



EMACK & BOLIO'S NUTRITIONAL INFORMATION SHEET

(PER 1/2 CUP SERVING = APPROXIMATELY ONE SCOOP)

Almond Coconut Bar: Milk, cream, sugar, corn syrup, skim milk, almonds, coconut, coconut oil, dutch cocoa, cocoa, arrowroot, locust bean gum, guar gum and butter oil.
Banana: Milk, cream, bananas, sugar, corn syrup, skim milk, arrowroot, locust bean gum and guar gum.

Banana's Foster: Milk, cream, sugar, corn syrup, bananas, skim milk, brown sugar, butter, rum, cinnamon, arrowroot, locust bean gum and guar gum.

Beantown Buzz: Milk, cream, sugar, cookie swirl (soybean oil, cookie crumb (wheat flour, sugar, soybean and/or cottonseed oil), dutch cocoa, corn syrup, corn flour, dextrose, vanillin), espresso candies (chocolate (sugar, chocolate liquor, cocoa), sugar, coffee, cream, soy lecithin) corn syrup, skim milk, dutch cocoa, coffee, wheat flour, chocolate liquor, cocoa butter, arrowroot, locust bean gum and guar gum.

Cake Batter: Milk, cream, sugar, fudge swirl (sugar, vegetable oil (peanut and/or cottonseed oil) cocoa processed with alkali, whey, soy lecithin), cake base (wheat flour, egg yolks, vanilla, annatto), cake pieces (flour, sugar, soybean oil, butter, eggs, FD&C yellow #5), corn syrup, skim milk, arrowroot, locust bean gum and guar gum.

Caramel Moose Prints: Milk, cream, sugar, caramel swirl (corn syrup, sugar, butter, pectin, xanthan gum, natural flavor), candies (milk chocolate (sugar, coconut oil, dutch cocoa, milk, soy lecithin, natural flavor), peanut butter), corn syrup, skim milk, arrowroot, locust bean gum and guar gum.

Chocolate Chip Cookie Dough: Milk, cream, sugar, cookie dough (wheat flour, sugar, vegetable shortening, chocolate chips (sugar, chocolate liquor, cocoa butter, lecithin, vanilla and natural flavor), corn syrup, sodium bicarbonate, salt, and artificial flavor), corn syrup, skim milk, vanilla, arrowroot, locust bean gum and guar gum.

Chocolate Flake: Milk, cream, chocolate chips (dutch cocoa, cocoa, butteroil, soy lecithin, natural flavor), sugar, corn syrup, skim milk, arrowroot, locust bean gum, guar gum, and vanilla.

Chocolate Moose: Milk, cream, sugar, corn syrup, dutch cocoa, skim milk, natural processed cocoa, stabilizer (egg yolk solids, carob bean gum, guar gum, carrageenan) and pure vanilla.

Chocolate Peanut Butter Cup: Milk, cream, sugar, peanut butter (peanuts, peanut and/or cottonseed oil, corn syrup, salt), dutch cocoa, corn syrup, skim milk, stabilizer (egg yolk solids, carob bean gum, guar gum, carrageenan) and pure vanilla.

Chunk O Funk: Milk, cream, sugar, corn syrup, pretzels (chocolate (sugar, partially hydrog. palm kernel oil, cocoa powder, choc. liquor, soy lecithin, vanillin), pretzels (wheat flour, vegetable oil (corn, canola, cottonseed and/or soybean)), Oreo cookies (sugar, enriched wheat flour, canola, soybean, and/or palm oil, Dutch cocoa, corn syrup, baking soda, salt, soy lecithin, vanillin, chocolate), arrowroot, locust bean gum, guar gum, natural flavor, pectin, xanthan gum and caramel color.

Cookie Monster: Milk, cream, sugar, Oreo cookies (sugar, enriched wheat flour, canola, soybean, and/or palm oil, dutch cocoa, corn syrup, baking soda, salt, soy lecithin, vanillin, chocolate), cookie dough (wheat flour, brown sugar, soybean oil, chips (sugar, chocolate liquor, soy lecithin and vanilla), corn starch, molasses, natural flavor, soy lecithin), brownie (wheat flour, sugar, butter, dutch cocoa, natural flavor), corn syrup, skim milk, vanilla, arrowroot, locust bean gum and guar gum.

