



ROOTS on TAP

BLENDS

B.01 Kale Ale

Nutrition Facts		
Serving Size: 8 fl oz (237mL)		
Servings Per Container: 2		
Amount Per Serving		
Calories 110	Calories from Fat 10	
% Daily Value*		
Total Fat 1g	2%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 80mg	3%	
Total Carbohydrate 23g	8%	
Dietary Fiber 5g	20%	
Sugars 13g		
Protein 5g		
Vitamin A 140%	• Vitamin C 160%	
Calcium 15%	• Iron 20%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

INGREDIENTS: APPLE JUICE, CABBAGE, KALE, ORANGE JUICE, MINT, SWISS CHARD, SPINACH, SPIRULINA

B.02 Zucchini-tini

Nutrition Facts		
Serving Size: 8 fl oz (237mL)		
Servings Per Container: 2		
Amount Per Serving		
Calories 80	Calories from Fat 5	
% Daily Value*		
Total Fat 0.5g	1%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 45mg	2%	
Total Carbohydrate 19g	6%	
Dietary Fiber 2g	8%	
Sugars 8g		
Protein 3g		
Vitamin A 10%	• Vitamin C 50%	
Calcium 4%	• Iron 4%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

INGREDIENTS: TOMATO JUICE, CARROT JUICE, SWEET CORN, ZUCCHINI, CAULIFLOWER, CAYENNE PEPPER

B.03 Pinot Greengio

Nutrition Facts		
Serving Size: 8 fl oz (237mL)		
Servings Per Container: 2		
Amount Per Serving		
Calories 150	Calories from Fat 10	
% Daily Value*		
Total Fat 1.5g	2%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 30mg	1%	
Total Carbohydrate 34g	11%	
Dietary Fiber 6g	24%	
Sugars 22g		
Protein 3g		
Vitamin A 50%	• Vitamin C 200%	
Calcium 6%	• Iron 10%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

INGREDIENTS: ORANGE JUICE, PEARS, WATER, BROCCOLI, PERSIMMONS, SPINACH, FLAXSEED

B.04 Banana Kaze

Nutrition Facts		
Serving Size: 8 fl oz (237mL)		
Servings Per Container: 2		
Amount Per Serving		
Calories 180	Calories from Fat 5	
% Daily Value*		
Total Fat 1g	2%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 0mg	0%	
Total Carbohydrate 47g	16%	
Dietary Fiber 5g	20%	
Sugars 36g		
Protein 1g		
Vitamin A 4%	• Vitamin C 80%	
Calcium 2%	• Iron 4%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

INGREDIENTS: GRAPE JUICE, APPLES, BANANAS



ROOTS on TAP

SMOOTHIES

S.01 Sangreeka

Nutrition Facts	
Serving Size: 8 fl oz (237mL)	
Servings Per Container: 2	
Amount Per Serving	
Calories 210	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 50mg	2%
Total Carbohydrate 32g	11%
Dietary Fiber 4g	16%
Sugars 23g	
Protein 8g	
Vitamin A 15%	Vitamin C 8%
Calcium 20%	Iron 6%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: WATER, APPLES, GREEK YOGURT, MAPLE SYRUP, CHIA SEEDS, GOJI BERRIES, CINNAMON OIL

S.02 Green Cocopolitan

Nutrition Facts	
Serving Size: 8 fl oz (237mL)	
Servings Per Container: 2	
Amount Per Serving	
Calories 340	Calories from Fat 230
% Daily Value*	
Total Fat 25g	38%
Saturated Fat 15g	75%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 30g	10%
Dietary Fiber 10g	40%
Sugars 12g	
Protein 6g	
Vitamin A 15%	Vitamin C 35%
Calcium 6%	Iron 15%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: COCONUT WATER, COCONUT MILK, BANANAS, AVOCADOS, SPINACH, COCOA POWDER, FLAXSEED

