

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 (125g)	340
Cinnamon Sugar Pretzel	1 each (149g)	470
Pepperoni Pretzel	1 each (155g)	480
Sweet Almond Pretzel	1 each (134g)	390
Jalapeno Pretzel	1 each (160g)	350

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	0.00	15	870	65	2	9	8	8
11	7.0	0.00	25	280	85	2	29	28	8
17	9.0	0.50	45	760	66	2	9	8	16
6	3.5	0.00	15	280	74	2	17	16	8
5	3.0	0.00	15	1240	66	2	9	8	8

PRETZEL DOGS	Serving Size	Calories
Mini Pretzel Dogs	10 ea (249g)	700
Pretzel Dog	1 each (120g)	350
Cheese Pretzel Dog	1 each (126g)	380
Jalapeno Cheese Pretzel Dog	1 each (139g)	380

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	0.00	85	1660	72	2	10	9	21
20	8.0	0.50	45	800	33	1	5	4	10
22	10.0	0.50	50	880	33	1	5	4	12
22	10.0	0.50	50	1010	34	1	5	4	12

PRETZEL NUGGETS	Serving Size	Calories
Cinnamon Sugar Nuggets	Small (167g)	500
Cinnamon Sugar Nuggets	Regular (228g)	680
Original Nuggets	Small (150g)	420
Original Nuggets	Regular (206g)	580
Pepperoni Nuggets	Small (148g)	480
Pepperoni Nuggets	Regular (201g)	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	0.00	20	350	95	2	29	28	10
12	7.0	0.00	30	490	130	3	39	38	13
9	5.0	0.00	20	1050	77	2	11	10	10
12	7.0	0.00	30	1450	105	3	15	14	13
20	9.0	0.50	50	900	58	1	8	7	16
28	13.0	1.00	70	1230	78	2	11	10	22

DIPS	Serving Size	Calories
Caramel	1 dip cup (48g)	160
Cheese	1 dip cup (40g)	110
Hot Salsa Cheese	1 dip cup (40g)	100
Honey Mustard	1 dip cup (57g)	300
Light Cream Cheese	1 dip cup (35g)	90
Marinara	1 dip cup (57g)	30
Sweet Glaze	1 dip cup (48g)	130

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	0.00	5	95	37	0	19	15	1
8	3.0	0.00	10	530	4	0	2	0	4
8	3.0	0.00	10	530	4	0	2	1	4
27	4.0	0.00	20	250	14	0	14	14	1
7	4.5	0.00	25	125	2	0	1	0	3
0.5	0.0	0.00	0	330	6	0	3	1	1
0	0.0	0.00	0	10	32	0	31	31	0

BREAKFAST PRODUCTS	Serving Size	Calories
Sandwich Egg & Cheese	1 each (120g)	250
Sandwich Sausage, Egg & Cheese	1 each (162g)	400
Sandwich Bacon, Egg & Cheese	1 each (130g)	300
Breakfast Sausage Stix	5 ea (244g)	750

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	0.00	85	780	29	1	5	4	13
22	10.0	0.00	115	1090	29	1	5	4	20
13	6.0	0.00	95	990	29	1	5	4	16
42	14.0	0.00	100	1290	65	2	9	8	28

PIZZA	Serving Size	Calories
Cheese Pizza, 8 inch	1 each (239g)	590
Pepperoni Pizza, 8 inch	1 each (256g)	680

Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
14	6.0	1.00	35	810	96	3	15	12	22
21	9.0	1.00	55	1100	96	3	15	12	25

