

CARVEL™

NUTRITIONAL

Guide



Table of Contents

Ingredients & Allergens	Page 2
Classic Sundaes	Page 3
Thick Shakes	Page 4
Carvelanche®	Page 5
Sundae Dasher®	Page 6
Menu Add Ons	Page 7
Soft Serve	Pages 8 - 14
Scooped	Pages 15 - 26
Sorbet	Pages 27 - 28
Toppings	Pages 29 - 30

CARVEL® ALLERGEN STATEMENT: Carvel's products may contain milk, eggs, tree nuts, peanuts, wheat and/or soybeans. Despite using best practices, Carvel cannot guarantee products will be free from allergens through cross-contamination. If you have a food allergy, please notify the shoppe directly.

While Carvel® takes reasonable steps to ensure that the method of preparation and the amount of the each menu item offered is consistent with the nutrition information provided, variations in serving sizes, recipe formulations, preparation techniques, product testing, and sources of supply, as well as regional and seasonal differences may affect the nutrition values for each product. In some instances, ingredient substitutions and differences in product assembly or size at a specific Carvel location may also impact the nutrition values for each product.



INGREDIENTS & ALLERGENS

SOFT SERVE

WHEAT
SOY
MILK
EGG
PEANUTS
TREE NUTS

VANILLA

Vanilla Ice Cream: Milk, Condensed Skim Milk, Cream, Sugar Syrup, Corn Syrup, Contains less than 1% of: Mono and Diglycerides, Tetrasodium Pyrophosphate, Cellulose Gum, Guar Gum, Locust Bean Gum, Polysorbate 65, Polysorbate 80, Carrageenan, Natural and Artificial Flavor, Beta Carotene (Color).

CHOCOLATE

Chocolate Ice Cream: Milk, Cream, Condensed Skim Milk, Sugar Syrup, Cocoa (Processed with Alkali), Corn Syrup, Contains less than 1% of: Mono and Diglycerides, Tetrasodium Pyrophosphate, Cellulose Gum, Guar Gum, Polysorbate 65, Polysorbate 80, Carrageenan.

PISTACHIO

Milk, Condensed Skim Milk, Cream, Sugar Syrup, Corn Syrup, Contains less than 1% of: Mono and Diglycerides, Tetrasodium Pyrophosphate, Cellulose Gum, Guar Gum, Locust Bean Gum, Polysorbate 65, Polysorbate 80, Carrageenan, Natural and Artificial Flavor, Beta Carotene (Color). Pistachio Flavoring: Ingredients: Water, Alcohol, Propylene Glycol, Natural and Artificial Flavors, Yellow #5, Blue #1

STRAWBERRY

Milk, Condensed Skim Milk, Cream, Sugar Syrup, Corn Syrup, Contains less than 1% of: Mono and Diglycerides, Tetrasodium Pyrophosphate, Cellulose Gum, Guar Gum, Locust Bean Gum, Polysorbate 65, Polysorbate 80, Carrageenan, Natural and Artificial Flavor, Beta Carotene (Color). Strawberry Flavoring: Propylene Glycol, Water, Artificial Flavor, Red#40

MINT

Milk, Condensed Skim Milk, Cream, Sugar Syrup, Corn Syrup, Contains less than 1% of: Mono and Diglycerides, Tetrasodium Pyrophosphate, Cellulose Gum, Guar Gum, Locust Bean Gum, Polysorbate 65, Polysorbate 80, Carrageenan, Natural and Artificial Flavor, Beta Carotene (Color). Mint Flavoring: Ingredients: Water, Propylene Glycol, Salt, Natural Flavor, Tragacanth Gum, Gum Arabic, Yellow #5, Sodium Benzoate, Blue #1

CARVELITE VANILLA (LOW FAT)

Carvelite Low Fat Vanilla Ice Cream: Milkfat and Nonfat Milk, Sugar, Corn Syrup, Whey, Contains less than 1% of: Propylene Glycol Monoester, Mono and Diglycerides, Guar Gum, Disodium Phosphate, Sodium Citrate, Cellulose Gum, Carrageenan, Natural and Artificial Flavor, Vitamin A Palmitate.

WAFERS

WHEAT
SOY
MILK
EGG
PEANUTS
TREE NUTS

FLYING SAUCER WAFER

Flying Saucer Wafer: Bleached Wheat Flour, Sugar, Palm Oil, High Fructose Corn Syrup, Caramel Color, Contains 2% or less of each of the following: Baking Soda, Salt, Soy Flour, Soy Lecithin, Cocoa, Natural and Artificial Flavor.

OREO® WAFER

Oreo® Wafer: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Sugar, Soybean and/or Canola Oil, Cocoa (Processed With Alkali), High Fructose Corn Syrup, Leavening (Baking Soda And/Or Calcium Phosphate), Salt, Soy Lecithin, Chocolate, Artificial Flavor.

COOKIES

CHIPSTER® COOKIE

Chipster® Cookie: Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Palm Oil, Sugar, Semi Sweet Chocolate Chips (Sugar, Unsweetened Chocolate, Dextrose, Cocoa Butter, Soy Lecithin), Brown Sugar (Sugar, Molasses), Contains 2% Or Less of each of the Following: Dextrose, Salt, Leavening (Ammonium Bicarbonate, Baking Soda, Sodium Acid Pyrophosphate), Natural Flavor.

SUGAR COOKIE

Sugar Cookie: Enriched Wheat Flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, ascorbic acid added as a dough conditioner), Margarine (palm and palm kernel oils, canola oil, water, salt, whey powder [milk], vegetable monoglycerides, citric acid, natural flavor, vitamin A palmitate, vitamin D3), Sugar, Powdered Sugar (sugar, corn starch), Eggs, Contains 2% or Less of: Baking Soda, Natural Flavor, Salt. May Contain: Peanuts, Tree Nuts, Soy.

CHOCOLATE CHIP COOKIE

Chocolate Chip Cookie: Enriched Wheat Flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, ascorbic acid added as a dough conditioner), Sugar, Semi-Sweet Chocolate Chips (sugar, unsweetened chocolate, cocoa butter, dextrose, soy lecithin [an emulsifier], vanilla extract), Margarine (palm oil, palm kernel oil, canola oil, water, salt, whey powder [milk], vegetable monoglycerides, citric acid, natural flavor, vitamin A palmitate, vitamin D3), Eggs, Invert Sugar, Molasses, Baking Soda, Natural Flavor, Salt. May Contain: Peanuts, Tree Nuts.

TOPPINGS

RAINBOW SPRINKLES

Rainbow Sprinkles: Sugar, Corn Starch, Palm & Palm kernel oil, Soy lecithin, Carnauba Wax, Confectioner's Glaze, FD&C Yellow #5 Lake, FD&C Yellow #6 Lake, FD&C Blue #1 Lake, FD&C Red#3, FD&C Red#40, FD&C Blue#2.

CHOCOLATE SPRINKLES

Chocolate Sprinkles: Sugar, Corn Starch, Palm oil & Palm kernel oil, Cocoa powder, Soy lecithin, Carnauba Wax, Confectioner's Glaze, FD&C Yellow #5, FD&C Yellow #6, FD&C Blue #1, FD&C Red#40.

CHOCOLATE CRUNCHIES

Chocolate Crunch: Bleached Wheat Flour, Sugar, Palm Oil, Caramel Color, Contains 2% or less of: Cocoa, Corn Syrup, Wheat Gluten, Salt, Baking Soda, Soy Lecithin, Natural and Artificial Flavors.

