nutrition chart

smoothies

(based on 16 oz)	Calories	Protein (g)	Carbs (g)	Fiber (g)	Sugars (g)	Fat (g)	Sat Fat (g)	Chol (mg)	Sod (mg)	Calc (%)	Vit A (%)	Vit C (%)	Iron (%)
Protein Power	276	15.0	44.6	5.0	35.2	5.2	1.4	15	377	43	12	73	10
Pomegranate Punch	273	6.8	58.4	2.5	48.5	2.1	1.2	7	90	22	2	66	3
Acai Extreme	279	7.5	64.1	17.2	39.8	2.8	0.7	0	7	6	30	6	7
Strawberry Banana Supreme	269	3.5	67.5	9.2	52.9	0.8	0	0	14	11	11	322	5
Mango Mania	341	2.5	84.7	2.9	72.9	0.8	0	0	29	3	18	227	4
Caribbean Splash	313	2.8	79.1	7.6	70.8	0.6	0	0	27	11	19	287	3
Pineapple Paradise	253	5.8	52.7	3.8	40.6	3.4	2.2	4	58	19	2	190	8
Chunky Monkey	471	18.4	60.2	5.6	40.9	19.4	7.7	12	257	30	3	18	13
True Blue	294	8	63.2	2.8	53.6	2.1	1.2	7	111	25	2	119	4
Raspberry Blast	315	2.2	79.6	17.8	52.7	1	0	0	31	5	3	104	7
Kiwi Quencher	308	3	76.1	7.9	45.1	1.3	0	0	33	9	4	410	5
Tropical Peach	237	3.4	59.1	5.9	53.4	0.9	0	0	18	3	23	85	6
Iced Cappuccino	385	15.8	55.7	1	38.8	10.9	6.7	10	446	38	2	2	7
Chai Tea	252	16	35	2.9	NA	5.5	2.4	14	NA	43	2	3	3
Matcha Green Tea	300	10	63.5	1.1	NA	0.8	0.7	0	NA	0	0	0	0

lite blendz

(based on 16 oz)	Calories	Protein (g)	Carbs (g)	Fiber (g)	Sugars (g)	Fat (g)	Sat Fat (g)	Chol (mg)	Sod (mg)	Calc (%)	Vit A (%)	Vit C (%)	Iron (%)
Strawberry-Banana	175	3	43.4	8.4	25.7	1.2	0	0	4	5	2	318	8
POG-Mango	249	2.7	62.1	4.5	52.6	1.1	0	0	7	5	44	294	4
Peach-Strawberry	143	3.2	34.7	6.8	27.3	1.1	0	0	2	4	15	192	7
Pomegranate-Blueberry	248	1.3	62.5	4.1	49.1	0.6	0	0	11	1	2	27	3

super smoothies

(based on 16 oz)	Calories	Protein (g)	Carbs (g)	Fiber (g)	Sugars (g)	Fat (g)	Sat Fat (g)	Chol (mg)	Sod (mg)	Calc (%)	Vit A (%)	Vit C (%)	Iron (%)
Avocados & Cream	495	11.5	69.4	11.6	49.2	22.4	6.3	3	139	16	4	27	12
Jolly Green Kiwi	252	4.2	61.5	8.3	45.8	1.4	0.1	0	47	12	61	414	14
Acai Mega Berry	334	3	77.9	9.6	64.9	2.5	0.25	0	23	28	7	182	10

fresh & healthy

We select only the finest fruits and vegetables, so you can have a healthy smoothie for breakfast, lunch or dinner - or just an afternoon snack that won't leave you feeling guilty.

nutrition chart

supreme squeezes

(based on 16 oz)	Calories	Protein (g)	Carbs (g)	Fiber (g)	Sugars (g)	Fat (g)	Sat Fat (g)	Chol (mg)	Sod (mg)	Calc (%)	Vit A (%)	Vit C (%)	Iron (%)
Cold Terminator	260	6	59.1	13.2	26.3	2.4	0.6	0	146	17	672	174	22
Super Detox	130	4.9	27.7	10.3	13.4	1.1	0	0	334	21	782	106	20
Cholesterol Buster	273	5.1	63.6	13.2	28.1	2.5	0.7	0	148	11	666	37	23
Mega Energy	185	4.5	42.8	12.7	20.7	1.1	0.1	0	311	17	1484	84	13
Digestive Cleanser	166	6.4	36.7	12	16.6	1.3	0	0	324	22	1349	87	23
Body Purifier	122	4.1	28.3	6.3	17.2	0.7	0	0	169	8	383	26	10

fresh squeezes

(based on 16 oz)	Calories	Protein (g)	Carbs (g)	Fiber (g)	Sugars (g)	Fat (g)	Sat Fat (g)	Chol (mg)	Sod (mg)	Calc (%)	Vit A (%)	Vit C (%)	Iron (%)
Orange	213	4.3	53.3	10.9	42.4	0.5	0	0	0	19	20	403	3
Apple	236	1.2	62.6	10.9	47.1	0.8	0	0	5	3	5	35	3
Carrot	185	4.1	43.3	12.7	21.5	1.1	0	0.1	313	15	1516	44	8
Apple-Carrot	211	2.7	43.6	11.7	34.3	0.8	0.1	0	159	9	760	40	5
Orange-Carrot	200	4.1	48.3	11.3	31.9	0.8	0	0	156	16	768	223	4

