

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)
<b>SMOOTHIES</b>													
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	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	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	None	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	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	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	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	40	96	3	86	1	0
Mango-A-Go-Go® Smoothie, Small	275	Contains Milk	Water, Mangos, Pineapple Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Pineapple Juice Concentrate, Natural Flavors, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan,], Passion Fruit Mango Juice Blend [Pear Juice Concentrate, White Grape Juice Concentrate, Mango Puree Concentrate, Orange Juice Concentrate, Passion Fruit Juice Concentrate, Water, Natural Flavors], Ice	0	0	0	0	30	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	None	Water, Mangos, Strawberries, Ice, Pineapple Juice Concentrate [Pineapple Juice Concentrate, Water, Natural Flavors], Orange Juice Drink [Water, Orange Juice Concentrate, Sugar, Orange Pulp, Contains 2% Or Less Of Citric Acid, Potassium Citrate, Ascorbic Acid (Vitamin C), Natural Flavor, Annatto (For Color)]	1	0	0	0	15	79	6	65	3	0
Mega Mango™ Smoothie, Small	210	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	10	52	4	42	2	0
Orange C-Booster™ Smoothie, Large	390	Contains Milk	Water, Orange Sherbet [Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Annatto Extract for Color], Peaches, Bananas (Ascorbic Acid and/or Citric Acid), Ice, Daily Vitamin + Zinc Boost [Maltodextrin, Dicalcium Phosphate, Dimagnesium Phosphate, Ascorbic Acid, Vitamin E (Dl-Alpha-Tocopherol Acetate), Biotin (1%), Vitamin A (Retinyl Palmitate), Niacinamide, Zinc Citrate, Calcium D-Pantothenate, Vitamin K1 (1%), Ferric Pyrophosphate, Riboflavin (25%), Folic Acid (10%), Vitamin D3 (Cholecalciferol) 100000 IU, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B1 (Thiamine Hydrochloride), Potassium Iodide (1%), L-Selenomethionine (0.5%), Cyanocobalamin (1%), Manganese Sulphate, Chromium Picolinate], Orange Juice Drink [Water, Orange Juice Concentrate, Sugar, Orange Pulp, Contains 2% Or Less Of Citric Acid, Potassium Citrate, Ascorbic Acid (Vitamin C), Natural Flavor, Annatto (For Color)]	0	0	0	0	35	96	5	81	3	0
Orange C-Booster™ Smoothie, Medium	300	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 (Dl-Alpha-Tocopherol 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

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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

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 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
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

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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)	Total Carbohydrate (g)	Dietary 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
Strawberry Whirl™ Smoothie, Small	215		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

