



Rita's Franchise Company
2016 Nutrition Information

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ICE FLAVORS																
KIDS PORTION																
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
Italian Ice	Banana	240	0	0	0	0	0	20	62	0	59	0	0	2	0	0
	Blood Orange	200	0	0	0	0	0	50	52	0	50	1	0	2	0	0
	Blue Raspberry	220	0	0	0	0	0	25	57	0	56	0	0	0	0	0
	Blueberry	230	0	0	0	0	0	25	59	0	57	0	0	0	0	0
	Cherry	170	0	0	0	0	0	25	45	0	43	0	0	0	0	0
	Chocolate	260	5	0	0	0	0	45	67	1	64	1	0	0	2	2
	Chocolate Chocolate Chip	280	15	2	1	0	0	45	69	1	65	1	0	0	2	2
	Cotton Candy	220	0	0	0	0	0	15	54	0	53	0	0	0	0	0
	Dr Pepper	200	0	0	0	0	0	20	54	0	53	0	0	0	0	0
	Florida Orange	200	0	0	0	0	0	25	52	0	47	0	0	2	0	0
	Georgia Peach	210	0	0	0	0	0	20	53	0	51	0	0	2	0	0
	Grape	200	0	0	0	0	0	25	52	0	47	0	0	10	0	0
	Green Apple	220	0	0	0	0	0	25	56	0	55	0	0	0	0	0
	Island Fusion	240	0	0	0	0	0	25	62	0	61	0	0	2	0	0
	Jolly Rancher Green Apple	190	0	0	0	0	0	25	48	0	46	0	0	0	0	0
	Jolly Rancher Watermelon	190	0	0	0	0	0	25	49	0	46	0	0	0	0	0
	Juicy Pear	210	0	0	0	0	0	25	52	0	51	0	0	0	0	0
	Key Lime	210	0	0	0	0	0	40	52	0	52	0	0	0	0	0
	Kiwi Strawberry	200	0	0	0	0	0	25	51	0	50	0	0	2	0	0
	Lemon	170	0	0	0	0	0	20	45	0	43	0	0	20	0	0
	Mango	220	0	0	0	0	0	25	56	0	55	0	0	2	0	0
	Mango- Orange	240	0	0	0	0	0	20	59	0	56	0	0	2	0	0
	Mango- Pineapple	220	0	0	0	0	0	20	57	0	56	0	0	2	0	0
	Mango- Strawberry	230	0	0	0	0	0	25	57	0	56	0	0	4	0	0
	Margarita	230	0	0	0	0	0	30	59	0	58	0	0	10	0	0
	NEW Lemon	180	0	0	0	0	0	70	47	0	44	0	0	6	0	0
	NEW Margarita	190	0	0	0	0	0	55	48	0	46	0	0	8	0	0
	NEW Strawberry Lemonade	170	0	0	0	0	0	45	43	0	41	0	0	8	0	0
	NEW Strawberry Margarita	250	0	0	0	0	0	60	63	0	61	0	0	8	0	0
	Passion Fruit	240	0	0	0	0	0	25	61	0	61	0	0	2	0	0
	Pina Colada	210	0	0	0	0	0	25	54	0	53	0	0	0	0	0
	Pineapple	200	0	0	0	0	0	20	51	0	50	0	0	4	0	0
	Raspberry	200	0	0	0	0	0	25	51	1	48	0	0	4	0	0
	Raspberry Lemonade	240	0	0	0	0	0	20	62	0	60	0	0	4	0	0
	Reese's Chocolate Peanut Butter	320	50	6	1	0	0	80	68	1	64	2	0	0	2	4
	Reese's Peanut Butter and Jelly	300	70	8	1.5	0	0	80	57	1	55	3	0	6	2	4
	Root Beer	200	0	0	0	0	0	25	51	0	50	0	0	0	0	0
	Sour Patch Kids Red	190	0	0	0	0	0	25	49	0	48	0	0	0	0	0
	Strawberry	230	0	0	0	0	0	25	58	0	57	0	0	6	0	0
	Strawberry Colada	240	0	0	0	0	0	25	61	0	59	0	0	0	0	0
Strawberry Lemonade	200	0	0	0	0	0	20	50	0	49	0	0	10	0	0	
Strawberry Margarita	230	0	0	0	0	0	30	59	0	58	0	0	10	0	0	
Strawberry- Watermelon	210	0	0	0	0	0	25	54	0	52	0	0	2	0	0	
Swedish Fish	250	0	0	0	0	0	50	65	0	63	0	0	0	0	0	
Tropical Punch	210	0	0	0	0	0	20	53	0	52	0	0	0	0	0	

ICE FLAVORS																
KIDS PORTION																
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
	Vanilla	210	0	0	0	0	0	25	52	0	51	0	0	0	0	0
	Watermelon	240	0	0	0	0	0	25	61	0	59	0	0	0	0	0
	Wild Berry	220	0	0	0	0	0	25	57	0	55	0	0	4	0	0
	Wild Black Cherry	210	0	0	0	0	0	25	50	0	48	0	0	0	0	0
All-Natural Ice	All-Natural Banana	220	0	0	0	0	0	10	43	2	41	0	0	4	2	0
	All-Natural Orange	170	0	0	0	0	0	10	43	0	42	0	0	210	2	0
	All-Natural Pineapple	200	0	0	0	0	0	10	49	0	48	0	0	110	2	2
	All-Natural Strawberry	240	0	0	0	0	0	10	36	3	33	1	0	6	2	0
	All-Natural Strawberry-Banana	220	0	0	0	0	0	10	37	2	34	1	0	10	2	2
	All-Natural Orange-Pineapple	190	0	0	0	0	0	10	47	0	46	0	0	150	2	2
Cream Ice	Birthday Cake	160	30	3	3	0	0	60	33	0	30	0	0	0	0	0
	Banana Split Cream	280	30	3.5	3	0	0	50	62	0	58	0	0	0	0	0
	Black Cherry Cheesecake	270	25	3	2.5	0	0	55	61	0	57	1	0	0	2	2
	Caramel (dulce)	290	30	3	2.5	0	0	105	67	0	59	1	0	0	2	0
	Cheesecake	260	30	3	2.5	0	0	60	59	0	57	1	0	0	0	0
	Chocolate Chip Cheesecake	290	40	4.5	3.5	0	0	55	61	0	58	1	0	0	0	0
	Chocolate Covered Strawberry	280	40	4.5	4	0	0	60	60	1	55	0	0	6	2	2
	Coconut Cream	250	30	3.5	3	0	0	55	55	0	52	0	0	0	0	0
	Cookie Dough	270	35	4	3	0	0	75	59	0	53	1	0	0	0	0
	Cookies & Cream	350	35	4	3	0	0	95	78	0	73	1	0	0	0	4
	Fudge Brownie	300	40	4.5	3.5	0	10	95	66	1	58	2	0	0	2	6
	Horchata	230	25	2.5	2.5	0	0	55	52	0	49	1	0	0	0	0
	Iced Coffee	230	25	2.5	2.5	0	0	150	53	0	50	0	0	0	0	0
	Mint Chocolate Chip	290	40	4.5	3.5	0	0	50	65	0	61	0	0	0	0	0
	Mint Oreo	290	35	4	3	0	0	90	65	0	60	0	0	0	0	2
	Mocha	270	25	2.5	2.5	0	0	110	63	1	59	1	0	0	2	2
	NEW Watermelon Chip	280	35	4	3	0	0	70	62	0	57	0	0	2	0	0
	Pumpkin Cheesecake	230	25	3	2.5	0	0	25	53	0	49	1	0	0	0	0
	Pumpkin Pie	220	25	2.5	2.5	0	0	55	48	1	44	1	0	2	2	0
	Reese's Marshmallow Peanut Butter	330	70	8	3	0	0	95	65	1	61	2	0	0	2	4
	Root Beer Float	230	10	1	1	0	0	35	55	0	53	0	0	0	0	0
	S'mores	310	35	4	3	0	0	55	69	0	66	0	0	0	0	2
	Strawberry Cheesecake	270	25	3	2.5	0	0	60	60	0	57	1	0	4	0	0
	Strawberry-Banana	270	20	2.5	2.5	0	0	50	63	0	59	0	0	4	0	0
Vanilla Cream	240	25	2.5	2.5	0	0	55	54	0	51	0	0	0	0	0	
Watermelon Chip	290	35	4	3.5	0	0	55	64	0	59	0	0	6	0	0	
Sugar-Free Ice	S/F Cherry	90	0	0	0	0	0	20	31	0	0	0	0	0	0	0
	S/F Dragon Fruit	90	0	0	0	0	0	20	31	0	0	0	0	0	0	0
	S/F Mango Peach	90	0	0	0	0	0	20	30	0	0	0	0	0	0	0
	S/F Pineapple	90	0	0	0	0	0	20	29	0	0	0	0	0	0	0
	S/F Pink Lemonade	90	0	0	0	0	0	25	32	0	0	0	0	0	0	0
	S/F Root Beer	90	0	0	0	0	0	25	32	0	0	0	0	0	0	0
	S/F Tangerine	90	0	0	0	0	0	25	32	0	0	0	0	0	0	0
	Pumpkin	230	110	12	8	0	70	160	28	0	22	4	10	0	15	0
	Strawberry	230	110	12	8	0	70	130	27	0	22	4	10	0	15	0

ICE FLAVORS																
KIDS PORTION																
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
Flavored Custard	Orange	230	110	12	8	0	70	160	27	0	21	4	10	0	15	0
	Butter Pecan	230	110	12	8	0	75	160	26	0	21	4	10	0	15	0
	Black Raspberry	220	110	12	8	0	70	160	26	0	20	4	10	0	15	0
	Cheesecake	230	100	12	7	0	70	150	29	0	24	4	10	0	15	0
	Coffee	230	110	12	8	0	75	160	26	0	20	5	10	0	15	0
	Cotton Candy	230	110	12	8	0	80	150	28	0	22	4	10	0	15	0
	Mint	220	110	12	8	0	75	60	26	0	20	4	10	0	15	0
	Pistachio	230	110	12	8	0	75	160	27	0	21	4	10	0	15	0

This nutrition information is based on standard recipes and product formulations; however, variations may occur due to differences in preparation, serving sizes, ingredients, or special orders. Current recommendations are to limit total saturated fat intake to 20 grams per day and to limit sodium intake to less than 2,400 mg per day for a 2,000 calorie-per-day diet. A 2,000 calorie daily diet is used for the basis of general nutrition advice; individual calorie needs however; may vary. ©2015 RITA'S FRANCHISE COMPANY. ALL RIGHTS RESERVED.

ICE FLAVORS																
REGULAR PORTION																
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
Italian Ice	Banana	360	0	0	0	0	0	30	90	0	87	0	0	2	0	0
	Blood Orange	300	0	0	0	0	0	75	76	0	73	2	0	4	2	0
	Blue Raspberry	330	0	0	0	0	0	35	83	0	81	0	0	0	0	0
	Blueberry	340	0	0	0	0	0	35	86	0	84	0	0	0	2	0
	Cherry	260	0	0	0	0	0	35	65	0	63	0	0	0	2	0
	Chocolate	380	5	0	0	0	0	65	98	1	94	1	0	0	2	4
	Chocolate Chocolate Chip	420	25	3	1.5	0	0	60	101	2	96	1	0	0	2	4
	Cotton Candy	320	0	0	0	0	0	25	80	0	78	0	0	0	0	0
	Dr Pepper	280	0	0	0	0	0	30	74	0	73	0	0	0	0	0
	Florida Orange	300	0	0	0	0	0	40	76	0	68	0	0	2	2	0
	Georgia Peach	300	0	0	0	0	0	30	77	0	75	0	0	2	0	0
	Grape	300	0	0	0	0	0	35	75	0	69	0	0	15	0	0
	Green Apple	320	0	0	0	0	0	35	82	0	80	0	0	0	2	0
	Island Fusion	360	0	0	0	0	0	35	91	0	89	0	0	4	0	0
	Jolly Rancher Green Apple	260	0	0	0	0	0	30	66	0	63	0	0	0	0	0
	Jolly Rancher Watermelon	260	0	0	0	0	0	30	66	0	64	0	0	0	0	0
	Juicy Pear	300	0	0	0	0	0	35	77	0	74	0	0	0	0	0
	Key Lime	300	0	0	0	0	0	55	77	0	76	0	0	0	0	0
	Kiwi Strawberry	300	0	0	0	0	0	35	75	0	74	0	0	4	0	0
	Lemon	260	0	0	0	0	0	25	66	0	63	0	0	25	2	0
	Mango	320	0	0	0	0	0	35	82	0	80	0	0	4	0	0
	Mango- Orange	350	0	0	0	0	0	30	87	0	82	0	0	2	0	0
	Mango- Pineapple	330	0	0	0	0	0	35	83	0	81	0	0	4	0	0
	Mango- Strawberry	330	0	0	0	0	0	35	84	0	82	0	0	6	0	0
	Margarita	280	0	0	0	0	0	45	71	0	70	0	0	15	2	0
	NEW Lemon	250	0	0	0	0	0	100	64	0	60	0	0	0	2	0
	NEW Margarita	260	0	0	0	0	0	75	66	0	63	0	0	10	2	0
	NEW Strawberry Lemonade	230	0	0	0	0	0	65	59	0	56	0	0	10	2	0
	NEW Strawberry Margarita	340	0	0	0	0	0	80	86	0	83	0	0	10	2	0
	Passion Fruit	360	0	0	0	0	0	35	89	0	89	0	0	4	0	0
	Pina Colada	310	0	0	0	0	0	35	79	0	77	0	0	0	0	0
	Pineapple	290	0	0	0	0	0	30	74	0	73	0	0	4	0	0
	Raspberry	340	0	0	0	0	0	95	81	1	76	0	0	8	2	0
	Raspberry Lemonade	360	0	0	0	0	0	30	91	0	88	0	0	4	2	0
	Reese's Chocolate Peanut Butter	460	70	8	1.5	0	0	115	99	2	94	3	0	0	2	6
	Reese's Peanut Butter and Jelly	440	100	11	2	0	0	120	84	1	80	4	0	8	2	4
	Root Beer	300	0	0	0	0	0	35	75	0	73	0	0	0	0	0
	Sour Patch Kids Red	270	0	0	0	0	0	35	72	0	71	0	0	0	0	0
	Strawberry	340	0	0	0	0	0	35	85	0	83	0	0	8	0	0
	Strawberry Colada	350	0	0	0	0	0	35	89	0	87	0	0	2	0	0
Strawberry Lemonade	290	0	0	0	0	0	35	73	0	71	0	0	15	2	0	
Strawberry Margarita	340	0	0	0	0	0	45	87	0	84	0	0	15	2	0	
Strawberry- Watermelon	310	0	0	0	0	0	35	79	0	77	0	2	2	0	0	
Swedish Fish	370	0	0	0	0	0	75	94	0	92	0	0	0	0	0	
Tropical Punch	300	0	0	0	0	0	30	77	0	76	0	0	2	0	0	
Vanilla	300	0	0	0	0	0	35	77	0	75	0	0	0	0	0	
Watermelon	350	0	0	0	0	0	35	89	0	87	0	2	2	0	0	

ICE FLAVORS																
REGULAR PORTION																
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
All-Natural Ice	Wild Berry	330	0	0	0	0	0	35	83	1	80	0	0	6	2	0
	Wild Black Cherry	310	0	0	0	0	0	35	74	0	69	0	0	0	0	0
	All-Natural Banana	300	0	0	0	0	0	15	59	2	56	1	0	6	2	2
	All-Natural Orange	230	0	0	0	0	0	10	59	0	58	0	0	280	2	2
	All-Natural Pineapple	270	0	0	0	0	0	15	67	0	66	0	0	160	2	2
	All-Natural Strawberry	320	0	0	0	0	0	10	49	4	45	1	0	8	4	2
	All-Natural Strawberry-Banana	300	0	0	0	0	0	10	50	3	47	1	0	15	4	2
All-Natural Orange-Pineapple	260	0	0	0	0	0	15	64	0	63	0	0	210	2	2	
Cream Ice	Birthday Cake	230	40	4.5	4.5	0	0	85	48	0	44	0	0	0	2	0
	Banana Split Cream	410	45	5	4.5	0	0	75	91	1	85	1	0	2	2	0
	Black Cherry Cheesecake	390	40	4.5	4	0	5	85	89	0	81	1	0	0	0	0
	Caramel (Dulce)	430	40	4.5	4	0	5	160	98	0	86	1	0	0	2	0
	Cheesecake	390	40	4.5	4	0	5	85	87	0	83	1	0	0	0	0
	Chocolate Chip Cheesecake	420	60	7	5	0	5	85	90	1	85	1	0	0	0	0
	Chocolate Covered Strawberry	410	60	7	6	0	0	90	87	1	81	1	0	8	2	2
	Coconut Cream	370	45	5	4.5	0	0	80	80	0	76	0	0	0	0	0
	Cookie Dough	400	50	6	4.5	0	0	110	86	0	78	1	0	0	2	2
	Cookies & Cream	540	50	6	4	0	0	125	123	0	113	1	0	0	0	4
	Fudge Brownie	450	60	7	5	0	15	135	97	2	85	2	2	0	2	8
	Horchata	340	35	4	3.5	0	0	80	77	0	72	1	0	0	0	0
	Iced Coffee	330	35	4	3.5	0	0	220	78	0	73	1	0	0	2	2
	Mint Chocolate Chip	430	60	6	5	0	0	75	94	1	89	1	0	0	0	0
	Mint Oreo	420	50	6	4	0	0	130	95	0	87	1	0	0	0	4
	Mocha	420	35	4	3.5	0	0	170	98	1	92	1	0	0	2	4
	NEW Watermelon Chip	380	50	6	4.5	0	0	95	84	1	78	1	0	2	0	0
	Pumpkin Cheesecake	340	35	4	4	0	0	40	77	0	72	1	0	0	2	0
	Pumpkin Pie	320	35	4	3.5	0	0	80	71	1	64	1	0	2	2	0
	Reese's Marshmallow Peanut Butter	480	100	11	4.5	0	0	135	94	1	90	3	0	0	2	4
Root Beer Float	330	15	1.5	1.5	0	0	55	81	0	77	0	0	0	0	0	
S'mores	450	50	6	4.5	0	0	80	101	0	96	1	0	0	2	2	
Strawberry Cheesecake	390	40	4.5	4	0	5	85	88	0	84	1	0	4	2	0	
Strawberry-Banana	400	35	3.5	3.5	0	0	75	92	0	87	0	0	6	0	0	
Vanilla Cream	350	35	3.5	3.5	0	0	80	79	0	75	0	0	0	0	0	
Watermelon Chip	420	50	6	5	0	0	75	93	1	87	1	0	8	2	0	
Sugar-Free Ice	S/F Cherry	130	0	0	0	0	0	35	46	0	0	0	0	0	0	0
	S/F Dragon Fruit	130	0	0	0	0	0	30	45	0	0	0	0	0	2	0
	S/F Mango Peach	130	0	0	0	0	0	30	44	0	0	0	0	2	0	0
	S/F Pineapple	130	0	0	0	0	0	30	43	0	0	0	0	2	0	0
	S/F Pink Lemonade	130	0	0	0	0	0	35	47	0	0	0	0	2	0	0
	S/F Root Beer	130	0	0	0	0	0	35	46	0	0	0	0	0	0	0
S/F Tangerine	130	0	0	0	0	0	35	46	0	0	0	0	0	0	0	

This nutrition information is based on standard recipes and product formulations; however, variations may occur due to differences in preparation, serving sizes, ingredients, or special orders. Current recommendations are to limit total saturated fat intake to 20 grams per day and to limit sodium intake to less than 2,400 mg per day for a 2,000 calorie-per-day diet. A 2,000 calorie daily diet is used for the basis of general nutrition advice; individual calorie needs however, may vary. ©2015 RITA'S FRANCHISE COMPANY. ALL RIGHTS RESERVED.

