

# NUTRITIONAL INFORMATION

CALORIES  
TOTAL FAT (g)  
SODIUM (mg)  
CARBS (g)  
FIBER (g)  
SUGARS (g)  
PROTEIN (g)

## FRESH JUICES

### The Greenie™

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
10 oz	75	0	137	14	3	5	3
16 oz	120	0	220	23	4	8	5
24 oz	180	0	330	35	6	11	7
32 oz	240	0	440	46	8	16	10

### Toxin Flush™

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
10 oz	100	0	40	23	0	19	1
16 oz	160	0	65	36	0	31	2
24 oz	240	0	95	54	0	41	2
32 oz	320	0	125	72	0	62	4

### The Sublime

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
10 oz	100	0	22	18	0	10	3
16 oz	160	0	35	28	0	16	4
24 oz	240	0	50	42	1	24	6
32 oz	320	1	70	56	1	32	8

### The Little Beet

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
10 oz	94	0	69	21	1	13	2
16 oz	150	0.5	110	34	1	21	3
24 oz	225	1	165	51	2	32	5
32 oz	300	1	220	68	2	42	6

### Green Apple Detox

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
10 oz	118	0	27	28	1	18	2
16 oz	190	0	35	44	1	29	3
24 oz	285	0	53	66	2	44	5
32 oz	380	0	70	88	2	58	6

### The Buzz

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
10 oz	100	0	131	22	0	6	3
16 oz	160	0	210	35	0	10	4
24 oz	240	0	315	53	0	15	6
32 oz	320	0.5	420	70	0	20	8

## FUSION BLENDS

### Tropical Cooler

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
16 oz	210	6	350	36	5	24	4
24 oz	315	9	525	55	7	36	6

### Banana Boost

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
16 oz	230	5	126	50	13	24	6
24 oz	340	5	189	68	14	35	7

### Slender Greens

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
16 oz	210	1	108	51	4	38	3
24 oz	310	2	162	76	5	56	5

CALORIES  
TOTAL FAT (g)  
SODIUM (mg)  
CARBS (g)  
FIBER (g)  
SUGARS (g)  
PROTEIN (g)

## SUPERFOOD SMOOTHIES

### Berry Banana Burst

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
10 oz	215	9	6	31	4	19	4
16 oz	320	14	10	50	6	30	6
24 oz	480	20	15	74	9	46	10
32 oz	640	28	20	100	12	60	12

### Pink Flamingo

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
10 oz	113	0	163	25	5	18	3
16 oz	180	1	260	40	8	28	6
24 oz	270	1	390	60	12	43	7
32 oz	360	2	520	80	16	56	12

### Health Nut with Peanut Butter

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
10 oz	310	22	113	34	8	15	17
16 oz	490	35	180	54	13	24	27
24 oz	735	52	270	81	20	36	41
32 oz	980	69	360	109	25	49	54

### Health Nut with Almond Butter

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
10 oz	310	18	152	32	7	15	14
16 oz	480	29	243	51	12	25	23
24 oz	720	43	365	76	18	37	34
32 oz	960	58	486	102	23	50	46

### Popeye's Açaí

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
10 oz	210	9	14	30	4	17	5
16 oz	330	14	23	49	5	28	8
24 oz	480	20	36	73	8	43	12
32 oz	660	29	44	98	11	56	16

### Mango Delight

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
10 oz	155	6	5	26	2	20	4
16 oz	248	9.5	8	42	3	32	6
24 oz	416	14	12	74	5	61	9
32 oz	496	19	16	83	6	64	12

### Orange Crush

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
10 oz	113	0	3	28	1	23	1
16 oz	180	0.5	5	44	2	36	2
24 oz	270	1	8	66	3	55	3
32 oz	360	1	10	88	4	72	4

### Turmeric Sunrise

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
10 oz	130	0.5	0	31	2	10	1
16 oz	240	1	0	60	3	15	1
24 oz	360	2	0	89	4	23	2
32 oz	440	3	0	107	9	33	5

## SHOTS 2 fl. oz (60 ml)

### Ginger Shot

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
	40	0	10	10	0	0	1

### Turmeric Shot

	CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
	40	0	5	11	0	10	0

CALORIES  
TOTAL FAT (g)  
SODIUM (mg)  
CARBS (g)  
FIBER (g)  
SUGARS (g)  
PROTEIN (g)

## HANDCRAFTED BOWLS

### Açaí Banana Berry

	420	14	32	69	4	35	9
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### Açaí Peanut Butter

	640	23	36	104	12	58	14
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### Dragon Fruit

	470	15	28	80	7	47	5
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### Açaí Mango

	515	18	32	89	7	50	7
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### Açaí Superfood