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

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)
Acai Primo Bowl, Mini	310	Contains Soy.	Acai-Grape Juice Blend [Acai Pulp, White Grape Juice Concentrate, Ascorbic Acid, Citric Acid, Vitamin E [A-Tocopherol]], Strawberries, Bananas, Blueberries, Soymilk [Water, Sugar, Soy Base (Water, Whole Soybeans)], Brown Rice Syrup, Soy Protein Isolate, Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Water, Granola [Whole Grain Rolled Oats, Evaporated Cane Juice, Rice Flour, Canola Oil, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon], Honey, Ascorbic Acid and/or Citric Acid	5	1	0	0	35	65	7	41	4	0
Acai Peanut Butter plus Nutella, Regular	685	Contains Hazelnut, Milk, Peanuts, Soy	Banana, Acai-Grape Juice [Acai Pulp, White Grape Juice Concentrate, Ascorbic Acid, Citric Acid, Vitamin E [A-Tocopherol]], Blueberries, Strawberries, Soymilk [Water, Rice Sweetener [Water, Rice, Rice Bran], Cane Sugar, Soy Base [Water, Whole Soybeans], Soy Protein Isolate [Soy Protein Isolate, Soy Lecithin], Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Water, Granola [Whole grain rolled oats, evaporated cane juice, rice flour, canola oil, pumpkin seeds, flax, oat syrup solids, molasses, sea salt, cinnamon], Nutella [Sugar, Palm Oil, Hazelnuts, Skim Milk, Cocoa, Soy Lecithin as emulsifier, Vanillin: An Artificial flavor], Peanut Butter [Peanuts, Salt], Ascorbic Acid, Citric Acid	22	5	0	1	85	118	15	70	12	0
Acai Peanut Butter plus Nutella, Large	980	Contains Hazelnut, Milk, Peanuts, Soy	Banana, Acai-Grape Juice [Acai Pulp, White Grape Juice Concentrate, Ascorbic Acid, Citric Acid, Vitamin E [A-Tocopherol]], Blueberries, Strawberries, Soymilk [Water, Rice Sweetener [Water, Rice, Rice Bran], Cane Sugar, Soy Base [Water, Whole Soybeans], Soy Protein Isolate [Soy Protein Isolate, Soy Lecithin], Natural Vanilla Flavor with Other Natural Flavors, Carrageenan], Granola [Whole grain rolled oats, evaporated cane juice, rice flour, canola oil, pumpkin seeds, flax, oat syrup solids, molasses, sea salt, cinnamon], Water, Nutella [Sugar, Palm Oil, Hazelnuts, Skim Milk, Cocoa, Soy Lecithin as emulsifier, Vanillin: An Artificial flavor], Peanut Butter [Peanuts, Salt], Ascorbic Acid, Citric Acid	33	7	0	1	125	160	21	93	18	0
Chunky Strawberry™, Regular	600	Contains Milk, Peanuts, Soy	Bananas, Strawberries, Greek Plain Nonfat Yogurt [Cultured Grade A Nonfat Milk], Soymilk [Water, Rice Sweetener [Water, Rice, Rice Bran], Cane Sugar, Soy Base [Water, Whole Soy], Soy Protein Isolate [Soy Protein Isolate, Soy Lecithin], Natural Vanilla Flavor With Other Natural Flavors, Carrageenan], Granola [Whole Grain Rolled Oats, Evaporated Cane Juice, Rice Flour, Canola Oil, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon], Water, Peanut Butter [Peanuts, Salt], Ascorbic Acid, Citric Acid	18	3	0	2	130	95	12	46	20	0
Chunky Strawberry™, Large	860	Contains Milk, Peanuts, Soy	Strawberries, Bananas, Granola [Whole Grain Rolled Oats, Evaporated Cane Juice, Rice Flour, Canola Oil, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon], Soymilk [Water, Rice Sweetener [Water, Rice, Rice Bran], Cane Sugar, Soy Base [Water, Whole Soy], Soy Protein Isolate [Soy Protein Isolate, Soy Lecithin], Natural Vanilla Flavor With Other Natural Flavors, Carrageenan], Greek Plain Nonfat Yogurt [Cultured Grade A Nonfat Milk], Water, Peanut Butter [Peanuts, Salt], Ascorbic Acid, Citric Acid	31	4	0	2	200	123	17	58	28	0
Vanilla Blue Sky, Regular	360	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], Strawberries, Granola [Whole Grain Rolled Oats, Evaporated Cane Juice, Rice Flour, Canola Oil, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon], Blueberries, Coconut Flakes, Blue Spirulina, Ascorbic Acid, Citric Acid	9	4	0	0	80	68	7	45	5	0

