



# Nutrition Menu

## Breakfast

### Ham & Cheese Egg Bite

**ANALYSIS:**

**Calories** 128.12 CAL **Carbohydrate** 2.14 G **Protein** 11.31 G **Fat** 8.6 G **Sodium** 547.12 MG  
**Potassium** 168.25 MG **Iron** 1.04 MG **Calcium** 103.1 MG **Dietary Fiber** 0 G **Sugar** 1.28 G  
**Vitamin A** 105.77 IU **Vitamin E** 0.08 MG **Thiamin** 0 MG **Riboflavin** 0.04 MG **Niacin** 0 MG  
**Vitamin C** 0 MG

**ALLERGENS:**

**Contains:** Eggs, Milk

\*\* It is not implied nor should it be inferred that recipes that do not list allergens are free from allergens.

### Veggie Egg Bite

**ANALYSIS:**

**Calories** 93.62 CAL **Carbohydrate** 2.9 G **Protein** 7.63 G **Fat** 5.65 G **Sodium** 465 MG  
**Potassium** 43.8 MG **Iron** 1.14 MG **Calcium** 71.52 MG **Dietary Fiber** 0.34 G **Sugar** 1.82 G  
**Vitamin A** 729.97 IU **Vitamin E** 0.16 MG **Thiamin** 0.02 MG **Riboflavin** 0.07 MG **Niacin** 0.12 MG  
**Vitamin C** 6.84 MG

**ALLERGENS:**

**Contains:** Eggs, Milk

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### Sausage Breakfast Sandwich

**ANALYSIS:**

**Calories** 463.98 CAL **Carbohydrate** 33.74 G **Protein** 18.03 G **Fat** 27.71 G **Sodium** 978.19 MG  
**Potassium** 242.05 MG **Iron** 4.27 MG **Calcium** 225.79 MG **Dietary Fiber** 2.5 G **Sugar** 3.76 G  
**Vitamin A** 220.28 IU **Vitamin E** 0.22 MG **Thiamin** 0.92 MG **Riboflavin** 0.65 MG  
**Niacin** 12.5 MG **Vitamin C** 1.26 MG

**ALLERGENS:**

**Contains:** Eggs, Gluten, Milk, Soy, Wheat **May Contain:** Sulphites

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### **Turkey Bacon Breakfast Sandwich**

#### **ANALYSIS:**

**Calories** 315.75 CAL **Carbohydrate** 33.29 G **Protein** 15.8 G **Fat** 12.76 G **Sodium** 854.67 MG  
**Potassium** 201.96 MG **Iron** 3.87 MG **Calcium** 215.67 MG **Dietary Fiber** 2.5 G **Sugar** 4.32 G  
**Vitamin A** 220.28 IU **Vitamin E** 0.22 MG **Thiamin** 0.34 MG **Riboflavin** 0.22 MG **Niacin** 2.9  
MG **Vitamin C** 1.26 MG

#### **ALLERGENS:**

**Contains:** Eggs, Gluten, Milk, Soy, Wheat **May Contain:** Sulphites

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### **Ham Breakfast Sandwich**

#### **ANALYSIS:**

**Calories** 389.87 CAL **Carbohydrate** 29.39 G **Protein** 24.29 G **Fat** 20.83 G **Sodium** 955 MG  
**Potassium** 818.43 MG **Iron** 2.76 MG **Calcium** 156.57 MG **Dietary Fiber** 0.68 G **Sugar** 5.6 G  
**Vitamin A** 220.36 IU **Vitamin E** 0.01 MG **Thiamin** 0.01 MG **Riboflavin** 0.05 MG **Niacin** 0.01 MG  
**Vitamin C** 0.01 MG

#### **ALLERGENS:**

**Contains:** Eggs, Gluten, Milk, Soy, Wheat **Not Intentionally Included:** Crustacean, Fish,  
Molluscs, Peanuts, Sesame, Tree Nuts

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### **Breakfast Panini**

#### **ANALYSIS:**

**Calories** 415.91 CAL **Carbohydrate** 49.93 G **Protein** 23.88 G **Fat** 16.23 G **Sodium** 793.23  
MG **Potassium** 380.75 MG **Iron** 1.75 MG **Calcium** 186.81 MG **Dietary Fiber** 11.62 G **Sugar**  
12.84 G **Vitamin A** 820.05 IU **Vitamin E** 0.28 MG **Thiamin** 0.06 MG **Riboflavin** 0.25 MG  
**Niacin** 0.44 MG **Vitamin C** 4.4 MG

