

Menu Item	Total Calories	Allergens	Full Ingredient List	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)
SMOOTHIES													
Acai Super-Antioxidant, Smoothie, Small	340	Contains Milk, Soy	Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Ice, Acai-Grape Juice Blend [Acai Pulp, White Grape Juice Concentrate, Ascorbic Acid, Citric Acid, Vitamin E [A-Tocopherol]], Water, Strawberries, Raspberry Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Raspberries, Raspberry Juice Concentrate, Natural Flavor, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Red Beet Extract for Color, Caramel Color, Annatto Extract for Color], Blueberries, Daily Vitamin + Zinc Boost [Maltodextrin, Dicalcium Phosphate, Dimagnesium Phosphate, Ascorbic Acid, Vitamin E (DI-Alpha-Tocopheryl Acetate), Biotin (1%), Vitamin A (Retinyl Palmitate), Niacinamide, Zinc Citrate, Calcium D-Pantothenate, Vitamin K1 (1%), Ferric Pyrophosphate, Riboflavin (25%), Folic Acid (10%), Vitamin D3 (Cholecalciferol) 100000 IU, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B1 (Thiamine Hydrochloride), Potassium Iodide (1%), L-Selenomethionine (0.5%), Cyanocobalamin (1%), Manganese Sulphate, Chromium Picolinate]	4	1	0	0	93	71	4	53	5	0
Acai Super-Antioxidant, Smoothie, Medium	465		Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, 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]], Water, Ice, Strawberries, Blueberries, Raspberry Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Raspberries, Raspberry Juice Concentrate, Natural Flavor, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Red Beet Extract for Color, Caramel Color, Annatto Extract for Color], Daily Vitamin + Zinc Boost [Maltodextrin, Dicalcium Phosphate, Dimagnesium Phosphate, Ascorbic Acid, Vitamin E (DI-Alpha-Tocopheryl Acetate), Biotin (1%), Vitamin A (Retinyl Palmitate), Niacinamide, Zinc Citrate, Calcium D-Pantothenate, Vitamin K1 (1%), Ferric Pyrophosphate, Riboflavin (25%), Folic Acid (10%), Vitamin D3 (Cholecalciferol) 100000 IU, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B1 (Thiamine Hydrochloride), Potassium Iodide (1%), L-Selenomethionine (0.5%), Cyanocobalamin (1%), Manganese Sulphate, Chromium Picolinate]	6	1	0	0	124	96	5	73	7	0
Acai Super-Antioxidant, Smoothie, Large	600		Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Water, Acai-Grape Juice Blend [Acai Pulp, White Grape Juice Concentrate, Ascorbic Acid, Citric Acid, Vitamin E [A-Tocopherol]], Strawberries, Ice, Raspberry Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Raspberries, Raspberry Juice Concentrate, Natural Flavor, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Red Beet Extract for Color, Caramel Color, Annatto Extract for Color], Blueberries, Daily Vitamin + Zinc Boost [Maltodextrin, Dicalcium Phosphate, Dimagnesium Phosphate, Ascorbic Acid, Vitamin E (DI-Alpha-Tocopheryl Acetate), Biotin (1%), Vitamin A (Retinyl Palmitate), Niacinamide, Zinc Citrate, Calcium D-Pantothenate, Vitamin K1 (1%), Ferric Pyrophosphate, Riboflavin (25%), Folic Acid (10%), Vitamin D3 (Cholecalciferol) 100000 IU, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B1 (Thiamine Hydrochloride), Potassium Iodide (1%), L-Selenomethionine (0.5%), Cyanocobalamin (1%), Manganese Sulphate, Chromium Picolinate]	7	2	0	0	167	125	7	95	10	0
Aloha Pineapple® Smoothie, Small	275	Contains Milk	Water, Pineapple Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Pineapple Juice Concentrate, Natural Flavors, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan.], Strawberries, Pineapple Juice Concentrate [Pineapple Juice Concentrate, Water, Natural Flavors], Bananas (Ascorbic Acid and/or Citric Acid), Ice, Nonfat Greek Yogurt [Cultured Grade A Nonfat Milk, Live and Active Cultures: S. Thermophilus & L. Bulgaricus]	0	0	0	1	38	64	3	50	6	0
Aloha Pineapple® Smoothie, Medium	380		Water, Pineapple Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Pineapple Juice Concentrate, Natural Flavors, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan.], Strawberries, Pineapple Juice Concentrate [Pineapple Juice Concentrate, Water, Natural Flavors], Ice, Bananas (Ascorbic Acid and/or Citric Acid), Nonfat Greek Yogurt [Cultured Grade A Nonfat Milk, Live and Active Cultures: S. Thermophilus & L. Bulgaricus]	0	0	0	2	51	89	4	69	8	0
Aloha Pineapple® Smoothie, Large	500		Water, Pineapple Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Pineapple Juice Concentrate, Natural Flavors, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides,Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan.], Strawberries, Pineapple Juice Concentrate [Pineapple Juice Concentrate, Water, Natural Flavors], Ice, Nonfat Greek Yogurt [Cultured Grade A Nonfat Milk, Live and Active Cultures: S. Thermophilus & L. Bulgaricus], Bananas (Ascorbic Acid and/or Citric Acid)	0	0	0	2	59	119	5	93	9	0
Apple ‘n Greens™ Smoothie, Small	250	None	Water, Kale, Pear Apple Juice Blend [Pear Juice Concentrate, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], Peaches, Bananas (Ascorbic Acid and/or Citric Acid), Mangos	1	0	0	0	49	60	5	46	5	0
Apple ‘n Greens™ Smoothie, Medium	320		Water, Peaches, Kale, Pear Apple Juice Blend [Pear Juice Concentrate, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], Mangos, Bananas (Ascorbic Acid and/or Citric Acid)	1	0	0	0	53	77	7	59	5	0
Apple ‘n Greens™ Smoothie, Large	420		Water, Peaches, Kale, Pear Apple Juice Blend [Pear Juice Concentrate, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], Mangos, Bananas (Ascorbic Acid and/or Citric Acid)	2	0	0	0	72	102	8	79	7	0

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Caribbean Passion® Smoothie, Small	255	Contains Milk	Water, Orange Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Annatto Extract for Color], Strawberries, Passion Fruit Mango Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Mango Puree Concentrate, Orange Juice Concentrate, Passion Fruit Juice Concentrate, Water, Natural Flavors], Ice, Peaches	0	0	0	0	31	63	2	53	1	0	
Caribbean Passion® Smoothie, Medium	340		Water, Orange Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Annatto Extract for Color], Strawberries, Passion Fruit Mango Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Mango Puree Concentrate, Orange Juice Concentrate, Passion Fruit Juice Concentrate, Water, Natural Flavors], Ice, Peaches	0	0	0	0	41	84	3	71	1	0	
Caribbean Passion® Smoothie, Large	450		Water, Orange Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Annatto Extract for Color], Strawberries, Passion Fruit Mango Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Mango Puree Concentrate, Orange Juice Concentrate, Passion Fruit Juice Concentrate, Water, Natural Flavors], Peaches, Ice	0	0	0	0	54	111	4	94	1	0	
Greens ‘n Ginger™ Smoothie, Small	245	None	Water, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Peaches, Kale, Ice, Mangos, Ginger Boost [Ginger, Citric Acid]	1	0	0	0	33	60	4	51	3	0	
Greens ‘n Ginger™ Smoothie, Medium	330		Water, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Peaches, Kale, Mangos, Ice, Ginger Boost [Ginger, Citric Acid]	1	0	0	0	37	80	5	70	4	0	
Greens ‘n Ginger™ Smoothie, Large	410		Water, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Peaches, Kale, Mangos, Ice, Ginger Boost [Ginger, Citric Acid]	2	0	0	0	52	99	7	85	6	0	
Mango-A-Go-Go® Smoothie, Small	295	Contains Milk	Water, Mangos, Pineapple Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Pineapple Juice Concentrate, Natural Flavors, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan], Passion Fruit Mango Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Mango Puree Concentrate, Orange Juice Concentrate, Passion Fruit Juice Concentrate, Water, Natural Flavors], Ice	0	0	0	0	30	74	2	66	1	0	
Mango-A-Go-Go® Smoothie, Medium	415		Water, Mangos, Pineapple Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Pineapple Juice Concentrate, Natural Flavors, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan.], Passion Fruit Mango Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Mango Puree Concentrate, Orange Juice Concentrate, Passion Fruit Juice Concentrate, Water, Natural Flavors], Ice	1	0	0	0	41	104	4	93	1	0	
Mango-A-Go-Go® Smoothie, Large	530		Water, Mangos, Pineapple Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Pineapple Juice Concentrate, Natural Flavors, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan.], Passion Fruit Mango Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Mango Puree Concentrate, Orange Juice Concentrate, Passion Fruit Juice Concentrate, Water, Natural Flavors], Ice	1	0	0	0	54	133	4	119	1	0	
Mega Mango™ Smoothie, Small	215	None	Water, Mangos, Strawberries, Ice, Pineapple Juice Concentrate [Pineapple Juice Concentrate, Water, Natural Flavors], Orange Juice Drink [Water, Orange Juice Concentrate, Sugar, Orange Pulp, Contains 2% Or Less Of Citric Acid, Potassium Citrate, Ascorbic Acid (Vitamin C), Natural Flavor, Annatto (For Color)]	0	0	0	0	11	54	4	45	2	0	
Mega Mango™ Smoothie, Medium	315		Water, Mangos, Strawberries, Ice, Pineapple Juice Concentrate [Pineapple Juice Concentrate, Water, Natural Flavors], Orange Juice Drink [Water, Orange Juice Concentrate, Sugar, Orange Pulp, Contains 2% Or Less Of Citric Acid, Potassium Citrate, Ascorbic Acid (Vitamin C), Natural Flavor, Annatto (For Color)]	1	0	0	0	16	79	6	65	3	0	
Mega Mango™ Smoothie, Large	405		Water, Mangos, Strawberries, Pineapple Juice Concentrate [Pineapple Juice Concentrate, Water, Natural Flavors], Ice, Orange Juice Drink [Water, Orange Juice Concentrate, Sugar, Orange Pulp, Contains 2% Or Less Of Citric Acid, Potassium Citrate, Ascorbic Acid (Vitamin C), Natural Flavor, Annatto (For Color)]	1	0	0	0	21	101	8	83	3	0	

