



# NUTRITIONAL GUIDE

Click on the product line you would like to learn about!

**AÇAÍ BOWL**

**BAHAMA SODAS**

**RED BULL® INFUSIONS**

**FROZEN CAFÉ FAVORITES**

**SHAVED ICE (SNO®)**

**TROPICAL TOPPINGS**

**ISLAND SMOOTHIE  
FRUIT BLENDS**

**ISLAND SMOOTHIE  
CREAM BLENDS**

**BAHAMA BUCK'S**

**AÇAÍ BOWL**

Açaí Sorbet with Strawberries, Bananas, Nut-free Granola, Coconut Flakes, and Honey

Regular  
12 oz.

<b>CALORIES</b>	<b>290</b>
<b>FAT CALORIES</b>	<b>54</b>
<b>TOTAL FAT (g)</b>	<b>8</b>
<b>SAT. FAT (g)</b>	<b>3</b>
<b>TRANS FAT (g)</b>	<b>0</b>
<b>CHOLEST. (mg)</b>	<b>0</b>
<b>SODIUM (mg)</b>	<b>11</b>
<b>TOTAL CARB. (g)</b>	<b>42</b>
<b>DIETARY FIBER (g)</b>	<b>5</b>
<b>SUGARS (g)</b>	<b>36</b>
<b>SUGAR ALCOHOL (g)</b>	<b>0</b>
<b>PROTEIN (g)</b>	<b>1</b>
<b>VITAMIN A</b>	<b>12%</b>
<b>VITAMIN C</b>	<b>40%</b>
<b>CALCIUM</b>	<b>4%</b>
<b>IRON</b>	<b>8%</b>

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## BAHAMA SODA

# BLUE LAGOON

Sprite® with Blue Coconut flavor

	Regular 32 oz.	Avalanche 44 oz.
CALORIES	394	550
FAT CALORIES	0	0
TOTAL FAT (g)	0	0
SAT. FAT (g)	0	0
TRANS FAT (g)	0	0
CHOLEST. (mg)	0	0
SODIUM (mg)	101	146
TOTAL CARB. (g)	104	145
DIETARY FIBER (g)	0	0
SUGARS (g)	104	145
SUGAR ALCOHOL (g)	0	0
PROTEIN (g)	0	0
VITAMIN A	0%	0%
VITAMIN C	0%	0%
CALCIUM	0%	0%
IRON	0%	0%

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## BAHAMA SODA

# CARIBBEAN COLA

Coca-Cola® with Vanilla flavor & Tropic Creme

	Regular 32 oz.	Avalanche 44 oz.
CALORIES	469	625
FAT CALORIES	60	60
TOTAL FAT (g)	6	6
SAT. FAT (g)	6	6
TRANS FAT (g)	0	0
CHOLEST. (mg)	0	0
SODIUM (mg)	68	98
TOTAL CARB. (g)	110	151
DIETARY FIBER (g)	0	0
SUGARS (g)	110	151
SUGAR ALCOHOL (g)	0	0
PROTEIN (g)	0	0
VITAMIN A	0%	0%
VITAMIN C	0%	0%
CALCIUM	0%	0%
IRON	0%	0%

## BAHAMA SODA

# CHERRY LIME SQUEEZE

Sprite® with Cherry flavor & fresh-squeezed lime

	Regular 32 oz.	Avalanche 44 oz.
CALORIES	404	560
FAT CALORIES	1	1
TOTAL FAT (g)	0	0
SAT. FAT (g)	0	0
TRANS FAT (g)	0	0
CHOLEST. (mg)	0	0
SODIUM (mg)	102	147
TOTAL CARB. (g)	107	148
DIETARY FIBER (g)	1	1
SUGARS (g)	104	145
SUGAR ALCOHOL (g)	0	0
PROTEIN (g)	0	0
VITAMIN A	1%	1%
VITAMIN C	16%	16%
CALCIUM	1%	1%
IRON	1%	1%

## BAHAMA SODA

# COSTA COLADA

Sprite® with Piña Colada flavor & Tropic Creme

	Regular 32 oz.	Avalanche 44 oz.
CALORIES	469	625
FAT CALORIES	60	60
TOTAL FAT (g)	6	6
SAT. FAT (g)	6	6
TRANS FAT (g)	0	0
CHOLEST. (mg)	0	0
SODIUM (mg)	101	146
TOTAL CARB. (g)	110	151
DIETARY FIBER (g)	0	0
SUGARS (g)	110	151
SUGAR ALCOHOL (g)	0	0
PROTEIN (g)	0	0
VITAMIN A	0%	0%
VITAMIN C	0%	0%
CALCIUM	0%	0%
IRON	0%	0%

**BAHAMA SODA****DR. PARADISE**

Dr. Pepper® with White Coconut flavor &amp; Tropic Creme

	Regular 32 oz.	Avalanche 44 oz.
<b>CALORIES</b>	<b>469</b>	<b>625</b>
<b>FAT CALORIES</b>	<b>60</b>	<b>60</b>
<b>TOTAL FAT (g)</b>	<b>6</b>	<b>6</b>
<b>SAT. FAT (g)</b>	<b>6</b>	<b>6</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>83</b>	<b>119</b>
<b>TOTAL CARB. (g)</b>	<b>111</b>	<b>153</b>
<b>DIETARY FIBER (g)</b>	<b>0</b>	<b>0</b>
<b>SUGARS (g)</b>	<b>111</b>	<b>153</b>
<b>SUGAR ALCOHOL (g)</b>	<b>0</b>	<b>0</b>
<b>PROTEIN (g)</b>	<b>0</b>	<b>0</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>

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Tropical Wave

Citrus Swell

Berry Crush

## RED BULL INFUSIONS

# TROPICAL WAVE

Red Bull® with Wavebender flavor, Tropic Creme & fresh-squeezed lime

Regular  
24 oz.

CALORIES	260
FAT CALORIES	30
TOTAL FAT (g)	3
SAT. FAT (g)	3
TRANS FAT (g)	0
CHOLEST (mg)	0
SODIUM (mg)	105
TOTAL CARB. (g)	62
DIETARY FIBER (g)	0
SUGARS (g)	60
SUGAR ALCOHOL (g)	0
PROTEIN (g)	0
VITAMIN C	0%
VITAMIN A	0%
CALCIUM	2%
IRON	0%

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Tropical Wave

Citrus Swell

Berry Crush

# RED BULL INFUSIONS

## CITRUS SWELL

Red Bull® with POG (Passion Fruit, Orange, and Guava) flavor

Regular  
24 oz.

CALORIES	260
FAT CALORIES	30
TOTAL FAT (g)	3
SAT. FAT (g)	3
TRANS FAT (g)	0
CHOLEST (mg)	0
SODIUM (mg)	105
TOTAL CARB. (g)	62
DIETARY FIBER (g)	0
SUGARS (g)	60
SUGAR ALCOHOL (g)	0
PROTEIN (g)	0
VITAMIN C	0%
VITAMIN A	0%
CALCIUM	2%
IRON	0%

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Tropical Wave

Citrus Swell

Berry Crush

# RED BULL INFUSIONS

## BERRY CRUSH

Red Bull® with Strawberry and Raspberry flavors & Tropic Creme

Regular  
24 oz.

CALORIES	223
FAT CALORIES	0
TOTAL FAT (g)	0
SAT. FAT (g)	0
TRANS FAT (g)	0
CHOLEST (mg)	0
SODIUM (mg)	105
TOTAL CARB. (g)	59
DIETARY FIBER (g)	0
SUGARS (g)	57
SUGAR ALCOHOL (g)	0
PROTEIN (g)	0
VITAMIN C	0%
VITAMIN A	0%
CALCIUM	2%
IRON	0%

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## FROZEN CAFÉ FAVORITES

# ISLAND MOCHA

Whole Milk, Espresso, Original Flavorings & Dark Chocolate Sauce

	Small 16 oz.	Regular 24 oz.
<b>CALORIES</b>	<b>477</b>	<b>620</b>
<b>FAT CALORIES</b>	<b>60</b>	<b>78</b>
<b>TOTAL FAT (g)</b>	<b>11</b>	<b>15</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>14</b>	<b>20</b>
<b>SODIUM (mg)</b>	<b>96</b>	<b>130</b>
<b>TOTAL CARB. (g)</b>	<b>104</b>	<b>136</b>
<b>DIETARY FIBER (g)</b>	<b>4</b>	<b>5</b>
<b>SUGARS (g)</b>	<b>104</b>	<b>136</b>
<b>SUGAR ALCOHOL (g)</b>	<b>0</b>	<b>0</b>
<b>PROTEIN (g)</b>	<b>10</b>	<b>14</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>16%</b>	<b>20%</b>

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## FROZEN CAFÉ FAVORITES

# PARADISE ROYALE

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

	Small 16 oz.	Regular 24 oz.
<b>CALORIES</b>	<b>545</b>	<b>690</b>
<b>FAT CALORIES</b>	<b>63</b>	<b>80</b>
<b>TOTAL FAT (g)</b>	<b>12</b>	<b>15</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>21</b>	<b>28</b>
<b>SODIUM (mg)</b>	<b>169</b>	<b>215</b>
<b>TOTAL CARB. (g)</b>	<b>122</b>	<b>156</b>
<b>DIETARY FIBER (g)</b>	<b>3</b>	<b>3</b>
<b>SUGARS (g)</b>	<b>114</b>	<b>145</b>
<b>SUGAR ALCOHOL (g)</b>	<b>0</b>	<b>0</b>
<b>PROTEIN (g)</b>	<b>9</b>	<b>13</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>3%</b>	<b>3%</b>
<b>IRON</b>	<b>10%</b>	<b>12%</b>

