

BARE Blends Glenmont - Nutritional Info

Bowls	Calories	Fat (g)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin D	Calcium (mg)	Iron (mg)	Potassium (mg)	Cholesterol	Sodium (mg)
Acai Overload	489.7	21.4	62.3	11.7	25.6	11.4	1.3	307	2.3	798.4	0	213.9
Beach Bum	446.8	19	70.5	10.6	45.7	11.2	1.2	271.5	2.4	645.1	0	155.7
Blue Lagoon	449.2	16.3	68.7	8.5	28.9	4.7	1.6	153.7	1.6	835.8	0	107.5
Banana Cream Pie	372	14.3	55.7	7.6	32.1	12.9	1.2	116.8	1.7	332.6	0	42.2
Blueberry Muffin	483.8	18.2	71.8	13.4	24.3	10.8	0.8	228	2.3	618.6	0	96.6
Cacao Crush	533.3	19.9	70.7	9.7	37	23.1	1.8	336.6	1.8	513.9	0	400
Coffee Crunch	455.5	14	77	11.4	35.1	8.5	0	34.4	1.6	969.6	0	64.6
Golden Milk Glory	423.9	15.1	64.9	8.1	37.1	9.3	2	263.2	1.5	731.6	0	128
Tutti Fruitti	301	13.5	41.1	8.3	28.6	6.7	1.3	350.5	1.9	616.8	0	74.2
Chunky Monkey	530	20.8	69.7	11.1	26.7	21.8	2.6	325.3	1.5	1005.7	0	449.9
Smoothies	Calories	Fat (g)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin D	Calcium (mg)	Iron (mg)	Potassium (mg)	Cholesterol	Sodium (mg)
Harry's PBJ	292.4	11.5	44.1	6.9	25.7	7.5	2.5	469.7	1.7	697.2	0	255.1
Jungle Juice	285.1	10.8	46.2	5.1	26.5	4.7	2.6	480.7	2	725.4	0	44.4
Key Lime Pie	317.1	12.7	44.4	7.8	27.8	11.4	2.5	499.4	2.7	849.8	0	140.5
Cocoa Chanel	295.5	8	41.5	9.5	20.8	11.8	3.1	534	3.2	887	0	365.3
Fruity Pebbles	245.3	5.3	39.8	5.9	22.5	7.7	2.5	468.1	1.5	732	0	117.6
Kona Coffee	302.6	10.4	50	6.2	31.2	4.9	1.3	250.4	2	731.1	0	30.8
Lush Lolli	133.9	0.5	33.8	4.8	24.8	1.4	0	38.6	0.7	491.3	0	42.2
Strawberry Sweet Pea	213.6	7.5	36.7	6.5	18	3.6	2.5	507.7	1.7	653.4	0	184.5
Tree Hugger	149.4	3.6	29.3	4.7	23.6	3.4	2.5	543.4	1.9	601.5	0	142.5
Purple Haze	213.8	2.8	50.2	6.7	31.6	2.8	2.5	457.8	1.1	659.2	0	174.8
Juices (16oz)	Calories	Fat (g)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin D	Calcium (mg)	Iron (mg)	Potassium (mg)	Cholesterol	Sodium (mg)
Ginger Zing	127	0.95	35	1	21.3	3.27	0	92	1.17	904	0	15
Good Green	149	0.71	36.27	1.4	36.2	2.49	0	70	1.07	652	0	14.2
Ocean Breeze	103	0.5	31.1	0.7	22.3	2	0	10	1	295	0	10
Red Restore	113	0.72	32.42	1	21.58	3.42	0	67	1.51	857	0	19
Protein Blends	Calories	Fat (g)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin D	Calcium (mg)	Iron (mg)	Potassium (mg)	Cholesterol	Sodium (mg)
Coffee	174.9	7	17	4.9	5.5	13.1	1.9	193.5	2.9	392.7	0	155.5
Decadent	258	16.3	12.8	4.2	6.3	16.4	3.1	543.1	1.1	340	0	350.2
Marble	228	6.1	21.2	4.2	13.4	22	3.5	572.4	2.7	516	0	460
Juice Jug (32oz)	Calories	Fat (g)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin D	Calcium (mg)	Iron (mg)	Potassium (mg)	Cholesterol	Sodium (mg)
Ginger Zing	254	1.9	70	2	42.6	7.44	0	184	2.34	1808	0	30
Good Green	298	1.42	72.54	2.8	72.4	4.98	0	140	2.14	1304	0	28.4
Ocean Breeze	206	1	62.2	1.4	44.6	4	0	20	2	590	0	38
Red Restore	226	1.44	64.84	2	43.16	6.84	0	134	3.02	1714	0	38
Waffles (1 waffle)	Calories	Fat (g)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin D	Calcium (mg)	Iron (mg)	Potassium (mg)	Cholesterol	Sodium (mg)
Avocado	133.8	6.7	14.5	4.2	2	5.6	0	19.7	0.9	161.4	0	49.2
Banana Nut	170.4	9.2	18.1	2.7	1.7	5.8	0.1	34.2	1.1	130.1	0	38.7
Blueberry	169.2	7.2	22.7	3.6	6.7	5	0.1	44.7	0.7	95.6	0	36.4
Buffalo	165.8	8.9	15.1	4.5	2.2	8.7	0	40.5	1.1	253.5	0	79.1
Caveman	137.6	7.2	14.2	3.1	2.5	5.3	0.1	51	0.8	103	0	44.8
Greek	125	5.9	12.9	3	1.2	6	0.1	42	1	164.4	0	51.1
OG	157.1	7.9	17.7	3.5	2.4	5	0.1	56.8	0.8	104.7	0	49.5
Taco	179.9	9.9	18.2	4.6	1.8	7	0	27.8	1.7	231.2	0	67.6
With Side Fruit/ Dressing	Calories	Fat (g)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin D	Calcium (mg)	Iron (mg)	Potassium (mg)	Cholesterol	Sodium (mg)
Avocado	231.3	16.2	17.2	4.3	4.3	5.7	0	24.5	1.1	180.1	0	59.6
Banana Nut	196.6	9.2	18.1	2.7	2.2	6.2	0.1	34.2	1.1	130.1	0	39.3
Blueberry	195.4	7.2	22.7	3.6	7.2	5.4	0.1	44.7	0.7	95.6	0	37
Buffalo	258.9	19.4	15.2	4.5	2.6	8.8	0	47.1	1.1	257	0	98.1
Caveman	163.8	7.2	14.2	3.1	2.9	5.7	0.1	51	0.8	103	0	45.4
Greek	195.2	13.5	13.2	3.1	1.4	6.1	0.1	43.7	1.1	179	0	54.1
OG	183.3	7.9	17.7	3.5	2.8	5.4	0.1	56.8	0.8	104.7	0	50.1
Taco	196.3	11.5	18.6	4.6	1.8	7	0	28.3	1.7	235.3	0	70.7
Salads	Calories	Fat (g)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin D	Calcium (mg)	Iron (mg)	Potassium (mg)	Cholesterol	Sodium (mg)

