

PRODUCT NUTRITIONAL FACTS



Product	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Sugar Alcohol (g)	Protein (g)	Vit A (% RDA)	Vit C (% RDA)	Calcium (% RDA)	Iron (% RDA)	
Slice of Carvel Ice Cream Cake	250	13	9	0	35	125	29	1	21	0	4	6	2	10	2	
Cones (small)	Waffle cone with vanilla	510	24	14	0	90	260	61	1	47	0	11	0	8	40	2
	Waffle cone with chocolate	490	23	13	0	60	220	63	2	49	0	10	10	4	25	4
	Sugar cone with vanilla	490	26	17	0	130	230	57	0	43	0	6	20	4	20	0
	Sugar cone with chocolate	460	21	13	0	55	250	59	2	46	0	11	10	4	25	0
	Cake cone with vanilla	470	26	17	0	130	220	50	0	40	0	6	20	4	20	0
	Cake cone with chocolate	440	21	13	0	55	220	51	2	42	0	10	10	4	25	2
Ice Cream small cup (7.5 wt oz)	Vanilla	450	26	17	0	130	210	47	0	40	0	6	20	4	20	0
	Chocolate	410	21	13	0	55	220	48	2	42	0	10	10	4	25	0
	Sherbet ¹	290	2.5	1.5	0	5	115	67	0	50	0	2	2	2	10	0
	No sugar added vanilla ²	260	7	4.5	0	30	190	51	0	15	21	11	15	4	45	0
Classic Sundaes (small)	Hot Fudge	540	30	22	0	115	220	60	2	52	0	7	20	4	20	4
	Strawberry	610	34	24	0	155	230	67	1	57	0	8	25	35	25	2
	Caramel	700	36	25	0	155	370	84	0	62	0	8	25	6	30	0
Blended Drinks (small 16 oz)	Banana Barge [®]	970	46	24	0	95	290	128	7	95	0	19	10	30	40	10
	Thick Chocolate Shake	650	27	16	0	70	320	93	2	69	0	14	15	4	40	2
	Thick Vanilla Shake	660	31	20	0	150	280	86	0	79	0	11	25	4	35	0
	Thick Strawberry Shake	600	31	20	0	150	280	70	1	61	0	11	25	45	35	2
	Thick Shake Float - Vanilla	810	39	26	0	190	350	102	0	92	0	13	30	6	45	0
	Thick Shake Float - Chocolate	790	34	20	0	90	390	109	3	83	0	17	20	6	45	2
	Thick Shake Float - Strawberry	750	39	26	0	190	340	85	1	74	0	13	30	45	45	2
	Iceberg [®] - Fanta [®] Orange	550	27	18	0	120	280	65	0	47	0	10	10	8	35	0
	Iceberg [®] - Coke [®]	550	27	18	0	120	280	65	0	47	0	10	10	8	35	0
	Iceberg [®] - Barq's Root Beer [®]	550	27	18	0	120	290	67	0	60	0	10	10	8	35	0
	Float - Vanilla Ice Cream and Coke [®]	380	17	11	0	85	150	53	0	48	0	4	15	2	15	0
	Float - Chocolate Ice Cream and Coke [®]	360	14	8	0	35	150	54	1	49	0	6	8	2	15	0
	Float - Vanilla Ice Cream and Soda Water	440	18	11	0	85	220	68	0	46	0	4	15	2	15	0
	Float - Chocolate Ice Cream and Soda Water	420	15	8	0	35	220	69	1	47	0	6	8	2	15	0
	Carvelanche [®] - Butterfinger [®]	730	38	24	0	135	340	92	1	72	0	10	25	4	25	0
	Carvelanche [®] - Cookies & Cream	610	33	19	0	135	310	70	0	54	0	8	25	4	25	2
	Carvelanche [®] - Cake Mix	770	31	20	0	135	500	110	0	77	0	10	25	4	25	0
	Carvelanche [®] - M&M'S [®]	760	39	18	0	135	230	88	0	75	0	11	25	4	25	0
	Carvelanche [®] - Reese's [®]	750	39	28	0	135	320	85	0	74	0	14	25	4	25	0
	Arctic Blender [®] - Cookie Dough	920	40	22	0	115	460	126	1	91	0	15	6	8	45	6
	Arctic Blender [®] - Fried Ice Cream	670	31	18	0	100	330	85	2	60	0	13	10	20	50	20
	Arctic Blender [®] - Peanut Butter	870	33	17	0	90	510	88	3	72	0	18	2	8	35	2
	Carvelatte [®] - Caramel Macchiato	680	27	17	0	90	420	97	0	74	0	11	2	8	40	0
	Carvelatte [®] - Coffee	670	32	20	0	115	340	84	0	73	0	14	2	10	50	0
Carvelatte [®] - Mocha	610	25	15	0	90	280	88	1	70	0	10	2	8	35	0	
