

Regular 4oz

Flavour	Calories	Total Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sugars (g)	Protein (g)	Sugar Alcohol (g)	SPECIAL NOTES	KOSHER CERTIFIED	HALAL CERTIFIED
Cherries Jubilee	240	11	0.4	31	25	4			YES	NO
Chocolate	250	13	0.4	32	24	5			YES	YES
Chocolate Chip	260	15	0.5	28	22	5			YES	YES
Chocolate Chip Cookie Dough	290	15	0.5	36	26	5			YES	YES
Chocolate Mousse Royale	300	17	0.4	36	28	5			YES	YES
Citrus Twist Ice	130	0	0	34	26	0			YES	YES
Cookies 'n Cold Brew	320	18	0.4	35	24	5			YES	NO
Cookies 'n Cream	280	15	0.4	32	23	5			YES	YES
Cotton Candy	250	12	0.4	32	22	4			YES	YES
Decorating Vanilla	240	14	0.5	26	21	5			YES	YES

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Gold Medal Ribbon	260	12	0.4	34	26	4			YES	YES
Icing on the Cake	330	18	0.4	39	31	4			YES	YES
Jamoca® Almond Fudge	270	15	0.4	30	22	6			YES	YES
Love Potion #31	280	14	0.4	34	28	4			YES	YES
Made with Snickers®	290	14	0.4	36	29	5			YES	YES
Mango Tango	240	10	0.4	34	26	4			YES	NO
Maui Brownie Madness Frozen Yogurt	230	11	0.2	30	22	6		*Contains Live Yogurt Cultures (streptococcus Thermophilus, Lactobacillus delbrueckii subsp. Bulgaricus).	YES	YES
Mint Chocolate Chip	260	15	0.5	28	22	5			YES	YES
NF Vanilla Frozen Yogurt	140	0.4	0	30	24	5		*Contains Live Yogurt Cultures (streptococcus Thermophilus, Lactobacillus delbrueckii subsp. Bulgaricus).	YES	YES
Non-Dairy Mint Chocochunk	270	14	0	38	28	1			YES	NO
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 product.	YES	YES

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NSA Pineapple Coconut	160	6	0.2	29	8	5	13	WARNING: Sensitive individuals may experience a laxative effect from excessive consumption of this product.	YES	YES
Nutty Coconut	300	19	0.4	28	21	6			YES	YES
Peanut Butter 'n Chocolate	310	20	0.4	30	22	7			YES	YES
Pistachio Almond	290	19	0.4	24	18	7			YES	YES
Pralines 'n Cream	290	14	0.4	36	29	4			YES	YES
Rainbow Sherbet	160	2	0.1	35	26	1			YES	YES
Rocky Road	280	14	0.4	35	25	5			NO	NO
Rum Raisin	250	11	0.4	34	28	4			YES	NO
Strawberry Cheesecake	260	13	0.3	32	25	4			YES	YES
Ube Coconut Swirl	260	11	0.4	36	28	4			YES	YES
Vanilla	240	14	0.5	25	21	5			YES	YES

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Very Berry Strawberry	220	10	0.4	28	23	4			YES	YES
Wild 'n Reckless Sherbet	160	2	0.1	34	25	2			YES	YES
World Class Chocolate	280	16	0.4	31	23	5			YES	YES