

BLENDERS

All analysis based on a 12-ounce



Blender	Calories	Fat Calories/ gm	Fat/gm	Saturated/gm	Cholesterol/mg	Sodium/mg	Carbs/gm	Fiber/gm	Sugars/gm	Protein/gm
50/50	207	11	1.2	0.1	3.2	59	49	0.2	44	3.4
Acai Energy	213	19	2.2	0.6	0	78	46	3.7	31	3
Apple Pie	218	1.8	0.2	0.1	0	118	50	1.5	35	4.8
Banana	290	66	7.4	3.7	26	149	53	1.6	36	5.3
Berries Plus	180	4.5	0.5	0.1	1.1	48	41	2.7	35	2.5
Betterfinger	358	119	13	5.4	31	270	55	1	47	8.5
Blue Apple	201	3.9	0.5	0.1	1.1	47	43	3.1	37	2.4
Blue Banana	230	33	3.7	1.9	15	129	39	3.6	31	6.4
Blue Orange	210	3.5	0.4	0.1	0	79	45	3.8	36	4.1
Blue Pineapple	204	6.1	0.7	0	2.1	14	24	3.1	43	1.6
Blue Pomegranate	219	3.3	0.5	0.1	1.1	47	47	3	41	2.6
Candy Cane	351	83	9	5	33	204	63	0	54	7
Carrot	302	83	9.2	4.6	1.1	213	50	0.6	45	4.3
Carrot Orange	274	56	6.3	2.8	21	135	53	0.3	49	3.7
Chai Tea	304	123	11	4.6	24.5	182	47	.2	41	6.9
Chocolate Blender	378	83	9.2	4.6	32	207	67	1	57	7
Coffee	306	83	9.2	4.6	32	196	51	0	44	6.5
Cranberry	187	5.8	0.7	0	3.5	50	39	2.5	39	3.3
Date	362	83	9.2	4.6	32	196	65	2.5	52	7
Eggnog	352	102	11	4.8	59	201	57	0.5	46	6.8
Green Tea	292	76	8.5	3.9	25	152	49	0.5	43	5.8
Iced Mocha	239	1.4	0.2	0.1	1.9	178	51	0.5	35	8.5
Lemon Meringue	251	66	7.4	3.7	26	156	43	0.4	36	5.2
Mocha	340	83	9.2	4.6	32	197	59	0.5	50	6.5
Orange Banana	242	2.4	0.3	0.2	0	118	56	1.7	31	5.7
Orange Plus	206	2.7	0.3	0.1	0	79	45	1.5	37	3.8
Original	217	2.8	0.4	0.1	0	80	47	0.8	35	4.3
PB&J	214	42	4.7	0.8	3.5	87	38	1.8	36	7.3
Peach	204	4.1	0.5	0.1	1.1	48	50	0.6	38	2.8
Peaches & Cream	249	34	3.8	1.9	12	64	53	2.6	43	3.2

Blender	Calories	Fat Calories/ gm	Fat/gm	Saturated/gm	Cholesterol/mg	Sodium/mg	Carbs/gm	Fiber/gm	Sugars/gm	Protein/gm
Peanut Butter	308	102	11	4.5	26	193	46	1	36	9.4
Pina Colada	246	54	6	3	14	84	49	0.2	45	2.8
Pitaya Blender	191	6.7	0.5	0	1.1	10	47	4.1	24	2.3
Power Greens	292	59	6.5	2.2	14.4	145	52	1.1	47	7.9
Pumpkin Pie	290	66	7.4	3.7	26	245	52	3.5	35	5.2
Purple Banana	224	33	3.7	1.9	15	131	40	3.6	28	6.4
Pumpkin Chai	321	107	9.3	4.4	25.7	257	57	3	40	5.6
Raspberry	200	3.7	0.4	0.1	1.1	47	47	5	33	2.5
Raspberry 50/50	225	9.4	1.1	0.1	3.2	59	54	0	48	3.1
Red Apple	194	3.9	0.5	0.1	1.1	47	45	5.1	32	2.4
Red Banana	217	33	3.7	1.9	15	132	42	3.7	26	6.4
Red Cranberry	191	19	2.2	0.9	8.5	77	41	2.7	33	3.6
Red Mango	208	5.9	0.7	0.1	1.1	54	51	3.2	36	2.9
Red Orange	187	4.8	0.6	0.05	1.1	50	46	2.8	36	2.7
Red Pineapple	190	6.1	0.7	0	2.1	17	48	3.3	38	1.6
Strawberry	216	1.7	0.2	0.1	0	82	52	3.3	34	3.6
Strawberry Colada	218	38	4.2	2.1	8.3	55	47	1.5	42	2.1
Tropical Fuzz	170	7.7	0.9	0	2.1	21	42	1.6	37	1.5
Tropical Guava	201	4.3	0.5	0.1	1.1	59	50	3.8	36	2.5
Tropical Kale	226	59	0.7	0.1	1.1	59	54	1.8	36	3.9
Tropical Mango	208	5.9	0.7	0.1	1.1	51	50	0.6	38	2.9
Tropical Pineapple	188	7	0.8	0	2.1	14	46	0.7	40	1.8
Vanilla Blender	310	83	9.2	4.6	33	204	51	0	44	7.1

