



Frullati Smoothie Nutritional Statement

|  | | Weight | Calories | Cals 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 %) |
|---|------|--------|----------|----------------------|---------------|-------------|---------------|------------------|-------------|-------------------|-----------|-----------|-------------|------------------|------------------|----------------|-------------|
| | | | | | | | | | | | | | | | | | |
| Fruit Chillers | | | | | | | | | | | | | | | | | |
| 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 Strawberry Sm | 382 | g | 80 | 0 | 0.0 | 0.0 | 0 | 0 | 5 | 20 | 0 | 20 | 0 | 0 | 0 | 0 | 0 |
| Strawberry Strawberry Med | 636 | g | 140 | 0 | 0.0 | 0.0 | 0 | 0 | 10 | 33 | 0 | 33 | 0 | 0 | 0 | 2 | 0 |
| Strawberry Strawberry 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 |
| Fruit Smoothies | | | | | | | | | | | | | | | | | |
| 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 |
| Sweet Smoothies | | | | | | | | | | | | | | | | | |
| 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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|---|--------|----------|----------------------|---------------|-------------|---------------|------------------|-------------|-------------------|-----------|-----------|-------------|------------------|------------------|----------------|-------------|
| Lemonade | | | | | | | | | | | | | | | | |
| 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 |
| Supplements** | | | | | | | | | | | | | | | | |
| 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 |
| <p>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.</p> <p>**These supplements have not been evaluated by the FDA. They are not intended to diagnose, prevent, treat, mitigate or cures, any disease but rather as a dietary supplement intended only for nutritional support to a well balanced diet of food. Please consult your physician before starting any supplement program, especially if you are pregnant, nursing or taking medication. These products are not recommended for children.</p> | | | | | | | | | | | | | | | | |