



WEEKAPAUG GOLF CLUB

Organic Superfood Smoothies

MENU



"All-Natural, Organic, Superfood, & Plant-Based"
Supplement Fact Sheet on Back of Menu

Build Your Own Smoothie

Just the Basics Smoothie 10.

(KA'CHAVA Vanilla or Chocolate with Spring Water)

Basics Plus Smoothie 12.

(KA'CHAVA Vanilla or Chocolate with Any of the Following)

- BASE:**
- KA'CHAVA Vanilla Base
 - KA'CHAVA Chocolate Base
- FRUITS:**
- Mixed Berries
 - Mango (A)
 - Banana
 - Pineapple
- VEGETABLES:**
- Spinach
 - Avocado (A) + 1.
- FIBER BLEND:**
- Crushed Flax Seed
 - Organic Whole Grain Oat
- FUEL:**
- Whey Protein (A) + 1.
 - Soy Protein (A) + 1.
 - Iced Coffee + 1.
 - All-Natural Peanut Butter (A)
- BODY:**
- Spring Water
 - Coconut Water (A)
 - Green Iced Tea
 - Un-sweetened Almond Milk (A) + 1.
 - Whole Milk (A)



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WGC Signature Smoothies

Sixteen Ounce Smoothie

- OAT & BERRY** KA'CHAVA Vanilla Base, Mixed Berries, Spinach, Organic Whole Grain Oat, & Spring Water. 12.
- AVO-COLADA** KA'CHAVA Vanilla Base, Pineapple, Avocado, Crushed Flax Seed, Lime & Coconut Water. 13.
- ISLAND DETOX** KA'CHAVA Vanilla Base, Pineapple, Mango, Banana, Avocado, Kale, Organic Whole Grain Oat, & Coconut Water. 13.
- GORILLA JUICE** KA'CHAVA Chocolate Base, Bananas, Crushed Flax Seed, Un-sweetened Almond Milk, All-Natural Peanut Butter, Whey Protein. 14.
- BACK-9 FUEL** KA'CHAVA Chocolate Base, Organic Whole Grain Oat, Iced Coffee, Whole Milk. 13.
- SPA THERAPY** KA'CHAVA Vanilla Base, Mango, Avocado, Crushed Flax Seed, & Iced Green Tea. 13.
- MIND & BODY** KA'CHAVA Vanilla Base, Banana, Avocado, Organic Whole Grain Oat, Soy Protein, & Coconut Water. 14.

AVAILABLE: Wednesday – Sunday / 11:00 AM – 4:00 PM / Takeout Only!

To Order & For Pickup Call Rob or Dan at 401-322-7870 ext. 112

Please Allow For 15 Minutes for Preparation.

Supplement Facts

**KA'CHAVA****Amount Per Serving *%DV****Amount Per Serving *%DV**

Calories	240kcal	
Calories From Fat	60kcal	
Total Fat	7 g	11%
Saturated Fat	4.4 g	22%
Trans Fat	0 g	†
Cholesterol	0 mg	0%
Total Carbohydrate	25 g	8%
Dietary Fiber	9 g	36%
Total Sugars	7 g	†
Protein	25 g	
Vitamin A (as vitamin A palmitate)	2500 IU	50%
Vitamin C (as ascorbic acid)	30 mg	50%
Vitamin D (as ergocalciferol)	200 IU	50%
Vitamin E (as d-alpha tocopherol acetate)	15 IU	50%
Vitamin B1 (as thiamin hydrochloride)	0.75 mg	50%
Vitamin B2 (as riboflavin)	0.85 mg	50%
Vitamin B3 (as niacinamide)	10 mg	50%
Vitamin B6 (as pyridoxine hydrochloride)	1 mg	50%
Folate (as folic acid)	200 mcg	50%
Vitamin B12 (as cyanocobalamin)	3 mcg	50%
Biotin	150 mcg	50%
Pantothenic acid (as calcium d-pantothenate)	5 mg	50%
Calcium (as tricalcium phosphate & nat. occurring)	775 mg	78%
Iron (as nat. occurring)	7.2 mg	40%
Phosphorus (as tricalcium phosphate)	320 mg	32%
Iodine (as potassium iodide)	75 mcg	50%
Magnesium (as magnesium oxide & nat. occurring)	240 mg	60%
Zinc (as zinc oxide)	7.8 mg	52%
Selenium (as selenium chelate)	35 mcg	50%
Copper (as copper amino acid chelate)	1.2 mg	60%
Manganese (as manganese citrate)	0.9 mg	45%
Chromium (as chromium amino acid chelate)	60 mcg	50%
Molybdenum (as molybdenum amino acid chelate)	33.75 mcg	45%
Chloride (as sodium chloride and nat. occurring)	204 mg	6%
Sodium (as sodium chloride and nat. occurring)	525 mg	22%
Potassium (as naturally occurring)	500 mg	14%

