



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)
<b>CLASSIC SMOOTHIES</b>										
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
<b>CITRUS SMOOTHIES</b>										
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
<b>TROPICAL SMOOTHIES</b>										
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
<b>SUPER SMOOTHIES</b>										
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
<b>VEGGIE 'n' GREENS SMOOTHIES</b>										
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
<b>PREMIUM BLENDS SMOOTHIES</b>										
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
The Pink Dragon	260	2.7	.5	0	3	53	5	43	3	35

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## 24 OZ NUTRITIONAL INFORMATION

<b>CLASSIC SMOOTHIES</b>	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Protein (g)	Carbs (g)	Fiber (g)	Sugars (g)	Cholesterol (mg)	Sodium (mg)
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
<b>CITRUS SMOOTHIES</b>										
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
<b>TROPICAL SMOOTHIES</b>										
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
<b>SUPER SMOOTHIES</b>										
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
<b>HIGH ENERGY SMOOTHIES</b>										
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
<b>VEGGIE 'n' GREENS SMOOTHIES</b>										
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
<b>PREMIUM BLENDS SMOOTHIES</b>										
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
The Pink Dragon	390	4.1	0.7	0	5	81	8	65	4.6	53



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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)
<b>CLASSIC SMOOTHIES</b>										
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
<b>CITRUS SMOOTHIES</b>										
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
<b>TROPICAL SMOOTHIES</b>										
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
<b>SUPER SMOOTHIES</b>										
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
<b>HIGH ENERGY SMOOTHIES</b>										
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
<b>VEGGIE 'n' GREENS SMOOTHIES</b>										
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)
<b>Wraps</b>										
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
<b>Salads</b>										
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
<b>Classic Bowls</b>										
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
<b>Blended Bowls</b>										
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
<b>Blended Bowl Toppings</b>										
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