



Rita's Franchise Company

2020 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)
Italian	Apple Berry Blue	180	0	0	0	0	0	30	46	0	44	43	0	1	6	6	0	0	0	16	0
	Banana	220	5	0	0	0	0	25	54	0	52	50	0	0	0	6	0	0	0	40	1
	Blood Orange	180	0	0	0	0	0	25	45	0	43	43	0	0	0	7	0	0	0	10	0
	Blue Raspberry	200	0	0	0	0	0	30	51	0	49	49	0	1	6	6	0	0	0	1	0
	Blueberry	280	0	0	0	0	0	30	72	0	70	70	0	1	6	6	0	0	0	0	0
	Cherry	160	0	0	0	0	0	25	41	0	38	37	0	0	0	10	0	0	0	0	0
	Cherry Lemonade	170	0	0	0	0	0	30	45	0	42	42	0	0	0	7	0	0	0	15	0
	Cherry Limeade	150	0	0	0	0	0	25	38	0	36	36	0	0	0	7	0	0	0	10	0
	Chocolate	230	5	0	0	0	0	45	59	0	56	56	1	0	0	10	2	0	2	60	2
	Chocolate Chocolate Chip	250	15	2	1	0	0	40	61	0	58	58	1	0	0	12	2	1	6	85	2
	Cotton Candy	220	0	0	0	0	0	15	54	0	54	20	0	0	0	7	0	0	0	0	0
	Florida Orange	180	0	0	0	0	0	30	46	0	42	40	0	0	0	8	0	0	0	35	1
	Georgia Peach	140	0	0	0	0	0	25	35	0	34	33	0	0	0	6	0	0	0	0	0
	Green Apple	190	0	0	0	0	0	30	49	0	47	44	0	1	6	6	0	0	0	30	1
	Hawaiian Punch	200	0	0	0	0	0	25	52	0	51	17	0	0	0	5	0	0	0	0	0
	Island Fusion	210	0	0	0	0	0	30	53	0	51	50	0	0	0	7	0	0	0	25	1
	Juicy Pear	180	0	0	0	0	0	30	45	0	43	43	0	0	0	7	0	0	0	0	0
	Key Lime	170	0	0	0	0	0	45	44	0	42	42	0	0	0	6	0	0	0	0	0
	Kiwi Strawberry	180	0	0	0	0	0	30	47	0	45	45	0	0	0	7	0	0	0	5	0
	Lemon	180	0	0	0	0	0	70	47	0	44	15	0	0	0	9	0	0	0	0	0
	Mango	200	0	0	0	0	0	30	50	0	48	47	0	0	0	7	0	0	0	15	0
	Mango- Orange	200	0	0	0	0	0	25	49	0	46	36	0	0	0	6	0	0	0	5	0
	Mango-Peach	160	0	0	0	0	0	30	40	0	38	37	0	0	0	6	0	0	0	7	0
	Mango- Pineapple	200	0	0	0	0	0	30	50	0	48	47	0	0	0	6	0	0	0	10	0
	Mango- Strawberry	200	0	0	0	0	0	30	51	0	49	48	0	0	0	7	0	0	0	10	0
	Margarita	180	0	0	0	0	0	35	45	0	43	41	0	0	0	7	0	0	0	10	0
	Mojito	130	0	0	0	0	0	30	34	0	31	31	0	0	0	8	0	0	0	14	0
	Passion Fruit	260	0	0	0	0	0	30	67	0	64	62	0	0	0	7	0	0	0	40	1
	Pina Colada	190	5	0	0	0	0	30	49	0	47	47	0	0	0	8	0	0	0	0	0
	Pineapple	180	0	0	0	0	0	30	44	0	43	42	0	0	0	6	0	0	2	10	0
	Raspberry	190	0	0	0	0	0	30	48	0	46	45	0	0	0	8	0	0	0	20	1
	Raspberry Lemonade	160	0	0	0	0	0	30	40	0	38	33	0	0	0	7	0	0	0	22	0
	Reese's Chocolate Peanut Butter	280	45	5	1	0	0	75	60	0	56	56	2	0	0	16	2	1	4	100	3
	Reese's Peanut Butter and Jelly	280	60	7	1	0	0	80	54	0	51	50	2	0	0	14	2	0	2	65	2
	Root Beer	190	0	0	0	0	0	30	47	0	45	45	0	0	0	7	0	0	0	15	0
	Sour Patch Kids Red	180	0	0	0	0	0	30	50	0	48	48	0	0	0	6	0	0	0	0	0
	Strawberry	190	0	0	0	0	0	30	47	0	45	45	0	0	0	7	0	0	0	0	0
	Strawberry Colada	200	0	0	0	0	0	30	52	0	50	50	0	0	0	6	0	0	0	0	0
	Strawberry Lemonade	180	0	0	0	0	0	25	45	0	42	42	0	0	0	8	0	0	0	20	1
	Strawberry Margarita	180	0	0	0	0	0	35	45	0	43	41	0	0	0	7	0	0	0	10	0
	Strawberry- Watermelon	190	0	0	0	0	0	30	48	0	47	46	0	0	0	7	0	0	0	15	0
	Swedish Fish	220	0	0	0	0	0	50	57	0	55	55	0	0	0	6	0	0	0	0	0
	Tropical Daiquiri	220	5	0	0	0	0	30	54	0	52	50	0	0	0	6	0	0	0	4	0
	Tropical Punch	180	0	0	0	0	0	30	48	0	46	44	0	0	0	7	0	0	0	0	0
	Vanilla	180	0	0	0	0	0	30	45	0	44	44	0	0	0	6	0	0	0	15	0
	Watermelon	210	0	0	0	0	0	30	52	0	51	50	0	0	0	6	0	0	0	5	0
	Wild Berry	160	0	0	0	0	0	25	41	0	39	39	0	0	0	6	0	0	0	5	0
	Wild Black Cherry	190	0	0	0	0	0	20	46	0	42	42	0	0	0	7	0	0	0	15	0
	Unicorn	190	0	0	0	0	0	85	49	0	44	44	0	0	0	6	0	0	0	17	0
	Zombie's Blood	140	0	0	0	0	0	25	38	0	36	36	0	0	0	7	0	0	0	8	0
All-Natural Ice	All Natural Banana	200	0	0	0	0	0	10	40	0	38	35	0	0	0	16	2	0	0	150	4
	All Natural Cranberry	160	0	0	0	0	0	10	40	0	38	38	0	0	0	9	0	0	0	5	0
	All Natural Cranberry Pineapple	150	0	0	0	0	0	10	40	0	39	37	0	0	0	9	0	0	0	15	0
	All Natural Cranberry Strawberry	200	0	0	0	0	0	10	38	0	36	35	0	0	0	19	2	0	0	110	3
	All Natural Orange	160	0	0	0	0	0	10	40	0	39	36	0	0	0	13	2	0	0	65	2
	All Natural Pineapple	170	0	0	0	0	0	10	43	0	42	37	0	0	0	11	2	0	2	40	1
	All Natural Strawberry	210	0	0	0	0	0	10	33	0	30	30	1	0	0	24	2	0	0	190	5
	All Natural Strawberry Banana	190	0	0	0	0	0	10	35	0	34	32	0	0	0	18	2	0	0	135	4
	All Natural Strawberry Pineapple	170	0	0	0	0	0	10	32	0	31	29	0	0	0	18	2	0	0	125	4
	All-Natural Orange-Pineapple	170	0	0	0	0	0	10	41	0	40	36	0	0	0	12	2	0	2	55	2
	Birthday Cake	240	25	3	3	0	0	125	53	0	48	41	0	0	0	26	2	0	2	5	0
	Banana Split Cream	240	30	4	3	0	0	35	54	0	50	22	0	0	0	10	2	0	2	20	1
	Black Cherry Cheesecake	230	25	3	2	0	0	50	52	0	49	20	0	0	0	11	2	0	2	0	0
	Brookie Dough	260	35	4	3	0	0	85	57	0	51	48	1	0	0	13	2	0	0	38	0
	Cheesecake	220	25	3	3	0	0	55	51	0	48	21	0	0	0	6	0	0	0	0	0
	Chocolate Chip Cheesecake	250	40	4	3	0	0	50	53	0	50	24	1	0	0	9	0	1	4	35	1
	Chocolate Covered Banana	250	35	4	3	0	0	60	55	0	51	24	1	0	0	11	0	1	6	52	2

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	Chocolate Covered Strawberry	250	40	5	4	0	0	65	54	0	50	49	1	0	0	13	2	1	4	55	2
	Coconut Cream	220	25	3	3	0	0	50	50	0	46	44	0	0	0	7	0	0	0	5	0
	Cookie Dough	240	35	4	3	0	0	70	52	0	47	47	1	0	0	8	0	0	2	35	1
	Cookies & Cream	270	25	3	2	0	0	65	62	0	58	57	0		0	6	0	0	2	15	0
	Fudge Brownie	300	35	4	3	0	0	80	66	0	59	59	1		0	13	2	1	4	100	3
	Horchata	200	20	2	2	0	0	50	45	0	42	42	0		0	7	0	0	0	10	0
	Iced Coffee	200	20	2	2	0	0	125	49	0	46	46	0		0	9	0	0	0	85	2
	Mint Chocolate Chip	240	35	4	3	0	0	45	52	0	49	49	1		0	9	0	1	4	40	1
	Mint Oreo	230	25	3	2	0	0	65	52	0	48	32	0		0	6	0	0	2	5	0
	Mocha	220	20	3	2	0	0	95	50	0	46	46	1		0	10	0	0	2	75	2
	Pumpkin Cheesecake	200	20	2	2	0	0	30	46	0	42	19	0		0	9	0	0	0	10	0
	Pumpkin Pie	190	20	2	2	0	0	50	42	0	38	38	0		0	11	2	0	2	20	1
	Pumpkin Spice Latte	190	25	3	3	0	0	85	43	0	40	39	0		0	10	2	0	2	60	2
	Reese's Marshmallow Peanut Butter	290	60	7	3	0	0	85	58	0	55	55	2		0	12	2	1	2	55	2
	Root Beer Float	190	0	0	0	0	0	30	47	0	45	45	0		0	7	0	0	0	15	0
	S'mores	260	30	3	3	0	0	50	59	0	57	57	0		0	8	0	1	4	35	1
	Strawberry-Banana	240	20	3	2	0	0	50	55	0	52	50	0		0	6	0	0	0	25	1
	Strawberry Cheesecake	230	25	3	2	0	0	55	53	0	51	22	0		0	7	0	0	0	15	0
	Vanilla Cream	210	20	2	2	0	0	50	47	0	44	44	0		0	6	0	0	0	20	1
	Watermelon Chip	260	35	4	3	0	0	50	59	0	55	54	1		0	9	0	1	4	40	1
Sugar-Free Ice	S/F Cherry	90	0	0	0	0	0	20	32	0	0	0	0		0	9	0	0	0	15	0
	S/F Dragon Fruit	120	0	0	0	0	0	20	42	0	0	0	0		0	10	2	0	0	25	1
	S/F Mango Peach	90	0	0	0	0	0	20	30	0	0	0	0		0	9	0	0	0	15	0
	S/F Pineapple	90	0	0	0	0	0	20	29	0	0	0	0		0	6	0	0	0	15	0
	S/F Root Beer	90	0	0	0	0	0	25	32	0	0	0	0		0	6	0	0	0	15	0
	S/F Tangerine	90	0	0	0	0	0	25	32	0	0	0	0		0	6	0	0	0	20	1

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 SMALL 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)
Italian	Apple Berry Blue	250	0	0	0	0	0	45	63	0	60	58	0	1	6	9	0	0	0	22	0
	Banana	290	5	1	1	0	0	35	74	0	71	69	0	0	0	8	0	0	0	58	2
	Blood Orange	240	0	0	0	0	0	30	61	0	59	59	0	0	0	10	0	0	0	13	0
	Blue Raspberry	320	0	0	0	0	0	35	82	0	79	36	0	1	6	7	0	0	0	0	0
	Blueberry	210	0	0	0	0	0	40	75	0	72	34	0	1	6	8	0	0	0	0	0
	Cherry	220	0	0	0	0	0	35	55	0	52	50	0	0	0	13	2	0	0	1	0
	Cherry Lemonade	240	0	0	0	0	0	40	61	0	57	57	0	0	0	10	0	0	0	18	0
	Cherry Limeade	200	0	0	0	0	0	30	52	0	50	49	0	0	0	9	0	0	0	15	0
	Chocolate	320	5	0	0	0	0	60	80	0	76	76	1	0	0	14	2	1	6	81	2
	Chocolate Chocolate Chip	350	25	3	2	0	0	60	84	0	79	79	1	0	0	17	2	1	8	115	3
	Cotton Candy	270	0	0	0	0	0	30	69	0	66	26	0	0	0	7	0	0	0	1	0
	Dr Pepper	280	0	0	0	0	0	30	74	0	73	28	0	0	0	6	0	0	0	1	0
	Florida Orange	250	0	0	0	0	0	35	65	0	58	30	0	0	0	9	0	0	0	6	0
	Georgia Peach	190	0	0	0	0	0	35	48	0	46	46	0	0	0	8	0	0	0	0	0
	Green Apple	260	0	0	0	0	0	15	66	0	64	28	0	1	6	7	0	0	0	20	1
	Hawaiian Punch	270	0	0	0	0	0	30	72	0	69	23	0	0	0	7	0	0	0	0	0
	Island Fusion	280	0	0	0	0	0	45	72	0	69	68	0	0	0	9	0	0	0	37	0
	Juicy Pear	240	0	0	0	0	0	40	61	0	59	58	0	0	0	9	0	0	0	1	0
	Key Lime	240	0	0	0	0	0	60	60	0	57	57	0	0	0	8	0	0	0	0	0
	Kiwi Strawberry	250	0	0	0	0	0	40	64	0	61	61	0	0	0	10	0	0	0	9	0
	Lemon	210	0	0	0	0	0	30	54	0	51	51	0	0	0	10	0	0	0	10	0
	Mango	270	0	0	0	0	0	40	69	0	66	65	0	0	0	9	0	0	0	20	0
	Mango- Orange	270	0	0	0	0	0	35	67	0	62	49	0	0	0	8	0	0	0	10	0
	Mango-Peach	210	0	0	0	0	0	40	54	0	52	51	0	0	0	8	0	0	0	10	0
	Mango- Pineapple	270	0	0	0	0	0	40	68	0	66	65	0	0	0	9	0	0	0	16	0
	Mango- Strawberry	280	0	0	0	0	0	40	70	0	67	66	0	0	0	9	0	0	0	12	0
	Margarita	270	0	0	0	0	0	50	70	0	67	63	0	0	0	11	2	0	0	20	1
	Mojito	180	0	0	0	0	0	45	46	0	43	42	0	0	0	11	0	0	0	19	0
	Passion Fruit	360	0	0	0	0	0	40	91	0	88	85	0	0	0	9	0	0	0	54	2
	Pina Colada	260	5	1	0	0	0	40	67	0	64	64	0	0	0	10	0	0	0	2	0
	Pineapple	240	0	0	0	0	0	40	61	0	59	58	0	0	0	9	0	0	0	13	0
	Raspberry	260	0	0	0	0	0	40	66	1	63	62	0	0	0	11	0	0	0	26	0
	Raspberry Lemonade	270	0	0	0	0	0	50	69	0	65	57	0	0	0	11	0	0	0	38	0
	Reese's Chocolate Peanut Butter	380	60	7	2	0	0	105	82	1	77	76	3	0	0	21	2	1	6	80	2
	Reese's Peanut Butter and Jelly	380	80	9	2	0	0	150	74	0	70	67	2	0	0	9	0	1	6	4	0
	Root Beer	250	0	0	0	0	0	40	64	0	62	62	0	0	0	9	0	0	0	20	0
	Sour Patch Kids Red	250	0	0	0	0	0	40	68	0	66	66	0	0	0	8	0	0	0	0	0
	Strawberry	260	0	0	0	0	0	40	64	0	62	61	0	0	0	9	0	0	0	4	0
	Strawberry Colada	280	0	0	0	0	0	40	70	0	68	68	0	0	0	9	0	0	0	3	0
	Strawberry Lemonade	180	0	0	0	0	0	55	45	0	43	27	0	0	0	11	0	0	0	3	0
	Strawberry Margarita	270	0	0	0	0	0	50	70	0	67	63	0	0	0	11	2	0	0	20	1
	Strawberry- Watermelon	260	0	0	0	0	0	40	66	0	64	62	0	0	0	9	0	0	0	17	0
	Swedish Fish	300	0	0	0	0	0	70	77	0	75	75	0	0	0	8	0	0	0	1	0
	Tropical Daiquiri	300	5	1	1	0	0	40	73	0	71	68	0	0	0	8	0	0	0	5	0
	Tropical Punch	250	0	0	0	0	0	40	66	0	63	60	0	0	0	9	0	0	0	1	0
	Vanilla	250	0	0	0	0	0	40	62	0	60	60	0	0	0	8	0	0	0	19	0
	Watermelon	280	0	0	0	0	0	40	71	0	69	34	0	0	0	7	0	0	0	4	0
	Wild Berry	280	0	0	0	0	0	40	71	0	68	67	0	0	0	10	0	0	0	11	0
	Wild Black Cherry	290	0	0	0	0	0	40	70	0	66	64	1	0	0	15	2	0	0	24	0
	Unicorn	260	0	0	0	0	0	115	67	0	61	61	0	0	0	9	0	1	6	23	0
	Zombie's Blood	190	0	0	0	0	0	35	51	0	49	49	0	0	0	10	0	0	0	11	0
All-Natural Ice	All Natural Banana	270	0	0	0	0	0	15	54	2	52	48	1	0	0	22	2	0	0	199	4
	All Natural Cranberry	220	0	0	0	0	0	10	55	0	52	51	0	0	0	12	0	0	0	9	0
	All Natural Cranberry Pineapple	210	0	0	0	0	0	10	55	0	53	51	0	0	0	13	2	0	0	21	0
	All Natural Cranberry Strawberry	270	0	0	0	0	0	10	52	2	49	48	1	0	0	26	2	0	0	153	4
	All Natural Orange	220	0	0	0	0	0	10	55	0	53	49	0	0	0	18	2	0	0	91	2
	All Natural Pineapple	240	0	0	0	0	0	15	58	0	57	51	0	0	0	15	2	0	0	53	2
	All Natural Strawberry	300	0	0	0	0	0	10	47	3	43	43	1	0	0	35	2	0	0	272	6
	All Natural Strawberry Banana	260	0	0	0	0	0	10	48	2	46	44	1	0	0	25	2	0	0	183	4
	All Natural Strawberry Pineapple	230	0	0	0	0	0	10	44	2	42	40	1	0	0	25	2	0	0	169	4
	All-Natural Orange-Pineapple	230	0	0	0	0	0	10	56	0	55	50	0	0	0	17	2	0	0	76	2
	Birthday Cake	330	35	4	4	0	0	170	73	0	65	56	1	0	0	36	2	0	0	7	0
	Banana Split Cream	330	40	5	4	0	0	45	73	0	69	30	1	0	0	14	2	1	2	30	1
	Black Cherry Cheesecake	320	30	4	3	0	0	70	73	0	64	27	1	0	0	9	0	0	0	7	0
	Brookie Dough	350	50	6	5	0	5	120	74	0	65	62	1	0	0	16	2	0	0	55	2
	Caramel (dulce)	360	35	4	3	0	5	150	81	0	72	57	0	0	0	12	0	0	0	29	0
	Cheesecake	310	30	4	3	0	0	70	69	0	66	28	1	0	0	9	0	0	0	7	0
	Chocolate Chip Cheesecake	340	50	6	5	0	0	70	73	0	69	32	1	0	0	12	2	1	4	45	1
	Chocolate Covered Banana	340	50	5	5	0	0	75	75	0	70	28	1	0	0	22	2	0	0	37	0
	Chocolate Covered Strawberry	350	60	6	5	0	0	80	74	0	69	64	1	0	0	23	2	1	6	50	1
	Coconut Cream	310	35	4	4	0	0	70	68	0	63	60	0	0	0	10	0	0	0	10	0
	Cookie Dough	330	45	5	4	0	0	100	71	0	64	64	1	0	0	11	2	0	2	45	1
	Cookies & Cream	370	35	4	3	0	0	90	85		80	78	0			8	0	1	4	20	1

