

Signature Topping Combinations

	Calories	Carbs	Fat	Protein	Sodium	Sugar
Bee Original	165	30	4	3	41	16
Bee Fruitful	215	40	4	4	40	25
Bee Blooming	212	37	5	5	40	22
Bee Merry	195	25	8	3	39	15
Bee Victorious	147	31	2	2	39	22
Bee Sassy	322	38	16	8	41	21
Bee Powerful	339	34	19	12	43	14
Bee Nutty	324	28	19	11	46	11
Bee Sweet	333	33	18	8	45	16
Bee Bravo	260	8	22	10	298	1

Signature Bases ~ Açai

	Calories	Carbs	Fat	Protein	Sodium	Sugar
Mini	40	7	1	0	5	6
12oz	80	15	2	0	10	13
16oz	120	22	3	0	15	20
24oz	160	30	4	0	20	26

Signature Bases ~ Blue Majik

	Calories	Carbs	Fat	Protein	Sodium	Sugar
Mini	65	7	4	0	5	7
12oz	130	15	8	1	10	11
16oz	195	22	12	1	15	18
24oz	260	30	16	2	20	22

Signature Bases ~ Pitaya

	Calories	Carbs	Fat	Protein	Sodium	Sugar
Mini	45	11	0	0	0	10
12oz	90	22	0	0	0	20
16oz	135	33	0	0	0	30
24oz	180	44	0	0	0	40

Signature Bases ~ Chia Seed Pudding

	Calories	Carbs	Fat	Protein	Sodium	Sugar
Mini	77	12	3	1	25	7
12oz	155	23	6	3	50	15
16oz	232	35	9	4	75	22
24oz	310	46	12	6	100	30

Signature Bases ~ Overnight Oats

	Calories	Carbs	Fat	Protein	Sodium	Sugar
Mini	94	17	2	2	30	7
12oz	188	34	5	4	60	14
16oz	282	51	7	6	90	42
24oz	376	68	10	8	120	28

Toast Toppings

	Calories	Carbs	Fat	Protein	Sodium	Sugar
OG Smash	320	11	28	11	300	1
Everything On Avo	191	11	16	5	365	2
Lets Get Caprese	221	12	16	8	392	4
Heartbeet	209	17	15	6	483	3
Day Date	208	12	16	6	473	4

Bread Choices

	Calories	Carbs	Fat	Protein	Sodium	Sugar
Sourdough	228	48	0	6	266	0
Harvest Wheat	236	46	0	8	320	0

Individual Topping Options

	Calories	Carbs	Fat	Protein	Sodium	Sugar
Bananas	53	13	0	1	1	7
Strawberries	4	1	0	0	0	1
Blueberries	21	5	0	0	0	4
Pineapple	21	5	0	0	0	4
Mango	25	6	0	0	0	6
Kiwi	23	6	0	1	0	3
Avocado	60	3	5	1	3	0
Original Nola	53	7	2	1	39	2
Cacao Sea Salt Nola	59	9	3	1	61	3
Goji Berries	22	5	0	0	0	4
Cacao Nibs	54	3	4	0	0	0
Coconut Flakes	35	1	3	1	0	0
Almond Slivers	43	2	4	2	0	0
Peanuts	48	2	4	2	38	0
Pistachios	53	3	4	2	45	1
Chia Seeds	34	3	2	1	1	0
Flaxseed	19	1	2	1	1	0
Hemp Hearts	30	0	2	2	0	0
Bee Pollen	18	2	0	2	0	0
Local Honey	21	6	0	0	0	6
Almond Butter	85	3	8	4	1	0

Peanut Butter	100	3	8	4	3	1
Agave	20	5	0	0	0	5
Date Syrup	18	4	0	0	3	4
Tahini	95	4	8	3	0	0