

## Ice cream

Sr. No	Dish Name	Energy (Kcal)	Carbohydrate (g)	Total sugar (g)	Added sugar (g)	Protein (g)	Fats (g)	Saturated (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Allergen	Mandatory declaration as per Schedule II*	Anything specific as per Labelling and Display FSSAI requirements
1	TENDER COCONUT ICE CREAM	209	19	23	10	6	11	8	<0.1	7	67	CONTAINS MILK AND MAY CONTAIN NUTS		
2	BLUEBERRY CHEESECAKE ICE CREAM	262	22	13	13	6	18	4	0	38	35	CONTAINS MILK AND NUTS		
3	COOKIE CARAMEL ICE CREAM	307	27	17	12	5	19	9	0	18	86	CONTAINS MILK AND MAY CONTAIN NUTS		
4	MUD PIE ICE CREAM	282	30	20	10	6	14	10	<0.1	0	90	CONTAINS MILK AND NUTS		
5	MANGO PASSION FRUIT ICE CREAM	221	19	14	7	7	13	6	<0.1	35	45	CONTAINS MILK AND MAY CONTAIN NUTS		
6	BELGIUM CHOCOLATE ICE CREAM	242	24	18	14	5	14	6	<0.1	43	22	CONTAINS MILK AND MAY CONTAIN NUTS		
7	CHERRY PLUM ICE CREAM	182	20	11	9	5	10	5	<0.1	42	4	CONTAINS MILK AND MAY CONTAIN NUTS		
8	ORANGE PISTACHIO ICE CREAM	212	24	19	14	5	12	4	<0.1	40	46	CONTAINS MILK AND NUTS		
9	MOCHA HAZELNUT ICE CREAM	245	23	16	13	7	13	6	0	43	26	CONTAINS MILK AND NUTS		
10	KAJU KESAR SHRIKHAND ICE CREAM	237	30	28	20	6	10	7	<0.1	24	77	CONTAINS MILK AND NUTS		
11	KALA JAMUN MEDIUM FAT ICECREAM	194	20	34	11	5	9	7	<0.1	15	70	CONTAINS MILK AND MAY CONTAIN NUTS	MEDIUM FAT ICECREAM	
12	PEACH APRICOT ICE CREAM	238	24	24	10	6	12	7	<0.1	11	34	CONTAINS MILK AND MAY CONTAIN NUTS		
13	MACHA TEA CHEESECAKE DAIRY BASED DESSERT	243	19	14	12	6	16	8	<0.1	44	948	CONTAINS MILK AND MAY CONTAIN NUTS	PROPRIETARY FOOD - CATEGORY 1.7 DAIRY BASED DESSERTS	
14	SITAPHAL ICE CREAM	194	26	23	9	4	10	5	<0.1	18	78	CONTAINS MILK AND MAY CONTAIN NUTS		
15	CHOCOLATE FANTASY ICE CREAM	241	23	18	15	6	15	7	0	37	21	CONTAINS MILK AND MAY CONTAIN NUTS		
16	LIME COCONUT ICE CREAM	204	28	21	19	4	10	4	<0.1	36	23	CONTAINS MILK AND MAY CONTAIN NUTS		
17	ORANGE ROASTED ALMOND AND CHOCO CHIPS ICE CREAM	263	30	22	14	5	14	4	<0.1	36	37	CONTAINS MILK AND NUTS		
18	MOCHA CASHEW ICE CREAM	229	23	17	14	7	14	6	<0.1	44	28	CONTAINS MILK AND NUTS		
19	LYCHEE ICE CREAM	224	21	29	9	6	12	9	<0.1	13	29	CONTAINS MILK AND MAY CONTAIN NUTS		
20	WHITE CHOCOLATE AND ROSE DAIRY BASED DESSERT	278	28	23	18	6	17	9	<0.1	46	42	CONTAINS MILK AND MAY CONTAIN NUTS	PROPRIETARY FOOD - CATEGORY 1.7 DAIRY BASED DESSERTS	
21	DATES AND WALNUT ICE CREAM	233	24	19	13	6	15	5	0	47	25	CONTAINS MILK AND NUTS		
