

2025 Jamba Nutritional Spreadsheet														
Menu Item	Total Calories	Allergens	Fulsome Ingredient List	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Fiber (g) Dietary	Sugars (g)	Protein (g)	Caffeine (mg)	
SMOOTHIES														
Acai Super-Antioxidant™ Smoothie, Large	560	Contains Milk, Soy	Acai-Grape Juice Blend [Acai Pulp, White Grape Juice Concentrate, Ascorbic Acid, Citric Acid, Vitamin E [A-Tocopherol]], Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Water, Strawberries, Ice, Raspberry Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Raspberries, Raspberry Juice Concentrate, Natural Flavor, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Red Beet Extract for Color, Caramel Color, Annatto Extract for Color], Blueberries, Daily Vitamin + Zinc Boost [Maltodextrin, Dicalcium Phosphate, Dimagnesium Phosphate, Ascorbic Acid, Vitamin E (Di-Alpha-Tocopheryl Acetate), Biotin (1%), Vitamin A (Retinyl Palmitate), Niacinamide, Zinc Citrate, Calcium D-Pantothenate, Vitamin K1 (1%), Ferric Pyrophosphate, Riboflavin (25%), Folic Acid (10%), Vitamin D3 (Cholecalciferol) 100000 IU, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B1 (Thiamine Hydrochloride), Potassium Iodide (1%), L-Selenomethionine (0.5%), Cyanocobalamin (1%), Manganese Sulphate, Chromium Picolinate]	7	2	0	0	40	18	7	7	0		
Acai Super-Antioxidant™ Smoothie, Medium	440		Acai-Grape Juice Blend [Acai Pulp, White Grape Juice Concentrate, Ascorbic Acid, Citric Acid, Vitamin E [A-Tocopherol]], Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Water, Strawberries, Blueberries, Raspberry Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Raspberries, Raspberry Juice Concentrate, Natural Flavor, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Red Beet Extract for Color, Caramel Color, Annatto Extract for Color], Ice, Daily Vitamin + Zinc Boost [Maltodextrin, Dicalcium Phosphate, Dimagnesium Phosphate, Ascorbic Acid, Vitamin E (Di-Alpha-Tocopheryl Acetate), Biotin (1%), Vitamin A (Retinyl Palmitate), Niacinamide, Zinc Citrate, Calcium D-Pantothenate, Vitamin K1 (1%), Ferric Pyrophosphate, Riboflavin (25%), Folic Acid (10%), Vitamin D3 (Cholecalciferol) 100000 IU, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B1 (Thiamine Hydrochloride), Potassium Iodide (1%), L-Selenomethionine (0.5%), Cyanocobalamin (1%), Manganese Sulphate, Chromium Picolinate]	6	1	0	0	110	93	5	68	7	0	
Acai Super-Antioxidant™ Smoothie, Small	345		Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Acai-Grape Juice Blend [Acai Pulp, White Grape Juice Concentrate, Ascorbic Acid, Citric Acid, Vitamin E [A-Tocopherol]], Water, Strawberries, Ice, Raspberry Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Raspberries, Raspberry Juice Concentrate, Natural Flavor, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Red Beet Extract for Color, Caramel Color, Annatto Extract for Color], Blueberries, Daily Vitamin + Zinc Boost [Maltodextrin, Dicalcium Phosphate, Dimagnesium Phosphate, Ascorbic Acid, Vitamin E (Di-Alpha-Tocopheryl Acetate), Biotin (1%), Vitamin A (Retinyl Palmitate), Niacinamide, Zinc Citrate, Calcium D-Pantothenate, Vitamin K1 (1%), Ferric Pyrophosphate, Riboflavin (25%), Folic Acid (10%), Vitamin D3 (Cholecalciferol) 100000 IU, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B1 (Thiamine Hydrochloride), Potassium Iodide (1%), L-Selenomethionine (0.5%), Cyanocobalamin (1%), Manganese Sulphate, Chromium Picolinate]	4	1	0	0	95	72	4	53	5	0	
Aloha Pineapple® Smoothie, Large	515	Contains Milk	Water, Pineapple Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Pineapple Juice Concentrate, Natural Flavors, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan.], Strawberries, Pineapple Juice Concentrate [Pineapple Juice Concentrate, Water, Natural Flavors], Bananas (Ascorbic Acid and/or Citric Acid), Ice, Nonfat Greek Yogurt [Cultured Grade A Nonfat Milk, Live and Active Cultures: S. Thermophilus & L. Bulgaricus]	0	0	0	1	55	123	5	96	8	0	
Aloha Pineapple® Smoothie, Medium	390		Water, Pineapple Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Pineapple Juice Concentrate, Natural Flavors, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan.], Strawberries, Pineapple Juice Concentrate [Pineapple Juice Concentrate, Water, Natural Flavors], Ice, Bananas (Ascorbic Acid and/or Citric Acid), Nonfat Greek Yogurt [Cultured Grade A Nonfat Milk, Live and Active Cultures: S. Thermophilus & L. Bulgaricus]	0	0	0	1	50	92	4	72	7	0	
Aloha Pineapple® Smoothie, Small	295		Water, Pineapple Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Pineapple Juice Concentrate, Natural Flavors, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides,Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan.], Strawberries, Pineapple Juice Concentrate [Pineapple Juice Concentrate, Water, Natural Flavors], Ice, Nonfat Greek Yogurt [Cultured Grade A Nonfat Milk, Live and Active Cultures: S. Thermophilus & L. Bulgaricus], Bananas (Ascorbic Acid and/or Citric Acid)	0	0	0	1	40	68	3	53	6	0	
Apple ´n Greens™ Smoothie, Large	400		Water, Kale, Pear Apple Juice Blend [Pear Juice Concentrate, Appe Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], Mangos, Bananas (Ascorbic Acid and/or Citric Acid), Peaches	2	0	0	0	70	96	7	74	6	0	

