



# NUTRITIONAL GUIDE

Which product would you like to learn about?

**AÇAÍ BOWL**

**BAHAMA SODAS**

**FROSTALATTÉS**

**LEMONADES**

**SHAVED ICE**

**FRUIT BLEND SMOOTHIES**

**CREAM BLEND SMOOTHIES**

## BAHAMA BUCK'S

# AÇAÍ BOWL

Açaí, Mixed Berries, Strawberries, Bananas, Nut-free granola, Coconut flakes, and Honey

	Small 12 oz.	Regular 16 oz.
CALORIES	290	370
FAT CALORIES	54	74
TOTAL FAT (g)	8	10
SAT. FAT (g)	3	3
TRANS FAT (g)	0	0
CHOLEST. (mg)	0	0
SODIUM (mg)	11	11
TOTAL CARB. (g)	43	57
DIETARY FIBER (g)	5	6
SUGARS (g)	36	49
SUGAR ALCOHOL (g)	0	0
PROTEIN (g)	1	1
VITAMIN A	12%	18%
VITAMIN C	40%	44%
CALCIUM	4%	6%
IRON	8%	10%

## BAHAMA SODA



# COSTA COLADA

Sprite<sup>®</sup>, Original Flavorings, Tropic Creme

	Small 20 oz.	Regular 32 oz.	Avalanche 44 oz.
CALORIES	259	469	691
FAT CALORIES	30	60	90
TOTAL FAT (g)	3	6	9
SAT. FAT (g)	3	6	9
TRANS FAT (g)	0	0	0
CHOLEST. (mg)	0	0	0
SODIUM (mg)	62	101	146
TOTAL CARB. (g)	61	110	161
DIETARY FIBER (g)	0	0	0
SUGARS (g)	61	110	161
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	0	0	0
VITAMIN A	0%	0%	0%
VITAMIN C	0%	0%	0%
CALCIUM	0%	0%	0%
IRON	0%	0%	0%

## BAHAMA SODA

## CARIBBEAN COLA

Coca-Cola®, Original Flavorings, Tropic Creme

	Small 20 oz.	Regular 32 oz.	Avalanche 44 oz.
CALORIES	259	469	691
FAT CALORIES	30	60	90
TOTAL FAT (g)	3	6	9
SAT. FAT (g)	3	6	9
TRANS FAT (g)	0	0	0
CHOLEST. (mg)	0	0	0
SODIUM (mg)	41	68	98
TOTAL CARB. (g)	61	110	161
DIETARY FIBER (g)	0	0	0
SUGARS (g)	61	110	161
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	0	0	0
VITAMIN A	0%	0%	0%
VITAMIN C	0%	0%	0%
CALCIUM	0%	0%	0%
IRON	0%	0%	0%

**FROSTALATTÉS®**

# ISLAND MOCHA

Whole Milk, Espresso, Original Flavorings, Dark Chocolate Sauce

	Small 16 oz.	Regular 24 oz.
<b>CALORIES</b>	<b>292</b>	<b>396</b>
<b>FAT CALORIES</b>	<b>30</b>	<b>42</b>
<b>TOTAL FAT (g)</b>	<b>3</b>	<b>5</b>
<b>SAT. FAT (g)</b>	<b>2</b>	<b>3</b>
<b>TRANS FAT (g)</b>	<b>0</b>	<b>0</b>
<b>CHOLEST. (mg)</b>	<b>13</b>	<b>18</b>
<b>SODIUM (mg)</b>	<b>60</b>	<b>84</b>
<b>TOTAL CARB. (g)</b>	<b>64</b>	<b>86</b>
<b>DIETARY FIBER (g)</b>	<b>2</b>	<b>2</b>
<b>SUGARS (g)</b>	<b>64</b>	<b>86</b>
<b>SUGAR ALCOHOL (g)</b>	<b>0</b>	<b>0</b>
<b>PROTEIN (g)</b>	<b>4</b>	<b>5</b>
<b>VITAMIN A</b>	<b>2%</b>	<b>3%</b>
<b>VITAMIN C</b>	<b>0%</b>	<b>0%</b>
<b>CALCIUM</b>	<b>11%</b>	<b>15%</b>
<b>IRON</b>	<b>6%</b>	<b>8%</b>

