

Nutritional Boosts

One FREE boost per smoothie Add Additional boosts for a little more

Vitabek®

100% DV of 20 vitamins & minerals

Kidbek®

Essential support for growing kids

Cardiobek™

Cardiovascular support formula with red grape seed extract

Soy Protein

6 grams of vegetarian protein

Whey Protein

5 grams of high-performance protein

Trimbek®

Chromium and thermogenic herbs to increase metabolism & burn fat

Fiberbek®

Fiber to reduce cholesterol & promote healthy digestion

Powerbek™

Natural energizer with ginseng

Immunibek™

Anti-cold formula with vitamin C, echinacea & zinc

Creatine

Optimizes workout performance

Intellibek®

Aids memory and concentration with ginkgo biloba

Take home any of our conveniently packaged premium nutritional supplements.

These products are not intended for use by pregnant or lactating women or if you are under a doctor's care.

Power Smoothies

Available in 24 & 32 oz. sizes

Venice Burner® **17 G PROTEIN**

Squeezed fresh orange juice, peaches, bananas, pineapple sherbet, ice + Trim•bek, Power•bek & Soy Protein

Cardio Cooler™ **17 G PROTEIN**

Passionfruit-mango juice, mangos, peaches, orange & pineapple sherbet, ice + Cardio•bek, Fiber•bek & Soy Protein

Robeks MuscleMax™ **20 G PROTEIN**

Cranberry juice, pineapples, blueberries, bananas, raspberry sherbet + Creatine & Whey Protein

Pro Arobek® **30 G PROTEIN**

Apple juice, bananas, raspberry sherbet, non-fat yogurt, ice + Creatine, Trim•bek & Soy Protein

Robeks Rejuvenator™ **ENERGY**

Raspberry juice, strawberries, pineapples, raspberry & pineapple sherbet, ice + Vita•bek, Intelli•bek, Power•bek & Soy Protein

Dr. Robeks® **100% DAILY VALUE**

Squeezed fresh orange juice, raspberries, strawberries, raspberry sherbet, ice + Immuni•bek & Vita•bek

Citrus Stinger™ **100% DAILY VALUE**

Squeezed fresh orange juice, raspberry lemonade, peaches, orange & pineapple sherbet, ice + Vita•bek, Power•bek & Soy Protein

Zen Berry® **SOY DAIRY FREE**

A holistic blend of squeezed fresh orange juice, strawberries, bananas, soy sorbet, ice + Vita•bek, Fiber•bek & Immuni•bek

Berry Smoothies

Available in 12, 24 & 32 oz. sizes



Strawnana Berry™

Apple juice, strawberries, bananas, non-fat yogurt, ice



Infinite Orange®

Squeezed fresh orange juice, strawberries, bananas, non-fat yogurt, ice



Banzai Blueberry™

Squeezed fresh orange juice, blueberries, strawberries, raspberry sherbet, non-fat yogurt, ice



Cranberry Quest™

Cranberry juice, blueberries, strawberries, raspberry sherbet, non-fat yogurt, ice



Berry Brilliance®

Apple juice, blueberries, bananas, raspberry sherbet, non-fat yogurt, ice



Raspberry Romance®

Raspberry juice, raspberries, strawberries, bananas, non-fat yogurt, ice



Hummingbird®

Guava juice, mangos, strawberries, bananas, orange sherbet, ice



Outrageous Raspberry®

Raspberry juice, strawberries, orange sherbet, ice

Tropical Smoothies

Available in 12, 24 & 32 oz. sizes



Big Wednesday®

Papaya juice, strawberries, peaches, bananas, orange sherbet, pineapple sherbet, ice



Mahalo Mango®

Papaya juice, mangos, pineapple sherbet, non-fat yogurt, ice



South Pacific Squeeze®

Squeezed fresh orange juice, strawberries, pineapples, bananas, pineapple sherbet, ice



Piña Koolada™

Papaya juice, pineapples, bananas, coconut, pineapple sherbet, non-fat yogurt, ice