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## FROZEN CAFÉ FAVORITES

# PLAYA DEL CARMEL

Whole Milk, Espresso, Original Flavorings & Caramel Sauce

	Small 16 oz.	Regular 24 oz.
<b>CALORIES</b>	<b>497</b>	<b>645</b>
<b>FAT CALORIES</b>	<b>60</b>	<b>78</b>
<b>TOTAL FAT (g)</b>	<b>11</b>	<b>15</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>24</b>	<b>33</b>
<b>SODIUM (mg)</b>	<b>196</b>	<b>255</b>
<b>TOTAL CARB. (g)</b>	<b>114</b>	<b>149</b>
<b>DIETARY FIBER (g)</b>	<b>0</b>	<b>0</b>
<b>SUGARS (g)</b>	<b>100</b>	<b>131</b>
<b>SUGAR ALCOHOL (g)</b>	<b>0</b>	<b>0</b>
<b>PROTEIN (g)</b>	<b>8</b>	<b>11</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>4%</b>	<b>5%</b>
<b>IRON</b>	<b>0%</b>	<b>0%</b>

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## FROZEN CAFÉ FAVORITES

# FROZEN HOT KOKO

Whole Milk, Espresso, Original Flavorings & Caramel Sauce

	Small 16 oz.	Regular 24 oz.
<b>CALORIES</b>	<b>253</b>	<b>333</b>
<b>FAT CALORIES</b>	<b>91</b>	<b>123</b>
<b>TOTAL FAT (g)</b>	<b>11</b>	<b>14</b>
<b>SAT. FAT (g)</b>	<b>10</b>	<b>13</b>
<b>TRANS FAT (g)</b>	<b>0</b>	<b>0</b>
<b>CHOLEST. (mg)</b>	<b>28</b>	<b>40</b>
<b>SODIUM (mg)</b>	<b>145</b>	<b>205</b>
<b>TOTAL CARB. (g)</b>	<b>36</b>	<b>47</b>
<b>DIETARY FIBER (g)</b>	<b>2</b>	<b>3</b>
<b>SUGARS (g)</b>	<b>35</b>	<b>45</b>
<b>SUGAR ALCOHOL (g)</b>	<b>0</b>	<b>0</b>
<b>PROTEIN (g)</b>	<b>10</b>	<b>13</b>
<b>VITAMIN A</b>	<b>7%</b>	<b>10%</b>
<b>VITAMIN C</b>	<b>0%</b>	<b>0%</b>
<b>CALCIUM</b>	<b>30%</b>	<b>43%</b>
<b>IRON</b>	<b>5%</b>	<b>6%</b>

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## SHAVED ICE (SNO®)

## SHAVED ICE (SNO®) FLAVORS

	Baby 8 oz.	Small 12 oz.	Regular 16 oz.	Large 20 oz.	Avalanche 32 oz.	Everest 44 oz.
CALORIES	169	225	282	338	563	788
FAT CALORIES	0	0	0	0	0	0
TOTAL FAT (g)	0	0	0	0	0	0
SAT. FAT (g)	0	0	0	0	0	0
TRANS FAT (g)	0	0	0	0	0	0
CHOLEST. (mg)	0	0	0	0	0	0
SODIUM (mg)	77	115	153	192	306	423
TOTAL CARB. (g)	45	60	75	90	150	210
DIETARY FIBER (g)	0	0	0	0	0	0
SUGARS (g)	45	60	75	90	150	210
SUGAR ALCOHOL (g)	0	0	0	0	0	0
PROTEIN (g)	0	0	0	0	0	0
VITAMIN C	0%	0%	0%	0%	0%	0%
VITAMIN A	0%	0%	0%	0%	0%	0%
CALCIUM	0%	0%	0%	0%	0%	0%
IRON	0%	0%	0%	0%	0%	0%

## SHAVED ICE (SNO®)



# SUGAR-FREE THIN ICE® FLAVORS

	Baby 8 oz.	Small 12 oz.	Regular 16 oz.	Large 20 oz.	Avalanche 32 oz.	Everest 44 oz.
CALORIES	0	0	0	0	0	0
FAT CALORIES	0	0	0	0	0	0
TOTAL FAT (g)	0	0	0	0	0	0
SAT. FAT (g)	0	0	0	0	0	0
TRANS FAT (g)	0	0	0	0	0	0
CHOLEST (mg)	0	0	0	0	0	0
SODIUM (mg)	77	115	153	192	306	423
TOTAL CARB. (g)	0	0	0	0	0	0
DIETARY FIBER (g)	0	0	0	0	0	0
SUGARS (g)	0	0	0	0	0	0
SUGAR ALCOHOL (g)	0	0	0	0	0	0
PROTEIN (g)	0	0	0	0	0	0
VITAMIN C	0%	0%	0%	0%	0%	0%
VITAMIN A	0%	0%	0%	0%	0%	0%
CALCIUM	0%	0%	0%	0%	0%	0%
IRON	0%	0%	0%	0%	0%	0%



## SHAVED ICE (SNO®)



# PICKLE JUICE FLAVOR

	Baby 8 oz.	Small 12 oz.	Regular 16 oz.	Large 20 oz.	Avalanche 32 oz.	Everest 44 oz.
CALORIES	0	0	0	0	0	0
FAT CALORIES	0	0	0	0	0	0
TOTAL FAT (g)	5	6	9	12	18	25
SAT. FAT (g)	5	6	9	12	18	25
TRANS FAT (g)	0	0	0	0	0	0
CHOLEST. (mg)	0	0	0	0	0	0
SODIUM (mg)	988	1495	1975	2483	3985	5479
TOTAL CARB. (g)	5	6	9	12	18	25
DIETARY FIBER (g)	0	0	0	0	0	0
SUGARS (g)	0	0	0	0	0	0
SUGAR ALCOHOL (g)	0	0	0	0	0	0
PROTEIN (g)	0	0	0	0	0	0
VITAMIN C	0%	0%	0%	0%	0%	0%
VITAMIN A	0%	0%	0%	0%	0%	0%
CALCIUM	0%	0%	0%	0%	0%	0%
IRON	0%	0%	0%	0%	0%	0%

Bomb Pop®  
Jr.

Caramel

Chamoy

Chocolate  
Creme

Chocolate  
Ice Cream

Condensed  
Milk

Gummy  
Bears

Nerds®  
Rainbow Candy

No Sugar Added  
Vanilla Ice Cream

Oreo® Cookie  
Extreme Toppings

Oreo® Creme

Piccadilly

Sour Patch®  
Sauce

Sprinkles  
& Powders

Strawberry  
Ice Cream

Tropic  
Creme

Vanilla  
Ice Cream

Warheads®  
Sour Spray

## TROPICAL TOPPINGS

# BOMB POP® JR.

Baby  
8 oz.

Small  
12 oz.

Regular  
16 oz.

Large  
20 oz.

Avalanche  
32 oz.

Everest  
44 oz.

CALORIES

40

40

40

40

40

40

FAT CALORIES

0

0

0

0

0

0

TOTAL FAT (g)

0

0

0

0

0

0

SAT. FAT (g)

0

0

0

0

0

0

TRANS FAT (g)

0

0

0

0

0

0

CHOLEST. (mg)

0

0

0

0

0

0

SODIUM (mg)

10

10

10

10

10

10

TOTAL CARB. (g)

10

10

10

10

10

10

DIETARY FIBER (g)

0

0

0

0

0

0

SUGARS (g)

7

7

7

7

7

7

SUGAR ALCOHOL (g)

0

0

0

0

0

0

PROTEIN (g)

0

0

0

0

0

0

VITAMIN C

0%

0%

0%

0%

0%

0%

VITAMIN A

0%

0%

0%

0%

0%

0%

CALCIUM

0%

0%

0%

0%

0%

0%

IRON

0%

0%

0%

0%

0%

0%

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Bomb Pop®  
Jr.

Caramel

Chamoy

Chocolate  
Crema

Chocolate  
Ice Cream

Condensed  
Milk

Gummy  
Bears

Nerds®  
Rainbow Candy

No Sugar Added  
Vanilla Ice Cream

Oreo® Cookie  
Extreme Toppings

Oreo® Crema

Piccadilly

Sour Patch®  
Sauce

Sprinkles  
& Powders

Strawberry  
Ice Cream

Tropic  
Crema

Vanilla  
Ice Cream

Warheads®  
Sour Spray

## TROPICAL TOPPINGS

# CARAMEL

	Baby 8 oz.	Small 12 oz.	Regular 16 oz.	Large 20 oz.	Avalanche 32 oz.	Everest 44 oz.
CALORIES	120	120	120	120	120	120
FAT CALORIES	5	5	5	5	5	5
TOTAL FAT (g)	1	1	1	1	1	1
SAT. FAT (g)	0	0	0	0	0	0
TRANS FAT (g)	0	0	0	0	0	0
CHOLEST. (mg)	5	5	5	5	5	5
SODIUM (mg)	70	70	70	70	70	70
TOTAL CARB. (g)	29	29	29	29	29	29
DIETARY FIBER (g)	0	0	0	0	0	0
SUGARS (g)	22	22	22	22	22	22
SUGAR ALCOHOL (g)	0	0	0	0	0	0
PROTEIN (g)	0	0	0	0	0	0
VITAMIN C	0%	0%	0%	0%	0%	0%
VITAMIN A	0%	0%	0%	0%	0%	0%
CALCIUM	2%	2%	2%	2%	2%	2%
IRON	0%	0%	0%	0%	0%	0%

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Bomb Pop®  
Jr.

Caramel

Chamoy

Chocolate  
Creme

Chocolate  
Ice Cream

Condensed  
Milk

Gummy  
Bears

Nerds®  
Rainbow Candy

No Sugar Added  
Vanilla Ice Cream

Oreo® Cookie  
Extreme Toppings

Oreo® Creme

Piccadilly

Sour Patch®  
Sauce

Sprinkles  
& Powders

Strawberry  
Ice Cream

Tropic  
Creme

Vanilla  
Ice Cream

Warheads®  
Sour Spray

## TROPICAL TOPPINGS

# CHAMOY

	Baby 8 oz.	Small 12 oz.	Regular 16 oz.	Large 20 oz.	Avalanche 32 oz.	Everest 44 oz.
CALORIES	50	74	112	149	223	297
FAT CALORIES	1	2	3	4	6	8
TOTAL FAT (g)	0	0	0	0	1	1
SAT. FAT (g)	0	0	0	0	0	0
TRANS FAT (g)	0	0	0	0	0	0
CHOLEST (mg)	0	0	0	0	0	0
SODIUM (mg)	258	387	580	773	1160	1547
TOTAL CARB. (g)	12	18	27	36	54	72
DIETARY FIBER (g)	6	9	14	18	27	37
SUGARS (g)	0	0	0	0	0	0
SUGAR ALCOHOL (g)	0	0	0	0	0	0
PROTEIN (g)	0	0	0	0	0	0
VITAMIN C	0%	0%	0%	0%	0%	0%
VITAMIN A	0%	0%	0%	0%	0%	0%
CALCIUM	0%	0%	0%	0%	0%	0%
IRON	0%	0%	0%	0%	0%	0%

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Bomb Pop®  
Jr.