**FROSTALATTÉS®**

# PARADISE ROYALE

Whole Milk, Espresso, Original Flavors, Dk. Choc. Sauce, Caramel Sauce

	Small 16 oz.	Regular 24 oz.
<b>CALORIES</b>	<b>295</b>	<b>401</b>
<b>FAT CALORIES</b>	<b>30</b>	<b>42</b>
<b>TOTAL FAT (g)</b>	<b>3</b>	<b>5</b>
<b>SAT. FAT (g)</b>	<b>2</b>	<b>3</b>
<b>TRANS FAT (g)</b>	<b>0</b>	<b>0</b>
<b>CHOLEST. (mg)</b>	<b>14</b>	<b>21</b>
<b>SODIUM (mg)</b>	<b>79</b>	<b>109</b>
<b>TOTAL CARB. (g)</b>	<b>66</b>	<b>88</b>
<b>DIETARY FIBER (g)</b>	<b>1</b>	<b>1</b>
<b>SUGARS (g)</b>	<b>63</b>	<b>85</b>
<b>SUGAR ALCOHOL (g)</b>	<b>0</b>	<b>0</b>
<b>PROTEIN (g)</b>	<b>3</b>	<b>5</b>
<b>VITAMIN A</b>	<b>2%</b>	<b>3%</b>
<b>VITAMIN C</b>	<b>0%</b>	<b>0%</b>
<b>CALCIUM</b>	<b>12%</b>	<b>16%</b>
<b>IRON</b>	<b>3%</b>	<b>4%</b>

**FROSTALATTÉS®**

# PLAYA DEL CARMEL

Whole Milk, Espresso, Original Flavorings, Caramel Sauce

	Small 16 oz.	Regular 24 oz.
<b>CALORIES</b>	<b>299</b>	<b>406</b>
<b>FAT CALORIES</b>	<b>30</b>	<b>42</b>
<b>TOTAL FAT (g)</b>	<b>3</b>	<b>5</b>
<b>SAT. FAT (g)</b>	<b>2</b>	<b>3</b>
<b>TRANS FAT (g)</b>	<b>0</b>	<b>0</b>
<b>CHOLEST. (mg)</b>	<b>16</b>	<b>23</b>
<b>SODIUM (mg)</b>	<b>97</b>	<b>134</b>
<b>TOTAL CARB. (g)</b>	<b>67</b>	<b>91</b>
<b>DIETARY FIBER (g)</b>	<b>0</b>	<b>0</b>
<b>SUGARS (g)</b>	<b>62</b>	<b>84</b>
<b>SUGAR ALCOHOL (g)</b>	<b>0</b>	<b>0</b>
<b>PROTEIN (g)</b>	<b>3</b>	<b>4</b>
<b>VITAMIN A</b>	<b>2%</b>	<b>3%</b>
<b>VITAMIN C</b>	<b>0%</b>	<b>0%</b>
<b>CALCIUM</b>	<b>12%</b>	<b>17%</b>
<b>IRON</b>	<b>0%</b>	<b>0%</b>

**FROSTALATTÉS®**

# FROZEN HOT KOKO

Whole Milk, Espresso, Original Flavorings, Caramel Sauce

	Small 16 oz.	Regular 24 oz.
<b>CALORIES</b>	<b>416</b>	<b>634</b>
<b>FAT CALORIES</b>	<b>107</b>	<b>125</b>
<b>TOTAL FAT (g)</b>	<b>12</b>	<b>14</b>
<b>SAT. FAT (g)</b>	<b>9</b>	<b>10</b>
<b>TRANS FAT (g)</b>	<b>0</b>	<b>0</b>
<b>CHOLEST. (mg)</b>	<b>13</b>	<b>22</b>
<b>SODIUM (mg)</b>	<b>227</b>	<b>258</b>
<b>TOTAL CARB. (g)</b>	<b>77</b>	<b>80</b>
<b>DIETARY FIBER (g)</b>	<b>4</b>	<b>4</b>
<b>SUGARS (g)</b>	<b>65</b>	<b>68</b>
<b>SUGAR ALCOHOL (g)</b>	<b>0</b>	<b>0</b>
<b>PROTEIN (g)</b>	<b>9</b>	<b>11</b>
<b>VITAMIN A</b>	<b>2%</b>	<b>4%</b>
<b>VITAMIN C</b>	<b>0%</b>	<b>0%</b>
<b>CALCIUM</b>	<b>23%</b>	<b>31%</b>
<b>IRON</b>	<b>8%</b>	<b>8%</b>



**FROSTALATTÉS®**

# NON-DAIRY WHIPPED TOPPING

Small  
16 oz.

