12 oz	507.1	20.2	13.4	0.0	0.0	73.8	76.2	4.5	56.9	4.8
Cruiser Bowl - 16 oz	599.3	23.6	16.6	0.0	0.0	87.1	89.9	4.5	69.5	4.8
Yacht Bowl - 24 oz	783.8	30.5	23.0	0.0	0.0	113.7	117.4	4.5	94.6	4.8



SERVING SIZE

CALORIES

TOTAL FAT (g)

SATURATED FAT (g)

TRANS FAT (g)

CHOLESTEROL (mg)

SODIUM (mg)

CARBOHYDRATES

FIBER (g)

SUGAR (g)

PROTEIN (g)

SUNRISE

Dinghy Bowl - 12 oz	484.6	14.2	8.5	0.0	0.0	76.6	85.3	4.4	59.9	4.9
Cruiser Bowl - 16 oz	567.1	16.8	11.1	0.0	0.0	91.3	98.7	4.4	71.6	4.9
Yacht Bowl - 24 oz	732.1	21.9	16.3	0.0	0.0	120.6	125.7	4.4	94.9	4.9



SERVING SIZE

CALORIES

TOTAL FAT (g)

SATURATED FAT (g)

TRANS FAT (g)

CHOLESTEROL (mg)

SODIUM (mg)

CARBOHYDRATES

FIBER (g)

SUGAR (g)

PROTEIN (g)

ANCHOR BOWL

Dinghy Bowl - 12 oz	491.7	20.2	5.6	0.0	0.0	85.5	71.3	10.7	45.2	9.7
Cruiser Bowl - 16 oz	557.2	21.6	5.6	0.0	0.0	100.0	82.9	12.1	56.1	10.4
Yacht Bowl - 24 oz	688.2	24.5	5.6	0.0	0.0	129.1	106.2	15.0	77.9	11.9



SERVING SIZE

CALORIES

TOTAL FAT (g)

SATURATED FAT (g)

TRANS FAT (g)

CHOLESTEROL (mg)

SODIUM (mg)

CARBOHYDRATES

FIBER (g)

SUGAR (g)

PROTEIN (g)

BIG ISLAND BOWL

Dinghy Bowl - 12 oz	455.1	20.0	6.0	0.0	0.0	87.4	58.4	8.0	36.2	10.1
Cruiser Bowl - 16 oz	535.2	22.9	7.6	0.0	0.0	105.7	70.5	9.2	46.2	10.7
Yacht Bowl - 24 oz	695.7	28.7	10.8	0.0	0.0	142.4	94.7	11.6	66.3	11.7



SERVING SIZE

CALORIES

TOTAL FAT (g)

SATURATED FAT (g)

TRANS FAT (g)

CHOLESTEROL (mg)

SODIUM (mg)

CARBOHYDRATES

FIBER (g)

SUGAR (g)

PROTEIN (g)

BUOY BOWL

Dinghy Bowl - 12 oz	644.6	42.6	5.6	0.0	0.0	73.9	47.0	15.7	24.9	20.4
Cruiser Bowl - 16 oz	707.8	45.3	5.6	0.0	0.0	97.3	55.3	18.4	30.3	21.6
Yacht Bowl - 24 oz	834.3	50.8	5.6	0.0	0.0	144.2	71.8	24.0	41.2	24.1

SIGNATURE BOWLS



SERVING SIZE

CALORIES

TOTAL FAT (g)

SATURATED FAT (g)

TRANS FAT (g)

CHOLESTEROL (mg)

SODIUM (mg)

CARBOHYDRATES

FIBER (g)

SUGAR (g)

PROTEIN (g)

BLUE BAY BOWL

Dinghy Bowl - 12 oz	669.5	35.8	11.4	0.0	0.0	99.6	71.1	12.4	38.2	15.6
Cruiser Bowl - 16 oz	760.1	40.1	13.7	0.0	0.0	121.5	82.5	14.2	47.2	16.4
Yacht Bowl - 24 oz	942.3	48.8	18.5	0.0	0.0	165.6	105.3	17.8	65.2	18.0



SERVING SIZE

CALORIES

TOTAL FAT (g)

SATURATED FAT (g)

TRANS FAT (g)

