



FOOD NUTRITIONAL INFORMATION

UPDATED 2025

Menu Item	Calories	Fat(g)	Carbs(g)	Fiber(g)	Sugar	Refined Sugar(g)	Protein	Caffeine(mg)
Bowls								
Leemoo Signature	470	17	78	17	33	0	9	0
Cacao Dream	571	18	81	19	35	0	14	25
Tropical Treasure	365	17	47	8	17	0	7	0
Toast								
Elevated Avo	455	28	37	9	3	0	15	0
Hazelnut Cacao	526	20	78	9	34	0	10	0
Beetroot Hummus	363	15	45	7	6	0	10	0
Chia Pudding	200-410	8-12	20-44	16-19	9-20	0	8-11	0
Overnight Oats	275-380	12-17	49-53	11-14	3-8	0	10-12	0
Veggie Quiche	265	14	19	3	3	0	14	0
Energy Balls								
Nutty Protein	215	12	24	4	10	0	10	0
Cacao Apple	145	6	20	2	10	0	2	0
Coco Carrot	175	8	22	3	10	0	5	0
Walnut Date	236	12	28	3	17	0	4	0
Stuffed Dates								
Nut Butter	112	4	19	3	16	0	2	0
Cacao Chocolate	140	6	21	3	16	0	2	0