

Fuel Juice Bars

Nutritional Information Booklet

Updated June 2018



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

Ingredients used with Allergens

Whey Protein	<i>Milk and Soya</i>
Super Greens Fuel	<i>Gluten, Soya</i>
Granola	<i>Gluten and Nuts (Oats, Hazelnuts, Almonds)</i>
Coconut Milk	<i>Sulphites</i>
Milk and Yoghurt	<i>Milk, Dairy</i>
Vanilla Soya Milk	<i>Soya, and some contain Nuts</i>
Oreo Cookies	<i>Soya, Gluten (Wheat), Cross-contact with Milk (so not branded as Non-Dairy)</i>
Celery	<i>Celery Raw</i>
Peanut Butter	<i>Peanuts</i>

All nutritional values are based on 100ml.

Regular drink = 700ml

Small drink = 450ml

Kids drink = 350ml

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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)	ALLERGENS
ENERGY BOOST per 100ml	196	47	0.5	0.3	9.7	9.3	0.2	0.9	0	Milk Sulphur Dioxide
THE SUPER FRUIT per 100ml	184	44	0.2	0.1	9	9	0.4	0	0	Milk
BREAKIE BLAST per 100ml	246	51	1.8	0.6	6.1	6.1	0.7	1.9	0.1	Milk, wheat (gluten) oats, hazelnut, pecans
BERRY PROTEIN per 100ml	184	44	0.2	0.1	9	9	0.4	1.4	0	Soy Milk
PEANUT BUTTER POWER per 100ml	399	95	4.3	1.1	9	9	1	4.8	0.1	Milk, Soy Peanuts
GYM JUNKIE per 100ml	157	35	0	0	8.6	8.6	0.2	0.6	0	Milk, Soy

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FRUIT CRUSHES	ENERGY (Kj)	ENERGY (Kcal)	FAT (g)	of which saturated (g)	Carbohydrates (g)	of which sugars (g)	FIBRE (g)	PROTEIN (g)	SALT (g)	ALLERGENS
RASPBERRY CRUSH per 100ml	211.5	46	0.1	0	11.4	9.2	1	0.3	0.1	
TROPICAL CRUSH per 100ml	154.2	36.8	0.1	0	9.2	7	0.9	0.2	0.1	
PASSION CRUSH per 100ml	113.9	27	0	0	6.6	6.1	0.2	0.3	0.2	
TWISTED FUEL										
PEANUT BUTTER LOVE per 100ml	339	81	3.9	0.7	8	7.3	0.9	3.8	0.1	Milk, Soy Peanuts
MILK & COOKIES per 100ml	349	83	2.3	1.2	13.1	1.08	0.5	2.5	0.16	Milk, Soy Gluten
CHOCOLATE ROCKET per 100ml	217.6	52	0.3	0.1	10.9	9.2	0.5	2	0.3	Milk

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GREEN FUEL	ENERGY (Kj)	ENERGY (Kcal)	FAT (g)	of which saturated (g)	Carbohydrates (g)	of which sugars (g)	FIBRE (g)	PROTEIN (g)	SALT (g)	ALLERGENS
GREEN MACHINE per 100ml	277.8	64	0.5	0.1	14.5	13.8	0.6	0.4	0.1	
THE HULK per 100ml	364	87	3.8	0.1	10	9.1	0.9	3.6	0.1	Soy, Peanuts Milk
GREEN GODDESS per 100ml	195.8	46.3	0.5	0.1	8.7	8.7	0.2	1.5	0.4	Soy Milk
MINT MANIA per 100ml	127	30	0	0	7.6	7.6	0	0.2	0	Celery

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