

ICE FLAVORS																				
KIDS PORTION																				
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium
Italian	Apple Berry Blue	180	0	0	0	0	0	30	46	0	44	21	0	0	0	8	0	0	0	16
	Banana	220	5	0	0	0	0	25	54	0	52	50	0	0	0	6	0	0	0	40
	Blue Raspberry	200	0	0	0	0	0	30	51	0	49	49	0	1	6	6	0	0	0	1
	Blueberry	220	0	0	0	0	0	30	55	0	52	25	0	0	0	6	0	0	0	0
	Blueberry Lemonade	150	0	0	0	0	0	25	38	0	35	34	0	0	0	9	0	0	0	25
	Carnival	190	0	0	0	0	0	25	47	0	45	19	0	0	0	5	0	0	0	0
	Cherry	160	0	0	0	0	0	25	41	0	38	37	0	0	0	10	0	0	0	0
	Cherry Lemonade	170	0	0	0	0	0	30	45	0	42	42	0	0	0	7	0	0	0	15
	Cherry Limeade	150	0	0	0	0	0	25	38	0	36	36	0	0	0	7	0	0	0	10
	Chocolate	230	5	0	0	0	0	45	59	0	56	56	1	0	0	10	2	0	2	60
	Chocolate Chocolate Chip	250	15	2	1	0	0	40	61	0	58	58	1	0	0	12	2	1	6	85
	Chocolate Peanut Butter	280	45	5	1	0	0	75	60	0	56	56	2	0	0	16	2	1	4	100
	Cotton Candy	220	0	0	0	0	0	15	54	0	54	20	0	0	0	7	0	0	0	0
	Florida Orange	180	0	0	0	0	0	30	46	0	42	40	0	0	0	8	0	0	0	35
	Georgia Peach	140	0	0	0	0	0	25	35	0	34	33	0	0	0	6	0	0	0	0
	Green Apple	190	0	0	0	0	0	30	49	0	47	44	0	0	0	8	0	0	0	30
	Guava Passionfruit	190	0	0	0	0	0	30	48	0	22	45	0	0	0	6	0	0	0	33
	Gummy Bear	230	0	0	0	0	0	30	58	0	54	54	0	0	0	5	0	0	0	11
	Island Fusion	210	0	0	0	0	0	30	53	0	51	50	0	0	0	7	0	0	0	25
	Juicy Pear	180	0	0	0	0	0	30	45	0	43	43	0	0	0	7	0	0	0	0
	Kandi Kapow!	200	0	0	0	0	0	25	50	0	49	37	0	0	0	6	0	0	0	1
	Key Lime	170	0	0	0	0	0	45	44	0	42	42	0	0	0	6	0	0	0	0
	Lemon	180	0	0	0	0	0	70	47	0	44	15	0	0	0	9	0	0	0	0
	Mango	200	0	0	0	0	0	30	50	0	48	47	0	0	0	7	0	0	0	15
	Mango- Orange	200	0	0	0	0	0	25	49	0	46	36	0	0	0	6	0	0	0	5
	Mango-Peach	160	0	0	0	0	0	30	40	0	38	37	0	0	0	6	0	0	0	7
	Mango- Pineapple	200	0	0	0	0	0	30	50	0	48	47	0	0	0	6	0	0	0	10
	Mango- Strawberry	200	0	0	0	0	0	30	51	0	49	48	0	0	0	7	0	0	0	10
	Margarita	180	0	0	0	0	0	35	45	0	43	41	0	0	0	7	0	0	0	10
	Ocean Splash™	190	0	0	0	0	0	80	48	0	44	44	0	0	0	6	0	0	0	12
	Peach Ring	170	0	0	0	0	0	25	43	0	42	42	0	0	0	6	0	0	0	1
	Peanut Butter and Jelly	280	60	7	1	0	0	80	54	0	51	50	2	0	0	14	2	0	2	65
	Pina Colada	190	5	0	0	0	0	30	49	0	47	47	0	0	0	8	0	0	0	0
	Pineapple	180	0	0	0	0	0	30	44	0	43	42	0	0	0	6	0	0	2	10
	Raspberry	190	0	0	0	0	0	30	48	0	46	45	0	0	0	8	0	0	0	20
	Raspberry Lemonade	160	0	0	0	0	0	30	40	0	38	33	0	0	0	7	0	0	0	22
	Root Beer	190	0	0	0	0	0	30	47	0	45	45	0	0	0	7	0	0	0	15
	Sour Patch Kids Red	180	0	0	0	0	0	30	50	0	48	48	0	0	0	6	0	0	0	0
	Strawberry	190	0	0	0	0	0	30	47	0	45	45	0	0	0	7	0	0	0	0
	Strawberry Colada	200	0	0	0	0	0	30	52	0	50	50	0	0	0	6	0	0	0	0
	Strawberry Lemonade	180	0	0	0	0	0	25	45	0	42	42	0	0	0	8	0	0	0	20
	Strawberry Margarita	180	0	0	0	0	0	35	45	0	43	41	0	0	0	7	0	0	0	10
	Strawberry- Watermelon	190	0	0	0	0	0	30	48	0	47	46	0	0	0	7	0	0	0	15
	Swedish Fish	220	0	0	0	0	0	50	57	0	55	55	0	0	0	6	0	0	0	0
	Tropical Daiquiri	220	5	0	0	0	0	30	54	0	52	50	0	0	0	6	0	0	0	4
	Tropical Paradise	190	0	0	0	0	0	30	49	0	37	47	0	0	0	6	0	0	0	18
	Vanilla	180	0	0	0	0	0	30	45	0	44	44	0	0	0	6	0	0	0	15
	Watermelon	210	0	0	0	0	0	30	52	0	51	50	0	0	0	6	0	0	0	5
	Wild Berry	160	0	0	0	0	0	25	41	0	39	39	0	0	0	6	0	0	0	5
	Wild Black Cherry	190	0	0	0	0	0	20	46	0	42	42	0	0	0	7	0	0	0	15
	Unicorn	190	0	0	0	0	0	85	49	0	44	44	0	0	0	6	0	0	0	17
Cream Ice	Zombie's Blood	140	0	0	0	0	0	25	38	0	36	36	0	0	0	7	0	0	0	8
	Birthday Cake	240	25	3	3	0	0	125	53	0	48	41	0	0	0	26	2	0	2	5
	Banana Split Cream	240	30	4	3	0	0	35	54	0	50	22	0	0	0	10	2	0	2	20
	Black Cherry Cheesecake	230	25	3	2	0	0	50	52	0	49	20	0	0	0	11	2	0	2	0
	Brookie Dough	260	35	4	3	0	0	85	57	0	51	48	1	0	0	13	2	0	0	38
	Cheesecake	220	25	3	3	0	0	55	51	0	48	21	0	0	0	6	0	0	0	0
	Chocolate Chip Cheesecake	250	40	4	3	0	0	50	53	0	50	24	1	0	0	9	0	1	4	35
	Chocolate Covered Banana	250	35	4	3	0	0	60	55	0	51	24	1	0	0	11	0	1	6	52
	Chocolate Covered Strawberry	250	40	5	4	0	0	65	54	0	50	49	1	0	0	13	2	1	4	55
	Coconut Cream	220	25	3	3	0	0	50	50	0	46	44	0	0	0	7	0	0	0	5
	Cookie Dough	240	35	4	3	0	0	70	52	0	47	47	1	0	0	8	0	0	2	35
	Cookies & Cream	270	25	3	2	0	0	65	62	0	58	57	0	0	0	6	0	0	2	15
	Frozen Hot Cocoa	240	20	2	2	0	0	60	56	1	53	52	1	0	0	10	0	0	0	51
	Fudge Brownie	300	35	4	3	0	0	80	66	0	59	59	1	0	0	13	2	1	4	100
	Marshmallow Peanut Butter	290	60	7	3	0	0	85	58	0	55	55	2	0	0	12	2	1	2	55
	Mint Chocolate Chip	240	35	4	3	0	0	45	52	0	49	49	1	0	0	9	0	1	4	40
	Mint Oreo	230	25	3	2	0	0	65	52	0	48	32	0	0	0	6	0	0	2	5
	Orange Cream	210	20	2	2	0	0	45	48	0	44	30	0	0	0	7	0	0	0	22
	Pumpkin Cheesecake	200	20	2	2	0	0	30	46	0	42	19	0	0	0	9	0	0	0	10
	Pumpkin Pie	190	20	2	2	0	0	50	42	0	38	38	0	0	0	11	2	0	2	20
	Root Beer Float	190	0	0	0	0	0	30	47	0	45	45	0	0	0	7	0	0	0	15
	S'mores	260	30	3	3	0	0	50	59	0	57	57	0	0	0	8	0	1	4	35
	Shamrock	230	20	2	2	0	0	60	53	0	51	51	0	0	0	6	0	0	0	14
	Strawberry-Banana	240	20	3	2	0	0	50	55	0	52	50	0	0	0	6	0	0	0	25
	Strawberry Cheesecake	230	25	3	2	0	0	55	53	0	51	22	0	0	0	7	0	0	0	15

ICE FLAVORS																					
KIDS PORTION																					
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)
Smart Snack Ice	Strawberries n' Cream	240	20	2	2	0	0	45	55	0	51	27	0	0	0	6	0	0	0	11	0
	Vanilla Cream	210	20	2	2	0	0	50	47	0	44	44	0	0	0	6	0	0	0	20	1
	Watermelon Chip	260	35	4	3	0	0	50	59	0	55	54	1	0	0	9	0	1	4	40	1
	Malibu Freeze	200	0	0	0	0	0	35	51	0	48	9	0	0	0	8	0	0	0	39	0
	Razzle Red	270	0	0	0	0	0	15	69	0	66	24	0	0	0	5	0	0	0	0	0
	Very Bery	220	0	0	0	0	0	15	56	0	55	31	0	0	0	6	0	0	0	2	0
	S/F Cherry	90	0	0	0	0	0	20	32	0	0	0	0	0	0	9	0	0	0	15	0
	S/F Dragon Fruit	120	0	0	0	0	0	20	42	0	0	0	0	0	0	10	2	0	0	25	1
	S/F Mango Peach	120	0	0	0	0	0	20	31	0	1	0	0	0	0	7	0	0	0	0	0
	S/F Pink Lemonade	70	0	0	0	0	0	20	26	0	0	0	0	0	0	5	0	0	0	17	1
Sugar-Free Ice	S/F Tangerine	90	0	0	0	0	0	25	32	0	0	0	0	0	0	6	0	0	0	20	1

This nutrition information is based on standard recipes and product formulations; however, variations may occur due to differences in preparation, serving sizes, ingredients, or special orders. Current recommendations are to limit total saturated fat intake to 20 grams per day and to limit sodium intake to less than 2,400 mg per day for a 2,000 calorie-per-day diet. A 2,000 calorie daily diet is used for the basis of general nutrition advice; individual calorie needs however; may vary. ©2015 RITA'S FRANCHISE COMPANY. ALL RIGHTS RESERVED.

ICE FLAVORS SMALL PORTION																					
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)
Italian	Apple Berry Blue	240	0	0	0	0	0	40	60	0	58	27	0	0	0	10	0	0	0	21	0
	Banana	280	5	1	1	0	0	35	72	0	68	66	0	0	0	7	0	0	0	55	2
	Blue Raspberry	260	0	0	0	0	0	35	67	0	65	32	0	0	0	0	0	0	0	0	0
	Blueberry	370	0	0	0	0	0	40	95	0	92	92	0	2	10	8	0	0	0	2	0
	Blueberry Lemonade	190	0	0	0	0	0	35	50	0	46	44	0	0	0	12	0	0	0	33	0
	Carnival	250	0	0	0	0	0	35	62	0	60	25	0	0	0	7	0	0	0	0	0
	Cherry	210	0	0	0	0	0	35	53	0	50	49	0	0	0	13	2	0	0	0	0
	Cherry Lemonade	230	0	0	0	0	0	40	59	0	55	55	0	0	0	9	0	0	0	20	1
	Cherry Limeade	200	0	0	0	0	0	30	50	0	48	48	0	0	0	9	0	0	0	15	0
	Cantaloupe	230	0	0	0	0	0	40	58	0	56	55	0	0	0	8	0	0	0	17	0
	Chocolate	300	5	0	0	0	0	55	77	0	74	73	1	0	0	14	2	1	4	80	2
	Chocolate Chocolate Chip	330	25	3	2	0	0	55	81	0	76	76	1	0	0	16	2	1	8	110	3
	Chocolate Peanut Butter	370	60	6	1	0	0	100	79	0	74	74	3	0	0	20	2	1	6	130	4
	Cotton Candy	260	0	0	0	0	0	30	66	0	63	25	0	0	0	7	0	0	0	0	0
	Dr Pepper	270	0	0	0	0	0	30	72	0	70	27	0	0	0	6	0	0	0	0	0
	Florida Orange	250	0	0	0	0	0	35	65	0	58	30	0	0	0	9	0	0	0	5	0
	Georgia Peach	180	0	0	0	0	0	35	46	0	45	44	0	0	0	7	0	0	0	0	0
	Green Apple	260	0	0	0	0	0	40	66	0	64	61	0	0	0	11	0	0	0	42	0
	Guava Passionfruit	250	0	0	0	0	0	35	63	0	30	59	0	0	0	8	0	0	0	44	0
	Gummy Bear	310	0	0	0	0	0	40	77	0	71	71	1	0	0	7	0	0	0	14	0
	Island Fusion	270	0	0	0	0	0	40	69	0	67	65	0	0	0	9	0	0	0	35	1
	Juicy Pear	230	0	0	0	0	0	40	59	0	57	56	0	0	0	9	0	0	0	0	0
	Kandi Kapow!	260	0	0	0	0	0	35	66	0	65	48	0	0	0	8	0	0	0	1	0
	Key Lime	230	0	0	0	0	0	60	58	0	55	55	0	0	0	8	0	0	0	0	0
	Lemon	200	0	0	0	0	0	30	52	0	49	49	0	0	0	10	2	0	0	10	0
	Mango	260	0	0	0	0	0	40	66	0	63	62	0	0	0	9	0	0	0	20	1
	Mango- Orange	260	0	0	0	0	0	35	65	0	60	47	0	0	0	8	0	0	0	10	0
	Mango-Peach	260	0	0	0	0	0	35	65	0	60	47	0	0	0	8	0	0	0	10	0
	Mango- Pineapple	260	0	0	0	0	0	35	66	0	63	63	0	0	0	9	0	0	2	15	0
	Mango- Strawberry	270	0	0	0	0	0	40	67	0	65	64	0	0	0	9	0	0	0	10	0
	Margarita	250	0	0	0	0	0	75	64	0	61	41	0	0	0	12	2	0	0	10	0
	Ocean Splash™	250	0	0	0	0	0	105	63	0	57	57	0	0	0	7	0	1	6	16	0
	Peach Ring	220	0	0	0	0	0	35	57	0	55	55	0	0	0	7	0	0	0	1	0
	Peanut Butter and Jelly	370	80	8	2	0	0	140	71	0	68	65	2	0	0	8	0	1	4	0	0
	Pina Colada	260	5	1	0	0	0	40	65	0	62	62	0	0	0	10	2	0	0	0	0
	Pineapple	230	0	0	0	0	0	35	59	0	57	56	0	0	0	9	0	0	2	15	0
	Raspberry	250	0	0	0	0	0	35	64	0	60	60	0	0	0	10	2	0	0	25	1
	Raspberrv Lemonade	260	0	0	0	0	0	50	67	0	63	55	0	0	0	11	0	0	0	36	0
	Root Beer	240	0	0	0	0	0	40	62	0	60	60	0	0	0	9	0	0	0	20	1
	Sour Patch Kids Red	240	0	0	0	0	0	40	65	0	64	64	0	0	0	7	0	0	0	0	0
	Strawberry	270	0	0	0	0	0	40	68	0	66	66	0	0	0	9	0	0	0	0	0
	Strawberry Colada	250	0	0	0	0	0	40	62	0	60	59	0	0	0	9	0	0	0	0	0
	Strawberry Lemonade	170	0	0	0	0	0	55	43	0	41	26	0	0	0	10	2	0	0	0	0
	Strawberry Margarita	260	0	0	0	0	0	50	67	0	64	61	0	0	0	11	2	0	0	20	1
	Strawberry- Watermelon	250	0	0	0	0	0	40	63	0	61	60	0	0	0	9	0	0	0	15	0
	Swedish Fish	290	0	0	0	0	0	65	75	0	73	73	0	0	0	8	0	0	0	0	0
	Tropical Daiquiri	290	5	1	1	0	0	40	71	0	69	66	0	0	0	8	0	0	0	5	0
	Tropical ParadiCE	250	0	0	0	0	0	35	64	0	48	61	0	0	0	8	0	0	0	24	0
	Vanilla	240	0	0	0	0	0	40	60	0	58	58	0	0	0	8	0	0	0	20	1
	Watermelon	270	0	0	0	0	0	35	69	0	67	33	0	0	0	7	0	0	0	0	0
	Wild Berry	270	0	0	0	0	0	40	68	0	65	65	0	0	0	10	0	0	0	10	0
	Wild Black Cherry	250	0	0	0	0	0	25	61	0	56	55	0	0	0	10	0	0	0	20	1
	Zombie's Blood	190	0	0	0	0	0	35	50	0	47	47	0	0	0	9	0	0	0	11	0
	Unicorn	250	0	0	0	0	0	115	64	0	59	59	0	0	0	9	0	1	6	22	0
Cream Ice	Birthday Cake	310	35	4	3	0	0	160	70	0	63	54	1	0	0	35	4	0	2	5	0
	Banana Split Cream	320	40	5	4	0	0	45	70	0	66	28	1	0	0	13	2	1	2	30	1
	Black Cherry Cheesecake	310	30	4	3	0	0	70	70	0	62	26	1	0	0	8	0	0	0	5	0
	Brookie Dough	350	50	6	5	0	0	115	75	0	66	63	1	0	0	18	2	0	0	50	2
	Cheesecake	300	30	4	3	0	0	70	67	0	64	27	1	0	0	8	0	0	0	5	0
	Chocolate Chip Cheesecake	330	50	6	4	0	0	65	70	0	66	31	1	0	0	11	2	1	4	45	1
	Chocolate Covered Banana	330	45	5	4	0	0	80	72	0	67	31	1	0	0	14	2	1	6	68	2
	Chocolate Covered Strawberry	330	50	6	5	0	0	85	71	0	66	65	1	0	0	17	2	1	6	75	2
	Coconut Cream	290	35	4	4	0	0	70	65	0	61	58	0	0	0	10	0	0	0	10	0
	Cookie Dough	330	50	6	5	0	0	105	70	0	61	61	1	0	0	11	2	0	2	45	1
	Cookies & Cream	360	30	4	3	0	0	90	82	0	77	75	0	0	0	8	0	1	4	20	1
	Frozen Hot Cocoa	320	25	3	2.5	0	0	75	74	1	69	69	1	0	0	13	2	1	6	67	2
	Fudge Brownie	390	60	7	5	0	0	180	87	0	75	34	2	0	0	18	2	3	20	55	2
	Marshmallow Peanut Butter	390	80	9	4	0	0	110	76	0	72	72	2	0	0	16	2	1	4	75	2
	Mint Chocolate Chip	310	45	5	4	0	0	60	69	0	64	64	1	0	0	11	2	1	4	55	2
	Mint Oreo	300	35	4	3	0	0	85	69	0	64	43	0	0	0	7	0	0	2	5	0
	Orange Cream	280	25	3	2.5	0	0	60	64	0	58	40	0	0	0	9	0	0	0	30	0
	Pumpkin Cheesecake	260	25	3	3	0	0	40	60	0	56	25	1	0	0	11	2	0	0	10	0
	Pumpkin Pie	240	25	3	3	0	0	65	55	0	50	49	1	0	0	14	2	0	2	30	1
	Root Beer Float	260	10	2	1	0	0	50	64	0	61	46	0	0	0	8	0	0	0	15	0
	S'mores	350	40	4	4	0	0	65	78	0	75	74	1	0	0	11	2	1	4	45	1
	Shamrock	300	25	3	2.5	0	0	65	70	0	67	67	0	0	0	8	0	0	0	19	0

ICE FLAVORS																					
SMALL PORTION																					
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)
Smart Snack Ice	Strawberry Banana	310	30	3	3	0	0	65	72	0	68	66	0	0	0	8	0	0	0	35	1
	Strawberry Cheesecake	310	30	4	3	0	0	70	70	0	67	29	1	0	0	9	0	0	0	20	1
	Strawberries n' Cream	310	25	3	2.5	0	0	60	72	0	68	36	0	0	0	8	0	0	0	14	0
	Vanilla Cream	270	25	3	3	0	0	65	62	0	58	58	0	0	0	8	0	0	0	25	1
	Watermelon Chip	330	50	6	5	0	0	90	70	0	64	51	1	0	0	12	2	1	4	45	1
	MalIBLU Freeze	260	0	0	0	0	0	45	67	0	63	12	0	0	0	10	0	0	0	51	2
	Razzle Red	360	0	0	0	0	0	20	91	0	87	32	0	0	0	6	0	0	0	1	0
	Very Bery	300	0	0	0	0	0	20	74	0	72	41	0	0	0	8	0	0	0	3	0
	S/F Cherry	120	0	0	0	0	0	25	42	0	0	0	0	0	0	12	2	0	0	15	0
	S/F Dragon Fruit	160	0	0	0	0	0	30	55	0	0	0	0	0	0	13	2	0	0	30	1
	S/F Mango Peach	160	0	0	0	0	0	25	41	0	1	0	0	0	0	9	0	0	0	0	0
	S/F Pink Lemonade	120	0	0	0	0	0	35	42	0	0	0	0	0	0	8	0	0	0	28	1
	S/F Tangerine	120	0	0	0	0	0	35	42	0	0	0	0	0	0	8	0	0	0	25	1

This nutrition information is based on standard recipes and product formulations; however, variations may occur due to differences in preparation, serving sizes, ingredients, or special orders. Current recommendations are to limit total saturated fat intake to 20 grams per day and to limit sodium intake to less than 2,400 mg per day for a 2,000 calorie-per-day diet. A 2,000 calorie daily diet is used for the basis of general nutrition advice; individual calorie needs however; may vary. ©2015 RITA'S FRANCHISE COMPANY. ALL RIGHTS RESERVED.

