

## 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	Revision Date		
2% Milk, 8 fl oz	120	45	5	3	0	20	115	12		12	8			25	0						0	0	0	2% Milk (Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3).	Contains Milk.	1/11/2022		
3G Energy™ + Green Caffeine® Boost	5	0	0	0			0	3	2	0	0										119	0	0	3G Energy + Green Caffeine Boost (Inulin, Green Tea Leaf Extract, Panax Ginseng Root Extract, Guarana Seed Extract, Natural Flavor).		1/11/2022		
88 Acres Chocolate Sea Salt	200	100	11	2.5	0	0	115	22	3	9	6			4	10	0						0	0	0	Chocolate Sea Salt Bar (Oats, Organic Pumpkin Seeds, Organic Sunflower Seeds, Organic Dark Chocolate [Organic Cane Sugar, Organic Chocolate, Organic Cocoa Butter, Organic Vanilla Extract], Brown Rice Syrup, Maple Syrup, Ground Flax Seeds, Sea Salt).		1/12/2022	
88 Acres Mixed Berry Bar	190	80	9	1	0	0	110	23	3	10	5			4	10							0	0	0	Triple Berry Crumble Seed + Oat Bars 88 Acres Seed Blend (Organic Pumpkin Seeds, Organic Sunflower Seeds, Ground Flax Seeds), Gluten Free Certified Oats, Brown Rice Syrup, Maple Syrup, Cranberries (Cranberries, Apple Juice Concentrate, Sunflower Oil), Zante Currants [Zante Currants, Sunflower Oil], Blueberries (Blueberries, Apple Juice Concentrate, Sunflower Oil), Sea Salt, Organic Cinnamon).		1/12/2022	
Acai Grape Juice Blend, 8 fl oz	360	80	9	2	0	0	40	66		48	4			930	6	30						0	0	1	0	Acai Grape Juice Blend (Acai Pulp, White Grape Juice Concentrate, Ascorbic Acid, Citric Acid, Vitamin E [A-Tocopherol]).		1/11/2022
Acai Primo™ Bowl	520	100	11	3.5	0	0	45	103	11	65	8	8	680	8	25	0	230	15	10	6	0	2	0	0	Acai Grape Juice Blend (Acai Pulp, White Grape Juice Concentrate, Ascorbic Acid, Citric Acid, Vitamin E [A-Tocopherol]), Frozen Strawberries, Frozen Blueberries, Bananas, Vanilla Soymilk (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), Strawberry, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Organic Granola (Whole Grain Rolled Oats, Sugar, Sunflower and/or Canola Oil, Rice Flour, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon), Blueberries, Honey, Coconut Flakes.	Contains Coconut, Soy.	1/12/2022	
Acai Super-Antioxidant™ Smoothie, Large	550	60	7	2	0	5	130	111	6	88	10	200	1150	15	50	100	450	90	90	30	0	2	0	0	Vanilla Soymilk (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), Acai Grape Juice Blend (Acai Pulp, White Grape Juice Concentrate, Ascorbic Acid, Citric Acid, Vitamin E [A-Tocopherol]), Frozen Strawberries, Frozen Blueberries, 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, Carrageenan, Red Beet Extract [color], Caramel Color, Annatto Extract [color]), Ice, Daily Vitamin + Zinc Boost (Maltodextrin, Dimagnesium Phosphate, Dicalcium Phosphate Anhydrous, Calcium Lactate Gluconate, Vitamin C [Ascorbic Acid], Vitamin E [D-Alpha-Tocopheryl Acetate]), Beta-Carotene (contains soy), Biotin, Niacin, Iron (III) Pyrophosphate, Zinc Citrate, Pantothenic Acid [calcium-D-Pantothenate], Vitamin K1, Vitamin B2 [riboflavin], Vitamin D3 [cholecalciferol], Folic Acid, Vitamin B6 [pyridoxine hydrochloride], Vitamin B1 [thiamin mononitrate], Selenium [L-Selenomethionine], Manganese (II) Citrate, Vitamin B12 [cyanocobalamin], Chromium Picolinate, Potassium Iodide).	Contains Milk, Soy.	1/12/2022	
Acai Super-Antioxidant™ Smoothie, Medium	430	50	6	1.5	0	0	100	88	5	69	7	200	950	10	45	100	380	90	90	30	0	1.5	0	0	Vanilla Soymilk (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), Acai Grape Juice Blend (Acai Pulp, White Grape Juice Concentrate, Ascorbic Acid, Citric Acid, Vitamin E [A-Tocopherol]), Frozen Strawberries, Frozen Blueberries, 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, Carrageenan, Red Beet Extract [color], Caramel Color, Annatto Extract [color]), Ice, Daily Vitamin + Zinc Boost (Maltodextrin, Dimagnesium Phosphate, Dicalcium Phosphate Anhydrous, Calcium Lactate Gluconate, Vitamin C [Ascorbic Acid], Vitamin E [D-Alpha-Tocopheryl Acetate]), Beta-Carotene (contains soy), Biotin, Niacin, Iron (III) Pyrophosphate, Zinc Citrate, Pantothenic Acid [calcium-D-Pantothenate], Vitamin K1, Vitamin B2 [riboflavin], Vitamin D3 [cholecalciferol], Folic Acid, Vitamin B6 [pyridoxine hydrochloride], Vitamin B1 [thiamin mononitrate], Selenium [L-Selenomethionine], Manganese (II) Citrate, Vitamin B12 [cyanocobalamin], Chromium Picolinate, Potassium Iodide).	Contains Milk, Soy.	1/12/2022	
Acai Super-Antioxidant™ Smoothie, Small	330	35	4	1	0	0	80	67	3	53	6	200	740	10	40	100	300	90	90	25	0	1	0	0	Vanilla Soymilk (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), Acai Grape Juice Blend (Acai Pulp, White Grape Juice Concentrate, Ascorbic Acid, Citric Acid, Vitamin E [A-Tocopherol]), Frozen Strawberries, Frozen Blueberries, 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, Carrageenan, Red Beet Extract [color], Caramel Color, Annatto Extract [color]), Ice, Daily Vitamin + Zinc Boost (Maltodextrin, Dimagnesium Phosphate, Dicalcium Phosphate Anhydrous, Calcium Lactate Gluconate, Vitamin C [Ascorbic Acid], Vitamin E [D-Alpha-Tocopheryl Acetate]), Beta-Carotene (contains soy), Biotin, Niacin, Iron (III) Pyrophosphate, Zinc Citrate, Pantothenic Acid [calcium-D-Pantothenate], Vitamin K1, Vitamin B2 [riboflavin], Vitamin D3 [cholecalciferol], Folic Acid, Vitamin B6 [pyridoxine hydrochloride], Vitamin B1 [thiamin mononitrate], Selenium [L-Selenomethionine], Manganese (II) Citrate, Vitamin B12 [cyanocobalamin], Chromium Picolinate, Potassium Iodide).	Contains Milk, Soy.	1/12/2022	
Almondmilk, 8 fl oz	25	20	2	0	0	0	130	1		0	0			0	35	0						0	0	0	Unsweetened Almondmilk (Water, Almonds, 2% or less of Vitamin and Mineral Blend [Calcium Carbonate, Vitamin E Acetate, Vitamin A Palmitate, Vitamin D2], Sea Salt, Natural Flavor, Sunflower Lecithin, Locust Bean Gum, Gellan Gum, Ascorbic Acid [to protect flavor]).	Contains Almond.	1/11/2022	
Aloha Pineapple® Smoothie, Large	470	20	2.5	1	0	5	45	106	4	92	8	2	130	15	6	0	2	2	4	2	0	3	0	0	Pineapple Juice (Pineapple Juice [from concentrate], Natural Flavor), 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, Carrageenan), Frozen Strawberries, Ice, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Nonfat Greek Yogurt (Cultured Nonfat Milk).	Contains Milk.	1/12/2022	
Aloha Pineapple® Smoothie, Medium	360	15	2	1	0	5	40	81	3	69	7	0	90	10	4	0	2	2	4	2	0	1.5	0	0	Pineapple Juice (Pineapple Juice [from concentrate], Natural Flavor), 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, Carrageenan), Frozen Strawberries, Ice, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Nonfat Greek Yogurt (Cultured Nonfat Milk).	Contains Milk.	1/12/2022	
Aloha Pineapple® Smoothie, Small	270	10	1	0.5	0	5	35	59	2	51	6	0	60	10	2	0	2	2	2	2	0	1	0	0	Pineapple Juice (Pineapple Juice [from concentrate], Natural Flavor), 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, Carrageenan), Frozen Strawberries, Ice, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Nonfat Greek Yogurt (Cultured Nonfat Milk).	Contains Milk.	1/12/2022	

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Apple 'n Greens™ Smoothie, Medium	320	10	1	0	0	0	55	76	6	58	6	220	210	15	10	0	10	10	10	4	0	2.5	3	Apple Pear Strawberry Juice Blend (Pear Juice [from concentrate], Apple Juice [from concentrate], Natural Flavor, Strawberry Puree), Frozen Kale, Frozen Mangos, Frozen Peaches, Frozen Bananas (Ascorbic Acid and/or Citric Acid).		1/12/2022		
Apple 'n Greens™ Smoothie, Small	250	10	1	0	0	0	50	58	5	44	5	210	200	15	10	0	10	8	10	4	0	2	3	Apple Pear Strawberry Juice Blend (Pear Juice [from concentrate], Apple Juice [from concentrate], Natural Flavor, Strawberry Puree), Frozen Kale, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Frozen Mangos, Frozen Peaches.		1/12/2022		
Apple 'n Greens™ Smoothie, Large	400	15	1.5	0	0	0	70	96	8	74	7	290	280	20	15	0	15	15	15	6	0	3	3.5	Apple Pear Strawberry Juice Blend (Pear Juice [from concentrate], Apple Juice [from concentrate], Natural Flavor, Strawberry Puree), Frozen Kale, Frozen Mangos, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Frozen Peaches.		1/12/2022		
Apple Cinnamon Pretzel	390	40	4.5	0	0	0	290	78	3	15	9			2	15						0	0	0	Enriched Wheat Flour (Wheat Flour, Ascorbic Acid [dough conditioner], Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Enzymes), Evaporated Apple Bits, Applesauce (Apples, Water, Ascorbic Acid), Sugar, Glycerine, Vegetable Oil (Canola and/or Soy), Invert Sugar, 2% or less of Salt, Yeast, Cinnamon, Natural Apple Flavor, Sodium Hydroxide.	Contains Wheat.	1/12/2022		
Apple Pear Pomegranate Juice Blend, 8 fl oz	140	0	0	0	0	0	10	33		30	1		0	2	0			0	0	0	0	1	0	0	Apple Pear Pomegranate Juice Blend (Apple Juice [from concentrate], Pear Juice [from concentrate], Pomegranate Juice [from concentrate], Citric Acid, Fruit & Vegetable Juice [color], Natural Flavor).		1/11/2022	
Apple Pear Strawberry Juice Blend, 8 fl oz	110	0	0	0	0	0	10	27		24	0		0	2	0			0	0	0	0	1	0	0	Apple Pear Strawberry Juice Blend (Pear Juice [from concentrate], Apple Juice [from concentrate], Natural Flavor, Strawberry Puree).		1/11/2022	
Banana, Fresh, Topping	60	0	0	0	0	0	0	15	2	8	1	0	10	0	0	0	2	2	0	0	0	0.5	0	0	Bananas.		1/11/2022	
Blackberry Pear Juice Blend, 8 fl oz	90	0	0	0	0	0	10	21		20	1		0	2	0			0	0	0	0	0	0	0	Blackberry Pear Juice Blend (Blackberry Puree [from concentrate], Pear Juice [from concentrate], Grape Juice [from concentrate], Malic Acid).		1/11/2022	
Blue Spirulina Boost	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0						0	0	0	0	Blue Spirulina Powder (Trehalose, Spirulina Extract [color], Trisodium Citrate).		1/11/2022	
Blueberry Strawberry Blast-Off™ Smoothie	180	5	0	0	0	0	15	45	3	36	1	2	45	2	2	0	2	2	4	2	0	1	0	0	Grape Pear Berry Juice Blend (Grape Juice [from concentrate], Pear Juice [from concentrate], Raspberry Juice [from concentrate], Natural Flavors, Malic Acid, Strawberry Juice [from concentrate]), Frozen Blueberries, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Frozen Strawberries.		1/12/2022	
Blueberry, Fresh, Topping	10	0	0	0	0	0	0	2	0	1	0	0	2	0	0	0	0	0	0	0	0	0	0	0	0	Blueberries.		1/11/2022
Caribbean Passion® Smoothie, Large	420	20	2	1	0	5	55	101	4	88	3	15	170	10	15	0	4	2	2	2	0	3	0	0	Pear White Grape Mango Orange Passion Juice Blend (Pear Juice [from concentrate], White Grape Juice [from concentrate], Mango Puree [from concentrate], Orange Juice [from concentrate], Passion Fruit Juice [from concentrate], Natural Flavors), 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, Carrageenan, Annatto Extract [color]), Frozen Strawberries, Ice, Frozen Peaches.	Contains Milk.	1/12/2022	
Caribbean Passion® Smoothie, Medium	330	15	2	1	0	5	45	80	3	70	2	10	130	8	10	0	4	2	2	2	0	2.5	0	0	Pear White Grape Mango Orange Passion Juice Blend (Pear Juice [from concentrate], White Grape Juice [from concentrate], Mango Puree [from concentrate], Orange Juice [from concentrate], Passion Fruit Juice [from concentrate], Natural Flavors), 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, Carrageenan, Annatto Extract [color]), Frozen Strawberries, Ice, Frozen Peaches.	Contains Milk.	1/12/2022	
Caribbean Passion® Smoothie, Small	250	10	1	0.5	0	5	35	60	2	53	2	10	90	6	8	0	2	2	2	2	0	1.5	0	0	Pear White Grape Mango Orange Passion Juice Blend (Pear Juice [from concentrate], White Grape Juice [from concentrate], Mango Puree [from concentrate], Orange Juice [from concentrate], Passion Fruit Juice [from concentrate], Natural Flavors), 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, Carrageenan, Annatto Extract [color]), Frozen Strawberries, Ice, Frozen Peaches.	Contains Milk.	1/12/2022	
Cheddar Tomato Twist	250	50	6	2	0	10	430	41	1	3	9			6	10	0					0	0	0	0	Enriched Wheat Flour (Wheat Flour, Ascorbic Acid [dough conditioner], Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Enzyme), Water, White Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Tomato Paste (Tomato Paste, 2% or less of Salt, Citric Acid), Tomato Sauce (Tomatoes, Salt, Basil, Citric Acid), Glycerin, Sugar, 2% or less of Canola Oil, Vital Wheat Gluten, Yeast, Salt, Asiago Cheese (Pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes), Malted Barley Flour, Dextrose, Distilled Vinegar, Herbs.	Contains Milk, Wheat.	1/12/2022	
Chunky Strawberry™ Bowl	610	160	18	2.5	0	0	135	96	12	49	21	2	170	15	20	0	10	20	10	10	0	2	0	0	Vanilla Soymilk (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, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Bananas, Nonfat Greek Yogurt (Cultured Nonfat Milk), Organic Granola (Whole Grain Rolled Oats, Sugar, Sunflower and/or Canola Oil, Rice Flour, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon), Strawberries, Peanut Butter (Peanuts, Salt).	Contains Milk, Peanut, Soy.	1/12/2022	
