



Rita's Franchise Company

2019 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	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)	
Cream Ice	Caramel (dulce)	250	25	3	3	0	5	110	56	0	50	44	1	0	0	15	2	0	0	30	1
	Cheesecake	210	20	3	2	0	0	50	48	0	46	20	0	0	0	6	0	0	0	0	0
	Chocolate Chip Cheesecake	240	35	4	3	0	0	50	51	0	48	23	1	0	0	8	0	1	4	30	1
	Chocolate Covered Banana	240	35	4	3	0	0	60	52	0	49	23	1	0	0	10	0	1	6	49	2
	Chocolate Covered Strawberry	240	40	5	4	0	0	60	51	0	48	47	1	0	0	12	2	1	4	55	2
	Coconut Cream	210	25	3	3	0	0	50	47	0	44	42	0	0	0	7	0	0	0	5	0
	Cookie Dough	230	30	4	3	0	0	70	50	0	44	44	1	0	0	7	0	0	2	30	1
	Cookies & Cream	260	25	3	2	0	0	65	59	0	56	54	0	0	0	6	0	0	2	15	0
	Fudge Brownie	260	35	4	3	0	0	80	57	0	50	49	1	0	0	12	2	1	6	170	5
	Horchata	190	20	2	2	0	0	45	43	0	40	40	0	0	0	6	0	0	0	10	0
	Iced Coffee	190	20	2	2	0	0	120	47	0	44	43	0	0	0	8	0	0	0	80	2
	Mint Chocolate Chip	230	35	4	3	0	0	45	50	0	47	46	1	0	0	8	0	1	4	40	1
	Mint Oreo	220	25	3	2	0	0	60	50	0	46	31	0	0	0	5	0	0	2	5	0
	Mocha	210	20	2	2	0	0	90	47	0	44	43	1	0	0	9	0	0	2	70	2
	Pumpkin Cheesecake	190	20	2	2	0	0	30	43	0	40	18	0	0	0	8	0	0	0	5	0
	Pumpkin Pie	180	20	2	2	0	0	45	39	0	36	36	0	0	0	10	2	0	2	20	1
	Pumpkin Spice Latte	180	20	3	2	0	0	80	41	0	38	38	0	0	0	10	0	0	2	60	2
	Reese's Marshmallow Peanut Butter	280	60	6	3	0	0	80	55	0	52	52	2	0	0	11	2	0	2	55	2
	Root Beer Float	180	0	0	0	0	0	25	44	0	43	43	0	0	0	6	0	0	0	15	0
	S'mores	250	25	3	3	0	0	45	57	0	54	54	0	0	0	8	0	1	4	30	1
Strawberry-Banana	230	20	3	2	0	0	45	52	0	49	48	0	0	0	6	0	0	0	25	1	
Strawberry Cheesecake	220	20	3	2	0	0	50	51	0	48	21	0	0	0	7	0	0	0	15	0	
Vanilla Cream	200	20	2	2	0	0	50	45	0	42	42	0	0	0	6	0	0	0	15	0	
Watermelon Chip	250	35	4	3	0	0	45	56	0	52	52	1	0	0	8	0	1	4	40	1	
Sugar-Free Ice	S/F Cherry	90	0	0	0	0	0	15	30	0	0	0	0	0	9	0	0	0	10	0	
	S/F Dragon Fruit	110	0	0	0	0	0	20	40	0	0	0	0	0	10	0	0	0	25	1	
	S/F Mango Peach	80	0	0	0	0	0	15	29	0	0	0	0	0	9	0	0	0	15	0	
	S/F Pineapple	90	0	0	0	0	0	20	28	0	0	0	0	0	6	0	0	0	15	0	
	S/F Root Beer	90	0	0	0	0	0	25	30	0	0	0	0	0	6	0	0	0	15	0	
S/F Tangerine	90	0	0	0	0	0	25	30	0	0	0	0	0	6	0	0	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	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)	
Cream Ice	Fudge Brownie	420	60	7	5	0	0	180	90	0	78	35	2	0	0	19	2	3	20	55	2
	Horchata	270	25	3	3	0	0	70	62	0	58	58	1	0	0	9	0	0	0	14	0
	Iced Coffee	280	25	3	3	0	0	170	67	0	63	62	1	0	0	12	0	0	0	118	2
	Mint Chocolate Chip	320	50	5	4	0	0	65	71	0	67	67	1	0	0	12	2	1	4	55	2
	Mint Oreo	310	35	4	3	0	0	90	71	0	66	44	0	0	0	8	0	0	0	7	0
	Mocha	300	30	3	3	0	0	130	68	1	63	62	1	0	0	13	2	0	0	103	2
	Peppermint Chip	320	45	5	4	0	0	70	73	0	69	64	1	0	0	13	2	1	6	22	0
	Pumpkin Cheesecake	270	25	3	3	0	0	40	62	0	58	26	1	0	0	12	0	0	0	11	0
	Pumpkin Pie	250	25	3	3	0	0	65	57	1	52	51	1	0	0	15	2	0	0	29	0
	Pumpkin Spice Lette	260	30	4	3	0	0	115	58	0	54	54	1	0	0	14	2	0	0	84	2
	Reese's Marshmallow Peanut Butter	400	80	9	4	0	0	115	79	0	75	74	2	0	0	16	2	1	6	21	0
	Root Beer Float	270	10	2	2	0	0	55	66	0	63	47	0	0	0	8	0	0	0	15	0
	S'mores	360	40	5	4	0	0	70	81	0	77	74	1	0	0	11	0	1	6	21	0
	Strawberry Banana	320	30	4	3	0	0	65	75	0	71	69	0	0	0	8	0	0	0	37	0
	Strawberry Cheesecake	320	30	4	3	0	0	75	73	0	69	31	1	0	0	9	0	0	0	18	0
	Vanilla Cream	280	25	3	3	0	0	70	64	0	60	60	0	0	0	8	0	0	0	25	0
	Watermelon Chip	340	60	6	5	0	0	95	72	0	67	53	1	0	0	12	2	1	4	45	1
	Sugar-Free Ice	S/F Cherry	120	0	0	0	0	0	25	43	0	0	0	0	0	13	2	0	0	18	0
		S/F Dragon Fruit	160	0	0	0	0	0	30	57	0	0	0	0	0	14	2	0	0	33	0
		S/F Mango Peach	170	0	0	0	0	0	25	43	0	1	0	0	0	9	0	0	0	0	0
S/F Pineapple		120	0	0	0	0	0	30	40	0	0	0	0	0	8	0	0	0	23	0	
S/F Root Beer		120	0	0	0	0	0	35	43	0	0	0	0	0	8	0	0	0	19	0	
S/F Tangerine		130	0	0	0	0	0	35	43	0	0	0	0	0	8	0	0	0	24	0	

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ICE FLAVORS																					
LARGE PORTION																					
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)
Cream Ice	Black Cherry Cheesecake	520	50	6	5	0	5	115	117	0	104	44	1	0	0	14	2	0	0	11	0
	Brookie Dough	570	90	10	7	0	5	190	120	0	104	100	2	0	0	27	2	1	6	88	2
	Caramel (Dulce)	580	50	6	5	0	5	240	131	0	117	92	1	0	0	19	2	0	0	46	0
	Cheesecake	500	50	6	5	0	5	115	112	0	106	46	1	0	0	14	2	0	0	11	0
	Chocolate Chip Cheesecake	550	80	9	7	0	5	115	118	0	111	52	2	0	0	19	2	1	8	75	2
	Chocolate Covered Banana	560	80	9	7	0	0	120	121	0	114	46	1	0	0	35	2	1	6	60	2
	Chocolate Covered Strawberry	560	90	10	8	0	0	130	119	0	111	103	2	0	0	37	4	2	8	80	2
	Coconut Cream	490	60	6	6	0	0	115	109	0	102	97	0	0	0	16	2	0	0	16	0
	Cookie Dough	540	70	8	6	0	5	160	115	0	103	103	1	0	0	17	2	1	4	75	2
	Cookies & Cream	540	80	9	7	0	0	180	184	0	171	84	1	0	0	10	0	1	6	16	0
	Fudge Brownie	590	80	9	6	0	5	170	129	0	114	113	3	0	0	27	2	2	15	390	11
	Horchata	440	45	5	5	0	0	110	100	0	94	94	1	0	0	14	2	0	0	23	0
	Iced Coffee	450	45	5	5	0	0	280	108	0	101	101	1	0	0	19	2	0	0	191	4
	Mint Chocolate Chip	520	80	9	7	0	0	105	115	0	108	108	1	0	0	19	2	1	8	90	3
	Mint Oreo	500	60	6	5	0	0	140	115	0	106	71	1	0	0	13	2	1	6	12	0
	Mocha	480	45	5	5	0	0	210	110	1	101	101	1	0	0	22	2	1	6	167	4
	Peppermint Chip	520	80	8	7	0	0	110	118	0	112	104	1	0	0	21	2	2	10	36	0
	Pumpkin Cheesecake	440	45	5	5	0	0	65	101	0	94	42	1	0	0	19	2	0	0	17	0
	Pumpkin Pie	410	45	5	5	0	0	105	92	1	84	83	1	0	0	24	2	0	0	47	2
	Pumpkin Spice Latte	430	50	6	5	0	0	190	94	0	88	87	1	0	0	23	2	0	0	135	2
	Reese's Marshmallow Peanut Butter	650	130	15	6	0	0	180	128	0	121	119	4	0	0	26	2	1	6	34	0
	Root Beer Float	440	20	2	2	0	0	85	107	0	102	76	0	0	0	14	2	0	0	24	0
	S'mores	580	60	7	6	0	0	110	131	0	125	120	1	0	0	18	2	1	6	34	0
	Strawberry Banana	520	45	5	5	0	0	110	120	0	113	56	1	0	0	12	0	0	0	29	0
	Strawberry Cheesecake	520	50	6	5	0	5	120	118	0	112	49	1	0	0	15	2	0	0	29	0
	Vanilla Cream	450	45	5	5	0	0	110	103	0	98	97	0	0	0	14	2	0	0	41	0
	Watermelon Chip	550	90	10	8	0	0	150	117	0	108	85	1	0	0	19	2	1	8	75	2
	S/F Cherry	200	0	0	0	0	0	0	40	70	0	0	0	1	0	0	21	2	0	0	29
S/F Dragon Fruit	260	0	0	0	0	0	0	50	92	0	0	0	0	0	23	2	0	0	53	2	
S/F Mango Peach	270	0	0	0	0	0	0	45	69	0	1	0	0	0	15	2	0	0	0	0	
S/F Pineapple	200	0	0	0	0	0	0	50	64	0	0	0	0	0	13	2	0	0	37	0	
S/F Root Beer	200	0	0	0	0	0	0	55	70	1	1	0	0	0	13	2	0	0	30	0	
S/F Tangerine	200	0	0	0	0	0	0	60	70	0	0	0	0	0	13	2	0	0	39	0	

