



# Interactive Nutrition Menu

Last Updated: 01/20/2021

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Sugar Alcohol (g)	Protein (g)
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## Nonfat Frozen Yogurt

Alpine Vanilla	130	5	0	0	0	<5	100	29	0	24	0	3
Apple Pie	130	0	0	0	0	<5	95	29	0	24	0	3
Cable Car Chocolate	130	5	0	0	0	0	65	29	0	23	0	4
Cappuccino	130	5	0	0	0	<5	95	28	0	23	0	4
Chocolate Classic	140	5	0	0	0	<5	90	32	0	27	0	4
Cookies n Cream	150	5	0.5	0	0	<5	105	32	0	24	0	4
Cotton Candy	130	0	0	0	0	<5	100	29	0	24	0	3
Country Vanilla	130	5	0	0	0	<5	100	29	0	24	0	3
Creamy Mint Cookie	140	5	0.5	0	0	<5	100	32	0	24	0	4
Eggnog	140	5	0.5	0	0	10	95	30	0	25	0	3
Fancy French Vanilla	130	5	0.5	0	0	10	95	27	0	23	0	4
Georgia Peach	130	5	0	0	0	<5	95	30	0	25	0	3
Graham Cracker	130	5	0	0	0	<5	95	29	0	24	0	3
Hawaiian Pineapple	130	5	0	0	0	<5	95	28	0	23	0	3
Irish Mint	140	5	0.5	0	0	10	95	30	0	24	0	3
Island Banana	130	5	0	0	0	<5	90	29	0	24	0	3
Mountain Blackberry	130	0	0	0	0	<5	95	29	0	24	0	3
New York Cheesecake	130	5	0.5	0	0	10	95	27	0	24	0	4
Orchard Cherry	130	0	0	0	0	<5	95	30	0	25	0	3
Pecan Praline	130	0	0	0	0	<5	95	30	0	25	0	3
Peppermint Stick	130	5	0	0	0	<5	100	30	0	24	0	3
Pistachio	130	5	0	0	0	<5	100	30	0	24	0	3
Plain	130	5	0	0	0	<5	95	28	0	24	0	3
Pumpkin	140	5	0	0	0	<5	95	30	0	24	0	3
Rootbeer Float	130	5	0	0	0	<5	100	29	0	24	0	3
Toasted Marshmallow	130	0	0	0	0	<5	70	29	0	25	0	3
Very Raspberry	130	5	0	0	0	<5	95	28	0	24	0	3
Very Strawberry	130	5	0	0	0	<5	95	29	0	25	0	3

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White Chocolate Mousse	140	5	0	0	0	<5	95	30	0	25	0	3

## Lowfat Frozen Yogurt

Cake Batter	140	15	2	1	0	20	70	27	0	23	0	4
Chocolate Caramel Turtle	160	15	2	1.5	0	10	115	33	0	26	0	3
Dulce De Leche (Caramel)	140	10	1.5	1	0	25	75	29	0	24	0	3
Fudge Brownie Batter	150	5	0.5	0	0	10	100	33	0	26	0	4
Milk Chocolate	150	15	2	1.5	0	10	80	31	0	24	0	3
Red Velvet Cake	150	15	2.5	1.5	0	15	65	29	0	22	0	3
Salted Caramel Corn	140	10	1.5	1	0	20	105	29	0	25	0	3
Salted Caramel Pretzel	140	10	1.5	1	0	25	150	29	0	24	0	3
Strawberry Shortcake	140	10	2	1	0	20	85	27	0	23	0	4
Sweet Coconut	140	5	1	0.5	0	<5	95	30	0	25	0	3

## Premium Frozen Yogurt

Cinnamon Honey	160	25	4	2.5	0	35	85	25	0	21	0	5
Dutch Chocolate	150	25	3.5	2	0	15	80	26	0	22	0	5
French Vanilla	150	25	3.5	2.5	0	30	85	24	0	21	0	5
Peanut Butter	160	40	6	2	0	10	120	25	1	19	0	5
White Vanilla	150	25	3.5	2.5	0	30	85	24	0	21	0	5

