

Column1	Calories	Allergens	Total Fat(g)	Saturated Fat(g)	Trans Fat(g)	Cholesterol(mg)	Sodium(mg)	Total Carb.(g)	Dietary Fiber(g)	Sugars(g)	Protein(g)	Caffeine(mg)
HANDCRAFTED TOASTS												
Avocado & Egg Toast	510	Eggs, Soy, Wheat	32	5	-	210	910	45	11	1	15	-
Classic Avocado Toast	430	Wheat	27	4	-	-	720	45	12	1	7	-
Everything Avocado Toast	390	Sesame, Wheat	22	3	-	-	750	45	12	1	7	-
Peanut Butter & Banana Toast	470	Peanuts, Wheat	20	4	-	-	420	62	6	18	14	-
HARMONIOUS BITES												
Impossible Breakfast Sandwich	290	Eggs, Milk, Soy, Wheat	11	5	-	15	640	31	3	2	16	-
Margherita Pizzolo	270	Milk, Soy, Wheat	8	5	-	20	660	34	2	6	13	-
Southwest Chicken Wrap	540	Eggs, Milk, Soy, Wheat	19	9	-	50	1,190	61	4	2	24	-
Spinach & Egg Folded Flatbread	270	Eggs, Milk, Soy, Wheat	12	7	-	90	400	17	2	1	16	-
Spinach & Feta Stuffed Pretzel	450	Milk, Soy, Wheat	12	5	-	15	1,290	66	3	3	15	-
SUPERFOOD SMOOTHIES												
Large Berry Beneficial Smoothie	390	Tree nuts (Almond)	4	-	-	-	135	86	9	67	3	-
Medium Berry Beneficial Smoothie	310	Tree nuts (Almond)	3	-	-	-	95	69	6	56	2	-
Small Berry Beneficial Smoothie	180	Tree nuts (Almond)	3	-	-	-	70	38	4	30	1	-
Large Hero's Garden Smoothie	470		2	-	-	-	80	101	8	79	5	80
Medium Hero's Garden Smoothie	340		2	-	-	-	45	74	6	59	3	40
Small Hero's Garden Smoothie	220		2	-	-	-	40	45	4	35	3	20
Large Mango Turmeric Madness Smoothie	400		1	-	-	-	15	98	6	80	2	-
Medium Mango Turmeric Madness Smooth	280		-	-	-	-	10	68	4	57	1	-
Small Mango Turmeric Madness Smoothie	180		-	-	-	-	5	44	3	36	1	-
Large Queen of All Greens Smoothie	420		-	-	-	-	50	97	7	75	3	-
Medium Queen of All Greens Smoothie	290		-	-	-	-	30	69	4	56	2	-
Small Queen of All Greens Smoothie	190		-	-	-	-	25	45	3	35	2	-
PERFORMANCE SMOOTHIES												
Large Acai Energizer Smoothie	560	Milk, Soy	7	2	-	15	150	113	6	87	12	165
Medium Acai Energizer Smoothie	420	Milk, Soy	6	2	-	15	110	83	5	66	10	165
Large Acai Lemon Berry Smoothie	490	Milk	7	2	-	5	340	107	6	84	2	-