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ICE FLAVORS																					
QUART PORTION																					
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)
Cream Ice	Black Cherry Cheesecake	900	90	10	9	0	5	200	205	0	190	78	2	0	0	43	4	1	6	19	0
	Brookie Dough	1000	160	17	13	0	10	340	212	1	185	177	4	0	0	47	4	1	6	156	4
	Caramel (dulce)	1020	90	10	9	0	10	420	231	0	206	162	1	0	0	33	2	0	0	82	2
	Cheesecake	880	90	10	9	0	5	210	197	0	188	81	2	0	0	25	2	0	0	20	0
	Chocolate Chip Cheesecake	970	150	17	13	0	5	200	209	0	197	93	3	0	0	33	4	2	15	130	4
	Chocolate Covered Banana	990	140	15	13	0	0	210	214	0	201	81	2	0	0	62	4	1	6	107	2
	Chocolate Covered Strawberry	990	160	18	14	0	0	230	210	0	196	182	3	0	0	65	6	3	15	140	4
	Coconut Cream	870	100	11	10	0	0	200	194	0	181	172	1	0	0	28	2	0	0	28	0
	Cookie Dough	950	130	15	10	0	5	280	204	0	182	182	2	0	0	30	4	1	6	130	4
	Cookies & Cream	1450	150	16	12	0	0	320	326	0	302	149	2	0	0	18	2	2	10	28	0
	Fudge Brownie	1040	140	16	11	0	5	310	228	0	202	201	5	0	0	48	4	4	25	690	20
	Horchata	780	80	8	8	0	0	190	177	0	166	165	2	0	0	26	2	0	0	41	0
	Iced Coffee	800	80	8	8	0	0	500	191	0	179	178	2	0	0	34	2	1	6	338	8
	Mint Chocolate Chip	930	140	15	12	0	0	180	203	0	191	190	2	0	0	33	4	3	15	160	5
	Mint Oreo	890	100	11	9	0	0	250	203	0	188	126	1	0	0	22	2	1	6	21	0
	Mocha	850	80	9	8	0	0	380	194	2	179	178	2	0	0	38	2	1	6	296	6
	Peppermint Chip	920	130	15	12	0	0	200	209	0	198	183	2	0	0	38	2	3	15	64	2
	Pumpkin Cheesecake	780	80	9	8	0	5	120	178	0	166	74	2	0	0	33	2	0	0	30	0
	Pumpkin Pie	730	80	9	8	0	0	190	162	1	149	147	2	0	0	43	4	1	6	84	2
	Pumpkin Spice Latte	760	90	10	9	0	0	330	167	1	155	154	2	0	0	40	4	1	6	239	6
	Reese's Marshmallow Peanut Butter	1140	240	26	11	0	0	330	226	0	214	211	7	0	0	47	4	2	10	60	2
	Root Beer Float	780	35	4	4	0	0	150	190	0	180	135	0	0	0	24	2	0	0	42	0
	S'mores	1030	110	12	10	0	0	190	232	0	221	212	2	0	0	32	2	2	10	60	2
	Strawberry Banana	930	80	9	9	0	0	190	214	1	201	197	1	0	0	24	2	0	0	107	2
	Strawberry Cheesecake	920	90	10	9	0	5	210	209	0	198	87	2	0	0	27	2	0	0	52	2
	Vanilla Cream	800	80	8	8	0	0	200	183	0	173	172	1	0	0	24	2	0	0	72	2
	Watermelon Chip	1030	140	15	12	0	0	190	229	0	213	212	2	0	0	34	4	3	15	160	5
	Sugar-Free Ice	S/F Cherry	350	0	0	0	0	0	70	124	0	0	0	1	0	0	37	2	0	0	51
S/F Dragon Fruit		470	0	0	0	0	0	85	163	0	0	0	0	0	0	40	4	0	0	93	2
S/F Mango Peach		340	0	0	0	0	0	70	118	0	1	0	0	0	0	37	2	0	0	62	2
S/F Pineapple		350	0	0	0	0	0	85	114	0	1	0	0	0	0	24	2	0	0	65	2
S/F Root Beer		350	0	0	0	0	0	100	124	1	1	0	0	0	0	23	2	0	0	53	2
S/F Tangerine		360	0	0	0	0	0	105	124	0	0	0	0	0	0	23	2	0	0	69	2

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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	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)
Cream Ice	Black Cherry Cheesecake	100	10	1	1	0	0	20	22	0	20	8	0	0	0	5	0	0	0	2	0
	Brookie Dough	110	15	2	2	0	0	35	23	0	20	19	0	0	0	5	0	0	0	17	0
	Caramel (dulce)	110	10	1	1	0	0	45	25	0	22	17	0	0	0	4	0	0	0	9	0
	Cheesecake	90	10	1	1	0	0	20	21	0	20	9	0	0	0	3	0	0	0	2	0
	Chocolate Covered Banana	110	15	2	2	0	0	25	23	0	22	9	0	0	0	7	0	0	0	12	0
	Chocolate Chip Cheesecake	100	15	2	2	0	0	20	22	0	21	10	0	0	0	4	0	0	2	15	0
	Chocolate Covered Strawberry	110	15	2	2	0	0	25	23	0	21	20	0	0	0	7	0	0	2	15	0
	Coconut Cream	90	10	1	1	0	0	20	21	0	19	19	0	0	0	3	0	0	0	3	0
	Cookie Dough	100	15	2	1	0	0	30	22	0	20	20	0	0	0	3	0	0	0	15	0
	Cookies & Cream	110	10	1	1	0	0	30	26	0	25	24	0	0	0	2	0	0	0	6	0
	Fudge Brownie	110	15	2	1	0	0	35	25	0	22	22	0	0	0	5	0	0	2	75	2
	Horchata	80	10	1	1	0	0	20	19	0	18	18	0	0	0	3	0	0	0	4	0
	Iced Coffee	90	10	1	1	0	0	55	21	0	19	19	0	0	0	4	0	0	0	36	0
	Mint Chocolate Chip	100	15	2	2	0	0	20	22	0	21	20	0	0	0	4	0	0	2	15	0
	Mint Oreo	100	10	1	1	0	0	25	22	0	20	14	0	0	0	2	0	0	0	2	0
	Mocha	90	10	1	1	0	0	40	21	0	19	19	0	0	0	4	0	0	0	32	0
	Peppermint Chip	100	15	2	1	0	0	20	23	0	21	20	0	0	0	4	0	0	0	7	0
	Pumpkin Cheesecake	80	10	1	1	0	0	15	19	0	18	8	0	0	0	4	0	0	0	3	0
	Pumpkin Pie	80	10	1	1	0	0	20	17	0	16	16	0	0	0	5	0	0	0	9	0
	Pumpkin Spice Latte	80	10	1	1	0	0	35	18	0	17	17	0	0	0	4	0	0	0	26	0
	Reese's Marshmallow Peanut Butter	120	25	3	1	0	0	35	24	0	23	23	1	0	0	5	0	0	0	6	0
	Root Beer Float	80	5	0	0	0	0	15	20	0	19	15	0	0	0	3	0	0	0	5	0
	S'mores	110	10	2	1	0	0	20	25	0	24	23	0	0	0	3	0	0	0	6	0
	Strawberry Banana	100	10	1	1	0	0	20	23	0	22	21	0	0	0	3	0	0	0	12	0
	Strawberry Cheesecake	100	10	1	1	0	0	25	22	0	21	9	0	0	0	3	0	0	0	6	0
	Vanilla Cream	90	10	1	1	0	0	20	20	0	19	19	0	0	0	3	0	0	0	8	0
	Watermelon Chip	110	15	2	2	0	0	20	25	0	23	23	0	0	0	4	0	0	2	20	1
	Sugar-Free Ice	S/F Cherrv	40	0	0	0	0	0	10	13	0	0	0	0	0	4	0	0	0	5	0
S/F Dragon Fruit		50	0	0	0	0	0	10	18	0	0	0	0	0	4	0	0	0	10	0	
S/F Mango Peach		35	0	0	0	0	0	5	13	0	0	0	0	0	4	0	0	0	7	0	
S/F Pineapple		40	0	0	0	0	0	10	12	0	0	0	0	0	3	0	0	0	7	0	
S/F Root Beer		40	0	0	0	0	0	10	13	0	0	0	0	0	2	0	0	0	6	0	
S/F Tangerine	40	0	0	0	0	0	10	13	0	0	0	0	0	3	0	0	0	7	0		

