

BARE Blends Stuyvesant Plaza - Nutritional Information

Bowls	Calories	Fat (g)	Carbs (g)	Protein (g)	Fiber (g)	Sugars (g)	Vitamin D	Calcium (mg)	Iron (mg)	Potassium (mg)	Cholesterol	Sodium (mg)
Asana Acai	437.1	22.3	44	12	11.1	20.8	1.3	305.5	2.1	630.6	0	200
Blue Lagoon	449.2	16.3	68.7	4.7	8.5	28.9	1.6	153.7	1.6	835.8	0	107.5
Build Me Up PB Cup	526.6	24.9	56.2	25.2	10.1	27.7	1.4	266.4	1.2	724.1	0	504
CinnaBerry Swirl	444.6	18.9	64.6	10.5	10.3	30.2	2.1	256	2.4	684	0	125.1
Coffee Cake	451.8	16.9	55.8	18.6	13.3	20.2	0.6	146.1	3.4	721	0	284.7
Creamsicle Crush	409.9	14.9	58.1	11	10.6	38.8	0.5	178.2	1.7	564.3	0	108.6
Green Machine	462.8	19.1	58.5	10.6	9.4	33.1	0.9	239.1	1.8	718.1	0	110
Harry's Bowl	492.5	24.3	58	13.3	11.4	28.5	0.6	149.8	1.6	462.9	0	230
Pina Colada	350.4	6.8	68.8	5	7.1	46	0.6	143.8	0.7	507.9	0	66.9
Pretty in Pink	306.1	7.7	66.2	4.6	10.3	40.9	0.7	176.9	1	775.6	0	57.1
Sunset Savasana	317.7	6.9	59.7	5.3	7.4	49.9	0	91.3	1.4	721.6	0	53.3
Sweet Green	505.3	19.5	63.4	24.4	15.1	36.1	1.6	287.7	3.9	899.5	0	404.9
Smoothies	Calories	Fat (g)	Carbs (g)	Protein (g)	Fiber (g)	Sugars (g)	Vitamin D	Calcium (mg)	Iron (mg)	Potassium (mg)	Cholesterol	Sodium (mg)
Berry Bomb	280.5	4.9	48.5	12.6	8.4	29.5	3.1	549.8	1.6	867.1	0	416.2
Blueberry Muffin	277.2	10.4	43.8	6.2	8.5	21.9	2.5	520.1	1.9	562.2	0	128.3
Chai Spice	334	10.1	47.6	11.4	8.3	26.6	3.1	539.3	3.5	847.6	0	337.3
Cocoa Chanel	295.5	8	41.5	11.8	9.5	20.8	3.1	534	3.2	887	0	365.3
Coffee Climb	282.3	13.1	28.5	15.3	8	13.4	0.6	133.1	0.9	716.4	0	286.6
Green Giant	195.1	1.8	46.1	3.6	5.8	22.6	3.6	381.8	2.8	713.9	0	118.3
Harry's PBJ	292.4	11.5	44.1	7.5	6.9	25.7	2.5	469.7	1.7	697.2	0	255.1
Purple Haze	213.8	2.8	50.2	2.8	6.7	31.6	2.5	457.8	1.1	659.2	0	174.8
Sweet Ginger	251.6	2.2	51.8	6.7	6.7	32	3	334.1	2.3	920.7	0	97
Tequila-Less	201.8	5.6	39.2	2.8	6.5	31.7	3	162.1	2.9	569.3	0	26
Protein Blends	Calories	Fat (g)	Carbs (g)	Protein (g)	Fiber (g)	Sugars (g)	Vitamin D	Calcium (mg)	Iron (mg)	Potassium (mg)	Cholesterol	Sodium (mg)
Coffee	174.9	7	17	13.1	4.9	5.5	1.9	193.5	2.9	392.7	0	155.5
Decadent	258	16.3	12.8	16.4	4.2	6.3	3.1	543.1	1.1	340	0	350.2
Marble	228	6.1	21.2	22	4.2	13.4	3.5	572.4	2.7	516	0	460
Juices (16oz)	Calories	Fat (g)	Carbs (g)	Protein (g)	Fiber (g)	Sugars (g)	Vitamin D	Calcium (mg)	Iron (mg)	Potassium (mg)	Cholesterol	Sodium (mg)
Ocean Breeze	103	0.5	31.1	2	0.7	22.3	0	10	1	295	0	10
Green Glow	117	1.11	35.98	4.14	1.2	18.94	0	131	1.57	675	0	20
Red Restore	113	0.72	32.42	3.42	1	21.58	0	67	1.51	857	0	19
Orange Ovation	132	0.93	49.5	1.89	1.4	24	0	61	0.78	613	0	7
Juice Jug (32oz)	Calories	Fat (g)	Carbs (g)	Protein (g)	Fiber (g)	Sugars (g)	Vitamin D	Calcium (mg)	Iron (mg)	Potassium (mg)	Cholesterol	Sodium (mg)
Ocean Breeze	206	1	62.2	4	1.4	44.6	0	20	2	590	0	38
Green Glow	234	2.22	71.96	8.28	2.4	37.887	0	262	3.14	1350	0	40
Red Restore	226	1.44	64.84	6.84	2	43.16	0	134	3.02	1714	0	38
Orange Ovation	264	1.86	99	3.78	2.8	48	0	122	1.56	1226	0	14
Waffles (1 waffle)	Calories	Fat (g)	Carbs (g)	Protein (g)	Fiber (g)	Sugars (g)	Vitamin D	Calcium (mg)	Iron (mg)	Potassium (mg)	Cholesterol	Sodium (mg)
Avocado	133.8	6.7	14.5	5.6	4.2	2	0	19.7	0.9	161.4	0	49.2
Banana Nut	170.4	9.2	18.1	5.8	2.7	1.7	0.1	34.2	1.1	130.1	0	38.7
Blueberry	169.2	7.2	22.7	5	3.6	6.7	0.1	44.7	0.7	95.6	0	36.4
Buffalo	165.8	8.9	15.1	8.7	4.5	2.2	0	40.5	1.1	253.5	0	79.1
Caveman	137.6	7.2	14.2	5.3	3.1	2.5	0.1	51	0.8	103	0	44.8
Greek	125	5.9	12.9	6	3	1.2	0.1	42	1	164.4	0	51.1
OG	157.1	7.9	17.7	5	3.5	2.4	0.1	56.8	0.8	104.7	0	49.5
Taco	179.9	9.9	18.2	7	4.6	1.8	0	27.8	1.7	231.2	0	67.6
With Side Fruit/ Dressing	Calories	Fat (g)	Carbs (g)	Protein (g)	Fiber (g)	Sugars (g)	Vitamin D	Calcium (mg)	Iron (mg)	Potassium (mg)	Cholesterol	Sodium (mg)
Avocado	231.3	16.2	17.2	5.7	4.3	4.3	0	24.5	1.1	180.1	0	59.6
Banana Nut	196.6	9.2	18.1	6.2	2.7	2.2	0.1	34.2	1.1	130.1	0	39.3
Blueberry	195.4	7.2	22.7	5.4	3.6	7.2	0.1	44.7	0.7	95.6	0	37
Buffalo	258.9	19.4	15.2	8.8	4.5	2.6	0	47.1	1.1	257	0	98.1
Caveman	163.8	7.2	14.2	5.7	3.1	2.9	0.1	51	0.8	103	0	45.4
Greek	195.2	13.5	13.2	6.1	3.1	1.4	0.1	43.7	1.1	179	0	54.1
OG	183.3	7.9	17.7	5.4	3.5	2.8	0.1	56.8	0.8	104.7	0	50.1
Taco	196.3	11.5	18.6	7	4.6	1.8	0	28.3	1.7	235.3	0	70.7
Salads	Calories	Fat (g)	Carbs (g)	Protein (g)	Fiber (g)	Sugars (g)	Vitamin D	Calcium (mg)	Iron (mg)	Potassium (mg)	Cholesterol	Sodium (mg)
Buddha	399.4	21.4	30.6	27.2	9	12.1	0	177.6	4.7	928.9	0	293

