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www.robeksfranchise.com



NUTRITIONAL GUIDE

	SIZE	CALORIES	FAT(G)	PROTEIN(G)	CARBS(G)	SUGAR(G)	FIBER(G)	CHOLESTEROL	SODIUM	VITAMIN A	VITAMIN C	CALCIUM	IRON
SUPERFOOD SMOOTHIES													
HERO'S GARDEN	SM	190	1.5	3	41	32	4	0%	2%	80%	60%	2%	6%
MANGO TURMERIC MADNESS	SM	170	0	1	41	33	3	0%	0%	190%	160%	2%	6%
BERRY BENEFICIAL	SM	170	2.5	1	35	28	4	0%	2%	0%	15%	0%	4%
QUEEN OF ALL GREENS	SM	180	0	2	42	32	3	0%	1%	45%	45%	4%	6%
ACAI SMOOTHIES													
ACAI ENERGIZER	MED	390	6	10	77	59	4	4%	4%	30%	70%	35%	30%
EMPEROR ACAI	MED	320	4	5	68	55	4	2%	2%	8%	45%	15%	4%
AWESOME ACAI	MED	370	4.5	3	80	61	4	1%	2%	8%	40%	10%	6%
CLASSIC SMOOTHIES													
STRAWNANA BERRY	SM	160	0	1	37	28	1	0%	1%	0%	25%	4%	2%
POLAR PINEAPPLE	SM	150	.5	1	37	30	1	1%	1%	0%	45%	2%	2%
PASSIONFRUIT COVE	SM	160	.5	1	38	31	1	1%	1%	2%	90%	2%	2%
BIG WEDNESDAY	SM	160	.5	1	39	31	1	1%	1%	2%	80%	2%	2%
HUMMINGBIRD	SM	180	.5	1	43	35	2	1%	1%	4%	50%	2%	2%
MAHALO MANGO	SM	170	0	1	40	35	1	0%	1%	8%	25%	4%	0%
RASPBERRY ROMANCE	SM	160	0	1	40	32	2	0%	1%	0%	40%	4%	4%
BERRY BRILLIANCE	SM	160	0	1	38	29	2	0%	1%	0%	4%	4%	0%
SOUTH PACIFIC SQUEEZE	SM	160	.5	2	37	26	1	1%	0%	6%	170%	4%	4%
PIÑA KOOLADA	SM	190	1.5	1	43	34	1	0%	1%	0%	25%	4%	2%
PERFORMANCE SMOOTHIES													
800 LB GORILLA	MED	810	22	59	100	65	5	27%	18%	25%	30%	60%	35%
P-NUT POWER PLUS	MED	800	36	36	91	51	10	7%	16%	25%	25%	45%	40%
MUSCLE MAX	MED	490	4	26	90	66	4	15%	6%	25%	70%	40%	25%
NUTS ABOUT PROTEIN	MED	660	34	34	64	38	4	10%	14%	25%	30%	50%	35%
NATURALLY COFFEE	MED	260	2	8	53	37	1	0%	8%	0%	4%	20%	4%
LOW-CALORIE SMOOTHIES													
ACTIVE APPLE	SM	120	0	2	30	18	3	0%	1%	2%	60%	2%	2%
BERRY REBOOT	SM	200	2.5	13	35	22	4	7%	5%	15%	20%	8%	4%
LEAN GREEN	SM	160	1	3	35	24	2	0%	4%	15%	45%	8%	4%
WELLNESS SMOOTHIES													
TROPI-KALE	MED	340	.5	2	81	69	2	1%	2%	30%	90%	8%	4%
AGE BUSTER	MED	320	.5	3	75	57	4	1%	4%	90%	260%	35%	30%
SUPER GREEN	MED	290	3.5	10	54	39	3	0%	11%	50%	280%	35%	35%
DR. ROBEKS	MED	300	1	5	71	48	2	2%	2%	40%	550%	35%	35%
FRESH JUICES													
EVERGREEN	SM	120	0	4	29	18	3	0%	6%	110%	250%	20%	20%
G-SNAP	SM	140	.5	3	33	26	1	0%	0%	350%	170%	6%	8%
ABC	SM	100	0	2	23	21	0	0%	0%	350%	60%	4%	8%
ROOT TO STEM	SM	140	0	4	33	24	3	0%	5%	190%	240%	15%	15%
COOL CUCUMBER	SM	90	0	0	24	18	0	0%	1%	0%	25%	2%	2%
BOWLS													
ACAI STRAWNANA BERRY	16 oz.	440	7	3	92	69	9	0%	3%	10%	60%	4%	8%
ACAI TROPICAL MANGO	16 oz.	540	13	4	106	87	10	0%	4%	25%	100%	4%	6%
NUTTY ACAI	16 oz.	700	28	14	105	74	11	0%	5%	10%	70%	8%	15%
GREEN BLISS	16 oz.	470	6	6	101	70	6	1%	4%	15%	70%	15%	6%
ACAI ESPECIAL	16 oz.	620	10	4	130	105	10	0%	0%	15%	25%	6%	8%
WELLNESS SHOTS													
WHEATGRASS	2 oz.	5	0	0	1	0	0	0%	0%	0%	4%	0%	6%
LEMON GINGER	2 oz.	15	0	0	4	1	0	0%	0%	0%	25%	0%	0%
TURMERIC	2 oz.	30	1	1	12	3	3	0%	0%	0%	6%	2%	30%
WHEATGRASS	3 oz.	5	0	0	1	0	0	0%	0%	0%	6%	0%	8%
LEMON GINGER	3 oz.	25	0	0	7	1	1	0%	0%	0%	35%	2%	2%
TURMERIC	3 oz.	45	0	0	11	10	0	0%	0%	0%	0%	0%	6%

