

ALLERGEN AND SPECIAL DIET

Creamistry



	PEANUTS	TREE NUTS EXCLUDES COCONUT	SOY	MILK	EGG	WHEAT	KOSHER	GLUTEN FREE	VEGAN
BASES									
DAIRY									
Organic				●	●		○	○	
Signature Premium				●	●		○	○	
NON-DAIRY									
Cashew		●						○	○
Coconut			●					○	○
Mango Sorbet							○	○	○
Nitrodole™ (Pineapple Sorbet)							○	○	○
Piña Colada Sorbet			●					○	○
Strawberry Sorbet							○	○	○
FLAVORS									
Banana							○	○	○
Birthday Cake			●	●		●	○		
Cap'n Crunch®						●	○		
Cheesecake			●	●	●	●	○		
Chocolate							○	○	○
Cookie Butter			●			●			○
Cookie Monster			●	●		●			
Cookies & Cream (Oreo®)			●	●		●	○		○
Frosted Animal Cookie			●	●		●	○		
Fruity Pebbles®							○	○	
Madagascar Vanilla Bean							○	○	○
Matcha Green Tea								○	○
Milk Coffee							○	○	○
Mint							○	○	
Nutella®		●	●	●			○	○	
Reese's Peanut Butter®	●		●				○		
Ruby Cacao (Signature Premium Base Only)			●	●				○	
Sea Salt Caramel				●					
Strawberry							○	○	○
Thai Tea									○
TOPPINGS									
CANDIES									
Heath®		●	●	●			○	○	
Mini Chocolate Chips			●					○	
Mini Gummy Bears			●		●	●			
Mini Marshmallows								○	
Mochi						●			
Rainbow Sprinkles							○	○	
Reese's Peanut Butter Cups®	●		●	●			○		
Unicorn Dust								○	
CEREALS, COOKIES & CAKES									
Biscoff® Cookies			●			●			○
Brownie Bites			●	●	●	●			
Cap'n Crunch®						●	○		
Cheesecake Bites			●	●	●	●	○		
Chips Ahoy® Cookies			●	●		●	○		
Cookie Dough Bites			●			●	○		○
Frosted Animal Cookies			●	●		●	○		
Fruity Pebbles®							○	○	
Graham Crackers			●			●	○		
Melba Toast						●	○		
Oreo® Cookies			●			●	○		○

*Products **may contain** traces of allergens (peanuts, tree nuts, soy, milk, eggs or wheat) or other food sensitivities from a manufacturing facility or cross contact

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● PEANUTS
 ● TREE NUTS
 ● SOY
 ● MILK
 ● EGG
 ● WHEAT
 ○ KOSHER
 ○ GLUTEN FREE
 ○ VEGAN

TOPPINGS

Continued

FRUITS & NUTS

Almonds		●					○	○	○
Banana							○	○	○
Blueberries							○	○	○
Strawberries							○	○	○

SAUCES

Caramel				●			○		
Chocolate Fudge			●	●			○	○	
Marshmallow Cream						●	○		
Nutella*		●	●	●			○		
Reese's® Peanut Butter	●		●	●			○		
Strawberry Sundae							○	○	○
Whipped Cream				●			○	○	

SAVORY

Candied Bacon								○	
Chamoy								○	
Tajin*							○	○	
Takis® Fuego			●						

UPGRADES

Brownie Bowl			●	●	●	●			
Waffle (Cone or Bowl)			●		●	●			

CREATIONS

**Does not include ice cream base*

Captain's Breakfast			●	●			●	○	
Chocolate Combustion			●	●		●	●		
Cookie Monster			●	●			●		
Elemint			●	●			●		
Elvis Presley	●		●						
Mangonada			●						
Party Animal			●	●			●		
PB&J	●		●	●			●	○	
Quantum Coffee		●	●	●			○	○	
Ruby Cacao <i>(Signature Premium Base Only)</i>			●	●					○
S'mores			●	●			●		
Sea Salt Caramel Crunch			●	●		●	●		
Speculoos Overload			●				●		
Strawberry Bond			●	●		●	○		
Tropical Paradise			●				○	○	○
Unicorn			●	●			●		

SPECIALTY ITEMS

**Does not include ice cream and base*

Affogato			●	●					
Brownie Sandwich			●	●		●			
Fruity Pebbles Sandwich				●					

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PRODUCT INGREDIENT STATEMENT

	INGREDIENTS	ALLERGEN STATEMENT	SPECIAL DIET INFORMATION
BASES			
DAIRY			
Organic	Organic cream, organic nonfat milk, organic cane sugar, organic egg yolks, sodium citrate, and gellan gum	Contains milk and egg	<ul style="list-style-type: none"> • OU-D Kosher Certified • Gluten Free
Signature Premium	Cream, sugar, corn syrup, whey, egg, yolk stabilizer (locust bean gum, guar gum, carrageenan)	Contains milk and egg	<ul style="list-style-type: none"> • OU-D Kosher Certified • Gluten Free
NON-DAIRY			
Cashew	Cashew milk (water, cashews, coconut oil) pure cane sugar, tapioca syrup solids, stabilizer (locust bean gum, guar gum, standardized with sugar), citrus fiber, salt, sunflower lecithin	Contains tree nuts and coconut	<ul style="list-style-type: none"> • Gluten Free • Vegan
Coconut	Coconut milk (filtered water, coconut cream), cane sugar, contains 2% or less of: Vitamin & mineral blend (calcium carbonate, Vitamin A palmitate, Vitamin B12, Vitamin D2), sea salt, natural flavor, sunflower lecithin, locust bean gum, gellan gum, coconut extract, water, citric acid (as antioxidant), sodium metabisulfite, dextrose, dried glucose syrup, sweeteners: sorbitol, vegetable fats (palm), alpha dextrin (vegetable fibre), thickeners: sodium carboxymethylcellulose, tara gum, guar gum, soybean proteins, pea protein, sugar, sorbitol syrup, E471, water, flavorings	Contains coconut and soy	<ul style="list-style-type: none"> • Gluten Free • Vegan
Mango Sorbet	Dextrose, mono- and diglycerides of fatty acids, propane-1,2-diol esters of fatty acids, guar gum, maltodextrins, carboxymethylcellulose, sugar, mangoes, mango concentrate, sugar, water, contains 2% or less of natural flavors, citric acid, sodium benzoate & potassium sorbate (preservatives), lime puree, lemon juice concentrate, artificial color (Yellow 6), pectin, water		<ul style="list-style-type: none"> • OU Kosher Certified • Gluten Free • Vegan
Nitrodole™ (Pineapple Sorbet)	Water, sugar, dextrose, stabilizers (cellulose gum, xanthan gum, locust bean gum, guar gum, karaya gum, pectin), coconut oil, contains 2% or less of each of the following: maltodextrin, citric acid, natural & artificial flavor (contains pineapple juice), modified food starch, malic acid, beta carotene (color), mono & diglycerides, silicon dioxide (anticaking)	Contains coconut	<ul style="list-style-type: none"> • KD Kosher Certified • Gluten Free • Vegan
Piña Colada Sorbet	Water, sugar, dextrose, stabilizers (cellulose gum, xanthan gum, locust bean gum, guar gum, karaya gum, pectin), coconut oil, contains 2% or less of each of the following: maltodextrin, citric acid, natural & artificial flavor (contains pineapple juice), modified food starch, malic acid, beta carotene (color), mono & diglycerides, silicon dioxide (anticaking), vegetable fibre (inulin), dried glucose syrup, maltodextrin, dehydrated mango in pieces (4%), dextrose, vegetable fat (coconut), alpha-dextrin (vegetable fibre), tapioca starch, thickeners: sodium carboxymethylcellulose, tara gum, guar gum, carrageenan, acidifiers: citric acid, malic acid, flavorings, colors: turmeric, carotenes (contains soybeans), pea proteins	Contains coconut and soy	<ul style="list-style-type: none"> • Gluten Free • Vegan
Strawberry Sorbet	Dextrose, mono- and diglycerides of fatty acids, propane-1,2-diol esters of fatty acids, guar gum, maltodextrins, carboxymethylcellulose, sugar, strawberries, high fructose corn syrup, sugar, water, modified food starch, carrageenan, sodium benzoate - a preservative, artificial flavors, citric acid, artificial color (Red 40), water		<ul style="list-style-type: none"> • OU Kosher Certified • Gluten Free • Vegan
FLAVORS			
Banana	Bananas		<ul style="list-style-type: none"> • Pareve Kosher Certified • Gluten Free • Vegan
Birthday Cake	Non-hydrogenated, non-dairy creamer (non-hydrogenated coconut oil, corn syrup solids, sodium caseinate [a milk derivative], sugar, dipotassium phosphate, silicon dioxide, propylene glycol esters of fatty acids, mono & diglycerides, salt, soy lecithin, carrageenan, artificial flavor and annatto), sugar, crystalline fructose, sprinkles (sugar, wheat starch, modified corn starch, dextrose, canola oil, maltodextrin, FD&C Yellow 6, FD&C Red 40, FD&C Yellow 5, and FD&C Blue 1), maltodextrin, nonfat dry milk, natural and artificial flavors, xanthan gum, cellulose gum, silicon dioxide (anti-caking agent)	Contains soy, milk, and wheat	<ul style="list-style-type: none"> • OU Kosher Certified

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**INGREDIENTS****ALLERGEN STATEMENT****SPECIAL DIET INFORMATION**

Cap'n Crunch®	Corn flour, sugar, oat flour, brown sugar, coconut oil, salt, niacinamide*, Yellow 5, reduced iron, zinc oxide, Yellow 6, thiamin mononitrate*, BHT (a preservative), pyridoxine hydrochloride*, riboflavin*, folic acid*. *one of the B Vitamins	Contains coconut and wheat	• OU Kosher Certified
Cheesecake	Cream cheese (pasteurized milk and cream cheese culture, salt, carob bean gum, guar gum, xanthan gum), graham cracker crumbs (enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), graham flour, sugar, palm oil, brown sugar, honey, salt, baking soda, artificial vanilla flavor), sugar, eggs, margarine (palm oil, water, soybean oil, salt, contains less than 2% of vegetable mono- and diglycerides, soy lecithin, sodium benzoate (a preservative), citric acid, natural and artificial flavor, beta carotene (color), Vitamin A palmitate), powdered sugar, enriched bleached flour (bleached wheat flour, niacin)	Contains soy, milk, egg, and wheat	• OU-D Kosher Certified
Chocolate	Cocoa powder processed with alkali		• Kosher Pareve Certified • Gluten Free • Vegan
Cookie Butter	57% Speculoos (wheat flour, candy sugar, margarine [palm oil, canola oil, coconut oil, rapeseed oil, water, salt, emulsifier (vegetable mono- and diglycerides from fatty acids), citric acid, lactic acid, color added (beta carotene), butterflavor (non-dairy)], sugar, soy flour, sugar syrup, raising agent [sodium hydrogen carbonate], cinnamon, nutmeg), palm oil, canola oil, sugar, emulsifier: rapeseed lecithin	Contains coconut, soy, and wheat. May contain traces of tree nuts, milk, and egg	• Vegan
Cookie Monster	Sugar, non-dairy creamer (non-hydrogenated coconut oil, corn syrup solids, sodium caseinate (a milk derivative), sugar, dipotassium phosphate, silicon dioxide, propylene glycol esters of fatty acids, mono & diglycerides, salt, soy lecithin, carrageenan and [annatto]), chocolate cookies base cake (enriched flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], sugar, palm oil, cocoa [processed with alkali]), crystalline fructose, non-fat dairy milk, sweet FD&C Blue #1, guar gum, salt, natural and artificial color, probiotic (L. acidophilus) and silicon dioxide (anti-caking agent)	Contains soy, milk, and wheat	
Cookies & Cream (Oreo®)	Sugar, unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate (Vitamin B1), riboflavin (Vitamin B2), folic acid), high oleic canola and/or palm and/ or canola oil, cocoa (processed with alkali), high fructose corn syrup, leavening (baking soda and/or calcium phosphate), cornstarch, salt, soy lecithin, vanillin - an artificial flavor, chocolate	Contains soy and wheat	• OU-D Kosher Certified • Vegan* *May contain non-vegan ingredients (cross contact/extraction)
Frosted Animal Cookie	Sugar, enriched flour (wheat, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), hydrogenated palm kernel oil, nonfat milk, cornstarch, contains 2% or less of high fructose corn syrup, salt, soy lecithin, artificial flavors, baking soda, confectioner's glaze, carnauba wax, color added- Red 3, Red 40 Lake, Yellow 4, Blue 1, Blue 2 Lake, Yellow 6 Lake, Yellow 6	Contains soy, milk, and wheat	• KD Kosher Certified
Fruity Pebbles®	Rice, sugar, hydrogenated vegetable oil (coconut and palm kernel oils), salt, contains less than 0.5% of natural and artificial flavor, Red 40, Yellow 6, turmeric oleoresin (color), Blue 1, Yellow 5, Blue 2, BHA (to help protect flavor). Vitamins and minerals: sodium ascorbate (source of Vitamin C), ascorbic acid (Vitamin C), niacinamide, reduced iron, zinc oxide (source of zinc), Vitamin B6, Vitamin A palmitate, riboflavin (Vitamin B2), thiamin mononitrate (Vitamin B1), folic acid, Vitamin B12, Vitamin D	Contains coconut	• OU Kosher Certified • Gluten Free
Madagascar Vanilla Bean	Corn syrup, sugar, water, pure vanilla extract, vanilla beans, gum tragacanth (a natural thickener) and natural flavor		• Earth Kosher Certified • Gluten Free • Vegan
Matcha Green Tea	Organic green tea powder		• Gluten Free • Vegan
Milk Coffee	100% coffee		• OK Kosher Certified • Gluten Free • Vegan
Mint	Glucose syrup, sugar, water, natural flavoring, modified starch, natural mint flavoring, colors: brilliant blue FCF	May contain traces of peanuts, tree nuts, soy, milk, egg, and sesame	• Kosher Certified • Gluten Free
Nutella®	Sugar, modified palm oil, hazelnuts, cocoa, skim milk, reduced minerals whey (from milk), soy lecithin: an emulsifier, vanillin - an artificial flavor	Contains tree nuts, soy, and milk	• OU Kosher Certified • Gluten Free
Reese's® Peanut Butter	Peanuts, peanut oil, sugar, contains 2% or less of: salt, hydrogenated vegetable oil (rapeseed, cottonseed, and soybean oil), cornstarch	Contains peanuts and soy	• OU Kosher Certified
Ruby Cacao (Signature Premium Base Only)	Sugar, ruby cocoa 20.0% (sugar, cocoa butter, skimmed milk powder, whole milk powder, cocoa paste, emulsifier (soybean lecithin), acidifier (citric acid), vanilla natural flavoring), skimmed milk powder, vegetable fats (coconut, palm), dextrose, whole milk powder, cocoa butter powder, dried glucose syrup, lactose, milk proteins, emulsifiers (E477, E472b, E471), color (anthocyanins), thickeners (tara gum, sodium alginate, carrageenan), acid (citric acid)	Contains soy and milk. May contain traces of tree nuts and egg	• Gluten Free