Regular  
24 oz.

	Small 16 oz.	Regular 24 oz.
<b>CALORIES</b>	<b>20</b>	<b>20</b>
<b>FAT CALORIES</b>	<b>15</b>	<b>15</b>
<b>TOTAL FAT (g)</b>	<b>2</b>	<b>2</b>
<b>SAT. FAT (g)</b>	<b>2</b>	<b>2</b>
<b>TRANS FAT (g)</b>	<b>0</b>	<b>0</b>
<b>CHOLEST. (mg)</b>	<b>0</b>	<b>0</b>
<b>SODIUM (mg)</b>	<b>0</b>	<b>0</b>
<b>TOTAL CARB. (g)</b>	<b>1</b>	<b>1</b>
<b>DIETARY FIBER (g)</b>	<b>0</b>	<b>0</b>
<b>SUGARS (g)</b>	<b>1</b>	<b>1</b>
<b>SUGAR ALCOHOL (g)</b>	<b>0</b>	<b>0</b>
<b>PROTEIN (g)</b>	<b>1</b>	<b>1</b>
<b>VITAMIN A</b>	<b>0%</b>	<b>0%</b>
<b>VITAMIN C</b>	<b>0%</b>	<b>0%</b>
<b>CALCIUM</b>	<b>0%</b>	<b>0%</b>
<b>IRON</b>	<b>0%</b>	<b>0%</b>

## FROZEN AND ICED LEMONADES

# LEMONADE

Water, Lemons, Sugar

	Regular 24 oz.	Extra Large 44 oz.
<b>CALORIES</b>	<b>189</b>	<b>378</b>
<b>FAT CALORIES</b>	<b>1</b>	<b>2</b>
<b>TOTAL FAT (g)</b>	<b>0</b>	<b>0</b>
<b>SAT. FAT (g)</b>	<b>0</b>	<b>0</b>
<b>TRANS FAT (g)</b>	<b>0</b>	<b>0</b>
<b>CHOLEST. (mg)</b>	<b>0</b>	<b>0</b>
<b>SODIUM (mg)</b>	<b>1</b>	<b>2</b>
<b>TOTAL CARB. (g)</b>	<b>51</b>	<b>102</b>
<b>DIETARY FIBER (g)</b>	<b>2</b>	<b>4</b>
<b>SUGARS (g)</b>	<b>47</b>	<b>94</b>
<b>SUGAR ALCOHOL (g)</b>	<b>0</b>	<b>0</b>
<b>PROTEIN (g)</b>	<b>1</b>	<b>2</b>
<b>VITAMIN C</b>	<b>0%</b>	<b>0%</b>
<b>VITAMIN A</b>	<b>51%</b>	<b>102%</b>
<b>CALCIUM</b>	<b>2%</b>	<b>4%</b>
<b>IRON</b>	<b>2%</b>	<b>4%</b>

## FROZEN AND ICED LEMONADES

## STRAWBERRY LEMONADE

Water, Lemons, Sugar

	Regular 24 oz.	Extra Large 44 oz.
CALORIES	207	414
FAT CALORIES	3	6
TOTAL FAT (g)	0	0
SAT. FAT (g)	0	0
TRANS FAT (g)	0	0
CHOLEST. (mg)	0	0
SODIUM (mg)	1	2
TOTAL CARB. (g)	55	110
DIETARY FIBER (g)	4	8
SUGARS (g)	49	98
SUGAR ALCOHOL (g)	0	0
PROTEIN (g)	1	2
VITAMIN C	0%	0%
VITAMIN A	107%	214%
CALCIUM	2%	4%
IRON	4%	8%

