

Fruit Smoothies

	Calories	Fat	Protein	Carbs	Sugars	Fiber
Classy Berry						
Kiddie (10 oz.)	106	2	1	19	13	2
Regular (16 oz.)	204	3	1	38	26	3
Large (20 oz.)	226	4	1	38	26	3
Tropical Dream						
Kiddie (10 oz.)	128	2	1	27	20	2
Regular (16 oz.)	240	3	1	54	39	5
Large (20 oz.)	298	4	1	62	46	6
Hawaiian Healer						
Kiddie (10 oz.)	109	2	1	24	16	2
Regular (16 oz.)	202	3	2	47	33	4
Large (20 oz.)	238	4	2	52	36	5
Blueberry Lemon						
Kiddie (10 oz.)	112	1	1	28	19	4
Regular (16 oz.)	218	2	3	55	38	8
Large (20 oz.)	245	3	3	60	41	9
Georgia on my Mind						
Kiddie (10 oz.)	117	2	1	30	21	4
Regular (16 oz.)	226	3	2	59	41	7
Large (20 oz.)	260	4	3	66	47	8



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Greenstraw smoothies
243 N. Sycamore Street
Newtown, PA 18940

www.greenstrawsmoothies.com

Acai Bowls

	Calories	Fat	Protein	Carbs	Sugars	Fiber
Bowls						
Original Acai	637	22	12	113	63	15
Matcha Magic	626	16	11	118	66	13
Nutty Yum	777	36	18	111	58	17
Island Berry	670	24	12	113	63	13
Green Love	620	22	13	107	54	16
Original Pitaya	670	19	12	126	72	16

	Calories	Fat	Protein	Carbs	Sugars	Fiber
Apple Pie Ala Brode						
Kiddie (10 oz.)	130	1	2	31	22	4
Regular (16 oz.)	260	3	3	61	44	7
Large (20 oz.)	306	4	4	69	50	8
Mocha Morning						
Kiddie (10 oz.)	128	2	2	33	19	6
Regular (16 oz.)	217	3	4	58	33	10
Large (20 oz.)	254	3	4	65	38	11

	Calories	Fat	Protein	Carbs	Sugars	Fiber
Purple Pineapple						
Kiddie (10 oz.)	151	2	1	34	24	5
Regular (16 oz.)	202	3	2	47	33	6
Large (20 oz.)	233	3	2	54	37	8

	Calories	Fat	Protein	Carbs	Sugars	Fiber
Black and Blue						
Kiddie (10 oz.)	109	2	1	27	17	4
Regular (16 oz.)	211	3	2	53	34	7
Large (20 oz.)	263	4	2	64	44	8

Healthy Snacks

	Calories	Fat	Protein	Carbs	Sugars	Fiber
Hummus & Veggies	120	4	4	18	4	4
Apple & Peanut Butter	275	15	7	31	20	6
PB&J Sandwich	277	4	1	58	14	13

