

NUTRITIONAL INFORMATION

Smoothies

		Kilojoules	Protein	Fat		Carbohydrates		Sodium		Kilojoules	Protein	Fat		Carbohydrates		Sodium		Kilojoules	Protein	Fat		Carbohydrates		Sodium								
				Total	- saturated	Total	- sugars					Total	- saturated	Total	- sugars					Total	- saturated	Total	- sugars									
Plant-based	Salted Caramel	795 kJ	5.7 g	5.0 g	0.7 g	30.6 g	16.1 g	265 mg	Mini Tank 240 mL	1309 kJ	9.7 g	9.8 g	1.5 g	46.5 g	24.2 g	513 mg	Half Tank 475 mL	1619 kJ	11.7 g	10.4 g	1.5 g	61.6 g	32.4 g	534 mg								
	Health Nut Protein	749 kJ	7.1 g	6.7 g	1.5 g	22.6 g	11.3 g	49 mg		1188 kJ	12.9 g	11.7 g	2.9 g	31.9 g	16.5 g	95 mg		1514 kJ	14.4 g	13.7 g	3.1 g	45.4 g	22.6 g	98 mg								
	Hemp Power	724 kJ	6.0 g	4.1 g	0.8 g	28.0 g	15.7 g	57 mg		1134 kJ	10.1 g	7.5 g	1.5 g	40.9 g	23.2 g	95 mg		1443 kJ	12.0 g	8.2 g	1.6 g	56.0 g	31.4 g	115 mg								
	Rawsome Greens	565 kJ	2.8 g	2.1 g	1.8 g	26.2 g	17.7 g	13 mg		891 kJ	5.0 g	4.2 g	3.6 g	38.7 g	27.1 g	26 mg		1129 kJ	5.5 g	4.2 g	3.6 g	52.5 g	35.4 g	27 mg								
	Power Plant	853 kJ	7.6 g	7.7 g	1.5 g	26.3 g	16.2 g	49 mg		1322 kJ	13.9 g	13.7 g	2.9 g	34.3 g	19.8 g	95 mg		1715 kJ	15.3 g	15.3 g	3.0 g	52.8 g	32.4 g	98 mg								
Protein	Collagen Glow	577 kJ	4.0 g	4.5 g	0.6 g	20.3 g	16.9 g	43 mg	Mini Tank 240 mL	1021 kJ	7.7 g	8.9 g	1.1 g	33.2 g	27.6 g	76 mg	Half Tank 475 mL	1159 kJ	8.1 g	9.0 g	1.1 g	40.9 g	34.1 g	88 mg	Full Tank 590 mL	3682 kJ	39.7 g	20.2 g	7.9 g	135.1 g	75.9 g	153 mg
	Life Force Protein	1837 kJ	19.8 g	10.1 g	3.9 g	67.4 g	37.4 g	77 mg		2945 kJ	36.2 g	17.3 g	6.8 g	101.0 g	58.9 g	137 mg		3063 kJ	36.4 g	9.9 g	7.6 g	124.4 g	79.1 g	180 mg								
	Gym Junkie	1531 kJ	18.2 g	4.9 g	3.8 g	62.2 g	39.6 g	90 mg		2498 kJ	34.3 g	8.7 g	6.7 g	95.4 g	62.3 g	164 mg		3226 kJ	35.0 g	23.3 g	20.9 g	105.4 g	68.7 g	199 mg								
	Tropical Warrior	560 kJ	17.5 g	11.6 g	10.4 g	52.7 g	34.3 g	99 mg		2326 kJ	32.1 g	14.7 g	12.9 g	73.8 g	49.9 g	165 mg		1937 kJ	15.8 g	9.5 g	1.9 g	71.8 g	45.9 g	167 mg								
	Vanilla Coffee	899 kJ	7.8 g	4.5 g	0.9 g	35.9 g	22.9 g	84 mg		1402 kJ	12.4 g	8.2 g	1.7 g	53.1 g	35.5 g	126 mg		1719 kJ	7.2 g	3.4 g	2.6 g	83.4 g	67.3 g	67 mg								
Classics	Tank Mango	756 kJ	3.0 g	1.4 g	1.0 g	37.2 g	30.1 g	56 mg	Mini Tank 240 mL	1450 kJ	6.0 g	3.0 g	2.4 g	71.0 g	59.5 g	61 mg	Half Tank 475 mL	2140 kJ	8.1 g	15.3 g	13.4 g	79.2 g	62.8 g	75 mg	Full Tank 590 mL	1650 kJ	6.6 g	3.5 g	2.9 g	78.5 g	65.2 g	74 mg
