



	Serving Size	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g) *	Chol. (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
PRETZELS																	
Jumbo Pretzel	1	227	643	21	2	0	0	0	209	131	4	20	22	0%	10%	6%	15%
Jalapeno and Cheese Pretzel	1	312	871	185	21	12	0	61	854	134	5	20	36	12%	25%	47%	15%
Dutch Almond Pretzel	1	253	751	49	5	1	0	0	357	150	6	37	23	0%	10%	8%	16%
Pepperoni and Cheese Pretzel	1	257	758	124	13	5	0	31	544	132	4	20	29	3%	10%	16%	16.06
Pepperoni Pretzel	1	243	718	83	9	2	0	16	454	131	4	20	25	0%	10%	6%	16.06
Pretzel Stix - 6 pack	6 pack	340	964	31	3	1	0	0	314	197	7	30	33	0%	15%	9%	23%
Pretzel Stix - 3 pack	3 pack	170	482	15	2	0	0	0	157	98	3	15	16	0%	8%	5%	11%
Stix-each	1	57	161	5	1	0	0	0	52	33	1	5	5	0%	3%	2%	4%
Original Buggy Bites	1 cup	227	643	21	2	0	0	0	209	131	4	20	22	0%	10%	6%	15%
Dutch Almond Buggy Bites	1 cup	253	751	49	5	1	0	0	357	150	6	37	23	0%	10%	8%	16%
Pretzel Pockets and Pretzel Dog																	
Pretzel Dog	1	156	472	170	19	9	1	43	545	54	2	9	19	2%	4%	15%	8%
Ham and Cheese Pocket	1	275	609	138	15	8	0	55	1617	72	2	11	43	6%	6%	30%	15%
Italian Pocket	1	329	788	271	30	15	0	92	2254	72	3	12	54	15%	6%	50%	15%
Meatball Pocket	1	349	910	388	43	31	0	101	1292	89	4	16	41	10%	8%	40%	20%
Turkey and Swiss Pocket	1	240	572	139	15	7	0	78	735	67	2	12	38	0%	5%	43%	11%
3 Cheese Mini Pocket	1	184	553	200	22	13	0	65	510	67	2	10	29	6%	20%	43%	8%
Pizza Pocket	1	321	787	357	40	18	0	90	1660	73	4	15	39	9%	68%	3%	10%
MEALS																	
Meal #1	(1) Jumbo Pretzel, (1) Dip, (1) 22oz Fountain Drink	907	643-1334	21-203	2-21	.34-12	0	0-51	253-1405	131-266	4-6	20-149	22-26	0-12%	10-100%	6-12%	15-18%
Meal #2	(2) Jumbo pretzels, (2) Dips, (1) 22oz Fountain Drink	1,243	1286-2066	41-406	5-41	.68-25	0	0-101	493-2522	262-447	9-12	40-219	44-52	0-24%	20-100%	12-24%	30-33%
Meal #3	(6) Pretzel Stix, (1) Dip, (1) 22oz Fountain Drink	1,064	964-1505	31-213	3-22	.54-13	0	0-51	358-1510	197-332	7-8	30-162	33-37	0-12%	15-100%	9-15%	23-26%
Meal #4	(1) Pretzel Dog, (1) 22oz Fountain Drink	780	472-783	170.00	19.00	9.00	1	43.00	559-834	54-139	2.00	9-94	19	2%	4-100%	15%	8-11%
Meal #5	(1) Order of Original Buggy Bites, (1) Dip, (1) 22oz Fountain Drink	907	643-1334	21-203	2-21	.34-12	0	0-51	253-1405	131-266	4-6	20-149	22-26	0-12%	10-100%	6-12%	15-18%
Meal #6	(1) Ham and Cheese Pocket, (1) 22oz Fountain Drink	899	609-920	138.00	15.00	8.00	0	55.00	1630-1905	72-157	2.00	11-96	43	6.00%	6-100%	30%	15-18%
Meal #6	(1) Italian Pocket, (1) 22oz Fountain Drink	953	788-1099	271.00	30.00	15.00	0	92.00	2268-2543	72-157	3.00	12-98	54	15.00%	6-100%	50%	15-18%
Meal #6	(1) Meatball Pocket, (1) 22oz Fountain Drink	972	910-1213	388.00	43.00	31.00	0	101.00	1306-1581	89-174	4.00	16-101	41	10.00%	8-100%	40%	20-23%
Dipping Sauces																	
Cheddar Cheese	2oz.	57	72	45	5	2	0	5	513	5	0	0	1	0%	0%	4%	0%
Nacho Cheese	2oz.	57	72	45	5	2	0	5	513	5	0	0	1	0%	0%	2%	0%
Marinara Sauce	2oz.	57	41	14	1	0	0	0	348	5	0	1	1	4%	9%	0%	0%
Caramel Sauce	2oz.	57	180	7	1	0	0	7	104	41	0	30	0	0%	0%	0%	0%
Cream Cheese	2oz.	57	203	182	18	12	0	51	192	2	0	2	4	12%	0%	4%	0%



