

**BLENDED DRINKS
GRANITA**

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
PLAIN GRANITA	12oz Plain	334	8	6	25	25	8	113	36
No flavor	16oz Plain	445	12	7	36	36	12	164	52
	20oz Plain	557	17	11	50	50	17	225	72
	32oz Plain	890	23	15	68	68	23	308	98
MOCHA	12oz	358	9	6	28	28	9	135	40
w/ choc. milk	16oz	469	13	8	39	39	13	186	56
	20oz	605	18	12	53	53	18	247	76
	32oz	938	24	16	71	71	24	330	102
w/ Hershey choc	12oz	434	8	6	50	45	8	138	36
	16oz	570	12	7	67	61	12	195	52
	20oz	682	17	11	81	75	17	256	72
	32oz	1015	23	15	99	93	23	339	98
SNOWY MOCHA	12oz	369	8	6	34	34	8	113	36
	16oz	489	12	7	47	47	12	164	52
	20oz	610	17	11	63	63	17	225	72
	32oz	960	23	15	86	86	23	308	98
VANILLA MOCHA	12oz	393	9	6	37	37	9	135	40
	16oz	513	13	8	50	50	13	186	56
	20oz	633	18	12	66	66	18	247	76
	32oz	984	24	16	89	89	24	330	102
CARAMEL	12oz	374	8	5.5	34.5	34	8	113	36
w/ syrup	16oz	485	12	7	45.5	45	12	164	52
	20oz	597	16.5	11	59	58.5	16.5	225	72
	32oz	930	22.5	15	77	76.5	22.5	308	98
w/ real caramel	12oz	464	10	7	53	49	9	213	41
	16oz	608	15	9	71	66	13	289	58
	20oz	752	20	13	92	86	18	375	80
	32oz	1085	26	17	110	104	24	458	106
CARAMEL MOCHA	12oz	488	11	8	56	52	10	235	45
w/real caramel	16oz	631	16	9	74	69	14	311	62
	20oz	776	21	14	95	89	19	397	84
	32oz	1174	28	19	127	119	26	530	112
IRISH CREAM BREVE	12oz	404	11	8	35	35	9	128	51
	16oz	524	15	9	48	48	13	179	67
	20oz	645	20	13	64	64	18	240	87
	32oz	995	26	17	87	87	24	323	113
OTHER FLAVORS	12oz	369	8	6	34	34	8	113	36
w/ syrups	16oz	489	12	7	47	47	12	164	52
	20oz	610	17	11	63	63	17	225	72
	32oz	960	23	15	86	86	23	308	98

HAND BLENDED GRANITA

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
DECAF PLAIN	8oz	132	4	3	24	20	2	58	5
w/ ice cream base	12oz	229	6	5	42	37	3	98	5
	16oz	229	6	5	42	37	3	98	5
	20oz	294	8	6	54	48	4	124	5
	32oz	423	11	9	79	70	5	178	5
DECAF MOCHA	8oz	207	4	3	42	35	2	76	5
	12oz	329	6	5	67	57	3	123	5
	16oz	354	6	5	73	62	3	129	5
	20oz	444	8	6	92	78	4	162	5
	32oz	623	11	9	129	110	5	228	5

LOW FAT GRANITA -BLENDED

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
LOW FAT GRANITA w/ yogurt base	8oz	133	2	2	27	23	3	72	2
	12oz	230	5	4	45	39	4	112	2
	16oz	230	5	4	45	39	4	112	2
	20oz	295	6	5	57	50	4	139	2
	32oz	424	10	8	82	72	6	192	2

LOW-CARB GRANITA

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
VANILLA	12oz	135	6	3	20	3	4	130	15
	16oz	170	9	5	21	4	5	145	30
	20oz	220	11	5	31	5	7	203	30
MOCHA	12oz	125	8	3	15	3	7	205	15
	16oz	160	11	5	16	4	8	220	30
	20oz	205	14	5	23	5	11	315	30
W/OUT ESPRESSO									
VANILLA	12oz	275	18	11	24	7	8	190	75
	16oz	310	21	13	25	8	9	205	90
	20oz	430	29	17	37	11	13	293	120
MOCHA	12oz	265	20	11	19	7	11	265	75
	16oz	300	23	13	20	8	12	280	90
	20oz	415	32	17	29	11	17	405	120

GREEN TEA SMOOTHIES

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
w/ ice cream base	8oz	78	3	2	11	8	2	41	10
	12oz	103	4	3	15	11	3	56	13
	16oz	121	4	3	17	13	3	65	15
	20oz	161	6	4	23	17	4	87	20
	32oz	242	9	6	35	25	6	130	30
LOW FAT w/ yogurt base	8oz	80	0	0	17	13	3	70	4
	12oz	106	1	1	22	17	4	93	5
	16oz	124	1	1	26	20	5	109	6
	20oz	165	1	1	35	27	6	145	8
	32oz	248	1	1	53	40	9	217	12

