



Nutritional Information

		Serving Weight (oz)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Added Sugars (g)	Sugar Alcohol (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	
Gelato																			
Caramel Sea Salt	1	40	0.5	0	0	5	40	8	0	7	5	0	1	0	27	0	48		
Chocolate	1	50	2	1.5	0	10	10	7	0	5	4	0	1	0	26	1	82		
Cold Brew Coffee	1	40	1	1	0	5	20	6	0	5	4	0	1	0	34	0	62		
Cookies and Cold Brew	1	50	1.5	1	0	5	25	7	0	6	4	0	1	0	32	0	61		
Hazelnut*	1	45	2	1.5	0	10	15	7	0	5	4	0	1	0	31	0	49		
Horchata	1	35	1	1	0	0	35	6	0	4	3	0	0	0	13	0	32		
Pistachio*	1	45	2	1.5	0	10	15	7	0	5	4	0	1	0	31	0	46		
Vanilla Bean	1	45	2	1.5	0	10	15	7	0	5	4	0	1	0	31	0	46		
Low Fat																			
Apple Pie Donuts	1	35	0	0	0	0	25	8	0	6	4	0	1	0	33	0	64		
Asian Green Tea	1	35	0	0	0	0	20	7	0	5	3	0	1	0	49	0	47		
Baked Apple Stack	1	40	0.5	0	0	5	30	7	0	6	4	0	1	0	31	0	56		
Cake Batter	1	35	0.5	0	0	5	20	7	0	6	4	0	1	0	36	0	52		
Caramel Apple Pie	1	35	0	0	0	5	20	7	0	6	4	0	1	0	32	0	56		
Cookie's Sugar Cookie	1	35	0	0	0	0	30	8	0	6	4	0	1	0	32	0	70		
Cookies & Cream	1	40	1	0.5	0	10	30	7	0	6	4	0	1	0	36	0	70		
Dulce de Leche	1	35	0	0	0	5	20	7	0	6	5	0	1	0	31	0	52		
Eggnog	1	35	0	0	0	5	25	8	0	6	4	0	1	0	34	0	64		
French Toast	1	40	0	0	0	0	30	8	0	6	4	0	1	0	32	0	71		
Irish Mint	1	35	0	0	0	5	25	8	0	6	4	0	1	0	34	0	64		
Milk Chocolate	1	40	0.5	0	0	5	20	8	0	6	3	0	1	0	34	0	67		
Mocha Latte	1	40	0.5	0	0	0	20	7	0	6	4	0	1	0	32	0	84		
My Little Cupcake	1	40	1	0.5	0	5	15	8	0	6	5	0	1	0	33	0	73		
New York Cheesecake*	1	35	0	0	0	5	25	7	0	6	4	0	1	0	41	0	64		
Oatmeal Cookie	1	40	0	0	0	0	30	9	0	6	4	0	1	0	31	0	66		
Original Tart	1	30	0	0	0	0	15	6	0	5	3	0	1	0	50	0	48		
Salted Caramel Popcorn*	1	35	0	0	0	5	40	7	0	6	5	0	1	0	27	0	48		
Salted Caramel Pretzel*	1	35	0	0	0	5	40	7	0	6	5	0	1	0	31	0	49		
Scoop's Cake Batter	1	35	0.5	0	0	5	20	7	0	6	4	0	1	0	36	0	52		
Strawberry Shortcake	1	35	0.5	0	0	5	20	7	0	6	4	0	1	0	36	0	52		
Sweet Coconut	1	35	0	0	0	0	25	8	0	6	4	0	1	0	34	0	64		
Very Strawberry Shortcake	1	40	0	0	0	0	35	8	0	6	4	1	0	0	31	0	66		
Non Fat																			
Apple Pie	1	35	0	0	0	0	25	7	0	6	4	0	1	0	34	0	64		
Banana Taffy	1	35	0	0	0	0	25	7	0	6	4	0	1	0	34	0	66		
Berry Blast	1	35	0	0	0	0	25	7	0	6	4	0	1	0	34	0	64		
