



# SMOOTHIE KING®

## Full Ingredient List

Nutritious Smoothie Meals		
	Between 7 & 45g Protein in a 20oz. Cup	Calories
<b>The Activator®</b>	Vanilla, Chocolate or Strawberry Bananas, Protein Blend, Gladiator Protein, Turbinado, Muscle Builder Enhancer & Non-Fat Milk	340-493/510-740 /680-986
<b>Banana Boat®</b>	Bananas, Vanilla Frozen Yogurt, Vanilla Protein Blend & Turbinado	477/699/955
<b>Gladiator®5</b>	Your Choice of Two Fruits & Gladiator Protein	205-632/213-843 /220-1054
<b>Greek Yogurt - Carrot Orange</b>	Chobani® Greek Yogurt, Carrots, Orange Juice, Apple Juice, Kiwi Juice Blend, Bananas, Non-fat Milk, Vanilla Protein Blend, Electrolyte Mix, Fiber Blend	335/503/670
<b>Greek Yogurt - Pineapple Mango</b>	Chobani® Greek Yogurt, Pineapple, Mango Juice Blend, Passion Fruit Juice Blend, Bananas, Non-fat Milk, Vanilla Protein Blend, Electrolyte Mix, Fiber Blend	320/480/640
<b>Greek Yogurt - Strawberry Blueberry</b>	Chobani® Greek Yogurt, Strawberries, Blueberry Juice Blend, Non-fat Milk, Vanilla Protein Blend, Electrolyte Mix, Fiber Blend	332/498/664
<b>Green Tea Tango®5</b>	Your Choice of One Fruit, Vanilla Frozen Yogurt, Vanilla Protein Blend, Turbinado, Soy Protein & Matcha Green Tea	295-498/443-747 /590-996
<b>High Protein Smoothie 4,6</b>	Almond Mocha, Banana, Chocolate, Lemon or Pineapple Whey Protein, Protein Blend & Almonds	314-372/471-558 /628-744
<b>Lean 1™ 4,6</b>	Chocolate, Strawberry or Vanilla Lean 1 Protein Blend, Chocolate or Vanilla contains Almonds & Bananas, Strawberry contains Strawberries	273-293/410-440 /546-586
<b>Peanut Power Plus™3</b>	Strawberry or Chocolate Peanut Butter, Bananas, Turbinado, Non-Fat Milk & Soy Protein	680-698/1020-1047 /1360-1396
<b>Power Punch Plus®</b>	(Not Gluten Free) Strawberries, Bananas, Soy Protein, Non-Fat Milk, Nutrient Mix, Vanilla, Wheat Germ, Nutritional Yeast & Turbinado	448/672/896
<b>Slim-N-Trim™6</b>	Chocolate, Strawberry, Vanilla or Orange Vanilla Bananas, Protein Blend & Turbinado	208-378/312-567 /416-756
<b>The Hulk™ 1,6</b>	(Not Gluten Free) Chocolate, Strawberry or Vanilla Butter Pecan Ice Cream, Bananas, Weight Gain Blend, Protein Blend, Non-Fat Milk, Turbinado, Wheat Germ & Vanilla	801-964/1202-1446 /1602-1928
<b>The Shredder™6</b>	Vanilla, Chocolate or Strawberry Gladiator Protein, Diet Down Enhancer & Protein Blend	283-356/425-534 /566-712
<b>Yogurt D-Lite®5</b>	Vanilla Frozen Yogurt, Choice of One Fruit, Vanilla Protein Blend, Turbinado, Non-Fat Milk & Soy Protein	210-250/522-825 /696-1100