	Caribbean	721 kJ	2.6 g	3.1 g	2.6 g	30.7 g	25.8 g	20 mg		1560 kJ	6.2 g	9.0 g	7.8 g	62.2 g	51.0 g	62 mg		1570 kJ	6.9 g	3.5 g	2.7 g	72.7 g	60.7 g	67 mg								
	All Berry Tank	658 kJ	2.5 g	1.1 g	0.8 g	31.2 g	25.6 g	21 mg		1300 kJ	5.0 g	2.6 g	2.1 g	62.5 g	52.3 g	55 mg		1470 kJ	3.7 g	1.0 g	0.3 g	71.5 g	67.1 g	26 mg								
	Tropical Tank	586 kJ	2.3 g	1.0 g	0.7 g	27.2 g	23.0 g	17 mg		1260 kJ	5.7g	2.8 g	2.2 g	57.6 g	47.5 g	53 mg		1570 kJ	6.5 g	3.5 g	2.9 g	75.0 g	61.9 g	76 mg								
	Mango Zest	554 kJ	1.4 g	0.4 g	0.1 g	26.7 g	25.6 g	8 mg		1150 kJ	2.8g	0.8 g	0.2 g	56.6 g	53.7 g	18 mg		2129 kJ	10.1 g	7.4 g	5.6 g	100.6 g	75.1 g	109 mg								
	Strawberry Lush	604 kJ	2.4 g	1.1 g	0.8 g	28.8 g	23.3 g	22 mg		1240 kJ	4.9g	2.6 g	2.1 g	59.5 g	49.4 g	56 mg		2293 kJ	12.0 g	11.4 g	10.0 g	99.3 g	64.6 g	109 mg								
Super	Tank Up	1063 kJ	5.0 g	3.7 g	2.8 g	50.3 g	37.6 g	55 mg	Mini Tank 240 mL	1908 kJ	8.8 g	6.5 g	4.8 g	90.6 g	67.7 g	94 mg	Half Tank 475 mL	1711 kJ	4.8 g	3.2 g	0.5 g	90.2 g	62.4 g	15 mg	Full Tank 590 mL	2548 kJ	13.0 g	7.3 g	4.9 g	122.9 g	89.1 g	123 mg
	Blue Spirulina	1146 kJ	6.0 g	5.7 g	5.0 g	49.6 g	32.3 g	54 mg		1690 kJ	9.9 g	9.4 g	8.2 g	70.2 g	47.6 g	92 mg		2196 kJ	11.2 g	10.1 g	5.8 g	97.3 g	71.8 g	106 mg								
	Start Me Up	837 kJ	2.4 g	1.6 g	0.3 g	44.0 g	30.4 g	7 mg		1573 kJ	4.4 g	2.7 g	0.5 g	83.4 g	57.7 g	13 mg		2134 kJ	9.6 g	7.1 g	5.3 g	102.0 g	74.4 g	109 mg								
	Gorilla Greens	1272 kJ	6.5 g	3.6 g	2.5 g	61.4 g	44.6 g	61 mg		1983 kJ	10.9 g	6.1 g	4.1 g	93.9 g	72.2 g	106 mg		3247 kJ	19.0 g	15.9 g	7.0 g	139.2 g	84.7 g	136 mg								
	Mega Greens	1096 kJ	5.6 g	5.0 g	2.9 g	48.6 g	35.9 g	53 mg		1950 kJ	9.9 g	9.1 g	5.0 g	86.2 g	64.0 g	90 mg		1807 kJ	9.1 g	3.5 g	1.5 g	91.2 g	51.4 g	35 mg								
	Fitness Fix	1063 kJ	4.8 g	3.5 g	2.7 g	50.8 g	37.1 g	54 mg		1807 kJ	8.1 g	5.7 g	4.5 g	86.9 g	62.3 g	93 mg																
Breakfast	Nutra Blast	1619 kJ	9.5 g	7.9 g	3.5 g	69.5 g	42.3 g	68 mg	Mini Tank 240 mL	2602 kJ	16.2 g	14.4 g	6.0 g	107.0 g	67.7 g	120 mg	Half Tank 475 mL							Full Tank 590 mL								
	Tank Mocha	895 kJ	4.4 g	1.7 g	0.7 g	45.3 g	25.7 g	17 mg		1343 kJ	7.2 g	2.7 g	1.2 g	67.0 g	40.4 g	34 mg																

