



NUTRITION SURVIVAL GUIDE TO
ODEON

CALORIES AND MACRONUTRIENTS

PG-FITNESS.CO.UK

1-200 CAL

201-300 CAL

301+ CAL

POPCORN (PER SERVING)

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Sweet Popcorn Kids Mix - 44g	179.5	3.25	28.17	4.47	8.82	5.98	0.004
Sweet Popcorn Small - 71g	289.7	5.24	45.46	7.21	14.23	9.66	0.007
Sweet Popcorn Medium - 128g	522.2	9.45	81.96	13	25.65	17.41	0.013
Sweet Popcorn Large - 200g	816	14.76	128.1	20.32	40.08	27.2	0.02
Salt Popcorn Kids Mix - 41g	166.5	3.28	28.17	4.27	0.23	6.08	0.328
Salt Popcorn Small - 47g	190.8	3.76	32.29	4.9	0.26	6.97	0.376
Salt Popcorn Medium - 150g	612	11.07	96.05	15.24	30.06	20.4	0.015
Salt Popcorn Large - 200g	812	16	137.4	20.84	1.1	29.68	1.6
Sweet & Salt Popcorn Kids Mix - 44g	206.8	3.63	25.63	4.51	7.67	8.97	0.616
Sweet & Salt Popcorn Small - 91g	427.7	7.52	53.02	9.32	15.86	18.55	1.274
Sweet & Salt Popcorn Medium - 128g	522.2	9.45	81.96	13	25.65	17.41	0.013
Sweet & Salt Popcorn Large - 200g	940	16.52	116.5	20.48	34.86	40.76	2.8
Butter Whirl ROI - 10g	88.2	0	0	0	0	9.8	0.152
Butter Whirl ROI - 20g	176.4	0	0	0	0	19.6	0.304
Butter Whirl ROI - 30g	264.6	0	0	0	0	29.4	0.456
Pretzel - 30g	118.5	3.66	22.38	1.23	0.84	1.32	0.51
Smarties Hexatubes 38g	175.6	0.38	26.14	0.34	24.09	6.99	0.057
Mini Rolos 40g	198	2.12	25.84	0.6	23.16	9.4	0.112
Oeros 33g	0	0	0	0	0	0	0

DISPENSED DRINKS (PER SERVING)

Kids Mix Coke - 12oz	142.9	0	36.06	0	36.06	0	0
Small Coke - 16oz	190.5	0	48.08	0	48.08	0	0
Medium Coke - 22oz	262	0	66.11	0	66.11	0	0
Large Coke - 32oz	381	0	96.16	0	96.16	0	0
Kids Mix Coke Zero - 12oz	1.7	0	0	0	0	0	0.07
Small Coke Zero - 16oz	2.27	0	0	0	0	0	0.09
Medium Coke Zero - 22oz	3.12	0	0	0	0	0	0.12
Large Coke Zero - 32oz	4.54	0	0	0	0	0	0.18
Kids Mix Diet Coke - 12oz	1.02	0	0	0	0	0	0
Small Diet Coke - 16oz	1.36	0	0	0	0	0	0
Medium Diet Coke - 22oz	1.87	0	0	0	0	0	0
Large Diet Coke - 32oz	2.72	0	0	0	0	0	0
Kids Mix Fanta Orange - 12oz	64.64	0	15.31	0	15.31	0	0.07
Small Fanta Orange -16oz	86.18	0	20.41	0	20.41	0	0.09
Medium Fanta Orange - 22oz	118.5	0	28.07	0	28.07	0	0.12
Large Fanta Orange - 32oz	172.4	0	40.82	0	40.82	0	0.18
Kids Mix Sprite Zero -12oz	3.4	0	0	0	0	0	0.24
Small Sprite Zero - 16oz	4.54	0	0	0	0	0	0.32
Medium Sprite Zero - 22 oz	6.24	0	0	0	0	0	0.44
Large Sprite Zero - 32oz	9.07	0	0	0	0	0	0.64
Small Coke - 16oz Freestyle	208.7	Trace	52.62	0	52.62	Trace	0.05

1-200 CAL

201-300 CAL

301+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Medium Coke - 22oz Freestyle	286.9	Trace	72.35	0	72.35	Trace	0.06
Large Coke - 32oz Freestyle	417.3	Trace	105.2	0	105.2	Trace	0.09
Small Diet Coke - 16oz Freestyle	1.36	Trace	0	0	0	Trace	0.05
Medium Diet Coke - 22oz Freestyle	1.87	Trace	0	0	0	Trace	0.06
Large Diet Coke - 32oz Freestyle	2.72	Trace	0	0	0	Trace	0.09
Small Diet Coke Cherry - 16oz Freestyle	9.07	Trace	0.91	0	0.45	Trace	0.05
Medium Diet Coke Cherry - 22oz Freestyle	12.47	Trace	1.25	0	0.62	Trace	0.06
Large Diet Coke Cherry - 32oz Freestyle	18.14	Trace	1.81	0	0.91	Trace	0.09
Small Diet Coke Vanilla - 16oz Freestyle	9.07	Trace	1.36	0	0	Trace	0.05
Medium Diet Coke Vanilla - 22oz Freestyle	12.47	Trace	1.87	0	0	Trace	0.06
Large Diet Coke Vanilla - 32oz Freestyle	18.14	Trace	2.72	0	0	Trace	0.09
Small Diet Coke Raspberry - 16oz Freestyle	9.07	Trace	0.91	0	0	Trace	0.05
Medium Diet Coke Raspberry - 22oz Freestyle	12.47	Trace	1.25	0	0	Trace	0.06
Large Diet Coke Raspberry - 32oz Freestyle	18.14	Trace	1.81	0	0	Trace	0.09
Small Diet Coke Lime - 16oz Freestyle	4.54	Trace	0	0	0	Trace	0.05
Medium Diet Coke Lime - 22oz Freestyle	6.24	Trace	0	0	0	Trace	0.06
Large Diet Coke Lime - 32oz Freestyle	9.07	Trace	0	0	0	Trace	0.09
Small Diet Coke Cherry Vanilla - 16oz Freestyle	9.07	Trace	0.91	0	0	Trace	0.05
Medium Diet Coke Cherry Vanilla - 22oz Freestyle	12.47	Trace	1.25	0	0	Trace	0.06
Large Diet Coke Cherry Vanilla - 32oz Freestyle	18.14	Trace	1.81	0	0	Trace	0.09
Small Diet Coke Orange - 16oz Freestyle	1.81	Trace	0.45	0	0	Trace	0.05
Medium Diet Coke Orange - 22oz Freestyle	2.49	Trace	0.62	0	0	Trace	0.06
Large Diet Coke Orange - 32oz Freestyle	3.63	Trace	0.91	0	0	Trace	0.09
Small Coca Cola Zero Sugar - 16oz Freestyle	1.36	Trace	0	0	0	Trace	0.05
Medium Coca Cola Zero Sugar - 22oz Freestyle	1.87	Trace	0	0	0	Trace	0.06
Large Coca Cola Zero Sugar - 32oz Freestyle	2.72	Trace	0	0	0	Trace	0.09
Small Coca Cola Zero Sugar Cherry - 16oz Freestyle	9.07	Trace	0.91	0	0.45	Trace	0.09
Medium Coca Cola Zero Sugar Cherry - 22oz Freestyle	12.47	Trace	1.25	0	0.62	Trace	0.12
Large Coca Cola Zero Sugar Cherry - 32oz Freestyle	18.14	Trace	1.81	0	0.91	Trace	0.18
Small Coca Cola Zero Sugar Orange - 16oz Freestyle	1.36	Trace	0.45	0	0	Trace	0.09
Medium Coca Cola Zero Sugar Orange - 22oz Freestyle	1.87	Trace	0.62	0	0	Trace	0.12
Large Coca Cola Zero Sugar Orange - 32oz Freestyle	2.72	Trace	0.91	0	0	Trace	0.18
Small Coca Cola Zero Sugar Vanilla - 16oz Freestyle	9.07	Trace	1.36	0	0	Trace	0.05
Medium Coca Cola Zero Sugar Vanilla - 22oz Freestyle	12.47	Trace	1.87	0	0	Trace	0.06
Large Coca Cola Zero Sugar Vanilla - 32oz Freestyle	18.14	Trace	2.72	0	0	Trace	0.09
Small Coca Cola Zero Sugar Raspberry - 16oz Freestyle	4.54	Trace	0.91	0	0	Trace	0.05
Medium Coca Cola Zero Sugar Raspberry - 22oz Freestyle	6.24	Trace	1.25	0	0	Trace	0.06
Large Coca Cola Zero Sugar Raspberry - 32oz Freestyle	9.07	Trace	1.81	0	0	Trace	0.09
Small Coca Cola Zero Sugar Lemon - 16oz Freestyle	1.36	Trace	0	0	0	Trace	0.05
Medium Coca Cola Zero Sugar Lemon - 22oz Freestyle	1.87	Trace	0	0	0	Trace	0.06
Large Coca Cola Zero Sugar Lemon - 32oz Freestyle	2.72	Trace	0	0	0	Trace	0.09
Small Coca Cola Zero Sugar Lime - 16oz Freestyle	4.54	Trace	0	0	0	Trace	0.05
Medium Coca Cola Zero Sugar Lime - 22oz Freestyle	6.24	Trace	0	0	0	Trace	0.06
Large Coca Cola Zero Sugar Lime - 32oz Freestyle	9.07	Trace	0	0	0	Trace	0.09
Small Coca Cola Zero Sugar Cherry Vanilla - 16oz Freestyle	9.07	Trace	0.91	0	0	Trace	0.05
Medium Coca Cola Zero Sugar Cherry Vanilla - 22oz Freestyle	12.47	Trace	1.25	0	0	Trace	0.06
Large Coca Cola Zero Sugar Cherry Vanilla - 32oz Freestyle	18.14	Trace	1.81	0	0	Trace	0.09
Small Coca Cola Zero Sugar Peach - 16oz Freestyle	4.54	Trace	0.45	0	0	Trace	0.05

1-200 CAL

201-300 CAL

301+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Small Diet Coke Caffeine Free - 16oz Freestyle	1.36	Trace	0	0	0	Trace	0.05
Medium Diet Coke Caffeine Free - 22oz Freestyle	1.87	Trace	0	0	0	Trace	0.06
Large Diet Coke Caffeine Free - 32oz Freestyle	2.72	Trace	0	0	0	Trace	0.09
Small Diet Coke Caffeine Free Cherry - 16oz Freestyle	9.07	Trace	0.91	0	0.45	Trace	0.05
Medium Diet Coke Caffeine Free Cherry - 22oz Freestyle	12.47	Trace	1.25	0	0.62	Trace	0.06
Large Diet Coke Caffeine Free Cherry - 32oz Freestyle	18.14	Trace	1.81	0	0.91	Trace	0.09
Small Diet Coke Caffeine Free Vanilla - 16oz Freestyle	9.07	Trace	1.36	0	0	Trace	0.05
Medium Diet Coke Caffeine Free Vanilla - 22oz Freestyle	12.47	Trace	1.87	0	0	Trace	0.06
Large Diet Coke Caffeine Free Vanilla - 32oz Freestyle	18.14	Trace	2.72	0	0	Trace	0.09
Small Diet Coke Caffeine Free Raspberry - 16oz Freestyle	4.54	Trace	0.91	0	0	Trace	0.05
Medium Diet Coke Caffeine Free Raspberry - 22oz Freestyle	6.24	Trace	1.25	0	0	Trace	0.06
Large Diet Coke Caffeine Free Raspberry - 32oz Freestyle	9.07	Trace	1.81	0	0	Trace	0.09
Small Diet Coke Caffeine Free Lime - 16oz Freestyle	4.54	Trace	0	0	0	Trace	0.05
Medium Diet Coke Caffeine Free Lime - 22oz Freestyle	6.24	Trace	0	0	0	Trace	0.06
Large Diet Coke Caffeine Free Lime - 32oz Freestyle	9.07	Trace	0	0	0	Trace	0.09
Small Diet Coke Caffeine Free Cherry Vanilla - 16oz Freestyle	9.07	Trace	0.91	0	0	Trace	0.05
Medium Diet Coke Caffeine Free Cherry Vanilla - 22oz Freestyle	12.47	Trace	1.25	0	0	Trace	0.06
Large Diet Coke Caffeine Free Cherry Vanilla - 32oz Freestyle	18.14	Trace	1.81	0	0	Trace	0.09
Small Diet Coke Caffeine Free Orange - 16oz Freestyle	1.81	Trace	0.45	0	0	Trace	0.05
Medium Diet Coke Caffeine Free Orange - 22oz Freestyle	2.49	Trace	0.62	0	0	Trace	0.06
Large Diet Coke Caffeine Free Orange - 32oz Freestyle	3.63	Trace	0.91	0	0	Trace	0.09
Small Dr Pepper - 16oz Freestyle	90.72	Trace	21.77	0	21.77	Trace	0.05
Medium Dr Pepper - 22oz Freestyle	124.7	Trace	29.94	0	29.94	Trace	0.06
Large Dr Pepper - 32oz Freestyle	181.4	Trace	43.54	0	43.54	Trace	0.09
Small Dr Pepper Cherry - 16oz Freestyle	99.79	Trace	22.68	0	22.23	Trace	0.05
Medium Dr Pepper Cherry - 22oz Freestyle	137.2	Trace	31.18	0	30.56	Trace	0.06
Large Dr Pepper Cherry - 32oz Freestyle	199.6	Trace	45.36	0	44.45	Trace	0.09
Small Dr Pepper Cherry Vanilla - 16oz Freestyle	95.25	Trace	22.68	0	21.77	Trace	0.05
Medium Dr Pepper Cherry Vanilla - 22oz Freestyle	131	Trace	31.18	0	29.94	Trace	0.06
Large Dr Pepper Cherry Vanilla - 32oz Freestyle	190.5	Trace	45.36	0	43.54	Trace	0.09
Small Dr Pepper Strawberry - 16oz Freestyle	95.25	Trace	22.68	0	21.77	Trace	0.05
Medium Dr Pepper Strawberry - 22oz Freestyle	131	Trace	31.18	0	29.94	Trace	0.06
Large Dr Pepper Strawberry - 32oz Freestyle	190.5	Trace	45.36	0	43.54	Trace	0.09
Small Dr Pepper Zero - 16oz Freestyle	1.81	Trace	0	0	0	Trace	0.05
Medium Dr Pepper Zero - 22oz Freestyle	2.49	Trace	0	0	0	Trace	0.06
Large Dr Pepper Zero - 32oz Freestyle	3.63	Trace	0	0	0	Trace	0.09
Small Dr Pepper Zero Cherry - 16oz Freestyle	9.07	Trace	0.91	0	0.45	Trace	0.05
Medium Dr Pepper Zero Cherry - 22oz Freestyle	12.47	Trace	1.25	0	0.62	Trace	0.06
Large Dr Pepper Zero Cherry - 32oz Freestyle	18.14	Trace	1.81	0	0.91	Trace	0.09
Small Dr Pepper Zero Cherry Vanilla - 16oz Freestyle	9.07	Trace	0.91	0	0	Trace	0.05
Medium Dr Pepper Zero Cherry Vanilla - 22oz Freestyle	12.47	Trace	1.25	0	0	Trace	0.06
Large Dr Pepper Zero Cherry Vanilla - 32oz Freestyle	18.14	Trace	1.81	0	0	Trace	0.09
Small Dr Pepper Zero Strawberry - 16oz Freestyle	9.07	Trace	0.45	0	0	Trace	0.05
Medium Dr Pepper Zero Strawberry - 22oz Freestyle	12.47	Trace	0.62	0	0	Trace	0.06
Large Dr Pepper Zero Strawberry - 32oz Freestyle	18.14	Trace	0.91	0	0	Trace	0.09
Small Fanta Orange - 16oz Freestyle	95.25	Trace	23.13	0	22.68	Trace	0.05
Medium Fanta Orange - 22oz Freestyle	131	Trace	31.18	0	31.18	Trace	0.06
Large Fanta Orange - 32oz Freestyle	190.5	Trace	46.27	0	45.36	Trace	0.09

