



Gram Weight (g)	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	% DV Fat	Saturated Fat (g)	% DV Saturated Fat	Trans Fat (g)	Cholesterol (mg)	% DV Cholesterol	Sodium (mg)	% DV Sodium	Carbohydrates (g)	% DV Carbohydrates	Dietary Fiber (g)	% DV Dietary Fiber	Total Sugars (g)	Protein (g)	% DV Vitamin A	% DV Calcium	% DV Vitamin C	% DV Reduced Iron
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Nutritional Information

Information On Daily Values Is Rounded According to FDA Guidelines

Cookie - 1 Cookie

Oatmeal Peanut Butter Scotchy	58	300	150	16	25%	7	35%	0	25	8%	220	9%	34	11%	2	8%	22	5	4%	4%	0%	6%
Butter Toffee	58	280	120	13	20%	4	21%	0	40	13%	190	8%	37	12%	1	2%	21	3	6%	2%	0%	8%
Chewy Fudge	58	280	130	14	22%	8	40%	0	30	10%	65	3%	37	12%	2	9%	25	3	4%	4%	0%	10%
Chocolate Lovers	58	280	120	13	20%	8	38%	0	30	10%	170	7%	39	13%	1	4%	26	3	6%	25%	0%	8%
Cinnamon Sugar	60	270	100	12	18%	6	30%	0	40	14%	160	7%	39	13%	1	2%	20	3	8%	0%	0%	6%
Debra's Special (Oatmeal Raisin Walnut)	58	270	100	12	18%	5	23%	0	30	10%	210	9%	38	13%	2	6%	23	3	6%	4%	0%	10%
M&M Milk Chocolate Chip	71	320	130	15	23%	8	40%	0	35	12%	190	8%	43	14%	1	4%	29	3	6%	6%	0%	8%
M&M Sugar Butter	62	290	110	13	20%	7	34%	0	40	14%	170	7%	41	14%	1	3%	24	3	8%	2%	0%	6%
Milk Chocolate Chip	58	280	120	13	20%	7	35%	0	30	11%	180	7%	39	13%	1	4%	26	3	6%	4%	0%	8%
Milk Chocolate Macadamia	58	300	140	16	25%	7	37%	0	30	10%	160	7%	36	12%	1	4%	24	3	6%	4%	0%	6%
Milk Chocolate Walnut	58	290	130	15	22%	7	35%	0	30	10%	170	7%	37	12%	1	4%	25	3	6%	4%	0%	8%
Peanut Butter	58	290	140	15	24%	6	29%	0	35	12%	240	10%	33	11%	1	6%	18	5	6%	4%	0%	8%
Peanut Butter Milk Chocolate Chip	70	320	150	17	26%	6	32%	0	40	13%	260	11%	36	12%	2	6%	20	6	6%	4%	0%	8%
Semi Sweet Chocolate Chip	58	280	120	13	20%	7	35%	0	30	10%	170	7%	39	13%	1	6%	25	3	6%	2%	0%	8%
Semi Sweet Walnut	58	290	130	15	22%	7	35%	0	30	10%	160	7%	38	13%	2	6%	24	3	6%	2%	0%	8%
Sugar Butter	61	260	100	11	18%	6	30%	0	40	14%	160	7%	37	12%	1	2%	20	3	8%	0%	0%	6%
White Chunk Macadamia	58	310	150	16	25%	8	42%	0	25	9%	170	7%	36	12%	0	0%	25	3	4%	4%	0%	6%
Frosted Sugar Butter	80	360	150	17	26%	7	36%	1.5	40	13%	170	7%	49	13%	1	0%	32	3	6%	0%	0%	6%

Nibblers - 3 Cookies

Cinnamon Sugar	38	160	60	7	12%	4	20%	0	30	3%	95	6%	24	7%	0	0%	12	2	4%	2%	0%	4%
M&M Nibbler	36	170	70	7	12%	4	20%	0	20	7%	85	4%	23	8%	0	0%	10	2	4%	2%	0%	4%
Milk Chocolate Chip	36	170	70	8	12%	5	22%	0	20	6%	105	4%	23	8%	1	0%	15	2	4%	2%	0%	4%
Milk Chocolate Walnut	36	170	80	9	14%	4	21%	0	20	6%	100	4%	22	7%	1	0%	14	2	4%	2%	0%	4%
Oatmeal Raisin Walnut	36	160	60	7	11%	3	14%	0	20	6%	125	5%	23	8%	1	0%	13	2	4%	2%	0%	6%



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Peanut Butter	36	170	80	9	14%	4	17%	0	20	7%	140	6%	20	7%	1	0%	11	3	4%	2%	0%	4%
Semi Sweet Chocolate Chip	36	170	70	8	12%	5	22%	0	20	6%	100	4%	23	8%	1	0%	15	2	4%	2%	0%	6%
Sugar Butter Nibbler	38	170	60	7	11%	4	19%	0	25	9%	105	4%	23	8%	0	0%	12	2	4%	0%	0%	4%
White Chunk Macadamia	36	180	90	10	15%	5	24%	0	20	6%	100	4%	22	7%	0	0%	15	2	4%	4%	0%	4%
Brownies																						
Double Fudge	98	420	200	22	34%	13	65%	0	100	33%	160	7%	56	19%	2	8%	44	4	10%	2%	0%	8%
Frosted Fudge	120	500	210	24	37%	12	61%	1	95	32%	210	9%	70	23%	2	9%	57	4	10%	2%	0%	8%
Peanut Butter Dream Bar	130	640	350	39	60%	19	97%	0	60	20%	300	12%	70	23%	4	15%	59	9	10%	8%	0%	10%
Rocky Mountain Mogul	136	640	340	37	57%	18	90%	0	40	13%	170	7%	77	26%	4	16%	59	7	8%	10%	2%	10%
Pecan Fudge	82	430	220	24	37%	12	60%	0	95	32%	160	7%	51	17%	2	8%	39	5	10%	2%	0%	8%
Walnut Fudge	82	430	220	24	37%	12	60%	0	95	32%	160	7%	51	17%	2	8%	39	5	10%	2%	0%	10%
Almond Fudge	82	420	210	23	35%	11	55%	0	95	32%	160	7%	51	17%	3	12%	39	6	10%	4%	0%	10%
Cashew Fudge	82	420	200	23	35%	12	60%	0	95	32%	180	8%	52	17%	2	8%	39	5	10%	2%	0%	10%
Cookie Cakes - Frosted																						
Big Cookie Cake - 16 Servings	106	470	190	22	34%	10	50%	1	35	12%	260	11%	66	22%	2	8%	46	4	6%	4%	0%	10%
Cookie Cake Slice	149	680	280	31	48%	16	80%	1	55	18%	400	17%	95	32%	3	12%	64	6	10%	6%	0%	20%
Cookie Card	114	500	210	23	36%	11	54%	2	35	11%	270	11%	71	24%	2	8%	51	4	6%	4%	0%	10%
Heart Cookie Cake	96	420	180	20	30%	9	45%	1	30	9%	230	9%	60	20%	2	7%	43	3	6%	4%	0%	10%
Little Sweethearts	114	500	210	23	36%	11	54%	2	35	11%	270	11%	71	24%	2	8%	51	4	6%	4%	0%	10%
Seasonal																						
Cranberry White Chunk	58	270	110	12	19%	5	26%	0	30	10%	200	8%	39	13%	1	6%	24	3	4%	4%	0%	8%
Pumpkin Harvest	58	260	120	14	22%	7	35%	0	30	10%	330	14%	31	10%	1	4%	18	3	25%	6%	0%	8%
Specialty																						
Hand-Dipped Chewy Fudge	94	430	200	22	34%	15	75%	0	30	10%	95	4%	58	19%	2	9%	46	4	4%	8%	0%	10%
Hand-Dipped Peanut Butter	94	440	210	24	37%	11	55%	0	40	14%	260	11%	51	17%	2	9%	35	7	8%	8%	0%	10%
SWO Cookie Sandwich	178	810	360	40	62%	18	89%	4	60	20%	360	15%	111	37%	3	11%	82	5	10%	6%	0%	15%
MWO Cookie Sandwich	178	820	360	40	62%	18	89%	4	65	21%	370	16%	110	37%	2	7%	83	6	10%	10%	0%	15%

Serving sizes may vary by individual store. Product manufactured on equipment that processes tree nuts and peanuts.



