

Smoothies King Nutrition Information

Smoothie King Menu with Price USA

Smoothie King Menu Prices USA 2025. Get the latest prices, item details, and calorie info for all Smoothie King locations across the U.S. in one place. From classic favorites like *Angel Food* to high-protein options like *Gladiator Vanilla* or *The Hulk Chocolate*, Smoothie King has something for every lifestyle. Whether you're focused on fitness, weight management, or simply enjoying a tasty blend, this guide provides updated prices by size for each smoothie type.

Save this page to stay updated on **Smoothie King's 2025 menu prices**. Moreover, you can also find a Smoothie King Outlet near you.

[Smoothie King Location](#)



Refreshers

Real Fruit. Real Juice. Real Energy.



SMOOTHIES	CAL.	FAT	CHOL.	CARBS	FIBER	SUGAR	ADDED SUGAR	PROTEIN	SODIUM	CAFFEINE
Strawberry Guava Refresher	60	0g	0mg	16g	0g	13g	10g	0g	30mg	63mg
Strawberry Guava Lemonade Refresher	140	0g	0mg	36g	0g	31g	10g	< 1g	35mg	63mg
Pineapple Mango Refresher	60	0g	0mg	15g	0g	12g	7g	0g	40mg	63mg
Pineapple Mango Lemonade Refresher	140	0g	0mg	36g	0g	30g	7g	< 1g	45mg	63mg

Smoothie Bowls Nutrition

SMOOTHIES	CAL.	FAT	CHOL.	CARBS	FIBER	SUGAR	ADDED SUGAR	PROTEIN	SODIUM	CAFFEINE
Coco Colada™ Bowl	490	12g	0mg	102g	23g	65g	50g	3g	115mg	0mg
Go Coconuts™ Bowl	530	16g	0mg	103g	24g	61g	47g	4g	125mg	0mg
Açaí Cocoa Haze Bowl™	630	23g	0mg	106g	12g	62g	53g	6g	150mg	0mg
Coco Pitaya-Yah Bowl™	540	20g	0mg	85g	14g	63g	37g	9g	135mg	0mg
Go Go Goji Crunch™ Bowl	550	16g	0mg	100g	9g	62g	53g	4g	160mg	0mg
Bee Berry Sting™ Bowl	440	7g	0mg	90g	10g	72g	37g	7g	120mg	0mg
Berry Goji Getaway™ Bowl	540	18g	0mg	93g	10g	61g	49g	4g	75mg	0mg
PB Swizzle™ Bowl	620	22g	0mg	103g	11g	58g	46g	7g	170mg	0mg
Hive Five™ Bowl	470	10g	0mg	91g	12g	74g	33g	7g	60mg	0mg
PB Delight™ Bowl	520	13g	0mg	93g	12g	68g	30g	10g	180mg	0mg

Smoothie **Feel Energized Blend** Nutrition

SMOOTHIES	CAL.	FAT	CHOL.	CARBS	FIBER	SUGAR	ADDED SUGAR	PROTEIN	SODIUM	CAFFEINE
<u>Espresso D-Lite™ Vanilla</u>	240	5g	20mg	39g	0g	32g	20g	10g	270mg	159mg
<u>Espresso D-Lite™ Mocha</u>	320	4.5g	20mg	57g	2g	48g	32g	14g	220mg	159mg
<u>Keto Champ™ Espresso</u>	430	33g	15mg	20g	13g	1g	0g	24g	440mg	159mg
<u>The Hulk™ Espresso</u>	650	22g	80mg	105g	4g	90g	59g	23g	360mg	159mg
<u>Gladiator Chocolate Coffee</u>	300	3.5g	10mg	26g	5g	11g	0g	46g	500mg	89mg
<u>Gladiator Chocolate Espresso</u>	310	3.5g	10mg	28g	5g	11g	0g	46g	500mg	165mg
<u>Espresso High Protein Vanilla</u>	380	12g	55mg	39g	6g	27g	0g	30g	350mg	159mg
<u>Espresso High Protein Almond Mocha</u>	380	13g	55mg	40g	6g	27g	0g	31g	350mg	159mg
<u>The Activator® Recovery Espresso</u>	230	2.5g	10mg	26g	2g	14g	0g	29g	430mg	162mg
<u>Vegan Coffee Mocha</u>	240	3g	0mg	45g	7g	29g	0g	10g	170mg	83mg
<u>Vegan Espresso Mocha</u>	250	3g	0mg	47g	7g	30g	0g	10g	180mg	159mg