ICE FLAVORS																					
LARGE PORTION																					
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)
Italian	Apple Berry Blue	400	0	0	0	0	0	65	101	0	98	46	0	0	0	17	2	0	0	36	0
	Banana	460	0	0	0	0	0	60	117	0	113	55	0	0	0	12	0	0	0	36	0
	Blue Raspberry	440	0	0	0	0	0	60	112	0	109	54	0	0	0	15	2	0	0	1	0
	Blueberry	630	0	0	0	0	0	70	160	0	155	154	0	3	15	14	2	0	0	3	0
	Blueberry Lemonade	320	0	0	0	0	0	55	84	0	77	74	0	0	0	20	2	0	0	55	2
	Carnival	420	0	0	0	0	0	55	105	0	101	42	0	0	0	12	0	0	0	1	0
	Cherry	350	0	0	0	0	0	60	89	0	84	81	0	0	0	21	2	0	0	2	0
	Cherry Lemonade	380	0	0	0	0	0	65	98	0	93	92	0	0	0	16	2	0	0	30	0
	Cherry Limeade	330	0	0	0	0	0	50	84	0	80	80	0	0	0	15	2	0	0	20	1
	Chocolate	510	5	1	0	0	0	95	130	0	123	123	1	0	0	23	2	1	6	130	2
	Chocolate Chocolate Chip	560	40	5	3	0	0	95	136	0	128	127	2	0	0	27	2	2	10	190	5
	Chocolate Peanut Butter	620	100	11	2	0	0	170	133	2	125	122	4	0	0	34	2	2	10	130	2
	Cotton Candy	440	0	0	0	0	0	45	111	0	106	42	0	0	0	12	0	0	0	1	0
	Dr Pepper	450	0	0	0	0	0	50	120	0	118	45	0	0	0	10	0	0	0	1	0
	Florida Orange	400	0	0	0	0	0	65	102	0	93	89	0	0	0	18	2	0	0	77	2
	Georgia Peach	300	0	0	0	0	0	55	78	0	75	74	0	0	0	12	2	0	0	0	0
	Green Apple	420	0	0	0	0	0	65	107	0	104	98	0	0	0	18	2	0	0	67	2
	Guava Passionfruit	420	0	0	0	0	0	60	106	1	50	101	0	0	0	14	2	0	0	74	2
	Gummy Bear	520	0	0	0	0	0	70	130	0	120	120	1	0	0	11	0	0	0	24	0
	Island Fusion	460	0	0	0	0	0	70	116	0	112	109	0	0	0	15	2	0	0	60	2
	Juicy Pear	390	0	0	0	0	0	65	99	0	95	94	0	0	0	15	2	0	0	2	0
	Kandi Kapow!	440	0	0	0	0	0	55	111	0	110	82	0	0	0	14	2	0	0	2	0
	Key Lime	380	0	0	0	0	0	100	97	0	93	93	0	0	0	14	2	0	0	0	0
	Lemon	330	0	0	0	0	0	50	87	0	83	82	0	0	0	17	2	0	0	16	0
	Mango	440	0	0	0	0	0	65	111	0	106	104	0	0	0	15	2	0	0	32	0
	Mango- Orange	430	0	0	0	0	0	60	109	0	101	80	0	0	0	14	2	0	0	16	0
	Mango-Peach	340	0	0	0	0	0	60	88	0	84	82	0	0	0	13	2	0	0	15	0
	Mango- Pineapple	440	0	0	0	0	0	65	110	0	106	105	0	0	0	14	2	0	0	26	0
	Mango- Strawberry	450	0	0	0	0	0	65	113	0	108	107	0	0	0	15	2	0	0	19	0
	Margarita	440	0	0	0	0	0	80	113	0	108	102	0	0	0	18	2	0	0	35	1
	Ocean Splash™	420	0	0	0	0	0	180	106	0	97	97	0	0	0	12	0	1	6	27	0
	Peach Ring	380	0	0	0	0	0	60	96	0	94	93	0	0	0	13	2	0	0	2	0
	Peanut Butter and Jelly	620	140	15	3	0	0	180	119	0	113	109	5	0	0	32	2	1	6	6	0
	Pina Colada	430	10	1	0	0	0	65	108	0	104	103	0	0	0	17	2	0	0	2	0
	Pineapple	390	0	0	0	0	0	60	98	0	95	93	0	0	0	14	2	0	0	22	0
	Raspberry	420	0	0	0	0	0	60	107	1	101	100	1	0	0	17	2	0	0	43	0
	Raspberry Lemonade	440	0	0	0	0	0	80	112	1	105	93	1	0	0	19	2	0	0	61	2
	Root Beer	410	0	0	0	0	0	65	103	0	100	100	0	0	0	15	2	0	0	32	0
	Sour Patch Kids Red	400	0	0	0	0	0	65	109	0	107	107	0	0	0	13	2	0	0	0	0
	Strawberry	410	0	0	0	0	0	65	104	0	100	99	0	0	0	15	2	0	0	6	0
	Strawberry Colada	450	0	0	0	0	0	65	114	0	110	110	0	0	0	14	2	0	0	4	0
	Strawberry Lemonade	280	0	0	0	0	0	90	73	0	69	44	0	0	0	17	2	0	0	5	0
	Strawberry Margarita	440	0	0	0	0	0	80	113	0	108	102	0	0	0	18	2	0	0	35	1
	Strawberry- Watermelon	420	0	0	0	0	0	65	106	0	103	101	0	0	0	14	2	0	0	28	0
	Swedish Fish	490	0	0	0	0	0	110	125	0	122	122	0	0	0	13	2	0	0	2	0
	Tropical Daiquiri	480	10	1	1	0	0	65	119	0	115	110	0	0	0	13	2	0	0	8	0
	Tropical ParadiCE	430	0	0	0	0	0	65	109	0	82	104	0	0	0	14	2	0	0	41	0
	Vanilla	400	0	0	0	0	0	65	100	0	97	97	0	0	0	13	2	0	0	30	0
	Watermelon	450	0	0	0	0	0	60	115	0	111	55	0	0	0	12	0	0	0	13	0
	Wild Berry	450	0	0	0	0	0	65	114	1	109	108	0	0	0	17	2	0	0	17	0
	Wild Black Cherry	470	0	0	0	0	0	65	114	0	107	103	1	0	0	24	2	0	0	39	0
	Unicorn	420	0	0	0	0	0	190	108	0	98	98	0	0	0	14	2	1	6	38	0
	Zombie's Blood	310	0	0	0	0	0	60	83	0	79	79	0	0	0	16	2	0	0	18	0
Cream Ice	Birthday Cake	530	60	7	5	0	0	270	117	0	105	91	1	0	0	58	4	0	0	11	0
	Banana Split Cream	530	70	8	6	0	0	75	118	0	111	48	1	0	0	22	2	1	4	45	1
	Black Cherry Cheesecake	520	50	6	5	0	5	115	117	0	104	44	1	0	0	14	2	0	0	11	0
	Brookie Dough	570	90	10	7	0	5	190	120	0	104	100	2	0	0	27	2	1	6	88	2
	Cheesecake	500	50	6	5	0	5	115	112	0	106	46	1	0	0	14	2	0	0	11	0
	Chocolate Chip Cheesecake	550	80	9	7	0	5	115	118	0	111	52	2	0	0	19	2	1	8	75	2
	Chocolate Covered Banana	560	80	9	7	0	0	120	121	0	114	46	1	0	0	35	2	1	6	60	2
	Chocolate Covered Strawberry	560	90	10	8	0	0	130	119	0	111	103	2	0	0	37	4	2	8	80	2
	Coconut Cream	490	60	6	6	0	0	115	109	0	102	97	0	0	0	16	2	0	0	16	0
	Cookie Dough	540	70	8	6	0	5	160	115	0	103	103	1	0	0	17	2	1	4	75	2
	Cookies & Cream	600	50	6	5	0	0	150	137	0	129	126	1	0	0	13	2	1	6	30	1
	Frozen Hot Cocoa	530	45	5	4.5	0	0	130	125	1	117	117	1	0	0	21	2	1	6	113	2
	Fudge Brownie	650	80	9	6	0	5	180	147	0	130	130	3	0	0	28	2	2	10	220	6
	Marshmallow Peanut Butter	650	130	15	6	0	0	180	128	0	121	119	4	0	0	26	2	1	6	34	0
	Mint Chocolate Chip	520	80	9	7	0	0	105	115	0	108	108	1	0	0	19	2	1	8	90	3
	Mint Oreo	500	60	6	5	0	0	140	115	0	106	71	1	0	0	13	2	1	6	12	0
	Orange Cream	470	45	5	4.5	0	0	105	108	0	97	68	0	0	0	15	2	0	0	50	2
	Pumpkin Cheesecake	440	45	5	5	0	0	65	101	0	94	42	1	0	0	19	2	0	0	17	0
	Pumpkin Pie	410	45	5	5	0	0	105	92	1	84	83	1	0	0	24	2	0	0	47	2
	Root Beer Float	440	20	2	2	0	0	85	107	0	102	76	0	0	0	14	2	0	0	24	0
	S'mores	580	60	7	6	0	0	110	131	0	125	120	1	0	0	18	2	1	6	34	0
	Shamrock	510	40	4.5	4.5	0	0	105	119	0	114	113	0	0	0	13	2	0	0	31	0

ICE FLAVORS																					
LARGE PORTION																					
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)
Smart Snack Ice	Strawberry Banana	520	45	5	5	0	0	110	120	0	113	56	1	0	0	12	0	0	0	29	0
	Strawberry Cheesecake	520	50	6	5	0	5	120	118	0	112	49	1	0	0	15	2	0	0	29	0
	Strawberries n' Cream	530	45	5	4.5	0	0	100	123	0	115	61	1	0	0	13	2	0	0	24	0
	Vanilla Cream	450	45	5	5	0	0	110	103	0	98	97	0	0	0	14	2	0	0	41	0
	Watermelon Chip	550	90	10	8	0	0	150	117	0	108	85	1	0	0	19	2	1	8	75	2
	Malibu Freeze	450	0	0	0	0	0	75	113	0	107	20	0	0	0	18	2	0	0	87	2
	Razzle Red	500	0	0	0	0	0	35	126	0	122	69	0	0	0	14	2	0	0	5	0
	Very Berry	500	0	0	0	0	0	35	126	0	122	69	0	0	0	14	2	0	0	5	0
	S/F Cherry	200	0	0	0	0	0	40	70	0	0	0	1	0	0	21	2	0	0	29	0
	S/F Dragon Fruit	260	0	0	0	0	0	50	92	0	0	0	0	0	0	23	2	0	0	53	2
	S/F Mango Peach	270	0	0	0	0	0	45	69	0	1	0	0	0	0	15	2	0	0	0	0
	S/F Pink Lemonade	200	0	0	0	0	0	55	71	0	0	0	0	0	0	13	2	0	0	48	1
	S/F Tangerine	200	0	0	0	0	0	60	70	0	0	0	0	0	0	13	2	0	0	39	0

This nutrition information is based on standard recipes and product formulations; however, variations may occur due to differences in preparation, serving sizes, ingredients, or special orders. Current recommendations are to limit total saturated fat intake to 20 grams per day and to limit sodium intake to less than 2,400 mg per day for a 2,000 calorie-per-day diet. A 2,000 calorie daily diet is used for the basis of general nutrition advice; individual calorie needs however, may vary. ©2015 RITA'S FRANCHISE COMPANY. ALL RIGHTS RESERVED.

ICE FLAVORS																					
QUART PORTION																					
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)
Italian	Apple Berry Blue	700	0	0	0	0	0	115	178	0	173	81	0	0	0	29	2	0	0	63	2
	Banana	840	15	2	2	0	0	95	212	1	203	197	0	0	0	22	2	0	0	165	4
	Blue Raspberry	920	0	0	0	0	0	95	234	0	225	104	0	3	15	20	2	0	0	0	0
	Blueberry	1110	0	0	0	0	0	120	283	0	273	272	0	3	15	25	2	0	0	0	0
	Blueberry Lemonade	570	0	0	0	0	0	100	148	0	137	131	0	0	0	35	2	0	0	98	2
	Carnival	730	0	0	0	0	0	100	184	0	177	73	0	0	0	21	2	0	0	1	0
	Cherry	610	0	0	0	0	0	105	158	0	149	144	0	0	0	37	2	0	0	3	0
	Cherry Lemonade	670	0	0	0	0	0	110	174	0	164	163	0	0	0	28	2	0	0	52	2
	Cherry Limeade	580	0	0	0	0	0	90	149	0	142	141	0	0	0	27	2	0	0	35	1
	Chocolate	900	10	1	1	0	0	170	229	3	218	217	2	0	0	40	4	2	10	230	4
	Chocolate Chocolate Chip	990	70	8	5	0	0	170	240	0	225	225	3	0	0	49	4	4	20	330	9
	Chocolate Peanut Butter	1090	170	19	4	0	0	300	234	3	220	216	8	0	0	61	4	3	15	230	4
	Cotton Candy	840	0	0	0	0	0	65	212	0	209	79	0	0	0	26	2	0	0	2	0
	Dr Pepper	800	0	0	0	0	0	90	212	0	208	79	0	0	0	18	2	0	0	2	0
	Florida Orange	710	0	0	0	0	0	115	181	0	164	158	0	0	0	32	2	0	0	136	2
	Georgia Peach	540	0	0	0	0	0	100	137	0	133	130	0	0	0	22	2	0	0	0	0
	Green Apple	750	0	0	0	0	0	115	190	0	184	173	0	0	0	32	2	0	0	119	2
	Guava Passionfruit	740	0	0	0	0	0	110	186	1	88	176	0	0	0	24	2	0	0	129	2
	Gummy Bear	910	0	0	0	0	0	120	228	0	210	210	2	0	0	20	2	0	0	43	0
	Island Fusion	810	0	0	0	0	0	120	206	0	198	193	0	0	0	26	2	0	0	107	2
	Juicy Pear	690	0	0	0	0	0	115	176	0	168	167	0	0	0	26	2	0	0	3	0
	Kandi Kapow!	760	0	0	0	0	0	100	194	0	192	143	0	0	0	25	2	0	0	3	0
	Key Lime	680	0	0	0	0	0	170	172	0	164	164	0	0	0	24	2	0	0	10	0
	Lemon	590	0	0	0	0	0	95	153	0	146	146	0	0	0	30	2	0	0	28	0
	Mango	770	0	0	0	0	0	115	196	0	187	185	0	0	0	26	2	0	0	56	2
	Mango- Orange	760	0	0	0	0	0	105	192	0	178	141	0	0	0	24	2	0	0	29	0
	Mango-Peach	610	0	0	0	0	0	110	155	1	148	146	0	0	0	24	2	0	0	27	0
	Mango- Pineapple	770	0	0	0	0	0	110	195	0	188	185	0	0	0	25	2	1	6	46	0
	Mango- Strawberry	790	0	0	0	0	0	115	199	0	192	189	0	0	0	26	2	0	0	33	0
	Margarita	750	0	0	0	0	0	220	190	1	181	122	0	0	0	35	2	0	0	37	0
	Ocean Splash™	730	0	0	0	0	0	310	186	0	170	170	0	0	0	22	2	2	10	47	2
	Peach Ring	660	0	0	0	0	0	100	168	0	164	162	0	0	0	22	2	0	0	3	0
	Peanut Butter and Jelly	1050	230	26	5	0	0	300	201	0	191	185	9	0	0	55	4	2	10	10	0
	Pina Colada	760	15	2	0	0	0	115	192	0	184	182	0	0	0	30	2	0	0	4	0
	Pineapple	700	0	0	0	0	0	110	174	0	168	165	0	0	0	25	2	1	6	38	0
	Raspberry	740	0	0	0	0	0	110	189	3	179	177	1	0	0	31	2	0	0	75	2
	Raspberry Lemonade	770	0	0	0	0	0	140	198	1	186	164	1	0	0	33	2	0	0	108	2
	Root Beer	720	0	0	0	0	0	110	182	0	177	177	0	0	0	26	2	0	0	57	2
	Sour Patch Kids Red	710	0	0	0	0	0	110	193	0	189	189	0	0	0	22	2	0	0	1	0
	Strawberry	730	0	0	0	0	0	115	183	0	177	175	1	0	0	26	2	0	0	10	0
	Strawberry Colada	800	0	0	0	0	0	115	201	0	195	194	0	0	0	25	2	0	0	7	0
	Strawberry Lemonade	690	0	0	0	0	0	105	175	0	166	163	1	0	0	31	2	0	0	77	2
	Strawberry Margarita	690	0	0	0	0	0	135	175	0	167	158	0	0	0	26	2	0	2	35	1
	Strawberry- Watermelon	740	0	0	0	0	0	115	188	0	182	178	0	0	0	25	2	0	0	49	2
	Swedish Fish	870	0	0	0	0	0	200	221	0	215	215	1	0	0	23	2	0	0	3	0
	Tropical Daiquiri	850	15	2	2	0	0	115	210	0	203	195	0	0	0	23	2	0	0	15	0
	Tropical ParadiCE	750	0	0	0	0	0	110	191	1	143	182	0	0	0	25	2	0	0	71	2
	Vanilla	700	0	0	0	0	0	115	177	0	171	171	0	0	0	24	2	0	0	54	2
	Watermelon	810	0	0	0	0	0	110	205	0	198	197	0	0	0	24	2	0	0	24	0
	Wild Berry	800	0	0	0	0	0	110	202	1	193	191	1	0	0	29	2	0	0	30	0
	Wild Black Cherry	830	0	0	0	0	0	110	201	0	188	182	1	0	0	43	4	1	6	69	2
	Unicorn	740	0	0	0	0	0	340	191	0	173	173	0	0	0	25	2	2	10	67	2
Cream Ice	Zombie's Blood	550	0	0	0	0	0	105	147	0	139	139	1	0	0	27	2	0	0	32	0
	Birthday Cake	930	100	12	9	0	0	480	207	0	186	161	2	0	0	103	8	1	6	20	0
	Banana Split Cream	940	120	13	10	0	0	135	209	0	197	84	2	0	0	40	4	2	8	85	2
	Black Cherry Cheesecake	900	90	10	9	0	5	200	205	0	190	78	2	0	0	43	4	1	6	19	0
	Brookie Dough	1000	160	17	13	0	10	340	212	1	185	177	4	0	0	47	4	1	6	156	4
	Cheesecake	880	90	10	9	0	5	210	197	0	188	81	2	0	0	25	2	0	0	20	0
	Chocolate Chip Cheesecake	970	150	17	13	0	5	200	209	0	197	93	3	0	0	33	4	2	15	130	4
	Chocolate Covered Banana	990	140	15	13	0	0	210	214	0	201	81	2	0	0	62	4	1	6	107	2
	Chocolate Covered Strawberry	990	160	18	14	0	0	230	210	0	196	182	3	0	0	65	6	3	15	140	4
	Coconut Cream	870	100	11	10	0	0	200	194	0	181	172	1	0	0	28	2	0	0	28	0
	Cookie Dough	950	130	15	10	0	5	280	204	0	182	182	2	0	0	30	4	1	6	130	4
	Cookies & Cream	1450	150	16	12	0	0	320	326	0	302	149	2	0	0	18	2	2	10	28	0
	Frozen Hot Cocoa	930	80	9	8	0	0	230	219	2	205	204	2	0	0	37	2	2	10	198	4
	Fudge Brownie	1180	150	17	13	0	25	140	261	0	232	0	6	0	0	10	0	0	2	135	4
	Marshmallow Peanut Butter	1140	240	26	11	0	0	330	226	0	214	211	7	0	0	47	4	2	10	60	2
	Mint Chocolate Chip	930	140	15	12	0	0	180	203	0	191	190	2	0	0	33	4	3	15	160	5
	Mint Oreo	890	100	11	9	0	0	250	203	0	188	126	1	0	0	22	2	1	6	21	0
	Orange Cream	820	80	8	8	0	0	180	188	0	170	118	1	0	0	26	2	0	0	88	2
	Pumpkin Cheesecake	780	80	9	8	0	5	120	178	0	166	74	2	0	0	33	2	0	0	30	0
	Pumpkin Pie	730	80	9	8	0	0	190	162	1	149	147	2	0	0	43	4	1	6	84	2
	Root Beer Float	780	35	4	4	0	0	150	190	0	180	135	0	0	0	24	2	0	0	42	0
	S'mores	1030	110	12	10	0	0	190	232	0	221	212	2	0	0	32	2	2	10	60	2
	Shamrock	900	70	8	8	0	0	190	208	0	199	198	1	0	0	24	2	1	6	55	2

ICE FLAVORS																					
QUART PORTION																					
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)
Smart Snack Ice	Strawberry Banana	930	80	9	9	0	0	190	214	1	201	197	1	0	0	24	2	0	0	107	2
	Strawberry Cheesecake	920	90	10	9	0	5	210	209	0	198	87	2	0	0	27	2	0	0	52	2
	Strawberries n' Cream	930	80	8	8	0	0	170	214	0	201	107	1	0	0	23	2	0	0	42	0
	Vanilla Cream	800	80	8	8	0	0	200	183	0	173	172	1	0	0	24	2	0	0	72	2
	Watermelon Chip	1030	140	15	12	0	0	190	229	0	213	212	2	0	0	34	4	3	15	160	5
	MaliBLU Freeze	780	0	0	0	0	0	130	198	0	187	34	1	0	0	31	2	0	0	152	4
	Razzle Red	1060	0	0	0	0	0	55	269	0	259	94	0	0	0	19	2	0	0	2	0
	Very Bery	870	0	0	0	0	0	60	220	0	213	121	0	0	0	24	2	0	0	8	0
	S/F Cherry	350	0	0	0	0	0	70	124	0	0	0	1	0	0	37	2	0	0	51	2
	S/F Dragon Fruit	470	0	0	0	0	0	85	163	0	0	0	0	0	0	40	4	0	0	93	2
	S/F Mango Peach	340	0	0	0	0	0	70	118	0	1	0	0	0	0	37	2	0	0	62	2
	S/F Pink Lemonade	360	0	0	0	0	0	95	126	0	0	0	0	0	0	24	2	0	0	84	2
	S/F Tangerine	360	0	0	0	0	0	105	124	0	0	0	0	0	0	23	2	0	0	69	2

This nutrition information is based on standard recipes and product formulations; however, variations may occur due to differences in preparation, serving sizes, ingredients, or special orders. Current recommendations are to limit total saturated fat intake to 20 grams per day and to limit sodium intake to less than 2,400 mg per day for a 2,000 calorie-per-day diet. A 2,000 calorie daily diet is used for the basis of general nutrition advice; individual calorie needs however, may vary. ©2015 RITA'S FRANCHISE COMPANY. ALL RIGHTS RESERVED.