22	TOFFEE MACADAMIA ICE CREAM	214	18	12	3	6	15	7	0	52	13	CONTAINS MILK AND NUTS		
23	KAJU KESAR ICE CREAM	245	23	17	13	7	16	6	0	48	24	CONTAINS MILK AND NUTS		
24	FRENCH VANILLA AND ROASTED PINEAPPLE ICE CREAM	212	22	18	14	5	13	5	0	50	26	CONTAINS MILK AND MAY CONTAIN NUTS		
25	CRANBERRY WHITE CHOCOLATE CHEESECAKE ICE CREAM	228	25	20	12	5	13	5	0	42	46	CONTAINS MILK AND MAY CONTAIN NUTS		
26	DRY FRUIT KULFI ICE CREAM	273	29	24	20	5	16	9	<0.1	23	16	CONTAINS MILK AND NUTS		
27	ANJEER BADAM ICE CREAM	227	27	21	12	5	12	4	<0.1	42	52	CONTAINS MILK AND NUTS		
28	FILTER COFFEE & HAZELNUT ICE CREAM	224	24	14	11	6	12	5	0.08	41	20	CONTAINS MILK AND NUTS		
29	LEMON TWIST ICE CREAM	221	27	16	18	5	13	5	<0.1	47	24	CONTAINS MILK AND MAY CONTAIN NUTS		
30	STRAWBERRY CHEESECAKE ICE CREAM	225	22	18	15	5	14	7	<0.1	41	109	CONTAINS MILK AND MAY CONTAIN NUTS		
31	SPICY GUAVA ICE CREAM	193	19	18	10	5	10	6	0	0	244	CONTAINS MILK AND MAY CONTAIN NUTS		
32	KESAR BADAM ICE CREAM	227	22	17	14	6	14	5	<0.1	50	25	CONTAINS MILK AND NUTS		
33	COFFEE SALTED CARAMEL ICE CREAM	242	22	15	11	5	17	6	<0.1	41	54	CONTAINS MILK AND NUTS		
34	NOW DELIGHT ICE CREAM	219	28	22	19	5	11	5	<0.1	44	22	CONTAINS MILK AND MAY CONTAIN NUTS		
35	WILD BERRY ICE CREAM	219	27	21	12	5	12	5	<0.1	45	22	CONTAINS MILK AND MAY CONTAIN NUTS		
36	COFFEE ROCKY ICE CREAM	401	34	25	20	5	25	13	<0.1	15	157	CONTAINS MILK AND NUTS		
37	RASPBERRY CHOCOLATE ICE CREAM	239	31	23	22	5	10	7	<0.1	0	51	CONTAINS MILK AND MAY CONTAIN NUTS		
38	JACKFRUIT CASHEW ICE CREAM	224	31	26	19	5	11	4	<0.1	36	36	CONTAINS MILK AND NUTS		
39	WHITE CHOCOLATE CRANBERRY ICE CREAM	215	26	22	13	5	12	5	<0.1	43	22	CONTAINS MILK AND MAY CONTAIN NUTS		
40	CHOCOLATE HAZELNUT CRUNCH ICE CREAM	287	26	18	16	7	20	6	<0.1	38	21	CONTAINS MILK AND NUTS		
41	COFFEE WALNUT ICE CREAM	247	25	21	13	8	12	6	<0.1	18	76	CONTAINS MILK AND NUTS		
42	ALMOND PRALINE WITH CANDID FRUITS ICE CREAM	254	27	22	10	5	15	6	<0.1	42	45	CONTAINS MILK AND NUTS		
43	LEMON CUSTARD ICE CREAM	230	31	25	11	4	12	5	<0.1	43	35	CONTAINS MILK AND MAY CONTAIN NUTS		
44	CHOCOLATE HAZELNUT CRUNCH ICE CREAM	268	27	20	18	6	16	6	<0.1	37	21	CONTAINS MILK AND NUTS		
45	MOCHA CASHEW ICE CREAM	242	25	18	15	6	14	6	<0.1	43	24	CONTAINS MILK AND NUTS		
46	PINACOLADA ICE CREAM	271	20	18	10	7	17	13	<0.1	23	47	CONTAINS MILK AND MAY CONTAIN NUTS		
47	THANDA ICE CREAM	220	14	25	14	7	14	10	<0.01	21	81	CONTAINS MILK AND NUTS		
