



As all our drinks are made with natural products, nutritional values may vary slightly.



Ingredients used with Allergens:

- Granola **Gluten** and **Nuts** (Oats, Hazelnuts, Almonds)
- Acai Sorbet **Gluten** (Wheat)
- Coconut Milk **Sulphates**
- Milk and Yoghurt **Dairy**
- Soya Milk **Soya** and some contain **Nuts**
- Celery **Celery**

All nutritional values are based on 100ml.
Regular drink = 700ml
Small drink = 450ml

Nutri Pellets	Ingredients	Cereals 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		
Fibre Nutri Pellet	Water, Whey Bran, Whey Protein Isolate, Poppy Seed	No	Yes	No		
Matcha Green Tea Pellet	Apple Puree, Matcha Green Tea	No	No	No		
Protein Nutri Pellet	Water, Whey Protein Isolate, Rice Flour, Yeast Powder, Spirulina Powder, Chlorella Powder	No	Yes	No		

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Super Smoothies	Energy (KJ)	Energy (Kcal)	Fat (g)	of which saturated (g)	Carbohydrates (g)	of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Energy Boost									
Per 100ml	176	42	0,1	0	9,2	8,7	1	0,6	0
Oxi Burner									
Per 100ml	179	42	0,4	0,1	8,6	7,6	1	1,2	0,1
Gym Junkie									
Per 100ml	214	51	0,4	0,2	6,7	5,7	0,5	5,4	0,2
Breakie Blast									
Per 100ml	178	42	0,5	0,1	7	6	1,1	1,9	0,1
Brazilian									
Per 100ml	216	52	0,3	0,1	11,4	8,9	0,8	0,3	0
Green Goddess									
Per 100ml	89	21	0,5	0,1	2,6	2,5	0,6	1,3	0,1

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Fruit 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									
Per 100ml	249	59,5	0,1	0	13,6	11,2	1,3	0,8	0,1
Berry Buzz									
Per 100ml	183	43,8	0,1	0	9,9	9	0,9	0,6	0
Orange Squeeze									
Per 100ml	166	39,7	0,1	0	8,2	6,5	0,6	0,8	0,1
Passion Dash									
Per 100ml	172	41	0,1	0	9,9	9,8	0,4	0,6	0
Mango Tango									
Per 100ml	226	54	0,3	0,1	12,5	10,5	0,9	0,8	0,2
Raspberry Razzle									
Per 100ml	216	51	0,1	0,1	11,8	11,6	0,8	0,7	0
Cherry Cheeky									
Per 100ml	200	47,8	0,1	0	12,7	10,2	0,9	1,1	0,3

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Dairy Smoothies	Energy (KJ)	Energy (Kcal)	Fat (g)	of which saturated (g)	Carbohydrates (g)	of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Banana Bang									
Per 100ml	290	69,3	0,3	0,1	16,3	11,3	1,3	1,9	0,5
Chocolate Rocket									
Per 100ml	218	52	0,3	0,1	10,9	9,2	0,5	2	0,3
Go Mango									
Per 100ml	151	36,2	0,3	0,1	7,9	6,9	0,2	1,8	0,3
Raspberry Ripper									
Per 100ml	184	44,1	0,5	0,4	8	7,3	0,5	2	0,1

Dairy Free Smoothies	Energy (KJ)	Energy (Kcal)	Fat (g)	of which saturated (g)	Carbohydrates (g)	of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Raspberry Crush									
Per 100ml	212	46	0,1	0	11,4	9,2	1	0,3	0,1
Tropical Crush									
Per 100ml	183	43	0,1	0	10,6	10,4	0,5	0,3	0
Passion Crush									
Per 100ml	114	27	0	0	6,6	6,1	0,2	0,3	0,2
Lemon Crush									
Per 100ml	141	33,1	0,1	0	8,3	6,2	1,1	0,3	0,1

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Kids Drinks	Energy (KJ)	Energy (Kcal)	Fat (g)	of which saturated (g)	Carbohydrates (g)	of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Caribbean Breeze									
Per 100ml	188	45	0,4	0,3	9,6	9,5	0,7	0,5	0
Morning Sunshine									
Per 100ml	201	48	0,1	0	11,2	11	0,5	0,6	0
Strawberry Split									
Per 100ml	202	48	0,1	0	11,1	10,8	0,7	0,6	0
Sweet Melody									
Per 100ml	177	42	0,1	0	9,7	9,7	0,7	0,5	0