Blue Cotton Candy	1	35	0	0	0	0	25	6	0	6	4	0	1	0	36	0	67		
Cappuccino	1	35	0	0	0	0	25	7	0	6	4	0	1	0	34	0	72		
Country Vanilla	1	35	0	0	0	0	25	7	0	6	4	0	1	0	34	0	67		
Crisp Rice Treat	1	35	0	0	0	0	20	8	0	6	5	0	1	0	32	0	53		
Cruisn' Breeze	1	30	0	0	0	0	10	8	0	6	5	0	0	0	17	0	37		
Dutch Apple Dumpling	1	30	0	0	0	0	10	8	0	6	5	0	0	0	17	0	32		
Georgia Peach	1	35	0	0	0	0	25	8	0	6	4	0	1	0	34	0	64		
Grape	1	35	0	0	0	0	25	8	0	4	1	1	1	0	43	0	71		
Hawaiian Pineapple	1	35	0	0	0	0	25	7	0	6	4	0	1	0	34	0	64		
Island Banana	1	35	0	0	0	0	25	7	0	6	4	0	1	0	31	0	64		
Luau Love	1	30	0	0	0	0	10	7	0	6	4	0	0	0	17	0	37		
Mountain Blackberry	1	35	0	0	0	0	25	7	0	6	4	0	1	0	34	0	64		
Peach Melba	1	30	0	0	0	0	25	7	0	5	2	0	1	0	39	0	70		
Peppermint Stick	1	35	0	0	0	0	25	8	0	6	4	0	1	0	34	0	67		
Pina Colada	1	35	0	0	0	0	25	7	0	6	4	0	1	0	34	0	64		
Pineapple Upside Down Cake	1	35	0	0	0	5	20	7	0	6	4	0	1	0	35	0	58		
Pistachio*	1	35	0	0	0	0	25	8	0	6	4	0	1	0	34	0	67		
POGsicle	1	30	0	0	0	0	15	7	0	6	5	0	0	0	17	0	41		
Pomberry Punch	1	35	0	0	0	0	15	7	0	6	5	0	0	0	18	0	34		
Pomegranate Raspberry Tart	1	40	0	0	0	0	20	8	0	7	5	0	1	0	34	0	73		
Pool Party Punch	1	30	0	0	0	0	15	7	0	6	5	0	0	0	18	0	34		
Pumpkin Bread Batter	1	35	0	0	0	5	20	7	0	6	4	0	1	0	35	0	57		
Pumpkin Pie	1	35	0	0	0	0	25	8	0	6	4	0	1	0	34	0	62		
Purple Berry Bomb	1	30	0	0	0	0	25	6	0	4	2	0	1	0	40	0	71		
Taro*	1	30	0	0	0	0	25	7	0	3	0	1	1	0	44	0	74		
Toasted Marshmallow	1	35	0	0	0	0	20	7	0	6	5	0	1	0	34	0	54		
Vanilla	1	35	0	0	0	0	25	7	0	6	4	0	1	0	34	0	73		
Very Raspberry	1	35	0	0	0	0	25	7	0	6	4	0	1	0	34	0	64		
Very Strawberry	1	35	0	0	0	0	25	7	0	6	4	0	1	0	34	0	64		
Dairy Free																			
Chocolate Fudge	1	35	0	0	0	0	0	9	0	5	5	0	0	0	3	1	54		
Green Apple	1	30	0	0	0	0	0	8	0	5	5	0	0	0	0	0	0		
Hawaiian Passion Mango	1	30	0	0	0	0	0	7	0	5	5	0	0	0	0	0	5		
Mango	1	30	0	0	0	0	0	7	0	5	5	0	0	0	0	0	0		
Passion Orange Guava	1	30	0	0	0	0	0	7	0	5	5	0	0	0	0	0	10		
Pomegranate Raspberry	1	35	0	0	0	0	0	8	0	6	6	0	0	0	0	0	0		
Strawberry Kiwi*	1	30	0	0	0	0	0	7	0	5	5	0	0	0	0	0	0		
Strawberry Lemonade	1	30	0	0	0	0	0	7	0	5	5	0	0	0	0	0	5		
Tropical Watermelon Sorbet*	1	30	0	0	0	0	0	7	0	5	5	0	0	0	0	0	5		
Watermelon*	1	30	0	0	0	0	0	7	0	5	5	0	0	0	0	0	0		

