

FRUIT BLEND SMOOTHIES

AÇAÍ BERRY BREEZE

Açaí, Mixed berries, Strawberry, non-fat vanilla Greek yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	264	424	528
FAT CALORIES	13	20	27
TOTAL FAT (g)	2	2	3
SAT. FAT (g)	0	0	0
TRANS FAT (g)	0	0	0
CHOLEST. (mg)	2	2	3
SODIUM (mg)	27	50	54
TOTAL CARB. (g)	65	102	0
DIETARY FIBER (g)	4	5	131
SUGARS (g)	59	92	7
SUGAR ALCOHOL (g)	0	0	117
PROTEIN (g)	3	4	6
VITAMIN A	21%	32%	42%
VITAMIN C	15%	23%	31%
CALCIUM	5%	7%	10%
IRON	3%	5%	7%

FRUIT BLEND SMOOTHIES

TROPICAL BANANA WHEY

Banana, Pineapple, Coconut, Vanilla whey protein, non-fat vanilla Greek yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	366	515	731
FAT CALORIES	1	2	3
TOTAL FAT (g)	1	2	3
SAT. FAT (g)	0	0	0
TRANS FAT (g)	0	0	0
CHOLEST. (mg)	17	17	33
SODIUM (mg)	188	211	180
TOTAL CARB. (g)	70	108	140
DIETARY FIBER (g)	1	2	3
SUGARS (g)	62	98	125
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	28	29	31
VITAMIN A	41%	41%	41%
VITAMIN C	22%	26%	45%
CALCIUM	27%	28%	29%
IRON	1%	1%	1%

FRUIT BLEND SMOOTHIES

STRAWBERRY BANANA CALYPSO

Strawberry blend, Banana, non-fat vanilla Greek yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	356	550	712
FAT CALORIES	4	6	8
TOTAL FAT (g)	1	2	2
SAT. FAT (g)	0	0	0
TRANS FAT (g)	0	0	0
CHOLEST. (mg)	2	2	3
SODIUM (mg)	29	53	58
TOTAL CARB. (g)	91	141	182
DIETARY FIBER (g)	4	6	8
SUGARS (g)	75	117	150
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	4	6	8
VITAMIN A	2%	3%	4%
VITAMIN C	22%	33%	44%
CALCIUM	3%	4%	5%
IRON	2%	3%	4%

FRUIT BLEND SMOOTHIES

BAHAMA COLADA

Pineapple, Coconut, non-fat vanilla Greek yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	249	389	498
FAT CALORIES	0	0	0
TOTAL FAT (g)	0	0	0
SAT. FAT (g)	0	0	0
TRANS FAT (g)	0	0	0
CHOLEST. (mg)	2	2	3
SODIUM (mg)	27	50	54
TOTAL CARB. (g)	94	146	188
DIETARY FIBER (g)	4	6	8
SUGARS (g)	84	130	188
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	4	6	8
VITAMIN A	4%	6%	8%
VITAMIN C	60%	90%	120%
CALCIUM	6%	8%	11%
IRON	4%	6%	8%

FRUIT BLEND SMOOTHIES

MANGO TANGO

Mango blend, non-fat vanilla Greek yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	257	401	514
FAT CALORIES	0	0	0
TOTAL FAT (g)	0	0	0
SAT. FAT (g)	0	0	0
TRANS FAT (g)	0	0	0
CHOLEST. (mg)	2	2	3
SODIUM (mg)	27	50	54
TOTAL CARB. (g)	66	103	132
DIETARY FIBER (g)	1	2	2
SUGARS (g)	64	101	129
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	2	3	4
VITAMIN A	8%	12%	16%
VITAMIN C	24%	36%	48%
CALCIUM	2%	4%	5%
IRON	1%	1%	2%

