



As all our drinks are made with natural products, nutritional values may vary slightly.

Ingredients used with Allergens

Whey Protein	<i>Milk and Soya</i>
Super Greens Fuel	<i>Gluten, Soya</i>
Granola	<i>Gluten and Nuts (Oats, Hazelnuts, Almonds)</i>
Coconut Milk	<i>Sulphites</i>
Milk and Yoghurt	<i>Milk, Dairy</i>
Vanilla Soya Milk	<i>Soya, and some contain Nuts</i>
Oreo Cookies	<i>Soya, Gluten (Wheat), Cross-contact with Milk (so not branded as Non-Dairy)</i>
Celery	<i>Celery Raw</i>
Peanut Butter	<i>Peanuts</i>

All nutritional values are based on 100ml.

Regular drink = 700ml

Small drink = 450ml

Kids drink = 350ml

As all our drinks are made with natural products, nutritional values may vary slightly.

SUPER SMOOTHIES	ENERGY (Kj)	ENERGY (Kcal)	FAT (g)	of which saturated (g)	Carbohydrates (g)	of which sugars (g)	FIBRE (g)	PROTEIN (g)	SALT (g)	ALLERGENS
ENERGY BOOST per 100ml	196	47	0.5	0.3	9.7	9.3	0.2	0.9	0	Milk Sulphur Dioxide
THE SUPER FRUIT per 100ml	184	44	0.2	0.1	9	9	0.4	0	0	Milk
BREAKIE BLAST per 100ml	246	51	1.8	0.6	6.1	6.1	0.7	1.9	0.1	Milk, wheat (gluten) oats, hazelnut, pecans
BERRY PROTEIN per 100ml	184	44	0.2	0.1	9	9	0.4	1.4	0	Soy Milk
PEANUT BUTTER POWER per 100ml	399	95	4.3	1.1	9	9	1	4.8	0.1	Milk, Soy Peanuts
GYM JUNKIE per 100ml	157	35	0	0	8.6	8.6	0.2	0.6	0	Milk, Soy

As all our drinks are made with natural products, nutritional values may vary slightly.

Fuel Juice Bars
Nutritional Information Booklet
Updated June 2018

[illegible]

FRUIT CRUSHES	ENERGY (Kj)	ENERGY (Kcal)	FAT (g)	of which saturated (g)	Carbohydrates (g)	of which sugars (g)	FIBRE (g)	PROTEIN (g)	SALT (g)	ALLERGENS
RASPBERRY CRUSH per 100ml	211.5	46	0.1	0	11.4	9.2	1	0.3	0.1	
TROPICAL CRUSH per 100ml	154.2	36.8	0.1	0	9.2	7	0.9	0.2	0.1	
PASSION CRUSH per 100ml	113.9	27	0	0	6.6	6.1	0.2	0.3	0.2	
TWISTED FUEL										
PEANUT BUTTER LOVE per 100ml	339	81	3.9	0.7	8	7.3	0.9	3.8	0.1	Milk, Soy Peanuts
MILK & COOKIES per 100ml	349	83	2.3	1.2	13.1	1.08	0.5	2.5	0.16	Milk, Soy Gluten
CHOCOLATE ROCKET per 100ml	217.6	52	0.3	0.1	10.9	9.2	0.5	2	0.3	Milk

As all our drinks are made with natural products, nutritional values may vary slightly.

**Fuel Juice Bars
Nutritional Information Booklet
Updated June 2018**

SUPER JUICES	ENERGY (Kj)	ENERGY (Kcal)	FAT (g)	of which saturated (g)	Carbohydrates (g)	of which sugars (g)	FIBRE (g)	PROTEIN (g)	SALT (g)	ALLERGENS
BERRY GOOD per 100ml	145	35	0.2	0	7.9	7.9	0.2	0.4	0	
WATERFALL per 100ml	168.6	39.7	0	0	46.9	10	0.3	0.6	0.1	
DETOX FUEL per 100ml	333.5	80	0	0	16.1	12.8	2.1	2.2	0	Celery
ROCKET JUICE per 100ml	157	27	0	0	8.9	8.6	0.2	0.6	0	
COCO FUEL										
THE COCO SHAKE per 100ml	160	38	0.2	0.2	8.5	8.3	0	0.6	0	Milk Sulphur Dioxide
COCO LOCO per 100ml	82	20	0	0	7.6	7.6	0	0.1	0	
COCO BERRY per 100ml	100	24	0.2	0.2	5.7	5.6	0.4	0.1	0	Sulphur Dioxide

GREEN FUEL	ENERGY (Kj)	ENERGY (Kcal)	FAT (g)	of which saturated (g)	Carbohydrates (g)	of which sugars (g)	FIBRE (g)	PROTEIN (g)	SALT (g)	ALLERGENS
GREEN MACHINE per 100ml	277.8	64	0.5	0.1	14.5	13.8	0.6	0.4	0.1	
THE HULK per 100ml	364	87	3.8	0.1	10	9.1	0.9	3.6	0.1	Soy, Peanuts Milk
GREEN GODDESS per 100ml	195.8	46.3	0.5	0.1	8.7	8.7	0.2	1.5	0.4	Soy Milk
MINT MANIA per 100ml	127	30	0	0	7.6	7.6	0	0.2	0	Celery

As all our drinks are made with natural products, nutritional values may vary slightly.