

BOWLS	Calories (kcal)	Fat (g)	Saturated Fat	Cholesterol (m	Sodium (mg)	Carbohydrates	Fiber (g)	Sugars (g)	Added Sugars	Protein (g)	Vitamin D (mc	Calcium (mg)	Iron (mg)	Potassium (mg)
Acai Blends														
Asana Acai	437.1	22.3	6.2	0	200	44	11.1	20.8	0	12	1.3	305.5	2.1	630.6
Acai Crunch	684	27	7	0	188	87	20	36.2	0	15.9	34.9	366	4.6	904
Acai Overload	489.7	21.4	6.5	0	213.9	62.3	11.7	25.6	0	11.4	1.3	307	2.3	798.4
Very Berry	414	19	5.4	0	48.6	51	12	24	0	10.2	0.5	222	2.7	591
Coffee Blends														
Coffee Cake	451.8	15.2	2.9	0	284.7	55.8	13.3	20.2	0	18.6	0.6	146.1	3.4	721
Coffee Crunch	455.5	14	2	0	64.6	77	11.4	35.1	0	8.5	0	34.4	1.6	969.6
Mocha Latte	679	22	7	0	330	105	13.3	57.5	0	22	29	151	2.3	1345
Earthy Blends														
Bikini Bottom	372	14.3	6.5	0	42.2	55.7	7.6	32.1	0	12.9	1.2	116.8	1.7	332.6
Blue Lagoon	449.2	16.3	5.2	0	107.5	68.7	8.5	28.9	0	4.7	1.6	153.7	1.6	835.8
Green Machine	509	23	5.7	0	91	69	11.5	41	0	9.5	11.6	172	3.3	793
Sweet Green	382	16	0.9	0	73.9	56	12	41	0	8.2	0	173	2.1	714
Decadent Blends														
Almond Joy	632	30	8	0	277	77	18.3	36.8	0	21.8	67	207	4.1	919
Banana Cream Pie	372	14.3	6.5	0	42.2	55.7	7.6	32.1	0	12.9	1.2	116.8	1.7	332.6
Blueberry Muffin	483.8	16	3	0	96.6	71.8	13.4	24.3	0	10.8	0.8	228	2.3	618.6
Oatmeal Cookie	699	29	5	0	281	83	14	38	0	24	29	196	5.2	1124
Peanut Butter Blends														
Build Me Up PB Cup	550	21	7.8	0	493	69	12.5	34	0	24	1.4	293	1.3	1110
Harry's PBJ	492.5	24.3	8	0	230	58	11.4	28.5	0	13.3	0.6	149.8	1.6	462.9
PB Cup Muffin	549	23	6.5	0	120	75	13	30	0	15	34	230	2	928
Nutter Butter	691	25	8.3	0	384	91	14	39	0	23	59	251	2.8	1036
Tropical Blends														
Beach Bum	446.8	19	8.3	0	155.7	70.5	10.6	45.7	0	11.2	1.2	271.5	2.4	645.1
Creamsicle Crush	409.9	14.9	5.6	0	108.6	58.1	10.6	38.8	0	11	0.5	178.2	1.7	564.3
Pina Colada	350.4	6.8	4.2	0	66.9	68.8	7.1	46	0	5	0.6	143.8	0.7	507.9
Pretty in Pink	306.1	7.7	4.8	0	57.1	66.2	10.3	40.9	0	4.6	0.7	176.9	1	775.6