ICE FLAVORS																
LARGE PORTION																
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
Italian Ice	Banana	560	0	0	0	0	0	45	142	1	137	0	0	2	2	0
	Blood Orange	470	0	0	0	0	0	120	119	0	114	3	0	6	2	0
	Blue Raspberry	520	0	0	0	0	0	55	131	0	128	0	0	0	2	0
	Blueberry	530	0	0	0	0	0	55	135	0	132	0	0	0	2	2
	Cherry	400	0	0	0	0	0	50	103	0	99	0	0	0	2	0
	Chocolate	610	5	1	0	0	0	100	155	2	147	1	0	0	2	6
	Chocolate Chocolate Chip	660	40	4.5	2.5	0	0	100	159	3	151	2	0	0	2	6
	Cotton Candy	500	0	0	0	0	0	40	125	0	123	0	0	0	2	2
	Dr Pepper	450	0	0	0	0	0	50	120	0	117	0	0	0	2	0
	Florida Orange	470	0	0	0	0	0	60	120	0	107	0	0	2	2	0
	Georgia Peach	480	0	0	0	0	0	50	121	1	118	0	0	4	2	0
	Grape	470	0	0	0	0	0	55	119	0	108	0	0	25	2	0
	Green Apple	510	0	0	0	0	0	55	130	0	127	0	0	2	2	2
	Island Fusion	560	0	0	0	0	0	55	143	0	141	0	0	6	2	0
	Jolly Rancher Green Apple	420	0	0	0	0	0	50	106	0	102	0	0	0	2	0
	Jolly Rancher Watermelon	420	0	0	0	0	0	50	107	0	12-Apr	0	0	0	2	0
	Juicy Pear	480	0	0	0	0	0	60	121	0	117	0	0	0	2	2
	Key Lime	480	0	0	0	0	0	90	121	0	119	0	0	0	2	0
	Kiwi Strawberry	470	0	0	0	0	0	55	118	0	116	0	0	6	2	0
	Lemon	400	0	0	0	0	0	40	105	0	100	0	0	40	2	0
	Mango	510	0	0	0	0	0	55	129	0	126	0	0	6	2	0
	Mango- Orange	540	0	0	0	0	0	50	137	0	129	0	2	4	2	0
	Mango- Pineapple	510	0	0	0	0	0	50	131	0	128	0	0	6	2	0
	Mango- Strawberry	520	0	0	0	0	0	55	132	0	129	0	0	10	2	0
	Margarita	440	0	0	0	0	0	70	112	0	110	0	0	20	2	0
	NEW Lemon	400	0	0	0	0	0	160	103	0	98	0	0	15	2	2
	NEW Margarita	420	0	0	0	0	0	125	106	1	103	0	0	15	2	0
	NEW Strawberry Lemonade	380	0	0	0	0	0	100	95	0	91	0	0	15	2	2
	NEW Strawberry Margarita	550	0	0	0	0	0	130	139	1	135	0	0	20	2	2
	Passion Fruit	560	5	0	0	0	0	60	141	0	140	1	0	6	2	0
	Pina Colada	490	0	0	0	0	0	55	124	0	122	0	0	2	2	0
	Pineapple	460	0	0	0	0	0	50	117	0	115	0	0	6	2	0
	Raspberry	540	0	0	0	0	0	150	127	1	120	0	0	10	2	0
	Raspberry Lemonade	560	0	0	0	0	0	50	143	0	139	0	0	8	2	0
	Reese's Chocolate Peanut Butter	730	120	13	2.5	0	0	180	157	3	148	5	0	0	4	10
	Reese's Peanut Butter and Jelly	700	160	18	3	0	0	190	132	2	127	6	0	10	4	8
	Root Beer	470	0	0	0	0	0	55	119	0	115	0	0	0	2	0
	Sour Patch Kids Red	430	0	0	0	0	0	60	114	0	112	0	0	0	2	0
	Strawberry	530	0	0	0	0	0	60	134	0	131	0	0	15	2	2
	Strawberry Colada	550	0	0	0	0	0	55	139	0	137	0	0	2	2	0
Strawberry Lemonade	450	0	0	0	0	0	50	116	0	112	0	0	25	2	2	
Strawberry Margarita	540	0	0	0	0	0	70	137	0	133	0	0	25	2	0	
Strawberry- Watermelon	490	0	0	0	0	0	55	124	0	121	0	2	4	2	0	
Swedish Fish	580	0	0	0	0	0	115	149	0	146	0	0	0	2	0	
Tropical Punch	480	0	0	0	0	0	50	121	0	119	0	0	2	2	0	
Vanilla	480	0	0	0	0	0	60	121	0	118	0	0	0	2	0	
Watermelon	550	0	0	0	0	0	55	141	0	137	0	2	2	2	0	

ICE FLAVORS																
LARGE PORTION																
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
All-Natural Ice	Wild Berry	520	0	0	0	0	0	55	131	1	126	0	0	8	2	2
	Wild Black Cherry	480	0	0	0	0	0	60	116	0	109	0	0	0	2	0
	All-Natural Banana	480	0	0	0	0	0	20	95	4	90	1	0	8	4	2
	All-Natural Orange	380	0	0	0	0	0	20	95	1	93	1	0	450	2	2
	All-Natural Pineapple	440	0	0	0	0	0	20	109	0	106	1	0	250	2	4
	All-Natural Strawberry	520	0	0	0	0	0	20	80	6	73	2	0	10	6	2
	All-Natural Strawberry-Banana	480	0	0	0	0	0	20	81	5	76	1	0	20	6	2
All-Natural Orange-Pineapple	420	0	0	0	0	0	20	104	1	101	1	0	340	2	4	
Cream Ice	Birthday Cake	370	70	7	7	0	0	135	76	0	69	1	0	0	2	0
	Banana Split Cream	640	70	8	7	0	0	120	143	1	133	1	0	2	2	0
	Black Cherry Cheesecake	620	60	7	6	0	5	135	140	0	128	1	0	0	2	0
	Caramel (Dulce)	670	60	7	6	0	5	250	154	0	136	1	0	0	4	0
	Cheesecake	610	60	7	6	0	5	135	137	0	130	1	0	0	2	0
	Chocolate Chip Cheesecake	660	100	11	8	0	5	130	142	1	134	2	0	0	2	0
	Chocolate Covered Strawberry	640	100	11	9	0	0	140	137	1	127	2	0	15	2	2
	Coconut Cream	580	70	8	7	0	0	125	127	0	120	1	0	0	2	0
	Cookie Dough	630	80	9	7	0	5	180	136	1	123	1	0	0	2	2
	Cookies & Cream	850	80	9	7	0	0	200	193	1	179	1	0	0	2	4
	Fudge Brownie	700	90	11	8	0	20	210	153	3	134	4	2	0	4	10
	Horchata	530	50	6	5	0	0	125	121	0	113	1	0	0	2	0
	Iced Coffee	520	50	6	6	0	0	350	122	0	114	1	0	0	2	2
	Mint Chocolate Chip	670	90	10	8	0	0	120	149	1	141	1	0	0	2	0
	Mint Oreo	670	80	9	6	0	0	200	150	1	137	1	0	0	2	4
	Mocha	670	60	6	6	0	0	270	155	1	144	2	0	0	2	4
	NEW Watermelon Chip	620	80	9	7	0	0	150	136	1	126	1	0	4	2	2
	Pumpkin Cheesecake	540	60	7	6	0	0	60	121	1	113	1	0	0	2	0
	Pumpkin Pie	500	50	6	5	0	0	125	111	1	102	1	0	4	2	0
	Reese's Marshmallow Peanut Butter	760	160	18	7	0	0	210	149	1	141	5	0	0	2	8
Root Beer Float	520	25	2.5	2.5	0	0	85	128	0	122	0	0	0	2	0	
S'mores	710	80	9	7	0	0	130	158	1	151	1	0	0	2	4	
Strawberry Cheesecake	610	60	7	6	0	5	135	139	0	132	1	0	8	2	0	
Strawberry-Banana	630	50	6	5	0	0	115	145	0	136	1	0	8	2	2	
Vanilla Cream	550	50	6	5	0	0	130	125	0	118	1	0	0	2	0	
Watermelon Chip	660	90	10	8	0	0	120	147	1	137	1	0	10	2	2	
Sugar-Free Ice	S/F Cherry	210	0	0	0	0	0	50	72	0	0	0	0	0	2	0
	S/F Dragon Fruit	200	0	0	0	0	0	45	71	0	0	0	0	0	2	0
	S/F Mango Peach	200	0	0	0	0	0	50	69	0	0	0	0	2	2	0
	S/F Pineapple	210	0	0	0	0	0	50	68	0	0	0	0	2	2	0
	S/F Pink Lemonade	210	0	0	0	0	0	55	74	0	0	0	0	2	2	0
	S/F Root Beer	210	0	0	0	0	0	55	73	1	0	0	0	0	2	0
S/F Tangerine	210	0	0	0	0	0	50	73	0	0	0	0	0	2	0	

This nutrition information is based on standard recipes and product formulations; however, variations may occur due to differences in preparation, serving sizes, ingredients, or special orders. Current recommendations are to limit total saturated fat intake to 20 grams per day and to limit sodium intake to less than 2,400 mg per day for a 2,000 calorie-per-day diet. A 2,000 calorie daily diet is used for the basis of general nutrition advice; individual calorie needs however, may vary. ©2015 RITA'S FRANCHISE COMPANY. ALL RIGHTS RESERVED.

ICE FLAVORS																
QUART PORTION																
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
Italian Ice	Banana	950	0	0	0	0	0	80	240	1	231	0	0	4	2	0
	Blood Orange	790	0	0	0	0	0	200	202	0	194	5	0	10	2	2
	Blue Raspberry	870	0	0	0	0	0	95	221	0	217	0	0	0	2	2
	Blueberry	900	0	0	0	0	0	95	229	1	223	0	0	0	2	2
	Cherry	680	0	0	0	0	0	85	174	0	168	0	0	0	4	0
	Chocolate	1030	10	1.5	1	0	0	170	262	4	250	2	0	0	4	10
	Chocolate Chocolate Chip	1110	70	8	4.5	0	0	170	269	5	255	3	0	2	4	10
	Cotton Candy	840	0	0	0	0	0	65	212	0	209	0	0	2	2	2
	Dr Pepper	800	0	0	0	0	0	90	212	0	208	0	0	0	2	0
	Florida Orange	800	0	0	0	0	0	100	204	0	182	0	0	4	4	0
	Georgia Peach	810	0	0	0	0	0	80	205	1	200	0	0	6	2	0
	Grape	800	0	0	0	0	0	95	201	0	183	1	0	40	2	2
	Green Apple	870	0	0	0	0	0	95	220	0	214	0	0	2	4	2
	Island Fusion	950	0	0	0	0	0	95	242	0	238	1	0	8	2	0
	Jolly Rancher Green Apple	740	0	0	0	0	0	90	188	0	181	0	0	0	2	0
	Jolly Rancher Watermelon	740	0	0	0	0	0	90	190	0	181	0	0	0	2	0
	Juicy Pear	810	0	0	0	0	0	95	205	0	198	0	0	0	2	2
	Key Lime	810	0	0	0	0	0	150	204	0	202	0	0	0	2	0
	Kiwi Strawberry	790	0	0	0	0	0	90	200	0	196	0	0	10	2	0
	Lemon	680	0	0	0	0	0	70	177	0	169	0	0	70	4	2
	Mango	860	0	0	0	0	0	90	218	0	214	0	0	10	2	0
	Mango- Orange	920	0	0	0	0	0	85	232	1	218	0	2	8	2	0
	Mango- Pineapple	870	0	0	0	0	0	90	221	0	217	0	0	10	2	2
	Mango- Strawberry	880	0	0	0	0	0	95	223	0	218	0	0	15	2	2
	Margarita	750	0	0	0	0	0	115	190	0	185	0	0	35	2	0
	NEW Lemon	710	0	0	0	0	0	280	182	1	172	0	0	25	4	2
	NEW Margarita	740	0	0	0	0	0	220	188	1	181	0	0	30	4	2
	NEW Strawberry Lemonade	660	0	0	0	0	0	180	169	1	161	0	0	30	4	2
	NEW Strawberry Margarita	980	0	0	0	0	0	230	246	1	239	1	0	30	4	2
	Passion Fruit	950	0	0	0	0	0	100	238	0	236	1	0	10	2	0
	Pina Colada	830	0	0	0	0	0	90	210	0	206	0	0	2	2	0
	Pineapple	780	0	0	0	0	0	85	198	0	194	0	0	10	2	2
	Raspberry	910	0	0	0	0	0	260	215	2	204	0	2	20	4	0
	Raspberry Lemonade	950	0	0	0	0	0	85	243	1	235	0	0	15	4	2
	Reese's Chocolate Peanut Butter	1240	190	22	4	0	0	310	265	6	250	9	0	0	6	15
	Reese's Peanut Butter and Jelly	1190	270	30	5	0	0	320	224	4	214	11	0	20	6	10
	Root Beer	790	0	0	0	0	0	90	201	0	195	0	0	0	2	0
	Sour Patch Kids Red	720	0	0	0	0	0	100	193	0	189	0	0	0	2	0
	Strawberry	900	0	0	0	0	0	100	228	1	220	1	0	20	2	2
	Strawberry Colada	930	0	0	0	0	0	95	236	0	232	0	0	4	2	2
Strawberry Lemonade	770	0	0	0	0	0	85	196	0	189	0	0	40	4	2	
Strawberry Margarita	910	0	0	0	0	0	120	231	1	225	1	0	45	4	2	
Strawberry- Watermelon	830	0	0	0	0	0	95	210	0	205	0	2	6	2	2	
Swedish Fish	990	0	0	0	0	0	190	252	0	246	1	0	0	2	0	
Tropical Punch	810	0	0	0	0	0	85	205	0	202	0	0	4	2	0	
Vanilla	810	0	0	0	0	0	100	204	0	199	0	0	0	2	2	
Watermelon	940	0	0	0	0	0	95	238	0	232	0	2	4	2	2	

ICE FLAVORS																
QUART PORTION																
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
All-Natural Ice	Wild Berry	880	0	0	0	0	0	95	221	2	213	1	0	15	2	2
	Wild Black Cherry	810	0	0	0	0	0	100	197	0	184	0	0	0	2	0
	All-Natural Banana	850	5	0	0	0	0	40	168	6	160	2	0	15	6	4
	All-Natural Orange	670	0	0	0	0	0	35	169	1	165	1	0	800	4	4
	All-Natural Pineapple	780	0	0	0	0	0	40	192	1	188	1	0	450	4	8
	All-Natural Strawberry	920	0	0	0	0	0	35	141	0	130	3	0	20	10	4
	All-Natural Strawberry-Banana	860	0	0	0	0	0	35	144	9	133	3	0	40	10	4
All-Natural Orange-Pineapple	740	0	0	0	0	0	35	184	1	179	1	0	600	4	6	
Cream Ice	Birthday Cake Cream	620	110	13	12	0	0	230	128	0	117	1	0	0	4	0
	Banana Split Cream	1080	120	14	11	0	0	200	242	2	226	2	0	4	4	2
	Black Cherry Cheesecake	1050	110	12	10	0	10	230	237	0	217	2	0	0	2	0
	Caramel (Dulce)	1140	110	12	10	0	5	420	261	0	230	2	2	0	6	0
	Cheesecake	1030	110	12	11	0	10	230	231	0	221	2	0	0	2	0
	Chocolate Chip Cheesecake	1110	160	18	14	0	10	220	240	1	227	3	0	0	2	2
	Chocolate Covered Strawberry	1090	160	18	15	0	0	240	233	2	216	3	0	20	4	4
	Coconut Cream	980	120	13	11	0	0	210	214	1	203	1	0	0	2	0
	Cookie Dough Cream	1060	140	16	12	0	5	300	230	1	208	2	2	0	2	4
	Cookies & Cream	1440	140	15	11	0	0	330	327	1	302	2	0	0	2	8
	Fudge Brownie Cream	1190	160	18	14	0	35	360	259	6	227	6	2	2	6	20
	Horchata Cream	900	90	10	9	0	0	210	204	0	192	2	0	0	2	2
	Iced Coffee Cream	890	90	10	9	0	0	590	207	0	194	2	0	0	4	4
	Mint Chocolate Chip Cream	1140	150	17	14	0	0	200	252	2	238	2	0	0	2	2
	Mint Oreo	1130	130	15	11	0	0	340	254	1	233	2	0	0	2	8
	Mocha Cream	1070	100	11	10	0	0	430	247	2	321	3	0	0	4	8
	NEW Watermelon Chip	1090	140	16	13	0	0	270	240	2	223	2	0	6	2	2
	Pumpkin Cheesecake Cream Ice	920	100	11	10	0	5	105	206	1	192	2	0	0	4	0
	Pumpkin Pie Cream Ice	850	90	10	9	0	0	210	188	2	172	2	0	6	4	0
	Reese's Marshmallow Peanut Butter	1290	270	30	12	0	0	360	252	2	239	8	0	2	6	10
Root Beer Float	890	40	4.5	4	0	0	150	217	0	206	0	0	0	2	0	
S'mores	1190	130	15	12	0	0	220	268	1	256	2	0	2	2	6	
Strawberry Banana	1060	90	10	9	0	0	200	245	1	231	1	0	15	2	2	
Strawberry Cheesecake Cream	1040	100	12	10	0	10	230	235	0	223	2	0	15	2	2	
Vanilla Cream	930	90	10	9	0	0	220	212	0	200	1	0	0	2	2	
Watermelon Chip Cream	1120	150	16	13	0	0	210	248	2	232	2	0	20	2	2	
Sugar-Free Ice	S/F Cherry	350	0	0	0	0	0	90	123	0	0	0	0	0	2	0
	S/F Dragon Fruit	340	0	0	0	0	0	75	120	0	0	0	0	0	4	0
	S/F Mango Peach	340	0	0	0	0	0	85	117	0	0	0	0	2	2	2
	S/F Pineapple	350	0	0	0	0	0	85	115	0	0	0	0	4	2	2
	S/F Pink Lemonade	360	0	0	0	0	0	95	126	0	0	0	0	4	2	0
	S/F Root Beer	350	0	0	0	0	0	95	124	1	0	0	0	0	2	0
S/F Tangerine	350	0	0	0	0	0	90	123	0	0	0	0	0	2	0	

