



NUTRITION GUIDE

FOOD + PERFORMANCE SMOOTHIES

SEPTEMBER 2026

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Menu Item	Allergens	Calories	Protein (g)	Total Carbohydrates (g)	Sugars (g)	Dietary Fiber (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Caffeine (mg)
Handcrafted Toasts												4 Items
Avocado & Egg Toast	Eggs, Soy, Wheat	510	15	45	1	11	32	5	-	910	210	-
Classic Avocado Toast	Wheat	430	7	45	1	12	27	4	-	720	-	-
Everything Avocado Toast	Sesame, Wheat	390	7	45	1	12	22	3	-	750	-	-
Peanut Butter & Banana Toast	Peanuts, Wheat	470	14	62	18	6	20	4	-	420	-	-
Harmonious Bites												5 Items
Impossible Breakfast Sandwich	Eggs, Milk, Soy, Wheat	290	16	31	2	3	11	5	-	640	15	-
Margherita Pizzolo	Milk, Soy, Wheat	270	13	34	6	2	8	5	-	660	20	-
Southwest Chicken Wrap	Eggs, Milk, Soy, Wheat	540	24	61	2	4	19	9	-	1,190	50	-
Spinach & Egg Folded Flatbread	Eggs, Milk, Soy, Wheat	270	16	17	1	2	12	7	-	400	90	-
Spinach & Feta Stuffed Pretzel	Milk, Soy, Wheat	450	15	66	3	3	12	5	-	1,290	15	-
Superfood Smoothies												12 Items
Large Berry Beneficial Smoothie	Tree nuts (Almond)	390	3	86	67	9	4	-	-	135	-	-
Medium Berry Beneficial Smoothie	Tree nuts (Almond)	310	2	69	56	6	3	-	-	95	-	-
Small Berry Beneficial Smoothie	Tree nuts (Almond)	180	1	38	30	4	3	-	-	70	-	-
Large Hero's Garden Smoothie		470	5	101	79	8	2	-	-	80	-	80
Medium Hero's Garden Smoothie		340	3	74	59	6	2	-	-	45	-	40
Small Hero's Garden Smoothie		220	3	45	35	4	2	-	-	40	-	20
Large Mango Turmeric Madness Smoothie		400	2	98	80	6	1	-	-	15	-	-
Medium Mango Turmeric Madness Smoothie		280	1	68	57	4	-	-	-	10	-	-
Small Mango Turmeric Madness Smoothie		180	1	44	36	3	-	-	-	5	-	-
Large Queen of All Greens Smoothie		420	3	97	75	7	-	-	-	50	-	-
Medium Queen of All Greens Smoothie		290	2	69	56	4	-	-	-	30	-	-
Small Queen of All Greens Smoothie		190	2	45	35	3	-	-	-	25	-	-
Performance Smoothies												16 Items
Large Acai Energizer Smoothie	Milk, Soy	560	12	113	87	6	7	2	-	150	15	165
Medium Acai Energizer Smoothie	Milk, Soy	420	10	83	66	5	6	2	-	110	15	165
Large Acai Lemon Berry Smoothie	Milk	490	2	107	84	6	7	2	-	340	5	-
Medium Acai Lemon Berry Smoothie	Milk	340	2	75	60	4	5	2	-	330	5	-
Large Awesome Acai Smoothie	Milk	590	7	127	96	7	7	2	-	105	5	-
Medium Awesome Acai Smoothie	Milk	420	4	90	71	5	5	2	-	60	5	-
Large Braveheart Smoothie	Milk, Soy	610	20	129	94	5	3	2	-	210	25	-
Medium Braveheart Smoothie	Milk, Soy	450	17	92	67	3	3	1	-	160	25	-
Large Muscle Max Smoothie	Milk, Soy	640	26	125	97	5	5	2	-	150	45	165
Medium Muscle Max Smoothie	Milk, Soy	500	25	94	74	4	4	2	-	140	45	165
Large Nuts About Protein Smoothie	Milk, Peanuts, Soy	1,210	52	148	99	6	53	11	-	600	45	96
Medium Nuts About Protein Smoothie	Milk, Peanuts, Soy	760	38	83	55	4	35	8	-	380	35	96
Large P-Nut Power Smoothie	Milk, Peanuts, Soy	1,250	51	154	93	13	54	11	-	620	30	165
Medium P-Nut Power Smoothie	Milk, Peanuts, Soy	860	38	104	61	10	37	7	-	430	25	165
Large Power Surge Smoothie	Milk	480	3	113	92	4	3	2	-	390	10	-
Medium Power Surge Smoothie	Milk	370	2	87	73	2	2	1	-	380	5	-



