



SMOOTHIES NUTRITION FACTS

| | Size | Calories | Cal From Fat | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Chol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|-----------------------|-------|----------|--------------|---------------|-------------|---------------|-----------|-------------|-----------|-----------|------------|-------------|
| CLASSIC BLENDS | | | | | | | | | | | | |
| Recovery One | 16 oz | 410 | 79 | 9 | 0 | 0 | 0 | 76 | 82 | 8 | 61 | 5 |
| | 24 oz | 520 | 106 | 12 | 1 | 0 | 0 | 76 | 101 | 11 | 71 | 7 |
| Island One | 16 oz | 400 | 159 | 18 | 11 | 0 | 0 | 81 | 58 | 7 | 47 | 3 |
| | 24 oz | 550 | 211 | 23 | 15 | 0 | 0 | 99 | 82 | 9 | 67 | 4 |
| Peanut Butter One | 16 oz | 450 | 103 | 11 | 2 | 0 | 0 | 79 | 81 | 12 | 43 | 10 |
| | 24 oz | 580 | 141 | 16 | 2 | 0 | 0 | 95 | 102 | 16 | 54 | 14 |
| Coffee One | 16 oz | 200 | 42 | 5 | 0 | 0 | 0 | 31 | 37 | 4 | 24 | 3 |
| | 24 oz | 310 | 74 | 8 | 1 | 0 | 0 | 47 | 59 | 7 | 38 | 5 |
| Razzy One | 16 oz | 400 | 44 | 5 | 0 | 0 | 0 | 43 | 87 | 12 | 61 | 4 |
| | 24 oz | 560 | 65 | 7 | 0 | 0 | 0 | 63 | 119 | 18 | 80 | 7 |
| Youthful One | 16 oz | 360 | 89 | 10 | 4 | 0 | 0 | 77 | 65 | 8 | 45 | 4 |
| | 24 oz | 500 | 101 | 11 | 4 | 0 | 0 | 93 | 97 | 12 | 66 | 5 |
| Chocolate One | 16 oz | 310 | 73 | 8 | 1 | 0 | 0 | 76 | 58 | 8 | 37 | 6 |
| | 24 oz | 430 | 109 | 12 | 1 | 0 | 0 | 91 | 76 | 12 | 46 | 10 |
| SUPERFOODS | | | | | | | | | | | | |
| Sweetheart One | 16 oz | 350 | 86 | 10 | 2 | 0 | 0 | 94 | 62 | 12 | 43 | 5 |
| | 24 oz | 430 | 108 | 12 | 2 | 0 | 0 | 109 | 78 | 18 | 51 | 7 |
| Kickstart One | 16 oz | 260 | 102 | 11 | 6 | 0 | 0 | 96 | 35 | 6 | 26 | 4 |
| | 24 oz | 370 | 154 | 17 | 10 | 0 | 0 | 112 | 48 | 7 | 35 | 5 |
| Mango 'N Cream One | 16 oz | 430 | 74 | 8 | 2 | 0 | 0 | 82 | 86 | 9 | 65 | 5 |
| | 24 oz | 560 | 85 | 9 | 2 | 0 | 0 | 100 | 115 | 12 | 86 | 6 |
| PURE BLENDS | | | | | | | | | | | | |
| Intense One | 16 oz | 240 | 86 | 10 | 1 | 0 | 0 | 90 | 32 | 4 | 18 | 3 |
| | 24 oz | 340 | 120 | 13 | 2 | 0 | 0 | 117 | 48 | 6 | 27 | 3 |
| Feel Good One | 16 oz | 360 | 59 | 7 | 0 | 0 | 0 | 112 | 64 | 8 | 44 | 14 |
| | 24 oz | 480 | 78 | 9 | 0 | 0 | 0 | 144 | 88 | 11 | 60 | 15 |
| Midnight Berry One | 16 oz | 220 | 26 | 3 | 0 | 0 | 0 | 106 | 44 | 5 | 30 | 2 |
| | 24 oz | 300 | 28 | 3 | 0 | 0 | 0 | 143 | 64 | 7 | 44 | 2 |
| Pink Punch One | 16 oz | 210 | 31 | 3 | 0 | 0 | 0 | 111 | 41 | 9 | 23 | 3 |
| | 24 oz | 300 | 36 | 4 | 0 | 0 | 0 | 166 | 60 | 14 | 34 | 4 |
| Bee Green One | 16 oz | 230 | 32 | 4 | 0 | 0 | 0 | 76 | 50 | 3 | 39 | 2 |
| | 24 oz | 300 | 33 | 4 | 0 | 0 | 0 | 113 | 66 | 4 | 50 | 2 |