Classic Sundaes

Item Name	Total calories (cal)	Calories from fat (fat cal)	Total fat (g)	Saturated fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Classic Sundaes - Small											
Classic Sundae - Caramel	460	190	21	13	0.5	80	280	60	0	34	9
Classic Sundae - Hot Fudge	640	280	31	21	1	100	320	78	3	52	12
Classic Sundae - REESE'S Peanut Butter Sauce	550	330	36	15	0.5	75	310	45	2	26	14
Classic Sundae - Strawberry	400	180	20	12	0.5	75	190	47	1	30	8
Classic Sundaes - Medium											
Classic Sundae - Caramel	700	280	31	19	1	120	440	93	0	52	13
Classic Sundae - Hot Fudge	730	320	35	24	1	115	360	88	3	59	14
Classic Sundae - REESE'S Peanut Butter Sauce	860	520	58	23	1	115	490	68	3	39	22
Classic Sundae - Strawberry	590	260	29	18	1	115	280	72	1	46	12
Classic Sundaes - Large											
Classic Sundae - Caramel	900	360	40	25	1.5	155	550	117	0	65	17
Classic Sundae - Hot Fudge	930	410	45	30	1.5	150	460	111	4	73	18
Classic Sundae - REESE'S Peanut Butter Sauce	1080	640	71	29	1.5	150	610	89	4	51	27
Classic Sundae - Strawberry	770	340	38	23	1.5	150	370	93	1	59	16
Banana Barge®											
Banana Barge® with Fudge	940	440	48	29	0	110	380	120	5	94	17
Banana Barge® with Pineapple	880	400	44	25	0	110	320	113	6	87	16
Banana Barge® with Strawberry	880	400	44	25	0	110	320	114	6	88	17

Thick Shakes

Item Name	Total calories (cal)	Calories from fat (fat cal)	Total fat (g)	Saturated fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Thick Shakes - Small - 16oz											
Thick Shakes - Black & White	680	240	27	18	0	110	300	92	0	77	12
Thick Shakes - Chocolate	650	240	26	17	1	100	300	91	2	79	13
Thick Shakes - Coffee	720	240	27	18	0	110	300	58	0	49	11
Thick Shakes - Oreo® Cookie	750	320	36	20	0	110	460	91	1	68	13
Thick Shakes - Strawberry	590	240	27	18	0	110	280	73	1	61	11
Thick Shakes - Vanilla	650	240	27	18	0	110	290	89	0	79	11
Thick Shakes - Medium - 24oz											
Thick Shakes - Black & White	1020	370	41	27	0	165	450	138	0	116	19
Thick Shakes - Chocolate	970	360	40	25	1	150	450	136	3	118	19
Thick Shakes - Coffee	1040	360	40	27	0	165	450	87	0	74	17
Thick Shakes - Oreo® Cookie	1120	480	53	30	0	165	690	136	2	101	19
Thick Shakes - Strawberry	880	360	40	27	0	165	420	109	2	92	17
Thick Shakes - Vanilla	970	360	40	27	0	165	430	133	0	119	17
Thick Shakes - Large - 32oz											
Thick Shakes - Black & White	1360	490	54	36	0	220	600	184	0	154	25
Thick Shakes - Chocolate	1290	470	53	34	1.5	200	600	181	4	158	25
Thick Shakes - Coffee	1370	480	53	36	0	220	600	116	0	99	22
Thick Shakes - Oreo® Cookie	1710	720	80	43	0	220	1100	214	3	154	28
Thick Shakes - Strawberry	1180	480	53	36	0	220	560	145	2	123	23
Thick Shakes - Vanilla	1300	480	53	36	0	220	570	178	0	159	22
Add a Float to any Thick Shake											
Chocolate Soft Serve	50	25	3	2	0	10	30	6	0	6	1
Vanilla Soft Serve	60	25	3	2	0	10	30	6	0	5	1

Carvelanche®

Item Name	Total calories (cal)	Calories from fat (fat cal)	Total fat (g)	Saturated fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Carvelanche® - Small - 12oz											
Carvelanche® - Cake Mix	700	240	27	17	0	100	440	99	0	73	11
Carvelanche® - Cookie Dough	700	280	31	19	0	105	360	90	0	65	12
Carvelanche® - Crunchies	540	240	26	18	0	100	310	61	0	48	10
Carvelanche® - M&M's®	650	290	32	21	0	100	250	73	2	61	11
Carvelanche® - Oreo® Cookie	580	250	28	17	0	100	330	67	1	52	11
Carvelanche® - REESE'S Peanut Butter Cup	840	380	43	24	0	100	460	88	2	75	17
Carvelanche® - Medium - 16oz											
Carvelanche® - Cake Mix	990	320	35	23	0	120	700	148	1	107	15
Carvelanche® - Cookie Dough	930	370	41	24	0	135	470	122	0	86	15
Carvelanche® - Crunchies	690	300	34	23	0	120	410	79	1	61	13
Carvelanche® - M&M's®	850	380	43	28	0	125	310	97	3	81	15
Carvelanche® - Oreo® Cookie	750	320	36	21	0	120	440	88	1	68	14
Carvelanche® - REESE'S Peanut Butter Cup	1140	520	58	32	0	130	630	119	3	102	23
Carvelanche® - Large - 24oz											
Carvelanche® - Cake Mix	1510	480	53	34	0.5	185	1040	228	1	164	22
Carvelanche® - Cookie Dough	1450	570	64	37	0	205	740	192	1	135	24
Carvelanche® - Crunchies	1150	500	56	39	0	185	730	135	2	101	21
Carvelanche® - M&M's®	1320	600	66	43	0	185	460	152	6	126	22
Carvelanche® - Oreo® Cookie	1290	560	62	37	0	215	760	152	1	117	24
Carvelanche® - REESE'S Peanut Butter Cup	1800	830	92	50	0	190	1000	188	5	161	36

Sundae Dasher®

Item Name	Total calories (cal)	Calories from fat (fat cal)	Total fat (g)	Saturated fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Sundae Dasher® - Small - 12oz											
Sundae Dasher® - Strawberry Shortcake	650	250	28	18	0	130	290	90	2	72	10
Sundae Dasher® - Banana's Foster	680	220	24	16	0	85	430	104	2	69	9
Sundae Dasher® - Fudge Brownie	860	390	44	28	0	115	390	111	2	86	12
Sundae Dasher® - Heath®	790	280	31	22	0	85	490	109	0	73	13
Sundae Dasher® - Mint Chocolate Chip	790	380	42	28	0	70	350	102	3	84	10
Sundae Dasher® - Oreo® Cookie	830	370	41	25	0	80	520	110	1	84	11
Sundae Dasher® - REESE'S Peanut Butter Cup	1080	570	64	30	0	85	500	105	4	88	21
Sundae Dasher® - Medium - 16oz											
Sundae Dasher® - Strawberry Shortcake	880	330	37	23	0	175	390	125	4	100	14
Sundae Dasher® - Banana's Foster	1050	300	33	21	0	110	680	171	3	110	13
Sundae Dasher® - Fudge Brownie	1250	560	62	40	0	150	590	166	2	130	17
Sundae Dasher® - Heath®	1260	410	46	33	0	110	800	181	0	117	21
Sundae Dasher® - Mint Chocolate Chip	1080	500	56	39	0	90	560	144	3	118	14
Sundae Dasher® - Oreo® Cookie	1240	540	60	37	0	105	800	168	2	129	16
Sundae Dasher® - REESE'S Peanut Butter Cup	1850	990	110	48	0	115	840	174	8	146	37
Sundae Dasher® - Large - 24oz											
Sundae Dasher® - Strawberry Shortcake	1120	440	49	31	0	225	520	150	4	121	19
Sundae Dasher® - Banana's Foster	1280	400	45	29	0	160	800	197	3	131	18
Sundae Dasher® - Fudge Brownie	1490	670	74	48	0	200	710	191	2	151	22
Sundae Dasher® - Heath®	1490	520	57	41	0	160	920	206	0	139	25
Sundae Dasher® - Mint Chocolate Chip	1360	640	71	48	0	130	670	177	4	146	19
Sundae Dasher® - Oreo® Cookie	1480	650	72	45	0	155	920	194	2	151	21
Sundae Dasher® - REESE'S Peanut Butter Cup	2080	1090	121	56	0	165	960	200	8	167	42

Menu Add Ons

Item Name	Total calories (cal)	Calories from fat (fat cal)	Total fat (g)	Saturated fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Menu Add Ons											
Cake Cone	25	0	0	0	0	0	5	3	0	0	0
Sugar Cone	50	0	0	0	0	0	15	11	0	3	0
Waffle Cone/Bowl	90	5	0.5	0	0	0	35	19	0	5	1
Waffle Cone/Bowl - Dipped	170	50	6	1.5	0	0	45	27	0	11	1