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PROTEIN + CLASSIC SMOOTHIES

SEPTEMBER 2026

Menu Item	Allergens	Calories	Protein (g)	Total Carbohydrates (g)	Sugars (g)	Dietary Fiber (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Caffeine (mg)
Protein Plus Smoothies												6 Items
Large 800 LB Gorilla Smoothie	Milk, Peanuts, Soy	1,200	70	167	112	8	33	7	-	610	90	-
Medium 800 LB Gorilla Smoothie	Milk, Peanuts, Soy	910	63	120	80	5	24	6	-	500	85	-
Large Blue Gorilla Smoothie	Milk, Peanuts, Soy	1,030	70	125	80	8	33	7	-	580	90	-
Medium Blue Gorilla Smoothie	Milk, Peanuts, Soy	800	63	93	59	5	24	6	-	480	85	-
Large Cookie Monster Smoothie	Milk, Tree nuts (Almond)	900	57	132	92	6	18	9	-	520	90	-
Medium Cookie Monster Smoothie	Milk, Tree nuts (Almond)	650	54	87	60	3	12	6	-	420	85	-
Classic Smoothies												30 Items
Large Berry Brilliance Smoothie	Milk	530	6	120	93	5	3	1	-	115	5	-
Medium Berry Brilliance Smoothie	Milk	390	3	89	70	3	2	1	-	70	5	-
Small Berry Brilliance Smoothie	Milk	190	2	45	35	2	1	-	-	35	5	-
Large Big Wednesday Smoothie	Milk	480	2	116	94	5	2	1	-	45	5	-
Medium Big Wednesday Smoothie	Milk	360	1	88	73	3	1	1	-	35	5	-
Small Big Wednesday Smoothie	Milk	180	1	44	36	1	1	-	-	15	-	-
Large Hummingbird Smoothie	Milk	530	2	125	103	5	2	1	-	45	5	-
Medium Hummingbird Smoothie	Milk	410	1	96	82	3	1	1	-	35	5	-
Small Hummingbird Smoothie	Milk	200	1	48	41	2	1	-	-	15	5	-
Large Mahalo Mango Smoothie	Milk	520	3	125	109	4	2	1	-	80	5	-
Medium Mahalo Mango Smoothie	Milk	400	3	95	84	2	1	1	-	70	5	-
Small Mahalo Mango Smoothie	Milk	200	1	48	42	1	1	-	-	35	-	-
Large Passionfruit Cove Smoothie	Milk	470	1	112	94	3	2	1	-	45	5	-
Medium Passionfruit Cove Smoothie	Milk	360	1	86	75	2	1	1	-	35	5	-
Small Passionfruit Cove Smoothie	Milk	180	-	43	37	1	1	-	-	15	-	-
Large Pina Koolada Smoothie	Milk, Tree nuts (Coconut)	600	6	133	110	4	5	5	-	140	5	-
Medium Pina Koolada Smoothie	Milk, Tree nuts (Coconut)	440	4	99	83	3	4	3	-	85	5	-
Small Pina Koolada Smoothie	Milk, Tree nuts (Coconut)	220	2	50	41	1	2	2	-	40	-	-
Large Polar Pineapple Smoothie	Milk	450	1	109	91	3	2	1	-	45	5	-
Medium Polar Pineapple Smoothie	Milk	340	1	83	72	2	1	1	-	35	5	-
Small Polar Pineapple Smoothie	Milk	170	-	42	36	1	1	-	-	15	-	-
Large Raspberry Romance Smoothie	Milk	550	5	129	103	5	2	1	-	115	5	-
Medium Raspberry Romance Smoothie	Milk	400	3	96	79	3	1	1	-	70	5	-
Small Raspberry Romance Smoothie	Milk	200	2	48	39	2	1	-	-	35	5	-
Large South Pacific Squeeze Smoothie	Milk	470	5	110	79	5	2	1	-	30	5	-
Medium South Pacific Squeeze Smoothie	Milk	360	4	82	61	3	1	1	-	20	5	-
Small South Pacific Squeeze Smoothie	Milk	180	2	41	30	1	1	-	-	10	-	-
Large Strawnana Berry Smoothie	Milk	530	8	122	92	4	2	1	-	150	5	-
Medium Strawnana Berry Smoothie	Milk	400	5	93	71	3	1	1	-	105	5	-
Small Strawnana Berry Smoothie	Milk	200	3	46	35	1	1	-	-	50	5	-