Cinnamon Boost	0	0	0	0	0	0	0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Ground Cinnamon.		1/11/2022
Citrus Kale Juice, Large	370	20	2.5	0	0	0	50	85	7	59	10	260	740	25	15	0	10	45	20	6	0	2	3	3	Fresh Orange Juice, Frozen Kale, Frozen Bananas (Ascorbic Acid and/or Citric Acid).		1/16/2020	
Citrus Kale Juice, Medium	280	15	2	0	0	0	40	64	5	44	7	200	550	20	15	0	8	35	15	6	0	2	2	2	Fresh Orange Juice, Frozen Kale, Frozen Bananas (Ascorbic Acid and/or Citric Acid).		1/16/2020	
Citrus Kale Juice, Small	240	15	1.5	0	0	0	25	55	4	38	6	130	440	15	10	0	6	30	15	4	0	1	1.5	1.5	Fresh Orange Juice, Frozen Kale, Frozen Bananas (Ascorbic Acid and/or Citric Acid).		1/16/2020	
Classic Sausage , Egg + Cheese Handwich	320	210	23	8	0	120	590	14	1	2	12	2	2	15	6						0	0	0	0	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 Vanilla Flavor, Sprouted Grain Bun (Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Sprouts Flour [Sprouted Wheat, Sprouted Corn, Sprouted Spelt, Sprouted Millet, Sprouted Flaxseed, Sprouted Alfalfa, Sprouted Pink Clover, Sprouted Pea, Sprouted Lentil], Whole Wheat Flour, Sprouted Purple Corn, Sprouted Grain & Seed Blend [Sprouted Purple Corn, Sprouted Sorghum, Millet, Brown Rice, Chia, Sprouted Quinoa, Sprouted Amaranth, Vinegar, Citric Acid], Canola Oil, 2% or less of Yeast, Raw Sugar, Sea Salt, Natural Mold Inhibitor [Cultured Wheat Flour, Vinegar], Monoglycerides, Sodium Bicarbonate, Calcium Sulfate, Sodium Acid Pyrophosphate, Ascorbic Acid, Enzymes), White Cheddar (Pasteurized Milk, Cheese Culture, Salt, Enzymes).	Contains Egg, Milk, Wheat.	1/12/2022	
Coconut Flakes, Topping	25	20	2	2	0	0	0	1	1	0	0			0	0						0	0	0	0	Coconut Flakes.	Contains Coconut.	1/11/2022	
CocoWhip Foam, Topping, Green Scoop	80	50	5	5	0	0	5	11	0	5	0	4	0	2	0		90	2			0	0	0	0	Cocowhip Foam (Coconut Whip [Filtered Water, Organic Coconut Oil, Organic Tapioca Syrup, Organic Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor], Oatmilk [Water, Oats, 2% or less of Low Erucic Acid Rapeseed Oil, Dipotassium Phosphate, Calcium Carbonate, Tricalcium Phosphate, Sea Salt, Dicalcium Phosphate, Riboflavin, Vitamin A, Vitamin D2, Vitamin B1]), Natural Vanilla Flavor.	Contains Coconut.	1/11/2022	
CocoWhip, Topping, Green Scoop	80	50	6	6	0	0	0	11	0	6	0			0	0		100				0	0	0	0	Coconut Whip (Filtered Water, Organic Coconut Oil, Organic Tapioca Syrup, Organic Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor).	Contains Coconut.	1/11/2022	
Cold Brew Coffee, 8 fl oz	15	0	0	0	0	0	0	3	0	0	0	0	0	0	0			0	0	0	169	0	0	0	0	Cold Brew Coffee (Water, Cold Brew Coffee Concentrate [Coffee, Water, Natural Flavor]).		1/11/2022
Cold Brew Over Ice + Agave, Large	50	0	0	0	0	0	15	11	0	5	0	0	0	2	0	0	0	0	0	0	0	338	0	0	0	Cold Brew Coffee (Water, Cold Brew Coffee Concentrate [Coffee, Water, Natural Flavor]), Ice, Organic Agave.		1/16/2022
Cold Brew Over Ice + Agave, Medium	45	0	0	0	0	0	10	9	0	5	0	0	0	0	0	0	0	0	0	0	0	253	0	0	0	Cold Brew Coffee (Water, Cold Brew Coffee Concentrate [Coffee, Water, Natural Flavor]), Ice, Organic Agave.		1/12/2022
Cold Brew Over Ice + Agave, Small	35	0	0	0	0	0	10	8	0	5	0	0	0	0	0	0	0	0	0	0	0	169	0	0	0	Cold Brew Coffee (Water, Cold Brew Coffee Concentrate [Coffee, Water, Natural Flavor]), Ice, Organic Agave.		1/12/2022

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Cold Brew Over Ice w/Sweet Cloud Whip Foam, Large	150	60	7	6	0	0	20	24	0	12	0	4	0	4	0	0	110	0	2	0	295	0	0	Cold Brew Coffee (Water, Cold Brew Coffee Concentrate [Coffee, Water, Natural Flavor]), Ice, Cocowhip Foam (Coconut Whip [Filtered Water, Organic Coconut Oil, Organic Tapioca Syrup, Organic Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor], Oatmilk [Water, Oats, 2% or less of Low Erucic Acid Rapeseed Oil], Dipotassium Phosphate, Calcium Carbonate, Tricalcium Phosphate, Sea Salt, Dicalcium Phosphate, Riboflavin, Vitamin A, Vitamin D2, Vitamin B11), Organic Aseave	Contains Coconut.	1/12/2022
Cold Brew Over Ice w/Sweet Cloud Whip Foam, Medium	140	60	7	6	0	0	20	23	0	12	0	4	0	4	0	0	110	0	2	0	211	0	0	Cold Brew Coffee (Water, Cold Brew Coffee Concentrate [Coffee, Water, Natural Flavor]), Ice, Cocowhip Foam (Coconut Whip [Filtered Water, Organic Coconut Oil, Organic Tapioca Syrup, Organic Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor], Oatmilk [Water, Oats, 2% or less of Low Erucic Acid Rapeseed Oil], Dipotassium Phosphate, Calcium Carbonate, Tricalcium Phosphate, Sea Salt, Dicalcium Phosphate, Riboflavin, Vitamin A, Vitamin D2, Vitamin B11), Organic Aseave	Contains Coconut.	1/12/2022
Cold Brew Over Ice w/Sweet Cloud Whip Foam, Small	140	60	7	6	0	0	15	21	0	12	0	4	0	4	0	0	110	0	2	0	126	0	0	Cold Brew Coffee (Water, Cold Brew Coffee Concentrate [Coffee, Water, Natural Flavor]), Ice, Cocowhip Foam (Coconut Whip [Filtered Water, Organic Coconut Oil, Organic Tapioca Syrup, Organic Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor], Oatmilk [Water, Oats, 2% or less of Low Erucic Acid Rapeseed Oil], Dipotassium Phosphate, Calcium Carbonate, Tricalcium Phosphate, Sea Salt, Dicalcium Phosphate, Riboflavin, Vitamin A, Vitamin D2, Vitamin B11), Organic Aseave	Contains Coconut.	1/12/2022
Cold Brew Over Ice, Large	25	0	0	0	0	0	15	5	0	0	0	0	0	2	0	0	0	0	0	0	338	0	0	Cold Brew Coffee (Water, Cold Brew Coffee Concentrate [Coffee, Water, Natural Flavor]), Ice.		1/12/2022
Cold Brew Over Ice, Medium	20	0	0	0	0	0	10	4	0	0	0	0	0	0	0	0	0	0	0	0	253	0	0	Cold Brew Coffee (Water, Cold Brew Coffee Concentrate [Coffee, Water, Natural Flavor]), Ice.		1/12/2022
Cold Brew Over Ice, Small	15	0	0	0	0	0	10	3	0	0	0	0	0	0	0	0	0	0	0	0	169	0	0	Cold Brew Coffee (Water, Cold Brew Coffee Concentrate [Coffee, Water, Natural Flavor]), Ice.		1/12/2022
Cucumber Orange Cooler™ Juice, Medium	260	10	1	0	0	0	15	63	3	47	4	20	340	10	10	0	2	30	10	4	0	2.5	3	Fresh Orange Juice, Fresh Juiced Cucumber, Fresh Juiced Apple, Fresh Juiced Lemon.		1/12/2022
Cucumber Orange Cooler™ Juice, Small	190	10	1	0	0	0	10	46	2	36	3	15	230	6	6	0	0	20	8	2	0	2	2	Fresh Orange Juice, Fresh Juiced Cucumber, Fresh Juiced Apple, Fresh Juiced Lemon.		1/12/2022
Cucumber Orange Cooler™, Large	330	15	1.5	0	0	0	20	79	3	60	5	25	400	10	10	0	2	35	15	6	0	1.5	1.5	Fresh Orange Juice, Fresh Juiced Cucumber, Fresh Juiced Apple, Fresh Juiced Lemon.		1/12/2022
Daily Vitamin + Zinc Boost	10	0	0	0			0	2	0	0	0	190	150	2	20	100	80	90	80	25	0	0	0	Daily Vitamin + Zinc Boost (Maltodextrin, Dimagnesium Phosphate, Dicalcium Phosphate Anhydrous, Calcium Lactate Gluconate, Vitamin C [Ascorbic Acid], Vitamin E [D-Alpha-Tocopheryl Acetate], Beta-Carotene (contains soy), Biotin, Niacin, Iron (III) Pyrophosphate, Zinc Citrate, Pantothenic Acid [calcium-D-Pantothenate], Vitamin K1, Vitamin B2 [Riboflavin], Vitamin D3 [cholecalciferol], Folic Acid, Vitamin B6 [pyridoxine hydrochloride], Vitamin B1 [thiamin mononitrate], Selenium [L-Selenomethionine], Manganese (II) Citrate, Vitamin B12 [cyanocobalamin], Chromium Picolinate, Potassium Iodide).	Contains Soy.	1/11/2022
Electric Berry Lemonade Smoothie, Large	430	15	1.5	0.5	0	5	55	101	3	92	4	4	140	15	4	0	4	2	2	2	0	1.5	0	Lemonade (Water, Sugar, Lemon Juice Concentrate, Lemon Pulp, Natural Flavor, Citric Acid), Grape Pear Berry 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, 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.	4/28/2022
Electric Berry Lemonade Smoothie, Medium	350	10	1	0	0	0	40	83	3	75	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), Grape Pear Berry 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, 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.	4/28/2022
Electric Berry Lemonade Smoothie, Small	230	5	1	0	0	0	30	56	2	51	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), Grape Pear Berry 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, 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.	4/28/2022
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, Carrageenan, Annatto Extract [color], Cultures).	Contains Milk.	1/11/2022
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, Carrageenan, Annatto Extract [color], Cultures).	Contains Milk.	1/11/2022
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, Carrageenan, Annatto Extract [color], Cultures).	Contains Milk.	1/11/2022
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 Soymilk (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, 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, 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, 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, Carrageenan, Turmeric Extract [color]).	Contains Milk, Soy.	1/12/2022
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	0.5	0	Vanilla Soymilk (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, 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, 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, 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, Carrageenan, Turmeric Extract [color]).	Contains Milk, Soy.	1/12/2022

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	Revision Date	
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	0	0.5	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, 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, 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, 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, Carrageenan, Turmeric Extract [color]).	Contains Milk, Soy.	1/12/2022
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).		1/11/2022
Ginger Shot, RTD	25	0	0	0	0	0	6	0	3	0	0	50	0	0		0	0	0	0	0	0	0	0	0	Ginger Shot (Orange Juice, Lemon Juice, Ginger Juice, Cayenne Pepper).		1/12/2022
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	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, 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.	1/12/2022
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	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, 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.	1/12/2022
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	0	Oatmilk Frozen Dessert (Oatmilk [Filtered Water, Whole Oat Flour], Cane Sugar, Coconut Oil, Tapioca Syrup, Pea Protein, Locust Bean Gum, Guar Gum), Oatmilk (Water, Oats, 2% or less of Low Erucic 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.	1/12/2022
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	0	Oatmilk Frozen Dessert (Oatmilk [Filtered Water, Whole Oat Flour], Cane Sugar, Coconut Oil, Tapioca Syrup, Pea Protein, Locust Bean Gum, Guar Gum), Oatmilk (Water, Oats, 2% or less of Low Erucic 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.	1/12/2022
Gingerbread Smoothie, Plant Based w/Syrup, Small	430	130	15	11	0	0	160	74	2	54	3	35	2	20	20	15	0	0	15	0	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 (Water, Oats, 2% or less of Low Erucic 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.	1/12/2022
Gingerbread Smoothie, Plant Based, Large	790	270	30	23	0	0	290	129	5	90	6	70	4	45	45	35	0	0	35	0	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 (Water, Oats, 2% or less of Low Erucic 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).	Contains Coconut.	1/12/2022
Gingerbread Smoothie, Plant Based, Medium	630	220	24	19	0	0	220	101	4	70	5	50	4	30	35	25	0	0	25	0	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 (Water, Oats, 2% or less of Low Erucic 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).	Contains Coconut.	1/12/2022
Gingerbread Smoothie, Plant Based, Small	390	130	15	11	0	0	140	63	2	43	3	35	2	20	20	15	0	0	15	0	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 (Water, Oats, 2% or less of Low Erucic 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).	Contains Coconut.	1/12/2022
Gingerbread Smoothie, Small	350	25	2.5	1.5	0	10	220	74	0	67	8	4	2	30	20	0	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, 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.	1/12/2022
Granola, Topping	110	40	4	0.5	0	0	10	16	2	4	3	0	0	2	4		8	2	4	0	0	0	0	0	Organic Granola (Whole Grain Rolled Oats, Sugar, Sunflower and/or Canola Oil, Rice Flour, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon).		1/11/2022
Grape Pear Berry Juice Blend, 8 fl oz	140	0	0	0	0	0	15	34		32	0		2	2	0		0	0	0	0	0	1	0	0	Grape Pear Berry Juice Blend (Grape Juice [from concentrate], Pear Juice [from concentrate], Raspberry Juice [from concentrate], Natural Flavors, Malic Acid, Strawberry Juice [from concentrate]).		1/11/2022
Great Greens™ Juice, Large	230	10	1.5	0	0	0	120	55	6	37	6	230	100	20	25	0	15	20	25	10	0	1.5	5.5	5.5	Fresh Juiced Cucumber, Fresh Juiced Apple, Ice, Fresh Spinach, Fresh Juiced Lemon.		1/12/2022