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		Serving Weight (oz)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Added Sugars (g)	Sugar Alcohols (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	
No Sugar Added																			
NSA Cheesecake*	1	30	0	0	0	0	25	6	0	3	0	1	1	0	46	1	75		
NSA Chocolate	1	30	0	0	0	0	30	7	0	3	0	2	1	1	0	2	116		
NSA Raspberry	1	30	0	0	0	0	30	6	0	3	0	1	1	0	44	0	75		
NSA Strawberry	1	25	0	0	0	0	25	6	0	2	0	1	1	0	44	0	75		
NSA Strawberry Banana	1	30	0	0	0	0	25	6	0	3	0	1	1	0	44	0	75		
NSA Summer Strawberry Cheesecake*	1	25	0	0	0	0	25	6	0	2	0	1	1	0	45	0	75		
NSA Vanilla	1	30	0	0	0	0	25	6	0	3	0	2	1	0	46	0	78		
NSA Yellow Cake Batter	1	30	0	0	0	0	25	6	0	3	0	1	1	0	44	0	75		
Dole Soft Serve®																			
Dole Soft Serve * Cherry*	1	25	0	0	0	0	6	0	6	6	0	0	0	0	3	0	0		
Dole Soft Serve * Cherry Limeade*	1	25	0	0	0	0	6	0	6	6	0	0	0	0	2	0	0		
Dole Soft Serve * Lemon	1	25	0	0	0	0	6	0	6	6	0	0	0	0	3	0	1		
Dole Soft Serve * Lime	1	25	0	0	0	0	6	0	6	6	0	0	0	0	1	0	0		
Dole Soft Serve * Mango*	1	25	0	0	0	0	6	0	6	6	0	0	0	0	1	0	0		
Dole Soft Serve * Orange*	1	25	0	0	0	0	6	0	6	6	0	0	0	0	1	0	0		
Dole Soft Serve * Pineapple	1	25	0	0	0	0	6	0	6	6	0	0	0	0	1	0	0		
Dole Soft Serve * Pomegranate*	1	25	0	0	0	0	6	0	6	6	0	0	0	0	3	0	0		
Dole Soft Serve * Raspberry	1	25	0	0	0	0	7	0	6	6	0	0	0	0	3	0	0		
Dole Soft Serve * Strawberry*	1	25	0	0	0	0	6	0	6	6	0	0	0	0	3	0	1		
Dole Soft Serve * Watermelon*	1	25	0	0	0	0	6	0	6	6	0	0	0	0	3	0	1		
Lite Ice Cream																			
Campfire Crush	1	45	1	1	0	5	25	8	0	6	4	0	1	0	32	0	73		
Chocolate	1	40	1.5	1	0	5	20	6	0	5	4	0	1	0	36	0	85		
Chocolate Chip Cookie	1	50	1.5	1	0	5	25	7	0	6	4	0	1	0	31	0	54		
Farm Stand Strawberry	1	40	1	0.5	0	5	20	7	0	6	4	0	1	0	30	0	52		
Fruity Cereal	1	50	1.5	1	0	5	40	9	0	6	3	0	1	0	30	0	50		
Milk and Cookies	1	50	1.5	1	0	5	25	7	0	6	4	0	1	0	31	0	56		
Sweet Corn Flake Cereal	1	45	1	1	0	5	30	8	0	6	4	0	1	0	31	0	52		
Vanilla	1	40	1.5	1	0	5	20	6	0	5	4	0	1	0	34	0	54		
Frozen Treat																			
Banana Cream Pie	1	45	1.5	1	0	10	20	7	0	6	4	0	1	0	39	0	58		
Banana Nut*	1	40	1	0.5	0	5	20	7	0	6	4	0	1	0	31	0	57		
Black Raspberry	1	35	0.5	0	0	5	20	7	0	5	3	0	1	0	36	0	62		
Candy Cane	1	35	0.5	0	0	5	25	7	0	6	4	0	1	0	34	0	61		
Candy Caramels	1	40	1	0.5	0	5	20	7	0	6	4	0	1	0	32	0	53		
