

JUICE ♥ BAR®

NUTRITIONAL INFORMATION

	SIZE	CALORIES	FAT	SAT FAT	CHOLESTEROL	SODIUM	CARB	FIBER	SUGAR	PROTEIN
CLEANSSES										
	(g)		(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
Core Cleanse	4007	1210	22.5	6	0	1075	243	2	159	15
Essential	3276	1080	6.5	0	0	920	269	0	176	6
Juice to Dinner	2668	1000	14	0	0	1825	245	17	138	20
SHOTS										
	(oz)		(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
Allergy	2	30	0	0	0	0	8	0	6	0
Dragons Breath	4	80	1	0	0	15	20	0	6	1
Energizer	2	5	0	0	0	0	1	0	1	0
Ginger Cayenne	1	25	0.5	0	0	0	5	0	1	1
Ginger Cayenne	2	45	1.5	0	0	10	10	0	1	1
Grand Slam	4	50	0	0	0	10	12	0	5	0
Grand Slam	8	100	0.5	0	0	20	24	0	9	0
Love Hornet	4	60	0.5	0	0	65	17	0	6	1
Hangover Helper	4	25	0	0	0	10	6	0	5	0
Scorpion	4	70	0	0	0	5	17	0	7	1
Slim n Sassy	2	30	0	0	0	0	8	0	6	0
Sniffle Stopper	2	15	0	0	0	0	3	0	1	0
Toomeric	4	110	9	1	0	10	14	0	2	1
Wheatgrass	1	5	0	0	0	0	1	0	0	0
Wheatgrass	2	15	0	0	0	10	2	0	1	1
JUICES										
	(oz)		(g)	(g)	(mg)	(g)	(g)	(g)	(g)	
Bunny Love	16	160	1	0	0	150	50	0	30	1
Bunny Love	24	250	1	0	0	240	81	0	47	1
Fresh Greens	16	60	1	0	0	280	19	0	10	1
Fresh Greens	24	100	1.5	0	0	410	28	0	15	1
Ginger Greens	16	200	1.5	0	0	85	50	0	34	1
Ginger Greens	24	300	2	0	0	125	75	0	52	2
Mean Greens	16	70	1	0	0	270	20	0	11	1
Mean Greens	24	110	1.5	0	0	400	31	0	17	2
Orange You Glad	16	180	0	0	0	125	53	0	33	1
Orange You Glad	24	270	1	0	0	190	80	0	50	1
Pineapple Greens	16	100	0	0	0	170	31	0	18	1
Pineapple Greens	24	180	2	0	0	220	52	0	31	2
Super Greens	16	60	0	0	0	130	8	0	5	2
Super Greens	24	100	0	0	0	190	13	<1	8	3
Sweet Greens	16	240	1	0	0	85	48	0	36	1
Sweet Greens	24	360	1.5	0	0	130	72	0	54	1
We Got The Beet	16	160	1	0	0	260	51	0	27	1
We Got The Beet	24	250	1	0	0	390	77	0	41	1
What's Up Doc	16	140	1	0	0	140	40	1	15	3
What's Up Doc	24	210	2	0	0	210	60	2	22	4
SMOOTHIES										
	(oz)		(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
Berry Good	16	320	13	6	0	10	51	6	27	6
Berry Good	24	440	20	9	0	15	66	8	37	8
Blue Chocolotta	16	350	16	6	0	50	52	7	27	7
Blue Chocolotta	24	540	26	10	0	80	75	10	36	11
Coco Pro	16	450	17	6	0	160	66	1	44	9
Cocoa Banana	16	460	21	7	0	115	62	8	30	15
Cocoa Banana	24	650	30	10	0	170	87	11	40	22