Cosmic Crunch: Milk, cream, sugar, caramel swirl (corn syrup, sugar, butter, pectin, xanthan gum, natural flavor), cosmic crunch blend (sugar, pecans, cookies (wheat flour, sugar, palm oil, salt, natural flavor), butter, coconut oil, almonds, dutch cocoa, brown sugar, cocoa, coconut oil, soy lecithin, natural flavor), corn syrup, skim milk, arrowroot, locust bean gum, guar gum and vanilla.

Deep Purple Chip: Milk, cream, sugar, raspberry (raspberry puree, sugar, corn syrup, natural flavor, FD&C red #40, blue #1), chocolate chips (dutch cocoa, cocoa, butteroil, soy lecithin, natural flavor), white chocolate chips (sugar, coconut oil, palm kernel oil, soy lecithin, natural flavor), corn syrup, skim milk, natural flavor, arrowroot, citric acid, locust bean gum and guar gum.

Grasshopper Pie: Milk, cream, sugar, Oreo cookies (sugar, enriched wheat flour, canola, soybean, and/or palm oil, Dutch cocoa, corn syrup, baking soda, salt, soy lecithin, vanillin, chocolate), corn syrup, chocolate chips (dutch cocoa, cocoa, butteroil, soy lecithin, natural flavor), skim milk, creme de menthe liqueur, peppermint extract, arrowroot, locust bean gum and guar gum.

Heaven: Milk, cream, sugar, white chocolate chips (sugar, coconut oil, palm kernel oil, soy lecithin, natural flavor), corn syrup, marshmallow swirl (corn syrup, sugar, high fructose corn syrup, egg albumen, pectin, xanthan gum, vanilla), skim milk, vanilla, arrowroot, locust bean gum and guar gum.

Mango: Milk, cream, sugar, mango puree, corn syrup, skim milk, arrowroot, locust bean gum, guar gum and natural flavors.

Maple Walnut: Milk, cream, sugar, walnuts, corn syrup, maple syrup, skim milk, arrowroot, locust bean gum, guar gum and natural flavor.

Mud Pie: Milk, cream, sugar, Oreo cookies (sugar, enriched wheat flour, canola, soybean, and/or palm oil, Dutch cocoa, corn syrup, baking soda, salt, soy lecithin, vanillin, chocolate), chocolate chips (dutch cocoa, cocoa, butteroil, soy lecithin, natural flavor), corn syrup, skim milk, coffee, arrowroot, locust bean gum and guar gum.

Myers Rum Raisin: Milk, cream, sugar, raisins (raisins, water, sugar, corn syrup, natural rum flavor and locust bean gum), corn syrup, skim milk, rum, arrowroot, locust bean gum, guar gum, natural rum flavor.

The Original Oreo: Milk, cream, sugar, corn syrup, skim milk, Oreo cookies (sugar, enriched wheat flour, canola, soybean, and/or palm oil, Dutch cocoa, corn syrup, baking soda, salt, soy lecithin, vanillin, chocolate), vanilla, arrowroot, locust bean gum and guar gum.

	Calories	Total Fat (g % Daily Value)	Saturated Fat (g % Daily Value)	Trans Fat	Cholesterol (mg % Daily Value)	Sodium (mg % Daily Value)	Total Carb. (g % Daily Value)	Dietary Fiber (g % Daily Value)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
180	11/17	6/30	0	25	95/4	18/6	1/4	14	3	6	0	8	2	
140	7/11	4/20	0	25/8	25/1	18/6	0/0	15	2	6	2	6	0	
150	8/12	4.5/23	0	30/10	30/1	18/6	0/0	13	2	6	2	6	0	
190	12/18	6/30	0	25/8	60/3	21/7	1/4	14	2	6	0	6	4	
190	11/17	5/25	0	30/10	60/3	22/7	1/4	16	2	6	0	6	4	
180	9/14	4/20	0	25/8	75/3	23/8	0/0	17	3	6	0	8	0	
180	10/15	6/30	0	30/10	65/3	20/7	0/0	14	2	6	0	6	0	
170	11/17	7/35	0	30/10	30/1	19/6	1/4	14	2	6	0	8	0	
140	8/12	4.5/23	0	30/10	85/4	18/6	1/4	13	3	6	0	8	2	
180	12/18	5/25	0	30/10	110/5	15/5	1/4	11	5	6	0	8	2	
170	8/12	4.5/23	0	25/8	105/4	24/8	0/0	16	2	6	0	8	0	
170	10/15	5/25	0	30/10	80/3	20/7	0/0	12	2	6	0	6	0	
170	10/15	6/30	0	30/10	85/4	20/7	0/0	15	2	6	0	8	0	
170	9/14	6/30	0	25/8	35/1	20/7	0/0	16	2	6	0	8	0	
180	10/15	5/25	0	30/10	75/3	20/7	0/0	11	3	6	0	6	2	
180	10/15	7/35	0	30/10	70/3	21/7	0/0	17	2	6	0	8	0	
140	8/12	4.5/23	0	25/8	30/1	16/5	1/4	12	2	15	2	6	0	
170	11/17	5/25	0	30/10	30/1	17/6	0/0	13	3	6	0	8	0	
170	10/15	6/30	0	30/10	75/3	19/6	0/0	12	3	6	0	8	2	
150	8/12	4.5/23	0	30/10	35/1	19/6	0/0	14	2	6	0	6	0	
160	9/14	5/25	0	30/10	70/3	18/6	0/0	10	3	6	0	8	2	