Great Greens™ Juice, Medium	190	10	1	0	0	0	95	44	5	30	5	190	80	15	20	0	10	15	20	8	0	1	4.5	4.5	Fresh Juiced Cucumber, Fresh Juiced Apple, Ice, Fresh Spinach, Fresh Juiced Lemon.		1/12/2022
Great Greens™ Juice, Small	140	5	1	0	0	0	70	33	3	22	4	140	60	15	15	0	8	10	15	6	0	1	3.5	3.5	Fresh Juiced Cucumber, Fresh Juiced Apple, Ice, Fresh Spinach, Fresh Juiced Lemon.		1/12/2022

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	Revision Date
Greens 'n Ginger™ Smoothie, Large	380	15	1.5	0	0	0	40	91	7	77	6	230	240	15	10	0	15	10	10	4	0	1	3	Lemonade (Water, Sugar, Lemon Juice Concentrate, Lemon Pulp, Natural Flavor, Citric Acid), Frozen Peaches, Frozen Kale, Frozen Mangos, Ice, Ginger Puree (Ginger, Citric Acid).		1/12/2022
Greens 'n Ginger™ Smoothie, Medium	290	10	1	0	0	0	30	70	5	60	4	160	170	10	8	0	10	8	8	4	0	1	2	Lemonade (Water, Sugar, Lemon Juice Concentrate, Lemon Pulp, Natural Flavor, Citric Acid), Frozen Peaches, Frozen Kale, Frozen Mangos, Ice, Ginger Puree (Ginger, Citric Acid).		1/12/2022
Greens 'n Ginger™ Smoothie, Small	230	10	1	0	0	0	25	56	4	48	4	150	160	10	6	0	8	6	6	4	0	0.5	2	Lemonade (Water, Sugar, Lemon Juice Concentrate, Lemon Pulp, Natural Flavor, Citric Acid), Frozen Peaches, Frozen Kale, Frozen Mangos, Ice, Ginger Puree (Ginger, Citric Acid).		1/12/2022
Honest Tea - Black Tea	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Organic Brewed Tea (Filtered Water, Organic Black Tea Leaves), Organic Lemon Juice From Concentrate (Provides Tartness), Malic Acid.		1/12/2022
Honest Tea - Green Tea	35	0	0	0	0	0	9	0	9	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Organic Brewed Tea (Filtered Water, Organic Green Tea Leaves), Organic Cane Sugar, Organic Honey, Ascorbic Acid (To Protect Taste), Malic Acid, Organic Natural Flavor, Citric Acid.		1/12/2022
Honey Topping	30	0	0	0	0	0	0	9	0	9	0	0	0	0	0	0	0	0	0	0	0	0	0	Honey.		1/11/2022
Impossible Handwich	220	110	12	5	0	15	580	16	2	1	11	2	2	20	10	0	0	0	0	0	0	0	0	Vegetarian Impossible Sausage Patty (Water, Soy Protein Concentrate, Sunflower Oil, Coconut Oil, 2% or less of Methylcellulose, Natural Flavors, Salt, Yeast Extract, Cultured Dextrose, Modified Food Starch, Citric Acid, Soy Leghemoglobin, Mixed Tocopherols [Antioxidant], Soy Protein Isolate, Spices, Onion Powder, Garlic Powder, Vitamins And Minerals [Zinc Gluconate, Niacin, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Vitamin B12]), Sprouted Grain Bun (Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Sprouts Flour [Sprouted Wheat, Sprouted Corn, Sprouted Spelt, Sprouted Millet, Sprouted Flaxseed, Sprouted Alfalfa, Sprouted Pink Clover, Sprouted Pea, Sprouted Lentil], Whole Wheat Flour, Sprouted Purple Corn, Sprouted Grain & Seed Blend [Sprouted Purple Corn, Organic Sprouted Sorghum, Organic Millet, Organic Brown Rice, Organic Chia, Organic Sprouted Quinoa, Organic Sprouted Amaranth, Organic Vinegar, Citric Acid], Canola Oil, 2% or less of Yeast, Raw Sugar, Sea Salt, Natural Mold Inhibitor [Cultured Wheat Flour, Vinegar], Monoglycerides, Sodium Bicarbonate, Calcium Sulfate, Sodium Acid Pyrophosphate, Ascorbic Acid, Enzymes), White Cheddar (Pasteurized Milk, Cheese Culture, Salt, Enzymes).	Contains Milk, Soy, Wheat.	1/12/2022
Individually Quick Frozen Bananas, Blue Scoop	45	0	0	0	0	0	11	1	6	1	0	8	0	0	0	0	0	2	0	0	0	0.5	0.5	Frozen Bananas (Ascorbic Acid and/or Citric Acid).		1/11/2022
Individually Quick Frozen Bananas, Green Scoop	50	0	0	0	0	0	13	2	7	1	0	8	0	0	0	0	2	2	0	0	0	0.5	0.5	Frozen Bananas (Ascorbic Acid and/or Citric Acid).		1/11/2022
Individually Quick Frozen Bananas, Red Scoop	30	0	0	0	0	0	8	1	4	0	0	4	0	0	0	0	0	2	0	0	0	0	0	Frozen Bananas (Ascorbic Acid and/or Citric Acid).		1/11/2022
Individually Quick Frozen Blueberries, Blue Scoop	30	0	0	0	0	0	8	1	5	0	0	8	0	0	0	0	2	2	2	0	0	0.5	0	Frozen Blueberries.		1/11/2022
Individually Quick Frozen Blueberries, Green Scoop	35	0	0	0	0	0	9	1	6	0	0	10	0	0	0	2	2	2	0	0	0	0.5	0	Frozen Blueberries.		1/11/2022
Individually Quick Frozen Blueberries, Red Scoop	20	0	0	0	0	0	5	1	3	0	0	6	0	0	0	0	0	0	0	0	0	0	0	Frozen Blueberries.		1/11/2022
Individually Quick Frozen Kale, Blue Scoop	15	0	0	0	0	0	10	3	1	1	60	60	4	2	0	2	2	2	2	0	0	0	1	Frozen Kale.		1/11/2022
Individually Quick Frozen Kale, Red Scoop	5	0	0	0	0	0	1	0	0	1	25	25	2	2	0	0	0	0	0	0	0	0	0.5	Frozen Kale.		1/11/2022
Individually Quick Frozen Mangos, Blue Scoop	35	0	0	0	0	0	9	1	8	0	40	25	0	0	2	2	2	2	0	0	0	0.5	0	Frozen Mangos.		1/11/2022
Individually Quick Frozen Mangos, Green Scoop	40	0	0	0	0	0	10	1	9	0	45	25	0	0	4	2	2	2	0	0	0	0.5	0	Frozen Mangos.		1/11/2022
Individually Quick Frozen Mangos, Red Scoop	20	0	0	0	0	0	6	1	5	0	25	15	0	0	2	2	2	0	0	0	0	0	0	Frozen Mangos.		1/11/2022
Individually Quick Frozen Peaches, Blue Scoop	20	0	0	0	0	0	5	1	4	0	4	6	0	0	2	0	0	0	0	0	0	0.5	0	Frozen Peaches.		1/11/2022
Individually Quick Frozen Peaches, Green Scoop	20	0	0	0	0	0	5	1	5	1	4	6	0	0	2	0	0	0	0	0	0	0.5	0	Frozen Peaches.		1/11/2022
Individually Quick Frozen Peaches, Red Scoop	15	0	0	0	0	0	3	0	3	0	2	4	0	0	2	0	0	0	0	0	0	0	0	Frozen Peaches.		1/11/2022
Individually Quick Frozen Pineapple, Blue Scoop	25	0	0	0	0	0	6	1	4	0	0	35	0	0	0	2	0	0	0	0	0	0.5	0	Frozen Pineapples.		1/11/2022
Individually Quick Frozen Pineapple, Green Scoop	30	0	0	0	0	0	8	1	6	0	0	50	0	2	0	4	2	0	0	0	0	0.5	0	Frozen Pineapples.		1/11/2022
Individually Quick Frozen Pineapple, Red Scoop	15	0	0	0	0	0	4	0	3	0	0	25	0	0	0	2	0	0	0	0	0	0	0	Frozen Pineapples.		1/11/2022
Individually Quick Frozen Pitaya, Black Scoop	20	0	0	0	0	0	3	1	2	0	0	4	0	0	0	0	0	0	0	0	0	0	0	Organic Frozen Dragon Fruit.		1/11/2022
Individually Quick Frozen Strawberries, Blue Scoop	15	0	0	0	0	0	3	1	2	0	0	45	0	0	0	0	0	0	0	0	0	0.5	0	Frozen Strawberries.		1/11/2022
Individually Quick Frozen Strawberries, Green Scoop	20	0	0	0	0	0	5	1	3	0	0	60	0	2	0	0	0	0	0	0	0	0.5	0	Frozen Strawberries.		1/11/2022
Individually Quick Frozen Strawberries, Red Scoop	10	0	0	0	0	0	2	1	1	0	0	30	0	0	0	0	0	0	0	0	0	0	0	Frozen Strawberries.		1/11/2022
Island Pitaya™ Bowl	500	70	8	2.5	0	0	15	105	13	70	7	60	170	8	15	0	6	20	10	6	0	2	0	Pineapple Juice (Pineapple Juice [from concentrate], Natural Flavor), Organic Frozen Dragon Fruit, Frozen Pineapples, Frozen Mangos, Bananas, Strawberries, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Organic Granola (Whole Grain Rolled Oats, Sugar, Sunflower and/or Canola Oil, Rice Flour, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon), Blueberries, Honey, Coconut Flakes.	Contains Coconut.	1/12/2022
Kale Boost	15	0	0	0	0	0	10	3	1	1	60	60	4	2	0	2	2	2	2	0	0	0	1	Frozen Kale.		1/11/2022
Lemon Ginger Cayenne Shot	15	0	0	0	0	0	4	0	1	0	0	20	0	0	0	0	0	0	0	0	0	0	0	Fresh Juiced Lemon, Fresh Juiced Ginger, Cayenne Pepper.		1/12/2022
Lemonade, 8 fl oz	120	0	0	0	0	0	29	0	29	0	0	8	0	0	0	0	0	0	0	0	0	0	0	Lemonade (Water, Sugar, Lemon Juice Concentrate, Lemon Pulp, Natural Flavor, Citric Acid).		1/11/2022
Lime Sherbet, Blue Scoop	60	5	0.5	0	0	10	12	0	11	0	0	2	0	0	0	0	0	0	0	0	0	0	0	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, Carrageenan, Turmeric Extract [color]).	Contains Milk.	1/11/2022
Lime Sherbet, Green Scoop	70	10	1	0.5	0	5	10	16	0	14	0	2	0	0	0	0	0	0	0	0	0	0	0	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, Carrageenan, Turmeric Extract [color]).	Contains Milk.	1/11/2022
Lime Sherbet, Red Scoop	35	5	0	0	0	0	5	8	0	7	0	2	0	0	0	0	0	0	0	0	0	0	0	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, Carrageenan, Turmeric Extract [color]).	Contains Milk.	1/11/2022
Mango-A-Go-Go® Smoothie, Large	510	20	2	1.5	0	5	60	123	4	110	2	150	130	10	10	0	10	8	6	0	0	3	0	Pear White Grape Mango Orange Passion Juice Blend (Pear Juice [from concentrate], White Grape Juice [from concentrate], Mango Puree [from concentrate], Orange Juice [from concentrate], Passion Fruit Juice [from concentrate], Natural Flavors), Frozen Mangos, 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, Carrageenan), Ice.	Contains Milk.	1/12/2022
Mango-A-Go-Go® Smoothie, Medium	390	15	2	1	0	5	45	96	3	85	2	130	100	8	8	0	8	6	6	0	0	2	0	Pear White Grape Mango Orange Passion Juice Blend (Pear Juice [from concentrate], White Grape Juice [from concentrate], Mango Puree [from concentrate], Orange Juice [from concentrate], Passion Fruit Juice [from concentrate], Natural Flavors), Frozen Mangos, 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, Carrageenan), Ice.	Contains Milk.	1/12/2022
Mango-A-Go-Go® Smoothie, Small	290	10	1	0.5	0	5	35	70	2	63	1	90	70	6	8	0	6	4	4	0	0	1.5	0	Pear White Grape Mango Orange Passion Juice Blend (Pear Juice [from concentrate], White Grape Juice [from concentrate], Mango Puree [from concentrate], Orange Juice [from concentrate], Passion Fruit Juice [from concentrate], Natural Flavors), Frozen Mangos, 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, Carrageenan), Ice.	Contains Milk.	1/12/2022
Matcha Green Tea Blast™ Smoothie, Large	480	0	0	0	0	0	220	102	1	95	14	60	0	30	10	0	0	0	0	0	0	0	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), 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), Ice, Matcha Green Tea (100% Tencha Green Tea).	Contains Milk, Soy.	1/12/2022

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	Revision Date	
Matcha Green Tea Blast™ Smoothie, Medium	380	0	0	0	0	0	180	82	1	76	12	60	0	25	8	0	0	0	0	0	51	0	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), 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), Ice, Matcha Green Tea (100% Tencha Green Tea).	Contains Milk, Soy.	1/12/2022	
Matcha Green Tea Blast™ Smoothie, Small	260	0	0	0	0	0	125	56	1	52	8	60	0	15	8	0	0	0	0	0	51	0	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), 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), Ice, Matcha Green Tea (100% Tencha Green Tea).	Contains Milk, Soy.	1/12/2022	
Matcha Green Tea Powder Boost	5	0	0	0	0	0	0	0	0	0	0	30	0	0	0	0	0	0	0	0	25	0	0	Matcha Green Tea (100% Tencha Green Tea).		1/11/2022	
Matcha Green Tea, 8 fl oz	30	5	0	0	0	0	10	3	0	3	0	4	2	10	0	0	0	0	0	0	276	0	0	Matcha Green Tea (Water, Matcha Green Tea [100% Tencha Green Tea]).		1/11/2022	
Matcha Over Ice + Agave, Large	80	10	1	0	0	0	30	12	7	5	5	620	8	8	20	0	0	0	0	0	562	0	0	Matcha Green Tea (Water, Matcha Green Tea [100% Tencha Green Tea]), Ice, Organic Agave.		1/12/2022	
Matcha Over Ice + Agave, Medium	70	5	0.5	0	0	0	20	11	5	5	4	460	6	6	15	0	0	0	0	0	421	0	0	Matcha Green Tea (Water, Matcha Green Tea [100% Tencha Green Tea]), Ice, Organic Agave.		1/12/2022	
Matcha Over Ice + Agave, Small	50	5	0	0	0	0	15	9	4	5	3	310	4	4	8	0	0	0	0	0	281	0	0	Matcha Green Tea (Water, Matcha Green Tea [100% Tencha Green Tea]), Ice, Organic Agave.		1/12/2022	
Matcha Over Ice w/Sweet Cloud Whip Foam, Large	180	70	7	6	0	0	35	25	6	12	5	540	8	10	15	0	110	0	2	0	491	0	0	Matcha Green Tea (Water, Matcha Green Tea [100% Tencha Green Tea]), Ice, Cocowhip Foam (Coconut Whip [Filtered Water, Organic Coconut Oil, Organic Tapioca Syrup, Organic Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor], Oatmilk [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 B1], Organic Agave).	Contains Coconut.	1/12/2022	
Matcha Over Ice w/Sweet Cloud Whip Foam, Medium	160	70	7	6	0	0	25	24	5	12	4	390	6	8	10	0	110	0	2	0	351	0	0	Matcha Green Tea (Water, Matcha Green Tea [100% Tencha Green Tea]), Ice, Cocowhip Foam (Coconut Whip [Filtered Water, Organic Coconut Oil, Organic Tapioca Syrup, Organic Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor], Oatmilk [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 B1], Organic Agave).	Contains Coconut.	1/12/2022	
Matcha Over Ice w/Sweet Cloud Whip Foam, Small	150	60	7	6	0	0	20	22	3	12	2	240	4	6	6	0	110	0	2	0	210	0	0	Matcha Green Tea (Water, Matcha Green Tea [100% Tencha Green Tea]), Ice, Cocowhip Foam (Coconut Whip [Filtered Water, Organic Coconut Oil, Organic Tapioca Syrup, Organic Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor], Oatmilk [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 B1], Organic Agave).	Contains Coconut.	1/12/2022	
Matcha Over Ice, Large	60	10	1	0	0	0	30	7	7	0	5	620	8	8	20	0	0	0	0	0	562	0	0	Matcha Green Tea (Water, Matcha Green Tea [100% Tencha Green Tea]), Ice.		1/12/2022	
Matcha Over Ice, Medium	45	5	0.5	0	0	0	20	5	5	0	4	460	6	6	15	0	0	0	0	0	421	0	0	Matcha Green Tea (Water, Matcha Green Tea [100% Tencha Green Tea]), Ice.		1/12/2022	
Matcha Over Ice, Small	30	5	0	0	0	0	15	4	4	0	3	310	4	4	8	0	0	0	0	0	281	0	0	Matcha Green Tea (Water, Matcha Green Tea [100% Tencha Green Tea]), Ice.		1/12/2022	
