

	Serving size (g)	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)	
Burgers													
	CALIFORNIA CHEESEBURGER	268	680	390	43	13	1	95	1440	42	4	8	30
	QUARTER lb. BACON CHEESEBURGER	273	630	320	36	14	1	110	1720	40	2	11	36
	QUARTER lb. CHEESEBURGER	256	530	250	28	12	1	90	1420	40	2	11	29
	DOUBLE QUARTER lb. CHEESEBURGER	326	730	370	41	17	1.5	155	1470	40	2	11	47
	JALAPENO PEPPER JACK CHEESEBURGER	275	640	340	38	17	1.5	120	1190	38	2	9	37
	TRIPLE QUARTER lb. CHEESEBURGER	427	1040	570	64	27	2.5	240	2020	43	2	12	71
	QUARTER lb. BBQ BACON CHEESEBURGER LTO	300	710	340	37	16	1	120	1770	54	3	16	39
	SIXTH lb. DELUXE CHEESEBURGER	206	420	180	20	8	0.5	60	1210	39	2	9	21
	SIXTH lb. JUNIOR CHEESEBURGER	149	390	160	18	7	0.5	55	1230	37	1	9	20
	DOUBLE JUNIOR CHEESEBURGER	196	520	240	27	11	1	100	1260	37	1	9	32
	CHICKEN CLUB SANDWICH CRISPY	340	800	390	43	13	0	110	2010	63	3	12	40
	CHICKEN CLUB SANDWICH GRILLED	326	640	310	34	12	0.5	115	2050	41	2	11	46
	CHICKEN SANDWICH CRISPY	291	590	240	27	5	0	65	1220	60	3	11	28
	CHICKEN SANDWICH GRILLED	277	430	160	18	4	0	70	1260	38	2	10	32
Other Food Items													
	BOWL OF CHILI	425	420	130	15	5	0.5	65	1050	45	8	9	27
	BOWL OF CHILI W/CHEESE & SOUR CREAM	482	600	270	30	14	1	115	1250	47	8	11	35
	CHICKEN STRIP DINNER	600	1150	460	51	11	2.5	50	2590	134	7	20	37
	FRENCH FRIES SMALL	85	210	80	9	2	0	0	140	29	3	0	3
	FRENCH FRIES MEDIUM	128	310	120	14	3	0	0	220	43	4	0	4
	FRENCH FRIES LARGE	170	420	160	18	3.5	0	0	290	58	5	0	5
	2 CHICKEN STRIPS	80	250	130	15	3	0	25	680	15	1	0	14
	4 CHICKEN STRIPS	160	490	260	29	6	0	50	1350	29	1	0	28
	6 CHICKEN STRIPS	240	740	400	44	9	0	75	2030	44	2	1	41
Salad													
	GARDEN	310	170	90	10	6	0	30	240	13	4	7	10
	GRILLED CHICKEN	423	460	220	24	9	0	75	930	33	5	8	30
	CRISPY CHICKEN	430	540	290	32	10	0	65	1250	35	5	7	30
	WALDORF GRILLED CHICKEN	397	650	310	35	10	0	75	1020	58	7	27	31
	WALDORF CRISPY CHICKEN	404	730	380	42	11	0	65	1340	58	7	27	32
	APPLE CRANBERRY WALNUT GRILLED CHICKEN	356	590	280	31	6	0	70	1020	48	6	20	30
	APPLE CRANBERRY WALNUT CRISPY CHICKEN	363	670	350	39	8	0	60	1340	50	6	20	31
	STRAWBERRY POPPYSEED GRILLED CHICKEN	465	480	210	23	3.5	0	50	720	46	7	18	26
	STRAWBERRY POPPYSEED CRISPY CHICKEN	462	560	280	31	5	0	40	1040	48	7	18	27
Breakfast													
	BISCUIT & SAUSAGE GRAVY SINGLE	249	420	190	21	10	2	15	1480	43	1	2	8
	BISCUIT & SAUSAGE GRAVY DOUBLE	499	840	380	43	20	4	35	2970	87	3	5	17
	CINNAMON ROLL	152	530	170	18	8	2	40	540	83	3	42	9
	FRUIT & YOGURT SWIRL	308	280	45	5	0.5	0	10	60	44	5	27	18
	HOTCAKES THREE	188	340	60	7	1.5	2	5	1120	65	1	13	6
	HOTCAKES THREE & SAUSAGE	228	510	190	21	6	2	35	1460	66	1	13	13
	MUFFIN BANANA NUT	124	480	300	34	9	0	95	430	48	2	26	7
	MUFFIN BLUEBERRY	124	480	270	30	9	0	115	480	55	1	30	7
	MUFFIN CARROT WALNUT	124	490	280	32	8	0	105	680	53	2	29	7
	EVERYTHING BAGEL W/ BACON & EGG	137	340	120	13	4.5	0	260	730	36	2	4	18
	EVERYTHING BAGEL W/ BACON	77	250	60	7	2	0	10	640	35	2	3	10
	EVERYTHING BAGEL W/ BACON, EGG & CHEESE	156	410	170	19	8	0	280	1030	38	2	4	21
	EVERYTHING BAGEL W/ GARDEN VEGE CREAM CHEESE	104	290	100	11	6	0	10	660	37	2	4	9
	EVERYTHING BAGEL W/ HAM & EGG	149	320	90	10	3.5	0	260	540	36	2	4	19
	EVERYTHING BAGEL W/ HAM	89	230	35	3.5	1	0	10	460	35	2	3	11
	EVERYTHING BAGEL W/ HAM, EGG & CHEESE	168	390	140	16	7	0	280	840	38	2	4	22
	EVERYTHING BAGEL W/ ORIGINAL CREAM CHEESE	104	320	130	14	9	0	15	600	37	2	4	9
	EVERYTHING BAGEL W/ SAUSAGE & EGG	166	450	210	24	8	0	280	880	37	2	4	21
	EVERYTHING BAGEL W/ SAUSAGE	106	360	150	17	6	0	30	790	36	2	3	13
	EVERYTHING BAGEL W/ SAUSAGE, EGG & CHEESE	185	520	260	29	12	0	295	1180	39	2	4	24
	EVERYTHING BAGEL W/ STRAWBERRY CREAM CHEESE	104	280	80	9	5	0	10	580	41	2	9	7
	EVERYTHING BAGEL W/ EGG	126	280	80	9	3	0	250	540	36	2	4	14
	PLAIN BAGEL W/ BACON & EGG	137	340	110	13	4.5	0	260	590	36	2	4	18
	PLAIN BAGEL W/ BACON	77	240	50	6	2	0	10	500	35	2	3	10
	PLAIN BAGEL W/ BACON, EGG & CHEESE	156	400	160	18	8	0	280	890	38	2	4	21
	PLAIN BAGEL W/ GARDEN VEGE CREAM CHEESE	104	280	90	10	5	0	10	520	36	2	4	9
	PLAIN BAGEL W/ HAM & EGG	149	310	90	10	3.5	0	260	400	36	2	4	19
	PLAIN BAGEL W/ HAM	89	220	25	3	1	0	10	320	35	2	3	11
	PLAIN BAGEL W/ HAM, EGG & CHEESE	168	380	140	15	7	0	280	700	37	2	4	22
	PLAIN BAGEL W/ ORIGINAL CREAM CHEESE	104	320	120	14	9	0	15	460	36	2	4	9
	PLAIN BAGEL W/ SAUSAGE & EGG	166	440	210	23	8	0	280	740	37	2	4	21
	PLAIN BAGEL W/ SAUSAGE	106	350	150	16	5	0	30	650	36	2	3	13
	PLAIN BAGEL W/ SAUSAGE, EGG & CHEESE	185	510	260	28	11	0	295	1040	38	2	4	24
	PLAIN BAGEL W/ STRAWBERRY CREAM CHEESE	104	280	80	9	5	0	10	440	41	2	9	7
	PLAIN BAGEL W/ EGG	126	280	70	8	3	0	250	400	36	2	4	14
	BISCUIT W/ BACON & EGG	151	420	210	23	11	0	270	1030	31	1	2	17
	BISCUIT W/ BACON	330	150	17	26	45	20	7	39	10	4	9	9
	BISCUIT W/ BACON, EGG & CHEESE	170	490	260	29	15	0	285	1320	33	1	3	20
	BISCUIT W/ HAM & EGG	163	400	180	20	10	0	270	840	31	1	2	18
	BISCUIT W/ HAM	103	310	120	13	8	0	20	760	31	1	1	10
	BISCUIT W/ HAM, EGG & CHEESE	182	470	230	26	14	0	285	1140	33	1	3	21
	BISCUIT W/ SAUSAGE & EGG	180	530	300	33	15	0	285	1180	32	1	2	20
	BISCUIT W/ SAUSAGE	120	440	240	27	12	0	35	1080	32	1	1	12
	BISCUIT W/ SAUSAGE, EGG & CHEESE	199	600	350	39	18	0	300	1470	34	1	3	23
	BISCUIT W/ EGG	140	370	170	19	10	0	255	840	31	1	2	13
	ENGLISH MUFFIN W/ BACON & EGG	129	290	120	13	4.5	0	260	490	25	2	3	17
	ENGLISH MUFFIN W/ BACON	89	190	60	7	2	0	10	400	25	2	2	9
	ENGLISH MUFFIN W/ BACON, EGG & CHEESE	148	360	170	19	8	0	280	780	27	2	3	20
	ENGLISH MUFFIN W/ HAM & EGG	141	260	90	10	3.5	0	260	300	25	2	3	18
	ENGLISH MUFFIN W/ HAM	81	170	30	3.5	1	0	10	220	25	2	2	10

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ENGLISH MUFFIN W/ HAM,EGG & CHEESE	180	330	140	16	7	0	280	600	27	2	3	21
ENGLISH MUFFIN W/ SAUSAGE & EGG	158	400	210	23	8	0	280	640	26	2	3	20
ENGLISH MUFFIN W/ SAUSAGE	98	300	150	17	5	0	30	550	26	2	2	12
ENGLISH MUFFIN W/ SAUSAGE,EGG & CHEESE	177	460	260	29	11	0	295	930	28	2	3	23
ENGLISH MUFFIN W/EGG	118	230	80	9	3	0	250	300	25	2	3	13
CALIFORNIA EVERYTHING BAGEL OMELETTE W/HAM	219	430	170	19	7	0	275	730	40	4	4	23
SPANISH EVERYTHING BAGEL OMELETTE W/HAM	232	460	190	21	10	0	295	780	39	3	6	26
SPINACH & MUSHROOM EVERYTHING BAGEL OMELETTE W/HAM	200	380	130	15	6	0	275	640	37	2	4	22
WESTERN EVERYTHING BAGEL OMELETTE W/HAM	202	380	130	15	6	0	275	640	39	3	5	22
VEGETARIAN EVERYTHING BAGEL OMELETTE	222	360	120	13	6	0	265	640	40	3	6	18
CALIFORNIA PLAIN BAGEL OMELETTE W/HAM	219	420	170	19	7	0	275	590	39	3	4	23
SPANISH PLAIN BAGEL OMELETTE W/HAM	232	460	180	20	10	0	295	640	39	2	6	26
SPINACH & MUSHROOM PLAIN BAGEL OMELETTE W/HAM	200	380	130	14	6	0	275	500	37	2	4	22
WESTERN PLAIN BAGEL OMELETTE W/HAM	202	380	130	14	6	0	275	500	38	2	5	22
VEGETARIAN PLAIN BAGEL OMELETTE	222	350	110	13	6	0	265	500	40	3	6	18
CALIFORNIA EVERYTHING BAGEL OMELETTE W/BACON	207	450	200	22	8	0	275	920	40	4	4	22
SPANISH EVERYTHING BAGEL OMELETTE W/BACON	220	480	210	24	11	0	290	960	39	3	6	26
SPINACH & MUSHROOM EVERYTHING BAGEL OMELETTE W/BACON	189	410	160	18	7	0	275	820	37	2	4	22
WESTERN EVERYTHING BAGEL OMELETTE W/BACON	190	410	160	18	7	0	275	820	39	3	5	22
CALIFORNIA PLAIN BAGEL OMELETTE W/BACON	207	440	190	22	8	0	275	780	40	3	4	22
SPANISH PLAIN BAGEL OMELETTE W/BACON	220	470	210	23	11	0	290	820	39	2	6	25
SPINACH & MUSHROOM PLAIN BAGEL OMELETTE W/BACON	188	400	150	17	7	0	275	680	37	2	4	21
WESTERN PLAIN BAGEL OMELETTE W/BACON	190	400	150	17	7	0	275	680	38	2	5	21
CALIFORNIA EVERYTHING BAGEL OMELETTE W/SAUSAGE	236	560	290	33	11	0	295	1070	41	4	4	25
SPANISH EVERYTHING BAGEL OMELETTE W/SAUSAGE	248	580	300	33	14	0	310	970	40	2	6	28
SPINACH & MUSHROOM EVERYTHING BAGEL OMELETTE W/SAUSAGE	217	520	250	28	11	0	295	970	38	2	4	24
WESTERN EVERYTHING BAGEL OMELETTE W/SAUSAGE	219	520	250	28	11	0	295	970	40	3	5	25
CALIFORNIA PLAIN BAGEL OMELETTE W/SAUSAGE	236	550	290	32	11	0	295	930	40	3	4	25
SPANISH PLAIN BAGEL OMELETTE W/SAUSAGE	248	580	300	33	14	0	310	970	40	2	6	28
SPINACH & MUSHROOM PLAIN BAGEL OMELETTE W/SAUSAGE	217	510	250	27	11	0	295	830	38	2	4	24
WESTERN PLAIN BAGEL OMELETTE W/SAUSAGE	219	510	250	27	11	0	295	830	39	2	5	24
HASH BROWNS SMALL 3oz	85	330	230	25	5	0	0	470	24	3	0	2
HASH BROWNS LARGE 5oz	142	550	380	42	9	0	0	790	40	5	0	4
BIG COUNTRY BREAKFAST	319	950	580	65	22	0	510	1730	57	4	3	29
BIG COUNTRY BREAKFAST W/GRAVY	489	1100	670	74	25	2	520	2460	70	5	4	32
BREAKFAST BISCUIT PLAIN	80	270	110	12	7	0	5	760	31	1	1	5
BREAKFAST ENGLISH MUFFIN PLAIN	58	130	20	2	0	0	0	220	25	2	2	5
EVERYTHING BAGEL	85	180	10	1.5	0	0	0	450	35	2	3	6
PLAIN BAGEL	65	170	5	0.5	0	0	0	310	35	2	3	6
BREAKFAST CALIFORNIA BURRITO	257	580	320	36	11	0	275	1030	42	4	4	21
BREAKFAST BURRITO	214	450	210	23	10	0	270	840	39	2	3	20
BREAKFAST BURRITO GRANDE	274	680	370	41	15	0.5	280	1190	52	4	3	24
Ice Cream Junior Dip 3oz												
FR EGG NOG	85	200	90	10	6	0	70	60	24	0	22	3
FY BANANA PECAN	85	180	80	8	3	0	15	90	21	0	18	5
FY BLACKBERRY & CREAM W / ALMONDS	85	170	60	7	3	0	15	65	23	1	20	5
FY BOURDEAUX CHERRY AMARETTO	85	170	60	6	3	0	15	70	24	0	21	5
FY CAPPUCCINO CHUNKY CHOCOLATE	85	180	60	7	5	0	15	80	26	1	23	5
FY CHOCOLATE AMARETTO	85	170	60	6	3.5	0	20	75	24	1	21	5
FY CHOCOLATE PECAN	85	180	80	9	3.5	0	20	80	22	1	18	5
FY PEACH	85	150	35	4	2.5	0	15	65	26	0	23	4
FY PINEAPPLE ALMOND	85	170	60	6	2.5	0	15	65	24	1	21	5
FY STRAWBERRY CHOCOLATE CHIP	85	160	40	4.5	3	0	15	65	25	1	22	4
FY TOFFEE BARK	85	180	60	7	4	0	20	95	25	0	22	5
LIGHT KEY LIME PIE	85	170	40	4.5	3	0	15	70	27	0	23	5
LIGHT POMERANATE CHEESECAKE	85	160	30	3.5	2	0	10	70	29	0	25	4
NSAFY MINT CHOCOLATE CHIP	85	160	35	4	3	0	10	75	24	0	7	5
NSAFY PEANUT CLUSTER FUDGE	85	150	45	5	2	0	10	110	27	1	6	5
NSAFY VANILLA BEAN	85	120	25	2.5	1.5	0	10	80	23	0	7	5
PREM AMARETTO PEACH CHARLOTTE	85	190	80	9	6	0	35	75	25	0	23	3
PREM BAKLAVA	85	210	100	12	7	0	35	80	24	0	22	3
PREM BILLIONAIRE SHORTBREAD	85	220	110	12	7	0	35	70	25	1	22	3
PREM BIRTHDAY CAKE	85	200	80	9	6	0	35	70	26	0	21	3
PREM BLACK WALNUT	85	210	120	14	7	0	40	60	18	1	17	5
PREM BROWNIE BATTER	85	220	110	12	6	1	35	70	27	1	22	3
PREM BROWNIE FUDGE SUNDAE	85	210	100	11	6	1	40	75	25	0	23	3
PREM BUTTER BRICKLE	85	200	100	12	7	0	40	70	22	0	21	3
PREM BUTTER PECAN	85	210	130	14	7	0	40	80	18	0	17	4
PREM CHERRIES PECANS & CREAM	85	190	100	11	6	0	35	60	21	1	20	3
PREM CHERRY CHOCOLATE CHIP	85	230	100	11	7	0	35	60	21	0	20	3
PREM CHOCOLATE	85	190	100	11	7	0	40	55	21	1	19	3
PREM CHOCOLATE ALMOND	85	210	120	13	7	0	40	50	20	1	18	4
PREM CHOCOLATE CARAMEL MOUSSE	85	210	110	12	8	0	40	60	23	1	21	3
PREM CHOCOLATE CHIP	85	240	110	12	8	0	40	60	20	0	19	3
PREM CHOCOLATE CHIP CHOCOLATE	85	210	110	12	8	0	35	60	24	1	22	3
PREM CHOCOLATE CHIP COOKIE DOUGH	85	260	110	12	7	0.5	35	80	23	0	23	3
PREM CHOCOLATE CHUNK CHEESECAKE	85	210	100	11	7	0	30	70	27	1	25	3
PREM CHOCOLATE CHUNK HAZELNUT	85	230	130	15	9	0	35	65	24	2	21	4
PREM CHOCOLATE TOFFEE	85	230	120	14	8	0	40	90	25	1	24	3

