Smoothie King®
MENU

MADE JUST FOR YOU –
WITH COUNTLESS
COMBINATIONS OF
FRUITS, VEGGIES,
SUPPLEMENTS AND
ENHANCERS FOR
ENDLESS WAYS TO
RULE THE DAY™

Menu printed September 2019. We constantly strive to improve our Smoothies and ingredient offerings. For the most up-to-date information, ***please visit SmoothieKing.com***.

DRINK IT IN.

POWERFUL, VIBRANT,
NUTRIENT-RICH FUEL
FOR HEALTHY, ACTIVE,
EXPERIENCE-RICH LIVES.

SO YOU CAN BE
YOUR BEST SELF,
LIVE YOUR BEST LIFE
AND
RULE THE DAY™

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A BLEND FOR EVERY PURPOSE

—

And a flavor for every taste — all crafted using whole fruits and veggies.

SLIM

-

Purposefully blended to help you stay on track, with under 350 calories for every 20 oz.

FITNESS

-

Purposefully blended and protein rich to help you fuel up or recover faster.

WELLNESS

-

Purposefully blended with vitamins and ingredients to maintain a healthy body.

BREAK TIME

-

Purposefully blended to help you reward yourself or enjoy a healthier treat.

NUTRITION KEY

M **Meal Smoothie:** Meal Smoothies have 10 to 45 grams of protein to help keep you full.

S **Make it Skinny*:** Cut up to 25 grams of sugar and 100 calories from your Smoothie by eliminating turbinado (20oz.).

Keep it sweet by adding Smoothie King's stevia plant-based sweetener to your blend. With 0 calories per serving and no artificial sweeteners, it's the perfect substitute.

0g **0g Added Sugar:** Have zero added sugar.

C **Less than 10g net carbs:** Have less than 10g net carbs (20oz.).

Food Allergies?

Please note that our facility uses milk, peanuts, tree nuts, soy and eggs. Cross-contamination may occur.

Pregnant or Nursing?

Please consult your health care professional if you have any concerns.

2,000 calories a day is used for general nutrition advice, but calorie needs may vary.

The nutritional information in this menu is only for 20 oz. Smoothies.

Additional Smoothie ingredients not listed in this menu are available on our website.

Visit SmoothieKing.com to calculate custom nutritional information.

*Only available in Smoothies that have turbinado as an ingredient.

**Smoothie King's stevia plant-based sweetener contains no aspartame, sucralose, saccharin or acesulfame potassium.

SLIM

Under 350 calories per 20 oz. to help you stay on track.

0g M Lean1™

Lean1™ Protein

Vanilla: bananas, almonds

Chocolate: bananas, almonds

Strawberry: strawberries, stevia plant-based sweetener

Pineapple Mango: mangoes, pineapple, apple pineapple juice blend

0g MANGOFEST™

mangoes, apple pineapple juice blend, papaya juice blend

0g M THE SHREDDER™

Gladiator® Protein, Diet Down Enhancer, protein blend, vanilla flavor with other natural flavors

Chocolate: 100% cocoa

Strawberry: strawberries, pear juice blend

Vanilla

0g M SLIM-N-TRIM™

Gladiator® Protein, Lean1™ Protein, Fiber Blend Enhancer, protein blend

Blueberry: wild blueberries, apple blueberry juice blend, stevia plant-based sweetener

Chocolate: bananas, nonfat milk, 100% cocoa, stevia plant-based sweetener

Strawberry: strawberries, stevia plant-based sweetener

Vanilla: bananas, vanilla flavor with other natural flavors, stevia plant-based sweetener

Veggie: organic spinach, kale and ginger, bananas, mangoes, apple pineapple juice blend

0g ANGEL FOOD™ SLIM

Contains 35% less calories than Angel Food™

strawberries, bananas, pear juice blend, protein blend, stevia plant-based sweetener

0g M GREEK YOGURT

Made with Oikos® Greek Nonfat Yogurt, protein blend, nonfat milk, Fiber Blend Enhancer, Electrolyte Mix