## FROZEN AND ICED LEMONADES



# CHERRY LIMEADE

Water, Limes, Sugar, Original Flavorings

	Regular 24 oz.	Extra Large 44 oz.
<b>CALORIES</b>	<b>305</b>	<b>609</b>
<b>FAT CALORIES</b>	<b>1</b>	<b>2</b>
<b>TOTAL FAT (g)</b>	<b>0</b>	<b>0</b>
<b>SAT. FAT (g)</b>	<b>0</b>	<b>0</b>
<b>TRANS FAT (g)</b>	<b>0</b>	<b>0</b>
<b>CHOLEST. (mg)</b>	<b>0</b>	<b>0</b>
<b>SODIUM (mg)</b>	<b>1</b>	<b>2</b>
<b>TOTAL CARB. (g)</b>	<b>83</b>	<b>166</b>
<b>DIETARY FIBER (g)</b>	<b>2</b>	<b>4</b>
<b>SUGARS (g)</b>	<b>77</b>	<b>154</b>
<b>SUGAR ALCOHOL (g)</b>	<b>0</b>	<b>0</b>
<b>PROTEIN (g)</b>	<b>0</b>	<b>0</b>
<b>VITAMIN C</b>	<b>1%</b>	<b>2%</b>
<b>VITAMIN A</b>	<b>32%</b>	<b>64%</b>
<b>CALCIUM</b>	<b>2%</b>	<b>4%</b>
<b>IRON</b>	<b>2%</b>	<b>4%</b>

## SHAVED ICE

## ORIGINAL FLAVORS

	Baby 8 oz.	Small 12 oz.	Regular 16 oz.	Large 20 oz.	Avalanche 32 oz.
CALORIES	169	225	281	338	563
FAT CALORIES	0	0	0	0	0
TOTAL FAT (g)	0	0	0	0	0
SAT. FAT (g)	0	0	0	0	0
TRANS FAT (g)	0	0	0	0	0
CHOLEST. (mg)	0	0	0	0	0
SODIUM (mg)	77	115	153	192	306
TOTAL CARB. (g)	45	60	75	90	150
DIETARY FIBER (g)	0	0	0	0	0
SUGARS (g)	45	60	75	90	150
SUGAR ALCOHOL (g)	0	0	0	0	0
PROTEIN (g)	0	0	0	0	0
VITAMIN C	0%	0%	0%	0%	0%
VITAMIN A	0%	0%	0%	0%	0%
CALCIUM	0%	0%	0%	0%	0%
IRON	0%	0%	0%	0%	0%

## SHAVED ICE

## SUPER SOUR FLAVORS

	Baby 8 oz.	Small 12 oz.	Regular 16 oz.	Large 20 oz.	Avalanche 32 oz.
CALORIES	169	225	281	338	563
FAT CALORIES	0	0	0	0	0
TOTAL FAT (g)	0	0	0	0	0
SAT. FAT (g)	0	0	0	0	0
TRANS FAT (g)	0	0	0	0	0
CHOLEST. (mg)	0	0	0	0	0
SODIUM (mg)	77	115	153	192	306
TOTAL CARB. (g)	45	60	75	90	150
DIETARY FIBER (g)	0	0	0	0	0
SUGARS (g)	45	60	75	90	150
SUGAR ALCOHOL (g)	0	0	0	0	0
PROTEIN (g)	0	0	0	0	0
VITAMIN C	0%	0%	0%	0%	0%
VITAMIN A	0%	0%	0%	0%	0%
CALCIUM	0%	0%	0%	0%	0%
IRON	0%	0%	0%	0%	0%

## SHAVED ICE

## NATURAL FLAVORS

	Baby 8 oz	Small 12 oz.	Regular 16 oz.	Large 20 oz.	Avalanche 32 oz.
CALORIES	169	225	281	338	563
FAT CALORIES	0	0	0	0	0
TOTAL FAT (g)	0	0	0	0	0
SAT. FAT (g)	0	0	0	0	0
TRANS FAT (g)	0	0	0	0	0
CHOLEST. (mg)	0	0	0	0	0
SODIUM (mg)	77	115	153	192	306
TOTAL CARB. (g)	45	60	75	90	150
DIETARY FIBER (g)	0	0	0	0	0
SUGARS (g)	45	60	75	90	150
SUGAR ALCOHOL (g)	0	0	0	0	0
PROTEIN (g)	0	0	0	0	0
VITAMIN C	0%	0%	0%	0%	0%
VITAMIN A	0%	0%	0%	0%	0%
CALCIUM	0%	0%	0%	0%	0%
IRON	0%	0%	0%	0%	0%

