

2024 Jamba Nutritional Spreadsheet



Menu Item	Total Calories	Allergens	Fulsome Ingredient List	Calories from Fat (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Caffeine (mg)
SMOOTHIES																
Acai Super-Antioxidant™ Smoothie, Large	550	Contains Milk, Soy.	Vanilla Soymilk (Water, Rice Sweetener [Water, Rice, Rice Bran], Sugar, Organic Soy Base [Water, Whole Organic Soybeans], Soy Protein Isolate [Soy Protein Isolate, Soy Lecithin], Natural Vanilla Flavor with Other Natural Flavors, Carrageenan), Acai-Grape Juice Blend Concentrate (Acai Pulp, White Grape Juice Concentrate, Ascorbic Acid, Citric Acid, Vitamin E [A-Tocopherol]), Frozen Strawberries, Frozen Blueberries, Raspberry Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, Skim Milk, 2% or less of Raspberries, Raspberry Juice Concentrate, Natural Flavor, Cream, Citric Acid, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Carrageenan, Red Beet Extract [color], Caramel Color, Annatto Extract [color]), Ice, Daily Vitamin + Zinc Boost (Maltodextrin, Dimagnesium Phosphate, Dicalcium Phosphate Anhydrous, Calcium Lactate Gluconate, Vitamin C [Ascorbic Acid], Vitamin E [D-Alpha-Tocopheryl Acetate], Beta-Carotene (contains soy), Biotin, Niacin, Iron (III) Pyrophosphate, Zinc Citrate, Pantothenic Acid [calcium-D-Pantothenate], Vitamin K1, Vitamin B2 [riboflavin], Vitamin D3 [cholecalciferol], Folic Acid, Vitamin B6 ([pyridoxine hydrochloride], Vitamin B1 [thiamin mononitrate], Selenium [L-Selenomethionine], Manganese (II) Citrate, Vitamin B12 [cyanocobalamin], Chromium Picolinate, Potassium Iodide).	60	7	2	0	5	130	111	6	88	10	200	1150	0
Acai Super-Antioxidant™ Smoothie, Medium	430			50	6	1.5	0	0	100	88	5	69	7	200	950	0
Acai Super-Antioxidant™ Smoothie, Small	330			35	4	1	0	0	80	67	3	53	6	200	740	0
Aloha Pineapple® Smoothie, Large	470	Contains Milk.	Pineapple Juice (Pineapple Juice [from concentrate], Natural Flavor), Pineapple Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, 2% or less of Pineapple Juice Concentrate, Cream, Natural Flavors, Citric Acid, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan), Frozen Strawberries, Ice, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Nonfat Greek Yogurt (Cultured Nonfat Milk).	20	2.5	1	0	5	45	106	4	92	8	2	130	0
Aloha Pineapple® Smoothie, Medium	360			15	2	1	0	5	40	81	3	69	7	0	90	0
Aloha Pineapple® Smoothie, Small	270			10	1	0.5	0	5	35	59	2	51	6	0	60	0
Apple 'n Greens™ Smoothie, Large	400		Pear Apple Juice Blend (Pear Juice [from concentrate], Apple Juice [from concentrate], Natural Flavor, Strawberry Puree), Frozen Kale, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Frozen Mangos, Frozen Peaches.	15	1.5	0	0	0	70	96	8	74	7	290	280	0
Apple 'n Greens™ Smoothie, Medium	320			10	1	0	0	0	55	76	6	58	6	220	210	0
Apple 'n Greens™ Smoothie, Small	250			10	1	0	0	0	50	58	5	44	5	210	200	0
Caribbean Passion® Smoothie, Large	420	Contains Milk.	Mango and Passionfruit Flavored Pear Juice Blend (Pear Juice [from concentrate], White Grape Juice [from concentrate], Mango Puree [from concentrate], Orange Juice [from concentrate], Passion Fruit Juice [from concentrate], Natural Flavors), Orange Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Citric Acid, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color]), Frozen Strawberries, Ice, Frozen Peaches.	20	2	1	0	5	55	101	4	88	3	15	170	0
Caribbean Passion® Smoothie, Medium	330			15	2	1	0	5	45	80	3	70	2	10	130	0
Caribbean Passion® Smoothie, Small	250			10	1	0.5	0	5	35	60	2	53	2	10	90	0
Greens 'n Ginger™ Smoothie, Large	380		Lemonade (Water, Sugar, Lemon Juice Concentrate, Lemon Pulp, Natural Flavor, Citric Acid), Frozen Peaches, Frozen Kale, Frozen Mangos, Ice, Ginger Puree (Ginger, Citric Acid).	15	1.5	0	0	0	40	91	7	77	6	230	240	0
Greens 'n Ginger™ Smoothie, Medium	290			10	1	0	0	0	30	70	5	60	4	160	170	0
Greens 'n Ginger™ Smoothie, Small	230			10	1	0	0	0	25	56	4	48	4	150	160	0
Mango-A-Go-Go® Smoothie, Large	510	Contains Milk.	Mango and Passionfruit Flavored Pear Juice Blend (Pear Juice [from concentrate], White Grape Juice [from concentrate], Mango Puree [from concentrate], Orange Juice [from concentrate], Passion Fruit Juice [from concentrate], Natural Flavors), Frozen Mangos, Pineapple Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, 2% or less of Pineapple Juice Concentrate, Cream, Natural Flavors, Citric Acid, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan), Ice.	20	2	1.5	0	5	60	123	4	110	2	150	130	0
Mango-A-Go-Go® Smoothie, Medium	390			15	2	1	0	5	45	96	3	85	2	130	100	0
Mango-A-Go-Go® Smoothie, Small	290			10	1	0.5	0	5	35	70	2	63	1	90	70	0
Matcha Green Tea Blast™ Smoothie, Large	480	Contains Milk, Soy.	Vanilla Soymilk (Water, Rice Sweetener [Water, Rice, Rice Bran], Sugar, Organic Soy Base [Water, Whole Organic Soybeans], Soy Protein Isolate [Soy Protein Isolate, Soy Lecithin], Natural Vanilla Flavor with Other Natural Flavors, Carrageenan), Fat Free Vanilla Frozen Yogurt (Skim Milk, Sugar, Whey, 2% or less of Natural Flavors, Corn Syrup, Lactic Acid, Vinegar, Whey Protein Concentrate, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures), Ice, Matcha Green Tea (100% Tencha Green Tea).	0	0	0	0	0	220	102	1	95	14	60	0	50
Matcha Green Tea Blast™ Smoothie, Medium	380			0	0	0	0	0	180	82	1	76	12	60	0	50
Matcha Green Tea Blast™ Smoothie, Small	260			0	0	0	0	0	125	56	1	52	8	60	0	50
Mega Mango™ Smoothie, Large	330		Pineapple Juice (Pineapple Juice [from concentrate], Natural Flavor), Orange Juice (from concentrate), Frozen Mangos, Frozen Strawberries, Ice.	10	1	0	0	0	10	80	6	71	4	140	300	0
Mega Mango™ Smoothie, Medium	280			5	1	0	0	0	10	69	5	62	3	120	240	0
Mega Mango™ Smoothie, Small	190			5	0.5	0	0	0	5	46	3	41	2	80	160	0
Orange C-Booster™ Smoothie, Large	400	Contains Milk, Soy.	Orange Juice (from concentrate), Orange Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Citric Acid, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color]), Frozen Peaches, Ice, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Daily Vitamin + Zinc Boost (Maltodextrin, Dimagnesium Phosphate, Dicalcium Phosphate Anhydrous, Calcium Lactate Gluconate, Vitamin C [Ascorbic Acid], Vitamin E [D-Alpha-Tocopheryl Acetate], Beta-Carotene (contains soy), Biotin, Niacin, Iron (III) Pyrophosphate, Zinc Citrate, Pantothenic Acid [calcium-D-Pantothenate], Vitamin K1, Vitamin B2 [riboflavin], Vitamin D3 [cholecalciferol], Folic Acid, Vitamin B6 ([pyridoxine hydrochloride], Vitamin B1 [thiamin mononitrate], Selenium [L-Selenomethionine], Manganese (II) Citrate, Vitamin B12 [cyanocobalamin], Chromium Picolinate, Potassium Iodide).	20	2.5	1	0	5	30	90	3	76	4	210	360	0
Orange C-Booster™ Smoothie, Medium	310			15	2	1	0	5	25	71	3	59	3	200	300	0
Orange C-Booster™ Smoothie, Small	230			10	1.5	0.5	0	5	15	52	2	43	2	200	270	0

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Orange Dream Machine® Smoothie, Large	530	Contains Milk, Soy.	Orange Juice (from concentrate), Orange Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Citric Acid, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color]), Vanilla Soymilk (Water, Rice Sweetener [Water, Rice, Rice Bran], Sugar, Organic Soy Base [Water, Whole Organic Soybeans], Soy Protein Isolate [Soy Protein Isolate, Soy Lecithin], Natural Vanilla Flavor with Other Natural Flavors, Carrageenan), Fat Free Vanilla Frozen Yogurt (Skim Milk, Sugar, Whey, 2% or less of Natural Flavors, Corn Syrup, Lactic Acid, Vinegar, Whey Protein Concentrate, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures), Ice.	25	2.5	1.5	0	10	160	116	0	108	9	2	90	0
Orange Dream Machine® Smoothie, Medium	420			20	2	1.5	0	5	115	91	0	85	7	2	80	0
Orange Dream Machine® Smoothie, Small	300			10	1.5	1	0	5	90	65	0	61	5	0	50	0
PB + Banana Protein (Soy) Smoothie, Large	700	Contains Milk, Peanut, Soy.	2% Milk (Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3), Ice, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Peanut Butter (Peanuts, Salt), Soy Protein Isolate, Honey.	300	33	8	0	25	310	70	7	49	41	0	15	0
PB + Banana Protein (Soy) Smoothie, Medium	530			210	23	6	0	20	220	54	5	39	35	0	15	0
PB + Banana Protein (Soy) Smoothie, Small	460			200	22	5	0	15	190	41	5	28	32	0	10	0
PB + Banana Protein (Whey) Smoothie, Large	830	Contains Milk, Peanut, Soy.	2% Milk (Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3), Ice, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Peanut Butter (Peanuts, Salt), Whey Protein Boost (Whey Protein Concentrate, Soy Lecithin), Honey.	310	35	9	0	100	370	91	7	68	51	15	15	0
PB + Banana Protein (Whey) Smoothie, Medium	650			220	25	7	0	95	290	71	5	53	44	15	15	0
PB + Banana Protein (Whey) Smoothie, Small	560			210	23	6	0	90	260	53	5	38	42	10	10	0
PB Chocolate Love™ Smoothie, Large	820	Contains Milk, Peanut.	2% Milk (Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3), Ice, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Chocolate Moo'd Dairy Base Powder (Sugar, Cocoa [Processed With Alkali], Nonfat Dry Milk, Whey, Guar Gum, Natural Flavor), Peanut Butter (Peanuts, Salt).	310	34	9	0	30	380	113	10	83	30	15	25	0
PB Chocolate Love™ Smoothie, Medium	670			220	25	7	0	25	300	99	8	75	23	15	20	0
PB Chocolate Love™ Smoothie, Small	430			130	14	4.5	0	20	200	68	5	53	15	10	15	0
Peach Perfection™ Smoothie, Large	360		Peach Flavored Pear Juice Blend (Pear Juice [from concentrate], White Grape Juice [from concentrate], Peach Juice [from concentrate], Malic Acid, Natural Flavor), Pear Apple Juice Blend (Pear Juice [from concentrate], Apple Juice [from concentrate], Natural Flavor, Strawberry Puree), Frozen Mangos, Frozen Peaches, Frozen Strawberries, Ice.	5	1	0	0	0	40	88	5	76	3	100	130	0
Peach Perfection™ Smoothie, Medium	310			5	0.5	0	0	0	35	76	4	66	3	90	100	0
Peach Perfection™ Smoothie, Small	200			5	0	0	0	0	25	51	3	44	2	60	70	0
Peanut Butter Moo'd® Smoothie, Large	940	Contains Milk, Peanut, Soy.	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), Vanilla Soymilk (Water, Rice Sweetener [Water, Rice, Rice Bran], Sugar, Organic Soy Base [Water, Whole Organic Soybeans], Soy Protein Isolate [Soy Protein Isolate, Soy Lecithin], Natural Vanilla Flavor with Other Natural Flavors, Carrageenan), 2% Milk (Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3), Ice, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Peanut Butter (Peanuts, Salt), Chocolate Moo'd Dairy Base Powder (Sugar, Cocoa [Processed With Alkali], Nonfat Dry Milk, Whey, Guar Gum, Natural Flavor).	260	29	6	0	10	420	146	7	124	31	6	8	0
Peanut Butter Moo'd® Smoothie, Medium	730			180	20	4.5	0	10	330	120	5	103	23	6	8	0
Peanut Butter Moo'd® Smoothie, Small	450			90	10	2.5	0	5	200	77	3	67	14	2	4	0
Pomegranate Paradise™ Smoothie, Large	380		Pomegranate Flavored Apple Juice Blend (Apple Juice [from concentrate], Pear Juice [from concentrate], Pomegranate Juice [from concentrate], Citric Acid, Fruit & Vegetable Juice [color], Natural Flavor), Frozen Mangos, Frozen Strawberries, Ice, Frozen Peaches.	10	1	0	0	0	25	93	5	80	3	100	180	0
Pomegranate Paradise™ Smoothie, Medium	320			5	0.5	0	0	0	20	79	4	68	2	80	140	0
Pomegranate Paradise™ Smoothie, Small	210			5	0	0	0	0	15	53	3	46	2	60	90	0
Protein Berry Workout™ (Soy) Smoothie, Large	440	Contains Soy.	Vanilla Soymilk (Water, Rice Sweetener [Water, Rice, Rice Bran], Sugar, Organic Soy Base [Water, Whole Organic Soybeans], Soy Protein Isolate [Soy Protein Isolate, Soy Lecithin], Natural Vanilla Flavor with Other Natural Flavors, Carrageenan), Frozen Bananas (Ascorbic Acid and/or Citric Acid), Frozen Strawberries, Ice, Soy Protein Isolate.	10	1	0	0	0	140	87	5	69	20	2	130	0
Protein Berry Workout™ (Soy) Smoothie, Medium	390			10	1	0	0	0	130	76	4	61	19	2	100	0
Protein Berry Workout™ (Soy) Smoothie, Small	300			5	1	0	0	0	100	57	3	46	16	2	70	0
Protein Berry Workout™ (Whey) Smoothie, Large	450	Contains Milk, Soy.	Vanilla Soymilk (Water, Rice Sweetener [Water, Rice, Rice Bran], Sugar, Organic Soy Base [Water, Whole Organic Soybeans], Soy Protein Isolate [Soy Protein Isolate, Soy Lecithin], Natural Vanilla Flavor with Other Natural Flavors, Carrageenan), Frozen Bananas (Ascorbic Acid and/or Citric Acid), Frozen Strawberries, Ice, Whey Protein Boost (Whey Protein Concentrate, Soy Lecithin).	15	2	1	0	35	160	85	5	66	24	4	130	0
Protein Berry Workout™ (Whey) Smoothie, Medium	390			15	1.5	0.5	0	35	140	71	4	55	22	2	100	0
Protein Berry Workout™ (Whey) Smoothie, Small	300			15	1.5	0.5	0	35	110	51	3	40	20	2	70	0