FRUIT BLEND SMOOTHIES

OASIS

Strawberry, Banana, Orange, Coconut, non-fat vanilla Greek yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	277	433	555
FAT CALORIES	2	4	5
TOTAL FAT (g)	0	1	1
SAT. FAT (g)	0	0	0
TRANS FAT (g)	0	0	0
CHOLEST. (mg)	2	2	3
SODIUM (mg)	28	52	56
TOTAL CARB. (g)	71	110	141
DIETARY FIBER (g)	2	3	4
SUGARS (g)	64	100	128
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	3	4	6
VITAMIN A	1%	1%	1%
VITAMIN C	43%	65%	87%
CALCIUM	2%	4%	5%
IRON	1%	2%	3%

Açaí Berry
Breeze, Lite

Açaí Berry
Breeze, Dairy-Free

Tropical Banana
Whey, Lite

Tropical Banana
Whey, Dairy-Free

Strawberry Banana
Calypso, Lite

Strawberry Banana
Calypso, Dairy-Free

Bahama Colada, Lite

Bahama Colada, Dairy-Free

Mango
Tango, Lite

Mango Tango,
Dairy-Free

Oasis, Lite

Oasis, Dairy-Free

FRUIT BLENDS LITE & DAIRY-FREE SMOOTHIES

AÇAÍ BERRY BREEZE, LITE

Açaí, Mixed berries, Strawberry, non-fat vanilla Greek yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	103	171	207
FAT CALORIES	13	20	27
TOTAL FAT (g)	2	2	3
SAT. FAT (g)	0	0	0
TRANS FAT (g)	0	0	0
CHOLEST. (mg)	2	2	3
SODIUM (mg)	27	50	54
TOTAL CARB. (g)	20	35	41
DIETARY FIBER (g)	4	5	7
SUGARS (g)	14	25	27
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	3	4	6
VITAMIN A	21%	32%	42%
VITAMIN C	15%	23%	31%
CALCIUM	5%	7%	10%
IRON	3%	5%	7%

Açaí Berry
Breeze, Lite

Açaí Berry
Breeze, Dairy-Free

Tropical Banana
Whey, Lite

Tropical Banana
Whey, Dairy-Free

Strawberry Banana
Calypso, Lite

Strawberry Banana
Calypso, Dairy-Free

Bahama Colada, Lite

Bahama Colada, Dairy-Free

Mango
Tango, Lite

Mango Tango,
Dairy-Free

Oasis, Lite

Oasis, Dairy-Free

FRUIT BLENDS LITE & DAIRY-FREE SMOOTHIES

AÇAÍ BERRY BREEZE, DAIRY-FREE

Açaí, Mixed berries, Strawberry, non-fat vanilla Greek yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	327	506	654
FAT CALORIES	73	110	147
TOTAL FAT (g)	8	11	15
SAT. FAT (g)	6	9	12
TRANS FAT (g)	0	0	0
CHOLEST. (mg)	0	0	0
SODIUM (mg)	19	39	39
TOTAL CARB. (g)	69	107	137
DIETARY FIBER (g)	4	5	7
SUGARS (g)	62	97	124
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	1	1	2
VITAMIN A	21%	32%	42%
VITAMIN C	15%	23%	31%
CALCIUM	3%	5%	6%
IRON	3%	5%	7%

Açaí Berry
Breeze, Lite

Açaí Berry
Breeze, Dairy-Free

Tropical Banana
Whey, Lite

Tropical Banana
Whey, Dairy-Free

Strawberry Banana
Calypso, Lite

Strawberry Banana
Calypso, Dairy-Free

Bahama Colada, Lite

Bahama Colada, Dairy-Free

Mango
Tango, Lite

Mango Tango,
Dairy-Free

Oasis, Lite

Oasis, Dairy-Free

FRUIT BLENDS LITE & DAIRY-FREE SMOOTHIES

TROPICAL BANANA WHEY, LITE

Açaí, Mixed berries, Strawberry, non-fat vanilla Greek yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	197	262	394
FAT CALORIES	1	2	3
TOTAL FAT (g)	1	2	3
SAT. FAT (g)	0	0	0
TRANS FAT (g)	0	0	0
CHOLEST. (mg)	17	17	33
SODIUM (mg)	188	211	180
TOTAL CARB. (g)	25	41	50
DIETARY FIBER (g)	1	2	3
SUGARS (g)	17	30	35
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	28	29	27
VITAMIN A	41%	41%	41%
VITAMIN C	22%	26%	45%
CALCIUM	27%	28%	29%
IRON	1%	1%	1%

