

CALORIES IN OUR REGULAR BOWLS

CALORIES IN OUR SMOOTHIES

NO GRANOLA

WITH GRANOLA

16 oz

24 oz

SEDONA

350

510

GREENIE

187

280

BRAZILIAN

316

476

LUSCIOUS

215

322

CLEANSE

396

556

AVALANCHE

232

348

VORTEX

392

552

TROPICAL

242

363

AWAKEN

444

604

KONA

248

372

VOLCANO

400

560

RIO

261

391

RED ROCK

449

609

BERRIFUL

305

457

MAUI WOWIE

543

703

IRONMAN

425

637

SUMMIT

370

530

* Calorie counts based on our regular sized bowls