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Razzmatazz® Smoothie, Large	430	Contains Milk.	Mixed Berry Flavored Grape Juice Blend (Grape Juice [from concentrate], Pear Juice [from concentrate], Blueberry Juice [from concentrate], 2% or less of Cherry Juice [from concentrate], Strawberry Juice [from concentrate], Malic Acid, Natural Flavor), Orange Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Citric Acid, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color]), Frozen Strawberries, Ice, Frozen Bananas (Ascorbic Acid and/or Citric Acid).	20	2	1	0	5	55	102	4	88	2	2	130	0
Razzmatazz® Smoothie, Medium	320			15	2	1	0	5	40	77	3	66	1	0	90	0
Razzmatazz® Smoothie, Small	240			10	1	0.5	0	5	30	57	2	49	1	0	60	0
Smooth Talkin' Mango Smoothie, Large	440		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]), Frozen Mangos, Frozen Pineapples, Organic Agave.	90	10	1	0	0	200	89	8	61	5	310	200	0
Smooth Talkin' Mango Smoothie, Medium	380			80	8	1	0	0	170	76	7	53	5	270	170	0
Smooth Talkin' Mango Smoothie, Small	250			50	6	0.5	0	0	110	49	4	34	3	170	110	0
Strawberries Wild® Smoothie, Large	430	Contains Milk.	Pear Apple Juice Blend (Pear Juice [from concentrate], Apple Juice [from concentrate], Natural Flavor, Strawberry Puree), Fat Free Vanilla Frozen Yogurt (Skim Milk, Sugar, Whey, 2% or less of Natural Flavors, Corn Syrup, Lactic Acid, Vinegar, Whey Protein Concentrate, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures), Frozen Strawberries, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Ice.	5	0.5	0	0	0	85	102	4	85	6	2	130	0
Strawberries Wild® Smoothie, Medium	320			5	0	0	0	0	65	77	3	64	5	0	90	0
Strawberries Wild® Smoothie, Small	230			5	0	0	0	0	45	56	2	47	3	0	60	0
Strawberry Surf Rider™ Smoothie, Large	430	Contains Milk.	Lemonade (Water, Sugar, Lemon Juice Concentrate, Lemon Pulp, Natural Flavor, Citric Acid), Lime Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, 2% or less of Lime Juice Concentrate, Orange Pulp, Lime Oil, Natural Flavor, Cream, Citric Acid, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Turmeric Extract [color]), Frozen Strawberries, Ice, Frozen Peaches.	20	2.5	1	0	5	25	102	3	93	1	4	140	0
Strawberry Surf Rider™ Smoothie, Medium	330			15	2	1	0	5	20	80	3	73	1	4	110	0
Strawberry Surf Rider™ Smoothie, Small	240			10	1	0.5	0	5	15	57	2	52	1	2	80	0
Strawberry Whirl™ Smoothie, Large	350		Pear Apple Juice Blend (Pear Juice [from concentrate], Apple Juice [from concentrate], Natural Flavor, Strawberry Puree), Frozen Strawberries, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Ice.	10	1	0	0	0	25	87	7	65	3	2	190	0
Strawberry Whirl™ Smoothie, Medium	290			5	0.5	0	0	0	20	72	5	54	3	2	140	0
Strawberry Whirl™ Smoothie, Small	200			5	0	0	0	0	15	49	4	37	2	2	100	0
The Go Getter Smoothie, Large	380		Matcha Green Tea (Water, Matcha Green Tea [100% Tencha Green Tea]), Frozen Vegetable & Fruit Juice Blend (Reconstituted Sweet Potato Juice Concentrate [Water, Sweet Potato Juice Concentrate], Apple Puree Concentrate, Sweet Potato Juice Concentrate, Apple Juice Concentrate, White Grape Juice Concentrate, Fruit and Vegetable Juice for Color, Carrot Juice Concentrate, Spinach Puree, Calcium Lactate, Pineapple Juice Concentrate, Banana Puree, Cucumber Juice, Pectin, Citric Acid, Baker's Yeast Beta Glucan [Wellmune®], Ascorbic Acid [Vitamin C], Natural Flavor, Xanthan Gum), Frozen Mangos, Frozen Kale, Orange Juice (from concentrate).	20	2.5	0	0	0	120	85	12	62	10	750	1010	280
The Go Getter Smoothie, Medium	310			15	2	0	0	0	95	70	9	51	8	580	820	210
The Go Getter Smoothie, Small	260			15	1.5	0	0	0	85	57	8	41	7	500	690	175
Vanilla Blue Sky Smoothie, Large	360	Contains Almond, Coconut.	Unsweetened Almondmilk (Water, Almonds, 2% or less of Vitamin and Mineral Blend [Calcium Carbonate, Vitamin E Acetate, Vitamin A Palmitate, Vitamin D2], Sea Salt, Natural Flavor, Sunflower Lecithin, Locust Bean Gum, Gellan Gum, Ascorbic Acid [to protect flavor]), Vanilla Coconutmilk (Organic Coconutmilk [Water, Coconut Cream], Sugar, Natural Vanilla Flavor, Guar Gum, Tricalcium Phosphate, Magnesium Phosphate, Xanthan Gum, L-Selenomethionine [Selenium], Vitamin A Acetate, Vitamin D2, Zinc Oxide, Vitamin B12), Frozen Bananas (Ascorbic Acid and/or Citric Acid), Frozen Pineapples, Blue Spirulina Powder (Trehalose, Spirulina Extract [color]), Trisodium Citrate).	60	7	4	0	0	150	77	8	48	3	25	180	0
Vanilla Blue Sky Smoothie, Medium	280			50	5	3	0	0	110	59	6	37	3	20	130	0
Vanilla Blue Sky Smoothie, Small	200			40	4.5	2.5	0	0	90	43	5	27	2	15	90	0
White Gummi Smoothie, Large	600	Contains Milk, Soy.	Peach Flavored Pear Juice Blend (Pear Juice [from concentrate], White Grape Juice [from concentrate], Peach Juice [from concentrate], Malic Acid, Natural Flavor), Pineapple Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, 2% or less of Pineapple Juice Concentrate, Cream, Natural Flavors, Citric Acid, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan), Ice, Vanilla Soymilk (Water, Rice Sweetener [Water, Rice, Rice Bran], Sugar, Organic Soy Base [Water, Whole Organic Soybeans], Soy Protein Isolate [Soy Protein Isolate, Soy Lecithin], Natural Vanilla Flavor with Other Natural Flavors, Carrageenan), Orange Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Citric Acid, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color]), Raspberry Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, Skim Milk, 2% or less of Raspberries, Raspberry Juice Concentrate, Natural Flavor, Cream, Citric Acid, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Red Beet Extract [color], Caramel Color, Annatto Extract [color]), Frozen Mangos, Lime Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, 2% or less of Lime Juice Concentrate, Orange Pulp, Lime Oil, Natural Flavor, Cream, Citric Acid, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Turmeric Extract [color]).	40	4.5	3	0	15	125	136	1	122	4	45	30	0
White Gummi Smoothie, Medium	450			30	3.5	2	0	10	85	102	1	91	2	40	25	0
White Gummi Smoothie, Small	310			20	2.5	1.5	0	5	60	70	1	63	2	25	15	0

