



Vitality Bowls Menu

<https://menulist.menu>

8226 S Tamiami Trail, Sarasota, FL 34238, USA, United States

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The Card of Vitality Bowls from Sarasota includes about **69** different menus and drinks. On average, you pay for a dish / drink about \$8.0. What [User](#) likes about Vitality Bowls:

I'd give it 10. Moving to Florida from Texas and had not been able to find a good acai bowl where I live (Bradenton), so a friend told me about Vitality Bowl and we drove to Orlando to try it and the ride was sooo worth it. Fresh ingredients, so much variety and best customer service - the owners are just so great people. Honestly, one of the best places I was here. I'm sorry that I enjoy my Acai bowl so much, I almo... [read more](#). For quick hunger in between, Vitality Bowls from Sarasota serves *tasty sandwiches, healthy salads, and other treats*, as well as hot and cold drinks, Inthemorning a hearty brunch is offered here. The restaurant offers a comprehensive variety of fresh and fine juices, The guests of the restaurant are also thrilled with the extensive variety of various **coffee and tea specialities** that the restaurant offers.

Vitality Bowls Menu



Pizza

TEXAS

Main courses

TOPPINGS

Sandwich, Bagels, Burger

GRILLED CHEESE SANDWICH \$4.6

Side dishes

SIDE OF FRUIT \$3.4

Soft drinks

JUICE

Spirits

AMERICANO \$2.5

Superfood Smoothies

MATCHA MADNESS \$9.8

Juices

THE DETOXIFIER \$7.0

Twisted & Copious Citrus

THE REHYDRATOR \$7.0

Juice

GO GREEN \$9.8

Specialty Cocktails

THE DRAGON \$9.8

Specialty Drinks

TURMERIC LATTE \$3.5

Modern Classics

BREAKFAST BOWL \$9.2

Hot Teas

MATCHA GREEN TEA LATTE \$3.5

Sushi Bar Appetizer

DRAGON BOWL \$14.9

Breakfast & Dessert

DESSERT BOWL \$9.2

Soft

CELERY JUICE \$6.0

Min SGC 'Express' Signature Sandwiches & Wraps

CHIMICHURRI STEAK WRAP \$10.9

Espresso Drinks

ORGANIC ESPRESSO \$3.0

Locally Roasted Organic Coffee Bar

ORGANIC POUR COFFEE \$3.0

House Special Juice

TROPICAL PARADISE \$8.6

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Restaurant Category

TROPICAL

Smoothies

WHEY GREEN \$9.8

AÇAÍ ELIXIR \$8.6

Sandwiches

CHICKEN PESTO

GRILLED CHEESE SANDWICH \$4.6

Smoothie Bowls

TROPICAL BOWL \$13.8

GREEN BOWL \$14.9

Kid's Menü

KIDS SUNSATION SMOOTHIE (14 OZ) \$6.3

KIDS BOWL (14 OZ) \$8.0

Beverages

JUICES

ORGANIC HOT TEA \$2.5

Acai Bowls

SUPERFOOD BOWL \$16.1

WARRIOR BOWL \$14.9

Popular Items

VITALITY BOWL \$12.6

THE TEMPTATION 2 \$8.6

NUTTY BOWL \$13.2

Ingredients Used



CHICKEN

PESTO

FRUIT

Coffee

CAPPUCCINO \$3.5

CHAI LATTE \$3.5

COFFEE

LATTE \$3.5

Salads & Grain Bowls

GREEN GLOW BOWL \$14.9

SUPERGREEN GODDESS SALAD \$14.9

CHIMICHURRI STEAK AND POTATO BOWL \$14.9

POWER PESTO CHICKEN BOWL \$14.9

These types of dishes are being served

STEAK

PANINI

TOSTADAS

WRAP

Uncategorized

HOT CACOCO \$3.0

ACAI LATTE \$4.5

PITAYA LATTE \$4.5

SUPERFOOD MOCHA \$4.0

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Wellness Wraps & Power Toasts



**SUPERSEED AVOCADO
TOAST** \$8.0

**WHOLESOME HUMMUS
TOAST** \$8.0

KIDS' PB&J \$6.9

MORNING GLORY WRAP \$9.8

PB CHIA JAM TOAST \$6.9

VITALITY WRAP \$9.8

Fresh Juice Bar

THE VITALITY \$7.0

THE REJUVENATOR \$7.0

LEMON GINGER (2 OZ) \$4.0

THE INVIGORATOR \$7.0

GREEN ME UP \$7.0

C ME UP \$7.0

THE INTENSIFIER \$7.0

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Made with menulist.menu

Opening Hours:

Monday 08:00 -20:00
Tuesday 08:00 -20:00
Wednesday 08:00 -20:00
Thursday 08:00 -20:00
Friday 08:00 -20:00
Saturday 08:00 -20:00
Sunday 10:00 -18:00