#### **ALLERGENS:**

**Contains:** Eggs, Milk

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### **Breakfast Bagel**

#### **ANALYSIS:**

**Calories** 467.65 CAL **Carbohydrate** 58.36 G **Protein** 20.58 G **Fat** 16.53 G **Sodium** 847.81  
MG **Potassium** 292.18 MG **Iron** 1.61 MG **Calcium** 127.48 MG **Dietary Fiber** 3.62 G **Sugar**  
8.1 G **Vitamin A** 922.33 IU **Vitamin E** 0.23 MG **Thiamin** 0.02 MG **Riboflavin** 0.06 MG **Niacin**  
0.18 MG **Vitamin C** 4.41 MG

#### **ALLERGENS:**

**Contains:** Eggs, Gluten, Milk, Sesame, Soy, Wheat

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### **Avocado Toast**

#### **ANALYSIS:**

**Calories** 160 CAL **Carbohydrate** 24 G **Protein** 6 G **Fat** 6.5 G **Sodium** 560 MG **Potassium** 250 MG **Iron** 0.3 MG **Calcium** 0 MG **Dietary Fiber** 6 G **Sugar** 5 G **Vitamin A** 400 IU

#### **ALLERGENS:**

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### **Avocado Toast with Egg & Tomato**

#### **ANALYSIS:**

**Calories** 258.78 CAL **Carbohydrate** 26.66 G **Protein** 16.37 G **Fat** 12.7 G **Sodium** 663.66 MG **Potassium** 286.77 MG **Iron** 1.58 MG **Calcium** 42.7 MG **Dietary Fiber** 6.19 G **Sugar** 6.71 G **Vitamin A** 529.08 IU **Vitamin E** 0.08 MG **Thiamin** 0.01 MG **Riboflavin** 0 MG **Niacin** 0.09 MG **Vitamin C** 2.13 MG

#### **ALLERGENS:**

**Contains:** Eggs, Milk

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### **Breakfast Burrito**

#### **ANALYSIS:**

**Calories** 586.79 CAL **Carbohydrate** 70.65 G **Protein** 29.33 G **Fat** 20.99 G **Sodium** 910.73 MG **Potassium** 635.25 MG **Iron** 4.14 MG **Calcium** 410.73 MG **Dietary Fiber** 6.58 G **Sugar** 4.76 G **Vitamin A** 503.94 IU **Vitamin E** 0.24 MG **Thiamin** 0.24 MG **Riboflavin** 0.14 MG **Niacin** 0.5 MG **Vitamin C** 11.41 MG

#### **ALLERGENS:**

**Contains:** Eggs, Gluten, Milk, Wheat **Not Intentionally Included:** Crustacean, Fish, Molluscs, Peanuts, Sesame, Soy, Tree Nuts

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### **Breakfast Bowl**

#### **ANALYSIS:**

**Calories** 376.79 CAL **Carbohydrate** 35.65 G **Protein** 24.23 G **Fat** 16.49 G **Sodium** 470.73 MG **Potassium** 485.25 MG **Iron** 1.84 MG **Calcium** 250.73 MG **Dietary Fiber** 5.58 G **Sugar** 4.76 G **Vitamin A** 503.94 IU **Vitamin E** 0.24 MG **Thiamin** 0.24 MG **Riboflavin** 0.14 MG **Niacin** 0.5 MG **Vitamin C** 11.41 MG

#### **ALLERGENS:**

**Contains:** Eggs, Milk **Not Intentionally Included:** Crustacean, Fish, Gluten, Molluscs, Peanuts, Sesame, Soy, Tree Nuts, Wheat

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### **Crustless Bacon Cheddar Quiche**

**ANALYSIS:** **Calories** 412.85 CAL **Carbohydrate** 4.12 G **Protein** 19.67 G **Fat** 34.21 G **Sodium** 621.48 MG **Potassium** 215.37 MG **Iron** 1.42 MG **Calcium** 238.56 MG **Dietary Fiber** 0.48 G

