

Flavour	Calories	Total Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sugars (g)	Protein (g)	Sugar Alcohol (g)	SPECIAL NOTES	KOSHER CERTIFIED
Caramel Macchiato	260	14	0.4	29	24	5			YES
Cherries Jubilee	220	11	0.4	26	19	4			YES
Chocolate	230	13	0.4	25	18	5			YES
Chocolate Chip	240	15	0.5	23	18	5			YES
Chocolate Chip Cookie Dough	280	15	0.5	31	23	5			YES
Chocolate Mousse Royale	280	17	0.5	28	21	5			YES
Citrus Twist Ice	100	0	0	24	18	0			YES
Cookies 'n Cream	270	17	0.4	26	18	5			YES
Cotton Candy	230	12	0.4	28	18	4			YES
Gold Medal Ribbon	240	12	0.4	30	22	4			YES
Icing on the Cake	320	18	0.4	35	28	4			YES

Regular 4oz

Jamoca® Almond Fudge	260	15	0.4	28	20	5			YES
Mango Tango	230	10	0.4	29	24	4			YES
Maple Walnut	250	17	0.4	22	18	5			NO
Maui Brownie Madness Frozen Yogurt	230	11	0.2	30	22	6		*Contains Live Yogurt Cultures (streptococcus Thermophilus, Lactobacillus delbrueckii subsp. Bulgaricus).	YES
Mint Chocolate Chip	240	15	0.5	23	18	5			YES
Nanaimo Bar	300	16	0	37	26	4		Contains: Egg, Milk, Soy, Coconut, Wheat	YES

NF Vanilla Frozen Yogurt	130	0.4	0	25	20	6		*Contains Live Yogurt Cultures (streptococcus Thermophilus, Lactobacillus delbrueckii subsp. Bulgaricus).	YES
Non-Dairy Salted Fudge Bar	250	11	0.4	41	27	1			YES
NSA Caramel Turtle Truffle	200	8	0.2	38	7	5	24	WARNING: Sensitive individuals may experience a laxative effect from excessive consumption of this	YES
NSA Pineapple Coconut	160	6	0.2	30	8	5	14	WARNING: Sensitive individuals may experience a laxative effect from excessive consumption of this	YES
Nutty Coconut Ice Cream	280	19	0.4	23	17	6			YES
Peanut Butter 'n Chocolate	290	20	0.4	24	17	7			YES
Pistachio Almond	270	18	0.4	21	15	7			YES
Pralines 'n Cream	270	14	0.4	32	26	4			YES

Regular 4oz

Rainbow Sherbet	130	2	0.1	26	20	1			YES
Rocky Road	250	14	0.4	29	20	5			NO
Rum Raisin	230	11	0.4	30	25	4			YES
Strawberry Cheesecake	250	13	0.4	28	21	4			YES
Vanilla	220	14	0.5	20	16	5			YES
Very Berry Strawberry	200	10	0.4	24	21	4			YES
Wild 'n Reckless Sherbet	130	2	0.1	25	18	2			YES