ACAI SMOOTHIE

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	256	2	0	44	2	2	40	0
	12oz	320	3	0	55	3	3	50	0
	16oz	384	4	0	66	3	3	60	0
	20oz	448	4	0	77	4	4	70	0
	32oz	768	7	0	132	6	6	120	0

BLENDED CHAI / MATE

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
CHAI	8oz	96	1	0	23	20	1	17	3
	12oz	133	1	1	30	26	1	28	5
	16oz	170	2	1	38	32	2	38	8
	20oz	207	3	2	45	39	2	49	10
	32oz	339	4	2	75	65	3	77	15
SF CHAI	8oz	17.5	0.625	0.375	2.5	1.75	0.5	8.75	2.5
	12oz	35	1	1	5	4	1	18	5
	16oz	53	2	1	8	5	2	26	8
	20oz	70	3	2	10	7	2	35	10
	32oz	105	4	2	15	11	3	53	15
ORIGINAL MATE	8oz	88	1	0	19	18	1	9	3
	12oz	123	1	1	25	24	1	18	5
	16oz	158	2	1	32	29	2	26	8
	20oz	193	3	2	38	35	2	35	10
	32oz	315	4	2	63	59	3	53	15

CHOCOLATE SMOOTHIE	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	180	6	4	30	26	4	102	13
	12oz	324	10	7	54	49	7	186	21
	16oz	372	12	8	60	55	9	230	29
	20oz	501	16	10	81	73	12	309	40
	32oz	743	24	16	120	109	18	459	58

FROZEN HOT CHOCOLATE	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	155	5	3	26	20	4	95	10
	12oz	258	8	5	45	35	6	164	13
	16oz	275	9	6	47	37	6	173	15
	20oz	367	12	8	63	49	8	230	20
	32oz	550	18	12	94	73	12	345	30

VANILLA SMOOTHIE	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	167	5	4	29	24	3	75	10
	12oz	282	8	6	50	42	5	124	13
	16oz	299	9	6	52	44	5	133	15
	20oz	399	11	8	69	58	7	177	20
	32oz	598	17	13	104	87	10	265	30

TORANI FRUIT SMOOTHIE	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
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STAWBERRY w/ ICB	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	206	1	0	51	46	1	9	3
	12oz	270	1	1	65	59	1	18	5
	16oz	335	2	1	80	71	2	26	8
	20oz	399	3	2	94	84	2	35	10
	32oz	669	4	2	159	143	3	53	15

STRAW/BANANA w/ ICB	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	186	1	0	47	44	1	17	3
	12oz	245	1	1	60	56	1	28	5
	16oz	305	2	1	74	68	2	38	8
	20oz	364	3	2	87	81	2	49	10
	32oz	609	4	2	147	137	3	77	15

BLUEBERRY/POM. w/ ICB	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	178	1	0	45	4	1	13	3
	12oz	235	1	1	58	6	1	23	5
	16oz	293	2	1	71	8	2	32	8
	20oz	350	3	2	84	11	2	42	10
	32oz	585	4	2	141	17	3	65	15

GREEN APPLE w/ ICB	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	178	1	0	47	42	1	17	3
	12oz	235	1	1	60	54	1	28	5
	16oz	293	2	1	74	65	2	38	8
	20oz	350	3	2	87	77	2	49	10
	32oz	585	4	2	147	131	3	77	15

MANGO w/ ICB	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	178	1	0	45	42	1	13	3
	12oz	235	1	1	58	54	1	23	5
	16oz	293	2	1	71	65	2	32	8
	20oz	350	3	2	84	77	2	42	10
	32oz	585	4	2	141	131	3	65	15

PEACH w/ ICB	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	178	1	0	45	42	1	9	3
	12oz	235	1	1	58	54	1	18	5
	16oz	293	2	1	71	65	2	26	8
	20oz	350	3	2	84	77	2	35	10
	32oz	585	4	2	141	131	3	53	15

PINA COLADA w/ ICB	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	198	2	1	45	42	1	25	3
	12oz	260	3	1	58	54	1	38	5
	16oz	323	3	2	71	65	2	50	8
	20oz	385	4	2	84	77	2	63	10
	32oz	645	7	3	141	131	3	101	15

