



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.

<b>LTO ALLERGEN GUIDE:</b> Version: 2026.01.15	EGGS	FISH	MILK	PEANUTS	SESAME	SHELLFISH	SOY	TREE NUTS	WHEAT	*GLUTEN
<b>MILKSHAKES</b>										
Strawberry Matcha Milkshake			✓							
<b>CHOCOLATE</b>										
Valentine's Heart Bark			✓				✓			



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

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<b>LTO NUTRITION GUIDE:</b> Version: 2026.01.15	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
<b>MILKSHAKES</b>										
Strawberry Matcha Milkshake	790	41	25	1.5	165	370	90	0	80	15
<b>CHOCOLATE</b>										
Valentine's Heart Bark	310	19	13	0	5	45	35	<1	33	3