## SHAVED ICE



# THIN ICE® FLAVORS

	Baby 8 oz.	Small 12 oz.	Regular 16 oz.	Large 20 oz.	Avalanche 32 oz.
CALORIES	0	0	0	0	0
FAT CALORIES	0	0	0	0	0
TOTAL FAT (g)	0	0	0	0	0
SAT. FAT (g)	0	0	0	0	0
TRANS FAT (g)	0	0	0	0	0
CHOLEST. (mg)	0	0	0	0	0
SODIUM (mg)	77	115	153	192	306
TOTAL CARB. (g)	0	0	0	0	0
DIETARY FIBER (g)	0	0	0	0	0
SUGARS (g)	0	0	0	0	0
SUGAR ALCOHOL (g)	0	0	0	0	0
PROTEIN (g)	0	0	0	0	0
VITAMIN C	0%	0%	0%	0%	0%
VITAMIN A	0%	0%	0%	0%	0%
CALCIUM	0%	0%	0%	0%	0%
IRON	0%	0%	0%	0%	0%



## SHAVED ICE

## PICKLE JUICE FLAVOR

	Baby 8 oz.	Small 12 oz.	Regular 16 oz.	Large 20 oz.	Avalanche 32 oz.
CALORIES	0	0	0	0	0
FAT CALORIES	45	60	90	120	180
TOTAL FAT (g)	5	6	9	12	18
SAT. FAT (g)	5	6	9	12	18
TRANS FAT (g)	0	0	0	0	0
CHOLEST. (mg)	0	0	0	0	0
SODIUM (mg)	988	1495	1975	2483	3985
TOTAL CARB. (g)	5	6	9	12	18
DIETARY FIBER (g)	0	0	0	0	0
SUGARS (g)	5	6	9	12	18
SUGAR ALCOHOL (g)	0	0	0	0	0
PROTEIN (g)	0	0	0	0	0
VITAMIN C	0%	0%	0%	0%	0%
VITAMIN A	0%	0%	0%	0%	0%
CALCIUM	0%	0%	0%	0%	0%
IRON	0%	0%	0%	0%	0%

## ADD-INS

# CHOCOLATE ICE CREAM

	Baby 8 oz.	Small 12 oz.	Regular 16 oz.	Large 20 oz.	Avalanche 32 oz.
<b>CALORIES</b>	<b>100</b>	<b>160</b>	<b>210</b>	<b>260</b>	<b>360</b>
<b>FAT CALORIES</b>	<b>51</b>	<b>81</b>	<b>106</b>	<b>132</b>	<b>182</b>
<b>TOTAL FAT (g)</b>	<b>6</b>	<b>9</b>	<b>12</b>	<b>15</b>	<b>20</b>
<b>SAT. FAT (g)</b>	<b>3</b>	<b>5</b>	<b>7</b>	<b>8</b>	<b>11</b>
<b>TRANS FAT (g)</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>CHOLEST. (mg)</b>	<b>22</b>	<b>35</b>	<b>46</b>	<b>57</b>	<b>79</b>
<b>SODIUM (mg)</b>	<b>31</b>	<b>50</b>	<b>66</b>	<b>81</b>	<b>113</b>
<b>TOTAL CARB. (g)</b>	<b>11</b>	<b>17</b>	<b>22</b>	<b>28</b>	<b>38</b>
<b>DIETARY FIBER (g)</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>2</b>	<b>2</b>
<b>SUGARS (g)</b>	<b>11</b>	<b>17</b>	<b>22</b>	<b>28</b>	<b>38</b>
<b>SUGAR ALCOHOL (g)</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>PROTEIN (g)</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>7</b>
<b>VITAMIN C</b>	<b>4%</b>	<b>6%</b>	<b>8%</b>	<b>10%</b>	<b>14%</b>
<b>VITAMIN A</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>
<b>CALCIUM</b>	<b>6%</b>	<b>10%</b>	<b>13%</b>	<b>16%</b>	<b>23%</b>
<b>IRON</b>	<b>3%</b>	<b>4%</b>	<b>5%</b>	<b>7%</b>	<b>9%</b>

