

# VAMPIRE PENGUIN

SHAVED SNOW



AND DESSERTS



**NUTRITION**  
**AND INGREDIENTS INFO**

[www.vampirepenguin.com](http://www.vampirepenguin.com)



Updated: 04/10/2024

Disclaimer:

Dearest Penguin Vampy's,

Our goal is to present you with precise product details and dietary assessments throughout these pages. While we strive for accuracy, it's important to note that the information you see here is provided by our manufacturers, suppliers, and other parties, and has not been independently verified by us. Please be aware that product packaging and materials may differ from what is displayed on our website, including variations in product descriptions, country of origin, nutrition facts, ingredients, allergens, and other details.

Additionally, the nutritional information provided for our shaved snow and potion flavors is calculated under ideal conditions, considering factors like optimal ice block temperature, blade sharpness, and strict portion control. However, it's essential to acknowledge that real-world circumstances, such as variations in portion sizes, may affect the accuracy of these calculations, particularly for shaved snow flavors.

Please be advised that the information and statements regarding dietary assessments have not been evaluated by the Food and Drug Administration. They are not intended to diagnose, treat, cure, or prevent any disease or health condition. We encourage you to use this information as a guide and consult with a healthcare professional for personalized dietary advice.



### Notice:

Below, you'll find the nutritional information and calculations for the shaved snow and potion flavors of most Vampire Penguin products. Please note that each Vampire Penguin location operates independently and may offer its own unique flavors and combinations. Some locations also have different recipes and ratios for Potions and may not reflect the calculations showed below. If you require information for products not listed here, we recommend reaching out to your local Vampire Penguin directly. When calculating the nutritional content for special combinations, please aggregate the information and calculations for the individual flavors included in your combination. It's important to note that toppings, sauces, and other additional food items are not accounted for in these calculations.

### Legend:



Flavor is non-dairy. Lactose free but contains Sodium Caseinate, a milk derivative. Not recommended for vegans and individuals with milk allergies



Flavor contains dairy



Flavor is gluten-free



Flavor contains only natural dyes like Annatto or has no dyes



Disclaimer: While we endeavor to thoroughly examine our suppliers' ingredient lists, we encourage you to exercise diligence in reviewing the listed ingredients yourself.



# Shaved Snow Flavor Nutrition and Ingredient Info

Small Serving - 12 fl.oz cup - 350ml cup

## 1) Banana

Nutrition Facts	
Banana Shaved Snow (350ml)	
Serving size	
Amount Per Serving	
Calories	<b>80</b>
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0.35g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 18g	7%
Dietary Fiber 0g	0%
Total Sugars 16g	
Includes 16g Added Sugars	32%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 159mg	10%
Iron 0.2mg	2%
Potassium 21mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

SUGAR, TAPIOCA SYRUP, HYDROGENATED PALM KERNEL OIL, SODIUM CASEINATE - MILK DERIVATIVE, DIPOTASSIUM PHOSPHATE, MONO AND DYGLYCERIDE, SODIUM ALUMINIUM SILICATE, TAPIOCA STARCH, CALCIUM CARBONATE, BANANA FLAVOR, BUTTER POWDER, BANANA POWDER, SILICON DIOXIDE, FD&C RED #40, FD&C YELLOW #5.



## 2) Blueberry

Nutrition Facts	
Blueberry Shaved Snow (350ml)	
Serving size	
Amount Per Serving	
Calories	<b>100</b>
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 24g	9%
Dietary Fiber 0g	0%
Total Sugars 24g	
Includes 24g Added Sugars	48%
Protein 0g	0%

Not a significant source of vitamin D, calcium, iron, and potassium.  
\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

FRUCTOSE, BLUEBERRY JUICE, BLUEBERRY FLAVOR, XANTHAN GUM, POTASSIUM SORBATE, CALCIUM LACTATE, GUAR GUM, FD&C BLUE #1, FD&C RED #40 GLUCOSE SYRUP (TAPIOCA SYRUP), HYDROGENATED PALM KERNEL OIL, SODIUM CASEINATE - MILK DERIVATIVE, DIPOTASSIUM PHOSPHATE, EMULSIFIER, SILICON DIOXIDE.



## 3) Bubblegum

Nutrition Facts	
Bubblegum Shaved Snow (350ml)	
Serving size	
Amount Per Serving	
Calories	<b>110</b>
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0.8g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 24g	9%
Dietary Fiber 0g	0%
Total Sugars 18g	
Includes 18g Added Sugars	36%
Protein < 1g	2%
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 0mg	0%
Potassium 0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Sugar, Maltodextrin, Corn Syrup Solids, Nonfat Milk, Palm Oil, Artificial Flavors, Xanthan Gum, Dipotassium Phosphate, Sodium Caseinate, Mono- and Diglycerides, Sodium Silicoaluminate(anticaking agent), Silicon Dioxide (anticaking agent), Soy Lecithin, Annatto Extract (for color), BHT (to protect flavor), Red #40



## 4) Chocolate

Nutrition Facts	
Chocolate Shaved Snow (350ml)	
Serving size	
Amount Per Serving	
Calories	<b>120</b>
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1.09g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Total Sugars 21g	
Includes 21g Added Sugars	42%
Sugar Alcohol 0g	
Protein 8g	16%
Vitamin D 0mcg	0%
Calcium 7.25mg	0%
Iron 0.588mg	4%
Potassium 94.2mg	2%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Cocoa processed with alkali, unsweetened chocolate, soy lecithin, vanilla extract, sugar, GLUCOSE SYRUP (TAPIOCA SYRUP), HYDROGENATED PALM KERNEL OIL, SODIUM CASEINATE - MILK DERIVATIVE, DIPOTASSIUM PHOSPHATE, EMULSIFIER, SILICON DIOXIDE.



