

Menu Item	Total Calories	Allergens	Full 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			
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	140	118	7	87	8	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	None	Water, Kale, Pear Apple Juice Blend [Pear Juice Concentrate, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], Mangos, Bananas (Ascorbic Acid and/or Citric Acid), Peaches	2	0	0	0	70	96	7	74	6	0
Apple 'n Greens™ Smoothie, Medium	315		Water, Kale, Pear Apple Juice Blend [Pear Juice Concentrate, Apple 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 Juice Concentrate, Apple 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		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

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Caribbean Passion® Smoothie, Medium	345	Contains Milk	Water, Orange Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Annatto Extract for Color], Strawberries, Passion Fruit Mango Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Mango Puree Concentrate, Orange Juice Concentrate, Passion Fruit Juice Concentrate, Water, Natural Flavors], Ice, Peaches	0	0	0	0	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	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	20	93	8	76	3	0	
Mega Mango™ Smoothie, Medium	320		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		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	

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									Total	Dietary			
Orange C-Booster™ Smoothie, Medium	300	Contains Milk	Water, Orange Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Annatto Extract for Color], Peaches, Ice, Bananas (Ascorbic Acid and/or Citric Acid), Daily Vitamin + Zinc Boost [Maltodextrin, Dicalcium Phosphate, Dimagnesium Phosphate, Ascorbic Acid, Vitamin E (Di-Alpha-Tocopheryl Acetate), Biotin (1%), Vitamin A (Retinyl Palmitate), Niacinamide, Zinc Citrate, Calcium D-Pantothenate, Vitamin K1 (1%), Ferric Pyrophosphate, Riboflavin (25%), Folic Acid (10%), Vitamin D3 (Cholecalciferol) 100000 IU, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B1 (Thiamine Hydrochloride), Potassium Iodide (1%), L-Selenomethionine (0.5%), Cyanocobalamin (1%), Manganese Sulphate, Chromium Picolinate], Orange Juice Drink [Water, Orange Juice Concentrate, Sugar, Orange Pulp, Contains 2% Or Less Of Citric Acid, Potassium Citrate, Ascorbic Acid (Vitamin C), Natural Flavor, Annatto (For Color)]	0	0	0	0	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, Apple 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, Apple 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, Apple 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

Menu Item	Total Calories	Allergens	Full 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)
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, Apple 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, Apple 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
Strawberry Whirl™ Smoothie, Large	385	None	Water, Strawberries, Bananas (Ascorbic Acid and/or Citric Acid), Pear Apple Juice Blend [Pear Juice Concentrate, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], Ice	1	0	0	0	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, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], Ice	0	0	0	0	25	80	6	56	2	0

Menu Item	Total Calories	Allergens	Full Ingredient List	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)
Strawberry Whirli™ 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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Menu Item	Total Calories	Allergens	Full Ingredient List	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Fiber (g) Dietary	Sugars (g)	Protein (g)	Caffeine (mg)
Vanilla Blue Sky, Large	520	Contains Almond, Coconut, Soy	Pineapple, Almondmilk [(Filtered Water, Almonds), Vitamin and Mineral Blend (Calcium Carbonate, Vitamin E Acetate, Vitamin A Palmitate, Vitamin D2), Sea Salt, Sunflower Lecithin, Gellan Gum, Locust Bean Gum, Ascorbic Acid (To Protect Freshness), Natural Flavor.] Bananas, Vanilla Coconutmilk [Coconutmilk (Filtered Water, Coconut Cream), Cane Sugar, Guar Gum, Vitamin And Mineral Blend (Calcium Phosphate, Magnesium Phosphate, Calcium Carbonate, L-Selenomethionine [Selenium], Vitamin A Acetate, Vitamin D2, Zinc Oxide, Vitamin B12), Natural Flavor, Xanthan Gum], Granola [Whole Grain Rolled Oats, Evaporated Cane Juice, Rice Flour, Canola Oil, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon], Strawberries, Blueberries, Coconut Flakes, Blue Spirulina, Ascorbic Acid, Citric Acid	14	5	0	0	90	95	11	56	9	0
Dragon Fruit Delight, Regular	460	Contains Coconut	Bananas, Water, Dragon Fruit, Pineapples, Strawberries, Mangos, Pineapple Juice Concentrate, Granola [Whole Grain Rolled Oats, Evaporated Cane Juice, Rice Flour, Canola Oil, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon], Blueberries, Honey, Coconut Flakes, Citric Acid, Ascorbic Acid	7	3	0	0	15	96	10	64	6	0
Dragon Fruit Delight, Large	720	Contains Coconut	Water, Dragon Fruit, Bananas, Pineapples, Mangos, Granola [Whole Grain Rolled Oats, Evaporated Cane Juice, Rice Flour, Canola Oil, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon], Pineapple Juice Concentrate, Strawberries, Blueberries, Honey, Coconut Flakes, Citric Acid, Ascorbic Acid	12	3	0	0	30	147	16	96	11	0
Bowl, Mango Sunshine, Regular	410	Contains Milk, Soy	Water, Mangos, Banana, Strawberries, Pineapple Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Pineapple Juice Concentrate, Natural Flavors, Cream*, Milk*, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan.], Pineapple, Passion Fruit Mango Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Mango Puree Concentrate, Orange Juice Concentrate, Passion Fruit Juice Concentrate, Water, Natural Flavors], Granola [Whole Grain Rolled Oats, Evaporated Cane Juice, Rice Flour, Canola Oil, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon], Blueberries, Honey	5	1	0	0	22	92	6	67	4	0
Bowl, Mango Sunshine, Large	610			9	1	0	0	34	130	9	91	8	0
FUSION BOWLS - SMOOTHIE													
Bowl, Acai Dream, Regular	445	Contains 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)	6	1	0	0	73	92	7	62	8	0
Bowl, Acai Dream, Large	675			11	2	0	0	112	133	10	87	13	0

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Menu Item	Total Calories	Allergens	Full 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	Sat.	Trans	Cholesterol	Sodium	Total	Dietary	Sugars	Protein	Caffeine
Peanut Butter Banana Nutella, Greek Yogurt, Large	925	Contains Eggs, Hazelnut, Milk, Peanuts, Soy, Wheat	Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Margarine (Palm Oil, Canola Oil, Water, Mono And Diglycerides, Canola Lecithin, Natural Flavor, Citric Acid, Vitamin A Palmitate, Vitamin D3, Beta Carotene), Water, Butter (Cream, Salt), Whole Egg, Yeast, Invert Sugar, Salt, Natural Vanilla Flavor With Other Natural Flavors, Sunflower Lecithin, Enzymes], Granola [Whole Grain Rolled Oats, Evaporated Cane Juice, Rice Flour, Canola Oil, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon], Nutella [Sugar, Palm Oil, Hazelnuts, Skim Milk, Cocoa, Soy Lecithin As Emulsifier, Vanillin: An Artificial Flavor], Peanut Butter [Peanuts, Salt]	36	12	0	35	445	113	8	66	44	0
WATERMELON - LIMITED TIME OFFERING													
Bowl, Watermelon, Regular	390	Contains Coconut, Milk, Soy	Water, Strawberries, Watermelon Flavored Grape Juice Blend [Grape Juice Concentrate, Water, Watermelon Juice Concentrate, Natural Flavors, Citric Acid], Strawberries, Raspberry Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Raspberries, Raspberry Juice Concentrate, Natural Flavor, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Red Beet Extract for Color, Caramel Color, Annatto Extract for Color], Pineapple, 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, 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], Mangos	8	4	0	0	30	79	6	53	4	0
Bowl, Watermelon, Large	620	Contains Coconut, Milk, Soy	Water, Strawberries, Watermelon Flavored Grape Juice Blend [Grape Juice Concentrate, Water, Watermelon Juice Concentrate, Natural Flavors, Citric Acid], Strawberries, Raspberry Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Raspberries, Raspberry Juice Concentrate, Natural Flavor, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Red Beet Extract for Color, Caramel Color, Annatto Extract for Color], Pineapple, 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, 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], Mangos	12	5	0	0	45	125	10	81	8	0
Smoothie, Watermelon Mango Swirl, Small	285	Contains Coconut, Milk	Water, 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, Watermelon Flavored Grape Juice Blend [Grape Juice Concentrate, Water, Watermelon Juice Concentrate, Natural Flavors, Citric Acid], Pineapple, Strawberries, CocoWhip [Filtered Water, Coconut Oil, Tapioca Syrup, Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor], 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], Mangos	4	4	0	0	31	64	1	53	1	0
Smoothie, Watermelon Mango Swirl, Med	355	Contains Coconut, Milk	Water, 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, Watermelon Flavored Grape Juice Blend [Grape Juice Concentrate, Water, Watermelon Juice Concentrate, Natural Flavors, Citric Acid], Pineapple, Strawberries, CocoWhip [Filtered Water, Coconut Oil, Tapioca Syrup, Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor], 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], Mangos	4	4	0	0	40	82	2	69	1	0
Smoothie, Watermelon Mango Swirl, Large	450	Contains Coconut, Milk	Water, 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, Watermelon Flavored Grape Juice Blend [Grape Juice Concentrate, Water, Watermelon Juice Concentrate, Natural Flavors, Citric Acid], Pineapple, Strawberries, CocoWhip [Filtered Water, Coconut Oil, Tapioca Syrup, Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor], 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], Mangos	4	4	0	0	52	104	2	88	2	0

