



Orgeat	1 oz	75		0	0	0	0	0	19	0	17	3								
Peach	1 oz	70		0	0	0	0	0	18	0	17	3								
Peppermint	1 oz	80		0	0	0	0	0	20	0	19	0								
Raspberry	1 oz	70		0	0	0	0	0	17	0	17	8								
Strawberry	1 oz	70		0	0	0	0	0	17	0	16	8								
Vanilla	1 oz	80		0	0	0	0	0	19	0	19	0								
SF Choc Mac	1 oz	0		0	0	0	0	0	0	0	0	15								
SF Hazelnut	1 oz	0		0	0	0	0	0	0	0	0	20								
SF Irish Cream	1 oz	0		0	0	0	0	0	0	0	0	20								
SF Raspberry	1 oz	0		0	0	0	0	0	0	0	0	15								
SF Vanilla	1 oz	0		0	0	0	0	0	0	0	0	15								
SF Caramel Sauce	1 oz	80		1	2			5	19	5	0	60								
SF Choc. Sauce	1 oz	70		1	0	0	0	0	15	0	0	35								
SF Wh. Choc. Sauce	1 oz	80		0	1.5			4.5	19	5	0	55								
Caramel Sauce	1 oz	130		0	3.5	2.5		10	24		14	60								
Chocolate Sauce	1 oz	100		0	1	0		0	23		20	15								
Wh. Choc. Sauce	1 oz	110		1	0	0	0	0	25		22	70								
Syrup Average	1 oz	76.25	0	0	0	0	0	0	18.7	0	17.25	4.6								
SF Syrup	1 oz	0	0	0	0	0	0	0	0	0	0	21.25								
Sauce Average	1 oz	113.33	0	0.33	1.5	0.83	0	3.33	24	0	18.67	48.33								
SF Sauce	1 oz	76.67	0	0.67	1.17	0	0	3.17	17.67	3.33	0	50								
Lite Whipped Cream (Label)	2 tblsp	15		0	1	1		4	1	0	1	0	0	0	0	0	0	0	0	0
Whipped Cream (USDA)	2 tblsp	15		0.19	1.33	0		5	0.75	0	0.48	8	9	6	1	0	0	41	0.04	0
Double Shot	2 oz	2	128	0.08	0.1	0	0	0	0	0	0	8	70	2	48	0.08	0.2	0	0	0
Protein Powder	1 scoop	100	0	18	1.5	1	0	50	2	0	1	0	0	50	0	0	0	0	0	0