



NUTRITIONAL *Information Guide*



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NUTRITIONAL INFORMATION GUIDE

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Nutrition information is rounded in accordance with U.S. FDA regulatory requirements. The weight of the products and calorie count may vary as they are manually weighed. Due to ingredient contact during production, traces of food allergens may occur in products beyond their original composition. Please note that images are for illustrative purposes; actual products may vary.



Cupuaçu Açaí and Açaí Zero





Nutrition Facts

Serving size 2/3 cup (158g)

Amount Per Serving

Calories 160

	% Daily Value*
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 31g	11%
Dietary Fiber 3g	11%
Total Sugars 28g	
Includes 27g Added Sugars	54%
Protein 1g	2%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: açai pulp, water, cane sugar, fruit and vegetable juices for color, glucose syrup, guarana extract, stabilizers guar gum, carboxymethylcellulose and xanthan gum, citric acid, emulsifiers salts of fatty acids and mono diglycerides of fatty acids.



VEGAN
GLUTEN-FREE
LACTOSE FREE

ALLERGENS: CONTAINS SOY
DERIVATIVES.

Açai





Nutrition Facts

Serving size 2/3 cup (158g)

Amount Per Serving

Calories 110

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 33g	12%
Dietary Fiber 17g	61%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 1g	2%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: açai pulp, water, polydextrose, maltitol, fruit and vegetable juices for color, guarana extract, stevia, stabilizers guar gum and xanthan gum, citric acid, emulsifiers salts of fatty acids and mono diglycerides of fatty acids.



VEGAN
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Açaí

Zero





Nutrition Facts

Serving size 2/3 cup (158g)

Amount Per Serving

Calories 240

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 4.5g	23%
<i>Trans</i> Fat 0g	
Cholesterol 10mg	3%
Sodium 60mg	3%
Total Carbohydrate 39g	14%
Dietary Fiber 0g	0%
Total Sugars 39g	
Includes 26g Added Sugars	52%
Protein 4g	8%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: cupuaçu pulp, purified water, cane sugar, powdered milk, palm oil, glucose syrup, guar gum (INS 412), xanthan gum (INS 415), citric acid (INS 330), emulsifiers salts of fatty acids (INS 470), mono and diglycerids of fatty acids (INS 471), polysorbate (INS 435), tartrazine (INS 102), sunset yellow (INS 110) and artificial flavor.



GLUTEN-FREE

ALLERGENS: CONTAIN LACTOSE. CONTAINS MILK AND SOY DERIVATIVES.

Cupuaçu





bowls



MENU ITEM	SIZE/WEIGHT/PORTION	TOTAL CALORIES	ALLERGENS	GLUTEN FREE	VEGETARIAN
BOWLS					
Easy Authentic	12oz	246	No	Yes	Yes
	16oz	400			
	24oz	584			
Easy Classic	12oz	233	No	Yes	Yes
	16oz	375			
	24oz	555			
Easy Exotic	12oz	332	Milk, Soy	Yes	Yes
	16oz	516			
	24oz	759			
Easy American	12oz	448	Peanuts	Yes	Yes
	16oz	620			
	24oz	872			
Easy Signature	12oz	257	No	Yes	Yes
	16oz	422			
	24oz	621			
Easy Brazilian	12oz	409	Milk	Yes	Yes
	16oz	652			
	24oz	803			



juices and smoothies



MENU ITEM	SIZE/WEIGHT/PORTION	TOTAL CALORIES	ALLERGENS	GLUTEN FREE	VEGETARIAN
SMOOTHIES					
Authentic Smoothie	16oz	314	—	Yes	Yes
	20oz	360			
Classic Smoothie	16oz	279	—	Yes	Yes
	20oz	319			
Exotic Smoothie	16oz	310	Milk, Soy	Yes	Yes
	20oz	350			
American Smoothie	16oz	446	Peanuts	Yes	Yes
	20oz	486			
Sunset Smoothie	16oz	404	Milk, Soy	Yes	Yes
	20oz	465			
JUICES					
Easy Graviola	16oz	152	—	Yes	Yes
	20oz	175			
Easy Refresh	16oz	224	—	Yes	Yes
	20oz	274			
Easy Paradise	16oz	228	—	Yes	Yes
	20oz	299			
Easy Sunrise	16oz	288	—	Yes	Yes
	20oz	366			
Easy Passion	16oz	110	—	Yes	Yes
	20oz	165			
Easy Immune	16oz	170	—	Yes	Yes
	20oz	223			