48	BLACKBERRY WHITE CHOCOLATE ICE CREAM	218	24	20	12	5	13	5	<0.1	45	22	CONTAINS MILK AND MAY CONTAIN NUTS		
49	LEMONGRASS COCONUT ICE CREAM	215	26	20	18	5	12	5	<0.1	44	25	CONTAINS MILK AND MAY CONTAIN NUTS		
50	MANGO MEDIUM FAT ICE CREAM	180	24	20	16	4	9	3	<0.1	34	18	CONTAINS MILK AND MAY CONTAIN NUTS	MEDIUM FAT ICECREAM	
51	MOCHA ICE CREAM	219	24	17	14	6	13	5	<0.1	46	24	CONTAINS MILK AND MAY CONTAIN NUTS		
52	BLUEBERRY CHEESECAKE ICE CREAM	258	22	13	13	5	18	4	0	37	39	CONTAINS MILK AND MAY CONTAIN NUTS		
53	FRENCH VANILLA AND ROASTED PINEAPPLE ICE CREAM	206	22	18	13	5	12	5	<0.1	48	28	CONTAINS MILK AND MAY CONTAIN NUTS		
54	MANGO MEDIUM FAT NO ADDED SUGAR ICE CREAM	179	24	19	0	4	6	4	<0.1	0	47	CONTAINS MILK AND MAY CONTAIN NUTS	MEDIUM FAT ICECREAM	
55	FILTER COFFEE ICE CREAM	220	22	18	14	4	12	8	0	18	71	CONTAINS MILK AND MAY CONTAIN NUTS		
56	CHERRY PINEAPPLE MEDIUM FAT ICECREAM	190	20	33	13	5	9	7	<0.1	19	76	CONTAINS MILK AND MAY CONTAIN NUTS	MEDIUM FAT ICECREAM	
57	MOCHA ICE CREAM	237	23	17	14	5	13	9	0	10	39	CONTAINS MILK AND MAY CONTAIN NUTS		
58	DARK CHOCOLATE CALLETS ICE CREAM	251	26	19	13	6	15	5	<0.1	38	21	CONTAINS MILK, SOY AND MAY CONTAIN NUTS		
59	AMERICAN DRY FRUIT ICE CREAM	231	23	19	13	6	15	6	0	46	24	CONTAINS MILK AND NUTS		
60	COOKIE CRISPY ICE CREAM	281	25	14	9	14	19	8	0	44	8	CONTAINS MILK AND MAY CONTAIN NUTS		
61	ORANGE TOFFEE ICE CREAM	220	27	23	16	5	11	4	<0.1	37	31	CONTAINS MILK AND NUTS		
62	RASPBERRY CHEESECAKE ICE CREAM	227	29	25	17	5	12	6	<0.1	34	90	CONTAINS MILK AND MAY CONTAIN NUTS		
63	ROCKY ROAD ICE CREAM	254	29	19	13	7	15	5	<0.1	38	22	CONTAINS MILK, SOY AND MAY CONTAIN NUTS		

\*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)	Carbohydrate (g)	Total sugar (g)	Added sugar (g)	Protein (g)	Fats (g)	Saturated (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Allergen	Mandatory declaration as per Schedule II*	Anything specific as per Labelling and Display FSSAI requirements
1	TENDER COCONUT ICE CREAM MILKSHAKE	199	16	16	6	6	13	8	0	30	41	CONTAINS MILK AND MAY CONTAIN NUTS		
2	BLUEBERRY CHEESECAKE ICE CREAM MILKSHAKE	230	17	10	7	6	17	6	0	47	22	CONTAINS MILK AND NUTS		
3	COOKIE CARAMEL ICE CREAM MILKSHAKE	255	20	12	6	5	17	8	0	35	51	CONTAINS MILK AND MAY CONTAIN NUTS		
4	MUD PIE ICE CREAM MILKSHAKE	241	22	14	6	6	14	9	0	26	54	CONTAINS MILK AND NUTS		
5	MANGO PASSION FRUIT ICE CREAM MILKSHAKE	219	21	16	10	7	13	6	0	42	37	CONTAINS MILK AND MAY CONTAIN NUTS		