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KID SMOOTHIES																
Blueberry Strawberry Blast-Off™ Smoothie - 10 oz.	170		Mixed Berry Flavored Grape Juice Blend (Grape Juice [from concentrate], Pear Juice [from concentrate], Blueberry Juice [from concentrate], 2% or less of Cherry Juice [from concentrate], Strawberry Juice [from concentrate], Malic Acid, Natural Flavor), Frozen Blueberries, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Frozen Strawberries.	5	0	0	0	0	15	41	3	33	1	2	45	0
Blueberry Strawberry Blast-Off™ Smoothie - 12 oz.	180		Mixed Berry Flavored Grape Juice Blend (Grape Juice [from concentrate], Pear Juice [from concentrate], Blueberry Juice [from concentrate], 2% or less of Cherry Juice [from concentrate], Strawberry Juice [from concentrate], Malic Acid, Natural Flavor), Frozen Blueberries, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Frozen Strawberries.	5	0.5	0	0	0	15	44	4	34	1	2	80	0
Strawberries Gone Bananas™ Smoothie - 10 oz.	140		Pear Apple Juice Blend (Pear Juice [from concentrate], Apple Juice [from concentrate], Natural Flavor, Strawberry Puree), Frozen Strawberries, Frozen Bananas (Ascorbic Acid and/or Citric Acid).	5	0	0	0	0	10	35	3	26	1	0	90	0
Strawberries Gone Bananas™ Smoothie - 12 oz.	170		Pear Apple Juice Blend (Pear Juice [from concentrate], Apple Juice [from concentrate], Natural Flavor, Strawberry Puree), Frozen Strawberries, Frozen Bananas (Ascorbic Acid and/or Citric Acid).	5	0	0	0	0	10	43	4	31	2	2	100	0
PROMOTIONAL SMOOTHIE & BOWLS																
Electric Berry Lemonade Smoothie, Large	420	Contains Milk.	Lemonade (Water, Sugar, Lemon Juice Concentrate, Lemon Pulp, Natural Flavor, Citric Acid), Mixed Berry Flavored Grape Juice Blend (Grape Juice [from concentrate], Pear Juice [from concentrate], Blueberry Juice [from concentrate], 2% or less of Cherry Juice [from concentrate], Strawberry Juice [from concentrate], Malic Acid, Natural Flavor), Frozen Strawberries, Raspberry Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, Skim Milk, 2% or less of Raspberries, Raspberry Juice Concentrate, Natural Flavor, Cream, Citric Acid, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Red Beet Extract [color], Caramel Color, Annatto Extract [color]), Ice, Frozen Peaches, Fat Free Vanilla Frozen Yogurt (Skim Milk, Sugar, Whey, 2% or less of Natural Flavors, Corn Syrup, Lactic Acid, Vinegar, Whey Protein Concentrate, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures), Blue Spirulina Powder (Trehalose, Spirulina Extract [color], Trisodium Citrate).	15	1.5	0.5	0	5	55	99	3	89	4	4	140	0
Electric Berry Lemonade Smoothie, Medium	340			10	1	0	0	0	40	81	3	74	3	4	100	0
Electric Berry Lemonade Smoothie, Small	230			5	1	0	0	0	30	54	2	49	2	2	70	0
Electric Berry Lemonade Smoothie (Plant-based), Large	510	Contains Coconut.	Lemonade (Water, Sugar, Lemon Juice Concentrate, Lemon Pulp, Natural Flavor, Citric Acid), Oatmilk Frozen Dessert (Oatmilk [Filtered Water, Whole Oat Flour], Cane Sugar, Coconut Oil, Tapioca Syrup, Pea Protein, Locust Bean Gum, Guar Gum), Mixed Berry Flavored Grape Juice Blend (Grape Juice [from concentrate], Pear Juice [from concentrate], Blueberry Juice [from concentrate], 2% or less of Cherry Juice [from concentrate], Strawberry Juice [from concentrate], Malic Acid, Natural Flavor), Frozen Strawberries, Ice, Frozen Peaches, Blue Spirulina Powder (Trehalose, Spirulina Extract [color], Trisodium Citrate).	120	13	11	0	0	20	99	5	81	3	4	140	0
Electric Berry Lemonade Smoothie (Plant-based), Medium	420			100	11	9	0	0	15	82	4	68	3	4	100	0
Electric Berry Lemonade Smoothie (Plant-based), Small	260			60	6	5	0	0	10	53	2	44	2	2	70	0
Kale-rribbean Breeze Smoothie, Plant-Based, Large	470	Contains Coconut.	Mango and Passionfruit Flavored Pear Juice Blend (Pear Juice [from concentrate], White Grape Juice [from concentrate], Mango Puree [from concentrate], Orange Juice [from concentrate], Passion Fruit Juice [from concentrate], Natural Flavors), Frozen Mangos, Frozen Kale, Oatmilk Frozen Dessert (Oatmilk [Filtered Water, Whole Oat Flour], Cane Sugar, Coconut Oil, Tapioca Syrup, Pea Protein, Locust Bean Gum, Guar Gum).	40	4.5	3	0	0	70	110	7	91	6	320	300	0
Kale-rribbean Breeze Smoothie, Plant-Based, Medium	390			40	4.5	3	0	0	60	90	7	73	6	300	280	0
Kale-rribbean Breeze Smoothie, Plant-Based, Small	300			35	4	3	0	0	55	66	5	52	5	230	230	0
Orange Cranberry Whip Smoothie, Large	710	Contains Coconut, Milk.	Orange Juice (from concentrate), Orange Cranberry Flavored Base (Water, Sugar, Cranberry Juice Concentrate, Corn Starch, Orange Juice Concentrate, Citric Acid, Fruit and Vegetable Juice [for color], Locust Bean Gum, Natural Flavors), Orange Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Citric Acid, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color]), Ice, Coconut Whip (Filtered Water, Organic Coconut Oil, Organic Tapioca Syrup, Organic Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor).	60	6	5	0	10	65	163	1	130	2	2	110	0
Orange Cranberry Whip Smoothie, Medium	520			50	6	5	0	5	50	117	1	94	2	2	80	0
Orange Cranberry Whip Smoothie, Small	370			45	5	4.5	0	5	35	81	0	64	1	0	50	0
Pumpkin Bowl with Frozen Yogurt	590	Contains Coconut, Milk.	Pear Apple Juice Blend (Pear Juice [from concentrate], Apple Juice [from concentrate], Natural Flavor, Strawberry Puree), Fat Free Vanilla Frozen Yogurt (Skim Milk, Sugar, Whey, 2% or less of Natural Flavors, Corn Syrup, Lactic Acid, Vinegar, Whey Protein Concentrate, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures), Pumpkin Spice Flavor Base (Pumpkin, Sugar, Invert Sugar Syrup, Annatto Extract [color], Salt, Lemon Juice Concentrate, Natural Flavor, Locust Bean Gum, Cinnamon, Nutmeg), Bananas, Ice, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Organic Granola (Whole Grain Rolled Oats, Sugar, Sunflower and/or Canola Oil, Rice Flour, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon), Coconut Whip (Filtered Water, Organic Coconut Oil, Organic Tapioca Syrup, Organic Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor).	80	8	4.5	0	0	180	126	6	91	8	140	25	0

2024 Jamba Nutritional Spreadsheet



Menu Item	Total Calories	Allergens	Fulsome Ingredient List	Calories from Fat (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Caffeine (mg)
Pumpkin Bowl with Frozen Oatmilk	650	Contains Coconut.	Pear Apple Juice Blend (Pear Juice [from concentrate], Apple Juice [from concentrate], Natural Flavor, Strawberry Puree), Oatmilk Frozen Dessert (Oatmilk [Filtered Water, Whole Oat Flour], Cane Sugar, Coconut Oil, Tapioca Syrup, Pea Protein, Locust Bean Gum, Guar Gum), Pumpkin Spice Flavor Base (Pumpkin, Sugar, Invert Sugar Syrup, Annatto Extract [color], Salt, Lemon Juice Concentrate, Natural Flavor, Locust Bean Gum, Cinnamon, Nutmeg), Bananas, Ice, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Organic Granola (Whole Grain Rolled Oats, Sugar, Sunflower and/or Canola Oil, Rice Flour, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon), Coconut Whip (Filtered Water, Organic Coconut Oil, Organic Tapioca Syrup, Organic Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor).	160	18	12	0	0	140	124	7	83	7	140	25	0
Pumpkin Smash (Plant Based) Smoothie, Large	760	Contains Coconut.	Oatmilk Frozen Dessert (Oatmilk [Filtered Water, Whole Oat Flour], Cane Sugar, Coconut Oil, Tapioca Syrup, Pea Protein, Locust Bean Gum, Guar Gum), 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]), Ice, Pumpkin Spice Flavor Base (Pumpkin, Sugar, Invert Sugar Syrup, Annatto Extract [color], Salt, Lemon Juice Concentrate, Natural Flavor, Locust Bean Gum, Cinnamon, Nutmeg).	270	30	23	0	0	250	121	5	84	6	210	10	0
Pumpkin Smash (Plant Based) Smoothie, Medium	610			220	25	19	0	0	190	96	4	66	5	160	8	0
Pumpkin Smash (Plant Based) Smoothie, Small	370			130	15	11	0	0	125	59	2	41	3	110	4	0
Pumpkin Smash Classic Smoothie, Large	570	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), 2% Milk (Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3), Ice, Pumpkin Spice Flavor Base (Pumpkin, Sugar, Invert Sugar Syrup, Annatto Extract [color], Salt, Lemon Juice Concentrate, Natural Flavor, Locust Bean Gum, Cinnamon, Nutmeg).	50	5	3	0	20	360	115	1	106	17	150	10	0
Pumpkin Smash Classic Smoothie, Medium	440			35	4	2.5	0	15	280	90	1	83	13	110	8	0
Pumpkin Smash Classic Smoothie, Small	290			25	2.5	1.5	0	10	180	59	1	54	8	70	4	0
Watermelon Breeze Smoothie, Large	510	Contains Milk.	Watermelon Flavored Grape Juice Blend (Grape Juice [from concentrate], Watermelon Juice [from concentrate], Natural Flavors, Citric Acid), Raspberry Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, Skim Milk, 2% or less of Raspberries, Raspberry Juice Concentrate, Natural Flavor, Cream, Citric Acid, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Red Beet Extract [color], Caramel Color, Annatto Extract [color]), Ice, Frozen Strawberries, Frozen Pineapples.	20	2	1	0	5	75	120	3	104	3	160	170	0
Watermelon Breeze Smoothie, Medium	410			15	1.5	1	0	5	60	98	2	85	2	140	120	0
Watermelon Breeze Smoothie, Small	300			10	1	0.5	0	5	45	71	2	62	2	110	90	0
Watermelon Breeze Smoothie, Plant-Based, Large	590	Contains Coconut.	Watermelon Grape Juice Blend (Grape Juice [from concentrate], Watermelon Juice [from concentrate], Natural Flavors, Citric Acid), Oatmilk Frozen Dessert (Oatmilk [Filtered Water, Whole Oat Flour], Cane Sugar, Coconut Oil, Tapioca Syrup, Pea Protein, Locust Bean Gum, Guar Gum), Ice, Frozen Strawberries, Frozen Pineapples.	120	13	11	0	0	60	120	5	96	4	160	170	0
Watermelon Breeze Smoothie, Plant-Based, Medium	490			100	11	9	0	0	50	99	3	80	3	140	120	0
Watermelon Breeze Smoothie, Plant-Based, Small	330			60	6	5	0	0	35	69	2	57	2	110	90	0
BOWLS - SMOOTHIE																
Acai Peanut Butter with Chocolate Hazelnut Bowl	620	Contains Hazelnut, Milk, Peanut, Soy.	Bananas, Acai-Grape Juice Blend Concentrate (Acai Pulp, White Grape Juice Concentrate, Ascorbic Acid, Citric Acid, Vitamin E [A-Tocopherol]), Frozen Blueberries, Vanilla Soymilk (Water, Rice Sweetener [Water, Rice, Rice Bran], Sugar, Organic Soy Base [Water, Whole Organic Soybeans], Soy Protein Isolate [Soy Protein Isolate, Soy Lecithin], Natural Vanilla Flavor with Other Natural Flavors, Carrageenan), Frozen Strawberries, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Organic Granola (Whole Grain Rolled Oats, Sugar, Sunflower and/or Canola Oil, Rice Flour, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon), Peanut Butter (Peanuts, Salt), Hazelnut Cocoa Spread (Sugar, Palm Oil, Hazelnuts, Skim Milk Powder, Lowfat Cocoa, Soy Lecithin and/or Sunflower Lecithin, Vanillin [Artificial Flavor]).	150	17	4	0	0	75	110	12	67	11	8	620	0
Acai Primo Bowl	480	Contains Soy.	Acai-Grape Juice Blend Concentrate (Acai Pulp, White Grape Juice Concentrate, Ascorbic Acid, Citric Acid, Vitamin E [A-Tocopherol]), Frozen Blueberries, Bananas, Vanilla Soymilk (Water, Rice Sweetener [Water, Rice, Rice Bran], Sugar, Organic Soy Base [Water, Whole Organic Soybeans], Soy Protein Isolate [Soy Protein Isolate, Soy Lecithin], Natural Vanilla Flavor with Other Natural Flavors, Carrageenan), Frozen Strawberries, Strawberries, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Organic Granola (Whole Grain Rolled Oats, Sugar, Sunflower and/or Canola Oil, Rice Flour, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon), Blueberries, Honey.	80	8	1.5	0	0	45	99	10	63	8	8	650	0
Acai Tropical Bowl	520	Contains Coconut, Soy.	Acai-Grape Juice Blend Concentrate (Acai Pulp, White Grape Juice Concentrate, Ascorbic Acid, Citric Acid, Vitamin E [A-Tocopherol]), Frozen Blueberries, Bananas, Vanilla Soymilk (Water, Rice Sweetener [Water, Rice, Rice Bran], Sugar, Organic Soy Base [Water, Whole Organic Soybeans], Soy Protein Isolate [Soy Protein Isolate, Soy Lecithin], Natural Vanilla Flavor with Other Natural Flavors, Carrageenan), Frozen Strawberries, Pineapple, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Organic Granola (Whole Grain Rolled Oats, Sugar, Sunflower and/or Canola Oil, Rice Flour, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon), Honey, Coconut Flakes.	90	10	3.5	0	0	45	102	10	65	8	8	640	0