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Orange C-Booster™ Smoothie, Small	230	Contains Milk	Water, Orange Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Annatto Extract for Color], Peaches, Ice, Bananas (Ascorbic Acid and/or Citric Acid), Daily Vitamin + Zinc Boost [Maltodextrin, Dicalcium Phosphate, Dimagnesium Phosphate, Ascorbic Acid, Vitamin E (DI-Alpha-Tocopheryl Acetate), Biotin (1%), Vitamin A (Retinyl Palmitate), Niacinamide, Zinc Citrate, Calcium D-Pantothenate, Vitamin K1 (1%), Ferric Pyrophosphate, Riboflavin (25%), Folic Acid (10%), Vitamin D3 (Cholecalciferol) 100000 IU, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B1 (Thiamine Hydrochloride), Potassium Iodide (1%), L-Selenomethionine (0.5%), Cyanocobalamin (1%), Manganese Sulphate, Chromium Picolinate], Orange Juice Drink [Water, Orange Juice Concentrate, Sugar, Orange Pulp, Contains 2% Or Less Of Citric Acid, Potassium Citrate, Ascorbic Acid (Vitamin C), Natural Flavor, Annatto (For Color)]	0	0	0	0	22	57	3	47	2	0	
Orange C-Booster™ Smoothie, Medium	315		Water, Orange Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Annatto Extract for Color], Peaches, Ice, Bananas (Ascorbic Acid and/or Citric Acid), Daily Vitamin + Zinc Boost [Maltodextrin, Dicalcium Phosphate, Dimagnesium Phosphate, Ascorbic Acid, Vitamin E (DI-Alpha-Tocopheryl Acetate), Biotin (1%), Vitamin A (Retinyl Palmitate), Niacinamide, Zinc Citrate, Calcium D-Pantothenate, Vitamin K1 (1%), Ferric Pyrophosphate, Riboflavin (25%), Folic Acid (10%), Vitamin D3 (Cholecalciferol) 100000 IU, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B1 (Thiamine Hydrochloride), Potassium Iodide (1%), L-Selenomethionine (0.5%), Cyanocobalamin (1%), Manganese Sulphate, Chromium Picolinate], Orange Juice Drink [Water, Orange Juice Concentrate, Sugar, Orange Pulp, Contains 2% Or Less Of Citric Acid, Potassium Citrate, Ascorbic Acid (Vitamin C), Natural Flavor, Annatto (For Color)]	0	0	0	0	30	78	4	65	3	0	
Orange C-Booster™ Smoothie, Large	400		Water, Orange Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Annatto Extract for Color], Peaches, Ice, Bananas (Ascorbic Acid and/or Citric Acid), Daily Vitamin + Zinc Boost [Maltodextrin, Dicalcium Phosphate, Dimagnesium Phosphate, Ascorbic Acid, Vitamin E (DI-Alpha-Tocopheryl Acetate), Biotin (1%), Vitamin A (Retinyl Palmitate), Niacinamide, Zinc Citrate, Calcium D-Pantothenate, Vitamin K1 (1%), Ferric Pyrophosphate, Riboflavin (25%), Folic Acid (10%), Vitamin D3 (Cholecalciferol) 100000 IU, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B1 (Thiamine Hydrochloride), Potassium Iodide (1%), L-Selenomethionine (0.5%), Cyanocobalamin (1%), Manganese Sulphate, Chromium Picolinate], Orange Juice Drink [Water, Orange Juice Concentrate, Sugar, Orange Pulp, Contains 2% Or Less Of Citric Acid, Potassium Citrate, Ascorbic Acid (Vitamin C), Natural Flavor, Annatto (For Color)]	0	0	0	0	38	99	5	84	4	0	

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Orange Dream Machine® Smoothie, Small	295	Contains Milk, Soy	Water, Orange Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Annatto Extract for Color], Ice, Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures.], Orange Juice Drink [Water, Orange Juice Concentrate, Sugar, Orange Pulp, Contains 2% Or Less Of Citric Acid, Potassium Citrate, Ascorbic Acid (Vitamin C), Natural Flavor, Annatto (For Color)]	0	0	0	0	100	66	1	62	5	0	
Orange Dream Machine® Smoothie, Medium	405		Water, Orange Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Annatto Extract for Color], Ice, Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures], Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Orange Juice Drink [Water, Orange Juice Concentrate, Sugar, Orange Pulp, Contains 2% Or Less Of Citric Acid, Potassium Citrate, Ascorbic Acid (Vitamin C), Natural Flavor, Annatto (For Color)]	0	0	0	0	127	93	1	87	6	0	
Orange Dream Machine® Smoothie, Large	520		Water, Orange Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Annatto Extract for Color], Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures], Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Ice, Orange Juice Drink [Water, Orange Juice Concentrate, Sugar, Orange Pulp, Contains 2% Or Less Of Citric Acid, Potassium Citrate, Ascorbic Acid (Vitamin C), Natural Flavor, Annatto (For Color)]	1	0	0	0	170	118	1	110	9	0	
PB + Banana Protein (Soy) Smoothie, Small	520	Contains Milk, Peanuts, Soy	2% Milk, Bananas (Ascorbic Acid and/or Citric Acid), Ice, Peanut Butter [Peanuts, Salt], Soy Protein Boost [Soy Protein Isolate, Soy Lecithin], Honey	22	6	0	17	369	50	6	33	34	0	
PB + Banana Protein (Soy) Smoothie, Medium	600		2% Milk, Bananas (Ascorbic Acid and/or Citric Acid), Ice, Peanut Butter [Peanuts, Salt], Soy Protein Boost [Soy Protein Isolate, Soy Lecithin], Honey	23	7	0	22	398	67	7	46	36	0	
PB + Banana Protein (Soy) Smoothie, Large	800		2% Milk, Bananas (Ascorbic Acid and/or Citric Acid), Ice, Peanut Butter [Peanuts, Salt], Honey, Soy Protein Boost [Soy Protein Isolate, Soy Lecithin]	34	9	0	30	490	86	9	59	44	0	
PB + Banana Protein (Whey) Smoothie, Small	555	Contains Milk, Peanuts, Soy	2% Milk, Bananas (Ascorbic Acid and/or Citric Acid), Ice, Peanut Butter [Peanuts, Salt], Whey Protein Boost [Whey Protein Concentrate, Soy Lecithin], Honey	23	6	0	12	241	50	6	32	41	0	
PB + Banana Protein (Whey) Smoothie, Medium	640		2% Milk, Bananas (Ascorbic Acid and/or Citric Acid), Ice, Peanut Butter [Peanuts, Salt], Whey Protein Boost [Whey Protein Concentrate, Soy Lecithin], Honey	24	7	0	17	270	67	7	45	44	0	
PB + Banana Protein (Whey) Smoothie, Large	835		2% Milk, Bananas (Ascorbic Acid and/or Citric Acid), Ice, Peanut Butter [Peanuts, Salt], Whey Protein Boost [Whey Protein Concentrate, Soy Lecithin], Honey	35	9	0	25	366	87	9	58	51	0	
Peach Perfection™ Smoothie, Small	220	None	Water, Mangos, Peaches, Ice, Peach Flavored Pear Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Peach Juice Concentrate, Water, Malic Acid, Natural Flavor], Strawberries, Pear Apple Juice Blend [Pear Juice Concentrate, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid]	0	0	0	0	26	54	3	46	2	0	
Peach Perfection™ Smoothie, Medium	315		Water, Mangos, Peaches, Peach Flavored Pear Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Peach Juice Concentrate, Water, Malic Acid, Natural Flavor], Ice, Strawberries, Pear Apple Juice Blend [Pear Juice Concentrate, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid]	1	0	0	0	34	78	5	66	2	0	

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Peach Perfection™ Smoothie, Large	400		Water, Mangos, Peaches, Peach Flavored Pear Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Peach Juice Concentrate, Water, Malic Acid, Natural Flavor], Strawberries, Ice, Pear Apple Juice Blend [Pear Juice Concentrate, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid]	1	0	0	0	45	99	6	84	3	0		
Peanut Butter Moo'd® Smoothie, Small	475	Contains Milk, Peanuts, Soy	Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures], 2% Milk, Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Water, Ice, Bananas (Ascorbic Acid and/or Citric Acid), Peanut Butter [Peanuts, Salt], Chocolate Moo'd Powder [Sugar, Cocoa (processed with alkali), Nonfat Dry Milk, Whey, Guar Gum, Natural Flavor]	11	3	0	8	220	79	3	68	15	0		
Peanut Butter Moo'd® Smoothie, Medium	755		Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures], 2% Milk, Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Water, Ice, Bananas (Ascorbic Acid and/or Citric Acid), Peanut Butter [Peanuts, Salt], Chocolate Moo'd Powder [Sugar, Cocoa (processed with alkali), Nonfat Dry Milk, Whey, Guar Gum, Natural Flavor]	21	5	0	11	335	120	5	102	24	0		
Peanut Butter Moo'd® Smoothie, Large	950		Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures], 2% Milk, Ice, Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Water, Bananas (Ascorbic Acid and/or Citric Acid), Peanut Butter [Peanuts, Salt], Chocolate Moo'd Powder [Sugar, Cocoa (processed with alkali), Nonfat Dry Milk, Whey, Guar Gum, Natural Flavor]	29	6	0	11	424	142	7	120	30	0		
Protein Berry Workout™ (Soy) Smoothie, Small	295	Contains Soy	Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Water, Bananas (Ascorbic Acid and/or Citric Acid), Strawberries, Ice, Soy Protein Boost [Soy Protein Isolate, Soy Lecithin]	1	0	0	0	188	57	4	44	16	0		
Protein Berry Workout™ (Soy) Smoothie, Medium	410		Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Water, Bananas (Ascorbic Acid and/or Citric Acid), Strawberries, Ice, Soy Protein Boost [Soy Protein Isolate, Soy Lecithin]	2	0	0	0	235	82	5	63	19	0		
Protein Berry Workout™ (Soy) Smoothie, Large	500		Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Water, Strawberries, Bananas (Ascorbic Acid and/or Citric Acid), Ice, Soy Protein Boost [Soy Protein Isolate, Soy Lecithin]	2	0	0	0	271	102	7	78	21	0		