Refreshing Fruit Smoothies		
	Less than 1g Fat & Under 400 Calories in a 20oz. Cup	Calories
<b>Angel Food™</b>	Strawberries, Bananas, Non-Fat Milk, Vanilla, Turbinado & Soy Protein	350/525/700
<b>Banana Berry Treat®*</b>	Strawberries, Raspberry Sorbet, Bananas, Vanilla Protein Blend & Turbinado	360/540/720
<b>Berry Punch™</b>	Strawberries, Blueberry Juice Blend, Raspberry Sorbet & Electrolyte Mix	360/540/720
<b>Blueberry Heaven®</b>	Blueberry Juice Blend, Bananas, Vanilla Protein Blend	325/487/650
<b>Caribbean Way®</b>	Strawberries, Bananas, Papaya Juice Blend & Turbinado	395/595/790
<b>Fruit Fusion®</b>	Apple Juice, Orange Juice, Mango Sorbet, Vanilla Protein Blend & Non-Fat Milk	355/533/710
<b>Immune Builder®2</b>	Bananas, Strawberries, Herbal Nutrient Blend, Turbinado & Soy Protein	380/570/760
<b>Island Impact®</b>	Pineapple, Mango Sorbet, Mango Juice Blend, Papaya Juice Blend, Vanilla Protein Blend	310/465/620
<b>Mangofest™</b>	Pineapple, Mango Juice Blend, Orange Juice	285/425/570
<b>Mangosteen Madness™</b>	Mangosteen Juice Blend, Strawberries, Papaya Juice Blend, Kiwi Juice Blend, Turbinado & Soy Protein	380/570/765
<b>Passion Passport®</b>	Bananas, Passion Fruit Juice Blend, Papaya Juice Blend, Mango Juice Blend, Turbinado & Soy Protein	395/595/790
<b>Pomegranate Punch™*</b>	Pomegranate Juice Blend, Bananas, Apple Juice, Blueberry Juice Blend & Turbinado	395/600/790
<b>Pure Recharge</b>	Mango Strawberry or Strawberry. Mango Strawberry - Strawberries, Mango Juice Blend, Pure Recharge Concentrate, Electrolyte Mix. Strawberry - Strawberries, Pure Recharge Concentrate, Nutrient Mix, Vanilla Protein Blend, Electrolyte Mix.	210-250/315-375/420-500
<b>Strawberry Kiwi Breeze®</b>	Strawberries, Kiwi Juice Blend, Papaya Juice Blend & Vanilla Protein Blend	375/560/750
<b>Strawberry X-Treme®</b>	Strawberries, Papaya Juice Blend & Soy Protein	320/500/680
<b>Veggie Blend - Apple Kiwi Kale®</b>	Kale, Apple Juice, Kiwi Juice Blend, Bananas, Electrolyte Mix	277/416/554
<b>Veggie Blend - Berry Carrot Dream®</b>	Carrots, Orange Juice, Apple Juice, Strawberries, Bananas, Electrolyte Mix	278/417/556
<b>Veggie Blend - Carrot Kale Dream®</b>	Carrots, Kale, Bananas, Orange Juice, Apple Juice, Vanilla Protein Blend	222/333/444

Local Selections		
	Specially picked by us, for you . . .	Calories
<b>Acai Adventure®*</b>	Acai, Apple Juice, Blueberry Juice Blend, Vanilla Protein Blend & Turbinado	435/652/870
<b>Celestial Cherry High™</b>	Bananas, Black Cherry, Papaya Juice Blend & Turbinado	257/386/514
<b>Cherry Picker®*</b>	Black Cherry, Strawberries, Apple Juice, Soy Protein, Vanilla Protein Blend, Electrolyte Mix & Turbinado	273/409/545
<b>Coconut Surprise®</b>	(Not Gluten Free) Bananas, Pineapple, Coconut, Turbinado, Non-Fat Milk, Vanilla & Wheat Germ	460/690/920
<b>Hearty Apple®</b>	Apple Juice, Bananas, Nutrient Mix, Vanilla Protein Blend, Soy Protein & Cinnamon	405/610/810
<b>Lemon Twist Strawberry®</b>	Strawberries, Lemon Juice Blend, Papaya Juice Blend, Turbinado & Soy Protein	398/595/794
<b>Light &amp; Fluffy®</b>	Bananas, Strawberries, Orange Juice & Turbinado	395/595/790
<b>Muscle Punch®</b>	(Not Gluten Free) Strawberries, Bananas, Non-Fat Milk, Vanilla, Wheat Germ, Nutritional Yeast, Turbinado & Soy Protein	360/540/720
<b>Orange Ka-BAM®</b>	Bananas, Orange Juice, Mango Juice Blend, Electrolyte Mix & Turbinado	465/695/930
<b>Peach Slice Plus®</b>	Peaches, Strawberries, Papaya Juice Blend, Non-Fat Milk, Soy Protein & Turbinado	400/600/800
<b>Pep Upper®*</b>	Strawberries, Passion Fruit Juice Blend, Papaya Juice Blend, Vanilla Protein Blend, Turbinado & X-Treme Caffeine	410/615/820
<b>Pina Colada Island®</b>	Pineapple, Coconut, Vanilla Protein Blend, Non-Fat Milk, Turbinado & Vanilla	600/900/1200
<b>Pineapple Pleasure®</b>	Pineapple, Bananas, Papaya Juice Blend, Turbinado & Soy Protein	280/420/560
<b>Pineapple Surf®</b>	Pineapple, Strawberries, Kiwi Juice Blend, Vanilla Protein Blend, Vanilla & Turbinado	461/693/923
<b>Raspberry Collider™</b>	Bananas, Raspberry Sorbet, Raspberry Puree, Orange Juice & Electrolyte Mix	340/510/680
<b>Raspberry Sunrise™</b>	Raspberry Puree, Turbinado & Soy Protein	330/495/660
<b>Super Punch Plus®</b>	Strawberries, Bananas, Papaya Juice Blend & Electrolyte Mix	395/590/790
Kids Cups		
	100% of the RDA Vitamins for Kids	calories
<b>Apple Kiwi Bunga</b>	Kale, Apple Juice, Kiwi Juice Blend, Bananas, Electrolyte Mix, Multi-Vitamin Enhancer	153
<b>Choc-A Laka™</b>	Vanilla Frozen Yogurt, Chocolate Protein Blend, Cocoa & Multi-Vitamin Enhancer.	210
<b>Lil' Angel™</b>	Strawberries, Bananas, Soy Protein & Multi-Vitamin Enhancer.	210
<b>Strawberry Bluegurt Blitz</b>	Chobani® Greek Yogurt, Strawberries, Blueberry Juice Blend, Non-Fat Milk, Vanilla Protein Blend, Electrolyte Mix, Multi-Vitamin Enhancer.	179