GELATI																					
SMALL PORTION																					
Add together your Ice Flavor and Custard Flavor																					
Italian	Flavor	Calories	Calories	Fat	Saturated	Trans	Cholesterol	Sodium	Total	Dietary	Total	Added	Protein	Vitamin D	Vitamin D	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)
	Apple Berry Blue	150	0	0	0	0	0	25	39	0	38	36	0	1	6	6	0	0	0	14	0
	Banana	180	5	0	0	0	0	20	46	0	44	43	0	0	0	5	0	0	0	35	1
	Blue Raspberry	150	0	0	0	0	0	20	37	0	36	36	0	0	0	5	0	0	0	0	0
	Blueberry	210	0	0	0	0	0	20	52	0	51	51	0	0	0	5	0	0	0	1	0
	Blueberry Lemonade	130	0	0	0	0	0	20	32	0	30	29	0	0	0	8	0	0	0	21	0
	Carnival	160	0	0	0	0	0	20	40	0	39	16	0	0	0	5	0	0	0	0	0
	Cantaloupe	150	0	0	0	0	0	25	38	0	36	36	0	0	0	5	0	0	0	11	0
	Cherry	130	0	0	0	0	0	25	35	0	33	31	0	0	0	8	0	0	0	0	0
	Cherry Lemonade	150	0	0	0	0	0	25	38	0	36	36	0	0	0	6	0	0	0	10	0
	Cherry Limeade	130	0	0	0	0	0	20	33	0	31	31	0	0	0	6	0	0	0	10	0
	Chocolate Chocolate Chip	220	15	2	1	0	0	35	52	0	49	49	1	0	0	11	2	1	4	75	2
	Chocolate	200	0	0	0	0	0	35	50	0	48	47	0	0	0	9	0	0	2	50	1
	Chocolate Peanut Butter	240	40	4	1	0	0	65	51	0	48	48	2	0	0	13	2	1	4	85	2
	Cotton Candy	180	0	0	0	0	0	15	46	0	46	17	0	0	0	6	0	0	0	0	0
	Dr Pepper	170	0	0	0	0	0	20	46	0	45	17	0	0	0	4	0	0	0	0	0
	Florida Orange	160	0	0	0	0	0	25	40	0	36	34	0	0	0	7	0	0	0	30	1
	Georgia Peach	120	0	0	0	0	0	20	30	0	29	29	0	0	0	5	0	0	0	0	0
	Green Apple	140	0	0	0	0	0	20	36	0	34	32	0	0	0	6	0	0	0	22	0
	Guava Passionfruit	160	0	0	0	0	0	25	41	0	19	38	0	0	0	5	0	0	0	28	0
	Gummy Bear	200	0	0	0	0	0	25	50	0	46	46	0	0	0	4	0	0	0	9	0
	Island Fusion	180	0	0	0	0	0	25	45	0	43	42	0	0	0	6	0	0	0	25	1
	Juicy Pear	150	0	0	0	0	0	25	38	0	37	36	0	0	0	6	0	0	0	0	0
	Kandi Kapow!	170	0	0	0	0	0	20	43	0	42	31	0	0	0	5	0	0	0	1	0
	Key Lime	150	0	0	0	0	0	40	38	0	36	36	0	0	0	5	0	0	0	0	0
	Lemon	130	0	0	0	0	0	20	34	0	32	32	0	0	0	7	0	0	0	5	0
	Mango	170	0	0	0	0	0	25	43	0	41	40	0	0	0	6	0	0	0	10	0
	Mango-Peach	130	0	0	0	0	0	25	34	0	32	32	0	0	0	5	0	0	0	6	0
	Mango-Orange	170	0	0	0	0	0	25	42	0	39	31	0	0	0	5	0	0	0	5	0
	Mango- Pineapple	170	0	0	0	0	0	25	43	0	41	41	0	0	0	6	0	0	0	10	0
	Mango- Strawberry	170	0	0	0	0	0	25	44	0	42	41	0	0	0	6	0	0	0	5	0
	Margarita	150	0	0	0	0	0	30	37	0	35	34	0	0	0	6	0	0	0	10	0
	Ocean Splash™	160	0	0	0	0	0	70	41	0	37	37	0	0	0	5	0	0	0	10	0
	Peach Ring	140	0	0	0	0	0	20	37	0	36	35	0	0	0	5	0	0	0	1	0
	Peanut Butter and Jelly	230	50	6	1	0	0	65	44	0	42	41	2	0	0	12	2	0	2	55	2
	Pina Colada	170	5	0	0	0	0	25	42	0	40	40	0	0	0	7	0	0	0	0	0
	Pineapple	150	0	0	0	0	0	25	38	0	37	36	0	0	0	6	0	0	2	10	0
	Raspberry	160	0	0	0	0	0	25	41	0	39	39	0	0	0	7	0	0	0	15	0
	Raspberry Lemonade	170	0	0	0	0	0	30	44	0	41	36	0	0	0	7	0	0	0	24	0
	Root Beer	160	0	0	0	0	0	25	40	0	39	39	0	0	0	6	0	0	0	10	0
	Sour Patch Kids Red	160	0	0	0	0	0	25	42	0	41	41	0	0	0	5	0	0	0	0	0
	Strawberry Colada	170	0	0	0	0	0	25	44	0	43	42	0	0	0	6	0	0	0	0	0
	Strawberry	160	0	0	0	0	0	25	40	0	39	38	0	0	0	6	0	0	0	0	0
	Strawberry Lemonade	150	0	0	0	0	0	25	38	0	36	36	0	0	0	7	0	0	0	15	0
	Strawberry Margarita	170	0	0	0	0	0	30	44	0	42	40	0	0	0	7	0	0	0	15	0
	Strawberry- Watermelon	160	0	0	0	0	0	25	41	0	40	39	0	0	0	6	0	0	0	10	0
	Swedish Fish	190	0	0	0	0	0	45	48	0	47	47	0	0	0	5	0	0	0	0	0
	Tropical Daiquiri	190	5	0	0	0	0	25	46	0	44	43	0	0	0	5	0	0	0	3	0
	Tropical ParadICE	160	0	0	0	0	0	25	42	0	31	40	0	0	0	5	0	0	0	16	0
	Unicorn	160	0	0	0	0	0	75	42	0	38	38	0	0	0	6	0	0	0	15	0
	Vanilla	150	0	0	0	0	0	25	39	0	37	37	0	0	0	5	0	0	0	10	0
	Watermelon	180	0	0	0	0	0	25	45	0	43	43	0	0	0	5	0	0	0	5	0
	Wild Berry	170	0	0	0	0	0	25	44	0	42	42	0	0	0	6	0	0	0	5	0
	Wild Black Cherry	160	0	0	0	0	0	15	39	0	36	36	0	0	0	6	0	0	0	15	0
	Zombie's Blood	120	0	0	0	0	0	25	32	0	30	30	0	0	0	6	0	0	0	7	0
	Banana Split Cream	200	25	3	2	0	0	30	46	0	43	18	0	0	0	9	0	0	2	20	1
	Birthday Cake	200	25	3	2	0	0	105	45	0	41	35	0	0	0	23	2	0	0	0	0
	Black Cherry Cheesecake	200	20	2	2	0	0	45	45	0	42	17	0	0	0	9	0	0	2	0	0
	Brookie Dough	230	35	4	3	0	0	75	49	0	43	41	1	0	0	11	0	0	0	33	0
	Cheesecake	190	20	2	2	0	0	45	43	0	41	18	0	0	0	5	0	0	0	0	0
	Chocolate Covered Banana	210	35	4	3	0	0	45	46	0	43	20	1	0	0	7	0	1	2	30	1
	Chocolate Chip Cheesecake	210	30	3	3	0	0	55	47	0	44	20	1	0	0	9	0	0	0	44	0
	Chocolate Covered Strawberry	220	35	4	3	0	0	55	46	0	43	42	1	0	0	11	2	1	4	50	1
	Coconut Cream	190	20	3	2	0	0	45	42	0	40	38	0	0	0	6	0	0	0	5	0
	Cookie Dough	210	35	4	3	0	0	65	45	0	40	39	0	0	0	7	0	0	2	30	1
	Cookies & Cream	230	20	3	2	0	0	55	53	0	50	49	0	0	0	5	0	0	2	10	0
	Frozen Hot Cocoa	200	15	2	1.5	0	0	50	48	1	45	45	0	0	0	8	0	0	0	43	0
	Fudge Brownie	250	30	4	3	0	0	70	57	0	50	50	1	0	0	11	2	1	4	85	2
	Marshmallow Peanut Butter	250	50	6	3	0	0	70	49	0	47	47	1	0	0	10	2	0	2	50	1
	Mint Chocolate Chip	200	30	4	3	0	0	40	44	0	42	42	0	0	0	7	0	1	4	35	1
	Mint Oreo	200	20	3	2	0	0	55	44	0	41	28	0	0	0	5	0	0	2	0	0
	Orange Cream	180	15	2	1.5	0	0	40	41	0	37	26	0	0	0	6	0	0	0	19	0
	Pumpkin Cheesecake	170	15	2	2	0	0	25	39	0	36	16	0	0	0	7	0	0	0	5	0
	Pumpkin Pie	160	15	2	2	0	0	40	35	0	33	32	0	0	0	9	0	0	2	20	1
	Root Beer Float	170	10	1	1	0	0	35	42	0	39	30	0	0	0	5	0	0	0	10	0

GELATI																						
SMALL PORTION																						
Add together your Ice Flavor and Custard Flavor																						
Smart Snack Ice	Sugar-Free Ice	S'mores	220	25	3	2	0	0	40	51	0	48	48	0	0	0	7	0	1	2	30	1
		Shamrock	200	15	2	1.5	0	0	40	46	0	43	43	0	0	0	5	0	0	0	12	0
		Strawberry Banana	190	90	10	7	0	70	115	22	0	20	14	4	0	0	130	10	0	0	177	4
		Strawberry Cheesecake	200	20	2	2	0	0	45	46	0	43	19	0	0	0	6	0	0	0	10	0
		Strawberries n' Cream	200	15	2	1.5	0	0	40	47	0	44	23	0	0	0	5	0	0	0	9	0
		Vanilla Cream	180	15	2	2	0	0	45	40	0	38	38	0	0	0	5	0	0	0	15	0
		Watermelon Chip	220	30	4	3	0	0	40	50	0	47	46	0	0	0	7	0	1	4	35	1
		Malibu Freeze	170	0	0	0	0	0	30	43	0	41	7	0	0	0	7	0	0	0	33	0
		Razzle Red	230	0	0	0	0	0	15	59	0	57	21	0	0	0	4	0	0	0	0	0
		Very Bery	190	0	0	0	0	0	15	48	0	47	26	0	0	0	5	0	0	0	2	0
		S/F Cherry	80	0	0	0	0	0	15	27	0	0	0	0	0	0	8	0	0	0	10	0
		S/F Dragon Fruit	100	0	0	0	0	0	20	36	0	0	0	0	0	0	9	0	0	0	20	1
		S/F Mango Peach	70	0	0	0	0	0	15	26	0	0	0	0	0	0	8	0	0	0	15	0
		S/F Pink Lemonade	80	0	0	0	0	0	20	28	0	0	0	0	0	0	5	0	0	0	18	1
		S/F Tangerine	80	0	0	0	0	0	25	27	0	0	0	0	0	0	5	0	0	0	15	0
	Custard	Banana	190	90	10	6	0	70	115	22	0	18	13	4	0	0	130	15	0	0	180	5
		Black Raspberry	190	90	10	7	0	70	120	21	0	18	13	4	0	0	132	15	0	0	180	5
		Butter Pecan	190	90	10	7	0	70	120	22	0	19	13	4	0	0	133	15	0	0	180	5
		Cake Batter	170	90	10	6	0	65	115	23	0	19	12	3	0	0	123	10	0	0	168	4
		Campfire Marshmallow	190	90	10	7	0	50	105	29	0	22	12	3	0	0	92	10	0	0	135	4
		Caramel Macchiato	190	90	10	7	0	70	120	22	0	19	13	4	0	0	132	10	0	0	180	4
		Cheesecake	190	90	10	7	0	70	115	23	0	20	15	4	0	0	130	15	0	0	180	5
		Chocolate	180	90	10	6	0	60	95	21	0	19	14	4	0	0	125	15	1	6	250	7
		Chocolate Cake	180	80	9	6	0	55	95	22	0	20	14	4	0	0	121	10	1	6	242	6
		Chocolate Banana	180	80	9	6	0	55	95	22	0	19	14	4	0	0	121	10	1	6	242	6
		Chocolate Strawberry	180	80	9	6	0	55	95	22	0	20	14	4	0	0	121	10	1	6	242	6
		Coffee	190	90	10	7	0	70	125	21	0	18	13	4	0	0	134	15	0	0	180	5
		Cotton Candy	190	90	10	7	0	70	115	23	0	20	15	4	0	0	130	15	0	0	180	5
		Mint	190	90	10	7	0	70	120	21	0	18	13	4	0	0	133	15	0	0	180	5
		Orange	190	90	10	7	0	70	120	22	0	19	14	4	0	0	132	15	0	0	180	5
		Peach	190	90	10	7	0	70	120	21	0	18	13	4	0	0	132	10	0	0	181	4
		Pistachio	190	90	10	7	0	70	120	22	0	19	14	4	0	0	133	15	0	0	180	5
		Pumpkin	190	90	10	7	0	70	120	23	0	20	15	4	0	0	131	15	0	0	180	5
		Pumpkin Cold Brew	190	90	10	6	0	70	130	21	0	18	13	4	0	0	131	10	0	0	177	4
		Salted Caramel Chocolate	180	90	9	6	0	55	95	21	0	19	14	4	0	0	123	10	1	6	247	6
		Salted Caramel	190	90	10	7	0	70	120	21	0	18	13	4	0	0	133	15	0	0	180	5
		Strawberry	190	90	10	7	0	70	120	22	0	18	13	4	0	0	132	15	0	0	180	5
		Vanilla	190	100	11	7	0	70	120	21	0	18	13	4	0	0	135	15	0	0	180	5

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GELATI																					
LARGE PORTION																					
Add together your Ice Flavor and Custard Flavor																					
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)
Italian	Apple Berry Blue	300	0	0	0	0	0	50	76	0	72	70	0	1	6	11	0	0	0	27	0
	Banana	250	0	0	0	0	0	35	63	0	60	60	0	0	0	10	0	0	0	0	0
	Blue Raspberry	290	0	0	0	0	0	40	74	0	72	72	0	0	0	10	0	0	0	1	0
	Blueberry	410	0	0	0	0	0	40	105	0	103	102	0	0	0	10	0	0	0	1	0
	Blueberry Lemonade	240	0	0	0	0	0	40	62	0	57	55	0	0	0	15	2	0	0	41	0
	Carnival	310	0	0	0	0	0	40	77	0	74	31	0	0	0	9	0	0	0	1	0
	Cherry	260	0	0	0	0	0	45	66	0	62	60	0	0	0	16	2	0	0	0	0
	Cherry Lemonade	280	0	0	0	0	0	45	73	0	69	68	0	0	0	12	2	0	0	20	1
	Cherry Limeade	240	0	0	0	0	0	40	62	0	59	59	0	0	0	11	2	0	0	15	0
	Chocolate	410	30	3	2	0	0	70	100	0	94	94	1	0	0	20	2	2	8	140	4
	Chocolate Chocolate Chip	380	5	0	0	0	0	70	96	0	91	91	1	0	0	17	2	1	4	95	3
	Chocolate Peanut Butter	460	70	8	2	0	0	125	98	0	92	91	3	0	0	25	2	1	6	160	5
	Cotton Candy	350	0	0	0	0	0	25	89	0	87	33	0	0	0	11	2	0	0	0	0
	Dr Pepper	330	0	0	0	0	0	35	89	0	87	33	0	0	0	8	0	0	0	0	0
	Florida Orange	300	0	0	0	0	0	50	76	0	69	66	0	0	0	13	2	0	0	55	2
	Georgia Peach	220	0	0	0	0	0	40	58	0	56	55	0	0	0	9	0	0	0	0	0
	Green Apple	280	0	0	0	0	0	40	71	0	69	65	0	0	0	12	0	0	0	44	0
	Guava Passionfruit	310	0	0	0	0	0	45	78	0	37	74	0	0	0	10	0	0	0	54	2
	Gummy Bear	380	0	0	0	0	0	50	96	0	88	88	1	0	0	8	0	0	0	18	0
	Island Fusion	340	0	0	0	0	0	50	86	0	83	81	0	0	0	11	2	0	0	45	1
	Juicy Pear	290	0	0	0	0	0	50	73	0	70	70	0	0	0	11	2	0	0	0	0
	Kandi Kapowl	320	0	0	0	0	0	40	81	0	80	80	0	0	0	10	0	0	0	1	0
	Key Lime	280	0	0	0	0	0	70	72	0	69	69	0	0	0	10	2	0	0	0	0
	Lemon	250	0	0	0	0	0	40	64	0	61	61	0	0	0	12	2	0	0	10	0
	Mango	320	0	0	0	0	0	50	82	0	78	77	0	0	0	11	2	0	0	25	1
	Mango- Orange	320	0	0	0	0	0	45	80	0	74	59	0	0	0	10	2	0	0	10	0
	Mango-Peach	250	0	0	0	0	0	45	65	0	62	61	0	0	0	10	0	0	0	11	0
	Mango- Pineapple	320	0	0	0	0	0	45	82	0	79	78	0	0	0	11	2	0	2	20	1
	Mango- Strawberry	330	0	0	0	0	0	50	83	0	80	79	0	0	0	11	2	0	0	15	0
	Margarita	210	0	0	0	0	0	50	55	0	51	51	0	0	0	13	2	0	0	23	0
	Ocean Splash™	310	0	0	0	0	0	130	78	0	71	71	0	0	0	9	0	1	6	20	0
	Peach Ring	280	0	0	0	0	0	45	71	0	69	68	0	0	0	9	0	0	0	1	0
	Peanut Butter and Jelly	440	100	11	2	0	0	125	84	0	80	79	4	0	0	23	2	1	4	105	3
	Pina Colada	320	5	1	0	0	0	45	80	0	77	76	0	0	0	12	2	0	0	0	0
	Pineapple	290	0	0	0	0	0	45	73	0	70	69	0	0	0	11	2	0	2	15	0
	Raspberry	310	0	0	0	0	0	45	79	0	75	74	0	0	0	13	2	0	0	30	1
	Raspberry Lemonade	330	0	0	0	0	0	60	83	1	78	68	0	0	0	14	2	0	0	45	0
	Root Beer	300	0	0	0	0	0	45	76	0	74	74	0	0	0	11	2	0	0	25	1
	Sour Patch Kids Red	300	0	0	0	0	0	45	81	0	79	79	0	0	0	9	0	0	0	0	0
	Strawberry	330	0	0	0	0	0	45	84	0	82	81	0	0	0	11	2	0	0	0	0
	Strawberry Colada	310	0	0	0	0	0	50	77	0	74	73	0	0	0	11	2	0	0	0	0
	Strawberry Lemonade	330	0	0	0	0	0	35	84	0	79	53	0	0	0	12	2	0	0	20	1
	Strawberry Margarita	290	0	0	0	0	0	55	73	0	70	66	0	0	0	11	2	0	0	15	0
	Strawberry- Watermelon	310	0	0	0	0	0	45	79	0	76	75	0	0	0	11	2	0	0	20	1
	Swedish Fish	360	0	0	0	0	0	80	93	0	90	90	0	0	0	10	0	0	0	0	0
	Tropical Daiquiri	360	5	1	1	0	0	50	88	0	85	81	0	0	0	10	0	0	0	6	0
	Tropical ParadICE	320	0	0	0	0	0	45	80	0	60	76	0	0	0	10	0	0	0	30	0
	Vanilla	290	0	0	0	0	0	50	74	0	72	72	0	0	0	10	0	0	0	20	1
	Watermelon	340	0	0	0	0	0	45	86	0	83	82	0	0	0	10	2	0	0	10	0
	Wild Berry	330	0	0	0	0	0	50	85	0	81	80	0	0	0	12	2	0	0	15	0
	Wild Black Cherry	310	0	0	0	0	0	35	75	0	69	69	1	0	0	12	2	0	0	25	1
	Unicorn	310	0	0	0	0	0	140	80	0	73	73	0	0	0	11	0	1	6	28	0
	Zombie's Blood	230	0	0	0	0	0	45	61	0	58	58	0	0	0	11	0	0	0	13	0
Cream Ice	Banana Split Cream	390	50	6	4	0	0	55	87	0	82	35	1	0	0	17	2	1	4	35	1
	Birthday Cake	390	45	5	4	0	0	200	87	0	78	67	1	0	0	43	4	0	2	10	0
	Black Cherry Cheesecake	380	35	4	4	0	5	85	86	0	80	33	1	0	0	18	2	0	2	10	0
	Brookie Dough	440	60	7	6	0	0	150	93	0	82	78	1	0	0	22	2	0	0	62	2
	Cheesecake	370	40	5	4	0	5	85	83	0	79	34	1	0	0	10	2	0	0	10	0
	Chocolate Covered Banana	410	60	7	5	0	5	85	87	0	82	39	1	0	0	14	2	1	6	55	2
	Chocolate Chip Cheesecake	410	60	6	5	0	0	100	90	1	84	39	1	0	0	18	2	1	6	85	2
	Chocolate Covered Strawberry	420	70	7	6	0	0	105	88	0	82	80	1	0	0	20	2	1	8	95	3
	Coconut Cream	370	45	5	4	0	0	85	81	0	76	72	0	0	0	12	2	0	0	10	0
	Cookie Dough	410	60	7	6	0	0	130	86	0	76	75	1	0	0	13	2	0	2	55	2
	Cookies & Cream	440	40	5	4	0	0	110	101	0	96	93	1	0	0	9	0	1	4	25	1
	Frozen Hot Cocoa	390	35	3.5	3.5	0	0	95	92	1	86	85	1	0	0	16	2	1	6	83	2
	Fudge Brownie	480	60	7	5	0	5	130	109	0	96	96	2	0	0	21	2	1	8	160	5
	Marshmallow Peanut Butter	480	100	11	5	0	0	135	95	0	90	89	3	0	0	20	2	1	4	95	3
	Mint Chocolate Chip	390	60	6	5	0	0	75	85	0	80	80	1	0	0	14	2	1	6	65	2
	Mint Oreo	370	40	5	4	0	0	105	85	0	79	53	1	0	0	9	0	0	2	10	0
	Orange Cream	340	30	3.5	3	0	0	75	79	0	71	49	0	0	0	11	0	0	0	37	0
	Pumpkin Cheesecake	330	30	4	4	0	0	50	74	0	69	31	1	0	0	14	2	0	0	15	0
	Pumpkin Pie	300	35	4	4	0	0	80	68	0	62	61	1	0	0	18	2	0	2	35	1
	Root Beer Float	330	15	2	2	0	0	65	79	0	76	57	0	0	0	10	2	0	0	20	1
	S'mores	430	45	5	4	0	0	80	97	0	93	92	1	0	0	13	2	1	6	55	2

