



Nutritional Facts

Information is based on a 1/2 cup *83g) (4oz) serving.
Percent Daily Values are based

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohols (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)	Allergens
"The House" Plain Tart	90	0	0	0	0	0	25	19	0	13		2	0	0	6	0	M
Activia Blueberry	100	0	0	0	0	0	55	23	0	18		3	0	0	10	0	M
Activia Peach	100	0	0	0	0	0	50	22	0	18		3	0	6	10	0	M
Activia Strawberry	100	0	0	0	0	0	50	22	0	18		3	0	2	10	0	M
Activia Vanilla	100	0	0	0	0	0	55	23	0	18		3	0	0	10	0	M
Angel Food Cake	110	0	0	0	0	0	30	25	0	19		1	0	0	4	0	E,M,W
Ba-Da Bing Cherry	110	0	0	0	0	0	65	24	0	20		3	0	2	10	0	M
Bananalicious	100	0	0	0	0	5	80	21	0	17		3	0	2	10	0	M
Birthday Cake Batter	130	25	3	2	0	35	75	22	0	17		3	2	0	10	0	E,M,W
Blueberry Muffin	108	6	1	0.5	0	9	71	22	0	17		3	0.5	0	10	0	E,M,W
Blueberry NSA	80	0	0	0	0	0	80	18	3	6	3	4	0	2	15	0	M
Butter Brickle	110	0	0	0	0	5	85	23	0	18		3	0	2	10	0	M,N
Caramel Macchiato	120	15	1.8	1	0	18	78	22	0	17		3.5	1	2	13	6	E,M
Carrot Cake	100	0	0	0	0	0	80	21	0	16		3	20	2	10	0	M
Cheesecake NSA	80	0	0	0	0	5	85	19	3	6	3	4	0	2	15	0	M
Chelsey's Cheesecake	110	5	0	0	0	10	80	22	0	18		3	0	2	10	0	M,E
Classic Vanilla	100	0	0	0	0	5	70	20	0	17		3	0	0	10	0	M
Coffee NSA	80	0	0	0	0	5	85	19	3	6	2	4	0	2	15	0	M
Cookies & Cream	110	5	0	0	0	0	90	25	0	18		3	0	0	10	2	E,M,W,S
Cranberry Hibiscus Tart	90	0	0	0	0	0	25	20	0	14		2	0	0	6	0	M
Double Cappuccino	100	0	0	0	0	5	85	21	0	16		4	0	2	15	2	M
Dulce de Leche	140	30	3.5	2	0	30	70	23	0	18		3	2	2	10	10	E,M
Eggnoggin	110	5	0	0	0	5	75	23	0	18		2	0	0	10	0	M,E
Ginger Lemonade Sorbet	80	0	0	0	0	0	0	21	0	14		0	0	0	0	0	
Gingerbread Cookie	100	0	0	0	0	0	80	22	0	18		3	0	0	10	0	M
Grandma's Apple Pie	100	0	0	0	0	0	70	21	0	17		3	0	0	10	0	M
Greek Touch of Honey	100	0	0	0	0	0	60	18	0	13		7	0	0	15	0	M
Green Apple Tartini	105	0	0	0	0	0	45	22	0	16		2	0	0	0	0	M
Green Tea Tartini	90	0	0	0	0	0	60	20	0	15		3	0	0	10	0	M
Island Coconut	110	10	1	1	0	0	65	22	0	18		3	0	0	10	0	M,S,N
Key Lime Sorbet	90	0	0	0	0	0	0	23	0	17		0	0	4	0	0	
Kiss Me I'm Irish Mint	100	0	0	0	0	5	70	22	0	18		3	0	0	10	0	M,E
Lemon Drop	100	0	0	0	0	5	85	22	0	18		3	0	2	10	0	M
Mango Sorbet	80	0	0	0	0	0	0	21	0	15		0	2	2	0	0	
Maple Bacon Donut	100	0	0	0	0	0	105	21	0	17		3	0	0	10	0	M,W
Mint NSA	80	0	0	0	0	5	85	19	3	6	2	4	0	2	15	0	M,E
North Shore Pineapple Tartini	90	0	0	0	0	0	25	23	0	17		2	0	0	6	0	M
Old Fashioned Shirley Tempe	90	0	0	0	0	5	40	21	0	17		1	0	6	6	0	M
Orange Creamsicle	95	0	0	0	0	2.5	35	22	0	17		1.5	0	10	5	0	M
Peach Mango Tartini	100	0	0	0	0	0	55	22	0	18		3	6	10	10	0	M
Peanut Butter	140	45	5	2	0	10	105	19	1	15		4	2	2	10	0	M,P
Pecan Praline	110	0	0	0	0	0	85	23	0	18		3	0	2	10	0	M,N
Peppermint Stick	100	0	0	0	0	5	70	20	0	17		3	0	0	10	0	M
Pineapple	100	0	0	0	0	0	65	22	0	18		3	0	4	10	0	M
Pistachio	100	0	0	0	0	5	75	22	0	18		3	0	0	10	0	M
Pomegranate Raspberry Sorbet	90	0	0	0	0	0	0	23	0	18		0	0	2	0	0	
Praline NSA	80	0	0	0	0	5	85	19	3	6	2	3	0	2	15	0	M
Pumpkin Spice	110	0	0	0	0	5	80	23	0	18		3	2	2	10	0	M
Raspberry NSA	70	0	0	0	0	0	80	17	3	6	3	4	0	2	15	0	M
Red Velvet	140	25	3	2	0	20	90	25	0	19		3	2	0	10	2	E,M,W
Rootbeer Float	100	0	0	0	0	5	80	22	0	18		3	0	0	10	0	M
Ruby Red Grapefruit Tartini	90	0	0	0	0	0	25	19	0	13		2	0	0	6	0	M
Signature Blueberry Tartini	90	0	0	0	0	0	25	22	0	18		2	0	0	6	0	M
Snickerdoodle Cookie Dough	100	0	0	0	0	5	70	20	0	17		3	0	0	10	0	M
Strawberry Banana NSA	80	0	0	0	0	5	80	18	3	6	3	4	0	2	15	0	M
Strawberry Fields	100	0	0	0	0	0	65	21	0	17		3	0	4	10	0	M
Strawberry Lemonade Sorbet	90	0	0	0	0	0	0	22	0	16		0	0	10	0	0	
Strawberry Tartini	101	0	0	0	0	0	44	25	0	16		2	0	0	6	0	M
Summer Berry Sorbet	90	0	0	0	0	0	0	22	1	16		0	0	4	0	0	
The Peach	100	0	0	0	0	0	65	23	0	18		2	0	8	10	0	M
Thin Mint Cookie	110	0	0	0	0	5	90	24	0	17		3	0	0	10	2	E,M,W,S
Ultimate Chocolate	110	5	0	0	0	5	80	24	0	20		3	0	0	10	2	M
Vanilla NSA	80	0	0	0	0	5	85	19	3	6	2	4	0	2	15	0	M
Wild Blackberry	110	0	0	0	0	0	65	23	0	19		3	0	2	10	0	M

Allergens: M=Milk E=Egg W=Wheat Gluten S=Soy N=Tree Nuts P=Peanut