



ALL NATURAL BURGERS
FROZEN CUSTARD

NUTRITIONAL INFORMATION

Recipe Name

Calories Cals fr fat TotalFat Sat Fat TransFat Choles Sodium Carbs Fiber Sugars Protein Vit A Vit C Calcium Iron



BREAKFAST

Breakfast Burrito, Egg/Potato/Cheese/Green Chile	330	120	13g	4.5g	0g	185mg	1140mg	43g	3g	5g	14g	8%	35%	8%	8%
Breakfast Burrito, Egg/Potato/Cheese/Green Chile w/Bacon	380	150	17g	6g	0g	195mg	1230mg	43g	3g	5g	17g	8%	35%	8%	8%
Breakfast Burrito, Egg/Potato/Cheese/Green Chile w/Chorizo	360	140	15g	5g	0g	190mg	1230mg	43g	3g	5g	15g	15%	35%	10%	8%
Breakfast Burrito, Egg/Potato/Cheese/Green Chile w/Sausage	360	140	16g	5g	0g	190mg	1230mg	43g	3g	5g	15g	8%	35%	8%	8%
Breakfast Sandwich, Bacon & Cheddar	460	210	23g	7g	0g	390mg	790mg	37g	1g	0g	25g	15%	0%	10%	25%
Breakfast Sandwich, Tomato & Pesto	460	220	24g	6g	0g	380mg	820mg	38g	1g	< 1g	23g	20%	4%	15%	25%
Breakfast, Sides, Wild Spuds	220	80	10g	2.5g	0g	0mg	440mg	29g	3g	< 1g	3g	0%	15%	0%	6%



BURGERS

Black Bean Burger, Sicilian	430	110	12g	3.5g	0g	25mg	1100mg	56g	8g	3g	22g	15%	10%	20%	40%
Black Bean Burger, Southwestern	370	70	7g	0.5g	0g	10mg	850mg	56g	8g	3g	19g	10%	10%	6%	40%
Burger, Bacon Cheeseburger	670	320	36g	14g	1g	125mg	1240mg	42g	< 1g	6g	40g	20%	10%	30%	25%
Burger, Bambino	290	120	14g	3.5g	0.5g	40mg	380mg	25g	1g	3g	15g	0%	4%	4%	15%
Burger, Bambino Cheeseburger	340	150	17g	6g	0.5g	50mg	610mg	26g	1g	3g	17g	4%	4%	10%	15%
Burger, Big Daddy Bacon Cheeseburger	1080	620	69g	25g	2g	235mg	1480mg	43g	0g	9g	70g	10%	0%	35%	40%
Burger, Classic Double Cheeseburger	650	290	33g	14g	1g	125mg	1550mg	45g	< 1g	8g	38g	20%	15%	40%	25%
Burger, Deluxe Burger	510	190	22g	6g	1g	85mg	810mg	46g	2g	10g	31g	15%	15%	10%	25%
Burger, Deluxe Cheeseburger	590	250	29g	10g	1g	105mg	1240mg	46g	1g	9g	34g	15%	8%	25%	25%
Burger, Double Cheeseburger	950	500	56g	23g	2g	220mg	1930mg	46g	1g	10g	64g	20%	8%	45%	40%
Burger, Guacamole Bacon Burger	590	280	30g	9g	1g	95mg	750mg	47g	5g	7g	36g	10%	15%	10%	25%
Burger, Mushroom Swiss Burger, Single	520	220	25g	9g	1g	95mg	600mg	40g	< 1g	5g	34g	2%	0%	20%	25%
Burger, West Coast Cheeseburger Double	630	280	32g	12g	1g	115mg	1230mg	45g	1g	8g	36g	20%	15%	30%	25%



