

Jamba Nutritional Spreadsheet 2022



Menu Item	Total Calories	Calories from Fat (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium %DV	Iron (%DV)	Vitamin D (%DV)	Vitamin E (%DV)	Vitamin B1 (%DV)	Vitamin B2 (%DV)	Zinc (%DV)	Caffeine (mg)	Servings of Fruit	Servings of Vegetables	Fulsome Ingredient List	Allergens
Electric Berry Lemonade Smoothie, Medium	340	10	1	0	0	0	40	81	3	74	3	4	100	10	4	0	4	2	2	2	0	1.5	0	Lemonade (Water, Sugar, Lemon Juice Concentrate, Lemon Pulp, Natural Flavor, Citric Acid), Mixed Berry Flavored Grape Juice Blend (Grape Juice [from concentrate], Pear Juice [from concentrate], Blueberry Juice [from concentrate], 2% or less of Cherry Juice [from concentrate], Strawberry Juice [from concentrate], Malic Acid, Natural Flavor), Frozen Strawberries, Raspberry Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, Skim Milk, 2% or less of Raspberries, Raspberry Juice Concentrate, Natural Flavor, Cream, Citric Acid, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Red Beet Extract [color], Caramel Color, Annatto Extract [color]), Ice, Frozen Peaches, Fat Free Vanilla Frozen Yogurt (Skim Milk, Sugar, Whey, 2% or less of Natural Flavors, Corn Syrup, Lactic Acid, Vinegar, Whey Protein Concentrate, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Carrageenan, Annatto Extract [color], Cultures), Blue Spirulina Powder (Trehalose, Spirulina Extract [color], Trisodium Citrate).	Contains Milk.
Electric Berry Lemonade Smoothie, Small	230	5	1	0	0	0	30	54	2	49	2	2	70	6	2	0	2	2	2	0	0	1	0	Lemonade (Water, Sugar, Lemon Juice Concentrate, Lemon Pulp, Natural Flavor, Citric Acid), Mixed Berry Flavored Grape Juice Blend (Grape Juice [from concentrate], Pear Juice [from concentrate], Blueberry Juice [from concentrate], 2% or less of Cherry Juice [from concentrate], Strawberry Juice [from concentrate], Malic Acid, Natural Flavor), Frozen Strawberries, Raspberry Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, Skim Milk, 2% or less of Raspberries, Raspberry Juice Concentrate, Natural Flavor, Cream, Citric Acid, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Red Beet Extract [color], Caramel Color, Annatto Extract [color]), Ice, Frozen Peaches, Fat Free Vanilla Frozen Yogurt (Skim Milk, Sugar, Whey, 2% or less of Natural Flavors, Corn Syrup, Lactic Acid, Vinegar, Whey Protein Concentrate, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Carrageenan, Annatto Extract [color], Cultures), Blue Spirulina Powder (Trehalose, Spirulina Extract [color], Trisodium Citrate).	Contains Milk.
Plant-Based Electric Berry Lemonade Smoothie, Large	510	120	13	11	0	0	20	99	5	81	3	4	140	4	8	0	4	2	2	2	0	1.5	0	Lemonade (Water, Sugar, Lemon Juice Concentrate, Lemon Pulp, Natural Flavor, Citric Acid), Oatmilk Frozen Dessert (Oatmilk [Filtered Water, Whole Oat Flour], Cane Sugar, Coconut Oil, Tapioca Syrup, Pea Protein, Locust Bean Gum, Guar Gum), Mixed Berry Flavored Grape Juice Blend (Grape Juice [from concentrate], Pear Juice [from concentrate], Blueberry Juice [from concentrate], 2% or less of Cherry Juice [from concentrate], Strawberry Juice [from concentrate], Malic Acid, Natural Flavor), Frozen Strawberries, Ice, Frozen Peaches, Blue Spirulina Powder (Trehalose, Spirulina Extract [color], Trisodium Citrate).	Contains Coconut.