Caramel

Chamoy

Chocolate  
Creme

Chocolate  
Ice Cream

Condensed  
Milk

Gummy  
Bears

Nerds®  
Rainbow Candy

No Sugar Added  
Vanilla Ice Cream

Oreo® Cookie  
Extreme Toppings

Oreo® Creme

Piccadilly

Sour Patch®  
Sauce

Sprinkles  
& Powders

Strawberry  
Ice Cream

Tropic  
Creme

Vanilla  
Ice Cream

Warheads®  
Sour Spray

## TROPICAL TOPPINGS

# CHOCOLATE CREME

	Baby 8 oz.	Small 12 oz.	Regular 16 oz.	Large 20 oz.	Avalanche 32 oz.	Everest 44 oz.
CALORIES	90	120	180	240	360	480
FAT CALORIES	53	70	105	140	210	280
TOTAL FAT (g)	6	8	12	16	24	32
SAT. FAT (g)	5	6	9	12	18	24
TRANS FAT (g)	0	0	0	0	0	0
CHOLEST (mg)	0	0	0	0	0	0
SODIUM (mg)	34	45	68	90	135	180
TOTAL CARB. (g)	10	13	20	26	39	52
DIETARY FIBER (g)	0	0	0	0	0	0
SUGARS (g)	10	13	20	26	39	52
SUGAR ALCOHOL (g)	0	0	0	0	0	0
PROTEIN (g)	1	1	2	2	3	4
VITAMIN C	0%	0%	0%	0%	0%	0%
VITAMIN A	0%	0%	0%	0%	0%	0%
CALCIUM	0%	0%	0%	0%	0%	0%
IRON	2%	2%	3%	4%	6%	8%

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Bomb Pop®  
Jr.

Caramel

Chamoy

Chocolate  
Creme

Chocolate  
Ice Cream

Condensed  
Milk

Gummy  
Bears

Nerds®  
Rainbow Candy

No Sugar Added  
Vanilla Ice Cream

Oreo® Cookie  
Extreme Toppings

Oreo® Creme

Piccadilly

Sour Patch®  
Sauce

Sprinkles  
& Powders

Strawberry  
Ice Cream

Tropic  
Creme

Vanilla  
Ice Cream

Warheads®  
Sour Spray

## TROPICAL TOPPINGS

# CHOCOLATE ICE CREAM

	Baby 8 oz.	Small 12 oz.	Regular 16 oz.	Large 20 oz.	Avalanche 32 oz.	Everest 44 oz.
CALORIES	100	160	210	260	360	400
FAT CALORIES	51	81	106	132	182	203
TOTAL FAT (g)	6	9	12	15	20	23
SAT. FAT (g)	3	5	7	8	11	13
TRANS FAT (g)	0	0	0	0	0	0
CHOLEST. (mg)	22	35	46	57	79	88
SODIUM (mg)	31	50	66	81	113	125
TOTAL CARB. (g)	11	17	22	28	38	43
DIETARY FIBER (g)	1	1	1	2	2	3
SUGARS (g)	11	17	22	28	38	43
SUGAR ALCOHOL (g)	0	0	0	0	0	0
PROTEIN (g)	2	3	4	5	7	8
VITAMIN C	0%	0%	0%	0%	0%	0%
VITAMIN A	4%	6%	8%	10%	14%	15%
CALCIUM	6%	10%	13%	16%	25%	25%
IRON	3%	4%	7%	7%	10%	10%

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Bomb Pop®  
Jr.

Caramel

Chamoy

Chocolate  
Creme

Chocolate  
Ice Cream

Condensed  
Milk

Gummy  
Bears

Nerds®  
Rainbow Candy

No Sugar Added  
Vanilla Ice Cream

Oreo® Cookie  
Extreme Toppings

Oreo® Creme

Piccadilly

Sour Patch®  
Sauce

Sprinkles  
& Powders

Strawberry  
Ice Cream

Tropic  
Creme

Vanilla  
Ice Cream

Warheads®  
Sour Spray

## TROPICAL TOPPINGS

# CONDENSED MILK

	Baby 8 oz.	Small 12 oz.	Regular 16 oz.	Large 20 oz.	Avalanche 32 oz.	Everest 44 oz.
CALORIES	65	91	130	182	260	358
FAT CALORIES	15	21	30	42	60	83
TOTAL FAT (g)	2	2	3	4	6	8
SAT. FAT (g)	1	1	2	3	4	6
TRANS FAT (g)	0	0	0	0	0	0
CHOLEST (mg)	0	0	0	0	0	0
SODIUM (mg)	23	32	45	63	90	124
TOTAL CARB. (g)	11	15	22	31	44	61
DIETARY FIBER (g)	0	0	0	0	0	0
SUGARS (g)	11	15	22	31	44	61
SUGAR ALCOHOL (g)	0	0	0	0	0	0
PROTEIN (g)	2	2	3	4	6	8
VITAMIN C	0%	0%	0%	0%	0%	0%
VITAMIN A	1%	1%	2%	3%	6%	6%
CALCIUM	4%	6%	8%	11%	16%	22%
IRON	0%	0%	0%	0%	0%	0%

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Bomb Pop®  
Jr.

Caramel

Chamoy

Chocolate  
Creme

Chocolate  
Ice Cream

Condensed  
Milk

Gummy  
Bears

Nerds®  
Rainbow Candy

No Sugar Added  
Vanilla Ice Cream

Oreo® Cookie  
Extreme Toppings

Oreo® Creme

Piccadilly

Sour Patch®  
Sauce

Sprinkles  
& Powders

Strawberry  
Ice Cream

Tropic  
Creme

Vanilla  
Ice Cream

Warheads®  
Sour Spray

## TROPICAL TOPPINGS

# GUMMY BEARS

Baby  
8 oz.

Small  
12 oz.

Regular  
16 oz.

Large  
20 oz.

Avalanche  
32 oz.

Everest  
44 oz.

CALORIES

145

145

145

145

290

290

FAT CALORIES

0

0

0

0

0

0

TOTAL FAT (g)

0

0

0

0

0

0

SAT. FAT (g)

0

0

0

0

0

0

TRANS FAT (g)

0

0

0

0

0

0

CHOLEST. (mg)

0

0

0

0

0

0

SODIUM (mg)

77

77

77

77

154

154

TOTAL CARB. (g)

45

45

45

45

90

90

DIETARY FIBER (g)

0

0

0

0

0

0

SUGARS (g)

26

26

26

26

52

52

SUGAR ALCOHOL (g)

0

0

0

0

0

0

PROTEIN (g)

2

2

2

2

4

4

VITAMIN C

0%

0%

0%

0%

0%

0%

VITAMIN A

0%

0%

0%

0%

0%

0%

CALCIUM

0%

0%

0%

0%

0%

0%

IRON

0%

0%

0%

0%

0%

0%

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Bomb Pop®  
Jr.

Caramel

Chamoy

Chocolate  
Creme

Chocolate  
Ice Cream

Condensed  
Milk

Gummy  
Bears

Nerds®  
Rainbow Candy

No Sugar Added  
Vanilla Ice Cream

Oreo® Cookie  
Extreme Toppings

Oreo® Creme

Piccadilly

Sour Patch®  
Sauce

Sprinkles  
& Powders

Strawberry  
Ice Cream

Tropic  
Creme

Vanilla  
Ice Cream

Warheads®  
Sour Spray

## TROPICAL TOPPINGS

# NERDS® RAINBOW CANDY

	Baby 8 oz.	Small 12 oz.	Regular 16 oz.	Large 20 oz.	Avalanche 32 oz.	Everest 44 oz.
CALORIES	120	120	120	120	240	240
FAT CALORIES	0	0	0	0	0	0
TOTAL FAT (g)	0	0	0	0	0	0
SAT. FAT (g)	0	0	0	0	0	0
TRANS FAT (g)	0	0	0	0	0	0
CHOLEST. (mg)	0	0	0	0	0	0
SODIUM (mg)	0	0	0	0	0	0
TOTAL CARB. (g)	28	28	28	28	56	56
DIETARY FIBER (g)	0	0	0	0	0	0
SUGARS (g)	28	28	28	28	56	56
SUGAR ALCOHOL (g)	0	0	0	0	0	0
PROTEIN (g)	0	0	0	0	0	0
VITAMIN C	0%	0%	0%	0%	0%	0%
VITAMIN A	0%	0%	0%	0%	0%	0%
CALCIUM	0%	0%	0%	0%	0%	0%
IRON	0%	0%	0%	0%	0%	0%

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[Warheads® Sour Spray](#)

## TROPICAL TOPPINGS

# NO SUGAR ADDED VANILLA ICE CREAM

	Baby 8 oz.	Small 12 oz.	Regular 16 oz.	Large 20 oz.	Avalanche 32 oz.	Everest 44 oz.
CALORIES	63	100	131	163	225	250
FAT CALORIES	16	25	33	41	56	63
TOTAL FAT (g)	2	3	4	5	7	8
SAT. FAT (g)	1	2	3	3	5	5
TRANS FAT (g)	0	0	0	0	0	0
CHOLEST (mg)	9	15	20	24	34	38
SODIUM (mg)	44	70	92	114	158	175
TOTAL CARB. (g)	11	18	24	29	41	45
DIETARY FIBER (g)	3	4	5	7	9	10
SUGARS (g)	4	6	8	10	14	15
SUGAR ALCOHOL (g)	3	4	5	7	9	10
PROTEIN (g)	3	4	5	7	9	10
VITAMIN C	0%	0%	0%	0%	0%	0%
VITAMIN A	4%	6%	8%	10%	14%	15%
CALCIUM	28%	45%	59%	73%	101%	113%
IRON	0%	0%	0%	0%	0%	0%

