

SMOOTHIE MENU NUTRITIONAL PROFILE

PROTEIN CARBS FAT CALORIES

CLASSICS

Pina Colada	22.2	55.2	0.5	314
Almond Banana	11.3	40.9	4.8	311
Island Breeze	2	54	0	222
Snicker Snack	32	38.5	8.5	349
Blueberry Moon	28.8	50.3	0.5	324
Chocolate Lovers	28	38	0.5	268
Fresh & Fruity	29.3	64.5	0.5	380
Cinnamon Bun	49	30	8.5	392
Super Fruits	20.5	40.5	0.5	231
ABC ACAI	21	37.9	0.5	238
Raspberry Lemonade	22	44	5	309
Black Forest Cake	49	54.2	5	460

ALL FRUIT

Berry Blast	2	59.6	0	246
Pomegranate Power	2.7	39.7	0	193
Raspberry Rave	21.6	58.6	0.5	327
Strawberry Fields	2.3	48.7	0	205
1 Banana 2 Banana	22.7	32.7	5.3	273
Caribbean Runner	21.6	60	0.5	335
Fruit Bomb	2	42.5	0	175
Mango Mamma	2.3	54.5	0	229

PROTEIN & WORKOUT

Cookie Crazy	49	50	5.5	446
Strawberry Banana	49	48.5	1	399
Peanut Butter & Jelly	57	43	9	450
Peanut Butter Cup	52	36.5	9	425
Vanilla Gorilla	48	29	1	316
Orange Dreamiscle	42	39	5	369
Nutty Banana Gainer	52	49.4	21.6	603
Arnold's Specialty	53	75.7	20	700

FAT BURNERS

Pleasure Pineapple	29	56	0.5	346
Skinny Chocolate	28.5	37	0.5	270
Hazelnut Banana Buster	28.5	37	0.5	270
Burn Baby Burn	29	47	0.5	309
Caramel Power	28.5	40.5	0.5	284
Chocolate Coconut Almond	21.6	17.2	5.3	199
South Beach Shake	40	10	1	208