



nutrition information

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RED MANGO® is a brand proud to stand for health, taste, and style. Our treats are authentic frozen yogurt fortified with GanedenBC³⁰®, a patented natural probiotic that can help support a healthy immune and digestive system.* RED MANGO also has all of yogurt’s natural goodness, such as calcium and protein, and is the first frozen yogurt retailer to earn the National Yogurt Association’s *Live & Active Cultures* seal.

*All of Red Mango’s frozen yogurts and Fro-Yo Mashups® contain the following live & active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus*, and GanedenBC³⁰® (*Bacillus coagulans* GBI-30, 6086). *Bacillus coagulans* GBI-30, 6086 has been shown to help support a healthy immune and digestive system when consumed as part of a balanced diet and healthy lifestyle.

Frozen Dessert General Information: RED MANGO frozen treats, healthy beverages, and café items are food products and not a treatment or cure for any medical disorder or disease. If you have questions relating to immune or digestive health, you should consult a health care professional. RED MANGO smoothie boosts have not been evaluated by the FDA. Children under 12 years of age, pregnant or lactating women, or anyone with a medical condition should consult a physician before using RED MANGO smoothie boosts.

Frozen Dessert Serving Sizes:

Frozen Yogurt: Small= 1.4x serving size, Regular= 2.3x serving size, Large= 3.5x serving size.

Self-Service Stores: nutrition will vary based on customer selection.

The calories of our toppings generally range from 10 to 110 calories per toppings serving. Toppings selection and availability, and their respective nutritional contents, vary by store location.

Because our frozen yogurt and beverages are made to order by our staff or by the customer, actual serving sizes may vary. Percentage Daily Values in this nutritional booklet are based on a 2,000 calorie diet.

Fresh-Squeezed Juice General Information: RED MANGO are raw and all-natural, fresh-squeezed, ice filtered, and never heated. Our juices are not pasteurized and, therefore, may contain harmful bacteria that can cause serious illness in children, the elderly, and persons with weakened immune systems.

Before placing your order, please inform your server if a person in your party has a food allergy.



Joy® Waffle Cones

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
1 cone	90	5	.5	0	0	0	35	19	0	5	1	0	0	2	4

Ingredients:

Enriched Wheat Flour (Contains Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Brown Sugar, Vegetable Oil Shortening (Soybean Oil or Canola Oil, Modified Palm Oil, Soy Lecithin), Soy Lecithin, Oat Fiber, Salt, Artificial Flavor.
CONTAINS WHEAT, SOY.

Vitamin & Mineral Information

Cones

Keebler® Waffle Cones

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
1 cone	90	10	1	0	0	0	35	20	1	7	2	0	0	0	4

Ingredients:

Bleached and Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate [vitamin B1], Riboflavin [vitamin B2], Folic Acid), Sugar, Contains two percent or less of Partially Hydrogenated Soybean and/or Cottonseed Oil, Oat Fiber, Soy Lecithin, Salt.
CONTAINS WHEAT, SOY.

Vitamin & Mineral Information

Cones



Banana Nonfat Frozen Yogurt

Frozen Yogurt

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
1/2 cup (113g)	110	0	0	0	0	0	125	25	0	25	2	2	2	8	0
												Vitamin & Mineral Information			

Ingredients:

Nonfat Yogurt (Skim Milk, Natural Flavor, Guar Gum, Live & Active Cultures, Water, Pure Cane Sugar, and less than 1% Sodium Citrate and Potassium Citrate [natural buffering agents]). Banana flavor (Sugar, dextrose, maltodextrins, flavors, citric acid, colors: beta-carotene).

Contains the following live & active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus*, and Ganeden^{BC}30[®] (*Bacillus coagulans* GBI-30, 6086).

CONTAINS: DAIRY

Approx. Servings per Size:
Small=1.4, Regular=2.3, Large=3.5
Self-Serve=Varies

Blueberry Nonfat Frozen Yogurt

Frozen Yogurt

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
1/2 cup (113g)	110	0	0	0	0	0	130	24	0	24	2	0	2	8	0
												Vitamin & Mineral Information			

Ingredients:

Nonfat Yogurt (Skim Milk, Natural Flavor, Guar Gum, Live & Active Cultures, Water, Pure Cane Sugar, and less than 1% Sodium Citrate and Potassium Citrate [natural buffering agents]). Blueberry flavor (Sugar, dextrose, maltodextrins, flavors, modified starch, citric acid, beetroot juice, vegetable extracts).

Contains the following live & active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus*, and Ganeden^{BC}30[®] (*Bacillus coagulans* GBI-30, 6086).

CONTAINS: DAIRY

Approx. Servings per Size:
Small=1.4, Regular=2.3, Large=3.5
Self-Serve=Varies

Caribbean Coconut Nonfat Frozen Yogurt

Frozen Yogurt

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
1/2 cup (113g)	130	0	0	0	0	0	115	29	0	29	2	0	2	8	0
												Vitamin & Mineral Information			

Ingredients:

Nonfat Yogurt (Skim Milk, Natural Flavor, Guar Gum, Live & Active Cultures, Water, Pure Cane Sugar, and less than 1% Sodium Citrate and Potassium Citrate [natural buffering agents]). Coconut flavor (Cane Sugar, Water, Natural Flavor, Citric Acid).

Contains the following live & active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus*, and Ganeden^{BC}30[®] (*Bacillus coagulans* GBI-30, 6086).

CONTAINS: DAIRY, TREE NUTS

Approx. Servings per Size:
Small=1.4, Regular=2.3, Large=3.5
Self-Serve=Varies

Dark Chocolate Lowfat Frozen Yogurt



Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
1/2 cup (113g)	130	5	0.5	0	0	0	135	30	<1	28	3	0	2	8	4
												Vitamin & Mineral Information			

Ingredients:

Nonfat Yogurt (Skim Milk, Natural Flavor, Guar Gum, Live & Active Cultures, Water, Pure Cane Sugar, and less than 1% Sodium Citrate and Potassium Citrate [natural buffering agents]), Ghirardelli® Dark Chocolate Powder (Cocoa- processed with alkali). Ghirardelli® Sweet Chocolate Powder (Sugar, cocoa- processed with alkali, unsweetened chocolate, soy lecithin- an emulsifier, vanilla).

Contains the following live & active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus*, and GanedenBC³⁰⁰® (*Bacillus coagulans* GBI-30, 6086).

CONTAINS: DAIRY, SOY

Approx. Servings per Size:

Small=1.4, Regular=2.3, Large=3.5

Self-Serve=Varies

Frozen Yogurt

Mango Nonfat Frozen Yogurt

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
1/2 cup (113g)	130	0	0	0	0	0	135	29	0	29	2	0	2	8	0
												Vitamin & Mineral Information			

Ingredients:

Nonfat Yogurt (Skim Milk, Natural Flavor, Guar Gum, Live & Active Cultures, Water, Pure Cane Sugar, and less than 1% Sodium Citrate and Potassium Citrate [natural buffering agents]), Mango flavor (Pure Cane Sugar, Water, Mango Juice Concentrate, Citric Acid, Sodium Citrate, Natural Flavor, Turmeric [color]).

Contains the following live & active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus*, and GanedenBC³⁰⁰® (*Bacillus coagulans* GBI-30, 6086).

CONTAINS: DAIRY

Approx. Servings per Size:

Small=1.4, Regular=2.3, Large=3.5

Self-Serve=Varies

Frozen Yogurt

Milk Chocolate Nonfat Frozen Yogurt



Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
1/2 cup (113g)	130	0	0	0	0	0	135	31	<1	29	2	0	0	6	2
												Vitamin & Mineral Information			

Ingredients:

Nonfat Yogurt (Skim Milk, Guar Gum, Live & Active Cultures, Water, Pure Cane Sugar, Whey, Carrageenan and less than 1 percent Sodium Citrate and Potassium Citrate [natural buffering agents]), Ghirardelli® Sweet Chocolate Powder (Sugar, cocoa- processed with alkali, unsweetened chocolate, soy lecithin- an emulsifier, vanilla). Vanilla flavor (Pure Cane Sugar, Water, Natural Flavor, Citric Acid, Sodium Citrate).

Contains the following live & active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus*, and GanedenBC³⁰⁰® (*Bacillus coagulans* GBI-30, 6086).

CONTAINS: DAIRY, SOY

Approx. Servings per Size:

Small=1.4, Regular=2.3, Large=3.5

Self-Serve=Varies

Frozen Yogurt

Original Nonfat Frozen Yogurt

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
1/2 cup (113g)	100	0	0	0	0	0	130	23	0	23	2	0	2	8	0
												Vitamin & Mineral Information			

Ingredients:

Nonfat Yogurt (Skim Milk, Natural Flavor, Guar Gum, Live & Active Cultures, Water, Pure Cane Sugar, and less than 1% Sodium Citrate and Potassium Citrate [natural buffering agents])

Contains the following live & active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus*, and Ganeden^{BC}30® (*Bacillus coagulans* GBI-30, 6086).

CONTAINS: DAIRY

Approx. Servings per Size:

Small=1.4, Regular=2.3, Large=3.5
Self-Serve=Varies

Frozen Yogurt

Peanut Butter Frozen Yogurt

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
1/2 cup (113g)	150	45	5	1	0	0	170	22	<1	21	4	0	0	6	2
												Vitamin & Mineral Information			

Ingredients:

Nonfat Yogurt (Skim Milk, Guar Gum, Live & Active Cultures, Water, Pure Cane Sugar, Whey, Carrageenan and less than 1 percent Sodium Citrate and Potassium Citrate [natural buffering agents]). Peanut Butter (Roasted Peanuts, Sugar, Palm Oil, Salt).

Contains the following live & active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus*, and Ganeden^{BC}30® (*Bacillus coagulans* GBI-30, 6086).

CONTAINS: DAIRY, NUTS

Approx. Servings per Size:

Small=1.4, Regular=2.3, Large=3.5
Self-Serve=Varies

Frozen Yogurt

Pomegranate Nonfat Frozen Yogurt

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
1/2 cup (113g)	120	0	0	0	0	0	120	27	0	26	2	0	4	8	0
												Vitamin & Mineral Information			

Ingredients:

Nonfat Yogurt (Skim Milk, Natural Flavor, Guar Gum, Live & Active Cultures, Water, Pure Cane Sugar, Pomegranate Juice Concentrate, and less than 1 percent Sodium Citrate and Potassium Citrate [natural buffering agents])

Contains the following live & active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus*, and Ganeden^{BC}30® (*Bacillus coagulans* GBI-30, 6086).

