



	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	
Julius® Fruit Drinks	Bananarilla® Julius - Small	16	350	60	6	6.0	0	0	80	75	3	58	2	0	50	6	2
	Bananarilla Julius - Medium	20	440	70	8	7.0	0	0	100	93	4	72	3	0	60	6	4
	Bananarilla Julius - Large	32	700	110	13	11.0	0	5	160	149	7	115	4	2	100	10	4
	Blackberry Julius - Small	16	380	60	6	5.0	0	0	80	85	4	67	2	2	4	6	2
	Blackberry Julius - Medium	20	480	70	8	7.0	0	0	100	106	5	83	3	2	4	8	4
	Blackberry Julius - Large	32	770	110	13	11.0	0	5	160	169	8	133	4	2	6	15	6
	Cool Cappuccino Julius - Small	16	430	100	11	10.0	0	5	290	77	2	63	8	8	2	30	2
	Cool Cappuccino Julius - Medium	20	530	130	14	13.0	0	5	360	96	2	79	10	10	2	35	2
	Cool Cappuccino Julius - Large	32	850	200	22	20.0	0	10	580	153	4	126	16	15	4	60	2
	Cool Mocha Julius - Small	16	700	130	14	11.0	0	10	640	123	3	105	24	25	6	90	8
	Cool Mocha Julius - Medium	20	880	160	18	14.0	0	10	800	154	4	131	30	30	6	110	10
	Cool Mocha Julius - Large	32	1400	260	29	22.0	0	20	1290	247	6	209	49	50	10	170	15
	Eggnog Julius - Small	16	330	70	8	7.0	0	25	100	65	2	55	4	2	20	10	2
	Eggnog Julius - Medium	20	420	90	10	8.0	0	35	125	81	2	69	4	2	25	15	2
	Eggnog Julius - Large	32	670	150	16	13.0	0	55	200	130	3	110	7	4	40	20	2
	Lemon Julius - Small	16	280	0	0	0	0	0	35	77	0	76	0	0	4	0	0
	Lemon Julius - Medium	20	360	0	0	0	0	0	45	96	0	94	0	0	4	2	0
	Lemon Julius - Large	32	570	0	0	0	0	0	75	154	0	151	0	0	8	2	0
	Mango Julius - Small	16	250	0	0	0.0	0	0	30	67	1	64	0	35	40	0	0
	Mango Julius - Medium	20	310	0	0	0.0	0	0	40	84	1	80	1	45	50	2	0
	Mango Julius - Large	32	500	5	0	0.0	0	0	65	134	2	129	1	70	80	2	0
	Orange Julius - Small	16	230	0	0	0.0	0	0	30	62	0	59	0	0	80	2	0
	Orange Julius - Medium	20	290	0	0	0.0	0	0	35	77	0	74	0	0	100	2	0
	Orange Julius - Large	32	470	0	0	0.0	0	0	60	123	0	118	0	0	160	2	0
	Peach Julius - Small	16	240	0	0	0.0	0	0	30	63	1	61	1	4	130	0	0
	Peach Julius - Medium	20	300	0	0	0.0	0	0	40	79	1	76	1	6	160	2	0
	Peach Julius - Large	32	480	0	0	0.0	0	0	65	126	2	121	1	10	260	2	0
	Piña Colada Julius - Small	16	340	50	5	5.0	0	0	80	74	2	65	1	0	20	4	2
	Piña Colada Julius - Medium	20	400	70	6	6.0	0	0	95	90	2	78	2	0	25	6	2
	Piña Colada Julius - Large	32	650	90	10	9.0	0	5	150	143	4	124	3	0	40	8	4
	Pineapple Julius - Small	16	230	0	0	0.0	0	0	35	61	1	59	0	0	15	0	2
	Pineapple Julius - Medium	20	290	0	0	0.0	0	0	45	76	1	74	0	0	20	2	2
Pineapple Julius - Large	32	460	0	0	0.0	0	0	75	122	2	118	0	0	35	2	2	
Pomegranate Julius - Small	16	260	0	0	0.0	0	0	35	70	1	68	0	0	8	2	0	
Pomegranate Julius - Medium	20	330	0	0	0.0	0	0	40	87	1	86	0	0	10	2	0	
Pomegranate Julius - Large	32	530	0	0	0.0	0	0	65	140	2	137	1	0	15	2	2	
Raspberry Julius - Small	16	300	5	0	0.0	0	0	35	79	3	77	1	2	20	2	0	
Raspberry Julius - Medium	20	370	5	0	0.0	0	0	40	99	3	96	1	2	25	2	0	
Raspberry Julius - Large	32	600	5	0.5	0.0	0	0	65	158	6	154	1	2	45	4	0	
Strawberry Banana Julius - Small	16	380	60	6	5.0	0	0	75	83	3	69	2	0	70	6	2	
Strawberry Banana Julius - Medium	20	470	70	8	7.0	0	0	95	103	4	86	2	0	90	8	2	
Strawberry Banana Julius - Large	32	760	110	12	11.0	0	5	150	166	6	137	4	0	140	10	4	
Strawberry Julius - Small	16	290	0	0	0.0	0	0	30	78	1	75	0	0	45	2	2	
Strawberry Julius - Medium	20	370	0	0	0.0	0	0	40	97	2	94	0	0	50	2	2	
Strawberry Julius - Large	32	580	0	0	0.0	0	0	65	155	2	150	0	0	90	4	2	
Tripleberry® Julius - Small	16	420	60	6	5.0	0	0	75	93	4	79	2	2	20	6	2	
Tripleberry Julius - Medium	20	520	70	8	7.0	0	0	95	116	5	98	3	2	25	8	2	
Tripleberry Julius - Large	32	830	110	13	11.0	0	5	150	186	9	157	4	2	40	15	4	
Tropical Julius - Small	16	370	60	6	6.0	0	0	75	80	3	63	2	0	100	6	2	
Tropical Julius - Medium	20	470	70	8	7.0	0	0	95	101	4	79	3	0	120	8	2	
Tropical Julius - Large	32	750	110	13	11.0	0	5	150	161	6	126	4	2	200	10	4	
Premium Fruit Smoothies	3-Berry Blast - Small	12	310	5	0.5	0.0	0	5	100	74	4	61	5	2	25	20	2
	3-Berry Blast - Medium	20	510	10	1	0.0	0	5	150	124	6	104	8	2	50	40	4
	3-Berry Blast - Large	32	740	10	1.5	0.0	0	5	210	179	9	146	11	4	60	40	6
	Banana Chill - Small	12	320	5	0.5	0.0	0	5	105	77	3	58	6	2	20	20	2
	Banana Chill - Medium	20	510	10	1	0.5	0	5	150	124	5	95	9	2	30	25	4
	Banana Chill - Large	32	690	15	1.5	0.5	0	5	210	168	7	129	12	4	35	35	4
	Berry Banana Squeeze - Small	12	220	0	0	0.0	0	0	10	55	2	49	0	0	100	2	2
	Berry Banana Squeeze -Medium	20	320	0	0	0.0	0	0	15	82	4	71	1	0	150	2	2
	Berry Banana Squeeze -Large	32	460	5	0	0.0	0	0	20	118	5	102	1	2	210	4	4
	Berry Lemon Lively - Small	12	290	5	0.5	0.0	0	5	95	70	3	56	5	2	20	20	2
	Berry Lemon Lively - Medium	20	480	10	1	0.0	0	5	135	116	5	94	8	2	35	40	2



