

<b>Bowls</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Carbohydrates</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Vitamin D</b>	<b>Calcium</b>	<b>Iron (mg)</b>	<b>Potassium (mg)</b>
<b>Acai Blends</b>									
Asana Acai	437.1	22.3	44	11.1	12	1.3	305.5	2.1	630.6
Acai Crunch	684	27	87	20	15.9	34.9	366	4.6	904
Acai Overload	489.7	21.4	62.3	11.7	11.4	1.3	307	2.3	798.4
Very Berry	414	19	51	12	10.2	0.5	222	2.7	591
<b>Coffee Blends</b>									
Coffee Cake	451.8	15.2	55.8	13.3	18.6	0.6	146.1	3.4	721
Coffee Crunch	455.5	14	77	11.4	8.5	0	34.4	1.6	969.6
Mocha Latte	679	22	105	13.3	22	29	151	2.3	1345
<b>Earthy Blends</b>									
Bikini Bottom	372	14.3	55.7	7.6	12.9	1.2	116.8	1.7	332.6
Blue Lagoon	449.2	16.3	68.7	8.5	4.7	1.6	153.7	1.6	835.8
Green Machine	509	23	69	11.5	9.5	11.6	172	3.3	793
Sweet Green	382	16	56	12	8.2	0	173	2.1	714
<b>Decadent Blends</b>									
Almond Joy	632	30	77	18.3	21.8	67	207	4.1	919
Banana Cream Pie	372	14.3	55.7	7.6	12.9	1.2	116.8	1.7	332.6
Blueberry Muffin	483.8	16	71.8	13.4	10.8	0.8	228	2.3	618.6
Oatmeal Cookie	699	29	83	14	24	29	196	5.2	1124
<b>Peanut Butter Blends</b>									
Build Me Up PB Cup	550	21	69	12.5	24	1.4	293	1.3	1110
Harry's PBJ	492.5	24.3	58	11.4	13.3	0.6	149.8	1.6	462.9
PB Cup Muffin	549	23	75	13	15	34	230	2	928
Nutter Butter	691	25	91	14	23	59	251	2.8	1036
<b>Tropical Blends</b>									
Beach Bum	446.8	19	70.5	10.6	11.2	1.2	271.5	2.4	645.1
Creamsicle Crush	409.9	14.9	58.1	10.6	11	0.5	178.2	1.7	564.3
Pina Colada	350.4	6.8	68.8	7.1	5	0.6	143.8	0.7	507.9
Pretty in Pink	306.1	7.7	66.2	10.3	4.6	0.7	176.9	1	775.6

<b>Smoothies</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Carbohydrates</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Vitamin D</b>	<b>Calcium</b>	<b>Iron (mg)</b>	<b>Potassium</b>
<b>Berry Blends</b>									
Berry Bomb	234	4.5	37.3	7.5	15.3	118	526	2.2	594
Berry Restore	280	16.3	26.5	9.8	12.9	112	381	2.7	657.9
Blueberry Muffin	470	18	58	12	16.7	0	135	3.1	381.5
<b>Coffee Blends</b>									
Caffiene Dream	451	16.1	52	9.3	30	25	90.4	3.7	258.2
Coffee Climb	367	16.9	37	10.5	24	25	0.4	2.2	547
Kona Coffee	471	10.6	87.9	8.2	19	74.2	121	3.1	2509
<b>Earthy Blends</b>									
California Cleanse	318	8.3	43.8	10.4	20.9	118	579	4.4	496
Green Giant	346	3.6	75	15	11.6	93	449	5.2	1060
Key Lime Pie	382	8.8	77.5	11	10	3.3	116	3.2	1095
Jungle Juice	280	8.1	44	5.4	11.4	3.3	67.3	2.5	296
<b>Fruity Blends</b>									
Lush Lolipop	177	1.6	41.3	8.6	3.2	0	47	0.8	641.3
Purple Haze	141	0.6	33.2	4.4	4.2	0	21.1	0.7	186.5
Sunshine State	179	1	44.3	7.5	2.9	0	75.3	1	555.8
Tequilaless Sunrise	227	4.9	47.6	6.8	3.2	113.4	165.8	1.5	549.3
<b>Peanut Butter Blends</b>									
Cloud 9	500	20.5	514	13.8	30.6	118	514	4.7	370
Harry's PBJ	307	13.5	38.4	6.7	12.6	93	441	2.1	3851
Nut Butter Blush	378	15	44.2	7.3	22.6	118	522.4	2.4	608
<b>Sweet Blends</b>									
Chai Spice	314	3.9	48	9.1	23.9	118	507	3.9	259
Chocolate Caravan	440	8	75	13	28.3	118.3	361	4	20
Cocoa Chanel	428	6.8	69	11.5	28.3	118.3	361	3.1	282
Fruity Pebbles	245	5.3	39.6	5.9	7.7	2.5	468.1	1.5	732

