



JUICE AND SMOOTHIE BAR

16 OZ NUTRITIONAL INFORMATION

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Protein (g)	Carbs (g)	Fiber (g)	Sugars (g)	Cholesterol (mg)	Sodium (mg)
CLASSIC SMOOTHIES										
Anna Banana	270	1.7	0.8	0	3	64	0	55	6.2	62
Blueberry Dream	210	1	0.3	0	1	49	1	44	0	31
Cranberry Fix	210	0.9	0.4	0	1	48	1	42	3	43
Peach Beach	210	1.1	0.6	0	2	48	1	44	3	47
Pulp Swirl	200	0.5	0.1	0	1	48	1	44	0	34
Raspberry Harmony	210	0	0	0	1	52	1	46	0	38
Strawberry Banana	210	1.5	0.9	0	2	47	1	41	6.2	56
Strawberry Extreme	190	0.7	0.4	0	1	45	1	40	3	40
Three Berry	190	0	0	0	1	46	1	41	0	30
CITRUS SMOOTHIES										
Citrus Berry	200	1	0.5	0	2	46	2	40	3	37
Orange Chill	200	1.5	0.7	0	4	46	1	36	3	27
Samma Jamma	200	1.5	0.7	0	3	46	1	36	3	31
TROPICAL SMOOTHIES										
Pulp Coolada	270	3.5	3.3	0	1	60	1	51	0	46
Elite Eight	190	0.7	0.3	0	1	46	1	42	0	39
Island Cruiser	210	0.7	0.3	0	1	51	1	46	0	28
Mango Tango	210	0.7	0.3	0	1	49	1	46	0	26
Pulp Passion	190	0.7	0.3	0	1	46	1	43	0	29
Tropical Blast	210	.4	0.1	0	1	52	1	46	0	29
SUPER SMOOTHIES										
Cram Session	230	1.5	0.7	0	3	51	1	36	3	29
Guava Burner	220	0.7	0.3	0	1	52	3	42	0	31
Hangover Relief	230	0.7	0.3	0	1	55	1	44	0	34
Protein Packer	370	11.9	2.7	0	27	37	2	27	23	196
Green Tea Smoothie	200	3.8	1.2	0	6	33	1	29	6.2	92
VEGGIE 'n' GREENS SMOOTHIES										
Kale Ka-Pow!	200	0.2	0	0	2	48	3	41	0	28
Carrotty Chop	220	1.9	0.9	0	4	47	3	37	6.2	66
Beet Bada-Boom	160	0.3	0	0	1	38	4	34	0	82
Matcha Match	240	3.5	0.9	0	5	46	3	37	6.2	149
PREMIUM BLENDS SMOOTHIES										
Smooth Avocado	360	9.6	1.3	0	5	71	7	50	0	29
Strawberry Basil w/Chia	210	4	0	0	2	40	7	30	0	23
Ultimate Acai	290	4.9	0.4	0	3	56	5	42	3	43
Orange Ginger Elixir	210	0.5	0	0	2	50	2	36	0	41

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CLASSIC SMOOTHIES										
Anna Banana	410	2.5	1.3	0	3	95	0	82	9.3	92
Blueberry Dream	310	1.6	0.5	0	2	73	2	65	0	46
Cranberry Fix	310	1.4	0.6	0	2	72	2	63	4.6	64
Peach Beach	310	1.7	0.9	0	3	72	1	65	4.6	70
Pulp Swirl	290	0.7	0.2	0	1	72	2	65	0	50
Raspberry Harmony	310	0.1	0	0	1	78	2	68	0	56
Strawberry Banana	320	2.2	1.3	0	3	70	1	61	9.3	84
Strawberry Extreme	290	1.1	0.6	0	1	67	2	60	4.6	60
Three Berry	290	0.2	0	0	1	69	2	61	0	45
CITRUS SMOOTHIES										
Citrus Berry	300	1.5	0.7	0	3	69	3	59	4.6	55
Orange Chill	310	2.3	1	0	5	68	2	54	4.6	41
Samma Jamma	310	2.3	1	0	4	68	2	54	4.6	46
TROPICAL SMOOTHIES										
Pulp Coolada	400	5.2	5	0	2	89	1	76	0	68
Elite Eight	290	1	0.5	0	1	68	2	63	0	40
Island Cruiser	320	1.1	0.5	0	1	76	1	69	0	42
Mango Tango	310	1	0.5	0	1	73	2	68	0	39
Pulp Passion	290	1	0.5	0	1	69	2	64	0	43
Tropical Blast	320	0.6	0.2	0	1	78	1	69	0	43
SUPER SMOOTHIES										
Cram Session	340	2.3	1	0	5	76	2	53	4.6	43
Guava Burner	320	1.1	0.5	0	1	78	4	63	0	46
Hangover Relief	340	1.1	0.5	0	2	82	1	66	0	51
Protein Packer	550	17.8	4	0	40	55	3	41	35	293
Green Tea Smoothie	290	5.6	1.8	0	9	49	1	44	9.3	138
HIGH ENERGY SMOOTHIES										
Mango Bomb	270	1	0.5	0	1	64	2	58	0	122
Mango Bomb Sugarfree	160	1	0.5	0	1	39	2	31	0	122
Pulp Fusion	280	1.1	0.5	0	1	67	1	59	0	130
Pulp Fusion Sugarfree	170	1.1	0.5	0	1	42	1	32	0	130
Raging Berry	270	0.2	0	0	1	67	2	57	0	129
Raging Berry Sugarfree	160	0.2	0	0	1	42	2	30	0	129
VEGGIE 'n' GREENS SMOOTHIES										
Kale Ka-Pow!	300	0.3	0	0	3	71	5	61	0	42
Carroty Chop	320	2.9	1.4	0	6	70	4	55	9.3	98
Beet Bada-Boom	240	0.4	0	0	2	57	6	50	0	123
Matcha Match	350	5.2	1.3	0	7	69	4	55	9.3	223
PREMIUM BLENDS SMOOTHIES										
Smooth Avocado	540	14.4	1.9	0	7	106	10	75	0	44
Strawberry Basil w/Chia	310	6.1	0	0	3	60	10	45	0	34
Ultimate Acai	430	7.3	0.6	0	5	83	8	62	4.6	64
Orange Ginger Elixir	310	0.7	0.1	0	3	75	3	53	0	61