Medium Acai Lemon Berry Smoothie	340	Milk	5	2	-	5	330	75	4	60	2	-
Large Awesome Acai Smoothie	590	Milk	7	2	-	5	105	127	7	96	7	-
Medium Awesome Acai Smoothie	420	Milk	5	2	-	5	60	90	5	71	4	-
Large Braveheart Smoothie	610	Milk, Soy	3	2	-	25	210	129	5	94	20	-
Medium Braveheart Smoothie	450	Milk, Soy	3	1	-	25	160	92	3	67	17	-
Large Muscle Max Smoothie	640	Milk, Soy	5	2	-	45	150	125	5	97	26	165
Medium Muscle Max Smoothie	500	Milk, Soy	4	2	-	45	140	94	4	74	25	165
Large Nuts About Protein Smoothie	1,210	Milk, Peanuts, Soy	53	11	-	45	600	148	6	99	52	96
Medium Nuts About Protein Smoothie	760	Milk, Peanuts, Soy	35	8	-	35	380	83	4	55	38	96
Large P-Nut Power Smoothie	1,250	Milk, Peanuts, Soy	54	11	-	30	620	154	13	93	51	165
Medium P-Nut Power Smoothie	860	Milk, Peanuts, Soy	37	7	-	25	430	104	10	61	38	165
Large Power Surge Smoothie	480	Milk	3	2	-	10	390	113	4	92	3	-
Medium Power Surge Smoothie	370	Milk	2	1	-	5	380	87	2	73	2	-
PROTEIN PLUS SMOOTHIES												
Large 800 LB Gorilla Smoothie	1,200	Milk, Peanuts, Soy	33	7	-	90	610	167	8	112	70	-
Medium 800 LB Gorilla Smoothie	910	Milk, Peanuts, Soy	24	6	-	85	500	120	5	80	63	-
Large Blue Gorilla Smoothie	1,030	Milk, Peanuts, Soy	33	7	-	90	580	125	8	80	70	-
Medium Blue Gorilla Smoothie	800	Milk, Peanuts, Soy	24	6	-	85	480	93	5	59	63	-
Large Cookie Monster Smoothie	900	Milk, Tree nuts (Almond)	18	9	-	90	520	132	6	92	57	-
Medium Cookie Monster Smoothie	650	Milk, Tree nuts (Almond)	12	6	-	85	420	87	3	60	54	-
CLASSIC SMOOTHIES												
Large Berry Brilliance Smoothie	530	Milk	3	1	-	5	115	120	5	93	6	-
Medium Berry Brilliance Smoothie	390	Milk	2	1	-	5	70	89	3	70	3	-
Small Berry Brilliance Smoothie	190	Milk	1	-	-	5	35	45	2	35	2	-
Large Big Wednesday Smoothie	480	Milk	2	1	-	5	45	116	5	94	2	-
Medium Big Wednesday Smoothie	360	Milk	1	1	-	5	35	88	3	73	1	-
Small Big Wednesday Smoothie	180	Milk	1	-	-	-	15	44	1	36	1	-
Large Hummingbird Smoothie	530	Milk	2	1	-	5	45	125	5	103	2	-
Medium Hummingbird Smoothie	410	Milk	1	1	-	5	35	96	3	82	1	-
Small Hummingbird Smoothie	200	Milk	1	-	-	5	15	48	2	41	1	-
Large Mahalo Mango Smoothie	520	Milk	2	1	-	5	80	125	4	109	3	-
Medium Mahalo Mango Smoothie	400	Milk	1	1	-	5	70	95	2	84	3	-

Small Mahalo Mango Smoothie	200	Milk	1	-	-	-	35	48	1	42	1	-
Large Passionfruit Cove Smoothie	470	Milk	2	1	-	5	45	112	3	94	1	-
Medium Passionfruit Cove Smoothie	360	Milk	1	1	-	5	35	86	2	75	1	-
Small Passionfruit Cove Smoothie	180	Milk	1	-	-	-	15	43	1	37	-	-
Large Pina Koolada Smoothie	600	Milk, Tree nuts (Coconut)	5	5	-	5	140	133	4	110	6	-
Medium Pina Koolada Smoothie	440	Milk, Tree nuts (Coconut)	4	3	-	5	85	99	3	83	4	-
Small Pina Koolada Smoothie	220	Milk, Tree nuts (Coconut)	2	2	-	-	40	50	1	41	2	-
Large Polar Pineapple Smoothie	450	Milk	2	1	-	5	45	109	3	91	1	-
Medium Polar Pineapple Smoothie	340	Milk	1	1	-	5	35	83	2	72	1	-
Small Polar Pineapple Smoothie	170	Milk	1	-	-	-	15	42	1	36	-	-
Large Raspberry Romance Smoothie	550	Milk	2	1	-	5	115	129	5	103	5	-
Medium Raspberry Romance Smoothie	400	Milk	1	1	-	5	70	96	3	79	3	-
Small Raspberry Romance Smoothie	200	Milk	1	-	-	5	35	48	2	39	2	-
Large South Pacific Squeeze Smoothie	470	Milk	2	1	-	5	30	110	5	79	5	-
Medium South Pacific Squeeze Smoothie	360	Milk	1	1	-	5	20	82	3	61	4	-
Small South Pacific Squeeze Smoothie	180	Milk	1	-	-	-	10	41	1	30	2	-
Large Strawnana Berry Smoothie	530	Milk	2	1	-	5	150	122	4	92	8	-
Medium Strawnana Berry Smoothie	400	Milk	1	1	-	5	105	93	3	71	5	-
Small Strawnana Berry Smoothie	200	Milk	1	-	-	5	50	46	1	35	3	-
WELLNESS SMOOTHIES												
Large Dr. Robeks Smoothie	430	Milk, Soy	2	1	-	5	65	99	4	70	5	-
Medium Dr. Robeks Smoothie	320	Milk, Soy	1	1	-	5	55	75	3	54	5	-
Large Age Buster Smoothie	520	Milk, Soy	2	1	-	5	170	117	7	88	7	-
Medium Age Buster Smoothie	380	Milk, Soy	2	1	-	5	120	87	6	66	4	-
Large Super Green Smoothie	520	Milk, Soy	6	1	-	5	390	98	5	69	17	120
Medium Super Green Smoothie	380	Milk, Soy	5	1	-	5	310	69	3	49	13	80
Large Tropi-Kale Smoothie	550	Milk, Soy	2	1	-	5	160	127	4	105	7	-
Medium Tropi-Kale Smoothie	400	Milk, Soy	2	1	-	5	110	93	2	79	4	-
FRESH JUICES												
Large Cool Cucumber	240		-	-	-	-	50	62	1	48	1	-
Medium Cool Cucumber	190		-	-	-	-	35	49	-	39	-	-

