

Column1	Allergens	Calories	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	Eggs, Soy, Wheat	510	32	5	-	210	910	45	11	1	15	-
Classic Avocado Toast	Wheat	430	27	4	-	-	720	45	12	1	7	-
Everything Avocado Toast	Sesame, Wheat	390	22	3	-	-	750	45	12	1	7	-
Peanut Butter & Banana Toast	Peanuts, Wheat	470	20	4	-	-	420	62	6	18	14	-
HARMONIOUS BITES												
Impossible Breakfast Sandwich	Eggs, Milk, Soy, Wheat	290	11	5	-	15	640	31	3	2	16	-
Margherita Pizzolo	Milk, Soy, Wheat	270	8	5	-	20	660	34	2	6	13	-
Southwest Chicken Wrap	Eggs, Milk, Soy, Wheat	540	19	9	-	50	1,190	61	4	2	24	-
Spinach & Egg Folded Flatbread	Eggs, Milk, Soy, Wheat	270	12	7	-	90	400	17	2	1	16	-
Spinach & Feta Stuffed Pretzel	Milk, Soy, Wheat	450	12	5	-	15	1,290	66	3	3	15	-
SUPERFOOD SMOOTHIES												
Large Berry Beneficial Smoothie	Tree nuts (Almond)	390	4	-	-	-	135	86	9	67	3	-
Medium Berry Beneficial Smoothie	Tree nuts (Almond)	310	3	-	-	-	95	69	6	56	2	-
Small Berry Beneficial Smoothie	Tree nuts (Almond)	180	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 Smoothie		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	Milk, Soy	560	7	2	-	15	150	113	6	87	12	165
Medium Acai Energizer Smoothie	Milk, Soy	420	6	2	-	15	110	83	5	66	10	165
Large Acai Lemon Berry Smoothie	Milk	490	7	2	-	5	340	107	6	84	2	-

Medium Acai Lemon Berry Smoothie	Milk	340	5	2	-	5	330	75	4	60	2	-
Large Awesome Acai Smoothie	Milk	590	7	2	-	5	105	127	7	96	7	-
Medium Awesome Acai Smoothie	Milk	420	5	2	-	5	60	90	5	71	4	-
Large Braveheart Smoothie	Milk, Soy	610	3	2	-	25	210	129	5	94	20	-
Medium Braveheart Smoothie	Milk, Soy	450	3	1	-	25	160	92	3	67	17	-
Large Muscle Max Smoothie	Milk, Soy	640	5	2	-	45	150	125	5	97	26	165
Medium Muscle Max Smoothie	Milk, Soy	500	4	2	-	45	140	94	4	74	25	165
Large Nuts About Protein Smoothie	Milk, Peanuts, Soy	1,210	53	11	-	45	600	148	6	99	52	96
Medium Nuts About Protein Smoothie	Milk, Peanuts, Soy	760	35	8	-	35	380	83	4	55	38	96
Large P-Nut Power Smoothie	Milk, Peanuts, Soy	1,250	54	11	-	30	620	154	13	93	51	165
Medium P-Nut Power Smoothie	Milk, Peanuts, Soy	860	37	7	-	25	430	104	10	61	38	165
Large Power Surge Smoothie	Milk	480	3	2	-	10	390	113	4	92	3	-
Medium Power Surge Smoothie	Milk	370	2	1	-	5	380	87	2	73	2	-
PROTEIN PLUS SMOOTHIES												
Large 800 LB Gorilla Smoothie	Milk, Peanuts, Soy	1,200	33	7	-	90	610	167	8	112	70	-
Medium 800 LB Gorilla Smoothie	Milk, Peanuts, Soy	910	24	6	-	85	500	120	5	80	63	-
Large Blue Gorilla Smoothie	Milk, Peanuts, Soy	1,030	33	7	-	90	580	125	8	80	70	-
Medium Blue Gorilla Smoothie	Milk, Peanuts, Soy	800	24	6	-	85	480	93	5	59	63	-
Large Cookie Monster Smoothie	Milk, Tree nuts (Almond)	900	18	9	-	90	520	132	6	92	57	-
Medium Cookie Monster Smoothie	Milk, Tree nuts (Almond)	650	12	6	-	85	420	87	3	60	54	-
CLASSIC SMOOTHIES												
Large Berry Brilliance Smoothie	Milk	530	3	1	-	5	115	120	5	93	6	-
Medium Berry Brilliance Smoothie	Milk	390	2	1	-	5	70	89	3	70	3	-
Small Berry Brilliance Smoothie	Milk	190	1	-	-	5	35	45	2	35	2	-
Large Big Wednesday Smoothie	Milk	480	2	1	-	5	45	116	5	94	2	-
Medium Big Wednesday Smoothie	Milk	360	1	1	-	5	35	88	3	73	1	-
Small Big Wednesday Smoothie	Milk	180	1	-	-	-	15	44	1	36	1	-
Large Hummingbird Smoothie	Milk	530	2	1	-	5	45	125	5	103	2	-
Medium Hummingbird Smoothie	Milk	410	1	1	-	5	35	96	3	82	1	-
Small Hummingbird Smoothie	Milk	200	1	-	-	5	15	48	2	41	1	-
Large Mahalo Mango Smoothie	Milk	520	2	1	-	5	80	125	4	109	3	-
Medium Mahalo Mango Smoothie	Milk	400	1	1	-	5	70	95	2	84	3	-
Small Mahalo Mango Smoothie	Milk	200	1	-	-	-	35	48	1	42	1	-
Large Passionfruit Cove Smoothie	Milk	470	2	1	-	5	45	112	3	94	1	-
Medium Passionfruit Cove Smoothie	Milk	360	1	1	-	5	35	86	2	75	1	-
Small Passionfruit Cove Smoothie	Milk	180	1	-	-	-	15	43	1	37	-	-
Large Pina Koolada Smoothie	Milk, Tree nuts (Coconut)	600	5	5	-	5	140	133	4	110	6	-