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PREM CHOCOLATE TURTLE	85	230	140	15	8	0	35	75	22	1	20	4
PREM COCONUT CHOCOLATE CHEESECAKE	85	210	100	11	6	0.5	35	70	28	1	25	3
PREM COOKIES N CREAM	85	210	100	12	7	0.5	40	90	23	0	19	4
PREM DEEP CHOCOLATE	85	180	90	10	6	0	35	65	23	2	20	4
PREM DREAM COOLER	85	170	70	8	5	0	30	50	22	0	20	3
PREM DULCE DE LECHE CHEESECAKE	85	200	80	9	6	0	30	70	27	0	25	3
PREM ENGLISH TOFFEE	85	200	110	12	6	1	40	95	22	0	20	3
PREM FUDGE RIPPLE	85	190	90	10	6	0	35	75	23	0	23	3
PREM GERMAN CHOCOLATE	85	220	120	14	8	0	35	60	23	1	21	3
PREM GINGERBREAD	85	220	110	12	6	0	35	75	24	0	22	3
PREM HOMESTYLE STRAWBERRY	85	170	60	7	4.5	0	45	55	24	1	20	3
PREM HOT CHOCOLATE	85	190	100	11	7	0	40	100	21	0	19	4
PREM MAPLE WALNUT	85	200	110	12	6	0	35	65	21	1	20	4
PREM MINT CHOCOLATE CHIP	85	240	100	11	7	0	35	60	23	0	22	3
PREM MOLTEN LAVA CAKE	85	190	90	10	6	0	35	65	26	1	23	3
PREM PEANUT BUTTER CUP	85	260	160	18	8	0	35	150	22	1	20	5
PREM PECAN PRALINE	85	210	100	11	6	0	35	110	26	0	23	3
PREM PEPPERMINT	85	200	100	11	7	0	40	60	23	0	19	3
PREM PEPPERMINT CHOCOLATE CHIP	85	220	100	11	7	0.5	35	60	23	0	20	3
PREM PISTACHIO ALMOND	85	210	120	13	7	0	40	55	18	1	17	4
PREM PUMPKIN	85	170	90	10	6	0	35	60	19	0	18	3
PREM ROCKY ROAD	85	200	110	12	7	0	40	50	21	1	19	4
PREM STRAWBERRY	85	170	80	9	6	0	35	55	21	1	20	3
PREM STRAWBERRY CHEESECAKE	85	190	80	8	5	0	30	55	25	0	23	3
PREM TRIPLE CHOCOLATE CHEESECAKE	85	190	90	10	6	0	35	55	22	1	20	3
PREM VANILLA	85	190	100	11	7	0	40	60	19	0	19	3
PREM VANILLA CHUNKY CHOCOLATE	85	210	110	13	8	0	40	70	22	1	21	3
PREM VANILLA IC W / BUTTERFINGER	85	210	100	12	7	0	35	75	24	0	21	4
PREM WHITE CHOCOLATE RASPBERRY CHEESECAKE	85	200	90	10	6	0	35	65	24	0	22	3
PREM CIRCUS ANIMAL COOKIE	85	190	100	11	7	0	40	65	21	0	20	3
PREM COOL MINT COOKIE	85	210	100	11	7	0	35	75	24	0	23	3
PREM PERFECT PAIR	85	190	100	11	7	0	40	55	20	1	19	3
PREM SEA SALT CARAMEL CASHEW	85	210	110	12	7	0	35	125	24	0	23	4
PREM SPECULOOS COOKIE BUTTER	85	210	110	12	8	0	40	130	24	0	21	3
PREM WHITE CHOCOLATE MACADAMIA NUT	85	210	120	13	7	0	35	60	22	0	21	4
SHERBET CHERRY LIMEADE	85	140	25	3	2	0	10	30	27	0	24	1
SHERBET GRAPE	85	140	30	3	2	0	10	25	26	0	23	1
SHERBET LIME	85	130	30	3	2	0	10	25	26	0	23	1
SHERBET ORANGE	85	130	30	3	2	0	10	30	26	0	23	1
SHERBET PEACH	85	130	25	3	2	0	10	25	26	0	23	1
SHERBET POMEGRANATE	85	140	25	3	1.5	0	10	25	29	0	25	1
SHERBET SICILIAN ORANGE	85	130	30	3	2	0	10	35	26	0	23	1
Ice Cream Single Dip 4.5oz												
EGG NOG	128	300	140	15	9	0	105	90	36	0	33	5
FY BANANA PECAN	128	260	110	13	5	0	25	135	32	0	28	7
FY BLACKBERRY & CREAM W / ALMONDS	128	260	100	11	4.5	0	25	95	34	1	30	8
FY BOURDEAUX CHERRY AMARETTO	128	250	80	9	4.5	0	25	110	35	1	31	8
FY CAPPUCCINO CHUNKY CHOCOLATE	128	270	90	10	7	0	25	120	39	1	34	7
FY CHOCOLATE AMARETTO	128	250	90	10	5	0	30	110	36	1	31	7
FY CHOCOLATE PECAN	128	270	120	14	5	0	25	120	32	1	27	7
FY PEACH	128	230	50	6	4	0	20	95	39	0	35	6
FY PINEAPPLE ALMOND	128	250	80	9	4	0	20	95	36	1	32	7
FY STRAWBERRY CHOCOLATE CHIP	128	230	60	7	4.5	0	20	95	38	2	33	6
FY TOFFEE BARK	128	260	90	10	6	0	30	140	37	0	34	7
LIGHT KEY LIME PIE	128	250	60	7	4	0	20	100	41	0	35	7
LIGHT POMEGRANATE CHEESECAKE	128	240	45	5	3	0	20	105	43	0	38	6
NSAFY MINT CHOCOLATE CHIP	128	230	50	6	4.5	0	15	115	36	0	10	7
NSAFY PEANUT CLUSTER FUDGE	128	230	70	8	3.5	0	15	170	40	1	9	8
NSAFY VANILLA BEAN	128	180	35	4	2.5	0	15	120	34	0	11	7
PREM AMARETTO PEACH CHARLOTTE	128	290	130	14	8	0.5	55	110	37	0	34	5
PREM BAKLAVA	128	310	160	17	10	0	55	120	36	1	33	5
PREM BILLIONAIRE SHORTBREAD	128	320	170	19	11	0	55	105	37	1	34	5
PREM BIRTHDAY CAKE	128	290	120	14	8	0	55	105	39	0	31	4
PREM BLACK WALNUT	128	310	180	20	10	0	60	85	27	1	26	7
PREM BROWNIE BATTER	128	330	160	18	9	1.5	50	105	40	2	33	5
PREM BROWNIE FUDGE SUNDAE	128	310	150	16	9	1	55	110	37	1	35	5
PREM BUTTER BRICKLE	128	300	160	17	11	0.5	60	105	33	0	32	5
PREM BUTTER PECAN	128	320	190	22	10	0	60	115	27	0	26	6
PREM CHERRIES PECANS & CREAM	128	290	150	16	9	0	55	90	32	1	30	5
PREM CHERRY CHOCOLATE CHIP	128	350	150	16	10	0.5	55	90	32	1	30	5
PREM CHOCOLATE	128	280	150	17	10	0	60	80	31	1	29	5
PREM CHOCOLATE ALMOND	128	320	180	20	10	0	55	75	30	2	28	6
PREM CHOCOLATE CARAMEL MOUSSE	128	310	160	18	12	0	55	90	35	1	32	5
PREM CHOCOLATE CHIP	128	360	160	18	11	0.5	60	95	30	0	29	5
PREM CHOCOLATE CHIP CHOCOLATE	128	320	170	19	13	0	55	90	36	2	33	5
PREM CHOCOLATE CHIP COOKIE DOUGH	128	390	160	18	10	1	50	120	35	1	34	5
PREM CHOCOLATE CHUNK CHEESECAKE	128	320	150	16	11	0	50	105	41	2	37	5
PREM CHOCOLATE CHUNK HAZELNUT	128	350	200	22	13	0	50	100	35	2	32	6
PREM CHOCOLATE TOFFEE	128	350	180	20	12	0.5	55	135	38	1	36	5
PREM CHOCOLATE TURTLE	128	350	200	23	12	0	55	110	34	1	30	5
PREM COCONUT CHOCOLATE CHEESECAKE	128	320	140	16	10	1	50	100	42	1	38	5
PREM COOKIES N CREAM	128	310	160	17	10	1	55	135	34	1	28	5
PREM DEEP CHOCOLATE	128	280	140	15	9	0	50	100	35	3	29	6
PREM DREAM COOLER	128	250	110	12	8	0	45	75	32	0	30	4
PREM DULCE DE LECHE CHEESECAKE	128	300	120	14	9	0	50	110	41	0	38	5
PREM ENGLISH TOFFEE	128	300	160	18	10	1	60	140	33	0	30	5
PREM FUDGE RIPPLE	128	290	140	15	10	0.5	55	110	34	0	34	5
PREM GERMAN CHOCOLATE	128	350	200	22	12	0	55	95	36	2	33	5
PREM GINGERBREAD	128	330	170	19	10	0.5	55	110	36	0	33	5

	Serving size (g)	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
PREM HOMESTYLE STRAWBERRY	128	270	100	11	7	0	70	85	38	2	32	5
PREM HOT CHOCOLATE	128	280	150	16	10	0	60	150	31	1	29	5
PREM MAPLE WALNUT	128	310	170	19	9	0	55	100	32	1	30	5
PREM MINT CHOCOLATE CHIP	128	360	150	16	10	0.5	55	90	34	0	33	5
PREM MOLTEN LAVA CAKE	128	290	130	14	9	0	55	100	39	2	34	5
PREM PEANUT BUTTER CUP	128	380	240	26	13	0	50	230	32	1	30	7
PREM PECAN PRALINE	128	310	150	16	9	0	50	160	39	0	35	5
PREM PEPPERMINT	128	290	140	16	10	0.5	60	90	34	0	29	5
PREM PEPPERMINT CHOCOLATE CHIP	128	340	150	17	11	1	55	90	35	0	30	5
PREM PISTACHIO ALMOND	128	310	180	20	10	0	60	85	28	1	26	7
PREM PUMPKIN	128	260	140	15	9	0	55	90	28	0	26	5
PREM ROCKY ROAD	128	310	170	19	10	0	55	75	32	2	29	6
PREM STRAWBERRY	128	260	120	14	9	0	50	80	32	1	30	4
PREM STRAWBERRY CHEESECAKE	128	280	110	13	8	0	45	80	38	0	34	4
PREM TRIPLE CHOCOLATE CHEESECAKE	128	280	140	15	10	0	55	80	33	1	30	5
PREM VANILLA	128	280	150	17	10	0.5	60	90	28	0	28	5
PREM VANILLA CHUNKY CHOCOLATE	128	310	170	19	13	0	55	105	33	1	32	5
PREM VANILLA IC W / BUTTERFINGER	128	310	160	17	11	0	55	115	36	1	31	5
PREM WHITE CHOCOLATE RASPBERRY CHEESECAKE	128	290	130	15	10	0	50	95	37	1	33	5
PREM CIRCUS ANIMAL COOKIE	128	290	150	16	11	0	60	100	32	0	30	5
PREM COOL MINT COOKIE	128	310	150	17	11	0.5	55	110	36	1	34	5
PREM PERFECT PAIR	128	280	150	17	10	0.5	60	85	30	1	29	5
PREM SEA SALT CARAMEL CASHEW	128	320	160	18	10	0	55	190	36	0	35	6
PREM SPECULOOS COOKIE BUTTER	128	320	160	18	11	0	55	200	36	0	31	5
PREM WHITE CHOCOLATE MACADAMIA NUT	128	320	180	20	11	0	55	95	32	1	31	5
SHERBET CHERRY LIMEADE	128	200	40	4.5	2.5	0	15	45	40	0	35	2
SHERBET GRAPE	128	200	40	4.5	3	0	15	40	39	0	35	2
SHERBET LIME	128	200	40	4.5	3	0	15	40	39	0	35	2
SHERBET ORANGE	128	200	40	4.5	3	0	15	45	39	0	35	2
SHERBET PEACH	128	200	40	4.5	3	0	15	40	39	0	35	2
SHERBET POMEGRANATE	128	220	35	4	2.5	0	15	40	44	0	38	2
SHERBET SICILIAN ORANGE	128	200	40	4.5	3	0	15	50	39	0	34	2
Cones												
CONE CAKE CONE	8	30	5	0	0	0	0	35	6	0	0	1
CONE JUNIOR SUGAR CONE	14	50	5	0.5	0	0	0	35	12	1	4	1
CONE LARGE WAFFLE CONE	27	110	10	1	0.5	0	0	65	24	2	8	1
CONE SMALL WAFFLE CONE	17	70	5	0.5	0	0	0	40	15	1	5	1
SUNDAE DRIVER	236	650	340	37	20	0.5	85	230	71	3	53	13
Soft Serve Cones												
SUGAR CONE JUNIOR CHOCOLATE	99	190	50	6	3.5	0	20	115	32	2	22	4
SUGAR CONE JUNIOR TWIST	99	190	50	6	3.5	0	20	120	32	1	21	4
SUGAR CONE JUNIOR VANILLA	99	190	50	6	3.5	0	20	120	32	1	20	4
CAKE CONE SMALL CHOCOLATE	150	260	80	9	5	0	30	170	39	1	30	6
CAKE CONE SMALL TWIST	150	260	80	9	6	0	30	170	39	1	28	6
CAKE CONE SMALL VANILLA	150	260	80	9	6	0	30	180	38	0	27	6
WAFFLE CONE SMALL CHOCOLATE	159	290	80	9	6	0	30	180	48	3	35	7
WAFFLE CONE SMALL TWIST	159	290	80	9	6	0	30	180	48	2	33	7
WAFFLE CONE SMALL VANILLA	159	290	90	9	6	0	30	190	47	1	32	7
WAFFLE CONE LARGE CHOCOLATE	311	560	160	18	11	0	60	340	91	5	68	13
WAFFLE CONE LARGE TWIST	311	560	170	18	12	0	60	350	90	3	65	13
WAFFLE CONE LARGE VANILLA	311	560	170	19	12	0.5	65	360	89	2	62	13
Soft Serve in a Dish												
CHOCOLATE SMALL	142	230	80	9	5	0	30	135	34	1	30	6
TWIST SMALL	142	230	80	9	6	0	30	140	33	1	28	6
VANILLA SMALL	142	230	80	9	6	0	30	150	33	0	27	6
CHOCOLATE LARGE	284	450	150	17	11	0	60	270	67	3	59	12
TWIST LARGE	284	450	160	17	11	0	60	280	66	2	56	12
VANILLA LARGE	284	460	160	18	11	0.5	65	290	65	0	53	11