Plant-Based Electric Berry Lemonade Smoothie, Medium	420	100	11	9	0	0	15	82	4	68	3	4	100	4	6	0	4	2	2	2	0	1.5	0	Lemonade (Water, Sugar, Lemon Juice Concentrate, Lemon Pulp, Natural Flavor, Citric Acid), Oatmilk Frozen Dessert (Oatmilk [Filtered Water, Whole Oat Flour], Cane Sugar, Coconut Oil, Tapioca Syrup, Pea Protein, Locust Bean Gum, Guar Gum), Mixed Berry Flavored Grape Juice Blend (Grape Juice [from concentrate], Pear Juice [from concentrate], Blueberry Juice [from concentrate], 2% or less of Cherry Juice [from concentrate], Strawberry Juice [from concentrate], Malic Acid, Natural Flavor), Frozen Strawberries, Ice, Frozen Peaches, Blue Spirulina Powder (Trehalose, Spirulina Extract [color], Trisodium Citrate).	Contains Coconut.
Plant-Based Electric Berry Lemonade Smoothie, Small	260	60	6	5	0	0	10	53	2	44	2	2	70	2	4	0	2	2	2	0	0	1	0	Lemonade (Water, Sugar, Lemon Juice Concentrate, Lemon Pulp, Natural Flavor, Citric Acid), Oatmilk Frozen Dessert (Oatmilk [Filtered Water, Whole Oat Flour], Cane Sugar, Coconut Oil, Tapioca Syrup, Pea Protein, Locust Bean Gum, Guar Gum), Mixed Berry Flavored Grape Juice Blend (Grape Juice [from concentrate], Pear Juice [from concentrate], Blueberry Juice [from concentrate], 2% or less of Cherry Juice [from concentrate], Strawberry Juice [from concentrate], Malic Acid, Natural Flavor), Frozen Strawberries, Ice, Frozen Peaches, Blue Spirulina Powder (Trehalose, Spirulina Extract [color], Trisodium Citrate).	Contains Coconut.
Fat Free Vanilla Frozen Yogurt, Blue Scoop	60	0	0	0	0	0	25	13	0	12	1			6	0	0					0	0	0	Fat Free Vanilla Frozen Yogurt (Skim Milk, Sugar, Whey, 2% or less of Natural Flavors, Corn Syrup, Lactic Acid, Vinegar, Whey Protein Concentrate, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures).	Contains Milk.
Fat Free Vanilla Frozen Yogurt, Green Scoop	70	0	0	0	0	0	30	16	0	15	2			6	0	0					0	0	0	Fat Free Vanilla Frozen Yogurt (Skim Milk, Sugar, Whey, 2% or less of Natural Flavors, Corn Syrup, Lactic Acid, Vinegar, Whey Protein Concentrate, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures).	Contains Milk.
Fat Free Vanilla Frozen Yogurt, Red Scoop	35	0	0	0	0	0	15	8	0	8	1			4	0	0					0	0	0	Fat Free Vanilla Frozen Yogurt (Skim Milk, Sugar, Whey, 2% or less of Natural Flavors, Corn Syrup, Lactic Acid, Vinegar, Whey Protein Concentrate, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures).	Contains Milk.
Fruity Rocks Smoothie, Large	550	35	4	2.5	0	10	160	116	2	105	9	0	120	15	15	0	2	2	2	2	0	1	0	Vanilla Soy Milk (Water, Rice Sweetener [Water, Rice, Rice Bran], Sugar, Organic Soy Base [Water, Whole Organic Soybeans], Soy Protein Isolate [Soy Protein Isolate, Soy Lecithin], Natural Vanilla Flavor with Other Natural Flavors, Carrageenan), Frozen Strawberries, Orange Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Citric Acid, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color]), Pineapple Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, 2% or less of Pineapple Juice Concentrate, Cream, Natural Flavors, Citric Acid, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan), Raspberry Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, Skim Milk, 2% or less of Raspberries, Raspberry Juice Concentrate, Natural Flavor, Cream, Citric Acid, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Red Beet Extract [color], Caramel Color, Annatto Extract [color]), Ice, Lime Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, 2% or less of Lime Juice Concentrate, Orange Pulp, Lime Oil, Natural Flavor, Cream, Citric Acid, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Turmeric Extract [color]).	Contains Milk, Soy.