## 4) Coffee

Nutrition Facts	
Coffee Shaved Snow (350ml)	
Serving size	
Amount Per Serving	
Calories	<b>110</b>
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 2.4g	12%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Total Sugars 16g	
Includes 16g Added Sugars	32%
Protein < 1g	2%
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 0mg	0%
Potassium 0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Coffee, Sugar, fructose, maltodextrin, corn syrup, palm oil, nonfat milk, natural and artificial flavors, sodium casienate, dipotassium phosphate, mono- and diglycerides, xanthan gum, guar gum, silicon dioxinide, sodium silicoaluminate, soy lecithin, annatto (for color)



## 5) Coconut

Nutrition Facts	
Coconut Shaved Snow (350ml)	
Serving size	
Amount Per Serving	
Calories	<b>90</b>
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1.7g	9%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 15g	
Includes 14g Added Sugars	28%
Protein 0g	0%

Not a significant source of vitamin D, calcium, iron, and potassium.  
\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

SUGAR, GLUCOSE SYRUP, FULLY HARDENED PALM KERNEL OIL, SODIUM CASEINATE, DIPOTASSIUM PHOSPHATE, EMULSIFIER, SILICON DIOXIDE), COCONUT POWDER, LOCUST BEAN GUM, COCONUT FLAVOR, FD&C YELLOW #5 GLUCOSE SYRUP (TAPIOCA SYRUP), HYDROGENATED PALM KERNEL OIL, SODIUM CASEINATE - MILK DERIVATIVE, DIPOTASSIUM PHOSPHATE, EMULSIFIER, SILICON DIOXIDE.





# Shaved Snow Flavor Nutrition and Ingredient Info

Small Serving - 12 fl.oz cup - 350ml cup

## 7) Cookies and Cream

Nutrition Facts	
Cookies and Cream Shaved Snow (350ml)	
Serving size	
Amount Per Serving	
Calories	<b>110</b>
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 3.2g	16%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Total Sugars 18g	
Includes 18g Added Sugars	36%
Protein < 1g	2%
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 0mg	0%
Potassium 0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Sugar, Nonfat Milk, Partially Hydrogenated Coconut Oil, Corn Syrup Solids, Cookie Base (Enriched Wheat Flour [Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Partially Hydrogenated Soybean Oil, Cocoa, High Fructose Corn Syrup, Corn Flour, Whey, Baking Soda, Salt, Soy Lecithin, Chocolate, Cornstarch, Vanillin), Cocoa, Sodium Caseinate, Natural and Artificial Flavors, Carrageenan, Dipotassium Phosphate, Mono and Diglycerides, Salt, Sodium Silicoaluminate, Soy Lecithin.



## 8) Cotton Candy

Nutrition Facts	
Cotton Candy Shaved Snow (350ml)	
Serving size	
Amount Per Serving	
Calories	<b>110</b>
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0.8g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 24g	9%
Dietary Fiber 0g	0%
Total Sugars 20g	
Includes 20g Added Sugars	40%
Protein < 1g	2%
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 0mg	0%
Potassium 0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Sugar, fructose, maltodextrin, corn syrup, palm oil, nonfat milk, natural and artificial flavors, sodium casienate, dipotassium phosphate, mono- and diglycerides, xanthin gum, guar gum, silicon dioxide, sodium silicoaluminate, soy lecithin, annatto (for color), BHT (to protect flavor), blue #1



## 9) Grape

Nutrition Facts	
Grape Shaved Snow (350ml)	
Serving size	
Amount Per Serving	
Calories	<b>100</b>
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 24g	9%
Dietary Fiber 0g	0%
Total Sugars 23g	
Includes 23g Added Sugars	46%
Protein 0g	0%

Not a significant source of vitamin D, calcium, iron, and potassium.  
\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

FRUCTOSE, WATER, SUGAR, GRAPE CONCENTRATED, CITRIC ACID, GRAPE FLAVOR, CLOUDY AGENT, MONOSODIUM FUMARATE, ACESULFAME POTASSIUM, POTASSIUM SORBATE (AS PRESERVATIVE), FD&C RED #40 GLUCOSE SYRUP (TAPIOCA SYRUP), HYDROGENATED PALM KERNEL OIL, SODIUM CASEINATE - MILK DERIVATIVE, DIPOTASSIUM PHOSPHATE, EMULSIFIER, SILICON DIOXIDE.



