

GRÜNE SMOOTHIES



BAMBUSHÜTTE

| | Economy Class | Business Class | First Class |
|---------------|----------------|-----------------|-----------------|
| Energie | 377 KJ/90 kcal | 503 KJ/120 kcal | 628 KJ/200 kcal |
| Fett | 0,6 g | 0,7 g | 0,9 g |
| Kohlenhydrate | 17,0 g | 22,7 g | 28,4 g |
| Zucker | 16,2 g | 21,5 g | 26,9 g |
| Protein | 1,7 g | 2,3 g | 2,9 g |



HÄNGEMATTE

| | Economy Class | Business Class | First Class |
|---------------|-----------------|-----------------|-----------------|
| Energie | 468 KJ/111 kcal | 625 KJ/149 kcal | 781 KJ/186 kcal |
| Fett | 1,2 g | 1,7 g | 2,1 g |
| Kohlenhydrate | 18,7 g | 25,0 g | 31,2 g |
| Zucker | 18,3 g | 24,4 g | 30,5 g |
| Protein | 3,3 g | 4,4 g | 5,5 g |



LIANE

| | Economy Class | Business Class | First Class |
|---------------|-----------------|------------------|------------------|
| Energie | 861 KJ/207 kcal | 1148 KJ/276 kcal | 1435 KJ/435 kcal |
| Fett | 13,2 g | 17,6 g | 22,0 g |
| Kohlenhydrate | 16,3 g | 21,7 g | 27,1 g |
| Zucker | 12,3 g | 16,4 g | 20,5 g |
| Protein | 3,3 g | 4,4 g | 5,5 g |



REGENWALD

| | Economy Class | Business Class | First Class |
|---------------|----------------|-----------------|-----------------|
| Energie | 315 KJ/76 kcal | 420 KJ/101 kcal | 525 KJ/127 kcal |
| Fett | 0,6 g | 0,8 g | 1,0 g |
| Kohlenhydrate | 12,8 g | 17,1 g | 21,4 g |
| Zucker | 11,0 g | 14,6 g | 18,3 g |
| Protein | 2,5 g | 3,4 g | 4,2 g |



WASSERFALL

| | Economy Class | Business Class | First Classx |
|---------------|-----------------|-----------------|------------------|
| Energie | 689 KJ/165 kcal | 919 KJ/220 kcal | 1149 KJ/275 kcal |
| Fett | 5,3 g | 7,0 g | 8,8 g |
| Kohlenhydrate | 21,2 g | 28,3 g | 35,4 g |
| Zucker | 18,6 g | 24,8 g | 31,1 g |
| Protein | 4,6 g | 6,2 g | 7,7 g |



SAFARI

| | Economy Class | Business Class | First Class |
|---------------|------------------|------------------|------------------|
| Energie | 1162 KJ/276 kcal | 1549 KJ/368 kcal | 1936 KJ/460 kcal |
| Fett | 5,5 g | 7,4 g | 9,2 g |
| Kohlenhydrate | 42,6 g | 56,8 g | 70,9 g |
| Zucker | 37,8 g | 50,5 g | 63,1 g |
| Protein | 7,3 g | 9,7 g | 12,1 g |

KINDER SMOOTHIES



MONKEY ISLAND

| | Economy Class | Business Class | First Class |
|---------------|------------------|------------------|------------------|
| Energie | 1183 KJ/281 kcal | 1577 KJ/375 kcal | 1972 KJ/469 kcal |
| Fett | 12,7 g | 16,9 g | 21,1 g |
| Kohlenhydrate | 31,7 g | 42,2 g | 52,8 g |
| Zucker | 20,5 g | 27,3 g | 34,1 g |
| Protein | 6,9 g | 9,2 g | 11,5 g |



BERRY ISLAND

| | Economy Class | Business Class | First Class |
|---------------|-----------------|------------------|------------------|
| Energie | 979 KJ/233 kcal | 1305 KJ/334 kcal | 1631 KJ/388 kcal |
| Fett | 6,1 g | 8,1 g | 10,1 g |
| Kohlenhydrate | 32,3 g | 43,1 g | 53,9 g |
| Zucker | 22,4 g | 29,8 g | 37,3 g |
| Protein | 6,2 | 8,2 | 10,3 |



