

nutritional guide



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

| Product | Size | Calories (Kcal) | Total Fat (g) | Carbohydrates (g) | Fibre (g) | Sugar (g) | Protein (g) | Vitamin C in %DV |
|---------------------------|-------|-----------------|---------------|-------------------|-----------|-----------|-------------|------------------|
| fruit smoothies | | | | | | | | |
| Mango + Tango | small | 156 | 1 | 35 | 2 | 22 | 2 | 48 |
| | large | 294 | 2 | 66 | 4 | 43 | 3 | 92 |
| Strawberry Banana Blast | small | 133 | 1 | 30 | 2 | 16 | 2 | 76 |
| | large | 248 | 2 | 56 | 5 | 31 | 3 | 149 |
| Big Berry Bang | small | 88 | 0.2 | 22 | 2 | 17 | 0.5 | 53 |
| | large | 166 | 0.3 | 41 | 4 | 32 | 1 | 97 |
| Strawberries on the Peach | small | 69 | 0.3 | 16 | 2 | 14 | 1 | 42 |
| | large | 131 | 0.6 | 30 | 5 | 26 | 2 | 85 |
| Berry Mangalo | small | 82 | 0.3 | 19 | 4 | 15 | 0.8 | 65 |
| | large | 158 | 0.6 | 37 | 7 | 28 | 1.5 | 125 |
| protein smoothies | | | | | | | | |
| Protein Extreme | large | 188 | 0.3 | 26 | 2 | 18 | 19 | 93 |
| So-Blue Protein | large | 229 | 2 | 44 | 5 | 24 | 11 | 11 |
| green smoothies | | | | | | | | |
| Spinango | small | 105 | 0.3 | 25 | 2 | 17 | 2 | 48 |
| | large | 201 | 0.5 | 47 | 4 | 32 | 3 | 86 |
| Kale-A Cab | small | 73 | 0.1 | 18 | 2 | 15 | 1 | 82 |
| | large | 140 | 0.2 | 34 | 4 | 27 | 2 | 157 |
| super smoothies | | | | | | | | |
| Metabol-Blast | small | 93 | 1 | 18 | 3 | 12 | 3 | 38 |
| | large | 180 | 2 | 35 | 6 | 23 | 6 | 72 |
| Immune Boost | small | 73 | 0.2 | 17 | 2 | 15 | 1 | 85 |
| | large | 140 | 0.5 | 32 | 3 | 28 | 2 | 163 |

† 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.