

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

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

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

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

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

**Watermelon Mango  
Sunrise**  
(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>13</b>	<b>19</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>1</b>	<b>1</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>128</b>
<b>DIETARY FIBER (g)</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>SUGARS (g)</b>	<b>58</b>	<b>89</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>3</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>1%</b>	<b>1%</b>	<b>1%</b>

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Calypso**  
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**Watermelon Mango  
Sunrise**  
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## 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>8</b>	<b>14</b>	<b>17</b>
<b>TOTAL CARB. (g)</b>	<b>97</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>87</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>6</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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**Calypso**  
(Lite)  
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**Watermelon Mango**  
**Sunrise**  
(Lite)  
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## 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>3</b>
<b>SUGARS (g)</b>	<b>68</b>	<b>103</b>	<b>125</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>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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(Lite)  
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Calypso**  
(Lite)  
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Sunrise**  
(Lite)  
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## 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>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>13</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>2</b>	<b>2</b>	<b>3</b>
<b>SUGARS (g)</b>	<b>64</b>	<b>98</b>	<b>129</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>2%</b>
<b>CALCIUM</b>	<b>3%</b>	<b>4%</b>	<b>6%</b>
<b>IRON</b>	<b>2%</b>	<b>2%</b>	<b>3%</b>

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**Strawberry Banana  
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**Watermelon Mango  
Sunrise**  
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## ISLAND SMOOTHIE FRUIT BLEND

# STRAWBERRY BANANA CALYPSO

Strawberry Blend, Banana, Non-fat Vanilla Greek Yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
<b>CALORIES</b>	<b>359</b>	<b>478</b>	<b>582</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>2</b>	<b>2</b>	<b>3</b>
<b>SODIUM (mg)</b>	<b>14</b>	<b>21</b>	<b>24</b>
<b>TOTAL CARB. (g)</b>	<b>94</b>	<b>126</b>	<b>153</b>
<b>DIETARY FIBER (g)</b>	<b>4</b>	<b>4</b>	<b>4</b>
<b>SUGARS (g)</b>	<b>75</b>	<b>105</b>	<b>131</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>4%</b>
<b>IRON</b>	<b>2%</b>	<b>2%</b>	<b>2%</b>

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

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

**Watermelon Mango  
Sunrise**  
(Lite)  
(Dairy Free)

## ISLAND SMOOTHIE FRUIT BLEND

# WATERMELON MANGO SUNRISE

Watermelon, mango, orange & non-fat vanilla Greek yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
<b>CALORIES</b>	<b>260</b>	<b>397</b>	<b>520</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>12</b>	<b>18</b>	<b>23</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>65</b>	<b>98</b>	<b>129</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>63%</b>	<b>101%</b>	<b>126%</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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**Strawberry Banana  
Calypso**  
(Lite)  
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**Watermelon Mango  
Sunrise**  
(Lite)  
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## 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	81	128	497
FAT CALORIES	13	19	25
TOTAL FAT (g)	1	2	2
SAT. FAT (g)	1	1	1
TRANS FAT (g)	0	0	0
CHOLEST (mg)	2	2	3
SODIUM (mg)	15	24	30
TOTAL CARB. (g)	19	30	38
DIETARY FIBER (g)	2	3	4
SUGARS (g)	13	21	26
SUGAR ALCOHOL (g)	2	3	4
PROTEIN (g)	2	3	3
VITAMIN C	8%	12%	16%
VITAMIN A	1%	1%	1%
CALCIUM	2%	3%	4%
IRON	1%	1%	1%

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

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

**Watermelon Mango  
Sunrise**  
(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.
<b>CALORIES</b>	<b>310</b>	<b>472</b>	<b>620</b>
<b>FAT CALORIES</b>	<b>73</b>	<b>109</b>	<b>145</b>
<b>TOTAL FAT (g)</b>	<b>7</b>	<b>11</b>	<b>14</b>
<b>SAT. FAT (g)</b>	<b>7</b>	<b>10</b>	<b>13</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>10</b>	<b>16</b>	<b>19</b>
<b>TOTAL CARB. (g)</b>	<b>68</b>	<b>104</b>	<b>136</b>
<b>DIETARY FIBER (g)</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>SUGARS (g)</b>	<b>62</b>	<b>94</b>	<b>124</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>8%</b>	<b>12%</b>	<b>16%</b>
<b>VITAMIN A</b>	<b>1%</b>	<b>1%</b>	<b>2%</b>
<b>CALCIUM</b>	<b>1%</b>	<b>1%</b>	<b>1%</b>
<b>IRON</b>	<b>1%</b>	<b>1%</b>	<b>1%</b>



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

**Watermelon Mango  
Sunrise  
(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>2</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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(Lite)  
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**Strawberry Banana  
Calypso  
(Lite)  
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**Watermelon Mango  
Sunrise  
(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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**Oasis  
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(Lite)  
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**Strawberry Banana  
Calypso  
(Lite)  
(Dairy Free)**

**Watermelon Mango  
Sunrise  
(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>2</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>6</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>

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

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

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

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

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

**Watermelon Mango  
Sunrise  
(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>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>4%</b>	<b>9%</b>	<b>8%</b>
<b>IRON</b>	<b>4%</b>	<b>6%</b>	<b>8%</b>