RASPBERRY w/ ICB	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	166	1	0	43	38	1	25	3
	12oz	220	1	1	55	49	1	38	5
	16oz	275	2	1	68	59	2	50	8
	20oz	329	3	2	80	70	2	63	10
	32oz	549	4	2	135	119	3	101	15

LEMONADE w/ ICB	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
	8oz	138	1	0	33	28	1	29	3
	12oz	185	2	1	43	36	1	43	5
	16oz	233	2	1	53	44	2	56	8
	20oz	280	3	2	63	53	2	70	10
	32oz	465	5	2	105	89	3	113	15

TORANI FRUIT SMOOTHIE (NON-FAT)

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
STAWBERRY w/ yogurt base	8oz	206	0	0	52	47	1	16	1
	12oz	271	0	0	68	61	2	32	2
	16oz	336	0	0	84	75	2	48	3
	20oz	401	0	0	100	89	3	64	4
	32oz	672	0	0	168	150	5	96	6
STRAW/BANANA w/ yogurt base	8oz	186	0	0	48	45	1	24	1
	12oz	246	0	0	63	59	2	42	2
	16oz	306	0	0	78	72	2	60	3
	20oz	366	0	0	93	86	3	78	4
	32oz	612	0	0	156	144	5	120	6
BLUEBERRY/POM. w/ yogurt base	8oz	178	0	0	46	5	1	20	1
	12oz	236	0	0	61	9	2	37	2
	16oz	294	0	0	75	12	2	54	3
	20oz	352	0	0	90	16	3	71	4
	32oz	588	0	0	150	24	5	108	6
GREEN APPLE w/ yogurt base	8oz	178	0	0	48	43	1	24	1
	12oz	236	0	0	63	56	2	42	2
	16oz	294	0	0	78	69	2	60	3
	20oz	352	0	0	93	82	3	78	4
	32oz	588	0	0	156	138	5	120	6
MANGO w/ yogurt base	8oz	178	0	0	46	43	1	20	1
	12oz	236	0	0	61	56	2	37	2
	16oz	294	0	0	75	69	2	54	3
	20oz	352	0	0	90	82	3	71	4
	32oz	588	0	0	150	138	5	108	6
PEACH w/ yogurt base	8oz	178	0	0	46	43	1	16	1
	12oz	236	0	0	61	56	2	32	2
	16oz	294	0	0	75	69	2	48	3
	20oz	352	0	0	90	82	3	64	4
	32oz	588	0	0	150	138	5	96	6
PINA COLADA w/ yogurt base	8oz	198	1	0	46	43	1	32	1
	12oz	261	1	1	61	56	2	52	2
	16oz	324	2	1	75	69	2	72	3
	20oz	387	2	1	90	82	3	92	4
	32oz	648	3	1	150	138	5	144	6
RASPBERRY w/ yogurt base	8oz	166	0	0	44	39	1	32	1
	12oz	221	0	0	58	51	2	52	2
	16oz	276	0	0	72	63	2	72	3
	20oz	331	0	0	86	75	3	92	4
	32oz	552	0	0	144	126	5	144	6
LEMONADE w/ yogurt base	8oz	138	0	0	34	29	1	36	1
	12oz	186	1	0	46	39	2	57	2
	16oz	234	1	0	57	48	2	78	3
	20oz	282	1	0	69	58	3	99	4
	32oz	468	1	0	114	96	5	156	6

TORANI FRUIT SMOOTHIE (DAIRY-FREE)

