

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	Mini Tank 240 mL	795 kJ	5.7 g	5.0 g	0.7 g	30.6 g	16.1 g	265 mg	Half Tank 475 mL	1309 kJ	9.7 g	9.8 g	1.5 g	46.5 g	24.2 g	513 mg	Full Tank 590 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		1021 kJ	7.7 g	8.9 g	1.1 g	33.2 g	27.6 g	76 mg		1159 kJ	8.1 g	9.0 g	1.1 g	40.9 g	34.1 g	88 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		3682 kJ	39.7 g	20.2 g	7.9 g	135.1 g	75.9 g	153 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		3063 kJ	36.4 g	9.9 g	7.6 g	124.4 g	79.1 g	180 mg
	Tropical Warrior		1613 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		3226 kJ	35.0 g	23.3 g	20.9 g	105.4 g	68.7 g	199 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		1937 kJ	15.8 g	9.5 g	1.9 g	71.8 g	45.9 g	167 mg
Classics	Tank Mango		756 kJ	3.0 g	1.4 g	1.0 g	37.2 g	30.1 g	56 mg		1450 kJ	6.0 g	3.0 g	2.4 g	71.0 g	59.5 g	61 mg		1719 kJ	7.2 g	3.4 g	2.6 g	83.4 g	67.3 g	67 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		2140 kJ	8.1 g	15.3 g	13.4 g	79.2 g	62.8 g	75 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		1650 kJ	6.6 g	3.5 g	2.9 g	78.5 g	65.2 g	74 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	6.9 g	3.5 g	2.7 g	72.7 g	60.7 g	67 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		1470 kJ	3.7 g	1.0 g	0.3 g	71.5 g	67.1 g	26 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		1570 kJ	6.5 g	3.5 g	2.9 g	75.0 g	61.9 g	76 mg
	Classic Banana		1464 kJ	7.4 g	4.1 g	3.2 g	71.1 g	44.1 g	68.6 mg		2372 kJ	12.7 g	7.1 g	5.5 g	113.2 g	71.2 g	121 mg		2937 kJ	14.8 g	8.2 g	6.4 g	142.1 g	88.1 g	137.1 mg
Super	Tank Up	Mini Tank 240 mL	1063 kJ	5.0 g	3.7 g	2.8 g	50.3 g	37.6 g	55 mg	Half Tank 475 mL	1908 kJ	8.8 g	6.5 g	4.8 g	90.6 g	67.7 g	94 mg	Full Tank 590 mL	2129 kJ	10.1 g	7.4 g	5.6 g	100.6 g	75.1 g	109 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		2293 kJ	12.0 g	11.4 g	10.0 g	99.3 g	64.6 g	109 mg
	Start Me Up		837 kJ	2.4 g	1.6 g	0.3 g	44.0 g	30.4 g	7.3 mg		1573 kJ	4.4 g	2.7 g	0.5 g	83.4 g	57.7 g	13 mg		1711 kJ	4.8 g	3.2 g	0.5 g	90.2 g	62.4 g	15 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		2548 kJ	13.0 g	7.3 g	4.9 g	122.9 g	89.1 g	123 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		2196 kJ	11.2 g	10 g	5.8 g	97.3 g	71.8 g	106 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		2134 kJ	9.6 g	7.1 g	5.3 g	102.0 g	74.4 g	109 mg
Breakfast	Nutra Blast		1619 kJ	9.5 g	7.9 g	3.5 g	69.5 g	42.3 g	68 mg		2602 kJ	16.2 g	14.4 g	6.0 g	107.0 g	67.7 g	120 mg		3247 kJ	19.0 g	15.9 g	7.0 g	139.2 g	84.7 g	136 mg
	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		1807 kJ	9.1 g	3.5 g	1.5 g	91.2 g	51.4 g	35 mg

Smoothie Bowls

		Kilojoules	Protein	Fat		Carbohydrates		Sodium
				Total	- saturated	Total	- sugars	
Organic Acai	350 mL	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

These facts and figures are based on the average portions of ingredients we use. As we use real fruit, that is hand cut each day, the weight may vary and subsequently the figures such as sugars, energy, etc, may vary slightly from the figures above.

