



Ingredient Statement

Iced Chillers	
Peach Mango	WATER, MANGO, PEACHES, AGAVE NECTAR [Organic Agave Nectar, Water].
Pineapple Mango	WATER, MANGO, PINEAPPLE JUICE [Pineapple Juice, Ascorbic Acid (Vitamin C), Vitamin E, Vitamin A], AGAVE NECTAR [Organic Agave Nectar, Water].
Pineapple Strawberry Spinach	WATER, PINEAPPLE JUICE [Pineapple Juice, Ascorbic Acid (Vitamin C), Vitamin E, Vitamin A.], STRAWBERRIES, AGAVE NECTAR [Organic Agave Nectar, Water], SPINACH.
Strawberry Mango	WATER, STRAWBERRIES, MANGO, AGAVE NECTAR [Organic Agave Nectar, Water].
Strawberry Pineapple	WATER, STRAWBERRIES, PINEAPPLE JUICE [Pineapple Juice, Ascorbic Acid (Vitamin C), Vitamin E and Vitamin A], AGAVE NECTAR [Organic Agave Nectar, Water].
Signature Smoothies	
Green Pineapple Banana	WATER, SMOOTHIE MIX [Sucrose, Corn Syrup Solids, Coconut Oil, Sodium Caseinate (a milk derivative and not a source of lactose), Dextrose, Sodium and Potassium Phosphate, Salt, Soy Lecithin, Guar Gum, Mono- and Diglycerides, Xanthan Gum, Natural and Artificial Flavor], PINEAPPLE, ORANGE JUICE [100% Pure Orange Juice from Concentrate (Filtered Water, Concentrated Orange Juice), Natural Flavors], BANANA, SPINACH, KALE.
Peach Mango	WATER, SMOOTHIE MIX [Sucrose, Corn Syrup Solids, Coconut Oil, Sodium Caseinate (a milk derivative and not a source of lactose), Dextrose, Sodium and Potassium Phosphate, Salt, Soy Lecithin, Guar Gum, Mono- and Diglycerides, Xanthan Gum, Natural and Artificial Flavor], MANGO, PEACHES.
Pineapple Coconut Orange	WATER, SMOOTHIE MIX [Sucrose, Corn Syrup Solids, Coconut Oil, Sodium Caseinate (a milk derivative and not a source of lactose), Dextrose, Sodium and Potassium Phosphate, Salt, Soy Lecithin, Guar Gum, Mono- and Diglycerides, Xanthan Gum, Natural and Artificial Flavor], PINEAPPLE, ORANGE JUICE [100% Pure Orange Juice From Concentrate (Filtered Water, Concentrated Orange Juice), Natural Flavors], SWEETENED COCONUT [Coconut, Sugar, Water, Propylene Glycol, Salt, Sodium Metabisulfite (preservative)].
Strawberry Banana	WATER, SMOOTHIE MIX [Sucrose, Corn Syrup Solids, Coconut Oil, Sodium Caseinate (a milk derivative and not a source of lactose), Dextrose, Sodium and Potassium Phosphate, Salt, Soy Lecithin, Guar Gum, Mono- and Diglycerides, Xanthan Gum, Natural and Artificial Flavor], STRAWBERRIES, BANANA.
Strawberry Banana Kale	WATER, SMOOTHIE MIX [Sucrose, Corn Syrup Solids, Coconut Oil, Sodium Caseinate (a milk derivative and not a source of lactose), Dextrose, Sodium and Potassium Phosphate, Salt, Soy Lecithin, Guar Gum, Mono- and Diglycerides, Xanthan Gum, Natural and Artificial Flavor], STRAWBERRIES, BANANA, KALE.
Triple Berry	WATER, SMOOTHIE MIX [Sucrose, Corn Syrup Solids, Coconut Oil, Sodium Caseinate (a milk derivative and not a source of lactose), Dextrose, Sodium and Potassium Phosphate, Salt, Soy Lecithin, Guar Gum, Mono- and Diglycerides, Xanthan Gum, Natural & Artificial Flavor], STRAWBERRIES, RASPBERRIES, BLUEBERRIES.
Fresh Squeezed Lemonade	
Original Lemonade	WATER, LEMON JUICE, SUGAR.
Raspberry Lemonade	WATER, LEMON JUICE, SUGAR, RASPBERRIES.
Strawberry Lemonade	WATER, LEMON JUICE, SUGAR, STRAWBERRIES.



