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Nutrition



Fresh, never frozen fruit.

Don't get us wrong... frozen can be a great thing. Ice? Cool! Frozen yogurt? We get chills just thinking about it. But when it comes to fruit, we firmly believe there's only one way to be: fresh. It's not easy to use fresh fruit - it's probably why most others don't - but with our Fruit Expert[®] know-how, we've got something of an edge here. We use the same amazing fresh fruit in our signature fruit arrangements and chocolate Dipped Fruit[™] that we do in all of our Edible To Go[®] products.

Simple ingredients you can pronounce.

We like to call ours "The Authentic Smoothie," because it's just like the one you'd probably make at home, except we freshly-craft it in our stores for you with fruit, ice, and agave (or no agave if you prefer). This idea of authenticity applies to our entire Edible To Go[®] menu -- if you can't say it, you won't find it in our smoothies, frozen yogurt, or any other fresh fruit treats.

Dozens of smoothies under 200 calories.

We get it - calories count. That's why we've got oodles of options that won't break your calorie bank. Plus, you can choose to order any smoothie without agave to save a few extra if you like. Oh, and even though we left out the calories, we didn't skimp on the deliciousness.

Premium add-ins to fuel your day.

For an extra boost of the good stuff, we've got power-packed ingredients like kale, spinach, oats, flax seed, low-fat yogurt, avocado, and whey protein. Add them to any Create-Your-Own smoothie to make a personalized blend, or choose one of our Meal-On-The-Go smoothies.

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