

BLENDING 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	409	8	6	44	40	8	132	36
	16oz	545	12	7	61	56	12	189	52
	20oz	657	17	11	75	70	17	250	72
	32oz	990	23	15	93	88	23	333	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	432	10	7	46	43	9	188	40
	16oz	575	14	9	64	60	13	264	57
	20oz	720	19	13	85	80	18	350	78
	32oz	1053	25	17	103	98	24	433	104
CARAMEL MOCHA	12oz	455	11	7	49	46	10	210	44
w/real caramel	16oz	599	15	9	67	63	14	286	61
	20oz	743	20	13	88	83	19	372	82
	32oz	1109	27	18	113	107	25	480	110
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	8oz	133	2	2	27	23	3	72	2
w/ yogurt base	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	170	9	5	21	4	5	145	30
	16oz	205	12	7	22	5	6	160	45
	20oz	325	20	11	34	8	10	248	75
MOCHA	12oz	160	11	5	16	4	8	220	30
	16oz	195	14	7	17	5	9	235	45
	20oz	310	23	11	26	8	14	360	75
W/OUT ESPRESSO									
VANILLA	12oz	275	18	11	24	7	8	190	75
	16oz	345	24	15	26	9	10	220	105
	20oz	465	32	19	38	12	14	308	135
MOCHA	12oz	265	20	11	19	7	11	265	75
	16oz	335	26	15	21	9	13	295	105
	20oz	450	35	19	30	12	18	420	135

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	165	6	5	24	20	3	110	10
	12oz	214	8	7	31	26	4	144	13
	16oz	294	11	10	42	36	5	203	15
	20oz	455	18	16	65	57	7	320	20
	32oz	588	23	20	84	72	10	405	30
LOW FAT	8oz	167	4	4	30	25	4	139	4
w/ yogurt base	12oz	216	5	5	38	32	5	180	5
	16oz	297	8	8	51	44	6	246	6
	20oz	459	13	13	77	67	9	378	8
	32oz	594	15	15	102	87	13	492	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)	
STAWBERRY w/ ICB	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	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	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	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	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	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	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	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	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	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

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	419	17	11	68	56	7	133	15
	16oz	454	18	12	73	59	8	150	20
	20oz	571	21	14	93	75	10	203	28
	32oz	788	28	19	130	106	14	300	40

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	17	11	68	56	7	133	15
	16oz	349	18	12	73	59	8	150	20
	20oz	414	21	14	93	75	10	203	28
	32oz	543	28	19	130	106	14	300	40

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