Menu Item	Total Calories	Allergens	Full Ingredient List	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)	
Protein Berry Workout™ (Whey) Smoothie, Small	260	Contains Milk, Soy	Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Water, Strawberries, Ice, Bananas (Ascorbic Acid and/or Citric Acid), Whey Protein Boost [Whey Protein Concentrate, Soy Lecithin]	2	1	0	0	114	44	3	34	19	0	
Protein Berry Workout™ (Whey) Smoothie, Medium	345		Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Water, Strawberries, Ice, Bananas (Ascorbic Acid and/or Citric Acid), Whey Protein Boost [Whey Protein Concentrate, Soy Lecithin]	2	1	0	0	150	61	4	48	21	0	
Protein Berry Workout™ (Whey) Smoothie, Large	425		Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Water, Strawberries, Ice, Bananas (Ascorbic Acid and/or Citric Acid), Whey Protein Boost [Whey Protein Concentrate, Soy Lecithin]	3	1	0	0	185	79	5	61	23	0	
Razzmatazz® Smoothie, Small	280	Contains Milk	Water, Orange Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Annatto Extract for Color], Strawberries, Mixed Berry Flavored Grape Juice Blend [Grape juice Concentrate, Pear Juice Concentrate, Blueberry Juice Concentrate, Water, Contains 2% or less of Cherry Juice Concentrate, Strawberry Juice Concentrate, Malic Acid, Natural Flavor], Ice, Bananas (Ascorbic Acid and/or Citric Acid)	0	0	0	0	32	69	3	58	1	0	
Razzmatazz® Smoothie, Medium	375		Water, Orange Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Annatto Extract for Color], Strawberries, Mixed Berry Flavored Grape Juice Blend [Grape juice Concentrate, Pear Juice Concentrate, Blueberry Juice Concentrate, Water, Contains 2% or less of Cherry Juice Concentrate, Strawberry Juice Concentrate, Malic Acid, Natural Flavor], Ice, Bananas (Ascorbic Acid and/or Citric Acid)	0	0	0	0	43	92	4	77	1	0	
Razzmatazz® Smoothie, Large	475		Water, Orange Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Annatto Extract for Color], Strawberries, Mixed Berry Flavored Grape Juice Blend [Grape juice Concentrate, Pear Juice Concentrate, Blueberry Juice Concentrate, Water, Contains 2% or less of Cherry Juice Concentrate, Strawberry Juice Concentrate, Malic Acid, Natural Flavor], Bananas (Ascorbic Acid and/or Citric Acid), Ice	0	0	0	0	55	117	5	97	2	0	
Strawberries Wild® Smoothie, Small	260	Contains Milk	Water, Strawberries, Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures], Ice, Pear Apple Juice Blend [Pear Juice Concentrate, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], Bananas (Ascorbic Acid and/or Citric Acid)	0	0	0	0	47	63	4	49	3	0	
Strawberries Wild® Smoothie, Medium	375		Water, Strawberries, Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures], Pear Apple Juice Blend [Pear Juice Concentrate, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], Ice, Bananas (Ascorbic Acid and/or Citric Acid)	0	0	0	0	70	91	5	70	4	0	
Strawberries Wild® Smoothie, Large	480		Water, Strawberries, Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures], Pear Apple Juice Blend [Pear Juice Concentrate, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], Bananas (Ascorbic Acid and/or Citric Acid), Ice	0	0	0	0	88	115	7	89	5	0	
Strawberry Surf Rider™ Smoothie, Small	255	Contains Milk	Water, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Lime Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Lime Juice Concentrate, Orange Pulp, Lime Oil, Natural Flavor, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Turmeric Extract for Color], Strawberries, Ice, Peaches	0	0	0	0	20	64	2	57	1	0	
Strawberry Surf Rider™ Smoothie, Medium	360		Water, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Lime Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Lime Juice Concentrate, Orange Pulp, Lime Oil, Natural Flavor, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Turmeric Extract for Color], Strawberries, Ice, Peaches	0	0	0	0	28	90	4	80	1	0	
Strawberry Surf Rider™ Smoothie, Large	465		Water, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Lime Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Lime Juice Concentrate, Orange Pulp, Lime Oil, Natural Flavor, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Turmeric Extract for Color], Strawberries, Peaches, Ice	0	0	0	0	37	116	5	102	1	0	

Menu Item	Total Calories	Allergens	Full Ingredient List	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)	
Strawberry Whirl™ Smoothie, Small	215	None	Water, Strawberries, Bananas (Ascorbic Acid and/or Citric Acid), Ice, Pear Apple Juice Blend [Pear Juice Concentrate, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid]	0	0	0	0	15	54	4	38	1	0	
Strawberry Whirl™ Smoothie, Medium	315		Water, Strawberries, Bananas (Ascorbic Acid and/or Citric Acid), Pear Apple Juice Blend [Pear Juice Concentrate, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], Ice	0	0	0	0	23	80	6	56	2	0	
Strawberry Whirl™ Smoothie, Large	385		Water, Strawberries, Bananas (Ascorbic Acid and/or Citric Acid), Pear Apple Juice Blend [Pear Juice Concentrate, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], Ice	1	0	0	0	27	97	8	67	2	0	

Menu Item	Total Calories	Allergens	Full Ingredient List	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)
Vanilla Blue Sky, Large	520	Contains Almond, Coconut, Soy	Pineapple, Almondmilk [(Filtered Water, Almonds), Vitamin and Mineral Blend (Calcium Carbonate, Vitamin E Acetate, Vitamin A Palmitate, Vitamin D2), Sea Salt, Sunflower Lecithin, Gellan Gum, Locust Bean Gum, Ascorbic Acid (To Protect Freshness), Natural Flavor,] Bananas, Vanilla Coconutmilk [Coconutmilk (Filtered Water, Coconut Cream), Cane Sugar, Guar Gum, Vitamin And Mineral Blend (Calcium Phosphate, Magnesium Phosphate, Calcium Carbonate, L-Selenomethionine [Selenium], Vitamin A Acetate, Vitamin D2, Zinc Oxide, Vitamin B12), Natural Flavor, Xanthan Gum], Granola [Whole Grain Rolled Oats, Evaporated Cane Juice, Rice Flour, Canola Oil, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon], Strawberries, Blueberries, Coconut Flakes, Blue Spirulina, Ascorbic Acid, Citric Acid	14	5	0	0	90	95	11	56	9	0
Dragon Fruit Delight, Regular	460	Contains Coconut	Bananas, Water, Dragon Fruit, Pineapples, Strawberries, Mangos, Pineapple Juice Concentrate, Granola [Whole Grain Rolled Oats, Evaporated Cane Juice, Rice Flour, Canola Oil, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon], Blueberries, Honey, Coconut Flakes, Citric Acid, Ascorbic Acid	7	3	0	0	15	96	10	64	6	0
Dragon Fruit Delight, Large	720	Contains Coconut	Water, Dragon Fruit, Bananas, Pineapples, Mangos, Granola [Whole Grain Rolled Oats, Evaporated Cane Juice, Rice Flour, Canola Oil, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon], Pineapple Juice Concentrate, Strawberries, Blueberries, Honey, Coconut Flakes, Citric Acid, Ascorbic Acid	12	3	0	0	30	147	16	96	11	0
Bowl, Mango Sunshine, Regular	410	Contains Milk, Soy	Water, Mangos, Banana, Strawberries, Pineapple Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Pineapple Juice Concentrate, Natural Flavors, Cream*, Milk*, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan.], Pineapple, Passion Fruit Mango Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Mango Puree Concentrate, Orange Juice Concentrate, Passion Fruit Juice Concentrate, Water, Natural Flavors], Granola [Whole Grain Rolled Oats, Evaporated Cane Juice, Rice Flour, Canola Oil, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon], Blueberries, Honey	5	1	0	0	22	92	6	67	4	0
Bowl, Mango Sunshine, Large	610			9	1	0	0	34	130	9	91	8	0
FUSION BOWLS - SMOOTHIE													
Bowl, Acai Dream, Regular	445	Contains	Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures.], Banana, Acai-Grape Juice Blend [Acai Pulp, White Grape Juice Concentrate, Ascorbic Acid, Citric Acid, Vitamin E [A-Tocopherol]], Strawberries, Granola [Whole Grain Rolled Oats, Evaporated Cane Juice,	6	1	0	0	73	92	7	62	8	0

[illegible]