Strawberry Blueberry: strawberries, apple blueberry juice blend, wild blueberries, pear juice blend

Pineapple Mango: mangoes, pineapple, bananas, pear passion fruit juice blend, apple pineapple juice blend

Peach Papaya: peaches, apple pineapple juice blend, papaya juice blend

0g ISLAND IMPACT®

mangoes, pineapple, papaya juice blend, apple pineapple juice blend, protein blend

PER 20 OZ. CUP	CALORIES	FAT CALORIES	FAT	SATURATED FAT		CHOLESTEROL	SODIUM	CARBS	FIBER	PROTEIN	SUGARS	ADDED SUGARS
Angel Food™ Slim	220	10	1g	0g		5mg	160mg	55g	12g	4g	32g	0g
Greek - Strawberry Blueberry	270	5	1g	0g		5mg	210mg	56g	9g	14g	42g	0g
Greek - Pineapple Mango	280	10	1g	0g		5mg	160mg	63g	6g	12g	49g	0g
Greek - Peach Papaya	310	10	1g	0g		5mg	170mg	66g	5g	12g	52g	0g
Island Impact®	270	15	1.5g	0g		5mg	250mg	60g	4g	7g	53g	0g
Lean1™ - Vanilla	240	90	10g	3g		30mg	320mg	22g	9g	21g	8g	0g
Lean1™ - Chocolate	250	100	11g	4g		20mg	390mg	28g	13g	20g	8g	0g
Lean1™ - Strawberry	200	45	5g	2.5g		30mg	330mg	27g	10g	19g	8g	0g
Lean1™ - Pineapple Mango	290	50	5g	2.5g		30mg	330mg	46g	10g	19g	33g	0g
MangoFest™	290	5	0.5g	0g		0mg	0mg	72g	3g	2g	64g	0g
The Shredder™ - Vanilla	230	35	4g	2g		25mg	710mg	22g	10g	32g	11g	0g
The Shredder™ - Chocolate	240	35	4g	1.5g		25mg	750mg	24g	10g	33g	12g	0g
The Shredder™ - Strawberry	320	25	2.5g	1.5g		20mg	470mg	51g	22g	28g	32g	0g
Slim-N-Trim™ - Vanilla	180	25	2.5g	1g		15mg	360mg	34g	6g	14g	16g	0g
Slim-N-Trim™ - Chocolate	220	25	2.5g	1g		15mg	470mg	36g	6g	20g	21g	0g
Slim-N-Trim™ - Strawberry	150	20	2.5g	1g		15mg	360mg	26g	7g	14g	12g	0g
Slim-N-Trim™ - Blueberry	250	20	2g	1g		10mg	250mg	51g	6g	11g	37g	0g
Slim-N-Trim™ - Veggie	240	25	2.5g	1g		10mg	280mg	45g	8g	14g	28g	0g

FITNESS

Protein rich to help you fuel up or recover faster.

THE ACTIVATOR®

Gladiator® Protein, coconut water

Strawberry Banana: strawberries, bananas

Blueberry Strawberry: strawberries, apple blueberry juice blend, wild blueberries

Chocolate: bananas, protein blend, 100% cocoa

Coffee: cold brew coffee, bananas, nonfat milk, protein blend

Pineapple: pineapple, apple juice, bananas

COFFEE HIGH PROTEIN

cold brew coffee, dates, whey protein, almonds, dairy whey blend, nonfat milk

Almond Mocha: 100% Cocoa

Vanilla

GLADIATOR

Vanilla, Chocolate or Strawberry:
Gladiator® Protein, Choice of two: fruits, veggies or cold brew coffee

Make it C choice of two: veggies, cold brew coffee, almonds or 100% cocoa

POWER PUNCH PLUS®

strawberries, bananas, nutrient blend, turbinado, Super Grains Enhancer, vanilla flavor with other natural flavors

