

The Celery  
Nutritional Information

	Total Fat (g)	Total Fat %	Saturated Fat (g)	Saturated Fat %	Trans Fat (g)	Cholesterol	Sodium (mg)	Sodium %	Carbohydrates (g)	Total Carb %	Dietary Fiber (g)	Dietary Fiber %	Total Sugar (g)	Added Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Vitamin K	Thiamin	Riboflavin	Niacin	B6	Folate	Vitamin B12	Pantoic Acid	Choline	Calcium	Iron	Magnesium	Phosphorus	Potassium	Sodium	Zinc	Copper	Manganese	Selenium	Omega 3 (mg)		
<b>Juices</b>																																							
Keelo Green	150	1	0	0%	0%	0%	172	7%	33	12%	0	0%	20	0	6	228%	100%	526%	13%	23%	10%	23%	43%	0%	29%	7%	16%	21%	26%	13%	30%	7%	12%	24%	39%	5%	161		
Left Coast	218	2	2%	0%	0%	0%	256	11%	52	19%	0	0%	42	0	7	853%	179%	28%	15%	14%	25%	11%	58%	0%	32%	10%	16%	12%	21%	14%	36%	11%	14%	30%	20%	4%	42		
Falls Creek	147	1	1%	0%	0%	0%	94	4%	35	13%	0	0%	18	0	7	346%	157%	772%	19%	41%	12%	26%	48%	0%	32%	7%	16%	27%	31%	12%	28%	4%	13%	34%	150%	5%	218		
Work From Home	52	1	1%	0%	0%	0%	179	8%	20	7%	0	0%	11	0	6	190%	170%	441%	15%	14%	11%	30%	31%	0%	34%	6%	16%	17%	20%	31%	27%	8%	11%	22%	21%	4%	131		
Out of Office	211	1	1%	0%	0%	0%	108	5%	53	19%	0	0%	41	0	5	514%	162%	21%	8%	7%	18%	8%	25%	0%	28%	7%	11%	9%	15%	9%	23%	5%	7%	10%	100%	2%	60		
Best Drop	190	2	2%	0%	0%	0%	382	17%	43	16%	0	0%	34	0	9	1038%	185%	51%	0%	0%	33%	31%	79%	0%	24%	10%	13%	20%	26%	20%	46%	17%	17%	0%	33%	3%	38		
Celery	72	0	0%	0%	0%	0%	448	19%	20	7%	0	0%	10	0	4	59%	26%	137%	0%	0%	13%	9%	51%	0%	40%	6%	17%	11%	15%	11%	31%	19%	0%	0%	0%	4%	0		
<b>Smoothies</b>																																							
Green Dream	237	5	8%	1	4%	0%	441	19%	48	17%	4	15%	26	0	6	108%	54%	229%	2%	15%	11%	33%	36%	0%	19%	5%	7%	18%	28%	10%	20%	16%	9%	27%	150%	7%	110		
Berry Sunny	292	12	15%	2	10%	0%	398	17%	46	17%	6	23%	22	0	7	2%	70%	12%	9%	0%	9%	24%	12%	0%	11%	3%	3%	15%	28%	17%	14%	17%	16%	60%	69%	14%	115		
Always Raining	318	15	19%	3	14%	0%	443	19%	42	15%	8	28%	19	0	10	100%	26%	228%	15%	15%	20%	36%	42%	0%	14%	5%	9%	22%	37%	17%	18%	19%	47%	92%	15%	747			
Panocana	229	4	5%	0	2%	0%	279	12%	38	14%	7	25%	17	0	14	3%	53%	8%	10%	4%	11%	41%	15%	0%	16%	7%	5%	18%	21%	13%	16%	12%	11%	19%	74%	7%	513		
Esters	319	5	6%	1	3%	0%	451	20%	67	24%	11	39%	36	0	7	134%	40%	297%	6%	21%	12%	38%	42%	0%	13%	6%	9%	20%	28%	12%	21%	20%	10%	15%	98%	12%	165		
Brainstorm	242	9	12%	2	10%	0%	370	15%	36	13%	7	24%	22	0	7	1%	37%	8%	8%	0%	16%	34%	21%	0%	19%	8%	3%	7%	19%	8%	14%	1%	8%	31%	27%	8%	46		
Blue Tide	242	7	8%	2	12%	0%	396	17%	45	16%	3	12%	26	0	4	3%	36%	4%	5%	4%	8%	21%	9%	114%	18%	3%	5%	11%	17%	7%	12%	17%	7%	24%	123%	5%	31		
<b>Onmeals</b>																																							
Apple Cinnamon	353	12	16%	2	10%	0%	836	36%	52	19%	10	36%	17	0	8	2%	1%	8%	13%	0%	6%	4%	0%	7%	2%	9%	20%	23%	18%	8%	36%	23%	55%	117%	21%	686			
Berry Compote	337	14	15%	2	11%	0%	835	36%	47	17%	8	27%	15	0	9	0%	38%	8%	17%	1%	7%	9%	8%	0%	7%	2%	7%	20%	28%	22%	9%	36%	25%	59%	119%	16%	515		
Peanut Butter Cacao	325	14	18%	4	18%	0%	5	0%	43	16%	8	28%	13	0	10	1%	4%	1%	15%	19%	0%	14%	12%	12%	0%	13%	4%	4%	14%	24%	14%	5%	0%	15%	34%	61%	16%	34	
