



DRESSINGS - NUTRITIONAL INFORMATION

LEMON AGAVE VINEGARETTE

NUTRITIONAL FACTS		
Serving Size	20 mL	
Amount per serving		
Calories	69	
	GRAMS	% OF DAILY VALUE
Total Fat	7g	10%
Saturated Fat	1g	4%
Total Carbohydrates	2g	<1%
Dietary Fibers	<1g	1%
Sugars	2g	2%
Protein	<1g	<1%
Sodium	128 mg	6%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ		
Ingredients:Lemon Juice, olive oil, dijon mustard, agave syrup, salt, pepper.		

CORIANDER JELAPENO DRESSING

NUTRITIONAL FACTS		
Serving Size	20mL	
Amount per serving		
Kilojoules	140	
	GRAMS	% OF DAILY VALUE
Total Fat	3g	5%
Saturated Fat	<1g	2%
Total Carbohydrates	<1g	<1%
Dietary Fibers	<1g	1%
Sugars	<1g	<1%
Protein	<1g	<1%
Sodium	162 mg	7%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ		
Ingredients:Apple cider Vinegar, Coriander, Olive oil, Jalapeno, lime, salt.		

GREEN TAHINI DRESSING

NUTRITIONAL FACTS		
Serving Size	20mL	
Amount per serving		
Kilojoules	102	
	GRAMS	% OF DAILY VALUE
Total Fat	1g	2%
Saturated Fat	<1g	1%
Total Carbohydrates	1g	<1%
Dietary Fibers	<1g	2%
Sugars	1g	1%
Protein	<1g	2%
Sodium	181 mg	8%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ		
Ingredients: Apple cider vinegar, Tahini, Lemon, Parsley, Agave Syrup, Salt, Pepper, Garlic, Chives		

MISO GLAZE

NUTRITIONAL FACTS		
Serving Size	20mL	
Amount per serving		
Kilojoules	105	
	GRAMS	% OF DAILY VALUE
Total Fat	0.46g	<1%
Saturated Fat	0.07g	<1%
Total Carbohydrates	5.66g	2%
Dietary Fibers	0.54g	2%
Sugars	4.71g	5%
Protein	1.2g	2%
Sodium	548 mg	17%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ		
Ingredients: Brown Miso, Agave Syrup, lime, Sake, Mirin, Ginger, Tamari, salt		

VEGAN CHIPOTLE DRESSING

NUTRITIONAL FACTS		
Serving Size	20mL	
Amount per serving		
Kilojoules	150	
	GRAMS	% OF DAILY VALUE

JAPANESE DRESSING

NUTRITIONAL FACTS		
Serving Size	20mL	
Amount per serving		
Kilojoules	108	
	GRAMS	% OF DAILY VALUE

Total Fat	5g	5%
Saturated Fat	<1g	2%
Total Carbohydrates	<1g	<1%
Dietary Fibers	<1g	<1%
Sugars	<1g	<1%
Protein	<1g	<1%
Sodium	43 mg	2%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ		
Ingredients:Hard Tofu, Vegan Mayonnaise, Lime, Chipotle in Adobo, Agave Syrup		

Total Fat	2g	3%
Saturated Fat	<1g	1%
Total Carbohydrates	5g	2%
Dietary Fibers	<1g	<1%
Sugars	1g	1%
Protein	<1g	<1%
Sodium	189 mg	8%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ		
Ingredients:Honey, Orange Juice, Tamari,Dijon Mustard, Apple Cider Vinegar, Olive oil, Lemon, Sesame Oil		

CHICKEN MARINADE

NUTRITIONAL FACTS		
Serving Size	20mL	
Amount per serving		
Kilojoules	517	
	GRAMS	% OF DAILY VALUE
Total Fat	14g	20%
Saturated Fat	2g	9%
Total Carbohydrates	2g	<1%
Dietary Fibers	<1g	<1%
Sugars	<1g	<1%
Protein	<1g	<1%
Sodium	295 mg	13%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ		
Ingredients Olive oil, Lemon, Garlic Granules		

VEGAN PESTO

NUTRITIONAL FACTS		
Serving Size	20mL	
Amount per serving		
Kilojoules	414	
	GRAMS	% OF DAILY VALUE
Total Fat	12g	17%
Saturated Fat	2g	7%
Total Carbohydrates	<1g	<1%
Dietary Fibers	<1g	3%
Sugars	<1g	<1%
Protein	<1g	2%
Sodium	2 mg	<1%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ		
Ingredients: Olive Oil, Broccoli, Almonds, Basil, Nutritional Yeast, Lemon, Garlic		

GREEN GODDESS RANCH

NUTRITIONAL FACTS		
Serving Size	20mL	
Amount per serving		
Kilojoules	320	
	GRAMS	% OF DAILY VALUE
Total Fat	8g	12%
Saturated Fat	1g	4%
Total Carbohydrates	1g	<1%
Dietary Fibers	<1g	<1%
Sugars	<1g	<1%
Protein	<1g	<1%
Sodium	339 mg	15%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ		
Ingredients: Vegan Mayonnaise, Olive Oil, Spinach, Lemon, Agave Syrup, Dijon mustard, Chives, Salt, Onion flakes, Garlic, Cayenne Pepper		

SRIRACHA MAYONAISE

NUTRITIONAL FACTS		
Serving Size	20mL	
Amount per serving		
Kilojoules	250	
	GRAMS	% OF DAILY VALUE
Total Fat	5.54g	8%
Saturated Fat	0.66g	3%
Total Carbohydrates	2.72g	<1%
Dietary Fibers	0.07g	<1%
Sugars	2.19g	2%
Protein	0.20g	<1%
Sodium	109 mg	5%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ		
Ingredients: Vegan Mayonnaise, Sriracha		

DIJONAISE

NUTRITIONAL FACTS		
Serving Size	20mL	

VIETNAMESE DRESSING

NUTRITIONAL FACTS		
Serving Size	20mL	

Amount per serving		
kilojoules	304	
	GRAMS	% OF DAILY VALUE
Total Fat	7g	11%
Saturated Fat	<1g	2%
Total Carbohydrates	<1g	<1%
Dietary Fibers	<1g	1%
Sugars	<1g	<1%
Protein	<1g	<1%
Sodium	211 mg	9%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ		
Ingredients: Mayonnaise, lemon, wholegrain mustard, hot english mustard		

Amount per serving		
Kilojoules	131	
	GRAMS	% OF DAILY VALUE
Total Fat	<1g	<1%
Saturated Fat	0g	0%
Total Carbohydrates	3g	<1%
Dietary Fibers	<1g	1%
Sugars	3g	3%
Protein	<1g	<1%
Sodium	514 mg	22%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ		
Ingredients: Lime, Fish Sauce, Agave Syrup, Apple Cider Vinegar, Salt, Chilli Flakes, Garlic		

GINGER SESAME SOY DRESSING

NUTRITIONAL FACTS		
Serving Size	20mL	
Amount per serving		
Kilojoules	242	
	GRAMS	% OF DAILY VALUE
Total Fat	6g	9%
Saturated Fat	<1g	2%
Total Carbohydrates	2g	<1%
Dietary Fibers	<1g	<1%
Sugars	2g	2%
Protein	<1g	<1%
Sodium	279 mg	12%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ		
Ingredients: Tamari, Canola Oil, Rice Vinegar, Agave Syrup, Ginger, Sesame oil, lemon, garlic		

CALI SECRET BBQ SAUCE

NUTRITIONAL FACTS		
Serving Size	20mL	
Amount per serving		
Kilojoules	200	
	GRAMS	% OF DAILY VALUE
Total Fat	4g	5%
Saturated Fat	<1g	2%
Total Carbohydrates	3g	1%
Dietary Fibers	3g	9%
Sugars	3g	3%
Protein	<1g	0.3
Sodium	80 mg	3%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ		
Ingredients: Barbeque Sauce, Vegan Mayonnaise, Lemon		

WHITE MISO DRESSING

NUTRITIONAL FACTS		
Serving Size	20mL	
Amount per serving		
Kilojoules	114	
	GRAMS	% OF DAILY VALUE
Total Fat	3g	4%
Saturated Fat	<1g	2%
Total Carbohydrates	12g	4%
Dietary Fibers	<1g	2%
Sugars	10g	11%
Protein	2g	4%
Sodium	591 mg	26%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ		
Ingredients: Apple Cider Vinegar, White Miso, Mirin, Maple Syrup, Sesame oil		



PRODUCTION - NUTRITIONAL LABEL

STEEL CUT BIRCHER

NUTRITIONAL FACTS		
Serving Size	100g	
Amount per serving		
Calories	247	
	GRAMS	% OF DAILY VALUE
Total Fat	9.6	13%
Saturated Fat	0.7	3%
Total Carbohydrates	34.4	11%
Dietary Fibers	0.9	3%
Sugars	4.6	5%
Protein	10.5	21%
Sodium	5.2	<1%
<small>* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ</small> Ingredients: Steel cut oats, coconut yogurt, green apple, orange juice, almond milk, vanilla essence, maple syrup, flaxseeds.		