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Apple ´n Greens™ Smoothie, Medium	315	None	Water, Kale, Pear Apple Juice Blend [Pear Juice Concentrate, Appe Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], Mangos, Peaches, Bananas (Ascorbic Acid and/or Citric Acid)	1	0	0	0	55	76	6	58	5	0	
Apple ´n Greens™ Smoothie, Small	240		Water, Kale, Pear Apple Juice Blend [Pear Juics Concentrate, Appe Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], Bananas (Ascorbic Acid and/or Citric Acid), Mangos, Peaches	1	0	0	0	50	57	5	43	4	0	
Caribbean Passion® Smoothie, Large	435	Contains Milk	Water, Orange Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Annatto Extract for Color], Strawberries, Passion Fruit Mango Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Mango Puree Concentrate, Orange Juice Concentrate, Passion Fruit Juice Concentrate, Water, Natural Flavors], Peaches, Ice	0	0	0	0	50	107	4	90	1	0	
Caribbean Passion® Smoothie, Medium	345		Water, Orange Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Annatto Extract for Color], Strawberries, Passion Fruit Mango Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Mango Puree Concentrate, Orange Juice Concentrate, Passion Fruit Juice Concentrate, Water, Natural Flavors], Ice, Peaches	0	0	0	0	40	84	3	71	1	0	
Caribbean Passion® Smoothie, Small	255		Water, Orange Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Annatto Extract for Color], Strawberries, Passion Fruit Mango Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Mango Puree Concentrate, Orange Juice Concentrate, Passion Fruit Juice Concentrate, Water, Natural Flavors], Ice, Peaches	0	0	0	0	30	63	2	53	1	0	
Greens ´n Ginger™ Smoothie, Large	410	None	Water, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Peaches, Kale, Mangos, Ice, Ginger Boost [Ginger, Citric Acid]	2	0	0	0	50	99	7	85	6	0	
Greens ´n Ginger™ Smoothie, Medium	310		Water, Peaches, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Kale, Mangos, Ice, Ginger Boost [Ginger, Citric Acid]	1	0	0	0	35	76	5	66	4	0	
Greens ´n Ginger™ Smoothie, Small	250		Water, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Peaches, Kale, Ice, Mangos, Ginger Boost [Ginger, Citric Acid]	1	0	0	0	35	60	4	51	3	0	
Mango-A-Go-Go® Smoothie, Large	500	Contains Milk	Water, Mangos, Pineapple Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Pineapple Juice Concentrate, Natural Flavors, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan.], Passion Fruit Mango Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Mango Puree Concentrate, Orange Juice Concentrate, Passion Fruit Juice Concentrate, Water, Natural Flavors], Ice	0	0	0	0	55	125	3	112	1	0	
Mango-A-Go-Go® Smoothie, Medium	380		Water, Mangos, Pineapple Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Pineapple Juice Concentrate, Natural Flavors, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan.], Passion Fruit Mango Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Mango Puree Concentrate, Orange Juice Concentrate, Passion Fruit Juice Concentrate, Water, Natural Flavors], Ice	0	0	0	0	40	96	3	86	1	0	
Mango-A-Go-Go® Smoothie, Small	275		Water, Mangos, Pineapple Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Pineapple Juice Concentrate, Natural Flavors, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan.], Passion Fruit Mango Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Mango Puree Concentrate, Orange Juice Concentrate, Passion Fruit Juice Concentrate, Water, Natural Flavors], Ice	0	0	0	0	30	69	2	62	0	0	
Mega Mango™ Smoothie, Large	370		Water, Mangos, Strawberries, Ice, Pineapple Juice Concentrate [Pineapple Juice Concentrate, Water, Natural Flavors], Orange Juice Drink [Water, Orange Juice Concentrate, Sugar, Orange Pulp, Contains 2% Or Less Of Citric Acid, Potassium Citrate, Ascorbic Acid (Vitamin C), Natural Flavor, Annatto (For Color)]	1	0	0	0	20	93	8	76	3	0	

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Mega Mango™ Smoothie, Medium	320	None	Water, Mangos, Strawberries, Ice, Pineapple Juice Concentrate [Pineapple Juice Concentrate, Water, Natural Flavors], Orange Juice Drink [Water, Orange Juice Concentrate, Sugar, Orange Pulp, Contains 2% Or Less Of Citric Acid, Potassium Citrate, Ascorbic Acid (Vitamin C), Natural Flavor, Annatto (For Color)]	1	0	0	0	15	79	6	65	3	0	
Mega Mango™ Smoothie, Small	210		Water, Mangos, Strawberries, Ice, Pineapple Juice Concentrate [Pineapple Juice Concentrate, Water, Natural Flavors], Orange Juice Drink [Water, Orange Juice Concentrate, Sugar, Orange Pulp, Contains 2% Or Less Of Citric Acid, Potassium Citrate, Ascorbic Acid (Vitamin C), Natural Flavor, Annatto (For Color)]	0	0	0	0	10	52	4	42	2	0	
Orange C-Booster™ Smoothie, Large	390	Contains Milk	Water, Orange Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Annatto Extract for Color], Peaches, Bananas (Ascorbic Acid and/or Citric Acid), Ice, Daily Vitamin + Zinc Boost [Maltodextrin, Dicalcium Phosphate, Dimagnesium Phosphate, Ascorbic Acid, Vitamin E (Di-Alpha-Tocopheryl Acetate), Biotin (1%), Vitamin A (Retinyl Palmitate), Niacinamide, Zinc Citrate, Calcium D-Pantothenate, Vitamin K1 (1%), Ferric Pyrophosphate, Riboflavin (25%), Folic Acid (10%), Vitamin D3 (Cholecalciferol) 100000 IU, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B1 (Thiamine Hydrochloride), Potassium Iodide (1%), L-Selenomethionine (0.5%), Cyanocobalamin (1%), Manganese Sulphate, Chromium Picolinate], Orange Juice Drink [Water, Orange Juice Concentrate, Sugar, Orange Pulp, Contains 2% Or Less Of Citric Acid, Potassium Citrate, Ascorbic Acid (Vitamin C), Natural Flavor, Annatto (For Color)]	0	0	0	0	35	96	5	81	3	0	
Orange C-Booster™ Smoothie, Medium	300		Water, Orange Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Annatto Extract for Color], Peaches, Ice, Bananas (Ascorbic Acid and/or Citric Acid), Daily Vitamin + Zinc Boost [Maltodextrin, Dicalcium Phosphate, Dimagnesium Phosphate, Ascorbic Acid, Vitamin E (Di-Alpha-Tocopheryl Acetate), Biotin (1%), Vitamin A (Retinyl Palmitate), Niacinamide, Zinc Citrate, Calcium D-Pantothenate, Vitamin K1 (1%), Ferric Pyrophosphate, Riboflavin (25%), Folic Acid (10%), Vitamin D3 (Cholecalciferol) 100000 IU, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B1 (Thiamine Hydrochloride), Potassium Iodide (1%), L-Selenomethionine (0.5%), Cyanocobalamin (1%), Manganese Sulphate, Chromium Picolinate], Orange Juice Drink [Water, Orange Juice Concentrate, Sugar, Orange Pulp, Contains 2% Or Less Of Citric Acid, Potassium Citrate, Ascorbic Acid (Vitamin C), Natural Flavor, Annatto (For Color)]	0	0	0	0	30	75	4	62	3	0	
Orange C-Booster™ Smoothie, Small	220		Water, Orange Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Annatto Extract for Color], Peaches, Ice, Bananas (Ascorbic Acid and/or Citric Acid), Daily Vitamin + Zinc Boost [Maltodextrin, Dicalcium Phosphate, Dimagnesium Phosphate, Ascorbic Acid, Vitamin E (Di-Alpha-Tocopheryl Acetate), Biotin (1%), Vitamin A (Retinyl Palmitate), Niacinamide, Zinc Citrate, Calcium D-Pantothenate, Vitamin K1 (1%), Ferric Pyrophosphate, Riboflavin (25%), Folic Acid (10%), Vitamin D3 (Cholecalciferol) 100000 IU, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B1 (Thiamine Hydrochloride), Potassium Iodide (1%), L-Selenomethionine (0.5%), Cyanocobalamin (1%), Manganese Sulphate, Chromium Picolinate], Orange Juice Drink [Water, Orange Juice Concentrate, Sugar, Orange Pulp, Contains 2% Or Less Of Citric Acid, Potassium Citrate, Ascorbic Acid (Vitamin C), Natural Flavor, Annatto (For Color)]	0	0	0	0	20	54	3	45	2	0	

