ROBEKS

2024 NUTRITION FACTS

	Allergens	Serving Size	Serving Unit	Calories	Cals from Fat	Total Fat (g)	Total Fat %	Saturated Fat (g)	Saturated Fat %	Polyunsat. Fat (g)	Monounsat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Cholesterol %	Sodium (mg)	Sodium %	Carbohydrates (g)	Carbohydrate %	Dietary Fiber (g)	Dietary Fiber %	Sugars (g)	Added Sugar (g)	Protein (g)	Protein %	Potassium (mg)	Potassium%	Vitamin A (%DV)	Vitamin C (%DV)	Vitamin D (%DV)	Calcium (mg)	Calcium %	Iron (mg)	Iron%	Vitamin E (mg ATE)	Thiamin(mg)	Riboflavin (mg)	Niacin (mg)	Folate (mcg)	Vitamin B12 (mcg)	Caffeine (mg)
TOASTS																																								
Avocado & Egg Toast	Eggs, Soy, Wheat	1	ea	510	290	32	50	5	27	1	2	-	###	70	910	38	45	15	11	45	1	-	15	30	880	25	6	25	-	40	4	3	20	0.5	0.0	0.3	0.0	145.3	0.5	0
Classic Avocado Toast	Wheat	1	ea	430	240	27	41	4	19	-	-	-	-	-	720	30	45	15	12	49	1	-	7	15	770	20	-	35	-	20	2	3	15	0.0	0.0	0.0	0.0	123.2	0.0	0
Everything Avocado Toast	Sesame, Wheat	1	ea	390	200	22	34	3	16	-	-	-	-	-	750	31	45	15	12	47	1	-	7	15	840	25	6	45	-	20	2	3	15	0.2	0.0	0.0	0.3	129.7	0.0	0
Peanut Butter & Banana Toast	Peanuts, Wheat	1	ea	470	180	20	31	4	19	1	1	-	-	-	420	18	62	21	6	23	18	-	14	25	540	15	-	10	-	30	4	3	15	0.0	0.0	0.0	0.0	0.0	0.0	0
SUPERFOOD SMOOTHIES																																								
Large Berry Beneficial Smoothie	Tree nuts (Almond)	31	fl oz	390	35	4	6	-	-	-	-	-	-	-	135	6	86	29	9	35	67	-	3	6	-	-	-	70	-	10	2	1	8	0.0	0.0	0.0	0.0	0.0	0.0	0
Medium Berry Beneficial Smoothie	Tree nuts (Almond)	23	fl oz	310	25	3	5	-	-	-	-	-	-	-	95	4	69	23	6	25	56	-	2	4	-	-	-	45	-	-	-	1	6	0.0	0.0	0.0	0.0	0.0	0.0	0
Small Berry Beneficial Smoothie	Tree nuts (Almond)	13	fl oz	180	25	3	4	-	-	-	-	-	-	-	70	3	38	13	4	16	30	-	1	4	-	-	-	20	-	-	-	1	4	0.0	0.0	0.0	0.0	0.0	0.0	0
Large Hero's Garden Smoothie		31	fl oz	470	20	2	3	-	-	-	-	-	-	-	80	3	101	34	8	32	79	-	5	10	790	25	70	110	-	50	6	3	15	0.0	0.0	0.0	0.0	0.0	0.0	80
Medium Hero's Garden Smoothie		23	fl oz	340	20	2	3	-	-	-	-	-	-	-	45	2	74	25	6	22	59	-	3	6	550	15	35	70	-	30	4	2	10	0.0	0.0	0.0	0.0	0.0	0.0	40
Small Hero's Garden Smoothie		13	fl oz	220	20	2	3	-	-	-	-	-	-	-	40	2	45	15	4	16	35	-	3	6	400	10	30	60	-	30	4	2	10	0.0	0.0	0.0	0.0	0.0	0.0	20
Large Mango Turmeric Madness Smoothie		31	fl oz	400	10	1	1	-	-	-	-	-	-	-	15	1	98	33	6	23	80	-	2	4	390	10	380	370	-	50	6	2	15	0.0	0.0	0.0	0.0	0.0	0.0	0