## 10) Green Tea

Nutrition Facts	
Green Tea Shaved Snow (350ml)	
Serving size	
Amount Per Serving	
Calories	<b>90</b>
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0.25g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 11g Added Sugars	22%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 12.37mg	0%
Iron 0.375mg	2%
Potassium 33.37mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

GLUCOSE, GLUCOSE SYRUP, HYDROGENATED VEGETABLE OIL, SODIUM CASEINATE, DIPOTASSIUM PHOSPHATE, SILICON DIOXIDE, MONO AND DIGLYCERIDE OF FATTY ACID, MATCHA POWDER, GREEN TEA FLAVOR, FD&C YELLOW #5, FD&C BLUE #1.



## 11) Honeydew

Nutrition Facts	
Honeydew Shaved Snow (350ml)	
Serving size	
Amount Per Serving	
Calories	<b>100</b>
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 25g	9%
Dietary Fiber 0g	0%
Total Sugars 23g	
Includes 23g Added Sugars	46%
Protein 0g	0%

Not a significant source of vitamin D, calcium, iron, and potassium.  
\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

FRUCTOSE, WATER, SUGAR, HONEYDEW FLAVOR, CLOUDY AGENT, DL-MALIC ACID, ACESULFAME POTASSIUM, POTASSIUM SORBATE (AS PRESERVATIVE), ETHYL MALTOL, Caramel, FD&C YELLOW#5, FD&C BLUE#1 GLUCOSE SYRUP (TAPIOCA SYRUP), HYDROGENATED PALM KERNEL OIL, SODIUM CASEINATE - MILK DERIVATIVE, DIPOTASSIUM PHOSPHATE, EMULSIFIER, SILICON DIOXIDE.



## 12) Horchata

Nutrition Facts	
Horchata Shaved Snow (350ml)	
Serving size	
Amount Per Serving	
Calories	<b>110</b>
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 2.8g	14%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 22g	8%
Dietary Fiber 0g	0%
Total Sugars 20g	
Includes 20g Added Sugars	40%
Protein < 1g	2%
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 0mg	0%
Potassium 0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Sugar, Coconut Oil, Nonfat Dry Milk, Corn Syrup Solids, Rice Flour, Sodium Caseinate (a milk derivative), Natural and Artificial Flavors, Cinnamon, Salt, Dipotassium Phosphate, Silicon Dioxide (anti-caking agent), Propylene Glycol Esters of Fatty Acids, Mono- and Diglycerides, Soy Lecithin, Carrageenan, Annatto Extract (for color).





# Shaved Snow Flavor Nutrition and Ingredient Info

Small Serving - 12 fl.oz cup - 350ml cup

## 13) Lavender

Nutrition Facts	
Lavender Shaved Snow (350ml)	
Serving size	
Amount Per Serving	
Calories	<b>100</b>
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 25g	9%
Dietary Fiber 0g	0%
Total Sugars 23g	
Includes 23g Added Sugars	46%
Protein 0g	0%

Not a significant source of vitamin D, calcium, iron, and potassium

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

FRUCTOSE, WATER, SUGAR, LAVENDER FLAVOR, DL-MALIC ACID, POTASSIUM SORBATE (AS PRESERVATIVE), ACESULFAME POTASSIUM, FD&C RED #40, FD&C BLUE #1 GLUCOSE SYRUP (TAPIOCA SYRUP), HYDROGENATED PALM KERNEL OIL, SODIUM CASEINATE - MILK DERIVATIVE, DIPOTASSIUM PHOSPHATE, EMULSIFIER, SILICON DIOXIDE.



## 14) Lemon

Nutrition Facts	
Lemon Shaved Snow (350ml)	
Serving size	
Amount Per Serving	
Calories	<b>100</b>
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 24g	9%
Dietary Fiber 0g	0%
Total Sugars 21g	
Includes 21g Added Sugars	42%
Protein 0g	0%

Not a significant source of vitamin D, calcium, iron, and potassium

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

FRUCTOSE, WATER, CITRIC ACID, LEMON CONCENTRATED, FLAVOR, CLOUDY AGENT, ACESULFAME POTASSIUM, POTASSIUM SORBATE (AS PRESERVATIVE) GLUCOSE SYRUP (TAPIOCA SYRUP), HYDROGENATED PALM KERNEL OIL, SODIUM CASEINATE - MILK DERIVATIVE, DIPOTASSIUM PHOSPHATE, EMULSIFIER, SILICON DIOXIDE.



## 15) Lychee

Nutrition Facts	
Lychee Shaved Snow (350ml)	
Serving size	
Amount Per Serving	
Calories	<b>100</b>
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 24g	9%
Dietary Fiber 0g	0%
Total Sugars 22g	
Includes 22g Added Sugars	44%
Protein 0g	0%

Not a significant source of vitamin D, calcium, iron, and potassium

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

FRUCTOSE, WATER, SUGAR, CITRIC ACID, LYCHEE FLAVOR, CLOUDY AGENT, POTASSIUM SORBATE (AS PRESERVATIVE), ACESULFAME POTASSIUM, ETHYL MALTOL, GLUCOSE SYRUP (TAPIOCA SYRUP), HYDROGENATED PALM KERNEL OIL, SODIUM CASEINATE - MILK DERIVATIVE, DIPOTASSIUM PHOSPHATE, EMULSIFIER, SILICON DIOXIDE.