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CLASSIC SMOOTHIES										
Anna Banana	550	3.3	1.7	0	4	127	0	110	12	123
Blueberry Dream	410	2.1	0.7	0	3	98	3	87	0	62
Cranberry Fix	410	1.9	0.8	0	3	96	3	84	6.2	86
Peach Beach	410	2.2	1.2	0	4	96	1	87	6.2	94
Pulp Swirl	390	0.9	0.3	0	1	96	3	87	0	67
Raspberry Harmony	420	0.1	0.0	0	1	105	3	91	0	75
Strawberry Banana	420	2.9	1.7	0	4	94	1	82	12	113
Strawberry Extreme	390	1.4	0.8	0	1	90	3	80	6.2	80
Three Berry	380	0.3	0	0	1	92	3	82	0	60
CITRUS SMOOTHIES										
Citrus Berry	400	2	0.9	0	4	92	4	79	6.2	74
Orange Chill	410	3	1.3	0	7	91	3	72	6.2	55
Samma Jamma	410	3	1.3	0	5	91	3	72	6.2	62
TROPICAL SMOOTHIES										
Pulp Coolada	540	6.9	6.7	0	3	119	1	102	0	91
Elite Eight	380	1.3	0.7	0	1	91	3	84	0	53
Island Cruiser	420	1.5	0.7	0	1	102	1	92	0	56
Mango Tango	410	1.3	0.7	0	1	98	3	91	0	52
Pulp Passion	390	1.3	0.7	0	1	92	3	86	0	58
Tropical Blast	430	0.8	0.3	0	1	105	1	92	0	58
SUPER SMOOTHIES										
Cram Session	460	3	1.3	0	7	102	3	71	6.2	58
Guava Burner	430	1.5	0.7	0	1	105	5	84	0	62
Hangover Relief	450	1.5	0.7	0	3	110	1	88	0	68
Protein Packer	730	23.8	5.4	0	54	74	4	55	47	393
Green Tea Smoothie	390	7.5	2.4	0	12	66	1	59	12	185
HIGH ENERGY SMOOTHIES										
Mango Bomb	360	1.3	0.7	0	1	86	3	78	0	163
Mango Bomb Sugarfree	220	1.3	0.7	0	1	52	3	42	0	163
Pulp Fusion	370	1.5	0.7	0	1	90	1	79	0	174
Pulp Fusion Sugarfree	230	1.5	0.7	0	1	56	1	43	0	174
Raging Berry	360	0.3	0	0	1	90	3	76	0	173
Raging Berry Sugarfree	220	0.3	0	0	1	56	3	40	0	173
VEGGIE 'n' GREENS SMOOTHIES										
Kale Ka-Pow!	400	0.4	0	0	4	95	7	82	0	56
Carrot Chop	430	3.9	1.9	0	8	94	5	74	12	131
Beet Bada-Boom	330	0.5	0	0	3	76	8	67	0	165
Matcha Match	470	7	1.74	0	9	92	5	74	12	299



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	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Protein (g)	Carbs (g)	Fiber (g)	Sugars (g)	Cholesterol (mg)	Sodium (mg)
Wraps										
Chicken Caesar	520	29.6	10	0	32	37	5	4	95	1554
Spicy Turkey	370	13.5	7.5	0	28	49	6	6	60	1674
White Albacore Tuna	280	4.8	1.5	0	25	37	6	5	30	836
PB & G	600	21.1	4.9	0	17	100	11	42	0	529
Veggie (no cheese/dressing)	170	3.9	1.6	0	7	35	7	4	0	346
Veggie (with cheddar cheese)	280	12.9	7.6	0	14	47	7	4	30	526
Asian Chicken	420	19.7	5	0	24	43	6	10	60	1333
Honey Mustard Chicken	520	27.8	11	0	31	56	6	11	100	1327
Buffalo Chicken	510	29.1	11.1	0	32	48	6	5	100	2591
Turkey Avocado	310	10.5	2.5	0	22	38	8	6	30	1202
Salads										
Garden Salad	120	6.4	4.1	0	9	9	3	4	20	236
- add Chicken	140	6	2	0	18	4	0	2	60	680
Classic Bowls										
The 'Original' Acai Bowl	310	1.6	0.4	0	5	71	5	35	0	83
PB & G Bowl	460	17.6	3.4	0	12	73	7	42	0	209
Blended Bowls										
Dragon Fruit Bowl	220	1.3	0	0	5	42	8	31	0	77
Acai Bowl	210	1.5	0	0	2	44	3	30	0	94
Avocado Bowl	440	20.3	3.3	0	7	62	8	46	0	61
Blended Bowl Toppings										
Cacao Nibs	100	9.3	5.5	0	3	0	4	0	0	0
Honey	60	0	0	0	0	17	0	16	0	0
Granola	110	1	0	0	3	25	3	9	0	69
Coconut	70	5	5	0	1	7	1	6	0	30
Blueberries	20	0	0	0	0	5	1	3	0	0
Banana	90	0	0	0	1	23	3	12	0	1
Chia Seeds	90	6	0	0	3	8	7	0	0	0
Peanut Butter	140	12	2	0	5	5	2	2	0	0