



## Nutritional Statement

			Total Calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
	Weight												
<b>Ice Chillers</b>													
Pineapple Mango 12oz	623	g	230	0	0	0	0	0	10	61	5	45	2
Pineapple Mango 20oz	810	g	370	0	0	0	0	0	10	96	6	75	2
Pineapple Mango 32oz	1283	g	560	0	0	0	0	0	20	144	9	112	4
Strawberry Mango 12oz	641	g	220	0	0	0	0	0	15	58	6	48	2
Strawberry Mango 20oz	834	g	360	0	0	0	0	0	15	93	7	79	2
Strawberry Mango 32oz	1319	g	540	0	0	0	0	0	25	139	11	119	3
Strawberry Pineapple 12oz	611	g	190	0	0	0	0	0	15	48	4	30	1
Strawberry Pineapple 20oz	794	g	310	0	0	0	0	0	15	80	6	55	2
Strawberry Pineapple 32oz	1259	g	470	0	0	0	0	0	25	120	8	82	3
Peach Mango 12oz	620	g	220	0	0	0	0	0	10	56	4	50	2
Peach Mango 20oz	806	g	350	0	0	0	0	0	10	91	5	82	2
Peach Mango 32oz	1277	g	520	0	0	0	0	0	20	136	7	122	3
Pineapple Strawberry Spinach 12oz	631	g	200	0	0	0	0	0	35	51	4	28	2
Pineapple Strawberry Spinach 20oz	825	g	330	0	0	0	0	0	45	83	6	52	3
Pineapple Strawberry Spinach 32oz	1298	g	490	0	0	0	0	0	65	124	9	79	4
<b>Signature Smoothies</b>													
Peach Mango 12oz	409	g	310	60	7	7	0	0	210	62	1	47	1
Peach Mango 20oz	642	g	450	90	10	10	0	0	310	90	1	68	1
Peach Mango 32oz	954	g	620	120	13	13	0	0	420	124	2	93	1
Pineapple Coconut Orange 12oz	395	g	310	60	7	7	0	0	210	60	1	42	1
Pineapple Coconut Orange 20oz	659	g	470	90	10	10	0	0	320	93	1	64	1
Pineapple Coconut Orange 32oz	957	g	630	130	14	14	0	0	430	122	1	86	1
Strawberry Banana 12oz	400	g	310	60	7	7	0	0	210	61	2	43	1
Strawberry Banana 20oz	640	g	460	90	10	10	0	0	310	91	3	63	1
Strawberry Banana 32oz	935	g	620	120	14	13	0	0	420	123	3	85	1
Strawberry Banana Kale 12oz	404	g	310	60	7	7	0	0	210	62	2	43	1
Strawberry Banana Kale 20oz	648	g	460	90	10	10	0	0	310	91	3	63	1
Strawberry Banana Kale 32oz	951	g	620	120	14	13	0	0	420	124	4	86	2
Triple Berry 12oz	441	g	310	60	7	7	0	0	210	62	2	44	1
Triple Berry 20oz	639	g	450	90	10	10	0	0	310	87	2	63	1
Triple Berry 32oz	980	g	610	120	14	13	0	0	420	121	4	86	1
Green Pineapple Banana 12oz	441	g	330	60	7	7	0	0	220	66	2	45	1
Green Pineapple Banana 20oz	583	g	500	90	10	10	0	0	330	100	3	67	2
Green Pineapple Banana 32oz	708	g	670	120	14	13	0	0	440	136	4	92	3
<b>Fresh Squeezed Lemonade</b>													
Original Lemonade 12oz	269	g	90	0	0	0	0	0	5	24	0	22	0
Original Lemonade 20oz	456	g	160	0	0	0	0	0	10	41	0	38	0
Original Lemonade 32oz	739	g	250	0	0	0	0	0	20	66	0	62	0
Raspberry Lemonade 12oz	288	g	100	0	0	0	0	0	5	26	0	23	0
Raspberry Lemonade 20oz	494	g	170	0	0	0	0	0	10	44	1	40	1
Raspberry Lemonade 32oz	796	g	280	0	0	0	0	0	20	72	1	65	1
Strawberry Lemonade 12oz	290	g	100	0	0	0	0	0	5	26	1	23	0
Strawberry Lemonade 20oz	498	g	170	0	0	0	0	0	15	45	1	40	0
Strawberry Lemonade 32oz	802	g	270	0	0	0	0	0	20	72	2	65	1
<b>Pumped Up Smoothies**</b>													
Power Energy Squeeze 12oz	403	g	300	60	7	7	0	0	210	58	1	43	0
Power Energy Squeeze 20oz	640	g	450	90	10	10	0	0	310	87	1	63	1
Power Energy Squeeze 32oz	937	g	590	120	13	13	0	0	420	116	1	85	1
Stripper Squeeze 12oz	406	g	330	60	7	7	0	0	210	66	2	43	1
Stripper Squeeze 20oz	646	g	480	90	10	10	0	0	320	95	3	64	1
Stripper Squeeze 32oz	941	g	640	120	14	13	0	0	420	127	3	86	1
Bee Stinger 12oz	403	g	360	70	8	7	0	20	220	63	2	44	9
Bee Stinger 20oz	634	g	510	100	11	10	0	20	330	93	3	66	9
Bee Stinger 32oz	929	g	670	130	15	14	0	20	440	125	3	88	9
Ginseng Fling 12oz	409	g	350	70	8	7	0	20	230	62	1	41	8
Ginseng Fling 20oz	640	g	500	100	11	10	0	20	330	92	2	63	8
Ginseng Fling 32oz	942	g	650	130	14	14	0	20	440	121	3	82	8
Power Pump 12oz	435	g	370	70	7	7	0	20	230	68	1	45	9
Power Pump 20oz	669	g	520	100	11	10	0	20	330	98	2	64	9
Power Pump 32oz	994	g	700	130	14	14	0	20	440	134	3	89	9
Super Squeeze 12oz	412	g	360	70	7	7	0	20	230	63	2	43	9
Super Squeeze 20oz	652	g	500	100	11	10	0	20	330	92	3	64	9
Super Squeeze 32oz	947	g	660	130	14	14	0	20	440	124	4	86	10