ICE FLAVORS SMALL 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		78	35	2			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 Latte	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	0	13	2	0	0	18	0
	S/F Dragon Fruit	160	0	0	0	0	0	30	57	0	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	0	9	0	0	0	0	0
	S/F Pineapple	120	0	0	0	0	0	30	40	0	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	0	8	0	0	0	19	0
	S/F Tangerine	130	0	0	0	0	0	35	43	0	0	0	0	0	0	8	0	0	0	24	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	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)
Italian	Apple Berry Blue	400	0	0	0	0	0	70	102	0	97	94	0	2	10	14	2	0	0	36	0
	Banana	460	0	0	0	0	0	60	117	0	113	55	0	0	0	12	0	0	0	36	0
	Blood Orange	390	0	0	0	0	0	50	99	0	95	95	0	0	0	16	2	0	0	20	0
	Blue Raspberry	520	0	0	0	0	0	55	132	0	127	59	0	2	10	11	2	0	0	0	0
	Blueberry	210	0	0	0	0	0	60	121	0	116	55	0	2	10	13	2	0	0	0	0
	Cherry	350	0	0	0	0	0	60	89	0	84	81	0	0	0	21	2	0	0	2	0
	Cherry Lemonade	380	0	0	0	0	0	65	98	0	93	92	0	0	0	16	2	0	0	30	0
	Cherry Limeade	330	0	0	0	0	0	50	84	0	80	80	0	0	0	15	2	0	0	20	1
	Chocolate	510	5	1	0	0	0	95	130	0	123	123	1	0	0	23	2	1	6	130	2
	Chocolate Chocolate Chip	560	40	5	3	0	0	95	136	0	128	127	2	0	0	27	2	2	10	190	5
	Cotton Candy	440	0	0	0	0	0	45	111	0	106	42	0	0	0	12	0	0	0	1	0
	Dr Pepper	450	0	0	0	0	0	50	120	0	118	45	0	0	0	10	0	0	0	1	0
	Florida Orange	400	0	0	0	0	0	65	102	0	93	89	0	0	0	18	2	0	0	77	2
	Georgia Peach	300	0	0	0	0	0	55	78	0	75	74	0	0	0	12	2	0	0	0	0
	Green Apple	410	0	0	0	0	0	25	104	0	101	47	0	2	10	10	2	0	0	35	1
	Hawaiian Punch	440	0	0	0	0	0	50	116	0	112	36	0	0	0	12	0	0	0	1	0
	Island Fusion	460	0	0	0	0	0	70	116	0	112	109	0	0	0	15	2	0	0	60	2
	Juicy Pear	390	0	0	0	0	0	65	99	0	95	94	0	0	0	15	2	0	0	2	0
	Key Lime	380	0	0	0	0	0	100	97	0	93	93	0	0	0	14	2	0	0	0	0
	Kiwi Strawberry	410	0	0	0	0	0	70	103	0	99	98	0	0	0	16	2	0	0	14	0
	Lemon	330	0	0	0	0	0	50	87	0	83	82	0	0	0	17	2	0	0	16	0
	Mango	440	0	0	0	0	0	65	111	0	106	104	0	0	0	15	2	0	0	32	0
	Mango- Orange	430	0	0	0	0	0	60	109	0	101	80	0	0	0	14	2	0	0	16	0
	Mango-Peach	340	0	0	0	0	0	60	88	0	84	82	0	0	0	13	2	0	0	15	0
	Mango- Pineapple	440	0	0	0	0	0	65	110	0	106	105	0	0	0	14	2	0	0	26	0
	Mango- Strawberry	450	0	0	0	0	0	65	113	0	108	107	0	0	0	15	2	0	0	19	0
	Margarita	440	0	0	0	0	0	80	113	0	108	102	0	0	0	18	2	0	0	35	1
	Mojito	290	0	0	0	0	0	70	74	0	69	68	0	0	0	18	2	0	0	31	0
	Passion Fruit	580	0	0	0	0	0	65	147	0	142	138	0	0	0	15	2	0	0	88	2
	Pina Colada	430	10	1	0	0	0	65	108	0	104	103	0	0	0	17	2	0	0	2	0
	Pineapple	390	0	0	0	0	0	60	98	0	95	93	0	0	0	14	2	0	0	22	0
	Raspberry	420	0	0	0	0	0	60	107	1	101	100	1	0	0	17	2	0	0	43	0
	Raspberry Lemonade	440	0	0	0	0	0	80	112	1	105	93	1	0	0	19	2	0	0	61	2
	Reese's Chocolate Peanut Butter	620	100	11	2	0	0	170	133	2	125	122	4	0	0	34	2	2	10	130	2
	Reese's Peanut Butter and Jelly	620	140	15	3	0	0	180	119	0	113	109	5	0	0	32	2	1	6	6	0
	Root Beer	410	0	0	0	0	0	65	103	0	100	100	0	0	0	15	2	0	0	32	0
	Sour Patch Kids Red	400	0	0	0	0	0	65	109	0	107	107	0	0	0	13	2	0	0	0	0
	Strawberry	410	0	0	0	0	0	65	104	0	100	99	0	0	0	15	2	0	0	6	0
	Strawberry Colada	450	0	0	0	0	0	65	114	0	110	110	0	0	0	14	2	0	0	4	0
	Strawberry Lemonade	280	0	0	0	0	0	90	73	0	69	44	0	0	0	17	2	0	0	5	0
	Strawberry Margarita	440	0	0	0	0	0	80	113	0	108	102	0	0	0	18	2	0	0	35	1
	Strawberry- Watermelon	420	0	0	0	0	0	65	106	0	103	101	0	0	0	14	2	0	0	28	0
	Swedish Fish	490	0	0	0	0	0	110	125	0	122	122	0	0	0	13	2	0	0	2	0
	Tropical Daiquiri	480	10	1	1	0	0	65	119	0	115	110	0	0	0	13	2	0	0	8	0
	Tropical Punch	410	0	0	0	0	0	65	107	0	102	97	0	0	0	15	2	0	0	1	0
	Vanilla	400	0	0	0	0	0	65	100	0	97	97	0	0	0	13	2	0	0	30	0
	Watermelon	450	0	0	0	0	0	60	115	0	111	55	0	0	0	12	0	0	0	13	0
	Wild Berry	450	0	0	0	0	0	65	114	1	109	108	0	0	0	17	2	0	0	17	0
	Wild Black Cherry	470	0	0	0	0	0	65	114	0	107	103	1	0	0	24	2	0	0	39	0
	Unicorn	420	0	0	0	0	0	190	108	0	98	98	0	0	0	14	2	1	6	38	0
	Zombie's Blood	310	0	0	0	0	0	60	83	0	79	79	0	0	0	16	2	0	0	18	0
All-Natural Ice	All Natural Banana	440	0	0	0	0	0	20	88	3	83	78	1	0	0	36	2	0	0	321	6
	All Natural Cranberry	350	0	0	0	0	0	20	89	0	85	83	0	0	0	20	2	0	0	14	0
	All Natural Cranberry Pineapple	340	0	0	0	0	0	20	89	0	85	82	0	0	0	21	2	0	0	33	0
	All Natural Cranberry Strawberry	440	0	0	0	0	0	20	85	3	79	77	1	0	0	41	4	0	0	248	6
	All Natural Orange	350	0	0	0	0	0	20	89	1	86	79	1	0	0	29	2	0	0	147	4
	All Natural Pineapple	380	0	0	0	0	0	20	94	0	92	83	0	0	0	25	2	1	6	86	2
	All Natural Strawberry	490	0	0	0	0	0	20	75	5	70	69	1	0	0	56	4	0	0	440	10
	All Natural Strawberry Banana	420	0	0	0	0	0	20	78	3	74	71	1	0	0	40	4	0	0	296	6
	All Natural Strawberry Pineapple	380	0	0	0	0	0	20	71	3	68	65	1	0	0	40	4	0	0	273	6
	All-Natural Orange-Pineapple	370	0	0	0	0	0	20	91	0	88	80	1	0	0	27	2	0	0	122	2
	Birthday Cake	530	60	7	5	0	0	270	117	0	105	91	1	0	0	58	4	0	0	11	0
	Banana Split Cream	530	70	8	6	0	0	75	118	0	111	48	1	0	0	22	2	1	4	45	1
	Black Cherry Cheesecake	520	50	6	5	0	5	115	117	0	104	44	1	0	0	14	2	0	0	11	0

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	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	600	50	6	5	0	0	150	137	0	129	126	1	0	0	13	2	1	6	30	1
	Fudge Brownie	650	80	9	6	0	5	180	147	0	130	130	3	0	0	28	2	2	10	220	6
	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
Sugar-Free Ice	S/F Cherry	200	0	0	0	0	0	40	70	0	0	0	1	0	0	21	2	0	0	29	0
	S/F Dragon Fruit	260	0	0	0	0	0	50	92	0	0	0	0	0	0	23	2	0	0	53	2
	S/F Mango Peach	270	0	0	0	0	0	45	69	0	1	0	0	0	0	15	2	0	0	0	0
	S/F Pineapple	200	0	0	0	0	0	50	64	0	0	0	0	0	0	13	2	0	0	37	0
	S/F Root Beer	200	0	0	0	0	0	55	70	1	1	0	0	0	0	13	2	0	0	30	0
	S/F Tangerine	200	0	0	0	0	0	60	70	0	0	0	0	0	0	13	2	0	0	39	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	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)
Italian	Apple Berry Blue	710	0	0	0	0	0	120	180	0	172	167	0	3	15	25	2	0	0	64	2
	Banana	840	15	2	2	0	0	95	212	1	203	197	0	0	0	22	2	0	0	165	4
	Blood Orange	690	0	0	0	0	0	90	175	0	168	167	0	0	0	28	2	0	0	36	0
	Blue Raspberry	920	0	0	0	0	0	95	234	0	225	104	0	3	15	20	2	0	0	0	0
	Blueberry	1110	0	0	0	0	0	120	283	0	273	272	0	3	15	25	2	0	0	0	0
	Cherry	610	0	0	0	0	0	105	158	0	149	144	0	0	0	37	2	0	0	3	0
	Cherry Lemonade	670	0	0	0	0	0	110	174	0	164	163	0	0	0	28	2	0	0	52	2
	Cherry Limeade	580	0	0	0	0	0	90	149	0	142	141	0	0	0	27	2	0	0	35	1
	Chocolate	900	10	1	1	0	0	170	229	3	218	217	2	0	0	40	4	2	10	230	4
	Chocolate Chocolate Chip	990	70	8	5	0	0	170	240	0	225	225	3	0	0	49	4	4	20	330	9
	Cotton Candy	840	0	0	0	0	0	65	212	0	209	79	0	0	0	26	2	0	0	2	0
	Dr Pepper	800	0	0	0	0	0	90	212	0	208	79	0	0	0	18	2	0	0	2	0
	Florida Orange	710	0	0	0	0	0	115	181	0	164	158	0	0	0	32	2	0	0	136	2
	Georgia Peach	540	0	0	0	0	0	100	137	0	133	130	0	0	0	22	2	0	0	0	0
	Green Apple	750	0	0	0	0	0	120	192	0	183	172	0	3	15	25	2	0	2	120	3
	Hawaiian Punch	780	0	0	0	0	0	90	204	0	199	65	0	0	0	21	2	0	0	1	0
	Island Fusion	810	0	0	0	0	0	120	206	0	198	193	0	0	0	26	2	0	0	107	2
	Juicy Pear	690	0	0	0	0	0	115	176	0	168	167	0	0	0	26	2	0	0	3	0
	Key Lime	680	0	0	0	0	0	170	172	0	164	164	0	0	0	24	2	0	0	10	0
	Kiwi Strawberry	720	0	0	0	0	0	120	182	0	175	174	0	0	0	28	2	0	0	25	0
	Lemon	590	0	0	0	0	0	95	153	0	146	146	0	0	0	30	2	0	0	28	0
	Mango	770	0	0	0	0	0	115	196	0	187	185	0	0	0	26	2	0	0	56	2
	Mango- Orange	760	0	0	0	0	0	105	192	0	178	141	0	0	0	24	2	0	0	29	0
	Mango-Peach	610	0	0	0	0	0	110	155	1	148	146	0	0	0	24	2	0	0	27	0
	Mango- Pineapple	770	0	0	0	0	0	110	195	0	188	185	0	0	0	25	2	1	6	46	0
	Mango- Strawberry	790	0	0	0	0	0	115	199	0	192	189	0	0	0	26	2	0	0	33	0
	Margarita	750	0	0	0	0	0	220	190	1	181	122	0	0	0	35	2	0	0	37	0
	Mojito	510	0	0	0	0	0	120	131	0	121	121	0	0	0	32	2	0	0	56	2
	Passion Fruit	1020	0	0	0	0	0	115	260	0	251	243	0	0	0	27	2	0	0	155	4
	Pina Colada	760	15	2	0	0	0	115	192	0	184	182	0	0	0	30	2	0	0	4	0
	Pineapple	700	0	0	0	0	0	110	174	0	168	165	0	0	0	25	2	1	6	38	0
	Raspberry	740	0	0	0	0	0	110	189	3	179	177	1	0	0	31	2	0	0	75	2
	Raspberry Lemonade	770	0	0	0	0	0	140	198	1	186	164	1	0	0	33	2	0	0	108	2
	Reese's Chocolate Peanut Butter	1090	170	19	4	0	0	300	234	3	220	216	8	0	0	61	4	3	15	230	4
	Reese's Peanut Butter and Jelly	1050	230	26	5	0	0	300	201	0	191	185	9	0	0	55	4	2	10	10	0
	Root Beer	720	0	0	0	0	0	110	182	0	177	177	0	0	0	26	2	0	0	57	2
	Sour Patch Kids Red	710	0	0	0	0	0	110	193	0	189	189	0	0	0	22	2	0	0	1	0
	Strawberry	730	0	0	0	0	0	115	183	0	177	175	1	0	0	26	2	0	0	10	0
	Strawberry Colada	800	0	0	0	0	0	115	201	0	195	194	0	0	0	25	2	0	0	7	0
	Strawberry Lemonade	690	0	0	0	0	0	105	175	0	166	163	1	0	0	31	2	0	0	77	2
	Strawberry Margarita	690	0	0	0	0	0	135	175	0	167	158	0	0	0	26	2	0	2	35	1
	Strawberry- Watermelon	740	0	0	0	0	0	115	188	0	182	178	0	0	0	25	2	0	0	49	2
	Swedish Fish	870	0	0	0	0	0	200	221	0	215	215	1	0	0	23	2	0	0	3	0
	Tropical Daiquiri	850	15	2	2	0	0	115	210	0	203	195	0	0	0	23	2	0	0	15	0
	Tropical Punch	720	0	0	0	0	0	115	189	0	181	172	0	0	0	27	2	0	0	3	0
	Vanilla	700	0	0	0	0	0	115	177	0	171	171	0	0	0	24	2	0	0	54	2
	Watermelon	810	0	0	0	0	0	110	205	0	198	197	0	0	0	24	2	0	0	24	0
	Wild Berry	800	0	0	0	0	0	110	202	1	193	191	1	0	0	29	2	0	0	30	0
	Wild Black Cherry	830	0	0	0	0	0	110	201	0	188	182	1	0	0	43	4	1	6	69	2
	Unicorn	740	0	0	0	0	0	340	191	0	173	173	0	0	0	25	2	2	10	67	2
	Zombie's Blood	550	0	0	0	0	0	105	147	0	139	139	1	0	0	27	2	0	0	32	0
All-Natural Ice	All Natural Banana	780	5	0	0	0	0	35	155	6	148	138	2	0	0	64	4	1	6	568	10
	All Natural Cranberry	620	0	0	0	0	0	35	157	0	150	147	0	0	0	34	2	1	6	24	0
	All Natural Cranberry Pineapple	600	0	0	0	0	0	35	157	0	151	145	0	0	0	37	2	1	6	59	2
	All Natural Cranberry Strawberry	770	0	0	0	0	0	35	150	5	139	136	2	0	0	73	6	1	6	438	10
	All Natural Orange	620	0	0	0	0	0	35	157	1	152	140	1	0	0	50	4	1	6	260	6
	All Natural Pineapple	680	0	0	0	0	0	35	166	1	163	146	1	0	0	44	4	1	6	151	4
	All Natural Strawberry	860	0	0	0	0	0	35	133	9	123	121	3	0	0	100	8	0	0	778	15
	All Natural Strawberry Banana	740	0	0	0	0	0	35	138	6	131	125	2	0	0	71	6	1	6	524	10
	All Natural Strawberry Pineapple	660	0	0	0	0	0	35	126	5	120	115	2	0	0	71	6	1	6	483	10
	All-Natural Orange-Pineapple	650	0	0	0	0	0	35	161	1	156	142	1	0	0	48	4	1	6	216	4
	Birthday Cake	930	100	12	9	0	0	480	207	0	186	161	2	0	0	103	8	1	6	20	0
	Banana Split Cream	940	120	13	10	0	0	135	209	0	197	84	2	0	0	40	4	2	8	85	2
	Black Cherry Cheesecake	900	90	10	9	0	5	200	205	0	190	78	2	0	0	43	4	1	6	19	0