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Juices

			Kilojoules	Protein	Fat		Carbohydrates		Sodium
					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
	Strawberry Fields		473 kJ	1.5 g	0.2 g	0.2 g	26.1 g	22.5 g	2 mg
	Pineapple Paradise		485 kJ	1.2 g	0.3 g	0.2 g	27.2 g	23.0 g	2 mg
	Up Beet Tank		372 kJ	2.3 g	0.2 g	0.0 g	19.5 g	18.4 g	71 mg
	Citrus Blast		510 kJ	2.2 g	0.3 g	0.0 g	27.8 g	20.2 g	1 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
	Kick Start		502 kJ	1.3 g	0.3 g	0.2 g	28.1 g	23.8 g	2 mg
	Protein Punch		690 kJ	7.2 g	0.9 g	0.5 g	32.2 g	23.3 g	13 mg
	Guardian Roots		285 kJ	3.1 g	0.3 g	0.0 g	13.1 g	12.8 g	96 mg
	Vegetable Kingdom		255 kJ	2.5 g	0.3 g	0.0 g	12.3 g	11.5 g	58 mg
			Kilojoules	Protein	Fat		Carbohydrates		Sodium
					Total	- saturated	Total	- sugars	
		Half Tank 475 mL	1054 kJ	3.7 g	0.5 g	0.0 g	58.1 g	43.5 g	2 mg
			925 kJ	2.6 g	0.4 g	0.3 g	51.8 g	46.1 g	4 mg
			946 kJ	2.4 g	0.5 g	0.3 g	53.1 g	46.1 g	5 mg
			741 kJ	4.6 g	0.4 g	0.0 g	38.8 g	37.0 g	142 mg
			1029 kJ	4.3 g	0.5 g	0.0 g	56.0 g	41.4 g	1 mg
		Full Tank 590 mL	992 kJ	3.8 g	0.8 g	0.3 g	53.8 g	39.6 g	71 mg
			975 kJ	2.4 g	0.5 g	0.3 g	54.9 g	47.8 g	5 mg
			1360 kJ	14.3 g	1.7 g	1.1 g	63.2 g	46.8 g	27 mg
			561 kJ	6.1 g	0.6 g	0.1 g	25.9 g	25.6 g	193 mg
			481 kJ	4.9 g	0.6 g	0.1 g	22.7 g	21.9 g	147 mg
			1310 kJ	4.5 g	0.6 g	0.0 g	72.3 g	53.9 g	3 mg
			1172 kJ	3.5 g	0.4 g	0.3 g	65.6 g	57.3 g	4 mg
			1201 kJ	2.9 g	0.5 g	0.3 g	67.7 g	58.1 g	6 mg
			916 kJ	5.3 g	0.4 g	0.0 g	48.3 g	45.7 g	165 mg
			1268 kJ	5.3 g	0.7 g	0.0 g	68.8 g	50.3 g	3 mg
			1243 kJ	4.5 g	0.9 g	0.3 g	67.6 g	50.0 g	73 mg
			1230 kJ	2.9 g	0.5 g	0.3 g	69.5 g	59.8 g	6 mg
			1615 kJ	14.8 g	1.7 g	1.1 g	77.7 g	58.8 g	28 mg
			678 kJ	7.1 g	0.8 g	0.1 g	31.6 g	31.0 g	236 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
	Modern Caesar		2510 kJ	35.3 g	36.6 g	9.8 g	32.3 g	2.0 g	788.2 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
	Lemon Herb Chicken		1254 kJ	26.6 g	17.6 g	2.6 g	8.8 g	0.6 g	211 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
	Tank Tokyo		1113 kJ	26.4 g	6.8 g	1.1 g	24.8 g	2.0 g	51.4 mg
Vegetarian	Raw Lean'n Green		1816 kJ	10.4 g	37.2 g	12.0 g	14.4 g	6.1 g	1114 mg
	Paleo Active Greens		1807 kJ	7.0 g	39.9 g	7.2 g	11.4 g	9.5 g	357 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
	Modern Caesar		3891 kJ	39.8 g	53.8 g	13.7 g	71.7 g	4.0 g	1313 mg
	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
	Lemon Herb Chicken		2535 kJ	25.7	21.1 g	2.4 g	7.6 g	0.5 g	191.3 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
	Tank Tokyo		2760 kJ	32.6 g	27.4 g	6.5 g	70.8 g	5.8 g	870.1 mg
Vegetarian	Raw Lean'n Green		3033 kJ	14.1 g	49.6 g	12.1 g	55.5 g	8.4g	1164 mg
	Paleo Active Greens		3054 kJ	13.4 g	49.7 g	10.3 g	57.3 g	13.3 g	968 mg

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