THE HULK™

butter pecan ice cream, bananas, weight gain blend, turbinado, Super Grains Enhancer

Vanilla

Chocolate: 100% cocoa

Strawberry: strawberries*

Coffee: cold brew coffee, 100% cocoa

ORIGINAL HIGH PROTEIN

whey protein, almonds, dairy whey blend

Chocolate: dates, nonfat milk, 100% cocoa

Banana: bananas

Lemon: white grape lemon juice blend

Pineapple: pineapple

PEANUT POWER PLUS™

dates, bananas, peanut butter, protein blend, nonfat milk

Chocolate: 100% cocoa

Strawberry: strawberries, turbinado

KETO CHAMP™

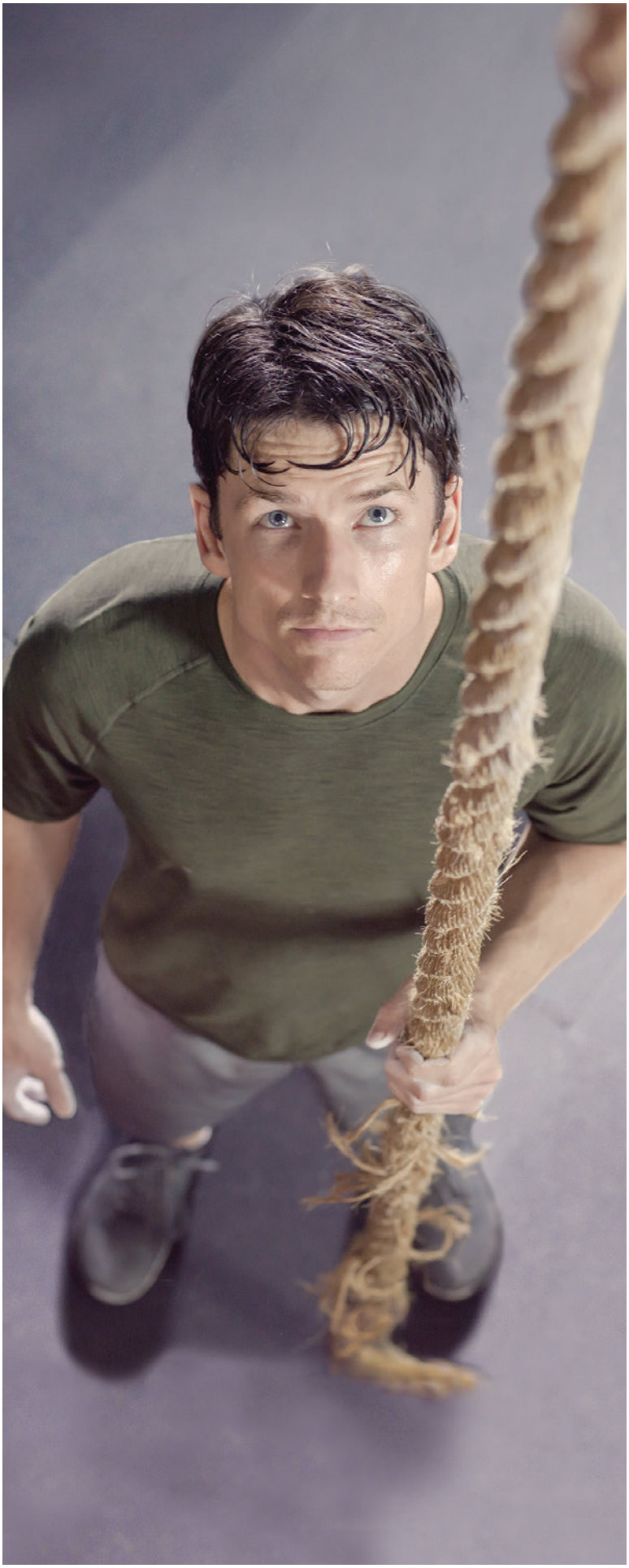
keto protein blend, Califia Farms® Almond Milk, almond butter, 100% cocoa

