



Panini



Kids Bowl

Smoothies



Salad

## Smoothies

Our bowls and smoothies contain NO ice, NO frozen yogurt, NO added sugar, NO artificial preservatives, NO trans fats, or any other fillers. Most of our ingredients are organic, depending on the season and availability, and everything is made fresh to order.

### Açaí Elixir™ 6.49

Organic Açaí, VB Blend, Nonfat Milk, Bananas, Strawberries

### The Hulk™ 7.49

Organic Açaí, Guarana, Almond Milk, Spirulina, Kale, Broccoli, Whey Protein, Strawberries, Bananas

### Sunsation™ 6.49

Organic Açaí, Lemonade, Raspberries, Strawberries, Bananas

### The Dragon™ 7.49

Pitaya, Guava Juice, Strawberries, Mango, Raspberries

### Tropical Paradise™ 6.49

Organic Açaí, Mango Juice, Coconut Milk, Bananas, Pineapple, Strawberries

### The Powerator™ 6.49

Organic Açaí, Guarana, VB Blend, Almond Milk, Strawberries, Bananas, Spinach, Pineapple

### The King™ 6.49

Organic Açaí, VB Blend, Nonfat Milk, Blueberries, Raspberries, Bananas, Chia Seeds

### The Temptation™ 6.49

Organic Açaí, Nonfat Milk, Guittard Dark Chocolate, Raw Cacao, Strawberries, Bananas

### Acerola Smoothie™ 7.49

Acerola, Guava Juice, Bananas, Mango, Spinach

### Graviola Smoothie™ 7.49

Graviola\*, Mango Juice, Coconut Water, Bananas, Pineapple, Kale

\*Graviola is not recommended for pregnant women.

### \* Power Up Your Smoothie With .75

- Almonds
- Aronia
- Bee Pollen
- Broccoli
- Camu Camu
- Chia Seeds
- Coconut Shavings
- Dates
- Honey
- Hemp Seeds
- Flax Seed
- Ginko
- Goji Berries
- Guarana
- Immunity Blend
- Kale
- Maca
- Mangosteen
- Mint
- Moringa
- Mulberries
- Multi-Vitamin Blend
- Noni
- Peanut Butter
- Raw Cacao
- Spinach
- Spirulina
- Whey Protein

### \*Add a Panini to any item \$4.99

VB Blend: Our own superfood blend consisting of some of the world's leading superfoods: Mangosteen, Aronia Berry, Camu Camu, Moringa, Açaí, Blueberry, Pomegranate

## Fresh Juice Bar

14oz 5.95 | 20oz 7.95

Raw juices made fresh to order.

### Green Me Up

Kale, Celery, Apple, Cucumber, Spirulina

### C Me Up

Orange, Kiwi, Carrot, Raw Ginger

### The Invigorator

Orange, Kale, Carrot, Apple

### The Rehydrator

Kale, Pineapple, Mint, Apple, Coconut Water

### The Vitality

Carrot, Apple, Celery, Kale

### The Detoxifier

Lemon, Raw Ginger, Cucumber, Coconut Water

### The Rejuvenator

Carrot, Apple, Cucumber, Beet

### The Intensifier

Apple, Beet, Celery, Raw Ginger, Lemon

### Lemon Ginger Shot (2oz Container)

Fresh Lemon and Raw Ginger with a dash of Cayenne



## Panini (Whole Wheat, White, Gluten-Free)

Hungry? Nothing complements a Vitality Bowl or smoothie like a house-made panini. Turkey and sirloin are hormone-free and all natural with no additives, preservatives or nitrates. Sirloin is grass-fed.

### Roasted Turkey 6.89

Natural Turkey, Mozzarella Cheese, Spinach, Sun Dried Tomatoes, Dijon, Pesto

### The Sirloin 7.99

Natural Seasoned Seared Sirloin, Mozzarella Cheese, Spinach, Dijon

### Salami 5.99

Salami, Mozzarella Cheese, Spinach, Sun Dried Tomatoes, Dijon, Pesto

### Veggie 5.49

Mozzarella Cheese, Spinach, Sun Dried Tomatoes, Dijon, Pesto

### The Olympian™ 5.99

Peanut Butter on Whole Wheat Bread with Granola, Bananas, Honey

\*Add a Panini to any menu item \$4.99



## Salads & Soups

### Soup Du Jour cup 4.99 bowl 6.99

House Soup - Varies Weekly

### Spinach Salad 8.99

Spinach, Goat Cheese, Quinoa, Strawberries, Almonds, House-Made Balsamic Vinaigrette

### Kale Salad 8.99

Kale, Cucumbers, Goat Cheese, Quinoa, Celery, House-Made Dijon Vinaigrette

### \*Add . . . . Roasted Turkey Breast \$3

### ..... Seasoned Seared Sirloin \$4

Turkey and sirloin are hormone-free and all natural with no additives, preservatives or nitrates. Sirloin is grass-fed.



## Kid's Menu

### Kids Bowl \$ 6.49

Base Blend: Organic Açaí, Apple Juice, Bananas, Strawberries

Toppings: Organic Granola, Bananas, Strawberries

### Kids Sunsation Smoothie \$ 4.95

Lemonade, Açaí, Strawberries, Bananas (ask to add spinach)

### Grilled Cheese Sandwich 3.99

Mozzarella Cheese on White or Whole Wheat

### Side of Fruit 2.99

Carrot Orange Juice 14oz 4.95

Nonfat Milk or Lemonade 1.99

\*Order with our free app!



