


Surf City Squeeze Nutritional Statement

																
	Weight	Calories	Cals From Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (DV %)	Vitamin C (DV %)	Calcium (DV %)	Iron (DV %)
Chillers																
Apple Strawberry Sm	389	g	80	0	0.0	0.0	0	0	20	20	0	20	0	0	0	0
Apple Strawberry Med	646	g	140	0	0.0	0.0	0	0	30	34	0	34	0	0	2	0
Apple Strawberry Lrg	972	g	190	0	0.0	0.0	0	0	45	47	0	47	0	0	2	0
Guava Strawberry Sm	382	g	90	0	0.0	0.0	0	0	10	21	0	21	0	0	45	0
Guava Strawberry Med	636	g	150	0	0.0	0.0	0	0	20	35	0	34	0	0	70	2
Guava Strawberry Lrg	958	g	200	0	0.0	0.0	0	0	30	49	0	48	1	0	90	2
Lemon Strawberry Sm	382	g	80	0	0.0	0.0	0	0	10	22	0	21	0	0	10	2
Lemon Strawberry Med	636	g	130	0	0.0	0.0	0	0	15	36	1	35	0	0	15	2
Lemon Strawberry Lrg	958	g	180	0	0.0	0.0	0	0	25	50	1	49	0	0	20	4
Orange Strawberry Sm	389	g	90	0	0.0	0.0	0	0	25	23	0	22	0	0	50	0
Orange Strawberry Med	648	g	150	0	0.0	0.0	0	0	35	37	0	36	0	0	80	2
Orange Strawberry Lrg	974	g	210	0	0.0	0.0	0	0	50	52	0	51	0	0	100	2
Pineapple Strawberry Sm	377	g	100	0	0.0	0.0	0	0	5	24	1	23	1	2	20	2
Pineapple Strawberry Med	629	g	160	0	0.0	0.0	0	0	10	39	2	37	1	2	25	4
Pineapple Strawberry Lrg	949	g	220	0	0.0	0.0	0	0	20	55	3	52	1	2	35	6
Strawberry Strawberry Sm	382	g	80	0	0.0	0.0	0	0	5	20	0	20	0	0	0	0
Strawberry Strawberry Med	636	g	140	0	0.0	0.0	0	0	10	33	0	33	0	0	2	0
Strawberry Strawberry Lrg	958	g	190	0	0.0	0.0	0	0	15	46	0	46	0	0	2	0
Watermelon Strawberry Sm	382	g	80	0	0.0	0.0	0	0	5	21	0	21	0	0	40	0
Watermelon Strawberry Med	636	g	140	0	0.0	0.0	0	0	10	34	0	34	0	0	60	2
Watermelon Strawberry Lrg	958	g	190	0	0.0	0.0	0	0	15	48	0	48	0	0	80	2
Fruit Smoothies																
Banana Banana Sm	396	g	290	35	4.0	3.0	0	0	190	63	2	39	2	0	8	2
Banana Banana Med	629	g	430	50	6.0	4.5	0	0	290	95	3	59	3	2	15	2
Banana Banana Lrg	928	g	580	70	8.0	6.0	0	0	390	126	4	79	4	2	15	4
Blueberry Banana Sm	395	g	280	35	4.0	3.0	0	0	190	60	2	38	2	0	6	2
Blueberry Banana Med	626	g	410	50	6.0	4.0	0	0	290	88	3	57	2	0	6	2
Blueberry Banana Lrg	926	g	550	70	8.0	6.0	0	0	390	120	4	77	3	2	10	4
Blueberry Pineapple Sm	395	g	270	35	4.0	3.0	0	0	190	58	2	39	1	0	6	2
Blueberry Pineapple Med	625	g	400	50	6.0	4.0	0	0	290	86	3	57	2	0	6	2
Blueberry Pineapple Lrg	924	g	540	70	8.0	6.0	0	0	390	115	3	77	3	2	10	4
Mango Banana Sm	395	g	280	35	4.0	3.0	0	0	190	61	2	40	2	4	15	2
Mango Banana Med	626	g	420	50	6.0	4.5	0	0	290	91	3	60	2	10	30	2
Mango Banana Lrg	926	g	560	70	8.0	6.0	0	0	390	123	4	80	3	10	35	4
Orange Orange Sm	447	g	290	30	3.5	3.0	0	0	210	64	0	46	1	0	45	2
Orange Orange Med	698	g	430	50	5.0	4.0	0	0	310	95	1	68	2	0	60	2
Orange Orange Lrg	1078	g	600	60	7.0	6.0	0	0	420	133	1	97	2	0	110	2
Peach Mango Sm	394	g	270	35	3.5	3.0	0	0	190	57	1	39	2	6	60	2
Peach Mango Med	625	g	400	50	5.0	4.0	0	0	290	85	2	57	2	8	110	2
