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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	0	30	4	1	8	0	0	0	0	9	0	0	
Small Cool Cucumber		13	fl oz	110	-	-	-	-	-	-	-	-	-	-	20	1	29	10	-	-	23	-	-	-	280	8	0	120	0	20	2	1	4	0	0	0	0	5	0	0	
Large ABC		31	fl oz	360	0.5	-	-	-	-	-	-	-	-	-	-	4	56	52									150	200	0	76	15	4	15	0	0	0	0	0	0	0	
Medium ABC		23	fl oz	180	-	-	-	-	-	-	-	-	-	-	-	3	41	38										110	165	0	50	15	1	10		0	0	0	0	0	0
Small ABC		13	fl oz	100	-	-	-	-	-	-	-	-	-	-	-	2	23	21										40	110	0	25	6	1	5	0	0	0	0	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	-	-</																																

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	0.0	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	0.0	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	0.0	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	0.0	0			
LIMITED-TIME PRODUCTS																																											

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.