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	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	1180	150	17	13	0	25	140	261	0	232	0	6	0	0	10	0	0	2	135	4
	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
Sugar-Free Ice	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
	S/F Cherry	350	0	0	0	0	0	70	124	0	0	0	1	0	0	37	2	0	0	51	2
	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

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																					
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)
Italian	Apple Berry Blue	80	0	0	0	0	0	15	19	0	19	18	0	0	0	3	0	0	0	7	0
	Banana	90	0	0	0	0	0	10	23	0	22	21	0	0	0	2	0	0	0	18	0
	Blood Orange	70	0	0	0	0	0	10	19	0	18	18	0	0	0	3	0	0	0	4	0
	Blue Raspberry	80	0	0	0	0	0	15	22	0	21	21	0	0	0	3	0	0	0	0	0
	Blueberry	120	0	0	0	0	0	15	30	0	29	29	0	0	0	3	0	0	0	0	0
	Cherry	70	0	0	0	0	0	10	17	0	16	15	0	0	0	4	0	0	0	0	0
	Cherry Lemonade	70	0	0	0	0	0	10	19	0	18	18	0	0	0	3	0	0	0	6	0
	Cherry Limeade	60	0	0	0	0	0	10	16	0	15	15	0	0	0	3	0	0	0	0	0
	Chocolate	100	0	0	0	0	0	20	25	0	23	23	0	0	0	4	0	0	0	25	0
	Chocolate Chocolate Chip	110	5	1	0	0	0	20	26	0	24	24	0	0	0	5	0	0	2	35	1
	Cotton Candy	90	0	0	0	0	0	5	23	0	22	9	0	0	0	3	0	0	0	0	0
	Dr Pepper	90	0	0	0	0	0	10	23	0	22	9	0	0	0	2	0	0	0	0	0
	Florida Orange	80	0	0	0	0	0	15	19	0	18	17	0	0	0	3	0	0	0	15	0
	Georgia Peach	60	0	0	0	0	0	10	15	0	14	14	0	0	0	2	0	0	0	0	0
	Green Apple	80	0	0	0	0	0	15	21	0	20	19	0	0	0	3	0	0	0	15	0
	Hawaiian Punch	80	0	0	0	0	0	10	22	0	21	7	0	0	0	2	0	0	0	0	0
	Island Fusion	90	0	0	0	0	0	15	22	0	21	21	0	0	0	3	0	0	0	12	0
	Juicy Pear	70	0	0	0	0	0	10	19	0	18	18	0	0	0	3	0	0	0	0	0
	Key Lime	70	0	0	0	0	0	20	19	0	18	18	0	0	0	3	0	0	0	0	0
	Kiwi Strawberry	80	0	0	0	0	0	15	20	0	19	19	0	0	0	3	0	0	0	3	0
	Lemon	60	0	0	0	0	0	10	17	0	16	16	0	0	0	3	0	0	0	3	0
	Mango	80	0	0	0	0	0	10	21	0	20	20	0	0	0	3	0	0	0	6	0
	Mango- Orange	80	0	0	0	0	0	10	21	0	19	15	0	0	0	3	0	0	0	3	0
	Mango-Peach	70	0	0	0	0	0	10	17	0	16	16	0	0	0	3	0	0	0	3	0
	Mango- Pineapple	80	0	0	0	0	0	10	21	0	20	20	0	0	0	3	0	0	0	5	0
	Mango- Strawberry	80	0	0	0	0	0	10	21	0	21	20	0	0	0	3	0	0	0	4	0
	Mojito	60	0	0	0	0	0	15	14	0	13	13	0	0	0	3	0	0	0	6	0
	Margarita	70	0	0	0	0	0	15	18	0	17	17	0	0	0	3	0	0	0	5	0
	Passion Fruit	110	0	0	0	0	0	15	28	0	27	26	0	0	0	3	0	0	0	17	0
	Pina Colada	80	0	0	0	0	0	10	21	0	20	20	0	0	0	3	0	0	0	0	0
	Pineapple	70	0	0	0	0	0	10	19	0	18	18	0	0	0	3	0	0	0	4	0
	Raspberry	80	0	0	0	0	0	10	20	0	19	19	0	0	0	3	0	0	0	8	0
	Raspberry Lemonade	80	0	0	0	0	0	15	21	0	20	18	0	0	0	4	0	0	0	12	0
	Reese's Chocolate Peanut Butter	120	15	2	0	0	0	40	25	0	24	23	1	0	0	4	0	0	0	25	0
	Reese's Peanut Butter and Jelly	120	25	3	0	0	0	35	23	0	21	21	1	0	0	6	0	0	0	1	0
	Root Beer	80	0	0	0	0	0	10	20	0	19	19	0	0	0	3	0	0	0	6	0
	Sour Patch Kids Red	80	0	0	0	0	0	10	21	0	20	20	0	0	0	2	0	0	0	0	0
	Strawberry	100	0	0	0	0	0	10	25	0	24	11	0	0	0	2	0	0	0	0	0
	Strawberry Coloda	90	0	0	0	0	0	10	22	0	21	21	0	0	0	3	0	0	0	1	0
	Strawberry Lemonade	70	0	0	0	0	0	10	19	0	18	18	0	0	0	3	0	0	0	8	0
	Strawberry Margarita	70	0	0	0	0	0	15	19	0	18	17	0	0	0	3	0	0	0	0	0
	Strawberry- Watermelon	80	0	0	0	0	0	10	20	0	20	19	0	0	0	3	0	0	0	5	0
	Tropical Daiquiri	90	0	0	0	0	0	15	23	0	22	21	0	0	0	2	0	0	0	2	0
	Swedish Fish	90	0	0	0	0	0	20	24	0	23	23	0	0	0	3	0	0	0	0	0
	Tropical Punch	80	0	0	0	0	0	15	20	0	20	19	0	0	0	3	0	0	0	0	0
	Vanilla	80	0	0	0	0	0	15	19	0	18	18	0	0	0	3	0	0	0	6	0
	Watermelon	90	0	0	0	0	0	10	22	0	21	21	0	0	0	3	0	0	0	3	0
	Wild Berry	90	0	0	0	0	0	10	22	0	21	21	0	0	0	3	0	0	0	3	0
	Wild Black Cherry	90	0	0	0	0	0	10	22	0	20	20	0	0	0	5	0	0	0	7	0
	Unicorn	80	0	0	0	0	0	35	21	0	19	19	0	0	0	3	0	0	0	7	0
	Zombie's Blood	60	0	0	0	0	0	10	16	0	15	15	0	0	0	3	0	0	0	3	0
All-Natural Ice	All Natural Banana	80	0	0	0	0	0	0	17	1	16	15	0	0	0	7	0	0	0	61	2
	All Natural Cranberry	70	0	0	0	0	0	0	17	0	16	16	0	0	0	4	0	0	0	3	0
	All Natural Cranberry Pineapple	60	0	0	0	0	0	0	17	0	16	16	0	0	0	4	0	0	0	6	0
	All Natural Cranberry Strawberry	80	0	0	0	0	0	0	16	1	15	15	0	0	0	8	0	0	0	47	2
	All Natural Orange	70	0	0	0	0	0	0	17	0	16	15	0	0	0	5	0	0	0	28	0
	All Natural Pineapple	70	0	0	0	0	0	0	18	0	18	16	0	0	0	5	0	0	0	16	0
	All Natural Strawberry	90	0	0	0	0	0	0	14	1	13	13	0	0	0	11	0	0	0	84	2
	All Natural Strawberry Banana	80	0	0	0	0	0	0	15	1	14	13	0	0	0	8	0	0	0	56	2
	All Natural Strawberry Pineapple	70	0	0	0	0	0	0	14	1	13	12	0	0	0	8	0	0	0	52	2
	All-Natural Orange-Pineapple	70	0	0	0	0	0	0	17	0	17	15	0	0	0	5	0	0	0	23	0
	Birthday Cake	100	10	1	1	0	0	50	22	0	20	17	0	0	0	11	0	0	0	2	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	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassium	Potassium (%DV)
Cream Ice	Banana Split Cream	100	15	2	1	0	0	15	22	0	21	9	0	0	0	4	0	0	0	10	0
	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	120	15	2	1	0	0	35	28	0	25	25	1	0	0	5	0	0	2	40	1
	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 Cherry	40	0	0	0	0	0	10	13	0	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	0	4	0	0	0	10	0
	S/F Mango Peach	35	0	0	0	0	0	5	13	0	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	0	3	0	0	0	7	0
	S/F Root Beer	40	0	0	0	0	0	10	13	0	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	0	3	0	0	0	7	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																					
SMALL 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)
Italian	Apple Berry Blue	130	0	0	0	0	0	25	34	0	32	31	0	1	6	5	0	0	0	12	0
	Banana	160	5	0	0	0	0	20	40	0	38	37	0	0	0	4	0	0	0	31	0
	Blood Orange	130	0	0	0	0	0	15	33	0	31	31	0	0	0	5	0	0	0	7	0
	Blue Raspberry	210	0	0	0	0	0	20	37	0	36	36	0	1	6	5	0	0	0	0	0
	Blueberry	210	0	0	0	0	0	25	53	0	51	51	0	1	6	5	0	0	0	0	0
	Cherry	120	0	0	0	0	0	20	30	0	28	27	0	0	0	7	0	0	0	1	0
	Cherry Lemonade	130	0	0	0	0	0	20	33	0	31	31	0	0	0	5	0	0	0	10	0
	Cherry Limeade	110	0	0	0	0	0	15	28	0	27	26	0	0	0	5	0	0	0	5	0
	Chocolate	170	0	0	0	0	0	30	43	1	41	41	0	0	0	8	0	0	0	43	0
	Chocolate Chocolate Chip	190	15	2	1	0	0	30	45	1	42	40	1	0	0	9	0	1	6	42	0
	Cotton Candy	160	0	0	0	0	0	10	40	0	39	15	0	0	0	5	0	0	0	0	0
	Dr Pepper	150	0	0	0	0	0	15	40	0	39	15	0	0	0	3	0	0	0	0	0
	Florida Orange	130	0	0	0	0	0	20	34	0	31	30	0	0	0	6	0	0	0	26	0
	Georgia Peach	100	0	0	0	0	0	20	26	0	25	24	0	0	0	4	0	0	0	0	0
	Green Apple	140	0	0	0	0	0	25	36	0	34	32	0	1	6	5	0	0	0	20	1
	Hawaiian Punch	150	0	0	0	0	0	15	38	0	37	12	0	0	0	4	0	0	0	0	0
	Island Fusion	150	0	0	0	0	0	25	39	0	37	36	0	0	0	5	0	0	0	20	0
	Juicy Pear	130	0	0	0	0	0	20	33	0	32	31	0	0	0	5	0	0	0	1	0
	Key Lime	130	0	0	0	0	0	30	32	0	31	31	0	0	0	4	0	0	0	0	0
	Kiwi Strawberry	130	0	0	0	0	0	25	34	0	33	33	0	0	0	5	0	0	0	5	0
	Lemon	110	0	0	0	0	0	15	29	0	27	27	0	0	0	6	0	0	0	5	0
	Mango	140	0	0	0	0	0	20	37	0	35	35	0	0	0	5	0	0	0	11	0
	Mango- Orange	140	0	0	0	0	0	20	36	0	33	26	0	0	0	5	0	0	0	5	0
	Mango-Peach	110	0	0	0	0	0	20	29	0	28	27	0	0	0	4	0	0	0	5	0
	Mango- Pineapple	150	0	0	0	0	0	20	37	0	35	35	0	0	0	5	0	0	0	9	0
	Mango- Strawberry	150	0	0	0	0	0	20	37	0	36	35	0	0	0	5	0	0	0	6	0
	Mojito	100	0	0	0	0	0	25	25	0	23	23	0	0	0	6	0	0	0	10	0
	Margarita	130	0	0	0	0	0	25	32	0	30	30	0	0	0	6	0	0	0	9	0
	Passion Fruit	190	0	0	0	0	0	20	49	0	47	46	0	0	0	5	0	0	0	29	0
	Pina Colada	140	5	0	0	0	0	20	36	0	35	34	0	0	0	6	0	0	0	1	0
	Pineapple	130	0	0	0	0	0	20	33	0	31	31	0	0	0	5	0	0	0	7	0
	Raspberry	140	0	0	0	0	0	20	35	0	34	33	0	0	0	6	0	0	0	14	0
	Raspberry Lemonade	150	0	0	0	0	0	25	37	0	35	31	0	0	0	6	0	0	0	20	0
	Reese's Chocolate Peanut Butter	210	30	4	1	0	0	55	44	1	41	41	1	0	0	11	0	1	6	43	0
	Reese's Peanut Butter and Jelly	200	45	5	1	0	0	55	38	0	36	35	2	0	0	10	0	0	0	2	0
	Root Beer	140	0	0	0	0	0	20	34	0	33	33	0	0	0	5	0	0	0	11	0
	Sour Patch Kids Red	130	0	0	0	0	0	20	36	0	35	35	0	0	0	4	0	0	0	0	0
	Strawberry	140	0	0	0	0	0	20	34	0	33	33	0	0	0	5	0	0	0	2	0
	Strawberry Colada	150	0	0	0	0	0	20	38	0	37	36	0	0	0	5	0	0	0	1	0
	Strawberry Lemonade	130	0	0	0	0	0	20	33	0	31	31	0	0	0	6	0	0	0	14	0
	Strawberry Margarita	150	0	0	0	0	0	25	37	0	36	34	0	0	0	6	0	0	0	10	0
	Strawberry- Watermelon	140	0	0	0	0	0	20	35	0	34	33	0	0	0	5	0	0	0	9	0
	Tropical Daiquiri	160	5	0	0	0	0	20	39	0	38	36	0	0	0	4	0	0	0	3	0
	Swedish Fish	160	0	0	0	0	0	35	41	0	40	40	0	0	0	4	0	0	0	1	0
	Tropical Punch	130	0	0	0	0	0	20	35	0	34	32	0	0	0	5	0	0	0	0	0
	Vanilla	130	0	0	0	0	0	20	33	0	32	32	0	0	0	4	0	0	0	10	0
	Watermelon	150	0	0	0	0	0	20	38	0	37	37	0	0	0	4	0	0	0	5	0
	Wild Berry	150	0	0	0	0	0	20	38	0	36	36	0	0	0	6	0	0	0	6	0
	Wild Black Cherry	160	0	0	0	0	0	20	38	0	35	34	0	0	0	8	0	0	0	13	0
	Unicorn	140	0	0	0	0	0	65	36	0	33	33	0	0	0	5	0	0	0	12	0
	Zombie's Blood	100	0	0	0	0	0	20	28	0	26	26	0	0	0	5	0	0	0	6	0
All-Natural Ice	All Natural Banana	150	0	0	0	0	0	5	29	1	28	26	0	0	0	12	0	0	0	106	2
	All Natural Cranberry	120	0	0	0	0	0	5	30	0	28	28	0	0	0	6	0	0	0	5	0
	All Natural Cranberry Pineapple	110	0	0	0	0	0	5	30	0	28	27	0	0	0	7	0	0	0	11	0
	All Natural Cranberry Strawberry	140	0	0	0	0	0	5	28	1	26	25	0	0	0	14	2	0	0	82	2
	All Natural Orange	120	0	0	0	0	0	5	30	0	28	26	0	0	0	9	0	0	0	49	2
	All Natural Pineapple	130	0	0	0	0	0	5	31	0	30	27	0	0	0	8	0	0	0	28	0
	All Natural Strawberry	160	0	0	0	0	0	5	25	2	23	23	0	0	0	19	2	0	0	146	4
	All Natural Strawberry Banana	140	0	0	0	0	0	5	26	1	25	23	0	0	0	13	2	0	0	98	2
	All Natural Strawberry Pineapple	120	0	0	0	0	0	5	24	1	23	22	0	0	0	13	2	0	0	91	2
	All-Natural Orange-Pineapple	120	0	0	0	0	0	5	30	0	29	27	0	0	0	9	0	0	0	40	0
	Birthday Cake	170	20	2	2	0	0	90	39	0	35	30	0	0	0	19	2	0	0	4	0
	Banana Split Cream	180	25	3	2	0	0	25	39	0	37	14	0	0	0	7	0	0	0	4	0
	Black Cherry Cheesecake	170	15	2	2	0	0	40	38	0	36	15	0	0	0	8	0	0	0	4	0
	Brookie Dough	190	30	4	3	0	0	65	40	0	35	33	1	0	0	9	0	0	0	29	0
	Caramel (dulce)	190	20	2	2	0	0	80	43	0	39	30	0	0	0	6	0	0	0	15	0
	Cheesecake	160	15	2	2	0	0	40	37	0	35	15	0	0	0	5	0	0	0	4	0
	Chocolate Covered Banana	180	25	3	3	0	0	40	40	0	38	15	0	0	0	12	0	0	0	20	0
	Chocolate Chip Cheesecake	180	30	3	3	0	0	35	39	0	37	15	1	0	0	6	0	0	0	4	0
	Chocolate Covered Strawberry	190	30	4	3	0	0	45	39	0	37	31	1	0	0	12	0	1	6	5	0
	Coconut Cream	160	20	2	2	0	0	40	36	0	34	32	0	0	0	5	0	0	0	5	0