PEAR AND STRAWBERRY COMPOTE

NUTRITIONAL FACTS		
Serving Size	100g	
Amount per serving		
Calories	78	
	GRAMS	% OF DAILY VALUE
Total Fat	0.2	<1%
Saturated Fat	<0.1	<1%
Total Carbohydrates	16.8	5%
Dietary Fibers	1.6	5%
Sugars	14.5	16%
Protein	0.5	1%
Sodium	1.9	<1%
<small>* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ</small> Ingredients: Pear, Raspberry, Agave Syrup		

CHIA PUDDING

NUTRITIONAL FACTS		
Serving Size	100g	
Amount per serving		
Calories	151	
	GRAMS	% OF DAILY VALUE
Total Fat	8.4	12%
Saturated Fat	1.7	7%
Total Carbohydrates	10.4	3%
Dietary Fibers	8.2	27%
Sugars	6.6	7%
Protein	4.3	9%
Sodium	42.3	2%
<small>* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ</small> Ingredients: Coconut Milk, Almond Milk, Chia Seeds, Agave Syrup		



SALADS - NUTRITIONAL INFORMATION

SML: MISO PUMPKIN SALAD

NUTRITIONAL FACTS		
Serving Size	500g	
Amount per serving		
Calories	576	
	GRAMS	% OF DAILY VALUE
Total Fat	27.2	39%
Saturated Fat	3.4	14%
Total Carbohydrates	63.6	21%
Dietary Fibers	6.4	21%
Sugars	18.8	21%
Protein	15.7	31%
Sodium	957.9	42%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj		
Ingredients: Miso Pumpkin, Rice & Quinoa, Spicy Slaw Mix, Ginger Soy Dressing, Edamame, Pickled Radish, Pickled Cabbage, Kale, Tamari Almonds, Black Sesame Seeds		

REG: MISO PUMPKIN SALAD

NUTRITIONAL FACTS		
Serving Size	600g	
Amount per serving		
Calories	740	
	GRAMS	% OF DAILY VALUE
Total Fat	35.7	51%
Saturated Fat	4.4	18%
Total Carbohydrates	81.1	26%
Dietary Fibers	7.9	26%
Sugars	21.7	24%
Protein	20.1	40%
Sodium	1235.5	54%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj		
Ingredients: Rice & Quinoa, Miso Pumpkin, Spicy Slaw Mix, Ginger Soy Dressing, Edamame, Pickled Radish, Pickled Cabbage, Kale, Tamari Almonds, Black Sesame Seeds		

SML: MACRO BOWL

NUTRITIONAL FACTS		
Serving Size	500g	
Amount per serving		
Calories	587	
	GRAMS	% OF DAILY VALUE
Total Fat	27.2	39%
Saturated Fat	4.7	20%
Total Carbohydrates	65.7	21%
Dietary Fibers	9.5	32%
Sugars	13.2	15%
Protein	14.5	29%
Sodium	854.5	37%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj		
Ingredients: Rice & Quinoa, Sweet Potato, Beluga Lentils, Cucumber, Green Tahini, Hummus, Avocado, Pickled Radish, Pickled Carrot, kale, Black Sesame Seeds		

REG: MACRO BOWL

NUTRITIONAL FACTS		
Serving Size	600g	
Amount per serving		
Calories	743	
	GRAMS	% OF DAILY VALUE
Total Fat	32.9	47%
Saturated Fat	5.5	23%
Total Carbohydrates	86.6	28%
Dietary Fibers	11.9	40%
Sugars	17	19%
Protein	18.6	37%
Sodium	1107.3	48%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj		
Ingredients: Rice & Quinoa, Sweet Potato, Beluga Lentils, Cucumber, Green Tahini, Hummus, Avocado, Pickled Radish, Pickled Carrot, kale, Black Sesame Seeds		

SML: MORROCCAN ROAST VEG

NUTRITIONAL FACTS		
Serving Size	500g	
Amount per serving		
Calories	439	
	GRAMS	% OF DAILY VALUE
Total Fat	11.7	17%

REG: MORROCCAN ROAST VEG

NUTRITIONAL FACTS		
Serving Size	600g	
Amount per serving		
Calories	572	
	GRAMS	% OF DAILY VALUE
Total Fat	14.9	21%

Saturated Fat	2.1	9%
Total Carbohydrates	63.8	21%
Dietary Fibers	8.4	28%
Sugars	13.8	15%
Protein	13.7	27%
Sodium	559	24%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj		
Ingredients: Rice & Quinoa, Sweet Potato, Cauliflower, Roast Broccoli, Green Tahini		
Beetroot Hummus, Cherry Tomato, Spanish Onion, Kale, Coriander, Dukkah		

Saturated Fat	2.7	11%
Total Carbohydrates	84.1	27%
Dietary Fibers	11	36%
Sugars	17.8	20%
Protein	18	36%
Sodium	709.6	31%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj		
Ingredients: Rice & Quinoa, Sweet Potato, Cauliflower, Roast Broccoli, Green Tahini		
Beetroot Hummus, Cherry Tomato, Spanish Onion, Kale, Coriander, Dukkah		

SML: CALI HARVEST

NUTRITIONAL FACTS		
Serving Size	500g	
Amount per serving	Calories 664	
	GRAMS	% OF DAILY VALUE
Total Fat	35.9	51%
Saturated Fat	12.7	53%
Total Carbohydrates	41.5	14%
Dietary Fibers	6.5	22%
Sugars	14.5	16%
Protein	40.25	80%
Sodium	343.5	15%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj		
Ingredients: Grilled Chicken, Rice & Quinoa, Red Apple, Sweet Potato, Lemon Agave		
Vinaigrette, Goats Feta, Baby Spinach, Kale, Almonds		

REG: CALI HARVEST

NUTRITIONAL FACTS		
Serving Size	600g	
Amount per serving	Calories 846	
	GRAMS	% OF DAILY VALUE
Total Fat	43.8	63%
Saturated Fat	14	58%
Total Carbohydrates	55.8	18%
Dietary Fibers	9.3	31%
Sugars	19.9	22%
Protein	51.7	103%
Sodium	432.2	19%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj		
Ingredients: Grilled Chicken, Rice & Quinoa, Red Apple, Sweet Potato, Lemon Agave		
Vinaigrette, Goats Feta, Baby Spinach, Kale, Almonds		

SML: BURRITO BOWL

NUTRITIONAL FACTS		
Serving Size	500g	
Amount per serving	Calories 643	
	GRAMS	% OF DAILY VALUE
Total Fat	21.3	30%
Saturated Fat	5	21%
Total Carbohydrates	71.2	23%
Dietary Fibers	7.2	24%
Sugars	8.4	9%
Protein	37.8	75%
Sodium	432.9	19%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj		
Ingredients: Rice & Quinoa, Grilled Chicken, Vegan Chipotle Dressing, Sweet Potato		
Roast Corn, Black Beans, Cherry Tomato, Jalapeno Dressing, Corn Chips		

REG: BURRITO BOWL

NUTRITIONAL FACTS		
Serving Size	600g	
Amount per serving	Calories 847	
	GRAMS	% OF DAILY VALUE
Total Fat	27.4	39%
Saturated Fat	6.5	27%
Total Carbohydrates	95.4	31%
Dietary Fibers	9.4	31%
Sugars	11.4	13%
Protein	50.2	104%
Sodium	552.7	24%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj		
Ingredients: Rice & Quinoa, Grilled Chicken, Vegan Chipotle Dressing, Sweet Potato		
Roast Corn, Black Beans, Cherry Tomato, Jalapeno Dressing, Corn Chips		

