


| Nutritional Information | | | | | | | | | | | | | | | | Allergens | | | | | | | | | | | | | | |
|---|---------|------------------|----------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|---------------|---------------|-------------|-----------|---------|-----------|------|------|------------------|-----|-------|-----------|---------|--------------|--|--|--|---|
|  | | Serving Size (g) | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrate (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Vitamin A (%) | Vitamin C (%) | Calcium (%) | Iron (%) | Peanuts | Tree Nuts | Milk | Eggs | Fish / Shellfish | Soy | Wheat | Sulphites | Mustard | Sesame Seeds | | | | |
| fruit | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| strawberries on the peach | small | 12oz | 160 | 0.2 | 0 | 0 | 0 | 15 | 38 | 2 | 34 | 2 | 2 | 110 | 0 | 6 | | | | | | | | | | | | | | |
| | regular | 24oz | 290 | 0.5 | 0 | 0 | 0 | 25 | 68 | 5 | 62 | 3 | 4 | 210 | 2 | 10 | | | | | | | | | | | | | | |
| mango + tango | small | 12oz | 200 | 1.5 | 1 | 0 | 0 | 45 | 46 | 2 | 32 | 2 | 0 | 130 | 15 | 2 | | | | | | | | | | | | | | |
| | regular | 24oz | 360 | 2 | 2 | 0 | 0 | 75 | 86 | 4 | 60 | 4 | 0 | 240 | 25 | 4 | | | | | | | | | | | | | | |
| berry mangalo | small | 12oz | 160 | 0.3 | 0 | 0 | 40 | 35 | 40 | 3 | 34 | 1 | 0 | 220 | 2 | 4 | | | | | | | | | | | | | | |
| | regular | 24oz | 270 | 0.5 | 0.1 | 0 | 0 | 55 | 66 | 7 | 56 | 2 | 0 | 370 | 4 | 8 | | | | | | | | | | | | | | |
| strawberry banana blast | small | 12oz | 180 | 1 | 1 | 0 | 0 | 45 | 42 | 2 | 26 | 2 | 0 | 150 | 15 | 6 | | | | | | | | | | | | | | |
| | regular | 24oz | 330 | 2 | 2 | 0 | 0 | 75 | 77 | 4 | 48 | 3 | 0 | 280 | 25 | 10 | | | | | | | | | | | | | | |
| big berry bang | small | 12oz | 180 | 0.2 | 0 | 0 | 0 | 25 | 45 | 2 | 37 | 1 | 0 | 180 | 0 | 4 | | | | | | | | | | | | | | |
| | regular | 24oz | 340 | 0.4 | 0.1 | 0 | 0 | 45 | 83 | 5 | 68 | 1 | 0 | 320 | 2 | 6 | | | | | | | | | | | | | | |
| green | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| spinango | small | 12oz | 180 | 0.3 | 0.1 | 0 | 0 | 20 | 44 | 2 | 36 | 2 | 10 | 130 | 2 | 4 | | | | | | | | | | | | | | |
| | regular | 24oz | 340 | 0.5 | 0.2 | 0 | 0 | 35 | 85 | 4 | 68 | 4 | 20 | 250 | 4 | 10 | | | | | | | | | | | | | | |
| kale a cab | small | 12oz | 140 | 0.3 | 0.1 | 0 | 0 | 45 | 35 | 2 | 29 | 2 | 45 | 230 | 4 | 4 | | | | | | | | | | | | | | |
| | regular | 24oz | 260 | 0.5 | 0.1 | 0 | 0 | 85 | 63 | 4 | 51 | 3 | 90 | 420 | 10 | 10 | | | | | | | | | | | | | | |
| super | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| metabol blast | small | 12oz | 200 | 1 | 0.1 | 0 | 0 | 40 | 45 | 4 | 36 | 2 | 0 | 110 | 6 | 6 | | | | | | | | | | | | | | ✓ |
| | regular | 24oz | 330 | 2 | 0.3 | 0 | 0 | 70 | 76 | 9 | 57 | 4 | 0 | 200 | 10 | 10 | | | | | | | | | | | | | | ✓ |
| immune boost | small | 12oz | 150 | 0.2 | 0.1 | 0 | 0 | 20 | 37 | 2 | 32 | 1 | 0 | 200 | 2 | 4 | | | | | | | | | | | | | | |
| | regular | 24oz | 280 | 0.3 | 0.1 | 0 | 0 | 30 | 68 | 4 | 58 | 3 | 0 | 360 | 4 | 10 | | | | | | | | | | | | | | |
| protein | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| protein extreme | regular | 24oz | 320 | 1.5 | 0.2 | 0 | 15 | 30 | 61 | 1 | 45 | 19 | 0 | 370 | 15 | 4 | | | | | | | | | | | | | | ✓ |
| so-blue protein | regular | 24oz | 330 | 2.5 | 2 | 0 | 10 | 70 | 68 | 5 | 45 | 11 | 0 | 8 | 30 | 2 | | | | | | | | | | | | | | ✓ |

The nutrition information listed here was generated with Genesis SQL and is based on standard recipes and formulations. Variation may occur due to, among other things, differences in products assembly and preparation at the restaurant level, differences in suppliers, ingredient substitution, recipe revision or season of the year. MTY Tiki Ming Enterprises Inc. and its employees do not assume any responsibility for any variation in the actual nutritional content of the products offered in its outlets and the nutritional information listed here.

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