GELATI																					
SMALL 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	Cookie Dough	180	25	3	2	0	0	55	38	0	34	33	0	0	0	6	0	0	0	19	0
	Cookies & Cream	200	20	2	2	0	0	50	45	0	43	42	0	0	0	4	0	0	0	11	0
	Fudge Brownie	220	25	3	2	0	0	60	49	0	43	43	1	0	0	9	0	1	4	70	2
	Horchata	150	15	2	2	0	0	35	33	0	31	31	0	0	0	5	0	0	0	8	0
	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	0	7	0	0	0	10	0
	S/F Dragon Fruit	90	0	0	0	0	0	15	31	0	0	0	0	0	0	7	0	0	0	17	0
	S/F Mango Peach	60	0	0	0	0	0	15	22	0	0	0	0	0	0	7	0	0	0	12	0
	S/F Pineapple	70	0	0	0	0	0	15	21	0	0	0	0	0	0	4	0	0	0	12	0
	S/F Root Beer	70	0	0	0	0	0	20	23	0	0	0	0	0	0	4	0	0	0	10	0
	S/F Tangerine	70	0	0	0	0	0	20	23	0	0	0	0	0	0	4	0	0	0	13	0
	Banana	230	110	12	8		0	80	140	26	0	23	17	4	0	153	15	0	0	210	6
	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		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

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																					
	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)
Italian	Apple Berry Blue	270	0	0	0	0	0	45	68	0	65	62	0	1	6	9	0	0	0	24	0
	Banana	310	5	1	1	0	0	35	80	0	76	74	0	0	0	8	0	0	0	62	2
	Blood Orange	260	0	0	0	0	0	35	65	0	63	63	0	0	0	10	0	0	0	14	0
	Blue Raspberry	210	0	0	0	0	0	45	75	0	72	72	0	0	0	9	0	0	0	0	0
	Blueberry	420	0	0	0	0	0	45	106	0	102	102	0	2	10	9	0	0	0	0	0
	Cherry	230	0	0	0	0	0	40	59	0	56	54	0	2	10	14	2	0	0	1	0
	Cherry Lemonade	250	0	0	0	0	0	40	65	0	61	61	0	0	0	10	0	0	0	20	0
	Cherry Limeade	220	0	0	0	0	0	35	56	0	53	53	0	0	0	10	0	0	0	15	0
	Chocolate	340	5	0	0	0	0	65	86	0	82	81	1	0	0	15	2	1	6	86	2
	Chocolate Chocolate Chip	370	25	3	2	0	0	60	90	0	85	79	1	0	0	18	2	1	6	84	2
	Cotton Candy	320	0	0	0	0	0	25	80	0	78	30	0	0	0	10	0	0	0	1	0
	Dr Pepper	300	0	0	0	0	0	35	80	0	78	30	0	0	0	7	0	0	0	1	0
	Florida Orange	270	0	0	0	0	0	45	68	0	62	59	0	0	0	12	0	0	0	51	2
	Georgia Peach	200	0	0	0	0	0	35	52	0	50	49	0	0	0	8	0	0	0	0	0
	Green Apple	280	0	0	0	0	0	45	72	0	69	64	0	2	10	9	0	0	0	45	1
	Hawaiian Punch	290	0	0	0	0	0	35	77	0	74	24	0	0	0	8	0	0	0	0	0
	Island Fusion	300	0	0	0	0	0	45	77	0	74	73	0	0	0	10	0	0	0	40	0
	Juicy Pear	260	0	0	0	0	0	45	66	0	63	62	0	0	0	10	0	0	0	1	0
	Key Lime	250	0	0	0	0	0	65	65	0	62	62	0	0	0	9	0	0	0	0	0
	Kiwi Strawberry	270	0	0	0	0	0	45	68	0	66	65	0	0	0	11	0	0	0	9	0
	Lemon	220	0	0	0	0	0	35	57	0	55	55	0	0	0	11	0	0	0	11	0
	Mango	290	0	0	0	0	0	45	74	0	70	69	0	0	0	10	0	0	0	21	0
	Mango- Orange	290	0	0	0	0	0	40	72	0	67	53	0	0	0	9	0	0	0	11	0
	Mango-Peach	230	0	0	0	0	0	40	58	0	56	55	0	0	0	9	0	0	0	10	0
	Mango- Pineapple	290	0	0	0	0	0	40	73	0	71	69	0	0	0	9	0	0	0	17	0
	Mango- Strawberry	300	0	0	0	0	0	45	75	0	72	71	0	0	0	10	0	0	0	13	0
	Mojito	190	0	0	0	0	0	45	49	0	46	45	0	0	0	12	0	0	0	21	0
	Margarita	250	1	0	0	0	0	50	64	0	61	60	0	0	0	11	0	0	0	18	0
	Passion Fruit	380	0	0	0	0	0	45	98	0	94	91	0	0	0	10	0	0	0	58	2
	Pina Colada	280	5	1	0	0	0	40	72	0	69	68	0	0	0	11	0	0	0	2	0
	Pineapple	260	0	0	0	0	0	40	65	0	63	62	0	0	0	9	0	0	0	14	0
	Raspberry	280	0	0	0	0	0	40	71	1	67	67	0	0	0	12	0	0	0	28	0
	Raspberry Lemonade	290	0	0	0	0	0	55	74	1	70	61	0	0	0	12	0	0	0	41	0
	Reese's Chocolate Peanut Butter	410	60	7	2	0	0	115	88	1	83	81	3	0	0	23	2	1	6	86	2
	Reese's Peanut Butter and Jelly	390	90	10	2	0	0	115	75	0	72	69	3	0	0	21	2	1	6	4	0
	Root Beer	270	0	0	0	0	0	40	68	0	66	66	0	0	0	10	0	0	0	21	0
	Sour Patch Kids Red	270	0	0	0	0	0	40	73	0	71	71	0	0	0	8	0	0	0	0	0
	Strawberry	270	0	0	0	0	0	45	69	0	67	66	0	0	0	10	0	0	0	4	0
	Strawberry Colada	300	0	0	0	0	0	40	76	0	73	73	0	0	0	9	0	0	0	3	0
	Strawberry Lemonade	290	0	0	0	0	0	35	75	0	71	48	0	0	0	11	0	0	0	19	0
	Strawberry Margarita	260	0	0	0	0	0	50	66	0	63	59	0	0	0	10	0	0	0	15	0
	Strawberry- Watermelon	280	0	0	0	0	0	40	71	0	68	67	0	0	0	10	0	0	0	18	0
	Tropical Daiquiri	320	5	1	1	0	0	45	79	0	76	73	0	0	0	9	0	0	0	6	0
	Swedish Fish	330	0	0	0	0	0	75	83	0	81	81	0	0	0	9	0	0	0	1	0
	Tropical Punch	270	0	0	0	0	0	45	71	0	68	65	0	0	0	10	0	0	0	1	0
	Vanilla	260	0	0	0	0	0	45	66	0	64	64	0	0	0	9	0	0	0	20	0
	Watermelon	300	0	0	0	0	0	40	77	0	74	74	0	0	0	9	0	0	0	9	0
	Wild Berry	300	0	0	0	0	0	40	76	0	72	71	0	0	0	11	0	0	0	11	0
	Wild Black Cherry	310	0	0	0	0	0	40	75	0	71	68	1	0	0	16	2	0	0	26	0
	Unicorn	280	0	0	0	0	0	125	71	0	65	65	0	0	0	9	0	1	6	25	0
	Zombie's Blood	210	0	0	0	0	0	40	55	0	52	52	0	0	0	10	0	0	0	12	0
All-Natural Ice	All Natural Banana	290	0	0	0	0	0	15	58	2	55	52	1	0	0	24	2	0	0	213	4
	All Natural Cranberry	230	0	0	0	0	0	15	59	0	56	55	0	0	0	13	2	0	0	9	0
	All Natural Cranberry Pineapple	220	0	0	0	0	0	15	59	0	57	54	0	0	0	14	2	0	0	22	0
	All Natural Cranberry Strawberry	290	0	0	0	0	0	10	56	2	52	51	1	0	0	27	2	0	0	164	4
	All Natural Orange	230	0	0	0	0	0	15	59	0	57	52	0	0	0	19	2	0	0	98	2
	All Natural Pineapple	250	0	0	0	0	0	15	62	0	61	55	0	0	0	17	2	0	0	57	2
	All Natural Strawberry	320	0	0	0	0	0	10	50	3	46	46	1	0	0	37	2	0	0	292	6
	All Natural Strawberry Banana	280	0	0	0	0	0	15	52	2	49	47	1	0	0	27	2	0	0	197	4
	All Natural Strawberry Pineapple	250	0	0	0	0	0	15	47	2	45	43	1	0	0	27	2	0	0	181	4
	All-Natural Orange-Pineapple	240	0	0	0	0	0	15	60	0	59	53	0	0	0	18	2	0	0	81	2
	Birthday Cake	350	40	5	4	0	0	180	78	0	70	60	1	0	0	39	4	0	0	7	0
	Banana Split Cream	350	45	5	4	0	0	50	78	0	74	29	1	0	0	15	2	1	6	7	0
	Black Cherry Cheesecake	340	35	4	3	0	0	75	77	0	71	29	1	0	0	16	2	0	0	7	0
	Brookie Dough	380	60	7	5	0	5	130	79	0	69	67	1	0	0	18	2	0	0	59	2
	Caramel (dulce)	380	35	4	4	0	5	160	87	0	77	61	0	0	0	12	0	0	0	31	0
	Cheesecake	330	35	4	4	0	0	75	74	0	71	30	1	0	0	9	0	0	0	7	0
	Chocolate Covered Banana	370	50	6	5	0	0	80	80	0	75	30	1	0	0	23	2	1	6	40	0
	Chocolate Chip Cheesecake	360	60	6	5	0	0	75	78	0	74	30	1	0	0	13	2	1	6	7	0
	Chocolate Covered Strawberry	370	60	7	5	0	0	85	79	0	73	63	1	0	0	24	2	1	6	11	0

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	Coconut Cream	330	40	5	4	0	0	75	73	0	68	65	0	0	0	11	0	0	0	11	0
	Cookie Dough	350	50	6	4	0	0	105	76	0	68	67	1	0	0	11	0	0	0	38	0
	Cookies & Cream	400	35	4	3	0	0	95	91	0	86	83	0	0	0	8	0	1	6	21	0
	Fudge Brownie	430	50	6	4	0	0	115	97	0	86	86	2	0	0	18	2	1	6	140	4
	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
	Watermelon Chip	390	50	6	5	0	0	70	86	0	80	74	1	0	0	13	2	1	6	19	0
Sugar-Free Ice	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

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.

BLENDINI																					
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)
Italian	Apple Berry Blue	100	0	0	0	0	0	15	25	0	24	23	0	0	0	3	0	0	0	9	0
	Banana	120	0	0	0	0	0	15	31	0	29	28	0	0	0	3	0	0	0	24	0
	Blood Orange	100	0	0	0	0	0	15	25	0	24	24	0	0	0	4	0	0	0	5	0
	Blue Raspberry	100	0	0	0	0	0	15	25	0	24	24	0	1	6	3	0	0	0	0	0
	Blueberry	160	0	0	0	0	0	15	41	0	39	39	0	1	6	4	0	0	0	1	0
	Cherry	90	0	0	0	0	0	15	23	0	21	21	0	0	0	5	0	0	0	0	0
	Cherry Lemonade	100	0	0	0	0	0	15	25	0	24	23	0	0	0	4	0	0	0	8	0
	Cherry Limeade	80	0	0	0	0	0	15	21	0	20	20	0	0	0	4	0	0	0	5	0
	Chocolate	130	0	0	0	0	0	25	33	0	31	31	0	0	0	6	0	0	0	33	0
	Chocolate Chocolate Chip	140	10	1	0.5	0	0	25	34	0	32	32	0	0	0	7	0	1	6	48	2
	Cotton Candy	110	0	0	0	0	0	10	28	0	27	11	0	0	0	3	0	0	0	0	0
	Dr Pepper	110	0	0	0	0	0	15	30	0	30	11	0	0	0	3	0	0	0	0	0
	Florida Orange	100	0	0	0	0	0	15	26	0	24	23	0	0	0	5	0	0	0	20	0
	Georgia Peach	70	0	0	0	0	0	15	19	0	18	18	0	0	0	3	0	0	0	0	0
	Green Apple	110	0	0	0	0	0	20	28	0	26	25	0	1	6	4	0	0	0	17	0
	Hawaiian Punch	110	0	0	0	0	0	15	29	0	29	9	0	0	0	3	0	0	0	0	0
	Island Fusion	120	0	0	0	0	0	20	30	0	28	28	0	0	0	4	0	0	0	15	0
	Juicy Pear	100	0	0	0	0	0	15	25	0	24	24	0	0	0	4	0	0	0	0	0
	Key Lime	100	0	0	0	0	0	25	25	0	24	24	0	0	0	3	0	0	0	1	0
	Kiwi Strawberry	100	0	0	0	0	0	15	26	0	25	25	0	0	0	4	0	0	0	4	0
	Lemon	90	0	0	0	0	0	15	22	0	21	21	0	0	0	4	0	0	0	4	0
	Mango	110	0	0	0	0	0	15	28	0	27	27	0	0	0	4	0	0	0	8	0
	Mango- Orange	110	0	0	0	0	0	15	28	0	26	20	0	0	0	3	0	0	0	4	0
	Mango-Peach	80	0	0	0	0	0	15	21	0	20	20	0	0	0	3	0	0	0	4	0
	Mango- Pineapple	110	0	0	0	0	0	15	28	0	27	27	0	0	0	4	0	0	0	7	0
	Mango- Strawberry	110	0	0	0	0	0	15	29	0	28	27	0	0	0	4	0	0	0	5	0
	Margarita	100	0	0	0	0	0	20	25	0	24	23	0	0	0	4	0	0	0	5	0
	Mojito	70	0	0	0	0	0	20	19	0	17	17	0	0	0	5	0	0	0	8	0
	Passion Fruit	150	0	0	0	0	0	15	37	0	36	35	0	0	0	4	0	0	0	22	0
	Pina Colada	110	0	0	0	0	0	15	28	0	26	26	0	0	0	4	0	0	0	1	0
	Pineapple	100	0	0	0	0	0	15	25	0	24	24	0	0	0	4	0	0	0	6	0
	Raspberry	110	0	0	0	0	0	15	27	0	26	26	0	0	0	4	0	0	0	11	0
	Raspberry Lemonade	110	0	0	0	0	0	20	27	0	26	23	0	0	0	5	0	0	0	15	0
	Reese's Chocolate Peanut Butter	160	25	2.5	0.5	0	0	45	34	1	32	31	1	0	0	9	0	0	0	56	2
	Reese's Peanut Butter and Jelly	160	35	4	0.5	0	0	45	30	0	29	28	1	0	0	8	0	0	0	37	0
	Root Beer	100	0	0	0	0	0	15	26	0	25	25	0	0	0	4	0	0	0	8	0
	Sour Patch Kids Red	100	0	0	0	0	0	15	28	0	27	27	0	0	0	3	0	0	0	0	0
	Strawberry	100	0	0	0	0	0	15	26	0	26	25	0	0	0	4	0	0	0	1	0
	Strawberry Colada	110	0	0	0	0	0	15	29	0	28	28	0	0	0	4	0	0	0	1	0
	Strawberry Lemonade	100	0	0	0	0	0	15	25	0	24	23	0	0	0	4	0	0	0	11	0
	Strawberry Margarita	100	0	0	0	0	0	20	25	0	24	23	0	0	0	4	0	0	0	5	0
	Strawberry- Watermelon	110	0	0	0	0	0	15	27	0	26	26	0	0	0	4	0	0	0	7	0
	Swedish Fish	120	0	0	0	0	0	30	32	0	31	31	0	0	0	3	0	0	0	0	0
	Tropical Daiquiri	120	0	0	0	0	0	15	30	0	29	28	0	0	0	3	0	0	0	2	0
	Tropical Punch	100	0	0	0	0	0	15	27	0	26	25	0	0	0	4	0	0	0	0	0
	Vanilla	100	0	0	0	0	0	15	25	0	25	25	0	0	0	3	0	0	0	8	0
	Watermelon	120	0	0	0	0	0	15	29	0	28	28	0	0	0	3	0	0	0	3	0
	Wild Berry	110	0	0	0	0	0	15	29	0	28	27	0	0	0	4	0	0	0	4	0
	Wild Black Cherry	110	0	0	0	0	0	10	26	0	24	24	0	0	0	4	0	0	0	9	0
	Unicorn	100	0	0	0	0	0	45	26	0	24	24	0	0	0	3	0	0	0	9	0
	Zombie's Blood	80	0	0	0	0	0	15	20	0	19	19	0	0	0	4	0	0	0	4	0
All-Natural Ice	All Natural Banana	110	0	0	0	0	0	5	22	1	21	20	0	0	0	9	0	0	0	82	2
	All Natural Cranberry	90	0	0	0	0	0	5	23	0	21	21	0	0	0	5	0	0	0	4	0
	All Natural Cranberry Pineapple	90	0	0	0	0	0	5	23	0	22	21	0	0	0	5	0	0	0	8	0
	All Natural Cranberry Strawberry	110	0	0	0	0	0	0	22	1	20	20	0	0	0	11	0	0	0	63	2
	All Natural Orange	90	0	0	0	0	0	5	23	0	22	20	0	0	0	7	0	0	0	37	0
	All-Natural Orange Pineapple	90	0	0	0	0	0	5	23	0	22	20	0	0	0	7	0	0	0	31	0
	All Natural Pineapple	100	0	0	0	0	0	5	24	0	23	21	0	0	0	6	0	0	0	22	0
	All Natural Strawberry	120	0	0	0	0	0	0	19	1	18	17	0	0	0	14	2	0	0	112	2
	All Natural Strawberry Banana	110	0	0	0	0	0	5	20	1	18	17	0	0	0	10	0	0	0	69	2
	All Natural Strawberry Pineapple	100	0	0	0	0	0	5	18	1	17	16	0	0	0	10	0	0	0	75	2
	Banana Split Cream	130	15	2	1.5	0	0	20	30	0	28	12	0	0	0	6	0	0	0	12	0
	Birthday Cake	130	15	1.5	1.5	0	0	70	30	0	27	23	0	0	0	15	2	0	0	3	0
	Black Cherry Cheesecake	130	15	1.5	1	0	0	30	29	0	27	11	0	0	0	6	0	0	0	3	0
	Brookie Dough	140	20	2.5	1.5	0	0	45	29	0	25	24	0	0	0	6	0	0	0	21	0
	Caramel (dulce)	150	15	1.5	1.5	0	0	65	33	0	29	26	0	0	0	9	0	0	0	18	0
	Cheesecake	130	15	1.5	1.5	0	0	30	28	0	27	12	0	0	0	4	0	0	0	3	0
	Chocolate Chip Cheesecake	140	20	2.5	2	0	0	30	30	0	28	13	0	0	0	5	0	0	0	19	0
	Chocolate Covered Banana	140	20	2	2	0	0	35	31	0	29	13	0	0	0	6	0	0	0	29	0
	Chocolate Covered Strawberry	140	25	2.5	2	0	0	35	30	0	28	28	0	0	0	7	0	0	0	32	0
	Coconut Cream	130	15	1.5	1.5	0	0	30	28	0	26	25	0	0	0	4	0	0	0	4	0
	Cookies & Cream	130	10	1.5	1	0	0	30	30	0	29	28	0	0	0	3	0	0	2	5	0