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ICE FLAVORS																	
ICE FLIGHT PORTION																	
Add together four Ice flavors of your choosing to create a flight																	
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)	
Italian Ice	Banana	100	0	0	0	0	0	10	26	0	25	0	0	0	0	0	
	Blood Orange	90	0	0	0	0	0	20	22	0	21	1	0	2	0	0	
	Blue Raspberry	90	0	0	0	0	0	10	24	0	23	0	0	0	0	0	
	Blueberry	100	0	0	0	0	0	10	25	0	24	0	0	0	0	0	
	Cherry	70	0	0	0	0	0	10	19	0	18	0	0	0	0	0	
	Chocolate	110	0	0	0	0	0	20	28	0	27	0	0	0	0	0	2
	Chocolate Chocolate Chip	120	5	1	0	0	0	20	29	1	27	0	0	0	0	0	2
	Cotton Candy	90	0	0	0	0	0	5	23	0	22	0	0	0	0	0	0
	Dr Pepper	90	0	0	0	0	0	10	23	0	22	0	0	0	0	0	0
	Florida Orange	90	0	0	0	0	0	10	22	0	20	0	0	0	0	0	0
	Georgia Peach	90	0	0	0	0	0	10	22	0	22	0	0	0	0	0	0
	Grape	90	0	0	0	0	0	10	22	0	20	0	0	4	0	0	0
	Green Apple	90	0	0	0	0	0	10	24	0	23	0	0	0	0	0	0
	Island Fusion	100	0	0	0	0	0	10	26	0	26	0	0	0	0	0	0
	Jolly Rancher Green Apple	80	0	0	0	0	0	10	20	0	19	0	0	0	0	0	0
	Jolly Rancher Watermelon	80	0	0	0	0	0	10	20	0	20	0	0	0	0	0	0
	Juicy Pear	90	0	0	0	0	0	10	22	0	21	0	0	0	0	0	0
	Key Lime	90	0	0	0	0	0	15	22	0	22	0	0	0	0	0	0
	Kiwi Strawberry	90	0	0	0	0	0	10	22	0	21	0	0	2	0	0	0
	Lemon	70	0	0	0	0	0	10	19	0	18	0	0	8	0	0	0
	Mango	90	0	0	0	0	0	10	23	0	23	0	0	2	0	0	0
	Mango- Orange	100	0	0	0	0	0	10	25	0	24	0	0	0	0	0	0
	Mango- Pineapple	90	0	0	0	0	0	10	24	0	23	0	0	2	0	0	0
	Mango- Strawberry	90	0	0	0	0	0	10	24	0	23	0	0	2	0	0	0
	Margarita	80	0	0	0	0	0	15	20	0	20	0	0	4	0	0	0
	NEW Lemon	80	0	0	0	0	0	30	20	0	19	0	0	2	0	0	0
	NEW Margarita	80	0	0	0	0	0	25	20	0	20	0	0	4	0	0	0
	NEW Strawberry Lemonade	70	0	0	0	0	0	20	18	0	17	0	0	4	0	0	0
	NEW Strawberry Margarita	110	0	0	0	0	0	25	27	0	26	0	0	4	0	0	0
	Passion Fruit	100	0	0	0	0	0	10	26	0	25	0	0	2	0	0	0
	Pina Colada	90	0	0	0	0	0	10	23	0	22	0	0	0	0	0	0
	Pineapple	80	0	0	0	0	0	10	21	0	21	0	0	2	0	0	0
	Raspberry	80	0	0	0	0	0	10	21	0	20	0	0	2	0	0	0
	Raspberry Lemonade	100	0	0	0	0	0	10	26	0	25	0	0	2	0	0	0
	Reese's Chocolate Peanut Butter	130	20	2	0	0	0	40	29	1	27	1	0	0	0	0	2
	Reese's Peanut Butter and Jelly	130	30	3.5	0.5	0	0	35	24	0	23	1	0	2	0	0	2
	Root Beer	80	0	0	0	0	0	10	22	0	21	0	0	0	0	0	0
	Sour Patch Kids Red	80	0	0	0	0	0	10	21	0	20	0	0	0	0	0	0
	Strawberry	100	0	0	0	0	0	10	25	0	24	0	0	2	0	0	0
	Strawberry Colada	100	0	0	0	0	0	10	25	0	25	0	0	0	0	0	0
Strawberry Lemonade	80	0	0	0	0	0	10	21	0	20	0	0	4	0	0	0	
Strawberry Margarita	100	0	0	0	0	0	15	25	0	24	0	0	4	0	0	0	
Strawberry- Watermelon	90	0	0	0	0	0	10	23	0	22	0	0	0	0	0	0	
Swedish Fish	110	0	0	0	0	0	20	27	0	27	0	0	0	0	0	0	
Tropical Punch	90	0	0	0	0	0	10	22	0	22	0	0	0	0	0	0	
Vanilla	90	0	0	0	0	0	10	22	0	21	0	0	0	0	0	0	

ICE FLAVORS																	
ICE FLIGHT PORTION																	
Add together four Ice flavors of your choosing to create a flight																	
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)	
	Watermelon	100	0	0	0	0	0	10	26	0	25	0	0	0	0	0	
	Wild Berry	90	0	0	0	0	0	10	24	0	23	0	0	2	0	0	
	Wild Black Cherry	90	0	0	0	0	0	10	21	0	20	0	0	0	0	0	
All-Natural Ice	All-Natural Banana	90	0	0	0	0	0	0	18	1	17	0	0	2	0	0	
	All-Natural Orange	70	0	0	0	0	0	0	18	0	18	0	0	90	0	0	
	All-Natural Pineapple	80	0	0	0	0	0	0	21	0	20	0	0	50	0	0	
	All-Natural Strawberry	100	0	0	0	0	0	0	15	1	14	0	0	2	2	0	
	All-Natural Strawberry-Banana	90	0	0	0	0	0	0	16	1	14	0	0	4	2	0	
	All-Natural Orange-Pineapple	80	0	0	0	0	0	0	20	0	19	0	0	60	0	0	
Cream Ice	Birthday Cake	70	10	1.5	1.5	0	0	25	14	0	13	0	0	0	0	0	
	Banana Split Cream	120	15	1.5	1	0	0	20	26	0	24	0	0	0	0	0	
	Black Cherry Cheesecake	110	10	1	1	0	0	25	26	0	24	0	0	0	0	0	
	Caramel (Dulce)	120	10	1.5	1	0	0	45	28	0	25	0	0	0	0	0	
	Cheesecake	110	10	1.5	1	0	0	25	25	0	24	0	0	0	0	0	
	Chocolate Chip Cheesecake	120	20	2	1.5	0	0	25	26	0	24	0	0	0	0	0	
	Chocolate Covered Strawberry	120	20	2	1.5	0	0	25	25	0	23	0	0	2	0	0	
	Coconut Cream	110	15	1.5	1	0	0	25	23	0	22	0	0	0	0	0	
	Cookie Dough	110	15	1.5	1.5	0	0	30	25	0	22	0	0	0	0	0	
	Cookies & Cream	150	15	1.5	1	0	0	40	33	0	31	0	0	0	0	2	
	Fudge Brownie	130	15	2	1.5	0	5	40	28	1	24	1	0	0	0	2	
	Horchata	100	10	1	1	0	0	25	22	0	21	0	0	0	0	0	
	Iced Coffee	100	10	1	1	0	0	65	22	0	21	0	0	0	0	0	
	Mint Chocolate Chip	120	15	2	1.5	0	0	20	27	0	26	0	0	0	0	0	
	Mint Oreo	120	15	1.5	1	0	0	35	27	0	25	0	0	0	0	0	
	Mocha	120	10	1	1	0	0	45	27	0	25	0	0	0	0	0	
	NEW Watermelon Chip	120	15	1.5	1.5	0	0	30	26	0	24	0	0	0	0	0	
	Pumpkin Cheesecake	100	10	1	1	0	0	10	22	0	21	0	0	0	0	0	
	Pumpkin Pie	90	10	1	1	0	0	25	20	0	19	0	0	0	0	0	
	Reese's Marshmallow Peanut Butter	140	30	3.5	1.5	0	0	40	27	0	26	1	0	0	0	2	
	Root Beer Float	100	5	0	0	0	0	15	23	0	22	0	0	0	0	0	
	S'mores	130	15	1.5	1.5	0	0	25	29	0	28	0	0	0	0	0	
	Strawberry Cheesecake	110	10	1.5	1	0	0	25	25	0	24	0	0	2	0	0	
Strawberry-Banana	110	10	1	1	0	0	20	26	0	25	0	0	2	0	0		
Vanilla Cream	100	10	1	1	0	0	25	23	0	22	0	0	0	0	0		
Watermelon Chip	120	15	1.5	1.5	0	0	20	27	0	25	0	0	2	0	0		
Sugar-Free Ice	S/F Cherry	40	0	0	0	0	0	10	13	0	0	0	0	0	0	0	
	S/F Dragon Fruit	35	0	0	0	0	0	10	13	0	0	0	0	0	0	0	
	S/F Mango Peach	35	0	0	0	0	0	10	13	0	0	0	0	0	0	0	
	S/F Pineapple	40	0	0	0	0	0	10	12	0	0	0	0	0	0	0	
	S/F Pink Lemonade	40	0	0	0	0	0	10	14	0	0	0	0	0	0	0	
	S/F Root Beer	40	0	0	0	0	0	10	13	0	0	0	0	0	0	0	
	S/F Tangerine	40	0	0	0	0	0	10	13	0	0	0	0	0	0	0	

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CUSTARD FLAVORS																
Choose your Frozen Custard portion below and don't forget to add on a cone or bowl as well!																
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
Kids Portion	Chocolate Custard	240	100	11	7	0	60	130	31	0	24	5	10	0	10	6
	Light Vanilla Custard	180	40	4.5	3	0	45	125	27	0	20	6	2	4	25	0
	Vanilla Custard	230	110	12	8	0	75	160	26	0	20	5	10	0	15	0
	Pumpkin	230	110	12	8	0	70	160	28	0	22	4	10	0	15	0
	Strawberry	230	110	12	8	0	70	130	27	0	22	4	10	0	15	0
	Orange	230	110	12	8	0	70	160	27	0	21	4	10	0	15	0
	Butter Pecan	230	110	12	8	0	75	160	26	0	21	4	10	0	15	0
	Black Raspberry	220	110	12	8	0	70	160	26	0	20	4	10	0	15	0
	Cheesecake	230	100	12	7	0	70	150	29	0	24	4	10	0	15	0
	Coffee	230	110	12	8	0	75	160	26	0	20	5	10	0	15	0
	Cotton Candy	230	110	12	8	0	80	150	28	0	22	4	10	0	15	0
	Mint	220	110	12	8	0	75	60	26	0	20	4	10	0	15	0
Pistachio	230	110	12	8	0	75	160	27	0	21	4	10	0	15	0	
Regular Portion	Chocolate Custard	340	150	16	10	0	90	190	44	0	34	7	15	0	15	10
	Light Vanilla Custard	260	60	7	4	0	65	180	39	0	29	8	4	6	35	0
	Vanilla Custard	330	160	18	11	0	105	230	37	0	29	7	15	0	25	0
	Pumpkin	330	160	17	11	0	100	220	40	0	32	6	15	0	25	0
	Strawberry	330	160	18	11	0	105	220	39	0	31	6	15	0	25	0
	Orange	330	160	17	11	0	105	220	39	0	30	6	15	0	25	0
	Butter Pecan	330	160	18	11	0	105	230	38	0	30	6	15	0	25	0
	Black Raspberry	320	160	18	11	0	105	220	37	0	29	6	15	0	25	0
	Cheesecake	320	160	18	11	0	105	220	37	0	29	6	15	0	25	0
	Coffee	320	160	18	11	0	105	240	38	0	29	7	15	0	25	0
	Cotton Candy	330	160	17	11	0	100	220	40	0	32	6	15	0	25	0
	Mint	320	160	18	11	0	105	230	37	0	29	6	15	0	25	0
Pistachio	330	160	18	11	0	105	230	38	0	30	6	15	0	25	0	
Large Portion	Chocolate Custard	450	190	21	13	0	115	240	57	0	45	9	15	0	20	15
	Light Vanilla Custard	340	80	9	5	0	85	230	51	0	38	11	4	8	45	0
	Vanilla Custard	430	210	23	15	0	140	300	49	0	38	9	20	0	30	0
	Pumpkin	430	200	23	14	0	135	290	52	0	41	8	20	30	0	0
	Strawberry	430	200	22	14	0	135	290	51	0	41	8	20	0	30	0
	Orange	430	210	23	15	0	135	290	51	0	40	8	20	0	30	0
	Butter Pecan	420	210	23	15	0	135	300	50	0	39	8	20	0	30	0
	Black Raspberry	420	210	23	15	0	138	290	49	0	38	8	20	0	30	0
	Cheesecake	420	210	23	15	0	135	290	46	0	38	8	20	0	30	0
	Coffee	420	210	23	15	0	135	310	49	0	38	9	20	0	30	0
	Cotton Candy	430	200	23	14	0	135	290	52	0	41	8	20	0	30	0
	Mint	420	210	23	15	0	135	290	48	0	38	8	20	0	30	0
Pistachio	430	210	23	15	0	135	300	50	0	39	8	20	0	30	0	

TOPPINGS																
PER SERVING																
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
	Chocolate Chips	140	70	8	5	0	0	0	18	2	15	1	0	0	0	0
	Chopped Peanuts	170	130	14	2	0	0	40	6	3	1	7	0	0	15	0
	Fruity Pebbles	120	10	1	1	0	0	180	24	0	9	1	15	10	0	10

Heath	150	80	9	5	0	5	100	18	0	17	1	2	0	2	0
Hot Caramel	90	10	1.5	1	0	5	90	19	0	12	1	0	0	2	0
Hot Fudge	100	30	3.5	3.5	0	0	45	16	0	12	1	0	0	2	2
JOLLY RANCHER Crushed	140	30	3.5	2	0	0	75	29	0	24	0	0	0	0	0
M&Ms Minis	140	60	7	4	0	5	20	19	1	18	1	2	0	4	2
Mini Gummy Bears	90	0	0	0	0	0	5	21	0	14	2	0	0	0	0
NERDS, Rainbow	110	0	0	0	0	0	0	27	0	26	0	0	0	0	0
Nilla Wafers	120	25	3	1.5	0	0	150	22	0	10	1	0	0	0	4
OREO	140	45	5	1.5	0	0	160	20	1	12	1	0	0	0	8
Reese's PB Cups	140	80	9	3	0	0	110	16	1	13	3	0	0	2	2
Reese's Peanut Butter Sauce	190	160	18	3	0	0	130	6	2	3	6	0	0	2	6
Reese's Pieces, Mini	140	60	7	4.5	0	0	55	18	1	16	3	0	0	2	0
Snickers	130	60	6	2.5	0	5	70	17	1	14	2	0	0	2	2
Sprinkles, Chocolate	35	10	1.5	1	0	0	0	6	0	3	0	0	0	0	0
Sprinkles, Rainbow	35	15	1.5	1.5	0	0	0	5	0	3	0	0	0	0	0
Strawberry Topping	40	0	0	0	0	0	5	10	0	18	0	0	10	0	0
Wet Walnuts	140	80	9	0.5	0	0	0	13	1	10	2	0	0	2	2
Whipped Cream	70	45	4.5	2.5	0	25	0	5	0	5	0	0	0	0	0
Whole Maraschino Cherries	10	0	0	0	0	0	0	2	0	1	0	2	0	2	4

CONES & BOWLS																
PER SERVING																
Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)	
Fresh Baked Waffle Bowl	160	35	4	0.5	0	5	0	31	0	14	2	0	0	0	6	
Fresh Baked Waffle Cone	160	35	4	0.5	0	5	0	31	0	14	2	0	0	0	6	
Cake Cone	25	0	0	0	0	0	10	5	0	0	0	0	0	0	2	
Waffle Bowl	80	0	0	0	0	0	40	18	1	6	1	0	0	2	4	
Waffle Cone	90	5	0.5	0	0	0	35	19	0	5	1	0	0	2	4	

SUNDAE

Add together your custard portion, two toppings, whipped cream and a cherry. Don't forget to add on a waffle bowl as well!