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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									
Per 100ml	236	56,4	0	0	13,2	11,8	0,3	0,7	0
Waterfall									
Per 100ml	169	39,7	0	0	46,9	10	0,3	0,6	0,1
Sunrise									
Per 100ml	111	26,3	0	0	6,3	3,9	0,4	0,5	0
Ginger Fuel									
Per 100ml	334	80	0	0	16,1	12,8	2,1	2,2	0
Berry Good									
Per 100ml	224	54	0	0	12,4	11,6	0,9	0,3	0
Green Machine									
Per 100ml	278	64	0,5	0,1	14,5	13,8	0,6	0,4	0,1
Rocket Juice									
Per 100ml	283	68	0,2	0	16,6	13,3	1	0,9	0,4

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Super Smoothies	Ingredients	Cereals containing Gluten	Dairy	Nuts	Other Allergens	Notes
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	
Oxi Burner	Raspberries, Strawberries, Banana, 100% Apple Juice, Fat Free Frozen Yoghurt, Fibre Nutri Pellet.	No	Yes	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.	
Breakie Blast	Strawberries, Banana, Toasted Muesli, Honey, Low Fat Milk, Fat Free Frozen Yoghurt, Energy Nutri Pellet.	Yes - Oats	Yes	Yes - Almonds and Hazelnuts		Muesli contains Nuts. Energy Fuel is produced on equipment which produces other products containing Soy, Milk, Eggs and Nuts.
Brazilian	Acai Sorbet, Banana, Strawberries, Honey, 100% Apple Juice, Fat Free Frozen Yoghurt, Energy Nutri Pellet.	Yes - Wheat	Yes	No		Acai Sorbet contains Wheat.
Green Goddess	Vanilla Soy Milk, Fat Free Frozen Yoghurt, Green Tea Nutri Pellet.	No	Yes	Yes	Soya	Soya Milk may contain Hazelnuts.

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Fruit Smoothies	Ingredients	Cereals containing Gluten	Dairy	Nuts	Other Allergens	Notes
Strawberry Dream	Strawberries, Banana, 100% Apple Juice, Fat Free Frozen Yoghurt.	No	Yes	No		
Berry Buzz	Blackberries, Raspberries, Strawberries, Blueberries, 100% Apple Juice, Fat Free Frozen Yoghurt.	No	Yes	No		
Orange Squeeze	Strawberries, Banana, Orange Juice, Fat Free Frozen Yoghurt.	No	Yes	No		
Passion Dash	Passion Fruit, Mango, 100% Apple Pineapple Orange Juice, Mango Puree, Fat Free Frozen Yoghurt, Fat Free Sorbet.	No	Yes	No		
Mango Tango	Mango, Banana, 100% Pineapple Juice, Fat Free Frozen Mango Yoghurt.	No	Yes	No		
Raspberry Razzle	Raspberries, Banana, 100% Apple Juice, Mango Puree, Fat Free Frozen Mango Yoghurt.	No	Yes	No		
Cherry Cheeky	Cherries, Banana, Orange Juice, Honey, Fat Free Frozen Yoghurt.	No	Yes	No		

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Dairy Smoothies	Ingredients	Cereals containing Gluten	Dairy	Nuts	Other Allergens	Notes
Banana Bang	Banana, Honey, Low Fat Frozen Yoghurt.	No	Yes	No		
Chocolate Rocket	Low Fat Chocolate, Banana, Low Fat Milk, Fat Free Frozen Yoghurt.	No	Yes	No		Chocolate produced on equipment which produces other products containing Soy, Milk, Eggs and Nuts.
Go Mango	Mango, Strawberries, Passion Fruit, Low Fat Milk, Fat Free Frozen Mango Yoghurt, Fat Free Sorbet.	No	Yes	No		
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.

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Dairy Free Smoothies	Ingredients	Cereals containing Gluten	Dairy	Nuts	Other Allergens	Notes
Raspberry Crush	100% Apple Juice, Raspberries, Fat Free Sorbet.	No	No	No		
Tropical Crush	100% Apple Pineapple Orange Juice, Mango, Banana, Mango Puree, Fat Free Sorbet.	No	No	No		
Passion Crush	100% Orange Juice, Passion Fruit, Mango, Fat Free Sorbet.	No	No	No		
Lemon Crush	100% Pineapple Juice, Lemon Juice, Raspberries, Fat Free Sorbet.	No	No	No		

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

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

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