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New Vitality Bowls ‘Superfood’ Cafe Opens in Fremont

It's the 38th California location for the San Ramon-based enterprise



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Fremont finally has its first [Vitality Bowls](#).

The “superfood” cafe whose menu is built on the antioxidant-rich acai berry opens its doors today on Paseo Padre Parkway for takeout and delivery. It’s the 38th location in California for the company founded in 2011 in San Ramon by Tara and Roy Gilad, parents who were inspired to create a restaurant haven for those, like their daughter, who suffer from food allergies.

The menu features fruit-based bowls (the Warrior Bowl and the Dragon Bowl are among the most popular), smoothies, panini, salads and soup. All are made in non-cross-contamination kitchens, and no artificial preservatives or added sweeteners are used.

Vi Pham and Scott Bui, the owners of this Vitality Bowls in the Gateway Plaza near Raley’s, are both health-care professionals. They say they plan to open additional locations in the region.

Details: Hours are 8 a.m. to 8 p.m. daily. 39258 Paseo Padre Parkway, Fremont:
<https://vitalitybowls.com/>

Link: <https://bayareane.ws/2YV5XD3>