Soft Serve

Item Name	Serving Size	Total calories (cal)	Calories from fat (fat cal)	Total fat (g)	Saturated fat (g)	Transfat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Banana												
Soft Serve - Banana - Kids	3	150	70	7	4.5	0	25	95	19	0	11	3
Soft Serve - Banana - Small	6	310	130	15	9	0.5	55	190	37	0	22	6
Soft Serve - Banana - Medium	9	460	200	22	13	1	80	290	56	0	32	9
Soft Serve - Banana - Large	12	610	270	30	17	1	110	390	75	0	43	12
Black Raspberry												
Scooped - Black Raspberry - Kids	3	170	80	9	5	0	35	85	21	1	13	4
Scooped - Black Raspberry - Small	6	330	160	17	11	0.5	70	170	42	1	25	8
Scooped - Black Raspberry - Medium	9	500	230	26	16	1	100	260	63	2	38	11
Scooped - Black Raspberry - Large	12	660	310	35	21	1	135	350	84	3	50	15
Black Raspberry Carvelite®												
Soft Serve - Black Raspberry Carvelite® - Kids	3	120	25	2.5	3	0	20	80	20	1	18	3
Soft Serve - Black Raspberry Carvelite® - Small	6	240	45	5	6	0	35	160	41	1	35	6
Soft Serve - Black Raspberry Carvelite® - Medium	9	360	70	8	9	0	55	230	61	2	53	9
Soft Serve - Black Raspberry Carvelite® - Large	12	480	90	10	11	0	70	310	82	3	71	11
Blue Raspberry												
Soft Serve - Blue Raspberry - Kids	3	170	80	9	5	0	35	90	19	0	11	4
Soft Serve - Blue Raspberry - Small	6	340	160	18	11	0.5	70	180	38	0	21	8
Soft Serve - Blue Raspberry - Medium	9	510	240	26	16	1	105	270	57	0	32	12
Soft Serve - Blue Raspberry - Large	12	680	320	35	22	1	140	360	76	0	42	15
Blue Raspberry Carvelite®												
Soft Serve - Blue Raspberry Carvelite® - Kids	3	130	25	3	2	0	10	95	21	0	17	4
Soft Serve - Blue Raspberry Carvelite® - Small	6	250	50	6	4	0	25	190	43	0	34	8
Soft Serve - Blue Raspberry Carvelite® - Medium	9	380	80	9	6	0	35	280	64	0	51	12
Soft Serve - Blue Raspberry Carvelite® - Large	12	500	90	10	12	0	75	330	74	0	65	12

Soft Serve

Item Name	Serving Size	Total calories (cal)	Calories from fat (fat cal)	Total fat (g)	Saturated fat (g)	Transfat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Bubblegum												
Soft Serve - Bubblegum - Kids	3	170	80	9	6	0	35	90	19	0	11	4
Soft Serve - Bubblegum - Small	6	350	160	18	11	0.5	70	180	38	0	22	8
Soft Serve - Bubblegum - Medium	9	520	240	27	17	1	105	270	57	0	32	12
Soft Serve - Bubblegum - Large	12	690	320	36	22	1.5	140	360	76	0	43	16
Bubblegum Carvelite®												
Soft Serve - Bubblegum Carvelite® - Kids	3	130	25	3	2	0	10	100	21	0	17	4
Soft Serve - Bubblegum Carvelite® - Small	6	250	50	6	4	0	25	200	43	0	34	8
Soft Serve - Bubblegum Carvelite® - Medium	9	380	80	9	6	0	35	300	64	0	50	12
Soft Serve - Bubblegum Carvelite® - Large	12	510	100	11	8	0	45	390	86	0	67	16
Cake Mix												
Soft Serve - Cake Mix - Kids	3	170	80	9	6	0	35	90	19	0	11	4
Soft Serve - Cake Mix - Small	6	350	160	18	11	0.5	70	180	39	0	22	8
Soft Serve - Cake Mix - Medium	9	520	240	27	17	1	105	270	58	0	32	12
Soft Serve - Cake Mix - Large	12	690	320	36	22	1.5	140	360	77	0	43	16
Cake Mix Carvelite®												
Soft Serve - Cake Mix Carvelite® - Kids	3	130	25	3	2	0	10	100	21	0	17	4
Soft Serve - Cake Mix Carvelite® - Small	6	250	50	6	4	0	25	200	43	0	34	8
Soft Serve - Cake Mix Carvelite® - Medium	9	380	80	9	6	0	35	300	64	0	50	12
Soft Serve - Cake Mix Carvelite® - Large	12	510	100	11	8	0	45	390	86	0	67	16
Cheesecake												
Soft Serve - Cheesecake - Kids	3	170	70	8	5	0	30	95	21	0	13	4
Soft Serve - Cheesecake - Small	6	340	150	16	10	0.5	65	190	42	0	26	7
Soft Serve - Cheesecake - Medium	9	510	220	24	15	1	95	280	63	0	39	11
Soft Serve - Cheesecake - Large	12	690	290	32	20	1	130	380	84	0	52	15

Soft Serve

Item Name	Serving Size	Total calories (cal)	Calories from fat (fat cal)	Total fat (g)	Saturated fat (g)	Transfat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Chocolate												
Soft Serve - Chocolate - Kids	3	170	80	8	5	0	35	80	19	1	17	4
Soft Serve - Chocolate - Small	6	330	150	17	11	0.5	65	160	38	2	33	8
Soft Serve - Chocolate - Medium	9	500	230	25	16	1	100	250	57	2	50	11
Soft Serve - Chocolate - Large	12	670	310	34	21	1	130	330	77	3	67	15
Chocolate Carvelite®												
Soft Serve - Chocolate Carvelite® - Kids	3	130	25	3	2	0	10	90	21	1	17	4
Soft Serve - Chocolate Carvelite® - Small	6	250	50	6	4	0	20	180	43	2	33	8
Soft Serve - Chocolate Carvelite® - Medium	9	380	80	9	6	0	30	270	64	2	50	13
Soft Serve - Chocolate Carvelite® - Large	12	500	100	11	8	0	40	360	86	3	67	17
Coconut												
Soft Serve - Coconut - Kids	3	160	70	8	6	0	25	70	19	0	17	3
Soft Serve - Coconut - Small	6	340	160	18	11	0.5	70	180	38	0	21	8
Soft Serve - Coconut - Medium	9	620	270	30	22	0	100	260	72	0	64	10
Soft Serve - Coconut - Large	12	750	330	37	27	0	120	320	88	0	77	13
Coffee												
Soft Serve - Coffee - Kids	3	170	80	9	6	0	35	95	19	0	11	4
Soft Serve - Coffee - Small	6	340	160	18	11	0.5	70	190	38	0	22	8
Soft Serve - Coffee - Medium	9	520	240	27	17	1	105	290	57	0	32	12
Soft Serve - Coffee - Large	12	690	320	36	22	1.5	140	380	76	0	43	16
Coffee Carvelite®												
Soft Serve - Coffee Carvelite® - Kids	3	130	25	3	2	0	10	100	21	0	17	4
Soft Serve - Coffee Carvelite® - Small	6	250	50	6	4	0	25	200	43	0	34	8
Soft Serve - Coffee Carvelite® - Medium	9	380	80	9	6	0	35	300	64	0	50	12
Soft Serve - Coffee Carvelite® - Large	12	510	100	11	8	0	45	390	86	0	67	16

Soft Serve

Item Name	Serving Size	Total calories (cal)	Calories from fat (fat cal)	Total fat (g)	Saturated fat (g)	Transfat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Cold Brew Coffee												
Soft Serve - Cold Brew Coffee - Kids	3	180	80	9	5	0	35	85	21	0	12	4
Soft Serve - Cold Brew Coffee - Small	6	350	150	17	11	0.5	70	170	41	0	23	8
Soft Serve - Cold Brew Coffee - Medium	9	530	230	26	16	1	100	260	62	1	35	12
Soft Serve - Cold Brew Coffee - Large	12	700	310	34	21	1	135	350	83	1	47	16
Cold Brew Coffee Carvelite®												
Soft Serve - Cold Brew Coffee Carvelite® - Kids	3	130	25	3	2	0	10	90	23	0	18	4
Soft Serve - Cold Brew Coffee Carvelite® - Small	6	260	50	6	3.5	0	20	180	46	1	35	8
Soft Serve - Cold Brew Coffee Carvelite® - Medium	9	390	70	8	5	0	35	270	69	1	53	12
Soft Serve - Cold Brew Coffee Carvelite® - Large	12	520	90	10	11	0	70	310	80	1	68	12
Cotton Candy												
Soft Serve - Cotton Candy - Kids	3	170	80	9	6	0	35	90	19	0	11	4
Soft Serve - Cotton Candy - Small	6	350	160	18	11	0.5	70	180	38	0	22	8
Soft Serve - Cotton Candy - Medium	9	520	240	27	17	1	105	270	57	0	32	12
Soft Serve - Cotton Candy - Large	12	690	320	36	22	1.5	140	360	76	0	43	16
Cotton Candy Carvelite®												
Soft Serve - Cotton Candy Carvelite® - Kids	3	130	25	3	2	0	10	100	21	0	17	4
Soft Serve - Cotton Candy Carvelite® - Small	6	250	50	6	4	0	25	200	43	0	34	8
Soft Serve - Cotton Candy Carvelite® - Medium	9	380	80	9	6	0	35	300	64	0	50	12
Soft Serve - Cotton Candy Carvelite® - Large	12	510	100	11	8	0	45	390	86	0	67	16
Mango												
Soft Serve - Mango - Kids	3	180	70	8	5	0	30	85	22	0	15	4
Soft Serve - Mango - Small	6	350	150	16	10	0.5	65	170	45	0	29	7
Soft Serve - Mango - Medium	9	530	220	24	15	1	95	250	67	0	44	11
Soft Serve - Mango - Large	12	710	290	33	20	1	130	330	89	0	59	14