Fruity Rocks Smoothie, Medium	400	25	3	2	0	10	115	85	2	77	6	0	90	10	10	0	2	2	2	0	0	1	0	Vanilla Soy Milk (Water, Rice Sweetener [Water, Rice, Rice Bran], Sugar, Organic Soy Base [Water, Whole Organic Soybeans], Soy Protein Isolate [Soy Protein Isolate, Soy Lecithin], Natural Vanilla Flavor with Other Natural Flavors, Carrageenan), Frozen Strawberries, Orange Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Citric Acid, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color]), Pineapple Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, 2% or less of Pineapple Juice Concentrate, Cream, Natural Flavors, Citric Acid, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan), Raspberry Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, Skim Milk, 2% or less of Raspberries, Raspberry Juice Concentrate, Natural Flavor, Cream, Citric Acid, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Red Beet Extract [color], Caramel Color, Annatto Extract [color]), Ice, Lime Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, 2% or less of Lime Juice Concentrate, Orange Pulp, Lime Oil, Natural Flavor, Cream, Citric Acid, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Turmeric Extract [color]).	Contains Milk, Soy.
Fruity Rocks Smoothie, Small	280	15	2	1	0	5	85	59	1	53	4	0	60	8	6	0	0	0	0	0	0	1	0	Vanilla Soy Milk (Water, Rice Sweetener [Water, Rice, Rice Bran], Sugar, Organic Soy Base [Water, Whole Organic Soybeans], Soy Protein Isolate [Soy Protein Isolate, Soy Lecithin], Natural Vanilla Flavor with Other Natural Flavors, Carrageenan), Frozen Strawberries, Orange Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Citric Acid, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color]), Pineapple Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, 2% or less of Pineapple Juice Concentrate, Cream, Natural Flavors, Citric Acid, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan), Raspberry Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, Skim Milk, 2% or less of Raspberries, Raspberry Juice Concentrate, Natural Flavor, Cream, Citric Acid, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Red Beet Extract [color], Caramel Color, Annatto Extract [color]), Ice, Lime Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, 2% or less of Lime Juice Concentrate, Orange Pulp, Lime Oil, Natural Flavor, Cream, Citric Acid, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Turmeric Extract [color]).	Contains Milk, Soy.
Ginger Puree Boost	30	5	0	0	0	0	5	6	1	1	1	0	4	0	2	0					0	0	0	Ginger Puree (Ginger, Citric Acid).	
Ginger Shot, RTD	25	0	0	0	0	0	0	6	0	3	0	0	50	0	0						0	0	0	Ginger Shot (Orange Juice, Lemon Juice, Ginger Juice, Cayenne Pepper).	
Gingerbread Smoothie, Large	690	45	5	3	0	20	430	146	0	132	16	10	4	60	40	0	0	0	0	0	0	0	0	Fat Free Vanilla Frozen Yogurt (Skim Milk, Sugar, Whey, 2% or less of Natural Flavors, Corn Syrup, Lactic Acid, Vinegar, Whey Protein Concentrate, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures), 2% Milk (Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3), Ice, Gingerbread Flavored Base (Water, Sugar, Molasses, Tapioca Starch, Rice Flour, Caramel, Spices [Ginger, Cinnamon, Clove], Pea Protein Isolate, Salt, Xanthan Gum, Natural Type Flavors), Naturally Flavored Raspberry Syrup (Sugar, Water, Seedless Raspberry Puree, Modified Food Starch, 2% or less of Natural Flavors, Citric Acid, Vegetable Juice [color]), Sodium Citrate, Xanthan Gum).	Contains Milk.
Gingerbread Smoothie, Medium	510	35	4	2	0	15	320	107	0	97	12	8	4	45	30	0	0	0	0	0	0	0	0	Fat Free Vanilla Frozen Yogurt (Skim Milk, Sugar, Whey, 2% or less of Natural Flavors, Corn Syrup, Lactic Acid, Vinegar, Whey Protein Concentrate, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures), 2% Milk (Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3), Ice, Gingerbread Flavored Base (Water, Sugar, Molasses, Tapioca Starch, Rice Flour, Caramel, Spices [Ginger, Cinnamon, Clove], Pea Protein Isolate, Salt, Xanthan Gum, Natural Type Flavors), Naturally Flavored Raspberry Syrup (Sugar, Water, Seedless Raspberry Puree, Modified Food Starch, 2% or less of Natural Flavors, Citric Acid, Vegetable Juice [color]), Sodium Citrate, Xanthan Gum).	Contains Milk.
