

WARRIOR EATERY



BANGOR PLAZA

NUTRITION INFORMATION

ITEM	FUEL ICON	SERVING SIZE	CALORIES	PROTEIN (G)	CARBS (G)	FAT (G)	SAT FAT (G)	FIBER (G)	NATURAL SUGAR (G)	SODIUM (MG)
Caribbean Surf		16 oz	300	3	72	1.5	0.2	4	61	35
Caribbean Surf		24 oz	450	4	108	2.2	0.3	6	92	52
Tropical Paradise		16 oz	287	3	69	1.1	0.2	4	56	30
Tropical Paradise		24 oz	430	4	104	1.7	0.3	6	84	45
Strawberry Banana Angel		16 oz	320	8	57	4	0	5	46	115
Strawberry Banana Angel		24 oz	480	12	86	6	0	7.5	69	172
Hang Ten		16 oz	295	3	71	1.4	0.2	4	60	35
Hang Ten		24 oz	442	4	106	2.1	0.3	6	90	52
Berry Blendz		16 oz	313	11	71	1	0.2	6	54	33
Berry Blendz		24 oz	470	16	107	1.5	0.3	9	81	50
Lean Strawberry		16 oz	210	25	20	1	0.3	4	13	95
Lean Strawberry		24 oz	315	38	30	1.5	0.4	6	20	142
Chocolate Trim		16 oz	250	27	28	2.4	0.8	4	18	140
Chocolate Trim		24 oz	375	40	42	3.6	1.2	6	27	210
Mango Tango		16 oz	240	24	31	1.6	0.3	4	24	100
Mango Tango		24 oz	360	36	46	2.4	0.4	6	36	150
Going Green		16 oz	180	3	39	0.6	0.1	5	29	45
Going Green		24 oz	270	4	58	0.9	0.2	7.5	44	68
Wild Strawberry Peach		16 oz	270	16	42	3.5	0	6	29	120
Wild Strawberry Peach		24 oz	405	24	63	5.2	0	9	44	180
Strawberry Banana Whirl		16 oz	300	16	45	4	0	6	31	125
Strawberry Banana Whirl		24 oz	450	24	68	6	0	9	46	188
PB Chocolate Love		16 oz	430	30	38	16	3.5	6	22	190

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PB Chocolate Love		24 oz	645	45	57	24	5.2	9	33	285
Monkey Business		16 oz	390	28	29	15	1.5	5	15	120
Monkey Business		24 oz	585	42	44	22.5	2.2	7.5	22	180
Aloha		16 oz	360	27	26	14	1.2	4	14	110
Aloha		24 oz	540	40	39	21	1.8	6	21	165
PB&J		16 oz	370	9	43	12	2	6	28	140
PB&J		24 oz	555	14	64	18	3	9	42	210
Vanilla Whey Protein		1 scoop	120	24	4	2	1	0	2	90
Chocolate Whey Protein		1 scoop	130	24	5	2.5	1.2	1	3	110
Plant-Based Protein		1 scoop	120	20	8	2	0.5	3	1	180
Creatine		1 scoop	0	0	0	0	0	0	0	0
Peanut Butter		1 oz	190	7	7	16	3	2	3	140
Almonds		1 oz	164	6	6	14	1.1	3.5	1	0
Sunflower Seed		1 tbsp	165	3	3	8	0.9	2	1	110
Flax Seed		1 tbsp	55	2	3	4	0.4	3	0	3