

About us...

The Chill, is conveniently located in UD's RecPlex. It is the perfect place for students to pick up a drink before hitting the gym or cool down with a fresh fruit smoothie after a workout. As a joint venture with Dining Services, The Chill accepts all meal plans as well as Flyer Express.

Hours

Sunday-Thursday
11am-11pm

Friday and Saturday
11am-9pm



<http://www.flyerenterprises.com/thechill>



Nutrition Facts



University of Dayton
Dining Services

Wylan Ganote RD/LD

Prepared By Rebecca Wehner
11/12/07

Email Questions to :
Wylan.Ganote@notes.udayton.edu



Our ingredients (16 oz)

	ENERGY (kcal)	CHO (grams)	PRO (grams)	FAT (grams)	NA (mg)	TDFB (grams)
BERRY BLAST SMOOTHIE						
12 OZ	293	64.08	5.95	0.49	107	3.3
16 OZ	413	89.63	9.02	0.98	154	5.8
FRUITY DELITE						
12 OZ	187	47.53	3.19	0.87	8	7.9
16 OZ	187	47383	3.19	0.87	8	7.9
LEMON-RAZ						
12 OZ	268	58.06	7.18	1	96	9
16 OZ	354	75.28	9.76	1	143	9
MIAMI VICE						
12 OZ	124	29.33	2.65	0	56	0.5
16 OZ	174	40.53	3.73	0	83	0.5
ORANGE JUBILEE						
12 OZ	137	32.4	2.88	0	57	0.5
16 OZ	199	46.68	4.19	0	86	0.5
POWER-UP						
12 OZ	425	100.62	4.81	7.61	189	3.8
16 OZ	505	124.67	4.81	7.61	229	3.8
STRAWBERRY BANANA						
12 OZ	385	88.64	7.19	0.37	110	4.3
16 OZ	471	105.86	9.78	0.37	157	4.3
TROPICAL BLEND						
12 OZ	298	65.59	5.17	0	95	1.6
16 OZ	509	113.9	7.76	0	143	1.3

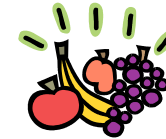
Berry Blast

1 cup frozen yogurt
1 cup berry mix
1/4 cup straw. concentrate
1/2 cup water



Fruity DeLite

1 cup ice
1/2 cup bananas
1/2 cup strawberries
1/2 cup raspberries
1/4 cup orange juice



Lemon-Raz

1 cup frozen yogurt
1 cup raspberries
1/4 cup lemon-rasp concentrate
1/2 cup water



Miami Vice

1/2 cup ice
1/2 cup pina colada flavor burst
1/2 cup strawberries
1/2 cup water



Orange Jubilee

1/2 cup ice
1/2 cup orange flavor burst
1/2 cup strawberries
1/4 cup orange juice
1/4 cup water



Power Up

1/2 cup ice
1 tbsp peanut butter
2/3 cup chocolate flavor burst
1/2 cup bananas
1/4 cup water

Strawberry Banana

1 cup frozen yogurt
1/2 cup bananas
1/2 cup strawberries
1/4 cup straw. concentrate
1/2 cup water



Tropical Blend

1 cup frozen yogurt
1 cup tropical mix
1/2 cup mango concentrate
1/2 cup water