Smoothies	Calories (kcal)	Fat (g)	Saturated Fat	Cholesterol (m	Sodium (mg)	Carbohydrates	Fiber (g)	Sugars (g)	(na)	Added Sugars	Protein (g)	Vitamin D (mc	Calcium (mg)	Iron (mg)	Potassium (mg)
Berry Blends															
Berry Bomb	222	4.6	0.3	0	417	36	7.3	19.6	0	12	3.1	549	2	732	
Berry Restore	311	16.2	16.2	0	105	33	8.3	19	0	11.6	2.5	551	2.8	677	
Blueberry Muffin	388	16	1.1	0	128	55	11	24.5	0	7.8	2.5	553	2.2	866	
Coffee Blends															
Caffiene Dream	434	12	1.9	0	216	64	12.4	32	0	15.5	0.6	93.6	2.4	1188	
Coffee Climb	400	17	1	0	280	46.2	11.8	21.6	0	17.7	0.6	187	1.5	1202	
Kona Coffee	346	10.4	3.1	0	30.8	59.9	7.4	36	0	5	1.3	250	2	898	
Earthy Blends															
California Cleans	325	8.4	0.7	0	344	48	10.7	27	0	14	3.1	576.5	3.5	884	
Green Giant	254	2.2	0.5	0.1	131	60	7.4	32	0	4.8	4	442.6	1.3	875	
Key Lime Pie	282	8	1.5	0	174	43	7	26	0	13	2.5	519	3	1223	
Jungle Juice	305	10	4	0	53	46	6	26	0	3.8	2.7	539	1	793	
Fruity Blends															
Lush Lolipop	165	1	0.1	0	51	41	6.5	30	0	1.4	0	47	0.7	567	
Purple Haze	181	2.8	0.3	0	174	38	5.3	25	0	2	0	461	1	540	
Sunshine State	204	1.4	0.5	0	67	48	10.5	33	0	4.3	0	77	1	870	
Tequilaless Sunri	191	5.5	4	0	17	40	6.6	33	0	2.4	3	163	1.3	548	
Peanut Butter Blends															
Cloud 9	435	19	2.6	0	441	44	10	22.7	0	17.7	3.1	547	3.2	787	
Harry's PBJ	337	14	2.6	0	280	44	7.8	25	0	7.4	2.5	468	1.7	694	
Nut Butter Blush	402	15	2.8	0	473	47	20.5	24	0	17.5	3.1	557	4.3	956	
Sweet Blends															
Chai Spice	337	4.1	0.3	0	335	59	10	31	0	11	3.1	528	2.5	1108	
Chocolate Caran	462	6.9	2.1	0	342	84	13	32	0	15.4	3	361	2	1126	
Cocoa Chanel	382	8	0.5	0	365	61	12	31	0	11.8	3.1	535	3.2	1207	
Fruity Pebbles	292	5.1	1.4	0	118	51	7.2	27.4	0	7.4	2.5	468.1	1.9	886	

Salads	Calories (kcal)	Fat (g)	Saturated Fat	Cholesterol (m	Sodium (mg)	Carbohydrates	Fiber (g)	Sugars (g)	Added Sugars	Protein (g)	Vitamin D (mc	Calcium (mg)	Iron (mg)	Potassium (mg)
Buffalo Blend	350	16.8	3.8	0	275	28	11	11.5	0	30	0	228	4.3	1255
Berry Blend	388	29	3	0	122	25	5	15	0	9	0	119	2.4	759
Fiesta Blend	496	38	5.3	0	173	32	8.5	6	0	12	0	90	4.7	837
Power Blend	396	20.6	3.8	0	183	33.3	10.2	8	0	25.3	0	199	4.6	1348
Garden Greek	289	20	2.9	0	112	18.6	6.8	8.8	0	11.4	3.1	146	2.2	632
Spicy Thai	350	19	3.2	0	808	31.9	8.1	13	0	22.4	0	169	4.2	1216
Mediterranean Bl	331	14.6	1	0	250	34.4	11.1	8	0	19.2	0.1	256.7	4.4	1547
Sweet Chili Blend	357	30	3.6	0	738	30	8.4	16	0	20	0	167	3.5	992
Grains	Calories (kcal)	Fat (g)	Saturated Fat	Cholesterol (m	Sodium (mg)	Carbohydrates	Fiber (g)	Sugars (g)	Added Sugars	Protein (g)	Vitamin D (mc	Calcium (mg)	Iron (mg)	Potassium (mg)
Buffalo Blend	629	19	4.4	0	284	86	14.8	12.2	0	35	0	234	6.2	1450
Berry Blend	667	31	4.5	0	132	82	9.5	16	0	15.5	0	126	3.7	954
Fiesta Blend	775	40	5	0	182	90	12	6.5	0	17.5	0	97	6	1032
Power Blend	675	22.8	4.4	0	192	91	13	8.6	0	31.5	0	205	5.9	154
Garden Greek	568	22.3	2.8	0	121.3	76	10.4	9.3	0	17.7	3.1	153.3	3.4	827
Spicy Thai	629	17	3.8	0	810	90	11.7	13.9	0	28	0	176	5.5	1411
Mediterranean Bl	610	16.8	2.4	0	259	92.4	14.7	8.7	0	25.5	0	263	5.6	177.4
Sweet Chili Blend	636	21.8	4.3	0	745	88	12	16	0	27	0	174	4.8	1187