CONTAINS: DAIRY

Approx. Servings per Size:

Small=1.4, Regular=2.3, Large=3.5
Self-Serve=Varies

Frozen Yogurt

Pomegranate Dark Chocolate Nonfat Frozen Yogurt

Frozen Yogurt

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
1/2 cup (113g)	120	0	0	0	0	0	120	27	0	26	2g	0	4	8	0

Vitamin & Mineral Information

Ingredients:

Nonfat Yogurt (Skim Milk, Natural Flavor, Guar Gum, Live & Active Cultures, Water, Pure Cane Sugar, Pomegranate Juice Concentrate, and less than 1 percent Sodium Citrate and Potassium Citrate [natural buffering agents]). Ghirardelli® Dark Chocolate Powder (Cocoa- processed with alkali).

Contains the following live & active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus*, and Ganeden^{BC30®} (*Bacillus coagulans* GBI-30, 6086).

CONTAINS: DAIRY

Approx. Servings per Size:

Small=1.4, Regular=2.3, Large=3.5
Self-Serve=Varies

Raspberry Nonfat Frozen Yogurt

Frozen Yogurt

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
1/2 cup (113g)	130	0	0	0	0	0	115	30	0	30	2	0	2	8	0

Vitamin & Mineral Information

Ingredients:

Nonfat Yogurt (Skim Milk, Natural Flavor, Guar Gum, Live & Active Cultures, Water, Pure Cane Sugar, and less than 1% Sodium Citrate and Potassium Citrate [natural buffering agents]). Raspberry flavor (Pure cane sugar, water, natural raspberry flavor, citric acid).

Contains the following live & active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus*, and Ganeden^{BC30®} (*Bacillus coagulans* GBI-30, 6086).

CONTAINS: DAIRY

Approx. Servings per Size:

Small=1.4, Regular=2.3, Large=3.5
Self-Serve=Varies

Spiced Pumpkin Nonfat Frozen Yogurt

Frozen Yogurt

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
1/2 cup (113g)	110	0	0	0	0	0	135	25	0	24	2	210	0	6	0

Vitamin & Mineral Information

Ingredients:

Nonfat Yogurt (Skim Milk, Natural Flavor, Guar Gum, Live & Active Cultures, Water, Pure Cane Sugar, and less than 1% Sodium Citrate and Potassium Citrate [natural buffering agents]). Pumpkin flavor (Sugar, maltodextrin, dextrose, natural pumpkin spice flavor, color: beta-carotene, malt extract)

Contains the following live & active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus*, and Ganeden^{BC30®} (*Bacillus coagulans* GBI-30, 6086).

CONTAINS: DAIRY, SULFITES

Approx. Servings per Size:

Small=1.4, Regular=2.3, Large=3.5
Self-Serve=Varies

Vanilla Bean Nonfat Frozen Yogurt

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
1/2 cup (113g)	130	0	0	0	0	0	120	29	0	29	2	0	0	6	0
												Vitamin & Mineral Information			

Ingredients:

Nonfat Yogurt (Skim Milk, Guar Gum, Live & Active Cultures, Water, Pure Cane Sugar, Whey, Carrageenan and less than 1 percent Sodium Citrate and Potassium Citrate [natural buffering agents]). Vanilla flavor (Pure Cane Sugar, Water, Natural Flavor, Citric Acid, Sodium Citrate).

Contains the following live & active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus*, and Ganeden^{BC30} (*Bacillus coagulans* GBI-30, 6086).

CONTAINS: DAIRY

Approx. Servings per Size:
 Small=1.4, Regular=2.3, Large=3.5
 Self-Serve=Varies

Frozen Yogurt

White Peach Nonfat Frozen Yogurt

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
1/2 cup (113g)	130	0	0	0	0	0	115	29	0	28	2	0	2	8	0
												Vitamin & Mineral Information			

Ingredients:

Nonfat Yogurt (Skim Milk, Natural Flavor, Guar Gum, Live & Active Cultures, Water, Pure Cane Sugar, and less than 1% Sodium Citrate and Potassium Citrate [natural buffering agents]). Peach flavor (Cane Sugar, Water, Peach Juice Concentrate, Natural Flavor, Sodium Citrate, Citric Acid).

Contains the following live & active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus*, and Ganeden^{BC30} (*Bacillus coagulans* GBI-30, 6086).

CONTAINS: DAIRY

Approx. Servings per Size:
 Small=1.4, Regular=2.3, Large=3.5
 Self-Serve=Varies

Frozen Yogurt

Frozen Yogurt

Brownie Brickle Fro-Yo Mashup®

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
1/2 cup (113g)	140	25	2.5	0	0	0	130	24	0	23	2	0	0	6	0

Ingredients:

Nonfat Yogurt (Skim Milk, Natural Flavor, Guar Gum, Live & Active Cultures, Water, Pure Cane Sugar, and less than 1% Sodium Citrate and Potassium Citrate [natural buffering agents]), Biscuits (sugar, wheat starch, apricot kernels, egg white, cocoa) sugar, cocoa, vegetal oil (peanut), walnuts, hazelnut, almonds, flavors, emulsifiers (E 471 mono-and diglycerides of fatty acids, E322 lecithin, milk powder), antioxidant (E307 alpha-tocopherol).

CONTAINS: DAIRY, GLUTEN, PEANUTS, TREE NUTS

Vitamin & Mineral Information

Approx. Servings per Size:
Small=1.4, Regular=2.3, Large=3.5
Self-Serve=Varies

Fro-Yo Mashups™ are made by blending Red Mango all natural frozen yogurt with indulgent treats and flavors, some of which contain natural & artificial ingredients.

Fro-Yo Mashups®

Cake Batter Lowfat Fro-Yo Mashup®

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
1/2 cup (113g)	120	10	1	1	0	0	140	25	0	24	2	0	0	8	0

Ingredients:

Nonfat Yogurt (Skim Milk, Guar Gum, Live & Active Cultures, Water, Pure Cane Sugar, Whey, Carrageenan and less than 1 percent Sodium Citrate and Potassium Citrate [natural buffering agents]), Cake Batter flavor (Sugar, Coconut Oil, Corn Syrup Solids, Nonfat Milk, Cream [Cream, Nonfat Milk, Soy Lecithin], Sodium Caseinate [a milk derivative], Natural and Artificial Flavors, Silicon Dioxide [anti-caking agent], Salt, Propylene Glycol Esters of Fatty Acids, Mono- and Diglycerides, Dipotassium Phosphate, Carrageenan Gum, Soy Lecithin, Guar Gum, Xanthan Gum, Annatto Extract [for color], Yellow #5 Lake).

Contains the following live & active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus*, and GanedenBC300® (*Bacillus coagulans* GBI-30, 6086).

CONTAINS: DAIRY, SOY

Vitamin & Mineral Information

Approx. Servings per Size:
Small=1.4, Regular=2.3, Large=3.5
Self-Serve=Varies

Fro-Yo Mashups™ are made by blending Red Mango all natural frozen yogurt with indulgent treats and flavors, some of which contain natural & artificial ingredients.

Fro-Yo Mashups®

Coffee Lowfat Fro-Yo Mashup®

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
1/2 cup (113g)	120	10	1	1	0	0	150	25	0	24	2	0	0	8	0

Ingredients:

Nonfat Yogurt (Skim Milk, Guar Gum, Live & Active Cultures, Water, Pure Cane Sugar, Whey, Carrageenan and less than 1 percent Sodium Citrate and Potassium Citrate [natural buffering agents]), Coffee flavor (Sugar, Coconut Oil, Maltodextrin, Nonfat Milk, Corn Syrup Solids, Coffee, Natural and Artificial Flavors, Sodium Caseinate [a milk derivative], Cocoa Powder [processed with alkali], Silicon Dioxide [anti-caking agent], Salt, Carrageenan, Dipotassium Phosphate, Propylene Glycol Esters of Fatty Acids, Mono- and Diglycerides, Soy Lecithin, Guar Gum, Xanthan Gum, Annatto Extract [for color]).

Contains the following live & active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus*, and GanedenBC300® (*Bacillus coagulans* GBI-30, 6086).

CONTAINS: DAIRY, SOY

Vitamin & Mineral Information

Approx. Servings per Size:
Small=1.4, Regular=2.3, Large=3.5
Self-Serve=Varies

Fro-Yo Mashups™ are made by blending Red Mango all natural frozen yogurt with indulgent treats and flavors, some of which contain natural & artificial ingredients.

Fro-Yo Mashups®

Cookie Butter Fro-Yo Mashup®

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
1/2 cup (113g)	140	30	3.5	0.5	0	0	130	25	0	23	2	0	0	6	0
												Vitamin & Mineral Information			

Ingredients:

Nonfat Yogurt (Skim Milk, Natural Flavor, Guar Gum, Live & Active Cultures, Water, Pure Cane Sugar, and less than 1% Sodium Citrate and Potassium Citrate [natural buffering agents]). Biscuits (wheat flour, sugar, vegetable oil [palm, rapeseed], burnt sugar, baking powder: E 500ii sodium hydrogen carbonate, soya proteins, salt, spices), vegetable oil (sunflower, rice, safflower), sugar, emulsifier (E 322 lecithin, salt, natural flavors), antioxidant (E 307 alpha-tocopherol), acidifier (E 330 citric acid).

CONTAINS: DAIRY, GLUTEN, SOY

Approx. Servings per Size:
 Small=1.4, Regular=2.3, Large=3.5
 Self-Serve=Varies

Fro-Yo Mashups™ are made by blending Red Mango all natural frozen yogurt with indulgent treats and flavors, some of which contain natural & artificial ingredients.

Fro-Yo Mashups®

Granny Smith Apple Mashup®

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
1/2 cup (113g)	130	10	1.5	1	0	0	150	28	0	27	2	0	0	8	0
												Vitamin & Mineral Information			

Ingredients:

Nonfat Yogurt (Skim Milk, Guar Gum, Live & Active Cultures, Water, Pure Cane Sugar, Whey, Carrageenan and less than 1 percent Sodium Citrate and Potassium Citrate [natural buffering agents]). Taro flavor (Sugar, Coconut Oil, Corn Syrup Solids, Nonfat Milk, Natural and Artificial Flavors, Sodium Caseinate (a milk derivative), Salt, Silicon Dioxide (anti-caking agent), Xanthan Gum, Guar Gum, Dipotassium Phosphate, Propylene Glycol Esters of Fatty Acids, Mono- and Diglycerides, Soy Lecithin, Carrageenan Gum, Annatto Extract (for color), Red #40, Blue #1.)

Contains the following live & active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus, and GanedenBC300® (Bacillus coagulans GBI-30, 6086).

CONTAINS: DAIRY, SOY

Approx. Servings per Size:
 Small=1.4, Regular=2.3, Large=3.5
 Self-Serve=Varies

Fro-Yo Mashups™ are made by blending Red Mango all natural frozen yogurt with indulgent treats and flavors, some of which contain natural & artificial ingredients.

