

	SERVING SIZE(g)	CALORIES	FAT (g)	FAT (%DAILY VALUE)	SATURATED FAT (g)	TRANS FAT (g)	SATURATED TRANS FAT (%DAILY VALUE)	CHOLESTEROL (mg)	CHOLESTEROL (%DAILY VALUE)	SODIUM (mg)	SODIUM (% DAILY VALUE)	CARBOHYDRATE (g)	CARBOHYDRATE (%DAILY VALUE)	FIBRE (g)	FIBRE (% DAILY VALUE)	SUGARS (g)	PROTEIN (g)	VITAMIN A (% DAILY VALUE)	VITAMIN C (% DAILY VALUE)	CALCIUM (% DAILY VALUE)	IRON (% DAILY VALUE)
ALL DAY BREAKFAST																					
EARLY BIRD BREAKFAST	337	780	42	65	16	0.3	82	745	248	1330	55	62	21	3	12	6	38	50	20	20	50
3 EGGS	330	790	48	74	15	0.1	76	710	237	1130	47	122	41	3	36	14	34	45	70	20	50
BACON AND EGGS	327	820	59	91	20	0.5	102	635	212	1170	49	15	5	1	4	14	29	50	40	6	20
NEW YORK STEAK & EGGS**	724	1390	64	98	15	0	75	840	280	4160	173	104	35	7	28	14	94	40	60	20	100
CANADIAN CHEDDAR CHEESE OMELETTE	406	740	37	57	17	0	85	695	232	1110	46	58	19	5	20	24	42	45	40	60	45
BLACK FOREST HAM, RED PEPPER & BRIE CHEESE OMELETTE	667	980	61	94	24	0.3	122	690	230	1300	54	57	19	6	24	12	46	70	230	20	40
GRILLED VEGETABLE & GOAT CHEESE OMELETTE	589	950	54	83	16	0	80	595	198	440	18	79	26	10	40	37	40	70	230	20	40
SPINACH, PLUM TOMATO & FETA CHEESE OMELETTE	504	570	41	63	10	0	50	580	193	890	37	24	8	5	20	15	27	80	80	25	35
AVOCADO & BRIE CHEESE OMELETTE	591	900	63	97	18	0	90	625	208	770	32	42	14	11	44	19	43	60	100	25	30
DELI OMELETTE	454	1190	68	105	16	0	80	780	260	1930	80	93	31	6	24	3	49	30	15	20	60
EGGS BENEDICT**	726	1520	86	132	25	0.4	127	615	205	5240	218	89	30	8	32	12	91	35	70	20	45
FLORENTINE BENEDICT	415	690	49	75	25	0	125	720	240	1320	55	32	11	5	20	12	33	70	50	15	40
ATLANTIC SMOKED SALMON BENEDICT **	549	1110	64	98	17	0.4	87	280	93	2060	86	85	28	8	32	12	45	20	70	15	30
ASPARAGUS & BRIE BENEDICT	717	1050	45	69	23	0.4	117	660	220	1130	47	87	29	7	28	13	43	60	130	20	45
PLAIN WAFFLE	337	530	21	32	11	0	55	160	53	550	23	80	27	2	8	25	11	15	0	25	8
PEACH WAFFLE	269	580	21	32	12	0	60	160	53	660	28	90	30	2	8	33	11		4	25	8
APPLE WAFFLE	327	900	34	52	14	0	70	155	52	690	29	133	44	8	32	54	18		2	25	30
BANANA WAFFLE	455	640	22	34	11	0	55	160	53	550	23	107	36	5	20	39	12	20	15	25	10
STRAWBERRY WAFFLE	451	570	22	34	11	0	55	160	53	550	23	89	30	4	16	30	11	15	110	25	10