Soft Serve

Item Name	Serving Size	Total calories (cal)	Calories from fat (fat cal)	Total fat (g)	Saturated fat (g)	Transfat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Mint												
Soft Serve - Mint - Kids	3	170	80	9	6	0	35	95	19	0	11	4
Soft Serve - Mint - Small	6	340	160	18	11	0.5	70	190	38	0	22	8
Soft Serve - Mint - Medium	9	520	240	27	17	1	105	290	57	0	32	12
Soft Serve - Mint - Large	12	690	320	36	22	1.5	140	380	76	0	43	16
Mint Carvelite®												
Soft Serve - Mint Carvelite® - Kids	3	130	25	3	2	0	10	100	21	0	17	4
Soft Serve - Mint Carvelite® - Small	6	250	50	6	4	0	25	200	43	0	34	8
Soft Serve - Mint Carvelite® - Medium	9	380	80	9	6	0	35	300	64	0	50	12
Soft Serve - Mint Carvelite® - Large	12	500	90	10	12	0	75	350	74	0	65	12
Nutella®												
Soft Serve - Nutella® - Kids	3	210	100	11	6	0	30	85	23	0	16	4
Soft Serve - Nutella® - Small	6	420	200	22	12	0.5	65	170	46	1	31	8
Soft Serve - Nutella® - Medium	9	620	300	33	18	1	95	250	69	1	47	12
Soft Serve - Nutella® - Large	12	830	400	45	24	1	125	340	92	1	62	17
Oreo® Cookie												
Soft Serve - Oreo® Cookie - Kids	3	200	90	10	5	0	30	115	24	0	14	4
Soft Serve - Oreo® Cookie - Small	6	400	180	20	11	0.5	60	230	48	0	27	8
Soft Serve - Oreo® Cookie - Medium	9	600	270	30	16	1	95	340	72	1	41	12
Soft Serve - Oreo® Cookie - Large	12	800	350	39	22	1	125	460	96	1	54	16
Peach												
Soft Serve - Peach - Kids	3	170	80	9	6	0	35	90	19	0	11	4
Soft Serve - Peach - Small	6	350	160	18	11	0.5	70	180	38	0	22	8
Soft Serve - Peach - Medium	9	520	240	27	17	1	105	270	57	0	32	12
Soft Serve - Peach - Large	12	690	320	36	22	1	140	360	76	0	43	16

Soft Serve

Item Name	Serving Size	Total calories (cal)	Calories from fat (fat cal)	Total fat (g)	Saturated fat (g)	Transfat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Pistachio												
Soft Serve - Pistachio - Kids	3	170	80	9	6	0	35	90	19	0	11	4
Soft Serve - Pistachio - Small	6	350	160	18	11	0.5	70	180	38	0	22	8
Soft Serve - Pistachio - Medium	9	520	240	27	17	1	105	270	57	0	32	12
Soft Serve - Pistachio - Large	12	690	320	36	22	1.5	140	360	76	0	43	16
Pistachio Carvelite®												
Soft Serve - Pistachio Carvelite® - Kids	3	130	25	3	2	0	10	95	21	0	17	4
Soft Serve - Pistachio Carvelite® - Small	6	250	50	6	4	0	25	190	43	0	34	8
Soft Serve - Pistachio Carvelite® - Medium	9	380	80	9	6	0	35	280	64	0	50	12
Soft Serve - Pistachio Carvelite® - Large	12	510	100	11	8	0	45	370	86	0	67	16
Pumpkin												
Soft Serve - Pumpkin - Kids	3	170	70	8	5	0	30	90	20	0	12	4
Soft Serve - Pumpkin - Small	6	340	150	16	10	0.5	65	180	40	0	25	7
Soft Serve - Pumpkin - Medium	9	510	220	25	15	1	95	270	61	0	37	11
Soft Serve - Pumpkin - Large	12	680	290	33	20	1	130	350	81	1	49	15
REESE'S												
Soft Serve - REESE'S - Kids	3	190	100	11	6	0	35	105	19	0	11	5
Soft Serve - REESE'S - Small	6	380	200	22	11	0.5	65	210	38	1	21	9
Soft Serve - REESE'S - Medium	9	580	300	33	17	1	100	320	56	1	32	14
Soft Serve - REESE'S - Large	12	770	400	45	23	1	135	420	75	1	43	18
Strawberry												
Soft Serve - Strawberry - Kids	3	170	70	8	5	0	30	85	22	0	13	4
Soft Serve - Strawberry - Small	6	350	150	16	10	0.5	65	170	44	0	27	7
Soft Serve - Strawberry - Medium	9	520	220	24	15	1	95	260	66	0	40	11
Soft Serve - Strawberry - Large	12	700	290	32	20	1	130	340	87	0	54	14

Soft Serve

Item Name	Serving Size	Total calories (cal)	Calories from fat (fat cal)	Total fat (g)	Saturated fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Strawberry Carvelite®												
Soft Serve - Strawberry Carvelite® - Kids	3	130	25	2.5	1.5	0	10	90	24	0	19	4
Soft Serve - Strawberry Carvelite® - Small	6	260	40	4.5	5	0	35	150	43	0	37	5
Soft Serve - Strawberry Carvelite® - Medium	9	400	70	8	5	0	30	270	72	0	57	11
Soft Serve - Strawberry Carvelite® - Large	12	530	90	10	7	0	40	350	96	0	76	14
Twist												
Soft Serve - Twist - Kids	3	170	80	9	5	0	35	85	19	0	14	4
Soft Serve - Twist - Small	6	340	160	17	11	0.5	70	170	38	1	27	8
Soft Serve - Twist - Medium	9	510	240	26	16	1	100	260	57	1	41	12
Soft Serve - Twist - Large	12	680	310	35	22	1	135	350	76	2	55	15
Vanilla												
Soft Serve - Vanilla - Kids	3	170	80	9	6	0	35	90	19	0	11	4
Soft Serve - Vanilla - Small	6	350	160	18	11	0.5	70	180	38	0	22	8
Soft Serve - Vanilla - Medium	9	520	240	27	17	1	105	270	57	0	33	12
Soft Serve - Vanilla - Large	12	690	320	36	22	1.5	140	360	76	0	43	16
Vanilla Carvelite®												
Soft Serve - Vanilla Carvelite® - Kids	3	130	25	3	2	0	10	95	21	0	17	4
Soft Serve - Vanilla Carvelite® - Small	6	250	50	6	4	0	25	190	43	0	34	8
Soft Serve - Vanilla Carvelite® - Medium	9	380	80	9	6	0	35	280	64	0	51	12
Soft Serve - Vanilla Carvelite® - Large	12	500	90	10	12	0	75	330	74	0	65	12

Scooped

Item Name	Serving Size	Total calories (cal)	Calories from fat (fat cal)	Total fat (g)	Saturated fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Banana												
Scooped - Banana - Kids	3	150	70	7	4.5	0	25	95	19	0	11	3
Scooped - Banana - Small	6	310	130	15	9	0.5	55	190	37	0	22	6
Scooped - Banana - Medium	9	460	200	22	13	1	80	290	56	0	32	9
Scooped - Banana - Large	12	610	270	30	17	1	110	390	75	0	43	12
Banana Fudge												
Scooped - Banana Fudge - Kids	3	180	70	8	5	0	20	105	24	1	16	3
Scooped - Banana Fudge - Small	6	370	150	16	11	0.5	45	210	49	2	33	6
Scooped - Banana Fudge - Medium	9	550	220	24	16	1	65	320	73	3	49	9
Scooped - Banana Fudge - Large	12	730	290	33	21	1	90	420	98	4	66	12
Banana Nut												
Scooped - Banana Nut - Kids	3	180	70	8	5	0	20	105	24	1	16	3
Scooped - Banana Nut - Small	6	370	150	16	11	0.5	45	210	49	2	33	6
Scooped - Banana Nut - Medium	9	550	220	24	16	1	65	320	73	3	49	9
Scooped - Banana Nut - Large	12	730	290	33	21	1	90	420	98	4	66	12
Banana Peanut Butter												
Scooped - Banana Peanut Butter - Kids	3	190	100	11	4.5	0	25	120	18	1	10	4
Scooped - Banana Peanut Butter - Small	6	380	200	23	9	0.5	50	240	37	1	21	9
Scooped - Banana Peanut Butter - Medium	9	570	310	34	14	1	75	370	55	2	31	13
Scooped - Banana Peanut Butter - Large	12	760	410	45	19	1	100	490	73	2	42	17
Black Forest Cake												
Scooped - Black Forest Cake - Kids	3	180	70	8	5	0	30	75	24	1	20	3
Scooped - Black Forest Cake - Small	6	360	140	16	10	0.5	60	150	48	2	40	7
Scooped - Black Forest Cake - Medium	9	530	220	24	14	1	90	230	71	3	60	10
Scooped - Black Forest Cake - Large	12	710	290	32	19	1	120	310	95	4	80	13

