


Shakes Nutritional Information

	Serving Weight (g)	Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)
Shakes																	
Cake 'n Shake™	500	Like it	1060	480	56	35	1.5	140	720	131	1	107	16	30	8	60	6
Cake 'n Shake™	602	Love it	1320	600	69	43	1.5	175	910	164	2	133	19	40	8	70	6
Cake 'n Shake™	724	Gotta Have it	1560	710	83	52	2	205	1040	191	2	157	23	45	10	80	8
Cherry Cheeseshake™	553	Like it	980	450	52	34	1.5	130	280	123	1	86	14	35	15	50	2
Cherry Cheeseshake™	644	Love it	1190	550	64	43	1.5	165	330	146	1	107	16	45	15	60	2
Cherry Cheeseshake™	767	Gotta Have it	1410	660	77	51	2	195	400	171	1	128	20	50	15	80	2
Cream de Menthe™	508	Like it	1080	570	66	43	1.5	145	280	113	4	106	14	35	8	60	2
Cream de Menthe™	582	Love it	1250	660	77	50	1.5	170	320	131	4	123	16	40	10	70	2
Cream de Menthe™	704	Gotta Have it	1470	780	91	59	2	205	390	154	4	146	20	50	10	80	2
Lotta Caramel Latte™	530	Like it	1100	500	58	38	1.5	150	390	138	1	119	16	35	8	60	2
Lotta Caramel Latte™	622	Love it	1310	610	71	47	1.5	180	450	160	1	139	18	45	10	70	2
Lotta Caramel Latte™	745	Gotta Have it	1530	730	85	56	2	215	520	182	1	161	22	50	10	90	2
Milk and Cookies™	482	Like it	980	520	60	38	1.5	140	390	106	1	97	15	35	8	60	6
Milk and Cookies™	597	Love it	1300	670	78	48	1.5	175	570	144	2	127	19	40	10	70	10
Milk and Cookies™	719	Gotta Have it	1520	790	92	57	2	210	640	166	2	149	23	50	10	80	10
Oh Fudge!™	534	Like it	1060	530	62	41	1.5	150	400	121	4	112	19	35	10	70	6
Oh Fudge!™	662	Love it	1360	670	78	52	2.0	185	540	161	5	148	24	45	10	80	10
Oh Fudge!™	793	Gotta Have it	1600	800	93	62	2.0	220	620	185	6	171	28	50	15	100	10
PB&C™	522	Like it	1110	640	74	42	1.5	150	430	102	5	93	25	35	8	60	4
PB&C™	612	Love it	1510	900	103	54	2.0	185	630	131	8	117	36	45	10	80	8
PB&C™	782	Gotta Have it	1750	1030	118	64	2.0	220	700	155	8	140	40	50	15	90	8
Powered by Chocolate	502	Like it	640	60	7	4.5	0.0	10	540	132	4	106	18	2	0	60	6
Powered by Chocolate	622	Love it	830	80	9	6	0.0	10	720	175	5	140	23	2	0	70	10
Powered by Chocolate	745	Gotta Have it	970	90	10	7	0.0	15	820	202	5	161	27	2	0	80	10
Savory Strawberry™	520	Like it	920	460	53	34	1.5	130	260	105	3	95	14	30	50	60	6
Savory Strawberry™	612	Love it	1130	560	66	43	1.5	165	320	128	3	117	17	40	60	70	8
Savory Strawberry™	762	Gotta Have it	1370	680	79	51	2.0	380	380	156	4	141	20	50	80	80	10
Shake Them Berries	540	Like it	540	30	3	1.5	0.0	10	430	114	2	89	15	2	30	50	2
Shake Them Berries	632	Love it	650	30	3	1.5	0.0	10	530	140	2	109	18	2	30	60	2
Shake Them Berries	745	Gotta Have it	790	35	4	2.5	0.0	10	640	167	2	130	22	4	30	70	2
Very Vanilla™	495	Like it	1000	460	54	35	1.5	180	320	121	1	105	14	35	8	60	2
Very Vanilla™	587	Love it	1210	570	66	44	1.5	220	380	145	1	126	16	40	10	70	2
Very Vanilla™	745	Gotta Have it	1550	700	81	53	2.0	270	510	194	1	164	21	50	10	80	2

Percentage Daily Values are based on a 2,000 calorie diet.

The Nutritional Information Cold Stone Creamery has provided is based on standard product formulations. Product variations may occur based on regional differences, ingredient substitutions, seasonal conditions, differences in product production at the store and suppliers. Some items listed may not be available in all stores. This list may not include test products, limited time offers and regional menu variations.