MIXED BERRY WAFFLE	422	580	21	32	11	0	55	160	53	550	23	90	30	4	16	31	11	15	30	25	10
MULTIGRAIN FRENCH TOAST	327	450	4.5	7	0	0	0	0	0	630	26	77	26	8	32	24	24	0	30	30	35
LOADED FRENCH TOAST	499	920	37	57	10	0	50	195	55	1200	50	120	40	6	24	41	31	35	110	35	40
FRENCH TOAST	356	820	25	38	7	0	35	715	238	1040	43	113	38	4	16	7	34	30	0	20	50
PB FRENCH TOAST (NO MAPLE SYRUP INCLUDED)	291	710	20	31	6	0	30	465	155	950	40	102	34	4	16	23	28	25	0	20	45
PB FRENCH TOAST - BLUEBERRY	334	730	20	31	6	0	30	465	155	950	40	108	36	5	20	28	28	25	6	20	50
PB FRENCH TOAST - STRAWBERRY	376	740	20	31	6	0	30	465	155	950	40	109	36	6	24	28	29	25	80	20	50
PB FRENCH TOAST - CHOCOLATE BANANA	490	1010	21	32	6	0	30	465	155	1140	48	177	59	8	32	64	31	30	20	20	50
PB FRENCH TOAST - MIXED BERRY	376	750	20	31	6	0	30	465	155	950	40	112	37	6	24	27	29	25	35	20	50
LOBSTER EGGS BENEDICT - NO FRIES	483	700	41	63	14	0.5	73	455	152	940	39	51	17	10	40	5	33	35	70	10	30
LOBSTER EGGS BENEDICT - WITH BARREL FRIES	653	900	47	72	15	0.5	78	455	152	1010	42	86	29	12	48	8	36	35	110	10	35
EGG SKILLET	358	610	36	55	8	1	45	275	92	1350	56	43	14	6	24	13	27	280	290	8	30
BLINTZES	363	630	25	38	12	0	60	165	55	710	30	100	33	4	16	72	38	30	6	30	15

Please note: All nutritional information does not contain side dishes unless stated on item.

Pickle Barrel - April 2014

	SERVING SIZE (g)	CALORIES	FAT (g)	FAT (% DAILY VALUE)	SATURATED FAT (g)	TRANS FAT (g)	SATURATED/TRANS FAT (% DAILY VALUE)	CHOLESTEROL (mg)	CHOLESTEROL (% DAILY VALUE)	SODIUM (mg)	SODIUM (% DAILY VALUE)	CARBOHYDRATE (g)	CARBOHYDRATE (% DAILY VALUE)	FIBRE (g)	FIBRE (% DAILY VALUE)	SUGARS (g)	PROTEIN (g)	VITAMIN A (% DAILY VALUE)	VITAMIN C (% DAILY VALUE)	CALCIUM (% DAILY VALUE)	IRON (% DAILY VALUE)
SANDWICHES & WRAPS																					
JUMBO CLUB HOUSE SANDWICH	432	720	21	32	6	0.2	31	80	27	2630	110	86	29	5	20	9	47	8	30	6	45
AVOCADO TURKEY CLUB**	375	610	28	43	6	0	30	55	18	1690	70	59	20	12	48	18	34	6	45	20	35
HOT BBQ BEEF**	292	670	22	34	11	0.5	57	155	52	790	33	64	21	2	8	29	54	15	10	8	50
DELI SLIDERS**	333	710	27	42	11	0.5	57	145	48	3050	127	63	21	4	16	1	41	6	135	0	60
TRIPLE DECKER GRILLED CHEESE	222	730	44	68	24	0.5	123	165	55	1900	79	61	20	3	12	6	21	40	0	70	25
TRIPLE DECKER GRILLED CHEESE & BACON	232	880	55	85	29	0.5	148	185	62	2140	89	64	21	3	12	9	29	40		45	35