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Single-Dip Sundaes													
	BUTTER PECAN	179	550	320	36	13	0.5	65	240	53	0	43	8
	CHERRY	166	320	150	17	10	0	60	100	39	1	35	5
	CHOCOLATE	186	460	200	22	11	0	65	125	61	3	48	10
	CHOCOLATE MARSHMALLOW	171	430	190	21	11	0	60	95	57	2	48	6
	HOT CARAMEL	171	450	210	24	12	0.5	70	160	52	1	44	8
	HOT FUDGE	168	450	240	27	16	0	60	150	46	1	37	8
	PEANUT CLUSTER FUDGE	177	490	270	30	17	0	60	210	48	2	37	11
	STRAWBERRY	168	330	150	17	10	0	60	90	40	1	37	5
Double-Dip Sundaes													
	BUTTER PECAN	345	1060	620	69	25	1	125	480	102	1	84	16
	CHERRY	319	610	290	32	20	1	115	190	75	1	69	10
	CHOCOLATE	358	890	380	43	22	1	120	240	118	7	94	19
	CHOCOLATE MARSHMALLOW	329	830	360	40	20	1	115	180	111	4	96	13
	HOT CARAMEL	328	860	410	45	23	1	135	310	101	2	87	16
	HOT FUDGE	322	860	460	52	31	1	115	290	89	3	72	16
	PEANUT CLUSTER FUDGE	340	950	530	59	33	1	115	420	94	4	73	21
	STRAWBERRY	324	620	290	32	20	1	115	180	77	2	72	10
	TUXEDO	326	850	410	46	26	1	115	240	100	3	84	14
Triple-Dip Sundaes													
	BUTTER PECAN	524	1610	940	105	38	1.5	195	730	155	1	126	24
	CHERRY	485	940	440	48	30	1.5	180	290	114	2	105	15
	CHOCOLATE	543	1350	580	65	33	1.5	180	360	178	10	142	29
	CHOCOLATE MARSHMALLOW	500	1270	550	61	31	1.5	175	270	169	6	145	19
	HOT CARAMEL	499	1300	620	69	36	1.5	205	470	154	3	132	24
	HOT FUDGE	480	1310	700	78	47	1.5	180	440	136	4	109	23
	PEANUT CLUSTER FUDGE	516	1440	800	89	49	1.5	180	630	143	6	110	31
	STRAWBERRY	482	940	440	49	30	1.5	180	270	117	3	109	15
	TUXEDO W/TWO SCOOP CHOC	487	1280	600	67	36	1.5	175	330	158	5	133	20
	TUXEDO W/TWO SCOOP VAN	484	1290	650	73	42	1.5	175	380	147	5	121	22
Fancy Sundaes Single-Dip													
	BANANA FUDGE	215	490	240	27	16	0	60	150	57	3	43	8
	BIRTHDAY CAKE	225	600	210	23	11	0	95	300	94	1	70	8
	BLACK FOREST	235	570	260	29	18	0.5	100	350	74	2	56	8
	BROWNIE CARAMEL	244	740	330	37	15	1	80	330	95	2	76	11
	BROWNIE FUDGE	240	740	370	41	21	1	70	310	86	3	84	11
	CAPPUCCINO CARAMEL FUDGE	196	600	320	35	17	0.5	65	260	67	1	53	8
	CHERRY SHORTCAKE	221	460	200	22	13	0.5	100	270	62	1	49	7
	GERMAN CHOCOLATE	196	620	340	37	17	0	60	250	67	2	52	8
	MOLTEN LAVA	220	640	330	36	21	0.5	100	370	72	2	52	11
	PECAN CARAMEL CINNAMON CRUMBCAKE	228	690	350	39	15	1.5	90	390	81	1	62	10
	PECAN PRALINE	224	660	280	31	14	0.5	105	460	91	1	68	10
	PEPPERMINT CHOCOLATE CHIP BROWNIE FUDGE	240	790	370	41	21	1	65	310	92	3	66	11
	STRAWBERRY BANANA	216	370	150	17	10	0	60	90	51	2	43	5
	STRAWBERRY SHORTCAKE	224	460	200	22	13	0.5	100	260	63	2	51	7
	TURTLE	196	570	310	34	16	0.5	70	250	62	1	48	9
Fancy Sundaes Double-Dip													
	BANANA FUDGE	417	940	460	52	31	1	115	290	111	5	84	16
	BIRTHDAY CAKE	436	1170	410	45	21	1	185	590	185	3	138	16
	BLACK FOREST	422	990	460	51	29	1	190	630	127	3	100	15
	BROWNIE CARAMEL	475	1440	640	72	29	2	160	660	187	4	150	22
	BROWNIE FUDGE	466	1450	720	81	40	2	135	620	169	6	127	22
	CAPPUCCINO CARAMEL FUDGE	379	1170	620	68	33	1	120	510	131	3	105	17
	CHERRY SHORTCAKE	428	880	380	42	24	1	200	540	121	2	96	15
	GERMAN CHOCOLATE	379	1200	660	73	32	1	115	500	131	3	103	17
	MOLTEN LAVA	426	1240	640	71	40	1	190	730	142	4	103	21
	PECAN CARAMEL CINNAMON CRUMBCAKE	433	1340	680	75	29	2.5	175	780	158	1	122	20
	PECAN PRALINE	435	1280	540	60	27	1.5	200	910	178	2	135	19
	PEPPERMINT CHOCOLATE CHIP BROWNIE FUDGE	466	1550	720	81	40	2.5	120	620	181	6	131	21
	STRAWBERRY BANANA	418	700	290	32	20	1	115	180	98	4	84	11
	STRAWBERRY SHORTCAKE	435	890	380	42	24	1	200	520	123	3	100	14
	TURTLE	379	1110	590	66	30	1	135	500	120	1	97	17
Fancy Sundaes Triple-Dip													
	BANANA FUDGE	616	1420	700	78	47	1.5	180	440	165	7	124	24
	BIRTHDAY CAKE	661	1780	620	69	32	1.5	280	880	280	4	208	24
	BLACK FOREST	640	1510	700	78	43	1.5	290	950	192	4	150	23
	BROWNIE CARAMEL	719	2180	970	109	44	3	240	990	282	7	225	33
	BROWNIE FUDGE	706	2180	1090	122	61	3	205	940	255	8	192	33
	CAPPUCCINO CARAMEL FUDGE	575	1770	930	104	51	1.5	180	770	199	4	158	25
	CHERRY SHORTCAKE	649	1330	570	63	37	2	300	820	183	3	145	22
	GERMAN CHOCOLATE	575	1820	990	110	49	1.5	180	750	198	5	155	25
	MOLTEN LAVA	646	1880	960	108	60	1.5	290	1100	214	6	155	32
	PECAN CARAMEL CINNAMON CRUMBCAKE	672	2030	1020	114	44	4	265	1170	239	2	184	30
	PECAN PRALINE	647	1900	810	91	40	2	300	1350	261	3	196	28
	PEPPERMINT CHOCOLATE CHIP BROWNIE FUDGE	706	2340	1090	123	61	3.5	185	940	274	9	197	32
	STRAWBERRY BANANA	618	1050	440	49	30	1.5	180	270	146	6	124	16
	STRAWBERRY SHORTCAKE	660	1350	570	64	37	2	300	780	187	5	152	22
	TURTLE	575	1690	900	100	46	1.5	205	750	182	2	147	25
Candy Bar Sundae Single-Dip													
	BUTTERFINGER	176	470	220	25	17	0	60	180	57	1	44	7
	HEATH	176	480	250	27	18	0	65	230	55	1	46	6
	HERSHEY GOLD	173	470	240	26	18	0.5	65	170	52	1	43	7
	M&M	179	490	240	27	18	0	65	150	58	2	47	7
	OREO	172	450	220	25	16	0	60	210	54	1	41	7
	REESES PNT BUTTER CUP	178	490	250	28	18	0	65	210	55	1	45	8

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Candy Bar Sundae Double-Dip													
	BUTTERFINGER	338	900	430	48	33	1	115	360	110	2	86	14
	HEATH	339	930	480	53	36	1	125	450	106	1	91	12
	HERSHEY GOLD	332	900	460	51	35	1	120	340	101	2	84	14
	M&M	344	950	460	51	36	1	120	300	113	3	93	14
	OREO	331	880	430	48	31	1	115	410	104	2	80	13
	REESES PNT BUTTER CUP	342	940	480	53	34	1	120	410	107	2	89	16
Candy Bar Sundae Triple-Dip													
	BUTTERFINGER	514	1370	660	73	50	1.5	180	540	166	3	130	21
	HEATH	515	1420	720	81	54	1.5	195	670	161	2	137	18
	HERSHEY GOLD	504	1370	690	78	53	1.5	185	520	153	3	127	21
	M&M	523	1440	700	78	54	1.5	185	450	171	5	140	21
	OREO	503	1330	650	73	48	1.5	180	620	158	3	121	20
	REESES PNT BUTTER CUP	520	1420	730	81	52	1.5	185	620	163	3	135	25
Banana Split													
	ALL FRUIT CHERRY & STRWBERRY	613	1050	440	49	30	1.5	180	280	144	5	121	16
	ALL FRUIT CHERRY & STRWBERRY MADE WITH SOFT SERVE	613	860	220	25	16	0.5	90	390	147	5	111	16
	ALL FRUIT STRWBERRY & CHERRY	616	1050	450	50	28	1.5	180	280	142	6	123	15
	ALL FRUIT STRWBERRY & CHERRY MADE WITH SOFT SERVE	616	860	230	25	16	0.5	90	380	148	5	112	16
	OLD FASHIONED	645	1330	540	60	30	1.5	170	290	188	11	148	23
	OLD FASHIONED MADE WITH SOFT SERVE	645	1140	350	39	17	0.5	90	410	186	10	138	24
	HOT CARAMEL	625	1410	620	69	36	1.5	205	470	183	6	147	25
	HOT CARAMEL MADE WITH SOFT SERVE	625	1220	410	45	21	1	115	580	186	6	136	25
	HOT FUDGE	616	1420	700	78	47	1.5	180	440	165	7	124	24
	HOT FUDGE MADE WITH SOFT SERVE	616	1220	490	55	33	0.5	90	540	168	7	114	24
Ice Cream Hand-Packed Pint													
	FR EGG NOG	510	1180	550	61	36	2	415	360	144	1	133	20
	FY BANANA PECAN	510	1060	450	51	19	1	100	540	128	1	110	30
	FY BLACKBERRY & CREAM W / ALMONDS	510	1040	390	43	17	1	95	390	136	4	119	32
	FY BOURDEAUX CHERRY AMARETTO	510	1000	330	37	18	1	100	430	142	3	123	30
	FY CAPPUCCINO CHUNKY CHOCOLAT	510	1080	370	41	30	1	100	480	156	4	137	29
	FY CHOCOLATE AMARETTO	510	1000	340	38	21	1	110	440	145	6	124	28
	FY CHOCOLATE PECAN	510	1080	490	54	22	1	110	480	130	4	106	28
	FY PEACH	510	920	220	24	15	0.5	90	380	156	1	141	24
	FY PINEAPPLE ALMOND	510	1010	340	38	16	0.5	85	390	143	3	127	29
	FY STRAWBERRY CHOCOLATE CHIP	510	930	250	28	19	1	85	390	151	6	130	24
	FY TOFFEE BARK	510	1060	380	40	24	1	115	560	148	1	134	29
	LIGHT KEY LIME PIE	510	990	240	26	17	0.5	85	410	163	1	140	27
	LIGHT POMERGRANATE CHEESECAKE	510	960	180	20	13	0.5	75	430	174	1	152	25
	NSAFY MINT CHOCOLATE CHIP	510	930	220	24	17	0	60	460	143	2	41	28
	NSAFY PEANUT CLUSTER FUDGE	510	920	270	30	13	0	60	670	162	3	36	31
	NSAFY VANILLA BEAN	510	730	140	15	10	0	65	470	137	1	43	29
	PREM AMARETTO PEACH CHARLOTTE	510	1150	510	56	34	2.5	210	440	147	2	137	18
	PREM BAKLAVA	510	1260	620	69	40	2	220	470	145	2	133	20
	PREM BILLIONAIRE SHORTBREAD	510	1300	670	75	43	2	215	420	148	6	135	20
	PREM BIRTHDAY CAKE	510	1170	500	55	33	1.5	220	430	155	1	124	18
	PREM BLACK WALNUT	510	1240	730	81	40	2	230	350	110	3	105	27
	BROWNIE BATTER	510	1320	650	72	36	6	210	430	160	8	133	21
	PREM BROWNIE FUDGE SUNDAE	510	1230	590	65	37	5	225	440	148	2	139	20
	PREM BUTTER BRICKLE	510	1200	630	70	42	2	245	420	130	1	129	20
	PREM BUTTER PECAN	510	1260	780	86	41	2	230	470	109	1	104	22
	PREM CHERRIES PECANS & CREAM	510	1140	590	65	37	1.5	215	350	127	3	119	19
	PREM CHERRY CHOCOLATE CHIP	510	1380	580	65	41	2.5	220	370	128	2	122	19
	PREM CHOCOLATE	510	1140	600	67	42	2	240	320	124	5	117	20
	PREM CHOCOLATE ALMOND	510	1260	730	81	40	2	225	300	121	8	111	26
	PREM CHOCOLATE CARAMEL MOUSSE	510	1250	650	73	48	2	225	360	139	5	126	20
	PREM CHOCOLATE CHIP	510	1420	640	71	45	2.5	240	370	118	2	115	21
	PREM CHOCOLATE CHIP CHOCOLATE	510	1280	670	75	50	2	220	370	144	8	131	20
	PREM CHOCOLATE CHIP COOKIE DOUGH	510	1560	660	73	41	4	205	470	140	2	136	20
	PREM CHOCOLATE CHUNK CHEESECAKE	510	1270	590	66	43	2	195	410	163	7	148	19
	PREM CHOCOLATE CHUNK HAZELNUT	510	1400	810	90	52	1.5	205	400	142	9	128	23
	PREM CHOCOLATE TOFFEE	510	1390	740	82	48	2	225	550	153	5	145	19
	PREM CHOCOLATE TURTLE	510	1390	820	91	47	2	215	440	135	5	120	22
	PREM COCONUT CHOCOLATE CHEESECAKE	510	1290	570	64	39	4.5	195	410	167	4	151	19
	PREM COOKIES N CREAM	510	1230	630	70	40	4	230	550	136	2	112	22
	PREM DEEP CHOCOLATE	510	1110	550	61	37	1.5	205	390	138	10	117	22
	PREM DREAM COOLER	510	1000	440	49	30	1.5	180	300	129	1	121	16
	PREM ENGLISH TOFFEE	510	1220	640	71	39	4.5	230	570	131	1	122	19
	PREM FUDGE RIPPLE	510	1160	550	62	38	2	215	440	138	2	136	20
	PREM GERMAN CHOCOLATE	510	1310	740	82	45	2	210	370	136	6	124	20
	PREM GINGERBREAD	510	1300	670	75	39	2.5	215	440	146	1	133	18
	PREM HOMESTYLE STRAWBERRY	510	1020	390	43	26	1	260	320	142	6	121	20
	PREM HOT CHOCOLATE	510	1130	580	64	40	2	235	610	124	2	116	21
	PREM MAPLE WALNUT	510	1230	670	74	38	1.5	215	400	126	3	120	22
	PREM MINT CHOCOLATE CHIP	510	1440	580	64	41	2.5	215	350	136	2	131	19
	PREM MOLTEN LAVA CAKE	510	1160	510	57	34	1.5	210	400	155	8	135	20
	PREM PEANUT BUTTER CUP	510	1540	950	106	50	2	195	920	129	5	121	28
	PREM PECAN PRALINE	510	1250	590	65	35	1.5	195	650	155	2	139	18
	PREM PEPPERMINT	510	1180	580	64	39	2.5	230	360	136	1	116	19
	PREM PEPPERMINT CHOCOLATE CHIP	510	1340	610	67	42	3	225	360	140	2	119	19
	PREM PISTACHIO ALMOND	510	1240	720	81	40	2	230	340	110	4	105	26
	PREM PUMPKIN	510	1040	550	61	38	2	225	360	111	2	106	19
	PREM ROCKY ROAD	510	1230	670	75	40	2	225	310	128	7	117	24
	PREM STRAWBERRY	510	1050	480	55	34	1.5	205	320	127	5	118	17
	PREM STRAWBERRY CHEESECAKE	510	1110	460	51	32	1.5	185	330	151	1	137	17
	PREM TRIPLE CHOCOLATE CHEESECAKE	510	1130	550	61	38	2	220	320	133	4	120	20
	PREM VANILLA	510	1110	600	67	42	2	250	370	113	1	111	21
	PREM VANILLA CHUNKY CHOCOLATE	510	1250	680	75	50	2	225	410	133	4	126	21