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Nutritional Information
Cookies Cups

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Chewy Fudge	99	460	210	24	37%	11	53%	3	30	10%	80	3%	60	20%	2	9%	48	3	4%	4%	0%	10%
Peanut Butter	99	470	220	25	39%	8	42%	3	35	12%	260	11%	56	19%	1	6%	40	5	6%	4%	0%	8%
Semi Sweet	99	460	210	23	35%	10	49%	3	30	10%	180	8%	62	21%	1	6%	48	3	6%	2%	0%	8%

Mini Cookie Cups

Peanut Butter	15	70	35	4	6%	2	7%	0	5	2%	50	2%	8	3%	0	0%	5	1	2%	0%	0%	2%
Semi Sweet	15	70	30	3.5	5%	2	8%	0	5	2%	35	1%	9	3%	0	0%	7	1	2%	0%	0%	2%

Muffins

Blueberry	115	370	150	16	25%	5	25%	0	50	17%	520	17%	49	16%	1	4%	28	5	10%	4%	0%	10%
Chocolate Chip	115	430	190	21	32%	8	40%	0	45	15%	510	21%	56	19%	2	8%	33	5	10%	4%	0%	10%
Raspberry	115	370	150	16	25%	5	25%	0	50	17%	520	22%	50	17%	2	8%	27	5	15%	8%	0%	10%

Mini Muffins

Blueberry	26	80	35	4	5%	1	5%	0	10	3%	120	5%	11	4%	0	0%	6	1	2%	0%	0%	2%
Chocolate Chip	26	100	45	5	8%	2	10%	0	10	3%	120	5%	13	4%	0	0%	8	1	2%	2%	0%	2%
Raspberry	26	80	35	4	5%	1	5%	0	10	3%	120	5%	11	4%	0	0%	6	1	2%	2%	0%	2%

Smoothies

Cappuccino	406	620	180	20	31%	13	65%	0	50	17%	140	6%	106	35%	0	0%	106	6	0%	0%	0%	0%
Lemon Smoothie	662	710	160	18	28%	11	55%	0	45	15%	110	5%	123	41%	6	24%	117	11	0%	2%	150%	6%
Mango Smoothie	420	660	180	20	31%	13	65%	0	50	17%	95	4%	116	39%	0	0%	113	6	0%	0%	0%	0%
Mocha Smoothie	406	620	180	20	31%	13	65%	0	50	17%	140	6%	106	35%	0	0%	106	6	0%	0%	0%	0%
Banana Smoothie	420	650	180	20	31%	13	65%	0	50	17%	95	4%	117	39%	0	0%	112	6	0%	0%	0%	0%
Strawberry Smoothie	420	650	180	20	31%	13	65%	0	50	17%	95	4%	115	38%	0	0%	115	6	0%	0%	0%	0%
Peach Smoothie	420	650	180	20	31%	13	65%	0	50	17%	110	5%	117	39%	0	0%	115	6	0%	0%	0%	0%
Peach Smoothie- Non Dairy	405	480	0	0	0%	0	0%	0	0	0%	20	1%	130	43%	0	0%	127	0	0%	0%	0%	0%
Pina-Colada Smoothie	420	690	340	38	59%	28	141%	0	50	17%	310	13%	78	26%	0	0%	76	6	0%	0%	0%	0%
Raspberry Smoothie	420	650	180	20	31%	13	65%	0	50	17%	95	4%	117	39%	0	0%	112	6	0%	0%	0%	0%
Raspberry Smoothie- Non Dairy	405	480	0	0	0%	0	0%	0	0	0%	0	0%	130	43%	0	0%	123	0	0%	0%	0%	0%

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Nutritional Information																						
											Information On Daily Values Is Rounded According to FDA Guidelines											
Strawberry Banana Smoothie	420	650	180	20	31%	13	65%	0	50	17%	95	4%	115	38%	0	0%	108	6	0%	0%	0%	0%
Strawberry Banana Smoothie Non Dairy	405	480	0	0	0%	0	0%	0	0	0%	0	0%	128	43%	0	0%	117	0	0%	0%	0%	0%
Chillers																						
Cookies and Cream Chiller	767	1210	590	65	100%	40	200%	0	155	52%	560	23%	137	46%	3	12%	109	18	15%	15%	0%	15%



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Products Using Trans Fat Free Icing

Frosted Fudge Brownie	120	500	220	24	38%	14	68%	0	90	30%	200	8%	70	23%	3	10%	57	4	10%	2%	0%	10%
Big Cookie Cake - 16 Servings	106	460	190	22	34%	11	55%	0	35	12%	260	11%	66	22%	2	8%	46	4	6%	4%	0%	15%
Cookie Cake Slice	149	650	270	30	46%	16	80%	0	50	17%	390	16%	92	31%	3	12%	62	5	10%	6%	0%	20%
Cookie Card	114	500	210	23	35%	12	60%	0	35	12%	270	11%	71	24%	2	8%	51	4	6%	4%	0%	15%
Heart Cookie Cake	96	420	180	20	31%	10	50%	0	30	10%	230	10%	60	20%	2	8%	43	3	6%	4%	0%	10%
Little Sweethearts Cookie Cake	114	500	210	23	35%	12	60%	0	35	12%	270	11%	71	24%	2	8%	51	4	6%	4%	0%	15%
SWO Cookie Sandwich	178	810	360	40	62%	20	99%	0	60	20%	360	15%	111	37%	3	11%	82	5	10%	6%	0%	15%
MWO Cookie Sandwich	178	830	360	41	62%	20	99%	0	65	21%	380	16%	110	37%	2	7%	84	6	10%	10%	0%	15%
Chewy Fudge Cookie Cup	99	450	210	24	37%	12	59%	0	30	10%	80	3%	60	20%	2	9%	47	3	4%	4%	0%	10%
Peanut Butter Cookie Cup	99	470	220	25	38%	10	49%	0	35	12%	260	11%	56	19%	1	6%	40	5	6%	4%	0%	8%
Semi Sweet Cookie Cup	15	70	30	3.5	5%	1.5	9%	0	5	2%	35	1%	9	3%	0	1%	7	1	2%	0%	0%	2%
Mini Peanut Butter Cookie Cup	15	70	35	4	6%	1.5	7%	0	5	2%	50	2%	8	3%	0	1%	5	1	2%	0%	0%	2%
Mini Semi Sweet Cookie Cup	99	460	210	23	35%	11	55%	0	30	10%	180	8%	62	21%	1	6%	48	3	6%	2%	0%	8%

