

## Snack Lab Nutrition Information

These numbers are approximate and may vary slightly, as we cook everything from scratch ingredients and only cook with nutritionally beneficial oils, such as extra virgin olive oil. We not ever add processed sugars to our house-made

Category	Item Name	Calories	Total Fat
Smoothies + Shakes	Berry Power (20 oz)	320	4.5g
	Tropical Kale Smoothie (20oz)	400	14g
	Purple Rain (20 oz)	640	35g
	Cold Brew Smoothie (20 oz)	670	25g
	Green Detox (20 oz)	170	1g
	Mean Green Smoothie (20 oz)	520	31g
	Carrot Cake Smoothie (20 oz)	400	20 g
	Banana Bread Smoothie (20 oz)	640	13 g
	Apple Pie Smoothie (20 oz)	300	4.5 g
	Pumpkin Spice (20 oz)	690	57g
	Strawberry Lemonade	310	3.5 g
	Maca Mint Chip Shake (20 oz)	690	30 g
	Peanut Butter Cup Shake (20 oz)	660	28g
	Kid's Smoothies	Purple People Eater Kid's Smoothie	240
Aloha Kid's Smoothie		270	16g
Sweet Bee Kid's Smoothie		140	2.5g
Acai Bowls	Acai Bowl Base	250	2g
	+ PB&B	590	35g
	+ Red,White,Blue	250	14g
	+ Superpower	260	15g
	<b>Lunch Bowl Bases</b>		
	Cauliflower Rice	50	2.5g
	Rice/Quinoa Base	380	5g
	Garlic Lentils	190	.5 g
	<b>Lunch Bowl Toppings</b>		
	Harvest Crisp	380	20g
	Shroomami		
	Teriyaki Stir Fry Bowl		
	Texmexas Bowl	640	14g

Lunch Bowls

Salmon Risotto		
Taco 'Bout It Bowl	440	9g
Creamy Mediterranean Burger Bowl		
Chicken Caesar Salad		
<b><i>Lunch Bowl Sauces</i></b> <i>(2 oz Serving)</i>		
Texmexas Sauce	60	5g
Lemon Vinaigrette		
Spicy Cashew Sauce	130	11g
Balsamic Vinaigrette	80	5g
Healthy Teriyaki Sauce	45	0g
Sesame Garlic		
Cilantro Lime Vinaigrette	110	10g
Miso Sesame Ginger		

Breakfast Bowls

Quinoa Power Bowl	220	.5 g
Huevos Rancheros	530	23g
Morning Scramble		
Banana Split Overnight Oat Bowl		
Farm Fresh Breakfast Sandwich	620	54 g

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h in-house. We strive to use the highest quality  
e strive for total ingredient transparency and do  
e foods.

Carbohydrates	Sugars	Protein
69g	42g	6g
71g	44g	6g
75g	35g	12g
116g	62g	9g
40g	33g	3g
59g	26g	11g
53 g	42 g	3 g
124 g	52 g	14 g
66 g	43 g	3 g
44g	20g	11g
72 g	48 g	2 g
104 g	58 g	12 g
96g	51g	17g

45g	18g	6g
34g	18g	2g
32g	19g	2g
55g	31g	3g
64g	46g	18g
31g	14g	5g
28g	9g	3g
6g	2g	2g
74g	3g	12g
34 g	1 g	13 g
43g	20g	11g
102g	13g	31g

74g	8g	22g
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2g	<1g	0g
5g	1g	3g
9g	6g	0g
10g	10g	0g
3g	0g	1g

53 g	44g	4g
59g	5g	27g
15 g	2 g	15 g