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Sea Salt Caramel	Corn syrup, water, high fructose corn syrup, sugar, nonfat milk, heavy cream, salt, pectin, natural flavor, disodium phosphate, sea salt	Contains milk	
Strawberry	Strawberries, high fructose corn syrup, sugar, water, modified food starch, carrageenan, sodium benzoate – a preservative, artificial flavors, citric acid, artificial color (Red 40)		<ul style="list-style-type: none"> • OU-D Kosher Certified • Gluten Free • Vegan
Thai Tea	Green tea (camellia sinensis), FD & C Yellow 6		<ul style="list-style-type: none"> • Vegan
TOPPINGS			
CANDIES			
Heath*	Milk chocolate (sugar, cocoa butter, chocolate, nonfat milk, milk fat, lactose, soy lecithin, [an emulsifier], salt, and vanillin [an artificial flavoring]), sugar, palm oil, dairy butter (milk), almonds (roasted in cocoa butter and/ or sunflower oil), salt, artificial flavoring, and soy lecithin	Contains tree nuts, soy, and milk	<ul style="list-style-type: none"> • OU-D Kosher Certified • Gluten Free
Mini Chocolate Chips	Sugar, chocolate liquor, cocoa butter, soy lecithin (an emulsifier), and vanilla	Contains soy. Packaged in a facility that processes peanuts, tree nuts, seeds, soy, milk, egg, and wheat	<ul style="list-style-type: none"> • Gluten Free
Mini Gummy Bears	Bleached wheat flour (enriched with niacin, iron, thiamine mononitrate, malted barley, riboflavin, folic acid), sugar, soybean oil, dried eggs, artificial flavors, water, canola oil, soy lecithin, water, and propellant (non-chlorofluorocarbons)	Contains soy, egg, and wheat. Packaged in a facility that processes peanuts, tree nuts, soy, milk, egg, and wheat	
Mini Marshmallows	Corn syrup, sugar, modified food starch (corn), dextrose, water, gelatin, natural and artificial flavor, tetrasodium pyrophosphate		<ul style="list-style-type: none"> • Gluten Free
Mochi	Glutinous rice powder, corn syrup, d-sorbitol solution, salt, wheat flour, glycerin esters of fatty acids, sg-esters, corn starch	Contains wheat	
Rainbow Sprinkles	Sugar, corn starch, dextrin, carnauba wax, titanium dioxide (color), FD&C Yellow 5, FD&C Yellow 6, FD&C Red 3, FD&C Red 40, FD&C Blue 1		<ul style="list-style-type: none"> • OU Kosher Certified • Gluten Free
Reese's Peanut Butter Cups*	Milk chocolate (sugar, cocoa butter, chocolate, nonfat milk, milk fat, lactose (milk), soy lecithin and PGPR, emulsifiers), peanuts, sugar, dextrose, salt, TBHQ (preservative)	Contains peanuts, soy, and milk	<ul style="list-style-type: none"> • OU-D Kosher Certified
Unicorn Dust	Sugar, natural & artificial colors FD&C Red 3, and FD&C Blue 1		<ul style="list-style-type: none"> • Gluten Free
CEREALS, COOKIES & CAKES			
Biscoff Cookies	Wheat flour, sugar, vegetable oils (contains one or more of soy bean oil, sunflower oil, canola oil, palm oil), brown sugar syrup, sodium bicarbonate (leavening), soy flour, salt, cinnamon	Contains soy and wheat	<ul style="list-style-type: none"> • Vegan
Brownie Bites	Brownie mix: sugar, enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), semi-sweet chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin [emulsifier], vanilla), cocoa (processed with alkali), canola or soybean oil, salt, artificial flavor, sodium bicarbonate, fudge pouch: sugar, water, cocoa (processed with alkali), corn syrup, lactose (contains milk derivatives), high maltose corn syrup, soybean oil, chocolate liquor, food starch-modified, salt, artificial flavor, preservatives (potassium sorbate, sodium benzoate), water, eggs	Contains soy, milk, egg, and wheat. Made on equipment that makes products containing peanuts and tree nuts	
Cap'n Crunch*	Corn flour, sugar, oat flour, brown sugar, coconut oil, salt, niacinamide*, Yellow 5, reduced iron, zinc oxide, Yellow 6, thiamin mononitrate*, BHT (a preservative), pyridoxine hydrochloride*, riboflavin*, folic acid* *one of the B Vitamins	Contains coconut and wheat	<ul style="list-style-type: none"> • OU Kosher Certified
Cheesecake Bites	Cream cheese (pasteurized milk and cream cheese culture, salt, carob bean gum, guar gum, xanthan gum), graham cracker crumbs (enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), graham flour, sugar, palm oil, brown sugar, honey, salt, baking soda, artificial vanilla flavor), sugar, eggs, margarine (palm oil, water, soybean oil, salt, contains less than 2% of vegetable mono- and diglycerides, soy lecithin, sodium benzoate (a preservative), citric acid, natural and artificial flavor, beta carotene (color), Vitamin A palmitate), powdered sugar, enriched bleached flour (bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), heavy cream (cream, nonfat milk solids, stabilizer [mono- and diglycerides, carrageenan, dextrose], polysorbate 80), water, key lime powder (key lime juice concentrate, maltodextrin, silicon dioxide [prevents caking]), carrageenan and tara gum, xanthan gum, konjac and tara gum, vanilla powder (modified food starch, vanilla bean, acacia gum), lemon juice from concentrate (water, lemon juice concentrate, sodium metabisulfite as preservative), lemon oil	Contains soy, milk, egg, and wheat. May contain peanuts and tree nuts	<ul style="list-style-type: none"> • OU-D Kosher Certified

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INGREDIENTS

ALLERGEN STATEMENT

SPECIAL DIET INFORMATION

Chips Ahoy® Cookies	Unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate (Vitamin B1), riboflavin (Vitamin B2), folic acid), semisweet chocolate chunks (sugar, chocolate, dextrose, cocoa butter, milk, soy lecithin), sugar, canola oil, palm oil, leavening (baking soda, ammonium phosphate), molasses, high fructose corn syrup, whey, salt, soy lecithin, caramel color, artificial flavor	Contains soy, milk, and wheat	<ul style="list-style-type: none"> • OU Kosher Certified
Cookie Dough Bites	Unenriched wheat flour, sugar, margarine (palm oil, soybean oil, salt, mono and diglycerides, artificial flavor, colored with annatto, calcium disodium EDTA added as preservative, Vitamin A Palmitate added), chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla extract, brown sugar, natural flavor, salt, artificial flavor	Contains soy and wheat. May contain traces of peanuts, tree nuts, milk, and egg	<ul style="list-style-type: none"> • OU-D Kosher Certified • Vegan* <p>*May contain non-vegan ingredients (cross contact/extraction)</p>
Frosted Animal Cookies	Sugar, enriched flour (wheat, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), hydrogenated palm kernel oil, nonfat milk, cornstarch, contains 2% or less of high fructose corn syrup, salt, soy lecithin, artificial flavors, baking soda, confectioner's glaze, carnauba wax, color added - Red 3, Red 40 Lake, Yellow 4, Blue 1, Blue 2 Lake, Yellow 6 Lake, Yellow 6	Contains soy, milk, and wheat	<ul style="list-style-type: none"> • KD Kosher Certified
Fruity Pebbles®	Rice, sugar, hydrogenated vegetable oil (coconut and palm kernel oils), salt, contains less than 0.5% of natural and artificial flavor, Red 40, Yellow 6, turmeric oleoresin (color), Blue 1, Yellow 5, Blue 2, BHA (to help protect flavor). Vitamins and minerals: sodium ascorbate (source of Vitamin C), ascorbic acid (Vitamin C), niacinamide, reduced iron, zinc oxide (source of zinc), Vitamin B6, Vitamin A palmitate, riboflavin (Vitamin B2), thiamin mononitrate (Vitamin B1), folic acid, Vitamin B12, Vitamin D	Contains coconut	<ul style="list-style-type: none"> • OU Kosher Certified • Gluten Free
Graham Crackers	Unbleached enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate (Vitamin B1), riboflavin (Vitamin B2), folic acid), graham flour (whole grain wheat flour), sugar, canola oil, honey, leavening (baking soda and/or calcium phosphate), salt, soy lecithin, artificial flavor	Contains soy and wheat	<ul style="list-style-type: none"> • OU-D Kosher Certified
Melba Toast	Wheat flour, salt, yeast, molasses, distilled vinegar, dextrose	Contains wheat	<ul style="list-style-type: none"> • OU Kosher Certified
Oreo® Cookies	Sugar, unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate (Vitamin B1), riboflavin (Vitamin B2), folic acid), high oleic canola and/or palm and/or canola oil, cocoa (processed with alkali), high fructose corn syrup, leavening (baking soda and/or calcium phosphate), cornstarch, salt, soy lecithin, vanillin - an artificial flavor, chocolate	Contains soy and wheat	<ul style="list-style-type: none"> • OU-D Kosher Certified • Vegan* <p>*May contain non-vegan ingredients (cross contact/extraction)</p>
FRUITS & NUTS			
Almonds	Almonds (roasted)	Contains tree nuts. May contain peanuts	<ul style="list-style-type: none"> • Circle K Kosher Certified • Gluten Free • Vegan
Banana	Bananas		<ul style="list-style-type: none"> • Pareve Kosher Certified • Gluten Free • Vegan
Blueberries	Blueberries		<ul style="list-style-type: none"> • Pareve Kosher Certified • Gluten Free • Vegan
Strawberries	Strawberries		<ul style="list-style-type: none"> • Pareve Kosher Certified • Gluten Free • Vegan
SAUCES			
Caramel	Corn syrup, water, high fructose corn syrup, sugar, nonfat milk, heavy cream, salt, pectin, natural flavor, disodium phosphate	Contains milk	<ul style="list-style-type: none"> • KOF-K Kosher Certified
Chocolate Fudge	Sugar, vegetable oils (sunflower, palm), cocoa powder (14%), skimmed milk powder, lactose, emulsifier: soybean lecithin, milk proteins, flavorings	Contains soy and milk. May contain traces of peanuts, tree nuts, egg, and sesame	<ul style="list-style-type: none"> • KSA Kosher Certified • Gluten Free
Marshmallow Cream	High fructose corn syrup, corn syrup, water, modified food starch, titanium dioxide (color), salt, artificial flavors, benzoic acid - a preservative, and xanthan gum	Contains wheat	<ul style="list-style-type: none"> • Circle-K DE Kosher Certified
Nutella®	Sugar, modified palm oil, hazelnuts, cocoa, skim milk, reduced minerals whey (from milk), soy lecithin: an emulsifier, vanillin - an artificial flavor	Contains tree nuts, soy, and milk	<ul style="list-style-type: none"> • KA Kosher Certified • Gluten Free
Reese's® Peanut Butter	Peanuts, peanut oil, sugar, contains 2% or less of: salt, hydrogenated vegetable oil (rapeseed, cottonseed, and soybean oil), cornstarch	Contains peanuts and soy	<ul style="list-style-type: none"> • OU Kosher Certified
Strawberry Sundae	Strawberries, high fructose corn syrup, sugar, water, modified food starch, carrageenan, sodium benzoate - a preservative, artificial flavors, citric acid, artificial color (Red 40)		<ul style="list-style-type: none"> • Circle-K DE Kosher Certified • Gluten Free • Vegan

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Whipped Cream	Cream, water, sugar, corn syrup, nonfat milk, contains less than 2% of the following: natural and artificial flavors, mono- and diglycerides, carrageenan. Propellant: Nitrous Oxide	Contains milk	<ul style="list-style-type: none"> • OU Kosher Certified • Gluten Free
SAVORY			
Candied Bacon	Pork cured with: water, salt, sugar, sodium phosphates, sodium erythorbate, sodium nitrate; brown sugar		<ul style="list-style-type: none"> • Gluten Free
Chamoy	Water, salt, citric acid, modified starch, dried chili peppers, acetic acid, xanthan gum, flavoring extracts, potassium sorbate and sodium benzoate as preservatives and FD&C Red 40		<ul style="list-style-type: none"> • Gluten Free
Tajin®	Chili peppers, sea salt, dehydrated lime juice, silicon dioxide		<ul style="list-style-type: none"> • KA Kosher Certified • Gluten Free
Takis® Fuego	Corn masa flour (processed with lime), vegetable oil (palm, and/or soybean and/or canola oil and/or rice bran oil), seasoning [salt, maltodextrin, citric acid, sugar, monosodium glutamate, hydrolyzed soy protein, onion powder, yeast extract, artificial flavors, baking soda, soybean oil, chili pepper (Chile), disodium inosinate, disodium guanylate, TBHQ (antioxidant)]	Contains soy. Made in a facility that may also use milk, egg, wheat, and peanuts	
UPGRADES			
Brownie Bowl	Sugar, enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), semi-sweet chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla), cocoa (processed with alkali), canola or soybean oil, salt, artificial flavor, sodium bicarbonate. fudge pouch: sugar, water, cocoa (processed with alkali), corn syrup, lactose (contains milk derivatives), high maltose corn syrup, soybean oil, chocolate liquor, food starch-modified, salt, artificial flavor, preservatives (potassium sorbate, sodium benzoate), eggs, canola oil, soy lecithin, water, and propellant (non-chlorofluorocarbons)	Contains soy, milk, egg, and wheat. Made on equipment that makes products containing peanuts and tree nuts	
Waffle (Bowl or Cone)	Bleached wheat flour (enriched with niacin, iron, thiamine mononitrate, malted barley, riboflavin, folic acid), sugar, soybean oil, dried eggs, artificial flavors, water, canola oil, soy lecithin, water, and propellant (non-chlorofluorocarbons)	Contains soy, egg, and wheat	
CREATIONS			
*Ingredients do not include base or optional whipped cream			
Captain's Breakfast™	Corn flour, sugar, oat flour, brown sugar, coconut oil, salt, niacinamide*, Yellow 5, reduced iron, zinc oxide, Yellow 6, thiamin mononitrate*, BHT (a preservative), pyridoxine hydrochloride*, riboflavin*, folic acid*. *One of the B Vitamins, strawberries, bananas, sugar, vegetable oils (sunflower, palm), cocoa, powder (14%), skimmed powdered milk, lactose, soy lecithin, milk protein, flavorings	Contains coconut, soy, milk, and wheat. May contain peanuts and tree nuts	<ul style="list-style-type: none"> • Kosher Certified
Chocolate Combustion™	Cocoa powder with 20/22% of cocoa butter, sugar, enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), semi-sweet chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla), cocoa (processed with alkali), canola or soybean oil, salt, artificial flavor, sodium bicarbonate. fudge pouch: sugar, water, cocoa (processed with alkali), corn syrup, lactose (contains milk derivatives), high maltose corn syrup, soybean oil, chocolate liquor, food starch-modified, salt, artificial flavor, preservatives (potassium sorbate, sodium benzoate), eggs, canola oil, soy lecithin, water, and propellant (non-chlorofluorocarbons), chocolate liquor, cocoa butter, vanilla, vegetable oils (sunflower, palm), cocoa powder (14%), skimmed powdered milk, lactose, milk protein, flavorings	Contains soy, milk, egg, and wheat	