Menu Item	Total Calories	Allergens	Full Ingredient List	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)
Smoothie, Watermelon Breeze, Small	305	Contains Milk	Water, Watermelon Flavored Grape Juice Blend [Grape Juice Concentrate, Water, Watermelon Juice Concentrate, Natural Flavors, Citric Acid], 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], Strawberries, Ice, Pineapple	0	0	0	0	42	75	2	65	1	0
Smoothie, Watermelon Breeze, Medium	425	Contains Milk	Water, Watermelon Flavored Grape Juice Blend [Grape Juice Concentrate, Water, Watermelon Juice Concentrate, Natural Flavors, Citric Acid], 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], Strawberries, Ice, Pineapple	0	0	0	0	57	105	3	90	2	0
Smoothie, Watermelon Breeze, Large	525	Contains Milk	Water, Watermelon Flavored Grape Juice Blend [Grape Juice Concentrate, Water, Watermelon Juice Concentrate, Natural Flavors, Citric Acid], 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], Strawberries, Ice, Pineapple	0	0	0	0	70	129	4	110	2	0
BOWLS - OATMEAL													
Oatmeal	250	Contains Soy, Wheat	Water, Steel-Cut Oats, Soymilk Concentrate (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)	5	1	0	0	170	44	4	6	6	0
Berry Brown Sugar	370	None	Water, Steel Cut Oatmeal [Whole Grain Steel Cut Oats], Oatmilk [Oatmilk (Filtered water, Oat Concentrate), Sunflower Oil, Vitamin and Mineral Blend (Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin [B2], Vitamin B12), Dipotassium Phosphate, Sea Salt, Gellan Gum, Locust Bean Gum, Sodium Ascorbate (Vitamin C) and Ascorbic Acid and Vitamin E (To Protect Freshness), Natural Flavor.], Brown Sugar, Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Strawberries, Blueberries	5	1	0	0	170	75	5	36	6	0
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], Soymilk [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], Soymilk [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, Hazlenuts, 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													

Menu Item	Total Calories	Allergens	Full Ingredient List	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)
Apple Cinnamon Pretzel	390	Contains Wheat	Enriched Unbleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Ascorbic Acid, Enzyme), Water, Dried Apple Bits, Apple Sauce (Apples, Water, Ascorbic Acid), Sugar, Glycerin, Canola Oil, Invert Sugar, Contains 2% Or Less Of Each Of The Following: Salt, Yeast, Cinnamon, Natural Flavor, Sodium Hydroxide	5	0	0	0	330	78	3	12	9	0
Classic Sausage , Egg + Cheese Handwich	320	Contains Egg, Milk, Wheat	Sausage Patty (Pork, Water, Salt, Spices, Dextrose, Sugar), Egg Patty (Eggs, Whey, Soybean Oil, Nonfat Milk, 2% or less of Modified Food Starch, Salt, Xanthan Gum, Citric Acid [Preservative], Natural Butter Flavor), Sprouted Grain Bun (Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Sprouts Flour [Sprouted Wheat, Sprouted Corn, Sprouted Spelt, Sprouted Millet, Sprouted Flaxseed, Sprouted Alfalfa, Sprouted Pink Clover, Sprouted Pea, Sprouted Lentil], Whole Wheat Flour, Sprouted Purple Corn, Sprouted Grain & Seed Blend [Sprouted Purple Corn, Sprouted Sorghum, Millet, Brown Rice, Chia, Sprouted Quinoa, Sprouted Amaranth, Vinegar, Citric Acid], Canola Oil, 2% or less of Yeast, Raw Sugar, Sea Salt, Natural Mold Inhibitor [Cultured Wheat Flour, Vinegar], Monoglycerides, Sodium Bicarbonate, Calcium Sulfate, Sodium Acid Pyrophosphate, Ascorbic Acid, Enzymes), White Cheddar (Pasteurized Milk, Cheese Culture, Salt, Enzymes)	23	8	0	120	590	14	1	2	12	0
Sourdough Parmesan Pretzel	420	Contains Milk, Wheat	Enriched Unbleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Ascorbic Acid, Enzyme), Water, Parmesan Cheese (Pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes), Canola Oil, Glycerin, Sourdough Base (Dried Sourdough [Rye Sour, Wheat Sour, Lactic Acid, Acetic Acid], Fumaric Acid), Contains 2% Or Less Of Each Of The Following: Invert Sugar, Salt, Sugar, Yeast, Natural Flavor, Gum Arabic, Pasteurized Milk Cultures, Enzymes, Autolyzed Yeast Extract, Sodium Hydroxide	11	3	0	15	1020	69	3	3	12	0
Belgian Style Waffle	280	Contains Egg, Milk, Wheat	Belgian Style Waffle [Unbleached Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Margarine (Palm Oil, Canola Oil, Water, Mono and Diglycerides, Canola Lecithin, Natural Flavor, Citric Acid, Vitamin A Palmitate, Vitamin D3, Beta Carotene), Water, Butter (Cream, Salt), Whole Egg, Yeast, Invert Sugar, Salt, Natural Vanilla Flavor with Other Natural Flavors, Sunflower Lecithin, Enzymes.]	14	7	0	25	250	35	0	18	4	0
Chicken Empanada - 1 Count	190	Contains Milk, Soy, Wheat	Ground chicken, enriched flour (enriched flour [wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid]), water, margarine (vegetable oil blend [palm oil, fractionated palm oil, hydrogenated palm oil, soybean oil], water, salt, contains 2% or less of mono- and diglycerides, polyglycerol esters of fatty acids, soy lecithin, potassium sorbate [preservative], artificial flavors, TBHQ [preservative], lactic acid, beta-carotene [color], citric acid, vitamin A, vitamin D), diced onions, diced red bell peppers, diced green bell peppers, diced carrots. Contains less than 2% of tomato paste, textured vegetable protein (soy flour), granulated sugar, salt, mono- and diglycerides, enzymes, chipotle pepper	7	4	0	15	440	21	2	2	9	0
Chicken Empanada - 2 Count	380	Contains Milk, Soy, Wheat	Ground chicken, enriched flour (enriched flour [wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid]), water, margarine (vegetable oil blend [palm oil, fractionated palm oil, hydrogenated palm oil, soybean oil], water, salt, contains 2% or less of mono- and diglycerides, polyglycerol esters of fatty acids, soy lecithin, potassium sorbate [preservative], artificial flavors, TBHQ [preservative], lactic acid, beta-carotene [color], citric acid, vitamin A, vitamin D), diced onions, diced red bell peppers, diced green bell peppers, diced carrots. Contains less than 2% of tomato paste, textured vegetable protein (soy flour), granulated sugar, salt, mono- and diglycerides, enzymes, chipotle pepper purée, guar gum, paprika powder, methylcellulose, citrus flour, spices, granulated garlic, dry milk, and glaze (water, canola oil, pea protein, dextrose, maltodextrin, starch).	14	8	0	30	880	42	4	4	18	0
Mozzarella and Herb Bites - 6 Count	270	Contains Milk, Soy, Wheat	Pasteurized whole milk, wheat flour, soybean oil, water, fresh garlic, pasteurized sheep's milk, yellow corn flour, rice flour, leavening (sodium acid pyrophosphate, sodium bicarbonate), salt, dried parsley, black pepper, cheese cultures, sugar, yeast, enzymes, methylcellulose, modified potato starch, celery seed, guar gum, natural color, extractives of paprika.	20	9	0	52	527	11	0	1	13	0