Plant-Based Protein Blend 27.75 g †

Yellow Pea Protein, Organic Whole Grain Brown Rice Protein, Organic Sacha Inchi (Plukenetia volubilis linneo, seed), Organic Amaranth (Amaranthus caudatus, seed), Organic Quinoa (Chenopodium quinoa, seed)

Omega EFA / Fiber Blend 9.62 g †

Organic Pure Whole Grain Oat, Organic Acacia Gum, Chia (Salvia hispanica, seed), Flax (Linum usitatissimum, seed)

Antioxidant / Super-Fruit Blend 6.1 g †

Organic Coconut Flower Nectar (Cocos nucifera, flower bud) Acai Berry (Euterpe oleracea, fruit), Organic Maqui Berry (Aristotelia chilensis, fruit), Camu-Camu Berry (Myrciaria dubia, fruit), 100% Organic Strawberry, 100% Organic Tart Cherry, 100% Organic Blackberry, Organic Blueberry, 100% Organic Raspberry

Adaptogen Blend 1020 mg †

Organic Maca Root (Lepidium meyenii walp, root), 100% Organic Shiitake Mushroom Mycelia, 100% Organic Maitake Mushroom Mycelia, 100% Organic Reishi Mushroom Mycelia, 100% Organic Cordyceps Mushroom Mycelia, 100% Organic Ginger Root

Super-Greens / Vegetable Blend 500 mg †

100% Organic Beet, 100% Organic Carrot, 100% Organic Spinach, 100% Organic Broccoli, 100% Organic Tomato, 100% Organic Kale, 100% Organic Cabbage, 100% Organic Parsley Leaf, 100% Organic Brussel Sprouts, 100% Organic Green Pepper, 100% Organic Cucumber, 100% Organic Celery, 100% Organic Garlic, 100% Organic Green Onion, 100% Organic Cauliflower and 100% Organic Asparagus, Chlorella (Chlorella vulgaris)

Probiotic / Prebiotic Blend 50 mg †

Inulin, Lactobacillus rhamnosus, Lactobacillus acidophilus

Digestive Enzyme Blend 50 mg †

Amylase, Protease, Cellulase, Lactase, Lipase

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. † Daily Value not established.

Other Ingredients: Cocoa, Coconut Milk, Soluble Vegetable Fiber, Natural Vanilla Flavors, Xanthan Gum, Guar Gum, Lo Han Fruit Extract, Cinnamon.

Allergy Information: Contains Tree Nuts (Coconut), Mushrooms, & Garlic

This product is manufactured in a plant that may also process milk, tree nuts, wheat and soy ingredients.

Storage: Store in a cool dry place. To ensure freshness, consume within 4 to 5 weeks of opening.

Note: Use as part of a well balanced diet. Do not use this product as your only source of nutrition.

Warning: Consult with your physician if you are pregnant, breast feeding, or if you have any medical conditions.

Keep out of reach of children.