



SECRET SMOOTHIES

APPLE PASSION

INGREDIENTS

Apple juice, banana, raspberries, strawberries, passionfruit, sorbet & ice

ALLERGENS

Milk	No	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	Yes	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	Yes

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1280 kJ (306 Cal)	210 kJ (50 Cal)
Protein	2.6 g	0.4 g
Fat, total	0.6 g	0.1 g
- saturated	0.2 g	less than 0.1 g
Carbohydrate	67.5 g	11.1 g
- sugars	63.8 g	10.5 g
Dietary fibre, total	5.6 g	0.9 g
Sodium	29 mg	5 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1040 kJ (248 Cal)	230 kJ (55 Cal)
Protein	2.0 g	0.4 g
Fat, total	0.5 g	0.1 g
- saturated	0.2 g	less than 0.1 g
Carbohydrate	54.9 g	12.2 g
- sugars	51.7 g	11.5 g
Dietary fibre, total	4.2 g	0.9 g
Sodium	24 mg	5 mg

BANGIN' BLUEBERRY

INGREDIENTS

Blueberries, strawberries, freshly juiced apple, strawberry yoghurt, sorbet & ice

ALLERGENS

Milk	Yes	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	Yes	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	No

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1430 kJ (342 Cal)	235 kJ (56 Cal)
Protein	5.4 g	0.9 g
Fat, total	3.4 g	0.6 g
- saturated	2.1 g	0.3 g
Carbohydrate	75.5 g	12.4 g
- sugars	68.8 g	11.3 g
Dietary fibre, total	1.8 g	0.3 g
Sodium	103 mg	17 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1160 kJ (276 Cal)	257 kJ (61 Cal)
Protein	4.7 g	1.0 g
Fat, total	2.9 g	0.7 g
- saturated	1.9 g	0.4 g
Carbohydrate	60.4 g	13.4 g
- sugars	54.8 g	12.2 g
Dietary fibre, total	1.5 g	0.3 g
Sodium	89 mg	20 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	831 kJ (199 Cal)	237 kJ (57 Cal)
Protein	3.4 g	1.0 g
Fat, total	2.1 g	0.6 g
- saturated	1.3 g	0.4 g
Carbohydrate	43.3 g	12.4 g
- sugars	39.4 g	11.3 g
Dietary fibre, total	1.3 g	0.4 g
Sodium	65 mg	19 mg

BANANA MANGO BLING

INGREDIENTS

Banana, mango, mango nectar, mango yoghurt & ice

ALLERGENS

Milk	Yes	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	No	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	No

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1770 kJ (424 Cal)	291 kJ (70 Cal)
Protein	8.2 g	1.3 g
Fat, total	4.9 g	0.8 g
- saturated	3.1 g	0.5 g
Carbohydrate	85.6 g	14.0 g
- sugars	72.9 g	11.9 g
Dietary fibre, total	3.1 g	0.5 g
Sodium	137 mg	22 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1380 kJ (329 Cal)	306 kJ (73 Cal)
Protein	6.3 g	1.4 g
Fat, total	3.8 g	0.8 g
- saturated	2.4 g	0.5 g
Carbohydrate	66.6 g	14.8 g
- sugars	56.6 g	12.6 g
Dietary fibre, total	2.4 g	0.5 g
Sodium	106 mg	24 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1020 kJ (243 Cal)	315 kJ (70 Cal)
Protein	4.7 g	1.4 g
Fat, total	2.9 g	0.8 g
- saturated	1.8 g	0.5 g
Carbohydrate	49.0 g	14.0 g
- sugars	42.0 g	12.0 g
Dietary fibre, total	1.6 g	0.5 g
Sodium	81 mg	23 mg



SECRET SMOOTHIES

BERRY REMEDY JUICE⁺ v

INGREDIENTS

Blueberries, raspberries, apple, pineapple, orange, energiser booster & ice

ALLERGENS

Milk	No	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	No	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	Yes
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	Yes

