

Nutrition Facts		
Serving size		70g
Amount per serving		
Calories		160
% Daily Value*		
Total Fat	7g	9%
Saturated Fat	3.5g	18%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	55mg	2%
Total Carbohydrate	24g	9%
Dietary Fiber	<1g	4%
Total Sugars	16g	
Includes 16g Added Sugars		32%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	10mg	0%
Iron	0.5mg	2%
Potassium	60mg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

**Ingredients:** OATMILK (WATER, OATS), LIQUID SUGAR (SUGAR, WATER), DRIED GLUCOSE SUGAR, LOW ERUCIC ACID RAPESEED OIL, DEXTROSE, CONTAINS 2% OR LESS OF PEA PROTEIN, NATURAL FLAVOR, MONO & DIGLYCERIDES, SEA SALT, GUAR GUM, GELLAN GUM, DIPOTASSIUM PHOSPHATE, LOCUST BEAN GUM, COCONUT BASE (CORN SYRUP, WATER, SUGAR, DESICATED COCONUT, CONTAINS 2% OF LESS OF MODIFIED FOOD STARCH, NATURAL FLAVOR, SALT, XANTHAN GUM, GUAR GUM, CELLULOSE GUM, CITRIC ACID, POTASSIUM SORBATE), CHOCOLATE FLAKES (SUGAR, COCONUT OIL, COCOA POWDER [PROCESSED WITH ALKALI], COCOA POWDER, SALT, SOY LECITHIN, NATURAL FLAVOR).

CONTAINS: COCONUT, SOY.

Nutrition Facts		
Serving size		140g
Amount per serving		
Calories		330
		% Daily Value*
<b>Total Fat</b>	14g	<b>18%</b>
Saturated Fat	7g	<b>35%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	110mg	<b>5%</b>
<b>Total Carbohydrate</b>	48g	<b>17%</b>
Dietary Fiber	2g	<b>7%</b>
Total Sugars	31g	
Includes 31g Added Sugars		<b>62%</b>
<b>Protein</b>	2g	
Vitamin D	0mcg	0%
Calcium	10mg	0%
Iron	1mg	6%
Potassium	120mg	2%

CONTAINS: COCONUT, SOY.

Nutrition Facts	
Serving size	210g
Amount per serving	
Calories	490
% Daily Value*	
Total Fat	21g 27%
Saturated Fat	10g 50%
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	170mg 7%
Total Carbohydrate	72g 26%
Dietary Fiber	3g 11%
Total Sugars	47g
Includes 47g Added Sugars	94%
Protein	3g
Vitamin D	0mcg 0%
Calcium	20mg 0%
Iron	1.5mg 8%
Potassium	170mg 4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

**Ingredients:** OATMILK (WATER, OATS), LIQUID SUGAR (SUGAR, WATER), DRIED GLUCOSE SUGAR, LOW ERUCIC ACID RAPESEED OIL, DEXTROSE, CONTAINS 2% OR LESS OF PEA PROTEIN, NATURAL FLAVOR, MONO & DIGLYCERIDES, SEA SALT, GUAR GUM, GELLAN GUM, DIPOTASSIUM PHOSPHATE, LOCUST BEAN GUM, COCONUT BASE (CORN SYRUP, WATER, SUGAR, DESICATED COCONUT, CONTAINS 2% OF LESS OF MODIFIED FOOD STARCH, NATURAL FLAVOR, SALT, XANTHAN GUM, GUAR GUM, CELLULOSE GUM, CITRIC ACID, POTASSIUM SORBATE), CHOCOLATE FLAKES (SUGAR, COCONUT OIL, COCOA POWDER [PROCESSED WITH ALKALI], COCOA POWDER, SALT, SOY LECITHIN, NATURAL FLAVOR).

CONTAINS: COCONUT, SOY.

