



NUTRITIONAL INFORMATION – GLACIER, SHAKES, SMOOTHIES

PERCENT OF DAILY VALUE

	Serving Size	Servings by	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
GLACIERS		grams														
VANILLA FROZEN CUSTARD	SMALL	240	388	175	23	13	107	247	54	0	43	11	17	0	32	0
VANILLA FROZEN CUSTARD	MEDIUM	354	571	258	35	19	158	364	79	0	63	16	25	0	47	0
VANILLA FROZEN CUSTARD	LARGE	453	731	330	44	24	202	466	102	0	81	20	32	0	61	0
CHOCOLATE FROZEN CUSTARD	SMALL	240	508	222	24	15	155	398	62	2	53	9	17	0	33	37
CHOCOLATE FROZEN CUSTARD	MEDIUM	354	748	326	36	23	227	585	91	3	78	13	26	0	48	49
CHOCOLATE FROZEN CUSTARD	LARGE	453	957	417	45	29	291	749	117	4	100	17	33	0	62	71
NSA VANILLA FROZEN CUSTARD	SMALL	240	245	88	11	9	44	331	29	0	11	15	22	4	44	0
NSA VANILLA FROZEN CUSTARD	MEDIUM	354	361	129	16	13	65	487	43	0	16	23	32	6	65	0
NSA VANILLA FROZEN CUSTARD	LARGE	453	462	165	21	16	83	624	55	0	21	29	41	8	83	0
<i>(see topping chart for topping nutrition)</i>																
SHAKES																
VANILLA FROZEN CUSTARD	REGULAR	302	417	186	25	13	112	278	57	0	46	12	19	1	39	0
VANILLA FROZEN CUSTARD	LARGE	389	524	233	31	17	140	351	71	0	57	16	25	1	51	0
CHOCOLATE FROZEN CUSTARD	REGULAR	302	539	232	25	16	159	428	65	2	56	11	20	1	40	37
CHOCOLATE FROZEN CUSTARD	LARGE	389	674	290	32	20	198	537	81	2	70	14	25	1	52	46
NSA VANILLA FROZEN CUSTARD	REGULAR	302	273	98	12	9	49	362	32	0	14	17	24	5	51	0
NSA VANILLA FROZEN CUSTARD	LARGE	389	346	124	15	12	61	455	40	0	18	22	31	7	65	0
<i>(see topping chart for topping nutrition)</i>																
MALTS																
VANILLA FROZEN CUSTARD	REGULAR	319	452	195	25	14	114	315	62	0	50	13	19	1	39	0
VANILLA FROZEN CUSTARD	LARGE	415	575	246	32	18	143	408	79	0	63	17	25	1	51	0
CHOCOLATE FROZEN CUSTARD	REGULAR	319	573	240	26	16	161	466	70	2	60	11	20	1	41	38
CHOCOLATE FROZEN CUSTARD	LARGE	415	725	300	32	21	201	594	89	2	76	15	25	1	52	46

NSA VANILLA FROZEN CUSTARD	REGULAR	319	307	106	13	10	51	400	37	0	18	18	25	5	52	0
NSA VANILLA FROZEN CUSTARD	LARGE	415	396	136	16	13	64	512	48	0	24	23	30	7	65	0

(see topping chart for topping nutrition)

SMOOTHIES

CAPPUCCINO	REGULAR	270	417	125	14	8	66	153	68	2	47	7	10	0	21	2
CARAMEL CAPPUCCINO	REGULAR	274	488	126	14	8	66	150	84	2	63	7	10	0	21	2
MANGO	REGULAR	298	396	88	9	4	38	129	70	1	59	4	23	45	12	0
MINT CHOCOLATE CHIP	REGULAR	308	505	178	19	10	58	210	72	1	55	7	15	0	18	0
MINT MOCHA CHIP	REGULAR	303	567	163	18	10	60	159	92	2	66	7	9	0	19	2
MOCHA CAPPUCCINO	REGULAR	274	448	126	14	8	66	153	74	2	49	7	10	0	21	2
MOCHA CHIP CAPPUCCINO	REGULAR	289	524	172	19	11	66	168	81	2	57	8	10	0	21	2
STRAWBERRY	REGULAR	298	421	89	9	4	38	146	75	2	58	4	10	20	16	3
STRAWBERRY BANANA	REGULAR	301	414	73	8	4	31	124	77	3	57	6	8	25	14	3
CAPPUCCINO	LARGE	295	497	148	17	9	79	184	82	2	57	8	12	0	25	2
CARAMEL CAPPUCCINO	LARGE	309	551	143	16	9	75	181	96	2	72	8	11	0	24	2
MANGO	LARGE	368	115	487	13	6	51	172	86	1	72	5	29	50	16	0
MINT CHOCOLATE CHIP	LARGE	357	582	194	21	11	63	237	86	1	66	7	17	0	20	0
MINT MOCHA CHIP	LARGE	362	713	220	24	14	79	214	114	2	86	9	12	0	25	3
MOCHA CAPPUCCINO	LARGE	341	582	171	20	11	93	216	97	2	69	10	14	0	30	3
MOCHA CHIP CAPPUCCINO	LARGE	362	695	238	27	15	93	238	107	2	78	11	14	0	30	3
STRAWBERRY	LARGE	369	515	116	13	6	51	191	91	3	70	5	12	25	21	3
STRAWBERRY BANANA	LARGE	369	499	92	10	5	41	159	93	4	69	9	11	30	18	4

SMOOTHIES (Non Dairy)

NON DAIRY MANGO	REGULAR	170	214	0	0	0	0	0	54	0	54	0	20	68	0	0
NON DAIRY STRAWBERRY	REGULAR	170	252	0	0	0	0	25	61	2	51	0	0	33	6	4
NON DAIRY STRAWBERRY BANANA	REGULAR	241	331	1	0	0	0	30	81	3	65	5	0	45	7	6
NON DAIRY MANGO	LARGE	198	250	0	0	0	0	0	63	0	63	0	25	80	0	0
NON DAIRY STRAWBERRY	LARGE	198	294	0	0	0	0	29	72	2	60	0	0	39	7	5
NON DAIRY STRAWBERRY BANANA	LARGE	255	334	2	0	0	0	30	85	4	67	7	0	45	7	6

FLOATS

Root Beer with Vanilla FC	REGULAR	525	432	118	15	8	70	242	84	0	77	7	10	0	21	0
Root Beer with Van FC	LARGE	930	807	235	31	17	140	459	153	0	140	14	20	0	42	0