	Serving Size	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g) *	Chol. (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Fudge	2oz.	57	184	61	7	7	0	0	92	29	2	28	2	0%	0%	6%	0%
Vanilla Icing	2oz.	57	230	31	3	1	1	0	30	50	0	46	0	0%	0%	<1%	0%
Spicy Mustard	2oz.	57	57	0	0	0	0	0	567	0	0	0	0	0%	0%	0%	0%
Yellow Mustard	2oz.	57	0	0	0	0	0	0	907	0	0	0	0	0%	0%	0%	0%
Peanut Butter	2oz.	64	380	270	30		5	0	260	14	4	6	14	0%	0%	0%	8%
Sweet Mustard	2oz.	57	82	0	0	0	0	0	558	3	0	3	0	0%	0%	0%	0%

Beverages

Ben's Soft Pretzels Fresh Lemonade	16 oz.	454	200	0	0	0	0	0	15	53	0	51	0	0%	30%	2%	0%
Tropicana Fruit Punch	22oz./32oz.	624/908	303/441	0	0	0	0	0	69/100	83/121	0	83/121	0	0%	0%	0%	0%
Tropicana Lemonade	22oz./32oz.	624/908	275/400	0	0	0	0	0	289/420	74/108	0	74/108	0	0%	0%	0%	0%
Wild Cherry Pepsi	22oz./32oz.	624/908	275/400	0	0	0	0	0	55/80	77/112	0	77/112	0	0%	0%	0%	0%
Cherry Coke	22oz./32oz.	624/908	275/400	0	0	0	0	0	63/92	77/112	0	77/112	0	0%	0%	0%	0%
Coca Cola	22oz./32oz.	624/908	256/372	0	0	0	0	0	83/121	72/105	0	72/105	0	0%	0%	0%	0%
Diet Coke	22oz./32oz.	624/908	0/0	0	0	0	0	0	69/100	0/0	0	0/0	0	0%	0%	0%	0%
Diet Coke- Caffeine Free	22oz./32oz.	624/908	0/0	0	0	0	0	0	74/108	0/0	0	0/0	0	0%	0%	0%	0%
Diet Mountain Dew	22oz./32oz.	624/908	0/0	0	0	0	0	0	110/160	0/0	0	0/0	0	0%	0%	0%	0%
Dr. Pepper	22oz./32oz.	624/908	275/400	0	0	0	0	0	110/160	72/105	0	72/105	0	0%	0%	0%	0%
Hi-C Fruit Punch	22oz./32oz.	624/908	286/416	0	0	0	0	0	28/41	77/112	0	77/112	0	0%	100%	0%	0%
Sprite	22oz./32oz.	624/908	256/317	0	0	0	0	0	118/172	69/100	0	69/100	0	0%	0%	0%	0%
Sierra Mist	22oz./32oz.	624/908	275/400	0	0	0	0	0	55/80	74/108	0	74/108	0	0%	0%	0%	0%
Minute Maid Lemonade	22oz./32oz.	624/908	275/400	0	0	0	0	0	124/180	72/105	0	72/105	0	0%	0%	0%	0%
Mello Yello	22oz./32oz.	624/908	311/452	0	0	0	0	0	83/121	85/124	0	85/124	0	0%	0%	0%	0%
Mountain Dew	22oz./32oz.	624/908	303/441	0	0	0	0	0	96/140	80/116	0	80/116	0	0%	0%	0%	0%
Mr. Pibb	22oz./32oz.	624/908	254/369	0	0	0	0	0	41/60	69/100	0	69/100	0	0%	0%	0%	0%
Pepsi	22oz./32oz.	624/908	275/400	0	0	0	0	0	55/80	77/112	0	77/112	0	0%	0%	0%	0%
Diet Pepsi	22oz./32oz.	624/908	0/0	0	0	0	0	0	69/100	0/0	0	0/0	0	0%	0%	0%	0%
Diet Pepsi- Caffeine Free	22oz./32oz.	624/908	0/0	0	0	0	0	0	69/100	0/0	0	0/0	0	0%	0%	0%	0%
Hi-C Pink Lemonade	22oz./32oz.	624/908	264/384	0	0	0	0	0	124/180	74/108	0	74/108	0	0%	100%	0%	0%
Barqs Root Beer	22oz./32oz.	624/908	294/428	0	0	0	0	0	129/188	83/121	0	83/121	0	0%	0%	0%	0%
Mug Root Beer	22oz./32oz.	624/908	294/428	0	0	0	0	0	118/172	80/116	0	80/116	0	0%	0%	0%	0%
Fanta Orange	22oz./32oz.	624/908	294/428	0	0	0	0	0	110/160	83/121	0	83/116	0	0%	0%	0%	0%
Iced Tea	22oz./32oz.	624/908	6/9	0	0	0	0	0	14/20	3/4	0	0	0	0%	0%	0%	3%