Menu Item	Total Calories	Allergens	Full Ingredient List	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)
Vanilla 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
<b>BOWLS - WAFFLE</b>													
Strawberry Blueberry Greek Yogurt, Regular	550	Contains Eggs, Milk, Soy, Wheat	Greek Plain Nonfat Yogurt [Cultured Grade A Nonfat Milk], 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,] Strawberries, Blueberries, Granola [Whole Grain Rolled Oats, Evaporated Cane Juice, Rice Flour, Canola Oil, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon], Honey	18	8	0	30	330	74	3	42	25	0
Strawberry Blueberry Greek Yogurt, Large	635	Contains Eggs, Milk, Soy, Wheat	Greek Plain Nonfat Yogurt [Cultured Grade A Nonfat Milk], 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,] Blueberries, Strawberries, Granola [Whole Grain Rolled Oats, Evaporated Cane Juice, Rice Flour, Canola Oil, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon], Honey	18	8	0	34	380	85	4	52	37	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 Blueberry, Cocowhip, Regular	580	Contains Coconut, Eggs, Milk, Soy, 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], Cocowhip [Filtered Water, Coconut Oil, Tapioca Syrup, Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor], Strawberries, Blueberries, Granola [Whole Grain Rolled Oats, Evaporated Cane Juice, Rice Flour, Canola Oil, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon]	29	18	0	25	260	79	3	38	7	0
Strawberry Blueberry, Cocowhip, Large	695	Contains Coconut, Eggs, Milk, Soy, Wheat	Cocowhip [Filtered Water, Coconut Oil, Tapioca Syrup, Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor], 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], Blueberries, Strawberries, Granola [Whole Grain Rolled Oats, Evaporated Cane Juice, Rice Flour, Canola Oil, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon]	36	25	0	25	260	96	4	46	8	0
Peanut Butter Banana plus Nutella, Cocowhip, Regular	790	Contains Coconut, Eggs, Hazelnut, Milk, Peanuts, Soy, 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.], Banana, CocoWhip [Filtered Water, Coconut Oil, Tapioca Syrup, Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor], 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]	41	21	0	26	300	101	5	53	12	0
Peanut Butter Banana plus Nutella, Cocowhip, Large	1035	Contains Coconut, Eggs, Hazelnut, Milk, Peanuts, Soy, Wheat	Banana, CocoWhip [Filtered Water, Coconut Oil, Tapioca Syrup, Cane Sugar, Pea Protein, Guar Gum, Sunflower Lecithin, Xanthan Gum, Natural Flavor], 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.], Nutella [Sugar, Palm Oil, Hazelnuts, Skim Milk, Cocoa, Soy Lecithin as emulsifier, Vanillin: An Artificial flavor], Granola [Whole Grain Rolled Oats, Evaporated Cane Juice, Rice Flour, Canola Oil, Pumpkin Seeds, Flax, Oat Syrup Solids, Molasses, Sea Salt, Cinnamon], Peanut Butter [Peanuts, Salt]	54	30	0	25	320	136	8	73	14	0
Peanut Butter Banana Nutella, Greek Yogurt, Regular	725	Contains Eggs, Hazelnut, Milk, Peanuts, Soy, Wheat	Greek Plain Nonfat Yogurt [Cultured Grade A Nonfat Milk], 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], Banana, 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]	31	11	0	31	375	87	5	49	30	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)
Peanut Butter Banana Nutella, Greek Yogurt, Large	925	Contains Eggs, Hazelnut, Milk, Peanuts, Soy, Wheat	Greek Plain Nonfat Yogurt [Cultured Grade A Nonfat Milk], Banana, 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], 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
<b>BOWLS - OATMEAL</b>													
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
<b>BERRY BROWN SUGAR</b>													
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
<b>PEANUT BUTTER BANANA CRUNCH</b>													
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
<b>STRAWBERRY + NUTELLA &amp; COCONUT</b>													
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, Hazelnuts, Skim Milk, Cocoa, Soy Lecithin as emulsifier, Vanillin: An Artificial flavor], Strawberries, Coconut Flakes	13	5	0	0	170	58	6	15	8	0
<b>BITES FOOD &amp; BAKERY</b>													
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
<b>CHEDDAR TOMATO TWIST</b>													
Cheddar Tomato Twist	250	Contains Milk, Wheat	Enriched Wheat Flour (Wheat Flour, Ascorbic Acid [dough conditioner], Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Enzyme), Water, White Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Tomato Paste (Tomato Paste, 2% or less of Salt, Citric Acid), Tomato Sauce (Tomatoes, Salt, Basil, Citric Acid), Glycerin, Sugar, 2% or less of Canola Oil, Vital Wheat Gluten, Yeast, Salt, Asiago Cheese (Pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes), Malted Barley Flour, Dextrose, Distilled Vinegar, Herbs	6	2	0	10	430	41	1	3	9	0

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)
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						

