	Ice cream													
Sr. No	Dish Name	Energy (Kcal)	Protein (g)	Carbohydrates (g)	Total Sugars (g)	Added Sugar(g)	Total Fat (g)	Saturated Fat(g)	Trans Fat(g)	Cholesterol (mg)	Sodium (mg)	Allergy advice	Mandatory Declaration	
1	MALAI ICE CREAM	275	7	21	25	15	17	14	<0.1	23	72	CONTAINS MILK AND MAY CONTAIN NUTS, SOY, WHEAT (GLUTEN)		
2	MANGO MEDIUM FAT NO ADDED SUGAR ICE CREAM	179	4	24	19	0	6	4	<0.1	0	47	CONTAINS MILK AND MAY CONTAIN NUTS, SOY, WHEAT (GLUTEN)	MEDIUM FAT ICECREAM PREBIOTIC FOOD CONTAINING INULIN NOT FOR MEDICINAL USE	
3	TENDER COCONUT ICE CREAM	209	6	19	23	10	11	8	<0.1	7	67	CONTAINS MILK AND MAY CONTAIN NUTS, SOY, WHEAT (GLUTEN)		
4	MUD PIE ICE CREAM	282	6	30	20	10	14	10	<0.1	0	90	CONTAINS MILK, NUTS, WHEAT (GLUTEN) AND SOY		
5	TIRAMISU ICE CREAM	218	6	25	19	14	13	6	0	49	65	CONTAINS MILK, WHEAT (GLUTEN) AND MAY CONTAIN NUTS, SOY		
6	DRY FRUIT KULFI ICE CREAM	278	4	30	25	21	15	8	<0.1	21	15	CONTAINS MILK, NUTS AND MAY CONTAIN SOY, WHEAT (GLUTEN)		
7	CREAMY BERRY DELIGHT ICE CREAM	176	6	18	11	0	11	6	0	43	14	CONTAINS MILK AND MAY CONTAIN NUTS, SOY, WHEAT (GLUTEN)	PREBIOTIC FOOD CONTAINING PECTIN NOT FOR MEDICINAL USE	
8	CHOCOLATE HAZELNUT ICE CREAM	243	6	26	19	13	15	5	0	38	21	CONTAINS MILK, NUTS, SOY AND MAY CONTAIN WHEAT (GLUTEN)		
9	MATCHA ICE CREAM	216	6	23	18	15	14	6	0	52	27	CONTAINS MILK AND MAY CONTAIN NUTS, SOY, WHEAT (GLUTEN)		
10	CHEESECAKE ICE CREAM	236	6	20	15	13	17	9	0	47	138	CONTAINS MILK AND MAY CONTAIN NUTS, SOY, WHEAT (GLUTEN)		
11	SITAPHAL MEDIUM FAT ICE CREAM	180	4	23	19	12	9	5	<0.1	38	72	CONTAINS MILK AND MAY CONTAIN NUTS, SOY, WHEAT (GLUTEN)	MEDIUM FAT ICECREAM	
12	PEANUT CRUNCH ICE CREAM	277	7	26	20	13	19	6	0	43	22	CONTAINS MILK, NUTS, WHEAT (GLUTEN) AND SOY		
13	CARAMEL ICE CREAM	242	5	28	22	7	14	7	0	43	16	CONTAINS MILK, WHEAT (GLUTEN) AND MAY CONTAIN NUTS, SOY		

Serving size of one scoop is 90g
Nutritional values mentioned in above sheets are approximate values for per 100 g quantity
An average active adult requires 2,000 kcal energy per day, however, calorie needs may vary