Avo Toasts	Calories (kcal)	Fat (g)	Saturated Fat	Cholesterol (m	Sodium (mg)	Carbohydrates	Fiber (g)	Sugars (g)	Added Sugars	Protein (g)	Vitamin D (mc	Calcium (mg)	Iron (mg)	Potassium (mg)
Avocado	133	6.7	0.9	0	4.2	14.5	4.2	2	0	5.6	0	19.7	0.9	161
Buffalo	165	9	1.4	0	75.15	14.98	4.44	2	0	8.6	0	8.2	1.4	312.78
Mediterranean	121	6	0.71	0	46	12	2.7	1.1	0	5.79	0	59.68	1.3	195
Sweet Chili	190	7.4	1.1	0	74	27	5	13.3	0	5	0	61	1.1	349
Taco	179	10	1.3	0	66	18	4.5	1.7	0	6.9	1	50	1.95	291
Sweet Toasts	Calories (kcal)	Fat (g)	Saturated Fat	Cholesterol (m	Sodium (mg)	Carbohydrates	Fiber (g)	Sugars (g)	Added Sugars	Protein (g)	Vitamin D (mc	Calcium (mg)	Iron (mg)	Potassium (mg)
OG	173	10	2.56	0	70	16	3.75	2.32	0	6.32	4	86	1.3	172
Hawaiian	220	11.5	2.2	0	47	26	4.2	8.4	0	7.4	0	67	2.2	397
Banana Nut	266	12	2.3	0	44.3	38.2	3.7	19.6	0	7.1	0	63	2.1	348
Salted Caramel	245	12.2	0.6	0	39	28	8.5	12	0	6.5	0	1091	1.8	342

FP Juice - 16 oz	Calories (kcal)	Fat (g)	Saturated Fat	Cholesterol (m	Sodium (mg)	Carbohydrates: Fiber (g)	Sugars (g)	Added Sugars	Protein (g)	Vitamin D (mc	Calcium (mg)	Iron (mg)	Potassium (mg)	
Ocean Breeze	105	0.6	0	0	8	35	3	26	0	2.2	0	37.6	1.3	371
Good Green	130	1.2	0.1	0	20	40	3.1	28	0	2.9	0	188	1.9	639
Tickled Pickle	154	1.6	0.2	0	30	45	4.9	30	0	4.2	0	211	2.4	923
Green Glow	156	2.6	0.4	0	30	51	15	40	0	4.9	0	318	2.5	967
Ginger Zing	120	0.9	0.1	0	50	43	12.5	34	0	3.4	0	120	1	986
Orange Ovation	175	1.1	0.2	0	40	50	16.2	48	0	4.4	0	161	1	1171
Immunity Ignite	115	0.8	0.1	0	2	42	8	34	0	1.9	0	36	0.9	514
Sweet Citrus	169	0.8	0.1	0	4	49	5.4	49	0	3.3	0	128	1.4	887
FP Juice - 32 oz	Calories (kcal)	Fat (g)	Saturated Fat	Cholesterol (m	Sodium (mg)	Carbohydrates: Fiber (g)	Sugars (g)	Added Sugars	Protein (g)	Vitamin D (mc	Calcium (mg)	Iron (mg)	Potassium (mg)	
Ocean Breeze	210	1.2	0	0	16	70	6	52	0	4.4	0	74	2.6	743
Good Green	260	2.2	0.2	0	40	80	6.2	56	0	5.8	0	376	3.8	1278
Tickled Pickle	308	3.2	0.4	0	60	90	9.8	60	0	8.4	0	422	4.8	1846
Green Glow	312	5.2	0.8	0	60	102	30	80	0	9.8	0	636	5	1934
Ginger Zing	240	1.8	0.2	0	100	86	25	68	0	6.8	0	240	2	1972
Orange Ovation	350	2.2	0.4	0	80	100	32.4	96	0	8.8	0	322	2	2342
Immunity Ignite	230	1.6	0.2	0	4	84	16	68	0	8.8	0	72	1.8	1028
Sweet Citrus	338	1.6	0.2	0	16.8	98	10.8	98	0	6.6	0	256	2.8	1774