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Orange Dream Machine® Smoothie, Large	520	Contains Milk, Soy	Water, Orange Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Annatto Extract for Color], Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures.], Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Ice, Orange Juice Drink [Water, Orange Juice Concentrate, Sugar, Orange Pulp, Contains 2% Or Less Of Citric Acid, Potassium Citrate, Ascorbic Acid (Vitamin C), Natural Flavor, Annatto (For Color)]	0	0	0	0	170	118	1	110	8	0	
Orange Dream Machine® Smoothie, Medium	400		Water, Orange Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Annatto Extract for Color], Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures.], Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Ice, Orange Juice Drink [Water, Orange Juice Concentrate, Sugar, Orange Pulp, Contains 2% Or Less Of Citric Acid, Potassium Citrate, Ascorbic Acid (Vitamin C), Natural Flavor, Annatto (For Color)]	0	0	0	0	125	93	1	86	6	0	
Orange Dream Machine® Smoothie, Small	290		Water, Orange Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Annatto Extract for Color], Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures.], Ice, Orange Juice Drink [Water, Orange Juice Concentrate, Sugar, Orange Pulp, Contains 2% Or Less Of Citric Acid, Potassium Citrate, Ascorbic Acid (Vitamin C), Natural Flavor, Annatto (For Color)]	0	0	0	0	100	67	1	62	5	0	
PB + Banana Protein (Soy) Smoothie, Large	715	Contains Milk, Peanuts, Soy	2% Milk, Ice, Bananas (Ascorbic Acid and/or Citric Acid), Peanut Butter [Peanuts, Salt], Honey, Soy Protein Boost [Soy Protein Isolate, Soy Lecithin]	32	8	0	25	465	70	7	49	41	0	
PB + Banana Protein (Soy) Smoothie, Medium	545		2% Milk, Ice, Bananas (Ascorbic Acid and/or Citric Acid), Peanut Butter [Peanuts, Salt], Soy Protein Boost [Soy Protein Isolate, Soy Lecithin], Honey	23	6	0	20	385	54	5	39	35	0	
PB + Banana Protein (Soy) Smoothie, Small	475		2% Milk, Ice, Bananas (Ascorbic Acid and/or Citric Acid), Peanut Butter [Peanuts, Salt], Soy Protein Boost [Soy Protein Isolate, Soy Lecithin], Honey	21	5	0	15	355	41	5	28	32	0	
PB + Banana Protein (Whey) Smoothie, Large	785	Contains Milk, Peanuts, Soy	2% Milk, Ice, Bananas (Ascorbic Acid and/or Citric Acid), Peanut Butter [Peanuts, Salt], Whey Protein Boost [Whey Protein Concentrate, Soy Lecithin], Honey	35	9	0	25	365	73	7	51	51	0	
PB + Banana Protein (Whey) Smoothie, Medium	615		2% Milk, Ice, Bananas (Ascorbic Acid and/or Citric Acid), Peanut Butter [Peanuts, Salt], Whey Protein Boost [Whey Protein Concentrate, Soy Lecithin], Honey	25	7	0	20	285	58	5	40	44	0	
PB + Banana Protein (Whey) Smoothie, Small	540		2% Milk, Ice, Bananas (Ascorbic Acid and/or Citric Acid), Peanut Butter [Peanuts, Salt], Whey Protein Boost [Whey Protein Concentrate, Soy Lecithin], Honey	23	6	0	15	255	44	5	29	42	0	
Peach Perfection™ Smoothie, Large	370	None	Water, Mangos, Peaches, Peach Flavored Pear Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Peach Juice Concentrate, Water, Malic Acid, Natural Flavor], Strawberries, Ice, Pear Apple Juice Blend [Pear Juice Concentrate, Appe Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid]	1	0	0	0	40	91	6	77	3	0	
Peach Perfection™ Smoothie, Medium	315		Water, Mangos, Peaches, Peach Flavored Pear Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Peach Juice Concentrate, Water, Malic Acid, Natural Flavor], Ice, Strawberries, Pear Apple Juice Blend [Pear Juice Concentrate, Appe Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid]	1	0	0	0	35	78	5	67	2	0	

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Peach Perfection™ Smoothie, Small	205		Water, Mangos, Peaches, Ice, Peach Flavored Pear Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Peach Juice Concentrate, Water, Malic Acid, Natural Flavor], Strawberries, Pear Apple Juice Blend [Pear Juice Concentrate, Appe Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid]	0	0	0	0	25	50	3	43	1	0	
Peanut Butter Moo'd® Smoothie, Large	965	Contains Milk, Peanuts, Soy	Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures.], 2% Milk, Ice, Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Water, Bananas (Ascorbic Acid and/or Citric Acid), Peanut Butter [Peanuts, Salt], Chocolate Moo'd Powder [Sugar, Cocoa (processed with alkali), Nonfat Dry Milk, Whey, Guar Gum, Natural Flavor]	29	6	0	11	435	146	7	123	31	0	
Peanut Butter Moo'd® Smoothie, Medium	750		Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures.], 2% Milk, Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Water, Ice, Bananas (Ascorbic Acid and/or Citric Acid), Peanut Butter [Peanuts, Salt], Chocolate Moo'd Powder [Sugar, Cocoa (processed with alkali), Nonfat Dry Milk, Whey, Guar Gum, Natural Flavor]	21	5	0	11	335	120	5	102	24	0	
Peanut Butter Moo'd® Smoothie, Small	455		Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures.], Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], 2% Milk, Water, Ice, Bananas (Ascorbic Acid and/or Citric Acid), Peanut Butter [Peanuts, Salt], Chocolate Moo'd Powder [Sugar, Cocoa (processed with alkali), Nonfat Dry Milk, Whey, Guar Gum, Natural Flavor]	11	2	0	5	205	77	3	66	14	0	
Protein Berry Workout™ (Soy) Smoothie, Large	455	Contains Soy	Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Water, Strawberries, Bananas (Ascorbic Acid and/or Citric Acid), Ice, Soy Protein Boost [Soy Protein Isolate, Soy Lecithin]	2	0	0	0	245	95	7	70	20	0	
Protein Berry Workout™ (Soy) Smoothie, Medium	400		Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Water, Bananas (Ascorbic Acid and/or Citric Acid), Strawberries, Ice, Soy Protein Boost [Soy Protein Isolate, Soy Lecithin]	1	0	0	0	230	83	5	62	19	0	
Protein Berry Workout™ (Soy) Smoothie, Small	310		Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Water, Bananas (Ascorbic Acid and/or Citric Acid), Strawberries, Ice, Soy Protein Boost [Soy Protein Isolate, Soy Lecithin]	1	0	0	0	195	61	4	47	16	0	