CAPTAIN GREEN ISLAND

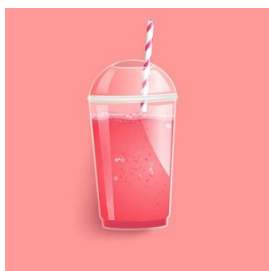
| | Economy Class | Business Class | First Class |
|---------------|-----------------|-----------------|------------------|
| Energie | 720 KJ/171 kcal | 960 KJ/228 kcal | 1200 KJ/285 kcal |
| Fett | 5,6 g | 7,4 g | 9,3 g |
| Kohlenhydrate | 25,6 g | 34,1 g | 42,6 g |
| Zucker | 22,7 g | 30,3 g | 37,9 g |
| Protein | 2,6 g | 3,5 g | 4,3 g |



TROPIC ISLAND

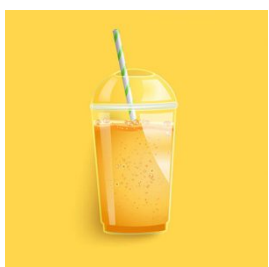
| | Economy Class | Business Class | First Class |
|---------------|-----------------|------------------|------------------|
| Energie | 802 KJ/191 kcal | 1069 KJ/254 kcal | 1336 KJ/318 kcal |
| Fett | 6,4 g | 8,5 g | 10,6 g |
| Kohlenhydrate | 27,9 g | 37,3 g | 46,6 g |
| Zucker | 22,6 g | 30,1 g | 37,6 g |
| Protein | 3,1 g | 4,2 g | 5,2 g |

FRÜHSTÜCK-SMOOTHIES



TURNAROUND

| | Economy Class | Business Class | First Class |
|---------------|------------------|----------------|---------------|
| Energie | 1937 KJ/461 kcal | 2582/615 kcal | 3228/768 kcal |
| Fett | 34,1 g | 45,4 g | 56,8 g |
| Kohlenhydrate | 26,0 g | 34,6 g | 43,3 g |
| Zucker | 11,4 g | 15,1 g | 18,9 g |
| Protein | 9,0 g | 12,0 g | 15,0 g |



SICHERHEITSCHECK

| | Economy Class | Business Class | First Class |
|---------------|------------------|------------------|------------------|
| Energie | 1158 KJ/276 kcal | 1544 KJ/368 kcal | 1930 KJ/459 kcal |
| Fett | 10,3 g | 13,7 g | 17,1 g |
| Kohlenhydrate | 35,9 g | 47,8 g | 59,8 g |
| Zucker | 19,8 g | 26,4 g | 33,0 g |
| Protein | 6,9 g | 9,2 g | 11,6 g |



SEATBELTS PLEASE

| | Economy Class | Business Class | First Class |
|---------------|-----------------|------------------|------------------|
| Energie | 877 KJ/209 kcal | 1170 KJ/278 kcal | 1462 KJ/348 kcal |
| Fett | 7,0 g | 9,4 g | 11,7 g |
| Kohlenhydrate | 22,1 g | 29,5 g | 36,9 g |
| Zucker | 10,3 g | 13,8 g | 17,2 g |
| Protein | 11,1 g | 14,8 g | 18,5 g |



STARTERLAUBNIS

| | Economy Class | Business Class | First Class |
|---------------|------------------|------------------|------------------|
| Energie | 1223 KJ/292 kcal | 1630 KJ/389 kcal | 2038 KJ/486 kcal |
| Fett | 14,4 g | 19,2 g | 23,9 g |
| Kohlenhydrate | 29,7 g | 39,6 g | 49,5 g |
| Zucker | 16,3 g | 21,7 g | 27,2 g |
| Protein | 6,7 g | 9,0 g | 11,2 g |



READY TO TAKE OFF

| | Economy Class | Business Class | First Class |
|---------------|------------------|------------------|------------------|
| Energie | 1204 KJ/288 kcal | 1606 KJ/384 kcal | 2007 KJ/480 kcal |
| Fett | 10,8 g | 14,4 g | 18,0 g |
| Kohlenhydrate | 34,1 g | 45,5 g | 56,9 g |
| Zucker | 30,5 g | 40,6 g | 50,8 g |
| Protein | 10,0 g | 13,3 g | 25,8 g |

