



boosts

VITAMINS + PROTEIN

soy protein 25 CAL

whey protein 70 CAL

daily vitamin + zinc 15 CAL

3G energy 5 CAL

WHOLE FOOD

pumpkin seeds 130 CAL

almond butter 30 CAL

peanut butter 100 CAL

ginger 5 CAL

chia seeds 20 CAL

matcha powder 5 CAL

nonfat Greek yogurt 40 CAL

blue spirulina 5 CAL

kale 15 CAL

goji berries 15 CAL

coconut chips 25 CAL



swap it out

vanilla coconutmilk 80 CAL

unsweetened almondmilk 25 CAL

soymilk 150 CAL



CLASSIC smoothies



small 16 oz • medium 22 oz • large 28 oz

mango-a-go-go®

300/400/510 CAL

CONTAINS MILK

passion fruit mango juice blend,
mangos, pineapple sherbet

caribbean passion®

260/340/420 CAL

CONTAINS MILK

passion fruit mango juice blend,
orange sherbet, strawberries,
peaches

razzmatazz®

270/360/460 CAL

CONTAINS MILK

mixed berry juice blend, orange
sherbet, strawberries, bananas

strawberry surf rider™

250/340/420 CAL

CONTAINS MILK

lemonade, lime sherbet, strawberries,
peaches

aloha pineapple®

310/400/510 CAL

CONTAINS MILK

pineapple juice, pineapple sherbet,
strawberries, bananas, nonfat Greek
yogurt

white gummi

320/450/590 CAL

CONTAINS MILK + SOY

peach juice blend, pineapple sherbet,
soymilk, lime sherbet, orange sherbet,
mangos, raspberry sherbet

strawberries wild®

240/340/430 CAL

CONTAINS MILK

apple strawberry juice blend, fat free
vanilla frozen yogurt, strawberries,
bananas

orange dream machine®

310/440/550 CAL

CONTAINS MILK + SOY

orange juice, orange sherbet, soymilk,
fat free vanilla frozen yogurt

peanut butter moo'd®

430/720/910 CAL

CONTAINS MILK, PEANUT + SOY

fat free vanilla frozen yogurt,
chocolate moo'd dairy base, soymilk,
bananas, peanut butter

matcha green tea blast®

270/410/500 CAL

CONTAINS MILK + SOY

soymilk, fat free vanilla frozen yogurt,
matcha green tea

watermelon breeze

280/400/480 CAL

CONTAINS MILK

watermelon juice blend, raspberry
sherbet, strawberries, pineapples

PLANT-
BASED

smoothies



small 16 oz • medium 22 oz • large 28 oz

apple 'n greens™ 250/320/400 CAL  

apple strawberry juice blend, kale, mangos, bananas, peaches

mega mango™ 210/310/350 CAL 

orange juice, pineapple juice, mangos, strawberries

strawberry whirl™ 210/300/350 CAL 

apple strawberry juice blend, strawberries, bananas

greens 'n ginger™ 230/290/380 CAL 

lemonade, peaches, kale, mangos, ginger

pomegranate

paradise™ 220/320/380 CAL  

pomegranate juice blend, mangos, strawberries, peaches

peach perfection™ 210/310/360 CAL 

peach juice blend, mangos, peaches, apple strawberry juice blend, strawberries

amazing greens® 360/430/510 CAL 

peach juice blend, lemonade, peaches, kale, bananas, pumpkin seeds

vanilla blue sky 210/280/360 CAL 

CONTAINS ALMOND + COCONUT

unsweetened almondmilk, vanilla coconutmilk, bananas, pineapples, blue spirulina boost

