

# WHOLE SOL NUTRITION FACTS



## SMOOTHIE BOLLS

Menu Item	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Total Carbohydrates (g)	Sugar (g)	Added Sugar (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)	Cholesterol (g)
The OG	450	15	5	79	38	15	15	8	230	0
No Honey	420	15	5	70	30	6	15	8	230	0
w/ Chocolate Protein Powder	520	17	6	84	41	18	16	17	370	0
Mayan	380	10	6	75	50	6	12	6	160	0
w/ Vanilla Protein Powder	450	11	6	82	53	9	13	16	250	0
Orange Creamsicle	500	19	10	85	47	7	14	9	220	0
w/ Vanilla Protein Powder	570	20	10	92	50	10	16	19	310	0
I Like You Matcha	450	13	9	85	44	6	11	8	170	0
w/ Vanilla Protein Powder	520	14	9	92	47	9	13	17	260	0
Green Monkey	460	18	8	72	32	6	15	12	330	0
w/ Vanilla Protein Powder	530	19	8	80	34	9	17	21	420	0
Homemade Newtella	570	28	10	70	25	7	18	12	380	0
w/ Chocolate Protein Powder	640	30	10	0	28	10	20	21	520	0
Rise & Grind	570	23	12	91	41	6	16	10	340	0
w/ Chocolate Protein Powder	640	24	13	96	43	9	18	19	480	0
Mango Pina Colada	500	22	15	79	44	6	13	7	230	0
w/ Vanilla Protein Powder	570	23	15	87	46	9	14	17	320	0
PB&J	830	32	8	126	47	7	18	24	220	0
w/ Vanilla Protein Powder	900	33	8	133	49	10	20	33	310	0

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## SMOOTHIES

Menu Item	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Total Carbohydrates (g)	Sugar (g)	Added Sugar (g)	Dietary Fiber (g)	Protein (g)	Sodium (g)	Cholesterol (g)
The OG	350	11	2	63	32	9	13	5	200	0
w/ Chocolate Protein Powder	420	13	2.5	68	34	12	15	14	340	0
Mayan	260	4.5	3	58	44	0	10	4	35	0
w/ Vanilla Protein Powder	340	5	3	65	46	3	12	13	125	0
Orange Creamsicle	410	15	6	68	41	1	13	7	190	0
w/ Vanilla Protein Powder	460	15	6	75	43	4	14	16	190	0
I Like You Matcha	360	8	6	73	43	0	10	6	80	0
w/ Vanilla Protein Powder	430	9	6	80	45	3	11	15	170	0
Green Monkey	360	15	5	56	26	0	14	10	300	0
w/ Vanilla Protein Powder	410	14	5	63	28	3	15	19	300	0
Homemade Newtella	460	23	7	53	19	0	16	9	260	0
w/ Chocolate Protein Powder	520	25	7	58	21	3	18	18	400	0
Rise & Grind	470	17	9	77	36	0	14	7	220	0
w/ Chocolate Protein Powder	520	19	9	79	37	3	16	16	360	0
Mango Pina Colada	410	18	12	63	37	0	11	5	200	0
w/ Vanilla Protein Powder	460	17	12	70	40	3	13	14	200	0
PB&J	710	26	5	109	40	1	16	21	100	0
w/ Vanilla Protein Powder	780	27	5	116	43	4	18	30	190	0

# WHOLE SOL NUTRITION FACTS



## HOT BOLLS

Menu Item	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Total Carbohydrates (g)	Sugar (g)	Added Sugar (g)	Dietary Fiber (g)	Protein (g)	Sodium (g)	Cholesterol (g)
Taco Bol	560	19	2.5	93	1	0	10	8	150	0
+ Red Sauce	70	6	0.5	4	0	0	0	4	35	0
+ Cilantro Sauce	50	4	0	2	0	0	0	0	85	0
Coconut Curry Bol	700	7	3	139	10	0	9	18	410	0
W/ Half the Rice	450	7	3	86	10	0	9	13	410	0
Primal	490	43	6	21	6	0	11	15	290	165
Power Greens	400	36	5	14	2	0	10	12	760	165
Tofu Scramble	320	14	2	25	6	0	14	37	910	0
Vegan Chickpea Frittata	300	11	1	36	8	0	11	15	585	0
Baked Oats (Muffin Only)	410	21	14	54	22	21	6	6	380	0

# W H O L E S O L N U T R I T I O N F A C T S



## T O A S T

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Menu Item	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Total Carbohydrates (g)	Sugar (g)	Added Sugar (g)	Dietary Fiber (g)	Protein (g)	Sodium (g)	Cholesterol (g)
White Truffle Avocado Toast- Full Order	670	40	5	79	19	0	21	12	580	0
Half Order	335	20	2.5	39	10	0	10	6	290	0
Bruschetta Pesto Toast- Full Order	510	24	2.5	60	19	7	8	15	860	0
Half Order	255	12	1.25	30	9.9	3.5	4	7.5	430	0
Beets & Hazelnut Toast- Full Order	430	16	1.5	59	19	7	9	11	680	0
Half Order	215	8	0.75	29.5	9.5	3.5	4.5	5.5	340	0
PB & Chia Jam Toast- Full Order	470	16	4	71	25	2	12	11	570	0
Half Order	230	8	2	36	13	1	6	5	280	0
Newtella Toast- Full Order	530	21	5	70	23	11	10	12	740	0
Half Order	265	10.5	2.5	35	11.5	5.5	5	6	370	0
Vegan Breakfast Sammie	410	17	1	45	11	0	7	14	1060	0