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Pumped Up Smoothies**	
Bee Stinger	WATER, SMOOTHIE MIX [Sucrose, Corn Syrup Solids, Coconut Oil, Sodium Caseinate (a milk derivative and not a source of lactose), Dextrose, Sodium and Potassium Phosphate, Salt, Soy Lecithin, Guar Gum, Mono- and Diglycerides, Xanthan Gum, Natural and Artificial Flavor], BLUEBERRIES, BANANA, WHEY PROTEIN CONCENTRATE, BEE POLLEN [Bee Pollen Powder].
Ginseng Fling	WATER, SMOOTHIE MIX [Sucrose, Corn Syrup Solids, Coconut Oil, Sodium Caseinate (a milk derivative and not a source of lactose), Dextrose, Sodium and Potassium Phosphate, Salt, Soy Lecithin, Guar Gum, Mono- and Diglycerides, Xanthan Gum, Natural and Artificial Flavor], PINEAPPLE, BLUEBERRIES, WHEY PROTEIN CONCENTRATE, GINSENG [Maltodextrin, Ginseng Root Powder].
Power Energy Squeeze	WATER, SMOOTHIE MIX [Sucrose, Corn Syrup Solids, Coconut Oil, Sodium Caseinate (a milk derivative and not a source of lactose), Dextrose, Sodium and Potassium Phosphate, Salt, Soy Lecithin, Guar Gum, Mono- and Diglycerides, Xanthan Gum, Natural and Artificial Flavor], RASPBERRIES, APPLE JUICE [Filtered Water, 100% Pure Concentrated Apple Juice, Ascorbic Acid (Vitamin C)], POWER ENERGY [Inositol, Creatine Monohydrate].
Power Pump	WATER, SMOOTHIE MIX [Sucrose, Corn Syrup Solids, Coconut Oil, Sodium Caseinate (a milk derivative and not a source of lactose), Dextrose, Sodium and Potassium Phosphate, Salt, Soy Lecithin, Guar Gum, Mono- and Diglycerides, Xanthan Gum, Natural and Artificial Flavor], PINEAPPLE, ORANGE JUICE [100% Pure Orange Juice from Concentrate (Filtered Water, Concentrated Orange Juice), Natural Flavors], BANANA, WHEY PROTEIN CONCENTRATE, SPIRULINA POWDER [Dried Spirulina].
Stripper Squeeze	WATER, SMOOTHIE MIX [Sucrose, Corn Syrup Solids, Coconut Oil, Sodium Caseinate (a milk derivative and not a source of lactose), Dextrose, Sodium and Potassium Phosphate, Salt, Soy Lecithin, Guar Gum, Mono- and Diglycerides, Xanthan Gum, Natural and Artificial Flavor], STRAWBERRIES, BANANA, FAT FIGHTER BLEND [Maltodextrin, Ginseng Root Extract, L-Choline bitartrate, L-Tyrosine, Inositol, L-Phenylalanine, L-Methionine, L-Carnitine, Senna Leaf Powder, Una Ursi Leaf Extract, Buchu Leaf Extract, Chromium Nicotinate Glycinate Chelate].
Super Squeeze	WATER, SMOOTHIE MIX [Sucrose, Corn Syrup Solids, Coconut Oil, Sodium Caseinate (a milk derivative and not a source of lactose), Dextrose, Sodium and Potassium Phosphate, Salt, Soy Lecithin, Guar Gum, Mono- and Diglycerides, Xanthan Gum, Natural and Artificial Flavor], STRAWBERRIES, BANANA, WHEY PROTEIN CONCENTRATE, BREWER'S YEAST.
Sweet Smoothies	
Chocolate Covered Strawberry	WATER, SMOOTHIE MIX [Sucrose, Corn Syrup Solids, Coconut Oil, Sodium Caseinate (a milk derivative and not a source of lactose), Dextrose, Sodium and Potassium Phosphate, Salt, Soy Lecithin, Guar Gum, Mono- and Diglycerides, Xanthan Gum, Natural and Artificial Flavor], STRAWBERRIES, CHOCOLATE SYRUP [High Fructose Corn Syrup, Corn Syrup, Water, Cocoa, Sugar, contains 2% or less of Potassium Sorbate (preservative), Salt, Mono- and Diglycerides, Xanthan Gum, Polysorbate 60, Vanillin, Artificial Flavor].
Extreme OREO®	WATER, SMOOTHIE MIX [Sucrose, Corn Syrup Solids, Coconut Oil, Sodium Caseinate (a milk derivative and not a source of lactose), Dextrose, Sodium and Potassium Phosphate, Salt, Soy Lecithin, Guar Gum, Mono- and Diglycerides, Xanthan Gum, Natural and Artificial Flavor], OREO COOKIE [Sugar, Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid), High Oleic Canola and/or Palm and/or Canola Oil, Cocoa (processed with Alkali), High Fructose Corn Syrup, Leavening (Baking Soda and/or Calcium Phosphate), Cornstarch, Salt, Soy Lecithin, Vanillin (Artificial Flavor), Chocolate].



