

Classic	<i>size</i>	<i>fruit serv</i>	<i>calories</i>	<i>carbs</i>	<i>sugars</i>	<i>fiber</i>	<i>protein</i>
Strawberry Banana Delight	small	2	260	62	55	2	3
	medium	2.2	370	86	75	3	5
	large	3.5	470	111	97	4	6
Jazz It Up	small	2.5	232	54	43	2	2
	medium	3.5	290	67	54	3	2
	large	4.5	348	80	65	4	3
Strawberry Singer	small	2	256	62	56	3	2
	medium	2.5	320	78	70	3	3
	large	3.5	384	94	84	4	4
Mango Mango	small	2	270	55	53	2	2
	medium	2.5	300	69	66	2	2
	large	3.5	360	82	79	2.5	3
Pineapple Delight	small	2	310	71	67	2	7
	medium	2.5	388	88	84	3	8
	large	3.5	465	105	100	3	9
Passion Fruit Delight	small	2.5	270	61	58	2	2
	medium	3.5	336	76	72	3	3
	large	4	403	91	86	4	4
Peach Paradise	small	2.5	270	64	53	2	2
	medium	3.5	336	80	66	3	3
	large	4	403	96	79	4	4

Specialty

Acai Ya Later	small	2	260	54	46	3	4
	medium	3	325	67	58	5	5
	large	3.5	390	80	69	6	5
Kale-Greeny	small	3.5	320	66	48	6	10
	medium	5	400	82	60	7	10
	large	6	480	99	72	8	11
PB Chocolate Heaven	small	1	420	65	53	5	12
	medium	2	524	81	66	7	17
	large	2	628	97	79	8	22
Strawberry Banana Protein	small	1.5	290	56	45	3	17
	medium	2.5	360	70	56	5	20
	large	3	432	84	67	6	23
Orange You Healthy	small	2.5	270	63	58	2	4
	medium	3.5	336	78	72	3	5
	large	4	403	93	86	4	7

Specialty	<i>size</i>	<i>fruit serv</i>	<i>calories</i>	<i>carbs</i>	<i>sugars</i>	<i>fiber</i>	<i>protein</i>
Peanut Butter Delight	small	na	480	83	72	3	13
	medium	na	600	104	90	5	16
	large	na	720	124	108	7	20
Orange Cream Pie	small	na	350	76	71	1	8
	medium	na	420	95	88	1	10
	large	na	504	114	105	1	12
Sherbet Dream Cycle	small	1	320	74	67	1	2
	medium	1	400	92	84	1	2
	large	2	480	110	100	1	3
Oreo Blast	small	na	470	55	33	1	31
	medium	na	588	68	50	1	38
	large	na	705	82	60	1	45
Vanilla Blue Sky	small	1.5	210	43	27	5	2
	medium	2	262	54	34	7	3
	large	2.5	314	65	41	8	4
Green Tea Blast	small	na	270	56	51	1	8
	medium	na	336	70	64	1	12
	large	na	403	84	77	1	14
Banana Blue	small	1.5	270	65	51	3	2
	medium	2.5	336	80	64	4	3
	large	3	403	96	77	5	4
Watermelon Breeze	small	1.5	280	68	59	2	2
	medium	2	350	85	74	3	2
	large	2.5	420	102	88	3	3
Chocolate Heaven	small	na	370	79	72	2	11
	medium	na	462	98	90	2	15
	large	na	554	117	108	3	20
PB Banana Protein	small	0.5	540	51	38	2	36
	medium	0.5	675	64	47	3	38
	large	1	810	77	57	3	42

All Fruit and Juices	<i>size</i>	<i>fruit serv</i>	<i>calories</i>	<i>carbs</i>	<i>sugars</i>	<i>fiber</i>	<i>protein</i>
Strawberry Burst	small	3.5	210	83	45	4	1
	medium	5	262	104	56	6	2
	large	5.5	314	124	67	7	2
Mango Strawberry Burst	small	3.5	230	57	52	3	3
	medium	5	286	72	65	5	4
	large	6	343	86	78	6	5
Peach Burst	small	3.5	210	51	41	4	2
	medium	5	262	64	55	5	2
	large	6	314	77	66	6	3
Pomegranate Burst	small	3.5	240	61	50	4	1
	medium	5	300	76	62	5	2
	large	6	360	91	75	6	2

Fruit, Veggie & Juice	<i>size</i>	<i>veg serv</i>	<i>fruit serv</i>	<i>calories</i>	<i>carbs</i>	<i>sugars</i>	<i>fiber</i>	<i>protein</i>
Orangy Carrot	small	1.5	1	190	48	33	8	3
	medium	2	2	238	60	40	11	4
	large	2.5	2	285	72	48	13	5
Apples and Kale	small	3	2	250	58	44	5	5
	medium	3	2.5	312	72	55	6	6
	large	3.5	3	374	86	66	8	7
Gingery Greens	small	2	1	230	56	48	4	4
	medium	2	1	286	70	60	5	4
	large	3	1.5	343	84	72	7	6
Phenominal Greens	small	2	1.5	360	57	43	4	7
	medium	2	2	450	71	54	5	7
	large	3	2.5	540	85	65	6	8

Vitality Bowls	<i>size</i>	<i>fruit serv</i>	<i>calories</i>	<i>carbs</i>	<i>sugars</i>	<i>fiber</i>	<i>protein</i>
Acai Bowl	16 oz	4	490	97	62	11	8
Almond Butter, Fruit Bowl	16 oz	4	430	68	36	11	5
Strawberry, PB and Banana	16 oz	4	590	96	58	12	19
Dragon Fruit Bowl	16 oz	4	470	100	70	12	6
Vanilla Blue Sky Bowl	16 oz	1.5	330	62	33	8	6
Greek Yogurt w/ fruit	10 oz	2	390	62	42	5	31