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
STAWBERRY w/ water base	8oz	188	0	0	48	44	0	0	0
	12oz	235	0	0	60	55	0	0	0
	16oz	282	0	0	72	66	0	0	0
	20oz	329	0	0	84	77	0	0	0
	32oz	564	0	0	144	132	0	0	0
STRAW/BANANA w/ water base	8oz	168	0	0	44	42	0	8	0
	12oz	210	0	0	55	53	0	10	0
	16oz	252	0	0	66	63	0	12	0
	20oz	294	0	0	77	74	0	14	0
	32oz	504	0	0	132	126	0	24	0
BLUEBERRY/POM. w/ water base	8oz	160	0	0	42	2	0	4	0
	12oz	200	0	0	53	3	0	5	0
	16oz	240	0	0	63	3	0	6	0
	20oz	280	0	0	74	4	0	7	0
	32oz	480	0	0	126	6	0	12	0
GREEN APPLE w/ water base	8oz	160	0	0	44	40	0	8	0
	12oz	200	0	0	55	50	0	10	0
	16oz	240	0	0	66	60	0	12	0
	20oz	280	0	0	77	70	0	14	0
	32oz	480	0	0	132	120	0	24	0
MANGO w/ water base	8oz	160	0	0	42	40	0	4	0
	12oz	200	0	0	53	50	0	5	0
	16oz	240	0	0	63	60	0	6	0
	20oz	280	0	0	74	70	0	7	0
	32oz	480	0	0	126	120	0	12	0
PEACH w/ water base	8oz	160	0	0	42	40	0	0	0
	12oz	200	0	0	53	50	0	0	0
	16oz	240	0	0	63	60	0	0	0
	20oz	280	0	0	74	70	0	0	0
	32oz	480	0	0	126	120	0	0	0
PINA COLADA w/ water base	8oz	180	1	0	42	40	0	16	0
	12oz	225	1	1	53	50	0	20	0
	16oz	270	2	1	63	60	0	24	0
	20oz	315	2	1	74	70	0	28	0
	32oz	540	3	1	126	120	0	48	0
RASPBERRY w/ water base	8oz	148	0	0	40	36	0	16	0
	12oz	185	0	0	50	45	0	20	0
	16oz	222	0	0	60	54	0	24	0
	20oz	259	0	0	70	63	0	28	0
	32oz	444	0	0	120	108	0	48	0
LEMONADE	8oz	150	1	0	38	33	0	25	0
	12oz	210	1	0	53	46	0	35	0
	16oz	270	1	0	68	59	0	45	0
	20oz	330	1	0	83	72	0	55	0
	32oz	540	2	0	135	117	0	90	0

HOLIDAY SMOOTHIE

	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
PUMPKIN PIE SMOOTHIE	8oz	195	5	4	35	30	3	88	10
	12oz	309	8	6	56	48	5	136	13
	16oz	354	9	6	65	56	6	158	15
	20oz	481	11	8	89	76	7	214	20
	32oz	708	17	13	130	111	11	315	30
CANDIED PEPPERMINT SMOOTHIE	8oz	78	3	2	11	8	2	39	10
	12oz	104	4	2	15	11	3	52	13
	16oz	122	4	3	18	13	3	61	15
	20oz	162	6	4	24	17	4	81	20
	32oz	243	9	6	36	26	6	122	30
CANDIED PEPPERMINT JAVA CHIP SMOOTHIE	8oz	292	14	9	44	34	5	103	10
	12oz	472	21	15	73	57	7	180	13
	16oz	489	22	15	75	59	7	189	15
	20oz	612	26	19	95	74	9	251	20
	32oz	858	36	26	134	105	12	377	30
PEPPERMINT GRANITA	8oz	167	6	5	27	22	2	86	5
	12oz	299	11	9	49	40	3	154	5
	16oz	299	11	9	49	40	3	154	5
	20oz	387	15	11	64	52	4	199	5
	32oz	563	21	17	93	76	5	290	5
PEPPERMINT JAVA CHIP GRANITA	8oz	240	14	9	44	34	5	103	10
	12oz	402	21	15	73	57	7	180	13
	16oz	419	22	15	75	59	7	189	15
	20oz	507	26	19	95	74	9	251	20
	32oz	683	36	26	134	105	12	377	30
ROCKSTAR SMOOTHIE	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
ROCKSTAR ONLY w/ flavor	20oz	298	0	0	70	67	0	65	0
ROCKSTAR FRUIT w/ smoothie mix	20oz	316	0	0	76	71	0	50	0
	32oz	433	0	0	104	97	0	70	0
ROCKSTAR FRUIT w/ smoothie & ICB	20oz	346	1	0	83	76	1	49	3
	32oz	463	1	1	109	100	1	73	5
JAVA CHIP SMOOTHIE	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
w/ ice cream base	8oz	257	11	7	41	33	5	75	10
	12oz	402	16	11	66	54	7	124	13
	16oz	419	17	11	68	56	7	133	15
	20oz	519	19	13	85	70	9	177	20
	32oz	718	25	18	120	99	12	265	30
JAVA CHIP GRANITA	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
w/ coffee	8oz	205	11	7	41	33	5	75	10
	12oz	332	16	11	66	54	7	124	13
	16oz	349	17	11	68	56	7	133	15
	20oz	414	19	13	85	70	9	177	20
	32oz	543	25	18	120	99	12	265	30
PROTEIN POWDER SMOOTHIE	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
w/ ice cream base	12oz	218	5	3	20	11	23	84	68
	16oz	235	6	4	22	13	23	93	70
	20oz	335	8	5	31	17	34	130	103
PROTEIN POWDER GRANITA	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Sugar (g)	Protein (g)	Sodium (mg)	Cholesterol (mg)
w/ coffee	12oz	165	3	2	12	6	21	58	60
	16oz	165	3	2	12	6	21	58	60
	20oz	230	4	3	16	7	31	78	88