Nutrition Facts	
Serving size	280g
Amount per serving	
Calories	650
% Daily Value*	
Total Fat 28g	36%
Saturated Fat 13g	65%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 95g	35%
Dietary Fiber 4g	14%
Total Sugars 63g	
Includes 63g Added Sugars	126%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 2mg	10%
Potassium 230mg	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

**Ingredients:** OATMILK (WATER, OATS), LIQUID SUGAR (SUGAR, WATER), DRIED GLUCOSE SUGAR, LOW ERUCIC ACID RAPESEED OIL, DEXTROSE, CONTAINS 2% OR LESS OF PEA PROTEIN, NATURAL FLAVOR, MONO & DIGLYCERIDES, SEA SALT, GUAR GUM, GELLAN GUM, DIPOTASSIUM PHOSPHATE, LOCUST BEAN GUM, COCONUT BASE (CORN SYRUP, WATER, SUGAR, DESICATED COCONUT, CONTAINS 2% OF LESS OF MODIFIED FOOD STARCH, NATURAL FLAVOR, SALT, XANTHAN GUM, GUAR GUM, CELLULOSE GUM, CITRIC ACID, POTASSIUM SORBATE), CHOCOLATE FLAKES (SUGAR, COCONUT OIL, COCOA POWDER [PROCESSED WITH ALKALI], COCOA POWDER, SALT, SOY LECITHIN, NATURAL FLAVOR).

CONTAINS: COCONUT, SOY.

CONTAINS: COCONUT, SOY, WHEAT.

Nutrition Facts		
Serving size		146g
Amount per serving		
Calories		350
		% Daily Value*
<b>Total Fat</b>	14g	<b>18%</b>
Saturated Fat	7g	<b>35%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	120mg	<b>5%</b>
<b>Total Carbohydrate</b>	53g	<b>19%</b>
Dietary Fiber	2g	<b>7%</b>
Total Sugars	32g	
Includes 32g Added Sugars		<b>64%</b>
<b>Protein</b>	3g	
Vitamin D	0mcg	0%
Calcium	10mg	0%
Iron	1.2mg	6%
Potassium	120mg	2%

CONTAINS: COCONUT, SOY, WHEAT.

CONTAINS: COCONUT, SOY, WHEAT.

Nutrition Facts		
Serving size		286g
Amount per serving		
Calories		670
		% Daily Value*
<b>Total Fat</b>	28g	<b>36%</b>
Saturated Fat	13g	<b>65%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	230mg	<b>10%</b>
<b>Total Carbohydrate</b>	100g	<b>36%</b>
Dietary Fiber	4g	<b>14%</b>
Total Sugars	63g	
Includes 63g Added Sugars		<b>126%</b>
<b>Protein</b>	5g	
Vitamin D	0mcg	0%
Calcium	20mg	0%
Iron	2.2mg	10%
Potassium	240mg	6%

**Ingredients:** OATMILK (WATER, OATS), LIQUID SUGAR (SUGAR, WATER), DRIED GLUCOSE SUGAR, LOW ERUCIC ACID RAPESEED OIL, DEXTROSE, CONTAINS 2% OR LESS OF PEA PROTEIN, NATURAL FLAVOR, MONO & DIGLYCERIDES, SEA SALT, GUAR GUM, GELLAN GUM, DIPOTASSIUM PHOSPHATE, LOCUST BEAN GUM, COCONUT BASE (CORN SYRUP, WATER, SUGAR, DESICATED COCONUT, CONTAINS 2% OF LESS OF MODIFIED FOOD STARCH, NATURAL FLAVOR, SALT, XANTHAN GUM, GUAR GUM, CELLULOSE GUM, CITRIC ACID, POTASSIUM SORBATE), CHOCOLATE FLAKES (SUGAR, COCONUT OIL, COCOA POWDER [PROCESSED WITH ALKALI], COCOA POWDER, SALT, SOY LECITHIN, NATURAL FLAVOR), CAKE CONE (ENRICHED WHEAT FLOUR [CONTAINS NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], TAPIOCA FLOUR, SUGAR, VEGETABLE OIL SHORTENING [SOYBEAN OIL OR CANOLA OIL, MODIFIED PALM OIL, SOY LECITHIN, AND/OR PARTIALLY HYDROGENATED SOYBEAN OIL], LEAVENING [SODIUM BICARBONATE, AMMONIUM BICARBONATE], SALT, NATURAL FLAVOR, ANNATTO [VEGETABLE COLOR]).

CONTAINS: COCONUT, SOY, WHEAT.