Medium Mango Turmeric Madness Smoothie		23	fl oz	280	-	-	-	-	-	-	-	-	-	-	10	-	68	23	4	15	57	-	1	4	260	8	310	230	-	40	4	2	8	0.0	0.0	0.0	0.0	0.0	0.0	0
Small Mango Turmeric Madness Smoothie		13	fl oz	180	-	-	-	-	-	-	-	-	-	-	5	-	44	15	3	11	36	-	1	2	170	6	190	160	-	20	2	1	6	0.0	0.0	0.0	0.0	0.0	0.0	0
Large Queen of All Greens Smoothie		31	fl oz	420	-	-	-	-	-	-	-	-	-	-	50	2	97	32	7	26	75	-	3	6	880	25	90	120	-	50	6	2	10	0.0	0.0	0.0	0.0	0.0	0.0	0
Medium Queen of All Greens Smoothie		23	fl oz	290	-	-	-	-	-	-	-	-	-	-	30	1	69	23	4	16	56	-	2	4	630	20	45	90	-	30	4	1	6	0.0	0.0	0.0	0.0	0.0	0.0	0
Small Queen of All Greens Smoothie		13	fl oz	190	-	-	-	-	-	-	-	-	-	-	25	1	45	15	3	12	35	-	2	4	410	10	45	45	-	30	4	1	6	0.0	0.0	0.0	0.0	0.0	0.0	0
ACAI SMOOTHIES																																								
Large Acai Energizer Smoothie	Milk, Soy	31	fl oz	560	60	7	11	2	11	-	-	-	15	5	150	6	113	38	6	24	87	25	12	25	330	10	35	110	10	490	50	6	30	7.5	0.3	0.0	5.0	0.0	31.5	165
Medium Acai Energizer Smoothie	Milk, Soy	23	fl oz	420	50	6	9	2	9	-	-	-	15	5	110	5	83	28	5	18	66	16	10	20	220	6	35	70	4	400	40	5	30	7.5	0.3	0.0	5.0	0.0	31.5	165
Large Acai Lemon Berry Smoothie	Milk	31	fl oz	490	60	7	10	2	11	-	-	-	5	2	340	14	107	36	6	25	84	24	2	4	650	20	10	510	-	130	15	1	8	0.0	0.0	0.0	0.0	3.9	0.0	0
Medium Acai Lemon Berry Smoothie	Milk	23	fl oz	340	45	5	7	2	8	-	-	-	5	1	330	14	75	25	4	17	60	16	2	4	640	20	8	470	-	100	10	1	4	0.0	0.0	0.0	0.0	3.9	0.0	0
Large Awesome Acai Smoothie	Milk	31	fl oz	590	60	7	10	2	10	-	-	-	5	2	105	4	127	42	7	26	96	25	7	15	240	8	10	40	10	200	20	1	6	0.0	0.0	0.0	0.0	0.0	0.0	0
Medium Awesome Acai Smoothie	Milk	23	fl oz	420	45	5	8	2	8	-	-	-	5	2	60	3	90	30	5	19	71	16	4	8	125	4	8	40	4	120	10	1	6	0.0	0.0	0.0	0.0	0.0	0.0	0
PERFORMANCE SMOOTHIES																																								
Large Braveheart Smoothie	Milk, Soy	31	fl oz	610	25	3	5	2	7	-	-	-	25	9	210	9	129	43	5	20	94	25	20	40	800	25	25	110	15	550	60	6	30	7.5	0.3	0.0	5.0	0.0	1.5	0
Medium Braveheart Smoothie	Milk, Soy	23	fl oz	450	20	3	4	1	5	-	-	-	25	8	160	7	92	31	3	14	67	17	17	35	590	15	25	70	10	470	45	5	30	7.5	0.3	0.0	5.0	0.0	1.5	0
Large Muscle Max Smoothie	Milk, Soy	31	fl oz	640	35	5	7	2	10	-	-	-	45	16	150	6	125	42	5	22	97	24	26	50	300	10	25	100	-	420	40	5	30	7.5	0.3	0.0	5.0	0.0	31.5	165
Medium Muscle Max Smoothie	Milk, Soy	23	fl oz	500	35	4	6	2	8	-	-	-	45	15	140	6	94	31	4	17	74	16	25	50	260	8	25	70	-	400	40	5	25	7.5	0.3	0.0	5.0	0.0	31.5	165