2024 Jamba Nutritional Spreadsheet



Menu Item	Total Calories	Allergens	Fulsome Ingredient List	Calories from Fat (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Caffeine (mg)
Chunky Strawberry™ Bowl	580	Contains Milk, Peanut, Soy.	Vanilla Soymilk (Water, Rice Sweetener [Water, Rice, Rice Bran], Sugar, Organic Soy Base [Water, Whole Organic Soybeans], Soy Protein Isolate [Soy Protein Isolate, Soy Lecithin], Natural Vanilla Flavor with Other Natural Flavors, Carrageenan), Frozen Strawberries, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Bananas, Nonfat Greek Yogurt (Cultured Nonfat Milk), Organic Granola (Whole Grain Rolled Oats, Sugar, Sunflower and/or Canola Oil, Rice Flour, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon), Strawberries, Peanut Butter (Peanuts, Salt).	160	18	2.5	0	0	125	90	12	44	20	2	140	0
Dragon Fruit Delight Bowl	440	Contains Coconut.	Pineapple Juice (Pineapple Juice [from concentrate], Natural Flavor), Organic Frozen Dragon Fruit, Bananas, Frozen Pineapples, Strawberries, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Frozen Mangos, Organic Granola (Whole Grain Rolled Oats, Sugar, Sunflower and/or Canola Oil, Rice Flour, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon), Blueberries, Honey, Coconut Flakes.	70	7	2.5	0	0	15	92	12	58	6	25	130	0
Vanilla Blue Sky Bowl	290	Contains Almond, Coconut.	Frozen Pineapples, Unsweetened Almondmilk (Water, Almonds, 2% or less of Vitamin and Mineral Blend [Calcium Carbonate, Vitamin E Acetate, Vitamin A Palmitate, Vitamin D2], Sea Salt, Natural Flavor, Sunflower Lecithin, Locust Bean Gum, Gellan Gum, Ascorbic Acid [to protect flavor]), Frozen Bananas (Ascorbic Acid and/or Citric Acid), Strawberries, Vanilla Coconutmilk (Organic Coconutmilk [Water, Coconut Cream], Sugar, Natural Vanilla Flavor, Guar Gum, Tricalcium Phosphate, Magnesium Phosphate, Xanthan Gum, L-Selenomethionine [Selenium], Vitamin A Acetate, Vitamin D2, Zinc Oxide, Vitamin B12), Organic Granola (Whole Grain Rolled Oats, Sugar, Sunflower and/or Canola Oil, Rice Flour, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon), Blueberries, Coconut Flakes, Blue Spirulina Powder (Trehalose, Spirulina Extract [color], Trisodium Citrate).	70	8	3	0	0	60	52	7	26	5	8	120	0
BOWLS - WAFFLE																
Peanut Butter & Banana Waffle Bowl with Chocolate Hazelnut Drizzle with Coconut Whip	770	Contains Coconut, Egg, Hazelnut, Milk, Peanut, Soy, Wheat.	Bananas, Belgian Waffle (Wheat Flour, Sugar, Margarine [Palm Oil, Coconut Oil, Water, Canola Oil, Mono- and Diglycerides (emulsifiers)], Water, Butter, Egg, Invert Sugar, Yeast, Soy Flour, Salt, Natural Vanilla Flavor with other Natural Flavors, Soy Lecithin), Coconut Whip (Filtered Water, Organic Coconut Oil, Organic Tapioca Syrup, Organic Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor), Organic Granola (Whole Grain Rolled Oats, Sugar, Sunflower and/or Canola Oil, Rice Flour, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon), Hazelnut Cocoa Spread (Sugar, Palm Oil, Hazelnuts, Skim Milk Powder, Lowfat Cocoa, Soy Lecithin and/or Sunflower Lecithin, Vanillin [Artificial Flavor]), Peanut Butter (Peanuts, Salt).	320	36	18	0	25	330	109	8	55	12	2	20	0
Peanut Butter & Banana Waffle Bowl with Chocolate Hazelnut Drizzle with Frozen Yogurt	780	Contains Coconut, Egg, Hazelnut, Milk, Peanut, Soy, Wheat.	Bananas, 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), Belgian Waffle (Wheat Flour, Sugar, Margarine [Palm Oil, Coconut Oil, Water, Canola Oil, Mono- and Diglycerides (emulsifiers)], Water, Butter, Egg, Invert Sugar, Yeast, Soy Flour, Salt, Natural Vanilla Flavor with other Natural Flavors, Soy Lecithin), Organic Granola (Whole Grain Rolled Oats, Sugar, Sunflower and/or Canola Oil, Rice Flour, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon), Hazelnut Cocoa Spread (Sugar, Palm Oil, Hazelnuts, Skim Milk Powder, Lowfat Cocoa, Soy Lecithin and/or Sunflower Lecithin, Vanillin [Artificial Flavor]), Peanut Butter (Peanuts, Salt).	260	29	11	0	25	380	121	8	72	15	2	20	0
Peanut Butter & Banana Waffle Bowl with Chocolate Hazelnut Drizzle with Greek Yogurt	740	Contains Coconut, Egg, Hazelnut, Milk, Peanut, Soy, Wheat.	Bananas, Nonfat Greek Yogurt (Cultured Nonfat Milk), Belgian Waffle (Wheat Flour, Sugar, Margarine [Palm Oil, Coconut Oil, Water, Canola Oil, Mono- and Diglycerides (emulsifiers)], Water, Butter, Egg, Invert Sugar, Yeast, Soy Flour, Salt, Natural Vanilla Flavor with other Natural Flavors, Soy Lecithin), Organic Granola (Whole Grain Rolled Oats, Sugar, Sunflower and/or Canola Oil, Rice Flour, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon), Hazelnut Cocoa Spread (Sugar, Palm Oil, Hazelnuts, Skim Milk Powder, Lowfat Cocoa, Soy Lecithin and/or Sunflower Lecithin, Vanillin [Artificial Flavor]), Peanut Butter (Peanuts, Salt).	260	29	11	0	30	380	100	8	51	24	2	20	0
Strawberry Blueberry Waffle Bowl with Cocowhip	570	Contains Coconut, Egg, Milk, Soy, Wheat.	Belgian Waffle (Wheat Flour, Sugar, Margarine [Palm Oil, Coconut Oil, Water, Canola Oil, Mono- and Diglycerides (emulsifiers)], Water, Butter, Egg, Invert Sugar, Yeast, Soy Flour, Salt, Natural Vanilla Flavor with other Natural Flavors, Soy Lecithin), Strawberries, Coconut Whip (Filtered Water, Organic Coconut Oil, Organic Tapioca Syrup, Organic Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor), Blueberries, Organic Granola (Whole Grain Rolled Oats, Sugar, Sunflower and/or Canola Oil, Rice Flour, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon).	240	27	16	0	25	300	79	5	37	8	0	50	0
Strawberry Blueberry Waffle Bowl with Fat Free Vanilla Frozen Yogurt	580	Contains Coconut, Egg, Milk, Soy, Wheat.	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), Belgian Waffle (Wheat Flour, Sugar, Margarine [Palm Oil, Coconut Oil, Water, Canola Oil, Mono- and Diglycerides (emulsifiers)], Water, Butter, Egg, Invert Sugar, Yeast, Soy Flour, Salt, Natural Vanilla Flavor with other Natural Flavors, Soy Lecithin), Strawberries, Organic Granola (Whole Grain Rolled Oats, Sugar, Sunflower and/or Canola Oil, Rice Flour, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon).	180	20	9	0	25	350	91	5	54	11	0	50	0

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Menu Item	Total Calories	Allergens	Fulsome Ingredient List	Calories from Fat (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Caffeine (mg)
Strawberry Blueberry Waffle Bowl with Greek Yogurt	570	Contains Coconut, Egg, Milk, Soy, Wheat.	Nonfat Greek Yogurt (Cultured Nonfat Milk), Belgian Waffle (Wheat Flour, Sugar, Margarine [Palm Oil, Coconut Oil, Water, Canola Oil, Mono- and Diglycerides (emulsifiers)], Water, Butter, Egg, Invert Sugar, Yeast, Soy Flour, Salt, Natural Vanilla Flavor with other Natural Flavors, Soy Lecithin), Strawberries, Blueberries, Organic Granola (Whole Grain Rolled Oats, Sugar, Sunflower and/or Canola Oil, Rice Flour, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon), Honey.	180	20	9	0	30	350	78	5	42	20	0	50	0
Strawberry Blueberry Waffle Bowl with Frozen Oatmilk	660	Contains Coconut, Egg, Milk, Soy, Wheat.	Oatmilk Frozen Dessert (Oatmilk [Filtered Water, Whole Oat Flour], Cane Sugar, Coconut Oil, Tapioca Syrup, Pea Protein, Locust Bean Gum, Guar Gum), Belgian Waffle (Wheat Flour, Sugar, Margarine [Palm Oil, Coconut Oil, Water, Canola Oil, Mono- and Diglycerides (emulsifiers)], Water, Butter, Egg, Invert Sugar, Yeast, Soy Flour, Salt, Natural Vanilla Flavor with other Natural Flavors, Soy Lecithin), Strawberries, Blueberries, Organic Granola (Whole Grain Rolled Oats, Sugar, Sunflower and/or Canola Oil, Rice Flour, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon).	270	30	18	0	25	300	92	6	47	9	0	50	0
Tropical Waffle Bowl with Coconut Base	670	Contains Coconut, Egg, Milk, Soy, Wheat.	Belgian Waffle (Wheat Flour, Sugar, Margarine [Palm Oil, Coconut Oil, Water, Canola Oil, Mono- and Diglycerides (emulsifiers)], Water, Butter, Egg, Invert Sugar, Yeast, Soy Flour, Salt, Natural Vanilla Flavor with other Natural Flavors, Soy Lecithin), Bananas, Pineapple, Coconut Whip (Filtered Water, Organic Coconut Oil, Organic Tapioca Syrup, Organic Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor), Organic Granola (Whole Grain Rolled Oats, Sugar, Sunflower and/or Canola Oil, Rice Flour, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon), Honey, Coconut Flakes.	260	29	18	0	25	300	101	6	53	9	0	35	0
Tropical Waffle Bowl with Greek Yogurt	640	Contains Coconut, Egg, Milk, Soy, Wheat.	Nonfat Greek Yogurt (Cultured Nonfat Milk), Belgian Waffle (Wheat Flour, Sugar, Margarine [Palm Oil, Coconut Oil, Water, Canola Oil, Mono- and Diglycerides (emulsifiers)], Water, Butter, Egg, Invert Sugar, Yeast, Soy Flour, Salt, Natural Vanilla Flavor with other Natural Flavors, Soy Lecithin), Bananas, Pineapple, Organic Granola (Whole Grain Rolled Oats, Sugar, Sunflower and/or Canola Oil, Rice Flour, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon), Honey, Coconut Flakes.	200	22	11	0	30	350	91	6	49	21	0	35	0
BOWLS - GRANOLA																
Strawberry Banana Granola Parfait Bowl with Coconut Whip (Market Test 3 blue scoops)	520	Contains Coconut.	Bananas, Coconut Whip (Filtered Water, Organic Coconut Oil, Organic Tapioca Syrup, Organic Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor), Organic Granola (Whole Grain Rolled Oats, Sugar, Sunflower and/or Canola Oil, Rice Flour, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon), Strawberries.	180	20	12	0	0	15	87	8	37	7	2	70	0
Strawberry Banana Granola Parfait Bowl with Frozen Yogurt (Market Test 3 blue scoops)	530	Contains Milk.	Bananas, 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), Organic Granola (Whole Grain Rolled Oats, Sugar, Sunflower and/or Canola Oil, Rice Flour, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon), Strawberries.	80	9	1	0	0	90	105	8	63	12	2	70	10
Strawberry Banana Granola Parfait Bowl with Greek Yogurt (Market Test 3 blue scoops)	500	Contains Milk.	Nonfat Greek Yogurt (Cultured Nonfat Milk), Bananas, Organic Granola (Whole Grain Rolled Oats, Sugar, Sunflower and/or Canola Oil, Rice Flour, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon), Strawberries, Honey.	80	9	1	0	5	90	82	8	41	25	2	70	10
OATMEAL																
Oatmeal	150	Contains Soy.	Water, Organic Steel-Cut Oats, Soymilk Concentrate (Water, Rice Sweetener [Water, Rice, Rice Bran], Sugar, Organic Soy Base [Water, Whole Organic Soybeans], Soy Protein Isolate [Soy Protein Isolate, Soy Lecithin], Natural Vanilla Flavor with Other Natural Flavors, Carrageenan).	20	2	0	0	0	20	28	3	5	5	0	2	0
BITES FOOD & BAKERY																
Apple Cinnamon Pretzel	390	Contains Wheat.	Enriched Wheat Flour (Wheat Flour, Ascorbic Acid [dough conditioner], Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Enzymes), Evaporated Apple Bits, Applesauce (Apples, Water, Ascorbic Acid), Sugar, Glycerine, Vegetable Oil (Canola and/or Soy), Invert Sugar, 2% or less of Salt, Yeast, Cinnamon, Natural Apple Flavor, Sodium Hydroxide.	40	4.5	0	0	0	290	78	3	15	9	0	0	0
Cheddar Tomato Twist	250	Contains Milk, Wheat.	Enriched Wheat Flour (Wheat Flour, Ascorbic Acid [dough conditioner], Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Enzyme), Water, White Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Tomato Paste (Tomato Paste, 2% or less of Salt, Citric Acid), Tomato Sauce (Tomatoes, Salt, Basil, Citric Acid), Glycerin, Sugar, 2% or less of Canola Oil, Vital Wheat Gluten, Yeast, Salt, Asiago Cheese (Pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes), Malted Barley Flour, Dextrose, Distilled Vinegar, Herbs.	50	6	2	0	10	430	41	1	3	9	0	0	0

