

JUGO JUICE NUTRITION GUIDE

SMOOTHIES

Jugo Classico®

strawberries, banana, apple juice, orange juice

SIZE	CALORIES	PROTEIN	FAT	CARBS	FIBRE	VIT.C
24 oz.	267	2.5 g	0.4 g	66.3 g	4.7 g	135%
14 oz.	157	1.4 g	0.2 g	39.1 g	3.0 g	109%

Mango Magic®

mango, orange juice, tropical juices

SIZE	CALORIES	PROTEIN	FAT	CARBS	FIBRE	VIT.C
24 oz.	303	1.1 g	0.5 g	73.0 g	3.2 g	239%
14 oz.	175	0.8 g	0.3 g	42.2 g	2.2 g	150%

Blushing Mango®

mango, raspberries, tropical juices

SIZE	CALORIES	PROTEIN	FAT	CARBS	FIBRE	VIT.C
24 oz.	307	1.1 g	0.6 g	74.2 g	4.4 g	215%
14 oz.	183	0.7 g	0.4 g	44.1 g	2.7 g	127%

Summer Strawberry

strawberries, peaches, apple juice, cranberry juice

SIZE	CALORIES	PROTEIN	FAT	CARBS	FIBRE	VIT.C
14 oz.	140	1 g	0.2 g	31.4 g	2.5 g	100%
24 oz.	237	2 g	0.3 g	57.5 g	4 g	125%

Peanut Butter & Chocolate

banana, all natural peanut butter, frozen yogourt, chocolate almond milk

SIZE	CALORIES	PROTEIN	FAT	CARBS	FIBRE	VIT.C
24 oz.	350	12.0 g	19.0 g	39.0 g	5.0 g	50%
14 oz.	200	6.0 g	10.0 g	23.0 g	3.0 g	35%

Berry Banana

strawberries, blueberries, banana, Greek yogurt, apple juice

SIZE	CALORIES	PROTEIN	FAT	CARBS	FIBRE	VIT.C
24 oz.	400	7.0 g	2.0 g	87.0 g	4.0 g	110%

Raspberry Rush™

raspberries, strawberries, Greek yogurt, cranberry juice

SIZE	CALORIES	PROTEIN	FAT	CARBS	FIBRE	VIT.C
24 oz.	430	9.0 g	1.5 g	91.0 g	5.0 g	350%

Mighty Kale™

fresh kale, fresh spinach, mango, pineapple, orange juice, apple juice

SIZE	CALORIES	PROTEIN	FAT	CARBS	FIBRE	VIT.C
24 oz.	292	4.0 g	0.5 g	68.4 g	4.7 g	234%

FRESH ENERGY SMOOTHIES

Blue Crush

pineapple, banana, blue spirulina, Greek yogurt, lemon, apple juice

SIZE	CALORIES	PROTEIN	FAT	CARBS	FIBRE	VIT.C
24 oz.	420	7.0 g	1.5 g	95.0 g	3.0 g	100%
14 oz.	290	7.0 g	1.5 g	60.0 g	2.0 g	60%

Dragon Force

dragonfruit, strawberries, ginger, frozen yogurt, cranberry juice

SIZE	CALORIES	PROTEIN	FAT	CARBS	FIBRE	VIT.C
24 oz.	219	2.9 g	0.7 g	51.9 g	3.7 g	172%

Jugo Cold Brew

cold brew coffee, banana, dates, coconut milk, almond milk

SIZE	CALORIES	PROTEIN	FAT	CARBS	FIBRE	VIT.C
24 oz.	362	4.4 g	9.7 g	58.7 g	6.5 g	26%

Vanilla Matcha

banana, pineapple, matcha green tea, vanilla, oatmilk

SIZE	CALORIES	PROTEIN	FAT	CARBS	FIBRE	VIT.C
24 oz.	370	3 g	1 g	83 g	4 g	6%

Gold Digger

mango, lemon, peaches, almond milk, ginger, turmeric, cauliflower, tropical juices

SIZE	CALORIES	PROTEIN	FAT	CARBS	FIBRE	VIT.C
24 oz.	320	4.0 g	2.0 g	67.0 g	5.0 g	180%

Green Glow

fresh kale, avocado, banana, pineapple, tropical juices, coconut water

SIZE	CALORIES	PROTEIN	FAT	CARBS	FIBRE	VIT.C
24 oz.	367	3.3 g	7.9 g	75.8 g	6.7 g	245%

Kaleabunga

fresh kale, peaches, fresh spinach, mango, cauliflower, tropical juices, apple juice