CHICKEN

Chicken Tenders, (all natural), portion 3 pc	390	160	18g	4g	0g	75mg	1070mg	435g	1g	4g	27g	0%	0%	0%	4%
Chicken Tenders, (all natural), portion 5 pc	480	210	24g	5g	0g	90mg	1280mg	524g	2g	5g	33g	0%	0%	0%	4%
Chicken, Buffalo Crispy Sandwich	590	230	27g	4.5g	0g	40mg	1770mg	264g	2g	10g	21g	30%	10%	15%	15%
Chicken, Crispy Sandwich	430	130	15g	2g	0g	40mg	930mg	250g	1g	9g	20g	10%	10%	4%	10%
Chicken, Guacamole Crispy Chicken Sandwich	750	400	44g	8g	0g	60mg	1490mg	65g	6g	10g	28g	15%	15%	10%	15%
Chicken, Spicy Crispy Sandwich	500	180	20g	3g	0g	55mg	1240mg	59g	2g	9g	22g	15%	15%	4%	15%
Chicken, Tuscan Chicken Sandwich	430	150	17g	4.5g	0g	65mg	1290mg	45g	2g	2g	26g	15%	15%	15%	15%



KIDS MEALS

Kid's Apple Juice	100	0	0g	0g	0g	0mg	10mg	24g	0g	23g	0g	0%	30%	0%	4%
Kid's Apple Sauce	60	0	0g	0g	0g	0mg	15mg	16g	1g	14g	0g	0%	110%	0%	0%
Kid's Chicken Tenders	260	110	12g	2.5g	0g	50mg	710mg	290g	< 1g	3g	18g	0%	0%	0%	2%
Kid's, Burger	290	120	13g	3.5g	0.5g	40mg	570mg	27g	2g	4g	15g	4%	4%	4%	15%
Kid's, Cheeseburger	340	150	16g	6g	0.5g	50mg	780mg	28g	2g	4g	17g	6%	4%	10%	15%

Kid's, Fries, Natural Cut	190	70	8g	2.5g	0g	0mg	290mg	29g	4g	1g	3g	0%	10%	0%	6%
Kid's, Fries, Wild	220	110	12g	3.5g	0g	0mg	560mg	27g	3g	1g	3g	0%	10%	0%	2%
Kid's, Mac & Cheese	240	70	8g	3.5g	0g	55mg	330mg	36g	3g	5g	10g	4%	0%	10%	10%
Kid's, Mini Corn Dogs	300	120	14g	4g	0g	40mg	680mg	33g	4g	11g	11g	0%	0%	10%	8%