Fro-Yo Mashups®

Lucky Taro Fro-Yo Mashup®

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
1/2 cup (113g)	130	10	1.5	1	0	0	150	28	0	27	2	0	0	8	0
												Vitamin & Mineral Information			

Ingredients:

Nonfat Yogurt (Skim Milk, Guar Gum, Live & Active Cultures, Water, Pure Cane Sugar, Whey, Carrageenan and less than 1 percent Sodium Citrate and Potassium Citrate [natural buffering agents]). Taro flavor (Sugar, Coconut Oil, Corn Syrup Solids, Nonfat Milk, Natural and Artificial Flavors, Sodium Caseinate (a milk derivative), Salt, Silicon Dioxide (anti-caking agent), Xanthan Gum, Guar Gum, Dipotassium Phosphate, Propylene Glycol Esters of Fatty Acids, Mono- and Diglycerides, Soy Lecithin, Carrageenan Gum, Annatto Extract (for color), Red #40, Blue #1.)

Contains the following live & active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus, and GanedenBC300® (Bacillus coagulans GBI-30, 6086).

CONTAINS: DAIRY, SOY

Approx. Servings per Size:
 Small=1.4, Regular=2.3, Large=3.5
 Self-Serve=Varies

Fro-Yo Mashups™ are made by blending Red Mango all natural frozen yogurt with indulgent treats and flavors, some of which contain natural & artificial ingredients.

Fro-Yo Mashups®

Nutella Fro-Yo Mashup®

Made with Nutella®*

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
1/2 cup (113g)	150	30	3.5	1	0	0	130	27	0	27	2	0	0	8	2
												Vitamin & Mineral Information			

Ingredients:

Nonfat Yogurt (Skim Milk, Guar Gum, Live & Active Cultures, Water, Pure Cane Sugar, Whey, Carrageenan and less than 1 percent Sodium Citrate and Potassium Citrate [natural buffering agents]). Nutella (Sugar, Palm Oil, Hazelnuts, Cocoa, Skim Milk, Whey [milk], Lecithin as emulsifier [soy], Vanillin: An artificial flavor.

Contains the following live & active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus*, and Ganeden^{BC300} (*Bacillus coagulans* GBI-30, 6086).

CONTAINS: DAIRY, NUTS, SOY

Fro-Yo Mashups® are made by blending Red Mango all natural frozen yogurt with indulgent treats and flavors, some of which contain natural & artificial ingredients. Nutella® contains vanillin, an artificial flavor. Nutella® is a registered trademark of Ferrero S.P.A. Corporation Italy, which is not affiliated with Red Mango, Inc. or any of its affiliates.

Fro-Yo Mashups®

Approx. Servings per Size:

Small=1.4, Regular=2.3, Large=3.5
Self-Serve=Varies

NY Cheesecake Lowfat Fro-Yo Mashup®

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
1/2 cup (113g)	130	10	1	0	0	<5	170	28	0	25	2	0	0	6	0
												Vitamin & Mineral Information			

Ingredients:

Nonfat Yogurt (Skim Milk, Guar Gum, Live & Active Cultures, Water, Pure Cane Sugar, Whey, Carrageenan and less than 1 percent Sodium Citrate and Potassium Citrate [natural buffering agents]). Cheesecake flavor (Sugar, Cream Cheese [Cream Cheese (Pasteurized Milk, Cheese Culture, Salt, Carob Bean Gum), Sodium Caseinate (a milk derivative), Disodium Phosphate, Natural Flavors, BHA (to maintain freshness)], Natural Flavors, Maltodextrin, Salt, Xanthan Gum, Carrageenan Gum, Silicon Dioxide [anti-caking agent], Yellow #5). Graham Crackers ((Unbleached enriched flour [wheat flour, niacin, reduced iron, thiamine mononitrate (vitamin b1), riboflavin (vitamin b2), folic acid], graham flour [whole grain wheat flour], sugar, soybean oil, molasses, high fructose corn syrup, partially hydrogenated cottonseed oil, leavening [baking soda and/or calcium phosphate], salt)

Contains the following live & active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus*, and Ganeden^{BC300} (*Bacillus coagulans* GBI-30, 6086).

CONTAINS: DAIRY, WHEAT

Fro-Yo Mashups® are made by blending Red Mango all natural frozen yogurt with indulgent treats and flavors, some of which contain natural & artificial ingredients.

Fro-Yo Mashups®

Approx. Servings per Size:

Small=1.4, Regular=2.3, Large=3.5
Self-Serve=Varies

Pistachio Mustachio Fro-Yo Mashup®

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
1/2 cup (113g)	130	15	1.5	1.5	0	0	140	26	0	24	2	0	0	6	0
												Vitamin & Mineral Information			

Ingredients:

Nonfat Yogurt (Skim Milk, Guar Gum, Live & Active Cultures, Water, Pure Cane Sugar, Whey, Carrageenan and less than 1 percent Sodium Citrate and Potassium Citrate [natural buffering agents]). Pistachio flavor (Nondairy creamer [coconut oil, corn syrup solids, sodium caseinate (a milk derivative), sugar, dipotassium phosphate, silicon dioxide, propylene glycol esters of fatty acids, mono- and diglycerides, salt, soy lecithin, carrageenan, artificial color and flavor], sugar, maltodextrin, natural and artificial flavors, honey powder [refinery syrup, honey], emulsifier [mono- and diglycerides, nonfat milk, and modified corn starch], artificial colors [lake yellow #5, yellow #5])

Contains the following live & active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus*, and Ganeden^{BC300} (*Bacillus coagulans* GBI-30, 6086).

CONTAINS: DAIRY, SOY

Fro-Yo Mashups® are made by blending Red Mango all natural frozen yogurt with indulgent treats and flavors, some of which contain natural & artificial ingredients.

Fro-Yo Mashups®

Approx. Servings per Size:

Small=1.4, Regular=2.3, Large=3.5
Self-Serve=Varies

Pumpkin Pie Lowfat Fro-Yo Mashup®

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
1/2 cup (113g)	140	10	1	0.5	0	0	140	30	0	27	2	200	0	6	0

Ingredients:

Nonfat Yogurt (Skim Milk, Guar Gum, Live & Active Cultures, Water, Pure Cane Sugar, Whey, Carrageenan and less than 1 percent Sodium Citrate and Potassium Citrate [natural buffering agents]). Ghirardelli® White Chocolate Powder (Sugar, coconut oil, corn syrup solids, sodium caseinate- a milk derivative, natural and artificial flavors [contains dairy], dipotassium phosphate, silicon dioxide, propylene glycol esters of fatty acid, mono and diglycerides, salt, soy lecithin- an emulsifier, carrageenan, artificial color). Pumpkin flavor (Sugar, maltodextrin, dextrose, natural pumpkin spice flavor, color: beta-carotene, malt extract). Graham Cracker (Unbleached enriched flour [wheat flour, niacin, reduced iron, thiamine mononitrate {vitamin b1}, riboflavin {vitamin b2}, folic acid], graham flour [whole grain wheat flour], sugar, soybean oil, molasses, high fructose corn syrup, partially hydrogenated cottonseed oil, leavening [baking soda and/or calcium phosphate], salt).

Vitamin & Mineral Information

Approx. Servings per Size:
Small=1.4, Regular=2.3, Large=3.5
Self-Serve=Varies

Contains the following live & active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus, and GanedenBC³⁰⁰ (*Bacillus coagulans* GBI-30, 6086).

CONTAINS: DAIRY, WHEAT, SOY, SULFITES

Fro-Yo Mashups™ are made by blending Red Mango all natural frozen yogurt with indulgent treats and flavors, some of which contain natural & artificial ingredients.

Fro-Yo Mashups®

Raspberry Cheesecake Lowfat Fro-Yo Mashup®

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
1/2 cup (113g)	130	10	1	0	0	<5	160	29	0	27	2	0	0	6	0

Vitamin & Mineral Information

Approx. Servings per Size:
Small=1.4, Regular=2.3, Large=3.5
Self-Serve=Varies

Ingredients:

Nonfat Yogurt (Skim Milk, Guar Gum, Live & Active Cultures, Water, Pure Cane Sugar, Whey, Carrageenan and less than 1 percent Sodium Citrate and Potassium Citrate [natural buffering agents]). Raspberry Flavor (Pure cane sugar, water, natural raspberry flavor, citric acid). Cheesecake flavor (Sugar, Cream Cheese [Cream Cheese (Pasteurized Milk, Cheese Culture, Salt, Carob Bean Gum), Sodium Caseinate {a milk derivative}, Disodium Phosphate, Natural Flavors, BHA {to maintain freshness}], Natural Flavors, Maltodextrin, Salt, Xanthan Gum, Carrageenan Gum, Silicon Dioxide [anti-caking agent], Yellow #5). Graham Cracker (Unbleached enriched flour [wheat flour, niacin, reduced iron, thiamine mononitrate {vitamin b1}, riboflavin {vitamin b2}, folic acid], graham flour [whole grain wheat flour], sugar, soybean oil, molasses, high fructose corn syrup, partially hydrogenated cottonseed oil, leavening [baking soda and/or calcium phosphate], salt)

Contains the following live & active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus, and GanedenBC³⁰⁰ (*Bacillus coagulans* GBI-30, 6086).

CONTAINS: DAIRY, WHEAT

Fro-Yo Mashups™ are made by blending Red Mango all natural frozen yogurt with indulgent treats and flavors, some of which contain natural & artificial ingredients.

Fro-Yo Mashups®

Slamdunk Lowfat Fro-Yo Mashup®

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
1/2 cup (113g)	130	10	1	0	0	0	170	27	0	23	2	0	0	8	2

Vitamin & Mineral Information

Approx. Servings per Size:
Small=1.4, Regular=2.3, Large=3.5
Self-Serve=Varies

Ingredients:

Nonfat Yogurt (Skim Milk, Guar Gum, Live & Active Cultures, Water, Pure Cane Sugar, Whey, Carrageenan and less than 1 percent Sodium Citrate and Potassium Citrate [natural buffering agents]). Oreo Cookie (Unbleached Enriched Flour [wheat flour, niacin, reduced iron, thiamine mononitrate {Vitamin B1}], riboflavin {Vitamin B2}, Folic Acid], Sugar, Canola and/or Palm Oil, Cocoa [processed with alkali], High Fructose Corn Syrup, Leavening [baking soda, and/or calcium phosphate], Salt, Soy Lecithin, Chocolate, Vanillin - an Artificial Flavor).

Contains the following live & active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus, and GanedenBC³⁰⁰ (*Bacillus coagulans* GBI-30, 6086).

CONTAINS: DAIRY, WHEAT, SOY

Fro-Yo Mashups™ are made by blending Red Mango all natural frozen yogurt with indulgent treats and flavors, some of which contain natural & artificial ingredients. Oreo® contains Vanillin, an artificial flavor.