	Serving size (g)	Cals (kcal)	FatCals (kcal)	Fat(g)	SatFat(g)	TransFat(g)	Chol(mg)	Sod(mg)	Carb(g)	Fib(g)	Sugar(g)	Prot(g)
PREM VANILLA IC W / BUTTERFINGER	510	1250	630	70	42	2	220	460	142	2	126	22
WHITE CHOCOLATE RASPBERRY CHEESECAKE	510	1170	540	60	39	1.5	195	390	147	2	134	18
SHERBET CHERRY LIMEADE	510	820	160	18	11	0.5	65	180	162	1	142	8
SHERBET GRAPE	510	820	170	19	12	0.5	70	160	154	1	139	9
SHERBET LIME	510	810	170	19	12	0.5	70	160	156	1	139	9
SHERBET ORANGE	510	800	170	19	11	0.5	70	180	156	1	138	9
SHERBET PEACH	510	800	160	18	11	0.5	70	150	155	1	140	9
SHERBET POMEGRANATE	510	860	150	17	10	0.5	60	160	175	1	151	8
SHERBET SICILIAN ORANGE	510	800	170	18	11	0.5	70	210	156	1	137	9
SHERBET FREEZE												
SHERBET CHERRY LIMEADE	12 fl oz	360	60	7	4	0	25	105	75	0	67	3
SHERBET LIME	12 fl oz	360	60	7	4.5	0	25	95	72	0	65	3
SHERBET ORANGE	12 fl oz	350	60	7	4.5	0	25	100	72	0	65	3
SHERBET CHERRY LIMEADE	16 fl oz	520	80	9	5	0	35	130	109	1	98	4
SHERBET LIME	16 fl oz	510	80	9	6	0	35	115	105	0	96	4
SHERBET ORANGE	16 fl oz	510	80	9	6	0	35	125	105	0	95	4
SHERBET CHERRY LIMEADE	22 fl oz	780	120	13	8	0	50	180	163	1	146	6
SHERBET LIME	22 fl oz	760	130	14	9	0	50	160	157	1	144	6
SHERBET ORANGE	22 fl oz	760	130	14	9	0	50	180	157	1	143	6
SHERBET CHERRY LIMEADE	32 fl oz	1030	160	18	11	0.5	65	250	216	1	195	8
SHERBET LIME	32 fl oz	1020	170	19	12	0.5	70	220	209	1	192	9
SHERBET ORANGE	32 fl oz	1020	170	19	11	0.5	70	240	209	1	190	9
Malt Jr.												
BANANA	12 fl oz	510	240	26	16	1	100	210	58	1	53	12
FY BANANA PECAN	12 fl oz	520	180	20	8	0	40	380	66	0	59	22
FY BLACKBERRY & CREAM W/ALMONDS	12 fl oz	520	150	17	7	0	40	320	70	1	62	23
FY BOURDEAUX CHERRY AMARETTO	12 fl oz	500	130	15	7	0	40	340	72	1	64	22
FY CAPPUCCINO CHUNKY CHOCOLATE	12 fl oz	530	150	16	12	0	40	360	77	2	69	22
FY CHOCOLATE AMARETTO	12 fl oz	500	140	15	8	0	45	340	73	2	64	21
FY CHOCOLATE PECAN	12 fl oz	530	190	22	9	0	45	360	67	2	57	21
FY PEACH	12 fl oz	470	90	10	6	0	40	320	77	1	70	20
FY PINEAPPLE ALMOND	12 fl oz	500	140	15	6	0	35	320	72	1	65	22
FY STRAWBERRY CHOCOLATE CHIP	12 fl oz	470	100	11	7	0	35	320	75	2	66	20
FY TOFFEE BARK	12 fl oz	520	140	16	10	0	50	390	74	0	68	22
LTGHT KEY LIME PIE	12 fl oz	500	100	11	7	0	35	330	80	0	70	21
LTGHT POMEGRANATE CHEESECAKE	12 fl oz	490	70	8	5	0	30	340	84	0	75	20
NSAFY MINT CHOCOLATE CHIP	12 fl oz	480	90	10	7	0	25	350	72	1	32	21
NSAFY PEANUT CLUSTER FUDGE	12 fl oz	470	110	12	5	0	25	430	79	1	30	23
NSAFY VANILLA BEAN	12 fl oz	400	60	6	4	0	25	350	70	0	32	22
PREM AMARETTO PEACH CHARLOTTE	12 fl oz	560	200	22	13	1	85	340	74	1	69	18
PREM BAKLAVA	12 fl oz	600	250	27	16	0.5	90	350	73	1	67	18
PREM BILLIONAIRE SHORTBREAD	12 fl oz	580	240	27	16	0.5	80	300	68	2	62	17
PREM BIRTHDAY CAKE	12 fl oz	570	200	22	13	0.5	90	340	77	0	64	17
PREM BLACK WALNUT	12 fl oz	590	290	32	16	0.5	95	310	59	1	56	21
PREM BROWNIE BATTER	12 fl oz	630	260	29	14	2.5	85	340	79	3	67	18
PREM BROWNIE FUDGE SUNDAE	12 fl oz	590	230	26	15	2	90	340	74	1	70	18
PREM BUTTER BRICKLE	12 fl oz	580	250	27	17	1	100	330	67	1	66	18
PREM BUTTER PECAN	12 fl oz	600	310	34	16	0.5	95	350	59	0	56	19
PREM CHERRIES PECANS & CREAM	12 fl oz	580	230	26	14	0.5	85	310	66	1	62	18
PREM CHERRY	12 fl oz	560	240	26	16	1	100	250	69	0	66	14
PREM CHERRY CHOCOLATE CHIP	12 fl oz	650	230	26	16	1	90	310	66	1	63	18
PREM CHOCOLATE	12 fl oz	550	240	26	16	1	95	290	65	2	61	18
PREM CHOCOLATE ALMOND	12 fl oz	600	290	32	16	0.5	90	290	63	3	59	20
PREM CHOCOLATE CARAMEL MOUSSE	12 fl oz	600	260	29	19	0.5	90	310	71	2	65	18
PREM CHOCOLATE CHIP	12 fl oz	670	250	28	18	1	95	310	63	1	61	19
PREM CHOCOLATE CHIP CHOCOLATE	12 fl oz	610	270	29	20	0.5	90	310	72	3	67	18
PREM CHOCOLATE CHIP COOKIE DOUGH	12 fl oz	720	260	29	16	1.5	80	350	71	1	69	18
PREM CHOCOLATE CHUNK CHEESECAKE	12 fl oz	610	230	26	17	0.5	80	330	80	3	73	18
PREM CHOCOLATE CHUNK HAZELNUT	12 fl oz	660	320	35	20	0.5	80	330	72	4	65	19
PREM CHOCOLATE TOFFEE	12 fl oz	650	290	32	19	1	90	380	76	2	72	18
PREM CHOCOLATE TURTLE	12 fl oz	650	320	36	19	0.5	85	340	69	2	62	19
PREM CIRCUS ANIMAL COOKIE	12 fl oz	560	230	26	17	0.5	95	320	66	0	62	18
PREM COCONUT CHOCOLATE CHEESECAKE	12 fl oz	610	230	25	15	1.5	80	330	81	1	74	18
PREM COOKIES N CREAM	12 fl oz	590	250	28	16	1.5	90	380	69	1	59	19
PREM COOL MINT COOKIE	12 fl oz	600	240	27	17	1	85	340	72	1	69	18
PREM DEEP CHOCOLATE	12 fl oz	540	220	24	14	0.5	85	320	70	4	61	19
PREM DREAM COOLER	12 fl oz	500	170	19	12	0.5	75	280	67	0	63	17
PREM DULCE DE LECHE CHEESECAKE	12 fl oz	580	200	22	14	0.5	75	340	80	0	74	18
PREM ENGLISH TOFFEE	12 fl oz	590	250	28	15	2	90	390	68	0	63	18
PREM FUDGE RIPPLE	12 fl oz	570	220	24	15	1	85	340	70	1	69	18
PREM GERMAN CHOCOLATE	12 fl oz	620	290	32	18	0.5	85	310	70	2	64	18
PREM GINGERBREAD	12 fl oz	620	270	30	15	1	85	340	73	1	67	18
PREM HOMESTYLE STRAWBERRY	12 fl oz	510	150	17	10	0	105	290	72	2	63	18
PREM HOT CHOCOLATE	12 fl oz	550	230	25	16	1	95	410	65	1	61	19
PREM MAPLE WALNUT	12 fl oz	590	260	29	15	0.5	85	330	66	1	62	19
PREM MINT CHOCOLATE CHIP	12 fl oz	670	230	25	16	1	85	310	69	1	66	18
PREM MOLTEN LAVA CAKE	12 fl oz	570	200	23	14	0.5	85	320	77	3	68	18
PREM PEANUT BUTTER CUP	12 fl oz	710	370	42	20	0.5	80	530	67	2	63	21
PREM PECAN PRALINE	12 fl oz	600	230	26	14	0.5	80	420	77	1	70	18
PREM PEPPERMINT	12 fl oz	570	230	25	15	1	90	310	69	0	61	18
PREM PEPPERMINT CHOCOLATE CHIP	12 fl oz	630	240	27	17	1	90	310	71	1	62	18
PREM PERFECT PAIR	12 fl oz	550	240	26	16	1	100	300	63	1	60	18
PREM PISTACHIO ALMOND	12 fl oz	590	290	32	16	0.5	95	300	59	2	56	21
PREM PUMPKIN	12 fl oz	520	220	24	15	0.5	90	310	60	1	57	18
PREM ROCKY ROAD	12 fl oz	590	270	29	16	0.5	90	290	66	3	61	20
PREM SEA SALTED CARMEL CASHEW	12 fl oz	610	250	28	16	0.5	85	460	73	1	69	19
PREM SPECULOOS COOKIE BUTTER	12 fl oz	610	250	28	18	1	90	470	73	1	64	18
PREM STRAWBERRY	12 fl oz	520	200	22	14	0.5	80	290	66	2	62	17
PREM STRAWBERRY CHEESECAKE	12 fl oz	550	180	20	13	0.5	75	300	75	1	69	17

	Serving size (g)	Cals (kcal)	FatCals (kcal)	Fat(g)	SatFat(g)	TransFat(g)	Chol(mg)	Sod(mg)	Carb(g)	Fib(g)	Sugar(g)	Prot(g)
PREM TRIPLE CHOCOLATE CHEESECAKE	12 fl oz	550	220	24	15	0.5	90	290	68	2	62	18
PREM VANILLA	12 fl oz	540	240	26	16	1	100	310	60	0	59	19
PREM VANILLA CHUNKY CHOCOLATE	12 fl oz	600	270	30	20	0.5	90	330	68	2	65	19
PREM VANILLA IC W/ BUTTERFINGER	12 fl oz	600	250	28	17	0.5	90	350	72	1	65	19
PREM WHITE CHOCOLATE MACADAMIA NUT	12 fl oz	610	280	32	17	0.5	90	310	67	1	64	19
PREM WHITE CHOCOLATE RASPBERRY CHEESECAKE	12 fl oz	570	210	24	15	0.5	80	320	74	1	68	17
Malt Small												
BANANA	16 fl oz	710	310	34	21	1	125	320	85	2	76	19
FY BANANA PECAN	16 fl oz	690	230	26	10	0	55	510	88	0	77	29
FY BLACKBERRY & CREAM W/ ALMONDS	16 fl oz	680	200	22	9	0	50	430	92	2	81	30
FY BOURDEAUX CHERRY AMARETTO	16 fl oz	660	170	19	9	0	55	450	94	1	83	29
FY CAPPUCCINO CHUNKY CHOCOLATE	16 fl oz	700	190	21	15	0	55	480	101	2	90	29
FY CHOCOLATE AMARETTO	16 fl oz	660	180	20	11	0	60	460	96	3	84	28
FY CHOCOLATE PECAN	16 fl oz	700	250	28	11	0	60	480	88	2	75	28
FY PEACH	16 fl oz	620	110	13	8	0	50	430	101	1	92	26
FY PINEAPPLE ALMOND	16 fl oz	660	180	19	8	0	45	430	95	2	86	28
FY STRAWBERRY CHOCOLATE CHIP	16 fl oz	620	130	15	10	0.5	50	430	99	3	87	26
FY TOFFEE BARK	16 fl oz	690	190	21	12	0.5	60	520	98	0	89	29
LIGHT KEY LIME PIE	16 fl oz	650	120	14	9	0	50	440	105	0	92	28
LIGHT POMEGRANATE CHEESECAKE	16 fl oz	640	90	11	7	0	40	460	110	0	98	27
NSAFY MINT CHOCOLATE CHIP	16 fl oz	620	120	13	9	0	35	470	95	1	42	28
NSAFY PEANUT CLUSTER FUDGE	16 fl oz	620	140	16	7	0	35	570	104	2	40	30
NSAFY VANILLA BEAN	16 fl oz	520	70	8	5	0	35	470	92	0	43	29
PREM AMARETTO PEACH CHARLOTTE	16 fl oz	730	260	29	17	1	110	460	97	1	91	23
PREM BAKLAVA	16 fl oz	790	320	35	21	1	115	470	96	1	88	24
PREM BILLIONAIRE SHORTBREAD	16 fl oz	810	340	38	22	1	110	460	98	3	89	24
PREM BIRTHDAY CAKE	16 fl oz	740	250	28	17	1	115	460	101	1	84	23
PREM BLACK WALNUT	16 fl oz	780	370	41	21	1	120	410	78	2	74	28
PREM BROWNIE BATTER	16 fl oz	820	330	37	18	3	110	450	103	4	88	25
PREM BROWNIE FUDGE SUNDAE	16 fl oz	780	300	33	19	2.5	115	460	98	1	91	24
PREM BUTTER BRICKLE	16 fl oz	760	320	35	21	1	130	460	89	1	86	24
PREM BUTTER PECAN	16 fl oz	790	390	44	21	1	120	470	78	1	74	25
PREM CHERRIES PECANS & CREAM	16 fl oz	730	300	33	19	1	110	410	87	2	82	24
PREM CHERRY	16 fl oz	730	310	34	21	1	125	350	88	1	84	20
PREM CHERRY CHOCOLATE CHIP	16 fl oz	850	300	33	21	1	115	420	88	1	83	24
PREM CHOCOLATE	16 fl oz	730	310	34	21	1	125	400	86	3	80	24
PREM CHOCOLATE ALMOND	16 fl oz	790	370	41	21	1	115	390	84	4	77	27
PREM CHOCOLATE CARAMEL MOUSSE	16 fl oz	780	330	37	24	1	115	420	93	3	85	24
PREM CHOCOLATE CHIP	16 fl oz	870	320	36	23	1	125	420	83	1	80	25
PREM CHOCOLATE CHIP CHOCOLATE	16 fl oz	800	340	38	25	1	115	420	95	4	87	24
PREM CHOCOLATE CHIP COOKIE DOUGH	16 fl oz	940	330	37	21	2	105	470	93	1	90	24
PREM CHOCOLATE CHUNK CHEESECAKE	16 fl oz	790	300	33	22	1	100	440	105	3	96	24
PREM CHOCOLATE CHUNK HAZELNUT	16 fl oz	880	410	45	26	1	105	440	94	5	86	26
PREM CHOCOLATE TOFFEE	16 fl oz	850	370	42	25	1	120	510	100	3	94	24
PREM CHOCOLATE TURTLE	16 fl oz	850	410	46	24	1	110	460	91	3	82	25
PREM CIRCUS ANIMAL COOKIE	16 fl oz	740	300	34	21	1	120	430	87	1	82	24
PREM COCONUT CHOCOLATE CHEESECAKE	16 fl oz	800	290	33	20	2	100	440	107	2	97	24
PREM COOKIES N CREAM	16 fl oz	770	320	36	21	2	120	510	91	1	78	25
PREM COOL MINT COOKIE	16 fl oz	780	320	35	22	1.5	110	460	95	1	90	24
PREM DEEP CHOCOLATE	16 fl oz	710	280	31	19	1	105	430	93	5	81	25
PREM DREAM COOLER	16 fl oz	660	220	25	16	1	95	390	88	1	83	22
PREM DULCE DE LECHE CHEESECAKE	16 fl oz	760	250	28	18	1	100	460	105	1	97	24
PREM ENGLISH TOFFEE	16 fl oz	770	330	36	20	2.5	120	530	89	1	83	24
PREM FUDGE RIPPLE	16 fl oz	740	280	31	20	1	115	460	92	1	90	24
PREM GERMAN CHOCOLATE	16 fl oz	810	380	42	23	1	110	420	92	3	84	24
PREM GINGERBREAD	16 fl oz	810	340	38	20	1	110	460	96	1	88	23
PREM HOMESTYLE STRAWBERRY	16 fl oz	670	200	22	13	0.5	135	400	94	3	82	24
PREM HOT CHOCOLATE	16 fl oz	720	300	33	20	1	120	540	86	1	80	25
PREM MAPLE WALNUT	16 fl oz	770	340	38	19	1	110	440	87	2	82	25
PREM MINT CHOCOLATE CHIP	16 fl oz	880	300	33	21	1	115	410	92	1	87	24
PREM MOLTEN LAVA CAKE	16 fl oz	740	260	29	18	1	110	440	101	4	90	24
PREM PEANUT BUTTER CUP	16 fl oz	930	480	54	26	1	105	700	88	3	82	28
PREM PECAN PRALINE	16 fl oz	780	300	33	18	1	100	560	101	1	91	23
PREM PEPPERMINT	16 fl oz	750	290	33	20	1.5	120	420	91	1	80	24
PREM PEPPERMINT CHOCOLATE CHIP	16 fl oz	830	310	34	22	1.5	115	420	94	1	82	24
PREM PERFECT PAIR	16 fl oz	720	310	34	21	1	125	410	83	2	79	24
PREM PISTACHIO ALMOND	16 fl oz	780	370	41	21	1	120	410	79	2	74	27
PREM PUMPKIN	16 fl oz	680	280	31	19	1	115	420	79	1	75	24