Large Nuts About Protein Smoothie	Milk, Peanuts, Soy	31	fl oz	1,210	480	53	82	11	57	-	-	-	45	15	600	25	148	49	6	25	99	50	52	100	1,450	40	25	25	25	850	90	7	40	7.5	0.3	0.0	5.0	0.1	1.5	96
Medium Nuts About Protein Smoothie	Milk, Peanuts, Soy	23	fl oz	760	320	35	54	8	38	-	-	-	35	12	380	16	83	28	4	17	55	25	38	80	890	25	25	25	15	610	60	6	35	7.5	0.3	0.0	5.0	0.1	1.5	96
Large P-Nut Power Plus Smoothie	Milk, Peanuts, Soy	31	fl oz	1,250	490	54	84	11	53	-	-	-	30	10	620	26	154	51	13	51	93	33	51	100	1,470	40	25	25	15	690	70	8	45	7.5	0.3	0.0	5.0	0.0	31.5	165
Medium P-Nut Power Plus Smoothie	Milk, Peanuts, Soy	23	fl oz	860	330	37	57	7	35	-	-	-	25	8	430	18	104	35	10	40	61	17	38	80	1,000	30	25	25	10	520	50	7	40	7.5	0.3	0.0	5.0	0.0	31.5	165
Large Power Surge Smoothie	Milk	31	fl oz	480	25	3	4	2	8	-	-	-	10	3	390	16	113	38	4	15	92	32	3	6	680	20	-	910	-	120	10	1	6	0.0	0.0	0.0	0.0	0.0	0.0	0
Medium Power Surge Smoothie	Milk	23	fl oz	370	20	2	3	1	6	-	-	-	5	2	380	16	87	29	2	10	73	24	2	4	670	20	-	870	-	100	10	-	4	0.0	0.0	0.0	0.0	0.0	0.0	0
PERFORMANCE PLUS SMOOTHIES																																								
Large 800 LB Gorilla Smoothie	Milk, Peanuts, Soy	31	fl oz	1,200	300	33	50	7	37	-	-	-	90	30	610	25	167	56	8	32	112	33	70	140	1,230	35	25	25	15	830	80	7	35	7.5	0.3	0.0	5.0	0.0	1.5	0
Medium 800 LB Gorilla Smoothie	Milk, Peanuts, Soy	23	fl oz	910	220	24	36	6	28	-	-	-	85	29	500	21	120	40	5	21	80	25	63	130	980	30	25	25	15	750	80	6	35	7.5	0.3	0.0	5.0	0.0	1.5	0
Large Blue Gorilla Smoothie	Milk, Peanuts, Soy	31	fl oz	1,030	300	33	51	7	37	-	-	-	90	30	580	24	125	42	8	32	80	33	70	140	1,230	35	25	30	15	830	80	6	35	7.5	0.3	0.0	5.0	0.0	1.5	0
Medium Blue Gorilla Smoothie	Milk, Peanuts, Soy	23	fl oz	800	220	24	37	6	28	-	-	-	85	29	480	20	93	31	5	21	59	25	63	130	980	30	25	25	15	750	80	6	35	7.5	0.3	0.0	5.0	0.0	1.5	0
Large Cookie Monster Smoothie	Milk, Tree nuts (Almond)	31	fl oz	900	160	18	28	9	44	-	-	-	90	30	520	22	132	44	6	25	92	33	57	120	970	30	2	450	15	550	60	1	4	0.0	0.0	0.0	0.0	0.0	0.0	0
Medium Cookie Monster Smoothie	Milk, Tree nuts (Almond)	23	fl oz	650	110	12	18	6	28	-	-	-	85	29	420	17	87	29	3	13	60	25	54	110	770	20	-	450	15	470	45	-	2	0.0	0.0	0.0	0.0	0.0	0.0	0
CLASSIC SMOOTHIES																																								
Large Berry Brilliance Smoothie	Milk	31	fl oz	530	25	3	4	1	5	-	-	-	5	2	115	5	120	40	5	20	93	25	6	10	680	20	-	10	10	160	15	-	-	0.0	0.0	0.0	0.0	0.0	0.0	0