## 16) Mango

Nutrition Facts	
Mango Shaved Snow (350ml)	
Serving size	
Amount Per Serving	
Calories	<b>100</b>
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 24g	9%
Dietary Fiber 0g	0%
Total Sugars 21g	
Includes 21g Added Sugars	42%
Protein 0g	0%

Not a significant source of vitamin D, calcium, iron, and potassium

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

FRUCTOSE, SUGAR, MANGO JUICE, WATER, CITRIC ACID, MANGO FLAVOR, CLOUDY AGENT, LACTIC ACID, ACESULFAME POTASSIUM, POTASSIUM SORBATE (AS PRESERVATIVE), GLYCINE, FD&C YELLOW #5, FD&C YELLOW #6, GLUCOSE SYRUP (TAPIOCA SYRUP), HYDROGENATED PALM KERNEL OIL, SODIUM CASEINATE - MILK DERIVATIVE, DIPOTASSIUM PHOSPHATE, EMULSIFIER, SILICON DIOXIDE.



## 17) Milk Tea

Nutrition Facts	
Milk Tea Shaved Snow (350ml)	
Serving size	
Amount Per Serving	
Calories	<b>90</b>
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 19g	7%
Dietary Fiber 0g	0%
Total Sugars 15g	
Includes 15g Added Sugars	30%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 0.75mg	0%
Iron 0mg	0%
Potassium 46mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

GLUCOSE SYRUP, HYDROGENATED VEGETABLE OIL, SODIUM CASEINATE, DIPOTASSIUM PHOSPHATE, SILICON DIOXIDE, MONO AND DIGLYCERIDE OF FATTY ACID.), SUGAR, BLACK TEA POWDER, MALTODEXTRIN, BLACK TEA FLAVOR.



## 18) Mint

Nutrition Facts	
Mint Shaved Snow (350ml)	
Serving size	
Amount Per Serving	
Calories	<b>100</b>
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 24g	9%
Dietary Fiber 0g	0%
Total Sugars 22g	
Includes 22g Added Sugars	44%
Protein 0g	0%

Not a significant source of vitamin D, calcium, iron, and potassium

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Fructose, Water, Peppermint Flavor, Potassium sorbate, FD&C Yellow #6, FD&C Blue #1 GLUCOSE SYRUP (TAPIOCA SYRUP), HYDROGENATED PALM KERNEL OIL, SODIUM CASEINATE - MILK DERIVATIVE, DIPOTASSIUM PHOSPHATE, EMULSIFIER, SILICON DIOXIDE.





# Shaved Snow Flavor Nutrition and Ingredient Info

Small Serving - 12 fl.oz cup - 350ml cup

## 19) Mocha

Nutrition Facts	
Mocha Shaved Snow (350ml)	
Serving size	
Amount Per Serving	
Calories	<b>110</b>
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 3.2g	16%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Total Sugars 17g	
Includes 17g Added Sugars	34%
Protein < 1g	2%
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 0mg	0%
Potassium 0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Sugar, Coconut Oil, Corn Syrup Solids, Nonfat Milk, Cocoa Powder (processed with alkali), Coffee, Sodium Caseinate (a milk derivative), Natural and Artificial Flavors, Silicon Dioxide (anti-caking agent), Dipotassium Phosphate, Propylene Glycol Esters of Fatty Acids, Mono- and Diglycerides, Carrageenan Gum, Salt, Soy Lecithin, Guar Gum, Xanthan Gum, Annatto Extract (for color).



## 20) Orange

Nutrition Facts	
Orange Shaved Snow (350ml)	
Serving size	
Amount Per Serving	
Calories	<b>100</b>
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 24g	9%
Dietary Fiber 0g	0%
Total Sugars 22g	
Includes 22g Added Sugars	44%
Protein 0g	0%

Not a significant source of vitamin D, calcium, iron, and potassium.

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

FRUCTOSE, SUGAR, ORANGE JUICE, WATER, CITRIC ACID, ORANGE FLAVOR, CLOUDY AGENT, MONOSODIUM FUMARATE, ACESULFAME POTASSIUM, POTASSIUM SORBATE (AS PRESERVATIVE), FD&C YELLOW #5, FD&C YELLOW #6, GLUCOSE SYRUP (TAPIOCA SYRUP), HYDROGENATED PALM KERNEL OIL, SODIUM CASEINATE - MILK DERIVATIVE, DIPOTASSIUM PHOSPHATE, EMULSIFIER, SILICON DIOXIDE.



## 21) Peach

Nutrition Facts	
Peach Shaved Snow (350ml)	
Serving size	
Amount Per Serving	
Calories	<b>100</b>
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 24g	9%
Dietary Fiber 0g	0%
Total Sugars 22g	
Includes 22g Added Sugars	44%
Protein 0g	0%

Not a significant source of vitamin D, calcium, iron, and potassium.

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

FRUCTOSE, WATER, SUGAR, PEACH JUICE, CITRIC ACID, PEACH FLAVOR, DL-MALIC ACID, CLOUDY AGENT, ACESULFAME POTASSIUM, POTASSIUM SORBATE (AS PRESERVATIVE), ETHYL MALTOL, FD&C YELLOW #5 & #6, GLUCOSE SYRUP (TAPIOCA SYRUP), HYDROGENATED PALM KERNEL OIL, SODIUM CASEINATE - MILK DERIVATIVE, DIPOTASSIUM PHOSPHATE, EMULSIFIER, SILICON DIOXIDE.