GELATI																					
LARGE PORTION																					
Add together your Ice Flavor and Custard Flavor																					
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)
Smart Snack Ice	Shamrock	380	30	3.5	3	0	0	80	87	0	83	83	0	0	0	10	0	0	0	23	0
	Strawberry Banana	230	110	12	8	0	85	140	27	0	24	17	4	0	0	157	10	0	0	213	4
	Strawberry Cheesecake	380	40	5	4	0	5	90	87	0	83	37	1	0	0	11	2	0	0	20	1
	Strawberries n' Cream	390	50	6	4	0	0	55	87	0	82	35	1	0	0	17	2	1	4	35	1
	Vanilla Cream	340	30	4	4	0	0	80	76	0	72	72	0	0	0	10	2	0	0	30	1
	Watermelon Chip	430	60	6	5	0	0	80	96	0	89	89	1	0	0	14	2	1	6	70	2
	MalIBLU Freeze	330	0	0	0	0	0	55	83	0	78	14	0	0	0	13	2	0	0	64	2
	Razzle Red	440	0	0	0	0	0	25	112	0	108	39	0	0	0	8	0	0	0	1	0
	Very Bery	370	0	0	0	0	0	25	92	0	89	51	0	0	0	10	0	0	0	3	0
	S/F Cherry	150	0	0	0	0	0	30	52	0	0	0	0	0	0	15	2	0	0	20	1
	S/F Dragon Fruit	200	0	0	0	0	0	35	68	0	0	0	0	0	0	17	2	0	0	40	1
	S/F Mango Peach	140	0	0	0	0	0	30	49	0	0	0	0	0	0	15	2	0	0	25	1
	S/F Pink Lemonade	150	0	0	0	0	0	40	53	0	0	0	0	0	0	10	0	0	0	35	1
	S/F Tangerine	150	0	0	0	0	0	45	52	0	0	0	0	0	0	10	0	0	0	30	1
	Banana	220	110	12	8	0	85	140	26	0	22	16	4	0	0	157	15	0	0	210	6
Custard	Black Raspberry	230	110	13	8	0	85	140	26	0	22	16	5	0	0	159	15	0	0	220	6
	Butter Pecan	230	110	13	8	0	85	140	26	0	22	16	5	0	0	160	15	0	0	220	6
	Cake Batter	210	100	12	7	0	80	140	27	0	23	15	4	0	0	148	10	0	0	203	4
	Campfire Marshmallow	220	100	12	7	0	60	125	35	0	22	10	3	0	0	110	10	0	0	160	4
	Caramel Macchiato	230	110	13	8	0	85	140	27	0	22	16	5	0	0	160	10	0	0	217	4
	Cheesecake	230	110	12	8	0	85	140	27	0	24	18	4	0	0	157	15	0	0	220	6
	Chocolate	220	100	12	7	0	70	115	26	0	23	17	5	0	0	151	15	1	0	300	9
	Chocolate Cake	220	100	11	7	0	65	115	26	0	24	17	4	0	0	145	10	1	6	292	6
	Chocolate Banana	210	100	11	7	0	65	115	26	0	23	17	4	0	0	145	10	1	6	292	6
	Chocolate Strawberry	210	100	11	7	0	65	115	26	0	24	17	4	0	0	145	10	1	6	292	6
	Coffee	230	110	12	8	0	85	140	27	0	24	18	4	0	0	157	15	0	0	220	6
	Cotton Candy	230	110	12	8	0	85	140	27	0	24	18	4	0	0	157	15	0	0	210	6
	Mint	230	110	13	8	0	85	140	25	0	22	16	5	0	0	160	15	0	0	220	6
	Orange	230	110	13	8	0	85	140	26	0	23	17	5	0	0	159	10	0	0	217	4
	Peach	230	110	13	8	0	85	140	26	0	22	16	5	0	0	159	10	0	0	218	4
	Pistachio	230	110	13	8	0	85	140	26	0	22	17	5	0	0	161	15	0	0	220	6
	Pumpkin	240	110	12	8	0	85	140	27	0	24	18	4	0	0	157	15	0	0	210	6
	Pumpkin Cold Brew	230	110	12	8	0	85	160	25	0	22	16	5	0	0	158	10	0	0	213	4
	Salted Caramel Chocolate	220	100	11	7	0	70	115	26	0	23	17	5	0	0	149	10	1	0	298	6
	Salted Caramel	230	110	13	8	0	85	140	26	0	22	16	5	0	0	160	15	0	0	220	6
	Strawberry	230	110	12	8	0	85	140	26	0	22	16	5	0	0	159	15	0	0	220	6
	Strawberry Banana	230	110	12	8	0	85	140	27	0	23	16	4	0	0	157	10	0	0	213	4
	Vanilla	230	120	13	8	0	85	150	26	0	22	16	5	0	0	163	15	0	0	220	6

This nutrition information is based on standard recipes and product formulations; however, variations may occur due to differences in preparation, serving sizes, ingredients, or special orders. Current recommendations are to limit total saturated fat intake to 20 grams per day and to limit sodium intake to less than 2,400 mg per day for a 2,000 calorie-per-day diet. A 2,000 calorie daily diet is used for the basis of general nutrition advice; individual calorie needs however, may vary. ©2015 RITA'S FRANCHISE COMPANY. ALL RIGHTS RESERVED.

5 LAYER GELATI																					
ONE SIZE																					
Add together your 2 Ice Flavor's and Custard Flavor to build your treat																					
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)
Italian	Apple Berry Blue	80	0	0	0	0	0	15	19	0	19	18	0	0	0	3	0	0	0	7	0
	Banana	90	0	0	0	0	0	10	23	0	22	21	0	0	0	2	0	0	0	18	0
	Blue Raspberry	80	0	0	0	0	0	15	22	0	21	21	0	0	0	3	0	0	0	0	0
	Blueberry	120	0	0	0	0	0	15	30	0	29	29	0	0	0	3	0	0	0	0	0
	Blueberry Lemonade	60	0	0	0	0	0	10	17	0	15	15	0	0	0	4	0	0	0	11	0
	Carnival	80	0	0	0	0	0	10	21	0	20	8	0	0	0	2	0	0	0	0	0
	Cherry	70	0	0	0	0	0	10	17	0	16	15	0	0	0	4	0	0	0	0	0
	Cherry Lemonade	70	0	0	0	0	0	10	19	0	18	18	0	0	0	3	0	0	0	6	0
	Cherry Limeade	60	0	0	0	0	0	10	16	0	15	15	0	0	0	3	0	0	0	0	0
	Chocolate	100	0	0	0	0	0	20	25	0	23	23	0	0	0	4	0	0	0	25	0
	Chocolate Chocolate Chip	110	5	1	0	0	0	20	26	0	24	24	0	0	0	5	0	0	2	35	1
	Chocolate Peanut Butter	90	0	0	0	0	0	15	24	0	22	22	0	0	0	3	0	0	0	3	0
	Cotton Candy	90	0	0	0	0	0	5	23	0	22	9	0	0	0	3	0	0	0	0	0
	Dr Pepper	90	0	0	0	0	0	10	23	0	22	9	0	0	0	2	0	0	0	0	0
	Florida Orange	80	0	0	0	0	0	15	19	0	18	17	0	0	0	3	0	0	0	15	0
	Georgia Peach	60	0	0	0	0	0	10	15	0	14	14	0	0	0	2	0	0	0	0	0
	Green Apple	80	0	0	0	0	0	10	20	0	20	19	0	0	0	3	0	0	0	13	0
	Guava Passionfruit	80	0	0	0	0	0	10	21	0	10	20	0	0	0	3	0	0	0	15	0
	Gummy Bear	100	0	0	0	0	0	15	26	0	24	24	0	0	0	2	0	0	0	5	0
	Island Fusion	90	0	0	0	0	0	15	22	0	21	21	0	0	0	3	0	0	0	12	0
	Juicy Pear	70	0	0	0	0	0	10	19	0	18	18	0	0	0	3	0	0	0	0	0
	Kandi Kapowl	90	0	0	0	0	0	10	22	0	22	16	0	0	0	3	0	0	0	0	0
	Key Lime	70	0	0	0	0	0	20	19	0	18	18	0	0	0	3	0	0	0	0	0
	Lemon	60	0	0	0	0	0	10	17	0	16	16	0	0	0	3	0	0	0	3	0
	Mango	80	0	0	0	0	0	10	21	0	20	20	0	0	0	3	0	0	0	6	0
	Mango- Orange	80	0	0	0	0	0	10	21	0	19	15	0	0	0	3	0	0	0	3	0
	Mango-Peach	70	0	0	0	0	0	10	17	0	16	16	0	0	0	3	0	0	0	3	0
	Mango- Pineapple	80	0	0	0	0	0	10	21	0	20	20	0	0	0	3	0	0	0	5	0
	Mango- Strawberry	80	0	0	0	0	0	10	21	0	21	20	0	0	0	3	0	0	0	4	0
	Margarita	70	0	0	0	0	0	15	18	0	17	17	0	0	0	3	0	0	0	5	0
	Ocean Splash™	80	0	0	0	0	0	10	16	0	19	19	0	0	0	3	0	0	0	3	0
	Peach Ring	80	0	0	0	0	0	10	15	0	14	14	0	0	0	3	0	0	0	3	0
	Peanut Butter and Jelly	120	25	3	0	0	0	35	23	0	21	21	1	0	0	6	0	0	0	1	0
	Pina Colada	80	0	0	0	0	0	10	21	0	20	20	0	0	0	3	0	0	0	0	0
	Pineapple	70	0	0	0	0	0	10	19	0	18	18	0	0	0	3	0	0	0	4	0
	Raspberry	80	0	0	0	0	0	10	20	0	19	19	0	0	0	3	0	0	0	8	0
	Raspberry Lemonade	80	0	0	0	0	0	15	21	0	20	18	0	0	0	4	0	0	0	12	0
	Root Beer	80	0	0	0	0	0	10	20	0	19	19	0	0	0	3	0	0	0	6	0
	Sour Patch Kids Red	80	0	0	0	0	0	10	21	0	20	20	0	0	0	2	0	0	0	0	0
	Strawberry	100	0	0	0	0	0	10	25	0	24	11	0	0	0	2	0	0	0	0	0
	Strawberry Colada	90	0	0	0	0	0	10	22	0	21	21	0	0	0	3	0	0	0	1	0
	Strawberry Lemonade	70	0	0	0	0	0	10	19	0	18	18	0	0	0	3	0	0	0	8	0
	Strawberry Margarita	70	0	0	0	0	0	15	19	0	18	17	0	0	0	3	0	0	0	0	0
	Strawberry- Watermelon	80	0	0	0	0	0	10	20	0	20	19	0	0	0	3	0	0	0	5	0
Cream Ice	Swedish Fish	90	0	0	0	0	0	20	24	0	23	23	0	0	0	3	0	0	0	0	0
	Tropical Daiquiri	90	0	0	0	0	0	15	23	0	22	21	0	0	0	2	0	0	0	2	0
	Tropical ParadICE	80	0	0	0	0	0	10	21	0	16	20	0	0	0	3	0	0	0	8	0
	Vanilla	80	0	0	0	0	0	15	19	0	18	18	0	0	0	3	0	0	0	6	0
	Watermelon	90	0	0	0	0	0	10	22	0	21	21	0	0	0	3	0	0	0	3	0
	Wild Berry	90	0	0	0	0	0	10	22	0	21	21	0	0	0	3	0	0	0	3	0
	Wild Black Cherry	90	0	0	0	0	0	10	22	0	20	20	0	0	0	5	0	0	0	7	0
	Unicorn	80	0	0	0	0	0	35	21	0	19	19	0	0	0	3	0	0	0	7	0
	Zombie's Blood	60	0	0	0	0	0	10	16	0	15	15	0	0	0	3	0	0	0	3	0
	Banana Split Cream	100	10	1	1	0	0	50	22	0	20	17	0	0	0	11	0	0	0	2	0
	Birthday Cake	100	15	2	1	0	0	15	22	0	21	9	0	0	0	4	0	0	0	10	0
	Black Cherry Cheesecake	100	10	1	1	0	0	20	22	0	20	8	0	0	0	5	0	0	0	2	0
	Brookie Dough	110	15	2	2	0	0	35	23	0	20	19	0	0	0	5	0	0	0	17	0
	Cheesecake	90	10	1	1	0	0	20	21	0	20	9	0	0	0	3	0	0	0	2	0
	Chocolate Covered Banana	110	15	2	2	0	0	25	23	0	22	9	0	0	0	7	0	0	0	12	0
	Chocolate Chip Cheesecake	100	15	2	2	0	0	20	22	0	21	10	0	0	0	4	0	0	2	15	0
	Chocolate Covered Strawberry	110	15	2	2	0	0	25	23	0	21	20	0	0	0	7	0	0	2	15	0
	Coconut Cream	90	10	1	1	0	0	20	21	0	19	19	0	0	0	3	0	0	0	3	0
	Cookie Dough	100	15	2	1	0	0	30	22	0	20	20	0	0	0	3	0	0	0	15	0
	Cookies & Cream	110	10	1	1	0	0	30	26	0	25	24	0	0	0	2	0	0	0	6	0
	Frozen Hot Cocoa	110	10	1	1	0	0	30	26	0	25	24	0	0	0	2	0	0	0	6	0
	Fudge Brownie	120	15	2	1	0	0	35	28	0	25	25	1	0	0	5	0	0	2	40	1
	Marshmallow Peanut Butter	120	25	3	1	0	0	35	24	0	23	23	1	0	0	5	0	0	0	6	0
	Mint Chocolate Chip	100	15	2	2	0	0	20	22	0	21	20	0	0	0	4	0	0	2	15	0
	Mint Oreo	100	10	1	1	0	0	25	22	0	20	14	0	0	0	2	0	0	0	2	0
	Orange Cream	90	10	1	1	0	0	20	21	0	19	13	0	0	0	3	0	0	0	10	0
	Pumpkin Cheesecake	80	10	1	1	0	0	15	19	0	18	8	0	0	0	4	0	0	0	3	0
	Pumpkin Pie	80	10	1	1	0	0	20	17	0	16	16	0	0	0	5	0	0	0	9	0
	Root Beer Float	80	5	0	0	0	0	15	20	0	19	15	0	0	0	3	0	0	0	5	0
	S'mores	110	10	2	1	0	0	20	25	0	24	23	0	0	0	3	0	0	0	6	0

5 LAYER GELATI																					
ONE SIZE																					
Add together your 2 Ice Flavor's and Custard Flavor to build your treat																					
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)
Smart Snack Ice	Shamrock	100	10	1	1	0	0	20	23	0	22	22	0	0	0	3	0	0	0	6	0
	Strawberry Banana	100	10	1	1	0	0	20	23	0	22	21	0	0	0	3	0	0	0	12	0
	Strawberry Cheesecake	100	10	1	1	0	0	25	22	0	21	9	0	0	0	3	0	0	0	6	0
	Strawberries n' Cream	100	10	1	1	0	0	20	24	0	23	12	0	0	0	3	0	0	0	5	0
	Vanilla Cream	90	10	1	1	0	0	20	20	0	19	19	0	0	0	3	0	0	0	8	0
	Watermelon Chip	110	15	2	2	0	0	20	25	0	23	23	0	0	0	4	0	0	2	20	1
	MalIBLU Freeze	90	0	0	0	0	0	15	22	0	21	4	0	0	0	3	0	0	0	17	0
	Razzle Red	120	0	0	0	0	0	5	30	0	29	11	0	0	0	2	0	0	0	0	0
	Very Bery	100	0	0	0	0	0	5	25	0	24	14	0	0	0	3	0	0	0	1	0
	S/F Cherry	40	0	0	0	0	0	10	13	0	0	0	0	0	0	4	0	0	0	5	0
	S/F Dragon Fruit	50	0	0	0	0	0	10	18	0	0	0	0	0	0	4	0	0	0	10	0
	S/F Mango Peach	35	0	0	0	0	0	5	13	0	0	0	0	0	0	4	0	0	0	7	0
	S/F Pink Lemonade	40	0	0	0	0	0	11	15	0	0	0	0	0	0	3	0	0	0	9	0
	S/F Tangerine	40	0	0	0	0	0	10	13	0	0	0	0	0	0	3	0	0	0	7	0
	Banana	360	110	18	12	0	130	220	40	0	35	24	7	0	0	230	0	0	0	330	6
	Black Raspberry	360	110	19	13	0	220	220	40	0	34	24	7	0	0	230	0	0	0	330	6
Custard	Butter Pecan	350	110	18	12	0	130	220	40	0	35	23	7	0	0	240	0	0	0	330	6
	Cake Batter	350	100	19	11	0	130	220	40	0	35	24	7	0	0	230	0	0	0	340	7
	Campfire Marshmallow	350	100	19	11	0	90	190	50	0	40	24	7	0	0	170	10	0	0	240	6
	Caramel Macchiato	360	110	18	12	0	130	220	40	0	0	23	7	0	0	250	10	0	0	340	7
	Cheesecake	370	110	18	12	0	120	210	45	0	40	24	7	0	0	240	15	0	0	320	6
	Chocolate	350	100	18	10	0	110	180	40	0	40	24	7	0	0	240	10	2	6	450	9
	Chocolate Cake	340	100	18	10	0	100	180	40	0	40	24	7	0	0	230	10	2	6	450	9
	Chocolate Banana	330	100	17	10	0	100	180	40	0	40	23	7	0	0	230	15	2	6	450	9
	Chocolate Strawberry	330	100	17	10	0	100	180	40	0	40	24	7	0	0	240	15	2	6	450	9
	Coffee	360	110	17	12	0	130	220	40	0	40	24	7	0	0	250	15	2	6	340	8
	Cotton Candy	370	110	20	12	0	130	220	40	0	40	24	7	0	0	240	15	0	0	330	8
	Mint	360	110	20	12	0	130	220	40	0	40	24	7	0	0	250	16	0	0	340	8
	Orange	350	110	20	13	0	130	230	40	0	40	24	7	0	0	250	16	0	0	340	8
	Peach	350	110	20	12	0	130	220	40	0	40	22	7	0	0	250	16	0	0	340	8
	Pistachio	350	110	20	12	0	130	220	40	0	40	25	7	0	0	250	16	0	0	340	8
	Pumpkin	340	110	13	10	0	90	220	40	0	40	24	7	0	0	250	16	0	0	340	8
	Pumpkin Cold Brew	340	110	13	12	0	100	180	40	0	40	24	7	0	0	170	10	0	0	250	8
	Salted Caramel Chocolate	340	100	17	12	0	130	220	40	0	40	24	7	0	0	230	15	0	0	460	9
	Salted Caramel	350	110	20	12	0	130	220	40	0	40	24	7	0	0	250	16	0	0	340	8
	Strawberry	350	110	20	12	0	130	220	40	0	40	24	7	0	0	240	15	0	0	330	8
	Strawberry Banana	350	110	20	12	0	130	220	40	0	40	24	7	0	0	250	16	0	0	340	8
	Vanilla	360	120	20	12	0	140	230	40	0	40	24	7	0	0	250	16	0	0	340	8

This nutrition information is based on standard recipes and product formulations; however, variations may occur due to differences in preparation, serving sizes, ingredients, or special orders. Current recommendations are to limit total saturated fat intake to 20 grams per day and to limit sodium intake to less than 2,400 mg per day for a 2,000 calorie-per-day diet. A 2,000 calorie daily diet is used for the basis of general nutrition advice; individual calorie needs however, may vary. ©2015 RITA'S FRANCHISE COMPANY. ALL RIGHTS RESERVED.

