



SMOOTHIE FACTORY®

Full Menu Nutrition Facts

	Size	Calories	Cal from Fat	Total Fat	Sat Fat	Trans Fat	Chol	Sodium	Carbs	Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
PROTEIN POWER SMOOTHIES																
After Workout Formula	20 oz	300	10	1g	1g	0g	15mg	0mg	66g	3g	48g	7g	6%	90%	4%	4%
	32 oz	460	15	2g	1g	0g	25mg	5mg	101g	4g	75g	10g	8%	130%	6%	6%
	44 oz	620	20	2.5g	1.5g	0g	30mg	5mg	137g	6g	103g	14g	10%	180%	8%	6%
Bulk Upper (Chocolate)	20 oz	640	230	23g	15g	0g	115mg	150mg	94g	3g	66g	21g	20%	15%	35%	15%
	32 oz	980	340	34g	23g	0g	175mg	230mg	143g	4g	102g	32g	25%	20%	50%	25%
	44 oz	1310	450	46g	31g	0g	235mg	310mg	193g	5g	139g	43g	35%	25%	70%	30%
Bulk Upper (Vanilla)	20 oz	680	230	26g	17g	0g	115mg	170mg	94g	3g	77g	21g	20%	15%	40%	2%
	32 oz	1030	340	40g	26g	0g	175mg	260mg	143g	4g	118g	32g	25%	20%	60%	4%
	44 oz	1380	450	53g	34g	0g	235mg	340mg	193g	5g	160g	43g	35%	25%	80%	4%
Hercules	20 oz	410	70	8g	1g	0g	30mg	30mg	71g	5g	53g	15g	2%	90%	8%	6%
	32 oz	630	100	12g	1.5g	0g	45mg	45mg	109g	8g	82g	22g	2%	130%	15%	10%
	44 oz	850	130	16g	2g	0g	60mg	60mg	148g	10g	111g	30g	4%	170%	15%	15%
PB Powerhouse	20 oz	470	80	9g	1g	0g	10mg	0mg	70g	9g	20g	17g	4%	35%	20%	8%
	32 oz	720	120	13g	1.5g	0g	10mg	5mg	109g	13g	33g	26g	4%	60%	25%	15%
	44 oz	960	150	17g	2.5g	0g	15mg	10mg	147g	18g	46g	35g	6%	70%	35%	15%
PB & J	20 oz	580	80	9g	1g	0g	10mg	5mg	96g	12g	41g	18g	4%	80%	20%	10%
	32 oz	870	120	14g	2g	0g	10mg	10mg	145g	18g	62g	28g	6%	120%	30%	15%
	44 oz	1160	160	18g	2.5g	0g	15mg	10mg	193g	24g	82g	37g	8%	160%	35%	20%
Meal Replacement Super Shake	calories vary															
GREENS & VEGGIES SMOOTHIES																
Aloha Cooler	20 oz	500	100	11g	9g	0g	0mg	60mg	104g	5g	87g	2g	100%	90%	8%	8%
	32 oz	750	140	16g	14g	0g	0mg	90mg	156g	7g	131g	4g	150%	130%	10%	10%
	44 oz	990	190	21g	18g	0g	0mg	120mg	208g	10g	175g	5g	200%	170%	15%	15%
Carrot Crush	20 oz	330	0	0g	0g	0g	0mg	40mg	66g	5g	53g	3g	150%	240%	6%	6%
	32 oz	500	0	0g	0g	0g	0mg	55mg	99g	7g	79g	4g	220%	360%	8%	8%
	44 oz	660	5	.5g	0g	0g	0mg	75mg	132g	9g	105g	6g	290%	480%	10%	10%
Citrus Greens	20 oz	180	0	0g	0g	0g	0mg	45mg	44g	3g	38g	3g	100%	130%	8%	10%
	32 oz	280	5	.5g	0g	0g	0mg	70mg	69g	5g	59g	4g	150%	190%	10%	15%
	44 oz	370	10	1g	0g	0g	0mg	95mg	93g	7g	81g	5g	200%	250%	15%	25%
Ginger Berry Greens	20 oz	250	5	.5g	0g	0g	0mg	35mg	60g	5g	50g	4g	100%	160%	8%	10%
	32 oz	380	10	1g	0g	0g	0mg	55mg	89g	8g	75g	6g	150%	240%	10%	15%
	44 oz	500	10	1.5g	0g	0g	0mg	70mg	119g	11g	100g	7g	200%	310%	15%	25%
PB Green Machine	20 oz	520	80	8g	1g	0g	0mg	40mg	83g	10g	33g	17g	100%	160%	25%	15%
	32 oz	790	110	13g	1.5g	0g	0mg	60mg	128g	15g	53g	25g	150%	240%	35%	20%
	44 oz	1050	150	17g	1.5g	0g	0mg	80mg	173g	21g	72g	33g	200%	320%	45%	30%
Power Beets	20 oz	240	0	0g	0g	0g	0mg	25mg	59g	6g	45g	2g	2%	90%	2%	4%
	32 oz	360	0	0g	0g	0g	0mg	35mg	88g	8g	67g	3g	2%	130%	2%	8%
	44 oz	480	5	.5g	0g	0g	0mg	50mg	117g	11g	90g	4g	4%	180%	2%	10%
Strawberry Apple Kale	20 oz	330	0	0g	0g	0g	0mg	25mg	80g	3g	70g	3g	60%	260%	4%	6%
	32 oz	500	0	0g	0g	0g	0mg	35mg	119g	4g	105g	4g	90%	390%	8%	8%
	44 oz	670	0	.5g	0g	0g	0mg	45mg	159g	6g	140g	6g	120%	510%	10%	10%

