



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)
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)
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)
Cashew Cacao Butter	1 tbsp	79.4	6	1.7	0	0	7.4	6.4	1	3	2.5
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)
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)
Birthday Cake Protein Crumbles	1/2 bar or 8 pieces	158.8	8.5	3.7	0	0	137.6	10.1	1.1	6.4	10.6

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


WILD WAKE

	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	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)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (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)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
	16 oz	329.9	14.9	10.8	0.0	3.5	182.7	44.4	10.3	37.2	1.6


IMMUNE BOOST

	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	241.1	8.0	0.0	0.0	0.0	188.2	37.4	6.9	31.6	3.6

TROPICAL TIDE

	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	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)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (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

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.



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.



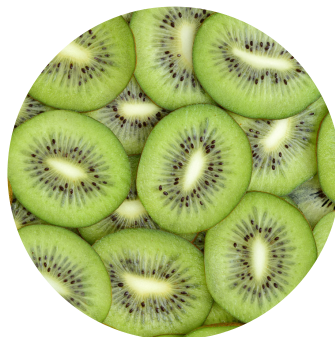
STRAWBERRIES

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



PINEAPPLES

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



KIWIS

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



MANGOES

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

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.

**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