



FACT SHEET

Surf City Squeeze® offers smoothies, strawberry chillers and fresh squeezed lemonades made from real fruit and high quality ingredients that cater to any lifestyle. In addition to the options below, customers can create their own smoothies with up to three of their favorite fruits.

FRUIT SMOOTHIES: Real fruit smoothie blends made with our signature smoothie mix.

- **Strawberry Banana**
(290/440/580 calories)
- **Blueberry Banana**
(280/410/550 calories)
- **Blueberry Pineapple**
(270/400/540 calories)
- **Raspberry Banana**
(270/400/550 calories)
- **Banana Banana**
(290/430/580 calories)
- **Orange Orange**
(290/430/600 calories)
- **Mango Banana**
(280/420/560 calories)
- **Strawberry Peach**
(280/420/550 calories)
- **Peach Mango**
(270/400/530 calories)
- **Pineapple Peach**
(260/400/530 calories)
- **Pineapple Coconut Orange**
(280/410/540 calories)
- **Triple Berry**
(290/410/540 calories)

FUNCTIONAL SMOOTHIES: Real fruit smoothies made with a blend of supplements and amino acids.

- **Stripper Squeeze:** Strawberry Banana with L-Carnitine and Chromium for fighting fat (290/420/560 calories)
- **Power Energy Squeeze:** Apple Raspberry with Creatine for strength and stamina (260/390/520 calories)
- **Rejuvenator Squeeze:** Banana Banana with Pure Proline Amino Acids to promote healthy skin (300/450/590 calories)

LOW-CAL SMOOTHIES: Real fruit smoothie blends made with our signature low-cal smoothie mix.

- **Strawberry Banana**
(110/170/230 calories)
- **Blueberry Pineapple**
(90/140/180 calories)
- **Peach Mango**
(90/130/180 calories)
- **Pineapple Coconut Orange**
(100/150/190 calories)

POWER SMOOTHIES: Real fruit smoothies with supplement boosts.

- **Super Squeeze:** Strawberry Banana with Whey Protein and Brewer's Yeast (300/430/580 calories)
- **Ginseng Fling:** Blueberry Pineapple with Whey Protein and Ginseng (300/430/570 calories)
- **Bee Stinger:** Blueberry Banana with Whey Protein and Bee Pollen (310/440/590 calories)

- **Power Pump:** Pineapple Orange Banana with Whey Protein and Spirulina (330/460/600 calories)
- **Island Bear:** Pineapple Orange Banana with Lecithin (350/480/620 calories)
- **Marathon:** Strawberry Banana Orange with Carbo Powder and Wheatgrass (360/490/650 calories)

SWEET SMOOTHIES: Sweet dessert blends made with our signature smoothie mix.

- **Mocha Java** (290/460/610 calories)
- **Chocolate Banana** (310/480/670 calories)
- **Extreme OREO®** (290/460/630 calories)
- **Peanut Butter Banana** (360/600/810 calories)
- **Peanut Butter Chocolate** (380/640/900 calories)
- **Chocolate Covered Strawberry** (290/460/630 calories)

STRAWBERRY CHILLERS: Strawberries blended with ice and fruit juice.

- **Pineapple Strawberry** (100/160/220 calories)
- **Orange Strawberry** (90/150/210 calories)
- **Lemon Strawberry** (80/130/180 calories)
- **Guava Strawberry** (90/150/200 calories)
- **Apple Strawberry** (80/140/190 calories)
- **Strawberry Strawberry** (80/140/190 calories)
- **Watermelon Strawberry** (80/140/190 calories)

FRESH SQUEEZED LEMONADE: Classic lemonades in three fantastic flavors.

- **Original Lemonade** (90/160/240 calories)
- **Strawberry Lemonade** (100/180/280 calories)
- **Raspberry Lemonade** (90/170/260 calories)

SUPPLEMENTS: Add a nutritional extra to any smoothie.

- **Whey Protein** (40 calories)
- **Echinacea** (five calories)
- **Wheatgrass** (six calories)
- **Ginkgo** (10 calories)
- **Spirulina** (10 calories)
- **Bee Pollen** (six calories)
- **Lecithin** (60 calories)
- **Brewer's Yeast** (eight calories)
- **Ginseng** (seven calories)
- **Multi-Vitamin** (five calories)
- **Wheat Germ** (25 calories)
- **Creatine** (four calories)