Menu Item	Total Calories	Allergens	Full Ingredient List	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Fiber (g) Dietary	Sugars (g)	Protein (g)	Caffeine (mg)
Mozzarella and Herb Bites - 12 Count	540	Contains Milk, Soy, Wheat	Pasteurized whole milk, wheat flour, soybean oil, water, fresh garlic, pasteurized sheep's milk, yellow corn flour, rice flour, leavening (sodium acid pyrophosphate, sodium bicarbonate), salt, dried parsley, black pepper, cheese cultures, sugar, yeast, enzymes, methylcellulose, modified potato starch, celery seed, guar gum, natural color, extractives of paprika.	39	19	0	105	1053	23	0	2	27	0
BLENDED COFFEE													
Buzzin' Mocha Moo'd Blended Coffee, 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
OVER ICE BEVERAGES													
Blue Lava, Large	300		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

Menu Item	Total Calories	Allergens	Full Ingredient List	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)
Blue Lava, Medium	220	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	14	55	2	51	0	0
Blue Lava, Small	180		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	190		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
Strawberry Lemon Twist, Large	290	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
Strawberry Lemon Twist, Medium	220		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
Strawberry Lemon Twist, Small	190		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	330	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
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

Menu Item	Total Calories	Allergens	Full Ingredient List	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)
Orange Carrot Twist™ Juice, Small	200			1	0	0	0	150	47	7	31	4	0
Orange Ginger Cayenne Shot	25	None	Fresh Orange Juice, Fresh Juiced Ginger, Cayenne Pepper.	0	0	0	0	0	5	0	3	0	0

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

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Multivitamins (Daily Vitamin + Zinc Boost)	10	Contains Soy	Daily Vitamin + Zinc Boost (Maltodextrin, Dimagnesium Phosphate, Dicalcium Phosphate Anhydrous, Calcium Lactate Gluconate, Vitamin C [Ascorbic Acid], Vitamin E [D-Alpha-Tocopheryl Acetate], Beta-Carotene (contains soy), Biotin, Niacin, Iron (III) Pyrophosphate, Zinc Citrate, Pantothenic Acid [calcium-D-Pantothenate], Vitamin K1, Vitamin B2 [riboflavin], Vitamin D3 [cholecalciferol], Folic Acid, Vitamin B6 [(pyridoxine hydrochloride), Vitamin B1 [thiamin mononitrate], Selenium [L-Selenomethionine], Manganese (II) Citrate, Vitamin B12 [cyanocobalamin], Chromium Picolinate, Potassium Iodide)	0	0	0	0	0	2	0	0	0	0
Non-fat Greek Yogurt Boost	40	Contains Milk	Nonfat Greek Yogurt (Cultured Nonfat Milk)	0	0	0	0	30	3	0	2	7	0
Peanut Butter Boost	100	Contains Peanut	Peanut Butter (Peanuts, Salt)	9	2	0	0	55	4	1	1	4	0
Soy Protein Boost	40	Contains Soy	Soy Protein Isolate	0	0	0	0	0	0	0	0	9	0
Spinach Boost	5	None	Fresh Spinach	0	0	0	0	20	1	1	0	1	0
Tajin® Large	0	None	Tajin [Water, chili peppers, sea salt, citric acid, contains 0.5% or less of dehydrated lime juice, acetic acid, starch, xanthan gum, sodium benzoate and potassium sorbate (as preservatives)]	0	0	0	0	440	0	0	0	0	0
Tajin® Medium	0			0	0	0	0	330	0	0	0	0	0
Tajin® Small	0			0	0	0	0	220	0	0	0	0	0
Whey Protein Boost	70	Contains Milk, Soy	Whey Protein Boost (Whey Protein Concentrate, Soy Lecithin)	1	1	0	35	30	2	0	1	13	0
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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Sherbet, Orange, Large	60	Contains Milk	Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Annatto Extract for Color	0	0	0	0	11	15	0	14	0	0
Sherbet, Orange, Medium	50			0	0	0	0	9	12	0	11	0	0
Sherbet, Orange, Small	35			0	0	0	0	6	8	0	7	0	0
Sherbet, Pineapple, Large	65	Contains Milk	Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Pineapple Juice Concentrate, Natural Flavors, Cream*, Milk*, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan	0	0	0	0	10	16	0	15	0	0
Sherbet, Pineapple, Medium	50			0	0	0	0	8	13	0	12	0	0
Sherbet, Pineapple, Small	35			0	0	0	0	5	8	0	8	0	0
Sherbet, Raspberry, Large	65	Contains Milk	Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Raspberries, Raspberry Juice Concentrate, Natural Flavor, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Red Beet Extract for Color, Caramel Color, Annatto Extract for Color	0	0	0	0	10	16	0	15	0	0
Sherbet, Raspberry, Medium	50			0	0	0	0	8	12	0	11	0	0
Sherbet, Raspberry, Small	35			0	0	0	0	5	8	0	8	0	0
Grab 'n Go													
Berry Fresh Fruit Cup	50	None	Strawberries, Blueberries	0	0	0	0	0	12	3	8	1	0
Berry Greek Yogurt Granola Parfait	220	Contains Milk	Nonfat Greek Yogurt [Cultured Grade A Nonfat Milk, Live and Active Cultures: S. Thermophilus & L. Bulgaricus], Strawberries, Granola [Whole Grain Rolled Oats, Evaporated Cane Juice, Rice Flour, Canola Oil, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon], Blueberries, Agave	5	1	0	4	55	31	4	16	15	0
Tropical Greek Yogurt Granola Parfait	270	Contains Coconut, Milk	Nonfat Greek Yogurt [Cultured Grade A Nonfat Milk, Live and Active Cultures: S. Thermophilus & L. Bulgaricus], Pineapple, Granola [Whole Grain Rolled Oats, Evaporated Cane Juice, Rice Flour, Canola Oil, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon], Honey, Agave, Coconut Flakes	5	2	0	4	60	43	4	27	16	0
PB + Chocolate Chip Protein Bites (4 bites)	625	Contains Peanuts, Milk, Soy	Protein Ball Dry Mix, Peanut Butter [Peanuts, Salt], Agave, Granola [Whole Grain Rolled Oats, Cane Sugar, Soy Oil, Brown Rice Flour, Pumpkin Seeds, Flax Seeds, Oat Syrup Solids (Oat Syrup Solids, Tocopherols), Sea Salt, Molasses, Cinnamon.], Oatmilk [Oatmilk (Filtered Water, Oat Concentrate), Sunflower Oil, Vitamin And Mineral Blend (Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin [B2], Vitamin B12), Dipotassium Phosphate, Sea Salt, Gellan Gum, Locust Bean Gum, Sodium Ascorbate (Vitamin C) And Ascorbic Acid And Vitamin E (To Protect Freshness), Natural Flavor.]	26	6	0	10	220	77	11	33	25	0
Side Dip Cups													
Dip Cup, Marinara	50	Contains Milk	Marinara [Water, Tomato Paste, Corn Syrup, Soybean Oil, Sugar, Parmesan Cheese (Pasteurized Cow's Milk, Culture, Salt, Enzymes), Salt, Citric Acid, Onion*, Garlic*, Caramelized Sugar Syrup, Spices, Xanthan Gum, Potassium Sorbate And Sodium Benzoate (Preservatives). * Dehydrated]	3	1	0	0	192	6	1	3	1	0
Dip Cup, Nutella	155	Contains Hazelnut, Milk, Soy	Nutella [Sugar, Palm Oil, Hazlenuts, Skim Milk, Cocoa, Soy Lecithin as emulsifier, Vanillin: An Artificial flavor]	9	3	0	1	10	16	1	16	2	0
Dip Cup, Peanut Butter	175	Contains Peanuts	Peanuts, Salt	14	2	0	0	85	6	2	1	7	0
Monthly Mystery													
Smoothie, Spa Weekend Whirl'd, Small	190		Pineapple Juice (Pineapple Juice [from concentrate], Natural Flavor), Frozen Mangos, Ice, Frozen Peaches, Frozen Pineapples, Ginger Puree (Ginger, Citric Acid).	0	0	0	0	5	46	2	42	2	0
Smoothie, Spa Weekend Whirl'd, Medium	260		Pineapple Juice (Pineapple Juice [from concentrate], Natural Flavor), Frozen Mangos, Ice, Frozen Peaches, Frozen Pineapples, Ginger Puree (Ginger, Citric Acid).	0.5	0	0	0	5	64	4	58	2	0