### **Ham & Cheddar Quiche**

**ANALYSIS:** **Calories** 435.50 CAL **Carbohydrate** 12.75 G **Protein** 20.10 G **Fat** 33.50 G **Sodium** 650.00 MG **Potassium** 220.00 MG **Iron** 1.60 MG **Calcium** 240.00 MG **Dietary Fiber** 0.80 G

### **Veggie Quiche (Spinach, Roasted Red Pepper & Feta)**

**ANALYSIS:** **Calories** 370.25 CAL **Carbohydrate** 14.30 G **Protein** 14.75 G **Fat** 26.10 G **Sodium** 520.00 MG **Potassium** 210.00 MG **Iron** 2.10 MG **Calcium** 185.00 MG **Dietary Fiber** 2.10 G

## Guilt-Free Treats

### **Yogurt Banana Split**

**ANALYSIS:**

**Calories** 380.96 CAL **Carbohydrate** 80.93 G **Protein** 6.43 G **Fat** 8.83 G **Sodium** 91.56 MG **Potassium** 666.69 MG **Iron** 1.23 MG **Calcium** 199.64 MG **Dietary Fiber** 6.11 G **Sugar** 56.07 G **Vitamin A** 12.05 IU **Vitamin E** 0.08 MG **Thiamin** 0.12 MG **Riboflavin** 0.3 MG **Niacin** 1.48 MG **Vitamin C** 22.3 MG

**ALLERGENS:**

**Contains:** Milk, Soy

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### **Acai Banana Split**

**ANALYSIS:**

**Calories** 510.74 CAL **Carbohydrate** 72.75 G **Protein** 9.09 G **Fat** 23.06 G **Sodium** 173.79 MG **Potassium** 715.63 MG **Iron** 1.35 MG **Calcium** 27.37 MG **Dietary Fiber** 7.88 G **Sugar** 47.58 G **Vitamin A** 12.05 IU **Vitamin E** 2.65 MG **Thiamin** 0.12 MG **Riboflavin** 0.21 MG **Niacin** 5.12 MG **Vitamin C** 21.84 MG

**ALLERGENS:**

**Contains:** Eggs, Gluten, Milk, Peanuts, Soy, Tree Nuts, Wheat

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### **Funky Monkey Quesadilla**

#### **ANALYSIS:**

**Calories** 652.66 CAL **Carbohydrate** 91.56 G **Protein** 13.98 G **Fat** 29.2 G **Sodium** 543.07 MG  
**Potassium** 772.02 MG **Iron** 4.21 MG **Calcium** 193.32 MG **Dietary Fiber** 8.12 G **Sugar** 36.32  
G **Vitamin A** 12.05 IU **Vitamin E** 2.7 MG **Thiamin** 0.13 MG **Riboflavin** 0.22 MG **Niacin** 5.2  
MG **Vitamin C** 20.94 MG

#### **ALLERGENS:**

**Contains:** Gluten, Milk, Peanuts, Soy, Wheat

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### **Yogurt Parfait**

#### **ANALYSIS:**

**Calories** 330 CAL **Carbohydrate** 58.83 G **Protein** 8.83 G **Fat** 7.25 G **Sodium** 218.75 MG  
**Potassium** 324.17 MG **Iron** 0.9 MG **Calcium** 163.33 MG **Dietary Fiber** 3 G **Sugar** 34.42 G  
**Vitamin A** 750 IU **Vitamin E** Thiamin 0.04 MG **Riboflavin** 0.02 MG **Niacin** 0 MG **Vitamin C**  
3.75 MG

#### **ALLERGENS:**

**Contains:** Milk, Soy

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### **Energy Bite**

#### **ANALYSIS:**

**Calories** 119.6 CAL **Carbohydrate** 12.9 G **Protein** 3.1 G **Fat** 6.8 G **Sodium** 28.4 MG  
**Potassium** 98.7 MG **Iron** 0.9 MG **Calcium** 24.6 MG **Dietary Fiber** 2.1 G **Sugar** 7.2 G **Vitamin**  
**A** 2.1 IU **Vitamin E** 0.6 MG **Thiamin** 0.05 MG **Riboflavin** 0.02 MG **Niacin** 0.4 MG **Vitamin C** 0  
MG