Passionfruit Cove®

Passionfruit-mango juice, strawberries, peaches, pineapple sherbet, ice



Guava Lava™

Guava juice, pineapples, strawberries, bananas, pineapple sherbet, ice



Polar Pineapple™

Papaya juice, strawberries, pineapples, pineapple sherbet, ice



Malibu Peach™

Papaya juice, peaches, non-fat yogurt, ice

Exotic Smoothies

Available in
24 & 32 oz. sizes

Awesome Açai™

Açai, raspberries, bananas, raspberry sherbet, non-fat yogurt and ice

Pomegranate Passion™

Pomegranate juice, strawberries, non-fat yogurt and ice

Açai Energizer™

Açai, strawberries, blueberries, pineapple sherbet, non-fat yogurt, ice + Power•bek & Soy Protein

Pomegranate Power™

A blend of natural antioxidants with pomegranate juice, strawberries, blueberries, raspberry sherbet, non-fat yogurt, ice + Power•bek, Cardio•bek & Soy Protein

Green Tea Sensation™

Matcha Green Tea, soy milk and non-fat yogurt

Energy Bowls

Açai Energy Bowl™

2 scoops of Açai and topped with fresh banana slices and granola

Super Açai Bowl™

3 scoops of Açai and topped with fresh banana slices and granola

Fresh Juices

Available in
12, 24 & 32 oz. sizes

Apple or Orange or Carrot

Add apple, banana, beet, carrot, celery, ginger, orange or spinach for a little more.

Raspberry Lemonade

ABC® apple + beet + carrot

G-Snap™ carrot + orange + ginger

Green-V™ carrot + celery + spinach

Monkey-C™ orange + banana

Power Shots

1 or 2 oz.

Green Tea Shots™

Fat Burner, Energy or Immunity

1 or 2 oz.

Organic Wheatgrass

Add a 5 oz. O.J. chaser for a little more



Shakes & Freezes

Available in
12, 24 & 32 oz. sizes

Bananasplit Shake

Non-fat milk, chocolate, bananas, non-fat yogurt

P-Nut Power Shake™

Non-fat milk, peanut butter, bananas, non-fat yogurt

Lemon Freeze

Raspberry lemonade, pineapple sherbet

Orange Freeze

Fresh-squeezed orange juice, non-fat yogurt

800 lb. Gorilla™ Protein Shake **50 G PROTEIN**

Soy milk, peanut butter, bananas, chocolate, non-fat yogurt + Whey Protein

Frozen Yogurt



Available at most
locations

Strawberry Swirl™

Strawberries, bananas, non-fat frozen yogurt

Three Berry Burst™

Strawberries, raspberries, blueberries, non-fat frozen yogurt

Tropical Twist™

Pineapples, mangos, coconut, non-fat frozen yogurt

Create Your Own 12oz.

- Strawberries
- Blueberries
- Bananas
- Mangos
- Raspberries
- Pineapples
- Peaches
- Coconut

Choose up to 3 fruits

Healthy Eats

Selections & availability
vary by location

Sandwiches, Wraps & Salads

Our sensational selection of gourmet sandwiches, hearty wraps and fresh salads are just the healthy solutions to satisfy even the strongest hunger. We combine great-tasting, healthy ingredients to satisfy your body and your taste buds. Made with lean meats, healthy produce and wholesome grains, our exciting, unexpected recipes guarantee there's something for every taste on the Robeks healthy gourmet menu.

Gourmet Pretzels

Our Gourmet Pretzels are stuffed with natural fillings to provide a unique and delectable snack. They're low in fat and salt - and high in taste. A great snack, anytime.

Power Muffins

Robeks Power Muffins are perfect as a quick energy boost. High in protein and low in fat, they're a great addition to any smoothie or juice.

Power Cookies

Yes, you can have sweets without the guilt. All natural and high in protein, Robeks Power Cookies are a delicious snack when you're on the go.