Mega Mango™ Smoothie, Large	330	10	1	0	0	0	10	80	6	71	4	140	300	6	6	0	10	10	8	2	0	3.5	0	Pineapple Juice (Pineapple Juice [from concentrate], Natural Flavor), Orange Juice (from concentrate), Frozen Mangos, Frozen Strawberries, Ice.		1/12/2022	
Mega Mango™ Smoothie, Medium	280	5	1	0	0	0	10	69	5	62	3	120	240	6	4	0	10	8	8	2	0	3	0	Pineapple Juice (Pineapple Juice [from concentrate], Natural Flavor), Orange Juice (from concentrate), Frozen Mangos, Frozen Strawberries, Ice.		1/12/2022	
Mega Mango™ Smoothie, Small	190	5	0.5	0	0	0	5	46	3	41	2	80	160	4	4	0	6	6	4	2	0	2	0	Pineapple Juice (Pineapple Juice [from concentrate], Natural Flavor), Orange Juice (from concentrate), Frozen Mangos, Frozen Strawberries, Ice.		1/12/2022	
Merry Orange Cranberry Smoothie, Large	840	70	8	7	0	10	80	188	0	160	2	35	110	10	2	0	100	2	2	0	0	1	0	Orange Juice (from concentrate), 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, Carrageenan, Annatto Extract [color]), Orange Cranberry Flavored Base (Sugar, Water, Orange Juice Concentrate, Cranberry Juice Concentrate, Tapioca Starch, Citric Acid, Fruit and Vegetable Juice [color], Xanthan Gum, Natural Flavor), Ice, Coconut Whip (Filtered Water, Organic Coconut Oil, Organic Tapioca Syrup, Organic Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor).	Contains Coconut, Milk.	1/13/2022	
Merry Orange Cranberry Smoothie, Medium	650	70	8	7	0	5	65	143	0	121	2	25	80	8	2	0	100	2	2	0	0	0.5	0	Orange Juice (from concentrate), 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, Carrageenan, Annatto Extract [color]), Orange Cranberry Flavored Base (Sugar, Water, Orange Juice Concentrate, Cranberry Juice Concentrate, Tapioca Starch, Citric Acid, Fruit and Vegetable Juice [color], Xanthan Gum, Natural Flavor), Ice, Coconut Whip (Filtered Water, Organic Coconut Oil, Organic Tapioca Syrup, Organic Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor).	Contains Coconut, Milk.	1/12/2022	
Merry Orange Cranberry Smoothie, Small	470	60	7	6	0	5	45	102	0	85	1	15	50	6	2	0	100	0	0	0	0	0.5	0	Orange Juice (from concentrate), 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, Carrageenan, Annatto Extract [color]), Orange Cranberry Flavored Base (Sugar, Water, Orange Juice Concentrate, Cranberry Juice Concentrate, Tapioca Starch, Citric Acid, Fruit and Vegetable Juice [color], Xanthan Gum, Natural Flavor), Ice, Coconut Whip (Filtered Water, Organic Coconut Oil, Organic Tapioca Syrup, Organic Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor).	Contains Coconut, Milk.	1/12/2022	
Non-fat Greek Yogurt Boost	40	0	0	0	0	0	30	3	0	2	7	0	0	8	0	0	0	0	0	0	0	0	0	0	Nonfat Greek Yogurt (Cultured Nonfat Milk).	Contains Milk.	1/11/2022
Oatmeal	150	20	2	0	0	0	20	28	3	5	5	0	2	8	0	0	0	0	0	0	0	0	0	0	Steelcut Oatmeal (Water, Organic Steel-Cut Oats, Soy Milk Concentrate [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]).	Contains Soy.	1/11/2022
Oatmilk Frozen Dessert, Blue Scoop	100	45	5	4.5	0	0	13	1	9	1	0	0	0	2	0	0	0	0	0	0	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).	Contains Coconut.	1/11/2022
Oatmilk Frozen Dessert, Green Scoop	120	60	6	6	0	0	16	1	11	1	0	0	0	2	0	0	0	0	0	0	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).	Contains Coconut.	1/11/2022
Oatmilk Frozen Dessert, Red Scoop	60	25	3	2.5	0	0	8	0	5	0	0	0	0	0	0	0	0	0	0	0	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).	Contains Coconut.	1/11/2022
Oatmilk, 8 fl oz	120	45	5	0	0	0	100	17	7	2	0	0	30	0	0	0	0	0	0	30	0	0	0	0	Oatmilk (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), Oatmilk ([Filtered Water, Oat Concentrate], 2% or less of: 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, Ascorbic Acid [to protect freshness], Natural Flavor).		1/11/2022
Off The Eaten Path Chickpea Veggie Chip	130	40	4.5	0	0	0	150	18	3	2	4	0	4	4	0	0	0	0	0	0	0	0	0	0	Chickpea Veggie Crisps, Rice, Chickpeas, Peas, Black Beans, Rice Flour, Chickpea Flour, Dried Green Peas, Sunflower Oil, Dried Black Beans, Dried Purple Sweet Potato, Cane Sugar, Sea Salt, Calcium Lactate, Salt, Vegetable Juice (Color), and Mixed Tocopherols (Antioxidant).		1/12/2022

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	Revision Date	
Off The Eaten Path Rosemary + Olive Oil Hummus Chip	130	45	5	0.5	0	0	170	18	2	1	3			2	4	0					0	0	0	Hummus Crisps, Rosemary & Olive Oil, Chickpea Flour, Rice Flour, Sunflower Oil, Organic Maltodextrin [Made from Corn], Sea Salt, Spices [(Including Oregano, Rosemary, and Thyme), Sugar, Natural Flavors, Organic Butter (Cream, Salt), Organic Skim Milk, Garlic Powder, Onion Powder, Citric Acid, Salt, Organic Milk Protein Concentrate, Organic Cream, Extra Virgin Olive Oil, Mixed Tocopherols (Antioxidant).	Contains Milk.	1/12/2022	
Orange Carrot Twist™ Juice, Large	350	15	2	0	0	0	270	82	12	55	7	1290	400	15	10	0	15	45	20	8	0	1.5	3	Fresh Orange Juice, Fresh Juiced Carrot.		1/12/2022	
Orange Carrot Twist™ Juice, Medium	280	15	1.5	0	0	0	210	64	9	43	5	1010	310	15	8	0	10	35	15	6	0	1.5	2.5	Fresh Orange Juice, Fresh Juiced Carrot.		1/12/2022	
Orange Carrot Twist™ Juice, Small	200	10	1	0	0	0	150	47	7	31	4	740	230	10	6	0	8	25	10	4	0	1	1.5	Fresh Orange Juice, Fresh Juiced Carrot.		1/12/2022	
Orange C-Booster™ Smoothie, Large	400	20	2.5	1	0	5	30	90	3	76	4	210	360	10	25	100	80	90	90	30	0	2.5	0	Orange Juice (from concentrate), 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, Carrageenan, Annatto Extract [color]), Frozen Peaches, Ice, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Daily Vitamin + Zinc Boost (Maltodextrin, Dimagnesium Phosphate, Dicalcium Phosphate Anhydrous, Calcium Lactate Gluconate, Vitamin C [Ascorbic Acid], Vitamin E [D-Alpha-Tocopheryl Acetate], Beta-Carotene (contains soy), Biotin, Niacin, Iron (III) Pyrophosphate, Zinc Citrate, Pantothenic Acid [calcium-D-Pantothenate], Vitamin K1, Vitamin B2 [riboflavin], Vitamin D3 [cholecalciferol], Folic Acid, Vitamin B6 [pyridoxine hydrochloride], Vitamin B1 [thiamin mononitrate], Selenium [L-Selenomethionine], Manganese (II) Citrate, Vitamin B12 [cyanocobalamin], Chromium Picolinate, Potassium Iodide).	Contains Milk, Soy.	1/12/2022	
Orange C-Booster™ Smoothie, Medium	310	15	2	1	0	5	25	71	3	59	3	200	300	10	25	100	80	90	90	30	0	2	0	Orange Juice (from concentrate), 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, Carrageenan, Annatto Extract [color]), Frozen Peaches, Ice, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Daily Vitamin + Zinc Boost (Maltodextrin, Dimagnesium Phosphate, Dicalcium Phosphate Anhydrous, Calcium Lactate Gluconate, Vitamin C [Ascorbic Acid], Vitamin E [D-Alpha-Tocopheryl Acetate], Beta-Carotene (contains soy), Biotin, Niacin, Iron (III) Pyrophosphate, Zinc Citrate, Pantothenic Acid [calcium-D-Pantothenate], Vitamin K1, Vitamin B2 [riboflavin], Vitamin D3 [cholecalciferol], Folic Acid, Vitamin B6 [pyridoxine hydrochloride], Vitamin B1 [thiamin mononitrate], Selenium [L-Selenomethionine], Manganese (II) Citrate, Vitamin B12 [cyanocobalamin], Chromium Picolinate, Potassium Iodide).	Contains Milk, Soy.	1/12/2022	
Orange C-Booster™ Smoothie, Small	230	10	1.5	0.5	0	5	15	52	2	43	2	200	270	8	25	100	80	90	90	30	0	1.5	0	Orange Juice (from concentrate), 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, Carrageenan, Annatto Extract [color]), Frozen Peaches, Ice, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Daily Vitamin + Zinc Boost (Maltodextrin, Dimagnesium Phosphate, Dicalcium Phosphate Anhydrous, Calcium Lactate Gluconate, Vitamin C [Ascorbic Acid], Vitamin E [D-Alpha-Tocopheryl Acetate], Beta-Carotene (contains soy), Biotin, Niacin, Iron (III) Pyrophosphate, Zinc Citrate, Pantothenic Acid [calcium-D-Pantothenate], Vitamin K1, Vitamin B2 [riboflavin], Vitamin D3 [cholecalciferol], Folic Acid, Vitamin B6 [pyridoxine hydrochloride], Vitamin B1 [thiamin mononitrate], Selenium [L-Selenomethionine], Manganese (II) Citrate, Vitamin B12 [cyanocobalamin], Chromium Picolinate, Potassium Iodide).	Contains Milk, Soy.	1/12/2022	
Orange Dream Machine® Smoothie, Large	530	25	2.5	1.5	0	10	160	116	0	108	9	2	90	25	6	0	0	2	2	0	0	1	0	Orange Juice (from concentrate), 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, Carrageenan, Annatto Extract [color]), Vanilla Soymilk (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), 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), Ice.	Contains Milk, Soy.	1/12/2022	
Orange Dream Machine® Smoothie, Medium	420	20	2	1.5	0	5	115	91	0	85	7	2	80	20	4	0	0	2	2	0	0	0.5	0	Orange Juice (from concentrate), 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, Carrageenan, Annatto Extract [color]), Vanilla Soymilk (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), 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), Ice.	Contains Milk, Soy.	1/12/2022	
Orange Dream Machine® Smoothie, Small	300	10	1.5	1	0	5	90	65	0	61	5	0	50	15	4	0	0	0	0	0	0	0.5	0	Orange Juice (from concentrate), 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, Carrageenan, Annatto Extract [color]), Vanilla Soymilk (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), 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), Ice.	Contains Milk, Soy.	1/12/2022	
Orange Ginger Cayenne Shot	25	0	0	0	0	0	0	5	0	3	0	2	25	0	0	0	0	2	0	0	0	0	0	0	Fresh Orange Juice, Fresh Juiced Ginger, Cayenne Pepper.		1/12/2022
Orange Juice, 8 fl oz	110	0	0	0	0	0	10	25		25	1		40	0	0			0	0	0	0	1	0	Orange Juice (from concentrate).		1/11/2022	
Orange Sherbet, Blue Scoop	50	5	0.5	0	0	0	10	12	0	11	0		2	0				0	0	0	0	0	0	0	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, Carrageenan, Annatto Extract [color]).	Contains Milk.	1/11/2022
Orange Sherbet, Green Scoop	70	5	1	0.5	0	5	10	15	0	14	0		2	0				0	0	0	0	0	0	0	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, Carrageenan, Annatto Extract [color]).	Contains Milk.	1/11/2022
Orange Sherbet, Red Scoop	35	5	0	0	0	0	5	8	0	7	0		2	0				0	0	0	0	0	0	0	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, Carrageenan, Annatto Extract [color]).	Contains Milk.	1/11/2022
Orange Supreme™ Juice, Large	350	15	1.5	0	0	0	125	85	9	56	5	560	240	10	8	0	6	25	15	4	0	1.5	1.5	Fresh Orange Juice, Bananas, Fresh Juiced Apple, Fresh Juiced Carrot, Ice.		1/12/2022	
Orange Supreme™ Juice, Medium	300	10	1	0	0	0	85	74	7	49	4	370	190	8	6	0	4	20	15	4	0	2	2	Fresh Orange Juice, Bananas, Fresh Juiced Apple, Fresh Juiced Carrot, Ice.		1/12/2022	
Orange Supreme™ Juice, Small	240	10	1	0	0	0	80	59	6	39	3	370	180	6	6	0	4	20	10	4	0	2.5	3	Fresh Orange Juice, Bananas, Fresh Juiced Apple, Fresh Juiced Carrot, Ice.		1/12/2022	
Organic Agave Topping	25	0	0	0	0	0	5	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Organic Agave.		1/11/2022
PB + Banana Protein (Pea) Smoothie, Large	710	300	34	8	0	25	500	72	7	51	42	15	15	50	30	0	20	2	6	2	0	1	0	2% Milk (Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3), Ice, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Peanut Butter (Peanuts, Salt), Pea Protein Boost (Pea Protein Powder), Honey.	Contains Milk, Peanut.	1/12/2022	
PB + Banana Protein (Pea) Smoothie, Medium	550	220	24	6	0	20	420	57	5	41	36	10	15	45	30	0	15	2	4	2	0	0.5	0	2% Milk (Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3), Ice, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Peanut Butter (Peanuts, Salt), Pea Protein Boost (Pea Protein Powder), Honey.	Contains Milk, Peanut.	1/12/2022	
PB + Banana Protein (Pea) Smoothie, Small	480	200	23	5	0	15	390	43	5	30	33	8	10	35	30	0	15	2	4	0	0	0.5	0	2% Milk (Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3), Ice, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Peanut Butter (Peanuts, Salt), Pea Protein Boost (Pea Protein Powder), Honey.	Contains Milk, Peanut.	1/12/2022	

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	Revision Date
PB + Banana Protein (Soy) Smoothie, Large	700	300	33	8	0	25	310	70	7	49	41	0	15	40	8	0	20	2	6	2	0	1	0	2% Milk (Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3), Ice, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Peanut Butter (Peanuts, Salt), Soy Protein Isolate, Honey.	Contains Milk, Peanut, Soy.	1/12/2022
PB + Banana Protein (Soy) Smoothie, Medium	530	210	23	6	0	20	220	54	5	39	35	0	15	30	6	0	15	2	4	2	0	0.5	0	2% Milk (Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3), Ice, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Peanut Butter (Peanuts, Salt), Soy Protein Isolate, Honey.	Contains Milk, Peanut, Soy.	1/12/2022
PB + Banana Protein (Soy) Smoothie, Small	460	200	22	5	0	15	190	41	5	28	32	0	10	25	6	0	15	2	4	0	0	0.5	0	2% Milk (Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3), Ice, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Peanut Butter (Peanuts, Salt), Soy Protein Isolate, Honey.	Contains Milk, Peanut, Soy.	1/12/2022