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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	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)	
Cream	Iced Coffee	150	15	2	2	0	0	95	36	0	33	33	0	0	0	6	0	0	0	63	2	
	Mint Chocolate Chip	170	25	3	2	0	0	35	38	0	36	33	0	0	0	6	0	0	0	9	0	
	Mint Oreo	170	20	2	2	0	0	50	38	0	35	24	0	0	0	4	0	0	0	4	0	
	Mocha	160	15	2	2	0	0	70	36	0	34	33	0	0	0	7	0	0	0	55	2	
	Peppermint Chip	170	25	3	2	0	0	35	39	0	37	34	0	0	0	7	0	1	6	12	0	
	Pumpkin Cheesecake	150	15	2	2	0	0	20	33	0	31	14	0	0	0	6	0	0	0	6	0	
	Pumpkin Pie	140	15	2	2	0	0	35	30	0	28	27	0	0	0	8	0	0	0	16	0	
	Pumpkin Spice Latte	140	15	2	2	0	0	60	31	0	29	29	0	0	0	7	0	0	0	45	0	
	Reese's Marshmallow Peanut Butter	210	45	5	2	0	0	60	42	0	40	40	1	0	0	9	0	0	0	11	0	
	Root Beer Float	150	5	1	1	0	0	30	36	0	34	25	0	0	0	5	0	0	0	8	0	
	S'mores	190	20	3	2	0	0	35	43	0	41	40	0	0	0	6	0	0	0	11	0	
	Strawberry Banana	170	15	2	2	0	0	35	40	0	38	37	0	0	0	5	0	0	0	20	0	
	Strawberry Cheesecake	170	15	2	2	0	0	40	39	0	37	16	0	0	0	5	0	0	0	10	0	
	Vanilla Cream	150	15	2	2	0	0	35	34	0	32	32	0	0	0	5	0	0	0	13	0	
	Watermelon Chip	190	25	3	2	0	0	35	43	0	40	37	0	0	0	6	0	0	0	9	0	
	Sugar-Free Ice	S/F Cherry	70	0	0	0	0	0	15	23	0	0	0	0	0	7	0	0	0	0	10	0
		S/F Dragon Fruit	90	0	0	0	0	0	15	31	0	0	0	0	0	7	0	0	0	0	17	0
S/F Mango Peach		60	0	0	0	0	0	15	22	0	0	0	0	0	7	0	0	0	0	12	0	
S/F Pineapple		70	0	0	0	0	0	15	21	0	0	0	0	0	4	0	0	0	0	12	0	
S/F Root Beer		70	0	0	0	0	0	20	23	0	0	0	0	0	4	0	0	0	0	10	0	
S/F Tangerine		70	0	0	0	0	0	20	23	0	0	0	0	0	4	0	0	0	0	13	0	
Banana		230	110	12	8	0	80	140	26	0	23	17	4	0	0	153	15	0	0	210	6	
Custard Flavor	Black Raspberry	220	110	12	8	0	85	140	25	0	21	16	4	0	0	155	15	0	0	210	6	
	Cake Batter	230	100	11	7	0	75	130	29	0	26	20	4	0	0	144	10	0	0	195	4	
	Caramel Macchiato	230	110	12	8	0	85	140	26	0	22	16	4	0	0	156	10	0	0	211	4	
	Cheesecake	230	110	12	8	0	80	140	27	0	23	18	4	0	0	153	15	0	0	210	6	
	Chocolate	220	100	11	7	0	70	115	25	0	23	17	5	0	0	147	15	1	6	290	8	
	Coffee	230	110	12	8	0	85	150	25	0	21	16	5	0	0	157	15	0	0	210	6	
	Cotton Candy	230	110	12	8	0	80	135	27	0	23	18	4	0	0	153	15	0	0	210	6	
	Mint	220	110	12	8	0	85	140	25	0	21	16	4	0	0	156	15	0	0	210	6	
	Orange	230	110	12	8	0	85	140	26	0	22	17	4	0	0	155	15	0	0	210	6	
	Pumpkin	230	110	12	8	0	80	140	27	0	23	18	4	0	0	154	15	0	0	210	6	
	Salted Caramel	230	110	12	8	0	85	140	26	0	22	16	4	0	0	156	15	0	0	210	6	
	Salted Caramel Chocolate	220	100	11	7	0	65	110	25	0	23	17	4	0	0	145	10	1	6	291	6	
	Strawberry	230	110	12	8	0	85	140	26	0	23	17	4	0	0	155	15	0	0	210	6	
	Strawberry Banana	230	110	12	8	0	80	140	26	0	23	16	4	0	0	153	10	0	0	208	4	
	Vanilla	230	110	12	8	0	85	140	25	0	22	16	5	0	0	159	15	0	0	220	6	

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GELATI
LARGE PORTION
Add together your Ice Flavor and Custard Flavor

Table with 21 columns: Flavor, Calories, Calories from Fat, Fat, Saturated Fat, Trans Fat, Cholesterol, Sodium, Total Carbohydrates, Dietary Fiber, Total Sugar, Added Sugar, Protein, Vitamin D, Vitamin D (% DV), Calcium, Calcium (%DV), Iron, Iron (%DV), Potassium, Potassium (%DV). Rows include various flavors like Apple-Berry Blue, Banana, Blood Orange, etc., categorized under Italian and All-Natural Ice.

