

FLAVOR

FLAVORS LISTED IN ALPHABETICAL ORDER

	SERVING SIZE (oz)	CALORIES	CAL FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Banana	1	35	10	1	1	0	0	25	7	0	5	0
Birthday Cake	1	40	10	1	1	0	0	25	7	0	6	0
Blackberry	1	30	0	0	0	0	0	15	6	0	5	<1
Blueberry	1	30	0	0	0	0	0	15	6	0	5	<1
Blueberry Banana	1	30	0	0	0	0	0	15	6	0	5	<1
Blueberry Lemonade (Seasonal)	1	30	0	0	0	0	0	0	7	0	6	0
Brownie Batter	1	35	0	1	1	0	0	35	7	0	6	1
Cheesecake	1	40	10	2	1	0	0	25	7	0	5	0
Chocolate	1	30	0	0	0	0	0	25	7	0	6	1
Chocolate Banana	1	30	0	0	0	0	0	25	7	0	6	1
Chocolate Cake	1	30	0	0	0	0	0	25	7	0	6	1
Chocolate Cheesecake	1	35	5	1	0	0	<5	30	7	0	6	1
Chocolate Coconut	1	30	0	0	0	0	0	25	7	0	6	1
Chocolate Hazelnut Gelato	1	45	10	2	1	0	0	40	7	0	6	1
Chocolate Made with Ghirardelli®	1	35	0	0	0	0	0	30	7	0	7	1
Chocolate Peanut Butter	1	40	10	1	0	0	0	30	7	0	6	1
Chocolate Raspberry	1	30	0	0	0	0	0	25	7	0	6	1
Chocolate Salted Caramel	1	30	0	0	0	0	0	55	7	0	6	1
Classic Tart	1	30	0	0	0	0	0	20	6	0	4	<1
Coconut	1	35	10	1	1	0	0	25	7	0	5	0
Coconut Cake	1	40	10	1	1	0	0	25	7	0	5	0
Coffee	1	35	5	1	1	0	0	40	7	0	5	<1
Cookie Cake (Contains Gluten)	1	40	10	1	1	0	0	25	8	0	6	0
Cookies & Cream (Contains Gluten)	1	40	10	1	1	0	0	25	7	0	5	0
Cotton Candy	1	40	10	1	1	0	0	25	8	0	6	0
Dole® Lemon (Vegan, Dairy Free)	1	30	0	0	0	0	0	0	7	0	6	0
Dole® Pineapple (Vegan, Dairy Free)	1	30	0	0	0	0	0	0	7	0	6	0
Key Lime Pie (Seasonal)	1	30	0	0	0	0	0	20	6	0	5	1
Lemon Bar	1	30	0	0	0	0	0	5	7	0	6	1
Mango	1	30	0	0	0	0	0	15	6	0	5	<1
Mango Peach (Seasonal)	1	30	0	0	0	0	0	15	6	0	5	<1
Mango Strawberry Banana	1	30	0	0	0	0	0	15	6	0	5	<1
NSA Chocolate	1	25	0	0	0	0	0	15	7	2	1	1
NSA Vanilla	1	25	0	0	0	0	0	15	7	2	1	1
Orange	1	30	0	0	0	0	0	5	7	0	7	0
Peach (Seasonal)	1	40	10	1	1	0	0	25	7	0	6	0
Peanut Butter	1	45	15	2	1	0	0	30	7	0	5	<1
Pink Lemonade (Seasonal)	1	30	0	0	0	0	0	0	7	0	6	0
Pistachio	1	40	10	1	1	0	0	25	7	0	5	0

FLAVOR

FLAVORS LISTED IN ALPHABETICAL ORDER

	SERVING SIZE (oz)	CALORIES	CAL FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Pistachio Gelato	1	35	5	1	1	0	0	40	7	0	6	<1
Pumpkin Pie (Seasonal)	1	40	10	1	1	0	0	25	8	0	6	0
Pumpkin Cheesecake (Seasonal)	1	40	10	2	1	0	0	25	7	0	6	0
Pumpkin Spice Latte (Seasonal)	1	40	10	1	1	0	0	25	7	0	6	0
Raspberry	1	30	0	0	0	0	0	15	6	0	5	<1
Raspberry Banana	1	30	0	0	0	0	0	15	6	0	5	<1
Raspberry Lemonade	1	30	0	0	0	0	0	0	7	0	6	0
Red Velvet	1	40	10	1	1	0	0	25	7	0	6	0
Reese's® Peanut Butter Cup	1	45	15	2	1	0	0	30	7	0	6	1
Salted Caramel	1	35	10	1	1	0	0	55	7	0	5	0
Salted Caramel Latte	1	35	10	1	1	0	0	55	7	0	5	0
Strawberries & Cream Gelato	1	35	5	1	1	0	0	40	7	0	6	1
Strawberry	1	30	0	0	0	0	0	15	6	0	5	1
Strawberry Banana	1	30	0	0	0	0	0	15	6	0	5	1
Strawberry Cheesecake	1	40	10	2	1	0	0	25	7	0	5	0
Strawberry, Raspberry, Blueberry	1	30	0	0	0	0	0	15	6	0	5	1
Vanilla	1	45	10	1	1	0	0	35	8	0	6	1
Vanilla Gelato	1	40	10	1	1	0	0	50	7	0	6	1
Wedding Cake	1	40	10	1	1	0	0	40	7	0	6	0
White Chocolate made with Ghirardelli®	1	40	10	1	1	0	0	25	7	0	6	0
White Chocolate Raspberry made with Ghirardelli®	1	40	10	1	1	0	0	25	8	0	6	0
White Chocolate Strawberry made with Ghirardelli®	1	40	10	1	1	0	0	25	8	0	6	0
York® Peppermint Pattie	1	40	10	1	1	0	0	25	8	0	6	0