BOWLS

All analysis based on a 16-ounce bowl

Acai Bowl	506	90	9	3	0	64	105	11	57	5
Pitaya Bowl	385	42	4	1	2	28	87	8	53	5
Tropical Acai Bowl	525	126	14	6	2	88	105	7	67	5

WHEATGRASS

Wheatgrass is shoots of wheat at the ripe old age of 6 to 10 days. Since these shoots are unable to be digested by the human body, they must be juiced to unlock their nutritional potential. And when juiced, they offer a vast array of nutritional health benefits. Wheatgrass contains at least trace amounts of every vitamin, mineral, and amino acid necessary for human nutrition, making it one of the few actual "whole foods."

Other benefits contained in wheatgrass include: **Chlorophyll**, which is known for its ability to nourish the blood and detoxify poisons; **enzymes**, which help in the digestion and metabolization of nutrients; constituents of certain **plant hormones**, which help with the breakdown and elimination of wastes that otherwise cause deterioration of the nervous system; and **abscisic acid**, which is known for its anti-tumor activity.

It is estimated that one ounce of wheatgrass juice has the same nutritional value as 2 ½ pounds of garden vegetables. You can taste the concentrated energy of wheatgrass when you drink the juice. One of the reasons that wheatgrass is so rich in nutrients is its **freshness**. Unlike store-bought vegetables, the wheatgrass at Blenders is freshly juiced for you at the peak of its nutritional value. Our wheatgrass is delivered to us when it is approximately two days old and grown at the store until it reaches its nutritional peak of 6 to 10 days old. It is then cut and juiced when you order it, guaranteeing you get the freshest wheatgrass juice possible.

Finally, don't be worried about the taste because we use only first cuts of the highest quality wheatgrass and stainless steel juicers that don't impart any metallic taste. Blenders offers what we believe to be the best tasting wheatgrass juice available.

Although most people have no problem with the strong, sweet taste of the juice, if you are nervous about or simply don't like the taste we will be happy to provide you with a one ounce honey or juice chaser to help wash it down.



Have you had your Wheatgrass shot today?



FRESH JUICE NUTRITIONAL INFORMATION

Juice	Calories gm	Fat gm	Sodium mg	Carbs gm	Sugar gm	Protein gm
Apple	15	0	1	4	3	0
Carrot	12	0	9	3	1	0.3
Celery	5	0	27	1	0.7	0.2
Cucumber	3	0	0	1	0	0.3
Garlic	25	0	3	6	0.1	1
Ginger	22	0	0	5	0	0
Kale	4	0	4	0.9	0	0.3
Lemon	7	0	0.3	2	0.9	0
Orange	14	0	0.3	3	3	0.3
Parsley	9	0	14	2	0	0.8
Spinach	0.4	0	3	0.1	0	0.1
Tomato	5	0	3	1	1	0.2

The nutritional analysis above is for one ounce of fruit or vegetable juice. Blenders in the Grass offers Fresh Juice in either 12 or 24 ounce sizes. You can order any combination of the 12 juices you'd like, so actual nutritional content will vary with each drink produced.

Customer Service Hot Line

1.888.401.4900

Call us with any questions, complaints, concerns or suggestions

info@drinkblenders.com

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NUTRITIONAL INFORMATION
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