Açaí Berry
Breeze, Lite

Açaí Berry
Breeze, Dairy-Free

Tropical Banana
Whey, Lite

Tropical Banana
Whey, Dairy-Free

Strawberry Banana
Calypso, Lite

Strawberry Banana
Calypso, Dairy-Free

Bahama Colada, Lite

Bahama Colada, Dairy-Free

Mango
Tango, Lite

Mango Tango,
Dairy-Free

Oasis, Lite

Oasis, Dairy-Free

FRUIT BLENDS LITE & DAIRY-FREE SMOOTHIES

TROPICAL BANANA WHEY, DAIRY-FREE

Açaí, Mixed berries, Strawberry, non-fat vanilla Greek yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	320	497	640
FAT CALORIES	61	92	123
TOTAL FAT (g)	6	10	13
SAT. FAT (g)	6	9	12
TRANS FAT (g)	0	0	0
CHOLEST. (mg)	0	0	0
SODIUM (mg)	20	39	40
TOTAL CARB. (g)	71	111	142
DIETARY FIBER (g)	1	2	3
SUGARS (g)	66	103	131
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	1	1	1
VITAMIN A	1%	1%	1%
VITAMIN C	7%	11%	15%
CALCIUM	0%	1%	1%
IRON	1%	1%	1%

Açaí Berry
Breeze, Lite

Açaí Berry
Breeze, Dairy-Free

Tropical Banana
Whey, Lite

Tropical Banana
Whey, Dairy-Free

Strawberry Banana
Calypso, Lite

Strawberry Banana
Calypso, Dairy-Free

Bahama Colada, Lite

Bahama Colada, Dairy-Free

Mango
Tango, Lite

Mango Tango,
Dairy-Free

Oasis, Lite

Oasis, Dairy-Free

FRUIT BLENDS LITE & DAIRY-FREE SMOOTHIES

STRAWBERRY BANANA CALYPSO, LITE

Strawberry blend, Banana, non-fat vanilla Greek yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	187	297	374
FAT CALORIES	4	6	8
TOTAL FAT (g)	1	2	2
SAT. FAT (g)	0	0	0
TRANS FAT (g)	0	0	0
CHOLEST. (mg)	2	2	3
SODIUM (mg)	29	53	58
TOTAL CARB. (g)	46	74	92
DIETARY FIBER (g)	4	6	8
SUGARS (g)	30	49	60
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	4	6	8
VITAMIN A	2%	3%	4%
VITAMIN C	22%	33%	44%
CALCIUM	3%	4%	5%
IRON	2%	3%	4%

Açaí Berry
Breeze, Lite

Açaí Berry
Breeze, Dairy-Free

Tropical Banana
Whey, Lite

Tropical Banana
Whey, Dairy-Free

Strawberry Banana
Calypso, Lite

Strawberry Banana
Calypso, Dairy-Free

Bahama Colada, Lite

Bahama Colada, Dairy-Free

Mango
Tango, Lite

Mango Tango,
Dairy-Free

Oasis, Lite

Oasis, Dairy-Free

FRUIT BLENDS LITE & DAIRY-FREE SMOOTHIES

STRAWBERRY BANANA CALYPSO, DAIRY-FREE

Strawberry blend, Banana

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	411	632	821
FAT CALORIES	64	96	128
TOTAL FAT (g)	7	11	14
SAT. FAT (g)	6	9	12
TRANS FAT (g)	0	0	0
CHOLEST. (mg)	0	0	0
SODIUM (mg)	21	41	42
TOTAL CARB. (g)	94	146	189
DIETARY FIBER (g)	4	6	8
SUGARS (g)	78	122	157
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	2	3	4
VITAMIN A	2%	3%	4%
VITAMIN C	22%	33%	44%
CALCIUM	1%	2%	2%
IRON	2%	3%	4%