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BLENDINI																
REGULAR PORTION																
Add together your Ice Flavor, Custard Flavor and Topping																
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
Italian Ice	Banana	120	0	0	0	0	0	10	30	0	29	0	0	0	0	0
	Blood Orange	100	0	0	0	0	0	25	25	0	24	1	0	2	0	0
	Blue Raspberry	110	0	0	0	0	0	10	28	0	27	0	0	0	0	0
	Blueberry	110	0	0	0	0	0	10	29	0	28	0	0	0	0	0
	Cherry	90	0	0	0	0	0	10	22	0	21	0	0	0	0	0
	Chocolate	130	0	0	0	0	0	20	33	0	31	0	0	0	0	2
	Chocolate Chocolate Chip	140	10	1	0.5	0	0	20	34	1	32	0	0	0	0	2
	Cotton Candy	110	0	0	0	0	0	10	27	0	26	0	0	0	0	0
	Dr Pepper	100	0	0	0	0	0	10	27	0	26	0	0	0	0	0
	Florida Orange	100	0	0	0	0	0	15	25	0	23	0	0	0	0	0
	Georgia Peach	100	0	0	0	0	0	10	26	0	25	0	0	0	0	0
	Grape	100	0	0	0	0	0	10	25	0	23	0	0	4	0	0
	Green Apple	110	0	0	0	0	0	10	27	0	27	0	0	0	0	0
	Island Fusion	120	0	0	0	0	0	10	30	0	30	0	0	2	0	0
	Jolly Rancher Green Apple	90	0	0	0	0	0	10	23	0	23	0	0	0	0	0
	Jolly Rancher Watermelon	90	0	0	0	0	0	10	24	0	23	0	0	0	0	0
	Juicy Pear	100	0	0	0	0	0	10	26	0	25	0	0	0	0	0
	Key Lime	100	0	0	0	0	0	20	26	0	25	0	0	0	0	0
	Kiwi Strawberry	100	0	0	0	0	0	10	25	0	25	0	0	2	0	0
	Lemon	90	0	0	0	0	0	10	22	0	21	0	0	8	0	0
	Mango	110	0	0	0	0	0	10	27	0	27	0	0	2	0	0
	Mango- Orange	120	0	0	0	0	0	10	29	0	27	0	0	0	0	0
	Mango- Pineapple	110	0	0	0	0	0	10	28	0	27	0	0	2	0	0
	Mango- Strawberry	110	0	0	0	0	0	10	28	0	27	0	0	2	0	0
	Margarita	90	0	0	0	0	0	15	24	0	23	0	0	4	0	0
	NEW Lemon	90	0	0	0	0	0	35	23	0	22	0	0	4	0	0
	NEW Margarita	90	0	0	0	0	0	25	24	0	23	0	0	4	0	0
	NEW Strawberry Lemonade	80	0	0	0	0	0	25	21	0	20	0	0	4	0	0
	NEW Strawberry Margarita	110	0	0	0	0	0	25	29	0	28	0	0	4	0	0
	Passion Fruit	120	0	0	0	0	0	10	30	0	30	0	0	2	0	0
	Pina Colada	100	0	0	0	0	0	10	26	0	26	0	0	0	0	0
	Pineapple	100	0	0	0	0	0	10	25	0	24	0	0	2	0	0
	Raspberry	100	0	0	0	0	0	10	25	0	24	0	0	2	0	0
	Raspberry Lemonade	120	0	0	0	0	0	10	30	0	29	0	0	2	0	0
	Reese's Chocolate Peanut Butter	150	25	2.5	0.5	0	0	40	33	1	31	1	0	0	0	2
	Reese's Peanut Butter and Jelly	150	35	4	0.5	0	0	40	28	0	27	1	0	2	0	2
	Root Beer	100	0	0	0	0	0	10	25	0	24	0	0	0	0	0
	Sour Patch Kids Red	90	0	0	0	0	0	10	24	0	24	0	0	0	0	0
	Strawberry	110	0	0	0	0	0	10	28	0	28	0	0	2	0	0
	Strawberry Colada	120	0	0	0	0	0	10	30	0	29	0	0	0	0	0
Strawberry Lemonade	100	0	0	0	0	0	10	24	0	24	0	0	6	0	0	
Strawberry Margarita	110	0	0	0	0	0	15	29	0	28	0	0	6	0	0	
Strawberry- Watermelon	100	0	0	0	0	0	10	26	0	26	0	0	0	0	0	
Swedish Fish	120	0	0	0	0	0	25	31	0	31	0	0	0	0	0	
Tropical Punch	100	0	0	0	0	0	10	26	0	25	0	0	0	0	0	
Vanilla	100	0	0	0	0	0	10	26	0	25	0	0	0	0	0	

BLENDINI																
REGULAR PORTION																
Add together your Ice Flavor, Custard Flavor and Topping																
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
All-Natural Ice	Watermelon	120	0	0	0	0	0	10	30	0	29	0	0	0	0	0
	Wild Berry	110	0	0	0	0	0	10	28	0	27	0	0	2	0	0
	Wild Black Cherry	100	0	0	0	0	0	10	24	0	24	0	0	0	0	0
	All-Natural Banana	100	0	0	0	0	0	0	21	1	20	0	0	2	0	0
	All-Natural Orange	80	0	0	0	0	0	0	21	0	21	0	0	100	0	0
	All-Natural Pineapple	100	0	0	0	0	0	0	24	0	23	0	0	60	0	0
	All-Natural Strawberry	120	0	0	0	0	0	0	18	1	17	0	0	2	2	0
	All-Natural Strawberry-Banana	110	0	0	0	0	0	0	18	1	17	0	0	4	2	0
All-Natural Orange-Pineapple	90	0	0	0	0	0	0	23	0	22	0	0	80	0	0	
Cream Ice	Birthday Cake	80	15	1.5	1.5	0	0	30	16	0	15	0	0	0	0	0
	Banana Split Cream	140	15	1.5	1.5	0	0	25	30	0	28	0	0	0	0	0
	Black Cherry Cheesecake	130	15	1.5	1.5	0	0	25	30	0	28	0	0	0	0	0
	Caramel (Dulce)	140	15	1.5	1.5	0	0	50	33	0	29	0	0	0	0	0
	Cheesecake	130	15	1.5	1.5	0	0	30	29	0	28	0	0	0	0	0
	Chocolate Chip Cheesecake	140	20	2.5	2	0	0	30	30	0	28	0	0	0	0	0
	Chocolate Covered Strawberry	140	20	2.5	2	0	0	30	29	0	27	0	0	2	0	0
	Coconut Cream	120	15	1.5	1.5	0	0	25	27	0	25	0	0	0	0	0
	Cookie Dough	130	20	2	1.5	0	0	35	29	0	26	0	0	0	0	0
	Cookies & Cream	170	15	2	1.5	0	0	45	38	0	36	0	0	0	0	2
	Fudge Brownie	150	20	2	1.5	0	5	45	32	1	28	1	0	0	0	2
	Horchata	110	10	1.5	1	0	0	25	26	0	24	0	0	0	0	0
	Iced Coffee	110	10	1.5	1	0	0	75	26	0	24	0	0	0	0	0
	Mint Chocolate Chip	140	20	2	1.5	0	0	25	31	0	30	0	0	0	0	0
	Mint Oreo	140	15	2	1.5	0	0	45	32	0	29	0	0	0	0	2
	Mocha	130	10	1.5	1	0	0	55	31	0	29	0	0	0	0	0
	NEW Watermelon Chip	140	20	2	1.5	0	0	35	30	0	28	0	0	0	0	0
	Pumpkin Cheesecake	110	10	1.5	1.5	0	0	15	26	0	24	0	0	0	0	0
	Pumpkin Pie	110	10	1.5	1	0	0	25	24	0	21	0	0	0	0	0
	Reese's Marshmallow Peanut Butter	160	35	4	1.5	0	0	45	31	0	30	1	0	0	0	2
	Root Beer Float	110	5	0.5	0.5	0	0	20	27	0	26	0	0	0	0	0
	S'mores	150	15	2	1.5	0	0	25	34	0	32	0	0	0	0	0
Strawberry Cheesecake	130	15	1.5	1.5	0	0	30	29	0	28	0	0	2	0	0	
Strawberry-Banana	130	10	1	1	0	0	25	31	0	29	0	0	2	0	0	
Vanilla Cream	120	10	1	1	0	0	25	26	0	25	0	0	0	0	0	
Watermelon Chip	140	20	2	1.5	0	0	25	31	0	29	0	0	2	0	0	
Sugar-Free Ice	S/F Cherry	45	0	0	0	0	0	10	15	0	0	0	0	0	0	0
	S/F Dragon Fruit	45	0	0	0	0	0	10	15	0	0	0	0	0	0	0
	S/F Mango Peach	40	0	0	0	0	0	10	15	0	0	0	0	0	0	0
	S/F Pineapple	45	0	0	0	0	0	10	14	0	0	0	0	0	0	0
	S/F Pink Lemonade	45	0	0	0	0	0	10	16	0	0	0	0	0	0	0
	S/F Root Beer	45	0	0	0	0	0	10	15	0	0	0	0	0	0	0
	S/F Tangerine	45	0	0	0	0	0	10	15	0	0	0	0	0	0	0
Custard Flavor	Custard Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
	Chocolate Custard	360	150	17	10	0	95	200	46	0	36	7	15	0	15	10

BLENDINI																
REGULAR PORTION																
Add together your Ice Flavor, Custard Flavor and Topping																
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
Custard Flavor	Light Vanilla Custard	270	60	7	4.5	0	70	190	41	0	31	9	4	6	35	0
	Vanilla Custard	340	170	19	12	0	110	240	39	0	31	7	15	0	25	0
	Pumpkin	340	160	18	12	0	105	230	42	0	33	7	15	0	25	0
	Strawberry	340	160	18	12	0	110	230	41	0	32	7	15	0	25	0
	Orange	340	160	18	12	0	110	230	40	0	32	7	15	0	25	0
	Butter Pecan	340	170	18	12	0	110	240	40	0	31	7	15	0	25	0
	Black Raspberry	340	160	18	23	0	110	230	39	0	30	7	15	0	25	0
	Cheesecake	350	160	17	11	0	105	220	44	0	36	6	15	0	25	0
	Coffee	340	170	18	12	0	110	250	39	0	30	7	15	0	20	0
	Cotton Candy	430	200	23	14	0	135	290	52	0	41	8	20	0	30	0
	Mint	340	170	18	12	0	110	240	39	0	30	7	15	0	25	0
	Pistachio	340	170	18	12	0	110	240	40	0	31	7	15	0	25	0

	Topping	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
Topping	Chocolate Chips	140	70	8	5	0	0	0	18	2	15	1	0	0	0	0
	Chopped peanuts	170	130	14	2	0	0	40	6	3	1	7	0	0	15	0
	Fruity Pebbles	120	10	1	1	0	0	180	24	0	9	1	15	10	0	10
	Heath	150	80	9	5	0	5	100	18	0	17	1	2	0	2	0
	Hot Caramel	90	10	1.5	1	0	5	90	19	0	12	1	0	0	2	0
	Hot Fudge	100	30	3.5	3.5	0	0	45	16	0	12	1	0	0	2	2
	JOLLY RANCHER Crushed	140	30	3.5	2	0	0	75	29	0	24	0	0	0	0	0
	M&Ms Minis	140	60	7	4	0	5	20	19	1	18	1	2	0	4	2
	Mini Gummy Bears	90	0	0	0	0	0	5	21	0	14	2	0	0	0	0
	NERDS, Rainbow	110	0	0	0	0	0	0	27	0	26	0	0	0	0	0
	Nilla Wafers	120	25	3	1.5	0	0	150	22	0	10	1	0	0	0	4
	OREO	140	45	5	1.5	0	0	160	20	1	12	1	0	0	0	8
	Reese's PB Cups	140	80	9	3	0	0	110	16	1	13	3	0	0	2	2
	Reese's Peanut Butter Sauce	190	160	18	3	0	0	130	6	2	3	6	0	0	2	6
	Reese's Pieces, Mini	140	60	7	4.5	0	0	55	18	1	16	3	0	0	2	0
	Snickers	130	60	6	2.5	0	5	70	17	1	14	2	0	0	2	2
	Sprinkles, Chocolate	35	10	1.5	1	0	0	0	6	0	3	0	0	0	0	0
	Sprinkles, Rainbow	35	15	1.5	1.5	0	0	0	5	0	3	0	0	0	0	0
	Strawberry Topping	40	0	0	0	0	0	5	10	0	18	0	0	10	0	0
	Wet Walnuts	140	80	9	0.5	0	0	0	0	13	1	10	2	0	0	2
Whole Maraschino Cherries	10	0	0	0	0	0	0	0	2	0	1	0	2	0	2	

This nutrition information is based on standard recipes and product formulations; however, variations may occur due to differences in preparation, serving sizes, ingredients, or special orders. Current recommendations are to limit total saturated fat intake to 20 grams per day and to limit sodium intake to less than 2,400 mg per day for a 2,000 calorie-per-day diet. A 2,000 calorie daily diet is used for the basis of general nutrition advice; individual calorie needs however, may vary. ©2015 RITA'S FRANCHISE COMPANY. ALL RIGHTS RESERVED.

ALL CUSTARD BLENDINI																
REGULAR PORTION																
Add together your Custard Flavor and Topping																
	Custard Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
Custard Flavor	Chocolate Custard	480	200	23	14	0	125	260	61	0	48	9	20	0	25	15
	Light Vanilla Custard	360	80	9	6	0	90	250	54	0	41	11	4	10	45	0
	Vanilla Custard	450	220	25	16	0	145	320	52	0	41	9	25	0	35	0
	Pumpkin	460	220	24	15	0	145	310	56	0	44	9	20	0	35	0
	Strawberry	460	220	24	16	0	145	310	54	0	43	9	20	0	35	0
	Orange	450	220	24	15	0	145	310	54	0	42	9	20	0	35	0
	Butter Pecan	450	220	25	16	0	145	310	53	0	41	9	20	0	35	0
	Black Raspberry	450	220	24	16	0	145	310	52	0	40	9	20	0	35	0
	Cheesecake	460	210	23	15	0	135	300	59	0	48	8	20	0	30	0
	Coffee	450	220	25	16	0	145	330	52	0	40	9	20	0	35	0
	Cotton Candy	460	220	24	15	0	140	310	56	0	44	9	20	0	35	0
	Mint	450	220	25	16	0	145	310	51	0	40	9	20	0	35	0
Pistachio	460	220	25	16	0	145	310	54	0	42	9	20	0	35	0	

	Topping	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
Topping	Chocolate Chips	280	140	16	10	0	0	0	36	4	30	2	0	0	0	0
	Chopped peanuts	340	260	28	4	0	0	80	12	6	2	14	0	0	30	0
	Fruity Pebbles	240	20	2	2	0	0	360	48	0	18	2	30	20	0	20
	Heath	300	160	18	10	0	10	200	36	0	34	2	4	0	4	0
	Hot Caramel	180	20	3	2	0	10	180	38	0	24	2	0	0	4	0
	Hot Fudge	200	60	7	7	0	0	90	32	0	24	2	0	0	4	4
	JOLLY RANCHER Crushed	280	60	7	4	0	0	150	58	0	48	0	0	0	0	0
	M&Ms Minis	280	120	14	8	0	10	40	38	2	36	2	4	0	8	4
	Mini Gummy Bears	180	0	0	0	0	0	10	42	0	28	4	0	0	0	0
	NERDS, Rainbow	220	0	0	0	0	0	0	54	0	52	0	0	0	0	0
	Nilla Wafers	240	50	6	3	0	0	300	44	0	20	2	0	0	0	8
	OREO	280	90	10	3	0	0	320	40	2	24	2	0	0	0	16
	Reese's PB Cups	280	160	18	6	0	0	220	32	2	26	6	0	0	4	4
	Reese's Peanut Butter Sauce	380	320	36	6	0	0	260	12	4	6	12	0	0	4	12
	Reese's Pieces, Mini	280	120	14	9	0	0	110	36	2	32	6	0	0	4	0
	Snickers	260	120	12	5	0	10	140	34	2	28	4	0	0	4	4
	Sprinkles, Chocolate	70	20	3	2	0	0	0	12	0	6	0	0	0	0	0
	Sprinkles, Rainbow	70	30	3	3	0	0	0	10	0	6	0	0	0	0	0
	Strawberry Topping	80	0	0	0	0	0	10	20	0	36	0	0	20	0	0
	Wet Walnuts	280	160	18	1	0	0	0	26	2	20	4	0	0	4	4
Whole Maraschino Cherries	20	0	0	0	0	0	0	4	0	2	0	0	4	0	4	

This nutrition information is based on standard recipes and product formulations; however, variations may occur due to differences in preparation, serving sizes, ingredients, or special orders. Current recommendations are to limit total saturated fat intake to 20 grams per day and to limit sodium intake to less than 2,400 mg per day for a 2,000 calorie-per-day diet. A 2,000 calorie daily diet is used for the basis of general nutrition advice; individual calorie needs however, may vary. ©2015 RITA'S FRANCHISE COMPANY. ALL RIGHTS RESERVED.