1-200 CAL

201-300 CAL

301+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Large Fanta Cherry - 32oz Freestyle	199.6	Trace	45.36	0	43.54	Trace	0.09
Small Fanta Raspberry - 16oz Freestyle	99.79	Trace	22.68	0	21.77	Trace	0.05
Medium Fanta Raspberry - 22oz Freestyle	137.2	Trace	31.18	0	29.94	Trace	0.06
Large Fanta Raspberry - 32oz Freestyle	199.6	Trace	45.36	0	43.54	Trace	0.09
Small Fanta Lemon - 16oz Freestyle	90.72	Trace	21.77	0	21.77	Trace	0.05
Medium Fanta Lemon - 22oz Freestyle	124.7	Trace	29.94	0	29.94	Trace	0.06
Large Fanta Lemon - 32oz Freestyle	181.4	Trace	43.54	0	43.54	Trace	0.09
Small Fanta Grape - 16oz Freestyle	95.25	Trace	22.23	0	21.77	Trace	0.05
Medium Fanta Grape - 22oz Freestyle	131	Trace	30.56	0	29.94	Trace	0.06
Large Fanta Grape - 32oz Freestyle	190.5	Trace	44.45	0	43.54	Trace	0.09
Small Fanta Peach - 16oz Freestyle	95.25	Trace	22.68	0	21.77	Trace	0.05
Medium Fanta Peach - 22oz Freestyle	131	Trace	31.18	0	29.94	Trace	0.06
Large Fanta Peach - 32oz Freestyle	190.5	Trace	45.36	0	43.54	Trace	0.09
Small Fanta Strawberry - 16oz Freestyle	99.79	Trace	22.68	0	21.77	Trace	0.05
Medium Fanta Strawberry - 22oz Freestyle	137.2	Trace	31.18	0	29.94	Trace	0.06
Large Fanta Strawberry - 32oz Freestyle	199.6	Trace	45.36	0	43.54	Trace	0.09
Small Fanta Fruit Punch - 16oz Freestyle	95.25	Trace	22.23	0	21.77	Trace	0.05
Medium Fanta Fruit Punch - 22oz Freestyle	131	Trace	30.56	0	29.94	Trace	0.06
Large Fanta Fruit Punch - 32oz Freestyle	190.5	Trace	44.45	0	43.54	Trace	0.09
Small Fanta Zero - 16oz Freestyle	4.54	Trace	0.45	0	0	Trace	0.05
Medium Fanta Zero - 22oz Freestyle	6.24	Trace	0.62	0	0	Trace	0.06
Large Fanta Zero - 32oz Freestyle	9.07	Trace	0.91	0	0	Trace	0.09
Small Fanta Zero Cherry - 16oz Freestyle	9.07	Trace	0.91	0	0	Trace	0.05
Medium Fanta Zero Cherry - 22oz Freestyle	12.47	Trace	1.25	0	0	Trace	0.06
Large Fanta Zero Cherry - 32oz Freestyle	18.14	Trace	1.81	0	0	Trace	0.09
Small Fanta Zero Raspberry - 16oz Freestyle	9.07	Trace	0.91	0	0	Trace	0.05
Medium Fanta Zero Raspberry - 22oz Freestyle	12.47	Trace	1.25	0	0	Trace	0.06
Large Fanta Zero Raspberry - 32oz Freestyle	18.14	Trace	1.81	0	0	Trace	0.09
Small Fanta Zero Lemon - 16oz Freestyle	2.27	Trace	0.91	0	0	Trace	0.05
Medium Fanta Zero Lemon - 22oz Freestyle	3.12	Trace	0.91	0	0	Trace	0.05
Large Fanta Zero Lemon - 32oz Freestyle	4.54	Trace	0.91	0	0	Trace	0.05
Small Fanta Zero Grape - 16oz Freestyle	9.07	Trace	0.91	0	0	Trace	0.05
Medium Fanta Zero Grape - 22oz Freestyle	12.47	Trace	0.91	0	0	Trace	0.05
Large Fanta Zero Grape - 32oz Freestyle	18.14	Trace	0.91	0	0	Trace	0.05
Small Fanta Zero Peach - 16oz Freestyle	9.07	Trace	0.91	0	0	Trace	0.05
Medium Fanta Zero Peach - 22oz Freestyle	12.47	Trace	1.25	0	0	Trace	0.06
Large Fanta Zero Peach - 32oz Freestyle	18.14	Trace	1.81	0	0	Trace	0.09
Small Fanta Zero Strawberry - 16oz Freestyle	9.07	Trace	0.91	0	0	Trace	0.05
Medium Fanta Zero Strawberry - 22oz Freestyle	12.47	Trace	1.25	0	0	Trace	0.06
Large Fanta Zero Strawberry - 32oz Freestyle	18.14	Trace	1.81	0	0	Trace	0.09
Small Fanta Zero Fruit Punch - 16oz Freestyle	9.07	Trace	0.45	0	0	Trace	0.05
Medium Fanta Zero Fruit Punch - 22oz Freestyle	12.47	Trace	0.62	0	0	Trace	0.06
Large Fanta Zero Fruit Punch - 32oz Freestyle	18.14	Trace	0.91	0	0	Trace	0.09
Small Fanta No Bubbles - 16oz Freestyle	90.72	Trace	22.23	0	21.77	Trace	0.05
Medium Fanta No Bubbles - 22oz Freestyle	124.7	Trace	30.56	0	29.94	Trace	0.06
Large Fanta No Bubbles - 32oz Freestyle	181.4	Trace	44.45	0	43.54	Trace	0.09

1-200 CAL

201-300 CAL

301+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Medium Fanta No Bubbles Raspberry - 22oz Freestyle	137.2	Trace	31.18	0	29.94	Trace	0.06
Large Fanta No Bubbles Raspberry - 32oz Freestyle	199.6	Trace	45.36	0	43.54	Trace	0.09
Small Fanta No Bubbles Lemon - 16oz Freestyle	90.72	Trace	21.77	0	21.77	Trace	0.05
Medium Fanta No Bubbles Lemon - 22oz Freestyle	124.7	Trace	29.94	0	29.94	Trace	0.06
Large Fanta No Bubbles Lemon - 32oz Freestyle	181.4	Trace	43.54	0	43.54	Trace	0.09
Small Fanta No Bubbles Grape - 16oz Freestyle	95.25	Trace	22.23	0	21.77	Trace	0.05
Medium Fanta No Bubbles Grape - 22oz Freestyle	131	Trace	30.56	0	29.94	Trace	0.06
Large Fanta No Bubbles Grape - 32oz Freestyle	190.5	Trace	44.45	0	43.54	Trace	0.09
Small Fanta No Bubbles Peach - 16oz Freestyle	95.25	Trace	22.68	0	21.77	Trace	0.05
Medium Fanta No Bubbles Peach - 22oz Freestyle	131	Trace	31.18	0	29.94	Trace	0.06
Large Fanta No Bubbles Peach - 16oz Freestyle	190.5	Trace	45.36	0	43.54	Trace	0.09
Small Fanta No Bubbles Strawberry - 16oz Freestyle	99.79	Trace	22.68	0	21.77	Trace	0.05
Medium Fanta No Bubbles Strawberry - 22oz Freestyle	137.2	Trace	31.18	0	29.94	Trace	0.06
Large Fanta No Bubbles Strawberry - 32oz Freestyle	199.6	Trace	45.36	0	43.54	Trace	0.09
Small Fanta No Bubbles Fruit Punch - 16oz Freestyle	95.25	Trace	22.23	0	21.77	Trace	0.05
Medium Fanta No Bubbles Fruit Punch - 22oz Freestyle	131	Trace	30.56	0	29.94	Trace	0.06
Large Fanta No Bubbles Fruit Punch - 32oz Freestyle	190.5	Trace	44.45	0	43.54	Trace	0.09
Small Fanta No Bubbles Zero - 16oz Freestyle	4.54	13.61	4.54	13.61	0	Trace	0.05
Medium Fanta No Bubbles Zero - 22oz Freestyle	6.24	18.71	6.24	18.71	0	Trace	0.06
Large Fanta No Bubbles Zero - 32oz Freestyle	9.07	27.22	9.07	27.22	0	Trace	0.09
Small Fanta No Bubbles Zero Cherry - 16oz Freestyle	9.07	Trace	0.91	0	0	Trace	0.05
Medium Fanta No Bubbles Zero Cherry - 22oz Freestyle	12.47	Trace	1.25	0	0	Trace	0.06
Large Fanta No Bubbles Zero Cherry - 32oz Freestyle	18.14	Trace	1.81	0	0	Trace	0.09
Small Fanta No Bubbles Zero Raspberry - 16oz Freestyle	9.07	Trace	0.91	0	0	Trace	0.05
Medium Fanta No Bubbles Zero Raspberry - 22oz Freestyle	12.47	Trace	1.25	0	0	Trace	0.06
Large Fanta No Bubbles Zero Raspberry - 32oz Freestyle	18.14	Trace	1.81	0	0	Trace	0.09
Small Fanta No Bubbles Zero Lemon - 16oz Freestyle	2.27	Trace	0	0	0	Trace	0.05
Medium Fanta No Bubbles Zero Lemon - 22oz Freestyle	3.12	Trace	0	0	0	Trace	0.06
Large Fanta No Bubbles Zero Lemon - 32oz Freestyle	4.54	Trace	0	0	0	Trace	0.09
Small Fanta No Bubbles Zero Grape - 16oz Freestyle	9.07	Trace	0.45	0	0	Trace	0.05
Medium Fanta No Bubbles Zero Grape - 22oz Freestyle	12.47	Trace	0.62	0	0	Trace	0.06
Large Fanta No Bubbles Zero Grape - 32oz Freestyle	18.14	Trace	0.91	0	0	Trace	0.09
Small Fanta No Bubbles Zero Peach - 16oz Freestyle	9.07	Trace	0.91	0	0	Trace	0.05
Medium Fanta No Bubbles Zero Peach - 22oz Freestyle	12.47	Trace	1.25	0	0	Trace	0.06
Large Fanta No Bubbles Zero Peach - 32oz Freestyle	18.14	Trace	1.81	0	0	Trace	0.09
Small Fanta No Bubbles Zero Strawberry - 16oz Freestyle	9.07	Trace	0.91	0	0	Trace	0.05
Medium Fanta No Bubbles Zero Strawberry - 22oz Freestyle	12.47	Trace	1.25	0	0	Trace	0.06
Large Fanta No Bubbles Zero Strawberry - 32oz Freestyle	18.14	Trace	1.81	0	0	Trace	0.09
Small Fanta No Bubbles Zero Fruit Punch - 16oz Freestyle	9.07	Trace	0.45	0	0	Trace	0.05
Medium Fanta No Bubbles Zero Fruit Punch - 22oz Freestyle	12.47	Trace	0.62	0	0	Trace	0.06
Large Fanta No Bubbles Zero Fruit Punch - 32oz Freestyle	18.14	Trace	0.91	0	0	Trace	0.09
Small Fuze Tea Lemon - 16oz Freestyle	90.72	Trace	21.77	0	21.77	Trace	0.05
Medium Fuze Tea Lemon - 22oz Freestyle	124.7	Trace	29.94	0	29.94	Trace	0.06
Large Fuze Tea Lemon - 32oz Freestyle	181.4	Trace	43.54	0	43.54	Trace	0.09
Small Fuze Tea Raspberry - 16oz Freestyle	95.25	Trace	22.23	0	21.77	Trace	0.05
Medium Fuze Tea Raspberry - 22oz Freestyle	131	13.61	30.56	0	29.94	13.61	0.06
Large Fuze Tea Raspberry - 32oz Freestyle	190.5	18.71	44.45	0	43.54	18.71	0.09
Small Fuze Tea Peach - 16oz Freestyle	95.25	27.22	22.23	0	21.77	27.22	0.05

1-200 CAL

201-300 CAL

301+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Small Fuze Tea Strawberry - 16oz Freestyle	95.25	Trace	22.23	0	21.77	Trace	0.05
Medium Fuze Tea Strawberry - 22oz Freestyle	131	Trace	30.56	0	29.94	Trace	0.06
Large Fuze Tea Strawberry - 32oz Freestyle	190.5	Trace	44.45	0	43.54	Trace	0.09
Small Fuze Tea Vanilla - 16oz Freestyle	95.25	Trace	22.23	0	21.77	Trace	0.05
Medium Fuze Tea Vanilla - 22oz Freestyle	131	Trace	30.56	0	29.94	Trace	0.06
Large Fuze Tea Vanilla - 32oz Freestyle	190.5	Trace	44.45	0	43.54	Trace	0.09
Small Fuze Tea Orange - 16oz Freestyle	90.72	Trace	22.23	0	21.77	Trace	0.05
Medium Fuze Tea Orange - 22oz Freestyle	124.7	Trace	30.56	0	29.94	Trace	0.06
Large Fuze Tea Orange - 32oz Freestyle	181.4	Trace	44.45	0	43.54	Trace	0.09
Small Fuze Tea Zero Lemon - 16oz Freestyle	4.54	Trace	0	0	0	Trace	0.05
Medium Fuze Tea Zero Lemon - 22oz Freestyle	6.24	Trace	0	0	0	Trace	0.06
Large Fuze Tea Zero Lemon - 32oz Freestyle	9.07	Trace	0	0	0	Trace	0.09
Small Fuze Tea Zero Raspberry - 16oz Freestyle	9.07	Trace	0.45	0	0	Trace	0.05
Medium Fuze Tea Zero Raspberry - 22oz Freestyle	12.47	Trace	0.62	0	0	Trace	0.06
Large Fuze Tea Zero Raspberry - 32oz Freestyle	18.14	Trace	0.91	0	0	Trace	0.09
Small Fuze Tea Zero Peach - 16oz Freestyle	9.07	Trace	0.45	0	0	Trace	0.05
Medium Fuze Tea Zero Peach - 22oz Freestyle	12.47	Trace	0.62	0	0	Trace	0.06
Large Fuze Tea Zero Peach - 32oz Freestyle	18.14	Trace	0.91	0	0	Trace	0.09
Small Fuze Tea Zero Strawberry - 16oz Freestyle	9.07	Trace	0.45	0	0	Trace	0.05
Medium Fuze Tea Zero Strawberry - 22oz Freestyle	12.47	Trace	0.62	0	0	Trace	0.06
Large Fuze Tea Zero Strawberry - 32oz Freestyle	18.14	Trace	0.91	0	0	Trace	0.09
Small Fuze Tea Zero Vanilla - 16oz Freestyle	9.07	Trace	0.45	0	0	Trace	0.05
Medium Fuze Tea Zero Vanilla - 22oz Freestyle	12.47	Trace	0.62	0	0	Trace	0.06
Large Fuze Tea Zero Vanilla - 32oz Freestyle	18.14	13.61	0.91	0	0	13.61	0.09
Small Fuze Tea Zero Orange - 16oz Freestyle	4.54	18.71	0.45	0	0	18.71	0.05
Medium Fuze Tea Zero Orange - 22oz Freestyle	6.24	27.22	0.62	0	0	27.22	0.06
Large Fuze Tea Zero Orange - 32oz Freestyle	9.07	Trace	0.91	0	0	Trace	0.09
Small Powerade Zero Cherry - 16oz Freestyle	9.07	Trace	0.91	0	0	Trace	0.45
Medium Powerade Zero Cherry - 22oz Freestyle	12.47	Trace	1.25	0	0	Trace	0.62
Large Powerade Zero Cherry - 32oz Freestyle	18.14	Trace	1.81	0	0	Trace	0.91
Small Powerade Zero Orange - 16oz Freestyle	4.54	Trace	0	0	0	Trace	0.45
Medium Powerade Zero Orange - 22oz Freestyle	6.24	Trace	0	0	0	Trace	0.62
Large Powerade Zero Orange - 32oz Freestyle	9.07	Trace	0	0	0	Trace	0.91
Small Powerade Zero Raspberry - 16oz Freestyle	9.07	Trace	0.45	0	0	Trace	0.45
Medium Powerade Zero Raspberry - 22oz Freestyle	12.47	Trace	0.62	0	0	Trace	0.62
Large Powerade Zero Raspberry - 32oz Freestyle	18.14	Trace	0.91	0	0	Trace	0.91
Small Powerade Zero Lemon - 16oz Freestyle	4.54	Trace	0	0	0	Trace	0.45
Medium Powerade Zero Lemon - 22oz Freestyle	6.24	Trace	0	0	0	Trace	0.62
Large Powerade Zero Lemon - 32oz Freestyle	9.07	Trace	0	0	0	Trace	91
Small Powerade Zero Grape - 16oz Freestyle	4.54	Trace	0.45	0	0	Trace	0.45
Medium Powerade Zero Grape - 22oz Freestyle	6.24	Trace	0.62	0	0	Trace	0.62
Large Powerade Zero Grape - 32oz Freestyle	9.07	Trace	0.91	0	0	Trace	0.91
Small Powerade Zero Strawberry - 16oz Freestyle	4.54	Trace	0.45	0	0	Trace	0.45
Medium Powerade Zero Strawberry - 22oz Freestyle	6.24	Trace	0.62	0	0	Trace	0.62
Large Powerade Zero Strawberry - 32oz Freestyle	9.07	Trace	0.91	0	0	Trace	0.91
Small Powerade Zero Fruit Punch - 16oz Freestyle	9.07	Trace	0.45	0	0	Trace	0.45
Medium Powerade Zero Fruit Punch - 22oz Freestyle	12.47	Trace	0.62	0	0	Trace	0.62
Large Powerade Zero Fruit Punch - 32oz Freestyle	18.14	Trace	0.91	0	0	Trace	0.91