Maple Walnut: Milk, cream, sugar, walnuts, corn syrup, maple syrup, skim milk, arrowroot, locust bean gum, guar gum and natural flavor.
Mud Pie: Milk, cream, sugar, Oreo cookies (sugar, enriched wheat flour, canola, soybean, and/or palm oil, Dutch cocoa, corn syrup, baking soda, salt, soy lecithin, vanillin, chocolate), chocolate chips (dutch cocoa, cocoa, butteroil, soy lecithin, natural flavor), corn syrup, skim milk, coffee, arrowroot, locust bean gum and guar gum.
Myers Rum Raisin: Milk, cream, sugar, raisins (raisins, water, sugar, corn syrup, natural rum flavor and locust bean gum), corn syrup, skim milk, rum, arrowroot, locust bean gum, guar gum, natural rum flavor.
The Original Oreo: Milk, cream, sugar, corn syrup, skim milk, Oreo cookies (sugar, enriched wheat flour, canola, soybean, and/or palm oil, Dutch cocoa, corn syrup, baking soda, salt, soy lecithin, vanillin, chocolate), vanilla, arrowroot, locust bean gum and guar gum.
Peach: Milk, cream, sugar, peaches, corn syrup, skim milk, arrowroot, locust bean gum, guar gum and natural flavors.
Peanut Butter Oreo: Milk, cream, sugar, peanuts, corn syrup, skim milk, Oreo cookies (sugar, enriched wheat flour, canola, soybean, and/or palm oil, Dutch cocoa, corn syrup, baking soda, salt, soy lecithin, vanillin, chocolate), peanut oil, arrowroot, locust bean gum, guar gum, and salt.
Pistachio: Milk, cream, sugar, pistachios, corn syrup, skim milk, natural flavor, arrowroot, locust bean gum, guar gum and vanilla.
Pumpkin: Milk, cream, sugar, pumpkin (pumpkin puree, sugar, molasses, corn syrup, water, salt, cinnamon, ginger, nutmeg, cloves, natural flavor), corn syrup, skim milk, arrowroot, locust bean gum and guar gum.
Salted Caramel Chocolate Pretzel: Milk, cream, sugar, pretzels (wheat flour, sugar, cocoa proc. with alkali, palm, sunflower, canola or rice oil, soy lecithin), corn syrup, skim milk, arrowroot, locust bean gum, guar gum, salt, natural flavors, xanthan gum and caramel color.
Serious Chocolate Addiction: Milk, cream, sugar, chocolate base (dutch cocoa, corn syrup, sugar, salt, citric acid), chocolate chips (dutch cocoa, cocoa, butteroil, soy lecithin, natural flavor, peanut oil), skim milk, chocolate liquor, vanilla, egg yolk solids, carob bean gum, guar gum and carrageenan.
S'mOreo: Milk, cream, sugar, corn syrup, Oreo cookies (sugar, enriched wheat flour, canola, soybean, and/or palm oil, Dutch cocoa, corn syrup, baking soda, salt, soy lecithin, vanillin, chocolate), cocoa processed with alkali, egg yolks, vanilla, arrowroot, locust bean gum, guar gum, natural flavors, annatto, turmeric, canola oil, modified food starch, mono- & diglycerides.
Space Cake: Milk, cream, sugar, cake base (wheat flour, pasteurized egg yolk, vanilla, annatto, salt), cake pieces (wheat flour, soybean oil, pasteurized eggs, dutch cocoa, natural flavor, corn starch, FD&C red #40 and yellow #5, baking powder), corn syrup, skim milk, arrowroot, locust bean gum and guar gum.
Stoney's Dream: Milk, cream, sugar, fudge swirl (corn syrup, sugar, dutch cocoa, canola oil, food starch), cookie dough (wheat flour, brown sugar, soybean oil, chips (sugar, chocolate liquor, soy lecithin and vanilla), corn starch, molasses, natural flavor, soy lecithin), brownie (wheat flour, sugar, butter, dutch cocoa, natural flavor), corn syrup, skim milk, arrowroot, locust bean gum and guar gum.
Strawberry: Milk, cream, strawberries, sugar, corn syrup, skim milk, natural flavor, arrowroot, locust bean gum, guar gum, and citric acid.
Trippin' on Espresso: Milk, cream, sugar, corn syrup, skim milk, coffee, arrowroot, locust bean gum and guar gum.
Vanilla Bean Speck: Milk, cream, sugar, corn syrup, skim milk, egg custard (egg yolk solids, water, natural flavors, annatto & turmeric), pure vanilla, arrowroot, locust bean gum and guar gum.