FROYO CAKES

FLAVORS LISTED IN ALPHABETICAL ORDER

	SERVING SIZE (oz)	CALORIES	CAL FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Classic Caramel	1/14 of cake	330	120	13	10	0	0	250	49	0	35	3
Classic Chocolate	1/14 of cake	330	130	14	11	0	10	250	47	1	36	3
Confetti Cake	1/14 of cake	330	130	14	10	0	0	210	48	0	35	2
Cookies & Cream Cake	1/14 of cake	340	130	15	11	0	10	260	48	1	34	2

FROYO CAKE SLICES

FLAVORS LISTED IN ALPHABETICAL ORDER

	SERVING SIZE (oz)	CALORIES	CAL FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Classic Caramel	1/8 of cake	600	210	23	19	0	5	450	89	1	64	5
Classic Chocolate	1/8 of cake	600	220	25	20	0	15	460	85	1	64	6
Confetti Cake	1/8 of cake	580	216	24	18	0	0	360	84	1	61	3
Cookies & Cream Cake	1/8 of cake	600	230	26	19	0	15	450	84	2	60	4

SMOOTHIES

FLAVORS LISTED IN ALPHABETICAL ORDER

	SERVING SIZE (oz)	CALORIES	CAL FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Berry Tropical	16	190	35	3.5	3	0	0	115	39	3	30	3
Berry Tropical made with Almond Milk	16	80	15	1.5	0	0	0	80	17	3	13	1
Orange 'N' Cream	16	160	30	3.5	3	0	0	115	32	1	25	3
Orange 'N' Cream made with Almond Milk	16	50	15	1.5	0	0	0	85	10	1	8	1
P.B.S.	16	180	35	3.5	3	0	0	115	37	2	28	3
P.B.S. made with Almond Milk	16	70	15	1.5	0	0	0	80	14	3	9	1
PB&J	16	630	310	34	8	0	0	360	67	8	41	18
PB&J made with Almond Milk	16	520	290	32	5	0	0	330	45	9	22	16
Protein Power	16	660	310	35	9	0	30	380	61	7	38	29
Protein Power made with Almond Milk	16	550	300	33	6	0	30	350	39	7	19	27
Strawberry Piña Colada	16	310	100	11	10	0	0	200	52	5	40	3
Strawberry Piña Colada made with Almond Milk	16	210	110	12	9	0	0	150	29	3	24	2
Strawberry Surf	16	320	35	4	3	0	0	115	72	6	51	4
Strawberry Surf made with Almond Milk	16	160	20	2	0	0	0	80	39	5	24	2
Sweet Sunrise	16	290	35	4	3	0	0	120	64	6	42	4
Sweet Sunrise made with Almond Milk	16	150	20	2	0	0	0	85	35	5	20	2
Triple Berry	16	170	35	4	3	0	0	115	32	3	23	3
Triple Berry made with Almond Milk	16	50	15	1.5	0	0	0	80	10	3	5	1
Tropical Twist	16	220	35	4	3	0	0	120	46	4	36	3
Tropical Twist made with Almond Milk	16	50	15	1.5	0	0	0	80	10	2	8	1
Wild Mango	16	190	35	4	3	0	0	115	38	2	30	3
Wild Mango made with Almond Milk	16	80	15	1.5	0	0	0	80	16	2	13	1

SHAKES

FLAVORS LISTED IN ALPHABETICAL ORDER

	SERVING SIZE (oz)	CALORIES	CAL FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Birthday Cake	16	730	210	24	12	0	5	370	129	0	94	6
Birthday Cake (Wedding Cake)	16	730	210	24	12	0	5	370	129	0	94	6
Brownie Batter	16	600	120	14	8	0	10	500	108	3	90	13
Brownie Batter (Chocolate)	16	580	120	14	8	0	10	500	108	3	87	13
Chocolate	16	600	70	7	5	0	10	400	126	3	106	13
Chocolate (Brownie Batter)	16	620	70	7	5	0	10	400	131	3	109	13
Cookies & Cream	16	670	190	21	15	0	5	520	117	1	84	7
Cookies & Cream (Vanilla)	16	690	180	20	15	0	10	570	119	1	86	9
Reese's®	16	1040	470	52	22	0	10	740	135	5	104	19
Reese's® (Vanilla)	16	880	360	40	19	0	10	660	120	3	91	17
Strawberry	16	480	80	9	8	0	5	290	92	1	70	8
Strawberry (Vanilla)	16	570	130	15	13	0	10	440	102	1	77	9
Strawberry Cheesecake	16	750	240	27	20	0	15	530	118	2	89	9
Strawberry Cheesecake (Vanilla)	16	760	230	26	20	0	10	590	122	1	91	12
Vanilla	16	550	130	15	13	0	10	440	102	1	77	9