6	BELGIUM CHOCOLATE ICE CREAM MILKSHAKE	218	18	12	8	5	14	6	0.1	50	14	CONTAINS MILK AND MAY CONTAIN NUTS		
7	CHERRY PLUM ICE CREAM MILKSHAKE	184	17	9	5	6	12	6	0	50	4	CONTAINS MILK AND MAY CONTAIN NUTS		
8	ORANGE PISTACHIO ICE CREAM MILKSHAKE	220	20	15	7	4	14	3	0	40	68	CONTAINS MILK AND NUTS		
9	MOCHA HAZELNUT ICE CREAM MILKSHAKE	220	18	12	8	7	14	7	0	50	17	CONTAINS MILK AND NUTS		
10	KAJU KESAR SHRIKHAND ICE CREAM MILKSHAKE	215	22	19	11	6	12	7	0	39	46	CONTAINS MILK AND NUTS		
11	KALA JAMUN MEDIUM FAT ICE CREAM	191	17	22	6	6	12	7	0	34	42	CONTAINS MILK AND MAY CONTAIN NUTS		
12	PEACH APRICOT ICE CREAM MILKSHAKE	216	19	16	6	6	13	7	0	32	22	CONTAINS MILK AND MAY CONTAIN NUTS		
13	MACHA TEA CHEESECAKE DAIRY BASED DESSERT MILKSHAKE	218	16	10	6	6	15	7	<0.1	51	546	CONTAINS MILK AND MAY CONTAIN NUTS		
14	SITAPHAL ICE CREAM MILKSHAKE	190	20	15	5	5	12	6	<0.1	35	46	CONTAINS MILK AND MAY CONTAIN NUTS		
15	CHOCOLATE FANTASY ICE CREAM MILKSHAKE	217	18	12	8	6	14	7	0	46	14	CONTAINS MILK AND MAY CONTAIN NUTS		
16	LIME COCONUT ICE CREAM MILKSHAKE	196	21	14	10	5	12	5	<0.1	46	15	CONTAINS MILK AND MAY CONTAIN NUTS		
17	ORANGE ROASTED ALMOND AND CHOCO CHIPS ICE CREAM MILKSHAKE	230	22	15	8	6	14	5	<0.1	46	23	CONTAINS MILK AND NUTS		
18	MOCHA CASHEW ICE CREAM MILKSHAKE	210	18	12	8	6	14	6	<0.1	51	17	CONTAINS MILK AND NUTS		
19	LYCHEE ICE CREAM MILKSHAKE	207	17	19	5	6	13	8	<0.1	33	18	CONTAINS MILK AND MAY CONTAIN NUTS		
20	WHITE CHOCOLATE AND ROSE DAIRY BASED DESSERT MILKSHAKE	238	21	15	10	6	16	8	<0.1	51	26	CONTAINS MILK AND MAY CONTAIN NUTS		
21	DATES AND WALNUT ICE CREAM MILKSHAKE	213	18	13	7	6	15	6	0	52	16	CONTAINS MILK AND NUTS		
22	TOFFEE MACADAMIA ICE CREAM MILKSHAKE	202	15	9	1	6	15	7	0	55	10	CONTAINS MILK AND NUTS		
23	KAJU KESAR ICE CREAM MILKSHAKE	219	18	12	7	7	15	6	0	53	15	CONTAINS MILK AND NUTS		
24	FRENCH VANILLA AND ROASTED PINEAPPLE ICE CREAM MILKSHAKE	200	17	12	8	5	13	6	0	54	17	CONTAINS MILK AND MAY CONTAIN NUTS		
25	CRANBERRY WHITE CHOCOLATE CHEESECAKE ICE CREAM MILKSHAKE	210	19	14	6	5	13	6	<0.1	49	28	CONTAINS MILK AND MAY CONTAIN NUTS		
26	DRY FRUIT KULFI ICE CREAM MILKSHAKE	235	21	16	11	5	15	8	<0.1	38	11	CONTAINS MILK AND NUTS		
27	ANJEER BADAM ICE CREAM MILKSHAKE	209	20	14	6	5	13	5	<0.1	49	32	CONTAINS MILK AND NUTS		
28	FILTER COFFEE & HAZELNUT ICE CREAM MILKSHAKE	207	18	10	6	6	13	6	0	49	13	CONTAINS MILK AND NUTS		
