

BARE Blends Clifton Park - Nutritional Information

Bowls	Calories	Fat (g)	Carbs (g)	Protein (g)	Fiber (g)	Vitamin D	Calcium (mg)	Iron (mg)	Potassium (mg)	Cholesterol	Sugars (g)
Acai Overload	489.7	21.4	62.3	11.4	11.7	1.3	307	2.3	798.4	0	25.6
Beach Bum	446.8	19	70.5	11.2	10.6	1.2	271.5	2.4	645.1	0	45.7
Blueberry Lemon Tart	485.8	17.6	70.7	18.6	13.9	1.7	212.7	4.6	645.2	0	33.5
Emerald Envy	413.8	13.2	58	14.4	10.2	1.1	240.8	2	559.1	0	37.4
Harrys PBJ Bowl	492.5	24.3	58	13.3	11.4	0.6	149.8	1.6	462.9	0	28.5
Mocha Latte	525.1	21.1	73.7	12.5	12.4	0.1	76.6	3	853.8	0	27.6
Pina Colada	350.4	6.8	68.8	5	7.1	0.6	143.8	0.7	507.9	0	46
Purple Paradise	408.9	17.3	58.7	9	8.9	0	112.8	1.5	614.1	0	33.8
Chunky Monkey	530	20.8	69.7	21.8	11.1	2.6	325.3	1.5	1005.7	0	26.7
Sweet Green	505.3	19.5	63.4	24.4	15.1	1.6	287.7	3.9	899.5	0	36.1
Smoothies	Calories	Fat (g)	Carbs (g)	Protein (g)	Fiber (g)	Vitamin D	Calcium (mg)	Iron (mg)	Potassium (mg)	Cholesterol	Sugars (g)
Blueberry Muffin	277.2	10.2	43.8	11.2	8.5	2.5	520.1	1.9	562.2	0	21.9
California Cleanse	296.9	9	43	12.8	10.7	3.1	573	3.2	808.9	0	23.5
Boost Blend	114.7	3.1	28.4	2.3	6.2	2.5	480.8	1.3	546.3	0	20.5
Cloud 9	407.1	16.8	44.2	16.5	10.6	3.1	544.6	3.1	787	0	22.3
Cocoa Chanel	295.5	8	41.5	15.8	9.5	3.1	534	3.2	887	0	20.8
Fruity Pebbles	245.3	5.3	39.8	7.7	5.9	2.5	468.1	1.5	732	0	22.5
Kona Coffee	302.6	10.4	50	4.9	6.2	1.3	250.4	2	731.1	0	31.2
Lush Lolli	133.9	0.5	33.8	1.4	4.8	0	38.6	0.7	491.3	0	24.8
Nut Butter Blush	292.9	13.6	26.9	16.5	7.8	3.1	555.3	3.8	672.7	0	14.9
Paradise Pear	243	4.7	51.6	2.3	7.3	2.5	504.4	1.1	600.2	0	40.3
Rooted Restore	175.4	4.5	39.1	8.6	10.6	2	370.4	3.3	950.2	0	23.7
Tree Hugger	149.4	3.6	29.3	3.4	4.7	2.5	543.4	1.9	601.5	0	23.6
Protein Blends	Calories	Fat (g)	Carbs (g)	Protein (g)	Fiber (g)	Vitamin D	Calcium (mg)	Iron (mg)	Potassium (mg)	Cholesterol	Sugars (g)
Coffee	174.9	7	17	13.1	4.9	1.9	193.5	2.9	392.7	0	5.5
Decadent	258	16.3	12.8	16.4	4.2	3.1	543.1	1.1	340	0	6.3
Marble	228	6.1	21.2	22	4.2	3.5	572.4	2.7	516	0	13.4
Juices (16oz)	Calories	Fat (g)	Carbs (g)	Protein (g)	Fiber (g)	Vitamin D	Calcium (mg)	Iron (mg)	Potassium (mg)	Cholesterol	Sugars (g)
Ruby Revive	114	0.7	34.7	2.8	1.2	0	19	1.2	826	0	21.7
Ocean Breeze	103	0.5	31.1	2	0.7	0	10	1	295	0	22.3
Best Zest	164	0.9	51	2.3	1.5	0	15	0.8	732	0	33
Tickled Pickle	100	0.8	28.4	3.6	0.7	0	14	1.5	642	0	15.1
Juice Jug (32oz)	Calories	Fat (g)	Carbs (g)	Protein (g)	Fiber (g)	Vitamin D	Calcium (mg)	Iron (mg)	Potassium (mg)	Cholesterol	Sugars (g)
Ruby Revive	288	1.4	69.4	5.6	2.4	0	38	2.4	1652	0	43.4
Ocean Breeze	206	1	62.2	4	1.4	0	20	2	590	0	44.6
Best Zest	328	1.8	102	4.6	3	0	30	1.6	1464	0	66
Tickled Pickle	200	1.6	56.8	7.2	1.4	0	28	3	1284	0	30.2
Waffles (1 waffle)	Calories	Fat (g)	Carbs (g)	Protein (g)	Fiber (g)	Vitamin D	Calcium (mg)	Iron (mg)	Potassium (mg)	Cholesterol	Sugars (g)
Avocado	133.8	6.7	14.5	5.6	4.2	0	19.7	0.9	161.4	0	2
Banana Nut	170.4	9.2	18.1	5.8	2.7	0.1	34.2	1.1	130.1	0	1.7
Blueberry	169.2	7.2	22.7	5	3.6	0.1	44.7	0.7	95.6	0	6.7
Buffalo	165.8	8.9	15.1	8.7	4.5	0	40.5	1.1	253.5	0	2.2
Caveman	137.6	7.2	14.2	5.3	3.1	0.1	51	0.8	103	0	2.5
Greek	125	5.9	12.9	6	3	0.1	42	1	164.4	0	1.2
OG	157.1	7.9	17.7	5	3.5	0.1	56.8	0.8	104.7	0	2.4
Taco	179.9	9.9	18.2	7	4.6	0	27.8	1.7	231.2	0	1.8
With Side Fruit/ Dressing	Calories	Fat (g)	Carbs (g)	Protein (g)	Fiber (g)	Vitamin D	Calcium (mg)	Iron (mg)	Potassium (mg)	Cholesterol	Sugars (g)
Avocado	231.3	16.2	17.2	5.7	4.3	0	24.5	1.1	180.1	0	4.3
Banana Nut	196.6	9.2	18.1	6.2	2.7	0.1	34.2	1.1	130.1	0	2.2
Blueberry	195.4	7.2	22.7	5.4	3.6	0.1	44.7	0.7	95.6	0	7.2