PB + Banana Protein (Whey) Smoothie, Large	830	310	35	9	0	100	370	91	7	68	51	15	15	50	10	0	20	2	6	2	0	1	0	2% Milk (Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3), Ice, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Peanut Butter (Peanuts, Salt), Whey Protein Boost (Whey Protein Concentrate, Soy Lecithin), Honey.	Contains Milk, Peanut, Soy.	1/12/2022
PB + Banana Protein (Whey) Smoothie, Medium	650	220	25	7	0	95	290	71	5	53	44	15	15	45	8	0	15	2	4	2	0	0.5	0	2% Milk (Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3), Ice, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Peanut Butter (Peanuts, Salt), Whey Protein Boost (Whey Protein Concentrate, Soy Lecithin), Honey.	Contains Milk, Peanut, Soy.	1/12/2022
PB + Banana Protein (Whey) Smoothie, Small	560	210	23	6	0	90	260	53	5	38	42	10	10	40	8	0	15	2	4	0	0	0.5	0	2% Milk (Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3), Ice, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Peanut Butter (Peanuts, Salt), Whey Protein Boost (Whey Protein Concentrate, Soy Lecithin), Honey.	Contains Milk, Peanut, Soy.	1/12/2022
PB Chocolate Love™ Smoothie, Large	820	310	34	9	0	30	380	113	10	83	30	15	25	60	15	0	20	4	8	2	0	1	0	2% Milk (Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3), Ice, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Chocolate Moo'd Dairy Base Powder (Sugar, Cocoa [Processed With Alkali], Nonfat Dry Milk, Whey, Guar Gum, Natural Flavor), Peanut Butter (Peanuts, Salt).	Contains Milk, Peanut.	1/12/2022
PB Chocolate Love™ Smoothie, Medium	670	220	25	7	0	25	300	99	8	75	23	15	20	50	15	0	15	2	6	2	0	1	0	2% Milk (Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3), Ice, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Chocolate Moo'd Dairy Base Powder (Sugar, Cocoa [Processed With Alkali], Nonfat Dry Milk, Whey, Guar Gum, Natural Flavor), Peanut Butter (Peanuts, Salt).	Contains Milk, Peanut.	1/12/2022
PB Chocolate Love™ Smoothie, Small	430	130	14	4.5	0	20	200	68	5	53	15	10	15	35	8	0	6	2	4	2	0	0.5	0	2% Milk (Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3), Ice, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Chocolate Moo'd Dairy Base Powder (Sugar, Cocoa [Processed With Alkali], Nonfat Dry Milk, Whey, Guar Gum, Natural Flavor), Peanut Butter (Peanuts, Salt).	Contains Milk, Peanut.	1/12/2022
Pea Protein Boost	45	5	0.5	0	0	0	100	1	0	1	9			6	10	0					0	0	0	Pea Protein Boost (Pea Protein Powder).		1/11/2022
Peach Perfection™ Smoothie, Large	360	5	1	0	0	0	40	88	5	76	3	100	130	6	10	0	10	8	6	2	0	3.5	0	White Grape Pear Peach Juice Blend (Pear Juice [from concentrate], White Grape Juice [from concentrate], Peach Juice [from concentrate], Malic Acid, Natural Flavor), Apple Pear Strawberry Juice Blend (Pear Juice [from concentrate], Apple Juice [from concentrate], Natural Flavor, Strawberry Puree), Frozen Mangos, Frozen Peaches, Frozen Strawberries, Ice.		1/12/2022
Peach Perfection™ Smoothie, Medium	310	5	0.5	0	0	0	35	76	4	66	3	90	100	6	10	0	10	6	6	2	0	3	0	White Grape Pear Peach Juice Blend (Pear Juice [from concentrate], White Grape Juice [from concentrate], Peach Juice [from concentrate], Malic Acid, Natural Flavor), Frozen Mangos, Frozen Peaches, Apple Pear Strawberry Juice Blend (Pear Juice [from concentrate], Apple Juice [from concentrate], Natural Flavor, Strawberry Puree), Ice, Frozen Strawberries.		1/12/2022
Peach Perfection™ Smoothie, Small	200	5	0	0	0	0	25	51	3	44	2	60	70	4	6	0	6	4	4	2	0	2	0	White Grape Pear Peach Juice Blend (Pear Juice [from concentrate], White Grape Juice [from concentrate], Peach Juice [from concentrate], Malic Acid, Natural Flavor), Frozen Mangos, Frozen Peaches, Apple Pear Strawberry Juice Blend (Pear Juice [from concentrate], Apple Juice [from concentrate], Natural Flavor, Strawberry Puree), Ice, Frozen Strawberries.		1/12/2022
Peanut Butter Boost	100	80	9	1.5	0	0	55	4	1	1	4	0	0	2	2		6				0	0	0	Peanut Butter (Peanuts, Salt).	Contains Peanut.	1/12/2022
Peanut Butter Moo'd® Smoothie, Large	940	260	29	6	0	10	420	146	7	124	31	6	8	50	15	0	20	2	2	0	0	0.5	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, Carrageenan, Annatto Extract [color], Cultures), Vanilla Soymilk (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), 2% Milk (Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3), Ice, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Peanut Butter (Peanuts, Salt), Chocolate Moo'd Dairy Base Powder (Sugar, Cocoa [Processed With Alkali], Nonfat Dry Milk, Whey, Guar Gum, Natural Flavor).	Contains Milk, Peanut, Soy.	1/12/2022
Peanut Butter Moo'd® Smoothie, Medium	730	180	20	4.5	0	10	330	120	5	103	23	6	8	45	15	0	15	0	2	0	0	0.5	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, Carrageenan, Annatto Extract [color], Cultures), Vanilla Soymilk (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), 2% Milk (Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3), Ice, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Peanut Butter (Peanuts, Salt), Chocolate Moo'd Dairy Base Powder (Sugar, Cocoa [Processed With Alkali], Nonfat Dry Milk, Whey, Guar Gum, Natural Flavor).	Contains Milk, Peanut, Soy.	1/12/2022
Peanut Butter Moo'd® Smoothie, Small	450	90	10	2.5	0	5	200	77	3	67	14	2	4	25	8	0	6	0	2	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, Carrageenan, Annatto Extract [color], Cultures), Vanilla Soymilk (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), 2% Milk (Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3), Ice, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Peanut Butter (Peanuts, Salt), Chocolate Moo'd Dairy Base Powder (Sugar, Cocoa [Processed With Alkali], Nonfat Dry Milk, Whey, Guar Gum, Natural Flavor).	Contains Milk, Peanut, Soy.	1/12/2022
Pear White Grape Mango Orange Passion Juice Blend, 8 fl oz	110	0	0	0	0	0	15	26		24	1		15	2	6		0	0	0	0	0	1	0	Pear White Grape Mango Orange Passion Juice Blend (Pear Juice [from concentrate], White Grape Juice [from concentrate], Mango Puree [from concentrate], Orange Juice [from concentrate], Passion Fruit Juice [from concentrate], Natural Flavors).		1/12/2022
Peenya Kowlada Smoothie, Large	580	60	6	5	0	5	90	126	3	111	6	0	8	20	4	0	0	2	2	0	0	2	0	Pineapple Juice (Pineapple Juice [from concentrate], Natural Flavor), 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, Carrageenan), 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), Ice, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Shredded Coconut.	Contains Coconut, Milk.	1/12/2022
Peenya Kowlada Smoothie, Medium	440	35	4	3	0	5	70	99	2	88	5	0	8	15	2	0	0	0	2	0	0	1.5	0	Pineapple Juice (Pineapple Juice [from concentrate], Natural Flavor), 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, Carrageenan), 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), Ice, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Shredded Coconut.	Contains Coconut, Milk.	1/12/2022



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	Revision Date
Peenya Kowlada Smoothie, Small	310	30	3.5	2.5	0	5	45	67	2	59	3	0	4	10	2	0	0	0	2	0	0	0	1	0	Pineapple Juice (Pineapple Juice [from concentrate], Natural Flavor), 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, Carrageenan), 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), Ice, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Shredded Coconut.	Contains Coconut, Milk.	1/12/2022	
Pineapple Juice, 8 fl oz	120	0	0	0	0	0	10	30		30	1			0	0	0			0	0	0	0	1	0	Pineapple Juice (Pineapple Juice [from concentrate], Natural Flavor), Pineapple Juice (from concentrate).		1/11/2022	
Pineapple Sherbet, Blue Scoop	60	5	0.5	0	0	0	10	13	0	12	0			2	0							0	0	0	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, Carrageenan).	Contains Milk.	1/11/2022	
Pineapple Sherbet, Green Scoop	70	10	1	0.5	0	5	10	16	0	15	0			2	0							0	0	0	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, Carrageenan).	Contains Milk.	1/11/2022	
Pineapple Sherbet, Red Scoop	35	5	0	0	0	0	5	8	0	7	0			2	0							0	0	0	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, Carrageenan).	Contains Milk.	1/11/2022	
Pink Star Smoothie, Large	550	20	2	1	0	5	150	122	3	111	8	0	130	20	8	0	2	2	2	2	2	2	0	1	0	Lemonade (Water, Sugar, Lemon Juice Concentrate, Lemon Pulp, Natural Flavor, Citric Acid), Vanilla Soymilk (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), 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, Carrageenan, Red Beet Extract [color], Caramel Color, Annatto Extract [color]), 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), Frozen Strawberries, Ice.	Contains Milk, Soy.	1/12/2022
Pink Star Smoothie, Medium	400	15	1.5	1	0	5	105	90	2	82	6	0	90	15	6	0	2	2	2	2	2	0	0	0.5	0	Lemonade (Water, Sugar, Lemon Juice Concentrate, Lemon Pulp, Natural Flavor, Citric Acid), Vanilla Soymilk (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), 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, Carrageenan, Red Beet Extract [color], Caramel Color, Annatto Extract [color]), 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), Frozen Strawberries, Ice.	Contains Milk, Soy.	1/12/2022
Pink Star Smoothie, Small	290	10	1	0.5	0	5	75	64	1	59	4	0	60	10	4	0	0	0	0	0	0	0	0	0.5	0	Lemonade (Water, Sugar, Lemon Juice Concentrate, Lemon Pulp, Natural Flavor, Citric Acid), Vanilla Soymilk (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), 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, Carrageenan, Red Beet Extract [color], Caramel Color, Annatto Extract [color]), 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), Frozen Strawberries, Ice.	Contains Milk, Soy.	1/12/2022
Pirate's Booty	100	30	3.5	0.5	0	0	125	14	1	1	2			4	4	0						0	0	0	Whole Corn Masa Flour, enriched Cornmeal (Cornmeal, Niacinamide [Vitamin B3], Ferric Pyrophosphate [Iron], Thiamin Hydrochloride [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid, Sunflower Oil and/or Expeller Pressed Canola Oil, Enriched Rice Flour [Rice Flour, Niacinamide (Vitamin B3), Ferric Pyrophosphate (Iron), Thiamin Hydrochloride [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid], Cheddar Cheese (Cultured Milk, Salt, Enzymes), Whey, Buttermilk, Salt, Natural Flavor, Sea Salt, Lactic Acid (For Flavor), Citric Acid (For Flavor), Organic Black Pepper.	Contains Milk.	1/12/2022	
Pomegranate Paradise™ Smoothie, Large	380	10	1	0	0	0	25	93	5	80	3	100	180	6	6	0	10	8	6	6	2	0	3.5	0	Apple Pear Pomegranate Juice Blend (Apple Juice [from concentrate], Pear Juice [from concentrate], Pomegranate Juice [from concentrate], Citric Acid, Fruit & Vegetable Juice [color], Natural Flavor), Frozen Mangos, Frozen Strawberries, Ice, Frozen Peaches.		1/12/2022	
Pomegranate Paradise™ Smoothie, Medium	320	5	0.5	0	0	0	20	79	4	68	2	80	140	6	4	0	8	6	6	6	2	0	3	0	Apple Pear Pomegranate Juice Blend (Apple Juice [from concentrate], Pear Juice [from concentrate], Pomegranate Juice [from concentrate], Citric Acid, Fruit & Vegetable Juice [color], Natural Flavor), Frozen Mangos, Frozen Strawberries, Ice, Frozen Peaches.		1/12/2022	
Pomegranate Paradise™ Smoothie, Small	210	5	0	0	0	0	15	53	3	46	2	60	90	4	2	0	6	4	4	4	2	0	2	0	Apple Pear Pomegranate Juice Blend (Apple Juice [from concentrate], Pear Juice [from concentrate], Pomegranate Juice [from concentrate], Citric Acid, Fruit & Vegetable Juice [color], Natural Flavor), Frozen Mangos, Frozen Strawberries, Ice, Frozen Peaches.		1/12/2022	
Protein Berry Workout™ (Pea) Smoothie, Large	440	15	1.5	0	0	0	240	88	5	70	20	2	130	15	30	0	2	4	6	6	2	0	1.5	0	Vanilla Soymilk (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 Bananas (Ascorbic Acid and/or Citric Acid), Frozen Strawberries, Ice, Pea Protein Boost (Pea Protein Powder).	Contains Soy.	1/12/2022	
Protein Berry Workout™ (Pea) Smoothie, Medium	400	10	1.5	0	0	0	230	77	4	63	19	2	100	10	25	0	2	4	6	6	2	0	1	0	Vanilla Soymilk (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 Bananas (Ascorbic Acid and/or Citric Acid), Frozen Strawberries, Ice, Pea Protein Boost (Pea Protein Powder).	Contains Soy.	1/12/2022	
Protein Berry Workout™ (Pea) Smoothie, Small	310	10	1	0	0	0	200	58	3	47	17	2	70	10	25	0	2	2	4	6	2	0	1	0	Vanilla Soymilk (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 Bananas (Ascorbic Acid and/or Citric Acid), Frozen Strawberries, Ice, Pea Protein Boost (Pea Protein Powder).	Contains Soy.	1/12/2022	
Protein Berry Workout™ (Soy) Smoothie, Large	440	10	1	0	0	0	140	87	5	69	20	2	130	6	15	0	2	4	6	6	2	0	1.5	0	Vanilla Soymilk (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 Bananas (Ascorbic Acid and/or Citric Acid), Frozen Strawberries, Ice, Soy Protein Isolate.	Contains Soy.	1/12/2022	