		
Cookies	Ingredients	Allergens
Oatmeal Peanut Butter Scotchy	<p>INGREDIENTS: Butterscotch Chips (Sugar, Partially Hydrogenated Palm Kernel Oil, Whey, Nonfat Milk, Mono & Diglycerides, Soy Lecithin, Vanilla, Natural and Artificial Flavors, Blue 2 Lake, Yellow 5 Lake, Yellow 6 Lake), Sugar, Brown Sugar, Peanut Butter (Peanuts, Dextrose, Hydrogenated Cottonseed and Rapeseed Oils, Salt), Oats, Unsalted Butter, Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Pecans, Enriched Flour (Unbleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Whole Eggs, Water, Contains 2% or Less of: Canola Oil, Fructose, Food Starch, Baking Soda, Salt, Natural Flavors.</p>	Contains Egg, Milk, Pecans, Wheat, Peanut, Soy.
Butter Toffee	<p>INGREDIENTS: Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Toffee [Sugar, Vegetable Oil (Coconut and/or Palm Oil), Butter, Almonds, Soy Lecithin], Unsalted Butter, Brown Sugar, Sugar, Whole Eggs, Water, Canola Oil, Contains 2% or Less of: Fructose, Food Starch, Salt, Baking Soda, Natural Flavors, Xanthan Gum.</p>	Contains Egg, Milk, Almonds, Wheat, Soy.
Chewy Fudge	<p>Semi-Sweet Chocolate Chips (Sugar, Unsweetened Chocolate, Cocoa Butter, Milk Fat, Soy Lecithin, Natural Flavors), Brown Sugar, Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Unsalted Butter, Whole Eggs, Unsweetened Chocolate Water, Contains 2% or Less of: Canola Oil, Fructose, Natural Flavors, Corn Syrup, Baking Soda, Salt, Xanthan Gum.</p>	Contains Egg, Milk, Wheat, Soy.
Chocolate Lovers	<p>Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Unsalted Butter, Brown Sugar, Semi-Sweet Chocolate Chips (Sugar, Unsweetened Chocolate, Cocoa Butter, Milk Fat, Soy Lecithin, Natural Flavors), White Chunks (Sugar, Partially Hydrogenated Palm Kernel Oil, Nonfat Milk Powder, Soy Lecithin, Salt, Natural Flavors), Milk Chocolate Chips (Sugar, Whole Milk Powder, Unsweetened Chocolate, Cocoa Butter, Milk Fat, Soy Lecithin, Natural Flavors), Whole Eggs, Water, Canola Oil, Contains 2% or Less of: Food Starch, Salt, Fructose, Natural Flavors, Baking Soda, Soy Lecithin, Xanthan Gum.</p>	Contains Egg, Milk, Wheat, Soy.
Cinnamon Sugar	<p>INGREDIENTS: Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Unsalted Butter, Whole Eggs, Cinnamon Sugar Mix (Sugar, Cinnamon, Extractives of Cinnamon), Canola Oil, Water, Natural Flavors, Fructose, Contains 2% or Less of: Food Starch, Salt, Soy Lecithin, Baking Soda, Lemon Juice, Xanthan Gum.</p>	Contains Egg, Milk, Wheat, Soy.

Manufactured on equipment that processes peanuts and tree nuts.

Debra's Special (Oatmeal Raisin Walnut)	INGREDIENTS: Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Raisins, Sugar, Unsalted Butter, Brown Sugar, Walnuts, Oats, Whole Eggs, Canola Oil, Water, Contains 2% or Less of: Baking Soda, Food Starch, Salt, Natural Flavors.	Contains Egg, Milk, Walnuts, Wheat.
M&M Chocolate	INGREDIENTS: Milk Chocolate Chips (Sugar, Whole Milk Powder, Unsweetened Chocolate, Cocoa Butter, Milk Fat, Soy Lecithin, Natural Flavors), Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Brown Sugar, Unsalted Butter, Whole Eggs, Water, Canola Oil, Contains 2% or Less of: M&Ms [Milk Chocolate (Sugar, Chocolate, Cocoa Butter, Skim Milk, Milk Fat, Lactose, Lecithin, Salt, Artificial Flavors) Sugar, Cornstarch, Less than 1% Corn Syrup, Gum Acacia, Coloring (Includes Red 40 Lake, Blue 1 Lake, Yellow 6, Blue 2, Yellow 5 Lake, Yellow 6 Lake), Dextrin] Food Starch, Salt, Fructose, Natural Flavors, Baking Soda, Soy Lecithin, Xanthan Gum.	Contains Egg, Milk, Wheat, Soy.
Milk Chocolate Chip	INGREDIENTS: Milk Chocolate Chips (Sugar, Whole Milk Powder, Unsweetened Chocolate, Cocoa Butter, Milk Fat, Soy Lecithin, Natural Flavors), Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Brown Sugar, Unsalted Butter, Whole Eggs, Water, Canola Oil, Contains 2% or Less of: Food Starch, Salt, Fructose, Natural Flavors, Baking Soda, Soy Lecithin, Xanthan Gum.	Contains Egg, Milk, Wheat, Soy.
Milk Chocolate Macadamia	INGREDIENTS: Milk Chocolate Chips (Sugar, Whole Milk Powder, Unsweetened Chocolate, Cocoa Butter, Milk Fat, Soy Lecithin, Natural Flavors), Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Unsalted Butter, Brown Sugar, Macadamia Nuts, Whole Eggs, Water, Canola Oil, Contains 2% or Less of: Food Starch, Salt, Fructose, Natural Flavors, Baking Soda, Soy Lecithin, Xanthan Gum.	Contains Egg, Milk, Macadamia Nuts, Wheat, Soy.
Milk Chocolate Walnut	INGREDIENTS: Milk Chocolate Chips (Sugar, Whole Milk Powder, Unsweetened Chocolate, Cocoa Butter, Milk Fat, Soy Lecithin, Natural Flavors), Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Brown Sugar, Unsalted Butter, Whole Eggs, Water, Canola Oil, Contains 2% or Less of: Food Starch, Salt, Fructose, Natural Flavors, Baking Soda, Soy Lecithin, Xanthan Gum.	Contains Egg, Milk, Walnuts, Wheat, Soy.
Peanut Butter	INGREDIENTS: Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Peanut Butter (Peanuts, Dextrose, Hydrogenated Cottonseed and Rapeseed Oils, Salt), Unsalted Butter, Brown Sugar, Sugar, Whole Eggs, Canola Oil, Water, Contains 2% or Less of: Fructose, Salt, Food Starch, Natural Flavors, Baking Soda, Soy Lecithin, Xanthan Gum.	Contains Egg, Milk, Peanut, Wheat, Soy.
Peanut Butter Milk Chocolate Chip	INGREDIENTS: Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Peanut Butter (Peanuts, Dextrose, Hydrogenated Cottonseed and Rapeseed Oils, Salt), Unsalted Butter, Brown Sugar, Sugar, Whole Eggs, Canola Oil, Water, Contains 2% or Less of: Fructose, Salt, Food Starch, Natural Flavors, Baking Soda, Soy Lecithin, Xanthan Gum.	Contains Egg, Milk, Peanut, Wheat, Soy.

Manufactured on equipment that processes peanuts and tree nuts.