S.03 Oat Fashioned

Nutrition Facts	
Serving Size: 8 fl oz (237mL)	
Servings Per Container: 2	
Amount Per Serving	
Calories 270	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 39g	13%
Dietary Fiber 9g	36%
Sugars 19g	
Protein 7g	
Vitamin A 6%	Vitamin C 30%
Calcium 20%	Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: ALMOND MILK, WATER, APPLES, CABBAGE, OATS, DATES, ALMOND BUTTER, HEMP SEEDS, GINGER ROOT

S.04 Macarita

Nutrition Facts	
Serving Size: 8 fl oz (237mL)	
Servings Per Container: 2	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 25g	8%
Dietary Fiber 5g	16%
Sugars 17g	
Protein 2g	
Vitamin A 30%	Vitamin C 15%
Calcium 6%	Iron 6%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: COCONUT WATER, BANANAS, SPINACH, DATES, MACA POWDER



ROOTS on TAP

JUICES

J.01 Pom Collins

Nutrition Facts		
Serving Size: 8 fl oz (237mL)		
Servings Per Container: 2		
Amount Per Serving		
Calories 110	Calories from Fat 0	
% Daily Value*		
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 25mg	1%	
Total Carbohydrate 28g	9%	
Dietary Fiber 1g	4%	
Sugars 23g		
Protein 1g		
Vitamin A 2%	•	Vitamin C 20%
Calcium 2%	•	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g

INGREDIENTS: POMEGRANATE JUICE, CARROT JUICE, APPLE JUICE, GRAPE JUICE

J.02 Beet Goggles

Nutrition Facts		
Serving Size: 8 fl oz (237mL)		
Servings Per Container: 2		
Amount Per Serving		
Calories 100	Calories from Fat 0	
% Daily Value*		
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 55mg	2%	
Total Carbohydrate 24g	8%	
Dietary Fiber <1g	3%	
Sugars 18g		
Protein 1g		
Vitamin A 0%	•	Vitamin C 15%
Calcium 2%	•	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g

INGREDIENTS: BEET JUICE, APPLE JUICE, CARROT JUICE, GINGER ROOT JUICE

J.03 Gin-ger and Juice

Nutrition Facts		
Serving Size: 8 fl oz (237mL)		
Servings Per Container: 2		
Amount Per Serving		
Calories 50	Calories from Fat 0	
% Daily Value*		
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 30mg	1%	
Total Carbohydrate 15g	5%	
Dietary Fiber <1g	2%	
Sugars 8g		
Protein 0g		
Vitamin A 8%	•	Vitamin C 20%
Calcium 2%	•	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g

INGREDIENTS: CRANBERRY JUICE, PEAR JUICE, SWISS CHARD JUICE, GINGER ROOT JUICE

J.04 Straight Up Apple

Nutrition Facts		
Serving Size: 8 fl oz (237mL)		
Servings Per Container: 2		
Amount Per Serving		
Calories 70	Calories from Fat 0	
% Daily Value*		
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 0mg	0%	
Total Carbohydrate 17g	6%	
Dietary Fiber 0g	0%	
Sugars 16g		
Protein 0g		
Vitamin A 2%	•	Vitamin C 8%
Calcium 0%	•	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g

INGREDIENTS: APPLE JUICE



ROOTS on TAP

JUICES

J.05 Straight Up Orange

Nutrition Facts	
Serving Size: 8 fl oz (237mL)	
Servings Per Container: 2	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 24g	8%
Dietary Fiber 0g	0%
Sugars 19g	
Protein 2g	
Vitamin A 10%	Vitamin C 190%
Calcium 2%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: ORANGE JUICE

J.06 Straight Up Grape

Nutrition Facts	
Serving Size: 8 fl oz (237mL)	
Servings Per Container: 2	
Amount Per Serving	
Calories 150	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 39g	13%
Dietary Fiber 2g	8%
Sugars 37g	
Protein 1g	
Vitamin A 4%	Vitamin C 15%
Calcium 4%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: GRAPE JUICE