**pastries
and more**



MENU ITEM	SIZE/WEIGHT/PORTION	TOTAL CALORIES	ALLERGENS	GLUTEN FREE	VEGETARIAN
PASTRIES					
Cheese Bread	90g	310	Milk	Yes	Yes
Coxinha	90g	222	Milk, Wheat	No	No
Beef Empanada	99g	260	Wheat	No	No
Cheese Empanada	69g	214	Milk, Wheat	No	Yes
Ham&Cheese Empanada	63g	229	Milk, Wheat	No	No
Spinach&Cheese Empanada	99g	220	Milk, Wheat	No	Yes
Apple Pie Empanada	97g	234	Wheat	No	Yes
CONES					
Açaí	110g	154	Soy	No	Yes
Açaí+Cupuaçu Mix	110g	194	Milk, Soy	No	Yes
Cupuaçu	110g	234	Milk, Soy	No	Yes
MILKS					
Whole milk	240ml	150	Milk, Soy	Yes	Yes
Almond milk	240ml	70	Almond	Yes	Yes
Coconut milk	240ml	45	Tree nuts	Yes	Yes
SEASONAL					
Hot Açaí	8oz	132	—	Yes	Yes



toppings



Strawberry
20g - 6 cal



Banana
20g - 19 cal



Blueberry
20g - 6 cal



Chia seed
20g - 109 cal



Peanut butter crumble
(paçoca)
20g - 94 cal



Shredded coconut
20g - 130 cal



Honey
20g - 60 cal



Condensed milk
20g - 67 cal



Granola
20g - 82 cal



Granola (gluten free)
20g - 80 cal



Goji berry
20g - 70 cal



Almond butter
20g - 131 cal



Toasted coconut
20g - 100 cal



Peanut butter
20g - 116 cal



Passion fruit cream
20g - 53 cal



Powdered milk
20g - 100 cal



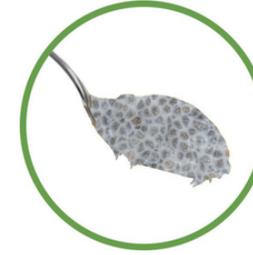
Nutella®
20g - 108 cal



Pistachio cream
20g - 114 cal



Protein powder
20g - 73 cal



Chia pudding
20g - 30 cal

TOPPINGS	PORTION	TOTAL CALORIES	ALLERGENS	GLUTEN FREE	VEGETARIAN
Strawberry	20g	6 cal	—	Yes	Yes
Banana	20g	19 cal	—	Yes	Yes
Blueberry	20g	6 cal	—	Yes	Yes
Chia seed	20g	109 cal	—	Yes	Yes
Shredded coconut	20g	130 cal	Tree nuts	Yes	Yes
Peanut butter crumble	20g	94 cal	Tree nuts	Yes	Yes
Honey	20g	60 cal	—	Yes	Yes
Condensed milk	20g	67 cal	Milk	Yes	Yes
Granola	20g	82 cal	Wheat	No	Yes
Granola gluten free	20g	80 cal	—	Yes	Yes
Goji berry	20g	70 cal	—	Yes	Yes
Almond butter	20g	131 cal	Almond	Yes	Yes
Peanut butter	20g	116 cal	Peanut	Yes	Yes
Toasted coconut	20g	100 cal	Tree nuts	Yes	Yes
Passion fruit cream	20g	53 cal	Milk	Yes	Yes
Powdered milk	20g	100 cal	Milk	Yes	Yes
Nutella®	20g	108 cal	Milk, Soy, Tree nuts	Yes	Yes
Pistachio cream	20g	114 cal	Milk, Tree nuts	Yes	Yes
Protein powder	20g	73 cal	Supplements	Yes	Yes

Calorie count based on 20g serving size per topping; actual calories may vary based on portion sizes and customization. Information sourced from topping supplier labels.



desserts



DESSERTS	PORTION	TOTAL CALORIES	ALLERGENS	GLUTEN FREE	VEGETARIAN
Chocolate Brigadeiro	20g	89 cal	Milk, Soy and may contain Tree nuts	Yes	Yes
Passion Fruit Brigadeiro	20g	168 cal	Milk	Yes	Yes
Cream & Nutella® Brigadeiro	20g	186 cal	Milk, Soy and Tree nuts	Yes	Yes
Coconut Brigadeiro	20g	109 cal	Milk, Tree nuts	Yes	Yes



disclaimer

NUTRITION FACTS DISCLAIMER

A 2,000-calorie daily diet is used as the basis for general nutrition advice; however, individual calorie needs may vary for adults and children as well as for age, gender, and fitness level.

Easy Açai offers vegetarian menu items, which do not include animal meats, but may include eggs, dairy, honey, and foods with animal by-products. Items listed as “gluten-free” were verified to contain gluten-free ingredients on their label.

The Easy Passion and the Easy Immune juices are crafted with added sugar unless otherwise specified; other juices are naturally sweetened. Please note that due to customization options, precise nutritional information may vary. Calories for our smoothies are calculated based on a water recipe. If milk additions are requested, the calorie count will vary accordingly.

Variations may occur due to the handcrafted nature of our menu items or due to seasonal influences and/or sources of supply of our ingredients. Additionally, formulations may change on occasion, or the substitution of ingredients or suppliers may be necessary, altering the nutritional values.

NOTICE: we cannot guarantee that any menu item is entirely free from allergens such as gluten, lactose, soy, or others. Our operational procedures involve shared cooking and preparation areas, equipment, and utensils. Ingredients or production methods utilized by our suppliers may change, resulting in potential differences in products. We recommend consulting with a healthcare professional or your physician regarding any food allergies, intolerances, sensitivities, or dietary restrictions.

If you notice missing information, wish to help us enhance our nutrition facts, or have any suggestions to share, please don't hesitate to contact us. We are always striving to improve and provide the best experience possible for our customers.

For any additional information, contact us at **904-834-7142** or email us at **info@easyacai.com**.



EASYAÇAÍ

BRAZILIAN JUICE BAR