

néktər

NUTRITIONAL

INFORMATION

CALORIES
TOTAL FAT (g)
SODIUM (mg)
CARBS (g)
FIBER (g)
SUGARS (g)
ADDED SUGARS (g)
PROTEIN (g)

FRESH JUICES

Toxin Flush™

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
Mini (12 oz)	150	0	20	37	1	28	0	1
Small (16 oz)	210	0	55	51	2	42	0	2
Regular (22 oz)	280	0	70	70	2	56	0	3
Large (32 oz)	410	1	110	102	3	83	0	4

The Greenie™

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
Mini (12 oz)	70	0	170	15	4	6	0	3
Small (16 oz)	90	0	200	20	4	12	0	4
Regular (22 oz)	110	0	240	26	4	18	0	5
Large (32 oz)	150	0	390	35	6	23	0	5

Green Apple Detox

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
Mini (12 oz)	120	0	0	29	0	25	0	0
Small (16 oz)	150	0	0	38	0	36	0	0
Regular (22 oz)	220	0	0	58	0	55	0	1
Large (32 oz)	290	0	0	75	0	71	0	1

The Buzz

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
Mini (12 oz)	140	0	150	33	2	17	0	3
Small (16 oz)	200	0	190	47	4	24	0	4
Regular (22 oz)	280	0	280	67	5	37	0	5
Large (32 oz)	380	0	350	89	6	51	0	6

WELLNESS SHOTS

Ginger

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
	10	0	0	3	0	1	0	0

Turmeric

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
	20	0	0	5	0	4	0	0

Liver

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
	10	0	0	3	0	1	0	0

PROTEIN WAFFLES

Berry Shortcake

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
2 Waffles Topped	230	8	85	34	1	13	10	8

Go Bananas

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
2 Waffles Topped	290	10	150	37	4	16	8	13

Jam Slam

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
2 Waffles Topped	240	9	150	30	4	10	7	12

Waffacado

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
2 Waffles Topped	220	12	190	20	5	4	3	8

CALORIES
TOTAL FAT (g)
SODIUM (mg)
CARBS (g)
FIBER (g)
SUGARS (g)
ADDED SUGARS (g)
PROTEIN (g)

ICONIC BOWLS

Açaí Banana Berry

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
	420	12	15	68	7	36	9	12

Açaí Peanut Butter

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
	680	22	14	104	15	50	9	19

Dragon Fruit

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
	460	5	120	97	7	67	4	10

Açaí Mango

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
	430	7	150	84	6	52	9	10

SUPERCHARGED BOWLS

Protein Power

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
	620	22	117	76	16	32	5	32

PB&J

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
	640	26	104	79	14	38	20	20

Raspberry Glow

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
	530	12	54	85	16	42	20	22

Chocolate - Online Only

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
	760	23	99	107	19	54	24	32

Açaí Superfood

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
	520	17	58	78	14	38	12	12

BUILD YOUR OWN BASES

Açaí Banana Berry Base

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
	180	5	14	34	5	19	5	4

Açaí Peanut Butter Base

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
	360	11	72	60	9	38	5	9

Dragon Fruit Base

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
	220	0	13	50	5	27	0	4

Açaí Mango Base

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
	190	0	23	47	5	27	5	4

Vanilla Greek Yogurt Base

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
Small	110	0	40	15	0	14	9	11
Regular	160	0	65	23	0	21	14	16

Vanilla Cashew Chia Pudding Base

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
Small	190	10	5	21	6	11	4	5
Regular	280	16	10	32	8	16	6	8

Peanut Butter Chia Pudding Base

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
Small	200	11	75	20	5	14	13	7
Regular	300	17	115	30	8	21	19	11

Mixed Parfait Bases - Range

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
Small	170	7	40	19	4	13	9	8
Regular	250	11	63	28	5	19	13	12



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CALORIES
TOTAL FAT (g)
SODIUM (mg)
CARBS (g)
FIBER (g)
SUGARS (g)
ADDED SUGARS (g)
PROTEIN (g)

ICONIC SMOOTHIES

Berry Banana Burst

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
Mini (12 oz)	180	9	5	25	3	15	6	4
Small (16 oz)	250	11	10	36	5	21	6	6
Regular (22 oz)	350	14	10	54	7	35	15	8
Large (32 oz)	510	21	15	78	10	48	15	11

Pink Flamingo

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
Mini (12 oz)	130	0	200	36	3	26	14	0
Small (16 oz)	180	0	310	46	4	33	14	1
Regular (22 oz)	270	0	430	66	6	47	21	2
Large (32 oz)	360	0	630	92	8	65	29	3

Raspberry Riot

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
Mini (12 oz)	260	10	5	42	7	29	22	5
Small (16 oz)	350	14	9	55	8	39	31	7
Regular (22 oz)	440	15	9	75	9	57	45	8
Large (32 oz)	670	23	14	104	14	77	59	13

Popeye's Acai - Online Only

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
Mini (12 oz)	220	8	35	36	4	22	11	5
Small (16 oz)	300	10	35	51	6	30	12	6
Regular (22 oz)	410	12	55	70	9	40	12	9
Large (32 oz)	620	17	70	111	13	66	25	12

Orange Crush

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
Mini (12 oz)	120	0	0	29	1	24	6	2
Small (16 oz)	170	0	0	40	2	33	8	2
Regular (22 oz)	270	0	0	63	3	52	15	3
Large (32 oz)	340	0	5	80	3	65	16	5

Tropical Cooler

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
Mini (12 oz)	130	0	110	30	4	15	0	2
Small (16 oz)	200	0	135	46	6	23	0	4
Regular (22 oz)	260	1	220	56	8	28	0	6
Large (32 oz)	410	1	270	93	13	47	0	8