Scooped

Item Name	Serving Size	Total calories (cal)	Calories from fat (fat cal)	Total fat (g)	Saturated fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Black Raspberry												
Scooped - Black Raspberry - Kids	3	170	80	9	5	0	35	85	21	1	13	4
Scooped - Black Raspberry - Small	6	330	160	17	11	0.5	70	170	42	1	25	8
Scooped - Black Raspberry - Medium	9	500	230	26	16	1	100	260	63	2	38	11
Scooped - Black Raspberry - Large	12	660	310	35	21	1	135	350	84	3	50	15
Blue Cookie Crumble												
Scooped - Blue Cookie Crumble - Kids	3	210	90	10	6	0	30	130	25	0	14	4
Scooped - Blue Cookie Crumble - Small	6	420	180	20	12	0.5	60	260	51	1	27	8
Scooped - Blue Cookie Crumble - Medium	9	620	270	30	17	1	90	390	76	1	41	12
Scooped - Blue Cookie Crumble - Large	12	830	360	40	23	1	120	510	102	2	54	16
Blue Raspberry												
Scooped - Blue Raspberry - Kids	3	190	80	9	5	0	30	80	25	0	15	3
Scooped - Blue Raspberry - Small	6	380	150	17	10	0.5	60	160	50	0	31	7
Scooped - Blue Raspberry - Medium	9	570	230	26	15	1	95	240	75	1	46	10
Scooped - Blue Raspberry - Large	12	760	310	34	21	1	125	320	99	1	61	14
Butter Pecan												
Scooped - Butter Pecan - Kids	3	230	140	16	6	0	30	120	18	1	10	4
Scooped - Butter Pecan - Small	6	460	290	32	11	0.5	60	240	36	2	20	9
Scooped - Butter Pecan - Medium	9	690	430	48	17	1	90	370	54	3	30	13
Scooped - Butter Pecan - Large	12	920	580	64	22	1	125	490	72	4	39	18
Cake Mix												
Scooped - Cake Mix - Kids	3	180	80	9	5	0	35	85	22	0	13	4
Scooped - Cake Mix - Small	6	370	160	18	11	0.5	65	170	45	0	27	7
Scooped - Cake Mix - Medium	9	550	240	26	16	1	100	260	67	0	40	11
Scooped - Cake Mix - Large	12	730	320	35	22	1	135	340	90	1	53	15

Scooped

Item Name	Serving Size	Total calories (cal)	Calories from fat (fat cal)	Total fat (g)	Saturated fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Cappuccino												
Scooped - Cappuccino - Kids	3	170	80	9	5	0	35	85	19	0	10	4
Scooped - Cappuccino - Small	6	340	150	17	11	0.5	65	170	38	0	21	8
Scooped - Cappuccino - Medium	9	500	230	26	16	1	100	260	57	0	31	11
Scooped - Cappuccino - Large	12	670	310	34	21	1	135	350	76	0	41	15
Carvel® Ice Cream Cake												
Scooped - Carvel® Ice Cream Cake - Kids	3	170	80	9	6	0	35	90	19	0	11	4
Scooped - Carvel® Ice Cream Cake - Small	6	350	160	18	11	0.5	70	180	38	0	22	8
Scooped - Carvel® Ice Cream Cake - Medium	9	520	240	27	17	1	105	270	57	0	33	12
Scooped - Carvel® Ice Cream Cake - Large	12	690	320	36	22	1.5	140	360	76	0	43	16
Cherry Vanilla												
Scooped - Cherry Vanilla - Kids	3	170	70	7	4.5	0	30	80	23	0	15	3
Scooped - Cherry Vanilla - Small	6	340	130	15	9	0.5	60	160	45	0	30	7
Scooped - Cherry Vanilla - Medium	9	510	200	22	14	1	90	240	68	1	46	10
Scooped - Cherry Vanilla - Large	12	680	270	30	19	1	120	310	90	1	61	13
Chocolate												
Scooped - Chocolate - Kids	3	170	80	8	5	0	35	80	19	1	17	4
Scooped - Chocolate - Small	6	330	150	17	11	0.5	65	160	38	2	33	8
Scooped - Chocolate - Medium	9	500	230	25	16	1	100	250	57	2	50	11
Scooped - Chocolate - Large	12	670	310	34	21	1	130	330	77	3	67	15
Chocolate Chip												
Scooped - Chocolate Chip - Kids	3	210	100	11	7	0	30	75	25	1	17	4
Scooped - Chocolate Chip - Small	6	410	200	22	14	0.5	60	150	50	2	33	8
Scooped - Chocolate Chip - Medium	9	620	300	33	21	1	90	230	75	3	50	12
Scooped - Chocolate Chip - Large	12	830	400	44	27	1	120	310	100	3	67	16

Scooped

Item Name	Serving Size	Total calories (cal)	Calories from fat (fat cal)	Total fat (g)	Saturated fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Chocolate Chip Cookie Dough												
Scooped - Chocolate Chip Cookie Dough - Kids	3	210	90	10	6	0	30	90	26	0	15	4
Scooped - Chocolate Chip Cookie Dough - Small	6	410	190	21	13	0.5	60	180	51	1	30	8
Scooped - Chocolate Chip Cookie Dough - Medium	9	620	280	31	19	1	85	280	77	1	44	12
Scooped - Chocolate Chip Cookie Dough - Large	12	830	370	41	25	1	115	370	102	2	59	15
Chocolate Crunch												
Scooped - Chocolate Crunch - Kids	3	210	90	10	7	0	30	120	25	1	18	4
Scooped - Chocolate Crunch - Small	6	410	180	20	13	0.5	55	240	50	2	36	8
Scooped - Chocolate Crunch - Medium	9	620	280	31	20	1	85	370	75	3	54	12
Scooped - Chocolate Crunch - Large	12	820	370	41	27	1	110	490	100	4	72	15
Chocolate Fudge Crunch												
Scooped - Chocolate Fudge Crunch - Kids	3	230	100	11	7	0	25	130	29	1	18	4
Scooped - Chocolate Fudge Crunch - Small	6	450	190	22	15	0.5	50	260	58	2	35	8
Scooped - Chocolate Fudge Crunch - Medium	9	680	290	32	22	1	75	390	86	3	53	11
Scooped - Chocolate Fudge Crunch - Large	12	910	390	43	30	1	100	520	115	4	71	15
Chocolate Marshmallow												
Scooped - Chocolate Marshmallow - Kids	3	170	70	8	4.5	0	30	80	23	1	19	3
Scooped - Chocolate Marshmallow - Small	6	350	140	15	9	0.5	60	160	47	1	37	7
Scooped - Chocolate Marshmallow - Medium	9	520	200	23	14	1	85	240	70	2	56	10
Scooped - Chocolate Marshmallow - Large	12	700	270	30	19	1	115	320	93	3	75	14
Chocolate Peanut Butter												
Scooped - Chocolate Peanut Butter - Kids	3	220	120	13	7	0	30	95	23	1	15	5
Scooped - Chocolate Peanut Butter - Small	6	450	240	26	13	0.5	60	190	47	2	30	10
Scooped - Chocolate Peanut Butter - Medium	9	670	350	39	20	1	85	290	70	3	46	14
Scooped - Chocolate Peanut Butter - Large	12	890	470	53	27	1	115	390	94	4	61	19