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SMOOTHIES...										
	(oz)		(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
Coffee Janet	16	480	23	2.5	0	340	60	9	28	16
Coffee Janet	24	730	38	4.5	0	520	84	12	38	27
Green Smoothie	16	270	3	2	0	60	64	7	45	5
Green Smoothie	24	360	4	2.5	0	80	85	10	56	7
Matcha Green	16	270	8	1	0	200	46	5	30	9
Matcha Green	24	450	17	2.5	0	260	70	8	41	15
Mint To Be	16	240	3.5	2.5	0	20	54	4	48	3
Mint To Be	24	350	5	4	0	30	77	5	67	4
Orng. You Smooth	16	290	1	0	0	90	72	6	50	3
Orng. You Smooth	24	380	1	0	0	55	94	8	66	5
PB&J	16	570	29	4.5	0	30	76	7	55	10
PB&J	24	660	27	4	0	20	104	9	69	9
The Doc	16	370	2	0	0	50	85	18	53	6
The Doc	24	500	2.5	0	0	100	116	25	72	10
Very Strawberry	16	240	1	0	0	15	60	5	43	2
Very Strawberry	24	360	1.5	0	0	20	88	9	65	3
ADD-ON'S										
	(g)		(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
Almond Butter	16	100	9	1	0	0	3	0	1	3
Avocado	50	80	7	1	0	0	4	3	0	1
Bee Pollen	1.3	5	0	0	0	0	1	0	0	0
Cacao Nibs	2.5	15	1.5	1	0	0	1	0	0	0
Cacao Powder	6	25	0.5	0	0	0	4	0	0	1
Chia Seeds	11	50	3	0	0	0	4	4	0	2
Coconut Oil	4.5	40	4.5	3.5	0	0	0	0	0	0
Flax Oil	14	120	14	1	0	0	0	0	0	0
Hemp Seeds	10	60	5	0	0	0	1	0	0	3
Honey	7	20	0	0	0	0	6	0	6	0
Maca Powder	5	20	0	0	0	0	4	0	2	1
Matcha Powder	2	5	0	0	0	0	0	0	0	2
Peanut Butter	16	110	9	1.5	0	0	3	0	1	5
Protein Powder	30	120	2	0	0	390	4	0	4	21
Probiotics	3.5	10	0	0	0	0	2	0	0	0
Spirulina	2.5	5	0	0	0	25	1	0	0	1
Turmeric	2	5	0	0	0	0	1	0	0	0
FOOD										
	(g)		(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
Açaí Bowl	12oz	640	37	6	0	130	69	11	29	13
Almond B. Sand.	303	800	45	6	0	520	84	10	35	26
Chocolate Bowl	12oz	630	34	4.5	0	170	75	10	30	13
Dragon Fruit Bowl	12oz	530	24	3.5	0	150	73	10	41	10
Hummus	117	190	11	1.5	0	530	19	5	2	8
Hummus + Veg.	474	270	11	1.5	0	690	39	11	11	11
Kale Quinoa Bowl	600	220	3.5	0	0	1280	43	14	8	16
Nori Bowl	440	400	23	3	0	1260	40	11	9	12
Overnight Oats	301	390	16	2	0	160	54	9	22	12
Pad Thai Noodle	891	350	10	1.5	0	520	63	2	18	5
Peanut B. Sand.	303	780	42	9	0	370	86	6	38	27
Peanut Sauce	70	120	5	1	0	540	16	1	9	3
Spring Rolls	228	230	9	1.5	0	620	35	4	11	5
Sprout Sand.	261	400	18	1	0	650	51	3	12	12
Yogurt Parfait	207	250	4	0.5	5	90	35	0	22	19
SOUPS										
	(g)		(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
Black Bean	889	270	9	9	0	1220	37	9	3	12
Butternut Squash	484	240	11	11	0	1190	36	6	7	3
Carrot Apple Ging.	411	230	11	11	0	1220	30	7	18	2
Garden Veggie	809	240	1	0	0	210	50	12	10	13
Potato Leek	338	190	7	7	0	1160	31	2	3	3
Red Lentil	399	250	1.5	0	0	1160	44	8	1	16
Tomato Basil	563	310	25	24	0	1170	20	5	11	4