Medium Berry Brilliance Smoothie	Milk	23	fl oz	390	20	2	2	1	4	-	-	-	5	2	70	3	89	30	3	13	70	16	3	8	500	15	-	6	4	90	10	-	-	0.0	0.0	0.0	0.0	0.0	0.0	0
Small Berry Brilliance Smoothie	Milk	13	fl oz	190	10	1	1	-	-	-	-	-	5	1	35	1	45	15	2	7	35	8	2	4	250	8	-	4	2	50	6	-	-	0.0	0.0	0.0	0.0	0.0	0.0	0
Large Big Wednesday Smoothie	Milk	31	fl oz	480	20	2	3	1	6	-	-	-	5	2	45	2	116	39	5	18	94	31	2	4	30	2	4	200	-	70	8	2	8	0.0	0.0	0.0	0.0	0.0	0.0	0
Medium Big Wednesday Smoothie	Milk	23	fl oz	360	10	1	2	1	4	-	-	-	5	1	35	1	88	29	3	12	73	23	1	2	20	2	4	160	-	40	4	1	6	0.0	0.0	0.0	0.0	0.0	0.0	0
Small Big Wednesday Smoothie	Milk	13	fl oz	180	10	1	1	-	-	-	-	-	-	-	15	1	44	15	1	6	36	11	1	2	10	-	2	80	-	20	2	1	4	0.0	0.0	0.0	0.0	0.0	0.0	0
Large Hummingbird Smoothie	Milk	31	fl oz	530	20	2	2	1	5	-	-	-	5	2	45	2	125	42	5	20	103	43	2	4	440	15	8	150	2	70	8	2	10	0.0	0.0	0.0	0.0	0.0	0.0	0
Medium Hummingbird Smoothie	Milk	23	fl oz	410	10	1	2	1	3	-	-	-	5	1	35	1	96	32	3	13	82	29	1	2	370	10	8	100	2	40	4	1	8	0.0	0.0	0.0	0.0	0.0	0.0	0
Small Hummingbird Smoothie	Milk	13	fl oz	200	10	1	1	-	-	-	-	-	5	1	15	1	48	16	2	7	41	14	1	2	190	6	4	50	-	20	2	1	4	0.0	0.0	0.0	0.0	0.0	0.0	0
Large Mahalo Mango Smoothie	Milk	31	fl oz	520	20	2	3	1	5	-	-	-	5	2	80	3	125	42	4	15	109	24	3	6	135	4	25	80	4	110	10	-	-	0.0	0.0	0.0	0.0	0.0	0.0	0
Medium Mahalo Mango Smoothie	Milk	23	fl oz	400	10	1	2	1	4	-	-	-	5	1	70	3	95	32	2	10	84	16	3	6	125	4	15	50	4	90	10	-	-	0.0	0.0	0.0	0.0	0.0	0.0	0
Small Mahalo Mango Smoothie	Milk	13	fl oz	200	10	1	1	-	-	-	-	-	-	-	35	1	48	16	1	5	42	8	1	4	65	2	8	25	2	50	6	-	-	0.0	0.0	0.0	0.0	0.0	0.0	0
Large Passionfruit Cove Smoothie	Milk	31	fl oz	470	20	2	3	1	6	-	-	-	5	2	45	2	112	37	3	14	94	24	1	2	430	10	4	240	-	70	8	1	6	0.0	0.0	0.0	0.0	0.0	0.0	0
Medium Passionfruit Cove Smoothie	Milk	23	fl oz	360	10	1	2	1	4	-	-	-	5	1	35	1	86	29	2	9	75	16	1	2	360	10	4	190	-	40	4	1	4	0.0	0.0	0.0	0.0	0.0	0.0	0
Small Passionfruit Cove Smoothie	Milk	13	fl oz	180	10	1	1	-	-	-	-	-	-	-	15	1	43	14	1	4	37	8	-	-	180	6	2	100	-	20	2	1	2	0.0	0.0	0.0	0.0	0.0	0.0	0
Large Pina Koolada Smoothie	Milk, Tree nuts (Coconut)	31	fl oz	600	45	5	8	5	24	-	-	-	5	2	140	6	133	44	4	16	110	25	6	15	370	10	-	90	10	160	15	-	4	0.0	0.0	0.0	0.0	0.0	0.0	0
Medium Pina Koolada Smoothie	Milk, Tree nuts (Coconut)	23	fl oz	440	35	4	6	3	16	-	-	-	5	1	85	3	99	33	3	12	83	16	4	8	190	6	-	45	4	90	10	1	2	0.0	0.0	0.0	0.0	0.0	0.0	0
Small Pina Koolada Smoothie	Milk, Tree nuts (Coconut)	13	fl oz	220	20	2	3	2	8	-	-	-	-	-	40	2	50	17	1	6	41	8	2	4	95	4	-	25	2	50	6	-	-	0.0	0.0	0.0	0.0	0.0	0.0	0
