

CREAM Nutrition Facts

Ice cream Sandwiches use 1 scoop of ice cream. A scoop can be applied to any of our items, except a mini ice cream sandwich.

Ice Cream - Regular Scoop

| Menu Items | Serving Size (FL OZ) | Calories (cal) | Calories from Fat (fat cal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Daily Fiber (g) | Sugars (g) | Protein (g) | Vitamin A (% DV) | Vitamin C (% DV) | Calcium (% DV) | Iron (% DV) |
|-----------------------------|----------------------|----------------|-----------------------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|-----------------|------------|-------------|------------------|------------------|----------------|-------------|
| Banana Walnut Fudge | 3 | 160 | 80 | 10 | 6 | 0 | 55 | 25 | 25 | 0 | 25 | 2 | 8 | 14 | 4 | 3 |
| Blueberry Cheesecake | 3 | 170 | 80 | 10 | 10 | 0 | 40 | 50 | 20 | 0 | 20 | 0 | 10 | 0 | 0 | 0 |
| Butter Pecan | 3 | 170 | 100 | 10 | 10 | 0 | 80 | 20 | 20 | 0 | 10 | 0 | 10 | 0 | 10 | 0 |
| Chocoholic | 3 | 180 | 100 | 11 | 7 | 0 | 35 | 30 | 25 | 0 | 13 | 1 | 4 | 0 | 4 | 20 |
| Chocolate Chip Cookie Dough | 3 | 180 | 100 | 11 | 7 | 0 | 70 | 35 | 28 | 0 | 18 | 2 | 8 | 0 | 6 | 3 |
| Coconut | 3 | 170 | 100 | 10 | 7 | 0 | 70 | 25 | 25 | 0 | 15 | 2 | 6 | 0 | 6 | 1 |
| Cookies & Cream | 3 | 180 | 100 | 10 | 6 | 0 | 40 | 40 | 28 | 0 | 14 | 2 | 4 | 0 | 6 | 1 |
| Cup of Joe | 3 | 150 | 90 | 10 | 6 | 0 | 40 | 20 | 14 | 0 | 12 | 2 | 4 | 0 | 6 | 1 |
| French Vanilla | 3 | 160 | 90 | 10 | 6 | 0 | 40 | 20 | 24 | 0 | 12 | 1 | 6 | 0 | 6 | 0 |
| Green Tea | 3 | 170 | 110 | 12 | 8 | 0 | 50 | 20 | 22 | 0 | 12 | 1 | 8 | 0 | 6 | 1 |
| Mint Chocolate Chip | 3 | 170 | 90 | 10 | 6 | 0 | 40 | 20 | 26 | 0 | 14 | 2 | 4 | 0 | 6 | 3 |
| Peanut Butter Twist | 3 | 210 | 120 | 13 | 7 | 0 | 55 | 80 | 27 | 0 | 16 | 3 | 6 | 0 | 6 | 3 |
| Pistachio Delight | 3 | 180 | 100 | 11 | 6 | 0 | 40 | 20 | 24 | 0 | 12 | 3 | 6 | 0 | 6 | 1 |
| Pumpkin Pie | 3 | 160 | 90 | 10 | 7 | 0 | 70 | 20 | 16 | 0 | 16 | 1 | 6 | 0 | 6 | 0 |
| Rocky Road | 3 | 190 | 110 | 12 | 6 | 0 | 30 | 30 | 25 | 0 | 13 | 3 | 4 | 0 | 6 | 11 |
| Royal Caramel Swirl | 3 | 170 | 80 | 10 | 6 | 0 | 40 | 60 | 28 | 0 | 14 | 2 | 4 | 0 | 6 | 6 |
| Salted Caramel | 3 | 160 | 90 | 7 | 4 | 0 | 50 | 90 | 35 | 0 | 14 | 1 | 6 | 0 | 6 | 0 |
| Strawberry Cheesecake | 3 | 180 | 110 | 12 | 8 | 0 | 55 | 25 | 23 | 0 | 12 | 2 | 6 | 0 | 4 | 0 |
| Very Berry Strawberry | 3 | 150 | 70 | 8 | 6 | 0 | 60 | 20 | 25 | 0 | 12 | 1 | 6 | 0 | 6 | 0 |

ICE CREAMS ARE MANUFACTURED ON SHARED EQUIPMENT WITH NUTS AND PEANUTS.

| Menu Items | Serving Size (FL OZ) | Calories (cal) | Calories from Fat (fat cal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Daily Fiber (g) | Sugars (g) | Protein (g) | Vitamin D (% DV) | Phosphate (% DV) | Calcium (% DV) | Iron (% DV) |
|--------------------|----------------------|----------------|-----------------------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|-----------------|------------|-------------|------------------|------------------|----------------|-------------|
| Apple to My Pie | 3 | 170 | 90 | 10 | 7 | 0 | 50 | 30 | 18 | 0 | 15 | 2 | 0 | 0 | 3 | 0 |
| Birthday Cake | 3 | 170 | 80 | 9 | 3 | 0 | 40 | 35 | 20 | 0 | 19 | 2 | 0 | 0 | 3 | 0 |
| Butterscotch Brew | 3 | 160 | NA | 7 | 4 | 0 | 25 | 40 | 22 | 0 | 17 | 2 | 0 | 2 | 5 | 0 |
| Cin-ful Churro | 3 | 180 | 90 | 9 | 6 | 0 | 20 | 50 | 21 | 0 | 18 | 2 | 0 | 0 | 3 | 0 |
| Mocha Almond Fudge | 3 | 190 | NA | 12 | 7 | 0 | 30 | 40 | 17 | 0 | 14 | 3 | 0 | 5 | 8 | 0 |
| Pink Bellini | 3 | 150 | NA | 8 | 4 | 0 | 30 | 20 | 20 | 0 | 16 | 2 | 0 | 2 | 5 | 0 |

ICE CREAMS ARE MANUFACTURED ON SHARED EQUIPMENT WITH NUTS AND PEANUTS.

SOY BASED OPTIONS

| Menu Items | Serving Size (FL OZ) | Calories (cal) | Calories from Fat (fat cal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Daily Fiber (g) | Sugars (g) | Protein (g) | Vitamin A (% DV) | Vitamin C (% DV) | Calcium (% DV) | Iron (% DV) |
|-------------------------|----------------------|----------------|-----------------------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|-----------------|------------|-------------|------------------|------------------|----------------|-------------|
| Soy Blueberry | 3 | 140 | 45 | 6 | 1 | 0 | 0 | 60 | 21 | 0 | 16 | 1 | 0 | 0 | 0 | 0 |
| Soy Mint Chocolate Chip | 3 | 140 | 50 | 6 | 1 | 0 | 0 | 60 | 19 | 0 | 15 | 2 | 0 | 0 | 0 | 3 |

MANUFACTURED ON SHARED EQUIPMENT WITH NUTS, DAIRY, EGGS.

CREAM Nutrition Facts

Mini Ice cream Sandwiches use 1 scoop of ice cream.