100% pure fruit juices

(based on 16 oz)	Calories	Protein (g)	Carbs (g)	Fiber (g)	Sugars (g)	Fat (g)	Sat Fat (g)	Chol (mg)	Sod (mg)	Calc (%)	Vit A (%)	Vit C (%)	Iron (%)
Pineapple	260	2	64	0	62	0	0	0	20	4	0	200	4
Peach	200	0	52	0	48	0	0	0	10	0	0	200	0
Cranberry	240	0	58	0	54	0	0	0	30	4	0	200	0
Pomegranate-Blueberry	280	2	68	0	66	0	0	0	60	8	0	200	4
Acai	240	0.8	54	1.5	53	2.3	0.4	0	9	24	9	3	5
Passion-Orange-Guava	220	0	56	0	52	0	0	0	30	4	0	200	0

wheatgrass

(based on 2 oz)	Calories	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Chol (mg)	Sod (mg)	Calc (%)	Vit A (%)	Vit C (%)	Iron (%)
Wheatgrass Juice	12	8	16	8	0	0	0	0	16	320	120	40

feel better

Our pure smoothies and fresh squeezed juices pack a powerful nutritional punch, with high levels of the vitamins and minerals your body needs to function well and feel good.

nutrition chart

wraps, paninis, salads

(based on salad*)	Calories	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Chol (mg)	Sod (mg)	Calc (%)	Vit A (%)	Vit C (%)	Iron (%)
Turkey Club	149	19.5	5	1.7	4.9	1.3	56	655	3	15	17	7
Asian Chicken	426	30.5	28.2	3.5	8.8	2.2	90	71	6	11	20	9
Spicy Chicken	169	27	4.2	1.7	4.6	1.1	71	182	4	10	16	9
Chicken Caesar	309	30.9	27.6	3.7	8	1.7	71	507	7	18	15	19
Veggie Extreme	44	1.6	7.3	2.4	1.7	0	0	123	4	19	47	6
Mediterranean	166	26.9	3.5	1.5	4.5	1.1	71	182	4	9	32	9
Tuna Melt	130	16.9	4	1.4	5	1	19	39	2	16	15	4
Turkey Bacon Avocado	139	13.1	7.5	3.6	6.5	1.1	32	180	3	16	21	6
Turkey Pesto	161	25.6	4.0	1.4	4.4	1.4	64	67	4	15	15	11
The Portobello	44	3.6	8	2.6	0.5	0	0	12	2	33	100	5
Early Bird Breakfast	114	9.9	3.3	0.9	6.9	2.2	245	264	4	15	13	7
Healthy Start Breakfast	120	10.1	4.9	1.3	6.9	2.2	245	265	4	17	39	8

*not including bread, dressing/sauce or cheese (see below)

breads, sauces, cheeses

	Serving Size	Calories	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Chol (mg)	Sod (mg)	Vit A (%)	Vit C (%)	Iron (%)
Whole Wheat Wrap	1 wrap	290	9	50	6	7	3	0	750	0	0	15
Tomato Wrap	1 wrap	310	7	49	3	9	2	0	580	0	0	6
Spinach Wrap	1 wrap	290	7	47	3	8	2	0	650	10	0	20
Focaccia Bread	114 g	340	10	66	2	4	0	0	880	0	0	20
Ciabatta Bread	112g	240	8	46	8	1.5	0	0	400	4	0	16
Caesar Dressing	29 mL	60	0.3	6.5	0	3.9	0	0	244	2	0	2
Sesame Vinaigrette	29 mL	41	0	2.6	0	3.6	0	0	1222	0	0	0
Raspberry Vinaigrette	29 mL	30	0	7	0	0	0	0	135	0	0	2
Ranch Dressing (reduced)	29 mL	9	0.4	1.6	0	0.1	0	0	166	7	2	0
Mayonnaise (reduced)	29 mL	47	1	3.1	1	4.1	0.5	0	383	0	0	0
Salsa	59 mL	17	1	4	1	0.1	0	0	383	4	2	2
Pesto	29 mL	79	2.8	15.2	0.5	0.7	0	0	204	0	0	0
Tzatziki	29 mL	16	1.2	2.5	0.2	0.1	0	0	1	0	0	0
Balsamic Vinaigrette	29 mL	25	0	5.9	0	0	0	0	395	0	0	0
Mozzarella Cheese	35 g	106	9.1	1.3	0	7	4.4	19	185	4	0	1
Cheddar Cheese	35 g	141	8.7	0.5	0	11.6	7.4	37	217	7	0	1
Swiss Cheese	35 g	133	9.4	1.9	0	9.7	6.2	32	67	6	0	0
Parmesan Cheese	5 g	22	1.9	0.2	0	1.4	0.9	4	76	0	0	0
Feta Cheese	22 g	58	3.1	0.9	0	4.7	3.3	20	246	2	0	1