2025 Jamba Nutritional Spreadsheet														
Menu Item	Total Calories	Allergens	Fulsome Ingredient List	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)	
Protein Berry Workout™ (Whey) Smoothie, Large	475	Contains Milk, Soy	Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Water, Strawberries, Bananas (Ascorbic Acid and/or Citric Acid), Ice, Whey Protein Boost [Whey Protein Concentrate, Soy Lecithin]	3	1	0	0	180	93	7	67	24	0	
Protein Berry Workout™ (Whey) Smoothie, Medium	400		Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Water, Bananas (Ascorbic Acid and/or Citric Acid), Strawberries, Ice, Whey Protein Boost [Whey Protein Concentrate, Soy Lecithin]	2	1	0	0	160	77	5	56	22	0	
Protein Berry Workout™ (Whey) Smoothie, Small	310		Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Water, Bananas (Ascorbic Acid and/or Citric Acid), Strawberries, Ice, Whey Protein Boost [Whey Protein Concentrate, Soy Lecithin]	2	1	0	0	125	56	4	41	20	0	
Razzmatazz® Smoothie, Large	475	Contains Milk	Water, Orange Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Annatto Extract for Color], Strawberries, Mixed Berry Flavored Grape Juice Blend [Grape juice Concentrate, Pear Juice Concentrate, Blueberry Juice Concentrate, Water, Contains 2% or less of Cherry Juice Concentrate, Strawberry Juice Concentrate, Malic Acid, Natural Flavor], Bananas (Ascorbic Acid and/or Citric Acid), Ice	0	0	0	0	55	117	5	97	2	0	
Razzmatazz® Smoothie, Medium	360		Water, Orange Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Annatto Extract for Color], Strawberries, Mixed Berry Flavored Grape Juice Blend [Grape Juice Concentrate, Pear Juice Concentrate, Blueberry Juice Concentrate, Water, Contains 2% or less of Cherry Juice Concentrate, Strawberry Juice Concentrate, Malic Acid, Natural Flavor], Ice, Bananas (Ascorbic Acid and/or Citric Acid)	0	0	0	0	40	88	4	73	1	0	
Razzmatazz® Smoothie, Small	265		Water, Orange Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Annatto Extract for Color], Strawberries, Mixed Berry Flavored Grape Juice Blend [Grape Juice Concentrate, Pear Juice Concentrate, Blueberry Juice Concentrate, Water, Contains 2% or less of Cherry Juice Concentrate, Strawberry Juice Concentrate, Malic Acid, Natural Flavor], Ice, Bananas (Ascorbic Acid and/or Citric Acid)	0	0	0	0	30	65	3	54	1	0	
Strawberries Wild® Smoothie, Large	450	Contains Milk	Water, Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures.], Strawberries, Pear Apple Juice Blend [Pear Juice [from concentrate], Apple Juice [from concentrate], Water, Natural Flavor, Strawberry Puree, Malic Acid], Bananas (Ascorbic Acid and/or Citric Acid), Ice	0	0	0	0	85	108	5	86	5	0	
Strawberries Wild® Smoothie, Medium	340		Water, Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures.],Strawberries, Pear Apple Juice Blend [Pear Juice Concentrate, Appe Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], Ice, Bananas (Ascorbic Acid and/or Citric Acid)	0	0	0	0	70	82	4	65	4	0	
Strawberries Wild® Smoothie, Small	245		Water, Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures.], Strawberries, Ice, Pear Apple Juice Blend [Pear Juice Concentrate, Appe Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], Bananas (Ascorbic Acid and/or Citric Acid)	0	0	0	0	45	59	3	47	3	0	
Strawberry Surf Rider™ Smoothie, Large	460	Contains Milk	Water, Lime Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Lime Juice Concentrate, Orange Pulp, Lime Oil, Natural Flavor, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Turmeric Extract for Color], Strawberries, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Peaches, Ice	0	0	0	0	35	116	5	102	1	0	
Strawberry Surf Rider™ Smoothie, Medium	360		Water, Lime Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Lime Juice Concentrate, Orange Pulp, Lime Oil, Natural Flavor, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Turmeric Extract for Color], Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Strawberries, Ice, Peaches	0	0	0	0	30	90	4	80	1	0	
Strawberry Surf Rider™ Smoothie, Small	260		Water, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Lime Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Lime Juice Concentrate, Orange Pulp, Lime Oil, Natural Flavor, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Turmeric Extract for Color], Strawberries, Ice, Peaches	0	0	0	0	20	64	2	57	1	0	

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Menu Item	Total Calories	Allergens	Fulsome Ingredient List	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)
Strawberry Whirl™ Smoothie, Large	385	None	Water, Strawberries, Bananas (Ascorbic Acid and/or Citric Acid), Pear Apple Juice Blend [Pear Juice Concentrate, Appe Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], Ice	1	0	0	0	25	97	8	67	2	0
Strawberry Whirl™ Smoothie, Medium	315		Water, Strawberries, Bananas (Ascorbic Acid and/or Citric Acid), Pear Apple Juice Blend [Pear Juice Concentrate, Appe Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], Ice	0	0	0	0	25	80	6	56	2	0
Strawberry Whirl™ Smoothie, Small	215		Water, Strawberries, Bananas (Ascorbic Acid and/or Citric Acid), Ice, Pear Apple Juice Blend [Pear Juice Concentrate, Appe Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid]	0	0	0	0	15	54	4	38	1	0

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White Gummi Smoothie, Large	565	Contains Milk, Soy	Water, Pineapple Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Pineapple Juice Concentrate, Natural Flavors, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan.], Ice, Raspberry Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Raspberries, Raspberry Juice Concentrate, Natural Flavor, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Red Beet Extract for Color, Caramel Color, Annatto Extract for Color], Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Lime Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Lime Juice Concentrate, Orange Pulp, Lime Oil, Natural Flavor, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Turmeric Extract for Color], Orange Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Annatto Extract for Color], Mangos, Peach Flavored Pear Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Peach Juice Concentrate, Water, Malic Acid, Natural Flavor]	0	0	0	0	120	136	1	123	4	0	
White Gummi Smoothie, Medium	420		Water, Pineapple Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Pineapple Juice Concentrate, Natural Flavors, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan.], Ice, Orange Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Annatto Extract for Color], Raspberry Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Raspberries, Raspberry Juice Concentrate, Natural Flavor, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Red Beet Extract for Color, Caramel Color, Annatto Extract for Color], Mangos, Lime Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Lime Juice Concentrate, Orange Pulp, Lime Oil, Natural Flavor, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Turmeric Extract for Color], Peach Flavored Pear Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Peach Juice Concentrate, Water, Malic Acid, Natural Flavor], Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan]	0	0	0	0	80	101	1	92	2	0	
White Gummi Smoothie, Small	305		Water, Pineapple Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Pineapple Juice Concentrate, Natural Flavors, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan.], Ice, Orange Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Annatto Extract for Color], Raspberry Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Raspberries, Raspberry Juice Concentrate, Natural Flavor, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Red Beet Extract for Color, Caramel Color, Annatto Extract for Color], Mangos, Lime Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Lime Juice Concentrate, Orange Pulp, Lime Oil, Natural Flavor, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Turmeric Extract for Color], Peach Flavored Pear Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Peach Juice Concentrate, Water, Malic Acid, Natural Flavor], Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan]	0	0	0	0	65	73	1	67	2	0	
BOWLS - SMOOTHIE														
Acai Primo, Regular	500	Contains Soy	Bananas, Acai-Grape Juice Blend [Acai Pulp, White Grape Juice Concentrate, Ascorbic Acid, Citric Acid, Vitamin E [A-Tocopherol]], Strawberries, Blueberries, Soymilk [Water, Rice Sweetener [Water, Rice, Rice Bran], Cane Sugar, Soy Base [Water, Whole Soy], Soy Protein Isolate [Soy Protein Isolate, Soy Lecithin], Natural Vanilla Flavor With Other Natural Flavors, Carrageenan], Water, Granola [Whole Grain Rolled Oats, Evaporated Cane Juice, Rice Flour, Canola Oil, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon], Honey, Ascorbic Acid, Citric Acid	9	2	0	0	40	102	13	62	7	0	
Acai Primo, Large	720	Contains Soy	Blueberries, Acai-Grape Juice Blend [Acai Pulp, White Grape Juice Concentrate, Ascorbic Acid, Citric Acid, Vitamin E [A-Tocopherol]], Strawberries, Bananas, Soymilk [Water, Rice Sweetener [Water, Rice, Rice Bran], Cane Sugar, Soy Base [Water, Whole Soy], Soy Protein Isolate [Soy Protein Isolate, Soy Lecithin], Natural Vanilla Flavor With Other Flavors, Carrageenan], Granola [Whole Grain Rolled Oats, Evaporated Cane Juice, Rice Flour, Canola Oil, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon], Water, Honey, Ascorbic Acid, Citric Acid, Honey	15	2	0	0	60	141	19	82	11	0	

