



NUTRITIONAL INFO PER 4 OZ.

FLAVORS	CALORIES	FAT	CARBS	SUGAR	PROTEIN	ALLERGENS
AMARETTO	180	0	35	32	3	M
BANANA CREAM PIE	130	0	29	24	3	M, E
BING CHERRY	180	0	35	32	3	M
BLACKBERRY	130	0	29	24	3	M
BLUEBERRY CHEESECAKE	180	0	35	32	3	M, E
BOYSENBERRY	130	0	29	24	3	M
BUTTERBRICKLE	125	1	25	16	5	M, E
CAKE BATTER	140	2	27	23	4	M, E
CARAMEL APPLE PIE	130	1	29	24	3	M
CARAMEL CUSTARD	140	1.5	29	24	3	M, E
CHOCOLATE	117	0	26	17	3	M
CHOCOLATE CHERRIES	120	0	25	22	3	M
CHOCOLATE MILKSHAKE	124	0	25	23	3	M
COCONUT	140	1	30	25	3	M
COOKIE BUTTER	154	2	30	24	4	M, G, S
COOKIES & CREAM	127	2	25	17	3	M, G, S
EGG NOG	119	1	26	19	3	M, E
ESPRESSO DECAF	100	0	22	17	3	M
GEORGIA PEACH	130	0	30	25	3	M
GERMAN CHOCOLATE CAKE	145	2	30	27	4	M, E
HEATHBAR	140	2	28	26	4	M, E

M = MILK

E = EGGS

G = GLUTEN

S = SOY

N = NUTS

X = NONE

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FLAVORS	CALORIES	FAT	CARBS	SUGAR	PROTEIN	ALLERGENS
IRISH MINT	121	0	26	29	3	M
LEMON CHIFFON	130	0	28	24	3	M
MARSHMALLOW	180	0	35	32	3	M
MOUNDS BAR	120	1	23	18	3	M
NY CHEESECAKE	130	.5	27	24	4	M, E
ORANGESICLE	180	0	35	32	3	M
PASSION FRUIT	135	1	30	25	3	M, E
PEANUT BUTTER	134	2	25	18	4	M, N
PEANUT FUDGE	134	2	25	18	4	M, N
PEPPERMINT	130	0	30	24	3	M
PISTACHIO	130	0	30	24	3	M
PUMPKIN	140	0	30	25	3	M
RASPBERRY CREAM	110	0	23	15	4	M
RED VELVET CAKE	128	2	25	16	3	M, E, G, S
ROOT BEER FLOAT	114	0	25	22	3	M
SALTED CARAMEL	140	1.5	29	25	3	M, E
SNICKERS	138	1.5	25	18	3	M, N, E
STRAWBERRY	180	0	35	32	3	M
STRAWBERRY COLADA	160	2	35	32	3	M
VANILLA	95	0	22	11	4	M
WHITE CHOCOLATE ALMOND	150	0	28	24	3	M, N

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FLAVORS	CALORIES	FAT	CARBS	SUGAR	PROTEIN	ALLERGENS
CALIFORNIA TART	120	0	27	21	4	M
TART CHERRY	136	0	32	28	4	M
TART KEY LIME	136	0	27	23	4	M
TART LEMON	124	0	27	22	4	M
TART MANGO	115	0	28	21	2	M
TART PEACH	136	0	32	28	4	M
TART RASPBERRY	136	0	32	28	4	M
TART RASP-POM	125	0	30	23	2	M
TART STRAWBERRY	136	0	32	28	4	M
TART STRAW-LEMONADE	130	0	29	25	4	M
WILDBERRY TART	136	0	32	28	4	M
NO SUGAR CAKE BATTER	110	0	24	10	4	M
NO SUGAR CHOCOLATE	120	0	24	11	5	M
NO SUGAR CINNAMON BUN	91	0	23	7	3	M
NO SUGAR MAPLE PECAN	82	0	21	6	13	M
NO SUGAR RASPBERRY	110	0	23	10	4	M
NO SUGAR STRAWBERRY	100	0	23	9	4	M
NO SUGAR VANILLA	110	0	24	9	5	M

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VEGAN BERRY BLISS	130	0	32	24	0	X
VEGAN CHOCOLATE FUDGE	140	1	34	19	1	X
VEGAN DOLE PINEAPPLE	110	.5	26	24	0	X
VEGAN HONEY VANILLA	160	3	35	22	1	N
VEGAN KIWI STRAWBERRY	110	0	29	21	0	X
VEGAN NUTELLA	145	1	36	23	1	N
VEGAN OREO	160	5	35	21	1	G, S, N
VEGAN PUMPKIN	155	3	32	17	2	N
VEGAN WATERMELON	98	0	24	24	0	X

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