



Surf City Squeeze® has listed the top eight food allergens recommended by the FDA.  
The X indicates the item contains the specified allergen.

Item	Allergens							
	SOY	EGGS	MILK	PEANUT	WHEAT	TREE NUTS	FISH	SHELLFISH
<b>Ice Chillers</b>								
Mango Pineapple								
Strawberry Mango								
Strawberry Pineapple								
Peach Mango								
Strawberry Pineapple Spinach								
<b>Signature Smoothies</b>								
Peach Mango	X		X					
Pineapple Coconut Orange	X		X			X		
Strawberry Banana	X		X					
Strawberry Banana Kale	X		X					
Triple Berry	X		X					
Green Pineapple Banana	X		X					
<b>Fresh Squeezed Lemonade</b>								
Original Lemonade								
Raspberry Lemonade								
Strawberry Lemonade								
<b>Pumped Up Smoothies**</b>								
Power Energy Squeeze	X		X					
Stripper Squeeze	X		X					
Bee Stinger	X		X					
Ginseng Fling	X		X					
Power Pump	X		X					
Super Squeeze	X		X					
<b>Sweet Smoothies</b>								
Chocolate Covered Strawberry	X		X					
Extreme OREO®	X		X		X			
Mocha Java	X		X					
Peanut Butter Banana	X		X	X				
<b>Add-ins**</b>								
Bee Pollen								
Brewer's Yeast								
Chia Seeds								
Chocolate (1 scoop/0.5oz)			X					
Coffee								
Creatine								

Ginseng								
Lecithin	X							
Matcha Powder								
Multi-Vitamin								
Peanut Butter (1 scoop/0.5oz)				X				
Spirulina								
Wheat Germ					X			
Wheatgrass					X			
Whey Protein	X		X					

**Produce**

Banana (1 oz)								
Blueberry (1oz scoop)								
Coconut (1 tsp)						X		
Kale (1/2 cup)								
Mango (1oz scoop)								
Peach (1oz scoop)								
Pineapple (1oz scoop)								
Raspberry (1oz scoop)								
Spinach (1/2 cup)								
Strawberry (1oz scoop)								
100% Apple Juice, Minute Maid (1 fl.oz)								
100% Orange Juice, Tropicana (1 fl.oz)								

**Base Mix**

Signature Smoothie Mix	X		X					
Low-Cal Smoothie Mix	X		X					

**Allergen Information**

Your health is of utmost concern to us. Please be aware that Surf City Squeeze® products may contain traces of allergens (peanuts, tree nuts, soybeans, wheat, milk or eggs) or food sensitivities from a manufacturing facility and preparation on site.

Common Tree Nuts that may be found in our stores include almonds, cashews, coconut, macadamia nuts, pecans, pistachios and walnuts.

The Allergen 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, custom orders, self-service orders and regional menu variations.