2025 Jamba Nutritional Spreadsheet

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Menu Item	Total Calories	Allergens	Fulsome Ingredient List	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Fiber (g) Dietary	Sugars (g)	Protein (g)	Caffeine (mg)
Peanut Butter Banana Crunch	560	Contains Peanut	Water, Banana, Steel Cut Oatmeal [Whole Grain Steel Cut Oats], Granola [Whole Grain Rolled Oats, Evaporated Cane Juice, Rice Flour, Canola Oil, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon], Soy milk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Peanut Butter [Peanuts, Salt], Honey	19	3	0	0	230	84	9	24	15	0
Strawberry + Nutella & Coconut	390	Contains Coconut, Hazelnut, Milk, Soy	Water, Steel Cut Oatmeal [Whole Grain Steel Cut Oats], Soy milk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Nutella [Sugar, Palm Oil, Hazelnuts, Skim Milk, Cocoa, Soy Lecithin as emulsifier, Vanillin: An Artificial flavor], Strawberries, Coconut Flakes	13	5	0	0	170	58	6	15	8	0
BITES FOOD & BAKERY													
Apple Cinnamon Pretzel	390	Contains Wheat	Enriched Unbleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Ascorbic Acid, Enzyme), Water, Dried Apple Bits, Apple Sauce (Apples, Water, Ascorbic Acid), Sugar, Glycerin, Canola Oil, Invert Sugar, Contains 2% Or Less Of Each Of The Following: Salt, Yeast, Cinnamon, Natural Flavor, Sodium Hydroxide	5	0	0	0	330	78	3	12	9	0
Cheddar Tomato Twist	250	Contains Milk, Wheat	Enriched Wheat Flour (Wheat Flour, Ascorbic Acid [dough conditioner], Niacin, Reduced Iron, Thiamin 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	6	2	0	10	430	41	1	3	9	0
Classic Sausage , Egg + Cheese Handwich	320	Contains Egg, Milk, Wheat	Sausage Patty (Pork, Water, Salt, Spices, Dextrose, Sugar), Egg Patty (Eggs, Whey, Soybean Oil, Nonfat Milk, 2% or less of Modified Food Starch, Salt, Xanthan Gum, Citric Acid [Preservative], Natural Butter Flavor), Sprouted Grain Bun (Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Sprouts Flour [Sprouted Wheat, Sprouted Corn, Sprouted Spelt, Sprouted Millet, Sprouted Flaxseed, Sprouted Alfalfa, Sprouted Pink Clover, Sprouted Pea, Sprouted Lentil], Whole Wheat Flour, Sprouted Purple Corn, Sprouted Grain & Seed Blend [Sprouted Purple Corn, Sprouted Sorghum, Millet, Brown Rice, Chia, Sprouted Quinoa, Sprouted Amaranth, Vinegar, Citric Acid], Canola Oil, 2% or less of Yeast, Raw Sugar, Sea Salt, Natural Mold Inhibitor [Cultured Wheat Flour, Vinegar], Monoglycerides, Sodium Bicarbonate, Calcium Sulfate, Sodium Acid Pyrophosphate, Ascorbic Acid, Enzymes), White Cheddar (Pasteurized Milk, Cheese Culture, Salt, Enzymes)	23	8	0	120	590	14	1	2	12	0

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Turkey Sausage 'n Cheese Breakfast Wrap	320	Contains Egg, Milk, Wheat	(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)	15	6	0	40	580	30	1	1	16	0	
BLENDED COFFEE														
Buzzin' Mocha Moo'd Blended Coffee, Large, 2 % Milk	570	Milk	Nonfat Frozen Yogurt [Skim Milk, Sugar, Whey, 2% or Less of Natural Flavors, Corn Syrup, Lactic Acid, Vinegar, Whey Protein Concentrate, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [Color], Culture], 2% Milk, Ice, Chocolate Moo'd Powder(Sugar, Cocoa (Processed with Alkali), Nonfat Dry Milk, Whey, Guar Gum, Natural Flavor), Instant Coffee	5	3	0	15	250	116	2	109	16	99	
Buzzin' Mocha Moo'd Blended Coffee, Medium 2 % Milk	430	Milk	Nonfat Frozen Yogurt [Skim Milk, Sugar, Whey, 2% or less of Natural Flavors, Corn Syrup, Lactic Acid, Vinegar, Whey Protein Concentrate, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract (Color), Cultures], 2% Milk, Ice, Chocolate Moo'd Powder (Sugar, Cocoa (Processed with Alkali), Nonfat Dry Milk, Whey, Guar Gum, Natural Flavor), Instant Coffee	3	2	0	15	200	88	1	82	13	66	
Buzzin' Mocha Moo'd Blended Coffee, Small 2 %	340	Milk	Nonfat Frozen Yogurt [Skim Milk, Sugar, Whey, 2% or Less of Natural Flavors, Corn Syrup, Lactic Acid, Vinegar, Whey Protein Concentrate, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract (Color), Cultures], 2% Milk, Ice, Chocolate Moo'd Powder (Sugar, Cocoa (Processed with Alkali), Nonfat Dry Milk, Whey, Guar Gum, Natural Flavor), Instant Coffee	3	2	0	10	150	68	1	64	10	66	
Coffee Dream Machine Blended Coffee, Large, 2% Milk	480	Milk	Nonfat Frozen Yogurt [Skim Milk, Sugar, Whey, 2% or less of Natural Flavors, Corn Syrup, Lactic Acid, Vinegar, Whey Protein Concentrate, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract (Color), Cultures], 2% Milk, Ice, Agave, Instant Coffee	4	2	0	15	220	97	2	90	13	99	
Coffee Dream Machine Blended Coffee, Medium 2% Milk	380	Milk	Nonfat Frozen Yogurt [Skim Milk, Sugar, Whey, 2% or less of Natural Flavors, Corn Syrup, Lactic Acid, Vinegar, Whey Protein Concentrate, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract (Color), Cultures], 2% Milk, Ice, Agave, Instant Coffee	3	2	0	10	170	77	1	71	11	66	
Coffee Dream Machine Blended Coffee, Small, 2% Milk	260	Milk	Nonfat Frozen Yogurt [Skim Milk, Sugar, Whey, 2% or less of Natural Flavors, Corn Syrup, Lactic Acid, Vinegar, Whey Protein Concentrate, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract (Color), Cultures], 2% Milk, Ice, Agave, Instant Coffee	3	2	0	10	125	51	1	48	8	66	

