

Nutritional Guide

Purblendz smoothies are†:
Gluten Free • Dairy Free • All Natural • No Fillers

		Size	Calories	Fat (g)	Carbohydrates (g)	Fibre/ Fiber (g)	Protein (g)	Vitamin C in %D/V
pur fruit	strawberries on the peach	small	165	0.3	39	2	2	141
		regular	302	1	71	4	4	254
	mango z tango	small	190	1	45	2	1	72
		regular	351	2	84	5	2	135
	berry mangalo	small	160	0.4	39	4	1	114
		regular	293	1	71	7	1	209
	strawberry banana blast	small	167	1	40	3	1	102
		regular	305	2	73	5	3	194
	big berry bang	small	197	0.2	48	2	1	129
		regular	345	0.5	84	4	1	223
pur green	spinango	small	188	0.3	46	2	2	189
		regular	333	1	81	5	4	311
	kale a cab	small	154	0.3	38	2	1	135
		regular	281	1	69	3	2	250
pur elixir	metabol blast	small	222	1	49	3	5	150
		regular	406	2	90	7	10	269
	immune boost	small	159	0.3	38	2	1	196
		regular	290	1	70	4	2	357
protein	protein extreme	regular	339	1	56	3	28	350
	ro-blue protein	regular	330	2	66	4	17	122

†Except whey protein. Regular size is 24 oz. Small size is 12 oz. Menu items vary by location and might not include the entire list of menu items displayed in this nutritional guide. Nutritional information was supplied to Purblendz restaurants from approved food manufacturers, the Canadian Nutrient File Database published by Health Canada (2010), and the USDA Nutrient Database for Standard Reference, release 23 (2010). Nutritional information has been based on the most widely used brands offered to our franchisees, product and nutrient values may vary from region to region. Due to guests' individual selections, nutritional value may vary.

purblendz
 pure all natural smoothies

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- Dairy Free
- All Natural
- No Fillers



Menu and Nutritional info

Extremepita Midtown Plaza
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 Fax:306 954 4601

extremepita.com



at **purblendz**
we believe natural is better.

While other smoothies contain additives, boosters, or formulated supplements, we use combinations of all natural fruits and vegetables. Consider this simple fact, fruits and vegetables are one of the healthiest and most wholesome nutritional sources available and they taste great, so why add anything more?

pur fruit for strength+vitality

strawberries on the peach

strawberries, peaches, apple juice, cranberry juice

mango z tango

mangos, bananas, passion-orange-guava juice, rice milk

berry mangalo

raspberries, mangos, passion-orange-guava juice

strawberry banana blast

strawberries, bananas, passion-orange-guava juice, rice milk

big berry bang

strawberries, pineapples, blueberries, bananas, cranberry juice, passion-orange-guava juice

pur green for well being

spinango

spinach, mangos, bananas, apple juice, orange juice

kale a cab

kale, cabbage, mangos, blueberries, passion-orange-guava juice

pur elixirs for purity

metabol blast

blueberries, raspberries, strawberries, bananas, flax seed, bee pollen, whey protein, cranberry juice, apple juice

immune boost

echinacea, mangos, strawberries, orange juice, apple juice, passion-orange-guava juice

protein for strength+energy
regular only

protein extreme

double portion whey protein, bananas, strawberries, orange juice

so-blue protein

whey protein, bananas, blueberries, apple juice, rice milk



Interested in enhancing your smoothie even more?

We are all about keeping it pure. Our smoothie enhancers are considered to be some of the best all natural supplements found in nature. Try one and boost your smoothie experience.

pur enhancers

echinacea

Commonly used to enhance your immune system. May help to fight colds.*

flax seed

Source of omega-3 fatty acids and fibre/fiber which may help to lower cholesterol.*

whey protein

High source of protein and can be easily digested.*

bee pollen

Source of antioxidants, vitamin A, C, E and B-complex, amino acids and protein. May increase stamina and energy levels.*

*Information on this menu is provided solely for the user's information and is provided strictly "as is" and without warranty of any kind. Please contact a registered nutritionist for more information on the enhancers listed.