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Menu Item	Total Calories	Allergens	Fulsome Ingredient List	Calories from Fat (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Caffeine (mg)
Classic Breakfast Sandwich on Multigrain Ciabatta Bun	410	Contains Egg, Milk, Wheat.	Multigrain Ciabatta Bun (Water, Sprouted Whole Wheat Flour, Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour], Salt, Buttermilk Powder, Malt Barley Flour, Potato Flour, Cultured Wheat Flour, Calcium Sulfate, Enzymes, Ascorbic Acid, Olive Pomace Oil, Millet, Red Winter Wheat, Soft White Wheat, Rye, Barley, Oats, Sunflower Seeds, Yeast), 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), White Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes).	230	25	9	0	115	660	30	3	1	15	0	0	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, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Sprouts Flour [Sprouted Wheat, Sprouted Corn, Sprouted Spelt, Sprouted Millet, Sprouted Flaxseed, Sprouted Alfalfa, Sprouted Pink Clover, Sprouted Pea, Sprouted Lentil], Whole Wheat Flour, Sprouted Purple Corn, Sprouted Grain & Seed Blend [Sprouted Purple Corn, Sprouted Sorghum, Millet, Brown Rice, Chia, Sprouted Quinoa, Sprouted Amaranth, Vinegar, Citric Acid], Canola Oil, 2% or less of Yeast, Raw Sugar, Sea Salt, Natural Mold Inhibitor [Cultured Wheat Flour, Vinegar], Monoglycerides, Sodium Bicarbonate, Calcium Sulfate, Sodium Acid Pyrophosphate, Ascorbic Acid, Enzymes), White Cheddar (Pasteurized Milk, Cheese Culture, Salt, Enzymes).	210	23	8	0	120	590	14	1	2	12	2	2	0
Ham, Egg and Swiss Breakfast Sandwich	200	Contains Egg, Milk, Wheat.	Cherrywood Smoked Ham (Ham, Water, Salt, Turbinado Sugar, Cultured Celery Powder, Baking Soda, Cherry Powder), 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, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Sprouts Flour [Sprouted Wheat, Sprouted Corn, Sprouted Spelt, Sprouted Millet, Sprouted Flaxseed, Sprouted Alfalfa, Sprouted Pink Clover, Sprouted Pea, Sprouted Lentil], Whole Wheat Flour, Sprouted Purple Corn, Sprouted Grain & Seed Blend [Sprouted Purple Corn, Sprouted Sorghum, Millet, Brown Rice, Chia, Sprouted Quinoa, Sprouted Amaranth, Vinegar, Citric Acid], Canola Oil, 2% or less of Yeast, Raw Sugar, Sea Salt, Mold Inhibitor [Cultured Wheat Flour, Vinegar], Monoglycerides, Baking Soda, Calcium Sulfate, Sodium Acid Pyrophosphate, Ascorbic Acid, Enzymes), Swiss Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes).	80	9	3.5	0	100	580	14	1	2	13	0	0	0
Impossible Handwich	220	Contains Milk, Soy, Wheat.	Vegetarian Impossible Sausage Patty (Water, Soy Protein Concentrate, Sunflower Oil, Coconut Oil, 2% or less of Methylcellulose, Natural Flavors, Salt, Yeast Extract, Cultured Dextrose, Modified Food Starch, Citric Acid, Soy Leghemoglobin, Mixed Tocopherols [Antioxidant], Soy Protein Isolate, Spices, Onion Powder, Garlic Powder, Vitamins And Minerals [Zinc Gluconate, Niacin, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Vitamin B12]), Sprouted Grain Bun (Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Sprouts Flour [Sprouted Wheat, Sprouted Corn, Sprouted Spelt, Sprouted Millet, Sprouted Flaxseed, Sprouted Alfalfa, Sprouted Pink Clover, Sprouted Pea, Sprouted Lentil], Whole Wheat Flour, Sprouted Purple Corn, Sprouted Grain & Seed Blend [Sprouted Purple Corn, Organic Sprouted Sorghum, Organic Millet, Organic Brown Rice, Organic Chia, Organic Sprouted Quinoa, Organic Sprouted Amaranth, Organic Vinegar, Citric Acid], Canola Oil, 2% or less of Yeast, Raw Sugar, Sea Salt, Natural Mold Inhibitor [Cultured Wheat Flour, Vinegar], Monoglycerides, Sodium Bicarbonate, Calcium Sulfate, Sodium Acid Pyrophosphate, Ascorbic Acid, Enzymes), White Cheddar (Pasteurized Milk, Cheese Culture, Salt, Enzymes).	110	12	5	0	15	580	16	2	1	11	2	2	0
Impossible Handwich on Multigrain Bun	330	Contains Milk, Soy, Wheat.	Multigrain Ciabatta Bun (Water, Sprouted Whole Wheat Flour, Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour], Salt, Buttermilk Powder, Malt Barley Flour, Potato Flour, Cultured Wheat Flour, Calcium Sulfate, Enzymes, Ascorbic Acid, Olive Pomace Oil, Millet, Red Winter Wheat, Soft White Wheat, Rye, Barley, Oats, Sunflower Seeds, Yeast), Impossible Sausage Patty (Water, Soy Protein Concentrate, Sunflower Oil, Coconut Oil, 2% or less of Methylcellulose, Yeast Extract, Salt, Natural Flavors, Cultured Dextrose, Spices, Food Starch Modified, Onion Powder, Garlic Powder, Citric Acid, Soy Leghemoglobin, Mixed Tocopherols [Antioxidant], Soy Protein Isolate, Vitamins And Minerals [Zinc Gluconate, Niacin, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Vitamin B12]), White Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes).	140	15	6	0	15	720	33	4	0	15	0	0	0
Sourdough Parmesan Pretzel	420	Contains Milk, Wheat.	Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Canola Oil, Glycerin, Sourdough Base (Rye Sour, Wheat Sour, Fumaric Acid, Lactic Acid, Acetic Acid), Invert Sugar, Natural Flavor, Salt, Sugar, Yeast, Parmesan Cheese (Cultured Milk, Salt, Enzymes).	90	11	3	0	15	690	69	3	3	12	0	0	0

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Menu Item	Total Calories	Allergens	Fulsome Ingredient List	Calories from Fat (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Caffeine (mg)	
Southwest Turkey Sausage Wrap	370	Contains Egg, Milk, Sesame, Soy, Wheat.	Wheat Lavash Bread (Water, Whole Wheat Flour, Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Wrap Base [Wheat Gluten, Corn Starch, Oat Fiber, Soy Protein Isolate, Soybean Oil, Defatted Soy Flour, Sesame Flour, 2% Or Less Of Whole Wheat Flour, Dextrose], Wheat Gluten, Canola Oil, Sugar, Mold Inhibitor [Cultured Wheat Flour, Vinegar], Honey, Salt, Yeast, Ascorbic Acid, Cellulose Gum, Sunflower Oil, Enzymes), Cooked Egg Whites (Egg Whites, Modified Food Starch, Nonfat Milk, Whey Protein Isolate, Soybean Oil, Carrageenan, Salt, Natural Egg Flavor, Guar Gum, Xanthan Gum, Annatto [Color]), Chipotle Cotija Cream (Cotija Cheese [Pasteurized Part Skim Milk, Salt, Culture, Enzyme, Cellulose Powder (To Prevent Caking)], Neufchatel Cream Cheese [Pasteurized Milk And Cream, Milk, Water, Cream, Non-Fat Dry Milk, 2% Or Less Of Salt, Cheese Culture, Stabilizers (Guar Gum, Carob Or Locust Bean Gum, Xanthan Gum)], Spread [Canola Oil, Water, Brown Rice Syrup, Apple Cider Vinegar, Soy Protein, Sea Salt, Mustard Flour, Lemon Juice Concentrate], Red Pepper Puree [Red Pepper, Water, Sea Salt, Citric Acid], Canola Oil, Roasted Red Pepper, Water, 2% Or Less Of Garlic Puree, Sea Salt, Xanthan Gum, Guar Gum, Chipotle Powder), Black Beans (Black Beans, Water, Salt, Calcium Chloride), Turkey Sausage Crumble (Turkey, Mechanically Separated Turkey, 2% Or Less Of Salt, Spices, Sugar, Potassium Chloride, Natural Flavors), Shredded Pepper Jack Cheese (Pasteurized Milk, Red & Green Jalapeno Peppers, Cheese Culture, Salt, Enzymes, Potato Starch, Powdered Cellulose [Anti-caking]), Fire Roasted Poblano Chilies.	140	15	5	0	30	480	38	3	4	22	0	0	0	
Spinach, Feta and Tomato Egg White Souffle	200	Contains Egg, Milk, Soy.	Pasteurized Egg Whites, Heavy Whipping Cream (Heavy Cream, Carrageenan), Tomatoes in Oil (Roasted Tomatoes, Canola Oil, Garlic, Oregano, Salt), Spinach, Nonfat Greek Yogurt (Cultured Nonfat Milk, Live And Active Cultures [S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei, And L. Rhamnosus]), Feta Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Parmesan Cheese (Parmesan Cheese [Pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes], Powdered Cellulose [To Prevent Caking]), Rice Flour Blend ([Rice Flour, Tapioca Starch], Potato Starch, Whole Grain Brown Rice Flour, Vitamin And Mineral Blend [Calcium Carbonate, Niacinamide (Vitamin B3), Reduced Iron, Thiamin Hydrochloride (Vitamin B1), Riboflavin (Vitamin B2)]), 2% or less of Canola Oil, Corn Starch, Food Starch, Maltodextrin, Salt, Guar Gum, Natural Flavor, Xanthan Gum, Soy Lecithin, Spice Extract, Dehydrated Garlic, Salt.	120	13	7	0	35	440	9	1	2	12	0	0	0	
Spring Veggie Egg Bake	200	Contains Egg, Milk, Soy.	Liquid Eggs (Whole Eggs, Citric Acid [To Preserve Color], Water [Carrier For Citric Acid]), Plain Non-Fat Yogurt (Cultured Nonfat Milk, Live And Active Cultures [S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei, And L. Rhamnosus]), Heavy Whipping Cream (Cream, Carrageenan), Montamore Cheese ([Pasteurized Milk, Cheese Cultures, Salt, Enzymes], Powdered Cellulose [To Prevent Caking]), Artichoke Hearts (Artichoke Hearts, Water, Salt, Citric Acid), Red Bell Pepper Strips, Flour Mix (Rice Flour, Rice Starch, Potato Starch, Xanthan Gum, Locust Bean Gum), Leeks, Salt, Smoked Paprika, Dehydrated Garlic, Black Pepper, High Oleic Canola Oil, Soy Lecithin.	130	14	8	0	185	480	8	1	1	10	0	0	0	
Sweet Belgian Waffle	310	Contains Coconut, Egg, Milk, Soy, Wheat.	Blackberry-Pear Juice Blend (Blackberry Puree [from concentrate], Pear Juice [from concentrate], Grape Juice [from concentrate], Malic Acid), Vanilla Coconutmilk (Organic Coconutmilk [Water, Coconut Cream], Sugar, Natural Vanilla Flavor, Guar Gum, Tricalcium Phosphate, Magnesium Phosphate, Xanthan Gum, L-Selenomethionine [Selenium], Vitamin A Acetate, Vitamin D2, Zinc Oxide, Vitamin B12), Oatmilk Frozen Dessert (Oatmilk [Filtered Water, Whole Oat Flour], Cane Sugar, Coconut Oil, Tapioca Syrup, Pea Protein, Locust Bean Gum, Guar Gum), Frozen Pineapples, Ice.	140	15	8	0	25	290	39	1	19	5	0	0	0	
Turkey Sausage 'n Cheese Breakfast Wrap	320	Contains Egg, Milk, Wheat.	Tortilla (Enriched Wheat Flour [Wheat Flour, Enzyme, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Vegetable Shortening [Soybean Oil, Vegetable Mono- and Diglycerides, Tocopherols (Vitamin E) and Vitamin C Palmitate (antioxidants), Canola Oil], 2% or less of L-Cysteine [monohydrochloride], Leavening [Sodium Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate], Salt, Modified Food Starch, Yeast, Sodium Bicarbonate), Pre-Cooked Scrambled Egg Whites (Egg Whites, Modified Food Starch, Nonfat Milk, Whey Protein Isolate, Soybean Oil, Carrageenan, Salt, Natural Egg Flavor, Guar Gum, Xanthan Gum, Annatto [color]), Seasoned Turkey Sausage Crumbles (Turkey Meat, Water, Seasoning [Salt, Sugar, Flavorings (Including Spices and Spice Extracts)], Potato Starch, Sage, Natural Flavor), Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes, Annatto [color]), Potato Starch, Cornstarch, Powdered Cellulose [to prevent caking]), American Cheese Flavored Spread (Milk and Cream, Skim Milk, Cheese Culture, Salt, Stabilizers [Carob Bean and/or Xanthan and/or Guar Gums], Water, Cheddar Cheese [Milk, Salt, Cultures, Enzymes], Whey, Natural Flavors, Maltodextrin, Salt, Disodium Phosphate, Annatto, Guar Gum, Xanthan Gum).	140	15	6	0	40	580	30	1	1	17	6	0	0	0
ICED BEVERAGES																	
Cold Brew Over Ice + Agave, Large	50			0	0	0	0	0	15	11	0	5	0	0	0	381	
Cold Brew Over Ice + Agave, Medium	45		Cold Brew Coffee (Water, Cold Brew Coffee Concentrate [Coffee, Water, Natural Flavor]), Ice, Organic Agave.	0	0	0	0	0	10	10	0	5	0	0	0	296	
Cold Brew Over Ice + Agave, Small	45			0	0	0	0	0	10	9	0	5	0	0	0	254	