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Sweet Smoothies	
Mocha Java	WATER, SMOOTHIE MIX [Sucrose, Corn Syrup Solids, Coconut Oil, Sodium Caseinate (a milk derivative and not a source of lactose), Dextrose, Sodium and Potasium Phosphate, Salt, Soy Lecithin, Guar Gum, Mono- and Diglycerides, Xanthan Gum, Natural and Artificial Flavor], CHOCOLATE SYRUP [High Fructose Corn Syrup, Corn Syrup, Water, Cocoa, Sugar, contains 2% or less of Potassium Sorbate (preservative), Salt, Mono- and Diglycerides, Xanthan Gum, Polysorbate 60, Vanillin, Artificial Flavor], INSTANT COFFEE [100% Pure Coffee].
Peanut Butter Banana	WATER, SMOOTHIE MIX [Sucrose, Corn Syrup Solids, Coconut Oil, Sodium Caseinate (a milk derivative and not a source of lactose), Dextrose, Sodium and Potasium Phosphate, Salt, Soy Lecithin, Guar Gum, Mono- and Diglycerides, Xanthan Gum, Natural and Artificial Flavor], BANANA, PEANUT BUTTER [Peanuts, Dextrose, Fully Hydrogenated Vegetable Oils (Rapeseed, Cottonseed and Soybean, Salt and Corn Syrup)].
Add-ins**	
Bee Pollen	Bee Pollen Powder.
Brewer's Yeast	Brewers Yeast.
Chia Seeds	Organic Raw Chia Seeds.
Chocolate	High Fructose Corn Syrup, Corn Syrup, Water, Cocoa, Sugar, contains 2% or less of Potassium Sorbate (preservative), Salt, Mono- and Diglycerides, Xanthan Gum, Polysorbate 60, Vanillin, Artificial Flavor.
Coffee	100% Pure Coffee.
Creatine	Creatine Monohydrate.
Fat Fighter	Maltodextrin, Ginseng Root Extract, L-Choline bitartrate, L-Tyrosine, Inositol, L-Phenylalanine, L-Methionine, L-Carnitine, Senna Leaf Powder, Una Ursi Leaf Extract, Buchu Leaf Extract, Chromium Nicotinate Glycinate Chelate.
Ginseng	Maltodextrin, Ginseng Root Powder.
Lecithin	Granular Soybean Lecithin
Matcha Powder	Green Tea Powder.
Multi-Vitamin	Calcium Carbonate, Magnesium Oxide, Vitamin C (Ascorbic Acid), Maltodextrin, Vitamin E (dl-alpha-tocopheryl), Iron (II) Fumarate, Biotin, Niacin (Niacinamide), Zinc Oxide, Copper Gluconate, Vitamin A Acetate, Pantothenic Acid (Calcium-D), Vitamin D3 (Cholecalciferol), Folic Acid, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B1 (Thiamine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B12 (Cyanocobalamin).
Peanut Butter	Peanuts, Dextrose, Fully Hydrogenated Vegetable Oils (Rapeseed, Cottonseed and Soybean, Salt, Corn Syrup).
Power Energy	Inositol, Creatine Monohydrate.
Spirulina	Dried Spirulina.
Wheat Germ	Wheat Germ.
Wheatgrass	Wheat Grass Powder.
Whey Protein	Whey Protein Concentrate.



Ingredient Statement

Produce	
100% Apple Juice - Minute Maid®	Filtered Water, 100% Pure Concentrated Apple Juice, Ascorbic Acid (Vitamin C).
100% Orange Juice - Tropicana®	100% Pure Orange Juice From Concentrate (Filtered Water, Concentrated Orange Juice), Natural Flavors.
Agave Nectar	Organic Agave Nectar, Water.
Banana	Bananas.
Blueberry	Blueberries.
Coconut	Coconut, Sugar, Water, Propylene Glycol, Salt, Sodium Metabisulfite (preservative).
Kale	Kale.
Mango	Mango.
Peach	Peaches.
Pineapple	Pineapple, Pineapple Juice, Clarified Pineapple Juice From Concentrate (Water, Clarified Pineapple Juice Concentrate), Citric Acid.
Pineapple Juice	Pineapple Juice, Ascorbic Acid (Vitamin C), Vitamin E, Vitamin A.
Raspberry	Raspberries.
Spinach	Spinach.
Strawberry	Strawberries.
Base Mix	
Low-Cal Smoothie Mix	Maltodextrin, Coconut Oil, Modified Food Starch, Gum Blend (Guar Gum, Xanthan Gum, Carrageenan), Salt, Stevia Leaf Extract (Reb A), Mono- and Diglycerides, Calcium Phosphate, Natural Flavor.
Signature Smoothie Mix	Sucrose, Corn Syrup Solids, Coconut Oil, Sodium Caseinate (a milk derivative and not a source of lactose), Dextrose, Sodium and Potassium Phosphate, Salt, Soy Lecithin, Guar Gum, Mono- and Diglycerides, Xanthan Gum, Natural and Artificial Flavor.

The ingredient 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.

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