

# Nutrition Facts

## Shakes

Recipe	Quantity	Cal.	TFat Gm.	Sat Gm.	Chol Gm.	Na Gm.	TCHO Gm.	Sugar Gm.	Prot Gm.
COOKIE SHAKE	SMALL	573	32	19	8	312	65	28	9
	MEDIUM	730	41	24	10	410	84	38	12
	LARGE	973	54	32	13	547	112	50	15
CHOCOLATE SHAKE	SMALL	504	22	13	7	217	72	44	8
	MEDIUM	643	27	17	8	277	93	57	10
	LARGE	835	33	20	10	358	126	81	13
CHOCOLATE BANANA SHAKE	SMALL	538	22	13	7	217	81	44	9
	MEDIUM	712	27	17	8	277	110	57	11
	LARGE	937	34	20	10	359	152	81	14
VANILLA SHAKE	SMALL	733	25	17	8	192	120	90	8
	MEDIUM	1020	30	20	10	230	179	143	10
	LARGE	1393	40	27	13	307	247	199	13
BANANA SHAKE	SMALL	681	20	13	7	154	120	90	8
	MEDIUM	1002	25	17	8	192	187	140	9
	LARGE	1322	31	20	10	231	255	193	11

\* Because Ellianos' beverages are handcrafted and may be customized, exact information may vary. Nutritional information is calculated based on Ellianos standard recipes and reflects average values from our ingredient suppliers. Data was calculated using a third party professional nutritionist and is deemed reliable, but we make no representations that it is exact. Variation in serving size, preparation, supplier ingredients and seasonal differences may affect the nutrition values for each drink. In addition, periodic product formulations may occur that result in variation in the nutrient content of our drinks.

