



**BEVERAGE NUTRITIONAL INFORMATION
UPDATED 2025**

Menu Item	Calories	Fat(g)	Carbs(g)	Fiber(g)	Sugar	Refined Sugar(g)	Protein	Caffeine(mg)
Smoothies								
Sweet Escape	215	2.5	50	7	37	0	3	0
Local Celebrity	165	2.5	38	4	26	0	2	0
Waves of Blue	255	7	47	6	27	0	5	0
Glowing Greens	190	1	44	6	32	0	4	0
Cacao Beach	395	12	73	10	37	0	7	0
Juices								
Wild Orange	241	0.4	61	11	46	0	3	0
Heavy Hitter	230	1	54	12	35	0	8	0
Glow Up	145	0.7	36	9	25	0	3	0
Summer Fling	167	4	33	7	25	0	4	0
Spicy Mami	253	1.4	62	6	48	0	6	0
Beet Goes on	235	0.7	61	4	45	0	3	0
Citrus Pop	90	0.6	20	5	8	0	3	0
Wellness Shots								
Fire & Desire	34	0.1	8	0.5	6	0	0.4	0
Hype Man	24	0	6	0.4	4	0	0.3	15
Pretty Potion	47	0.1	6	0.8	4	0	6	0
Chloro Fuel	24	0.2	5	0.7	2	0	2	0
Ice Man	22	0.1	5	0.1	3	0	1	0
Kids								
Sweet Soul	300	2	72	6	58	0	3	0
Cool Kid	334	2	79	6	55	0	5	0
Orange Juice	165	0.5	39	2	35	0	3	0
Apple Juice	170	0.5	45	2	40	0	0.5	0
Refreshers								
Strawberry Hibiscus	157	0.2	40	2	35	0	0.6	0
Dragon Fruit Coco	192	2	43	2	36	0	1.3	0
Cucumber Lime	140	0.1	36	0.4	32	0	0.4	0
Watermelon	155	0.2	40	0.5	36	0	0.6	0

Elixirs								
Golden Hour	40	0.2	11	0.4	7	0	0.2	0
Spiced Chai	137	0.7	31	0.75	30	0	0.4	70
Vegan Bone Broth	57g	0	12	3	2.4	0	3	0
Matcha								
Classic	133	1	28	2	16	0	3	70
Mango	168	1.4	38	3	25	0	3	70
Strawberry	168	1.4	37	3	24	0	4	70
Blueberry	168	1.4	38	3	25	0	4	70
Coffee								
Espresso	5	0	1	0	0	0	0.3	125
Latte	30-80	0-4	1-10	0-1	0-6	0	1-8	125
Cappuccino	22-60	0-3	0.75-7	0-0.75	0-4.5	0	0.75-6	125
Flat White	22-60	0-3	0.75-7	0-0.75	0-4.5	0	0.75-6	125
Americano	5	0	1	0	0	0	0.3	125
Cold Brew	5	0	1	0	0	0	0.3	175