Ice Cream - Mini Ice Cream Sandwich Scoop

| Menu Items | Serving Size (FL OZ) | Calories (cal) | Calories from Fat (fat cal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Daily Fiber (g) | Sugars (g) | Protein (g) | Vitamin A (% DV) | Vitamin C (% DV) | Calcium (% DV) | Iron (% DV) |
|-----------------------------|----------------------|----------------|-----------------------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|-----------------|------------|-------------|------------------|------------------|----------------|-------------|
| Banana Fudge Walnut | 1.5 | 80 | 40 | 5 | 3 | 0 | 30 | 10 | 13 | 0 | 13 | 1 | 4 | 7 | 2 | 2 |
| Blueberry Cheesecake | 1.5 | 80 | 40 | 5 | 3 | 0 | 20 | 20 | 10 | 0 | 8 | 1 | 3 | 0 | 2 | 0 |
| Butter Pecan | 1.5 | 80 | 50 | 6 | 4 | 0 | 40 | 21 | 12 | 0 | 7 | 1 | 4 | 0 | 3 | 0 |
| Chocoholic | 1.5 | 90 | 50 | 6 | 4 | 0 | 20 | 15 | 13 | 0 | 7 | 1 | 2 | 0 | 2 | 10 |
| Chocolate Chip Cookie Dough | 1.5 | 90 | 50 | 6 | 4 | 0 | 40 | 20 | 14 | 0 | 9 | 1 | 4 | 0 | 3 | 2 |
| Coconut | 1.5 | 80 | 50 | 5 | 4 | 0 | 40 | 20 | 13 | 0 | 8 | 1 | 3 | 0 | 3 | 1 |
| Cookies & Cream | 1.5 | 90 | 50 | 5 | 3 | 0 | 20 | 20 | 14 | 0 | 7 | 1 | 2 | 0 | 3 | 1 |
| Cup of Joe | 1.5 | 80 | 40 | 5 | 3 | 0 | 20 | 10 | 7 | 0 | 6 | 1 | 2 | 0 | 3 | 1 |
| French Vanilla | 1.5 | 80 | 40 | 5 | 3 | 0 | 20 | 10 | 12 | 0 | 6 | 1 | 3 | 0 | 3 | 0 |
| Green Tea | 1.5 | 80 | 60 | 6 | 4 | 0 | 20 | 10 | 11 | 0 | 6 | 1 | 4 | 0 | 3 | 1 |
| Mint Chocolate Chip | 1.5 | 80 | 40 | 5 | 3 | 0 | 20 | 10 | 13 | 0 | 7 | 1 | 2 | 0 | 3 | 2 |
| Peanut Butter Twist | 1.5 | 100 | 60 | 7 | 4 | 0 | 30 | 40 | 14 | 0 | 8 | 2 | 3 | 0 | 3 | 2 |
| Pistachio Delight | 1.5 | 90 | 50 | 6 | 3 | 0 | 20 | 10 | 12 | 0 | 6 | 2 | 3 | 0 | 3 | 1 |
| Pumpkin Pie | 1.5 | 80 | 40 | 5 | 4 | 0 | 30 | 10 | 8 | 0 | 8 | 1 | 3 | 0 | 3 | 0 |
| Rocky Road | 1.5 | 100 | 60 | 6 | 3 | 0 | 20 | 15 | 13 | 0 | 7 | 2 | 2 | 0 | 3 | 6 |
| Royal Caramel Swirl | 1.5 | 80 | 40 | 5 | 3 | 0 | 20 | 30 | 14 | 0 | 7 | 1 | 2 | 0 | 3 | 3 |
| Salted Caramel | 1.5 | 80 | 40 | 4 | 2 | 0 | 30 | 50 | 18 | 0 | 7 | 1 | 3 | 0 | 3 | 0 |
| Strawberry Cheesecake | 1.5 | 90 | 60 | 6 | 4 | 0 | 30 | 10 | 12 | 0 | 6 | 1 | 3 | 0 | 2 | 0 |
| Very Berry Strawberry | 1.5 | 70 | 40 | 4 | 3 | 0 | 30 | 10 | 13 | 0 | 6 | 1 | 3 | 0 | 3 | 0 |

ICE CREAMS ARE MANUFACTURED ON SHARED EQUIPMENT WITH NUTS AND PEANUTS.

| Menu Items | Serving Size (FL OZ) | Calories (cal) | Calories from Fat (fat cal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Daily Fiber (g) | Sugars (g) | Protein (g) | Vitamin D (% DV) | Phosphate (% DV) | Calcium (% DV) | Iron (% DV) |
|--------------------|----------------------|----------------|-----------------------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|-----------------|------------|-------------|------------------|------------------|----------------|-------------|
| Apple to My Pie | 1.5 | 80 | 40 | 5 | 4 | 0 | 25 | 20 | 9 | 0 | 8 | 1 | 0 | 0 | 2 | 0 |
| Birthday Cake | 1.5 | 80 | 40 | 5 | 2 | 0 | 20 | 20 | 10 | 0 | 10 | 1 | 0 | 0 | 2 | 0 |
| Cin-ful Churro | 1.5 | 90 | 40 | 5 | 3 | 0 | 10 | 25 | 11 | 0 | 9 | 1 | 0 | 0 | 2 | 0 |
| Butterscotch Brew | 1.5 | 80 | NA | 5 | 2 | 0 | 15 | 20 | 11 | 0 | 9 | 1 | 0 | 1 | 3 | 0 |
| Mocha Almond Fudge | 1.5 | 90 | NA | 5 | 3 | 0 | 15 | 20 | 9 | 0 | 7 | 2 | 0 | 3 | 4 | 0 |
| Pink Bellini | 1.5 | 80 | NA | 5 | 2 | 0 | 15 | 10 | 10 | 0 | 8 | 1 | 0 | 1 | 2 | 0 |

ICE CREAMS ARE MANUFACTURED ON SHARED EQUIPMENT WITH NUTS AND PEANUTS.

SOY BASED OPTIONS

| Menu Items | Serving Size (FL OZ) | Calories (cal) | Calories from Fat (fat cal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Daily Fiber (g) | Sugars (g) | Protein (g) | Vitamin A (% DV) | Vitamin C (% DV) | Calcium (% DV) | Iron (% DV) |
|-------------------------|----------------------|----------------|-----------------------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|-----------------|------------|-------------|------------------|------------------|----------------|-------------|
| Soy Blueberry | 1.5 | 70 | 20 | 3 | 1 | 0 | 0 | 30 | 11 | 0 | 8 | 1 | 0 | 0 | 0 | 0 |
| Soy Mint Chocolate Chip | 1.5 | 70 | 30 | 3 | 1 | 0 | 0 | 30 | 10 | 0 | 8 | 1 | 0 | 0 | 0 | 2 |

MANUFACTURED ON SHARED EQUIPMENT WITH NUTS, DAIRY, EGGS.

CREAM Nutrition Facts

Ice cream Sandwiches use 2 cookies or 1 brownie cut in half or 1 do'sant cut in half or 2 waffle triangles.

Baked Goodies

Cookies- Regular

| Menu Items | Serving Size (g) | Calories (cal) | Calories from Fat (fat cal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Daily Fiber (g) | Sugars (g) | Protein (g) | Vitamin A (% DV) | Vitamin C (% DV) | Calcium (% DV) | Iron (% DV) |
|-------------------------------|------------------|----------------|-----------------------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|-----------------|------------|-------------|------------------|------------------|----------------|-------------|
| Butter Sugar | 1 cookie (45g) | 200 | 70 | 8 | 4 | 0 | 15 | 190 | 30 | 0 | 16 | 2 | 0 | 0 | 0 | 4 |
| Chocolate Chip | 1 cookie (45g) | 220 | 90 | 10 | 6 | 0 | 25 | 190 | 29 | 1 | 16 | 2 | 4 | 0 | 0 | 8 |
| CREAMfetti | 1 cookie (39g) | 180 | 60 | 7 | 3.5 | 0 | 15 | 150 | 27 | 0 | 14 | 1 | 0 | 0 | 0 | 4 |
| Double Chocolate Chip | 1 cookie (45g) | 210 | 100 | 11 | 7 | 0 | 25 | 190 | 28 | 1 | 17 | 2 | 4 | 4 | 2 | 8 |
| Oatmeal Raisin | 1 cookie (45g) | 200 | 70 | 8 | 5 | 0 | 25 | 190 | 29 | 1 | 15 | 2 | 4 | 8 | 0 | 6 |
| Peanut Butter | 1 cookie (45g) | 230 | 130 | 14 | 6 | 0 | 25 | 220 | 22 | 2 | 12 | 5 | 4 | 4 | 0 | 4 |
| Salted Caramel Pecan | 1 cookie (48g) | 220 | 100 | 11 | 4 | 0 | 10 | 240 | 27 | 1 | 15 | 3 | 6 | 0 | 2 | 2 |
| Snickerdoodle | 1 cookie (45g) | 210 | 80 | 9 | 5 | 0 | 20 | 200 | 35 | 0 | 20 | 3 | 0 | 0 | 0 | 4 |
| White Chocolate Macadamia Nut | 1 cookie (45g) | 220 | 110 | 12 | 6 | 0 | 25 | 190 | 27 | 1 | 15 | 2 | 4 | 0 | 2 | 4 |

| Menu Items | Serving Size (g) | Calories (cal) | Calories from Fat (fat cal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Vitamin D (% DV) | Calcium (% DV) | Iron (% DV) | Potassium (%DV) |
|---------------------|------------------|----------------|-----------------------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|-------------------|------------|-------------|------------------|----------------|-------------|-----------------|
| Oatmeal Supreme | 1 cookie (48g) | 200 | | 7 | 4 | 0 | 25 | 110 | 29 | 1 | 15 | 3 | 0 | 2 | 6 | 2 |
| Peanut Butter Chunk | 1 cookie (48g) | 220 | | 13 | 5 | 0 | 30 | 190 | 24 | 0 | 10 | 5 | 0 | 2 | 0 | 2 |

Cookies- Gluten Free (NOW DAIRY FREE!)