Buddha	399.4	21.4	30.6	9	12.1	27.2	0	177.6	4.7	928.9	0	293
Buffalo	374.8	17.4	32.4	12	11.2	30.5	0	236.5	5.2	1384.6	0	284.7
Fiesta	326.4	18.5	33.3	9.4	5.8	12.3	0	90.2	4.9	840.3	0	135.9
Mediterranean	366	15.2	40.6	12.2	8.4	20.4	0.1	261.9	4.7	1601.1	0	252.2
With Dressing												
Buddha	469.1	27.6	33.2	9.4	12.3	28.4	0	200.7	5.2	960.7	0	473.8
Buffalo	480.6	28.5	33.7	12.1	11.8	31.4	0	246.5	5.3	1401.9	0	367.4
Fiesta	461.1	32	36.9	9.6	6	12.4	0	93.7	5	873.7	0	161.5
Mediterranean	453.7	24.7	41.1	12.3	8.6	20.5	0.1	263.9	4.9	1619.4	0	256
Kid's Bowls	Calories	Fat (g)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin D	Calcium (mg)	Iron (mg)	Potassium (mg)	Cholesterol	Sodium (mg)
Baby Blue	267.4	2.3	53.5	6.9	25.8	3.3	1	90.6	0.3	724.5	0	55.6
Beach Babe	208.1	3.4	46.9	6	22	3	0	31.1	0.8	379.7	0	49.7
Sweetie Pie	194.5	4.1	35.2	5.6	18.3	3.9	0.6	130.2	0.7	395.9	0	57.8
Kid's Smoothies												
Cocoa Cookie Crazy	199.5	6.4	27.5	4.7	11	5.7	2.3	229.6	2.4	606.9	0	172.1
Fruity Pebbles	167.1	4.7	23.5	4.2	12.3	6.5	1.5	234.1	1	441	0	103.3
Harry's PBJ	182.8	10.6	16.5	3.8	9.6	5.8	1.9	358.3	1	313.6	0	174.6
Kid's Waffle Toastinis (1 waffle)												
Blueberry	152.7	7.3	18.4	3	2.1	5	0.1	45.1	0.7	92.8	0	34.6
PBJ	151.8	8.2	14.6	3.2	3.3	6	0.1	33.7	0.7	75.7	0	69.8
OG	166.4173	9.5	16.7	3.7	2.3	6.2	0.1	61.9	1	100.4	0	70.2