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)
Impossible Handwich	220	Contains Milk, Soy, Wheat	Vegetarian Impossible Sausage Patty (Water, Soy Protein Concentrate, Sunflower Oil, Coconut Oil, 2% or less of Methylcellulose, Natural Flavors, Salt, Yeast Extract, Cultured Dextrose, Modified Food Starch, Citric Acid, Soy Leghemoglobin, Mixed Tocopherols [Antioxidant], Soy Protein Isolate, Spices, Onion Powder, Garlic Powder, Vitamins And Minerals [Zinc Gluconate, Niacin, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Vitamin B12]), Sprouted Grain Bun (Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, 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)	12	5	0	15	580	16	2	1	11	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
Southwest Turkey Sausage Wrap	370	Contains Egg, Milk, Sesame, Soy, Wheat	Wheat Lavash Bread (Water, Whole Wheat Flour, Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Wrap Base [Wheat Gluten, Corn Starch, Oat Fiber, Soy Protein Isolate, Soybean Oil, Defatted Soy Flour, Sesame Flour, 2% Or Less Of Whole Wheat Flour, Dextrose], Wheat Gluten, Canola Oil, Sugar, Mold Inhibitor [Cultured Wheat Flour, Vinegar], Honey, Salt, Yeast, Ascorbic Acid, Cellulose Gum, Sunflower Oil, Enzymes), Cooked Egg Whites (Egg Whites, Modified Food Starch, Nonfat Milk, Whey Protein Isolate, Soybean Oil, Carrageenan, Salt, Natural Egg Flavor, Guar Gum, Xanthan Gum, Annatto [Color]), Chipotle Cotija Cream (Cotija Cheese [Pasteurized Part Skim Milk, Salt, Culture, Enzyme, Cellulose Powder (To Prevent Caking)], Neufchatel Cream Cheese [Pasteurized Milk And Cream, Milk, Water, Cream, Non-Fat Dry Milk, 2% Or Less Of Salt, Cheese Culture, Stabilizers (Guar Gum, Carob Or Locust Bean Gum, Xanthan Gum)], Spread (Canola Oil, Water, Brown Rice Syrup, Apple Cider Vinegar, Soy Protein, Sea Salt, Mustard Flour, Lemon Juice Concentrate), Red Pepper Puree [Red Pepper, Water, Sea Salt, Citric Acid], Canola Oil, Roasted Red Pepper, Water, 2% Or Less Of Garlic Puree, Sea Salt, Xanthan Gum, Guar Gum, Chipotle Powder), Black Beans (Black Beans, Water, Salt, Calcium Chloride), Turkey Sausage Crumble (Turkey, Mechanically Separated Turkey, 2% Or Less Of Salt, Spices, Sugar, Potassium Chloride, Natural Flavors), Shredded Pepper Jack Cheese (Pasteurized Milk, Red & Green Jalapeno Peppers, Cheese Culture, Salt, Enzymes, Potato Starch, Powdered Cellulose [Anti-caking]), Fire Roasted Poblano Chilies	15	5	0	30	480	38	3	4	22	0
Spring Veggie Egg Bake	220	Contains Egg, Milk, Soy	Egg Mix: Cage Free Liquid Eggs: Whole Eggs, Citric Acid. Plain Non-Fat Yogurt: Cultured Nonfat Milk. Heavy Whipping Cream: Cream (Milk), Carrageenan, Gluten Free Flour: Rice Flour, Rice Starch, Potato Starch, Xanthan Gum and Locust Bean Gum. Salt. Veggie Filling: Montmore Cheese: Montmore Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (To Prevent Caking). Artichoke Hearts: Artichoke Hearts, Water, Salt, Citric Acid. Red Bell Pepper Strips. Leeks. Smoked Paprika: Paprika, With Not More Than 2% Silicon Dioxide Added To Prevent Caking And 100 Ppm Ethoxyquin Added To Retain Color. Salt. Dehydrated Garlic. Black Pepper. Pan Release: Soybean Oil, Soy Lecithin, Tbhq and Citric Acid (Added As An Antioxidant), And Dimethyl Polysiloxane (Added As An Antifoam)	16	9	0	205	520	8	1	2	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

