



goodness bowls

healthy eats café

Nutritional Guide

April 2026



At Goodness Bowls, we believe that eating well should be easy, delicious, and packed with nutrients to fuel your day. Our menu is designed with wholesome, high-quality ingredients. We focus on real, nutrient-dense foods that are naturally rich in vitamins, minerals, and antioxidants to support your energy, wellness, and overall well-being. Whether you're enjoying a refreshing smoothie, a protein-packed bowl, or one of our signature toasts, you can trust that every ingredient is chosen with care to help you feel your best.

We're here to make healthy eating simple, satisfying, and enjoyable. Eat good, feel good, do good!

Acai Bowls



AVALON

Pure açaí blended with frozen bananas and blueberries, and almond milk-topped with granola, bananas, blueberries, and strawberries.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
615kcal	7g	12g	1g	0mg	128g	14g	60	40	159



NUTTY NUTELLA

Pure açaí blended with frozen bananas and blueberries, and almond milk-topped with granola, bananas, strawberries, coconut flakes, and drizzles of Nutella and peanut butter.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
834kcal	13g	31g	9g	3mg	139g	15g	68	49	225



ALOHA

Pure açaí blended with granola, mango, pineapple, kiwi, coconut flakes, and honey.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
729kcal	7g	19.5	5g	0mg	143g	14g	47	27	131



GAINZ

Pure açaí blended with almond milk and chocolate whey protein-topped with granola, bananas, blueberries, chia seeds, coconut, and a drizzle of almond butter.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
972kcal	35g	31g	7g	55mg	149g	18g	42	27	262

Acai Bowls



CRUNCH COCOA

Pure açai topped with granola, bananas, strawberries, almonds, cacao nibs, and a drizzle of almond butter.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
829kcal	15g	34g	4.5g	0mg	148mg	20g	39	27	175



LANTERN POINT

Pure açai topped with granola, strawberries, blueberries, goji berries, bee pollen, and a drizzle of honey.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
683kcal	9g	14.5g	0g	0mg	138g	12.7g	41.6	27	147



GOODNESS GRACE

Pure açai topped with granola, strawberries, bananas, chia seeds, and a drizzle of peanut butter.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
781kcal	12g	23.5g	1g	0mg	142g	15g	39	27	190



CHI-CHI-CHIA

Pure açai topped with granola, a scoop of chia pudding, bananas, strawberries, blueberries, goji berries, almonds, and a drizzle of honey.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
570kcal	9.3g	17.5	0mg	0mg	146g	17g	42	27	131

Pitaya Bowls



THE PINK ONE

Pitaya topped with granola, bananas, blueberries, and strawberries.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
573kcal	4.8g	2.5g	0g	0mg	131g	14g	74	59	86



PITAYA-NUTTY

Pitaya topped with granola, bananas, blueberries, pineapple, coconut flakes, and a drizzle of peanut butter.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
734kcal	8.8g	15.5g	6g	0mg	140.5g	16.5g	79	59	145

Green Bowls



GO GREEN

Frozen bananas and mango blended with green spirulina, spinach, kale, and coconut milk-topped with granola, bananas, blueberries, and strawberries.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
406kcal	6.5g	4.5g	0g	0mg	88g	11.5g	43	14	100



BRUCE SPRINGREEN

Frozen bananas and mango blended with green spirulina, spinach, kale, and coconut milk-topped with granola, bananas, blueberries, mango, hemp seeds, and honey.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
455kcal	7.5g	6.2g	0g	0mg	97g	11.5g	53	14	100

Banana Bowls



IT'S BANANAS

Frozen bananas blended with coconut milk-topped with granola, bananas, blueberries, and strawberries

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
615kcal	7g	12g	1g	0mg	128g	14g	60	40	159



BANANA BUTTER

Frozen bananas blended with coconut milk-topped with granola, bananas, almonds, and drizzles of honey, and peanut butter.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
615kcal	7g	12g	1g	0mg	128g	14g	60	40	159

Coconut Bowls



COCO-NUTTY

Coconut base topped with granola, bananas, strawberries, coconut flakes, and drizzles of Nutella and peanut butter.