GELATI																
REGULAR PORTION																
Add together your Ice Flavor and Custard Flavor																
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
Italian Ice	Banana	180	0	0	0	0	0	15	45	0	43	0	0	0	0	0
	Blood Orange	150	0	0	0	0	0	40	38	0	36	1	0	2	0	0
	Blue Raspberry	160	0	0	0	0	0	20	42	0	41	0	0	0	0	0
	Blueberry	170	0	0	0	0	0	20	43	0	42	0	0	0	0	0
	Cherry	130	0	0	0	0	0	15	33	0	31	0	0	0	0	0
	Chocolate	190	0	0	0	0	0	30	49	1	47	0	0	0	0	2
	Chocolate Chocolate Chip	210	15	1.5	1	0	0	30	51	1	48	1	0	0	0	2
	Cotton Candy	160	0	0	0	0	0	10	40	0	39	0	0	0	0	0
	Dr Pepper	150	0	0	0	0	0	15	40	0	39	0	0	0	0	0
	Florida Orange	150	0	0	0	0	0	20	38	0	34	0	0	0	0	0
	Georgia Peach	150	0	0	0	0	0	15	39	0	37	0	0	2	0	0
	Grape	150	0	0	0	0	0	15	38	0	34	0	0	8	0	0
	Green Apple	160	0	0	0	0	0	20	41	0	40	0	0	0	0	0
	Island Fusion	180	0	0	0	0	0	20	45	0	45	0	0	2	0	0
	Jolly Rancher Green Apple	140	0	0	0	0	0	15	35	0	34	0	0	0	0	0
	Jolly Rancher Watermelon	140	0	0	0	0	0	15	36	0	34	0	0	0	0	0
	Juicy Pear	150	0	0	0	0	0	20	38	0	37	0	0	0	0	0
	Key Lime	150	0	0	0	0	0	30	38	0	38	0	0	0	0	0
	Kiwi Strawberry	150	0	0	0	0	0	15	38	0	37	0	0	2	0	0
	Lemon	130	0	0	0	0	0	15	33	0	32	0	0	15	0	0
	Mango	160	0	0	0	0	0	15	41	0	40	0	0	2	0	0
	Mango- Orange	170	0	0	0	0	0	15	43	0	41	0	0	2	0	0
	Mango- Pineapple	160	0	0	0	0	0	15	41	0	41	0	0	2	0	0
	Mango- Strawberry	160	0	0	0	0	0	20	42	0	41	0	0	2	0	0
	Margarita	140	0	0	0	0	0	20	36	0	35	0	0	6	0	0
	NEW Lemon	130	0	0	0	0	0	50	34	0	32	0	0	6	0	0
	NEW Margarita	140	0	0	0	0	0	40	35	0	34	0	0	6	0	0
	NEW Strawberry Lemonade	120	0	0	0	0	0	35	32	0	30	0	0	6	0	0
	NEW Strawberry Margarita	170	0	0	0	0	0	40	43	0	42	0	0	6	0	0
	Passion Fruit	180	0	0	0	0	0	20	45	0	44	0	0	2	0	0
	Pina Colada	150	0	0	0	0	0	15	39	0	39	0	0	0	0	0
	Pineapple	150	0	0	0	0	0	15	37	0	36	0	0	2	0	0
	Raspberry	150	0	0	0	0	0	20	37	1	35	0	0	4	0	0
	Raspberry Lemonade	180	0	0	0	0	0	15	46	0	44	0	0	2	0	0
	Reese's Chocolate Peanut Butter	230	35	4	1	0	0	60	50	1	47	2	0	0	2	4
	Reese's Peanut Butter and Jelly	220	50	6	1	0	0	60	42	1	40	2	0	4	2	2
	Root Beer	150	0	0	0	0	0	15	38	0	36	0	0	0	0	0
	Sour Patch Kids Red	140	0	0	0	0	0	20	36	0	35	0	0	0	0	0
	Strawberry	170	0	0	0	0	0	20	43	0	42	0	0	4	0	0
	Strawberry Colada	170	0	0	0	0	0	20	44	0	43	0	0	0	0	0
Strawberry Lemonade	140	0	0	0	0	0	15	37	0	36	0	0	8	0	0	
Strawberry Margarita	170	0	0	0	0	0	40	43	0	42	0	0	6	0	0	
Strawberry- Watermelon	160	0	0	0	0	0	20	39	0	38	0	0	2	0	0	
Swedish Fish	190	0	0	0	0	0	35	47	0	46	0	0	0	0	0	
Tropical Punch	150	0	0	0	0	0	15	38	0	38	0	0	0	0	0	
Vanilla	150	0	0	0	0	0	20	38	0	37	0	0	0	0	0	

GELATI																
REGULAR PORTION																
Add together your Ice Flavor and Custard Flavor																
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
	Watermelon	180	0	0	0	0	0	20	45	0	43	0	0	0	0	0
	Wild Berry	160	0	0	0	0	0	20	41	0	40	0	0	2	0	0
	Wild Black Cherry	150	0	0	0	0	0	20	37	0	35	0	0	0	0	0
All-Natural Ice	All-Natural Banana	160	0	0	0	0	0	5	31	1	29	0	0	2	2	0
	All-Natural Orange	130	0	0	0	0	0	5	32	0	31	0	0	150	0	0
	All-Natural Pineapple	150	0	0	0	0	0	5	36	0	35	0	0	80	0	2
	All-Natural Strawberry	180	0	0	0	0	0	5	28	2	25	1	0	4	2	0
	All-Natural Strawberry-Banana	160	0	0	0	0	0	5	27	2	25	0	0	8	2	0
	All-Natural Orange-Pineapple	140	0	0	0	0	0	5	34	0	34	0	0	110	0	2
Cream Ice	Birthday Cake	120	20	2.5	2	0	0	45	24	0	22	0	0	0	0	0
	Banana Split Cream	200	25	2.5	2	0	0	40	45	0	42	0	0	0	0	0
	Black Cherry Cheesecake	200	20	2	2	0	0	40	45	0	42	0	0	0	0	2
	Caramel (Dulce)	210	20	2	2	0	0	80	49	0	43	0	0	0	2	0
	Cheesecake	190	20	2.5	2	0	0	45	43	0	41	0	0	0	0	0
	Chocolate Chip Cheesecake	210	30	3.5	2.5	0	0	40	45	0	43	1	0	0	0	0
	Chocolate Covered Strawberry	200	30	3.5	3	0	0	45	44	0	40	1	0	4	0	0
	Coconut Cream	180	25	2.5	2	0	0	40	40	0	38	0	0	0	0	0
	Cookie Dough	200	25	3	2	0	0	55	43	0	39	0	0	0	0	0
	Cookies & Cream	260	25	3	2	0	0	70	57	0	53	0	0	0	0	2
	Fudge Brownie	220	30	3.5	2.5	0	5	70	49	1	43	1	0	0	2	4
	Horchata	170	15	2	1.5	0	0	40	38	0	36	0	0	0	0	0
	Iced Coffee	170	15	2	2	0	0	110	39	0	36	0	0	0	0	0
	Mint Chocolate Chip	210	30	3	2.5	0	0	40	47	0	45	0	0	0	0	0
	Mint Oreo	210	25	3	2	0	0	65	48	0	44	0	0	0	0	2
	Mocha	200	20	2	2	0	0	80	46	0	43	0	0	0	0	2
	NEW Watermelon Chip	200	25	3	2.5	0	0	50	45	0	42	0	0	2	0	0
	Pumpkin Cheesecake	170	20	2	2	0	0	20	39	0	36	0	0	0	0	0
	Pumpkin Pie	160	15	2	1.5	0	0	40	35	0	32	0	0	2	0	0
	Reese's Marshmallow Peanut Butter	240	50	6	2.5	0	0	70	47	0	45	1	0	0	0	2
	Root Beer Float	170	10	1	1	0	0	25	41	0	39	0	0	0	0	0
	S'mores	220	25	3	2.5	0	0	40	50	0	48	0	0	0	0	2
	Strawberry Cheesecake	190	20	2	2	0	0	40	44	0	42	0	0	2	0	0
Strawberry-Banana	200	15	2	1.5	0	0	35	46	0	43	0	0	2	0	0	
Vanilla Cream	170	15	2	1.5	0	0	40	40	0	38	0	0	0	0	0	
Watermelon Chip	210	25	3	2.5	0	0	40	47	0	44	0	0	4	0	0	
Sugar-Free Ice	S/F Cherry	70	0	0	0	0	0	15	23	0	0	0	0	0	0	0
	S/F Dragon Fruit	60	0	0	0	0	0	15	23	0	0	0	0	0	0	0
	S/F Mango Peach	60	0	0	0	0	0	15	22	0	0	0	0	0	0	0
	S/F Pineapple	70	0	0	0	0	0	15	22	0	0	0	0	0	0	0
	S/F Pink Lemonade	70	0	0	0	0	0	20	24	0	0	0	0	0	0	0
	S/F Root Beer	70	0	0	0	0	0	20	23	0	0	0	0	0	0	0
	S/F Tangerine	70	0	0	0	0	0	15	23	0	0	0	0	0	0	0
	Custard Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
	Chocolate Custard	240	100	11	7	0	60	130	31	0	24	5	10	0	10	6

GELATI																
REGULAR PORTION																
Add together your Ice Flavor and Custard Flavor																
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
Custard Flavor	Light Vanilla Custard	180	40	4.5	3	0	45	125	27	0	20	6	2	4	25	0
	Vanilla Custard	230	110	12	8	0	75	160	26	0	20	5	10	0	15	0
	Pumpkin	230	110	12	8	0	70	160	28	0	22	4	10	0	15	0
	Strawberry	230	110	12	8	0	70	160	27	0	22	4	10	0	15	0
	Orange	230	110	12	8	0	70	160	27	0	21	4	10	0	15	0
	Butter Pecan	230	110	12	8	0	75	160	26	0	21	4	10	0	15	0
	Black Raspberry	220	110	12	8	0	70	160	26	0	20	4	10	0	15	0
	Cheesecake	230	100	12	7	0	70	150	30	0	24	4	10	0	15	0
	Coffee	230	110	12	8	0	75	160	26	0	20	5	10	0	15	0
	Cotton Candy	230	110	12	8	0	70	150	28	0	22	4	10	0	15	0
	Mint	220	110	12	8	0	75	160	26	0	20	4	10	0	15	0
	Pistachio	230	110	12	8	0	75	160	27	0	21	4	10	0	15	0

This nutrition information is based on standard recipes and product formulations; however, variations may occur due to differences in preparation, serving sizes, ingredients, or special orders. Current recommendations are to limit total saturated fat intake to 20 grams per day and to limit sodium intake to less than 2,400 mg per day for a 2,000 calorie-per-day diet. A 2,000 calorie daily diet is used for the basis of general nutrition advice; individual calorie needs however; may vary. ©2015 RITA'S FRANCHISE COMPANY. ALL RIGHTS RESERVED.

GELATI																
LARGE PORTION																
Add together your Ice Flavor and Custard Flavor																
	Ice Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
Italian Ice	Banana	360	0	0	0	0	0	30	90	0	87	0	0	2	0	0
	Blood Orange	300	0	0	0	0	0	75	76	0	73	2	0	4	2	0
	Blue Raspberry	330	0	0	0	0	0	35	83	0	81	0	0	0	0	0
	Blueberry	340	0	0	0	0	0	35	86	0	84	0	0	0	2	0
	Cherry	260	0	0	0	0	0	35	65	0	63	0	0	0	2	0
	Chocolate	380	0	0	0	0	0	65	98	1	94	1	0	0	2	4
	Chocolate Chocolate Chip	420	25	3	1.5	0	0	60	101	2	96	1	0	0	2	4
	Cotton Candy	320	0	0	0	0	0	25	80	0	78	0	0	0	0	0
	Dr Pepper	300	0	0	0	0	0	35	80	0	78	0	0	0	0	0
	Florida Orange	300	0	0	0	0	0	40	76	0	68	0	0	2	2	0
	Georgia Peach	300	0	0	0	0	0	30	77	0	75	0	0	2	0	0
	Grape	300	0	0	0	0	0	35	75	0	69	0	0	15	0	0
	Green Apple	320	0	0	0	0	0	35	82	0	80	0	0	0	2	0
	Island Fusion	360	0	0	0	0	0	35	91	0	89	0	0	4	0	0
	Jolly Rancher Green Apple	280	0	0	0	0	0	35	70	0	68	0	0	0	0	0
	Jolly Rancher Watermelon	280	0	0	0	0	0	35	71	0	68	0	0	0	0	0
	Juicy Pear	300	0	0	0	0	0	35	77	0	74	0	0	0	0	0
	Key Lime	300	0	0	0	0	0	55	77	0	76	0	0	0	0	0
	Kiwi Strawberry	300	0	0	0	0	0	35	75	0	74	0	0	4	0	0
	Lemon	260	0	0	0	0	0	25	66	0	63	0	0	25	2	0
	Mango	320	0	0	0	0	0	35	82	0	80	0	0	4	0	0
	Mango- Orange	350	0	0	0	0	0	30	87	0	82	0	0	2	0	0
	Mango- Pineapple	330	0	0	0	0	0	35	83	0	81	0	0	4	0	0
	Mango- Strawberry	330	0	0	0	0	0	35	84	0	82	0	0	6	0	0
	Margarita	280	0	0	0	0	0	45	71	0	70	0	0	15	2	0
	NEW Lemon	270	0	0	0	0	0	105	68	0	65	0	0	10	2	0
	NEW Margarita	280	0	0	0	0	0	80	71	0	68	0	0	10	2	0
	NEW Strawberry Lemonade	250	0	0	0	0	0	70	63	0	60	0	0	10	2	0
	NEW Strawberry Margarita	340	0	0	0	0	0	80	87	0	84	0	0	10	2	0
	Passion Fruit	360	0	0	0	0	0	35	89	0	89	0	0	4	0	0
	Pina Colada	310	0	0	0	0	0	35	79	0	77	0	0	0	0	0
	Pineapple	290	0	0	0	0	0	30	74	0	73	0	0	4	0	0
	Raspberry	290	0	0	0	0	0	35	75	1	71	0	0	8	2	0
	Raspberry Lemonade	360	0	0	0	0	0	30	91	0	88	0	0	4	2	0
	Reese's Chocolate Peanut Butter	460	70	8	1.5	0	0	115	99	2	94	3	0	0	2	6
	Reese's Peanut Butter and Jelly	440	100	11	2	0	0	120	84	1	80	4	0	8	2	4
	Root Beer	300	0	0	0	0	0	35	75	0	73	0	0	0	0	0
	Sour Patch Kids Red	270	0	0	0	0	0	35	72	0	71	0	0	0	0	0
	Strawberry	340	0	0	0	0	0	35	85	0	83	0	0	8	0	0
	Strawberry Colada	350	0	0	0	0	0	35	89	0	87	0	0	2	0	0
Strawberry Lemonade	290	0	0	0	0	0	30	75	0	71	0	0	15	2	0	
Strawberry Margarita	340	0	0	0	0	0	45	87	0	84	0	0	15	2	0	
Strawberry- Watermelon	310	0	0	0	0	0	35	79	0	77	0	2	2	0	0	
Swedish Fish	370	0	0	0	0	0	75	94	0	92	0	0	0	0	0	
Tropical Punch	300	0	0	0	0	0	30	77	0	76	0	0	2	0	0	
Vanilla	300	0	0	0	0	0	35	77	0	75	0	0	0	0	0	

GELATI																
LARGE PORTION																
Add together your Ice Flavor and Custard Flavor																
	Ice Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
All-Natural Ice	Watermelon	350	0	0	0	0	0	35	89	0	87	0	2	2	0	0
	Wild Berry	330	0	0	0	0	0	35	83	1	80	0	0	6	2	0
	Wild Black Cherry	300	0	0	0	0	0	35	73	0	71	0	0	0	2	2
	All-Natural Banana	310	0	0	0	0	0	15	62	2	59	1	0	6	2	2
	All-Natural Orange	250	0	0	0	0	0	10	63	0	62	0	0	300	2	2
	All-Natural Pineapple	290	0	0	0	0	0	15	72	0	70	0	0	170	2	2
	All-Natural Strawberry	360	0	0	0	0	0	10	55	4	51	1	0	8	4	2
	All-Natural Strawberry-Banana	320	0	0	0	0	0	10	54	3	50	1	0	15	4	2
All-Natural Orange-Pineapple	280	0	0	0	0	0	15	69	0	67	0	0	230	2	2	
Cream Ice	Birthday Cake	230	40	4.5	4.5	0	0	85	48	0	44	0	0	0	2	0
	Banana Split Cream	410	45	5	4.5	0	0	75	91	1	85	1	0	2	2	0
	Black Cherry Cheesecake	400	40	4.5	4	0	5	80	90	0	83	1	0	0	2	2
	Caramel (Dulce)	430	40	4.5	4	0	5	160	98	0	86	1	0	0	2	0
	Cheesecake	390	40	4.5	4	0	5	85	87	0	83	1	0	0	0	0
	Chocolate Chip Cheesecake	420	60	7	5	0	5	85	90	1	85	1	0	0	0	0
	Chocolate Covered Strawberry	410	60	7	6	0	0	90	87	1	81	1	0	8	2	2
	Coconut Cream	370	45	5	4.5	0	0	80	80	0	76	0	0	0	0	0
	Cookie Dough	400	50	6	4.5	0	0	110	86	0	78	1	0	0	2	2
	Cookies & Cream	510	50	6	4	0	0	140	115	0	107	1	0	0	0	6
	Fudge Brownie	450	60	7	5	0	15	135	97	2	85	2	2	0	2	8
	Horchata	340	35	4	3.5	0	0	80	77	0	72	1	0	0	0	0
	Iced Coffee	330	35	4	3.5	0	0	220	78	0	73	1	0	0	2	2
	Mint Chocolate Chip	430	60	6	5	0	0	75	94	1	89	1	0	0	0	0
	Mint Oreo	420	50	6	4	0	0	130	95	0	87	1	0	0	0	4
	Mocha	400	35	4	3.5	0	0	160	93	1	86	1	0	0	2	2
	NEW Watermelon Chip	410	50	6	4.5	0	0	100	90	1	84	1	0	2	2	0
	Pumpkin Cheesecake	340	35	4	4	0	0	40	77	0	72	1	0	0	2	0
	Pumpkin Pie	320	35	4	3.5	0	0	80	71	1	64	1	0	2	2	0
	Reese's Marshmallow Peanut Butter	480	100	11	4.5	0	0	135	94	1	90	3	0	0	2	4
	Root Beer Float	330	15	1.5	1.5	0	0	55	81	0	77	0	0	0	0	0
	S'mores	450	50	6	4.5	0	0	80	101	0	96	1	0	0	2	2
	Strawberry Cheesecake	390	40	4.5	4	0	5	85	88	0	84	1	0	4	2	0
Strawberry-Banana	400	35	3.5	3.5	0	0	75	92	0	87	0	0	6	0	0	
Vanilla Cream	350	35	3.5	3.5	0	0	80	79	0	75	0	0	0	0	0	
Watermelon Chip	420	50	6	5	0	0	75	94	1	88	1	0	8	2	0	
Sugar-Free Ice	S/F Cherry	130	0	0	0	0	0	35	46	0	0	0	0	0	0	0
	S/F Dragon Fruit	130	0	0	0	0	0	30	45	0	0	0	0	0	2	0
	S/F Mango Peach	130	0	0	0	0	0	30	44	0	0	0	0	2	0	0
	S/F Pineapple	130	0	0	0	0	0	30	43	0	0	0	0	2	0	0
	S/F Pink Lemonade	130	0	0	0	0	0	35	47	0	0	0	0	2	0	0
	S/F Root Beer	130	0	0	0	0	0	35	46	0	0	0	0	0	0	0
	S/F Tangerine	130	0	0	0	0	0	35	46	0	0	0	0	0	0	0
Custard Flavor		Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
	Chocolate Custard	300	130	14	9	0	80	160	38	0	30	6	10	0	15	8

GELATI																
LARGE PORTION																
Add together your Ice Flavor and Custard Flavor																
	Ice Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
Custard Flavor	Light Vanilla Custard	230	50	6	3.5	0	55	160	34	0	26	7	2	6	30	0
	Vanilla Custard	280	140	16	10	0	90	200	33	0	26	6	15	0	20	0
	Pumpkin	290	140	15	10	0	90	200	35	0	28	5	15	0	20	0
	Strawberry	290	140	15	10	0	90	190	34	0	27	6	15	0	20	0
	Orange	280	140	15	10	0	90	190	34	0	26	6	15	0	20	0
	Butter Pecan	280	140	15	10	0	90	200	33	0	26	6	15	0	20	0
	Black Raspberry	280	140	15	10	0	90	200	33	0	25	6	15	0	20	0
	Cheesecake	290	130	15	9	0	85	190	37	0	30	5	15	0	20	0
	Coffee	280	140	15	10	0	90	210	33	0	25	6	15	0	20	0
	Cotton Candy	290	140	15	10	0	90	190	95	0	28	5	15	0	20	0
	Mint	280	140	15	10	0	90	200	32	0	25	6	15	0	20	0
	Pistachio	290	140	15	10	0	90	200	33	0	26	6	15	0	20	0

This nutrition information is based on standard recipes and product formulations; however, variations may occur due to differences in preparation, serving sizes, ingredients, or special orders. Current recommendations are to limit total saturated fat intake to 20 grams per day and to limit sodium intake to less than 2,400 mg per day for a 2,000 calorie-per-day diet. A 2,000 calorie daily diet is used for the basis of general nutrition advice; individual calorie needs however; may vary. ©2015 RITA'S FRANCHISE COMPANY. ALL RIGHTS RESERVED.