| | | | | | | | | | | | | | | | | |
|-----------------|----------------|-----|----|---|-----|---|----|-----|----|----|----|---|---|---|---|---|
| Chocolate Chunk | 1 cookie (50g) | 200 | 80 | 8 | 3.5 | 0 | 5 | 270 | 32 | 2 | 19 | 1 | 0 | 0 | 0 | 6 |
| Mocha Fudge | 1 cookie (50g) | 200 | 80 | 9 | 3.5 | 0 | 5 | 270 | 31 | 3 | 18 | 1 | 0 | 0 | 0 | 8 |
| Snickerdoodle | 1 cookie (50g) | 200 | 70 | 8 | 2.5 | 0 | 10 | 260 | 31 | <1 | 18 | 1 | 0 | 0 | 0 | 4 |

MANUFACTURED IN A FACILITY THAT ALSO PROCESSES: EGG, PEANUTS, SOY, ALMOND, CASHEW, WALNUT, PECAN, COCONUT

Cookies- Vegan

| | | | | | | | | | | | | | | | | |
|---------------------------|----------------|-----|----|---|-----|---|---|-----|----|---|----|---|---|---|---|---|
| Chocolate Banana Bliss | 1 cookie (50g) | 200 | 70 | 8 | 3.5 | 0 | 0 | 500 | 38 | 2 | 18 | 1 | 0 | 2 | 8 | 8 |
| Fudgin Awesome | 1 cookie (50g) | 200 | 80 | 8 | 3.5 | 0 | 0 | 460 | 37 | 3 | 18 | 2 | 0 | 0 | 6 | 9 |
| Vegan Maple Oatmeal Spice | 1 cookie (50g) | 190 | 70 | 7 | 2.5 | 0 | 0 | 440 | 29 | 1 | 16 | 2 | 0 | 6 | 0 | 4 |

MANUFACTURED IN A FACILITY THAT ALSO PROCESSES: EGG, PEANUTS, SOY, ALMOND, CASHEW, WALNUT, PECAN, COCONUT

Cookies- Mini

| | | | | | | | | | | | | | | | | |
|---------------------|------------------|----|----|---|-----|---|----|----|---|---|---|--------------------|---|---|---|---|
| Mini Butter Sugar | 1 cookie (13 g) | 60 | 25 | 3 | 2 | 0 | 10 | 70 | 9 | 0 | 5 | contains less than | 1 | 0 | 0 | 1 |
| Mini Chocolate Chip | 1 cookie (13 g) | 60 | 25 | 3 | 1.5 | 0 | 5 | 45 | 8 | 0 | 5 | 1 | 0 | 0 | 0 | 0 |
| Mini CREAMfetti | 1 cookie (13 g) | 60 | 25 | 3 | 2 | 0 | 10 | 70 | 9 | 0 | 5 | contains less than | 1 | 0 | 0 | 1 |
| Mini Pecan | 1 cookie (14 g) | 60 | 35 | 4 | 1 | 0 | 5 | 75 | 7 | 0 | 4 | 1 | 2 | 0 | 0 | 0 |
| Mini Snickerdoodle | 1 cookie (13 g) | 60 | 25 | 3 | 2 | 0 | 10 | 70 | 9 | 0 | 5 | contains less than | 1 | 0 | 0 | 1 |

| Serving Size (g) | Calories (cal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Vitamin D (% DV) | Calcium (% DV) | Iron (% DV) | Potassium (%DV) |
|------------------|----------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|-------------------|------------|-------------|------------------|----------------|-------------|-----------------|
|------------------|----------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|-------------------|------------|-------------|------------------|----------------|-------------|-----------------|

Brownie

| | | | | | | | | | | | | | | | | |
|-------------------|------------------|-----|--|----|---|---|----|-----|----|---|----|---|---|---|----|---|
| Brownie | 1 brownie (100g) | 390 | | 17 | 4 | 0 | 35 | 420 | 52 | 3 | 31 | 6 | 0 | 2 | 20 | 8 |
| Brownie w/walnuts | 1 brownie (100g) | 410 | | 21 | 4 | 0 | 30 | 390 | 49 | 3 | 29 | 6 | 0 | 4 | 20 | 8 |

MANUFACTURED ON SHARED EQUIPMENT WITH PEANUTS. CONTAINS: DAIRY, EGGS, SOY, WHEAT.

Do'sants

| | | | | | | | | | | | | | | | | |
|----------------|-----------------|-----|----|---|---|---|----|-----|----|---|----|---|---|---|---|---|
| Glazed Do'sant | 1 do'sant (60g) | 190 | 60 | 6 | 4 | 0 | 15 | 330 | 31 | 1 | 14 | 3 | 4 | 0 | 0 | 4 |
|----------------|-----------------|-----|----|---|---|---|----|-----|----|---|----|---|---|---|---|---|

CONTAINS: EGG, MILK AND WHEAT.

Waffle

| | | | | | | | | | | | | | | | | |
|---------|-------------------|-----|----|---|---|---|----|-----|----|---|----|---|---|---|---|---|
| Waffles | 2 triangles (72g) | 120 | 45 | 5 | 1 | 0 | 20 | 210 | 17 | 0 | 10 | 2 | 0 | 0 | 0 | 0 |
|---------|-------------------|-----|----|---|---|---|----|-----|----|---|----|---|---|---|---|---|

Churros

| | | | | | | | | | | | | | | | | |
|--------|-----------------|-----|----|----|-----|---|----|-----|----|---|----|---|---|---|---|---|
| Churro | 1 churro (37 g) | 190 | 90 | 10 | 1.5 | 0 | 10 | 120 | 23 | 0 | 10 | 1 | 0 | 0 | 2 | 2 |
|--------|-----------------|-----|----|----|-----|---|----|-----|----|---|----|---|---|---|---|---|

CREAM Nutrition Facts

Toppings

These are the toppings details for a CREAM Ice Cream Sandwich, any scoops and a CREAM Taco. Not used for a mini ice cream sandwich or milkshake.