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Cookie Monster	Unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate (Vitamin B1), riboflavin (Vitamin B2), folic acid), semisweet chocolate chunks (sugar, chocolate, dextrose, cocoa butter, milk, soy lecithin), sugar, canola oil, semisweet chocolate chips (sugar, chocolate, cocoa butter, dextrose, milk, soy lecithin), palm oil, leavening (baking soda, ammonium phosphate), molasses, high fructose corn syrup, whey, salt, soy lecithin, caramel color, artificial flavor, sugar, unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate (Vitamin B1), riboflavin (Vitamin B2), folic acid), high oleic canola and/or palm and/ or canola oil, cocoa (processed with alkali), high fructose corn syrup, leavening (baking soda and/or calcium phosphate), cornstarch, salt, soy lecithin, vanillin - an artificial flavor, chocolate, sugar, vegetable oils (sunflower, palm), cocoa powder (14%), skimmed milk powder, lactose, emulsifier: soybean lecithin, milk proteins, flavorings, unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate (Vitamin B1), riboflavin (Vitamin B2), folic acid), semisweet chocolate chunks (sugar, chocolate, dextrose, cocoa butter, milk, soy lecithin), sugar, canola oil, semisweet chocolate chips (sugar, chocolate, cocoa butter, dextrose, milk, soy lecithin), palm oil, leavening (baking soda, ammonium phosphate), molasses, high fructose corn syrup, whey, salt, soy lecithin, caramel color, artificial flavor	Contains soy, milk, and wheat	
Elemint™	Glucose syrup, sugar, water, safflower extract, modified starch, mint natural flavoring, colors: brilliant blue, sugar, unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate (Vitamin B1), riboflavin (Vitamin B2), folic acid), high oleic canola and/or palm and/or canola oil, cocoa (processed with alkali), high fructose corn syrup, leavening (baking soda and/or calcium phosphate), cornstarch, salt, soy lecithin, vanillin - an artificial flavor, chocolate, sugar, chocolate liquor, cocoa butter, soy lecithin (an emulsifier), vanilla, vegetable oils (sunflower, palm), cocoa, powder (14%), skimmed powdered milk, lactose, milk protein, flavorings	Contains soy, milk, and wheat	
Elvis Presley	Banana, pork cured with: water, salt, sugar, sodium phosphates, sodium erythorbate, sodium nitrate, brown sugar, peanuts, peanut oil, contains 2% or less of salt, hydrogenated - vegetable oil (rapeseed, cottonseed and soybean oil), cornstarch	Contains peanuts and soy	
Mangonada	Sugar, vegetable fibre (inulin), dried glucose syrup, maltodextrin, dehydrated mango in pieces (4%), dextrose, vegetable fat (coconut), alpha-dextrin (vegetable fibre), tapioca starch, thickeners: sodium carboxymethylcellulose, tara gum, guar gum, carrageenan, acidifiers: citric acid, malic acid, flavorings, colors: turmeric, carotenes (contains soybeans), pea proteins, chili peppers, sea salt, dehydrated lime juice, silicon dioxide, water, salt, citric acid, modified starch, dried chili peppers, acetic acid, xanthan gum, flavoring extracts, potassium sorbate and sodium benzoate as preservatives and FD&C Red 40, corn masa flour (processed with lime), vegetable oil (palm, and/or soybean and/or canola oil and/or rice bran oil), seasoning [salt, maltodextrin, citric acid, sugar, monosodium glutamate, hydrolyzed soy protein, onion powder, yeast extract, artificial flavors, baking soda, soybean oil, chili pepper (Chile), disodium inosinate, disodium guanylate, TBHQ (antioxidant)], lime	Contains coconut and soy	
Party Animal	Sugar, enriched flour (wheat, niacin, reduced iron, Vitamin B1 [thiamin mononitrate], Vitamin B2 [riboflavin], folic acid), hydrogenated palm kernel oil, nonfat milk, cornstarch, contains 2% or less of high fructose corn syrup, salt, soy lecithin, artificial flavors, baking soda, confectioner's glaze, carnauba wax, color added- Red 3, Red 40 Lake, Yellow 4, Blue 1, Blue 2 Lake, Yellow 6 Lake, Yellow 6, sugar, corn starch, confectioners' glaze, carnauba wax, Yellow 5, Red 3, Blue 1, Red 40, Yellow, Blue 2, corn syrup, sugar, modified food starch (corn), dextrose, water, gelatin, natural and artificial flavor, tetrasodium pyrophosphate	Contains soy, milk, and wheat	
PB & J	Strawberries, high fructose corn syrup, sugar, water, modified food starch, carrageenan, sodium benzoate - a preservative, artificial flavors, citric acid, artificial color (Red 40), peanuts, peanut oil, sugar, contains 2% or less of: salt, hydrogenated vegetable oil (rapeseed, cottonseed, and soybean oil), cornstarch, wheat flour, salt, yeast, molasses, distilled vinegar, dextrose	Contains peanuts, soy, and wheat	• Kosher Certified
Quantum Coffee™	100% coffee, milk chocolate (sugar, cocoa butter, chocolate, nonfat milk, milk fat, lactose, soy lecithin, salt, and vanillin, sugar, palm oil, dairy butter (milk), almonds (roasted in cocoa butter and/ or sunflower oil), salt, artificial flavoring, and soy lecithin, corn syrup, water, high fructose corn syrup, nonfat milk, heavy cream, pectin, natural flavor, disodium phosphate, almonds	Contains tree nuts, soy, and milk	• Kosher Certified
Ruby Cacao <i>(Signature Premium Base Only)</i>	Sugar, ruby cocoa 20.0% (sugar, cocoa butter, skimmed milk powder, whole milk powder, cocoa paste, emulsifier (soybean lecithin), acidifier (citric acid), vanilla natural flavoring), skimmed milk powder, vegetable fats (coconut, palm), dextrose, whole milk powder, cocoa butter powder, dried glucose syrup, lactose, milk proteins, emulsifiers (E477, E472b, E471), color (anthocyanins), thickeners (tara gum, sodium alginate, carrageenan), acid (citric acid), strawberries, blueberries, mini chocolate chips (Sugar, chocolate liquor, cocoa butter, soy lecithin (an emulsifier), and vanilla)	Contains soy and milk. May contain traces of tree nuts and egg	• Gluten Free

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	INGREDIENTS	ALLERGEN STATEMENT	SPECIAL DIET INFORMATION
S'mores	Cocoa powder with 20/22% of cocoa butter, corn syrup, sugar, modified food starch (corn), dextrose, water, gelatin, natural and artificial flavor, tetrasodium pyrophosphate, vegetable oils (sunflower, palm), cocoa powder (14%), skimmed milk powder, lactose, emulsifier: soybean lecithin, milk proteins, flavorings, unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate (Vitamin B1), riboflavin (Vitamin B2), folic acid), graham flour (whole grain wheat flour), sugar, canola oil, honey, leavening (baking soda and/or calcium phosphate), salt, soy lecithin, artificial flavor	Contains soy, milk, and wheat	
Sea Salt Caramel Crunch	Corn syrup, water, high fructose corn syrup, sugar, nonfat milk, heavy cream, salt, pectin, natural flavor, disodium phosphate, sea salt, bleached wheat flour (enriched with niacin, iron, thiamine mononitrate, malted barley, riboflavin, folic acid), sugar, soybean oil, dried eggs, artificial flavors, water, canola oil, soy lecithin, water, and propellant (non-chlorofluorocarbons), skim milk, palm oil, whey (from milk), artificial and natural flavor	Contains soy, milk, egg, and wheat	
Speculoos Overload	57% Speculoos (wheat flour, candy sugar, margarine [palm oil, canola oil, coconut oil, rapeseed oil, water, salt, emulsifier (vegetable mono- and diglycerides from fatty acids), citric acid, lactic acid, color added (beta carotene), butterflavor (non-dairy)], sugar, soy flour, sugar syrup, raising agent (sodium hydrogen carbonate), cinnamon, nutmeg), palm oil, canola oil, sugar, emulsifier: rapeseed lecithin, corn syrup, sugar, modified food starch (corn), dextrose, water, gelatin, natural and artificial flavor, tetrasodium pyrophosphate, high fructose corn syrup, corn syrup, water, modified food starch, titanium dioxide (color), salt, artificial flavors, benzoic acid - a preservative, and xanthan gum, wheat flour, sugar, vegetable oils (contains one or more of soy bean oil, sunflower oil, canola oil, palm oil), brown sugar syrup, sodium bicarbonate (leavening), soy flour, salt, cinnamon, cocoa powder with 20/22% of cocoa butter	Contains coconut, soy, and wheat	
Strawberry Bond™	Corn syrup, sugar, water, pure vanilla extract, vanilla beans, gum tragacanth (a natural thickener) and natural flavor, cream cheese (pasteurized milk and cream cheese culture, salt, carob bean gum, guar gum, xanthan gum), graham cracker crumbs (enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), graham flour, sugar, palm oil, brown sugar, honey, salt, baking soda, artificial vanilla flavor), eggs, margarine (palm oil, water, soybean oil, salt, contains less than 2% of vegetable mono- and diglycerides, soy lecithin, sodium benzoate (a preservative), citric acid, natural and artificial flavor, beta carotene (color), Vitamin A palmitate), powdered sugar, enriched bleached flour (bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), heavy cream (cream, nonfat milk solids, stabilizer [mono- and diglycerides, carrageenan, dextrose], polysorbate 80), water, key lime powder (key lime juice concentrate, maltodextrin, silicon dioxide [prevents caking]), carrageenan and tara gum, xanthan gum, konjac and tara gum, vanilla powder (modified food starch, vanilla bean, acacia gum), lemon juice from concentrate (water, lemon juice concentrate, sodium metabisulfite as preservative), lemon oil, cream, corn syrup, nonfat milk, contains less than 2% of the following: natural and artificial flavors, mono- and diglycerides, carrageenan. Propellant: nitrous oxide, strawberries, high fructose corn syrup, modified food starch, carrageenan, sodium benzoate - a preservative, artificial flavors, citric acid, artificial color (Red 40)	Contains soy, milk, egg, and wheat	<ul style="list-style-type: none"> • Kosher Certified
Tropical Paradise	Coconut milk (filtered water, coconut cream), cane sugar, contains 2% or less of: Vitamin & mineral blend (calcium carbonate, Vitamin A palmitate, Vitamin B12, Vitamin D2), sea salt, natural flavor, sunflower lecithin, locust bean gum, gellan gum, coconut extract, water, citric acid (as antioxidant), sodium metabisulfite, dextrose, dried glucose syrup, sweeteners: sorbitol, vegetable fats (palm), alpha dextrin (vegetable fibre), thickeners: sodium carboxymethylcellulose, tara gum, guar gum, soybean proteins, pea protein, sugar, sorbitol syrup, E471, water, flavorings, water, sugar, dextrose, stabilizers (cellulose gum, xanthan gum, locust bean gum, guar gum, karaya gum, pectin), coconut oil, contains 2% or less of each of the following: maltodextrin, citric acid, natural & artificial flavor (contains pineapple juice), modified food starch, malic acid, beta carotene (color), mono & diglycerides, silicon dioxide (anticaking), strawberries, high fructose corn syrup, sugar, water, modified food starch, carrageenan, sodium benzoate - a preservative, artificial flavors, citric acid, artificial color (Red 40)	Contains coconut and soy	<ul style="list-style-type: none"> • Kosher Certified • Gluten Free • Vegan
Unicorn	Non-hydrogenated, non-dairy creamer (non-hydrogenated coconut oil, corn syrup solids, sodium caseinate [a milk derivative], sugar, dipotassium phosphate, silicon dioxide, propylene glycol esters of fatty acids, mono & diglycerides, salt, soy lecithin, carrageenan, artificial flavor and annatto), sugar, crystalline fructose, sprinkles (sugar, wheat starch, modified corn starch, dextrose, canola oil, maltodextrin, FD&C Yellow 6, FD&C Red 40, FD&C Yellow 5, and FD&C Blue 1), maltodextrin, nonfat dry milk, natural and artificial flavors, xanthan gum, cellulose gum, silicon dioxide (anticaking agent), Corn syrup, sugar, modified food starch (corn), dextrose, water, gelatin, natural and artificial flavor, tetrasodium pyrophosphate, high fructose corn syrup, corn syrup, water, modified food starch, titanium dioxide (color), salt, artificial flavors, benzoic acid - a preservative, and xanthan gum, sugar, natural & artificial colors FD&C Red 3, and FD&C Blue 1, water, glycerin, high fructose corn syrup, FD&C Red 3 (e127), sugar, modified food starch, carrageenan gum, sodium benzoate and potassium sorbate (preservatives), xanthan gum, citric acid, FD&C Blue 1 (e133)	Contains soy, milk, and wheat	

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SPECIALTY ITEMS *Ingredients do not include base			
Affogato	Coffee, corn syrup, sugar, water, pure vanilla extract, vanilla beans, gum tragacanth (a natural thickener) and natural flavor, cream, nonfat milk, contains less than 2% of the following: natural and artificial flavors, mono-and diglycerides, carrageenan, propellant: nitrous oxide, unsweetened chocolate, cocoa butter, milkfat, soy lecithin, natural vanilla extract	Contains soy and milk	
Brownie Ice Cream Sandwich	Brownie [sugar, enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), semi-sweet chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin [emulsifier], vanilla), cocoa (processed with alkali), canola or soybean oil, salt, artificial flavor, sodium bicarbonate, fudge pouch: sugar, water, cocoa (processed with alkali), corn syrup, lactose (contains milk derivatives), high maltose corn syrup, soybean oil, chocolate liquor, food starch-modified, salt, artificial flavor, preservatives (potassium sorbate, sodium benzoate), water, eggs] plus base and flavor of choice	Contains soy, milk, egg, and wheat. Made on equipment that makes products containing peanuts and tree nuts	
Fruity Pebbles Ice Cream Sandwich	Fruity Pebbles [Rice, sugar, hydrogenated vegetable oil (coconut and palm kernel oils), salt, contains less than 0.5% of natural and artificial flavor, Red 40, Yellow 6, turmeric oleoresin (color), Blue 1, Yellow 5, Blue 2, BHA (to help protect flavor), Vitamins and minerals: sodium ascorbate (source of Vitamin C, ascorbic acid (Vitamin C), niacinamide, reduced iron, zinc oxide (source of zinc), Vitamin B6, Vitamin A palmitate, riboflavin (Vitamin B2), thiamin mononitrate (Vitamin B1), folic acid, Vitamin B12, Vitamin D], butter [cream (milk), natural flavor], marshmallows [corn syrup, sugar, modified food starch (corn), gelatin, water, dextrose, natural vanilla flavor, tetrasodium pyrophosphate] plus base and flavor of choice	Contains coconut and milk	

