



NUTRITIONAL FACTS (US ONLY)

See following page for Premium Fruit Smoothies

Julius® Fruit Drinks

Fruity, Frothy & Thirst-Quenching!

FLAVOR	SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT GRAMS	SATURATED FAT GRAMS	TRANS FAT	CHOLESTEROL MILIGRAMS	SODIUM MILIGRAMS	TOTAL CARBOHYDRATE GRAMS	DIETARY FIBER GRAMS	SUGAR GRAMS	PROTEIN GRAMS	PERCENT DAILY VALUE				LOW FAT
													VITAMIN A	VITAMIN C	CALCIUM	IRON	
Banana [®]	16	320	60	7	6	0	5	70	65	5	44	3	10	60	6	4	
	20	400	80	9	7	0	5	90	82	6	55	4	15	70	8	4	
	32	640	120	14	12	0.5	5	140	131	9	88	6	25	120	15	8	
Blackberry	16	280	60	7	6	0	5	64	55	4	37	2	2	4	8	4	
	20	350	80	8	7	0	5	85	68	5	47	3	2	4	10	4	
	32	560	120	14	11	0.5	5	135	109	8	75	5	2	6	15	6	
Cranberry Banana Julius [®]	16	140	5	0.5	0	0	0	20	35	3	29	1	0	20	2	2	✓
	20	170	5	1	0	0	0	25	43	4	36	1	0	25	2	2	✓
	32	270	10	1.5	0	0	0	40	69	6	57	2	2	35	4	4	✓
Cranberry Orange Julius [®]	16	120	5	0.5	0	0	0	20	29	2	26	1	0	35	2	2	✓
	20	150	5	0.5	0	0	0	20	37	3	32	1	0	45	2	2	✓
	32	230	10	1	0	0	0	35	59	4	52	1	0	70	2	4	✓
Cranberry Pineapple Julius [®]	16	140	5	0.5	0	0	0	20	34	3	28	1	0	25	2	2	✓
	20	170	5	1	0	0	0	25	43	3	35	1	0	30	2	2	✓
	32	240	10	1.5	0	0	0	40	68	6.5	56	2	2	45	4	4	✓
Mango Julius [®]	16	150	5	0.5	0	0	0	20	38	1	36	1	40	45	2	0	✓
	20	190	5	0.5	0	0	0	25	48	1	48	1	50	50	2	0	✓
	32	300	10	1	0.5	0	0	40	77	2	72	2	80	90	4	2	✓
Orange Julius [®]	16	130	5	0.5	0	0	0	20	33	0	30	1	30	80	2	0	✓
	20	160	5	0.5	0	0	0	25	41	0	38	1	40	100	2	2	✓
	32	260	10	1	0	0	0	35	65	1	61	2	60	180	4	2	✓
Peach Julius [®]	16	140	5	0	0	0	0	20	34	1	32	1	6	140	2	0	✓
	20	170	5	0.5	0	0	0	25	43	1	40	1	8	170	2	0	✓
	32	270	10	1	0	0	0	40	69	2	64	2	10	270	4	2	✓
Piña Colada	16	260	60	7	6	0	5	75	52	2	41	2	0	25	6	2	
	20	330	70	8	7	0	5	95	64	3	51	2	0	30	8	4	
	32	530	120	13	11	0.5	5	150	103	5	82	4	0	45	10	6	
Pineapple Julius [®]	16	120	5	0	0	0	0	25	31	1	29	0	0	15	2	2	✓
	20	150	5	0.5	0	0	0	30	38	1	36	1	0	20	2	2	✓
	32	240	5	1	0	0	0	50	61	2	58	1	0	35	4	4	✓
Pomegranate Julius [®]	16	160	5	0.5	0	0	0	25	40	1	39	1	0	8	2	0	✓
	20	200	5	0.5	0	0	0	30	50	1	49	1	0	10	2	0	✓
	32	310	10	1	0	0	0	45	80	2	78	1	2	15	4	2	✓
Raspberry Julius [®]	16	200	5	1	0	0	0	20	51	3	49	1	2	25	4	0	✓
	20	220	10	1	0	0	0	25	56	3	54	1	2	25	4	0	✓
	32	350	10	1.5	0	0	0	40	90	6	87	2	4	45	6	0	✓
Strawberry Banana	16	300	60	7	6	0	5	65	60	4	44	3	15	80	8	2	
	20	380	80	8	7	0	5	80	75	4	55	3	20	100	10	4	
	32	600	120	14	11	0.5	5	130	120	7	87	5	30	150	15	6	
Strawberry Lemonade Julius [®]	16	200	5	0	0	0	0	20	54	1	51	1	0	40	2	0	✓
	20	260	5	1	0	0	0	25	67	1	64	1	0	50	2	2	✓
	32	420	5	1	0	0	0	40	112	1	106	1	0	80	4	2	✓
Tropical	16	350	60	7	6	0	5	70	71	4	49	3	30	120	8	4	
	20	430	80	9	7	0	5	85	89	6	61	4	40	150	10	4	
	32	690	130	14	12	0.5	5	135	142	9	98	7	60	230	15	6	
Tripleberry [®]	16	310	60	7	6	0	5	65	63	4	49	2	2	20	8	2	
	20	380	80	8	7	0	5	80	78	5	61	3	2	25	10	2	
	32	620	120	14	11	0.5	5	130	125	9	97	5	4	40	15	4	