VITALITYBOWLS.COM

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Please ask for gluten-free. While we take great care in providing a safe kitchen for allergies and food sensitivities, our products may contain milk, soy, tree nuts, peanuts and wheat.





# VITALITYBOWLS

• SUPERFOOD CAFÉ •



## Açaí Bowls® (Please Ask For Gluten-Free)

**S** 14 oz container   **M** 20 oz container   **L** 28 oz container

Our bowls and smoothies contain NO ice, NO frozen yogurt, NO added sugar, NO artificial preservatives, NO trans fats, or any other fillers. Most of our ingredients are organic, depending on the season and availability, and everything is made fresh to order.



### Vitality Bowl™

<b>Base Blend</b>	<b>Toppings</b>
Organic Açaí	Organic Granola
VB Blend	Bananas
Bananas	Strawberries
Strawberries	Goji Berries
Flax Seed	Honey

**M** 10.49   **L** 11.99



### Tropical Bowl™

<b>Base Blend</b>	<b>Toppings</b>
Organic Açaí	Organic Granola
Coconut Milk	Bananas
Apple Juice	Strawberries
Bananas	Coconut Shavings
Mango	Honey
Pineapple	
Flax Seed	

**M** 11.49   **L** 12.99



### Graviola Bowl™

<b>Base Blend</b>	<b>Toppings</b>
Graviola*	Organic Granola
Coconut Water	Bananas
Mango Juice	Mulberries
Pineapple	Chia Seeds
Bananas	Honey
Strawberries	
Kale	

**M** 11.99   **L** 13.49

\*Graviola is not recommended for pregnant women.



### Acerola Bowl™

<b>Base Blend</b>	<b>Toppings</b>
Acerola	Organic Granola
VB Blend	Bananas
Coconut Milk	Blueberries
Bananas	Coconut Shavings
Mango	Honey
Spinach	

**M** 12.49   **L** 13.99



### Warrior Bowl™

<b>Base Blend</b>	<b>Toppings</b>
Organic Açaí	Organic Granola
VB Blend	Bananas
Almond Milk	Strawberries
Bananas	Almonds
Blueberries	Goji Berries
Raspberries	Honey
Flax Seed	
Broccoli	
Multi-Vitamin Boost	

**M** 12.49   **L** 13.99



### Dragon Bowl™

<b>Base Blend</b>	<b>Toppings</b>
Pitaya	Organic Granola
Mango Juice	Kiwi
Coconut Milk	Almonds
Bananas	Goji Berries
Pineapple	Bee Pollen
Raspberries	Honey
Immunity Boost	

**M** 12.49   **L** 13.99



### Detox Bowl™

<b>Base Blend</b>	<b>Toppings</b>
Organic Açaí	Bananas
Almond Milk	Blueberries
Flax Seed	Almonds
Kale	Goji Berries
Spirulina	Honey
Bananas	
Strawberries	

**M** 12.49   **L** 13.99



### Energy Bowl™

<b>Base Blend</b>	<b>Toppings</b>
Organic Açaí	Organic Granola
VB Blend	Bananas
Almond Milk	Strawberries
Guarana	Goji Berries
Bananas	Bee Pollen
Strawberries	Honey
Flax Seed	

**M** 11.49   **L** 12.99



### Green Bowl™

<b>Base Blend</b>	<b>Toppings</b>
Graviola*	Organic Granola
Almond Milk	Bananas
Dates	Kiwi
Spirulina	Hemp Seeds
Spinach	Honey
Kale	
Strawberries	
Bananas	

**M** 12.49   **L** 13.99

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### Nutty Bowl™

<b>Base Blend</b>	<b>Toppings</b>
Organic Açaí	Organic Granola
Almond Milk	Bananas
Apple Juice	Almonds
Peanut Butter	Honey
Bananas	
Strawberries	
Flax Seed	

**M** 10.99   **L** 12.49

### \* Power Up Your Bowl With .75

- Almonds
- Extra Honey
- Mint
- Aronia
- Flax Seed
- Moringa
- Bee Pollen
- Ginko
- Mulberries
- Broccoli
- Goji Berries
- Multi-Vitamin Blend
- Camu Camu
- Guarana
- Noni
- Chia Seeds
- Hemp Seeds
- Peanut Butter
- Coconut Shavings
- Immunity Blend
- Raw Cacao
- Dates
- Kale
- Spinach
- Extra Fruit
- Maca
- Spirulina
- Extra Granola
- Mangosteen
- Whey Protein

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## Dessert & Breakfast Bowls

### Dessert Bowl™

<b>Base Blend</b>	<b>Toppings</b>
Organic Açaí	Bananas
Coconut Milk	Strawberries
Bananas	Coconut Shavings
Strawberries	Chocolate Chips
Dark Chocolate	

**S** 7.49

### Nutty Dessert Bowl™

<b>Base Blend</b>	<b>Toppings</b>
Organic Açaí	Bananas
Coconut Milk	Almonds
Peanut Butter	Coconut Shavings
Bananas	Chocolate Chips
Dark Chocolate	

**S** 7.49

### Breakfast Bowl™

<b>Base Blend</b>	<b>Toppings</b>
Organic Açaí	Organic Granola
Nonfat Milk	Bananas
Apple Juice	Strawberries
Bananas	Honey
Strawberries	
Flax Seed	

**S** 7.49

### Oatmeal Bowl™

<b>Base Blend</b>	<b>Toppings</b>
Organic Açaí	Bananas
Almond Milk	Almonds
Cinnamon	Goji Berries
Organic Steel	Honey
Cut Oats	

**S** 5.95



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