## ADD-INS

# STRAWBERRY ICE CREAM

	Baby 8 oz.	Small 12 oz.	Regular 16 oz.	Large 20 oz.	Avalanche 32 oz.
<b>CALORIES</b>	<b>100</b>	<b>159</b>	<b>208</b>	<b>258</b>	<b>357</b>
<b>FAT CALORIES</b>	<b>38</b>	<b>61</b>	<b>80</b>	<b>99</b>	<b>138</b>
<b>TOTAL FAT (g)</b>	<b>4</b>	<b>7</b>	<b>9</b>	<b>11</b>	<b>15</b>
<b>SAT. FAT (g)</b>	<b>3</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>10</b>
<b>TRANS FAT (g)</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>CHOLEST. (mg)</b>	<b>18</b>	<b>28</b>	<b>37</b>	<b>46</b>	<b>64</b>
<b>SODIUM (mg)</b>	<b>32</b>	<b>51</b>	<b>67</b>	<b>83</b>	<b>115</b>
<b>TOTAL CARB. (g)</b>	<b>13</b>	<b>22</b>	<b>28</b>	<b>35</b>	<b>48</b>
<b>DIETARY FIBER (g)</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>SUGARS (g)</b>	<b>11</b>	<b>18</b>	<b>24</b>	<b>29</b>	<b>41</b>
<b>SUGAR ALCOHOL (g)</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>PROTEIN (g)</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>6</b>	<b>8</b>
<b>VITAMIN C</b>	<b>3%</b>	<b>5%</b>	<b>6%</b>	<b>7%</b>	<b>10%</b>
<b>VITAMIN A</b>	<b>11%</b>	<b>17%</b>	<b>22%</b>	<b>28%</b>	<b>38%</b>
<b>CALCIUM</b>	<b>7%</b>	<b>11%</b>	<b>15%</b>	<b>18%</b>	<b>25%</b>
<b>IRON</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>

## ADD-INS

# VANILLA ICE CREAM

	Baby 8 oz.	Small 12 oz.	Regular 16 oz.	Large 20 oz.	Avalanche 32 oz.
CALORIES	100	160	210	260	360
FAT CALORIES	44	70	92	114	158
TOTAL FAT (g)	5	8	11	13	18
SAT. FAT (g)	3	5	7	8	11
TRANS FAT (g)	0	0	0	0	0
CHOLEST. (mg)	22	35	46	57	79
SODIUM (mg)	41	65	85	106	146
TOTAL CARB. (g)	12	19	25	31	43
DIETARY FIBER (g)	0	0	0	0	0
SUGARS (g)	12	19	25	31	43
SUGAR ALCOHOL (g)	0	0	0	0	0
PROTEIN (g)	3	4	5	7	9
VITAMIN C	4%	6%	8%	10%	14%
VITAMIN A	0%	0%	0%	0%	0%
CALCIUM	9%	15%	20%	24%	34%
IRON	0%	0%	0%	0%	0%

## ADD-INS

# NO SUGAR ADDED VANILLA ICE CREAM

	Baby 8 oz.	Small 12 oz.	Regular 16 oz.	Large 20 oz.	Avalanche 32 oz.
CALORIES	63	100	131	163	225
FAT CALORIES	16	25	33	41	56
TOTAL FAT (g)	2	3	4	5	7
SAT. FAT (g)	1	2	3	3	5
TRANS FAT (g)	0	0	0	0	0
CHOLEST. (mg)	9	15	20	24	34
SODIUM (mg)	44	70	92	114	154
TOTAL CARB. (g)	11	18	24	29	41
DIETARY FIBER (g)	3	4	5	7	9
SUGARS (g)	4	6	8	10	14
SUGAR ALCOHOL (g)	3	4	5	7	9
PROTEIN (g)	3	4	5	7	9
VITAMIN C	4%	6%	8%	10%	14%
VITAMIN A	0%	0%	0%	0%	0%
CALCIUM	28%	45%	59%	73%	101%
IRON	0%	0%	0%	0%	0%

Chamoy

Tropic  
Creme

Sugar-Free  
Tropic Creme

Piccadilly

Condensed  
Milk

Chocolate  
Creme

Sour Patch®  
Sauce

Sprinkles  
& Powders

## TROPICAL TOPPINGS

# CHAMOY

	Baby 8 oz.	Small 12 oz.	Regular 16 oz.	Large 20 oz.	Avalanche 32 oz.
CALORIES	50	74	112	149	223
FAT CALORIES	1	2	3	4	6
TOTAL FAT (g)	0	0	0	0	0
SAT. FAT (g)	0	0	0	0	0
TRANS FAT (g)	0	0	0	0	0
CHOLEST. (mg)	0	0	0	0	0
SODIUM (mg)	258	387	580	773	1160
TOTAL CARB. (g)	12	18	27	36	54
DIETARY FIBER (g)	6	9	14	18	27
SUGARS (g)	0	0	0	0	0
SUGAR ALCOHOL (g)	0	0	0	0	0
PROTEIN (g)	0	0	0	0	0
VITAMIN C	0%	0%	0%	0%	0%
VITAMIN A	0%	0%	0%	0%	0%
CALCIUM	0%	0%	0%	0%	0%
IRON	0%	0%	0%	0%	0%

