

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 Chip Gelato	1	40	10	2	1	0	0	35	7	0	6	<1
Chocolate Coconut	1	30	0	0	0	0	0	25	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® Orange (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
Jolly Rancher® Blue Raspberry	1	45	0	0	0	0	0	0	10	0	10	0
Jolly Rancher® Green Apple	1	40	0	0	0	0	0	0	10	0	9	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 Chocolate Toffee	1	25	0	0	0	0	0	15	6	2	1	1
NSA Vanilla	1	25	0	0	0	0	0	15	7	2	1	1
NSA Toffee	1	25	0	0	0	0	0	15	7	2	1	1

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Peach (Seasonal)	1	30	0	0	0	0	0	15	6	0	5	<1
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
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
Sea Salt Pistachio	1	35	10	1	1	0	0	50	7	0	5	0
Snickerdoodle	1	35	10	1	1	0	0	40	7	0	6	<1
Spa Day Sorbet	1	30	0	0	0	0	0	5	7	0	6	0
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
Take 5 (Contains Gluten)	1	45	15	2	1	0	0	35	8	0	6	0
Toasted Marshmallow	1	40	10	1	1	0	0	25	7	0	6	0
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
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	1/14 of cake	580	198	22	18	0	5	440	86	1	62	5
Classic Chocolate	1/14 of cake	580	216	24	20	0	15	450	83	1	62	6
Confetti Cake	1/14 of cake	580	216	24	18	0	0	360	84	1	61	3
Cookies & Cream Cake	1/14 of cake	590	234	26	19	0	15	450	84	2	59	4

SMOOTHIES

FLAVORS LISTED IN ALPHABETICAL ORDER

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Berry Tropical	16	190	35	3.5	3	0	0	115	39	3	30	3
Orange 'N' Cream	16	160	30	3.5	3	0	0	115	32	1	25	3
P.B.S.	16	180	35	3.5	3	0	0	115	37	2	28	3
PB&J	16	630	310	34	8	0	0	360	67	8	41	18
Protein Power	16	660	310	35	9	0	30	380	61	7	38	29
Strawberry Piña Colada	16	310	100	11	10	0	0	200	52	5	40	3
Strawberry Surf	16	320	35	4	3	0	0	115	72	6	51	4
Sweet Sunrise	16	290	35	4	3	0	0	120	64	6	42	4
Triple Berry	16	170	35	4	3	0	0	115	32	3	23	3
Tropical Twist	16	220	35	4	3	0	0	120	46	4	36	3
Wild Mango	16	190	35	4	3	0	0	115	38	2	30	3

SHAKES

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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