Nutritional Info

based on 12 oz. serving

Smoothies

	Calories (kcal)	Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fiber (g)	Cholesterol (%DV)	Sodium (%DV)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Açaí Energizer™	167	1	2	36	31	2	1%	2%	2%	30%	8%	8%
Awesome Açaí™	183	1	3	42	34	2	1%	2%	3%	26%	8%	9%
Banzai Blueberry™	175	1	3	38	34	3	1%	1%	3%	159%	9%	4%
Berry Brilliance®	194	1	3	45	40	2	1%	1%	0%	10%	7%	7%
Big Wednesday®	172	1	1	40	36	1	1%	0%	8%	129%	3%	5%
Cardio Cooler™	215	1	9	44	38	3	1%	1%	52%	219%	6%	3%
Citrus Stinger™	194	1	5	40	36	2	1%	1%	55%	330%	46%	25%
Cranberry Quest™	173	0	2	40	37	1	1%	1%	0%	33%	8%	4%
Dr. Robeks®	181	1	3	40	35	3	1%	0%	89%	344%	48%	27%
Green Tea Sensation™	222	1	6	42	41	1	0%	5%	0%	0%	8%	4%
Guava Lava™	180	1	2	42	38	2	1%	0%	3%	78%	4%	8%
Hummingbird®	185	1	2	44	40	1	1%	0%	28%	85%	4%	8%
Infinite Orange®	181	0	4	42	36	3	0%	2%	3%	164%	13%	4%
Mahalo Mango®	174	1	2	42	39	1	1%	1%	60%	43%	8%	4%
Malibu Peach™	153	0	3	36	33	1	0%	2%	14%	213%	11%	4%
Outrageous Raspberry™	174	1	2	39	36	2	1%	0%	3%	182%	5%	5%
Passionfruit Cove®	168	1	2	38	35	1	1%	1%	13%	136%	3%	4%
Pina Koolada™	261	8	3	46	39	3	1%	2%	4%	24%	7%	6%
Polar Pineapple™	164	1	1	38	36	1	1%	0%	4%	42%	3%	5%
Pomegranate Passion™	196	0	4	48	44	1	0%	3%	0%	47%	14%	4%
Pomegranate Power™	211	0	3	50	46	1	1%	2%	0%	24%	9%	3%
Pro Arobek®	265	1	15	54	43	3	1%	1%	0%	15%	8%	7%
Raspberry Romance®	172	0	4	42	35	2	0%	2%	2%	53%	12%	7%
Robeks Rejuvenator™	193	1	5	43	39	2	1%	1%	45%	133%	46%	27%
Robeks MuscleMax™	202	1	11	38	32	2	5%	1%	1%	21%	10%	3%
South Pacific Squeeze®	188	1	2	42	38	3	1%	0%	3%	160%	5%	5%
Strawnana Berry™	179	0	3	44	38	2	0%	2%	0%	33%	12%	8%
Venice Burner®	231	1	9	46	39	4	1%	1%	8%	242%	4%	4%
Zen Berry®	190	1	3	45	29	5	0%	1%	88%	335%	46%	28%

Bowls

Açaí Energy Bowl™	267	3	3	55	41	6	0%	3%	2%	24%	8%	9%
Super Açaí Bowl™	314	6	4	61	43	7	0%	5%	5%	30%	13%	10%

Fresh Juices

Apple	210	0	0	51	50	0	0%	0%	0%	6%	0%	12%
Carrot	120	1	3	24	14	3	0%	9%	960%	6%	6%	6%
Orange	180	1	3	39	38	3	0%	0%	6%	315%	6%	6%

Frozen Yogurt

Average	250	0	10	58	49	1	0%	7%	12%	57%	35%	2%
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Shakes & Freezes

Bananasplit Shake	302	0	11	69	54	2	0%	7%	6%	15%	31%	4%
Lemon Freeze	279	2	2	60	57	0	3%	1%	0%	22%	5%	3%
Orange Freeze	242	0	9	56	49	1	0%	6%	2%	97%	33%	2%
P-Nut Power Shake™	422	18	17	52	37	4	0%	12%	6%	15%	33%	4%
800 lb. Gorilla™	375	9	26	50	38	2	9%	9%	0%	6%	29%	3%

% Daily Values (%DV) based on 2000 calories, 65g fat, 50g protein, 300g carbohydrates, 25g fiber, 300mg cholesterol, 2400mg sodium, 5000IU vitamin A, 60mg vitamin C, 1000mg calcium, 18mg iron. Daily Values may differ depending on your calorie needs.