Small Cool Cucumber	110		-	-	-	-	20	29	-	23	-	-
Large ABC	260		-	-	-	-	10	62	-	58	4	-
Medium ABC	190		-	-	-	-	10	45	-	42	3	-
Small ABC	110		-	-	-	-	5	26	-	25	1	-
Large Evergreen	260		1	-	-	-	170	66	4	50	4	-
Medium Evergreen	190		-	-	-	-	140	46	4	34	3	-
Small Evergreen	120		-	-	-	-	85	31	2	25	2	-
Large G-Snap	340		1	-	-	-	-	80	-	64	8	-
Medium G-Snap	250		-	-	-	-	-	58	-	47	6	-
Small G-Snap	140		-	-	-	-	-	33	-	26	3	-
Large Root to Stem	290		1	-	-	-	250	65	7	53	7	-
Medium Root to Stem	210		1	-	-	-	180	49	5	41	5	-
Small Root to Stem	130		-	-	-	-	105	31	3	26	2	-
BOWLS												
Acai Strawnana Berry Bowl	430	Soy, Tree nuts (Almond)	7	1	-	-	65	92	9	68	3	-
Acai Tropical Mango Bowl	540	Tree nuts (Almond, Coconut)	13	8	-	-	105	104	10	86	4	-
Nutty Acai Bowl	720	Peanuts, Soy, Tree nuts (Almond)	30	5	-	-	190	105	12	76	14	-
Banana-Nut Crunch Bowl	780	Milk, Peanuts, Soy, Tree nuts (Almond, Coconut, Filbert/Hazelnut)	35	10	-	5	270	105	11	67	17	-
Mahalo Mango Bowl	380	Milk, Soy, Tree nuts (Coconut)	5	3	-	5	80	85	4	69	4	-
Strawnana Berry Bowl	360	Milk, Soy	2	-	-	5	55	82	6	54	5	-
WELLNESS SHOTS												
2 oz Fresh Turmeric Shot	60		1	-	-	-	5	13	3	4	1	-
3 oz Fresh Turmeric Shot	90		2	-	-	-	10	19	5	6	2	-
2 oz Lemon Ginger Shot	20		-	-	-	-	-	5	1	1	-	-
3 oz Lemon Ginger Shot	30		-	-	-	-	-	7	1	2	1	-
2 oz Wheatgrass Shot	-		-	-	-	-	-	1	-	-	-	-
3 oz Wheatgrass Shot	-		-	-	-	-	-	1	-	-	-	-
BOOSTS												
Electrolytes	-		-	-	-	-	310	-	-	-	-	-

Energy	10	Soy	-	-	-	-	-	1	-	-	1	165
Fiber	-	Soy	-	-	-	-	10	2	1	-	-	-
Heart Beet	5	Soy	-	-	-	-	-	1	-	-	1	-
Immunity	-	Soy	-	-	-	-	10	1	-	-	-	-
Multi-Vitamin	5	Soy	-	-	-	-	25	1	-	-	1	-
Pea Protein	25		1	-	-	-	-	2	1	-	5	-
Probiotics	-		-	-	-	-	-	1	1	-	-	-
Recovery	5		-	-	-	-	30	-	-	-	1	-
Trim Burner	-	Milk	-	-	-	-	10	-	-	-	1	-
Whey Protein	30	Milk	1	-	-	10	20	1	-	1	6	-
ENRICHMENTS												
Bee Pollen	15		-	-	-	-	-	2	1	2	1	-
Cacao Nibs	60		5	3	-	-	-	4	3	-	1	-
Chia Seeds	45		4	-	-	-	-	4	4	-	6	-
Flax Seeds	20		2	-	-	-	-	1	1	-	1	-
Honey	20		-	-	-	-	-	6	-	5	-	-
Matcha Green Tea	10		-	-	-	-	-	1	-	-	-	40
Spirulina	20		-	-	-	-	35	1	-	-	3	-
Turmeric	10		-	-	-	-	-	3	1	-	-	-

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. Some of our Food Products contain known food allergens including dairy, wheat, soy, peanuts, and tree nuts. All of our food is prepared on shared equipment in a common kitchen with these products present. 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.