Fro-Yo Mashups®

Vanilla Latte Lowfat Fro-Yo Mashups®

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
1/2 cup (113g)	120	10	1	1	0	0	150	25	0	24	2	0	0	8	0
												Vitamin & Mineral Information			

Ingredients:

Nonfat Yogurt (Skim Milk, Guar Gum, Live & Active Cultures, Water, Pure Cane Sugar, Whey, Carrageenan and less than 1 percent Sodium Citrate and Potassium Citrate [natural buffering agents]). Vanilla Latte flavor (Sugar, Coconut Oil, Corn Syrup Solids, Nonfat Milk, Coffee, Natural and Artificial Flavors, Maltodextrin, Sodium Caseinate [a milk derivative], Silicon Dioxide [anti-caking agent], Salt, Dipotassium Phosphate, Propylene Glycol Esters of Fatty Acids, Mono- and Diglycerides, Carrageenan, Soy Lecithin, Guar Gum, Xanthan Gum, Annatto Extract [for color]).

Contains the following live & active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus*, and GanedenBC³⁰⁰ (*Bacillus coagulans* GBI-30, 6086).

CONTAINS: DAIRY, SOY

Approx. Servings per Size:
 Small=1.4, Regular=2.3, Large=3.5
 Self-Serve=Varies

Fro-Yo Mashups™ are made by blending Red Mango all natural frozen yogurt with indulgent treats and flavors, some of which contain natural & artificial ingredients.

Fro-Yo Mashups®

White Chocolate Nonfat Fro-Yo Mashup®

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
1/2 cup (113g)	140	10	1	1	0	0	130	29	0	28	2	0	0	6	0
												Vitamin & Mineral Information			



Ingredients:

Nonfat Yogurt (Skim Milk, Guar Gum, Live & Active Cultures, Water, Pure Cane Sugar, Whey, Carrageenan and less than 1 percent Sodium Citrate and Potassium Citrate [natural buffering agents]). Ghirardelli® White Chocolate Powder (Sugar, coconut oil, corn syrup solids, sodium caseinate- a milk derivative, natural and artificial flavors [contains dairy], dipotassium phosphate, silicon dioxide, propylene glycol esters of fatty acid, mono and diglycerides, salt, soy lecithin- an emulsifier, carrageenan, artificial color)

Contains the following live & active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus*, and GanedenBC³⁰⁰ (*Bacillus coagulans* GBI-30, 6086).

CONTAINS: DAIRY, SOY

Approx. Servings per Size:
 Small=1.4, Regular=2.3, Large=3.5
 Self-Serve=Varies

Fro-Yo Mashups™ are made by blending Red Mango all natural frozen yogurt with indulgent treats and flavors, some of which contain natural & artificial ingredients.

Fro-Yo Mashups®

Fro-Yo Mashups®

Blood Orange Fro-No™

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
1/2 cup (113g)	140	0	0	0	0	0	33	0	31	<1	0	15	0	0	
												Vitamin & Mineral Information			

Ingredients:

Non-dairy base (sugar, dextrose, corn syrup solids, fructose, Gandeden BC30 (Bacillus coagulans GBI-30-6086), potato protein). Blood Orange puree (blood orange juice concentrate, filtered water, natural orange flavor, fruit and vegetable juice for color).

Approx. Servings per Size:
 Small=1.4, Regular=2.3, Large=3.5
 Self-Serve=Varies

CONTAINS: SOY

Fro-No™

Caramelized Pineapple Fro-No™

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
1/2 cup (113g)	140	0	0	0	0	0	33	0	32	0	0	10	0	0	
												Vitamin & Mineral Information			

Ingredients:

Non-dairy base (sugar, dextrose, corn syrup solids, fructose, Gandeden BC30 (Bacillus coagulans GBI-30-6086), potato protein). Caramelized Pineapple puree (pineapple juice concentrate, filtered water, natural caramelized pineapple flavor, ascorbic acid).

Approx. Servings per Size:
 Small=1.4, Regular=2.3, Large=3.5
 Self-Serve=Varies

CONTAINS: SOY

Fro-No™

Chai Fro-No™

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
1/2 cup (113g)	150	10	1.5	1	0	0	34	0	32	0	4	0	4	0	
												Vitamin & Mineral Information			

Ingredients:

Non-dairy base (sugar, dextrose, corn syrup solids, fructose, Gandeden BC30 (Bacillus coagulans GBI-30-6086), potato protein). Chai concentrate (water, pure cane sugar, natural flavors, organic liquid cane sugar, tea, organic honey, organic vanilla extract, spice extracts, potassium sorbate and sodium benzoate (preservatives)).

Approx. Servings per Size:
 Small=1.4, Regular=2.3, Large=3.5
 Self-Serve=Varies

CONTAINS: SOY

Fro-No™

Blackberry Fro-No™

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
1/2 cup (113g)	130	0	0	0	0	0	0	31	0	30	0	0	4	0	0
												Vitamin & Mineral Information			

Ingredients:

Non-dairy base (sugar, dextrose, corn syrup solids, fructose, Gandeden BC30 (Bacillus coagulans GBI-30-6086), potato protein). Blackberry puree (blackberries, cane sugar, fruit pectin, citric and ascorbic acids).

Approx. Servings per Size:
 Small=1.4, Regular=2.3, Large=3.5
 Self-Serve=Varies

CONTAINS: SOY

Fro-No™

Chocolate Peanut Butter Fro-No™

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
1/2 cup (113g)	190	50	6	2	0	0	45	33	2	29	3	66	0	2	6
												Vitamin & Mineral Information			

Ingredients:

Non-dairy base (sugar, dextrose, corn syrup solids, fructose, Gandeden BC30 (Bacillus coagulans GBI-30-6086), potato protein). Peanut Butter (Roasted Peanuts, Sugar, Palm Oil, Salt). Ghirardelli® Dark Chocolate Powder (Cocoa- processed with alkali).

Approx. Servings per Size:
 Small=1.4, Regular=2.3, Large=3.5
 Self-Serve=Varies

CONTAINS: SOY, PEANUTS

Fro-No™

Ginger Snap Fro-No™

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
1/2 cup (113g)	150	5	0.5	0.5	0	0	0	36	0	34	0	2	0	2	0
												Vitamin & Mineral Information			

Ingredients:

Non-dairy base (sugar, dextrose, corn syrup solids, fructose, Gandeden BC30 (Bacillus coagulans GBI-30-6086), potato protein). Ginger puree (ginger, cane sugar, water). Ground cinnamon.

Approx. Servings per Size:
 Small=1.4, Regular=2.3, Large=3.5
 Self-Serve=Varies

CONTAINS: SOY

Fro-No™

Spiced Apple Cider Fro-No™

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
1/2 cup (113g)	170	0	0	0	0	0	5	42	0	40	0	0	40	0	2
												Vitamin & Mineral Information			

Ingredients:

Non-dairy base (sugar, dextrose, corn syrup solids, fructose, Gandeden BC30 (Bacillus coagulans GBI-30-6086), potato protein). Apple Juice (Filtered Water, Apple Juice Concentrate, Ascorbic Acid [Vitamin C]). Cinnamon, ground.

Approx. Servings per Size:
 Small=1.4, Regular=2.3, Large=3.5
 Self-Serve=Varies

CONTAINS: SOY

Fro-No™

Beet It Fro-No™

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
1/2 cup (113g)	160	0	0	0	0	0	0	38	0	36	<1	6	35	0	0
												Vitamin & Mineral Information			

Ingredients:

Non-dairy base (sugar, dextrose, corn syrup solids, fructose, Gandeden BC30 (Bacillus coagulans GBI-30-6086), potato protein). Apple Juice (Filtered Water, Apple Juice Concentrate, Ascorbic Acid [Vitamin C]). Orange Juice (100% orange juice). Beet. Ginger.

Approx. Servings per Size:
 Small=1.4, Regular=2.3, Large=3.5
 Self-Serve=Varies

CONTAINS: SOY

Fro-No™

Cool As A Cucumber Fro-No™

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
1/2 cup (113g)	160	0	0	0	0	0	0	39	0	36	<1	6	35	0	0
												Vitamin & Mineral Information			

Ingredients:

Non-dairy base (sugar, dextrose, corn syrup solids, fructose, Gandeden BC30 (Bacillus coagulans GBI-30-6086), potato protein). Pineapple Juice (Pineapple Juice, Ascorbic Acid [Vitamin C], Vitamin E, and Vitamin A). Cucumber. Spinach. Mint.

Approx. Servings per Size:
 Small=1.4, Regular=2.3, Large=3.5
 Self-Serve=Varies

CONTAINS: SOY

Fro-No™

Mixed Berry Frozen Yogurt Parfait

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Regular	280	40	4.5	0	0	0	150	57	5	38	6	2	70	10	8

Vitamin & Mineral Information

Ingredients:

Nonfat Yogurt (Skim Milk, Natural Flavor, Guar Gum, Live & Active Cultures, Water, Pure Cane Sugar, and less than 1% Sodium Citrate and Potassium Citrate [natural buffering agents]). Blueberry. Banana. Pumpkin Flax Seed Granola (Rolled oats, cane sugar, soy oil, brown rice flour, pumpkin seeds, flax seeds, oat syrup solids [oat syrup solids, tocopherols], sea salt, molasses, cinnamon).

Contains the following live & active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus*, and GenedenBC³⁰™ (*Bacillus coagulans* GBI-30, 6086).

Actual calories and nutritional content may vary because we make our parfaits to order and allow our customers to add or modify ingredients. Calories and nutritional content for parfaits made by customers in our self-serve stores will also vary depending on the customer's selections.

CONTAINS: DAIRY, SOY

Parfaits

Tropical Frozen Yogurt Parfait

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Regular	320	40	4.5	0	0	0	150	67	5	47	6	15	70	10	8

Vitamin & Mineral Information

Ingredients:

Nonfat Yogurt (Skim Milk, Natural Flavor, Guar Gum, Live & Active Cultures, Water, Pure Cane Sugar, and less than 1% Sodium Citrate and Potassium Citrate [natural buffering agents]). Mango. Pineapple. Banana. Pumpkin Flax Seed Granola (Rolled oats, cane sugar, soy oil, brown rice flour, pumpkin seeds, flax seeds, oat syrup solids [oat syrup solids, tocopherols], sea salt, molasses, cinnamon).

Contains the following live & active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus*, and GenedenBC³⁰™ (*Bacillus coagulans* GBI-30, 6086).

Actual calories and nutritional content may vary because we make our parfaits to order and allow our customers to add or modify ingredients. Calories and nutritional content for parfaits made by customers in our self-serve stores will also vary depending on the customer's selections.

CONTAINS: DAIRY, SOY

Parfaits

Dark Chocolate Skinny Sorbetto

CONTAINS SUGAR ALCOHOLS: SORBITOL (3.2g per oz) and ERYTHRITOL (3.5g per oz).