	Calories	Total Fat (g % Daily Value)	Saturated Fat (g % Daily Value)	Trans Fat	Cholesterol (mg % Daily Value)	Sodium (mg % Daily Value)	Total Carb. (g % Daily Value)	Dietary Fiber (g % Daily Value)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
170	11/17	5/25	0	30/10	30/1	17/6	0/0	13	3	6	0	8	0	
170	10/15	6/30	0	30/10	75/3	19/6	0/0	12	3	6	0	8	2	
150	8/12	4.5/23	0	30/10	35/1	19/6	0/0	14	2	6	0	6	0	
160	9/14	5/25	0	30/10	70/3	18/6	0/0	10	3	6	0	8	2	
140	8/12	4.5/23	0	25/8	30/1	18/6	0/0	14	2	6	4	6	0	
200	12/18	5/25	0	25/8	110/5	19/6	1/4	10	4	6	0	6	2	
170	11/17	5/25	0	30/10	80/3	15/5	1/4	10	3	6	0	8	0	
150	8/12	4.5/23	0	30/10	55/2	19/6	0/0	15	2	30	0	6	0	
170	8/12	5/25	0	25/8	110/5	23/8	0/0	16	2	6	0	8	0	
170	10/15	6/30	0	25/8	90/4	20/7	1/4	16	3	4	0	6	4	
170	9/14	4.5/23	0	30/10	85/4	22/7	1/4	13	2	6	0	6	4	
170	9/14	5/25	0	35/12	55/2	21/7	0/0	13	2	6	0	6	0	
170	9/14	4.5/23	0	25/8	50/2	22/7	0/0	15	2	6	0	6	0	
130	7/11	4/20	0	25/8	25/1	17/6	0/0	11	2	6	10	6	0	
150	9/14	5/25	0	35/12	35/1	16/5	0/0	11	2	6	0	8	0	
150	9/14	5/25	0	35/12	35/1	15/5	0/0	12	3	6	0	8	0	





EMACK & BOLIO'S NUTRITIONAL INFORMATION SHEET

(PER 1/2 CUP SERVING = APPROXIMATELY ONE SCOOP)

Black Raspberry Chocolate Chip: Milk, cultured skim milk, (contains active yogurt cultures), sugar, raspberry (raspberry puree, sugar, corn syrup, natural flavor, FD&C red #40, blue #1), chocolate chips (dutch cocoa, cocoa, butteroil, soy lecithin, natural flavor), cream, skim milk, corn syrup, carob bean gum, guar gum, soy lecithin, carrageenan, and dextrose.

Chocolate Non-Fat: Skim milk, sugar, chocolate base (dutch cocoa, corn syrup, sugar, salt, citric acid), maltodextrin, pure vanilla, egg yolks, guar gum, locust bean gum, carrageenan and live active yogurt cultures.

Chocolate Peanut Butter Swirl: Skim milk, sugar, chocolate base (dutch cocoa, corn syrup, sugar, salt, citric acid), peanut butter (peanuts, peanut and/or cottonseed oil, corn syrup, salt), maltodextrin, egg yolks, pure vanilla, guar gum, locust bean gum, carrageenan and live active yogurt cultures.

