shake smart nutritionfacts

signature shakes and bowls are made with organic agave nectar for a natural sweetness.
too sweet? try it with 1/2 agave! still too sweet? we can cut it out for you!
not only will you be saving a cactus, but a few calories too! shake smarter's rejoice!
we can cut sweetness & calories to create the perfect menu items for YOU!

shakes

regular shakes (based on non-fat milk/whey protein)

classicshakes

chocolate frosty	calories	protein(g)	fat(g)	sat fat(g)	trans fat(g)	carbs(g)	sugar(g)	fiber(g)	sodium(mg)
1/2 agave	213	30	1	0.5	0	22	19	0	195
with agave	261	30	1	0.5	0	34	31	0	195
vanilla thrilla									
1/2 agave	203	30	1	0.5	0	21	20	0	195
with agave	251	30	1	0.5	0	33	32	0	195
cookies n' cream									
1/2 agave	223	30	1	1	0	23	21	0	265
with agave	271	30	1	1	0	35	33	0	265
shake your coffee									
1/2 agave	163	24	1	0.5	0	16	14	0	135
with agave	211	24	1	0.5	0	28	26	0	135

specialtyshakes

pb squared									
no agave	258	31	7	1	0	18	10	2	188
1/2 agave	300	31	7	1	0	28	20	2	188
with agave	342	31	7	1	0	39	31	2	188
grammy's goods									
no agave	275	35	8	2	0	14	10	1	285
1/2 agave	323	35	8	2	0	27	22	1	285
with agave	371	35	8	2	0	39	34	1	285
banana split									
no agave	185	27	1	0	0	18	11	1	171
1/2 agave	227	27	1	0	0	28	21	1	171
with agave	269	27	1	0	0	39	32	1	171
strawberry fields									
no agave	150	27	1	0	0	11	9	0	171
1/2 agave	192	27	1	0	0	21	19	0	171
with agave	234	27	1	0	0	32	30	0	171

greens&veggies

organic supershake									
no agave	258	32	7	1	0	18	11	2	191
1/2 agave	300	32	7	1	0	29	21	2	191
with agave	342	32	7	1	0	40	32	2	191
matcha mentality									
1/2 agave	205	30	1	.5	0	21	20	0	195
with agave	253	30	1	.5	0	33	32	0	195
carrot cake									
no agave	153	22	1	0	0	14	10	1	179
1/2 agave	195	22	1	0	0	25	20	1	179
with agave	237	22	1	0	0	36	31	1	179
greens to go									
no agave	152	13	0	0	0	25	17	3	47
1/2 agave	194	13	0	0	0	36	27	3	47
with agave	236	13	0	0	0	47	38	3	47

exoticshakes

a perfect 10									
no agave	276	32	7	1	0	23	15	4	188
1/2 agave	318	32	7	1	0	34	25	4	188
with agave	360	32	7	1	0	45	36	4	188
chocolate covered strawberry									
no agave	229	28	2	0	0	27	17	2	206
1/2 agave	271	28	2	0	0	38	27	2	206
with agave	313	28	2	0	0	49	38	2	206
breakfast to go									
no agave	199	22	2	0	0	26	18	1	137
1/2 agave	241	22	2	0	0	37	29	1	137
with agave	283	22	2	0	0	48	39	1	137
mea aloha									
no agave	214	13	1	0	0	40	27	3	60
1/2 agave	256	13	1	0	0	51	38	3	60
with agave	298	13	1	0	0	62	48	3	60
acai energy									
no agave	320	32	8	1	0	32	19	4	223
1/2 agave	362	32	8	1	0	43	30	4	223
with agave	404	32	8	1	0	54	40	4	223
fruitopia									
no agave	203	13	1	0	0	37	24	2	60
1/2 agave	245	13	1	0	0	48	34	2	60
with agave	287	13	1	0	0	59	45	2	60
pink cadillac									
no agave	197	22	1	0	0	26	19	3	120
1/2 agave	239	22	1	0	0	37	30	3	120
with agave	281	22	1	0	0	48	40	3	120

substitutions

low-fat milk	+20	-1	+1	0	0	+2	+1	0	0
almond milk	-15	-5	+1	0	0	-2	-2	0	20
oat milk	+15	-3	+2	0	0	+2	-3	+1	0
almond butter	+5	-1	+2	0	0	-1	-1	0	-60
100% plant protein	+30	0	+2	0	0	+4	0	+2	345

