



NUTRITION Facts

First Edition

2024



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NUTRITION FACTS

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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: açaí 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			



juices and smoothies



MENU ITEM	SIZE/WEIGHT/PORTION	TOTAL CALORIES	ALLERGENS	GLUTEN FREE	VEGETARIAN
SMOOTHIES					
Smoothie Authentic	16oz 20oz	314 360	No	Yes	Yes
Smoothie Classic	16oz 20oz	279 319	No	Yes	Yes
Smoothie Exotic	16oz 20oz	310 350	Milk, Soy	Yes	Yes
Smoothie American	16oz 20oz	446 486	Peanuts	Yes	Yes
Smoothie Signature	16oz 20oz	345 385	No	Yes	Yes
JUICES					
Easy Graviola	16oz 20oz	152 175	No	Yes	Yes
Easy Refresh	16oz 20oz	224 274	No	Yes	Yes
Easy Paradise	16oz 20oz	228 299	No	Yes	Yes
Easy Sunrise	16oz 20oz	288 366	No	Yes	Yes
Easy Passion	16oz 20oz	110 165	No	Yes	Yes
Easy Immune	16oz 20oz	170 223	No	Yes	Yes



**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, Soy	No	No
Beef Empanada	99g	260	Soy	No	No
Cheese Empanada	69g	214	Milk, Soy	No	Yes
Ham&Cheese Empanada	63g	229	Milk, Soy	No	No
Spinach&Cheese Empanada	99g	220	Milk, Soy	No	Yes
Apple Pie Empanada	97g	234	Soy	No	Yes
CONES					
Açaí	110g	154	Soy	No	Yes
Açaí+Cupuaçu Mix			Milk, Soy	No	Yes
Cupuaçu			Milk, Soy	No	Yes
MILKS					
Whole milk	240ml	150	Milk, Soy	Yes	Yes
Almond milk	240ml	70	Almond	Yes	Yes
Coconut milk	240ml	45	No	Yes	Yes



toppings



Strawberry
20g - 6 cal



Banana
20g - 19 cal



Blueberry
20g - 6 cal



Goji berry
20g - 70 cal



Shredded coconut
20g - 130 cal



Honey
20g - 60 cal



Condensed milk
20g - 67 cal



Powdered milk
20g - 100 cal



Granola (gluten free)
20g - 80 cal



Granola
20g - 82 cal



Chia seed
20g - 109 cal



Peanut butter
20g - 116 cal



Peanut butter crumble
(paçoca)
20g - 94 cal

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.



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.us**.



EASYAÇAI

BRAZILIAN JUICE BAR