Menu Item	Total Calories	Allergens	Full Ingredient List	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)		
Apple Cinnamon Pretzel	390	Contains Wheat	Enriched Unbleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Ascorbic Acid, Enzyme), Water, Dried Apple Bits, Apple Sauce (Apples, Water, Ascorbic Acid), Sugar, Glycerin, Canola Oil, Invert Sugar, Contains 2% Or Less Of Each Of The Following: Salt, Yeast, Cinnamon, Natural Flavor, Sodium Hydroxide	5	0	0	0	330	78	3	12	9	0		
Classic Sausage , Egg + Cheese Handwich	320	Contains Egg, Milk, Wheat	Sausage Patty (Pork, Water, Salt, Spices, Dextrose, Sugar), Egg Patty (Eggs, Whey, Soybean Oil, Nonfat Milk, 2% or less of Modified Food Starch, Salt, Xanthan Gum, Citric Acid [Preservative], Natural Butter Flavor), 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, 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)	23	8	0	120	590	14	1	2	12	0		
Sourdough Parmesan Pretzel	420	Contains Milk, Wheat	Enriched Unbleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Ascorbic Acid, Enzyme), Water, Parmesan Cheese (Pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes), Canola Oil, Glycerin, Sourdough Base (Dried Sourdough [Rye Sour, Wheat Sour, Lactic Acid, Acetic Acid], Fumaric Acid), Contains 2% Or Less Of Each Of The Following: Invert Sugar, Salt, Sugar, Yeast, Natural Flavor, Gum Arabic, Pasteurized Milk Cultures, Enzymes, Autolyzed Yeast Extract, Sodium Hydroxide	11	3	0	15	1020	69	3	3	12	0		
Belgian Style Waffle	280	Contains Egg, Milk, Wheat	Belgian Style Waffle [Unbleached Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Margarine (Palm Oil, Canola Oil, Water, Mono and Diglycerides, Canola Lecithin, Natural Flavor, Citric Acid, Vitamin A Palmitate, Vitamin D3, Beta Carotene), Water, Butter (Cream, Salt), Whole Egg, Yeast, Invert Sugar, Salt, Natural Vanilla Flavor with Other Natural Flavors, Sunflower Lecithin, Enzymes.]	14	7	0	25	250	35	0	18	4	0		
Chicken Empanada - 1 Count	190	Contains Milk, Soy, Wheat	Ground chicken, enriched flour (enriched flour [wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid]), water, margarine (vegetable oil blend [palm oil, fractionated palm oil, hydrogenated palm oil, soybean oil], water, salt, contains 2% or less of mono- and diglycerides, polyglycerol esters of fatty acids, soy lecithin, potassium sorbate [preservative], artificial flavors, TBHQ [preservative], lactic acid, beta-carotene [color], citric acid, vitamin A, vitamin D), diced onions, diced red bell peppers, diced green bell peppers, diced carrots. Contains less than 2% of tomato paste, textured vegetable protein (soy flour), granulated sugar, salt, mono- and diglycerides, enzymes, chipotle pepper purée, guar gum,	7	4	0	15	440	21	2	2	9	0		
Chicken Empanada - 2 Count	380	Contains Milk, Soy, Wheat	Ground chicken, enriched flour (enriched flour [wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid]), water, margarine (vegetable oil blend [palm oil, fractionated palm oil, hydrogenated palm oil, soybean oil], water, salt, contains 2% or less of mono- and diglycerides, polyglycerol esters of fatty acids, soy lecithin, potassium sorbate [preservative], artificial flavors, TBHQ [preservative], lactic acid, beta-carotene [color], citric acid, vitamin A, vitamin D), diced onions, diced red bell peppers, diced green bell peppers, diced carrots. Contains less than 2% of tomato paste, textured vegetable protein (soy flour), granulated sugar, salt, mono- and diglycerides, enzymes, chipotle pepper purée, guar gum, paprika powder, methylcellulose, citrus flour, spices, granulated garlic, dry milk, and glaze (water, canola oil, pea protein, dextrose, maltodextrin, starch).	14	8	0	30	880	42	4	4	18	0		

Menu Item	Total Calories	Allergens	Full Ingredient List	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)
Mozzarella and Herb Bites - 6 Count	270	Contains Milk, Soy, Wheat	Pasteurized whole milk, wheat flour, soybean oil, water, fresh garlic, pasteurized sheep's milk, yellow corn flour, rice flour, leavening (sodium acid pyrophosphate, sodium bicarbonate), salt, dried parsley, black pepper, cheese cultures, sugar, yeast, enzymes, methylcellulose, modified potato starch, celery seed, guar gum, natural color, extractives of paprika.	20	9	0	52	527	11	0	1	13	0
Mozzarella and Herb Bites - 12 Count	540	Contains Milk, Soy, Wheat	Pasteurized whole milk, wheat flour, soybean oil, water, fresh garlic, pasteurized sheep's milk, yellow corn flour, rice flour, leavening (sodium acid pyrophosphate, sodium bicarbonate), salt, dried parsley, black pepper, cheese cultures, sugar, yeast, enzymes, methylcellulose, modified potato starch, celery seed, guar gum, natural color, extractives of paprika.	39	19	0	105	1053	23	0	2	27	0
BLENDED COFFEE													
Buzzin' Mocha Moo'd Blended Coffee, Small, 2 % Milk	350	Milk	2% Milk, Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures], Ice, Chocolate Moo'd Powder [Sugar, Cocoa (processed with alkali), Nonfat Dry Milk, Whey, Guar Gum, Natural Flavor], Instant Coffee	3	2	0	13	163	70	1	65	11	65.78
Buzzin' Mocha Moo'd Blended Coffee, Medium 2 % Milk	455	Milk	Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures], 2% Milk, Ice, Chocolate Moo'd Powder [Sugar, Cocoa (processed with alkali), Nonfat Dry Milk, Whey, Guar Gum, Natural Flavor], Instant Coffee	4	2	0	16	211	89	1	83	14	65.78
Buzzin' Mocha Moo'd Blended Coffee, Large 2 %	595	Milk	2% Milk, Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures], Ice, Chocolate Moo'd Powder [Sugar, Cocoa (processed with alkali), Nonfat Dry Milk, Whey, Guar Gum, Natural Flavor], Instant Coffee	6	3	0	21	278	119	2	112	18	98.67
Coffee Dream Machine Blended Coffee, Small, 2% Milk	275	Milk	Nonfat Frozen Yogurt [Skim Milk, Sugar, Whey, 2% or less of Natural Flavors, Corn Syrup, Lactic Acid, Vinegar, Whey Protein Concentrate, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract (Color), Cultures], 2% Milk, Ice, Agave, Instant Coffee	3	2	0	12	139	53	1	50	9	65.78
Coffee Dream Machine Blended Coffee, Medium 2% Milk	400	Milk	Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures], 2% Milk, Ice, Agave, Instant Coffee	4	2	0	15	189	79	1	73	12	65.78

Menu Item	Total Calories	Allergens	Full Ingredient List	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)
Coffee Dream Machine Blended Coffee, Large, 2% Milk	500	Milk	Nonfat Frozen Yogurt [Skim Milk, Sugar, Whey, 2% or less of Natural Flavors, Corn Syrup, Lactic Acid, Vinegar, Whey Protein Concentrate, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract (Color), Cultures], 2% Milk, Ice, Agave, Instant Coffee	4	3	0	17	230	99	2	92	14	98.67
OVER ICE BEVERAGES													
Blue Lava, Small	185	None	Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Strawberries, Strawberries, Agave, Blue Spirulina [Spirulina Extract]	0	0	0	0	12	46	2	43	0	0
Blue Lava, Medium	250		Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Strawberries, Strawberries, Agave, Blue Spirulina [Spirulina Extract]	0	0	0	0	16	63	2	59	0	0
Blue Lava, Large	330		Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Strawberries, Strawberries, Agave, Blue Spirulina [Spirulina Extract]	0	0	0	0	22	83	3	76	1	0
Electric Ice, Small	160	None	Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Dragon Fruit [Dragon Fruit], Blue Spirulina [Spirulina Extract]	0	0	0	0	11	39	1	37	0	0
Electric Ice, Medium	225		Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Dragon Fruit [Dragon Fruit], Blue Spirulina [Spirulina Extract]	0	0	0	0	15	56	1	54	0	0
Electric Ice, Large	285		Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Dragon Fruit [Dragon Fruit], Blue Spirulina [Spirulina Extract]	0	0	0	0	20	71	1	67	1	0
Strawberry Lemon Twist, Small	185	None	Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Strawberries, Pear Apple Juice Blend [Pear Juice Concentrate, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], Agave	0	0	0	0	13	47	1	43	0	0
Strawberry Lemon Twist, Medium	245		Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Pear Apple Juice Blend [Pear Juice Concentrate, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], Strawberries, Agave	0	0	0	0	18	62	1	57	0	0
Strawberry Lemon Twist, Large	335		Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Strawberries, Pear Apple Juice Blend [Pear Juice Concentrate, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], Agave	0	0	0	0	25	85	2	77	0	0
Peachberry Blast, Small	200		Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Strawberries, Peach Flavored Pear Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Peach Juice Concentrate, Water, Malic Acid, Natural Flavor], Strawberries, Agave	0	0	0	0	18	50	2	45	1	0