	Serving size (g)	Cals (kcal)	FatCals (kcal)	Fat(g)	SatFat(g)	TransFat(g)	Chol(mg)	Sod(mg)	Carb(g)	Fib(g)	Sugar(g)	Prot(g)
PREM ROCKY ROAD	16 fl oz	770	340	38	20	1	115	390	87	3	80	26
PREM SEA SALTED CARMEL CASHEWS	16 fl oz	800	320	36	20	1	110	610	96	1	91	26
PREM SPECULOOS COOKIE BUTTER	16 fl oz	790	330	36	23	1	120	630	96	1	84	24
PREM STRAWBERRY	16 fl oz	680	250	28	17	1	105	400	87	3	81	23
PREM STRAWBERRY CHEESECAKE	16 fl oz	710	230	26	16	1	100	400	99	1	90	23
PREM TRIPLE CHOCOLATE CHEESECAKE	16 fl oz	720	280	31	19	1	115	400	90	2	82	24
PREM VANILLA	16 fl oz	710	310	34	21	1	130	420	80	1	77	25
PREM VANILLA CHUNKY CHOCOLATE	16 fl oz	790	340	38	26	1	115	440	90	2	85	25
PREM VANILLA IC W/ BUTTERFINGER	16 fl oz	780	320	36	22	1	115	470	95	1	85	25
PREM WHITE CHOCOLATE MACADAMIA NUT	16 fl oz	800	370	41	22	1	115	420	88	1	84	25
PREM WHITE CHOCOLATE RASPBERRY CHEESECAKE	16 fl oz	740	280	31	20	1	100	430	97	1	89	23
Malt Medium												
BANANA	22 fl oz	1060	460	51	32	1.5	190	490	128	3	114	28
FY BANANA PECAN	22 fl oz	980	350	39	15	0.5	80	680	124	1	108	39
FY BLACKBERRY & CREAM W/ ALMONDS	22 fl oz	960	300	33	14	0.5	75	570	130	3	115	40
FY BOURDEAUX CHERRY AMARETTO	22 fl oz	940	260	28	14	0.5	80	610	135	2	118	39
FY CAPPUCCINO CHUNKY CHOCOLATE	22 fl oz	1000	290	32	23	0.5	80	640	145	3	128	38
FY CHOCOLATE AMARETTO	22 fl oz	940	260	29	16	0.5	90	610	137	4	118	37
FY CHOCOLATE PECAN	22 fl oz	990	380	42	17	0.5	85	640	125	3	105	37
FY PEACH	22 fl oz	880	170	19	12	0.5	70	570	145	1	131	34
FY PINEAPPLE ALMOND	22 fl oz	940	260	29	12	0.5	70	570	136	2	121	38
FY STRAWBERRY CHOCOLATE CHIP	22 fl oz	880	200	22	14	1	70	570	142	5	123	34
FY TOFFEE BARK	22 fl oz	980	280	31	19	1	90	700	139	1	126	38
LIGHT KEY LIME PIE	22 fl oz	930	190	21	13	0.5	70	590	151	1	131	37
LIGHT POMERGRANATE CHEESECAKE	22 fl oz	910	140	16	10	0	60	600	158	0	140	35
NSAFY MINT CHOCOLATE CHIP	22 fl oz	890	170	19	13	0	50	620	136	1	56	38
NSAFY PEANUT CLUSTER FUDGE	22 fl oz	870	210	24	10	0	50	780	149	2	53	40
NSAFY VANILLA BEAN	22 fl oz	730	110	12	8	0	50	630	131	1	58	38
PREM AMARETTO PEACH CHARLOTTE	22 fl oz	1050	390	43	26	2	165	610	139	1	129	30
PREM BAKLAVA	22 fl oz	1130	480	53	31	1.5	170	640	137	2	126	31
PREM BILLIONAIRE SHORTBREAD	22 fl oz	1160	510	57	33	1.5	165	590	139	4	127	31
PREM BIRTHDAY CAKE	22 fl oz	1060	380	42	25	1	170	600	144	1	118	29
PREM BLACK WALNUT	22 fl oz	1120	560	62	31	1.5	180	540	110	2	104	37
PREM BROWNIE BATTER	22 fl oz	1180	500	55	28	4.5	160	600	148	6	125	32
PREM BROWNIE FUDGE SUNDAE	22 fl oz	1110	450	50	28	3.5	175	610	139	2	130	31
PREM BUTTER BRICKLE	22 fl oz	1090	480	53	32	1.5	190	590	126	1	122	31
PREM BUTTER PECAN	22 fl oz	1130	590	65	32	1.5	180	630	110	1	104	33
PREM CHERRIES PECANS & CREAM	22 fl oz	1040	450	50	28	1.5	165	550	123	2	115	31
PREM CHERRY	22 fl oz	1060	460	51	32	1.5	190	480	128	1	122	27
PREM CHERRY CHOCOLATE CHIP	22 fl oz	1230	460	48	32	1.5	170	560	124	2	117	31
PREM CHOCOLATE	22 fl oz	1040	460	51	32	1.5	185	520	121	4	113	31
PREM CHOCOLATE ALMOND	22 fl oz	1130	550	61	31	1.5	175	500	119	6	109	36
PREM CHOCOLATE CARAMEL MOUSSE	22 fl oz	1120	500	55	36	1.5	175	550	132	4	120	31
PREM CHOCOLATE CHIP	22 fl oz	1250	480	54	34	2	185	560	117	1	112	32
PREM CHOCOLATE CHIP CHOCOLATE	22 fl oz	1140	510	57	38	1.5	170	560	136	6	124	32
PREM CHOCOLATE CHIP COOKIE DOUGH	22 fl oz	1360	500	56	31	3	155	630	133	2	127	31
PREM CHOCOLATE CHUNK CHEESECAKE	22 fl oz	1140	460	50	33	1.5	150	590	150	5	137	31
PREM CHOCOLATE CHUNK HAZELNUT	22 fl oz	1240	610	68	40	1.5	160	580	135	7	121	33
PREM CHOCOLATE TOFFEE	22 fl oz	1230	560	62	37	1.5	175	690	143	4	134	31
PREM CHOCOLATE TURTLE	22 fl oz	1230	620	69	36	1.5	165	610	129	4	115	33
PREM CIRCUS ANIMAL COOKIE	22 fl oz	1060	450	50	32	1.5	180	570	124	1	116	31
PREM COCONUT CHOCOLATE CHEESECAKE	22 fl oz	1150	440	49	30	3.5	150	580	153	3	139	30
PREM COOKIES N CREAM	22 fl oz	1110	480	53	31	3	175	690	130	2	110	32
PREM COOL MINT COOKIE	22 fl oz	1120	470	53	34	2	165	610	135	2	128	32
PREM DEEP CHOCOLATE	22 fl oz	1020	420	47	28	1.5	160	570	132	8	114	33
PREM DREAM COOLER	22 fl oz	930	340	37	23	1	140	500	125	1	117	28
PREM DULCE DE LECHE CHEESECAKE	22 fl oz	1090	380	42	27	1	150	600	150	1	139	31
PREM ENGLISH TOFFEE	22 fl oz	1100	490	54	30	3.5	180	710	127	1	117	31
PREM FUDGE RIPPLE	22 fl oz	1060	420	47	29	1.5	170	610	132	1	128	31
PREM GERMAN CHOCOLATE	22 fl oz	1170	560	62	34	1.5	160	550	130	5	119	32
PREM GINGERBREAD	22 fl oz	1160	510	57	30	2	165	610	138	1	125	30
PREM HOMESTYLE STRAWBERRY	22 fl oz	950	300	33	20	1	200	520	134	4	117	32
PREM HOT CHOCOLATE	22 fl oz	1030	440	49	31	1.5	185	740	121	2	113	32
PREM MAPLE WALNUT	22 fl oz	1110	510	57	29	1.5	165	580	123	2	116	33
PREM MINT CHOCOLATE CHIP	22 fl oz	1260	440	48	32	2	170	540	130	1	124	31
PREM MOLTEN LAVA CAKE	22 fl oz	1060	390	44	26	1	165	580	144	6	127	32
PREM PEANUT BUTTER CUP	22 fl oz	1340	720	80	38	1.5	155	970	125	4	116	38
PREM PECAN PRALINE	22 fl oz	1120	450	50	26	1	155	770	144	1	130	30
PREM PEPPERMINT	22 fl oz	1070	440	49	30	2	180	550	130	1	113	31
PREM PEPPERMINT CHOCOLATE CHIP	22 fl oz	1190	460	51	32	2.5	170	550	133	1	115	31
PREM PERFECT PAIR	22 fl oz	1030	460	51	32	1.5	190	540	117	2	111	32
PREM PISTACHIO ALMOND	22 fl oz	1120	550	61	31	1.5	180	540	111	3	104	36
PREM PUMPKIN	22 fl oz	970	420	46	29	1.5	175	550	112	1	105	31
PREM ROCKY ROAD	22 fl oz	1110	510	57	30	1.5	175	510	124	5	113	34
PREM SEA SALTED CARMEL CASHEWS	22 fl oz	1140	480	54	30	1.5	165	840	137	1	129	33
PREM SPECULOOS COOKIE BUTTER	22 fl oz	1140	490	54	35	1.5	175	870	137	1	119	31
PREM STRAWBERRY	22 fl oz	970	380	42	26	1.5	155	520	123	4	114	29
PREM STRAWBERRY CHEESECAKE	22 fl oz	1020	350	39	24	1	145	530	142	1	128	29
PREM TRIPLE CHOCOLATE CHEESECAKE	22 fl oz	1030	420	47	29	1.5	170	520	128	3	116	31
PREM VANILLA	22 fl oz	1020	460	51	32	1.5	190	560	113	1	109	32
PREM VANILLA CHUNKY CHOCOLATE	22 fl oz	1130	510	57	38	1.5	175	590	128	3	120	32
PREM VANILLA IC W/ BUTTERFINGER	22 fl oz	1120	480	53	32	1.5	170	620	135	2	120	33
PREM WHITE CHOCOLATE MACADAMIA NUT	22 fl oz	1150	550	61	32	1.5	170	560	125	2	118	32
PREM WHITE CHOCOLATE RASPBERRY CHEESECAKE	22 fl oz	1070	410	46	30	1.5	150	570	138	2	126	30

	Serving size (g)	Cals (kcal)	FatCals (kcal)	Fat(g)	SatFat(g)	TransFat(g)	Chol(mg)	Sod(mg)	Carb(g)	Fib(g)	Sugar(g)	Prot(g)	
Malt Large													
	BANANA	32 fl oz	1410	610	68	42	2	255	650	171	4	152	38
	FY BANANA PECAN	32 fl oz	1370	470	52	20	1	110	1010	175	1	154	58
	FY BLACKBERRY & CREAM W/ ALMONDS	32 fl oz	1350	400	44	18	1	105	860	183	4	162	60
	FY BOURDEAUX CHERRY AMARETTO	32 fl oz	1320	340	38	19	1	110	910	189	3	167	59
	FY CAPPUCCINO CHUNKY CHOCOLATE	32 fl oz	1400	380	42	30	1	110	960	203	4	180	57
	FY CHOCOLATE AMARETTO	32 fl oz	1320	350	39	21	1	120	920	192	6	167	56
	FY CHOCOLATE PECAN	32 fl oz	1390	500	56	23	1	120	960	177	4	150	57
	FY PEACH	32 fl oz	1230	230	25	16	0.5	95	860	203	1	184	52
	FY PINEAPPLE ALMOND	32 fl oz	1320	350	39	16	0.5	95	860	191	3	171	57
	FY STRAWBERRY CHOCOLATE CHIP	32 fl oz	1250	260	29	19	1	95	860	198	6	174	52
	FY TOFFEE BARK	32 fl oz	1370	370	41	25	1	125	1040	195	1	178	57
	LIGHT KEY LIME PIE	32 fl oz	1310	250	28	18	0.5	95	880	211	1	184	56
	LIGHT POMEGRANATE CHEESECAKE	32 fl oz	1280	190	21	13	0.5	80	900	221	1	196	54
	NSAFY MINT CHOCOLATE CHIP	32 fl oz	1250	230	26	18	0	70	930	190	2	85	57
	NSAFY PEANUT CLUSTER FUDGE	32 fl oz	1230	290	32	14	0	70	1150	209	3	80	60
	NSAFY VANILLA BEAN	32 fl oz	1050	150	17	11	0	70	950	184	1	86	57
	PREM AMARETTO PEACH CHARLOTTE	32 fl oz	1470	520	58	34	2.5	220	920	194	2	181	47
	PREM BAKLAVA	32 fl oz	1580	640	71	41	2	230	950	192	2	177	49
	PREM BILLIONAIRE SHORTBREAD	32 fl oz	1610	690	76	44	2	225	890	195	6	179	49
	PREM BIRTHDAY	32 fl oz	1480	510	56	34	1.5	230	900	202	1	167	46
	PREM BLACK WALNUT	32 fl oz	1550	740	82	41	2	240	830	157	3	148	55
	PREM BROWNIE BATTER	32 fl oz	1630	660	74	37	6	215	900	207	9	177	49
	PREM BROWNIE FUDGE SUNDAE	32 fl oz	1550	600	66	38	5	235	910	195	3	182	49
	PREM BUTTER BRICKLE	32 fl oz	1520	640	71	43	2	255	890	177	1	172	48
	PREM BUTTER PECAN	32 fl oz	1580	790	87	42	2	240	940	156	1	148	51
	PREM CHERRIES PECANS & CREAM	32 fl oz	1460	600	66	37	2	220	830	174	3	163	47
	PREM CHERRY	32 fl oz	1450	610	68	42	2	255	710	177	1	168	40
	PREM CHERRY CHOCOLATE CHIP	32 fl oz	1700	590	66	42	2.5	230	840	175	3	166	48
	PREM CHOCOLATE	32 fl oz	1450	610	68	42	2	250	790	171	5	161	48
	PREM CHOCOLATE ALMOND	32 fl oz	1580	740	82	41	2	235	770	168	8	154	54
	PREM CHOCOLATE CARAMEL MOUSSE	32 fl oz	1570	670	74	49	2	235	830	186	5	170	48
	PREM CHOCOLATE CHIP	32 fl oz	1740	650	72	46	2.5	250	850	165	2	159	49
	PREM CHOCOLATE CHIP CHOCOLATE	32 fl oz	1590	680	76	51	2	230	840	191	8	175	49
	PREM CHOCOLATE CHIP COOKIE DOUGH	32 fl oz	1870	670	74	42	4	210	950	187	2	180	48
	PREM CHOCOLATE CHUNK CHEESECAKE	32 fl oz	1590	600	67	44	2	200	890	210	7	192	48
	PREM CHOCOLATE CHUNK HAZELNUT	32 fl oz	1720	820	91	53	1.5	210	880	189	9	171	51
	PREM CHOCOLATE TOFFEE	32 fl oz	1700	750	83	49	2	235	1020	200	5	189	48
	PREM CHOCOLATE TURTLE	32 fl oz	1700	830	92	48	2	220	910	182	5	163	50
	PREM CIRCUS ANIMAL COOKIE	32 fl oz	1470	610	67	43	2	240	870	174	1	164	48
	PREM COCONUT CHOCOLATE CHEESECAKE	32 fl oz	1600	590	65	39	4.5	205	880	214	4	195	47
	PREM COOKIES N CREAM	32 fl oz	1550	640	71	41	4	235	1020	183	2	156	50
	PREM COOL MINT COOKIE	32 fl oz	1570	630	70	45	2.5	220	910	189	2	180	49
	PREM DEEP CHOCOLATE	32 fl oz	1420	560	62	37	1.5	215	870	185	10	161	50
	PREM DREAM COOLER	32 fl oz	1310	450	50	31	1.5	190	770	176	1	165	45
	PREM DULCE DE LECHE	32 fl oz	1520	510	57	36	1.5	200	910	210	1	194	47
	PREM ENGLISH TOFFEE	32 fl oz	1530	650	72	40	4.5	240	1050	178	1	166	48
	PREM FUDGE RIPPLE	32 fl oz	1480	570	63	39	2	225	920	185	2	180	48
	PREM GERMAN CHOCOLATE	32 fl oz	1630	750	83	46	2	215	840	183	6	168	49
	PREM GINGERBREAD	32 fl oz	1620	690	76	40	2.5	225	910	193	1	176	47
	PREM HOMESTYLE STRAWBERRY	32 fl oz	1340	400	44	27	1.5	265	790	189	6	165	49
	PREM HOT CHOCOLATE	32 fl oz	1450	590	66	41	2	245	1090	171	2	160	50
	PREM MAPLE WALNUT	32 fl oz	1540	680	76	38	2	220	870	173	3	164	50
	PREM MINT CHOCOLATE CHIP	32 fl oz	1750	590	66	42	2.5	225	830	183	2	174	47
	PREM MOLTEN LAVA CAKE	32 fl oz	1480	530	58	35	1.5	220	870	202	9	179	49
	PREM PEANUT BUTTER CUP	32 fl oz	1850	960	107	51	2	205	1390	176	5	164	57
	PREM PECAN PRALINE	32 fl oz	1570	600	67	35	1.5	205	1130	202	2	183	47
	PREM PEPPERMINT	32 fl oz	1490	590	65	40	2.5	240	830	183	1	160	48
	PREM PEPPERMINT CHOCOLATE CHIP	32 fl oz	1660	620	69	43	3	230	840	187	2	163	48
	PREM PERFECT PAIR	32 fl oz	1440	610	68	42	2	255	820	165	3	158	49
	PREM PISTACHIO ALMOND	32 fl oz	1560	740	82	41	2	240	820	157	4	148	55
	PREM PUMPKIN	32 fl oz	1350	560	62	39	2	230	840	158	2	149	48
	PREM ROCKY ROAD	32 fl oz	1550	680	76	41	2	235	790	175	7	160	52
	PREM SEA SALTED CARAMEL CASHEWS	32 fl oz	1590	650	72	41	1.5	220	1220	193	2	182	51
	PREM SPECULOOS COOKIE BUTTER	32 fl oz	1590	650	73	46	2	240	1260	192	2	168	47
	PREM STRAWBERRY	32 fl oz	1360	510	56	35	1.5	210	790	174	6	162	45
	PREM STRAWBERRY CHEESECAKE	32 fl oz	1430	470	52	32	1.5	195	800	198	2	180	45
	PREM TRIPLECHOCOLATE CHEESECAKE	32 fl oz	1440	560	62	39	2	230	790	180	4	164	48
	PREM VANILLA	32 fl oz	1430	610	68	43	2	255	840	160	1	155	49
	PREM VANILLA CHUNKY CHOCOLATE	32 fl oz	1570	690	76	51	2	235	890	180	4	170	49
	PREM VANILLA IC W/ BUTTERFINGER	32 fl oz	1560	640	71	43	2	225	930	189	2	169	50
	PREM WHITE CHOCOLATE MACADAMIA NUT	32 fl oz	1610	730	81	43	2	225	850	176	3	167	50
	PREM WHITE CHOCOLATE RASPBERRY CHEESECAKE	32 fl oz	1490	550	61	40	1.5	205	860	194	2	177	47
Shakes Jr.													
	BANANA	12 fl oz	500	240	26	16	1	95	200	56	1	52	12
	FY BANANA PECAN	12 fl oz	510	180	20	8	0	40	360	64	0	57	22
	FY BLACKBERRY & CREAM W/ALMONDS	12 fl oz	500	150	17	7	0	40	300	67	1	60	22
	FY BOURDEAUX CHERRY AMARETTO	12 fl oz	490	130	15	7	0	40	320	69	1	62	22
	FY CAPPUCCINO CHUNKY CHOCOLATE	12 fl oz	520	150	16	12	0	40	340	75	2	67	21
	FY CHOCOLATE AMARETTO	12 fl oz	490	140	15	8	0	45	330	71	2	62	21
	FY CHOCOLATE PECAN	12 fl oz	520	190	21	9	0	45	340	65	2	56	21
	FY PEACH	12 fl oz	460	90	10	6	0	35	300	75	1	69	19
	FY PINEAPPLE ALMOND	12 fl oz	490	130	15	6	0	35	300	70	1	64	21
	FY STRAWBERRY CHOCOLATE CHIP	12 fl oz	480	100	11	7	0	35	300	73	2	65	19
	FY TOFFEE BARK	12 fl oz	510	140	16	9	0	45	370	72	0	66	21
	LTGHT KEY LIME PIE	12 fl oz	490	90	10	7	0	35	310	78	0	69	21
	LTGHT POMEGRANATE CHEESECAKE	12 fl oz	480	70	8	5	0	30	320	82	0	73	20
	NSAFY MINT CHOCOLATE CHIP	12 fl oz	460	90	10	7	0	25	330	70	1	30	21
	NSAFY PEANUT CLUSTER FUDGE	12 fl oz	460	110	12	5	0	25	410	77	1	28	22

