



Allergens at a glance

Ingredients used with Allergens:

Fibre Nutri Pellet

Protein Nutri Pellet

Granola

Acai Sorbet

Coconut Milk

Milk and Yoghurt

Soya Milk

Celery

Sorbet

Milk and **Soya**

Milk and **Soya**

Gluten and **Nuts** (Oats, Hazelnuts, Almonds)

Gluten (Wheat)

Sulphates

Dairy

Soya and **Nuts**

Celery

May contain traces of **Dairy**

All nutritional values are based on 100ml.

Regular drink = 700ml

Small drink = 450ml



Favourite Smoothies	Energy (KJ)	Energy (Kcal)	Fat (g)	Of which Saturated (g)	Carbohydrates (g)	Of which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Strawberry Dream	249	59.5	0.1	0	13.6	11.2	1.3	0.8	0.1
Raspberry Crush	212	46	0.1	0	11.4	9.2	1	0.3	0.1
Mango Tango	226	54	0.3	0.1	12.5	10.5	0.9	0.8	0.2
Raspberry Razzle	216	51	0.1	0.1	11.8	11.6	0.8	0.7	0
Berry Buzz	183	43.8	0.1	0	9.9	9	0.9	0.6	0
Banana Bang	290	69.3	0.3	0.1	16.3	11.3	1.3	1.9	0.5
Gym Junkie	214	51	0.4	0.2	6.7	5.7	0.5	5.4	0.2
Passion Dash	172	41	0.1	0	9.9	9.8	0.4	0.6	0



Power & Protein	Energy (KJ)	Energy (Kcal)	Fat (g)	Of which Saturated (g)	Carbohydrates (G)	Of which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Super Gym Junkie	216	53	0.5	0.3	6.7	5.7	0.5	6.4	0.2
Oxi Burner	179	42	0.4	0.1	8.6	7.6	1	1.2	0.1
Berry Protein	224	57	0.5	0.4	6.5	5.4	0.6	7.1	0.2
Energy Boost	176	42	0.1	0	9.2	8.7	1	0.6	0
Lean Green	226	59	0.5	0.4	7.1	5.6	0.7	6.9	0.2
Breakie Blast	178	42	0.5	0.1	7	6	1.1	1.9	0.1
Green Goddess	89	21	0.5	0.1	2.6	2.5	0.6	1.3	0.1



Classic smoothies	Energy (KJ)	Energy (Kcal)	Fat (g)	Of which Saturated (g)	Carbohydrates (G)	Of which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Orange Squeeze	166	39.7	0.1	0	8.2	6.5	0.6	0.8	0.1
Tropical Crush	183	43	0.1	0	10.6	10.4	0.5	0.3	0
Go Mango	151	36.2	0.3	0.1	7.9	6.9	0.2	1.8	0.3
Lemon Crush	141	33.1	0.1	0	8.3	6.2	1.1	0.3	0.1
Raspberry Ripper	184	44.1	0.5	0.4	8	7.3	0.5	2	0.1
Chocolate Rocket	218	52	0.3	0.1	10.9	9.2	0.5	2	0.3
Passion Crush	114	27	0	0	6.6	6.1	0.2	0.3	0.2
Cherry Cheeky	200	47.8	0.1	0	12.7	10.2	0.9	1.1	0.3



Super Juices	Energy (KJ)	Energy (Kcal)	Fat (g)	Of which Saturated (g)	Carbohydrates (G)	Of which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Red Alert	236	56.4	0	0	13.2	11.8	0.3	0.7	0
Waterfall	169	39.7	0	0	46.9	10	0.3	0.6	0.1
Sunrise	111	26.3	0	0	6.3	3.9	0.4	0.5	0
Ginger Fuel	334	80	0	0	16.1	12.8	2.1	2.2	0
Berry Good	224	54	0	0	12.4	11.6	0.9	0.3	0
Green Machine	278	64	0.5	0.1	14.5	13.8	0.6	0.4	0.1
Rocket Juice	283	68	0.2	0	16.6	13.3	1	0.9	0.4