Large Polar Pineapple Smoothie	Milk	31	fl oz	450	20	2	3	1	6	-	-	-	5	2	45	2	109	36	3	14	91	24	1	2	90	4	-	130	-	70	8	1	6	0.0	0.0	0.0	0.0	0.0	0.0	0
Medium Polar Pineapple Smoothie	Milk	23	fl oz	340	10	1	2	1	4	-	-	-	5	1	35	1	83	28	2	9	72	16	1	2	85	2	-	90	-	40	4	1	4	0.0	0.0	0.0	0.0	0.0	0.0	0
Small Polar Pineapple Smoothie	Milk	13	fl oz	170	10	1	1	-	-	-	-	-	-	-	15	1	42	14	1	4	36	8	-	-	40	2	-	45	-	20	2	1	2	0.0	0.0	0.0	0.0	0.0	0.0	0
Large Raspberry Romance Smoothie	Milk	31	fl oz	550	20	2	3	1	5	-	-	-	5	2	115	5	129	43	5	20	103	25	5	10	240	8	-	120	10	190	20	1	8	0.0	0.0	0.0	0.0	0.0	0.0	0
Medium Raspberry Romance Smoothie	Milk	23	fl oz	400	10	1	2	1	4	-	-	-	5	2	70	3	96	32	3	13	79	16	3	6	125	4	-	80	4	110	10	1	6	0.0	0.0	0.0	0.0	0.0	0.0	0
Small Raspberry Romance Smoothie	Milk	13	fl oz	200	10	1	1	-	-	-	-	-	5	1	35	1	48	16	2	7	39	8	2	4	65	2	-	40	2	50	6	-	4	0.0	0.0	0.0	0.0	0.0	0.0	0
Large South Pacific Squeeze Smoothie	Milk	31	fl oz	470	20	2	3	1	6	-	-	-	5	2	30	1	110	37	5	19	79	24	5	10	880	25	20	480	-	100	10	2	10	0.0	0.0	0.0	0.0	0.0	0.0	0
Medium South Pacific Squeeze Smoothie	Milk	23	fl oz	360	10	1	2	1	4	-	-	-	5	1	20	1	82	27	3	12	61	16	4	8	760	20	15	390	-	70	8	1	8	0.0	0.0	0.0	0.0	0.0	0.0	0
Small South Pacific Squeeze Smoothie	Milk	13	fl oz	180	10	1	1	-	-	-	-	-	-	-	10	-	41	14	1	6	30	8	2	4	380	10	8	190	-	40	4	1	4	0.0	0.0	0.0	0.0	0.0	0.0	0
Large Strawnana Berry Smoothie Large	Milk	31	fl oz	530	20	2	3	1	5	-	-	-	5	2	150	6	122	41	4	16	92	25	8	15	790	25	-	90	15	240	25	1	6	0.0	0.0	0.0	0.0	0.0	0.0	0
Medium Strawnana Berry Smoothie	Milk	23	fl oz	400	10	1	2	1	3	-	-	-	5	2	105	4	93	31	3	11	71	17	5	10	610	15	-	45	10	160	15	1	4	0.0	0.0	0.0	0.0	0.0	0.0	0
Small Strawnana Berry Smoothie	Milk	13	fl oz	200	10	1	1	-	-	-	-	-	5	1	50	2	46	15	1	6	35	8	3	6	310	10	-	20	4	80	8	1	2	0.0	0.0	0.0	0.0	0.0	0.0	0
WELLNESS SMOOTHIES																																								
Large Dr. Robeks Smoothie	Milk, Soy	31	fl oz	430	20	2	3	1	6	-	-	-	5	2	65	3	99	33	4	15	70	24	5	10	840	25	45	660	-	360	35	6	35	7.5	0.3	0.0	5.0	0.0	1.5	0
Medium Dr. Robeks Smoothie	Milk, Soy	23	fl oz	320	10	1	2	1	4	-	-	-	5	2	55	2	75	25	3	10	54	16	5	10	710	20	40	570	-	330	35	6	35	7.5	0.3	0.0	5.0	0.0	1.5	0
Large Age Buster Smoothie	Milk, Soy	31	fl oz	520	20	2	3	1	5	-	-	-	5	2	170	7	117	39	7	28	88	30	7	10	930	25	55	700	-	440	50	5	30	7.5	0.3	0.0	5.0	0.0	1.5	0