Smoothie Bowls

	Kilojoules	Protein	Fat		Carbohydrates		Sodium
			Total	- saturated	Total	- sugars	
Organic Acai	1310 kJ	3.9 g	8.3 g	1.8 g	55.6 g	39.3 g	25 mg
Blue by Nature	1774 kJ	20.8 g	11.5 g	4.3 g	59.4 g	30.5 g	96 mg

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Juices

		Kilojoules	Protein	Fat		Carbohydrates		Sodium		Kilojoules	Protein	Fat		Carbohydrates		Sodium		Kilojoules	Protein	Fat		Carbohydrates		Sodium	
				Total	- saturated	Total	- sugars					Total	- saturated	Total	- sugars					Total	- saturated	Total	- sugars		
Classics	Tank C	Mini Tank 240 mL	536 kJ	1.8 g	0.3 g	0.0 g	29.6 g	22.0 g	1 mg	Half Tank 475 mL	1054 kJ	3.7 g	0.5 g	0.0 g	58.1 g	43.5 g	2 mg	Full Tank 590 mL	1310 kJ	4.5 g	0.6 g	0.0 g	72.3 g	53.9 g	3 mg
	Strawberry Fields		473 kJ	1.5 g	0.2 g	0.2 g	26.1 g	22.5 g	2 mg		925 kJ	2.6 g	0.4 g	0.3 g	51.8 g	46.1 g	4 mg		1172 kJ	3.5 g	0.4 g	0.3 g	65.6 g	57.3 g	4 mg
	Pineapple Paradise		485 kJ	1.2 g	0.3 g	0.2 g	27.2 g	23.0 g	2 mg		946 kJ	2.4 g	0.5 g	0.3 g	53.1 g	46.1 g	5 mg		1201 kJ	2.9 g	0.5 g	0.3 g	67.7 g	58.1 g	6 mg
	Up Beet Tank		372 kJ	2.3 g	0.2 g	0.0 g	19.5 g	18.4 g	71 mg		741 kJ	4.6 g	0.4 g	0.0 g	38.8 g	37.0 g	142 mg		916 kJ	5.3 g	0.4 g	0.0 g	48.3 g	45.7 g	165 mg
	Citrus Blast		510 kJ	2.2 g	0.3 g	0.0 g	27.8 g	20.2 g	1 mg		1029 kJ	4.3 g	0.5 g	0.0 g	56.0 g	41.4 g	1 mg		1268 kJ	5.3 g	0.7 g	0.0 g	68.8 g	50.3 g	3 mg
Super	Xtreme C	Mini Tank 240 mL	498 kJ	1.8 g	0.4 g	0.2 g	27.2 g	20.0 g	37 mg	Half Tank 475 mL	992 kJ	3.8 g	0.8 g	0.3 g	53.8 g	39.6 g	71 mg	Full Tank 590 mL	1243 kJ	4.5 g	0.9 g	0.3 g	67.6 g	50.0 g	73 mg
	Kick Start		502 kJ	1.3 g	0.3 g	0.2 g	28.1 g	23.8 g	2 mg		975 kJ	2.4 g	0.5 g	0.3 g	54.9 g	47.8 g	5 mg		1230 kJ	2.9 g	0.5 g	0.3 g	69.5 g	59.8 g	6 mg
	Protein Punch		690 kJ	7.2 g	0.9 g	0.5 g	32.2 g	23.3 g	13 mg		1360 kJ	14.3 g	1.7 g	1.1 g	63.2 g	46.8 g	27 mg		1615 kJ	14.8 g	1.7 g	1.1 g	77.7 g	58.8 g	28 mg
	Guardian Roots		285 kJ	3.1 g	0.3 g	0.0 g	13.1 g	12.8 g	96 mg		561 kJ	6.1 g	0.6 g	0.1 g	25.9 g	25.6 g	193 mg		678 kJ	7.1 g	0.8 g	0.1 g	31.6 g	31.0 g	236 mg
	Vegetable Kingdom		255 kJ	2.5 g	0.3 g	0.0 g	12.3 g	11.5 g	58 mg		481 kJ	4.9 g	0.6 g	0.1 g	22.7 g	21.9 g	147 mg		623 kJ	5.8 g	0.7 g	0.1 g	30.1 g	28.5 g	161 mg