BLENDINI																					
REGULAR PORTION																					
Add together your Ice Flavor, Custard Flavor and Topping																					
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)
Italian	Apple Berry Blue	90	0	0	0	0	0	15	25	0	24	23	0	0	0	3	0	0	0	9	0
	Blue Raspberry	110	0	0	0	0	0	15	28	0	28	28	0	0	0	4	0	0	0	0	0
	Blueberry	160	0	0	0	0	0	15	40	0	39	39	0	0	0	4	0	0	0	1	0
	Blueberry Lemonade	70	0	0	0	0	0	10	18	0	17	16	0	0	0	4	0	0	0	12	0
	Carnival	90	0	0	0	0	0	10	22	0	22	9	0	0	0	3	0	0	0	0	0
	Cherry	80	0	0	0	0	0	15	23	0	21	21	0	0	0	5	0	0	0	0	0
	Cherry Lemonade	90	0	0	0	0	0	15	25	0	24	23	0	0	0	4	0	0	0	8	0
	Cherry Limeade	70	0	0	0	0	0	15	21	0	20	20	0	0	0	4	0	0	0	5	0
	Chocolate	120	0	0	0	0	0	25	33	0	31	31	0	0	0	6	0	0	0	33	0
	Chocolate Chocolate Chip	130	10	1	1	0	0	25	34	0	32	32	0	0	0	7	0	1	6	48	2
	Chocolate Peanut Butter	150	25	3	1	0	0	45	34	1	32	31	1	0	0	9	0	0	0	56	2
	Cotton Candy	100	0	0	0	0	0	10	28	0	27	11	0	0	0	3	0	0	0	0	0
	Dr Pepper	100	0	0	0	0	0	15	30	0	30	11	0	0	0	3	0	0	0	0	0
	Florida Orange	90	0	0	0	0	0	15	26	0	24	23	0	0	0	5	0	0	0	20	0
	Georgia Peach	60	0	0	0	0	0	15	19	0	18	18	0	0	0	3	0	0	0	0	0
	Green Apple	110	0	0	0	0	0	15	27	0	26	25	0	0	0	5	0	0	0	17	0
	Guava Passionfruit	90	0	0	0	0	0	15	23	0	11	21	0	0	0	3	0	0	0	16	0
	Gummy Bear	110	0	0	0	0	0	15	28	0	26	26	0	0	0	2	0	0	0	5	0
	Island Fusion	110	0	0	0	0	0	20	30	0	28	28	0	0	0	4	0	0	0	15	0
	Juicy Pear	90	0	0	0	0	0	15	25	0	24	24	0	0	0	4	0	0	0	0	0
	Kandi Kapow!	90	0	0	0	0	0	10	24	0	23	17	0	0	0	3	0	0	0	0	0
	Key Lime	90	0	0	0	0	0	25	25	0	24	24	0	0	0	3	0	0	0	1	0
	Lemon	80	0	0	0	0	0	15	22	0	21	21	0	0	0	4	0	0	0	4	0
	Mango	100	0	0	0	0	0	15	28	0	27	27	0	0	0	4	0	0	0	8	0
	Mango- Orange	100	0	0	0	0	0	15	28	0	26	20	0	0	0	3	0	0	0	4	0
	Mango-Peach	70	0	0	0	0	0	15	21	0	20	20	0	0	0	3	0	0	0	4	0
	Mango- Pineapple	100	0	0	0	0	0	15	28	0	27	27	0	0	0	4	0	0	0	7	0
	Mango- Strawberry	100	0	0	0	0	0	15	29	0	28	27	0	0	0	4	0	0	0	5	0
	Margarita	90	0	0	0	0	0	20	25	0	24	23	0	0	0	4	0	0	0	5	0
	Ocean Splash™	90	0	0	0	0	0	40	23	0	21	21	0	0	0	3	0	0	0	6	0
	Peach Ring	80	0	0	0	0	0	10	21	0	20	20	0	0	0	3	0	0	0	0	0
	Peanut Butter and Jelly	150	35	4	0.5	0	0	45	30	0	29	28	1	0	0	8	0	0	0	37	0
	Pina Colada	100	0	0	0	0	0	15	28	0	26	26	0	0	0	4	0	0	0	1	0
	Pineapple	90	0	0	0	0	0	15	25	0	24	24	0	0	0	4	0	0	0	6	0
	Raspberry	100	0	0	0	0	0	15	27	0	26	26	0	0	0	4	0	0	0	11	0
	Raspberry Lemonade	100	0	0	0	0	0	20	27	0	26	23	0	0	0	5	0	0	0	15	0
	Root Beer	90	0	0	0	0	0	15	26	0	25	25	0	0	0	4	0	0	0	8	0
	Sour Patch Kids Red	90	0	0	0	0	0	15	28	0	27	27	0	0	0	3	0	0	0	0	0
	Strawberry	90	0	0	0	0	0	15	26	0	26	25	0	0	0	4	0	0	0	1	0
	Strawberry Colada	100	0	0	0	0	0	15	29	0	28	28	0	0	0	4	0	0	0	1	0
Strawberry Lemonade	90	0	0	0	0	0	15	25	0	24	23	0	0	0	4	0	0	0	11	0	
Strawberry Margarita	90	0	0	0	0	0	20	25	0	24	23	0	0	0	4	0	0	0	5	0	
Strawberry- Watermelon	100	0	0	0	0	0	15	27	0	26	26	0	0	0	4	0	0	0	7	0	
Swedish Fish	110	0	0	0	0	0	30	32	0	31	31	0	0	0	3	0	0	0	0	0	
Tropical Daiquiri	110	0	0	0	0	0	15	30	0	29	28	0	0	0	3	0	0	0	2	0	
Tropical ParadiCE	90	0	0	0	0	0	15	23	0	17	22	0	0	0	3	0	0	0	9	0	
Vanilla	90	0	0	0	0	0	15	25	0	25	25	0	0	0	3	0	0	0	8	0	
Watermelon	110	0	0	0	0	0	15	29	0	28	28	0	0	0	3	0	0	0	3	0	
Wild Berry	100	0	0	0	0	0	15	29	0	28	27	0	0	0	4	0	0	0	4	0	
Wild Black Cherry	100	0	0	0	0	0	10	26	0	24	24	0	0	0	4	0	0	0	9	0	
Unicorn	90	0	0	0	0	0	45	26	0	24	24	0	0	0	3	0	0	0	9	0	
Zombie's Blood	70	0	0	0	0	0	15	20	0	19	19	0	0	0	4	0	0	0	4	0	
Cream Ice	Banana Split Cream	120	15	2	1.5	0	0	20	30	0	28	12	0	0	0	6	0	0	0	12	0
	Birthday Cake	120	15	1.5	1.5	0	0	70	30	0	27	23	0	0	0	15	2	0	0	3	0
	Black Cherry Cheesecake	120	15	1.5	1	0	0	30	29	0	27	11	0	0	0	6	0	0	0	3	0
	Brookie Dough	130	20	2.5	1.5	0	0	45	29	0	25	24	0	0	0	6	0	0	0	21	0
	Cheesecake	120	15	1.5	1.5	0	0	30	28	0	27	12	0	0	0	4	0	0	0	3	0
	Chocolate Chip Cheesecake	130	20	2.5	2	0	0	30	30	0	28	13	0	0	0	5	0	0	0	19	0
	Chocolate Covered Banana	130	20	2	2	0	0	35	31	0	29	13	0	0	0	6	0	0	0	29	0
	Chocolate Covered Strawberry	130	25	2.5	2	0	0	35	30	0	28	28	0	0	0	7	0	0	0	32	0
	Coconut Cream	120	15	1.5	1.5	0	0	30	28	0	26	25	0	0	0	4	0	0	0	4	0
	Cookies & Cream	120	10	1.5	1	0	0	30	30	0	29	28	0	0	0	3	0	0	2	5	0
	Cookie Dough	130	20	2	1.5	0	0	40	29	0	26	26	0	0	0	4	0	0	0	19	0
	Frozen Hot Cocoa	110	10	1	1	0	0	30	27	0	25	25	0	0	0	5	0	0	0	24	0
	Fudge Brownie	130	20	2	1.5	0	0	40	32	0	29	29	1	0	0	6	0	0	2	50	1
	Marshmallow Peanut Butter	130	30	3.5	1.5	0	0	40	28	0	27	27	1	0	0	6	0	0	2	30	1
	Mint Chocolate Chip	120	20	2	1.5	0	0	25	29	0	27	27	0	0	0	5	0	0	0	23	0
	Mint Oreo	120	15	1.5	1	0	0	35	29	0	27	18	0	0	0	3	0	0	0	3	0
	Orange Cream	100	10	1	1	0	0	20	23	0	21	14	0	0	0	3	0	0	0	11	0
	Pumpkin Cheesecake	100	10	1	1	0	0	15	26	0	24	11	0	0	0	5	0	0	0	4	0
	Pumpkin Pie	90	10	1.5	1	0	0	25	23	0	21	21	0	0	0	6	0	0	0	12	0
	Root Beer Float	100	5	0.5	0.5	0	0	20	27	0	26	19	0	0	0	3	0	0	0	6	0
	S'mores	150	15	2	1.5	0	0	30	33	0	32	32	0	0	0	5	0	0	0	19	0

BLENDINI																					
REGULAR PORTION																					
Add together your Ice Flavor, Custard Flavor and Topping																					
Smart Sneak It™	Ice	Shamrock	110	10	1	1	0	0	25	25	0	24	24	0	0	0	3	0	0	7	0
		Strawberry Banana	120	10	1	1	0	0	30	31	0	29	14	0	0	0	3	0	0	7	0
		Strawberry Cheesecake	120	15	1.5	1.5	0	0	30	30	0	28	13	0	0	0	4	0	0	7	0
		Strawberries n' Cream	110	10	1	1	0	0	20	26	0	24	13	0	0	0	3	0	0	5	0
		Vanilla Cream	110	10	1	1	0	0	30	26	0	25	25	0	0	0	3	0	0	10	0
		Watermelon Chip	150	20	2	1.5	0	0	25	33	0	31	31	0	0	0	5	0	0	24	0
		Malibu Freeze	100	0	0	0	0	0	15	24	0	23	4	0	0	0	4	0	0	18	0
		Razzle Red	130	0	0	0	0	0	5	33	0	32	11	0	0	0	2	0	0	0	0
		Very Berry	110	0	0	0	0	0	5	27	0	26	15	0	0	0	3	0	0	1	0
		S/F Cherry	50	0	0	0	0	0	10	18	0	0	0	0	0	0	5	0	0	7	0
Sugar-Free Ice	Ice	S/F Dragon Fruit	70	0	0	0	0	0	15	23	0	0	0	0	0	0	6	0	0	13	0
		S/F Mango Peach	70	0	0	0	0	0	10	18	0	0	0	0	0	0	4	0	0	0	0
		S/F Pink Lemonade	50	0	0	0	0	0	10	15	0	0	0	0	0	0	3	0	0	10	0
		S/F Tangerine	50	0	0	0	0	0	15	18	0	0	0	0	0	0	3	0	0	10	0
		Chocolate	320	150	17	10	0	100	170	37	0	34	26	7	0	0	221	20	2	10	440
		Vanilla	340	170	19	12	0	130	210	37	0	32	24	7	0	0	238	25	0	0	320
		Banana	330	160	18	11	0	125	210	39	0	33	23	7	0	0	229	25	0	0	310
		Black Raspberry	340	160	18	12	0	125	210	37	0	32	23	7	0	0	233	25	0	0	320
		Butter Pecan	340	170	18	12	0	125	210	38	0	33	23	7	0	0	235	25	0	0	320
		Cake Batter	310	150	17	11	0	115	200	40	0	34	22	6	0	0	216	15	0	0	297
Custard Flavor	Ice	Campfire Marshmallow	310	150	12	11	0	80	170	50	0	37	15	6	0	0	150	15	0	0	220
		Caramel Macchiato	340	170	18	12	0	125	210	39	0	33	23	7	0	0	234	20	0	0	310
		Cheesecake	340	160	18	11	0	125	210	40	0	34	26	7	0	0	230	25	0	0	406
		Chocolate Cake	310	140	16	9	0	95	160	37	0	33	23	6	0	0	202	15	2	10	406
		Chocolate Banana	300	140	16	9	0	95	160	37	0	33	23	6	0	0	202	15	2	10	406
		Chocolate Strawberry	300	140	16	9	0	95	160	37	0	33	23	6	0	0	202	15	2	10	320
		Cotton Candy	340	200	23	14	0	155	260	50	0	43	33	8	0	0	287	30	0	0	320
		Mint	340	170	18	12	0	125	210	37	0	32	23	7	0	0	234	25	0	0	320
		Orange	340	160	18	12	0	125	210	38	0	33	25	7	0	0	233	25	0	0	303
		Peach	320	160	17	11	0	120	200	36	0	31	22	6	0	0	222	15	0	0	320
Custard Flavor	Ice	Pistachio	340	170	18	12	0	125	210	38	0	33	24	7	0	0	235	25	0	0	310
		Pumpkin	340	160	18	12	0	125	210	40	0	35	26	7	0	0	230	25	0	0	296
		Pumpkin Cold Brew	320	150	17	11	0	115	220	35	0	30	22	6	0	0	219	15	0	0	320
		Salted Caramel	330	170	18	12	0	125	210	38	0	32	23	7	0	0	234	25	0	0	436
		Salted Caramel Chocolate	320	150	17	10	0	100	170	38	0	35	25	7	0	0	218	15	2	10	320
		Strawberry	330	160	18	12	0	125	210	38	0	33	23	7	0	0	232	25	0	0	312
		Strawberry Banana	340	160	18	11	0	125	210	40	0	35	24	7	0	0	230	20	0	0	0
		Apple Pie Filling	100	0	0	0	0	0	20	25	0	20	20	0	0	0	5	0	0	0	0
		Almond Toffee Crunch	100	60	7	3	0	7	23	9	1	8	0	1	0	0	0	0	0	0	0
		Chocolate Chips	130	70	7	5	0	0	0	19	0	15	15	1	0	0	11	0	2	10	64
Custard Flavor	Ice	Brownie Batter Bites	90	25	3	1	0	5	40	15	1	8	8	1	0	0	4	0	1	6	20
		Cookie Dough Bites	90	25	3	1	0	5	55	15	0	9	9	1	0	0	3	0	0	0	180
		Hot Caramel	90	15	2	1	0	5	70	19	0	14	14	1	0	0	20	2	0	0	104
		Hot Fudge	90	30	3	3	0	0	80	15	1	13	12	1	0	0	18	2	1	6	91
		M&M's Minis	140	50	6	4	0	0	20	20	1	18	17	1	0	0	37	2	0	0	0
		Pie Pieces	50	20	3	1	0	5	15	7	0	2	2	1	0	0	1	0	0	0	7
		Peanut Butter Sauce	190	160	18	3	0	0	130	6	2	3	2	6	0	0	21	2	1	6	0
		Sprinkles, Chocolate	130	45	5	4	0	0	0	20	0	12	12	0	0	0	1	0	0	0	0
		Sprinkles, Rainbow	120	45	5	4	0	0	0	20	0	12	12	0	0	0	1	0	0	0	53
		Strawberry Topping	80	0	0	0	0	0	10	21	1	18	11	0	0	0	6	0	0	0	124
Stuffed Topping	Ice	Wet Walnuts	280	160	18	2	0	0	0	25	3	20	0	4	0	0	24	2	1	6	0
		Hot Fudge	180	0	0	0	0	0	0	54	0	52	52	0	0	0	0	0	0	0	0
		Hot Caramel	180	0	0	0	0	0	30	58	0	36	36	4	0	0	0	0	0	0	53
		Strawberry Topping	80	0	0	0	0	0	10	21	1	18	11	0	0	0	6	0	0	0	0
		Peanut Butter Sauce	380	90	10	8	0	0	0	40	0	24	24	0	0	0	2	0	0	0	0

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CONCRETE																					
Add together your Custard Flavor and Two Toppings																					
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)
Custard Flavor	Chocolate	430	200	23	14	0	135	230	50	0	45	34	9	0	0	295	30	2	15	590	17
	Vanilla	450	220	25	16	0	170	280	50	0	43	32	9	0	0	318	30	0	0	430	12
	Banana	450	220	25	16	0	170	280	50	0	43	32	9	0	0	318	30	0	0	430	12
	Black Raspberry	450	220	25	16	0	170	280	50	0	43	32	9	0	0	318	30	0	0	430	12
	Butter Pecan	450	220	25	16	0	170	280	50	0	43	32	9	0	0	318	30	0	0	430	12
	Cake Batter	410	200	23	14	0	155	270	53	0	45	29	8	0	0	288	20	0	0	396	8
	Campfire Marshmallow	440	200	17	11	0	120	240	70	0	52	32	6	0	0	220	20	0	0	310	8
	Caramel Macchiato	450	220	24	16	0	165	280	52	0	44	31	9	0	0	311	25	0	0	423	10
	Cheesecake	460	220	24	15	0	165	280	53	0	46	35	9	0	0	307	30	0	0	420	12
	Chocolate Banana	410	200	22	13	0	130	220	52	0	46	33	9	0	0	284	20	2	10	569	10
	Chocolate Cake	430	200	22	13	0	130	220	51	0	46	33	9	0	0	284	20	2	10	569	10
	Chocolate Strawberry	410	200	22	13	0	130	220	52	0	46	33	9	0	0	284	20	2	10	569	10
	Coffee	450	220	25	16	0	170	300	50	0	43	31	9	0	0	315	30	0	0	430	12
	Cotton Candy	460	220	24	15	0	165	280	53	0	46	35	9	0	0	307	30	0	0	420	12
	Mint	450	220	25	16	0	170	280	50	0	43	32	9	0	0	318	30	0	0	430	12
	Orange Cream	450	220	25	16	0	170	280	50	0	43	32	9	0	0	318	30	0	0	430	12
	Peach	440	220	24	16	0	165	280	50	0	43	31	9	0	0	311	25	0	0	425	10
	Pistachio	460	220	24	15	0	165	280	53	0	46	35	9	0	0	307	30	0	0	420	12
	Pumpkin	460	220	24	15	0	165	280	53	0	46	35	9	0	0	307	30	0	0	420	12
	Pumpkin Cold Brew	450	220	24	15	0	165	300	49	0	43	31	9	0	0	308	25	0	0	416	8
	Salted Carmel	420	200	22	13	0	135	220	50	0	46	33	9	0	0	290	20	2	10	582	10
	Salted Carmel Chocolate	420	200	22	13	0	135	220	50	0	45	33	9	0	0	290	20	2	10	582	10
	Strawberry	450	220	24	15	0	165	280	52	0	46	31	9	0	0	306	25	0	0	417	8
	Strawberry Banana	450	220	24	15	0	165	280	52	0	45	31	9	0	0	306	25	0	0	417	8
Topping	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)
	Apple Pie Filling	100	0	0	0	0	0	20	25	0	20	20	0	0	0	5	0	0	0	47	2
	Almond Toffee Crunch	100	60	7	3	0	7	23	9	1	8	0	1	0	0	0	0	0	0	0	0
	Chocolate Chips	130	70	7	5	0	0	0	19	0	15	15	1	0	0	11	0	2	10	124	2
	Brownie Batter Bites	90	25	3	1	0	5	40	15	1	8	8	1	0	0	4	0	1	6	64	2
	Cookie Dough Bites	90	25	3	1	0	5	55	15	0	9	9	1	0	0	3	0	0	0	20	0
	Chopped Peanuts	170	130	14	2	0	0	0	6	0	1	0	7	0	0	16	2	0	0	180	4
	Hot Caramel	90	15	2	1	0	5	70	19	0	14	14	1	0	0	20	2	0	0	29	0
	Hot Fudge	90	30	3	3	0	0	80	15	1	13	12	1	0	0	18	2	1	6	104	2
	M&M's Minis	140	50	6	4	0	0	20	20	1	18	17	1	0	0	37	2	0	0	91	2
	Mini Gummy Bears	130	0	0	0	0	0	15	29	0	18	18	2	0	0	0	0	0	0	0	0
	NILLA® Wafers	130	45	5	1	0	5	110	20	0	10	0	1	0	0	16	2	1	6	29	0
	OREO Pieces	120	45	5	2	0	0	140	18	0	10	0	1	0	0	0	0	1	6	0	0
	Peanut Butter Sauce	190	160	18	3	0	0	130	6	2	3	2	6	0	0	21	2	1	6	159	4
	Pie Pieces	50	20	3	1	0	5	15	7	0	2	2	1	0	0	1	0	0	0	7	0
	Reese's PB Cups	140	70	8	3	0	0	100	16	1	14	13	3	0	0	26	2	1	6	102	2
	Sprinkles, Chocolate	130	45	5	4	0	0	0	20	0	12	12	0	0	0	1	0	0	0	0	0
	Sprinkles, Rainbow	120	45	5	4	0	0	0	20	0	12	12	0	0	0	1	0	0	0	0	0
	Strawberry Topping	80	0	0	0	0	0	10	21	1	18	11	0	0	0	6	0	0	0	53	2
	Wet Walnuts	280	160	18	2	0	0	0	25	3	20	0	4	0	0	24	2	1	6	124	2
Stuffed Toppings	Hot Fudge	180	0	0	0	0	0	0	54	0	52	52	0	0	0	0	0	0	0	0	0
	Hot Caramel	180	0	0	0	0	0	30	58	0	36	36	4	0	0	0	0	0	0	0	0
	Peanut Butter Sauce	380	140	16	6	0	0	200	32	2	28	26	6	0	0	52	4	2	12	204	4
	Strawberry Topping	80	0	0	0	0	0	10	21	1	18	11	0	0	0	6	0	0	0	53	2

This nutrition information is based on standard recipes and product formulations; however, variations may occur due to differences in preparation, serving sizes, ingredients, or special orders. Current recommendations are to limit total saturated fat intake to 20 grams per day and to limit sodium intake to less than 2,400 mg per day for a 2,000 calorie-per-day diet. A 2,000 calorie daily diet is used for the basis of general nutrition advice; individual calorie needs however, may vary. ©2015 RITA'S FRANCHISE COMPANY. ALL RIGHTS RESERVED.

Pints																				
Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)
Banana	640	320	35	22	0	240	400	75	0	63	45	13	0	0	446	35	0	0	608	15
Black Raspberry	660	320	36	23	0	245	410	73	0	62	45	13	0	0	454	35	0	0	615	15
Butter Pecan	660	320	36	23	0	245	410	73	0	62	45	13	0	0	454	35	0	0	615	15
Cake Batter	600	300	33	21	0	225	400	78	0	65	42	12	0	0	421	30	0	0	578	10
Campfire Marshmallow	600	300	23	14	0	155	330	94	0	72	28	8	0	0	300	30	0	0	430	10
Caramel Macchiato	680	330	37	23	0	250	420	78	0	65	47	13	0	0	467	35	0	0	634	15
Cheesecake	690	330	36	23	0	245	410	80	0	69	53	13	0	0	460	35	0	0	630	15
Chocolate Cake	630	290	32	19	0	190	330	75	0	67	48	13	0	0	414	30	3	15	831	20
Chocolate Banana	600	290	32	19	0	190	320	75	0	67	48	13	0	0	414	30	3	15	831	20
Chocolate Strawberry	600	290	32	19	0	190	320	75	0	67	48	13	0	0	414	30	3	15	831	20
Coffee	660	320	36	23	0	245	430	73	0	62	46	13	0	0	460	35	0	0	621	15
Cotton Candy	640	320	35	22	0	240	400	77	0	66	45	13	0	0	449	35	0	0	613	15
Mint	650	320	36	23	0	245	410	72	0	62	46	13	0	0	456	35	0	0	620	15
Peach	610	300	34	21	0	230	380	69	0	60	43	12	0	0	428	35	0	0	584	10
Pistachio	650	320	36	23	0	245	410	72	0	62	46	13	0	0	456	35	0	0	620	15
Pumpkin	670	320	35	22	0	240	410	78	0	68	51	13	0	0	449	35	0	0	611	15
Pumpkin Cold Brew	650	320	35	22	0	240	440	72	0	62	45	13	0	0	449	35	0	0	607	15
Orange Cream	650	320	35	23	0	240	420	75	0	64	45	13	0	0	452	35	0	0	617	15
Salted Caramel	640	300	33	20	0	200	330	76	0	68	50	13	0	0	436	35	4	20	872	20
Salted Caramel Chocolate	640	300	33	20	0	200	330	76	0	68	50	13	0	0	436	35	4	20	872	20
Strawberry Banana	670	320	36	23	0	245	410	79	0	68	46	13	0	0	460	35	0	0	625	15
Strawberry	650	320	36	23	0	240	410	74	0	64	45	13	0	0	453	35	0	0	616	15

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MILKSHAKE																				
Small																				
Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)
Banana	540	230	25	16	0	170	320	67	0	60	35	11	0	0	397	40	0	0	520	15
Black and White	620	270	30	20	0	175	400	79	0	70	44	12	0	0	427	45	1	4	640	18
Black Raspberry	530	230	26	16	0	170	320	64	0	56	31	11	0	0	402	40	0	0	530	15
Cake Batter	550	220	24	15	0	160	300	73	0	65	41	11	0	0	379	40	0	0	500	14
Campfire Marshmallow	540	230	18	12	0	120	290	87	0	71	46	9	0	0	320	40	0	0	430	17
Caramel	620	250	28	18	0	180	390	83	0	71	46	12	0	0	430	45	0	0	570	16
Cheesecake	540	220	25	16	0	165	310	71	0	64	39	11	0	0	388	40	0	0	510	15
Chocolate	510	220	24	15	0	140	270	64	0	59	34	12	0	0	386	40	2	15	700	20
Chocolate Covered Strawberry	550	220	24	15	0	140	270	75	0	68	40	12	0	0	389	40	3	15	720	21
Coffee	530	230	26	16	0	175	320	67	0	57	31	11	0	0	402	40	0	0	530	15
Cotton Candy	540	230	26	16	0	170	310	68	0	60	35	11	0	0	398	40	0	0	520	15
Mint	530	230	26	17	0	175	320	63	0	56	31	11	0	0	404	40	0	0	530	15
Orange	540	230	26	16	0	170	320	66	0	58	31	11	0	0	401	40	0	0	530	15
Oreo Cookie N Cream	670	290	32	18	0	175	480	84	0	69	32	13	0	0	409	40	2	8	540	15
Peach	540	220	24	16	0	165	280	50	0	43	31	9	0	0	311	25	0	0	425	10
Peanut Butter	720	370	42	20	0	175	520	70	0	60	32	16	0	0	409	40	1	6	540	15
Pumpkin	540	230	26	16	0	170	320	68	0	60	35	11	0	0	399	40	0	0	530	15
Salted Caramel	530	230	26	17	0	175	320	65	0	58	31	11	0	0	404	40	0	0	530	15
Strawberry	530	240	26	17	0	175	320	64	0	57	32	12	0	0	409	40	0	0	540	15
Strawberry Shortcake	730	270	30	18	0	180	490	107	0	85	43	13	0	0	420	40	1	6	590	17
Vanilla	530	240	26	17	0	175	320	64	0	57	32	12	0	0	409	40	0	0	540	15