NUTRITION GUIDE

WELLNESS + FRESH FAVORITES

SEPTEMBER 2026

Menu Item	Allergens	Calories	Protein (g)	Total Carbohydrates (g)	Sugars (g)	Dietary Fiber (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Caffeine (mg)
Wellness Smoothies												8 Items
Large Dr. Robeks Smoothie	Milk, Soy	430	5	99	70	4	2	1	-	65	5	-
Medium Dr. Robeks Smoothie	Milk, Soy	320	5	75	54	3	1	1	-	55	5	-
Large Age Buster Smoothie	Milk, Soy	520	7	117	88	7	2	1	-	170	5	-
Medium Age Buster Smoothie	Milk, Soy	380	4	87	66	6	2	1	-	120	5	-
Large Super Green Smoothie	Milk, Soy	520	17	98	69	5	6	1	-	390	5	120
Medium Super Green Smoothie	Milk, Soy	380	13	69	49	3	5	1	-	310	5	80
Large Tropi-Kale Smoothie	Milk, Soy	550	7	127	105	4	2	1	-	160	5	-
Medium Tropi-Kale Smoothie	Milk, Soy	400	4	93	79	2	2	1	-	110	5	-
Fresh Juices												15 Items
Large Cool Cucumber		240	1	62	48	1	-	-	-	50	-	-
Medium Cool Cucumber		190	-	49	39	-	-	-	-	35	-	-
Small Cool Cucumber		110	-	29	23	-	-	-	-	20	-	-
Large ABC		260	4	62	58	-	-	-	-	10	-	-
Medium ABC		190	3	45	42	-	-	-	-	10	-	-
Small ABC		110	1	26	25	-	-	-	-	5	-	-
Large Evergreen		260	4	66	50	4	1	-	-	170	-	-
Medium Evergreen		190	3	46	34	4	-	-	-	140	-	-
Small Evergreen		120	2	31	25	2	-	-	-	85	-	-
Large G-Snap		340	8	80	64	-	1	-	-	-	-	-
Medium G-Snap		250	6	58	47	-	-	-	-	-	-	-
Small G-Snap		140	3	33	26	-	-	-	-	-	-	-
Large Root to Stem		290	7	65	53	7	1	-	-	250	-	-
Medium Root to Stem		210	5	49	41	5	1	-	-	180	-	-
Small Root to Stem		130	2	31	26	3	-	-	-	105	-	-
Bowls												6 Items
Acai Strawnana Berry Bowl	Soy, Tree nuts (Almond)	430	3	92	68	9	7	1	-	65	-	-
Acai Tropical Mango Bowl	Tree nuts (Almond, Coconut)	540	4	104	86	10	13	8	-	105	-	-
Nutty Acai Bowl	Peanuts, Soy, Tree nuts (Almond)	720	14	105	76	12	30	5	-	190	-	-
Nutty Banana Crunch Bowl	Milk, Peanuts, Soy, Tree Nuts (Almond, Coconut, Filbert/Hazelnut)	780	67	270	11	105	35	10		5		-
Mango Magic Bowl	Milk, Soy, Tree Nuts (coconut)	380	69	80	4	85	5	3		5		-
Strawnana Berry Bowl	Milk, Soy	360	54	55	6	82	2	-	-	5	-	-
Wellness Shots												6 Items
2 oz Fresh Turmeric Shot		60	1	13	4	3	1	-	-	5	-	-
3 oz Fresh Turmeric Shot		90	2	19	6	5	2	-	-	10	-	-
2 oz Lemon Ginger Shot		20	-	5	1	1	-	-	-	-	-	-
3 oz Lemon Ginger Shot		30	1	7	2	1	-	-	-	-	-	-
2 oz Wheatgrass Shot		-	-	1	-	-	-	-	-	-	-	-
3 oz Wheatgrass Shot		-	-	1	-	-	-	-	-	-	-	-