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Cold Brew Over Ice w/Sweet Cloud Whip Foam, Large	110	Contains Coconut.	Cold Brew Coffee (Water, Cold Brew Coffee Concentrate [Coffee, Water, Natural Flavor]), Ice, Sweet Cloud Whip Foam (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]), Coconut Whip [Filtered Water, Organic Coconut Oil, Organic Tapioca Syrup, Organic Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor]), Organic Agave.	30	3.5	3	0	0	25	19	0	8	0	8	0	339	
Cold Brew Over Ice w/Sweet Cloud Whip Foam, Medium	100			30	3.5	3	0	0	20	17	0	8	0	8	0	254	
Cold Brew Over Ice w/Sweet Cloud Whip Foam, Small	100			30	3.5	3	0	0	20	16	0	8	0	8	0	212	
Cold Brew Over Ice, Large	25		Cold Brew Coffee (Water, Cold Brew Coffee Concentrate [Coffee, Water, Natural Flavor]), Ice.	0	0	0	0	0	15	5	0	0	0	0	0	338	
Cold Brew Over Ice, Medium	20			0	0	0	0	10	4	0	0	0	0	0	253		
Cold Brew Over Ice, Small	15			0	0	0	0	10	3	0	0	0	0	0	169		
Matcha Over Ice + Agave, Large	90		Matcha Green Tea (Water, Matcha Green Tea [100% Tencha Green Tea]), Ice, Organic Agave.	10	1	0	0	0	30	13	8	5	6	690	10	634	
Matcha Over Ice + Agave, Medium	70			5	1	0	0	20	11	6	5	5	5	540	8	495	
Matcha Over Ice + Agave, Small	70			5	0.5	0	0	20	11	5	5	4	4	460	6	420	
Matcha Over Ice w/Sweet Cloud Whip Foam, Large	140	Contains Coconut.	Matcha Green Tea (Water, Matcha Green Tea [100% Tencha Green Tea]), Ice, Cocowhip Foam (Oatmilk [Water, Oats, 2% or less of Low Erucic Acid Rapeseed Oil, Dipotassium Phosphate, Calcium Carbonate, Tricalcium Phosphate, Sea Salt, Dicalcium Phosphate, Riboflavin, Vitamin A, Vitamin D2, Vitamin B12], Coconut Whip [Filtered Water, Organic Coconut Oil, Organic Tapioca Syrup, Organic Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor]), Organic Agave.	40	4.5	3	0	0	35	20	7	8	6	620	8	565	
Matcha Over Ice w/Sweet Cloud Whip Foam, Medium	140			45	5	4	0	0	35	20	6	9	4	4	470	6	425
Matcha Over Ice w/Sweet Cloud Whip Foam, Small	130			45	5	4	0	0	30	19	5	9	4	3	390	6	350
Matcha Over Ice, Large	60		Matcha Green Tea (Water, Matcha Green Tea [100% Tencha Green Tea]), Ice.	10	1	0	0	0	30	7	7	0	5	620	8	562	
Matcha Over Ice, Medium	45			5	0.5	0	0	20	5	5	0	4	4	460	6	421	
Matcha Over Ice, Small	30			5	0	0	0	15	4	4	0	3	3	310	4	281	
FRESH JUICES & SHOTS																	
Cucumber Orange Cooler™, Large	330		Fresh Orange Juice, Fresh Juiced Cucumber, Fresh Juiced Apple, Fresh Juiced Lemon.	15	1.5	0	0	0	20	79	3	60	5	25	400	0	
Cucumber Orange Cooler™ Juice, Medium	260			10	1	0	0	0	15	63	3	47	4	20	340	0	
Cucumber Orange Cooler™ Juice, Small	190			10	1	0	0	0	10	46	2	36	3	15	230	0	
Great Greens™ Juice, Large	230		Fresh Juiced Cucumber, Fresh Juiced Apple, Ice, Fresh Spinach, Fresh Juiced Lemon.	10	1.5	0	0	0	120	55	6	37	6	230	100	0	
Great Greens™ Juice, Medium	190			10	1	0	0	0	95	44	5	30	5	190	80	0	
Great Greens™ Juice, Small	140			5	1	0	0	0	70	33	3	22	4	140	60	0	
Lemon Ginger Cayenne Shot	15		Fresh Juiced Lemon, Fresh Juiced Ginger, Cayenne Pepper.	0	0	0	0	0	0	4	0	1	0	0	20	0	
Orange Carrot Twist™ Juice, Large	350		Fresh Orange Juice, Fresh Juiced Carrot.	15	2	0	0	0	270	82	12	55	7	1290	400	0	
Orange Carrot Twist™ Juice, Medium	280			15	1.5	0	0	0	210	64	9	43	5	1010	310	0	
Orange Carrot Twist™ Juice, Small	200			10	1	0	0	0	150	47	7	31	4	740	230	0	
Orange Ginger Cayenne Shot	25		Fresh Orange Juice, Fresh Juiced Ginger, Cayenne Pepper.	0	0	0	0	0	0	5	0	3	0	2	25	0	
Orange Supreme™ Juice, Large	350		Fresh Orange Juice, Bananas, Fresh Juiced Apple, Fresh Juiced Carrot, Ice.	15	1.5	0	0	0	125	85	9	56	5	560	240	0	
Orange Supreme™ Juice, Medium	300			10	1	0	0	0	85	74	7	49	4	370	190	0	
Orange Supreme™ Juice, Small	240			10	1	0	0	0	80	59	6	39	3	370	180	0	
Purely Carrot™ Juice, Large	310		Fresh Juiced Carrot.	15	2	0	0	0	530	73	21	36	7	2550	70	0	
Purely Carrot™ Juice, Medium	250			15	1.5	0	0	0	410	57	17	28	6	2000	60	0	
Purely Carrot™ Juice, Small	180			10	1	0	0	0	300	42	12	21	4	1450	45	0	

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Purely Orange™ Juice, Large	390		Fresh Orange Juice.	15	1.5	0	0	0	10	90	2	73	6	35	720	0
Purely Orange™ Juice, Medium	310			10	1.5	0	0	0	5	71	1	57	5	25	570	0
Purely Orange™ Juice, Small	220			10	1	0	0	0	0	52	1	42	3	20	410	0
Veggie Vitality™ Juice, Large	280		Fresh Juiced Apple, Fresh Juiced Carrot, Ice, Fresh Spinach.	15	1.5	0	0	0	300	65	11	43	6	1130	90	0
Veggie Vitality™ Juice, Medium	230			10	1	0	0	0	240	52	9	35	5	910	70	0
Veggie Vitality™ Juice, Small	190			10	1	0	0	0	220	44	8	29	4	860	60	0
Wheatgrass Juice Shot	15	Contains Wheat.	Fresh Wheatgrass Juice.	0	0	0	0	0	10	2	0	1	1	0	15	0
TOPPINGS																
Banana, Fresh, Topping	60		Bananas.	0	0	0	0	0	0	15	2	8	1	0	10	0
Blueberry, Fresh, Topping	10		Blueberries.	0	0	0	0	0	0	2	0	1	0	0	2	0
Coconut Flakes, Topping	25	Contains Coconut.	Coconut Flakes.	20	2	2	0	0	0	1	1	0	0	0	0	0
CocoWhip, Topping, Blue Scoop	50	Contains Coconut.	Coconut Whip (Filtered Water, Organic Coconut Oil, Organic Tapioca Syrup, Organic Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor).	30	3.5	3.5	0	0	0	7	0	4	0	0	0	0
Granola, Topping	110		Organic Granola (Whole Grain Rolled Oats, Sugar, Sunflower and/or Canola Oil, Rice Flour, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon).	40	4	0.5	0	0	10	16	2	4	3	0	0	0
Honey, Topping	30		Honey.	0	0	0	0	0	0	9	0	9	0	0	0	0
Organic Agave, Topping	25		Organic Agave.	0	0	0	0	0	0	5	0	5	0	0	0	0
Pineapple, Fresh, Topping	15		Pineapples.	0	0	0	0	0	0	6	1	4	0	0	35	0
Strawberry, Fresh, Topping	5		Strawberries.	0	0	0	0	0	0	1	0	1	0	0	20	0
Sweet Cloud Whip Foam, Topping, Green Scoop	60	Contains Coconut.	Cocowhip Foam (Oatmilk [Water, Oats, 2% or less of Low Erucic Acid Rapeseed Oil, Dipotassium Phosphate, Calcium Carbonate, Tricalcium Phosphate, Sea Salt, Dicalcium Phosphate, Riboflavin, Vitamin A, Vitamin D2, Vitamin B12], Coconut Whip [Filtered Water, Organic Coconut Oil, Organic Tapioca Syrup, Organic Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor]).	30	3.5	3	0	0	10	8	0	4	0	8	0	0
Topping, Hazelnut Cocoa Spread, Drizzle, 10 lines	80		Hazelnut Cocoa Spread (Sugar, Palm Oil, Hazelnuts, Skim Milk Powder, Lowfat Cocoa, Soy Lecithin and/or Sunflower Lecithin, Vanillin [Artificial Flavor]).	40	4.5	1.5	0	0	5	8	0	8	1	0	0	0
Topping, Peanut Butter Drizzle, 10 lines	50	Contains Peanut.	Peanut Butter (Peanuts, Salt).	40	4.5	0.5	0	0	25	2	1	0	2	0	0	0
BOOSTS																
3G Energy™ + Green Caffeine® Boost	5		3G Energy + Green Caffeine Boost (Inulin, Green Tea Leaf Extract, Panax Ginseng Root Extract, Guarana Seed Extract, Natural Flavor).	0	0	0			0	3	2	0	0	0	0	119
Blue Spirulina Boost	0		Blue Spirulina Powder (Trehalose, Spirulina Extract [color], Trisodium Citrate).	0	0	0	0	0	0	0	0	0	0	0	0	0
Chocolate Moo'd Powder, Soy Scoop	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	0	15	15	1	14	1	0	0	0
Ginger Puree Boost	30		Ginger Puree (Ginger, Citric Acid).	5	0	0	0	0	5	6	1	1	1	0	4	0
Kale Boost	15		Frozen Kale.	0	0	0	0	0	10	3	1	1	1	60	60	0
Matcha Green Tea Powder Boost	5		Matcha Green Tea (100% Tencha Green Tea).	0	0	0	0	0	0	0	0	0	0	30	0	25
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	0	2	0	0	0	190	150	0