Whipped Cream and Cherry																				
PER MILKSHAKE																				
Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)
Maraschino Cherries	10	0	0	0	0	0	0	2	0	1	0	0	0	0	20	2	1	6	0	0
Whipped Cream	80	50	6	3.5	0	20	5	6	0	3	2	1	0	0	20	2	0	0	26	0

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MILKSHAKE																				
Large																				
Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholest erol	Sodium	Total Carbohy d rates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassi um	Potassi um (%DV)
Banana	760	320	35	22	0	235	440	99	0	89	48	16	0	0	552	60	0	0	720	21
Black and White	940	380	43	29	0	245	610	125	0	110	69	18	0	0	605	60	2	8	950	27
Black Raspberry	760	320	36	23	0	235	440	95	0	84	43	16	0	0	559	60	0	0	730	21
Cake Batter	780	300	33	21	0	220	420	107	0	96	56	15	1	6	527	40	0	0	689	15
Campfire Marshmallow	710	280	24	16	0	160	380	113	0	91	60	11	0	0	400	40	0	0	550	15
Caramel	940	350	39	25	0	250	590	132	0	114	72	17	0	0	609	60	0	0	800	23
Cheesecake	780	310	34	22	0	225	420	104	0	94	54	15	0	0	539	50	0	0	710	20
Chocolate	730	300	33	20	0	195	370	95	0	88	47	16	0	0	538	50	3	20	960	27
Chocolate Covered Oreo	1010	390	44	23	0	195	690	135	0	111	47	18	0	0	537	50	6	35	960	27
Chocolate Covered Strawberry	810	300	33	20	0	195	380	116	0	106	58	16	0	0	543	50	4	20	1020	29
Coffee	760	320	36	23	0	240	440	99	0	85	43	16	0	0	559	60	0	0	730	21
Cotton Candy	770	320	35	22	0	235	440	100	0	89	49	16	0	0	553	60	0	0	730	21
Mint	750	320	36	23	0	240	440	94	0	84	43	16	0	0	562	60	0	0	740	21
Orange	760	320	36	23	0	235	440	97	0	87	43	16	0	0	558	60	0	0	730	21
Oreo Cookies N' Cream	1040	420	47	26	0	245	760	135	0	108	44	18	0	0	569	60	3	15	750	21
Peach	760	320	36	23	0	235	440	97	0	87	43	16	0	0	558	60	0	0	730	21
Peanut Butter	1130	600	67	29	0	245	830	107	0	91	44	24	0	0	569	60	2	10	750	21
Pumpkin	770	320	35	22	0	235	440	100	0	89	48	16	0	0	555	60	0	0	730	21
Salted Caramel	760	320	36	23	0	240	440	97	0	86	43	16	0	0	562	60	0	0	740	21
Strawberry	760	330	36	23	0	245	450	95	0	85	44	16	0	0	569	60	0	0	750	21
Strawberry Shortcake	1160	380	43	26	0	250	770	181	0	141	66	19	0	0	590	60	2	10	850	24
Vanilla	760	330	36	23	0	245	450	95	0	85	44	16	0	0	569	60	0	0	750	21

Whipped Cream and Cherry PER MILKSHAKE																				
Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)
Maraschino Cherries	10	0	0	0	0	0	0	2	0	1	0	0	0	0	20	2	1	6	0	0
Whipped Cream	80	50	6	3.5	0	20	5	6	0	3	2	1	0	0	20	2	0	0	26	0

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ICE BLENDER SMALL PORTION (12 oz.)																					
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)
Italian	Apple Berry Blue	290	0	0	0	0	0	45	72	0	70	33	0	0	0	12	0	0	0	26	0
	Banana	330	5	1	1	0	0	40	83	0	79	77	0	0	0	11	0	0	0	64	2
	Blue Raspberry	300	0	0	0	0	0	45	77	0	75	37	0	0	0	12	0	0	0	1	0
	Blueberry	430	0	0	0	0	0	50	110	0	107	106	0	2	10	12	0	0	0	2	0
	Carnival	230	0	0	0	0	0	30	59	0	57	24	0	0	0	7	0	0	0	0	0
	Cherry	240	0	0	0	0	0	45	62	0	58	56	0	0	0	17	2	0	0	1	0
	Cherry Lemonade	260	0	0	0	0	0	45	68	0	64	64	0	0	0	13	2	0	0	21	0
	Cherry Limeade	290	0	0	0	0	0	40	74	0	71	71	0	0	0	12	0	0	0	5	0
	Chocolate	350	5	0	0	0	0	70	90	1	85	85	1	0	0	18	2	1	6	90	2
	Chocolate Chocolate Chip	390	25	3	2	0	0	65	94	2	88	88	1	0	0	21	2	1	6	130	2
	Chocolate Peanut Butter	430	60	7	2	0	0	150	92	1	86	85	2	0	0	17	2	1	6	90	2
	Cotton Candy	300	0	0	0	0	0	35	76	0	73	29	0	0	0	10	0	0	0	1	0
	Dr Pepper	310	0	0	0	0	0	35	83	0	81	31	0	0	0	9	0	0	0	1	0
	Florida Orange	280	0	0	0	0	0	50	71	0	64	62	0	0	0	14	2	0	0	53	2
	Guava Passionfruit	240	0	0	0	0	0	35	60	0	28	57	0	0	0	8	0	0	0	42	0
	Georgia Peach	290	0	0	0	0	0	45	72	0	70	68	0	0	0	12	0	0	0	3	0
	Green Apple	290	0	0	0	0	0	50	75	0	71	67	0	1	6	12	0	0	0	46	0
	Gummy Bear	290	0	0	0	0	0	40	73	0	68	68	1	0	0	6	0	0	0	14	0
	Island Fusion	320	0	0	0	0	0	50	80	0	77	76	0	0	0	12	0	0	0	42	0
	Juicy Pear	270	0	0	0	0	0	50	69	0	66	65	0	0	0	12	0	0	0	1	0
	Kandi Kapow!	250	0	0	0	0	0	30	63	0	62	46	0	0	0	8	0	0	0	1	0
	Key Lime	290	0	0	0	0	0	70	73	0	70	70	0	0	0	11	0	0	0	3	0
	Lemon	230	0	0	0	0	0	40	60	0	57	57	0	0	0	14	2	0	0	11	0
	Mango	300	0	0	0	0	0	50	77	0	73	72	0	0	0	12	0	0	0	22	0
	Mango- Orange	300	0	0	0	0	0	45	75	0	69	55	0	0	0	12	0	0	0	11	0
	Mango-Peach	240	0	0	0	0	0	45	61	0	58	57	0	0	0	11	0	0	0	11	0
	Mango- Pineapple	300	0	0	0	0	0	45	76	0	73	72	0	0	0	12	0	0	0	18	0
	Mango- Strawberry	310	0	0	0	0	0	50	78	0	75	74	0	0	0	12	0	0	0	13	0
	Margarita	260	0	0	0	0	0	55	67	0	63	63	0	0	0	14	2	0	0	19	0
	Ocean Splash™	240	0	0	0	0	0	100	60	0	55	55	0	0	0	7	0	1	6	15	0
	Peach Ring	210	0	0	0	0	0	35	54	0	53	52	0	0	0	7	0	0	0	1	0
	Peanut Butter and Jelly	410	90	10	2	0	0	120	79	0	75	72	4	0	0	24	2	1	6	4	0
	Pina Colada	300	5	1	0	0	0	45	75	0	72	71	0	0	0	14	2	0	0	2	0
	Pineapple	270	0	0	0	0	0	45	68	0	65	64	0	0	0	12	0	0	0	15	0
	Raspberry	290	0	0	0	0	0	45	74	1	70	69	0	0	0	14	2	0	0	29	0
	Raspberry Lemonade	300	0	0	0	0	0	55	77	1	73	64	0	0	0	13	2	0	0	42	0
	Root Beer	280	0	0	0	0	0	45	71	0	69	69	0	0	0	12	0	0	0	22	0
	Sour Patch Kids Red	280	0	0	0	0	0	45	76	0	74	74	0	0	0	11	0	0	0	0	0
	Strawberry	290	0	0	0	0	0	50	72	0	69	68	0	0	0	12	0	0	0	4	0
	Strawberry Colada	310	0	0	0	0	0	45	79	0	76	76	0	0	0	12	0	0	0	3	0
	Strawberry Lemonade	270	0	0	0	0	0	45	68	0	65	64	0	0	0	14	2	0	0	30	0
	Strawberry Margarita	300	0	0	0	0	0	55	77	0	74	71	0	0	0	15	2	0	0	24	0
	Strawberry- Watermelon	290	0	0	0	0	0	45	73	0	71	70	0	0	0	12	0	0	0	19	0
	Swedish Fish	340	0	0	0	0	0	80	86	0	84	84	0	0	0	11	0	0	0	1	0
	Tropical Daiquiri	330	5	1	0	0	0	45	82	0	79	76	0	0	0	9	0	0	0	6	0
	Tropical Paradise	240	0	0	0	0	0	35	61	0	46	58	0	0	0	8	0	0	0	23	0
	Vanilla	270	0	0	0	0	0	50	69	0	67	67	0	0	0	11	0	0	0	21	0
	Watermelon	310	0	0	0	0	0	45	80	0	77	77	0	0	0	11	0	0	0	9	0
	Wild Berry	310	0	0	0	0	0	45	79	0	76	74	0	0	0	14	2	0	0	12	0
	Wild Black Cherry	290	0	0	0	0	0	35	70	0	65	64	0	0	0	14	2	0	0	23	0
	Unicorn	290	0	0	0	0	0	130	74	0	68	68	0	0	0	10	0	1	6	26	0
	Zombie's Blood	220	0	0	0	0	0	40	57	0	54	54	0	0	0	11	0	0	0	13	0
	Birthday Cake	360	40	5	4	0	0	190	81	0	73	63	1	0	0	42	4	0	0	8	0
	Banana Split Cream	370	45	5	4	0	0	55	82	0	77	33	1	0	0	18	2	1	6	33	0
	Black Cherry Cheesecake	350	35	4	4	0	0	80	80	0	74	31	1	0	0	19	2	0	0	7	0
	Brookie Dough	400	60	6	5	0	5	135	87	0	77	73	1	0	0	22	2	0	0	57	2
	Cheesecake	340	35	4	4	0	5	85	77	0	74	32	1	0	0	12	0	0	0	8	0
	Chocolate Chip Cheesecake	380	60	6	5	0	0	80	82	1	77	36	1	0	0	15	2	1	6	51	2
	Chocolate Covered Banana	380	50	6	5	0	0	95	84	1	78	36	1	0	0	17	2	1	6	79	2
	Chocolate Covered Strawberry	390	60	7	6	0	0	105	82	1	76	75	1	0	0	21	2	1	6	87	2
	Coconut Cream	340	40	5	4	0	0	80	76	0	71	67	0	0	0	13	2	0	0	11	0
	Cookie Dough	370	50	6	4	0	0	115	80	0	71	71	1	0	0	14	2	0	0	51	2
	Cookies & Cream	410	35	4	4	0	0	105	94	0	89	87	0	0	0	11	0	1	6	22	0

ICE BLENDER SMALL PORTION (12 oz.)																					
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)
Cream Ice	Frozen Hot Cocoa	300	25	3	2.5	0	0	75	70	1	66	66	1	0	0	12	0	1	6	64	2
	Fudge Brownie	450	60	6	4.5	0	0	125	101	2	90	89	2	0	0	21	2	1	6	149	4
	Marshmallow Peanut Butter	450	90	10	4	0	0	130	88	0	84	82	3	0	0	20	2	1	6	23	0
	Mint Chocolate Chip	360	50	6	4.5	0	0	75	79	1	75	74	1	0	0	15	2	1	6	62	2
	Mint Oreo	350	40	4	4	0	0	100	79	0	74	49	0	0	0	11	0	0	0	8	0
	Orange Cream	270	25	2.5	2.5	0	0	60	61	0	55	38	0	0	0	8	0	0	0	28	0
	Pumpkin Cheesecake	310	30	4	3	0	0	50	69	0	65	29	1	0	0	15	2	0	0	12	0
	Pumpkin Pie	280	30	4	3	0	0	75	63	1	58	57	1	0	0	19	2	0	0	33	0
	Pumpkin Spice Latte	300	35	4	4	0	0	130	65	0	61	60	1	0	0	18	2	0	0	93	2
	Root Beer Float	310	15	2	2	0	0	60	74	0	71	53	0	0	0	12	0	0	0	16	0
	S'mores	400	45	5	4	0	0	80	91	1	86	86	1	0	0	15	2	1	6	51	2
	Shamrock	290	25	2.5	2.5	0	0	60	67	0	64	64	0	0	0	8	0	0	0	18	0
	Strawberry Cheesecake	360	35	4	4	0	0	85	82	0	77	34	1	0	0	13	2	0	0	20	0
	Strawberry-Banana	360	35	4	4	0	0	75	83	0	79	77	0	0	0	12	0	0	0	42	0
	Strawberries n' Cream	300	25	2.5	2.5	0	0	55	69	0	65	34	0	0	0	8	0	0	0	13	0
	Vanilla Cream	310	30	4	3	0	0	80	71	0	67	67	0	0	0	12	0	0	0	28	0
	Watermelon Chip	400	50	6	4.5	0	0	75	89	1	83	83	1	0	0	15	2	1	6	64	2
Smart Snack Ice	MaliBLU Freeze	250	0	0	0	0	0	40	64	0	60	11	0	0	0	10	0	0	0	49	2
	Razzle Red	340	0	0	0	0	0	20	86	0	83	30	0	0	0	6	0	0	0	1	0
Sugar-Free Ice	Very Bery	280	0	0	0	0	0	20	71	0	69	39	0	0	0	8	0	0	0	3	0
	S/F Cherry	140	0	0	0	0	0	30	49	0	0	0	0	0	0	17	2	0	0	20	0
	S/F Dragon Fruit	180	0	0	0	0	0	35	64	0	0	0	0	0	0	18	2	0	0	36	0
	S/F Mango Peach	130	0	0	0	0	0	30	46	0	0	0	0	0	0	16	2	0	0	24	0
	S/F Pink Lemonade	120	0	0	0	0	0	30	41	0	0	0	0	0	0	27	2	0	0	27	0
	S/F Tangerine	140	0	0	0	0	0	45	48	0	0	0	0	0	0	11	0	0	0	27	0

This nutrition information is based on standard recipes and product formulations; however, variations may occur due to differences in preparation, serving sizes, ingredients, or special orders. Current recommendations are to limit total saturated fat intake to 20 grams per day and to limit sodium intake to less than 2,400 mg per day for a 2,000 calorie-per-day diet. A 2,000 calorie daily diet is used for the basis of general nutrition advice; individual calorie needs however, may vary. ©2015 RITA'S FRANCHISE COMPANY. ALL RIGHTS RESERVED.

ICE BLENDER LARGE PORTION (20 oz.)																					
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (%DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)
Italian	Apple Berry Blue	350	0	0	0	0	0	60	89	0	86	41	0	0	0	19	2	0	0	32	0
	Banana	420	10	1	1	0	0	55	106	0	101	98	0	0	0	15	2	0	0	82	2
	Blue Raspberry	390	0	0	0	0	0	60	99	0	96	48	0	0	0	17	2	0	0	1	0
	Blueberry	550	0	0	0	0	0	65	141	0	137	136	0	2	10	17	2	0	0	2	0
	Blueberry Lemonade	260	0	0	0	0	0	45	68	0	63	60	0	0	0	16	2	0	0	45	0
	Carnival	340	0	0	0	0	0	45	85	0	82	34	0	0	0	10	0	0	0	1	0
	Cherry	310	0	0	0	0	0	60	79	0	74	72	0	0	0	23	2	0	0	2	0
	Cherry Lemonade	340	0	0	0	0	0	60	87	0	82	82	0	0	0	18	2	0	0	26	0
	Cherry Limeade	370	0	0	0	0	0	55	94	0	91	91	0	0	0	16	2	0	0	6	0
	Chocolate	450	5	1	0	0	0	90	115	2	109	109	1	0	0	24	2	1	6	115	2
	Chocolate Chocolate Chip	490	35	4	2	0	0	90	120	3	113	112	2	0	0	29	2	2	10	167	4
	Chocolate Peanut Butter	550	90	10	2	0	0	160	117	2	110	108	4	0	0	35	2	1	6	115	2
	Cotton Candy	390	0	0	0	0	0	45	98	0	94	37	0	0	0	15	2	0	0	1	0
	Dr Pepper	400	0	0	0	0	0	50	106	0	104	40	0	0	0	13	2	0	0	1	0
	Florida Orange	360	0	0	0	0	0	65	90	0	82	79	0	0	0	20	2	0	0	68	2
	Georgia Peach	370	0	0	0	0	0	60	93	0	90	87	0	0	0	17	2	0	0	4	0
	Green Apple	380	0	0	0	0	0	65	96	0	91	86	0	2	10	17	2	0	0	59	2
	Guava Passionfruit	340	0	0	0	0	0	50	85	1	40	81	0	0	0	11	0	0	0	59	2
	Gummy Bear	420	0	0	0	0	0	55	105	0	96	96	1	0	0	9	0	0	0	20	0
	Island Fusion	410	0	0	0	0	0	65	103	0	99	97	0	0	0	17	2	0	0	53	2
	Juicy Pear	350	0	0	0	0	0	65	88	0	84	83	0	0	0	17	2	0	0	1	0
	Kandi Kapow!	350	0	0	0	0	0	45	89	0	88	86	0	0	0	11	0	0	0	1	0
	Key Lime	370	0	0	0	0	0	90	94	0	90	90	0	0	0	16	2	0	0	4	0
	Lemon	300	0	0	0	0	0	50	77	0	73	73	0	0	0	19	2	0	0	14	0
	Mango	390	0	0	0	0	0	65	98	0	94	92	0	0	0	17	2	0	0	28	0
	Mango- Orange	380	0	0	0	0	0	55	96	0	89	70	0	0	0	16	2	0	0	15	0
	Mango-Peach	300	0	0	0	0	0	60	78	0	74	73	0	0	0	16	2	0	0	14	0
	Mango- Pineapple	390	0	0	0	0	0	60	98	0	94	93	0	0	0	17	2	0	0	23	0
	Mango- Strawberry	390	0	0	0	0	0	65	100	0	96	95	0	0	0	17	2	0	0	17	0
	Margarita	330	0	0	0	0	0	70	85	0	81	80	0	0	0	19	2	0	0	24	0
	Ocean Splash ™	340	0	0	0	0	0	140	85	0	78	78	0	0	0	10	0	1	6	22	0
	Peach Ring	300	0	0	0	0	0	45	77	0	75	74	0	0	0	10	0	0	0	1	0
	Peanut Butter and Jelly	530	120	13	2	0	0	160	101	0	96	92	5	0	0	32	2	1	6	5	0
	Pina Colada	380	10	1	0	0	0	60	96	0	92	91	0	0	0	19	2	0	0	2	0
	Pineapple	350	0	0	0	0	0	60	87	0	84	82	0	0	0	17	2	0	0	19	0
	Raspberry	370	0	0	0	0	0	60	95	1	90	89	0	0	0	20	2	0	0	38	0
	Raspberry Lemonade	390	0	0	0	0	0	70	99	1	93	82	0	0	0	16	2	0	0	54	2
	Root Beer	390	20	2	2	0	0	80	95	0	90	68	0	0	0	16	2	0	0	21	0
	Sour Patch Kids Red	360	0	0	0	0	0	60	97	0	94	94	0	0	0	15	2	0	0	0	0
	Strawberry	370	0	0	0	0	0	65	92	0	89	87	0	0	0	17	2	0	0	5	0
	Strawberry Colada	400	0	0	0	0	0	60	101	0	98	97	0	0	0	17	2	0	0	4	0
	Strawberry Lemonade	340	0	0	0	0	0	60	87	0	83	82	0	0	0	20	2	0	0	38	0
	Strawberry Margarita	390	0	0	0	0	0	70	99	0	95	90	0	0	0	20	2	0	0	31	0
	Strawberry- Watermelon	370	0	0	0	0	0	60	94	0	91	89	0	0	0	17	2	0	0	24	0
	Swedish Fish	430	0	0	0	0	0	105	111	0	108	108	0	0	0	16	2	0	0	2	0
	Tropical Daiquiri	420	10	1	1	0	0	60	105	0	101	97	0	0	0	12	0	0	0	7	0
	Tropical ParadiCE	390	0	0	0	0	0	55	98	0	74	94	0	0	0	13	2	0	0	37	0
	Vanilla	350	0	0	0	0	0	65	88	0	86	86	0	0	0	16	2	0	0	27	0
	Watermelon	400	0	0	0	0	0	60	102	0	99	98	0	0	0	16	2	0	0	12	0
	Wild Berry	400	0	0	0	0	0	60	101	0	97	95	0	0	0	19	2	0	0	15	0
	Wild Black Cherry	370	0	0	0	0	0	45	90	0	83	82	1	0	0	19	2	0	0	30	0
	Unicorn	370	0	0	0	0	0	170	95	0	87	87	0	0	0	13	2	1	6	33	0
	Zombie's Blood	280	0	0	0	0	0	55	73	0	69	69	0	0	0	14	2	0	0	16	0
Cream Ice	Birthday Cake	470	50	6	5	0	0	250	104	0	93	80	1	0	0	56	4	0	0	10	0
	Banana Split Cream	470	60	7	5	0	0	70	104	1	98	42	1	0	0	24	2	1	6	42	0
	Black Cherry Cheesecake	450	45	5	5	0	5	105	102	0	95	39	1	0	0	26	2	0	0	9	0
	Brookie Dough	520	70	8	6	0	5	170	111	0	99	94	2	0	0	30	2	0	0	73	2
	Cheesecake	440	45	5	5	0	5	110	99	0	94	41	1	0	0	17	2	0	0	10	0
	Chocolate Chip Cheesecake	480	70	8	6	0	5	105	104	1	98	46	1	0	0	21	2	1	6	65	2
	Chocolate Covered Banana	490	70	7	6	0	0	120	107	1	100	46	1	0	0	21	2	1	6	101	2
	Chocolate Covered Strawberry	500	80	9	7	0	0	135	105	1	97	96	2	0	0	29	2	2	10	111	2
	Coconut Cream	440	50	6	5	0	0	105	97	0	91	86	0	0	0	18	2	0	0	14	0
	Cookie Dough	470	70	7	5	0	5	150	102	0	91	91	1	0	0	19	2	1	6	65	2
	Cookies & Cream	530	50	5	4	0	0	135	121	0	114	111	1	0	0	16	2	1	6	28	0
	Frozen Hot Cocoa	430	35	4	3.5	0	0	105	101	1	94	94	1	0	0	17	2	1	6	91	2
	Fudge Brownie	580	70	8	6	0	5	160	130	2	115	114	2	0	0	29	2	2	10	190	4
	Marshmallow Peanut Butter	570	120	13	5	0	0	170	113	0	107	105	3	0	0	28	2	1	6	30	0