Semi-Sweet Chocolate Chip	INGREDIENTS: Semi-Sweet Chocolate Chips (Sugar, Unsweetened Chocolate, Cocoa Butter, Milk Fat, Soy Lecithin, Natural Flavors), Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Brown Sugar, Unsalted Butter, Whole Eggs, Water, Contains 2% or Less of: Canola Oil, Food Starch, Salt, Fructose, Natural Flavors, Baking Soda, Soy Lecithin, Xanthan Gum.	Contains Egg, Milk, Wheat, Soy.
Semi-Sweet Walnut	INGREDIENTS: Semi-Sweet Chocolate Chips (Sugar, Unsweetened Chocolate, Cocoa Butter, Milk Fat, Soy Lecithin, Natural Flavors), Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Brown Sugar, Unsalted Butter, Walnuts, Whole Eggs, Water, Canola Oil, Contains 2% or Less of: Food Starch, Salt, Fructose, Natural Flavors, Baking Soda, Soy Lecithin, Xanthan Gum.	Contains Egg, Milk, Walnuts, Wheat, Soy.
Sugar Butter	INGREDIENTS: Sugar, Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Unsalted Butter, Enriched Flour (Unbleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Whole Eggs, Canola Oil, Contains 2% or Less of: Water, Fructose, Food Starch, Salt, Natural Flavors, Soy Lecithin, Baking Soda, Natural Flavors, Lemon Juice, Xanthan Gum.	Contains Egg, Milk, Wheat, Soy.
White Chunk Macadamia	INGREDIENTS: White Chunks (Sugar, Partially Hydrogenated Palm Kernel Oil, Nonfat Milk Powder, Soy Lecithin, Salt, Natural Flavors), Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Brown Sugar, Unsalted Butter, Macadamia Nuts, Sugar, Whole Eggs, Canola Oil, Water, Contains 2% or Less of: Fructose, Food Starch, Salt, Natural Flavors, Baking Soda, Soy Lecithin, Xanthan Gum.	Contains Egg, Milk, Macadamia Nuts, Wheat, Soy.
Frosted Sugar Butter	INGREDIENTS: Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Unsalted Butter, Whole Eggs, Canola Oil, Contains 2% or Less of: Water, Natural Flavors, Fructose, Food Starch, Salt, Soy Lecithin, Baking Soda, Lemon Juice, Xanthan Gum, Amylotic Enzyme. Frosting (Sugar, Partially Hydrogenated Vegetable Oil [Soybean and/or Palm Oil], Water, Corn Starch, Mono & Diglycerides, Polysorbate 60, Salt, Polyglycerol Esters of Fatty Acids, Artificial Flavor, Potassium Sorbate, Sorbic Acid, Propylene Glycol, Citric Acid, Dextrose)	Contains Egg, Milk, Soy, Wheat.
Nibblers	Ingredients	Allergen
Cinnamon Sugar	INGREDIENTS: Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Unsalted Butter, Whole Eggs, Cinnamon Sugar Mix (Sugar, Cinnamon, Extractives of Cinnamon), Canola Oil, Water, Natural Flavors, Fructose, Food Starch, Salt, Soy Lecithin, Baking Soda, Lemon Juice, Xanthan Gum.	Contains Egg, Milk, Wheat, Soy.

Manufactured on equipment that processes peanuts and tree nuts.

M&M Nibbler	INGREDIENTS: Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Milk Chocolate M&Ms [Milk Chocolate (Sugar, Chocolate, Cocoa Butter, Skim Milk, Milk Fat, Lactose, Soy Lecithin, Salt, Artificial Flavor), Sugar, Cornstarch, Corn Syrup, Coloring (includes Yellow 5 Lake, Red 40 Lake, Blue 1 Lake, Yellow 6 Lake, Blue 2 Lake, Blue 1, Blue 2, Red 40, Yellow 5, Yellow 6), Dextrin], Unsalted Butter, Whole Eggs, Canola Oil, Water, Contains 2% or Less of: Fructose, Food Starch,	Contains Egg, Milk, Wheat, Soy.
Milk Chocolate Chip	INGREDIENTS: Milk Chocolate Chips (Sugar, Whole Milk Powder, Unsweetened Chocolate, Cocoa Butter, Milk Fat, Lecithin, Natural Flavors), Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Unsalted Butter, Brown Sugar, Sugar, Whole Egg, Water, Canola Oil, Contains 2% or Less: Fructose, Food Starch, Salt, Lecithin, Natural Flavors, Baking Soda, Xanthan Gum.	Contains Egg, Milk, Wheat, Soy.
Milk Chocolate Walnut	INGREDIENTS: Milk Chocolate Chips (Sugar, Whole Milk Powder, Unsweetened Chocolate, Cocoa Butter, Milk Fat, Soy Lecithin, Natural Flavors), Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Unsalted Butter, Brown Sugar, Sugar, Walnuts, Whole Eggs, Water, Canola Oil, Contains 2% or Less of: Fructose, Food Starch, Salt, Soy Lecithin, Natural Flavors, Baking Soda, Xanthan Gum.	Contains Egg, Milk, Wheat, Walnuts, Soy.
Oatmeal Raisin Walnut	INGREDIENTS: Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Raisins, Brown Sugar, Unsalted Butter, Sugar, Walnuts, Oats, Whole Eggs, Canola Oil, Water, Contains 2% or Less of: Fructose, Baking Soda, Food Starch, Salt, Soy Lecithin, Natural Flavors.	Contains Egg, Milk, Wheat, Walnuts, Soy.
Peanut Butter	INGREDIENTS: Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Peanut Butter (Peanuts, Dextrose, Hydrogenated Cottonseed and Rapeseed Oils, Salt), Unsalted Butter, Brown Sugar, Sugar, Whole Eggs, Canola Oil, Water, Contains 2% or Less of: Fructose, Salt, Food Starch, Natural Flavors, Baking Soda, Soy Lecithin, Xanthan Gum.	Contains Egg, Milk, Wheat, Peanuts, Soy
Semi Sweet Chip	INGREDIENTS: Semi-Sweet Chocolate Chips (Sugar, Unsweetened Chocolate, Cocoa Butter, Milk Fat, Lecithin, Natural Flavors), Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Unsalted Butter, Brown Sugar, Sugar, Whole Eggs, Water, Canola Oil, Contains 2% or Less: Fructose, Food Starch, Salt, Lecithin, Natural Flavors, Baking Soda, Xanthan Gum.	Contains Egg, Milk, Wheat, Soy

Sugar Butter	INGREDIENTS: Sugar, Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Unsalted Butter, Enriched Flour (Unbleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Whole Eggs, Canola Oil, Contains 2% or Less of: Water, Fructose, Food Starch, Salt, Natural Flavors, Soy Lecithin, Baking Soda, Natural Flavors, Lemon Juice, Xanthan Gum.	Contains Egg, Milk, Wheat, Soy
White Chunk Macadamia	INGREDIENTS: White Chunks (Sugar, Whole Milk Powder, Partially Hydrogenated Palm Kernel Oil, Nonfat Milk Powder, Cocoa Butter, Soy Lecithin, Natural Flavors), Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Unsalted Butter, Brown Sugar, Sugar, Macadamia Nuts, Whole Eggs, Canola Oil, Contains 2% or less of: Fructose, Water, Food Starch, Salt, Natural Flavors, Soy Lecithin, Baking Soda, Xanthan Gum.	Contains Egg, Milk, Wheat, Macadamia Nuts, Soy
Brownies	Ingredients	Allergen
Double Fudge	Sugar, Unsalted Butter, Whole Eggs, Semi-Sweet Chocolate Chips (Sugar, Unsweetened Chocolate, Cocoa Butter, Milk Fat, Soy Lecithin, Natural Flavors), Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Unsweetened Chocolate Contains 2% or Less of: Salt, Natural Flavors.	Contains Egg, Milk, Wheat, Soy.
Frosted Fudge	Brownie [Sugar, Unsalted Butter, Whole Eggs, Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Unsweetened Chocolate Contains 2% or Less: Salt, Natural Flavors], Chocolate Icing [Sugar, Corn Syrup, Water, Partially Hydrogenated Vegetable Oil (Soybean and/or Cottonseed), Cocoa Processed with Alkali, Soybean Oil, Mono & Diglycerides with Citric Acid, Polysorbate 60, Salt, Sodium Propionate and Sorbic Acid, Soy Lecithin, Caramel Color, Natural and Artificial Flavor, Dextrose, Propylene Glycol, Corn Starch, Citric Acid, Xanthan Gum].	Contains Egg, Milk, Wheat, Soy.

