

# Feel Good About What You Eat

Fruits is committed to bringing you fresh, delicious and healthy choices made from natural and wholesome ingredients. We'll make you feel welcome and always serve you with a smile. We'll deliver just what your mind and body desire to feel good. That's the Fruits promise. Eat Delicious and Smile.



## Nutritional Information

Smoothies	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Aloha Sunrise 16oz.	270	5	1	0	0	20	30	380	65	1	56	2
24oz.	450	15	1.5	0	0	35	55	560	105	2	88	4
32oz.	590	15	1.5	0	0	35	60	820	139	3	118	5
Berry Bopper 16oz.	170	5	0	0	0	0	50	0	39	2	31	4
24oz.	290	5	0.5	0	0	0	100	0	65	4	52	7
32oz.	370	5	0.5	0	0	0	100	0	83	6	65	7
Caribbean Breeze 16oz.	230	0	0	0	0	0	50	200	55	2	45	4
24oz.	400	0	0	0	0	0	95	200	91	3	76	7
32oz.	530	5	0	0	0	0	100	410	126	5	104	8
Island Nectar 16oz.	220	10	1	0	0	0	25	260	53	2	40	2
24oz.	370	15	2	0	0	5	50	330	87	3	66	3
32oz.	480	20	2	0	0	5	50	590	115	5	85	4
Luv-n-Life 16oz.	260	15	1.5	0	0	0	25	0	61	2	27	3
24oz.	420	25	2.5	0	0	5	45	0	97	3	47	5
32oz.	540	30	3	0	0	5	45	0	127	5	59	7
Malibu Island 16oz.	250	10	1	0	0	0	25	0	60	1	54	1
24oz.	430	15	1.5	0	0	5	50	0	100	2	89	2
32oz.	560	15	1.5	0	0	5	50	0	135	4	122	2
Mango Tropics 16oz.	280	0	0	0	0	0	55	0	65	2	52	5
24oz.	440	0	0	0	0	0	105	0	102	3	82	9
32oz.	590	0	0	0	0	0	110	0	138	5	108	11
Pacific Way 16oz.	250	10	1	0	0	0	25	220	58	1	40	2
24oz.	440	20	2	0	0	5	45	320	101	2	73	3
32oz.	560	20	2	0	0	5	45	430	131	4	95	4
Pina Coolada 16oz.	500	90	10	9	0	0	85	400	101	2	91	5
24oz.	770	130	14	13	0	0	140	540	153	3	138	9
32oz.	1060	170	19	17	0	0	160	1010	215	6	190	11
Raspberry Split 16oz.	190	0	0	0	0	0	50	0	45	2	33	4
24oz.	310	0	0	0	0	0	95	0	70	3	53	7
32oz.	410	5	0	0	0	0	100	0	95	6	69	8
Razz-Attack 16oz.	210	0	0	0	0	0	50	0	47	2	41	3
24oz.	370	0	0	0	0	0	95	0	83	3	72	7
32oz.	480	0	0	0	0	0	100	0	110	4	95	7