1-200 CAL

201-300 CAL

301+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Large Powerade Zero Berry Tropical - 32oz Freestyle	18.14	Trace	1.81	0	0	Trace	0.91
Small Schweppes Lemonade - 16oz Freestyle	90.72	Trace	21.77	0	21.77	Trace	0.14
Medium Schweppes Lemonade - 22oz Freestyle	124.7	Trace	29.94	0	29.94	Trace	0.19
Large Schweppes Lemonade - 32oz Freestyle	181.4	Trace	43.54	0	43.54	Trace	0.27
Small Schweppes Lemonade Cherry - 16oz Freestyle	95.25	Trace	22.23	0	21.77	Trace	0.14
Medium Schweppes Lemonade Cherry - 22oz Freestyle	131	Trace	30.56	0	29.94	Trace	0.19
Large Schweppes Lemonade Cherry - 32oz Freestyle	190.5	Trace	44.45	0	43.54	Trace	0.27
Small Schweppes Lemonade Orange - 16oz Freestyle	90.72	Trace	21.77	0	21.77	Trace	0.14
Medium Schweppes Lemonade Orange - 22oz Freestyle	124.7	Trace	29.94	0	29.94	Trace	0.19
Large Schweppes Lemonade Orange - 32oz Freestyle	181.4	Trace	43.54	0	43.54	Trace	0.27
Small Schweppes Lemonade Raspberry - 16oz Freestyle	95.25	Trace	22.23	0	21.77	Trace	0.14
Medium Schweppes Lemonade Raspberry - 22oz Freestyle	131	Trace	30.56	0	29.94	Trace	0.19
Large Schweppes Lemonade Raspberry - 32oz Freestyle	190.5	Trace	44.45	0	43.54	Trace	0.27
Small Schweppes Lemonade Strawberry - 16oz Freestyle	99.79	Trace	22.68	0	21.77	Trace	0.14
Medium Schweppes Lemonade Strawberry - 22oz Freestyle	137.2	Trace	31.18	0	29.94	Trace	0.19
Large Schweppes Lemonade Strawberry - 32oz Freestyle	199.6	Trace	45.36	0	43.54	Trace	0.27
Small Schweppes Lemonade Fruit Punch - 16oz Freestyle	99.79	Trace	22.23	0	21.77	Trace	0.14
Medium Schweppes Lemonade Fruit Punch - 22oz Freestyle	137.2	Trace	30.56	0	29.94	Trace	0.19
Large Schweppes Lemonade Fruit Punch - 32oz Freestyle	199.6	Trace	44.45	0	43.54	Trace	0.27
Small Schweppes Diet Lemonade - 16oz Freestyle	4.54	Trace	0	0	0	Trace	0.14
Medium Schweppes Diet Lemonade - 22oz Freestyle	6.24	Trace	0	0	0	Trace	0.19
Large Schweppes Diet Lemonade - 32oz Freestyle	9.07	Trace	0	0	0	Trace	0.27
Small Schweppes Diet Lemonade Cherry - 16oz Freestyle	9.07	Trace	0.45	0	0	Trace	0.14
Medium Schweppes Diet Lemonade Cherry - 22oz Freestyle	12.47	Trace	0.62	0	0	Trace	0.19
Large Schweppes Diet Lemonade Cherry - 32oz Freestyle	18.14	Trace	0.91	0	0	Trace	0.27
Small Schweppes Diet Lemonade Orange - 16oz Freestyle	4.54	Trace	0	0	0	Trace	0.14
Medium Schweppes Diet Lemonade Orange - 22oz Freestyle	6.24	Trace	0	0	0	Trace	0.19
Large Schweppes Diet Lemonade Orange - 32oz Freestyle	9.07	Trace	0	0	0	Trace	0.27
Small Schweppes Diet Lemonade Raspberry - 16oz Freestyle	9.07	Trace	0.45	0	0	Trace	0.14
Medium Schweppes Diet Lemonade Raspberry - 22oz Freestyle	12.47	Trace	0.62	0	0	Trace	0.19
Large Schweppes Diet Lemonade Raspberry - 32oz Freestyle	18.14	Trace	0.91	0	0	Trace	0.27
Small Schweppes Diet Lemonade Strawberry - 16oz Freestyle	13.61	Trace	0.91	0	0	Trace	0.14
Medium Schweppes Diet Lemonade Strawberry - 22oz Freestyle	18.71	Trace	1.25	0	0	Trace	0.19
Large Schweppes Diet Lemonade Strawberry - 32oz Freestyle	27.22	Trace	1.81	0	0	Trace	0.27
Small Schweppes Diet Lemonade Fruit Punch - 16oz Freestyle	9.07	Trace	0.45	0	0	Trace	0.14
Medium Schweppes Diet Lemonade Fruit Punch - 22oz Freestyle	12.47	Trace	0.62	0	0	Trace	0.19
Large Schweppes Diet Lemonade Fruit Punch - 32oz Freestyle	18.14	Trace	0.91	0	0	Trace	0.27
Small Sprite Zero - 16oz Freestyle	4.54	Trace	0	0	0	Trace	0.05
Medium Sprite Zero - 22oz Freestyle	6.24	Trace	0	0	0	Trace	0.06
Large Sprite Zero - 32oz Freestyle	9.07	Trace	0	0	0	Trace	0.09
Small Sprite Zero Cherry - 16oz Freestyle	4.54	Trace	0.45	0	0	Trace	0.05
Medium Sprite Zero Cherry - 22oz Freestyle	6.24	Trace	0.62	0	0	Trace	0.06
Large Sprite Zero Cherry - 32oz Freestyle	9.07	Trace	0.91	0	0	Trace	0.09
Small Sprite Zero Orange - 16oz Freestyle	9.07	Trace	0	0	0	Trace	0.05
Medium Sprite Zero Orange - 22oz Freestyle	12.47	Trace	0	0	0	Trace	0.06
Large Sprite Zero Orange - 32oz Freestyle	18.14	Trace	0	0	0	Trace	0.09
Small Sprite Zero Vanilla - 16oz Freestyle	4.54	Trace	0.45	0	0	Trace	0.05
Medium Sprite Zero Vanilla - 22oz Freestyle	6.24	Trace	0.62	0	0	Trace	0.06

1-200 CAL

201-300 CAL

301+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Medium Sprite Zero Raspberry - 22oz Freestyle	12.47	Trace	1.25	0	0	Trace	0.06
Large Sprite Zero Raspberry - 32oz Freestyle	18.14	Trace	1.81	0	0	Trace	0.09
Small Sprite Zero Grape - 16oz Freestyle	4.54	Trace	0.45	0	0	Trace	0.05
Medium Sprite Zero Grape - 22oz Freestyle	6.24	Trace	0.62	0	0	Trace	0.06
Large Sprite Zero Grape - 32oz Freestyle	9.07	Trace	0.91	0	0	Trace	0.09
Small Sprite Zero Peach - 16oz Freestyle	9.07	Trace	0.45	0	0	Trace	0.05
Medium Sprite Zero Peach - 22oz Freestyle	12.47	Trace	0.62	0	0	Trace	0.06
Large Sprite Zero Peach - 32oz Freestyle	18.14	Trace	0.91	0	0	Trace	0.09
Small Sprite Zero Strawberry - 16oz Freestyle	9.07	Trace	0.45	0	0	Trace	0.05
Medium Sprite Zero Strawberry - 22oz Freestyle	12.47	Trace	0.62	0	0	Trace	0.06
Large Sprite Zero Strawberry - 32oz Freestyle	18.14	Trace	0.91	0	0	Trace	0.09
Frozen Fanta Orange Small - 330ml	105.6	Trace	26.07	Trace	26.07	Trace	Trace
Frozen Fanta Orange Large - 560ml	179.2	Trace	44.24	Trace	44.24	Trace	Trace
Frozen Fanta Exotic Small - 330ml	105.6	Trace	26.07	Trace	26.07	Trace	Trace
Frozen Fanta Exotic Large - 560ml	179.2	Trace	44.24	Trace	44.24	Trace	Trace
Frozen Coke Small - 330ml	108.9	Trace	26.07	Trace	26.07	Trace	Trace
Frozen Coke Large - 560ml	184.8	Trace	44.24	Trace	44.24	Trace	Trace
Frozen Fanta Raspberry Small - 330ml	89.1	Trace	25.74	Trace	16.17	Trace	Trace
Frozen Fanta Raspberry Large - 560ml	151.2	Trace	43.68	Trace	27.44	Trace	Trace
Frozen Fanta Strawberry Small - 330ml	89.1	Trace	25.74	Trace	16.17	Trace	Trace
Frozen Fanta Strawberry Large - 560ml	151.2	Trace	43.68	Trace	27.44	Trace	Trace
No Sugar Small Tango Ice Blast Raspberry - 9oz	3.5	Trace	1.37	Trace	Trace	Trace	Trace
No Sugar Regular Tango Ice Blast Raspberry - 12oz	5.6	Trace	2.18	Trace	Trace	Trace	Trace
No Sugar Large Tango Ice Blast Raspberry - 22oz	8.4	Trace	3.28	Trace	Trace	Trace	Trace
No Sugar Emtra Large Tango Ice Blast Raspberry - 32oz	10.5	Trace	4.1	Trace	Trace	Trace	Trace
No Sugar Small Tango Ice Blast Cherry - 9oz	3.5	Trace	1.37	Trace	Trace	Trace	Trace
No Sugar Regular Tango Ice Blast Cherry - 12oz	5.6	Trace	2.18	Trace	Trace	Trace	Trace
No Sugar Large Tango Ice Blast Cherry - 22oz	8.4	Trace	3.28	Trace	Trace	Trace	Trace
No Sugar Extra Large Tango Ice Blast Cherry - 32oz	10.5	Trace	4.1	Trace	Trace	Trace	Trace
No Sugar Small Tango Ice Blast Lemon - 9oz	3.5	Trace	1.37	Trace	Trace	Trace	Trace
No Sugar Regular Tango Ice Blast Lemon - 12oz	5.6	Trace	2.18	Trace	Trace	Trace	Trace
No Sugar Large Tango Ice Blast Lemon - 22oz	8.4	Trace	3.28	Trace	Trace	Trace	Trace
No Sugar Extra Large Tango Ice Blast Lemon - 32oz	10.5	Trace	4.1	Trace	Trace	Trace	Trace
No Sugar Small Tango Ice Blast Bubble Gum - 9oz	3.85	Trace	1.37	Trace	Trace	Trace	Trace
No Sugar Regular Tango Ice Blast Bubble Gum - 12oz	6.16	Trace	2.18	Trace	Trace	Trace	Trace
No Sugar Large Tango Ice Blast Bubble Gum - 22oz	9.24	Trace	3.28	Trace	Trace	Trace	Trace
No Sugar Extra Large Tango Ice Blast Bubble Gum - 32oz	11.55	Trace	4.1	Trace	Trace	Trace	Trace
No Sugar Small Tango Ice Blast Orange - 9oz	3.85	Trace	1.37	Trace	Trace	Trace	Trace
No Sugar Regular Tango Ice Blast Orange - 12oz	6.16	Trace	2.18	Trace	Trace	Trace	Trace
No Sugar Large Tango Ice Blast Orange - 22oz	70.31	0	17.69	0	17.69	0	0
No Sugar Extra Large Tango Ice Blast Orange - 32oz	70.31	0	17.69	0	17.69	0	0
No Sugar Small Tango Ice Blast Kiwi & Strawberry - 9oz	70.31	0	17.69	0	17.69	0	0
No Sugar Regular Tango Ice Blast Kiwi & Strawberry - 12oz	70.31	0	17.69	0	17.69	0	0
No Sugar Large Tango Ice Blast Kiwi & Strawberry - 22oz	70.31	0	17.69	0	17.69	0	0
No Sugar Extra Large Tango Ice Blast Kiwi & Strawberry - 32oz	70.31	0	17.69	0	17.69	0	0
No Sugar Small Tango Ice Blast Peach & Pomegranate - 9oz	105.5	0	26.54	0	26.54	0	0
No Sugar Regular Tango Ice Blast Peach & Pomegranate - 12oz	105.5	0	26.54	0	26.54	0	0
No Sugar Large Tango Ice Blast Peach & Pomegranate - 22oz	105.5	0	26.54	0	26.54	0	0

1-200 CAL

201-300 CAL

301+ CAL

HOT DOG (PER SERVING)

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Large Pork HotDog 120g	357.6	15.6	0.6	4.8	0.6	32.4	2.28
HotDog Roll 85g	227	8.08	34.17	1.96	1.36	2.72	825

NACHOS (PER SERVING)

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Medium Tortilla Chips - 110g	508.2	5.83	72.27	7.26	2.31	20.13	1.21
-With Jalapenos toppings - 142g	536.6	5.83	77.95	10.1	5.15	20.13	4.689
-With Chunky Salsa toppings - 142g	607.6	7.68	62.15	9.82	12.82	20.13	4.334
-With Sour Cream toppings -142g	735.4	11.37	77.81	7.69	4.72	33.05	2.772
-With Mature Cheese Sauce toppings - 142g	769.5	23.86	75.82	7.54	3.16	30.64	3.908
-With Vegetable Chilli toppings - 142g	630.4	24.86	89.45	11.95	5.86	20.27	1.778
-With Beef Chilli toppings - 142g	645.9	16.48	81.07	13.08	7	22.4	1.963
-With Gaucamole toppings - 142g	724	7.96	82.78	13.22	5.01	23.25	2.772
-With Onions toppings - 142g	533.8	7.93	74.4	11.52	4.16	20.13	1.21
-With Cheese Sauce Mini Pots toppings - 110g	710.6	19.8	75.02	7.48	2.97	28.27	3.3
-With Gherkins - 142g	566.4	6.68	85.48	9.25	15.52	20.13	1.778
-With Chef's Larder Tomato Ketchup - 13g topping (Per 100g)	518.9	5.92	74.74	7.26	3.87	20.2	1.392
-With Chef's Larder American-Style Mustard - 13g topping (Per 100g)	516.8	6.35	72.14	7.79	2.39	20.17	1.587
-With Henderson's Relish topping (Per 100g)	552.2	5.93	78.57	8.36	2.41	27.53	2.31
Large Tortilla Chips - 150g	693	7.95	98.55	9.9	3.15	27.45	1.65
-With Jalapenos toppings - 142g	721.4	7.95	104.2	12.74	5.99	27.45	5.129
-With Chunky Salsa toppings - 142g	792.4	9.8	118.4	12.46	13.66	27.45	4.774
-With Sour Cream toppings -142g	920.2	13.49	104.1	10.33	5.56	40.37	3.212
-With Mature Cheese Sauce toppings - 142g	954.3	25.98	102.1	10.18	4	37.96	4.348
-With Vegetable Chilli toppings - 142g	815.2	26.98	115.7	14.59	6.7	27.59	2.218
-With Beef Chilli toppings - 142g	830.7	18.6	107.4	15.72	7.84	29.72	2.403
-With Gaucamole toppings - 142g	908.8	10.08	109.1	15.86	5.85	30.57	3.212
-With Onions toppings - 142g	718.6	10.08	100.7	14.16	5	27.45	1.65
-With Cheese Sauce Mini Pots toppings - 110g	895.4	21.92	101.3	10.12	3.81	35.59	3.74
-With Gherkins - 142g	751.2	8.8	111.8	11.89	16.36	27.45	2.218
-With Chef's Larder Tomato Ketchup - 13g topping (Per 100g)	703.7	8.04	101	9.9	4.71	27.52	1.832
-With Chef's Larder American-Style Mustard - 13g topping (Per 100g)	701.6	8.47	98.69	10.43	3.23	27.49	2.027
-With Henderson's Relish topping (Per 100g)	737	8.05	104.9	11	3.25	34.85	2.75
McCain Sig Southern Fried Lattice - 150g	421.5	3.75	44.4	3.75	2.25	25.35	1.65
-With Jalapenos toppings - 142g	449.9	3.75	50.08	6.59	5.09	25.35	5.129
-With Chunky Salsa toppings - 142g	520.9	5.6	64.28	6.31	12.76	25.35	4.774
-With Sour Cream toppings -142g	648.7	9.29	49.94	4.18	4.66	38.27	3.212
-With Mature Cheese Sauce toppings - 142g	682.8	21.78	47.95	4.03	3.1	35.86	4.348
-With Vegetable Chilli toppings - 142g	543.7	22.78	61.58	8.44	5.8	25.49	2.218
-With Beef Chilli toppings - 142g	559.2	14.4	53.2	9.57	6.94	27.62	2.403
-With Gaucamole toppings - 142g	637.3	5.88	54.91	9.71	4.95	28.47	3.212
-With Onions toppings - 142g	447.1	5.88	46.53	8.01	4.1	25.35	1.65
-With Cheese Sauce Mini Pots toppings - 110g	623.9	17.72	47.72	3.97	2.91	33.49	3.74
-With Gherkins - 142g	479.7	4.6	57.61	5.74	15.46	25.35	2.218
-With Chef's Larder Tomato Ketchup - 13g topping (Per 100g)	432.2	3.84	46.87	3.75	3.81	25.42	1.832
-With Chef's Larder American-Style Mustard - 13g topping (Per 100g)	430.1	4.27	44.54	4.28	2.33	25.39	2.027
-With Henderson's Relish topping (Per 100g)	465.5	3.85	50.7	4.85	2.35	32.75	2.75