FRUCHT-SMOOTHIES



AUSTRALIAN OUTBERRY

| | Economy Class | Business Class | First Class |
|---------------|-----------------|------------------|------------------|
| Energie | 832 KJ/199 kcal | 1110 KJ/265 kcal | 1387 KJ/331 kcal |
| Fett | 4,8 g | 6,4 g | 8,0 g |
| Kohlenhydrate | 27,5 g | 36,6 g | 45,8 g |
| Zucker | 26,0 g | 34,7 g | 43,3 g |
| Protein | 6,8 g | 9,1 g | 11,3 g |



COOL MANHATTAN

| | Economy Class | Business Class | First Class |
|---------------|------------------|------------------|------------------|
| Energie | 2265 KJ/543 kcal | 3020 KJ/723 kcal | 3774 KJ/904 kcaö |
| Fett | 31,1 g | 41,5 g | 51,8 g |
| Kohlenhydrate | 41,6 g | 55,5 g | 69,4 g |
| Zucker | 29,7 g | 39,7 g | 49,6 g |
| Protein | 21,2 g | 28,2 g | 35,3 g |



HAWAIIAN DIAMOND HEAD

| | Economy Class | Business Class | First Class |
|---------------|------------------|------------------|------------------|
| Energie | 1486 KJ/352 kcal | 1982 KJ/469 kcal | 2477 KJ/587 kcal |
| Fett | 8,4 g | 11,1 g | 13,9 g |
| Kohlenhydrate | 56,4 g | 75,3 g | 94,1 g |
| Zucker | 52,9 g | 70,6 g | 88,2 g |
| Protein | 9,5 g | 12,7 g | 15,8 g |



INDIAN SPACE STYLE

| | Economy Class | Business Class | First Class |
|---------------|------------------|------------------|------------------|
| Energie | 1755 KJ/416 kcal | 2340 KJ/555 kcal | 2926 KJ/694 kcal |
| Fett | 10,0 g | 13,4 g | 16,7 g |
| Kohlenhydrate | 69,6 g | 92,8 g | 116,0 g |
| Zucker | 66,2 g | 88,2 g | 110,3 g |
| Protein | 3,6 g | 5,2 g | 6,5 g |



ISLAND ESCAPE

| | Economy Class | Business Class | First Class |
|---------------|------------------|------------------|------------------|
| Energie | 2310 KJ/548 kcal | 3081 KJ/731 kcal | 3851 KJ/914 kcal |
| Fett | 16,7 g | 22,3 g | 27,9 g |
| Kohlenhydrate | 78,3 g | 104,4 g | 130,5 g |
| Zucker | 67,1 g | 89,4 g | 111,8 g |
| Protein | 15,6 g | 20,9 g | 26,1 g |



PACIFIC PASSION

| | Economy Class | Business Class | First Class |
|---------------|------------------|------------------|------------------|
| Energie | 1564 KJ/374 kcal | 2085 KJ/499 kcal | 2606 KJ/624 kcal |
| Fett | 21,7 g | 29,0 g | 36,2 g |
| Kohlenhydrate | 34,3 g | 45,8 g | 57,2 g |
| Zucker | 20,3 g | 27,1 g | 33,8 g |
| Protein | 5,6 g | 7,5 g | 9,4 g |



LOVELY ALABAMA SLAMMER

| | Economy Class | Business Class | First Class |
|---------------|------------------|------------------|-------------------|
| Energie | 2851 KJ/675 kcal | 3802 KJ/900 kcal | 4752 KJ/1126 kcal |
| Fett | 57,2 g | 76,3 g | 95,4 g |
| Kohlenhydrate | 34,6 g | 46,1 g | 57,7 g |
| Zucker | 13,3 g | 17,8 g | 22,2 g |
| Protein | 4,9 g | 6,6 g | 8,2 g |