Flavor Enhancer

A dairy-based flavor enhancer blended for taste and texture. Ingredients include dairy and egg products, specifically whole milk powder and egg white solids.

Contains: Milk and egg

Coconut Almond Cream Powder

A coconut, almond and natural cream flavor booster for a thicker, richer, smoother taste. Ingredients include dairy and egg products, specifically non-fat milk, natural cream flavor and egg white solids.

Contains: Milk, egg, coconut and soy.

Allergens including peanuts, treenuts, milk and eggs are used in this location and may come in contact with your product.

This nutrition information presumes and is dependent upon the operator of the franchised restaurant complying with preparation, ingredient, supply and portioning requirements. Variations may occur due to supply and differences in procedures at restaurants. Seasonal differences and slight variations among different manufacturers must also be expected. If you have specific questions about certain procedures or ingredients please ask the operator of the franchised Orange Julius store that you visit. Nutritional analysis was performed by R-Tech[®], product manufacturers, Commercial Testing Laboratory, Inc., and ESHA Genesis Program. Representative values from manufacturers and the USDA were also used.

Premium Fruit Smoothies

Thick, Tasty & Made To Order!

FLAVOR	SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT GRAMS	SATURATED FAT GRAMS	TRANS FAT	CHOLESTEROL MILIGRAMS	SODIUM MILIGRAMS	TOTAL CARBOHYDRATE GRAMS	DIETARY FIBER GRAMS	SUGAR GRAMS	PROTEIN GRAMS	PERCENT DAILY VALUE				LOW FAT
													VITAMIN A	VITAMIN C	CALCIUM	IRON	
3-Berry Blast	20 oz.	460	5	0	0	0	5	150	108	6	89	8	2	50	30	4	✓ FAT FREE
Berry Banana Squeeze	20 oz.	270	0	0	0	0	0	10	70	4	59	1	0	150	2	2	✓ FAT FREE
Berry Lemon Lively	20 oz.	440	5	0	0	0	5	150	106	5	86	8	2	40	30	2	✓ FAT FREE
Blackberry Storm	20 oz.	680	140	15	13	0.5	15	290	128	6	90	12	2	4	40	4	
Blackberry Toner	20 oz.	410	5	0	0	0	5	150	94	4	71	8	2	120	30	4	✓ FAT FREE
Cocoa Latte Swirl	20 oz.	960	210	23	19	0.5	20	870	156	5	119	34	25	6	120	8	
Mango Passion	20 oz.	370	0	0	0	0	5	170	86	1	75	7	40	110	25	2	✓ FAT FREE
Orange Swirl™	20 oz.	540	110	12	10	0.5	15	150	103	3	77	4	0	200	10	2	
Peaches & Cream	20 oz.	360	0	0	0	0	5	170	83	2	69	8	6	210	25	0	✓ FAT FREE
Peach White Tea	20 oz.	320	5	0	0	0	5	140	75	1	64	7	6	170	35	0	✓ FAT FREE
Pomegranate & Berries	20 oz.	400	0	0	0	0	5	150	92	3	81	7	2	50	30	0	✓ FAT FREE
Raspberry Crème	20 oz.	650	140	15	13	0.5	15	290	118	5	87	12	25	90	40	2	
Raspberry Crush	20 oz.	390	10	1	0	0	0	5	98	9	80	2	4	190	4	2	✓
Raspberry White Tea	20 oz.	410	10	1	0	0	5	140	97	5	85	7	2	40	40	0	✓
Strawberry Sensation	20 oz.	430	0	0	0	0	5	160	100	2	88	7	0	150	30	2	✓ FAT FREE
Strawberry Xtreme	20 oz.	390	0	0	0	0	5	160	89	2	74	8	0	120	25	2	✓ FAT FREE
Cranberry Orange Chill/ Tart 'N' Berry™	20 oz.	410	20	2.5	1	0	5	55	99	7	84	2	2	110	2	2	
Tropical Tango	20 oz.	380	0	0	0	0	0	120	92	3	75	1	0	100	2	2	✓ FAT FREE
Tropi-Colada	20 oz.	530	90	10	9	0	10	260	99	3	75	11	0	25	35	4	✓