1-200 CAL

201-300 CAL

301+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
-With Jalapenos toppings - 142g	646.6	5.5	70.8	8.34	6.14	37.18	5.899
-With Chunky Salsa toppings - 142g	717.6	7.35	85	8.06	13.18	37.18	5.544
-With Sour Cream toppings -142g	845.4	11.04	70.66	5.93	5.71	50.1	3.982
-With Mature Cheese Sauce toppings - 142g	879.5	23.53	68.67	5.78	4.15	47.69	5.118
-With Vegetable Chilli toppings - 142g	740.4	24.53	82.3	10.19	6.85	37.32	2.988
-With Beef Chilli toppings - 142g	755.9	16.15	73.92	11.32	7.99	39.45	3.173
-With Gaucamole toppings - 142g	834	7.63	75.64	11.46	6	40.3	3.982
-With Onions toppings - 142g	643.8	7.63	67.25	9.76	5.15	37.18	2.42
-With Cheese Sauce Mini Pots toppings - 110g	820.6	19.47	67.87	5.72	3.96	45.32	4.51
-With Gherkins - 142g	676.4	6.35	78.33	7.49	16.51	37.18	2.988
-With Chef's Larder Tomato Ketchup - 13g topping (Per 100g)	628.9	5.59	67.59	5.5	4.86	37.25	2.602
-With Chef's Larder American-Style Mustard - 13g topping (Per 100g)	626.8	6.02	65.26	6.03	3.38	37.22	2.797
-With Henderson's Relish topping (Per 100g)	662.2	5.6	71.42	6.6	3.4	44.58	3.52
McCain Sig Southern Fried Lattice - 320g	899.2	8	94.72	8	4.8	54.08	3.52
-With Jalapenos toppings - 142g	927.6	8	100.4	10.84	7.64	54.08	6.999
-With Chunky Salsa toppings - 142g	998.6	9.85	114.6	10.56	15.31	54.08	6.644
-With Sour Cream toppings -142g	1126	13.54	100.3	8.43	7.21	67	5.082
-With Mature Cheese Sauce toppings - 142g	1160	26.03	98.27	8.28	5.65	64.59	6.218
-With Vegetable Chilli toppings - 142g	1021	27.06	111.9	12.69	8.35	54.22	4.088
-With Beef Chilli toppings - 142g	1037	18.65	103.5	13.82	9.49	56.35	4.273
-With Gaucamole toppings - 142g	1115	10.13	105.2	13.96	7.5	57.2	5.082
-With Onions toppings - 142g	924.8	10.13	96.85	12.26	6.65	54.08	3.52
-With Cheese Sauce Mini Pots toppings - 110g	1102	21.97	97.47	8.22	5.46	62.22	5.61
-With Gherkins - 142g	957.4	8.85	107.9	9.99	18.01	54.08	4.088
-With Chef's Larder Tomato Ketchup - 13g topping (Per 100g)	909.9	8.09	97.19	8	6.36	54.15	3.702
-With Chef's Larder American-Style Mustard - 13g topping (Per 100g)	907.8	8.52	94.86	8.53	4.88	54.12	3.897
-With Henderson's Relish topping (Per 100g)	943.2	8.1	101	9.1	4.9	61.48	4.62
Chicken Strips Southern Fried Portion 3 - 120g	265.2	19.2	19.2	0	0.96	11.88	1.56
-With Jalapenos toppings - 142g	293.6	19.2	24.88	2.84	3.8	11.88	5.039
-With Chunky Salsa toppings - 142g	364.6	21.05	39.08	2.56	11.47	11.88	4.684
-With Sour Cream toppings -142g	492.4	24.74	24.74	0.43	3.37	24.8	3.122
-With Mature Cheese Sauce toppings - 142g	526.5	37.23	22.75	0.28	1.81	22.39	4.258
-With Vegetable Chilli toppings - 142g	387.4	38.23	36.38	4.69	4.51	12.02	2.128
-With Beef Chilli toppings - 142g	402.9	29.85	28	5.82	5.65	14.15	2.313
-With Gaucamole toppings - 142g	481	21.33	29.71	5.96	3.66	15	3.122
-With Onions toppings - 142g	290.8	21.33	21.33	4.26	2.81	11.88	1.56
-With Cheese Sauce Mini Pots toppings - 110g	467.6	33.17	21.95	0.22	1.62	20.02	3.65
-With Gherkins - 142g	323.4	20.05	32.41	1.99	14.17	11.88	2.128
-With Chef's Larder Tomato Ketchup - 13g topping (Per 100g)	275.9	19.29	21.67	0	2.52	11.95	1.742
-With Chef's Larder American-Style Mustard - 13g topping (Per 100g)	273.8	19.72	19.34	0.53	1.04	11.92	1.937
-With Henderson's Relish topping (Per 100g)	309.2	19.3	25.5	1.1	1.06	19.28	2.66
Chicken Strips Southern Fried Portion 5 - 200g	442	32	32	0	1.6	19.8	2.6
-With Jalapenos toppings - 142g	470.4	32	37.68	2.84	4.44	19.8	6.079
-With Chunky Salsa toppings - 142g	541.4	33.85	51.88	2.56	12.11	19.8	5.724
-With Sour Cream toppings -142g	669.2	37.54	37.54	0.43	4.01	32.72	4.162
-With Mature Cheese Sauce toppings - 142g	703.3	50.03	35.55	0.28	2.45	30.31	5.298
-With Vegetable Chilli toppings - 142g	564.2	51.03	49.18	4.69	5.15	19.94	3.168
-With Beef Chilli toppings - 142g	579.7	42.65	40.8	5.82	6.29	22.07	3.353

1-200 CAL

201-300 CAL

301+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
-With Cheese Sauce Mini Pots toppings - 110g	644.5	45.97	34.75	0.22	2.26	27.94	4.69
-With Gherkins - 142g	942.2	32.85	45.21	1.99	14.81	19.8	3.168
-With Chef's Larder Tomato Ketchup - 13g topping (Per 100g)	452.7	32.09	34.47	0	3.16	19.87	2.782
-With Chef's Larder American-Style Mustard - 13g topping (Per 100g)	450.6	32.52	32.14	0.53	1.68	19.84	2.977
-With Henderson's Relish topping (Per 100g)	486	32.1	38.3	1.1	1.7	27.2	3.7
Chicken Strips Classic Portion 3 - 120g	226.8	19.2	18	0	0	8.4	0.96
-With Jalapenos toppings - 142g	255.2	19.2	23.68	2.84	2.84	8.4	4.439
-With Chunky Salsa toppings - 142g	326.2	21.05	37.88	2.56	10.51	8.4	4.084
-With Sour Cream toppings -142g	454	24.74	23.54	0.43	2.41	21.32	2.522
-With Mature Cheese Sauce toppings - 142g	488.1	37.23	21.55	0.28	0.85	18.91	3.658
-With Vegetable Chilli toppings - 142g	349	38.23	35.18	4.69	3.55	8.54	1.528
-With Beef Chilli toppings - 142g	364.5	29.85	26.8	5.82	4.69	10.67	1.713
-With Gaucamole toppings - 142g	442.6	21.33	28.51	5.96	2.7	11.52	2.522
-With Onions toppings - 142g	252.4	21.33	20.13	4.26	1.85	8.4	0.96
-With Cheese Sauce Mini Pots toppings - 110g	429.2	33.17	20.75	0.22	0.66	16.54	3.05
-With Gherkins - 142g	285	20.05	31.21	1.99	13.21	8.4	1.528
-With Chef's Larder Tomato Ketchup - 13g topping (Per 100g)	237.5	19.29	20.47	0	1.56	8.47	1.142
-With Chef's Larder American-Style Mustard - 13g topping (Per 100g)	235.4	19.72	18.14	0.53	0.08	8.44	1.337
-With Henderson's Relish topping (Per 100g)	270.8	19.3	24.3	1.1	0.1	15.8	2.06
Chicken Strips Classic Portion 5 - 200g	378	32	30	0	0	14	1.6
-With Jalapenos toppings - 142g	406.4	32	35.68	2.84	2.84	14	5.079
-With Chunky Salsa toppings - 142g	477.4	33.85	49.88	2.56	10.51	14	4.724
-With Sour Cream toppings -142g	605.2	37.54	35.54	0.43	2.41	26.92	3.162
-With Mature Cheese Sauce toppings - 142g	639.3	50.03	33.55	0.28	0.85	24.51	4.298
-With Vegetable Chilli toppings - 142g	500.2	51.03	47.18	4.69	3.55	14.14	2.168
-With Beef Chilli toppings - 142g	515.7	42.65	38.8	5.82	4.69	16.27	2.353
-With Gaucamole toppings - 142g	593.8	34.13	40.51	5.96	2.7	17.12	3.162
-With Onions toppings - 142g	403.6	34.13	32.13	4.26	1.85	14	1.6
-With Cheese Sauce Mini Pots toppings - 110g	580.3	45.97	32.75	0.22	0.66	22.14	3.69
-With Gherkins - 142g	436.2	32.85	43.21	1.99	13.21	14	2.168
-With Chef's Larder Tomato Ketchup - 13g topping (Per 100g)	388.7	32.09	32.47	0	1.56	14.07	1.782
-With Chef's Larder American-Style Mustard - 13g topping (Per 100g)	386.6	32.52	30.14	0.53	0.08	14.04	1.977
-With Henderson's Relish topping (Per 100g)	422	32.1	36.3	1.1	0.1	21.4	2.7
Chicken Strips Classic Sub -160g	302.4	25.6	24	0	0	11.2	1.28
-With Jalapenos toppings - 142g	330.8	25.6	29.68	2.84	2.84	11.2	4.759
-With Chunky Salsa toppings - 142g	401.8	27.45	43.88	2.56	10.51	11.2	4.404
-With Sour Cream toppings -142g	529.6	31.14	29.54	0.43	2.41	24.12	2.842
-With Mature Cheese Sauce toppings - 142g	563.7	43.63	27.55	0.28	0.85	21.71	3.978
-With Vegetable Chilli toppings - 142g	424.6	44.63	41.18	4.69	3.55	11.34	1.848
-With Beef Chilli toppings - 142g	440.1	36.25	32.8	5.82	4.69	13.47	2.033
-With Gaucamole toppings - 142g	518.2	27.73	34.51	5.96	2.7	14.32	2.842
-With Onions toppings - 142g	328	27.73	26.13	4.26	1.85	11.2	1.28
-With Cheese Sauce Mini Pots toppings - 110g	504.8	39.57	26.75	0.22	0.66	19.34	3.37
-With Gherkins - 142g	360.6	26.45	37.21	1.99	13.21	11.2	1.848
-With Chef's Larder Tomato Ketchup - 13g topping (Per 100g)	313.1	25.69	26.47	0	1.56	11.27	1.462
-With Chef's Larder American-Style Mustard - 13g topping (Per 100g)	311	26.12	24.14	0.53	0.08	11.24	1.657
-With Henderson's Relish topping (Per 100g)	346.4	25.7	30.3	1.1	0.1	18.6	2.38
Mozzarella Sticks 100g	314	12.8	27.8	1.6	1.8	16.5	1.9

1-200 CAL

201-300 CAL

301+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
-With Sour Cream toppings -142g	541.2	18.34	33.34	2.03	4.21	29.42	3.462
-With Mature Cheese Sauce toppings - 142g	575.3	30.83	31.35	1.88	2.65	27.01	4.598
-With Vegetable Chilli toppings - 142g	436.2	31.83	44.98	6.29	5.35	16.64	2.468
-With Beef Chilli toppings - 142g	451.7	23.45	36.6	7.42	6.49	18.77	2.653
-With Gaucamole toppings - 142g	529.8	14.93	38.31	7.56	4.5	19.62	3.462
-With Onions toppings - 142g	339.6	14.93	29.93	5.86	3.65	16.5	1.9
-With Cheese Sauce Mini Pots toppings - 110g	516.4	26.77	30.55	1.82	2.46	24.64	3.99
-With Gherkins - 142g	372.2	13.65	41.01	3.59	15.01	16.5	2.468
-With Chef's Larder Tomato Ketchup - 13g topping (Per 100g)	324.7	12.89	30.27	1.6	3.36	16.57	2.082
-With Chef's Larder American-Style Mustard - 13g topping (Per 100g)	322.6	13.32	27.94	2.13	1.11	16.54	2.277
-With Henderson's Relish topping (Per 100g)	358	12.9	34.1	2.7	1.9	23.9	3
Sweet Potato Rustics 175g	357	3.5	43.75	8.93	24.5	16.45	0.875
-With Jalapenos toppings - 142g	385.4	3.5	49.43	11.77	27.34	16.45	4.354
-With Chunky Salsa toppings - 142g	456.4	5.35	63.63	11.49	35.01	16.45	3.999
-With Sour Cream toppings -142g	584.2	9.04	49.29	9.36	26.91	29.37	2.437
-With Mature Cheese Sauce toppings - 142g	618.3	21.53	47.3	9.21	25.35	26.96	3.573
-With Vegetable Chilli toppings - 142g	479.2	22.53	60.93	13.62	28.05	16.59	1.443
-With Beef Chilli toppings - 142g	494.8	14.15	52.55	14.75	29.19	18.72	1.628
-With Gaucamole toppings - 142g	572.8	5.63	54.26	14.89	27.2	19.57	2.437
-With Onions toppings - 142g	382.6	5.63	45.88	13.19	26.35	16.45	0.875
-With Cheese Sauce Mini Pots toppings - 110g	559.4	17.47	46.5	9.15	25.16	24.59	2.965
-With Gherkins - 142g	415.2	4.35	56.96	10.92	37.71	16.45	1.443
-With Chef's Larder Tomato Ketchup - 13g topping (Per 100g)	367.7	3.59	46.22	8.93	26.06	16.52	1.057
-With Chef's Larder American-Style Mustard - 13g topping (Per 100g)	365.6	4.02	43.86	9.46	24.58	16.49	1.252
-With Henderson's Relish topping (Per 100g)	401	3.6	50.05	10.03	24.6	23.85	1.975
Quorn Southern Style Bite 3 -102g	203	10.51	20.2	3.47	1.94	8.26	1.224
-With Jalapenos toppings - 142g	231.4	10.51	25.88	6.31	4.78	8.26	4.703
-With Chunky Salsa toppings - 142g	302.4	12.36	40.08	6.03	12.45	8.26	4.348
-With Sour Cream toppings -142g	430.2	16.05	25.74	3.9	4.35	21.18	2.786
-With Mature Cheese Sauce toppings - 142g	464.3	28.54	23.75	3.75	2.79	18.77	3.922
-With Vegetable Chilli toppings - 142g	325.1	29.54	37.38	8.16	5.49	8.4	1.792
-With Beef Chilli toppings - 142g	340.7	21.16	29	9.29	6.63	10.53	1.977
-With Gaucamole toppings - 142g	418.8	12.64	30.71	9.43	4.64	11.38	2.786
-With Onions toppings - 142g	228.5	12.64	22.33	7.73	3.79	8.26	1.224
-With Cheese Sauce Mini Pots toppings - 110g	405.4	24.48	22.95	3.69	2.6	16.4	3.314
-With Gherkins - 142g	261.2	11.36	33.41	5.46	15.15	8.26	1.792
-With Chef's Larder Tomato Ketchup - 13g topping (Per 100g)	213.6	10.6	22.67	3.47	3.5	8.33	1.406
-With Chef's Larder American-Style Mustard - 13g topping (Per 100g)	211.6	11.03	20.34	4	2.02	8.3	1.601
-With Henderson's Relish topping (Per 100g)	247	10.61	26.5	4.57	2.04	15.66	2.324
Quorn Southern Style Bite 5 - 142g	282.6	14.63	28.12	4.83	2.7	11.5	1.704
-With Jalapenos toppings - 142g	311	14.63	33.8	7.67	5.54	11.5	5.183
-With Chunky Salsa toppings - 142g	382	16.48	48	7.39	13.21	11.5	4.828
-With Sour Cream toppings -142g	509.8	20.17	33.66	5.26	5.11	24.42	3.266
-With Mature Cheese Sauce toppings - 142g	543.9	32.66	31.67	5.11	3.55	22.01	4.402
-With Vegetable Chilli toppings - 142g	404.7	33.66	45.3	9.52	6.25	11.64	2.272
-With Beef Chilli toppings - 142g	420.3	25.28	36.92	10.65	7.39	13.77	2.457
-With Gaucamole toppings - 142g	498.4	16.76	38.63	10.79	5.4	14.62	3.266
-With Onions toppings - 142g	308.1	16.76	30.25	9.09	4.55	11.5	1.704