Dashers[®] (small 12 oz)	Mint Chocolate Chip	770	42	24	0	100	290	95	4	76	0	9	15	4	20	8
	Banana's Foster	660	23	15	0	90	420	105	2	67	0	6	15	10	25	2
	Peanut Butter Cup	1060	60	20	0	55	670	95	7	76	0	22	10	4	25	6
	Strawberry Shortcake	580	29	19	0	145	240	74	2	60	0	7	20	60	20	4
	Fudge Brownie	850	45	21	0	135	420	102	4	84	0	10	20	4	20	4
Take Home Treats	Cupcake	270	12	8	0	45	180	36	0	28	0	3	6	2	8	2
	Flying Saucer [®] - Vanilla	250	11	7	0	45	160	33	0	20	0	3	8	2	8	2
	Flying Saucer [®] - Chocolate	230	10	5	0	20	160	33	1	20	0	4	4	2	8	2
	Deluxe Flying Saucer [®] - Sprinkles	350	16	10	0	45	160	49	0	20	0	3	8	2	8	2
	Chipster [®]	350	17	9	0	45	230	45	4	27	0	4	8	2	8	20
	Brown Bonnet [®]	390	23	17	0	60	115	43	0	31	0	3	10	2	10	0
	Lil' Rounder [®] - Sugar Cookie	190	9	5	0	25	140	22	0	13	0	2	4	0	2	2
	Lil' Rounder [®] - Chocolate Chip	180	9	5	0	20	125	23	1	15	0	2	4	0	2	4
	Lil' Rounder [®] - Double Chocolate Chip	180	9	5	0	20	135	23	1	16	0	2	4	0	2	4
	Lil' Rounder [®] - Oreo [®]	160	7	2.5	0	15	200	25	1	12	0	3	2	0	4	0
	Olde Fashion Sundae	340	15	11	0	75	150	47	0	34	0	4	15	2	15	0
	Sprinkle Cup	260	14	10	0	50	85	31	0	17	0	3	8	2	8	2
	Carvel Sinful Love Bar [®]	470	30	15	0	30	230	48	5	29	0	4	6	0	10	6
	Mini Sundae (Chocolate Syrup)	220	10	8	0	50	95	29	0	22	0	3	8	0	8	0
Smoothies (small 16 oz)	Strawberry - Banana	320	0	0	0	25	78	2	67	0	0	0	60	2	2	
	Raspberry - Strawberry	300	0	0	0	35	75	1	69	0	0	0	20	2	6	
	Strawberry	330	0	0	0	35	80	2	66	0	0	0	70	2	4	
Low Fat	Waffle cone with Low Fat vanilla	370	8	5	0	30	135	68	0	48	0	11	6	0	10	2
	Waffle cone with Low Fat chocolate	360	8	6	0	25	130	64	0	47	0	12	8	0	8	2
	Sugar cone with Low Fat vanilla	340	6	5	0	25	150	64	0	44	0	10	4	0	10	0
	Sugar cone with Low Fat chocolate	320	6	5	0	20	140	59	0	43	0	11	8	0	8	0
	Cake cone with Low Fat vanilla	320	6	5	0	25	140	57	0	42	0	10	4	0	10	0
	Cake cone with Low Fat chocolate	300	6	5	0	20	135	53	0	40	0	11	8	0	8	0
	Small Cup (7.5 wt oz) Low Fat Vanilla	290	6	5	0	25	135	54	0	42	0	10	4	0	10	0
	Small Cup (7.5 wt oz) Low Fat Chocolate	280	6	5	0	20	130	49	0	40	0	11	8	0	8	0
	Arctic Blender [®] - Cookie Dough (Low Fat) ³	720	18	10	0	40	320	129	1	86	0	14	8	0	15	6
	Arctic Blender [®] - Fried Ice Cream (Low Fat) ³	500	10	6	0	25	210	95	1	61	0	12	15	10	20	20
	Arctic Blender [®] - Peanut Butter (Low Fat) ³	710	14	6	0	25	400	93	3	71	0	17	4	0	10	2
	Carvelatte [®] - Caramel Macchiato (Low Fat) ³	500	7	6	0	25	290	100	0	73	0	10	4	0	15	0
	Carvelatte [®] - Coffee (Low Fat) ³	450	8	6	0	30	180	89	0	72	0	12	6	0	10	0
	Carvelatte [®] - Mocha (Low Fat) ³	440	6	4.5	0	25	160	91	1	69	0	9	4	0	10	0
	Flying Saucer [®] (Low Fat Vanilla)	190	4.5	3	0	10	135	35	0	20	0	5	2	0	4	2
	Flying Saucer [®] (Low Fat Chocolate)	190	5	3	0	5	135	34	0	20	0	5	2	0	4	2

SINCE EACH OF OUR FROZEN TREATS ARE HAND MADE FRESH TO ORDER, PORTION SIZE MAY VARY AND EFFECT ACTUAL NUTRITION VALUE.
¹ No significant difference of nutrients between all flavors. ² No sugars are added during processing. These items do contain natural sugars. ³ These items do not contain whip cream.