



# 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
Cacao Nibs	1 tsp	27.3	2.3	1.3	0.0	0.0	0.9	1.2	1.1	0.1	0.5
Goji Berries	1/2 Tbsp	7.3	0	0	0	0	0	1.3	0.5	0.9	0.4
Hemp seeds	1/2 Tbsp	29.3	2.4	0.2	0	0	0	0.3	0.2	0.1	1.6
Pumpkin Seeds	1/2 Tbsp	20.6	1.8	0.3	0	0	0.3	0.4	0.2	0.1	1.1
Coconut Butter Crumbles	1/2 Tbsp	42.1	4.1	3.6	0	0	2.2	1.5	1	0.4	0.4
Chia seeds	1 tsp	21.2	1.4	0	0	0	0	1.8	1.5	0	0.6
Almonds	1/2 Tbsp	16.3	1.4	0.1	0	0	0	0.6	0.4	0.1	0.6
Fresh Blueberries	2 Tbsp	10.7	0.1	0	0	0	0	2.7	0.4	1.9	0.1
Fresh Pineapple	2 Tbsp	11	0	0	0	0	0.2	2.9	0.2	2.2	0.2
Fresh Kiwi	2 Tbsp	17.3	0	0	0	0	1.5	4.2	0.9	2.7	0.3
Fresh Mango	2 Tbsp	12	0	0	0	0	0.2	3	0.4	2.8	0.2
Fresh Banana	1/2 banana	44.1	0	0	0	0	0.4	11.4	1.3	5.9	0.4
Fresh Strawberries	2 tbsp	6.8	0	0	0	0	0	1.7	0.4	1	0.2
Shaved Frozen Pineapple	20 gm	10	0	0	0	0	0.2	2.6	0.2	2	0.2
Shaved Frozen Strawberries	17.5 gm	5.8	0	0	0	0	0	1.4	0.3	0.9	0.2
Shaved Frozen Mango	24 gm	14.4	0	0	0	0	0.2	3.6	0.5	3.4	0.2
Shaved Frozen Kiwi	20 gm	11.6	0	0	0	0	1	2.8	0.6	1.8	0.2
Shaved Frozen Blueberries	8 gm	4.6	0	0	0	0	0	1.2	0.2	0.8	0.1
Granola	1/4 cup	134.3	6.4	0.8	0	0	32.2	17.2	2.7	3.2	4.3
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
Almond Butter	4 Tbsp	423.4	33.9	3.2	0	0	0	12.7	6.4	4.2	12.7
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
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
Organic Matcha Powder	1gm	2.5	0	0	0	0	32.2	0.5	0	0	0
Tajín	1gm	0	0	0	0	0	188.5	0	0	0	0
Organic Cinnamon	1gm	2.5	0	0	0	0	0	0.8	0.5	0	0
Organic Espresso Powder	1gm	2.5	0	0	0	0	0	0.5	0	0	0
Organic Cacao Powder	1gm	4.1	0.1	0	0	0	0	0.5	0.3	0	0.3
Honey	1 Tbsp	25.9	0	0	0	0	0	7.3	0	7.3	0
Maple Syrup	1 Tbsp	55	0	0	0	0	2.5	13.5		12	0
Agave Syrup	1 Tbsp	45	0	0	0	0	0	12	0	11	0
Harvest Greens Drizzle	1 Tbsp	35	0	0	0	0	2.5	8.5	0.5	7.5	0.5
Sunny Banana Drizzle	1 Tbsp	35	0	0	0	0	0	8.5	0.5	8	0.5
Wild Watermelon Drizzle	1 Tbsp	35	0	0	0	0	0	8	0	7.5	0.5
Tropical Harmony Drizzle	1 Tbsp	35	0	0	0	0	0	8	0	7.5	0.5
Summer Strawberry Drizzle	1 Tbsp	35	0	0	0	0	2.5	8.5	0.5	8	0.5


## 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

# SUMMER ITEMS


## STRAWBUOY 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	815.0	43.0	10.4	0.0	0.0	112.2	82.1	9.2	46.4	26.2
	Dinghy	880.8	44.7	11.8	0.0	0.0	116.3	94.5	9.5	55.7	26.2
	Cruiser	979.2	47.3	14.0	0.0	0.0	122.5	113.0	9.9	69.5	26.2
	Yacht	1241.1	54.2	19.9	0.0	0.0	139.1	162.5	11.1	106.5	26.2