Buffalo	258.9	19.4	15.2	8.8	4.5	0	47.1	1.1	257	0	2.6
Caveman	163.8	7.2	14.2	5.7	3.1	0.1	51	0.8	103	0	2.9
Greek	195.2	13.5	13.2	6.1	3.1	0.1	43.7	1.1	179	0	1.4
OG	183.3	7.9	17.7	5.4	3.5	0.1	56.8	0.8	104.7	0	2.8
Taco	196.3	11.5	18.6	7	4.6	0	28.3	1.7	235.3	0	1.8
Salads	Calories	Fat (g)	Carbs (g)	Protein (g)	Fiber (g)	Vitamin D	Calcium (mg)	Iron (mg)	Potassium (mg)	Cholesterol	Sugars (g)
Buddha	399.4	21.4	30.6	27.2	9	0	177.6	4.7	928.9	0	12.1
Buffalo	374.8	17.4	32.4	30.5	12	0	236.5	5.2	1384.6	0	11.2
Fiesta	326.4	18.5	33.3	12.3	9.4	0	90.2	4.9	840.3	0	5.8
Mediterranean	366	15.2	40.6	20.4	12.2	0.1	261.9	4.7	1601.1	0	8.4
With Dressing											
Buddha	469.1	27.6	33.2	28.4	9.4	0	200.7	5.2	960.7	0	12.3
Buffalo	480.6	28.5	33.7	31.4	12.1	0	246.5	5.3	1401.9	0	11.8
Fiesta	461.1	32	36.9	12.4	9.6	0	93.7	5	873.7	0	6
Mediterranean	453.7	24.7	41.1	20.5	12.3	0.1	263.9	4.9	1619.4	0	8.6
Kid's Bowls	Calories	Fat (g)	Carbs (g)	Protein (g)	Fiber (g)	Vitamin D	Calcium (mg)	Iron (mg)	Potassium (mg)	Cholesterol	Sugars (g)
Baby Blue	267.4	2.3	53.5	3.3	6.9	1	90.6	0.3	724.5	0	25.8
Beach Babe	208.1	3.4	46.9	3	6	0	31.1	0.8	379.7	0	22
Sweetie Pie	194.5	4.1	35.2	3.9	5.6	0.6	130.2	0.7	395.9	0	18.3
Kid's Smoothies											
Cocoa Cookie Crazy	199.5	6.4	27.5	5.7	4.7	2.3	229.6	2.4	606.9	0	11
Fruity Pebbles	167.1	4.7	23.5	6.5	4.2	1.5	234.1	1	441	0	12.3
Harry's PBJ	182.8	10.6	16.5	5.8	3.8	1.9	358.3	1	313.6	0	9.6
Kid's Toastinis (1 waffle)											
Blueberry	152.7	7.3	18.4	5	3	0.1	45.1	0.7	92.8	0	2.1
PBJ	151.8	8.2	14.6	6	3.2	0.1	33.7	0.7	75.7	0	3.3
OG	166.4173	9.5	16.7	6.2	3.7	0.1	61.9	1	100.4	0	2.3