CORNED BEEF	113	280	22	34	7		35	110	37	1290	54	1	0	0	0	0	21	0	0	0	15
PASTRAMI	113	170	7	11	3		15	75	25	1000	42	2	1	1	4	2	25	8	2	2	20
ROAST BEEF	113	280	22	34	7		35	110	37	1290	54	1	0	0	0	0	21	0	0	0	15
SMOKED MEAT	113	150	5	8	2	0	10	50	17	1430	60	2	1	0	0	0	23	0	0	0	25
SMOKED TURKEY	113	110	2	3	0	0	0	45	15	1070	45	2	1	0	0	0	20	0	0	0	6
ROAST TURKEY	113	120	2	3	0	0	0	40	13	1020	43	2	1	0	0	0	22	0	0	0	6
GREAT REUBEN SANDWICH **	412	850	45	69	23	0.3	117	140	47	3020	126	63	21	6	24	6	8	50	20	20	60
SMOKED SALMON ON DARK RYE	542	700	28	43	14	0	70	90	30	1830	76	75	25	8	32	13	37	25	40	15	40
FRESSOR SANDWICH **	454	860	25	38	13	0	65	125	42	3910	163	96	32	8	32	17	62	15	15	50	80
TEXAN STYLE STEAK SANDWICH**	405	860	35	54	10	0	50	130	43	1540	64	71	24	4	16	4	61	0	4	10	60
ALBACORE TUNA SANDWICH	471	920	29	45	4	0	20	70	23	1880	78	114	38	8	32	5	52	10	15	10	70
B.L.T. SANDWICH	623	660	25	38	6	0	30	20	7	2060	86	90	30	7	28	15	21	25	40	6	45
DELI MEAT PLATE (PER 100G)	100	220	8	12	1.5	0	8	15	5	820	34	30	10	3	12	3	9	2	4	4	15
LOBSTER GRILLED CHEESE	242	790	51	78	32	0.5	163	155	52	1110	46	49	16	4	16	14	29	35		70	20
PULLED BRISKET SANDWICH	344	680	20	31	10	0.4	52	135	45	1180	49	75	25	3	12	37	52	6	20	10	60
GRILLED CHICKEN HUMMUS WRAP**	320	740	32	49	6	0	30	65	22	1970	82	81	27	11	44	16	39	8	25	25	50
SMOKED GOUDA WRAP	233	310	16	25	10	0	50	65	22	680	28	28	9	2	8	2	20	40	110	40	10
ALBACORE TUNA WRAP	171	200	7	11	2	0	10	20	7	610	25	26	9	3	12	3	14	20	70	6	15
HONEY MUSTARD CHICKEN WRAP	358	700	15	23	3.5	0	18	120	40	970	40	74	25	6	24	9	55	35	25	20	45
SONOMA CHICKEN FOCACCIA	414	590	8	12	1	0	5	85	28	890	37	89	30	6	24	10	43	10	150	4	45
VEGETABLE FOCACCIA	348	600	18	28	5	0	25	20	7	1130	47	92	31	6	24	10	21	20	140	15	40
GRILLED CHICKEN & AVOCADO PANINI	398	700	22	34	3	0	15	70	23	890	37	91	30	10	40	8	39	10	25	4	45
TUSCAN PANINI**	319	890	51	76	15	0	75	65	22	2480	103	77	26	5	20	12	36	30	20	45	20
THE GRAND	440	1080	79	122	24	2	130	260	87	3270	136	39	13	3	12	6	56	20	2180	15	35
TRIPLE BLT SANDWICH	366	930	57	88	12	0.3	62	70	23	2400	100	63	21	3	12	8	34	10	15	2	35
THICK CUT PASTRAMI	516	1030	39	60	15	0.2	76	175	58	4850	202	95	32	8	32	13	74	25	25	25	70