BLENDINI																					
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)
Cream Ice	Cookie Dough	140	20	2	1.5	0	0	40	29	0	26	26	0	0	0	4	0	0	0	19	0
	Fudge Brownie	140	20	2	1.5	0	0	40	32	0	29	29	1	0	0	6	0	0	2	50	1
	Horchata	110	10	1	1	0	0	30	25	0	24	24	0	0	0	4	0	0	0	6	0
	Iced Coffee	110	10	1	1	0	0	70	27	0	26	26	0	0	0	5	0	0	0	49	2
	Mint Chocolate Chip	130	20	2	1.5	0	0	25	29	0	27	27	0	0	0	5	0	0	0	23	0
	Mint Oreo	130	15	1.5	1	0	0	35	29	0	27	18	0	0	0	3	0	0	0	3	0
	Mocha	120	10	1.5	1	0	0	55	28	0	26	26	0	0	0	5	0	0	0	42	0
	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	140	30	3.5	1.5	0	0	40	28	0	27	27	1	0	0	6	0	0	2	30	1
	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
Sugar-Free Ice	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	10	18	0	0	0	0	0	0	5	0	0	0	7	0
	S/F Dragon Fruit	70	0	0	0	0	0	15	23	0	0	0	0	0	0	6	0	0	0	13	0
	S/F Mango Peach	70	0	0	0	0	0	10	18	0	0	0	0	0	0	4	0	0	0	0	0
	S/F Pineapple	50	0	0	0	0	0	10	16	0	0	0	0	0	0	3	0	0	0	9	0
	S/F Root Beer	50	0	0	0	0	0	15	18	0	0	0	0	0	0	3	0	0	0	8	0
	S/F Tangerine	50	0	0	0	0	0	15	18	0	0	0	0	0	0	3	0	0	0	10	0
	Chocolate	320	150	17	10	0	100	170	37	0	34	26	7	0	0	221	20	2	10	440	13
	Vanilla	340	170	19	12	0	130	210	37	0	32	24	7	0	0	238	25	0	0	320	9
Custard Flavor	Banana	340	160	18	11	0	125	210	39	0	34	26	7	0	0	229	25	0	0	310	9
	Black Raspberry	340	160	18	12	0	125	210	37	0	32	23	7	0	0	233	25	0	0	320	9
	Cake Batter	350	150	17	11	0	115	200	44	0	38	31	6	0	0	215	15	0	0	292	6
	Caramel Macchiato	340	170	18	12	0	125	210	39	0	33	23	7	0	0	234	20	0	0	317	6
	Cheesecake	340	160	18	11	0	125	210	40	0	34	26	7	0	0	230	25	0	0	310	9
	Coffee	340	160	18	12	0	125	210	40	0	33	23	7	0	0	233	25	0	0	320	9
	Cotton Candy	340	200	23	14	0	155	260	50	0	43	33	8	0	0	287	30	0	0	390	11
	Mint	340	170	18	12	0	125	210	37	0	32	23	7	0	0	234	25	0	0	320	9
	Orange Cream	340	160	18	12	0	125	210	38	0	33	25	7	0	0	233	25	0	0	320	9
	Pumpkin	340	160	18	12	0	125	210	40	0	35	26	7	0	0	230	25	0	0	310	9
	Salted Caramel	340	170	18	12	0	125	210	38	0	33	23	7	0	0	235	25	0	0	320	9
	Salted Caramel Chocolate	320	150	17	10	0	100	170	38	0	35	25	7	0	0	218	15	2	10	436	10
	Strawberry	340	160	18	12	0	125	210	39	0	34	26	7	0	0	232	25	0	0	320	9
	Strawberry Banana	340	160	18	11	0	125	210	40	0	35	24	7	0	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	Apple Pie Filling	100	0	0	0	0	0	20	25	0	20	20	0	0	0	5	0	0	0	47	2
	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		
	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
	Nutella	150	80	9	3	0	0	10	17	1	16	15	2	0	0	34	2	1	6	128	2
	OREO	120	45	5	2	0	0	140	18	0	10		1	0	0	0	0	1	6		
	Pie Pieces	50	20	3	1	0	5	15	7	0	2	2	1	0	0	1	0	0	0	7	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
	Sprinkles, Chocolate	130	45	5	4	0	0	0	20	0	12	12	0	0	0	1	0	0	0	0	0
	Sprinkles, Rainbow	120	45	5	4	0	0	0	20	0	12	12	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		
Stuffed Topping	Whipped Cream	80	50	6	4	0	20	5	6	0	3	2	1	0	0	20	2	0	0	26	0
	Hot Fudge	180	0	0	0	0	0	0	54	0	52	52	0	0	0	0	0	0	0	0	0
	Hot Caramel	180	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
	Reeses's Peanut Butter Sauce	380	90	10	8	0	0	0	40	0	24	24	0	0	0	2	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.

CONCRETE REGULAR PORTION Add together your Custard Flavor and Two Toppings																					
	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
Topping	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
	Apple Pie Filling	100	0	0	0	0	0	20	25	0	20	20	0	0	0	5	0	0	0	47	2
	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
	Nutella	150	80	9	3	0	0	10	17	1	16	15	2	0	0	34	2	1	6	128	2
	OREO	120	45	5	2	0	0	140	18	0	10		1	0	0	0	0	1	6	0	0
Stuffed Toppings	Pie Pieces	50	20	3	1	0	5	15	7	0	2	2	1	0	0	1	0	0	0	7	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
	Sprinkles, Chocolate	130	45	5	4	0	0	0	20	0	12	12	0	0	0	1	0	0	0	0	0
	Sprinkles, Rainbow	120	45	5	4	0	0	0	20	0	12	12	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
	Hot Fudge	180	0	0	0	0	0	0	54	0	52	52	0	0	0	0	0	0	0	0	0
	Hot Caramel	180	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	380	90	10	8	0	0	0	40	0	24	24	0	0	0	2	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.																					
Average Concrete		737	316	35	20	0	164	353	95	1	77	61	12	0	0	331	30	1	5	542	14
Range Concrete		530 - 1030	200 - 540	22 - 61	13 - 32	0 - 0	135 - 180	220 - 580	61 - 175	0 - 6	44 - 155	31 - 145	8 - 23	0 - 0	0 - 0	287 - 392	20 - 34	0 - 4	0 - 27	390 - 950	8 - 25
Average Concrete STUFFED		786	295	33	19	0	163	330	112	1	90	74	12	0	0	323	29	1	4	511	13
Range Concrete STUFFED		560 - 1130	200 - 470	22 - 53	13 - 29	0 - 0	135 - 175	220 - 470	76 - 146	0 - 4	61 - 129	42 - 119	8 - 20	0 - 0	0 - 0	287 - 361	20 - 32	0 - 3	0 - 21	390 - 823	8 - 23
Average Stuffed It UpCharge		205	23	3	2	0	0	10	43	0	33	31	1	0	0	2	0	0	0	13	1
Range Stuffed It UpCharge		80 - 380	0 - 90	0 - 10	0 - 8	0 - 0	0 - 0	0 - 30	21 - 58	0 - 1	18 - 52	11 - 52	0 - 4	0 - 0	0 - 0	0 - 6	0 - 0	0 - 0	0 - 0	0 - 53	0 - 2

MISTO																					
SMALL PORTION (12 oz)																					
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)
Italian	Apple Berry Blue	290	0	0	0	0	0	50	73	0	70	68	0	1	6	10	0	0	0	26	0
	Banana	340	5	1	1	0	0	40	86	0	82	80	0	0	0	9	0	0	0	67	0
	Birch Beer	240	0	0	0	0	0	35	61	0	58	58	0	0	0	9	0	0	0	0	0
	Blood Orange	280	0	0	0	0	0	35	71	0	68	68	0	0	0	11	0	0	0	15	0
	Blue Raspberry	320	0	0	0	0	0	50	81	0	78	78	0	1	6	10	0	0	0	1	0
	Blueberry	450	0	0	0	0	0	50	115	0	111	110	0	2	10	10	0	0	0	2	0
	Cherry	250	0	0	0	0	0	45	64	0	60	58	0	0	0	15	2	0	0	1	0
	Cherry Lemonade	270	0	0	0	0	0	45	71	0	67	66	0	0	0	11	0	0	0	21	0
	Cherry Limeade	300	0	0	0	0	0	40	77	0	74	74	0	0	0	10	0	0	0	5	2
	Chocolate	370	5	0	0	0	0	70	93	1	89	88	1	0	0	16	2	1	6	94	2
	Chocolate Chocolate Chip	400	30	3	2	0	0	65	97	2	92	91	1	0	0	20	2	2	10	135	0
	Cotton Candy	310	0	0	0	0	0	35	80	0	76	30	0	0	0	9	0	0	0	1	0
	Dr Pepper	320	0	0	0	0	0	35	86	0	84	32	0	0	0	7	0	0	0	1	2
	Florida Orange	290	0	0	0	0	0	50	73	0	67	64	0	0	0	13	2	0	0	55	0
	Georgia Peach	300	0	0	0	0	0	45	75	0	73	71	0	0	0	11	0	0	0	3	2
	Green Apple	310	0	0	0	0	0	50	78	0	74	70	0	1	6	10	0	0	0	48	0
	Hawaiian Punch	320	0	0	0	0	0	35	83	0	81	26	0	0	0	9	0	0	0	1	0
	Island Fusion	330	0	0	0	0	0	50	84	0	81	79	0	0	0	11	0	0	0	43	0
	Juicy Pear	280	0	0	0	0	0	45	71	0	68	68	0	0	0	11	0	0	0	1	0
	Key Lime	300	0	0	0	0	0	70	76	0	73	73	0	0	0	10	0	0	0	3	0
	Kiwi Strawberry	290	0	0	0	0	0	50	74	0	71	71	0	0	0	11	0	0	0	10	0
	Lemon	240	0	0	0	0	0	40	62	0	59	59	0	0	0	12	0	0	0	11	0
	Mango	310	0	0	0	0	0	45	80	0	76	75	0	0	0	10	0	0	0	23	0
	Mango- Orange	310	0	0	0	0	0	40	78	0	72	57	0	0	0	10	0	0	0	12	0
	Mango-Peach	250	0	0	0	0	0	45	63	0	60	59	0	0	0	10	0	0	0	11	0
	Mango- Pineapple	310	0	0	0	0	0	45	79	0	76	75	0	0	0	10	0	0	0	19	0
	Mango- Strawberry	320	0	0	0	0	0	45	81	0	78	77	0	0	0	10	0	0	0	14	0
	Margarita	270	0	0	0	0	0	55	69	0	66	65	0	0	0	12	0	0	0	19	0
	Mojito	210	0	0	0	0	0	50	53	0	49	49	0	0	0	13	2	0	0	23	2
	Passion Fruit	410	0	0	0	0	0	50	106	0	102	99	0	0	0	11	0	0	0	63	0
	Pina Colada	310	5	1	0	0	0	45	78	0	75	74	0	0	0	12	0	0	0	2	0
	Pineapple	280	0	0	0	0	0	45	71	0	68	67	0	0	0	10	0	0	0	16	0
	Raspberry	300	0	0	0	0	0	45	77	1	73	72	0	0	0	13	2	0	0	31	0
	Raspberry Lemonade	310	0	0	0	0	0	60	80	1	76	67	0	0	0	13	2	0	0	44	0
	Reese's Chocolate Peanut Butter	440	60	7	2	0	0	150	96	1	90	88	3	0	0	16	2	1	6	93	0
	Reese's Peanut Butter and Jelly	430	100	11	2	0	0	125	82	0	78	75	4	0	0	22	2	1	6	4	0
	Root Beer	290	0	0	0	0	0	45	74	0	72	72	0	0	0	11	0	0	0	23	0
	Sour Patch Kids Red	290	0	0	0	0	0	45	79	0	77	77	0	0	0	9	0	0	0	0	0
	Strawberry	300	0	0	0	0	0	50	75	0	72	71	0	0	0	11	0	0	0	4	0
	Strawberry Colada	320	0	0	0	0	0	45	82	0	79	79	0	0	0	10	0	0	0	3	0
	Strawberry Lemonade	280	0	0	0	0	0	45	71	0	67	66	0	0	0	12	0	0	0	31	0
	Strawberry Margarita	320	0	0	0	0	0	50	80	0	77	73	0	0	0	13	2	0	0	25	0
	Strawberry- Watermelon	300	0	0	0	0	0	45	76	0	74	72	0	0	0	10	0	0	0	20	0
	Swedish Fish	350	0	0	0	0	0	80	90	0	87	87	0	0	0	9	0	0	0	1	0
	Tropical Daiquiri	340	5	1	0	0	0	50	85	0	82	79	0	0	0	9	0	0	0	6	0
	Tropical Punch	290	0	0	0	0	0	45	77	0	74	70	0	0	0	11	0	0	0	1	0
	Vanilla	280	0	0	0	0	0	45	72	0	70	70	0	0	0	10	0	0	0	22	0
	Watermelon	330	0	0	0	0	0	45	83	0	80	80	0	0	0	10	0	0	0	10	0
	Wild Berry	320	0	0	0	0	0	45	82	0	79	77	0	0	0	12	0	0	0	12	0
	Wild Black Cherry	300	0	0	0	0	0	30	73	0	67	67	1	0	0	12	0	0	0	24	4
	Unicorn	300	0	0	0	0	0	135	77	0	70	70	0	0	0	10	0	1	6	27	0
	Zombie's Blood	220	0	0	0	0	0	45	60	0	56	56	0	0	0	11	0	0	0	13	0
All-Natural Ice	All Natural Banana	320	0	0	0	0	0	15	63	2	60	56	1	0	0	26	2	0	0	231	0
	All Natural Cranberry	250	0	0	0	0	0	15	64	0	61	60	0	0	0	14	2	0	0	10	0
	All Natural Cranberry Pineapple	240	0	0	0	0	0	15	64	0	61	59	0	0	0	15	2	0	0	24	4
	All Natural Cranberry Strawberry	310	0	0	0	0	0	15	61	2	56	55	1	0	0	30	2	0	0	178	2
	All Natural Orange	250	0	0	0	0	0	15	64	0	62	57	0	0	0	21	2	0	0	106	2
	All Natural Pineapple	280	0	0	0	0	0	15	68	0	66	59	0	0	0	18	2	0	0	61	0
	All Natural Strawberry	350	0	0	0	0	0	15	54	4	50	49	1	0	0	41	4	0	0	316	4
	All Natural Strawberry Banana	300	0	0	0	0	0	15	56	2	53	51	1	0	0	29	2	0	0	213	4
	All Natural Strawberry Pineapple	270	0	0	0	0	0	15	51	2	49	47	1	0	0	29	2	0	0	196	2
	All-Natural Orange-Pineapple	260	0	0	0	0	0	15	65	0	64	58	0	0	0	19	2	0	0	88	0
	Birthday Cake	380	40	5	4	0	0	200	84	0	76	65	1	0	0	42	4	0	0	8	0