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|---|-------|----------|--------------|---------------|-------------|---------------|-----------|-------------|-----------|-----------|------------|-------------|
| PERFORMANCE PROTEIN (WHEY PROTEIN) | | | | | | | | | | | | |
| Recharge One | 16 oz | 520 | 56 | 6 | 1 | 0 | 7 | 409 | 66 | 5 | 47 | 48 |
| | 24 oz | 650 | 79 | 9 | 1 | 0 | 10 | 441 | 86 | 8 | 60 | 54 |
| Electric One | 16 oz | 500 | 59 | 7 | 0 | 0 | 7 | 431 | 59 | 5 | 45 | 48 |
| | 24 oz | 700 | 93 | 10 | 0 | 0 | 10 | 470 | 94 | 9 | 69 | 56 |
| Evergreen One | 16 oz | 500 | 51 | 6 | 0 | 0 | 7 | 432 | 62 | 5 | 41 | 49 |
| | 24 oz | 650 | 83 | 9 | 1 | 0 | 10 | 469 | 85 | 8 | 54 | 56 |
| Mighty Mocha One | 16 oz | 540 | 84 | 9 | 1 | 0 | 7 | 432 | 61 | 9 | 35 | 53 |
| | 24 oz | 650 | 121 | 13 | 2 | 0 | 10 | 470 | 74 | 12 | 41 | 62 |
| PERFORMANCE PROTEIN (HEMP PROTEIN) | | | | | | | | | | | | |
| Recharge One | 16 oz | 530 | 91 | 10 | 1 | 0 | 7 | 348 | 69 | 8 | 48 | 40 |
| | 24 oz | 660 | 114 | 13 | 1 | 0 | 10 | 381 | 89 | 10 | 60 | 47 |
| Electric One | 16 oz | 510 | 94 | 10 | 0 | 0 | 7 | 370 | 63 | 7 | 46 | 41 |
| | 24 oz | 710 | 128 | 14 | 0 | 0 | 10 | 409 | 97 | 12 | 69 | 48 |
| Evergreen One | 16 oz | 510 | 86 | 10 | 0 | 0 | 7 | 371 | 65 | 8 | 41 | 41 |
| | 24 oz | 660 | 118 | 13 | 1 | 0 | 10 | 408 | 88 | 10 | 54 | 48 |
| Mighty Mocha One | 16 oz | 520 | 119 | 13 | 1 | 0 | 7 | 371 | 65 | 11 | 35 | 46 |
| | 24 oz | 660 | 155 | 17 | 2 | 0 | 10 | 409 | 77 | 14 | 41 | 54 |



ACAI BOWLS NUTRITION FACTS

| | Serving | Calories | Cal From Fat | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Chol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|---------------|---------|----------|--------------|---------------|-------------|---------------|-----------|-------------|-----------|-----------|------------|-------------|
| Berry Bowl | 1 | 510 | 114 | 13 | 5 | 0 | 0 | 116 | 94 | 10 | 53 | 4 |
| Beach Bowl | 1 | 540 | 175 | 19 | 12 | 0 | 0 | 105 | 85 | 10 | 45 | 3 |
| Nutty Bowl | 1 | 600 | 137 | 15 | 6 | 0 | 0 | 102 | 107 | 14 | 52 | 8 |
| Sunshine Bowl | 1 | 560 | 153 | 17 | 12 | 0 | 0 | 114 | 95 | 10 | 58 | 3 |
| Green Bowl | 1 | 580 | 122 | 14 | 5 | 0 | 0 | 137 | 111 | 9 | 68 | 4 |