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)
Chicken Empanada - 1 Count	190	Contains Milk, Soy, Wheat	Ground chicken, enriched flour (enriched flour [wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid]), water, margarine (vegetable oil blend [palm oil, fractionated palm oil, hydrogenated palm oil, soybean oil]), water, salt, contains 2% or less of mono- and diglycerides, polyglycerol esters of fatty acids, soy lecithin, potassium sorbate [preservative], artificial flavors, TBHQ [preservative], lactic acid, beta-carotene [color], citric acid, vitamin A, vitamin D), diced onions, diced red bell peppers, diced green bell peppers, diced carrots. Contains less than 2% of tomato paste, textured vegetable protein (soy flour), granulated sugar, salt, mono- and diglycerides, enzymes, chipotle pepper purée, guar gum, paprika powder, methylcellulose, citrus flour, spices, granulated	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
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
Turkey Sausage 'n Cheese Breakfast Wrap	320	Contains Egg, Milk, Wheat	Tortilla (Enriched Wheat Flour [Wheat Flour, Enzyme, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Vegetable Shortening [Soybean Oil, Vegetable Mono- and Diglycerides, Tocopherols (Vitamin E) and Vitamin C Palmitate (antioxidants), Canola Oil], 2% or less of L-Cysteine [monohydrochloride], Leavening [Sodium Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate], Salt, Modified Food Starch, Yeast, Sodium Bicarbonate), Pre-Cooked Scrambled Egg Whites (Egg Whites, Modified Food Starch, Nonfat Milk, Whey Protein Isolate, Soybean Oil, Carrageenan, Salt, Natural Egg Flavor, Guar Gum, Xanthan Gum, Annatto [color]), Seasoned Turkey Sausage Crumbles (Turkey Meat, Water, Seasoning [Salt, Sugar, Flavorings (Including Spices and Spice Extracts)], Potato Starch, Sage, Natural Flavor), Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes, Annatto [color], Potato Starch, Cornstarch, Powdered Cellulose [to prevent caking]), American Cheese Flavored Spread (Milk and Cream, Skim Milk, Cheese Culture, Salt, Stabilizers [Carob Bean and/or Xanthan and/or Guar Gums], Water, Cheddar Cheese [Milk, Salt, Cultures, Enzymes], Whey, Natural Flavors, Maltodextrin, Salt, Disodium Phosphate, Annatto, Guar Gum, Xanthan Gum)	15	6	0	40	580	30	1	1	16	0
<b>BLENDING COFFEE</b>													
Buzzin' Mocha Moo'd Blended Coffee, Large, 2 % Milk	570	Contains 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	Contains 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

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)
Buzzin' Mocha Moo'd Blended Coffee, Small 2 %	340	Contains 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	Contains 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	Contains 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	Contains 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
<b>OVER ICE BEVERAGES</b>													
Blue Lava, Large	300	None	Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Strawberries, Strawberries, Agave, Blue Spirulina [Sprulina Extract]	0	0	0	0	20	74	3	68	1	0
Blue Lava, Medium	220		Water, Ice, Lemonade Concentrate [Sugar, Water, Lemon Juice Concentrate, Lemon Pulp, Natural Flavors, Citric Acid], Strawberries, Strawberries, Agave, Blue Spirulina [Sprulina Extract]	0	0	0	0	14	55	2	51	0	0
Blue Lava, Small	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
Lemonberry 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, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], Agave	0	0	0	0	22	77	2	70	0	0
Lemonberry 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, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], Strawberries, Agave	0	0	0	0	16	54	1	50	0	0

Menu Item	Total Calories	Allergens	Full Ingredient List	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)
Lemonberry 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, Apple Juice Concentrate, Water, Natural Flavor, Strawberry Puree, Malic Acid], Agave	0	0	0	0	13	47	1	43	0	0
Peachberry Blast, Large	330		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	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, 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
<b>FRESH JUICES &amp; SHOTS</b>													
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			2	0	0	0	270	82	12	55	7	0
Orange Carrot Twist™ Juice, Medium	280	None	Fresh Orange Juice, Fresh Juiced Carrot.	1.5	0	0	0	210	64	9	43	5	0
Orange Carrot Twist™ Juice, Small	200			1	0	0	0	150	47	7	31	4	0
Orange Ginger Cayenne Shot	25	None	Fresh Orange Juice, Fresh Juiced Ginger, Cayenne Pepper.	0	0	0	0	0	5	0	3	0	0

