



This information is provided for general informational purposes only and is not intended to substitute professional medical advice. Customers with food allergies or specific dietary concerns should consult their healthcare provider. Ingredient and nutritional content may vary by location and is subject to change based on supplier availability, manufacturing practices, and recipe modifications. Substitutions may be made without prior notice.

Made on equipment that processes: Egg, Milk, Peanuts, Sesame, Soy, Tree Nuts, and Wheat.

✓ = Presence of Allergen * GLUTEN is not an allergen recognized by the FDA. This information is provided for guest knowledge. Products may be Gluten Friendly, but are not certified Gluten-Free.

LTO ALLERGEN GUIDE: Version: 2025.12.22	EGGS	FISH	MILK	PEANUTS	SESAME	SHELLFISH	SOY	TREE NUTS	WHEAT	*GLUTEN
MILKSHAKES										
Hot Chocolate Milkshake	✓		✓				✓		✓	
POPS										
Marshmallow Pop			✓				✓			
Peppermint Cake Pop	✓		✓				✓		✓	✓
BARKS										
Hot Chocolate Bark			✓				✓			✓
Peppermint Bark			✓				✓			
Snowman Bark			✓				✓			



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2,000 calories a day is used for general nutrition advice, but calorie needs vary.

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LTO NUTRITION GUIDE: Version: 2025.12.22	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
MILKSHAKES										
Hot Chocolate Milkshake	1160	54	36	1.5	170	450	147	7	115	21
POPS										
Marshmallow Pop	160	4.5	3	0	0	30	28	0	22	0
Peppermint Cake Pop	160	7	3.5	0	10	125	22	<1	16	2
BARKS										
Hot Chocolate Bark	350	22	13	0	10	55	39	2	31	4
Peppermint Bark	320	17	11	0	5	25	42	1	34	3
Snowman Bark	330	20	14	0	5	50	38	<1	36	3