



**CANADA NUTRITIONAL FACTS based on 125 mL (100 g) serving.** Last updated 26/02/2020

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.

FLAVÜRS CANADA														
	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)	Potassium (mg)	Kosher (K)
<b>Low Fat</b>														
Banana	120	2	1.5	0.1	10	35	22	1	19	3	100	0.1	100	K
Blackberry	110	2.5	1.5	0.1	10	40	20	1	19	4	100	0.1	100	K
Blueberry	120	2.5	1.5	0.1	10	40	21	1	20	4	100	0.1	100	K
Kiwi	110	2.5	1.5	0.1	10	35	20	1	19	3	100	0.1	100	K
Mango	120	2.5	1.5	0.1	10	40	21	0	20	3	100	0.1	100	K
Peach	110	2.5	1.5	0.1	10	40	23	0	19	4	100	0.1	100	K
Pineapple	120	2	1.5	0.1	10	40	22	0	22	3	100	0.1	100	K
Raspberry	120	2.5	1.5	0.1	10	40	21	1	19	4	100	0.1	100	K
Strawberry	110	2	1.5	0.1	10	35	19	1	18	3	100	0.2	125	K
Sweet Cherry	110	2.5	1.5	0.1	10	40	20	0	19	4	100	0.1	100	K
Vanilla	130	3	2	0.1	10	50	22	0	22	4	125	0	125	K
Watermelon	100	2	1.5	0.1	10	35	19	0	18	3	100	0.1	125	K
<b>Non-Fat</b>														
Banana	130	0.4	0.3	0	5	60	26	0	23	5	150	0.1	150	K
Blackberry	120	0.5	0.3	0	5	55	23	1	21	5	150	0.2	150	K
Blueberry	120	0.5	0.3	0	5	60	24	1	22	5	150	0.1	150	K
Kiwi	120	0.5	0.3	0	5	55	24	1	21	5	150	0.1	150	K
Mango	120	0.4	0.3	0	5	55	24	0	22	5	150	0.1	150	K
Peach	110	0.4	0.3	0	5	55	26	0	21	5	150	0.1	150	K
Pineapple	120	0.4	0.3	0	5	55	26	0	24	5	150	0.1	150	K
Raspberry	120	0.5	0.3	0	5	60	24	1	21	5	150	0.2	150	K
Strawberry	110	0.4	0.3	0	5	55	23	1	20	5	150	0.2	175	K
Sweet Cherry	120	0.5	0.3	0	5	55	24	0	21	5	150	0.2	150	K
Vanilla	130	0.5	0.4	0	5	70	27	0	24	6	175	0.1	175	K
Watermelon	110	0.4	0.3	0	5	55	22	0	20	5	125	0.1	175	K
<b>No Sugar Added (NSA)</b>														
Banana	90	0.4	0.3	0	0	45	24	0	7	4	100	0.1	100	K
Blackberry	80	0.5	0.3	0	0	40	22	1	6	4	100	0.2	100	K
Blueberry	80	0.5	0.3	0	0	45	23	1	7	4	100	0.1	100	K
Kiwi	80	0.5	0.3	0	0	40	22	1	7	4	100	0.1	100	K
Mango	90	0.4	0.3	0	0	40	23	0	8	4	100	0.1	100	K