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1030 kJ (246 Cal)	169 kJ (40 Cal)
Protein	2.4 g	0.4 g
Fat, total	0.6 g	less than 0.1 g
- saturated	less than 0.1 g	less than 0.1 g
Carbohydrate	55.8 g	9.2 g
- sugars	54.0 g	8.9 g
Dietary fibre, total	2.6 g	0.4 g
Sodium	31 mg	5 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	717 kJ (171 Cal)	159 kJ (38 Cal)
Protein	1.7 g	0.4 g
Fat, total	0.5 g	0.1 g
- saturated	less than 0.1 g	less than 0.1 g
Carbohydrate	38.9 g	8.6 g
- sugars	38.0 g	8.5 g
Dietary fibre, total	1.8 g	0.4 g
Sodium	22 mg	5 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	540 kJ (129 Cal)	154 kJ (37 Cal)
Protein	1.3 g	0.4 g
Fat, total	0.4 g	0.1 g
- saturated	less than 0.1 g	less than 0.1 g
Carbohydrate	29.3 g	8.4 g
- sugars	28.8 g	8.2 g
Dietary fibre, total	1.3 g	0.4 g
Sodium	17 mg	5 mg

BLUEBERRY BLAST

INGREDIENTS

Blueberries, banana, apple juice, vanilla yoghurt, sorbet & ice

ALLERGENS

Milk	Yes	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	Yes	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	No

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1750 kJ (418 Cal)	287 kJ (69 Cal)
Protein	5.2 g	0.9 g
Fat, total	3.1 g	0.5 g
- saturated	1.9 g	0.3 g
Carbohydrate	90.4 g	14.8 g
- sugars	82.8 g	13.6 g
Dietary fibre, total	1.1 g	0.2 g
Sodium	95 mg	16 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1330 kJ (318 Cal)	295 kJ (71 Cal)
Protein	4.3 g	1.0 g
Fat, total	2.5 g	0.6 g
- saturated	1.6 g	0.4 g
Carbohydrate	68.0 g	15.1 g
- sugars	61.7 g	13.7 g
Dietary fibre, total	1.0 g	0.2 g
Sodium	75 mg	17 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1040 kJ (249 Cal)	297 kJ (71 Cal)
Protein	3.4 g	1.0 g
Fat, total	2.0 g	0.6 g
- saturated	1.2 g	0.4 g
Carbohydrate	53.0 g	15.1 g
- sugars	48.0 g	13.7 g
Dietary fibre, total	0.8 g	0.2 g
Sodium	60 mg	17 mg

COOKIE DOUGH v

INGREDIENTS

Banana, chocolate biscuits, soy mylk, frozen coconut cream, sorbet & ice

ALLERGENS

Milk	No	Soy	Yes	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	Yes	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	Yes

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	2340 kJ (559 Cal)	383 kJ (92 Cal)
Protein	10.1 g	1.7 g
Fat, total	22.7 g	3.7 g
- saturated	14.5 g	2.4 g
Carbohydrate	77.2 g	12.7 g
- sugars	53.3 g	8.7 g
Dietary fibre, total	2.5 g	0.4 g
Sodium	382 mg	63 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1800 kJ (429 Cal)	399 kJ (95 Cal)
Protein	8.2 g	1.8 g
Fat, total	17.5 g	3.9 g
- saturated	11.2 g	2.5 g
Carbohydrate	58.6 g	13.0 g
- sugars	40.4 g	9.0 g
Dietary fibre, total	2.2 g	0.5 g
Sodium	292 mg	65 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1420 kJ (340 Cal)	406 kJ (97 Cal)
Protein	6.1g	1.7 g
Fat, total	14.0g	4.0 g
- saturated	8.9g	2.6 g
Carbohydrate	46.5g	13.3 g
- sugars	31.8g	9.1 g
Dietary fibre, total	1.4g	0.4 g
Sodium	240mg	69 mg



SECRET SMOOTHIES

FINE PINE MANGO

INGREDIENTS

Pineapple, mango, mango nectar, vanilla yoghurt & ice

ALLERGENS

Milk	Yes	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	No	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	No