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NUTRITION FACTS



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ICE CREAM												
Flavor Base												
Banana Signature Premium												
SIZE OR SPECIALTY												
Regular Scoop	221	450	27	17	1.5	120	110	49	1	37	22	6
Medium Scoop	302	600	37	23	2.5	160	140	37	2	50	29	8
Large Scoop	435	810	46	29	3	200	180	97	4	70	37	10
NitroShake	557	880	50	31	3	210	230	103	4	76	37	14
Affogato	265	450	27	17	1.5	120	115	50	1	37	22	6
Fruity Pebble Ice Cream Sandwich	205	560	25	16	1.5	90	260	72	<1	48	25	6
Brownie Ice Cream Sandwich	205	600	34	23	1	95	240	41	2	50	11	6
Grab N Go Pint	589	1120	64	40	4	280	250	113	5	96	52	14
Banana Organic												
SIZE OR SPECIALTY												
Regular Scoop	221	430	26	17	0	120	105	49	1	36	0	7
Medium Scoop	303	590	34	22	0	160	140	67	2	49	0	9
Large Scoop	435	780	43	28	0	200	180	97	4	69	0	12
NitroShake	608	900	47	30	0	210	230	114	5	81	0	16
Affogato	265	440	26	17	0	120	110	50	1	36	0	7
Fruity Pebble Ice Cream Sandwich	175	480	19	13	0	75	240	66	<1	43	10	6
Brownie Ice Cream Sandwich	205	590	34	23	0	95	240	71	2	50	0	6
Grab N Go Pint	624	1110	60	39	0	280	250	139	6	98	0	16
Banana Cashew												
SIZE OR SPECIALTY												
Regular Scoop	221	360	12	9	0	0	110	60	3	36	0	2
Medium Scoop	303	480	16	12	0	0	150	81	4	49	0	3
Large Scoop	435	650	20	15	0	0	190	115	6	68	0	4
NitroShake	548	860	28	21	0	0	260	147	7	88	0	5
Affogato	265	360	12	9	0	0	115	60	3	36	0	2
Fruity Pebble Ice Cream Sandwich	176	450	12	9	0	15	240	71	2	43	10	3
Brownie Ice Cream Sandwich	205	550	27	19	0	35	250	76	3	50	0	4
Grab N Go Pint	649	950	28	21	0	0	260	170	10	101	0	6
Banana Coconut												
SIZE OR SPECIALTY												
Regular Scoop	221	310	10	8	0	15	25	51	1	42	28	2
Medium Scoop	303	420	13	11	0	25	35	70	2	58	37	2
Large Scoop	435	570	17	13	0	30	40	100	4	79	46	3
NitroShake	548	620	19	16	0	50	65	103	4	82	46	3
Affogato	265	310	10	8	0	15	30	51	1	42	28	2
Fruity Pebble Ice Cream Sandwich	176	420	11	8	0	20	200	67	<1	46	24	3
Brownie Ice Cream Sandwich	205	530	26	18	0	45	200	72	2	53	14	4
Grab N Go Pint	649	830	24	19	0	40	60	149	7	115	64	5
Birthday Cake Signature Premium												
SIZE OR SPECIALTY												
Regular Scoop	212	530	35	22	2	140	150	54	0	43	35	7
Medium Scoop	305	770	50	32	3	200	220	78	0	62	50	10
Large Scoop	368	930	60	36	3.5	240	270	95	0	76	62	12
NitroShake	490	1010	64	41	3.5	250	320	101	0	82	62	15
Affogato	257	540	35	22	2	140	160	55	0	43	35	7
Fruity Pebble Ice Cream Sandwich	187	570	26	17	1.5	90	270	72	0	49	29	6
Brownie Ice Cream Sandwich	215	680	40	27	1	115	280	76	2	56	16	7
Grab N Go Pint	489	1230	80	51	4.5	320	350	125	0	100	81	15
Birthday Cake Organic												
SIZE OR SPECIALTY												
Regular Scoop	212	520	33	22	0	140	150	54	0	42	9	8
Medium Scoop	305	740	47	31	0	200	210	78	0	61	13	11
Large Scoop	368	910	57	38	0	240	260	95	0	75	18	13
NitroShake	490	980	61	40	0	250	310	101	0	81	18	17
Affogato	257	520	33	22	0	140	150	55	0	42	9	8
Fruity Pebble Ice Cream Sandwich	187	560	25	17	0	95	270	72	0	48	15	7
Brownie Ice Cream Sandwich	215	670	39	26	0	115	270	76	2	56	4	7
Grab N Go Pint	489	1200	75	50	0	320	350	125	0	98	22	18

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ICE CREAM												
Flavor Base												
Birthday Cake Cashew												
SIZE OR SPECIALTY												
Regular Scoop	212	430	16	13	0	0	160	66	2	42	9	2
Medium Scoop	305	610	24	19	0	0	220	95	2	61	13	3
Large Scoop	368	750	29	23	0	0	270	116	3	74	18	4
NitroShake	482	960	37	29	0	0	350	148	3	94	18	5
Affogato	257	430	17	13	0	0	160	67	2	42	9	2
Fruity Pebble Ice Cream Sandwich	187	510	16	12	0	15	270	79	1	48	15	4
Brownie Ice Cream Sandwich	215	620	30	22	0	35	280	84	2	56	4	4
Grab N Go Pint	489	990	38	30	0	0	360	153	3	95	22	5
Birthday Cake Coconut												
SIZE OR SPECIALTY												
Regular Scoop	212	370	14	12	0	20	55	56	0	50	41	2
Medium Scoop	305	530	21	17	0	30	80	81	0	71	59	3
Large Scoop	368	650	25	21	0	35	100	99	0	87	73	3
NitroShake	482	690	28	23	0	55	120	102	0	90	73	3
Affogato	257	370	14	12	0	20	60	57	0	50	41	2
Fruity Pebble Ice Cream Sandwich	187	470	14	11	0	25	210	73	0	52	33	4
Brownie Ice Cream Sandwich	215	580	29	21	0	50	220	78	2	60	23	4
Grab N Go Pint	489	850	33	27	0	45	130	130	0	115	95	4
Cap'n Crunch Signature Premium												
SIZE OR SPECIALTY												
Regular Scoop	218	550	33	21	2	140	280	61	<1	45	34	7
Medium Scoop	305	770	50	32	3	200	220	78	0	62	50	10
Large Scoop	368	930	60	36	3.5	240	270	95	0	75	62	12
NitroShake	490	1010	64	41	3.5	250	320	101	0	82	62	15
Affogato	263	550	33	21	2	140	280	62	<1	45	34	7
Fruity Pebble Ice Cream Sandwich	190	580	25	16	1.5	90	330	75	<1	49	29	6
Brownie Ice Cream Sandwich	218	680	39	26	1	115	340	80	2	57	19	7
Grab N Go Pint	504	1270	75	47	4.5	320	660	146	1	104	79	16
Cap'n Crunch Organic												
SIZE OR SPECIALTY												
Regular Scoop	218	530	31	20	0	140	270	61	<1	44	8	8
Medium Scoop	314	770	44	29	0	220	400	88	<1	63	12	11
Large Scoop	380	940	53	34	0	240	510	109	1	78	16	14
NitroShake	502	1010	57	37	0	250	560	115	1	84	16	18
Affogato	263	540	31	20	0	140	280	62	<1	44	8	8
Fruity Pebble Ice Cream Sandwich	190	570	24	16	0	95	330	75	<1	49	14	7
Brownie Ice Cream Sandwich	218	680	38	26	0	115	340	80	2	56	4	7
Grab N Go Pint	504	1240	71	46	0	320	660	143	1	102	20	18
Cap'n Crunch Cashew												
SIZE OR SPECIALTY												
Regular Scoop	218	440	15	11	0	0	280	73	2	44	8	2
Medium Scoop	314	640	21	16	0	0	410	106	3	63	12	3
Large Scoop	380	780	25	20	0	0	520	130	4	77	16	4
NitroShake	494	990	33	26	0	0	600	162	4	97	16	5
Affogato	263	450	15	11	0	0	290	47	2	44	8	2
Fruity Pebble Ice Cream Sandwich	190	520	15	11	0	15	330	82	1	49	14	4
Brownie Ice Cream Sandwich	220	630	29	21	0	35	350	89	3	57	5	4
Grab N Go Pint	504	1030	34	26	0	0	670	171	5	102	20	6
Cap'n Crunch Coconut												
SIZE OR SPECIALTY												
Regular Scoop	218	380	13	10	0	20	180	63	<1	51	40	2
Medium Scoop	314	550	18	14	0	30	270	91	<1	74	58	3
Large Scoop	380	680	22	17	0	35	350	113	1	90	71	4
NitroShake	494	730	24	20	0	55	370	116	1	93	71	4
Affogato	263	390	13	10	0	20	190	64	<1	51	40	2
Fruity Pebble Ice Cream Sandwich	190	480	13	10	0	25	280	76	<1	53	33	4
Brownie Ice Cream Sandwich	218	590	28	20	0	50	280	81	2	61	22	4
Grab N Go Pint	504	890	29	23	0	45	440	147	1	119	94	5

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NUTRITION FACTS



	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber	Sugars (g)	Added Sugars (g)	Protein (g)
ICE CREAM												
Flavor Base												
Cheesecake Signature Premium												
SIZE OR SPECIALTY												
Regular Scoop	228	570	38	25	2	170	220	54	0	42	32	8
Medium Scoop	329	820	55	35	3	250	320	77	0	61	47	11
Large Scoop	400	1010	68	42	3.5	305	400	95	0	75	58	14
NitroShake	522	1080	72	45	3.5	315	450	101	0	81	58	17
Affogato	273	570	38	24	2	170	220	54	0	42	32	8
Fruity Pebble Ice Cream Sandwich	195	590	28	18	1.5	110	300	71	0	48	28	7
Brownie Ice Cream Sandwich	223	690	42	28	1	135	310	76	2	56	18	7
Grab N Go Pint	529	1330	89	56	4.5	400	510	125	0	95	76	18
Cheesecake Organic												
SIZE OR SPECIALTY												
Regular Scoop	228	560	36	23	0	175	210	54	0	42	7	9
Medium Scoop	329	800	52	34	0	250	310	78	0	60	10	12
Large Scoop	400	980	64	41	0	305	390	95	0	73	13	15
NitroShake	522	1050	68	44	0	320	450	101	0	79	13	19
Affogato	273	560	36	23	0	175	220	54	0	42	7	9
Fruity Pebble Ice Cream Sandwich	195	580	27	17	0	110	300	72	0	48	14	7
Brownie Ice Cream Sandwich	223	690	41	27	0	135	310	76	2	55	3	8
Grab N Go Pint	529	1290	85	54	0	405	510	125	0	97	17	20
Cheesecake Cashew												
SIZE OR SPECIALTY												
Regular Scoop	228	460	20	15	0	35	220	66	0	42	7	3
Medium Scoop	329	670	29	21	0	50	320	95	2	60	10	5
Large Scoop	400	820	37	27	0	65	400	116	3	73	13	6
NitroShake	514	1030	44	33	0	65	480	148	3	93	13	7
Affogato	273	470	20	15	0	35	230	67	2	42	7	3
Fruity Pebble Ice Cream Sandwich	195	530	17	12	0	30	300	79	1	48	14	4
Brownie Ice Cream Sandwich	220	630	29	21	0	35	350	89	3	57	5	4
Grab N Go Pint	529	1080	48	35	0	85	520	153	3	96	17	8
Cheesecake Coconut												
SIZE OR SPECIALTY												
Regular Scoop	228	400	18	13	0	55	120	56	0	49	39	3
Medium Scoop	329	580	27	19	0	80	180	80	0	70	56	4
Large Scoop	400	720	33	24	0	100	230	98	0	86	69	5
NitroShake	514	770	36	27	0	120	250	102	0	89	69	5
Affogato	273	150	8	6	0	35	100	17	0	13	11	2
Fruity Pebble Ice Cream Sandwich	195	490	16	12	0	40	250	73	0	52	32	4
Brownie Ice Cream Sandwich	223	600	31	22	0	65	250	78	2	59	22	4
Grab N Go Pint	529	950	43	32	0	130	290	129	0	130	90	7
Chocolate Signature Premium												
SIZE OR SPECIALTY												
Regular Scoop	206	490	33	20	2	140	125	48	3	36	26	8
Medium Scoop	330	780	52	32	3	220	200	78	6	56	41	13
Large Scoop	400	1010	58	42	3.5	305	400	59	0	75	58	14
NitroShake	486	930	61	38	3.5	250	270	94	8	67	44	20
Affogato	273	570	38	24	2	170	220	54	0	42	32	8
Fruity Pebble Ice Cream Sandwich	185	550	25	16	1.5	90	260	69	2	45	25	7
Brownie Ice Cream Sandwich	213	660	39	26	1	115	260	74	3	52	15	7
Grab N Go Pint	484	1140	76	47	4.5	320	209	116	10	82	59	20
Chocolate Organic												
SIZE OR SPECIALTY												
Regular Scoop	206	470	31	20	0	140	125	48	3	35	0	9
Medium Scoop	329	800	52	34	0	250	310	78	0	60	10	12
Large Scoop	364	830	54	35	0	240	210	88	8	60	0	17
NitroShake	482	900	57	37	0	250	270	92	7	66	0	20
Affogato	251	480	31	20	0	140	130	49	3	35	0	9
Fruity Pebble Ice Cream Sandwich	185	540	24	16	0	95	250	69	2	45	10	8
Brownie Ice Cream Sandwich	213	650	38	26	0	115	260	74	3	52	0	8
Grab N Go Pint	479	1090	71	46	0	320	280	113	9	80	0	22

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NUTRITION FACTS



	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber	Sugars (g)	Added Sugars (g)	Protein (g)
ICE CREAM												
Flavor Base												
Chocolate Cashew												
SIZE OR SPECIALTY												
Regular Scoop	206	380	15	11	0	0	130	60	4	35	0	3
Medium Scoop	330	610	23	18	0	0	210	98	9	55	0	7
Large Scoop	364	670	26	20	0	0	230	109	11	60	0	8
NitroShake	487	880	34	26	0	0	300	141	12	80	0	9
Affogato	251	380	15	11	0	0	135	61	4	35	0	3
Fruity Pebble Ice Cream Sandwich	180	490	15	11	0	15	260	76	3	45	10	5
Brownie Ice Cream Sandwich	213	590	29	21	0	35	270	8	4	52	0	5
Grab N Go Pint	479	880	34	26	0	0	300	141	12	80	0	9
Chocolate Coconut												
SIZE OR SPECIALTY												
Regular Scoop	206	320	12	10	0	20	30	50	3	42	32	2
Medium Scoop	330	520	20	16	0	30	50	81	6	66	51	6
Large Scoop	364	570	22	17	0	35	55	91	8	72	55	8
NitroShake	478	620	25	20	0	55	75	94	8	75	55	8
Affogato	251	320	13	10	0	20	35	51	3	42	32	3
Fruity Pebble Ice Cream Sandwich	185	450	14	10	0	25	200	70	2	49	29	4
Brownie Ice Cream Sandwich	213	560	28	20	0	50	210	75	3	56	18	5
Grab N Go Pint	479	750	29	23	0	45	70	118	9	97	74	8
Cookie Butter Signature Premium												
SIZE OR SPECIALTY												
Regular Scoop	213	560	38	21	2	140	125	52	0	41	26	6
Medium Scoop	306	800	54	31	3	200	180	74	0	58	37	9
Large Scoop	370	990	66	37	3.5	240	210	91	0	71	44	11
NitroShake	492	1060	70	39	3.5	250	270	97	0	77	44	15
Affogato	258	560	38	21	2	140	130	52	0	41	26	7
Fruity Pebble Ice Cream Sandwich	187	580	27	16	1.5	90	260	70	0	47	25	6
Brownie Ice Cream Sandwich	215	690	42	26	1	115	260	75	2	55	15	6
Grab N Go Pint	491	1300	87	49	4.5	320	290	120	0	94	59	15
Cookie Butter Organic												
SIZE OR SPECIALTY												
Regular Scoop	213	550	36	21	0	140	125	52	0	40	0	7
Medium Scoop	306	780	51	30	0	200	180	74	0	57	0	11
Large Scoop	370	960	63	36	0	240	210	91	0	70	0	13
NitroShake	492	1030	67	38	0	250	260	97	0	76	0	17
Affogato	258	550	36	21	0	140	130	52	0	40	0	8
Fruity Pebble Ice Cream Sandwich	187	570	26	16	0	95	250	70	0	47	10	7
Brownie Ice Cream Sandwich	215	680	41	26	0	115	260	75	2	54	0	7
Grab N Go Pint	491	1260	83	48	0	320	280	120	0	92	0	17
Cookie Butter Cashew												
SIZE OR SPECIALTY												
Regular Scoop	213	450	20	12	0	0	130	64	2	40	0	2
Medium Scoop	306	650	28	17	0	0	180	92	2	57	0	3
Large Scoop	370	800	35	21	0	0	220	112	3	70	0	4
NitroShake	484	1010	43	27	0	0	290	144	3	90	0	4
Affogato	258	460	20	12	0	0	135	65	2	40	0	2
Fruity Pebble Ice Cream Sandwich	187	520	17	11	0	15	260	77	1	47	10	4
Brownie Ice Cream Sandwich	215	630	31	21	0	35	260	82	2	54	0	4
Grab N Go Pint	491	1050	46	28	0	0	290	148	3	92	0	5
Cookie Butter Coconut												
SIZE OR SPECIALTY												
Regular Scoop	213	390	18	11	0	20	30	54	0	47	32	2
Medium Scoop	306	570	25	15	0	30	40	77	0	68	46	2
Large Scoop	370	700	32	19	0	35	50	94	0	82	55	3
NitroShake	484	750	34	21	0	55	70	98	0	85	55	3
Affogato	258	400	18	11	0	20	35	54	0	47	32	2
Fruity Pebble Ice Cream Sandwich	187	480	16	10	0	25	200	71	0	51	29	3
Brownie Ice Cream Sandwich	215	590	30	20	0	50	210	76	2	58	18	4
Grab N Go Pint	491	920	41	25	0	45	65	124	0	109	74	4