Menu Item	Total Calories	Allergens	Full Ingredient List	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)	
Purely Carrot™ Juice, Large	310			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			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	
<b>TOPPINGS</b>														
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, Cinnamon).	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	
<b>BOOSTS</b>														
3G Energy™ + Green Caffeine® Boost	15	None	3G Energy + Green Caffeine Boost (Inulin, Green Tea Leaf Extract, Panax Ginseng Root Extract, Guarana Seed Extract, Natural Flavor)	0	0	0	0	0	3	2	0	0	119	
Blue Spirulina Boost	0	None	Blue Spirulina Powder (Trehalose, Spirulina Extract [color], Trisodium Citrate).	0	0	0	0	0	0	0	0	0	0	
Chocolate Moo'd Powder	60	Contains Milk	Chocolate Moo'd Dairy Base Powder (Sugar, Cocoa [Processed With Alkali], Nonfat Dry Milk, Whey, Guar Gum, Natural Flavor)	0	0	0	0	15	15	1	14	1	0	
Ginger Puree Boost	5	None	Ginger Puree (Ginger, Citric Acid)	0	0	0	0	0	1	0	0	0	0	
Kale Boost	15	None	Frozen Kale	0	0	0	0	10	2	1	1	1	0	

Menu Item	Total Calories	Allergens	Full Ingredient List	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Caffeine (mg)
Multivitamins (Daily Vitamin + Zinc Boost)	10	Contains Soy	Daily Vitamin + Zinc Boost (Maltodextrin, Dimagnesium Phosphate, Dicalcium Phosphate Anhydrous, Calcium Lactate Gluconate, Vitamin C [Ascorbic Acid], Vitamin E [D-Alpha-Tocopherol 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
<b>LIQUID BASES</b>													
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
<b>FROZEN INCLUSIONS</b>													
Fat Free Vanilla Frozen Yogurt, Large	70	Contains Milk	Fat Free Vanilla Frozen Yogurt (Skim Milk, Sugar, Whey, 2% or less of Natural Flavors, Corn Syrup, Lactic Acid, Vinegar, Whey Protein Concentrate, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Tara Gum, Carrageenan, Annatto Extract [color], Cultures)	0	0	0	0	30	16	0	15	2	0
Fat Free Vanilla Frozen Yogurt, Medium	60			0	0	0	0	25	13	0	12	1	0
Fat Free Vanilla Frozen Yogurt, Small	40			0	0	0	0	15	8	0	8	1	0
Sherbet, Lime, Large	65	Contains Milk	Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Lime Juice Concentrate, Orange Pulp, Lime Oil, Natural Flavor, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Turmeric Extract for Color	0	0	0	0	10	16	0	14	0	0
Sherbet, Lime, Medium	50			0	0	0	0	7	12	0	11	0	0
Sherbet, Lime, Small	30			0	0	0	0	5	8	0	7	0	0
Sherbet, Orange, Large	60	Contains Milk	Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Orange Juice Concentrate, Orange Pulp, Orange Oil, Cream, Milk, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan, Annatto Extract for Color	0	0	0	0	11	15	0	14	0	0
Sherbet, Orange, Medium	50			0	0	0	0	9	12	0	11	0	0
Sherbet, Orange, Small	35			0	0	0	0	6	8	0	7	0	0
Sherbet, Pineapple, Large	65	Contains Milk	Water, Sugar, Whey, Corn Syrup, Contains 2% or less of Pineapple Juice Concentrate, Natural Flavors, Cream*, Milk*, Skim Milk, Citric Acid, Mono and Diglycerides, Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan	0	0	0	0	10	16	0	15	0	0
Sherbet, Pineapple, Medium	50			0	0	0	0	8	13	0	12	0	0