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1680 kJ (402 Cal)	276 kJ (66 Cal)
Protein	8.3 g	1.4 g
Fat, total	4.6 g	0.8 g
- saturated	3.0 g	0.5 g
Carbohydrate	79.9 g	13.1 g
- sugars	72.0 g	11.8 g
Dietary fibre, total	4.5 g	0.7 g
Sodium	133 mg	22 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1280 kJ (306 Cal)	285 kJ (68 Cal)
Protein	6.4 g	1.4 g
Fat, total	3.6 g	0.8 g
- saturated	2.4 g	0.5 g
Carbohydrate	60.5 g	13.5 g
- sugars	54.5 g	12.1 g
Dietary fibre, total	3.2 g	0.7 g
Sodium	104 mg	23 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	982 kJ (234 Cal)	280 kJ (67 Cal)
Protein	4.8 g	1.4 g
Fat, total	2.7 g	0.8 g
- saturated	1.7 g	0.5 g
Carbohydrate	46.8 g	13.3 g
- sugars	42.2 g	12.0 g
Dietary fibre, total	2.6 g	0.8 g
Sodium	76 mg	22 mg

GREEN MACHINE⁺

INGREDIENTS

Coconut water, mango, apple, spinach, whey protein all greens booster & ice

ALLERGENS

Milk	Yes	Soy	Yes	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	No	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	No

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	644 kJ (154 Cal)	106 kJ (25 Cal)
Protein	9.0 g	1.5 g
Fat, total	0.8 g	0.1 g
- saturated	0.4 g	less than 0.1 g
Carbohydrate	26.4 g	4.3 g
- sugars	21.9 g	3.6 g
Dietary fibre, total	2.7 g	0.4 g
Sodium	111 mg	18 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	480 kJ (115 Cal)	107 kJ (26 Cal)
Protein	6.2 g	1.4 g
Fat, total	0.6 g	0.1 g
- saturated	0.3 g	less than 0.1 g
Carbohydrate	20.3 g	4.5 g
- sugars	16.7 g	3.7 g
Dietary fibre, total	2.1 g	0.5 g
Sodium	82 mg	18 mg

ALLERGENS

Milk	No	Soy	Yes	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	No	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	Yes

ISLAND BREEZE

INGREDIENTS

Pineapple, mango, tropical juice, frozen coconut cream & ice

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	2170 kJ (518 Cal)	355 kJ (85 Cal)
Protein	4.1 g	0.7 g
Fat, total	18.0 g	2.9 g
- saturated	16.3 g	2.7 g
Carbohydrate	84.6 g	13.9 g
- sugars	68.3 g	11.2 g
Dietary fibre, total	4.5 g	0.7 g
Sodium	92 mg	15 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1650 kJ (394 Cal)	367 kJ (88 Cal)
Protein	3.1 g	0.7 g
Fat, total	13.2 g	2.9 g
- saturated	12.0 g	2.7 g
Carbohydrate	65.7 g	14.6 g
- sugars	53.1 g	11.8 g
Dietary fibre, total	3.5 g	0.8 g
Sodium	69 mg	15 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1320 kJ (315 Cal)	377 kJ (90 Cal)
Protein	2.5 g	0.7 g
Fat, total	10.8 g	3.1 g
- saturated	9.8 g	2.8 g
Carbohydrate	51.8 g	14.8 g
- sugars	41.8 g	11.9 g
Dietary fibre, total	2.8 g	0.8 g
Sodium	56 mg	16 mg



SECRET SMOOTHIES

JANINE'S FAVE

INGREDIENTS

Raspberries, banana, mango nectar, mango yoghurt & ice

ALLERGENS

Milk	Yes	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	No	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	No