<b>Salads</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sodium (mg)</b>	<b>Carbohydrates</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Vitamin D</b>	<b>Calcium</b>	<b>Iron (mg)</b>	<b>Potassium (mg)</b>
Buffalo Blend	350	16.8	275	28	11	30	0	228	4.3	1255
Berry Blend	388	29	122	25	5	9	0	119	2.4	759
Fiesta Blend	496	38	173	32	8.5	12	0	90	4.7	837
Power Blend	396	20.6	183	33.3	10.2	25.3	0	199	4.6	1348
Garden Greek	289	20	112	18.6	6.8	11.4	3.1	146	2.2	632
Spicy Thai	350	19	808	31.9	8.1	22.4	0	169	4.2	1216
Mediterranean B	331	14.6	250	34.4	11.1	19.2	0.1	256.7	4.4	1547
Sweet Chili Blen	357	30	738	30	8.4	20	0	167	3.5	992
<b>Grains</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sodium (mg)</b>	<b>Carbohydrates</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Vitamin D</b>	<b>Calcium</b>	<b>Iron (mg)</b>	<b>Potassium (mg)</b>
Buffalo Blend	629	19	284	86	14.8	35	0	234	6.2	1450
Berry Blend	667	31	132	82	9.5	15.5	0	126	3.7	954
Fiesta Blend	775	40	182	90	12	17.5	0	97	6	1032
Power Blend	675	22.8	192	91	13	31.5	0	205	5.9	154
Garden Greek	568	22.3	121.3	76	10.4	17.7	3.1	153.3	3.4	827
Spicy Thai	629	17	810	90	11.7	28	0	176	5.5	1411
Mediterranean B	610	16.8	259	92.4	14.7	25.5	0	263	5.6	177.4
Sweet Chili Blen	636	21.8	745	88	12	27	0	174	4.8	1187

<b>Avo Toasts</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Carbohydrates</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Vitamin D</b>	<b>Calcium</b>	<b>Iron (mg)</b>	<b>Potassium (mg)</b>
Avocado	133	6.7	14.5	4.2	5.6	0	19.7	0.9	161
Buffalo	165	9	14.98	4.44	8.6	0	8.2	1.4	312.78
Mediterranean	121	6	12	2.7	5.79	0	59.68	1.3	195
Sweet Chili	190	7.4	27	5	5	0	61	1.1	349
Taco	179	10	18	4.5	6.9	1	50	1.95	291
<b>Sweet Toasts</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Carbohydrates</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Vitamin D</b>	<b>Calcium</b>	<b>Iron (mg)</b>	<b>Potassium (mg)</b>
OG	173	10	16	3.75	6.32	4	86	1.3	172
Hawaiian	220	11.5	26	4.2	7.4	0	67	2.2	397
Banana Nut	266	12	38.2	3.7	7.1	0	63	2.1	348
Salted Caramel	245	12.2	28	8.5	6.5	0	1091	1.8	342

<b>FP Juice - 16 oz</b>	<b>Calories (kcal)</b>	<b>Fat (g)</b>	<b>Carbohydrates</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Calcium</b>	<b>Iron (mg)</b>	<b>Potassium (mg)</b>
Ocean Breeze	105	0.6	35	3	2.2	37.6	1.3	371
Good Green	130	1.2	40	3.1	2.9	188	1.9	639
Tickled Pickle	154	1.6	45	4.9	4.2	211	2.4	923
Green Glow	156	2.6	51	15	4.9	318	2.5	967
Ginger ZIng	120	0.9	43	12.5	3.4	120	1	986
Orange Ovation	175	1.1	50	16.2	4.4	161	1	1171
Immunity Ignite	115	0.8	42	8	1.9	36	0.9	514
Sweet Citrus	169	0.8	49	5.4	3.3	128	1.4	887
<b>FP Juice - 32 oz</b>	<b>Calories (kcal)</b>	<b>Fat (g)</b>	<b>Carbohydrates</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Calcium</b>	<b>Iron (mg)</b>	<b>Potassium (mg)</b>
Ocean Breeze	210	1.2	70	6	4.4	74	2.6	743
Good Green	260	2.2	80	6.2	5.8	376	3.8	1278
Tickled Pickle	308	3.2	90	9.8	8.4	422	4.8	1846
Green Glow	312	5.2	102	30	9.8	636	5	1934
Ginger ZIng	240	1.8	86	25	6.8	240	2	1972
Orange Ovation	350	2.2	100	32.4	8.8	322	2	2342
Immunity Ignite	230	1.6	84	16	8.8	72	1.8	1028
Sweet Citrus	338	1.6	98	10.8	6.6	256	2.8	1774