Manufactured on equipment that processes peanuts and tree nuts.

Peanut Dream Bar	INGREDIENTS: Peanut Butter Filling [Peanut Butter (Peanuts, Dextrose, Hydrogenated Cottonseed and Rapeseed Oils, Salt), Sugar, Unsalted Butter, Salt, Natural Flavors], Crumb Crust [Cookies*, Brownies (Sugar, Unsalted Butter, Whole Eggs, Enriched Bleached Flour {Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid}, Unsweetened Chocolate {Processed with Alkali}, Semi-Sweet Chocolate Chips (Sugar, Unsweetened Chocolate, Cocoa Butter, Milk Fat, Lecithin, Natural Flavors), Salt, Natural Flavors), Butter], Milk Chocolate Chips [Sugar, Whole Milk Powder, Unsweetened Chocolate, Cocoa Butter, Milk Fat, Lecithin, Natural Flavors]. *Crumb crusts are made with a combination of any of the Mrs. Fields cookie varieties and therefore will vary. Please refer to the ingredient statements for all of the Mrs. Fields cookies.	Contains Egg, Milk, Wheat, Peanut, Walnuts, Soy
Rocky Mountain Mogul	INGREDIENTS: Crumb Crust [Cookies*, Brownies (Sugar, Unsalted Butter, Whole Eggs, Enriched Bleached Flour {Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid}, Unsweetened Chocolate, Semi-Sweet Chocolate Chips (Sugar, Unsweetened Chocolate, Cocoa Butter, Milk Fat, Lecithin, Natural Flavors), Salt, Natural Flavors), Butter], Semi-Sweet Chocolate Chips [Sugar, Unsweetened Chocolate, Cocoa Butter, Milk Fat, Lecithin, Natural Flavors], Milk Chocolate Chips [Sugar, Whole Milk Powder, Unsweetened Chocolate, Cocoa Butter, Milk Fat, Lecithin, Natural Flavors], Walnuts or Pecans, Marshmallows [Corn Syrup, Sugar, Modified Corn Starch, Dextrose, Water, Gelatin, Artificial Flavor, Tetrasodium Pyrophosphate, Blue 1], Caramel [Corn Syrup, Sugar, Whole Milk Powder, Invert Sugar, Vegetable Oil (Coconut and/or Palm), Nonfat Dry Milk, Whey, Butter, Salt, Vanilla, Lecithin], White Chunks [Sugar, Partially Hydrogenated Palm Kernel Oil, Nonfat Milk Powder, Lecithin, Salt, Natural Flavors]. *Crumb crusts are made with a combination of any of the Mrs. Fields cookie varieties and therefore will vary. Please refer to the ingredient statements for all of the Mrs. Fields cookies.	Contains Egg, Milk, Wheat, Peanut, Walnuts, Soy
Pecan Fudge	Sugar, Unsalted Butter, Whole Eggs, Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Unsweetened Chocolate Pecans, Contains 2% or Less of: Salt, Natural Flavors.	Contains Egg, Milk, Pecans, Wheat, Soy.
Walnut Fudge	INGREDIENTS: Sugar, Unsalted Butter, Whole Eggs, Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Unsweetened Chocolate Walnuts, Contains 2% or Less of: Salt, Natural Flavors.	Contains Egg, Milk, Wheat, Walnuts, Soy.

Manufactured on equipment that processes peanuts and tree nuts.

Almond Fudge	INGREDIENTS: Sugar, Unsalted Butter, Whole Eggs, Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Unsweetened Chocolate Almonds, Contains 2% of Less of: Salt, Natural Flavors.	Contains Egg, Milk, Wheat, Almonds, Soy.
Cashew Fudge	INGREDIENTS: Sugar, Unsalted Butter, Whole Eggs, Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Unsweetened Chocolate Cashews (Cashews, Canola and/or Cottenseed Oil, Salt), Contains 2% of Less of: Salt, Natural Flavors.	Contains Egg, Milk, Wheat, Cashews, Soy.
Cookie Cakes - Frosted		
	Ingredients	Allergen
Big Cookie Cake - 16 Servings, Cookie Cake Slice, Cookie Card, Heart Cookie Cakes & Little Sweethearts	INGREDIENTS: Cookie [Semi-Sweet Chocolate Chips (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose, Milk Fat, Lecithin, Natural Flavors), Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Brown Sugar, Unsalted Butter, Sugar, Whole Eggs, Water, Canola Oil, Salt, Fructose, Natural Flavors, Food Starch, Wheat Fiber, Baking Soda, Lecithin, Xanthan Gum], White Icing* [Sugar, Partially Hydrogenated Vegetable Oil (Soybean and/or Palm Oil), Water, Corn Starch, Mono & Diglycerides, Polysorbate 60, Salt, Polyglycerol Esters of Fatty Acids, Artificial Flavor, Potassium Sorbate, Sorbic Acid, Propylene Glycol, Citric Acid, Dextrose], Chocolate Icing* [Sugar, Corn Syrup, Water, Partially Hydrogenated Vegetable Oil (Soybean and/or Cottonseed), Cocoa Processed with Alkali, Soybean Oil, Mono & Diglycerides with Citric Acid, Polysorbate 60, Salt, Sodium Propionate and Sorbic Acid, Soy Lecithin, Caramel Color, Natural and Artificial Flavor, Dextrose, Propylene Glycol, Corn Starch, Citric Acid, Xanthan Gum]. *Assumes white and chocolate icings are used to decorate the Big Cookie Cake. Other colors of icing may be used. Please refer to the ingredient statements for the other icing varieties.	Contains Egg, Milk, Wheat, Soy.
	Ingredients	Allergens
Seasonal		
Pumpkin Harvest	INGREDIENTS: Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), White Chunks (Sugar, Partially Hydrogenated Palm Kernel Oil, Nonfat Milk Powder, Lecithin, Salt, Natural Flavors), Brown Sugar, Unsalted Butter, Pumpkin Puree, Pecans, Whole Eggs, Canola Oil, Contains 2% or Less: Water, Baking Soda, Spices, Salt, Lecithin, Natural Flavors, Beta Carotene.	Contains Egg, Milk, Wheat, Pecans, Soy.

Manufactured on equipment that processes peanuts and tree nuts.

Specialty	Ingredients	Allergen
Hand-Dipped Chewy Fudge	INGREDIENTS: Semi-Sweet Chocolate Chips (Sugar, Unsweetened Chocolate, Cocoa Butter, Milk Fat, Soy Lecithin, Natural Flavors), Brown Sugar, Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Unsalted Butter, Whole Eggs, Unsweetened Chocolate (Processed with Alkali), Water, Contains 2% or Less of: Canola Oil, Fructose, Natural Flavors, Corn Syrup, Baking Soda, Salt, Xanthan Gum. White Chunks (Sugar, Partially Hydrogenated Palm Kernel Oil, Nonfat Milk Powder, Lecithin, Salt, Natural Flavors).	Contains Egg, Milk, Wheat, Soy.
Hand-Dipped Peanut Butter	INGREDIENTS: Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Peanut Butter (Peanuts, Dextrose, Hydrogenated Cottonseed and Rapeseed Oils, Salt), Unsalted Butter, Brown Sugar, Sugar, Whole Eggs, Canola Oil, Water, Contains 2% or Less of: Fructose, Salt, Food Starch, Natural Flavors, Baking Soda, Soy Lecithin, Xanthan Gum. Milk Chocolate Chips (Sugar, Whole Milk Powder, Unsweetened Chocolate, Cocoa Butter, Milk Fat, Lecithin, Natural Flavors).	Contains Egg, Milk, Wheat, Peanuts, Soy.
SWO Cookie Sandwich	INGREDIENTS: Semi-Sweet Chocolate Chips (Sugar, Unsweetened Chocolate, Cocoa Butter, Milk Fat, Soy Lecithin, Natural Flavors), Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Brown Sugar, Unsalted Butter, Whole Eggs, Water, Canola Oil, Contains 2% or Less of: Food Starch, Salt, Fructose, Natural Flavors, Baking Soda, Soy Lecithin, Xanthan Gum. White Icing* [Sugar, Partially Hydrogenated Vegetable Oil (Soybean and/or Palm Oil), Water, Corn Starch, Mono & Diglycerides, Polysorbate 60, Salt, Polyglycerol Esters of Fatty Acids, Artificial Flavor, Potassium Sorbate, Sorbic Acid, Propylene Glycol, Citric Acid, Dextrose]. *Assumes white icing is used for the cookie cup. Other colors of icing may be used.	Contains Egg, Milk, Wheat, Soy.

