

TOPPINGS

CALORIE MENU

FRUIT	Serving	Calories (1oz)
Bananas	1oz	25
Blueberries	1oz	22
Blackberries	1oz	18
Kiwi	1oz	30
Mango	1oz	25
Pineapple	1oz	20
Raspberries	1oz	18
Strawberries	1oz	12

BOBA POPPERS	Serving	Calories (1oz)
Blueberry	1oz	35
Cherry	1oz	35
Kiwi	1oz	35
Mango	1oz	35
Orange	1oz	35
Passion Fruit	1oz	35
Pineapple	1oz	35
Pomegranate	1oz	35
Strawberry	1oz	35
Tropical	1oz	35

CANDY	Serving	Calories (1oz)
Butterfinger	1oz	125
Chocolate Rocks	1oz	125
Caramel Cups (mini)	1oz	115
Heath Bar	1oz	140
Jolly Rancher	1oz	100
Kit Kat	1oz	140
M & M's (mini)	1oz	105
M & M's (peanut)	1oz	145
M & M's (plain)	1oz	105
Mint Chocolate (Andes)	1oz	150
Nerds	1oz	120
Nonpareils	1oz	125
Peanut Butter Cups	1oz	200
Reeses Pieces (mini)	1oz	140
Reeses Pieces (plain)	1oz	115
Skittles	1oz	80
Snickers	1oz	150
Sour Patch Kids	1oz	105
Twix	1oz	140

CHIPS	Serving	Calories (1oz)
Butterscotch	1oz	160
Chocolate	1oz	140
Dark Chocolate	1oz	135
White Chocolate	1oz	150
Peanut Butter	1oz	150
Vanilla	1oz	150
Yogurt	1oz	150

GUMMIES	Serving	Calories (1oz)
Sour Worms	1oz	90
Bears	1oz	90
Frogs	1oz	90
Swedish Fish	1oz	100
Worms (regular)	1oz	90

NUTS	Serving	Calories (1oz)
Almonds (sliced)	1oz	85
Peanuts (chopped)	1oz	160
Pecans (chopped)	1oz	200
Sunflower Seeds (whole)	1oz	110
Walnuts (chopped)	1oz	185
Wet Walnuts	1oz	180

MISC.	Serving	Calories (1oz)
Brownie Bites	1oz	120
Brownie Squares	1oz	130
Captain Crunch	1oz	40
Marachino Cherries	Each	10
Cheesecake Bites	1oz	90
Chocolate Covered Sunflower Seeds	1oz	140
Chocolate Chip Cookies	1oz	150
Crushed Oreos	1oz	140
Coconut (Shredded)	1oz	140
Cookie Dough Bites	1oz	135
Dark Chocolate Shavings	1oz	145
Dark Chocolate Raspberry Cups	1oz	145
Froot Loops	1oz	40
Frosted Animal Crackers	1oz	140
Fruit Snacks	1oz	85
Fruity Pebbles	1oz	40
Graham Crackers	1oz	125
Granola	1oz	105
Marshmallows	1oz	95
Mochi	1oz	90
Nilla Wafers	1oz	135
Peanut Butter Buckeyes	1oz	165
Pound Cake	1oz	100
Rainbow Cookies	each	35
S'more	1oz	170
Sprinkles	1oz	100
Whipped Cream	1oz	50

SAUCES	Serving	Calories (1oz)
Caramel	1oz	110
Chocolate Syrup	1oz	90
Hot Fudge	1oz	90
Marshmallow	1oz	40
Nutella	1oz	160
Peanut Butter	1oz	125
Strawberry	1oz	90

FRESH WAFFLES	Serving	Calories (1oz)
Cones	1oz	70
Bowls	1oz	70