## 22) Pineapple

Nutrition Facts	
Pineapple Shaved Snow (350ml)	
Serving size	
Amount Per Serving	
Calories	<b>100</b>
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 24g	9%
Dietary Fiber 0g	0%
Total Sugars 21g	
Includes 21g Added Sugars	42%
Protein 0g	0%

Not a significant source of vitamin D, calcium, iron, and potassium.

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

FRUCTOSE, PINEAPPLE JUICE, SUGAR, WATER, CITRIC ACID, PINEAPPLE FLAVOR, CLOUDY AGENT, MONOSODIUM FUMARATE, ACESULFAME POTASSIUM, POTASSIUM SORBATE (AS PRESERVATIVE), FD&C YELLOW #5, FD&C YELLOW#6, GLUCOSE SYRUP (TAPIOCA SYRUP), HYDROGENATED PALM KERNEL OIL, SODIUM CASEINATE - MILK DERIVATIVE, DIPOTASSIUM PHOSPHATE, EMULSIFIER, SILICON DIOXIDE.



## 23) Peanut Butter Chocolate

Nutrition Facts	
Peanut Butter Chocolate Shaved Snow (350ml)	
Serving size	
Amount Per Serving	
Calories	<b>100</b>
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0.8g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 24g	9%
Dietary Fiber 0g	0%
Total Sugars 18g	
Includes 18g Added Sugars	36%
Protein < 1g	2%
Vitamin D 0mcg	0%
Calcium 32mg	2%
Iron 0mg	0%
Potassium 0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Sugar, Coconut Oil, Corn Syrup Solids, Nonfat Milk, Peanut Flour, Cocoa Powder (processed with alkali), Coffee, Sodium Caseinate (a milk derivative), Natural and Artificial Flavors, Caramel Color, Silicon Dioxide (anti-caking agent), Sodium Citrate, Mono- and Diglycerides, Salt, Carrageenan Gum, Xanthan Gum, Guar Gum, Sodium Aluminosilicate (anti-caking agent).



## 24) Pumpkin Spice Latte

Nutrition Facts	
Pumpkin Spice Latte Shaved Snow (350ml)	
Serving size	
Amount Per Serving	
Calories	<b>100</b>
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0.94g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 21g	8%
Dietary Fiber 1g	4%
Total Sugars 17g	
Includes 17g Added Sugars	34%
Protein < 1g	2%

Not a significant source of vitamin D, calcium, iron, and potassium.

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Pure Cane Sugar, Water, Natural Flavors, Citric Acid, Potassium Sorbate (To Preserve Freshness), Sodium Benzoate (To Preserve Freshness), Caramel Color, Sugar, Nonfat Milk, Nondairy Creamer [Coconut Oil, Corn Syrup Solids, Sodium Caseinate (a milk derivative), Sodium Citrate, Mono- and Diglycerides, Salt, Sodium Aluminosilicate (anti-caking agent)], Tea Powder Blend (Black Tea, Darjeeling), Honey Granules (Sucrose, Honey), Spice Blend (Cinnamon, Clove, Cardamon, Anise, and Ginger), Natural and Artificial Flavors, Silicon Dioxide (anti-caking agent), Vegetable Gums (Carrageenan Gum, Guar Gum), Bourbon Vanilla Extract from Madagascar.





# Shaved Snow Flavor Nutrition and Ingredient Info

Small Serving - 12 fl.oz cup - 350ml cup

## 25) Strawberry

Nutrition Facts	
Strawberry Shaved Snow (350ml)	
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Total Sugars 21g	
Includes 21g Added Sugars	42%
Protein 0g	0%

Not a significant source of vitamin D, calcium, iron, and potassium.

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

FRUCTOSE, STRAWBERRY, SUGAR, WATER, CITRIC ACID, STRAWBERRY FLAVOR, DL-MALIC ACID, ACESULFAME POTASSIUM, POTASSIUM SORBATE (AS PRESERVATIVE), XANTHAN GUM, PECTIN, ETHYL MALTOL, FD&C RED #40, GLUCOSE SYRUP (TAPIOCA SYRUP), HYDROGENATED PALM KERNEL OIL, SODIUM CASEINATE - MILK DERIVATIVE, DIPOTASSIUM PHOSPHATE, EMULSIFIER, SILICON DIOXIDE.



## 26) Taro

Nutrition Facts	
Taro Shaved Snow (350ml)	
Amount Per Serving	
Calories	90
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0.375g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 19g	7%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 10g Added Sugars	20%
Protein 0g	0%
Vitamin D 0.125mcg	0%
Calcium 6.75mg	0%
Iron 0.375mg	2%
Potassium 38.5mg	0%

Not a significant source of vitamin D, calcium, iron, and potassium.

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

GLUCOSE, GLUCOSE SYRUP, HYDROGENATED VEGETABLE OIL, SODIUM CASEINATE, DIPOTASSIUM PHOSPHATE, SILICON DIOXIDE, MONO AND DIGLYCERIDE OF FATTY ACID, MALTODEXTRIN, TARO POWDER, TAPIOCA STARCH, TARO FLAVOR, SILICON DIOXIDE, VANILLA POWDER, CMC, FD&C BLUE #1, FD&C RED #3, FD&C RED #40.