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
1/2 cup (113g)	70	15	1.5	1	0	0	120	3	2	0	3	0	0	2	70

Vitamin & Mineral Information

Ingredients:

Dark Chocolate flavor (Erythritol, steviol glycoside, sorbitol, low-fat cocoa, alimentary fibers, mono and di-glycerides of fatty acids, propyleneglycol esters of fatty acids, sodium salts of fatty acids, xanthan gum, guar gum, carboxymethylcellulose, natural and artificial flavors, BC 30 bacillus coagulans (GBI-30 6086), maltodextrin)

Contains the following live & active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus, and GadenenBC³⁰™ (*Bacillus coagulans* GBI-30, 6086).

CONTAINS: SOY

Approx. Servings per Size:
 Small=1.4, Regular=2.3, Large=3.5
 Self-Serve=Varies

Skinny Sorbetto

Skinny Sorbetto

Skinny Sorbetto

The Mighty Green

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Regular	290	60	7	1	0	<5	105	53	7	44	7	60	60	20	8
Large	440	120	14	2	0	<5	140	76	12	61	10	90	90	30	10

Vitamin & Mineral Information

Ingredients:

Nonfat Yogurt (Skim Milk, Natural Flavor, Guar Gum, Live & Active Cultures, Water, Pure Cane Sugar, and less than 1% Sodium Citrate and Potassium Citrate [natural buffering agents]), Avocado, Apple, Kale, Spinach, Purevia (Dextrose, Reb A [Stevia Extract], Natural Flavors).

Contains the following live & active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus*, and GanedenBC³⁰⁰ (*Bacillus coagulans* GBI-30, 6086).

Actual calories and nutritional content may vary because we make our smoothies to order and allow our customers to add or modify ingredients and supplements.

CONTAINS: DAIRY

Smoothies: Avocado

The Mighty Green Light

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Regular	230	60	7	1	0	0	20	42	7	23	3	60	150	6	6
Large	360	110	14	2	0	0	30	61	12	33	5	90	210	10	10

Vitamin & Mineral Information

Ingredients:

Pineapple Juice (Pineapple Juice, Ascorbic Acid [Vitamin C], Vitamin E, and Vitamin A), Orange Juice (100% orange juice), Avocado, Apple, Kale, Spinach, Purevia (Dextrose, Reb A [Stevia Extract], Natural Flavors).

Actual calories and nutritional content may vary because we make our smoothies to order and allow our customers to add or modify ingredients and supplements.

Smoothies: Avocado

Banana PB Protein

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Regular	470	130	14	3	0	<5	400	71	5	54	17	2	15	15	8
Large	620	170	19	4	0	<5	520	94	6	72	20	2	15	20	10

Vitamin & Mineral Information

Ingredients:

Nonfat Yogurt (Skim Milk, Guar Gum, Live & Active Cultures, Water, Pure Cane Sugar, Whey, Carrageenan and less than 1 percent Sodium Citrate and Potassium Citrate [natural buffering agents]), All Natural Peanut Butter (Roasted Peanuts, Sugar, Palm Oil, Salt), Banana, Pumpkin Flax Seed Granola (Rolled oats, cane sugar, soy oil, brown rice flour, pumpkin seeds, flax seeds, oat syrup solids [oat syrup solids, tocopherols], sea salt, molasses, cinnamon), Isopure Protein (Ion Exchange Whey [milk] Protein Isolate, Microfiltered Whey [milk] Protein Isolate, evaporated cane juice crystals, natural flavors, potassium chloride, dicalcium phosphate, calcium citrate, magnesium oxide, acerola, Luo Han Guo, citric acid, alfalfa concentrate, garlic powder enriched with selenium, sodium chloride, zinc sulphate monohydrate, dried kelp powder, inositol, D alpha tocopherol succinate, bet carotene, D-calcium pantothenate, menaquinone [Vitamin K2], copper oxide, pyridoxine, riboflavin, thiamine hydrochloride, cyanocobalamin, soy lecithin)

Contains the following live & active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus*, and GanedenBC³⁰⁰ (*Bacillus coagulans* GBI-30, 6086).

CONTAINS: DAIRY, SOY, NUTS

Actual calories and nutritional content may vary because we make our smoothies to order and allow our customers to add or modify ingredients and supplements.

Smoothies : Body Balance

Pomegranate Protector

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Regular	310	5	0.5	0	0	<5	220	75	4	61	5	2	50	15	2
Large	400	10	1	0	0	<5	250	97	6	76	7	2	60	20	4

Ingredients:

Nonfat Yogurt (Skim Milk, Natural Flavor, Guar Gum, Live & Active Cultures, Water, Pure Cane Sugar, Pomegranate Juice Concentrate, and less than 1 percent Sodium Citrate and Potassium Citrate [natural buffering agents]) Blueberry. Banana. Immunity Boost (Maltodextrin, ascorbic acid [vitamin C], Vitamin E Acetate, Zinc Oxide, Selenomethionine, Pyridoxine Hydrochloride [Vitamin B6], Cyanocobalamin [Vitamin B12]). Purevia (Dextrose, Reb A [Stevia Extract], Natural Flavors)

Vitamin & Mineral Information

Actual calories and nutritional content may vary because we make our smoothies to order and allow our customers to add or modify ingredients and supplements.

Contains the following live & active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus*, and Ganeden^{BC309} (*Bacillus coagulans* GBI-30, 6086).

CONTAINS: DAIRY

Smoothies : Body Balance

Strawberry Energizer

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Regular	230	0	0	0	0	0	200	55	3	44	4	0	90	10	2
Large	290	5	0.5	0	0	0	240	73	5	56	5	2	140	15	4

Ingredients:

Nonfat Yogurt (Skim Milk, Guar Gum, Live & Active Cultures, Water, Pure Cane Sugar, Whey, Carrageenan and less than 1 percent Sodium Citrate and Potassium Citrate [natural buffering agents]). Strawberry. Banana. Energy Boost ((Taurine, D-Glucuronolactone, Caffeine, Meso-Inositol, Niacinamide, D-Calcium Pantothenate, Pyridoxine Hydrochloride (Vitamin B6), Cyanocobalamin [Vitamin B12])).

Vitamin & Mineral Information

Actual calories and nutritional content may vary because we make our smoothies to order and allow our customers to add or modify ingredients and supplements.

Contains the following live & active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus*, and Ganeden^{BC309} (*Bacillus coagulans* GBI-30, 6086).

CONTAINS: DAIRY

Smoothies : Body Balance

Super PB Cup

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Regular	450	120	14	3	0	30	390	66	4	57	19	0	8	70	6
Large	600	160	18	4	0	30	510	92	5	78	23	2	15	70	8

Ingredients:

Nonfat Yogurt (Skim Milk, Guar Gum, Live & Active Cultures, Water, Pure Cane Sugar, Whey, Carrageenan and less than 1 percent Sodium Citrate and Potassium Citrate [natural buffering agents]). All Natural Peanut Butter (Roasted Peanuts, Sugar, Palm Oil, Salt), Banana. Ghirardelli® Sweet Chocolate Powder (Sugar, cocoa- processed with alkali, unsweetened chocolate, soy lecithin- an emulsifier, vanilla). Metabolic Fit 360 (Whey Protein Concentrate from Dairy Source, Calcium Carbonate, WellTrim® iG [IGOB131®] African Mango]Irvingia gabonensis] Seed Extract)

Vitamin & Mineral Information

Actual calories and nutritional content may vary because we make our smoothies to order and allow our customers to add or modify ingredients and supplements.

Contains the following live & active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus*, and Ganeden^{BC309} (*Bacillus coagulans* GBI-30, 6086).

CONTAINS: DAIRY, SOY, NUTS

Smoothies : Body Balance

Berry Banana Smoothie

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Regular	230	5	0.5	0	0	<5	190	58	3	46	4	2	60	15	2
Large	310	10	1	0	0	<5	230	77	5	59	6	2	90	15	4

Ingredients:

Nonfat Yogurt (Skim Milk, Natural Flavor, Guar Gum, Live & Active Cultures, Water, Pure Cane Sugar, and less than 1% Sodium Citrate and Potassium Citrate [natural buffering agents]). Strawberry. Banana. Blueberry. Purevia (Dextrose, Reb A [Stevia Extract], Natural Flavors).

Vitamin & Mineral Information

Contains the following live & active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus*, and Ganeden^{BC}30[®] (*Bacillus coagulans* GBI-30, 6086).

Actual calories and nutritional content may vary because we make our smoothies to order and allow our customers to add or modify ingredients and supplements.

CONTAINS: DAIRY

Smoothies : Fruit & Yogurt

Pomegranate Smoothie

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Regular	270	0	0	0	0	<5	250	64	1	57	5	0	15	15	0
Large	360	0	0.5	0	0	<5	320	88	2	76	7	0	20	20	2

Ingredients:

Nonfat Yogurt (Skim Milk, Natural Flavor, Guar Gum, Live & Active Cultures, Water, Pure Cane Sugar, Pomegranate Juice Concentrate, and less than 1 percent Sodium Citrate and Potassium Citrate [natural buffering agents]). Blueberry. (Dextrose, Reb A [Stevia Extract], Natural Flavors)

Vitamin & Mineral Information

Contains the following live & active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus*, and Ganeden^{BC}30[®] (*Bacillus coagulans* GBI-30, 6086).

Actual calories and nutritional content may vary because we make our smoothies to order and allow our customers to add or modify ingredients and supplements.

CONTAINS: DAIRY

Smoothies : Fruit & Yogurt

Strawberry Banana Smoothie

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Regular	220	5	0.5	0	0	<5	190	55	3	44	4	0	100	15	2
Large	290	5	1	0	0	<5	230	73	5	56	6	2	140	15	4

Ingredients:

Nonfat Yogurt (Skim Milk, Natural Flavor, Guar Gum, Live & Active Cultures, Water, Pure Cane Sugar, and less than 1% Sodium Citrate and Potassium Citrate [natural buffering agents]). Strawberry. Banana. Purevia (Dextrose, Reb A [Stevia Extract], Natural Flavors).

Vitamin & Mineral Information

Contains the following live & active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus*, and Ganeden^{BC}30[®] (*Bacillus coagulans* GBI-30, 6086).

Actual calories and nutritional content may vary because we make our smoothies to order and allow our customers to add or modify ingredients and supplements.

CONTAINS: DAIRY

Smoothies : Fruit & Yogurt

Tropical Mango Smoothie

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Regular	220	0	0.5	0	0	<5	190	53	2	48	4	20	90	15	2
Large	280	5	1	0	0	<5	230	71	3	62	5	30	130	15	2

Ingredients:

Nonfat Yogurt (Skim Milk, Natural Flavor, Guar Gum, Live & Active Cultures, Water, Pure Cane Sugar, and less than 1% Sodium Citrate and Potassium Citrate [natural buffering agents]). Mango. Pineapple. Purevia (Dextrose, Reb A [Stevia Extract], Natural Flavors).

Vitamin & Mineral Information

Contains the following live & active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus*, and GanedenBC³⁰ (*Bacillus coagulans* GBI-30, 6086).

Actual calories and nutritional content may vary because we make our smoothies to order and allow our customers to add or modify ingredients and supplements.