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			Total Calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
	Weight												
<b>Sweet Smoothies</b>													
Chocolate Covered Strawberry 12oz	432	g	350	60	7	7	0	0	220	70	2	51	1
Chocolate Covered Strawberry 20oz	691	g	540	90	10	10	0	0	330	112	4	82	2
Chocolate Covered Strawberry 32oz	1019	g	740	120	14	13	0	0	440	153	5	112	2
Extreme OREO® 12oz	339	g	320	80	9	7	0	0	250	59	0	42	0
Extreme OREO® 20oz	549	g	510	130	15	11	0	0	400	93	1	65	1
Extreme OREO® 32oz	826	g	690	180	20	15	0	0	560	126	1	89	1
Mocha Java 12oz	350	g	320	60	7	7	0	0	210	64	0	47	1
Mocha Java 20oz	567	g	510	90	10	10	0	0	330	102	1	76	1
Mocha Java 32oz	855	g	700	120	13	13	0	0	440	140	1	105	2
Peanut Butter Banana 12oz	374	g	390	130	15	8	0	0	270	61	2	43	4
Peanut Butter Banana 20oz	588	g	620	240	27	13	0	0	450	90	2	63	7
Peanut Butter Banana 32oz	899	g	870	340	38	18	0	0	620	126	4	87	11
<b>Add-ins**</b>													
Bee Pollen	2	g	5	0	0	0	0	0	0	1	0	0	0
Brewer's Yeast	2	g	10	0	0	0	0	0	0	1	0	0	1
Chia Seeds	8	g	45	25	3	0	0	0	0	3	3	0	2
Chocolate (1 scoop/0.5oz)	14	g	35	0	0	0	0	0	5	9	0	7	0
Coffee	2	g	5	0	0	0	0	0	0	2	0	0	0
Creatine	2	g	0	0	0	0	0	0	0	0	0	0	0
Ginseng	2	g	5	0	0	0	0	0	0	2	0	0	0
Lecithin	8	g	40	40	4	1	0	0	0	1	0	0	0
Matcha Powder	4	g	15	0	0	0	0	0	0	20	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	70	7	1.5	0	0	60	3	1	1	3
Spirulina	2	g	5	0	0	0	0	0	0	2	0	0	0
Wheat Germ	2	g	10	0	0	0	0	0	0	1	0	0	1
Wheatgrass	2	g	10	0	0	0	0	0	0	1	1	0	0
Whey Protein	10	g	40	5	0.5	0	0	20	20	1	0	1	8
<b>Produce</b>													
Banana (1 oz)	30	g	25	0	0	0	0	0	0	7	1	4	0
Blueberry (1oz scoop)	33	g	15	0	0	0	0	0	0	4	1	3	0
Coconut (1 tsp)	2	g	10	0	0	0	0	0	5	1	0	1	0
Kale (1/2 cup)	8	g	5	0	0	0	0	0	0	1	0	0	0
Mango (1oz scoop)	46	g	30	0	0	0	0	0	0	8	1	7	0
Peach (1oz scoop)	35	g	15	0	0	0	0	0	0	3	0	3	0
Pineapple (1oz scoop)	36	g	20	0	0	0	0	0	0	5	1	4	0
Raspberry (1oz scoop)	38	g	20	0	0	0	0	0	0	5	2	2	1
Spinach (1/2 cup)	28	g	5	0	0	0	0	0	20	1	1	0	1
Strawberry (1oz scoop)	42	g	15	0	0	0	0	0	0	4	1	2	0
100% Apple Juice- Minute Maid (1 fl oz)	31	g	15	0	0	0	0	0	0	4	0	3	0
100% Orange Juice- Tropicana (1 fl oz)	30	g	15	0	0	0	0	0	0	3	0	3	0
<b>Base Mix</b>													
Signature Smoothie Mix 4oz	124	g	270	60	7	7	0	0	200	51	0	37	0
Signature Smoothie Mix 6oz	186	g	400	90	10	10	0	0	300	76	0	56	0
Signature Smoothie Mix 8oz	248	g	530	120	13	13	0	0	400	101	0	75	0
Low-Cal Smoothie Mix 4oz	118	g	90	45	5	5	0	0	55	11	0	0	0
Low-Cal Smoothie Mix 6oz	177	g	140	70	8	8	0	0	85	17	0	0	0
Low-Cal Smoothie Mix 8oz	236	g	180	90	10	10	0	0	110	22	0	0	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.

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