Julius® Other Beverages

Cool Cappuccino	16	300	90	10	9	0	5	250	45	2	33	8	6	2	25	2	
	20	370	120	13	11	0	5	310	56	2	42	10	8	2	35	2	
	32	590	190	21	18	0.5	10	500	90	4	67	15	15	4	50	2	
Cool Mocha	16	400	120	13	10	0	5	360	62	3	46	9	6	2	30	6	
	20	490	150	16	13	0	5	460	78	3	58	12	8	2	40	8	
	32	790	240	26	20	0.5	10	730	124	5	92	19	15	4	60	15	
Eggnog	16	260	90	10	8	0	30	90	42	2	31	4	8	20	10	2	
	20	330	110	12	10	0	35	110	53	2	38	4	10	25	15	2	
	32	530	180	20	15	0.5	55	180	84	3	61	7	15	45	25	2	

Nutrition Boosts

BOOST	SIZE GRAMS	CALORIES	CALORIES FROM FAT	TOTAL FAT GRAMS	SATURATED FAT GRAMS	TRANS FAT	CHOLESTEROL MILIGRAMS	SODIUM MILIGRAMS	CHARBOHYDRATE GRAMS	DIETARY FIBER GRAMS	SUGAR GRAMS	PROTEIN GRAMS	PERCENT DAILY VALUE													
													VITAMIN						NIACIN	RIBOFLAVIN	THIAMIN	CALCIUM	FOLIC ACID	IRON	ZINC	PHOSPHORUS
													A	B6	B12	C	D	E								
Heart Health*	4	15	0	0	0	0	0	0	3	0	0	0	10	-	-	10	-	-	-	0	10	0	-	-		
Joint Care**	6	20	0	0	0	0	0	135	5	0	0	0	0	-	-	-	-	-	-	10	-	0	-	-		
Fiber Plus	6	5	0	0	0	0	0	60	4	4	0	0	10	10	10	25	10	10	10	25	10	25	10	17		
Protein***	19	90	30	3	0.5	0	0	115	8	1	3	6	2	-	-	0	-	-	-	4	-	6	-	-		

Add a Banana

FLAVOR	SIZE GRAMS	CALORIES	CALORIES FROM FAT	TOTAL FAT GRAMS	SATURATED FAT GRAMS	TRANS FAT	CHOLESTEROL MILIGRAMS	SODIUM MILIGRAMS	TOTAL CARBOHYDRATE GRAMS	DIETARY FIBER GRAMS	SUGAR GRAMS	PROTEIN GRAMS	PERCENT DAILY VALUE			
													VITAMIN A	VITAMIN C	CALCIUM	IRON
1 Banana	126 gr.	110	5	0	0	0	0	0	29	3	15	1	2	20	0	2

* Each serving of Heart Health contains a minimum of 0.65g of sterol esters.

** Each serving of Joint Care contains 2200mg of Glucosamine and 1900mg of Chondroitin.

***Contains soy protein and all 22 essential amino acids. Finished drinks with protein added may have proportionately less protein per 8 oz. of drink depending on the drink and size.