Peach Mango Lrg	924	g	530	70	7.0	6.0	0	0	390	115	2	78	3	10	120	4
Pineapple Coconut Orange Sm	399	g	280	40	4.0	3.5	0	0	200	59	1	41	1	0	15	2
Pineapple Coconut Orange Med	630	g	410	50	6.0	4.5	0	0	300	89	2	61	2	0	20	2
Pineapple Coconut Orange Lrg	926	g	540	70	8.0	6.0	0	0	400	116	2	80	3	0	30	4
Pineapple Peach Sm	390	g	260	35	3.5	3.0	0	0	190	56	1	38	2	2	50	2
Pineapple Peach Med	617	g	400	50	5.0	4.0	0	0	290	85	2	58	2	2	60	2
Pineapple Peach Lrg	916	g	530	70	7.0	6.0	0	0	390	113	2	76	3	4	100	4
Raspberry Banana Sm	395	g	270	35	3.5	3.0	0	0	190	59	2	37	2	0	15	2
Raspberry Banana Med	626	g	400	50	6.0	4.0	0	0	290	87	2	55	3	0	20	2
Raspberry Banana Lrg	926	g	550	70	7.0	6.0	0	0	390	118	3	75	4	2	25	4
Strawberry Banana Sm	395	g	290	35	3.5	3.0	0	0	190	64	2	43	2	0	25	2
Strawberry Banana Med	619	g	440	50	6.0	4.0	0	0	290	96	3	66	2	0	45	2
Strawberry Banana Lrg	912	g	580	70	7.0	6.0	0	0	390	128	4	85	3	2	50	4
Strawberry Peach Sm	394	g	280	35	3.5	3.0	0	0	190	60	1	42	2	2	70	2
Strawberry Peach Med	625	g	420	50	5.0	4.0	0	0	290	92	2	65	2	2	90	2
Strawberry Peach Lrg	924	g	550	70	7.0	6.0	0	0	390	120	2	83	3	4	140	4
Triple Berry Sm	422	g	290	35	4.0	3.0	0	0	190	63	3	43	2	0	15	2
Triple Berry Med	625	g	410	50	6.0	4.0	0	0	290	88	3	59	2	0	15	2
Triple Berry Lrg	924	g	540	70	8.0	6.0	0	0	390	115	4	77	3	0	25	4
Low Cal Fruit Smoothies - not available in all stores																
Blueberry Pineapple Sm	379	g	90	25	2.5	2.5	0	0	60	16	2	9	1	0	10	2
Blueberry Pineapple Med	603	g	140	35	4.0	4.0	0	0	95	23	3	13	2	0	15	2
Blueberry Pineapple Lrg	894	g	180	50	5.0	5.0	0	0	125	32	4	19	3	2	20	2
Peach Mango Sm	379	g	90	25	2.5	2.5	0	0	60	16	2	10	1	6	70	0
Peach Mango Med	603	g	130	35	4.0	4.0	0	0	95	23	2	14	2	8	120	2
Peach Mango Lrg	894	g	180	45	5.0	5.0	0	0	125	31	3	19	3	10	130	2
Pineapple Coconut Orange Sm	384	g	100	30	3.0	3.0	0	0	70	17	2	12	1	0	20	2
Pineapple Coconut Orange Med	608	g	150	40	4.5	4.5	0	0	105	26	2	17	2	0	25	2
Pineapple Coconut Orange Lrg	896	g	190	50	6.0	6.0	0	0	140	33	3	22	2	0	40	2
Strawberry Banana Sm	380	g	110	25	2.5	2.5	0	0	60	22	2	13	1	0	30	2
Strawberry Banana Med	604	g	170	35	4.0	4.0	0	0	95	33	3	22	2	0	50	2
Strawberry Banana Lrg	896	g	230	45	5.0	5.0	0	0	130	44	5	27	3	2	60	2
Lemonade																
Lemonade Sm	340	g	90	0	0.0	0.0	0	0	10	27	0	23	0	0	40	2
Lemonade Med	595	g	160	0	0.0	0.0	0	0	15	48	0	42	0	0	70	2
Lemonade Lrg	906	g	240	0	0.0	0.0	0	0	20	75	1	66	1	0	110	4
Raspberry Lemonade Sm	355	g	90	0	0.0	0.0	0	0	10	28	0	24	0	0	45	2
Raspberry Lemonade Med	623	g	170	0	0.0	0.0	0	0	15	51	1	44	0	0	80	2
Raspberry Lemonade Lrg	950	g	260	0	0.0	0.0	0	0	25	79	1	68	1	0	130	4
Strawberry Lemonade Sm	355	g	100	0	0.0	0.0	0	0	10	30	0	27	0	0	50	2
Strawberry Lemonade Med	623	g	180	0	0.0	0.0	0	0	15	55	1	49	1	0	90	2
Strawberry Lemonade Lrg	950	g	280	0	0.0	0.0	0	0	25	86	1	76	1	0	140	4