Caramel Almond Delight	1	40	1	0	0	5	20	7	0	6	4	0	1	0	32	0	55		
Caramel Nut*	1	40	1	1	0	5	15	7	0	6	4	0	1	0	31	0	49		
Chocolate	1	45	1	1	0	5	15	8	0	6	5	0	1	0	31	0	96		
Chocolate Cake	1	45	1	0.5	0	5	20	8	0	6	4	0	1	0	31	0	76		
Chocolate Caramels	1	45	1	1	0	5	15	7	0	6	4	0	1	0	28	0	67		
Chocolate Caramel Bar	1	40	0.5	0	0	5	20	7	0	5	3	0	1	0	35	0	80		
Chocolate Caramel Peanut Butter Cup	1	40	1	0.5	0	5	20	7	0	6	4	0	1	0	32	0	78		
Chocolate Covered Banana	1	40	1	0.5	0	5	15	7	0	6	4	0	1	0	28	0	73		
Chocolate Covered Raspberry	1	40	1	0.5	0	5	15	7	0	6	4	0	1	0	30	0	73		
Chocolate Covered Strawberry	1	40	1	0.5	0	5	15	7	0	6	4	0	1	0	30	0	73		
Chocolate Hazelnut	1	45	1	0	0	5	20	8	0	7	5	0	1	0	33	0	85		
Chocolate Macaroon	1	45	1	0.5	0	5	15	7	0	6	4	0	1	0	30	0	73		
Chocolate Malt	1	40	0	0	0	5	25	8	0	6	4	0	1	0	35	0	86		
Chocolate PB Cup	1	45	2	1	0	5	20	7	0	5	4	0	1	0	30	0	76		
Chocolate Peanut Butter Pie	1	45	2	1	0	10	20	7	0	6	4	0	1	0	36	0	76		
Chocolate S'more	1	40	0.5	0	0	5	20	8	0	6	5	0	1	0	31	0	74		
Coco Nutty	1	40	1	0	0	5	30	7	0	6	4	0	1	0	34	0	67		
Cookie Latte	1	40	1	0.5	0	5	25	7	0	5	2	0	1	0	42	0	32		
Cool Nuts*	1	40	1	0.5	0	5	20	7	0	6	4	0	1	0	32	0	55		
Crème Brûlée	1	50	2	1	0	15	15	7	0	6	4	0	1	0	39	0	52		
Double Chocolate Hazelnut*	1	45	1.5	1	0	5	15	7	0	6	4	0	1	0	31	0	72		
Hawaiian Wedding Cake	1	40	1	0.5	0	5	15	7	0	6	5	0	1	0	26	0	35		
Hazelnut Cheesecake*	1	40	1	0.5	0	5	20	7	0	6	4	0	1	0	36	0	57		
Hazelnut Crème*	1	45	1.5	1	0	5	15	7	0	5	4	0	1	0	32	0	52		
Homemade Peanut Butter Cookie	1	40	1	0	0	5	35	7	0	5	4	0	1	0	33	0	63		
Mississippi Mud Pie	1	40	1	0	0	5	20	7	0	6	4	0	1	0	32	0	85		
Nuts for Cake*	1	40	1	1	0	5	15	7	0	6	4	0	1	0	34	0	51		
Peach Souffle	1	45	1.5	1	0	10	20	7	0	6	4	0	1	0	40	0	58		
Peanut Butter	1	40	1.5	0.5	0	5	30	6	0	5	3	0	1	0	34	0	70		
Pistachio Nut Cake*	1	40	1	1	0	5	15	7	0	6	4	0	1	0	34	0	49		
Salted Caramel Brownie*	1	40	1	0.5	0	5	45	7	0	6	4	0	1	0	30	0	66		
Toasted Marshmallow Fudge	1	40	1	0.5	0	5	15	7	0	6	4	0	1	0	30	0	68		
Triple Decker Bar	1	40	1	0.5	0	5	20	7	0	6	4	0	1	0	31	0	79		
Tropical Cream	1	35	0.5	0	0	5	10	7	0	5	4	0	1	0	17	0	32		
White Vanilla	1	40	1	0.5	0	10	20	6	0	5	3	0	1	0	46	0	70		

Percentage Daily Values are based on a 2,000 calorie diet. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.


