



NUTRITIONAL INFORMATION

Smoothies

			Kilojoules	Protein	Fat		Carbohydrates		Sodium		Kilojoules	Protein	Fat		Carbohydrates		Sodium		Kilojoules	Protein	Fat		Carbohydrates		Sodium
					Total	- saturated	Total	- sugars					Total	- saturated	Total	- sugars					Total	- saturated	Total	- sugars	
Plant-based	Salted Caramel	Mini Tank 250mL	1023.0 kJ	7.2 g	6.7 g	1.0 g	38.9 g	23.0 g	478.2 mg	Half Tank 450 mL	1540.9 kJ	10.7 g	12.0 g	1.8 g	54.3 g	32.2 g	527.0 mg	Full Tank 550 mL	1906.7 kJ	12.8 g	12.7 g	1.9 g	72.6 g	43.6 g	935.8 mg
	Health Nut Protein		876.0 kJ	6.9 g	9.1 g	2.3 g	25.0 g	12.6 g	76.8 mg		1371.4 kJ	12.4 g	15.2 g	4.2 g	35.4 g	19.0 g	128.3 mg		1718.0 kJ	14.1 g	17.7 g	4.4 g	48.8 g	25.1 g	161.5 mg
	Rawsome Greens		774.7 kJ	2.8 g	3.1 g	2.6 g	36.7 g	28.0 g	45.2 mg		901.5 kJ	3.6 g	4.1 g	3.4 g	41.2 g	32.0 g	60.0 mg		1272.9 kJ	4.4 g	5.0 g	4.3 g	60.4 g	43.5 g	69.7 mg
	Power Plant		899.1 kJ	10.4 g	13.2 g	3.8 g	13.6 g	7.3 g	110.6 mg		1292.4 kJ	13.3 g	19.3 g	4.2 g	20.5 g	10.8 g	126.8 mg		1418.1 kJ	14.0 g	20.7 g	4.3 g	24.2 g	14.1 g	158.8 mg
Protein	Nutra Blast	Mini Tank 250mL	1886.0 kJ	16.5 g	11.3 g	4.5 g	70.7 g	44.1 g	101.3 mg	Half Tank 450 mL	2829.6 kJ	26.5 g	19.6 g	7.0 g	98.6 g	64.0 g	149.4 mg	Full Tank 550 mL	3359.5 kJ	29.2 g	21.1 g	7.9 g	124.1 g	77.4 g	165.6 mg
	Life Force Protein		1825.2 kJ	14.5 g	12.4 g	3.8 g	66.6 g	38.3 g	97.5 mg		2736.1 kJ	24.4 g	20.6 g	6.4 g	92.8 g	56.5 g	145.6 mg		3351.5 kJ	27.8 g	23.3 g	7.4 g	120.0 g	70.0 g	162.4 mg
	Gym Junkie		1414.5 kJ	12.5 g	4.9 g	3.9 g	60.9 g	41.8 g	101.2 mg		2003.8 kJ	19.5 g	7.4 g	6.0 g	83.6 g	59.5 g	149.2 mg		2431.2 kJ	21.4 g	8.4 g	6.8 g	105.0 g	72.8 g	165.4 mg
	Tropical Warrior		1399.9 kJ	10.7 g	11.0 g	10.0 g	48.3 g	34.5 g	90.9 mg		2006.5 kJ	18.4 g	13.5 g	12.1 g	71.2 g	52.4 g	144.9 mg		2784.0 kJ	21.0 g	21.9 g	20.0 g	96.1 g	68.6 g	176.7 mg
	Vanilla Coffee		1060.4 kJ	9.3 g	7.8 g	2.1 g	36.6 g	23.1 g	88.0 mg		1508.0 kJ	12.0 g	10.9 g	2.4 g	53.5 g	35.6 g	108.4 mg		1818.6 kJ	14.0 g	11.6 g	2.5 g	68.6 g	43.8 g	129.1 mg
Classics	Tank Mango	Mini Tank 250mL	1191.6 kJ	5.2 g	3.2 g	2.7 g	58.8 g	44.3 g	57.9 mg	Half Tank 450 mL	1876.7 kJ	8.2 g	5.3 g	4.5 g	92.0 g	72.0 g	99.6 mg	Full Tank 550 mL	2385.4 kJ	10.4 g	6.4 g	5.3 g	117.8 g	88.6 g	115.8 mg
	Caribbean		1428.1 kJ	5.6 g	6.9 g	6.2 g	64.1 g	48.5 g	61.4 mg		2057.7 kJ	8.9 g	12.7 g	11.5 g	85.6 g	64.8 g	100.6 mg		2570.9 kJ	10.9 g	20.9 g	19.4 g	95.6 g	72.5 g	121.7 mg
