

Auntie Anne's® Allergen Statement

Before placing your order, please inform your server if a person in your party has a food allergy. Some of our products contain food allergens and other ingredients that cause food sensitivities, such as egg, fish, milk, peanuts, sesame, shell fish, soy, tree nuts, and wheat. Although efforts are made to avoid cross-contact of allergens and other ingredients that may cause food sensitivities, all food and beverage items may contain or come into contact with one or more of these substances. While the food allergens information we provide is based on our standardized recipes, we are unable to guarantee that any menu item will be completely free of allergens or other ingredients that may cause food sensitivities. Test products, limited time offers and regional menu variations may not be reflected in the food allergen information we provide.

If you would like to speak to someone about our products, please call 1-877-778-9588 or contact guest relations on auntieannes.com.

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Auntie Anne's®

Nutritional Guide



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Limited-Time Offers	Serving Size	Calories
Crispy Cheesy Mini Dogs (small)	Approx 8	690
Crispy Cheesy Mini Dogs (regular)	Approx 11	950
Crispy Cheesy Mini Dogs (bucket)	5 servings (8 each)	690
Lemonade Mixer, Peach	Small (16 fl oz)	260
Lemonade Mixer, Peach	Med (20 fl oz)	310
Lemonade Mixer, Peach	Large (30 fl oz)	470
Frozen Lemonade Mixer, Peach	Small (16 fl oz)	370
Frozen Lemonade Mixer, Peach	Med (20 fl oz)	430
Frozen Lemonade Mixer, Peach	Large (30 fl oz)	610
Lemonade Spritz, Peach	Small (16 fl oz)	250
Lemonade Spritz, Peach	Med (20 fl oz)	280
Lemonade Spritz, Peach	Large (30 fl oz)	450
Mozzarella Stuffed Nuggets (small)	Approx 10	540
Mozzarella Stuffed Nuggets (regular)	Approx 13	700
Mozzarella Stuffed Nuggets (bucket)	4 servings (10 each)	540

Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
39	17	0	110	1900	59	2	8	7	27
54	23	0	145	2640	81	2	11	10	37
39	17	0	110	1900	59	2	8	7	27
0	0	0	0	25	65	0	61	60	0
0	0	0	0	25	77	0	73	72	0
0	0	0	0	40	117	0	111	109	0
0	0	0	0	40	92	0	87	86	0
0	0	0	0	40	106	0	99	98	0
0	0	0	0	60	153	0	143	141	0
0	0	0	0	30	61	0	59	58	0
0	0	0	0	40	70	0	68	67	0
0	0	0	0	60	113	0	108	107	0
17	9	0	40	780	75	2	10	9	21
22	12	0	55	1020	97	3	12	11	27
17	9	0	40	780	75	2	10	9	21

Twisted Sips Dirty-style Sodas	Serving Size	Calories
(Coke) Twisted Sip	Med (20 fl oz)	260
(Coke) Twisted Sip Mixer, Strawberry	Med (20 fl oz)	300
(Coke) Twisted Lemonade Sip	Med (20 fl oz)	280
(Coke) Twisted Lemonade Sip Mixer, Strawberry	Med (20 fl oz)	310
(Coke) Twisted Frozen Lemonade Sip	Med (20 fl oz)	350
(Coke) Twisted Frozen Lemonade Sip Mixer, Strawberry	Med (20 fl oz)	390
(Diet Coke) Twisted Sip	Med (20 fl oz)	100
(Diet Coke) Twisted Sip Mixer, Strawberry	Med (20 fl oz)	140
(Diet Coke) Twisted Lemonade Sip	Med (20 fl oz)	170
(Diet Coke) Twisted Lemonade Sip Mixer, Strawberry	Med (20 fl oz)	200
(Diet Coke) Twisted Frozen Lemonade Sip	Med (20 fl oz)	240
(Diet Coke) Twisted Frozen Lemonade Sip Mixer, Strawberry	Med (20 fl oz)	280
(Sprite) Twisted Sip	Med (20 fl oz)	250
(Sprite) Twisted Sip Mixer, Strawberry	Med (20 fl oz)	290
(Sprite) Twisted Lemonade Sip	Med (20 fl oz)	250
(Sprite) Twisted Lemonade Sip Mixer, Strawberry	Med (20 fl oz)	310
(Sprite) Twisted Frozen Lemonade Sip	Med (20 fl oz)	350
(Sprite) Twisted Frozen Lemonade Sip Mixer, Strawberry	Med (20 fl oz)	380

Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
6	6	0	0	55	54	0	54	54	0
6	6	0	0	55	64	0	64	64	0
6	6	0	0	40	60	0	58	58	0
6	6	0	0	45	68	0	67	67	0
6	6	0	0	40	78	0	76	76	0
6	6	0	0	45	86	0	84	84	0
6	6	0	0	50	12	0	12	12	0
6	6	0	0	50	22	0	22	22	0
6	6	0	0	40	30	0	29	29	0
6	6	0	0	40	38	0	37	37	0
6	6	0	0	40	49	0	46	46	0
6	6	0	0	40	57	0	54	54	0
6	6	0	0	75	53	0	53	53	0
6	6	0	0	75	63	0	63	63	0
6	6	0	0	75	53	0	53	53	0
6	6	0	0	60	67	0	66	66	0
6	6	0	0	55	77	0	75	75	0
6	6	0	0	60	86	0	83	83	0

Pretzel Nuggets	Serving Size	Calories
Original Nuggets Small - 16 oz cup	Approx 19	430
Original Nuggets Regular - 21oz cup	Approx 26	580
Original Nuggets Bucket	5 servings (19 each)	430
Cinnamon Sugar Nuggets Small - 16 oz cup	Approx 19	500
Cinnamon Sugar Nuggets Regular - 21oz cup	Approx 26	680
Cinnamon Sugar Nuggets Bucket	5 servings (19 each)	500
Pepperoni Nuggets Small - 16 oz cup	Approx 14	480
Pepperoni Nuggets Regular - 21oz cup	Approx 19	650
Pepperoni Nuggets Bucket	5 servings (14 each)	480

Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
9	5	0	20	1040	78	2	11	10	10
12	7	0	30	1490	106	3	15	14	13
9	5	0	20	1040	78	2	11	10	10
9	5	0	20	340	96	2	29	28	10
12	7	0	30	530	131	3	39	38	13
9	5	0	20	340	96	2	29	28	10
20	10	0.5	50	940	58	2	8	7	16
28	13	1	70	1280	79	2	11	10	22
20	10	0.5	50	940	58	2	8	7	16

Pretzel Dogs	Serving Size	Calories
Mini Pretzel Dogs Small - 16 oz cup	Approx 10	700
Mini Pretzel Dogs Regular - 21oz cup	Approx 14	980
Mini Pretzel Dogs Bucket	5 servings (10 each)	700
Original Pretzel Dog	1 each	360
Cheese Pretzel Dog	1 each	390
Jalapeno Cheese Pretzel Dog	1 each	400

Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
37	15	0	80	1590	73	2	10	9	21
51	20	0	115	2230	102	3	14	13	29
37	15	0	80	1590	73	2	10	9	21
20	9	1	40	700	35	1	5	4	10
22	11	1	45	790	34	1	5	4	13
23	11	1	50	1080	36	1	5	4	13

Pretzels	Serving Size	Calories
Original Pretzel	1 each	350
Cinnamon Sugar Pretzel	1 each	480
Sweet Almond Pretzel	1 each	400
Pepperoni Pretzel	1 each	500
Jalapeno Pretzel	1 each	350

Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
5	3	0	10	900	68	2	10	9	8
11	7	0	25	310	88	2	29	28	9
6	3.5	0	10	310	77	2	17	16	9
17	9	0.5	45	800	69	2	10	9	16
5	2.5	0	10	1180	69	2	10	9	8

Dips	Serving Size	Calories
Cheese Dip	1 dip cup (1.7 oz)	120
Sweet Glaze Dip	1 dip cup (1.7 oz)	160
Hot Salsa Cheese Dip	1 dip cup (1.4 oz)	120
Honey Mustard Dip	1 dip cup (2 oz)	300
Cream Cheese Dip	1 dip cup (1 oz)	70
Marinara Dip	1 dip cup (2 oz)	50
Caramel Dip	1 dip cup (1.7 oz)	160
Ranch Dip	1 dip cup (2 oz)	240
Melted Cheese Dip	1 dip cup (1.25 oz)	150

Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
10	2	0	5	670	5	0	3	0	2
0	0	0	0	0	35	0	34	34	0
10	2	0	5	570	6	0	3	0	2
27	4	0	20	250	14	0	14	14	1
7	4	0	20	115	1	0	1	0	1
1	0	0	0	580	10	0	6	1	2
2	1.5	0	5	95	37	0	19	15	1
26	4	0	15	500	3	0	2	2	1
11	3	0	20	840	6	0	4	4	5

Pretzel Breakfast Sandwiches	Serving Size	Calories
Egg & Cheese Sandwich	1 each	330
Bacon, Egg & Cheese Sandwich	1 each	420
Sausage, Egg & Cheese Sandwich	1 each	480

Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
11	4.5	0	130	770	45	1	7	7	12
18	7	0	150	1040	45	1	7	7	17
25	9	0	160	1060	46	1	7	7	18

Lemonades and Frozen Lemonades	Serving Size	Calories
Original Lemonade	Small (16 fl oz)	180
Original Lemonade	Med (20 fl oz)	250
Original Lemonade	Large (30 fl oz)	350
Lemonade Mixer, Blue Raspberry	Small (16 fl oz)	220
Lemonade Mixer, Blue Raspberry	Med (20 fl oz)	290
Lemonade Mixer, Blue Raspberry	Large (30 fl oz)	430
Lemonade Mixer, Mango	Small (16 fl oz)	230
Lemonade Mixer, Mango	Med (20 fl oz)	300
Lemonade Mixer, Mango	Large (30 fl oz)	450
Lemonade Mixer, Strawberry	Small (16 fl oz)	230
Lemonade Mixer, Strawberry	Med (20 fl oz)	300
Lemonade Mixer, Strawberry	Large (30 fl oz)	440
Frozen Lemonade, Original	Small (16 fl oz)	230
Frozen Lemonade, Original	Med (20 fl oz)	290
Frozen Lemonade, Original	Large (30 fl oz)	430
Frozen Lemonade Mixer, Blue Raspberry	Small (16 fl oz)	270
Frozen Lemonade Mixer, Blue Raspberry	Med (20 fl oz)	340
Frozen Lemonade Mixer, Blue Raspberry	Large (30 fl oz)	500
Frozen Lemonade Mixer, Mango	Small (16 fl oz)	280
Frozen Lemonade Mixer, Mango	Med (20 fl oz)	360
Frozen Lemonade Mixer, Mango	Large (30 fl oz)	520
Frozen Lemonade Mixer, Strawberry	Small (16 fl oz)	270
Frozen Lemonade Mixer, Strawberry	Med (20 fl oz)	350
Frozen Lemonade Mixer, Strawberry	Large (30 fl oz)	510

Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
0	0	0	0	15	47	0	44	44	0
0	0	0	0	20	63	0	59	59	0
0	0	0	0	25	89	0	84	84	0
0	0	0	0	15	55	0	53	53	0
0	0	0	0	15	72	0	68	68	0
0	0	0	0	25	107	0	101	101	0
0	0	0	0	15	59	0	56	55	0
0	0	0	0	15	78	0	74	73	0
0	0	0	0	25	115	0	108	107	0
0	0	0	0	15	58	0	55	55	0
0	0	0	0	15	75	0	72	72	0
0	0	0	0	25	111	0	106	106	0
0	0	0	0	15	59	0	54	54	0
0	0	0	0	20	73	0	68	68	0
0	0	0	0	30	109	0	101	101	0
0	0	0	0	15	67	0	63	63	0
0	0	0	0	20	86	0	81	81	0
0	0	0	0	30	126	0	119	119	0
0	0	0	0	15	71	0	67	66	0
0	0	0	0	20	92	0	86	85	0
0	0	0	0	30	134	0	125	124	0
0	0	0	0	15	69	0	65	65	0
0	0	0	0	20	89	0	84	84	0
0	0	0	0	30	130	0	123	123	0

Lemonade Spritz	Serving Size	Calories
Lemonade Spritz, Strawberry	Small (16 fl oz)	190
Lemonade Spritz, Strawberry	Med (20 fl oz)	260
Lemonade Spritz, Strawberry	Large (30 fl oz)	380
Lemonade Spritz, Mango	Small (16 fl oz)	200
Lemonade Spritz, Mango	Med (20 fl oz)	260
Lemonade Spritz, Mango	Large (30 fl oz)	310
Lemonade Spritz, Blue Raspberry	Small (16 fl oz)	190
Lemonade Spritz, Blue Raspberry	Med (20 fl oz)	250
Lemonade Spritz, Blue Raspberry	Large (30 fl oz)	370

Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
0	0	0	0	35	50	0	48	48	0
0	0	0	0	45	67	0	65	65	0
0	0	0	0	65	99	0	96	96	0
0	0	0	0	35	51	0	49	49	0
0	0	0	0	45	68	0	66	65	0
0	0	0	0	65	79	0	76	76	0
0	0	0	0	35	48	0	47	47	0
0	0	0	0	45	64	0	62	50	0
0	0	0	0	65	95	0	92	92	0

