

Food Menu Report: Smoothie Bar

Item Name	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
Smoothies										
Berry Blast, 12 oz.	210	0.5	0	0	0	15	55	7	39	2
Berry Blast, 20 oz.	400	1.5	0	0	0	30	104	13	73	5
Berry Coco Loco, 12 oz.	140	2.5	1.5	0	0	20	29	4	24	4
Berry Coco Loco, 20 oz.	250	4.5	3	0	5	40	51	6	43	8
Get-Up & Glow, 12 oz.	160	0	0	0	0	5	40	3	29	2
Get-Up & Glow, 20 oz.	250	0.5	0	0	0	10	64	6	44	3
Kickin' Kale, 12 oz.	200	6	1.5	0	5	45	32	6	24	9
Kickin' Kale, 20 oz.	290	11	3.5	0	5	60	43	9	30	10
Mighty Mocha Raz with PI, 12 oz.	140	2	0	0	15	105	22	5	16	8
Mighty Mocha Raz with PI, 20 oz.	230	3.5	0	0	30	170	35	8	25	15
Nourishing Nirvana, 12 oz.	110	0	0	0	0	15	28	4	21	1
Nourishing Nirvana, 20 oz.	160	0.5	0	0	0	30	42	7	31	2
Peanut Butter Skinny Vanilly with PI, 12 oz.	170	2.5	0	0	10	140	33	4	21	8
Peanut Butter Skinny Vanilly with PI, 20 oz.	320	4.5	0	0	25	270	59	8	38	16
Pineapple (Green) Paradise, 12 oz.	180	0	0	0	0	15	47	4	36	2
Pineapple (Green) Paradise, 20 oz.	250	0.5	0	0	0	20	66	6	49	3
Power StrawBan with PI, 12 oz.	140	1	0	0	10	60	28	3	20	6
Power StrawBan with PI, 20 oz.	260	2.5	0	0	25	115	50	6	37	11
BYO Smoothies with Performance Inspired Protein										
BYO, Smoothies, 12 oz., Almond Milk + Chocolate	80	2	0	0	15	110	12	1	10	5
BYO, Smoothies, 12 oz., Almond Milk + Vanilla	80	2	0	0	10	110	12	1	10	5
BYO, Smoothies, 12 oz., Coconut Milk + Chocolate	70	3	2.5	--	15	25	7	1	5	4
BYO, Smoothies, 12 oz., Coconut Milk + Vanilla	70	3	2.5	--	10	25	7	1	5	4
BYO, Smoothies, 12 oz., Coconut Water + Chocolate	60	0	0	0	15	35	8	1	7	4
BYO, Smoothies, 12 oz., Coconut Water + Vanilla	60	0	0	0	10	35	9	1	7	4
BYO, Smoothies, 12 oz., Orange Juice + Chocolate	100	0	0	0	15	15	18	1	17	5
BYO, Smoothies, 12 oz., Orange Juice + Vanilla	100	0	0	0	10	20	18	1	17	6
BYO, Smoothies, 20 oz., Almond Milk + Chocolate	140	3	0	0	25	180	19	3	16	9
BYO, Smoothies, 20 oz., Almond Milk + Vanilla	150	3	0	0	25	180	19	3	16	10
BYO, Smoothies, 20 oz., Coconut Milk + Vanilla	130	5	4	--	25	50	11	3	8	9