Scooped

Item Name	Serving Size	Total calories (cal)	Calories from fat (fat cal)	Total fat (g)	Saturated fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Chocolate Volcano												
Scooped - Chocolate Volcano - Kids	3	210	90	10	7	0	30	125	25	1	16	4
Scooped - Chocolate Volcano - Small	6	410	190	21	14	0.5	60	250	50	1	31	8
Scooped - Chocolate Volcano - Medium	9	620	280	31	21	1	85	380	74	2	47	12
Scooped - Chocolate Volcano - Large	12	830	380	42	28	1	115	500	99	2	62	16
Coconut												
Scooped - Coconut - Kids	3	190	100	11	8	0	35	95	20	1	12	4
Scooped - Coconut - Small	6	380	190	21	15	0.5	65	190	40	1	24	8
Scooped - Coconut - Medium	9	580	290	32	23	1	100	280	60	2	36	12
Scooped - Coconut - Large	12	770	390	43	30	1	130	380	81	2	48	16
Cold Brew Coffee												
Scooped - Cold Brew Coffee - Kids	3	180	80	8	5	0	35	85	21	0	12	4
Scooped - Cold Brew Coffee - Small	6	350	150	17	10	0.5	65	170	43	1	24	8
Scooped - Cold Brew Coffee - Medium	9	530	230	25	16	1	100	260	64	1	36	12
Scooped - Cold Brew Coffee - Large	12	710	300	34	21	1	135	340	85	1	49	16
Cold Brew Coffee Oreo®												
Scooped - Cold Brew Coffee Oreo® - Kids	3	210	90	10	5	0	30	120	27	0	15	4
Scooped - Cold Brew Coffee Oreo® - Small	6	430	180	20	10	0.5	55	240	55	1	31	8
Scooped - Cold Brew Coffee Oreo® - Medium	9	640	270	30	16	1	85	360	82	1	46	12
Scooped - Cold Brew Coffee Oreo® - Large	12	850	360	40	21	1	115	490	110	2	62	16
Crazy Cotton Candy												
Scooped - Crazy Cotton Candy - Kids	3	210	90	10	7	0	30	80	26	0	15	3
Scooped - Crazy Cotton Candy - Small	6	410	180	20	13	0.5	60	160	52	0	30	7
Scooped - Crazy Cotton Candy - Medium	9	620	270	30	20	1	90	230	78	0	46	10
Scooped - Crazy Cotton Candy - Large	12	830	360	40	27	1	120	310	104	0	61	13

Scooped

Item Name	Serving Size	Total calories (cal)	Calories from fat (fat cal)	Total fat (g)	Saturated fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Dulce De Leche												
Scooped - Dulce de Leche - Kids	3	220	90	10	6	0	30	135	29	0	16	4
Scooped - Dulce de Leche - Small	6	440	170	19	13	0.5	55	270	58	0	31	7
Scooped - Dulce de Leche - Medium	9	650	260	29	19	1	85	410	88	0	47	11
Scooped - Dulce de Leche - Large	12	870	340	38	25	1	110	550	117	1	63	15
Grape Nuts												
Scooped - Grape Nuts - Kids	3	190	80	8	5	0	30	95	25	1	11	5
Scooped - Grape Nuts - Small	6	380	150	17	10	0.5	60	190	50	2	22	9
Scooped - Grape Nuts - Medium	9	580	230	25	15	1	90	290	75	3	33	14
Scooped - Grape Nuts - Large	12	770	300	33	19	1	125	390	100	4	45	18
Harvest Apple Crunch												
Scooped - Harvest Apple Crunch - Kids	3	200	80	9	6	0	25	115	27	0	16	3
Scooped - Harvest Apple Crunch - Small	6	400	160	18	12	0	55	230	54	0	31	7
Scooped - Harvest Apple Crunch - Medium	9	610	240	26	18	0.5	80	350	82	1	47	10
Scooped - Harvest Apple Crunch - Large	12	810	320	35	23	1	105	460	109	1	63	14
Mango												
Scooped - Mango - Kids	3	180	70	8	5	0	30	85	22	0	15	4
Scooped - Mango - Small	6	350	150	16	10	0.5	65	170	45	0	29	7
Scooped - Mango - Medium	9	530	220	24	15	1	95	250	67	0	44	11
Scooped - Mango - Large	12	710	290	33	20	1	130	330	89	0	59	14
Maple Walnut												
Scooped - Maple Walnut - Kids	3	220	130	14	6	0	30	85	18	1	10	5
Scooped - Maple Walnut - Small	6	430	260	29	11	0.5	60	170	36	1	20	10
Scooped - Maple Walnut - Medium	9	650	390	43	17	1	95	260	55	2	30	15
Scooped - Maple Walnut - Large	12	870	520	57	22	1	125	340	73	3	39	20

Scooped

Item Name	Serving Size	Total calories (cal)	Calories from fat (fat cal)	Total fat (g)	Saturated fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Mint Chocolate Chip												
Scooped - Mint Chocolate Chip - Kids	3	210	100	11	7	0	30	80	25	1	17	4
Scooped - Mint Chocolate Chip - Small	6	410	200	22	14	0.5	60	160	50	2	33	8
Scooped - Mint Chocolate Chip - Medium	9	620	300	33	20	1	90	240	75	3	50	12
Scooped - Mint Chocolate Chip - Large	12	830	400	44	27	1	120	330	100	3	66	16
Mint Oreo®												
Scooped - Mint Oreo® - Kids	3	200	90	10	5	0	30	125	25	0	14	4
Scooped - Mint Oreo® - Small	6	410	180	20	11	0.5	60	250	50	1	28	8
Scooped - Mint Oreo® - Medium	9	610	270	30	16	1	90	370	75	1	42	12
Scooped - Mint Oreo® - Large	12	820	360	40	22	1	120	490	100	1	56	16
Mississippi Mud												
Scooped - Mississippi Mud - Kids	3	210	90	10	6	0	30	115	27	1	16	4
Scooped - Mississippi Mud - Small	6	420	180	19	11	0.5	55	230	55	1	33	8
Scooped - Mississippi Mud - Medium	9	630	260	29	17	1	85	350	82	2	49	11
Scooped - Mississippi Mud - Large	12	850	350	39	22	1	110	460	110	3	65	15
Mother Earth												
Scooped - Mother Earth - Kids	3	180	80	9	6	0	30	100	21	1	14	4
Scooped - Mother Earth - Small	6	370	170	19	12	0.5	65	200	43	1	29	8
Scooped - Mother Earth - Medium	9	550	250	28	18	1	95	310	64	2	43	12
Scooped - Mother Earth - Large	12	740	340	38	24	1	130	410	85	2	58	16
Neapolitan												
Scooped - Neapolitan - Kids	3	170	80	9	5	0	35	85	20	0	14	4
Scooped - Neapolitan - Small	6	340	150	17	11	0.5	65	170	40	1	27	8
Scooped - Neapolitan - Medium	9	510	230	26	16	1	100	260	60	1	41	11
Scooped - Neapolitan - Large	12	690	310	34	21	1	135	350	80	1	55	15

Scooped

Item Name	Serving Size	Total calories (cal)	Calories from fat (fat cal)	Total fat (g)	Saturated fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Nutella®												
Scooped - Nutella® - Kids	3	260	120	14	7	0	25	115	30	1	20	4
Scooped - Nutella® - Small	6	510	240	27	15	0	50	230	60	1	39	9
Scooped - Nutella® - Medium	9	770	370	41	22	0.5	75	340	89	2	59	13
Scooped - Nutella® - Large	12	1020	490	54	30	1	100	450	119	3	78	17
Oreo® Cookies & Cream												
Scooped - Oreo® Cookies & Cream - Kids	3	210	90	10	5	0	30	125	26	0	15	4
Scooped - Oreo® Cookies & Cream - Small	6	420	180	20	11	0.5	60	250	51	1	29	8
Scooped - Oreo® Cookies & Cream - Medium	9	620	270	30	16	1	90	370	77	1	44	12
Scooped - Oreo® Cookies & Cream - Large	12	830	370	41	22	1	120	490	103	1	58	16
Peanut Butter & Jelly												
Scooped - Peanut Butter & Jelly - Kids	3	190	90	10	5	0	30	95	21	0	14	4
Scooped - Peanut Butter & Jelly - Small	6	370	170	19	10	0.5	60	190	42	1	27	8
Scooped - Peanut Butter & Jelly - Medium	9	560	260	29	15	1	90	280	63	1	41	12
Scooped - Peanut Butter & Jelly - Large	12	740	350	39	20	1	115	380	85	2	54	16
Peanut Butter Cookie Dough												
Scooped - Peanut Butter Cookie Dough - Kids	3	190	90	10	5	0	30	95	21	0	14	4
Scooped - Peanut Butter Cookie Dough - Small	6	370	170	19	10	0.5	60	190	42	1	27	8
Scooped - Peanut Butter Cookie Dough - Medium	9	560	260	29	15	1	90	280	63	1	41	12
Scooped - Peanut Butter Cookie Dough - Large	12	740	350	39	20	1	115	380	85	2	54	16
Peanut Butter Cup & Fudge												
Scooped - Peanut Butter Cup & Fudge - Kids	3	220	100	11	6	0	30	125	25	1	18	5
Scooped - Peanut Butter Cup & Fudge - Small	6	430	210	23	13	0.5	60	250	51	1	35	9
Scooped - Peanut Butter Cup & Fudge - Medium	9	650	310	34	19	1	90	370	76	2	53	14
Scooped - Peanut Butter Cup & Fudge - Large	12	870	410	46	26	1	115	490	102	3	70	19