DOUBLE MONTY SANDWICH**	343	750	31	48	17	0.3	87	150	50	2000	83	59	20	3	12	12	57	20	10	20	45
BAGEL PLATTER WITH EGG SALAD	716	690	37	57	7	0	35	360	120	620	26	72	24	7	28	19	22	25	45	20	50
BAGEL PLATTER WITH TUNA SALAD	716	620	23	35	4	0	20	35	12	990	41	80	27	9	36	23	25	10	45	15	45
BAGEL PLATTER WITH SALMON SALAD	716	550	18	28	3.5	0	18	120	40	790	33	73	24	8	32	19	26	15	50	30	45
PETE'S DELI	366	770	43	66	14	1	75	220	73	3240	135	36	12	3	12	6	62	15	2	25	45
LOBSTER GRILLED CHEESE	203	610	42	65	25	0.5	127	140	47	880	37	27	9	3	12	3	28	40	15	35	20
ENTREES & SPECIALTIES																					
FISH TACOS	703	1130	72	111	19	0.2	96	125	42	1340	56	72	24	13	52	7	53	50	90	45	35
FRIED CHICKEN	430	920	36	55	17	0.5	88	220	73	4160	173	110	37	8	32	55	43	50	20	25	70
BEST EVER MEATLOAF	340	560	16	25	4	1	25	180	60	1680	70	55	18	3	12	14	50	8	20	10	50
HOMESTYLE CHICKEN FINGERS	384	840	48	74	10	0	50	85	28	2470	103	62	21	3	12	5	40	90	10	6	25
CHICKEN IN A POT	472	850	26	40	9	0.1	45	245	82	1990	83	117	39	19	76	17	36	570	0	2	20

Please note: All nutritional information does not contain side dishes unless stated on item.

	SERVING SIZE(g)	CALORIES	FAT (g)	FAT (%DAILY VALUE)	SATURATED FAT (g)	TRANS FAT (g)	SATURATED/TRANS FAT (%DAILY VALUE)	CHOLESTEROL (mg)	CHOLESTEROL (%DAILY VALUE)	SODIUM (mg)	SODIUM (% DAILY VALUE)	CARBOHYDRATE (g)	CARBOHYDRATE (%DAILY VALUE)	FIBRE (g)	FIBRE (% DAILY VALUE)	SUGARS (g)	PROTEIN (g)	VITAMIN A (% DAILY VALUE)	VITAMIN C (% DAILY VALUE)	CALCIUM (% DAILY VALUE)	IRON (% DAILY VALUE)
SEAFOOD																					
TILAPIA WITH CREAMY LOBSTER TOPPING	781	1010	43	66	22	1	115	355	118	910	38	74	25	6	24	5	71	110	45	30	60
ENGLISH STYLE FISH & CHIPS **	583	1350	77	118	11	0	55	125	42	3330	139	119	40	10	40	38	39	20	35	10	20
GRILLED SALMON WITH MAPLE SYRUP AND MIXED NUT SAUCE	319	810	54	83	10	0	50	110	37	680	28	32	11	4	16	20	51	2	15	6	15
TERIYAKI HERB GLAZED ATLANTIC SALMON	556	1030	41	63	3.5	0	18	145	48	1640	68	90	30	5	20	8	62	35	80	8	100
PAN-SEARED ATLANTIC SALMON	507	700	31	48	4.5	0	23	145	48	690	29	43	14	3	12	0	58	8	130	4	30
PAN-SEARED SALMON FILLET	404	790	55	85	6	0	30	125	42	1080	45	26	9	4	16	2	49	10	30	6	25
SEAFOOD TRIO	682	920	44	68	12	0.3	62	255	85	560	23	67	22	6	24	7	63	35	160	15	40