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NUTRITION FACTS



	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber	Sugars (g)	Added Sugars (g)	Protein (g)
ICE CREAM												
Flavor Base												
Cookie Monster Signature Premium												
SIZE OR SPECIALTY												
Regular Scoop	213	490	32	20	2	140	140	47	0	38	28	6
Medium Scoop	314	710	46	29	3	200	210	69	0	56	41	9
Large Scoop	380	850	56	35	3.5	240	260	83	0	68	50	10
NitroShake	502	930	60	38	3.5	250	320	89	0	74	50	14
Affogato	258	490	32	20	2	140	150	48	0	38	28	6
Fruity Pebble Ice Cream Sandwich	190	550	25	16	1.5	90	370	69	0	47	26	6
Brownie Ice Cream Sandwich	218	660	39	26	1	115	270	73	2	54	16	6
Grab N Go Pint	504	1140	74	47	4.5	320	350	110	0	90	66	14
Cookie Monster Organic												
SIZE OR SPECIALTY												
Regular Scoop	213	470	30	20	0	140	140	47	0	38	2	7
Medium Scoop	314	690	44	29	0	200	210	69	0	55	4	10
Large Scoop	380	830	52	34	0	240	260	83	0	67	6	12
NitroShake	502	900	56	37	0	250	310	89	0	73	6	16
Affogato	258	480	30	20	0	140	150	48	0	38	2	7
Fruity Pebble Ice Cream Sandwich	190	540	24	16	0	95	270	69	0	46	12	6
Brownie Ice Cream Sandwich	218	650	38	26	0	115	270	73	2	54	7	7
Grab N Go Pint	504	1100	70	46	0	320	340	110	0	89	7	16
Cookie Monster Cashew												
SIZE OR SPECIALTY												
Regular Scoop	213	380	14	11	0	0	150	59	2	37	2	2
Medium Scoop	314	560	21	16	0	0	220	86	2	55	4	2
Large Scoop	380	670	25	20	0	0	270	104	3	67	6	3
NitroShake	494	880	33	26	0	0	340	136	3	87	6	3
Affogato	258	390	14	11	0	0	150	60	2	37	2	2
Fruity Pebble Ice Cream Sandwich	190	490	14	11	0	15	270	76	1	26	12	3
Brownie Ice Cream Sandwich	218	600	29	21	0	35	280	80	2	54	1	4
Grab N Go Pint	504	890	33	26	0	0	350	138	3	88	7	3
Cookie Monster Coconut												
SIZE OR SPECIALTY												
Regular Scoop	213	320	12	10	0	20	45	49	0	45	34	1
Medium Scoop	314	470	18	14	0	30	75	72	0	65	50	2
Large Scoop	380	570	21	17	0	35	95	87	0	79	64	2
NitroShake	494	620	24	20	0	55	120	90	0	82	61	2
Affogato	258	330	12	10	0	20	55	50	0	45	34	1
Fruity Pebble Ice Cream Sandwich	190	450	13	10	0	25	210	70	0	50	30	3
Brownie Ice Cream Sandwich	218	650	38	26	0	115	270	73	2	54	1	7
Grab N Go Pint	504	760	28	23	0	45	125	115	0	105	80	3
Cookies & Cream Signature Premium												
SIZE OR SPECIALTY												
Regular Scoop	244	680	41	23	2	140	300	77	0	54	44	7
Medium Scoop	312	870	52	29	2.5	180	390	98	0	69	57	9
Large Scoop	363	1050	62	33	3	200	490	121	0	84	70	11
NitroShake	485	1120	66	35	3	210	550	127	0	90	70	15
Affogato	288	690	41	23	2	140	310	75	0	54	44	7
Fruity Pebble Ice Cream Sandwich	174	580	25	14	1	75	330	77	0	49	31	6
Brownie Ice Cream Sandwich	203	680	39	24	1	95	330	82	2	57	20	6
Grab N Go Pint	499	1420	85	46	4	280	730	162	3	113	88	15
Cookies & Cream Organic												
SIZE OR SPECIALTY												
Regular Scoop	244	670	39	22	0	140	300	77	0	54	19	8
Medium Scoop	312	850	50	28	0	180	380	98	0	68	23	11
Large Scoop	363	1020	59	32	0	200	490	121	0	83	33	12
NitroShake	476	1050	61	34	0	210	510	120	0	85	29	16
Affogato	288	670	39	22	0	140	310	78	0	54	19	8
Fruity Pebble Ice Cream Sandwich	174	570	24	14	0	75	330	77	0	49	20	6
Brownie Ice Cream Sandwich	203	680	38	24	0	95	330	82	2	56	9	6
Grab N Go Pint	499	1390	80	44	0	280	650	163	0	112	42	17

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NUTRITION FACTS



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ICE CREAM												
Flavor Base												
Cookies & Cream Cashew												
SIZE OR SPECIALTY												
Regular Scoop	244	580	23	13	0	0	310	89	2	54	19	3
Medium Scoop	312	730	29	17	0	0	390	114	2	68	23	4
Large Scoop	363	890	36	20	0	0	500	138	2	82	33	4
NitroShake	476	1100	44	26	0	0	570	170	3	102	33	5
Affogato	288	580	23	13	0	0	310	90	2	54	19	3
Fruity Pebble Ice Cream Sandwich	174	530	17	10	0	15	330	85	<1	49	20	4
Brownie Ice Cream Sandwich	203	640	31	20	0	35	340	87	2	56	9	4
Grab N Go Pint	499	1210	48	27	0	0	660	187	3	112	42	6
Cookies & Cream Coconut												
SIZE OR SPECIALTY												
Regular Scoop	244	520	21	12	0	20	210	79	0	61	51	3
Medium Scoop	312	660	27	15	0	25	260	100	0	78	65	3
Large Scoop	363	810	33	18	0	30	360	124	0	93	79	4
NitroShake	476	860	35	20	0	50	380	127	0	96	79	4
Affogato	288	520	21	12	0	20	210	80	0	61	51	3
Fruity Pebble Ice Cream Sandwich	174	500	16	10	0	20	290	78	0	52	33	4
Brownie Ice Cream Sandwich	203	610	30	20	0	45	290	83	2	59	23	4
Grab N Go Pint	499	1090	44	24	0	40	460	166	0	126	106	5
Frosted Animal Cookie Signature Premium												
SIZE OR SPECIALTY												
Regular Scoop	232	640	41	28	2	140	180	67	0	49	40	7
Medium Scoop	333	930	59	40	3	200	260	97	0	72	57	10
Large Scoop	406	1150	73	50	3.5	240	330	121	0	89	72	12
NitroShake	528	1220	77	52	3.5	250	380	126	0	95	72	16
Affogato	276	650	41	28	2	140	190	67	0	49	40	7
Fruity Pebble Ice Cream Sandwich	196	620	29	20	1.5	90	280	78	0	52	32	6
Brownie Ice Cream Sandwich	225	730	43	30	1	115	290	83	2	59	22	7
Grab N Go Pint	523	1470	93	64	4.5	310	420	154	0	114	92	16
Frosted Animal Cookie Organic												
SIZE OR SPECIALTY												
Regular Scoop	232	630	39	27	0	140	180	67	0	49	14	8
Medium Scoop	333	910	56	39	0	200	260	97	0	71	21	12
Large Scoop	406	1120	69	49	0	240	320	121	0	87	27	14
NitroShake	528	1200	73	51	0	250	380	127	0	94	27	18
Affogato	276	630	39	27	0	140	190	67	0	49	14	8
Fruity Pebble Ice Cream Sandwich	196	610	28	19	0	95	280	78	0	51	17	7
Brownie Ice Cream Sandwich	225	720	42	29	0	115	290	83	2	59	7	7
Grab N Go Pint	522	144	89	63	0	310	410	154	0	112	34	18
Frosted Animal Cookie Cashew												
SIZE OR SPECIALTY												
Regular Scoop	232	540	23	19	0	0	190	79	2	49	14	3
Medium Scoop	333	780	33	27	0	0	270	114	2	70	21	4
Large Scoop	406	970	42	34	0	0	340	142	3	87	27	5
NitroShake	520	1170	49	40	0	0	410	174	3	107	27	6
Affogato	276	540	23	19	0	0	190	80	2	49	14	3
Fruity Pebble Ice Cream Sandwich	196	560	19	14	0	15	290	85	1	51	17	4
Brownie Ice Cream Sandwich	225	670	33	24	0	35	290	90	2	59	7	4
Grab N Go Pint	536	1260	54	44	0	0	440	185	3	114	34	6
Frosted Animal Cookie Coconut												
SIZE OR SPECIALTY												
Regular Scoop	232	480	21	17	0	20	85	69	0	56	46	2
Medium Scoop	333	690	30	25	0	30	125	100	0	81	67	3
Large Scoop	406	860	38	32	0	35	160	124	0	100	83	4
NitroShake	520	910	40	34	0	55	180	127	0	103	83	4
Affogato	276	480	21	17	0	20	90	69	0	56	46	2
Fruity Pebble Ice Cream Sandwich	196	530	18	14	0	25	230	79	0	56	36	4
Brownie Ice Cream Sandwich	225	720	42	29	0	115	290	83	2	59	7	7
Grab N Go Pint	508	1080	48	40	0	45	200	155	0	125	103	5

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NUTRITION FACTS



	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber	Sugars (g)	Added Sugars (g)	Protein (g)
ICE CREAM												
Flavor Base												
Fruity Pebbles Signature Premium												
SIZE OR SPECIALTY												
Regular Scoop	223	570	33	21	2	140	260	65	0	44	33	7
Medium Scoop	321	820	47	30	3	200	380	94	0	64	48	10
Large Scoop	390	1010	56	36	3.5	240	480	118	0	78	59	13
NitroShake	512	1080	60	38	3.5	250	530	124	0	85	59	16
Affogato	268	570	33	21	2	140	260	66	0	44	33	7
Fruity Pebble Ice Cream Sandwich	192	580	25	16	1.5	90	320	77	0	49	29	6
Brownie Ice Cream Sandwich	220	690	39	26	1	115	330	82	2	57	18	7
Grab N Go Pint	517	1330	75	48	4.5	320	620	154	<1	103	78	17
Fruity Pebbles Organic												
SIZE OR SPECIALTY												
Regular Scoop	223	560	31	20	0	140	260	65	0	44	8	8
Medium Scoop	321	800	44	29	0	200	370	94	0	63	11	12
Large Scoop	390	980	53	35	0	240	480	118	0	77	15	14
NitroShake	512	1060	57	37	0	250	530	124	0	83	15	18
Affogato	268	560	31	20	0	140	260	66	0	44	8	8
Fruity Pebble Ice Cream Sandwich	192	580	24	16	0	95	230	77	0	49	14	7
Brownie Ice Cream Sandwich	220	680	38	26	0	115	320	82	2	56	4	7
Grab N Go Pint	517	1290	71	46	0	320	610	154	<1	102	19	19
Fruity Pebbles Cashew												
SIZE OR SPECIALTY												
Regular Scoop	223	460	15	12	0	0	260	78	2	43	8	3
Medium Scoop	321	670	21	16	0	0	380	112	2	32	11	4
Large Scoop	390	820	25	20	0	0	490	139	3	77	15	5
NitroShake	504	1030	33	26	0	0	560	171	4	97	15	6
Affogato	268	470	15	12	0	0	270	78	2	43	8	3
Fruity Pebble Ice Cream Sandwich	192	520	15	11	0	15	320	84	1	49	14	4
Brownie Ice Cream Sandwich	220	630	29	21	0	35	330	89	3	56	4	4
Grab N Go Pint	517	1080	34	27	0	0	630	182	4	101	19	6
Fruity Pebbles Coconut												
SIZE OR SPECIALTY												
Regular Scoop	223	400	13	10	0	20	160	67	0	51	40	2
Medium Scoop	321	580	18	15	0	30	240	97	0	73	57	3
Large Scoop	390	720	22	18	0	35	310	121	0	90	70	4
NitroShake	504	770	24	20	0	55	340	125	0	92	70	4
Affogato	268	410	13	10	0	20	170	68	0	51	40	2
Fruity Pebble Ice Cream Sandwich	192	490	13	10	0	25	260	78	0	53	32	4
Brownie Ice Cream Sandwich	220	600	28	20	0	50	270	83	2	60	22	4
Grab N Go Pint	517	950	29	23	0	45	400	159	<1	118	92	6
Madagascar Vanilla Bean Signature Premium												
SIZE OR SPECIALTY												
Regular Scoop	206	490	32	20	2	140	125	49	0	38	26	6
Medium Scoop	296	710	45	28	3	200	180	71	0	55	37	9
Large Scoop	356	850	54	34	3.5	240	210	86	0	66	44	10
NitroShake	478	930	58	36	3.5	250	270	92	0	72	44	14
Affogato	251	500	23	20	2	140	130	50	0	38	26	6
Fruity Pebble Ice Cream Sandwich	184	550	24	16	1.5	90	260	69	0	46	25	6
Brownie Ice Cream Sandwich	212	660	39	26	1	115	260	74	2	54	15	6
Grab N Go Pint	474	1130	73	45	4.5	320	290	114	0	88	59	14
Madagascar Vanilla Bean Organic												
SIZE OR SPECIALTY												
Regular Scoop	206	480	30	19	0	140	125	50	0	38	0	7
Medium Scoop	296	690	42	27	0	200	180	71	0	54	0	10
Large Scoop	356	830	51	33	0	240	210	87	0	65	0	12
NitroShake	478	900	55	35	0	250	260	92	0	71	0	16
Affogato	268	560	31	20	0	140	260	66	0	44	8	8
Fruity Pebble Ice Cream Sandwich	192	580	24	16	0	95	320	77	0	49	14	7
Brownie Ice Cream Sandwich	220	680	38	26	0	115	320	82	2	56	4	7
Grab N Go Pint	474	1100	68	44	0	320	280	115	0	86	0	16