	Serving size (g)	Cals (kcal)	FatCals (kcal)	Fat(g)	SatFat(g)	TransFat(g)	Chol(mg)	Sod(mg)	Carb(g)	Fib(g)	Sugar(g)	Prot(g)
NSAFY VANILLA BEAN	12 fl oz	380	60	6	4	0	25	340	68	0	31	21
PREM AMARETTO PEACH CHARLOTTE	12 fl oz	550	200	22	13	1	85	330	72	1	68	17
PREM BAKLAVA	12 fl oz	590	240	27	16	0.5	90	340	71	1	66	18
PREM BILLIONAIRE SHORTBREAD	12 fl oz	610	260	29	17	0.5	85	320	72	2	67	18
PREM BIRTHDAY CAKE	12 fl oz	560	190	22	13	0.5	90	320	75	0	62	17
PREM BLACK WALNUT	12 fl oz	580	290	32	16	0.5	95	290	57	1	55	21
PREM BROWNIE BATTER	12 fl oz	610	260	28	14	2	85	320	76	3	66	18
PREM BROWNIE FUDGE SUNDAE	12 fl oz	580	230	26	15	2	90	320	72	1	68	18
PREM BUTTER BRICKLE	12 fl oz	570	250	27	17	1	100	310	65	0	64	18
PREM BUTTER PECAN	12 fl oz	590	300	34	16	0.5	90	330	57	0	55	19
PREM CHERRY	12 fl oz	550	240	26	16	1	100	230	67	0	64	14
PREM CHERRIES PECANS & CREAM	12 fl oz	540	230	26	14	0.5	85	290	64	1	61	17
PREM CHERRY CHOCOLATE CHIP	12 fl oz	640	230	25	16	1	90	300	64	1	62	18
PREM CHOCOLATE	12 fl oz	540	240	26	16	1	95	280	63	2	60	18
PREM CHOCOLATE ALMOND	12 fl oz	590	280	32	16	0.5	90	270	61	3	57	20
PREM CHOCOLATE CARAMEL MOUSSE	12 fl oz	590	260	28	19	0.5	90	290	68	2	63	18
PREM CHOCOLATE CHIP	12 fl oz	650	250	28	18	1	95	300	60	1	59	18
PREM CHOCOLATE CHIP CHOCOLATE	12 fl oz	600	260	29	20	0.5	90	300	70	3	65	18
PREM CHOCOLATE CHIP COOKIE DOUGH	12 fl oz	710	260	29	16	1.5	80	340	69	1	67	18
PREM CHOCOLATE CHUNK CHEESECAKE	12 fl oz	600	230	26	17	0.5	80	310	78	3	72	17
PREM CHOCOLATE CHUNK HAZELNUT	12 fl oz	650	320	35	20	0.5	80	310	69	4	64	19
PREM CHOCOLATE TOFFEE	12 fl oz	640	290	32	19	1	90	370	74	2	71	18
PREM CHOCOLATE TURTLE	12 fl oz	640	320	35	19	0.5	85	320	67	2	61	18
PREM CIRCUS ANIMAL COOKIE	12 fl oz	550	230	26	17	0.5	90	310	64	0	61	18
PREM COCONUT CHOCOLATE CHEESECAKE	12 fl oz	600	220	25	15	1.5	80	310	79	1	73	17
PREM COOKIES N CREAM	12 fl oz	580	250	27	16	1.5	90	370	67	1	58	18
PREM COOL MINT COOKIE	12 fl oz	590	240	27	17	1	85	320	70	1	67	18
PREM DEEP CHOCOLATE	12 fl oz	530	220	24	14	0.5	80	310	68	4	60	19
PREM DREAM COOLER	12 fl oz	490	170	19	12	0.5	70	270	64	0	62	16
PREM DULCE DE LECHE CHEESECAKE	12 fl oz	570	200	22	14	0.5	75	320	78	0	73	17
PREM ENGLISH TOFFEE	12 fl oz	570	250	28	15	2	90	380	65	0	62	18
PREM FUDGE RIPPLE	12 fl oz	550	220	24	15	1	85	330	68	1	67	18
PREM GERMAN CHOCOLATE	12 fl oz	610	290	32	18	0.5	85	300	67	2	62	18
PREM GINGERBREAD	12 fl oz	610	260	29	15	1	85	320	71	0	66	17
PREM HOMESTYLE STRAWBERRY	12 fl oz	500	150	17	10	0	105	280	69	2	61	18
PREM HOT CHOCOLATE	12 fl oz	540	230	25	16	1	95	390	63	1	59	18
PREM MAPLE WALNUT	12 fl oz	590	260	29	15	0.5	85	310	63	1	61	19
PREM MINT CHOCOLATE CHIP	12 fl oz	660	230	25	16	1	85	290	67	1	65	17
PREM MOLTEN LAVA CAKE	12 fl oz	550	200	22	13	0.5	85	310	74	3	67	18
PREM PEANUT BUTTER CUP	12 fl oz	700	370	41	20	0.5	80	510	65	2	61	21
PREM PECAN PRALINE	12 fl oz	590	230	26	14	0.5	80	410	74	1	68	17
PREM PEPPERMINT	12 fl oz	560	230	25	15	1	90	290	67	0	59	18
PREM PEPPERMINT CHOCOLATE CHIP	12 fl oz	620	240	26	17	1	90	290	69	1	61	18
PREM PERFECT PAIR	12 fl oz	540	240	26	16	1	95	290	60	1	59	18
PREM PISTACHIO ALMOND	12 fl oz	580	280	32	16	0.5	90	290	57	2	55	20
PREM PUMPKIN	12 fl oz	500	210	24	15	0.5	90	290	58	1	55	18
PREM ROCKY ROAD	12 fl oz	580	260	29	16	0.5	90	270	64	3	60	19
PREM SEA SALTED CARAMEL CASHEW	12 fl oz	600	250	28	16	0.5	85	440	71	1	68	19
PREM SPECULOOS COOKIE BUTTER	12 fl oz	590	250	28	18	1	90	460	71	1	63	17
PREM STRAWBERRY	12 fl oz	510	190	22	13	0.5	80	280	64	2	60	17
PREM STRAWBERRY CHEESECAKE	12 fl oz	530	180	20	12	0.5	75	280	73	1	67	17
PREM TRIPLE CHOCOLATE CHEESECAKE	12 fl oz	540	220	24	15	0.5	90	280	66	2	61	18
PREM VANILLA	12 fl oz	530	240	26	16	1	100	300	58	0	58	18
PREM VANILLA CHUNKY CHOCOLATE	12 fl oz	590	260	29	20	0.5	90	310	66	2	63	18
PREM VANILLA IC W/ BUTTERFINGER	12 fl oz	590	250	27	17	0.5	90	330	70	1	63	19
PREM WHITE CHOCOLATE MACADAMIA NUT	12 fl oz	600	280	31	17	0.5	85	300	65	1	62	18
PREM WHITE CHOCOLATE RASPBERRY CHEESECAKE	12 fl oz	560	210	24	15	0.5	80	300	71	1	66	17
Shakes Small												
BANANA	16 fl oz	740	340	37	23	1	140	310	87	2	79	19
FY BANANA PECAN	16 fl oz	660	230	26	10	0	55	470	83	0	74	28
FY BLACKBERRY & CREAM W/ ALMONDS	16 fl oz	650	200	22	9	0	50	400	87	2	78	29
FY BOURDEAUX CHERRY AMARETTO	16 fl oz	630	170	19	9	0	55	420	90	1	81	29
FY CAPPUCCINO CHUNKY CHOCOLATE	16 fl oz	670	190	21	15	0	55	450	97	2	87	28
FY CHOCOLATE AMARETTO	16 fl oz	630	170	19	11	0	60	430	91	3	81	27
FY CHOCOLATE PECAN	16 fl oz	670	250	28	11	0	60	450	84	2	72	27
FY PEACH	16 fl oz	590	110	12	8	0	50	400	97	1	89	25
FY PINEAPPLE ALMOND	16 fl oz	640	170	19	8	0	45	400	91	2	83	28
FY STRAWBERRY CHOCOLATE CHIP	16 fl oz	600	130	14	9	0.5	45	400	95	3	84	25
FY TOFFEE BARK	16 fl oz	660	180	20	12	0	60	490	93	0	86	28
LIGHT KEY LIME PIE	16 fl oz	630	120	13	9	0	45	410	101	0	89	27
LIGHT POMEGRANATE CHEESECAKE	16 fl oz	620	90	10	6	0	40	420	106	0	95	26
NSAFY MINT CHOCOLATE CHIP	16 fl oz	600	110	12	9	0	35	430	91	1	39	28
NSAFY PEANUT CLUSTER FUDGE	16 fl oz	590	140	16	7	0	35	540	100	2	37	29
NSAFY VANILLA BEAN	16 fl oz	500	70	8	5	0	35	440	88	0	40	28
PREM AMARETTO PEACH CHARLOTTE	16 fl oz	710	260	28	17	1	110	430	93	1	88	22
PREM BAKLAVA	16 fl oz	760	310	35	20	1	115	440	92	1	86	24
PREM BILLIONAIRE SHORTBREAD	16 fl oz	780	340	38	22	1	110	410	93	3	87	23
PREM BIRTHDAY CAKE	16 fl oz	720	250	28	17	1	115	420	97	1	81	22
PREM BLACK WALNUT	16 fl oz	750	370	41	20	1	120	380	74	2	71	27
PREM BROWNIE BATTER	16 fl oz	790	330	36	18	3	105	420	99	4	86	24
PREM BROWNIE FUDGE SUNDAE	16 fl oz	750	300	33	19	2.5	115	420	93	1	88	23
PREM BUTTER BRICKLE	16 fl oz	730	320	35	21	1	125	410	84	1	83	23
PREM BUTTER PECAN	16 fl oz	760	390	43	21	1	120	440	74	1	71	25
PREM CHERRIES PECANS & CREAM	16 fl oz	710	300	33	18	1	110	380	83	2	79	23
PREM CHERRY	16 fl oz	700	300	34	21	1	125	320	84	1	81	19
PREM CHERRY CHOCOLATE CHIP	16 fl oz	830	290	33	21	1	115	390	83	1	80	23
PREM CHOCOLATE	16 fl oz	700	300	34	21	1	125	360	81	3	78	23
PREM CHOCOLATE ALMOND	16 fl oz	760	370	41	20	1	115	350	79	4	74	26
PREM CHOCOLATE CARAMEL MOUSSE	16 fl oz	760	330	37	24	1	115	380	88	3	82	23

	Serving size (g)	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
PREM CHOCOLATE CHIP	16 fl oz	850	320	36	23	1	125	390	78	1	77	24
PREM CHOCOLATE CHIP CHOCOLATE	16 fl oz	770	340	38	25	1	115	390	91	4	85	24
PREM CHOCOLATE CHIP COOKIE DOUGH	16 fl oz	910	330	37	21	2	105	440	89	1	87	23
PREM CHOCOLATE CHUNK CHEESECAKE	16 fl oz	770	300	33	22	1	100	410	100	3	93	23
PREM CHOCOLATE CHUNK HAZELNUT	16 fl oz	840	410	46	26	1	105	410	90	5	83	25
PREM CHOCOLATE TOFFEE	16 fl oz	830	370	41	24	1	115	480	96	3	92	23
PREM CHOCOLATE TURTLE	16 fl oz	830	410	46	24	1	110	420	86	2	79	24
PREM CIRCUS ANIMAL COOKIE	16 fl oz	710	300	33	21	1	120	400	83	1	79	23
PREM COCONUT CHOCOLATE CHEESECAKE	16 fl oz	780	290	32	20	2	100	410	102	2	95	23
PREM COOKIES N CREAM	16 fl oz	750	320	35	20	2	115	480	87	1	75	24
PREM COOL MINT	16 fl oz	760	310	35	22	1.5	110	420	90	1	87	24
PREM DEEP CHOCOLATE	16 fl oz	690	280	31	18	1	105	400	88	5	78	24
PREM DREAM COOLER	16 fl oz	630	220	25	15	0.5	95	350	84	1	80	22
PREM DULCE DE LECHE CHEESECAKE	16 fl oz	740	250	28	18	1	100	420	100	1	94	23
PREM ENGLISH TOFFEE	16 fl oz	740	320	36	20	2.5	120	490	85	1	80	23
PREM FUDGE RIPPLE	16 fl oz	720	280	31	19	1	110	430	88	1	87	23
PREM GERMAN CHOCOLATE	16 fl oz	790	370	41	23	1	105	390	87	3	81	24
PREM GINGERBREAD	16 fl oz	780	340	38	20	1	110	420	92	1	85	23
PREM HOMESTYLE STRAWBERRY	16 fl oz	640	200	22	13	0.5	130	360	90	3	80	24
PREM HOT CHOCOLATE	16 fl oz	700	290	33	20	1	120	510	81	1	77	24
PREM MAPLE WALNUT	16 fl oz	750	340	37	19	1	110	400	82	2	79	24
PREM MINT CHOCOLATE CHIP	16 fl oz	850	290	33	21	1	110	380	87	1	84	23
PREM MOLTEN LAVA CAKE	16 fl oz	720	260	29	17	1	110	400	96	4	87	24
PREM PEANUT BUTTER CUP	16 fl oz	900	480	53	25	1	100	660	84	3	79	28
PREM PECAN PRALINE	16 fl oz	760	300	33	17	1	100	530	96	1	89	23
PREM PEPPERMINT	16 fl oz	720	290	32	20	1.5	120	380	87	1	77	23
PREM PEPPERMINT CHOCOLATE CHIP	16 fl oz	800	310	34	21	1.5	115	390	89	1	79	23
PREM PERFECT PAIR	16 fl oz	700	300	34	21	1	125	380	78	2	76	24
PREM PISTACHIO ALMOND	16 fl oz	750	360	41	20	1	120	380	74	2	71	27
PREM PUMPKIN	16 fl oz	650	280	31	19	1	115	380	75	1	72	23
PREM ROCKY ROAD	16 fl oz	750	340	38	20	1	115	360	83	3	77	25
PREM SEA SALTED CARAMEL CASHEW	16 fl oz	770	320	36	20	1	110	580	92	1	88	25
PREM SPECULOOS COOKIE BUTTER	16 fl oz	770	320	36	23	1	120	600	92	1	81	23
PREM STRAWBERRY	16 fl oz	660	250	28	17	1	105	360	83	3	78	22
PREM STRAWBERRY CHEESECAKE	16 fl oz	690	230	26	16	1	95	370	95	1	87	22
PREM TRIPLE CHOCOLATE CHEESECAKE	16 fl oz	700	280	31	19	1	115	360	86	2	79	23
PREM VANILLA	16 fl oz	690	300	34	21	1	125	390	75	1	75	24
PREM VANILLA CHUNKY CHOCOLATE	16 fl oz	760	340	38	25	1	115	410	86	2	82	24
PREM VANILLA IC W/ BUTTERFINGER	16 fl oz	760	320	35	21	1	115	430	90	1	82	24
PREM WHITE CHOCOLATE MACADAMIA NUT	16 fl oz	780	360	40	21	1	115	390	84	1	81	24
PREM WHITE CHOCOLATE RASPBERRY CHEESECAKE	16 fl oz	720	270	30	20	1	100	400	92	1	86	22
Shakes Medium												
BANANA	22 fl oz	1020	450	51	31	1.5	190	440	121	3	110	27
FY BANANA PECAN	22 fl oz	940	340	38	15	0.5	80	630	117	1	104	38
FY BLACKBERRY & CREAM W/ ALMONDS	22 fl oz	930	290	33	13	0.5	75	520	124	3	110	39
FY BOURDEAUX CHERRY AMARETTO	22 fl oz	900	250	28	14	0.5	80	560	128	2	114	38
FY CAPPUCCINO CHUNKY CHOCOLATE	22 fl oz	960	280	31	22	0.5	80	590	138	3	124	37
FY CHOCOLATE AMARETTO	22 fl oz	900	260	29	16	0.5	90	560	130	4	114	36
FY CHOCOLATE PECAN	22 fl oz	960	370	41	17	0.5	85	590	119	3	101	36
FY PEACH	22 fl oz	840	160	18	12	0.5	70	520	138	1	127	33
FY PINEAPPLE ALMOND	22 fl oz	900	260	29	12	0.5	70	520	129	2	117	36
FY STRAWBERRY CHOCOLATE CHIP	22 fl oz	850	190	21	14	1	70	520	135	5	119	33
FY TOFFEE BARK	22 fl oz	940	270	30	18	0.5	90	650	133	1	122	37
LIGHT KEY LIME PIE	22 fl oz	890	180	20	13	0.5	70	540	144	1	126	35
LIGHT POMERGRANATE CHEESECAKE	22 fl oz	870	140	15	10	0	60	550	152	0	135	34
NSAFY MINT CHOCOLATE CHIP	22 fl oz	850	170	19	13	0	50	570	129	1	52	36
NSAFY PEANUT CLUSTER FUDGE	22 fl oz	840	210	23	10	0	50	730	143	2	48	39
NSAFY VANILLA BEAN	22 fl oz	700	110	12	8	0	50	580	125	1	53	37
PREM AMARETTO PEACH CHARLOTTE	22 fl oz	1010	380	42	25	2	160	560	132	1	124	29
PREM BAKLAVA	22 fl oz	1100	470	52	30	1.5	170	590	130	2	121	30
PREM BILLIONAIRE SHORT BREAD	22 fl oz	1120	510	57	33	1.5	165	540	132	4	123	30
PREM BIRTHDAY CAKE	22 fl oz	1030	370	42	25	1	170	550	138	1	114	28
PREM BLACK WALNUT	22 fl oz	1080	550	61	30	1.5	175	490	104	2	100	35
PREM BROWNIE BATTER	22 fl oz	1140	490	55	27	4.5	160	550	141	6	121	31
PREM BROWNIE FUDGE SUNDAE	22 fl oz	1080	440	49	28	3.5	175	560	133	2	126	30
PREM BUTTER BRICKLE	22 fl oz	1060	470	52	32	1.5	190	540	119	1	118	30
PREM BUTTER PECAN	22 fl oz	1100	580	65	31	1.5	175	580	104	1	100	32
PREM CHERRIES PECANS & CREAM	22 fl oz	1010	440	49	28	1.5	165	500	117	2	111	29
PREM CHERRY	22 fl oz	1020	450	51	31	1.5	190	430	122	1	117	26
PREM CHERRY CHOCOLATE CHIP	22 fl oz	1190	440	49	31	1.5	170	510	118	2	113	29
PREM CHOCOLATE	22 fl oz	1000	450	50	31	1.5	185	470	115	4	109	30
PREM CHOCOLATE ALMOND	22 fl oz	1100	550	61	30	1.5	175	450	112	6	104	34
PREM CHOCOLATE CARAMEL MOUSSE	22 fl oz	1090	490	55	36	1.5	175	500	126	4	116	30
PREM CHOCOLATE CHIP	22 fl oz	1220	480	53	34	2	185	510	110	1	108	31
PREM CHOCOLATE CHIP CHOCOLATE	22 fl oz	1110	510	56	38	1.5	170	510	129	6	120	30
PREM CHOCOLATE CHIP COOKIE DOUGH	22 fl oz	1320	500	55	31	3	155	590	126	2	123	30
PREM CHOCOLATE CHUNK CHEESECAKE	22 fl oz	1110	450	50	33	1.5	150	540	143	5	133	29
PREM CHOCOLATE CHUNK HAZELNUT	22 fl oz	1200	610	67	39	1.5	155	530	128	7	117	32
PREM CHOCOLATE TOFFEE	22 fl oz	1190	550	62	36	1.5	175	640	136	4	130	30
PREM CHOCOLATE TURTLE	22 fl oz	1190	620	68	36	1.5	165	560	122	4	111	31
PREM CIRCUS ANIMAL COOKIE	22 fl oz	1020	450	50	32	1.5	175	520	117	1	112	30
PREM COCONUT CHOCOLATE CHEESECAKE	22 fl oz	1120	430	48	29	3.5	150	530	146	3	135	29
PREM COOKIES N CREAM	22 fl oz	1070	470	53	31	3	175	640	123	2	106	31
PREM COOL MINT COOKIE	22 fl oz	1090	470	52	33	2	165	580	128	2	123	30
PREM DEEP CHOCOLATE	22 fl oz	980	410	46	28	1.5	160	520	125	8	109	32
PREM DREAM COOLER	22 fl oz	900	330	37	23	1	140	450	118	1	113	27
PREM DULCE DE LECHE CHEESECAKE	22 fl oz	1060	380	42	27	1	145	550	144	1	135	29
PREM ENGLISH TOFFEE	22 fl oz	1060	480	54	29	3.5	175	660	120	1	113	30
PREM FUDGE RIPPLE	22 fl oz	1020	420	46	29	1.5	165	560	125	1	124	30