### Vertical, Standard

Nutrition Facts		
Serving size		153g
Amount per serving		
Calories		380
		% Daily Value*
<b>Total Fat</b>	14g	<b>18%</b>
Saturated Fat	7g	<b>35%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	130mg	<b>6%</b>
<b>Total Carbohydrate</b>	59g	<b>21%</b>
Dietary Fiber	2g	<b>7%</b>
Total Sugars	36g	
Includes 36g Added Sugars		<b>72%</b>
<b>Protein</b>	3g	
Vitamin D	0mcg	0%
Calcium	20mg	0%
Iron	1.4mg	8%
Potassium	140mg	2%

CONTAINS: COCONUT, SOY, WHEAT.

Nutrition Facts		
Serving size		223g
Amount per serving		
Calories		540
		% Daily Value*
Total Fat	21g	27%
Saturated Fat	10g	50%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	190mg	8%
Total Carbohydrate	83g	30%
Dietary Fiber	3g	11%
Total Sugars	51g	
Includes 51g Added Sugars		102%
Protein	4g	
Vitamin D	0mcg	0%
Calcium	20mg	0%
Iron	1.9mg	10%
Potassium	200mg	4%

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CONTAINS: COCONUT, SOY, WHEAT.

Nutrition Facts		
Serving size		293g
Amount per serving		
Calories		700
		% Daily Value*
<b>Total Fat</b>	28g	<b>36%</b>
Saturated Fat	13g	<b>65%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	240mg	<b>10%</b>
<b>Total Carbohydrate</b>	107g	<b>39%</b>
Dietary Fiber	4g	<b>14%</b>
Total Sugars	67g	
Includes 67g Added Sugars		<b>134%</b>
<b>Protein</b>	5g	
Vitamin D	0mcg	0%
Calcium	30mg	2%
Iron	2.4mg	15%
Potassium	250mg	6%

CONTAINS: COCONUT, SOY, WHEAT.

Nutrition Facts		
Serving size		100g
Amount per serving		
Calories		290
% Daily Value*		
Total Fat	10g	13%
Saturated Fat	3.5g	18%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	60mg	3%
Total Carbohydrate	48g	17%
Dietary Fiber	<1g	4%
Total Sugars	28g	
Includes 28g Added Sugars		56%
Protein	3g	
Vitamin D	0mcg	0%
Calcium	10mg	0%
Iron	1.2mg	6%
Potassium	80mg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

**Ingredients:** OATMILK (WATER, OATS), LIQUID SUGAR (SUGAR, WATER), DRIED GLUCOSE SUGAR, LOW ERUCIC ACID RAPESEED OIL, DEXTROSE, CONTAINS 2% OR LESS OF PEA PROTEIN, NATURAL FLAVOR, MONO & DIGLYCERIDES, SEA SALT, GUAR GUM, GELLAN GUM, DIPOTASSIUM PHOSPHATE, LOCUST BEAN GUM, COCONUT BASE (CORN SYRUP, WATER, SUGAR, DESICATED COCONUT, CONTAINS 2% OF LESS OF MODIFIED FOOD STARCH, NATURAL FLAVOR, SALT, XANTHAN GUM, GUAR GUM, CELLULOSE GUM, CITRIC ACID, POTASSIUM SORBATE), CHOCOLATE FLAKES (SUGAR, COCONUT OIL, COCOA POWDER [PROCESSED WITH ALKALI], COCOA POWDER, SALT, SOY LECITHIN, NATURAL FLAVOR), WAFFLE CONE (ENRICHED WHEAT FLOUR [CONTAINS NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SUGAR, VEGETABLE SHORTENING [CONTAINING PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OILS], WHOLE EGG, ARTIFICIAL FLAVOR [INCLUDING MALTODEXTRIN, MODIFIED CORNSTARCH, BUTTER, BUTTERMILK], DEXTROSE, SOY LECITHIN).

CONTAINS: COCONUT, SOY, WHEAT, EGG, MILK.