*Name only denotes flavor and may not indicate the presence of any ingredient.

The Nutritional Information sweetFrog® has provided is based on standard product formulations. Product variations may occur based on regional differences, ingredient substitutions, seasonal conditions, differences in product preparation at the store and suppliers. Some items listed may not be available in all stores. This list may not include test products, limited time offers, custom orders, self-service orders and regional menu variations.

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			Serving Weight (oz)	Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	
Fruit																				
	Bananas	1	1 serving	25	0	0	0	0	0	0	6	1	3	0	0	0	1	0	101	
	Blueberries	0.7	1 serving	10	0	0	0	0	0	0	3	0	2	0	0	0	1	0	15	
	Blackberries	0.8	1 serving	10	0	0	0	0	0	0	2	1	1	0	0	0	7	0	37	
	Kiwi	1	1 serving	15	0	0	0	0	0	0	4	1	3	0	0	0	10	0	88	
	Mango	0.8	1 serving	15	0	0	0	0	0	0	3	0	3	0	0	0	2	0	38	
	Pineapple	0.7	1 serving	10	0	0	0	0	0	0	3	0	2	0	0	0	3	0	22	
	Raspberries	0.5	1 serving	5	0	0	0	0	0	0	2	1	1	0	0	0	4	0	21	
	Strawberries	0.7	1 serving	5	0	0	0	0	0	0	2	0	1	0	0	0	3	0	30	
Boba Poppers																				
	Blueberry	0.9	1 serving	35	0	0	0	0	10	8	8	0	7	5	0	0	33	0	4	
	Cherry	0.9	1 serving	35	0	0	0	0	10	8	8	1	7	5	0	0	33	0	4	
	Kiwi	0.9	1 serving	35	0	0	0	0	10	8	8	1	7	5	0	0	33	0	4	
	Mango	0.9	1 serving	35	0	0	0	0	10	8	8	1	7	5	0	0	33	0	4	
	Orange	0.9	1 serving	35	0	0	0	0	10	8	8	1	7	5	0	0	33	0	4	
	Passion Fruit	0.9	1 serving	35	0	0	0	0	10	8	8	1	7	5	0	0	33	0	4	
	Pineapple	0.9	1 serving	35	0	0	0	0	10	8	8	1	7	5	0	0	33	0	4	
	Pomegranate	0.9	1 serving	35	0	0	0	0	15	8	8	1	7	5	0	0	33	0	4	
	Strawberry	0.9	1 serving	35	0	0	0	0	10	8	8	1	7	5	0	0	48	0	4	
	Tropical	0.9	1 serving	35	0	0	0	0	10	8	8	1	7	5	0	0	33	0	4	
Candy																				
	Butterfinger®	0.4	1 serving	50	2	1	0	0	30	8	8	0	4	4	1	0	13	0	31	
	Caramel Cups (mini)	0.7	1 serving	100	5	4	0	5	20	12	0	10	9	1	3	24	0	63		
	Chocolate Rocks	0.4	1 serving	60	3	3	0	0	5	7	0	7	6	1	0	12	0	33		
	HEATH Bar	0.5	1 serving	70	4.5	2.5	0	5	50	9	0	9	8	0	0	9	0	19		
	Jolly Rancher®	1	1 serving	120	3	1.5	0	0	65	24	0	20	20	0	0	2	0	1		
