



Nutritional information is based on our standardized recipes and is calculated using information from suppliers and standard databases. Because our frozen yogurt is freshly prepared at our stores, exact information may vary. Data is rounded to meet FDA and/or Health Canada regulations. Percent Daily Values (DV) are based on a 2,000 calorie diet.

SMOOTHIES USA															
	Calories (per serving)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Calcium (mg)	Iron (mg)	Vitamin D (mcg)	Potassium (mg)	Kosher (K)
Low Fat															
Almond Kale	180	7	1.5	0	5	35	28	2	22	5	104	0	0	209	K
Avocado Kale	140	3.5	1	0	5	35	26	2	22	3	88	0	0	177	K
Apple Coconut	110	4	3	0	5	65	17	1	13	2	341	1	1	161	X
Tropical Green	100	4	3	0	5	45	15	1	11	2	352	1	1	144	X
Non-Fat															
Blueberry Breeze	130	0	0	0	0	40	28	1	23	3	95	0	0	109	K
Kiwi Kale	130	0	0	0	0	10	31	0	23	1	26	0	0	138	K
Mango Matcha Green Tea	150	0	0	0	5	55	32	1	29	4	135	0	0	140	K
Mango Mint Pineapple	140	0	0	0	0	35	30	1	27	4	97	0	0	211	K
Peach Berry Sunset	110	0	0	0	0	40	29	1	22	3	92	0	0	131	K
Raspberry Blast	130	0	0	0	0	40	29	2	26	3	96	0	0	92	K
Strawberry Banana	130	0	0	0	0	40	28	1	24	3	109	0	0	225	K
Tropical Storm	140	0	0	0	0	35	30	1	26	4	98	0	0	241	K
Very Berry	110	0	0	0	0	40	25	1	21	3	97	0	0	134	K
Sorbet															
Blueberry Breeze	120	0	0	0	0	10	31	1	23	0	6	0	0	14	K
Kiwi Kale	130	0	0	0	0	10	31	0	23	1	26	0	0	138	K
Mango Matcha Green Tea	140	0	0	0	0	10	35	1	27	0	9	0	0	5	K
Mango Mint Pineapple	130	0	0	0	0	10	32	1	26	1	15	0	0	119	K
Peach Berry Sunset	110	0	0	0	0	10	32	1	21	0	9	0	0	41	K
Raspberry Blast	130	0	0	0	0	10	32	2	25	0	10	0	0	1	K
Strawberry Banana	120	0	0	0	0	10	31	1	23	1	22	0	0	128	K
Tropical Storm	130	0	0	0	0	5	32	1	25	1	12	0	0	118	K
Very Berry	110	0	0	0	0	10	28	1	21	0	11	0	0	41	K
Acai Bowls															
Classic Acai	130	3	0.5	0	0	40	23	2	13	3	8	1	0	144	K
Pina Colada	140	7	5	0	0	40	20	3	16	1	6	1	0	50	K
Peanut Butter Banana	210	11	2	0	0	100	23	2	12	6	14	1	0	120	K



USA NUTRITIONAL FACTS based on 4 fl. oz. (95g) serving. Last updated 18/02/2020

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MIX-ITS USA															
	Calories (per serving)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Calcium (mg)	Iron (mg)	Vitamin D (mcg)	Potassium (mg)	Kosher (K)
Low Fat															
Banana	120	2	1.5	0	10	35	21	0	19	3	93	0	0	94	K
Blackberry	110	2.5	1.5	0	10	35	19	1	18	3	99	0	0	96	K
Blueberry	110	2.5	1.5	0	10	40	20	1	19	3	98	0	0	98	K
Kiwi	110	2	1.5	0	10	35	19	0	18	3	96	0	0	90	K
Mango	110	2	1.5	0	10	35	20	0	19	3	92	0	0	92	K
Papaya	100	2	1.5	0	10	35	19	0	17	3	95	0	0	92	K
Peach	110	2	1.5	0	10	35	22	0	18	3	94	0	0	94	K
Pineapple	110	2	1.5	0	10	35	21	0	21	3	92	0	0	92	K
Raspberry	110	2.5	1.5	0	10	40	20	1	18	4	102	0	0	100	K
Strawberry	100	2	1.5	0	10	35	18	0	17	3	92	0	0	123	K
Sweet Cherry	110	2.5	1.5	0	10	35	19	0	19	3	97	0	0	96	K
Vanilla	120	0	0	0	5	65	25	0	23	5	168	0	0	178	K
Non-Fat															
Banana	120	0	0	0	5	55	25	0	21	5	144	0	0	152	K
Blackberry	110	0	0	0	5	55	22	1	20	5	142	0	0	144	K
Blueberry	110	0	0	0	5	55	23	1	21	5	141	0	0	148	K
Kiwi	110	0	0	0	5	50	23	0	20	4	136	0	0	135	K
Mango	110	0	0	0	5	50	23	0	21	4	133	0	0	138	K
Papaya	110	0	0	0	5	50	22	0	19	4	136	0	0	138	K
Peach	110	0	0	0	5	50	25	0	20	5	136	0	0	142	K
Pineapple	120	0	0	0	5	50	24	0	22	4	133	0	0	138	K
Raspberry	110	0	0	0	5	55	23	1	20	5	146	0	0	151	K
Strawberry	100	0	0	0	5	50	21	0	19	4	132	0	0	169	K
Sweet Cherry	110	0	0	0	5	55	22	0	20	5	139	0	0	144	K
Vanilla	120	0	0	0	5	65	25	0	23	5	168	0	0	178	K
No Sugar Added (NSA)															
Banana	90	0	0	0	0	40	23	0	7	4	105	0	0	106	K
Blackberry	80	0	0	0	0	40	21	1	6	4	104	0	0	101	K
Blueberry	80	0	0	0	0	40	21	1	7	4	102	0	0	104	K
Kiwi	80	0	0	0	0	40	21	0	7	3	100	0	0	95	K
Mango	80	0	0	0	0	40	22	0	8	3	97	0	0	97	K



