

FROZEN TREATS

Prices and Offerings are subject to change.

Soft Serve Sm 3.85 Med 4.40 Lrg 5.15

Vanilla, Chocolate, Twist or Specialty Flavor (medium only)

Hard Serve Sm 4.25 Med 5.30 Lrg 6.10

30+ premium flavors + PSU creamery flavors

Water Ice Sm 3.15 Med 3.75 Lrg 4.25

Gelati Sm 4.00 Med 4.65 Lrg 5.10

Sundaes *with Whipped Cream & Cherry*

Regular (one topping) 6.25 Specialty 7.25

Banana Split *with Whipped Cream & Cherry*

Traditional 7.50 Specialty (hard serve) 8.10

Milkshakes Reg/One Size 7.25 *add Protein .80*

Power Shake Reg/One Size 8.25

Vanilla Ice Cream, Hot Peanut Butter, Banana, Protein

Fit Fro-Nana Frozen Banana Cream 6.95

Plain Banana or Strawberry Banana

Arctic Swirl Reg 6.15 Lrg 6.75

Soft serve mixed with toppings/candies



FIT BY DESIGN

—TRAINING STUDIO—

Acai Bowl Mixed Berries, Soft Serve

& Granola 6.95 *substitute with Fro-Nana add 1.00*

Floats Reg/One Size 7.00

Choice of Soda or Coffee

Ice Cream Nachos

Soft Serve & Waffle Chips (one topping) 7.50

Dip Options: Caramel, Chocolate, Strawberry, Peanut Butter

The Trough 8 scoops your choice 19.50

Served with 4 chocolate chip cookies, hot fudge, marshmallow topping, whipped cream, sprinkles & cherries, in a keepsake bowl

Frozen Treats

Waffle Cone *add 1.35* Sugar Cone *add .75*

Pretzel Cone *add 1.75* Toppings *add .89ea*

Dipped Cones *add .89*

Chocolate, Cherry, Butterscotch, Blue Rasp, B-day Cake

Homemade Ice Cream Cookies 3.95

Choc. Covered Frozen Bananas 2.50

Arctic S'more Sandwich 6.85

Chocolate Wafers, Marshmallow, Cookies & Cream

Beverages

Bottled Sodas 2.50 Iced Tea, Lemonade 2.50

Bottled Water & Juice Boxes 1.50 Coffee 2.25