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JUICES NUTRITION FACTS

| | Size | Calories | Cal From Fat | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Chol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|---------------------------|-------|----------|--------------|---------------|-------------|---------------|-----------|-------------|-----------|-----------|------------|-------------|
| FRESH JUICE BLENDS | | | | | | | | | | | | |
| Immunity One | 12 oz | 0 | 0 | 0 | 0 | 0 | 91 | 33 | 1 | 29 | 2 | 0 |
| | 18 oz | 0 | 0 | 0 | 0 | 0 | 116 | 50 | 2 | 44 | 3 | 0 |
| Detoxifying One | 12 oz | 2 | 0 | 0 | 0 | 0 | 234 | 51 | 3 | 42 | 3 | 2 |
| | 18 oz | 1 | 0 | 0 | 0 | 0 | 158 | 36 | 2 | 30 | 2 | 1 |
| Protection One | 12 oz | 3 | 1 | 0 | 0 | 0 | 3 | 25 | 3 | 15 | 3 | 3 |
| | 18 oz | 4 | 1 | 0 | 0 | 0 | 4 | 33 | 4 | 20 | 4 | 4 |
| Hardcore One | 12 oz | 8 | 1 | 0 | 0 | 0 | 125 | 17 | 5 | 3 | 4 | 8 |
| | 18 oz | 11 | 2 | 0 | 0 | 0 | 204 | 25 | 7 | 4 | 6 | 11 |
| Wake Up One | 12 oz | 0 | 0 | 0 | 0 | 0 | 23 | 40 | 0 | 36 | 2 | 0 |
| | 18 oz | 0 | 0 | 0 | 0 | 0 | 35 | 59 | 0 | 54 | 2 | 0 |
| Energy One | 12 oz | 0 | 0 | 0 | 0 | 0 | 129 | 35 | 1 | 31 | 2 | 0 |
| | 18 oz | 1 | 0 | 0 | 0 | 0 | 205 | 55 | 2 | 48 | 3 | 1 |
| Glow One | 12 oz | 8 | 1 | 0 | 0 | 0 | 17 | 32 | 3 | 19 | 4 | 8 |
| | 18 oz | 10 | 2 | 0 | 0 | 0 | 28 | 49 | 3 | 30 | 5 | 10 |
| Celery One | 12 oz | 5 | 1 | 0 | 0 | 0 | 250 | 12 | 5 | 5 | 2 | 5 |
| | 18 oz | 7 | 1 | 0 | 0 | 0 | 386 | 18 | 8 | 7 | 3 | 7 |
| JUST JUICE | | | | | | | | | | | | |
| Orange | 8 oz | 110 | 0 | 0 | 0 | 0 | 0 | 15 | 28 | 0 | 24 | 1 |
| | 12 oz | 170 | 0 | 0 | 0 | 0 | 0 | 23 | 38 | 0 | 36 | 2 |
| | 18 oz | 250 | 0 | 0 | 0 | 0 | 0 | 34 | 56 | 0 | 54 | 2 |
| Carrot | 8 oz | 70 | 0 | 0 | 0 | 0 | 0 | 160 | 15 | 1 | 13 | 2 |
| | 12 oz | 110 | 0 | 0 | 0 | 0 | 0 | 240 | 23 | 2 | 20 | 3 |
| | 18 oz | 160 | 0 | 0 | 0 | 0 | 0 | 360 | 34 | 2 | 29 | 5 |
| Apple | 8 oz | 120 | 0 | 0 | 0 | 0 | 0 | 25 | 29 | 0 | 27 | 0 |
| | 12 oz | 180 | 0 | 0 | 0 | 0 | 0 | 38 | 44 | 0 | 41 | 0 |
| | 18 oz | 270 | 0 | 0 | 0 | 0 | 0 | 56 | 65 | 0 | 61 | 0 |
| Beet | 8 oz | 100 | 0 | 0 | 0 | 0 | 0 | 190 | 23 | 2 | 20 | 3 |
| | 12 oz | 150 | 0 | 0 | 0 | 0 | 0 | 285 | 35 | 3 | 30 | 5 |
| | 18 oz | 230 | 0 | 0 | 0 | 0 | 0 | 428 | 52 | 5 | 45 | 7 |
| Pineapple | 8 oz | 100 | 0 | 0 | 0 | 0 | 0 | 4 | 23 | 2 | 20 | 1 |
| | 12 oz | 140 | 0 | 0 | 0 | 0 | 0 | 6 | 35 | 3 | 30 | 2 |
| | 18 oz | 210 | 0 | 0 | 0 | 0 | 0 | 9 | 52 | 5 | 45 | 2 |
| JUICE SHOTS | | | | | | | | | | | | |
| Ginger-Aid One | 12 oz | 30 | 0 | 0 | 0 | 0 | 0 | 4 | 7 | 0 | 6 | 0 |
| Burn & Boost One | 12 oz | 30 | 0 | 0 | 0 | 0 | 0 | 4 | 7 | 0 | 6 | 0 |
| Green Reset One | 12 oz | 20 | 3 | 0 | 0 | 0 | 0 | 45 | 5 | 1 | 1 | 1 |
| Metabolic Booster One | 12 oz | 60 | 0 | 0 | 0 | 0 | 0 | 8 | 13 | 0 | 7 | 0 |