Menu Item	Total Calories	Allergens	Full Ingredient List	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)
Peachberry Blast, Medium	265	None	Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Peach Flavored Pear Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Peach Juice Concentrate, Water, Malic Acid, Natural Flavor], Strawberries, Agave	0	0	0	0	25	66	2	60	1	0
Peachberry Blast, Large	360		Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Strawberries, Peach Flavored Pear Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Peach Juice Concentrate, Water, Malic Acid, Natural Flavor], Strawberries, Agave	0	0	0	0	33	89	3	81	1	0
CLOUD WHIP TOPPED OVER ICE BEVERAGES													
Lemonberry Twist with Cloud Whip, Small	355	Contains Coconut	Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], CocoWhip [Filtered Water, Coconut Oil, Tapioca Syrup, Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor], Strawberries, Agave, Pear Apple Juice Blend [Pear Juice Concentrate, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], Oatmilk [Oatmilk (Filtered water, Oat Concentrate), Sunflower Oil, Vitamin and Mineral Blend (Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin [B2], Vitamin B12), Dipotassium Phosphate, Sea Salt, Gellan Gum, Locust Bean Gum, Sodium Ascorbate (Vitamin C) and Ascorbic Acid and Vitamin E (To Protect Freshness), Natural Flavor.]	8	8	0	0	22	75	2	62	0	0
Lemonberry Twist with Cloud Whip, Medium	385		Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], CocoWhip [Filtered Water, Coconut Oil, Tapioca Syrup, Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor], Pear Apple Juice Blend [Pear Juice Concentrate, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], Strawberries, Agave, Oatmilk [Oatmilk (Filtered water, Oat Concentrate), Sunflower Oil, Vitamin and Mineral Blend (Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin [B2], Vitamin B12), Dipotassium Phosphate, Sea Salt, Gellan Gum, Locust Bean Gum, Sodium Ascorbate (Vitamin C) and Ascorbic Acid and Vitamin E (To Protect Freshness), Natural Flavor.]	8	8	0	0	25	82	2	69	0	0
Lemonberry Twist with Cloud Whip, Large	475		Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], CocoWhip [Filtered Water, Coconut Oil, Tapioca Syrup, Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor], Strawberries, Pear Apple Juice Blend [Pear Juice Concentrate, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], Agave, Oatmilk [Oatmilk (Filtered water, Oat Concentrate), Sunflower Oil, Vitamin and Mineral Blend (Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin [B2], Vitamin B12), Dipotassium Phosphate, Sea Salt, Gellan Gum, Locust Bean Gum, Sodium Ascorbate (Vitamin C) and Ascorbic Acid and Vitamin E (To Protect Freshness), Natural Flavor.]	8	8	0	0	31	105	3	89	0	0
Peachberry Blast with Cloud Whip, Small	370		Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], CocoWhip [Filtered Water, Coconut Oil, Tapioca Syrup, Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor], Strawberries, Agave, Peach Flavored Pear Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Peach Juice Concentrate, Water, Malic Acid, Natural Flavor], Strawberries, Oatmilk [Oatmilk (Filtered water, Oat Concentrate), Sunflower Oil, Vitamin and Mineral Blend (Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin [B2], Vitamin B12), Dipotassium Phosphate, Sea Salt, Gellan Gum, Locust Bean Gum, Sodium Ascorbate (Vitamin C) and Ascorbic Acid and Vitamin E (To Protect Freshness), Natural Flavor.]	8	8	0	0	26	78	2	64	1	0

Menu Item	Total Calories	Allergens	Full Ingredient List	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)
Peachberry Blast with Cloud Whip, Medium	400	Contains Coconut	Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], CocoWhip [Filtered Water, Coconut Oil, Tapioca Syrup, Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor], Peach Flavored Pear Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Peach Juice Concentrate, Water, Malic Acid, Natural Flavor], Strawberries, Agave, Strawberries, Oatmilk [Oatmilk (Filtered water, Oat Concentrate), Sunflower Oil, Vitamin and Mineral Blend (Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin [B2], Vitamin B12), Dipotassium Phosphate, Sea Salt, Gellan Gum, Locust Bean Gum, Sodium Ascorbate (Vitamin C) and Ascorbic Acid and Vitamin E (To Protect Freshness), Natural Flavor.]	8	8	0	0	30	86	2	72	1	0
Peachberry Blast with Cloud Whip, Large	495		Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], CocoWhip [Filtered Water, Coconut Oil, Tapioca Syrup, Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor], Strawberries, Peach Flavored Pear Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Peach Juice Concentrate, Water, Malic Acid, Natural Flavor], Agave, Strawberries, Oatmilk [Oatmilk (Filtered water, Oat Concentrate), Sunflower Oil, Vitamin and Mineral Blend (Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin [B2], Vitamin B12), Dipotassium Phosphate, Sea Salt, Gellan Gum, Locust Bean Gum, Sodium Ascorbate (Vitamin C) and Ascorbic Acid and Vitamin E (To Protect Freshness), Natural Flavor.]	8	8	0	0	38	109	4	92	1	0
Electric Ice with Cloud Whip, Small	330	Contains Coconut	Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], CocoWhip [Filtered Water, Coconut Oil, Tapioca Syrup, Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor], Agave, Dragon Fruit [Dragon fruit], Oatmilk [Oatmilk (Filtered water, Oat Concentrate), Sunflower Oil, Vitamin and Mineral Blend (Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin [B2], Vitamin B12), Dipotassium Phosphate, Sea Salt, Gellan Gum, Locust Bean Gum, Sodium Ascorbate (Vitamin C) and Ascorbic Acid and Vitamin E (To Protect Freshness), Natural Flavor.], Blue Spirulina [Spirulina Extract]	8	8	0	0	19	68	2	57	0	0
Electric Ice with Cloud Whip, Medium	360		Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], CocoWhip [Filtered Water, Coconut Oil, Tapioca Syrup, Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor], Agave, Dragon Fruit [Dragon fruit], Oatmilk [Oatmilk (Filtered water, Oat Concentrate), Sunflower Oil, Vitamin and Mineral Blend (Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin [B2], Vitamin B12), Dipotassium Phosphate, Sea Salt, Gellan Gum, Locust Bean Gum, Sodium Ascorbate (Vitamin C) and Ascorbic Acid and Vitamin E (To Protect Freshness), Natural Flavor.], Blue Spirulina [Spirulina Extract]	8	8	0	0	21	76	2	65	0	0
Electric Ice with Cloud Whip, Large	420		Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], CocoWhip [Filtered Water, Coconut Oil, Tapioca Syrup, Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor], Dragon Fruit [Dragon fruit], Agave, Oatmilk [Oatmilk (Filtered water, Oat Concentrate), Sunflower Oil, Vitamin and Mineral Blend (Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin [B2], Vitamin B12), Dipotassium Phosphate, Sea Salt, Gellan Gum, Locust Bean Gum, Sodium Ascorbate (Vitamin C) and Ascorbic Acid and Vitamin E (To Protect Freshness), Natural Flavor.], Blue Spirulina [Spirulina Extract]	8	8	0	0	26	90	2	78	1	0
Blue Lava with Cloud Whip, Small	355		Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], CocoWhip [Filtered Water, Coconut Oil, Tapioca Syrup, Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor], Strawberries, Agave, Strawberries, Oatmilk [Oatmilk (Filtered water, Oat Concentrate), Sunflower Oil, Vitamin and Mineral Blend (Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin [B2], Vitamin B12), Dipotassium Phosphate, Sea Salt, Gellan Gum, Locust Bean Gum, Sodium Ascorbate (Vitamin C) and Ascorbic Acid and Vitamin E (To Protect Freshness), Natural Flavor.], Blue Spirulina [Spirulina Extract]	8	8	0	0	21	75	2	62	0	0

Menu Item	Total Calories	Allergens	Full Ingredient List	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)	
Blue Lava with Cloud Whip, Medium	385	Contains Coconut	Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], CocoWhip [Filtered Water, Coconut Oil, Tapioca Syrup, Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor], Strawberries, Agave, Strawberries, Oatmilk [Oatmilk (Filtered water, Oat Concentrate), Sunflower Oil, Vitamin and Mineral Blend (Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin [B2], Vitamin B12), Dipotassium Phosphate, Sea Salt, Gellan Gum, Locust Bean Gum, Sodium Ascorbate (Vitamin C) and Ascorbic Acid and Vitamin E (To Protect Freshness), Natural Flavor.], Blue Spirulina [Spirulina Extract]	8	8	0	0	23	83	3	70	0	0	
Blue Lava with Cloud Whip, Large	465		Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], CocoWhip [Filtered Water, Coconut Oil, Tapioca Syrup, Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor], Strawberries, Agave, Strawberries, Oatmilk [Oatmilk (Filtered water, Oat Concentrate), Sunflower Oil, Vitamin and Mineral Blend (Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin [B2], Vitamin B12), Dipotassium Phosphate, Sea Salt, Gellan Gum, Locust Bean Gum, Sodium Ascorbate (Vitamin C) and Ascorbic Acid and Vitamin E (To Protect Freshness), Natural Flavor.], Blue Spirulina [Spirulina Extract]	8	8	0	0	28	103	4	87	1	0	
Lemonberry Twist with Protein CloudWhip, Small	410	Contains Milk, Soy, Coconut	Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], CocoWhip [Filtered Water, Coconut Oil, Tapioca Syrup, Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor], Strawberries, Oatmilk [Oatmilk (Filtered water, Oat Concentrate), Sunflower Oil, Vitamin and Mineral Blend (Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin [B2], Vitamin B12), Dipotassium Phosphate, Sea Salt, Gellan Gum, Locust Bean Gum, Sodium Ascorbate (Vitamin C) and Ascorbic Acid and Vitamin E (To Protect Freshness), Natural Flavor.], Agave, Pear Apple Juice Blend [Pear Juice Concentrate, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], Whey Protein Boost [Whey Protein Concentrate, Soy Lecithin]	9	8	0	0	50	77	2	63	10	0	
Lemonberry Twist with Protein CloudWhip, Medium	440		Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], CocoWhip [Filtered Water, Coconut Oil, Tapioca Syrup, Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor], Pear Apple Juice Blend [Pear Juice Concentrate, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], Strawberries, Oatmilk [Oatmilk (Filtered water, Oat Concentrate), Sunflower Oil, Vitamin and Mineral Blend (Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin [B2], Vitamin B12), Dipotassium Phosphate, Sea Salt, Gellan Gum, Locust Bean Gum, Sodium Ascorbate (Vitamin C) and Ascorbic Acid and Vitamin E (To Protect Freshness), Natural Flavor.], Agave, Whey Protein Boost [Whey Protein Concentrate, Soy Lecithin]	9	8	0	0	53	84	2	70	10	0	
Lemonberry Twist with Protein CloudWhip, Large	535		Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], CocoWhip [Filtered Water, Coconut Oil, Tapioca Syrup, Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor], Strawberries, Pear Apple Juice Blend [Pear Juice Concentrate, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], Agave, Oatmilk [Oatmilk (Filtered water, Oat Concentrate), Sunflower Oil, Vitamin and Mineral Blend (Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin [B2], Vitamin B12), Dipotassium Phosphate, Sea Salt, Gellan Gum, Locust Bean Gum, Sodium Ascorbate (Vitamin C) and Ascorbic Acid and Vitamin E (To Protect Freshness), Natural Flavor.], Whey Protein Boost [Whey Protein Concentrate, Soy Lecithin]	9	8	0	0	59	107	3	90	10	0	
Peachberry Blast with Protein Cloud Whip, Small	425	Contains Milk, Soy, Coconut	Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], CocoWhip [Filtered Water, Coconut Oil, Tapioca Syrup, Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor], Strawberries, Oatmilk [Oatmilk (Filtered water, Oat Concentrate), Sunflower Oil, Vitamin and Mineral Blend (Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin [B2], Vitamin B12), Dipotassium Phosphate, Sea Salt, Gellan Gum, Locust Bean Gum, Sodium Ascorbate (Vitamin C) and Ascorbic Acid and Vitamin E (To Protect Freshness), Natural Flavor.], Agave, Peach Flavored Pear Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Peach Juice Concentrate, Water, Malic Acid, Natural Flavor], Strawberries, Whey Protein Boost [Whey Protein Concentrate, Soy Lecithin]	9	8	0	0	50	77	2	63	10	0	
Peachberry Blast with Protein Cloud Whip, Medium	460		Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], CocoWhip [Filtered Water, Coconut Oil, Tapioca Syrup, Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor], Peach Flavored Pear Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Peach Juice Concentrate, Water, Malic Acid, Natural Flavor], Strawberries, Oatmilk [Oatmilk (Filtered water, Oat Concentrate), Sunflower Oil, Vitamin and Mineral Blend (Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin [B2], Vitamin B12), Dipotassium Phosphate, Sea Salt, Gellan Gum, Locust Bean Gum, Sodium Ascorbate (Vitamin C) and Ascorbic Acid and Vitamin E (To Protect Freshness), Natural Flavor.], Agave, Strawberries, Whey Protein Boost [Whey Protein Concentrate, Soy Lecithin]	9	8	0	0	53	84	2	70	10	0	
Peachberry Blast with Protein Cloud Whip, Large	555		Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], CocoWhip [Filtered Water, Coconut Oil, Tapioca Syrup, Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor], Strawberries, Peach Flavored Pear Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Peach Juice Concentrate, Water, Malic Acid, Natural Flavor], Agave, Oatmilk [Oatmilk (Filtered water, Oat Concentrate), Sunflower Oil, Vitamin and Mineral Blend (Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin [B2], Vitamin B12), Dipotassium Phosphate, Sea Salt, Gellan Gum, Locust Bean Gum, Sodium Ascorbate (Vitamin C) and Ascorbic Acid and Vitamin E (To Protect Freshness), Natural Flavor.], Strawberries, Whey Protein Boost [Whey Protein Concentrate, Soy Lecithin]	9	8	0	0	59	107	3	90	10	0	