Medium Age Buster Smoothie	Milk, Soy	21	fl oz	380	10	2	2	1	4	-	-	-	5	1	120	5	87	29	6	23	66	25	4	10	810	25	50	650	-	400	40	5	30	7.5	0.3	0.0	5.0	0.0	1.5	0
Large Super Green Smoothie	Milk, Soy	31	fl oz	520	50	6	10	1	5	-	-	-	5	2	390	16	98	33	5	20	69	25	17	35	1,120	30	80	330	15	540	50	7	40	7.5	0.3	0.0	5.0	0.0	1.5	120
Medium Super Green Smoothie	Milk, Soy	23	fl oz	380	45	5	8	1	3	-	-	-	5	2	310	13	69	23	3	14	49	17	13	25	800	25	50	280	10	440	45	6	35	7.5	0.3	0.0	5.0	0.0	1.5	80
Large Tropi-Kale Smoothie	Milk, Soy	31	fl oz	550	20	2	3	1	5	-	-	-	5	2	160	7	127	42	4	15	105	25	7	15	620	20	90	330	10	460	45	5	30	7.5	0.3	0.0	5.0	0.0	1.5	0
Medium Tropi-Kale Smoothie	Milk, Soy	23	fl oz	400	10	2	2	1	4	-	-	-	5	1	110	5	93	31	2	9	79	16	4	8	360	10	60	280	4	360	35	5	30	7.5	0.3	0.0	5.0	0.0	1.5	0
FRESH JUICES																																								
Large Cool Cucumber		31	fl oz	240	-	-	-	-	-	-	-	-	-	-	50	2	62	21	1	3	48	-	1	2	600	15	-	260	-	40	4	2	10	0.1	0.0	0.0	0.3	14.5	0.0	0
Medium Cool Cucumber		23	fl oz	190	-	-	-	-	-	-	-	-	-	-	35	1	49	16	-	-	39	-	-	-	450	15	-	200	-	30	4	1	8	0.1	0.0	0.0	0.1	9.2	0.0	0
Small Cool Cucumber		13	fl oz	110	-	-	-	-	-	-	-	-	-	-	20	1	29	10	-	-	23	-	-	-	280	8	-	120	-	20	2	1	4	0.1	0.0	0.0	0.1	5.3	0.0	0
Large Evergreen		31	fl oz	260	10	1	1	-	-	-	-	-	-	-	170	7	66	22	4	18	50	-	4	8	950	25	170	260	-	170	15	4	20	0.1	0.0	0.0	0.1	11.8	0.0	0
Medium Evergreen		23	fl oz	190	-	-	-	-	-	-	-	-	-	-	140	6	46	15	4	15	34	-	3	6	660	20	120	180	-	140	15	3	15	0.1	0.0	0.0	0.1	7.9	0.0	0
Small Evergreen		13	fl oz	120	-	-	-	-	-	-	-	-	-	-	85	4	31	10	2	8	25	-	2	4	400	10	60	120	-	70	8	2	10	0.0	0.0	0.0	0.0	3.9	0.0	0
Large G-Snap		31	fl oz	340	10	1	1	-	-	-	-	-	-	-	-	-	80	27	-	2	64	-	8	15	1,000	30	780	430	-	130	15	3	15	0.1	0.0	0.0	0.2	2.7	0.0	0
Medium G-Snap		23	fl oz	250	-	-	-	-	-	-	-	-	-	-	-	-	58	19	-	-	47	-	6	10	670	20	650	300	-	100	10	2	15	0.0	0.0	0.0	0.1	1.3	0.0	0
Small G-Snap		13	fl oz	140	-	-	-	-	-	-	-	-	-	-	-	-	33	11	-	-	26	-	3	6	390	10	360	160	-	60	6	1	8	0.0	0.0	0.0	0.1	1.3	0.0	0
Large Root to Stem		31	fl oz	290	10	1	1	-	-	-	-	-	-	-	250	11	65	22	7	26	53	-	7	15	870	25	510	180	-	230	25	5	25	0.1	0.0	0.0	0.2	2.7	0.0	0
Medium Root to Stem		23	fl oz	210	10	1	1	-	-	-	-	-	-	-	180	8	49	16	5	19	41	-	5	10	630	20	350	140	-	170	15	3	20	0.0	0.0	0.0	0.1	1.3	0.0	0
Small Root to Stem		13	fl oz	130	-	-	-	-	-	-	-	-	-	-	105	4	31	10	3	10	26	-	2	6	370	10	180	100	-	90	10	2	10	0.0	0.0	0.0	0.0	0.7	0.0	0