	All Berry Tank		1059.1 kJ	5.2 g	3.2 g	2.8 g	50.9 g	37.7 g	58.2 mg		1690.9 kJ	8.5 g	5.4 g	4.7 g	80.4 g	62.0 g	100.2 mg		1894.4 kJ	9.7 g	6.3 g	5.5 g	89.4 g	68.9 g	115.8 mg
	Tropical Tank		1291.9 kJ	5.5 g	3.3 g	2.8 g	64.2 g	48.6 g	58.8 mg		1785.2 kJ	8.6 g	5.5 g	4.7 g	85.8 g	65.1 g	95.4 mg		2095.1 kJ	9.9 g	6.4 g	5.5 g	100.9 g	77.9 g	113.7 mg
	Mango Zest		717.9 kJ	1.2 g	0.7 g	0.0 g	40.1 g	34.2 g	11.5 mg		984.4 kJ	1.6 g	1.0 g	0.0 g	54.9 g	46.4 g	16.0 mg		1168.9 kJ	1.9 g	1.3 g	0.0 g	65.1 g	55.6 g	19.6 mg
	Strawberry Lush		1033.9 kJ	5.1 g	3.2 g	2.8 g	49.5 g	36.4 g	58.1 mg		1640.4 kJ	8.4 g	5.3 g	4.7 g	77.7 g	59.5 g	100.1 mg		1843.9 kJ	9.6 g	6.2 g	5.5 g	86.6 g	66.3 g	115.7 mg
	Classic Banana		1155.3 kJ	5.8 g	3.4 g	2.9 g	55.5 g	36.4 g	59.2 mg		1883.3 kJ	9.8 g	5.9 g	4.9 g	89.6 g	59.5 g	102.3 mg		2310.7 kJ	11.6 g	6.9 g	5.7 g	111.0 g	72.8 g	118.5 mg
Super	Tank Up	Mini Tank 250mL	1261.1 kJ	5.5 g	3.3 g	2.8 g	62.5 g	47.0 g	54.1 mg	Half Tank 450 mL	1998.8 kJ	8.8 g	5.4 g	4.7 g	98.5 g	76.8 g	91.6 mg	Full Tank 550 mL	2281.3 kJ	10.3 g	6.3 g	5.5 g	111.8 g	86.8 g	107.2 mg
	Blue Spirulina		1070.9 kJ	6.0 g	6.1 g	5.4 g	44.2 g	30.9 g	79.8 mg		1585.9 kJ	9.0 g	9.1 g	8.1 g	65.3 g	47.0 g	125.0 mg		2052.6 kJ	10.9 g	11.1 g	9.8 g	86.9 g	60.4 g	150.1 mg
	Start Me Up		730.0 kJ	1.4 g	0.5 g	0.1 g	41.0 g	31.4 g	3.6 mg		1382.7 kJ	2.8 g	1.0 g	0.2 g	77.6 g	58.8 g	6.3 mg		1539.9 kJ	3.3 g	1.3 g	0.3 g	85.9 g	65.3 g	7.2 mg
	Gorilla Greens		1121.6 kJ	6.1 g	3.1 g	2.4 g	53.9 g	41.1 g	65.0 mg		1788.9 kJ	9.5 g	5.1 g	4.0 g	86.0 g	68.3 g	107.5 mg		2216.2 kJ	11.4 g	6.1 g	4.8 g	107.3 g	81.6 g	123.7 mg
	Mega Greens		1198.8 kJ	6.0 g	6.2 g	3.2 g	51.7 g	37.1 g	60.5 mg		1846.1 kJ	9.0 g	11.1 g	5.5 g	76.3 g	57.4 g	97.8 mg		2151.3 kJ	10.6 g	12.2 g	6.3 g	90.5 g	67.4 g	114.6 mg
	Fitness Fix		1188.1 kJ	5.4 g	3.3 g	2.7 g	58.1 g	42.6 g	59.1 mg		1662.9 kJ	8.2 g	5.4 g	4.5 g	79.0 g	58.5 g	95.5 mg		1933.7 kJ	9.6 g	6.3 g	5.3 g	91.7 g	68.8 g	113.8 mg
Kids	Rainbow Party	Mini Tank 250mL	1474.6 kJ	5.9 g	10.6 g	9.8 g	58.4 g	44.0 g	59.2 mg	Half Tank 450 mL	2191.9 kJ	9.6 g	12.9 g	11.8 g	92.4 g	67.0 g	96.4 mg	Full Tank 550 mL	2705.0 kJ	11.6 g	21.2 g	19.6 g	102.4 g	74.7 g	117.6 mg
	Funky Monkey		1518.3 kJ	7.4 g	8.0 g	7.1 g	65.4 g	45.7 g	75.9 mg		2216.9 kJ	10.8 g	10.2 g	9.0 g	98.7 g	68.1 g	112.9 mg		2954.6 kJ	13.3 g	15.3 g	13.7 g	128.8 g	89.9 g	139.2 mg

