



BANANAS NUTRITIONAL INFORMATION

Jul-15

MENU ITEM

SMOOTHIES - CLASSIC FAVORITES

	Calories (kcal)	Calories from Fat (kcal)	Calories from SatFat (kcal)	Carbohydrates (g)	Cholesterol (mg)	Dietary Fiber (g)	Fat (g)	Protein (g)	Saturated Fat (g)	Sodium (mg)	Total Sugars (g)	Trans Fatty Acid (g)
BANANABERRY SMOOTHIE 16 oz	210	0	0	48	5	3	0	4	0	115	36	0
BANANABERRY SMOOTHIE 24 oz	370	5	5	86	5	5	0.5	7	0	170	64	0
CARIBBEAN BERRY SMOOTHIE 16 oz	740	190	170	134	0	7	21	4	18	150	37	0
CARIBBEAN BERRY SMOOTHIE 24 oz	950	230	210	177	0	12	26	5	23	170	50	0
MANGO MAGIC SMOOTHIE 16 oz	330	45	40	72	0	5	5	3	4.5	80	43	0
MANGO MAGIC SMOOTHIE 24 oz	500	90	80	99	0	6	10	4	9	125	48	0
PINA COLADA SMOOTHIE 16 oz	560	140	120	100	5	4	15	3	14	170	30	0
PINA COLADA SMOOTHIE 24 oz	910	230	210	160	5	6	25	5	23	260	44	0
STRAWBERRY SMOOTHIE 16 oz	210	0	0	47	5	2	0	4	0	115	40	0
STRAWBERRY SMOOTHIE 24 oz	310	0	0	71	5	3	0	6	0	170	61	0
SUPER FRUIT SMOOTHIE 16 oz	500	90	80	97	5	5	10	4	9	150	42	0
SUPER FRUIT SMOOTHIE 24 oz	690	140	130	134	5	7	16	5	14	170	56	0

SMOOTHIES - HEALTHY & SMART

BRAZILIAN SUNRISE 16 oz	510	150	30	77	0	8	17	12	3.5	80	47	0
BRAZILIAN SUNRISE 24 oz	710	210	40	107	0	10	23	17	4.5	135	66	0
GREEN BANANA SMOOTHIE 16 oz	390	10	5	93	5	7	1	7	0	140	62	0
GREEN BANANA SMOOTHIE 24 oz	620	10	5	148	5	10	1.5	10	0.5	210	102	0
MUSCLE BUILDER 16 oz	580	240	40	75	5	6	26	17	4	470	52	0
MUSCLE BUILDER 24 oz	920	360	60	123	5	10	40	25	6	710	85	0
POMEGRANATE SPLASH 16 oz	270	0	0	60	5	1	0	4	0	120	50	0
POMEGRANATE SPLASH 24 oz	440	0	0	97	5	2	0	6	0	180	82	0
THE EXTREME 16 oz	290	15	5	60	5	2	1.5	4	0.5	120	51	0
THE EXTREME 24 oz	490	30	10	103	5	4	3.5	7	1	180	88	0

FROSTIES

BANANABERRY FROSTIE 16 oz	150	5	0	39	0	4	0	1	0	10	29	0
BANANABERRY FROSTIE 24 oz	250	5	0	65	0	6	0.5	2	0	15	48	0
STRAWBERRY FROSTIE 16 oz	120	0	0	32	0	3	0	1	0	10	28	0
STRAWBERRY FROSTIE 24 oz	140	0	0	38	0	3	0	1	0	15	34	0
STRAWBERRY COLADA FROSTIE 16 oz	530	140	120	101	0	6	15	1	14	60	33	0
STRAWBERRY COLADA FROSTIE 24 oz	700	180	160	132	0	8	20	1	18	80	41	0
SUPERFRUIT FROSTIE 16 oz	520	140	120	97	0	6	15	1	14	60	24	0
SUPERFRUIT FROSTIE 24 oz	810	230	210	149	0	9	26	1	23	95	33	0

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NONFAT FROZEN YOGURT

	Calories (kcal)	Calories from Fat (kcal)	Calories from SatFat (kcal)	Carbohydrates (g)	Cholesterol (mg)	Dietary Fiber (g)	Fat (g)	Protein (g)	Saturated Fat (g)	Sodium (mg)	Total Sugars (g)	Trans Fatty Acid (g)
VANILLA FRO YO/CAKE CONE	120	0	0	22	0	0	0	3	0	105	16 --	
VANILLA FRO YO/SUGAR CONE	140	5	0	27	0	0	0	4	0	125	18 --	
VANILLA FRO YO/WAFFLE CONE	180	10	0	35	5	0	1	5	0	150	24	0
CHOCOLATE FRO YO/CAKE CONE	140	0	0	27	0	1	0	5	0	75	19	0
CHOCOLATE FRO YO/SUGAR CONE	160	5	0	32	0	1	0	5	0	95	22	0
CHOCOLATE FRO YO/WAFFLE CONE	200	10	0	40	0	1	1	7	0	105	29	0
SUNDAE (REG)	230 --		5	44	5 --	--		7	0	220	35 --	
SUNDAE (SM)	140 --		0	27	5 --	--		4	0	135	22 --	

YOGURT SHAKES

CHOCOLATE YOGURT SHAKE 16 oz	500	40	25	91	15	3	4.5	18	2.5	250	75	0
CHOCOLATE YOGURT SHAKE 24 oz	750	60	35	140	20	5	7	27	4	370	116	0
COOKIES & CREAM SHAKE 16 oz	560	90	40	96	20	2	10	16	4.5	580	67	0
COOKIES & CREAM SHAKE 24 oz	840	140	60	144	30	3	16	22	7	840	100	0
STRAWBERRY YOGURT SHAKE 16 oz	370	40	25	65	20	0	4.5	12	3	280	55	0
STRAWBERRY YOGURT SHAKE 24 oz	560	60	40	99	30	1	7	18	4.5	420	83	0
VANILLA YOGURT SHAKE 16 oz	370	40	25	61	20	0	4.5	13	3	330	50	0
VANILLA YOGURT SHAKE 24 oz	540	70	45	88	30	0	8	20	5	480	72	0

FRESH SQUEEZED JUICE

FRESH SQUEEZED APPLE JUICE 16OZ	240	0	0	60	0	0	0	0	0	20	60 --	
FRESH SQUEEZED APPLE JUICE 24OZ	360	0	0	90	0	0	0	0	0	30	90 --	
FRESH SQUEEZED CARROT JUICE 16OZ	180	0	0	43	0	5	0	4	0	115	20 --	
FRESH SQUEEZED CARROT JUICE 24OZ	260	0	0	64	0	8	0	6	0	170	30 --	
FRESH SQUEEZED GRAPEFRUIT JUICE 16OZ	180	5	0	42	0 --		0	2	0	0 --		0
FRESH SQUEEZED GRAPEFRUIT JUICE 24OZ	270	5	0	63	0 --		0.5	3	0	5 --		0
FRESH SQUEEZED ORANGE JUICE 16OZ	200	10	0	47	0	1	1	3	0	0	38	0
FRESH SQUEEZED ORANGE JUICE 24OZ	310	10	0	71	0	1	1.5	5	0	5	57	0