SML: BARBEQUE CHICKEN BOWL

NUTRITIONAL FACTS		
Serving Size	500g	
Amount per serving	Calories 754	

REG: BARBEQUE CHICKEN BOWL

NUTRITIONAL FACTS		
Serving Size	600g	
Amount per serving	Calories 1001	

	GRAMS	% OF DAILY VALUE
Total Fat	37.7	54%
Saturated Fat	8.9	37%
Total Carbohydrates	67.7	22%
Dietary Fibers	5.9	20%
Sugars	13	14%
Protein	31.6	63%
Sodium	491	21%

* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj
 Ingredients: Rice & Quinoa, BBQ Chicken Breast, Sweet potato, Roast Corn, Roast spanish onion, Roasted Cherry tomato, avocado, Smokey BBQ Dressing, Green Goddess dressing kale

	GRAMS	% OF DAILY VALUE
Total Fat	50.1	72%
Saturated Fat	11.6	48%
Total Carbohydrates	90.4	29%
Dietary Fibers	7.4	25%
Sugars	17.6	20%
Protein	41.9	84%
Sodium	723.3	31%

* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj
 Ingredients: Rice & Quinoa, BBQ Chicken Breast, Sweet potato, Roast Corn, Roast spanish onion, Roasted Cherry tomato, avocado, Smokey BBQ Dressing, Green Goddess dressing kale

SML: TOKYO TOFU

NUTRITIONAL FACTS		
Serving Size	500	
Amount per serving		
Calories	495	
	GRAMS	% OF DAILY VALUE
Total Fat	36.6	52%
Saturated Fat	4.5	19%
Total Carbohydrates	18.3	6%
Dietary Fibers	10.8	36%
Sugars	14.5	16%
Protein	20.9	42%
Sodium	948.8	41%

* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj
 Ingredients: Miso Pumpkin, Sesame tofu, cos Lettuce, Cucumber, Ginger soy dressing baby spinach, edamame, tamari almonds, avocado, pickled carrot, black sesame seeds

REG: TOKYO TOFU

NUTRITIONAL FACTS		
Serving Size	600	
Amount per serving		
Calories	611	
	GRAMS	% OF DAILY VALUE
Total Fat	45.6	65%
Saturated Fat	5.4	23%
Total Carbohydrates	21	7%
Dietary Fibers	13.6	45%
Sugars	16.4	18%
Protein	26.9	54%
Sodium	1227	53%

* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj
 Ingredients: Miso Pumpkin, Sesame tofu, cos Lettuce, Cucumber, Ginger soy dressing baby spinach, edamame, tamari almonds, avocado, pickled carrot, black sesame seeds

SML: BAJA CHICKEN

NUTRITIONAL FACTS		
Serving Size	500g	
Amount per serving		
Calories	436	
	GRAMS	% OF DAILY VALUE
Total Fat	24	34%
Saturated Fat	6.1	25%
Total Carbohydrates	21.3	7%
Dietary Fibers	6	20%
Sugars	5.5	6%
Protein	30.4	61%
Sodium	397.6	17%

* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj
 Ingredients: Grilled Chicken, Cos Lettuce, Baby Spinach, Spicy Slaw, Roast Corn, Avocado, Cherry Tomato, Jalapeno Dressing, Vegan Chipotle Dressing, Corn Chips.

REG: BAJA CHICKEN

NUTRITIONAL FACTS		
Serving Size	600g	
Amount per serving		
Calories	479	
	GRAMS	% OF DAILY VALUE
Total Fat	24.5	35%
Saturated Fat	6	25%
Total Carbohydrates	21.2	7%
Dietary Fibers	6.4	21%
Sugars	7.1	8%
Protein	39.2	78%
Sodium	444.1	19%

* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj
 Ingredients: Grilled Chicken, Cos Lettuce, Baby Spinach, Spicy Slaw, Roast Corn, Avocado, Cherry Tomato, Jalapeno Dressing, Vegan Chipotle Dressing, Corn Chips.

SML: TAMARI GLAZED SALMON

NUTRITIONAL FACTS		
Serving Size	500g	

REG: TAMARI GLAZED SALMON

NUTRITIONAL FACTS		
Serving Size	600g	

Amount per serving		
Calories	557	
	GRAMS	% OF DAILY VALUE
Total Fat	31	44%
Saturated Fat	4.5	19%
Total Carbohydrates	28.5	9%
Dietary Fibers	7.2	24%
Sugars	6.3	7%
Protein	36	72%
Sodium	777.3	34%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj		
Ingredients: Salmon Fillet, Rice & Quinoa, Roast Broccoli, Cucumber, Japanese Dressing baby Spinach, Edamame, Kale, Shallots, Pickled Carrot, Pickled Radish, Tamari Almonds Coriander.		

Amount per serving		
Calories	679	
	GRAMS	% OF DAILY VALUE
Total Fat	37.6	54%
Saturated Fat	5.3	22%
Total Carbohydrates	38	12%
Dietary Fibers	8.5	28%
Sugars	10.4	12%
Protein	40.5	81%
Sodium	1001	44%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj		
Ingredients: Salmon Fillet, Rice & Quinoa, Roast Broccoli, Cucumber, Japanese Dressing baby Spinach, Edamame, Kale, Shallots, Pickled Carrot, Pickled Radish, Tamari Almonds Coriander.		

SML: CALI VIETNAMESE SALAD

NUTRITIONAL FACTS		
Serving Size	500g	
Amount per serving		
Calories	462	
	GRAMS	% OF DAILY VALUE
Total Fat	23	33%
Saturated Fat	7.8	33%
Total Carbohydrates	40.6	13%
Dietary Fibers	7.6	25%
Sugars	14.1	16%
Protein	25.6	51%
Sodium	1661.8	72%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj		
Ingredients: Rice Noodles, tofu, Cos Lettuce, Cucumber, Spicy Slaw, Vietnamese Dressing peanuts, pickled radish, pickled carrot, shallots, kale, coriander, mint, coconut flakes, chilli		

REG: CALI VIETNAMESE SALAD

NUTRITIONAL FACTS		
Serving Size	600g	
Amount per serving		
Calories	604	
	GRAMS	% OF DAILY VALUE
Total Fat	32.3	46%
Saturated Fat	10.2	43%
Total Carbohydrates	44.7	14%
Dietary Fibers	9.3	31%
Sugars	16.5	18%
Protein	33	66%
Sodium	1785.9	78%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj		
Ingredients: Rice Noodles, tofu, Cos Lettuce, Cucumber, Spicy Slaw, Vietnamese Dressing peanuts, pickled radish, pickled carrot, shallots, kale, coriander, mint, coconut flakes, chilli		

SML: BARBEQUE VEGAN CHICKEN SALAD

NUTRITIONAL FACTS		
Serving Size	500g	
Amount per serving		
Calories	370	
	GRAMS	% OF DAILY VALUE
Total Fat	29.7	42%
Saturated Fat	2.9	12%
Total Carbohydrates	22.2	7%
Dietary Fibers	3.7	12%
Sugars	13.9	15%
Protein	21	42%
Sodium	1269.8	55%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj		
Ingredients: Watermelon, Marinated Vegan Chicken, Spicy Slaw, Kale, Baby Spinach, Secret Roast Corn, BBQ sauce, Green goddess dressing, Walnuts.		

REG: BARBEQUE VEGAN CHICKEN SALAD

NUTRITIONAL FACTS		
Serving Size	600g	
Amount per serving		
Calories	515	
	GRAMS	% OF DAILY VALUE
Total Fat	41.8	60%
Saturated Fat	4.1	17%
Total Carbohydrates	30.6	10%
Dietary Fibers	5	17%
Sugars	19	21%
Protein	30.8	62%
Sodium	1807.1	79%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj		
Ingredients: Watermelon, Marinated Vegan Chicken, Spicy Slaw, Kale, Baby Spinach, Secret Roast Corn, BBQ sauce, Green goddess dressing, Walnuts.		

