



NUTRITIONAL INFORMATION ICE CREAM, SHERBET & FROZEN YOGURT

NUTRITION FACTS	Calories	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Serving Size: 1/2 Cup (75 g)															
Banana Split IC	150	60	7	4.5	0	25	45	20	<1	17	3	4	4	10	0
Banana Pudding IC	150	60	7	4.5	0	25	55	19	0	16	3	6	8	8	0
Birthday Cake IC	180	80	9	6	0	25	60	21	0	18	3	4	0	10	4
Coffee IC	140	60	7	4.5	0	30	50	15	0	14	3	6	0	10	0
Cake Batter IC	140	70	7	4.5	0	30	50	14	0	14	3	6	0	10	0
Caramel Turtle Fudge IC	160	90	10	5	0	25	95	15	<1	13	3	4	0	10	0
Cookies 'n Cream IC	160	70	8	4.5	0.5	25	75	19	0	16	3	6	0	10	0
So Blackberry Cobbler IC	150	70	8	4.5	0	30	50	18	0	15	3	6	2	8	0
Butter Crunch IC	180	80	9	5	0	30	70	21	0	17	3	6	0	10	0
Cotton Candy IC	140	70	7	4.5	0	30	50	14	0	14	3	6	0	10	0
Rocky Road IC	150	70	8	4.5	0	25	50	17	<1	15	3	6	0	10	4
Krazy Kolors IC	140	70	8	5	0	30	55	15	0	14	3	6	0	10	0
Choc Covered Cherries IC	170	70	8	6	0	25	50	21	0	19	3	6	0	10	2
Milk Chocolate IC	150	70	7	4.5	0	30	70	17	0	16	4	6	0	10	4
Strawberry IC	130	50	6	3.5	0	25	40	17	0	16	2	4	15	8	0
Homemade Vanilla IC	170	80	9	5	0	35	70	20	0	19	4	6	2	15	0
Buttered Pecan IC	160	90	10	4.5	0	30	100	14	<1	12	3	6	0	10	0
Mint Chocolate Chip IC	160	80	9	6	0	30	50	16	0	15	3	6	0	10	2
Choc Chip Cookie Dough IC	170	80	9	4.5	0.5	25	75	19	0	14	3	6	0	10	4
Tin Roof IC	170	80	9	5	0	25	50	18	<1	16	4	4	0	10	4
Pistachio Almond IC	150	80	9	4.5	0	30	85	14	0	13	4	6	0	10	0
Pecan Pralines 'n Cream IC	170	80	9	5	0	30	85	20	0	18	3	6	0	10	0
Moo-llennium Crunch IC	150	80	9	5	0	25	55	14	<1	12	4	4	0	10	2
Fudge Brownie IC	140	70	8	4.5	0	20	65	15	1	12	3	4	0	8	4
Strawberry Cheesecake IC	140	60	6	4	0	25	100	18	0	16	3	4	10	10	0
Country Vanilla Low-fat Frozen Yogurt	100	15	1.5	1	0	10	80	17	0	15	4	0	2	15	0
Country Vanilla IC - No Sugar Added	80	25	2.5	1.5	0	10	65	13	4	5	3	6	0	15	0
Rainbow Sherbet	100	10	1	0.5	0	<5	25	22	0	20	2	0	10	6	0

The serving size shown is an approximation only. Frozen Treats are hand-scooped and/or hand dispensed. Given our propensity for generosity, and because there is no method for exact portioning; the serving size will most likely be greater than what is shown.

The nutritional information for each product was provided by the manufacturer of our ice cream, sherbet and frozen yogurt products. We reserve the right to change and/or modify nutritional information as necessary without notice.

The nutritional information shown is established using All American Restaurants standard recipe methods, supplier provided illustrative nutritional values, menu analysis using MenuCalc industry software, and published public resources. Because each of our menu items are handmade and therefore customized, variations in serving portions, preparation methods, ingredient substitutions, and supply sources, as well as regional differences may affect the actual nutritional values. Therefore, we are unable to warranty the nutritional information shown as absolutely accurate as it relates to prepared menu items at each and every All American Restaurant. Nutritional data is rounded to meet current U.S. FDA NLEA guidelines. Percentage data for vitamins and minerals refers to percentage of U.S. Daily Values for a 2,000 calorie diet.

In certain regions of the county some All American Restaurants may serve or be testing menu items which are not listed in the nutritional information provided. These menu items may contain different/additional ingredients, including allergens, as compared to the standard versions.

Allergen Statement
Many of our products contain or may come into contact with common allergens, including wheat, peanuts, soy, tree nuts, milk, eggs, fish and shellfish.

All American Restaurants endeavors to provide nutritional information regarding all its food products that is as complete as possible. However, some menu items may not be available at all restaurants. Expect variations in the nutrient content of the food products purchased in our restaurants.