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## TROPICAL TOPPINGS

# OREO® COOKIE EXTREME TOPPINGS

Oreo® Creme, Oreo® Cookie Pieces & an Oreo® Wafer  
*Contains Gluten*

	Baby 8 oz.	Small 12 oz.	Regular 16 oz.	Large 20 oz.	Avalanche 32 oz.	Everest 44 oz.
CALORIES	470	470	470	470	835	835
FAT CALORIES	135	135	135	135	246	246
TOTAL FAT (g)	31	31	31	31	58	58
SAT. FAT (g)	8	8	8	8	16	16
TRANS FAT (g)	0	0	0	0	0	0
CHOLEST. (mg)	0	0	0	0	0	0
SODIUM (mg)	188	188	188	188	265	265
TOTAL CARB. (g)	46	46	46	46	76	76
DIETARY FIBER (g)	1	1	1	1	2	2
SUGARS (g)	35	35	35	35	62	62
SUGAR ALCOHOL (g)	1	1	1	1	1	1
PROTEIN (g)	2	2	2	2	2	2
VITAMIN C	0%	0%	0%	0%	0%	0%
VITAMIN A	0%	0%	0%	0%	0%	0%
CALCIUM	0%	0%	0%	0%	0%	0%
IRON	8%	8%	8%	8%	10%	10%

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Bomb Pop®  
Jr.

Caramel

Chamoy

Chocolate  
Crema

Chocolate  
Ice Cream

Condensed  
Milk

Gummy  
Bears

Nerds®  
Rainbow Candy

No Sugar Added  
Vanilla Ice Cream

Oreo® Cookie  
Extreme Toppings

Oreo® Crema

Piccadilly

Sour Patch®  
Sauce

Sprinkles  
& Powders

Strawberry  
Ice Cream

Tropic  
Crema

Vanilla  
Ice Cream

Warheads®  
Sour Spray

## TROPICAL TOPPINGS

# OREO® CREMA

Baby  
8 oz.

Small  
12 oz.

Regular  
16 oz.

Large  
20 oz.

Avalanche  
32 oz.

Everest  
44 oz.

CALORIES

330

330

330

330

660

660

FAT CALORIES

102

102

102

102

204

204

TOTAL FAT (g)

26

26

26

26

51

51

SAT. FAT (g)

8

8

8

8

15

15

TRANS FAT (g)

0

0

0

0

0

0

CHOLEST. (mg)

0

0

0

0

0

0

SODIUM (mg)

53

53

53

53

105

105

TOTAL CARB. (g)

24

24

24

24

48

48

DIETARY FIBER (g)

0

0

0

0

0

0

SUGARS (g)

24

24

24

24

48

48

SUGAR ALCOHOL (g)

0

0

0

0

0

0

PROTEIN (g)

0

0

0

0

0

0

VITAMIN C

0%

0%

0%

0%

0%

0%

VITAMIN A

0%

0%

0%

0%

0%

0%

CALCIUM

0%

0%

0%

0%

0%

0%

IRON

0%

0%

0%

0%

0%

0%

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Bomb Pop®  
Jr.

Caramel

Chamoy

Chocolate  
Creme

Chocolate  
Ice Cream

Condensed  
Milk

Gummy  
Bears

Nerds®  
Rainbow Candy

No Sugar Added  
Vanilla Ice Cream

Oreo® Cookie  
Extreme Toppings

Oreo® Creme

Piccadilly

Sour Patch®  
Sauce

Sprinkles  
& Powders

Strawberry  
Ice Cream

Tropic  
Creme

Vanilla  
Ice Cream

Warheads®  
Sour Spray

## TROPICAL TOPPINGS

# PICCADILLY

Chamoy, Pickles, Chili Salt & Sour Sand™

	Baby 8 oz.	Small 12 oz.	Regular 16 oz.	Large 20 oz.	Avalanche 32 oz.	Everest 44 oz.
CALORIES	64	89	127	165	241	318
FAT CALORIES	1	2	3	4	6	8
TOTAL FAT (g)	0	0	0	0	1	1
SAT. FAT (g)	0	0	0	0	0	0
TRANS FAT (g)	0	0	0	0	0	0
CHOLEST (mg)	0	0	0	0	0	0
SODIUM (mg)	405	576	790	1023	1490	1967
TOTAL CARB. (g)	16	22	31	40	59	77
DIETARY FIBER (g)	6	9	14	18	27	37
SUGARS (g)	4	4	4	4	4	5
SUGAR ALCOHOL (g)	0	0	0	0	0	0
PROTEIN (g)	0	0	0	0	0	0
VITAMIN C	0%	0%	0%	0%	0%	0%
VITAMIN A	0%	0%	0%	0%	0%	0%
CALCIUM	0%	0%	0%	0%	0%	0%
IRON	0%	0%	0%	0%	0%	0%

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Bomb Pop®  
Jr.

Caramel

Chamoy

Chocolate  
Creme

Chocolate  
Ice Cream

Condensed  
Milk

Gummy  
Bears

Nerds®  
Rainbow Candy

No Sugar Added  
Vanilla Ice Cream

Oreo® Cookie  
Extreme Toppings

Oreo® Creme

Piccadilly

Sour Patch®  
Sauce

Sprinkles  
& Powders

Strawberry  
Ice Cream

Tropic  
Creme

Vanilla  
Ice Cream

Warheads®  
Sour Spray

## TROPICAL TOPPINGS



# SOUR PATCH® SAUCE

	Baby 8 oz.	Small 12 oz.	Regular 16 oz.	Large 20 oz.	Avalanche 32 oz.	Everest 44 oz.
CALORIES	95	127	190	253	360	523
FAT CALORIES	55	74	110	146	220	303
TOTAL FAT (g)	6	8	12	16	24	33
SAT. FAT (g)	2	2	3	4	6	8
TRANS FAT (g)	0	0	0	0	0	0
CHOLEST (mg)	0	0	0	0	0	0
SODIUM (mg)	0	0	0	0	0	0
TOTAL CARB. (g)	11	14	21	28	42	58
DIETARY FIBER (g)	0	0	0	0	0	0
SUGARS (g)	10	13	20	27	40	55
SUGAR ALCOHOL (g)	0	0	0	0	0	0
PROTEIN (g)	0	0	0	0	0	0
VITAMIN C	0%	0%	0%	0%	0%	0%
VITAMIN A	0%	0%	0%	0%	0%	0%
CALCIUM	0%	0%	0%	0%	0%	0%
IRON	0%	0%	0%	0%	0%	0%

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Bomb Pop®  
Jr.

Caramel

Chamoy

Chocolate  
Creme

Chocolate  
Ice Cream

Condensed  
Milk

Gummy  
Bears

Nerds®  
Rainbow Candy

No Sugar Added  
Vanilla Ice Cream

Oreo® Cookie  
Extreme Toppings

Oreo® Creme

Piccadilly

Sour Patch®  
Sauce

Sprinkles  
& Powders

Strawberry  
Ice Cream

Tropic  
Creme

Vanilla  
Ice Cream

Warheads®  
Sour Spray

## TROPICAL TOPPINGS



# SPRINKLES & POWDERS

	Sprinkles TSP	Chili Salt TSP	Cinnamon Sugar TSP	Sour Sand™ TSP	Lemon- Lime TSP
CALORIES	15	8	14	11	0
FAT CALORIES	0	4	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)	0	25	0	0	97
TOTAL CARB. (g)	4	1	4	3	0
DIETARY FIBER (g)	0	1	0	0	0
SUGARS (g)	4	0	4	3	0
SUGAR ALCOHOL (g)	0	0	0	0	0
PROTEIN (g)	0	0	0	0	0
VITAMIN C	0%	3%	0%	0%	0%
VITAMIN A	0%	15%	0%	0%	0%
CALCIUM	0%	1%	0%	0%	0%
IRON	0%	2%	1%	0%	0%

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Bomb Pop®  
Jr.

Caramel

Chamoy

Chocolate  
Creme

Chocolate  
Ice Cream

Condensed  
Milk

Gummy  
Bears

Nerds®  
Rainbow Candy

No Sugar Added  
Vanilla Ice Cream

Oreo® Cookie  
Extreme Toppings

Oreo® Creme

Piccadilly

Sour Patch®  
Sauce

Sprinkles  
& Powders

Strawberry  
Ice Cream

Tropic  
Creme

Vanilla  
Ice Cream

Warheads®  
Sour Spray

## TROPICAL TOPPINGS

# STRAWBERRY ICE CREAM

	Baby 8 oz.	Small 12 oz.	Regular 16 oz.	Large 20 oz.	Avalanche 32 oz.	Everest 44 oz.
<b>CALORIES</b>	<b>99</b>	<b>159</b>	<b>208</b>	<b>258</b>	<b>357</b>	<b>397</b>
<b>FAT CALORIES</b>	<b>38</b>	<b>61</b>	<b>80</b>	<b>99</b>	<b>138</b>	<b>153</b>
<b>TOTAL FAT (g)</b>	<b>4</b>	<b>7</b>	<b>9</b>	<b>11</b>	<b>15</b>	<b>17</b>
<b>SAT. FAT (g)</b>	<b>3</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>10</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>0</b>
<b>CHOLEST. (mg)</b>	<b>18</b>	<b>28</b>	<b>37</b>	<b>46</b>	<b>64</b>	<b>71</b>
<b>SODIUM (mg)</b>	<b>32</b>	<b>51</b>	<b>67</b>	<b>83</b>	<b>115</b>	<b>127</b>
<b>TOTAL CARB. (g)</b>	<b>13</b>	<b>22</b>	<b>28</b>	<b>35</b>	<b>48</b>	<b>54</b>
<b>DIETARY FIBER (g)</b>	<b>0</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>45</b>
<b>SUGAR ALCOHOL (g)</b>	<b>0</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>8</b>
<b>VITAMIN C</b>	<b>11%</b>	<b>17%</b>	<b>22%</b>	<b>28%</b>	<b>38%</b>	<b>42%</b>
<b>VITAMIN A</b>	<b>3%</b>	<b>5%</b>	<b>6%</b>	<b>7%</b>	<b>10%</b>	<b>11%</b>
<b>CALCIUM</b>	<b>7%</b>	<b>11%</b>	<b>15%</b>	<b>18%</b>	<b>25%</b>	<b>28%</b>
<b>IRON</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>

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Bomb Pop®  
Jr.