29	LEMON TWIST ICE CREAM MILKSHAKE	206	20	11	10	6	13	6	<0.1	52	15	CONTAINS MILK AND MAY CONTAIN NUTS		
30	STRAWBERRY CHEESECAKE ICE CREAM MILKSHAKE	208	17	12	8	5	14	7	<0.1	49	64	CONTAINS MILK AND MAY CONTAIN NUTS		
31	SPICY GUAVA ICE CREAM MILKSHAKE	190	16	12	5	5	12	6	<0.1	25	142	CONTAINS MILK AND MAY CONTAIN NUTS		
32	KESAR BADAM ICE CREAM MILKSHAKE	218	18	12	8	5	14	6	<0.1	50	14	CONTAINS MILK AND NUTS		
33	COFFEE SALTED CARAMEL ICE CREAM MILKSHAKE	218	17	11	6	5	16	6	<0.1	49	33	CONTAINS MILK AND NUTS		
34	NOW DELIGHT ICE CREAM MILKSHAKE	204	21	15	10	5	6	3	<0.1	50	14	CONTAINS MILK AND MAY CONTAIN NUTS		
35	WILD BERRY ICE CREAM MILKSHAKE	204	20	14	6	5	13	6	<0.1	51	14	CONTAINS MILK AND MAY CONTAIN NUTS		
36	COFFEE ROCKY ICE CREAM MILKSHAKE	309	24	16	11	6	20	10	<0.1	34	92	CONTAINS MILK AND NUTS		
37	RASPBERRY CHOCOLATE ICE CREAM MILKSHAKE	216	22	15	12	5	12	7	<0.1	25	31	CONTAINS MILK AND MAY CONTAIN NUTS		
38	JACKFRUIT CASHEW ICE CREAM MILKSHAKE	207	23	17	10	5	12	5	<0.1	46	22	CONTAINS MILK AND NUTS		
39	WHITE CHOCOLATE CRANBERRY ICE CREAM MILKSHAKE	202	20	14	7	5	13	6	<0.1	50	14	CONTAINS MILK AND MAY CONTAIN NUTS		
40	CHOCOLATE HAZELNUT CRUNCH ICE CREAM MILKSHAKE	244	19	12	9	7	17	7	<0.1	47	14	CONTAINS MILK AND NUTS		
41	COFFEE WALNUT ICE CREAM MILKSHAKE	221	19	14	7	7	13	6	<0.1	35	45	CONTAINS MILK AND NUTS		
42	STRAWBERRY ICE CREAM FLOAT	147	14	15	7	4	8	6	<0.1	11	34	CONTAINS MILK AND MAY CONTAIN NUTS		
43	ALMOND PRALINE WITH CANDID FRUITS ICE CREAM MILKSHAKE	225	20	15	5	5	15	6	<0.1	49	27	CONTAINS MILK AND NUTS		
44	LEMON CUSTARD ICE CREAM MILKSHAKE	211	22	16	6	5	13	6	<0.1	50	22	CONTAINS MILK AND MAY CONTAIN NUTS		
45	CHOCOLATE HAZELNUT CRUNCH ICE CREAM MILKSHAKE	233	20	14	10	6	15	6	<0.1	46	14	CONTAINS MILK AND NUTS		
46	MOCHA CASHEW ICE CREAM MILKSHAKE	218	19	12	8	6	14	6	<0.1	50	15	CONTAINS MILK AND NUTS		
47	PINACOLADA ICE CREAM MILKSHAKE	234	16	12	5	7	16	10	<0.1	38	29	CONTAINS MILK AND MAY CONTAIN NUTS		
48	BLACKBERRY WHITE CHOCOLATE ICE CREAM MILKSHAKE	204	18	14	6	5	13	6	<0.1	51	14	CONTAINS MILK AND MAY CONTAIN NUTS		
49	LEMONGRASS COCONUT ICE CREAM MILKSHAKE	202	20	14	10	5	13	6	<0.1	50	16	CONTAINS MILK AND MAY CONTAIN NUTS		
50	MANGO MEDIUM FAT ICE CREAM MILKSHAKE	182	18	14	9	5	11	5	<0.1	45	12	CONTAINS MILK AND MAY CONTAIN NUTS		
51	MOCHA ICE CREAM MILKSHAKE	205	18	12	8	6	13	6	<0.1	51	15	CONTAINS MILK AND MAY CONTAIN NUTS		
52	BLUEBERRY CHEESECAKE ICE CREAM MILKSHAKE	205	18	12	8	6	13	6	<0.1	51	15	CONTAINS MILK AND MAY CONTAIN NUTS		
