




Nutritional Information

			Total Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
	Weight												
Iced Chillers													
Peach Mango 12oz	620	g	220	0	0	0	0	10	56	1	50	22	2
Peach Mango 20oz	806	g	350	0	0	0	0	10	91	1	82	44	2
Peach Mango 32oz	1277	g	520	0	0	0	0	20	136	2	122	66	3
Pineapple Mango 12oz	547	g	210	0	0	0	0	15	54	0	48	22	1
Pineapple Mango 20oz	709	g	340	0	0	0	0	15	88	0	79	44	2
Pineapple Mango 32oz	1132	g	510	0	0	0	0	30	131	0	119	66	3
Pineapple Strawberry Spinach 12oz	561	g	200	0	0	0	0	40	50	2	42	22	2
Pineapple Strawberry Spinach 20oz	737	g	330	0	0	0	0	55	83	2	71	44	3
Pineapple Strawberry Spinach 32oz	1160	g	490	0	0	0	0	75	123	3	106	66	4
Strawberry Mango 12oz	547	g	170	0	0	0	0	10	45	2	39	22	1
Strawberry Mango 20oz	709	g	290	0	0	0	0	15	76	2	66	44	1
Strawberry Mango 32oz	1132	g	440	0	0	0	0	25	114	4	99	66	2
Strawberry Pineapple 12oz	404	g	220	0	0	0	0	10	56	2	49	32	1
Strawberry Pineapple 20oz	627	g	370	0	0	0	0	15	96	2	87	64	1
Strawberry Pineapple 32oz	975	g	560	0	0	0	0	25	145	4	131	96	2
Signature Smoothies													
Green Pineapple Banana 12oz	441	g	330	8	7	0	0	230	66	2	45	37	1
Green Pineapple Banana 20oz	583	g	500	12	10	0	0	350	100	3	67	56	2
Green Pineapple Banana 32oz	708	g	670	16	13	0	0	460	136	4	92	75	3
Peach Mango 12oz	409	g	310	8	7	0	0	220	62	0	47	37	1
Peach Mango 20oz	642	g	450	12	10	0	0	330	90	1	68	56	1
Peach Mango 32oz	954	g	620	16	13	0	0	440	124	1	93	75	1
Pineapple Coconut Orange 12oz	395	g	310	8	7	0	0	210	60	1	42	38	1
Pineapple Coconut Orange 20oz	659	g	470	12	10	0	0	340	93	1	64	57	1
Pineapple Coconut Orange 32oz	957	g	630	17	14	0	0	460	122	1	86	76	1
Strawberry Banana 12oz	400	g	310	8	7	0	0	220	61	1	43	37	1
Strawberry Banana 20oz	640	g	460	12	10	0	0	330	90	2	64	56	1
Strawberry Banana 32oz	935	g	620	16	13	0	0	440	122	3	86	75	1
Strawberry Banana Kale 12oz	404	g	310	8	7	0	0	220	61	1	43	37	1
Strawberry Banana Kale 20oz	648	g	460	12	10	0	0	330	91	2	64	56	1
Strawberry Banana Kale 32oz	951	g	630	16	13	0	0	450	124	3	87	75	2
Triple Berry 12oz	441	g	310	8	7	0	0	220	62	2	44	37	1
Triple Berry 20oz	639	g	450	12	10	0	0	330	87	2	63	56	1
Triple Berry 32oz	980	g	610	17	13	0	0	450	121	4	86	75	1
Fresh Squeezed Lemonade													
Original Lemonade 12oz	269	g	90	0	0	0	0	5	24	0	22	21	0
Original Lemonade 20oz	456	g	160	0	0	0	0	10	41	0	38	36	0
Original Lemonade 32oz	739	g	250	0	0	0	0	20	66	0	62	59	0
Raspberry Lemonade 12oz	288	g	100	0	0	0	0	5	26	0	23	21	0
Raspberry Lemonade 20oz	494	g	170	0	0	0	0	10	44	1	40	36	1
Raspberry Lemonade 32oz	796	g	280	0	0	0	0	20	72	1	65	59	1
Strawberry Lemonade 12oz	290	g	100	0	0	0	0	5	26	1	23	21	0
Strawberry Lemonade 20oz	498	g	170	0	0	0	0	15	45	1	40	36	0
Strawberry Lemonade 32oz	802	g	270	0	0	0	0	20	72	2	65	59	1