MISTO																					
SMALL PORTION (12 oz)																					
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	Banana Split Cream	380	50	5	4	0	0	55	85	0	80	34	1	0	0	16	2	1	6	34	0
	Black Cherry Cheesecake	370	35	4	4	0	5	80	83	0	77	32	1	0	0	18	2	0	0	8	0
	Brookie Dough	420	60	7	5	0	5	135	90	0	80	76	1	0	0	21	2	0	0	60	2
	Caramel (dulce)	410	40	5	4	0	5	170	94	0	84	66	0	0	0	13	2	0	0	33	0
	Cheesecake	360	35	4	4	0	5	85	80	0	76	33	1	0	0	10	0	0	0	8	2
	Chocolate Chip Cheesecake	390	60	7	5	0	5	80	85	1	80	38	1	0	0	14	2	1	6	53	2
	Chocolate Covered Banana	400	50	6	5	0	0	100	87	1	81	38	1	0	0	17	2	1	6	82	2
	Chocolate Covered Strawberry	400	60	7	6	0	0	105	86	1	79	78	1	0	0	20	2	1	6	90	0
	Coconut Cream	350	40	5	4	0	0	80	79	0	74	70	0	0	0	12	0	0	0	12	2
	Cookie Dough	380	50	6	4	0	5	115	83	0	74	74	1	0	0	12	0	0	0	53	0
	Cookies & Cream	380	50	6	4	0	5	115	83	0	74	73	1	0	0	12	0	0	0	42	6
	Fudge Brownie	470	60	7	4.5	0	5	125	105	2	94	93	2	0	0	20	2	1	6	155	4
	Horchata	320	30	4	3	0	0	80	72	0	67	67	1	0	0	10	0	0	0	17	2
	Iced Coffee	320	30	4	3	0	0	200	78	0	73	72	1	0	0	14	2	0	0	137	2
	Mint Chocolate Chip	380	60	6	5	0	0	75	83	1	78	77	1	0	0	14	2	1	6	65	0
	Mint Oreo	360	40	5	4	0	0	105	83	0	76	51	1	0	0	9	0	0	0	8	2
	Mocha	340	35	4	4	0	0	150	79	1	73	72	1	0	0	16	2	1	6	120	2
	Peppermint Chip	370	50	6	4.5	0	0	80	85	1	80	80	1	0	0	15	2	1	6	71	0
	Pumpkin Cheesecake	320	30	4	3	0	0	50	72	0	67	30	1	0	0	14	2	0	0	12	0
	Pumpkin Pie	290	30	4	3	0	0	75	66	1	61	60	1	0	0	17	2	0	0	34	2
	Pumpkin Spice Latte	310	35	4	4	0	0	135	68	0	63	63	1	0	0	16	2	0	0	97	0
	Reese's Marshmallow Peanut Butter	470	100	11	5	0	0	130	92	0	87	86	3	0	0	19	2	1	6	24	0
	Root Beer Float	320	15	2	2	0	0	60	77	0	73	55	0	0	0	10	0	0	0	17	2
	S'mores	420	45	5	4	0	0	80	94	1	90	90	1	0	0	13	2	1	6	53	0
	Strawberry Cheesecake	370	35	4	4	0	5	85	85	0	80	35	1	0	0	11	0	0	0	21	0
	Strawberry-Banana	380	35	4	4	0	0	75	87	0	82	80	0	0	0	10	0	0	0	43	0
	Vanilla Cream	330	30	4	3	0	0	80	74	0	70	70	0	0	0	10	0	0	0	29	2
	Watermelon Chip	420	60	6	5	0	0	80	93	1	87	86	1	0	0	14	2	1	6	67	0
Sugar-Free Ice	S/F Cherry	140	0	0	0	0	0	30	50	0	0	0	0	0	0	15	2	0	0	21	0
	S/F Dragon Fruit	190	0	0	0	0	0	35	66	0	0	0	0	0	0	16	2	0	0	38	0
	S/F Mango Peach	140	0	0	0	0	0	30	48	0	0	0	0	0	0	15	2	0	0	25	0
	S/F Pineapple	140	0	0	0	0	0	35	46	0	0	0	0	0	0	10	0	0	0	26	0
	S/F Root Beer	140	0	0	0	0	0	40	50	1	0	0	0	0	0	9	0	0	0	22	0
	S/F Tangerine	150	0	0	0	0	0	45	50	0	0	0	0	0	0	9	0	0	0	28	0
	Banana	130	60	7	5	0	45	80	15	0	13	10	3	0	0	88	6	0	0	119	2
Custard	Black Raspberry	130	60	7	4.5	0	50	80	14	0	12	9	3	0	0	89	6	0	0	121	2
	Cheesecake	130	60	7	4.5	0	45	75	16	0	14	11	2	0	0	85	6	0	0	117	2
	Chocolate	120	60	7	4	0	40	65	14		13	10	3	0	0	85	6	1	6	170	4
	Coffee	130	60	7	4.5	0	50	80	15	0	12	9	3	0	0	89	6	0	0	121	2
	Cotton Candy	130	60	7	4.5	0	45	80	15	0	13	10	3	0	0	88	6	0	0	120	2
	Mint	130	60	7	4.5	0	50	80	14	0	12	9	3	0	0	90	6	0	0	122	2
	Orange Cream	130	60	7	4.5	0	50	80	15	0	13	10	3	0	0	89	6	0	0	122	2
	Pumpkin	130	60	7	4.5	0	45	80	15	0	13	10	3	0	0	88	6	0	0	120	2
	Salted Carmel	130	60	7	4.5	0	50	80	15	0	13	9	3	0	0	90	6	0	0	122	2
	Strawberry	130	60	7	4.5	0	50	80	15	0	13	10	3	0	0	89	6	0	0	121	2
	Vanilla	130	60	7	4.5	0	50	80	14	0	12	9	3	0	0	91	8	0	0	124	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.

MISTO																					
LARGE PORTION (20 oz)																					
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)
Italian	Apple Berry Blue	410	0	0	0	0	0	70	106	0	101	98	0	2	10	15	2	0	0	37	0
	Banana	490	10	1	1	0	0	55	124	1	119	115	0	0	0	13	2	0	0	96	2
	Birch Beer	350	0	0	0	0	0	50	88	0	84	84	0	0	0	13	2	0	0	1	0
	Blood Orange	400	0	0	0	0	0	55	102	0	98	98	0	0	0	16	2	0	0	21	0
	Blue Raspberry	460	0	0	0	0	0	70	117	0	113	113	0	2	10	14	2	0	0	2	0
	Blueberry	650	0	0	0	0	0	70	166	0	160	159	0	3	15	15	2	0	0	3	0
	Cherry	360	0	0	0	0	0	60	93	0	87	84	0	0	0	22	2	0	0	2	0
	Cherry Lemonade	390	0	0	0	0	0	65	102	0	96	96	0	0	0	16	2	0	0	31	0
	Cherry Limeade	430	0	0	0	0	0	60	111	0	107	107	0	0	0	14	2	0	0	7	0
	Chocolate	530	5	1	0	0	0	100	134	2	128	127	1	0	0	24	2	1	6	135	2
	Chocolate Chocolate Chip	580	40	4.5	2.5	0	0	95	141	3	132	132	2	0	0	28	2	2	10	195	4
	Cotton Candy	450	0	0	0	0	0	50	115	0	110	43	0	0	0	12	0	0	0	1	0
	Dr Pepper	470	0	0	0	0	0	50	124	0	122	46	0	0	0	11	0	0	0	1	0
	Florida Orange	420	0	0	0	0	0	70	106	0	96	92	0	0	0	19	2	0	0	80	2
	Georgia Peach	430	0	0	0	0	0	65	109	0	105	102	0	0	0	15	2	0	0	4	0
	Green Apple	440	0	0	0	0	0	70	112	0	107	101	0	2	10	15	2	0	0	70	2
	Hawaiian Punch	460	0	0	0	0	0	55	120	0	116	38	0	0	0	12	0	0	0	1	0
	Island Fusion	480	0	0	0	0	0	70	120	0	116	113	0	0	0	15	2	0	0	63	2
	Juicy Pear	410	0	0	0	0	0	65	103	0	99	98	0	0	0	15	2	0	0	2	0
	Key Lime	430	0	0	0	0	0	100	110	0	105	105	0	0	0	14	2	0	0	5	0
	Kiwi Strawberry	420	0	0	0	0	0	70	107	0	102	102	0	0	0	17	2	0	0	14	0
	Lemon	350	0	0	0	0	0	55	90	0	85	85	0	0	0	17	2	0	0	17	0
	Mango	450	0	0	0	0	0	70	115	0	110	108	0	0	0	15	2	0	0	33	0
	Mango- Orange	450	0	0	0	0	0	60	112	0	104	82	0	0	0	14	2	0	0	17	0
	Mango-Peach	360	0	0	0	0	0	65	91	0	87	85	0	0	0	14	2	0	0	16	0
	Mango- Pineapple	450	0	0	0	0	0	65	114	0	110	109	0	0	0	15	2	0	0	27	0
	Mango- Strawberry	450	0	0	0	0	0	65	114	0	110	109	0	0	0	15	2	0	0	27	0
	Mojito	290	0	0	0	0	0	70	75	0	69	69	0	0	0	18	2	0	0	32	0
	Margarita	390	0	0	0	0	0	80	100	0	95	94	0	0	0	17	2	0	0	28	0
	Passion Fruit	600	0	0	0	0	0	70	152	0	147	143	0	0	0	16	2	0	0	91	2
	Pina Colada	440	10	1	0	0	0	65	112	0	108	107	0	0	0	17	2	0	0	3	0
	Pineapple	410	0	0	0	0	0	65	102	0	98	97	0	0	0	15	2	1	6	22	0
	Raspberry	440	0	0	0	0	0	65	111	2	105	104	1	0	0	18	2	0	0	44	0
	Raspberry Lemonade	450	0	0	0	0	0	85	116	1	109	96	1	0	0	19	2	0	0	63	2
	Reese's Chocolate Peanut Butter	640	90	10	3	0	0	220	138	2	129	127	4	0	0	23	2	2	10	135	2
	Reese's Peanut Butter and Jelly	620	140	15	3	0	0	180	118	0	112	108	5	0	0	32	2	1	6	6	0
	Root Beer	420	0	0	0	0	0	65	107	0	104	104	0	0	0	15	2	0	0	33	0
	Sour Patch Kids Red	420	0	0	0	0	0	65	113	0	111	111	0	0	0	13	2	0	0	0	0
	Strawberry	430	0	0	0	0	0	70	108	0	104	102	0	0	0	15	2	0	0	6	0
	Strawberry Colada	470	0	0	0	0	0	65	118	0	114	114	0	0	0	15	2	0	0	4	0
	Strawberry Lemonade	400	0	0	0	0	0	60	103	0	97	96	0	0	0	18	2	0	0	45	0
	Strawberry Margarita	460	0	0	0	0	0	75	116	0	111	106	0	0	0	19	2	0	0	36	0
	Strawberry- Watermelon	440	0	0	0	0	0	65	110	0	106	105	0	0	0	15	2	0	0	29	0
	Swedish Fish	510	0	0	0	0	0	115	130	0	126	126	0	0	0	14	2	0	0	2	0
	Tropical Daiquiri	500	10	1	1	0	0	70	123	0	119	114	0	0	0	14	2	0	0	9	0
	Tropical Punch	420	0	0	0	0	0	70	111	0	106	101	0	0	0	16	2	0	0	2	0
	Vanilla	410	0	0	0	0	0	70	104	0	100	100	0	0	0	14	2	0	0	31	0
	Watermelon	470	0	0	0	0	0	65	120	0	116	115	0	0	0	14	2	0	0	14	0
	Wild Berry	470	0	0	0	0	0	65	118	1	113	112	0	0	0	17	2	0	0	18	0
	Wild Black Cherry	440	0	0	0	0	0	45	105	0	97	96	1	0	0	17	2	0	0	35	0
	Unicorn	440	0	0	0	0	0	200	112	0	102	102	0	0	0	15	2	1	6	39	0
	Zombie's Blood	320	0	0	0	0	0	65	86	0	81	81	0	0	0	16	2	0	0	19	0
All-Natural Ice	All Natural Banana	460	0	0	0	0	0	20	91	3	86	81	1	0	0	37	2	0	0	333	8
	All Natural Cranberry	360	0	0	0	0	0	20	92	0	88	86	0	0	0	20	2	0	0	14	0
	All Natural Cranberry Pineapple	350	0	0	0	0	0	20	92	0	88	85	0	0	0	22	2	0	0	34	0
	All Natural Cranberry Strawberry	450	0	0	0	0	0	20	88	3	81	80	1	0	0	43	4	0	0	257	6
	All Natural Orange	370	0	0	0	0	0	20	92	1	89	82	1	0	0	30	2	0	0	152	4
	All Natural Pineapple	400	0	0	0	0	0	20	98	0	95	86	0	0	0	26	2	1	6	89	2
	All Natural Strawberry	500	0	0	0	0	0	20	78	5	72	71	2	0	0	58	4	0	0	456	10
	All Natural Strawberry Banana	430	0	0	0	0	0	20	81	3	77	73	1	0	0	42	4	0	0	307	6
	All Natural Strawberry Pineapple	390	0	0	0	0	0	20	74	3	70	67	1	0	0	42	4	0	0	283	6
	All-Natural Orange-Pineapple	380	0	0	0	0	0	20	94	0	92	83	1	0	0	28	2	0	0	127	2
	Birthday Cake	530	60	7	5	0	0	280	118	0	106	92	1	0	0	59	4	0	0	11	0
	Banana Split Cream	530	70	8	6	0	0	75	119	1	112	48	1	0	0	23	2	1	6	48	2

MISTO																					
LARGE PORTION (20 oz)																					
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	Black Cherry Cheesecake	510	50	6	5	0	5	115	117	0	108	45	1	0	0	25	2	0	0	11	0
	Brookie Dough	610	80	9	7	0	5	190	130	0	116	110	2	0	0	30	2	1	6	86	2
	Caramel (dulce)	580	50	6	5	0	5	240	132	0	118	93	1	0	0	19	2	0	0	47	2
	Cheesecake	500	50	6	5	0	5	115	113	0	107	46	1	0	0	14	2	0	0	11	0
	Chocolate Chip Cheesecake	550	80	9	7	0	5	115	119	1	112	53	2	0	0	19	2	1	6	74	2
	Chocolate Covered Banana	560	80	8	7	0	0	140	122	1	114	53	1	0	0	24	2	1	6	115	2
	Chocolate Covered Strawberry	570	90	10	8	0	0	150	120	2	111	109	2	0	0	28	2	2	10	127	2
	Coconut Cream	500	60	6	6	0	0	115	111	0	103	98	0	0	0	16	2	0	0	16	0
	Cookie Dough	540	80	8	6	0	5	160	116	0	104	104	1	0	0	17	2	1	6	74	2
	Cookies & Cream	600	50	6	5	0	0	150	138	0	130	127	1	0	0	13	2	1	6	32	0
	Fudge Brownie	660	80	9	6	0	5	180	148	3	131	131	3	0	0	28	2	2	10	217	4
	Horchata	440	45	5	5	0	0	110	101	0	95	94	1	0	0	15	2	0	0	24	0
	Iced Coffee	450	45	5	5	0	0	280	109	0	102	102	1	0	0	19	2	0	0	193	4
	Mint Chocolate Chip	530	80	9	7	0	0	105	116	1	109	109	1	0	0	19	2	1	6	91	2
	Mint Oreo	510	60	6	5	0	0	140	116	0	107	72	1	0	0	13	2	1	6	12	0
	Mocha	480	45	5	5	0	0	210	110	1	102	102	1	0	0	22	2	1	6	169	4
	Peppermint Chip	520	80	8	7	0	0	115	119	1	113	112	1	0	0	21	2	2	10	100	2
	Pumpkin Cheesecake	450	45	5	5	0	0	65	101	0	95	42	1	0	0	19	2	0	0	17	0
	Pumpkin Pie	410	45	5	5	0	0	110	92	1	85	84	1	0	0	24	2	0	0	48	2
	Pumpkin Spice Latte	430	50	6	5	0	0	190	95	0	89	88	1	0	0	23	2	0	0	136	2
	Reese's Marshmallow Peanut Butter	650	130	15	6	0	0	190	129	0	122	120	4	0	0	27	2	1	6	34	0
	Root Beer Float	450	20	3	2	0	0	85	108	0	103	77	0	0	0	14	2	0	0	24	0
	S'mores	580	60	7	6	0	0	110	132	1	126	126	1	0	0	18	2	1	6	75	2
	Strawberry Cheesecake	520	50	6	5	0	5	120	119	0	113	50	1	0	0	15	2	0	0	30	0
	Strawberry-Banana	530	50	5	5	0	0	105	122	0	115	112	1	0	0	14	2	0	0	61	2
	Vanilla Cream	460	45	5	5	0	0	110	104	0	99	98	0	0	0	14	2	0	0	41	0
	Watermelon Chip	590	80	9	7	0	0	110	130	1	122	121	1	0	0	19	2	1	6	94	2
Sugar-Free Ice	S/F Cherry	200	0	0	0	0	0	40	71	0	0	0	1	0	0	21	2	0	0	29	0
	S/F Dragon Fruit	270	0	0	0	0	0	50	93	0	0	0	0	0	0	23	2	0	0	53	2
	S/F Mango Peach	190	0	0	0	0	0	40	67	0	0	0	0	0	0	21	2	0	0	35	0
	S/F Pineapple	200	0	0	0	0	0	50	65	0	0	0	0	0	0	14	2	0	0	37	0
	S/F Root Beer	200	0	0	0	0	0	55	71	1	1	0	0	0	0	13	2	0	0	30	0
	S/F Tangerine	200	0	0	0	0	0	60	71	0	0	0	0	0	0	13	2	0	0	39	0
	Banana	180	90	10	6	0	65	110	21	0	18	14	3	0	0	122	10	0	0	166	4
Custard	Black Raspberry	180	90	10	6	0	65	110	20	0	17	12	4	0	0	124	10	0	0	168	4
	Cheesecake	190	80	9	6	0	65	105	23	0	20	16	3	0	0	119	10	0	0	163	4
	Chocolate	170	80	9	5	0	55	90	20		18	14	4	0	0	118	10	1	6	236	6
	Coffee	180	90	10	6	0	65	120	20	0	17	13	4	0	0	126	10	0	0	170	4
	Cotton Candy	180	90	10	6	0	65	110	21	0	19	14	3	0	0	122	10	0	0	166	4
	Mint	180	90	10	6	0	65	110	20	0	17	12	4	0	0	125	10	0	0	170	4
	Orange Cream	180	90	10	6	0	65	110	20	0	18	13	4	0	0	124	10	0	0	170	4
	Pumpkin	180	90	10	6	0	65	110	21	0	18	14	4	0	0	123	10	0	0	167	4
	Salted Carmel	180	90	10	6	0	65	110	20	0	18	12	4	0	0	125	10	0	0	170	4
	Strawberry	180	90	10	6	0	65	110	21	0	18	14	4	0	0	124	10	0	0	168	4
	Vanilla	180	90	10	6	0	70	115	20	0	17	13	4	0	0	127	10	0	0	172	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.																					