Menu Item	Total Calories	Allergens	Full Ingredient List	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)
Smoothie, Spa Weekend Whirl'd, Large	340		Pineapple Juice (Pineapple Juice [from concentrate], Natural Flavor), Frozen Mangos, Ice, Frozen Peaches, Frozen Pineapples, Ginger Puree (Ginger, Citric Acid).	0.5	0	0	0	5	84	4	76	3	0
Nutrition In Select Markets													
Melts													
Sandwich, Rotisserie Chicken Avo Ranch	925	Wheat, Eggs, Milk	Ciabatta Roll [Unbleached Untreated Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sea Salt, Canola Oil, Yeast, Malted Barley Flour], Chicken [Boneless Skinless Chicken Breast With Rib Meat, Water, Contains 2% Or Less of Seasoning (Natural Flavors, Salt, Maltodextrin, Yeast Extract, Onion Powder, Garlic Powder, Sugar, Silicon Dioxide (Anticaking Agent), Disodium Inosinate, Disodium Guanylate, Dextrose), Modified Food Starch, Dextrose, Seasoning (Salt, Sunflower Oil (Carrier), Natural Flavor), Sodium Phosphates, Salt. Coated In Chicken Fat], Provolone Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes], Avocado, White Cheddar Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes], Ranch Dressing [Soybean Oil, Water, Buttermilk, Egg Yolk, Distilled Vinegar, Contains Less Than 2% Of Salt, Monosodium Glutamate, Modified Food Starch, Buttermilk Solids, Sugar, Garlic, Spice, Citric Acid, Xanthan Gum, Onion, Sorbic Acid, Natural Flavor (Milk), Calcium Disodium Edta To Protect Flavor, Egg Whites], Spinach, Bacon [Cured With: Water, Salt, Sugar, Natural Smoke Flavoring, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite]	52	18	0	123	2039	73	8	2	40	0
Sandwich, Market Pesto	720	Wheat, Eggs, Milk, Soy	Ciabatta Roll [Unbleached Untreated Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sea Salt, Canola Oil, Yeast, Malted Barley Flour], Provolone Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes], Roasted cherry tomato [Roasted tomatoes, canola oil, vinegar, garlic (garlic, water, citric acid), sea salt, oregano.], White Cheddar Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes], Spinach, Mayonnaise [Soybean Oil, Water, Whole Eggs, Distilled and Cider Vinegar, Salt, Sugar, Spice, Oleoresin Paprika, Natural Flavors, and Calcium Disodium EDTA], Sauce, Pesto, JJ [Basil Blend (Basil, Sunflower Oil, Salt), Sunflower Oil, Canola Oil, Water, Whey, Parmesan Cheese (Pasteurized Cultured Part-Skimmed Milk, Salt, Enzymes), 2% Or Less Of Dehydrated Potatoes, Garlic, Natural Flavor, Vegetable Fiber, Ascorbic Acid, Lactic Acid, Spice]	38	16	0	63	1513	65	3	2	29	0
Sandwich, Rotisserie Chicken Pesto	820	Wheat, Eggs, Milk, Soy	Ciabatta Roll [Unbleached Untreated Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sea Salt, Canola Oil, Yeast, Malted Barley Flour], Chicken [Boneless Skinless Chicken Breast With Rib Meat, Water, Contains 2% Or Less of Seasoning (Natural Flavors, Salt, Maltodextrin, Yeast Extract, Onion Powder, Garlic Powder, Sugar, Silicon Dioxide (Anticaking Agent), Disodium Inosinate, Disodium Guanylate, Dextrose), Modified Food Starch, Dextrose, Seasoning (Salt, Sunflower Oil (Carrier), Natural Flavor), Sodium Phosphates, Salt. Coated In Chicken Fat], Provolone Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes], Roasted cherry tomato [Roasted tomatoes, canola oil, vinegar, garlic (garlic, water, citric acid), sea salt, oregano.], White Cheddar Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes], Spinach, Mayonnaise [Soybean Oil, Water, Whole Eggs, Distilled and Cider Vinegar, Salt, Sugar, Spice, Oleoresin Paprika, Natural Flavors, and Calcium Disodium EDTA], Sauce, Pesto, JJ [Basil Blend (Basil, Sunflower Oil, Salt), Sunflower Oil, Canola Oil, Water, Whey, Parmesan Cheese (Pasteurized Cultured Part-Skimmed Milk, Salt, Enzymes), 2% Or Less Of Dehydrated Potatoes, Garlic, Natural Flavor, Vegetable Fiber, Ascorbic Acid, Lactic Acid, Spice]	44	16	0	111	1947	70	4	3	36	0
Sandwich, J.B.S.T	525	Wheat, Eggs, Soy	Sourdough Slice [Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Rye Flour, Whole Grain Rye Flour, Contains 2% Or Less Of: Salt, Cultured Wheat Flour, Yeast, Wheat Gluten, Wheat Flour, Lactic Acid, Malted Barley Flour, Enzymes, Ascorbic Acid (Dough Conditioner)], Roasted cherry tomato [Roasted tomatoes, canola oil, vinegar, garlic (garlic, water, citric acid), sea salt, oregano.], Spinach, Mayonnaise [Soybean Oil, Water, Whole Eggs, Distilled and Cider Vinegar, Salt, Sugar, Spice, Oleoresin Paprika, Natural Flavors, and Calcium Disodium EDTA], Bacon [Cured With: Water, Salt, Sugar, Natural Smoke Flavoring, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite]	26	7	0	43	1264	48	2	4	19	0
Sandwich, PB Nutella Crunch	585	Wheat, Peanuts, Milk, Soy, Hazelnut	Sourdough Slice [Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Rye Flour, Whole Grain Rye Flour, Contains 2% Or Less Of: Salt, Cultured Wheat Flour, Yeast, Wheat Gluten, Wheat Flour, Lactic Acid, Malted Barley Flour, Enzymes, Ascorbic Acid (Dough Conditioner)], Granola [Thick Rolled Oats, Brown Sugar, Rice Crips, Soybean Oil, Brown Flax, Pumpkin Seeds, Instant Oats, Cinnamon, Salt], Nutella [Sugar, Palm Oil, Hazelnuts, Skim Milk, Cocoa, Soy Lecithin as emulsifier, Vanillin: An Artificial flavor], Peanut Butter [Peanuts, Salt], Banana	23	4	0	1	554	78	6	20	17	0