Berry: raspberries, wild blueberries

Coffee: cold brew coffee

*contains added sugar

PER 20 OZ. CUP	CALORIES	FAT CALORIES	FAT	SATURATED FAT		CHOLESTEROL	SODIUM	CARBS	FIBER	PROTEIN	SUGARS	ADDED SUGARS
The Activator® - Strawberry Banana	200	20	2g	1.5g		15mg	240mg	24g	4g	23g	13g	0g
The Activator® - Blueberry Strawberry	260	15	1.5g	1.5g		15mg	210mg	39g	5g	23g	28g	0g
The Activator® - Chocolate	210	25	2.5g	1g		15mg	400mg	21g	3g	26g	11g	0g
The Activator® - Coffee	230	25	2.5g	1.5g		20mg	450mg	24g	3g	29g	15g	0g
The Activator® - Pineapple	310	20	2g	1.5g		15mg	250mg	51g	3g	23g	43g	0g
Coffee High Protein - Almond Mocha	400	110	12g	2g		55mg	420mg	45g	7g	30g	34g	4g
Coffee High Protein - Vanilla	400	110	12g	2g		55mg	420mg	44g	7g	30g	34g	4g
Gladiator®	Nutritional information varies depending on your choice of fruits/veggies.					Please refer to the Smoothie King Healthy Rewards app or smoothieking.com to customize your Smoothie.						
The Hulk™ - Vanilla	710	290	32g	16g		110mg	370mg	101g	8g	28g	83g	48g
The Hulk™ - Chocolate	710	290	32g	16g		110mg	370mg	101g	8g	29g	83g	48g
The Hulk™ - Coffee	720	290	32g	16g		110mg	370mg	103g	8g	29g	83g	48g
The Hulk™ - Strawberry	850	290	32g	16g		110mg	370mg	136g	10g	29g	114g	74g
Original High Protein - Chocolate	400	110	12g	2g		55mg	420mg	44g	7g	30g	34g	4g
Original High Protein - Banana	340	110	12g	2g		50mg	370mg	35g	5g	27g	21g	4g
Original High Protein - Lemon	390	110	12g	2g		50mg	370mg	46g	3g	26g	37g	4g
Original High Protein - Pineapple	320	110	12g	2g		50mg	370mg	29g	5g	26g	21g	4g
Peanut Power Plus™ - Original	590	220	24g	4.5g		10mg	430mg	79g	12g	20g	55g	0g
Peanut Power Plus™ - Strawberry	680	210	23g	4g		5mg	230mg	110g	11g	16g	86g	49g
Peanut Power Plus™ - Chocolate	600	220	24g	4.5g		10mg	560mg	77g	12g	23g	53g	0g
Power Punch Plus®	250	20	2g	1g		10mg	140mg	64g	5g	10g	34g	12g
Keto Champ™ - Berry	430	280	31g	18g		10mg	350mg	19g	10g	23g	6g	0g
Keto Champ™ - Coffee	420	280	31g	18g		10mg	350mg	14g	7g	24g	1g	0g



A WHOLE BUNCH OF FLAVOR

With more whole fruits and veggies in every Smoothie.

Whole organic kale

Whole organic spinach

Whole organic carrots

Whole mangoes

Whole bananas

Wild blueberries

Whole organic ginger

Whole almonds

Raw plant-based protein

AND A FAREWELL TO ANYTHING ARTIFICIAL

Especially the ingredients that might be harmful to you.

- **NO** rBST/rBGH added hormones in our dairy*
- **NO** high fructose corn syrup
- **NO** artificial colors, flavors or preservatives
- **NO** hydrogenated oils
- **NO** NSF banned substances
- **NO** gluten
- **NO** trans fats

*No significant difference has been shown between milk derived from rBST-treated and non-rBST-treated cows.

WELLNESS

Contains vitamins and ingredients to maintain a healthy body.