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MIX-ITS USA															
	Calories (per serving)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Calcium (mg)	Iron (mg)	Vitamin D (mcg)	Potassium (mg)	Kosher (K)
No Sugar Added (NSA)															
Papaya	80	0	0	0	0	40	20	0	6	3	100	0	0	97	K
Peach	80	0	0	0	0	40	24	0	7	3	98	0	0	100	K
Pineapple	90	0	0	0	0	40	23	0	9	3	97	0	0	97	K
Raspberry	80	0	0	0	0	40	22	1	6	4	107	0	0	106	K
Strawberry	70	0	0	0	0	35	20	0	6	3	96	0	0	128	K
Sweet Cherry	80	0	0	0	0	40	21	0	7	4	101	0	0	101	K
Low Fat Chocolate															
Banana	110	2	1.5	0	5	30	21	1	18	3	75	0	0	143	K
Blackberry	100	2.5	1.5	0	10	30	19	1	17	3	81	0	0	146	K
Blueberry	110	2.5	1.5	0	10	30	19	1	18	3	79	0	0	149	K
Chocolate	120	2.5	1.5	0	10	35	21	0	20	4	93	0	0	180	K
Kiwi	100	2	1.5	0	5	30	19	0	17	3	79	0	0	137	K
Mango	110	2	1.5	0	5	30	20	1	19	3	75	0	0	140	K
Papaya	100	2	1.5	0	5	30	18	1	17	3	78	0	0	140	K
Peach	100	2	1.5	0	5	30	22	1	17	3	76	0	0	144	K
Pineapple	110	2	1.5	0	5	30	21	0	20	3	74	0	0	140	K
Raspberry	110	2.5	1.5	0	10	30	19	1	17	3	83	0	0	152	K
Strawberry	100	2	1.5	0	5	30	18	0	16	3	75	0	0	170	K
Sweet Cherry	100	2.5	1.5	0	10	30	19	1	18	3	78	0	0	146	K
Sorbet															
Banana	100	0	0	0	0	5	26	0	18	0	3	0	0	1	K
Blackberry	100	0	0	0	0	5	24	1	17	0	7	0	0	1	K
Blueberry	100	0	0	0	0	5	25	1	18	0	4	0	0	1	K
Kiwi	100	0	0	0	0	5	24	0	17	0	9	0	0	1	K
Mango	100	0	0	0	0	5	25	0	18	0	4	0	0	1	K
Papaya	90	0	0	0	0	5	24	0	17	0	7	0	0	1	K
Peach	100	0	0	0	0	5	27	0	17	0	3	0	0	1	K
Pineapple	100	0	0	0	0	5	26	0	20	0	4	0	0	1	K
Raspberry	100	0	0	0	0	5	25	1	17	0	6	0	0	1	K
Strawberry	90	0	0	0	0	5	23	0	16	0	5	0	0	30	K
Sweet Cherry	100	0	0	0	0	5	24	0	18	0	4	0	0	1	K
Vegan Chocolate	130	3	2.5	0	0	180	24	1	17	1	7	2	0	1	X