Smoothies	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Smooth Toucan 16oz.	290	5	1	0	0	0	50	0	66	3	32	6
24oz.	470	10	1	0	0	0	95	0	107	4	58	10
32oz.	640	15	1.5	0	0	0	95	0	146	6	79	12
Strawberry Craze 16oz.	250	10	1	0	0	20	25	0	60	2	49	2
24oz.	430	15	2	0	0	35	50	0	101	3	84	2
32oz.	570	20	2	0	0	35	50	0	135	5	112	3
Strawberry Cream 16oz.	230	0	0	0	0	0	50	0	55	2	45	4
24oz.	400	0	0	0	0	0	95	0	91	3	76	7
32oz.	530	5	0	0	0	0	100	0	126	5	104	8
Strawberry Twist 16oz.	320	10	1	0	0	20	30	0	77	2	64	2
24oz.	530	15	2	0	0	35	55	0	126	3	108	4
32oz.	710	20	2	0	0	35	60	0	168	5	143	5
Strawberry Zinger 16oz.	250	10	1	0	0	20	25	0	60	1	54	1
24oz.	430	15	1.5	0	0	35	50	0	100	2	89	2
32oz.	560	15	1.5	0	0	35	50	0	135	4	122	2
Tangy Mango 16oz.	270	15	1.5	0	0	20	25	550	63	2	32	3
24oz.	450	25	2.5	0	0	35	45	830	102	3	53	5
32oz.	580	25	3	0	0	35	45	1160	135	5	70	7
Tidal Wave 16oz.	220	5	1	0	0	20	25	0	53	1	47	1
24oz.	400	15	1.5	0	0	35	45	0	93	2	82	2
32oz.	510	15	1.5	0	0	35	50	0	121	3	107	2
Tropical Toucan 16oz.	190	5	1	0	0	20	25	0	46	1	38	1
24oz.	320	15	1.5	0	0	35	45	0	77	2	64	2
32oz.	410	15	1.5	0	0	35	50	0	97	3	80	3

Performance Smoothies	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Energy Mania 24oz.	520	15	2	0	0	35	250	0	118	2	100	7
Fat Blaster 24oz.	430	0	0	0	0	0	95	0	95	3	76	11
Lean Body 24oz.	490	15	2	1.5	0	30	250	840	60	2	41	57
Screaming Bull 24oz.	480	15	2	0	0	35	250	0	114	2	100	3
Myoplex 24oz.	490	30	3	1	0	50	330	690	70	5	42	47
The Hauss 24oz.	1400	540	60	9	0	10	630	0	170	8	129	35

Shakes	Milk	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Banana Man 16oz.	2%	290	45	5	3	0	20	140	51	3	36	12
24oz.	2%	470	70	7	4.5	0	25	230	84	4	59	19
32oz.	2%	640	90	10	6	0	35	320	116	6	83	27
Choco-O-Nuts 16oz.	2%	940	400	45	7	0	10	470	108	5	81	16
24oz.	2%	1340	540	60	9	0	15	650	165	7	127	24
32oz.	2%	1920	810	90	14	0	20	970	226	10	171	36
Chocolate Twist 16oz.	2%	450	25	3	2	0	10	160	93	3	77	12
24oz.	2%	650	45	4.5	3	0	20	240	134	4	111	18
32oz.	2%	990	60	6	4	0	25	320	211	7	174	25
Coco-Loco 16oz.	2%	650	110	12	10	0	10	220	121	2	106	14
24oz.	2%	1020	160	18	15	0	15	350	189	2	165	23
32oz.	2%	1380	210	23	20	0	20	480	256	3	223	31
Orange Dream 16oz.	2%	380	35	3.5	1.5	0	35	140	76	0	57	10
24oz.	2%	680	50	6	2	0	65	210	143	0	111	15
32oz.	2%	850	70	8	3	0	90	300	172	0	129	22
Oreo Madness 16oz.	2%	440	70	7	3	0	10	310	78	1	62	15
24oz.	2%	670	110	12	4.5	0	20	460	118	1	95	22
32oz.	2%	950	130	15	6	0	25	670	171	1	134	33
Peanut Butter Sensation 16oz.	2%	800	400	45	7	0	10	460	75	4	52	16
24oz.	2%	1170	550	61	10	0	20	650	118	6	86	25
32oz.	2%	1750	820	91	14	0	25	980	179	8	130	37
Strawberry Delight 16oz.	2%	350	40	4.5	3	0	20	140	65	2	55	11
24oz.	2%	580	60	7	4.5	0	25	230	112	3	98	18
32oz.	2%	730	70	8	5	0	30	250	143	5	121	21
Truly Latte 16oz.	2%	500	120	13	3	5	5	670	96	0	78	5
24oz.	2%	640	160	18	4.5	7	5	880	124	0	101	6
32oz.	2%	1060	240	27	6	10	10	1390	207	0	168	13