Açaí Berry
Breeze, Lite

Açaí Berry
Breeze, Dairy-Free

Tropical Banana
Whey, Lite

Tropical Banana
Whey, Dairy-Free

Strawberry Banana
Calypso, Lite

Strawberry Banana
Calypso, Dairy-Free

Bahama Colada, Lite

Bahama Colada, Dairy-Free

Mango
Tango, Lite

Mango Tango,
Dairy-Free

Oasis, Lite

Oasis, Dairy-Free

FRUIT BLENDS LITE & DAIRY-FREE SMOOTHIES

BAHAMA COLADA, LITE

Pineapple, Coconut, non-fat vanilla Greek yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	80	136	160
FAT CALORIES	0	0	0
TOTAL FAT (g)	0	0	0
SAT. FAT (g)	0	0	0
TRANS FAT (g)	0	0	0
CHOLEST. (mg)	2	2	3
SODIUM (mg)	27	27	27
TOTAL CARB. (g)	49	78	98
DIETARY FIBER (g)	4	6	8
SUGARS (g)	39	63	78
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	4	6	8
VITAMIN A	4%	6%	8%
VITAMIN C	60%	90%	120%
CALCIUM	6%	8%	11%
IRON	4%	6%	8%

Açaí Berry
Breeze, Lite

Açaí Berry
Breeze, Dairy-Free

Tropical Banana
Whey, Lite

Tropical Banana
Whey, Dairy-Free

Strawberry Banana
Calypso, Lite

Strawberry Banana
Calypso, Dairy-Free

Bahama Colada, Lite

Bahama Colada, Dairy-Free

Mango
Tango, Lite

Mango Tango,
Dairy-Free

Oasis, Lite

Oasis, Dairy-Free

FRUIT BLENDS LITE & DAIRY-FREE SMOOTHIES

BAHAMA COLADA, DAIRY-FREE

Pineapple, Coconut

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	304	471	607
FAT CALORIES	60	90	120
TOTAL FAT (g)	6	9	12
SAT. FAT (g)	6	9	12
TRANS FAT (g)	0	0	0
CHOLEST. (mg)	0	0	0
SODIUM (mg)	19	38	38
TOTAL CARB. (g)	97	150	195
DIETARY FIBER (g)	4	6	8
SUGARS (g)	87	135	175
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	2	3	4
VITAMIN A	4%	6%	8%
VITAMIN C	60%	90%	120%
CALCIUM	4%	6%	8%
IRON	4%	6%	8%

Açaí Berry
Breeze, Lite

Açaí Berry
Breeze, Dairy-Free

Tropical Banana
Whey, Lite

Tropical Banana
Whey, Dairy-Free

Strawberry Banana
Calypso, Lite

Strawberry Banana
Calypso, Dairy-Free

Bahama Colada, Lite

Bahama Colada, Dairy-Free

Mango
Tango, Lite

Mango Tango,
Dairy-Free

Oasis, Lite

Oasis, Dairy-Free

FRUIT BLENDS LITE & DAIRY-FREE SMOOTHIES

MANGO TANGO, LITE

Mango blend, non-fat vanilla Greek yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	88	148	176
FAT CALORIES	0	0	0
TOTAL FAT (g)	0	0	0
SAT. FAT (g)	0	0	0
TRANS FAT (g)	0	0	0
CHOLEST. (mg)	2	2	3
SODIUM (mg)	27	50	54
TOTAL CARB. (g)	21	35	42
DIETARY FIBER (g)	1	2	2
SUGARS (g)	19	33	39
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	2	3	4
VITAMIN A	8%	12%	16%
VITAMIN C	24%	36%	48%
CALCIUM	2%	4%	5%
IRON	1%	1%	2%