*only at select locations

bowls

scooped bowls

rawcai base	calories	protein(g)	fat(g)	sat fat(g)	trans fat(g)	carbs(g)	sugar(g)	fiber(g)	sodium(mg)
no agave	261	6	9	1.5	0	38	11	4.5	45
with agave	304	6	9	2	0	50	23	5	45
raw-pb base									
no agave	355	11	16	2.5	0	40	11.5	5.5	50
with agave	398	11	16	3	0	53	24	6	50
the buzz bowl base									
no agave	230	5	1	1	0	21	21	3	45
with agave	273	5	1	1	0	52	33	3	45
build your bowl base									
no agave	191	2	4	1	0	38	19	2	45
with agave	233	2	4	1	0	49	30	2	45

blended bowls

original acai bowl base									
no agave	253	13	3	0	0	47	30	4	95
1/2 agave	295	13	3	0	0	58	41	4	95
with agave	337	13	3	0	0	69	51	4	95
pb&a bowl base									
no agave	346	20	9	1	0	47	24	6	168
1/2 agave	391	20	9	1	0	59	36	6	168
with agave	436	20	9	1	0	70	47	6	168
dragon bowl base									
no agave	198	22	1	0	0	25	18	3	127
1/2 agave	243	22	1	0	0	37	29	3	127
with agave	269	22	1	0	0	46	38	3	118

bites

craft your cup *

classic oatmeal base									
no agave	160	6	3	1	0	31	0	4	0
with agave	202	6	3	1	0	42	11	4	0
overnight oats base									
no agave	180	6	4	0.5	0	34	2	4	0
with agave	222	6	4	1	0	45	13	4	0
greek yogurt base									
no agave	110	12	0	0	0	16	12	0	30
chia seed pudding base									
no agave	204	5	9	0	0	23	10	13	83
with agave	246	5	9	0	0	34	20	13	83

make it your way toppings for bowls & craft your cup

granola	85	2	3	0.5	0	12	4	2	15
banana	42	1	0	0	0	10	5	1	0
coconut	47	1	4	4	0	2	1	2	2
dark chocolate	79	1	5	4	0	9	8	1	0
chia seeds	29	1	2	0	0	3	0	2	0
almonds	64	2	5	0	0	2	0	1	2
bee pollen	1	0	0	0	0	1	0	0	0
blueberry	28	0	0	0	0	7	5	1	0
strawberry	50	1	1	0	0	12	7	3	0
cinnamon	2	0	0	0	0	1	0	0	1
peanut butter	80	4	8	1	0	3	1	2	18
overnight oats	90	3	2	0	0	17	1	2	0
greek yogurt	55	6	0	0	0	8	6	0	20
protein	65	12	1	1	0	2	1	0	80

whole wheat wraps *

veggie delight	487	6	19	4	0	60	5	16	705
turks and 'matoes	499	46	12	4	0	53	5	12	1037
rubi's tuna salad	649	48	30	6	0	49	3	11	1872
sauces									
sweet & savory	60	0	0	0	0	12	0	0	270
habanero	60	0	0	0	0	12	0	0	390
pesto	165	3	15	2.5	0	4.5	0	2	285
dijon wine	60	0	0	0	0	12	0	0	660
avocado	55	0.5	5	1	0	2	0.5	1.5	0

smart toast *

peanut butter toast									
no agave	273	12	15	4	0	35	10	8	208
with agave	383	12	15	4	0	37	12	8	208
almond butter toast									
no agave	285	12	16	2	0	35	10	8	170
with agave	295	12	16	2	0	37	12	8	170
avocado toast	251	10	13	4	0	30	5	7	462
(spicy) tuna toast	227	28	11	2	0	24	5	5	170

protein balls *

cookie dough (per ball)	135	6	8	3	0	12	6	2	20
birthday cake (per ball)	118	6	7	1	0	11	5	2	28
salted pistachio (per ball)	116	6	7	1	0	10	4	2	25
brownie batter (per ball)	137	7	8	1	0	11	4	3	63

all natural sandwiches *

peanut butter sandwich	342	14	15	2	0	39	9	8	330
almond butter sandwich	352	13	19	2	0	38	8	10	280

bevs

pour over

cold brew	30	3	0	0	0	4.5	2	0	140
green tea matcha	150	10	0	0	0	24.5	23.5	0	175
salted pistachio cold brew	126	11	2	0	0	16	14	0	52

large shake serving = 1.5 x regular shake serving, milk based items include non-fat milk & whey protein
acai bowl nutrition facts include the base, info on toppings are listed in the "make it your way" section
all shakes, acai bowls, chia seed pudding & oatmeal come with organic agave nectar, unless requested otherwise

