



2024 NUTRITION FACTS

	Allergens	Serving Size	Serving Unit	Calories	Calcs 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	-	210	70	910	38	45	15	11	45	1	-	15	30	880	25	6	25	-	40	4	3	20	0.5	0.0	0.0	0.0	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	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	0.0	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	0.0	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	0.0	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	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	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	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	0.0	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	0.0	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	0.0	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	0.0	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	0.0	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	0.0	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	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	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	0.0	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	0.0	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	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	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	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	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	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	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	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	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	0.0	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	0.0	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	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	42	5	21	80	25	63	130	980	30	25	25	15	750	80	6	35	7.5	0.3	0.0	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																													

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	-	-	-	-	-	-	-	-	-	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

LIMITED-TIME OFFERS

Large Wailea Watermelon Smoothie	Milk	31	fl oz	390	20	2	3	1	6	-	-	-	5	2	40	2	92	31	4	17	55	24	3	5	550	16	-	25	-	82	8	2	10	0.0	0.0	0.0	0.0	0.00	0.00	0.00
Medium Wailea Watermelon Smoothie	Milk	23	fl oz	280	10	2	2	1	4	-	-	-	5	1	30	1	67	22	3	11	41	16	2	4	440	13	-	20	-	53	6	1	6	0.0	0.0	0.0	0.0	0.00	0.00	0.00
Large Sour Power Large	Milk	31	fl oz	470	20	2	3	1	6	0	0	0	5	2	45	2	114	38	5	19	94	24	1	0	45	2	0	100	0	67	8	1	6	0.0	0.0	0.0	0.0	1.97	0.00	0.00
Medium Sour Power	Milk	23	fl oz	370	20	1.5	2	1	4	0	0	0	5	1	35	1	88	29	4	14	75	16	1	0	35	2	0	60	0	42	4	0	4	0.0	0.0	0.0	0.0	0.00	0.00	0.00
Large Sweet Sipper	Milk	31	fl oz	540	20	2	3	1	5	0	0	0	5	2	115	5	126	42	4	16	100	31	5	10	700	20	15	270	10	165	15	1	4	0.0	0.0	0.0	0.0	1.97	0.00	0.00
Medium Sweet Sipper	Milk	23	fl oz	390	10	1.5	2	0.5	3	0	0	0	5	1	70	3	92	31	3	12	75	23	3	0	520	15	15	150	0	91	10	1	4	0.0	0.0	0.0	0.0	0.00	0.00	0.00

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.