SIZE	CALORIES	PROTEIN	FAT	CARBS	FIBRE	VIT.C
24 oz.	305	4 g	0.6 g	71.5 g	5 g	290%

Lavender Lover

blueberries, banana, lavender, frozen yogurt, oat milk, orange juice

SIZE	CALORIES	PROTEIN	FAT	CARBS	FIBRE	VIT.C
24 oz.	310	7 g	5 g	68 g	2 g	120%

PROTEIN SMOOTHIES

Mocha Protein

chocolate whey protein, cold brew coffee, banana, dates, chocolate almond milk

SIZE	CALORIES	PROTEIN	FAT	CARBS	FIBRE	VIT.C
24 oz.	402	27.7 g	0.6 g	27.7 g	6.8 g	34%

Peanut Butter Protein

chocolate whey protein, banana, all natural peanut butter, chocolate almond milk

CONTAINS PEANUTS AND TREE NUTS

SIZE	CALORIES	PROTEIN	FAT	CARBS	FIBRE	VIT.C
24 oz.	440	32.5 g	15.1 g	50.7 g	6.3 g	25%

Big Blueberry Protein

vanilla whey protein, blueberries, banana, frozen yogurt, apple juice

SIZE	CALORIES	PROTEIN	FAT	CARBS	FIBRE	VIT.C
24 oz.	322	27.4 g	3.3 g	45.6 g	3.1 g	9%

Tropical Green Protein

vanilla whey protein, fresh kale, mango, pineapple, tropical juices

SIZE	CALORIES	PROTEIN	FAT	CARBS	FIBRE	VIT.C
24 oz.	366	25.7 g	2.5 g	62.5 g	4.4 g	254%

Pink Power Protein

vanilla whey protein, dragonfruit, strawberry, frozen yogurt, apple juice

SIZE	CALORIES	PROTEIN	FAT	CARBS	FIBRE	VIT.C
24 oz.	400	26 g	4.0 g	68 g	3.0 g	90%

Morning Blend Protein

vanilla whey protein, strawberry, banana, dates, granola, cinnamon, oat milk, apple juice

SIZE	CALORIES	PROTEIN	FAT	CARBS	FIBRE	VIT.C
24 oz.	540	28 g	7.0 g	93 g	8.0 g	120%

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XTRA BENEFITS

Max+ Immunity

SIZE	VIT.C	VIT.D	ZINC
¼ tsp.	100.0 mg	25.0 mcg	11.0 mg

Ground Flax

SIZE	CALORIES	PROTEIN	FAT	CARBS	FIBRE
tbsp.	40	1.0 g	3.0 g	2.0 g	2.0 g

Hemp Hearts

SIZE	CALORIES	PROTEIN	FAT	CARBS	FIBRE
tbsp.	45	3.0 g	3.5g	1.0 g	0.9 g

Chia Seeds

SIZE	CALORIES	PROTEIN	FAT	CARBS	FIBRE
tbsp.	50	1.0 g	4.0 g	5.0 g	4.0 g

Vanilla Whey Protein

SIZE	CALORIES	PROTEIN	FAT	CARBS	FIBRE
scoop	31	23.0 g	2.0 g	5.0 g	1.0 g
tbsp.	13	5.4 g	0.5 g	1.2 g	0.2 g

Chocolate Whey Protein

SIZE	CALORIES	PROTEIN	FAT	CARBS	FIBRE
scoop	140	24.0 g	3.0 g	5.0 g	1.0 g
tbsp.	3	5.3 g	0.7 g	1.1 g	0.2 g

Vega One™ Protein

SIZE	CALORIES	PROTEIN	FAT	CARBS	FIBRE
scoop	160	20.0 g	6.0 g	10.0 g	6.0 g
tbsp.	27	3.4 g	1.0 g	1.7 g	1.0 g

FRESH PRESSED JUICE

Orange

SIZE	CALORIES	PROTEIN	FAT	CARBS	FIBRE	VIT.C
24 oz.	335	5.2 g	1.5 g	77.4 g	1.5 g	620%
14 oz.	195	3.0 g	0.9 g	45.1 g	0.9 g	362%

Apple

SIZE	CALORIES	PROTEIN	FAT	CARBS	FIBRE	VIT.C
24 oz.	360	0.0 g	0.0 g	90.0 g	3.0 g	0%
14 oz.	210	0.0 g	0.0 g	52.5 g	1.8 g	0%