Shake of the Month Nutrition Facts

(Jan) Birthday Cake	Ingredients/ Portion	Calories	Protein	Fat	Sat Fat	Trans Fat	Total Carbs	Sugar	Fiber
no agave	W/ 2 oz Excess Avg.	348	29	13	3	0	27	14	3
with agave	W/ 2 oz Excess Avg.	432	29	13	3	0	49	35	3

(Feb) Berry Cheesecake	Ingredients/ Portion	Calories	Protein	Fat	Sat Fat	Trans Fat	Total Carbs	Sugar	Fiber
no agave	W/ 2 oz Excess Avg.	286	29	3	1	0	34	21	5
with agave	W/ 2 oz Excess Avg.	370	29	3	1	0	56	42	5

(March) Mango Tango	Ingredients/ Portion	Calories	Protein	Fat	Sat Fat	Trans Fat	Total Carbs	Sugar	Fiber
no agave	W/ 2 oz Excess Avg.	187	13	1	1	0	32	27	2
with agave	W/ 2 oz Excess Avg.	271	13	1	1	0	54	48	2

(April) Cinnamon Toast Crunch	Ingredients/ Portion	Calories	Protein	Fat	Sat Fat	Trans Fat	Total Carbs	Sugar	Fiber
no agave	W/ 2 oz Excess Avg.	399	30	15	3	0	35	15	3
with agave	W/ 2 oz Excess Avg.	483	30	15	3	0	57	36	3

(May) Strawberry Lemonade	Ingredients/ Portion	Calories	Protein	Fat	Sat Fat	Trans Fat	Total Carbs	Sugar	Fiber
no agave	W/ 2 oz Excess Avg.	180	13	2	1	0	30	24	3
with agave	W/ 2 oz Excess Avg.	264	13	2	1	0	52	45	3

(June) PB&J	Ingredients/ Portion	Calories	Protein	Fat	Sat Fat	Trans Fat	Total Carbs	Sugar	Fiber
no agave	W/ 2 oz Excess Avg.	280	30	10	3	0	20	13	4
with agave	W/ 2 oz Excess Avg.	364	30	10	3	0	42	34	4

(July) Apple Pie	Ingredients/ Portion	Calories	Protein	Fat	Sat Fat	Trans Fat	Total Carbs	Sugar	Fiber
no agave	W/ 2 oz Excess Avg.	240	25	2.7	1.4	0	29.5	19.75	2.07
with agave	W/ 2 oz Excess Avg.	324	25	3	1	0	52	41	2

(August) Pina Colada	Ingredients/ Portion	Calories	Protein	Fat	Sat Fat	Trans Fat	Total Carbs	Sugar	Fiber
no agave	W/ 2 oz Excess Avg.	152	13	3	3	0	18	12	2
with agave	W/ 2 oz Excess Avg.	236	13	3	3	0	40	33	2

(September) Chocolate Chip Banana Bread	Ingredients/ Portion	Calories	Protein	Fat	Sat Fat	Trans Fat	Total Carbs	Sugar	Fiber
no agave	W/ 2 oz Excess Avg.	390	29	19	9	0	26	18	3
with agave	W/ 2 oz Excess Avg.	474	29	19	9	0	48	39	3

(Oct) Pumpkin Spice	Ingredients/ Portion	Calories	Protein	Fat	Sat Fat	Trans Fat	Total Carbs	Sugar	Fiber
no agave	W/ 2 oz Excess Avg.	179	25	1	1	0	15	9	3
with agave	W/ 2 oz Excess Avg.	263	25	1	1	0	37	30	3

(Nov) Cinna Chai	Ingredients/ Portion	Calories	Protein	Fat	Sat Fat	Trans Fat	Total Carbs	Sugar	Fiber
no agave	W/ 2 oz Excess Avg.	129	24	1	1	0	6	3	1
with agave	W/ 2 oz Excess Avg.	213	24	1	1	0	28	24	1

(Dec) Thin Mint	Ingredients/ Portion	Calories	Protein	Fat	Sat Fat	Trans Fat	Total Carbs	Sugar	Fiber
no agave	W/ 2 oz Excess Avg.	273	27	10	8	0	19	16	2
with agave	W/ 2 oz Excess Avg.	357	27	10	8	0	41	37	2