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FLAVÜRS CANADA														
	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)	Potassium (mg)	Kosher (K)
<b>No Sugar Added (NSA)</b>														
Peach	80	0.4	0.3	0	0	40	25	0	7	4	100	0.1	100	K
Pineapple	90	0.4	0.3	0	0	40	24	0	10	3	100	0.1	100	K
Raspberry	90	0.5	0.3	0	0	45	23	1	6	4	100	0.2	100	K
Strawberry	80	0.4	0.3	0	0	40	21	1	6	3	100	0.2	125	K
Sweet Cherry	80	0.5	0.3	0	0	40	22	0	7	4	100	0.2	100	K
Watermelon	80	0.4	0.3	0	0	40	21	0	7	3	100	0.1	125	K
<b>Low Fat Chocolate</b>														
Banana	120	2.5	1.5	0.1	10	35	22	1	20	4	75	0.4	150	K
Blackberry	110	2.5	1.5	0.1	10	30	20	1	18	3	75	0.4	150	K
Blueberry	110	2.5	1.5	0.1	10	35	20	1	19	3	75	0.3	150	K
Chocolate	120	3	2	0.1	10	40	22	0	21	4	100	0.4	200	K
Kiwi	110	2.5	1.5	0.1	5	30	20	1	18	3	75	0.4	150	K
Mango	110	2.5	1.5	0.1	10	30	21	1	20	3	75	0.3	150	K
Peach	110	2.5	1.5	0.1	10	30	23	1	18	3	75	0.4	150	K
Pineapple	120	2.5	1.5	0.1	10	30	22	0	21	3	75	0.4	150	K
Raspberry	110	2.5	1.5	0.1	10	35	20	1	18	4	75	0.4	150	K
Strawberry	100	2	1.5	0.1	10	30	19	1	17	3	75	0.5	175	K
Sweet Cherry	110	2.5	1.5	0.1	10	30	20	0	19	3	75	0.4	150	K
Watermelon	100	2	1.5	0.1	5	30	18	0	17	3	75	0.3	175	K
<b>Sorbet</b>														
Banana	110	0	0	0	0	5	28	0	19	0.1	0	0.1	0	K
Blackberry	100	0.1	0	0	0	5	26	1	18	0.2	10	0.2	0	K
Blueberry	100	0.1	0	0	0	5	26	1	19	0.1	0	0.1	0	K
Kiwi	100	0.1	0	0	0	5	26	1	18	0.2	10	0.1	0	K
Mango	100	0.1	0	0	0	5	26	1	19	0.1	0	0.1	0	K
Peach	100	0	0	0	0	5	28	1	18	0.2	0	0.1	0	K
Pineapple	110	0	0	0	0	5	27	0	21	0.1	0	0.1	0	K
Raspberry	100	0.1	0	0	0	5	26	1	18	0.2	10	0.2	0	K
Strawberry	100	0	0	0	0	5	25	1	17	0.1	10	0.2	30	K
Sweet Cherry	100	0.1	0	0	0	5	26	0	19	0.2	0	0.2	0	K
Vegan Chocolate	130	3	2.5	0	0	180	25	1	18	1	10	1.5	0	X
Watermelon	90	0	0	0	0	5	24	0	17	0.1	0	0.1	20	K



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ÜSENSATIONS CANADA														
	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)	Potassium (mg)	Kosher (K)
<b>Chocolate</b>														
Chocolate Almond	160	6	2	0.1	10	35	23	1	21	5	100	0.3	175	K
Cookies n' Cream	200	6	3	0.1	10	120	33	1	25	4	75	1.5	175	K
Red Velvet	170	5	1.5	0.1	10	60	28	0	25	4	100	0.2	125	K
<b>Low Fat</b>														
Chocolate Mint	170	5	1.5	0.1	10	45	27	1	26	5	100	0.1	100	K
Coffee	170	6	1.5	0.1	10	40	25	1	25	5	100	0	100	X
Cookies n' Cream	210	6	3	0.1	10	130	34	1	26	4	100	1.3	125	K
Key Lime Pie	170	3.5	2	0.1	10	90	32	1	25	4	100	0.5	100	K
Matcha Mochi LF	150	2.5	1.5	0.1	10	45	28	0	20	4	100	0.1	125	X
Pina Colada	160	6	4.5	0.1	10	55	26	1	24	3	75	0.4	75	K
Strawberry Cheesecake	160	5	3	0	25	105	24	1	19	3	100	0.5	100	K
<b>Non-Fat</b>														
Chocolate Mint	170	3	0.3	0	5	60	30	1	28	6	150	0.1	175	K
Coffee	170	4	0.3	0	5	60	29	1	27	6	150	0.1	175	X
Key Lime Pie	160	1	0.5	0	5	95	33	0	27	5	150	0.3	150	K
Matcha Mochi	150	0.4	0.3	0	5	60	32	0	22	6	150	0.1	175	X
Pina Colada	170	4.5	3.5	0	0	70	29	1	26	4	125	0.5	125	K
Strawberry Cheesecake	160	4	2.5	0	20	120	27	1	20	4	125	0.5	150	K