1-200 CAL

201-300 CAL

301+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
-With Chef's Larder Tomato Ketchup - 13g	293.2	14.72	30.59	4.83	4.26	11.57	1.886
-With Chef's Larder American-Style Mustard - 13g	291.2	15.15	28.26	5.36	2.78	11.54	2.081
-With Henderson's Relish	326.6	14.73	34.42	5.93	2.8	18.9	2.804
Quorn Southern Style Sub - 136g	270.6	14.01	26.93	4.62	2.58	11.02	1.632
-With Jalapenos toppings - 142g	299	14.01	32.61	7.46	5.42	11.02	5.111
-With Chunky Salsa toppings - 142g	370	15.86	46.81	7.18	13.09	11.02	4.756
-With Sour Cream toppings -142g	497.8	19.55	32.47	5.05	4.99	23.94	3.194
-With Mature Cheese Sauce toppings - 142g	531.9	32.04	30.48	4.9	3.43	21.53	4.33
-With Vegetable Chilli toppings - 142g	392.8	33.04	44.11	9.31	6.13	11.16	2.2
-With Beef Chilli toppings - 142g	408.4	24.66	35.73	10.44	7.27	13.29	2.385
-With Gaucamole toppings - 142g	486.5	16.14	37.44	10.58	5.28	14.14	3.194
-With Onions toppings - 142g	296.2	16.14	29.06	8.88	4.43	11.02	1.632
-With Cheese Sauce Mini Pots toppings - 110g	473	27.98	29.68	4.84	3.24	19.16	3.722
-With Gherkins - 142g Toppings (Per 100g)	328.9	14.86	40.14	6.61	15.79	11.02	2.2
-With Chef's Larder Tomato Ketchup - 13g	281.3	14.1	29.4	4.62	4.14	11.09	1.814
-With Chef's Larder American-Style Mustard - 13g	279.2	14.53	27.07	5.15	2.66	11.06	2.009
-With Henderson's Relish	314.6	14.11	33.23	5.72	2.68	18.42	2.732

BEN & JERRY'S (PER 85g SCOOP)

Birthday Cake	233.8	2.81	27.2	0	23.8	12.75	0.162
-With Caramel Fudge Sauce - 35g (Per Serving)	343.7	3.16	47.15	0	33.25	15.9	0.257
-With Hot ChocFudge Sauce - 35g (Per Serving)	341.2	4.56	44.7	0	37.1	15.87	0.208
-With Hazelnut Crunch topping - 15g (Per Serving)	408.8	3.86	53.45	0	48.65	19.75	0.166
-With Milk Chocolate Peace Sign Shapes topping - 12g (Per Serving)	313.3	4.01	35.6	0	32.2	17.25	0.195
-With Rainbow Sprinkles topping - 15g (Per Serving)	295.1	2.85	41.9	0	38.5	12.9	0.192
-With Sugar Cones topping - 10g (Per Serving)	281.8	3.53	37.4	0	28.24	13.59	0.22
-With Waffle Cones topping - 22g (Per Serving)	323.3	4.35	44.58	0	29.74	14.07	0.246
-With White Chocolate Hearts topping - 15g (Per Serving)	316.7	3.56	36.05	0	32.65	17.7	0.173
-With Promotional Spooky Sprinkles - 15g (Per Serving)	297.2	2.93	41.21	0	37.72	13.52	0.185
-With Waffle Vanilla Dough - 4g (Per Serving)	248.4	3.01	29.16	0	24.04	13.43	0.186
Caramel Chew Chew	238	2.98	25.5	0	22.1	13.6	0.187
-With Caramel Fudge Sauce - 35g (Per Serving)	347.9	3.33	45.45	0	31.55	16.75	0.282
-With Hot ChocFudge Sauce - 35g (Per Serving)	345.5	4.73	43	0	35.4	16.72	0.233
-With Hazelnut Crunch topping - 15g (Per Serving)	413	4.03	51.75	0	46.95	20.6	0.191
-With Milk Chocolate Peace Sign Shapes topping - 12g (Per Serving)	317.5	4.18	33.9	0	30.5	18.1	0.22
-With Rainbow Sprinkles topping - 15g (Per Serving)	299.4	3.02	40.2	0	36.8	13.75	0.217
-With Sugar Cones topping - 10g (Per Serving)	286	3.7	35.7	0	26.54	14.44	0.245
-With Waffle Cones topping - 22g (Per Serving)	327.5	4.52	42.88	0	28.04	14.92	0.271
-With White Chocolate Hearts topping - 15g (Per Serving)	321	3.73	34.35	0	30.95	18.55	0.198
-With Promotional Spooky Sprinkles - 15g (Per Serving)	301.5	3.1	39.51	0	36.02	14.37	0.21
-With Waffle Vanilla Dough - 4g (Per Serving)	252.7	3.18	27.46	0	22.34	14.28	0.211
Cherry Garcia	204	2.98	21.25	0	21.25	11.9	0.094
-With Caramel Fudge Sauce - 35g (Per Serving)	313.9	3.33	41.2	0	30.7	15.05	0.189
-With Hot ChocFudge Sauce - 35g (Per Serving)	311.5	4.73	38.75	0	34.55	15.02	0.14
-With Hazelnut Crunch topping - 15g (Per Serving)	379	4.03	47.5	0	46.1	18.9	0.098
-With Milk Chocolate Peace Sign Shapes topping - 12g (Per Serving)	283.5	4.18	29.65	0	29.65	16.4	0.127

1-200 CAL

201-300 CAL

301+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
-With White Chocolate Hearts topping - 15g (Per Serving)	287	3.73	51.35	0	51.35	28.75	0.199
-With Promotional Spooky Sprinkles - 15g (Per Serving)	267.5	3.1	35.26	0	35.17	12.67	0.117
-With Waffle Vanilla Dough - 4g (Per Serving)	218.7	3.18	23.21	0	21.49	12.58	0.118
Chocolate Fudge Brownie	210	3.57	25.5	0	22.95	11.05	0.162
-With Caramel Fudge Sauce - 35g (Per Serving)	319.9	3.92	45.45	0	32.4	14.2	0.257
-With Hot ChocFudge Sauce - 35g (Per Serving)	317.4	5.32	43	0	36.25	14.17	0.208
-With Hazelnut Crunch topping - 15g (Per Serving)	385	4.62	51.75	0	47.8	18.05	0.166
-With Milk Chocolate Peace Sign Shapes topping - 12g (Per Serving)	289.5	4.77	33.9	0	31.35	15.55	0.195
-With Rainbow Sprinkles topping - 15g (Per Serving)	271.3	3.61	40.2	0	37.65	11.2	0.192
-With Sugar Cones topping - 10g (Per Serving)	258	4.29	35.7	0	27.39	11.89	0.22
-With Waffle Cones topping - 22g (Per Serving)	299.5	5.11	42.88	0	28.89	12.37	0.246
-With White Chocolate Hearts topping - 15g (Per Serving)	292.9	4.32	34.35	0	31.8	16	0.173
-With Promotional Spooky Sprinkles - 15g (Per Serving)	273.4	3.69	39.51	0	36.87	11.82	0.185
-With Waffle Vanilla Dough - 4g (Per Serving)	224.6	3.77	27.46	0	23.19	11.73	0.186
Cinnamon Buns	237.2	2.89	27.2	0	23.8	12.75	0.221
-With Caramel Fudge Sauce - 35g (Per Serving)	347.1	3.24	47.15	0	33.25	15.9	0.316
-With Hot ChocFudge Sauce - 35g (Per Serving)	344.6	4.64	44.7	0	37.1	15.87	0.267
-With Hazelnut Crunch topping - 15g (Per Serving)	412.2	3.94	53.45	0	48.65	19.75	0.225
-With Milk Chocolate Peace Sign Shapes topping - 12g (Per Serving)	316.7	4.09	35.6	0	32.2	17.25	0.254
-With Rainbow Sprinkles topping - 15g (Per Serving)	298.5	2.93	41.9	0	38.5	12.9	0.251
-With Sugar Cones topping - 10g (Per Serving)	285.2	3.61	37.4	0	28.24	13.59	0.279
-With Waffle Cones topping - 22g (Per Serving)	326.7	4.43	44.58	0	29.74	14.07	0.305
-With White Chocolate Hearts topping - 15g (Per Serving)	320.1	3.64	36.05	0	32.65	17.7	0.232
-With Promotional Spooky Sprinkles - 15g (Per Serving)	300.6	3.01	41.21	0	37.72	13.52	0.244
-With Waffle Vanilla Dough - 4g (Per Serving)	251.8	3.09	29.16	0	24.04	13.43	0.245
Cookie Dough	229.5	3.4	25.5	0	21.25	12.75	0.145
-With Caramel Fudge Sauce - 35g (Per Serving)	339.4	3.75	45.45	0	30.7	15.9	0.24
-With Hot ChocFudge Sauce - 35g (Per Serving)	337	5.15	43	0	34.55	15.87	0.191
-With Hazelnut Crunch topping - 15g (Per Serving)	404.5	4.45	51.75	0	46.1	19.75	0.149
-With Milk Chocolate Peace Sign Shapes topping - 12g (Per Serving)	309	4.6	33.9	0	29.65	17.25	0.178
-With Rainbow Sprinkles topping - 15g (Per Serving)	290.9	3.44	40.2	0	35.95	12.9	0.175
-With Sugar Cones topping - 10g (Per Serving)	277.5	4.12	35.7	0	25.69	13.59	0.203
-With Waffle Cones topping - 22g (Per Serving)	319	4.94	42.88	0	27.19	14.07	0.229
-With White Chocolate Hearts topping - 15g (Per Serving)	312.5	4.15	34.35	0	30.1	17.7	0.156
-With Promotional Spooky Sprinkles - 15g (Per Serving)	293	3.52	39.51	0	35.17	13.52	0.168
-With Waffle Vanilla Dough - 4g (Per Serving)	244.2	3.6	27.46	0	21.49	13.43	0.169
Double Caramel Brownie	217.6	3.4	26.35	0	23.8	11.05	0.357
-With Caramel Fudge Sauce - 35g (Per Serving)	327.5	3.75	46.3	0	33.25	14.2	0.452
-With Hot ChocFudge Sauce - 35g (Per Serving)	325.1	5.15	43.85	0	37.1	14.17	0.403
-With Hazelnut Crunch topping - 15g (Per Serving)	392.6	4.45	52.6	0	48.65	18.05	0.361
-With Milk Chocolate Peace Sign Shapes topping - 12g (Per Serving)	297.1	4.6	34.75	0	32.2	15.55	0.39
-With Rainbow Sprinkles topping - 15g (Per Serving)	279	3.44	41.05	0	38.5	11.2	0.387
-With Sugar Cones topping - 10g (Per Serving)	265.6	4.12	36.55	0	28.24	11.89	0.415
-With Waffle Cones topping - 22g (Per Serving)	307.1	4.94	43.73	0	29.74	12.37	0.441
-With White Chocolate Hearts topping - 15g (Per Serving)	300.6	4.15	35.2	0	32.65	16	0.368
-With Promotional Spooky Sprinkles - 15g (Per Serving)	281.1	3.52	40.36	0	37.72	11.82	0.38
-With Waffle Vanilla Dough - 4g (Per Serving)	232.3	3.6	28.31	0	24.04	11.73	0.381
Empowermint	217.6	3.66	22.95	0	22.1	11.9	0.153

1-200 CAL

201-300 CAL

301+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
-With Hazelnut Crunch topping - 15g (Per Serving)	392.6	4.71	49.2	0	46.95	18.9	0.157
-With Milk Chocolate Peace Sign Shapes topping - 12g (Per Serving)	297.1	4.86	31.35	0	30.5	16.4	0.186
-With Rainbow Sprinkles topping - 15g (Per Serving)	279	3.7	37.65	0	36.8	12.05	0.183
-With Sugar Cones topping - 10g (Per Serving)	265.6	4.38	33.15	0	26.54	12.74	0.211
-With Waffle Cones topping - 22g (Per Serving)	307.1	5.2	40.33	0	28.04	13.22	0.237
-With White Chocolate Hearts topping - 15g (Per Serving)	300.6	4.41	31.8	0	30.95	16.85	0.164
-With Promotional Spooky Sprinkles - 15g (Per Serving)	281.1	3.78	36.96	0	36.02	12.67	0.176
-With Waffle Vanilla Dough - 4g (Per Serving)	232.3	3.86	24.91	0	22.34	12.58	0.177
Home Sweet Comb	224.4	3.15	25.5	0	22.1	11.9	0.196
-With Caramel Fudge Sauce - 35g (Per Serving)	334.3	3.5	45.45	0	31.55	15.05	0.291
-With Hot ChocFudge Sauce - 35g (Per Serving)	331.9	4.9	43	0	35.4	15.02	0.242
-With Hazelnut Crunch topping - 15g (Per Serving)	399.4	4.2	51.75	0	46.95	18.9	0.2
-With Milk Chocolate Peace Sign Shapes topping - 12g (Per Serving)	303.9	4.35	33.9	0	30.5	16.4	0.229
-With Rainbow Sprinkles topping - 15g (Per Serving)	285.8	3.19	40.2	0	36.8	12.05	0.226
-With Sugar Cones topping - 10g (Per Serving)	272.4	3.87	35.7	0	26.54	12.74	0.254
-With Waffle Cones topping - 22g (Per Serving)	313.9	4.69	42.88	0	28.04	13.22	0.28
-With White Chocolate Hearts topping - 15g (Per Serving)	307.4	3.9	34.35	0	30.95	16.85	0.207
-With Promotional Spooky Sprinkles - 15g (Per Serving)	287.9	3.27	39.51	0	36.02	12.67	0.219
-With Waffle Vanilla Dough - 4g (Per Serving)	239.1	3.35	27.46	0	22.34	12.58	0.22
Mint Choc Chunk	238	3.4	21.25	0	20.4	14.45	0.102
-With Caramel Fudge Sauce - 35g (Per Serving)	347.9	3.75	41.2	0	29.85	17.6	0.197
-With Hot ChocFudge Sauce - 35g (Per Serving)	345.5	5.15	38.75	0	33.7	17.57	0.148
-With Hazelnut Crunch topping - 15g (Per Serving)	413	4.45	47.5	0	45.25	21.45	0.106
-With Milk Chocolate Peace Sign Shapes topping - 12g (Per Serving)	317.5	4.6	29.65	0	28.8	18.95	0.135
-With Rainbow Sprinkles topping - 15g (Per Serving)	299.4	3.44	35.95	0	35.1	14.6	0.132
-With Sugar Cones topping - 10g (Per Serving)	286	4.12	31.45	0	24.84	15.29	0.16
-With Waffle Cones topping - 22g (Per Serving)	327.5	4.94	38.63	0	26.33	15.77	0.186
-With White Chocolate Hearts topping - 15g (Per Serving)	321	4.15	30.1	0	29.25	19.4	0.113
-With Promotional Spooky Sprinkles - 15g (Per Serving)	301.5	3.52	35.26	0	34.32	15.22	0.125
-With Waffle Vanilla Dough - 4g (Per Serving)	252.7	3.6	23.21	0	20.64	15.13	0.126
One Love	232.1	2.72	28.05	0	23.8	11.9	0.196
-With Caramel Fudge Sauce - 35g (Per Serving)	342	3.07	48	0	33.25	15.05	0.291
-With Hot ChocFudge Sauce - 35g (Per Serving)	339.5	4.47	45.55	0	37.1	15.02	0.242
-With Hazelnut Crunch topping - 15g (Per Serving)	407.1	3.77	54.3	0	48.65	18.9	0.2
-With Milk Chocolate Peace Sign Shapes topping - 12g (Per Serving)	311.6	3.92	36.45	0	32.2	16.4	0.229
-With Rainbow Sprinkles topping - 15g (Per Serving)	293.4	2.76	42.75	0	38.5	12.05	0.226
-With Sugar Cones topping - 10g (Per Serving)	280.1	3.44	38.25	0	28.24	12.74	0.254
-With Waffle Cones topping - 22g (Per Serving)	321.6	4.26	45.43	0	29.74	13.22	0.28
-With White Chocolate Hearts topping - 15g (Per Serving)	315	3.47	36.9	0	32.65	16.85	0.207
-With Promotional Spooky Sprinkles - 15g (Per Serving)	295.5	2.84	42.06	0	37.72	12.67	0.219
-With Waffle Vanilla Dough - 4g (Per Serving)	246.7	2.92	30.01	0	24.04	12.58	0.22
One Sweet World	232.9	3.15	29.75	0	23.8	11.05	0.315
-With Caramel Fudge Sauce - 35g (Per Serving)	342.8	3.5	49.7	0	33.25	14.2	0.41
-With Hot ChocFudge Sauce - 35g (Per Serving)	340.4	4.9	47.25	0	37.1	14.17	0.361
-With Hazelnut Crunch topping - 15g (Per Serving)	407.9	4.2	56	0	48.65	18.05	0.319
-With Milk Chocolate Peace Sign Shapes topping - 12g (Per Serving)	312.4	4.35	38.15	0	32.2	15.55	0.348
-With Rainbow Sprinkles topping - 15g (Per Serving)	294.3	3.19	44.45	0	38.5	11.2	0.345
-With Sugar Cones topping - 10g (Per Serving)	280.9	3.87	39.95	0	28.24	11.89	0.373