RAINBOW TROUT	416	700	44	68	7	0	35	105	35	280	12	36	12	7	28	7	42	20	100	20	30
TILAPIA	524	910	52	80	6	0	30	115	38	520	22	53	18	5	20	4	55	10	40	4	20
PANKO CRUSTED BASA FILLET	428	730	37	57	5	0	25	80	27	560	23	51	17	3	12	6	41	6	0	4	8
THE GRILL																					
BBQ HEAVEN **	558	2070	164	252	50	0	250	295	98	2090	87	57	19	5	20	2	88	8	25	6	60
HALF BARBECUE CHICKEN	629	800	19	29	2.5	0	13	125	42	370	15	101	34	6	24	8	57	25	260	6	20
BBQ DOUBLE CHICKEN BREAST	544	880	32	49	3.5	0	18	125	42	630	26	94	31	3	12	2	56	20	100	6	20
BBQ PORK RIBS (FULL RACK)**	725	2430	200	308	67	0	335	320	107	2270	95	69	23	10	40	9	85	60	40	10	80
TENDER BEEF LIVER	584	600	11	17	3.5	0.5	20	780	260	250	10	59	20	9	36	8	65	1460	40	6	120
1/2LB CHICKEN FAJITA	637	810	51	78	16	0	80	185	62	800	33	22	7	4	16	9	65	60	370	45	25
1/2LB STEAK FAJITA	653	770	47	72	18	0	90	160	53	1520	63	21	7	4	16	8	68	50	360	45	35
LEMON-HERB GRILLED CHICKEN SHISH KEBOB	629	800	19	29	2.5	0	13	125	42	370	15	101	34	6	24	8	57	25	260	6	20
8OZ PESTO FATTOP SIRLOIN	274	550	43	62	10	0	50	100	33	630	26	4	1	2	8	1	36	4	6	4	25
8 OZ TOP SIRLOIN	169	350	16	25	6	0	30	120	40	530	22	0	0	0	0	0	49			4	20
10-OZ NEW YORK STRIPLOIN STEAK	299	700	51	78	16	0	80	190	63	540	23	4	1	2	8	1	54	4	6	4	30
TEXAN STYLE T-BONE STEAK	370	900	67	103	22	0	110	165	55	1240	52	4	1	2	8	1	68	4	6	4	60
SURF AND TURF	630	1020	71	100	23	0.3	110	290	90	740	31	4	1	5	8	1	72	6	6	4	70
12 OZ RIB STEAK	297	670	47	72	15	0	75	250	83	740	49	4	1	2	8	1	55	4	6	4	35
14OZ SIRLOIN	375	880	61	94	20	0	100	240	80	570	24	4	1	2	8	1	75	4	6	6	40
GRILLED GRAIN-FED VEAL CHOP	663	740	26	40	10	0	50	260	87	790	33	54	18	7	28	12	68	80	35	25	20
BURGERS																					
P.B. ORIGINAL DELI BURGER	383	710	37	57	14	2.5	83	205	68	1160	48	27	9	2	8	6	64	4	10	10	50
CANADIAN CHEDDAR CHEESE BURGER	425	790	37	57	14	2.5	83	205	68	1760	73	33	11	2	8	10	74	15	10	35	50
MUSHROOM SWISS BURGER	468	840	46	71	20	2.5	113	235	78	1210	50	30	10	3	12	7	73	10	15	35	60
BANQUET BURGER	359	900	42	65	16	2.5	93	220	73	970	40	27	9	2	8	6	73	10	8	25	60
GREEK FETA BURGER	371	700	44	68	15	1.5	75	140	47	460	19	28	9	4	16	12	43	60	15	20	25
SW TURKEY BURGER	327	560	32	49	14	0.3	72	100	33	620	26	44	15	7	28	4	29	30	110	10	30