**ALLERGENS: Contains:** Peanuts, Coconut

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## Salads

### **Fiesta Salad**

#### **ANALYSIS:**

**Calories** 940.05 CAL **Carbohydrate** 78.35 G **Protein** 37.95 G **Fat** 53.77 G **Sodium** 1892.88  
MG **Potassium** 1016.83 MG **Iron** 30 MG **Calcium** 266.1 MG **Dietary Fiber** 5.53 G **Sugar** 9.57  
G **Vitamin A** 6194.66 IU **Vitamin E** 0.58 MG **Thiamin** 0.34 MG **Riboflavin** 0.16 MG **Niacin**  
1.01 MG **Vitamin C** 31.06 MG

#### **ALLERGENS:**

**Contains:** Eggs, Milk

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### Harvest Apple Salad

**ANALYSIS:**

**Calories** 588.45 CAL **Carbohydrate** 55.52 G **Protein** 15.65 G **Fat** 34.73 G **Sodium** 523.77 MG **Potassium** 107.94 MG **Iron** 1.92 MG **Calcium** 159.48 MG **Dietary Fiber** 5.29 G **Sugar** 44.52 G **Vitamin A** 6390.19 IU **Vitamin E** 1.78 MG **Thiamin** 0.05 MG **Riboflavin** 0.17 MG **Niacin** 0.23 MG **Vitamin C** 20.28 MG

**ALLERGENS:**

**Contains:** Eggs, Milk, Peanuts, Soy, Tree Nuts

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### Spring Salad

**ANALYSIS:**

**Calories** 576.65 CAL **Carbohydrate** 52 G **Protein** 16.24 G **Fat** 35.29 G **Sodium** 573.12 MG **Potassium** 621.99 MG **Iron** 3.64 MG **Calcium** 207.57 MG **Dietary Fiber** 5.19 G **Sugar** 40.22 G **Vitamin A** 9874.91 IU **Vitamin E** 3.63 MG **Thiamin** 0.12 MG **Riboflavin** 0.34 MG **Niacin** 0.94 MG **Vitamin C** 36.81 MG

**ALLERGENS:**

**Contains:** Eggs, Milk, Peanuts, Soy, Tree Nuts

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## Wraps and More

### Turkey & Provolone Wrap

**ANALYSIS:**

**Calories** 475.72 CAL **Carbohydrate** 68.16 G **Protein** 28.36 G **Fat** 36.86 G **Sodium** 1589.12 MG **Potassium** 304.68 MG **Iron** 4.24 MG **Calcium** 342.72 MG **Dietary Fiber** 3.07 G **Sugar** 14.79 G **Vitamin A** 1354.71 IU **Vitamin E** 0.33 MG **Thiamin** 0.02 MG **Riboflavin** 0.01 MG **Niacin** 0.36 MG **Vitamin C** 11.31 MG

**ALLERGENS:**

**Contains:** Eggs, Gluten, Milk, Mustard, Soy, Wheat **Not Intentionally Included:** Celery, Crustacean, Fish, Molluscs, Sesame, Shellfish, Sulphites, Tree Nuts

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### Turkey & Provolone Wrap with High Fiber Low Carb Tortilla Wrap

**ANALYSIS:**

**Calories** 414.05 CAL **Carbohydrate** 30.79 G **Protein** 25.73 G **Fat** 26.25 G **Sodium** 1013.99 MG **Potassium** 194.68 MG **Iron** 0.74 MG **Calcium** 112.72 MG **Dietary Fiber** 13.07 G **Sugar** 12.05 G **Vitamin A** 1354.71 IU **Vitamin E** 0.33 MG **Thiamin** 0.02 MG **Riboflavin** 0.01 MG **Niacin** 0.36 MG **Vitamin C** 11.31 MG

**ALLERGENS:**

**Contains:** Eggs, Milk

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**Ham & Swiss Wrap**

**ANALYSIS:**

**Calories** 574.56 CAL **Carbohydrate** 59.36 G **Protein** 22.78 G **Fat** 25.35 G **Sodium** 1767.69 MG **Potassium** 1093.51 MG **Iron** 4.35 MG **Calcium** 251.94 MG **Dietary Fiber** 3.07 G **Sugar** 4.25 G **Vitamin A** 1254.8 IU **Vitamin E** 0.33 MG **Thiamin** 0.02 MG **Riboflavin** 0.01 MG **Niacin** 0.36 MG **Vitamin C** 11.31 MG