ACAI BOWLS																																								
Acai Strawnana Berry Bowl	Soy, Tree nuts (Almond)	16	fl oz	460	60	7	11	1	5	-	-	-	-	-	65	3	96	32	9	38	72	-	4	8	170	6	10	25	-	30	4	1	6	0.0	0.0	0.0	0.0	0.0	0.0	0
Acai Tropical Mango Bowl	Tree nuts (Almond, Coconut)	16	fl oz	550	120	13	21	8	42	-	-	-	-	-	105	4	106	35	11	44	84	-	5	10	170	6	15	35	-	40	4	1	6	0.0	0.0	0.0	0.0	0.0	0.0	0
Nutty Acai Bowl	Peanuts, Soy, Tree nuts (Almond)	16	fl oz	740	280	31	48	5	27	-	-	-	-	-	190	8	106	35	12	50	75	-	15	30	470	15	10	15	-	70	8	2	15	0.0	0.0	0.0	0.0	0.0	0.0	0
SHOTS																																								
2oz Fresh Turmeric Shot		2	fl oz	60	10	1	2	-	-	-	-	-	-	-	5	-	13	4	3	12	4	-	1	2	380	10	-	20	-	20	2	5	30	0.0	0.0	0.0	0.0	0.0	0.0	0
3oz Fresh Turmeric Shot		3	fl oz	90	20	2	2	-	-	-	-	-	-	-	10	-	19	6	5	18	6	-	2	4	560	15	-	30	-	30	4	8	45	0.0	0.0	0.0	0.0	0.0	0.0	0
2 oz Lemon Ginger Shot		2	fl oz	20	-	-	-	-	-	-	-	-	-	-	-	-	5	2	1	3	1	-	-	-	110	4	8	25	-	-	-	-	-	0.1	0.0	0.0	0.2	6.3	0.0	0
3 oz Lemon Ginger Shot		3	fl oz	30	-	-	-	-	-	-	-	-	-	-	-	-	7	2	1	4	2	-	1	2	160	6	10	40	-	-	-	1	2	0.2	0.0	0.0	0.3	9.3	0.0	0
2 oz Wheatgrass Shot		2	fl oz	-	-	-	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	4	-	-	-	1	6	0.0	0.0	0.0	0.0	0.0	0.0	0
3 oz Wheatgrass Shot		3	fl oz	-	-	-	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	6	-	-	-	2	8	0.0	0.0	0.0	0.0	0.0	0.0	0
BOOSTS																																								
Electrolytes		0.5	tsp	-	-	-	-	-	-	-	-	-	-	-	310	13	-	-	-	-	-	-	-	-	550	15	-	380	-	40	4	-	-	0.0	0.0	0.0	0.0	0.0	0.0	0
Energy	Soy	1	tsp	10	-	-	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	1	2	50	2	-	-	-	-	-	-	-	0.0	0.0	0.0	0.0	0.0	30.0	165
Fiber	Soy	0.5	tsp	-	-	-	-	-	-	-	-	-	-	-	10	-	2	1	1	4	-	-	-	-	5	-	-	-	-	-	-	-	-	0.0	0.0	0.0	0.0	0.0	0.0	0
Heart Beet	Soy	1	tsp	5	-	-	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	1	2	-	2	-	-	-	-	-	-	-	0.0	0.0	0.0	0.0	0.0	0.0	0
Immunity	Soy	0.5	tsp	-	-	-	-	-	-	-	-	-	-	-	10	-	1	-	-	-	-	-	-	-	10	2	-	170	-	-	-	-	-	0.0	0.0	0.0	0.0	0.0	0.0	0
Multi-Vitamin	Soy	0.5	tsp	5	-	-	-	-	-	-	-	-	-	-	25	1	1	-	-	-	-	-	1	2	10	2	25	25	-	250	25	5	25	7.5	0.3	0.0	5.0	0.0	1.5	0
Pea Protein		1	tbl	25	-	1	1	-	-	-	-	-	-	-	-	-	2	1	1	4	-	-	5	10	-	-	-	-	-	-	-	-	-	0.0	0.0	0.0	0.0	0.0	0.0	0
Probiotics		0.25	tsp	-	-	-	-	-	-	-	-	-	-	-	-	-	1	-	1	2	-	-	-	-	-	-	-	-	-	-	-	-	-	0.0	0.0	0.0	0.0	0.0	0.0	0
Recovery		0.5	tsp	5	-	-	-	-	-	-	-	-	-	-	30	1	-	-	-	-	-	-	1	2	90	4	-	450	-	-	-	-	-	0.0	0.0	0.0	0.0	0.0	0.0	0
