

## Ice cream

Sr. No	Dish Name	Energy (Kcal)	Carbohydrate (g)	Total sugar (g)	Added sugar (g)	Protein (g)	Fats (g)	Saturated (g) [Required only if the fat % is >0.5% ]	Trans Fat (g) [Required only if the fat % is >0.5% ]	Cholesterol (mg) [Required only if the fat % is >0.5% ]	Sodium (mg)	Allergen [Refer Annexure III for details]	Mandatory declaration as per Schedule II* [Refer Annexure-I for details]	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 ICE CREAM	194	20	34	11	5	9	7	<0.1	15	70	CONTAINS MILK AND MAY CONTAIN NUTS	MEDIUM FAT ICE CREAM	
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	THANDAI 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 ICE CREAM	180	24	20	16	4	9	3	<0.1	34	18	CONTAINS MILK AND MAY CONTAIN NUTS		
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		

\*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) [Required only if the fat % is >0.5%]	Trans Fat (g) [Required only if the fat % is >0.5%]	Cholesterol (mg) [Required only if the fat % is >0.5%]	Sodium (mg)	Allergen [Refer Annexure III for details]	Mandatory declaration as per Schedule II* [Refer Annexure-I for details]	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 ICE CREAM MILKSHAKE	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 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	
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- 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

	Dish Name	Energy (Kcal)	Carbohydrate (g)	Total sugar (g)	Added sugar (g)	Protein (g)	Fats (g)	Saturated (g) [Required only if the fat % is >0.5% ]	Trans Fat (g) [Required only if the fat % is >0.5% ]	Cholesterol (mg) [Required only if the fat % is >0.5% ]	Sodium (mg)	Allergen [Refer Annexure III for details]	Mandatory declaration as per Schedule II* [Refer Annexure-I for details]	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	MACHA SEAME SUNDAE	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		

- 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