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FOOD NUTRITION FACTS

| Serving | Calories | Cal From Fat | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Chol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) | |
|---------------------------------------|----------|--------------|---------------|-------------|---------------|-----------|-------------|-----------|-----------|------------|-------------|----|
| TOASTS (SOURDOUGH BREAD) | | | | | | | | | | | | |
| Avocado | 1 | 290 | 152 | 17 | 2 | 0 | 0 | 314 | 29 | 3 | 0 | 5 |
| Protein | 1 | 340 | 167 | 19 | 4 | 0 | 214 | 456 | 30 | 3 | 1 | 12 |
| Fig & Fire | 1 | 530 | 225 | 25 | 15 | 0 | 100 | 1907 | 45 | 1 | 18 | 31 |
| Seaside Slice | 1 | 320 | 123 | 14 | 6 | 0 | 48 | 1096 | 30 | 1 | 2 | 19 |
| Almond Butter | 1 | 400 | 150 | 17 | 1 | 0 | 0 | 311 | 57 | 6 | 19 | 11 |
| Awesome Caprese | 1 | 410 | 202 | 22 | 10 | 0 | 60 | 865 | 29 | 2 | 1 | 20 |
| TOASTS (GLUTEN FREE BREAD) | | | | | | | | | | | | |
| Avocado | 1 | 370 | 188 | 21 | 4 | 0 | 0 | 444 | 43 | 4 | 2 | 3 |
| Protein | 1 | 420 | 203 | 23 | 6 | 0 | 214 | 586 | 44 | 4 | 3 | 10 |
| Fig & Fire | 1 | 610 | 261 | 29 | 17 | 0 | 100 | 2037 | 59 | 2 | 20 | 29 |
| Seaside Slice | 1 | 400 | 159 | 18 | 8 | 0 | 48 | 1226 | 44 | 2 | 4 | 17 |
| Almond Butter | 1 | 480 | 186 | 21 | 3 | 0 | 0 | 441 | 71 | 7 | 21 | 9 |
| Awesome Caprese | 1 | 490 | 238 | 26 | 12 | 0 | 60 | 995 | 43 | 3 | 3 | 18 |
| TOASTS (MULTIGRAIN BREAD) | | | | | | | | | | | | |
| Avocado | 1 | 290 | 170 | 19 | 2 | 0 | 0 | 184 | 25 | 7 | 5 | 6 |
| Protein | 1 | 340 | 185 | 21 | 4 | 0 | 214 | 326 | 26 | 7 | 6 | 13 |
| Fig & Fire | 1 | 530 | 243 | 27 | 15 | 0 | 100 | 1777 | 41 | 5 | 23 | 32 |
| Seaside Slice | 1 | 320 | 141 | 16 | 6 | 0 | 48 | 966 | 26 | 5 | 7 | 20 |
| Almond Butter | 1 | 400 | 168 | 19 | 1 | 0 | 0 | 181 | 53 | 10 | 24 | 12 |
| Awesome Caprese | 1 | 410 | 220 | 24 | 10 | 0 | 60 | 735 | 25 | 6 | 6 | 21 |
| SANDWICHES (SOURDOUGH BREAD) | | | | | | | | | | | | |
| Egg Salad | 1 | 300 | 125 | 14 | 4 | 0 | 217 | 677 | 29 | 3 | 0 | 14 |
| Breakfast | 1 | 580 | 353 | 39 | 12 | 0 | 257 | 790 | 35 | 6 | 1 | 23 |
| Chicken Pesto | 1 | 300 | 73 | 8 | 2 | 0 | 53 | 679 | 43 | 1 | 3 | 14 |
| Cali | 1 | 460 | 210 | 23 | 7 | 0 | 80 | 755 | 43 | 6 | 1 | 21 |
| SANDWICHES (GLUTEN FREE BREAD) | | | | | | | | | | | | |
| Egg Salad | 1 | 380 | 161 | 18 | 6 | 0 | 217 | 807 | 43 | 4 | 2 | 12 |
| Breakfast | 1 | 660 | 389 | 43 | 14 | 0 | 257 | 920 | 49 | 7 | 3 | 21 |
| Chicken Pesto | 1 | 380 | 109 | 12 | 4 | 0 | 53 | 809 | 57 | 2 | 5 | 12 |
| Cali | 1 | 540 | 246 | 27 | 9 | 0 | 80 | 885 | 57 | 7 | 3 | 19 |
| SANDWICHES (MULTIGRAIN BREAD) | | | | | | | | | | | | |
| Egg Salad | 1 | 300 | 143 | 16 | 4 | 0 | 217 | 547 | 25 | 7 | 5 | 15 |
| Breakfast | 1 | 580 | 371 | 41 | 12 | 0 | 257 | 660 | 31 | 10 | 6 | 24 |
| Chicken Pesto | 1 | 300 | 91 | 10 | 2 | 0 | 53 | 549 | 39 | 5 | 8 | 15 |
| Cali | 1 | 460 | 228 | 25 | 7 | 0 | 80 | 625 | 39 | 10 | 6 | 22 |
| WRAPS (FLOUR) | | | | | | | | | | | | |
| Egg Salad | 1 | 380 | 179 | 20 | 7 | 0 | 217 | 767 | 37 | 3 | 1 | 16 |
| Breakfast | 1 | 660 | 407 | 45 | 15 | 0 | 257 | 880 | 43 | 6 | 2 | 25 |
| Chicken Pesto | 1 | 380 | 127 | 14 | 5 | 0 | 53 | 769 | 51 | 1 | 4 | 16 |
| Cali | 1 | 540 | 264 | 29 | 10 | 0 | 80 | 845 | 51 | 6 | 2 | 23 |
| WRAPS (GLUTEN FREE) | | | | | | | | | | | | |
| Egg Salad | 1 | 380 | 179 | 20 | 5 | 0 | 217 | 797 | 37 | 3 | 5 | 12 |
| Breakfast | 1 | 660 | 407 | 45 | 13 | 0 | 257 | 910 | 43 | 6 | 6 | 21 |
| Chicken Pesto | 1 | 380 | 127 | 14 | 3 | 0 | 53 | 799 | 51 | 1 | 8 | 12 |
| Cali | 1 | 540 | 264 | 29 | 8 | 0 | 80 | 875 | 51 | 6 | 6 | 19 |