182

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
972kcal	13g	61g	14g	3mg	119g	10g	66	53	



ISLAND IN THE SUN

Coconut base topped with granola, mango, pineapple, kiwi, strawberries, and honey.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
754kcal	7g	42g	6g	6	109g	8g	66	44	116

Specialty Bowls



CHUNKY MONKEY

Frozen bananas blended with coconut milk, cacao powder, whey chocolate protein, peanut butter-topped with granola, bananas, strawberries, mango, kiwi, and cacao nibs.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
812kcal	37g	20g	5.5g	55mg	131.5g	22g	59	14	280

Oatmeal



OG OATS

Rollled oats, chia seeds, and almond milk. Topped with banana, blueberries, strawberries, maple syrup, and cinnamon

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
266kcal	7.5g	6.7g	0.9g	0mg	69g	12.5g	27	40	4



PB & JAMMIN OATS

Rollled oats, chia seeds, and almond milk. Topped with banana, strawberries, raspberries, dark chocolate chips, peanut butter, and cinnamon.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
454kcal	12.5g	19.7g	5g	0mg	63g	14.5g	18	0	61

Smoothies



STRAWNANA

Strawberry, banana, almond milk

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
191kcal	1.5g	2.5g	0g	0mg	40g	6.5g	22.5	0	133



KALE ME MAYBE

Pineapple, strawberry, blueberry, kale, almond milk

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
135kcal	1g	5g	0g	0mg	16.7g	3.5g	60	0	275



POST-PUMP

Banana, peanut butter, oats, chia seeds, whey chocolate protein, almond milk

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
534kcal	32.6g	15g	2g	55mg	64.5g	11g	27	0	321



BLUE HAWAII

Blueberries, banana, almond butter, whey chocolate protein, almond milk

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
499kcal	29g	13g	2g	55mg	67g	11g	38	0	263

Smoothies



IT'S PB&J TIME

Pure acai, strawberry, banana, peanut butter, almond milk

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
378kcal	6g	14.5g	1g	0mg	61.5g	8g	23	4	206



GREEN DAY

Banana, pineapple, kale, spinach, almond milk

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
288kcal	2g	2.5g	0g	0mg	51g	6g	30g	0	147



WALK THIS WHEY

Blueberries, banana, raspberries, vanilla whey protein, peanut butter, almond milk

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
403kcal	29g	12g	2g	55mg	47g	9g	24.5	0	321



ESPRESSO YOURSELF

Banana, whey chocolate protein, espresso shot, almond butter, almond milk

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
468kcal	29g	13g	2g	55mg	60g	9g	30	0	263

Smoothies



REEF ROAD

Pitaya, mango, pineapple, coconut milk

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
181kcal	0g	8g	0g	0mg	25.5g	4.5g	17.5	7.5	20



SUNRISE

Mango, banana, pineapple, almond butter, almond milk

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
282kcal	3.5g	11.5g	1g	0mg	38g	6.5g	28	0	131



COCO-LOCO

Banana, cacao powder, peanut butter, coconut flakes, dark chocolate chips, almond milk

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
554kcal	8g	25.5g	14g	0mg	78g	13g	39	2	192

Salads & Wraps



SPICY SOUTHWEST SALAD

Romaine, rotisserie chicken, avocado, tomato, corn, black beans, cheddar cheese, and cilantro lime vinaigrette.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
600kcal	35g	35g	11g	92mg	58g	14g	9	1	488



SPICY SOUTHWEST WRAP

Romaine, rotisserie chicken, avocado, tomato, corn, black beans, cheddar cheese, and cilantro lime vinaigrette.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
882kcal	43g	42g	14g	92mg	86g	19g	9	0.7	1105



AVOCADO CHICKEN CAESAR SALAD

Romaine, rotisserie chicken, avocado, shaved parmesan, lemon juice, hemp seeds, and Caesar dressing.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
677kcal	42g	53g	16g	110mg	18g	10g	2	0.7	1004



