

<b>Q Café - Smoothie</b>												
Nutrition Facts	Serving Size	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Smoothie Banana - whole milk	16 oz	421	44	5.0	2.9	0.0	15	76	89	0	89	5
Smoothie Banana - 2% milk	16 oz	406	28	3.1	1.9	0.0	13	87	89	0	88	5
Smoothie Banana - fat free milk	16 oz	384	3	0.3	0.0	0.0	3	94	89	0	89	5
Smoothie Banana - soy milk	16 oz	398	25	2.0	0.3	0.0	0	80	86	1	84	5
Smoothie Banana - non fat yogurt	16 oz	552	0	0.0	0.0	0.0	0	228	127	0	118	7
Smoothie Banana - whole milk	24 oz	641	71	8.0	4.6	0.0	24	121	134	0	134	8
Smoothie Banana - 2% milk	24 oz	617	45	5.0	3.0	0.0	20	138	134	0	133	8
Smoothie Banana - fat free milk	24 oz	581	4	0.4	0.0	0.0	5	150	134	0	134	8
Smoothie Banana - soy milk	24 oz	605	40	4.5	0.5	0.0	0	128	131	2	128	8
Smoothie Banana - non fat yogurt	24 oz	851	0	0.0	0.0	0.0	0	364	196	0	181	12
Smoothie Mango - whole milk	16 oz	451	44	5.0	2.9	0.0	15	61	92	0	92	5
Smoothie Mango - 2% milk	16 oz	436	28	3.1	1.9	0.0	13	72	92	0	91	5
Smoothie Mango - fat free milk	16 oz	414	3	0.3	0.0	0.0	3	79	92	0	92	5
Smoothie Mango - soy milk	16 oz	428	25	2.0	0.3	0.0	0	65	89	1	87	5
Smoothie Mango - non fat yogurt	16 oz	585	0	0.0	0.0	0.0	0	213	130	0	121	7
Smoothie Mango - whole milk	24 oz	686	71	8.0	4.6	0.0	24	98	139	0	139	8
Smoothie Mango - 2% milk	24 oz	662	45	5.0	3.0	0.0	20	115	138	0	137	8
Smoothie Mango - fat free milk	24 oz	626	4	0.4	0.0	0.0	5	127	138	0	139	8
Smoothie Mango - soy milk	24 oz	650	40	4.5	0.5	0.0	0	105	135	2	132	8
Smoothie Mango - non fat yogurt	24 oz	896	0	0.0	0.0	0.0	0	341	200	0	185	12

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Smoothie Strawberry - whole milk	16 oz	421	44	5.0	2.9	0.0	15	76	89	0	89	5
Smoothie Strawberry - 2% milk	16 oz	406	28	3.1	1.9	0.0	13	87	89	0	88	5
Smoothie Strawberry - fat free milk	16 oz	384	3	0.3	0.0	0.0	3	94	89	0	89	5
Smoothie Strawberry - soy milk	16 oz	398	25	2.0	0.3	0.0	0	80	86	1	84	5
Smoothie Strawberry - non fat yogurt milk	16 oz	552	0	0.0	0.0	0.0	0	228	127	0	118	7
Smoothie Strawberry - whole milk	24 oz	641	71	8.0	4.6	0.0	24	121	134	0	134	8
Smoothie Strawberry - 2% milk	24 oz	617	45	5.0	3.0	0.0	20	138	134	0	133	8
Smoothie Strawberry - fat free milk	24 oz	581	4	0.4	0.0	0.0	5	150	134	0	134	8
Smoothie Strawberry - soy milk	24 oz	605	40	4.5	0.5	0.0	0	128	131	2	128	8
Smoothie Strawberry - non fat yogurt milk	24 oz	851	0	0.0	0.0	0.0	0	364	196	0	181	12
Smoothie Strawberry Banana - whole milk	16 oz	421	44	5.0	2.9	0.0	15	76	89	0	89	5
Smoothie Strawberry Banana - 2% milk	16 oz	406	28	3.1	1.9	0.0	13	87	89	0	88	5
Smoothie Strawberry Banana - non fat milk	16 oz	384	3	0.3	0.0	0.0	3	94	89	0	89	5
Smoothie Strawberry Banana - soy milk	16 oz	398	25	2.0	0.3	0.0	0	80	86	1	84	5
Smoothie Strawberry Banana - non fat yogurt	16 oz	552	0	0.0	0.0	0.0	0	228	127	0	118	7
Smoothie Strawberry Banana - whole milk	24 oz	641	71	8.0	4.6	0.0	24	121	134	2	134	8
Smoothie Strawberry Banana - 2% milk	24 oz	617	45	5.0	3.0	0.0	20	138	134	0	133	8
Smoothie Strawberry Banana - non fat milk	24 oz	581	4	0.4	0.0	0.0	5	150	134	0	134	8
Smoothie Strawberry Banana - soy milk	24 oz	605	40	4.5	0.5	0.0	0	128	131	2	128	8
Smoothie Strawberry Banana - non fat yogurt	24 oz	851	0	0.0	0.0	0.0	0	364	196	0	181	12

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Smoothie Strawberry Mango - whole milk	16 oz	436	44	5.0	2.9	0.0	15	69	91	0	91	5
Smoothie Strawberry Mango - 2% milk	16 oz	421	28	3.1	1.9	0.0	13	79	90	0	89	5
Smoothie Strawberry Mango - fat free milk	16 oz	399	3	0.3	0.0	0.0	3	87	90	0	90	5
Smoothie Strawberry Mango - soy milk	16 oz	413	25	2.0	0.3	0.0	0	73	88	1	86	5
Smoothie Strawberry Mango - non fat yogurt	16 oz	567	0	0.0	0.0	0.0	0	221	129	0	120	7
Smoothie Strawberry Mango - whole milk	24 oz	661	71	8.0	4.6	0.0	24	111	136	0	136	8
Smoothie Strawberry Mango - 2% milk	24 oz	637	45	5.0	3.0	0.0	20	128	136	0	135	8
Smoothie Strawberry Mango - fat free milk	24 oz	601	4	0.4	0.0	0.0	5	140	136	0	136	8
Smoothie Strawberry Mango - soy milk	24 oz	625	40	4.5	0.5	0.0	0	118	133	2	130	8
Smoothie Strawberry Mango - non fat yogurt	24 oz	871	0	0.0	0.0	0.0	0	354	198	0	183	12
Smoothie Wildberry - whole milk	16 oz	421	44	5.0	2.9	0.0	15	76	89	0	89	5
Smoothie Wildberry - 2% milk	16 oz	406	28	3.1	1.9	0.0	13	87	89	0	88	5
Smoothie Wildberry - fat free milk	16 oz	384	3	0.3	0.0	0.0	3	94	89	0	89	5
Smoothie Wildberry - soy milk	16 oz	398	25	2.0	0.3	0.0	0	80	86	1	84	5
Smoothie Wildberry - non fat yogurt	16 oz	552	0	0.0	0.0	0.0	0	228	127	0	118	7
Smoothie Wildberry - whole milk	24 oz	641	71	8.0	4.6	0.0	24	121	134	0	134	8
Smoothie Wildberry - 2% milk	24 oz	617	45	5.0	3.0	0.0	20	138	134	0	133	8
Smoothie Wildberry - fat free milk	24 oz	581	4	0.4	0.0	0.0	5	150	134	0	134	8
Smoothie Wildberry - soy milk	24 oz	605	40	4.5	0.5	0.0	0	128	131	2	128	8
Smoothie Wildberry - non fat yogurt	24 oz	851	0	0.0	0.0	0.0	0	364	196	0	181	12