Specialty Smoothies

Natural Energy	Calories	Fat	Protein	Carbs	Sugars	Fiber
Kiddie (10 oz.)	129	1	2	20	11	4
Regular (16 oz.)	238	2	3	41	24	7
Large (20 oz.)	276	3	3	43	24	9
Yogalicious	Calories	Fat	Protein	Carbs	Sugars	Fiber
Kiddie (10 oz.)	237	7	10	39	22	11
Regular (16 oz.)	365	9	12	67	42	15
Large (20 oz.)	425	12	14	74	48	16
Study Helper	Calories	Fat	Protein	Carbs	Sugars	Fiber
Kiddie (10 oz.)	158	4	2	31	21	4
Regular (16 oz.)	363	12	7	64	43	9
Large (20 oz.)	440	16	8	73	48	11
Common Cold Contender	Calories	Fat	Protein	Carbs	Sugars	Fiber
Kiddie (10 oz.)	109	4	4	30	21	3
Regular (16 oz.)	211	1	3	54	35	7
Large (20 oz.)	238	2	3	59	38	8
Zen Stress Beater	Calories	Fat	Protein	Carbs	Sugars	Fiber
Kiddie (10 oz.)	172	4	4	33	25	4
Regular (16 oz.)	301	6	6	64	48	7
Large (20 oz.)	368	9	9	74	56	8
Before the Burn	Calories	Fat	Protein	Carbs	Sugars	Fiber
Kiddie (10 oz.)	175	2	7	33	20	4
Regular (16 oz.)	272	3	8	58	36	7
Large (20 oz.)	326	4	8	69	42	9
Cool it down	Calories	Fat	Protein	Carbs	Sugars	Fiber
Kiddie (10 oz.)	187	5	4	34	24	5
Regular (16 oz.)	296	6	6	58	40	7
Large (20 oz.)	356	9	8	64	45	8
Turn Back the Clock	Calories	Fat	Protein	Carbs	Sugars	Fiber
Kiddie (10 oz.)	153	3	3	33	17	5
Regular (16 oz.)	232	4	4	54	30	9
Large (20 oz.)	313	5	5	74	43	11



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Sweet Tooth

Cha Cha Chocolate Banana	Calories	Fat	Protein	Carbs	Sugars	Fiber
Kiddie (10 oz.)	134	3	3	33	19	5
Regular (16 oz.)	203	4	4	50	29	8
Large (20 oz.)	247	6	5	60	33	11
Salted Choco-Peanut	Calories	Fat	Protein	Carbs	Sugars	Fiber
Kiddie (10 oz.)	256	11	7	45	24	8
Regular (16 oz.)	299	12	8	55	29	11
Large (20 oz.)	459	21	13	75	39	15
Anna Banana Whip	Calories	Fat	Protein	Carbs	Sugars	Fiber
4 oz kiddie	105	0	1	30	19	3
8 oz regular	210	0	2	60	38	6
Chocolate Peanut Butter Dessert Bowl	Calories	Fat	Protein	Carbs	Sugars	Fiber
	777	35	19	121	57	19
Additions	Calories	Fat	Protein	Carbs	Sugars	Fiber
Wax Orchards Fruit fudge	45	0	0	11	8	2
Grandy Oats Wheat Free Granola	125	7	4	13	2	2

Green Smoothies

Kelly Green	Calories	Fat	Protein	Carbs	Sugars	Fiber
Kiddie (10 oz.)	107	2	2	43	32	4
Regular (16 oz.)	207	3	3	85	64	8
Large (20 oz.)	272	4	4	102	74	10
Greensicle	Calories	Fat	Protein	Carbs	Sugars	Fiber
Kiddie (10 oz.)	184	1	2	49	33	5
Regular (16 oz.)	218	2	3	60	39	6
Large (20 oz.)	271	4	3	71	45	7
Leo's Favorite	Calories	Fat	Protein	Carbs	Sugars	Fiber
Kiddie (10 oz.)	185	6	3	33	23	3
Regular (16 oz.)	302	10	6	52	32	6
Large (20 oz.)	370	14	8	57	34	7
Tres Bayas Verdes	Calories	Fat	Protein	Carbs	Sugars	Fiber
Kiddie (10 oz.)	110	2	2	43	32	4
Regular (16 oz.)	220	4	3	85	64	8
Large (20 oz.)	264	4	4	105	79	11
Mango Tree	Calories	Fat	Protein	Carbs	Sugars	Fiber
Kiddie (10 oz.)	131	2	1	29	20	3
Regular (16 oz.)	272	3	2	62	44	6
Large (20 oz.)	316	4	3	69	49	7
Blackberry Forest	Calories	Fat	Protein	Carbs	Sugars	Fiber
Kiddie (10 oz.)	196	3	2	40	29	4
Regular (16 oz.)	262	4	2	53	37	5
Large (20 oz.)	313	5	3	62	43	6

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