



NUTRITIONAL INFORMATION SMOOTHIES

NUTRITION FACTS	Calories	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Appleberry Action - 16 ounce	370	0	0g	0g	0g	15mg	170mg	82g	4g	40g	8g	4%	130%	35%	6%
Appleberry Action - 24 ounce	550	0	0g	0g	0g	25mg	260mg	122g	6g	61g	13g	6%	190%	50%	10%
Banana Rush Smoothie - 16 ounce	360	0	0g	0g	0g	15mg	160mg	78g	3g	33g	9g	6%	150%	35%	4%
Banana Rush Smoothie - 24 ounce	560	5	0.5g	0g	0g	25mg	240mg	123g	5g	53g	14g	8%	230%	50%	6%
Black & Blue Blast - 16 ounce	360	5	1g	0g	0g	15mg	170mg	77g	5g	36g	9g	4%	80%	35%	6%
Black & Blue Blast - 24 ounce	530	10	1g	0g	0g	25mg	260mg	116g	7g	55g	13g	8%	120%	50%	8%
Black Velvet - 16 ounce	370	0	0g	0g	0g	15mg	170mg	82g	4g	40g	9g	4%	90%	30%	6%
Black Velvet - 24 ounce	610	5	1g	0g	0g	25mg	260mg	136g	8g	67g	14g	8%	140%	50%	10%
Blueberry Thriller Smoothie - 16 ounce	360	10	1g	0g	0g	15mg	160mg	77g	4g	35g	9g	6%	110%	35%	2%
Blueberry Thriller Smoothie - 24 ounce	540	10	1.5g	0g	0g	25mg	240mg	116g	5g	53g	14g	8%	170%	50%	4%
Citrus Freeze - 16 ounce	310	0	0g	0g	0g	10mg	115mg	69g	3g	30g	7g	4%	150%	25%	4%
Citrus Freeze - 24 ounce	480	5	1g	0g	0g	15mg	170mg	109g	5g	47g	11g	8%	220%	35%	6%
Citrus Recharge Smoothie - 16 ounce	360	0	0g	0g	0g	15mg	160mg	80g	3g	36g	9g	6%	140%	35%	4%
Citrus Recharge Smoothie - 24 ounce	580	5	1g	0g	0g	25mg	240mg	130g	5g	60g	15g	10%	220%	50%	6%
Frozen Berry Mixer - 16 ounce	280	0	0g	0g	0g	10mg	120mg	62g	3g	27g	6g	4%	100%	25%	6%
Frozen Berry Mixer - 24 ounce	440	5	0.5g	0g	0g	15mg	180mg	100g	7g	46g	9g	6%	170%	35%	10%
Frozen Strawberry Lemonade - 16 ounce	250	0	0g	0g	0g	10mg	115mg	56g	2g	39g	6g	4%	90%	25%	6%
Frozen Strawberry Lemonade - 24 ounce	370	0	0g	0g	0g	15mg	180mg	84g	4g	59g	8g	4%	140%	35%	10%
Fruity Fusion Smoothie - 16 ounce	360	0	0.5g	0g	0g	15mg	160mg	79g	3g	34g	10g	6%	180%	35%	4%
Fruity Fusion Smoothie - 24 ounce	590	10	1g	0g	0g	25mg	250mg	129g	6g	57g	15g	10%	300%	50%	6%
Glacier Mountain Blackberry - 16 ounce	290	5	0.5g	0g	0g	10mg	120mg	65g	6g	29g	7g	4%	80%	25%	8%
Glacier Mountain Blackberry - 24 ounce	440	10	1g	0g	0g	15mg	180mg	98g	9g	44g	10g	6%	120%	35%	10%
Hawaiian Power - 16 ounce	360	0	0g	0g	0g	15mg	170mg	79g	2g	38g	8g	4%	90%	30%	4%
Hawaiian Power - 24 ounce	560	5	0.5g	0g	0g	25mg	260mg	126g	4g	61g	13g	6%	140%	50%	6%
Ice Berry Jubilee - 16 ounce	290	0	0g	0g	0g	10mg	115mg	66g	4g	49g	6g	4%	70%	25%	6%
Ice Berry Jubilee - 24 ounce	430	0	0g	0g	0g	15mg	170mg	99g	6g	73g	9g	4%	100%	35%	8%
Kiwi Freeze - 16 ounce	290	0	0.5g	0g	0g	10mg	115mg	63g	3g	25g	7g	6%	230%	25%	4%
Kiwi Freeze - 24 ounce	430	5	1g	0g	0g	15mg	170mg	95g	5g	37g	11g	8%	350%	40%	8%
Kiwi Sunrise Smoothie - 16 ounce	360	0	0.5g	0g	0g	15mg	160mg	77g	3g	33g	10g	6%	230%	35%	4%
Kiwi Sunrise Smoothie - 24 ounce	530	5	1g	0g	0g	25mg	250mg	116g	5g	50g	14g	10%	350%	50%	8%
Raspberry Rush - 16 ounce	730	15	2g	0g	0g	15mg	170mg	175g	6g	141g	9g	4%	70%	35%	6%
Raspberry Rush - 24 ounces	1100	25	3g	0g	0g	25mg	260mg	262g	9g	212g	14g	8%	100%	50%	8%
Strawberry Banana Glacier Smoothie - 16 oz	290	0	0g	0g	0g	10mg	115mg	64g	3g	24g	7g	4%	150%	25%	4%
Strawberry Banana Glacier Smoothie - 24 oz	460	5	0.5g	0g	0g	15mg	170mg	102g	5g	40g	11g	8%	230%	35%	6%
Strawberry Supreme Smoothie - 16 ounce	340	0	0g	0g	0g	15mg	160mg	74g	3g	31g	9g	6%	190%	35%	6%
Strawberry Supreme Smoothie - 24 ounce	510	0	0.5g	0g	0g	25mg	250mg	111g	4g	46g	14g	8%	280%	50%	10%
Triple Berry Delight Smoothie - 16 ounce	360	0	0g	0g	0g	15mg	160mg	78g	4g	36g	9g	6%	140%	35%	4%
Triple Berry Delight Smoothie - 24 ounce	570	5	0.5g	0g	0g	25mg	240mg	124g	7g	59g	14g	10%	220%	50%	8%
Tropical Passion Smoothie - 16 ounce	370	0	0.5g	0g	0g	15mg	160mg	81g	3g	37g	10g	6%	160%	35%	2%
Tropical Passion Smoothie - 24 ounce	600	10	1g	0g	0g	25mg	250mg	133g	6g	62g	15g	10%	270%	50%	6%
Wild Blueberry Freeze - 16 ounce	280	5	1g	0g	0g	10mg	120mg	61g	3g	27g	6g	4%	80%	20%	4%
Wild Blueberry Freeze - 24 ounce	420	10	1.5g	0g	0g	15mg	180mg	92g	5g	40g	9g	4%	120%	35%	6%