Menu Item	Total Calories	Allergens	Full 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			
Sandwich, Cheese Melt	680	Wheat, Milk	Sourdough Slice [Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Rye Flour, Whole Grain Rye Flour, Contains 2% Or Less Of: Salt, Cultured Wheat Flour, Yeast, Wheat Gluten, Wheat Flour, Lactic Acid, Malted Barley Flour, Enzymes, Ascorbic Acid (Dough Conditioner)], Provolone Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes], White Cheddar Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes]	37	22	0	100	1582	52	2	2	39	0
Sandwich, Blueberry Dipper Cheese Melt	735	Wheat, Milk	Sourdough Slice [Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Rye Flour, Whole Grain Rye Flour, Contains 2% Or Less Of: Salt, Cultured Wheat Flour, Yeast, Wheat Gluten, Wheat Flour, Lactic Acid, Malted Barley Flour, Enzymes, Ascorbic Acid (Dough Conditioner)], Provolone Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes], White Cheddar Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes], Blueberries, 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]	37	22	0	100	1582	66	3	14	39	0
Blueberry Dipper, Serving	60		Blueberries, 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]	0	0	0	0	3	14	1	12	0	0
Ranch Dressing, Serving	150	Eggs, Milk	Soybean Oil, Water, Buttermilk, Egg Yolk, Distilled Vinegar, Contains Less Than 2% Of Salt, Monosodium Glutamate, Modified Food Starch, Buttermilk Solids, Sugar, Garlic, Spice, Citric Acid, Xanthan Gum, Onion, Sorbic Acid, Natural Flavor (Milk), Calcium Disodium Edta To Protect Flavor, Egg Whites	16	2	0	15	370	1	0	1	0	0
Smoothies													
Smoothie, Acai Super-Antioxidant, Small	340	milk, soy	Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Ice, Acai-Grape Juice Blend [Acai Pulp, White Grape Juice Concentrate, Ascorbic Acid, Citric Acid, Vitamin E [A-Tocopherol]], Water, Strawberries, Raspberry Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Raspberries, Raspberry Juice Concentrate, Natural Flavor, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Red Beet Extract for Color, Caramel Color, Annatto Extract for Color], Blueberries, Daily Vitamin + Zinc Boost [Maltodextrin, Dicalcium Phosphate, Dimagnesium Phosphate, Ascorbic Acid, Vitamin E (Di-Alpha-Tocopheryl Acetate), Biotin (1%), Vitamin A (Retinyl Palmitate), Niacinamide, Zinc Citrate, Calcium D-Pantothenate, Vitamin K1 (1%), Ferric Pyrophosphate, Riboflavin (25%), Folic Acid (10%), Vitamin D3 (Cholecalciferol) 100000 IU, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B1 (Thiamine Hydrochloride), Potassium Iodide (1%), L-Selenomethionine (0.5%), Cyanocobalamin (1%), Manganese Sulphate, Chromium Picolinate]	4	1	0	0	93	71	4	53	5	0
Smoothie, Acai Super-Antioxidant, Medium	465	milk, soy	Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Acai-Grape Juice Blend [Acai Pulp, White Grape Juice Concentrate, Ascorbic Acid, Citric Acid, Vitamin E [A-Tocopherol]], Water, Ice, Strawberries, Blueberries, Raspberry Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Raspberries, Raspberry Juice Concentrate, Natural Flavor, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Red Beet Extract for Color, Caramel Color, Annatto Extract for Color], Daily Vitamin + Zinc Boost [Maltodextrin, Dicalcium Phosphate, Dimagnesium Phosphate, Ascorbic Acid, Vitamin E (Di-Alpha-Tocopheryl Acetate), Biotin (1%), Vitamin A (Retinyl Palmitate), Niacinamide, Zinc Citrate, Calcium D-Pantothenate, Vitamin K1 (1%), Ferric Pyrophosphate, Riboflavin (25%), Folic Acid (10%), Vitamin D3 (Cholecalciferol) 100000 IU, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B1 (Thiamine Hydrochloride), Potassium Iodide (1%), L-Selenomethionine (0.5%), Cyanocobalamin (1%), Manganese Sulphate, Chromium Picolinate]	6	1	0	0	124	96	5	73	7	0
Smoothie, Acai Super-Antioxidant, Large	600	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, Acai-Grape Juice Blend [Acai Pulp, White Grape Juice Concentrate, Ascorbic Acid, Citric Acid, Vitamin E [A-Tocopherol]], Strawberries, Ice, Raspberry Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Raspberries, Raspberry Juice Concentrate, Natural Flavor, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Red Beet Extract for Color, Caramel Color, Annatto Extract for Color], Blueberries, Daily Vitamin + Zinc Boost [Maltodextrin, Dicalcium Phosphate, Dimagnesium Phosphate, Ascorbic Acid, Vitamin E (Di-Alpha-Tocopheryl Acetate), Biotin (1%), Vitamin A (Retinyl Palmitate), Niacinamide, Zinc Citrate, Calcium D-Pantothenate, Vitamin K1 (1%), Ferric Pyrophosphate, Riboflavin (25%), Folic Acid (10%), Vitamin D3 (Cholecalciferol) 100000 IU, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B1 (Thiamine Hydrochloride), Potassium Iodide (1%), L-Selenomethionine (0.5%), Cyanocobalamin (1%), Manganese Sulphate, Chromium Picolinate]	7	2	0	0	167	125	7	95	10	0
Smoothie, Aloha Pineapple, Small	275	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], 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	38	64	3	50	6	0
Smoothie, Aloha Pineapple, Medium	380	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], Nonfat Greek Yogurt [Cultured Grade A Nonfat Milk, Live and Active Cultures: S. Thermophilus & L. Bulgaricus], Ice, Bananas (Ascorbic Acid and/or Citric Acid)	0	0	0	2	51	89	4	69	8	0

Menu Item	Total Calories	Allergens	Full 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			
Smoothie, Aloha Pineapple, Large	500	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], Nonfat Greek Yogurt [Cultured Grade A Nonfat Milk, Live and Active Cultures: S. Thermophilus & L. Bulgaricus], Bananas (Ascorbic Acid and/or Citric Acid), Ice	0	0	0	2	59	119	5	93	9	0
Smoothie, Apple N Greens, Small	250	None	Water, Kale, Pear Apple Juice Blend [Pear Juice Concentrate, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], Peaches, Bananas (Ascorbic Acid and/or Citric Acid), Mangos	1	0	0	0	49	60	5	46	5	0
Smoothie, Apple N Greens, Medium	320	None	Water, Peaches, Kale, Pear Apple Juice Blend [Pear Juice Concentrate, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], Mangos, Bananas (Ascorbic Acid and/or Citric Acid)	1	0	0	0	53	77	7	59	5	0
Smoothie, Apple N Greens, Large	420	None	Water, Peaches, Kale, Pear Apple Juice Blend [Pear Juice Concentrate, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], Mangos, Bananas (Ascorbic Acid and/or Citric Acid)	2	0	0	0	72	102	8	79	7	0
Smoothie, Coffee, Buzzin' Mocha Moo'd, Small	350	milk	2% Milk, Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures], Ice, Chocolate Moo'd Powder [Sugar, Cocoa (processed with alkali), Nonfat Dry Milk, Whey, Guar Gum, Natural Flavor], Instant Coffee	3	2	0	13	163	70	1	65	11	65.78
Smoothie, Coffee, Buzzin' Mocha Moo'd, Medium	455	milk	Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures], 2% Milk, Ice, Chocolate Moo'd Powder [Sugar, Cocoa (processed with alkali), Nonfat Dry Milk, Whey, Guar Gum, Natural Flavor], Instant Coffee	4	2	0	16	211	89	1	83	14	65.78
Smoothie, Coffee, Buzzin' Mocha Moo'd, Large	595	milk	2% Milk, Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures], Ice, Chocolate Moo'd Powder [Sugar, Cocoa (processed with alkali), Nonfat Dry Milk, Whey, Guar Gum, Natural Flavor], Instant Coffee	6	3	0	21	278	119	2	112	18	98.67
Smoothie, Caribbean Passion, Small	255	milk	Water, Orange Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Annatto Extract for Color], Strawberries, Passion Fruit Mango Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Mango Puree Concentrate, Orange Juice Concentrate, Passion Fruit Juice Concentrate, Water, Natural Flavors], Ice, Peaches	0	0	0	0	31	63	2	53	1	0
Smoothie, Caribbean Passion, Medium	340	milk	Water, Orange Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Annatto Extract for Color], Strawberries, Passion Fruit Mango Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Mango Puree Concentrate, Orange Juice Concentrate, Passion Fruit Juice Concentrate, Water, Natural Flavors], Ice, Peaches	0	0	0	0	41	84	3	71	1	0
Smoothie, Caribbean Passion, Large	450	milk	Water, Orange Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Annatto Extract for Color], Strawberries, Passion Fruit Mango Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Mango Puree Concentrate, Orange Juice Concentrate, Passion Fruit Juice Concentrate, Water, Natural Flavors], Ice, Peaches	0	0	0	0	54	111	4	94	1	0
Smoothie, Coffee, Coffee Dream Machine, Small	275	milk	2% Milk, Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures], Ice, Agave, Instant Coffee	3	2	0	12	139	53	1	50	9	65.78
Smoothie, Coffee, Coffee Dream Machine, Medium	400	milk	Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures], 2% Milk, Ice, Agave, Instant Coffee	4	2	0	15	189	79	1	73	12	65.78
Smoothie, Coffee, Coffee Dream Machine, Large	500	milk	Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures], 2% Milk, Ice, Agave, Instant Coffee	4	3	0	17	230	99	2	92	14	98.67
Smoothie, Greens N Ginger, Small	245	None	Water, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Peaches, Kale, Ice, Mangos, Ginger Boost [Ginger, Citric Acid]	1	0	0	0	33	60	4	51	3	0
Smoothie, Greens N Ginger, Medium	330	None	Water, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Peaches, Kale, Mangos, Ice, Ginger Boost [Ginger, Citric Acid]	1	0	0	0	37	80	5	70	4	0
Smoothie, Greens N Ginger, 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	52	99	7	85	6	0