1-200 CAL

201-300 CAL

301+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
-With Promotional Spooky Sprinkles - 15g (Per Serving)	296.4	3.27	43.76	0	37.72	11.82	0.338
-With Waffle Vanilla Dough - 4g (Per Serving)	247.6	3.35	31.71	0	24.04	11.73	0.339
Peanut Butter Cup	280.5	5.95	21.25	0	19.55	18.7	0.417
-With Caramel Fudge Sauce - 35g (Per Serving)	390.4	6.3	41.2	0	29	21.85	0.512
-With Hot ChocFudge Sauce - 35g (Per Serving)	388	7.7	38.75	0	32.85	21.82	0.463
-With Hazelnut Crunch topping - 15g (Per Serving)	455.5	7	47.5	0	44.4	25.7	0.421
-With Milk Chocolate Peace Sign Shapes topping - 12g (Per Serving)	360	7.15	29.65	0	27.95	23.2	0.45
-With Rainbow Sprinkles topping - 15g (Per Serving)	341.9	5.99	35.95	0	34.25	18.85	0.447
-With Sugar Cones topping - 10g (Per Serving)	328.5	6.67	31.45	0	23.99	19.54	0.475
-With Waffle Cones topping - 22g (Per Serving)	370	7.49	38.63	0	25.49	20.02	0.501
-With White Chocolate Hearts topping - 15g (Per Serving)	363.5	6.7	30.1	0	28.4	23.65	0.428
-With Promotional Spooky Sprinkles - 15g (Per Serving)	344	6.07	35.26	0	33.47	19.47	0.44
-With Waffle Vanilla Dough - 4g (Per Serving)	295.2	6.15	23.21	0	19.79	19.38	0.441
Phish Food	229.5	3.4	28.9	0	22.95	11.05	0.136
-With Caramel Fudge Sauce - 35g (Per Serving)	339.4	3.75	48.85	0	32.4	14.2	0.231
-With Hot ChocFudge Sauce - 35g (Per Serving)	337	5.15	46.4	0	36.25	14.17	0.182
-With Hazelnut Crunch topping - 15g (Per Serving)	404.5	4.45	55.15	0	47.8	18.05	0.14
-With Milk Chocolate Peace Sign Shapes topping - 12g (Per Serving)	309	4.6	37.3	0	31.35	15.55	0.169
-With Rainbow Sprinkles topping - 15g (Per Serving)	290.9	3.44	43.6	0	37.65	11.2	0.166
-With Sugar Cones topping - 10g (Per Serving)	277.5	4.12	39.1	0	27.39	11.89	0.194
-With Waffle Cones topping - 22g (Per Serving)	319	4.94	46.28	0	28.89	12.37	0.22
-With White Chocolate Hearts topping - 15g (Per Serving)	312.5	4.15	37.75	0	31.8	16	0.147
-With Promotional Spooky Sprinkles - 15g (Per Serving)	293	3.52	42.91	0	36.87	11.82	0.159
-With Waffle Vanilla Dough - 4g (Per Serving)	244.2	3.6	30.86	0	23.19	11.73	0.16
Strawberry Cheesecake	212.5	2.55	22.95	0	20.4	11.9	0.561
-With Caramel Fudge Sauce - 35g (Per Serving)	322.4	2.9	42.9	0	29.85	15.05	0.656
-With Hot ChocFudge Sauce - 35g (Per Serving)	320	4.3	40.45	0	33.7	15.02	0.607
-With Hazelnut Crunch topping - 15g (Per Serving)	387.5	3.6	49.2	0	45.25	18.9	0.565
-With Milk Chocolate Peace Sign Shapes topping - 12g (Per Serving)	292	3.75	31.35	0	28.8	16.4	0.594
-With Rainbow Sprinkles topping - 15g (Per Serving)	273.9	2.59	37.65	0	35.1	12.05	0.591
-With Sugar Cones topping - 10g (Per Serving)	260.5	3.27	33.15	0	24.84	12.74	0.619
-With Waffle Cones topping - 22g (Per Serving)	302	4.09	40.33	0	26.34	13.22	0.645
-With White Chocolate Hearts topping - 15g (Per Serving)	295.5	3.3	31.8	0	29.25	16.85	0.572
-With Promotional Spooky Sprinkles - 15g (Per Serving)	276	2.67	36.96	0	34.32	12.67	0.584
-With Waffle Vanilla Dough - 4g (Per Serving)	227.2	2.75	24.91	0	20.64	12.58	0.585
S'Wich Up	246.5	3.66	27.2	0	21.25	13.6	0.187
-With Caramel Fudge Sauce - 35g (Per Serving)	356.4	4.01	47.15	0	30.7	16.75	0.282
-With Hot ChocFudge Sauce - 35g (Per Serving)	354	5.41	44.7	0	34.55	16.72	0.233
-With Hazelnut Crunch topping - 15g (Per Serving)	421.5	4.71	53.47	0	46.1	20.6	0.191
-With Milk Chocolate Peace Sign Shapes topping - 12g (Per Serving)	326	4.86	35.6	0	29.65	18.1	0.22
-With Rainbow Sprinkles topping - 15g (Per Serving)	307.9	3.7	41.9	0	35.95	13.75	0.217
-With Sugar Cones topping - 10g (Per Serving)	294.5	4.38	37.4	0	25.69	14.44	0.245
-With Waffle Cones topping - 22g (Per Serving)	336	5.2	44.58	0	27.19	14.92	0.271
-With White Chocolate Hearts topping - 15g (Per Serving)	329.5	4.41	36.05	0	30.1	18.55	0.198
-With Promotional Spooky Sprinkles - 15g (Per Serving)	310	3.78	41.21	0	35.17	14.37	0.21
-With Waffle Vanilla Dough - 4g (Per Serving)	261.2	3.86	29.16	0	21.49	14.28	0.211
Vanilla Fairtrade	197.2	3.4	17	0	17	12.75	0.119
-With Caramel Fudge Sauce - 35g (Per Serving)	307.1	3.75	36.95	0	26.45	15.9	0.214

1-200 CAL

201-300 CAL

301+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
-With Milk Chocolate Peace Sign Shapes topping - 12g (Per Serving)	276.7	4.6	25.4	0	25.4	17.25	0.152
-With Rainbow Sprinkles topping - 15g (Per Serving)	258.6	3.44	31.7	0	31.7	12.9	0.149
-With Sugar Cones topping - 10g (Per Serving)	245.2	4.12	27.2	0	21.44	13.59	0.177
-With Waffle Cones topping - 22g (Per Serving)	286.7	4.94	34.38	0	22.94	14.07	0.203
-With White Chocolate Hearts topping - 15g (Per Serving)	280.2	4.15	25.85	0	25.85	17.7	0.13
-With Promotional Spooky Sprinkles - 15g (Per Serving)	260.7	3.52	31.01	0	30.92	13.52	0.142
-With Waffle Vanilla Dough - 4g (Per Serving)	211.9	3.6	18.96	0	17.24	13.43	0.143
Vanilla Pecan Blondie	229.5	3.49	23.8	0	21.25	13.6	0.315
-With Caramel Fudge Sauce - 35g (Per Serving)	339.4	3.84	43.75	0	30.7	16.75	0.41
-With Hot ChocFudge Sauce - 35g (Per Serving)	337	5.24	41.3	0	34.55	16.72	0.361
-With Hazelnut Crunch topping - 15g (Per Serving)	404.5	4.54	50.05	0	46.1	20.6	0.319
-With Milk Chocolate Peace Sign Shapes topping - 12g (Per Serving)	309	4.69	32.2	0	29.65	18.1	0.348
-With Rainbow Sprinkles topping - 15g (Per Serving)	290.9	3.53	38.5	0	35.95	13.75	0.345
-With Sugar Cones topping - 10g (Per Serving)	277.5	4.21	34	0	25.69	14.44	0.373
-With Waffle Cones topping - 22g (Per Serving)	319	5.03	41.18	0	27.19	14.92	0.399
-With White Chocolate Hearts topping - 15g (Per Serving)	312.5	4.24	32.65	0	30.1	18.55	0.326
-With Promotional Spooky Sprinkles - 15g (Per Serving)	293	3.61	37.81	0	35.17	14.37	0.338
-With Waffle Vanilla Dough - 4g (Per Serving)	244.2	3.69	25.76	0	21.49	14.28	0.339
Moo-Phoria Chocolate Cookie Dough	183.6	3.91	28.9	0	20.4	5.7	0.128
-With Caramel Fudge Sauce - 35g (Per Serving)	293.5	4.26	48.85	0	29.85	8.85	0.223
-With Hot ChocFudge Sauce - 35g (Per Serving)	291.1	5.66	46.4	0	33.7	8.82	0.174
-With Hazelnut Crunch topping - 15g (Per Serving)	358.6	4.96	55.15	0	45.25	12.7	0.132
-With Milk Chocolate Peace Sign Shapes topping - 12g (Per Serving)	263.1	5.11	37.3	0	28.8	10.2	0.161
-With Rainbow Sprinkles topping - 15g (Per Serving)	245	3.95	43.6	0	35.1	5.85	0.158
-With Sugar Cones topping - 10g (Per Serving)	231.6	4.63	39.1	0	24.84	6.54	0.186
-With Waffle Cones topping - 22g (Per Serving)	273.1	1.54	46.28	0	26.34	7.02	0.212
-With White Chocolate Hearts topping - 15g (Per Serving)	266.6	4.66	37.75	0	29.25	10.65	0.139
-With Promotional Spooky Sprinkles - 15g (Per Serving)	247.1	4.03	42.91	0	34.32	6.47	0.151
-With Waffle Vanilla Dough - 4g (Per Serving)	198.3	4.11	30.86	0	20.64	6.38	0.152
Baked Alaska	226.1	3.15	25.5	0	22.1	11.9	0.111
-With Caramel Fudge Sauce - 35g (Per Serving)	336	3.5	45.45	0	31.55	15.05	0.206
-With Hot ChocFudge Sauce - 35g (Per Serving)	333.6	4.9	43	0	35.4	15.02	0.157
-With Hazelnut Crunch topping - 15g (Per Serving)	401.1	4.2	51.75	0	46.95	18.9	0.115
-With Milk Chocolate Peace Sign Shapes topping - 12g (Per Serving)	305.6	4.35	33.9	0	30.5	16.4	0.144
-With Rainbow Sprinkles topping - 15g (Per Serving)	287.5	3.19	40.2	0	36.8	12.05	0.141
-With Sugar Cones topping - 10g (Per Serving)	274.1	3.87	35.7	0	26.54	12.74	0.169
-With Waffle Cones topping - 22g (Per Serving)	315.6	4.69	42.88	0	28.04	13.22	0.195
-With White Chocolate Hearts topping - 15g (Per Serving)	309.1	3.9	34.35	0	30.95	16.85	0.122
-With Promotional Spooky Sprinkles - 15g (Per Serving)	289.6	3.27	39.51	0	36.02	12.67	0.134
-With Waffle Vanilla Dough - 4g (Per Serving)	240.8	3.35	27.46	0	22.34	12.58	0.135
Non Dairy Chocolate Fudge Brownie	185.3	2.47	22.1	0	17.85	9.35	0.077
-With Caramel Fudge Sauce - 35g (Per Serving)	295.2	2.82	42.05	0	27.3	12.5	0.172
-With Hot ChocFudge Sauce - 35g (Per Serving)	292.8	4.22	39.6	0	31.15	12.47	0.123
-With Hazelnut Crunch topping - 15g (Per Serving)	360.3	3.52	48.35	0	42.7	16.35	0.081
-With Milk Chocolate Peace Sign Shapes topping - 12g (Per Serving)	264.8	3.67	30.5	0	26.25	13.85	0.11
-With Rainbow Sprinkles topping - 15g (Per Serving)	246.7	2.51	36.8	0	32.55	9.5	0.107
-With Sugar Cones topping - 10g (Per Serving)	233.3	3.19	32.3	0	22.29	10.19	0.135
-With Waffle Cones topping - 22g (Per Serving)	274.8	4.01	39.48	0	23.79	10.67	0.161

1-200 CAL

201-300 CAL

301+ CAL

BEECHDEAN (PER SCOOP 80g)