ICE BLENDER LARGE PORTION (20 oz.)																					
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (%DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)
	Mint Chocolate Chip	460	70	8	6	0	0	95	102	1	95	95	1	0	0	21	2	1	6	80	2
	Mint Oreo	450	50	5	5	0	0	135	102	0	94	63	1	0	0	15	2	0	0	10	0
	Orange Cream	380	35	4	3.5	0	0	85	86	0	78	54	0	0	0	12	0	0	0	40	0
	Pumpkin Cheesecake	390	40	5	4	0	0	65	89	0	83	37	1	0	0	21	2	0	0	15	0
	Pumpkin Pie	360	40	5	4	0	0	100	81	1	74	73	1	0	0	26	2	0	0	42	0
	Root Beer Float	390	20	2	2	0	0	80	95	0	90	68	0	0	0	16	2	0	0	21	0
	S'mores	510	60	6	5	0	0	105	116	1	110	110	1	0	0	20	2	1	6	65	2
	Shamrock	410	35	4	3.5	0	0	85	96	0	91	91	0	0	0	11	0	0	0	25	0
	Strawberry Cheesecake	460	45	5	5	0	5	110	104	0	99	44	1	0	0	18	2	0	0	26	0
	Strawberry-Banana	460	40	5	5	0	0	100	107	0	101	98	1	0	0	16	2	0	0	54	2
	Strawberries n' Cream	420	35	4	3.5	0	0	80	99	0	92	49	0	0	0	11	0	0	0	19	0
	Vanilla Cream	400	40	4	4	0	0	105	91	0	86	86	0	0	0	16	2	0	0	36	0
	Watermelon Chip	510	70	8	6	0	0	100	114	1	107	106	1	0	0	21	2	1	6	82	2
Smart Snack Ice	Malibu Freeze	360	0	0	0	0	0	60	91	0	86	16	0	0	0	14	2	0	0	70	1
	Razzle Red	490	0	0	0	0	0	25	123	0	119	43	0	0	0	9	0	0	0	1	0
Sugar-Free Ice	Very Berry	400	0	0	0	0	0	25	101	0	98	55	0	0	0	11	0	0	0	4	0
	S/F Cherry	180	0	0	0	0	0	40	62	0	0	0	1	0	0	23	2	0	0	25	0
	S/F Dragon Fruit	230	0	0	0	0	0	50	82	0	0	0	0	0	0	24	2	0	0	46	0
	S/F Mango Peach	170	0	0	0	0	0	40	59	0	0	0	0	0	0	23	2	0	0	31	0
	S/F Pink Lemonade	170	0	0	0	0	0	45	58	0	0	0	0	0	0	11	0	0	0	38	0
	S/F Tangerine	180	0	0	0	0	0	60	62	0	0	0	0	0	0	16	2	0	0	34	0

This nutrition information is based on standard recipes and product formulations; however, variations may occur due to differences in preparation, serving sizes, ingredients, or special orders. Current recommendations are to limit total saturated fat intake to 20 grams per day and to limit sodium intake to less than 2,400 mg per day for a 2,000 calorie-per-day diet. A 2,000 calorie daily diet is used for the basis of general nutrition advice; individual calorie needs however, may vary. ©2015 RITA'S FRANCHISE COMPANY. ALL RIGHTS RESERVED.

GELATI BLENDER																					
SMALL PORTION (12 oz)																					
Add together your Ice Flavor and Custard Flavor																					
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)
Italian	Apple Berry Blue	290	0	0	0	0	0	45	72	0	70	33	0	0	0	12	0	0	0	26	0
	Banana	340	5	1	1	0	0	40	86	0	82	80	0	0	0	9	0	0	0	67	0
	Blue Raspberry	320	0	0	0	0	0	45	80	0	78	39	0	0	0	10	0	0	0	1	0
	Blueberry	450	0	0	0	0	0	50	115	0	111	110	0	2	10	10	0	0	0	2	0
	Carnival	230	0	0	0	0	0	30	59	0	57	24	0	0	0	7	0	0	0	0	0
	Cherry	250	0	0	0	0	0	45	64	0	60	58	0	0	0	15	2	0	0	1	0
	Cherry Lemonade	270	0	0	0	0	0	45	71	0	67	66	0	0	0	11	0	0	0	21	0
	Cherry Limeade	300	0	0	0	0	0	40	77	0	74	74	0	0	0	10	0	0	0	5	2
	Chocolate	370	5	0	0	0	0	70	93	1	89	88	1	0	0	16	2	1	6	94	2
	Chocolate Chocolate Chip	400	30	3	2	0	0	65	97	2	92	91	1	0	0	20	2	2	10	135	0
	Chocolate Peanut Butter	440	60	7	2	0	0	150	96	1	90	88	3	0	0	16	2	1	6	93	0
	Cotton Candy	310	0	0	0	0	0	35	80	0	76	30	0	0	0	9	0	0	0	1	0
	Dr Pepper	320	0	0	0	0	0	35	86	0	84	32	0	0	0	7	0	0	0	1	2
	Florida Orange	290	0	0	0	0	0	50	73	0	67	64	0	0	0	13	2	0	0	55	0
	Georgia Peach	300	0	0	0	0	0	45	75	0	73	71	0	0	0	11	0	0	0	3	2
	Green Apple	310	0	0	0	0	0	50	78	0	74	70	0	1	6	10	0	0	0	48	2
	Guava Passionfruit	240	0	0	0	0	0	35	60	0	28	57	0	0	0	8	0	0	0	42	0
	Gummy Bear	290	0	0	0	0	0	40	73	0	68	68	1	0	0	6	0	0	0	14	0
	Island Fusion	330	0	0	0	0	0	50	84	0	81	79	0	0	0	11	0	0	0	43	0
	Juicy Pear	280	0	0	0	0	0	45	71	0	68	68	0	0	0	11	0	0	0	1	0
	Kandi Kapow!	250	0	0	0	0	0	30	63	0	62	46	0	0	0	8	0	0	0	1	0
	Key Lime	300	0	0	0	0	0	70	76	0	73	73	0	0	0	10	0	0	0	3	0
	Lemon	240	0	0	0	0	0	40	62	0	59	59	0	0	0	12	0	0	0	11	0
	Mango	310	0	0	0	0	0	45	80	0	76	75	0	0	0	10	0	0	0	23	0
	Mango- Orange	310	0	0	0	0	0	40	78	0	72	57	0	0	0	10	0	0	0	12	0
	Mango-Peach	250	0	0	0	0	0	45	63	0	60	59	0	0	0	10	0	0	0	11	0
	Mango- Pineapple	310	0	0	0	0	0	45	79	0	76	75	0	0	0	10	0	0	0	19	0
	Mango- Strawberry	320	0	0	0	0	0	45	81	0	78	77	0	0	0	10	0	0	0	14	0
	Margarita	270	0	0	0	0	0	55	69	0	66	65	0	0	0	12	0	0	0	19	0
	Ocean Splash™	240	0	0	0	0	0	100	60	0	55	55	0	0	0	7	0	1	6	15	0
	Peach Ring	210	0	0	0	0	0	35	54	0	53	52	0	0	0	7	0	0	0	1	0
	Peanut Butter and Jelly	430	100	11	2	0	0	125	82	0	78	75	4	0	0	22	2	1	6	4	0
	Pina Colada	310	5	1	0	0	0	45	78	0	75	74	0	0	0	12	0	0	0	2	0
	Pineapple	280	0	0	0	0	0	45	71	0	68	67	0	0	0	10	0	0	0	16	0
	Raspberry	300	0	0	0	0	0	45	77	1	73	72	0	0	0	13	2	0	0	31	0
	Raspberry Lemonade	310	0	0	0	0	0	60	80	1	76	67	0	0	0	13	2	0	0	44	0
	Root Beer	290	0	0	0	0	0	45	74	0	72	72	0	0	0	11	0	0	0	23	0
	Sour Patch Kids Red	290	0	0	0	0	0	45	79	0	77	77	0	0	0	9	0	0	0	0	0
	Strawberry	300	0	0	0	0	0	50	75	0	72	71	0	0	0	11	0	0	0	4	0
	Strawberry Colada	320	0	0	0	0	0	45	82	0	79	79	0	0	0	10	0	0	0	3	0
	Strawberry Lemonade	280	0	0	0	0	0	45	71	0	67	66	0	0	0	12	0	0	0	31	0
	Strawberry Margarita	320	0	0	0	0	0	50	80	0	77	73	0	0	0	13	2	0	0	25	0
	Strawberry- Watermelon	300	0	0	0	0	0	45	76	0	74	72	0	0	0	10	0	0	0	20	0
	Swedish Fish	350	0	0	0	0	0	80	90	0	87	87	0	0	0	9	0	0	0	1	0
	Tropical Daiquiri	340	5	1	0	0	0	50	85	0	82	79	0	0	0	9	0	0	0	6	0
	Tropical ParadiCE	240	0	0	0	0	0	35	61	0	46	58	0	0	0	8	0	0	0	23	0
	Vanilla	280	0	0	0	0	0	45	72	0	70	70	0	0	0	10	0	0	0	22	0
	Watermelon	330	0	0	0	0	0	45	83	0	80	80	0	0	0	10	0	0	0	10	0
	Wild Berry	320	0	0	0	0	0	45	82	0	79	77	0	0	0	12	0	0	0	12	0
	Wild Black Cherry	300	0	0	0	0	0	30	73	0	67	67	1	0	0	12	0	0	0	24	4
	Unicorn	300	0	0	0	0	0	135	77	0	70	70	0	0	0	10	0	1	6	27	0
	Zombie's Blood	220	0	0	0	0	0	45	60	0	56	56	0	0	0	11	0	0	0	13	0
Ice	Birthday Cake	380	40	5	4	0	0	200	84	0	76	65	1	0	0	42	4	0	0	8	0
	Banana Split Cream	380	50	5	4	0	0	55	85	0	80	34	1	0	0	16	2	1	6	34	0
	Black Cherry Cheesecake	370	35	4	4	0	5	80	83	0	77	32	1	0	0	18	2	0	0	8	0
	Brookie Dough	420	60	7	5	0	5	135	90	0	80	76	1	0	0	21	2	0	0	60	2
	Cheesecake	360	35	4	4	0	5	85	80	0	76	33	1	0	0	10	0	0	0	8	2
	Chocolate Chip Cheesecake	390	60	7	5	0	5	80	85	1	80	38	1	0	0	14	2	1	6	53	2
	Chocolate Covered Banana	400	50	6	5	0	0	100	87	1	81	38	1	0	0	17	2	1	6	82	2
	Chocolate Covered Strawberry	400	60	7	6	0	0	105	86	1	79	78	1	0	0	20	2	1	6	90	0
	Coconut Cream	350	40	5	4	0	0	80	79	0	74	70	0	0	0	12	0	0	0	12	2
	Cookie Dough	380	50	6	4	0	5	115	83	0	74	74	1	0	0	12	0	0	0	53	0
	Cookies & Cream	380	50	6	4	0	5	115	83	0	74	73	1	0	0	12	0	0	0	42	6
	Frozen Hot Cocoa	300	25	3	2.5	0	0	75	70	1	66	66	1	0	0	12	0	1	6	64	2
	Fudge Brownie	470	60	7	4.5	0	5	125	105	2	94	93	2	0	0	20	2	1	6	155	4

GELATI BLENDER SMALL PORTION (12 oz) Add together your Ice Flavor and Custard Flavor																					
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)
Smart Cream	Marshmallow Peanut Butter	470	100	11	5	0	0	130	92	0	87	86	3	0	0	19	2	1	6	24	0
	Mint Chocolate Chip	380	60	6	5	0	0	75	83	1	78	77	1	0	0	14	2	1	6	65	0
	Mint Oreo	360	40	5	4	0	0	105	83	0	76	51	1	0	0	9	0	0	0	8	2
	Orange Cream	270	25	2.5	2.5	0	0	60	61	0	55	38	0	0	0	8	0	0	0	28	0
	Pumpkin Cheesecake	320	30	4	3	0	0	50	72	0	67	30	1	0	0	14	2	0	0	12	0
	Pumpkin Pie	290	30	4	3	0	0	75	66	1	61	60	1	0	0	17	2	0	0	34	2
	Root Beer Float	320	15	2	2	0	0	60	77	0	73	55	0	0	0	10	0	0	0	17	2
	S'mores	420	45	5	4	0	0	80	94	1	90	90	1	0	0	13	2	1	6	53	0
	Shamrock	290	25	2.5	2.5	0	0	60	67	0	64	64	0	0	0	8	0	0	0	18	0
	Strawberry Cheesecake	370	35	4	4	0	5	85	85	0	80	35	1	0	0	11	0	0	0	21	0
	Strawberry-Banana	380	35	4	4	0	0	75	87	0	82	80	0	0	0	10	0	0	0	43	0
	Strawberries n' Cream	300	25	2.5	2.5	0	0	55	69	0	65	34	0	0	0	8	0	0	0	13	0
	Vanilla Cream	330	30	4	3	0	0	80	74	0	70	70	0	0	0	10	0	0	0	29	2
	Watermelon Chip	420	60	6	5	0	0	80	93	1	87	86	1	0	0	14	2	1	6	67	0
	MaliBLU Freeze	250	0	0	0	0	0	40	64	0	60	11	0	0	0	10	0	0	0	49	2
	Razzle Red	340	0	0	0	0	0	20	86	0	83	30	0	0	0	6	0	0	0	1	0
	Very Bery	280	0	0	0	0	0	20	71	0	69	39	0	0	0	8	0	0	0	3	0
	S/F Cherry	140	0	0	0	0	0	30	50	0	0	0	0	0	0	15	2	0	0	21	0
	S/F Dragon Fruit	190	0	0	0	0	0	35	66	0	0	0	0	0	0	16	2	0	0	38	0
	S/F Mango Peach	140	0	0	0	0	0	30	48	0	0	0	0	0	0	15	2	0	0	25	0
	S/F Pink Lemonade	120	0	0	0	0	0	30	41	0	0	0	0	0	0	8	0	0	0	27	0
	S/F Tangerine	150	0	0	0	0	0	45	50	0	0	0	0	0	0	9	0	0	0	28	0
Smart Sugar-free Ice	Banana	130	60	7	5	0	45	80	15	0	13	10	3	0	0	88	6	0	0	119	2
	Black Raspberry	130	60	7	4.5	0	50	80	14	0	12	9	3	0	0	89	6	0	0	121	2
	Butter Pecan	130	60	7	4.5	0	50	80	14	0	12	9	3	0	0	89	6	0	0	121	2
	Cake Batter	130	60	7	4.5	0	50	80	14	0	12	9	3	0	0	89	6	0	0	121	2
	Campfire Marshmallow	130	60	7	5	0	50	80	14	0	12	9	3	0	0	89	6	0	0	121	2
Smart Custard	Cheesecake	130	60	7	4.5	0	45	75	16	0	14	11	2	0	0	85	6	0	0	117	2
	Chocolate	120	60	7	4	0	40	65	14		13	10	3	0	0	85	6	1	6	170	4
	Chocolate Cake	120	60	6	4	0	40	65	15	0	13	9	3	0	0	82	6	1	6	164	4
	Chocolate Banana	130	60	7	4	0	40	70	16	0	14	10	3	0	0	89	6	1	6	178	4
	Chocolate Strawberry	130	60	7	4	0	40	70	16	0	14	10	3	0	0	89	6	1	6	178	4
	Coffee	130	60	7	4.5	0	50	80	15	0	12	9	3	0	0	89	6	0	0	121	2
	Cotton Candy	130	60	7	4.5	0	45	80	15	0	13	10	3	0	0	88	6	0	0	120	2
	Mint	130	60	7	4.5	0	50	80	14	0	12	9	3	0	0	90	6	0	0	122	2
	Orange Cream	130	60	7	4.5	0	50	80	15	0	13	10	3	0	0	89	6	0	0	122	2
	Peach	140	70	8	5	0	50	85	16	0	14	10	3	0	0	97	8	0	0	133	2
	Pistachio	130	60	7	4.5	0	50	80	15	0	12	9	3	0	0	89	6	0	0	121	2
	Pumpkin	130	60	7	4.5	0	45	80	15	0	13	10	3	0	0	88	6	0	0	120	2
	Pumpkin Cold Brew	130	60	7	4.5	0	45	85	14	0	12	9	3	0	0	88	6	0	0	119	2
	Salted Caramel	130	60	7	4.5	0	50	80	15	0	13	9	3	0	0	90	6	0	0	122	2
	Strawberry	130	60	7	4.5	0	50	80	15	0	13	10	3	0	0	89	6	0	0	121	2
	Vanilla	130	60	7	4.5	0	50	80	14	0	12	9	3	0	0	91	8	0	0	124	2

This nutrition information is based on standard recipes and product formulations; however, variations may occur due to differences in preparation, serving sizes, ingredients, or special orders. Current recommendations are to limit total saturated fat intake to 20 grams per day and to limit sodium intake to less than 2,400 mg per day for a 2,000 calorie-per-day diet. A 2,000 calorie daily diet is used for the basis of general nutrition advice; individual calorie needs however, may vary. ©2015 RITA'S FRANCHISE COMPANY. ALL RIGHTS RESERVED.

GELATI BLENDER LARGE PORTION (20 oz) Add together your Ice Flavor and Custard Flavor																					
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)
Italian	Apple Berry Blue	410	0	0	0	0	0	65	105	0	101	48	0	0	0	17	2	0	0	37	0
	Banana	490	10	1	1	0	0	55	124	1	119	115	0	0	0	13	2	0	0	96	2
	Blue Raspberry	460	0	0	0	0	0	65	116	0	113	56	0	0	0	15	2	0	0	2	0
	Blueberry	650	0	0	0	0	0	70	166	0	160	159	0	3	15	15	2	0	0	3	0
	Blueberry Lemonade	290	0	0	0	0	0	50	77	0	71	68	0	0	0	18	2	0	0	50	2
	Carnival	380	0	0	0	0	0	50	95	0	91	38	0	0	0	11	0	0	0	1	0
	Cherry	360	0	0	0	0	0	60	93	0	87	84	0	0	0	22	2	0	0	2	0
	Cherry Lemonade	390	0	0	0	0	0	65	102	0	96	96	0	0	0	16	2	0	0	31	0
	Cherry Limeade	430	0	0	0	0	0	60	111	0	107	107	0	0	0	14	2	0	0	7	0
	Chocolate	530	5	1	0	0	0	100	134	2	128	127	1	0	0	24	2	1	6	135	2
	Chocolate Chocolate Chip	580	40	4.5	2.5	0	0	95	141	3	132	132	2	0	0	28	2	2	10	195	4
	Chocolate Peanut Butter	640	90	10	3	0	0	220	138	2	129	127	4	0	0	23	2	2	10	135	2
	Cotton Candy	450	0	0	0	0	0	50	115	0	110	43	0	0	0	12	0	0	0	1	0
	Dr Pepper	470	0	0	0	0	0	50	124	0	122	46	0	0	0	11	0	0	0	1	0
	Florida Orange	420	0	0	0	0	0	70	106	0	96	92	0	0	0	19	2	0	0	80	2
	Georgia Peach	430	0	0	0	0	0	65	109	0	105	102	0	0	0	15	2	0	0	4	0
	Green Apple	440	0	0	0	0	0	70	112	0	107	101	0	2	10	15	2	0	0	70	2
	Guava Passionfruit	380	0	0	0	0	0	55	96	1	45	91	0	0	0	12	0	0	0	67	2
	Gummy Bear	470	0	0	0	0	0	60	118	0	108	108	1	0	0	10	0	0	0	22	0
	Island Fusion	480	0	0	0	0	0	70	120	0	116	113	0	0	0	15	2	0	0	63	2
	Juicy Pear	410	0	0	0	0	0	65	103	0	99	98	0	0	0	15	2	0	0	2	0
	Kandi Kapow!	390	0	0	0	0	0	50	100	0	99	74	0	0	0	13	2	0	0	1	0
	Key Lime	430	0	0	0	0	0	100	110	0	105	105	0	0	0	14	2	0	0	5	0
	Lemon	350	0	0	0	0	0	55	90	0	85	85	0	0	0	17	2	0	0	17	0
	Mango	450	0	0	0	0	0	70	115	0	110	108	0	0	0	15	2	0	0	33	0
	Mango- Orange	450	0	0	0	0	0	60	112	0	104	82	0	0	0	14	2	0	0	17	0
	Mango-Peach	360	0	0	0	0	0	65	91	0	87	85	0	0	0	14	2	0	0	16	0
	Mango- Pineapple	450	0	0	0	0	0	65	114	0	110	109	0	0	0	15	2	0	0	27	0
	Mango- Strawberry	450	0	0	0	0	0	65	114	0	110	109	0	0	0	15	2	0	0	27	0
	Margarita	390	0	0	0	0	0	80	100	0	95	94	0	0	0	17	2	0	0	28	0
	Ocean Splash™	380	0	0	0	0	0	160	96	0	88	88	0	0	0	11	0	1	6	24	0
	Peach Ring	340	0	0	0	0	0	55	87	0	84	84	0	0	0	11	0	0	0	1	0
	Peanut Butter and Jelly	620	140	15	3	0	0	180	118	0	112	108	5	0	0	32	2	1	6	6	0
	Pina Colada	440	10	1	0	0	0	65	112	0	108	107	0	0	0	17	2	0	0	3	0
	Pineapple	410	0	0	0	0	0	65	102	0	98	97	0	0	0	15	2	1	6	22	0
	Raspberry	440	0	0	0	0	0	65	111	2	105	104	1	0	0	18	2	0	0	44	0
	Raspberry Lemonade	450	0	0	0	0	0	85	116	1	109	96	1	0	0	19	2	0	0	63	2
	Root Beer	420	0	0	0	0	0	65	107	0	104	104	0	0	0	15	2	0	0	33	0
	Sour Patch Kids Red	420	0	0	0	0	0	65	113	0	111	111	0	0	0	13	2	0	0	0	0
	Strawberry	430	0	0	0	0	0	70	108	0	104	102	0	0	0	15	2	0	0	6	0
	Strawberry Colada	470	0	0	0	0	0	65	118	0	114	114	0	0	0	15	2	0	0	4	0
	Strawberry Lemonade	400	0	0	0	0	0	60	103	0	97	96	0	0	0	18	2	0	0	45	0
	Strawberry Margarita	460	0	0	0	0	0	75	116	0	111	106	0	0	0	19	2	0	0	36	0
	Strawberry- Watermelon	440	0	0	0	0	0	65	110	0	106	105	0	0	0	15	2	0	0	29	0
	Swedish Fish	510	0	0	0	0	0	115	130	0	126	126	0	0	0	14	2	0	0	2	0
	Tropical Daiquiri	500	10	1	1	0	0	70	123	0	119	114	0	0	0	14	2	0	0	9	0
	Tropical ParadiCE	390	0	0	0	0	0	55	98	0	74	94	0	0	0	13	2	0	0	37	0
	Vanilla	410	0	0	0	0	0	70	104	0	100	100	0	0	0	14	2	0	0	31	0
	Watermelon	470	0	0	0	0	0	65	120	0	116	115	0	0	0	14	2	0	0	14	0
	Wild Berry	470	0	0	0	0	0	65	118	1	113	112	0	0	0	17	2	0	0	18	0
	Wild Black Cherry	440	0	0	0	0	0	45	105	0	97	96	1	0	0	17	2	0	0	35	0
	Unicorn	440	0	0	0	0	0	200	112	0	102	102	0	0	0	15	2	1	6	39	0
	Zombie's Blood	320	0	0	0	0	0	65	86	0	81	81	0	0	0	16	2	0	0	19	0
	Birthday Cake	530	60	7	5	0	0	280	118	0	106	92	1	0	0	59	4	0	0	11	0
	Banana Split Cream	530	70	8	6	0	0	75	119	1	112	48	1	0	0	23	2	1	6	48	2
	Black Cherry Cheesecake	510	50	6	5	0	5	115	117	0	108	45	1	0	0	25	2	0	0	11	0
	Brookie Dough	610	80	9	7	0	5	190	130	0	116	110	2	0	0	30	2	1	6	86	2
	Cheesecake	500	50	6	5	0	5	115	113	0	107	46	1	0	0	14	2	0	0	11	0
	Chocolate Chip Cheesecake	550	80	9	7	0	5	115	119	1	112	53	2	0	0	19	2	1	6	74	2
	Chocolate Covered Banana	560	80	8	7	0	0	140	122	1	114	53	1	0	0	24	2	1	6	115	2
	Chocolate Covered Strawberry	570	90	10	8	0	0	150	120	2	111	109	2	0	0	28	2	2	10	127	2
	Coconut Cream	500	60	6	6	0	0	115	111	0	103	98	0	0	0	16	2	0	0	16	0
	Cookie Dough	540	80	8	6	0	5	160	116	0	104	104	1	0	0	17	2	1	6	74	2
	Cookies & Cream	600	50	6	5	0	0	150	138	0	130	127	1	0	0	13	2	1	6	32	0

