



Nutritional Statement

	Weight	Calories	Cals From Fat	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 %)
Strawberry 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	0	2
Apple Strawberry Lrg	972	g	190	0	0.0	0.0	0	0	45	47	0	47	0	0	0	2
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	0	2
Strawberry Strawberry Lrg	958	g	190	0	0.0	0.0	0	0	15	46	0	46	0	0	0	2
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 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
Fresh Squeezed Lemonade																
Original Lemonade Sm	340	g	90	0	0.0	0.0	0	0	10	27	0	23	0	0	40	2
Original Lemonade Med	595	g	160	0	0.0	0.0	0	0	15	48	0	42	0	0	70	2
Original 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

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Functional Smoothies**																	
Power Energy Squeeze Sm	403 g	260	30	3.5	3.0	0	0	200	56	1	37	1	0	8	2	8	
Power Energy Squeeze Med	634 g	390	50	5.0	4.0	0	0	290	83	2	55	2	0	15	2	10	
Power Energy Squeeze Lrg	936 g	520	60	7.0	6.0	0	0	400	112	2	74	3	0	15	4	15	
Rejuvenator Squeeze Sm	400 g	300	35	4.0	3.0	0	0	200	66	2	40	3	0	8	2	8	
Rejuvenator Squeeze Med	633 g	450	50	6.0	4.5	0	0	290	98	3	59	4	2	15	2	10	
Rejuvenator Squeeze Lrg	932 g	590	70	8.0	6.0	0	0	390	129	4	79	5	2	15	4	15	
Stripper Squeeze Sm	401 g	290	35	3.5	3.0	0	0	200	63	2	37	2	0	25	2	8	
Stripper Squeeze Med	632 g	420	50	6.0	4.0	0	0	300	90	3	55	2	0	45	2	15	
Stripper Squeeze Lrg	932 g	560	70	7.0	6.0	0	0	390	122	4	74	3	2	45	4	15	
Power Smoothies**																	
Bee Stinger Sm	407 g	310	35	4.0	3.0	0	0	230	65	2	41	10	0	170	20	80	
Bee Stinger Med	638 g	440	50	6.0	4.5	0	0	330	93	3	59	10	0	170	25	80	
Bee Stinger Lrg	938 g	590	70	8.0	6.0	0	0	430	124	4	79	11	2	180	25	90	
Ginseng Fling Sm	406 g	300	35	4.0	3.0	0	0	220	63	2	42	9	0	6	6	8	
Ginseng Fling Med	637 g	430	50	6.0	4.5	0	0	320	91	3	60	10	0	6	8	10	
Ginseng Fling Lrg	936 g	570	70	8.0	6.0	0	0	420	120	4	80	10	2	10	8	15	
Island Bear Sm	430 g	350	70	8.0	4.0	0	0	200	65	2	43	2	0	20	8	8	
Island Bear Med	658 g	480	90	10.0	5.0	0	0	300	94	2	63	2	0	25	8	10	
Island Bear Lrg	960 g	620	100	11.0	7.0	0	0	400	122	2	83	3	0	35	10	15	
Marathon Sm	493 g	360	35	4.0	3.0	0	0	900	80	3	49	2	200	1090	130	660	
Marathon Med	725 g	490	50	6.0	4.0	0	0	990	108	4	67	3	200	1110	130	660	
Marathon Lrg	1030 g	650	70	8.0	6.0	0	0	1260	141	7	87	5	800	4260	440	2570	
Power Pump Sm	438 g	330	35	4.0	3.0	0	0	220	69	2	46	11	0	20	6	8	
Power Pump Med	670 g	460	50	6.0	4.5	0	0	320	99	2	67	11	0	25	6	10	
Power Pump Lrg	971 g	600	70	7.0	6.0	0	0	420	127	3	87	12	0	40	8	15	
Super Squeeze Sm	407 g	300	35	3.5	3.0	0	0	220	63	2	40	10	0	25	6	10	
Super Squeeze Med	638 g	430	50	6.0	4.0	0	0	320	91	3	57	11	0	45	6	15	
Super Squeeze Lrg	938 g	580	70	7.0	6.0	0	0	420	122	4	77	12	2	45	8	20	
Sweet Smoothies																	
Chocolate Banana Sm	386 g	310	35	3.5	3.0	0	0	210	68	1	46	2	0	4	2	8	