Salads

		Kilojoules	Protein	Fat		Carbohydrates		Sodium
				Total	- saturated	Total	- sugars	
Classics	Classic Caesar	1799 kJ	28.2 g	33.0 g	6.7 g	5.1 g	0.9 g	1161 mg
	Thai Chicken	1699 kJ	20.6 g	28.5 g	2.9 g	16.9 g	4.0 g	458 mg
	Thai Beef	1682 kJ	17.8 g	29.2 g	3.2 g	17.2 g	4.2 g	706 mg
	Guacamole Greens	2464 kJ	24.2 g	40.3 g	8.0 g	32.4 g	4.9 g	313 mg
	Almond Satay Chicken	1059 kJ	23.3 g	11.7 g	1.8 g	13.6 g	10.2 g	256 mg
	Vietnamese	1155 kJ	22.2 g	6.5 g	1.2 g	32.2 g	14.0 g	911 mg
	Quinoa Chicken Goji	2314 kJ	27.7 g	34.4 g	11.8 g	33.3 g	18.5 g	1094 mg
Vegetarian	Raw Lean'n Green	1816 kJ	10.4 g	37.2 g	12.0 g	14.4 g	6.1 g	1114 g
	Paleo Active Greens	1807 kJ	7.0 g	39.9 g	7.2 g	11.4 g	9.5 g	357 g
Vegan	The Mediterranean	1933 kJ	17.3 g	9.7 g	1.6 g	76.4 g	12.5 g	301 mg
	Almond Satay Crunch	1527 kJ	16.5 g	16.0 g	2.3 g	38.9 g	10.0 g	225 mg
	Mayan Quinoa	2979 kJ	12.5 g	40.3 g	7.7 g	74.9 g	5.7 g	300 mg

Wraps

		Kilojoules	Protein	Fat		Carbohydrates		Sodium
				Total	- saturated	Total	- sugars	
Classics	Classic Caesar	3347 kJ	35.1 g	51.4 g	11.3 g	49.2 g	3.5 g	1766mg
	Thai Chicken	3109 kJ	27.0 g	45.8 g	7.5 g	55.6 g	6.0 g	1050 mg
	Thai Beef	3092 kJ	24.2 g	46.5 g	7.9 g	55.9 g	6.1 g	1299 mg
	Guacamole Greens	3280 kJ	28.7 g	45.6 g	9.6 g	64.7 g	7.9 g	822 mg
	Almond Satay Chicken	2310 kJ	31.1 g	21.4 g	6.1 g	58.8 g	13.6 g	879 mg
	Vietnamese	2443 kJ	30.2 g	14.3 g	5.4 g	83.7 g	22.8 g	1881 mg
	Quinoa Chicken Goji	3477 kJ	31.0 g	46.8 g	11.9 g	71.7 g	20.2 g	1178 mg
Vegetarian	Raw Lean'n Green	3033 kJ	14.1 g	49.6 g	12.1 g	55.5 g	8.4g	1164 g
	Paleo Active Greens	3054 kJ	13.4 g	49.7 g	10.3 g	57.3 g	13.3 g	968 g
Vegan	The Mediterranean	2494 kJ	18.3 g	16.9 g	5.5 g	92.6 g	14.7 g	780 mg
	Almond Satay Crunch	2741 kJ	24.2 g	24.4 g	6.5 g	84.7 g	14.1 g	853 mg
	Mayan Quinoa	3602 kJ	14.8 g	47.8 g	10.4 g	92.9 g	8.6 g	799 mg