

## FLAVOR

Flavors listed in alphabetical order

	SERVING SIZE (oz)	CALORIES	CAL FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Banana	1	40	10	1	1	0	0	35	7	0	6	1
Birthday Cake	1	45	10	1	1	0	0	40	8	0	6	1
Blackberry	1	35	0	0	0	0	0	20	7	0	5	1
Blackberry Greek*	1	35	0	0	0	0	0	20	7	0	6	1
Blueberry	1	35	0	0	0	0	0	20	7	0	6	1
Blueberry Banana	1	35	0	0	0	0	0	15	7	0	5	1
Blueberry Lemonade (Seasonal)	1	35	0	0	0	0	0	20	7	0	6	1
Brownie Batter	1	40	10	1	1	0	0	35	7	0	6	1
Cheesecake	1	45	15	2	1	0	5	40	7	0	6	1
Cherry	1	35	0	0	0	0	0	20	7	0	5	1
Chocolate	1	40	10	1	1	0	0	35	7	0	6	1
Chocolate Banana	1	40	10	1	1	0	0	35	7	0	6	1
Chocolate Cake	1	40	10	1	1	0	0	35	7	0	6	1
Chocolate Cheesecake	1	40	10	1	1	0	5	35	7	0	6	1
Chocolate Cherry	1	40	10	1	1	0	0	35	7	0	6	1
Chocolate Coconut	1	40	10	1	1	0	0	35	7	0	6	1
Chocolate <small>Made with Ghirardelli®</small>	1	40	0	0	0	0	0	25	8	0	7	1
Chocolate Mint (Seasonal)	1	40	10	1	1	0	0	35	7	0	6	1
Chocolate Peanut Butter	1	45	15	2	1	0	0	35	7	0	6	2
Chocolate Raspberry	1	40	10	1	1	0	0	35	7	0	6	1
Chocolate Salted Caramel	1	40	10	1	1	0	0	55	7	0	6	1
Classic Tart	1	30	0	0	0	0	0	15	6	0	5	1
Coconut	1	40	10	1	1	0	0	40	7	0	6	1
Coconut Cake	1	45	10	1	1	0	0	35	8	0	6	1
Coffee	1	40	10	1	1	0	0	40	7	0	6	1
Cookie Cake (CONTAINS GLUTEN)	1	50	10	2	1	0	0	45	8	0	6	1
Cookies & Cream (CONTAINS GLUTEN)	1	50	15	2	1	0	0	45	8	0	6	1
Cotton Candy	1	45	10	1	1	0	0	40	8	0	6	1
Dole Orange (VEGAN, DAIRY-FREE)	1	25	0	0	0	0	0	0	6	0	6	0
Dole Pineapple (VEGAN, DAIRY-FREE)	1	25	0	0	0	0	0	0	6	0	6	0
Greek	1	35	0	0	0	0	0	20	6	0	5	1
Key Lime Pie (Seasonal)	1	35	0	0	0	0	0	20	7	0	5	1
Lemon (Seasonal)	1	35	0	0	0	0	0	20	7	0	5	1
Lemon Bar (Seasonal)	1	35	0	0	0	0	0	20	7	0	5	1
Mango	1	35	0	0	0	0	0	20	7	0	6	1
Mango Peach (Seasonal)	1	35	0	0	0	0	0	20	7	0	6	1