Orange Julius® NUTRITIONAL FACTS (US ONLY)

Light Premium Fruit Smoothies

FLAVOR	SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT GRAMS	SATURATED FAT GRAMS	TRANS FAT	CHOLESTEROL MILIGRAMS	SODIUM MILIGRAMS	TOTAL CARBOHYDRATE GRAMS	DIETARY FIBER GRAMS	SUGAR GRAMS	PROTEIN GRAMS	PERCENT DAILY VALUE				LOW FAT
													VITAMIN A	VITAMIN C	CALCIUM	IRON	
Strawberry Delight™	20 oz.	250	0	0	0	0	5	75	60	3	47	2	0	110	2	2	✓ FAT FREE
Berry-Pom Twilight™	20 oz.	230	5	0	0	0	5	70	55	5	39	3	2	10	4	2	✓ FAT FREE
Tropical Sunlight™	20 oz.	220	0	0	0	0	5	85	55	3	44	2	45	90	2	2	✓ FAT FREE

Julius® Pitas

FLAVOR	SIZE GRAMS	CALORIES	CALORIES FROM FAT	TOTAL FAT GRAMS	SATURATED FAT GRAMS	TRANS FAT	CHOLESTEROL MILIGRAMS	SODIUM MILIGRAMS	TOTAL CARBOHYDRATE GRAMS	DIETARY FIBER GRAMS	SUGAR GRAMS	PROTEIN GRAMS	PERCENT DAILY VALUE				LOW FAT
													VITAMIN A	VITAMIN C	CALCIUM	IRON	
Santa Fe Grilled Chicken Pita	208	470	190	22	6	0	45	930	47	7	2	21	30	10	15	15	
Chicken Caesar Pita	187	470	200	23	3.5	0	25	1010	45	6	1	19	35	10	4	15	
Turkey Club Pita	201	460	210	23	6	0	45	1240	46	6	1	21	25	8	20	15	
Garden Veggie Pita	208	460	230	26	13	0	70	810	49	7	5	14	45	30	10	15	
Chicken Fajita Pita	222	380	100	1	4	0	40	1190	49	7	3	21	8	30	15	15	
Steak Fajita Pita	229	400	120	14	5	0	40	1210	51	6	3	23	8	25	10	35	

Julius® Hot Dogs

FLAVOR	SIZE GRAMS	CALORIES	CALORIES FROM FAT	TOTAL FAT GRAMS	SATURATED FAT GRAMS	TRANS FAT	CHOLESTEROL MILIGRAMS	SODIUM MILIGRAMS	TOTAL CARBOHYDRATE GRAMS	DIETARY FIBER GRAMS	SUGAR GRAMS	PROTEIN GRAMS	PERCENT DAILY VALUE				LOW FAT
													VITAMIN A	VITAMIN C	CALCIUM	IRON	
Relish Dog	156	420	240	27	11	1	55	1240	28	1	7	15	6	0	8	15	
Chili Melt Dog	165	470	290	33	14	1	70	1250	25	1	3	20	8	0	20	15	
Chili Slaw Dog	184	470	280	31	12	1	60	1280	28	2	3	17	6	4	8	15	
Cheese Dog	153	460	280	31	14	1	70	1220	24	1	3	18	4	0	15	15	
Chicago Dog	268	430	240	27	11	1	55	2120	29	3	6	16	10	50	10	15	
Pepperoni Cheese Dog	163	460	280	31	13	1	65	1250	26	2	3	18	8	4	15	20	
Sauerkraut Dog	167	410	240	27	11	1	55	1320	24	2	3	15	2	8	8	15	
Reuben Dog	196	520	330	36	16	1	85	1450	24	2	3	23	6	8	40	15	
Bacon Cheese Dog	160	490	300	33	14	1	75	1380	24	1	3	22	4	0	15	15	
Southwest Chili Dog	190	500	310	34	15	1	75	1370	27	2	4	21	10	6	20	15	
Triple Cheese Dog	176	540	340	38	17	1	90	1340	24	1	3	25	8	0	40	15	

Julius® Other Food

FLAVOR	SIZE GRAMS	CALORIES	CALORIES FROM FAT	TOTAL FAT GRAMS	SATURATED FAT GRAMS	TRANS FAT	CHOLESTEROL MILIGRAMS	SODIUM MILIGRAMS	TOTAL CARBOHYDRATE GRAMS	DIETARY FIBER GRAMS	SUGAR GRAMS	PROTEIN GRAMS	PERCENT DAILY VALUE				LOW FAT
													VITAMIN A	VITAMIN C	CALCIUM	IRON	
Nachos - Small	114	280	130	15	3.5	0	5	600	36	2	0	4	4	10	6	4	
Nachos - Large	226	550	260	29	7	0	5	1190	700	4	1	8	6	20	15	8	
Salted Pretzel	66	160	10	1	0	0	0	920	34	1	1	5	0	0	0	0	