2000 calories a day is used for general nutrition advice, but calorie needs vary. Any menu items not listed here may be a limited time only offering or an item offered locally at this individual location. Please speak to a staff member for additional information if you don't see your desired menu item listed.



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	Size	Calories	Cal from Fat	Total Fat	Sat Fat	Trans Fat	Chol	Sodium	Carbs	Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
BERRY SMOOTHIES																
Blueberry Smash	20 oz	300	25	3g	1g	0g	0mg	35mg	66g	8g	41g	6g	10%	15%	10%	6%
	32 oz	460	40	5g	1.5g	0g	0mg	55mg	103g	12g	65g	9g	15%	25%	20%	10%
	44 oz	620	50	6g	2g	0g	0mg	70mg	139g	16g	89g	11g	20%	35%	25%	15%
Cranberry Twist	20 oz	440	90	10g	9g	0g	0mg	45mg	86g	5g	72g	1g	4%	100%	2%	4%
	32 oz	660	140	16g	14g	0g	0mg	65mg	129g	7g	107g	2g	6%	150%	2%	6%
	44 oz	870	190	21g	18g	0g	0mg	90mg	172g	9g	143g	3g	8%	200%	4%	8%
Strawberry Limeade	20 oz	410	0	0g	0g	0g	0mg	0mg	105g	3g	91g	2g	0%	120%	0%	4%
	32 oz	620	0	0g	0g	0g	0mg	0mg	157g	5g	136g	3g	2%	180%	0%	6%
	44 oz	830	0	0g	0g	0g	0mg	0mg	210g	6g	182g	4g	2%	240%	0%	8%
Strawberry Patch	20 oz	340	0	0g	0g	0g	0mg	0mg	82g	3g	70g	3g	0%	140%	0%	4%
	32 oz	460	0	0g	0g	0g	0mg	0mg	112g	5g	95g	4g	2%	190%	0%	6%
	44 oz	680	0	0g	0g	0g	0mg	0mg	164g	7g	140g	5g	2%	280%	0%	10%
Very Berry	20 oz	250	15	1.5g	1g	0g	0mg	65mg	54g	4g	45g	5g	15%	50%	20%	4%
	32 oz	380	20	2g	1.5g	0g	0mg	0	83g	6g	70g	7g	20%	80%	30%	6%
	44 oz	510	25	3g	2g	0g	0mg	130mg	113g	8g	96g	10g	30%	110%	35%	8%
TROPICAL SMOOTHIES																
Energizer	20 oz	250	70	9g	1.5g	0g	0mg	15mg	40g	5g	31g	5g	10%	45%	8%	8%
	32 oz	380	110	13g	2.5g	0g	0mg	25mg	64g	7g	49g	7g	15%	70%	15%	15%