CONTAINS: DAIRY

Smoothies : Fruit & Yogurt

Tropical Pineapple Smoothie

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Regular	260	0	0.5	0	0	<5	190	65	3	52	5	2	110	15	2
Large	340	5	0.5	0	0	<5	230	86	5	66	6	4	150	15	4

Ingredients:

Nonfat Yogurt (Skim Milk, Natural Flavor, Guar Gum, Live & Active Cultures, Water, Pure Cane Sugar, and less than 1% Sodium Citrate and Potassium Citrate [natural buffering agents]). Banana. Pineapple. Purevia (Dextrose, Reb A [Stevia Extract], Natural Flavors).

Vitamin & Mineral Information

Contains the following live & active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus*, and GanedenBC³⁰ (*Bacillus coagulans* GBI-30, 6086).

Actual calories and nutritional content may vary because we make our smoothies to order and allow our customers to add or modify ingredients and supplements.

CONTAINS: DAIRY

Smoothies : Fruit & Yogurt

Apple Ginger Kale

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Regular	160	0	0	0	0	0	25	38	3	28	2	60	160	6	6
Large	240	5	0.5	0	0	0	35	58	4	42	3	90	230	10	10

Vitamin & Mineral Information

Ingredients:

Banana, Ginger, Kale, Apple Juice (Filtered Water, Apple Juice Concentrate, Ascorbic Acid (Vitamin C), Purevia (Dextrose, Reb A [Stevia Extract], Natural Flavors).

Actual calories and nutritional content may vary because we make our smoothies to order and allow our customers to add or modify ingredients and supplements.

Green Smoothies

Citrus Mango Greens

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Regular	170	10	1	0	0	0	25	41	4	32	3	80	220	6	8
Large	250	10	1.5	0	0	0	40	60	6	46	5	120	290	8	10

Vitamin & Mineral Information

Ingredients:

Mango, Spinach, Banana, Orange Juice (100% ORANGE JUICE), Purevia (Dextrose, Reb A [Stevia Extract], Natural Flavors).

Actual calories and nutritional content may vary because we make our smoothies to order and allow our customers to add or modify ingredients and supplements.

Green Smoothies

SPK Smoothie

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Regular	150	0	0	0	0	0	20	36	3	27	2	60	170	4	6
Large	220	5	0.5	0	0	0	25	55	4	40	4	90	250	8	8

Vitamin & Mineral Information

Ingredients:

Spinach, Pineapple, Kale, Banana, Pineapple Juice (Pineapple Juice, Ascorbic Acid [Vitamin C], Vitamin E, and Vitamin A), Purevia (Dextrose, Reb A [Stevia Extract], Natural Flavors).

Actual calories and nutritional content may vary because we make our smoothies to order and allow our customers to add or modify ingredients and supplements.

Green Smoothies

Blueberry Burner

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Regular	220	15	1.5	0	0	25	25	44	4	31	12	8	90	60	4
Large	270	15	1.5	0	0	25	25	60	5	41	13	10	110	60	4

Vitamin & Mineral Information

Ingredients:

Pineapple Juice (Pineapple Juice, Ascorbic Acid [Vitamin C], Vitamin E, and Vitamin A). Blueberry. Banana. Metabolic Fit (Whey Protein Concentrate from Dairy Source, Calcium Carbonate, WellTrim® iG [IGOB131®] African Mango [Irvingia gabonensis] Seed Extract). Purevia (Dextrose, Reb A [Stevia Extract], Natural Flavors)

Actual calories and nutritional content may vary because we make our smoothies to order and allow our customers to add or modify ingredients and supplements.

CONTAINS: DAIRY, SOY

Smoothies: Light & Fit

Mango Metabolizer

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Regular	210	15	1.5	0	0	25	25	42	3	21	12	20	120	60	2
Large	260	15	1.5	0	0	25	25	56	4	28	13	25	150	60	4

Vitamin & Mineral Information

Ingredients:

Orange Juice (100% ORANGE JUICE). Mango. Banana. Metabolic Fit [(Whey Protein Concentrate from Dairy Source, Calcium Carbonate, WellTrim® iG [IGOB131®] African Mango [Irvingia gabonensis] Seed Extract). Purevia (Dextrose, Reb A [Stevia Extract], Natural Flavors).

Actual calories and nutritional content may vary because we make our smoothies to order and allow our customers to add or modify ingredients and supplements.

CONTAINS: DAIRY, SOY

Smoothies: Light & Fit

Skinny Strawberry

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Regular	190	15	1.5	0	0	25	30	37	3	26	11	0	150	60	6
Large	240	15	1.5	0	0	25	35	51	4	35	12	2	190	60	8

Vitamin & Mineral Information

Ingredients:

Strawberry. Banana. Apple Juice (Filtered Water, Apple Juice Concentrate, Ascorbic Acid [Vitamin C]). Metabolic Fit (Whey Protein Concentrate from Dairy Source, Calcium Carbonate, WellTrim® iG [IGOB131®] African Mango [Irvingia gabonensis] Seed Extract). Purevia (Dextrose, Reb A [Stevia Extract], Natural Flavors).

Actual calories and nutritional content may vary because we make our smoothies to order and allow our customers to add or modify ingredients and supplements.

CONTAINS: DAIRY, SOY

Smoothies: Light & Fit

Acai Berry Banana

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Regular	330	45	5	.05	0	0	75	75	7	44	6	2	35	6	8

Ingredients:

Nonfat Yogurt (Skim Milk, Natural Flavor, Guar Gum, Live & Active Cultures, Water, Pure Cane Sugar, and less than 1% Sodium Citrate and Potassium Citrate [natural buffering agents]), Acai ((De-Ionized Water, Vegetable Glycerin, Citric Acid, Natural Acai Flavor and Potassium Sorbate [as preservative]), Blueberry, Banana, Pumpkin Flax Seed Granola (Rolled oats, cane sugar, soy oil, brown rice flour, pumpkin seeds, flax seeds, oat syrup solids [oat syrup solids, tocopherols], sea salt, molasses, cinnamon), Purevia (Dextrose, Reb A [Stevia Extract], Natural Flavors).

Contains the following live & active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus*, and Ganeden^{BC}30[®] (*Bacillus coagulans* GBI-30, 6086).

Vitamin & Mineral Information

Actual calories and nutritional content may vary because we make our parfaits to order and allow our customers to add or modify ingredients. Calories and nutritional content for parfaits made by customers in our self-serve stores will also vary depending on the customer's selections.

CONTAINS: DAIRY, SOY

Smoothie: Bowls

Berry Power Protein

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Regular	510	180	21	4	0	0	270	69	9	39	19	2	90	8	15

Ingredients:

Nonfat Yogurt (Skim Milk, Natural Flavor, Guar Gum, Live & Active Cultures, Water, Pure Cane Sugar, and less than 1% Sodium Citrate and Potassium Citrate [natural buffering agents]), Blueberry, Strawberry, Banana, Pumpkin Flax Seed Granola (Rolled oats, cane sugar, soy oil, brown rice flour, pumpkin seeds, flax seeds, oat syrup solids [oat syrup solids, tocopherols], sea salt, molasses, cinnamon), Peanut Butter (Roasted Peanuts, Sugar, Palm Oil, Salt), Isopure Protein (Ion Exchange Whey [milk] Protein Isolate, Microfiltered Whey [milk] Protein Isolate, evaporated cane juice crystals, natural flavors, potassium chloride, dicalcium phosphate, calcium citrate, magnesium oxide, acerola, Luo Han Guo, citric acid, alfalfa concentrate, garlic powder enriched with selenium, sodium chloride, zinc sulphate monohydrate, dried kelp powder, inositol, D alpha tocopherol succinate, bet carotene, D-calcium panthothenate, menaquinone [Vitamin K2], copper oxide, pyridoxine, riboflavin, thiamine hydrochloride, cyanocobalamin, soy lecithin)

Contains the following live & active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus*, and Ganeden^{BC}30[®] (*Bacillus coagulans* GBI-30, 6086).

CONTAINS: DAIRY, SOY, NUTS

Vitamin & Mineral Information

Actual calories and nutritional content may vary because we make our parfaits to order and allow our customers to add or modify ingredients. Calories and nutritional content for parfaits made by customers in our self-serve stores will also vary depending on the customer's selections.

Smoothie: Bowls

Greena Colada

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Regular	460	120	14	9	0	0	150	85	10	53	7	45	100	8	10

Ingredients:

Nonfat Yogurt (Skim Milk, Natural Flavor, Guar Gum, Live & Active Cultures, Water, Pure Cane Sugar, and less than 1% Sodium Citrate and Potassium Citrate [natural buffering agents]), Mango, Spinach, Pineapple, Banana, Pumpkin Flax Seed Granola (Rolled oats, cane sugar, soy oil, brown rice flour, pumpkin seeds, flax seeds, oat syrup solids [oat syrup solids, tocopherols], sea salt, molasses, cinnamon), Coconut (coconut, sugar, water, propylene glycol (sustains freshness), salt, sodium metabisulfite), Purevia (Dextrose, Reb A [Stevia Extract], Natural Flavors).

Contains the following live & active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus*, and Ganeden^{BC}30[®] (*Bacillus coagulans* GBI-30, 6086).

CONTAINS: DAIRY, SOY, COCONUT

Vitamin & Mineral Information

Actual calories and nutritional content may vary because we make our parfaits to order and allow our customers to add or modify ingredients. Calories and nutritional content for parfaits made by customers in our self-serve stores will also vary depending on the customer's selections.

Smoothie: Bowls

24 Carrot Kale

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
16oz	110	0	0	0	0	0	85	26	0	26	3	0	40	15	4

Vitamin & Mineral Information

Ingredients:
Carrot, Kale, Orange

Juice

Beauty And The Greens

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
16oz	120	0	0	0	0	0	100	26	0	25	2	0	140	4	4

Vitamin & Mineral Information

Ingredients:
Apple, Kale, Lemon, Spinach, Cucumber, Celery.

Juice

Citrus Beets

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
16oz	190	0	0	0	0	0	20	43	0	41	2	0	280	2	2

Vitamin & Mineral Information

Ingredients:
Beet, Orange, Apple, Lemon, Pineapple

Juice

Cool Pineapple Zen

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
16oz	230	0	0	0	0	0	6	50	0	37	1	0	300	3	2
												Vitamin & Mineral Information			

Ingredients:

Pinapple, Pear, Kiwi, Cucumber, Mint

Juice

Fred And Ginger

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
16oz	180	0	0	0	0	0	85	66	0	46	2	0	30	4	6
												Vitamin & Mineral Information			

Ingredients:

Apple, Ginger, Lemon, Beet

Juice

Heart Beeter

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
16oz	150	0	0	0	0	0	90	35	0	34	3	0	60	2	6
												Vitamin & Mineral Information			

Ingredients:

Beet, Carrot, Apple, Ginger, Spinach, Lemon.