MAGIC ROUTE 66

| | Economy Class | Business Class | First Class |
|---------------|------------------|------------------|------------------|
| Energie | 1730 KJ/413 kcal | 2307 KJ/550 kcal | 2884 KJ/688 kcal |
| Fett | 17,8 g | 23,7 g | 29,6 g |
| Kohlenhydrate | 47,1 g | 62,7 g | 78,4 g |
| Zucker | 33,1 g | 44,1 g | 55,2 g |
| Protein | 9,3 g | 12,4 g | 15,6 g |



WONDERFUL INDIAN SUMMER

| | Economy Class | Business Class | First Class |
|---------------|-----------------|-----------------|-----------------|
| Energie | 481 KJ/115 kcal | 642 KJ/154 kcal | 802 KJ/192 kcal |
| Fett | 1,0 g | 1,3 g | 1,6 g |
| Kohlenhydrate | 21,2 g | 28,3 g | 35,4 g |
| Zucker | 12,5 g | 16,7 g | 20,9 g |
| Protein | 2,5 g | 3,4 g | 4,2 g |



SEVEN MILE

| | Economy Class | Business Class | First Class |
|---------------|------------------|------------------|------------------|
| Energie | 1486 KJ/353 kcal | 1981 KJ/470 kcal | 2477 KJ/588 kcal |
| Fett | 5,9 g | 7,9 g | 9,9 g |
| Kohlenhydrate | 62,4 g | 83,2 g | 104,0 g |
| Zucker | 47,0 g | 62,7 g | 78,4 g |
| Protein | 4,3 g | 5,7 g | 7,2 g |

HOT SMOOTHIES



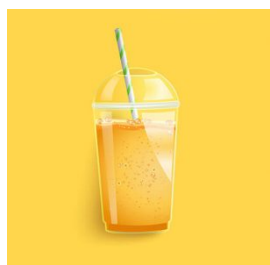
HOT KILIMANJARO

| Energie | 888 KJ/212 kcal | 1184 KJ/282 kcal | 1480 KJ/353 kcal |
|---------------|-----------------|------------------|------------------|
| Fett | 1,2 g | 1,6 g | 2,0 g |
| Kohlenhydrate | 39,9 g | 53,2 g | 66,4 g |
| Zucker | 37,7 g | 50,2 g | 62,8 g |
| Protein | 4,8 g | 6,4 g | 8,0 g |



HOT MATTERHORN

| | Economy Class | Business Class | First Class |
|---------------|------------------|------------------|------------------|
| Energie | 2154 KJ/512 kcal | 2872 KJ/683 kcal | 3590 KJ/854 kcal |
| Fett | 10,7 g | 14,2 g | 17,8 g |
| Kohlenhydrate | 89,2 g | 119,0 g | 148,7 g |
| Zucker | 75,2 g | 100,3 g | 125,4 g |
| Protein | 6,9 g | 9,2 g | 11,5 g |



HOT KIRKUFELL

| | Economy Class | Business Class | First Class |
|---------------|------------------|------------------|------------------|
| Energie | 1643 KJ/393 kcal | 2190 KJ/524 kcal | 2738 KJ/655 kcal |
| Fett | 20,3 g | 27,1 g | 33,8 g |
| Kohlenhydrate | 38,3 g | 51,1 g | 63,9 g |
| Zucker | 10,7 g | 14,3 g | 17,8 g |
| Protein | 10,3 g | 13,8 g | 17,2 g |



HOT MOUNT COOK

| | Economy Class | Business Class | First Class |
|---------------|-----------------|-----------------|------------------|
| Energie | 717 KJ/170 kcal | 957 KJ/227 kcal | 1196 KJ/284 kcal |
| Fett | 1,0 g | 1,4 g | 1,7 g |
| Kohlenhydrate | 34,7 g | 46,3 g | 57,9 g |
| Zucker | 32,3 g | 43,0 g | 53,8 g |
| Protein | 2,6 g | 3,5 g | 4,4 g |



HOT FUJI

| | Economy Class | Business Class | First Class |
|---------------|------------------|------------------|------------------|
| Energie | 1507 KJ/360 kcal | 2009 KJ/481 kcal | 2512 KJ/601 kcal |
| Fett | 18,0 g | 23,9 | 29,9 |
| Kohlenhydrate | 36,0 g | 48,0 | 60,0 |
| Zucker | 13,2 g | 17,6 | 22,0 |
| Protein | 9,5 g | 12,6 | 15,8 |