2011 Orange Julius® U.S. Nutrition Guide



California

Recommended limits for a 2,000 calorie 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 mg for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower 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.

IMPORTANT STATEMENT:

Nutrition information is based on analysis by R-TECH and Commercial Testing Laboratory, Inc., and representative values from manufacturers, Genesis R&D® SQL and the USDA. The information in this brochure assumes compliance by locations with ingredient requirements and standardized preparation procedures. Seasonal and manufacturer variations may also affect nutrition information.

This brochure is for permanent menu items. It does not apply to:

- (1) limited time offers;
- (2) some location-specific menu items. If you have questions about a menu item, please contact the store operator or manager.

ALLERGEN STATEMENT:

Orange Julius locations contain allergens that may come into contact with your food. We suggest you inform the store of any allergies prior to ordering. We also have an allergen brochure available. Ask the store operator or find it on our web site at www.orangejulius.com.



orangejulius.com

If you have questions or need additional information, write to:

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		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
Premium Fruit Smoothies (Continued)	Berry Lemon Lively - Large	32	670	10	1.5	0.0	0	5	190	160	7	130	11	4	50	40	4
	Blackberry Storm - Small	12	360	30	3.5	2.5	0	5	140	82	3	64	6	2	2	20	2
	Blackberry Storm - Medium	20	620	60	6	5.0	0	5	220	139	5	111	9	2	4	45	4
	Blackberry Storm - Large	32	780	60	7	5.0	0	5	280	177	6	143	12	2	4	45	4
	Blackberry Toner - Small	12	270	5	0.5	0.0	0	5	95	63	3	47	5	2	60	20	2
	Blackberry Toner - Medium	20	400	5	1	0.0	0	5	140	94	4	70	7	2	120	30	4
	Blackberry Toner - Large	32	470	10	1	0.0	0	5	100	112	6	84	6	2	210	20	6
	Cocoa Latte Swirl - Small	16	370	60	7	6.0	0	5	340	69	2	64	9	4	0	40	4
	Cocoa Latte Swirl - Medium	20	680	110	12	10.0	0	5	580	135	3	109	15	8	2	60	6
	Cocoa Latte Swirl - Large	32	900	130	15	12.0	0	10	790	180	4	149	22	10	2	90	8
	Mango Passion - Small	12	230	5	0	0.0	0	5	110	54	1	46	5	25	60	20	0
	Mango Passion - Medium	20	370	5	0.5	0.0	0	5	160	85	2	74	7	40	110	35	2
	Mango Passion - Large	32	490	10	1	0.5	0	5	220	114	2	99	10	50	150	35	2
	Orange Swirl™ - Small	12	280	35	4	3.0	0	5	70	59	1	46	1	0	120	2	0
	Orange Swirl - Medium	20	460	70	7	6.0	0	10	125	95	2	74	2	0	200	6	0
	Orange Swirl - Large	32	610	70	8	6.0	0	10	140	132	2	105	2	0	320	6	0
	Peaches & Cream - Small	12	240	5	0	0.0	0	5	110	64	1	45	5	4	140	20	0
	Peaches & Cream - Medium	20	350	5	0.5	0.0	0	5	160	81	2	67	7	6	210	35	0
	Peaches & Cream - Large	32	480	5	0.5	0.0	0	5	230	109	2	94	10	8	300	35	0
	Pomegranate & Berries - Small	12	250	5	0	0.0	0	5	100	57	2	49	5	0	25	20	0
	Pomegranate & Berries - Medium	20	390	5	0.5	0.0	0	5	140	91	3	80	7	2	50	40	0