ROOTS on TAP

NUT MILKS

M.01 Almondretto

Nutrition Facts		
Serving Size: 8 fl oz (237mL)		
Servings Per Container: 2		
Amount Per Serving		
Calories 120	Calories from Fat 30	
% Daily Value*		
Total Fat 3.5g	5%	
Saturated Fat 1g	5%	
<i>Trans Fat</i> 0g		
Cholesterol 0mg	0%	
Sodium 130mg	5%	
Total Carbohydrate 20g	7%	
Dietary Fiber 2g	8%	
Sugars 16g		
Protein 1g		
Vitamin A 10%	•	Vitamin C 0%
Calcium 45%	•	Iron 6%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g

INGREDIENTS: ALMONDS, COCONUT MILK, DATES, VANILLA BEAN, TURMERIC

M.02 Cashew Driver

Nutrition Facts		
Serving Size: 8 fl oz (237mL)		
Servings Per Container: 2		
Amount Per Serving		
Calories 160	Calories from Fat 60	
% Daily Value*		
Total Fat 7g	11%	
Saturated Fat 1g	5%	
<i>Trans Fat</i> 0g		
Cholesterol 0mg	0%	
Sodium 160mg	7%	
Total Carbohydrate 21g	7%	
Dietary Fiber 5g	20%	
Sugars 12g		
Protein 4g		
Vitamin A 10%	•	Vitamin C 0%
Calcium 50%	•	Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g

INGREDIENTS: CASHEW MILK, MAPLE SYRUP, FLAXSEED, COCOA POWDER

M.03 Chia-Ilini

Nutrition Facts		
Serving Size: 8 fl oz (237mL)		
Servings Per Container: 2		
Amount Per Serving		
Calories 280	Calories from Fat 120	
% Daily Value*		
Total Fat 13g	20%	
Saturated Fat 1.5g	8%	
<i>Trans Fat</i> 0g		
Cholesterol 0mg	0%	
Sodium 65mg	3%	
Total Carbohydrate 40g	13%	
Dietary Fiber 8g	32%	
Sugars 21g		
Protein 5g		
Vitamin A 160%	•	Vitamin C 4%
Calcium 8%	•	Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g

INGREDIENTS: SWEET POTATO JUICE, WALNUT MILK, HONEY, CHAI SEED, GROUND CINNAMON

M.04 Cashew Neat

Nutrition Facts		
Serving Size: 8 fl oz (237mL)		
Servings Per Container: 2		
Amount Per Serving		
Calories 180	Calories from Fat 130	
% Daily Value*		
Total Fat 14g	22%	
Saturated Fat 2.5g	13%	
<i>Trans Fat</i> 0g		
Cholesterol 0mg	0%	
Sodium 5mg	0%	
Total Carbohydrate 10g	3%	
Dietary Fiber 1g	4%	
Sugars 2g		
Protein 6g		
Vitamin A 0%	•	Vitamin C 0%
Calcium 2%	•	Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g

INGREDIENTS: WATER, CASHEWS



ROOTS on TAP

NUT MILKS

M.05 Almond Neat

Nutrition Facts	
Serving Size: 8 fl oz (237mL)	
Servings Per Container: 2	
Amount Per Serving	
Calories 200	Calories from Fat 160
% Daily Value*	
Total Fat 18g	28%
Saturated Fat 1.5g	8%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 7g	
Vitamin A 0%	• Vitamin C 0%
Calcium 10%	• Iron 8%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: WATER, ALMONDS

M.06 Coconut Neat

Nutrition Facts	
Serving Size: 8 fl oz (237mL)	
Servings Per Container: 2	
Amount Per Serving	
Calories 130	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 9g	45%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 9g	3%
Dietary Fiber 4g	16%
Sugars 5g	
Protein 2g	
Vitamin A 0%	• Vitamin C 8%
Calcium 6%	• Iron 6%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: COCONUT WATER, WATER, COCONUT MEAT