Nutritional Information

													
			Weight	Total Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)
Pumped Up Smoothies**													
Bee Stinger 12oz	403	g	360	9	7	0	20	240	63	2	44	37	9
Bee Stinger 20oz	634	g	510	13	10	0	20	350	92	3	65	56	9
Bee Stinger 32oz	929	g	670	17	14	0	20	470	124	3	87	75	9
Ginseng Fling 12oz	409	g	350	9	7	0	20	240	62	1	41	37	8
Ginseng Fling 20oz	640	g	500	13	10	0	20	350	91	2	62	56	9
Ginseng Fling 32oz	942	g	650	17	14	0	20	470	121	3	82	75	9
Power Energy Squeeze 12oz	402	g	300	8	7	0	0	220	58	1	42	37	0
Power Energy Squeeze 20oz	638	g	450	12	10	0	0	330	86	1	63	56	1
Power Energy Squeeze 32oz	933	g	590	16	13	0	0	450	115	1	85	75	1
Power Pump 12oz	435	g	370	9	7	0	20	240	68	1	44	37	9
Power Pump 20oz	669	g	520	13	10	0	20	350	98	2	64	56	9
Power Pump 32oz	995	g	700	17	14	0	20	470	133	3	89	75	10
Stripper Squeeze 12oz	406	g	330	8	7	0	0	220	66	2	43	38	1
Stripper Squeeze 20oz	646	g	480	12	10	0	0	340	95	3	64	56	1
Stripper Squeeze 32oz	941	g	640	16	13	0	0	450	127	3	86	75	1
Super Squeeze 12oz	412	g	360	9	7	0	20	240	63	2	43	37	9
Super Squeeze 20oz	652	g	500	13	10	0	20	350	92	3	63	56	10
Super Squeeze 32oz	947	g	660	17	14	0	20	470	124	3	86	75	10
Sweet Smoothies													
Chocolate Covered Strawberry 12oz	404	g	330	8	7	0	0	230	68	2	50	48	0
Chocolate Covered Strawberry 20oz	650	g	520	12	10	0	0	340	108	4	80	77	0
Chocolate Covered Strawberry 32oz	964	g	710	16	13	0	0	460	149	5	111	105	0
Extreme OREO® 12oz	339	g	320	10	7	0	0	270	59	0	42	42	0
Extreme OREO® 20oz	549	g	510	17	11	0	0	420	93	0	65	65	1
Extreme OREO® 32oz	826	g	690	23	15	0	0	580	126	0	89	89	1
Mocha Java 12oz	350	g	320	8	7	0	0	230	64	1	48	48	0
Mocha Java 20oz	567	g	500	12	10	0	0	340	102	2	77	77	0
Mocha Java 32oz	855	g	690	16	13	0	0	460	141	3	105	105	0
Peanut Butter Banana 12oz	374	g	390	16	8	0	0	290	61	2	43	38	4
Peanut Butter Banana 20oz	588	g	620	29	13	0	0	470	90	2	63	58	7
Peanut Butter Banana 32oz	899	g	870	41	18	0	0	650	126	4	87	77	11
Add-ins**													
Bee Pollen	2	g	5	0	0	0	0	0	1	0	0	0	0
Brewer's Yeast	2	g	10	0	0	0	0	0	1	0	0	0	1
Chia Seeds	8	g	45	2.5	0	0	0	0	3	3	0	0	2
Chocolate (1 scoop/0.5oz)	14	g	35	0	0	0	0	0	9	1	7	7	0
Coffee	2	g	5	0	0	0	0	0	2	0	0	0	0
Creatine	2	g	0	0	0	0	0	0	0	0	0	0	0
Fat Fighter	2.5	g	0	0	0	0	0	0	2	0	0	0	0
Ginseng	2	g	5	0	0	0	0	0	2	0	0	0	0
Lecithin	8	g	40	4.0	1.0	0	0	0	1	0	0	0	0
Matcha Powder	4	g	15	0	0	0	0	0	20	0	0	0	1
Multi-Vitamin	2	g	0	0	0	0	0	0	0	0	0	0	0
Peanut Butter (1 scoop/0.5oz)	14	g	80	7	1.5	0	0	60	3	1	1	1	3
Power Energy	6	g	0	0	0	0	0	0	0	0	0	0	0
Spirulina	2	g	5	0	0	0	0	0	2	0	0	0	0
Wheat Germ	2	g	10	0	0	0	0	0	1	0	0	0	1
Wheatgrass	2	g	10	0	0	0	0	0	1	1	0	0	0
Whey Protein	10	g	40	0.5	0	0	20	20	1	0	0	0	8

Nutritional Information

			Total Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
	Weight												
Produce													
100% Apple Juice - Minute Maid® (1 fl oz)	31	g	15	0	0	0	0	0	4	0	3	0	0
100% Orange Juice - Tropicana® (1 fl oz)	30	g	15	0	0	0	0	0	3	0	3	0	0
Agave Nectar	37	g	90	0	0	0	0	0	23	0	22	22	0
Banana (1 oz)	30	g	25	0	0	0	0	0	7	1	4	0	0
Blueberry (1oz scoop)	33	g	15	0	0	0	0	0	4	1	3	0	0
Coconut (1 tsp)	2	g	10	0	0	0	0	5	1	0	1	1	0
Kale (1/2 cup)	8	g	5	0	0	0	0	0	1	0	0	0	0
Mango (1oz scoop)	46	g	30	0	0	0	0	0	8	1	7	0	0
Peach (1oz scoop)	35	g	15	0	0	0	0	0	3	0	3	0	0
Pineapple (1oz scoop)	36	g	20	0	0	0	0	0	5	1	4	0	0
Pineapple Juice	30	g	25	0	0	0	0	0	6	0	5	0	0
Raspberry (1oz scoop)	38	g	20	0	0	0	0	0	5	2	2	0	1
Spinach (1/2 cup)	28	g	5	0	0	0	0	20	1	1	0	0	1
Strawberry (1oz scoop)	42	g	15	0	0	0	0	0	4	1	2	0	0
Base Mix													
Low-Cal Smoothie Mix 4oz	118	g	90	5.0	5.0	0	0	55	11	0	0	0	0
Low-Cal Smoothie Mix 6oz	177	g	140	8	8	0	0	85	17	0	0	0	0
Low-Cal Smoothie Mix 8oz	236	g	180	10	10	0	0	110	22	0	0	0	0
Signature Smoothie Mix 4oz	124	g	270	8	7	0	0	210	51	0	37	37	0
Signature Smoothie Mix 6oz	186	g	400	12	10	0	0	320	76	0	56	56	0
Signature Smoothie Mix 8oz	248	g	530	16	13	0	0	430	101	0	75	75	0

Percentage Daily Values are based on a 2,000 calorie diet. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

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.

All trademarks are the property of their respective owners.