Manufactured on equipment that processes peanuts and tree nuts.

MWO Cookie sandwich	INGREDIENTS: Milk Chocolate Chips (Sugar, Whole Milk Powder, Unsweetened Chocolate, Cocoa Butter, Milk Fat, Soy Lecithin, Natural Flavors), Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Brown Sugar, Unsalted Butter, Whole Eggs, Water, Canola Oil, Contains 2% or Less of: Food Starch, Salt, Fructose, Natural Flavors, Baking Soda, Soy Lecithin, Xanthan Gum. White Icing* [Sugar, Partially Hydrogenated Vegetable Oil (Soybean and/or Palm Oil), Water, Corn Starch, Mono & Diglycerides, Polysorbate 60, Salt, Polyglycerol Esters of Fatty Acids, Artificial Flavor, Potassium Sorbate, Sorbic Acid, Propylene Glycol, Citric Acid, Dextrose]. *Assumes white icing is used for the cookie cup. Other colors of icing may be used.	Contains Egg, Milk, Wheat, Soy.
Cookie Cups & Minis	Ingredients	Allergen
Chewy Fudge	INGREDIENTS: Cookie [Semi-Sweet Chocolate Chips (Sugar, Unsweetened Chocolate, Cocoa Butter, Milk Fat, Soy Lecithin, Natural Flavors), Brown Sugar, Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Unsalted Butter, Whole Eggs, Unsweetened Chocolate Water, Contains 2% or Less of: Canola Oil, Fructose, Natural Flavors, Corn Syrup, Baking Soda, Salt, Xanthan Gum], White Icing* [Sugar, Partially Hydrogenated Vegetable Oil (Soybean and/or Palm Oil), Water, Corn Starch, Mono & Diglycerides, Polysorbate 60, Salt, Polyglycerol Esters of Fatty Acids, Artificial Flavor, Potassium Sorbate, Sorbic Acid, Propylene Glycol, Citric Acid, Dextrose]. *Assumes white icing is used for the cookie cup. Other colors of icing may be used.	Contains Egg, Milk, Wheat, Soy.
Peanut Butter	INGREDIENTS: Cookie [Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Peanut Butter (Peanuts, Dextrose, Hydrogenated Cottonseed and Rapeseed Oils, Salt), Unsalted Butter, Brown Sugar, Sugar, Whole Eggs, Canola Oil, Water, Contains 2% or Less of: Fructose, Salt, Food Starch, Natural Flavors, Baking Soda, Soy Lecithin, Xanthan Gum], White Icing* [Sugar, Partially Hydrogenated Vegetable Oil (Soybean and/or Palm Oil), Water, Corn Starch, Mono & Diglycerides, Polysorbate 60, Salt, Polyglycerol Esters of Fatty Acids, Artificial Flavor, Potassium Sorbate, Sorbic Acid, Propylene Glycol, Citric Acid, Dextrose]. *Assumes white icing is used for the cookie cup. Other colors of icing may be used.	Contains Egg, Milk, Peanut, Wheat, Soy.

Manufactured on equipment that processes peanuts and tree nuts.

Semi Sweet	INGREDIENTS: Cookie [Semi-Sweet Chocolate Chips (Sugar, Unsweetened Chocolate, Cocoa Butter, Milk Fat, Soy Lecithin, Natural Flavors), Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Brown Sugar, Unsalted Butter, Whole Eggs, Water, Contains 2% or Less of: Canola Oil, Food Starch, Salt, Fructose, Natural Flavors, Baking Soda, Soy Lecithin, Xanthan Gum], White Icing* [Sugar, Partially Hydrogenated Vegetable Oil (Soybean and/or Palm Oil), Water, Corn Starch, Mono & Diglycerides, Polysorbate 60, Salt, Polyglycerol Esters of Fatty Acids, Artificial Flavor, Potassium Sorbate, Sorbic Acid, Propylene Glycol, Citric Acid, Dextrose]. *Assumes white icing is used for the cookie cup. Other colors of icing may be used.	Contains Egg, Milk, Wheat, Soy.
Muffins & Mini Muffins	Ingredients	Allergen
Blueberry	INGREDIENTS: Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Iron, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Raspberries, Whole Eggs, Margarine (Palm Oil, Soybean Oil, Water, Salt, Mono & Diglycerides, Soy Lecithin, Sodium Benzoate, Beta-Carotene, Vitamin A Palmitate, Artificial Flavor), Water, Brown Sugar, Canola Oil, Contains 2% or less of the following: Butter, Natural and Artificial Flavors, Nonfat Milk, Food Starch, Salt, Sodium Aluminum Phosphate, Baking Soda, Propylene Glycol Mono- & Diesters, Mono- & Diglycerides, Lactylic Esters of Fatty Acids, Potassium Sorbate, Xanthan Gum.	Contains Egg, Milk, Wheat, Soy.
Chocolate Chip	INGREDIENTS: Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Iron, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Semi-Sweet Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Milk Fat, Lecithin, Natural Flavors), Sugar, Whole Eggs, Margarine (Palm Oil, Soybean Oil, Water, Salt, Mono & Diglycerides, Soy Lecithin, Sodium Benzoate, Beta-Carotene, Vitamin A Palmitate, Artificial Flavor), Water, Brown Sugar, Canola Oil, Contains 2% or less of the following: Natural and Artificial Flavors, Nonfat Milk, Food Starch, Salt, Sodium Aluminum Phosphate, Baking Soda, Propylene Glycol Mono- & Diesters, Mono- & Diglycerides, Lactylic Esters of Fatty Acids, Potassium Sorbate, Xanthan Gum.	Contains Egg, Milk, Wheat, Soy.

Manufactured on equipment that processes peanuts and tree nuts.