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OVER ICE BEVERAGES														
Blue Lava, Large	295	None	Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Strawberries, Strawberries, Agave, Blue Spirulina [Sprulina Extract]	0	0	0	0	20	74	3	68	1	0	
Blue Lava, Medium	220		Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Strawberries, Strawberries, Agave, Blue Spirulina [Sprulina Extract]	0	0	0	0	14	55	2	51	0	0	
Blue Lava, Small	185		Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Strawberries, Strawberries, Agave, Blue Spirulina [Sprulina Extract]	0	0	0	0	12	46	2	43	0	0	
Electric Ice, Large	250	None	Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Dragon Fruit [Dragon Fruit], Blue Spirulina [Sprulina Extract]	0	0	0	0	18	62	1	58	1	0	
Electric Ice, Medium	195		Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Dragon Fruit [Dragon Fruit], Blue Spirulina [Sprulina Extract]	0	0	0	0	13	48	1	46	0	0	
Electric Ice, Small	160		Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Dragon Fruit [Dragon Fruit], Blue Spirulina [Sprulina Extract]	0	0	0	0	11	39	1	37	0	0	
Lemonberry Twist, Large	305	None	Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Strawberries, Pear Apple Juice Blend [Pear Juice Concentrate, Appe Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], Agave	0	0	0	0	22	77	2	70	0	0	
Lemonberry Twist, Medium	215		Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Pear Apple Juice Blend [Pear Juice Concentrate, Appe Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], Strawberries, Agave	0	0	0	0	16	54	1	50	0	0	
Lemonberry Twist, Small	185		Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Strawberries, Pear Apple Juice Blend [Pear Juice Concentrate, Appe Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], Agave	0	0	0	0	13	47	1	43	0	0	
Peachberry Blast, Large	325	None	Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Strawberries, Peach Flavored Pear Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Peach Juice Concentrate, Water, Malic Acid, Natural Flavor], Strawberries, Agave	0	0	0	0	29	81	3	73	1	0	
Peachberry Blast, Medium	230		Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Peach Flavored Pear Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Peach Juice Concentrate, Water, Malic Acid, Natural Flavor], Strawberries, Strawberries, Agave	0	0	0	0	21	58	2	53	1	0	

2025 Jamba Nutritional Spreadsheet													
Menu Item	Total Calories	Allergens	Fulsome Ingredient List	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Fiber (g) Dietary	Sugars (g)	Protein (g)	Caffeine (mg)
Peachberry Blast, Small	200		Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Strawberries, Peach Flavored Pear Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Peach Juice Concentrate, Water, Malic Acid, Natural Flavor], Strawberries, Agave	0	0	0	0	18	50	2	45	1	0
FRESH JUICES & SHOTS													
Lemon Ginger Cayenne Shot	15	None	Fresh Juiced Lemon, Fresh Juiced Ginger, Cayenne Pepper.	0	0	0	0	0	4	0	1	0	0
Orange Carrot Twist™ Juice, Large	350	None	Fresh Orange Juice, Fresh Juiced Carrot.	2	0	0	0	270	82	12	55	7	0
Orange Carrot Twist™ Juice, Medium	280			1.5	0	0	0	210	64	9	43	5	0
Orange Carrot Twist™ Juice, Small	200			1	0	0	0	150	47	7	31	4	0
Orange Ginger Cayenne Shot	25	None	Fresh Orange Juice, Fresh Juiced Ginger, Cayenne Pepper.	0	0	0	0	0	5	0	3	0	0

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

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Menu Item	Total Calories	Allergens	Fulsome Ingredient List	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Fiber (g) Dietary	Sugars (g)	Protein (g)	Caffeine (mg)	
Multivitamins (Daily Vitamin + Zinc Boost)	10	Contains Soy	Daily Vitamin + Zinc Boost (Maltodextrin, Dimagnesium Phosphate, Dicalcium Phosphate Anhydrous, Calcium Lactate Gluconate, Vitamin C [Ascorbic Acid], Vitamin E [D-Alpha-Tocopheryl Acetate], Beta-Carotene (contains soy), Biotin, Niacin, Iron (III) Pyrophosphate, Zinc Citrate, Pantothenic Acid [calcium-D-Pantothenate], Vitamin K1, Vitamin B2 [riboflavin], Vitamin D3 [cholecalciferol], Folic Acid, Vitamin B6 [(pyridoxine hydrochloride), Vitamin B1 [thiamin mononitrate], Selenium [L-Selenomethionine], Manganese (II) Citrate, Vitamin B12 [cyanocobalamin], Chromium Picolinate, Potassium Iodide)	0	0	0	0	0	2	0	0	0	0	
Non-fat Greek Yogurt Boost	40	Contains Milk	Nonfat Greek Yogurt (Cultured Nonfat Milk)	0	0	0	0	30	3	0	2	7	0	
Peanut Butter Boost	100	Contains Peanut	Peanut Butter (Peanuts, Salt)	9	2	0	0	55	4	1	1	4	0	
Soy Protein Boost	40	Contains Soy	Soy Protein Isolate	0	0	0	0	0	0	0	0	9	0	
Spinach Boost	5	None	Fresh Spinach	0	0	0	0	20	1	1	0	1	0	
Tajin® Large	0	None	Tajin [Water, chili peppers, sea salt, citric acid, contains 0.5% or less of dehydrated lime juice, acetic acid, starch, xanthan gum, sodium benzoate and potassium sorbate (as preservatives)]	0	0	0	0	440	0	0	0	0	0	
Tajin® Medium	0			0	0	0	330	0	0	0	0			
Tajin® Small	0			0	0	0	220	0	0	0	0			
Whey Protein Boost	70	Contains Milk, Soy	Whey Protein Boost (Whey Protein Concentrate, Soy Lecithin)	1	1	0	35	30	2	0	1	13	0	
LIQUID BASES														
2% Milk, 8 fl oz	120	Contains Milk	2% Milk (Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3)	5	3	0	20	115	12	0	12	8	0	
Almondmilk, 8 fl oz	25	Contains Almond.	Unsweetened Almondmilk (Water, Almonds, 2% or less of Vitamin and Mineral Blend [Calcium Carbonate, Vitamin E Acetate, Vitamin A Palmitate, Vitamin D2], Sea Salt, Natural Flavor, Sunflower Lecithin, Locust Bean Gum, Gellan Gum, Ascorbic Acid [to protect flavor])	2	0	0	0	130	1	0	0	0	0	
Oatmilk, 8 fl oz	120	None	Oatmilk (((Filtered Water, Oat Concentrate), Sunflower Oil, Vitamin and Mineral Blend (Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin [B2], Vitamin B12), Dipotassium Phosphate, Sea Salt, Gellan Gum, Locust Bean Gum, Sodium Ascorbate (Vitamin C), Ascorbic Acid and Vitamin E (to protect freshness), Natural Flavor] OR [Water, Oats, 2% or less of Low Erucic Acid Rapeseed Oil, Dipotassium Phosphate, Calcium Carbonate, Tricalcium Phosphate, Sea Salt, Dicalcium Phosphate, Riboflavin, Vitamin A, Vitamin D2, Vitamin B12])	5	1	0	0	110	18	0	7	2	0	
Soymilk, 8 fl oz	150	Contains Soy.	Vanilla Soymilk (Water, Rice Sweetener [Water, Rice, Rice Bran], Sugar, Soy Base [Water, Whole Soybeans], Soy Protein Isolate [Soy Protein Isolate, Soy Lecithin], Natural Vanilla Flavor with Other Natural Flavors, Carrageenan)	0	0	0	0	80	29	0	28	5	0	
Vanilla Coconutmilk, 8 fl oz	80	Contains Coconut.	Vanilla Coconutmilk (Coconutmilk [Water, Coconut Cream], Sugar, Natural Vanilla Flavor, Guar Gum, Tricalcium Phosphate, Magnesium Phosphate, Xanthan Gum, L-Selenomethionine [Selenium], Vitamin A Acetate, Vitamin D2, Zinc Oxide, Vitamin B12)	5	4	0	0	15	10	0	8	0	0	
FROZEN INCLUSIONS														
Fat Free Vanilla Frozen Yogurt, Large	70	Contains Milk.	Fat Free Vanilla Frozen Yogurt (Skim Milk, Sugar, Whey, 2% or less of Natural Flavors, Corn Syrup, Lactic Acid, Vinegar, Whey Protein Concentrate, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures)	0	0	0	0	30	16	0	15	2	0	
Fat Free Vanilla Frozen Yogurt, Medium	60			0	0	0	0	25	13	0	12	1	0	
Fat Free Vanilla Frozen Yogurt, Small	40			0	0	0	0	15	8	0	8	1	0	
Sherbet, Lime, Large	65	Contains Milk	Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Lime Juice Concentrate, Orange Pulp, Lime Oil, Natural Flavor, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Turmeric Extract for Color	0	0	0	0	10	16	0	14	0	0	
Sherbet, Lime, Medium	50			0	0	0	0	7	12	0	11	0	0	
Sherbet, Lime, Small	30			0	0	0	0	5	8	0	7	0	0	