Medium Pina Koolada Smoothie	Milk, Tree nuts (Coconut)	440	4	3	-	5	85	99	3	83	4	-
Small Pina Koolada Smoothie	Milk, Tree nuts (Coconut)	220	2	2	-	-	40	50	1	41	2	-
Large Polar Pineapple Smoothie	Milk	450	2	1	-	5	45	109	3	91	1	-
Medium Polar Pineapple Smoothie	Milk	340	1	1	-	5	35	83	2	72	1	-
Small Polar Pineapple Smoothie	Milk	170	1	-	-	-	15	42	1	36	-	-
Large Raspberry Romance Smoothie	Milk	550	2	1	-	5	115	129	5	103	5	-
Medium Raspberry Romance Smoothie	Milk	400	1	1	-	5	70	96	3	79	3	-
Small Raspberry Romance Smoothie	Milk	200	1	-	-	5	35	48	2	39	2	-
Large South Pacific Squeeze Smoothie	Milk	470	2	1	-	5	30	110	5	79	5	-
Medium South Pacific Squeeze Smoothie	Milk	360	1	1	-	5	20	82	3	61	4	-
Small South Pacific Squeeze Smoothie	Milk	180	1	-	-	-	10	41	1	30	2	-
Large Strawnana Berry Smoothie	Milk	530	2	1	-	5	150	122	4	92	8	-
Medium Strawnana Berry Smoothie	Milk	400	1	1	-	5	105	93	3	71	5	-
Small Strawnana Berry Smoothie	Milk	200	1	-	-	5	50	46	1	35	3	-
WELLNESS SMOOTHIES												
Large Dr. Robeks Smoothie	Milk, Soy	430	2	1	-	5	65	99	4	70	5	-
Medium Dr. Robeks Smoothie	Milk, Soy	320	1	1	-	5	55	75	3	54	5	-
Large Age Buster Smoothie	Milk, Soy	520	2	1	-	5	170	117	7	88	7	-
Medium Age Buster Smoothie	Milk, Soy	380	2	1	-	5	120	87	6	66	4	-
Large Super Green Smoothie	Milk, Soy	520	6	1	-	5	390	98	5	69	17	120
Medium Super Green Smoothie	Milk, Soy	380	5	1	-	5	310	69	3	49	13	80
Large Tropi-Kale Smoothie	Milk, Soy	550	2	1	-	5	160	127	4	105	7	-
Medium Tropi-Kale Smoothie	Milk, Soy	400	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	Soy, Tree nuts (Almond)	430	7	1	-	-	65	92	9	68	3	-
Acai Tropical Mango Bowl	Tree nuts (Almond, Coconut)	540	13	8	-	-	105	104	10	86	4	-
Nutty Acai Bowl	Peanuts, Soy, Tree nuts (Almond)	720	30	5	-	-	190	105	12	76	14	-
Nutty Banana Crunch Bowl	Milk, Peanuts, Soy, Tree Nuts (Almond, Coconut, Filbert/Hazelnut)	780	35	10			5	270	105	11	67	-
Mango Magic Bowl	Milk, Soy, Tree Nuts (coconut)	380	5	3			5	80	85	4	69	-
Strawnana Berry Bowl	Milk, Soy	360	2	-	-	-	5	55	82	6	54	-
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												
Collagen		29	-	-	-	-	-	-	-	-	7	-
Creatine		-	-	-	-	-	-	-	-	-	-	-
Electrolytes		-	-	-	-	-	310	-	-	-	-	-
Energy	Soy	10	-	-	-	-	-	1	-	-	1	165
Fiber	Soy	-	-	-	-	-	10	2	1	-	-	-
Heart Beet	Soy	5	-	-	-	-	-	1	-	-	1	-
Immunity	Soy	-	-	-	-	-	10	1	-	-	-	-
Multi-Vitamin	Soy	5	-	-	-	-	25	1	-	-	1	-
Pea Protein		25	1	-	-	-	-	2	1	-	5	-
Probiotics		-	-	-	-	-	-	1	1	-	-	-
Recovery		5	-	-	-	-	30	-	-	-	1	-
Whey Protein	Milk	30	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	-	-	-
WAILEA WATERMELON (Limited Time)												
Large Wailea Watermelon	Milk, Peanuts, Soy, Tree nuts (Almond, Coconut, Filbert/Hazelnut)	780	35	10	-	5	270	105	11	67	17	-
Medium Wailea Watermelon	Milk, Soy, Tree nuts (Coconut)	380	5	3	-	5	80	85	4	69	4	-
GLOW SMOOTHIES (Limited Time)												
Large Greeny Glow	Milk	360	1		-	5	170	70	6	57	18	-
Medium Greeny Glow	Milk	300	1		-	5	140	56	4	45	17	-
Large Berry Glow	Milk	360	8	1.5	-	5	180	80	13	62	18	-
Medium Berry Glow	Milk	350	7	1.5	-	5	160	57	10	43	18	-
Large Sunny Glow	Milk	430	1		-	5	140	87	6	77	15	-
Medium Sunny Glow	Milk	340	1		-	5	130	64	4	57	15	-

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.