Menu Item	Total Calories	Allergens	Full Ingredient List	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)
Electric Ice with Protein Cloud Whip, Small	385	Contains Milk, Soy, Coconut	Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], CocoWhip [Filtered Water, Coconut Oil, Tapioca Syrup, Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor], Oatmilk [Oatmilk (Filtered water, Oat Concentrate), Sunflower Oil, Vitamin and Mineral Blend (Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin [B2], Vitamin B12), Dipotassium Phosphate, Sea Salt, Gellan Gum, Locust Bean Gum, Sodium Ascorbate (Vitamin C) and Ascorbic Acid and Vitamin E (To Protect Freshness), Natural Flavor.], Agave, Dragon Fruit [Dragon fruit], Whey Protein Boost [Whey Protein Concentrate, Soy Lecithin], Blue Spirulina [Spirulina Extract]	9	8	0	0	47	70	2	58	10	0
Electric Ice with Protein Cloud Whip, Medium	420		Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], CocoWhip [Filtered Water, Coconut Oil, Tapioca Syrup, Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor], Oatmilk [Oatmilk (Filtered water, Oat Concentrate), Sunflower Oil, Vitamin and Mineral Blend (Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin [B2], Vitamin B12), Dipotassium Phosphate, Sea Salt, Gellan Gum, Locust Bean Gum, Sodium Ascorbate (Vitamin C) and Ascorbic Acid and Vitamin E (To Protect Freshness), Natural Flavor.], Agave, Dragon Fruit [Dragon fruit], Whey Protein Boost [Whey Protein Concentrate, Soy Lecithin], Blue Spirulina [Spirulina Extract]	9	8	0	0	49	78	2	66	10	0
Electric Ice with Protein Cloud Whip, Large	480		Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], CocoWhip [Filtered Water, Coconut Oil, Tapioca Syrup, Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor], Dragon Fruit [Dragon fruit], Oatmilk [Oatmilk (Filtered water, Oat Concentrate), Sunflower Oil, Vitamin and Mineral Blend (Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin [B2], Vitamin B12), Dipotassium Phosphate, Sea Salt, Gellan Gum, Locust Bean Gum, Sodium Ascorbate (Vitamin C) and Ascorbic Acid and Vitamin E (To Protect Freshness), Natural Flavor.], Agave, Whey Protein Boost [Whey Protein Concentrate, Soy Lecithin], Blue Spirulina [Spirulina Extract]	9	8	0	0	54	92	2	79	10	0
Blue Lava with Protein Cloud Whip, Small	410	Contains Milk, Soy, Coconut	Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], CocoWhip [Filtered Water, Coconut Oil, Tapioca Syrup, Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor], Strawberries, Oatmilk [Oatmilk (Filtered water, Oat Concentrate), Sunflower Oil, Vitamin and Mineral Blend (Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin [B2], Vitamin B12), Dipotassium Phosphate, Sea Salt, Gellan Gum, Locust Bean Gum, Sodium Ascorbate (Vitamin C) and Ascorbic Acid and Vitamin E (To Protect Freshness), Natural Flavor.], Agave, Strawberries, Whey Protein Boost [Whey Protein Concentrate, Soy Lecithin], Blue Spirulina [Spirulina Extract]	9	8	0	0	48	77	2	63	10	0
Blue Lava with Protein Cloud Whip, Medium	445		Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], CocoWhip [Filtered Water, Coconut Oil, Tapioca Syrup, Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor], Strawberries, Oatmilk [Oatmilk (Filtered water, Oat Concentrate), Sunflower Oil, Vitamin and Mineral Blend (Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin [B2], Vitamin B12), Dipotassium Phosphate, Sea Salt, Gellan Gum, Locust Bean Gum, Sodium Ascorbate (Vitamin C) and Ascorbic Acid and Vitamin E (To Protect Freshness), Natural Flavor.], Agave, Strawberries, Whey Protein Boost [Whey Protein Concentrate, Soy Lecithin], Blue Spirulina [Spirulina Extract]	9	8	0	0	50	85	3	71	10	0
Blue Lava with Protein Cloud Whip, Large	520		Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], CocoWhip [Filtered Water, Coconut Oil, Tapioca Syrup, Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor], Strawberries, Agave, Oatmilk [Oatmilk (Filtered water, Oat Concentrate), Sunflower Oil, Vitamin and Mineral Blend (Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin [B2], Vitamin B12), Dipotassium Phosphate, Sea Salt, Gellan Gum, Locust Bean Gum, Sodium Ascorbate (Vitamin C) and Ascorbic Acid and Vitamin E (To Protect Freshness), Natural Flavor.], Strawberries, Whey Protein Boost [Whey Protein Concentrate, Soy Lecithin], Blue Spirulina [Spirulina Extract]	9	8	0	0	56	105	4	88	10	0
FRESH JUICES & SHOTS													
Lemon Ginger Cayenne Shot	15	None	Fresh Juiced Lemon, Fresh Juiced Ginger, Cayenne Pepper.	0	0	0	0	0	4	0	1	0	0
Orange Carrot Twist™ Juice, Large	350	None	Fresh Orange Juice, Fresh Juiced Carrot.	2	0	0	0	270	82	12	55	7	0
Orange Carrot Twist™ Juice, Medium	280			1.5	0	0	0	210	64	9	43	5	0
Orange Carrot Twist™ Juice, Small	200			1	0	0	0	150	47	7	31	4	0
Orange Ginger Cayenne Shot	25	None	Fresh Orange Juice, Fresh Juiced Ginger, Cayenne Pepper.	0	0	0	0	0	5	0	3	0	0

Menu Item	Total Calories	Allergens	Full Ingredient List	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)
Purely Carrot™ Juice, Large	310	None	Fresh Juiced Carrot.	2	0	0	0	530	73	21	36	7	0
Purely Carrot™ Juice, Medium	250			1.5	0	0	0	410	57	17	28	6	0
Purely Carrot™ Juice, Small	180			1	0	0	0	300	42	12	21	4	0
Purely Orange™ Juice, Large	390	None	Fresh Orange Juice.	1.5	0	0	0	10	90	2	73	6	0
Purely Orange™ Juice, Medium	310			1.5	0	0	0	5	71	1	57	5	0
Purely Orange™ Juice, Small	220			1	0	0	0	0	52	1	42	3	0
Wheatgrass Juice Shot	15	Contains Wheat	Fresh Wheatgrass Juice.	0	0	0	0	10	2	0	1	1	0
TOPPINGS													
Banana, Fresh, Topping	60	None	Bananas.	0	0	0	0	0	15	2	8	1	0
Blueberry, Fresh, Topping	10	None	Blueberries.	0	0	0	0	0	2	0	1	0	0
Coconut Flakes, Topping	25	Contains Coconut	Coconut Flakes.	2	2	0	0	0	1	1	0	0	0
CocoWhip, Topping	55	Contains Coconut	Coconut Whip (Filtered Water, Coconut Oil, Tapioca Syrup, Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor).	4	4	0	0	0	7	0	4	0	0
Granola, Topping	110	None	Granola (Whole Grain Rolled Oats, Sugar, Sunflower and/or Canola Oil, Rice Flour, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt,	4	1	0	0	10	16	2	4	3	0
Honey, Topping	30	None	Honey.	0	0	0	0	0	9	0	9	0	0
Agave, Topping	50	None	Agave.	0	0	0	0	0	13	0	12	0	0
Strawberry, Fresh, Topping	10	None	Strawberries.	0	0	0	0	0	2	0	1	0	0
Nutella, Topping	80	Contains Hazelnut, Milk, Soy	Hazelnut Cocoa Spread (Sugar, Palm Oil, Hazelnuts, Skim Milk Powder, Lowfat Cocoa, Soy Lecithin and/or Sunflower Lecithin, Vanillin [Artificial Flavor]).	5	2	0	0	5	8	0	8	1	0
Topping, Peanut Butter	75	Contains Peanut	Peanuts, Salt	6	1	0	0	35	3	1	1	3	0
BOOSTS													
3G Energy™ + Green Caffeine® Boost	15	None	3G Energy + Green Caffeine Boost (Inulin, Green Tea Leaf Extract, Panax Ginseng Root Extract, Guarana Seed Extract, Natural Flavor)	0	0	0	0	0	3	2	0	0	119
Blue Spirulina Boost	0	None	Blue Spirulina Powder (Trehalose, Spirulina Extract [color], Trisodium Citrate).	0	0	0	0	0	0	0	0	0	0
Chocolate Moo'd Powder	60	Contains Milk	Chocolate Moo'd Dairy Base Powder (Sugar, Cocoa [Processed With Alkali], Nonfat Dry Milk, Whey, Guar Gum, Natural Flavor)	0	0	0	0	15	15	1	14	1	0
Ginger Puree Boost	5	None	Ginger Puree (Ginger, Citric Acid)	0	0	0	0	0	1	0	0	0	0
Kale Boost	15	None	Frozen Kale	0	0	0	0	10	2	1	1	1	0