Breakfast Menu	Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Bacon Blitz	Sm	470	190	22	11	0	75	1380	39	3	1	30
Greek God	Sm	360	90	10	5	0	15	970	46	7	1	21
Mexico Jack	Sm	370	110	12	6	0	20	1000	45	5	2	21
The Farmer	Sm	380	120	13	7	0	35	1090	40	3	3	24
Tofu Garden	Sm	300	50	6	2	0	0	670	44	5	2	18

Wraps	Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Caesar Fever	Sm	450	130	15	6	0	65	1530	47	5	1	35
	Reg	660	210	23	9	0	95	2220	65	7	1	51
California Turkey	Sm	430	170	19	8	0	65	1440	40	5	2	28
	Reg	570	210	23	9	0	75	1940	58	8	2	35
Club	Sm	420	160	18	9	0	70	1500	40	4	3	26
	Reg	550	200	22	10	0	80	2000	58	6	4	34
Go Go Veggie	Sm	330	110	12	5	0	10	890	41	6	2	16
	Reg	510	180	21	8	0	20	1430	60	9	3	23
Ham & Swiss	Sm	350	100	12	6	0	45	1380	43	4	6	21
	Reg	520	160	18	8	0	65	1960	63	7	9	30
Hickory Chicken	Sm	460	170	19	10	0	90	1720	39	4	1	34
	Reg	620	210	24	11	0	110	2170	57	6	2	45
Kansas City Beef	Sm	400	140	15	7	0	55	1700	40	4	3	24
	Reg	540	180	20	8	0	70	2280	57	7	3	33
Kingston Jerk	Sm	390	120	13	6	0	65	1140	40	4	2	29
	Reg	590	200	23	11	0	100	1630	57	6	2	41
Low Fat Turkey	Sm	280	50	6	2	0	25	1080	39	5	1	19
	Reg	410	80	9	2.5	0	35	1550	57	7	2	27
Mediterranean	Sm	370	140	16	3.5	0	10	1050	47	8	1	13
	Reg	570	230	26	6	0	15	1640	70	13	2	21
Southwest	Sm	460	140	15	7	0	70	1660	47	5	3	34
	Reg	610	180	20	8	0	90	2230	64	8	4	46
Southern Grl	Sm	340	80	9	3.5	0	50	1100	40	4	2	28
	Reg	490	120	13	4.5	0	70	1550	57	6	3	39
Teriyaki Chicken	Sm	380	90	10	3.5	0	50	1160	46	4	4	28
	Reg	570	140	15	5	1	70	1670	69	7	5	41
Turn-a-Tuna Round	Sm	330	80	9	3	0	30	620	38	5	2	24
	Reg	480	130	14	3.5	0	40	920	55	8	2	33
Wasabi Chicken	Sm	400	120	13	3.5	0	50	1340	43	4	1	28
	Reg	610	190	21	5	1	70	2020	65	6	2	41

Kids Menu	Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
The Big Cheezee	Reg	650	330	36	20	1	90	1200	53	5	1	30
Melt in your Mouth Ham	Reg	540	220	24	12	0.5	70	1640	56	5	4	28
PB&J	Reg	790	330	37	8	0	0	940	100	8	40	23
Cheezee Turkey	Reg	530	200	23	11	0.5	65	1390	55	5	1	30

Salads	Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Albacore Salad	283	220	90	9	2	0	155	210	7	3	2	25
Bacon Some Chicken	298	390	180	20	9	0	105	1360	17	3	2	38
Caesar	306	320	110	13	5	0	80	1270	18	3	3	38
Chinese Chicken	303	300	80	9	2.5	1	60	920	25	4	8	30
Greek Salad	298	310	170	18	3.5	0	15	1050	27	10	2	14
Cobb Salad	327	380	200	23	10	0	215	1650	8	4	2	38
Santa Fe	313	340	120	13	7	0	85	1330	19	5	3	37