Chocolate Banana Med	609 g	480	50	5.0	4.0	0	0	320	105	1	72	3	0	4	2	15	
Chocolate Banana Lrg	926 g	670	70	7.0	6.0	0	0	430	148	3	101	5	0	8	4	20	
Chocolate Covered Strawberry Sm	375 g	290	30	3.5	3.0	0	0	210	63	1	43	2	0	15	2	8	
Chocolate Covered Strawberry Med	598 g	460	50	5.0	4.0	0	0	320	100	1	69	3	0	15	2	15	
Chocolate Covered Strawberry Lrg	904 g	630	60	7.0	6.0	0	0	430	138	2	95	4	0	25	4	25	
Extreme OREO® Sm	348 g	290	50	6.0	3.5	0	0	250	58	1	37	1	0	0	2	10	
Extreme OREO® Med	563 g	460	90	10.0	6.0	0	0	410	91	1	58	3	0	0	2	15	
Extreme OREO® Lrg	844 g	630	130	14.0	8.0	0	0	570	124	2	79	4	0	0	2	20	
Mocha Java Sm	359 g	290	30	3.5	3.0	0	0	210	63	0	42	2	0	0	2	8	
Mocha Java Med	581 g	460	50	5.0	4.0	0	0	320	100	1	69	3	0	0	2	15	
Mocha Java Lrg	864 g	610	60	7.0	6.0	0	0	420	132	1	90	4	0	0	4	20	
Peanut Butter Banana Sm	383 g	360	110	12.0	4.5	0	0	270	60	2	37	6	0	4	2	10	
Peanut Butter Banana Med	631 g	600	200	22.0	8.0	0	0	440	94	4	59	11	0	8	4	15	
Peanut Butter Banana Lrg	914 g	810	280	32.0	11.0	0	0	610	122	5	76	15	0	8	6	20	
Peanut Butter Chocolate Sm	373 g	380	100	12.0	4.5	0	0	280	65	1	44	6	0	0	2	10	
Peanut Butter Chocolate Med	611 g	640	190	22.0	7.0	0	0	460	105	3	71	11	0	0	4	15	
Peanut Butter Chocolate Lrg	917 g	900	280	31.0	11.0	0	0	650	145	4	99	16	0	0	4	20	
Supplements**																	
Bee Pollen	2 g	6	1	0.1	0.1	0.0	0	0	1	0	--	0	0	1	2	0	
Brewer's Yeast	2 g	8	1	0.1	0.0	0.0	0	0	1	0	0	1	0	0	1	0	
Creatine	2 g	4	0	0.0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	
Echinacea	2 g	5	0	0.0	0.0	0.0	0	0	2	1	0	0	0	2	0	0	
Ginkgo	2 g	10	4	0.0	0.0	0.0	0	0	1	0	0	0	--	--	--	--	
Ginseng	2 g	7	1	0.1	0.1	--	--	2	2	0	0	0	--	--	0	0	
Lecithin	8 g	60	60	7.0	1.0	0	0	0	1	0	0	0	0	0	6	0	
Multi-Vitamin	2 g	5	0	0.0	0.0	0	0	0	1	0	0	0	35	35	35	35	
Spirulina	2 g	10	0	0.0	0.0	0	0	0	0	0	0	1	30	0	0	0	
Wheat Germ	6 g	25	5	0.6	0.0	0.0	0	1	3	1	1	2	0	0	0	0	
Wheatgrass	2 g	6	1	0.1	--	--	--	1	1	1	--	--	1000	6	10	1	
Whey Protein	10 g	40	1	0.1	0.0	0.0	0	25	0	0	0	0	10	0	0	58	0

The nutritional information Surf City Squeeze has provided is based on standard product formulations. Product variations may occur based on regional differences, ingredient substitutions, seasonal conditions, differences in product production at the store, and suppliers. Some items listed may not be available in all stores. This list may not include test products, limited time offers, and regional menu variations.

**These supplements have not been evaluated by the FDA. They are not intended to diagnose, prevent, treat, mitigate or cure, any disease but rather serve as a dietary supplement intended only for nutritional support to a well balanced diet of food. Please consult your physician before starting any supplement program, especially if you are pregnant, nursing or taking medication. These products are not recommended for children.

Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2300 milligrams of sodium.