These facts and figures are based on the average portions of ingredients we use. As we use real fruit, that is hand cut each day, the weight may vary and subsequently the figures such as sugars, energy, etc, may vary slightly from the figures above. There is always risk that allergens can be transferred between products during preparation. For this reason, Tank cannot guarantee that any item is free traces of allergens.

NUTRITIONAL INFORMATION

Juices

			Kilojoules	Protein	Fat		Carbohydrates		Sodium		Kilojoules	Protein	Fat		Carbohydrates		Sodium		Kilojoules	Protein	Fat		Carbohydrates		Sodium
					Total	- saturated	Total	- sugars					Total	- saturated	Total	- sugars					Total	- saturated	Total	- sugars	
Classics	Tank C	Mini Tank 250 mL	533.8 kJ	1.8 g	0.3 g	0.0 g	29.6 g	22.0 g	1.3 mg	Half Tank 450 mL	1053.5 kJ	3.7 g	0.5 g	0.0 g	58.1 g	43.5 g	1.6 mg	Full Tank 550 mL	1309.2 kJ	4.5 g	0.6 g	0.0 g	72.3 g	53.9 g	2.5 mg
	Strawberry Fields		471.4 kJ	1.5 g	0.2 g	0.2 g	26.1 g	22.5 g	1.7 mg		924.5 kJ	2.6 g	0.4 g	0.3 g	51.8 g	46.1 g	4.0 mg		1172.9 kJ	3.5 g	0.5 g	0.3 g	65.6 g	57.3 g	4.4 mg
	Pineapple Paradise		485.1 kJ	1.2 g	0.3 g	0.2 g	27.2 g	23.0 g	2.4 mg		945.3 kJ	2.4 g	0.4 g	0.3 g	53.1 g	46.1 g	4.8 mg		1200.3 kJ	2.9 g	0.5 g	0.3 g	67.6 g	58.1 g	5.9 mg
	Up Beet Tank		372.3 kJ	2.3 g	0.2 g	0.0 g	19.5 g	18.4 g	71.1 mg		740.9 kJ	4.6 g	0.4 g	0.0 g	38.8 g	37.0 g	142.2 mg		915.1 kJ	5.3 g	0.4 g	0.0 g	48.3 g	45.7 g	164.7 mg
	Citrus Blast		527.4 kJ	2.2 g	0.3 g	0.0 g	28.7 g	20.8 g	1.4 mg		1058.9 kJ	4.3 g	0.5 g	0.0 g	57.7 g	42.6 g	1.4 mg		1296.5 kJ	5.4 g	0.7 g	0.0 g	70.5 g	51.5 g	2.7 mg
Super	Xtreme C	Mini Tank 250 mL	499.7 kJ	1.8 g	0.4 g	0.2 g	27.2 g	20.0 g	36.6 mg	Half Tank 450 mL	992.4 kJ	3.8 g	0.8 g	0.3 g	53.8 g	39.6 g	71.3 mg	Full Tank 550 mL	1241.0 kJ	4.5 g	0.9 g	0.3 g	67.6 g	50.0 g	73.1 mg
	Kick Start		500.6 kJ	1.3 g	0.3 g	0.2 g	28.1 g	23.8 g	2.4 mg		976.3 kJ	2.4 g	0.5 g	0.3 g	54.9 g	47.8 g	4.8 mg		1231.3 kJ	2.9 g	0.5 g	0.3 g	69.5 g	59.8 g	6.0 mg
	Protein Punch		691.9 kJ	7.2 g	0.9 g	0.5 g	32.2 g	23.3 g	13.4 mg		1359.1 kJ	14.3 g	1.7 g	1.1 g	63.2 g	46.8 g	26.7 mg		1614.0 kJ	14.8 g	1.7 g	1.1 g	77.7 g	58.8 g	27.9 mg
	Veggie Boost		282.4 kJ	3.1 g	0.3 g	0.0 g	13.1 g	12.8 g	96.1 mg		559.0 kJ	6.1 g	0.6 g	0.1 g	25.9 g	25.6 g	193.0 mg		675.8 kJ	7.1 g	0.8 g	0.1 g	31.6 g	31.0 g	236.1 mg
	Vegetable Kingdom		257.0 kJ	2.5 g	0.3 g	0.0 g	12.3 g	11.5 g	58.4 mg		482.3 kJ	4.9 g	0.6 g	0.1 g	22.7 g	21.9 g	146.5 mg		624.8 kJ	5.8 g	0.7 g	0.1 g	30.1 g	28.5 g	160.8 mg
Kids	Gigggle Juice	Mini Tank 250 mL	333.3 kJ	3.6 g	0.2 g	0.0 g	18.5 g	14.5 g	12.6 mg	Half Tank 450 mL	537.9 kJ	1.8 g	0.3 g	0.0 g	29.7 g	23.5 g	28.4 mg	Full Tank 550 mL	746.8 kJ	2.5 g	0.4 g	0.0 g	41.3 g	32.6 g	35.1 mg
	Pinkalicious		415.2 kJ	2.2 g	0.3 g	0.2 g	21.8 g	18.6 g	40.7 mg		711.4 kJ	4.2 g	0.6 g	0.3 g	37.0 g	32.4 g	80.8 mg		935.0 kJ	4.7 g	0.7 g	0.3 g	49.7 g	42.7 g	81.8 mg