0g BLUEBERRY HEAVEN®

wild blueberries, bananas, apple blueberry juice blend, white grape lemon juice blend, protein blend

0g M DAILY WARRIOR™

bananas, wild blueberries, peanut butter, apple blueberry juice blend, dates, organic spinach, almonds, stevia plant-based sweetener

0g IMMUNE BUILDER®

strawberries, raspberries, pear juice blend, bananas, apple blueberry juice blend, Califia Farms® Almond Milk, wild blueberries Immune Support Enhancer

0g THE PREMAMA®

bananas, wild blueberries, raspberries, apple juice, organic spinach, protein blend, stevia plant-based sweetener, Premama® Prenatal Multivitamin

0g PURE RECHARGE® Contains naturally derived caffeine

Pure Recharge Enhancer

Mango Strawberry: apple pineapple juice blend, mangoes, strawberries, electrolyte mix

Strawberry: pear juice blend, protein blend, nutrient blend, strawberries, electrolyte mix

Pineapple: pineapples, bananas, apple pineapple juice blend, protein blend, nutrient blend

0g M VEGAN

made with Sunwarrior® Plant-Based Protein

Pineapple Spinach: bananas, pineapple, organic spinach, apple pineapple juice blend, organic carrots, white grape lemon juice blend, almonds, stevia plant-based sweetener

Mango Kale: bananas, mangoes, apple pineapple juice blend, apple juice, organic kale, almonds

Nutty Super Grain: Califia Farms® Almond Milk, bananas, peanut butter, apple juice, Super Grains Enhancer, vanilla flavor with other natural flavors, 100% cocoa

Dark Chocolate Banana: bananas, dates, wild blueberries, 100% cocoa, vanilla flavor with other natural flavors

0g VEGGIE BLENDS

Lemon Ginger Spinach: mangoes, pineapple, white grape lemon juice blend, organic spinach, organic carrots, papaya juice blend, organic kale, organic ginger, stevia plant-based sweetener

Apple Kiwi Kale: bananas, apple juice, kiwi apple juice blend, organic kale, electrolyte mix

Carrot Kale Dream™: bananas, apple pineapple juice blend, organic carrots, white grape lemon juice blend, organic kale, protein blend, electrolyte mix

PER 20 OZ. CUP	CALORIES	FAT CALORIES	FAT	SATURATED FAT			CHOLESTEROL	SODIUM	CARBS	FIBER	PROTEIN	SUGARS	ADDED SUGARS
Blueberry Heaven®	260	10	1.5g	0g			5mg	260mg	57g	4g	6g	45g	0g
Daily Warrior™	680	290	32g	5g			0mg	170mg	98g	15g	16g	58g	0g
Immune Builder®	340	10	1g	0g			0mg	150mg	85g	25g	2g	55g	0g
The Premama®	290	15	1.5g	0g			5mg	280mg	69g	11g	7g	43g	0g
Pure Recharge® - Strawberry	160	10	1g	0g			5mg	360mg	46g	15g	4g	23g	0g
Pure Recharge® - Mango Strawberry	300	5	0g	0g			0mg	190mg	85g	8g	2g	61g	0g
Pure Recharge® - Pineapple	340	10	1.5g	0.5g			5mg	130mg	87g	5g	6g	61g	0g
Vegan - Pineapple Spinach	360	50	6g	0.5g			0mg	125mg	75g	7g	11g	49g	0g
Vegan - Mango Kale	330	50	6g	0.5g			0mg	80mg	65g	6g	10g	45g	0g
Vegan - Nutty Super Grain	520	230	26g	4.5g			0mg	330mg	61g	8g	19g	33g	0g
Vegan - Dark Chocolate Banana	350	15	1.5g	0g			0mg	75mg	81g	10g	11g	46g	0g
Veggie Blends - Lemon Ginger Spinach	310	10	1g	0g			0mg	65mg	79g	6g	4g	59g	0g
Veggie Blends - Apple Kiwi Kale	280	5	0g	0g			0mg	160mg	77g	8g	1g	53g	0g
Veggie Blends - Carrot Kale Dream™	270	10	1g	0g			5mg	170mg	65g	4g	5g	48g	0g

BREAK TIME

Enjoy a healthier treat or reward yourself.