HOT MOUNT EVEREST

| | Economy Class | Business Class | First Class |
|---------------|----------------|-----------------|-----------------|
| Energie | 415 KJ/99 kcal | 554 KJ/132 kcal | 692 KJ/165 kcal |
| Fett | 0,6 g | 0,8 g | 1,0 g |
| Kohlenhydrate | 18,8 g | 25,1 g | 31,0 g |
| Zucker | 18,2 g | 24,2 g | 30,0 g |
| Protein | 2,0 g | 2,7 g | 3,0 g |



HOT TAFELBERG

| | Economy Class | Business Class | First Class |
|---------------|------------------|-------------------|-------------------|
| Energie | 3756 KJ/893 kcal | 5008 KJ/1191 kcal | 6260 KJ/1489 kcal |
| Fett | 63,1 | 84,1 | 105,2 |
| Kohlenhydrate | 61,8 | 82,4 | 103,1 |
| Zucker | 22,1 | 29,5 | 36,8 |
| Protein | 15,1 | 20,1 | 25,1 |



HOT WATZMANN

| | Economy Class | Business Class | First Class |
|---------------|------------------|------------------|-------------------|
| Energie | 3007 KJ/714 kcal | 4009 KJ/953 kcal | 5011 KJ/1191 kcal |
| Fett | 62,9 | 83,8 | 104,8 |
| Kohlenhydrate | 25,3 | 33,7 | 42,1 |
| Zucker | 17,0 | 22,7 | 28,3 |
| Protein | 6,7 | 9,0 | 11,2 |

OVERNIGHT OATS



AUCKLAND

| | |
|---------------|------------------|
| Energie | 1936 KJ/461 kcal |
| Fett | 13,4 g |
| Kohlenhydrate | 60,5 g |
| Zucker | 27,9 g |
| Protein | 18,2 g |



BANGKOK

| | |
|---------------|------------------|
| Energie | 1861 KJ/444 kcal |
| Fett | 15,0 g |
| Kohlenhydrate | 57,9 g |
| Zucker | 26,8 g |
| Protein | 14,2 g |



BERLIN

| | |
|---------------|------------------|
| Energie | 1855 KJ/441 kcal |
| Fett | 13,6 g |
| Kohlenhydrate | 62,6 g |
| Zucker | 30,1 g |
| Protein | 12,3 g |



KOPENHAGEN

| | |
|---------------|------------------|
| Energie | 1313 KJ/313 kcal |
| Fett | 11,0 g |
| Kohlenhydrate | 42,1 g |
| Zucker | 6,2 g |
| Protein | 7,8 g |



STOCKHOLM

| | |
|-------------------|------------------|
| Energie | 1768 KJ/422 kcal |
| Fett | 19,1 |
| Kohlenhydrate (g) | 42,7 |
| Zucker (g) | 8,6 |
| Protein (g) | 13,7 |



LONDON

| | |
|---------------|------------------|
| Energie | 1740 KJ/415 kcal |
| Fett | 13,0 g |
| Kohlenhydrate | 51,2 g |
| Zucker | 11,2 g |
| Protein | 14,8 g |



NEW YORK

| | |
|---------------|------------------|
| Energie | 2903 KJ/695 kcal |
| Fett | 33,7 g |
| Kohlenhydrate | 69,9 g |
| Zucker | 35,8 g |
| Protein | 22,9 g |



ROM

| | |
|---------------|------------------|
| Energie | 2092 KJ/498 kcal |
| Fett | 17,7 g |
| Kohlenhydrate | 61,3 g |
| Zucker | 24,3 g |
| Protein | 14,4 g |



SAN JOSÉ

| | |
|---------------|------------------|
| Energie | 1926 KJ/460 kcal |
| Fett | 19,0 g |
| Kohlenhydrate | 52,2 g |
| Zucker | 18,8 g |
| Protein | 14,8 g |



WIEN

| | |
|---------------|------------------|
| Energie | 1867 KJ/445 kcal |
| Fett | 22,3 g |
| Kohlenhydrate | 38,9 g |
| Zucker | 6,4 g |
| Protein | 19,6 g |