SML: SUMMER CHOPPED SALAD

REG: SUMMER CHOPPED SALAD

NUTRITIONAL FACTS		
Serving Size	500g	
Amount per serving		
Calories	494	
	GRAMS	% OF DAILY VALUE
Total Fat	31.1	44%
Saturated Fat	8.4	35%
Total Carbohydrates	12.8	4%
Dietary Fibers	9.9	33%
Sugars	7.1	8%
Protein	38.2	76%
Sodium	407.3	18%
<small>* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ</small> <small>Ingredients: Grilled Chicken, Egg, cos lettuce, Cucumber, broccolli, tomato, Citrus vinegarette, baby spinach, goat cheese feta, almonds, goji berries,</small>		

NUTRITIONAL FACTS		
Serving Size	600g	
Amount per serving		
Calories	682	
	GRAMS	% OF DAILY VALUE
Total Fat	43.5	62%
Saturated Fat	12.2	51%
Total Carbohydrates	15.6	5%
Dietary Fibers	9.9	33%
Sugars	12.1	13%
Protein	53.6	107%
Sodium	493.6	21%
<small>* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ</small> <small>Ingredients: Grilled Chicken, Egg, cos lettuce, Cucumber, broccolli, tomato, Citrus vinegarette, baby spinach, goat cheese feta, almonds, goji berries,</small>		



SANDWICHES - NUTRITIONAL INFORMATION

TOAST: AVOCADO & DUKKAH

NUTRITIONAL FACTS		
Serving Size	1 p/serve	
Amount per serving		
Calories	227	
	GRAMS	% OF DAILY VALUE
Total Fat	10.7	15%
Saturated Fat	2.4	10%
Total Carbohydrates	24.4	8%
Dietary Fibers	2.7	9%
Sugars	1.4	2%
Protein	6.5	13%
Sodium	568.2	25%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj		
Ingredients: Sonoma bread, avocado, dukkah		

TOAST: NEXT LEVEL CADO

NUTRITIONAL FACTS		
Serving Size	1 p/serve	
Amount per serving		
Calories	360	
	GRAMS	% OF DAILY VALUE
Total Fat	22.1	32%
Saturated Fat	7.7	32%
Total Carbohydrates	27	8%
Dietary Fibers	3.5	12%
Sugars	1.7	2%
Protein	13.9	28%
Sodium	646.8	28%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj		
Ingredients: sonoma bread, avocado, goats cheese feta, jalapeno, pepitas, chilli flakes		

TOAST: THE CALI AVO

NUTRITIONAL FACTS		
Serving Size	1 p/serve	
Amount per serving		
Calories	328	
	GRAMS	% OF DAILY VALUE
Total Fat	18.6	27%
Saturated Fat	3.7	15%
Total Carbohydrates	27.9	9%
Dietary Fibers	4.5	15%
Sugars	3.5	4%
Protein	11.7	23%
Sodium	615.2	27%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj		
Ingredients: Sonoma Bread, avocado, tomato, pesto, pepitas, dukkah		

TOAST: PEANUT & BERRY

NUTRITIONAL FACTS		
Serving Size	1 p/serve	
Amount per serving		
Calories	295	
	GRAMS	% OF DAILY VALUE
Total Fat	11.1	16%
Saturated Fat	1.9	8%
Total Carbohydrates	35.4	11%
Dietary Fibers	3.8	13%
Sugars	10.9	12%
Protein	11.5	23%
Sodium	390	17%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj		
Ingredients: Sonoma Bread, Peanut Butter, Banana, Berry Compote, Bee Pollen		

SAMBO: EGG AND SPINACH

NUTRITIONAL FACTS		
Serving Size	1 p/serve	
Amount per serving		
Calories	486	
	GRAMS	% OF DAILY VALUE

SAMBO: THE SMASH

NUTRITIONAL FACTS		
Serving Size	1 p/serve	
Amount per serving		
Calories	565	
	GRAMS	% OF DAILY VALUE

Total Fat	19.1	28%
Saturated Fat	8.1	34%
Total Carbohydrates	51.5	17%
Dietary Fibers	5.7	19%
Sugars	4.7	5%
Protein	23.3	47%
Sodium	1035.3	45%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ		
Ingredients: Sonoma Bread, Egg, Tomato, Dijonaise, Baby Spinach, Dukkan		

Total Fat	30.1	43%
Saturated Fat	9.4	39%
Total Carbohydrates	52.8	17%
Dietary Fibers	6.9	23%
Sugars	5.6	6%
Protein	17.6	35%
Sodium	1358.8	59%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ		
Ingredients: Sonoma Bread, Avocado, Tomato, Pesto, Goat Cheese Feta		

SAMBO: CHICKEN CLUB

NUTRITIONAL FACTS		
Serving Size	1 p/serve	
Amount per serving		
Calories	568	
	GRAMS	% OF DAILY VALUE
Total Fat	23.4	33%
Saturated Fat	8.9	37%
Total Carbohydrates	51.7	17%
Dietary Fibers	6	20%
Sugars	5.1	6%
Protein	33.4	67%
Sodium	1278.3	56%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ		
Ingredients: Sonoma Bread, Chicken Breast, avocado, tomato, Pesto, Dijonaise		

SAMBO: SPICY TUNA

NUTRITIONAL FACTS		
Serving Size	1 p/serve	
Amount per serving		
Calories	519	
	GRAMS	% OF DAILY VALUE
Total Fat	23.1	33%
Saturated Fat	3.95	16%
Total Carbohydrates	53.4	17%
Dietary Fibers	5.1	17%
Sugars	5.8	6%
Protein	21	42%
Sodium	1497	65%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ		
Ingredients: Sonoma Bread, Tuna Mix, Avocado, Tomato, Pesto, Jalapeno		



SMOOTHIES - NUTRITIONAL INFORMATION

REG: TROPICAL GREENS

NUTRITIONAL FACTS		
Serving Size	420mL	
Amount per serving		
Calories	296	
	GRAMS	% OF DAILY VALUE
Total Fat	10.8	15%
Saturated Fat	2.5	10%
Total Carbohydrates	44.2	14%
Dietary Fibers	8.24	27%
Sugars	43.2	48%
Protein	4.7	9%
Sodium	38.4	2%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj		
Ingredients:Coconut water, mango, pineapple, baby spinach, avocado, chia seeds, maple syrup		

LRG: TROPICAL GREENS

NUTRITIONAL FACTS		
Serving Size	600mL	
Amount per serving		
Calories	408	
	GRAMS	% OF DAILY VALUE
Total Fat	12.8	18%
Saturated Fat	3	13%
Total Carbohydrates	66	21%
Dietary Fibers	11.1	37%
Sugars	64.6	71%
Protein	6.4	13%
Sodium	61	3%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj		
Ingredients:Coconut water, mango, pineapple, baby spinach, avocado, chia seeds, maple syrup		

REG: SUPAGREEN

NUTRITIONAL FACTS		
Serving Size	420mL	
Amount per serving		
Calories	175	
	GRAMS	% OF DAILY VALUE
Total Fat	1.8	3%
Saturated Fat	0.6	3%
Total Carbohydrates	28.8	9%
Dietary Fibers	4.3	14%
Sugars	26.9	30%
Protein	7	14%
Sodium	159.6	7%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj		
Ingredients:Cali Popeye juice, mango, Supergreens, passionfruit		

LRG: SUPAGREEN

NUTRITIONAL FACTS		
Serving Size	600mL	
Amount per serving		
Calories	245	
	GRAMS	% OF DAILY VALUE
Total Fat	2.5	4%
Saturated Fat	0.8	3%
Total Carbohydrates	40	13%
Dietary Fibers	5.6	19%
Sugars	37.2	41%
Protein	10	20%
Sodium	228.1	10%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj		
Ingredients:Cali Popeye juice, mango, Supergreens, passionfruit		

REG: GREENROOM

NUTRITIONAL FACTS		
Serving Size	420mL	
Amount per serving		
Calories	413	
	GRAMS	% OF DAILY VALUE

LRG: GREENROOM

NUTRITIONAL FACTS		
Serving Size	600mL	
Amount per serving		
Calories	577	
	GRAMS	% OF DAILY VALUE