GELATI																					
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	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)
Cream Ice	Horchata	290	30	3	3	0	0	75	66	0	62	62	1	0	0	10	0	0	0	15	0
	Iced Coffee	300	30	3	3	0	0	190	72	0	67	67	1	0	0	13	2	0	0	127	2
	Mint Chocolate Chip	350	50	6	5	0	0	70	76	0	72	66	1	0	0	12	0	1	6	17	0
	Mint Oreo	330	35	4	3	0	0	95	76	0	71	47	0	0	0	8	0	0	0	8	0
	Mocha	320	30	4	3	0	0	140	73	1	67	67	1	0	0	14	2	0	0	111	2
	Peppermint Chip	340	50	6	5	0	0	75	78	0	74	69	1	0	0	14	2	1	6	24	0
	Pumpkin Cheesecake	290	30	3	3	0	0	45	67	0	62	28	1	0	0	13	2	0	0	11	0
	Pumpkin Pie	270	30	4	3	0	0	70	61	1	56	55	1	0	0	16	2	0	0	31	0
	Pumpkin Spice Latte	280	35	4	4	0	0	125	62	0	58	58	1	0	0	15	2	0	0	89	2
	Reese's Marshmallow Peanut Butter	430	90	10	4	0	0	120	85	0	80	79	3	0	0	18	2	1	6	23	0
	Root Beer Float	290	15	2	2	0	0	55	71	0	68	51	0	0	0	9	0	0	0	16	0
	S'mores	380	40	5	4	0	0	75	87	0	83	79	1	0	0	12	0	1	6	23	0
	Strawberry Banana	350	30	4	4	0	0	70	80	0	76	74	0	0	0	9	0	0	0	40	0
	Strawberry Cheesecake	340	35	4	4	0	0	80	78	0	74	33	1	0	0	10	0	0	0	20	0
	Vanilla Cream	300	30	3	3	0	0	75	68	0	65	65	0	0	0	9	0	0	0	27	0
Sugar-Free Ice	Watermelon Chip	390	50	6	5	0	0	70	86	0	80	74	1	0	0	13	2	1	6	19	0
	S/f Cherry	130	0	0	0	0	0	25	47	0	0	0	0	0	0	14	2	0	0	19	0
	S/f Dragon Fruit	180	0	0	0	0	0	35	61	0	0	0	0	0	0	15	2	0	0	35	0
	S/f Mango Peach	130	0	0	0	0	0	25	44	0	0	0	0	0	0	14	2	0	0	23	0
	S/f Pineapple	130	0	0	0	0	0	30	43	0	0	0	0	0	0	9	0	0	0	24	0
	S/f Root Beer	130	0	0	0	0	0	35	46	0	0	0	0	0	0	9	0	0	0	20	0
	S/f Tangerine	130	0	0	0	0	0	40	46	0	0	0	0	0	0	9	0	0	0	26	0
	Banana	280	130	15	10	0	100	170	33	0	29	22	5	0	0	191	20	0	0	260	7
	Black Raspberry	280	140	15	10	0	105	170	31	0	26	19	6	0	0	194	20	0	0	260	7
	Cake Batter	290	130	14	9	0	95	160	37	0	32	26	5	0	0	179	15	0	0	243	6
	Caramel Macchiato	280	140	15	10	0	105	170	33	0	27	19	6	0	0	195	15	0	0	264	6
	Cheesecake	290	140	15	10	0	105	170	33	0	29	22	5	0	0	192	20	0	0	260	7
	Chocolate	270	130	14	9	0	85	140	31	0	28	21	6	0	0	184	20	2	8	370	11
	Coffee	280	140	15	10	0	105	180	31	0	27	20	6	0	0	197	20	0	0	270	8
	Cotton Candy	290	140	15	10	0	100	170	33	0	29	22	5	0	0	191	20	0	0	260	7
Mint	280	140	15	10	0	105	170	31	0	26	20	6	0	0	195	20	0	0	270	8	
Orange	280	140	15	10	0	105	170	32	0	28	21	6	0	0	194	15	0	0	265	6	
Pumpkin	290	140	15	10	0	105	170	33	0	29	22	5	0	0	192	20	0	0	260	7	
Salted Caramel	280	140	15	10	0	105	170	32	0	27	20	6	0	0	195	20	0	0	270	8	
Salted Caramel Chocolate	270	130	14	8	0	85	140	32	0	29	21	6	0	0	182	15	2	10	363	8	
Strawberry	280	140	15	10	0	105	170	32	0	28	21	6	0	0	194	20	0	0	260	7	
Strawberry Banana	290	140	15	10	0	105	170	33	0	29	20	5	0	0	191	15	0	0	260	6	
Vanilla	280	140	16	10	0	105	180	31	0	27	20	6	0	0	198	20	0	0	270	8	

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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	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)
Sugar-Free Ice	Pumpkin Cheesecake	110	10	1	1	0	0	15	26	0	24	11	0	0	0	5	0	0	0	4	0
	Pumpkin Pie	100	10	1.5	1	0	0	25	23	0	21	21	0	0	0	6	0	0	0	12	0
	Pumpkin Spice Latte	110	15	1.5	1.5	0	0	50	24	0	22	22	0	0	0	6	0	0	0	34	0
	Reese's Marshmallow Peanut Butter	160	35	4	1.5	0	0	45	32	0	31	31	1	0	0	7	0	0	0	32	0
	Root Beer Float	110	5	0.5	0.5	0	0	20	27	0	26	19	0	0	0	3	0	0	0	6	0
	S'mores	150	15	2	1.5	0	0	30	33	0	32	32	0	0	0	5	0	0	0	19	0
	Strawberry Banana	130	10	1	1	0	0	30	31	0	29	14	0	0	0	3	0	0	0	7	0
	Strawberry Cheesecake	130	15	1.5	1.5	0	0	30	30	0	28	13	0	0	0	4	0	0	0	7	0
	Vanilla Cream	120	10	1	1	0	0	30	26	0	25	25	0	0	0	3	0	0	0	10	0
	Watermelon Chip	150	20	2	1.5	0	0	25	33	0	31	31	0	0	0	5	0	0	0	24	0
	S/F Cherry	50	0	0	0	0	0	0	10	18	0	0	0	0	0	5	0	0	0	7	0
	S/F Dragon Fruit	70	0	0	0	0	0	0	15	23	0	0	0	0	0	6	0	0	0	13	0
	S/F Mango Peach	70	0	0	0	0	0	0	10	18	0	0	0	0	0	4	0	0	0	0	0
	S/F Pineapple	50	0	0	0	0	0	0	10	16	0	0	0	0	0	3	0	0	0	9	0
	S/F Root Beer	50	0	0	0	0	0	0	15	18	0	0	0	0	0	3	0	0	0	8	0
	S/F Tangerine	50	0	0	0	0	0	0	15	18	0	0	0	0	0	3	0	0	0	10	0
	Chocolate	320	150	17	10	0	0	100	170	37	0	34	26	7	0	221	20	2	10	440	13
	Vanilla	340	170	19	12	0	0	130	210	37	0	32	24	7	0	238	25	0	0	320	9
	Banana	340	160	18	11	0	0	125	210	39	0	34	26	7	0	229	25	0	0	310	9
Black Raspberry	340	160	18	12	0	0	125	210	37	0	32	23	7	0	233	25	0	0	320	9	
Cake Batter	350	150	17	11	0	0	115	200	44	0	38	31	6	0	215	15	0	0	292	6	
Caramel Macchiato	340	170	18	12	0	0	125	210	39	0	33	23	7	0	234	20	0	0	317	6	
Cheesecake	340	160	18	11	0	0	125	210	40	0	34	26	7	0	230	25	0	0	310	9	
Coffee	340	160	18	12	0	0	125	210	40	0	33	23	7	0	233	25	0	0	320	9	
Cotton Candy	430	200	23	14	0	0	155	260	50	0	43	33	8	0	287	30	0	0	390	11	
Mint	340	170	18	12	0	0	125	210	37	0	32	23	7	0	234	25	0	0	320	9	
Orange Cream	340	160	18	12	0	0	125	210	38	0	33	25	7	0	233	25	0	0	320	9	
Pumpkin	340	160	18	12	0	0	125	210	40	0	35	26	7	0	230	25	0	0	310	9	
Salted Caramel	340	170	18	12	0	0	125	210	38	0	33	23	7	0	235	25	0	0	320	9	
Salted Caramel Chocolate	320	150	17	10	0	0	100	170	38	0	35	25	7	0	218	15	2	10	436	10	
Strawberry	340	160	18	12	0	0	125	210	39	0	34	26	7	0	232	25	0	0	320	9	
Strawberry Banana	340	160	18	11	0	0	125	210	40	0	35	24	7	0	230	20	0	0	312	6	

	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)	
Topping	Chocolate Chips	130	70	7	5	0	0	0	19	0	15	15	1	0	0	11	0	2	10	124	2	
	Brownie Batter Bites	90	25	3	1	0	0	5	40	1	8	8	1	0	0	4	0	1	6	64	2	
	Cookie Dough Bites	90	25	3	1	0	0	5	55	15	0	9	9	1	0	3	0	0	0	20	0	
	Chopped Peanuts	170	130	14	2	0	0	0	0	6	0	1	0	7	0	16	2	0	0	180	4	
	Heath	150	80	9	5	0	0	5	100	18	0	17	17	1	0	0	17	2	0	0	39	0
	Hot Caramel	90	15	2	1	0	0	5	70	19	0	14	14	1	0	0	20	2	0	0	29	0
	Hot Fudge	90	30	3	3	0	0	0	80	15	1	13	12	1	0	0	18	2	1	6	104	2
	M&M's Minis	140	50	6	4	0	0	0	20	20	1	18	17	1	0	0	37	2	0	0	91	2
	Mini Gummy Bears	130	0	0	0	0	0	0	15	29	0	18	18	2	0	0	0	0	0	0	0	0
	NERDS, Rainbow	110	0	0	0	0	0	0	0	27	0	26	26	0	0	0	0	0	0	0	0	0
	Nilla Wafers	130	45	5	1	0	0	5	110	20	0	10	0	1	0	0	16	2	1	6	29	0
	OREO	120	45	5	2	0	0	0	140	18	0	10	0	1	0	0	0	0	1	6	0	0
	Reese's PB Cups	140	70	8	3	0	0	0	100	16	1	14	13	3	0	0	26	2	1	6	102	2
	Snickers	130	60	6	3	0	0	0	65	18	1	15	13	2	0	0	27	2	0	0	83	2
	Sprinkles, Chocolate	140	50	5	5	0	0	0	0	22	0	14	14	1	0	0	1	0	1	6	0	0
	Sprinkles, Rainbow	130	50	5	5	0	0	0	0	22	0	14	14	0	0	0	1	0	0	0	0	0
	Strawberry Topping	80	0	0	0	0	0	0	10	21	1	18	11	0	0	0	6	0	0	0	53	2
	Wet Walnuts	280	160	18	2	0	0	0	0	25	3	20	0	4	0	0	24	2	1	6	124	2
	Maraschino Cherries	10	0	0	0	0	0	0	0	2	0	1	0	0	0	0	20	2	1	6	0	0
	Whipped Cream	80	50	6	4	0	0	20	5	6	0	3	2	1	0	0	20	2	0	0	26	0
Stuffed Topping	Hot Fudge	220	0	0	0	0	0	0	54	0	52	52	0	0	0	0	0	0	0	0	0	
	Hot Caramel	260	0	0	0	0	0	30	58	0	36	36	4	0	0	0	0	0	0	0	0	
	Strawberry Topping	80	0	0	0	0	0	10	21	1	18	11	0	0	0	6	0	0	0	53	2	
	Reese's Peanut Butter Sauce	280	100	10	9	0	0	0	44	0	28	28	2	0	0	2	0	2	12	0	0	