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BOOSTS + LIMITED-TIME ITEMS

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Menu Item	Allergens	Calories	Protein (g)	Total Carbohydrates (g)	Sugars (g)	Dietary Fiber (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Caffeine (mg)
BOOSTS												12 Items
Collagen		29	7	-	-	-	-	-	-	-	-	-
Creatine		-	-	-	-	-	-	-	-	-	-	-
Electrolytes		-	-	-	-	-	-	-	-	310	-	-
Energy	Soy	10	1	1	-	-	-	-	-	-	-	165
Fiber	Soy	-	-	2	-	1	-	-	-	10	-	-
Heart Beet	Soy	5	1	1	-	-	-	-	-	-	-	-
Immunity	Soy	-	-	1	-	-	-	-	-	10	-	-
Multi-Vitamin	Soy	5	1	1	-	-	-	-	-	25	-	-
Pea Protein		25	5	2	-	1	1	-	-	-	-	-
Probiotics		-	-	1	-	1	-	-	-	-	-	-
Recovery		5	1	-	-	-	-	-	-	30	-	-
Whey Protein	Milk	30	6	1	1	-	1	-	-	20	10	-
ENRICHMENTS												8 Items
Bee Pollen		15	1	2	2	1	-	-	-	-	-	-
Cacao Nibs		60	1	4	-	3	5	3	-	-	-	-
Chia Seeds		45	6	4	-	4	4	-	-	-	-	-
Flax Seeds		20	1	1	-	1	2	-	-	-	-	-
Honey		20	-	6	5	-	-	-	-	-	-	-
Matcha Green Tea		10	-	1	-	-	-	-	-	-	-	40
Spirulina		20	3	1	-	-	-	-	-	35	-	-
Turmeric		10	-	3	-	1	-	-	-	-	-	-
PERFECTLY PUMPKIN (LIMITED TIME)												3 Items
Large Perfectly Pumpkin	Milk, Tree nuts (Almond)	500	11	88	54	10	13	0.5	0	340	0	-
Medium Perfectly Pumpkin	Milk, Tree nuts (Almond)	480	10	87	54	9	11	0.5	0	210	0	-
Small Perfectly Pumpkin	Milk, Tree nuts (Almond)	270	6	49	31	5	6	0	0	150	0	-
GLOW SMOOTHIES (LIMITED TIME)												6 Items
Large Greeny Glow	Milk	360	18	70	57	6	1		-	170	5	-
Medium Greeny Glow	Milk	300	17	56	45	4	1		-	140	5	-
Large Berry Glow	Milk	360	18	80	62	13	8	1.5	-	180	5	-
Medium Berry Glow	Milk	350	18	57	43	10	7	1.5	-	160	5	-
Large Sunny Glow	Milk	430	15	87	77	6	1		-	140	5	-
Medium Sunny Glow	Milk	340	15	64	57	4	1		-	130	5	-

Important Information

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.