MILKSHAKE																				
Small																				
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	540	230	25	16	0	170	320	67	0	60	35	11	0	0	397	40	0	0	520	15
Black and White	620	270	30	20	0	175	400	79	0	70	44	12	0	0	427	45	1	4	640	18
Black Raspberry	530	230	26	16	0	170	320	64	0	56	31	11	0	0	402	40	0	0	530	15
Cake Batter	550	220	24	15	0	160	300	73	0	65	41	11	0	0	379	40	0	0	500	14
Caramel	620	250	28	18	0	180	390	83	0	71	46	12	0	0	430	45	0	0	570	16
Cheesecake	540	220	25	16	0	165	310	71	0	64	39	11	0	0	388	40	0	0	510	15
Chocolate	510	220	24	15	0	140	270	64	0	59	34	12	0	0	386	40	2	15	700	20
Chocolate Covered Oreo	650	260	29	16	0	140	420	84	0	71	34	13	0	0	386	40	4	20	700	20
Chocolate Covered Strawberry	550	220	24	15	0	140	270	75	0	68	40	12	0	0	389	40	3	15	720	21
Chocolate Heath	660	300	33	19	0	150	370	82	0	76	51	12	0	0	404	40	3	15	740	21
Coffee	530	230	26	16	0	175	320	67	0	57	31	11	0	0	402	40	0	0	530	15
Cotton Candy	540	230	26	16	0	170	310	68	0	60	35	11	0	0	398	40	0	0	520	15
Mint	530	230	26	17	0	175	320	63	0	56	31	11	0	0	404	40	0	0	530	15
Orange	540	230	26	16	0	170	320	66	0	58	31	11	0	0	401	40	0	0	530	15
Oreo Cookie N Cream	670	290	32	18	0	175	480	84	0	69	32	13	0	0	409	40	2	8	540	15
Pumpkin	540	230	26	16	0	170	320	68	0	60	35	11	0	0	399	40	0	0	530	15
Reese's Peanut Butter	720	370	42	20	0	175	520	70	0	60	32	16	0	0	409	40	1	6	540	15
Salted Caramel	530	230	26	17	0	175	320	65	0	58	31	11	0	0	404	40	0	0	530	15
Strawberry	530	240	26	17	0	175	320	64	0	57	32	12	0	0	409	40	0	0	540	15
Strawberry Shortcake	730	270	30	18	0	180	490	107	0	85	43	13	0	0	420	40	1	6	590	17
Vanilla	530	240	26	17	0	175	320	64	0	57	32	12	0	0	409	40	0	0	540	15
Vanilla Heath	690	320	36	22	0	180	420	82	0	74	48	12	0	0	427	45	0	2	580	17

Whipped Cream and Cherry																				
PER MILKSHAKE																				
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)
Maraschino Cherries	10	0	0	0	0	0	0	2	0	1	0	0	0	0	20	2	1	6	0	0
Whipped Cream	80	50	6	3.5	0	20	5	6	0	3	2	1	0	0	20	2	0	0	26	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.

MILKSHAKE																				
Large																				
Flavor	Calories	Calories from Fat	Fat	Saturated Fat	Trans Fat	Cholest erol	Sodium	Total Carbohyd rates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassi um	Potassi um (%DV)
Banana	760	320	35	22	0	235	440	99	0	89	48	16	0	0	552	60	0	0	720	21
Black and White	940	380	43	29	0	245	610	125	0	110	69	18	0	0	605	60	2	8	950	27
Black Raspberry	760	320	36	23	0	235	440	95	0	84	43	16	0	0	559	60	0	0	730	21
Cake Batter	780	300	33	21	0	220	420	107	0	96	56	15	1	6	527	40	0	0	689	15
Caramel	940	350	39	25	0	250	590	132	0	114	72	17	0	0	609	60	0	0	800	23
Cheesecake	780	310	34	22	0	225	420	104	0	94	54	15	0	0	539	50	0	0	710	20
Chocolate	730	300	33	20	0	195	370	95	0	88	47	16	0	0	538	50	3	20	960	27
Chocolate Covered Oreo	1010	390	44	23	0	195	690	135	0	111	47	18	0	0	537	50	6	35	960	27
Chocolate Covered Strawberry	810	300	33	20	0	195	380	116	0	106	58	16	0	0	543	50	4	20	1020	29
Chocolate Heath	1040	460	52	30	0	205	570	130	0	123	80	18	0	0	572	60	4	25	1040	30
Coffee	760	320	36	23	0	240	440	99	0	85	43	16	0	0	559	60	0	0	730	21
Cotton Candy	770	320	35	22	0	235	440	100	0	89	49	16	0	0	553	60	0	0	730	21
Mint	750	320	36	23	0	240	440	94	0	84	43	16	0	0	562	60	0	0	740	21
Orange	760	320	36	23	0	235	440	97	0	87	43	16	0	0	558	60	0	0	730	21
Oreo Cookies N Cream	1040	420	47	26	0	245	760	135	0	108	44	18	0	0	569	60	3	15	750	21
Pumpkin	770	320	35	22	0	235	440	100	0	89	48	16	0	0	555	60	0	0	730	21
Reese's Peanut Butter	1130	600	67	29	0	245	830	107	0	91	44	24	0	0	569	60	2	10	750	21
Salted Caramel	760	320	36	23	0	240	440	97	0	86	43	16	0	0	562	60	0	0	740	21
Strawberry	760	330	36	23	0	245	450	95	0	85	44	16	0	0	569	60	0	0	750	21
Strawberry Shortcake	1160	380	43	26	0	250	770	181	0	141	66	19	0	0	590	60	2	10	850	24
Vanilla	760	330	36	23	0	245	450	95	0	85	44	16	0	0	569	60	0	0	750	21
Vanilla Heath	1070	490	55	33	0	255	650	130	0	119	77	18	0	0	603	60	1	4	820	23

Whipped Cream and Cherry PER MILKSHAKE																				
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)
Maraschino Cherries	10	0	0	0	0	0	0	2	0	1	0	0	0	0	20	2	1	6	0	0
Whipped Cream	80	50	6	3.5	0	20	5	6	0	3	2	1	0	0	20	2	0	0	26	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.

FROZEN DRINK SMALL PORTION (12 oz.)																					
	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)
Italian	Apple Berry Blue	280	0	0	0	0	0	50	71	0	67	65	0	1	6	12	0	0	0	25	0
	Banana	330	5	1	1	0	0	40	83	0	79	77	0	0	0	11	0	0	0	64	2
	Birch Beer	230	0	0	0	0	0	35	59	0	56	56	0	0	0	11	0	0	0	0	0
	Blood Orange	270	0	0	0	0	0	40	68	0	65	65	0	0	0	13	2	0	0	14	0
	Blue Raspberry	310	0	0	0	0	0	50	78	0	75	75	0	1	6	12	0	0	0	1	0
	Blueberry	430	0	0	0	0	0	50	110	0	107	106	0	2	10	12	0	0	0	2	0
	Cherry	240	0	0	0	0	0	45	62	0	58	56	0	0	0	17	2	0	0	1	0
	Cherry Lemonade	260	0	0	0	0	0	45	68	0	64	64	0	0	0	13	2	0	0	21	0
	Cherry Limeade	290	0	0	0	0	0	40	74	0	71	71	0	0	0	12	0	0	0	5	0
	Chocolate	350	5	0	0	0	0	70	90	1	85	85	1	0	0	18	2	1	6	90	2
	Chocolate Chocolate Chip	390	25	3	2	0	0	65	94	2	88	88	1	0	0	21	2	1	6	130	2
	Cotton Candy	300	0	0	0	0	0	35	76	0	73	29	0	0	0	10	0	0	0	1	0
	Dr Pepper	310	0	0	0	0	0	35	83	0	81	31	0	0	0	9	0	0	0	1	0
	Florida Orange	280	0	0	0	0	0	50	71	0	64	62	0	0	0	14	2	0	0	53	2
	Georgia Peach	290	0	0	0	0	0	45	72	0	70	68	0	0	0	12	0	0	0	3	0
	Green Apple	290	0	0	0	0	0	50	75	0	71	67	0	1	6	12	0	0	0	46	0
	Hawaiian Punch	300	0	0	0	0	0	40	80	0	78	25	0	0	0	10	0	0	0	1	0
	Island Fusion	320	0	0	0	0	0	50	80	0	77	76	0	0	0	12	0	0	0	42	0
	Juicy Pear	270	0	0	0	0	0	50	69	0	66	65	0	0	0	12	0	0	0	1	0
	Key Lime	290	0	0	0	0	0	70	73	0	70	70	0	0	0	11	0	0	0	3	0
	Kiwi Strawberry	280	0	0	0	0	0	50	71	0	68	68	0	0	0	13	2	0	0	10	0
	Lemon	230	0	0	0	0	0	40	60	0	57	57	0	0	0	14	2	0	0	11	0
	Mango	300	0	0	0	0	0	50	77	0	73	72	0	0	0	12	0	0	0	22	0
	Mango- Orange	300	0	0	0	0	0	45	75	0	69	55	0	0	0	12	0	0	0	11	0
	Mango-Peach	240	0	0	0	0	0	45	61	0	58	57	0	0	0	11	0	0	0	11	0
	Mango- Pineapple	300	0	0	0	0	0	45	76	0	73	72	0	0	0	12	0	0	0	18	0
	Mango- Strawberry	310	0	0	0	0	0	50	78	0	75	74	0	0	0	12	0	0	0	13	0
	Margarita	260	0	0	0	0	0	55	67	0	63	63	0	0	0	14	2	0	0	19	0
	Mojito	200	0	0	0	0	0	50	51	0	47	47	0	0	0	12	0	0	0	22	0
	Passion Fruit	400	0	0	0	0	0	50	102	0	98	95	0	0	0	13	2	0	0	61	2
	Pina Colada	300	5	1	0	0	0	45	75	0	72	71	0	0	0	14	2	0	0	2	0
	Pineapple	270	0	0	0	0	0	45	68	0	65	64	0	0	0	12	0	0	0	15	0
	Raspberry	290	0	0	0	0	0	45	74	1	70	69	0	0	0	14	2	0	0	29	0
	Raspberry Lemonade	300	0	0	0	0	0	55	77	1	73	64	0	0	0	13	2	0	0	42	0
	Reese's Chocolate Peanut Butter	430	60	7	2	0	0	150	92	1	86	85	2	0	0	17	2	1	6	90	2
	Reese's Peanut Butter and Jelly	410	90	10	2	0	0	120	79	0	75	72	4	0	0	24	2	1	6	4	0
	Root Beer	280	0	0	0	0	0	45	71	0	69	69	0	0	0	12	0	0	0	22	0
	Sour Patch Kids Red	280	0	0	0	0	0	45	76	0	74	74	0	0	0	11	0	0	0	0	0
	Strawberry	290	0	0	0	0	0	50	72	0	69	68	0	0	0	12	0	0	0	4	0
	Strawberry Colada	310	0	0	0	0	0	45	79	0	76	76	0	0	0	12	0	0	0	3	0
	Strawberry Lemonade	270	0	0	0	0	0	45	68	0	65	64	0	0	0	14	2	0	0	30	0
	Strawberry Margarita	300	0	0	0	0	0	55	77	0	74	71	0	0	0	15	2	0	0	24	0
	Strawberry- Watermelon	290	0	0	0	0	0	45	73	0	71	70	0	0	0	12	0	0	0	19	0
	Swedish Fish	340	0	0	0	0	0	80	86	0	84	84	0	0	0	11	0	0	0	1	0
	Tropical Daiquiri	330	5	1	0	0	0	45	82	0	79	76	0	0	0	9	0	0	0	6	0
	Tropical Punch	280	0	0	0	0	0	50	74	0	71	67	0	0	0	13	2	0	0	1	0
	Vanilla	270	0	0	0	0	0	50	69	0	67	67	0	0	0	11	0	0	0	21	0
	Watermelon	310	0	0	0	0	0	45	80	0	77	77	0	0	0	11	0	0	0	9	0
	Wild Berry	310	0	0	0	0	0	45	79	0	76	74	0	0	0	14	2	0	0	12	0
	Wild Black Cherry	290	0	0	0	0	0	35	70	0	65	64	0	0	0	14	2	0	0	23	0
	Unicorn	290	0	0	0	0	0	130	74	0	68	68	0	0	0	10	0	1	6	26	0
	Zombie's Blood	220	0	0	0	0	0	40	57	0	54	54	0	0	0	11	0	0	0	13	0
All-Natural Ice	All Natural Banana	310	0	0	0	0	0	15	61	2	58	54	1	0	0	27	2	0	0	222	4
	All Natural Cranberry	240	0	0	0	0	0	15	62	0	58	57	0	0	0	16	2	0	0	10	0
	All Natural Cranberry Pineapple	230	0	0	0	0	0	15	61	0	59	57	0	0	0	16	2	0	0	23	0
	All Natural Cranberry Strawberry	300	0	0	0	0	0	15	58	2	54	53	1	0	0	31	2	0	0	171	4
	All Natural Orange	240	0	0	0	0	0	15	61	0	59	55	0	0	0	22	2	0	0	102	2
	All Natural Pineapple	270	0	0	0	0	0	45	68	0	65	64	0	0	0	12	0	0	0	15	0
	All Natural Strawberry	340	0	0	0	0	0	15	52	3	48	47	1	0	0	41	4	0	0	304	6
	All Natural Strawberry Banana	290	0	0	0	0	0	15	54	2	51	49	1	0	0	30	2	0	0	205	4

FROZEN DRINK SMALL PORTION (12 oz.)																					
	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	All Natural Strawberry Pineapple	260	0	0	0	0	0	15	49	2	47	45	1	0	0	30	2	0	0	189	4
	All-Natural Orange-Pineapple	250	0	0	0	0	0	15	63	0	61	56	0	0	0	21	2	0	0	84	2
	Birthday Cake	360	40	5	4	0	0	190	81	0	73	63	1	0	0	42	4	0	0	8	0
	Banana Split Cream	370	45	5	4	0	0	55	82	0	77	33	1	0	0	18	2	1	6	33	0
	Black Cherry Cheesecake	350	35	4	4	0	0	80	80	0	74	31	1	0	0	19	2	0	0	7	0
	Brookie Dough	400	60	6	5	0	5	135	87	0	77	73	1	0	0	22	2	0	0	57	2
	Caramel (dulce)	400	35	4	4	0	5	170	90	0	81	63	0	0	0	15	2	0	0	32	0
	Cheesecake	340	35	4	4	0	5	85	77	0	74	32	1	0	0	12	0	0	0	8	0
	Chocolate Chip Cheesecake	380	60	6	5	0	0	80	82	1	77	36	1	0	0	15	2	1	6	51	2
	Chocolate Covered Banana	380	50	6	5	0	0	95	84	1	78	36	1	0	0	17	2	1	6	79	2
	Chocolate Covered Strawberry	390	60	7	6	0	0	105	82	1	76	75	1	0	0	21	2	1	6	87	2
	Coconut Cream	340	40	5	4	0	0	80	76	0	71	67	0	0	0	13	2	0	0	11	0
	Cookie Dough	370	50	6	4	0	0	115	80	0	71	71	1	0	0	14	2	0	0	51	2
	Cookies & Cream	410	35	4	4	0	0	105	94	0	89	87	0	0	0	11	0	1	6	22	0
	Fudge Brownie	450	60	6	4.5	0	0	125	101	2	90	89	2	0	0	21	2	1	6	149	4
	Horchata	300	30	4	3	0	0	80	69	0	65	65	1	0	0	12	0	0	0	16	0
	Iced Coffee	310	30	4	3	0	0	200	75	0	70	70	1	0	0	15	2	0	0	132	2
	Mint Chocolate Chip	360	50	6	4.5	0	0	75	79	1	75	74	1	0	0	15	2	1	6	62	2
	Mint Oreo	350	40	4	4	0	0	100	79	0	74	49	0	0	0	11	0	0	0	8	0
	Mocha	330	30	4	3	0	0	150	76	1	70	70	1	0	0	17	2	0	0	115	2
	Peppermint Chip	360	50	6	4.5	0	0	80	82	1	77	77	1	0	0	17	2	1	6	69	2
	Pumpkin Cheesecake	310	30	4	3	0	0	50	69	0	65	29	1	0	0	15	2	0	0	12	0
	Pumpkin Pie	280	30	4	3	0	0	75	63	1	58	57	1	0	0	19	2	0	0	33	0
	Pumpkin Spice Latte	300	35	4	4	0	0	130	65	0	61	60	1	0	0	18	2	0	0	93	2
	Reese's Marshmallow Peanut Butter	450	90	10	4	0	0	130	88	0	84	82	3	0	0	20	2	1	6	23	0
	Root Beer Float	310	15	2	2	0	0	60	74	0	71	53	0	0	0	12	0	0	0	16	0
	S'mores	400	45	5	4	0	0	80	91	1	86	86	1	0	0	15	2	1	6	51	2
	Strawberry Cheesecake	360	35	4	4	0	0	85	82	0	77	34	1	0	0	13	2	0	0	20	0
	Strawberry-Banana	360	35	4	4	0	0	75	83	0	79	77	0	0	0	12	0	0	0	42	0
	Vanilla Cream	310	30	4	3	0	0	80	71	0	67	67	0	0	0	12	0	0	0	28	0
	Watermelon Chip	400	50	6	4.5	0	0	75	89	1	83	83	1	0	0	15	2	1	6	64	2
Sugar-Free Ice	S/F Cherry	140	0	0	0	0	0	30	49	0	0	0	0	0	0	17	2	0	0	20	0
	S/F Dragon Fruit	180	0	0	0	0	0	35	64	0	0	0	0	0	0	18	2	0	0	36	0
	S/F Mango Peach	130	0	0	0	0	0	30	46	0	0	0	0	0	0	16	2	0	0	24	0
	S/F Pineapple	140	0	0	0	0	0	35	45	0	0	0	0	0	0	11	0	0	0	25	0
	S/F Root Beer	140	0	0	0	0	0	40	48	0	0	0	0	0	0	11	0	0	0	21	0
	S/F Tangerine	140	0	0	0	0	0	45	48	0	0	0	0	0	0	11	0	0	0	27	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.