## 27) Thai Tea

Nutrition Facts	
Thai Tea Shaved Snow (350ml)	
Amount Per Serving	
Calories	90
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0.25g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Total Sugars 19g	
Includes 18g Added Sugars	36%
Protein 0g	0%
Vitamin D 0.125mcg	0%
Calcium 6.1mg	0%
Iron 0mg	0%
Potassium 27.62mg	0%

Not a significant source of vitamin D, calcium, iron, and potassium.

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

SUGAR, GLUCOSE SYRUP, HYDROGENATED VEGETABLE OIL, SODIUM CASEINATE, DIPOTASSIUM PHOSPHATE, SILICON DIOXIDE, MONO AND DIGLYCERIDE OF FATTY ACID, FRUCTOSE POWDER, BLACK TEA POWDER, THAI TEA FLAVOR, SILICON DIOXIDE, FD&C YELLOW #6.



## 28) Watermelon

Nutrition Facts	
Watermelon Shaved Snow (350ml)	
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Total Sugars 20g	
Includes 20g Added Sugars	40%
Protein 0g	0%

Not a significant source of vitamin D, calcium, iron, and potassium.

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

SUGAR, WATERMELON JUICE, HIGH FRUCTOSE SYRUP, WATERMELON FLAVOR, XANTHAN GUM, POTASSIUM SORBATE, DL-MALIC ACID, CLOUDY AGENTS, ACESULFAME POTASSIUM, FD&C RED #40, ANTIFOAM, GLUCOSE SYRUP (TAPIOCA SYRUP), HYDROGENATED PALM KERNEL OIL, SODIUM CASEINATE - MILK DERIVATIVE, DIPOTASSIUM PHOSPHATE, EMULSIFIER, SILICON DIOXIDE.



## 29) Vanilla

Nutrition Facts	
Vanilla Shaved Snow (350ml)	
Amount Per Serving	
Calories	110
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 3.2g	16%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Total Sugars 18g	
Includes 18g Added Sugars	36%
Protein < 1g	2%
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 0mg	0%
Potassium 0mg	0%

Not a significant source of vitamin D, calcium, iron, and potassium.

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Sugar, Coconut Oil, Corn Syrup Solids, Nonfat Milk, Maltodextrin, Natural and Artificial Flavors, Sodium Caseinate (a milk derivative), Vanilla Bean Seeds, Silicon Dioxide (anticaking agent), Salt, Dipotassium Phosphate, Propylene Glycol Esters of Fatty Acids, Mono- and Diglycerides, Carrageenan, Soy Lecithin, Guar Gum, Xanthan Gum, Annatto Extract (for color).



# VAMPIRE PENGUIN

WHAT ABOUT  
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Explore Vegan and Sugar-Free choices at participating Vampire Penguin locations.  
Inquire at your nearest VP for these options and indulge in snowy delights



# Potion Flavor Nutrition Info

Small Serving - 16 fl.oz - 473ml

Nutritional Calculations below are for Potion Flavors in a 16fl.oz cup. This includes ice but doesn't take into account toppings and sauces added to the drinks. To get ingredient list, please refer to the corresponding flavor in the shaved snow ingredients section and ask you local VP for ingredient list for toppings and sauces.

## Banana

Nutrition Facts	
Banana Potion (473ml)	
Serving size	
Amount Per Serving	
<b>Calories</b>	<b>200</b>
	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0.76g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 45g	16%
Dietary Fiber 0g	0%
Total Sugars 41g	
Includes 40g Added Sugars	80%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 382mg	30%
Iron 0mg	0%
Potassium 53.2mg	2%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## Blueberry

Nutrition Facts	
Blueberry Potion (473ml)	
Serving size	
Amount Per Serving	
<b>Calories</b>	<b>260</b>
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1.3g	7%
Trans Fat 0g	
Cholesterol 5mg	0%
Sodium 5mg	0%
Total Carbohydrate 59g	21%
Dietary Fiber 0g	0%
Total Sugars 59g	
Includes 59g Added Sugars	118%
Protein 0g	0%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium.

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## Bubblegum

Nutrition Facts	
Bubblegum Potion (473ml)	
Serving size	
Amount Per Serving	
<b>Calories</b>	<b>260</b>
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 59g	21%
Dietary Fiber 0g	0%
Total Sugars 46g	
Includes 46g Added Sugars	92%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 0mg	0%
Potassium 0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## Chocolate

Nutrition Facts	
Chocolate Potion (473ml)	
Serving size	
Amount Per Serving	
<b>Calories</b>	<b>300</b>
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 2.8g	14%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 65g	24%
Dietary Fiber 4g	14%
Total Sugars 35g	
Includes 35g Added Sugars	70%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 1.47mg	8%
Potassium 236mg	6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## Coconut

Nutrition Facts	
Coconut Potion (473ml)	
Serving size	
Amount Per Serving	
<b>Calories</b>	<b>220</b>
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 4.4g	22%
Trans Fat 0g	
Sodium 20mg	1%
Total Carbohydrate 43g	16%
Dietary Fiber 4g	14%
Total Sugars 37g	
Includes 36g Added Sugars	72%
Protein 0g	0%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium.