AVOCADO CHICKEN CAESAR WRAP

Romaine, rotisserie chicken, avocado, shaved parmesan, lemon juice, hemp seeds, and Caesar dressing.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
959kcal	51g	60g	18g	110mg	65g	15g	1	1	1620

Salads & Wraps



CLASSIC COBB SALAD

Romaine, rotisserie chicken, avocado, bacon, hard-boiled egg, tomato, and goodness house vinaigrette.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
810kcal	45g	64g	14g	290mg	22g	9g	11	1	1059



CLASSIC COBB WRAP

Romaine, rotisserie chicken, avocado, bacon, hard-boiled egg, tomato, and goodness house vinaigrette.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
1092kcal	53g	71g	16g	290mg	70g	14g	11	1	1675



CLASSIC GREEK SALAD

Romaine, cucumber, red onion, tomato, feta cheese, kalamata olives, extra virgin olive oil, and lemon juice.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
281kcal	8g	32g	9g	38mg	15g	6g	5	0	731



CLASSIC GREEK WRAP

Romaine, cucumber, red onion, tomato, feta cheese, kalamata olives, extra virgin olive oil, and lemon juice.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
663kcal	17g	39g	12g	38mg	63g	11g	4	0	1347

Salads & Wraps



BUFFALO BACON RANCH SALAD

Romaine, rotisserie chicken, bacon, tomato, cheddar cheese, and buffalo ranch dressing.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
577kcal	47g	43g	16g	155mg	6g	3g	3	0	1349



BUFFALO BACON RANCH WRAP

Romaine, rotisserie chicken, bacon, tomato, cheddar cheese, and buffalo ranch dressing.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
859kcal	55g	50g	19g	155mg	54g	8g	3	0	1965



PROTEIN POWER HOUR SALAD

Mixed greens, rotisserie chicken, avocado, cucumber, apple, cranberry, almond, chickpea, tomato, onion, goat cheese, chia seeds, and goodness house vinaigrette.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
775kcal	34g	49g	11g	88mg	50g	12g	23	0	546



PROTEIN POWER HOUR WRAP

Mixed greens, rotisserie chicken, avocado, cucumber, apple, cranberry, almond, chickpea, tomato, onion, goat cheese, chia seeds, and goodness house vinaigrette.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
1065kcal	43g	56g	14g	88mg	98g	18g	23	0	546

Warm Protein Bowls



CHICKEN BURRITO BOWL

Cauliflower rice, rotisserie chicken, avocado, cheddar cheese, tomato, corn, black beans, onion, and cilantro lime vinaigrette.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
614kcal	37g	36g	11g	92mg	47g	15g	10	1	527



CHICKEN BUDDHA BOWL

Spring mix, cauliflower rice, rotisserie chicken, avocado, chickpeas, tomato, goat cheese, cucumber, and goodness house vinaigrette.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
576kcal	21g	20g	9g	88mg	29g	9g	4	0	546



MEDITERRANEAN FALAFEL BOWL

Brown rice & quinoa medley, romaine, falafel, cucumber, tomato, kalamata olives, red onion, feta cheese, and lemon & olive oil dressing.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
912kcal	24g	41g	10g	38mg	115g	9g	10g	0	1,992

Toasts



AVOCADO SMASH

Smashed avocado, lemon juice, extra virgin olive oil, sea salt, ground pepper, and everything seasoning served on sourdough bread.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
210kcal	6g	7.5g	1g	0mg	28g	3g	0	0	364



CAPRESE SMASH

Smashed avocado, lemon juice, extra virgin olive oil, sea salt, ground pepper, fresh mozzarella, tomato, and balsamic glaze served on sourdough bread.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
393kcal	13g	22g	7g	35mg	33g	4g	4	0	391



MEDITERRANEAN SMASH

Smashed avocado, lemon juice, extra virgin olive oil, sea salt, ground pepper, cucumber, tomato, kalamata olives, red onion, and feta served on sourdough bread.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
413kcal	10g	24g	5g	25mg	36g	4g	3	0	825