Scooped

Item Name	Serving Size	Total calories (cal)	Calories from fat (fat cal)	Total fat (g)	Saturated fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Peanut Butter Oreo®												
Scooped - Peanut Butter Oreo® - Kids	3	230	110	12	6	0	30	135	26	1	15	4
Scooped - Peanut Butter Oreo® - Small	6	450	220	24	11	0.5	55	270	52	1	29	9
Scooped - Peanut Butter Oreo® - Medium	9	680	320	36	17	1	85	410	78	2	44	13
Scooped - Peanut Butter Oreo® - Large	12	910	430	48	22	1	110	550	104	2	58	18
Peanut Butter Treasure												
Scooped - Peanut Butter Treasure - Kids	3	220	120	13	6	0	30	125	23	1	19	5
Scooped - Peanut Butter Treasure - Small	6	440	240	26	12	0	55	250	45	3	39	11
Scooped - Peanut Butter Treasure - Medium	9	670	360	40	18	0.5	85	380	68	4	58	16
Scooped - Peanut Butter Treasure - Large	12	890	480	53	24	1	110	510	90	5	77	21
Perfectly Peach												
Scooped - Perfectly Peach - Kids	3	140	60	6	4	0	25	65	16	0	10	3
Scooped - Perfectly Peach - Small	6	270	120	13	8	0	50	135	33	1	20	6
Scooped - Perfectly Peach - Medium	9	410	180	19	12	0.5	75	200	49	1	30	9
Scooped - Perfectly Peach - Large	12	540	230	26	16	1	100	270	66	1	40	12
Pistachio												
Scooped - Pistachio - Kids	3	210	120	13	5	0	30	80	20	1	10	6
Scooped - Pistachio - Small	6	430	230	26	11	0.5	60	160	39	2	20	12
Scooped - Pistachio - Medium	9	640	350	39	16	1	90	240	59	4	31	17
Scooped - Pistachio - Large	12	860	460	51	22	1	120	320	78	5	41	23
Pumpkin												
Scooped - Pumpkin - Kids	3	180	60	7	4.5	0	30	85	25	0	15	3
Scooped - Pumpkin - Small	6	350	130	14	9	0	55	170	50	0	31	7
Scooped - Pumpkin - Medium	9	530	190	21	13	0.5	85	260	75	0	46	10
Scooped - Pumpkin - Large	12	710	260	28	18	1	110	340	100	1	61	13

Scooped

Item Name	Serving Size	Total calories (cal)	Calories from fat (fat cal)	Total fat (g)	Saturated fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
REESE'S												
Scooped - REESE'S - Kids	3	230	120	13	6	0	25	130	25	1	17	5
Scooped - REESE'S - Small	6	460	230	26	13	0.5	55	260	50	2	35	10
Scooped - REESE'S - Medium	9	690	350	38	19	1	80	390	75	3	52	15
Scooped - REESE'S - Large	12	920	460	51	26	1	110	520	100	4	69	20
Rocky Road												
Scooped - Rocky Road - Kids	3	210	100	11	5	0	25	110	22	1	17	5
Scooped - Rocky Road - Small	6	410	200	23	10	0	55	220	44	3	34	10
Scooped - Rocky Road - Medium	9	620	300	34	15	0.5	80	320	66	4	51	16
Scooped - Rocky Road - Large	12	830	410	45	20	1	105	430	88	5	68	21
Rum Raisin												
Scooped - Rum Raisin - Kids	3	170	70	8	5	0	30	85	21	0	12	4
Scooped - Rum Raisin - Small	6	340	140	15	10	0.5	60	170	43	0	25	8
Scooped - Rum Raisin - Medium	9	500	210	23	14	1	90	260	64	1	37	12
Scooped - Rum Raisin - Large	12	670	280	31	19	1	125	340	86	1	49	16
Strawberry												
Scooped - Strawberry - Kids	3	170	70	7	4.5	0	30	80	23	0	15	3
Scooped - Strawberry - Small	6	340	130	15	9	0.5	55	160	47	0	31	6
Scooped - Strawberry - Medium	9	510	200	22	14	1	85	240	70	1	46	10
Scooped - Strawberry - Large	12	690	260	29	18	1	115	320	93	1	62	13
Strawberry Cheesecake												
Scooped - Strawberry Cheesecake - Kids	3	170	60	6	4	0	25	85	25	0	17	3
Scooped - Strawberry Cheesecake - Small	6	340	120	13	8	0	50	170	50	0	35	6
Scooped - Strawberry Cheesecake - Medium	9	510	170	19	12	0.5	75	250	76	0	52	9
Scooped - Strawberry Cheesecake - Large	12	680	230	26	16	1	100	340	101	1	70	12

Scooped

Item Name	Serving Size	Total calories (cal)	Calories from fat (fat cal)	Total fat (g)	Saturated fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Strawberry Oreo®												
Scooped - Strawberry Oreo® - Kids	3	200	70	8	4	0	20	105	29	0	18	3
Scooped - Strawberry Oreo® - Small	6	390	140	16	8	0	45	210	57	1	37	6
Scooped - Strawberry Oreo® - Medium	9	590	220	24	13	0.5	65	310	86	1	55	9
Scooped - Strawberry Oreo® - Large	12	790	290	32	17	1	90	410	114	2	74	12
Triple Chocolate Brownie												
Scooped - Triple Chocolate Brownie - Kids	3	230	130	14	6	0	30	115	24	2	19	4
Scooped - Triple Chocolate Brownie - Small	6	470	260	29	12	0.5	55	230	48	4	38	8
Scooped - Triple Chocolate Brownie - Medium	9	700	390	43	18	1	85	340	71	6	56	12
Scooped - Triple Chocolate Brownie - Large	12	940	510	57	23	1	115	460	95	8	75	16
Turtle												
Scooped - Turtle - Kids	3	210	110	12	6	0	30	110	23	1	13	4
Scooped - Turtle - Small	6	420	220	25	12	0.5	60	220	45	1	27	8
Scooped - Turtle - Medium	9	640	330	37	18	1	90	330	68	2	40	12
Scooped - Turtle - Large	12	850	440	49	23	1	120	430	91	3	54	16
Vanilla												
Scooped - Vanilla - Kids	3	170	80	9	6	0	35	90	19	0	11	4
Scooped - Vanilla - Small	6	350	160	18	11	0.5	70	180	38	0	22	8
Scooped - Vanilla - Medium	9	520	240	27	17	1	105	270	57	0	33	12
Scooped - Vanilla - Large	12	690	320	36	22	1.5	140	360	76	0	43	16
Vanilla Fudge Crunch												
Scooped - Vanilla Fudge Crunch - Kids	3	200	80	9	6	0	30	100	25	1	17	4
Scooped - Vanilla Fudge Crunch - Small	6	400	170	19	13	0.5	60	200	49	2	33	7
Scooped - Vanilla Fudge Crunch - Medium	9	600	250	28	19	1	85	300	74	3	50	11
Scooped - Vanilla Fudge Crunch - Large	12	790	340	38	26	1	115	400	99	4	66	15

Scooped

Item Name	Serving Size	Total calories (cal)	Calories from fat (fat cal)	Total fat (g)	Saturated fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Vanilla Fudge Swirl												
Scooped - Vanilla Fudge Swirl - Kids	3	200	80	9	6	0	30	100	25	1	17	4
Scooped - Vanilla Fudge Swirl - Small	6	400	170	19	13	0.5	60	200	49	2	33	7
Scooped - Vanilla Fudge Swirl - Medium	9	600	250	28	19	1	85	300	74	3	50	11
Scooped - Vanilla Fudge Swirl - Large	12	790	340	38	26	1	115	400	99	4	66	15