Caramel

Chamoy

Chocolate  
Crema

Chocolate  
Ice Cream

Condensed  
Milk

Gummy  
Bears

Nerds®  
Rainbow Candy

No Sugar Added  
Vanilla Ice Cream

Oreo® Cookie  
Extreme Toppings

Oreo® Crema

Piccadilly

Sour Patch®  
Sauce

Sprinkles  
& Powders

Strawberry  
Ice Cream

Tropic  
Crema

Vanilla  
Ice Cream

Warheads®  
Sour Spray

## TROPICAL TOPPINGS

# TROPIC CREME

	Baby 8 oz.	Small 12 oz.	Regular 16 oz.	Large 20 oz.	Avalanche 32 oz.	Everest 44 oz.
CALORIES	56	75	113	150	225	300
FAT CALORIES	45	60	90	120	180	240
TOTAL FAT (g)	5	6	9	12	18	24
SAT. FAT (g)	5	6	9	12	18	24
TRANS FAT (g)	0	0	0	0	0	0
CHOLEST (mg)	0	0	0	0	0	0
SODIUM (mg)	0	0	0	0	0	0
TOTAL CARB. (g)	5	6	9	12	18	24
DIETARY FIBER (g)	0	0	0	0	0	0
SUGARS (g)	5	6	9	12	18	24
SUGAR ALCOHOL (g)	0	0	0	0	0	0
PROTEIN (g)	0	0	0	0	0	0
VITAMIN C	0%	0%	0%	0%	0%	0%
VITAMIN A	0%	0%	0%	0%	0%	0%
CALCIUM	0%	0%	0%	0%	0%	0%
IRON	0%	0%	0%	0%	0%	0%

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Bomb Pop®  
Jr.

Caramel

Chamoy

Chocolate  
Creme

Chocolate  
Ice Cream

Condensed  
Milk

Gummy  
Bears

Nerds®  
Rainbow Candy

No Sugar Added  
Vanilla Ice Cream

Oreo® Cookie  
Extreme Toppings

Oreo® Creme

Piccadilly

Sour Patch®  
Sauce

Sprinkles  
& Powders

Strawberry  
Ice Cream

Tropic  
Creme

Vanilla  
Ice Cream

Warheads®  
Sour Spray

## TROPICAL TOPPINGS

# VANILLA ICE CREAM

	Baby 8 oz.	Small 12 oz.	Regular 16 oz.	Large 20 oz.	Avalanche 32 oz.	Everest 44 oz.
CALORIES	100	160	210	260	360	400
FAT CALORIES	44	70	92	114	158	175
TOTAL FAT (g)	5	8	11	13	18	20
SAT. FAT (g)	3	5	7	8	11	13
TRANS FAT (g)	0	0	0	0	0	0
CHOLEST. (mg)	22	35	46	57	79	88
SODIUM (mg)	41	65	85	106	146	163
TOTAL CARB. (g)	12	19	25	31	43	48
DIETARY FIBER (g)	0	0	0	0	0	0
SUGARS (g)	12	19	25	31	43	48
SUGAR ALCOHOL (g)	0	0	0	0	0	0
PROTEIN (g)	3	4	5	7	9	10
VITAMIN C	0%	0%	0%	0%	0%	0%
VITAMIN A	4%	6%	8%	10%	14%	15%
CALCIUM	9%	15%	20%	24%	34%	38%
IRON	0%	0%	0%	0%	0%	0%

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Bomb Pop®  
Jr.

Caramel

Chamoy

Chocolate  
Creme

Chocolate  
Ice Cream

Condensed  
Milk

Gummy  
Bears

Nerds®  
Rainbow Candy

No Sugar Added  
Vanilla Ice Cream

Oreo® Cookie  
Extreme Toppings

Oreo® Creme

Piccadilly

Sour Patch®  
Sauce

Sprinkles  
& Powders

Strawberry  
Ice Cream

Tropic  
Creme

Vanilla  
Ice Cream

Warheads®  
Sour Spray

## TROPICAL TOPPINGS

# WARHEADS® SOUR SPRAY

	Baby 8 oz.	Small 12 oz.	Regular 16 oz.	Large 20 oz.	Avalanche 32 oz.	Everest 44 oz.
CALORIES	0	0	0	0	0	0
FAT CALORIES	0	0	0	0	0	0
TOTAL FAT (g)	0	0	0	0	0	0
SAT. FAT (g)	0	0	0	0	0	0
TRANS FAT (g)	0	0	0	0	0	0
CHOLEST. (mg)	0	0	0	0	0	0
SODIUM (mg)	0	0	0	0	0	0
TOTAL CARB. (g)	0	0	0	0	0	0
DIETARY FIBER (g)	0	0	0	0	0	0
SUGARS (g)	0	0	0	0	0	0
SUGAR ALCOHOL (g)	0	0	0	0	0	0
PROTEIN (g)	0	0	0	0	0	0
VITAMIN C	0%	0%	0%	0%	0%	0%
VITAMIN A	0%	0%	0%	0%	0%	0%
CALCIUM	0%	0%	0%	0%	0%	0%
IRON	0%	0%	0%	0%	0%	0%

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**Açaí Berry Breeze**  
(Lite)  
(Dairy Free)

**Bahama Colada**  
(Lite)  
(Dairy Free)

**Mango Dragonfruit**  
(Lite)  
(Dairy Free)

**Mango Tango**  
(Lite)  
(Dairy Free)

**Oasis**  
(Lite)  
(Dairy Free)

**Strawberry Banana Calypso**  
(Lite)  
(Dairy Free)

## ISLAND SMOOTHIE FRUIT BLEND

# AÇAÍ BERRY BREEZE

Açaí, Mixed Berries, Strawberry & Non-fat Vanilla Greek Yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
<b>CALORIES</b>	<b>249</b>	<b>380</b>	<b>497</b>
<b>FAT CALORIES</b>	<b>12</b>	<b>18</b>	<b>25</b>
<b>TOTAL FAT (g)</b>	<b>1</b>	<b>2</b>	<b>2</b>
<b>SAT. FAT (g)</b>	<b>1</b>	<b>1</b>	<b>1</b>
<b>TRANS FAT (g)</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>CHOLEST (mg)</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>SODIUM (mg)</b>	<b>15</b>	<b>24</b>	<b>30</b>
<b>TOTAL CARB. (g)</b>	<b>64</b>	<b>98</b>	<b>127</b>
<b>DIETARY FIBER (g)</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>SUGARS (g)</b>	<b>58</b>	<b>88</b>	<b>116</b>
<b>SUGAR ALCOHOL (g)</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>PROTEIN (g)</b>	<b>2</b>	<b>2</b>	<b>3</b>
<b>VITAMIN C</b>	<b>8%</b>	<b>12%</b>	<b>16%</b>
<b>VITAMIN A</b>	<b>1%</b>	<b>1%</b>	<b>1%</b>
<b>CALCIUM</b>	<b>2%</b>	<b>3%</b>	<b>4%</b>
<b>IRON</b>	<b>0%</b>	<b>0%</b>	<b>1%</b>

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**Açaí Berry Breeze**  
(Lite)  
(Dairy Free)

**Bahama Colada**  
(Lite)  
(Dairy Free)

**Mango Dragonfruit**  
(Lite)  
(Dairy Free)

**Mango Tango**  
(Lite)  
(Dairy Free)

**Oasis**  
(Lite)  
(Dairy Free)

**Strawberry Banana Calypso**  
(Lite)  
(Dairy Free)

## ISLAND SMOOTHIE FRUIT BLEND

# BAHAMA COLADA

Pineapple, Coconut & Non-fat Vanilla Greek Yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
<b>CALORIES</b>	<b>261</b>	<b>400</b>	<b>522</b>
<b>FAT CALORIES</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>TOTAL FAT (g)</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>SAT. FAT (g)</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>CHOLEST (mg)</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>SODIUM (mg)</b>	<b>9</b>	<b>14</b>	<b>17</b>
<b>TOTAL CARB. (g)</b>	<b>97</b>	<b>148</b>	<b>194</b>
<b>DIETARY FIBER (g)</b>	<b>4</b>	<b>6</b>	<b>8</b>
<b>SUGARS (g)</b>	<b>87</b>	<b>132</b>	<b>174</b>
<b>SUGAR ALCOHOL (g)</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>PROTEIN (g)</b>	<b>4</b>	<b>5</b>	<b>7</b>
<b>VITAMIN C</b>	<b>63%</b>	<b>94%</b>	<b>125%</b>
<b>VITAMIN A</b>	<b>4%</b>	<b>6%</b>	<b>8%</b>
<b>CALCIUM</b>	<b>6%</b>	<b>9%</b>	<b>12%</b>
<b>IRON</b>	<b>4%</b>	<b>6%</b>	<b>8%</b>

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**Açaí Berry Breeze**  
(Lite)  
(Dairy Free)