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Mango Strawberry Banana	1	35	0	0	0	0	0	15	7	0	5	1
NSA Chocolate	1	30	0	0	0	0	0	20	7	2	2	1
NSA Chocolate Toffee	1	40	0	0	0	0	0	20	7	2	3	1
NSA Vanilla	1	35	0	0	0	0	0	20	7	2	2	1
NSA Toffee	1	35	0	0	0	0	0	20	7	2	2	1
Peach (Seasonal)	1	30	0	0	0	0	0	20	7	0	6	1
Peach Greek (Seasonal)	1	35	0	0	0	0	0	25	7	0	6	1
Peanut Butter	1	50	15	2	1	0	0	35	7	0	6	1
Peppermint (Seasonal)	1	45	10	1	1	0	0	40	7	0	6	1
Pink Lemonade (Seasonal)	1	30	0	0	0	0	0	0	7	0	7	0
Pistachio	1	45	10	1	1	0	0	40	7	0	6	1
Pomegranate (Seasonal)	1	35	0	0	0	0	0	20	7	0	5	1
Pomegranate Blueberry (Seasonal)	1	35	0	0	0	0	0	20	7	0	6	1
Pomegranate Lemonade (Seasonal)	1	35	0	0	0	0	0	20	7	0	5	1
Pumpkin Cheesecake (Seasonal)	1	45	15	2	1	0	5	40	7	0	6	1
Pumpkin Pie (Seasonal)	1	45	10	1	1	0	0	35	8	0	7	1
Pumpkin Spice Latte (Seasonal)	1	45	10	1	1	0	0	35	8	0	6	1
Raspberry	1	35	0	0	0	0	0	20	7	0	5	1
Raspberry Banana	1	35	0	0	0	0	0	15	7	0	5	1
Raspberry Lemonade (Seasonal)	1	35	0	0	0	0	0	20	7	0	5	1
Red Velvet	1	45	10	1	1	0	0	40	8	0	6	1
Reese's® Peanut Butter Cup (CONTAINS GLUTEN)	1	50	10	1	1	0	0	40	8	0	6	1
Salted Caramel	1	45	10	1	1	0	0	60	7	0	6	1
Salted Caramel Latte	1	40	10	1	1	0	0	68	7	0	6	1
Strawberry	1	35	0	0	0	0	0	20	7	0	5	1
Strawberry Banana	1	35	0	0	0	0	0	15	7	0	5	1
Strawberry Cheesecake	1	45	15	2	1	0	5	40	7	0	6	1
Strawberry Greek	1	35	0	0	0	0	0	20	6	0	6	1
Strawberry, Raspberry, Blueberry	1	35	0	0	0	0	0	20	7	0	5	1
Vanilla	1	40	10	1	1	0	0	40	7	0	6	1
Wedding Cake	1	45	10	1	1	0	0	40	8	0	7	1
White Chocolate Made with Ghirardelli®	1	40	10	1	1	0	0	40	7	0	6	1
White Chocolate Mint Made with Ghirardelli® (Seasonal)	1	40	10	1	1	0	0	40	7	0	6	1
White Choc. Raspberry Made with Ghirardelli®	1	40	10	1	1	0	0	40	7	0	6	1
White Choc. Strawberry Made with Ghirardelli®	1	40	10	1	1	0	0	40	7	0	6	1
York® Peppermint Pattie	1	45	10	1	0	0	0	35	8	0	7	1



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Frozen Hot Chocolate Smoothie	16	560	60	7	3.5	0	15	320	112	4	103	13
Frozen Strawberry Lemonade Smoothie	16	340	1	1	0	0	0	82	4	76	1	
Iced Coffee	16	590	130	15	12	0	15	520	100	1	77	14
Orange Strawberry Banana Smoothie	16	320	5	1	0	0	0	30	76	5	61	2
Peanut Butter Banana Smoothie	16	640	190	21	13	0	15	490	95	2	75	16
Pineapple Strawberry Banana Smoothie	16	320	5	1	0	0	0	40	76	5	61	2
Waffle Cone**	35g	150	35	4	1	0	10	50	217	1	13	2
Froyo Cookie Sandwich*** (Tart)	2 Cookies + 2 Oz of Tart	410	150	16	8	0	20	270	60	0	41	6
Froyo Cookie Sandwich*** (Vanilla)	2 Cookies + 2 Oz of Vanilla	440	160	18	10	0	20	320	62	0	43	6
Froyo Cookie Sandwich*** (Chocolate)	2 Cookies + 2 Oz of Chocolate	430	160	18	9	0	20	310	62	0	43	6
Tart Base To Go Container****	8oz	240	20	2	1	0	10	135	48	0	37	7
Vanilla Base To Go Container****	8oz	340	80	9	8	0	10	310	56	0	46	8
Chocolate Base To Go Container****	8oz	320	60	7	6	0	10	280	53	3	45	10

All flavors are gluten free unless indicated.

\* Blackberry Greek contains 7% more protein per ounce than Orange Leaf Vanilla.

\*\* Waffle cones vary by location

\*\*\* Froyo Cookie Sandwiches nutritional information based on Otis Spunkmeyer Chocolate Chip Cookies. Froyo Cookie Sandwiches may vary by location. Contains gluten.

\*\*\*\* All nutrition information is based on average values for ingredients from Orange Leaf's suppliers throughout the U.S. and is rounded to meet current U.S. FDA NLEA guidelines. Variation in serving sizes, preparation techniques, product testing and sources of supply, as well as regional and seasonal differences may affect the nutrition values for each product. In addition, product formulations change periodically. You should expect some variation in the nutrient content of the products purchased in our restaurants.