Orange Julius® NUTRITIONAL FACTS (US ONLY)

Drinks

	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Percent Daily Value Vitamin A	Percent Daily Value Vitamin C	Percent Daily Value Calcium	Percent Daily Value Iron
Coca-Cola® - Small	480	160	0	0	0	0	0	10	43	0	43	0	0	0	2	0
Coca-Cola - Medium	630	220	0	0	0	0	0	15	56	0	56	0	0	0	2	0
Coca-Cola - Large	960	330	0	0	0	0	0	20	85	0	85	0	0	0	2	2
Pepsi® - Small	470	160	0	0	0	0	0	40	44	0	44	0	0	0	0	0
Pepsi - Medium	618	210	0	0	0	0	0	50	57	0	57	0	0	0	0	0
Pepsi - Large	941	320	0	0	0	0	0	80	87	0	87	0	0	0	0	0
Diet Coca-Cola - Small	470	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0
Diet Coca-Cola - Medium	617	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0
Diet Coca-Cola - Large	939	0	0	0	0	0	0	15	0	0	0	0	0	0	0	0
Diet Pepsi - Small	487	0	0	0	0	0	0	40	0	0	0	0	0	0	0	0
Diet Pepsi - Medium	618	0	0	0	0	0	0	50	0	0	0	0	0	0	0	0
Diet Pepsi - Large	885	0	0	0	0	0	0	30	0	0	0	0	0	0	2	0
Sprite® - Small	485	150	0	0	0	0	0	40	42	0	42	0	0	0	0	0
Sprite - Medium	636	200	0	0	0	0	0	50	55	0	55	0	0	0	0	0
Sprite - Large	969	310	0	0	0	0	0	75	83	0	83	0	0	0	0	0
Sierra Mist® - Small	470	160	0	0	0	0	0	40	42	0	42	0	0	0	0	0
Sierra Mist - Medium	618	210	0	0	0	0	0	55	55	0	55	0	0	0	0	0
Sierra Mist - Large	941	320	0	0	0	0	0	85	83	0	83	0	0	0	0	0
Barq's® - Small	487	180	0	0	0	0	0	40	48	0	48	0	0	0	0	0
Barq's - Medium	640	230	0	0	0	0	0	55	63	0	63	0	0	0	0	0
Barq's - Large	975	360	0	0	0	0	0	80	96	0	96	0	0	0	0	0
Mug® - Small	481	160	0	0	0	0	0	65	46	0	46	0	0	0	0	0
Mug - Medium	632	210	0	0	0	0	0	85	61	0	61	0	0	0	0	0
Mug - Large	962	320	0	0	0	0	0	130	93	0	93	0	0	0	0	0
Dr. Pepper® - Small	480	160	0	0	0	0	0	55	43	0	43	0	0	0	0	0
Dr. Pepper - Medium	630	210	0	0	0	0	0	75	57	0	57	0	0	0	0	0
Dr. Pepper - Large	960	320	0	0	0	0	0	115	86	0	86	0	0	0	0	0
Mountain Dew® - Small	487	190	0	0	0	0	0	80	51	0	51	0	0	0	0	0
Mountain Dew - Medium	618	240	0	0	0	0	0	100	64	0	64	0	0	0	0	0
Mountain Dew - Large	941	360	0	0	0	0	0	150	98	0	98	0	0	0	0	0
Milk, whole - 8 oz	244	150	70	8	4.5	0	25	100	11	0	11	8	4	0	30	0
Coffee - 12 oz	355	5	0	0	0	0	0	5	0	0	0	0	0	0	0	0
Bottled Water	560	0	0	0	0	0	0	15	0	0	0	0	0	0	2	0
Orange Juice - 12 oz	372	170	0	0	0	0	0	0	41	0	36	0	0	240	0	0

STATEMENTS FOR CITIES:

Multnomah County, OR and California

Recommended limits for a 2,000 calories daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium.

King County, WA

The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be high or low depending upon daily calorie consumption.

Philadelphia, PA

A 2,000 calorie daily diet is used as the basis for general nutrition advice; individual calorie needs, however, may vary.