



## Frullati Smoothie Nutritional Statement

			Calories	Calcs From Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (DV %)	Vitamin C (DV %)	Calcium (DV %)	Iron (DV %)	
	Weight																	
<b>Fruit Chillers</b>																		
Apple Strawberry Sm	389	g	80	0	0.0	0.0	0	0	20	20	0	20	0	0	0	0	0	
Apple Strawberry Med	646	g	140	0	0.0	0.0	0	0	30	34	0	34	0	0	0	2	0	
Apple Strawberry Lrg	972	g	190	0	0.0	0.0	0	0	45	47	0	47	0	0	0	2	0	
Guava Strawberry Sm	382	g	90	0	0.0	0.0	0	0	10	21	0	21	0	0	45	0	0	
Guava Strawberry Med	636	g	150	0	0.0	0.0	0	0	20	35	0	34	0	0	70	2	0	
Guava Strawberry Lrg	958	g	200	0	0.0	0.0	0	0	30	49	0	48	1	0	90	2	0	
Lemon Strawberry Sm	382	g	80	0	0.0	0.0	0	0	10	22	0	21	0	0	10	2	0	
Lemon Strawberry Med	636	g	130	0	0.0	0.0	0	0	15	36	1	35	0	0	15	2	0	
Lemon Strawberry Lrg	958	g	180	0	0.0	0.0	0	0	25	50	1	49	0	0	20	4	0	
Orange Strawberry Sm	389	g	90	0	0.0	0.0	0	0	25	23	0	22	0	0	50	0	0	
Orange Strawberry Med	648	g	150	0	0.0	0.0	0	0	35	37	0	36	0	0	80	2	0	
Orange Strawberry Lrg	974	g	210	0	0.0	0.0	0	0	50	52	0	51	0	0	100	2	0	
Pineapple Strawberry Sm	377	g	100	0	0.0	0.0	0	0	5	24	1	23	1	2	20	2	2	
Pineapple Strawberry Med	629	g	160	0	0.0	0.0	0	0	10	39	2	37	1	2	25	4	2	
Pineapple Strawberry Lrg	949	g	220	0	0.0	0.0	0	0	20	55	3	52	1	2	35	6	4	
Strawberry Crush Sm	382	g	80	0	0.0	0.0	0	0	5	20	0	20	0	0	0	0	0	
Strawberry Crush Med	636	g	140	0	0.0	0.0	0	0	10	33	0	33	0	0	0	2	0	
Strawberry Crush Lrg	958	g	190	0	0.0	0.0	0	0	15	46	0	46	0	0	0	2	0	
Watermelon Strawberry Sm	382	g	80	0	0.0	0.0	0	0	5	21	0	21	0	0	40	0	0	
Watermelon Strawberry Med	636	g	140	0	0.0	0.0	0	0	10	34	0	34	0	0	60	2	0	
Watermelon Strawberry Lrg	958	g	190	0	0.0	0.0	0	0	15	48	0	48	0	0	80	2	0	
<b>Fruit Smoothies</b>																		
Banana Banana Sm	396	g	290	35	4.0	3.0	0	0	190	63	2	39	2	0	8	2	8	
Banana Banana Med	629	g	430	50	6.0	4.5	0	0	290	95	3	59	3	2	15	2	10	
Banana Banana Lrg	928	g	580	70	8.0	6.0	0	0	390	126	4	79	4	2	15	4	15	
Blueberry Banana Sm	395	g	280	35	4.0	3.0	0	0	190	60	2	38	2	0	6	2	8	
Blueberry Banana Med	626	g	410	50	6.0	4.0	0	0	290	88	3	57	2	0	6	2	10	
Blueberry Banana Lrg	926	g	550	70	8.0	6.0	0	0	390	120	4	77	3	2	10	4	15	
Blueberry Pineapple Sm	395	g	270	35	4.0	3.0	0	0	190	58	2	39	1	0	6	2	8	
Blueberry Pineapple Med	625	g	400	50	6.0	4.0	0	0	290	86	3	57	2	0	6	2	10	
Blueberry Pineapple Lrg	924	g	540	70	8.0	6.0	0	0	390	115	3	77	3	2	10	4	15	
Mango Banana Sm	395	g	280	35	4.0	3.0	0	0	190	61	2	40	2	4	15	2	8	
