



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



NAUTI BOWL

SERVING SIZE	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES	FIBER (g)	SUGAR (g)	PROTEIN (g)
Dinghy Bowl - 12 oz	726	38	6	0.0	0.0	63	73	11	40	22
Cruiser Bowl - 16 oz	786	39	6	0.0	0.0	76	85	12	51	23
Yacht Bowl - 24 oz	1080	48	7	0.0	0.0	142	142	16	84	28



PADDLE BOWL

SERVING SIZE	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES	FIBER (g)	SUGAR (g)	PROTEIN (g)
Dinghy Bowl - 12 oz	425	18	11	0.0	0.0	65	61	5	42	5
Cruiser Bowl - 16 oz	519	21	15	0.0	0.0	78	75	5	55	5
Yacht Bowl - 24 oz	899	37	24	0.0	0.0	146	129	8	92	9



SUNRISE BOWL

SERVING SIZE	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES	FIBER (g)	SUGAR (g)	PROTEIN (g)
Dinghy Bowl - 12 oz	411	12	7	0.0	0.0	67	71	5	46	5
Cruiser Bowl - 16 oz	493	15	9	0.0	0.0	81	84	5	58	5
Yacht Bowl - 24 oz	847	28	17	0.0	0.0	153	137	8	92	9



PROTEIN BOWL

SERVING SIZE	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES	FIBER (g)	SUGAR (g)	PROTEIN (g)
Dinghy Bowl - 12 oz	949	56	8	0.0	0.0	288	73	19	32	39
Cruiser Bowl - 16 oz	1026	60	8	0.0	0.0	318	82	23	37	41
Yacht Bowl - 24 oz	1364	76	9	0.0	0.0	429	124	35	55	50

SMOOTHIES



WILD WAKE

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



PINK PALM

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



COFFEE CRUISE

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



IMMUNE BOOST

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

SMOOTHIES



TROPICAL TIDE											
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	270.2	5.4	0.0	0.0	0.0	142.7	51.0	2.2	41.0	1.2	



ANCHORS AWAY											
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	447.7	23.2	7.9	0.0	0.0	163.2	48.0	6.4	30.6	9.9	

**Add protein powder to any smoothie for over 19g of extra protein!*



ADDITIONAL INGREDIENT
INFORMATION AND HEALTH BENEFITS

BASES

GRANOLA

FRUIT

DRY

DRIZZLES

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

GRANOLA

FRUIT

DRY

DRIZZLES

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.



BASES

GRANOLA

FRUIT

DRY

DRIZZLES

BASES

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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.



ALMONDS

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



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.



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.



COCONUT BUTTER CRUMBLES

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



COCONUT FLAKES

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



PUMPKIN SEEDS

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



CACAO NIBS

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



GOJI BERRIES

Goji berries are loaded with important nutrients and antioxidants.



PROTEIN CRUMBLES

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

Flavors: PB Cacao & Birthday Cake

**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