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

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

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

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

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

**Watermelon Mango  
Sunrise  
(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>2</b>	<b>2</b>	<b>3</b>
<b>SODIUM (mg)</b>	<b>9</b>	<b>14</b>	<b>18</b>
<b>TOTAL CARB. (g)</b>	<b>24</b>	<b>38</b>	<b>48</b>
<b>DIETARY FIBER (g)</b>	<b>2</b>	<b>2</b>	<b>3</b>
<b>SUGARS (g)</b>	<b>23</b>	<b>26</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>3</b>	<b>4</b>
<b>VITAMIN C</b>	<b>45%</b>	<b>71%</b>	<b>90%</b>
<b>VITAMIN A</b>	<b>8%</b>	<b>16%</b>	<b>16%</b>
<b>CALCIUM</b>	<b>3%</b>	<b>6%</b>	<b>6%</b>
<b>IRON</b>	<b>1%</b>	<b>2%</b>	<b>2%</b>

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

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

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

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

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

**Watermelon Mango  
Sunrise  
(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>146</b>
<b>DIETARY FIBER (g)</b>	<b>2</b>	<b>2</b>	<b>3</b>
<b>SUGARS (g)</b>	<b>72</b>	<b>110</b>	<b>143</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>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>2%</b>	<b>2%</b>
<b>IRON</b>	<b>1%</b>	<b>2%</b>	<b>2%</b>

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

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

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

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

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

**Watermelon Mango  
Sunrise  
(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>113</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>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>2</b>	<b>2</b>	<b>3</b>
<b>SODIUM (mg)</b>	<b>13</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>2</b>	<b>2</b>	<b>3</b>
<b>SUGARS (g)</b>	<b>19</b>	<b>30</b>	<b>39</b>
<b>SUGAR ALCOHOL (g)</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>PROTEIN (g)</b>	<b>2</b>	<b>4</b>	<b>5</b>
<b>VITAMIN C</b>	<b>83%</b>	<b>165%</b>	<b>165%</b>
<b>VITAMIN A</b>	<b>1%</b>	<b>2%</b>	<b>2%</b>
<b>CALCIUM</b>	<b>3%</b>	<b>6%</b>	<b>6%</b>
<b>IRON</b>	<b>2%</b>	<b>3%</b>	<b>3%</b>

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

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

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

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

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

**Watermelon Mango  
Sunrise  
(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>64</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>154</b>
<b>DIETARY FIBER (g)</b>	<b>2</b>	<b>2</b>	<b>3</b>
<b>SUGARS (g)</b>	<b>69</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>2</b>
<b>VITAMIN C</b>	<b>83%</b>	<b>130%</b>	<b>165%</b>
<b>VITAMIN A</b>	<b>1%</b>	<b>1%</b>	<b>2%</b>
<b>CALCIUM</b>	<b>1%</b>	<b>2%</b>	<b>2%</b>
<b>IRON</b>	<b>2%</b>	<b>3%</b>	<b>3%</b>



## 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

## 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

## 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)	11	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	12
VITAMIN C	26%	31%	52%
VITAMIN A	7%	11%	15%
CALCIUM	17%	24%	33%
IRON	2%	2%	4%

## 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	469	695	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%	106%
VITAMIN A	4%	6%	8%
CALCIUM	13%	19%	25%
IRON	1%	2%	2%

## ISLAND SMOOTHIE CREAM BLEND

## KOKOMOKO

Dark Chocolate, Cola, Mocha, Chocolate ice cream, Chocolate Sauce, Whipped cream &amp; Cherry

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	469	695	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%	106%
VITAMIN A	4%	6%	8%
CALCIUM	13%	19%	25%
IRON	1%	2%	2%

## ISLAND SMOOTHIE CREAM BLEND

## OREO® COOKIE SMOOTHIE

Oreo® Cookie Pieces, Oreo® Creme, and Vanilla ice cream and topped with Oreo® Cookie Pieces, Whipped cream, and a Cherry

	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%

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

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

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

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

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

**Watermelon Mango  
Sunrise  
(Lite)  
(Dairy Free)**

## ISLAND SMOOTHIE FRUIT BLEND

# WATERMELON MANGO SUNRISE, LITE

Watermelon, mango, orange & non-fat vanilla Greek yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	92	145	184
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)	1	2	3
SODIUM (mg)	12	18	23
TOTAL CARB. (g)	24	37	47
DIETARY FIBER (g)	1	2	2
SUGARS (g)	19	30	39
SUGAR ALCOHOL (g)	2	3	4
PROTEIN (g)	2	2	3
VITAMIN C	63%	101%	126%
VITAMIN A	8%	12%	16%
CALCIUM	3%	4%	6%
IRON	1%	1%	2%

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

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

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

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

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

**Watermelon Mango  
Sunrise**  
(Lite)  
(Dairy Free)

## ISLAND SMOOTHIE FRUIT BLEND



# WATERMELON MANGO SUNRISE, DAIRY FREE

Watermelon, mango, orange & non-fat vanilla Greek yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
<b>CALORIES</b>	<b>321</b>	<b>489</b>	<b>642</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>6</b>	<b>10</b>	<b>12</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>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>0</b>	<b>0</b>	<b>0</b>
<b>VITAMIN C</b>	<b>63%</b>	<b>101%</b>	<b>126%</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>