Juice

The SPK Special

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
16oz	280	0	0	0	0	0	35	61	0	49	3	0	395	4	4
												Vitamin & Mineral Information			

Ingredients:

Spinach, Pineapple, Kale, Mint

Juice

Spicy Cold Burner

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
16oz	180	0	0	0	0	0	60	66	0	39	2	0	150	5	4
												Vitamin & Mineral Information			

Ingredients:

Apple, Kale, Carrot, Ginger, Orange, Lemon, Cayenne.

Juice

Sweet Green Zing

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
16oz	160	0	0	0	0	0	115	37	0	31	3	0	160	8	4
												Vitamin & Mineral Information			

Ingredients:

Apple, Kale, Lemon, Spinach, Cucumber, Celery, Ginger.

Juice

Sweet Kale Immunity

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
16oz	150	0	0	0	0	0	75	34	0	32	3	0	90	4	4
												Vitamin & Mineral Information			

Ingredients:
Kale, Apple, Carrot, Orange, Lemon

Juice

Sweet Pineapple Greens

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
16oz	260	0	0	0	0	0	25	63	0	55	2	0	480	4	4
												Vitamin & Mineral Information			

Ingredients:
Pineapple, Spinach, Mint.

Juice

Tropical Detox

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
16oz	220	0	0	0	0	0	15	53	0	42	1	0	360	2	2
												Vitamin & Mineral Information			

Ingredients:
Pineapple, Apple, Cucumber, Mint.

Juice

Beauty And The Greens

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
16oz	120	0	0	0	0	0	100	26	0	25	2	0	140	4	4
												Vitamin & Mineral Information			

Ingredients:

Apple, Kale, Lemon, Spinach, Cucumber, Celery.

Juice- RAW6™ Resist

Ginger Ninja

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
16oz	100	0	0	0	0	0	135	20	0	19	3	0	80	4	4
												Vitamin & Mineral Information			

Ingredients:

Apple, Celery, Lemon, Cucumber, Ginger, Spinach.

Juice- RAW6™ Resist

Sweet Kale Immunity

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
16oz	150	0	0	0	0	0	75	34	0	32	3	0	90	4	4
												Vitamin & Mineral Information			

Ingredients:

Kale, Apple, Carrot, Orange, Lemon

Juice- RAW6™ Resist

Cucumber Cayenne Water

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
16oz	5	0	0	0	0	0	0	1	0	0	1	0	0	2	0

Vitamin & Mineral Information

Ingredients:

Water, Cucumber, Lemon, Cayenne Pepper.

Juice-RAW6™ Resist

Citrus Beets

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
16oz	190	0	0	0	0	0	20	43	0	41	2	0	280	2	2

Vitamin & Mineral Information

Ingredients:

Beet, Orange, Apple, Lemon, Pineapple

Juice-RAW6™ Resist

Honey Almond Milk

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
16oz	100	40	5	0	0	0	360	16	2	12	2	20	0	90	8

Vitamin & Mineral Information

Ingredients:

Unsweetened Almond Milk (Almondmilk [Filtered Water, Almonds], Calcium Carbonate, Sea Salt, Potassium Citrate, Sunflower Lecithin, Gellan Gum, Natural Flavors, Vitamin A Palmitate, Vitamin D2 and D-Alpha-Tocopherol [Natural Vitamin E]), Honey.

CONTAINS: NUTS

Juice-RAW6™ Resist

Lemon Apple Water

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
16oz	35	0	0	0	0	0	5	8	0	7	0	0	20	0	0

Vitamin & Mineral Information

Ingredients:

Water, Apple, Lemon.

Juice- RAW6™ Revive

Sweet Pineapple Greens

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
16oz	260	0	0	0	0	0	25	63	0	55	2	0	480	4	4

Vitamin & Mineral Information

Ingredients:

Pineapple, Spinach, Mint.

Juice- RAW6™ Revive

Dark Chocolate Almond Milk

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
16oz	120	45	5	0	0	0	320	21	6	14	4	25	0	80	25

Vitamin & Mineral Information

Ingredients:

Unsweetened Almond Milk (Almondmilk [Filtered Water, Almonds], Calcium Carbonate, Sea Salt, Potassium Citrate, Sunflower Lecithin, Gellan Gum, Natural Flavors, Vitamin A Palmitate, Vitamin D2 and D-Alpha-Tocopherol [Natural Vitamin E]), Honey, Ghirardelli® Dark Chocolate Powder (Cocoa- processed with alkali).

CONTAINS: NUTS

Juice- RAW6™ Revive

Heart Beeter

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
16oz	150	0	0	0	0	0	90	35	0	34	3	0	60	2	6
												Vitamin & Mineral Information			

Ingredients:

Beet, Carrot, Apple, Ginger, Spinach, Lemon.

Juice- RAW6™ Restore

Cool as a Cucumber

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
16oz	90	0	0	0	0	0	90	35	0	34	3	0	60	2	6
												Vitamin & Mineral Information			

Ingredients:

Apple, Celery, Lemon, Cucumber, Spinach.

Juice- RAW6™ Restore

24 Carrot Kale

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
16oz	110	0	0	0	0	0	85	26	0	26	3	0	40	15	4
												Vitamin & Mineral Information			

Ingredients:

Carrot, Kale, Orange

Juice- RAW6™ Restore

Sweet Green Zing

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
16oz	160	0	0	0	0	0	115	37	0	31	3	0	160	8	4
												Vitamin & Mineral Information			

Ingredients:

Apple, Kale, Lemon, Spinach, Cucumber, Celery, Ginger.

Juice- RAW6™ Revive

Queen Green

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
16oz	100	0	0	0	0	0	115	37	0	31	3	0	160	8	4
												Vitamin & Mineral Information			

Ingredients:

Apple, Celery, Lemon, Cucumber, Spinach, Mint.

Juice- RAW6™ Revive

Ginger Energy Spark

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
16oz	170	0	0	0	0	0	100	38	0	35	2	0	35	2	4
												Vitamin & Mineral Information			

Ingredients:

Apple, Carrot, Ginger.

Juice- RAW6™ Revive

Lemon Cucumber Water

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
16oz	15	0	0	0	0	0	0	3	0	2	0	0	25	2	0

Vitamin & Mineral Information

Ingredients:

Water, Cucumber, Lemon.

Juice- RAW6™ Restore

Tropical Detox

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
16oz	220	0	0	0	0	0	15	53	0	42	1	0	360	2	2

Vitamin & Mineral Information

Ingredients:

Pineapple, Apple, Cucumber, Mint.

Juice- RAW6™ Restore

Honey Cinnamon Almond Milk

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
16oz	100	40	5	0	0	0	360	16	2	12	2	20	0	90	8

Vitamin & Mineral Information

Ingredients:

Unsweetened Almond Milk (Almondmilk [Filtered Water, Almonds], Calcium Carbonate, Sea Salt, Potassium Citrate, Sunflower Lecithin, Gellan Gum, Natural Flavors, Vitamin A Palmitate, Vitamin D2 and D-Alpha-Tocopherol [Natural Vitamin E]), Honey, Cinnamon.

CONTAINS: NUTS

Juice- RAW6™ Restore

Chicken Caesar

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
178g	390	100	13	4.5	0	40	1060	45	4	3	22	70	35	35	15

Ingredients:

Spinach. Kale. Grilled Chicken (boneless chicken breast, water, contains 2% or less of the following: soy, protein concentrate, sodium lactate, salt, modified corn starch, carrageenan, sodium phosphate). Parmesan Cheese (Cultured pasteurized milk, salt, enzymes). Caesar Dressing (Distilled Vinegar, Water, Corn Syrup, Soybean Oil, Salt, Parmesan and Romano Cheese [Pasteurized Milk, Cultures, Salt, Enzymes, Corn Starch, and Cellulose], High Fructose Corn Syrup, Lemon Juice [from concentrate], Egg Yolks, Garlic, Modified Corn Starch, Anchovies [fish], Lactic Acid, Spices, Xanthan Gum, Propylene Glycol Alginate, Potassium Sorbate [preservative], Citric Acid and Tortula Yeast. Calcium Disodium EDTA added to protect flavor). Flatbread (Enriched Wheat Flour [Contains Niacin, Reduced Iron, Thiamine Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid], Water, Vegetable Oil [Soybean and/or Cottonseed], Yeast, Soy Flour Blend [Soy Flour, Isolated Soy Protein, Maltodextrin, Natural Flavors], Dough Conditioner [Cultured Wheat, Mono & Diglycerides, Sodium Stearoyl Lactylate, Guar Gum, L-Cysteine, Enzyme], Sugar, Wheat Gluten, Salt, Baking Powder [Sodium Bicarbonate, Monocalcium Phosphate, Sodium Acid Pyrophosphate], Calcium Propionate [Added to Maintain Freshness]).

Vitamin & Mineral Information

CONTAINS: DAIRY, SOY, WHEAT

Cafe-Cool Salad

Greek Goddess

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
193g	380	130	14	4.5	0	15	1030	49	5	7	14	80	40	20	10

Ingredients:

Spinach. Kale. Cucumber. Corn (Golden Whole Kernel Corn, Water, Sugar, Salt). Feta Cheese [Pasteurized milk, salt, cheese cultures, enzymes, potato starch (added to prevent caking)]. Guacamole (hass avocado, tomato, onion, jalapeño pepper, salt, cilantro, garlic). Lemon Basil Vinaigrette (water, sugar, white wine vinegar, salt, lemon juice concentrate, basil, dehydrated lemon peel, xanthan gum, natural flavor). Flatbread (Enriched Wheat Flour [Contains Niacin, Reduced Iron, Thiamine Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid], Water, Vegetable Oil [Soybean and/or Cottonseed], Yeast, Soy Flour Blend [Soy Flour, Isolated Soy Protein, Maltodextrin, Natural Flavors], Dough Conditioner [Cultured Wheat, Mono & Diglycerides, Sodium Stearoyl Lactylate, Guar Gum, L-Cysteine, Enzyme], Sugar, Wheat Gluten, Salt, Baking Powder [Sodium Bicarbonate, Monocalcium Phosphate, Sodium Acid Pyrophosphate], Calcium Propionate [Added to Maintain Freshness]).