	Serving size (g)	Cals (kcal)	FatCals (kcal)	Fat(g)	SatFat(g)	TransFat(g)	Chol(mg)	Sod(mg)	Carb(g)	Fib(g)	Sugar(g)	Prot(g)
PREM GERMAN CHOCOLATE	22 fl oz	1130	560	62	34	1.5	160	500	124	5	114	30
PREM GINGERBREAD	22 fl oz	1130	510	57	29	2	165	560	131	1	121	29
PREM HONESTYLE STRAWBERRY	22 fl oz	920	290	33	20	1	195	470	128	4	112	30
PREM HOT CHOCOLATE	22 fl oz	1000	440	49	30	1.5	180	690	114	2	108	31
PREM MAPLE WALNUT	22 fl oz	1070	500	56	28	1.5	165	530	116	2	112	31
PREM MINT CHOCOLATE CHIP	22 fl oz	1230	440	49	31	1.5	165	490	123	1	119	29
PREM MOLTEN LAVA CAKE	22 fl oz	1020	390	43	26	1	160	530	138	6	123	30
PREM PEANUT BUTTER CUP	22 fl oz	1300	720	80	38	1.5	190	920	118	4	112	36
PREM PECAN PRALINE	22 fl oz	1090	440	49	26	1	150	720	137	1	126	29
PREM PEPPERMINT	22 fl oz	1030	430	48	30	2	175	500	123	1	108	30
PREM PEPPERMINT CHOCOLATE CHIP	22 fl oz	1160	460	51	32	2.5	170	500	126	1	111	30
PREM PERFECT PAIR	22 fl oz	990	450	50	31	1.5	185	490	110	2	107	30
PREM PISTACHIO ALMOND	22 fl oz	1080	550	61	30	1.5	175	490	104	3	100	35
PREM PUMPKIN	22 fl oz	930	410	46	29	1.5	170	500	105	1	101	29
PREM ROCKY ROAD	22 fl oz	1070	510	56	30	1.5	175	460	117	5	109	33
PREM SEA SALTED CARAMEL CASHEWS	22 fl oz	1110	480	53	30	1	165	790	131	1	125	32
PREM SPECULOOS COOKIE BUTTER	22 fl oz	1100	480	54	34	1.5	175	820	130	1	115	29
PREM STRAWBERRY	22 fl oz	940	370	41	26	1	155	470	117	4	110	28
PREM STRAWBERRY CHEESECAKE	22 fl oz	990	350	38	24	1	145	480	135	1	124	28
PREM TRIPLE CHOCOLATE CHEESECAKE	22 fl oz	990	410	46	29	1.5	170	470	121	3	112	30
PREM VANILLA	22 fl oz	980	460	51	32	1.5	190	510	106	1	105	31
PREM VANILLA CHUNKY CHOCOLATE	22 fl oz	1090	510	57	38	1.5	175	540	121	3	116	31
PREM VANILLA IC W/ BUTTERFINGER	22 fl oz	1090	480	53	32	1.5	170	570	128	2	116	32
PREM WHITE CHOCOLATE MACADAMIA NUT	22 fl oz	1120	540	60	32	1.5	170	510	118	2	114	31
PREM WHITE CHOCOLATE RASPBERRY CHEESECAKE	22 fl oz	1030	410	46	29	1.5	150	520	131	2	122	29
Shakes Large												
BANANA	32 fl oz	1490	670	75	47	2.5	280	620	174	4	159	38
FY BANANA PECAN	32 fl oz	1330	460	51	20	1	110	950	166	1	148	57
FY BLACKBERRY & CREAM W/ ALMONDS	32 fl oz	1300	390	44	18	1	100	800	174	4	157	59
FY BOURDEAUX CHERRY AMARETTO	32 fl oz	1270	340	37	18	1	105	840	180	3	161	57
FY CAPPUCCINO CHUNKY CHOCOLATE	32 fl oz	1350	380	42	30	1	110	890	194	4	175	56
FY CHOCOLATE AMARETTO	32 fl oz	1270	350	39	21	1	120	850	183	6	162	55
FY CHOCOLATE PECAN	32 fl oz	1340	500	55	22	1	115	890	168	4	144	55
FY PEACH	32 fl oz	1190	220	25	15	0.5	95	790	194	1	179	51
FY PINEAPPLE ALMOND	32 fl oz	1270	340	38	16	0.5	90	790	182	3	165	55
FY STRAWBERRY CHOCOLATE CHIP	32 fl oz	1200	260	28	19	1	95	790	189	6	168	50
FY TOFFEE BARK	32 fl oz	1330	370	41	24	1	120	970	186	1	172	56
LIGHT KEY LIME PIE	32 fl oz	1260	240	27	17	0.5	95	820	202	1	178	54
LIGHT POMERGRANATE CHEESECAKE	32 fl oz	1230	180	20	13	0.5	80	830	212	1	190	52
NSAFY MINT CHOCOLATE CHIP	32 fl oz	1200	220	25	18	0	65	870	181	2	79	55
NSAFY PEANUT CLUSTER FUDGE	32 fl oz	1180	280	31	13	0	65	1080	200	3	74	58
NSAFY VANILLA BEAN	32 fl oz	1000	140	16	10	0	70	880	176	1	81	56
PREM AMARETTO PEACH CHARLOTTE	32 fl oz	1420	510	57	34	2.5	215	850	185	2	175	45
PREM BAKLAVA	32 fl oz	1530	630	70	41	2	225	880	183	2	171	47
PREM BILLIONAIRE SHORTBREAD	32 fl oz	1570	680	76	44	2	220	830	186	6	173	47
PREM BIRTHDAY CAKE	32 fl oz	1440	500	56	33	1.5	225	840	193	1	162	44
PREM BLACK WALNUT	32 fl oz	1510	740	82	41	2	240	760	148	3	143	54
PREM BROWNIE BATTER	32 fl oz	1590	660	73	36	6	215	830	198	8	171	47
PREM BROWNIE FUDGE SUNDAE	32 fl oz	1500	590	66	37	5	230	850	187	2	177	47
PREM BUTTER BRICKLE	32 fl oz	1470	630	70	42	2	255	820	168	1	167	47
PREM BUTTER PECAN	32 fl oz	1530	780	87	42	2	240	870	148	1	142	48
PREM CHERRIES PECANS & CREAM	32 fl oz	1410	590	66	37	1.5	220	760	165	3	158	46
PREM CHERRY	32 fl oz	1410	610	67	42	2	250	640	168	1	162	38
PREM CHERRY CHOCOLATE CHIP	32 fl oz	1650	590	65	42	2.5	225	780	166	2	160	46
PREM CHOCOLATE	32 fl oz	1400	610	67	42	2	245	730	163	5	155	47
PREM CHOCOLATE ALMOND	32 fl oz	1530	730	81	41	2	230	710	159	8	149	53
PREM CHOCOLATE CARAMEL MOUSSE	32 fl oz	1520	660	73	48	2	230	770	177	5	164	47
PREM CHOCOLATE CHIP	32 fl oz	1690	640	71	46	2.5	245	780	156	2	154	48
PREM CHOCOLATE CHIP CHOCOLATE	32 fl oz	1540	680	75	51	2	225	780	182	8	169	47
PREM CHOCOLATE CHIP COOKIE DOUGH	32 fl oz	1830	660	74	41	4	210	880	178	2	174	46
PREM CHOCOLATE CHUNK CHEESECAKE	32 fl oz	1540	600	66	44	2	200	820	201	7	186	46
PREM CHOCOLATE CHUNK HAZELNUT	32 fl oz	1670	810	90	52	1.5	210	810	180	9	166	50
PREM CHOCOLATE TOFFEE	32 fl oz	1650	740	82	49	2	235	960	191	5	183	46
PREM CHOCOLATE TURTLE	32 fl oz	1650	820	91	48	2	220	840	173	5	158	48
PREM CIRCUS ANIMAL COOKIE	32 fl oz	1430	600	66	43	2	240	800	165	1	158	47
PREM COCONUT CHOCOLATE CHEESECAKE	32 fl oz	1550	580	64	39	4.5	200	820	205	4	189	46
PREM COOKIES N CREAM	32 fl oz	1500	630	70	41	4	235	950	174	2	150	48
PREM COOL MINT COOKIE	32 fl oz	1520	620	69	45	2.5	220	850	180	2	174	47
PREM DEEP CHOCOLATE	32 fl oz	1370	550	62	37	1.5	210	800	176	10	156	48
PREM DREAM COOLER	32 fl oz	1260	440	49	31	1.5	185	700	167	1	160	43
PREM DULCE DE LECHE	32 fl oz	1470	500	56	36	1.5	195	840	201	1	189	46
PREM ENGLISH TOFFEE	32 fl oz	1480	640	72	39	4.5	235	980	169	1	160	46

	Serving size (g)	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
PREM FUDGE RIPPLE	32 fl oz	1430	560	62	39	2	225	850	176	2	174	47
PREM GERMAN CHOCOLATE	32 fl oz	1580	740	83	45	2	215	770	174	6	162	47
PREM GINGERBREAD	32 fl oz	1570	680	76	39	2.5	220	840	184	1	171	45
PREM HOMESTYLE STRAWBERRY	32 fl oz	1290	390	44	26	1	265	730	180	6	159	47
PREM HOT CHOCOLATE	32 fl oz	1400	590	65	40	2	245	1020	162	2	154	48
PREM MAPLE WALNUT	32 fl oz	1490	670	75	38	1.5	220	810	164	3	158	49
PREM MINT CHOCOLATE CHIP	32 fl oz	1700	590	65	42	2.5	225	760	174	2	169	46
PREM MOLTEN LAVA CAKE	32 fl oz	1430	520	58	35	1.5	215	810	193	8	173	47
PREM PEANUT BUTTER CUP	32 fl oz	1810	960	106	51	2	205	1330	167	5	159	55
PREM PECAN PRALINE	32 fl oz	1520	590	66	35	1.5	205	1060	193	2	177	45
PREM PEPPERMINT	32 fl oz	1440	580	65	39	2.5	235	770	174	1	154	46
PREM PEPPERMINT CHOCOLATE CHIP	32 fl oz	1610	610	68	43	3	230	770	178	2	158	46
PREM PERFECT PAIR	32 fl oz	1390	610	67	42	2	250	750	157	3	152	47
PREM PISTACHIO ALMOND	32 fl oz	1510	730	81	41	2	235	750	148	4	143	53
PREM PUMPKIN	32 fl oz	1300	550	61	38	2	230	770	150	2	144	46
PREM ROCKY ROAD	32 fl oz	1500	680	75	40	2	230	720	166	7	155	51
PREM SEA SALTED CARMEL CASHEWS	32 fl oz	1540	640	71	40	1.5	220	1150	184	2	176	50
PREM SPECULOOS COOKIE BUTTER	32 fl oz	1540	650	72	46	2	235	1190	183	2	162	46
PREM STRAWBERRY	32 fl oz	1320	500	55	35	1.5	210	720	165	5	157	44
PREM STRAWBERRY CHEESECAKE	32 fl oz	1380	460	51	32	1.5	195	740	190	1	175	43
PREM TRIPLECHOCOLATE CHEESECAKE	32 fl oz	1390	550	62	38	2	225	730	171	4	158	47
PREM VANILLA	32 fl oz	1380	610	68	42	2	255	780	151	1	149	48
PREM VANILLA CHUNKY CHOCOLATE	32 fl oz	1520	680	76	51	2	235	820	171	4	164	48
PREM VANILLA IC W/ BUTTERFINGER	32 fl oz	1520	630	71	43	2	225	870	180	2	164	49
PREM WHITE CHOCOLATE MACADAMIA NUT	32 fl oz	1560	730	81	43	2	225	780	167	3	162	48
PREM WHITE CHOCOLATE RASPBERRY CHEESECAKE	32 fl oz	1440	540	60	39	1.5	200	800	185	2	172	45
Mix Small												
BUTTER PECAN	12 fl oz	870	530	58	16	0.5	70	530	78	0	58	17
BUTTERFINGER	12 fl oz	680	240	26	16	0.5	70	410	99	1	76	15
CHERRY	12 fl oz	500	140	16	10	0	55	290	80	1	66	11
HEATH	12 fl oz	710	290	32	19	0.5	85	520	95	0	82	12
HERSHEY GOLD	12 fl oz	670	270	30	18	0.5	75	390	89	1	74	15
M&M	12 fl oz	730	270	30	19	0.5	75	330	104	2	84	14
OREO	12 fl oz	640	230	26	14	0.5	70	480	92	1	69	14
REESE'S PEANUT BUTTER CUP	12 fl oz	720	290	33	17	0.5	75	480	96	1	80	18
STRAWBERRY	12 fl oz	500	140	16	10	0	55	280	80	2	68	10
Mix Large												
BUTTER PECAN	16 fl oz	1130	680	76	21	0.5	90	680	100	1	74	22
BUTTERFINGER	16 fl oz	880	310	34	21	0.5	90	530	130	2	99	19
CHERRY	16 fl oz	680	190	21	13	0.5	75	390	110	1	91	14
HEATH	16 fl oz	930	390	43	25	0.5	110	680	124	1	107	16
HERSHEY GOLD	16 fl oz	880	350	39	23	1	95	500	115	1	96	19
M&M	16 fl oz	960	360	40	25	0.5	95	420	136	3	111	19
OREO	16 fl oz	840	300	33	17	0.5	90	630	120	2	89	18
REESE'S PEANUT BUTTER CUP	16 fl oz	940	390	43	22	0.5	95	630	126	2	105	23
STRAWBERRY	16 fl oz	690	190	21	13	0.5	75	370	110	3	93	14
Beverages Jr. 12oz												
CHERRY LIMEADE	12 fl oz	150	0	0	0	0	0	30	39	0	34	0
LIMEADE	12 fl oz	130	0	0	0	0	0	30	33	0	31	0
MILK	12 fl oz	160	50	6	3.5	0	25	170	16	0	16	11
ORANGE JUICE	12 fl oz	110	0	0	0	0	0	10	26	1	25	2
TEA	12 fl oz	100	0	0	0	0	0	5	26	0	25	0
TEA SWEET	12 fl oz	0	0	0	0	0	0	5	0	0	0	0
BARQ'S ROOT BEER	12 fl oz	100	0	0	0	0	0	45	28	0	28	0
COCA-COLA	12 fl oz	90	0	0	0	0	0	30	24	0	24	0
DIET COKE	12 fl oz	0	0	0	0	0	0	30	0	0	0	0
DIET DR. PEPPER	12 fl oz	0	0	0	0	0	0	35	0	0	0	0
DR. PEPPER	12 fl oz	90	0	0	0	0	0	35	25	0	25	0
SPRITE	12 fl oz	90	0	0	0	0	0	40	22	0	22	0
FUZE RASPBERRY TEA	12 fl oz	64	0	0	0	0	0	32	17	0	17	0
Beverages Small 16oz												
CHERRY LIMEADE	16 fl oz	230	0	0	0	0	0	45	60	0	53	0
LIMEADE	16 fl oz	200	0	0	0	0	0	50	50	0	46	0
MILK	16 fl oz	240	80	9	6	0	40	260	24	0	24	17
ORANGE JUICE	16 fl oz	160	0	0	0	0	0	10	39	1	38	2
TEA	16 fl oz	0	0	0	0	0	0	10	0	0	0	0
TEA SWEET	16 fl oz	150	0	0	0	0	0	10	39	0	38	0
BARQ'S ROOT BEER	16 fl oz	150	0	0	0	0	0	65	42	0	42	0
COCA-COLA	16 fl oz	140	0	0	0	0	0	45	37	0	37	0
DIET COKE	16 fl oz	0	0	0	0	0	0	45	0	0	0	0
DIET DR. PEPPER	16 fl oz	0	0	0	0	0	--	50	0	0	0	0
DR. PEPPER	16 fl oz	140	0	0	0	0	--	50	38	0	38	0
SPRITE	16 fl oz	130	0	0	0	0	0	60	34	0	34	0
FUZE RASPBERRY TEA	16 fl oz	85	0	0	0	0	0	42	22	0	22	0
Beverages Medium 22oz												
CHERRY LIMEADE	22 fl oz	280	0	0	0	0	0	60	73	0	65	0
LIMEADE	22 fl oz	250	0	0	0	0	0	60	64	0	58	0
MILK	22 fl oz	320	110	12	7	0	50	340	32	0	32	22
ORANGE JUICE	22 fl oz	210	0	0	0	0	0	15	48	1	48	3
TEA	22 fl oz	0	0	0	0	0	0	15	0	0	0	0
TEA SWEET	22 fl oz	200	0	0	0	0	0	10	48	0	48	0
BARQ'S ROOT BEER	22 fl oz	190	0	0	0	0	0	85	53	0	53	0
COCA-COLA	22 fl oz	170	0	0	0	0	0	55	47	0	47	0
DIET COKE	22 fl oz	0	0	0	0	0	0	55	0	0	0	0
DIET DR. PEPPER	22 fl oz	0	0	0	0	0	0	60	0	0	0	0
DR. PEPPER	22 fl oz	180	0	0	0	0	0	60	48	0	48	0
SPRITE	22 fl oz	170	0	0	0	0	0	75	43	0	43	0
FUZE RASPBERRY TEA	22 fl oz	120	0	0	0	0	0	58	31	0	31	0

