



USA NUTRITIONAL FACTS based on 8 fl.oz. (230g) serving. Last updated 10/23/14

While stringent precautions are taken, various flavours may contain food allergens.

smoothies USA

| | Calories (per serving) | Total fat (g) | Saturated fat (g) | Trans fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Fibre (g) | Sugars (g) | Protein (g) | Calcium (%DV) | Iron (%DV) | Vitamin A (%DV) | Vitamin C (%DV) | Gluten Free (GF) | Kosher (K) |
|---------------------------------|------------------------|---------------|-------------------|---------------|------------------|-------------|------------------|-----------|------------|-------------|---------------|------------|-----------------|-----------------|------------------|------------|
| NON FAT VANILLA | | | | | | | | | | | | | | | | |
| Blueberry Breeze | 120 | 0 | 0 | 0 | 0 | 24 | 27 | 1 | 21 | 2 | 4 | 0 | 0 | 57 | GF | |
| Mango Mint Pineapple | 120 | 0 | 0 | 0 | 0 | 25 | 26 | 1 | 22 | 2 | 5 | 3 | 3 | 58 | GF | |
| Peach Berry Sunset | 100 | 0 | 0 | 0 | 0 | 26 | 21 | 1 | 17 | 2 | 5 | 3 | 0 | 67 | GF | K |
| Strawberry Banana | 110 | 0 | 0 | 0 | 0 | 24 | 26 | 1 | 20 | 2 | 4 | 3 | 0 | 74 | GF | |
| Tropical Storm | 120 | 0 | 0 | 0 | 0 | 25 | 27 | 1 | 22 | 2 | 5 | 0 | 0 | 55 | GF | |
| Verry Berry | 100 | 0 | 0 | 0 | 0 | 24 | 23 | 2 | 19 | 2 | 5 | 3 | 0 | 71 | GF | |
| Matcha Green Tea | 120 | 0 | 0 | 0 | 0 | 45 | 25 | 1 | 22 | 3 | 7 | 2 | 0 | 67 | GF | |
| SORBET (DAIRY FREE) | | | | | | | | | | | | | | | | |
| Raspberry Blast | 120 | 0 | 0 | 0 | 0 | 0 | 30 | 2 | 24 | 0 | 0 | 3 | 0 | 67 | GF | |
| Blueberry Breeze | 120 | 0 | 0 | 0 | 0 | 0 | 30 | 1 | 22 | 0 | 0 | 0 | 0 | 57 | GF | |
| Mango Mint Pineapple | 120 | 0 | 0 | 0 | 0 | 0 | 30 | 1 | 24 | 1 | 0 | 3 | 3 | 58 | GF | |
| Peach Berry Sunset | 100 | 0 | 0 | 0 | 0 | 0 | 24 | 1 | 18 | 0 | 0 | 3 | 0 | 67 | GF | K |
| Strawberry Banana | 120 | 0 | 0 | 0 | 0 | 0 | 29 | 1 | 21 | 0 | 0 | 3 | 0 | 74 | GF | |
| Tropical Storm | 130 | 0 | 0 | 0 | 0 | 0 | 31 | 1 | 23 | 1 | 0 | 0 | 0 | 55 | GF | |
| Verry Berry | 110 | 0 | 0 | 0 | 0 | 0 | 26 | 2 | 20 | 0 | 0 | 3 | 0 | 71 | GF | |
| GREEN SMOOTHIES | | | | | | | | | | | | | | | | |
| Avocado / Kale Smoothie | 170 | 4 | 1.5 | 1.5 | 0 | 46 | 30 | 2.5 | 24 | 3 | 4 | 4 | 10 | 85 | GF | |
| Kale / Almond / Banana Smoothie | 230 | 9 | 1.5 | 0 | 0 | 44 | 32 | 3 | 22 | 7 | 8 | 8 | 11 | 36 | GF | |