## BANANA CRUISE 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	476.8	15.9	7.7	0.0	0.0	99.0	76.4	8.3	40.9	5.4
	Dinghy	545.2	17.6	9.4	0.0	0.0	108.0	89.0	9.3	48.9	5.4
	Cruiser	647.7	20.2	12.0	0.0	0.0	121.4	107.8	10.7	61.0	5.4
	Yacht	921.4	27.1	18.9	0.0	0.0	157.4	158.0	14.5	93.1	5.4

## STRAW BAY 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	466.8	12.1	3.9	0.0	0.0	86.2	83.9	10.2	42.8	5.6
	Dinghy	529.5	12.1	3.9	0.0	0.0	90.0	99.7	11.4	51.7	5.6
	Cruiser	623.7	12.1	3.9	0.0	0.0	95.7	123.4	13.3	65.1	5.6
	Yacht	874.8	12.1	3.9	0.0	0.0	110.9	186.8	18.2	100.8	5.6

## PARADISE SWIRL

	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)
	16oz	326.6	2.5	2.2	0.0	6.7	193.3	74.7	5.3	68.3	26.7



**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**

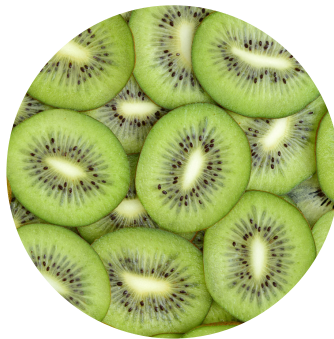
Blueberries have the highest antioxidant capacity of all the popular fruits and vegetables.

**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.



## PROTEIN CRUMBLES

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

### Flavors:

*PB Cacao Protein Crumbles  
&  
Birthday Cake Protein Crumbles*



## 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

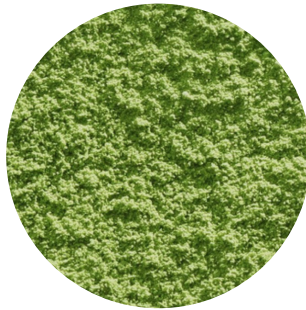
Peanut butter is a rich source of protein, dietary fiber, healthy fats, vitamin E and more.

# 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.



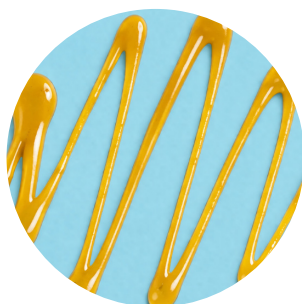
## TAJIN

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



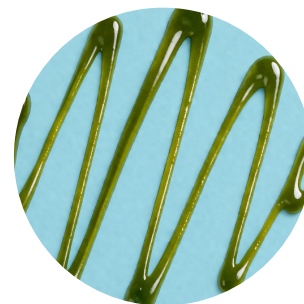
### SUMMER STRAWBERRY

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.



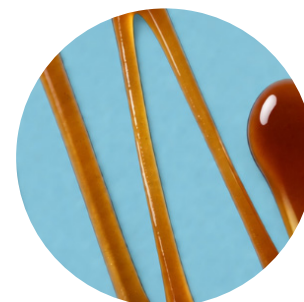
### TROPICAL HARMONY

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



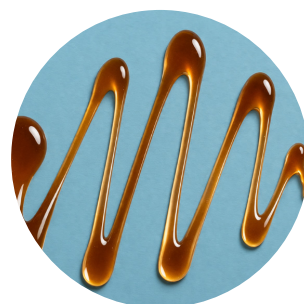
### WILD WATERMELON

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



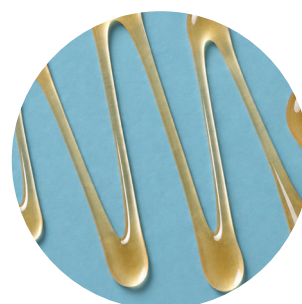
### MAPLE SYRUP

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