Please advise a team member of any food allergies.
Food may contain one or more potential allergens.

Percentages based on recommended daily allowance.
Calories based on a 2,000 Calorie Per Day Diet.
For a listing of nutritional for all sizes, please visit www.robeks.com/nutrition.



MENU



SUPERFOOD SMOOTHIES

DAIRY FREE

HERO'S GARDEN

Fresh Spinach, Matcha Green Tea, Pineapple, Mango, Banana, Spirulina, Flax Seeds, Apple Juice

MANGO TURMERIC MADNESS

Fresh Lime, Peach, Mango, Cranberries, Turmeric, Agave, Fresh Carrot Juice, Apple Juice

BERRY BENEFICIAL

Strawberries, Blueberries, Banana, Flax Seeds, Vanilla Almond Milk, Agave, Raspberry Juice

QUEEN OF ALL GREENS

Fresh Kale, Fresh Spinach, Pineapple, Banana, Apple Juice



ACAI SMOOTHIES

ACAI ENERGIZER

Strawberries, Blueberries, Pineapple Sherbet, Non-Fat Frozen Yogurt, Acai Juice, Energy, Multi-Vitamin, Whey Protein (5g)

EMPEROR ACAI

Blueberries, Strawberries, Greek Yogurt, Acai Juice, Probiotic

AWESOME ACAI

Strawberries, Banana, Raspberry Sherbet, Non-Fat Frozen Yogurt, Acai Juice

PERFORMANCE SMOOTHIES

HIGH ENERGY & PROTEIN

800 LB GORILLA

Banana, Peanut Butter, Non-Fat Frozen Yogurt, Soy Milk, Chocolate, Multi-Vitamin, Whey Protein (40g)

P-NUT POWER PLUS

Banana, Peanut Butter, Non-Fat Frozen Yogurt, Soy Milk, Energy, Multi-Vitamin, Whey Protein (10g)

MUSCLE MAX

Pineapple, Blueberries, Banana, Raspberry Sherbet, Raspberry Juice, Energy, Multi-Vitamin, Whey Protein (20g)

NUTS ABOUT PROTEIN

Coffee, Peanut Butter, Cinnamon, Raw Honey, Non-Fat Frozen Yogurt, Low Calorie Active Water, Multi-Vitamin, Whey Protein (15g)

NATURALLY COFFEE

Coffee, Non-Fat Frozen Yogurt, Soy Milk



CLASSIC SMOOTHIES

STRAWNANA BERRY

Strawberries, Banana, Non-Fat Frozen Yogurt, Apple Juice

POLAR PINEAPPLE

Pineapple, Strawberries, Pineapple Sherbet, Papaya Juice

PASSIONFRUIT COVE

Peach, Strawberries, Pineapple Sherbet, Passionfruit Juice

BIG WEDNESDAY

Peach, Strawberries, Banana, Orange Sherbet, Pineapple Sherbet, Papaya Juice

HUMMINGBIRD

Mango, Strawberries, Banana, Orange Sherbet, Passionfruit Juice

MAHALO MANGO

Mango, Pineapple Sherbet, Non-Fat Frozen Yogurt, Papaya Juice

RASPBERRY ROMANCE

Strawberries, Banana, Raspberry Sherbet, Non-Fat Frozen Yogurt, Raspberry Juice

BERRY BRILLIANCE

Blueberries, Banana, Raspberry Sherbet, Non-Fat Frozen Yogurt, Apple Juice

SOUTH PACIFIC SQUEEZE

Pineapple, Strawberries, Banana, Pineapple Sherbet, Orange Juice

PIÑA KOOLADA

Pineapple, Banana, Coconut, Pineapple Sherbet, Non-Fat Frozen Yogurt, Papaya Juice