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CONCRETE REGULAR PORTION Add together your Custard Flavor and Topping																					
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)
Custard Flavor	Chocolate	430	200	23	14	0	135	230	50	0	45	34	9	0	0	295	30	2	15	590	17
	Vanilla	450	220	25	16	0	170	280	50	0	43	32	9	0	0	318	30	0	0	430	12
	Banana	450	220	24	15	0	165	280	53	0	46	35	9	0	0	305	30	0	0	420	12
	Black Raspberry	450	220	24	16	0	165	280	50	0	42	31	9	0	0	311	30	0	0	420	12
	Cake Batter	470	200	23	14	0	155	260	59	0	51	41	8	0	0	287	20	0	0	390	8
	Caramel Macchiato	450	220	24	16	0	165	280	52	0	44	31	9	0	0	311	25	0	0	423	10
	Cheesecake	460	220	24	15	0	165	280	53	0	46	35	9	0	0	307	30	0	0	420	12
	Coffee	450	220	25	16	0	170	300	50	0	43	31	9	0	0	315	30	0	0	430	12
	Cotton Candy	460	220	24	15	0	165	270	53	0	46	35	9	0	0	306	30	0	0	420	12
	Mint	450	220	25	16	0	165	280	49	0	42	31	9	0	0	313	30	0	0	420	12
	Orange Cream	450	220	24	16	0	165	280	51	0	44	33	9	0	0	311	30	0	0	420	12
	Pumpkin	460	220	24	15	0	165	280	53	0	46	35	9	0	0	307	30	0	0	420	12
	Salted Caramel	450	220	25	16	0	165	280	51	0	44	31	9	0	0	313	30	0	0	420	12
	Salted Caramel Chocolate	430	200	22	13	0	135	220	51	0	46	33	9	0	0	291	20	2	10	581	10
	Strawberry	460	220	24	16	0	165	280	52	0	45	34	9	0	0	310	30	0	0	420	12
Strawberry Banana	460	220	24	15	0	165	280	53	0	46	32	9	0	0	306	25	0	0	416	8	
Topping	Chocolate Chips	130	70	7	5	0	0	0	19	0	15	15	1	0	0	11	0	2	10	124	2
	Brownie Batter Bites	90	25	3	1	0	5	40	15	1	8	8	1	0	0	4	0	1	6	64	2
	Cookie Dough Bites	90	25	3	1	0	5	55	15	0	9	9	1	0	0	3	0	0	0	20	0
	Chopped Peanuts	170	130	14	2	0	0	0	6	0	1	0	7	0	0	16	2	0	0	180	4
	Heath	150	80	9	5	0	5	100	18	0	17	17	1	0	0	17	2	0	0	39	0
	Hot Caramel	90	15	2	1	0	5	70	19	0	14	14	1	0	0	20	2	0	0	29	0
	Hot Fudge	90	30	3	3	0	0	80	15	1	13	12	1	0	0	18	2	1	6	104	2
	M&Ms Minis	140	50	6	4	0	0	20	20	1	18	17	1	0	0	37	2	0	0	91	2
	Mini Gummy Bears	130	0	0	0	0	0	15	29	0	18	18	2	0	0	0	0	0	0	0	0
	NERDS, Rainbow	110	0	0	0	0	0	0	27	0	26	26	0	0	0	0	0	0	0	0	0
	Nilla Wafers	130	45	5	1	0	5	110	20	0	10	0	1	0	0	16	2	1	6	29	0
	OREO	120	45	5	2	0	0	140	18	0	10	0	1	0	0	0	0	1	6	6	0
	Reese's PB Cups	140	70	8	3	0	0	100	16	1	14	13	3	0	0	26	2	1	6	102	2
	Reese's Peanut Butter Sauce	190	160	18	3	0	0	130	6	2	3	2	6	0	0	21	2	1	6	159	4
	Snickers	130	60	6	3	0	0	65	18	1	15	13	2	0	0	27	2	0	0	83	2
	Sprinkles, Chocolate	140	50	5	5	0	0	0	22	0	14	14	1	0	0	1	0	1	6	0	0
	Sprinkles, Rainbow	130	50	5	5	0	0	0	22	0	14	14	0	0	0	1	0	0	0	0	0
	Strawberry Topping	80	0	0	0	0	0	10	21	1	18	11	0	0	0	6	0	0	0	53	2
	Wet Walnuts	280	160	18	2	0	0	0	25	3	20	0	4	0	0	24	2	1	6	124	2
	Maraschino Cherries	10	0	0	0	0	0	0	2	0	1	0	0	0	0	20	2	1	6	6	0
Whipped Cream	80	50	6	4	0	20	5	6	0	3	2	1	0	0	20	2	0	0	26	0	
Stuffed Toppings	Hot Fudge	220	0	0	0	0	0	0	54	0	52	52	0	0	0	0	0	0	0	0	0
	Hot Caramel	260	0	0	0	0	0	30	58	0	36	36	4	0	0	0	0	0	0	0	0
	Strawberry Topping	80	0	0	0	0	0	10	21	1	18	11	0	0	0	6	0	0	0	53	2
	Reese's Peanut Butter Sauce	280	100	10	9	0	0	0	44	0	28	28	2	0	0	2	0	2	12	0	0

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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	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)	
Cream	Iced Coffee	400	40	5	4	0	0	250	97	0	90	90	1	0	0	17	2	0	0	171	4	
	Mint Chocolate Chip	470	70	8	6	0	0	90	103	0	97	89	1	0	0	17	2	1	6	23	0	
	Mint Oreo	450	50	6	5	0	0	130	103	0	95	64	1	0	0	11	0	0	0	10	0	
	Mocha	430	40	5	4	0	0	190	98	1	91	90	1	0	0	19	2	1	6	150	4	
	Peppermint Chip	460	70	8	6	0	0	100	106	0	100	93	1	0	0	19	2	2	10	32	0	
	Pumpkin Cheesecake	400	40	5	4	0	0	60	90	0	84	38	1	0	0	17	2	0	0	15	0	
	Pumpkin Pie	370	40	5	4	0	0	95	82	1	75	74	1	0	0	22	2	0	0	42	0	
	Pumpkin Spice Latte	380	45	5	5	0	0	170	84	0	79	78	1	0	0	20	2	0	0	121	2	
	Reese's Marshmallow Peanut Butter	580	120	13	5	0	0	170	114	0	108	107	3	0	0	24	2	1	6	30	0	
	Root Beer Float	400	20	2	2	0	0	75	96	0	91	68	0	0	0	12	0	0	0	21	0	
	S'mores	520	60	6	5	0	0	100	117	0	112	107	1	0	0	16	2	1	6	31	0	
	Strawberry Banana	470	45	5	5	0	0	95	108	0	102	99	1	0	0	12	0	0	0	54	2	
	Strawberry Cheesecake	460	45	5	5	0	5	105	106	0	100	44	1	0	0	14	2	0	0	26	0	
	Vanilla Cream	410	40	4	4	0	0	100	92	0	87	87	0	0	0	12	0	0	0	36	0	
	Watermelon Chip	520	70	8	6	0	0	95	116	0	108	100	1	0	0	17	2	1	6	26	0	
	Sugar-Free Ice	S/F Cherry	180	0	0	0	0	0	35	63	0	0	0	1	0	0	19	2	0	0	26	0
		S/F Dragon Fruit	240	0	0	0	0	0	45	83	0	0	0	0	0	0	20	2	0	0	47	2
S/F Mango Peach		170	0	0	0	0	0	35	60	0	0	0	0	0	0	18	2	0	0	31	0	
S/F Pineapple		180	0	0	0	0	0	45	58	0	0	0	0	0	0	12	0	0	0	33	0	
S/F Root Beer		180	0	0	0	0	0	50	63	1	0	0	0	0	0	12	0	0	0	27	0	
S/F Tangerine		180	0	0	0	0	0	55	63	0	0	0	0	0	0	12	0	0	0	35	0	
Custard Flavor		Banana	140	70	7	5	0	50	85	16	0	14	11	3	0	0	95	10	0	0	130	4
	Black Raspberry	140	70	8	5	0	50	85	16	0	13	10	3	0	0	97	10	0	0	130	4	
	Cake Batter	150	60	7	5	0	50	80	18	0	16	13	3	0	0	90	6	0	0	122	2	
	Caramel Macchiato	140	70	8	5	0	50	85	16	0	14	10	3	0	0	97	8	0	0	132	2	
	Cheesecake	140	70	8	5	0	50	85	17	0	14	11	3	0	0	96	8	0	0	131	2	
	Chocolate	130	60	7	5	0	45	70	16	0	14	11	3	0	0	92	10	1	4	180	5	
	Coffee	140	70	8	5	0	55	90	16	0	13	10	3	0	0	98	10	0	0	135	4	
	Cotton Candy	140	70	8	5	0	50	85	17	0	14	11	3	0	0	96	10	0	0	130	4	
	Mint	140	70	8	5	0	50	85	15	0	13	10	3	0	0	98	10	0	0	135	4	
	Orange Cream	140	70	8	5	0	50	85	16	0	14	10	3	0	0	97	10	0	0	130	4	
	Pumpkin	140	70	8	5	0	50	85	17	0	14	11	3	0	0	96	10	0	0	130	4	
	Salted Carmel	140	70	8	5	0	50	85	16	0	14	10	3	0	0	98	10	0	0	135	4	
	Salted Carmel Chocolate	130	60	7	4	0	40	70	16	0	14	10	3	0	0	91	8	1	6	182	4	
	Strawberry	140	70	8	5	0	50	85	16	0	14	11	3	0	0	97	10	0	0	130	4	
	Strawberry Banana	140	70	8	5	0	50	85	17	0	14	10	3	0	0	96	8	0	0	130	2	
	Vanilla	140	70	8	5	0	55	90	16	0	13	10	3	0	0	99	10	0	0	135	4	

