

# néktər

JUICE BAR®

NUTRITIONAL

INFORMATION



[www.nekterjuicebar.com](http://www.nekterjuicebar.com)

		CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBOHYDRATES (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
<b>FRESH JUICES</b>								
Buzz	10 oz	100	0	131	22	0	6	2.5
Buzz	16 oz	160	0	210	35	0	10	4
Buzz	24 oz	240	0	315	53	0	15	6
Buzz	32 oz	320	0.5	420	69	0	21	8
Greenie	10 oz	75	0	137	14	2.5	5	3
Greenie	16 oz	120	0	220	23	4	8	5
Greenie	24 oz	180	0	330	35	6	11	7
Greenie	32 oz	240	0	440	46	9	15	9
Toxin Flush	10 oz	100	0	40	22.5	0	19	1.25
Toxin Flush	16 oz	160	0	65	36	0	31	2
Toxin Flush	24 oz	240	0	95	54	0	41	2
Toxin Flush	32 oz	320	0	125	72	0	62	3
Sublime	10 oz	100	0	22	17.5	0	10	2.5
Sublime	16 oz	160	0	35	28	0	16	4
Sublime	24 oz	240	0	50	42	1	24	6
Sublime	32 oz	320	1	65	56	1	32	8
Little Beet	10 oz	94	0	69	21	0.6	13	1.8
Little Beet	16 oz	150	0.5	110	34	1	21	3
Little Beet	24 oz	225	1	165	51	2	32	5
Little Beet	32 oz	300	1	220	68	2	41	6
Green Apple	10 oz	118	0	27	27.5	1	18	1.8
Green Apple	16 oz	190	0	35	44	1	29	3
Green Apple	24 oz	285	0	53	66	2	44	5
Green Apple	32 oz	380	0	70	85	2	58	6

## GRAB N' GO BOTTLES 8.5 fl oz (250 mL)

SKINNY LEMONADE								
Original		40	0	5	11	0	10	0
Ginger		65	0	10	14	0	10	<1
Strawberry		85	0	0	24	0	22	0
Charcoal Skinny		70	0	5	18	0	16	0
Turmeric		40	0	5	11	0	10	0

COLD-PRESSED JUICE								
Lean Greens		40	0	65	9	0	7	1
Advanced Greens		70	1	90	16	3	9	3
Classic Greens		85	0	19	13	0	9	1

SUPERFOOD PROTEIN								
Protein		170	11	15	15	2	10	5
Green Protein		230	13	20	26	6	18	7
Strawberry Pitaya		200	11	25	23	4	16	5

COLD BREW COFFEE								
Vanilla Latte		230	13	5	24	0	18	5
Mocha		240	13	330	29	0	22	6

## SPECIALTY DRINKS 2 fl oz (60 mL)

SHOTS								
Ginger	2 oz	40	0	10	10	0	0	1
Turmeric	2 oz	40	0	5	11	0	10	0

**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.

		CALORIES	TOTAL FAT (g)	SODIUM (mg)	CARBOHYDRATES (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
<b>SMOOTHIES</b>								
Banana Berry	10 oz	281	8.5	6	31	3.5	18.5	3.5
Banana Berry	16 oz	320	14	10	50	6	30	6
Banana Berry	24 oz	480	20	20	74	9	46	10
Banana Berry	32 oz	640	28	20	100	12	60	12
Mango Delight	10 oz	155	6	5	26	2	20	3.5
Mango Delight	16 oz	248	9.6	8	41.6	3.2	32	6
Mango Delight	24 oz	416	14.4	12	74.4	4.8	60.8	6
Mango Delight	32 oz	528	17.6	16	93.6	6.4	76.8	12
Pink Flamingo	10 oz	112.5	0	162.5	25	5	17.5	2.5
Pink Flamingo	16 oz	180	1	260	40	8	28	4
Pink Flamingo	24 oz	270	1	390	60	12	43	5
Pink Flamingo	32 oz	360	2	520	80	16	57	7
Orange Crush	10 oz	112.5	0	3.1	27.5	1	22.5	1
Orange Crush	16 oz	180	0.5	5	44	2	36	2
Orange Crush	24 oz	270	1	7.5	66	3	55	3
Orange Crush	32 oz	360	1	10	88	4	72	4
Popeye's Acai	10 oz	206	9.3	75	30	3.5	16	5
Popeye's Acai	16 oz	330	15	120	49	6	26	8
Popeye's Acai	24 oz	495	22	180	74	9	40	12
Popeye's Acai	32 oz	660	30	240	99	12	53	16
Tropical Cooler	10 oz	131	3.5	218	22.5	3	15	2.5
Tropical Cooler	16 oz	210	6	350	36	5	24	4
Tropical Cooler	24 oz	315	9	525	55	7	36	6
Tropical Cooler	32 oz	420	12	700	73	9	49	9
Health Nut w. AB	10 oz	275	15	140	30	5	22.5	15
Health Nut w. AB	16 oz	440	24	224	48	8	36	24
Health Nut w. AB	24 oz	660	36	336	72	12	54	36
Health Nut w. AB	32 oz	880	48	448	96	16	72	48
Health Nut w. PB	10 oz	285	14	140	36	4	24	16
Health Nut w. PB	16 oz	450	23	224	54	7	38	25
Health Nut w. PB	24 oz	670	35	336	78	11	56	37
Health Nut w. PB	32 oz	900	46	448	108	14	76	50

## BOWLS

Açaí Banana Berry		390	12	35	68	11	35	7
Açaí Peanut Butter		520	18	105	87	11	55	11
Pitaya		440	16	100	72	11	39	7
Açaí Mango		320	11	25	54	6	38	5
Açaí Superfood		400	13	73	70	13	36	10

## NÉKTER CLEANSES 16.9 fl oz (500 mL)

CLASSIC CLEANSE								
Classic 1		160	1	140	36	5	22	4
Classic 2		80	0	10	22	0	19	0
Classic 3		140	1	180	32	6	18	5
Classic 4		140	0	10	36	0	32	0
Classic 5		180	1	50	42	3	27	3
Classic 6		340	22	30	31	2	19	9

ADVANCED CLEANSE								
Advanced 1		160	1	140	36	5	22	4
Advanced 2		80	0	10	22	0	19	0
Advanced 3		160	1	210	36	6	23	4
Advanced 4		140	0	10	36	0	32	0
Advanced 5		80	0	135	17	1	13	2
Advanced 6		340	22	30	30	2	20	10