Beverages continued from page 2

Brisk Raspberry Tea	22oz./32oz.	624/908	138/201	0	0	0	0	0	69/100	36/52	0	36/52	0	0%	0%	0%	0%
Unsweetened Black Iced Tea	22oz./32oz.	624/908	6/9	0	0	0	0	0	14/20	3/4	0	0/0	0	0%	0%	0%	3%
Brisk Unsweetened Iced Tea	22oz./32oz.	624/908	6/9	0	0	0	0	0	14/20	3/4	0	0/0	0	0%	0%	0%	3%
Tropicana Orange Twister	22oz./32oz.	624/908	303/441	0	0	0	0	0	69/100	85/124	0	83/121	0	0%	0%	0%	0%
Fruitworks Cherry Freeze	16oz.	448	120	0	0	0	0	0	35	32	0	32	0	0%	0%	0%	0%
Fruitworks Blue Raspberry Freeze	16oz.	448	120	0	0	0	0	0	30	30	0	30	0	0%	0%	0%	0%

BAKE AND SHAKE TOPPINGS

Cinnamon and Sugar	1t	1t	16														
Garlic Sprinkle	1t	1t	0														
Sour Cream and Onion Sprinkle	1t	1t	0														
Parmesan Cheese	1t	1t	7														

Ben's Soft Pretzels Allergen Statement

Please be advised that Ben's Soft Pretzels products contain known food allergens and sensitivities. Ben's Soft Pretzels Franchising Corporation, its franchisees, all affiliates, and employees do not assume responsibility for a person's sensitivity or allergy to any food item provided in our restaurants. We strongly encourage that anyone with an allergic condition or sensitivity to gluten, nuts, or other food allergens NOT consume or handle our products. Ben's Soft Pretzels products may contain these allergens or sensitivities as an ingredient, or may contain them as they share common equipment at the store level and/or at the manufacturing facilities. For specific allergen-related questions related to Ben's Soft Pretzels products please contact Customer Care at 574-970-2188 or e-mail us at info@benspretzels.com.

What are Food Allergens?

Food allergy is an immune system reaction that occurs soon after eating a certain food. Even a tiny amount of the allergy-causing food can trigger signs and symptoms such as digestive problems, hives or swollen airways. In some people, a food allergy can cause severe symptoms or even a life-threatening reaction known as anaphylaxis.

Food allergy affects an estimated 6 to 8 percent of children under age 5, and about 3 to 4 percent of adults. While there's no cure, some children outgrow their food allergy as they get older. It's easy to confuse a food allergy with a much more common reaction known as food intolerance. While bothersome, food intolerance is a less serious condition that does not involve the immune system. (Source: Mayo Clinic)

Questions?

For questions related to Ben's Soft Pretzels products, please contact Ben's Soft Pretzels at 574-970-2188 ext. 304 or via email at info@benspretzels.com. For more information about food allergens, visit the FDA's Web site at fda.gov.