

Flavour	Calories	Total Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sugars (g)	Protein (g)	Sugar Alcohol (g)	SPECIAL NOTES	KOSHER CERTIFIED
Caramel Macchiato	170	9	0.3	18	15	3			YES
Cherries Jubilee	140	7	0.2	16	12	2			YES
Chocolate	140	8	0.3	16	11	3			YES
Chocolate Chip	150	10	0.3	15	11	3			YES
Chocolate Chip Cookie Dough	170	9	0.3	20	14	3			YES
Chocolate Fudge	150	9	0.3	17	12	3			YES
Chocolate Mousse Royale	180	11	0.3	18	13	3			YES
Citrus Twist Ice	60	0	0	15	11	0			YES
Cookies 'n Cream	170	10	0.3	16	11	3			YES
Cotton Candy	150	7	0.3	18	11	3			YES
Gold Medal Ribbon	150	8	0.3	19	14	3			YES
Icing on the Cake	200	11	0.2	22	18	3			YES
Jamoca® Almond Fudge	160	9	0.2	17	13	3			YES
Mango Mania	130	6	0.2	17	14	2			YES
Mango Tango	140	6	0.2	18	15	2			YES
Maple Walnut	160	10	0.3	14	11	3			NO
Maui Brownie Madness Frozen Yogurt	150	7	0.1	19	14	4		*Contains Live Yogurt Cultures (streptococcus Thermophilus, Lactobacillus delbrueckii subsp. Bulgaricus).	YES

Mint Chocolate Chip	150	10	0.3	14	11	3			YES
Mom's Makin Cookies	190	9	0.3	24	19	3			YES
NF Vanilla Frozen Yogurt	80	0.2	0	16	13	4		*Contains Live Yogurt Cultures (streptococcus Thermophilus, Lactobacillus delbrueckii subsp. Bulgaricus).	YES
NSA Caramel Turtle Truffle	120	5	0.1	24	4	3	15	WARNING: Sensitive individuals may experience a laxative effect from excessive consumption of this product	YES
NSA Pineapple Coconut	100	4	0.1	19	5	3	9	WARNING: Sensitive individuals may experience a laxative effect from excessive consumption of this product	YES
Nutty Coconut	180	12	0.2	15	11	4			YES
Peanut Butter 'n Chocolate	180	12	0.2	15	11	4			YES
Pink Bubblegum	150	7	0.3	20	17	3			YES
Pistachio Almond	170	12	0.3	13	10	4			YES
Pralines 'n Cream	170	9	0.3	20	16	3			YES
Rainbow Sherbet	80	1.5	0.1	17	13	1			YES
Rocky Road	160	9	0.2	18	13	3			NO
Rum Raisin	150	7	0.2	19	16	2			YES
Strawberry Cheesecake	160	8	0.2	18	14	3			YES
Strawberry Streusel (Non-Dairy)	150	4.5	0	26	18	1			YES
Vanilla	140	9	0.3	14	13	3			YES
Very Berry Strawberry	130	7	0.2	15	13	2			YES

Watermelon Swirl Sorbet	130	3.5	0	25	20	0.1			YES
Wild 'n Reckless Sherbet	80	1.5	0	16	12	1			YES