Trim Burner	Milk	0.5	tsp	-	-	-	-	-	-	-	-	-	-	-	10	-	-	-	-	-	-	-	1	2	10	-	-	-	-	-	-	-	-	0.0	0.0	0.0	0.0	0.0	0.0	0
Whey Protein	Milk	1	tbl	30	-	1	1	-	-	-	-	-	10	3	20	1	1	-	-	-	1	-	6	10	30	2	-	-	-	30	4	-	-	0.0	0.0	0.0	0.0	0.0	0.0	0
ENRICHMENTS																																								
Bee Pollen		1	tsp	15	-	-	-	-	-	-	-	-	-	-	-	-	2	1	1	4	2	-	1	2	-	-	6	4	-	20	2	-	2	0.0	0.0	0.0	0.0	0.0	0.0	0
Cacao Nibs		1	tbl	60	45	5	8	3	15	-	-	-	-	-	-	-	4	1	3	11	-	-	1	4	85	2	-	-	-	-	2	1	2	0.0	0.0	0.0	0.0	0.0	0.0	0
Chia Seeds		1	tbl	45	35	4	6	-	-	24	23	-	-	-	-	-	4	1	4	16	-	-	3	6	80	2	-	-	-	60	6	1	6	0.0	0.0	0.0	0.0	0.0	0.0	0
Flax Seeds		1	tsp	20	15	2	2	-	-	-	-	-	-	-	-	-	1	-	1	5	-	-	1	2	-	-	-	2	-	-	-	-	4	0.0	0.0	0.0	0.0	0.0	0.0	0
Honey		1	tsp	20	-	-	-	-	-	-	-	-	-	-	-	-	6	2	-	-	5	-	-	-	-	-	-	-	-	-	-	-	-	0.0	0.0	0.0	0.0	0.0	0.0	0
Matcha Green Tea		1	tsp	10	-	-	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.0	0.0	0.0	0.0	0.0	0.0	40
Spirulina		1	tsp	20	-	-	-	-	-	-	-	-	-	-	35	1	1	-	-	-	-	-	3	6	60	2	-	-	-	20	2	1	8	0.0	0.0	0.0	0.0	0.0	0.0	0
Turmeric		1	tsp	10	-	-	-	-	-	-	-	-	-	-	-	-	3	1	1	3	-	-	-	-	60	2	-	-	-	-	2	2	10	0.0	0.0	0.0	0.0	0.0	0.0	0

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. All data displayed follows the federal regulations regarding the rounding on nutritional data. Information may vary slightly from actual due to rounding of nutritional data. Variations within the nutritional values may occur due to the use of regional suppliers, seasonal influences, manufacturing tolerances, minor differences in product assembly at the restaurant level, recipe revisions and other factors. Serving size designation for beverages refers to total cup capacity. If you have a food allergy, please consult with your physician before deciding if Robeks products are right for you. We also recommend checking our “Ingredients & Allergen Statements” frequently as our menu and ingredients may change. If you have any questions regarding allergens in our restaurants, please contact Member Support at www.robeks.com/connect/contact-us. Some items listed may not be available in your area, and slight variations may occur in each product for reasons that may include available supply, tests, portioning or other factors. Robeks will update and revise the information periodically to reflect changes in ingredients and the addition and removal of products from our menu.