Total Fat	19	27%
Saturated Fat	11.5	48%
Total Carbohydrates	43	14%
Dietary Fibers	4.48	15%
Sugars	28.6	32%
Protein	11.2	22%
Sodium	188.9	8%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ		
Ingredients: Cali Popeye Juice, Banana, Almond Butter, Supergreens, coconut flakes		

Total Fat	28.4	41%
Saturated Fat	17.2	72%
Total Carbohydrates	56.1	18%
Dietary Fibers	6.7	22%
Sugars	36.3	40%
Protein	16	32%
Sodium	273.6	12%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ		
Ingredients: Cali Popeye Juice, Banana, Almond Butter, Supergreens, coconut flakes		

REG: FIELD OF GREENS

NUTRITIONAL FACTS		
Serving Size	420mL	
Amount per serving		
Calories	324	
	GRAMS	% OF DAILY VALUE
Total Fat	8.9	13%
Saturated Fat	0.7	3%
Total Carbohydrates	47.7	15%
Dietary Fibers	7.2	24%
Sugars	34	38%
Protein	7	14%
Sodium	71.3	3%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ		
Ingredients: Coconut water, banana, baby spinach, chia, almond butter, pea protein		

LRG: FIELD OF GREENS

NUTRITIONAL FACTS		
Serving Size	600mL	
Amount per serving		
Calories	581	
	GRAMS	% OF DAILY VALUE
Total Fat	14.5	21%
Saturated Fat	1.3	5%
Total Carbohydrates	69.6	22%
Dietary Fibers	10.6	35%
Sugars	48.5	54%
Protein	33.7	67%
Sodium	495.9	22%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ		
Ingredients: Coconut water, banana, baby spinach, chia, almond butter, pea protein		

REG: SALTED CARAMEL

NUTRITIONAL FACTS		
Serving Size	420mL	
Amount per serving		
Calories	543	
	GRAMS	% OF DAILY VALUE
Total Fat	25.8	37%
Saturated Fat	5.5	23%
Total Carbohydrates	62.4	20%
Dietary Fibers	2.5	8%
Sugars	43.1	48%
Protein	11.7	13%
Sodium	54.5	2%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ		
Ingredients: Banana, cashews, maple syrup, peanut butter, cacao nibs		

LRG: SALTED CARAMEL

NUTRITIONAL FACTS		
Serving Size	600mL	
Amount per serving		
Calories	815	
	GRAMS	% OF DAILY VALUE
Total Fat	39.4	56%
Saturated Fat	8.7	36%
Total Carbohydrates	92	30%
Dietary Fibers	4	13%
Sugars	62.4	69%
Protein	17.8	36%*
Sodium	82.8	4%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ		
Ingredients: Banana, cashews, maple syrup, peanut butter, cacao nibs		

REG: STRAWBERRY CASH

NUTRITIONAL FACTS		
Serving Size	420mL	
Amount per serving		

LRG: STRAWBERRY CASH

NUTRITIONAL FACTS		
Serving Size	600mL	
Amount per serving		

Calories		473	
	GRAMS	% OF DAILY VALUE	
Total Fat	21.1	30%	
Saturated Fat	6.3	26%	
Total Carbohydrates	45.5	15%	
Dietary Fibers	1.4	5%	
Sugars	30.2	34%	
Protein	22	44%	
Sodium	270.2	12%	

* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ
Ingredients:Banana, Strawberry, Cashews, Coconut oil, Agave Syrup, Pea protein, Vanilla Extract

Calories		703	
	GRAMS	% OF DAILY VALUE	
Total Fat	31.7	45%	
Saturated Fat	9.4	39%	
Total Carbohydrates	67.1	22%	
Dietary Fibers	2.1	7%	
Sugars	44.5	49%	
Protein	32.9	66%	
Sodium	405.1	17%	

* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ
Ingredients:Banana, Strawberry, Cashews, Coconut oil, Agave Syrup, Pea protein, Vanilla Extract

REG: LE CHOCOLAT

NUTRITIONAL FACTS		
Serving Size	420mL	
Amount per serving		
Calories	524	
	GRAMS	% OF DAILY VALUE
Total Fat	22.1	32%
Saturated Fat	4.6	19%
Total Carbohydrates	62.3	20%
Dietary Fibers	8.3	28%
Sugars	43.7	49%
Protein	14.6	29%
Sodium	135.6	6%

* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ
Ingredients:Cali Vanilla sky Milk, banana, Cacao, Dates, Almond butter, cacao nibs

LRG: LE CHOCOLAT

NUTRITIONAL FACTS		
Serving Size	600mL	
Amount per serving		
Calories	744	
	GRAMS	% OF DAILY VALUE
Total Fat	30.1	43%
Saturated Fat	5.6	23%
Total Carbohydrates	91.7	30%
Dietary Fibers	11.6	39%
Sugars	65.7	73%
Protein	20.2	40%
Sodium	191.2	8%

* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ
Ingredients:Cali Vanilla sky Milk, banana, Cacao, Dates, Almond butter, cacao nibs

REG: GODFATHER

NUTRITIONAL FACTS		
Serving Size	420mL	
Amount per serving		
Calories	381	
	GRAMS	% OF DAILY VALUE
Total Fat	12.6	18%
Saturated Fat	0.6	3%
Total Carbohydrates	55.5	18%
Dietary Fibers	2.4	8%
Sugars	39.4	44%
Protein	8.9	18%
Sodium	103.9	5%

* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ
Ingredients:Banana, Cali Vanilla Sky Milk, Cold Brew Coffee, Espresso, Dates, Almond butter

LRG: GODFATHER

NUTRITIONAL FACTS		
Serving Size	600mL	
Amount per serving		
Calories	572	
	GRAMS	% OF DAILY VALUE
Total Fat	18.8	27%
Saturated Fat	1	4%
Total Carbohydrates	83.8	27%
Dietary Fibers	4	13%
Sugars	60.4	67%
Protein	13.2	26%
Sodium	155.9	7%

* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ
Ingredients:Banana, Cali Vanilla Sky Milk, Cold Brew Coffee, Espresso, Dates, Almond butter

REG: CALIBERRY

LRG: CALIBERRY

NUTRITIONAL FACTS		
Serving Size	420mL	
Amount per serving		
Calories	515	
	GRAMS	% OF DAILY VALUE
Total Fat	30.8	44%
Saturated Fat	12.1	50%
Total Carbohydrates	50.8	16%
Dietary Fibers	3.7	12%
Sugars	39.9	44%
Protein	11.8	24%
Sodium	125.1	5%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj		
Ingredients: Cali Vanilla Sky Milk, Strawberry, Raspberry, Coconut flakes, macadamia butter, goji berries, agave syrup		

NUTRITIONAL FACTS		
Serving Size	600mL	
Amount per serving		
Calories	776	
	GRAMS	% OF DAILY VALUE
Total Fat	44.7	64%
Saturated Fat	18.2	76%
Total Carbohydrates	78.4	25%
Dietary Fibers	6.5	22%
Sugars	60.4	67%
Protein	17.9	36%
Sodium	192.8	8%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj		
Ingredients: Cali Vanilla Sky Milk, Strawberry, Raspberry, Coconut flakes, macadamia butter, goji berries, agave syrup		

REG: POWER GREENS

NUTRITIONAL FACTS		
Serving Size	420mL	
Amount per serving		
Calories	534	
	GRAMS	% OF DAILY VALUE
Total Fat	16.9	24%
Saturated Fat	3.9	16%
Total Carbohydrates	65	21%
Dietary Fibers	5	16%
Sugars	42.6	47%
Protein	24.9	50%
Sodium	301.8	12%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj		
Ingredients: Coconut water, banana, baby spinach, cashews, pea protein maca powder, mint, dates, cacao nibs		

LRG: POWER GREENS

NUTRITIONAL FACTS		
Serving Size	600mL	
Amount per serving		
Calories	836	
	GRAMS	% OF DAILY VALUE
Total Fat	26	37%
Saturated Fat	6.4	27%
Total Carbohydrates	104.7	24%
Dietary Fibers	7.4	25%
Sugars	70	78%
Protein	37.4	75%
Sodium	455.1	20%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj		
Ingredients: Coconut water, banana, baby spinach, cashews, pea protein maca powder, mint, dates, cacao nibs		