Smoothie **Feel Energized Blend** Nutrition

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SMOOTHIES	CAL.	FAT	CHOL.	CARBS	FIBER	SUGAR	ADDED SUGAR	PROTEIN	SODIUM	CAFFEINE
<u>Keto Champ™ Coffee</u>	420	33g	15mg	18g	13g	1g	0g	24g	440mg	83mg
<u>Pure Recharge® Pineapple</u>	370	2g	15mg	89g	6g	63g	0g	10g	160mg	181mg
<u>Coffee D-Lite™ Vanilla</u>	230	5g	20mg	37g	0g	32g	20g	10g	270mg	83mg
<u>Coffee D-Lite™ Mocha</u>	310	5g	20mg	55g	2g	48g	32g	14g	220mg	83mg
<u>Pure Recharge® Strawberry</u>	190	1.5g	10mg	43g	2g	27g	0g	7g	340mg	181mg
<u>Pure Recharge® Mango Strawberry</u>	300	0.5g	0mg	75g	4g	64g	0g	2g	170mg	181mg
<u>The Hulk™ Coffee</u>	640	22g	80mg	104g	4g	89g	59g	23g	360mg	166mg
<u>Coffee High Protein Vanilla</u>	370	13g	55mg	37g	6g	27g	0g	30g	350mg	83mg
<u>Coffee High Protein Almond Mocha</u>	370	13g	55mg	38g	6g	27g	0g	31g	350mg	83mg
<u>The Activator® Recovery Coffee</u>	220	3g	10mg	24g	2g	14g	0g	29g	430mg	86mg

Get Fit Blends

Purposefully blended with protein-rich ingredients to help you fuel up or recover faster.



SMOOTHIES	CAL.	FAT	CHOL.	CARBS	FIBER	SUGAR	ADDED SUGAR	PROTEIN	SODIUM	CAFFEINE
<u>The Activator® Recovery Watermelon</u>	340	2.5g	10mg	52g	2g	39g	0g	27g	340mg	0mg
<u>King Cake Gladiator*</u>	360	5g	60mg	34g	5g	20g	0g	45g	460mg	0mg
<u>The Activator® Recovery GLP-1 Almond Berry</u>	200	2.5g	5mg	22g	5g	13g	0g	24g	230mg	0mg
<u>Gladiator® GLP-1 Strawberry</u>	220	3g	10mg	3g	1g	1g	0g	45g	350mg	0mg
<u>Gladiator® GLP-1 Chocolate</u>	220	3.5g	10mg	5g	2g	< 1g	0g	45g	500mg	6mg
<u>Gladiator® GLP-1 Vanilla</u>	220	2.5g	15mg	3g	1g	1g	0g	45g	400mg	0mg
<u>The Activator® Recovery Strawberry Banana</u>	260	2.5g	10mg	37g	4g	24g	0g	26g	340mg	0mg
<u>The Activator Recovery Pineapple Spinach</u>	280	2.5g	10mg	40g	4g	29g	0g	27g	360mg	0mg
<u>Peanut Power Plus™</u>	530	25g	10mg	65g	10g	42g	0g	19g	420mg	0mg
<u>Power Punch Plus®</u>	280	3g	25mg	64g	6g	36g	12g	14g	200mg	0mg
<u>Peanut Power Plus™ Strawberry</u>	600	24g	5mg	85g	11g	62g	25g	17g	310mg	0mg
<u>Peanut Power Plus™ Chocolate</u>	540	26g	10mg	66g	11g	42g	0g	22g	540mg	0mg

Get Fit Blends

Purposefully blended with protein-rich ingredients to help you fuel up or recover faster.



