


Nutritional Information - Optional Products

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Added Sugars (g)	Protein (g)
Acai Bowls												
Aloha Tropical	1 bowl (237 g)	280	7	2	0	0	30	60	5	38	29	2
Caramel Apple Crunch	1 bowl (278 g)	380	13	3	0	5	80	67	7	39	31	6
Chocolate Berry	1 bowl (249 g)	300	7	1	0	0	35	65	6	38	31	3
Slice of Life	1 bowl (303 g)	480	22	6	0	0	130	77	7	52	39	7
Floats												
Dole Soft Serve®, Orange with NSA Vanilla	340 g	320	0	0	0	5	105	75	0	64	52	5
Dole Soft Serve®, Orange with Vanilla	340 g	340	0	0	0	5	105	79	0	75	65	2
Dole Soft Serve®, Pineapple	340 g	220	0	0	0	0	10	53	0	50	18	1
Root Beer with NSA Vanilla	340 g	220	0	0	0	5	125	54	0	50	44	2
Root Beer with Vanilla	340 g	310	0	0	0	5	125	50	0	39	32	4
Smoothies - Barfresh												
Strawberry Banana	16 fl. oz.	280	0	0	0	0	100	64	2	53	31	7
Triple Berry	16 fl. oz.	280	0	0	0	0	25	71	0	62	54	0
Mango Burst	16 fl. oz.	280	0	0	0	0	15	70	0	61	49	0
Caribbean	16 fl. oz.	280	0	0	0	0	15	69	0	66	52	0
Caramel Macchiato	16 fl. oz.	420	7	5	0	30	210	75	0.5	70	53	14
Vanilla Bean	16 fl. oz.	490	10	6	0	45	280	82	0	79	53	19
Cakes												
Birthday	1 slice (107 g)	260	9	6	0	10	220	42	0	32	27	3
Cookies N' Cream	1 slice (124 g)	310	11	6	0	15	310	49	0	29	23	5
Strawberry Shortcake	1 slice (122 g)	260	8	5	0	10	240	43	0	31	26	3
Triple Chocolate	1 slice (115 g)	290	11	8	0	20	230	44	0	33	29	4
Frozen Yogurt Cookie Sandwiches												
Chocolates N' Cream	1 each (113 g)	300	9	4	0	10	210	50	0	32	27	5
Cookies N' Cream	1 each (108 g)	250	6	0	0	5	260	44	0	19	12	5
Sprinkles N' Cream	1 each (113 g)	270	7	2	0	5	230	48	0	24	18	5

Percentage Daily Values are based on a 2,000 calorie diet. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

The Nutritional Information sweetFrog® has provided is based on standard product formulations. Product variations may occur based on regional differences, ingredient substitutions, seasonal conditions, differences in product preparation at the store and suppliers. Some items listed may not be available in all stores. This list may not include test products, limited time offers, custom orders, self-service orders and regional menu variations.