REG: THE ARNOLD

NUTRITIONAL FACTS		
Serving Size	420mL	
Amount per serving		
Calories	581	
	GRAMS	% OF DAILY VALUE
Total Fat	15.8	23%
Saturated Fat	1.1	46%
Total Carbohydrates	72	23%
Dietary Fibers	1.9	6%
Sugars	41.6	46%
Protein	35.7	71%
Sodium	493.2	21%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj		
Ingredients: Cali Press Vanilla Sky Milk, banana, Buckinis, Plant protein Dates, peanut butter		

LRG: THE ARNOLD

NUTRITIONAL FACTS		
Serving Size	600mL	
Amount per serving		
Calories	815	
	GRAMS	% OF DAILY VALUE
Total Fat	22.6	32%
Saturated Fat	1.6	6%
Total Carbohydrates	101.7	33%
Dietary Fibers	3.2	11%
Sugars	63.8	71%
Protein	48.1	96%
Sodium	667.1	29%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj		
Ingredients: Cali Press Vanilla Sky Milk, banana, Buckinis, Plant protein Dates, peanut butter		

REG: MUSCLE BEACH

NUTRITIONAL FACTS		
Serving Size	420mL	
Amount per serving		
Calories	502	
	GRAMS	% OF DAILY VALUE
Total Fat	17.4	25%
Saturated Fat	1.2	5%
Total Carbohydrates	58.2	19%
Dietary Fibers	5.7	6%
Sugars	33.6	37%
Protein	26.5	53%
Sodium	373.3	16%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj		
Ingredients: Cali Press Vanilla Sky Milk, Banana, Mango, Blueberries, farmer jo pistachio granola, plant protein		

LRG: MUSCLE BEACH

NUTRITIONAL FACTS		
Serving Size	600mL	
Amount per serving		
Calories	657	
	GRAMS	% OF DAILY VALUE
Total Fat	22.3	32%
Saturated Fat	1.4	6%
Total Carbohydrates	74.5	24%
Dietary Fibers	7.1	24%
Sugars	44.8	50%
Protein	37.4	75%
Sodium	540.3	23%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj		
Ingredients: Cali Press Vanilla Sky Milk, Banana, Mango, Blueberries, farmer jo pistachio granola, plant protein		

REG: GOLDEN GLOW

NUTRITIONAL FACTS		
Serving Size	420mL	
Amount per serving		
Calories	500	
	GRAMS	% OF DAILY VALUE
Total Fat	18.7	27%
Saturated Fat	1.6	7%
Total Carbohydrates	56.3	18%
Dietary Fibers	3.4	11%
Sugars	43.3	48%
Protein	25.7	51%
Sodium	353.1	15%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj		
Ingredients: Cali Press Vanilla Sky Milk, Banana, Mango, Dates, Plant protein, turmeric, Macadamia butter		

LRG: GOLDEN GLOW

NUTRITIONAL FACTS		
Serving Size	600mL	
Amount per serving		
Calories	727	
	GRAMS	% OF DAILY VALUE
Total Fat	26.7	38%
Saturated Fat	2.3	10%
Total Carbohydrates	82.6	27%
Dietary Fibers	4.8	16%
Sugars	64.1	71%
Protein	37.7	75%
Sodium	519.7	23%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj		
Ingredients: Cali Press Vanilla Sky Milk, Banana, Mango, Dates, Plant protein, turmeric, Macadamia butter		

REG: MACA MANGO

NUTRITIONAL FACTS		
Serving Size	420mL	
Amount per serving		
Calories	400	
	GRAMS	% OF DAILY VALUE
Total Fat	14.9	21%
Saturated Fat	2.9	12%
Total Carbohydrates	56.1	18%
Dietary Fibers	3.3	11%
Sugars	40.9	45%
Protein	7.4	15%
Sodium	14.2	<1%

LRG: MACO MANGO

NUTRITIONAL FACTS		
Serving Size	600mL	
Amount per serving		
Calories	555	
	GRAMS	% OF DAILY VALUE
Total Fat	22.2	32%
Saturated Fat	4.4	18%
Total Carbohydrates	73.4	24%
Dietary Fibers	4.8	16%
Sugars	52.8	59%
Protein	10.7	21%
Sodium	20.3	<1%

* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj
Ingredients: Mango, Banana, Cashews, Maca powder, agave

REG: THE OC

NUTRITIONAL FACTS		
Serving Size	420mL	
Amount per serving		
Calories	162	
	GRAMS	% OF DAILY VALUE
Total Fat	0.8	1%
Saturated Fat	0.1	<1%
Total Carbohydrates	31.4	10%
Dietary Fibers	2.1	7%
Sugars	30.9	34%
Protein	3.9	8%
Sodium	56.1	2%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj Ingredients: Cali Press Golden State, Strawberry, Mango, Passionfruit, bee pollen		

* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj
Ingredients: Mango, Banana, Cashews, Maca powder, agave

LRG: THE OC

NUTRITIONAL FACTS		
Serving Size	600mL	
Amount per serving		
Calories	224	
	GRAMS	% OF DAILY VALUE
Total Fat	1.1	2%
Saturated Fat	0.2	<1%
Total Carbohydrates	43.9	14%
Dietary Fibers	2.6	9%
Sugars	43.1	48%
Protein	4.9	10%
Sodium	80	3%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj Ingredients: Cali Press Golden State, Strawberry, Mango, Passionfruit, bee pollen		

REG: BRAIN MAN

NUTRITIONAL FACTS		
Serving Size	420mL	
Amount per serving		
Calories	440	
	GRAMS	% OF DAILY VALUE
Total Fat	24.5	35%
Saturated Fat	12.4	52%
Total Carbohydrates	45.1	15%
Dietary Fibers	6.1	20%
Sugars	28.2	31%
Protein	6.8	14%
Sodium	19.1	<1%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj Ingredients: Mango, Banana, Coconut Brick, Cashews, Agave, Adapto mix, Vanilla extract		

LRG: BRAIN MAN

NUTRITIONAL FACTS		
Serving Size	600mL	
Amount per serving		
Calories	648	
	GRAMS	% OF DAILY VALUE
Total Fat	36.7	52%
Saturated Fat	18.5	77%
Total Carbohydrates	64.9	21%
Dietary Fibers	8.7	29%
Sugars	39	43%
Protein	10.2	20%
Sodium	27.5	1%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj Ingredients: Mango, Banana, Coconut Brick, Cashews, Agave, Adapto mix, Vanilla extract		

REG: PINEAPPLE MINT

NUTRITIONAL FACTS		
Serving Size	420mL	
Amount per serving		
Calories	183	
	GRAMS	% OF DAILY VALUE
Total Fat	0.7	1%
Saturated Fat	0.2	<1%
Total Carbohydrates	39.3	13%
Dietary Fibers	3.1	10%

LRG: PINEAPPLE MINT

NUTRITIONAL FACTS		
Serving Size	600mL	
Amount per serving		
Calories	255	
	GRAMS	% OF DAILY VALUE
Total Fat	0.9	1%
Saturated Fat	0.3	1%
Total Carbohydrates	55.3	18%
Dietary Fibers	4.1	14%

Sugars	33.1	37%
Protein	2.5	5%
Sodium	36.4	2%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ		
Ingredients: Coconut water, Pineapple, banana, mango, mint, ginger		

Sugars	47.2	52%
Protein	3.4	7%
Sodium	56.7	2%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ		
Ingredients: Coconut water, Pineapple, banana, mango, mint, ginger		

REG: THE AH-SEE-EE

NUTRITIONAL FACTS		
Serving Size	420mL	
Amount per serving		
Calories	221	
	GRAMS	% OF DAILY VALUE
Total Fat	9.3	13%
Saturated Fat	2.3	10%
Total Carbohydrates	29.9	10%
Dietary Fibers	1.2	4%
Sugars	23.4	26%
Protein	2.5	5%
Sodium	43.5	2%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ		
Ingredients: Coconut water, Amazonia Acai, Banana, Mango, Passionfruit		