<u>Peanut Power Plus™ Chocolate</u>	540	26g	10mg	66g	11g	42g	0g	22g	540mg	0mg
<u>The Hulk™ Vanilla</u>	630	22g	80mg	101g	4g	89g	59g	23g	360mg	0mg
<u>The Hulk™ Strawberry</u>	770	22g	80mg	135g	6g	121g	85g	23g	360mg	0mg
<u>The Hulk™ Chocolate</u>	640	22g	80mg	104g	6g	90g	59g	24g	360mg	0mg
<u>Original High Protein Pineapple</u>	300	12g	55mg	27g	4g	17g	0g	27g	300mg	0mg
<u>Original High Protein Lemon</u>	380	12g	55mg	44g	3g	33g	0g	27g	310mg	0mg
<u>Original High Protein Chocolate</u>	360	13g	55mg	37g	6g	27g	0g	30g	350mg	0mg
<u>Original High Protein Banana</u>	330	12g	55mg	33g	5g	17g	0g	27g	300mg	0mg
<u>Gladiator® Chocolate</u>	220	3.5g	10mg	5g	2g	< 1g	0g	45g	500mg	6mg
<u>Gladiator® Strawberry</u>	220	3g	10mg	3g	1g	1g	0g	45g	350mg	0mg
<u>Gladiator® Vanilla</u>	220	2.5g	15mg	3g	1g	1g	0g	45g	400mg	0mg
<u>The Activator® Recovery Pineapple</u>	300	1.5g	5mg	50g	3g	42g	0g	24g	220mg	0mg
<u>The Activator® Recovery Chocolate</u>	200	3g	10mg	22g	4g	10g	0g	26g	380mg	3mg
<u>The Activator® Recovery Blueberry Strawberry</u>	250	1.5g	5mg	38g	4g	25g	0g	23g	190mg	0mg

Manage Weight Blends

Purposefully blended to help you stay on track.



SMOOTHIES	CAL.	FAT	CHOL.	CARBS	FIBER	SUGAR	ADDED SUGAR	PROTEIN	SODIUM	CAFFEINE
Power Meal™ Slim Watermelon	280	4.5g	10mg	46g	6g	29g	0g	19g	580mg	0mg
Metabolism Boost® Dark Chocolate Banana	320	4g	10mg	62g	12g	30g	0g	24g	520mg	100mg
Slim-N-Trim GLP-1 Mango Greens	200	3.5g	20mg	30g	5g	17g	0g	22g	430mg	0mg
Power Meal Slim™ GLP-1 Strawberry	210	4.5g	10mg	32g	8g	13g	0g	19g	570mg	0mg
Power Meal Slim™ GLP-1 Chocolate	200	7g	10mg	26g	10g	6g	0g	22g	630mg	0mg
Power Meal Slim™ GLP-1 Vanilla	190	6g	10mg	22g	6g	7g	0g	19g	630mg	0mg
Keto Champ™ GLP-1 Chocolate	420	33g	15mg	19g	14g	1g	0g	24g	440mg	0mg
Keto Champ™ GLP-1 Berry	450	33g	15mg	23g	15g	5g	0g	24g	440mg	0mg
Power Meal Slim™ Vanilla	190	6g	10mg	22g	6g	7g	0g	19g	630mg	0mg
Power Meal Slim™ Strawberry	210	4.5g	10mg	32g	8g	13g	0g	19g	570mg	0mg
Power Meal Slim™ Chocolate	200	7g	10mg	26g	10g	6g	0g	22g	630mg	0mg
Metabolism Boost® Mango Ginger	270	3g	10mg	51g	7g	35g	0g	18g	490mg	100mg

Manage Weight Blends

Purposefully blended to help you stay on track.