Protein Bler	Calories (kcal)	Fat (g)	Saturated Fat	Cholesterol (m	Sodium (mg)	Carbohydrates	Fiber (g)	Sugars (g)	Added Sugars	Protein (g)	Vitamin D (mc	Calcium (mg)	Iron (mg)	Potassium (mg)
Coffee	174.9	7	1.1	0	155.5	17	4.9	5.5	0	13.1	1.9	193.5	2.9	392.7
Decadent	258	16.3	1.9	0	350.2	12.8	4.2	6.3	0	16.4	3.1	543.1	1.1	340
Marble	228	6.1	0.7	0	460	21.2	4.2	13.4	6.4	22	3.5	572.4	2.7	516
Coffee	Calories (kcal)	Fat (g)	Saturated Fat	Cholesterol (m	Sodium (mg)	Carbohydrates	Fiber (g)	Sugars (g)	Added Sugars	Protein (g)	Vitamin D (mc	Calcium (mg)	Iron (mg)	Potassium (mg)
Cashew Cream	137	6	1	0	45	18	1	10.5	0	4	1.5	133	1	213
Date Caramel	67	0.2	0	0	40	15	0.5	11	0	0.8	1.4	125	0.3	139
Peanut Butter	144	7.3	0	16	40	16	1.6	10	0	4.2	1.4	132	0.5	210
Regular Coffee (l	2.9	0	0	0	5.8	0	0	0	0	0.6	0	0	0	0
Coffee With Oat l	18	0.2	0	0	40	2.8	0.4	0	0	0.8	1.4	124	0.2	120

Kid's Bowls	Calories (kcal)	Fat (g)	Saturated Fat	Cholesterol (m	Sodium (mg)	Carbohydrates	Fiber (g)	Sugars (g)	Added Sugars	Protein (g)	Vitamin D (mc	Calcium (mg)	Iron (mg)	Potassium (mg)
Baby Blue	267.4	2.3	1.5	0	55.6	53.5	6.9	25.8	0	3.3	1	90.6	0.3	724.5
Beach Babe	208.1	3.4	2.1	0	49.7	46.9	6	22	0	3	0	31.1	0.8	379.7
Sweetie Pie	194.5	4.1	1.5	0	57.8	35.2	5.6	18.3	0	3.9	0.6	130.2	0.7	395.9
Kid's Smoothies														
Sugar Cookie	245	7.9	1.3	0	60	36	4	18.9	0	5.8	50.9	149	1.5	657
Fruity Pebbles	167.1	4.7	1.3	0	103.3	23.5	4.2	12.3	0	6.5	1.5	234.1	1	441
Harry's PBJ	182.8	10.6	1.8	0	174.6	16.5	3.8	9.6	0	5.8	1.9	358.3	1	313.6
Kid's Waffle Toastinis (1 waffle)														
Plain	137	4.4	0.5	0	34	21.2	2.1	5.9	0	3.8	4	50	0.8	115
PBJ	151.8	8.2	1.3	0	69.8	14.6	3.2	3.3	0	6	0.1	33.7	0.7	75.7
Chocolate Chip	164	8	1.6	0	70.2	16.7	3.7	2	0	6.2	0.1	61.9	1	100.4