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NUTRITION FACTS



	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber	Sugars (g)	Added Sugars (g)	Protein (g)
ICE CREAM												
Flavor Base												
Madagascar Vanilla Bean Cashew												
SIZE OR SPECIALTY												
Regular Scoop	206	390	14	11	0	0	130	62	2	37	0	2
Medium Scoop	296	560	19	15	0	0	180	89	2	54	0	2
Large Scoop	356	670	23	18	0	0	220	108	3	65	0	3
NitroShake	470	880	31	24	0	0	290	140	3	85	0	3
Affogato	251	390	14	11	0	0	135	63	2	37	0	2
Fruity Pebble Ice Cream Sandwich	184	490	14	10	0	15	260	76	1	46	10	3
Brownie Ice Cream Sandwich	212	600	29	20	0	35	260	81	2	53	0	4
Grab N Go Pint	474	890	31	24	0	0	290	143	3	56	0	3
Madagascar Vanilla Bean Coconut												
SIZE OR SPECIALTY												
Regular Scoop	206	330	12	9	0	20	30	52	0	45	32	1
Medium Scoop	296	470	17	13	0	30	40	74	0	64	46	2
Large Scoop	356	570	20	16	0	35	50	90	0	77	55	2
NitroShake	470	620	22	18	0	55	70	93	0	80	55	2
Affogato	251	330	12	9	0	20	35	52	0	45	32	1
Fruity Pebble Ice Cream Sandwich	184	450	13	10	0	25	200	71	0	50	29	3
Brownie Ice Cream Sandwich	212	560	27	20	0	50	210	75	2	57	18	3
Grab N Go Pint	474	760	26	21	0	45	65	119	0	103	74	3
Matcha Green Tea Signature Premium												
SIZE OR SPECIALTY												
Regular Scoop	201	470	32	20	2	140	125	44	0	36	26	6
Medium Scoop	288	670	45	28	3	200	180	62	0	51	37	9
Large Scoop	346	810	54	34	3.5	240	210	75	0	61	44	10
NitroShake	468	880	58	36	3.5	250	270	81	0	37	44	14
Affogato	246	470	32	20	2	140	130	44	0	36	26	6
Fruity Pebble Ice Cream Sandwich	182	540	25	16	1.5	90	260	68	1	45	25	7
Brownie Ice Cream Sandwich	211	650	39	26	1	115	260	72	2	52	15	7
Grab N Go Pint	461	1080	73	45	4.5	320	290	100	0	82	59	14
Matcha Green Tea Organic												
SIZE OR SPECIALTY												
Regular Scoop	210	460	30	19	0	140	125	44	0	35	0	7
Medium Scoop	288	650	42	27	0	200	180	63	0	50	0	10
Large Scoop	346	780	51	33	0	240	210	75	0	60	0	12
NitroShake	472	890	56	35	0	250	260	85	3	66	0	19
Affogato	246	460	30	19	0	140	130	44	0	35	0	7
Fruity Pebble Ice Cream Sandwich	182	540	24	15	0	95	250	68	1	45	10	7
Brownie Ice Cream Sandwich	211	640	38	25	0	115	260	73	2	52	0	7
Grab N Go Pint	466	1080	69	44	0	320	280	106	4	80	0	19
Matcha Green Tea Cashew												
SIZE OR SPECIALTY												
Regular Scoop	201	360	14	11	0	0	130	56	2	35	0	2
Medium Scoop	288	520	19	15	0	0	180	80	2	50	0	2
Large Scoop	346	620	23	18	0	0	220	96	3	60	0	3
NitroShake	459	830	31	24	0	0	290	128	3	80	0	3
Affogato	246	370	14	11	0	0	135	57	2	35	0	2
Fruity Pebble Ice Cream Sandwich	182	480	14	10	0	15	260	75	2	45	10	4
Brownie Ice Cream Sandwich	211	590	29	20	0	35	260	80	3	52	0	4
Grab N Go Pint	466	870	32	24	0	0	290	134	7	80	0	7
Matcha Green Tea Coconut												
SIZE OR SPECIALTY												
Regular Scoop	201	300	12	9	0	20	30	46	0	32	64	1
Medium Scoop	288	430	17	13	0	30	40	65	0	60	46	2
Large Scoop	346	520	20	16	0	35	50	78	0	72	55	2
NitroShake	459	570	22	18	0	55	70	82	0	75	55	2
Affogato	246	310	12	9	0	20	35	46	0	42	32	1
Fruity Pebble Ice Cream Sandwich	182	450	13	10	0	25	200	69	1	49	29	4
Brownie Ice Cream Sandwich	211	560	28	20	0	50	210	74	2	56	18	4
Grab N Go Pint	466	740	27	21	0	45	65	110	4	97	74	6

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NUTRITION FACTS



	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber	Sugars (g)	Added Sugars (g)	Protein (g)
ICE CREAM												
Flavor Base												
Milk Coffee Signature Premium												
SIZE OR SPECIALTY												
Regular Scoop	199	470	32	20	2	140	125	44	0	36	26	6
Medium Scoop	284	670	45	28	3	200	180	62	0	51	37	9
Large Scoop	341	810	54	34	3.5	240	210	75	0	61	44	10
NitroShake	463	880	58	36	3.5	250	270	81	0	67	44	14
Affogato	243	470	32	20	2	140	130	44	0	36	26	6
Fruity Pebble Ice Cream Sandwich	181	540	24	16	1.5	90	260	66	0	45	25	6
Brownie Ice Cream Sandwich	210	640	39	26	1	115	260	71	2	52	15	6
Grab N Go Pint	456	1080	73	45	4.5	320	290	100	0	82	59	14
Milk Coffee Organic												
SIZE OR SPECIALTY												
Regular Scoop	199	460	30	19	0	140	125	44	0	35	0	7
Medium Scoop	284	650	42	27	0	200	180	63	0	50	0	10
Large Scoop	341	780	51	33	0	240	210	75	0	60	0	12
NitroShake	467	850	55	35	0	250	260	81	0	66	0	16
Affogato	243	460	30	19	0	140	130	44	0	35	0	7
Fruity Pebble Ice Cream Sandwich	181	530	23	15	0	95	250	67	0	45	10	6
Brownie Ice Cream Sandwich	210	640	38	25	0	115	260	71	2	52	0	7
Grab N Go Pint	460	1040	68	44	0	320	280	100	0	80	0	16
Milk Coffee Cashew												
SIZE OR SPECIALTY												
Regular Scoop	199	360	14	11	0	0	130	56	2	35	0	2
Medium Scoop	284	520	19	15	0	0	180	80	2	50	0	2
Large Scoop	341	620	23	18	0	0	220	96	3	60	0	3
NitroShake	455	830	31	24	0	0	290	128	3	80	0	3
Affogato	243	370	14	11	0	0	135	57	2	35	0	2
Fruity Pebble Ice Cream Sandwich	181	480	14	10	0	15	260	74	1	45	10	3
Brownie Ice Cream Sandwich	210	580	29	20	0	35	260	78	2	52	0	4
Grab N Go Pint	460	830	31	24	0	0	290	128	3	80	0	3
Milk Coffee Coconut												
SIZE OR SPECIALTY												
Regular Scoop	199	300	12	9	0	20	30	46	0	42	32	1
Medium Scoop	284	430	17	13	0	30	40	65	0	60	46	2
Large Scoop	341	520	20	16	0	35	50	78	0	72	55	2
NitroShake	455	570	22	18	0	55	70	82	0	75	55	2
Affogato	243	310	12	9	0	20	35	46	0	42	32	1
Fruity Pebble Ice Cream Sandwich	181	440	13	10	0	25	200	68	0	49	29	3
Brownie Ice Cream Sandwich	210	550	27	20	0	50	210	73	2	65	18	3
Grab N Go Pint	460	700	26	21	0	45	65	104	0	97	74	3
Mint Signature Premium												
SIZE OR SPECIALTY												
Regular Scoop	204	490	32	20	2	140	125	48	0	38	26	6
Medium Scoop	293	700	45	28	3	200	180	69	0	55	37	9
Large Scoop	352	840	54	34	3.5	240	210	83	0	66	44	10
NitroShake	474	910	58	36	3.5	250	270	89	0	73	44	14
Affogato	249	490	32	20	2	140	130	49	0	38	26	6
Fruity Pebble Ice Cream Sandwich	183	540	24	16	1.5	90	260	69	0	46	25	6
Brownie Ice Cream Sandwich	211	650	39	26	1	115	260	73	2	54	15	6
Grab N Go Pint	469	1120	73	45	4.5	320	290	110	0	88	59	14
Mint Organic												
SIZE OR SPECIALTY												
Regular Scoop	204	470	30	19	0	140	125	48	0	38	0	7
Medium Scoop	293	680	42	27	0	200	180	69	0	54	0	10
Large Scoop	352	810	51	33	0	240	210	83	0	65	0	12
NitroShake	474	890	55	35	0	250	260	89	0	71	0	16
Affogato	249	480	30	19	0	140	130	49	0	38	0	7
Fruity Pebble Ice Cream Sandwich	183	540	23	15	0	95	250	69	0	46	10	6
Brownie Ice Cream Sandwich	211	640	38	25	0	115	260	74	2	53	0	7
Grab N Go Pint	469	1080	68	44	0	320	280	111	0	86	0	16

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ICE CREAM												
Flavor Base												
Mint Cashew												
SIZE OR SPECIALTY												
Regular Scoop	204	380	14	11	0	0	130	60	2	37	0	2
Medium Scoop	293	540	19	15	0	0	180	86	2	54	0	2
Large Scoop	352	660	23	18	0	0	220	105	3	65	0	3
NitroShake	466	860	31	24	0	0	290	137	3	85	0	3
Affogato	249	380	14	11	0	0	135	61	2	37	0	2
Fruity Pebble Ice Cream Sandwich	183	480	14	10	0	15	260	76	1	46	10	3
Brownie Ice Cream Sandwich	211	590	29	20	0	35	260	81	2	53	0	4
Grab N Go Pint	469	870	31	24	0	0	290	139	3	86	0	3
Mint Coconut												
SIZE OR SPECIALTY												
Regular Scoop	204	320	12	9	0	20	30	50	0	45	32	1
Medium Scoop	374	690	17	13	0	30	40	129	0	99	46	2
Large Scoop	352	560	20	16	0	35	50	87	0	77	55	2
NitroShake	466	600	22	18	0	55	70	90	0	80	55	2
Affogato	249	330	12	9	0	20	35	51	0	45	32	1
Fruity Pebble Ice Cream Sandwich	183	450	13	10	0	25	200	70	0	50	29	3
Brownie Ice Cream Sandwich	211	560	27	20	0	50	210	75	2	57	18	3
Grab N Go Pint	469	740	26	21	0	45	65	115	0	103	74	3
Nutella Signature Premium												
SIZE OR SPECIALTY												
Regular Scoop	223	610	39	23	2	140	135	59	<1	50	26	7
Medium Scoop	321	870	56	32	3	200	190	84	1	72	37	11
Large Scoop	390	1080	69	39	3.5	240	230	105	1	90	44	13
NitroShake	512	1150	73	42	3.5	250	290	110	1	96	44	17
Affogato	268	610	39	23	2	140	140	59	<1	50	26	7
Fruity Pebble Ice Cream Sandwich	192	600	28	17	1.5	90	260	74	<1	52	25	7
Brownie Ice Cream Sandwich	220	710	42	27	1	115	270	78	1	59	15	7
Grab N Go Pint	517	1420	91	52	4.5	320	310	137	2	117	59	17
Nutella Organic												
SIZE OR SPECIALTY												
Regular Scoop	223	590	37	22	0	140	135	59	<1	49	0	8
Medium Scoop	321	850	53	31	0	200	190	85	1	71	0	12
Large Scoop	390	1050	66	38	0	240	230	105	1	88	0	15
NitroShake	512	1120	70	41	0	250	280	111	1	95	0	19
Affogato	268	590	37	22	0	140	140	59	<1	49	0	8
Fruity Pebble Ice Cream Sandwich	192	590	27	17	0	95	260	74	<1	51	10	7
Brownie Ice Cream Sandwich	220	700	41	27	0	115	270	79	2	59	0	7
Grab N Go Pint	517	1380	87	51	0	320	310	137	2	116	0	19
Nutella Cashew												
SIZE OR SPECIALTY												
Regular Scoop	223	500	21	13	0	0	140	71	2	49	0	3
Medium Scoop	321	720	30	19	0	0	200	102	3	71	0	4
Large Scoop	390	890	38	24	0	0	240	126	4	88	0	5
NitroShake	504	1100	46	30	0	0	310	158	5	108	0	6
Affogato	286	500	21	13	0	0	150	72	2	49	0	3
Fruity Pebble Ice Cream Sandwich	192	540	18	12	0	15	260	81	1	51	10	4
Brownie Ice Cream Sandwich	220	650	32	22	0	35	270	86	3	59	0	4
Grab N Go Pint	517	1170	50	31	0	0	320	166	5	115	0	7
Nutella Coconut												
SIZE OR SPECIALTY												
Regular Scoop	223	440	19	12	0	20	40	61	<1	46	32	3
Medium Scoop	321	630	28	17	0	30	55	87	1	81	46	4
Large Scoop	390	790	35	21	0	35	70	108	1	101	55	5
NitroShake	504	840	37	24	0	55	90	111	1	104	55	5
Affogato	268	440	19	12	0	20	45	61	<1	56	32	3
Fruity Pebble Ice Cream Sandwich	192	510	17	11	0	25	200	75	<1	56	29	4
Brownie Ice Cream Sandwich	220	610	31	21	0	50	210	80	2	63	18	4
Grab N Go Pint	517	1040	45	28	0	45	90	145	2	132	74	6

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NUTRITION FACTS



	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber	Sugars (g)	Added Sugars (g)	Protein (g)
ICE CREAM												
Flavor Base												
Reese's Peanut Butter Signature Premium												
SIZE OR SPECIALTY												
Regular Scoop	218	600	44	22	2	140	210	48	1	38	26	10
Medium Scoop	314	860	63	31	3	200	310	69	2	54	37	15
Large Scoop	380	1060	78	38	3.5	240	390	83	3	65	44	18
NitroShake	502	1130	82	40	3.5	250	440	89	3	71	44	22
Affogato	263	600	44	22	2	140	220	48	1	38	26	10
Fruity Pebble Ice Cream Sandwich	190	600	30	17	1.5	90	300	68	<1	46	25	8
Brownie Ice Cream Sandwich	218	710	45	27	1	115	310	73	2	53	15	8
Grab N Go Pint	504	1390	103	50	4.5	320	500	110	3	87	59	24
Reese's Peanut Butter Organic												
SIZE OR SPECIALTY												
Regular Scoop	218	580	42	21	0	140	210	48	1	37	0	11
Medium Scoop	314	840	60	30	0	200	310	69	2	53	0	16
Large Scoop	380	1030	75	37	0	240	380	83	3	64	0	20
NitroShake	502	1110	79	39	0	250	440	89	3	70	0	24
Affogato	263	590	42	21	0	140	220	48	1	37	0	11
Fruity Pebble Ice Cream Sandwich	190	590	29	16	0	95	300	69	<1	46	10	8
Brownie Ice Cream Sandwich	218	700	44	26	0	115	300	73	2	53	0	9
Grab N Go Pint	504	1360	98	49	0	320	500	110	3	85	0	26
Reese's Peanut Butter Cashew												
SIZE OR SPECIALTY												
Regular Scoop	218	490	26	13	0	0	220	60	3	37	0	6
Medium Scoop	314	710	37	18	0	0	310	86	4	53	0	8
Large Scoop	380	880	47	22	0	0	390	104	5	64	0	11
NitroShake	494	1080	55	28	0	0	470	136	6	84	0	11
Affogato	263	490	26	13	0	0	220	61	3	37	0	6
Fruity Pebble Ice Cream Sandwich	190	540	20	11	0	15	300	76	2	46	10	5
Brownie Ice Cream Sandwich	218	650	35	21	0	35	310	80	3	53	0	6
Grab N Go Pint	504	1150	61	29	0	0	510	138	7	85	0	13
Reese's Peanut Butter Coconut												
SIZE OR SPECIALTY												
Regular Scoop	218	430	24	11	0	20	115	50	1	44	32	5
Medium Scoop	314	620	35	16	0	30	170	71	2	63	46	8
Large Scoop	380	770	44	20	0	35	220	86	3	76	55	10
NitroShake	494	820	46	22	0	55	240	90	3	79	55	10
Affogato	263	430	24	11	0	20	120	50	1	44	32	5
Fruity Pebble Ice Cream Sandwich	190	500	19	11	0	25	240	70	<1	50	29	5
Brownie Ice Cream Sandwich	218	610	33	21	0	50	250	75	2	57	18	5
Grab N Go Pint	504	1010	56	26	0	45	280	114	3	102	74	13
Ruby Cacao Signature Premium *Only available with Signature Premium Base												
SIZE OR SPECIALTY												
Regular Scoop	213	430	20	13	0	10	10	55	2	130	2	6
Medium Scoop	284	580	27	18	0	15	15	73	3	172	3	9
Large Scoop	340	690	32	21	0	15	15	87	3	207	3	10
NitroShake	462	770	36	24	0	30	70	93	3	213	3	14
Affogato	243	410	19	13	0	10	15	52	2	121	2	6
Fruity Pebble Ice Cream Sandwich	180	500	17	11	0	20	190	71	1	94	11	6
Brownie Ice Cream Sandwich	208	610	23	21	0	45	200	76	3	101	1	6
Grab N Go Pint	484	980	46	30	0	20	20	125	5	296	4	15
Sea Salt Caramel Signature Premium												
SIZE OR SPECIALTY												
Regular Scoop	218	550	32	20	2	140	380	62	0	50	26	6
Medium Scoop	314	790	46	28	3	205	560	91	0	72	37	9
Large Scoop	380	960	56	34	3.5	245	730	12	0	90	44	10
NitroShake	502	1040	60	36	3.5	255	780	118	0	96	44	14
Affogato	263	550	32	20	2	140	390	63	0	50	26	6
Fruity Pebble Ice Cream Sandwich	190	580	25	16	1.5	95	380	76	0	52	25	6
Brownie Ice Cream Sandwich	218	680	39	26	1	120	390	81	2	60	15	6
Grab N Go Pint	529	1370	75	45	4.5	330	1250	170	0	135	59	14

