

Menu Item	Calories	Gluten	Peanut	Tree nut	Soy
Drinks					
Smoothies					
Berry Smoothie	300				X
Chocolate Milk Smoothie	335				X
Green Monster Smoothie	325		X		
Tropical Vacation Smoothie	235				
Lemonades					
Regular	90				
Rose Lemonada	90				
Cold Brew					
Regular	0				
Toasted Coconut Cold Brew	210				
Healthy Snacks					
Acai bowls					
Acai Berry Bowl	360				X
Nutty Green Acai Bowl	505		X		
Tropical Acai Bowl	412				
Energy Balls					
Brownie Ball	360		X	X	X
Cookie Dough Ball	400		X	X	X
Chocolate Chip Oatmeal Ball	300		X		X
Other					
Fresh Fruit Parfait	405				X
Frozen novelties					
Dipped Banana	295		X	X	
Monkey Shake					
Dreo Shake	514	X			X
Mango Lassi Shake	442				
Birthday Cake Shake	578		X	X	X
Brownie Shake	524		X	X	X
PB Cookie Dough Shake	575		X		X
Salted Caramel Pecan Shake	583				
Sundae					
Banana Split Sundae	377				X
Dreo Sundae	452	X			X
PBBJ Sundae	460		X		X
Other					
Salted Dark Chocolate Peanut Butter Cup	180		X		

We do not guarantee anything to 100% tree nut free or gluten free. We use tree nuts and gluten in our blender and other kitchen appliances. Nutritional information and ingredient statements are based on current formulations and standard recipes, using data provided by our suppliers and distributors, and are meant to provide a general estimate of nutritional values associated with our menu items. Variations can be expected due to seasonal influences, differences in product preparation per restaurant, substitution of ingredients, customized ordering and other factors. We use tree nuts and gluten in our blender and other kitchen appliances. Unless otherwise noted, items are prepared in common areas and food prepared at our restaurants may come in contact with or contain traces of these products and other potential allergens or ingredients.