Sorbet

Item Name	Serving Size	Total calories (cal)	Calories from fat (fat cal)	Total fat (g)	Saturated fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Dragonfruit Lemonade Sorbet												
Scooped - Dragonfruit Lemonade Sorbet - Kids	3	110	0	0	0	0	0	15	28	0	27	0
Scooped - Dragonfruit Lemonade Sorbet - Small	6	220	0	0	0	0	0	30	56	0	54	0
Scooped - Dragonfruit Lemonade Sorbet - Medium	9	330	5	0	0	0	0	40	83	0	81	0
Scooped - Dragonfruit Lemonade Sorbet - Large	12	440	5	0	0	0	0	55	111	0	109	0
Guava Sorbet												
Scooped - Guava - Kids	3	110	0	0	0	0	0	10	26	0	25	0
Scooped - Guava - Small	6	210	5	0	0	0	0	20	52	0	50	0
Scooped - Guava - Medium	9	320	5	0.5	0	0	0	30	78	1	75	0
Scooped - Guava - Large	12	430	10	1	0.5	0	0	40	104	1	99	0
Lemonade Sorbet												
Scooped - Lemonade Sorbet - Kids	3	120	0	0	0	0	0	20	31	0	30	0
Scooped - Lemonade Sorbet - Small	6	240	0	0	0	0	0	40	62	0	60	0
Scooped - Lemonade Sorbet - Medium	9	370	5	0	0	0	0	60	94	0	91	0
Scooped - Lemonade Sorbet - Large	12	450	5	0	0	0	0	70	114	0	111	0
Lemon Sorbet												
Scooped - Lemon Sorbet - Kids	3	100	0	0	0	0	0	10	23	0	23	0
Scooped - Lemon Sorbet - Small	6	190	0	0	0	0	0	20	47	0	47	0
Scooped - Lemon Sorbet - Medium	9	290	0	0	0	0	0	30	70	0	70	0
Scooped - Lemon Sorbet - Large	12	350	5	0	0	0	0	35	86	0	85	0
Lime Sorbet												
Scooped - Lime Sorbet - Kids	3	100	0	0	0	0	0	10	24	0	23	0
Scooped - Lime Sorbet - Small	6	190	0	0	0	0	0	20	48	0	47	0
Scooped - Lime Sorbet - Medium	9	290	0	0	0	0	0	30	72	0	70	0
Scooped - Lime Sorbet - Large	12	360	5	0	0	0	0	35	88	0	86	0

Sorbet

Item Name	Serving Size	Total calories (cal)	Calories from fat (fat cal)	Total fat (g)	Saturated fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Orange Sorbet												
Scooped - Orange Sorbet - Kids	3	100	0	0	0	0	0	10	24	0	23	0
Scooped - Orange Sorbet - Small	6	190	0	0	0	0	0	20	48	0	47	0
Scooped - Orange Sorbet - Medium	9	290	0	0	0	0	0	30	72	0	70	0
Scooped - Orange Sorbet - Large	12	360	5	0	0	0	0	35	88	0	86	0
Orange Tangerine Sorbet												
Scooped - Orange Tangerine Sorbet - Kids	3	120	0	0	0	0	0	10	30	0	30	0
Scooped - Orange Tangerine Sorbet - Small	6	250	5	0	0	0	0	20	61	0	59	0
Scooped - Orange Tangerine Sorbet - Medium	9	370	5	0.5	0.5	0	0	30	91	0	89	0
Scooped - Orange Tangerine Sorbet - Large	12	450	5	1	0.5	0	0	40	111	1	109	0
Pink Grapefruit Sorbet												
Scooped - Pink Grapefruit Sorbet - Kids	3	120	0	0	0	0	0	10	30	0	29	0
Scooped - Pink Grapefruit Sorbet - Small	6	240	5	0	0	0	0	20	59	0	58	0
Scooped - Pink Grapefruit Sorbet - Medium	9	360	5	0.5	0.5	0	0	30	89	0	88	0
Scooped - Pink Grapefruit Sorbet - Large	12	440	5	0.5	0.5	0	0	40	108	0	107	0
Raspberry Sorbet												
Scooped - Raspberry Sorbet - Kids	3	120	0	0	0	0	0	10	30	0	29	0
Scooped - Raspberry Sorbet - Small	6	250	5	0	0	0	0	20	61	0	58	0
Scooped - Raspberry Sorbet - Medium	9	370	5	0	0	0	0	30	91	1	86	0
Scooped - Raspberry Sorbet - Large	12	450	5	0.5	0.5	0	0	40	112	1	106	0
Strawberry Lemonade Sorbet												
Scooped - Strawberry Lemonade Sorbet - Kids	3	120	0	0	0	0	0	20	31	0	30	0
Scooped - Strawberry Lemonade Sorbet - Small	6	240	0	0	0	0	0	35	61	0	59	0
Scooped - Strawberry Lemonade Sorbet - Medium	9	360	5	0	0	0	0	55	92	0	89	0
Scooped - Strawberry Lemonade Sorbet - Large	12	440	5	0	0	0	0	70	112	0	109	0

Toppings

Item Name	Total calories (cal)	Calories from fat (fat cal)	Total fat (g)	Saturated fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Almonds	180	140	15	2	0	0	0	6	5	1	0
Bananas	30	0	0	0	0	0	0	8	1	4	0
Bittersweet Fudge	90	30	3.5	3	0	0	40	14	1	12	1
Bordeaux Cherries	100	0	0	0	0	0	15	24	0	16	0
Brown Bonnet®	180	130	14	13	0	0	0	13	0	13	0
Brownie Bites	150	70	7	3.5	0	20	25	22	1	13	2
Caramel	90	10	1	0.5	0	0	95	19	0	10	0
Cherry Bonnet®	200	160	18	16	0	0	15	10	0	8	0
Chocolate Drops	160	70	8	8	0	0	10	22	1	21	0
Chocolate Crunch®	70	25	3	2.5	0	0	70	10	0	5	1
Chocolate Sprinkles	110	45	5	0	0	0	0	17	1	16	0
Chocolate Syrup	70	5	0	0	0	0	25	16	1	9	0
Coconut	90	60	6	6	0	0	45	7	1	5	1
Confetti Sprinkles	90	10	1	0.5	0	0	0	20	0	11	1
Cookie Dough	340	100	12	4.5	0	15	170	58	0	32	3
Fruit Salad	50	0	0	0	0	0	0	13	1	12	0
Gummy Bears	180	0	0	0	0	0	20	45	0	27	0
Heath®	170	60	7	6	0	0	55	21	0	14	4
Kit Kat®	170	80	9	6	0	5	25	22	1	17	2
M&M's®	170	80	9	5	0	10	25	24	0	22	2
Malt	60	0	0	0	0	0	230	15	0	9	0
Maraschino Cherries	30	0	0	6	0	0	0	6	0	3	0
Marshmallow	90	0	0	0	0	0	30	21	0	11	0
Milk Fudge	90	30	3.5	3	0	0	45	15	0	11	0
Nutella®	150	80	9	3	0	0	15	17	1	16	2

Toppings

Item Name	Total calories (cal)	Calories from fat (fat cal)	Total fat (g)	Saturated fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Oreo® Cookie	110	40	4.5	1	0	0	90	16	1	9	1
Peanuts	100	80	8	1	0	0	0	4	1	1	4
Pecans	250	230	26	3	0	0	135	5	2	1	3
Pineapples	50	0	0	0	0	0	5	12	1	11	0
Pistachios	200	140	16	2	0	0	190	11	4	2	7
Pound Cake	130	60	6	2.5	0	0	10	17	0	8	2
Rainbow Sprinkles	110	50	6	3	0	0	0	17	0	0	0
REESE'S Peanut Butter Cups	370	200	22	8	0	5	260	42	3	38	8
REESE'S Peanut Butter Sauce	190	150	17	3	0	0	0	5	2	3	6
REESE'S Pieces	190	70	8	7	0	0	65	24	0	21	5
Strawberries	60	0	0	0	0	0	0	16	1	14	0
Toasted Coconut	130	90	11	9	0	0	55	11	1	7	1
Vanilla Crunch	70	30	3.5	2.5	0	0	40	9	0	4	1
Vanilla Syrup	60	0	0	0	0	0	0	16	0	15	0
Walnuts	220	200	22	2.5	0	0	0	0	0	1	5
Wet Walnuts	250	150	17	1.5	0	0	0	27	2	23	4
Whipped Cream	40	30	3.5	2	0	10	5	2	0	2	0
White Bonnet®	180	150	17	14	0	0	15	10	0	10	1