**ALLERGENS:**

**Contains:** Gluten, Wheat

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**Burrito Bowl**

**ANALYSIS:**

**Calories** 780.96 CAL **Carbohydrate** 65.75 G **Protein** 33.78 G **Fat** 49.19 G **Sodium** 1901.82 MG **Potassium** 1085.35 MG **Iron** 29.17 MG **Calcium** 126.38 MG **Dietary Fiber** 21.36 G **Sugar** 6.68 G **Vitamin A** 1191.85 IU **Vitamin E** 0.49 MG **Thiamin** 0.33 MG **Riboflavin** 0.11 MG **Niacin** 1.01 MG **Vitamin C** 38.48 MG

**ALLERGENS:**

**Contains:** Eggs, Milk

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**Quesadilla**

**ANALYSIS:**

**Calories** 1191.75 CAL **Carbohydrate** 101.66 G **Protein** 46.82 G **Fat** 67.42 G **Sodium** 2537.22 MG **Potassium** 1266.15 MG **Iron** 31.88 MG **Calcium** 577.23 MG **Dietary Fiber** 23.03 G **Sugar** 6.34 G **Vitamin A** 1683.47 IU **Vitamin E** 0.8 MG **Thiamin** 0.34 MG **Riboflavin** 0.28 MG **Niacin** 1.02 MG **Vitamin C** 20.97 MG

**ALLERGENS:**

**Contains:** Eggs, Gluten, Milk, Wheat

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Cranberry Walnut Chicken Salad on Lettuce

- Not available

Cranberry Walnut Chicken Salad on Croissant

- Not available

# Paninis

## Turkey & Provolone Panini

### ANALYSIS:

**Calories** 654.05 CAL **Carbohydrate** 66.79 G **Protein** 29.73 G **Fat** 32.75 G **Sodium** 1643.99 MG **Potassium** 304.68 MG **Iron** 4.24 MG **Calcium** 342.72 MG **Dietary Fiber** 3.07 G **Sugar** 12.05 G **Vitamin A** 1354.71 IU **Vitamin E** 0.33 MG **Thiamin** 0.02 MG **Riboflavin** 0.01 MG **Niacin** 0.36 MG **Vitamin C** 11.31 MG

### ALLERGENS:

**Contains:** Eggs, Gluten, Milk, Soy, Wheat

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## Ham & Swiss Panini

### ANALYSIS:

**Calories** 506.08 CAL **Carbohydrate** 48.82 G **Protein** 29.14 G **Fat** 22.01 G **Sodium** 1476.54 MG **Potassium** 1199.37 MG **Iron** 4.05 MG **Calcium** 299.1 MG **Dietary Fiber** 8.55 G **Sugar** 6.21 G **Vitamin A** 1186.86 IU **Vitamin E** 0.73 MG **Thiamin** 0.42 MG **Riboflavin** 0.3 MG **Niacin** 0.74 MG **Vitamin C** 16.62 MG

### ALLERGENS:

**Contains:** Gluten, Milk, Sesame, Wheat

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## Ham, Cheddar, & Apple Panini

### ANALYSIS:

**Calories** 534.98 CAL **Carbohydrate** 47.36 G **Protein** 35.56 G **Fat** 23.76 G **Sodium** 1379.76 MG **Potassium** 966.4 MG **Iron** 3.8 MG **Calcium** 499.67 MG **Dietary Fiber** 7.88 G **Sugar** 6.97 G **Vitamin A** 582.49 IU **Vitamin E** 0.5 MG **Thiamin** 0.39 MG **Riboflavin** 0.46 MG **Niacin** 0.05 MG **Vitamin C** 1.56 MG

### ALLERGENS:

**Contains:** Gluten, Milk, Sesame, Wheat

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## Smoothie Bowls

### Acai (no toppings)

#### ANALYSIS:

**Calories** 149 CAL **Carbohydrate** 29.8 G **Protein** 1.1 G **Fat** 3.2 G **Sodium** 59.1 MG **Potassium** 79.7 **Dietary Fiber** 1.1 G **Sugar** 25.5 G

#### ALLERGENS:

**Contains:** Gluten, Milk, Sesame, Wheat

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#### **Acai Fit (no toppings)**