ROOTS on TAP

PERFORMANCE BLENDS

P.01 Irish Carrot Bomb

Nutrition Facts	
Serving Size: 8 fl oz (237mL)	
Servings Per Container: 2	
Amount Per Serving	
Calories 190	Calories from Fat 0
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 47g	16%
Dietary Fiber 5g	20%
Sugars 35g	
Protein 3g	
Vitamin A 2%	Vitamin C 70%
Calcium 6%	Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: CARROT JUICE, TURNIPS, APPLES, COCONUT WATER, CABBAGE, BANANAS, HONEY, SPIRULINA, SEA SALT

P.02 Clementini

Nutrition Facts	
Serving Size: 8 fl oz (237mL)	
Servings Per Container: 2	
Amount Per Serving	
Calories 120	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 30g	10%
Dietary Fiber 1g	4%
Sugars 26g	
Protein 1g	
Vitamin A 2%	Vitamin C 80%
Calcium 2%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: WATER, CLEMENTINES, LEMON JUICE, MAPLE SYRUP, SEA SALT

P.03 Banana Mama

Nutrition Facts	
Serving Size: 8 fl oz (237mL)	
Servings Per Container: 2	
Amount Per Serving	
Calories 270	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 115mg	5%
Total Carbohydrate 41g	14%
Dietary Fiber 6g	24%
Sugars 29g	
Protein 9g	
Vitamin A 8%	Vitamin C 15%
Calcium 30%	Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: ALMOND MILK, BANANAS, GREEK YOGURT, HONEY, HEMP SEEDS



ROOTS on TAP

WATER

W.01 Aloe-ha Colada

Nutrition Facts	
Serving Size: 8 fl oz (237mL)	
Servings Per Container: 2	
Amount Per Serving	
Calories 20	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber <1g	4%
Sugars 4g	
Protein 0g	
Vitamin A 2%	Vitamin C 25%
Calcium 4%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: WATER, ALOE VERA JUICE, PINEAPPLE, ORANGES

W.02 Lemon Aid

Nutrition Facts	
Serving Size: 8 fl oz (237mL)	
Servings Per Container: 2	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Sugars 13g	
Protein 0g	
Vitamin A 0%	Vitamin C 20%
Calcium 0%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: WATER, LEMON JUICE, MAPLE SYRUP, CAYENNE PEPPER



ROOTS on TAP

TEAS & COFFEES

T.01 Pear of the Dog

Nutrition Facts	
Serving Size: 8 fl oz (237mL)	
Servings Per Container: 2	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	16%
Sugars 19g	
Protein 1g	
Vitamin A 30%	Vitamin C 35%
Calcium 4%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: WATER, PEARS, PINEAPPLE, HONEY, MATCHA GREEN TEA, MINT

T.02 Tequila Sunrise

Nutrition Facts	
Serving Size: 8 fl oz (237mL)	
Servings Per Container: 2	
Amount Per Serving	
Calories 80	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 18g	6%
Dietary Fiber 5g	20%
Sugars 14g	
Protein 1g	
Vitamin A 20%	Vitamin C 30%
Calcium 6%	Iron 6%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: CHAMOMILE TEA, GRAPES, PARSLEY, ACAI POWDER

C.01 Cocolua

Nutrition Facts	
Serving Size: 8 fl oz (237mL)	
Servings Per Container: 2	
Amount Per Serving	
Calories 240	Calories from Fat 140
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 14g	70%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 25g	8%
Dietary Fiber 3g	12%
Sugars 18g	
Protein 2g	
Vitamin A 6%	Vitamin C 0%
Calcium 25%	Iron 8%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: CASHEW MILK, COLD BREWED COFFEE, MAPLE SYRUP, COCONUT OIL, COCOA POWDER, GROUND CINNAMON

C.02 White Rush-in

Nutrition Facts	
Serving Size: 8 fl oz (237mL)	
Servings Per Container: 2	
Amount Per Serving	
Calories 35	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 2g	1%
Dietary Fiber 3g	12%
Sugars <1g	
Protein 1g	
Vitamin A 6%	Vitamin C 0%
Calcium 25%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: COLD BREWED COFFEE, ALMOND MILK, VANILLA BEAN