NUTRITIONAL FACTS

		PORTION	SERVING SIZE (oz)	SERVING SIZE (g)	CALORIES (kcal)	CALORIES FROM FAT (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FATTY ACIDS (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)	VITAMIN A (IU)	VITAMIN C (MG)	CALCIUM (MG)	IRON (MG)	ALLERGENS					
																				EGG	MILK	NUTS	TREE NUT	SOY	WHEAT
PRETZELS	PLAIN - no salt/no butter	1	4	121	310	20	3	0	0	0	15	66	2	12	8	63	4	4	4					X	X
	SALTED	1	5	130	400	100	12	2	0	0	310	66	2	12	8	63	4	5	4	X	X			X	X
	UNSALTED	1	5	130	400	100	12	2	0	0	88	66	2	12	8	63	4	4	4	X	X			X	X
	CINNAMON SUGAR	1	5	144	450	100	12	2	0	0	88	79	2	25	8	64	4	8	4	X	X			X	X
	GARLIC	1	5	145	430	110	12	2	0	0	1923	74	2	12	9	66	4	55	4	X	X			X	X
	RANCH	1	5	145	440	100	12	2	0	0	1496	72	3	14	11	69	5	102	4	X	X			X	X
	PARMESAN	1	5	145	450	140	15	4	0	12	462	66	2	12	13	260	4	176	4	X	X			X	X
	CINNAMON RASIN*	1	6	158	490	100	12	2	0	0	90	91	3	34	9	64	5	15	4	X	X			X	X
	EVERYTHING*	1	5	145	480	130	15	2	0	0	137	77	2	16	11	16	2	229	4	X	X			X	X
	JALAPENO*	1	6	165	410	120	13	2	0	0	909	65	4	12	9	77	185	81	4	X	X			X	X
	ALMOND CRUNCH*	1	7	201	600	130	14	4	0	7	279	111	3	48	8	63	4	6	4	X	X	X	X	X	X
	PEPPERONI PRETZEL ROLL*	1	7	204	560	190	22	8	0	28	1357	73	3	13	18	505	4	232	4	X	X			X	X
PRETZEL BITES																									
	SALTED																								
		SMALL	6	167	500	120	14	3	0	0	329	85	3	15	11	81	5	6	5	X	X			X	X
		REGULAR	7	213	640	160	18	3	0	0	468	108	4	19	13	103	7	8	6	X	X			X	X
		LARGE	12	343	1030	250	29	5	0	0	772	174	6	31	22	166	11	13	10	X	X			X	X
	UNSALTED																								
		SMALL	6	167	500	120	14	3	0	0	108	85	3	15	11	81	5	6	5	X	X			X	X
		REGULAR	7	213	640	160	18	3	0	0	135	108	4	19	13	103	7	7	6	X	X			X	X
		LARGE	12	342	1030	250	29	5	0	0	216	174	6	31	22	166	11	12	10	X	X			X	X
	CINNAMON SUGAR																								
		SMALL	6	173	530	130	14	3	0	0	108	90	3	21	11	82	5	7	5	X	X			X	X
		REGULAR	8	220	670	160	18	3	0	0	135	115	4	26	13	104	7	9	6	X	X			X	X
		LARGE	12	353	1070	250	29	5	0	0	216	185	6	42	22	167	11	15	10	X	X			X	X
	GARLIC																								
		SMALL	6	173	520	130	15	3	0	0	753	88	3	16	11	82	5	26	5	X	X			X	X
		REGULAR	8	220	660	160	18	3	0	0	941	112	4	20	14	105	7	32	6	X	X			X	X
		LARGE	12	353	1060	250	29	5	0	0	1506	180	6	32	22	169	11	52	10	X	X			X	X
	RANCH																								
		SMALL	6	173	520	130	14	3	0	0	582	88	3	16	12	84	6	45	5	X	X			X	X
		REGULAR	8	220	660	160	18	3	0	0	728	111	4	21	15	106	7	56	6	X	X			X	X
		LARGE	12	353	1060	250	29	5	0	0	1165	179	6	33	24	171	12	90	10	X	X			X	X
	PARMESAN																								
		SMALL	6	173	530	140	16	3	0	5	168	85	3	15	13	160	5	74	5	X	X			X	X
		REGULAR	8	220	670	170	20	4	0	6	211	108	4	20	16	202	7	93	6	X	X			X	X
		LARGE	12	353	1070	280	32	7	0	10	338	174	6	31	26	324	11	149	10	X	X			X	X
	BOX OF BITES (SALTED)*		23	645	1710	150	17	3	0	0	1223	347	12	63	43	332	22	25	20	X	X			X	X
PRETZEL DOGS																									
	PRETZEL DOG	1	5	142	420	200	23	7	1	55	660	31	1	6	22	30	2	2	2	X	X			X	X
	JALAPENO PRETZEL DOG*	1	6	170	450	210	24	7	1	55	1036	34	2	6	23	52	104	45	2	X	X			X	X
	MINI PRETZEL DOGS																								
		16	9	265	870	530	59	17	0	72	1201	66	2	12	23	63	4	17	5	X	X			X	X
		8	5	132	430	260	29	9	0	36	594	33	1	6	11	31	2	8	3	X	X			X	X
	MINI DOGS W/CHILI & CHEESE*																								
		16	17	492	1130	600	68	20	0	72	3048	84	6	16	29	63	4	54	6	X	X			X	X
		8	9	245	560	290	33	10	0	36	1517	42	3	8	14	31	2	27	3	X	X			X	X
SAUCES																									
	CHEDDAR CHEESE	1	2	57	80	50	6	2	2	0	470	6	0	3	1	0	0	0	0		X			X	
	CREAM CHEESE	1	2	57	200	180	20	14	14	80	200	4	0	2	2	600	0	0	0		X				
	PIZZA SAUCE	1	2	57	30	5	1	0	0	0	250	6	2	3	1	274	0	0	1					X	
	VANILLA GLAZE	1	2	57	170	0	0	0	0	0	22	42	0	40	0	0	0	0	0						
	CARAMEL	1	2	57	100	10	1	1	0	5	125	22	0	17	0	0	0	0	0		X			X	
	KETCHUP	1		9	10	0	0	0	0	0	100	2	0	2	0	0	0	0	0						
