

## 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 email our friendly team at [info@auntieannes.com.au](mailto:info@auntieannes.com.au)

Auntie  Anne's®

## NUTRITIONAL GUIDE



[auntieannes.com.au](http://auntieannes.com.au)

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
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
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)
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	
	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	
	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
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

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

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
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

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

	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

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

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

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

	Med (20 fl oz)	250
	Large (30 fl oz)	370
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

0	0	0	0	30	64	0	62	62	0
0	0	0	0	45	95	0	92	92	0
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

# 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	
X				X	X				
X				X	X				
X				X	X		X		
X				X	X				
X				X	X				
X				X	X				
X				X	X				
X				X	X				
X				X	X				
X				X	X				
X				X	X				
X	X			X	X				
X	X			X	X				
X	X			X	X				
X									
X									
X									
X									
	X								
X	X				X				
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)										

Milk	Egg	Fish	Shell Fish	Wheat	Soybean	Peanuts	Tree Nuts	Sesame

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