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1660 kJ (397 Cal)	272 kJ (65 Cal)
Protein	7.5 g	1.2 g
Fat, total	4.7 g	0.8 g
- saturated	3.1 g	0.5 g
Carbohydrate	80.4 g	13.2 g
- sugars	71.7 g	11.7 g
Dietary fibre, total	2.3 g	0.4 g
Sodium	139 mg	23 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1280 kJ (307 Cal)	285 kJ (68 Cal)
Protein	6.0 g	1.3 g
Fat, total	3.8 g	0.8 g
- saturated	2.5 g	0.6 g
Carbohydrate	61.7 g	13.7 g
- sugars	54.6 g	12.1 g
Dietary fibre, total	1.7 g	0.4 g
Sodium	110 mg	24 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1060 kJ (254 Cal)	304 kJ (73 Cal)
Protein	4.6 g	1.3 g
Fat, total	2.8 g	0.8 g
- saturated	1.8 g	0.5 g
Carbohydrate	52.1 g	14.9 g
- sugars	46.3 g	13.2 g
Dietary fibre, total	1.6 g	0.5 g
Sodium	83 mg	24 mg

JUSTICE CRUSH v

INGREDIENTS

Coconut water, banana, mango, strawberries, passionfruit, sorbet & ice

ALLERGENS

Milk	No	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	Yes	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	Yes

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1170 kJ (279 Cal)	191 kJ (46 Cal)
Protein	2.7 g	0.4 g
Fat, total	0.8 g	0.1 g
- saturated	0.3 g	less than 0.1 g
Carbohydrate	63.1 g	10.3 g
- sugars	52.3 g	8.6 g
Dietary fibre, total	5.6 g	0.9 g
Sodium	84 mg	14 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	947 kJ (226 Cal)	211 kJ (50 Cal)
Protein	2.2 g	0.5 g
Fat, total	0.6 g	0.1 g
- saturated	0.2 g	less than 0.1 g
Carbohydrate	51.3 g	11.4 g
- sugars	42.2 g	9.4 g
Dietary fibre, total	4.4 g	1.0 g
Sodium	71 mg	16 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	658 kJ (157 Cal)	188 kJ (45 Cal)
Protein	1.4 g	0.4 g
Fat, total	0.4 g	0.1 g
- saturated	0.1 g	less than 0.1 g
Carbohydrate	36.1 g	10.3 g
- sugars	29.9 g	8.6 g
Dietary fibre, total	2.7 g	0.8 g
Sodium	61 mg	17 mg

LEMON CRUSH v

INGREDIENTS

Freshly juiced lemon, freshly juiced orange, sorbet & ice

ALLERGENS

Milk	No	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	Yes	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	Yes

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	816 kJ (195 Cal)	134 kJ (32 Cal)
Protein	2.8 g	0.5 g
Fat, total	0.8 g	0.1 g
- saturated	0.2 g	less than 0.1 g
Carbohydrate	44.2 g	7.2 g
- sugars	41.9 g	6.9 g
Dietary fibre, total	0.5 g	less than 0.1 g
Sodium	17 mg	3 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	643 kJ (154 Cal)	143 kJ (34 Cal)
Protein	2.3 g	0.5 g
Fat, total	0.7 g	0.2 g
- saturated	0.1 g	less than 0.1 g
Carbohydrate	34.6 g	7.7 g
- sugars	32.8 g	7.3 g
Dietary fibre, total	0.4 g	less than 0.1 g
Sodium	14 mg	3 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	518 kJ (124 Cal)	148 kJ (35 Cal)
Protein	1.7 g	0.5 g
Fat, total	0.5 g	0.2 g
- saturated	0.1 g	less than 0.1 g
Carbohydrate	28.1 g	8.0 g
- sugars	26.6 g	7.6 g
Dietary fibre, total	0.3 g	less than 0.1 g
Sodium	10 mg	3 mg



SECRET SMOOTHIES

LYCHEE CHARM

INGREDIENTS

Strawberries, lychees, tropical juice, strawberry yoghurt, sorbet & ice

ALLERGENS

Milk	Yes	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	Yes	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	No