FROZEN CUSTARD

Frozen Custard, Flavors, Butter Pecan, Single Cake Cone	500	290	32g	10g	0g	95mg	340mg	43g	2g	31g	8g	15%	0%	20%	2%
Frozen Custard, Flavors, Butter Pecan, Single Cup	470	290	32g	10g	0g	95mg	320mg	38g	2g	31g	8g	15%	0%	20%	0%
Frozen Custard, Flavors, Butter Pecan, Single Waffle Cone	560	300	33g	10g	0g	95mg	360mg	58g	3g	38g	10g	15%	0%	20%	4%
Frozen Custard, Flavors, Chocolate Chocolate Chip, Single Cake Cone	570	240	26g	19g	0g	95mg	240mg	76g	< 1g	58g	8g	20%	0%	60%	2%
Frozen Custard, Flavors, Chocolate Chocolate Chip, Single Cup	540	240	26g	19g	0g	95mg	230mg	71g	< 1g	58g	8g	20%	0%	60%	0%
Frozen Custard, Flavors, Chocolate Chocolate Chip, Single Waffle Cone	660	250	27g	19g	0g	95mg	280mg	96g	2g	69g	10g	20%	0%	60%	4%
Frozen Custard, Flavors, Chocolate, Single Cake Cone	410	130	14g	9g	0g	95mg	250mg	63g	0g	46g	6g	10%	0%	20%	2%
Frozen Custard, Flavors, Chocolate, Single Cup	360	130	14g	9g	0g	95mg	210mg	52g	0g	42g	6g	10%	0%	20%	0%
Frozen Custard, Flavors, Chocolate, Single Waffle Cone	450	140	15g	9g	0g	95mg	250mg	72g	1g	49g	8g	10%	0%	20%	4%
Frozen Custard, Flavors, Cookies & Cream, Cake Cone	570	210	23g	12g	0g	115mg	360mg	80g	< 1g	59g	8g	15%	0%	25%	10%
Frozen Custard, Flavors, Cookies & Cream, Single Cup	550	210	23g	12g	0g	115mg	350mg	75g	< 1g	59g	8g	15%	0%	25%	8%
Frozen Custard, Flavors, Cookies & Cream, Waffle Cone	640	220	24g	12g	0g	115mg	380mg	95g	2g	66g	10g	15%	0%	25%	10%
Frozen Custard, Flavors, Irish Cream, Cake Cone	410	130	14g	9g	0g	95mg	170mg	63g	0g	53g	6g	10%	0%	20%	2%
Frozen Custard, Flavors, Irish Cream, Single Cup	380	130	14g	9g	0g	95mg	150mg	58g	0g	53g	6g	10%	0%	20%	0%
Frozen Custard, Flavors, Irish Cream, Waffle Cone	470	140	15g	9g	0g	95mg	190mg	78g	< 1g	60g	8g	10%	0%	20%	4%
Frozen Custard, Flavors, Oregon Blackberry, Single Cake Cone	380	130	14g	9g	0g	95mg	260mg	56g	0g	44g	6g	10%	0%	30%	2%
Frozen Custard, Flavors, Oregon Blackberry, Single Cup	420	160	18g	11g	0g	115mg	280mg	59g	0g	51g	7g	15%	0%	35%	0%
Frozen Custard, Flavors, Oregon Blackberry, Single Waffle Cone	510	170	19g	11g	0g	115mg	310mg	79g	1g	58g	9g	15%	0%	35%	4%
Frozen Custard, Flavors, Pumpkin Pie, Single Cone	400	180	19g	12g	0g	115mg	200mg	49g	0g	38g	7g	15%	0%	25%	2%
Frozen Custard, Flavors, Pumpkin Pie, Single Cup	380	180	19g	12g	0g	115mg	190mg	44g	0g	38g	7g	15%	0%	25%	0%
Frozen Custard, Flavors, Pumpkin Pie, Waffle Cone	480	190	21g	12g	0g	115mg	220mg	67g	2g	46g	9g	15%	2%	30%	10%
Frozen Custard, Flavors, Toffee Crunch, Single Cake Cone	560	250	28g	16g	0g	120mg	460mg	70g	0g	58g	7g	15%	0%	35%	2%
Frozen Custard, Flavors, Toffee Crunch, Single Cup	530	250	28g	16g	0g	120mg	450mg	65g	0g	58g	7g	15%	0%	35%	0%
Frozen Custard, Flavors, Toffee Crunch, Single Waffle Cone	620	260	29g	16g	0g	120mg	480mg	85g	< 1g	65g	9g	15%	0%	35%	4%
Frozen Custard, Flavors, Turtle Crunch, Single Cake Cone	470	220	24g	13g	0g	85mg	180mg	56g	< 1g	43g	7g	15%	0%	35%	2%
Frozen Custard, Flavors, Turtle Crunch, Single Cup	440	220	24g	13g	0g	85mg	170mg	51g	< 1g	43g	7g	15%	0%	35%	0%
Frozen Custard, Flavors, Turtle Crunch, Single Waffle Cone	530	230	25g	13g	0g	85mg	200mg	71g	2g	50g	9g	15%	0%	35%	4%
Frozen Custard, Flavors, Vanilla, Single Cake Cone	380	160	18g	11g	0g	115mg	200mg	48g	0g	37g	7g	15%	0%	25%	2%
Frozen Custard, Flavors, Vanilla, Single Cup	360	160	18g	11g	0g	115mg	190mg	43g	0g	37g	7g	15%	0%	25%	0%
Frozen Custard, Flavors, Vanilla, Single Waffle Cone	450	170	19g	11g	0g	115mg	220mg	63g	< 1g	44g	9g	15%	0%	25%	4%
Frozen Custard, Flavors, Vanilla, Pint	910	410	45g	27g	0g	295mg	480mg	110g	0g	95g	18g	35%	0%	70%	0%