	530	19	90	83	14	40	13
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### Protein Power

	850	32	100	96	13	40	45
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## BOOSTS

### Fresh Fruit

Strawberries	3	0	0	1	0	1	0
Blueberries	6	0	0	2	0	1	0
Mixed Berries	10	0	0	2	0	2	0
Sliced Green Apples	5	0	0	2	0	1	0
Pineapple	5	0	0	2	0	1	0

### Superfoods

Cacao Nibs	70	6	0	3	2	1	1
Hemp Seeds	57	4	0	1	1	0	3
Spinach + Kale	43	1	94	7	4	1	5
Goji Berries	20	0	17	4	3	1	1
Chia Seeds	51	3	2	4	4	0	2
Bee Pollen	47	1	1	7	0	0	4

### Protein

Peanut Butter	144	12	0	5	2	1	6
Almond Butter	99	9	36	3	2	1	3
Pea Protein	42	0	143	1	0	0	8
Hemp Protein	30	1	0	2	0	0	4
Whey Protein	55	1	55	3	0	1	9
Vanilla Whey Protein	50	0	0	1	0	0	11

### Toppings

Hempseed Granola	173	7	30	24	3	7	4
Gluten Free Granola	246	9	0	34	0	9	6
PB Protein Granola	290	14	75	33	5	10	11
Cashews	84	6	2	4	0	1	3
Coconut Flakes	84	8	0	3	0	0	1

## WELLNESS SHOTS 2 fl. oz (60 ml)

### Cold-Buster

	25	0	30	6	1	3	0
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### Fat Burner

	20	0	0	5	0	3	0
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### Energy

	35	0	0	7	1	4	3
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**GUESTS WITH FOOD ALLERGIES:** Peanuts, tree nuts, gluten, wheat, bee pollen and soy are used in our food production areas. We're happy to accommodate any special requests, but cross-contamination is always a possibility. **2,000 calories a day is used for general nutrition advice, but calorie needs may vary.**

CALORIES  
TOTAL FAT (g)  
SODIUM (mg)  
CARBS (g)  
FIBER (g)  
SUGARS (g)  
PROTEIN (g)

## SKOOP® (available at participating locations)

### Coconut Vanilla

	160	7	5	28	5	18	2
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### Chocolate Bliss

	180	9	77	36	7	24	2
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## SKOOP® TOPPINGS (available at participating locations)

### Fresh Fruit

Pineapple	5	0	0	2	0	1	0
Strawberries	3	0	0	1	0	1	0
Blueberries	6	0	0	2	0	1	0

### Chocolates

Chocolate Drizzle	39	0	7	9	1	9	0
Chocolate Chips	40	2	0	5	0	1	1
Cacao Nibs	70	6	0	3	2	1	1

### Toppings

Gluten-Free Granola	30	1	0	5	0	1	1
Hemp Seed Granola	26	1	5	4	1	1	1
Coconut Flakes	37	4	0	1	0	0	0

## GRAB N' GO BOTTLES 16.9 fl. oz (500 ml)

### Skinny Lemonade

Original	130	0	15	37	1	28	1
Ginger Lime	110	0	15	29	1	20	1
Berry Detox	170	0	15	44	3	34	1
Charcoal	130	0	15	37	1	27	1
Turmeric Citrus	190	1	20	45	2	33	2

### Cold-Pressed Juice

Lean Greens	90	0.5	115	20	4	12	4
Advanced Greens	120	1	135	29	7	18	3
Classic Greens	140	0.5	45	33	2	28	3
Pomegranate Beet	180	1	300	42	6	22	4
Calming Greens	130	1	130	32	7	18	4
Healing Greens	190	1	40	48	8	30	3

### Superfood Protein

Protein	430	24	15	51	8	40	11
Strawberry Pitaya	420	24	40	48	9	32	11

### Cold Brew Coffee

Chai Latte	370	22	25	43	2	26	9
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## NÉKTER CLEANSES 16.9 fl. oz (500 ml)

### Classic Cleanse

Healing Greens	190	1	40	48	8	30	3
Turmeric Citrus	190	1	20	45	2	33	2
Classic Greens	140	0.5	45	33	2	28	3
Charcoal	130	0	15	37	1	27	1
Calming Greens	130	1	130	32	7	18	4
Protein	430	24	15	51	8	40	11

### Advanced Cleanse

Healing Greens	190	1	40	48	8	30	3
Turmeric Citrus	190	1	20	45	2	33	2
Pomegranate Beet	180	1	300	42	6	22	4
Charcoal	130	0	15	37	1	27	1
Lean Greens	90	0.5	115	20	4	12	4
Protein	430	24	15	51	8	40	11