**Ingredients**

**Cookies**

**Tiff’s Treats Chocolate Chip Cookie**
Bleached enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, semi-sweet chocolate chips (sugar, chocolate liquor, cocoa butter, milkfat, soy lecithin, artificial flavor), eggs, butter (cream [milk], salt), palm oil, artificial and natural flavors, molasses, baking soda. CONTAINS: Egg, Wheat, Milk, and Soy MAY CONTAIN: Tree Nuts (Including Almonds, Pecans, and Walnuts) and Peanuts

**Tiff’s Treats Double Chocolate Chip Cookie**
Sugared bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), semi-sweet chocolate chips (sugar, chocolate liquor, cocoa butter, milkfat, soy lecithin, artificial flavor), rolled oats, eggs, butter (cream [milk], salt), palm oil, artificial and natural flavor, salt, molasses, baking soda. CONTAINS: Egg, Wheat, Milk, and Soy MAY CONTAIN: Tree Nuts (Including Almonds, Pecans, and Walnuts) and Peanuts

**Tiff’s Treats Oatmeal Raisin Cookie**
Bleached enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, semi-sweet chocolate chips (sugar, chocolate liquor, cocoa butter, milkfat, soy lecithin, artificial flavor), eggs, butter (cream [milk], salt), palm oil, artificial and natural flavors, salt, molasses, baking soda. CONTAINS: Egg, Wheat, Milk, and Soy MAY CONTAIN: Tree Nuts (Including Almonds, Pecans, and Walnuts)

**Tiff’s Treats White Chip Almond Cookie**
Bleached enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, white chocolate chips (sugar, palm kernel oil, whole milk powder, nonfat dry milk, palm oil, soy lecithin, natural flavor), eggs, butter (cream [milk], salt), palm oil, almonds, artificial and natural flavor, salt, molasses, baking soda. CONTAINS: Egg, Wheat, Milk, Soy, and Almonds MAY CONTAIN: Tree Nuts (Including Peanuts, and Pecans)

**Brownies/Bars**

**Classic Chocolate**
Semi-sweet chocolate chips (sugar, chocolate liquor, cocoa butter, milk fat soy lecithin, vanilla, natural flavor, milk), sugar, enriched enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), white chocolate chips (sugar, palm kernel oil, whole milk powder, nonfat dry milk, palm oil, color added (sorbitol, food starch-modified), palm kernel oil, hydrogenated plant oil, vanillin), shortening (palm oil, hydrogenated palm stearin, partially hydrogenated cottonseed oil and soybean oil, mono and di-glycerides, lecithin, sodium stearoyl lactylate), natural and artificial flavor, salt. CONTAINS: Egg, Wheat, Milk, and Soy MAY CONTAIN: Tree Nuts (Including Almonds, Pecans, and Walnuts)

**Salted Carmel Blondie**
Flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), brown sugar, butter, cream, salt contains milk, white chocolate chips (sugar, palm kernel oil, whole milk powder, nonfat dry milk, palm oil, color added (sorbitol, food starch-modified), palm kernel oil, hydrogenated plant oil, vanillin), shortening (palm oil, hydrogenated palm stearin, partially hydrogenated cottonseed oil and soybean oil, mono and di-glycerides, lecithin, sodium stearoyl lactylate), natural and artificial flavor, salt. CONTAINS: Egg, Wheat, Milk, and Soy MAY CONTAIN: Tree Nuts (Including Almonds, Pecans, and Walnuts)

**Peanut Butter Chocolate Bar**
Flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, semi-sweet chocolate chips (sugar, chocolate liquor, cocoa butter, milk fat soy lecithin, vanilla, artificial flavor, milk), peanut butter (peanuts, hydrogenated vegetable oil, stabilizer [titanium dioxide and vanillin]), shortening (palm oil, hydrogenated palm oil, lecithin, vanillin), natural and artificial flavor. CONTAINS: Egg, Wheat, Milk, Soy, and Almonds MAY CONTAIN: Tree Nuts (Including Pecans, and Walnuts)

**Tiffblitz**
Ice cream: (milk, cream, sugar, skim milk, high fructose corn syrup, corn syrup, natural and artificial flavor, cellulose gum, vegetable gums (gum carrageenan, carob bean), salt, annatto color.) Chocolate chip cookies: flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), semi-sweet chocolate chips (sugar, chocolate liquor, cocoa butter, milk fat soy lecithin, vanilla, artificial flavor, milk), shortening (palm oil, hydrogenated palm oil, artificial flavor, milk), flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), butter (cream [milk], salt), palm oil, artificial flavor, milk, shortening (palm oil, hydrogenated vegetable oil, stabilizer [titanium dioxide and vanillin]), natural and artificial flavor. CONTAINS: Egg, Wheat, Milk, Soy, and Almonds MAY CONTAIN: Tree Nuts (Including Pecans, and Walnuts)

**Truffles**
Chocolate Chip Cookie
Enriched bleached flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, dark chocolate (sugar, palm kernel and partially hydrogenated palm oil, cocoa (processed with potassium carbonate), nonfat milk, sorbitan monostearate and soy lecithin emulsifiers, pure vanilla), toffee bits, palm oil, butter (cream [milk], salt, natural and artificial flavor), eggs, semi-sweet chocolate chips, less than 2% of: (sugar, dextrose, stearic acid, fdc colors (red #40, yellow #5, blue #5, yellow #6, red #3), calves rennet extract, gelatin, sodium caseinate, carrageenan), vanilla beans, natural and artificial flavor, salt. CONTAINS: Egg, Wheat, Milk, Soy, and Almonds MAY CONTAIN: Tree Nuts (Including Pecans, and Walnuts) and Peanuts
### Nutritional Information