Kids Smoothies	Energy (KJ)	Energy (Kcal)	Fat (g)	Of which Saturated (g)	Carbohydrates (g)	Of which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Strawberry Split	202	48	0.1	0	11.1	10.8	0.7	0.6	0
Caribbean Breeze	188	45	0.4	0.3	9.6	9.5	0.7	0.5	0
Sweet Melody	177	42	0.1	0	9.7	9.7	0.7	0.5	0
Morning Sunshine	201	48	0.1	0	11.2	11	0.5	0.6	0



Favourite Smoothies	Ingredients	Cereal's containing Gluten	Dairy	Nuts	Other Allergens	Notes
Strawberry Dream	Strawberries, Banana, 100% Apple Juice, Fat Free Frozen Yoghurt	No	Yes	No	No	
Raspberry Crush	100% Apple Juice, Raspberries, Fat Free Sorbet	No	Yes	No	No	Sorbet produced on equipment used to produce other products containing Dairy
Mango Tango	Mango, Banana, 100% Pineapple Juice, Fat Free Frozen Mango Yoghurt	No	Yes	No	No	
Raspberry Razzle	Raspberries, Banana, 100% Apple Juice, Mango Puree, Fat Free Frozen Mango Yoghurt	No	Yes	No	No	
Berry Buzz	Blackberries, Raspberries, Strawberries, Blueberries, 100% Apple Juice, Fat Free Frozen Yoghurt	No	Yes	No	No	
Banana Bang	Banana, Honey, Low Fat Frozen Yoghurt	No	Yes	No	No	
Gym Junkie	Banana, Strawberries, Low Fat Milk, Fat Free Frozen Yoghurt, Protein Nutri Pellet	No	Yes	No	Protein Nutri Pellet contains Milk and Soy Protein	
Passion Dash	Passion Fruit, Mango, 100% Apple Pineapple Orange Juice, Mango Puree, Fat Free Frozen Yoghurt, Fat Free Sorbet	No	Yes	No	No	



Power & Protein	Ingredients	Cereal's containing Gluten	Dairy	Nuts	Other Allergens	Notes
Super Gym Junkie	Banana, Strawberries, Low Fat Milk, Fat Free Frozen Yoghurt, Protein Nutri Pellet	No	Yes	No	Protein Nutri Pellet contains Milk and Soy Protein	
Oxi Burner	Raspberries, Strawberries, Banana, 100% Apple Juice, Fat Free Frozen Yoghurt, Fibre Nutri Pellet	No	Yes	No	NO	
Berry Protein	Pomegranate, Strawberries, Blueberries, Hemp Seeds, 100% Apple juice, Fat Free frozen yoghurt, protein nutri pellet	No	Yes	No	Protein Nutri Pellet contains Milk and Soy Protein	
Energy Boost	Mango, Banana, Coconut Milk, 100% Apple Pineapple Orange Juice, Mango Puree, Fat Free Frozen Mango Yoghurt, Energy Nutri Pellet	No	Yes	No	Coconut Milk contains Sulphates	Energy Fuel is produced on equipment which produces other products containing Soy, Milk, Eggs and Nuts
Lean Green	Soya Beans, spinach, poppy seeds, pineapple, banana, 100% Apple juice, fat free frozen yoghurt, protein nutri pellet	No	Yes	No	Protein Nutri Pellet contains Milk and Soy Protein	
Breakie Blast	Strawberries, Banana, Toasted Muesli, Honey, Low Fat Milk, Fat Free Frozen Yoghurt, Energy Nutri Pellet	Yes - Oats	Yes	Yes - Almonds and Hazelnuts	Yes	Muesli may contain Nuts. Energy Fuel is produced on equipment which produces other products containing Soy, Milk, Eggs and Nuts
Green Goddess	Vanilla Soy Milk, Fat Free Frozen Yoghurt, Green Tea Nutri Pellet	No	Yes	Yes	Soya	Soya Milk contains Hazelnuts