| Menu Items | Serving Size (g) | Calories (cal) | Calories from Fat (fat cal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Daily Fiber (g) | Sugars (g) | Protein (g) | Vitamin A (% DV) | Vitamin C (% DV) | Calcium (% DV) | Iron (% DV) |
|------------------------------|------------------|----------------|-----------------------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|-----------------|------------|-------------|------------------|------------------|----------------|-------------|
| Almonds | 28 | 180 | 130 | 15 | 2 | 0 | 0 | 0 | 5 | 2 | 2 | 6 | 0% | 0% | 8% | 8% |
| Butterfinger | 28 | 130 | 20 | 6 | 2 | 0 | 0 | 65 | 22 | 0 | 10 | 2 | 2% | 0% | 0% | 2% |
| Captain Crunch | 14 | 60 | 10 | 1 | 1 | 0 | 0 | 100 | 12 | 1 | 6 | 1 | 0% | 0% | 0% | 13% |
| Caramel Sauce | 30 | 40 | 0 | 0 | 0 | 0 | less than 5 mg | 20 | 10 | 0 | 7 | 0 | 0% | 0% | 1% | 0% |
| Cherries | 5 | 10 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 2 | 0 | 0 | 0% | 0% | 0% | 0% |
| Chocolate Sauce | 30 | 30 | 0 | 0 | 0 | 0 | 0 | 10 | 7 | 1 | 7 | 0 | 0% | 0% | 0% | 2% |
| Chocolate Sprinkles | 100 | 30 | 10 | 1 | 1 | 0 | 0 | 0 | 5 | 0 | 4 | 0 | 0% | 0% | 0% | 0% |
| Coconut | 28 | 130 | 60 | 7 | 6 | 0 | 0 | 110 | 16 | 5 | 10 | 1 | 0% | 0% | 0% | 0% |
| Confetti Sprinkles | 6 | 20 | 0 | 0 | 0 | 0 | 0 | 0 | 4 | 0 | 4 | 0 | 0% | 0% | 0% | 0% |
| Fruity Pebbles | 27 | 10 | 0 | 0 | 0 | 0 | 0 | 15 | 2 | 0 | 1 | 0 | 2% | 1% | 0% | 1% |
| Glitter Bling- Metallic Gold | 15 | 60 | 0 | 0 | 0 | 0 | 0 | 0 | 15 | 0 | 14 | 0 | 1% | 0% | 0% | 0% |
| Glitter Bling- Mermaid | 15 | 60 | 0 | 0 | 0 | 0 | 0 | 0 | 15 | 0 | 14 | 0 | 1% | 0% | 0% | 0% |
| Glitter Bling- Silver | 15 | 60 | 0 | 0 | 0 | 0 | 0 | 0 | 15 | 0 | 14 | 0 | 1% | 0% | 0% | 0% |
| Graham Crackers | 32 | 90 | 20 | 2 | 0 | 0 | 0 | 130 | 16 | 1 | 7 | 1 | 0% | 0% | 1% | 4% |
| Gummy Bears | 33 | 40 | 0 | 0 | 0 | 0 | 0 | 0 | 9 | 0 | 6 | 0 | 0% | 0% | 2% | 4% |
| Heath Toffee Bar | 33 | 190 | 100 | 2 | 0 | 0 | 10 | 120 | 21 | 0 | 20 | 0 | 0% | 0% | 0% | 0% |
| Hot Fudge | 40 | 120 | 20 | 2 | 2 | 0 | less than 5 mg | 100 | 25 | 1 | 22 | 1 | 0% | 0% | 2% | 4% |
| Mini M&Ms | 33 | 20 | 10 | 1 | 1 | 0 | less than 5 mg | 0 | 3 | 0 | 3 | 1 | 0% | 0% | 1% | 0% |
| Mini Chips- White Chocolate | 30 | 160 | 80 | 8 | 7 | 0 | 10 | 40 | 18 | 0 | 18 | 2 | 0% | 0% | 98% | 0% |
| Mini Chips- Salted Caramel | 30 | 160 | 70 | 8 | 6 | 0 | 10 | 60 | 18 | 0 | 18 | 2 | 0% | 0% | 12% | 0% |
| Mini Chocolate Chips | 26 | 120 | 80 | 8 | 5 | 0 | 0 | 0 | 16 | 2 | 12 | 2 | 0% | 0% | 0% | 8% |
| Mini Marshmallows | 30 | 20 | 0 | 0 | 0 | 0 | 0 | 10 | 5 | 0 | 3 | 0 | 0% | 0% | 0% | 0% |
| Nutella | 37 | 100 | 50 | 5 | 2 | 0 | 0 | 10 | 11 | 0 | 10 | 1 | 0% | 0% | 2% | 2% |
| Cookies & Cream Crumbs | 27 | 130 | 45 | 5 | 2 | 0 | 0 | 105 | 20 | 1 | 11 | 1 | 0% | 0% | 0% | 8% |
| Peanuts | 36 | 210 | 160 | 18 | 3 | 0 | 0 | 0 | 8 | 3 | 2 | 9 | 0% | 0% | 2% | 4% |
| Rainbow Sprinkles | 100 | 30 | 10 | 1 | 1 | 0 | 0 | 0 | 6 | 0 | 5 | 0 | 0% | 0% | 0% | 1% |
| Reeses Pieces | 15 | 70 | 30 | 4 | 3 | 0 | 0 | 15 | 10 | 1 | 8 | 2 | 0% | 0% | 0% | 0% |
| Whipped Cream | 5 | 30 | 20 | 2 | 1 | 0 | 10 | 0 | 2 | 0 | 2 | 0 | 0% | 0% | 0% | 0% |

CREAM Nutrition Facts

Toppings- Mini Sandwich & Milkshake

These toppings portions are used for the mini ice cream sandwich and a milkshake.

| Menu Items | Serving Size (g) | Calories (cal) | Calories from Fat (fat cal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Daily Fiber (g) | Sugars (g) | Protein (g) | Vitamin A (% DV) | Vitamin C (% DV) | Calcium (% DV) | Iron (% DV) |
|------------------------------|------------------|----------------|-----------------------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|-----------------|------------|-------------|------------------|------------------|----------------|-------------|
| Almonds | 14 | 90 | 70 | 8 | 1 | 0 | 0 | 0 | 3 | 1 | 1 | 3 | 0 | 0 | 0 | 0 |
| Butterfinger | 14 | 70 | 10 | 3 | 1 | 0 | 0 | 30 | 11 | 0 | 5 | 1 | 0 | 0 | 0 | 0 |
| Captain Crunch | 7 | 30 | 0 | 1 | 1 | 0 | 0 | 50 | 6 | 1 | 3 | 1 | 0 | 0 | 0 | 0 |
| Caramel Sauce | 15 | 20 | 0 | 0 | 0 | 0 | less than 5 mg | 10 | 5 | 0 | 4 | 0 | 0 | 0 | 0 | 0 |
| Cherries | 3 | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 |
| Chocolate Sauce | 15 | 20 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 0 | 3 | 0 | 0 | 0 | 0 | 0 |
| Chocolate Sprinkles | 50 | 15 | 10 | 1 | 1 | 0 | 0 | 0 | 3 | 0 | 2 | 0 | 0 | 0 | 0 | 0 |
| Coconut | 14 | 70 | 30 | 4 | 3 | 0 | 0 | 55 | 8 | 3 | 5 | 1 | 0 | 0 | 0 | 0 |
| Confetti Sprinkles | 3 | 10 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 2 | 0 | 0 | 0 | 0 | 0 |
| Fruity Pebbles | 14 | 10 | 0 | 0 | 0 | 0 | 0 | 10 | 1 | 0 | 1 | 0 | 0 | 0 | 0 | 0 |
| Glitter Bling- Metallic Gold | 8 | 30 | 0 | 0 | 0 | 0 | 0 | 0 | 8 | 0 | 7 | 0 | 0 | 0 | 0 | 0 |
| Glitter Bling- Mermaid | 8 | 30 | 0 | 0 | 0 | 0 | 0 | 0 | 8 | 0 | 7 | 0 | 0 | 0 | 0 | 0 |
| Glitter Bling- Silver | 8 | 30 | 0 | 0 | 0 | 0 | 0 | 0 | 8 | 0 | 7 | 0 | 0 | 0 | 0 | 0 |
| Graham Crackers | 16 | 45 | 10 | 1 | 0 | 0 | 0 | 60 | 8 | 1 | 4 | 1 | 0 | 0 | 0 | 0 |
| Gummy Bears | 17 | 20 | 0 | 0 | 0 | 0 | 0 | 0 | 4 | 0 | 3 | 0 | 0 | 0 | 0 | 0 |
| Heath Toffee Bar | 17 | 90 | 50 | 1 | 0 | 0 | less than 5 mg | 60 | 11 | 0 | 10 | 0 | 0 | 0 | 0 | 0 |
| Hot Fudge | 20 | 60 | 10 | 1 | 1 | 0 | less than 5 mg | 50 | 13 | 1 | 11 | 1 | 0 | 0 | 0 | 0 |
| Mini M&Ms | 17 | 10 | 5 | 1 | 1 | 0 | less than 5 mg | 0 | 2 | 0 | 2 | 0 | 0 | 0 | 0 | 0 |
| Mini Chips- White Chocolate | 15 | 80 | 40 | 4 | 4 | 0 | 5 | 20 | 9 | 0 | 9 | 1 | 0 | 0 | 0 | 0 |
| Mini Chips- Salted Caramel | 15 | 80 | 40 | 4 | 3 | 0 | 5 | 30 | 9 | 0 | 9 | 1 | 0 | 0 | 0 | 0 |
| Mini Chocolate Chips | 13 | 60 | 40 | 4 | 3 | 0 | 0 | 0 | 8 | 1 | 6 | 1 | 0 | 0 | 0 | 0 |
| Mini Marshmallows | 15 | 10 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 2 | 0 | 0 | 0 | 0 | 0 |
| Nutella | 19 | 50 | 25 | 3 | 1 | 0 | 0 | 0 | 5 | 0 | 5 | 1 | 0 | 0 | 0 | 0 |
| Cookies & Cream Crumbs | 14 | 70 | 20 | 3 | 1 | 0 | 0 | 50 | 10 | 1 | 6 | 1 | 0 | 0 | 0 | 0 |
| Peanuts | 18 | 110 | 80 | 9 | 2 | 0 | 0 | 0 | 4 | 2 | 1 | 5 | 0 | 0 | 0 | 0 |
| Rainbow Sprinkles | 50 | 20 | 5 | 1 | 1 | 0 | 0 | 0 | 3 | 0 | 3 | 0 | 0 | 0 | 0 | 0 |
| Reeses Pieces | 8 | 35 | 15 | 2 | 2 | 0 | 0 | 10 | 5 | 1 | 4 | 1 | 0 | 0 | 0 | 0 |
| Whipped Cream | 3 | 10 | 10 | 1 | 0 | 0 | less than 5 mg | 0 | 1 | 0 | 1 | 0 | 0 | 0 | 0 | 0 |