# Enhancers

Enhance your Smoothie King® Nutritional Smoothie with one of our Smoothie Enhancers. Our Enhancers are recommended for adults 18 and older.

**Energy** - Contains Ginkgo Biloba and Siberian Ginseng. This formula is designed to help increase energy, brain function, mental alertness and is stimulant free. Calories = 25

**Muscle Builder** - Contains 100% pure Creatine Monohydrate and the amino acids L-Glutamine and Taurine. This formula can help to build muscle as well as increase strength and endurance. It can also help speed up recovery time after workouts. Calories = 5

**Fiber Blend** - 8g of soluble fiber. Helps protect against heart disease, diabetes, diverticular disease and constipation. Calories = 30

**Diet Down** - Contains Chromium to help burn carbohydrates and fats, Green Tea to increase fat metabolism, L-Carnitine helps the body produce energy, 5 HTP to decrease the appetite and Fiber to slow down digestion to keep us feeling fuller for longer. Caution: Do not consume this enhancer if pregnant, lactating or currently taking antidepressants. Calories = 30

**Antioxidant** - Contains Pomegranate, Goji, Acai, Vitamins A, C, E and Selenium. Helps protect cells from free radical damage. Calories = 25

**Caffeine Charge** - Contains pure powdered Caffeine and MSM. The Caffeine/MSM synergy helps support quick energy, mental clarity and sustained energy boost. The amount of Caffeine in this enhancer is 125mg, which is equal to 1 cup of coffee. Calories = 20

**Multi Vitamin** - Contains all of the B-Complex Vitamins that help to promote a healthy cardiovascular system, nervous system, hair, skin and nails and also assists in converting food into energy. The antioxidant Vitamins C and E, and the minerals Zinc and Selenium, along with other nutrients are a vital part of this formula to support immune function and protect cells from the damaging effects of free radicals. Calories = 25

**Immune** - Contains Vitamin C, Green Tea, Zinc, Echinacea, Selenium and Beta Carotene. This formula supports immune function while providing antioxidant protection. CAUTION: Not recommended for individuals with autoimmune conditions. If you are pregnant or nursing, consult your health care professional before using this product. Calories = 20

**Pure Recharge** - Natural Green Coffee Bean Extract, Raspberry Ketones, CoffeeBerry® Brand Whole Coffee Fruit Concentrate, Green Tea Extract, Yerba Mate Extract, Ginkgo Biloba Extract. All natural blend of vitamins and herbs that help provide sustained energy. Calories = 0

**Probiotic** - Contains healthy bacteria which helps maintain a healthy intestinal tract and supports the immune system. Calories = 0

\*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.

- The Hulk™ smoothies contain Pecans from Butter Pecan Ice Cream.
- Immune Builder® smoothie contains Echinacea. NOT RECOMMENDED FOR INDIVIDUALS WITH AUTOIMMUNE CONDITIONS. IF YOU ARE PREGNANT OR NURSING, CONSULT YOUR HEALTH CARE PROFESSIONAL BEFORE USING THIS PRODUCT.
- Peanut Power Plus™ smoothie contains Peanut Butter.
- High Protein smoothies and Lean 1 contain Almonds.
- Nutritional information will vary depending on the fruits/juices you choose.
- Nutritional information will vary depending on the flavor you choose.

\* These smoothies contain a smaller amount of Turbinado and you save 50 calories and 11.5g carbs.

All smoothies are gluten free with the exception of Power Punch Plus, Muscle Punch, The Hulk, and Coconut Surprise.

Some Smoothie King® Nutritional Smoothies are not listed on our menu board- ask your team member for availability.

Nutritional information is calculated based upon correct portioning of Smoothie King's standard recipes. Because our smoothies may be customized, exact information may vary. For any additional information, please call 1-800-577-4200.

**If you have food allergies, please let us know so that we may take extra precautions when making your smoothie.**