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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	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)	
Cream	Iced Coffee	500	50	5	5	0	0	310	120	0	113	112	1	0	0	21	2	0	0	213	4	
	Mint Chocolate Chip	590	90	10	7	0	0	115	128	0	121	111	1	0	0	21	2	2	10	29	0	
	Mint Oreo	560	60	7	5	0	0	160	128	0	119	80	1	0	0	14	2	1	6	13	0	
	Mocha	530	50	6	5	0	0	240	122	1	113	113	1	0	0	24	2	1	6	187	4	
	Peppermint Chip	580	80	9	7	0	0	125	132	0	125	116	1	0	0	24	2	2	10	40	0	
	Pumpkin Cheesecake	490	50	5	5	0	0	75	112	0	105	47	1	0	0	21	2	0	0	19	0	
	Pumpkin Pie	460	50	6	5	0	0	120	102	1	94	93	1	0	0	27	2	1	6	53	2	
	Pumpkin Spice Latte	480	60	6	6	0	0	210	105	1	98	97	1	0	0	25	2	1	6	151	4	
	Reese's Marshmallow Peanut Butter	720	150	17	7	0	0	210	143	0	135	133	4	0	0	29	2	1	6	38	0	
	Root Beer Float	490	20	3	3	0	0	95	120	0	114	85	0	0	0	15	2	0	0	27	0	
	S'mores	650	70	8	6	0	0	120	146	0	140	134	1	0	0	20	2	1	6	38	0	
	Strawberry Banana	580	50	6	5	0	0	120	135	0	127	124	1	0	0	15	2	0	0	68	2	
	Strawberry Cheesecake	580	60	6	6	0	5	130	132	0	125	55	1	0	0	17	2	0	0	33	0	
	Vanilla Cream	510	50	5	5	0	0	125	115	0	109	109	0	0	0	15	2	0	0	45	0	
	Watermelon Chip	650	90	10	7	0	0	120	144	0	135	125	1	0	0	22	2	2	10	32	0	
	Sugar-Free Ice	S/F Cherry	220	0	0	0	0	0	45	78	0	0	0	1	0	0	23	2	0	0	32	0
		S/F Dragon Fruit	290	0	0	0	0	0	55	103	0	0	0	0	0	0	25	2	0	0	59	2
S/F Mango Peach		210	0	0	0	0	0	45	74	0	0	0	0	0	0	23	2	0	0	39	0	
S/F Pineapple		220	0	0	0	0	0	55	72	0	0	0	0	0	0	15	2	0	0	41	0	
S/F Root Beer		220	0	0	0	0	0	65	78	1	1	0	0	0	0	14	2	0	0	33	0	
S/F Tangerine		230	0	0	0	0	0	65	78	0	0	0	0	0	0	15	2	0	0	43	0	

	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)
Custard Flavor	Banana	180	90	10	6	0	65	110	21	0	19	14	4	0	0	124	10	0	0	169	4
	Black Raspberry	180	90	10	6	0	70	115	20	0	17	13	4	0	0	126	10	0	0	171	4
	Cake Batter	190	80	9	6	0	60	105	24	0	21	17	3	0	0	117	10	0	0	158	4
	Caramel Macchiato	180	90	10	6	0	70	115	21	0	18	13	4	0	0	127	10	0	0	172	4
	Cheesecake	190	90	10	6	0	65	110	22	0	19	14	4	0	0	125	10	0	0	171	4
	Chocolate	180	80	9	6	0	55	90	20	0	18	14	4	0	0	120	10	1	6	240	6
	Coffee	180	90	10	6	0	70	120	20	0	17	13	4	0	0	128	10	0	0	173	4
	Cotton Candy	190	90	10	6	0	65	110	22	0	19	14	4	0	0	124	10	0	0	169	4
	Mint	180	90	10	6	0	70	115	20	0	17	13	4	0	0	127	10	0	0	172	4
	Orange Cream	180	90	10	6	0	65	115	21	0	18	13	4	0	0	126	10	0	0	171	4
	Pumpkin	190	90	10	6	0	65	115	22	0	19	14	4	0	0	125	10	0	0	170	4
	Salted Caramel	180	90	10	6	0	70	115	21	0	18	13	4	0	0	127	10	0	0	173	4
	Salted Caramel Chocolate	180	80	9	5	0	55	90	21	0	19	14	4	0	0	118	10	1	6	236	6
	Strawberry	190	90	10	6	0	65	115	21	0	18	14	4	0	0	126	10	0	0	171	4
	Strawberry Banana	190	90	10	6	0	65	110	21	0	19	13	4	0	0	124	10	0	0	169	4
	Vanilla	180	90	10	6	0	70	115	20	0	18	13	4	0	0	129	10	0	0	175	4

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MILKSHAKE REGULAR PORTION																					
Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)	
Banana	960	520	58	25	0	205	550	93	0	77	44	21	1	6	510	50	2	10	830	24	
Birthday Cake	1060	410	46	29	0	220	680	150	0	105	51	17	1	6	513	50	2	10	630	18	
Black and White	760	310	34	23	0	95	460	100	1	88	14	13	1	6	446	35	2	10	251	6	
Black Raspberry	680	300	33	21	0	210	360	82	0	70	37	13	1	6	487	50	1	4	610	17	
Cake Batter	770	280	31	20	0	195	350	107	0	87	48	12	1	6	610	45	6	35	576	10	
Caramel	770	320	35	23	0	215	440	101	0	85	52	14	1	6	515	50	1	4	650	19	
Cheesecake	690	290	32	21	0	200	350	89	0	78	46	13	1	6	470	45	1	4	600	17	
Chocolate	660	280	32	19	0	175	310	82	0	73	40	14	1	6	477	50	3	20	810	23	
Chocolate Covered Oreo	780	330	36	21	0	175	450	100	0	84	40	15	1	6	477	50	5	25	810	23	
Chocolate Covered Strawberry	720	280	31	19	0	175	320	101	0	89	51	14	1	6	454	45	3	15	850	24	
Chocolate Heath	810	360	41	24	0	180	410	100	0	90	57	15	1	6	494	40	4	20	850	20	
Coffee	680	300	34	21	0	210	380	82	0	70	37	13	1	6	491	50	1	4	620	18	
Cotton Candy	690	300	33	21	0	205	360	86	0	74	41	13	1	6	482	50	1	4	610	17	
Mint	670	300	34	21	0	210	360	81	0	70	37	13	1	6	489	50	1	4	620	18	
Orange Cream	700	290	32	20	0	195	360	92	0	73	36	14	1	6	481	50	0	0	620	18	
Oreo Cookies N cream	810	350	39	23	0	210	510	100	0	81	37	15	1	6	502	50	2	10	630	18	
Pumpkin	690	300	33	21	0	205	360	86	0	74	41	13	1	6	483	50	1	4	610	17	
Reese's Peanut Butter	1000	550	61	27	0	210	720	91	0	75	37	21	1	6	474	45	2	10	620	18	
Salted Caramel	680	300	34	21	0	210	360	83	0	71	37	13	1	6	489	50	1	4	620	18	
Strawberry	760	310	34	22	0	210	380	103	0	88	48	14	1	6	508	50	1	6	680	19	
Strawberry Shortcake	880	330	37	23	0	215	530	126	0	99	48	15	1	6	513	50	2	10	680	19	
Vanilla	750	310	34	22	0	210	370	95	0	72	37	13	1	6	645	60	6	35	620	18	
Vanilla Heath	840	390	43	27	0	220	470	100	0	88	54	15	1	6	519	50	1	6	670	19	