Protein Berry Workout™ (Soy) Smoothie, Medium	390	10	1	0	0	0	130	76	4	61	19	2	100	6	15	0	2	4	6	6	2	0	1	0	Vanilla Soymilk (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 Bananas (Ascorbic Acid and/or Citric Acid), Frozen Strawberries, Ice, Soy Protein Isolate.	Contains Soy.	1/12/2022	
Protein Berry Workout™ (Soy) Smoothie, Small	300	5	1	0	0	0	100	57	3	46	16	2	70	4	10	0	2	2	4	6	2	0	1	0	Vanilla Soymilk (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 Bananas (Ascorbic Acid and/or Citric Acid), Frozen Strawberries, Ice, Soy Protein Isolate.	Contains Soy.	1/12/2022	
Protein Berry Workout™ (Whey) Smoothie, Large	450	15	2	1	0	35	160	85	5	66	24	4	130	15	20	0	2	4	6	6	2	0	1.5	0	Vanilla Soymilk (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 Bananas (Ascorbic Acid and/or Citric Acid), Frozen Strawberries, Ice, Whey Protein Boost (Whey Protein Concentrate, Soy Lecithin).	Contains Milk, Soy.	1/12/2022	
Protein Berry Workout™ (Whey) Smoothie, Medium	390	15	1.5	0.5	0	35	140	71	4	55	22	2	100	10	15	0	2	4	6	6	2	0	1	0	Vanilla Soymilk (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 Bananas (Ascorbic Acid and/or Citric Acid), Frozen Strawberries, Ice, Whey Protein Boost (Whey Protein Concentrate, Soy Lecithin).	Contains Milk, Soy.	1/12/2022	
Protein Berry Workout™ (Whey) Smoothie, Small	300	15	1.5	0.5	0	35	110	51	3	40	20	2	70	10	10	0	2	2	4	6	2	0	1	0	Vanilla Soymilk (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 Bananas (Ascorbic Acid and/or Citric Acid), Frozen Strawberries, Ice, Whey Protein Boost (Whey Protein Concentrate, Soy Lecithin).	Contains Milk, Soy.	1/12/2022	

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	Revision Date			
Pumpkin Smash (Plant Based) Smoothie, Large	760	270	30	23	0	0	240	120	6	84	7	210	10	40	8	35	35	0	35	0	0	0	0	0.5	Oatmilk Frozen Dessert (Oatmilk [Filtered Water, Whole Oat Flour], Cane Sugar, Coconut Oil, Tapioca Syrup, Pea Protein, Locust Bean Gum, Guar Gum), Oatmilk (Water, Oats, 2% or less of Low Erucic Acid Rapeseed Oil, Dipotassium Phosphate, Calcium Carbonate, Tricalcium Phosphate, Sea Salt, Dicalcium Phosphate, Riboflavin, Vitamin A, Vitamin D2, Vitamin B12), Ice, Pumpkin Spice Flavor Base (Pumpkin, Sugar, Invert Sugar Syrup, Annatto Extract [color], Salt, Lemon Juice Concentrate, Natural Flavor, Locust Bean Gum, Cinnamon, Nutmeg).	Contains Coconut.	1/12/2022		
Pumpkin Smash (Plant Based) Smoothie, Medium	600	220	25	19	0	0	180	95	4	66	5	160	8	30	6	25	25	0	25	0	0	0	0	0.5	Oatmilk Frozen Dessert (Oatmilk [Filtered Water, Whole Oat Flour], Cane Sugar, Coconut Oil, Tapioca Syrup, Pea Protein, Locust Bean Gum, Guar Gum), Oatmilk (Water, Oats, 2% or less of Low Erucic Acid Rapeseed Oil, Dipotassium Phosphate, Calcium Carbonate, Tricalcium Phosphate, Sea Salt, Dicalcium Phosphate, Riboflavin, Vitamin A, Vitamin D2, Vitamin B12), Ice, Pumpkin Spice Flavor Base (Pumpkin, Sugar, Invert Sugar Syrup, Annatto Extract [color], Salt, Lemon Juice Concentrate, Natural Flavor, Locust Bean Gum, Cinnamon, Nutmeg).	Contains Coconut.	1/12/2022		
Pumpkin Smash (Plant Based) Smoothie, Small	370	130	15	11	0	0	120	59	3	41	3	100	4	20	4	15	15	0	15	0	0	0	0	0.5	Oatmilk Frozen Dessert (Oatmilk [Filtered Water, Whole Oat Flour], Cane Sugar, Coconut Oil, Tapioca Syrup, Pea Protein, Locust Bean Gum, Guar Gum), Oatmilk (Water, Oats, 2% or less of Low Erucic Acid Rapeseed Oil, Dipotassium Phosphate, Calcium Carbonate, Tricalcium Phosphate, Sea Salt, Dicalcium Phosphate, Riboflavin, Vitamin A, Vitamin D2, Vitamin B12), Ice, Pumpkin Spice Flavor Base (Pumpkin, Sugar, Invert Sugar Syrup, Annatto Extract [color], Salt, Lemon Juice Concentrate, Natural Flavor, Locust Bean Gum, Cinnamon, Nutmeg).	Contains Coconut.	1/12/2022		
Pumpkin Smash Classic Smoothie, Large	570	50	5	3	0	20	360	115	1	106	17	150	10	60	2	0	35	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, Carrageenan, Annatto Extract [color], Cultures), 2% Milk (Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3), Ice, Pumpkin Spice Flavor Base (Pumpkin, Sugar, Invert Sugar Syrup, Annatto Extract [color], Salt, Lemon Juice Concentrate, Natural Flavor, Locust Bean Gum, Cinnamon, Nutmeg).	Contains Milk.	1/12/2022	
Pumpkin Smash Classic Smoothie, Medium	440	35	4	2.5	0	15	280	90	1	83	13	110	8	45	2	0	25	0	0	0	0	0	0	6	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, Carrageenan, Annatto Extract [color], Cultures), 2% Milk (Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3), Ice, Pumpkin Spice Flavor Base (Pumpkin, Sugar, Invert Sugar Syrup, Annatto Extract [color], Salt, Lemon Juice Concentrate, Natural Flavor, Locust Bean Gum, Cinnamon, Nutmeg).	Contains Milk.	1/12/2022	
Pumpkin Smash Classic Smoothie, Small	290	25	2.5	1.5	0	10	180	59	1	54	8	70	4	30	0	0	15	0	0	0	0	0	0	4.5	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, Carrageenan, Annatto Extract [color], Cultures), 2% Milk (Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3), Ice, Pumpkin Spice Flavor Base (Pumpkin, Sugar, Invert Sugar Syrup, Annatto Extract [color], Salt, Lemon Juice Concentrate, Natural Flavor, Locust Bean Gum, Cinnamon, Nutmeg).	Contains Milk.	1/12/2022	
Purely Carrot™ Juice, Large	310	15	2	0	0	0	530	73	21	36	7	2550	70	25	15	0	25	35	25	10	0	0	3.5	0	0	Fresh Juiced Carrot.		1/12/2022	
Purely Carrot™ Juice, Medium	250	15	1.5	0	0	0	410	57	17	28	6	2000	60	20	10	0	20	30	20	10	0	0	3.5	0	0	Fresh Juiced Carrot.		1/12/2022	
Purely Carrot™ Juice, Small	180	10	1	0	0	0	300	42	12	21	4	1450	45	15	8	0	15	20	15	6	0	2.5	0	0	0	Fresh Juiced Carrot.		1/12/2022	
Purely Orange™ Juice, Large	390	15	1.5	0	0	0	10	90	2	73	6	35	720	10	10	0	2	50	15	2	0	2	0	0	0	0	Fresh Orange Juice.		1/12/2022
Purely Orange™ Juice, Medium	310	10	1.5	0	0	0	5	71	1	57	5	25	570	8	8	0	2	40	10	2	0	0	0	0	0	0	Fresh Orange Juice.		1/12/2022
Purely Orange™ Juice, Small	220	10	1	0	0	0	0	52	1	42	3	20	410	6	6	0	0	30	8	2	0	0	0	0	0	0	Fresh Orange Juice.		1/12/2022
Raspberry Sherbet, Blue Scoop	60	5	0.5	0	0	0	10	12	0	11	0			2	0							0	0	0	0	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, Carrageenan, Red Beet Extract [color], Caramel Color, Annatto Extract [color]).	Contains Milk.	1/11/2022	
Raspberry Sherbet, Green Scoop	80	10	1	0.5	0	5	10	16	0	15	0			2	0							0	3	0	0	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, Carrageenan, Red Beet Extract [color], Caramel Color, Annatto Extract [color]).	Contains Milk.	1/11/2022	
Raspberry Sherbet, Red Scoop	40	5	0	0	0	0	5	9	0	8	0			2	0							0	2	0	0	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, Carrageenan, Red Beet Extract [color], Caramel Color, Annatto Extract [color]).	Contains Milk.	1/11/2022	
Razzmatazz® Smoothie, Large	460	20	2	1	0	5	55	111	4	97	2	2	130	10	4	0	2	2	4	2	0	1.5	0	0	0	Grape Pear Berry Juice Blend (Grape Juice [from concentrate], Pear Juice [from concentrate], Raspberry Juice [from concentrate], Natural Flavors, Malic Acid, Strawberry Juice [from concentrate]), 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, Carrageenan, Annatto Extract [color]), Frozen Strawberries, Ice, Frozen Bananas [Ascorbic Acid and/or Citric Acid]).	Contains Milk.	1/12/2022	
Razzmatazz® Smoothie, Medium	350	15	2	1	0	5	40	84	3	72	1	2	90	8	4	0	2	2	4	2	0	1	0	0	0	Grape Pear Berry Juice Blend (Grape Juice [from concentrate], Pear Juice [from concentrate], Raspberry Juice [from concentrate], Natural Flavors, Malic Acid, Strawberry Juice [from concentrate]), 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, Carrageenan, Annatto Extract [color]), Frozen Strawberries, Ice, Frozen Bananas [Ascorbic Acid and/or Citric Acid]).	Contains Milk.	1/12/2022	
Razzmatazz® Smoothie, Small	260	10	1	0.5	0	5	30	62	2	54	1	0	70	6	2	0	2	2	2	2	0	1	0	0	0	Grape Pear Berry Juice Blend (Grape Juice [from concentrate], Pear Juice [from concentrate], Raspberry Juice [from concentrate], Natural Flavors, Malic Acid, Strawberry Juice [from concentrate]), 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, Carrageenan, Annatto Extract [color]), Frozen Strawberries, Ice, Frozen Bananas [Ascorbic Acid and/or Citric Acid]).	Contains Milk.	1/12/2022	
Red Gummi Smoothie, Large	520	30	3.5	2.5	0	10	130	115	1	105	5	0	60	15	8	0	0	0	0	0	0	0	1	0	0	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), Grape Pear Berry Juice Blend (Grape Juice [from concentrate], Pear Juice [from concentrate]), Raspberry Juice [from concentrate], Natural Flavors, Malic Acid, Strawberry Juice [from concentrate]), 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, 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, 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, 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, Carrageenan, Turmeric Extract [color]), Frozen Strawberries.	Contains Milk, Soy.	1/12/2022
Red Gummi Smoothie, Medium	420	25	3	2	0	10	105	91	1	84	4	0	45	10	6	0	0	0	0	0	0	1	0	0	0	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), Grape Pear Berry Juice Blend (Grape Juice [from concentrate], Pear Juice [from concentrate]), Raspberry Juice [from concentrate], Natural Flavors, Malic Acid, Strawberry Juice [from concentrate]), 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, 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, 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, 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, Carrageenan, Turmeric Extract [color]), Frozen Strawberries.	Contains Milk, Soy.	1/12/2022

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	Revision Date	
Red Gummi Smoothie, Small	270	15	2	1	0	5	70	58	1	53	3	0	30	6	4	0	0	0	0	0	0	0	0.5	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), Grape Pear Berry Juice Blend (Grape Juice [from concentrate], Pear Juice [from concentrate], Raspberry Juice [from concentrate], Natural Flavors, Malic Acid, Strawberry Juice [from concentrate]), 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, 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, 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, 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, Carrageenan, Turmeric Extract [color]), Frozen Strawberries.	Contains Milk, Soy.	1/12/2022
Sandwich, Bacon, Roasted Tomato, Spinach & Feta	250	80	9	3	0	15	600	30	4	2	12	15	15	15	10							0	0	0	Vegetable Egg White Patty (Egg Whites, Diced Tomatoes [Tomato, Calcium Chloride], Spinach, Monterey Jack Cheese [Milk, Cheese Culture, Salt, Enzymes, Natamycin (mold inhibitor)], Parmesan Cheese [Part-Skim Milk, Cheese Culture, Salt, Enzymes], 2% or less of Modified Food Starch, Xanthan Gum, Basil Flavor [High Oleic Canola Oil, Soy Lecithin, Natural Flavor]), Bistro Bun (Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Potato Flour, Sugar, Canola Oil, 2% of less of Yeast, Sea Salt, Wheat Gluten, Natural Mold Inhibitors [Cultured Wheat Starch, Cultured Sugar, Vinegar], Sodium Bicarbonate, Calcium Sulfate, Sodium Acid Pyrophosphate, Monoglycerides, Propionic Acid, Phosphoric Acid, Ascorbic Acid, Enzymes), Roasted Tomatoes (Tomatoes, Canola Oil, Garlic, Oregano, Salt), Neufchatel Cheese (Milk and Cream, Skim Milk, Cheese Culture, Salt, Guar Gum, Carob Bean Gum, Xanthan Gum), Spinach, Feta Cheese (Cultured Milk, Salt, Enzymes, Potato Starch [to prevent caking]), Fully Cooked Bacon (Cured with Water, Salt, Sugar, Natural Flavors).	Contains Egg, Milk, Soy, Wheat.	1/12/2022
Sandwich, Roasted Tomato, Spinach & Feta	240	70	8	3	0	15	550	30	4	2	11	15	15	15	10							0	0	0	Vegetable Egg White Patty (Egg Whites, Diced Tomatoes [Tomato, Calcium Chloride], Spinach, Monterey Jack Cheese [Milk, Cheese Culture, Salt, Enzymes, Natamycin (mold inhibitor)], Parmesan Cheese [Part-Skim Milk, Cheese Culture, Salt, Enzymes], 2% or less of Modified Food Starch, Xanthan Gum, Basil Flavor [High Oleic Canola Oil, Soy Lecithin, Natural Flavor]), Bistro Bun (Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Potato Flour, Sugar, Canola Oil, 2% or less of Yeast, Salt, Wheat Gluten, Natural Mold Inhibitors [Cultured Wheat Starch, Cultured Sugar, Vinegar], Sodium Bicarbonate, Calcium Sulfate, Sodium Acid Pyrophosphate, Monoglycerides, Propionic Acid, Phosphoric Acid, Ascorbic Acid, Enzymes), Roasted Tomatoes (Tomatoes, Canola Oil, Garlic, Oregano, Salt), Neufchatel Cheese (Milk and Cream, Skim Milk, Cheese Culture, Salt, Guar Gum, Carob Bean Gum, Xanthan Gum), Spinach, Feta Cheese (Cultured Milk, Salt, Enzymes, Potato Starch [to prevent caking]).	Contains Egg, Milk, Soy, Wheat.	1/12/2022