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NUTRITION FACTS



	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber	Sugars (g)	Added Sugars (g)	Protein (g)
ICE CREAM												
Flavor Base												
Sea Salt Caramel Organic												
SIZE OR SPECIALTY												
Regular Scoop	218	530	30	16	0	145	380	63	0	49	0	7
Medium Scoop	314	770	43	27	0	205	560	91	0	71	0	10
Large Scoop	380	940	52	33	0	245	720	113	0	89	0	12
NitroShake	502	1010	56	35	0	260	780	118	0	95	0	16
Affogato	263	540	30	19	0	145	390	63	0	49	0	7
Fruity Pebble Ice Cream Sandwich	190	570	24	15	0	95	380	76	0	52	10	6
Brownie Ice Cream Sandwich	218	680	38	25	0	120	390	81	2	59	0	7
Grab N Go Pint	504	1230	70	44	0	330	920	147	0	116	0	16
Sea Salt Caramel Cashew												
SIZE OR SPECIALTY												
Regular Scoop	218	440	14	11	0	<5	390	75	2	49	0	2
Medium Scoop	314	640	20	15	0	<5	570	108	2	71	0	2
Large Scoop	380	780	25	18	0	5	730	134	3	88	0	3
NitroShake	494	990	32	24	0	5	810	166	4	108	0	3
Affogato	264	450	14	11	0	<5	390	76	2	49	0	2
Fruity Pebble Ice Cream Sandwich	190	510	14	10	0	15	390	83	1	52	10	3
Brownie Ice Cream Sandwich	218	620	29	20	0	40	390	88	2	59	0	4
Grab N Go Pint	504	1030	33	24	0	10	940	175	3	115	0	3
Sea Salt Caramel Coconut												
SIZE OR SPECIALTY												
Regular Scoop	218	380	12	9	0	25	290	65	0	56	32	1
Medium Scoop	314	550	17	13	0	35	430	94	0	82	46	2
Large Scoop	380	680	21	16	0	40	560	116	0	101	55	2
NitroShake	494	720	23	18	0	60	580	119	0	104	55	2
Affogato	263	390	12	9	0	25	290	65	0	56	32	1
Fruity Pebble Ice Cream Sandwich	190	480	13	10	0	25	330	77	0	56	29	3
Brownie Ice Cream Sandwich	218	590	28	20	0	50	340	82	2	63	18	3
Grab N Go Pint	504	890	28	21	0	55	710	152	0	132	74	3
Strawberry Signature Premium												
SIZE OR SPECIALTY												
Regular Scoop	228	510	32	20	2	140	130	53	0	45	26	6
Medium Scoop	329	730	45	28	3	200	190	77	0	66	37	9
Large Scoop	400	890	54	34	3.5	240	220	94	0	81	44	10
NitroShake	522	960	58	36	3.5	250	280	100	0	87	44	14
Affogato	274	510	32	20	2	140	135	54	0	45	26	6
Fruity Pebble Ice Cream Sandwich	195	560	24	16	1.5	90	260	71	0	50	25	6
Brownie Ice Cream Sandwich	223	660	39	26	1	115	260	76	2	57	15	6
Grab N Go Pint	500	1110	68	43	4.5	300	280	118	0	101	55	13
Strawberry Organic												
SIZE OR SPECIALTY												
Regular Scoop	228	490	30	19	0	140	125	53	0	45	0	7
Medium Scoop	329	710	42	27	0	200	180	77	0	65	0	10
Large Scoop	400	860	51	33	0	240	220	94	0	79	0	12
NitroShake	522	930	55	35	0	250	270	100	0	86	0	16
Affogato	273	500	30	19	0	140	135	54	0	45	0	7
Fruity Pebble Ice Cream Sandwich	195	550	23	15	0	95	260	71	0	49	10	6
Brownie Ice Cream Sandwich	223	660	28	25	0	115	260	76	2	57	0	7
Grab N Go Pint	500	1070	64	41	0	300	270	118	0	99	0	15
Strawberry Cashew												
SIZE OR SPECIALTY												
Regular Scoop	228	400	14	11	0	0	135	66	2	45	0	2
Medium Scoop	329	580	19	15	0	0	190	95	2	64	0	2
Large Scoop	400	700	23	18	0	0	230	115	3	79	0	3
NitroShake	514	910	31	24	0	0	300	148	3	99	0	3
Affogato	273	410	14	11	0	0	140	66	2	45	0	2
Fruity Pebble Ice Cream Sandwich	195	500	14	10	0	15	260	78	1	49	10	3
Brownie Ice Cream Sandwich	223	600	29	20	0	35	270	83	2	57	0	4
Grab N Go Pint	500	880	29	23	0	0	290	114	3	99	0	3

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NUTRITION FACTS



	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber	Sugars (g)	Added Sugars (g)	Protein (g)
ICE CREAM												
Flavor Base												
Strawberry Coconut												
SIZE OR SPECIALTY												
Regular Scoop	228	340	12	9	0	20	35	55	0	52	32	1
Medium Scoop	329	490	17	13	0	30	45	80	0	75	46	2
Large Scoop	400	600	20	16	0	35	55	98	0	92	55	2
NitroShake	514	650	22	18	0	55	80	101	0	95	55	2
Affogato	273	350	12	9	0	20	40	56	0	52	32	1
Fruity Pebble Ice Cream Sandwich	192	460	13	10	0	25	200	72	0	53	29	3
Brownie Ice Cream Sandwich	223	570	27	20	0	50	210	77	2	61	18	3
Grab N Go Pint	500	750	25	20	0	45	70	122	0	115	69	3
Thai Tea Signature Premium												
SIZE OR SPECIALTY												
Regular Scoop	230	450	27	17	1.5	120	110	50	2	38	29	5
Medium Scoop	312	610	36	23	2.5	160	150	67	3	51	40	7
Large Scoop	394	770	45	28	3	200	180	85	4	64	50	9
NitroShake	516	840	49	31	3	210	230	91	4	71	50	12
Affogato	275	460	27	17	1.5	120	115	50	2	38	29	5
Fruity Pebble Ice Cream Sandwich	181	490	20	13	1	75	240	66	1	44	25	5
Brownie Ice Cream Sandwich	210	600	34	23	1	95	250	71	3	51	15	5
Grab N Go Pint	532	1060	64	40	4	280	250	115	5	88	68	12
Thai Tea Organic												
SIZE OR SPECIALTY												
Regular Scoop	230	440	25	16	0	120	105	50	2	37	7	6
Medium Scoop	312	590	34	22	0	160	140	67	3	50	10	8
Large Scoop	394	740	42	27	0	200	180	85	4	63	13	10
NitroShake	516	820	46	30	0	210	230	91	4	70	13	14
Affogato	275	450	26	17	0	120	115	50	2	37	7	6
Fruity Pebble Ice Cream Sandwich	181	490	19	13	0	75	240	66	1	43	14	5
Brownie Ice Cream Sandwich	210	600	34	23	0	95	240	71	3	51	4	6
Grab N Go Pint	532	1030	59	38	0	280	250	115	5	86	16	14
Thai Tea Cashew												
SIZE OR SPECIALTY												
Regular Scoop	230	360	12	9	0	0	110	60	4	37	7	1
Medium Scoop	312	490	16	12	0	0	150	81	5	50	10	2
Large Scoop	394	610	19	15	0	0	190	102	7	63	13	2
NitroShake	507	820	27	21	0	0	260	134	7	83	13	3
Affogato	275	370	12	9	0	0	120	61	4	37	7	1
Fruity Pebble Ice Cream Sandwich	181	450	12	9	0	15	240	72	2	43	14	3
Brownie Ice Cream Sandwich	210	560	27	19	0	35	250	77	3	51	4	3
Grab N Go Pint	532	840	27	21	0	0	260	139	9	86	16	3
Thai Tea Coconut												
SIZE OR SPECIALTY												
Regular Scoop	230	310	10	8	0	15	25	51	2	43	35	1
Medium Scoop	312	420	13	11	0	25	35	69	3	59	47	1
Large Scoop	394	530	17	13	0	30	45	88	4	74	59	2
NitroShake	507	580	19	16	0	50	65	91	4	77	59	2
Affogato	275	320	10	8	0	15	30	52	2	43	35	1
Fruity Pebble Ice Cream Sandwich	181	420	11	8	0	20	200	67	1	46	28	3
Brownie Ice Cream Sandwich	210	530	26	18	0	45	200	72	3	54	17	3
Grab N Go Pint	507	700	23	18	0	40	60	114	4	98	78	2

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NUTRITION FACTS



	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber	Sugars (g)	Added Sugars (g)	Protein (g)
FRUIT SORBET												
Non-Dairy, Made with Real Fruit												
Mango												
SIZE OR SPECIALTY												
Regular Scoop	198	210	0	0	0	0	10	54	<1	51	45	0
Medium Scoop	284	300	0	0	0	0	10	78	1	72	64	1
Large Scoop	340	370	0	0	0	0	15	93	2	87	76	1
NitroShake	454	490	0	0	0	0	20	124	2	116	102	1
Fruity Pebble Ice Cream Sandwich	180	390	6	1.5	0	15	190	73	<1	54	36	3
Brownie Ice Cream Sandwich	209	500	21	14	0	35	200	78	2	61	26	3
Grab N Go Pint	456	490	0	0	0	0	20	125	2	116	106	1
Piña Colada												
SIZE OR SPECIALTY												
Regular Scoop	198	220	5	4	0	10	20	41	0	38	14	1
Medium Scoop	284	310	7	5	0	10	30	58	0	54	18	1
Large Scoop	340	370	8	7	0	15	40	69	0	65	23	1
NitroShake	453	510	12	9	0	20	50	93	0	87	32	1
Fruity Pebble Ice Cream Sandwich	165	380	9	6	0	15	190	62	0	44	17	3
Brownie Ice Cream Sandwich	194	490	23	16	0	40	200	67	2	51	7	3
Grab N Go Pint	545	510	12	9	0	20	50	93	0	87	32	1
Pineapple NitroDole												
SIZE OR SPECIALTY												
Regular Scoop	198	160	0	0	0	0	15	37	0	35	0	0
Medium Scoop	284	220	0	0	0	0	25	53	0	50	0	0
Large Scoop	340	270	0	0	0	0	30	63	0	60	0	0
NitroShake	454	360	0	0	0	0	40	84	0	80	0	0
Fruity Pebble Ice Cream Sandwich	180	360	6	4.5	0	15	190	63	0	45	10	2
Brownie Ice Cream Sandwich	208	470	21	14	0	35	200	67	2	52	0	3
Grab N Go Pint	454	360	0	0	0	0	40	84	0	80	0	0
Strawberry												
SIZE OR SPECIALTY												
Regular Scoop	198	190	0	0	0	0	10	49	1	47	43	1
Medium Scoop	284	280	0	0	0	0	10	71	1	67	61	1
Large Scoop	340	330	0	0	0	0	15	85	2	81	73	1
NitroShake	454	440	0	0	0	0	20	113	2	108	97	1
Fruity Pebble Ice Cream Sandwich	180	380	6	4.5	0	15	190	70	<1	52	35	3
Brownie Ice Cream Sandwich	208	490	21	14	0	35	190	75	2	59	24	3
Grab N Go Pint	454	440	0	0	0	0	20	113	2	108	97	1
SIGNATURE CREATIONS												
Creation Base												
Captain's Breakfast Signature Premium												
SIZE												
Regular	268	670	38	22	1.5	120	270	78	2	59	30	8
Medium	388	980	56	32	3	200	420	111	3	84	49	12
Large	479	1160	66	39	3.5	240	530	134	3	99	60	14
Captain's Breakfast Organic												
SIZE												
Regular	265	660	36	21	0	120	270	78	2	58	8	9
Medium	388	960	54	33	0	200	410	112	3	83	12	13
Large	502	1160	63	38	0	240	520	140	4	101	16	16
Captain's Breakfast Cashew												
SIZE												
Regular	265	580	22	14	0	0	270	87	4	58	8	4
Medium	388	830	31	20	0	0	420	129	5	83	12	5
Large	205	1000	35	24	0	0	530	161	6	101	16	7

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NUTRITION FACTS



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SIGNATURE CREATIONS												
Creation Base												
Captain's Breakfast Coconut												
SIZE												
Regular	265	530	20	13	0	15	190	80	2	65	36	4
Medium	388	740	28	18	0	30	280	114	3	93	58	5
Large	502	900	32	21	0	35	360	143	4	114	71	6
Chocolate Combustion Signature Premium												
SIZE												
Regular	223	630	41	23	1.5	125	140	66	5	50	30	9
Medium	358	980	63	37	3	210	230	103	7	77	49	14
Large	419	1120	73	43	3.5	245	270	118	9	88	56	17
Chocolate Combustion Organic												
SIZE												
Regular	223	610	39	23	0	125	135	66	5	49	8	10
Medium	358	950	60	36	0	210	230	103	7	76	12	16
Large	419	1090	70	42	0	250	260	118	9	86	12	19
Chocolate Combustion Cashew												
SIZE												
Regular	223	530	25	15	0	5	140	77	6	49	8	5
Medium	358	820	37	24	0	10	230	121	9	76	12	8
Large	419	940	42	27	0	10	270	140	11	86	12	9
Chocolate Combustion Coconut												
SIZE												
Regular	223	480	23	14	0	25	55	68	5	55	36	5
Medium	358	740	35	22	0	40	90	106	7	87	58	7
Large	419	840	38	25	0	45	100	122	9	99	67	9
Cookie Monster Signature Premium												
SIZE												
Regular	250	730	44	22	1.5	120	270	79	0	57	34	8
Medium	392	1100	67	36	3	200	410	119	0	86	53	12
Large	459	1250	76	41	3.5	240	460	132	<1	96	58	14
Cookie Monster Organic												
SIZE												
Regular	250	710	42	22	0	120	270	79	0	56	12	9
Medium	292	1080	64	35	0	200	400	119	0	85	16	14
Large	459	1220	73	41	0	240	450	133	0	96	17	16
Cookie Monster Cashew												
SIZE												
Regular	250	640	28	14	0	0	270	90	1	56	12	4
Medium	392	950	41	22	0	0	410	136	2	84	16	6
Large	459	1070	45	26	0	0	460	154	3	96	17	6
Cookie Monster Coconut												
SIZE												
Regular	250	590	26	13	0	15	190	81	0	62	39	4
Medium	392	860	38	20	0	30	270	122	0	95	62	5
Large	459	960	42	23	0	35	290	137	0	109	72	6
Elemint Signature Premium												
SIZE												
Regular	226	670	41	22	1.5	120	190	74	<1	56	39	7
Medium	356	1010	62	34	3	200	290	111	1	85	60	11
Large	416	1050	72	40	3.5	240	360	124	2	95	65	13