	Pomegranate & Berries - Large	32	550	10	1	0.0	0	5	200	129	4	113	9	2	80	40	2
	Raspberry Crème - Small	12	330	30	3	2.5	0	5	135	73	2	61	6	0	50	20	0
	Raspberry Crème - Medium	20	530	60	6	5.0	0	5	220	114	4	93	9	2	80	30	0
	Raspberry Crème - Large	32	720	60	7	5.0	0	5	280	158	5	133	11	2	130	40	2
	Raspberry Crush - Small	12	160	5	0	0.0	0	0	0	41	4	32	1	2	90	2	2
	Raspberry Crush - Medium	20	330	10	1	0.0	0	0	5	82	7	65	2	4	170	2	2
	Raspberry Crush - Large	32	470	10	1.5	0.0	0	0	10	120	11	94	3	6	240	4	4
	Strawberry Sensation - Small	12	280	5	0	0.0	0	5	100	65	2	57	5	0	90	20	2
	Strawberry Sensation - Medium	20	420	5	0	0.0	0	5	150	99	3	87	7	0	150	40	2
	Strawberry Sensation - Large	32	650	5	0.5	0.0	0	5	210	153	4	134	9	0	240	40	4
	Strawberry Xtreme - Small	12	270	5	0	0.0	0	5	105	64	2	52	5	0	80	20	2
	Strawberry Xtreme - Medium	20	390	5	0.5	0.0	0	5	160	90	3	73	7	0	120	35	2
	Strawberry Xtreme - Large	32	580	10	1	0.5	0	5	220	135	4	110	10	2	180	40	4
	Tropi-Colada - Small	12	330	30	3	2.5	0	5	140	73	1	61	5	0	15	20	2
	Tropi-Colada - Medium	20	530	50	6	5.0	0	5	230	116	3	95	8	0	25	40	2
	Tropi-Colada - Large	32	740	60	6	5.0	0	5	290	166	3	141	11	0	40	40	4
	Tropical Tango - Small	12	240	10	1.5	1.0	0	5	50	58	2	48	1	0	60	2	2
	Tropical Tango - Medium	20	390	15	2	1.0	0	5	70	93	3	76	1	0	100	2	2
	Tropical Tango - Large	32	570	25	2.5	1.5	0	10	105	138	4	117	2	0	190	2	4
Light Premium Fruit Smoothies	Strawberry Delight™ - Small	12	110	0	0	0.0	0	5	50	27	2	20	1	0	45	2	0
	Strawberry Delight - Medium	20	250	0	0	0.0	0	5	75	60	3	47	2	0	110	2	2
	Strawberry Delight - Large	32	380	5	0	0.0	0	5	115	94	5	74	3	0	190	4	2
	Berry Pom Twilight™ - Small	12	140	5	0	0.0	0	5	45	34	3	25	2	2	10	2	2
	Berry Pom Twilight - Medium	20	230	5	0	0.0	0	5	70	55	5	39	3	2	10	4	2
	Berry Pom Twilight - Large	32	340	5	0.5	0.0	0	5	100	82	6	62	3	2	20	6	2
	Pineapple Daylight™ - Small	12	120	0	0	0.0	0	5	45	28	1	21	1	0	60	2	0
	Pineapple Daylight - Medium	20	220	0	0	0.0	0	5	70	52	3	40	2	0	130	2	2
	Pineapple Daylight - Large	32	320	0	0	0.0	0	5	95	76	4	60	2	0	190	4	2
	Tropical Sunlight™ - Small	12	130	0	0	0.0	0	5	55	33	2	26	1	30	50	0	0
	Tropical Sunlight - Medium	20	220	0	0	0.0	0	5	85	64	3	44	2	45	90	2	2
	Tropical Sunlight - Large	32	320	5	0	0.0	0	5	125	79	3	65	3	60	150	2	2
Boosts	Banana	126	110	5	0	0	0	0	0	29	3	15	1	2	20	0	2
	Protein	22	100	35	4	0.5	0	0	135	9	2	3	8	2	0	4	6
Hot Dogs	Bacon Cheese Dog	160	490	300	33	14	1	75	1380	24	1	3	22	4	0	15	15
	Cheese Dog	153	460	280	31	14	1	70	1220	24	1	3	18	4	0	15	15
	Chicago Dog	269	430	240	27	11	1	55	2120	29	3	6	16	10	50	10	15
	Chili Cheese Dog	138	370	220	24	11	0.5	55	970	23	1	3	16	8	0	15	15
	Chili Melt Dog	165	470	290	33	14	1	70	1250	25	1	3	20	8	0	20	15
	Chili Slaw Dog	184	480	300	33	17	1	65	1320	27	2	3	17	4	0	8	15
	Classic Dog	110	290	160	17	7	0.5	35	900	22	1	4	11	4	0	6	10
	Pepperoni Cheese Dog	163	460	280	31	13	1	65	1250	26	2	3	18	6	2	15	20