Salads

			Kilojoules	Protein	Fat		Carbohydrates		Sodium
					Total	- saturated	Total	- sugars	
Classics	Classic Caesar		1800.7 kJ	28.2 g	33.0 g	6.7 g	5.1 g	0.9 g	1161.4 mg
	Thai Chicken		1698.7 kJ	20.6 g	28.5 g	2.9 g	16.9 g	4.0 g	457.6 mg
	Thai Beef		1684.4 kJ	17.8 g	29.2 g	3.2 g	17.2 g	4.2 g	706.4 mg
	Guacamole Greens		2464.9 kJ	24.2 g	40.3 g	8.0 g	32.4 g	4.9 g	313.2 mg
	Almond Satay Chicken		1057.5 kJ	23.3 g	11.7 g	1.8 g	13.6 g	10.2 g	256.3 mg
	Vietnamese		1154.4 kJ	22.2 g	6.5 g	1.2 g	32.2 g	14.0 g	910.8 mg
	Quinoa Chicken Goji		2315.2 kJ	27.7 g	34.4 g	11.8 g	33.3 g	18.5 g	1094.2 mg
	Raw Lean'n Green		1814.7 kJ	10.4 g	37.2 g	12.0 g	14.4 g	6.1 g	1113.8 mg
	Paleo Active Greens		1808.7 kJ	7.0 g	39.9 g	7.2 g	11.4 g	9.5 g	357.2 mg

Wraps

			Kilojoules	Protein	Fat		Carbohydrates		Sodium
					Total	- saturated	Total	- sugars	
Classics	Classic Caesar		3345.2 kJ	35.1 g	51.4 g	11.3 g	49.2 g	3.5 g	1765.8 mg
	Thai Chicken		3107.4 kJ	27.0 g	45.8 g	7.5 g	55.6 g	6.0 g	1050.0 mg
	Thai Beef		3093.0 kJ	24.2 g	46.5 g	7.9 g	55.9 g	6.1 g	1298.8 mg
	Guacamole Greens		3280.4 kJ	28.7 g	45.6 g	9.6 g	64.7 g	7.9 g	822.0 mg
	Almond Satay Chicken		2309.0 kJ	31.1 g	21.4 g	6.1 g	58.8 g	13.6 g	879.2 mg
	Vietnamese		2443.7 kJ	30.2 g	14.3 g	5.4 g	83.7 g	22.8 g	1880.8 mg
	Quinoa Chicken Goji		3478.6 kJ	31.0 g	46.8 g	11.9 g	71.7 g	20.2 g	1178.0 mg
	Raw Lean'n Green		3034.5 kJ	14.1 g	49.6 g	12.1 g	55.5 g	8.4g	1164.0 mg
	Paleo Active Greens		3056.0 kJ	13.4 g	49.7 g	10.3 g	57.3 g	13.3 g	967.6 mg

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