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FROZEN BEVERAGE																						
REGULAR PORTION																						
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)	
Cream Ice	Black Cherry Cheesecake	420	40	5	4	0	5	100	96	0	89	37	1	0	0	24	2	0	0	9	0	
	Brookie Dough	470	70	8	6	0	5	160	99	0	87	83	2	0	0	22	2	1	6	73	2	
	Caramel (dulce)	480	45	5	4	0	5	200	108	0	97	76	1	0	0	19	2	0	0	38	0	
	Cheesecake	410	45	5	4	0	5	100	92	0	88	38	1	0	0	15	2	0	0	9	0	
	Chocolate Chip Cheesecake	450	70	8	6	0	5	100	98	0	92	37	1	0	0	19	2	1	6	9	0	
	Chocolate Covered Strawberry	470	80	8	7	0	0	1	99	0	92	79	2	0	0	34	2	1	6	13	0	
	Chocolate Covered Banana	460	60	7	6	0	0	100	100	0	94	38	1	0	0	29	2	1	6	50	2	
	Coconut Cream	410	50	5	5	0	0	100	91	0	85	81	0	0	0	17	2	0	0	13	0	
	Cookie Dough	440	60	7	5	0	5	135	96	0	85	84	1	0	0	18	2	1	6	48	2	
	Cookies & Cream	500	45	5	4	0	0	125	113	0	107	104	1	0	0	14	2	1	6	26	0	
	Fudge Brownie	490	70	7	5	0	0	0	107	2	95	92	2	0	0	26	2	2	10	307	6	
	Horchata	360	35	4	4	0	0	0	95	83	0	78	78	1	0	0	15	2	0	0	19	0
	Iced Coffee	370	35	4	4	0	0	0	240	89	0	84	83	1	0	0	19	2	0	0	8	4
	Mint Chocolate Chip	440	60	7	6	0	0	0	90	95	0	90	83	1	0	0	19	2	1	6	21	0
	Mint Oreo	420	45	5	4	0	0	125	95	0	88	59	1	0	0	14	2	0	0	10	0	
	Mocha	400	40	4	4	0	0	180	91	1	84	84	1	0	0	21	2	1	6	139	2	
	Peppermint Chip	430	60	7	5	0	0	95	98	0	93	86	1	0	0	21	2	1	6	30	0	
	Pumpkin Cheesecake	370	35	4	4	0	0	0	60	83	0	78	35	1	0	0	19	2	0	0	14	0
	Pumpkin Pie	340	35	4	4	0	0	0	95	76	1	70	69	1	0	0	23	2	0	0	39	0
	Pumpkin Spice Latte	350	40	5	4	0	0	0	160	78	0	73	72	1	0	0	22	2	0	0	112	2
	Reese's Marshmallow Peanut Butter	540	110	12	5	0	0	0	160	106	0	100	99	3	0	0	25	2	1	6	28	0
	Root Beer Float	370	15	2	2	0	0	0	75	89	0	85	63	0	0	0	15	2	0	0	20	0
	S'mores	480	50	6	5	0	0	0	95	109	0	104	99	1	0	0	18	2	1	6	28	0
	Strawberry Cheesecake	430	45	5	4	0	5	105	98	0	93	41	1	0	0	16	2	0	0	24	0	
	Strawberry-Banana	430	40	5	4	0	0	0	90	100	0	94	92	1	0	0	15	2	0	0	50	2
	Vanilla Cream	380	35	4	4	0	0	95	86	0	81	81	0	0	0	15	2	0	0	34	0	
	Watermelon Chip	480	60	7	6	0	0	0	95	107	0	100	93	1	0	0	19	2	1	6	24	0
	Sugar-Free Ice	S/F Cherry	170	0	0	0	0	0	40	58	0	0	0	0	0	0	21	2	0	0	24	0
S/F Dragon Fruit		220	0	0	0	0	0	45	77	0	0	0	0	0	0	22	2	0	0	44	0	
S/F Mango Peach		160	0	0	0	0	0	35	55	0	0	0	0	0	0	21	2	0	0	29	0	
S/F Pineapple		170	0	0	0	0	0	45	53	0	0	0	0	0	0	15	2	0	0	30	0	
S/F Root Beer		170	0	0	0	0	0	50	58	1	0	0	0	0	0	14	2	0	0	25	0	
S/F Tangerine		170	0	0	0	0	0	0	55	58	0	0	0	0	0	0	14	2	0	0	32	0

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FROZEN BEVERAGE																					
LARGE PORTION																					
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)
Cream Ice	Coconut Cream	500	60	7	6	0	0	120	111	0	104	99	0	0	0	21	2	0	0	16	0
	Cookie Dough	540	80	8	6	0	5	170	117	0	105	103	1	0	0	22	2	1	6	59	2
	Cookies & Cream	610	50	6	5	0	0	160	139	0	131	128	1	0	0	18	2	1	6	32	0
	Fudge Brownie	600	80	9	7	0	5	180	131	3	116	113	3	0	0	33	2	2	10	377	8
	Horchata	450	45	5	5	0	0	120	102	0	95	95	1	0	0	20	2	0	0	24	0
	Iced Coffee	460	45	5	5	0	0	290	110	0	103	102	1	0	0	25	2	0	0	194	4
	Mint Chocolate Chip	530	80	9	7	0	0	110	117	0	110	101	1	0	0	24	2	1	6	26	0
	Mint Oreo	510	60	6	5	0	0	150	117	0	108	73	1	0	0	18	2	1	6	12	0
	Mocha	490	45	5	5	0	0	220	111	1	103	103	1	0	0	27	2	1	6	170	4
	Peppermint Chip	530	80	9	7	0	0	120	120	0	114	105	1	0	0	27	2	2	10	37	0
	Pumpkin Cheesecake	450	45	5	5	0	0	75	102	0	95	43	1	0	0	24	2	0	0	18	0
	Pumpkin Pie	420	45	5	5	0	0	115	93	1	86	84	1	0	0	30	2	1	6	48	2
	Pumpkin Spice Latte	430	50	6	5	0	0	200	96	0	89	89	1	0	0	28	2	0	0	137	2
	Reese's Marshmallow Peanut Butter	660	140	15	6	0	0	190	130	0	123	121	4	0	0	32	2	1	6	35	0
	Root Beer Float	450	20	3	2	0	0	95	109	0	104	78	0	0	0	19	2	0	0	24	0
	S'mores	590	60	7	6	0	0	120	133	0	127	122	1	0	0	23	2	1	6	35	0
	Strawberry Cheesecake	530	50	6	5	0	5	125	120	0	114	50	1	0	0	21	2	0	0	30	0
	Strawberry-Banana	530	50	5	5	0	0	115	123	0	116	113	1	0	0	19	2	0	0	62	2
	Vanilla Cream	460	45	5	5	0	0	120	105	0	99	99	0	0	0	19	2	0	0	41	0
	Watermelon Chip	590	80	9	7	0	0	115	131	0	123	114	1	0	0	25	2	1	6	29	0
Sugar-Free Ice	S/F Cherry	200	0	0	0	0	0	50	71	0	0	0	1	0	0	26	2	0	0	29	0
	S/F Dragon Fruit	270	0	0	0	0	0	55	94	0	0	0	0	0	0	28	2	0	0	53	2
	S/F Mango Peach	200	0	0	0	0	0	45	68	0	0	0	0	0	0	26	2	0	0	35	0
	S/F Pineapple	200	0	0	0	0	0	55	66	0	0	0	0	0	0	19	2	0	0	37	0
	S/F Root Beer	200	0	0	0	0	0	65	71	1	1	0	0	0	0	18	2	0	0	30	0
	S/F Tangerine	210	0	0	0	0	0	70	71	0	0	0	0	0	0	18	2	0	0	40	0