53	FRENCH VANILLA AND ROASTED PINEAPPLE ICE CREAM MILKSHAKE	197	17	12	7	5	13	6	<0.1	53	18	CONTAINS MILK AND MAY CONTAIN NUTS		
54	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		
55	FILTER COFFEE ICE CREAM MILKSHAKE	205	17	12	8	5	13	8	<0.1	35	42	CONTAINS MILK AND MAY CONTAIN NUTS		
56	CHERRY PINEAPPLE MEDIUM FAT ICE CREAM MILKSHAKE	188	16	21	7	5	11	7	<0.1	36	45	CONTAINS MILK AND MAY CONTAIN NUTS		
57	MOCHA ICE CREAM MILKSHAKE	215	18	12	8	5	13	8	<0.1	31	24	CONTAINS MILK AND MAY CONTAIN NUTS		
58	DARK CHOCOLATE CALLETS ICE CREAM MILKSHAKE	223	20	13	7	6	15	6	<0.1	47	14	CONTAINS MILK, SOY AND MAY CONTAIN NUTS		
59	AMERICAN DRY FRUIT ICE CREAM MILKSHAKE	211	18	13	7	6	15	6	<0.1	51	15	CONTAINS MILK AND NUTS		
60	COOKIE CRISPY ICE CREAM MILKSHAKE	240	19	10	5	11	17	8	<0.1	50	6	CONTAINS MILK AND MAY CONTAIN NUTS		
61	ORANGE TOFFEE ICE CREAM MILKSHAKE	205	20	15	9	5	12	5	<0.1	46	19	CONTAINS MILK AND NUTS		
62	RASPBERRY CHEESECAKE ICE CREAM MILKSHAKE	209	21	16	9	5	13	6	<0.1	45	53	CONTAINS MILK AND MAY CONTAIN NUTS		
63	ROCKY ROAD ICE CREAM MILKSHAKE	225	21	13	7	7	15	6	<0.1	47	14	CONTAINS MILK, SOY AND MAY CONTAIN NUTS		

- 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**

Sr. No	Dish Name	Energy (Kcal)	Carbohydrate (g)	Total sugar (g)	Added sugar (g)	Protein (g)	Fats (g)	Saturated (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Allergen	Mandatory declaration as per Schedule II*	Anything specific as per Labelling and Display FSSAI requirements
1	TADGOLA SUNDAE	143	21	16	11	4	5	3	0	0	44	CONTAINS MILK AND MAY CONTAIN NUTS		
2	MIX FRUIT TADGOLA SUNDAE	176	31	16	10	3	4	2	0	0	43	CONTAINS MILK AND MAY CONTAIN NUTS		
3	MUD SLIDE SUNDAE	326	34	17	13	5	19	10	0	2	118	CONTAINS MILK AND NUTS		
4	BLACK FOREST SUNDAE	273	32	28	22	5	13	10	0	14	45	CONTAINS MILK AND MAY CONTAIN NUTS		
5	ORANGE CHOCOLATE SUNDAE	250	29	27	17	5	11	8	0	18	80	CONTAINS MILK AND MAY CONTAIN NUTS		
6	LYCHEE SUNDAE	259	18	13	8	4	9	7	0	12	39	CONTAINS MILK AND MAY CONTAIN NUTS		
7	PEACH TWIST SUNDAE	153	14	14	8	4	9	8	0	13	40	CONTAINS MILK AND MAY CONTAIN NUTS		
8	MANGO PASSION FRUIT SUNDAE	139	20	21	8	3	4	3	0	7	26	CONTAINS MILK AND MAY CONTAIN NUTS		
9	COFFEE CARAMEL POPCORN SUNDAE	259	24	16	9	6	14	6	0	0	49	CONTAINS MILK AND NUTS		
10	SITAPHAL SUNDAE	236	30	32	22	4	10	9	0	14	98	CONTAINS MILK AND MAY CONTAIN NUTS		