Buffalo	374.8	17.4	32.4	30.5	12	11.2	0	236.5	5.2	1384.6	0	284.7
Fiesta	326.4	18.5	33.3	12.3	9.4	5.8	0	90.2	4.9	840.3	0	135.9
Mediterranean	366	15.2	40.6	20.4	12.2	8.4	0.1	261.9	4.7	1601.1	0	252.2
With Dressing												
Buddha	469.1	27.6	33.2	28.4	9.4	12.3	0	200.7	5.2	960.7	0	473.8
Buffalo	480.6	28.5	33.7	31.4	12.1	11.8	0	246.5	5.3	1401.9	0	367.4
Fiesta	461.1	32	36.9	12.4	9.6	6	0	93.7	5	873.7	0	161.5
Mediterranean	453.7	24.7	41.1	20.5	12.3	8.6	0.1	263.9	4.9	1619.4	0	256
Kid's Bowls	Calories	Fat (g)	Carbs (g)	Protein (g)	Fiber (g)	Sugars (g)	Vitamin D	Calcium (mg)	Iron (mg)	Potassium (mg)	Cholesterol	Sodium (mg)
Baby Blue	267.4	2.3	53.5	3.3	6.9	25.8	1	90.6	0.3	724.5	0	55.6
Beach Babe	208.1	3.4	46.9	3	6	22	0	31.1	0.8	379.7	0	49.7
Sweetie Pie	194.5	4.1	35.2	3.9	5.6	18.3	0.6	130.2	0.7	395.9	0	57.8
Kid's Smoothies												
Cocoa Cookie Crazy	199.5	6.4	27.5	5.7	4.7	11	2.3	229.6	2.4	606.9	0	172.1
Fruity Pebbles	167.1	4.7	23.5	6.5	4.2	12.3	1.5	234.1	1	441	0	103.3
Harry's PBJ	182.8	10.6	16.5	5.8	3.8	9.6	1.9	358.3	1	313.6	0	174.6
Kid's Toastinis (1 waffle)												
Blueberry	152.7	7.3	18.4	5	3	2.1	0.1	45.1	0.7	92.8	0	34.6
PBJ	151.8	8.2	14.6	6	3.2	3.3	0.1	33.7	0.7	75.7	0	69.8
OG	166.4	9.5	16.7	6.2	3.7	2.3	0.1	61.9	1	100.4	0	70.2