	Kit Kat®	0.6	1 serving	90	4.5	3	0	0	10	11	0	9	8	1	0	25	0	48		
	M&M'S® (mini)	0.6	1 serving	80	3.5	2	0	0	15	12	0	11	10	1	0	22	0	54		
	M&M'S® (peanut)	1	1 serving	140	7	3	0	0	15	17	1	15	13	3	0	29	1	105		
	M&M'S® (plain)	0.9	1 serving	120	5	3	0	0	20	18	1	16	15	1	0	30	0	74		
	Mint Chocolate (Andes®)	0.6	1 serving	90	6	5	0	0	5	10	1	9	8	1	0	19	1	58		
	Nerds®	0.8	1 serving	90	0	0	0	0	0	21	0	21	21	0	0	0	0	0		
	Nonpareils	0.5	1 serving	60	2.5	2.5	0	0	0	11	0	9	9	0	0	2	0	19		
	Peanut Butter Cups	0.8	1 serving	110	7	2.5	0	0	80	13	1	12	9	2	0	21	1	82		
	REESE'S Peanut Butter Cups	0.8	1 serving	110	7	2.5	0	0	80	13	1	12	11	3	0	22	1	81		
	REESE'S Pieces (mini)	0.8	1 serving	110	5	4.5	0	0	25	14	1	12	12	2	0	9	0	69		
	Skittles®	0.8	1 serving	90	1	1	0	0	0	21	0	17	17	0	0	0	0	0		
	Snickers®	0.6	1 serving	80	3.5	1.5	0	0	40	11	0	9	8	1	0	16	0	50		
	TWIX®	0.5	1 serving	70	3.5	2	0	0	30	9	0	7	6	1	0	14	0	27		
Chips																				
	Chocolate	0.5	1 serving	70	3.5	2.5	0	0	0	9	1	8	8	1	0	4	1	40		
	Peanut Butter	0.6	1 serving	90	5	4	0	0	35	9	1	6	6	3	0	12	1	89		
	Vanilla	0.7	1 serving	100	6	5	0	0	45	12	0	12	10	2	0	54	0	77		
	Yogurt	0.6	1 serving	80	4	3.5	0	0	20	12	0	12	11	0	0	18	0	48		
Gummies																				
	Bears	1.1	1 serving	90	0	0	0	0	10	22	0	14	14	1	0	0	0	0		
	Frogs	1.4	1 serving	120	0	0	0	0	15	28	0	17	17	1	0	0	0	0		
	Peach Rings	1.1	1 serving	90	0	0	0	0	15	22	0	15	15	1	0	3	0	2		
	Sour Belts	0.3	1 serving	30	0	0	0	0	0	7	0	5	5	0	0	0	0	0		
	Sour Worms	0.6	1 serving	50	0	0	0	0	0	12	0	8	8	1	0	0	0	10		
	Swedish Fish®	0.8	1 serving	80	0	0	0	0	20	20	0	17	17	0	0	0	0	0		
	Worms (regular)	0.6	1 serving	50	0	0	0	0	5	12	0	7	7	1	0	0	0	0		
Nuts																				
	Almonds	0.4	1 serving	70	6	0	0	0	0	2	1	0	0	2	0	28	0	72		
	Peanuts	0.4	1 serving	70	6	1	0	0	0	2	1	1	0	3	0	7	0	72		
	Pecans	1	1 serving	190	20	1.5	0	0	0	4	3	1	0	3	0	20	1	110		
	Walnuts	0.4	1 serving	70	7	0.5	0	0	0	2	1	0	0	2	0	11	0	50		
	Wet Walnuts	1.7	1 serving	280	15	1.5	0	0	0	38	1	33	32	3	0	22	1	120		


Nutritional Information

		Serving Weight (oz)	Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	
Misc.																			