11	KALA JAMUN MEDIUM FAT ICECREAM	380	75	4	3	3	9	2	0	10	9	CONTAINS MILK AND MAY CONTAIN NUTS		
12	BAKLAVA SUNDAE	291	37	40	22	6	12	9	<0.1	17	77	CONTAINS MILK AND NUTS		
13	STRAWBERRY SUNDAE	134	15	11	7	2	7	3	<0.1	21	58	CONTAINS MILK AND MAY CONTAIN NUTS		
14	ROYAL FALOODA SUNDAE	223	28	14	12	4	11	5	<0.1	13	10	CONTAINS MILK AND NUTS		
15	PLUM CAKE WITH MUD PIE ICE CREAM SUNDAE	178	22	16	4	3	7	5	<0.1	0.1	697	CONTAINS MILK AND NUTS		
16	PLUM CAKE WITH BELGIUM CHOCOLATE ICE CREAM SUNDAE	159	19	15	6	2	7	3	<0.1	20	665	CONTAINS MILK AND NUTS		
17	COOKIE CHEESE CAKE SUNDAE	401	34	25	20	5	25	13	<0.1	15	157	CONTAINS MILK AND MAY CONTAIN NUTS		
18	ALMOND CHOCOLATE CHIPWICH SUNDAE	246	25	17	7	6	14	5	<0.1	27	32	CONTAINS MILK AND MAY CONTAIN NUTS		
19	STRAWBERRY COMPOTE SUNDAE	202	22	23	15	4	10	8	<0.1	13	47	CONTAINS MILK AND MAY CONTAIN NUTS		
20	BROWNIE CHEESECAKE WITH STRAWBERRY COMPOTE	286	27	25	13	6	16	11	<0.1	20	133	CONTAINS MILK AND MAY CONTAIN NUTS		
21	CARROT CHEESECAKE SUNDAE	247	21	17	15	4	13	6	<0.1	34	118	CONTAINS MILK AND MAY CONTAIN NUTS		
22	BROWNIE CHEESECAKE SUNDAE WITH BLUEBERRY COMPOTE	286	27	24	11	5	16	11	<0.1	20	131	CONTAINS MILK AND MAY CONTAIN NUTS		
23	MANGO PASSIONFRUIT SUNDAE	150	24	25	11	2	4	3	<0.1	7	25	CONTAINS MILK AND MAY CONTAIN NUTS		
24	COFFEE CARAMEL POPCORN SUNDAE	255	28	20	8	6	12	5	<0.1	13	58	CONTAINS MILK AND NUTS		
25	TIRAMISU SUNDAE	237	24	14	9	5	14	7	<0.1	40	177	CONTAINS MILK AND MAY CONTAIN NUTS		
26	BROWNIE CHEESECAKE WITH RASPBERRY COMPOTE	286	27	25	9	5	16	11	<0.1	20	129	CONTAINS MILK AND MAY CONTAIN NUTS		
27	PINACOLADA SUNDAE	182	25	24	15	3	6	4	<0.1	4	44	CONTAINS MILK AND MAY CONTAIN NUTS		
28	FRUIT CUSTARD SUNDAE	259	28	22	16	5	14	6	<0.1	23	16	CONTAINS MILK AND NUTS		
29	RATNAGIRI TO BENGAL SUNDAE	249	27	24	12	5	10	5	<0.1	16	40	CONTAINS MILK AND NUTS		
30	ORANGE GLAZED SUNDAE	215	27	21	10	4	5	3	<0.1	9	22	CONTAINS MILK AND NUTS		
31	DOUBLE CHOCOLATE SLICE SUNDAE	290	25	26	15	6	10	5	<0.1	16	55	CONTAINS MILK AND NUTS		
32	COFFEE CARAMEL BEAN BARK SUNDAE	374	41	18	3	5	7	0	<0.1	7	111	CONTAINS MILK AND NUTS		
33	BERRY POPCORN SUNDAE	204	22	17	12	4	11	5	<0.1	33	91	CONTAINS MILK AND SOY		
34	CHOCOLATE FUDGE SUNDAE	283	32	24	18	4	11	3	<0.1	22	12	CONTAINS MILK, SOY AND MAY CONTAIN NUTS		
35	CARAMEL MILLIE FUELIE SUNDAE	322	39	25	16	5	14	6	<0.1	13	119	CONTAINS MILK, GLUTEN AND MAY CONTAIN NUTS		

- 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