## No-Sugar-Added Frozen Yogurt

Blueberry	100	0	0	0	0	<5	95	23	0	9	5	4
Cheesecake	110	0	0	0	0	<5	100	24	0	10	6	4
Chocolate	120	5	0.5	0	0	<5	110	26	0	11	6	5
Coffee	110	0	0	0	0	<5	100	24	0	10	6	5
Irish Cream	80	0	0	0	0	<5	85	19	0	7	0	3
Praline	110	0	0	0	0	<5	100	25	0	10	6	5
Raspberry	110	0	0	0	0	<5	95	23	0	10	5	4
Strawberry	100	0	0	0	0	<5	95	23	0	9	5	4
Strawberry Banana	110	0	0	0	0	<5	95	24	0	10	6	4
Vanilla	110	0	0	0	0	<5	100	24	0	10	6	5
Yellow Cake Batter	110	0	0	0	0	<5	100	24	0	10	6	4

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## Gelato

Banana Flambe Gelato	180	50	7	5	0	30	55	26	0	21	0	3
Chocolate Gelato	190	50	8	5	0	30	40	27	0	20	0	3
Creamy Limoncello Gelato	140	50	6	3.5	0	20	55	20	0	16	0	2
Hazelnut Gelato	180	50	7	5	0	30	55	26	0	21	0	3
Pistachio Gelato	180	50	7	5	0	30	55	26	0	21	0	3
SToK® Cold Brew Coffee	160	30	4.5	3	0	20	75	25	0	20	0	3
Tiramisu Gelato	180	50	7	5	0	30	55	27	0	21	0	3
Vanilla Bean Gelato	180	50	7	5	0	30	55	26	0	21	0	3

## Dairy Free Sorbet

Berry Acai	110	0	0	0	0	0	0	29	0	21	0	0
Caramelized Pineapple	90	0	0	0	0	0	0	23	0	13	0	0
Chocolate Fudge	140	5	1	0.5	0	0	0	34	0	19	0	1
Green Apple	110	0	0	0	0	0	0	29	0	21	0	0
Key Lime	120	0	0	0	0	0	0	31	0	22	0	0
Kiwi Strawberry	110	0	0	0	0	0	0	29	0	21	0	0
Mango Sunrise	110	0	0	0	0	0	0	28	0	20	0	0
Orange Splash	110	0	0	0	0	0	0	28	0	20	0	0
Pink Lemonade	110	0	0	0	0	0	0	28	0	19	0	0
POG (Passion Orange Guava)	110	0	0	0	0	0	0	29	0	21	0	0
Pomegranate Raspberry	130	0	0	0	0	0	10	32	0	24	0	0
Raspberry Lime Mojito	110	0	0	0	0	0	0	29	0	21	0	0
Strawberry Lemonade	110	0	0	0	0	0	0	28	0	20	0	0
Very Berry	110	0	0	0	0	0	5	29	0	21	0	0
Watermelon	110	0	0	0	0	0	0	29	0	21	0	0

## Custard

Vanilla Custard	230	90	13	8	0	80	60	24	0	21	0	5
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## Tart Frozen Yogurt

Euro Tart®	110	0	0	0	0	0	40	26	0	19	0	3
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Original Tart®	120	0	0	0	0	<5	85	27	0	21	0	4
Original Tart® Pomegranate Raspberry	150	0	0	0	0	<5	85	32	0	27	0	4
Simply Tart	130	0	0	0	0	<5	70	28	0	22	0	4

## Plant Based

Silk Almondmilk Chocolate	160	20	3	0	0	0	70	34	1	18	0	2
Silk Almondmilk Vanilla	150	20	3	0	0	0	40	31	1	15	0	1

## Ice Cream

Lite Chocolate Ice Cream	160	0	5	3.5	0	20	75	25	0	20	0	4
Lite Vanilla Ice Cream	160	0	5	3	0	20	75	25	0	21	0	3

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Please note that these nutrition values are estimated based on our standard serving portions. As food servings may have a slight variance each time you visit, please expect these values to be within 10% +/- of your actual meal. If you have any questions about our nutrition calculator, please contact Nutritionix. [\[Full Disclaimer\]](#)