Mango Delight

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
Mini (12 oz)	220	8	5	34	2	27	12	4
Small (16 oz)	280	10	5	43	3	34	12	5
Regular (22 oz)	400	15	10	59	4	46	21	8
Large (32 oz)	580	21	15	87	6	69	29	11

CHIA PUDDING PARFAIT

Berry Chia Parfait - Online Only

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
Regular	450	22	10	56	10	19	8	12

PB Jelly Chia Parfait - Online Only

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
Regular	500	27	140	51	11	21	17	17

CALORIES
TOTAL FAT (g)
SODIUM (mg)
CARBS (g)
FIBER (g)
SUGARS (g)
ADDED SUGARS (g)
PROTEIN (g)

SUPERCHARGED SMOOTHIES

Health Nut

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
Mini (12 oz)	280	10	85	34	4	23	6	14
Small (16 oz)	440	16	140	50	8	30	6	20
Regular (22 oz)	590	23	220	60	11	36	6	27
Large (32 oz)	880	32	280	110	16	60	14	40

PB&J

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
Mini (12 oz)	330	15	110	37	6	24	8	14
Small (16 oz)	530	23	170	66	10	44	17	21
Regular (22 oz)	650	28	210	74	12	50	23	28
Large (32 oz)	1080	46	360	127	20	86	36	40

Blueberry Almond

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
Mini (12 oz)	280	11	81	24	5	12	0	22
Small (16 oz)	350	12	108	34	7	17	0	28
Regular (22 oz)	450	14	162	45	9	23	0	40
Large (32 oz)	670	24	162	68	14	33	0	46

Glow Getter

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
Mini (12 oz)	180	5	35	26	4	18	0	8
Small (16 oz)	240	7	35	38	5	24	0	9
Regular (22 oz)	300	8	60	45	7	29	0	15
Large (32 oz)	470	14	70	69	10	40	0	18

PB Chocolate

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
Mini (12 oz)	340	17	117	32	8	20	5	16
Small (16 oz)	460	20	122	50	14	30	12	22
Regular (22 oz)	610	25	122	76	18	44	17	23
Large (32 oz)	930	40	216	105	24	60	24	38

Strawberry Banana

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
Mini (12 oz)	220	5	27	35	4	24	14	9
Small (16 oz)	290	7	32	46	5	33	20	11
Regular (22 oz)	380	8	32	66	7	46	28	13
Large (32 oz)	580	14	63	92	10	64	40	21

SUPERFOOD OATS

Super Berry Oats

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
	170	2	100	33	4	7	6	5

Cinnamon Apple & PB Oats

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
	330	14	100	44	7	14	2	10

Almond Butter & Banana Oats

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
	340	16	160	42	8	11	2	10

Pumpkin Spice Oats

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
	300	11	105	44	6	13	5	8



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CALORIES
TOTAL FAT (g)
SODIUM (mg)
CARBS (g)
FIBER (g)
SUGARS (g)
ADDED SUGARS (g)
PROTEIN (g)

TOPPING, ADD-ONS, BOOSTS, SUBS (per serving)

Granola

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)
Gluten Free Granola	266	11	0	40	3	13	9	6
Hempseed Granola	213	6	5	35	4	11	6	6
Peanut Butter Granola	215	10	54	24	3	7	8	8

Drizzles & Scoops

Peanut Butter Drizzle	100	8	65	3	2	1	0	5
Chocolate Cashew Drizzle	30	2	0	4	0	3	3	0
Blue Vanilla Cashew Drizzle	40	2.5	0	4	0	3	2	1
Almond Butter	110	9	0	4	2	1	0	4
Strawberry Chia Jam	30	0	0	6	0	4	4	0
Vanilla Cashew Chia Pudding	90	5	0	10	3	5	2	2
Peanut Butter Chia Pudding	100	6	40	10	3	7	6	5
Vanilla Greek Protein Yogurt	50	0	20	8	0	7	5	5
Coconut Whip	130	4	20	17	0	12	9	5

Fresh Fruits

Strawberries	5	0	0	1	0	1	0	0
Raspberry Bits	5	0	0	2	0	0	0	0
Blueberries	5	0	0	2	0	1	0	0
Pineapples	8	0	0	2	0	1	0	0
Green Apples	5	0	0	2	0	1	0	0
Banana	45	0	0	12	1	6	0	0

CALORIES
TOTAL FAT (g)
SODIUM (mg)
CARBS (g)
FIBER (g)
SUGARS (g)
ADDED SUGARS (g)
PROTEIN (g)

TOPPING, ADD-ONS, BOOSTS, SUBS (per serving)

Superfood & Crunchies

Chia Seeds	20	1	0	2	2	0	0	1
Dates	50	0	0	13	1	11	0	0
Cacao Nibs	30	2	0	2	1	0	0	0
Coconut Flakes	2	0	0	0	0	0	0	0

Protein & Boosts

Collagen Protein	20	0	0	0	0	0	0	5
Vanilla Plant Protein	25	0	90	1	0	0	0	5
Vanilla Whey Protein	25	0	30	1	0	1	0	5
Metabolism/ Energy Boost	0	0	0	6	6	0	0	0
Immunity Boost	0	0	30	6	6	0	0	0

Others

Peanut Butter	100	8	65	3	2	1	0	5
Cocoa Powder	60	4	0	10	7	0	0	3
Greenie UP	43	1	94	7	4	1	0	5
Agave Syrup	30	0	0	8	0	8	0	0
Zero Calorie Sweetener	0	0	0	2	0	0	0	0



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