Bowls	Calories (kcal)	Fat (g)	Saturated Fat	Cholesterol (m	Sodium (mg)	Carbohydrates	Fiber (g)	Sugars (g)	Added Sugars	Protein (g)	Vitamin D (mc	Calcium (mg)	Iron (mg)	Potassium (mg)
Tasty Tulip	410	9.4	3.3	0	86.7	76	13	51	0	8.9	23	182	1.3	848
Spring Tea	409	8	3.2	0	74.8	81	8.8	62	0	6.1	0	120.6	1.3	506
Bright Bloom	373.6	15.8	5.9	0	190.1	58.1	10.4	26.7	0	9.3	0	108.9	1.6	674.4
Strawberry Cheesecake	478	15	4.8	0	305.2	58.6	13.2	22.8	0	23.3	1.2	277.2	6	859.8
Smoothies	Calories (kcal)	Fat (g)	Saturated Fat	Cholesterol (m	Sodium (mg)	Carbohydrates	Fiber (g)	Sugars (g)	Added Sugars	Protein (g)	Vitamin D (mc	Calcium (mg)	Iron (mg)	Potassium (mg)
Lucky Ladybug	198.7	5.8	3.8	0	250.4	32.2	8.7	18.4	0	3.5	3.1	581.1	4	579.7
Shamrock Shake	299.8	7.9	0.3	0	340.7	42.1	10.1	20.9	0	12.1	3.1	561.6	3.2	830.3
Strawberry Dream	251.6	9.4	1.5	0	110.8	34.6	6.1	18	0	9.5	2.5	494.6	3.6	717
Hunny Bunny	295	1.6	0	0	120	67	8		0	2.9	4	390	0.4	1091
Greens & Grains	Calories (kcal)	Fat (g)	Saturated Fat	Cholesterol (m	Sodium (mg)	Carbohydrates	Fiber (g)	Sugars (g)	Added Sugars	Protein (g)	Vitamin D (mc	Calcium (mg)	Iron (mg)	Potassium (mg)
Spring Ceasar Salad	300	17	4	0	84.3	16	8	5	0	25.7	0	340.6	4.2	780.7
Spring Ceasar Grain	578	1	4	0	100	66	11	5	0	25.7	0	340.6	6	780.7

Bottled Juic	Calories (kcal)	Fat (g)	Saturated Fat	Cholesterol (m	Sodium (mg)	Carbohydrates	Fiber (g)	Sugars (g)	Added Sugars	Protein (g)	Vitamin D (mc	Calcium (mg)	Iron (mg)	Potassium (mg)
Refreshing Releaz	201	0.6	0	0	5	45	7	30	0	2.9	0	94	1	595
Orange Ovation	223	0.8	0	0	20	50	7.9	34	0	3.9	0	119	1.4	1098
Green Goddess	169	0.4	0	0	31	32	1.7	24	0	3	0	150	2.2	841
Blue Crush	240	0.6	0	0	15	59	0.6	45	0	0.5	0	40	1.9	646
Sweet C	136	0.7	0	0	56	32	6.5	20	0	3.5	0	83.2	1.2	836
Bottled Sho	Calories (kcal)	Fat (g)	Saturated Fat	Cholesterol (m	Sodium (mg)	Carbohydrates	Fiber (g)	Sugars (g)	Added Sugars	Protein (g)	Vitamin D (mc	Calcium (mg)	Iron (mg)	Potassium (mg)
Immunity Ignite	45	0.2	0	0	3	12	0.4	6	0	0.5	0	13	0.3	161
Crisp Cleanse	23	0.3	0	0	26	4.5	1.1	0.4	0	1.3	0	73	0.6	2271
Citrus Spice	43	0.2	0	0	1.7	9	0.3	7	0	0.7	0	10	0.2	197