

AUNTIE ANNE'S® ALLERGEN STATEMENT

Before placing your order, please inform your server if a person in your party has a food allergy. Some of our products contain food allergens and other ingredients that cause food sensitivities, such as egg, fish, milk, peanuts, sesame, shell fish, soybean, tree nuts, and wheat. Although efforts are made to avoid cross-contact of allergens and other ingredients that may cause food sensitivities, all food and beverage items may contain or come into contact with one or more of these substances. While the food allergens information we provide is based on our standardized recipes, we are unable to guarantee that any menu item will be completely free of allergens or other ingredients that may cause food sensitivities. Test products, limited time offers and regional menu variations may not be reflected in the food allergen information we provide.

If you would like to speak to someone about our products, please call 1-877-778-9588 or contact guest relations on auntieannes.com.

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Auntie Anne's® NUTRITIONAL GUIDE



auntieannes.com

CLASSIC PRETZELS	Serving Size	Calories
Original Pretzel	1 each	350
Cinnamon Sugar Pretzel	1 each	480
Pepperoni Pretzel	1 each	500
Sweet Almond Pretzel	1 each	400
Jalapeno Pretzel	1 each	320

Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
5	3	0	10	900	68	2	10	9	8
11	7	0	25	310	88	2	29	28	9
17	9	0.5	45	800	69	2	10	10	17
6	3.5	0	10	310	77	2	17	16	9
5	2.5	0	10	1000	63	2	9	8	8

PRETZEL DOGS	Serving Size	Calories
Mini Pretzel Dogs (small)	Approx 10	700
Mini Pretzel Dogs (regular)	Approx 14	980
Pretzel Dog	1 each	360
Cheese Pretzel Dog	1 each	400
Jalapeno Cheese Pretzel Dog	1 each	400

Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
37	15	0	80	1590	73	2	10	9	21
51	20	0	115	2230	102	3	14	13	29
20	9	1	40	700	35	1	5	4	10
23	11	1	50	810	35	1	5	4	13
23	11	1	50	1080	36	1	5	4	13

PRETZEL NUGGETS	Serving Size	Calories
Cinnamon Sugar Nuggets (small)	Approx 19	500
Cinnamon Sugar Nuggets (regular)	Approx 26	680
Original Nuggets (small)	Approx 19	430
Original Nuggets (regular)	Approx 26	580
Pepperoni Nuggets (small)	Approx 14	480
Pepperoni Nuggets (regular)	Approx 19	650

Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
9	5	0	20	380	96	2	29	28	10
12	7	0	30	530	131	3	39	38	13
9	5	0	20	1080	78	2	11	10	10
12	7	0	30	1450	105	3	15	14	13
20	9	0.5	50	940	58	2	9	7	16
28	13	1	70	1280	79	3	12	10	22

DIPS	Serving Size	Calories
Caramel	1 dip cup (1.7 oz)	160
Cheese	1 dip cup (1.4 oz)	120
Hot Salsa Cheese	1 dip cup (1.4 oz)	120
Honey Mustard	1 dip cup (2 oz)	300
Cream Cheese	1 dip cup (1 oz)	100
Marinara	1 dip cup (2 oz)	30
Melted Cheese	1 dip cup (1.25 oz)	150
Ranch	1 dip cup (2 oz)	240
Sweet Glaze	1 dip cup (1.7 oz)	160

Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
2	1.5	0	5	95	37	0	19	15	1
10	2	0	5	670	5	0	3	0	2
10	2	0	5	570	6	0	3	0	2
27	4	0	20	250	14	0	14	14	1
7	4	0	20	115	1	0	1	0	1
0.5	0	0	0	330	6	0	3	1	1
11	3	0	20	840	6	0	4	4	5
26	4	0	15	500	3	0	2	2	1
0	0	0	0	0	35	0	34	34	0

BREAKFAST PRODUCTS	Serving Size	Calories
Sandwich Egg & Cheese	1 each	250
Sandwich Sausage, Egg & Cheese	1 each	400
Sandwich Bacon, Egg & Cheese	1 each	300

Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
9	5	0	85	780	29	1	5	4	13
22	10	0	115	1090	29	1	5	4	20
13	6	0	95	990	29	1	5	4	16