Raspberry	INGREDIENTS: Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Iron, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Raspberries, Whole Eggs, Margarine (Palm Oil, Soybean Oil, Water, Salt, Mono & Diglycerides, Soy Lecithin, Sodium Benzoate, Beta-Carotene, Vitamin A Palmitate, Artificial Flavor), Water, Brown Sugar, Canola Oil, Contains 2% or less of the following: Butter, Natural and Artificial Flavors, Nonfat Milk, Food Starch, Salt, Sodium Aluminum Phosphate, Baking Soda, Propylene Glycol Mono- & Diesters, Mono- & Diglycerides, Lactylic Esters of Fatty Acids, Potassium Sorbate, Xanthan Gum.	Contains Egg, Milk, Wheat, Soy.
Smoothies	Ingredients	Allergen
Cappuccino Smoothie	INGREDIENTS: Triple Mocha [(Brewed Coffee, Sugar, Chocolate Syrup (High Fructose Corn Syrup, Corn Syrup, Water, Cocoa, Salt, Carrageenan, Potassium Sorbate, Sodium Benzoate, Citric Acid, Lecithin, Artificial Flavor) Caramel Color, Natural & Artificial Flavor], Water, Vanilla Ice Cream Mix (Cream, Skim Milk, Sugar Syrup, Milk, Corn Syrup, Natural Flavors, Guar Gum, Mono and Diglycerides, Locust Bean Gum, Carrageenan).	Contains Milk, Soy.
Lemon Smoothie	Water, Lemonade (Sugar, Lemon Juice, Water), Vanilla Ice Cream Mix (Cream, Skim Milk, Sugar Syrup, Milk, Corn Syrup, Natural Flavors, Guar Gum, Mono and Diglycerides, Locust Bean Gum, Carrageenan).	Contains Milk.
Mango Smoothie	INGREDIENTS: Mango Juice (Water High Fructose Corn Syrup, Sugar, Concentrated Mango Puree, Natural Flavor, Guar Gum, Karaya Gum, Citric Acid, Beet Juice for Color), Water, Vanilla Ice Cream Mix (Cream, Skim Milk, Sugar Syrup, Milk, Corn Syrup, Natural Flavors, Guar Gum, Mono and Diglycerides, Locust Bean Gum, Carrageenan).	Contains Milk.
Mocha Smoothie	INGREDIENTS: Triple Mocha [(Brewed Coffee, Sugar, Chocolate Syrup (High Fructose Corn Syrup, Corn Syrup, Water, Cocoa, Salt, Carrageenan, Potassium Sorbate, Sodium Benzoate, Citric Acid, Soy Lecithin, Artificial Flavor) Caramel Color, Natural & Artificial Flavor], Water, Vanilla Ice Cream Mix (Cream, Skim Milk, Sugar Syrup, Milk, Corn Syrup, Natural Flavors, Guar Gum, Mono and Diglycerides, Locust Bean Gum, Carrageenan).	Contains Milk, Soy.
Banana Smoothie	INGREDIENTS: INGREDIENTS: Banana Fruit Mixer (Banana Puree, High Fructose Corn Syrup, Sugar, Water, Natural Flavors, Guar and Karaya Gums, Citric Acid), Ice (Water), Vanilla Ice Cream Mix ((Cream, Skim Milk, Sugar Syrup, Milk, Corn Syrup, Natural Flavors, Stabilizer (Guar Gum, Mono and Diglycerides, Locust Bean Gum, Carrageenan)).	Contains Milk.
Strawberry Smoothie	INGREDIENTS: INGREDIENTS: Strawberry Juice (High Fructose Corn Syrup, Sugar, Water, Strawberries, Lemon Juice, Lime Juice, Natural Flavor, Citric Acid, Guar Gum, Karaya Gum, Beet Juice for Color), Ice (Water), Vanilla Ice Cream Mix ((Cream, Skim Milk, Sugar Syrup, Milk, Corn Syrup, Natural Flavors, Stabilizer (Guar Gum, Mono and Diglycerides, Locust Bean Gum, Carrageenan)).	Contains Milk.

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Peach Smoothie	INGREDIENTS: Peach Juice (Water High Fructose Corn Syrup, Sugar, Concentrated Peach Puree, Natural Flavor, Guar Gum, Karaya Gum, Citric Acid, Beet Juice for Color), Ice (Water), Vanilla Ice Cream Mix ((Cream, Skim Milk, Sugar Syrup, Milk, Corn Syrup, Natural Flavors, Stabilizer (Guar Gum, Mono and Diglycerides, Locust Bean Gum, Carrageenan))).	Contains Milk.
Peach Smoothie- Non Dairy	INGREDIENTS: Peach Juice (Water High Fructose Corn Syrup, Sugar, Concentrated Peach Puree, Natural Flavor, Guar Gum, Karaya Gum, Citric Acid, Beet Juice for Color), Ice (Water).	
Pina -Colada Smoothie	INGREDIENTS: INGREDIENTS: Raspberry Juice (High Fructose Corn Syrup, Sugar, Raspberry Puree, Concentrated Raspberry Juice, Natural Flavor, Citric Acid, Guar Gum, Karaya Gum, Beet Juice for Color), Ice (Water), Vanilla Ice Cream Mix ((Cream, Skim Milk, Sugar Syrup, Milk, Corn Syrup, Natural Flavors, Stabilizer (Guar Gum, Mono and Diglycerides, Locust Bean Gum, Carrageenan))).	Contains Milk.
Raspberry Smoothie	INGREDIENTS: Raspberry Juice (High Fructose Corn Syrup, Sugar, Raspberry Puree, Concentrated Raspberry Juice, Natural Flavor, Citric Acid, Guar Gum, Karaya Gum, Beet Juice for Color), Ice (Water), Vanilla Ice Cream Mix ((Cream, Skim Milk, Sugar Syrup, Milk, Corn Syrup, Natural Flavors, Stabilizer (Guar Gum, Mono and Diglycerides, Locust Bean Gum, Carrageenan))).	Contains Milk.
Raspberry Smoothie- Non Dairy	INGREDIENTS: Raspberry Juice (High Fructose Corn Syrup, Sugar, Raspberry Puree, Concentrated Raspberry Juice, Natural Flavor, Citric Acid, Guar Gum, Karaya Gum, Beet Juice for Color), Ice (Water).	
Strawberry Banana Smoothie	INGREDIENTS: Strawberry Juice (High Fructose Corn Syrup, Sugar, Water, Strawberries, Lemon Juice, Lime Juice, Natural Flavor, Citric Acid, Guar Gum, Karaya Gum, Beet Juice for Color), Ice (Water), Vanilla Ice Cream Mix ((Cream, Skim Milk, Sugar Syrup, Milk, Corn Syrup, Natural Flavors, Stabilizer (Guar Gum, Mono and Diglycerides, Locust Bean Gum, Carrageenan))), Banana Fruit Mixer (Banana Puree, High Fructose Corn Syrup, Sugar, Water, Natural Flavors, Guar and Karaya Gums, Citric Acid).	Contains Milk.
Strawberry Banana Smoothie - Non Dairy	INGREDIENTS: Strawberry Juice (High Fructose Corn Syrup, Sugar, Water, Strawberries, Lemon Juice, Lime Juice, Natural Flavor, Citric Acid, Guar Gum, Karaya Gum, Beet Juice for Color), Ice (Water), Banana Fruit Mixer (Banana Puree, High Fructose Corn Syrup, Sugar, Water, Natural Flavors, Guar and Karaya Gums, Citric Acid).	