<u>Metabolism Boost®</u> <u>Strawberry</u> <u>Pineapple</u>	270	2.5g	10mg	53g	8g	34g	0g	17g	480mg	100mg
<u>Keto Champ™</u> <u>Chocolate</u>	420	33g	15mg	19g	14g	1g	0g	24g	440mg	0mg
<u>Keto Champ™ Berry</u>	450	33g	15mg	23g	15g	5g	0g	24g	440mg	0mg
<u>Slim-N-Trim™</u> <u>Veggie</u>	240	3g	20mg	47g	6g	29g	0g	15g	380mg	0mg
<u>Slim-N-Trim™</u> <u>Vanilla</u>	170	2.5g	20mg	31g	4g	15g	0g	13g	340mg	0mg
<u>Slim-N-Trim™</u> <u>Strawberry</u>	160	2.5g	20mg	28g	6g	13g	0g	13g	350mg	0mg
<u>Slim-N-Trim™</u> <u>Chocolate</u>	200	3g	20mg	34g	5g	19g	0g	20g	440mg	0mg
<u>Slim-N-Trim™</u> <u>Blueberry</u>	250	2.5g	20mg	50g	4g	34g	0g	12g	350mg	0mg
<u>The Shredder®</u> <u>Vanilla</u>	220	4.5g	20mg	19g	2g	10g	0g	32g	670mg	3mg
<u>The Shredder®</u> <u>Strawberry</u>	320	3g	15mg	47g	3g	32g	0g	29g	430mg	3mg
<u>The Shredder®</u> <u>Chocolate</u>	230	5g	20mg	21g	4g	10g	0g	32g	720mg	6mg
<u>MangoFest™</u>	290	1g	0mg	71g	3g	65g	0g	2g	15mg	0mg
<u>Lean1™ Chocolate</u>	250	11g	20mg	28g	8g	8g	0g	20g	390mg	42mg

Be Well Blends

Purposefully blended with vitamins essential to maintaining a healthy body.



SMOOTHIES	CAL.	FAT	CHOL.	CARBS	FIBER	SUGAR	ADDED SUGAR	PROTEIN	SODIUM	CAFFEINE
<u>Hydration Watermelon</u>	200	0g	0mg	50g	2g	35g	0g	2g	270mg	0mg
<u>Hydration Berry</u>	190	0g	0mg	49g	5g	34g	0g	2g	260mg	0mg
<u>Gut Health Greek Watermelon</u>	280	2g	10mg	57g	4g	44g	0g	12g	270mg	0mg
<u>Hydration Pineapple Mango</u>	240	0.5g	0mg	62g	4g	50g	0g	2g	260mg	0mg
<u>Power Meal™ Cinnamon Banana</u>	310	11g	10mg	38g	9g	24g	0g	20g	350mg	0mg
<u>Power Meal™ Blueberry Raspberry</u>	330	11g	10mg	41g	8g	29g	0g	20g	360mg	0mg
<u>Power Meal™ Spinach Pineapple</u>	350	11g	10mg	48g	7g	34g	0g	21g	370mg	0mg
<u>Gut Health Greek Yogurt Strawberry Blueberry</u>	240	1g	5mg	50g	5g	35g	0g	10g	160mg	0mg
<u>Gut Health Greek Yogurt Pineapple Mango</u>	250	1.5g	5mg	54g	5g	44g	0g	10g	150mg	0mg
<u>Gut Health Papaya Mango Ginger</u>	190	0.5g	0mg	56g	5g	36g	0g	2g	60mg	0mg
<u>Collagen Power Pineapple Kale</u>	230	2g	0mg	49g	7g	32g	0g	10g	180mg	0mg
<u>Vegan Mixed Berry</u>	290	3.5g	0mg	54g	6g	35g	0g	12g	250mg	0mg

Be Well Blends

Purposefully blended with vitamins essential to maintaining a healthy body.