CHOLESTEROL (mg)

SODIUM (mg)

CARBOHYDRATES

FIBER (g)

SUGAR (g)

PROTEIN (g)

SAIL BOWL

Dinghy Bowl - 12 oz	369.8	17.7	8.6	0.0	0.0	76.1	48.8	12.0	30.4	5.5
Cruiser Bowl - 16 oz	439.0	20.1	8.6	0.0	0.0	99.6	59.3	14.4	37.9	6.7
Yacht Bowl - 24 oz	577.2	24.9	8.6	0.0	0.0	146.5	80.3	19.2	52.9	9.0



SERVING SIZE

CALORIES

TOTAL FAT (g)

SATURATED FAT (g)

TRANS FAT (g)

CHOLESTEROL (mg)

SODIUM (mg)

CARBOHYDRATES

FIBER (g)

SUGAR (g)

PROTEIN (g)

SURF BOWL

Dinghy Bowl - 12 oz	808.8	39.4	13.3	0.0	0.0	118.9	94.0	11.1	62.1	17.9
Cruiser Bowl - 16 oz	936.0	44.1	16.6	0.0	0.0	147.6	113.3	12.7	79.1	18.6
Yacht Bowl - 24 oz	1190.4	53.6	23.3	0.0	0.0	205.1	151.8	15.8	113.0	19.9

SIGNATURE BOWLS



SERVING SIZE	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES	FIBER (g)	SUGAR (g)	PROTEIN (g)
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SOTA BOWL

Dinghy Bowl - 12 oz	409.0	22.1	8.4	0.0	0.0	72.3	46.4	10.9	30.7	7.3
Cruiser Bowl - 16 oz	493.5	26.2	9.8	0.0	0.0	95.4	57.0	13.3	38.8	8.4
Yacht Bowl - 24 oz	662.6	34.4	12.8	0.0	0.0	141.8	78.1	18.0	54.9	10.5



SERVING SIZE	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES	FIBER (g)	SUGAR (g)	PROTEIN (g)
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PROTEIN BOWL

Dinghy Bowl - 12 oz	810.0	44.8	6.5	0.0	0.0	308.0	71.7	19.4	33.2	32.2
Cruiser Bowl - 16 oz	886.3	48.4	6.5	0.0	0.0	337.7	81.0	23.0	38.7	33.9
Yacht Bowl - 24 oz	1090.3	57.9	6.5	0.0	0.0	417.0	105.8	32.6	53.3	38.5

OATMEAL BOWLS



SERVING SIZE

CALORIES

TOTAL FAT (g)

SATURATED FAT (g)

TRANS FAT (g)

CHOLESTEROL (mg)

SODIUM (mg)

CARBOHYDRATES

FIBER (g)

SUGAR (g)

PROTEIN (g)

PB BANANA

8 oz	466.7	21.8	3.9	0.0	0.0	129.9	56.3	10.8	27.0	14.8
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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)

PUMPKIN SPICE

8 oz	438.5	24.1	2.2	0.0	0.0	127.3	42.9	10.3	19.7	13.9
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SPECIALTY BOWLS

*Please note, store specialty bowls vary by location.



SERVING SIZE

CALORIES

TOTAL FAT (g)

SATURATED FAT (g)

TRANS FAT (g)

CHOLESTEROL (mg)

SODIUM (mg)

CARBOHYDRATES

FIBER (g)

SUGAR (g)

PROTEIN (g)

SPECIALTY BOWL 1

Dinghy Bowl - 12 oz	465.5	11.7	5.2	0.0	0.0	54.2	86.1	4.9	62.9	5.5
Cruiser Bowl - 16 oz	539.0	13.4	6.7	0.0	0.0	65.0	99.5	4.9	75.4	5.5
Yacht Bowl - 24 oz	686.0	16.9	9.7	0.0	0.0	97.4	126.3	4.9	100.3	5.5



SERVING SIZE

CALORIES

TOTAL FAT (g)

SATURATED FAT (g)

TRANS FAT (g)

CHOLESTEROL (mg)

SODIUM (mg)

CARBOHYDRATES

FIBER (g)

SUGAR (g)

PROTEIN (g)