	Serving size (g)	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)	
Beverages Large 32oz													
	CHERRY LIMEADE	32 fl oz	410	0	0	0	0	75	105	0	92	0	
	LIMEADE	32 fl oz	340	0	0	0	0	80	87	0	79	0	
	MILK	32 fl oz	490	160	18	11	0.5	75	510	48	0	48	34
	ORANGE JUICE	32 fl oz	290	5	0	0	0	20	68	1	67	4	
	TEA	32 fl oz	0	0	0	0	0	20	0	0	0	0	
	TEA SWEET	32 fl oz	270	0	0	0	0	15	68	0	67	0	
	BARQ'S ROOT BEER	32 fl oz	260	0	0	0	0	115	74	0	74	0	
	COCA-COLA	32 fl oz	240	0	0	0	0	75	65	0	65	0	
	DIET COKE	32 fl oz	0	0	0	0	0	75	0	0	0	0	
	DIET DR. PEPPER	32 fl oz	0	0	0	0	0	85	0	0	0	0	
	DR. PEPPER	32 fl oz	250	0	0	0	0	85	66	0	66	0	
	ICE SPRITE	32 fl oz	230	0	0	0	0	105	58	0	58	0	
	FUZE RASPBERRY TEA	32 fl oz	170	0	0	0	0	84	45	0	44	0	
Beverages 44oz													
	CHERRY LIMEADE	44 fl oz	510	0	0	0	0	95	133	1	116	1	
	LIMEADE	44 fl oz	430	0	0	0	0	105	111	1	100	1	
	MILK	44 fl oz	660	220	24	15	0.5	105	690	65	0	65	46
	ORANGE JUICE	44 fl oz	370	5	0	0	0	25	87	2	85	5	
	TEA	44 fl oz	0	0	0	0	0	25	0	0	0	0	
	TEA SWEET	44 fl oz	400	0	0	0	0	20	101	0	100	0	
	BARQ'S ROOT BEER	44 fl oz	390	0	0	0	0	170	109	0	109	0	
	COCA-COLA	44 fl oz	350	0	0	0	0	115	96	0	96	0	
	DIET COKE	44 fl oz	0	0	0	0	0	115	0	0	0	0	
	DIET DR. PEPPER	44 fl oz	0	0	0	0	0	125	0	0	0	0	
	DR. PEPPER	44 fl oz	360	0	0	0	0	125	98	0	98	0	
	ICE SPRITE	44 fl oz	340	0	0	0	0	150	88	0	88	0	
	FUZE RASPBERRY TEA	44 fl oz	230	0	0	0	0	120	62	0	61	0	
Beverages Hot													
	COFFEE (SMALL)	12 fl oz	0	0	0	0	0	0	0	0	0	0	
	COFFEE (MEDIUM)	16 fl oz	0	0	0	0	0	0	0	0	0	0	
	COFFEE (LARGE)	20 fl oz	0	0	0	0	0	0	0	0	0	0	
	HOT CHOCOLATE (SMALL)	12 fl oz	380	110	12	8	45	260	61	3	55	11	
	HOT CHOCOLATE (MEDIUM)	16 fl oz	470	140	16	10	55	340	73	3	66	15	
	HOT CHOCOLATE (LARGE)	20 fl oz	570	180	19	12	0.5	70	440	85	4	78	19
Specialty Coffee													
	CAPPUCCINO (SMALL)	12 fl oz	120	5	0	0	5	190	18	0	17	12	
	CAPPUCCINO WITH CARAMEL (SMALL)	12 fl oz	170	5	0	0	5	190	31	0	30	12	
	CAPPUCCINO WITH CHOCOLATE (SMALL)	12 fl oz	240	15	1.5	1	0	5	200	43	0	42	13
	CAPPUCCINO WITH HAZELNUT (SMALL)	12 fl oz	170	5	0	0	5	190	29	0	29	12	
	CAPPUCCINO WITH PUMPKIN SPICE (SMALL)	12 fl oz	340	5	0	0	5	190	70	0	69	12	
	CAPPUCCINO WITH SUGAR FREE CHOCOLATE (SMALL)	12 fl oz	200	10	1	0.5	0	5	220	41	1	21	13
	CAPPUCCINO WITH SUGAR FREE VANILLA (SMALL)	12 fl oz	120	5	0	0	5	200	18	0	17	12	
	CAPPUCCINO WITH VANILLA (SMALL)	12 fl oz	180	5	0	0	5	190	32	0	31	12	
	CAPPUCCINO (MEDIUM)	16 fl oz	160	5	0	0	5	240	22	0	22	15	
	CAPPUCCINO WITH CARAMEL (MEDIUM)	16 fl oz	230	5	0	0	5	240	42	0	41	15	
	CAPPUCCINO WITH CHOCOLATE (MEDIUM)	16 fl oz	330	20	2	1.5	0	5	260	61	0	59	17
	CAPPUCCINO WITH HAZELNUT (MEDIUM)	16 fl oz	220	5	0	0	5	240	40	0	39	15	
	CAPPUCCINO WITH PUMPKIN SPICE (MEDIUM)	16 fl oz	480	5	0	0	5	240	100	0	99	15	
	CAPPUCCINO WITH SUGAR FREE CHOCOLATE (MEDIUM)	16 fl oz	270	15	1.5	1	0	5	290	58	2	27	16
	CAPPUCCINO WITH SUGAR FREE VANILLA (MEDIUM)	16 fl oz	160	5	0	0	5	250	23	0	22	15	
	CAPPUCCINO WITH VANILLA (MEDIUM)	16 fl oz	240	5	0	0	5	240	43	0	42	15	
	CAPPUCCINO (LARGE)	20 fl oz	180	5	0.5	0	5	270	26	0	24	17	
	CAPPUCCINO WITH CARAMEL (LARGE)	20 fl oz	280	5	0.5	0	5	280	52	0	50	17	
	CAPPUCCINO WITH CHOCOLATE (LARGE)	20 fl oz	410	25	3	2	0	5	300	77	0	75	20
	CAPPUCCINO WITH HAZELNUT (LARGE)	20 fl oz	270	5	0.5	0	5	280	48	0	47	17	
	CAPPUCCINO WITH PUMPKIN SPICE (LARGE)	20 fl oz	610	5	0.5	0	5	270	130	0	128	17	
	CAPPUCCINO WITH SUGAR FREE CHOCOLATE (LARGE)	20 fl oz	330	20	2	1	0	5	340	73	2	32	19
	CAPPUCCINO WITH SUGAR FREE VANILLA (LARGE)	20 fl oz	180	5	0.5	0	5	290	26	0	24	17	
	CAPPUCCINO WITH VANILLA (LARGE)	20 fl oz	290	5	0.5	0	5	280	53	0	52	17	
	HOT LATTE (SMALL)	12 fl oz	120	5	0	0	5	180	17	0	16	12	
	HOT LATTE WITH CARAMEL (SMALL)	12 fl oz	170	5	0	0	5	180	30	0	29	12	
	HOT LATTE WITH CHOCOLATE (SMALL)	12 fl oz	230	15	1.5	1	0	5	190	43	0	42	13
	HOT LATTE WITH EGGNOG (SMALL)	12 fl oz	460	200	23	13	0.5	155	170	52	1	45	10
	HOT LATTE WITH HAZELNUT (SMALL)	12 fl oz	160	5	0	0	5	180	28	0	28	12	
	HOT LATTE WITH PUMPKIN SPICE (SMALL)	12 fl oz	330	5	0	0	5	180	69	0	68	12	
	HOT LATTE WITH SUGAR FREE CHOCOLATE (SMALL)	12 fl oz	190	10	1	0.5	0	5	210	41	1	20	12
	HOT LATTE WITH SUGAR FREE VANILLA (SMALL)	12 fl oz	120	5	0	0	5	190	17	0	16	12	
	HOT LATTE WITH VANILLA (SMALL)	12 fl oz	170	5	0	0	5	180	31	0	30	12	
	HOT LATTE (MEDIUM)	16 fl oz	150	5	0	0	5	230	21	0	20	14	
	HOT LATTE WITH CARAMEL (MEDIUM)	16 fl oz	230	5	0	0	5	230	41	0	40	14	
	HOT LATTE WITH CHOCOLATE (MEDIUM)	16 fl oz	320	20	2	1.5	0	5	240	60	0	58	16
	HOT LATTE WITH EGGNOG (MEDIUM)	16 fl oz	620	280	31	19	1	210	230	72	1	62	13
	HOT LATTE WITH HAZELNUT (MEDIUM)	16 fl oz	220	5	0	0	5	230	39	0	38	14	
	HOT LATTE WITH PUMPKIN SPICE (MEDIUM)	16 fl oz	470	5	0	0	5	230	99	0	98	14	
	HOT LATTE WITH SUGAR FREE CHOCOLATE (MEDIUM)	16 fl oz	260	15	1.5	1	0	5	280	57	2	26	16
	HOT LATTE WITH SUGAR FREE VANILLA (MEDIUM)	16 fl oz	150	5	0	0	5	240	22	0	20	14	
	HOT LATTE WITH VANILLA (MEDIUM)	16 fl oz	230	5	0	0	5	230	42	0	41	14	
	HOT LATTE (LARGE)	20 fl oz	180	5	0.5	0	5	270	26	0	24	17	
	HOT LATTE CARAMEL (LARGE)	20 fl oz	280	5	0.5	0	5	280	51	0	50	17	
	HOT LATTE CHOCOLATE (LARGE)	20 fl oz	410	25	3	2	0	5	300	77	0	75	20
	HOT LATTE EGGNOG (LARGE)	20 fl oz	830	380	42	25	1	285	310	96	1	83	18
	HOT LATTE HAZELNUT (LARGE)	20 fl oz	270	5	0.5	0	5	280	48	0	47	17	
	HOT LATTE PUMPKIN SPICE (LARGE)	20 fl oz	610	5	0.5	0	5	270	129	0	128	17	
	HOT LATTE SUGAR FREE CHOCOLATE (LARGE)	20 fl oz	330	20	2	1	0	5	340	73	2	31	19
	HOT LATTE SUGAR FREE VANILLA (LARGE)	20 fl oz	180	5	0.5	0	5	290	26	0	24	17	
	HOT LATTE VANILLA (LARGE)	20 fl oz	290	5	0.5	0	5	280	53	0	52	17	
	HOT MOCHA (SMALL)	12 fl oz	350	40	4.5	3	0	10	200	65	0	62	14
	HOT MOCHA (MEDIUM)	16 fl oz	440	45	5	3.5	0	10	260	83	0	79	17

	Serving size (g)	Cals (kcal)	FatCals (kcal)	Fat(g)	SatFat(g)	TransFat(g)	Chol(mg)	Sod(mg)	Carb(g)	Fib(g)	Sugar(g)	Prot(g)
HOT MOCHA (LARGE)	20 fl oz	530	50	6	4	0	15	310	100	0	95	20
HOT MOCHA WITH SUGAR FREE CHOCOLATE (SMALL)	12 fl oz	300	35	4	2.5	0	10	240	63	2	30	13
HOT MOCHA WITH SUGAR FREE CHOCOLATE (MEDIUM)	16 fl oz	360	40	4.5	2.5	0	10	300	79	2	36	16
HOT MOCHA WITH SUGAR FREE CHOCOLATE (LARGE)	20 fl oz	430	45	5	2.5	0	15	360	95	3	42	19
ICED COFFEE (SMALL)	12 fl oz	45	0	0	0	0	0	70	6	0	6	5
ICED COFFEE WITH CARAMEL (SMALL)	12 fl oz	90	0	0	0	0	0	55	17	0	17	3
ICED COFFEE WITH CHOCOLATE (SMALL)	12 fl oz	160	10	1.5	1	0	0	80	32	0	31	6
ICED COFFEE WITH HAZELNUT (SMALL)	12 fl oz	80	0	0	0	0	0	55	16	0	16	4
ICED COFFEE WITH PUMPKIN SPICE (SMALL)	12 fl oz	220	0	0	0	0	0	10	53	0	53	1
ICED COFFEE WITH SUGAR FREE CHOCOLATE (SMALL)	12 fl oz	120	10	1	0	0	0	100	30	1	10	5
ICED COFFEE WITH SUGAR FREE VANILLA (SMALL)	12 fl oz	35	0	0	0	0	0	65	5	0	5	4
ICED COFFEE WITH VANILLA (SMALL)	12 fl oz	90	0	0	0	0	0	55	18	0	18	3
ICED COFFEE (MEDIUM)	16 fl oz	50	0	0	0	0	0	80	7	0	7	5
ICED COFFEE WITH CARAMEL (MEDIUM)	16 fl oz	130	0	0	0	0	0	55	30	0	30	3
ICED COFFEE WITH CHOCOLATE (MEDIUM)	16 fl oz	280	25	2.5	1.5	0	0	105	58	0	58	8
ICED COFFEE WITH HAZELNUT (MEDIUM)	16 fl oz	120	0	0	0	0	0	55	27	0	27	3
ICED COFFEE WITH PUMPKIN SPICE (MEDIUM)	16 fl oz	330	0	0	0	0	0	10	79	0	79	1
ICED COFFEE WITH SUGAR FREE CHOCOLATE (MEDIUM)	16 fl oz	210	15	1.5	1	0	0	150	55	2	14	7
ICED COFFEE WITH SUGAR FREE VANILLA (MEDIUM)	16 fl oz	40	0	0	0	0	0	75	5	0	5	4
ICED COFFEE WITH VANILLA (MEDIUM)	16 fl oz	140	0	0	0	0	0	55	32	0	31	3
ICED COFFEE (LARGE)	24 fl oz	60	0	0	0	0	0	100	9	0	9	6
ICED COFFEE WITH CARAMEL (LARGE)	24 fl oz	170	0	0	0	0	0	65	37	0	37	4
ICED COFFEE WITH CHOCOLATE (LARGE)	24 fl oz	350	30	3	2	0	0	130	73	0	72	9
ICED COFFEE WITH HAZELNUT (LARGE)	24 fl oz	150	0	0	0	0	0	65	34	0	34	4
ICED COFFEE WITH PUMPKIN SPICE (LARGE)	24 fl oz	440	0	0	0	0	0	15	105	0	105	1
ICED COFFEE WITH SUGAR FREE CHOCOLATE (LARGE)	24 fl oz	260	20	2	1	0	0	180	68	3	18	8
ICED COFFEE WITH SUGAR FREE VANILLA (LARGE)	24 fl oz	45	0	0	0	0	0	90	6	0	6	4
ICED COFFEE WITH VANILLA (LARGE)	24 fl oz	180	0	0	0	0	0	65	39	0	39	4
ICED LATTE (SMALL)	12 fl oz	45	0	0	0	0	0	65	6	0	6	4
ICED LATTE WITH CARAMEL (SMALL)	12 fl oz	100	0	0	0	0	0	70	19	0	19	4
ICED LATTE WITH CHOCOLATE (SMALL)	12 fl oz	160	10	1.5	1	0	0	80	32	0	31	5
ICED LATTE WITH EGGNOG (SMALL)	12 fl oz	270	120	14	8	0	90	105	31	0	27	6
ICED LATTE WITH HAZELNUT (SMALL)	12 fl oz	90	0	0	0	0	0	70	18	0	17	4
ICED LATTE WITH PUMPKIN SPICE (SMALL)	12 fl oz	260	0	0	0	0	0	65	58	0	58	4
ICED LATTE WITH SUGAR FREE CHOCOLATE (SMALL)	12 fl oz	120	10	1	0	0	0	100	30	1	9	5
ICED LATTE WITH SUGAR FREE VANILLA (SMALL)	12 fl oz	45	0	0	0	0	0	75	6	0	6	4
ICED LATTE WITH VANILLA (SMALL)	12 fl oz	100	0	0	0	0	0	70	20	0	19	4
ICED LATTE (MEDIUM)	16 fl oz	90	5	0	0	0	0	140	13	0	12	9
ICED LATTE WITH CARAMEL (MEDIUM)	16 fl oz	190	5	0	0	0	0	150	39	0	38	9
ICED LATTE WITH CHOCOLATE (MEDIUM)	16 fl oz	320	25	2.5	2	0	0	160	64	0	63	11
ICED LATTE WITH EGGNOG (MEDIUM)	16 fl oz	330	150	17	10	0	110	130	39	0	33	7
ICED LATTE WITH HAZELNUT (MEDIUM)	16 fl oz	180	5	0	0	0	0	140	36	0	35	9
ICED LATTE WITH PUMPKIN SPICE (MEDIUM)	16 fl oz	420	5	0	0	0	0	140	91	0	90	9
ICED LATTE WITH SUGAR FREE CHOCOLATE (MEDIUM)	16 fl oz	240	15	1.5	1	0	0	210	61	2	20	10
ICED LATTE WITH SUGAR FREE VANILLA (MEDIUM)	16 fl oz	90	5	0	0	0	0	160	13	0	12	9
ICED LATTE WITH VANILLA (MEDIUM)	16 fl oz	200	5	0	0	0	0	140	41	0	40	9
ICED LATTE (LARGE)	24 fl oz	140	5	0	0	0	5	210	20	0	19	13
ICED LATTE WITH CARAMEL (LARGE)	24 fl oz	270	5	0	0	0	5	220	52	0	51	13
ICED LATTE WITH CHOCOLATE (LARGE)	24 fl oz	430	30	3.5	2	0	5	240	84	0	82	16
ICED LATTE WITH EGGNOG (LARGE)	24 fl oz	460	210	23	14	0.5	155	180	54	1	46	10
ICED LATTE WITH HAZELNUT (LARGE)	24 fl oz	250	5	0	0	0	5	220	49	0	48	13
ICED LATTE WITH PUMPKIN SPICE (LARGE)	24 fl oz	570	5	0	0	0	5	210	124	0	123	13
ICED LATTE WITH SUGAR FREE CHOCOLATE (LARGE)	24 fl oz	330	20	2.5	1	0	5	300	80	3	28	15
ICED LATTE WITH SUGAR FREE VANILLA (LARGE)	24 fl oz	140	5	0	0	0	5	240	21	0	19	13
ICED LATTE WITH VANILLA (LARGE)	24 fl oz	280	5	0	0	0	5	220	55	0	53	13
ICED MOCHA (SMALL)	12 fl oz	220	35	4	2.5	0	10	85	42	0	39	6
ICED MOCHA (MEDIUM)	16 fl oz	330	40	4.5	3	0	10	160	62	0	58	11
ICED MOCHA (LARGE)	24 fl oz	460	45	5	3.5	0	10	250	88	0	84	16
ICED MOCHA WITH SUGAR FREE CHOCOLATE (SMALL)	12 fl oz	180	30	3.5	2	0	10	105	40	1	18	5
ICED MOCHA WITH SUGAR FREE CHOCOLATE (MEDIUM)	16 fl oz	270	35	4	2	0	10	190	59	2	26	10
ICED MOCHA WITH SUGAR FREE CHOCOLATE (LARGE)	24 fl oz	380	40	4.5	2.5	0	10	290	85	2	41	15