

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	6	0	40	50	20	0	20	0	10	0	0	0
Butter Pecan	3	170	100	11	7	0	75	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	45	20	26	0	14	2	4	0	6	3
Peanut Butter Twist	3	210	120	13	7	0	55	85	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	65	20	16	0	16	1	6	0	6	0
Rocky Road	3	190	110	12	6	0	35	30	25	0	13	3	4	0	6	11
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
Soy Mint Chocolate Chip	3	140	50	8	6	0	0	60	25	0	12	1	6	0	6	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)
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

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)	Calcium (% DV)	Iron (% DV)	Potassium (%DV)
Acai Berry Blush	3	160	NA	8	5	0	20	30	18	0	16	2	0	6	0	0
Soy Strawberry	3	130	NA	5	0	0	1	60	19	0	16	1	0	1	0	0

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

PLANT-BASED FLAVORS

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)	Calcium (% DV)	Iron (% DV)	Potassium (%DV)
Double Chocolate Cookie*	3	240	NA	13	2.02	0	0	170	26	0	16	4	2	2	10	4
Spiced Cookie Crumble	3	240	NA	15	1	0	0	180	22	0	16	3	100	2	2	0

MANUFACTURED ON SHARED EQUIPMENT WITH NUTS, DAIRY, EGGS.

*This product does not contain milk but does contain a small quantity of the milk component called whey.

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	20	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	35	20	14	0	9	1	4	0	3	2
Coconut	1.5	80	50	5	4	0	35	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	25	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	35	10	8	0	8	1	3	0	3	0
Rocky Road	1.5	100	60	6	3	0	15	15	13	0	7	2	2	0	3	6
Salted Caramel	1.5	80	40	4	2	0	25	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
Soy Mint Chocolate Chip	1.5	70	30	3	1	0	0	30	10	0	8	1	0	0	0	2

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

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 D (% DV)	Calcium (% DV)	Iron (% DV)	Potassium (%DV)
Acai Berry Blush	1.5	80	0	4	3	0	10	15	9	0	8	1	0	1	3	0
Soy Strawberry	1.5	60	0	3	0	0	0	30	9	0	8	1	0	0	1	0

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

PLANT-BASED FLAVORS

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)	Calcium (% DV)	Iron (% DV)	Potassium (%DV)
Double Chocolate Cookie*	1.5	120	NA	6.5	1.01	0	0	85	13	0	8	2	1	1	5	2
Spiced Cookie Crumble	1.5	120	NA	8	1	0	0	90	11	0	8	2	50	1	1	0

MANUFACTURED ON SHARED EQUIPMENT WITH NUTS, DAIRY, EGGS.

*This product does not contain milk but does contain a small quantity of the milk component called whey.

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)
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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
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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
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Churros

Churro	1 churro (37 g)	190	90	10	1.5	0	10	120	23	0	10	1	0	0	2	2
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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	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)	900	510	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
Salted Caramel	1 pint (473mL)	860	470	35	23	0	270	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
Soy Mint Chocolate Chip	1 pint (473mL)	740	270	41	29	0	300	115	134	0	64	6	29	0	29	0

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 D (% DV)	Phosphate (% DV)	Calcium (% DV)	Iron (% DV)
Apple To My Pie	1 pint (473mL)	880	470	52	35	0	260	180	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-ful 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

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 D (% DV)	Calcium (% DV)	Iron (% DV)	Potassium (%DV)
Acai Berry Blush	1 pint (473mL)	820	0	44	27	2	110	160	97	0	84	11	0	32	0	0
Soy Strawberry	1 pint (473mL)	680	0	28	3	0	5	330	99	0	83	6	0	5	0	5

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

PLANT-BASED FLAVORS

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 D (% DV)	Calcium (% DV)	Iron (% DV)	Potassium (%DV)
Double Chocolate Cookie*	1 pint (473mL)	1280	NA	69	11	0	0	910	139	0	85	21	11	11	53	21
Spiced Cookie Crumble	1 pint (473mL)	1280	NA	80	7	0	0	960	117	0	85	16	533	11	11	0

MANUFACTURED ON SHARED EQUIPMENT WITH NUTS, DAIRY, EGGS.

*This product does not contain milk but does contain a small quantity of the milk component called whey.

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
Cappuccino	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/ 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
Milkshake w/ Soy Mint Chocolate Chip	16 oz	489	153	21	3	0	0	197	62	0	51	10	0	0	2	9
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)	Phosphat e (% 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
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)	Calcium (% DV)	Iron (% DV)	Potassium (%DV)
Milkshake w/ Acai Berry Blush	16 oz	540	60	32	22	1	70	150	66	0	59	11	1	35	0	0
Milkshake w/ Soy Strawberry	16 oz	440	60	23	8	0	10	240	67	0	59	9	1	20	0	0

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

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	88	49	0	490	230	226	0	226	20	69	128	39	29
Blueberry Cheesecake	27	1510	730	88	49	0	365	430	167	0	137	20	49	0	39	0
Butter Pecan	27	1510	860	99	49	0	685	200	167	1	137	20	49	0	39	1
Chocoholic	27	1580	850	98	59	0	335	270	226	0	118	10	39	0	39	177
Chocolate Chip Cookie Dough	27	1640	850	98	59	0	630	330	255	0	157	20	69	0	49	29
Coconut	27	1510	850	88	59	0	630	230	226	0	137	20	49	0	49	10
Cookies & Cream	27	1580	850	88	49	0	365	360	255	0	128	20	39	0	49	10
Cup of Joe	27	1380	790	88	49	0	365	200	128	0	108	20	39	0	49	10
French Vanilla	27	1440	790	88	49	0	365	200	216	0	108	10	49	0	49	0
Green Tea	27	1510	990	108	69	0	430	200	196	0	108	10	69	0	49	10
Mint Chocolate Chip	27	1510	790	88	49	0	395	200	236	0	128	20	39	0	49	29
Peanut Butter Twist	27	1890	1050	118	59	0	490	760	246	0	147	29	49	0	49	29
Pistachio Delight	27	1290	920	98	49	0	365	200	216	0	108	29	49	0	49	10
Pumpkin Pie	27	1180	790	88	59	0	590	200	147	0	147	10	49	0	49	0
Rocky Road	27	1390	990	108	49	0	295	270	226	0	118	29	39	0	49	98
Salted Caramel	27	1440	790	59	39	0	460	820	314	0	128	10	49	0	49	0
Strawberry Cheesecake	27	1580	990	108	69	0	490	230	206	0	108	20	49	0	39	0
Very Berry Strawberry	27	1320	660	69	49	0	560	200	226	0	108	10	49	0	49	0
Soy Mint Chocolate Chip	27	1250	460	49	49	1	0	530	226	1	108	10	49	1	49	1

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	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

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)	Calcium (% DV)	Iron (% DV)	Potassium (%DV)
Acai Berry Blush	27	1390	NA	74	45	3	180	280	164	0	142	19	0	54	0	9
Soy Strawberry	27	1140	0	48	4	1	5	550	167	0	140	11	0	9	0	0

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

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 (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 (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 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	NA	49	28	0	175	770	203	7	105	21	0	14	42	14
Peanut Butter Chunk	1 cookie (432g)	1540	NA	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