	Brownie Bites	0.4	1 serving	50	2.5	1	0	5	60	7	1	4	4	1	0	6	1	49	
	Brownie Squares	0.8	1 serving	100	5	3	0	15	35	12	1	8	8	1	0	9	1	48	
	Cap'n Crunch®	0.1	1 serving	10	0	0	0	0	20	2	0	1	1	0	0	0	0	4	
	Cheesecake Bites	0.4	1 serving	40	2.5	1.5	0	10	35	4	0	2	2	1	0	6	0	11	
	Chocolate Covered Sunflower Seeds	0.6	1 serving	90	5	3	0	0	5	9	1	8	7	1	0	15	0	70	
	Chocolate Chip Cookies (Chips Ahoy!®)	0.5	1 serving	70	3.5	1.5	0	0	45	9	0	5	5	0	0	8	1	21	
	Chocolate Chip Cookies (Chips Ahoy!®) Chunky	0.5	1 serving	70	3.5	1.5	0	0	30	9	0	4	4	1	0	0	1	42	
	Coconut (shredded)	0.2	1 serving	25	1.5	1	0	0	10	3	1	2	2	0	0	1	1	20	
	Cookie Dough Bites	0.6	1 serving	80	3.5	1.5	0	0	55	11	0	6	6	1	0	2	0	13	
	Crushed OREO® Cookies	0.4	1 serving	50	2	0.5	0	0	45	8	0	5	5	0	0	4	0	17	
	Dark Chocolate Shavings	0.4	1 serving	60	4	2.5	0	0	0	6	1	5	5	1	0	3	1	70	
	Dark Chocolate Raspberry Cups	0.7	1 serving	110	7	4.5	0	0	10	12	1	11	10	1	4	21	1	106	
	Froot Loops™	0.1	1 serving	10	0	0	0	0	15	2	0	1	1	0	0	0	0	4	
	Frosted Animal Crackers	0.5	1 serving	70	3.5	3.5	0	0	25	10	0	6	6	1	0	7	0	14	
	Fruit Snacks	1	1 serving	80	0	0	0	0	40	23	5	10	9	0	0	0	0	0	
	Fruity PEBBLES™	0.1	1 serving	10	0	0	0	0	15	2	0	1	1	0	0	0	0	2	
	Graham Cracker Crumbs	0.2	1 serving	25	0.5	0	0	0	40	4	0	1	0	0	0	5	1	10	
	Granola (udi's®)	0.3	1 serving	40	1.5	0	0	0	0	6	1	1	1	1	0	0	0	24	
	Granola, Low Fat Granola without Raisins (Kellogg's®)	0.3	1 serving	30	0	0	0	0	20	7	1	2	2	1	0	0	1	21	
	Granola, Low Fat Granola Crunchy (Kellogg's®)	0.3	1 serving	35	0	0	0	0	15	7	1	2	2	1	0	0	0	21	
	Granola, Oats and Honey (Cascadian Farm®)	0.3	1 serving	35	1	0	0	0	10	6	0	2	2	1	0	0	0	26	
	Granola, Oats and Honey (Nature Valley™)	0.3	1 serving	35	0.5	0	0	0	15	1	1	3	2	1	0	3	0	23	
	Maraschino Cherries	0.7	1 serving	20	0	0	0	0	0	8	0	8	4	0	0	0	0	0	
	Marshmallows	0.2	1 serving	20	0	0	0	0	0	5	0	3	3	0	0	0	0	0	
	Mochi	0.7	1 serving	60	0	0	0	0	20	14	0	1	1	1	0	0	0	5	
	Nilla® Wafers	0.7	1 serving	90	4	1	0	5	75	14	0	7	7	1	0	13	0	20	
	Nutter Butter® Bites	1	1 serving	130	6	1.5	0	0	110	20	0	9	9	2	0	9	1	38	
	Peanut Butter Buckeyes	1	1 serving	160	10	6	0	5	50	14	1	13	10	3	3	47	0	107	
	Pound Cake	0.3	1 serving	30	1.5	1	0	10	25	4	0	2	2	0	0	2	0	5	
	Shortbread Cookies	0.5	1 serving	70	3.5	1	0	0	75	10	0	3	3	1	0	0	0.5	20	
	S'more	1	1 serving	150	8	7	0	10	50	18	0	14	14	1	0	16	1	53	
	Sprinkles	0.8	1 serving	110	4.5	4	0	0	0	18	0	18	18	0	0	0	0	0	
	Sprinkles, Chocolate	0.8	1 serving	100	4	4	0	0	0	16	0	14	12	0	0	2	0	0	
	Sprinkles, Unicorn	0.8	1 serving	100	2.5	2	0	0	0	19	0	14	14	0	0	1	0	1	
	Whipped Cream	0.1	1 serving	5	0.5	0	0	0	0	1	0	0	0	0	0	5	0	0	