LRG: THE AH-SEE-EE

NUTRITIONAL FACTS		
Serving Size	600mL	
Amount per serving		
Calories	300	
	GRAMS	% OF DAILY VALUE
Total Fat	19.9	28%
Saturated Fat	7.6	32%
Total Carbohydrates	35.3	12%
Dietary Fibers	3.9	13%
Sugars	15.5	17%
Protein	14.7	29%
Sodium	143	6%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ		
Ingredients: Coconut water, Amazonia Acai, Banana, Mango, Passionfruit		

REG: BERRY COLLAGEN

NUTRITIONAL FACTS		
Serving Size	420mL	
Amount per serving		
Calories	467	
	GRAMS	% OF DAILY VALUE
Total Fat	20.1	29%
Saturated Fat	7.6	31%
Total Carbohydrates	50.8	16%
Dietary Fibers	4.6	15%
Sugars	29.3	33%
Protein	18	36%
Sodium	157.8	7%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ		
Ingredients: Banana, Strawberries, Raspberries, Blueberries, Coconut cashews, plant protein, collagen protein, agave syrup		

LRG: BERRY COLLAGEN

NUTRITIONAL FACTS		
Serving Size	600mL	
Amount per serving		
Calories	583	
	GRAMS	% OF DAILY VALUE
Total Fat	30.2	43%
Saturated Fat	11.5	48%
Total Carbohydrates	76.4	25%
Dietary Fibers	7	23%
Sugars	43.8	49%
Protein	27.1	54%
Sodium	237.3	10%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ		
Ingredients: Banana, Strawberries, Raspberries, Blueberries, Coconut cashews, plant protein, collagen protein, agave syrup		



SMOOTHIE BOWLS - NUTRITIONAL INFORMATION

REG: THE ORIGINAL

NUTRITIONAL FACTS		
Serving Size	500g	
Amount per serving		
Calories	433	
	GRAMS	% OF DAILY VALUE
Total Fat	16.4	23%
Saturated Fat	2.7	11%
Total Carbohydrates	57.9	19%
Dietary Fibers	5.1	17%
Sugars	35.3	39%
Protein	7.6	15%
Sodium	56.4	2%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ		
Ingredients: Coconut water, Amazonia Acai, banana, mango, Farmer jo Pistachio granola, goji berries, coconut flakes, passionfruit		

LRG: THE ORIGINAL

NUTRITIONAL FACTS		
Serving Size	650g	
Amount per serving		
Calories	543	
	GRAMS	% OF DAILY VALUE
Total Fat	19.8	28%
Saturated Fat	3.3	14%
Total Carbohydrates	75	2%
Dietary Fibers	6.7	22%
Sugars	46.7	52%
Protein	9.5	19%
Sodium	76.2	3%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ		
Ingredients: Coconut water, Amazonia Acai, banana, mango, Farmer jo Pistachio granola, goji berries, coconut flakes, passionfruit		

REG: CACAO CRUNCH

NUTRITIONAL FACTS		
Serving Size	500g	
Amount per serving		
Calories	513	
	GRAMS	% OF DAILY VALUE
Total Fat	25.9	37%
Saturated Fat	7.3	30%
Total Carbohydrates	54.8	18%
Dietary Fibers	4	13%
Sugars	32.5	36%
Protein	11.1	22%
Sodium	79.7	3%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ		
Ingredients: Coconut Water, Amazonia Acai, Banana, Cacao Buckinis, Blueberries, raspberries, cacao		

LRG: CACAO CRUNCH

NUTRITIONAL FACTS		
Serving Size	650g	
Amount per serving		
Calories	689	
	GRAMS	% OF DAILY VALUE
Total Fat	34.9	50%
Saturated Fat	10.2	42%
Total Carbohydrates	72.6	23%
Dietary Fibers	6.8	23%
Sugars	44.1	49%
Protein	15.7	31%
Sodium	117.6	5%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ		
Ingredients: Coconut Water, Amazonia Acai, Banana, Cacao Buckinis, Blueberries, raspberries, cacao		

REG: BOHO

NUTRITIONAL FACTS		
Serving Size	500g	
Amount per serving		
Calories	583	
	GRAMS	% OF DAILY VALUE

LRG: BOHO

NUTRITIONAL FACTS		
Serving Size	650g	
Amount per serving		
Calories	692	
	GRAMS	% OF DAILY VALUE

Total Fat	28.1	40%
Saturated Fat	4.9	20%
Total Carbohydrates	53.2	17%
Dietary Fibers	2.2	7%
Sugars	33.2	37%
Protein	23.3	47%
Sodium	36.2	2%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj		
Ingredients: Coconut water, Amazonia Acai, Banana, Coconut Yogurt, Hempnola, Mango, hemp seeds, strawberries, blueberries		

Total Fat	29.8	42%
Saturated Fat	6	25%
Total Carbohydrates	69.3	22%
Dietary Fibers	3	10%
Sugars	44.1	49%
Protein	25.3	51%
Sodium	51.3	2%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj		
Ingredients: Coconut water, Amazonia Acai, Banana, Coconut Yogurt, Hempnola, Mango, hemp seeds, strawberries, blueberries		

REG: P.B.J

NUTRITIONAL FACTS		
Serving Size	500g	
Amount per serving		
Calories	712	
	GRAMS	% OF DAILY VALUE
Total Fat	41.5	59%
Saturated Fat	8.2	34%
Total Carbohydrates	62.7	20%
Dietary Fibers	7.2	24%
Sugars	52.5	58%
Protein	21.8	44%
Sodium	90.4	4%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj		
Ingredients:Coconut Water,Amazonia Acai,Banana,Mango,Farmer Jo pistachio granola Peanut Butter,Honey,Strawberries,Blueberries,Hemp seeds		

LRG: P.B.J

NUTRITIONAL FACTS		
Serving Size	650g	
Amount per serving		
Calories	902	
	GRAMS	% OF DAILY VALUE
Total Fat	48.1	69%
Saturated Fat	9.8	41%
Total Carbohydrates	74.8	24%
Dietary Fibers	9.2	31%
Sugars	62.8	70%
Protein	31.3	63%
Sodium	108.4	5%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj		
Ingredients:Coconut Water,Amazonia Acai,Banana,Mango,Farmer Jo pistachio granola Peanut Butter,Honey,Strawberries,Blueberries,Hemp seeds		

REG: PB & CHOC

NUTRITIONAL FACTS		
Serving Size	500g	
Amount per serving		
Calories	726	
	GRAMS	% OF DAILY VALUE
Total Fat	40	57%
Saturated Fat	9	38%
Total Carbohydrates	78.5	25%
Dietary Fibers	7.7	26%
Sugars	51.2	57%
Protein	21.8	44%
Sodium	97.1	4%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj		
Ingredients:Cali Press Sky Milk, banana, cacao buckinis, peanut butter, cacao, dates, blueberries, coconut flakes		

LRG: PB & CHOC

NUTRITIONAL FACTS		
Serving Size	650g	
Amount per serving		
Calories	1016	
	GRAMS	% OF DAILY VALUE
Total Fat	60	85%
Saturated Fat	13	54%
Total Carbohydrates	109	35%
Dietary Fibers	12.1	40%
Sugars	72.7	81%
Protein	31.2	62%
Sodium	136.9	6%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj		
Ingredients:Cali Press Sky Milk, banana, cacao buckinis, peanut butter, cacao, dates, blueberries, coconut flakes		

REG: GREEN ME

NUTRITIONAL FACTS		
Serving Size	500g	
Amount per serving		

LRG: GREEN ME

NUTRITIONAL FACTS		
Serving Size	650g	
Amount per serving		

Calories		655	
	GRAMS	% OF DAILY VALUE	
Total Fat	24.6	4%	
Saturated Fat	3.5	15%	
Total Carbohydrates	63.1	20%	
Dietary Fibers	6.7	22%	
Sugars	37.5	42%	
Protein	35.9	72%	
Sodium	210.9	9%	

* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ

Ingredients:Banana,Coconut water,Coconut yogurt,Hempnola,baby spinach, blueberries strawberries, hemp seeds, chia seeds, pea protein, supergreens

Calories		789	
	GRAMS	% OF DAILY VALUE	
Total Fat	25.3	36%	
Saturated Fat	4.3	18%	
Total Carbohydrates	81.5	26%	
Dietary Fibers	8.1	27%	
Sugars	48.3	54%	
Protein	43.7	87%	
Sodium	309.2	13%	

* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ

Ingredients:Banana,Coconut water,Coconut yogurt,Hempnola,baby spinach, blueberries strawberries, hemp seeds, chia seeds, pea protein, supergreens



BREAKY BOWLS - NUTRITIONAL INFORMATION

SML: THE SIGNATURE

NUTRITIONAL FACTS		
Serving Size	250g	
Amount per serving		
Calories	505	
	GRAMS	% OF DAILY VALUE
Total Fat	23.2	33%
Saturated Fat	2.3	10%
Total Carbohydrates	55.9	18%
Dietary Fibers	10.3	34%
Sugars	22.3	25%
Protein	17.1	34%
Sodium	66.2	3%

* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj
 Ingredients: Farmer Jo Pistachio Granola, Cali Coconut Chia, Cali Bircher, coconut yogurt, strawberry, banana, passionfruit, goji, coconut flakes

REG: THE SIGNATURE

NUTRITIONAL FACTS		
Serving Size	350g	
Amount per serving		
Calories	690	
	GRAMS	% OF DAILY VALUE
Total Fat	31.1	44%
Saturated Fat	3.6	15%
Total Carbohydrates	77.8	25%
Dietary Fibers	15	50%
Sugars	30.5	34%
Protein	21.5	43%
Sodium	99.9	4%

* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj
 Ingredients: Farmer Jo Pistachio Granola, Cali Coconut Chia, Cali Bircher, coconut yogurt, strawberry, banana, passionfruit, goji, coconut flakes

SML: CHIA BERRY

NUTRITIONAL FACTS		
Serving Size	250g	
Amount per serving		
Calories	684	
	GRAMS	% OF DAILY VALUE
Total Fat	44.5	64%
Saturated Fat	9.5	40%
Total Carbohydrates	41.6	13%
Dietary Fibers	18.9	63%
Sugars	33.9	38%
Protein	21.7	43%
Sodium	101.1	4%

* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj
 Ingredients: Farmer Jo Paleo Granola, Coconut Chia, Berry compote, Strawberry, banana, Honey, hemp Seeds, Peanut Butter

REG: CHIA BERRY

NUTRITIONAL FACTS		
Serving Size	350g	
Amount per serving		
Calories	925.2	
	GRAMS	% OF DAILY VALUE
Total Fat	62.8	89%
Saturated Fat	13.9	56%
Total Carbohydrates	49.4	16%
Dietary Fibers	25.4	85%
Sugars	39.4	44%
Protein	30.1	60%
Sodium	132.1	6%

* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj
 Ingredients: Farmer Jo Paleo Granola, Coconut Chia, Berry compote, Strawberry, banana, Honey, hemp Seeds, Peanut Butter

SML: BOUNTY

NUTRITIONAL FACTS		
Serving Size	250g	
Amount per serving		
Calories	552	
	GRAMS	% OF DAILY VALUE
Total Fat	33.8	48%

REG: BOUNTY

NUTRITIONAL FACTS		
Serving Size	350g	
Amount per serving		
Calories	790	
	GRAMS	% OF DAILY VALUE
Total Fat	47.2	67%

Saturated Fat	7.4	31%
Total Carbohydrates	44.8	15%
Dietary Fibers	7.8	26%
Sugars	24	27%
Protein	22.8	46%
Sodium	55.4	2%
<small>* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj</small>		
Ingredients: Cacao buckinis, Coconut Yogurt, Cali Coconut Chia, Strawberry, banana, chopped almonds, peanut butter, blueberries		

Saturated Fat	11	46%
Total Carbohydrates	67.8	22%
Dietary Fibers	10.2	34%
Sugars	35.2	39%
Protein	33.8	68%
Sodium	75.9	3%
<small>* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kj</small>		
Ingredients: Cacao buckinis, Coconut Yogurt, Cali Coconut Chia, Strawberry, banana, chopped almonds, peanut butter, blueberries		



SUPERFOOD HOT DRINKS - NUTRITIONAL INFORMATION

SUPERFOOD MATCH LATTE

NUTRITIONAL FACTS		
Serving Size	300mL	
Amount per serving		
Calories	260	
	GRAMS	% OF DAILY VALUE
Total Fat	12.9	18%
Saturated Fat	0.4	2%
Total Carbohydrates	30.1	10%
Dietary Fibers	0.9	3%
Sugars	26.5	29%
Protein	8.6	17%
Sodium	127.1	6%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ		
Ingredients: Cali Press Sky Milk, Honey, Maca powder, Matcha Powder		

GOLDEN TURMERIC LATTE

NUTRITIONAL FACTS		
Serving Size	300mL	
Amount per serving		
Calories	212	
	GRAMS	% OF DAILY VALUE
Total Fat	12.6	18%
Saturated Fat	0.3	1%
Total Carbohydrates	19.9	6%
Dietary Fibers	0	0%
Sugars	17.8	20%
Protein	7.5	15%
Sodium	123.2	5%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ		
Ingredients: Cali Press Sky Milk, Turmeric Latte Mix, Honey		

CACAO MUSHROOM LATTE

NUTRITIONAL FACTS		
Serving Size	300mL	
Amount per serving		
Calories	351	
	GRAMS	% OF DAILY VALUE
Total Fat	22.6	32%
Saturated Fat	4.6	19%
Total Carbohydrates	30.5	9%
Dietary Fibers	2.6	9%
Sugars	25.6	28%
Protein	8.9	18%
Sodium	125.7	5%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ		
Ingredients: Cali Press Sky Milk, Honey, Cacao, Mushroom Mix, Coconut oil.		

BULLET PROOF COFFEE

NUTRITIONAL FACTS		
Serving Size	300mL	
Amount per serving		
Calories	299	
	GRAMS	% OF DAILY VALUE
Total Fat	34.4	49%
Saturated Fat	20.7	86%
Total Carbohydrates	0	0%
Dietary Fibers	0	0%
Sugars	0	0%
Protein	0.2	<1%
Sodium	2	<1%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ		
Ingredients: Espresso, Butter, XCT Oil		

CALIPROOF

NUTRITIONAL FACTS		
Serving Size	300mL	
Amount per serving		
Calories	240	
	GRAMS	% OF DAILY VALUE

Total Fat	21.9	31%
Saturated Fat	13	54%
Total Carbohydrates	7.3	2%
Dietary Fibers	0.5	2%
Sugars	5.6	6%
Protein	5	10%
Sodium	69.5	3%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ		
Ingredients: Espresso, XCT Oil, Butter, Agave Syrup, Cacao Nibs, Pea Protein, Cacao Nibs		



SUPERFOOD COLD DRINKS - NUTRITIONAL INFORMATION

MATCHA LATTE

NUTRITIONAL FACTS		
Serving Size	300mL	
Amount per serving		
Calories	260	
	GRAMS	% OF DAILY VALUE
Total Fat	12.9	18%
Saturated Fat	0.4	2%
Total Carbohydrates	30.1	10%
Dietary Fibers	0.9	3%
Sugars	26.5	29%
Protein	8.6	17%
Sodium	127.1	6%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ		
Ingredients: Cali Press Sky Milk, Honey, Maca Powder, Matcha Powder		

TUMERIC CHAI LATTE

NUTRITIONAL FACTS		
Serving Size	300mL	
Amount per serving		
Calories	212	
	GRAMS	% OF DAILY VALUE
Total Fat	12.6	18%
Saturated Fat	0.3	1%
Total Carbohydrates	19.9	6%
Dietary Fibers	0	0%
Sugars	17.8	20%
Protein	7.5	15%
Sodium	123.2	5%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ		
Ingredients: Cali Press Vanilla Sky Milk, Tumeric Latte mlx, Honey		

MUSHROOM LATTE

NUTRITIONAL FACTS		
Serving Size	300mL	
Amount per serving		
Calories	351	
	GRAMS	% OF DAILY VALUE
Total Fat	22.6	32%
Saturated Fat	4.6	19%
Total Carbohydrates	30.5	10%
Dietary Fibers	2.6	9%
Sugars	25.6	28%
Protein	8.9	18%
Sodium	125.7	5%
* The % of Daily Value (DV) Based off the average adult kilojoule intake of 8700kJ		
Ingredients: Cali Press Sky Milk, Cacao, Honey, Mushroom Mix, Coconut oil		