Chillers	Ingredients	Allergen
Cookies and Cream Chiller	Ice (Water), Vanilla Ice Cream Mix (Cream, Skim Milk, Sugar Syrup, Milk, Corn Syrup, Natural Flavors, Guar Gum, Mono and Diglycerides, Locust Bean Gum, Carrageenan), Cookies*, Milk, Optional: Non Dairy Whipped Topping (Water, Partially Hydrogenated Palm Kernel Oil, Sugar, Contains 2% or less of the following: Sodium Caseinate, Polysorbate 60, Mono and Diglycerides, Soy Protein Isolate, Artificial Flavor, Sorbitan Monostearate, Disodium Phosphate, Hexaglyceryl Disterate, Carrageenan and Beta Carotene). *Cookies 'n' Cream Chillers are made with a combination of Mrs. Fields cookie varieties based on customer choice.	Contains Egg, Milk, Peanut, Wheat, Soy.
Products Using Trans Fat Free Icing		
Frosted Fudge Brownie	INGREDIENTS: Brownie [Sugar, Unsalted Butter, Whole Eggs, Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Unsweetened Chocolate Contains 2% or Less: Salt, Natural Flavors], Chocolate Icing (Sugar, Corn Syrup. Water, Palm Oil, Dutched Cocoa, Soybean Oil, Mono & Diglycerides, with BHT & Citric Acid, Polysorbate 60, Salt, Sodium, Propionate, Sorbic Acid, Soy Lecithin, Caramel Color, Natural & Artificial Flavor, Propylene Glycol, Corn Starch, Dextrose, Xanthan Gum, Citric Acid)	Contains Egg, Milk, Soy, Wheat.
Big Cookie Cake - 16 Servings, Cookie Cake Slice, Cookie Card, Heart Cookie Cakes & Little Sweethearts	INGREDIENTS: Cookie [Semi-Sweet Chocolate Chips (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose, Milk Fat, Lecithin, Natural Flavors), Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Brown Sugar, Unsalted Butter, Sugar, Whole Eggs, Water, Canola Oil, Salt, Fructose, Natural Flavors, Food Starch, Wheat Fiber, Baking Soda, Lecithin, Xanthan Gum], White Icing* (Sugar, Palm, Sunflower & Hydrogenated Cottonseed Oils, Water, Corn Starch, Mono & Diglycerides, Titanium Dioxide, Polysorbate 60, Salt, Polygercerol Esters of Fatty Acids, Potassium Sorbate and Sorbic Acid, Glycerin, Propylene Glycol, Artificial Flavor), Chocolate Icing* (Sugar, Corn Syrup. Water, Palm Oil, Dutched Cocoa, Soybean Oil, Mono & Diglycerides with BH & Citric Acid, Polysorbate 60, Salt, Sodium, Propionate, Sorbic Acid, Soy Lecithin, Caramel Color, Natural & Artificial Flavor, Propylene Glycol, Corn Starch, Dextrose, Xanthan Gum, Citric Acid) *Assumes white and chocolate icings are used to decorate the Big Cookie Cake. Other colors of icing may be used.	Contains Egg, Milk, Soy, Wheat.

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MWO Cookie Sandwich	INGREDIENTS: Cookie [Milk Chocolate Chips (Sugar, Whole Milk Powder, Unsweetened Chocolate, Cocoa Butter, Milk Fat, Lecithin, Natural Flavors), Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Brown Sugar, Unsalted Butter, Whole Eggs, Water, Canola Oil, Food Starch, Salt, Fructose, Natural Flavors, Baking Soda, Lecithin, Xanthan Gum], White Icing* (Sugar, Palm, Sunflower & Hydrogenated Cottonseed Oils, Water, Corn Starch, Mono & Diglycerides, Titanium Dioxide, Polysorbate 60, Salt, Polygercerol Esters of Fatty Acids, Potassium Sorbate and Sorbic Acid, Glycerin, Propylene Glycol, Artificial Flavor) *Assumes white icing is used for the cookie. Other colors of icing may be used.	Contains Egg, Milk, Soy, Wheat.
Chewy Fudge Cookie Cup	INGREDIENTS: Cookie [Semi-Sweet Chocolate Chips (Sugar, Unsweetened Chocolate, Cocoa Butter, Milk Fat, Lecithin, Natural Flavors), Brown Sugar, Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Unsalted Butter, Whole Eggs, Unsweetened Chocolate Water, Canola Oil, Fructose, Natural Flavors, Corn Syrup, Baking Soda, Salt, Xanthan Gum], White Icing* (Sugar, Palm, Sunflower & Hydrogenated Cottonseed Oils, Water, Corn Starch, Mono & Diglycerides, Titanium Dioxide, Polysorbate 60, Salt, Polygercerol Esters of Fatty Acids, Potassium Sorbate and Sorbic Acid, Glycerin, Propylene Glycol, Artificial Flavor). *Assumes white icing is used for the cookie cup. Other colors of icing may be used.	Contains Egg, Milk, Soy, Wheat.
Peanut Butter Cookie Cup	INGREDIENTS: Cookie [Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Peanut Butter (Peanuts, Dextrose, Hydrogenated Cottonseed and Rapeseed Oils, Salt), Unsalted Butter, Brown Sugar, Sugar, Whole Eggs, Canola Oil, Water, Fructose, Salt, Food Starch, Natural Flavors, Baking Soda, Lecithin, Xanthan Gum], White Icing* (Sugar, Palm, Sunflower & Hydrogenated Cottonseed Oils, Water, Corn Starch, Mono & Diglycerides, Titanium Dioxide, Polysorbate 60, Salt, Polygercerol Esters of Fatty Acids, Potassium Sorbate and Sorbic Acid, Glycerin, Propylene Glycol, Artificial Flavor). *Assumes white icing is used for the cookie cup. Other colors of icing may be used.	Contains Egg, Milk, Peanut, Soy, Wheat.
Semi Sweet Cookie Cup	INGREDIENTS: Cookie [Semi-Sweet Chocolate Chips (Sugar, Unsweetened Chocolate, Cocoa Butter, Milk Fat, Lecithin, Natural Flavors), Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Brown Sugar, Unsalted Butter, Whole Eggs, Water, Canola Oil, Food Starch, Salt, Fructose, Natural Flavors, Baking Soda, Lecithin, Xanthan Gum], White Icing* (Sugar, Palm, Sunflower & Hydrogenated Cottonseed Oils, Water, Corn Starch, Mono & Diglycerides, Titanium Dioxide, Polysorbate 60, Salt, Polygercerol Esters of Fatty Acids, Potassium Sorbate and Sorbic Acid, Glycerin, Propylene Glycol, Artificial Flavor) *Assumes white icing is used for the cookie cup. Other colors of icing may be used.	Contains Egg, Milk, Soy, Wheat.

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Mini Peanut Butter Cookie Cup	<p>INGREDIENTS: Cookie [Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Peanut Butter (Peanuts, Dextrose, Hydrogenated Cottonseed and Rapeseed Oils, Salt), Unsalted Butter, Brown Sugar, Sugar, Whole Eggs, Canola Oil, Water, Fructose, Salt, Food Starch, Natural Flavors, Baking Soda, Lecithin, Xanthan Gum], White Icing* (Sugar, Palm, Sunflower & Hydrogenated Cottonseed Oils, Water, Corn Starch, Mono & Diglycerides, Titanium Dioxide, Polysorbate 60, Salt, Polygercerol Esters of Fatty Acids, Potassium Sorbate and Sorbic Acid, Glycerin, Propylene Glycol, Artificial Flavor). *Assumes white icing is used for the cookie cup. Other colors of icing may be used.</p>	Contains Egg, Milk, Peanut, Soy, Wheat.
Mini Semi Sweet Cookie Cup	<p>INGREDIENTS: Cookie [Semi-Sweet Chocolate Chips (Sugar, Unsweetened Chocolate, Cocoa Butter, Milk Fat, Lecithin, Natural Flavors), Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Brown Sugar, Unsalted Butter, Whole Eggs, Water, Canola Oil, Food Starch, Salt, Fructose, Natural Flavors, Baking Soda, Lecithin, Xanthan Gum], White Icing* (Sugar, Palm, Sunflower & Hydrogenated Cottonseed Oils, Water, Corn Starch, Mono & Diglycerides, Titanium Dioxide, Polysorbate 60, Salt, Polygercerol Esters of Fatty Acids, Potassium Sorbate and Sorbic Acid, Glycerin, Propylene Glycol, Artificial Flavor) *Assumes white icing is used for the cookie cup. Other colors of icing may be used.</p>	Contains Egg, Milk, Soy, Wheat.