**Bahama Colada**  
(Lite)  
(Dairy Free)

**Mango Dragonfruit**  
(Lite)  
(Dairy Free)

**Mango Tango**  
(Lite)  
(Dairy Free)

**Oasis**  
(Lite)  
(Dairy Free)

**Strawberry Banana Calypso**  
(Lite)  
(Dairy Free)

## ISLAND SMOOTHIE FRUIT BLEND

# MANGO DRAGONFRUIT

Dragonfruit, Mango, Coconut & Non-fat Vanilla Greek Yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	377	576	755
FAT CALORIES	16	23	31
TOTAL FAT (g)	1	2	3
SAT. FAT (g)	0	0	0
TRANS FAT (g)	0	0	0
CHOLEST (mg)	1	2	3
SODIUM (mg)	9	14	17
TOTAL CARB. (g)	91	139	182
DIETARY FIBER (g)	5	8	10
SUGARS (g)	86	131	172
SUGAR ALCOHOL (g)	2	3	4
PROTEIN (g)	4	6	8
VITAMIN C	24%	36%	48%
VITAMIN A	8%	12%	16%
CALCIUM	3%	4%	6%
IRON	1%	1%	2%

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**Açaí Berry Breeze**  
(Lite)  
(Dairy Free)

**Bahama Colada**  
(Lite)  
(Dairy Free)

**Mango Dragonfruit**  
(Lite)  
(Dairy Free)

**Mango Tango**  
(Lite)  
(Dairy Free)

**Oasis**  
(Lite)  
(Dairy Free)

**Strawberry Banana Calypso**  
(Lite)  
(Dairy Free)

## ISLAND SMOOTHIE FRUIT BLEND

# MANGO TANGO

Mango Blend & Non-fat Vanilla Greek Yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
<b>CALORIES</b>	<b>266</b>	<b>407</b>	<b>532</b>
<b>FAT CALORIES</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>TOTAL FAT (g)</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>SAT. FAT (g)</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>CHOLEST (mg)</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>SODIUM (mg)</b>	<b>9</b>	<b>14</b>	<b>17</b>
<b>TOTAL CARB. (g)</b>	<b>69</b>	<b>105</b>	<b>137</b>
<b>DIETARY FIBER (g)</b>	<b>1</b>	<b>2</b>	<b>2</b>
<b>SUGARS (g)</b>	<b>67</b>	<b>103</b>	<b>135</b>
<b>SUGAR ALCOHOL (g)</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>PROTEIN (g)</b>	<b>2</b>	<b>2</b>	<b>3</b>
<b>VITAMIN C</b>	<b>45%</b>	<b>71%</b>	<b>90%</b>
<b>VITAMIN A</b>	<b>8%</b>	<b>12%</b>	<b>16%</b>
<b>CALCIUM</b>	<b>3%</b>	<b>4%</b>	<b>6%</b>
<b>IRON</b>	<b>1%</b>	<b>1%</b>	<b>2%</b>

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**Açaí Berry Breeze**  
(Lite)  
(Dairy Free)

**Bahama Colada**  
(Lite)  
(Dairy Free)

**Mango Dragonfruit**  
(Lite)  
(Dairy Free)

**Mango Tango**  
(Lite)  
(Dairy Free)

**Oasis**  
(Lite)  
(Dairy Free)

**Strawberry Banana Calypso**  
(Lite)  
(Dairy Free)

## ISLAND SMOOTHIE FRUIT BLEND

# OASIS

Strawberry, Banana, Orange, Coconut & Non-fat Vanilla Greek Yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
<b>CALORIES</b>	<b>280</b>	<b>428</b>	<b>561</b>
<b>FAT CALORIES</b>	<b>3</b>	<b>5</b>	<b>7</b>
<b>TOTAL FAT (g)</b>	<b>0</b>	<b>1</b>	<b>1</b>
<b>SAT. FAT (g)</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>CHOLEST (mg)</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>SODIUM (mg)</b>	<b>12</b>	<b>20</b>	<b>25</b>
<b>TOTAL CARB. (g)</b>	<b>73</b>	<b>111</b>	<b>145</b>
<b>DIETARY FIBER (g)</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>SUGARS (g)</b>	<b>64</b>	<b>98</b>	<b>128</b>
<b>SUGAR ALCOHOL (g)</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>PROTEIN (g)</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>VITAMIN C</b>	<b>82%</b>	<b>130%</b>	<b>165%</b>
<b>VITAMIN A</b>	<b>1%</b>	<b>1%</b>	<b>1%</b>
<b>CALCIUM</b>	<b>3%</b>	<b>4%</b>	<b>6%</b>
<b>IRON</b>	<b>1%</b>	<b>2%</b>	<b>3%</b>

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**Açaí Berry Breeze**  
(Lite)  
(Dairy Free)

**Bahama Colada**  
(Lite)  
(Dairy Free)

**Mango Dragonfruit**  
(Lite)  
(Dairy Free)

**Mango Tango**  
(Lite)  
(Dairy Free)

**Oasis**  
(Lite)  
(Dairy Free)

**Strawberry Banana Calypso**  
(Lite)  
(Dairy Free)

## ISLAND SMOOTHIE FRUIT BLEND

# STRAWBERRY BANANA CALYPSO

Strawberry Blend, Banana & Non-fat Vanilla Greek Yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	359	478	583
FAT CALORIES	4	4	4
TOTAL FAT (g)	1	1	1
SAT. FAT (g)	0	0	0
TRANS FAT (g)	0	0	0
CHOLEST (mg)	1	2	3
SODIUM (mg)	14	21	25
TOTAL CARB. (g)	94	126	153
DIETARY FIBER (g)	4	4	4
SUGARS (g)	75	104	131
SUGAR ALCOHOL (g)	2	3	4
PROTEIN (g)	4	4	5
VITAMIN C	23%	23%	23%
VITAMIN A	2%	2%	2%
CALCIUM	3%	4%	5%
IRON	2%	2%	2%

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## ISLAND SMOOTHIE CREAM BLEND

## COCONUT KULANA

Creamy Coconut blend, Vanilla Ice Cream, Whipped Cream &amp; Cherry

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	415	617	820
FAT CALORIES	87	123	174
TOTAL FAT (g)	10	14	20
SAT. FAT (g)	7	9	13
TRANS FAT (g)	0	0	0
CHOLEST (mg)	36	54	72
SODIUM (mg)	67	101	134
TOTAL CARB. (g)	83	126	164
DIETARY FIBER (g)	0	0	0
SUGARS (g)	82	125	163
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	5	7	10
VITAMIN C	0%	0%	0%
VITAMIN A	6%	9%	12%
CALCIUM	15%	23%	30%
IRON	0%	0%	0%

## ISLAND SMOOTHIE CREAM BLEND



# KOKOMOKO

Dark Chocolate, Cola, Mocha, Chocolate Ice Cream, Chocolate Sauce, Whipped Cream & Cherry

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	917	1367	1824
FAT CALORIES	375	555	750
TOTAL FAT (g)	42	62	84
SAT. FAT (g)	34	50	67
TRANS FAT (g)	0	0	0
CHOLEST (mg)	36	54	72
SODIUM (mg)	244	368	488
TOTAL CARB. (g)	129	194	256
DIETARY FIBER (g)	0	0	0
SUGARS (g)	124	187	247
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	9	13	18
VITAMIN C	0%	0%	0%
VITAMIN A	8%	12%	16%
CALCIUM	12%	18%	24%
IRON	12%	18%	24%

## ISLAND SMOOTHIE CREAM BLEND

## OREO® COOKIE SMOOTHIE

Oreo® Cookie Pieces, Oreo® Creme, Vanilla Ice Cream, Whipped Cream & Cherry  
*Contains Gluten*

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	1037	1547	2064
FAT CALORIES	263	387	526
TOTAL FAT (g)	45	67	90
SAT. FAT (g)	16	24	32
TRANS FAT (g)	0	0	0
CHOLEST (mg)	36	54	72
SODIUM (mg)	411	619	822
TOTAL CARB. (g)	156	234	310
DIETARY FIBER (g)	3	5	6
SUGARS (g)	128	193	255
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	8	12	16
VITAMIN C	0%	0%	0%
VITAMIN A	6%	9%	12%
CALCIUM	15%	23%	30%
IRON	18%	27%	36%

## ISLAND SMOOTHIE CREAM BLEND

## STRAWBERRY FREEZECAKE

Strawberry blend, Creamy Cheesecake, Vanilla Ice Cream, Whipped Cream &amp; Cherry

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	412	610	814
FAT CALORIES	77	108	154
TOTAL FAT (g)	10	14	20
SAT. FAT (g)	6	8	11
TRANS FAT (g)	0	0	0
CHOLEST (mg)	28	42	56
SODIUM (mg)	58	88	116
TOTAL CARB. (g)	82	124	162
DIETARY FIBER (g)	0	0	0
SUGARS (g)	78	118	155
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	5	7	10
VITAMIN C	53%	79%	105%
VITAMIN A	4%	6%	8%
CALCIUM	13%	19%	25%
IRON	1%	2%	2%

## ISLAND SMOOTHIE CREAM BLEND

## STRAWBERRY BLISS

Strawberry Blend, Strawberry ice cream, Strawberry Sauce, Whipped Cream &amp; Cherry

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	468	694	927
FAT CALORIES	77	108	154
TOTAL FAT (g)	10	14	20
SAT. FAT (g)	6	8	11
TRANS FAT (g)	0	0	0
CHOLEST (mg)	28	42	56
SODIUM (mg)	58	88	116
TOTAL CARB. (g)	97	146	192
DIETARY FIBER (g)	0	0	0
SUGARS (g)	93	140	185
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	5	7	10
VITAMIN C	53%	79%	105%
VITAMIN A	4%	6%	8%
CALCIUM	13%	19%	25%
IRON	1%	1%	2%

## ISLAND SMOOTHIE CREAM BLEND



# WAVEBENDER

Banana, Pineapple, Coconut Rum, Vanilla ice cream, Whipped Cream &amp; Cherry

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	464	685	917
FAT CALORIES	89	126	178
TOTAL FAT (g)	10	15	21
SAT. FAT (g)	7	9	13
TRANS FAT (g)	0	0	0
CHOLEST (mg)	36	54	72
SODIUM (mg)	69	103	136
TOTAL CARB. (g)	95	142	188
DIETARY FIBER (g)	3	3	5
SUGARS (g)	86	130	171
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	6	8	11
VITAMIN C	26%	31%	51%
VITAMIN A	7%	11%	14%
CALCIUM	17%	24%	33%
IRON	2%	2%	3%