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ÜSENSATIONS USA															
	Calories (per serving)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Calcium (mg)	Iron (mg)	Vitamin D (mcg)	Potassium (mg)	Kosher (K)
Chocolate															
Chocolate Almond	160	7	1.5	0	10	35	22	1	20	5	82	0	0	159	K
Cookies n' Cream	190	6	2.5	0	5	115	32	0	24	4	78	1	0	171	K
Hazelnut Hot Chocolate	140	3	2	0	10	40	25	0	26	4	83	0	0	160	X
Red Velvet	160	5	1.5	0	10	60	27	0	23	4	87	0	0	115	K
Low Fat															
Banoffee	140	3	1.5	0	10	85	26	1	22	3	88	0	0	152	K
Chai Latte	160	6	2	0	10	45	22	1	20	6	104	0	0	106	K
Chocolate Mint	170	5	1.5	0	10	40	26	1	25	4	99	0	0	101	K
Coffee	160	6	1.5	0	10	40	24	1	24	5	102	0	0	104	X
Cookies n' Cream	200	6	2.5	0	10	125	32	0	25	4	96	1	0	124	K
Key Lime Pie	160	3	2	0	10	85	30	0	24	4	100	0	0	97	K
Matcha Mochi LF	140	2.5	1.5	0	10	40	26	0	19	4	105	0	0	109	X
Pina Colada	160	6	4.5	0	5	55	24	1	23	3	81	0	0	81	K
Strawberry Cheesecake	150	5	3	0	25	100	23	0	18	3	90	0	0	97	K
Non-Fat															
Banoffee	140	1	0.5	0	5	100	29	1	23	5	126	0	0	196	K
Chai Latte	160	4.5	0.5	0	5	65	26	1	22	7	151	0	0	160	K
Chocolate Mint	170	3.5	0	0	5	55	30	1	27	6	144	0	0	152	K
Coffee	160	3.5	0	0	5	60	28	1	26	6	148	0	0	157	X
Key Lime Pie	160	1.5	0.5	0	5	100	33	0	25	5	144	0	0	147	K
Matcha Mochi	140	0	0	0	5	60	30	0	21	5	151	0	0	162	X
Pina Colada	160	4	3.5	0	0	65	27	1	24	4	117	0	0	122	K
Strawberry Cheesecake	150	4	2	0	20	110	25	0	19	4	121	1	0	133	K



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ÜSERVE USA															
	Calories (per serving)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Calcium (mg)	Iron (mg)	Vitamin D (mcg)	Potassium (mg)	Kosher (K)
Low Fat															
Birthday Cake	130	2	1	0	15	80	24	0	19	3	130	0	0	203	K
Chocolate Truffle Explosion	120	1.5	1	0	5	70	22	1	19	3	118	0	0	266	K
Cookies n' Cream	130	2	1	0	5	90	24	0	20	3	125	0	0	197	K
Cotton Candy	120	1.5	1	0	5	80	24	0	21	3	127	0	0	200	K
Crème Brule	130	2	1	0	10	80	24	0	20	3	129	0	0	202	K
Dulce De Leche Heaven	130	1.5	1	0	5	95	24	0	19	3	125	0	0	197	K
Espresso Coffee	120	1.5	1	0	5	80	23	0	19	3	130	0	0	204	K
French Vanilla	120	1.5	1	0	5	75	24	0	20	3	127	0	0	200	K
Give me Smores	120	1.5	1	0	5	70	24	0	19	3	120	0	0	237	K
Key Lime Meringue Pie	130	1.5	1	0	5	80	25	0	20	3	125	0	0	197	K
Marshmallow	120	1.5	1	0	5	75	24	0	19	3	127	0	0	200	K
Mint Chocolate Chip	120	1.5	1	0	5	75	24	0	20	3	121	0	0	230	K
Mint	130	1.5	1	0	5	80	24	0	21	3	127	0	0	200	K
Neapolitan	130	1.5	1	0	5	75	26	0	22	3	120	0	1	189	K
Nutella	160	4.5	2	0	5	75	26	0	23	4	118	0	0	186	K
Orange Creamside	130	1.5	1	0	5	80	24	0	21	3	127	0	0	201	K
Peanut Butter	130	3	1.5	0	5	90	23	0	19	4	128	0	0	199	K
Pina Colada	130	1.5	1	0	5	75	24	0	20	3	127	0	0	201	K
Pistachio	130	1.5	1	0	5	120	23	0	19	4	126	0	0	198	K
Red Velvet	120	1.5	1	0	5	75	24	0	20	3	124	0	0	215	K
Strawberry	120	1.5	1	0	5	75	24	0	20	3	127	0	0	200	K
Tiramisu	130	2	1	0	10	80	24	0	20	3	133	0	0	209	K
Triple Butter Pecan	130	1.5	1	0	5	80	24	0	20	3	127	0	0	200	K
White Chocolate Truffle	130	1.5	1	0	5	75	25	0	21	3	127	0	0	197	K



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ÜSERVE USA															
	Calories (per serving)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Calcium (mg)	Iron (mg)	Vitamin D (mcg)	Potassium (mg)	Kosher (K)
Non-Fat															
Bananarama	110	0	0	0	0	85	24	0	21	4	139	0	0	220	K
Mango Alfonso	110	0	0	0	0	85	24	0	19	4	139	0	0	220	K
Passionfruit	110	0	0	0	0	85	24	0	21	4	139	0	0	222	K
Peach	110	0	0	0	0	85	24	0	21	4	139	0	0	220	K
Raspberry	110	0	0	0	0	85	24	0	21	4	139	0	0	220	K
Wild Watermelon	120	0	0	0	0	85	24	0	24	4	139	0	0	220	K
Tart															
Mangolicious	110	0	0	0	0	100	22	0	19	4	152	0	1	505	K
Passionfruit	110	0	0	0	0	100	23	0	20	4	152	0	1	506	K
Pear	110	0	0	0	0	100	22	0	19	4	151	0	1	503	K
Tart	110	0	0	0	0	100	21	0	19	4		0	1	516	K
Vegan															
Creamy Coconut	140	3.5	3	0	0	95	26	0	12	0	2	0	0	0	X
Salted Caramel	130	1.5	1.5	0	0	230	28	0	14	0	2	0	0	0	K