

Mocha (1 scoop)	240	9g	8g	0g	200mg	0g	40g	2g	38g	2g
Mocha (1/2 scoop)	120	4.5g	4g	0g	100mg	0g	20g	1g	19g	1g
Smoothie Crème (1 scoop)	300	6g	5g	0g	250g	0g	60g	0g	50g	0g
Smoothie Crème (1/2 scoop)	150	3g	2.5g	0g	125mg	0g	30g	0g	25g	0g
Protein (Vanilla) (2 scoops)	240	4.5g	1.5g	0g	85mg	85mg	11g	0g	2g	40g
Protein (Vanilla) (1 scoop)	120	2.25g	0.75g	0g	42.5mg	42.5mg	5.5g	0g	1g	20g
Protein (Choc) (2 scoops)	240	4.5g	2g	0g	85mg	85mg	12g	3g	2g	40g
Protein (Choc) (1 scoop)	120	2.25g	1g	0g	42.5mg	42.5mg	6g	1.5g	1g	20g

NUTRITIONAL INFORMATION FOR OUR SMOOTHIE MENU										
Smoothie Lites:	Calories	Fat	Saturated Fat	Trans Fat	Sodium	Cholesterol	Carbs	Dietary Fiber	Sugar	Protein
Dreamsicle	200	0g	0g	0g	20mg	0g	46g	0g	46g	0g
Mango & Peach Lite	110	0g	0g	0g	20mg	0g	29g	0g	25g	0g
Berry Slim	100	0g	0g	0g	40mg	0g	26g	0g	24g	0g
Slimmin' Trimmin' Strawberry	180	0g	0g	0g	30mg	0g	44g	0g	44g	0g
Caffeccinos:	Calories	Fat	Saturated Fat	Trans Fat	Sodium	Cholesterol	Carbs	Dietary Fiber	Sugar	Protein
Chocolate Covered Strawberry	430	3g	2.5g	0g	165mg	0g	99g	1g	92g	1g

Original Dirty Peanut	432	18g	5.5g	0g	357mg	0g	61g	3g	51g	5g
Mocha Mudslide Latte	390	7.5g	6.5g	0g	225mg	0g	50g	1g	44g	1g
The King Kong	370	3g	2.5g	0g	175mg	0g	83g	1g	76g	1g
Fruit Smoothies	Calories	Fat	Saturated Fat	Trans Fat	Sodium	Cholesterol	Carbs	Dietary Fiber	Sugar	Protein
Strawberries-Banana Blast	255	3g	2.5g	0g	160mg	0g	88g	0g	83g	0g
Orange Crème	450	3g	2.5g	0g	155mg	0g	99g	0g	94g	0g
Strawberry Fusion	420	3g	2.5g	0g	170mg	0g	96g	0g	91g	0g
Pina Colada Madness	390	3g	2.5g	0g	145mg	0g	84g	0g	76g	0g
Mango Peach Twist	360	3g	2.5g	0g	165mg	0g	88g	0g	75g	0g
Screaming Bananas	330	3g	2.5g	0g	140mg	0g	72g	0g	67g	0g
Triple Berry Sensation	300	3g	2.5g	0g	185mg	0g	69g	0g	61g	0g
All that Razz	450	3g	2.5g	0g	170mg	0g	102g	0g	94g	0g