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1620 kJ (386 Cal)	265 kJ (63 Cal)
Protein	5.5 g	0.9 g
Fat, total	2.6 g	0.4 g
- saturated	1.6 g	0.3 g
Carbohydrate	88.8 g	14.6 g
- sugars	79.6g	13.0 g
Dietary fibre, total	1.7 g	0.3 g
Sodium	75 mg	12 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1300 kJ (311 Cal)	290 kJ (69 Cal)
Protein	4.4 g	1.0 g
Fat, total	2.1 g	0.5 g
- saturated	1.3 g	0.3 g
Carbohydrate	71.6 g	15.9 g
- sugars	64.1 g	14.2 g
Dietary fibre, total	1.5 g	0.3 g
Sodium	60 mg	13 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	986 kJ (235 Cal)	282 kJ (67 Cal)
Protein	3.3 g	0.9 g
Fat, total	1.5 g	0.4 g
- saturated	1.0 g	0.3 g
Carbohydrate	54.3 g	15.5 g
- sugars	48.6 g	13.9 g
Dietary fibre, total	1.0 g	0.3 g
Sodium	45 mg	13 mg

LYCHEE LOVIN' BERRY

INGREDIENTS

Lychees, raspberries, mango, mango nectar, frozen coconut cream & ice

ALLERGENS

Milk	No	Soy	Yes	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	No	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	Yes

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1720 kJ (412 Cal)	283 kJ (68 Cal)
Protein	1.3 g	0.2 g
Fat, total	13.9 g	2.3 g
- saturated	12.6 g	2.1 g
Carbohydrate	68.2 g	11.2 g
- sugars	56.8 g	9.3 g
Dietary fibre, total	2.9 g	0.5 g
Sodium	73 mg	12 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1410 kJ (338 Cal)	314 kJ (75 Cal)
Protein	1.1 g	0.2 g
Fat, total	11.0 g	2.4 g
- saturated	10.0 g	2.2 g
Carbohydrate	56.9 g	12.6 g
- sugars	47.6 g	10.6 g
Dietary fibre, total	2.6 g	0.6 g
Sodium	59 mg	13 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1180 kJ (282 Cal)	338 kJ (81 Cal)
Protein	0.9g	0.3 g
Fat, total	8.7 g	2.5 g
- saturated	7.9 g	2.3 g
Carbohydrate	48.7 g	13.9 g
- sugars	41.2 g	11.8 g
Dietary fibre, total	2.1 g	0.6 g
Sodium	47 mg	14 mg

MANGO BERRY CRUSH

INGREDIENTS

Mango nectar, mango, raspberries, sorbet & ice

ALLERGENS

Milk	No	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	Yes	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	Yes

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1360 kJ (324 Cal)	222 kJ (53 Cal)
Protein	2.2 g	0.4g
Fat, total	0.6 g	less than 0.1 g
- saturated	0.3 g	less than 0.1g
Carbohydrate	77.1 g	12.6 g
- sugars	70.8 g	11.6 g
Dietary fibre, total	4.0 g	0.7 g
Sodium	16 mg	3 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1070 kJ (256 Cal)	238 kJ (57 Cal)
Protein	1.7 g	0.4 g
Fat, total	0.5 g	0.1 g
- saturated	0.2 g	less than 0.1 g
Carbohydrate	60.9 g	13.5 g
- sugars	56.2 g	12.5 g
Dietary fibre, total	3.0 g	0.7 g
Sodium	13 mg	3 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	811kJ (194Cal)	232 kJ (55 Cal)
Protein	1.3g	0.4 g
Fat, total	0.3g	less than 0.1 g
- saturated	0.2g	less than 0.1 g
Carbohydrate	46.3g	13.2 g
- sugars	42.8g	12.2 g
Dietary fibre, total	2.2g	0.6 g
Sodium	10 mg	3 mg



SECRET SMOOTHIES

PINA COLADA

INGREDIENTS

Freshly juiced pineapple, banana, coconut mylk, tropical juice, vanilla yoghurt & ice

ALLERGENS

Milk	Yes	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	No	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	No