**ANALYSIS:**

**Calories** 279 CAL **Carbohydrate** 34.8 G **Protein** 21.1 G **Fat** 6.2 G **Sodium** 59.1 MG  
**Potassium** 79.7 **Dietary Fiber** 1.1 G **Sugar** 25.5 G

**ALLERGENS:**

**Contains:** Gluten, Milk, Sesame, Wheat

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#### **NG Bowl (toppings included)**

**ANALYSIS:**

**Calories** 614.82 CAL **Carbohydrate** 100.99 G **Protein** 14.2 G **Fat** 30.53 G **Sodium** 311.06 MG  
**Potassium** 505.32 MG **Iron** 1.77 MG **Calcium** 37.88 MG **Dietary Fiber** 7.79 G **Sugar** 71.8 G  
**Vitamin A** 115.98 IU **Vitamin E** 3.72 MG **Thiamin** 0.09 MG **Riboflavin** 0.11 MG  
**Niacin** 5.34 MG **Vitamin C** 22.33 MG

**ALLERGENS:**

**Contains:** Peanuts, Soy

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#### **Hunky Monkey (no toppings)**

**ANALYSIS:**

**Calories** 612.98 CAL **Carbohydrate** 73.4 G **Protein** 29.13 G **Fat** 25.64 G **Sodium** 451.65 MG  
**Potassium** 125.22 MG **Iron** 1.61 MG **Calcium** 120.88 MG **Dietary Fiber** 11.11 G **Sugar** 43.77 G  
**Vitamin A** 125.2 IU **Vitamin E** 0.2 MG **Thiamin** 0.06 MG **Riboflavin** 0.14 MG **Niacin** 1.29 MG  
**Vitamin C** 16.97 MG

**ALLERGENS:**

**Contains:** Tree Nuts

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#### **Tropical (no toppings)**

**ANALYSIS:**

**Calories** 648.59 CAL **Carbohydrate** 75.58 G **Protein** 1.77 G **Fat** 38.25 G **Sodium** 40.06 MG  
**Potassium** 426.08 MG **Iron** 4.16 MG **Calcium** 15.51 MG **Dietary Fiber** 3.64 G **Sugar** 58.64 G  
**Vitamin A** 755.3 IU **Vitamin E** 0.63 MG **Thiamin** 0.05 MG **Riboflavin** 0.11 MG **Niacin** 1.17 MG  
**Vitamin C** 67.51 MG

**ALLERGENS:**

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## Smoothies (16 oz)

### Strawberry

#### ANALYSIS:

**Calories** 232.65 CAL **Carbohydrate** 56.36 G **Protein** 4.03 G **Fat** 0 G **Sodium** 65.45 MG  
**Potassium** 315.51 MG **Iron** 1.08 MG **Calcium** 217.82 MG **Dietary Fiber** 3 G **Sugar** 15.89 G  
**Vitamin A** 100 IU **Vitamin E** 0.01 MG **Thiamin** 0.03 MG **Riboflavin** 0.15 MG **Niacin** 0.08 MG  
**Vitamin C** 60.4 MG

#### ALLERGENS:

**Contains:** Milk

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### Strawberry Banana

#### ANALYSIS:

**Calories** 228.98 CAL **Carbohydrate** 57.84 G **Protein** 1.59 G **Fat** 0.33 G **Sodium** 90.85 MG  
**Potassium** 840.63 MG **Iron** 1.34 MG **Calcium** 25.08 MG **Dietary Fiber** 5.63 G **Sugar** 36.23 G  
**Vitamin A** 164.41 IU **Vitamin E** 0.1 MG **Thiamin** 0.03 MG **Riboflavin** 0.07 MG **Niacin** 0.67  
MG **Vitamin C** 68.73 MG

#### ALLERGENS:

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### Very Berry

#### ANALYSIS:

**Calories** 292.1 CAL **Carbohydrate** 68.01 G **Protein** 2.26 G **Fat** 1.01 G **Sodium** 90.5 MG  
**Potassium** 411 MG **Iron** 1.32 MG **Calcium** 3 MG **Dietary Fiber** 8.03 G **Sugar** 49.03 G  
**Vitamin A** 5.3 IU **Vitamin E** **Thiamin** 0.03 MG **Riboflavin** 0.07 MG **Niacin** 0.64 MG **Vitamin C**  
32.6 MG