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Menu Item	Total Calories	Allergens	Fulsome Ingredient List	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)	
Sherbet, Orange, Large	60	Contains Milk	Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Annatto Extract for Color	0	0	0	0	11	15	0	14	0	0	
Sherbet, Orange, Medium	50			0	0	0	0	9	12	0	11	0	0	
Sherbet, Orange, Small	35			0	0	0	0	6	8	0	7	0	0	
Sherbet, Pineapple, Large	65	Contains Milk	Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Pineapple Juice Concentrate, Natural Flavors, Cream*, Milk*, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan	0	0	0	0	10	16	0	15	0	0	
Sherbet, Pineapple, Medium	50			0	0	0	0	8	13	0	12	0	0	
Sherbet, Pineapple, Small	35			0	0	0	0	5	8	0	8	0	0	
Sherbet, Raspberry, Large	65	Contains Milk	Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Raspberries, Raspberry Juice Concentrate, Natural Flavor, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Red Beet Extract for Color, Caramel Color, Annatto Extract for Color	0	0	0	0	10	16	0	15	0	0	
Sherbet, Raspberry, Medium	50			0	0	0	0	8	12	0	11	0	0	
Sherbet, Raspberry, Small	35			0	0	0	0	5	8	0	8	0	0	
Grab 'n Go Parfaits														
Berry Fresh Fruit Cup	50	None	Strawberries, Blueberries	0	0	0	0	0	12	3	8	1	0	
Berry Greek Yogurt Granola Parfait	220	Contains Milk.	Nonfat Greek Yogurt [Cultured Grade A Nonfat Milk, Live and Active Cultures: S. Thermophilus & L. Bulgaricus], Strawberries, Granola [Whole Grain Rolled Oats, Evaporated Cane Juice, Rice Flour, Canola Oil, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon], Blueberries, Agave	5	1	0	4	55	31	4	16	15	0	
Tropical Greek Yogurt Granola Parfait	270	Contains Coconut, Milk, Soy	Nonfat Greek Yogurt [Cultured Grade A Nonfat Milk, Live and Active Cultures: S. Thermophilus & L. Bulgaricus], Pineapple, Granola [Whole Grain Rolled Oats, Evaporated Cane Juice, Rice Flour, Canola Oil, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon], Honey, Agave, Coconut Flakes	5	2	0	4	60	43	4	27	16	0	
Side Dip Cups														
Dip Cup, Marinara	50	Contains Milk	Marinara [Water, Tomato Paste, Corn Syrup, Soybean Oil, Sugar, Parmesan Cheese (Pasteurized Cow's Milk, Culture, Salt, Enzymes), Salt, Citric Acid, Onion*, Garlic*, Caramelized Sugar Syrup, Spices, Xanthan Gum, Potassium Sorbate And Sodium Benzoate (Preservatives). * Dehydrated]											
Dip Cup, Nutella	155	Contains Hazelnut, Milk, Soy	Nutella [Sugar, Palm Oil, Hazlenuts, Skim Milk, Cocoa, Soy Lecithin as emulsifier, Vanillin: An Artificial flavor]											
Dip Cup, Peanut Butter	175	Contains Peanuts	Peanuts, Salt											
** Market Test Nutrition Below - In Select Markets**														
Smoothie Bowls - Market Test Nutrition														
Bowl, Mango Sunshine, 16 oz	420	Contains Soy	Water, Mangos, Banana, Pineapple, Strawberries, Passion Fruit Mango Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Mango Puree Concentrate, Orange Juice Concentrate, Passion Fruit Juice Concentrate, Water, Natural Flavors], Granola [Whole Grain Rolled Oats, Evaporated Cane Juice, Rice Flour, Canola Oil, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon], Blueberries, Honey	420	5	1	0	0	21	94	7	69	0	
Bowl, Mango Sunshine, 24 oz.	620			620	9	1	0	0	32	132	10	94	0	