Classic smoothies	Ingredients	Cereal's containing Gluten	Dairy	Nuts	Other Allergens	Notes
Orange Squeeze	Strawberries, Banana, Orange Juice, Fat Free Frozen Yoghurt	No	Yes	No	No	
Tropical Crush	100% Apple Pineapple Orange Juice, Mango, Banana, Mango Puree, Fat Free Sorbet	No	Yes	No	No	Sorbet produced on equipment used to produce other products containing Dairy
Go Mango	Mango, Strawberries, Passion Fruit, Low Fat Milk, Fat Free Frozen Mango Yoghurt, Fat Free Sorbet	No	Yes	No	No	
Lemon Crush	100% Pineapple Juice, Lemon Juice, Raspberries, Fat Free Sorbet	No	Yes	No	No	Sorbet produced on equipment used to produce other products containing Dairy
Raspberry Ripper	Raspberries, Low Fat Milk, Coconut Milk, Low Fat Chocolate, Fat Free frozen Yoghurt, Fat Free Sorbet	No	Yes	No	Coconut Milk contains Sulphates	Chocolate produced on equipment which produces other products containing Soy, Milk, Eggs and Nuts
Chocolate Rocket	Low Fat Chocolate, Banana, Low Fat Milk, Fat Free Frozen Yoghurt	No	Yes	No	No	Chocolate produced on equipment which produces other products containing Soy, Milk, Eggs and Nuts
Passion Crush	100% Orange Juice, Passion Fruit, Mango, Fat Free Sorbet	No	Yes	No	No	Sorbet produced on equipment used to produce other products containing Dairy
Cherry Cheeky	Cherries, Banana, 100% Orange Juice, Honey, Fat Free Frozen Yoghurt	No	Yes	No	No	



Super Juices	Ingredients	Cereal's containing Gluten	Dairy	Nuts	Other Allergens	Notes
Red Alert	Apple, Orange, Carrot	No	No	No	No	
Waterfall	Pineapple, Orange, Strawberries	No	No	No	No	
Sunrise	Orange, Grapefruit	No	No	No	No	
Ginger Fuel	Carrot, Apple, Ginger, Celery	No	No	No	Celery	
Berry Good	Strawberries, Raspberries, Blueberries, Apple, Pineapple	No	No	No	No	
Green Machine	Avocado, Lime, Cucumber, Pineapple, Apple	No	No	No	No	
Rocket Juice	Orange, Pineapple, Banana, Honey	No	No	No	No	



Kids Smoothies	Ingredients	Cereal's containing Gluten	Dairy	Nuts	Other Allergens	Notes
Strawberry Split	Strawberries, Banana, 100% Apple Juice and Fat Free Frozen Yoghurt	No	Yes	No	No	
Caribbean Breeze	Strawberries, Pineapple, Coconut, 100% Apple Juice and Fat Free Frozen Yoghurt	No	Yes	No	No	
Sweet Melody	Mango, Strawberries, Melon, 100% Apple Juice, Fat Free Frozen Yoghurt	No	Yes	No	No	
Morning Sunshine	Banana, Pineapple, Mango, Spinach, 100% Apple Juice and Fat Free Frozen Yoghurt	No	Yes	No	No	



Nutri Pellets	Ingredients	Cereal's containing Gluten	Dairy	Nuts	Other Allergens	Notes
Energy Nutri Pellet	Water, Wheatgrass, Ascophylum Nodosum, Guarana, Fruit and Greens Extract, Gum arabic, Wheat Bran, Dietary Fibre, Spirulina, Chlorella, Acerola, Policosanol Complex, Flavour, Lactospore, Rich Starch, Grape Skin Extract, Green Tea Extract, Ginseng Extract	No	No	No	No	
Fibre Nutri Pellet	Water, Whey Bran, Whey Protein Isolate, Poppy Seed	No	Yes	No	No	
Matcha Green Tea Nutri Pellet	Apple Puree, Matcha Green Tea	No	No	No	No	
Protein Nutri Pellet	Water, Whey Protein Isolate, Rice Flour, Yeast Powder, Spirulina Powder, Chlorella Powder	No	Yes	No	No	