Açaí Berry
Breeze, Lite

Açaí Berry
Breeze, Dairy-Free

Tropical Banana
Whey, Lite

Tropical Banana
Whey, Dairy-Free

Strawberry Banana
Calypso, Lite

Strawberry Banana
Calypso, Dairy-Free

Bahama Colada, Lite

Bahama Colada, Dairy-Free

Mango
Tango, Lite

Mango Tango,
Dairy-Free

Oasis, Lite

Oasis, Dairy-Free

FRUIT BLENDS LITE & DAIRY-FREE SMOOTHIES

MANGO TANGO, DAIRY-FREE

Mango blend

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	312	483	623
FAT CALORIES	60	90	120
TOTAL FAT (g)	6	9	12
SAT. FAT (g)	6	9	12
TRANS FAT (g)	0	0	0
CHOLEST. (mg)	0	0	0
SODIUM (mg)	19	38	38
TOTAL CARB. (g)	69	108	138
DIETARY FIBER (g)	1	2	2
SUGARS (g)	68	106	136
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	0	0	0
VITAMIN A	8%	12%	16%
VITAMIN C	24%	36%	48%
CALCIUM	1%	1%	2%
IRON	1%	1%	2%

Açaí Berry
Breeze, Lite

Açaí Berry
Breeze, Dairy-Free

Tropical Banana
Whey, Lite

Tropical Banana
Whey, Dairy-Free

Strawberry Banana
Calypso, Lite

Strawberry Banana
Calypso, Dairy-Free

Bahama Colada, Lite

Bahama Colada, Dairy-Free

Mango
Tango, Lite

Mango Tango,
Dairy-Free

Oasis, Lite

Oasis, Dairy-Free

FRUIT BLENDS LITE & DAIRY-FREE SMOOTHIES

OASIS, LITE

Strawberry, Banana, Orange, Coconut, non-fat vanilla Greek yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	109	179	217
FAT CALORIES	2	4	5
TOTAL FAT (g)	0	1	1
SAT. FAT (g)	0	0	0
TRANS FAT (g)	0	0	0
CHOLEST. (mg)	2	2	3
SODIUM (mg)	28	52	56
TOTAL CARB. (g)	26	43	51
DIETARY FIBER (g)	2	3	4
SUGARS (g)	19	33	38
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	3	4	6
VITAMIN A	1%	1%	1%
VITAMIN C	43%	65%	87%
CALCIUM	2%	4%	5%
IRON	1%	2%	3%

Açaí Berry
Breeze, Lite

Açaí Berry
Breeze, Dairy-Free

Tropical Banana
Whey, Lite

Tropical Banana
Whey, Dairy-Free

Strawberry Banana
Calypso, Lite

Strawberry Banana
Calypso, Dairy-Free

Bahama Colada, Lite

Bahama Colada, Dairy-Free

Mango
Tango, Lite

Mango Tango,
Dairy-Free

Oasis, Lite

Oasis, Dairy-Free

FRUIT BLENDS LITE & DAIRY-FREE SMOOTHIES

OASIS, DAIRY-FREE

Strawberry, Banana, Orange, Coconut

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	332	515	664
FAT CALORIES	62	94	125
TOTAL FAT (g)	6	10	13
SAT. FAT (g)	6	9	12
TRANS FAT (g)	0	0	0
CHOLEST. (mg)	0	0	0
SODIUM (mg)	20	40	41
TOTAL CARB. (g)	74	115	148
DIETARY FIBER (g)	2	3	4
SUGARS (g)	67	105	135
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	1	1	2
VITAMIN A	1%	1%	1%
VITAMIN C	43%	65%	87%
CALCIUM	1%	1%	2%
IRON	1%	2%	3%

CREAM SMOOTHIES

COCONUT KULANA

Creamy coconut blend, Vanilla ice cream, whipped cream & cherry

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	361	557	721
FAT CALORIES	70	105	140
TOTAL FAT (g)	8	12	16
SAT. FAT (g)	5	8	10
TRANS FAT (g)	0	0	0
CHOLEST. (mg)	35	53	70
SODIUM (mg)	84	136	168
TOTAL CARB. (g)	72	113	145
DIETARY FIBER (g)	0	0	0
SUGARS (g)	72	113	145
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	4	6	8
VITAMIN A	6%	9%	12%
VITAMIN C	0%	0%	0%
CALCIUM	15%	23%	30%
IRON	0%	0%	0%