Mango Banana Med	626	g	420	50	6.0	4.5	0	0	290	91	3	60	2	10	30	2	10	
Mango Banana Lrg	926	g	560	70	8.0	6.0	0	0	390	123	4	80	3	10	35	4	15	
Orange Orange Sm	447	g	290	30	3.5	3.0	0	0	210	64	0	46	1	0	45	2	8	
Orange Orange Med	698	g	430	50	5.0	4.0	0	0	310	95	1	68	2	0	60	2	10	
Orange Orange Lrg	1078	g	600	60	7.0	6.0	0	0	420	133	1	97	2	0	110	2	15	
Peach Mango Sm	394	g	270	35	3.5	3.0	0	0	190	57	1	39	2	6	60	2	1	
Peach Mango Med	625	g	400	50	5.0	4.0	0	0	290	85	2	57	2	8	110	2	10	
Peach Mango Lrg	924	g	530	70	7.0	6.0	0	0	390	115	2	78	3	10	120	4	15	
Pineapple Coconut Orange Sm	399	g	280	40	4.0	3.5	0	0	200	59	1	41	1	0	15	2	8	
Pineapple Coconut Orange Med	630	g	410	50	6.0	4.5	0	0	300	89	2	61	2	0	20	2	10	
Pineapple Coconut Orange Lrg	926	g	540	70	8.0	6.0	0	0	400	116	2	80	3	0	30	4	15	
Pineapple Peach Sm	390	g	260	35	3.5	3.0	0	0	190	56	1	38	2	2	50	2	8	
Pineapple Peach Med	617	g	400	50	5.0	4.0	0	0	290	85	2	58	2	2	60	2	10	
Pineapple Peach Lrg	916	g	530	70	7.0	6.0	0	0	390	113	2	76	3	4	100	4	15	
Raspberry Banana Sm	395	g	270	35	3.5	3.0	0	0	190	59	2	37	2	0	15	2	8	
Raspberry Banana Med	626	g	400	50	6.0	4.0	0	0	290	87	2	55	3	0	20	2	10	
Raspberry Banana Lrg	926	g	550	70	7.0	6.0	0	0	390	118	3	75	4	2	25	4	15	
Strawberry Banana Sm	395	g	290	35	3.5	3.0	0	0	190	64	2	43	2	0	25	2	8	
Strawberry Banana Med	619	g	440	50	6.0	4.0	0	0	290	96	3	66	2	0	45	2	15	
Strawberry Banana Lrg	912	g	580	70	7.0	6.0	0	0	390	128	4	85	3	2	50	4	15	
Strawberry Peach Sm	394	g	280	35	3.5	3.0	0	0	190	60	1	42	2	2	70	2	8	
Strawberry Peach Med	625	g	420	50	5.0	4.0	0	0	290	92	2	65	2	2	90	2	15	
Strawberry Peach Lrg	924	g	550	70	7.0	6.0	0	0	390	120	2	83	3	4	140	4	15	
Triple Berry Sm	422	g	290	35	4.0	3.0	0	0	190	63	3	43	2	0	15	2	8	
Triple Berry Med	625	g	410	50	6.0	4.0	0	0	290	88	3	59	2	0	15	2	10	
Triple Berry Lrg	924	g	540	70	8.0	6.0	0	0	390	115	4	77	3	0	25	4	15	
<b>Sweet Smoothies</b>																		
Chocolate Banana Sm	395	g	340	35	3.5	3.0	0	0	210	74	1	50	2	0	4	2	8	
Chocolate Banana Med	619	g	530	50	5.0	4.0	0	0	330	116	2	81	4	0	4	2	15	
Chocolate Banana Lrg	926	g	670	70	7.0	6.0	0	0	430	148	3	101	5	0	8	4	20	
Cookies and Cream Sm	348	g	290	50	6.0	3.5	0	0	250	58	1	37	1	0	0	2	10	
Cookies and Cream Med	563	g	460	90	10.0	6.0	0	0	410	91	1	58	3	0	0	2	15	
Cookies and Cream Lrg	844	g	630	130	14.0	8.0	0	0	570	124	2	79	4	0	0	2	20	
Mocha Java Sm	394	g	310	30	4.5	3.0	0	0	210	67	0	47	2	0	0	2	8	