CREAM Nutrition Facts

| Cones and CREAM Taco | | | | | | | | | | | | | | | | |
|--|------------------|----------------|-----------------------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|-----------------|------------|-------------|------------------|------------------|----------------|-------------|
| Menu Items | Serving Size (g) | Calories (cal) | Calories from Fat (fat cal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Daily Fiber (g) | Sugars (g) | Protein (g) | Vitamin A (% DV) | Vitamin C (% DV) | Calcium (% DV) | Iron (% DV) |
| CONES | | | | | | | | | | | | | | | | |
| Waffle Cone | 38g | 250 | 60 | 7 | 4 | 0 | 0 | 60 | 51 | 14 | 16 | 3 | 0 | 0 | 7 | 8 |
| Cake Cone | 4 | 20 | 0 | 0 | 0 | 0 | 0 | 5 | 3 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| CREAM Taco | | | | | | | | | | | | | | | | |
| A CREAM Taco uses a taco shell, 3 regular scoops of ice cream, 2 regular servings of toppings. Please refer to those items for calorie totals. | | | | | | | | | | | | | | | | |
| CREAM Taco Shell | 38 | 250 | 60 | 7 | 4 | 0 | 0 | 60 | 51 | 14 | 16 | 3 | 0 | 0 | 7 | 8 |

| CREAM Sundaes | | | | | | | | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Brownie Sundae | | | | | | | | | | | | | | | | |
| A Brownie Sundae uses a brownie, 2 scoops of ice cream, 1 regular serving of a toppings. Please refer to those items for calorie totals. | | | | | | | | | | | | | | | | |
| Cookie Sundae | | | | | | | | | | | | | | | | |
| A Cookie Sundae uses a brownie, 2 scoops of ice cream, 1 regular serving of a toppings. Please refer to those items for calorie totals. | | | | | | | | | | | | | | | | |

| Hot Fudge Sundaes | | | | | | | | | | | | | | | | |
|---|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Regular Hot Fudge Sundae | | | | | | | | | | | | | | | | |
| A Hot Fudge Sundae uses 2 scoops of ice cream, 2 servings of Hot Fudge, 1.5 regular servings of a topping, 1 serving of whipped cream. Please refer to those items for calorie totals. | | | | | | | | | | | | | | | | |
| Brownie Hot Fudge Sundae | | | | | | | | | | | | | | | | |
| A Brownie Hot Fudge Sundae uses 2 scoops of ice cream, 2 servings of Hot Fudge, 1.5 regular servings of a topping, 1 serving of whipped cream and a brownie. Please refer to those items for calorie total. | | | | | | | | | | | | | | | | |
| Regular Hot Fudge Sundae | | | | | | | | | | | | | | | | |
| A Cookie Hot Fudge Sundae uses 2 scoops of ice cream, 2 servings of Hot Fudge, 1.5 regular servings of a topping, 1 serving of whipped cream and 1 cookie of your choice. Please refer to those items for calorie totals. | | | | | | | | | | | | | | | | |

| Mini Pies | | | | | | | | | | | | | | | | |
|--|------------|----------|-------------------|-----------|---------------|-------|-------------|--------|-------|-------|--------|---------|-----------|-----------|---------|------|
| You can add a scoop of ice cream and a topping to any mini pie. Please refer to the ice cream- regular scoop and toppings sheets to calculate. | | | | | | | | | | | | | | | | |
| Menu Items | Serving | Calories | Calories from Fat | Total Fat | Saturated Fat | Trans | Cholesterol | Sodium | Total | Daily | Sugars | Protein | Vitamin A | Vitamin C | Calcium | Iron |
| Apple Mini Pie | 1 pie/ 98g | 230 | 60 | 7 | 2.5 | 0 | 0 | 130 | 43 | 2 | 25 | 3 | 2 | 0 | 6 | 4 |
| Blueberry Mini Pie | 1 pie/98g | 270 | 60 | 7 | 2.5 | 0 | 0 | 160 | 51 | 2 | 32 | 3 | 2 | 0 | 4 | 4 |

CREAM Nutrition Facts

Pints of Ice Cream

| Menu Items | Serving Size (mL) | Calories (cal) | Calories from Fat (fat cal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Daily Fiber (g) | Sugars (g) | Protein (g) | Vitamin A (% DV) | Vitamin C (% DV) | Calcium (% DV) | Iron (% DV) |
|-----------------------------|-------------------|----------------|-----------------------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|-----------------|------------|-------------|------------------|------------------|----------------|-------------|
| Banana Fudge Walnut | 1 pint (473mL) | 860 | 430 | 52 | 29 | 0 | 290 | 135 | 134 | 0 | 134 | 12 | 41 | 76 | 23 | 17 |
| Blueberry Cheesecake | 1 pint (473mL) | 900 | 430 | 52 | 29 | 0 | 215 | 260 | 99 | 0 | 81 | 12 | 29 | 0 | 23 | 0 |
| Butter Pecan | 1 pint (473mL) | 858 | 485 | 59 | 32 | 0 | 390 | 110 | 80 | 0 | 75 | 5 | 53 | 0 | 43 | 0 |
| Chocoholic | 1 pint (473mL) | 940 | 510 | 58 | 35 | 0 | 200 | 160 | 134 | 0 | 70 | 6 | 23 | 0 | 23 | 105 |
| Chocolate Chip Cookie Dough | 1 pint (473mL) | 970 | 510 | 58 | 35 | 0 | 370 | 200 | 151 | 0 | 93 | 12 | 41 | 0 | 29 | 17 |
| Coconut | 1 pint (473mL) | 900 | 510 | 52 | 35 | 0 | 370 | 135 | 134 | 0 | 81 | 12 | 29 | 0 | 29 | 6 |
| Cookies & Cream | 1 pint (473mL) | 940 | 510 | 52 | 29 | 0 | 215 | 220 | 151 | 0 | 76 | 12 | 23 | 0 | 29 | 6 |
| Cup of Joe | 1 pint (473mL) | 820 | 470 | 52 | 29 | 0 | 215 | 115 | 76 | 0 | 64 | 12 | 23 | 0 | 29 | 6 |
| French Vanilla | 1 pint (473mL) | 860 | 470 | 52 | 29 | 0 | 215 | 115 | 128 | 0 | 64 | 6 | 29 | 0 | 29 | 0 |
| Green Tea | 1 pint (473mL) | 900 | 590 | 64 | 41 | 0 | 255 | 115 | 116 | 0 | 64 | 6 | 41 | 0 | 29 | 6 |
| Mint Chocolate Chip | 1 pint (473mL) | 900 | 470 | 52 | 29 | 0 | 230 | 115 | 140 | 0 | 76 | 12 | 23 | 0 | 29 | 17 |
| Peanut Butter Twist | 1 pint (473mL) | 1090 | 620 | 70 | 35 | 0 | 290 | 450 | 146 | 0 | 87 | 17 | 29 | 0 | 29 | 17 |
| Pistachio Delight | 1 pint (473mL) | 940 | 550 | 58 | 29 | 0 | 215 | 115 | 128 | 0 | 64 | 17 | 29 | 0 | 29 | 6 |
| Pumpkin Pie | 1 pint (473mL) | 860 | 470 | 52 | 35 | 0 | 350 | 115 | 87 | 0 | 87 | 6 | 29 | 0 | 29 | 0 |
| Rocky Road | 1 pint (473mL) | 1010 | 590 | 64 | 29 | 0 | 175 | 160 | 134 | 0 | 70 | 17 | 23 | 0 | 29 | 58 |
| Royal Caramel Swirl | 1 pint (473mL) | 900 | 430 | 52 | 29 | 0 | 215 | 310 | 151 | 0 | 76 | 12 | 23 | 0 | 29 | 29 |
| Salted Caramel | 1 pint (473mL) | 860 | 470 | 35 | 23 | 0 | 274 | 490 | 186 | 0 | 76 | 6 | 29 | 0 | 29 | 0 |
| Strawberry Cheesecake | 1 pint (473mL) | 940 | 590 | 64 | 41 | 0 | 290 | 130 | 122 | 0 | 64 | 12 | 29 | 0 | 23 | 0 |
| Very Berry Strawberry | 1 pint (473mL) | 780 | 390 | 41 | 29 | 0 | 300 | 115 | 134 | 0 | 64 | 6 | 29 | 0 | 29 | 0 |

ICE CREAMS ARE MANUFACTURED ON SHARED EQUIPMENT WITH NUTS AND PEANUTS.