SPICY SRIRACHA SMASH

Smashed avocado, lemon juice, extra virgin olive oil, sea salt, ground pepper, hard-boiled egg, red pepper flakes, and sriracha drizzle served on sourdough bread.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
276kcal	12g	12g	3g	180mg	28g	3g	0	0	567

Toasts



PB TOAST

Peanut butter, sliced bananas, cinnamon, cacao nibs, and a drizzle of honey served on sourdough bread

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
376kcal	11g	22g	6g	0mg	43g	9g	22	0	118



AB TOAST

Almond butter, sliced bananas, cinnamon, cacao nibs, and a drizzle of honey served on sourdough bread

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
536kcal	14g	25g	6g	0mg	68g	12g	22	0	362



CHICKEN SALAD

Rotisserie chicken, extra virgin olive oil, lemon juice, salt, ground pepper, smashed avocado, red onions, and goat cheese topped with hot sauce served on sourdough bread.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
467kcal	31g	21g	8g	88mg	34g	4g	2	0	688

Small Bites & Toasts

BAGEL WITH BUTTER

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
420kcal	10g	20g	12g	46mg	53g	2g	6	5	586

BAGEL WITH CREAM CHEESE

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
345kcal	12g	9g	5g	24mg	54g	2g	6	5	514

BAGEL STRAWBERRIES & NUTELLA

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
615kcal	7g	12g	1g	0mg	128g	14g	60	40	159

BAGEL WITH PB

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
615kcal	7g	12g	1g	0mg	128g	14g	60	40	159

BAGEL WITH AB

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
615kcal	7g	12g	1g	0mg	128g	14g	60	40	159

Juices



MAIN SQUEEZE

Kale, celery, cucumber, apple, lemon.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
104kcal	1g	0g	0g	0mg	20.5g	1g	12	0	147



BRING THE BEET IN

Beet, carrot, apple, lemon, ginger.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
188kcal	0g	0g	0g	0mg	42g	1g	32	0	149



NORTH SHORE

Pineapple, orange, carrot, ginger.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
127kcal	1g	0g	0g	0mg	28g	4.5g	16	0	136



KALE AS A CUCUMBER

Kale, cucumber, pineapple, mint, lemon.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
89kcal	2g	0g	0g	0mg	20g	1g	10	0	50

Juices



GOODNESS

Pineapple, strawberry, apple, spinach, celery.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
131kcal	0g	0g	0g	0mg	29g	2g	22	0	124



TURMERIC DETOX

Cucumber, celery, beet, lemon, and turmeric powder.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
161kcal	0g	12g	1g	0mg	128g	14g	60	40	159



YOU GLOW GIRL

Carrot, apple, ginger, cucumber, and mint.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
108	0g	0g	0g	0mg	35g	5g	22	0	198

Wellness Shots



HANGOVER HELP

Ginger, lemon, cayenne.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
25kcal	0g	0g	0g	0mg	6g	0g	2	0	3



INSTANT IMMUNITY

Ginger, lemon, orange, turmeric, cayenne.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
59kcal	0g	0g	0g	0mg	12g	0g	8	0	4



QUICK GREENS

Ginger, kale, lemon, green spirulina.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
28kcal	0g	0g	0g	0mg	3g	0g	1	0	16



SERATONIN BOOST

Beet, ginger, lemon, pineapple.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
91kcal	0g	0g	0g	0mg	16g	0g	15	0	40

Protein Bites



1 ALMOND BUTTER BITE

Almond butter, coconut flakes, dark chocolate chips, oats, vegan chocolate protein.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
179kcal	7g	11g	2g	0mg	17g	4g	5	0	74

SERVING 3 BITES

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
537kcal	21g	33g	6g	0mg	51g	12g	15	0	222



1 PEANUT BUTTER BITE

Peanut butter, coconut flakes, dark chocolate chips, oats, vegan chocolate protein.

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
184kcal	7g	11g	3g	0mg	17g	3g	5	0	100

SERVING 3 BITES

Calories	Protein	Fat	Saturated Fat	Cholesterol	CHO	Fiber	Sugar	Added Sugar	Sodium
552kcal	21g	33g	9g	0mg	51g	9g	15	0	300