Salad Dressings	Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Balsamic Vinaigrette	6	310	310	34	4.5	0	0	790	3	0	3	0
Caesar	6	170	130	14	3	0	45	1020	11	0	3	3
Oriental Sesame	6	260	110	13	1.5	0	0	910	34	0	26	0
Ranch	6	450	410	45	7	0	15	940	6	0	3	0

Dressings	Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Balsamic	1/2	25	25	3	0	0	0	65	0	0	0	0
	1	50	50	6	0.5	0	0	130	0	0	0	0
BBQ Sauce	1/2	15	0	0	0	0	0	55	3	0	3	0
	1	25	0	0	0	0	0	110	7	0	6	0
Caesar	1/2	15	10	1	0	0	5	85	1	0	0	0
	1	30	20	2.5	0	0	5	170	2	0	0	0
Chipotle Mayo	1/2	45	45	5	1	0	5	70	1	0	0	0
	1	90	90	10	1.5	0	5	135	1	0	0	0
Fat Free Ranch	1/2	5	0	0	0	0	0	90	2	0	1	0
	1	15	0	0	0	0	0	180	4	0	1	0
Honey Lime	1/2	30	25	2.5	0	0	0	40	2	0	2	0
	1	60	45	5	0.5	0	5	80	4	0	4	0
Jerk Sauce	1/2	10	0	0	0	0	0	65	2	0	1	0
	1	15	0	0	0	0	0	130	4	0	3	0
Mayonnaise	1/2	50	50	6	1	0	5	40	0	0	0	0
	1	100	100	11	1.5	0	5	80	1	0	0	0
Oriental Sesame	1/2	20	5	1	0	0	0	90	3	0	2	0
	1	40	15	1.5	0	0	0	180	6	0	5	0
Ranch	1/2	40	35	4	0.5	0	0	80	0	0	0	0
	1	80	70	8	1	0	0	160	1	0	0	0
Wasabi Dijon	1/2	20	20	2	0	0	0	55	1	0	0	0
	1	45	40	4.5	0.5	0	0	115	1	0	1	0

<b>Great Grillers</b>	<b>Bread</b>	<b>Calories</b>	<b>Calories from Fat</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
BBQ Flyer	Whole Grain	720	190	21	8	0	80	2370	89	9	28	46
	White	680	150	17	7	0	80	2280	94	3	26	40
Beefy Jack	Whole Grain	630	220	24	11	0	100	1880	59	8	2	47
	White	590	180	20	10	0	100	1790	64	3	0	41
Chic Feelin' Blue	Whole Grain	650	200	22	8	0	110	2340	61	9	4	53
	White	610	160	18	8	0	110	2240	66	3	2	48
Froots Private Club	Whole Grain	580	180	20	8	0	70	1840	62	10	5	41
	White	540	140	16	7	0	70	1740	67	4	3	35
Sparta	Whole Grain	660	240	27	4	0	15	1660	79	15	4	29
	White	610	200	23	3	0	15	1570	83	9	2	24
Triple	Whole Grain	560	160	17	7	0	70	1830	62	10	4	40
	White	520	120	13	6	0	70	1730	67	4	3	34
Tuscan Tuna	Whole Grain	620	220	24	7	0	50	950	63	10	4	40
	White	580	180	20	6	0	50	850	67	4	2	35
Waldorf Chicken	Whole Grain	650	310	34	5	0	30	1280	64	10	5	25
	White	610	270	30	4.5	0	30	1190	69	3	4	20

Nutritional information is calculated based upon correct portioning of FROOTS' standard recipes. Because our smoothies, salads, wraps and great grillers can be customized, exact information may vary.

For any additional information, please call 1-877-FROOTS-01