

SMOOTHIES/SHAKES: NUTRITION FACTS

The Club

- C A F E -

STRAWBERRY CLASSIC

Nutrition Facts	20oz	% DV
Calories	270	
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	15mg	1%
Total Carbohydrates	66g	24%
Dietary Fiber	3g	11%
Total Sugars	53g	
<i>includes</i> Added Sugars	0g	0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	56mg	4%
Iron	1mg	6%
Potassium	205mg	4%

MANGO TANGO

Nutrition Facts	20oz	% DV
Calories	270	
Total Fat	0.5g	1%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	20mg	1%
Total Carbohydrates	67g	24%
Dietary Fiber	3g	11%
Total Sugars	53g	
<i>includes</i> Added Sugars	0g	0%
Protein	2g	
Vitamin D	0mcg	0%
Calcium	37mg	2%
Iron	1mg	6%
Potassium	488mg	10%

JAVA JOLT

Nutrition Facts	20oz	% DV
Calories	340	
Total Fat	4.5g	6%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	55mg	18%
Sodium	460mg	20%
Total Carbohydrates	51g	19%
Dietary Fiber	2g	7%
Total Sugars	42g	
<i>includes</i> Added Sugars	40g	80%
Protein	23g	
Vitamin D	2mcg	10%
Calcium	303mg	25%
Iron	1mg	6%
Potassium	408mg	8%

BERRIES A'MORE

Nutrition Facts	20oz	% DV
Calories	260	
Total Fat	1g	1%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	15mg	1%
Total Carbohydrates	64g	23%
Dietary Fiber	4g	14%
Total Sugars	41g	
<i>includes</i> Added Sugars	0g	0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	64mg	4%
Iron	1mg	6%
Potassium	495mg	10%

STRAWBERRY SLAM

Nutrition Facts	20oz	% DV
Calories	320	
Total Fat	2g	3%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	55mg	18%
Sodium	65mg	3%
Total Carbohydrates	54g	20%
Dietary Fiber	2g	7%
Total Sugars	42g	
<i>includes</i> Added Sugars	0g	0%
Protein	21g	
Vitamin D	0mcg	0%
Calcium	185mg	15%
Iron	1mg	6%
Potassium	299mg	6%

I LOVE VEGGIES

Nutrition Facts	20oz	% DV
Calories	330	
Total Fat	4g	5%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	55mg	18%
Sodium	105mg	5%
Total Carbohydrates	51g	19%
Dietary Fiber	4g	14%
Total Sugars	36g	
<i>includes</i> Added Sugars	0g	0%
Protein	22g	
Vitamin D	0mcg	0%
Calcium	214mg	15%
Iron	1mg	6%
Potassium	670mg	15%

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BERRY, BERRY GOOD

Nutrition Facts	20oz	% DV
Calories	310	
Total Fat	3g	4%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	55mg	18%
Sodium	65mg	3%
Total Carbohydrates	53g	19%
Dietary Fiber	4g	14%
Total Sugars	33g	
<i>includes</i> Added Sugars	0g	0%
Protein	21g	
Vitamin D	0mcg	0%
Calcium	190mg	15%
Iron	1mg	6%
Potassium	516mg	10%

PB CUP LITE

Nutrition Facts	20oz	% DV
Calories	270	
Total Fat	6g	8%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	55mg	18%
Sodium	260mg	11%
Total Carbohydrates	28g	10%
Dietary Fiber	4g	14%
Total Sugars	18g	
<i>includes</i> Added Sugars	17g	34%
Protein	27g	
Vitamin D	2mcg	10%
Calcium	300mg	25%
Iron	2mg	10%
Potassium	345mg	8%

JUNIOR CHOCOLATE FROSTY

Nutrition Facts	12oz	% DV
Calories	120	
Total Fat	2.5g	3%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	25mg	8%
Sodium	150mg	7%
Total Carbohydrates	12g	4%
Dietary Fiber	1g	4%
Total Sugars	9g	
<i>includes</i> Added Sugars	9g	18%
Protein	11g	
Vitamin D	1mcg	6%
Calcium	171mg	15%
Iron	1mg	6%
Potassium	127mg	2%

STRAWBERRY SHORTCAKE

Nutrition Facts	12oz	% DV
Calories	190	
Total Fat	1g	1%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	30mg	10%
Sodium	35mg	2%
Total Carbohydrates	34g	12%
Dietary Fiber	1g	4%
Total Sugars	26g	
<i>includes</i> Added Sugars	0g	0%
Protein	11g	
Vitamin D	0mcg	0%
Calcium	95mg	8%
Iron	0mg	0%
Potassium	190mg	4%

GREEN GIANT

Nutrition Facts	20oz	% DV
Calories	270	
Total Fat	1.5g	2%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	50mg	2%
Total Carbohydrates	62g	23%
Dietary Fiber	5g	18%
Total Sugars	46g	
<i>includes</i> Added Sugars	0g	0%
Protein	3g	
Vitamin D	0mcg	0%
Calcium	117mg	10%
Iron	2mg	10%
Potassium	792mg	15%

HAWAIIAN HARVEST

Nutrition Facts	20oz	% DV
Calories	330	
Total Fat	4.5g	6%
Saturated Fat	3g	15%
Trans Fat	0g	
Cholesterol	55mg	18%
Sodium	65mg	3%
Total Carbohydrates	49g	18%
Dietary Fiber	3g	11%
Total Sugars	35g	
<i>includes</i> Added Sugars	0g	0%
Protein	21g	
Vitamin D	0mcg	0%
Calcium	183mg	15%
Iron	1mg	6%
Potassium	528mg	10%

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MANGO BERRY BURST

Nutrition Facts	20oz	% DV
Calories	330	
Total Fat	2.5g	3%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	55mg	18%
Sodium	65mg	3%
Total Carbohydrates	55g	20%
Dietary Fiber	2g	7%
Total Sugars	43g	
<i>includes</i> Added Sugars	0g	0%
Protein	22g	
Vitamin D	0mcg	0%
Calcium	169mg	15%
Iron	0mg	0%
Potassium	511mg	10%

PEANUT BUTTER CUP

Nutrition Facts	20oz	% DV
Calories	530	
Total Fat	22g	28%
Saturated Fat	5g	25%
Trans Fat	0g	
Cholesterol	105mg	35%
Sodium	310mg	13%
Total Carbohydrates	34g	12%
Dietary Fiber	6g	21%
Total Sugars	21g	
<i>includes</i> Added Sugars	17g	34%
Protein	49g	
Vitamin D	2mcg	10%
Calcium	446mg	35%
Iron	2mg	10%
Potassium	466mg	10%

THE HULK

Nutrition Facts	12oz	% DV
Calories	210	
Total Fat	2.5g	3%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	30mg	10%
Sodium	60mg	3%
Total Carbohydrates	34g	12%
Dietary Fiber	3g	11%
Total Sugars	24g	
<i>includes</i> Added Sugars	0g	0%
Protein	12g	
Vitamin D	0mcg	0%
Calcium	130mg	10%
Iron	1mg	6%
Potassium	486mg	10%