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1680 kJ (402 Cal)	276 kJ (66 Cal)
Protein	8.1 g	1.3 g
Fat, total	7.1 g	1.2 g
- saturated	4.7 g	0.8 g
Carbohydrate	76.0 g	12.5 g
- sugars	66.7 g	10.9 g
Dietary fibre, total	1.5 g	0.2 g
Sodium	143 mg	24 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1300 kJ (311 Cal)	289 kJ (69 Cal)
Protein	6.4 g	1.4 g
Fat, total	5.7 g	1.3 g
- saturated	3.8 g	0.8 g
Carbohydrate	57.9 g	12.9 g
- sugars	50.4 g	11.2 g
Dietary fibre, total	1.2 g	0.3 g
Sodium	114 mg	25 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	954 kJ (228 Cal)	273 kJ (65 Cal)
Protein	4.7 g	1.3 g
Fat, total	4.3 g	1.2 g
- saturated	2.8 g	0.8 g
Carbohydrate	42.3 g	12.1 g
- sugars	36.5 g	10.4 g
Dietary fibre, total	1.0 g	0.3 g
Sodium	82 mg	23 mg

RAZZBERRY MANGO

INGREDIENTS

Mango, raspberries, mango nectar, vanilla yoghurt & ice

ALLERGENS

Milk	Yes	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	No	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	No

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1660 kJ (397 Cal)	273 kJ (65 Cal)
Protein	7.5 g	1.2 g
Fat, total	4.7 g	0.8 g
- saturated	3.1 g	0.5 g
Carbohydrate	79.9 g	13.1 g
- sugars	71.4 g	11.7 g
Dietary fibre, total	3.6 g	0.6 g
Sodium	136 mg	22 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1280 kJ (306 Cal)	284 kJ (68 Cal)
Protein	5.6 g	1.2 g
Fat, total	3.4 g	0.8 g
- saturated	2.3 g	0.5 g
Carbohydrate	62.2 g	13.8 g
- sugars	55.6 g	12.4 g
Dietary fibre, total	2.8 g	0.6 g
Sodium	100 mg	22 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1020 kJ (244 Cal)	292 kJ (70 Cal)
Protein	4.5 g	1.3 g
Fat, total	2.8 g	0.8 g
- saturated	1.8 g	0.5 g
Carbohydrate	49.7 g	14.2 g
- sugars	44.6 g	12.7 g
Dietary fibre, total	2.1 g	0.6 g
Sodium	81 mg	23 mg

STRAWBERRY DAIQUIRI

INGREDIENTS

Freshly juiced lemon, strawberries, apple juice, sorbet & ice

ALLERGENS

Milk	No	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	Yes	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	Yes

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	929 kJ (222 Cal)	152 kJ (36 Cal)
Protein	1.9 g	0.3 g
Fat, total	0.6 g	less than 0.1 g
- saturated	0.2 g	less than 0.1 g
Carbohydrate	51.5 g	8.4 g
- sugars	49.2 g	8.1 g
Dietary fibre, total	1.9 g	0.3 g
Sodium	22 mg	4 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	716 kJ (171 Cal)	159 kJ (38 Cal)
Protein	1.4 g	0.3 g
Fat, total	0.4 g	less than 0.1 g
- saturated	0.1 g	less than 0.1 g
Carbohydrate	39.8 g	8.8 g
- sugars	38.0 g	8.4 g
Dietary fibre, total	1.3 g	0.3 g
Sodium	17 mg	4 mg



SECRET SMOOTHIES

STRAWBS MANGO

INGREDIENTS

Strawberries, mango, mango nectar, strawberry yoghurt, mango yoghurt & ice

ALLERGENS

Milk	Yes	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	No	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	No