## TROPICAL TOPPINGS



# TROPIC CREME

	Baby 8 oz.	Small 12 oz.	Regular 16 oz.	Large 20 oz.	Avalanche 32 oz.
CALORIES	56	75	113	150	225
FAT CALORIES	45	60	90	120	180
TOTAL FAT (g)	5	6	9	12	18
SAT. FAT (g)	5	6	9	12	18
TRANS FAT (g)	0	0	0	0	0
CHOLEST. (mg)	0	0	0	0	0
SODIUM (mg)	0	0	0	0	0
TOTAL CARB. (g)	5	6	9	12	18
DIETARY FIBER (g)	0	0	0	0	0
SUGARS (g)	5	6	9	12	18
SUGAR ALCOHOL (g)	0	0	0	0	0
PROTEIN (g)	0	0	0	0	0
VITAMIN C	0%	0%	0%	0%	0%
VITAMIN A	0%	0%	0%	0%	0%
CALCIUM	0%	0%	0%	0%	0%
IRON	0%	0%	0%	0%	0%

## TROPICAL TOPPINGS

## SUGAR-FREE TROPIC CREME

	Baby 8 oz.	Small 12 oz.	Regular 16 oz.	Large 20 oz.	Avalanche 32 oz.
CALORIES	56	75	113	150	225
FAT CALORIES	45	60	90	120	180
TOTAL FAT (g)	5	6	9	12	18
SAT. FAT (g)	5	6	9	12	18
TRANS FAT (g)	0	0	0	0	0
CHOLEST. (mg)	0	0	0	0	0
SODIUM (mg)	0	0	0	0	0
TOTAL CARB. (g)	5	6	9	12	18
DIETARY FIBER (g)	0	0	0	0	0
SUGARS (g)	0	0	0	0	0
SUGAR ALCOHOL (g)	5	6	9	12	18
PROTEIN (g)	0	0	0	0	0
VITAMIN C	0%	0%	0%	0%	0%
VITAMIN A	0%	0%	0%	0%	0%
CALCIUM	0%	0%	0%	0%	0%
IRON	0%	0%	0%	0%	0%



## TROPICAL TOPPINGS


**PICCADILLY**

	Baby 8 oz.	Small 12 oz.	Regular 16 oz.	Large 20 oz.	Avalanche 32 oz.
<b>CALORIES</b>	<b>64</b>	<b>89</b>	<b>127</b>	<b>165</b>	<b>241</b>
<b>FAT CALORIES</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>6</b>
<b>TOTAL FAT (g)</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>1</b>
<b>SAT. FAT (g)</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>TRANS FAT (g)</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>CHOLEST. (mg)</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>SODIUM (mg)</b>	<b>405</b>	<b>576</b>	<b>790</b>	<b>1023</b>	<b>1490</b>
<b>TOTAL CARB. (g)</b>	<b>16</b>	<b>22</b>	<b>31</b>	<b>40</b>	<b>50</b>
<b>DIETARY FIBER (g)</b>	<b>6</b>	<b>9</b>	<b>14</b>	<b>18</b>	<b>27</b>
<b>SUGARS (g)</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>4</b>
<b>SUGAR ALCOHOL (g)</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>PROTEIN (g)</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>VITAMIN C</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>
<b>VITAMIN A</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>
<b>CALCIUM</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>
<b>IRON</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>