Sauces																			
	Caramel	0.7	1 serving	60	1	0.5	0	5	50	13	0	10	10	0	0	14	0	20	
	Chocolate	0.7	1 serving	50	0	0	0	0	10	12	1	10	10	0	0	2	1	0	
	Chocolate Hazelnut	0.9	1 serving	140	9	3	0	0	10	14	1	14	12	1	0	26	1	111	
	Hot Fudge	0.9	1 serving	80	3	2.5	0	0	70	14	0	11	11	1	0	16	1	94	
	Marshmallow	0.8	1 serving	60	0	0	0	0	30	14	0	10	10	0	0	1	0	0	
	Peanut Butter	0.7	1 serving	130	12	2	0	0	85	4	1	2	1	4	0	14	1	105	
	Strawberry	0.7	1 serving	50	0	0	0	0	0	20	0	12	11	0	0	0	0	0	
Waffles																			
	Bowls	1 each	1 serving	50	0	0	0	0	20	10	0	4	4	1	0	0	0	10	
	Cones	1 each	1 serving	60	0	0	0	0	20	12	0	4	4	1	0	0	1	10	

Percentage Daily Values are based on a 2,000 calorie diet. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

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Nutritional and Allergen Information

		Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohol (g)	Protein (g)
Acai Bowls													
Aloha Tropical	1 bowl (258 g)	300	50	2.5	0	0	50	63	5	41	0	2	
Caramel Apple Crunch	1 bowl (293 g)	390	110	1.5	0	0	90	63	8	35	0	8	
Chocolate Berry	1 bowl (262 g)	300	45	0	0	0	20	61	6	34	0	4	
Slice of Life	1 bowl (343 g)	480	140	7	0	0	85	86	6	61	0	5	
Cakes													
Birthday	1 Slice (107 g)	250	9	6	0	20	200	40	0	31	0	3	
Cookies N' Cream	1 Slice (124 g)	310	11	6	0	15	310	49	0	29	0	5	
Strawberry Shortcake	1 Slice (122 g)	260	8	5	0	10	240	43	0	31	0	3	
Triple Chocolate	1 Slice (115 g)	290	11	8	0	20	230	44	0	33	0	4	
Floats													
Dole Soft Serve®, Orange with NSA Vanilla	16 fl. oz.	330	0	0	0	5	115	77	0	60	5	3	
Dole Soft Serve®, Orange with Vanilla	16 fl.oz.	350	0	0	0	0	105	81	0	72	0	3	
Dole Soft Serve®, Pineapple	16 fl.oz.	230	0	0	0	0	10	54	0	50	0	1	
Root Beer with NSA Vanilla	16 fl.oz.	200	0	0	0	5	135	50	0	39	5	3	
Root Beer with Vanilla	16 fl.oz.	220	0	0	0	0	125	54	0	50	0	3	
Frozen Yogurt Cookie Sandwiches													
Chocolate N' Cream	1 each (113 g)	300	8	2.5	0	10	210	52	0	33	0	5	
Cookies N' Cream	1 each (108 g)	250	6	0	0	5	270	44	0	18	4	5	
Sprinkles N' Cream	1 each (113 g)	260	5	1	0	5	250	48	0	24	4	5	
Smoothies - Barfresh													
Strawberry Banana	16 fl.oz.	270	1	0	0	0	100	63	2	53	0	7	
Triple Berry	16 fl.oz.	280	0	0	0	0	20	69	1	60	0	0	
Mango Burst	16 fl.oz.	280	0	0	0	0	35	70	1	61	0	0	
Caribbean	16 fl.oz.	280	0	0	0	0	20	69	1	60	0	0	
Mocha	16 fl.oz.	440	7	4	0	40	230	79	2	75	0	15	
Caramel Macchiato	16 fl.oz.	420	7	5	0	40	230	75	1	70	0	14	
Vanilla Bean	16 fl.oz.	500	10	6	0	55	290	83	1	75	0	20	

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