

## Freshens

## Smoothies / Ice Cream Products

	Serving Size	Calories	Protein (g)	Carbs (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)
<b>Fat-Free Yogurt Smoothies</b>								
Jamaican Jammer	21 oz.	378	11	69	.54	n/a	14	160
Strawberry Squeeze	21 oz.	313	10	55	.5	n/a	14	158
Peachy Pineapple	21 oz.	415	10	78	.77	n/a	14	173
Rockin' Raspberry	21 oz.	332	11	58	.97	n/a	14	157
Blueberry Breeze	21 oz.	396	11	69	.77	n/a	14	157
<b>Fruit Juice Smoothies</b>								
Caribbean Craze	21 oz.	315	1	79	.1	n/a	.01	17
Strawberry Shooter	21 oz.	251	1	65	.14	n/a	.01	15
Peach Sunset	21 oz.	388	1	96	.13	n/a	.01	33
Raspberry Royale	21 oz.	346	2	86	.43	n/a	.01	26
Berry Berry	21 oz.	260	1	66	.33	n/a	.01	14
<b>Tropical Smoothies</b>								
Pina Collider	21 oz.	451	11	79	4.38	n/a	14	170
Cayman Cooler	21 oz.	320	1	82	.23	n/a	.01	28
Mystic Mango	21 oz.	407	2	93	3.2	n/a	10	75
Pineapple Passion	21 oz.	389	1	90	3.94	n/a	.01	27
Maui Mango	21 oz.	354	1	90	.23	n/a	.01	29
<b>Orange Smoothies</b>								
Orange Sunrise	21 oz.	367	3	82	3.07	n/a	10	63
Orange Shooter	21 oz.	338	2	76	3.17	n/a	10	63
Orange Wave	21 oz.	n/a	n/a	n/a	n/a	n/a	n/a	n/a
<b>Frozen Coffee Drinks</b>								
Vanilla Coffee	21 oz.	438	90	7	3.18	n/a	15	432
Mocha Coffee	21 oz.	385	74	7	3.18	n/a	15	437