## Milkshake

Sr. No	Dish Name	Energy (Kcal)	Protein (g)	Carbohydrates (g)	Total Sugars (g)	Added Sugar(g)	Total Fat (g)	Saturated Fat(g)	Trans Fat(g)	Cholesterol (mg)	Sodium (mg)	Allergen	Mandatory Declaration
1	MANGO MEDIUM FAT NO ADDED SUGAR ICE CREAM MILKSHAKE	181	18	13	0	5	9	5	<0.1	25	29	CONTAINS MILK AND MAY CONTAIN NUTS, SOY, WHEAT (GLUTEN)	PREBIOTIC FOOD CONTAINING INULIN NOT FOR MEDICINAL USE
2	TENDER COCONUT ICE CREAM MILKSHAKE	199	6	16	16	6	13	8	0	30	41	CONTAINS MILK AND MAY CONTAIN NUTS, SOY, WHEAT (GLUTEN)	
3	MUD PIE ICE CREAM MILKSHAKE	241	6	22	14	6	14	9	0	26	54	CONTAINS MILK, NUTS, WHEAT (GLUTEN) AND SOY	
4	TIRAMISU ICE CREAM MILKSHAKE	204	6	19	13	8	14	7	<0.1	54	39	CONTAINS MILK, WHEAT (GLUTEN) AND MAY CONTAIN NUTS, SOY	
5	DRY FRUIT KULFI ICE CREAM MILKSHAKE	239	5	22	17	12	15	8	<0.1	38	11	CONTAINS MILK, NUTS AND MAY CONTAIN SOY, WHEAT (GLUTEN)	
6	CREAMY BERRY DELIGHT ICE CREAM MILKSHAKE	180	6.5	15.2	9.1	0.0	12.6	6.8	<0.1	50.4	10.1	CONTAINS MILK AND MAY CONTAIN NUTS, SOY, WHEAT (GLUTEN)	PREBIOTIC FOOD CONTAINING PECTIN NOT FOR MEDICINAL USE
7	MATCHA ICE CREAM MILKSHAKE	203	6.5	18.4	12.9	8.5	14.4	6.8	<0.1	55.2	17.4	CONTAINS MILK AND MAY CONTAIN NUTS, SOY, WHEAT (GLUTEN)	
8	CHOCOLATE HAZELNUT ICE CREAM MILKSHAKE	219	6.6	19.8	13.2	7.5	14.7	6.5	<0.1	47.6	14.3	CONTAINS MILK, NUTS, SOY AND MAY CONTAIN WHEAT (GLUTEN)	
9	CHEESECAKE ICE CREAM MILKSHAKE	215	6.5	16.6	11.2	7.2	16.2	8.5	<0.1	52.5	81.3	CONTAINS MILK AND MAY CONTAIN NUTS, SOY, WHEAT (GLUTEN)	
10	SITAPHAL MEDIUM FAT ICE CREAM MILKSHAKE	182	5.5	18.3	13.2	6.7	11.8	6.3	<0.1	47.1	43.6	CONTAINS MILK AND MAY CONTAIN NUTS, SOY, WHEAT (GLUTEN)	
11	PEANUT CRUNCH ICE CREAM MILKSHAKE	238	7.1	19.9	14.2	7.2	17.0	6.9	<0.1	50.4	14.7	CONTAINS MILK, NUTS, WHEAT (GLUTEN) AND SOY	
12	CARAMEL ICE CREAM MILKSHAKE	218	6.1	21.1	15.2	4.1	14.2	7.4	<0.1	50.0	11.5	CONTAINS MILK, WHEAT (GLUTEN) AND MAY CONTAIN NUTS, SOY	

Serving size of one glass is 300ml
Nutritional values mentioned in above sheets are approximate values for per 100 g quantity
An average active adult requires 2,000 kcal energy per day, however, calorie needs may vary

## Sundae

	Value of the second of the sec												
Sr No		Energy (Kcal)	Protein (g)	Carbohydrates (g)	Total Sugars (g)	Added Sugar(g)	Total Fat (g)	Saturated Fat(g)	Trans Fat(g)	Cholesterol (mg)	Sodium (mg)	Allergen	Mandatory Declaration
1	TADGOLA SUNDAE	226	4	31	25	20	9	7	0	12	41	CONTAINS MILK AND MAY CONTAIN NUTS, SOY, WHEAT (GLUTEN)	
2	MIX FRUIT TADGOLA SUNDAE	236	4	25	30	23	9	8	0	12	46	CONTAINS MILK AND MAY CONTAIN NUTS, SOY, WHEAT (GLUTEN)	
3	MUD SLIDE SUNDAE	326	5	34	17	13	19	10	0	2	118	CONTAINS MILK, SOY, WHEAT (GLUTEN) AND NUTS	
4	BAKLAVA SUNDAE	275	8	20	14	7	17	8	0	12	113	CONTAINS MILK, NUTS, WHEAT (GLUTEN) AND MAY CONTAIN SOY	
5	BLUEBERRY CHEESECAKE SUNDAE	251	5	28	24	13	13	9	0	14	80	CONTAINS MILK AND MAY CONTAIN NUTS, SOY, WHEAT (GLUTEN)	
6	SITAPHAL SUNDAE	229	4	31	33	23	9	8	0	12	102	CONTAINS MILK AND MAY CONTAIN NUTS, SOY, WHEAT (GLUTEN)	

Serving size is approximate 100g
Nutritional values mentioned in above sheets are approximate values for per 100 g quantity
An average active adult requires 2,000 kcal energy per day, however, calorie needs may vary

	Solbet													
Sr.	Dish Name	Fnerey (Kral)	Protein (e)	Carbohydrates	Total	Added	Total Fat (e)	Saturated	Trans Fatio)	Cholesterol	Sodium (me)	Allergen	Mandatory Declaration	
No Section 1			(g)	Sugars (g)	Sugar(g)		Fat(g)		(mg)					
1	RASPBERRY SORBET	107	1	25	20	10	0	0	0	0	12	MAY CONTAIN MILK, NUTS, SOY AND WHEAT (GLUTEN)	PREBIOTIC FOOD CONTAINING INULIN NOT FOR MEDICINAL USE	

\*Serving size is approximate 100g

\*Nutritional values mentioned in above sheets are approximate values for per 100 g quantity

\*An average active adult requires 2,000 kcal energy per day, however, calorie needs may vary