#### ALLERGENS:

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### Green Machine

#### ANALYSIS:

**Calories** 379.02 CAL **Carbohydrate** 79.26 G **Protein** 11.92 G **Fat** 5.87 G **Sodium** 269.55 MG  
**Potassium** 1620.18 MG **Iron** 5.46 MG **Calcium** 649.44 MG **Dietary Fiber** 12.15 G **Sugar**  
54.12 G **Vitamin A** 23162.81 IU **Vitamin E** 0 MG **Thiamin** 0.29 MG **Riboflavin** 0.38 MG  
**Niacin** 2.96 MG **Vitamin C** 315.67 MG

#### ALLERGENS:

**Contains:** Tree Nuts

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### **Chunky Monkey**

#### **ANALYSIS:**

**Calories** 477.97 CAL **Carbohydrate** 71.68 G **Protein** 10.19 G **Fat** 18.66 G **Sodium** 331.69 MG **Potassium** 1024.25 MG **Iron** 1.09 MG **Calcium** 26.17 MG **Dietary Fiber** 8.25 G **Sugar** 44.82 G **Vitamin A** 128.81 IU **Vitamin E** 3.11 MG **Thiamin** 0.11 MG **Riboflavin** 0.21 MG **Niacin** 5.53 MG **Vitamin C** 17.46 MG

#### **ALLERGENS:**

**Contains:** Peanuts

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### **Pineapple-Mango**

#### **ANALYSIS:**

**Calories** 713.71 CAL **Carbohydrate** 63.17 G **Protein** 1.28 G **Fat** 50.08 G **Sodium** 56.08 MG **Potassium** 183.53 MG **Iron** 5.31 MG **Calcium** 30.27 MG **Dietary Fiber** 1.89 G **Sugar** 49.42 G **Vitamin A** 227.81 IU **Vitamin E** 0.19 MG **Thiamin** 0.01 MG **Riboflavin** 0.04 MG **Niacin** 0.2 MG **Vitamin C** 60.05 MG

#### **ALLERGENS:**

**Contains:** Milk

\*\* It is not implied nor should it be inferred that recipes that do not list allergens are free from allergens.

### **Blueberry Matcha**

#### **ANALYSIS:**

**Calories** 322.9 CAL **Carbohydrate** 33.74 G **Protein** 28.75 G **Fat** 8.11 G **Sodium** 310.4 MG **Potassium** 553.69 MG **Iron** 1.14 MG **Calcium** 433.35 MG **Dietary Fiber** 7.65 G **Sugar** 20.43 G **Vitamin A** 482.8 IU **Vitamin E** 0.02 MG **Thiamin** 0.02 MG **Riboflavin** 0.53 MG **Niacin** 0.43 MG **Vitamin C** 7.85 MG

#### **ALLERGENS:**

**Contains:** Soy

\*\* It is not implied nor should it be inferred that recipes that do not list allergens are free from allergens.

### **Recharge**

#### **ANALYSIS:**

**Calories** 900.53 CAL **Carbohydrate** 112.74 G **Protein** 2.07 G **Fat** 50.35 G **Sodium** 58.58 MG **Potassium** 472.58 MG **Iron** 5.21 MG **Calcium** 36.25 MG **Dietary Fiber** 3.7 G **Sugar** 90.58 G **Vitamin A** 159.82 IU **Vitamin E** 0.13 MG **Thiamin** 0.05 MG **Riboflavin** 0.16 MG **Niacin** 1.17 MG **Vitamin C** 52.78 MG

#### **ALLERGENS:**

**Contains:** Milk

\*\* It is not implied nor should it be inferred that recipes that do not list allergens are free from allergens.

## **Blueberry Recovery**

### **ANALYSIS:**

**Calories** 535 CAL **Carbohydrate** 53.95 G **Protein** 28.29 G **Fat** 23.4 G **Sodium** 231 MG

**Potassium** 688 MG **Iron** 1.41 MG **Calcium** 86 MG **Dietary Fiber** 10.2 G **Sugar** 29.43 G

**Vitamin A** 10.6 IU **Vitamin E** **Thiamin** 0.06 MG **Riboflavin** 0.13 MG **Niacin** 1.29 MG **Vitamin C** 20.2 MG

### **ALLERGENS:**

**Contains:** Tree Nuts

\*\* It is not implied nor should it be inferred that recipes that do not list allergens are free from allergens.