**Açaí Berry Breeze**  
(Lite)  
(Dairy Free)

**Bahama Colada**  
(Lite)  
(Dairy Free)

**Mango Dragonfruit**  
(Lite)  
(Dairy Free)

**Mango Tango**  
(Lite)  
(Dairy Free)

**Oasis**  
(Lite)  
(Dairy Free)

**Strawberry Banana Calypso**  
(Lite)  
(Dairy Free)

## ISLAND SMOOTHIE FRUIT BLEND, DAIRY-FREE

# AÇAÍ BERRY BREEZE, DAIRY-FREE

Açaí, Mixed Berries & Strawberry

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	310	471	620
FAT CALORIES	72	108	145
TOTAL FAT (g)	7	10	14
SAT. FAT (g)	7	10	13
TRANS FAT (g)	0	0	0
CHOLEST (mg)	0	0	0
SODIUM (mg)	10	15	19
TOTAL CARB. (g)	68	103	135
DIETARY FIBER (g)	2	3	4
SUGARS (g)	62	95	124
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	0	0	0
VITAMIN C	8%	12%	16%
VITAMIN A	1%	1%	1%
CALCIUM	0%	0%	0%
IRON	0%	0%	1%

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**Açaí Berry Breeze  
(Lite)  
(Dairy Free)**

**Bahama Colada  
(Lite)  
(Dairy Free)**

**Mango Dragonfruit  
(Lite)  
(Dairy Free)**

**Mango Tango  
(Lite)  
(Dairy Free)**

**Oasis  
(Lite)  
(Dairy Free)**

**Strawberry Banana Calypso  
(Lite)  
(Dairy Free)**

## ISLAND SMOOTHIE FRUIT BLEND, DAIRY-FREE

# BAHAMA COLADA, DAIRY-FREE

Pineapple & Coconut

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
<b>CALORIES</b>	<b>322</b>	<b>492</b>	<b>644</b>
<b>FAT CALORIES</b>	<b>60</b>	<b>90</b>	<b>120</b>
<b>TOTAL FAT (g)</b>	<b>6</b>	<b>9</b>	<b>12</b>
<b>SAT. FAT (g)</b>	<b>6</b>	<b>9</b>	<b>12</b>
<b>TRANS FAT (g)</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>CHOLEST (mg)</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>SODIUM (mg)</b>	<b>3</b>	<b>5</b>	<b>6</b>
<b>TOTAL CARB. (g)</b>	<b>101</b>	<b>154</b>	<b>202</b>
<b>DIETARY FIBER (g)</b>	<b>4</b>	<b>6</b>	<b>8</b>
<b>SUGARS (g)</b>	<b>91</b>	<b>139</b>	<b>182</b>
<b>SUGAR ALCOHOL (g)</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>PROTEIN (g)</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>VITAMIN C</b>	<b>62%</b>	<b>94%</b>	<b>125%</b>
<b>VITAMIN A</b>	<b>4%</b>	<b>6%</b>	<b>8%</b>
<b>CALCIUM</b>	<b>4%</b>	<b>6%</b>	<b>8%</b>
<b>IRON</b>	<b>4%</b>	<b>6%</b>	<b>8%</b>

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**Açaí Berry Breeze**  
(Lite)  
(Dairy Free)

**Bahama Colada**  
(Lite)  
(Dairy Free)

**Mango Dragonfruit**  
(Lite)  
(Dairy Free)

**Mango Tango**  
(Lite)  
(Dairy Free)

**Oasis**  
(Lite)  
(Dairy Free)

**Strawberry Banana Calypso**  
(Lite)  
(Dairy Free)

## ISLAND SMOOTHIE FRUIT BLEND



# MANGO DRAGONFRUIT, DAIRY-FREE

Dragonfruit, Mango, Coconut, & Non-fat Vanilla Greek Yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	439	471	877
FAT CALORIES	76	108	151
TOTAL FAT (g)	7	10	15
SAT. FAT (g)	6	10	12
TRANS FAT (g)	0	0	0
CHOLEST (mg)	0	0	0
SODIUM (mg)	3	15	6
TOTAL CARB. (g)	95	103	190
DIETARY FIBER (g)	5	3	10
SUGARS (g)	90	95	180
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	3	0	5
VITAMIN C	24%	12%	48%
VITAMIN A	8%	1%	16%
CALCIUM	1%	0%	2%
IRON	1%	0%	2%

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**Açaí Berry Breeze**  
(Lite)  
(Dairy Free)

**Bahama Colada**  
(Lite)  
(Dairy Free)

**Mango Dragonfruit**  
(Lite)  
(Dairy Free)

**Mango Tango**  
(Lite)  
(Dairy Free)

**Oasis**  
(Lite)  
(Dairy Free)

**Strawberry Banana Calypso**  
(Lite)  
(Dairy Free)

## ISLAND SMOOTHIE FRUIT BLEND, DAIRY-FREE

# MANGO TANGO, DAIRY-FREE

Mango blend

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
<b>CALORIES</b>	<b>327</b>	<b>499</b>	<b>654</b>
<b>FAT CALORIES</b>	<b>60</b>	<b>90</b>	<b>120</b>
<b>TOTAL FAT (g)</b>	<b>6</b>	<b>9</b>	<b>12</b>
<b>SAT. FAT (g)</b>	<b>6</b>	<b>9</b>	<b>12</b>
<b>TRANS FAT (g)</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>CHOLEST (mg)</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>SODIUM (mg)</b>	<b>3</b>	<b>5</b>	<b>6</b>
<b>TOTAL CARB. (g)</b>	<b>73</b>	<b>111</b>	<b>145</b>
<b>DIETARY FIBER (g)</b>	<b>1</b>	<b>2</b>	<b>2</b>
<b>SUGARS (g)</b>	<b>71</b>	<b>109</b>	<b>143</b>
<b>SUGAR ALCOHOL (g)</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>PROTEIN (g)</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>VITAMIN C</b>	<b>45%</b>	<b>71%</b>	<b>90%</b>
<b>VITAMIN A</b>	<b>8%</b>	<b>12%</b>	<b>16%</b>
<b>CALCIUM</b>	<b>1%</b>	<b>1%</b>	<b>2%</b>
<b>IRON</b>	<b>1%</b>	<b>1%</b>	<b>2%</b>

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**Açaí Berry Breeze**  
(Lite)  
(Dairy Free)

**Bahama Colada**  
(Lite)  
(Dairy Free)

**Mango Dragonfruit**  
(Lite)  
(Dairy Free)

**Mango Tango**  
(Lite)  
(Dairy Free)

**Oasis**  
(Lite)  
(Dairy Free)

**Strawberry Banana Calypso**  
(Lite)  
(Dairy Free)

## ISLAND SMOOTHIE FRUIT BLEND, DAIRY-FREE

# OASIS, DAIRY-FREE

Strawberry, Banana, Orange & Coconut

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
<b>CALORIES</b>	<b>342</b>	<b>520</b>	<b>683</b>
<b>FAT CALORIES</b>	<b>63</b>	<b>95</b>	<b>127</b>
<b>TOTAL FAT (g)</b>	<b>6</b>	<b>10</b>	<b>13</b>
<b>SAT. FAT (g)</b>	<b>6</b>	<b>9</b>	<b>12</b>
<b>TRANS FAT (g)</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>CHOLEST (mg)</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>SODIUM (mg)</b>	<b>7</b>	<b>11</b>	<b>13</b>
<b>TOTAL CARB. (g)</b>	<b>77</b>	<b>117</b>	<b>153</b>
<b>DIETARY FIBER (g)</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>SUGARS (g)</b>	<b>68</b>	<b>104</b>	<b>137</b>
<b>SUGAR ALCOHOL (g)</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>PROTEIN (g)</b>	<b>1</b>	<b>1</b>	<b>1</b>
<b>VITAMIN C</b>	<b>82%</b>	<b>130%</b>	<b>165%</b>
<b>VITAMIN A</b>	<b>1%</b>	<b>1%</b>	<b>1%</b>
<b>CALCIUM</b>	<b>1%</b>	<b>1%</b>	<b>2%</b>
<b>IRON</b>	<b>1%</b>	<b>2%</b>	<b>3%</b>

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**Açaí Berry Breeze  
(Lite)  
(Dairy Free)**

**Bahama Colada  
(Lite)  
(Dairy Free)**

**Mango Dragonfruit  
(Lite)  
(Dairy Free)**

**Mango Tango  
(Lite)  
(Dairy Free)**

**Oasis  
(Lite)  
(Dairy Free)**

**Strawberry Banana Calypso  
(Lite)  
(Dairy Free)**

## ISLAND SMOOTHIE FRUIT BLEND, DAIRY-FREE

# STRAWBERRY BANANA CALYPSO, DAIRY-FREE

Strawberry Blend & Banana

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
<b>CALORIES</b>	<b>420</b>	<b>570</b>	<b>705</b>
<b>FAT CALORIES</b>	<b>64</b>	<b>94</b>	<b>124</b>
<b>TOTAL FAT (g)</b>	<b>7</b>	<b>10</b>	<b>13</b>
<b>SAT. FAT (g)</b>	<b>6</b>	<b>9</b>	<b>12</b>
<b>TRANS FAT (g)</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>CHOLEST (mg)</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>SODIUM (mg)</b>	<b>8</b>	<b>12</b>	<b>14</b>
<b>TOTAL CARB. (g)</b>	<b>98</b>	<b>132</b>	<b>161</b>
<b>DIETARY FIBER (g)</b>	<b>4</b>	<b>4</b>	<b>4</b>
<b>SUGARS (g)</b>	<b>79</b>	<b>111</b>	<b>139</b>
<b>SUGAR ALCOHOL (g)</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>PROTEIN (g)</b>	<b>2</b>	<b>2</b>	<b>2</b>
<b>VITAMIN C</b>	<b>23%</b>	<b>23%</b>	<b>23%</b>
<b>VITAMIN A</b>	<b>2%</b>	<b>2%</b>	<b>2%</b>
<b>CALCIUM</b>	<b>1%</b>	<b>1%</b>	<b>1%</b>
<b>IRON</b>	<b>2%</b>	<b>2%</b>	<b>2%</b>

