

A la Carte	Serving Size	Calories	Protein	Carbohydrates	Fiber	Total Fat	Carb Count
Otis Cookie (All Varieties)	1 each	100	1g	1 g	1g	3g	1
Freckles	Serving Size	Calories	Protein	Carbohydrates	Fiber	Total Fat	Carb Count
Freckles Custard Vanilla	1/2 cup	148	5g	27g	0g	2.5g	2
Vanilla Cookies and Cream	1/2 cup	183	5.5g	32g	0g	4g	2
Vanilla Cookie Dough	1/2 cup	180	5.5g	32g	0g	3.5g	2
Vanilla Twix	1/2 cup	168	5g	30g	0g	3.5g	2
Vanilla Gummy Bear	1/2 cup	172	5.5g	33g	0g	2.5g	2
Vanilla M&M	1/2 cup	173	5g	30.5g	0g	3.5g	2
Vanilla Chocolate Chips	1/2 cup	169	5g	30g	0g	3.5g	2
Freckles Custard Chocolate	1/2 cup	80	5g	17g	0g	0g	1
Chocolate Cookies and Cream	1/2 cup	115	5.5g	22.5g	0g	1.5g	1.5
Chocolate Cookie Dough	1/2 cup	111	5.5g	22g	0g	1g	1.5
Chocolate Twix	1/2 cup	100	5g	20g	0g	1g	1.5
Chocolate Gummy Bear	1/2 cup	104	5.5g	23g	0g	0g	1.5
Chocolate M&M	1/2 cup	105	5g	20.5g	0g	1g	1.5
Chocolate Chocolate Chip	1/2 cup	101	5g	20g	0g	1g	1.5

Smoothie King	Serving Size	Calories	Pro (g)	Carb (g)	Fiber (g)	Total Fat (g)	Carb Count
Strawberry Lemon Twist	12 fl oz	167	1	50	2	0	3
Tropical Kiwi	12 fl oz	200	4	48	2	0	3
Strawberry Kiwi Breeze	12 fl oz	137	2	40	2	0	2.5
Island Impact	12 fl oz	130	2	30	1	0	2
Strawberry X-treme	12 fl oz	107	1	41	4	0	2.5
Blueberry Blast	12 fl oz	177	6	42	3	0	3
Strawberry Peach Paradise	12 fl oz	163	3	42	4	0	3
Strawberry Deluxe	12 fl oz	123	6	27	2	0	2
Cherry Bomb	12 fl oz	171	6	40	2	0	2.5