Mocha Java Med	625	g	500	50	5.0	4.0	0	0	330	110	1	78	3	0	0	2	15	
Mocha Java Lrg	924	g	620	60	7.0	6.0	0	0	430	135	1	94	4	0	0	2	15	
Peanut Butter Banana Sm	405	g	480	200	23.0	7.0	0	0	370	64	4	39	11	0	4	2	10	
Peanut Butter Banana Med	637	g	630	220	25.0	8.0	0	0	460	96	5	59	12	0	8	4	15	
Peanut Butter Banana Lrg	945	g	970	410	45.0	13.0	0	0	740	128	7	79	22	0	8	6	25	
Peanut Butter Chocolate Sm	403	g	530	200	23.0	7.0	0	0	380	75	3	50	11	0	0	2	10	
Peanut Butter Chocolate Med	635	g	720	220	24.0	8.0	0	0	500	117	3	81	13	0	0	4	15	
Peanut Butter Chocolate Lrg	942	g	1060	410	45.0	13.0	0	0	770	149	5	101	23	0	0	6	25	

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<b>Lemonade</b>																
Lemonade Sm	340 g	90	0	0.0	0.0	0	0	10	27	0	23	0	0	40	2	0
Lemonade Med	595 g	160	0	0.0	0.0	0	0	15	48	0	42	0	0	70	2	0
Lemonade Lrg	906 g	240	0	0.0	0.0	0	0	20	75	1	66	1	0	110	4	0
Raspberry Lemonade Sm	355 g	90	0	0.0	0.0	0	0	10	28	0	24	0	0	45	2	0
Raspberry Lemonade Med	623 g	170	0	0.0	0.0	0	0	15	51	1	44	0	0	80	2	0
Raspberry Lemonade Lrg	950 g	260	0	0.0	0.0	0	0	25	79	1	68	1	0	130	4	2
Strawberry Lemonade Sm	355 g	100	0	0.0	0.0	0	0	10	30	0	27	0	0	50	2	0
Strawberry Lemonade Med	623 g	180	0	0.0	0.0	0	0	15	55	1	49	1	0	90	2	2
Strawberry Lemonade Lrg	950 g	280	0	0.0	0.0	0	0	25	86	1	76	1	0	140	4	2
<b>Supplements**</b>																
Bee Pollen	2 g	6	1	0.1	0.1	0	0	0	1	0	--	0	0	1	2	0
Brewers Yeast	2 g	8	1	0.1	0.0	0	0	0	1	0	0	1	0	0	1	0
Creatine	2 g	4	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0
Echinacea	2 g	7	0	0.0	0.0	--	0	0	2	1	0	0	7	1	6	0
Ginseng	2 g	7	1	0.1	0.1	--	--	2	2	0	0	0	--	--	0	0
Lecithin	8 g	60	36	4.0	1.0	0	0	2	1	0	--	0	--	--	59	--
Multi-Vitamin Blend	6 g	15	0	0.0	0.0	0	0	0	3	0	0	0	5000	60	1000	18
Protein-Whey	10 g	40	1	0.1	0.0	0	0	25	0	0	0	10	0	0	58	0
Spirulina	2 g	8	0	0.1	0.1	--	--	0	0	0	0	1	1488	0	0	0
Wheat Germ	6 g	25	5	0.6	0.0	0	0	1	3	1	1	2	0	0	0	0
Wheat Grass	2 g	6	1	0.1	--	--	--	1	1	1	--	--	1000	6	10	1
The Nutritional Information Frullati has provided is based on standard product formulations. Product variations may occur based on regional differences, ingredient substitutions, seasonal conditions, differences in product production at the store, and suppliers. Some items listed may not be available in all stores. This list may not include test products, limited time offers, and regional menu variations.																
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