Menu Item	Total Calories	Allergens	Full 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	Sat.	Trans	Cholesterol	Sodium	Total	Dietary	Sugars	Protein	Caffeine
Smoothie Mango-A-Go-Go, Small	295	milk	Water, Mangos, Pineapple Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Pineapple Juice Concentrate, Natural Flavors, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan], Passion Fruit Mango Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Mango Puree Concentrate, Orange Juice Concentrate, Passion Fruit Juice Concentrate, Water, Natural Flavors], Ice	0	0	0	0	30	74	2	66	1	0
Smoothie, Mango-A-Go-Go, Medium	415	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	1	0	0	0	41	104	4	93	1	0
Smoothie, Mango-A-Go-Go, Large	530	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	1	0	0	0	54	133	4	119	1	0
Smoothie, Mega Mango, Small	215	None	Water, Mangos, Strawberries, Ice, Pineapple Juice Concentrate [Pineapple Juice Concentrate, Water, Natural Flavors], Orange Juice Drink [Water, Orange Juice Concentrate, Sugar, Orange Pulp, Contains 2% Or Less Of Citric Acid, Potassium Citrate, Ascorbic Acid (Vitamin C), Natural Flavor, Annatto (For Color)]	0	0	0	0	11	54	4	45	2	0
Smoothie, Mega Mango, Medium	315	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	16	79	6	65	3	0
Smoothie, Mega Mango, Large	405	None	Water, Mangos, Strawberries, Pineapple Juice Concentrate [Pineapple Juice Concentrate, Water, Natural Flavors], Ice, Orange Juice Drink [Water, Orange Juice Concentrate, Sugar, Orange Pulp, Contains 2% Or Less Of Citric Acid, Potassium Citrate, Ascorbic Acid (Vitamin C), Natural Flavor, Annatto (For Color)]	1	0	0	0	21	101	8	83	3	0
Smoothie, Orange Dream Machine, Small	295	milk, soy	Water, Orange Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Annatto Extract for Color], Ice, Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures.], Orange Juice Drink [Water, Orange Juice Concentrate, Sugar, Orange Pulp, Contains 2% Or Less Of Citric Acid, Potassium Citrate, Ascorbic Acid (Vitamin C), Natural Flavor, Annatto (For Color)]	0	0	0	0	100	66	1	62	5	0
Smoothie, Orange Dream Machine, Medium	405	milk, soy	Water, Orange Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Annatto Extract for Color], Ice, Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures], Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Orange Juice Drink [Water, Orange Juice Concentrate, Sugar, Orange Pulp, Contains 2% Or Less Of Citric Acid, Potassium Citrate, Ascorbic Acid (Vitamin C), Natural Flavor, Annatto (For Color)]	0	0	0	0	127	93	1	87	6	0
Smoothie, Orange Dream Machine, Large	520	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)]	1	0	0	0	170	118	1	110	9	0
Smoothie, Orange-C Booster, Small	230	milk	Water, Orange Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Annatto Extract for Color], Peaches, Ice, Bananas (Ascorbic Acid and/or Citric Acid), Daily Vitamin + Zinc Boost [Maltodextrin, Dicalcium Phosphate, Dimagnesium Phosphate, Ascorbic Acid, Vitamin E (DL-Alpha-Tocopheryl Acetate), Biotin (1%), Vitamin A (Retinyl Palmitate), Niacinamide, Zinc Citrate, Calcium D-Pantothenate, Vitamin K1 (1%), Ferric Pyrophosphate, Riboflavin (25%), Folic Acid (10%), Vitamin D3 (Cholecalciferol) 100000 IU, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B1 (Thiamine Hydrochloride), Potassium Iodide (1%), L-Selenomethionine (0.5%), Cyanocobalamin (1%), Manganese Sulphate, Chromium Picolinate], Orange Juice Drink [Water, Orange Juice Concentrate, Sugar, Orange Pulp, Contains 2% Or Less Of Citric Acid, Potassium Citrate, Ascorbic Acid (Vitamin C), Natural Flavor, Annatto (For Color)]	0	0	0	0	22	57	3	47	2	0