Sirens Chocolate Brownie Protein Bites	200	70	8	6	0	0	190	21	4	9	12			4	10							0	0	0	JJC, Snacks, Chocolate Brownie, Bites, 48 g Plant Protein Blend (Pea Protein, Almond Protein), Organic Tapioca Syrup, Coconut Oil, Dates, Organic Coconut sugar, Chicory Root Fiber, Vegetable Glycerin, Organic Chocolate Chips, Cocoa Powder, Organic Cocoa Extract, Sea Salt, Monk Fruit Extract..	Contains Almond, Coconut.	1/12/2022
Sirens Lemon Poppysseed Protein Bites	190	45	5	5	0	0	190	21	4	9	12			4	10							0	0	0	JJC, Snacks, Lemon Poppysseed, Bites, 48 g Plant Protein Blend (Pea Protein, Almond Protein), Organic Tapioca Syrup, Coconut Oil, Dates, Organic Coconut Sugar, Chicory Root Fiber, Vegetable Glycerin, Poppy Seeds, Organic Lemon, Oil, Sea Salt, Monk Fruit Extract.	Contains Almond, Coconut.	1/12/2022
Smartwater	0	0	0	0	0	0	0	0	0	0	0			0	0							0	0	0	Vapor Distilled Water, Calcium Chloride, Magnesium Chloride, Potassium Bicarbonate.		1/12/2022
Smooth Talkin Mango Smoothie, Large	450	90	10	1	0	0	190	89	10	63	7	300	210	70	8	0	15	15	80	2	0	2	0	0	Oatmilk (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), Frozen Mangos, Frozen Pineapples, Organic Agave.		1/13/2022
Smooth Talkin Mango Smoothie, Medium	380	80	9	1	0	0	160	75	8	53	6	260	170	60	6	0	10	15	60	2	0	2	0	0	Oatmilk (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), Frozen Mangos, Frozen Pineapples, Organic Agave.		1/13/2022
Smooth Talkin Mango Smoothie, Small	260	50	6	0.5	0	0	110	51	5	36	4	170	110	40	4	0	8	8	45	0	0	1	0	0	Oatmilk (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), Frozen Mangos, Frozen Pineapples, Organic Agave.		1/13/2022
Sour Gummi Smoothie, Large	500	35	3.5	2.5	0	10	50	117	2	106	1	0	25	10	2	0	2	2	2	0	0	0.5	0	0	Lemonade (Water, Sugar, Lemon Juice Concentrate, Lemon Pulp, Natural Flavor, Citric Acid), Ice, Frozen Blueberries, 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, 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, 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, Carrageenan, Red Beet Extract [color], Caramel Color, Annatto Extract [color]), 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, Carrageenan, Turmeric Extract [color]).	Contains Milk.	1/12/2022
Sour Gummi Smoothie, Medium	370	25	3	2	0	10	40	86	1	78	0	0	20	8	0	0	2	2	2	0	0	0.5	0	0	Lemonade (Water, Sugar, Lemon Juice Concentrate, Lemon Pulp, Natural Flavor, Citric Acid), Ice, Frozen Blueberries, 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, 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, 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, Carrageenan, Red Beet Extract [color], Caramel Color, Annatto Extract [color]), 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, Carrageenan, Turmeric Extract [color]).	Contains Milk.	1/12/2022
Sour Gummi Smoothie, Small	260	15	2	1	0	5	25	60	1	54	0	0	15	6	0	0	2	0	0	0	0	0	0	0	Lemonade (Water, Sugar, Lemon Juice Concentrate, Lemon Pulp, Natural Flavor, Citric Acid), Ice, Frozen Blueberries, 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, 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, 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, Carrageenan, Red Beet Extract [color], Caramel Color, Annatto Extract [color]), 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, Carrageenan, Turmeric Extract [color]).	Contains Milk.	1/12/2022
Sourdough Parmesan Pretzel	420	90	11	3	0	15	690	69	3	3	12	0	0	10	20							0	0	0	Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Canola Oil, Glycerin, Sourdough Base (Rye Sour, Wheat Sour, Fumaric Acid, Lactic Acid, Acetic Acid), Invert Sugar, Natural Flavor, Salt, Sugar, Yeast, Parmesan Cheese (Cultured Milk, Salt, Enzymes).	Contains Milk, Wheat.	1/12/2022
Soy Protein Boost	40	5	0	0	0	0	0	0	0	9	0	0	0	0								0	0	0	Soy Protein Isolate.	Contains Soy.	1/11/2022

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	Revision Date	
Soymilk, 8 fl oz	150	0	0	0	0	0	80	29	0	28	5	0	0	2	6	0	0	0	0	0	0	0	0	0	Vanilla Soymilk (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).	Contains Soy.	1/11/2022
Spinach Boost	5	0	0	0	0	0	20	1	1	0	1	45	10	2	4	0	2	2	2	2	0	0	0	0.5	Fresh Spinach.		1/11/2022
Spring Veggie Egg Bake	200	130	14	8	0	185	480	8	1	1	10			15	6							0	0	0	Liquid Eggs (Whole Eggs, Citric Acid [To Preserve Color], Water [Carrier For Citric Acid]), Plain Non-Fat Yogurt (Cultured Nonfat Milk, Live And Active Cultures [S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei, And L. Rhamnosus]), Heavy Whipping Cream (Cream, Carrageenan), Montmore Cheese ((Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose [To Prevent Caking]), Artichoke Hearts (Artichoke Hearts, Water, Salt, Citric Acid), Red Bell Pepper Strips, Flour Mix (Rice Flour, Rice Starch, Potato Starch, Xanthan Gum, Locust Bean Gum), Leeks, Salt, Smoked Paprika, Dehydrated Garlic, Black Pepper, High Oleic Canola Oil), Soy Lecithin.	Contains Egg, Milk, Soy.	1/12/2022
Strawberry Flavored Boba Boost	35	0	0	0	0	0	10	9	0	8	0	0	0	10	0	0	0	0	0	0	0	0	0	0	Strawberry Flavored Boba (Water, Sugar, Strawberry Juice Concentrate, Calcium Lactate, Malic Acid, Carboxymethylcellulose, Sodium Alginate, Carob Bean Gum, Natural Flavor, Xanthan Gum, Carmine [as color], Turmeric [as color]).		8/15/2022
Strawberries Gone Bananas™ Smoothie	140	5	0	0	0	0	10	35	3	26	1	0	90	2	2	0	2	2	2	2	2	0	1	0	Apple Pear Strawberry Juice Blend (Pear Juice [from concentrate], Apple Juice [from concentrate], Natural Flavor, Strawberry Puree), Frozen Strawberries, Frozen Bananas (Ascorbic Acid and/or Citric Acid).		1/12/2022
Strawberries Wild® Smoothie, Large	430	5	0.5	0	0	0	85	102	4	85	6	2	130	20	4	0	2	2	4	2	0	3	0	0	Apple Pear Strawberry Juice Blend (Pear Juice [from concentrate], Apple Juice [from concentrate], Natural Flavor, Strawberry Puree), 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), Frozen Strawberries, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Ice.	Contains Milk.	1/12/2022
Strawberries Wild® Smoothie, Medium	320	5	0	0	0	0	65	77	3	64	5	0	90	15	4	0	2	2	4	2	0	2	0	0	Apple Pear Strawberry Juice Blend (Pear Juice [from concentrate], Apple Juice [from concentrate], Natural Flavor, Strawberry Puree), 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), Frozen Strawberries, Ice, Frozen Bananas (Ascorbic Acid and/or Citric Acid).	Contains Milk.	1/12/2022
Strawberries Wild® Smoothie, Small	230	5	0	0	0	0	45	56	2	47	3	0	60	10	2	0	2	2	2	2	2	0	1.5	0	Apple Pear Strawberry Juice Blend (Pear Juice [from concentrate], Apple Juice [from concentrate], Natural Flavor, Strawberry Puree), 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), Frozen Strawberries, Ice, Frozen Bananas (Ascorbic Acid and/or Citric Acid).	Contains Milk.	1/12/2022
Strawberry Surf Rider™ Smoothie, Large	430	20	2.5	1	0	5	25	102	3	93	1	4	140	8	4	0	4	2	2	2	2	0	1	0	Lemonade (Water, Sugar, Lemon Juice Concentrate, Lemon Pulp, Natural Flavor, Citric Acid), 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, Carrageenan, Turmeric Extract [color]), Frozen Strawberries, Ice, Frozen Peaches.	Contains Milk.	1/12/2022
Strawberry Surf Rider™ Smoothie, Medium	330	15	2	1	0	5	20	80	3	73	1	4	110	6	2	0	4	2	2	2	2	0	1	0	Lemonade (Water, Sugar, Lemon Juice Concentrate, Lemon Pulp, Natural Flavor, Citric Acid), 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, Carrageenan, Turmeric Extract [color]), Frozen Strawberries, Ice, Frozen Peaches.	Contains Milk.	1/12/2022
Strawberry Surf Rider™ Smoothie, Small	240	10	1	0.5	0	5	15	57	2	52	1	2	80	4	2	0	2	2	2	2	0	0	0.5	0	Lemonade (Water, Sugar, Lemon Juice Concentrate, Lemon Pulp, Natural Flavor, Citric Acid), 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, Carrageenan, Turmeric Extract [color]), Frozen Strawberries, Ice, Frozen Peaches.	Contains Milk.	1/12/2022
Strawberry Whirl™ Smoothie, Large	350	10	1	0	0	0	25	87	7	65	3	2	190	6	6	0	4	4	6	4	0	3.5	0	0	Apple Pear Strawberry Juice Blend (Pear Juice [from concentrate], Apple Juice [from concentrate], Natural Flavor, Strawberry Puree), Frozen Strawberries, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Ice.		1/12/2022
Strawberry Whirl™ Smoothie, Medium	290	5	0.5	0	0	0	20	72	5	54	3	2	140	4	6	0	2	4	6	2	0	3	0	0	Apple Pear Strawberry Juice Blend (Pear Juice [from concentrate], Apple Juice [from concentrate], Natural Flavor, Strawberry Puree), Frozen Strawberries, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Ice.		1/12/2022
Strawberry Whirl™ Smoothie, Small	200	5	0	0	0	0	15	49	4	37	2	2	100	4	4	0	2	2	4	2	0	2	0	0	Apple Pear Strawberry Juice Blend (Pear Juice [from concentrate], Apple Juice [from concentrate], Natural Flavor, Strawberry Puree), Frozen Strawberries, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Ice.		1/12/2022
Strawberry, Fresh, Topping	5	0	0	0	0	0	0	1	0	1	0	0	20	0	0	0	0	0	0	0	0	0	0	0	Strawberries.		1/11/2022
Summer Blackberry Smoothie, Large	570	200	23	20	0	0	35	92	5	68	3	10	100	15	8	25	0	6	2	6	0	1	0	0	Blackberry Pear Juice Blend (Blackberry Puree [from concentrate], Pear Juice [from concentrate], Grape Juice [from concentrate], Malic Acid), Vanilla Coconutmilk (Organic Coconutmilk [Water, Coconut Cream], Sugar, Natural Vanilla Flavor, Guar Gum, Tricalcium Phosphate, Magnesium Phosphate, Xanthan Gum, L-Selenomethionine [Selenium], Vitamin A Acetate, Vitamin D2, Zinc Oxide, Vitamin B12), Oatmilk Frozen Dessert (Oatmilk [Filtered Water, Whole Oat Flour], Cane Sugar, Coconut Oil, Tapioca Syrup, Pea Protein, Locust Bean Gum, Guar Gum), Frozen Pineapples, Ice.	Contains Coconut.	1/12/2022
Summer Blackberry Smoothie, Medium	470	170	19	17	0	0	30	75	4	56	2	8	70	10	6	20	0	4	2	6	0	0.5	0	0	Blackberry Pear Juice Blend (Blackberry Puree [from concentrate], Pear Juice [from concentrate], Grape Juice [from concentrate], Malic Acid), Vanilla Coconutmilk (Organic Coconutmilk [Water, Coconut Cream], Sugar, Natural Vanilla Flavor, Guar Gum, Tricalcium Phosphate, Magnesium Phosphate, Xanthan Gum, L-Selenomethionine [Selenium], Vitamin A Acetate, Vitamin D2, Zinc Oxide, Vitamin B12), Oatmilk Frozen Dessert (Oatmilk [Filtered Water, Whole Oat Flour], Cane Sugar, Coconut Oil, Tapioca Syrup, Pea Protein, Locust Bean Gum, Guar Gum), Frozen Pineapples, Ice.	Contains Coconut.	1/12/2022
Summer Blackberry Smoothie, Small	290	100	11	10	0	0	20	47	2	35	2	6	50	8	4	15	0	4	2	4	0	0.5	0	0	Blackberry Pear Juice Blend (Blackberry Puree [from concentrate], Pear Juice [from concentrate], Grape Juice [from concentrate], Malic Acid), Vanilla Coconutmilk (Organic Coconutmilk [Water, Coconut Cream], Sugar, Natural Vanilla Flavor, Guar Gum, Tricalcium Phosphate, Magnesium Phosphate, Xanthan Gum, L-Selenomethionine [Selenium], Vitamin A Acetate, Vitamin D2, Zinc Oxide, Vitamin B12), Oatmilk Frozen Dessert (Oatmilk [Filtered Water, Whole Oat Flour], Cane Sugar, Coconut Oil, Tapioca Syrup, Pea Protein, Locust Bean Gum, Guar Gum), Frozen Pineapples, Ice.	Contains Coconut.	1/12/2022
Sweet Belgian Waffle	310	140	15	8	0	25	290	39	1	19	5	0	0	2	4	0	0	0	0	0	0	0	0	0	Belgian Waffle (Wheat Flour, Sugar, Margarine [Palm Oil, Coconut Oil, Water, Canola Oil, Mono- and Diglycerides (emulsifiers)], Water, Butter, Egg, Invert Sugar, Yeast, Soy Flour, Salt, Natural Vanilla Flavor with other Natural Flavors, Soy Lecithin).	Contains Coconut, Egg, Milk, Soy, Wheat.	1/11/2022
Tapioca Boba Boost	80	0	0	0	0	0	30	21	0	18	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Tapioca Boba (Glucose Syrup, Water, Modified Tapioca Starch, Sugar, Malt Extract, Sodium Alginate, Guar Gum, Xanthan Gum, Sodium Citrate), Water.		8/15/2022
The Go Getter Smoothie, Large	380	20	2.5	0	0	0	120	85	12	62	10	750	1010	45	25	0	15	15	15	6	281	0.5	4	0	Matcha Green Tea (Water, Matcha Green Tea [100% Tencha Green Tea]), Frozen Vegetable & Fruit Juice Blend (Reconstituted Sweet Potato Juice Concentrate [Water, Sweet Potato Juice Concentrate], Apple Puree Concentrate, Sweet Potato Juice Concentrate, Apple Juice Concentrate, White Grape Juice Concentrate, Fruit and Vegetable Juice for Color, Carrot Juice Concentrate, Spinach Puree, Calcium Lactate, Pineapple Juice Concentrate, Banana Puree, Cucumber Juice, Pectin, Citric Acid, Baker's Yeast Beta Glucan [Wellmune®]), Ascorbic Acid [Vitamin C], Natural Flavor, Xanthan Gum), Frozen Mangos, Frozen Kale, Orange Juice (from concentrate).		1/12/2022

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	Revision Date	
The Go Getter Smoothie, Medium	310	15	2	0	0	0	95	70	9	51	8	580	820	35	20	0	10	10	10	4	210	0.5	3	Matcha Green Tea (Water, Matcha Green Tea [100% Tencha Green Tea]), Frozen Vegetable & Fruit Juice Blend (Reconstituted Sweet Potato Juice Concentrate [Water, Sweet Potato Juice Concentrate], Apple Puree Concentrate, Sweet Potato Juice Concentrate, Apple Juice Concentrate, White Grape Juice Concentrate, Fruit and Vegetable Juice for Color, Carrot Juice Concentrate, Spinach Puree, Calcium Lactate, Pineapple Juice Concentrate, Banana Puree, Cucumber Juice, Pectin, Citric Acid, Baker's Yeast Beta Glucan [Wellmune*], Ascorbic Acid [Vitamin C], Natural Flavor, Xanthan Gum), Frozen Mangos, Frozen Kale, Orange Juice (from concentrate).		1/12/2022	