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1630 kJ (389 Cal)	267 kJ (64 Cal)
Protein	7.6 g	1.2 g
Fat, total	4.8 g	0.8 g
- saturated	3.1 g	0.5 g
Carbohydrate	82.3 g	13.5 g
- sugars	74.2 g	12.2 g
Dietary fibre, total	2.6 g	0.4 g
Sodium	141 mg	23 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1320 kJ (314 Cal)	292 kJ (70 Cal)
Protein	6.0 g	1.3 g
Fat, total	3.7 g	0.8 g
- saturated	2.4 g	0.5 g
Carbohydrate	66.8 g	14.8 g
- sugars	60.2 g	13.4 g
Dietary fibre, total	2.4 g	0.5 g
Sodium	110 mg	24 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1050 kJ (251 Cal)	300 kJ (72 Cal)
Protein	4.6 g	1.3 g
Fat, total	2.8 g	0.8 g
- saturated	1.8 g	0.5 g
Carbohydrate	53.6 g	15.3 g
- sugars	48.7 g	13.9 g
Dietary fibre, total	1.8 g	0.5 g
Sodium	85 mg	24 mg

TROPICAL STORM

INGREDIENTS

Mango, banana, coconut mylk, tropical juice, mango yoghurt & ice

ALLERGENS

Milk	Yes	Soy	No	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	No	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	No

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1710 kJ (409 Cal)	281 kJ (67 Cal)
Protein	8.3 g	1.4 g
Fat, total	5.5 g	0.9 g
- saturated	3.7 g	0.6 g
Carbohydrate	82.0 g	13.4 g
- sugars	69.5 g	11.4 g
Dietary fibre, total	2.4 g	0.4 g
Sodium	142 mg	23 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1320 kJ (316 Cal)	294 kJ (70 Cal)
Protein	6.5 g	1.5 g
Fat, total	4.6 g	1.0 g
- saturated	3.0 g	0.7 g
Carbohydrate	62.5 g	13.9 g
- sugars	52.8 g	11.7 g
Dietary fibre, total	1.9 g	0.4 g
Sodium	113 mg	25 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1050 kJ (250 Cal)	300 kJ (72 Cal)
Protein	5.0 g	1.4 g
Fat, total	3.2 g	0.9 g
- saturated	2.1 g	0.6 g
Carbohydrate	50.5 g	14.4 g
- sugars	42.4 g	12.1 g
Dietary fibre, total	1.7 g	0.5 g
Sodium	84 mg	24 mg

WATER-MELLOW MANGO

INGREDIENTS

Freshly juiced watermelon, mango, frozen coconut cream, mango yoghurt & ice

ALLERGENS

Milk	Yes	Soy	Yes	Pecan	No
Egg	No	Fish	No	Pistachio	No
Wheat - Gluten	No	Mollusc	No	Walnut	No
Oats - Gluten	No	Crustacean	No	Macadamia	No
Barley - Gluten	No	Almond	No	Pine Nut	No
Rye - Gluten	No	Brazil Nut	No	Sulphites	No
Lupin	No	Cashew	No	Caffeine	No
Sesame	No	Hazelnut	No	Vegetarian	Yes
Peanut	No	Macadamia	No	Vegan	No

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 610 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1620 kJ (386 Cal)	265 kJ (63 Cal)
Protein	6.1 g	1.0 g
Fat, total	12.0 g	2.0 g
- saturated	9.6 g	1.6 g
Carbohydrate	62.6 g	10.3 g
- sugars	54.0 g	8.9 g
Dietary fibre, total	0.8 g	0.1 g
Sodium	128 mg	21 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 450 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	1260 kJ (302 Cal)	281 kJ (67 Cal)
Protein	4.9 g	1.1 g
Fat, total	8.9 g	2.0 g
- saturated	7.1 g	1.6 g
Carbohydrate	49.9 g	11.1 g
- sugars	43.1 g	9.6 g
Dietary fibre, total	0.7 g	0.1 g
Sodium	99 mg	22 mg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	979 kJ (234 Cal)	280 kJ (67 Cal)
Protein	3.7 g	1.1 g
Fat, total	7.0 g	2.0 g
- saturated	5.6 g	1.6 g
Carbohydrate	38.5 g	11.0 g
- sugars	33.3 g	9.5 g
Dietary fibre, total	0.5 g	0.1 g
Sodium	76 mg	22 mg