MISTO																	
REGULAR PORTION																	
Add together your Ice Flavor and Custard Flavor																	
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)	
Italian Ice	Banana	480	0	0	0	0	0	40	122	0	117	0	0	0	2	0	
	Blood Orange	400	0	0	0	0	0	105	102	0	98	3	0	6	2	0	
	Blue Raspberry	440	0	0	0	0	0	50	112	0	110	0	0	0	2	0	
	Blueberry	460	0	0	0	0	0	50	116	0	113	0	0	0	2	0	
	Cherry	350	0	0	0	0	0	45	88	0	85	0	0	0	2	0	
	Chocolate	520	5	0.5	0	0	0	85	133	2	126	1	0	0	2	6	
	Chocolate Chocolate Chip	560	35	4	2.5	0	0	85	136	3	129	2	0	0	2	6	
	Cotton Candy	430	0	0	0	0	0	35	107	0	106	0	0	0	2	2	
	Dr Pepper	400	0	0	0	0	0	45	107	0	105	0	0	0	0	0	0
	Florida Orange	400	0	0	0	0	0	50	103	0	92	0	0	2	2	0	
	Georgia Peach	410	0	0	0	0	0	40	104	1	101	0	0	4	2	0	
	Grape	400	0	0	0	0	0	45	102	0	93	0	0	20	2	0	
	Green Apple	440	0	0	0	0	0	50	111	0	109	0	0	2	2	2	
	Island Fusion	480	0	0	0	0	0	50	122	0	121	0	0	4	2	0	
	Jolly Rancher Green Apple	370	0	0	0	0	0	45	95	0	92	0	0	0	2	0	
	Jolly Rancher Watermelon	380	0	0	0	0	0	45	96	0	92	0	0	0	2	0	
	Juicy Pear	410	0	0	0	0	0	50	104	0	100	0	0	0	2	2	
	Key Lime	410	0	0	0	0	0	75	104	0	102	0	0	0	2	0	
	Kiwi Strawberry	400	0	0	0	0	0	45	101	0	99	0	0	4	2	0	
	Lemon	350	0	0	0	0	0	35	90	0	86	0	0	35	2	0	
	Mango	430	0	0	0	0	0	45	110	0	108	0	0	4	2	0	
	Mango- Orange	470	0	0	0	0	0	40	117	0	111	0	2	4	2	0	
	Mango- Pineapple	440	0	0	0	0	0	45	112	0	110	0	0	6	2	0	
	Mango- Strawberry	450	0	0	0	0	0	50	113	0	110	0	0	8	2	0	
	Margarita	380	0	0	0	0	0	60	96	0	94	0	0	15	2	0	
	NEW Lemon	360	0	0	0	0	0	140	92	0	87	0	0	15	2	0	
	NEW Margarita	380	0	0	0	0	0	110	95	0	92	0	0	15	2	0	
	NEW Strawberry Lemonade	340	0	0	0	0	0	90	85	0	82	0	0	15	2	0	
	NEW Strawberry Margarita	470	0	0	0	0	0	110	117	1	113	0	0	15	2	0	
	Passion Fruit	480	0	0	0	0	0	50	121	0	120	1	0	4	2	0	
	Pina Colada	420	0	0	0	0	0	45	106	0	104	0	0	2	2	0	
	Pineapple	390	0	0	0	0	0	45	100	0	98	0	0	6	2	0	
	Raspberry	400	0	0	0	0	0	45	101	1	95	0	0	10	2	0	
	Raspberry Lemonade	480	0	0	0	0	0	45	123	0	119	0	0	6	2	0	
	Reese's Chocolate Peanut Butter	620	90	10	2	0	0	200	135	3	127	4	0	0	2	10	
	Reese's Peanut Butter and Jelly	600	140	15	2.5	0	0	160	114	2	108	5	0	10	4	6	
	Root Beer	400	0	0	0	0	0	45	102	0	99	0	0	0	2	0	
	Sour Patch Kids Red	370	0	0	0	0	0	50	98	0	96	0	0	0	2	0	
	Strawberry	460	0	0	0	0	0	50	115	0	112	0	0	10	2	2	
	Strawberry Colada	470	0	0	0	0	0	50	120	0	117	0	0	2	2	0	
Strawberry Lemonade	390	0	0	0	0	0	45	99	0	96	0	0	20	2	0		
Strawberry Margarita	460	0	0	0	0	0	60	117	0	114	0	0	20	2	0		
Strawberry- Watermelon	420	0	0	0	0	0	50	106	0	104	0	2	4	2	0		
Swedish Fish	500	0	0	0	0	0	100	128	0	125	0	0	0	2	0		
Tropical Punch	410	0	0	0	0	0	45	104	0	102	0	0	2	2	0		
Vanilla	410	0	0	0	0	0	50	103	0	101	0	0	0	2	0		

MISTO																
REGULAR PORTION																
Add together your Ice Flavor and Custard Flavor																
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
	Watermelon	470	0	0	0	0	0	50	121	0	117	0	2	2	2	0
	Wild Berry	440	0	0	0	0	0	50	112	0	108	0	0	8	2	2
	Wild Black Cherry	410	0	0	0	0	0	50	99	0	95	0	0	0	2	2
All-Natural Ice	All-Natural Banana	420	0	0	0	0	0	20	83	3	79	1	0	8	4	2
	All-Natural Orange	340	0	0	0	0	0	15	85	1	83	1	0	410	2	2
	All-Natural Pineapple	400	0	0	0	0	0	20	97	0	95	0	0	230	2	4
	All-Natural Strawberry	480	0	0	0	0	0	15	74	5	68	2	0	10	6	2
	All-Natural Strawberry-Banana	430	0	0	0	0	0	15	73	4	68	1	0	20	4	2
	All-Natural Orange-Pineapple	370	0	0	0	0	0	20	93	1	91	1	0	310	2	2
Cream Ice	Birthday Cake	310	60	6	6	0	0	115	65	0	59	1	0	0	2	0
	Banana Split Cream	550	60	7	6	0	0	100	122	1	114	1	0	2	2	0
	Black Cherry Cheesecake	530	50	6	5	0	5	110	121	1	112	1	0	0	2	2
	Caramel (Dulce)	580	50	6	5	0	5	210	132	0	116	1	0	0	4	0
	Cheesecake	520	60	6	5	0	5	115	117	0	112	1	0	0	2	0
	Chocolate Chip Cheesecake	560	80	9	7	0	5	115	121	1	115	1	0	0	2	0
	Chocolate Covered Strawberry	550	80	9	8	0	0	120	118	1	109	2	0	10	2	2
	Coconut Cream	490	60	7	6	0	0	105	108	0	103	0	0	0	2	0
	Cookie Dough	540	70	8	6	0	5	150	116	0	105	1	0	0	2	2
	Cookies & Cream	690	70	8	6	0	0	190	155	1	144	1	0	0	2	8
	Fudge Brownie	600	80	9	7	0	15	180	131	3	115	3	2	0	2	10
	Horchata	460	45	5	4.5	0	0	110	103	0	97	1	0	0	2	0
	Iced Coffee	450	45	5	5	0	0	300	105	0	98	1	0	0	2	2
	Mint Chocolate Chip	580	80	9	7	0	0	100	128	1	121	1	0	0	2	0
	Mint Oreo	570	70	8	5	0	0	170	128	0	118	1	0	0	2	4
	Mocha	540	50	5	5	0	0	220	125	1	117	1	0	0	2	4
	NEW Watermelon Chip	550	70	8	6	0	0	135	122	1	113	1	0	2	2	2
	Pumpkin Cheesecake	460	50	6	5	0	0	55	104	1	97	1	0	0	2	0
	Pumpkin Pie	430	45	5	4.5	0	0	105	95	1	87	1	0	2	2	0
	Reese's Marshmallow Peanut Butter	650	140	15	6	0	0	180	128	1	121	4	0	0	2	6
	Root Beer Float	450	20	2.5	2	0	0	75	110	0	104	0	0	0	2	0
	S'mores	600	70	7	6	0	0	110	136	1	130	1	0	0	2	4
	Strawberry Cheesecake	520	50	6	5	0	5	115	119	0	113	1	0	6	2	0
Strawberry-Banana	540	45	5	4.5	0	0	100	124	0	117	1	0	8	2	0	
Vanilla Cream	470	45	5	4.5	0	0	110	107	0	101	0	0	0	2	0	
Watermelon Chip	570	70	8	6	0	0	105	127	1	119	1	0	10	2	2	
Sugar-Free Ice	S/F Cherry	180	0	0	0	0	0	45	62	0	0	0	0	0	2	0
	S/F Dragon Fruit	170	0	0	0	0	0	35	61	0	0	0	0	0	2	0
	S/F Mango Peach	170	0	0	0	0	0	40	59	0	0	0	0	2	2	0
	S/F Pineapple	180	0	0	0	0	0	40	58	0	0	0	0	2	2	0
	S/F Pink Lemonade	180	0	0	0	0	0	45	64	0	0	0	0	2	2	0
	S/F Root Beer	180	0	0	0	0	0	50	63	1	0	0	0	0	2	0
	S/F Tangerine	180	0	0	0	0	0	45	62	0	0	0	0	0	2	0
	Custard Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
	Chocolate Custard	150	60	7	4.5	0	40	80	19	0	15	3	6	0	8	4

MISTO																
REGULAR PORTION																
Add together your Ice Flavor and Custard Flavor																
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
Custard Flavor	Light Vanilla Custard	110	25	3	2	0	30	80	17	0	13	4	2	2	15	0
	Vanilla Custard	140	70	8	5	0	45	100	16	0	13	3	8	0	10	0
	Pumpkin	140	70	8	5	0	45	100	17	0	14	3	6	0	10	0
	Strawberry	140	70	8	5	0	45	95	17	0	13	3	6	0	10	0
	Orange	140	70	8	5	0	45	95	17	0	13	3	6	0	10	0
	Butter Pecan	140	70	8	5	0	45	100	17	0	13	3	6	0	10	0
	Black Raspberry	140	70	8	5	0	45	100	16	0	13	3	6	0	10	0
	Cheesecake	150	70	4.5	0	45	45	95	18	0	15	3	6	0	10	0
	Coffee	140	70	8	5	0	45	105	16	0	13	3	8	0	10	0
	Cotton Candy	140	70	8	0	45	95	17	0	0	14	3	6	0	10	0
	Mint	140	70	8	5	0	45	100	16	0	13	3	6	0	10	0
	Pistachio	140	70	8	5	0	45	100	17	0	13	3	6	0	10	0

This nutrition information is based on standard recipes and product formulations; however, variations may occur due to differences in preparation, serving sizes, ingredients, or special orders. Current recommendations are to limit total saturated fat intake to 20 grams per day and to limit sodium intake to less than 2,400 mg per day for a 2,000 calorie-per-day diet. A 2,000 calorie daily diet is used for the basis of general nutrition advice; individual calorie needs however; may vary. ©2015 RITA'S FRANCHISE COMPANY. ALL RIGHTS RESERVED.

MISTO																
LARGE PORTION																
Add together your Ice Flavor and Custard Flavor																
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
Italian Ice	Banana	600	0	0	0	0	0	50	152	1	146	0	0	2	2	0
	Blood Orange	500	0	0	0	0	0	130	128	0	122	3	0	6	2	0
	Blue Raspberry	550	0	0	0	0	0	60	140	0	137	0	0	0	2	0
	Blueberry	570	0	0	0	0	0	60	144	0	141	0	0	0	2	2
	Cherry	430	0	0	0	0	0	55	110	0	106	0	0	0	2	0
	Chocolate	650	5	1	0	0	0	105	165	2	158	1	0	0	2	8
	Chocolate Chocolate Chip	700	45	5	3	0	0	105	170	3	161	2	0	0	2	8
	Cotton Candy	530	0	0	0	0	0	40	134	0	132	0	0	0	2	2
	Dr Pepper	500	0	0	0	0	0	55	134	0	131	0	0	0	2	0
	Florida Orange	500	0	0	0	0	0	65	128	0	115	0	0	2	2	0
	Georgia Peach	510	0	0	0	0	0	50	130	1	126	0	0	4	2	0
	Grape	500	0	0	0	0	0	60	127	0	115	0	0	25	2	0
	Green Apple	550	0	0	0	0	0	60	139	0	135	0	0	2	2	2
	Island Fusion	600	0	0	0	0	0	60	153	0	150	0	0	6	2	0
	Jolly Rancher Green Apple	460	0	0	0	0	0	60	119	0	114	0	0	0	2	0
	Jolly Rancher Watermelon	470	0	0	0	0	0	60	120	0	115	0	0	0	2	0
	Juicy Pear	510	0	0	0	0	0	60	129	0	125	0	0	0	2	2
	Key Lime	510	0	0	0	0	0	95	129	0	128	0	0	0	2	0
	Kiwi Strawberry	500	0	0	0	0	0	60	126	0	124	0	0	6	2	0
	Lemon	430	0	0	0	0	0	45	112	0	107	0	0	45	2	2
	Mango	540	0	0	0	0	0	60	138	0	135	0	0	6	2	0
	Mango- Orange	580	0	0	0	0	0	55	146	0	138	0	2	6	2	0
	Mango- Pineapple	550	0	0	0	0	0	55	140	0	137	0	0	6	2	0
	Mango- Strawberry	560	0	0	0	0	0	60	141	0	138	0	0	10	2	0
	Margarita	470	0	0	0	0	0	75	120	0	117	0	0	20	2	0
	NEW Lemon	450	0	0	0	0	0	180	115	0	109	0	0	15	2	2
	NEW Margarita	470	0	0	0	0	0	140	119	1	115	0	0	20	2	0
	NEW Strawberry Lemonade	420	0	0	0	0	0	115	106	1	102	0	0	20	2	2
	NEW Strawberry Margarita	580	0	0	0	0	0	140	146	1	141	0	0	20	2	2
	Passion Fruit	600	5	0	0	0	0	60	150	0	149	1	0	6	2	0
	Pina Colada	520	0	0	0	0	0	60	133	0	130	0	0	2	2	0
	Pineapple	490	0	0	0	0	0	55	125	0	123	0	0	8	2	0
	Raspberry	500	0	0	0	0	0	60	126	2	119	1	0	10	2	2
	Raspberry Lemonade	600	0	0	0	0	0	55	153	0	148	0	0	8	2	2
	Reese's Chocolate Peanut Butter	780	120	14	2.5	0	0	200	167	4	158	6	0	0	4	10
	Reese's Peanut Butter and Jelly	750	170	19	3	0	0	200	142	3	135	7	0	15	4	8
	Root Beer	500	0	0	0	0	0	60	127	0	123	0	0	0	2	0
	Sour Patch Kids Red	460	0	0	0	0	0	60	122	0	119	0	0	0	2	0
	Strawberry	570	0	0	0	0	0	65	144	0	140	0	0	15	2	2
	Strawberry Colada	590	0	0	0	0	0	60	149	0	146	0	0	2	2	0
Strawberry Lemonade	480	0	0	0	0	0	55	123	0	120	0	0	25	2	2	
Strawberry Margarita	580	0	0	0	0	0	75	146	0	142	0	0	25	2	2	
Strawberry- Watermelon	520	0	0	0	0	0	60	133	0	129	0	2	4	2	0	
Swedish Fish	620	0	0	0	0	0	120	159	0	156	1	0	0	2	0	
Tropical Punch	510	0	0	0	0	0	55	129	0	127	0	0	2	2	0	
Vanilla	510	0	0	0	0	0	60	129	0	126	0	0	0	2	0	

MISTO																
LARGE PORTION																
Add together your Ice Flavor and Custard Flavor																
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
All-Natural Ice	Watermelon	590	0	0	0	0	0	60	150	0	146	0	2	2	2	0
	Wild Berry	550	0	0	0	0	0	60	140	1	135	0	0	10	2	2
	Wild Black Cherry	510	0	0	0	0	0	60	124	0	119	0	0	0	2	2
	All-Natural Banana	530	0	0	0	0	0	25	104	4	99	1	0	10	4	2
	All-Natural Orange	420	0	0	0	0	0	20	107	1	104	1	0	510	4	2
	All-Natural Pineapple	490	0	0	0	0	0	25	121	1	118	1	0	280	4	4
	All-Natural Strawberry	600	0	0	0	0	0	20	93	7	85	2	0	15	6	2
	All-Natural Strawberry-Banana	540	0	0	0	0	0	20	91	6	84	2	0	25	6	2
All-Natural Orange-Pineapple	470	0	0	0	0	0	25	116	1	113	1	0	380	4	4	
Cream Ice	Birthday Cake	390	70	8	7	0	0	140	81	0	74	1	0	0	2	0
	Banana Split Cream	680	80	9	7	0	0	125	152	1	143	1	0	2	2	0
	Black Cherry Cheesecake	670	70	7	6	0	5	140	151	1	140	1	0	0	4	4
	Caramel (Dulce)	720	70	8	6	0	5	260	165	0	145	1	0	0	4	0
	Cheesecake	650	70	8	7	0	5	140	146	0	139	1	0	0	2	0
	Chocolate Chip Cheesecake	700	100	11	9	0	5	140	151	1	143	2	0	0	2	0
	Chocolate Covered Strawberry	690	100	11	9	0	0	150	147	2	136	2	0	15	2	4
	Coconut Cream	620	80	8	7	0	0	130	135	0	128	1	0	0	2	0
	Cookie Dough	670	90	10	7	0	5	190	145	1	131	1	2	0	2	2
	Cookies & Cream	860	90	10	7	0	0	230	193	1	180	1	0	0	2	8
	Fudge Brownie	750	100	11	9	0	20	230	164	4	144	4	2	0	4	15
	Horchata	570	60	6	6	0	0	135	129	0	121	1	0	0	2	0
	Iced Coffee	560	60	6	6	0	0	370	131	0	122	1	0	0	2	2
	Mint Chocolate Chip	720	100	11	9	0	0	130	159	1	150	1	0	0	2	0
	Mint Oreo	710	80	9	7	0	0	220	160	1	147	1	0	0	2	6
	Mocha	680	60	7	6	0	0	270	156	1	146	2	0	0	2	4
	NEW Watermelon Chip	690	90	10	8	0	0	170	152	1	141	1	0	4	2	2
	Pumpkin Cheesecake	580	60	7	6	0	0	65	130	1	121	1	0	0	2	0
	Pumpkin Pie	530	60	6	6	0	0	135	119	1	108	1	0	4	4	0
	Reese's Marshmallow Peanut Butter	810	170	19	8	0	0	230	159	2	151	5	0	0	4	8
	Root Beer Float	560	25	3	2.5	0	0	90	137	0	130	0	0	0	2	0
	S'mores	750	80	9	8	0	0	135	169	1	162	1	0	0	2	4
	Strawberry Cheesecake	650	70	7	6	0	5	140	149	0	141	1	0	8	2	0
Strawberry-Banana	670	50	6	6	0	0	125	155	1	146	1	0	10	2	2	
Vanilla Cream	590	60	6	6	0	0	135	134	0	126	1	0	0	2	0	
Watermelon Chip	710	90	10	8	0	0	130	158	1	148	1	0	10	2	2	
Sugar-Free Ice	S/F Cherry	220	0	0	0	0	0	55	77	0	0	0	0	0	2	0
	S/F Dragon Fruit	220	0	0	0	0	0	45	76	0	0	0	0	0	2	0
	S/F Mango Peach	210	0	0	0	0	0	50	74	0	0	0	0	2	2	0
	S/F Pineapple	230	0	0	0	0	0	55	72	0	0	0	0	2	2	0
	S/F Pink Lemonade	230	0	0	0	0	0	60	79	0	0	0	0	2	2	0
	S/F Root Beer	220	0	0	0	0	0	60	78	1	0	0	0	0	2	0
	S/F Tangerine	220	0	0	0	0	0	55	78	0	0	0	0	0	2	0
Custard Flavor	Calories	190	80	9	6	0	50	105	25	0	19	4	8	0	10	6
	Chocolate Custard	190	80	9	6	0	50	105	25	0	19	4	8	0	10	6