SPECIALTY BOWL 2

Dinghy Bowl - 12 oz	549.3	24.6	11.6	0.0	0.0	90.5	74.7	8.3	46.3	8.8
Cruiser Bowl - 16 oz	637.2	27.9	14.2	0.0	0.0	106.9	87.5	9.0	57.6	9.2
Yacht Bowl - 24 oz	813.3	34.5	19.4	0.0	0.0	139.9	113.2	10.5	80.3	9.9



SERVING SIZE

CALORIES

TOTAL FAT (g)

SATURATED FAT (g)

TRANS FAT (g)

CHOLESTEROL (mg)

SODIUM (mg)

CARBOHYDRATES

FIBER (g)

SUGAR (g)

PROTEIN (g)

SPECIALTY BOWL 3

Dinghy Bowl - 12 oz	505.2	28.9	15.6	0.0	0.0	103.7	56.2	12.0	30.3	8.2
Cruiser Bowl - 16 oz	586.0	32.5	17.0	0.0	0.0	125.5	67.2	13.9	38.6	9.0
Yacht Bowl - 24 oz	747.6	39.7	20.0	0.0	0.0	169.1	89.2	17.7	55.2	10.6



SERVING SIZE

CALORIES

TOTAL FAT (g)

SATURATED FAT (g)

TRANS FAT (g)

CHOLESTEROL (mg)

SODIUM (mg)

CARBOHYDRATES

FIBER (g)

SUGAR (g)

PROTEIN (g)

SPECIALTY BOWL 4

Dinghy Bowl - 12 oz	495.6	26.0	13.4	0.0	0.0	106.8	58.0	11.1	32.2	8.0
Cruiser Bowl - 16 oz	595.1	31.3	16.6	0.0	0.0	131.1	69.3	13.0	40.5	8.8
Yacht Bowl - 24 oz	794.2	41.9	23.0	0.0	0.0	179.7	92.0	16.8	57.2	10.4



REFRESH, RECHARGE, REFUEL

SMOOTHIES



SERVING SIZE

CALORIES

TOTAL FAT (g)

SATURATED FAT (g)

TRANS FAT (g)

CHOLESTEROL (mg)

SODIUM (mg)

CARBOHYDRATES

FIBER (g)

SUGAR (g)

PROTEIN (g)

WILD WAKE

16 oz	591.8	34.2	13.4	0.0	0.0	138.1	58.7	7.5	44.5	8.8
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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)

PINK PALM

16 oz	157.1	2.6	0.0	0.0	0.0	157.2	32.1	4.7	20.4	2.5
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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)

COFFEE CRUISE

16 oz	329.9	14.9	10.8	0.0	0.0	182.7	44.4	3.5	37.2	1.6
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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)

IMMUNE BOOST

16 oz	241.1	8.0	0.0	0.0	0.0	188.2	37.4	6.9	31.6	3.6
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SMOOTHIES



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

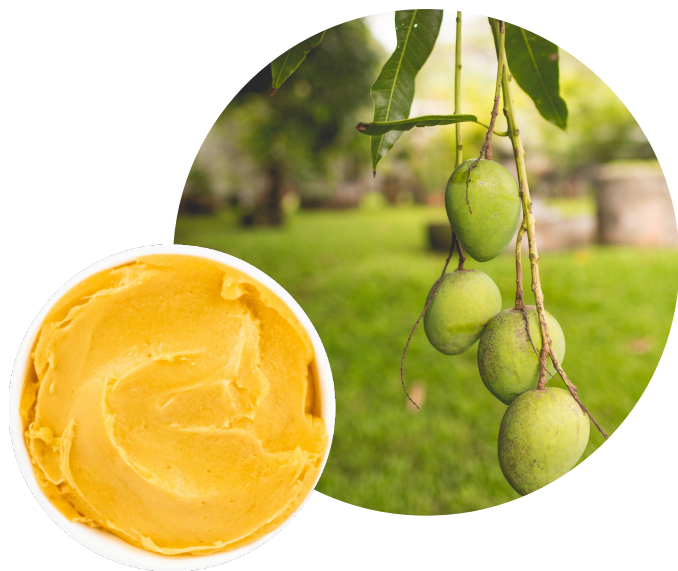
AÇAÍ

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