Protein Blend	Calories	Fat (g)	Carbohydrates	Fiber (g)	Protein (g)	Vitamin D	Calcium (mg)	Iron (mg)	Potassium (mg)
Coffee	174.9	7	17	4.9	13.1	1.9	193.5	2.9	392.7
Decadent	258	16.3	12.8	4.2	16.4	3.1	543.1	1.1	340
Marble	228	6.1	21.2	4.2	22	3.5	572.4	2.7	516

<b>Kid's Bowls</b>	<b>Calories (kcal)</b>	<b>Fat (g)</b>	<b>Carbohydrates</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Vitamin D</b>	<b>Calcium</b>	<b>Iron (mg)</b>	<b>Potassium (mg)</b>
Baby Blue	267.4	2.3	53.5	6.9	3.3	1	90.6	0.3	724.5
Beach Babe	208.1	3.4	46.9	6	3	0	31.1	0.8	379.7
Sweetie Pie	194.5	4.1	35.2	5.6	3.9	0.6	130.2	0.7	395.9
<b>Kid's Smoothies</b>									
Sugar Cookie	245	7.9	36	4	5.8	50.9	149	1.5	657
Fruity Pebbles	167.1	4.7	23.5	4.2	6.5	1.5	234.1	1	441
Harry's PBJ	182.8	10.6	16.5	3.8	5.8	1.9	358.3	1	313.6
<b>Kid's Waffle Toastinis (1 waffle)</b>									
Plain	137	4.4	21.2	2.1	3.8	4	50	0.8	115
PBJ	151.8	8.2	14.6	3.2	6	0.1	33.7	0.7	75.7
Chocolate Chip	164	8	16.7	3.7	6.2	0.1	61.9	1	100.4

<b>Bowls</b>	<b>Calories (kcal)</b>	<b>Fat (g)</b>	<b>Sodium (mg)</b>	<b>Carbohydrates</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Vitamin D</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>	<b>Potassium (mg)</b>
Tasty Tulip	410	9.4	86.7	76	13	8.9	23	182	1.3	848
Spring Tea	409	8	74.8	81	8.8	6.1	0	120.6	1.3	506
Bright Bloom	373.6	15.8	190.1	58.1	10.4	9.3	0	108.9	1.6	674.4
Strawberry Cheesecake	478	15	305.2	58.6	13.2	23.3	1.2	277.2	6	859.8
<b>Smoothies</b>	<b>Calories (kcal)</b>	<b>Fat (g)</b>	<b>Sodium (mg)</b>	<b>Carbohydrates</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Vitamin D</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>	<b>Potassium (mg)</b>
Lucky Ladybug	198.7	5.8	250.4	32.2	8.7	3.5	3.1	581.1	4	579.7
Shamrock Shake	299.8	7.9	340.7	42.1	10.1	12.1	3.1	561.6	3.2	830.3
Strawberry Dream	251.6	9.4	110.8	34.6	6.1	9.5	2.5	494.6	3.6	717
Hunny Bunny	295	1.6	120	67	8	2.9	4	390	0.4	1091
<b>Greens &amp; Grains</b>	<b>Calories (kcal)</b>	<b>Fat (g)</b>	<b>Sodium (mg)</b>	<b>Carbohydrates</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Vitamin D</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>	<b>Potassium (mg)</b>
Spring Ceasar Salad	300	17	84.3	16	8	25.7	0	340.6	4.2	780.7
Spring Ceasar Grain	578	1	100	66	11	25.7	0	340.6	6	780.7



<b>Bottled Juice</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sodium (mg)</b>	<b>Carbohydrates</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>	<b>Potassium (mg)</b>
Refreshing Release	201	0.6	5	45	7	2.9	94	1	595
Orange Ovation	223	0.8	20	50	7.9	3.9	119	1.4	1098
Green Goddess	169	0.4	31	32	1.7	3	150	2.2	841
Blue Crush	240	0.6	15	59	0.6	0.5	40	1.9	646
Sweet C	136	0.7	56	32	6.5	3.5	83.2	1.2	836
<b>Bottled Shot</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sodium (mg)</b>	<b>Carbohydrates</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>	<b>Potassium (mg)</b>
Immunity Ignite	45	0.2	3	12	0.4	0.5	13	0.3	161
Crisp Cleanse	23	0.3	26	4.5	1.1	1.3	73	0.6	2271
Citrus Spice	43	0.2	1.7	9	0.3	0.7	10	0.2	197