FREE RANGE TURKEY BURGER	410	930	53	82	12	0.3	62	135	45	1320	55	71	24	5	20	9	40	10	10	8	40
DELI BURGER WITH SMOKED MEAT	505	1170	73	112	27	2.5	148	285	95	2730	114	47	16	5	20	12	77	25	25	30	70
BBQ BURGER	505	1210	72	111	27	2.5	148	280	93	1370	57	63	21	3	12	29	76	25	45	30	60
BIG BLUE	440	1170	77	118	29	2.5	158	295	85	1820	76	46	15	2	8	13	87	20	25	20	60
MUSHROOM BURGER	466	1080	71	109	26	2.5	143	250	83	1170	49	47	16	3	12	12	62	20	25	10	60
PB HOUSE BURGER	397	1220	81	125	30	2.5	163	265	88	1660	69	50	17	2	8	10	68	15	20	25	60
ALL GRAIN BURGER	483	1020	60	92	11	0.3	57	30	10	1370	57	93	31	12	48	6	24	20	50	10	50
VEGETARIAN SOYA BURGER	245	510	32	49	5	0	25	15	5	1200	50	36	12	5	20	6	19	6	10	15	25
KIDS MEALS																					
BACON AND EGGS	305	870	43	66	12	0.3	62	480	160	1180	49	89	30	4	16	2	32	20	0	15	45
CHICKEN BREAST- FRIES AND CAESAR	438	650	27	42	7	0	35	80	27	570	24	63	21	6	24	6	39	140	45	15	25
GRILLED CHEESE AND FRIES	395	820	36	55	16	0.2	81	90	30	1310	55	105	35	7	28	9	24	160	20	60	30
WINGS AND FRIES	359	670	36	55	10	0	50	130	43	220	9	43	14	3	12	32	44	150	20	10	20
SPAGHETTI AND MEATBALLS	298	350	5	8	1	0.2	6	30	10	530	22	57	19	5	20	6	19	8	30	4	30
HAMBURGER AND FRIES	322	750	31	48	7	0.2	36	80	27	770	32	90	30	5	20	6	29	10	10	10	40
FRENCH TOAST	111	320	11	17	3.5	0.2	19	115	38	680	28	41	14	2	8	2	13	8	0	8	20
TUNA SANDWICH WITH FRUIT	206	150	4	6	1	0	5	5	2	290	12	25	8	3	12	12	6	25	50	4	10
CHICKEN FINGERS, FRIES AND CAESAR	426	630	24	37	7	0	35	105	35	430	18	77	26	7	28	6	28	140	45	15	25
KIDS CHOCOLATE SUNDAE	146	210	2	3	1.5	0	8	10	3	95	4	50	17	0	0	35	4	2	0	15	0
KIDS STRAWBERRY SUNDAE	146	200	2	3	1.5	0	8	10	3	100	4	44	15	0	0	39	3	2	15	10	0
KIDS STRAWBERRY SHAKE	267	280	6	9	4	0.1	21	25	8	160	7	51	17	0	0	44	7	10	15	25	0
KIDS CHOCOLATE SHAKE	267	280	6	9	4	0.1	21	25	8	150	6	57	19	0	0	41	8	10	0	25	0
KIDS OOZY GOOZY GRILLED CHEESE	181	300	9	14	4	0	20	25	8	660	28	33	11	9	36	9	22	130	2	70	10
KIDS CHICKEN FAJITAS	236	370	16	25	7	1.5	35	55	18	580	24	35	12	2	8	4	23	15	40	30	10
KIDS SLOPPY JOE	188	240	5	8	1.5	0	8	20	7	480	20	34	11	3	12	7	13	150	6	10	15
KIDS PIZZA QUESADILLA	168	260	11	17	6	0	30	45	15	490	20	17	6	2	8	3	20	60	6	40	8

Please note: All nutritional information does not contain side dishes unless stated on item.