Carrot

SIZE	CALORIES	PROTEIN	FAT	CARBS	FIBRE	VIT.C
24 oz.	210	6.0 g	0.0 g	45.0 g	3.0 g	0%
14 oz.	123	3.5 g	0.0 g	26.3 g	1.8 g	0%

Max Veg®

beets, carrots, celery, cucumber, spinach, green pepper

SIZE	CALORIES	PROTEIN	FAT	CARBS	FIBRE	VIT.C
24 oz.	135	4.8 g	0.4 g	28.6 g	4.5 g	52%
14 oz.	83	2.8 g	0.2 g	17.6 g	2.5 g	26%

Kale-Aid

kale, apple, spinach, celery, lemon, ginger

SIZE	CALORIES	PROTEIN	FAT	CARBS	FIBRE	VIT.C
24 oz.	287	2.5 g	0.6 g	69.8 g	2.8 g	111%
14 oz.	160	1.2 g	0.3 g	38.5 g	1.6 g	42%

WELLNESS SHOT

Good Shot

lemon, ginger, turmeric, cayenne pepper

SIZE	CALORIES	PROTEIN	FAT	CARBS	FIBRE
2 oz.	28	0.6 g	0.2 g	7.0 g	0.7 g

WRAPS

Chicken Avocado

chicken, avocado, tomato, romaine lettuce, mozzarella, spicy mayo

CALORIES	PROTEIN	FAT	CARBS	FIBRE
440	23.0 g	24.0 g	36.0 g	3.0 g

Crunchy Veggie

carrots, beets, zucchini, cucumber, sprouts, kale, beet hummus

CALORIES	PROTEIN	FAT	CARBS	FIBRE
260	8.0 g	8.0 g	41.0 g	3.0 g

Falafel

falafels, cucumber, tomato, spinach, hummus, house-made *GOA dressing

CALORIES	PROTEIN	FAT	CARBS	FIBRE
420	14.0 g	19.0 g	53.0 g	5.0 g

Turkey Bacon Club

turkey, bacon, tomato, romaine lettuce, dijon & mayonnaise

CALORIES	PROTEIN	FAT	CARBS	FIBRE
390	21.0 g	19.0 g	30.0 g	1.0 g

Thai Chicken

chicken, carrot, red cabbage, coriander, sweet chili sauce

CALORIES	PROTEIN	FAT	CARBS	FIBRE
320	20.0 g	5.0 g	47.0 g	0.0 g

GOA Chicken

chicken, mozzarella, tomato, romaine lettuce, mayonnaise, house-made *GOA dressing

CALORIES	PROTEIN	FAT	CARBS	FIBRE
440	23 g	23 g	33 g	1 g

Tuna Avocado

tuna, avocado, mayonnaise, lemon juice, romaine lettuce, Dijon mustard

CALORIES	PROTEIN	FAT	CARBS	FIBRE
290	12 g	13 g	31 g	2 g

GRILLED CHEESE

Three Cheese

provolone, mozzarella, cheddar

CALORIES	PROTEIN	FAT	CARBS	FIBRE
660	16.0 g	40.0 g	47.0 g	1.0 g

Cranberry Turkey

turkey, provolone, cranberry salsa, pesto

CALORIES	PROTEIN	FAT	CARBS	FIBRE
440	19.0 g	15.0 g	50.0 g	2.0 g

Chicken Melt

chicken, mozzarella, spinach, caramelized onion

CALORIES	PROTEIN	FAT	CARBS	FIBRE
390	15.0 g	12.0 g	50.0 g	2.0 g

SNACKS

Apple Pie Chia Pudding

chia seeds, coconut milk, almond milk, cinnamon, granola, house-made *apple pie compote, apple juice

CALORIES	PROTEIN	FAT	CARBS	FIBRE
421	5.8 g	28.6 g	43.7 g	10.0 g

*Apple Pie compote

fresh apple, chia seeds, ginger root, apple juice

Peaches n' Raspberry Overnight Oats

gluten-free steel cut oats, vanilla oat milk, peaches, raspberries, hemp hearts, tropical juice

CALORIES	PROTEIN	FAT	CARBS	FIBRE
410	11.0 g	7.0 g	76.0 g	11.0 g

Yogurt Parfait

vanilla yogurt, blueberries, granola

CALORIES	PROTEIN	FAT	CARBS	FIBRE
370	9.0 g	15.0 g	52.0 g	9.0 g

*GOA dressing - cilantro, plain greek yogurt, mayonnaise, lime juice, curry powder, garlic, dijon mustard, salt, and pepper