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SMOOTHIES	CAL.	FAT	CHOL.	CARBS	FIBER	SUGAR	ADDED SUGAR	PROTEIN	SODIUM	CAFFEINE
<u>Immune Builder® Veggie Superfood</u>	340	1g	0mg	84g	9g	63g	0g	3g	240mg	0mg
<u>Veggie Lemon Ginger Spinach</u>	300	1g	0mg	78g	6g	60g	0g	4g	95mg	0mg
<u>Veggie Carrot Kale Dream™</u>	270	1.5g	< 5mg	62g	3g	48g	0g	4g	160mg	0mg
<u>Veggie Apple Kiwi Kale</u>	290	0g	0mg	72g	3g	58g	0g	2g	140mg	0mg
<u>Vegan Pineapple Spinach</u>	360	6g	0mg	74g	8g	50g	0g	11g	200mg	0mg
<u>Vegan Nutty Super Grain</u>	510	26g	0mg	58g	9g	33g	0g	19g	370mg	0mg
<u>Vegan Mango Kale</u>	330	6g	0mg	64g	6g	45g	0g	10g	120mg	0mg
<u>Vegan Dark Chocolate Banana</u>	300	3g	0mg	70g	12g	38g	0g	11g	115mg	0mg
<u>Immune Builder® Mixed Berry</u>	330	1g	0mg	81g	10g	55g	0g	2g	85mg	0mg
<u>Daily Warrior®</u>	630	32g	0mg	88g	15g	48g	0g	16g	220mg	0mg
<u>Blueberry Heaven®</u>	260	2g	5mg	58g	4g	41g	0g	5g	250mg	0mg

Enjoy a Treat Blends

Purposefully blended to help you reward yourself or simply enjoy the day.



SMOOTHIES	CAL.	FAT	CHOL.	CARBS	FIBER	SUGAR	ADDED SUGAR	PROTEIN	SODIUM	CAFFEINE
<u>X-Treme Watermelon™</u>	340	1.5g	< 5mg	78g	2g	67g	26g	4g	140mg	0mg
<u>King Cake Yogurt D-Lite*</u>	310	7g	25mg	52g	5g	37g	7g	11g	440mg	0mg
<u>Angel Food™</u>	350	0.5g	0mg	82g	4g	71g	50g	5g	50mg	0mg
<u>Lemon Twist® Banana</u>	370	0.5g	0mg	91g	2g	76g	25g	2g	15mg	0mg
<u>Island Impact®</u>	270	2g	5mg	61g	4g	52g	0g	6g	240mg	0mg
<u>Caribbean Way®</u>	390	0.5g	0mg	97g	4g	83g	50g	2g	10mg	0mg
<u>Angel Food™ Slim</u>	220	1g	< 5mg	55g	4g	33g	0g	4g	150mg	0mg
<u>Strawberry X-Treme®</u>	300	0.5g	0mg	74g	4g	68g	52g	1g	0mg	0mg
<u>Yogurt D-Lite®</u>	280	4.5g	20mg	49g	0g	46g	32g	11g	280mg	0mg
<u>Strawberry-Kiwi Breeze®</u>	360	1g	< 5mg	85g	2g	76g	26g	3g	140mg	0mg
<u>Pineapple Surf®</u>	410	2g	5mg	96g	4g	83g	37g	6g	240mg	0mg
<u>Muscle Punch®</u>	320	1g	10mg	72g	5g	59g	38g	8g	60mg	0mg
<u>Berry Punch®</u>	260	0g	0mg	65g	5g	53g	26g	1g	125mg	0mg

Kids Blends

Purposefully blended to help them stay happy, with flavors they'll love.



SMOOTHIES	CAL.	FAT	CHOL.	CARBS	FIBER	SUGAR	ADDED SUGAR	PROTEIN	SODIUM	CAFFEINE
Strawberry Bluegurt Blitz™	160	1g	5mg	33g	2g	27g	13g	7g	150mg	0mg
Lil Angel™	190	0.5g	0mg	47g	4g	38g	26g	1g	10mg	0mg
CW Jr.®	240	0.5g	0mg	59g	4g	49g	26g	1g	15mg	0mg
Choc-A-Laka™	300	5g	20mg	54g	4g	49g	22g	12g	105mg	0mg
Apple Kiwi Bunga™	170	0g	0mg	43g	3g	34g	0g	1g	25mg	0mg
Berry Interesting™	200	0g	0mg	49g	5g	41g	26g	1g	15mg	0mg