

SALADS & GRAIN BOWLS

GLUTEN-FREE AVAILABLE
Sous-Vide All Natural Chicken and Grass-Fed Steak



Supergreen Goddess Salad

Super Greens, All Natural Sous-Vide Chicken, Egg, Avocado, Radish, Cucumber, Green Goddess Dressing, Feta Cheese, Mint, Superseed Crunch

Mighty Med Salad

Super Greens, Grass-Fed Sous-Vide Steak, Egg, Grape Tomatoes, Cucumber, Pickled Red Onion, Lemon Tahini Vinaigrette, Feta Cheese, Mint, Superseed Crunch

Green Glow Bowl

Super Greens, All Natural Sous-Vide Chicken, Grains, Avocado, Cucumber, Radish, Pickled Red Onion, Lemon Tahini Vinaigrette, Green Goddess Dressing, Feta Cheese, Mint, Superseed Crunch

Power Pesto Chicken Bowl

Super Greens, All Natural Sous-Vide Chicken, Grains, Grape Tomatoes, Cucumber, Pickled Red Onion, Basil Pesto, Lemon Tahini Vinaigrette, Feta Cheese, Sunflower Seeds

Chimichurri Steak and Roasted Potato Bowl

Super Greens, Grass-Fed Sous-Vide Steak, Grains, Roasted Potato, Roasted Tomato, Radish, Chimichurri, Lemon Tahini Vinaigrette, Pepitas

Hummus with Veggies

Hummus with Celery and Carrots

WRAPS, TOASTS & PANINI

GLUTEN-FREE AVAILABLE
Sous-Vide All Natural Chicken and Grass-Fed Steak



Vitality Wrap

Tomato Basil Tortilla, Hummus, Avocado, Super Greens, Grains, Roasted Potato, Radish, Pickled Red Onion, Lemon Tahini Vinaigrette, Garlic Aioli, Superseed Crunch (Add All Natural Sous-Vide)

Chimichurri Steak Wrap

Tomato Basil Tortilla, Grass-Fed Sous-Vide Steak, Super Greens, Grains, Roasted Tomato, Chimichurri, Garlic Aioli, Sunflower Seeds

Morning Glory Wrap

3 Scrambled Eggs, Roasted Potatoes, Roasted Tomatoes, Seasoned Avocado, Mozzarella Cheese, Pickled Red Onions, Tomato and Basil Tortilla

Power Panini

All Natural Sous-Vide Chicken or Veggie (Veggie includes Avocado), Pesto, Dijon, Roasted Tomato, Super Greens, Mozzarella on Telera Roll



Superseed Avocado Toast

Whole Grain Toast, Avocado, Grape Tomatoes, Feta Cheese, Superseed Crunch, Sea Salt

Wholesome Hummus Toast

Whole Grain Toast, Hummus, Cucumber, Lemon Tahini Vinaigrette, Feta Cheese, Pepitas

PB & Chia Jam Toast

Whole Grain Toast, Peanut Butter, Banana, Strawberry Jam, Chia Seeds, Organic Gluten-Free Granola



FRESH JUICE BAR



The Invigorator

Orange, Kale, Carrot, Apple

The Rehydrator

Kale, Pineapple, Mint, Apple, Coconut Water

The Vitality

Carrot, Apple, Celery, Kale

The Detoxifier

Ginger, Lemon, Cucumber, Coconut

The Rejuvenator

Carrot, Apple, Cucumber, Beet

The Intensifier

Ginger, Beet, Lemon, Celery, Apple

COLD-PRESSED BOTTLED JUICES, SHOTS & SMOOTHIES



Berry Limeade

Water, Lime Juice, Raw Agave, Strawberries, Blueberries

Green Me Up

Fuji Apple, Cucumber, Celery, Romaine, Spinach, Kale, Lemon

C Me Up

Carrot, Orange, Lemon, Ginger

Mango Maca Smoothie

Mango, Fuji Apple Juice, Orange Juice, Carrot, Maca Powder

Vitality Blast Smoothie

Fuji Apple Juice, Mango, Orange Juice, Banana, Spinach, Kale, Moringa

Turmeric Immunity Shot

Orange Juice, Turmeric Juice, Lemon Juice, Black Pepper

Ginger Energy Shot

Pineapple Juice, Ginger Root, Lime Juice, Cayenne Pepper

KIDS MENU



Kids Bowl

BASE: Organic Açaí, Banana, Strawberries, VB Blend**
TOPPINGS: Organic Gluten-Free Granola, Banana, Strawberries

Kids Sunsation Smoothie

Organic Açaí, Strawberries, Banana, Apple Juice

Kids PB & J

Whole Grain Bread, Peanut Butter, Strawberry Jam

Kids Grilled Cheese

Mozzarella, Telera Roll

Side of Fruit

Banana, Strawberries, Pineapple

AÇAÍ BOWLS

GLUTEN-FREE AVAILABLE



Signature Bowls

Superfood Bowl

BASE: Organic Açaí, Graviola*, Pitaya, Banana, Strawberries, Kale, VB Blend**, Almond Milk **TOPPINGS:** Organic Gluten-Free Granola, Banana, Blueberries, Organic Goji Berries, Organic Cacao Nibs, Honey