ENRICHMENTS

ADD TO ANY SMOOTHIE, JUICE OR BOWL!

CHIA SEEDS

FLAX SEEDS

TURMERIC

BEE POLLEN

MATCHA GREEN TEA

SPIRULINA

GREEK YOGURT

RAW HONEY

SUPPLEMENTS

SUPERCHARGE ANY ITEM! ADD A SUPPLEMENT!

WHEY PROTEIN

SOY PROTEIN

PEA PROTEIN

MULTI-VITAMIN

FIBER

HEART HEALTH

IMMUNITY

FAT BURNER

ENERGY

PROBIOTICS



LOW-CALORIE SMOOTHIES

ACTIVE APPLE

Fresh Apple, Fresh Mint, Fresh Lime, Pineapple, Banana, Pineapple Sherbet, Low Calorie Active Water, Fat Burner

BERRY REBOOT

Fresh Spinach, Blueberries, Strawberries, Banana, Cranberries, Cinnamon, Raw Honey, Vanilla Almond Milk, Low Calorie Active Water, Fat Burner, Whey Protein (10g)

LEAN GREEN

Fresh Spinach, Fresh Cucumber, Pineapple, Raw Honey, Pineapple Sherbet, Non-Fat Frozen Yogurt, Vanilla Almond Milk, Low Calorie Active Water, Fat Burner



WELLNESS SMOOTHIES

TROPI-KALE

Fresh Kale, Pineapple, Pineapple Sherbet, Non-Fat Frozen Yogurt, Papaya Juice

AGE BUSTER

Fresh Kale, Fresh Spinach, Peach, Pineapple Sherbet, Non-Fat Frozen Yogurt, Apple Juice, Probiotic, Multi-Vitamin, Fiber

SUPER GREEN

Matcha Green Tea, Fresh Spinach, Pineapple, Non-Fat Frozen Yogurt, Soy Milk, Immunity, Multi-Vitamin

DR. ROBEKS

Strawberries, Raspberry Sherbet, Orange Juice, Immunity, Multi-Vitamin



FRESH JUICES

EVERGREEN

Kale, Cucumber, Celery, Spinach, Apple, Lemon

G-SNAP

Ginger, Carrot, Orange

ABC

Apple, Beet, Carrot

ROOT TO STEM

Kale, Celery, Spinach, Carrot, Beet, Apple, Ginger

COOL CUCUMBER

Cucumber, Apple, Lemon, Ginger



BOWLS

ACAI STRAWNANA BERRY

Acai, Banana, Blueberries, Strawberries, and Vanilla Almond Milk. Topped with Fresh Banana, Fresh Strawberries, Fresh Blueberries, Granola, and Raw Honey

ACAI TROPICAL MANGO

Acai, Mango, Banana, Pineapple, Coconut, and Vanilla Almond Milk. Topped with Fresh Banana, Fresh Strawberries, Mango, Coconut, Bee Pollen, and Raw Honey

NUTTY ACAI

Acai, Banana, Strawberries, Peanut Butter, and Papaya Juice. Topped with Fresh Banana, Peanut Butter, Granola, Bee Pollen, and Raw Honey

GREEN BLISS

Pineapple, Banana, Spinach, Cucumber, Mint, Lime, Matcha Green Tea, Pineapple Sherbet, Non-Fat Frozen Yogurt, and Apple Juice. Topped with Fresh Banana, Coconut, Cranberries, and Raw Honey

ACAI ESPECIAL

Acai, Blueberries, Banana. Topped with Fresh Banana, Fresh Strawberries, Fresh Blueberries, and Granola



WELLNESS SHOTS

WHEATGRASS

Hand Trimmed Wheatgrass

LEMON GINGER SHOT

Lemon, Ginger, Cayenne Pepper

TURMERIC

Turmeric, Apple Juice