Menu Item	Total Calories	Allergens	Full Ingredient List			Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)
Multivitamins (Daily Vitamin + Zinc Boost)	10	Contains Soy	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)			0	0	0	0	0	2	0	0	0	0
Non-fat Greek Yogurt Boost	40	Contains Milk	Nonfat Greek Yogurt (Cultured Nonfat Milk)			0	0	0	0	30	3	0	2	7	0
Peanut Butter Boost	100	Contains Peanut	Peanut Butter (Peanuts, Salt)			9	2	0	0	55	4	1	1	4	0
Soy Protein Boost	40	Contains Soy	Soy Protein Isolate			0	0	0	0	0	0	0	0	9	0
Spinach Boost	5	None	Fresh Spinach			0	0	0	0	20	1	1	0	1	0
Tajin® Large	0	None	Tajin [Water, chili peppers, sea salt, citric acid, contains 0,5% or less of dehydrated lime juice, acetic acid, starch, xanthan gum, sodium benzoate and potassium sorbate (as preservatives)]			0	0	0	0	440	0	0	0	0	0
Tajin® Medium	0					0	0	0	0	330	0	0	0	0	0
Tajin® Small	0					0	0	0	0	220	0	0	0	0	0
Whey Protein Boost	70	Contains Milk, Soy	Whey Protein Boost (Whey Protein Concentrate, Soy Lecithin)			1	1	0	35	30	2	0	1	13	0
Protein Cloud Whip	225	Contains Milk, Soy, Coconut	CocoWhip [Filtered Water, Coconut Oil, Tapioca Syrup, Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor], Oatmilk [Oatmilk (Filtered water, Oat Concentrate), Sunflower Oil, Vitamin and Mineral Blend (Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin [B2], Vitamin B12), Dipotassium Phosphate, Sea Salt, Gellan Gum, Locust Bean Gum, Sodium Ascorbate (Vitamin C) and Ascorbic Acid and Vitamin E (To Protect Freshness), Natural Flavor.], Agave, Whey Protein Boost [Whey Protein Concentrate, Soy Lecithin]			9	8	0	0	37	30	1	20	10	0
Cloud Whip	170	Contains Coconut	CocoWhip [Filtered Water, Coconut Oil, Tapioca Syrup, Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor], Agave, Oatmilk [Oatmilk (Filtered water, Oat Concentrate), Sunflower Oil, Vitamin and Mineral Blend (Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin [B2], Vitamin B12), Dipotassium Phosphate, Sea Salt, Gellan Gum, Locust Bean Gum, Sodium Ascorbate (Vitamin C) and Ascorbic Acid and Vitamin E (To Protect Freshness), Natural Flavor.]			8	8	0	0	9	28	1	19	0	0
LIQUID BASES															
2% Milk, 8 fl oz	120	Contains Milk	2% Milk (Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3)			5	3	0	20	115	12	0	12	8	0
Almondmilk, 8 fl oz	25	Contains Almond.	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])			2	0	0	0	130	1	0	0	0	0
Oatmilk, 8 fl oz	120	None	Oatmilk ([Filtered Water, Oat Concentrate), Sunflower Oil, Vitamin and Mineral Blend (Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin [B2], Vitamin B12), Dipotassium Phosphate, Sea Salt, Gellan Gum, Locust Bean Gum, Sodium Ascorbate (Vitamin C), Ascorbic Acid and Vitamin E (to protect freshness), Natural Flavor] OR [Water, Oats, 2% or less of Low Erucic Acid Rapeseed Oil, Dipotassium Phosphate, Calcium Carbonate, Tricalcium Phosphate, Sea Salt, Dicalcium Phosphate, Riboflavin, Vitamin A, Vitamin D2, Vitamin B12])			5	1	0	0	110	18	0	7	2	0
Soymilk, 8 fl oz	150	Contains Soy	Vanilla Soymilk (Water, Rice Sweetener [Water, Rice, Rice Bran], Sugar, Soy Base [Water, Whole Soybeans], Soy Protein Isolate [Soy Protein Isolate, Soy Lecithin], Natural Vanilla Flavor with Other Natural Flavors, Carrageenan)			0	0	0	0	80	29	0	28	5	0

Menu Item	Total Calories	Allergens	Full Ingredient List	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)	
Vanilla Coconutmilk, 8 fl oz	80	Contains Coconut.	Vanilla Coconutmilk (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)	5	4	0	0	15	10	0	8	0	0	
FROZEN INCLUSIONS														
Fat Free Vanilla Frozen Yogurt, Large	70	Contains Milk.	Fat Free Vanilla Frozen Yogurt (Skim Milk, Sugar, Whey, 2% or less of Natural Flavors, Corn Syrup, Lactic Acid, Vinegar, Whey Protein Concentrate, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures)	0	0	0	0	30	16	0	15	2	0	
Fat Free Vanilla Frozen Yogurt, Medium	60			0	0	0	0	25	13	0	12	1	0	
Fat Free Vanilla Frozen Yogurt, Small	40			0	0	0	0	15	8	0	8	1	0	
Sherbet, Lime, Large	65	Contains Milk	Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Lime Juice Concentrate, Orange Pulp, Lime Oil, Natural Flavor, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Turmeric Extract for Color	0	0	0	0	10	16	0	14	0	0	
Sherbet, Lime, Medium	50			0	0	0	0	7	12	0	11	0	0	
Sherbet, Lime, Small	30			0	0	0	0	5	8	0	7	0	0	
Sherbet, Orange, Large	60	Contains Milk	Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Annatto Extract for Color	0	0	0	0	11	15	0	14	0	0	
Sherbet, Orange, Medium	50			0	0	0	0	9	12	0	11	0	0	
Sherbet, Orange, Small	35			0	0	0	0	6	8	0	7	0	0	
Sherbet, Pineapple, Large	65	Contains Milk	Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Pineapple Juice Concentrate, Natural Flavors, Cream*, Milk*, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan	0	0	0	0	10	16	0	15	0	0	
Sherbet, Pineapple, Medium	50			0	0	0	0	8	13	0	12	0	0	
Sherbet, Pineapple, Small	35			0	0	0	0	5	8	0	8	0	0	
Sherbet, Raspberry, Large	65	Contains Milk	Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Raspberries, Raspberry Juice Concentrate, Natural Flavor, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Red Beet Extract for Color, Caramel Color, Annatto Extract for Color	0	0	0	0	10	16	0	15	0	0	
Sherbet, Raspberry, Medium	50			0	0	0	0	8	12	0	11	0	0	
Sherbet, Raspberry, Small	35			0	0	0	0	5	8	0	8	0	0	
Grab 'n Go														
Berry Fresh Fruit Cup	50	None	Strawberries, Blueberries	0	0	0	0	0	12	3	8	1	0	
Berry Greek Yogurt Granola Parfait	220	Contains Milk	Nonfat Greek Yogurt [Cultured Grade A Nonfat Milk, Live and Active Cultures: S. Thermophilus & L. Bulgaricus], Strawberries, Granola [Whole Grain Rolled Oats, Evaporated Cane Juice, Rice Flour, Canola Oil, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon], Blueberries, Agave	5	1	0	4	55	31	4	16	15	0	
Tropical Greek Yogurt Granola Parfait	270	Contains Coconut, Milk	Nonfat Greek Yogurt [Cultured Grade A Nonfat Milk, Live and Active Cultures: S. Thermophilus & L. Bulgaricus], Pineapple, Granola [Whole Grain Rolled Oats, Evaporated Cane Juice, Rice Flour, Canola Oil, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon], Honey, Agave, Coconut Flakes	5	2	0	4	60	43	4	27	16	0	
PB + Chocolate Chip Protein Bites (4 bites)	625	Contains Peanuts, Milk, Soy	Protein Ball Dry Mix, Peanut Butter [Peanuts, Salt], Agave, Granola [Whole Grain Rolled Oats, Cane Sugar, Soy Oil, Brown Rice Flour, Pumpkin Seeds, Flax Seeds, Oat Syrup Solids (Oat Syrup Solids, Tocopherols), Sea Salt, Molasses, Cinnamon.], Oatmilk [Oatmilk (Filtered Water, Oat Concentrate), Sunflower Oil, Vitamin And Mineral Blend (Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin [B2], Vitamin B12), Dipotassium Phosphate, Sea Salt, Gellan Gum, Locust Bean Gum, Sodium Ascorbate (Vitamin C) And Ascorbic Acid And Vitamin E (To Protect Freshness), Natural Flavor.]	26	6	0	10	220	77	11	33	25	0	
Side Dip Cups														