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)
Sherbet, Pineapple, Small	35	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	5	8	0	8	0	0
Sherbet, Raspberry, Large	65			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
<b>Grab 'n Go Parfaits</b>													
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
<b>Side Dip Cups</b>													
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, Hazelnuts, 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
<b>Monthly Mystery</b>													
Chocolate Covered Strawberry, Large	710	Contains Milk	2% Milk (Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3), Fat Free Vanilla Frozen Yogurt (Skim Milk, Sugar, Whey, 2% or less of Natural Flavors, Corn Syrup, Lactic Acid, Vinegar, Whey Protein Concentrate, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Carrageenan, Annatto Extract [color], Cultures), Frozen Strawberries, Chocolate Moo'd Dairy Base Powder (Sugar, Cocoa [Processed With Alkali], Nonfat Dry Milk, Whey, Guar Gum, Natural Flavor), Ice.	8	4.5	0	25	310	146	5	143	21	0
Chocolate Covered Strawberry, Medium	570	Contains Milk	2% Milk (Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3), Fat Free Vanilla Frozen Yogurt (Skim Milk, Sugar, Whey, 2% or less of Natural Flavors, Corn Syrup, Lactic Acid, Vinegar, Whey Protein Concentrate, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Carrageenan, Annatto Extract [color], Cultures), Frozen Strawberries, Chocolate Moo'd Dairy Base Powder (Sugar, Cocoa [Processed With Alkali], Nonfat Dry Milk, Whey, Guar Gum, Natural Flavor), Ice.	6	3.5	0	20	240	116	4	107	17	0
Chocolate Covered Strawberry, Small	400	Contains Milk	2% Milk (Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3), Fat Free Vanilla Frozen Yogurt (Skim Milk, Sugar, Whey, 2% or less of Natural Flavors, Corn Syrup, Lactic Acid, Vinegar, Whey Protein Concentrate, Mono- and Diglycerides, Locust Bean Gum, Guar Gum, Carrageenan, Annatto Extract [color], Cultures), Frozen Strawberries, Chocolate Moo'd Dairy Base Powder (Sugar, Cocoa [Processed With Alkali], Nonfat Dry Milk, Whey, Guar Gum, Natural Flavor), Ice.	4.5	2.5	0	15	180	83	3	76	12	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, ORANGE Moo'd, Large	530	Contains Milk	2% Milk, 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.], Chocolate Moo'd Powder [Sugar, Cocoa (processed with alkali), Nonfat Dry Milk, Whey, Guar Gum, Natural Flavor]	4	3	0	16	191	113	2	106	11	0
Smoothie, ORANGE Moo'd, Medium	400	Contains Milk	2% Milk, 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.], Chocolate Moo'd Powder [Sugar, Cocoa (processed with alkali), Nonfat Dry Milk, Whey, Guar Gum, Natural Flavor]	3	2	0	13	150	85	1	80	8	0
Smoothie, ORANGE Moo'd, Small	320	Contains Milk	2% Milk, 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.], Chocolate Moo'd Powder [Sugar, Cocoa (processed with alkali), Nonfat Dry Milk, Whey, Guar Gum, Natural Flavor]	3	2	0	11	118	68	1	63	7	0
Smoothie, RASP Moo'd, Large	545	Contains Milk	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], 2% Milk, Ice, Chocolate Moo'd Powder [Sugar, Cocoa (processed with alkali), Nonfat Dry Milk, Whey, Guar Gum, Natural Flavor]	4	3	0	16	168	118	2	109	9	0
Smoothie, RASP Moo'd, Medium	400	Contains Milk	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], 2% Milk, Ice, Chocolate Moo'd Powder [Sugar, Cocoa (processed with alkali), Nonfat Dry Milk, Whey, Guar Gum, Natural Flavor]	3	2	0	13	129	86	1	80	7	0
Smoothie, RASP Moo'd, Small	325	Contains Milk	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], 2% Milk, Ice, Chocolate Moo'd Powder [Sugar, Cocoa (processed with alkali), Nonfat Dry Milk, Whey, Guar Gum, Natural Flavor]	3	2	0	11	106	69	1	64	6	0