CREAM SMOOTHIES

ORANGE CRUISER

Orange blend, Vanilla ice cream, whipped cream & cherry

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	361	557	721
FAT CALORIES	70	105	140
TOTAL FAT (g)	8	12	16
SAT. FAT (g)	5	8	10
TRANS FAT (g)	0	0	0
CHOLEST. (mg)	35	53	70
SODIUM (mg)	84	136	168
TOTAL CARB. (g)	72	113	145
DIETARY FIBER (g)	0	0	0
SUGARS (g)	72	113	145
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	4	6	8
VITAMIN A	6%	9%	12%
VITAMIN C	0%	0%	0%
CALCIUM	15%	23%	30%
IRON	0%	0%	0%

CREAM SMOOTHIES

STRAWBERRY FREEZECAKE

Strawberry blend, Creamy cheesecake, vanilla ice cream, whipped cream & cherry

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	372	575	745
FAT CALORIES	71	107	142
TOTAL FAT (g)	8	12	16
SAT. FAT (g)	5	8	10
TRANS FAT (g)	0	0	0
CHOLEST. (mg)	35	53	70
SODIUM (mg)	85	137	169
TOTAL CARB. (g)	75	117	150
DIETARY FIBER (g)	1	1	1
SUGARS (g)	74	115	148
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	4	6	8
VITAMIN A	6%	9%	12%
VITAMIN C	36%	54%	72%
CALCIUM	16%	23%	31%
IRON	1%	1%	2%

CREAM SMOOTHIES

WAVEBENDER

Banana, Pineapple, Coconut rum, vanilla ice cream, whipped cream & cherry

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	415	634	862
FAT CALORIES	72	108	144
TOTAL FAT (g)	8	13	17
SAT. FAT (g)	5	8	10
TRANS FAT (g)	0	0	0
CHOLEST. (mg)	35	53	70
SODIUM (mg)	85	137	190
TOTAL CARB. (g)	87	134	183
DIETARY FIBER (g)	2	3	5
SUGARS (g)	79	123	167
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	5	7	9
VITAMIN A	7%	11%	14%
VITAMIN C	23%	27%	47%
CALCIUM	16%	24%	33%
IRON	2%	2%	3%

CREAM SMOOTHIES

STRAWBERRY BLISS

Strawberry blend, Strawberry ice cream, Strawberry sauce, whipped cream & cherry

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	427	657	855
FAT CALORIES	62	93	124
TOTAL FAT (g)	7	10	14
SAT. FAT (g)	5	7	9
TRANS FAT (g)	0	0	0
CHOLEST. (mg)	28	42	57
SODIUM (mg)	71	116	141
TOTAL CARB. (g)	93	143	186
DIETARY FIBER (g)	1	1	1
SUGARS (g)	88	137	177
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	4	5	7
VITAMIN A	5%	7%	9%
VITAMIN C	53%	79%	106%
CALCIUM	12%	18%	24%
IRON	1%	1%	2%

CREAM SMOOTHIES



Dark chocolate, Cola, Mocha, Chocolate ice cream, Chocolate sauce, whipped cream & cherry

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	861	1298	1723
FAT CALORIES	361	542	722
TOTAL FAT (g)	41	62	82
SAT. FAT (g)	33	50	66
TRANS FAT (g)	0	0	0
CHOLEST. (mg)	35	53	70
SODIUM (mg)	234	353	468
TOTAL CARB. (g)	121	184	243
DIETARY FIBER (g)	1	2	2
SUGARS (g)	117	178	235
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	7	11	14
VITAMIN A	6%	9%	12%
VITAMIN C	0%	0%	0%
CALCIUM	10%	15%	20%
IRON	12%	18%	24%