The Go Getter Smoothie, Small	260	15	1.5	0	0	0	85	57	8	41	7	500	690	30	20	0	10	10	10	4	175	0.5	3	Matcha Green Tea (Water, Matcha Green Tea [100% Tencha Green Tea]), Frozen Vegetable & Fruit Juice Blend (Reconstituted Sweet Potato Juice Concentrate [Water, Sweet Potato Juice Concentrate], Apple Puree Concentrate, Sweet Potato Juice Concentrate, Apple Juice Concentrate, White Grape Juice Concentrate, Fruit and Vegetable Juice for Color, Carrot Juice Concentrate, Spinach Puree, Calcium Lactate, Pineapple Juice Concentrate, Banana Puree, Cucumber Juice, Pectin, Citric Acid, Baker's Yeast Beta Glucan [Wellmune*], Ascorbic Acid [Vitamin C], Natural Flavor, Xanthan Gum), Frozen Mangos, Frozen Kale, Orange Juice (from concentrate).		1/12/2022	
Turkey Sausage 'n Cheese Breakfast Wrap	320	140	15	6	0	40	580	30	1	1	17	6	0	20	8						0	0	0	Tortilla (Enriched Wheat Flour [Wheat Flour, Enzyme, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Vegetable Shortening [Soybean Oil, Vegetable Mono- and Diglycerides, Tocopherols (Vitamin E) and Vitamin C Palmitate (antioxidants), Canola Oil], 2% or less of L-Cysteine [monohydrochloride], Leavening [Sodium Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate], Salt, Modified Food Starch, Yeast, Sodium Bicarbonate), Pre-Cooked Scrambled Egg Whites (Egg Whites, Modified Food Starch, Nonfat Milk, Whey Protein Isolate, Soybean Oil, Carrageenan, Salt, Natural Egg Flavor, Guar Gum, Xanthan Gum, Annatto [color]), Seasoned Turkey Sausage Crumbles (Turkey Meat, Water, Seasoning [Salt, Sugar, Flavorings (Including Spices and Spice Extracts)], Potato Starch, Sage, Natural Flavor), Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes, Annatto [color]), Potato Starch, Cornstarch, Powdered Cellulose [to prevent caking]), American Cheese Flavored Spread (Milk and Cream, Skim Milk, Cheese Culture, Salt, Stabilizers [Carob Bean and/or Xanthan and/or Guar Gums], Water, Cheddar Cheese [Milk, Salt, Cultures, Enzymes], Whey, Natural Flavors, Maltodextrin, Salt, Disodium Phosphate, Annatto, Guar Gum, Xanthan Gum).	Contains Egg, Milk, Wheat.	1/12/2022	
Turmeric Shot, RTD	25	0	0	0	0	0	0	6	0	3	0	0	60	0	0	0	0	0	0	0	0	0	0	0	Turmeric Shot (Orange Juice, Lemon Juice, Turmeric).		1/12/2022
Vanilla Blue Sky Bowl	320	70	8	3	0	0	60	60	8	30	5	8	130	25	10	15	15	15	8	6	0	1.5	0	Frozen Bananas (Ascorbic Acid and/or Citric Acid), Frozen Pineapples, Unsweetened Almondmilk (Water, Almonds, 2% or less of Vitamin and Mineral Blend [Calcium Carbonate, Vitamin E Acetate, Vitamin A Palmitate, Vitamin D2], Sea Salt, Natural Flavor, Sunflower Lecithin, Locust Bean Gum, Gellan Gum, Ascorbic Acid [to protect flavor]), Strawberries, Vanilla Coconutmilk (Organic Coconutmilk [Water, Coconut Cream], Sugar, Natural Vanilla Flavor, Guar Gum, Tricalcium Phosphate, Magnesium Phosphate, Xanthan Gum, L-Selenomethionine [Selenium]), Vitamin A Acetate, Vitamin D2, Zinc Oxide, Vitamin B12), Organic Granola (Whole Grain Rolled Oats, Sugar, Sunflower and/or Canola Oil, Rice Flour, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon), Blueberries, Coconut Flakes, Blue Spirulina Powder (Trehalose, Sprulina Extract [color], Trisodium Citrate).	Contains Almond, Coconut.	1/12/2022	
Vanilla Blue Sky Smoothie, Large	360	60	7	4	0	0	150	77	8	48	3	25	180	60	10	50	30	15	10	10	0	2.5	0	Unsweetened Almondmilk (Water, Almonds, 2% or less of Vitamin and Mineral Blend [Calcium Carbonate, Vitamin E Acetate, Vitamin A Palmitate, Vitamin D2], Sea Salt, Natural Flavor, Sunflower Lecithin, Locust Bean Gum, Gellan Gum, Ascorbic Acid [to protect flavor]), Vanilla Coconutmilk (Organic Coconutmilk [Water, Coconut Cream], Sugar, Natural Vanilla Flavor, Guar Gum, Tricalcium Phosphate, Magnesium Phosphate, Xanthan Gum, L-Selenomethionine [Selenium]), Vitamin A Acetate, Vitamin D2, Zinc Oxide, Vitamin B12), Frozen Bananas (Ascorbic Acid and/or Citric Acid), Frozen Pineapples, Blue Spirulina Powder (Trehalose, Sprulina Extract [color], Trisodium Citrate).	Contains Almond, Coconut.	1/12/2022	
Vanilla Blue Sky Smoothie, Medium	280	50	5	3	0	0	110	59	6	37	3	20	130	45	8	40	25	10	8	6	0	2	0	Unsweetened Almondmilk (Water, Almonds, 2% or less of Vitamin and Mineral Blend [Calcium Carbonate, Vitamin E Acetate, Vitamin A Palmitate, Vitamin D2], Sea Salt, Natural Flavor, Sunflower Lecithin, Locust Bean Gum, Gellan Gum, Ascorbic Acid [to protect flavor]), Vanilla Coconutmilk (Organic Coconutmilk [Water, Coconut Cream], Sugar, Natural Vanilla Flavor, Guar Gum, Tricalcium Phosphate, Magnesium Phosphate, Xanthan Gum, L-Selenomethionine [Selenium]), Vitamin A Acetate, Vitamin D2, Zinc Oxide, Vitamin B12), Frozen Bananas (Ascorbic Acid and/or Citric Acid), Frozen Pineapples, Blue Spirulina Powder (Trehalose, Sprulina Extract [color], Trisodium Citrate).	Contains Almond, Coconut.	1/12/2022	
Vanilla Blue Sky Smoothie, Small	200	40	4.5	2.5	0	0	90	43	5	27	2	15	90	35	6	35	20	8	6	6	0	1.5	0	Unsweetened Almondmilk (Water, Almonds, 2% or less of Vitamin and Mineral Blend [Calcium Carbonate, Vitamin E Acetate, Vitamin A Palmitate, Vitamin D2], Sea Salt, Natural Flavor, Sunflower Lecithin, Locust Bean Gum, Gellan Gum, Ascorbic Acid [to protect flavor]), Vanilla Coconutmilk (Organic Coconutmilk [Water, Coconut Cream], Sugar, Natural Vanilla Flavor, Guar Gum, Tricalcium Phosphate, Magnesium Phosphate, Xanthan Gum, L-Selenomethionine [Selenium]), Vitamin A Acetate, Vitamin D2, Zinc Oxide, Vitamin B12), Frozen Bananas (Ascorbic Acid and/or Citric Acid), Frozen Pineapples, Blue Spirulina Powder (Trehalose, Sprulina Extract [color], Trisodium Citrate).	Contains Almond, Coconut.	1/12/2022	
Vanilla Coconutmilk, 8 fl oz	80	40	4.5	4	0	0	15	10		8	0	0	8	0							10	0	0	0	Vanilla Coconutmilk (Organic Coconutmilk [Water, Coconut Cream], Sugar, Natural Vanilla Flavor, Guar Gum, Tricalcium Phosphate, Magnesium Phosphate, Xanthan Gum, L-Selenomethionine [Selenium]), Vitamin A Acetate, Vitamin D2, Zinc Oxide, Vitamin B12).	Contains Coconut.	1/11/2022
Veggie Vitality™ Juice, Large	280	15	1.5	0	0	0	300	65	11	43	6	1130	90	25	25	0	20	25	25	10	0	1	4	Fresh Juiced Apple, Fresh Juiced Carrot, Ice, Fresh Spinach.		1/12/2022	
Veggie Vitality™ Juice, Medium	230	10	1	0	0	0	240	52	9	35	5	910	70	20	20	0	15	20	20	8	0	1	3.5	Fresh Juiced Apple, Fresh Juiced Carrot, Ice, Fresh Spinach.		1/12/2022	
Veggie Vitality™ Juice, Small	190	10	1	0	0	0	220	44	8	29	4	860	60	15	15	0	15	15	20	6	0	1	3	Fresh Juiced Apple, Fresh Juiced Carrot, Ice, Fresh Spinach.		1/12/2022	
Watermelon Breeze Smoothie, Large	510	20	2	1	0	5	75	120	3	104	3	160	170	10	30	0	2	4	2	2	0	1	0	Watermelon Grape Juice Blend (Grape Juice [from concentrate], Watermelon Juice [from concentrate], Natural Flavors, Citric Acid), 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, Carrageenan, Red Beet Extract [color], Caramel Color, Annatto Extract [color]), Ice, Frozen Strawberries, Frozen Pineapples.	Contains Milk.	1/12/2022	
Watermelon Breeze Smoothie, Medium	410	15	1.5	1	0	5	60	98	2	85	2	140	120	10	25	0	2	4	2	2	0	1	0	Watermelon Grape Juice Blend (Grape Juice [from concentrate], Watermelon Juice [from concentrate], Natural Flavors, Citric Acid), 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, Carrageenan, Red Beet Extract [color], Caramel Color, Annatto Extract [color]), Ice, Frozen Strawberries, Frozen Pineapples.	Contains Milk.	1/12/2022	
Watermelon Breeze Smoothie, Small	300	10	1	0.5	0	5	45	71	2	62	2	110	90	6	20	0	0	2	2	2	0	1.5	0	Watermelon Grape Juice Blend (Grape Juice [from concentrate], Watermelon Juice [from concentrate], Natural Flavors, Citric Acid), 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, Carrageenan, Red Beet Extract [color], Caramel Color, Annatto Extract [color]), Ice, Frozen Strawberries, Frozen Pineapples.	Contains Milk.	1/12/2022	
Plant-Based Watermelon Breeze Smoothie, Large	590	120	13	11	0	0	60	120	5	96	4	160	170	8	35	0	2	4	2	2	0	1	0	Watermelon Grape Juice Blend (Grape Juice [from concentrate], Watermelon Juice [from concentrate], Natural Flavors, Citric Acid), Oatmilk Frozen Dessert (Oatmilk [Filtered Water, Whole Oat Flour], Cane Sugar, Coconut Oil, Tapioca Syrup, Pea Protein, Locust Bean Gum, Guar Gum), Ice, Frozen Strawberries, Frozen Pineapples.	Contains Coconut.	4/12/2022	
Plant-Based Watermelon Breeze Smoothie, Medium	490	100	11	9	0	0	50	99	3	80	3	140	120	6	30	0	2	4	2	2	0	1	0	Watermelon Grape Juice Blend (Grape Juice [from concentrate], Watermelon Juice [from concentrate], Natural Flavors, Citric Acid), Oatmilk Frozen Dessert (Oatmilk [Filtered Water, Whole Oat Flour], Cane Sugar, Coconut Oil, Tapioca Syrup, Pea Protein, Locust Bean Gum, Guar Gum), Ice, Frozen Strawberries, Frozen Pineapples.	Contains Coconut.	4/12/2022	
Plant-Based Watermelon Breeze Smoothie, Small	330	60	6	5	0	0	35	69	2	57	2	110	90	4	20	0	0	2	2	2	0	0.5	0	Watermelon Grape Juice Blend (Grape Juice [from concentrate], Watermelon Juice [from concentrate], Natural Flavors, Citric Acid), Oatmilk Frozen Dessert (Oatmilk [Filtered Water, Whole Oat Flour], Cane Sugar, Coconut Oil, Tapioca Syrup, Pea Protein, Locust Bean Gum, Guar Gum), Ice, Frozen Strawberries, Frozen Pineapples.	Contains Coconut.	4/12/2022	
Watermelon Grape Juice Blend, 8 fl oz	160	0	0	0	0	0	25	39		35	1		2	2	15						0	0.5	0	Watermelon Grape Juice Blend (Grape Juice [from concentrate], Watermelon Juice [from concentrate], Natural Flavors, Citric Acid).		1/11/2022	

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	Revision Date
Wheatgrass Juice Shot	15	0	0	0	0	0	0	10	2	0	1	1		15		20							0	0	0.5	Fresh Wheatgrass Juice.	Contains Wheat.	1/12/2022
Wheatgrass Shot, RTD	25	0	0	0	0	0	0	5	0	4	0	0	10	0	10								0	0	0	Wheatgrass Shot (Fresh Wheatgrass Juice, Apple Juice, Fresh Juiced Lemon).	Contains Wheat.	1/12/2022
Whey Protein Boost	70	10	1	0.5	0	35	30	2	0	1	13	2	0	6	2								0	0	0	Whey Protein Boost (Whey Protein Concentrate, Soy Lecithin).	Contains Milk, Soy.	1/11/2022
White Grape Pear Peach Juice Blend, 8 fl oz	130	0	0	0	0	0	25	31			28	1		0	2	6			0	0	0	0	0	1	0	White Grape Pear Peach Juice Blend (Pear Juice [from concentrate], White Grape Juice [from concentrate], Peach Juice [from concentrate], Malic Acid, Natural Flavor).		1/11/2022
White Gummi Smoothie, Large	600	40	4.5	3	0	15	125	136	1	122	4	45	30	15	10	0	4	2	2	2	0	0	1.5	0	White Grape Pear Peach 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 Diglycerides, Locust Bean Gum, Guar Gum, Carrageenan), Ice, Vanilla Soymilk (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), 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, Carrageenan, Annatto Extract [color]), 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, Carrageenan, Red Beet Extract [color], Caramel Color, Annatto Extract [color]), Frozen Mangos, 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, Carrageenan, Turmeric Extract [color]).	Contains Milk, Soy.	1/12/2022	
White Gummi Smoothie, Medium	450	30	3.5	2	0	10	85	102	1	91	2	40	25	10	6	0	2	2	2	2	0	0	1	0	White Grape Pear Peach 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 Diglycerides, Locust Bean Gum, Guar Gum, Carrageenan), Ice, Vanilla Soymilk (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), 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, Carrageenan, Annatto Extract [color]), 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, Carrageenan, Red Beet Extract [color], Caramel Color, Annatto Extract [color]), Frozen Mangos, 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, Carrageenan, Turmeric Extract [color]).	Contains Milk, Soy.	1/12/2022	
White Gummi Smoothie, Small	310	20	2.5	1.5	0	5	60	70	1	63	2	25	15	8	4	0	2	2	2	2	0	0	0.5	0	White Grape Pear Peach 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 Diglycerides, Locust Bean Gum, Guar Gum, Carrageenan), Ice, Vanilla Soymilk (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), 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, Carrageenan, Annatto Extract [color]), 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, Carrageenan, Red Beet Extract [color], Caramel Color, Annatto Extract [color]), Frozen Mangos, 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, Carrageenan, Turmeric Extract [color]).	Contains Milk, Soy.	1/12/2022	