LEMONADE AND FROZEN LEMONADE	Serving Size	Calories
Original Lemonade	Small (482g)	190
	Medium (619g)	250
	Large (941g)	360
Lemonade Mixer, Blue Raspberry	Small (485g)	220
	Medium (593g)	290
	Large (948g)	420
Lemonade Mixer, Mango	Small (485g)	220
	Medium (593g)	290
	Large (948g)	420
Lemonade Mixer, Strawberry	Small (485g)	220
	Medium (593g)	290
	Large (948g)	420
Frozen Lemonade, Original	Small (448g)	240
	Medium (548g)	290
	Large (818g)	440
Frozen Lemonade Mixer, Blue Raspberry	Small (443g)	270
	Medium (553g)	340
	Large (824g)	500
Frozen Lemonade Mixer, Mango	Small (443g)	270
	Medium (553g)	340
	Large (824g)	500
Frozen Lemonade Mixer, Strawberry	Small (443g)	270
	Medium (553g)	340
	Large (824g)	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	0.00	0	15	47	0	45	45	0
0	0.0	0.00	0	20	64	0	60	60	0
0	0.0	0.00	0	25	91	0	85	85	0
0	0.0	0.00	0	15	56	0	53	53	0
0	0.0	0.00	0	20	72	0	68	68	0
0	0.0	0.00	0	30	107	0	101	101	0
0	0.0	0.00	0	15	56	0	53	53	0
0	0.0	0.00	0	15	72	0	68	68	0
0	0.0	0.00	0	30	107	0	101	101	0
0	0.0	0.00	0	15	56	0	53	53	0
0	0.0	0.00	0	20	72	0	68	68	0
0	0.0	0.00	0	30	107	0	101	101	0
0	0.0	0.00	0	15	60	0	56	56	0
0	0.0	0.00	0	20	74	0	69	69	0
0	0.0	0.00	0	30	110	0	103	103	0
0	0.0	0.00	0	15	68	0	63	63	0
0	0.0	0.00	0	20	85	0	81	81	0
0	0.0	0.00	0	30	127	0	119	119	0
0	0.0	0.00	0	15	68	0	63	63	0
0	0.0	0.00	0	20	86	0	81	81	0
0	0.0	0.00	0	35	127	0	119	119	0
0	0.0	0.00	0	20	68	0	63	63	0
0	0.0	0.00	0	25	86	0	81	81	0
0	0.0	0.00	0	35	127	0	119	119	0

FOUNTAIN DRINKS	Serving Size	Calories
Coca-Cola	Small (468g)	140
	Medium (600g)	190
	Large (914g)	260
Diet Coke	Small (468g)	0
	Medium (600g)	0
	Large (914g)	0
Dr Pepper	Small (468g)	140
	Medium (600g)	190
	Large (914g)	280
Fanta Orange	Small (468g)	160
	Medium (600g)	210
	Large (914g)	300
Hi-C Fruit Punch	Small (468g)	150
	Medium (600g)	210
	Large (914g)	290
Root Beer	Small (468g)	160
	Medium (600g)	220
	Large (914g)	310
Sprite	Small (468g)	130
	Medium (600g)	180
	Large (914g)	260
Cherry Coke	Small (468g)	150
	Medium (600g)	210
	Large (914g)	290

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	0.00	0	50	38	0	38	38	0
0	0.0	0.00	0	65	52	0	52	52	0
0	0.0	0.00	0	95	73	0	73	73	0
0	0.0	0.00	0	40	0	0	0	0	0
0	0.0	0.00	0	55	0	0	0	0	0
0	0.0	0.00	0	80	0	0	0	0	0
0	0.0	0.00	0	60	38	0	37	37	0
0	0.0	0.00	0	80	51	0	50	50	0
0	0.0	0.00	0	120	73	0	70	70	0
0	0.0	0.00	0	55	42	0	42	42	0
0	0.0	0.00	0	75	57	0	57	57	0
0	0.0	0.00	0	105	80	0	80	80	0
0	0.0	0.00	0	30	43	0	43	43	0
0	0.0	0.00	0	40	57	0	57	57	0
0	0.0	0.00	0	60	81	0	81	81	0
0	0.0	0.00	0	65	42	0	42	42	0
0	0.0	0.00	0	90	57	0	57	57	0
0	0.0	0.00	0	125	81	0	81	81	0
0	0.0	0.00	0	65	36	0	36	36	0
0	0.0	0.00	0	90	49	0	49	49	0
0	0.0	0.00	0	125	70	0	70	70	0
0	0.0	0.00	0	40	40	0	40	40	0
0	0.0	0.00	0	55	54	0	54	54	0
0	0.0	0.00	0	80	76	0	76	76	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	Milk	Egg	Fish	Shell Fish	Wheat
PRETZELS					
ORIGINAL	X	O			X
CINNAMON SUGAR	X	O			X
SWEET ALMOND	X	O			X
PEPPERONI	X	O			X
JALAPEÑO	X	O			X
RAISIN	X	O			X
NUGGETS					
ORIGINAL	X	O			X
CINNAMON SUGAR	X	O			X
PEPPERONI	X	O			X
DOGS					
MINI PRETZEL DOGS	X	O			X
ORIGINAL PRETZEL DOG	X	O			X
CHEESE PRETZEL DOG	X	O			X
JALAPEÑO CHEESE PRETZEL DOG	X	O			X
PIZZA					
CHEESE PRETZEL PIZZA	X	O			X
PEPPERONI PRETZEL PIZZA	X	O			X
BREAKFAST SANDWICHES					
EGG AND CHEESE	X	X			X
SAUSAGE, EGG AND CHEESE	X	X			X
BACON, EGG AND CHEESE	X	X			X
SAUSAGE ROLL UPS	X	O			X
DIPS					
CARAMEL	X	O	O		O
CHEESE	X	O			O
HOT SALSA CHEESE	X	O			O
MARINARA	O	O	O	O	O
CREAM CHEESE	X				
SWEET GLAZE	O	X	O		O
HONEY MUSTARD	O	X	O	O	O
BEVERAGES					
ORIGINAL LEMONADE	O				
ORIGINAL LEMONADE MIXER STRAWBERRY	O	O	O		O
ORIGINAL LEMONADE MIXER BLUE RASPBERRY	O	O	O		O
ORIGINAL LEMONADE MIXER MANGO	O	O	O		O
FROZEN LEMONADE	O	O	O		O
FROZEN LEMONADE MIXER STRAWBERRY	O	O	O		O
FROZEN LEMONADE MIXER BLUE RASPBERRY	O	O	O		O
FROZEN LEMONADE MIXER MANGO	O	O	O		O
COFFEE (REGULAR, DECAF, FLAVORED)					

