



Açaí Bowls® (Please Ask For Gluten-Free)

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®
Base Blend
Organic Açaí
VB Blend
Bananas
Strawberries
Flax Seed
M
20oz
Toppings
Organic Granola
Bananas
Strawberries
Goji Berries
Honey
L
32oz



Tropical Bowl™
Base Blend
Organic Açaí
Coconut Milk
Apple Juice
Bananas
Mango
Pineapple
Flax Seed
M
20oz
Toppings
Organic Granola
Bananas
Strawberries
Coconut Shavings
Honey
L
32oz



Graviola Bowl™
Base Blend
Graviola*
Coconut Water
Mango Juice
Pineapple
Bananas
Strawberries
Kale
M
20oz
Toppings
Organic Granola
Bananas
Mulberries
Chia Seeds
Honey
L
32oz



Acerola Bowl™
Base Blend
Acerola
VB Blend
Coconut Milk
Bananas
Mango
Spinach
M
20oz
Toppings
Organic Granola
Bananas
Blueberries
Coconut Shavings
Honey
L
32oz



Warrior Bowl™
Base Blend
Organic Açaí
VB Blend
Almond Milk
Bananas
Blueberries
Raspberries
Flax Seed
Broccoli
Multi-Vitamin Boost
M
20oz
Toppings
Organic Granola
Bananas
Strawberries
Almonds
Goji Berries
Honey
L
32oz



Dragon Bowl™
Base Blend
Organic Pitaya
Mango Juice
Coconut Milk
Bananas
Pineapple
Raspberries
Immunity Boost
M
20oz
Toppings
Strawberries
Kiwi
Almonds
Goji Berries
Bee Pollen
Honey
L
32oz



Detox Bowl™
Base Blend
Organic Açaí
Almond Milk
Flax Seed
Kale
Spirulina
Bananas
Strawberries
M
20oz
Toppings
Bananas
Blueberries
Almonds
Goji Berries
Honey
L
32oz



Energy Bowl™
Base Blend
Organic Açaí
VB Blend
Almond Milk
Guarana
Bananas
Strawberries
Flax Seed
M
20oz
Toppings
Organic Granola
Bananas
Strawberries
Goji Berries
Bee Pollen
Honey
L
32oz



Power Bowl™
Base Blend
Organic Açaí
VB Blend
Almond Milk
Guarana
Bananas
Strawberries
Flax Seed
Spinach
Broccoli
M
20oz
Toppings
Organic Granola
Bananas
Kiwi
Goji Berries
Honey
L
32oz



Nutty Bowl™
Base Blend
Organic Açaí
Almond Milk
Apple Juice
Peanut Butter
Bananas
Strawberries
Flax Seed
M
20oz
Toppings
Organic Granola
Bananas
Almonds
Honey
L
32oz

* Power Up Your Bowl With .75

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

*Add a Panini to any item \$3.99

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

Dessert & Breakfast Bowls



Dessert Bowl™
Base Blend
Organic Açaí
Coconut Milk
Bananas
Strawberries
Dark Chocolate
S
14oz
Toppings
Bananas
Strawberries
Coconut Shavings
Chocolate Chips



Nutty Dessert Bowl™
Base Blend
Organic Açaí
Coconut Milk
Peanut Butter
Bananas
Dark Chocolate
S
14oz
Toppings
Bananas
Almonds
Coconut Shavings
Chocolate Chips



Breakfast Bowl™
Base Blend
Organic Açaí
Nonfat Milk
Apple Juice
Bananas
Strawberries
Flax Seed
S
14oz
Toppings
Organic Granola
Bananas
Strawberries
Honey



Oatmeal Bowl™
Base Blend
Organic Açaí
Almond Milk
Cinnamon
S
14oz
Toppings
Bananas
Almonds
Goji Berries
Honey

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

The Hulk™
Organic Açaí, Guarana, Almond Milk, Spirulina, Kale, Broccoli, Whey Protein, Strawberries & Bananas

Sunsation™
Organic Açaí, Lemonade, Raspberries, Strawberries & Bananas

The Dragon™
Organic Pitaya, Guava Juice, Strawberries, Mango & Raspberries

Tropical Paradise™
Organic Açaí, Mango Juice, Coconut Milk, Bananas, Pineapple & Strawberries

The Powerator™
Organic Açaí, Guarana, VB Blend, Almond Milk, Strawberries, Bananas, Spinach & Pineapple

The King™
Organic Açaí, VB Blend, Nonfat Milk, Blueberries, Raspberries, Bananas & Chia Seeds

The Temptation™
Organic Açaí, Nonfat Milk, Guittard Dark Chocolate, Raw Cacao, Strawberries & Bananas

Acerola Smoothie™
Acerola, Guava Juice, Bananas, Mango & Spinach

Graviola Smoothie™
Graviola*, Mango Juice, Coconut Water, Bananas, Pineapple & Kale
**Graviola is not recommended for pregnant women.*

* Power Up Your Smoothie With .75

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

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Fresh Juice Bar

Raw juices made fresh to order.

Green Me Up
Kale, Celery, Apple, Cucumber, Spirulina

C Me Up
Orange, Kiwi, Carrot, 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)
Fresh Lemon and Raw Ginger with a dash of Cayenne

Panini (Whole Wheat, White, Gluten-Free)

Hungry? Nothing compliments a Vitality Bowl or smoothie like a homemade panini. Our panini meat is all natural with no additives, preservatives or nitrates. Made fresh to order, satisfy your craving for a fulfilling, nutritious, and delicious meal.

Turkey
Turkey, Provolone Cheese, Spinach, Sun Dried Tomatoes, Dijon & Pesto

Ham
Ham, Provolone Cheese, Spinach, Sun Dried Tomatoes, Dijon & Pesto

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

Veggie
Mozzarella & Provolone Cheese, Spinach, Sun Dried Tomatoes, Dijon & Pesto

The Olympian™
Peanut Butter on Whole Wheat Bread with Granola, Bananas & Honey

*Add a Panini to any menu item \$3.99

Kid's Menu

Kids Bowl 14oz
Base Blend: Organic Açaí, Apple Juice, Bananas & Strawberries
Toppings: Organic Granola, Bananas & Strawberries

Kids Sunsation Smoothie 14oz
Lemonade, Acai, Strawberries & Bananas (ask to add spinach)

Grilled Cheese Sandwich
Mozzarella & Provolone Cheese on White or Whole Wheat

Side of Fruit
Carrot Orange Juice 14oz
Nonfat Milk or Lemonade

Salads, Soups & Specials

Strawberry Spinach Salad
Spinach, Strawberries, Almonds, Coconut Shavings, Goji Berries & Balsamic Vinaigrette

Kale Salad
Kale, Carrots, Cabbage, Almonds, Balsamic Vinaigrette

Soup Du Jour
House Soup - Varies Weekly

Chocolate Frozen Banana
Frozen Banana dipped in Chocolate



*Order with our free app!



VITALITYBOWLS.COM

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.