MALTS and SHAKES

Malt, Chocolate Large	1580	510	56g	32g	0g	320mg	870mg	238g	5g	189g	32g	40%	0%	90%	15%
Malt, Chocolate, Small	1210	410	45g	26g	0g	255mg	670mg	176g	3g	141g	26g	35%	0%	80%	10%
Malt, Oregon Blackberry, Large	1480	500	55g	32g	0g	320mg	1060mg	214g	2g	175g	30g	40%	2%	120%	0%
Malt, Oregon Blackberry, Small	1140	400	44g	26g	0g	255mg	800mg	159g	1g	132g	25g	35%	2%	90%	0%
Malt, Strawberry, Large	1330	500	55g	32g	0g	320mg	790mg	179g	2g	147g	30g	40%	0%	90%	0%
Malt, Strawberry, Small	1040	400	44g	26g	0g	255mg	620mg	137g	1g	113g	25g	35%	0%	80%	0%
Malt, Vanilla Large	1320	530	58g	33g	0g	330mg	830mg	169g	2g	137g	33g	40%	0%	100%	0%

Malt, Vanilla, Small	1000	400	44g	26g	0g	255mg	620mg	127g	1g	104g	25g	35%	0%	80%	0%
Shake, Candy Cane, Large	1160	430	48g	29g	0g	305mg	490mg	172g	0g	156g	20g	40%	0%	90%	0%
Shake, Candy Cane, Small	930	350	40g	24g	0g	250mg	380mg	132g	0g	118g	18g	40%	0%	90%	0%
Shake, Chocolate Large	1290	450	50g	29g	0g	305mg	600mg	190g	3g	156g	23g	40%	0%	80%	15%
Shake, Chocolate, Small	1010	370	41g	24g	0g	245mg	490mg	143g	2g	119g	20g	35%	0%	70%	10%
Shake, Oregon Blackberry, Large	1190	430	48g	29g	0g	305mg	780mg	165g	0g	143g	21g	40%	2%	100%	0%
Shake, Oregon Blackberry, Small	950	360	40g	24g	0g	245mg	610mg	127g	0g	110g	18g	35%	2%	90%	0%
Shake, Strawberry, Large	1040	430	48g	29g	0g	305mg	510mg	131g	0g	115g	20g	40%	0%	80%	0%
Shake, Strawberry, Small	850	360	40g	24g	0g	245mg	430mg	104g	0g	92g	18g	35%	0%	70%	0%
Shake, Vanilla Large	1030	460	51g	30g	0g	315mg	550mg	121g	0g	105g	23g	40%	0%	90%	0%
Shake, Vanilla, Small	810	360	40g	24g	0g	245mg	430mg	95g	0g	82g	18g	35%	0%	70%	0%