NUTRIENT-RICH
since 1990



POWER smoothies

small 16 oz • medium 22 oz • large 28 oz

açaí super-antioxidant™ 340/440/540 CAL
CONTAINS MILK + SOY 

soymilk, açai blend, strawberries, blueberries, raspberry sherbet, daily
vitamin + zinc boost

protein berry workout™ 
300/390/420 or 300/390/440 CAL
CONTAINS SOY or SOY + MILK

soymilk, strawberries, bananas
WITH soy protein CONTAINS SOY OR whey protein CONTAINS MILK + SOY

pb + banana protein 540/630/810 CAL 
CONTAINS MILK, PEANUT + SOY

reduced fat milk, bananas, peanut butter, whey protein, honey

pb chocolate love™ 400/580/760 CAL
CONTAINS MILK + PEANUT

chocolate moo'd dairy base, reduced fat milk, bananas, peanut butter

orange c-boosters™ 240/330/410 CAL
CONTAINS MILK + SOY

orange juice, orange sherbet, peaches, bananas,
daily vitamin + zinc boost



unleash the power of

VITAMIN-PACKED smoothies

BLISSFUL bowls



açai primo™

510 CAL

CONTAINS COCONUT + SOY

**strawberries, açai blend,
blueberries, soymilk, bananas**

WHAT'S ON TOP bananas,
strawberries, organic granola,
blueberries, honey, shredded
coconut

chunky strawberry™

580 CAL

CONTAINS MILK, PEANUT + SOY

**strawberries, soymilk,
bananas, nonfat Greek
yogurt, organic granola,
peanut butter**

WHAT'S ON TOP bananas, organic
granola, strawberries

island pitaya™

480 CAL

CONTAINS COCONUT

**pineapple juice, pitayas,
mangos, pineapples,
bananas, chia seeds**

WHAT'S ON TOP bananas,
strawberries, organic granola,
blueberries, honey, shredded
coconut

oatmeal 170 CAL CONTAINS SOY

organic steel-cut oats, soymilk concentrate

PICK TWO TOPPINGS

bananas 60 CAL

strawberries 5 CAL

blueberries 10 CAL

shredded coconut 25 CAL

organic granola 100 CAL

nutty almond butter

430 CAL

CONTAINS ALMOND

**unsweetened almondmilk,
bananas, peaches, almond
butter**

WHAT'S ON TOP bananas, organic
granola, strawberries, blueberries,
almond butter, sliced almonds

peachy green goodness

510 CAL

**peach juice blend, mangos,
peaches, kale, pumpkin seeds**

WHAT'S ON TOP bananas, organic
granola, strawberries, chia seeds

vanilla blue sky

330 CAL

CONTAINS ALMOND + COCONUT

**bananas, pineapples,
unsweetened almondmilk,
vanilla coconutmilk, blue
spirulina boost**

WHAT'S ON TOP organic granola,
strawberries, blueberries, coconut
chips, goji berries, sliced almonds

brown sugar crumbles 40 CAL

honey 30 CAL

chia seeds 20 CAL

sliced almonds 20 CAL

FRESH-SQUEEZED juices



small 16 oz • medium 22 oz • large 28 oz

purely orange™ 

220/310/390 CAL

purely carrot™ 

190/270/340 CAL

orange carrot twist™  

210/290/360 CAL

Juice offerings vary by location.

FRESH shots



ginger lemon cayenne 15 CAL 

ginger orange cayenne 25 CAL 

wheatgrass juice 15 CAL CONTAINS WHEAT  

jamba kids

**blueberry
strawberry
blast-off™** 190 CAL 

mixed berry juice blend, blueberries,
strawberries, bananas

**strawberries
gone bananas™** 150 CAL 

apple strawberry juice blend,
strawberries, bananas



Kids smoothies may not be available at all locations.

SODIUM (mg)
PROTEIN (g)
CARBS (g)
SATURATED FAT (g)
CALORIES (kcal)
SERVING SIZE

vitamins + protein boosts

3G Energy	3g	5	0	3	0	0
daily vitamin + zinc	4g	15	0	3	0	0
soy protein	7g	25	0	0	6	70
whey protein	16g	70	0	1	13	35

whole food boosts

chia seeds	3g	20	0	2	1	0
nonfat Greek yogurt	69g	40	0	3	7	30
kale	29g	15	0	3	1	10
pumpkin seeds	24g	130	2	3	7	0
almond butter	5g	30	0	0	1	0
peanut butter	17g	100	1.5	4	4	50
blue spirulina	0.8g	5	0	0	0	0
goji berries	4g	15	0	3	1	15
matcha powder	1g	5	0	0	0	0

fresh squeezed juices

orange carrot twist	16 oz.	210	0	48	4	170
	22 oz.	290	0	67	5	230
	28 oz.	360	0	85	7	290
purely carrot	16 oz.	190	0	45	4	330
	22 oz.	270	0	62	6	450
	28 oz.	340	0	79	8	570
purely orange	16 oz.	220	0	52	3	0
	22 oz.	310	0	71	5	5
	28 oz.	390	0	90	6	10

shots

ginger lemon cayenne shot	2 oz.	15	0	4	0	0
ginger orange cayenne shot	2 oz.	25	0	5	0	0
wheatgrass shot	2 oz.	15	0	2	1	10