| Menu Items | Serving Size (FL OZ) | Calories (cal) | Calories from Fat (fat cal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Daily Fiber (g) | Sugars (g) | Protein (g) | Vitamin D (% DV) | Phosphate (% DV) | Calcium (% DV) | Iron (% DV) |
|--------------------|----------------------|----------------|-----------------------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|-----------------|------------|-------------|------------------|------------------|----------------|-------------|
| Apple To My Pie | 1 pint (473mL) | 880 | 470 | 52 | 35 | 0 | 260 | 175 | 93 | 0 | 81 | 12 | 0 | 0 | 17 | 0 |
| Birthday Cake | 1 pint (473mL) | 890 | 430 | 47 | 17 | 0 | 210 | 190 | 105 | 0 | 99 | 12 | 0 | 0 | 17 | 0 |
| Cin-fu Churro | 1 pint (473mL) | 930 | 470 | 47 | 29 | 0 | 115 | 260 | 111 | 0 | 93 | 12 | 0 | 0 | 17 | 0 |
| Butterscotch Brew | 1 pint (473mL) | 860 | NA | 35 | 23 | 0 | 140 | 220 | 116 | 0 | 93 | 12 | 0 | 12 | 29 | 0 |
| Mocha Almond Fudge | 1 pint (473mL) | 1000 | NA | 64 | 35 | 0 | 150 | 150 | 93 | 0 | 76 | 17 | 0 | 29 | 41 | 0 |
| Pink Bellini | 1 pint (473mL) | 810 | NA | 41 | 23 | 0 | 150 | 150 | 105 | 0 | 87 | 12 | 0 | 12 | 26 | 0 |

ICE CREAMS ARE MANUFACTURED ON SHARED EQUIPMENT WITH NUTS AND PEANUTS.

SOY BASED OPTIONS

| Menu Items | Serving Size (FL OZ) | Calories (cal) | Calories from Fat (fat cal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Daily Fiber (g) | Sugars (g) | Protein (g) | Vitamin A (% DV) | Vitamin C (% DV) | Calcium (% DV) | Iron (% DV) |
|-------------------------|----------------------|----------------|-----------------------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|-----------------|------------|-------------|------------------|------------------|----------------|-------------|
| Soy Blueberry | 1 pint (473mL) | 740 | 230 | 32 | 5 | 0 | 0 | 314 | 112 | 0 | 85 | 5 | 0 | 0 | 0 | 0 |
| Soy Mint Chocolate Chip | 1 pint (473mL) | 740 | 270 | 32 | 5 | 0 | 0 | 314 | 101 | 0 | 80 | 11 | 0 | 0 | 0 | 16 |

MANUFACTURED ON SHARED EQUIPMENT WITH NUTS, DAIRY, EGGS.

CREAM Nutrition Facts

| Specialty Drinks | | | | | | | | | | | | | | | | |
|------------------|----------------------|----------------|-----------------------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|-----------------|------------|-------------|------------------|------------------|----------------|-------------|
| Menu Items | Serving Size (FL OZ) | Calories (cal) | Calories from Fat (fat cal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Daily Fiber (g) | Sugars (g) | Protein (g) | Vitamin A (% DV) | Vitamin C (% DV) | Calcium (% DV) | Iron (% DV) |

COFFEE DRINKS

For a CREAM Macchiato Milkshake select the calories from the milkshake tab and add the below calories for the macchiato mix to create your full calorie calculation.

| | | | | | | | | | | | | | | | | |
|---------------------------|------|-----|----|----|----|---|----|----------------|----|---|----|---|---|---|----|---|
| CREAM Macchiato Milkshake | 16oz | 400 | 15 | 2 | 0 | 0 | 15 | 240 | 96 | 0 | 73 | 0 | 0 | 0 | 0 | 0 |
| Latte | 12oz | 140 | 50 | 6 | 3 | 0 | 20 | 125 | 12 | 0 | 14 | 9 | 8 | 1 | 31 | 2 |
| Cappucino | 12oz | 210 | 50 | 16 | 14 | 0 | 0 | 35 | 16 | 1 | 13 | 1 | 0 | 0 | 0 | 1 |
| Espresso | 3 oz | 0 | 0 | 0 | 0 | 0 | 0 | less than 5 mg | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

OTHER HOT DRINKS

| | | | | | | | | | | | | | | | | |
|-------------------------------|------|-----|----|---|---|---|---|-----|----|---|----|---|---|---|---|---|
| Hot Chocolate with peppermint | 12oz | 270 | 50 | 5 | 4 | 0 | 0 | 150 | 56 | 2 | 50 | 3 | 2 | 0 | 4 | 0 |
| Hot Chocolate | 12oz | 170 | 20 | 5 | 4 | 0 | 0 | 120 | 32 | 2 | 26 | 3 | 2 | 0 | 4 | 0 |

The CREAM-agato is any scoop of ice cream with espresso poured over, please combine those items for calories.

Milkshakes

Milkshakes come with ice cream, milk, whipped cream and a cherry on top

| Menu Items | Serving Size (FL OZ) | Calories (cal) | Calories from Fat (fat cal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Daily Fiber (g) | Sugars (g) | Protein (g) | Vitamin A (% DV) | Vitamin C (% DV) | Calcium (% DV) | Iron (% DV) |
|--|----------------------|----------------|-----------------------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|-----------------|------------|-------------|------------------|------------------|----------------|-------------|
| Milkshake w/ Banana Fudge Walnut | 16 oz | 560 | 300 | 37 | 25 | 0 | 170 | 135 | 86 | 0 | 87 | 11 | 25 | 42 | 29 | 9 |
| Milkshake w/ Blueberry Cheesecake | 16 oz | 580 | 300 | 37 | 25 | 0 | 125 | 210 | 68 | 0 | 57 | 11 | 19 | 0 | 29 | 0 |
| Milkshake w/Butter Pecan | 16 oz | 580 | 350 | 40 | 25 | 0 | 235 | 125 | 56 | 0 | 54 | 8 | 31 | 0 | 41 | 0 |
| Milkshake w/ Chocoholic | 16 oz | 610 | 350 | 40 | 28 | 0 | 110 | 150 | 86 | 0 | 51 | 8 | 13 | 0 | 29 | 60 |
| Milkshake w/ Chocolate Chip Cookie Dough | 16 oz | 630 | 350 | 40 | 28 | 0 | 215 | 170 | 95 | 0 | 66 | 11 | 25 | 0 | 35 | 9 |
| Milkshake w/ Coconut | 16 oz | 580 | 350 | 37 | 28 | 0 | 215 | 135 | 86 | 0 | 57 | 11 | 19 | 0 | 35 | 3 |
| Milkshake w/ Cookies & Cream | 16 oz | 610 | 350 | 37 | 25 | 0 | 125 | 180 | 95 | 0 | 54 | 11 | 13 | 0 | 29 | 3 |
| Milkshake w/ Cup of Joe | 16 oz | 540 | 310 | 37 | 25 | 0 | 125 | 120 | 53 | 0 | 48 | 11 | 13 | 0 | 35 | 3 |
| Milkshake w/ French Vanilla | 16 oz | 560 | 310 | 37 | 25 | 0 | 125 | 120 | 83 | 0 | 48 | 8 | 19 | 0 | 35 | 0 |
| Milkshake w/ Green Tea | 16 oz | 580 | 290 | 43 | 31 | 0 | 150 | 120 | 73 | 0 | 48 | 8 | 25 | 0 | 35 | 3 |
| Milkshake w/ Mint Chocolate Chip | 16 oz | 580 | 310 | 37 | 25 | 0 | 140 | 120 | 89 | 0 | 54 | 11 | 13 | 0 | 35 | 9 |
| Milkshake w/ Peanut Butter Twist | 16 oz | 700 | 400 | 46 | 28 | 0 | 170 | 310 | 92 | 0 | 60 | 14 | 19 | 0 | 35 | 9 |
| Milkshake w/ Pistachio Delight | 16 oz | 610 | 370 | 40 | 25 | 0 | 125 | 120 | 79 | 0 | 51 | 14 | 19 | 0 | 35 | 3 |
| Milkshake w/ Pumpkin Pie | 16 oz | 560 | 310 | 37 | 28 | 0 | 205 | 120 | 59 | 0 | 60 | 8 | 19 | 0 | 35 | 0 |
| Milkshake w/ Rocky Road | 16 oz | 650 | 390 | 43 | 25 | 0 | 105 | 150 | 86 | 0 | 51 | 14 | 13 | 0 | 35 | 33 |
| Milkshake w/ Royal Caramel Swirl | 16 oz | 580 | 300 | 37 | 25 | 0 | 125 | 240 | 95 | 0 | 54 | 11 | 13 | 0 | 35 | 18 |
| Milkshake w/ Salted Caramel | 16 oz | 560 | 310 | 28 | 19 | 0 | 160 | 340 | 116 | 0 | 54 | 8 | 19 | 0 | 35 | 0 |
| Milkshake w/ Very Berry Strawberry | 16 oz | 520 | 380 | 31 | 25 | 0 | 195 | 95 | 86 | 0 | 48 | 8 | 19 | 0 | 35 | 0 |