Smoothies	Serving Size	Calories
Strawberry Smoothie	Small (16 fl oz)	290
Strawberry Smoothie	Med (20 fl oz)	350
Strawberry Smoothie	Large (30 fl oz)	530
Strawberry Banana Smoothie	Small (16 fl oz)	290
Strawberry Banana Smoothie	Med (20 fl oz)	350
Strawberry Banana Smoothie	Large (30 fl oz)	530
Mango Smoothie	Small (16 fl oz)	290
Mango Smoothie	Med (20 fl oz)	350
Mango Smoothie	Large (30 fl oz)	530

Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
0	0	0	0	100	70	3	62	57	0
0	0	0	0	120	86	3	77	70	0
0	0	0	0	180	130	5	115	106	0
0	0	0	0	5	70	3	65	55	0
0	0	0	0	10	86	3	80	67	0
0	0	0	0	15	130	5	120	100	0
0	0	0	0	5	75	3	73	60	0
0	0	0	0	10	93	3	90	74	0
0	0	0	0	15	139	5	134	110	0

Fountain Drinks	Serving Size	Calories
Coca-Cola	Small (16 oz)	150
Coca-Cola	Medium (21 oz)	210
Coca-Cola	Large (30 oz)	290
Diet Coke	Small (16 oz)	0
Diet Coke	Medium (21 oz)	0
Diet Coke	Large (30 oz)	0
Dr. Pepper	Small (16 oz)	140
Dr. Pepper	Medium (21 oz)	190
Dr. Pepper	Large (30 oz)	260
Fanta Orange	Small (16 oz)	150
Fanta Orange	Medium (21 oz)	210
Fanta Orange	Large (30 oz)	300
Root Beer	Small (16 oz)	160
Root Beer	Medium (21 oz)	210
Root Beer	Large (30 oz)	300
Sprite	Small (16 oz)	140
Sprite	Medium (21 oz)	190
Sprite	Large (30 oz)	270
Cherry Coke	Small (16 oz)	160
Cherry Coke	Medium (21 oz)	220
Cherry Coke	Large (30 oz)	310

Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
0	0	0	0	40	42	0	42	42	0
0	0	0	0	55	56	0	56	56	0
0	0	0	0	75	80	0	80	80	0
0	0	0	0	50	0	0	0	0	0
0	0	0	0	65	0	0	0	0	0
0	0	0	0	95	0	0	0	0	0
0	0	0	0	40	37	0	37	37	0
0	0	0	0	55	49	0	49	49	0
0	0	0	0	80	70	0	70	70	0
0	0	0	0	40	42	0	41	41	0
0	0	0	0	55	56	0	56	56	0
0	0	0	0	79	79	0	79	79	0
0	0	0	0	70	42	0	42	42	0
0	0	0	0	95	57	0	57	57	0
0	0	0	0	140	81	0	80	80	0
0	0	0	0	70	38	0	38	38	0
0	0	0	0	95	51	0	51	51	0
0	0	0	0	135	73	0	73	73	0
0	0	0	0	45	44	0	44	44	0
0	0	0	0	60	59	0	59	59	0
0	0	0	0	80	84	0	84	84	0

Food Allergens and Sensitivities

This Chart should be used as a guide and does not guarantee that any of the mentioned products are free of allergens

SNACKS
Limited-Time Offers
Crispy Cheesy Mini Dogs
Mozzarella Stuffed Nuggets
Pretzels
Original Pretzel
Cinnamon Sugar Pretzel
Sweet Almond Pretzel
Pepperoni Pretzel
Jalapeño Pretzel
Pretzel Nuggets
Original Nuggets
Cinnamon Sugar Nuggets
Pepperoni Nuggets
Pretzel Dogs
Mini Pretzel Dogs
Original Pretzel Dog
Cheese Pretzel Dog
Jalapeño Cheese Pretzel Dog
Pretzel Breakfast Sandwiches
Egg and Cheese Sandwich
Sausage, Egg and Cheese Sandwich
Bacon, Egg and Cheese Sandwich
Dips
Cheese Dip
Sweet Glaze Dip
Hot Salsa Cheese Dip
Honey Mustard Dip
Cream Cheese Dip
Marinara Dip
Caramel Dip
Ranch Dip
Melted Cheese Dip

X - Present in Product

Milk	Egg	Fish	Shell Fish	Wheat	Soy	Peanuts	Tree Nuts	Sesame
X				X	X			
X				X	X			X
X				X	X			
X				X	X			
X				X	X		X	
X				X	X			
X				X	X			
X				X	X			
X				X	X			
X				X	X			
X	X			X	X			
X	X			X	X			
X	X			X	X			
X	X			X	X			
X	X			X	X			
X	X			X	X			
X								
X								
X	X							
X								
X	X				X			
X								
X								

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