2024 Jamba Nutritional Spreadsheet



Menu Item	Total Calories	Allergens	Fulsome Ingredient List	Calories from Fat (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Caffeine (mg)	
Non-fat Greek Yogurt Boost	40	Contains Milk.	Nonfat Greek Yogurt (Cultured Nonfat Milk).	0	0	0	0	0	30	3	0	2	7	0	0	0	
Peanut Butter Boost	100	Contains Peanut.	Peanut Butter (Peanuts, Salt).	80	9	1.5	0	0	55	4	1	1	4	0	0	0	
Soy Protein Boost	40	Contains Soy.	Soy Protein Isolate.	5	0	0	0	0	0	0	0	0	9	0	0	0	
Spinach Boost	5		Fresh Spinach.	0	0	0	0	0	20	1	1	0	1	45	10	0	
Whey Protein Boost	70	Contains Milk, Soy.	Whey Protein Boost (Whey Protein Concentrate, Soy Lecithin).	10	1	0.5	0	35	30	2	0	1	13	2	0	0	
LIQUID BASES																	
2% Milk, 8 fl oz	120	Contains Milk.	2% Milk (Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3).	45	5	3	0	20	115	12	0	12	8	0	0	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]).	20	2	0	0	0	130	1	0	0	0	0	0	0	
Oatmilk, 8 fl oz	120		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]).	45	5	0.5	0	0	110	18	0	7	2	0	0	0	
Soymilk, 8 fl oz	150	Contains Soy.	Vanilla Soymilk (Water, Rice Sweetener [Water, Rice, Rice Bran], Sugar, Organic Soy Base [Water, Whole Organic Soybeans], Soy Protein Isolate [Soy Protein Isolate, Soy Lecithin], Natural Vanilla Flavor with Other Natural Flavors, Carrageenan).	0	0	0	0	0	80	29	0	28	5	0	0	0	
Vanilla Coconutmilk, 8 fl oz	80	Contains Coconut.	Vanilla Coconutmilk (Organic Coconutmilk [Water, Coconut Cream], Sugar, Natural Vanilla Flavor, Guar Gum, Tricalcium Phosphate, Magnesium Phosphate, Xanthan Gum, L-Selenomethionine [Selenium], Vitamin A Acetate, Vitamin D2, Zinc Oxide, Vitamin B12).	40	4.5	4	0	0	15	10	0	8	0	0	0	0	
FROZEN INCLUSIONS																	
Fat Free Vanilla Frozen Yogurt, Blue Scoop	60	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	0	25	13	0	12	1	0	0	0	
Fat Free Vanilla Frozen Yogurt, Green Scoop	70			0	0	0	0	0	30	16	0	15	2	0	0	0	0
Fat Free Vanilla Frozen Yogurt, Red Scoop	35			0	0	0	0	0	15	8	0	8	1	0	0	0	0
Oatmilk Frozen Dessert, Blue Scoop	100	Contains Coconut.	Oatmilk Frozen Dessert (Oatmilk [Filtered Water, Whole Oat Flour], Cane Sugar, Coconut Oil, Tapioca Syrup, Pea Protein, Locust Bean Gum, Guar Gum).	45	5	4.5	0	0	0	13	1	9	1	0	0	0	
Oatmilk Frozen Dessert, Green Scoop	120			60	6	6	0	0	0	16	1	11	1	0	0	0	0
Oatmilk Frozen Dessert, Red Scoop	60			25	3	2.5	0	0	0	8	0	5	0	0	0	0	0
2024 MONTHLY MYSTERY SMOOTHIES																	
Banana Cream Pie Smoothie, Large	590	Contains Milk, Soy.	Vanilla Soymilk (Water, Rice Sweetener [Water, Rice, Rice Bran], Sugar, Organic Soy Base [Water, Whole Organic Soybeans], Soy Protein Isolate [Soy Protein Isolate, Soy Lecithin], Natural Vanilla Flavor with Other Natural Flavors, Carrageenan), Fat Free Vanilla Frozen Yogurt (Skim Milk, Sugar, Whey, 2% or less of Natural Flavors, Corn Syrup, Lactic Acid, Vinegar, Whey Protein Concentrate, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures), Frozen Bananas (Ascorbic Acid and/or Citric Acid), Ice.	5	0.5	0	0	0	210	132	5	108	15	2	25	0	
Banana Cream Pie Smoothie, Medium	480			5	0	0	0	0	170	108	4	89	13	2	20	0	0
Banana Cream Pie Smoothie, Small	350			5	0	0	0	0	125	78	3	64	9	2	15	0	0
Banana Cream Pie Smoothie - Plant-based, Large	700	Contains Coconut.	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]), Oatmilk Frozen Dessert (Oatmilk [Filtered Water, Whole Oat Flour], Cane Sugar, Coconut Oil, Tapioca Syrup, Pea Protein, Locust Bean Gum, Guar Gum), Frozen Bananas (Ascorbic Acid and/or Citric Acid), Ice.	240	27	18	0	0	180	115	8	64	7	110	25	0	
Banana Cream Pie Smoothie - Plant-based, Medium	580			200	22	15	0	0	150	95	7	53	6	90	20	0	0
Banana Cream Pie Smoothie - Plant-based, Small	350			5	0	0	0	0	125	78	3	64	9	2	15	0	0

2024 Jamba Nutritional Spreadsheet



Menu Item	Total Calories	Allergens	Fulsome Ingredient List	Calories from Fat (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Caffeine (mg)
Berry Lemonade, Large	420	Contains Milk.	Lemonade (Water, Sugar, Lemon Juice Concentrate, Lemon Pulp, Natural Flavor, Citric Acid), Mixed Berry Flavored Grape Juice Blend (Grape Juice [from concentrate], Pear Juice [from concentrate], Blueberry Juice [from concentrate], 2% or less of Cherry Juice [from concentrate], Strawberry Juice [from concentrate], Malic Acid, Natural Flavor), Frozen Strawberries, Raspberry Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, Skim Milk, 2% or less of Raspberries, Raspberry Juice Concentrate, Natural Flavor, Cream, Citric Acid, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Red Beet Extract [color], Caramel Color, Annatto Extract [color]), Ice, Frozen Peaches, Fat Free Vanilla Frozen Yogurt (Skim Milk, Sugar, Whey, 2% or less of Natural Flavors, Corn Syrup, Lactic Acid, Vinegar, Whey Protein Concentrate, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures), Trisodium Citrate).	15	1.5	0.5	0	5	55	99	3	89	4	4	140	0
Berry Lemonade, Medium	340			10	1	0	0	0	40	81	3	74	3	4	100	0
Berry Lemonade, Small	230			5	1	0	0	0	30	54	2	49	2	2	70	0
Bold 'n Blended Cold Brew, Large	650	Contains Coconut.	Oatmilk (Water, Oats, 2% or less of Low Erucic Acid Rapeseed Oil, Dipotassium Phosphate, Calcium Carbonate, Tricalcium Phosphate, Sea Salt, Dicalcium Phosphate, Riboflavin, Vitamin A, Vitamin D2, Vitamin B12), Oatmilk Frozen Dessert (Oatmilk [Filtered Water, Whole Oat Flour], Cane Sugar, Coconut Oil, Tapioca Syrup, Pea Protein, Locust Bean Gum, Guar Gum), Ice, Cold Brew Coffee (Water, Cold Brew Coffee Concentrate [Coffee, Water, Natural Flavor]), Organic Agave.	270	30	23	0	0	120	93	5	59	6	70	0	0
Bold 'n Blended Cold Brew, Medium	550			230	25	19	0	0	105	79	4	51	5	60	0	0
Bold 'n Blended Cold Brew, Small	370			140	16	11	0	0	85	55	3	35	4	50	0	0
Chocolate Covered Banana Waffle Bowl	680	Contains Coconut, Egg, Milk, Soy, Hazelnut, Wheat.	Bananas, Belgian Waffle (Wheat Flour, Sugar, Margarine [Palm Oil, Coconut Oil, Water, Canola Oil, Mono- and Diglycerides (emulsifiers)], Water, Butter, Egg, Invert Sugar, Yeast, Soy Flour, Salt, Natural Vanilla Flavor with other Natural Flavors, Soy Lecithin), Coconut Whip (Filtered Water, Organic Coconut Oil, Organic Tapioca Syrup, Organic Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor), Hazelnut Cocoa Spread (Sugar, Palm Oil, Hazelnuts, Skim Milk Powder, Lowfat Cocoa, Soy Lecithin and/or Sunflower Lecithin, Vanillin [Artificial Flavor]).	280	31	18	0	30	300	99	5	58	8	2	20	0
Chocolate Covered Pineapple Waffle Bowl	630	Contains Coconut, Egg, Milk, Soy, Hazelnut, Wheat.	Pineapple, Belgian Waffle (Wheat Flour, Sugar, Margarine [Palm Oil, Coconut Oil, Water, Canola Oil, Mono- and Diglycerides (emulsifiers)], Water, Butter, Egg, Invert Sugar, Yeast, Soy Flour, Salt, Natural Vanilla Flavor with other Natural Flavors, Soy Lecithin), Coconut Whip (Filtered Water, Organic Coconut Oil, Organic Tapioca Syrup, Organic Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor), Hazelnut Cocoa Spread (Sugar, Palm Oil, Hazelnuts, Skim Milk Powder, Lowfat Cocoa, Soy Lecithin and/or Sunflower Lecithin, Vanillin [Artificial Flavor]).	280	31	18	0	30	300	82	3	52	7	0	50	0
Chocolate Covered Strawberry Smoothie, Bowl	600	Contains Coconut, Egg, Milk, Soy, Wheat, Hazelnut.	Strawberries, Belgian Waffle (Wheat Flour, Sugar, Margarine [Palm Oil, Coconut Oil, Water, Canola Oil, Mono- and Diglycerides (emulsifiers)], Water, Butter, Egg, Invert Sugar, Yeast, Soy Flour, Salt, Natural Vanilla Flavor with other Natural Flavors, Soy Lecithin), Coconut Whip (Filtered Water, Organic Coconut Oil, Organic Tapioca Syrup, Organic Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor), Hazelnut Cocoa Spread (Sugar, Palm Oil, Hazelnuts, Skim Milk Powder, Lowfat Cocoa, Soy Lecithin and/or Sunflower Lecithin, Vanillin [Artificial Flavor]).	280	31	18	0	30	300	77	4	47	7	0	90	0
Chocolate Covered Strawberry Smoothie, Large	710	Contains Milk.	2% Milk (Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3), Fat Free Vanilla Frozen Yogurt (Skim Milk, Sugar, Whey, 2% or less of Natural Flavors, Corn Syrup, Lactic Acid, Vinegar, Whey Protein Concentrate, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Carrageenan, Annatto Extract [color], Cultures), Frozen Strawberries, Chocolate Moo'd Dairy Base Powder (Sugar, Cocoa [Processed With Alkali], Nonfat Dry Milk, Whey, Guar Gum, Natural Flavor), Ice.	70	8	4.5	0	25	310	146	5	134	21	10	120	0
Chocolate Covered Strawberry Smoothie, Medium	570			50	6	3.5	0	20	240	116	4	107	17	10	90	0
Chocolate Covered Strawberry Smoothie, Small	400			40	4.5	2.5	0	15	180	83	3	76	12	8	60	0
Five Fruit Frenzy, Large	380		Mixed Berry Flavored Grape Juice Blend (Grape Juice [from concentrate], Pear Juice [from concentrate], Blueberry Juice [from concentrate], 2% or less of Cherry Juice [from concentrate], Strawberry Juice [from concentrate], Malic Acid, Natural Flavor), Peach Flavored Pear Juice Blend (Pear Juice [from concentrate], White Grape Juice [from concentrate], Peach Juice [from concentrate], Malic Acid, Natural Flavor), Frozen Blueberries, Frozen Mangos, Ice, Frozen Peaches, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Frozen Strawberries.	10	1	0	0	0	40	94	6	77	3	50	110	0
Five Fruit Frenzy, Medium	290			5	0.5	0	0	0	30	72	5	59	2	45	90	0
Five Fruit Frenzy, Small	210			5	0	0	0	0	25	53	3	43	2	25	60	0
Frozen Hot Chocolate Smoothie, Large	750	Contains Milk, Soy.	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), Vanilla Soymilk (Water, Rice Sweetener [Water, Rice, Rice Bran], Sugar, Organic Soy Base [Water, Whole Organic Soybeans], Soy Protein Isolate [Soy Protein Isolate, Soy Lecithin], Natural Vanilla Flavor with Other Natural Flavors, Carrageenan), 2% Milk (Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3), Ice, Chocolate Moo'd Dairy Base Powder (Sugar, Cocoa [Processed With Alkali], Nonfat Dry Milk, Whey, Guar Gum, Natural Flavor), Frozen Bananas (Ascorbic Acid and/or Citric Acid).	30	3.5	2	0	10	290	165	4	149	20	6	8	0
Frozen Hot Chocolate Smoothie, Medium	590			30	3	2	0	10	240	127	3	115	16	6	8	0
Frozen Hot Chocolate Smoothie, Small	470			20	2	1	0	5	180	103	2	93	12	2	4	0
Golden Summer, Large	340		Pineapple Juice (Pineapple Juice [from concentrate], Natural Flavor), Frozen Mangos, Ice, Frozen Peaches, Frozen Pineapples, Ginger Puree (Ginger, Citric Acid).	5	0.5	0	0	0	5	84	4	76	3	100	110	0
Golden Summer, Medium	260			5	0.5	0	0	0	5	64	4	58	2	80	90	0
Golden Summer, Small	190			5	0	0	0	0	5	46	2	42	2	50	60	0