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Vanilla	143.2	2.16	16.24	0.32	13.44	7.68	0.08
-With Tip Top Cones (0010) topping (Per Serving)	158.3	2.63	19.36	0.45	13.46	7.8	0.11
-With Twin Cones (0003) topping (Per Serving)	165.9	2.86	20.91	0.51	13.48	7.85	0.124
-With Little Bear Teddy Top Cones (0008) topping (Per Serving)	165.9	2.86	20.91	0.53	13.57	7.81	0.127
-With Sugar Cones Mini (2604) topping (Per Serving)	159.4	2.4	19.68	0.43	15	7.82	0.089
-With Florentine Wafers (0206) topping (Per Serving)	151.7	2.31	17.87	0.37	14.24	7.84	0.088
-With Chocolate Sauce (4611)	177.2	2.27	26.94	0.49	18.71	7.74	0.08
-With Strawberry Sauce (4613)	185.5	2.16	26.82	0.32	18.79	7.68	0.08
-With Toffee Sauce (4620)	190.3	2.27	27.06	0.32	20.69	8.07	0.08
-With Hazelnut Crunch (6705) topping (Per Serving)	193.9	2.6	22.92	0.62	19.9	10.08	0.082
-With Honeycomb Sprinkles (6057) topping (Per Serving)	182.3	2.16	26.01	0.32	22.05	7.68	0.28
-With Strawberry Flavour Crunch (6576) topping (Per Serving)	183.6	2.16	26.19	0.32	23.21	7.68	0.08
-With Chocolate Fudge Brownies (6623) topping (Per Serving)	183.6	2.16	26.19	0.32	23.21	7.68	0.08
-With Mini Chocolate Candies (6116) topping (Per Serving)	190.1	2.49	23.54	0.32	20.74	9.38	0.104
-With Vermicelli Milk Chocolate (6109) topping (Per Serving)	195.4	2.69	22.39	0.56	19.52	10.45	0.094
Chocolate	167.2	2.64	20.72	0.72	19.58	8	0.16
-With Tip Top Cones (0010) topping (Per Serving)	182.3	3.11	23.84	0.85	19.6	8.12	0.19
-With Twin Cones (0003) topping (Per Serving)	189.9	3.34	25.39	0.91	19.62	8.17	0.204
-With Little Bear Teddy Top Cones (0008) topping (Per Serving)	189.9	3.34	25.39	0.93	19.71	8.13	0.207
-With Sugar Cones Mini (2604) topping (Per Serving)	183.4	2.88	24.16	0.83	21.14	8.14	0.169
-With Florentine Wafers (0206) topping (Per Serving)	175.7	2.79	22.35	0.77	20.38	8.16	0.168
-With Chocolate Sauce (4611)	201.2	2.75	31.42	0.89	24.85	8.06	0.16
-With Strawberry Sauce (4613)	209.5	2.16	31.3	0.72	24.93	8	0.16
-With Toffee Sauce (4620)	214.3	2.75	31.54	0.72	26.83	8.39	0.16
-With Hazelnut Crunch (6705) topping (Per Serving)	217.9	3.08	27.4	1.02	26.04	10.4	0.162
-With Honeycomb Sprinkles (6057) topping (Per Serving)	206.3	2.64	30.49	0.72	28.19	8	0.36
-With Strawberry Flavour Crunch (6576) topping (Per Serving)	207.6	2.64	30.67	0.72	29.35	8	0.16
-With Chocolate Fudge Brownies (6623) topping (Per Serving)	207.6	2.64	30.67	0.72	29.35	8	0.16
-With Mini Chocolate Candies (6116) topping (Per Serving)	214.1	2.97	28.02	0.72	26.88	9.7	0.184
-With Vermicelli Milk Chocolate (6109) topping (Per Serving)	219.4	3.17	26.87	0.96	25.66	10.77	0.174
Strawberry	156.8	2.16	19.76	0.24	17.12	7.68	0.16
-With Tip Top Cones (0010) topping (Per Serving)	171.9	2.63	22.88	0.37	17.14	7.8	0.19
-With Twin Cones (0003) topping (Per Serving)	179.5	2.86	24.43	0.43	17.16	7.85	0.204
-With Little Bear Teddy Top Cones (0008) topping (Per Serving)	179.5	2.86	24.43	0.45	17.25	7.81	0.207
-With Sugar Cones Mini (2604) topping (Per Serving)	173	2.4	23.2	0.35	18.68	7.82	0.169
-With Florentine Wafers (0206) topping (Per Serving)	165.3	2.31	21.39	0.29	17.92	7.84	0.168
-With Chocolate Sauce (4611)	190.8	2.27	30.46	0.41	22.39	7.74	0.16
-With Strawberry Sauce (4613)	199.1	2.16	30.34	0.24	22.47	7.68	0.16
-With Toffee Sauce (4620)	203.9	2.27	30.58	0.24	24.37	8.07	0.16
-With Hazelnut Crunch (6705) topping (Per Serving)	207.5	2.6	26.44	0.54	23.58	10.08	0.162
-With Honeycomb Sprinkles (6057) topping (Per Serving)	195.9	2.16	29.53	0.24	25.73	7.68	0.36
-With Strawberry Flavour Crunch (6576) topping (Per Serving)	197.2	2.16	29.71	0.24	26.89	7.68	0.16
-With Chocolate Fudge Brownies (6623) topping (Per Serving)	197.2	2.16	29.71	0.24	26.89	7.68	0.16
-With Mini Chocolate Candies (6116) topping (Per Serving)	203.7	2.49	27.06	0.24	24.42	9.38	0.184
-With Vermicelli Milk Chocolate (6109) topping (Per Serving)	209	2.69	25.91	0.48	23.2	10.45	0.174
Mint Choc Chip	169.6	2.4	19.52	0.4	16.88	8.96	0.16

1-200 CAL

201-300 CAL

301+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
-With Tip Top Cones (0010) topping (Per Serving)	184.7	2.87	22.64	0.53	16.9	9.08	0.19
-With Twin Cones (0003) topping (Per Serving)	192.3	3.1	24.19	0.59	16.92	9.13	0.204
-With Little Bear Teddy Top Cones (0008) topping (Per Serving)	192.3	3.1	24.19	0.61	17.01	9.09	0.207
-With Sugar Cones Mini (2604) topping (Per Serving)	185.8	2.64	22.96	0.51	18.44	9.1	0.169
-With Florentine Wafers (0206) topping (Per Serving)	178.1	2.55	21.15	0.05	0.8	0.16	0.008
-With Chocolate Sauce (4611)	33.99	0.11	10.7	0.45	22.15	9.02	0.16
-With Strawberry Sauce (4613)	211.9	2.4	30.1	0.4	22.23	8.96	0.16
-With Toffee Sauce (4620)	216.7	2.51	30.34	0.4	24.13	9.35	0.16
-With Hazelnut Crunch (6705) topping (Per Serving)	220.3	2.84	26.2	0.7	23.34	11.36	0.162
-With Honeycomb Sprinkles (6057) topping (Per Serving)	208.7	2.4	29.29	0.4	25.49	8.96	0.36
-With Strawberry Flavour Crunch (6576) topping (Per Serving)	210	2.4	29.47	0.4	26.65	8.96	0.16
-With Chocolate Fudge Brownies (6623) topping (Per Serving)	210	2.4	29.47	0.4	26.65	8.96	0.16
-With Mini Chocolate Candies (6116) topping (Per Serving)	216.5	2.73	26.82	0.4	24.18	10.66	0.184
-With Vermicelli Milk Chocolate (6109) topping (Per Serving)	221.8	2.93	25.67	0.64	22.96	11.73	0.174
Rum & Raisin	161.6	2.16	20.56	0.24	18.08	7.6	0.16
-With Tip Top Cones (0010) topping (Per Serving)	176.7	2.63	23.68	0.37	18.1	7.72	0.19
-With Twin Cones (0003) topping (Per Serving)	184.3	2.86	25.23	0.43	18.12	7.77	0.204
-With Little Bear Teddy Top Cones (0008) topping (Per Serving)	184.3	2.86	25.23	0.45	18.21	7.73	0.207
-With Sugar Cones Mini (2604) topping (Per Serving)	177.8	2.4	24	0.35	19.64	7.74	0.169
-With Florentine Wafers (0206) topping (Per Serving)	170.1	2.31	22.19	0.29	18.88	7.76	0.168
-With Chocolate Sauce (4611)	195.6	2.27	31.26	0.41	23.35	7.66	0.16
-With Strawberry Sauce (4613)	203.9	2.16	31.14	0.24	23.43	7.6	0.16
-With Toffee Sauce (4620)	208.7	2.27	31.38	0.24	25.33	7.99	0.16
-With Hazelnut Crunch (6705) topping (Per Serving)	212.3	2.6	27.24	0.54	24.54	10	0.162
-With Honeycomb Sprinkles (6057) topping (Per Serving)	200.7	2.16	30.33	0.24	26.69	7.6	0.36
-With Strawberry Flavour Crunch (6576) topping (Per Serving)	202	2.16	30.51	0.24	27.85	7.6	0.16
-With Chocolate Fudge Brownies (6623) topping (Per Serving)	202	2.16	30.51	0.24	27.85	7.6	0.16
-With Mini Chocolate Candies (6116) topping (Per Serving)	208.5	2.49	27.86	0.24	25.38	9.3	0.184
-With Vermicelli Milk Chocolate (6109) topping (Per Serving)	213.8	2.69	26.71	0.48	24.16	10.37	0.174
Banana & Butterscotch	152	2.16	19.28	0.4	18.88	7.44	0.16
-With Tip Top Cones (0010) topping (Per Serving)	197.1	2.63	22.4	0.53	18.9	7.56	0.19
-With Twin Cones (0003) topping (Per Serving)	174.7	2.86	23.95	0.59	18.92	7.61	0.204
-With Little Bear Teddy Top Cones (0008) topping (Per Serving)	174.7	2.86	23.95	0.61	19.01	7.57	0.207
-With Sugar Cones Mini (2604) topping (Per Serving)	168.2	2.4	22.72	0.51	20.44	7.58	0.169
-With Florentine Wafers (0206) topping (Per Serving)	160.5	2.31	20.91	0.45	19.68	7.6	0.168
-With Chocolate Sauce (4611)	186	2.27	29.98	0.57	24.15	7.5	0.16
-With Strawberry Sauce (4613)	194.3	2.16	29.86	0.4	24.23	7.44	0.16
-With Toffee Sauce (4620)	199.1	2.27	30.1	0.4	26.13	7.83	0.16
-With Hazelnut Crunch (6705) topping (Per Serving)	202.7	2.6	25.96	0.7	25.34	9.84	0.162
-With Honeycomb Sprinkles (6057) topping (Per Serving)	191.1	2.16	29.05	0.4	27.49	7.44	0.36
-With Strawberry Flavour Crunch (6576) topping (Per Serving)	192.4	2.16	29.23	0.4	28.65	7.44	0.16
-With Chocolate Fudge Brownies (6623) topping (Per Serving)	192.4	2.16	29.23	0.4	28.65	7.44	0.16
-With Mini Chocolate Candies (6116) topping (Per Serving)	198.9	2.49	26.58	0.4	26.18	9.14	0.184
-With Vermicelli Milk Chocolate (6109) topping (Per Serving)	204.2	2.69	25.43	0.64	24.96	10.21	0.174
Brownies & Cream	191.2	3.04	15.44	0.56	11.92	12.88	0.064
-With Tip Top Cones (0010) topping (Per Serving)	206.3	3.51	18.56	0.69	11.94	13	0.094
-With Twin Cones (0003) topping (Per Serving)	213.9	3.74	20.11	0.75	11.96	13.05	0.108
-With Little Bear Teddy Top Cones (0008) topping (Per Serving)	213.9	3.74	20.11	0.77	12.05	13.01	0.111

1-200 CAL

201-300 CAL

301+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
-With Chocolate Sauce (4611)	225.2	3.15	26.14	0.73	17.19	12.94	0.064
-With Strawberry Sauce (4613)	233.5	3.04	26.02	0.56	17.27	12.88	0.064
-With Toffee Sauce (4620)	238.3	3.15	26.26	0.56	19.17	13.27	0.064
-With Hazelnut Crunch (6705) topping (Per Serving)	241.9	3.48	22.12	0.86	18.38	15.28	0.066
-With Honeycomb Sprinkles (6057) topping (Per Serving)	230.3	3.04	25.21	0.56	20.53	12.88	0.264
-With Strawberry Flavour Crunch (6576) topping (Per Serving)	231.6	3.04	25.39	0.56	21.69	12.88	0.064
-With Chocolate Fudge Brownies (6623) topping (Per Serving)	231.6	3.04	25.39	0.56	21.69	12.88	0.064
-With Mini Chocolate Candies (6116) topping (Per Serving)	238.1	3.37	22.74	0.56	19.22	14.58	0.088
-With Vermicelli Milk Chocolate (6109) topping (Per Serving)	243.4	3.57	21.59	0.8	18	15.65	0.078
Raspberry Ripple	159.2	2.16	20.08	0.16	19.6	7.68	0.168
-With Tip Top Cones (0010) topping (Per Serving)	174.3	2.63	23.2	0.29	19.62	7.8	0.198
-With Twin Cones (0003) topping (Per Serving)	181.9	2.86	24.75	0.35	19.64	7.85	0.212
-With Little Bear Teddy Top Cones (0008) topping (Per Serving)	181.9	2.86	24.75	0.37	19.73	7.81	0.215
-With Sugar Cones Mini (2604) topping (Per Serving)	175.4	2.4	23.52	0.27	21.16	7.82	0.177
-With Florentine Wafers (0206) topping (Per Serving)	167.7	2.31	21.71	0.21	20.4	7.84	0.176
-With Chocolate Sauce (4611)	193.2	2.27	30.78	0.33	24.87	7.74	0.168
-With Strawberry Sauce (4613)	201.5	2.16	30.66	0.16	24.95	7.68	0.168
-With Toffee Sauce (4620)	206.3	2.27	30.9	0.16	26.85	8.07	0.168
-With Hazelnut Crunch (6705) topping (Per Serving)	209.9	2.6	26.76	0.46	26.06	10.08	0.17
-With Honeycomb Sprinkles (6057) topping (Per Serving)	198.3	2.16	29.85	0.16	28.21	7.68	0.368
-With Strawberry Flavour Crunch (6576) topping (Per Serving)	199.6	2.16	30.03	0.16	29.37	7.68	0.168
-With Chocolate Fudge Brownies (6623) topping (Per Serving)	199.6	2.16	30.03	0.16	29.37	7.68	0.168
-With Mini Chocolate Candies (6116) topping (Per Serving)	206.1	2.49	27.38	0.16	26.9	9.38	0.192
-With Vermicelli Milk Chocolate (6109) topping (Per Serving)	211.4	2.69	26.23	0.4	25.68	10.45	0.182
Coconut	165.6	2.24	19.44	0.4	16.72	8.8	0.16
-With Tip Top Cones (0010) topping (Per Serving)	180.7	2.71	22.56	0.53	16.74	8.92	0.19
-With Twin Cones (0003) topping (Per Serving)	188.3	2.94	24.11	0.59	16.76	8.97	0.204
-With Little Bear Teddy Top Cones (0008) topping (Per Serving)	188.3	2.94	24.11	0.61	16.85	8.93	0.207
-With Sugar Cones Mini (2604) topping (Per Serving)	181.8	2.48	22.88	0.51	18.28	8.94	0.169
-With Florentine Wafers (0206) topping (Per Serving)	174.1	2.39	21.07	0.45	17.52	8.96	0.168
-With Chocolate Sauce (4611)	199.6	2.35	30.14	0.57	21.99	8.86	0.16
-With Strawberry Sauce (4613)	207.9	2.24	30.02	0.4	22.07	8.8	0.16
-With Toffee Sauce (4620)	212.7	2.35	30.26	0.4	23.97	9.19	0.16
-With Hazelnut Crunch (6705) topping (Per Serving)	216.3	2.68	26.12	0.7	23.18	11.2	0.162
-With Honeycomb Sprinkles (6057) topping (Per Serving)	204.7	2.24	29.21	0.4	25.33	8.8	0.36
-With Strawberry Flavour Crunch (6576) topping (Per Serving)	206	2.24	29.39	0.4	26.49	8.8	0.16
-With Chocolate Fudge Brownies (6623) topping (Per Serving)	206	2.24	29.39	0.4	26.49	8.8	0.16
-With Mini Chocolate Candies (6116) topping (Per Serving)	212.5	2.57	26.74	0.4	24.02	10.5	0.184
-With Vermicelli Milk Chocolate (6109) topping (Per Serving)	217.8	2.77	25.59	0.64	22.8	11.57	0.174
Sticky Toffee Fudge	165.6	2.16	21.6	0.16	20	7.84	0.184
-With Tip Top Cones (0010) topping (Per Serving)	180.7	2.63	24.72	0.53	20.02	7.96	0.214
-With Twin Cones (0003) topping (Per Serving)	188.3	2.86	26.27	0.35	20.04	8.01	0.228
-With Little Bear Teddy Top Cones (0008) topping (Per Serving)	188.3	2.86	26.27	0.37	20.13	7.97	0.231
-With Sugar Cones Mini (2604) topping (Per Serving)	181.8	2.4	25.04	0.27	21.56	7.98	0.193
-With Florentine Wafers (0206) topping (Per Serving)	174.1	2.31	23.23	0.21	20.8	8	0.192
-With Chocolate Sauce (4611)	199.6	2.27	32.3	0.33	25.27	7.9	0.184
-With Strawberry Sauce (4613)	207.9	2.16	32.18	0.16	25.35	7.84	0.184
-With Toffee Sauce (4620)	212.7	2.27	32.42	0.16	27.25	8.23	0.184

