

ITEM	SERVING SIZE	CALORIES	PROTEIN (G)	CARBS (G)	FAT (G)	SAT FAT (G)	FIBER (G)	NATURAL SUGAR (G)
Wild Strawberry Peach	16 oz	270	16	42	3.5	0	6	29
Wild Strawberry Peach	24 oz	405	24	63	5.2	0	9	44
Wild Strawberry Peach	32 oz	540	32	84	7	0	12	58
Strawberry Banana Whirl	16 oz	300	16	45	4	0	6	31
Strawberry Banana Whirl	24 oz	450	24	68	6	0	9	46
Strawberry Banana Whirl	32 oz	600	32	90	8	0	12	62
PB Chocolate Love	16 oz	430	30	38	16	3.5	6	22
PB Chocolate Love	24 oz	645	45	57	24	5.2	9	33
PB Chocolate Love	32 oz	860	60	76	32	7	12	44
Monkey Business	16 oz	390	28	29	15	1.5	5	15
Monkey Business	24 oz	585	42	44	22.5	2.2	7.5	22
Monkey Business	32 oz	780	56	58	30	3	10	30
Aloha	16 oz	360	27	26	14	1.2	4	14
Aloha	24 oz	540	40	39	21	1.8	6	21
Aloha	32 oz	720	54	52	28	2.4	8	28
PB&J	16 oz	370	9	43	12	2	6	28
PB&J	24 oz	555	14	64	18	3	9	42
PB&J	32 oz	740	18	86	24	4	12	56
Vanilla Whey Protein	1 scoop	120	24	4	2	1	0	2
Chocolate Whey Protein	1 scoop	130	24	5	2.5	1.2	1	3
Plant-Based Protein	1 scoop	120	20	8	2	0.5	3	1
Creatine	1 scoop	0	0	0	0	0	0	0
Peanut Butter	1 oz	190	7	7	16	3	2	3
Almonds	1 oz	164	6	6	14	1.1	3.5	1
Sunflower Seed	1 tbsp	165	3	3	8	0.9	2	1
Flax Seed	1 tbsp	55	2	3	4	0.4	3	0



Kings Bay

NUTRITION INFORMATION



SCAN QR CODE

Store Menu and Hours

Item	Serving Size	Calories	Protein (g)	Carbs (g)	Fat (g)	Sat Fat (g)	Fiber (g)	Natural Sugar (g)
Caribbean Surf	16 oz	300	3	72	1.5	0.2	4	61
Caribbean Surf	24 oz	450	4	108	2.2	0.3	6	92
Caribbean Surf	32 oz	600	6	144	3	0.4	8	122
Tropical Paradise	16 oz	287	3	69	1.1	0.2	4	56
Tropical Paradise	24 oz	430	4	104	1.7	0.3	6	84
Tropical Paradise	32oz	574	6	137	2.2	0.4	8	112
Strawberry Banana Angel	16 oz	320	8	57	4	0	5	46
Strawberry Banana Angel	24 oz	480	12	86	6	0	7.5	69
Strawberry Banana Angel	32 oz	640	16	1144	8	0	10	92
Hang Ten	16 oz	295	3	71	1.4	0.2	4	60
Hang Ten	24 oz	442	4	106	2.1	0.3	6	90
Hang Ten	32 oz	590	6	142	2.8	0.4	8	120
Lean Strawberry	16 oz	210	25	20	1	0.3	4	13
Lean Strawberry	24 oz	315	38	30	1.5	0.4	6	20
Lean Strawberry	32 oz	420	50	40	2	0.6	8	26
Chocolate Trim	16 oz	250	27	28	2.4	0.8	4	18
Chocolate Trim	24 oz	375	40	42	3.6	1.2	6	27
Chocolate Trim	32 oz	500	54	56	4.8	1.6	8	36
Mango Tango	16 oz	240	24	31	1.6	0.3	4	24
Mango Tango	24 oz	360	36	46	2.4	0.4	6	36
Mango Tango	32 oz	480	48	62	3.2	0.6	8	48
Peach Slice	16 oz	212	1.5	0.5	0	0	2.3	30
Peach Slice	24 oz	318	2.3	0.8	0	0	3.5	45
Peach Slice	32 oz	424	3	1	0	0	4.6	60
Lean Peach	16 oz	218	23	1.5	0.7	0.7	2.3	21
Lean Peach	24 oz	327	35	2.3	0.2	0.1	3.5	32
Lean Peach	32 oz	436	46	3	1.4	1.4	4.6	42
Going Green	16 oz	180	3	39	0.6	0.1	5	29
Going Green	24 oz	270	4	58	0.9	0.2	7.5	44
Going Green	32 oz	360	6	78	1.2	0.2	10	58