| Menu Items | Serving Size (FL OZ) | Calories (cal) | Calories from Fat (fat cal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Daily Fiber (g) | Sugars (g) | Protein (g) | Vitamin D (% DV) | Phosphate (% DV) | Calcium (% DV) | Iron (% DV) |
|--------------------------------|----------------------|----------------|-----------------------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|-----------------|------------|-------------|------------------|------------------|----------------|-------------|
| Milkshake w/ Apple to My Pie | 16 oz | 700 | 310 | 37 | 28 | 0 | 155 | 160 | 65 | 0 | 57 | 11 | 1 | 0 | 26 | 0 |
| Milkshake w/ Birthday Cake | 16 oz | 580 | 300 | 34 | 16 | 0 | 125 | 170 | 60 | 0 | 69 | 11 | 1 | 0 | 26 | 0 |
| Milkshake w/ Cin-ful Churro | 16 oz | 600 | 320 | 34 | 25 | 0 | 75 | 210 | 74 | 0 | 66 | 11 | 1 | 0 | 26 | 0 |
| Milkshake w/Butterscotch Brew | 16 oz | 560 | 60 | 27 | 20 | 0 | 85 | 190 | 76 | 0 | 64 | 12 | 1 | 7 | 33 | 0 |
| Milkshake w/Mocha Almond Fudge | 16 oz | 640 | 60 | 43 | 27 | 0 | 90 | 180 | 63 | 0 | 55 | 15 | 1 | 16 | 40 | 0 |
| Milkshake w/Pink Peach Bellini | 16 oz | 540 | 60 | 30 | 20 | 0 | 90 | 130 | 70 | 0 | 61 | 12 | 1 | 7 | 32 | 0 |

ICE CREAMS ARE MANUFACTURED ON SHARED EQUIPMENT WITH NUTS AND PEANUTS.

Soy Milkshakes

| Menu Items | Serving Size (FL OZ) | Calories (cal) | Calories from Fat (fat cal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Daily Fiber (g) | Sugars (g) | Protein (g) | Vitamin A (% DV) | Vitamin C (% DV) | Calcium (% DV) | Iron (% DV) |
|--------------------------------------|----------------------|----------------|-----------------------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|-----------------|------------|-------------|------------------|------------------|----------------|-------------|
| Milkshake w/ Soy Blueberry | 16oz | 490 | 130 | 21 | 3 | 0 | 0 | 200 | 70 | 0 | 54 | 7 | 0 | 0 | 2 | 0 |
| Milkshake w/ Soy Mint Chocolate Chip | 16oz | 490 | 155 | 21 | 3 | 0 | 0 | 200 | 60 | 0 | 51 | 10 | 0 | 0 | 2 | 9 |

Milkshake Add ins

A mix in of a cookie, do'sant, churro or waffle has calories located on the baked goodies sheet. Each uses one serving of that item.

CREAM Nutrition Facts

Ice Cream Sandwich Cookie Cakes (page 1)

Each ice cream cookie cake includes 2 large cookies, ice cream and toppings (if you select one)

Ice Cream in an Ice Cream Sandwich Cookie Cake

| Menu Items | Serving Size (FL OZ) | Calories (cal) | Calories from Fat (fat cal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Daily Fiber (g) | Sugars (g) | Protein (g) | Vitamin A (% DV) | Vitamin C (% DV) | Calcium (% DV) | Iron (% DV) |
|-----------------------------|----------------------|----------------|-----------------------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|-----------------|------------|-------------|------------------|------------------|----------------|-------------|
| Banana Fudge Walnut | 27 | 1440 | 730 | 90 | 49 | 0 | 490 | 230 | 226 | 0 | 226 | 20 | 69 | 128 | 39 | 29 |
| Blueberry Cheesecake | 27 | 1510 | 730 | 90 | 49 | 0 | 360 | 430 | 167 | 0 | 137 | 20 | 49 | 0 | 39 | 0 |
| Butter Pecan | 27 | 1510 | 860 | 100 | 49 | 0 | 670 | 200 | 167 | 1 | 137 | 20 | 49 | 0 | 39 | 1 |
| Chocoholic | 27 | 1580 | 850 | 100 | 59 | 0 | 330 | 270 | 226 | 0 | 118 | 10 | 39 | 0 | 39 | 177 |
| Chocolate Chip Cookie Dough | 27 | 1640 | 850 | 100 | 59 | 0 | 630 | 330 | 255 | 0 | 157 | 20 | 69 | 0 | 49 | 29 |
| Coconut | 27 | 1510 | 850 | 90 | 59 | 0 | 630 | 230 | 226 | 0 | 137 | 20 | 49 | 0 | 49 | 10 |
| Cookies & Cream | 27 | 1580 | 850 | 90 | 49 | 0 | 360 | 360 | 255 | 0 | 128 | 20 | 39 | 0 | 49 | 10 |
| Cup of Joe | 27 | 1380 | 790 | 90 | 49 | 0 | 360 | 200 | 128 | 0 | 108 | 20 | 39 | 0 | 49 | 10 |
| French Vanilla | 27 | 1440 | 790 | 90 | 49 | 0 | 360 | 200 | 216 | 0 | 108 | 10 | 49 | 0 | 49 | 0 |
| Green Tea | 27 | 1510 | 990 | 110 | 69 | 0 | 430 | 200 | 196 | 0 | 108 | 10 | 69 | 0 | 49 | 10 |
| Mint Chocolate Chip | 27 | 1510 | 790 | 90 | 49 | 0 | 390 | 200 | 236 | 0 | 128 | 20 | 39 | 0 | 49 | 29 |
| Peanut Butter Twist | 27 | 1890 | 1050 | 120 | 59 | 0 | 490 | 760 | 246 | 0 | 147 | 29 | 49 | 0 | 49 | 29 |
| Pistachio Delight | 27 | 1290 | 920 | 100 | 49 | 0 | 360 | 200 | 216 | 0 | 108 | 29 | 49 | 0 | 49 | 10 |
| Pumpkin Pie | 27 | 1180 | 790 | 90 | 59 | 0 | 590 | 200 | 147 | 0 | 147 | 10 | 49 | 0 | 49 | 0 |
| Rocky Road | 27 | 1390 | 990 | 110 | 49 | 0 | 300 | 270 | 226 | 0 | 118 | 29 | 39 | 0 | 49 | 98 |
| Royal Caramel Swirl | 27 | 1230 | 730 | 90 | 49 | 0 | 360 | 530 | 255 | 0 | 128 | 20 | 39 | 0 | 49 | 49 |
| Salted Caramel | 27 | 1440 | 790 | 60 | 39 | 0 | 460 | 820 | 314 | 0 | 128 | 10 | 49 | 0 | 49 | 0 |
| Strawberry Cheesecake | 27 | 1580 | 990 | 110 | 69 | 0 | 490 | 230 | 206 | 0 | 108 | 20 | 49 | 0 | 39 | 0 |
| Very Berry Strawberry | 27 | 1320 | 660 | 70 | 49 | 0 | 560 | 200 | 226 | 0 | 108 | 10 | 49 | 0 | 49 | 0 |

ICE CREAMS ARE MANUFACTURED ON SHARED EQUIPMENT WITH NUTS AND PEANUTS.

| Menu Items | Serving Size (FL OZ) | Calories (cal) | Calories from Fat (fat cal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Daily Fiber (g) | Sugars (g) | Protein (g) | Vitamin D (% DV) | Phosphorus (% DV) | Calcium (% DV) | Iron (% DV) |
|--------------------|----------------------|----------------|-----------------------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|-----------------|------------|-------------|------------------|-------------------|----------------|-------------|
| Apple to My Pie | 27 | 1490 | 780 | 88 | 59 | 0 | 440 | 300 | 157 | 0 | 137 | 20 | 0 | 0 | 29 | 0 |
| Birthday Cake | 27 | 1500 | 720 | 79 | 29 | 0 | 350 | 310 | 177 | 0 | 167 | 20 | 0 | 0 | 29 | 0 |
| Cin-ful Churro | 27 | 1570 | 790 | 79 | 49 | 0 | 200 | 440 | 187 | 0 | 157 | 20 | 0 | 0 | 29 | 0 |
| Butterscotch Brew | 27 | 1440 | NA | 59 | 39 | 0 | 240 | 370 | 196 | 0 | 157 | 20 | 0 | 20 | 49 | 0 |
| Mocha Almond Fudge | 27 | 1690 | NA | 108 | 59 | 0 | 260 | 340 | 157 | 0 | 128 | 29 | 0 | 49 | 69 | 0 |
| Pink Bellini | 27 | 1360 | NA | 69 | 39 | 0 | 260 | 200 | 177 | 0 | 147 | 20 | 0 | 20 | 44 | 0 |

ICE CREAMS ARE MANUFACTURED ON SHARED EQUIPMENT WITH NUTS AND PEANUTS.