Nutrition Facts		
Serving size		170g
Amount per serving		
Calories		450
		% Daily Value*
<b>Total Fat</b>	17g	<b>22%</b>
Saturated Fat	7g	<b>35%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	115mg	<b>5%</b>
<b>Total Carbohydrate</b>	72g	<b>26%</b>
Dietary Fiber	2g	<b>7%</b>
Total Sugars	44g	
Includes 44g Added Sugars		<b>88%</b>
<b>Protein</b>	4g	
Vitamin D	0mcg	0%
Calcium	10mg	0%
Iron	1.7mg	10%
Potassium	140mg	2%

## Vertical, Standard

Nutrition Facts		
Serving size		240g
Amount per serving		
Calories		620
% Daily Value*		
Total Fat	24g	31%
Saturated Fat	10g	50%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	170mg	7%
Total Carbohydrate	95g	35%
Dietary Fiber	3g	11%
Total Sugars	59g	
Includes 59g Added Sugars		118%
Protein	5g	
Vitamin D	0mcg	0%
Calcium	20mg	0%
Iron	2.2mg	10%
Potassium	200mg	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

**Ingredients:** OATMILK (WATER, OATS), LIQUID SUGAR (SUGAR, WATER), DRIED GLUCOSE SUGAR, LOW ERUCIC ACID RAPESEED OIL, DEXTROSE, CONTAINS 2% OR LESS OF PEA PROTEIN, NATURAL FLAVOR, MONO & DIGLYCERIDES, SEA SALT, GUAR GUM, GELLAN GUM, DIPOTASSIUM PHOSPHATE, LOCUST BEAN GUM, COCONUT BASE (CORN SYRUP, WATER, SUGAR, DESICATED COCONUT, CONTAINS 2% OF LESS OF MODIFIED FOOD STARCH, NATURAL FLAVOR, SALT, XANTHAN GUM, GUAR GUM, CELLULOSE GUM, CITRIC ACID, POTASSIUM SORBATE), CHOCOLATE FLAKES (SUGAR, COCONUT OIL, COCOA POWDER [PROCESSED WITH ALKALI], COCOA POWDER, SALT, SOY LECITHIN, NATURAL FLAVOR), WAFFLE CONE (ENRICHED WHEAT FLOUR [CONTAINS NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SUGAR, VEGETABLE SHORTENING [CONTAINING PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OILS], WHOLE EGG, ARTIFICIAL FLAVOR [INCLUDING MALTODEXTRIN, MODIFIED CORNSTARCH, BUTTER, BUTTERMILK], DEXTROSE, SOY LECITHIN).

CONTAINS: COCONUT, SOY, WHEAT, EGG, MILK.

Nutrition Facts		
Serving size	310g	
Amount per serving	780	
Calories	% Daily Value*	
Total Fat	31g	40%
Saturated Fat	13g	65%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	230mg	10%
Total Carbohydrate	119g	43%
Dietary Fiber	4g	14%
Total Sugars	75g	
Includes 75g Added Sugars		150%
Protein	6g	
Vitamin D	0mcg	0%
Calcium	30mg	2%
Iron	2.7mg	15%
Potassium	260mg	6%

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**Ingredients:** OATMILK (WATER, OATS), LIQUID SUGAR (SUGAR, WATER), DRIED GLUCOSE SUGAR, LOW ERUCIC ACID RAPESEED OIL, DEXTROSE, CONTAINS 2% OR LESS OF PEA PROTEIN, NATURAL FLAVOR, MONO & DIGLYCERIDES, SEA SALT, GUAR GUM, GELLAN GUM, DIPOTASSIUM PHOSPHATE, LOCUST BEAN GUM, COCONUT BASE (CORN SYRUP, WATER, SUGAR, DESICATED COCONUT, CONTAINS 2% OF LESS OF MODIFIED FOOD STARCH, NATURAL FLAVOR, SALT, XANTHAN GUM, GUAR GUM, CELLULOSE GUM, CITRIC ACID, POTASSIUM SORBATE), CHOCOLATE FLAKES (SUGAR, COCONUT OIL, COCOA POWDER [PROCESSED WITH ALKALI], COCOA POWDER, SALT, SOY LECITHIN, NATURAL FLAVOR), WAFFLE CONE (ENRICHED WHEAT FLOUR [CONTAINS NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SUGAR, VEGETABLE SHORTENING [CONTAINING PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OILS], WHOLE EGG, ARTIFICIAL FLAVOR [INCLUDING MALTODEXTRIN, MODIFIED CORNSTARCH, BUTTER, BUTTERMILK], DEXTROSE, SOY LECITHIN).

CONTAINS: COCONUT, SOY, WHEAT, EGG,  
MILK.