

nutritional guide

Purblendz smoothies are†: **Gluten Free • Dairy Free • All Natural • No Fillers**

Product	Size	Calories (Kcal)	Total Fat (g)	Carbohydrate (g)	Fibre (g)	Sugar	Protein	Vitamin C in %DV
fruit smoothies								
Mango Z Tango	small	190	1	45	2	33	1	72
	large	351	2	84	5	62	2	135
Strawberry Banana Blast	small	167	1	40	3	28	1	102
	large	305	2	73	5	50	3	194
Big Berry Bang	small	197	0	48	2	44	1	129
	large	345	0	84	4	76	1	223
Strawberries on the Peach	small	165	0	39	2	37	2	141
	large	302	1	71	4	67	4	254
Berry Mangalo	small	160	0	39	4	35	1	114
	large	293	1	71	7	63	1	209
protein smoothies								
Protein Extreme	large	339	1	56	3	46	28	350
So-Blue Protein	large	330	2	66	4	48	17	122
green smoothies								
Spinango	small	188	0	46	2	38	2	189
	large	333	1	81	5	66	4	311
Kale-A Cab	small	154	0	38	2	35	1	135
	large	281	1	69	3	63	2	250
super smoothies								
Metabol-Blast	small	222	1	49	3	42	5	150
	large	406	2	90	7	76	10	269
Immune Boost	small	159	0	38	2	35	1	196
	large	290	1	70	4	63	2	357

† Except whey protein. Regular size is 24 oz. Small size is 12 oz. Menu items vary by location and might not include the entire list of menu items displayed in this nutritional guide. Nutritional information was supplied to Purblendz restaurants from approved food manufacturers, the Canadian Nutrient File Database published by Health Canada (2010), and the USDA Nutrient Database for Standard Reference, release 23 (2010). Nutritional information has been based on the most widely used brands offered to our franchisees, product and nutrient values may vary from region to region. Due to guests' individual selections, nutritional value may vary.