MISTO																
LARGE PORTION																
Add together your Ice Flavor and Custard Flavor																
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
Custard Flavor	Light Vanilla Custard	150	35	3.5	2.5	0	35	100	22	0	17	5	2	4	20	0
	Vanilla Custard	180	90	10	6	0	60	130	21	0	17	4	10	0	15	0
	Pumpkin	190	90	10	6	0	60	125	23	0	19	4	8	0	15	0
	Strawberry	190	90	10	6	0	60	125	22	0	17	4	8	0	15	0
	Orange	180	90	10	6	0	60	125	22	0	17	4	8	0	15	0
	Butter Pecan	180	90	10	6	0	60	130	22	0	17	4	10	0	15	0
	Black Raspberry	180	90	10	6	0	60	125	21	0	18	4	10	0	15	0
	Cheesecake	190	90	9	6	0	55	120	24	0	19	3	8	0	15	0
	Coffee	180	90	10	6	0	60	135	21	0	16	4	10	0	15	0
	Cotton Candy	190	90	10	6	0	60	125	23	0	18	4	8	0	15	0
	Mint	180	90	10	6	0	60	130	21	0	16	4	10	0	15	0
	Pistachio	190	90	10	6	0	60	130	22	0	17	4	10	0	15	0

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FROZEN DRINK																
REGULAR PORTION																
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
Italian Ice	Banana	450	0	0	0	0	0	40	113	0	108	0	0	2	2	0
	Blood Orange	370	0	0	0	0	0	100	95	0	91	3	0	4	2	0
	Blue Raspberry	410	0	0	0	0	0	50	104	0	102	0	0	0	2	0
	Blueberry	420	0	0	0	0	0	50	107	0	104	0	0	0	2	0
	Cherry	320	0	0	0	0	0	45	82	0	78	0	0	0	2	0
	Chocolate	480	5	0.5	0	0	0	85	123	2	117	1	0	0	2	6
	Chocolate Chocolate Chip	520	30	3.5	2	0	0	80	126	2	120	1	0	0	2	6
	Cotton Candy	390	0	0	0	0	0	35	100	0	98	0	0	0	2	0
	Dr Pepper	370	0	0	0	0	0	40	99	0	97	0	0	0	0	0
	Florida Orange	370	0	0	0	0	0	50	95	0	85	0	0	2	2	0
	Georgia Peach	380	0	0	0	0	0	45	96	1	94	0	0	4	2	0
	Grape	370	0	0	0	0	0	50	94	0	86	0	0	20	2	0
	Green Apple	410	0	0	0	0	0	50	103	0	101	0	0	2	2	0
	Island Fusion	450	0	0	0	0	0	50	113	0	112	0	0	4	2	0
	Jolly Rancher Green Apple	350	0	0	0	0	0	45	88	0	85	0	0	0	2	0
	Jolly Rancher Watermelon	350	0	0	0	0	0	45	89	0	85	0	0	0	2	0
	Juicy Pear	380	0	0	0	0	0	50	96	0	93	0	0	0	2	0
	Key Lime	380	0	0	0	0	0	75	96	0	95	0	0	0	2	0
	Kiwi Strawberry	370	0	0	0	0	0	50	94	0	92	0	0	4	2	0
	Lemon	320	0	0	0	0	0	40	83	0	79	0	0	35	2	0
	Mango	400	0	0	0	0	0	50	102	0	100	0	0	4	2	0
	Mango- Orange	410	0	0	0	0	0	50	104	0	102	0	0	8	2	0
	Mango- Strawberry	430	0	0	0	0	0	45	109	0	102	0	2	4	2	0
	Mango- Pineapple	410	0	0	0	0	0	45	104	0	102	0	0	6	2	0
	Margarita	350	0	0	0	0	0	60	89	0	87	0	0	15	2	0
	NEW Lemon	330	0	0	0	0	0	130	85	0	81	0	0	15	2	0
	NEW Margarita	350	0	0	0	0	0	105	88	0	85	0	0	15	2	0
	NEW Strawberry Lemonade	310	0	0	0	0	0	85	79	0	75	0	0	15	2	0
	NEW Strawberry Margarita	430	0	0	0	0	0	105	109	0	105	0	0	15	2	0
	Passion Fruit	440	0	0	0	0	0	50	112	0	111	0	0	4	2	0
	Pina Colada	390	0	0	0	0	0	50	99	0	97	0	0	2	2	0
	Pineapple	370	0	0	0	0	0	45	93	0	91	0	0	6	2	0
	Raspberry	370	0	0	0	0	0	50	93	1	88	0	0	8	2	0
	Raspberry Lemonade	450	0	0	0	0	0	45	114	0	110	0	0	6	2	0
	Reese's Chocolate Peanut Butter	580	90	10	2	0	0	150	124	3	117	4	0	0	4	8
	Reese's Peanut Butter and Jelly	560	130	15	2.5	0	0	150	105	2	100	5	0	10	4	6
	Root Beer	370	0	0	0	0	0	45	94	0	91	0	0	0	2	0
	Sour Patch Kids Red	340	0	0	0	0	0	50	90	0	89	0	0	0	2	0
	Strawberry	420	0	0	0	0	0	50	107	0	104	0	0	10	2	2
	Strawberry Colada	440	0	0	0	0	0	50	111	0	109	0	0	2	2	0
Strawberry Lemonade	360	0	0	0	0	0	45	92	0	89	0	0	20	2	0	
Strawberry Margarita	430	0	0	0	0	0	60	108	0	105	0	0	20	2	0	
Strawberry- Watermelon	390	0	0	0	0	0	50	98	0	96	0	2	4	2	0	
Swedish Fish	460	0	0	0	0	0	95	118	0	115	0	0	0	2	0	
Tropical Punch	380	0	0	0	0	0	45	96	0	94	0	0	2	2	0	
Vanilla	380	0	0	0	0	0	50	96	0	93	0	0	0	2	0	
Watermelon	440	0	0	0	0	0	50	112	0	109	0	2	2	2	0	

FROZEN DRINK																
REGULAR PORTION																
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
All-Natural Ice	Wild Berry	410	0	0	0	0	0	50	104	1	100	0	0	6	2	2
	Wild Black Cherry	380	0	0	0	0	0	50	92	0	88	0	0	0	2	2
	All-Natural Banana	400	0	0	0	0	0	20	79	3	75	1	0	8	4	2
	All-Natural Orange	310	0	0	0	0	0	15	79	0	77	1	0	380	2	2
	All-Natural Pineapple	370	0	0	0	0	0	20	90	0	88	0	0	210	2	4
	All-Natural Strawberry	430	0	0	0	0	0	15	66	5	61	1	0	10	4	2
	All-Natural Strawberry-Banana	400	0	0	0	0	0	15	68	4	63	1	0	20	4	2
	All-Natural Orange-Pineapple	350	0	0	0	0	0	15	86	0	84	0	0	280	2	2
Cream Ice	Birthday Cake	290	50	6	5	0	0	110	60	0	55	1	0	0	2	0
	Banana Split Cream	510	60	6	5	0	0	100	113	1	106	1	0	2	2	0
	Black Cherry Cheesecake	490	50	5	4.5	0	5	110	112	1	104	1	0	0	2	2
	Caramel (Dulce)	530	50	6	5	0	5	200	122	0	108	1	0	0	4	0
	Cheesecake	480	50	6	5	0	5	110	108	0	103	1	0	0	2	0
	Chocolate Chip Cheesecake	520	80	9	7	0	5	110	112	1	107	1	0	0	2	0
	Chocolate Covered Strawberry	510	80	9	7	0	0	115	109	1	101	1	0	10	2	2
	Coconut Cream	460	60	6	5	0	0	105	100	0	95	0	0	0	2	0
	Cookie Dough	500	70	7	5	0	5	140	108	0	97	1	0	0	2	2
	Cookies & Cream	640	70	7	5	0	0	180	143	1	134	1	0	0	2	6
	Fudge Brownie	560	80	8	6	0	15	180	122	3	107	3	2	0	2	10
	Horchata	420	40	5	5	0	0	105	96	0	90	1	0	0	2	0
	Iced Coffee	420	45	5	4.5	0	0	280	97	0	91	1	0	0	2	2
	Mint Chocolate Chip	540	70	8	6	0	0	100	118	1	112	1	0	0	2	0
	Mint Oreo	530	60	7	5	0	0	170	119	0	109	1	0	0	2	4
	Mocha	500	45	5	4.5	0	0	210	116	1	108	1	0	0	2	4
	NEW Watermelon Chip	510	70	7	6	0	0	125	113	1	105	1	0	2	2	2
	Pumpkin Cheesecake	430	45	5	5	0	0	55	96	1	90	1	0	0	2	0
	Pumpkin Pie	400	40	5	5	0	0	105	88	1	81	1	0	2	2	0
	Reese's Marshmallow Peanut Butter	600	130	14	6	0	0	170	118	1	112	4	0	0	2	6
Root Beer Float	420	20	2	2	0	0	75	102	0	97	0	0	0	2	0	
S'mores	560	60	7	6	0	0	105	126	1	120	1	0	0	2	2	
Strawberry Cheesecake	500	40	4.5	4	0	0	95	115	0	108	1	0	6	2	0	
Strawberry-Banana	490	50	5	4.5	0	5	110	110	0	105	1	0	6	2	0	
Vanilla Cream	440	40	4.5	4.5	0	0	105	99	0	94	0	0	0	2	0	
Watermelon Chip	530	70	8	6	0	0	100	116	1	109	1	0	10	2	2	
Sugar-Free Ice	S/F Cherry	170	0	0	0	0	0	45	58	0	0	0	0	0	2	0
	S/F Dragon Fruit	160	0	0	0	0	0	40	56	0	0	0	0	0	2	0
	S/F Mango Peach	160	0	0	0	0	0	45	55	0	0	0	0	2	2	0
	S/F Pineapple	170	0	0	0	0	0	45	54	0	0	0	0	2	2	0
	S/F Pink Lemonade	170	0	0	0	0	0	50	59	0	0	0	0	2	2	0
	S/F Root Beer	170	0	0	0	0	0	50	58	1	0	0	0	0	2	0
	S/F Tangerine	160	0	0	0	0	0	45	58	0	0	0	0	0	2	0

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FROZEN DRINK																	
LARGE PORTION																	
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)	
Italian Ice	Banana	550	0	0	0	0	0	50	138	1	133	0	0	2	2	0	
	Blood Orange	460	0	0	0	0	0	125	116	0	111	3	0	6	2	0	
	Blue Raspberry	500	0	0	0	0	0	60	127	0	125	0	0	0	2	0	
	Blueberry	520	0	0	0	0	0	60	131	0	128	0	0	0	2	0	
	Cherry	390	0	0	0	0	0	55	100	0	96	0	0	0	2	0	
	Chocolate	590	5	0.5	0	0	0	0	105	151	2	144	1	0	0	2	6
	Chocolate Chocolate Chip	640	40	4.5	3	0	0	0	100	155	3	147	2	0	0	2	6
	Cotton Candy	480	0	0	0	0	0	0	45	122	0	120	0	0	0	2	2
	Dr Pepper	460	0	0	0	0	0	0	50	122	0	119	0	0	0	2	0
	Florida Orange	460	0	0	0	0	0	0	65	117	0	105	0	0	2	2	0
	Georgia Peach	460	0	0	0	0	0	0	55	118	1	115	0	0	4	2	0
	Grape	460	0	0	0	0	0	0	60	116	0	105	0	0	20	2	0
	Green Apple	500	0	0	0	0	0	0	60	126	0	123	0	0	2	2	2
	Island Fusion	550	0	0	0	0	0	0	60	139	0	137	0	0	4	2	0
	Jolly Rancher Green Apple	420	0	0	0	0	0	0	55	108	0	104	0	0	0	2	0
	Jolly Rancher Watermelon	430	0	0	0	0	0	0	55	109	0	104	0	0	0	2	0
	Juicy Pear	470	0	0	0	0	0	0	65	118	0	114	0	0	0	2	0
	Key Lime	470	0	0	0	0	0	0	95	118	0	116	0	0	0	2	0
	Kiwi Strawberry	460	0	0	0	0	0	0	60	115	0	113	0	0	6	2	0
	Lemon	390	0	0	0	0	0	0	150	102	0	97	0	0	40	10	0
	Mango	490	0	0	0	0	0	0	60	125	0	123	0	0	6	2	0
	Mango- Orange	510	0	0	0	0	0	0	60	128	0	125	0	0	10	2	0
	Mango- Strawberry	530	0	0	0	0	0	0	55	133	0	126	0	2	4	2	0
	Mango- Pineapple	500	0	0	0	0	0	0	55	127	0	125	0	0	6	2	0
	Margarita	430	0	0	0	0	0	0	75	109	0	107	0	0	20	2	0
	NEW Lemon	410	0	0	0	0	0	0	160	105	0	99	0	0	15	2	2
	NEW Margarita	430	0	0	0	0	0	0	125	108	1	104	0	0	15	2	0
	NEW Strawberry Lemonade	380	0	0	0	0	0	0	105	97	0	93	0	0	15	2	2
	NEW Strawberry Margarita	530	0	0	0	0	0	0	125	133	1	129	0	0	20	2	2
	Passion Fruit	540	5	0	0	0	0	0	65	137	0	136	1	0	6	2	0
	Pina Colada	470	0	0	0	0	0	0	60	121	0	118	0	0	2	2	0
	Pineapple	450	0	0	0	0	0	0	55	114	0	112	0	0	6	2	0
	Raspberry	450	0	0	0	0	0	0	60	115	2	108	0	0	10	2	2
	Raspberry Lemonade	550	0	0	0	0	0	0	55	140	0	135	0	0	8	2	0
	Reese's Chocolate Peanut Butter	710	110	12	3	0	0	0	190	152	3	144	5	0	0	4	10
	Reese's Peanut Butter and Jelly	680	160	18	3	0	0	0	190	129	2	123	6	0	10	4	6
	Root Beer	450	0	0	0	0	0	0	60	115	0	112	0	0	0	2	0
	Sour Patch Kids Red	420	0	0	0	0	0	0	65	111	0	109	0	0	0	2	0
	Strawberry	520	0	0	0	0	0	0	65	131	0	128	0	0	15	2	2
	Strawberry Colada	540	0	0	0	0	0	0	60	136	0	133	0	0	2	2	0
Strawberry Lemonade	440	0	0	0	0	0	0	55	112	0	109	0	0	25	2	2	
Strawberry Margarita	530	0	0	0	0	0	0	75	133	0	129	0	0	25	2	0	
Strawberry- Watermelon	480	0	0	0	0	0	0	60	121	0	118	0	2	4	2	0	
Swedish Fish	570	0	0	0	0	0	0	120	145	0	142	1	0	0	2	0	
Tropical Punch	460	0	0	0	0	0	0	55	118	0	116	0	0	2	2	0	
Vanilla	460	0	0	0	0	0	0	65	117	0	115	0	0	0	2	0	
Watermelon	540	0	0	0	0	0	0	60	137	0	133	0	2	2	2	0	