	44 oz	520	150	18g	3.5g	0g	0mg	30mg	87g	9g	68g	10g	20%	90%	20%	15%
Factory Original	20 oz	220	0	0g	0g	0g	0mg	10mg	49g	3g	40g	2g	8%	100%	2%	2%
	32 oz	330	0	0g	0g	0g	0mg	10mg	74g	4g	60g	3g	10%	140%	2%	4%
	44 oz	440	0	0g	0g	0g	0mg	15mg	98g	5g	81g	3g	15%	190%	2%	6%
Island Delight	20 oz	210	0	0g	0g	0g	0mg	5mg	46g	4g	35g	2g	6%	110%	4%	6%
	32 oz	330	0	0g	0g	0g	0mg	10mg	71g	6g	56g	4g	8%	160%	4%	8%
	44 oz	450	0	.5g	0g	0g	0mg	15mg	97g	7g	77g	5g	10%	210%	6%	10%
Peach Sunshine	20 oz	310	0	0g	0g	0g	0mg	20mg	77g	2g	66g	1g	10%	30%	2%	4%
	32 oz	460	0	0g	0g	0g	0mg	30mg	115g	3g	98g	2g	15%	45%	2%	4%
	44 oz	610	0	0g	0g	0g	0mg	40mg	153g	4g	131g	2g	25%	60%	2%	6%
Pina Colada	20 oz	500	90	10g	9g	0g	0mg	30mg	85g	3g	75g	3g	4%	170%	4%	4%
	32 oz	760	140	15g	14g	0g	0mg	45mg	131g	5g	116g	4g	6%	260%	6%	8%
	44 oz	1020	180	20g	18g	0g	0mg	60mg	176g	7g	156g	5g	8%	350%	8%	10%
The Mango Smoothie	20 oz	200	30	3g	2.5g	0g	0mg	10mg	46g	3g	39g	2g	30%	90%	2%	2%
	32 oz	350	50	6g	5g	0g	0mg	20mg	77g	5g	67g	2g	45%	130%	2%	2%
	44 oz	490	80	9g	7g	0g	0mg	25mg	108g	6g	94g	3g	60%	180%	4%	4%
Tropical Squeeze	20 oz	280	0	0g	0g	0g	0mg	5mg	63g	4g	55g	3g	6%	140%	2%	6%
	32 oz	420	0	0g	0g	0g	0mg	10mg	95g	5g	82g	4g	10%	210%	4%	8%
	44 oz	560	0	0g	0g	0g	0mg	15mg	126g	7g	109g	5g	15%	280%	4%	10%
KIDS MENU																
Strawberry Jr.	8	140	0	0g	0g	0g	0mg	0mg	34g	2g	26g	1g	0%	50%	0%	2%
Nana Banana	8	140	15	1.5g	1g	0g	0mg	5mg	33g	3g	20g	1g	4%	15%	4%	2%
Kid's Original	8	170	15	1.5g	1g	0g	0mg	5mg	38g	3g	29g	1g	4%	90%	4%	2%
Kid's Shake (Vanilla)	8	230	60	6g	4g	0g	20mg	35mg	42g	3g	29g	4g	4%	15%	10%	2%
Kid's Shake (Chocolate)	8	220	60	6	3.5g	0g	20mg	30mg	42g	3g	27g	4g	4%	15%	8%	6%

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