

GELATO						updated				Fall 2020	
Gelato	Serving Size	Calories	Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
Birthday Cake	~5oz	236	4	45	0	6		✓	✓	Milk, Soy	
Coffee Mocha Swirl	~5oz	263	7	45	0	6		✓	✓	Milk, Soy, Treenuts	
Cookies and Milk	~5oz	268	5	50	1	6		✓		Wheat, Milk, Soy	
Mango Sorbet	~5oz	168	0	44	3	0		✓	✓		
Mint Chocolate Chip	~5oz	261	6	46	0.5	6		✓	✓	Milk, Soy	
Raspberry Sorbet	~5oz	176	0.2	44	4	0.5		✓	✓		
Rocky Road	~5oz	268	6	48	1.5	7		✓	✓	Milk, Tree Nuts	
Texas Pecan Sea Salt Caramel	~5oz	290	10	43	1	7		✓	✓	Milk, Tree Nuts	
Fruit Smoothies	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
Cranberry Quest (Cranberry juice, yogurt, mixed berries, raspberry sorbetto)	20oz	561	5	119	3	10		✓	✓	Milk	
The Favorite (Yogurt,strawberries, bananas)	20oz	332	5	73	1	10		✓	✓	Milk	
Island Hoppin (Apple juice, pineapple juice, peaches, pineapples, bananas, raspbe	20oz	336	0	84	3	0	✓	✓	✓		
Mango Tango (Pineapple juice, orange juice, pineapples, bananas, mango sorbett	20oz	316	0	79	3	0	✓	✓	✓		
Simply Red (Apple juice, yogurt, raspberries, strawberries, raspberry sorbetto)	20oz	541	5	114	3	10		✓	✓	Milk	
Souther Hospitality (yogurt, peaches, mango sorbetto)	20oz	513	5	107	3	10		✓	✓	Milk	
Strawberry Safari (Apple juice,yogurt, strawberries, bananas, raspberry sorbetto)	20oz	545	5	115	3	10		✓	✓	Milk	
Sunburn (Apple juice, peaches, strawberries, blueberries, mango sorbetto)	20oz	308	0	77	3	0	✓	✓	✓		
Latte Powder Scoops	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
Extremely Toffe Coffee (Only)	1 scoop	180	8	26	0	2		✓	✓	Milk, Soy, Peanuts, Treenuts	
Double Fudge Mocha (Only)	1 scoop	160	8	25	1	2		✓	✓	Milk	
White Chocolate Symphony (Only)	1 scoop	190	9	27	0	1		✓	✓	Milk, Soy	
Sorbet	Serving Size	Calories	Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
Mango Sorbet	4oz	122	0	29	0	0	✓	✓	✓		
Rasberry Sorbet	4oz	116	0	27	2	0	✓	✓	✓		
Strawberry Sorbet	4oz	122	0	29	0	0	✓	✓	✓		
Blood Orange Sorbet	4oz	115	0	27	1	0	✓	✓	✓		
Waffle Cone with 1 scoop	cone+4oz	~210	8	44	0	7	✓	✓		Wheat, Soy	
Add On	Serving Size	Calories	Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
Fresh Spinach	1 cup	20	0	3	2	2	✓	✓	✓		
Fresh Kale	1 cup	33	<1	7	1	2	✓	✓	✓		
Add a Cone	1 cone	90	1	20	0	2	✓	✓		Wheat, Soy	
Whip Topping	1 Spray	20	1.5	1	0	0		✓	✓	<1% Milk	
Fruit	Serving Size	Calories	Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
Banana	4oz.-5oz	110	0	30	3	1	✓	✓	✓		
Strawberries	2oz.	60	0	15	1	<1	✓	✓	✓		
Blueberries	2oz.	35	0	8.5	2	<1	✓	✓	✓		
Raspberries	2oz.	28	0	3.5	3	<1	✓	✓	✓		
Pineapple	2oz.	34	<1	9	<1	<1	✓	✓	✓		
Peaches	2oz.	31	0	8	1	0	✓	✓	✓		
Juices	Serving Size	Calories	Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
Apple Juice	8oz./240ml	110	0	28	0	0	✓	✓	✓		
Cranberry Juice	8oz./240ml	140	0	34	0	0	✓	✓	✓		
Orange Juice	8oz./240ml	120	0	30	0	0	✓	✓	✓		
Pineapple Juice	8oz./240ml	130	0	32	1	1	✓	✓	✓		
Coconut Water	8oz./240ml	46	0.5	9	2.5	2	✓	✓	✓	Treenut	
Low Fat Yogurt	8oz./240ml	254	5	53	0	10		✓	✓	Milk, Whey	
Add a Scoop™ Supplement Powders											
Energy	1 scoop	20	0	5	0	0	✓	✓	✓	Kosher/Halal	

[illegible]