Warrior Bowl®

BASE: Organic Açaí, Banana, Blueberries, Raspberries, Organic Flax Seeds, Spinach, Multi-Vitamin Boost, VB Blend**, Almond Milk **TOPPINGS:** Organic Gluten-Free Granola, Banana, Strawberries, Almonds, Organic Goji Berries, Honey

Vitality Bowl®

BASE: Organic Açaí, Banana, Strawberries, VB Blend** **TOPPINGS:** Organic Gluten-Free Granola, Banana, Strawberries, Organic Goji Berries, Honey

Tropical Bowl

BASE: Organic Açaí, Banana, Mango, Pineapple, Organic Flax Seeds, Coconut Milk, Apple Juice **TOPPINGS:** Organic Gluten-Free Granola, Banana, Strawberries, Coconut Shavings, Honey

Dragon Bowl

BASE: Pitaya, Banana, Pineapple, Raspberries, Immunity Boost, Coconut Milk, Mango Peach Juice **TOPPINGS:** Strawberries, Kiwi, Almonds, Organic Goji Berries, Bee Pollen, Honey

Nutty Bowl

BASE: Organic Açaí, Banana, Strawberries, VB Blend**, Peanut Butter **TOPPINGS:** Organic Gluten-Free Granola, Banana, Almonds, Honey

CREATE YOUR OWN BOWL

Includes Granola and Honey plus 3 additional toppings of your choice.

1. CHOOSE YOUR SIZE

Small

Pick up to 2 bases

Medium

Pick up to 3 bases

Large

Pick up to 4 bases



2. PICK YOUR BASE

Organic Coconut Blend 140 cal

Organic Coconut, Organic Coconut Milk

Guava and Organic Acerola Blend 120 cal

Organic Acerola, Pink Guava

Blue Bliss Blend 130 cal

Pineapple, Coconut, Mango, Blue Spirulina

Vitality Bowl Blend 76 cal

Organic Açaí, Banana, Strawberries, VB Blend**

Nutty Blend 123 cal

Organic Açaí, Peanut Butter, Banana, Strawberries, VB Blend

Cacao Chocolate Blend 140 cal

Cacao

House-made Chia Seed Pudding 74 cal

Chia Seeds, Almond Milk, Honey

Calories reflect 1 base portion

Bases cannot be modified

Base blends are dairy free



3. PICK YOUR TOPPINGS

Each bowl includes Organic Gluten-Free Granola, Honey and any 3 toppings you choose.

Almond Butter 100 cal • Bee Pollen 5 cal • Cacao Nibs 14 cal • Chia Seeds 34 cal • Coconut Chips 55 cal

Fresh Banana 63-141 cal • Fresh Blueberries 10 cal • Fresh Kiwi 42 cal • Fresh Pineapple 47 cal

Fresh Strawberries 13 cal • Goji Berries 11 cal • Ground Flax Seeds 35 cal • Hemp Seeds 11 cal

Honey 40 cal • Mulberries 12 cal • Organic Gluten-Free Granola 51-200 cal • Peanut Butter 86 cal

Semisweet Chocolate Chips 70 cal • Sliced Almonds 32 cal • Add additional toppings at an extra cost

100% DELICIOUS & NUTRITIOUS

OUR SIGNATURE BOWLS AND SMOOTHIES ARE MADE WITH THE
PUREST INGREDIENTS
AVAILABLE
NO FILLERS SUCH AS ICE OR FROZEN YOGURT
GLUTEN-FREE AVAILABLE

POWER UP YOUR BOWL OR SMOOTHIE BY ADDING A BOOST

Almonds • Almond Butter • Bee Pollen • Blueberries • Chia Pudding • Coconut Shavings • Dates • Fruit • Honey • Kale • Mint • Multi-Vitamin Blend • Organic Aronia
Organic Camu Camu • Organic Chia Seeds • Organic Cacao Nibs • Organic Flax Seeds • Organic Gluten-Free Granola • Organic Goji Berries • Organic Guarana • Organic Hemp Seeds
Organic Maca • Organic Matcha • Organic Mangosteen • Organic Moringa • Organic Spirulina • Organic Turmeric • Pea Protein • Peanut Butter • Spinach • Whey Protein



Contact us for catering questions and orders:
1-866-VB-FOODS (1-866-823-6637)

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SMOOTHIES

GLUTEN-FREE AVAILABLE

No Fillers Such as Ice or Frozen Yogurt

Pina Colada

Organic Coconut Blend with Banana, Mango, Pineapple, Mango Peach Juice, Coconut Milk

Purple Passion

Pineapple, Coconut, Mango and Blue Spirulina Blend with Banana, Pitaya, Apple Juice

Groovy Guava

Guava and Organic Acerola Blend with Banana, Strawberries, Mango Peach Juice