S ANGEL FOOD™

strawberries*, bananas, turbinado, nonfat milk, vanilla flavor with other natural flavors

BANANA BERRY TREAT®

strawberries*, bananas, raspberries, papaya juice blend, dairy whey blend

M S BANANA BOAT®

bananas, vanilla frozen yogurt, turbinado, dairy whey protein

BERRY PUNCH®

strawberries*, apple blueberry juice blend, raspberries, wild blueberries, electrolyte mix

S CARIBBEAN WAY®

strawberries*, bananas, papaya juice blend, turbinado

S GREEN TEA TANGO®

Choice: one fruit or veggie, vanilla frozen yogurt, turbinado, dairy whey blend, matcha green tea

S LEMON TWIST ™

white grape lemon juice blend, turbinado, papaya juice blend

Banana: bananas

Strawberry: strawberries*

S MUSCLE PUNCH®

strawberries*, bananas, turbinado, nonfat milk, Super Grains Enhancer, vanilla flavor with other natural flavors, whey protein

S PASSION PASSPORT®

pear passion fruit juice blend, bananas, apple pineapple juice blend, papaya juice blend, turbinado

S PEACH SLICE PLUS®

strawberries*, peaches, papaya juice blend, turbinado, nonfat milk

S PINEAPPLE SURF®

pineapple, strawberries*, kiwi apple juice blend, turbinado, dairy whey blend, vanilla flavor with other natural flavors

STRAWBERRY-KIWI BREEZE®

strawberries*, kiwi apple juice blend, papaya juice blend, dairy whey blend

STRAWBERRY X-TREME®

strawberries*, papaya juice blend

M S YOGURT D-LITE®

vanilla frozen yogurt, turbinado, dairy whey blend, nonfat milk

Choice: one fruit or veggie

Coffee D-Lite Mocha: cold brew coffee

Coffee D-Lite Vanilla: cold brew coffee, vanilla flavor with other natural flavors

*contains added sugar

PER 20 OZ. CUP	CALORIES	FAT CALORIES	FAT	SATURATED FAT		CHOLESTEROL	SODIUM	CARBS	FIBER	PROTEIN	SUGARS	ADDED SUGARS
Angel Food™	350	5	0g	0g		0mg	50mg	84g	4g	5g	70g	50g
Banana Berry Treat®	300	15	1.5g	0g		5mg	280mg	69g	7g	6g	54g	30g
Banana Boat®	480	60	6g	3g		25mg	350mg	99g	6g	11g	75g	38g
Berry Punch®	270	0	0g	0g		0mg	135mg	74g	11g	1g	53g	26g
Caribbean Way®	390	5	0g	0g		0mg	10mg	98g	4g	1g	83g	50g
Green Tea Tango®	Nutritional information varies depending on your choice of fruits/veggi					Please refer to the Smoothie King Healthy Rewards app or smoothieking.com to customize your Smoothie.						
Lemon Twist™ - Banana	360	5	0g	0g		0mg	0mg	91g	2g	2g	75g	24g
Lemon Twist™ - Strawberry	390	0	0g	0g		0mg	0mg	97g	2g	1g	87g	50g
Muscle Punch®	360	5	0.5g	0g		5mg	55mg	87g	5g	6g	70g	50g
Passion Passport®	410	0	0g	0g		0mg	20mg	102g	1g	1g	91g	24g
Peach Slice Plus®	400	5	0g	0g		0mg	60mg	96g	3g	4g	86g	50g
Pineapple Surf®	420	15	1.5g	0g		5mg	290mg	99g	5g	6g	86g	41g
Strawberry Kiwi Breeze®	370	5	1g	0g		5mg	170mg	88g	3g	3g	77g	28g
Strawberry X-Treme®	300	0	0g	0g		0mg	0mg	77g	4g	1g	67g	52g
Yogurt D-Lite® - Choice	Nutritional information varies depending on your choice of fruits/veggi					Please refer to the Smoothie King Healthy Rewards app or smoothieking.com to customize your Smoothie.						
Coffee D-Lite Mocha	350	45	5g	3g		25mg	320mg	61g	1g	15g	55g	37g
Coffee D-Lite Vanilla	270	50	5g	3g		25mg	390mg	44g	1g	11g	40g	26g

