



Nutritional Information

Smoothie Bowls	<i>Calories</i>	<i>Protein</i>	<i>Fat</i>	<i>Carbs</i>	<i>Fiber</i>
<i>Australian Outback</i>					
Kids	182	2.25	9	35	3
Small	478	9.3	19	72	9
Regular	774	17	19.7	118	15
Large	1,229	27	59	188	37
<i>Bali Breeze Bowl</i>					
Kids	171	.4	7	30	3
Small	326	1.5	11.5	58.1	8
Regular	548	8	19	100	14
Large	828	12.8	20	147	23.9
<i>Barrier Reef</i>					
Kids	182	1	4	34.8	3.2
Small	337	4	8.6	62.1	6.6
Regular	574	8.3	16.1	100	14.7
Large	892	16.7	35.8	158.5	25.1
<i>Blue Bayou</i>					
Kids	216	1.9	1.7	45.8	3.1
Small	457	4.6	3.5	105	6.8
Regular	651	7	4.7	155.5	10.5
Large	966	12.3	9	224.5	16.6
<i>Bora Bora</i>					
Kids	196	2.13	2.55	43.8	4.88
Small	365	5.25	5.1	79.7	9.8
Regular	566.5	8.7	7.9	120.8	14.4
Large	884	14.5	12.2	193.3	22.4
<i>Florida Sunshine</i>					
Kids	203.5	2.3	1.9	46	2.5
Small	367	4.9	3.7	80	5.4
Regular	609	8.1	5.1	137	9.5
Large	905	12.3	9.4	199.2	13.1
<i>Forest Grove</i>					
Kids	213	2.1	1.7	48	5
Small	399	5.2	3.4	88	9.8
Regular	592	8.2	4.4	127	16.1
Large	919	15.8	17.6	198	26.6
<i>Georgia Peach Bowl</i>					
Kids	190	2.1	5.7	35	3.6
Small	375	5.3	12.5	69.7	7.6
Regular	561	8.4	19.5	103.3	14.5
Large	904	13.2	27.5	168.8	23.2
<i>Golden Gate Bowl</i>					
Kids	224	1.9	1.7	45.8	3.1
Small	465	4.6	3.5	105	6.8
Regular	659	7	4.7	155.5	10.5



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	<i>Calories</i>	<i>Protein</i>	<i>Fat</i>	<i>Carbs</i>	<i>Fiber</i>
Large	974	12.3	9	224.5	16.6
<i>Havana Fire Bowl</i>					
Kids	183	2.7	2.3	42.7	3.2
Small	349	4.3	7.5	81.6	7
Regular	554	8.1	5.3	129	11.8
Large	879	13	9.7	199	18.1
<i>Hawaiian Sunrise Bowl</i>					
Kids	180.75	2.3	5.5	35.1	4.6
Small	339	4.4	8.9	65.3	9
Regular	581	7.6	12.9	116.1	15.4
Large	912	12.2	18	182	22.2
<i>Rhythm and Blues Bowl</i>					
Kids	186	1.8	4.4	34.9	3.8
Small	373	5.2	9.3	70.8	7.7
Regular	570	8.6	16.9	98	15.6
Large	843	13	25	152.2	22.1
<i>Rio Bowl</i>					
Kids	188	1.4	7	33.8	3
Small	295	3.8	11.7	64.1	5.5
Regular	615	7.8	14.8	117.8	14
Large	962	11.8	28	187	22
<i>Swiss Alps Bowl</i>					
Kids	233	1.6	6.2	43.1	4.4
Small	389	4.4	11.1	73.1	6.2
Regular	624	7.4	16.8	114	12
Large	914	12.3	23.6	164.5	19.4
<i>Table Rock Bowl</i>					
Kids	182	2.4	4.7	36.6	5.1
Small	363	5.2	7.8	73.5	11
Regular	546	8.2	10.4	113.5	18.2
Large	882	14.1	15.7	180.5	25.1
<i>Tahiti Lime Bowl</i>					
Kids	229	2.7	7.50	37.9	6.6
Small	390	5.1	12.6	70	9.7
Regular	600	7.9	20.3	115.3	19.4
Large	955	12.7	28.6	189.3	27.1
<i>Yumberry Bowl (The O.G)</i>					
Kids	177	2	4.2	30.8	6.5
Small	319	3.8	8.2	59.2	7.7
Regular	526	6.9	14.9	91.8	18.3
Large	775	10.9	21.7	140.3	24.5

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.