FROZEN DRINK																
LARGE PORTION																
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
	Wild Berry	500	0	0	0	0	0	60	127	1	123	0	0	8	2	2
	Wild Black Cherry	460	0	0	0	0	0	60	113	0	108	0	0	0	2	2
All-Natural Ice	All-Natural Banana	490	0	0	0	0	0	20	96	4	92	1	0	8	4	2
	All-Natural Orange	380	0	0	0	0	0	20	97	1	95	1	0	460	2	2
	All-Natural Pineapple	450	0	0	0	0	0	20	111	0	108	1	0	260	2	4
	All-Natural Strawberry	530	0	0	0	0	0	20	81	6	75	2	0	10	6	2
	All-Natural Strawberry-Banana	490	0	0	0	0	0	20	83	5	77	1	0	20	6	2
	All-Natural Orange-Pineapple	430	0	0	0	0	0	20	106	1	103	1	0	350	2	4
Cream Ice	Birthday Cake	360	70	7	7	0	0	140	74	0	67	1	0	0	2	0
	Banana Split Cream	620	70	8	7	0	0	120	139	1	130	1	0	2	2	0
	Black Cherry Cheesecake	610	60	7	6	0	5	135	138	1	127	1	0	0	4	4
	Caramel (Dulce)	650	60	7	6	0	5	250	150	0	132	1	0	0	4	0
	Cheesecake	590	60	7	6	0	5	140	133	0	127	1	0	0	2	0
	Chocolate Chip Cheesecake	640	90	10	8	0	5	135	138	1	131	2	0	0	2	0
	Chocolate Covered Strawberry	630	90	10	9	0	0	140	134	1	124	2	0	15	4	2
	Coconut Cream	560	70	8	7	0	0	125	123	0	117	1	0	0	2	0
	Cookie Dough	610	80	9	7	0	5	180	132	1	119	1	0	0	2	2
	Cookies & Cream	780	80	9	7	0	0	220	176	1	164	1	0	0	2	8
	Fudge Brownie	680	90	10	8	0	20	220	149	3	131	4	2	0	4	10
	Horchata	520	50	6	5	0	0	130	117	0	110	1	0	0	2	0
	Iced Coffee	510	50	6	5	0	0	340	119	0	111	1	0	0	2	2
	Mint Chocolate Chip	660	90	10	8	0	0	125	145	1	137	1	0	0	2	0
	Mint Oreo	650	80	9	6	0	0	200	146	1	134	1	0	0	2	4
	Mocha	620	60	6	6	0	0	260	142	1	133	1	0	0	2	4
	NEW Watermelon Chip	630	80	9	7	0	0	150	138	1	128	1	0	4	2	2
	Pumpkin Cheesecake	530	60	6	6	0	0	65	118	1	110	1	0	0	2	0
	Pumpkin Pie	490	50	6	5	0	0	130	108	1	99	1	0	4	4	0
	Reese's Marshmallow Peanut Butter	740	160	17	7	0	0	210	145	1	137	4	0	0	4	8
Root Beer Float	510	25	2.5	3	0	0	90	125	0	118	0	0	0	2	0	
S'mores	690	80	8	7	0	0	130	154	1	147	1	0	0	2	4	
Strawberry Cheesecake	610	50	6	5	0	0	120	141	0	133	1	0	8	2	2	
Strawberry-Banana	600	60	7	6	0	5	135	135	0	128	1	0	8	2	0	
Vanilla Cream	540	50	6	5	0	0	130	122	0	115	1	0	0	2	0	
Watermelon Chip	650	80	9	7	0	0	125	143	1	133	1	0	10	2	2	
Sugar-Free Ice	S/F Cherry	200	0	0	0	0	0	60	71	0	0	0	0	0	2	0
	S/F Dragon Fruit	200	0	0	0	0	0	50	69	0	0	0	0	0	2	0
	S/F Mango Peach	190	0	0	0	0	0	55	68	0	0	0	0	2	2	0
	S/F Pineapple	210	0	0	0	0	0	55	66	0	0	0	0	2	2	0
	S/F Pink Lemonade	210	0	0	0	0	0	60	72	0	0	0	0	2	2	0
	S/F Root Beer	200	0	0	0	0	0	65	71	1	0	0	0	0	2	0
	S/F Tangerine	200	0	0	0	0	0	60	71	0	0	0	0	0	2	0

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MILKSHAKE																
REGULAR PORTION																
	Milkshake Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
Milkshake Flavor	Light Vanilla	580	140	16	9	0	125	330	86	0	70	16	10	10	60	4
	Coffee	680	300	33	20	0	185	400	87	0	70	13	30	0	50	0
	Orange Cream	680	300	33	20	0	185	400	84	0	70	13	30	0	50	4
	Strawberry	710	310	34	21	0	195	430	91	1	74	14	30	20	60	6
	Vanilla	720	300	33	20	0	190	400	97	0	83	12	30	0	50	4
	Fruity Pebbles	730	300	34	21	0	190	480	93	0	73	14	35	4	50	8
	Black and White	730	340	38	24	0	195	460	86	0	68	15	30	0	60	8
	Chocolate Covered Strawberry	740	280	32	18	0	170	360	101	1	82	14	25	20	45	20
	Chocolate	750	270	30	18	0	165	330	108	0	90	12	25	0	35	20
	Chocolate Peppermint	780	310	34	21	0	195	440	105	1	83	15	30	0	60	10
	Oreo Cookies N cream	800	340	38	22	0	190	550	102	1	80	14	30	0	50	10
	Caramel	820	330	37	22	0	200	590	108	0	81	16	35	2	60	4
	Chocolate Covered Oreo	830	320	36	19	0	165	480	112	1	88	14	25	0	40	25
	Vanilla Heath	830	380	43	25	0	195	500	101	0	87	14	30	0	50	6
	Strawberry Shortcake	830	330	37	22	0	195	580	113	1	84	16	30	20	60	10
	Reese's Peanut Butter	830	470	52	24	0	195	550	76	2	59	20	30	0	60	10
	Pumpkin	730	290	32	20	0	185	390	101	0	86	12	30	0	45	4
	Pistachio	680	300	33	0	0	190	400	85	0	70	13	30	0	50	4
	Mint	670	300	33	20	0	190	400	83	0	69	13	30	0	50	0
	Black Raspberry	670	290	33	20	0	185	400	83	0	68	13	30	0	50	4
Cotton Candy	680	290	32	20	0	185	390	87	0	73	13	30	0	50	4	
Cheesecake	690	280	31	19	0	180	380	91	0	77	12	30	0	50	4	
Butter Pecan	680	300	33	20	0	190	400	84	0	70	13	30	0	50	4	
Chocolate Heath	850	360	40	23	0	170	440	112	0	94	14	25	0	40	20	

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FROZEN CUSTARD CAKES															
Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
Mango Gelati Cake	350	130	15	10	0	80	180	51	0	42	5	10	0	20	0
Cookies N' Cream Blendini Cake	410	150	17	10	0	80	260	60	0	49	6	10	0	20	4
Blue Piping Gel	15	--	0	--	--	--	10	4	--	3	0	--	--	--	--
Red Piping Gel	15	--	0	--	--	--	10	4	--	3	0	--	--	--	--
Pink Piping Gel	15	--	0	--	--	--	10	4	--	3	0	--	--	--	--

CUSTARD COOKIE SANDWICHES															
PER COOKIE SANDWICH															
Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
OREO Van Plain	250	100	11	5	0	35	270	36	1	19	4	6	0	10	10
OREO Choc Plain	250	90	10	4	0	30	260	38	1	21	4	4	0	6	15
OREO Twist Plain	250	100	11	4	0	35	270	37	1	20	4	6	0	8	16
OREO Van Sprink	320	120	14	7	0	35	270	47	1	26	4	6	0	10	10
OREO Choc Sprink	320	120	13	6	0	30	260	49	1	27	4	4	0	6	15
OREO Twist Sprink	320	120	13	6	0	35	270	48	1	27	4	6	0	8	15
OREO Van Choc Chip	320	140	15	7	0	40	270	45	2	27	5	6	0	10	10
OREO Choc Choc Chip	330	130	15	6	0	30	260	47	2	28	5	4	0	6	15
OREO Twist Choc Chip	320	130	15	7	0	35	270	46	2	27	5	6	0	8	15
Choc Chip Van Plain	320	130	15	7	0	35	270	46	2	27	5	6	0	8	15
Choc Chip Choc Plain	310	110	12	7	0	40	160	43	0	27	4	4	0	4	2
Choc Chip Twist Plain	310	110	12	7	0	40	160	43	0	26	4	4	0	6	2
Choc Chip Van Sprink	370	140	15	9	0	45	170	53	0	32	4	4	0	6	0
Choc Chip Choc Sprink	370	130	15	9	0	40	160	55	0	34	4	4	0	4	2
Choc Chip Twist Sprink	370	140	15	9	0	40	170	54	0	33	4	4	0	6	2
Choc Chip Van Choc Chip	370	150	17	9	0	45	170	51	1	33	4	4	0	6	0
Choc Chip Choc Choc Chip	380	150	16	9	0	40	160	53	1	35	4	4	0	4	4
Choc Chip Twist Choc Chip	380	150	17	9	0	40	160	52	1	34	4	4	0	6	2

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JUMBO COOKIE SANDWICH															
PER COOKIE SANDWICH															
Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
Choc Chip Van Plain	740	310	34	15	2	120	420	101	2	65	11	20	0	20	20
Choc Chip Choc Plain	750	290	33	14	2	105	390	106	2	69	11	20	0	15	20
Choc Chip Twist Plain	750	300	33	14	2	110	410	104	2	67	11	20	0	20	25
Choc Chip Van Sprink	880	350	39	19	2	120	430	123	2	78	11	20	0	20	20
Choc Chip Choc Sprink	890	340	38	18	2	105	390	128	2	82	11	20	0	15	30
Choc Chip Twist Sprink	880	350	39	19	2	110	410	126	2	80	11	20	0	20	25
Choc Chip Van Choc Chip	880	380	42	20	2	120	420	119	4	80	12	20	0	20	25
Choc Chip Choc Choc Chip	900	370	41	19	2	110	390	124	4	84	12	20	0	15	30
Choc Chip Twist Choc Chip	890	370	42	19	2	115	410	122	4	82	12	20	0	20	25

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BANANA SPLIT SUNDAE

Add together your Custard Flavor, Banana, Crushed Maraschino Cherries, Crushed Pineapples, Whipped Cream and a Cherry!

	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
Kids Portion	Chocolate Custard	240	100	11	7	0	60	130	31	0	24	5	10	0	10	6
	Light Vanilla Custard	180	40	4.5	3	0	45	125	27	0	20	6	2	4	25	0
	Vanilla Custard	230	110	12	8	0	75	160	26	0	20	5	10	0	15	0
	Pumpkin	230	110	12	8	0	70	160	28	0	22	4	10	0	15	0
	Strawberry	230	110	12	8	0	70	130	27	0	22	4	10	0	15	0
	Orange	230	110	12	8	0	70	160	27	0	21	4	10	0	15	0
	Butter Pecan	230	110	12	8	0	75	160	26	0	21	4	10	0	15	0
	Black Raspberry	220	110	12	8	0	70	160	26	0	20	4	10	0	15	0
	Cheesecake	230	100	12	7	0	70	150	29	0	24	4	10	0	15	0
	Coffee	230	110	12	8	0	75	160	26	0	20	5	10	0	15	0
	Cotton Candy	230	110	12	8	0	80	150	28	0	22	4	10	0	15	0
	Mint	220	110	12	8	0	75	60	26	0	20	4	10	0	15	0
Pistachio	230	110	12	8	0	75	160	27	0	21	4	10	0	15	0	
Regular Portion	Chocolate Custard	340	150	16	10	0	90	190	44	0	34	7	15	0	15	10
	Light Vanilla Custard	260	60	7	4	0	65	180	39	0	29	8	4	6	35	0
	Vanilla Custard	330	160	18	11	0	105	230	37	0	29	7	15	0	25	0
	Pumpkin	330	160	17	11	0	100	220	40	0	32	6	15	0	25	0
	Strawberry	330	160	18	11	0	105	220	39	0	31	6	15	0	25	0
	Orange	330	160	17	11	0	105	220	39	0	30	6	15	0	25	0
	Black Raspberry	320	160	18	11	0	105	220	37	0	29	6	15	0	25	0
	Cheesecake	320	160	18	11	0	105	220	37	0	29	6	15	0	25	0
	Coffee	320	160	18	11	0	105	240	38	0	29	7	15	0	25	0
	Cotton Candy	330	160	17	11	0	100	220	40	0	32	6	15	0	25	0
	Mint	320	160	18	11	0	105	230	37	0	29	6	15	0	25	0
	Pistachio	330	160	18	11	0	105	230	38	0	30	6	15	0	25	0
Large Portion	Chocolate Custard	450	190	21	13	0	115	240	57	0	45	9	15	0	20	15
	Light Vanilla Custard	340	80	9	5	0	85	230	51	0	38	11	4	8	45	0
	Vanilla Custard	430	210	23	15	0	140	300	49	0	38	9	20	0	30	0
	Pumpkin	430	200	23	14	0	135	290	52	0	41	8	20	30	0	0
	Strawberry	430	200	22	14	0	135	290	51	0	41	8	20	0	30	0
	Orange	430	210	23	15	0	135	290	51	0	40	8	20	0	30	0
	Butter Pecan	420	210	23	15	0	135	300	50	0	39	8	20	0	30	0
	Black Raspberry	420	210	23	15	0	138	290	49	0	38	8	20	0	30	0
	Cheesecake	420	210	23	15	0	135	290	46	0	38	8	20	0	30	0
	Coffee	420	210	23	15	0	135	310	49	0	38	9	20	0	30	0

	Cotton Candy	430	200	23	14	0	135	290	52	0	41	8	20	0	30	0
	Mint	420	210	23	15	0	135	290	48	0	38	8	20	0	30	0
	Pistachio	430	210	23	15	0	135	300	50	0	39	8	20	0	30	0

	Topping	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
Toppings Serving	Banana	50	0	0	0	0	0	0	13	1	7	1	0	8	0	0
	Crushed Maraschino Cherries	50	0	0	0	0	0	15	12	0	7	0	0	0	2	0
	Crushed Pineapples	40	0	0	0	0	0	0	11	0	10	0	0	4	0	0
	Whipped Cream	70	45	4.5	2.5	0	25	0	5	0	5	0	0	0	0	0
	Whole Maraschino Cherries	10	0	0	0	0	0	0	2	0	1	0	2	0	2	4

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BROWNIE SUNDAE

Add together your Custard Flavor, Brownie, Chocolate Chips, Hot Fudge, Whipped Cream and a Cherry!

	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
Kids Portion	Chocolate Custard	240	100	11	7	0	60	130	31	0	24	5	10	0	10	6
	Light Vanilla Custard	180	40	4.5	3	0	45	125	27	0	20	6	2	4	25	0
	Vanilla Custard	230	110	12	8	0	75	160	26	0	20	5	10	0	15	0
	Pumpkin	230	110	12	8	0	70	160	28	0	22	4	10	0	15	0
	Strawberry	230	110	12	8	0	70	130	27	0	22	4	10	0	15	0
	Orange	230	110	12	8	0	70	160	27	0	21	4	10	0	15	0
	Butter Pecan	230	110	12	8	0	75	160	26	0	21	4	10	0	15	0
	Black Raspberry	220	110	12	8	0	70	160	26	0	20	4	10	0	15	0
	Cheesecake	230	100	12	7	0	70	150	29	0	24	4	10	0	15	0
	Coffee	230	110	12	8	0	75	160	26	0	20	5	10	0	15	0
	Cotton Candy	230	110	12	8	0	80	150	28	0	22	4	10	0	15	0
	Mint	220	110	12	8	0	75	60	26	0	20	4	10	0	15	0
	Pistachio	230	110	12	8	0	75	160	27	0	21	4	10	0	15	0
Regular Portion	Chocolate Custard	340	150	16	10	0	90	190	44	0	34	7	15	0	15	10
	Light Vanilla Custard	260	60	7	4	0	65	180	39	0	29	8	4	6	35	0
	Vanilla Custard	330	160	18	11	0	105	230	37	0	29	7	15	0	25	0
	Pumpkin	330	160	17	11	0	100	220	40	0	32	6	15	0	25	0
	Strawberry	330	160	18	11	0	105	220	39	0	31	6	15	0	25	0
	Orange	330	160	17	11	0	105	220	39	0	30	6	15	0	25	0
	Butter Pecan	330	160	18	11	0	105	230	38	0	30	6	15	0	25	0
	Black Raspberry	320	160	18	11	0	105	220	37	0	29	6	15	0	25	0
	Cheesecake	320	160	18	11	0	105	220	37	0	29	6	15	0	25	0
	Coffee	320	160	18	11	0	105	240	38	0	29	7	15	0	25	0
	Cotton Candy	330	160	17	11	0	100	220	40	0	32	6	15	0	25	0
	Mint	320	160	18	11	0	105	230	37	0	29	6	15	0	25	0
	Pistachio	330	160	18	11	0	105	230	38	0	30	6	15	0	25	0
Large Portion	Chocolate Custard	450	190	21	13	0	115	240	57	0	45	9	15	0	20	15
	Light Vanilla Custard	340	80	9	5	0	85	230	51	0	38	11	4	8	45	0
	Vanilla Custard	430	210	23	15	0	140	300	49	0	38	9	20	0	30	0
	Pumpkin	430	200	23	14	0	135	290	52	0	41	8	20	30	0	0
	Strawberry	430	200	22	14	0	135	290	51	0	41	8	20	0	30	0
	Orange	430	210	23	15	0	135	290	51	0	40	8	20	0	30	0
	Butter Pecan	420	210	23	15	0	135	300	50	0	39	8	20	0	30	0
	Black Raspberry	420	210	23	15	0	138	290	49	0	38	8	20	0	30	0
	Cheesecake	420	210	23	15	0	135	290	46	0	38	8	20	0	30	0
	Coffee	420	210	23	15	0	135	310	49	0	38	9	20	0	30	0
	Cotton Candy	430	200	23	14	0	135	290	52	0	41	8	20	0	30	0
	Mint	420	210	23	15	0	135	290	48	0	38	8	20	0	30	0
	Pistachio	430	210	23	15	0	135	300	50	0	39	8	20	0	30	0

	Topping	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
Topping Serving	Brownie	220	70	8	3.5	0	20	115	35	2	24	2	0	0	2	10
	Chocolate Chips	140	70	8	5	0	0	0	18	2	15	1	0	0	0	0
	Hot Fudge	100	30	3.5	3.5	0	0	45	16	0	12	1	0	0	2	2
	Whipped Cream	70	45	4.5	2.5	0	25	0	5	0	5	0	0	0	0	0
	Whole Maraschino Cherries	10	0	0	0	0	0	0	2	0	1	0	2	0	2	4

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CUSTARD PINTS

Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
Mint Custard	650	320	36	23	0	210	460	75	0	59	13	35	0	50	0
Coffee Custard	660	320	36	23	0	215	480	76	0	59	13	35	0	50	0
Orange Cream Custard	660	320	35	23	0	210	460	78	0	62	13	30	0	50	0
Pistachio Custard	670	320	36	23	0	210	460	78	0	61	13	35	0	50	0
Butter Pecan Custard	660	320	36	23	0	210	460	77	0	61	13	35	0	50	0
Strawberry Custard	670	320	36	23	0	210	450	79	0	63	13	30	0	50	0
Cotton Candy Custard	670	320	35	22	0	210	450	82	0	65	13	30	0	50	0
Black Raspberry Custard	660	320	36	23	0	210	460	76	0	59	13	30	0	50	0
Cheesecake Custard	680	310	34	22	0	200	440	86	0	70	12	30	0	45	0
Vanilla Custard	660	330	36	23	0	215	460	76	0	60	13	35	0	50	0
Chocolate Custard	700	300	33	20	0	180	380	89	0	70	13	25	0	35	20