# WHOLE SOL NUTRITION FACTS



## COLD-PRESSED JUICES

Menu Item	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Total Carbohydrates (g)	Sugar (g)	Added Sugar (g)	Dietary Fiber (g)	Protein (g)	Sodium (g)	Cholesterol (g)
Super Juice	145	1	0	35	28	0	9	4	50	0
Ginger-Aide	80	0	0	22	18	17	1	0	10	0
Daily Greens	55	2.5	0	8	7	0	1	7	135	0
Spicy Greens	90	3	0	13	13	0	1	8	150	0
The Detox	90	1	0	22	17	0	1	4	210	0
Celery Juice	45	1	0	11	7	0	1	4	300	0
Pre-Workout	185	1	0	43	37	0	1	7	360	0
Beauty Elixir	245	1	0	62	56	0	1	5	95	0
Watermelon Ginger	170	1	0	45	34	0	1	4	5	0
Empowermint	190	0.5	0	50	43	0	1	4	5	0
Pure Glacier	140	1	0	38	23	0	1	2	190	0
Orange Juice	135	1	0	32	16	0	9	4	0	0
Coconut Water	70	0	0	17	15	0	0	0	53	0

## POWER UP SHOTS

Menu Item	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Total Carbohydrates (g)	Sugar (g)	Added Sugar (g)	Dietary Fiber (g)	Protein (g)	Sodium (g)	Cholesterol (g)
Straight Fire	60	0.5	0	14	2	0	1	2	10	0
Post-Workout	70	0.5	0	16	5	0	1	2	10	0

# WHOLE SOL NUTRITION FACTS



## S N A C K S

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Menu Item	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Total Carbohydrates (g)	Sugar (g)	Added Sugar (g)	Dietary Fiber (g)	Protein (g)	Sodium (g)	Cholesterol (g)
Ultra (Overnight) Oats	300	10	2.5	47	8	0	9	7	140	0
Vanilla Chia Pudding	170	9	1	19	7	4	10	5	120	0
Vegan Cookie Dough	120	3.5	1	19	10	3	3	3	110	0
Kona Protein Bites	300	13	2.5	37	28	2	6	16	130	0
Matcha Protein Bites	310	12	2	43	28	2	6	16	80	0

# WHOLE SOL NUTRITION FACTS



## L A T T E S

Menu Item	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Total Carbohydrates (g)	Sugar (g)	Added Sugar (g)	Dietary Fiber (g)	Protein (g)	Sodium (g)	Cholesterol (g)
Hot Chocolate- Almond Milk	170	6	0	28	23	23	0	2	220	0
Hot Chocolate- Coconut Milk	180	7	6	28	23	23	0	2	160	0
Hot Chocolate- Oat Milk	240	7	0.5	38	22	22	4	5	140	0
Matcha Latte- Almond Milk; Unsweetened	120	6	0	16	11	11	0	1	210	0
Matcha Latte- Coconut Milk; Unsweetened	160	7	7	18	13	13	0	1	190	0
Matcha Latte- Oat Milk; Unsweetened	190	7	0.5	26	10	10	3	4	140	0
+ Sweetened with Maple Syrup	40	0	0	8	8	12	0	0	0	0
Regular Latte- Almond Milk	90	5	0	12	9	9	0	1	190	0
Regular Latte- Coconut Milk	120	6	6	13	11	11	0	1	160	0
Regular Latte- Oat Milk	150	6	0.5	20	8	8	2	4	125	0
Blue Green Dream- Almond Milk	150	6	0	24	19	19	0	2	220	0
Blue Green Dream- Coconut Milk	190	8	7	26	21	21	0	2	190	0
Blue Green Dream- Oat Milk	230	7	0	34	17	17	3	5	150	0
Beauty Latte- Almond Milk	150	6	0	24	19	19	0	1	210	0
Beauty Latte- Coconut Milk	190	7	7	26	21	21	0	1	190	0
Beauty Latte- Oat Milk	220	7	0.5	34	17	17	3	4	140	0
Golden Latte- Almond Milk	110	5	0	18	13	13	0	2	190	0
Golden Latte- Coconut Milk	140	6	6	19	15	15	0	2	160	0
Golden Latte- Oat Milk	170	6	0.5	26	12	12	3	4	130	0

# WHOLE SOL NUTRITION FACTS



## CAFFEINE & CBD

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Menu Item	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Total Carbohydrates (g)	Sugar (g)	Added Sugar (g)	Dietary Fiber (g)	Protein (g)	Sodium (g)	Cholesterol (g)
Coyote Cold Brew	150	9	1	13	9	8	0	0	10	0
Vanilla CBD Latte- Almond Milk	100	5	0	12	9	9	0	1	190	0
Vanilla CBD Latte- Coconut Milk	130	6	6	13	11	11	0	1	160	0
Vanilla CBD Latte- Oat Milk	160	6	0.5	20	8	20	2	4	125	0
Vanilla Bean Cold Brew	30	0	0	4	0	0	0	0	0	0
Mocha Cold Brew	30	0	0	4	0	0	0	0	0	0
Americano	3	0.1	0	0.5	0	0	0	0	35	0
Espresso	3	0.1	0	0.5	0	0	0	0	35	0



# WHOLE SOL NUTRITION FACTS



## SEASONAL

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Menu Item	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Total Carbohydrates (g)	Sugar (g)	Added Sugar (g)	Dietary Fiber (g)	Protein (g)	Sodium (g)	Cholesterol (g)
Strawberry Kiwi Bol	430	16	9	73	36	8	11	8	270	0
Strawberry Kiwi Bol w/ Vanilla Protein	500	17	9	80	28	8	13	17	360	0
Strawberry Kiwi Smoothie	320	10	5	56	29	2	9	5	150	0
Strawberry Kiwi Smoothie w/ Vanilla Protein	390	11	5	63	32	2	11	14	240	0
Green Cream	340	17	3.5	41	19	0	9	12	340	0