Coffee Oreo Low-Fat: Skim milk, sugar, Oreo cookies (sugar, enriched wheat flour, canola, soybean, and/or palm oil, Dutch cocoa, corn syrup, baking soda, salt, soy lecithin, vanillin, chocolate), maltodextrin, egg yolks, coffee, guar gum, locust bean gum, carrageenan and live active yogurt cultures.

Grasshopper Pie Low-Fat: Skim milk, sugar, Oreo cookies (sugar, enriched wheat flour, canola, soybean, and/or palm oil, Dutch cocoa, corn syrup, baking soda, salt, soy lecithin, vanillin, chocolate), chocolate chips (dutch cocoa, cocoa, butteroil, soy lecithin, natural flavor), crème de menthe liqueur, maltodextrin, egg yolks, natural flavor, guar gum, locust bean gum, carrageenan and live active yogurt cultures.

Vanilla Non-Fat: Skim milk, sugar, maltodextrin, egg yolks, pure vanilla, guar gum, locust bean gum, carrageenan and live active yogurt cultures.

	Calories	Total Fat (g %DV)	Saturated Fat (g %DV)	Trans Fat	Cholesterol (mg %DV)	Sodium (mg %DV)	Total Carbohydrate (g %DV)	Dietary Fiber (g %DV)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
130	4.5/7	3.5/18	0	10/3	45/2	21/7	0/0	17	3	2	0	10	0	0
110	0.5/1	0/0	0	10/3	80/3	23/8	0/0	20	4	0	0	10	0	0
150	5/8	1/5	0	10/3	125/5	22/7	1/4	18	5	0	0	10	0	0
120	2/3	0/0	0	10/3	95/4	23/8	1/4	17	4	0	0	10	2	0
140	3/5	1.5/8	0	10/3	90/4	25/8	1/4	17	4	0	0	10	2	0
100	0/0	0/0	0	10/3	55/2	20/7	0/0	19	4	0	0	15	0	0

SORBET

(PER 1/2 CUP SERVING = APPROXIMATELY ONE SCOOP)

Lemon: Water, sugar, corn syrup, concentrated lemon juice, lemon rind, citric acid, natural flavors, xanthan gum, and guar gum.

Mango: Water, sugar, mango, corn syrup, natural flavors, xanthan gum and guar gum.

Raspberry: Water, sugar, red raspberries, corn syrup, natural flavors, xanthan gum, guar gum and locust bean gum.

	Calories	Total Fat (g %DV)	Saturated Fat (g %DV)	Trans Fat	Cholesterol (mg %DV)	Sodium (mg %DV)	Total Carbohydrate (g %DV)	Dietary Fiber (g %DV)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
130	0/0	0/0	0	0/0	15/1	34/11	0/0	25	0	0	2	0	0	0
130	0/0	0/0	0	0/0	0/0	33/11	1/4	25	0	8	2	0	0	0
140	0/0	0/0	0	0/0	5/0	35/12	0/0	27	0	0	0	0	0	0
160	11/17	5/25	0	25/8	100/4	18/6	5/20	3	9	2	6	0	6	0
170	12/18	6/30	0	25/8	55/2	18/6	4/16	3	8	3	6	0	6	0

NO SUGAR ADDED ICE CREAM

(PER 1/2 CUP SERVING = APPROXIMATELY ONE SCOOP)

Caramel Pecan No Sugar Added (66g): Milk, cream, caramel (maltitol syrup, water, polydextrose, palm oil, cream, milk protein conc., natural and artificial flavors, butter, glycerine, modified corn starch, salt, mono and diglycerides, carrageenan), pecans, polydextrose, sorbitol, skim milk, natural flavors, stabilizer (microcrystalline cellulose, mono- & diglycerides, cellulose gum, carrageenan), and Splenda brand sucralose.

Moose Tracks (67g): Milk, cream, peanut butter (peanuts, peanut oil, salt), polydextrose, sorbitol, dutch cocoa, skim milk, natural flavors, stabilizer (microcrystalline cellulose, mono- & diglycerides, cellulose gum, carrageenan), coconut oil, lactitol, maltitol, lecithin, vanilla, Splenda brand sucralose and acesulfame potassium.