Vitamin & Mineral Information

CONTAINS: DAIRY, SOY, WHEAT

Cafe-Cool Salad

Southwest BBQ

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
185g	350	80	9	1.5	0	25	920	48	5	5	17	80	35	15	20

Ingredients:

Chicken Breast (boneless chicken breast, water, contains 2% or less of the following: soy, protein concentrate, sodium lactate, salt, modified corn starch, carrageenan, sodium phosphate). Spinach. Kale. Corn (Golden Whole Kernel Corn, Water, Sugar, Salt). Black Beans (Prepared Black Beans, Water, Salt, Ferrous Gluconate, Calcium Chloride added to help maintain firmness). Ranch Dressing (water, lowfat buttermilk [cultured lowfat milk, cream, salt], sugar, corn syrup solids, garlic juice, apple cider vinegar, salt, modified corn starch, dehydrated sour cream, natural flavors, egg yolk, lactic acid, xanthan gum, titanium dioxide, spices [mustard], phosphoric acid, sodium benzoate as a preservative, potassium sorbate as a preservative, propylene glycol alginate, dehydrated parsley). BBQ Sauce (water, sugar, tomato paste, vinegar, salt, vegetable oil [soybean and or canola oil], mesquite smoke, spice blend [paprika spices, chili pepper, dextrose, xanthan gum, salt, onion, sunflower oil, oleoresin of paprika], caramel color, natural flavors [soy], dehydrated onion, xanthan gum, propylene glycol, alginate dehydrated garlic, sodium benzoate as a preservative, potassium sorbate as a preservative). Flatbread (Enriched Wheat Flour [Contains Niacin, Reduced Iron, Thiamine Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid], Water, Vegetable Oil [Soybean and/or Cottonseed], Yeast, Soy Flour Blend [Soy Flour, Isolated Soy Protein, Maltodextrin, Natural Flavors], Dough Conditioner [Cultured Wheat, Mono & Diglycerides, Sodium Stearoyl Lactylate, Guar Gum, L-Cysteine, Enzyme], Sugar, Wheat Gluten, Salt, Baking Powder [Sodium Bicarbonate, Monocalcium Phosphate, Sodium Acid Pyrophosphate], Calcium Propionate [Added to Maintain Freshness]).

Vitamin & Mineral Information

CONTAINS: DAIRY, SOY, WHEAT

Cafe-Cool Salad

Fresh Berry Grilled PB&J

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
181g	500	160	17	3	0	0	550	73	5	20	15	0	30	10	15

Vitamin & Mineral Information

Ingredients:

Whole Grain Wheat Berry Bread (Unbleached Enriched Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid], Water, Coarse Cracked Wheat, Yeast, Honey, Fully Refined Soybean Oil, Wheat Gluten, Salt, Granulated Sugar, Corn Syrup, Barley Malt Extract and Saccharifying Enzymes, Calcium Propionate [to retain freshness], Dough Improver [Malted Wheat Flour, Enzymes and 2% or Less of Ascorbic Acid], Calcium Sulfate, Enzymes, Ascorbic Acid). Jam (Raspberries, High Fructose Corn Syrup, Corn Syrup, Sugar, Pectin, Citric Acid, and Potassium Citrate). Strawberry. Blueberry. Peanut Butter (Roasted Peanuts, Sugar, Palm Oil, Salt).

CONTAINS: WHEAT, NUTS

Cafe-Gourmet PB&J

Grilled Banana PB&J

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
184g	470	120	14	2.5	0	0	520	76	5	21	13	0	15	10	15

Vitamin & Mineral Information

Ingredients:

Whole Grain Wheat Berry Bread (Unbleached Enriched Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid], Water, Coarse Cracked Wheat, Yeast, Honey, Fully Refined Soybean Oil, Wheat Gluten, Salt, Granulated Sugar, Corn Syrup, Barley Malt Extract and Saccharifying Enzymes, Calcium Propionate [to retain freshness], Dough Improver [Malted Wheat Flour, Enzymes and 2% or Less of Ascorbic Acid], Calcium Sulfate, Enzymes, Ascorbic Acid). Jam (Raspberries, High Fructose Corn Syrup, Corn Syrup, Sugar, Pectin, Citric Acid, and Potassium Citrate). Banana. Peanut Butter (Roasted Peanuts, Sugar, Palm Oil, Salt).

CONTAINS: WHEAT, NUTS

Cafe-Gourmet PB&J

Grilled Banana Delight

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
190g	500	110	12	2.5	0	0	430	89	4	35	11	0	15	15	15

Vitamin & Mineral Information

Ingredients:

Whole Grain Wheat Berry Bread (Unbleached Enriched Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid], Water, Coarse Cracked Wheat, Yeast, Honey, Fully Refined Soybean Oil, Wheat Gluten, Salt, Granulated Sugar, Corn Syrup, Barley Malt Extract and Saccharifying Enzymes, Calcium Propionate [to retain freshness], Dough Improver [Malted Wheat Flour, Enzymes and 2% or Less of Ascorbic Acid], Calcium Sulfate, Enzymes, Ascorbic Acid). Jam (Raspberries, High Fructose Corn Syrup, Corn Syrup, Sugar, Pectin, Citric Acid, and Potassium Citrate). Banana. Nutella (Sugar, Palm Oil, Hazelnuts, Cocoa, Skim Milk, Whey [milk], Lecithin as emulsifier [soy], Vanillin: An artificial flavor).

CONTAINS: WHEAT, NUTS

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Cafe-Gourmet PB&J

Buffalo Chicken Flatbread

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
157g	400	130	15	5	0	55	1140	40	3	2	24	4	0	25	10

Vitamin & Mineral Information

Ingredients:

Chicken Breast (boneless chicken breast, water, contains 2% or less of the following: soy, protein concentrate, sodium lactate, salt, modified corn starch, carrageenan, sodium phosphate). Cheddar (Pasteurized milk, cheese culture, salt, enzymes and annatto [vegetable color]). Ranch Dressing (water, lowfat buttermilk [cultured lowfat milk, cream, salt], sugar, corn syrup solids, garlic juice, apple cider vinegar, salt, modified corn starch, dehydrated sour cream, natural flavors, egg yolk, lactic acid, xanthan gum, titanium dioxide, spices [mustard], phosphoric acid, sodium benzoate as a preservative, potassium sorbate as a preservative, propylene glycol alginate, dehydrated parsley). Flatbread (Enriched Wheat Flour [Contains Niacin, Reduced Iron, Thiamine Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid], Water, Vegetable Oil [Soybean and/or Cottonseed], Yeast, Soy Flour Blend [Soy Flour, Isolated Soy Protein, Maltodextrin, Natural Flavors], Dough Conditioner [Cultured Wheat, Mono & Diglycerides, Sodium Stearoyl Lactylate, Guar Gum, L-Cysteine, Enzyme], Sugar, Wheat Gluten, Salt, Baking Powder [Sodium Bicarbonate, Monocalcium Phosphate, Sodium Acid Pyrophosphate], Calcium Propionate [Added to Maintain Freshness]).

CONTAINS: WHEAT, DAIRY, SOY, EGG

Chicken Apple Pesto Flatbread

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
157g	480	200	23	4.5	0	50	790	44	4	5	23	4	8	25	10

Vitamin & Mineral Information

Ingredients:

Chicken Breast (boneless chicken breast, water, contains 2% or less of the following: soy, protein concentrate, sodium lactate, salt, modified corn starch, carrageenan, sodium phosphate). Cheddar Cheddar (Pasteurized milk, cheese culture, salt, enzymes and annatto [vegetable color]). Basil Pesto (Organic Basil, Organic Expeller-pressed Canola Oil, Water, Organic Parmesan Cheese [Pasteurized organic cows' milk, culture, salt, enzymes], Organic Dehydrated Garlic, Salt). Apple Chips (Apples, safflower, sunflower and/or canola oil, corn syrup, sugar, dextrose, cinnamon, citric acid, ascorbic acid [Vitamin C], natural flavor). Flatbread (Enriched Wheat Flour [Contains Niacin, Reduced Iron, Thiamine Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid], Water, Vegetable Oil [Soybean and/or Cottonseed], Yeast, Soy Flour Blend [Soy Flour, Isolated Soy Protein, Maltodextrin, Natural Flavors], Dough Conditioner [Cultured Wheat, Mono & Diglycerides, Sodium Stearoyl Lactylate, Guar Gum, L-Cysteine, Enzyme], Sugar, Wheat Gluten, Salt, Baking Powder [Sodium Bicarbonate, Monocalcium Phosphate, Sodium Acid Pyrophosphate], Calcium Propionate [Added to Maintain Freshness]).

CONTAINS: WHEAT, DAIRY, SOY

Hawaiian Teriyaki Flatbread

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
185g	440	150	17	6	0	60	1010	44	3	6	25	30	20	30	10

Vitamin & Mineral Information

Ingredients:

Chicken Breast (boneless chicken breast, water, contains 2% or less of the following: soy, protein concentrate, sodium lactate, salt, modified corn starch, carrageenan, sodium phosphate). Cheddar (Pasteurized milk, cheese culture, salt, enzymes and annatto [vegetable color]). Pineapple. Carrot. Teriyaki Glaze (soy sauce [water, wheat, soybeans, salt], sugar, water, modified food starch, vinegar, onion juice, natural flavor, garlic powder, fumaric acid, dehydrated yeast, fermented wheat protein, sodium benzoate: less than 1/10 of 1% as preservative, spice). Flatbread (Enriched Wheat Flour [Contains Niacin, Reduced Iron, Thiamine Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid], Water, Vegetable Oil [Soybean and/or Cottonseed], Yeast, Soy Flour Blend [Soy Flour, Isolated Soy Protein, Maltodextrin, Natural Flavors], Dough Conditioner [Cultured Wheat, Mono & Diglycerides, Sodium Stearoyl Lactylate, Guar Gum, L-Cysteine, Enzyme], Sugar, Wheat Gluten, Salt, Baking Powder [Sodium Bicarbonate, Monocalcium Phosphate, Sodium Acid Pyrophosphate], Calcium Propionate [Added to Maintain Freshness]).

CONTAINS: WHEAT, DAIRY, SOY

Mediterranean Pesto Flatbread

Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
171g	420	190	21	3	0	0	560	46	5	2	11	60	4	15	15

Vitamin & Mineral Information

Ingredients:

Hummus (Cooked Chickpeas, Tahini [Ground Sesame], NonGMO Soybean Oil, Water, Garlic, Salt, Non GMO Citric Acid, Potassium Sorbate Added to Maintain Freshness), Cucumber, Carrots, Corn (Golden Whole Kernel Corn, Water, Sugar, Salt), Pesto (Organic Basil, Organic Expeller-pressed Canola Oil, Water, Organic Parmesan Cheese [Pasteurized organic cows' milk, culture, salt, enzymes], Organic Dehydrated Garlic, Salt), Flatbread (Enriched Wheat Flour [Contains Niacin, Reduced Iron, Thiamine Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid], Water, Vegetable Oil [Soybean and/or Cottonseed], Yeast, Soy Flour Blend [Soy Flour, Isolated Soy Protein, Maltodextrin, Natural Flavors], Dough Conditioner [Cultured Wheat, Mono & Diglycerides, Sodium Stearoyl Lactylate, Guar Gum, L-Cysteine, Enzyme], Sugar, Wheat Gluten, Salt, Baking Powder [Sodium Bicarbonate, Monocalcium Phosphate, Sodium Acid Pyrophosphate], Calcium Propionate [Added to Maintain Freshness]).

CONTAINS: WHEAT, DAIRY, SOY

Cafe-Warm & Toasty