SOY BASED OPTIONS

| Menu Items | Serving Size (FL OZ) | Calories (cal) | Calories from Fat (fat cal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Daily Fiber (g) | Sugars (g) | Protein (g) | Vitamin A (% DV) | Vitamin C (% DV) | Calcium (% DV) | Iron (% DV) |
|-------------------------|----------------------|----------------|-----------------------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|-----------------|------------|-------------|------------------|------------------|----------------|-------------|
| Soy Blueberry | 27 | 1250 | 390 | 49 | 10 | 0 | 0 | 530 | 187 | 0 | 147 | 10 | 0 | 0 | 0 | 0 |
| Soy Mint Chocolate Chip | 27 | 1250 | 460 | 49 | 10 | 0 | 0 | 530 | 167 | 0 | 137 | 20 | 0 | 0 | 0 | 29 |

MANUFACTURED ON SHARED EQUIPMENT WITH NUTS, DAIRY, EGGS.

CREAM Nutrition Facts

Ice Cream Sandwich Cookie Cakes (page 2)

Each ice cream cookie cake includes 2 large cookies, ice cream and toppings (if you select one)

Cookies in an Ice Cream Sandwich Cookie Cake - Standard Cookie (2 cookies per cake)

| Menu Items | Serving Size (g) | Calories (cal) | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates | Daily Fiber | Sugars (g) | Protein (g) | Vitamin A (%) | Vitamin C (%) | Calcium (% DV) | Iron (% DV) |
|-----------------------|-------------------|----------------|-------------------|---------------|-------------------|---------------|------------------|-------------|---------------------|-------------|------------|-------------|---------------|---------------|----------------|-------------|
| Butter Sugar | 1 cookie (523.6g) | 1400 | 490 | 56 | 28 | 0 | 105 | 1330 | 210 | 0 | 112 | 14 | 0 | 0 | 0 | 28 |
| Chocolate Chip | 1 cookie (523.6g) | 1540 | 630 | 70 | 42 | 0 | 175 | 1330 | 203 | 7 | 112 | 14 | 28 | 0 | 0 | 56 |
| CREAMfetti | 1 cookie (523.6g) | 1260 | 420 | 49 | 24.5 | 0 | 105 | 1050 | 189 | 0 | 98 | 7 | 0 | 0 | 0 | 28 |
| Double Chocolate Chip | 1 cookie (523.6g) | 1470 | 700 | 77 | 49 | 0 | 175 | 1330 | 196 | 7 | 119 | 14 | 28 | 28 | 14 | 56 |
| Oatmeal Raisin | 1 cookie (523.6g) | 1400 | 490 | 56 | 35 | 0 | 175 | 1330 | 203 | 7 | 105 | 14 | 28 | 56 | 0 | 42 |
| Peanut Butter | 1 cookie (523.6g) | 1610 | 910 | 98 | 42 | 0 | 175 | 1540 | 154 | 14 | 84 | 35 | 28 | 28 | 0 | 28 |
| Snickerdoodle | 1 cookie (523.6g) | 1470 | 560 | 63 | 35 | 0 | 119 | 1400 | 245 | 0 | 140 | 21 | 0 | 0 | 0 | 28 |
| White Chocolate | 1 cookie (523.6g) | 1540 | 770 | 84 | 42 | 0 | 175 | 1330 | 189 | 7 | 105 | 14 | 28 | 0 | 14 | 28 |
| Macadamia Nut | 1 cookie (523.6g) | 1540 | 770 | 84 | 42 | 0 | 175 | 1330 | 189 | 7 | 105 | 14 | 28 | 0 | 14 | 28 |

| Menu Items | Serving Size (g) | Calories (cal) | Calories from Fat (fat cal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Vitamin D (% DV) | Calcium (% DV) | Iron (% DV) | Potassium (%DV) |
|---------------------|------------------|----------------|-----------------------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|-------------------|------------|-------------|------------------|----------------|-------------|-----------------|
| Oatmeal Supreme | 1 cookie (432g) | 1400 | | 49 | 28 | 0 | 175 | 770 | 203 | 7 | 105 | 21 | 0 | 14 | 42 | 14 |
| Peanut Butter Chunk | 1 cookie (432g) | 1540 | | 91 | 35 | 0 | 210 | 1330 | 168 | 0 | 70 | 35 | 0 | 14 | 0 | 14 |

Cookies- Gluten Free (NOW DAIRY FREE!)- 2 cookies per cake

| | | | | | | | | | | | | | | | | |
|-----------------|----------------|------|-----|----|----|---|----|------|-----|----|-----|---|---|---|---|----|
| Chocolate Chunk | 1 cookie (50g) | 1400 | 560 | 56 | 25 | 0 | 35 | 1890 | 224 | 14 | 133 | 7 | 0 | 0 | 0 | 42 |
| Mocha Fudge | 1 cookie (50g) | 1400 | 560 | 63 | 25 | 0 | 35 | 1890 | 217 | 21 | 126 | 7 | 0 | 0 | 0 | 56 |
| Snickerdoodle | 1 cookie (50g) | 1400 | 490 | 56 | 18 | 0 | 70 | 1820 | 217 | 2 | 126 | 7 | 0 | 0 | 0 | 28 |

MANUFACTURED IN A FACILITY THAT ALSO PROCESSES: EGG, PEANUTS, SOY, ALMOND, CASHEW, WALNUT, PECAN, COCONUT

Cookies- Vegan - 2 cookies per cake

| | | | | | | | | | | | | | | | | |
|---------------------------|-------------------|------|-----|----|----|---|---|------|-----|----|-----|----|---|----|----|----|
| Chocolate Banana Bliss | 1 cookie (523.6g) | 1400 | 490 | 56 | 25 | 0 | 0 | 3500 | 266 | 14 | 126 | 7 | 0 | 14 | 56 | 56 |
| Fudgin Awesome | 1 cookie (523.6g) | 1400 | 560 | 56 | 25 | 0 | 0 | 3220 | 259 | 21 | 126 | 14 | 0 | 0 | 42 | 63 |
| Vegan Maple Oatmeal Spice | 1 cookie (50g) | 1330 | 490 | 49 | 18 | 0 | 0 | 3080 | 203 | 7 | 112 | 14 | 0 | 42 | 0 | 28 |

MANUFACTURED IN A FACILITY THAT ALSO PROCESSES: EGG, PEANUTS, SOY, ALMOND, CASHEW, WALNUT, PECAN, COCONUT

MANUFACTURED IN A FACILITY THAT ALSO PROCESSES: WHEAT, PEANUTS, SOY, ALMOND, WALNUT, PECAN, AND COCONUT. CONTAINS: WHEAT, SOY.

Toppings in an Ice Cream Sandwich Cookie Cake

| Menu Items | Serving Size (g) | Calories (cal) | Calories from Fat (fat cal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Daily Fiber (g) | Sugars (g) | Protein (g) | Vitamin A (% DV) | Vitamin C (% DV) | Calcium (% DV) | Iron (% DV) |
|------------------------|------------------|----------------|-----------------------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|-----------------|------------|-------------|------------------|------------------|----------------|-------------|
| Chocolate Sprinkles | 700 | 216 | 83 | 9 | 9 | 0 | 0 | 1 | 36 | 0 | 31 | 1 | 0 | 0 | 0 | 0 |
| Cookies & Cream Crumbs | 189 | 910 | 315 | 35 | 11 | 0 | 0 | 740 | 140 | 7 | 77 | 7 | 0 | 0 | 0 | 1 |
| Confetti | 42 | 140 | 0 | 0 | 0 | 0 | 0 | 0 | 28 | 0 | 28 | 0 | 0 | 0 | 0 | 0 |
| Rainbow Sprinkles | 700 | 226 | 72 | 8 | 8 | 0 | 0 | 0 | 39 | 0 | 36 | 0 | 0 | 0 | 0 | 0 |