2025 Jamba Nutritional Spreadsheet

Menu Item	Total Calories	Allergens	Fulsome Ingredient List	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)
									Total	Dietary			
Bowl, Vanilla Blue Sky, 16 oz	390	Contains Almond, Coconut, Soy	Pineapple, Almond milk [(Filtered Water, Almonds), Vitamin and Mineral Blend (Calcium Carbonate, Vitamin E Acetate, Vitamin A Palmitate, Vitamin D2), Sea Salt, Sunflower Lecithin, Gellan Gum, Locust Bean Gum, Ascorbic Acid (To Protect Freshness), Natural Flavor], Bananas (Ascorbic Acid and/or Citric Acid), Strawberries, Granola [Whole Grain Rolled Oats, Evaporated Cane Juice, Rice Flour, Canola Oil, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon], CocoWhip [Filtered Water, Coconut Oil, Tapioca Syrup, Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor], Blueberries, Coconut Flakes, Blue Spirulina [Spirulina Extract]	390	11	6	0	0	76	73	7	46	0
Bowl, Vanilla Blue Sky, 24 oz	575			575	16	7	0	0	116	106	11	63	0
Infused Yogurt Bowls - Market Test Nutrition													
Bowl, Peanut Butter Power, 16 oz	840	Contains Peanuts, Milk, Soy	Nonfat Greek Yogurt [Cultured Grade A Nonfat Milk, Live and Active Cultures: S. Thermophilus & L. Bulgaricus], Peanut Butter [Peanuts, Salt], Banana, Strawberries, Granola [Whole Grain Rolled Oats, Evaporated Cane Juice, Rice Flour, Canola Oil, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon], Agave, Blueberries	840	42	7	0	7	339	74	12	39	0
Bowl, Peanut Butter Power, 24 oz	1220			1220	58	9	0	9	443	120	18	62	0
Bowl Yogurt Dragon Fruit Frenzy, 16 oz	375	Contains Milk, Soy	Nonfat Greek Yogurt [Cultured Grade A Nonfat Milk, Live and Active Cultures: S. Thermophilus & L. Bulgaricus], Banana, Strawberries, Granola [Whole Grain Rolled Oats, Evaporated Cane Juice, Rice Flour, Canola Oil, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon], Water, Dragon Fruit [Dragon Fruit], Agave, Blueberries	375	5	1	0	7	110	60	6	36	0
Bowl Yogurt Dragon Fruit Frenzy, 24 oz	615			615	9	1	0	9	144	102	11	58	0
Bowl Yogurt Strawberry Cloud, 16 oz	385	Contains Milk, Soy	Nonfat Greek Yogurt [Cultured Grade A Nonfat Milk, Live and Active Cultures: S. Thermophilus & L. Bulgaricus], Banana, Strawberries, Granola [Whole Grain Rolled Oats, Evaporated Cane Juice, Rice Flour, Canola Oil, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon], Blueberries, Agave	385	5	1	0	7	110	63	7	37	0
Bowl Yogurt Strawberry Cloud, 24 oz	610			610	9	1	0	9	142	102	12	55	0
Fusion Bowls- Market Test Nutrition													

2025 Jamba Nutritional Spreadsheet														
Menu Item	Total Calories	Allergens	Fulsome Ingredient List	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Fiber (g) Dietary	Sugars (g)	Protein (g)	Caffeine (mg)	
Bowl, Acai Dream, 16 oz	445	Contains Milk, Soy	Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures.], Banana, Acai-Grape Juice Blend [Acai Pulp, White Grape Juice Concentrate, Ascorbic Acid, Citric Acid, Vitamin E [A-Tocopherol]], Strawberries, Granola [Whole Grain Rolled Oats, Evaporated Cane Juice, Rice Flour, Canola Oil, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon], Blueberries, Soy milk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Water, Honey, Bananas (Ascorbic Acid and/or Citric Acid)	445	6	1	0	0	73	92	7	62	0	
Bowl, Acai Dream, 24 oz	675			675	11	2	0	0	112	133	10	87	0	
Bowl, Mango Dragon Swirl 16 oz	400	Contains Soy	Water, Banana, Mangos, Pineapple, Strawberries, Granola [Whole Grain Rolled Oats, Evaporated Cane Juice, Rice Flour, Canola Oil, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon], Dragon Fruit [Dragon Fruit], Passion Fruit Mango Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Mango Puree Concentrate, Orange Juice Concentrate, Passion Fruit Juice Concentrate, Water, Natural Flavors], Blueberries, Bananas (Ascorbic Acid and/or Citric Acid), Pineapple Juice Concentrate [Pineapple Juice Concentrate, Water, Natural Flavors], Honey	400	5	1	0	0	17	87	8	60	0	
Bowl, Mango Dragon Swirl, 24 oz	615			615	9	1	0	0	28	126	11	84	0	
Bowl, Mango Dream, 16 oz	430	Contains Milk, Soy	Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures.], Banana, Water, Mangos, Strawberries, Pineapple, Granola [Whole Grain Rolled Oats, Evaporated Cane Juice, Rice Flour, Canola Oil, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon], Passion Fruit Mango Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Mango Puree Concentrate, Orange Juice Concentrate, Passion Fruit Juice Concentrate, Water, Natural Flavors], Blueberries, Honey	430	5	1	0	0	63	93	6	69	0	
Bowl, Mango Dream, 24 oz	650			650	9	1	0	0	97	136	9	98	0	
Bowl, Dragon Fruit Dream, 16 oz	430	Contains Milk, Soy	Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures.], Banana, Water, Strawberries, Granola [Whole Grain Rolled Oats, Evaporated Cane Juice, Rice Flour, Canola Oil, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon], Dragon Fruit [Dragon Fruit], Pineapple, Blueberries, Mangos, Bananas (Ascorbic Acid and/or Citric Acid), Pineapple Juice Concentrate [Pineapple Juice Concentrate, Water, Natural Flavors], Honey	430	5	1	0	0	59	89	7	62	0	
Bowl, Dragon Fruit Dream, 24 oz	655			655	9	1	0	0	92	129	10	87	0	
Bowl, Blue Dragon Twist 16 oz	390	Contains Almond, Coconut, Soy	Banana, Pineapple, Almond milk [(Filtered Water, Almonds), Vitamin and Mineral Blend (Calcium Carbonate, Vitamin E Acetate, Vitamin A Palmitate, Vitamin D2), Sea Salt, Sunflower Lecithin, Gellan Gum, Locust Bean Gum, Ascorbic Acid (To Protect Freshness), Natural Flavor], Water, Bananas (Ascorbic Acid and/or Citric Acid), Strawberries, Granola [Whole Grain Rolled Oats, Evaporated Cane Juice, Rice Flour, Canola Oil, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon], Dragon Fruit [Dragon Fruit], Blueberries, Mangos, Pineapple Juice Concentrate [Pineapple Juice Concentrate, Water, Natural Flavors], Honey, CocoWhip [Filtered Water, Coconut Oil, Tapioca Syrup, Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor], Blue Spirulina [Spirulina Extract]	390	7	2	0	0	44	82	8	52	0	
Bowl, Blue Dragon Twist 24 oz	595			595	13	4	0	0	69	118	11	72	0	
Smoothies - Market Test Nutrition														
Smoothie, Strawberry Surf Rider, Small	240			0	0	0	0	15	60	3	53	1	0	

2025 Jamba Nutritional Spreadsheet

Menu Item	Total Calories	Allergens	Fulsome Ingredient List	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Fiber Dietary (g)	Sugars (g)	Protein (g)	Caffeine (mg)
Smoothie, Strawberry Surf Rider, Medium	330	Contains Milk	Water, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Strawberries, Peaches, Ice, Pineapple Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Pineapple Juice Concentrate, Natural Flavors, Cream*, Milk*, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan.]	0	0	0	0	21	84	4	74	1	0
Smoothie, Strawberry Surf Rider, Large	420			1	0	0	0	27	106	6	93	2	0
Smoothie, White Gummi, Small	285	Contains Milk, Soy	Water, Pineapple Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Pineapple Juice Concentrate, Natural Flavors, Cream*, Milk*, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan], Ice, Raspberry Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Raspberries, Raspberry Juice Concentrate, Natural Flavor, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Red Beet Extract for Color, Caramel Color, Annatto Extract for Color], Orange Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Annatto Extract for Color], Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Mangos, Peaches, Peach Flavored Pear Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Peach Juice Concentrate, Water, Malic Acid, Natural Flavor], Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid].	0	0	0	0	56	69	1	63	2	0
Smoothie, White Gummi, Medium	390			0	0	0	0	68	95	2	87	2	0
Smoothie, White Gummi, Large	525			1	0	0	0	104	126	2	116	4	0