**Ingredients (continued)**

#### Frost ‘ems

**Vanilla Buttercream**
- Powdered sugar, vegetable shortening (palm oil, canola oil, mono & di glycerides and polysorbate 60) butter (cream, natural flavor), water, less than 2% of: artificial extract, food coloring (titanium di oxide, glycerin and water)
- **CONTAINS:** Egg, Wheat, Milk, and Soy MAY CONTAIN: Almonds, Pecans, Walnuts, and Peanuts

**Strawberry**
- Powdered sugar, vegetable shortening (palm oil, canola oil, mono & di glycerides and polysorbate 60), butter (cream, natural flavor), water, less than 2% of: freeze-dried strawberry powder, artificial extract, strawberry extract, natural
- **CONTAINS:** Egg, Wheat, Milk, and Soy MAY CONTAIN: Almonds, Pecans, Walnuts, and Peanuts

**Chocolate**
- Powdered sugar, vegetable shortening (palm oil, canola oil, mono & di glycerides and polysorbate 60), butter (cream, natural flavor), water, dutch cocoa powder, less than 2% of: artificial extract, chocolate extract
- **CONTAINS:** Egg, Wheat, Milk, and Soy MAY CONTAIN: Almonds, Pecans, Walnuts, and Peanuts

**Take & Bake**

**Chocolate Chip**
- Wheat flour, sugar, semi-sweet chocolate chips (sugar, chocolate liquor cocoa butter, milkfat, soy lecithin, artificial flavor), palm oil, eggs, contains less than 2%: salt, natural and artificial flavor, molasses, baking soda
- **CONTAINS:** Egg, Wheat, Milk, and Soy MAY CONTAIN: Almonds, Pecans, Walnuts, and Peanuts

**Snickerdoodle**
- Wheat flour, sugar, eggs, butter (cream), milk salt, palm oil, salt, artificial and natural flavor, molasses, baking soda
- **CONTAINS:** Egg, Wheat, Milk, and Soy MAY CONTAIN: Almonds, Pecans, Walnuts, and Peanuts

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<tr>
<th>Ingredients</th>
<th>Total Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Total Carbohydrate (g)</th>
<th>Dietary Fiber (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
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<td>20</td>
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<td>16</td>
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<td>EGG, WHEAT, MILK, AND SOY</td>
</tr>
</tbody>
</table>

**Milk**

**1% White**
- 110 | -- | 2.5 | 1.5 | 0 | 10 | 125 | 13 | 0 | 12 | 8 | MILK |

**Chocolate**
- 160 | -- | 2.5 | 1.5 | 0 | 10 | 220 | 27 | 0 | 25 | 8 | MILK |

**Soda**

**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**

**DoubleShot Espresso & Cream**
- 140 | 50 | 6 | 3.5 | 0 | 20 | 70 | 18 | 0 | 17 | 4 | *See packaging for allergen info |

**Mocha**
- 180 | 30 | 3 | 2 | 0 | 15 | 95 | 33 | 0 | 31 | 6 | *See packaging for allergen info |

**Vanilla**
- 200 | 30 | 3 | 2 | 0 | 15 | 100 | 37 | 0 | 31 | 6 | *See packaging for allergen info |

**Ice Cream**

**Chocolate Pint**
- 600 | 330 | 32 | 20 | 0 | 140 | 200 | 64 | 19 | 63 | 12 | *See packaging for allergen info |

**Cookies 'n Cream Pint**
- 720 | 320 | 36 | 20 | 0 | 120 | 340 | 80 | 0 | 64 | 12 | *See packaging for allergen info |

**Mint Chocolate Pint**
- 720 | 360 | 40 | 24 | 0 | 120 | 200 | 76 | 0 | 68 | 16 | *See packaging for allergen info |

**Vanilla Pint**
- 640 | 280 | 32 | 20 | 0 | 120 | 260 | 72 | 0 | 68 | 16 | *See packaging for allergen info |

**Vanilla Scoop**
- 160 | 70 | 8 | 5 | 0 | 35 | 65 | 18 | 0 | 18 | 4 | *See packaging for allergen info |

**Tres Leches**
- 470 | 210 | 24 | 13 | 0 | 70 | 350 | 61 | 1 | 41 | 7 | WHEAT, MILK, SOY, EGG, TREE NUTS, AND OTHER PEANUTS |

**Tiff's Ice Cream Scoop**
- 130 | 60 | 7 | 4 | 0 | 25 | 55 | 15 | 0 | 15 | 3 | MILK |

**Frost ‘ems**

**Vanilla Buttercream***
- 370 | -- | 22 | 11 | 0 | 15 | 0 | 44 | 0 | 43 | 0 | MILK*** |

**Strawberry***
- 370 | -- | 21 | 11 | 0 | 15 | 0 | 45 | 0 | 43 | 0 | MILK*** |

**Chocolate***
- 363 | -- | 21 | 10 | 0 | 15 | 10 | 44 | 1 | 40 | 1 | MILK*** |

**Take & Bake**

**Chocolate Chip***
- 190 | -- | 9 | 5 | 0 | 15 | 190 | 25 | 1 | 15 | 2 | WHEAT, MILK, SOY, EGG |

**Snickerdoodle***
- 180 | -- | 8 | 4.5 | 0 | 30 | 270 | 25 | 0 | 13 | 2 | WHEAT, MILK, EGG |

**Truffles**

**Chocolate Chip Cookie***
- 240 | -- | 14 | 9 | 0 | 10 | 190 | 28 | 1 | 19 | 2 | WHEAT, MILK, SOY, EGG, ALMOND |