**CANADA NUTRITIONAL FACTS based on 250 mL serving.** Last updated 26/02/2020

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SMOOTHIES CANADA														
	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)	Potassium (mg)	Kosher (K)
<b>Low Fat</b>														
Almond Kale	170	7	1	0	5	30	25	2	20	5	100	0.4	200	K
Avocado Kale	150	3.5	1.5	0	5	35	27	2	24	3	100	0.3	200	K
<b>Non-Fat</b>														
Blueberry Breeze	150	0.5	0.3	0	5	55	34	1	28	4	125	0.1	150	K
Kiwi Kale	160	0.5	0.3	0	0	50	34	1	29	5	150	0.4	300	K
Mango Matcha Green Tea	160	0.5	0.3	0	5	65	35	1	32	5	150	0.1	175	K
Mango Mint Pineapple	170	0.4	0.3	0	0	50	37	1	34	5	125	0.3	250	K
Peach Berry Sunset	140	0.4	0.2	0	0	50	34	1	26	4	125	0.3	175	K
Raspberry Blast	160	0.5	0.2	0	0	50	35	2	31	4	125	0.3	125	K
Strawberry Banana	150	0.4	0.2	0	0	50	32	1	27	4	125	0.5	250	K
Tropical Storm	150	0.4	0.2	0	0	40	33	1	28	4	100	0.3	225	K
Very Berry	140	0.5	0.2	0	0	50	31	2	26	4	125	0.3	175	K
<b>Sorbet</b>														
Blueberry Breeze	150	0.2	0	0	0	10	37	1	27	0.3	10	0.2	10	K
Kiwi Kale	150	0.2	0	0	0	10	37	1	28	1	30	0.4	150	K
Mango Matcha Green Tea	160	0.1	0	0	0	10	39	1	30	0.2	10	0.1	10	K
Mango Mint Pineapple	160	0.1	0	0	0	10	40	1	32	1	20	0.3	125	K
Peach Berry Sunset	130	0.1	0	0	0	10	37	1	25	0.4	10	0.4	50	K
Raspberry Blast	150	0.2	0	0	0	10	38	2	30	0.3	10	0.3	0	K
Strawberry Banana	140	0.1	0	0	0	10	35	1	26	1	20	0.5	125	K
Tropical Storm	160	0.1	0	0	0	10	39	1	30	1	10	0.3	125	K
Very Berry	130	0.2	0	0	0	10	34	2	25	0.4	10	0.3	40	K



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FRÜZ TEA CANADA														
	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)	Potassium (mg)	Kosher (K)
<b>Fresh Tea</b>														
Honey Green Tea with Aloe Vera	70	0	0	0	0	10	16	0	16	0	20	0.1	0	X
Jasmine Green Tea	70	0	0	0	0	15	17	0	16	0	0	0	0	X
Mango Green Tea	100	0	0	0	0	35	27	0	34	0	10	0	0	X
Passion Fruit Lime Tea with Aloe Vera, Basil Seed	110	0.1	0	0	0	40	27	0	26	0	20	0.1	10	X
Passion Fruit Green Tea with Tapioca Lychee Jelly	90	0	0	0	0	35	24	0	16	0	0	0	0	X
Wintermelon Tea	110	0	0	0	0	10	27	0	25	0	10	0	0	X
<b>Milk Tea</b>														
Black Milk Tea with Tapioca	200	4.5	4.5	0	0	35	39	0	18	0.4	0	0	0	X
Earl Grey Milk Tea with Tapioca, Grass Jelly, Custard Pudding	190	5	5	0	0	65	34	0	19	1	10	0	0	X
Matcha Milk Tea	160	5	5	0	0	35	28	0	18	1	10	0	10	X
Taro Milk Tea	240	7	6	0	0	75	43	1	30	1	40	0	0	X
<b>Slush</b>														
Avocado	200	12	5	0	0	25	26	3	15	1	10	0.3	250	X
Blueberry Mango	100	0.2	0	0	0	35	26	1	33	0.2	10	0.1	10	X
Mango	70	0.1	0	0	0	20	17	1	21	0.1	10	0	0	X
Matcha	160	7	7	0	0	30	23	0	9	2	30	0.3	50	X
Pina Colada	120	2	1.5	0	0	25	24	0	23	1	10	0.1	0	X
Pineapple Mango	100	0.1	0	0	0	25	26	0	29	0.1	10	0.1	0	X
Strawberry Banana	90	0	0	0	0	30	23	0	19	0.2	10	0.1	20	X
Strawberry Blueberry	90	0.1	0	0	0	30	22	1	19	0.1	10	0.1	30	X
Taro	220	8	6	0	0	80	38	1	24	2	40	0	0	X
Watermelon	50	0	0	0	0	20	14	0	12	0.2	10	0.1	30	X