		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
Hot Dogs (Continued)	Relish Dog	156	420	240	27	11	1	55	1240	28	1	7	15	6	0	8	15
	Reuben Dog	196	520	330	36	16	1	85	1450	24	2	3	23	6	8	40	15
	Sauerkraut Dog	167	410	240	27	11	1	55	1320	24	2	3	15	2	8	8	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
Iron Grilled Sandwiches	Iron Grilled Classic Club Sandwich	239	580	260	29	9	0	75	1750	42	2	3	32	15	6	30	20
	Iron Grilled Supreme BLT Sandwich	172	590	300	34	9	0	70	1380	40	2	2	28	10	6	10	20
	Iron Grilled Turkey Sandwich	233	520	220	25	7	0	65	1550	42	2	2	29	15	6	35	15
Sandwiches	Grilled Chicken Sandwich	180	370	150	16	2.5	0	55	810	32	1	5	24	15	6	6	15
	Crispy Chicken Sandwich	198	560	250	27	3.5	0	35	1010	47	3	5	20	15	6	6	15
Pitas	Chicken Caesar Pita	187	450	200	23	3.5	0	35	1010	45	7	2	19	50	10	4	20
	Chicken Fajita Pita	222	370	100	11	4	0	40	1190	49	7	3	21	8	30	15	15
	Garden Veggie Pita	208	460	230	26	13	0	70	810	49	7	5	14	45	30	10	15
	Santa Fe Grilled Chicken Pita	208	450	190	22	6	0	45	930	47	7	2	21	30	10	15	15
	Steak Fajita Pita	229	400	120	14	5	0	40	1210	51	6	3	23	8	25	10	35
Turkey Club Pita	201	460	210	23	6	0	45	1240	46	6	1	21	25	8	20	15	
Local Menu	Corn Dog	175	460	170	19	5	0	80	970	56	1	55	17	4	0	10	35
	Nachos	205	540	260	29	7	0	5	119	69	3	0	8	2	10	10	6
	Pretzel	142	480	40	4.5	1	0	5	1990	98	2	0	12	0	0	4	30
	Primo Nachos	313	690	370	41	12											