## TROPICAL TOPPINGS

## CONDENSED MILK

	Baby 8 oz.	Small 12 oz.	Regular 16 oz.	Large 20 oz.	Avalanche 32 oz.
CALORIES	65	91	130	182	260
FAT CALORIES	15	21	30	42	60
TOTAL FAT (g)	2	2	3	4	6
SAT. FAT (g)	1	1	2	3	4
TRANS FAT (g)	0	0	0	0	0
CHOLEST. (mg)	0	0	0	0	0
SODIUM (mg)	23	32	45	63	90
TOTAL CARB. (g)	0	0	0	0	0
DIETARY FIBER (g)	0	0	0	0	0
SUGARS (g)	11	15	22	31	44
SUGAR ALCOHOL (g)	0	0	0	0	0
PROTEIN (g)	2	2	3	4	6
VITAMIN C	1%	1%	2%	3%	4%
VITAMIN A	0%	0%	0%	0%	0%
CALCIUM	5%	7%	10%	14%	20%
IRON	0%	0%	0%	0%	0%

## TROPICAL TOPPINGS

# CHOCOLATE CREME

	Baby 8 oz.	Small 12 oz.	Regular 16 oz.	Large 20 oz.	Avalanche 32 oz.
CALORIES	90	120	180	240	360
FAT CALORIES	53	70	105	140	210
TOTAL FAT (g)	6	8	12	16	24
SAT. FAT (g)	5	6	9	12	18
TRANS FAT (g)	0	0	0	0	0
CHOLEST. (mg)	0	0	0	0	0
SODIUM (mg)	34	45	68	90	135
TOTAL CARB. (g)	10	13	20	26	39
DIETARY FIBER (g)	0	0	0	0	0
SUGARS (g)	10	13	20	26	39
SUGAR ALCOHOL (g)	0	0	0	0	0
PROTEIN (g)	1	1	2	2	3
VITAMIN C	0%	0%	0%	0%	0%
VITAMIN A	0%	0%	0%	0%	0%
CALCIUM	0%	0%	0%	0%	0%
IRON	2%	2%	3%	4%	6%

## TROPICAL TOPPINGS



# SOUR PATCH® SAUCE

	Baby 8 oz.	Small 12 oz.	Regular 16 oz.	Large 20 oz.	Avalanche 32 oz.
CALORIES	95	127	190	253	380
FAT CALORIES	55	74	110	146	220
TOTAL FAT (g)	6	8	12	16	24
SAT. FAT (g)	2	2	3	4	6
TRANS FAT (g)	0	0	0	0	0
CHOLEST. (mg)	0	0	0	0	0
SODIUM (mg)	0	0	0	0	0
TOTAL CARB. (g)	11	14	21	28	42
DIETARY FIBER (g)	0	0	0	0	0
SUGARS (g)	10	13	20	27	40
SUGAR ALCOHOL (g)	0	0	0	0	0
PROTEIN (g)	0	0	0	0	0
VITAMIN C	0%	0%	0%	0%	0%
VITAMIN A	0%	0%	0%	0%	0%
CALCIUM	0%	0%	0%	0%	0%
IRON	0%	0%	0%	0%	0%

Chamoy

Tropic  
CremeSugar-Free  
Tropic Creme

Piccadilly

Condensed  
MilkChocolate  
CremeSour Patch®  
SauceSprinkles  
& Powders

## TROPICAL TOPPINGS

## SPRINKLES &amp; POWDERS

	Sprinkles TSP	Chili Salt TSP	Cinnamon Sugar TSP	Sour Sand™ TSP	Li Hing Mui Powder TSP	Warheads® Sour Spray TSP
CALORIES	91	91	91	91	0	30
FAT CALORIES	21	21	21	21	0	0
TOTAL FAT (g)	2	2	2	2	0	0
SAT. FAT (g)	1	1	1	1	0	0
TRANS FAT (g)	0	0	0	0	0	0
CHOLEST. (mg)	0	0	0	0	0	0
SODIUM (mg)	32	32	32	32	160	0
TOTAL CARB. (g)	0	0	0	0	0	0
DIETARY FIBER (g)	0	0	0	0	0	0
SUGARS (g)	15	15	15	15	0	0
SUGAR ALCOHOL (g)	0	0	0	0	0	0
PROTEIN (g)	2	2	2	2	0	0
VITAMIN C	1%	1%	1%	1%	0	0
VITAMIN A	0%	0%	0%	0%	0	0
CALCIUM	7%	7%	7%	7%	0	0
IRON	0%	0%	0%	0%	0	0

## 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 &amp; 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 &amp; 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 &amp; 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 &amp; 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 &amp; 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%