	SERVING SIZE(g)	CALORIES	FAT (g)	FAT (%DAILY VALUE)	SATURATED FAT (g)	TRANS FAT (g)	SATURATED/TRANS FAT (%DAILY VALUE)	CHOLESTEROL (mg)	CHOLESTEROL (%DAILY VALUE)	SODIUM (mg)	SODIUM (%DAILY VALUE)	CARBOHYDRATE (g)	CARBOHYDRATE (%DAILY VALUE)	FIBRE (g)	FIBRE (%DAILY VALUE)	SUGARS (g)	PROTEIN (g)	VITAMIN A (%DAILY VALUE)	VITAMIN C (%DAILY VALUE)	CALCIUM (%DAILY VALUE)	IRON (%DAILY VALUE)
BEVERAGES																					
CHOCOLATE MACCHIATO	454	260	7	11	4.5	0.2	24	25	8	240	10	37	12	0	0	28	12	20	2	35	2
CARAMEL MACCHIATO	454	260	7	11	4.5	0.2	24	30	10	200	8	37	12	0	0	31	12	20	2	45	2
ICED CAPPUCCINO	383	170	4	6	3	0.1	16	20	7	55	2	33	11	0	0	28	7	8	0	25	0
ICED MOCHA	411	260	4.5	7	3	0.1	16	20	7	150	6	54	18	0	0	40	8	8	0	25	0
LATTE	425	170	7	11	4.5	0.2	24	25	8	150	6	16	5	0	0	16	11	20	2	35	2
CAFE AU LAIT	454	140	6	9	3.5	0.2	19	25	8	120	5	14	5	0	0	13	9	15	0	30	0
ESPRESSO	43	1	0.1	0	0	0	0	0	0	5	0	0	0	0	0	0	0.1	0	0	0	0
ESPRESSO MACCHIATO	57	10	0.4	1	0.2	0	1	0	0	10	0	1	0	0	0	1	1	0	0	2	0
CAPPUCCINO	262	130	4.5	7	3	0.1	16	15	15	5	95	4	16	5	4	10	7	10	4	30	20
GREEN TEA LATTE	371	200	7	11	5	0.2	26	30	10	150	6	20	7			19	12	20	2	40	2
VANILLA SHAKE	466	380	10	15	7	0.1	36	45	15	320	13	70	23			60	16	15		50	
CHOCOLATE SHAKE	571	640	11	17	7	0.1	36	45	15	590	25	134	45			95	17	15		50	
STRAWBERRY SHAKE	526	480	8	12	5	0.1	26	40	13	220	9	89	90			82	15	15	30	40	
BANANA SHAKE	604	480	10	15	7	0.1	36	45	15	320	13	97	32	3	12	74	17	15	20	50	2
STRAWBERRY SMOOTHIE	369	220	2.5	4	1.5	0	8	10	3	115	5	46	15	1	4	33	4	2	100	15	2
BLUEBERRY SMOOTHIE	429	280	2.5	4	1.5	0	8	15	5	15	1	67	22	0	0	59	5	2	80	15	0
MANGO SMOOTHIE	425	260	2.5	4	1.5	0	8	15	5	3	0	63	21	0	0	43	5	4	60	20	2
BANANA SMOOTHIE	430	270	3	5	2	0	10	15	5	4	0	67	22	3	12	43	6	4	50	15	2
STRAWBERRY/BANANA/ ORANGE SMOOTHIE	456	290	3	5	2	0	10	10	3	120	5	63	21	2	8	39	5	4	120	15	4
PINEAPPLE/BANANA/ORANGE SMOOTHIE	456	260	3	5	2	0	10	15	5	4	0	62	21	2	8	38	6	4	80	20	2
BLUEBERRY/POMEGRANATE/ CRANBERRY SMOOTHIE	412	280	2.5	4	1.5	0	8	15	5	140	6	68	23	1	4	59	5		70	20	6
STRAWBERRY/MANGO/ORANGE SMOOTHIE	411	260	2.5	4	1.5	0	8	10	3	115	5	55	18	1	4	45	4	2	140	15	2
MATCHA SMOOTHIE	374	210	2.5	4	2	0	10	15	5	135	6	48	16			40	5	2	90	20	2
POMEGRANATE SMOOTHIE	397	270	2.5	4	1.5	0	8	15	5	135	6	64	21			54	5		70	20	10

NOTE: ITEMS WITH AN** HAVE MORE THAN 2000MG OF SODIUM - SUNDRIED TOMATOES AND OLIVES ARE NOT RECOMMENDED IN A SODIUM RESTRICTED DIET