

Nutrition Info

	Calories											Allergens
	Total Calories	from Fat (Fat Cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbo-hydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	
Cookies and Brownies												
Brownies [whole square]	620	280	32	19	0.5	110	170	89	4	66	7	WHEAT, MILK, SOY, EGG
Brownie [1/2 square]	310	140	16	10	0	55	85	44	2	33	4	WHEAT, MILK, SOY, EGG
Chocolate Chip	190	90	10	5	0	15	190	25	1	16	2	WHEAT, MILK, SOY, EGG
Chocolate Chip Pecan	200	100	11	4.5	0	15	180	23	1	15	2	WHEAT, MILK, SOY, EGG, PECANS
M&M	180	80	8	4	0	15	190	24	0	15	2	WHEAT, MILK, SOY, EGG
Oatmeal Raisin	180	70	8	3.5	0	15	200	26	1	15	2	WHEAT, MILK, EGG
Oatmeal Chocolate	190	80	9	4.5	0	15	180	25	1	15	2	WHEAT, MILK, SOY, EGG
Peanut Butter	200	100	11	4.5	0	15	230	21	1	12	3	WHEAT, MILK, SOY, EGG, PEANUTS
Peanut Butter Chocolate Chip	190	100	11	4.5	0	15	200	22	1	14	3	WHEAT, MILK, SOY, EGG, PEANUTS
Sugar	170	70	8	4	0	15	220	23	0	13	2	WHEAT, MILK, EGG
Snickerdoodle	170	70	8	4	0	15	220	23	0	13	2	WHEAT, MILK, EGG
White Chocolate Almond	200	90	10	5	0	5	210	24	0	15	3	WHEAT, MILK, SOY, EGG, ALMONDS
Milk												
2% (Entire Bottle)	210	80	9	5	0	35	210	20	0	20	14	*See packaging for allergen information
Chocolate (Entire Bottle)	410	140	16	10	0.5	65	320	51	2	50	15	*See packaging for allergen information
Sodas												
Coke	240	0	0	0	0	0	75	65	0	65	0	
Diet Coke	0	0	0	0	0	0	70	0	0	0	0	
Dr. Pepper	250	0	0	0	0	0	100	66	0	64	0	
Water	0	0	0	0	0	0	0	0	0	0	0	
Starbucks Drinks												
Double Shot	140	50	6	3.5	0	20	70	18	0	17	4	*See packaging for allergen information
Mocha	180	30	3	2	0	15	95	33	0	31	6	*See packaging for allergen information
Vanilla	200	30	3	2	0	15	100	37	0	31	6	*See packaging for allergen information
Ice Cream												
Chocolate Pint	600	320	32	20	0	140	200	64	< 1 g	60	12	*See packaging for allergen information
Cookies 'n Cream Pint	720	320	36	20	0	120	340	80	0	64	12	*See packaging for allergen information
Mint Chocolate Pint	720	360	40	24	0	120	200	76	0	68	16	*See packaging for allergen information
Vanilla Pint	640	280	32	20	0	120	260	72	0	68	16	*See packaging for allergen information
Vanilla Scoop	160	70	8	5	0	35	65	18	0	18	4	*See packaging for allergen information
TiffBlitz	470	210	24	13	0	70	350	61	1	41	7	WHEAT, MILK, SOY, EGG
Tiffwich Ice Cream Scoop	130	60	7	4	0	25	55	15	0	15	3	MILK

Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs. The nutritional information provided is based on Tiff's Treats standard product formulation. All nutritional information is rounded according to the FDA's regulations. *Allergens listed are contained within ingredients in that formulation. However, all products are produced on shared equipment and may be subject to cross-contact with other allergens during the production process. All items are prepared in a common kitchen on shared equipment and cannot be guaranteed to not come in contact with any of the listed allergens. Tiff's Treats DOES NOT recommend our cookies be consumed by anyone with an allergy to any of the listed allergens.