<b>Acad + Bowls</b>																																							
Home Grown	500	23	29%	3	16%	0%	267	12%	67	24%	12	43%	31	0	13	3%	22%	23%	16%	1%	21%	20%	17%	0%	12%	4%	4%	18%	26%	16%	15%	12%	13%	42%	73%	6%	542		
Moonsae	445	18	23%	7	34%	0%	268	12%	68	25%	12	44%	33	0	9	2%	174%	7%	8%	5%	13%	20%	21%	114%	7%	4%	8%	21%	29%	16%	19%	12%	9%	25%	81%	6%	632		
Shelziback	521	24	31%	8	40%	0%	269	12%	72	26%	9	31%	36	0	11	3%	82%	8%	16%	0%	13%	11%	11%	0%	24%	4%	9%	24%	35%	19%	15%	12%	16%	80%	196%	15%	1,844		
Cherry Pucker	660	33	42%	7	35%	0%	300	13%	62	34%	19	68%	32	0	25	4%	72%	30%	10%	0%	26%	60%	44%	0%	49%	13%	8%	25%	36%	17%	32%	13%	19%	79%	30%	11%	162		
<b>Grain Bowls + Salads</b>																																							
Rain Shadow w/Chicken	669	25	32%	4	20%	0%	350	15%	575	23%	93	34%	18	65%	4	0	39	50%	56%	107%	50%	15%	35%	38%	60%	0%	46%	6%	7%	33%	43%	31%	26%	18%	29%	117%	83%	21%	196
Rain Shadow w/Tampah	576	22	28%	3	15%	0%	470	20%	98	36%	22	78%	4	0	21	50%	58%	107%	50%	15%	35%	38%	60%	0%	46%	6%	7%	32%	43%	31%	26%	13%	29%	117%	83%	21%	196		
Up River w/Salmon	536	19	24%	3	14%	0%	24%	1,056	46%	57	21%	7	26%	4	0	36	166%	48%	350%	39%	54%	69%	51%	52%	367%	29%	5%	12%	28%	39%	36%	30%	20%	45%	19%	42%	61%	71%	1,433
Haystack w/Chicken	436	14	15%	5	24%	0%	41%	55%	42%	39	14%	5	17%	5	0	36	10%	13%	10%	14%	22%	8%	17%	25%	17%	14%	6%	12%	16%	27%	28%	12%	40%	22%	35%	49%	12%	79	
Tree Run w/Chicken	361	15	19%	2	12%	0%	35%	1,665	72%	26	9%	9	33%	13	0	31	20%	180%	78%	1%	8%	16%	43%	54%	0%	43%	19%	7%	11%	15%	14%	24%	72%	12%	12%	21%	11%	160	
Tree Run w/Salmon	392	19	24%	3	13%	0%	24%	1,628	71%	26	9%	9	33%	13	0	33	24%	180%	79%	34%	39%	74%	66%	57%	367%	67%	19%	8%	13%	22%	36%	33%	71%	15%	12%	21%	72%	1,424	
Harvest Moon w/Egg	501	25	32%	4	21%	0%	62%	445	21%	64	23%	10	36%	5	0	20	42%	31%	87%	15%	17%	31%	23%	33%	0%	36%	6%	7%	16%	24%	19%	21%	17%	17%	74%	35%	9%	530	
Harvest Moon w/Chicken	541	29	37%	5	26%	0%	97%	590	26%	64	23%	10	36%	5	0	42	42%	31%	87%	15%	17%	31%	23%	33%	0%	36%	6%	7%	17%	24%	19%	21%	17%	17%	74%	35%	9%	530	
Harvest Moon w/Salmon	672	33	42%	5	27%	0%	86%	552	24%	64	23%	10	36%	5	0	45	46%	31%	87%	49%	47%	68%	47%	36%	367%	60%	6%	8%	19%	31%	45%	30%	20%	21%	74%	35%	71%	1,194	
Zig Zag	361	13	17%	1	7%	0%	0%	666	29%	49	18%	7	23%	3	0	12	6%	19%	168%	23%	4%	9%	6%	33%	0%	8%	3%	11%	12%	16%	15%	25%	15%	61%	27%	4%	130		
Zig Zag w/Chicken	491	17	22%	2	12%	0%	35%	770	33%	49	18%	7	23%	3	0	14	6%	19%	168%	23%	4%	9%	6%	33%	0%	8%	3%	11%	12%	16%	15%	10%	30%	15%	61%	27%	4%	130	
Zig Zag w/Salmon	523	21	27%	3	13%	0%	24%	732	32%	49	18%	7	23%	3	0	36	10%	19%	168%	23%	35%	67%	29%	36%	367%	32%	3%	11%	14%	17%	36%	19%	28%	19%	61%	27%	69%	1,384	
Zig Zag w/Tampah	491	16	20%	1	7%	0%	666	29%	66	24%	18	63%	3	0	24	6%	19%	168%	23%	4%	9%	6%	33%	0%	8%	3%	11%	12%	16%	15%	10%	25%	15%	61%	27%	4%	130		
Little Salmon w/Salmon	540	22	28%	3	15%	0%	24%	660	29%	48	17%	8	30%	5	0	36	265%	120%	579%	73%	68%	70%	55%	47%	367%	31%	7%	14%	29%	40%	45%	28%	28%	23%	71%	82%	71%	1,516	
West Coast Beets	201	15	19%	3	17%	0%	4%	429	19%	13	5%	4	13%	9	0	5	2%	10%	30%	4%	8%	4%	5%	24%	10%	4%	1%	10%	8%	10%	8%	10%	17%	10%	7%	603%	5%	201	