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NUTRITION QUICK GUIDE:

Version: 2026.03.06

	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										
Bananas Foster	1130	46	28	1.5	170	510	190	4	132	17
Birthday Cake	1210	63	37	1.5	215	620	140	0	120	19
Campfire S'mores	1330	53	34	1.5	170	650	191	3	150	18
Chocolate	940	50	32	1.5	175	420	104	4	85	20
Chocolate Cake Shake	1150	55	30	2	165	840	146	3	114	21
Chocolate Dipped Strawberry	1190	57	37	1.5	170	420	139	3	127	18
Chocolate Raspberry Truffle	1000	50	31	1.5	170	350	120	4	97	17
Chocolatier	1070	58	34	1.5	170	420	119	5	94	19
Cookie Brownie Fudge	1210	61	36	1.5	170	590	144	3	113	19
Cookie Dough Fudge	1230	59	37	1.5	175	570	157	3	124	18
Cookie Jar	1230	59	34	2	175	670	153	2	117	18
Cookies & Cream	1040	51	30	1.5	175	670	124	0	97	19
Mint Chip	970	47	29	1.5	175	390	124	1	107	17
Mint Cookies & Cream	1110	54	32	1.5	180	480	144	1	119	18
Peanut Butter Brownie	1320	78	38	1.5	170	680	132	5	104	25
Raspberries & Cream	1040	47	29	1.5	170	370	134	0	112	15
Raspberry	970	44	27	1.5	175	370	124	0	107	17
Rusty's Shake	1200	60	35	1.5	170	590	143	2	112	18
Salted Caramel Pretzel	1090	46	28	1.5	170	850	173	0	104	18
Strawberry	910	44	27	1.5	175	360	93	0	93	17
Strawberry Banana	900	44	27	1.5	165	340	92	1	92	16
Vanilla	840	44	27	1.5	175	470	96	0	80	17



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NON-DAIRY MILKSHAKES										
Non-Dairy Chocolate	680	28	27	0	0	200	105	5	72	7
Non-Dairy Cookies & Cream	830	47	31	0	0	380	126	0	88	6
Non-Dairy Peanut Butter	990	72	33	0	0	520	109	4	77	15
Non-Dairy Strawberry	720	40	28	0	0	210	102	0	89	4
DRINKS										
Root Beer Float	590	23	14	1	90	230	89	0	82	9
SUNDAES										
Hot Fudge Brownie	1020	54	32	1	120	370	122	5	96	12
Peanut Butter Meltaway Cookie	1350	83	36	1	120	730	134	8	96	24
S'mores	900	38	25	1	120	470	125	2	93	12
Strawberry Shortcake	830	42	24	1	155	320	68	2	80	12
MOLTEN CUPS										
Peanut Butter Bananas & Cream	580	39	17	0	30	190	56	6	38	9
Strawberries & Cream	330	23	14	0	30	30	33	4	27	3



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CHOCOLATE										
Chocolate Bar- Cookie Butter Crunch	220	13	8	0	0	25	26	1	20	2
Chocolate Bar- Dubai Style	200	13	6	0	0	30	19	0	12	3
Chocolate Bar- Mint Cookies & Cream	210	13	7	0	0	55	26	2	19	2
Chocolate Bar- MSF Terrapin	190	16	4.5	0	10	50	20	1	18	2
Chocolate Bar- Peanut Butter Pretzel	220	13	8	0	0	90	24	1	14	4
Chocolate Bar- Salted Caramel	150	12	0	0	10	15	25	0	22	1
Bark - Cookie	380	24	14	0	10	80	42	2	34	3
Bark - Cookie Brownie	370	23	13	0	5	95	41	2	32	4
Bark - Cookies & Cream	320	17	12	0	0	130	42	0	36	3
Bark - Peanut Butter Marshmallow	410	24	15	0	5	95	46	2	36	6
Bark - Peanut Butter Toffee	320	22	14	0	10	45	31	2	27	5
Bark - Roasted Almond	270	19	11	0	5	30	24	2	21	3
Bark - Rocky Road	290	19	11	0	5	35	31	2	26	3
Bark - Signature Milk Chocolate	350	25	15	0	10	35	34	2	30	4
Bark - S'mores	340	20	12	0	10	85	39	2	31	4
Bark - Toasted Coconut	360	26	18	0	10	40	32	3	28	4
Cake Pop	150	7	3.5	0	10	125	21	0	15	2
Chocolate Dipped Cookies & Cream	100	5	2.5	0	0	50	12	0	9	0
Chocolate Dipped Strawberries	200	13	8	0	0	20	24	3	20	2
Chocolate Dipped Stroopwafel	240	11	3	0	10	100	33	1	22	2
Chocolate Dipped Toffee Stroopwafel	230	10	2.5	0	10	95	31	1	20	2
Gourmet Pretzel - Dark Chocolate	140	7	4	0	0	120	18	0	10	2
Gourmet Pretzel - Milk Chocolate	140	5	4.5	0	0	65	20	0	9	2
Pecan Caramel Terrapin	100	6	3	0	10	30	14	0	8	0
Pittsburgh Penguins Chocolate Puck	390	24	14	0	15	60	48	0	42	3
S'mores Pop	170	4.5	3	0	0	50	30	0	23	0