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KIDS FOOD NUTRITION FACTS

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|--|---------|----------|--------------|---------------|-------------|---------------|-----------|-------------|-----------|-----------|------------|-------------|
| SANDWICH (SOURDOUGH BREAD) / WRAP (FLOUR) | | | | | | | | | | | | |
| PB&J Sandwich | 1 | 330 | 144 | 16 | 2 | 0 | 0 | 320 | 39 | 4 | 9 | 12 |
| Cheesy Wrap | 1 | 370 | 176 | 20 | 11 | 0 | 45 | 670 | 36 | 1 | 1 | 17 |
| Peanut Butter Apple Wrap | 1 | 310 | 126 | 14 | 4 | 0 | 0 | 403 | 41 | 3 | 5 | 10 |
| Chicken & Cheese Wrap | 1 | 360 | 148 | 16 | 8 | 0 | 55 | 709 | 39 | 1 | 1 | 17 |
| GLUTEN FREE | | | | | | | | | | | | |
| PB&J Sandwich | 1 | 410 | 180 | 20 | 4 | 0 | 0 | 410 | 53 | 5 | 17 | 15 |
| Cheesy Wrap | 1 | 370 | 176 | 20 | 9 | 0 | 45 | 700 | 36 | 1 | 5 | 13 |
| Peanut Butter Apple Wrap | 1 | 310 | 126 | 14 | 2 | 0 | 0 | 433 | 41 | 3 | 9 | 6 |
| Chicken & Cheese Wrap | 1 | 360 | 148 | 16 | 6 | 0 | 55 | 739 | 39 | 1 | 5 | 13 |



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|------------------------------|-------|----------|--------------|---------------|-------------|---------------|-----------|-------------|-----------|-----------|------------|-------------|
| Strawberry Banana One | 12 oz | 170 | 36 | 4 | 0 | 0 | 0 | 61 | 33 | 4 | 22 | 2 |
| Banana & Blueberries One | 12 oz | 230 | 63 | 7 | 0 | 0 | 0 | 61 | 40 | 6 | 26 | 4 |
| Orange Pineapple Banana One | 12 oz | 180 | 2 | 0 | 0 | 0 | 0 | 10 | 41 | 3 | 31 | 2 |
| Strawberries & Pineapple One | 12 oz | 120 | 3 | 0 | 0 | 0 | 0 | 73 | 28 | 3 | 19 | 1 |

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