Gingerbread Smoothie, Plant Based w/Syrup, Large	840	270	30	23	0	0	300	140	5	100	6	70	4	45	45	35	0	0	35	0	0	0	0	Oatmilk Frozen Dessert (Oatmilk [Filtered Water, Whole Oat Flour], Cane Sugar, Coconut Oil, Tapioca Syrup, Pea Protein, Locust Bean Gum, Guar Gum), Oatmilk (Filtered Water, Oat Concentrate, Sunflower Oil, Vitamin and Mineral Blend [Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin (B2), Vitamin B12], Dipotassium Phosphate, Sea Salt, Gellan Gum, Locust Bean Gum, Sodium Ascorbate [Vitamin C], Ascorbic Acid and Vitamin E to protect freshness), Natural Flavor) OR (Water, Oats, 2% or less of Low Eruic Acid Rapeseed Oil, Dipotassium Phosphate, Calcium Carbonate, Tricalcium Phosphate, Sea Salt, Dicalcium Phosphate, Riboflavin, Vitamin A, Vitamin D2, Vitamin B12)), Ice, Gingerbread Flavored Base (Water, Sugar, Molasses, Tapioca Starch, Rice Flour, Caramel, Spices [Ginger, Cinnamon, Clove], Pea Protein Isolate, Salt, Xanthan Gum, Natural Type Flavors), Naturally Flavored Raspberry Syrup (Sugar, Water, Seedless Raspberry Puree, Modified Food Starch, 2% or less of Natural Flavors, Citric Acid, Vegetable Juice [color]), Sodium Citrate, Xanthan Gum).	Contains Coconut.
Gingerbread Smoothie, Plant Based w/Syrup, Medium	670	220	24	19	0	0	230	112	4	80	5	50	4	35	35	25	0	0	25	0	0	0	0	Oatmilk Frozen Dessert (Oatmilk [Filtered Water, Whole Oat Flour], Cane Sugar, Coconut Oil, Tapioca Syrup, Pea Protein, Locust Bean Gum, Guar Gum), Oatmilk (Filtered Water, Oat Concentrate, Sunflower Oil, Vitamin and Mineral Blend [Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin (B2), Vitamin B12], Dipotassium Phosphate, Sea Salt, Gellan Gum, Locust Bean Gum, Sodium Ascorbate [Vitamin C], Ascorbic Acid and Vitamin E to protect freshness), Natural Flavor) OR (Water, Oats, 2% or less of Low Eruic Acid Rapeseed Oil, Dipotassium Phosphate, Calcium Carbonate, Tricalcium Phosphate, Sea Salt, Dicalcium Phosphate, Riboflavin, Vitamin A, Vitamin D2, Vitamin B12)), Ice, Gingerbread Flavored Base (Water, Sugar, Molasses, Tapioca Starch, Rice Flour, Caramel, Spices [Ginger, Cinnamon, Clove], Pea Protein Isolate, Salt, Xanthan Gum, Natural Type Flavors), Naturally Flavored Raspberry Syrup (Sugar, Water, Seedless Raspberry Puree, Modified Food Starch, 2% or less of Natural Flavors, Citric Acid, Vegetable Juice [color]), Sodium Citrate, Xanthan Gum).	Contains Coconut.

Jamba Nutritional Spreadsheet 2022



Menu Item	Total Calories	Calories from Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium %DV	Iron (%DV)	Vitamin D (%DV)	Vitamin E (%DV)	Vitamin B1 (%DV)	Vitamin B2 (%DV)	Zinc (%DV)	Caffeine (mg)	Servings of Fruit	Servings of Vegetables	Fulsome Ingredient List	Allergens
Classic Breakfast Sandwich on Multigrain Ciabatta Bun	410	230	25	9	0	115	660	30	3	1	15			15	10						-	-	-	Multigrain Ciabatta Bun (Water, Sprouted Whole Wheat Flour, Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour], Salt, Buttermilk Powder, Malt Barley Flour, Potato Flour, Cultured Wheat Flour, Calcium Sulfate, Enzymes, Ascorbic Acid, Olive Pomace Oil, Millet, Red Winter Wheat, Soft White Wheat, Rye, Barley, Oats, Sunflower Seeds, Yeast), Sausage Patty (Pork, Water, Salt, Spices, Dextrose, Sugar), Egg Patty (Eggs, Whey, Soybean Oil, Nonfat Milk, 2% Or Less Of Modified Food Starch, Salt, Xanthan Gum, Citric Acid [Preservative]), Natural Butter (Flavor), White Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes).	Contains Egg, Milk, Wheat.