The nutritional information for each product was provided by the manufacturer of our ice cream, sherbet and frozen yogurt products. We reserve the right to change and/or modify nutritional information as necessary without notice.

The nutritional information shown is established using All American Restaurants standard recipe methods, supplier provided illustrative nutritional values, menu analysis using MenuCalc industry software, and published public resources. Because each of our menu items are handmade and therefore customized, variations in serving portions, preparation methods, ingredient substitutions, and supply sources, as well as regional differences may affect the actual nutritional values. Therefore, we are unable to warranty the nutritional information shown as absolutely accurate as it relates to prepared menu items at each and every All American Restaurant. Nutritional data is rounded to meet current U.S. FDA NLEA guidelines. Percentage data for vitamins and minerals refers to percentage of U.S. Daily Values for a 2,000 calorie diet.

In certain regions of the county some All American Restaurants may serve or be testing menu items which are not listed in the nutritional information provided. These menu items may contain different/additional ingredients, including allergens, as compared to the standard versions.

Allergen Statement
Many of our products contain or may come into contact with common allergens, including wheat, peanuts, soy, tree nuts, milk, eggs, fish and shellfish.

All American Restaurants endeavors to provide nutritional information regarding all its food products that is as complete as possible. However, some menu items may not be available at all restaurants. Expect variations in the nutrient content of the food products purchased in our restaurants.