X - Present in product

O - Ingredients manufactured on the same line and/or plant

SENSITIVITIES

	Soybean	Peanuts	Tree Nuts	Sesame
PRETZELS				
ORIGINAL	X			
CINNAMON SUGAR	X			
SWEET ALMOND	X	O	X	
PEPPERONI	X			
JALAPEÑO	X			
RAISIN	X			
NUGGETS				
ORIGINAL	X			
CINNAMON SUGAR	X			
PEPPERONI	X			
DOGS				
MINI PRETZEL DOGS	X			
ORIGINAL PRETZEL DOG	X			
CHEESE PRETZEL DOG	X			
JALAPEÑO CHEESE PRETZEL DOG	X			
PIZZA				
CHEESE PRETZEL PIZZA	X			
PEPPERONI PRETZEL PIZZA	X			
BREAKFAST SANDWICHES				
EGG AND CHEESE	X			
SAUSAGE, EGG AND CHEESE	X			O
BACON, EGG AND CHEESE	X			
SAUSAGE ROLL UPS	X			O
DIPS				
CARAMEL	O		O	O
CHEESE	X			
HOT SALSA CHEESE	X			
MARINARA	O		O	O
CREAM CHEESE	O			
SWEET GLAZE	O		O	O
HONEY MUSTARD	O		O	O
BEVERAGES				
ORIGINAL LEMONADE			O	
ORIGINAL LEMONADE MIXER STRAWBERRY	O	O	O	O
ORIGINAL LEMONADE MIXER BLUE RASPBERRY	O	O	O	O
ORIGINAL LEMONADE MIXER MANGO	O	O	O	O
FROZEN LEMONADE	O	O	O	O
FROZEN LEMONADE MIXER STRAWBERRY	O	O	O	O
FROZEN LEMONADE MIXER BLUE RASPBERRY	O	O	O	O
FROZEN LEMONADE MIXER MANGO	O	O	O	O
COFFEE (REGULAR, DECAF, FLAVORED)				

	Corn	FD&C Yellow #5, Blue #2, Red #40	MSG Monosodium Glutamate	Coconut	Sulfites
PRETZELS					
ORIGINAL					O
CINNAMON SUGAR					O
SWEET ALMOND	X			X	O
PEPPERONI					O
JALAPEÑO					X
RAISIN					O
NUGGETS					
ORIGINAL					O
CINNAMON SUGAR					O
PEPPERONI					O
DOGS					
MINI PRETZEL DOGS	X				O
ORIGINAL PRETZEL DOG	X				O
CHEESE PRETZEL DOG	X				O
JALAPEÑO CHEESE PRETZEL DOG	X				X
PIZZA					
CHEESE PRETZEL PIZZA	X				O
PEPPERONI PRETZEL PIZZA	X				O
BREAKFAST SANDWICHES					
EGG AND CHEESE					O
SAUSAGE, EGG AND CHEESE			O		O
BACON, EGG AND CHEESE					O
SAUSAGE ROLL UPS			O		O
DIPS					
CARAMEL	X		O		O
CHEESE	X	X	O		
HOT SALSA CHEESE		X	O		
MARINARA			O		O
CREAM CHEESE					
SWEET GLAZE			O		O
HONEY MUSTARD	X		O		O
BEVERAGES					
ORIGINAL LEMONADE					
ORIGINAL LEMONADE MIXER STRAWBERRY	X	X	O		X
ORIGINAL LEMONADE MIXER BLUE RASPBERRY	X	X	O		O
ORIGINAL LEMONADE MIXER MANGO	X	X	O		O
FROZEN LEMONADE		X	O		O
FROZEN LEMONADE MIXER STRAWBERRY	X	X	O		X
FROZEN LEMONADE MIXER BLUE RASPBERRY	X	X	O		O
FROZEN LEMONADE MIXER MANGO	X	X	O		O
COFFEE (REGULAR, DECAF, FLAVORED)					

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