SIDES

Side Sauce, BBQ	35	0	0g	0g	0g	0mg	330mg	9g	0g	8g	0g	0%	0%	0%	0%
Side Sauce, Honey Mustard	90	70	8g	1.5g	0g	5mg	95mg	6g	0g	5g	< 1g	0%	0%	0%	0%
Side Sauce, Ranch	160	150	18g	3g	0g	5mg	340mg	3g	0g	1g	0g	0%	0%	0%	0%
Side Sauce, Wild Dippin' Sauce	130	110	13g	2g	0g	10mg	220mg	4g	0g	3g	0g	2%	0%	0%	0%
Side, Sauce, Buffalo Ranch	70	60	7g	1.5g	0g	< 5mg	360mg	1g	0g	< 1g	0g	4%	0%	0%	0%
Sides, Fries, Natural Cut, Large	370	130	16g	5g	0g	0mg	540mg	54g	7g	2g	5g	0%	20%	0%	10%
Sides, Fries, Natural Cut, Medium	260	90	11g	3.5g	0g	0mg	380mg	38g	5g	1g	3g	0%	15%	0%	6%
Sides, Fries, Natural Cut, Small	190	70	8g	2.5g	0g	0mg	290mg	29g	4g	1g	3g	0%	10%	0%	6%
Sides, Fries, Wild, Large	420	210	23g	6g	0g	0mg	1040mg	50g	5g	2g	5g	0%	20%	0%	4%
Sides, Fries, Wild, Medium	300	140	16g	4.5g	0g	0mg	740mg	35g	3g	2g	3g	0%	15%	0%	4%
Sides, Fries, Wild, Small	220	110	12g	3.5g	0g	0mg	560mg	27g	3g	1g	3g	0%	10%	0%	2%
Sides, Green Chili Fries, Natual Cut	450	210	24g	11g	0g	25mg	1100mg	46g	4g	3g	12g	8%	35%	20%	8%
Sides, Green Chili Fries, Wild	490	260	29g	12g	0g	25mg	1470mg	48g	4g	3g	12g	8%	35%	20%	6%
Sides, Onion Ring, Regular	530	260	29g	7g	0g	0mg	850mg	62g	5g	12g	5g	0%	4%	0%	4%
Mac & Cheese	240	70	8g	3.5g	0g	55mg	330mg	36g	3g	5g	10g	4%	0%	10%	10%
Mac & Cheese, BBQ Chicken	410	90	10g	3.5g	0g	105mg	1350mg	59g	4g	21g	23g	6%	2%	10%	10%
Mac & Cheese, Buffalo Chicken	340	90	10g	3.5g	0g	105mg	2390mg	41g	4g	5g	23g	30%	2%	10%	10%
Mac & Cheese, Green Chile	300	100	11g	5g	0g	65mg	820mg	41g	3g	6g	12g	8%	20%	15%	10%



SOFT DRINKS

Soft Drink, Diet Dr. Pepper, Large	0	0	0g	0g	0g	0mg	110mg	0g	0g	0g	0g	0%	0%	0%	0%
Soft Drink, Diet Dr. Pepper, Medium	0	0	0g	0g	0g	0mg	80mg	0g	0g	0g	0g	0%	0%	0%	0%
Soft Drink, Diet Dr. Pepper, Small	0	0	0g	0g	0g	0mg	60mg	0g	0g	0g	0g	0%	0%	0%	0%
Soft Drink, Diet Pepsi, Large	0	0	0g	0g	0g	0mg	110mg	0g	0g	0g	0g	0%	0%	0%	0%
Soft Drink, Diet Pepsi, Medium	0	0	0g	0g	0g	0mg	80mg	0g	0g	0g	0g	0%	0%	0%	0%
Soft Drink, Diet Pepsi, Small	0	0	0g	0g	0g	0mg	60mg	0g	0g	0g	0g	0%	0%	0%	0%
Soft Drink, Dr. Pepper, Large	330	5	1g	0.5g	**	0mg	80mg	83g	0g	**	0g	0%	0%	2%	2%
Soft Drink, Dr. Pepper, Medium	240	0	0.5g	0g	**	0mg	60mg	61g	0g	**	0g	0%	0%	2%	2%
Soft Drink, Dr. Pepper, Small	150	0	0g	0g	**	0mg	15mg	38g	0g	36g	0g	0%	0%	0%	2%
Soft Drink, Mountain Dew, Large	300	0	0g	0g	**	0mg	75mg	77g	0g	77g	< 1g	0%	0%	2%	0%
Soft Drink, Mountain Dew, Medium	220	0	0g	0g	**	0mg	55mg	56g	0g	56g	0g	0%	0%	2%	0%
Soft Drink, Mountain Dew, Small	160	0	0g	0g	**	0mg	40mg	41g	0g	41g	0g	0%	0%	0%	0%
Soft Drink, Pepsi, Large	270	0	0g	0g	**	0mg	30mg	70g	0g	66g	< 1g	0%	0%	2%	4%

