



# NUTRITION GUIDE

	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	SUGAR (g)	PROTEIN (g)	VITAMIN A (%DV)	VITAMIN D (%DV)	CALCIUM (%DV)	IRON (%DV)
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## BOWLS

BLUE HAWAII - SMALL	300	7	1	0	0	45	58	9	31	6	6	50	8	10
BLUE HAWAII - REGULAR	520	11	2	0	0	75	103	17	56	10	10	100	15	20
BLUE HAWAII - LARGE	740	16	3	0	0	120	145	24	82	15	20	120	25	25
SIMPLY BLUE - SMALL	270	7	1	0	0	45	49	9	23	6	6	35	8	10
SIMPLY BLUE - REGULAR	470	11	2	0	0	75	89	16	44	10	10	70	15	15
SIMPLY BLUE - LARGE	660	15	3	0	0	120	123	23	61	15	20	90	25	25
LEMI FRESH - SMALL	300	7	1	0	0	45	58	9	31	6	6	50	8	10
LEMI FRESH - REGULAR	520	11	2	0	0	75	104	17	56	10	15	100	15	20
LEMI FRESH - LARGE	750	16	3	0	0	120	147	24	82	15	20	130	25	25
KAISER - SMALL	300	7	1	0	0	60	58	9	31	7	120	50	8	30
KAISER - REGULAR	530	11	2	0	0	105	104	17	56	12	240	100	15	50
KAISER - LARGE	750	16	3	0	0	150	146	24	82	17	240	120	25	60
MAUNA KEA	760	17	3	0	0	105	143	23	72	15	15	130	15	25
BRASILIA - REGULAR	604	20	4	0	0	104	96	12	58	13	36	15	19	6
BRASILIA - LARGE	876	28	5	2	0	146	143	17	88	17	55	23	28	9
PITAYA BOWL - REGULAR	504	12	2	0	0	94	86	14	42	13	8	15	19	14
PITAYA BOWL - LARGE	726	16	2	2	0	131	128	20	64	17	13	23	28	21

## SMOOTHIES

LAVA FLOW	500	24	0	0	0	95	70	5	59	4	0	80	20	10
DAWN PATROL	270	3	0	0	0	65	59	7	42	6	2	130	20	10
OUTRIGGER COOLER	210	2	0	0	0	60	43	3	36	5	0	100	15	8
KONA QUALIFIER	330	5	1	0	0	85	67	11	46	7	15	50	20	10
LEMI DROP	330	5	1	0	0	85	68	11	46	8	15	60	20	10
PINK DRAGON	315	0	0	0	0	13	75	7	56	3	2	0	4	9

## POKE

POKE (NO RICE)	133	3	0	0	45	355	3	0	1	19	0	1	1	5
REGULAR	336	6	0	0	45	615	42	2	2	23	0	1	1	5
DOUBLE	441	8	0	0	90	645	42	2	2	42	0	1	1	8