SODIUM (mg)
PROTEIN (g)
CARBS (g)
SATURATED FAT (g)
CALORIES (kcal)
SERVING SIZE

classic smoothies

mango-a-go-go	16 fl. oz.	300	0.5	73	1	35
	22 fl. oz.	400	0.5	97	2	45
	28 fl. oz.	510	1	123	2	60
caribbean passion	16 fl. oz.	260	0	63	2	35
	22 fl. oz.	340	0.5	82	2	45
	28 fl. oz.	420	1	102	3	55
razzmatazz	16 fl. oz.	270	0	65	1	30
	22 fl. oz.	360	0.5	87	1	40
	28 fl. oz.	460	1	112	2	55
strawberry surf rider	16 fl. oz.	250	0	60	1	15
	22 fl. oz.	340	0.5	84	1	25
	28 fl. oz.	420	1	102	1	25
aloha pineapple	16 fl. oz.	310	0.5	67	7	45
	22 fl. oz.	400	0.5	89	7	55
	28 fl. oz.	510	1	115	8	65
strawberries wild	16 fl. oz.	240	0	57	3	50
	22 fl. oz.	340	0	81	5	75
	28 fl. oz.	430	0	103	6	95
orange dream machine	16 fl. oz.	310	0.5	68	5	95
	22 fl. oz.	440	1	97	7	125
	28 fl. oz.	550	1	120	9	160
peanut butter moo'd	16 fl. oz.	430	2	75	13	190
	22 fl. oz.	720	4	120	22	330
	28 fl. oz.	910	5	144	29	420
matcha green tea blast	16 fl. oz.	270	0	56	8	130
	22 fl. oz.	410	0	87	12	200
	28 fl. oz.	500	0	105	14	240
watermelon breeze	16 fl. oz.	280	0	68	2	35
	22 fl. oz.	400	0.5	97	2	50
	28 fl. oz.	480	0.5	118	3	60
white gummi	16 fl. oz.	320	1	74	2	65
	22 fl. oz.	450	1.5	105	2	85
	28 fl. oz.	590	2	135	4	120

plant-based smoothies

apple 'n greens	16 fl. oz.	250	0	58	5	50
	22 fl. oz.	320	0	76	6	55
	28 fl. oz.	400	0	96	7	70
mega mango	16 fl. oz.	210	0	50	2	10
	22 fl. oz.	310	0	74	3	15
	28 fl. oz.	350	0	85	4	15
strawberry whirl	16 fl. oz.	210	0	51	2	15
	22 fl. oz.	300	0	75	3	20
	28 fl. oz.	350	0	87	3	25
greens 'n ginger	16 fl. oz.	230	0	56	4	25
	22 fl. oz.	290	0	70	4	30
	28 fl. oz.	380	0	91	6	40
pomegranate paradise	16 fl. oz.	220	0	54	2	15
	22 fl. oz.	320	0	80	2	25
	28 fl. oz.	380	0	93	3	25
peach perfection	16 fl. oz.	210	0	51	2	25
	22 fl. oz.	310	0	76	3	35
	28 fl. oz.	360	0	88	3	40
amazing greens	16 fl. oz.	360	2.5	57	7	40
	22 fl. oz.	430	2.5	74	7	50
	28 fl. oz.	510	2.5	92	8	65
vanilla blue sky	16 fl. oz.	210	2.5	43	2	90
	22 fl. oz.	280	3	61	3	110
	28 fl. oz.	360	4	77	4	150