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	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber	Sugars (g)	Added Sugars (g)	Protein (g)
SIGNATURE CREATIONS												
Creation Base												
Elemint Organic												
SIZE												
Regular	226	650	39	21	0	120	190	74	<1	56	17	8
Medium	356	990	59	34	0	200	290	111	1	84	24	12
Large	416	1030	68	39	0	240	320	126	1	95	24	14
Elemint Cashew												
SIZE												
Regular	226	570	25	14	0	0	200	84	2	56	17	3
Medium	356	860	36	21	0	0	300	128	3	84	24	5
Large	416	970	40	24	0	0	330	147	4	95	24	5
Elemint Coconut												
SIZE												
Regular	226	520	24	12	0	15	110	75	<1	62	44	3
Medium	356	770	34	19	0	30	150	114	1	94	70	4
Large	416	870	37	22	0	35	160	129	1	108	79	4
Elvis Presley Signature Premium												
SIZE												
Regular	289	640	40	20	1.5	130	370	65	3	47	26	13
Medium	390	840	51	26	2.5	175	500	88	4	63	35	17
Large	477	1020	62	32	3	220	600	107	5	78	44	20
Elvis Presley Organic												
SIZE												
Regular	289	630	38	19	0	130	370	65	3	46	4	14
Medium	390	820	49	26	0	175	490	88	4	63	6	18
Large	477	1000	59	32	0	220	590	107	5	77	7	22
Elvis Presley Cashew												
SIZE												
Regular	289	550	25	12	0	10	370	75	5	46	4	9
Medium	390	720	31	16	0	15	500	102	6	62	6	12
Large	477	870	36	19	0	20	600	125	7	77	7	14
Elvis Presley Coconut												
SIZE												
Regular	289	500	23	11	0	30	290	66	3	52	32	9
Medium	390	650	28	14	0	40	390	90	4	71	43	11
Large	477	780	33	17	0	50	460	110	5	87	53	13
Mangonada Fruit Sorbet												
SIZE												
Regular	220	270	4.5	1	0	0	900	57	2	44	38	2
Medium	361	450	7	2	0	0	1730	94	3	73	64	3
Large	421	510	7	2	0	0	173	110	3	88	77	3
Party Animal Signature Premium												
SIZE												
Regular	303	960	53	38	2	140	260	113	0	82	57	9
Medium	441	1400	75	54	3	220	370	167	0	120	81	13
Large	517	1640	90	65	3.5	240	440	194	0	139	97	16
Party Animal Organic												
SIZE												
Regular	303	950	51	38	0	140	260	114	0	81	32	10
Medium	441	1380	72	54	0	200	360	168	0	119	45	15
Large	517	1610	86	64	0	240	430	194	0	138	53	18

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NUTRITION FACTS



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SIGNATURE CREATIONS												
Creation Base												
Party Animal Cashew												
SIZE												
Regular	303	860	35	29	0	0	260	126	2	81	32	5
Medium	441	1250	49	41	0	0	370	185	2	119	45	7
Large	517	1450	59	49	0	0	440	215	3	137	53	8
Party Animal Coconut												
SIZE												
Regular	303	800	33	28	0	20	160	116	0	88	64	5
Medium	441	1160	46	39	0	30	230	170	0	130	91	7
Large	517	1350	55	47	0	35	270	197	0	150	108	8
PB&J Signature Premium												
SIZE												
Regular	271	650	46	22	2	140	280	62	2	46	26	11
Medium	389	930	65	32	3	200	390	87	3	65	37	16
Large	455	1130	80	38	3.5	240	470	102	4	76	44	20
PB&J Organic												
SIZE												
Regular	271	640	44	22	0	140	270	62	2	45	0	13
Medium	389	910	62	31	0	200	380	87	3	64	0	18
Large	455	1100	77	37	0	240	460	102	4	75	0	22
PB&J Cashew												
SIZE												
Regular	271	550	27	13	0	0	280	74	3	45	0	7
Medium	389	780	39	18	0	0	390	105	5	64	0	10
Large	455	950	49	22	0	0	470	123	6	75	0	12
PB&J Coconut												
SIZE												
Regular	271	490	25	12	0	20	180	64	2	52	32	7
Medium	389	700	36	16	0	30	250	90	3	75	46	10
Large	455	850	46	20	0	35	300	105	4	88	55	12
Quantum Coffee Signature Premium												
SIZE												
Regular	242	690	45	23	2	145	210	69	1	55	26	9
Medium	342	970	65	33	3	205	290	93	2	75	37	13
Large	399	1100	74	38	3.5	245	320	105	2	86	44	15
Quantum Coffee Organic												
SIZE												
Regular	242	670	43	22	0	145	210	69	1	55	0	10
Medium	342	950	62	32	0	205	280	93	2	74	0	14
Large	399	1080	71	37	0	245	320	106	2	84	0	16
Quantum Coffee Cashew												
SIZE												
Regular	242	580	27	13	0	5	210	81	3	55	0	5
Medium	342	810	39	19	0	5	290	11	4	74	0	7
Large	399	920	43	22	0	5	330	127	5	84	0	7
Quantum Coffee Coconut												
SIZE												
Regular	242	520	25	12	0	25	110	71	1	62	32	4
Medium	342	730	36	17	0	35	150	96	2	85	46	6
Large	399	820	39	20	0	40	160	109	2	97	55	7

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SIGNATURE CREATIONS												
Creation Base												
Ruby Cacao Signature Premium *Only available with Signature Premium Base												
SIZE												
Regular	255	490	23	15	0	10	10	65	4	132	10	7
Medium	394	710	33	21	0	15	15	95	6	189	14	10
Large	432	820	38	25	0	15	15	110	6	224	15	12
Sea Salt Caramel Crunch Signature Premium												
SIZE												
Regular	312	840	38	21	2	170	450	118	0	84	26	9
Medium	407	1080	52	30	3	230	630	146	0	107	37	12
Large	488	1290	62	35	3.5	275	790	175	0	128	44	14
Sea Salt Caramel Crunch Organic												
SIZE												
Regular	312	820	36	20	0	170	440	118	0	83	0	10
Medium	407	1060	49	29	0	230	620	146	0	106	0	13
Large	488	1270	59	34	0	275	790	175	0	126	0	16
Sea Salt Caramel Crunch Cashew												
SIZE												
Regular	312	730	20	12	0	30	450	130	2	83	0	5
Medium	407	930	26	16	0	30	630	164	2	105	0	6
Large	488	1110	31	20	0	35	800	196	3	126	0	7
Sea Salt Caramel Crunch Coconut												
SIZE												
Regular	312	670	18	10	0	50	350	120	0	91	32	5
Medium	407	840	23	14	0	60	490	149	0	116	46	5
Large	488	1010	28	17	0	70	630	179	0	139	55	6
S'mores Signature Premium												
SIZE												
Regular	284	790	41	22	2	140	270	97	4	69	32	12
Medium	396	1090	56	30	3	200	360	131	6	93	45	16
Large	457	1230	65	36	3.5	240	400	146	8	103	52	19
S'mores Organic												
SIZE												
Regular	284	780	39	21	0	140	260	97	4	68	6	13
Medium	396	1060	53	30	0	200	360	131	6	92	8	18
Large	457	1200	62	35	0	240	390	146	8	102	8	21
S'mores Cashew												
SIZE												
Regular	284	690	22	12	0	0	270	110	6	68	6	7
Medium	396	930	30	17	0	0	370	149	8	92	8	10
Large	457	1050	34	21	0	0	400	168	10	102	8	12
S'mores Coconut												
SIZE												
Regular	284	630	20	11	0	20	170	99	4	75	38	7
Medium	396	850	27	15	0	30	220	134	6	103	54	9
Large	457	950	31	18	0	35	230	150	8	115	63	11
Speculoos Overload Signature Premium												
SIZE												
Regular	257	740	43	24	2	140	250	82	0	59	36	8
Medium	363	1050	62	35	3	200	350	115	0	82	52	12
Large	435	1270	76	42	3.5	240	420	137	0	98	62	15

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SIGNATURE CREATIONS												
Creation Base												
Speculoos Overload Organic												
SIZE												
Regular	257	720	41	24	0	140	250	82	0	58	10	9
Medium	363	1030	60	34	0	200	350	115	0	81	15	14
Large	435	1240	73	41	0	240	410	137	0	96	18	16
Speculoos Overload Cashew												
SIZE												
Regular	257	630	25	15	0	0	250	95	2	58	10	4
Medium	363	900	37	22	0	0	360	132	2	81	15	6
Large	435	1080	45	26	0	0	420	158	3	96	18	7
Speculoos Overload Coconut												
SIZE												
Regular	257	570	23	14	0	20	150	84	0	65	42	4
Medium	363	810	34	20	0	30	210	118	0	91	61	5
Large	435	980	42	24	0	35	250	141	0	109	73	6
Strawberry Bond Signature Premium												
SIZE												
Regular	270	600	37	23	2	165	190	65	0	51	31	7
Medium	395	860	53	33	3	240	290	95	<1	74	45	11
Large	455	1000	62	39	3.5	280	330	110	<1	85	52	12
Strawberry Bond Organic												
SIZE												
Regular	270	580	35	22	0	165	190	65	0	50	5	8
Medium	395	860	50	32	0	240	290	97	<1	74	8	12
Large	455	1000	59	38	0	280	320	112	<1	86	8	14
Strawberry Bond Cashew												
SIZE												
Regular	270	490	18	14	0	25	200	77	2	50	5	3
Medium	395	730	27	20	0	40	300	114	3	74	8	4
Large	455	850	31	23	0	40	330	133	3	85	8	5
Strawberry Bond Coconut												
SIZE												
Regular	270	430	16	12	0	45	95	67	0	57	37	2
Medium	395	640	24	18	0	70	150	99	<1	85	54	4
Large	455	740	28	21	0	75	160	115	<1	98	63	4
Tropical Paradise Fruit Sorbet												
SIZE												
Regular	241	260	5	4	0	10	25	48	0	46	14	1
Medium	347	360	7	5	0	10	35	70	<1	65	18	1
Large	427	460	10	8	0	15	45	87	<1	81	27	1
Unicorn Signature Premium												
SIZE												
Regular	250	650	35	22	2	140	170	74	0	63	35	7
Medium	357	930	50	32	3	200	240	106	0	90	50	11
Large	421	1100	60	39	3.5	240	280	123	0	104	62	13
Unicorn Organic												
SIZE												
Regular	250	630	33	22	0	140	170	75	0	62	9	8
Medium	357	910	47	31	0	200	230	106	0	89	13	12
Large	421	1070	57	38	0	240	280	124	0	102	18	15

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SIGNATURE CREATIONS												
Creation Base												
Unicorn Cashew												
SIZE												
Regular	250	540	16	13	0	0	170	87	2	62	9	3
Medium	357	780	24	19	0	0	240	124	2	88	13	4
Large	421	910	29	23	0	0	290	145	3	102	18	5
Unicorn Coconut												
SIZE												
Regular	250	480	14	12	0	20	70	77	0	69	41	3
Medium	357	690	21	17	0	30	95	109	0	99	59	4
Large	421	810	25	21	0	35	120	127	0	115	73	5
TOPPING & UPGRADES												
Candies												
Heath	0.5 oz	74	5	2	0	3	51	9	0	9	0	0
Mini Chocolate Chips	0.5 oz	65	4	2	0	0	0	10	1	8	8	1
Mini Gummy Bears	0.5 oz	46	0	0	0	0	4	11	0	7	0	1
Mini Marshmallows	0.5 oz	47	0	0	0	0	0	7	0	7	0	0
Mochi	0.5 oz	53	0	0	0	0	30	13	0	5	0	1
Rainbow Sprinkles	0.5 oz	70	2	2	0	0	0	10	0	7	0	0
Reese's Peanut Butter Cups	0.5 oz	73	4	1	0	0	51	8	1	7	0	1
Unicorn Dust	0.5 oz	52	0	0	0	0	0	14	0	14	0	0
Cereals, Cookies, & Cakes												
Biscoff Cookies	8 g	38	2	1	0	0	29	6	0	3	3	1
Brownie Bites	0.5 oz	60	3	2	0	5	30	7	0	5	0	0
Cap'n Crunch	0.5 oz	56	1	0	0	0	107	12	0	6	6	1
Cheesecake Bites	0.5 oz	47	3	2	0	16	43	5	0	3	3	1
Chips Ahoy Cookies	16 g	80	4	2	0	0	35	10	0	5	0	1
Cookie Dough Bites	0.5 oz	66	3	1	0	0	48	9	0	5	0	1
Frosted Animal Cookies	0.5 oz	73	4	3	0	0	24	10	0	6	6	0
Fruity Pebbles	0.5 oz	57	1	1	0	0	75	12	0	5	4	1
Graham Crackers	0.5 oz	60	1	0	0	0	93	11	0	3	3	1
Oreo Cookies	0.5 oz	67	3	1	0	0	56	10	0	6	6	0
Fruits & Nuts												
Almonds	0.5 oz	85	8	0	0	0	0	2	1	0	0	3
Banana	0.5 oz	13	0	0	0	0	0	3	0	2	0	0
Blueberries	0.5 oz	8	0	0	0	0	0	2	0	1	0	0
Strawberries	0.5 oz	5	0	0	0	0	0	1	0	1	0	0
Sauces												
Caramel	0.5 oz	57	0	0	0	2	33	14	0	10	0	0
Chocolate Fudge	0.5 oz	81	6	1	0	0	0	7	0	6	0	1
Marshmallow Cream	0.5 oz	36	0	0	0	0	16	9	0	7	0	0
Nutella	0.5 oz	78	5	2	0	0	5	8	0	8	0	1
Reese's Peanut Butter	0.5 oz	90	9	1	0	0	61	3	1	1	0	3
Strawberry Sundae	0.5 oz	19	0	0	0	0	2	5	0	5	0	0
Whipped Cream	0.5 oz	43	3	1	0	9	0	3	0	1	1	0
Savory												
Candied Bacon	0.5 oz	63	4	1	0	11	180	4	0	4	4	4
Chamoy	0.5 oz	0	0	0	0	0	113	0	0	0	0	0
Tajin	0.25 oz	14	0	0	0	0	1311	0	0	0	0	0
Takis Fuego	0.5 oz	71	4	1	0	0	208	8	1	1	0	1
Upgrades												
Brownie Bowl	49 g	190	10	7	0	20	95	23	<1	16	0	1
Waffle Cone	3 oz	250	6	1	0	30	10	43	0	23	0	4

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