Soft Drink, Pepsi, Medium	200	0	0g	0g	**	0mg	20mg	51g	0g	48g	0g	0%	0%	2%	4%
Soft Drink, Pepsi, Small	150	0	0g	0g	**	0mg	15mg	38g	0g	36g	0g	0%	0%	0%	2%
Soft Drink, Rootbeer, Large	300	0	0g	0g	**	0mg	95mg	78g	0g	78g	0g	0%	0%	4%	2%
Soft Drink, Rootbeer, Medium	220	0	0g	0g	**	0mg	70mg	57g	0g	57g	0g	0%	0%	2%	2%
Soft Drink, Rootbeer, Small	160	0	0g	0g	**	0mg	50mg	42g	0g	42g	0g	0%	0%	2%	2%
Soft Drink, Sierra Mist, Large	290	0	0g	0g	**	0mg	65mg	75g	0g	66g	0g	0%	0%	2%	4%
Soft Drink, Sierra Mist, Medium	220	0	0g	0g	**	0mg	50mg	55g	0g	48g	0g	0%	0%	2%	4%
Soft Drink, Sierra Mist, Small	160	0	0g	0g	**	0mg	35mg	40g	0g	36g	0g	0%	0%	0%	2%
Beverage, Coffee no additions	0	0	0g	0g	0g	0mg	0mg	< 1g	0g	0g	0g	0%	0%	0%	0%
Beverage, Iced Tea	0	0	0g	0g	0g	0mg	0mg	< 1g	0g	0g	0g	0%	6%	0%	0%
Beverage, Lemonade, Large	290	0	0g	0g	**	0mg	30mg	77g	0g	74g	< 1g	0%	50%	2%	6%
Beverage, Lemonade, Medium	190	0	0g	0g	**	0mg	20mg	50g	0g	48g	0g	0%	30%	2%	4%
Beverage, Lemonade, Small	160	0	0g	0g	**	0mg	15mg	41g	0g	40g	0g	0%	25%	2%	4%
Beverage, Nesquick Chocolate Milk	180	20	2.5g	1.5g	**	10mg	150mg	32g	1g	25g	8g	10%	4%	30%	4%
Beverage, Nesquick Milk	140	45	5g	3g	**	20mg	140mg	13g	0g	**	10g	4%	4%	35%	0%
Beverage, Strawberry Lemonade, Large	250	0	0g	0g	**	0mg	20mg	66g	2g	63g	< 1g	0%	90%	2%	6%
Beverage, Strawberry Lemonade, Medium	160	0	0g	0g	**	0mg	10mg	41g	1g	39g	0g	0%	60%	2%	4%
Beverage, Strawberry Lemonade, Small	110	0	0g	0g	**	0mg	10mg	30g	< 1g	28g	0g	0%	35%	2%	2%
Beverage, Tropicana OJ	140	5	1g	0g	**	0mg	0mg	31g	**	**	2g	10%	220%	4%	2%