BYO, Smoothies, 20 oz., Coconut Milk + Chocolate	120	5	4.5	--		25	45	11	3	8	8
BYO, Smoothies, 20 oz., Coconut Water + Chocolate	100	0.5	0	0	0	25	60	14	2	12	8
BYO, Smoothies, 20 oz., Coconut Water + Vanilla	100	0.5	0	0	0	25	65	14	2	12	9
BYO, Smoothies, 20 oz., Orange Juice + Chocolate	160	0.5	0	0	0	25	30	29	2	27	10
BYO, Smoothies, 20 oz., Orange Juice + Vanilla	170	0.5	0	0	0	25	35	29	2	27	11
Add Ons											
Smoothies, Add Ons, Agave	60	0	--	--	--	0	16	0	16	0	0
Smoothies, Add Ons, Cayenne Pepper	0	0	0	0	0	0	0	0	0	0	0
Smoothies, Add Ons, Chia Seeds	60	3.5	0	--		0	0	4	4	0	2
Smoothies, Add Ons, Chocolate Whey Protein	120	2.5	1	0	0	55	100	4	--	2	24
Smoothies, Add Ons, Coconut Oil	130	14	12	0	0	0	0	0	0	0	0
Smoothies, Add Ons, Flax Seeds	35	2.5	0	--		0	0	2	2	0	2
Smoothies, Add Ons, Ginger	0	0	0	0	0	0	0	0	0	0	0
Smoothies, Add Ons, Greek Yogurt	170	0	0	0	0	15	80	23	--	22	20
Smoothies, Add Ons, Hemp Protein	130	4	0.5	0	0	0	0	14	13	1	11
Smoothies, Add Ons, Maca Powder	20	0	0	0	0	0	0	4	1	2	1
Smoothies, Add Ons, Organic Wheat Grass Powder	35	0	--	--	--	0	4	2	0	0	2
Smoothies, Add Ons, Chocolate Whey	160	2	1	--		75	90	9	5	2	25
Smoothies, Add Ons, Vanilla Bean Whey	160	1.5	0.5	--		70	100	10	5	2	25
Smoothies, Add Ons, Powdered Peanut Butter	45	1	0	0	0	0	70	6	1	4	4
Smoothies, Add Ons, Raw Vegan Protein	100	1.5	--	--	--	290	2	1	0	0	20
Smoothies, Add Ons, Turmeric	0	0	0	0	0	0	0	0	0	0	0
Smoothies, Add Ons, Vanilla Whey Protein	130	2.5	1	0	0	0	110	5	0	5	23
BYO Smoothies - Choose 2											
BYO, Smoothies, 12 oz., Avocado	25	2	0	0	0	0	0	1	1	0	0
BYO, Smoothies, 12 oz., Banana	50	0	0	0	0	0	0	13	1	7	1
BYO, Smoothies, 12 oz., Beet Puree	5	0	--	--		0	10	1	0	1	0
BYO, Smoothies, 12 oz., Blueberries	30	0	0	0	0	0	0	8	1	6	0
BYO, Smoothies, 12 oz., Kale	5	0	0	0	0	0	0	1	0	0	0
BYO, Smoothies, 12 oz., Mango	35	0	0	0	0	0	0	8	1	8	0
BYO, Smoothies, 12 oz., Pineapple	70	0	0	0	0	0	0	19	2	14	1
BYO, Smoothies, 12 oz., Raspberries	30	0	0	0	0	0	0	7	4	3	1
BYO, Smoothies, 12 oz., Spinach	0	0	0	0	0	0	5	0	0	0	0
BYO, Smoothies, 12 oz., Strawberries	25	0	0	0	0	0	0	7	2	4	1

BYO, Smoothies, 20 oz., Avocado	45	4	0.5	0	0	0	2	2	0	1
BYO, Smoothies, 20 oz., Banana	100	0	0	0	0	0	26	3	14	1
BYO, Smoothies, 20 oz., Beet Puree	10	0	--	--	0	25	2	0	2	0
BYO, Smoothies, 20 oz., Blueberries	30	0	0	0	0	0	8	1	6	0
BYO, Smoothies, 20 oz., Kale	5	0	0	0	0	5	1	1	0	1
BYO, Smoothies, 20 oz., Mango	70	0	0	0	0	0	17	2	15	1
BYO, Smoothies, 20 oz., Pineapple	90	0	0	0	0	0	22	2	17	1
BYO, Smoothies, 20 oz., Raspberries	60	0.5	0	0	0	0	14	7	5	1
BYO, Smoothies, 20 oz., Spinach	5	0	0	0	0	10	1	0	0	0
BYO, Smoothies, 20 oz., Strawberries	35	0	0	0	0	0	9	2	6	1