GELATI BLENDER																						
LARGE PORTION (20 oz)																						
Add together your Ice Flavor and Custard Flavor																						
	Flavor	Calories	Calories from Fat	Fat	Saturat ed Fat	Trans Fat	Cholest erol	Sodium	Total Carbohy drates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassiu m	Potassiu m (%DV)	
Cream Ice	Frozen Hot Cocoa	480	40	4.5	4	0	0	120	113	1	106	105	1	0	0	19	2	1	6	102	2	
	Fudge Brownie	660	80	9	6	0	5	180	148	3	131	131	3	0	0	28	2	2	10	217	4	
	Marshmallow Peanut Butter	650	130	15	6	0	0	190	129	0	122	120	4	0	0	27	2	1	6	34	0	
	Mint Chocolate Chip	530	80	9	7	0	0	105	116	1	109	109	1	0	0	19	2	1	6	91	2	
	Mint Oreo	510	60	6	5	0	0	140	116	0	107	72	1	0	0	13	2	1	6	12	0	
	Orange Cream	420	40	4.5	4	0	0	95	97	0	88	61	0	0	0	13	2	0	0	45	0	
	Pumpkin Cheesecake	450	45	5	5	0	0	65	101	0	95	42	1	0	0	19	2	0	0	17	0	
	Pumpkin Pie	410	45	5	5	0	0	110	92	1	85	84	1	0	0	24	2	0	0	48	2	
	Root Beer Float	450	20	3	2	0	0	85	108	0	103	77	0	0	0	14	2	0	0	24	0	
	S'mores	480	60	7	6	0	0	110	132	1	126	126	1	0	0	18	2	1	6	75	2	
	Shamrock	560	40	4	4	0	0	95	107	0	102	102	0	0	0	12	0	0	0	28	0	
	Strawberry Cheesecake	520	50	6	5	0	5	120	119	0	113	50	1	0	0	15	2	0	0	30	0	
	Strawberry-Banana	530	50	5	5	0	0	105	122	0	115	112	1	0	0	14	2	0	0	61	2	
	Strawberries n' Cream	480	40	4.5	4	0	0	90	111	0	103	55	0	0	0	12	0	0	0	22	0	
	Vanilla Cream	460	45	5	5	0	0	110	104	0	99	98	0	0	0	14	2	0	0	41	0	
	Watermelon Chip	590	80	9	7	0	0	110	130	1	122	121	1	0	0	19	2	1	6	94	2	
	Smart Snack Ice	Malibu Freeze	400	0	0	0	0	0	65	102	0	96	18	0	0	0	16	2	0	0	78	2
		Razzle Red	550	0	0	0	0	0	30	138	0	133	48	0	0	0	10	0	0	0	1	0
Very Bery		450	0	0	0	0	0	30	114	0	110	62	0	0	0	12	0	0	0	4	0	
S/F Cherry		200	0	0	0	0	0	40	71	0	0	0	1	0	0	21	2	0	0	29	0	
S/F Dragon Fruit		270	0	0	0	0	0	50	93	0	0	0	0	0	0	23	2	0	0	53	2	
S/F Mango Peach		190	0	0	0	0	0	40	67	0	0	0	0	0	0	21	2	0	0	35	0	
S/F Pink Lemonade		190	0	0	0	0	0	50	65	0	0	0	0	0	0	12	2	0	0	43	1	
S/F Tangerine		200	0	0	0	0	0	60	71	0	0	0	0	0	0	13	2	0	0	39	0	
Custard		Banana	180	90	10	6	0	65	110	21	0	18	14	3	0	0	122	10	0	0	166	4
		Black Raspberry	180	90	10	6	0	65	110	20	0	17	12	4	0	0	124	10	0	0	168	4
	Butter Pecan	180	90	10	6	0	65	110	20	0	18	13	4	0	0	124	10	0	0	170	4	
	Cake Batter	180	90	10	6	0	65	110	20	0	18	13	4	0	0	124	10	0	0	170	4	
	Campfire Marshmallow	180	90	10	6	0	65	110	20	0	18	13	4	0	0	124	10	0	0	170	4	
	Cheesecake	190	80	9	6	0	65	105	23	0	20	16	3	0	0	119	10	0	0	163	4	
	Chocolate	170	80	9	5	0	55	90	20		18	14	4	0	0	118	10	1	6	236	6	
	Chocolate Cake	170	80	9	5	0	55	90	21	0	19	13	4	0	0	115	8	1	6	231	4	
	Chocolate Banana	170	80	9	5	0	55	90	21	0	19	13	4	0	0	115	8	1	6	231	4	
	Chocolate Strawberry	170	80	9	5	0	55	90	21	0	19	13	4	0	0	115	8	1	6	231	4	
	Coffee	180	90	10	6	0	65	120	20	0	17	13	4	0	0	126	10	0	0	170	4	
	Cotton Candy	180	90	10	6	0	65	110	21	0	19	14	3	0	0	122	10	0	0	166	4	
	Mint	180	90	10	6	0	65	110	20	0	17	12	4	0	0	125	10	0	0	170	4	
	Orange Cream	180	90	10	6	0	65	110	20	0	18	13	4	0	0	124	10	0	0	170	4	
	Peach	180	90	10	6	0	70	115	21	0	18	13	4	0	0	126	10	0	0	173	4	
	Pistachio	180	90	10	6	0	65	110	20	0	18	13	4	0	0	124	10	0	0	170	4	
	Pumpkin	180	90	10	6	0	65	110	21	0	18	14	4	0	0	123	10	0	0	167	4	
	Pumpkin Cold Brew	180	90	10	6	0	65	125	20	0	17	12	4	0	0	125	10	0	0	169	4	
	Salted Carmel	180	90	10	6	0	65	110	20	0	18	12	4	0	0	125	10	0	0	170	4	
	Strawberry	180	90	10	6	0	65	110	21	0	18	14	4	0	0	124	10	0	0	168	4	
Vanilla	180	90	10	6	0	70	115	20	0	17	13	4	0	0	127	10	0	0	172	4		

This nutrition information is based on standard recipes and product formulations; however, variations may occur due to differences in preparation, serving sizes, ingredients, or special orders. Current recommendations are to limit total saturated fat intake to 20 grams per day and to limit sodium intake to less than 2,400 mg per day for a 2,000 calorie-per-day diet. A 2,000 calorie daily diet is used for the basis of general nutrition advice; individual calorie needs however, may vary. ©2015 RITA'S FRANCHISE COMPANY. ALL RIGHTS RESERVED.

FROZEN COFFEE																					
SMALL PORTION (12 oz)																					
Add a topping to add some flavor to your coffee																					
	Flavor	Calories	Calories from Fat	Fat	Saturat ed Fat	Trans Fat	Cholest erol	Sodium	Total Carboh ydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)
	Frozen Coffee	330	0	0	0	0	0	45	72	0	70	70	0	0	0	10	0	0	0	22	0
	Hot Caramel	90	15	2	1	0	5	70	19	0	14	14	1	0	0	20	2	0	0	29	0
	Hot Fudge	90	30	3	3	0	0	80	15	1	13	12	1	0	0	18	2	1	6	104	2
	Whipped Cream	80	50	6	3.5	0	20	5	6	0	3	2	1	0	0	20	2	0	0	26	0

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FROZEN COFFEE																					
LARGE PORTION (20 oz)																					
Add a topping to add some flavor to your coffee																					
	Flavor	Calories	Calories from Fat	Fat	Saturat ed Fat	Trans Fat	Cholest erol	Sodium	Total Carbohy drates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassiu m	Potassiu m (%DV)
	Frozen Coffee	440	0	0	0	0	0	70	104	0	100	100	0	0	0	14	2	0	0	31	0
	Hot Caramel	180	15	2	1	0	5	70	19	0	14	14	1	0	0	20	2	0	0	29	0
	Hot Fudge	180	30	3	3	0	0	80	15	1	13	12	1	0	0	18	2	1	6	104	2
	Whipped Cream	80	50	6	3.5	0	20	5	6	0	3	2	1	0	0	20	2	0	0	26	0
This nutrition information is based on standard recipes and product formulations; however, variations may occur due to differences in preparation, serving sizes, ingredients, or special orders. Current recommendations are to limit total saturated fat intake to 20 grams per day and to limit sodium intake to less than 2,400 mg per day for a 2,000 calorie-per-day diet. A 2,000 calorie daily diet is used for the basis of general nutrition advice; individual calorie needs however: may vary. ©2015 RITA'S FRANCHISE COMPANY. ALL RIGHTS RESERVED.																					

FROZEN LEMONADE LARGE PORTION (20 oz)																					
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)
	Classic Lemonade	300	0	0	0	0	0	50	77	0	75	75	0	0	0	19	2	0	0	14	0
	Mango Frozen Lemonade	350	0	0	0	0	0	50	80	0	75	75	0	0	0	17	1	0	0	20	1
	Strawberry Frozen Lemonade	360	0	0	0	0	0	55	90	2	85	70	0	0	0	25	2	0	0	125	2
This nutrition information is based on standard recipes and product formulations; however, variations may occur due to differences in preparation, serving sizes, ingredients, or special orders. Current recommendations are to limit total saturated fat intake to 20 grams per day and to limit sodium intake to less than 2,400 mg per day for a 2,000 calorie-per-day diet. A 2,000 calorie daily diet is used for the basis of general nutrition advice; individual calorie needs however, may vary. ©2015 RITA'S FRANCHISE COMPANY. ALL RIGHTS RESERVED.																					

COOKIE SANDWICH																					
Flavor		Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)
Cookie Flavor	Chocolate Chip- Vanilla Custard Plain	350	140	16.5	9	0	40	185	45	2	30	-	4	0	0	60	4	0	0	-	-
	Chocolate Chip- Vanilla Custard Chocolate Chips	410	175	20	11	0	40	185	55	3	38	-	5	0	0	65	4	1	6	-	-
	Oreo - Vanilla Custard Rainbow Sprinkles	290	110	12	6	0	30	250	43	0	24	13	3	0	0	65	6	2	10	81	2
	Oreo - Vanilla Custard	220	80	9	4	0	30	250	32	0	17	6	3	0	0	65	6	2	10	80	2
This nutrition information is based on standard recipes and product formulations; however, variations may occur due to differences in preparation, serving sizes, ingredients, or special orders. Current recommendations are to limit total saturated fat intake to 20 grams per day and to limit sodium intake to less than 2,400 mg per day for a 2,000 calorie-per-day diet. A 2,000 calorie daily diet is used for the basis of general nutrition advice; individual calorie needs however; ©2015 RITA'S FRANCHISE COMPANY. ALL RIGHTS RESERVED.																					

Pup Cup																				
Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)
Vanilla Custard	60	30	3	2	0	20	35	6	0	5	4	1	0	0	39.6893	4	0	0	55	2
This nutrition information is based on standard recipes and product formulations; however, variations may occur due to differences in preparation, serving sizes, ingredients, or special orders. Current recommendations are to limit total saturated fat intake to 20 grams per day and to limit sodium intake to less than 2,400 mg per day for a 2,000 calorie-per-day diet. A 2,000 calorie daily diet is used for the basis of general nutrition advice; individual calorie needs however, may vary. ©2015 RITA’S FRANCHISE COMPANY. ALL RIGHTS RESERVED.																				

SOFT SERVE																					
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)
SMALL SS (4.5 oz)	Chocolate Custard	240	110	13	8	0	75	130	28	0	26	19	5	0	0	166	15	0	0	330	9
	Vanilla Custard	260	130	14	9	0	95	160	28	0	24	18	5	0	0	179	20	0	0	240	7
	Banana	250	120	13	9	0	90	150	29	0	24	17	5	0	0	172	15	0	0	230	7
	Black Raspberry	250	120	14	9	0	95	160	28	0	24	17	5	0	0	175	15	0	0	240	7
	Butter Pecan	250	120	14	9	0	95	160	29	0	25	18	5	0	0	176	20	0	0	240	7
	Campfire Marshmallow	250	120	12	9	0	65	135	40	0	29	18	3	0	0	120	15	0	0	180	7
	Caramel Macchiato	250	120	14	9	0	95	160	29	0	24	18	5	0	0	175	15	0	0	238	6
	Cake Batter	230	110	13	8	0	85	150	30	0	25	16	5	0	0	162	10	0	0	223	4
	Cheesecake	260	120	14	9	0	90	150	30	0	26	20	5	0	0	172	15	0	0	240	7
	Chocolate Cake	240	110	12	7	0	75	125	29	0	26	18	5	0	0	160	10	1	6	320	6
	Chocolate Banana	230	110	12	7	0	75	125	29	0	26	18	5	0	0	160	10	1	6	320	6
	Chocolate Strawberry	230	110	12	7	0	75	125	29	0	26	18	5	0	0	160	10	1	6	320	6
	Coffee	250	120	14	9	0	95	170	28	0	24	18	5	0	0	177	20	0	0	240	7
	Cotton Candy	260	120	14	9	0	90	150	30	0	26	20	5	0	0	172	15	0	0	230	7
	Mint	250	120	14	9	0	95	160	28	0	24	18	5	0	0	176	20	0	0	240	7
	Orange	250	120	14	9	0	95	160	29	0	25	17	5	0	0	174	15	0	0	240	7
	Peach	250	120	14	9	0	95	160	28	0	24	17	5	0	0	175	15	0	0	239	6
	Pistachio	260	120	14	9	0	95	160	29	0	25	18	5	0	0	176	20	0	0	240	7
	Pumpkin	240	80	9	6	0	65	150	19	0	27	12	3	0	0	121	10	0	0	174	4
	Pumpkin Cold Brew	250	120	13	9	0	90	170	28	0	24	17	5	0	0	173	15	0	0	234	4
	Salted Caramel Chocolate	240	110	13	8	0	75	125	28	0	26	19	5	0	0	163	15	1	6	327	6
	Salted Caramel	250	120	14	9	0	95	160	28	0	24	18	5	0	0	176	20	0	0	240	7
	Strawberry Banana	250	120	14	9	0	90	150	29	0	25	17	5	0	0	172	15	0	0	234	4
	Strawberry	250	120	14	9	0	95	160	29	0	24	17	5	0	0	175	15	0	0	240	7
LARGE SS (5.75 oz)	Chocolate Custard	310	150	16	10	0	100	160	36	0	33	24	7	0	0	212	20	0	0	420	12
	Vanilla Custard	330	160	18	11	0	120	200	36	0	31	23	7	0	0	228	25	0	0	310	9
	Banana	310	160	17	11	0	115	200	37	0	31	22	6	0	0	220	20	0	0	300	9
	Black Raspberry	320	160	18	11	0	120	200	36	0	30	22	6	0	0	223	20	0	0	300	9
	Butter Pecan	330	160	18	11	0	120	200	36	0	31	22	6	0	0	225	20	0	0	310	9
	Cake Batter	290	150	16	10	0	110	200	38	0	32	21	6	0	0	207	15	0	0	285	6
	Campfire Marshmallow	320	160	17	10	0	80	170	38	0	38	28	4	0	0	150	10	0	0	220	4
	Caramel Macchiato	320	160	18	11	0	120	200	37	0	31	22	6	0	0	224	15	0	0	304	6
	Cheesecake	330	160	17	11	0	120	200	38	0	33	25	6	0	0	220	20	0	0	300	9
	Chocolate Cake	310	140	16	9	0	95	160	37	0	33	23	6	0	0	204	15	2	10	409	8
	Chocolate Banana	300	140	16	9	0	95	160	37	0	33	23	6	0	0	204	15	2	10	409	8
	Chocolate Strawberry	300	140	16	9	0	95	160	37	0	33	23	6	0	0	204	15	2	10	409	8
	Coffee	320	160	18	11	0	120	210	36	0	31	23	7	0	0	226	25	0	0	310	9
	Cotton Candy	330	160	17	11	0	120	200	38	0	33	25	6	0	0	220	20	0	0	300	9
	Mint	320	160	18	11	0	120	200	35	0	30	22	6	0	0	225	20	0	0	310	9
	Orange	320	160	17	11	0	120	210	37	0	32	22	6	0	0	223	20	0	0	300	9
	Peach	320	160	18	11	0	120	200	36	0	31	22	6	0	0	224	15	0	0	305	6
	Pistachio	330	160	18	11	0	120	200	37	0	32	23	6	0	0	225	25	0	0	310	9
	Pumpkin	310	110	12	8	0	80	200	24	0	35	15	4	0	0	155	10	0	0	223	4
	Pumpkin Cold Brew	320	160	17	11	0	120	220	35	0	31	22	6	0	0	221	15	0	0	299	6
	Salted Caramel Chocolate	300	140	16	10	0	95	160	36	0	33	24	6	0	0	209	15	2	10	418	8
	Salted Caramel	320	160	18	11	0	120	200	36	0	31	22	6	0	0	225	20	0	0	310	9
	Strawberry Banana	320	160	17	11	0	120	200	38	0	32	22	6	0	0	220	15	0	0	299	6
	Strawberry	320	160	18	11	0	120	200	37	0	31	22	6	0	0	223	20	0	0	300	9
Topping	Apple Pie Filling	100	0	0	0	0	0	20	25	0	20	20	0	0	0	5	0	0	0	47	2
	Almond Toffee Crunch	100	60	7	3	0	7	23	9	1	8	0	1	0	0	0	0	0	0	0	0
	Chocolate Chips	130	70	7	5	0	0	0	19	2	15	15	1	0	0	11	0	2	10	124	2
	Brownie Batter Bites	90	25	3	1	0	5	40	15	1	8	8	1	0	0	4	0	1	6	64	2
	Brownie	250	25	3	6	0	45	5	15	2	24	22	3	0	0	10	0	2	10	105	2
	Cookie Dough Bites	90	25	3	1	0	5	55	15	0	9	9	1	0	0	3	0	0	0	20	0
	Chopped Peanuts	170	130	14	2	0	0	0	6	0	1	0	7	0	0	16	2	0	0	180	4
	Hot Caramel	90	15	2	1	0	5	70	19	0	14	14	1	0	0	20	2	0	0	29	0
	Hot Fudge	90	30	3	3	0	0	80	15	1	13	12	1	0	0	18	2	1	6	104	2
	M&Ms Minis	140	50	6	4	0	0	20	20	1	18	17	1	0	0	37	2	0	0	91	2
	Mini Gummy Bears	130	0	0	0	0	0	15	29	0	18	18	2	0	0	0	0	0	0	0	0
	NILLA Wafers	120	25	3	2	0	0	150	22	0	10	0	1	0	0	5	0	1	6	0	0
	OREO	120	45	5	2	0	0	140	18	0	10	0	1	0	0	0	0	1	6	0	0
	Peanut Butter Sauce	190	160	18	3	0	0	130	6	2	3	2	6	0	0	21	2	1	6	159	4
	Pie Pieces	50	20	3	1	0	5	15	7	0	2	2	1	0	0	1	0	0	0	7	0
	Reese's PB Cups	140	70	8	3	0	0	100	16	1	14	13	3	0	0	26	2	1	6	102	2
	Sprinkles, Chocolate	130	45	5	4	0	0	0	20	0	12	12	0	0	0	1	0	0	0	0	0
	Sprinkles, Rainbow	120	45	5	4	0	0	0	20	0	12	12	0	0	0	1	0	0	0	0	0
	Strawberry Topping	80	0	0	0	0	0	10	21	1	18	11	0	0	0	6	0	0	0	53	2
	Wet Walnuts	280	160	18	2	0	0	0	25	3	20	0	4	0	0	24	2	1	6	124	2
	Maraschino Cherries	10	0	0	0	0	0	0	2	0	1	0	0	0	0	20	2	1	6	0	0

SOFT SERVE																					
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)
	Whipped Cream	80	50	6	3.5	0	20	5	6	0	3	2	1	0	0	20	2	0	0	26	0

This nutrition information is based on standard recipes and product formulations; however, variations may occur due to differences in preparation, serving sizes, ingredients, or special orders. Current recommendations are to limit total saturated fat intake to 20 grams per day and to limit sodium intake to less than 2,400 mg per day for a 2,000 calorie-per-day diet. A 2,000 calorie daily diet is used for the basis of general nutrition advice; individual calorie needs however, may vary. ©2015 RITA'S FRANCHISE COMPANY. ALL RIGHTS RESERVED.