Impossible Vegetarian Breakfast Sandwich on Multigrain Ciabatta Bun	390	140	15	6	0	15	720	33	4	0	15			20	15						-	-	-	Multigrain Ciabatta Bun (Water, Sprouted Whole Wheat Flour, Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour], Salt, Buttermilk Powder, Malt Barley Flour, Potato Flour, Cultured Wheat Flour, Calcium Sulfate, Enzymes, Ascorbic Acid, Olive Pomace Oil, Millet, Red Winter Wheat, Soft White Wheat, Rye, Barley, Oats, Sunflower Seeds, Yeast), Impossible Sausage Patty (Water, Soy Protein Concentrate, Sunflower Oil, Coconut Oil, 2% or less of Methylcellulose, Yeast Extract, Salt, Natural Flavors, Cultured Dextrose, Spices, Food Starch Modified, Onion Powder, Garlic Powder, Citric Acid, Soy Leghemoglobin, Mixed Tocopherols [Antioxidant]), Soy Protein Isolate, Vitamins And Minerals (Zinc Gluconate, Niacin, Pyridoxine Hydrochloride [Vitamin B6], Riboflavin [Vitamin B2], Vitamin B12), White Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes).	Contains Milk, Soy, Wheat.
Tango Oasis Smoothie, Large	470	20	2	1	0	5	70	112	3	97	2	90	110	10	10	0	8	6	4	2	0	3	0	Peach Flavored Pear Juice Blend (Pear Juice [from concentrate], White Grape Juice [from concentrate], Peach Juice [from concentrate], Malic Acid, Natural Flavor), Pineapple Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, 2% or less of Pineapple Juice Concentrate, Cream, Natural Flavors, Citric Acid, Mono- and Diphosphates, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan), Frozen Mangos, Ice, Frozen Strawberries.	Contains Milk
Tango Oasis Smoothie, Medium	360	15	1.5	1	0	5	50	85	3	74	2	80	90	8	8	0	6	4	4	0	0	2	0	Peach Flavored Pear Juice Blend (Pear Juice [from concentrate], White Grape Juice [from concentrate], Peach Juice [from concentrate], Malic Acid, Natural Flavor), Pineapple Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, 2% or less of Pineapple Juice Concentrate, Cream, Natural Flavors, Citric Acid, Mono- and Diphosphates, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan), Frozen Mangos, Ice, Frozen Strawberries.	Contains Milk
Tango Oasis Breeze Smoothie, Small	250	10	1	0.5	0	5	40	61	2	53	1	50	60	6	6	0	4	2	2	0	0	1.5	0	Peach Flavored Pear Juice Blend (Pear Juice [from concentrate], White Grape Juice [from concentrate], Peach Juice [from concentrate], Malic Acid, Natural Flavor), Pineapple Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, 2% or less of Pineapple Juice Concentrate, Cream, Natural Flavors, Citric Acid, Mono- and Diphosphates, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan), Frozen Mangos, Ice, Frozen Strawberries.	Contains Milk
Golden Summer Smoothie, Small	190	5	0	0	0	0	5	46	2	42	2	50	60	2	2	0	4	4	4	0	0	1.75	0	Pineapple Juice (Pineapple Juice [from concentrate], Natural Flavor), Frozen Mangos, Ice, Frozen Peaches, Frozen Pineapples, Ginger Puree (Ginger, Citric Acid).	
Golden Summer Smoothie, Medium	260	5	0.5	0	0	0	5	64	4	58	2	80	90	4	4	0	8	8	6	2	0	2.5	0	Pineapple Juice (Pineapple Juice [from concentrate], Natural Flavor), Frozen Mangos, Ice, Frozen Peaches, Frozen Pineapples, Ginger Puree (Ginger, Citric Acid).	
Golden Summer Smoothie, Large	340	5	0.5	0	0	0	5	84	4	76	3	100	110	4	4	0	8	8	6	2	0	3	0	Pineapple Juice (Pineapple Juice [from concentrate], Natural Flavor), Frozen Mangos, Ice, Frozen Peaches, Frozen Pineapples, Ginger Puree (Ginger, Citric Acid).	