

| Flavour | Calories | Total Fat (g) | Trans Fat (g) | Carbohydrates (g) | Sugars (g) | Protein (g) | Sugar Alcohol (g) | SPECIAL NOTES | KOSHER CERTIFIED |
|-----------------------------|----------|---------------|---------------|-------------------|------------|-------------|-------------------|---------------|------------------|
| Breakfast in Bed | 260 | 11 | 0.4 | 35 | 28 | 4 | | | YES |
| 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 |
| Cookies 'n Cream S'mores | 310 | 17 | 0.4 | 35 | 24 | 5 | | | YES |
| Cotton Candy | 230 | 12 | 0.4 | 28 | 18 | 4 | | | YES |

| | | | | | | | | | |
|------------------------------------|-----|----|-----|----|----|---|--|---|-----|
| German Chocolate Cake | 310 | 16 | 0.4 | 38 | 28 | 6 | | | YES |
| Gold Medal Ribbon | 240 | 12 | 0.4 | 30 | 22 | 4 | | | YES |
| Grilled Peaches 'N Cream | 250 | 10 | 0.4 | 34 | 29 | 4 | | | YES |
| Icing on the Cake | 320 | 18 | 0.4 | 35 | 28 | 4 | | | YES |
| Irish Cream Crunch | 320 | 16 | 0 | 40 | 29 | 4 | | CONTAINS LESS THAN 0.5% ALCOHOL BY VOLUME | YES |
| Jamoca® Almond Fudge | 260 | 15 | 0.4 | 28 | 20 | 5 | | | YES |
| Love Potion #31 | 260 | 14 | 0.4 | 29 | 24 | 4 | | | YES |
| Made with Snickers® Bars | 290 | 14 | 0.4 | 36 | 29 | 5 | | | YES |
| Mango Mania | 210 | 10 | 0.4 | 26 | 22 | 4 | | | 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 |
| Mom's Makin' Cookies | 310 | 14 | 0.4 | 42 | 31 | 4 | | | 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 Mint Chocochunk | 270 | 14 | 0 | 38 | 28 | 1 | | | 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 | 300 | 19 | 0.4 | 28 | 21 | 6 | | | YES |
| Peanut Butter 'n Chocolate | 290 | 20 | 0.4 | 24 | 17 | 7 | | | YES |
| Pink Bubblegum | 240 | 12 | 0.4 | 31 | 27 | 4 | | | YES |
| Pistachio Almond | 270 | 18 | 0.4 | 21 | 15 | 7 | | | YES |

| | | | | | | | | | |
|-----------------------|-----|----|-----|----|----|---|--|--|-----|
| Pralines 'n Cream | 270 | 14 | 0.4 | 32 | 26 | 4 | | | YES |
| Pumpkin Cheesecake | 270 | 12 | 0.4 | 37 | 29 | 4 | | | YES |
| 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 |
| Spicy 'n Spooky | 310 | 19 | 0.4 | 32 | 25 | 5 | | | YES |
| Strawberry Cheesecake | 250 | 13 | 0.4 | 28 | 21 | 4 | | | YES |
| Triple Mango | 210 | 7 | 0.2 | 35 | 29 | 2 | | | YES |
| Ube Coconut Swirl | 260 | 11 | 0.4 | 36 | 28 | 4 | | | NO |
| Vanilla | 220 | 14 | 0.5 | 20 | 16 | 5 | | | YES |
| Very Berry Strawberry | 200 | 10 | 0.4 | 24 | 21 | 4 | | | YES |

Regular 4oz

| | | | | | | | | | |
|-----------------------------|-----|---|-----|----|----|-----|--|--|-----|
| Watermelon Burst Sorbet | 160 | 0 | 0 | 40 | 29 | 0.1 | | | YES |
| Wild 'n Reckless Sherbet | 130 | 2 | 0.1 | 25 | 18 | 2 | | | YES |