SPOONBENDERS

Spoonbender, Caramel Toffee, Large	1910	840	95g	52g	0g	365mg	1100mg	251g	0g	228g	21g	45%	0%	90%	0%
Spoonbender, Caramel Toffee, Medium	1270	560	63g	35g	0g	245mg	740mg	167g	0g	152g	14g	30%	0%	60%	0%
Spoonbender, Caramel Toffee, Small	670	290	33g	18g	0g	135mg	380mg	87g	0g	79g	8g	15%	0%	35%	0%
Spoonbender, Chocolate Chocolate Chip, Large	1850	830	93g	66g	0g	355mg	750mg	231g	3g	193g	27g	60%	2%	220%	0%
Spoonbender, Chocolate Chocolate Chip, Medium	1230	560	62g	44g	0g	235mg	500mg	154g	2g	129g	18g	40%	0%	150%	0%
Spoonbender, Chocolate Chocolate Chip, Small	610	280	31g	21g	0g	135mg	260mg	75g	< 1g	63g	10g	20%	0%	70%	0%
Spoonbender, Chocolate Cookie Dough, Large	1490	590	66g	35g	4.5g	345mg	760mg	202g	< 1g	159g	22g	45%	0%	100%	0%
Spoonbender, Chocolate Cookie Dough, Medium	970	390	43g	23g	3g	230mg	500mg	132g	< 1g	104g	15g	30%	0%	60%	0%
Spoonbender, Chocolate Cookie Dough, Small	540	220	24g	13g	1.5g	135mg	280mg	73g	0g	58g	8g	15%	0%	35%	0%
Spoonbender, Chocolate Peanut Butter Crunch, Large	2060	1020	113g	71g	0g	355mg	860mg	232g	4g	191g	35g	60%	2%	240%	2%
Spoonbender, Chocolate Peanut Butter Crunch, Medium	1450	730	81g	51g	0g	235mg	580mg	162g	3g	133g	25g	45%	0%	170%	2%
Spoonbender, Chocolate Peanut Butter Crunch, Small	910	470	52g	33g	0g	140mg	330mg	99g	2g	81g	15g	30%	0%	120%	0%
Spoonbender, Cookies N Cream, Large	1520	590	66g	36g	0g	345mg	940mg	205g	1g	162g	24g	45%	0%	80%	20%
Spoonbender, Cookies N Cream, Medium	1010	390	44g	24g	0g	230mg	630mg	137g	< 1g	108g	16g	30%	0%	50%	15%
Spoonbender, Cookies N Cream, Small	590	230	26g	14g	0g	140mg	360mg	79g	0g	63g	9g	15%	0%	30%	8%
Spoonbender, Raspberry Truffle, medium	1230	500	56g	34g	2.5g	230mg	530mg	165g	3g	144g	18g	40%	2%	70%	0%
Spoonbender, Raspberry Truffle, Small	740	310	34g	21g	1.5g	135mg	310mg	100g	2g	87g	10g	25%	2%	45%	0%
Spoonbender, Strawberry Cheesecake, Large	1470	580	64g	38g	0g	390mg	1050mg	193g	4g	161g	24g	100%	45%	100%	8%
Spoonbender, Strawberry Cheesecake, Medium	1050	380	43g	25g	0g	260mg	700mg	146g	5g	123g	16g	70%	60%	60%	6%
Spoonbender, Strawberry Cheesecake, Small	580	220	24g	14g	0g	150mg	360mg	79g	2g	66g	9g	35%	30%	35%	4%
Spoonbender, Truffle, Raspberry, large	1760	720	80g	48g	3.5g	350mg	780mg	237g	4g	206g	26g	60%	2%	110%	0%
Spoonbender, Truffle, Salted Caramel, large	1640	680	76g	51g	0g	360mg	1000mg	218g	1g	192g	25g	180%	0%	170%	0%
Spoonbender, Truffle, Salted Caramel, medium	1140	470	52g	36g	0g	240mg	690mg	151g	1g	134g	17g	130%	0%	120%	0%
Spoonbender, Truffle, Salted Caramel, small	690	290	32g	22g	0g	140mg	420mg	91g	< 1g	81g	10g	90%	0%	80%	0%
Spoonbender, Turtle, Large	1910	960	107g	41g	0g	350mg	740mg	210g	5g	180g	28g	45%	0%	80%	4%

Spoonbender, Turtle, Medium	1310	680	75g	28g	0g	235mg	490mg	140g	3g	120g	19g	30%	0%	50%	4%
Spoonbender, Turtle, Small	710	360	40g	16g	0g	135mg	280mg	77g	2g	66g	11g	15%	0%	30%	2%



SUNDAES

Sundae, Jr. Hot Fudge	470	200	22g	13g	0g	65mg	200mg	60g	< 1g	55g	6g	8%	0%	25%	6%
Sundae, Turtle	740	320	36g	15g	0g	120mg	310mg	93g	1g	82g	9g	15%	0%	30%	4%