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Menu Item	Total Calories	Allergens	Fulsome Ingredient List	Calories from Fat (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Caffeine (mg)
Peaches 'n Cream Smoothie, Large	510	Contains Coconut, Soy.	Vanilla Soymilk (Water, Rice Sweetener [Water, Rice, Rice Bran], Sugar, Organic Soy Base [Water, Whole Organic Soybeans], Soy Protein Isolate [Soy Protein Isolate, Soy Lecithin], Natural Vanilla Flavor with Other Natural Flavors, Carrageenan), Peach Flavored Pear Juice Blend (Pear Juice [from concentrate], White Grape Juice [from concentrate], Peach Juice [from concentrate], Malic Acid, Natural Flavor), Frozen Peaches, Oatmilk Frozen Dessert (Oatmilk [Filtered Water, Whole Oat Flour], Cane Sugar, Coconut Oil, Tapioca Syrup, Pea Protein, Locust Bean Gum, Guar Gum), Ice.	510	120	13	11	0	0	85	94	4	77	7	10	0
Peaches 'n Cream Smoothie, Medium	420			420	100	11	9	0	0	70	78	3	64	6	10	0
Peaches 'n Cream Smoothie, Small	290			290	60	6	5	0	0	55	54	2	45	4	6	0
Peaches 'n Cream Smoothie with froyo, Large	420	Contains Milk, Soy.	Vanilla Soymilk (Water, Rice Sweetener [Water, Rice, Rice Bran], Sugar, Organic Soy Base [Water, Whole Organic Soybeans], Soy Protein Isolate [Soy Protein Isolate, Soy Lecithin], Natural Vanilla Flavor with Other Natural Flavors, Carrageenan), Peach Flavored Pear Juice Blend (Pear Juice [from concentrate], White Grape Juice [from concentrate], Peach Juice [from concentrate], Malic Acid, Natural Flavor), Frozen Peaches, Fat Free Vanilla Frozen Yogurt (Skim Milk, Sugar, Whey, 2% or less of Natural Flavors, Corn Syrup, Lactic Acid, Vinegar, Whey Protein Concentrate, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures), Ice.	5	0	0	0	0	135	94	3	86	10	10	20	0
Peaches 'n Cream Smoothie with froyo, Medium	340			5	0	0	0	0	115	78	2	71	8	10	15	0
Peaches 'n Cream Smoothie with froyo, Small	250			0	0	0	0	0	85	55	1	51	6	6	10	0
Pink Star Smoothie, Large	550	Contains Milk, Soy.	Lemonade (Water, Sugar, Lemon Juice Concentrate, Lemon Pulp, Natural Flavor, Citric Acid), Vanilla Soymilk (Water, Rice Sweetener [Water, Rice, Rice Bran], Sugar, Organic Soy Base [Water, Whole Organic Soybeans], Soy Protein Isolate [Soy Protein Isolate, Soy Lecithin], Natural Vanilla Flavor with Other Natural Flavors, Carrageenan), Raspberry Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, Skim Milk, 2% or less of Raspberries, Raspberry Juice Concentrate, Natural Flavor, Cream, Citric Acid, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Red Beet Extract [color], Caramel Color, Annatto Extract [color]), Fat Free Vanilla Frozen Yogurt (Skim Milk, Sugar, Whey, 2% or less of Natural Flavors, Corn Syrup, Lactic Acid, Vinegar, Whey Protein Concentrate, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures), Frozen Strawberries, Ice.	20	2	1	0	5	150	122	3	111	8	0	130	0
Pink Star Smoothie, Medium	400			15	1.5	1	0	5	105	90	2	82	6	0	90	0
Pink Star Smoothie, Small	290			10	1	0.5	0	5	75	64	1	59	4	0	60	0
Strawberries & Cream, Large	510	Contains Coconut, Soy.	Vanilla Soymilk (Water, Rice Sweetener [Water, Rice, Rice Bran], Sugar, Organic Soy Base [Water, Whole Organic Soybeans], Soy Protein Isolate [Soy Protein Isolate, Soy Lecithin], Natural Vanilla Flavor with Other Natural Flavors, Carrageenan), Frozen Strawberries, Oatmilk Frozen Dessert (Oatmilk [Filtered Water, Whole Oat Flour], Cane Sugar, Coconut Oil, Tapioca Syrup, Pea Protein, Locust Bean Gum, Guar Gum), Ice.	120	13	11	0	0	130	90	5	72	10	0	170	0
Strawberries & Cream, Medium	420			100	11	9	0	0	105	73	4	59	9	0	130	0
Strawberries & Cream, Small	290			60	6	5	0	0	85	52	2	43	7	0	90	0
Strawberries & Cream Smoothie with froyo, Large	420	Contains Milk, Soy.	Vanilla Soymilk (Water, Rice Sweetener [Water, Rice, Rice Bran], Sugar, Organic Soy Base [Water, Whole Organic Soybeans], Soy Protein Isolate [Soy Protein Isolate, Soy Lecithin], Natural Vanilla Flavor with Other Natural Flavors, Carrageenan), Frozen Strawberries, Ice, 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).	5	0.5	0	0	0	180	90	4	80	13	0	170	0
Strawberries & Cream Smoothie with froyo, Medium	340			5	0	0	0	0	150	72	3	65	10	0	130	0
Strawberries & Cream Smoothie with froyo, Small	250			0	0	0	0	0	115	53	2	48	8	0	90	0
Strawberry Blueberry Waffle Bowl with Cocowhip	570	Contains Coconut, Egg, Milk, Soy, Wheat.	Belgian Waffle (Wheat Flour, Sugar, Margarine [Palm Oil, Coconut Oil, Water, Canola Oil, Mono- and Diglycerides (emulsifiers)], Water, Butter, Egg, Invert Sugar, Yeast, Soy Flour, Salt, Natural Vanilla Flavor with other Natural Flavors, Soy Lecithin), Strawberries, Coconut Whip (Filtered Water, Organic Coconut Oil, Organic Tapioca Syrup, Organic Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor), Blueberries, Organic Granola (Whole Grain Rolled Oats, Sugar, Sunflower and/or Canola Oil, Rice Flour, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon).	240	27	16	0	25	300	79	5	37	8	0	50	0
Strawberry Blueberry Waffle Bowl with Greek Yogurt	570	Contains Coconut, Egg, Milk, Soy, Wheat.	Nonfat Greek Yogurt (Cultured Nonfat Milk), Belgian Waffle (Wheat Flour, Sugar, Margarine [Palm Oil, Coconut Oil, Water, Canola Oil, Mono- and Diglycerides (emulsifiers)], Water, Butter, Egg, Invert Sugar, Yeast, Soy Flour, Salt, Natural Vanilla Flavor with other Natural Flavors, Soy Lecithin), Strawberries, Blueberries, Organic Granola (Whole Grain Rolled Oats, Sugar, Sunflower and/or Canola Oil, Rice Flour, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon), Honey.	180	20	9	0	30	350	78	5	42	20	0	50	0
Strawberry Blueberry Waffle Bowl with Fat Free Vanilla Frozen Yogurt	580	Contains Coconut, Egg, Milk, Soy, Wheat.	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), Belgian Waffle (Wheat Flour, Sugar, Margarine [Palm Oil, Coconut Oil, Water, Canola Oil, Mono- and Diglycerides (emulsifiers)], Water, Butter, Egg, Invert Sugar, Yeast, Soy Flour, Salt, Natural Vanilla Flavor with other Natural Flavors, Soy Lecithin), Strawberries, Blueberries, Organic Granola (Whole Grain Rolled Oats, Sugar, Sunflower and/or Canola Oil, Rice Flour, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon).	180	20	9	0	25	350	91	5	54	11	0	50	0

2024 Jamba Nutritional Spreadsheet



Menu Item	Total Calories	Allergens	Fulsome Ingredient List	Calories from Fat (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Caffeine (mg)
Strawberry Shortcake, Large	480	Contains Milk, Soy.	Pineapple Juice, Vanilla Soymilk, Fat Free Vanilla Frozen Yogurt, Strawberries, Pineapple Sherbet.	10	1.5	0.5	0	5	130	108	3	98	9	0	120	0
Strawberry Shortcake, Medium	360			10	1	0	0	0	100	81	2	74	7	0	90	0
Strawberry Shortcake, Small	260			5	0.5	0	0	0	80	59	1	53	5	0	60	0
Tango Oasis, Large	470	Contains Milk.	Peach Flavored Pear Juice Blend (Pear Juice [from concentrate], White Grape Juice [from concentrate], Peach Juice [from concentrate], Malic Acid, Natural Flavor), Pineapple Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, 2% or less of Pineapple Juice Concentrate, Cream, Natural Flavors, Citric Acid, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan), Frozen Mangos, Ice, Frozen Strawberries.	20	2	1	0	5	70	112	3	97	2	90	110	0
Tango Oasis, Medium	360			15	1.5	1	0	5	50	85	3	74	2	80	90	0
Tango Oasis, Small	250			10	1	0.5	0	5	40	61	2	53	1	50	60	0
UNDERGROUND SMOOTHIES																
Fruity Rocks Smoothie, Large	550	Contains Milk, Soy.	Vanilla Soymilk (Water, Rice Sweetener [Water, Rice, Rice Bran], Sugar, Organic Soy Base [Water, Whole Organic Soybeans], Soy Protein Isolate [Soy Protein Isolate, Soy Lecithin], Natural Vanilla Flavor with Other Natural Flavors, Carrageenan), Frozen Strawberries, Orange Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Citric Acid, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color]), Pineapple Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, 2% or less of Pineapple Juice Concentrate, Cream, Natural Flavors, Citric Acid, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan), Raspberry Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, Skim Milk, 2% or less of Raspberries, Raspberry Juice Concentrate, Natural Flavor, Cream, Citric Acid, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Red Beet Extract [color], Caramel Color, Annatto Extract [color]), Ice, Lime Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, 2% or less of Lime Juice Concentrate, Orange Pulp, Lime Oil, Natural Flavor, Cream, Citric Acid, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Turmeric Extract [color]).	35	4	2.5	0	10	160	116	2	105	9	0	120	0
Fruity Rocks Smoothie, Medium	400			25	3	2	0	10	115	85	2	77	6	0	90	0
Fruity Rocks Smoothie, Small	280			15	2	1	0	5	85	59	1	53	4	0	60	0
Peenya Kowlada Smoothie, Large	580	Contains Coconut, Milk.	Pineapple Juice (Pineapple Juice [from concentrate], Natural Flavor), Pineapple Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, 2% or less of Pineapple Juice Concentrate, Cream, Natural Flavors, Citric Acid, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan), Fat Free Vanilla Frozen Yogurt (Skim Milk, Sugar, Whey, 2% or less of Natural Flavors, Corn Syrup, Lactic Acid, Vinegar, Whey Protein Concentrate, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures), Ice, Frozen Bananas (Ascorbic Acid and/or Citric Acid), Shredded Coconut.	60	6	5	0	5	90	126	3	111	6	0	8	0
Peenya Kowlada Smoothie, Medium	440			35	4	3	0	5	70	99	2	88	5	0	8	0
Peenya Kowlada Smoothie, Small	310			30	3.5	2.5	0	5	45	67	2	59	3	0	4	0
Red Gummi Smoothie, Large	510	Contains Milk, Soy.	Vanilla Soymilk (Water, Rice Sweetener [Water, Rice, Rice Bran], Sugar, Organic Soy Base [Water, Whole Organic Soybeans], Soy Protein Isolate [Soy Protein Isolate, Soy Lecithin], Natural Vanilla Flavor with Other Natural Flavors, Carrageenan), Mixed Berry Flavored Grape Juice Blend (Grape Juice [from concentrate], Pear Juice [from concentrate], Blueberry Juice [from concentrate], 2% or less of Cherry Juice [from concentrate], Strawberry Juice [from concentrate], Malic Acid, Natural Flavor), Orange Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Citric Acid, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color]), Pineapple Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, 2% or less of Pineapple Juice Concentrate, Cream, Natural Flavors, Citric Acid, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan), Raspberry Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, Skim Milk, 2% or less of Raspberries, Raspberry Juice Concentrate, Natural Flavor, Cream, Citric Acid, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Red Beet Extract [color], Caramel Color, Annatto Extract [color]), Ice, Lime Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, 2% or less of Lime Juice Concentrate, Orange Pulp, Lime Oil, Natural Flavor, Cream, Citric Acid, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Turmeric Extract [color]), Frozen Strawberries.	30	3.5	2.5	0	10	125	111	1	101	5	0	60	0
Red Gummi Smoothie, Medium	410			25	3	2	0	10	105	89	1	81	4	0	45	0
Red Gummi Smoothie, Small	260			15	2	1	0	5	70	57	1	52	3	0	30	0
Sour Gummi Smoothie, Large	500	Contains Milk.	Lemonade (Water, Sugar, Lemon Juice Concentrate, Lemon Pulp, Natural Flavor, Citric Acid), Ice, Frozen Blueberries, Orange Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Citric Acid, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color]), Pineapple Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, 2% or less of Pineapple Juice Concentrate, Cream, Natural Flavors, Citric Acid, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan), Raspberry Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, Skim Milk, 2% or less of Raspberries, Raspberry Juice Concentrate, Natural Flavor, Cream, Citric Acid, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Red Beet Extract [color], Caramel Color, Annatto Extract [color]), Lime Sherbet (Water, Sugar, Milk, Corn Syrup, Whey, 2% or less of Lime Juice Concentrate, Orange Pulp, Lime Oil, Natural Flavor, Cream, Citric Acid, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Turmeric Extract [color]).	35	3.5	2.5	0	10	50	117	2	106	1	0	25	0
Sour Gummi Smoothie, Medium	370			25	3	2	0	10	40	86	1	78	0	0	20	0
Sour Gummi Smoothie, Small	260			15	2	1	0	5	25	60	1	54	0	0	15	0