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Reese's PB Cups	140	70	8	3	0	0	100	16	1	14	13	3	0	0	26	2	1	6	102	2
Reese's Peanut Butter Sauce	190	160	18	3	0	0	130	6	2	3	2	6	0	0	21	2	1	6	159	4
Snickers	130	60	6	3	0	0	65	18	1	15	13	2	0	0	27	2	0	0	83	2
Sprinkles, Chocolate	140	50	5	5	0	0	0	22	0	14	14	1	0	0	1	0	1	6	0	0
Sprinkles, Rainbow	130	50	5	5	0	0	0	22	0	14	14	0	0	0	1	0	0	0	0	0
Strawberry Topping	80	0	0	0	0	0	10	21	1	18	11	0	0	0	6	0	0	0	53	2
Wet Walnuts	280	160	18	2	0	0	0	25	3	20	0	4	0	0	24	2	1	6	124	2
Maraschino Cherries	10	0	0	0	0	0	0	2	0	1	0	0	0	0	20	2	1	6		
Whipped Cream	80	50	6	3.5	0	20	5	6	0	3	2	1	0	0	20	2	0	0	26	0

CONES & BOWLS

PER SERVING

Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)
Fresh Baked Waffle Bowl	160	35	1	0	0	0	35	19	0	5	0	1	0	0	20	2	1	6	0	0
Fresh Baked Waffle Cone	160	35	1	0	0	0	35	19	0	5	0	1	0	0	20	2	1	6	0	0
Cake Cone	25	0	0	0	0	0	10	5	0	0	0	0	0	0	2	2	1	6	0	0
Waffle Bowl	80	0	0	0	0	0	40	18	1	6	1	0	0	2	4	2	1	6	0	0
Waffle Cone	90	5	1	0	0	0	35	19	0	5	0	1	0	0	20	2	1	6	0	0

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FROZEN CUSTARD CAKES																						
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)	
Cakes	Mango Gelati Cake	310	150	16	15	0	25	70	39	0	34	10	2	0	0	2	0	0	0	0	2	
	Peanut Butter All Custard Cake	440	250	28	17	0	35	250	45	0	35	7	7	0	0	97	8	1	6	97	5	
	Cookie Dough All Custard Cake	420	200	22	17	0	40	210	54	0	39	17	4	0	0	79	6	1	6	129	2	
	Chocolate All Custard Cake	390	170	19	15	0	30	210	54	0	38	12	5	0	0	89	8	1	8	170	7	
	Cookies N Cream All Custard Cake	390	180	20	15	0	35	250	49	0	35	7	4	0	0	75	6	1	6	101	5	
	Chocolate Fudge Brownie Mini Cake	260	120	13	9	0	45	125	33	0	25	16	4	0	0	100	10	1	8	230	0	
	Vanilla Cookie Dough Mini Cake	270	130	15	10	0	60	135	33	0	26	17	4	0	0	106	10	0	2	170	7	
	Gelati Mini Cake	200	70	7	6	0	20	50	33	0	29	17	1	0	0	3	0	0	0	5	0	
	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	--	--	--	--							

COOKIE SANDWICH																					
	Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)
Cookie Flavor	Double Chocolate Chip-Chocolate Custard Chocolate Chips	370	150	17	10	0	40	45	49	0	36	14	6	0	0	84	8	4	20	170	5
	Double Chocolate Chip-Vanilla Custard Chocolate Chips	370	160	17	11	0	45	55	49	0	36	14	6	0	0	88	8	3	20	140	4
	Double Chocolate Chip-Twist Custard Chocolate Chips	370	150	17	10	0	40	50	49	0	36	14	6	0	0	86	8	3	20	160	5
	Double Chocolate Chip-Chocolate Custard Plain	300	120	14	8	0	45	55	40	2	28	6	5	0	0	83	6	2	10	81	2
	Double Chocolate Chip-Vanilla Custard Plain	300	120	13	8	0	40	45	40	0	28	6	5	0	0	79	6	2	10	111	2
	Double Chocolate Chip-Twist Custard Plain	300	120	13	8	0	40	50	40	2	28	6	5	0	0	81	6	2	10	96	2
	Chocolate Chip-Chocolate Custard Plain	320	130	14	9	0	40	45	43	2	31	6	6	0	0	81	6	3	15	111	2
	Chocolate Chip- Vanilla Custard Plain	330	140	15	9	0	45	55	43	2	30	6	6	0	0	86	6	2	10	81	2
	Chocolate Chip- Twist Custard Plain	330	140	15	9	0	45	50	43	2	20	6	6	0	0	83	6	2	10	96	2
	Chocolate Chip-Chocolate Custard Chocolate Chips	390	160	18	9	0	40	190	55	3	36	14	6	0	0	87	6	4	20	173	4
	Chocolate Chip- Vanilla Custard Chocolate Chips	390	170	18	9	0	50	200	55	3	36	14	6	0	0	91	8	3	15	143	4
	Chocolate Chip- Twist Custard Chocolate Chips	390	160	18	9	0	45	200	55	3	36	14	6	0	0	89	6	4	20	158	4
	Nutter Butter-Chocolate Custard	590	290	32	7	0	25	420	67	0	29	6	12	0	0	76	8	4	20	110	3
	Nutter Butter-Vanilla Custard	600	290	32	8	0	30	430	67	0	29	6	12	0	0	81	8	3	20	80	2
	Nutter Butter-Twist Custard	600	290	32	8	0	30	430	67	0	29	6	12	0	0	78	8	3	20	95	3
	Oreo-Chocolate Custard Rainbow Sprinkles	280	100	12	5	0	25	240	43	0	24	13	3	0	0	61	4	2	10	111	2
	Oreo - Vanilla Custard Rainbow Sprinkles	290	110	12	6	0	30	250	43	0	24	13	3	0	0	65	6	2	10	81	2
	Oreo - Twist Custard Rainbow Sprinkles	290	110	12	6	0	30	240	43	0	24	13	3	0	0	63	4	2	10	96	2
	Oreo-Chocolate Custard	220	80	9	3	0	25	240	32	0	17	6	3	0	0	61	6	2	15	110	3
	Oreo - Vanilla Custard	220	80	9	4	0	30	250	32	0	17	6	3	0	0	65	6	2	10	80	2
Oreo - Twist Custard	220	80	9	4	0	30	240	32	0	17	6	3	0	0	63	6	2	10	95	3	

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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	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)
Choc Chip Vanilla Plain	740	320	36	15	2	130	400	100	0	66	18	11	0	0	198	20	3.93909	20	240	7
Choc Chip Choc Plain	730	310	35	14	2	110	370	100	0	67	19	11	0	0	186	20	5.31688	30	330	9
Choc Chip Twist Plain	740	320	35	14	2	120	390	100	0	67	18	11	0	0	192	20	4.62799	25	290	8
Choc Chip Vanilla Sprink	880	370	41	19	2	130	410	122	0	80	18	11	0	0	199	20	3.93909	20	240	7
Choc Chip Choc Sprink	870	360	40	18	2	110	370	122	0	81	19	11	0	0	186	20	5.31688	30	330	9
Choc Chip Twist Sprink	870	370	41	19	2	120	390	122	0	80	18	11	0	0	193	20	4.62799	25	290	8
Choc Chip Van Choc Chip	870	390	43	19	2	130	400	119	0	81	33	12	0	0	209	20	6.36014	35	370	11
Choc Chip Choc Choc Chip	860	380	42	18	2	110	370	119	0	83	35	12	0	0	197	20	7.73793	45	460	13
Choc Chip Twist Choc Chip	870	380	43	19	2	120	390	119	0	82	34	12	0	0	203	20	7.04903	40	410	12

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Pints																				
Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)
Banana	660	320	35	22	0	240	400	77	0	67	51	13	0	0	446	35	0	0	610	15
Black Raspberry	660	320	36	23	0	245	410	73	0	62	45	13	0	0	454	35	0	0	615	15
Cake Batter	680	320	31	20	0	210	360	81	0	70	56	13	0	0	419	30	0	0	569	10
Caramel Macchiato	680	330	37	23	0	250	420	78	0	65	47	13	0	0	467	35	0	0	634	15
Cheesecake	690	330	36	23	0	245	410	80	0	69	53	13	0	0	460	35	0	0	630	15
Coffee	660	320	36	23	0	245	430	73	0	62	46	13	0	0	460	35	0	0	621	15
Cotton Candy	670	320	35	22	0	240	400	78	0	68	45	13	0	0	448	35	0	0	608	15
Mint	650	320	35	23	0	245	410	72	0	62	46	13	0	0	456	35	0	0	620	15
Pumpkin	670	320	35	22	0	240	410	78	0	68	51	13	0	0	449	35	0	0	611	15
Orange Cream	660	320	35	23	0	240	410	75	0	65	45	13	0	0	452	35	0	0	613	15
Salted Caramel	660	320	36	23	0	245	410	75	0	64	46	13	0	0	457	35	0	0	620	15
Salted Caramel Chocolate	650	300	33	20	0	200	330	76	0	69	50	13	0	0	436	35	4	20	872	20
Strawberry Banana	680	320	36	23	0	245	410	79	0	69	48	13	0	0	459	35	0	0	624	15
Strawberry	670	320	36	23	0	240	410	76	0	66	50	13	0	0	452	35	0	0	614	15

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