KIDS

0g APPLE KIWI BUNGA™

apple juice, bananas, kiwi apple juice blend, organic kale, electrolyte mix, kids multivitamin

BERRY INTERESTING™

strawberries*, raspberries, apple blueberry juice blend, kids multivitamin

S CHOC-A-LAKA™

vanilla frozen yogurt, turbinado, kids multivitamin, dairy whey blend, 100% cocoa, vanilla flavor with other natural flavors

CW Jr.®

strawberries*, bananas, papaya juice blend, kids multivitamin

LIL' ANGEL™

strawberries*, bananas, kids multivitamin

STRAWBERRY BLUEGURT BLITZ™

Oikos® Greek Nonfat Yogurt, strawberries*, apple blueberry juice blend, kids multivitamin, dairy whey blend, nonfat milk, electrolyte mix

*contains added sugar

PER 20 OZ. CUP	CALORIES	FAT CALORIES	FAT	SATURATED FAT		CHOLESTEROL	SODIUM	CARBS	FIBER	PROTEIN	SUGARS	ADDED SUGARS
Apple Kiwi Bunga™	160	5	0g	0g		0mg	85mg	45g	7g	1g	30g	0g
Berry Interesting™	200	0	0g	0g		0mg	0mg	52g	7g	1g	41g	26g
Choc-A-Laka™	200	25	2.5g	1.5g		10mg	90mg	41g	3g	4g	35g	31g
CW Jr.®	240	5	0g	0g		0mg	5mg	63g	6g	1g	49g	26g
Lil Angel™	190	5	0g	0g		0mg	0mg	50g	6g	1g	37g	26g
Strawberry Bluegurt Blitz™	160	5	0g	0g		0mg	90mg	35g	5g	6g	28g	14g

ENHANCE YOUR PURPOSE

With our complete menu of nutritious enhancers, you can customize your blend specifically for your purpose.*

SLIM ENHANCER

Diet Down
Chromium, Green Tea Extract, L-Carnitine, 5 HTP & Fiber

15 calories

FITNESS ENHANCERS

Muscle Builder
100% Pure Creatine Monohydrate, L-Glutamine & Taurine

5 calories

Protein

Gladiator®	25 calories	5g protein
Whey	30 calories	5g protein
Sunwarrior® Organic Plant-Based Blend	25 calories	5g protein
Keto Protein Blend	70 calories	5g protein

WELLNESS ENHANCERS

Fiber Blend
6g of Soluble Fiber

5 calories

Immune Support
Vitamins C and E and Minerals Zinc and Selenium, with added nutritional support from Shiitake Mushroom Powder, Aloe Vera Extract, Ginger, and Alpha Lipoic Acid

15 calories

Multivitamin
B-Vitamins, Vitamins C & E, Zinc, and Selenium, along with other vital nutrients

10 calories

Prenatal Multivitamin
Premama®, B-Complex Vitamins, Folate (Folic Acid), Vitamin D

5 calories

Probiotic
To support a healthy digestive tract

5 calories

Super Grains
Gluten free Grains, including Quinoa, Flax, Millet, Teff, Chia, Buckwheat & Amaranth

35 calories

ENERGY ENHANCERS

Energy Boost
Ginkgo Biloba & Panax Ginseng; stimulant-free

10 calories

Pure Recharge
Caffeine from Green Coffee Bean and Coffee Berry, Vitamin B12 & Ginkgo Biloba

0 calories

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.