1-200 CAL

201-300 CAL

301+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
-With Strawberry Flavour Crunch (6576) topping (Per Serving)	206	2.16	31.55	0.16	29.77	7.84	0.184
-With Chocolate Fudge Brownies (6623) topping (Per Serving)	206	2.16	31.55	0.16	29.77	7.84	0.184
-With Mini Chocolate Candies (6116) topping (Per Serving)	212.5	2.49	28.9	0.16	27.3	9.54	0.208
-With Vermicelli Milk Chocolate (6109) topping (Per Serving)	217.8	2.69	27.75	0.4	26.08	10.61	0.198
Peach & Mango	132.8	1.68	19.84	0.4	16.72	5.04	0.08
-With Tip Top Cones (0010) topping (Per Serving)	147.9	2.15	22.96	0.53	16.74	5.16	0.11
-With Twin Cones (0003) topping (Per Serving)	155.5	2.38	24.51	0.59	16.76	5.21	0.124
-With Little Bear Teddy Top Cones (0008) topping (Per Serving)	155.5	2.38	24.51	0.61	16.85	5.17	0.127
-With Sugar Cones Mini (2604) topping (Per Serving)	149	1.92	23.28	0.51	18.28	5.18	0.089
-With Florentine Wafers (0206) topping (Per Serving)	141.3	1.83	21.47	0.45	17.52	5.2	0.088
-With Chocolate Sauce (4611)	166.8	1.79	30.54	0.57	21.99	5.1	0.08
-With Strawberry Sauce (4613)	175.1	1.68	30.42	0.4	22.07	5.04	0.08
-With Toffee Sauce (4620)	179.9	1.79	30.66	0.4	23.97	5.43	0.08
-With Hazelnut Crunch (6705) topping (Per Serving)	183.5	2.12	26.52	0.7	23.18	7.44	0.082
-With Honeycomb Sprinkles (6057) topping (Per Serving)	171.9	1.68	29.61	0.4	25.33	5.04	0.28
-With Strawberry Flavour Crunch (6576) topping (Per Serving)	173.2	1.68	29.79	0.4	26.49	5.04	0.08
-With Chocolate Fudge Brownies (6623) topping (Per Serving)	173.2	1.68	29.79	0.4	26.49	5.04	0.08
-With Mini Chocolate Candies (6116) topping (Per Serving)	179.7	2.01	27.14	0.4	24.02	6.74	0.104
-With Vermicelli Milk Chocolate (6109) topping (Per Serving)	185	2.21	25.99	0.64	22.8	7.81	0.094
Eton Mess	164	2.08	21.2	0.24	17.92	7.76	0.16
-With Tip Top Cones (0010) topping (Per Serving)	179.1	2.55	24.32	0.37	17.94	7.88	0.19
-With Twin Cones (0003) topping (Per Serving)	186.7	2.78	25.87	0.43	17.96	7.93	0.204
-With Little Bear Teddy Top Cones (0008) topping (Per Serving)	186.7	2.78	25.87	0.45	18.05	7.89	0.207
-With Sugar Cones Mini (2604) topping (Per Serving)	180.2	2.32	24.64	0.35	19.48	7.9	0.169
-With Florentine Wafers (0206) topping (Per Serving)	172.5	2.23	22.83	0.29	18.72	7.92	0.168
-With Chocolate Sauce (4611)	198	2.19	31.9	0.41	23.19	7.82	0.16
-With Strawberry Sauce (4613)	206.3	2.08	31.78	0.24	23.27	7.76	0.16
-With Toffee Sauce (4620)	211.1	2.19	32.02	0.24	25.17	8.15	0.16
-With Hazelnut Crunch (6705) topping (Per Serving)	214.7	2.52	27.88	0.54	24.38	10.16	0.162
-With Honeycomb Sprinkles (6057) topping (Per Serving)	203.1	2.08	30.97	0.24	26.53	7.76	0.36
-With Strawberry Flavour Crunch (6576) topping (Per Serving)	204.4	2.08	31.15	0.24	27.69	7.76	0.16
-With Chocolate Fudge Brownies (6623) topping (Per Serving)	204.4	2.08	31.15	0.24	17.92	7.76	0.16
-With Mini Chocolate Candies (6116) topping (Per Serving)	210.9	2.41	28.5	0.24	25.22	9.46	0.184
-With Vermicelli Milk Chocolate (6109) topping (Per Serving)	216.2	2.61	27.35	0.48	24	10.53	0.174
Honeycomb Choc Swirl	174.4	2.16	23.2	0.24	19.76	7.08	0.08
-With Tip Top Cones (0010) topping (Per Serving)	189.5	2.63	26.32	0.37	19.78	7.2	0.11
-With Twin Cones (0003) topping (Per Serving)	197.1	2.86	27.87	0.43	19.8	7.25	0.124
-With Little Bear Teddy Top Cones (0008) topping (Per Serving)	197.1	2.86	27.87	0.45	19.89	7.21	0.127
-With Sugar Cones Mini (2604) topping (Per Serving)	190.6	2.4	26.64	0.35	21.32	7.22	0.089
-With Florentine Wafers (0206) topping (Per Serving)	182.9	2.31	24.83	0.29	20.56	7.24	0.088
-With Chocolate Sauce (4611)	208.4	2.27	33.9	0.41	25.03	7.14	0.08
-With Strawberry Sauce (4613)	216.7	2.16	33.78	0.24	25.11	7.08	0.08
-With Toffee Sauce (4620)	221.5	2.27	34.02	0.24	27.01	7.47	0.08
-With Hazelnut Crunch (6705) topping (Per Serving)	225.1	2.6	29.88	0.54	26.22	9.48	0.082
-With Honeycomb Sprinkles (6057) topping (Per Serving)	213.5	2.16	32.97	0.24	28.37	7.08	0.28
-With Strawberry Flavour Crunch (6576) topping (Per Serving)	214.8	2.16	33.15	0.24	29.53	7.08	0.08
-With Chocolate Fudge Brownies (6623) topping (Per Serving)	214.8	2.16	33.15	0.24	29.53	7.08	0.08
-With Mini Chocolate Candies (6116) topping (Per Serving)	221.3	2.49	30.5	0.24	27.06	8.78	0.104

1-200 CAL

201-300 CAL

301+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
-With Tip Top Cones (0010) topping (Per Serving)	187.9	2.39	27.84	0.37	21.22	7.48	0.11
-With Twin Cones (0003) topping (Per Serving)	195.5	2.62	29.39	0.43	21.24	7.53	0.124
-With Little Bear Teddy Top Cones (0008) topping (Per Serving)	195.5	2.62	29.39	0.45	21.33	7.49	0.127
-With Sugar Cones Mini (2604) topping (Per Serving)	189	2.16	28.16	0.35	22.76	7.5	0.089
-With Florentine Wafers (0206) topping (Per Serving)	181.3	2.07	26.35	0.29	22	7.52	0.088
-With Chocolate Sauce (4611)	206.8	2.03	35.42	0.41	26.47	7.42	0.08
-With Strawberry Sauce (4613)	215.1	1.92	35.3	0.24	26.55	7.36	0.08
-With Toffee Sauce (4620)	219.9	2.03	35.54	0.24	28.45	7.75	0.08
-With Hazelnut Crunch (6705) topping (Per Serving)	223.5	2.36	31.4	0.54	27.66	9.76	0.082
-With Honeycomb Sprinkles (6057) topping (Per Serving)	211.9	1.92	34.49	0.24	29.81	7.36	0.28
-With Strawberry Flavour Crunch (6576) topping (Per Serving)	213.2	1.92	34.67	0.24	30.97	7.36	0.08
-With Chocolate Fudge Brownies (6623) topping (Per Serving)	213.2	1.92	34.67	0.24	30.97	7.36	0.08
-With Mini Chocolate Candies (6116) topping (Per Serving)	219.7	2.25	32.02	0.24	28.5	9.06	0.104
-With Vermicelli Milk Chocolate (6109) topping (Per Serving)	225	2.45	30.87	0.48	27.28	10.13	0.094
Apple Pie & Custard	142.4	1.92	19.76	0.64	15.92	6.24	0.08
-With Tip Top Cones (0010) topping (Per Serving)	157.5	2.39	22.88	0.77	15.94	6.36	0.11
-With Twin Cones (0003) topping (Per Serving)	165.1	2.62	24.43	0.83	15.96	6.41	0.124
-With Little Bear Teddy Top Cones (0008) topping (Per Serving)	165.1	2.62	24.43	0.85	16.05	6.37	0.127
-With Sugar Cones Mini (2604) topping (Per Serving)	158.6	2.16	23.2	0.75	17.48	6.38	0.089
-With Florentine Wafers (0206) topping (Per Serving)	150.9	2.07	21.39	0.69	16.72	6.4	0.088
-With Chocolate Sauce (4611)	176.4	2.03	30.46	0.81	21.19	6.3	0.08
-With Strawberry Sauce (4613)	184.7	1.92	30.34	0.64	21.27	6.24	0.08
-With Toffee Sauce (4620)	189.5	2.03	30.58	0.64	23.17	6.63	0.08
-With Hazelnut Crunch (6705) topping (Per Serving)	193.1	2.36	26.44	0.94	22.38	8.64	0.082
-With Honeycomb Sprinkles (6057) topping (Per Serving)	181.5	1.92	29.53	0.64	24.53	6.24	0.28
-With Strawberry Flavour Crunch (6576) topping (Per Serving)	182.8	1.92	29.71	0.64	25.69	6.24	0.08
-With Chocolate Fudge Brownies (6623) topping (Per Serving)	182.8	1.92	29.71	0.64	25.69	6.24	0.08
-With Mini Chocolate Candies (6116) topping (Per Serving)	189.3	2.25	27.06	0.64	23.22	7.94	0.104
-With Vermicelli Milk Chocolate (6109) topping (Per Serving)	194.6	2.45	25.91	0.88	22	9.01	0.094
Coffee	154.4	2.56	17.68	0.16	15.04	8.16	0.16
-With Tip Top Cones (0010) topping (Per Serving)	169.5	3.03	20.8	0.29	15.06	8.28	0.19
-With Twin Cones (0003) topping (Per Serving)	177.1	3.26	22.35	0.35	15.08	8.33	0.204
-With Little Bear Teddy Top Cones (0008) topping (Per Serving)	177.1	3.26	22.35	0.37	15.17	8.29	0.207
-With Sugar Cones Mini (2604) topping (Per Serving)	170.6	2.8	21.12	0.27	16.6	8.3	0.169
-With Florentine Wafers (0206) topping (Per Serving)	162.9	2.71	19.31	0.21	15.84	8.32	0.168
-With Chocolate Sauce (4611)	188.4	2.67	28.38	0.33	20.31	8.22	0.16
-With Strawberry Sauce (4613)	196.7	2.56	28.26	0.16	20.39	8.16	0.16
-With Toffee Sauce (4620)	201.5	2.67	28.5	0.16	22.29	8.55	0.16
-With Hazelnut Crunch (6705) topping (Per Serving)	205.1	3	24.36	0.46	21.5	10.56	0.162
-With Honeycomb Sprinkles (6057) topping (Per Serving)	193.5	2.56	27.45	0.16	23.65	8.16	0.36
-With Strawberry Flavour Crunch (6576) topping (Per Serving)	194.8	2.56	27.63	0.16	24.81	8.16	0.16
-With Chocolate Fudge Brownies (6623) topping (Per Serving)	194.8	2.56	27.63	0.16	24.81	8.16	0.16
-With Mini Chocolate Candies (6116) topping (Per Serving)	201.3	2.89	24.98	0.16	22.34	9.86	0.184
-With Vermicelli Milk Chocolate (6109) topping (Per Serving)	206.6	3.09	23.83	0.4	21.12	10.93	0.174
Salted Caramel	167.2	2.16	20.96	0.08	20.64	8.24	0.312
-With Tip Top Cones (0010) topping (Per Serving)	182.3	2.63	24.08	0.21	20.66	8.36	0.342
-With Twin Cones (0003) topping (Per Serving)	189.9	2.86	25.63	0.27	20.68	8.41	0.356
-With Little Bear Teddy Top Cones (0008) topping (Per Serving)	189.9	2.86	25.63	0.29	20.77	8.37	0.359

1-200 CAL

201-300 CAL

301+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
-With Chocolate Sauce (4611)	201.2	2.27	31.66	0.25	25.91	8.3	0.312
-With Strawberry Sauce (4613)	209.5	2.16	31.54	0.08	25.99	8.24	0.312
-With Toffee Sauce (4620)	214.3	2.27	31.78	0.08	27.89	8.63	0.312
-With Hazelnut Crunch (6705) topping (Per Serving)	217.9	2.6	27.64	0.38	27.1	10.64	0.314
-With Honeycomb Sprinkles (6057) topping (Per Serving)	206.3	2.16	30.73	0.08	29.25	8.24	0.512
-With Strawberry Flavour Crunch (6576) topping (Per Serving)	207.6	2.16	30.91	0.08	30.41	8.24	0.312
-With Chocolate Fudge Brownies (6623) topping (Per Serving)	207.6	2.16	30.91	0.08	30.41	8.24	0.312
-With Mini Chocolate Candies (6116) topping (Per Serving)	214.1	2.49	28.26	0.08	27.94	9.94	0.336
-With Vermicelli Milk Chocolate (6109) topping (Per Serving)	219.4	2.69	27.11	0.32	26.72	11.01	0.326

PIC & MIX 100g (100g PER SWEET)

Black & Raspberries	313	5.2	72	-	52	0.2	0.04
Blue Raspberry Bonbons	365	0	81	-	69	4.9	0
Bunnies	340	0.4	82	-	51	0.2	0
Cherries	327	5.1	76	-	58	0.2	0.04
Coca Bottle	314	5.1	71	-	52	0.4	0.05
Crispy Bite	430	3	71	-	60	15	0
Duo Fudge	472	2.4	71.3	-	60	20	-
Fizzy Bubblegum Bottles	330	5.5	76	0.1	63	0.2	0
Fizzy cherry Bottles	351	4.6	74	-	56	0.1	0.04
Fizzy Cola bottles	321	4.6	74	-	56	0.1	0.04
Fizzy Dummies	320	4.8	75	-	56	0	0.03
Fried Eggs	310	5.9	71.4	-	50.1	0.1	0
Fruit Chews	410	0.5	91	-	69	0	0
Gaint Cola Bottles	313	5.3	71	-	52	0.5	0.05
Gaint Cola Fizz	321	4.8	74	-	56	0.3	0.04
Gaint Snowies	496	2.8	71.1	-	56.1	22	0
Gourmet Jelly Beans Premium	377	<0.1	93	-	77	<1	-
Jelly Foam Hearts	340	5.3	75	0	61	0.2	-
Juicy Strawberries	345	0.08	84.61	-	55.58	0.28	-
Magic Carpet	325	3.4	77	-	45	0.6	0
Milk Chocolate Beans	450	3.5	79	0	79	14	0
Milk Chocolate Hearts	452	3.15	63.2	-	53.6	20.8	-
Milk Chocolate Mini Eggs	480	5	71	1.6	70	20	0.2
Milk Chocolate Raisins	410	4.5	65	-	63	15	3
Milk Chocolate Toffee Chews	436	4.3	62.8	-	49.4	20	-
Milk Shake Bottles	315	5	73	-	59	0.2	-
Milk Teeth	320	6	73	-	57	0.2	0
Mini Strawberry Cables	370	1.2	82	-	63	3.2	0
Monkey Bananas	522	3.8	66.4	-	52.7	23.2	-
Orange Bottles	353	0	88	-	64	0.3	0
Partymix	333	5.2	75.7	-	47.9	0.3	0
Pink & White Mice	530	4	64	0	52	29	0
Rainbow Metre	358	2.4	84	0.5	65	0.4	-
Raspberry Jelly	322	3.9	75	-	62	-	-
Red Metre	330	2.5	75	1.6	48	1	0.9
Smileys	341	3.4	81.4	-	41.3	0.2	-

1-200 CAL

201-300 CAL

301+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Strawberry Bonbons	390	0	87	-	63	4.9	0
Strawberry Fudge	437	1.6	78	-	69	13	0.59
Strawberry Rocketz	390	1.4	86	-	67	4	0
Sugared Strawberries	343	0	86	-	67	0	-
Sweet bananas	360	1.2	89	0	78	0	0
Teddy Bears	313	5.2	72	-	52	0.2	0.04
The Boa	325	7.2	73.8	-	51.3	0.1	0
Tikkels Strawberry & Lemon	367	0	92	-	70	0.44	-
Vanilla Fudge	420	1.5	74	0	68	13	0
Watermelon Slices	340	6.6	77	-	59	0.2	0
Wine Gums	331	5.5	77	-	39	0.2	0
Zoo Animals	522	3.8	66.4	-	52.7	26.9	0.25

MILANO COFFEE (PER SERVING)

12oz Black Coffee	3.75	0.24	0.09	1.03	0.09	0.03	0.01
12oz white Coffee	106.1	10.23	14.2	2.74	14.2	0.29	0.37
12oz Cappuccino	30.68	2.35	2.03	5.49	2.03	0.17	0.08
12oz Latte	34.43	2.59	2.12	6.52	2.12	0.2	0.08
12oz Mocha	121.9	3.91	19.6	2.16	16.81	2.61	0.27
12oz Hot Chocolate	183.9	3.48	31.02	2.07	25.92	4.66	0.37
Espresso	3.75	0.24	0.09	1.03	0.09	0.03	0.01
16oz Black Coffee	5.03	0.32	0.12	1.38	0.12	0.04	0.01
16oz White Coffee	42.69	4.1	5.65	1.24	5.65	0.12	0.15
16oz Cappuccino	81.35	7.93	11.21	1.38	11.21	0.21	0.29
16oz Latte	95.66	9.36	13.28	1.38	13.28	0.24	0.34
16oz Mocha	163.3	5.24	26.26	2.89	22.53	3.5	0.37
16oz Hot Chocolate	246.5	4.66	41.57	2.77	34.73	6.25	0.5

SAHARA NUTS

Wheat Coated Peanuts With Sweet Chilli Taste	500	13.9	42.1	4.9	6.9	29.4	4.1
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