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## Coffee

Nutrition Facts	
Coffee Potion (473ml)	
Serving size	
Amount Per Serving	
<b>Calories</b>	<b>280</b>
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 52g	19%
Dietary Fiber 4g	14%
Total Sugars 42g	
Includes 42g Added Sugars	84%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 0mg	0%
Potassium 0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## Cookies and Cream

Nutrition Facts	
Cookies and Cream Potion (473ml)	
Serving size	
Amount Per Serving	
<b>Calories</b>	<b>290</b>
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 51g	19%
Dietary Fiber 4g	14%
Total Sugars 44g	
Includes 44g Added Sugars	88%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 0mg	0%
Potassium 0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## Cotton Candy

Nutrition Facts	
Cotton+Candy+Potion+ (473ml)	
Serving size	
Amount Per Serving	
<b>Calories</b>	<b>270</b>
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 60g	22%
Dietary Fiber 4g	14%
Total Sugars 52g	
Includes 52g Added Sugars	104%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0mg	0%
Potassium 0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.





# Potion Flavor Nutrition Info

Small Serving - 16 fl.oz - 473ml

Nutritional Calculations below are for Potion Flavors in a 16fl.oz cup. This includes ice but doesn't take into account toppings and sauces added to the drinks. To get ingredient list, please refer to the corresponding flavor in the shaved snow ingredients section and ask you local VP for ingredient list for toppings and sauces.

## Grape

Nutrition Facts	
Grape Potion (473ml)	
Serving size	
Amount Per Serving	
Calories	<b>270</b>
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1.3g	7%
Trans Fat 0g	
Sodium 5mg	0%
Total Carbohydrate 60g	22%
Dietary Fiber 0g	0%
Total Sugars 55g	
Includes 53g Added Sugars	106%
Protein 0g	0%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## Green Tea

Nutrition Facts	
Green Tea Potion (473ml)	
Serving size	
Amount Per Serving	
Calories	<b>200</b>
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 44g	16%
Dietary Fiber 0g	0%
Total Sugars 28g	
Includes 27g Added Sugars	54%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 0.75mg	4%
Potassium 66.2mg	2%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## Horchata

Nutrition Facts	
Horchata Potion (473ml)	
Serving size	
Amount Per Serving	
Calories	<b>260</b>
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 52g	19%
Dietary Fiber 0g	0%
Total Sugars 48g	
Includes 48g Added Sugars	96%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 0mg	0%
Potassium 0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## Honeydew

Nutrition Facts	
Honeydew Potion (473ml)	
Serving size	
Amount Per Serving	
Calories	<b>270</b>
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1.3g	7%
Trans Fat 0g	
Sodium 5mg	0%
Total Carbohydrate 60g	22%
Dietary Fiber 0g	0%
Total Sugars 55g	
Includes 53g Added Sugars	106%
Protein 0g	0%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## Lavender

Nutrition Facts	
Lavender Potion (473ml)	
Serving size	
Amount Per Serving	
Calories	<b>270</b>
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1.3g	7%
Trans Fat 0g	
Sodium 5mg	0%
Total Carbohydrate 60g	22%
Dietary Fiber 0g	0%
Total Sugars 55g	
Includes 53g Added Sugars	106%
Protein 0g	0%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## Lemon

Nutrition Facts	
Lemon Potion (473ml)	
Serving size	
Amount Per Serving	
Calories	<b>270</b>
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1.3g	7%
Trans Fat 0g	
Sodium 5mg	0%
Total Carbohydrate 60g	22%
Dietary Fiber 0g	0%
Total Sugars 55g	
Includes 53g Added Sugars	106%
Protein 0g	0%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## Lychee

Nutrition Facts	
Lychee Potion (473ml)	
Serving size	
Amount Per Serving	
Calories	<b>270</b>
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1.3g	7%
Trans Fat 0g	
Sodium 5mg	0%
Total Carbohydrate 60g	22%
Dietary Fiber 0g	0%
Total Sugars 55g	
Includes 53g Added Sugars	106%
Protein 0g	0%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## Mango

Nutrition Facts	
Mango Potion (473ml)	
Serving size	
Amount Per Serving	
Calories	<b>270</b>
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1.3g	7%
Trans Fat 0g	
Sodium 5mg	0%
Total Carbohydrate 60g	22%
Dietary Fiber 0g	0%
Total Sugars 55g	
Includes 53g Added Sugars	106%
Protein 0g	0%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.





# Potion Flavor Nutrition Info

Small Serving - 16 fl.oz - 473ml

Nutritional Calculations below are for Potion Flavors in a 16fl.oz cup. This includes ice but doesn't take into account toppings and sauces added to the drinks. To get ingredient list, please refer to the corresponding flavor in the shaved snow ingredients section and ask you local VP for ingredient list for toppings and sauces.