Menu Item	Total Calories	Allergens	Full 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			
Smoothie, Orange-C Booster, Medium	315	milk	Water, Orange Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Annatto Extract for Color], Peaches, Ice, Bananas (Ascorbic Acid and/or Citric Acid), Daily Vitamin + Zinc Boost [Maltodextrin, Dicalcium Phosphate, Dimagnesium Phosphate, Ascorbic Acid, Vitamin E (DL-Alpha-Tocopheryl Acetate), Biotin (1%), Vitamin A (Retinyl Palmitate), Niacinamide, Zinc Citrate, Calcium D-Pantothenate, Vitamin K1 (1%), Ferric Pyrophosphate, Riboflavin (25%), Folic Acid (10%), Vitamin D3 (Cholecalciferol) 100000 IU, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B1 (Thiamine Hydrochloride), Potassium Iodide (1%), L-Selenomethionine (0.5%), Cyanocobalamin (1%), Manganese Sulphate, Chromium Picolinate], Orange Juice Drink [Water, Orange Juice Concentrate, Sugar, Orange Pulp, Contains 2% Or Less Of Citric Acid, Potassium Citrate, Ascorbic Acid (Vitamin C), Natural Flavor, Annatto (For Color)]	0	0	0	0	30	78	4	65	3	0
Smoothie, Orange-C Booster, Large	400	milk	Water, Orange Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Annatto Extract for Color], Peaches, Ice, Bananas (Ascorbic Acid and/or Citric Acid), Daily Vitamin + Zinc Boost [Maltodextrin, Dicalcium Phosphate, Dimagnesium Phosphate, Ascorbic Acid, Vitamin E (DL-Alpha-Tocopheryl Acetate), Biotin (1%), Vitamin A (Retinyl Palmitate), Niacinamide, Zinc Citrate, Calcium D-Pantothenate, Vitamin K1 (1%), Ferric Pyrophosphate, Riboflavin (25%), Folic Acid (10%), Vitamin D3 (Cholecalciferol) 100000 IU, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B1 (Thiamine Hydrochloride), Potassium Iodide (1%), L-Selenomethionine (0.5%), Cyanocobalamin (1%), Manganese Sulphate, Chromium Picolinate], Orange Juice Drink [Water, Orange Juice Concentrate, Sugar, Orange Pulp, Contains 2% Or Less Of Citric Acid, Potassium Citrate, Ascorbic Acid (Vitamin C), Natural Flavor, Annatto (For Color)]	0	0	0	0	38	99	5	84	4	0
Smoothie, PB & Banana Protein + Soy Protein, Small	520	milk, peanuts, soy	2% Milk, Bananas (Ascorbic Acid and/or Citric Acid), Ice, Peanut Butter [Peanuts, Salt], Soy Protein Boost [Soy Protein Isolate, Soy Lecithin], Honey	22	6	0	17	369	50	6	33	34	0
Smoothie, PB & Banana Protein + Soy Protein, Medium	600	milk, peanuts, soy	2% Milk, Bananas (Ascorbic Acid and/or Citric Acid), Ice, Peanut Butter [Peanuts, Salt], Soy Protein Boost [Soy Protein Isolate, Soy Lecithin], Honey	23	7	0	22	398	67	7	46	36	0
Smoothie, PB & Banana Protein + Soy Protein, Large	800	milk, peanuts, soy	2% Milk, Bananas (Ascorbic Acid and/or Citric Acid), Ice, Peanut Butter [Peanuts, Salt], Honey, Soy Protein Boost [Soy Protein Isolate, Soy Lecithin]	34	9	0	30	490	86	9	59	44	0
Smoothie, PB & Banana Protein, Whey Protein, Small	555	milk, peanuts, soy	2% Milk, Bananas (Ascorbic Acid and/or Citric Acid), Ice, Peanut Butter [Peanuts, Salt], Whey Protein Boost [Whey Protein Concentrate, Soy Lecithin], Honey	23	6	0	12	241	50	6	32	41	0
Smoothie PB & Banana Protein, Whey Protein, Medium	640	milk, peanuts, soy	2% Milk, Bananas (Ascorbic Acid and/or Citric Acid), Ice, Peanut Butter [Peanuts, Salt], Whey Protein Boost [Whey Protein Concentrate, Soy Lecithin], Honey	24	7	0	17	270	67	7	45	44	0
Smoothie PB & Banana Protein, Whey Protein, Large	835	milk, peanuts, soy	2% Milk, Bananas (Ascorbic Acid and/or Citric Acid), Ice, Peanut Butter [Peanuts, Salt], Whey Protein Boost [Whey Protein Concentrate, Soy Lecithin], Honey	35	9	0	25	366	87	9	58	51	0
Smoothie, Peach Perfection, Small	220	None	Water, Mangos, Peaches, Ice, Peach Flavored Pear Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Peach Juice Concentrate, Water, Malic Acid, Natural Flavor], Strawberries, Pear Apple Juice Blend [Pear Juice Concentrate, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid]	0	0	0	0	26	54	3	46	2	0
Smoothie, Peach Perfection, Medium	315	None	Water, Mangos, Peaches, Peach Flavored Pear Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Peach Juice Concentrate, Water, Malic Acid, Natural Flavor], Ice, Strawberries, Pear Apple Juice Blend [Pear Juice Concentrate, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid]	1	0	0	0	34	78	5	66	2	0
Smoothie, Peach Perfection, Large	400	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, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid]	1	0	0	0	45	99	6	84	3	0
Smoothie, Peanut Butter Moo'd, Small	475	milk, peanuts, soy	Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures], 2% Milk, Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Water, Ice, Bananas (Ascorbic Acid and/or Citric Acid), Peanut Butter [Peanuts, Salt], Chocolate Moo'd Powder [Sugar, Cocoa (processed with alkali), Nonfat Dry Milk, Whey, Guar Gum, Natural Flavor]	11	3	0	8	220	79	3	68	15	0
Smoothie, Peanut Butter Moo'd, Medium	755	milk, peanuts, soy	Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures], 2% Milk, Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Water, Ice, Bananas (Ascorbic Acid and/or Citric Acid), Peanut Butter [Peanuts, Salt], Chocolate Moo'd Powder [Sugar, Cocoa (processed with alkali), Nonfat Dry Milk, Whey, Guar Gum, Natural Flavor]	21	5	0	11	335	120	5	102	24	0

Menu Item	Total Calories	Allergens	Full Ingredient List	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Fiber (g) Dietary	Sugars (g)	Protein (g)	Caffeine (mg)
Smoothie, Peanut Butter Moo'd, Large	950	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	424	142	7	120	30	0
Smoothie, Razzmatazz, Small	280	milk	Water, Orange Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Annatto Extract for Color], Strawberries, Mixed Berry Flavored Grape Juice Blend [Grape juice Concentrate, Pear Juice Concentrate, Blueberry Juice Concentrate, Water, Contains 2% or less of Cherry Juice Concentrate, Strawberry Juice Concentrate, Malic Acid, Natural Flavor], Ice, Bananas (Ascorbic Acid and/or Citric Acid)	0	0	0	0	32	69	3	58	1	0
Smoothie, Razzmatazz, Medium	375	milk	Water, Orange Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Annatto Extract for Color], Strawberries, Mixed Berry Flavored Grape Juice Blend [Grape juice Concentrate, Pear Juice Concentrate, Blueberry Juice Concentrate, Water, Contains 2% or less of Cherry Juice Concentrate, Strawberry Juice Concentrate, Malic Acid, Natural Flavor], Ice, Bananas (Ascorbic Acid and/or Citric Acid)	0	0	0	0	43	92	4	77	1	0
Smoothie, Razzmatazz, Large	475	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
Smoothie, Strawberries Wild, Small	260	milk	Water, Strawberries, Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures], Ice, Pear Apple Juice Blend [Pear Juice Concentrate, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], Bananas (Ascorbic Acid and/or Citric Acid)	0	0	0	0	47	63	4	49	3	0
Smoothie, Strawberries Wild, Medium	375	milk	Water, Strawberries, Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures], Pear Apple Juice Blend [Pear Juice Concentrate, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], Ice, Bananas (Ascorbic Acid and/or Citric Acid)	0	0	0	0	70	91	5	70	4	0
Smoothie, Strawberries Wild, Large	480	milk	Water, Strawberries, Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures], Pear Apple Juice Blend [Pear Juice Concentrate, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], Bananas (Ascorbic Acid and/or Citric Acid), Ice	0	0	0	0	88	115	7	89	5	0
Smoothie, Protein Berry Workout, Soy, Small	295	soy	Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Water, Bananas (Ascorbic Acid and/or Citric Acid), Strawberries, Ice, Soy Protein Boost [Soy Protein Isolate, Soy Lecithin]	1	0	0	0	188	57	4	44	16	0
Smoothie, Protein Berry Workout, Soy, Medium	410	soy	Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Water, Bananas (Ascorbic Acid and/or Citric Acid), Strawberries, Ice, Soy Protein Boost [Soy Protein Isolate, Soy Lecithin]	2	0	0	0	235	82	5	63	19	0
Smoothie, Protein Berry Workout, Soy, Large	500	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	271	102	7	78	21	0
Smoothie, Protein Berry Workout, Whey, Small	260	milk, soy	Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Water, Strawberries, Ice, Bananas (Ascorbic Acid and/or Citric Acid), Whey Protein Boost [Whey Protein Concentrate, Soy Lecithin]	2	1	0	0	114	44	3	34	19	0
Smoothie, Protein Berry Workout, Whey, Medium	345	milk, soy	Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Water, Strawberries, Ice, Bananas (Ascorbic Acid and/or Citric Acid), Whey Protein Boost [Whey Protein Concentrate, Soy Lecithin]	2	1	0	0	150	61	4	48	21	0
Smoothie, Protein Berry Workout, Whey, Large	425	milk, soy	Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Water, Strawberries, Ice, Bananas (Ascorbic Acid and/or Citric Acid), Whey Protein Boost [Whey Protein Concentrate, Soy Lecithin]	3	1	0	0	185	79	5	61	23	0
Smoothie, Strawberry Whirl, Small	215	None	Water, Strawberries, Bananas (Ascorbic Acid and/or Citric Acid), Ice, Pear Apple Juice Blend [Pear Juice Concentrate, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid]	0	0	0	0	15	54	4	38	1	0
Smoothie, Strawberry Whirl, Medium	315	None	Water, Strawberries, Bananas (Ascorbic Acid and/or Citric Acid), Pear Apple Juice Blend [Pear Juice Concentrate, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], Ice	0	0	0	0	23	80	6	56	2	0
Smoothie, Strawberry Whirl, Large	385	None	Water, Strawberries, Bananas (Ascorbic Acid and/or Citric Acid), Pear Apple Juice Blend [Pear Juice Concentrate, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], Ice	1	0	0	0	27	97	8	67	2	0