	HONEY MUSTARD	1	2	57	110	5	0	0	0	0	52	26	0	21	1	5	0	0	0					X	X
	MUSTARD	1		5	0	0	0	0	0	0	8	0	0	0	0	0	0	0	0						
	NACHO CHEESE*	1	2	57	80	50	6	2	0	0	470	4	0	2	1	0	0	20	0		X			X	
BEVERAGES																									
	FRESH LEMONADE	SMALL	16	455	110	0	0	0	0	0	12	29	0	28	0	0	4	12	0						
		REGULAR	20	567	140	0	0	0	0	0	15	38	0	36	0	0	6	15	0						
		LARGE	32	907	230	0	0	0	0	0	24	61	0	59	0	0	9	24	0						
	STRAWBERRY LEMONADE	REGULAR	20	567	210	0	0	0	0	0	15	53	0	52	0	0	5	15	0						
	RASPBERRY LEMONADE	REGULAR	20	567	210	0	0	0	0	0	14	51	0	50	0	0	5	15	0						
	LIMEADE*	REGULAR	20	567	230	0	0	0	0	0	14	59	0	58	0	0	7	14	0						
	CHERRY LIMEADE*	REGULAR	20	567	250	0	0	0	0	0	14	64	0	62	0	0	7	14	0						
	FROZEN LEMONADE*	REGULAR	20	680	530	0	0	0	0	0	14	138	0	134	0	0	20	14	0						
BLENDED DRINKS																									
	STRAWBERRY BANANZA	REGULAR	20	709	500	140	16	10	0	39	92	85	0	81	5	0	0	14	0		X				
	POWER POMEGRANTE	REGULAR	20	709	490	140	16	10	0	39	93	86	0	81	5	0	0	14	0		X				
	MANGO MADNESS	REGULAR	20	709	500	140	16	10	0	39	93	90	0	86	5	0	0	14	0		X				
	COOL CAPPUCCINO	REGULAR	20	727	430	200	22	15	0	50	540	58	0	55	5	97	0	31	0		X				
	MOCHA MANIA	REGULAR	20	781	580	200	22	15	0	50	562	94	2	85	6	97	0	31	0		X				
	ORANGE DREAM	REGULAR	20	709	500	140	16	10	0	39	94	86	0	84	5	0	11	14	0		X				
SODA/WATER																									
	COKE	SMALL	16	455	120	0	0	0	0	0	5	34	0	34	0	0	0	0	0						
		REGULAR	20	567	160	0	0	0	0	0	10	44	0	44	0	0	0	0	0						
		LARGE	32	907	260	0	0	0	0	0	15	71	0	71	0	0	0	0	0						
	DIET COKE	SMALL	16	455	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0						
		REGULAR	20	567	0	0	0	0	0	0	15	0	0	0	0	0	0	0	0						
		LARGE	32	907	0	0	0	0	0	0	25	0	0	0	0	0	0	0	0						
	SPRITE	SMALL	16	455	130	0	0	0	0	0	25	32	0	31	0	0	0	0	0						
		REGULAR	20	567	170	0	0	0	0	0	35	42	0	41	0	0	0	0	0						
		LARGE	32	907	280	0	0	0	0	0	55	68	0	66	0	0	0	0	0						
	WATER, BOTTLED		16	455	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0						
	ICEE	SMALL	16	455	130	0	0	0	0	0	60	36	0	36	0	0	0	0	0						
		REGULAR	20	567	160	0	0	0	0	0	75	44	0	44	0	0	0	0	0						
		LARGE	32	907	260	0	0	0	0	0	120	71	0	71	0	0	0	0	0						

This information is based upon the operator of the franchised store complying with our specifications concerning preparation, supplies, serving size and similar requirements. Some variation is likely to occur from store to store.
The tables also assume and incorporate USDA caloric and manufacture data. This nutritional calculated data does not identify allergens for added ingredients.
Our menus vary by location due to, among other things, market tests and local requirements. If you have an allergy concern, please ask a manager at your Pretzelmaker to check the ingredient listing for specific menu items.
Please note that we cannot guarantee that any of our menu items are free of allergens because we use shared equipment and handle common allergens throughout our manufacturing, supply chain and restaurant.
This information is provided by the GFG management, LLC Nutritional Database. All information from Coke® is provided by the Coca-Cola Company. For more information regarding ingredients of each product, call customer service, at 1-877-639-2361. The items may include nut, nut products, tree nuts, milk, egg, soy and wheat and it is impossible to guarantee that any Pretzelmaker products will be free of allergens.
Canada Notice: Many of our products also contain or may come into contact with common allergens, including sesame, sulfites, and mustard.
MA Notice: Before placing your order, please inform your restaurant if you or a person in your party has a food allergy.
* Denotes items sold at select Pretzelmaker locations
© 2016 GFG Management, LLC. All Rights Reserved.