## Milk Tea

Nutrition Facts	
Serving size	Milk Tea Potion (473ml)
Amount Per Serving	
Calories	<b>240</b>
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1.4g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 47g	17%
Dietary Fiber 0g	0%
Total Sugars 38g	
Includes 37g Added Sugars	74%
Protein 2g	4%
Vitamin D 0.3mcg	2%
Calcium 1.8mg	0%
Iron 0.81mg	4%
Potassium 115mg	2%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## Mint

Nutrition Facts	
Serving size	Mint Potion (473ml)
Amount Per Serving	
Calories	<b>270</b>
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1.3g	7%
Trans Fat 0g	
Sodium 5mg	0%
Total Carbohydrate 60g	22%
Dietary Fiber 0g	0%
Total Sugars 55g	
Includes 53g Added Sugars	106%
Protein 0g	0%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium.

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## Mocha

Nutrition Facts	
Serving size	Mocha Potion (473ml)
Amount Per Serving	
Calories	<b>290</b>
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 7.5g	38%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 51g	19%
Dietary Fiber < 1g	2%
Total Sugars 44g	
Includes 42g Added Sugars	84%
Protein 2g	4%
Vitamin D 0.25mcg	2%
Calcium 50mg	4%
Iron 0.81mg	4%
Potassium 287mg	6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## Peach

Nutrition Facts	
Serving size	Peach Potion (473ml)
Amount Per Serving	
Calories	<b>270</b>
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1.3g	7%
Trans Fat 0g	
Sodium 5mg	0%
Total Carbohydrate 60g	22%
Dietary Fiber 0g	0%
Total Sugars 55g	
Includes 53g Added Sugars	106%
Protein 0g	0%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium.

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## Orange

Nutrition Facts	
Serving size	Orange Potion (473ml)
Amount Per Serving	
Calories	<b>270</b>
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1.3g	7%
Trans Fat 0g	
Sodium 5mg	0%
Total Carbohydrate 60g	22%
Dietary Fiber 0g	0%
Total Sugars 55g	
Includes 53g Added Sugars	106%
Protein 0g	0%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium.

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## Peanut Butter Choc.

Nutrition Facts	
Serving size	Peanut Butter Chocolate Potion (473ml)
Amount Per Serving	
Calories	<b>280</b>
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 6.5g	33%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 52g	19%
Dietary Fiber 1g	4%
Total Sugars 51g	
Includes 42g Added Sugars	84%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 0mg	0%
Potassium 0mg	0%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium.

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## Pineapple

Nutrition Facts	
Serving size	Pineapple Potion (473ml)
Amount Per Serving	
Calories	<b>270</b>
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1.3g	7%
Trans Fat 0g	
Sodium 5mg	0%
Total Carbohydrate 60g	22%
Dietary Fiber 0g	0%
Total Sugars 55g	
Includes 53g Added Sugars	106%
Protein 0g	0%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium.

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## Strawberry

Nutrition Facts	
Serving size	Strawberry Potion (473ml)
Amount Per Serving	
Calories	<b>270</b>
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1.3g	7%
Trans Fat 0g	
Sodium 5mg	0%
Total Carbohydrate 60g	22%
Dietary Fiber 0g	0%
Total Sugars 55g	
Includes 53g Added Sugars	106%
Protein 0g	0%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium.

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.





# Potion Flavor Nutrition Info

Small Serving - 16 fl.oz - 473ml

Nutritional Calculations below are for Potion Flavors in a 16fl.oz cup. This includes ice but doesn't take into account toppings and sauces added to the drinks. To get ingredient list, please refer to the corresponding flavor in the shaved snow ingredients section and ask you local VP for ingredient list for toppings and sauces.

## Pumpkin Spice Latte

## Vanilla

## Thai Tea

## Taro

Nutrition Facts	
Pumpkin Spice Latte Potion (473ml)	
Serving size	
Amount Per Serving	
Calories	250
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 2.32g	12%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 52g	19%
Dietary Fiber 4g	14%
Total Sugars 42g	
Includes 42g Added Sugars	84%
Protein < 1g	1%
Vitamin D 0mcg	0%
Calcium 118mg	10%
Iron 0mg	0%
Potassium 0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts	
Vanilla Potion (473ml)	
Serving size	
Amount Per Serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 7.5g	38%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 51g	19%
Dietary Fiber 0g	0%
Total Sugars 44g	
Includes 41g Added Sugars	82%
Protein 3g	6%
Vitamin D 0.31mcg	2%
Calcium 50mg	4%
Iron 0.125mg	0%
Potassium 181mg	4%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts	
Thai Tea Potion (473ml)	
Serving size	
Amount Per Serving	
Calories	220
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0.75g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 51g	19%
Dietary Fiber 0g	0%
Total Sugars 47g	
Includes 46g Added Sugars	92%
Protein < 1g	1%
Vitamin D 0.3mcg	2%
Calcium 15mg	2%
Iron 0mg	0%
Potassium 69mg	2%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts	
Taro Potion (473ml)	
Serving size	
Amount Per Serving	
Calories	240
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1.4g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 47g	17%
Dietary Fiber 0g	0%
Total Sugars 38g	
Includes 37g Added Sugars	74%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 115mg	2%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## Watermelon

Nutrition Facts	
Watermelon Potion (473ml)	
Serving size	
Amount Per Serving	
Calories	270
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1.3g	7%
Trans Fat 0g	
Sodium 5mg	0%
Total Carbohydrate 60g	22%
Dietary Fiber 0g	0%
Total Sugars 55g	
Includes 53g Added Sugars	106%
Protein 0g	0%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium.

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