	SERVING SIZE	CALORIES (kcal)	SATURATED FAT (g)	CARBS (g)	PROTEIN (g)	SODIUM (mg)
power smoothies						
açai super-antioxidant	16 fl. oz.	340	1	69	6	80
	22 fl. oz.	440	1.5	89	8	100
	28 fl. oz.	540	2	110	10	125
protein berry workout W/SOY PROTEIN	16 fl. oz.	300	0	58	13	170
	22 fl. oz.	390	0	78	16	200
	28 fl. oz.	420	0	87	17	210
protein berry workout W/WHEY PROTEIN	16 fl. oz.	300	0	52	19	115
	22 fl. oz.	390	0.5	72	21	150
	28 fl. oz.	440	0.5	84	23	170
pb + banana protein	16 fl. oz.	540	6	51	36	260
	22 fl. oz.	630	7	70	38	290
	28 fl. oz.	810	9	89	42	370
pb chocolate love	16 fl. oz.	400	4.5	64	12	180
	22 fl. oz.	580	6	86	17	270
	28 fl. oz.	760	8	105	21	350
orange c-boosters	16 fl. oz.	240	0	56	3	20
	22 fl. oz.	330	0.5	76	3	25
	28 fl. oz.	410	1	95	4	30
lotta horchata	16 fl. oz.	190	0	38	4	140
	22 fl. oz.	280	0	57	6	200
	28 fl. oz.	320	0	66	7	250
la vida mocha	16 fl. oz.	270	1	58	8	135
	22 fl. oz.	420	1.5	90	12	200
	28 fl. oz.	510	1.5	109	15	240

steel-cut oatmeal						
oatmeal	6.4 oz.	170	0	31	6	20

toppings						
blueberries	15g	10	0	2	0	0
bananas	64g	60	0	15	1	0
coconut chips	4g	25	1.5	3g	0	15
ginger	5g	5	0	1	0	0
strawberries	18g	5	0	1	0	0
brown sugar crumble	10g	40	0	8	0	0
shredded coconut	3g	25	2	1	0	0
sliced almonds	3g	20	0	1	1	0
honey	10g	30	0	9	0	0
organic granola	21g	100	0	14	2	5

jamba kids smoothies						
blueberry strawberry blast-off	10 oz.	190	0	46	1	15
strawberries gone bananas	10 oz.	150	0	36	1	10

	SERVING SIZE	CALORIES (kcal)	SATURATED FAT (g)	CARBS (g)	PROTEIN (g)	SODIUM (mg)
blissful bowls						
açai primo	18 oz.	510	3.5	101	8	45
chunky strawberry	18 oz.	580	2.5	94	21	135
island pitaya	18 oz.	480	2.5	102	7	20
nutty almond butter	18 oz.	430	1.5	68	5	105
peachy green goodness	18 oz.	510	3	82	15	50
vanilla blue sky	18 oz.	330	3	62	6	85

breakfast sandwiches						
bacon, roasted tomato + spinach	129g	250	3	30	12	600
roasted tomato, spinach + feta	127g	240	3	30	11	550
turkey sausage, roasted red pepper + gouda	150g	290	4.5	25	20	660

breakfast wraps						
spinach 'n cheese	151g	240	3	30	15	590
turkey sausage 'n cheese	130g	320	6	30	17	580

artisan flatbreads						
four cheese	146g	350	5	44	18	570
sweet 'n spicy chicken	146g	330	4	38	12	580

baked goods						
apple cinnamon pretzel	141g	390	0	78	9	290
sourdough parmesan pretzel	141g	420	3	69	12	690
cheddar tomato twist	91g	250	2	41	9	430
sweet belgian waffle	70g	310	8	39	5	290



SERVING SIZE

Small - 16 fl. oz.

Medium - 22 fl. oz.

Large - 28 fl. oz.

We are proud to serve our smoothie and bowl menu free of artificial ingredients:

NO ARTIFICIAL COLORS OR FLAVORS

NO ARTIFICIAL SWEETENERS

NO HIGH FRUCTOSE CORN SYRUP

All products may not be available at all locations.



plant-based



WHIRL'D FAMOUS!

Allergy concerns? Please let us know when ordering. Our products may contain almonds, peanuts, coconuts, eggs, wheat, dairy, or soy. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

*Some of our juices are blends made from concentrate and/or have added natural flavors.

Please visit www.jamba.com for details.