Menu Item	Total Calories	Allergens	Full Ingredient List	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)	
Dip Cup, Marinara	50	Contains Milk	Marinara [Water, Tomato Paste, Corn Syrup, Soybean Oil, Sugar, Parmesan Cheese (Pasteurized Cow's Milk, Culture, Salt, Enzymes), Salt, Citric Acid, Onion*, Garlic*, Caramelized Sugar Syrup, Spices, Xanthan Gum, Potassium Sorbate And Sodium Benzoate (Preservatives). * Dehydrated]	3	1	0	0	192	6	1	3	1	0	
Dip Cup, Nutella	155	Contains Hazelnut, Milk, Soy	Nutella [Sugar, Palm Oil, Hazlenuts, Skim Milk, Cocoa, Soy Lecithin as emulsifier, Vanillin: An Artificial flavor]	9	3	0	1	10	16	1	16	2	0	
Dip Cup, Peanut Butter	175	Contains Peanuts	Peanuts, Salt	14	2	0	0	85	6	2	1	7	0	
Pumpkin LTO														
Smoothie, Pumpkin Moo'd, Small	420	Contains Milk	Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures], 2% Milk, Ice, Chocolate Moo'd Powder [Sugar, Cocoa (processed with alkali), Nonfat Dry Milk, Whey, Guar Gum, Natural Flavor.], CocoWhip [Filtered Water, Coconut Oil, Tapioca Syrup, Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor], Pumpkin Spice Flavor Base [Pumpkin, Sugar, Invert Sugar Syrup, Annatto Extract (for color), Salt, Lemon Juice Concentrate, Natural Flavor, Locust Bean Gum, Cinnamon, Nutmeg.]	6	5	0	11	172	83	1	74	10	0	
Smoothie, Pumpkin Moo'd, Med	650	Contains Milk	2% Milk, Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures], Ice, Chocolate Moo'd Powder [Sugar, Cocoa (processed with alkali), Nonfat Dry Milk, Whey, Guar Gum, Natural Flavor.], Pumpkin Spice Flavor Base [Pumpkin, Sugar, Invert Sugar Syrup, Annatto Extract (for color), Salt, Lemon Juice Concentrate, Natural Flavor, Locust Bean Gum, Cinnamon, Nutmeg.], CocoWhip [Filtered Water, Coconut Oil, Tapioca Syrup, Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor]	9	7	0	19	294	130	2	117	17	0	
Smoothie, Pumpkin Moo'd, Large	775	Contains Milk	2% Milk, Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures], Ice, Chocolate Moo'd Powder [Sugar, Cocoa (processed with alkali), Nonfat Dry Milk, Whey, Guar Gum, Natural Flavor.], Pumpkin Spice Flavor Base [Pumpkin, Sugar, Invert Sugar Syrup, Annatto Extract (for color), Salt, Lemon Juice Concentrate, Natural Flavor, Locust Bean Gum, Cinnamon, Nutmeg.], CocoWhip [Filtered Water, Coconut Oil, Tapioca Syrup, Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor]	11	8	0	29	380	150	2	137	22	0	
Smoothie, Pumpkin Smash, Small	290	Contains Milk	Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures], 2% Milk, Ice, Pumpkin Spice Flavor Base [Pumpkin, Sugar, Invert Sugar Syrup, Annatto Extract (for color), Salt, Lemon Juice Concentrate, Natural Flavor, Locust Bean Gum, Cinnamon, Nutmeg.]	3	2	0	10	180	58	0	53	8	0	
Smoothie, Pumpkin Smash, Medium	475	Contains Milk	2% Milk, Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures], Ice, Pumpkin Spice Flavor Base [Pumpkin, Sugar, Invert Sugar Syrup, Annatto Extract (for color), Salt, Lemon Juice Concentrate, Natural Flavor, Locust Bean Gum, Cinnamon, Nutmeg.]	5	3	0	20	303	92	1	85	15	0	
Smoothie, Pumpkin Smash, Large	635	Contains Milk	2% Milk, Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures], Ice, Pumpkin Spice Flavor Base [Pumpkin, Sugar, Invert Sugar Syrup, Annatto Extract (for color), Salt, Lemon Juice Concentrate, Natural Flavor, Locust Bean Gum, Cinnamon, Nutmeg.]	8	5	0	30	415	120	1	111	21	0	
Monthly Mystery														

Menu Item	Total Calories	Allergens	Full Ingredient List	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)
Berry Boo-st, Small	265	Contains Milk	Water, Bananas (Ascorbic Acid and/or Citric Acid) [Bananas, ascorbic acid and citric acid], Ice, Pear Apple Juice Blend [Pear Juice Concentrate, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], Raspberry Sherbet [Water, Sugar, Milk, Corn Syrup, Whey, Skim Milk, Contains 2% or less of Raspberries, Raspberry Juice Concentrate, Natural Flavor, Cream, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Red Beet Extract for Color, Caramel Color, Annatto Extract for Color.], Blueberries, Nonfat Frozen Yogurt [Skim Milk, Sugar, Whey, Contains 2% or less of Natural Flavors, Corn Syrup, Lactic Acid, Vinegar, Whey Protein Concentrate, Mono & Diglycerides, Locust Bean Gum, Guar Gum, Carrageenan, Annatto Extract for Color, Cultures]	1	0	0	2	36	64	3	51	2	0
Berry Boo-st, Medium	365		Water, Bananas (Ascorbic Acid and/or Citric Acid) [Bananas, ascorbic acid and citric acid], Pear Apple Juice Blend [Pear Juice Concentrate, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], Blueberries, Raspberry Sherbet [Water, Sugar, Milk, Corn Syrup, Whey, Skim Milk, Contains 2% or less of Raspberries, Raspberry Juice Concentrate, Natural Flavor, Cream, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Red Beet Extract for Color, Caramel Color, Annatto Extract for Color.], Ice, Nonfat Frozen Yogurt [Skim Milk, Sugar, Whey, Contains 2% or less of Natural Flavors, Corn Syrup, Lactic Acid, Vinegar, Whey Protein Concentrate, Mono & Diglycerides, Locust Bean Gum, Guar Gum, Carrageenan, Annatto Extract for Color, Cultures]	1	1	0	2	51	87	4	69	3	0
Berry Boo-st, Large	475		Water, Bananas (Ascorbic Acid and/or Citric Acid) [Bananas, ascorbic acid and citric acid], Pear Apple Juice Blend [Pear Juice Concentrate, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], Raspberry Sherbet [Water, Sugar, Milk, Corn Syrup, Whey, Skim Milk, Contains 2% or less of Raspberries, Raspberry Juice Concentrate, Natural Flavor, Cream, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Red Beet Extract for Color, Caramel Color, Annatto Extract for Color.], Nonfat Frozen Yogurt [Skim Milk, Sugar, Whey, Contains 2% or less of Natural Flavors, Corn Syrup, Lactic Acid, Vinegar, Whey Protein Concentrate, Mono & Diglycerides, Locust Bean Gum, Guar Gum, Carrageenan, Annatto Extract for Color, Cultures], Blueberries, Ice	2	1	0	3	66	114	5	91	4	0
Nutrition In Select Markets													
Melts													
Sandwich, Rotisserie Chicken Avo Ranch	925	Wheat, Eggs, Milk	Ciabatta Roll [Unbleached Untreated Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sea Salt, Canola Oil, Yeast, Malted Barley Flour], Chicken [Boneless Skinless Chicken Breast With Rib Meat, Water, Contains 2% Or Less of Seasoning (Natural Flavors, Salt, Maltodextrin, Yeast Extract, Onion Powder, Garlic Powder, Sugar, Silicon Dioxide (Anticaking Agent), Disodium Inosinate, Disodium Guanylate, Dextrose), Modified Food Starch, Dextrose, Seasoning (Salt, Sunflower Oil (Carrier), Natural Flavor), Sodium Phosphates, Salt. Coated In Chicken Fat], Provolone Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes], Avocado, White Cheddar Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes], Ranch Dressing [Soybean Oil, Water, Buttermilk, Egg Yolk, Distilled Vinegar, Contains Less Than 2% Of Salt, Monosodium Glutamate, Modified Food Starch, Buttermilk Solids, Sugar, Garlic, Spice, Citric Acid, Xanthan Gum, Onion, Sorbic Acid, Natural Flavor (Milk), Calcium Disodium Edta To Protect Flavor, Egg Whites], Spinach, Bacon [Cured With: Water, Salt, Sugar, Natural Smoke Flavoring, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite]	52	18	0	123	2039	73	8	2	40	0
Sandwich, Market Pesto	720	Wheat, Eggs, Milk, Soy	Ciabatta Roll [Unbleached Untreated Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sea Salt, Canola Oil, Yeast, Malted Barley Flour], Provolone Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes], Roasted cherry tomato [Roasted tomatoes, canola oil, vinegar, garlic (garlic, water, citric acid), sea salt, oregano.], White Cheddar Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes], Spinach, Mayonnaise [Soybean Oil, Water, Whole Eggs, Distilled and Cider Vinegar, Salt, Sugar, Spice, Oleoresin Paprika, Natural Flavors, and Calcium Disodium EDTA], Sauce, Pesto, JJ [Basil Blend (Basil, Sunflower Oil, Salt), Sunflower Oil, Canola Oil, Water, Whey, Parmesan Cheese (Pasteurized Cultured Part-Skimmed Milk, Salt, Enzymes), 2% Or Less Of Dehydrated Potatoes, Garlic, Natural Flavor, Vegetable Fiber, Ascorbic Acid, Lactic Acid, Spice]	38	16	0	63	1513	65	3	2	29	0

[illegible]