LEMONADE AND FROZEN LEMONADE	Serving Size	Calories
Original Lemonade	Small (16 fl oz)	180
	Med (20 fl oz)	250
	Large (30 fl oz)	350
Lemonade Mixer, Blue Raspberry	Small (16 fl oz)	220
	Med (20 fl oz)	290
	Large (30 fl oz)	430
Lemonade Mixer, Mango	Small (16 fl oz)	220
	Med (20 fl oz)	290
	Large (30 fl oz)	430
Lemonade Mixer, Strawberry	Small (16 fl oz)	220
	Med (20 fl oz)	290
	Large (30 fl oz)	430
Frozen Lemonade, Original	Small (16 fl oz)	230
	Med (20 fl oz)	290
	Large (30 fl oz)	430
Frozen Lemonade Mixer, Blue Raspberry	Small (16 fl oz)	270
	Med (20 fl oz)	340
	Large (30 fl oz)	500
Frozen Lemonade Mixer, Mango	Small (16 fl oz)	270
	Med (20 fl oz)	340
	Large (30 fl oz)	500
Frozen Lemonade Mixer, Strawberry	Small (16 fl oz)	270
	Med (20 fl oz)	340
	Large (30 fl oz)	500

Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
0	0	0	0	10	47	0	44	44	0
0	0	0	0	15	63	0	59	59	0
0	0	0	0	20	89	0	84	84	0
0	0	0	0	10	56	0	55	55	0
0	0	0	0	15	73	0	69	69	0
0	0	0	0	25	108	0	103	103	0
0	0	0	0	10	56	0	55	55	0
0	0	0	0	15	73	0	69	69	0
0	0	0	0	25	108	0	103	103	0
0	0	0	0	15	56	0	53	53	0
0	0	0	0	15	73	0	69	69	0
0	0	0	0	25	108	0	103	103	0
0	0	0	0	15	59	0	54	54	0
0	0	0	0	20	73	0	68	68	0
0	0	0	0	30	109	0	101	101	0
0	0	0	0	15	67	0	64	64	0
0	0	0	0	20	87	0	82	82	0
0	0	0	0	30	127	0	120	120	0
0	0	0	0	20	68	0	64	64	0
0	0	0	0	25	87	0	82	82	0
0	0	0	0	35	127	0	120	120	0
0	0	0	0	20	67	0	64	64	0
0	0	0	0	25	87	0	82	82	0
0	0	0	0	35	128	0	120	120	0

SPRITZ	Serving Size	Calories
Strawberry	Small (16 fl oz)	190
	Med (20 fl oz)	250
	Large (30 fl oz)	370
Mango	Small (16 fl oz)	190
	Med (20 fl oz)	250
	Large (30 fl oz)	370
Blue Raspberry	Small (16 fl oz)	190
	Med (20 fl oz)	250
	Large (30 fl oz)	370

Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
0	0	0	0	20	48	0	47	47	0
0	0	0	0	30	64	0	62	62	0
0	0	0	0	45	95	0	92	92	0
0	0	0	0	20	48	0	47	47	0
0	0	0	0	30	64	0	62	62	0
0	0	0	0	45	95	0	92	92	0
0	0	0	0	20	48	0	47	47	0
0	0	0	0	30	64	0	62	62	0
0	0	0	0	45	95	0	92	92	0

SMOOTHIES	Serving Size	Calories
Strawberry	Small (16 fl oz)	230
	Med (20 fl oz)	350
	Large (30 fl oz)	470
Strawberry Banana	Small (16 fl oz)	230
	Med (20 fl oz)	350
	Large (30 fl oz)	470
Mango	Small (16 fl oz)	230
	Med (20 fl oz)	350
	Large (30 fl oz)	470

Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
0	0	0	0	0	59	2	59	50	0
0	0	0	0	0	90	3	90	77	0
0	0	0	0	0	120	4	120	103	0
0	0	0	0	0	59	2	59	50	0
0	0	0	0	0	90	3	90	77	0
0	0	0	0	0	120	4	120	103	0
0	0	0	0	0	59	2	59	50	0
0	0	0	0	0	90	3	90	77	0
0	0	0	0	0	120	4	120	103	0

FOUNTAIN DRINKS	Serving Size	Calories
Coca-Cola	Small (16 oz)	150
	Medium (21 oz)	210
	Large (30 oz)	290
Diet Coke	Small (16 oz)	0
	Medium (21 oz)	0
	Large (30 oz)	0
Dr Pepper	Small (16 oz)	140
	Medium (21 oz)	190
	Large (30 oz)	260
Fanta Orange	Small (16 oz)	150
	Medium (21 oz)	210
	Large (30 oz)	300
Root Beer	Small (16 oz)	160
	Medium (21 oz)	210
	Large (30 oz)	300
Sprite	Small (16 oz)	140
	Medium (21 oz)	190
	Large (30 oz)	270
Cherry Coke	Small (16 oz)	160
	Medium (21 oz)	220
	Large (30 oz)	310

Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
0	0	0	0	40	42	0	42	42	0
0	0	0	0	55	56	0	56	56	0
0	0	0	0	75	80	0	80	80	0
0	0	0	0	50	0	0	0	0	0
0	0	0	0	65	0	0	0	0	0
0	0	0	0	95	0	0	0	0	0
0	0	0	0	40	37	0	37	37	0
0	0	0	0	55	49	0	49	49	0
0	0	0	0	80	70	0	70	70	0
0	0	0	0	40	42	0	41	41	0
0	0	0	0	55	56	0	56	56	0
0	0	0	0	79	79	0	79	79	0
0	0	0	0	70	42	0	42	42	0
0	0	0	0	95	57	0	57	57	0
0	0	0	0	140	81	0	80	80	0
0	0	0	0	70	38	0	38	38	0
0	0	0	0	95	51	0	51	51	0
0	0	0	0	135	73	0	73	73	0
0	0	0	0	45	44	0	44	44	0
0	0	0	0	60	59	0	59	59	0
0	0	0	0	80	84	0	84	84	0

FOOD ALLERGENS AND SENSITIVITIES

This Chart should be used as a guide and does not guarantee that any of the mentioned products are free of allergens

PRODUCT
PRETZELS
ORIGINAL
CINNAMON SUGAR
SWEET ALMOND
PEPPERONI
JALAPEÑO
PRETZEL NUGGETS
ORIGINAL
CINNAMON SUGAR
PEPPERONI
PRETZEL DOGS
MINI PRETZEL DOGS
ORIGINAL PRETZEL DOG
CHEESE PRETZEL DOG
JALAPEÑO CHEESE PRETZEL DOG
BREAKFAST SANDWICHES
EGG AND CHEESE
SAUSAGE, EGG AND CHEESE
BACON, EGG AND CHEESE
DIPS
CARAMEL
CHEESE
HOT SALSA CHEESE
MARINARA
CREAM CHEESE
SWEET GLAZE
HONEY MUSTARD
RANCH
MELTED CHEESE

X - Present in product

	Milk	Egg	Fish	Shell Fish	Wheat	Soybean	Peanuts	Tree Nuts	Sesame
PRETZELS									
ORIGINAL	X				X	X			
CINNAMON SUGAR	X				X	X			
SWEET ALMOND	X				X	X		X	
PEPPERONI	X				X	X			
JALAPEÑO	X				X	X			
PRETZEL NUGGETS									
ORIGINAL	X				X	X			
CINNAMON SUGAR	X				X	X			
PEPPERONI	X				X	X			
PRETZEL DOGS									
MINI PRETZEL DOGS	X				X	X			
ORIGINAL PRETZEL DOG	X				X	X			
CHEESE PRETZEL DOG	X				X	X			
JALAPEÑO CHEESE PRETZEL DOG	X				X	X			
BREAKFAST SANDWICHES									
EGG AND CHEESE	X	X			X	X			
SAUSAGE, EGG AND CHEESE	X	X			X	X			
BACON, EGG AND CHEESE	X	X			X	X			
DIPS									
CARAMEL	X								
CHEESE	X								
HOT SALSA CHEESE	X								
MARINARA									
CREAM CHEESE	X								
SWEET GLAZE									
HONEY MUSTARD		X							
RANCH	X	X				X			
MELTED CHEESE	X								

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PRODUCT
BEVERAGES
ORIGINAL LEMONADE
ORIGINAL LEMONADE MIXER STRAWBERRY
ORIGINAL LEMONADE MIXER BLUE RASPBERRY
ORIGINAL LEMONADE MIXER MANGO
FROZEN LEMONADE
FROZEN LEMONADE MIXER STRAWBERRY
FROZEN LEMONADE MIXER BLUE RASPBERRY
FROZEN LEMONADE MIXER MANGO
SMOOTHIE, STRAWBERRY
SMOOTHIE, STRAWBERRY BANANA
SMOOTHIE, MANGO
SPRITZ, STRAWBERRY
SPRITZ, MANGO
SPRITZ, BLUE RASPBERRY
COFFEE (REGULAR, DECAF, FLAVORED)

X - Present in product

Milk	Egg	Fish	Shell Fish	Wheat	Soybean	Peanuts	Tree Nuts	Sesame

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