Menu Item	Total Calories	Allergens	Full Ingredient List	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Fiber (g) Dietary	Sugars (g)	Protein (g)	Caffeine (mg)
Smoothie, Banana Berry, Small	260	milk	Water, Bananas (Ascorbic Acid and/or Citric Acid), Ice, Pear Apple Juice Blend [Pear Juice Concentrate, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], 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, 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]	0	0	0	0	35	63	3	51	2	0
Smoothie, Banana Berry, Medium	360	milk	Water, Bananas (Ascorbic Acid and/or Citric Acid), Pear Apple Juice Blend [Pear Juice Concentrate, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], 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, 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]	1	0	0	0	50	87	4	69	3	0
Smoothie, Banana Berry, Large	465	milk	Water, Bananas (Ascorbic Acid and/or Citric Acid), Pear Apple Juice Blend [Pear Juice Concentrate, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], 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], 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], Blueberries, Ice	1	0	0	0	65	113	5	91	3	0
Smoothie, Chocolate Moo'd, Small	410	milk	2% Milk, Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures], Ice, Chocolate Moo'd Powder [Sugar, Cocoa (processed with alkali), Nonfat Dry Milk, Whey, Guar Gum, Natural Flavor]	4	2	0	14	177	85	2	79	12	0
Smoothie, Chocolate Moo'd, Medium	570	milk	Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures], 2% Milk, Ice, Chocolate Moo'd Powder [Sugar, Cocoa (processed with alkali), Nonfat Dry Milk, Whey, Guar Gum, Natural Flavor]	5	3	0	17	239	119	2	111	16	0
Smoothie, Chocolate Moo'd, Large	735	milk	2% Milk, Nonfat Frozen Yogurt [Skim Milk, Sugar, Corn Syrup, Whey, 1% or less of Natural Flavors, Lactic Acid, Vinegar, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures], Ice, Chocolate Moo'd Powder [Sugar, Cocoa (processed with alkali), Nonfat Dry Milk, Whey, Guar Gum, Natural Flavor]	7	4	0	25	320	150	3	140	21	0
Smoothie, Electric Berry Lemonade, Small	235	milk	Water, Ice, Strawberries, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], 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], 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], Peaches, 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], Blue Spirulina [Spirulina Extract]	0	0	0	0	31	57	2	50	2	0
Smoothie, Electric Berry Lemonade, Medium	360	milk	Water, Strawberries, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], 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, 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], Peaches, 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], Blue Spirulina [Spirulina Extract]	0	0	0	0	48	88	4	77	3	0
Smoothie, Electric Berry Lemonade, Large	465	milk	Water, Strawberries, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], 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], 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], Peaches, 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], Blue Spirulina [Spirulina Extract]	0	0	0	0	61	112	5	98	4	0

Menu Item	Total Calories	Allergens	Full 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	Sat.	Trans	Cholesterol	Sodium	Total	Dietary	Sugars	Protein	Caffeine
Smoothie, PB Chocolate Love, Small	440	peanuts, milk	2% Milk, Bananas (Ascorbic Acid and/or Citric Acid), Ice, Chocolate Moo'd Powder [Sugar, Cocoa (processed with alkali), Nonfat Dry Milk, Whey, Guar Gum, Natural Flavor], Peanut Butter [Peanuts, Salt]	14	5	0	21	195	68	5	53	15	0
Smoothie, PB Chocolate Love, Medium	665	peanuts, milk	2% Milk, Bananas (Ascorbic Acid and/or Citric Acid), Ice, Chocolate Moo'd Powder [Sugar, Cocoa (processed with alkali), Nonfat Dry Milk, Whey, Guar Gum, Natural Flavor], Peanut Butter [Peanuts, Salt]	24	7	0	24	277	98	8	74	22	0
Smoothie, PB Chocolate Love, Large	860	peanuts, milk	2% Milk, Bananas (Ascorbic Acid and/or Citric Acid), Ice, Peanut Butter [Peanuts, Salt], Chocolate Moo'd Powder [Sugar, Cocoa (processed with alkali), Nonfat Dry Milk, Whey, Guar Gum, Natural Flavor]	35	10	0	34	387	114	10	84	31	0
Smoothie, Underground, Pink Star, Small	315	milk, soy	Water, 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], 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, Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid]	0	0	0	0	83	73	2	65	4	0
Smoothie, Underground, Pink Star, Medium	440	milk, soy	Water, 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], 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, Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Ice	0	0	0	0	118	101	3	90	6	0
Smoothie, Underground, Pink Star, Large	570	milk, soy	Water, 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], 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, Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Ice	1	0	0	0	160	131	4	116	8	0
Smoothie, Red Gummi, Small	275	milk, soy	Water, Ice, Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], 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], 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], 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]	0	0	0	0	75	64	1	58	3	0
Smoothie, Red Gummi, Medium	385	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, Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans), Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], 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], 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]	0	0	0	0	99	91	1	82	4	0

[illegible]

Menu Item	Total Calories	Allergens	Full Ingredient List	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Fiber (g) Dietary	Sugars (g)	Protein (g)	Caffeine (mg)
Blue Lava SMALL	185	None	Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Strawberries, Strawberries, Agave, Blue Spirulina [Spirulina Extract]	0	0	0	0	12	46	2	43	0	0
Blue Lava, MED	250	None	Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Strawberries, Strawberries, Agave, Blue Spirulina [Spirulina Extract]	0	0	0	0	16	63	2	59	0	0
Blue Lava, LAR	330	None	Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Strawberries, Strawberries, Agave, Blue Spirulina [Spirulina Extract]	0	0	0	0	22	83	3	76	1	0
Electric Ice, SMALL	160	None	Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Dragon Fruit [Dragon Fruit], Blue Spirulina [Spirulina Extract]	0	0	0	0	11	39	1	37	0	0
Electric Ice, MED	225	None	Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Dragon Fruit [Dragon Fruit], Blue Spirulina [Spirulina Extract]	0	0	0	0	15	56	1	54	0	0
Electric Ice, LARGE	285	None	Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Dragon Fruit [Dragon Fruit], Blue Spirulina [Spirulina Extract]	0	0	0	0	20	71	1	67	1	0
Strawberry Lemon Twist, SMALL	185	None	Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Strawberries, Pear Apple Juice Blend [Pear Juice Concentrate, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], Agave	0	0	0	0	13	47	1	43	0	0
Strawberry Lemon Twist MED	245	None	Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Pear Apple Juice Blend [Pear Juice Concentrate, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], Strawberries, Agave	0	0	0	0	18	62	1	57	0	0
Stawberry Lemon Twist, LARGE	335	None	Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Strawberries, Pear Apple Juice Blend [Pear Juice Concentrate, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], Agave	0	0	0	0	25	85	2	77	0	0
Peachberry Blast SMALL	200	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	18	50	2	45	1	0
Peachberry Blast, MED	265	None	Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Peach Flavored Pear Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Peach Juice Concentrate, Water, Malic Acid, Natural Flavor], Strawberries, Agave	0	0	0	0	25	66	2	60	1	0
Peachberry Blast, LAR	360	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	33	89	3	81	1	0