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**Açaí Berry Breeze**  
(Lite)  
(Dairy Free)

**Bahama Colada**  
(Lite)  
(Dairy Free)

**Mango Dragonfruit**  
(Lite)  
(Dairy Free)

**Mango Tango**  
(Lite)  
(Dairy Free)

**Oasis**  
(Lite)  
(Dairy Free)

**Strawberry Banana Calypso**  
(Lite)  
(Dairy Free)

## ISLAND SMOOTHIE FRUIT BLEND, LITE

# AÇAÍ BERRY BREEZE, LITE

Açaí, Mixed Berries, Strawberry & Non-fat Vanilla Greek Yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	80	128	161
FAT CALORIES	12	18	25
TOTAL FAT (g)	1	1	2
SAT. FAT (g)	1	1	1
TRANS FAT (g)	0	0	0
CHOLEST (mg)	1	2	3
SODIUM (mg)	15	24	30
TOTAL CARB. (g)	19	30	37
DIETARY FIBER (g)	2	3	4
SUGARS (g)	13	21	26
SUGAR ALCOHOL (g)	2	3	4
PROTEIN (g)	2	2	3
VITAMIN C	8%	12%	16%
VITAMIN A	1%	1%	1%
CALCIUM	2%	3%	4%
IRON	0%	0%	1%

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**Açaí Berry Breeze  
(Lite)  
(Dairy Free)**

**Bahama Colada  
(Lite)  
(Dairy Free)**

**Mango Dragonfruit  
(Lite)  
(Dairy Free)**

**Mango Tango  
(Lite)  
(Dairy Free)**

**Oasis  
(Lite)  
(Dairy Free)**

**Strawberry Banana Calypso  
(Lite)  
(Dairy Free)**

## ISLAND SMOOTHIE FRUIT BLEND, LITE

# BAHAMA COLADA, LITE

Pineapple, Coconut & Non-fat Vanilla Greek Yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
<b>CALORIES</b>	<b>93</b>	<b>148</b>	<b>186</b>
<b>FAT CALORIES</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>TOTAL FAT (g)</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>SAT. FAT (g)</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>CHOLEST (mg)</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>SODIUM (mg)</b>	<b>9</b>	<b>14</b>	<b>17</b>
<b>TOTAL CARB. (g)</b>	<b>52</b>	<b>80</b>	<b>104</b>
<b>DIETARY FIBER (g)</b>	<b>4</b>	<b>6</b>	<b>8</b>
<b>SUGARS (g)</b>	<b>42</b>	<b>65</b>	<b>84</b>
<b>SUGAR ALCOHOL (g)</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>PROTEIN (g)</b>	<b>4</b>	<b>5</b>	<b>7</b>
<b>VITAMIN C</b>	<b>62%</b>	<b>94%</b>	<b>125%</b>
<b>VITAMIN A</b>	<b>4%</b>	<b>6%</b>	<b>8%</b>
<b>CALCIUM</b>	<b>6%</b>	<b>9%</b>	<b>12%</b>
<b>IRON</b>	<b>4%</b>	<b>6%</b>	<b>8%</b>

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**Açaí Berry Breeze**  
(Lite)  
(Dairy Free)

**Bahama Colada**  
(Lite)  
(Dairy Free)

**Mango Dragonfruit**  
(Lite)  
(Dairy Free)

**Mango Tango**  
(Lite)  
(Dairy Free)

**Oasis**  
(Lite)  
(Dairy Free)

**Strawberry Banana Calypso**  
(Lite)  
(Dairy Free)

## ISLAND SMOOTHIE FRUIT BLEND

# MANGO DRAGONFRUIT, LITE

Dragonfruit, Mango, Coconut, & Non-fat Vanilla Greek Yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	209	324	418
FAT CALORIES	16	23	3
TOTAL FAT (g)	1	2	3
SAT. FAT (g)	0	0	0
TRANS FAT (g)	0	0	0
CHOLEST (mg)	1	2	3
SODIUM (mg)	9	13	17
TOTAL CARB. (g)	46	72	92
DIETARY FIBER (g)	5	8	10
SUGARS (g)	41	64	81
SUGAR ALCOHOL (g)	2	3	4
PROTEIN (g)	4	6	8
VITAMIN C	24%	36%	48%
VITAMIN A	8%	12%	16%
CALCIUM	3%	4%	6%
IRON	1%	1%	2%

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**Açaí Berry Breeze  
(Lite)  
(Dairy Free)**

**Bahama Colada  
(Lite)  
(Dairy Free)**

**Mango Dragonfruit  
(Lite)  
(Dairy Free)**

**Mango Tango  
(Lite)  
(Dairy Free)**

**Oasis  
(Lite)  
(Dairy Free)**

**Strawberry Banana Calypso  
(Lite)  
(Dairy Free)**

## ISLAND SMOOTHIE FRUIT BLEND, LITE

# MANGO TANGO, LITE

Mango Blend & Non-fat Vanilla Greek Yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
<b>CALORIES</b>	<b>98</b>	<b>155</b>	<b>196</b>
<b>FAT CALORIES</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>TOTAL FAT (g)</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>SAT. FAT (g)</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>CHOLEST (mg)</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>SODIUM (mg)</b>	<b>9</b>	<b>14</b>	<b>17</b>
<b>TOTAL CARB. (g)</b>	<b>24</b>	<b>37</b>	<b>47</b>
<b>DIETARY FIBER (g)</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>SUGARS (g)</b>	<b>22</b>	<b>35</b>	<b>45</b>
<b>SUGAR ALCOHOL (g)</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>PROTEIN (g)</b>	<b>2</b>	<b>2</b>	<b>3</b>
<b>VITAMIN C</b>	<b>45%</b>	<b>71%</b>	<b>90%</b>
<b>VITAMIN A</b>	<b>8%</b>	<b>12%</b>	<b>16%</b>
<b>CALCIUM</b>	<b>3%</b>	<b>4%</b>	<b>6%</b>
<b>IRON</b>	<b>1%</b>	<b>2%</b>	<b>2%</b>

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**Açaí Berry Breeze  
(Lite)  
(Dairy Free)**

**Bahama Colada  
(Lite)  
(Dairy Free)**

**Mango Dragonfruit  
(Lite)  
(Dairy Free)**

**Mango Tango  
(Lite)  
(Dairy Free)**

**Oasis  
(Lite)  
(Dairy Free)**

**Strawberry Banana Calypso  
(Lite)  
(Dairy Free)**

## ISLAND SMOOTHIE FRUIT BLEND, LITE

# OASIS, LITE

Strawberry, Banana, Orange, Coconut & Non-fat Vanilla Greek Yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
<b>CALORIES</b>	<b>112</b>	<b>176</b>	<b>225</b>
<b>FAT CALORIES</b>	<b>3</b>	<b>5</b>	<b>7</b>
<b>TOTAL FAT (g)</b>	<b>0</b>	<b>1</b>	<b>1</b>
<b>SAT. FAT (g)</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>CHOLEST (mg)</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>SODIUM (mg)</b>	<b>12</b>	<b>20</b>	<b>25</b>
<b>TOTAL CARB. (g)</b>	<b>28</b>	<b>44</b>	<b>55</b>
<b>DIETARY FIBER (g)</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>SUGARS (g)</b>	<b>19</b>	<b>30</b>	<b>38</b>
<b>SUGAR ALCOHOL (g)</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>PROTEIN (g)</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>VITAMIN C</b>	<b>82%</b>	<b>130%</b>	<b>165%</b>
<b>VITAMIN A</b>	<b>1%</b>	<b>1%</b>	<b>1%</b>
<b>CALCIUM</b>	<b>3%</b>	<b>4%</b>	<b>6%</b>
<b>IRON</b>	<b>1%</b>	<b>2%</b>	<b>3%</b>

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**Açaí Berry Breeze  
(Lite)  
(Dairy Free)**

**Bahama Colada  
(Lite)  
(Dairy Free)**

**Mango Dragonfruit  
(Lite)  
(Dairy Free)**

**Mango Tango  
(Lite)  
(Dairy Free)**

**Oasis  
(Lite)  
(Dairy Free)**

**Strawberry Banana Calypso  
(Lite)  
(Dairy Free)**

## ISLAND SMOOTHIE FRUIT BLEND, LITE

# STRAWBERRY BANANA CALYPSO, LITE

Strawberry Blend, Banana & Non-fat Vanilla Greek Yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
<b>CALORIES</b>	<b>191</b>	<b>226</b>	<b>247</b>
<b>FAT CALORIES</b>	<b>4</b>	<b>4</b>	<b>4</b>
<b>TOTAL FAT (g)</b>	<b>1</b>	<b>1</b>	<b>1</b>
<b>SAT. FAT (g)</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>CHOLEST (mg)</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>SODIUM (mg)</b>	<b>14</b>	<b>21</b>	<b>25</b>
<b>TOTAL CARB. (g)</b>	<b>49</b>	<b>58</b>	<b>63</b>
<b>DIETARY FIBER (g)</b>	<b>4</b>	<b>4</b>	<b>4</b>
<b>SUGARS (g)</b>	<b>30</b>	<b>37</b>	<b>41</b>
<b>SUGAR ALCOHOL (g)</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>PROTEIN (g)</b>	<b>4</b>	<b>4</b>	<b>5</b>
<b>VITAMIN C</b>	<b>23%</b>	<b>23%</b>	<b>23%</b>
<b>VITAMIN A</b>	<b>2%</b>	<b>2%</b>	<b>2%</b>
<b>CALCIUM</b>	<b>3%</b>	<b>4%</b>	<b>5%</b>
<b>IRON</b>	<b>2%</b>	<b>2%</b>	<b>2%</b>

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