FROZEN DRINK LARGE PORTION (20 oz.)																					
	Flavor	Calories	Calories from Fat	Fat	Saturat ed Fat	Trans Fat	Cholest erol	Sodium	Total Carboh ydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassiu m	Potassiu m (%DV)
Italian	Apple Berry Blue	350	0	0	0	0	0	65	90	0	86	83	0	2	10	17	2	0	0	32	0
	Banana	420	10	1	1	0	0	55	106	0	101	98	0	0	0	15	2	0	0	82	2
	Birch Beer	300	0	0	0	0	0	45	75	0	72	72	0	0	0	16	2	0	0	1	0
	Blood Orange	340	0	0	0	0	0	50	87	0	84	84	0	0	0	18	2	0	0	18	0
	Blue Raspberry	390	0	0	0	0	0	65	100	0	96	96	0	2	10	17	2	0	0	2	0
	Blueberry	550	0	0	0	0	0	65	141	0	137	136	0	2	10	17	2	0	0	2	0
	Cherry	310	0	0	0	0	0	60	79	0	74	72	0	0	0	23	2	0	0	2	0
	Cherry Lemonade	340	0	0	0	0	0	60	87	0	82	82	0	0	0	18	2	0	0	26	0
	Cherry Limeade	370	0	0	0	0	0	55	94	0	91	91	0	0	0	16	2	0	0	6	0
	Chocolate	450	5	1	0	0	0	90	115	2	109	109	1	0	0	24	2	1	6	115	2
	Chocolate Chocolate Chip	490	35	4	2	0	0	90	120	3	113	112	2	0	0	29	2	2	10	167	4
	Cotton Candy	390	0	0	0	0	0	45	98	0	94	37	0	0	0	15	2	0	0	1	0
	Dr Pepper	400	0	0	0	0	0	50	106	0	104	40	0	0	0	13	2	0	0	1	0
	Florida Orange	360	0	0	0	0	0	65	90	0	82	79	0	0	0	20	2	0	0	68	2
	Georgia Peach	370	0	0	0	0	0	60	93	0	90	87	0	0	0	17	2	0	0	4	0
	Green Apple	380	0	0	0	0	0	65	96	0	91	86	0	2	10	17	2	0	0	59	2
	Hawaiian Punch	390	0	0	0	0	0	50	102	0	99	32	0	0	0	15	2	0	0	1	0
	Island Fusion	410	0	0	0	0	0	65	103	0	99	97	0	0	0	17	2	0	0	53	2
	Juicy Pear	350	0	0	0	0	0	65	88	0	84	83	0	0	0	17	2	0	0	1	0
	Key Lime	370	0	0	0	0	0	90	94	0	90	90	0	0	0	16	2	0	0	4	0
	Kiwi Strawberry	360	0	0	0	0	0	65	91	0	87	87	0	0	0	18	2	0	0	12	0
	Lemon	300	0	0	0	0	0	50	77	0	73	73	0	0	0	19	2	0	0	14	0
	Mojito	260	0	0	0	0	0	60	66	0	61	60	0	0	0	16	2	0	0	28	0
	Mango	390	0	0	0	0	0	65	98	0	94	92	0	0	0	17	2	0	0	28	0
	Mango- Orange	380	0	0	0	0	0	55	96	0	89	70	0	0	0	16	2	0	0	15	0
	Mango-Peach	300	0	0	0	0	0	60	78	0	74	73	0	0	0	16	2	0	0	14	0
	Mango- Pineapple	390	0	0	0	0	0	60	98	0	94	93	0	0	0	17	2	0	0	23	0
	Mango- Strawberry	390	0	0	0	0	0	65	100	0	96	95	0	0	0	17	2	0	0	17	0
	Margarita	330	0	0	0	0	0	70	85	0	81	80	0	0	0	19	2	0	0	24	0
	Passion Fruit	510	0	0	0	0	0	65	130	0	126	122	0	0	0	18	2	0	0	78	2
	Pina Colada	380	10	1	0	0	0	60	96	0	92	91	0	0	0	19	2	0	0	2	0
	Pineapple	350	0	0	0	0	0	60	87	0	84	82	0	0	0	17	2	0	0	19	0
	Raspberry	370	0	0	0	0	0	60	95	1	90	89	0	0	0	20	2	0	0	38	0
	Raspberry Lemonade	390	0	0	0	0	0	70	99	1	93	82	0	0	0	16	2	0	0	54	2
	Reese's Chocolate Peanut Butter	550	90	10	2	0	0	160	117	2	110	108	4	0	0	35	2	1	6	115	2
	Reese's Peanut Butter and Jelly	530	120	13	2	0	0	160	101	0	96	92	5	0	0	32	2	1	6	5	0
	Root Beer	390	20	2	2	0	0	80	95	0	90	68	0	0	0	16	2	0	0	21	0
	Sour Patch Kids Red	360	0	0	0	0	0	60	97	0	94	94	0	0	0	15	2	0	0	0	0
	Strawberry	370	0	0	0	0	0	65	92	0	89	87	0	0	0	17	2	0	0	5	0
	Strawberry Colada	400	0	0	0	0	0	60	101	0	98	97	0	0	0	17	2	0	0	4	0
Strawberry Lemonade	340	0	0	0	0	0	60	87	0	83	82	0	0	0	20	2	0	0	38	0	
Strawberry Margarita	390	0	0	0	0	0	70	99	0	95	90	0	0	0	20	2	0	0	31	0	
Strawberry- Watermelon	370	0	0	0	0	0	60	94	0	91	89	0	0	0	17	2	0	0	24	0	
Swedish Fish	430	0	0	0	0	0	105	111	0	108	108	0	0	0	16	2	0	0	2	0	
Tropical Daiquiri	420	10	1	1	0	0	60	105	0	101	97	0	0	0	12	0	0	0	7	0	
Tropical Punch	360	0	0	0	0	0	65	94	0	91	86	0	0	0	18	2	0	0	1	0	
Vanilla	350	0	0	0	0	0	65	88	0	86	86	0	0	0	16	2	0	0	27	0	
Watermelon	400	0	0	0	0	0	60	102	0	99	98	0	0	0	16	2	0	0	12	0	
Wild Berry	400	0	0	0	0	0	60	101	0	97	95	0	0	0	19	2	0	0	15	0	
Wild Black Cherry	370	0	0	0	0	0	45	90	0	83	82	1	0	0	19	2	0	0	30	0	
Unicorn	370	0	0	0	0	0	170	95	0	87	87	0	0	0	13	2	1	6	33	0	
Zombie's Blood	280	0	0	0	0	0	55	73	0	69	69	0	0	0	14	2	0	0	16	0	
All-Natural Ice	All Natural Banana	390	0	0	0	0	0	25	78	3	74	69	1	0	0	36	2	0	0	284	6
	All Natural Cranberry	310	0	0	0	0	0	25	79	0	75	73	0	0	0	21	2	0	0	12	0
	All Natural Cranberry Pineapple	300	0	0	0	0	0	25	79	0	75	72	0	0	0	23	2	0	0	29	0
	All Natural Cranberry Strawberry	390	0	0	0	0	0	20	75	2	70	68	1	0	0	41	4	0	0	219	4
	All Natural Orange	310	0	0	0	0	0	25	79	0	76	70	1	0	0	29	2	0	0	130	2
	All Natural Pineapple	340	0	0	0	0	0	25	83	0	81	73	0	0	0	26	2	1	6	76	2
	All Natural Strawberry	430	0	0	0	0	0	20	67	4	62	61	1	0	0	54	4	0	0	389	8
	All Natural Strawberry Banana	370	0	0	0	0	0	25	69	3	66	62	1	0	0	40	4	0	0	262	6
	All Natural Strawberry Pineapple	330	0	0	0	0	0	25	63	3	60	57	1	0	0	40	4	0	0	241	6
	All-Natural Orange-Pineapple	320	0	0	0	0	0	25	81	0	78	71	0	0	0	28	2	0	0	108	2
	Birthday Cake	470	50	6	5	0	0	250	104	0	93	80	1	0	0	56	4	0	0	10	0
	Banana Split Cream	470	60	7	5	0	0	70	104	1	98	42	1	0	0	24	2	1	6	42	0

FROZEN DRINK LARGE PORTION (20 oz.)																					
	Flavor	Calories	Calories from Fat	Fat	Saturat ed Fat	Trans Fat	Cholest erol	Sodium	Total Carboh ydrates	Dietary Fiber	Total Sugar	Added Sugar	Protein	Vitamin D	Vitamin D (% DV)	Calcium	Calcium (%DV)	Iron	Iron (%DV)	Potassiu m	Potassiu m (%DV)
Cream Ice	Black Cherry Cheesecake	450	45	5	5	0	5	105	102	0	95	39	1	0	0	26	2	0	0	9	0
	Brookie Dough	520	70	8	6	0	5	170	111	0	99	94	2	0	0	30	2	0	0	73	2
	Caramel (dulce)	510	45	5	5	0	5	220	115	0	103	81	1	0	0	21	2	0	0	41	0
	Cheesecake	440	45	5	5	0	5	110	99	0	94	41	1	0	0	17	2	0	0	10	0
	Chocolate Chip Cheesecake	480	70	8	6	0	5	105	104	1	98	46	1	0	0	21	2	1	6	65	2
	Chocolate Covered Banana	490	70	7	6	0	0	120	107	1	100	46	1	0	0	21	2	1	6	101	2
	Chocolate Covered Strawberry	500	80	9	7	0	0	135	105	1	97	96	2	0	0	29	2	2	10	111	2
	Coconut Cream	440	50	6	5	0	0	105	97	0	91	86	0	0	0	18	2	0	0	14	0
	Cookie Dough	470	70	7	5	0	5	150	102	0	91	91	1	0	0	19	2	1	6	65	2
	Cookies & Cream	530	50	5	4	0	0	135	121	0	114	111	1	0	0	16	2	1	6	28	0
	Fudge Brownie	580	70	8	6	0	5	160	130	2	115	114	2	0	0	29	2	2	10	190	4
	Horchata	390	40	4	4	0	0	105	88	0	83	83	1	0	0	17	2	0	0	21	0
	Iced Coffee	400	40	4	4	0	0	250	95	0	89	89	1	0	0	21	2	0	0	169	4
	Mint Chocolate Chip	460	70	8	6	0	0	95	102	1	95	95	1	0	0	21	2	1	6	80	2
	Mint Oreo	450	50	5	5	0	0	135	102	0	94	63	1	0	0	15	2	0	0	10	0
	Mocha	420	40	5	4	0	0	190	97	1	90	89	1	0	0	23	2	1	6	148	4
	Peppermint Chip	460	70	7	6	0	0	105	105	1	99	99	1	0	0	23	2	2	10	88	2
	Pumpkin Cheesecake	390	40	5	4	0	0	65	89	0	83	37	1	0	0	21	2	0	0	15	0
	Pumpkin Pie	360	40	5	4	0	0	100	81	1	74	73	1	0	0	26	2	0	0	42	0
	Pumpkin Spice Latte	380	45	5	5	0	0	170	83	0	78	77	1	0	0	24	2	0	0	119	2
	Reese's Marshmallow Peanut Butter	570	120	13	5	0	0	170	113	0	107	105	3	0	0	28	2	1	6	30	0
	Root Beer Float	390	20	2	2	0	0	80	95	0	90	68	0	0	0	16	2	0	0	21	0
	S'mores	510	60	6	5	0	0	105	116	1	110	110	1	0	0	20	2	1	6	65	2
	Strawberry Cheesecake	460	45	5	5	0	5	110	104	0	99	44	1	0	0	18	2	0	0	26	0
	Strawberry-Banana	460	40	5	5	0	0	100	107	0	101	98	1	0	0	16	2	0	0	54	2
	Vanilla Cream	400	40	4	4	0	0	105	91	0	86	86	0	0	0	16	2	0	0	36	0
	Watermelon Chip	510	70	8	6	0	0	100	114	1	107	106	1	0	0	21	2	1	6	82	2
Sugar-Free Ice	S/F Cherry	180	0	0	0	0	0	40	62	0	0	0	1	0	0	23	2	0	0	25	0
	S/F Dragon Fruit	230	0	0	0	0	0	50	82	0	0	0	0	0	0	24	2	0	0	46	0
	S/F Mango Peach	170	0	0	0	0	0	40	59	0	0	0	0	0	0	23	2	0	0	31	0
	S/F Pineapple	180	0	0	0	0	0	50	57	0	0	0	0	0	0	16	2	0	0	32	0
	S/F Root Beer	180	0	0	0	0	0	55	62	1	0	0	0	0	0	16	2	0	0	27	0
	S/F Tangerine	180	0	0	0	0	0	60	62	0	0	0	0	0	0	16	2	0	0	34	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.

SUNDAE																					
Add together your custard portion, two toppings, whipped cream and a cherry. Don't forget to add on a waffle bowl as well!																					
	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)
Kids Portion	Chocolate Custard	130	60	7	5	0	45	70	16	0	14	11	3	0	0	92	10	1	4	180	5
	Vanilla Custard	140	70	8	5	0	55	90	16	0	13	10	3	0	0	99	10	0	0	135	4
	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	7	5	0	50	85	18	0	16	12	3	0	0	93	10	0	0	125	4
	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	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	8	0	0	131	2
	Salted Caramel	140	70	8	5	0	50	85	16	0	14	10	3	0	0	98	10	0	0	135	4
	Salted Caramel Chocolate	130	60	7	4	0	40	70	16	0	14	10	3	0	0	91	8	1	6	182	4
	Strawberry Banana	140	70	8	5	0	50	85	17	0	14	10	3	0	0	96	8	0	0	130	4
Regular Portion	Strawberry	140	70	8	5	0	50	85	16	0	14	11	3	0	0	97	10	0	0	130	4
	Chocolate Custard	240	110	13	8	0	75	130	28	0	26	19	5	0	0	166	15	1	8	330	9
	Vanilla Custard	260	130	14	9	0	95	160	28	0	24	18	5	0	0	179	20	0	0	240	7
	Banana	260	120	13	9	0	90	160	30	0	26	20	5	0	0	172	15	0	0	230	7
	Black Raspberry	250	120	14	9	0	95	160	28	0	24	17	5	0	0	175	15	0	0	240	7
	Cake Batter	260	110	13	8	0	85	150	33	0	29	23	5	0	0	162	10	0	0	219	4
	Caramel Macchiato	250	120	14	9	0	95	160	29	0	25	18	5	0	0	175	15	0	0	238	6
	Cheesecake	250	120	14	9	0	95	160	28	0	24	17	5	0	0	175	15	0	0	240	7
	Coffee	250	120	14	9	0	95	170	28	0	24	18	5	0	0	177	20	0	0	240	7
	Cotton Candy	260	120	14	9	0	90	150	30	0	26	20	5	0	0	172	15	0	0	230	7
	Mint	250	120	14	9	0	95	160	28	0	24	18	5	0	0	176	20	0	0	240	7
	Orange	260	120	14	9	0	95	160	29	0	25	19	5	0	0	175	15	0	0	240	7
	Pistachio	260	120	14	9	0	95	160	29	0	25	18	5	0	0	176	20	0	0	240	7
	Pumpkin	260	120	14	9	0	95	160	30	0	26	20	5	0	0	173	15	0	0	240	7
	Salted Caramel	260	120	14	9	0	95	160	29	0	25	18	5	0	0	176	20	0	0	240	7
Large Portion	Salted Caramel Chocolate	240	110	13	8	0	75	125	29	0	26	19	5	0	0	164	15	1	6	327	6
	Strawberry Banana	260	120	14	9	0	95	160	29	0	25	18	5	0	0	172	15	0	0	234	4
	Strawberry	260	120	14	9	0	95	160	29	0	25	19	5	0	0	174	15	0	0	240	7
	Chocolate Custard	310	150	16	10	0	100	160	36	0	33	24	7	0	0	212	20	2	10	420	12
	Vanilla Custard	330	160	18	11	0	120	200	36	0	31	23	7	0	0	228	25	0	0	310	9
	Banana	330	160	18	11	0	120	200	36	0	31	23	7	0	0	228	25	0	0	310	9
	Black Raspberry	320	160	18	11	0	120	200	36	0	30	22	6	0	0	223	20	0	0	300	9
	Cake Batter	340	150	16	10	0	110	190	42	0	37	29	6	0	0	206	15	0	0	280	6
	Caramel Macchiato	330	160	18	11	0	120	200	37	0	31	22	6	0	0	224	15	0	0	304	6
	Cheesecake	320	160	18	11	0	120	200	36	0	30	22	6	0	0	223	20	0	0	300	9
	Coffee	320	160	18	11	0	120	210	36	0	31	23	7	0	0	226	25	0	0	310	9
	Cotton Candy	330	160	17	11	0	120	200	38	0	33	25	6	0	0	220	20	0	0	300	9
	Mint	320	160	18	11	0	120	200	35	0	30	22	6	0	0	225	20	0	0	310	9
	Orange	330	160	18	11	0	120	200	37	0	32	24	6	0	0	223	20	0	0	300	9
	Pumpkin	330	160	17	11	0	120	200	38	0	33	25	6	0	0	221	20	0	0	300	9
	Salted Caramel	330	160	18	11	0	120	200	37	0	32	22	6	0	0	225	20	0	0	310	9
	Salted Caramel Chocolate	310	140	16	10	0	95	160	37	0	33	24	6	0	0	209	15	2	10	418	8
	Strawberry Banana	330	160	17	11	0	120	200	38	0	33	23	6	0	0	220	15	0	0	299	6
	Strawberry	330	160	18	11	0	120	200	37	0	33	25	6	0	0	223	20	0	0	300	9
TOPPINGS																					
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)
	Apple Pie Filling	100	0	0	0	0	0	20	25	0	20	20	0	0	0	5	0	0	0	47	2
	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
	Nutella	150	80	9	3	0	0	10	17	1	16	15	2	0	0	34	2	1	6	128	2
	OREO	120	45	5	2	0	0	140	18	0	10	0	1	0	0	0	0	1	6	0	0
	Pie Pieces	50	20	3	1	0	5	15	7	0	2	2	1	0	0	1	0	0	0	7	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	130	45	5	4	0	0	0	20	0	12	12	0	0	0	1	0	0	0	0	0
	Sprinkles, Rainbow	120	45	5	4	0	0	0	20	0	12	12	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	0	0
	Whipped Cream	80	50	6	3.5	0	20	5	6	0	3	2	1	0	0	20	2	0	0	26	0
	Brownie	220	100	11	4	0	18	140	34	2	24	0	3	-	-	10	1	2	10	-	-

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
	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	210	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	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
	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	880	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	210	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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