

## AUNTIE ANNE'S® ALLERGEN STATEMENT

Before placing your order, please inform your server if a person in your party has a food allergy. Some of our products contain food allergens and other ingredients that cause food sensitivities, such as egg, fish, milk, peanuts, sesame, shell fish, soybean, tree nuts, and wheat. Although efforts are made to avoid cross-contact of allergens and other ingredients that may cause food sensitivities, all food and beverage items may contain or come into contact with one or more of these substances. While the food allergens information we provide is based on our standardized recipes, we are unable to guarantee that any menu item will be completely free of allergens or other ingredients that may cause food sensitivities. Test products, limited time offers and regional menu variations may not be reflected in the food allergen information we provide.

If you would like to speak to someone about our products, please call 1-877-778-9588 or contact guest relations on [auntieannes.com](http://auntieannes.com).

©2025 Auntie Anne's Franchisor SPV LLC. All Rights Reserved.  
Coca-Cola, Diet Coca-Cola, Sprite, Fanta, Cherry Coke, Hi-C are registered trademarks of The Coca-Cola Company. Dr Pepper is a registered trademark of Dr Pepper/Seven-Up, Inc.

03.25 WF 1515085

Auntie  Anne's®

## NUTRITIONAL GUIDE



[auntieannes.com](http://auntieannes.com)

| CLASSIC<br>PRETZELS    | Serving Size | Calories |
|------------------------|--------------|----------|
| Original Pretzel       | 1 each       | 350      |
| Cinnamon Sugar Pretzel | 1 each       | 480      |
| Pepperoni Pretzel      | 1 each       | 500      |
| Sweet Almond Pretzel   | 1 each       | 400      |
| Jalapeno Pretzel       | 1 each       | 320      |

| Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) |
|---------|-------------------|---------------|------------------|-------------|------------------|-----------|------------------|------------------|-------------|
| 5       | 3                 | 0             | 10               | 900         | 68               | 2         | 10               | 9                | 8           |
| 11      | 7                 | 0             | 25               | 310         | 88               | 2         | 29               | 28               | 9           |
| 17      | 9                 | 0.5           | 45               | 800         | 69               | 2         | 10               | 10               | 17          |
| 6       | 3.5               | 0             | 10               | 310         | 77               | 2         | 17               | 16               | 9           |
| 5       | 2.5               | 0             | 10               | 1000        | 63               | 2         | 9                | 8                | 8           |

| PRETZEL<br>DOGS             | Serving Size | Calories |
|-----------------------------|--------------|----------|
| Mini Pretzel Dogs (small)   | Approx 10    | 700      |
| Mini Pretzel Dogs (regular) | Approx 14    | 980      |
| Pretzel Dog                 | 1 each       | 360      |
| Cheese Pretzel Dog          | 1 each       | 400      |
| Jalapeno Cheese Pretzel Dog | 1 each       | 400      |

| Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) |
|---------|-------------------|---------------|------------------|-------------|------------------|-----------|------------------|------------------|-------------|
| 37      | 15                | 0             | 80               | 1590        | 73               | 2         | 10               | 9                | 21          |
| 51      | 20                | 0             | 115              | 2230        | 102              | 3         | 14               | 13               | 29          |
| 20      | 9                 | 1             | 40               | 700         | 35               | 1         | 5                | 4                | 10          |
| 23      | 11                | 1             | 50               | 810         | 35               | 1         | 5                | 4                | 13          |
| 23      | 11                | 1             | 50               | 1080        | 36               | 1         | 5                | 4                | 13          |

| PRETZEL<br>NUGGETS               | Serving Size | Calories |
|----------------------------------|--------------|----------|
| Cinnamon Sugar Nuggets (small)   | Approx 19    | 500      |
| Cinnamon Sugar Nuggets (regular) | Approx 26    | 680      |
| Original Nuggets (small)         | Approx 19    | 430      |
| Original Nuggets (regular)       | Approx 26    | 580      |
| Pepperoni Nuggets (small)        | Approx 14    | 480      |
| Pepperoni Nuggets (regular)      | Approx 19    | 650      |

| Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) |
|---------|-------------------|---------------|------------------|-------------|------------------|-----------|------------------|------------------|-------------|
| 9       | 5                 | 0             | 20               | 380         | 96               | 2         | 29               | 28               | 10          |
| 12      | 7                 | 0             | 30               | 530         | 131              | 3         | 39               | 38               | 13          |
| 9       | 5                 | 0             | 20               | 1080        | 78               | 2         | 11               | 10               | 10          |
| 12      | 7                 | 0             | 30               | 1450        | 105              | 3         | 15               | 14               | 13          |
| 20      | 9                 | 0.5           | 50               | 940         | 58               | 2         | 9                | 7                | 16          |
| 28      | 13                | 1             | 70               | 1280        | 79               | 3         | 12               | 10               | 22          |

| DIPS             | Serving Size        | Calories |
|------------------|---------------------|----------|
| Caramel          | 1 dip cup (1.7 oz)  | 160      |
| Cheese           | 1 dip cup (1.4 oz)  | 120      |
| Hot Salsa Cheese | 1 dip cup (1.4 oz)  | 120      |
| Honey Mustard    | 1 dip cup (2 oz)    | 300      |
| Cream Cheese     | 1 dip cup (1 oz)    | 100      |
| Marinara         | 1 dip cup (2 oz)    | 30       |
| Melted Cheese    | 1 dip cup (1.25 oz) | 150      |
| Ranch            | 1 dip cup (2 oz)    | 240      |
| Sweet Glaze      | 1 dip cup (1.7 oz)  | 160      |

| Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) |
|---------|-------------------|---------------|------------------|-------------|------------------|-----------|------------------|------------------|-------------|
| 2       | 1.5               | 0             | 5                | 95          | 37               | 0         | 19               | 15               | 1           |
| 10      | 2                 | 0             | 5                | 670         | 5                | 0         | 3                | 0                | 2           |
| 10      | 2                 | 0             | 5                | 570         | 6                | 0         | 3                | 0                | 2           |
| 27      | 4                 | 0             | 20               | 250         | 14               | 0         | 14               | 14               | 1           |
| 7       | 4                 | 0             | 20               | 115         | 1                | 0         | 1                | 0                | 1           |
| 0.5     | 0                 | 0             | 0                | 330         | 6                | 0         | 3                | 1                | 1           |
| 11      | 3                 | 0             | 20               | 840         | 6                | 0         | 4                | 4                | 5           |
| 26      | 4                 | 0             | 15               | 500         | 3                | 0         | 2                | 2                | 1           |
| 0       | 0                 | 0             | 0                | 0           | 35               | 0         | 34               | 34               | 0           |

| BREAKFAST PRODUCTS                | Serving Size | Calories |
|-----------------------------------|--------------|----------|
| Sandwich<br>Egg & Cheese          | 1 each       | 250      |
| Sandwich<br>Sausage, Egg & Cheese | 1 each       | 400      |
| Sandwich<br>Bacon, Egg & Cheese   | 1 each       | 300      |

| Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) |
|---------|-------------------|---------------|------------------|-------------|------------------|-----------|------------------|------------------|-------------|
| 9       | 5                 | 0             | 85               | 780         | 29               | 1         | 5                | 4                | 13          |
| 22      | 10                | 0             | 115              | 1090        | 29               | 1         | 5                | 4                | 20          |
| 13      | 6                 | 0             | 95               | 990         | 29               | 1         | 5                | 4                | 16          |

| LEMONADE<br>AND FROZEN<br>LEMONADE    | Serving Size     | Calories |
|---------------------------------------|------------------|----------|
| Original Lemonade                     | Small (16 fl oz) | 180      |
|                                       | Med (20 fl oz)   | 250      |
|                                       | Large (30 fl oz) | 350      |
| Lemonade Mixer, Blue Raspberry        | Small (16 fl oz) | 220      |
|                                       | Med (20 fl oz)   | 290      |
|                                       | Large (30 fl oz) | 430      |
| Lemonade Mixer, Mango                 | Small (16 fl oz) | 220      |
|                                       | Med (20 fl oz)   | 290      |
|                                       | Large (30 fl oz) | 430      |
| Lemonade Mixer, Strawberry            | Small (16 fl oz) | 220      |
|                                       | Med (20 fl oz)   | 290      |
|                                       | Large (30 fl oz) | 430      |
| Frozen Lemonade, Original             | Small (16 fl oz) | 230      |
|                                       | Med (20 fl oz)   | 290      |
|                                       | Large (30 fl oz) | 430      |
| Frozen Lemonade Mixer, Blue Raspberry | Small (16 fl oz) | 270      |
|                                       | Med (20 fl oz)   | 340      |
|                                       | Large (30 fl oz) | 500      |
| Frozen Lemonade Mixer, Mango          | Small (16 fl oz) | 270      |
|                                       | Med (20 fl oz)   | 340      |
|                                       | Large (30 fl oz) | 500      |
| Frozen Lemonade Mixer, Strawberry     | Small (16 fl oz) | 270      |
|                                       | Med (20 fl oz)   | 340      |
|                                       | Large (30 fl oz) | 500      |

| Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) |
|---------|-------------------|---------------|------------------|-------------|------------------|-----------|------------------|------------------|-------------|
| 0       | 0                 | 0             | 0                | 10          | 47               | 0         | 44               | 44               | 0           |
| 0       | 0                 | 0             | 0                | 15          | 63               | 0         | 59               | 59               | 0           |
| 0       | 0                 | 0             | 0                | 20          | 89               | 0         | 84               | 84               | 0           |
| 0       | 0                 | 0             | 0                | 10          | 56               | 0         | 55               | 55               | 0           |
| 0       | 0                 | 0             | 0                | 15          | 73               | 0         | 69               | 69               | 0           |
| 0       | 0                 | 0             | 0                | 25          | 108              | 0         | 103              | 103              | 0           |
| 0       | 0                 | 0             | 0                | 10          | 56               | 0         | 55               | 55               | 0           |
| 0       | 0                 | 0             | 0                | 15          | 73               | 0         | 69               | 69               | 0           |
| 0       | 0                 | 0             | 0                | 25          | 108              | 0         | 103              | 103              | 0           |
| 0       | 0                 | 0             | 0                | 15          | 56               | 0         | 53               | 53               | 0           |
| 0       | 0                 | 0             | 0                | 15          | 73               | 0         | 69               | 69               | 0           |
| 0       | 0                 | 0             | 0                | 25          | 108              | 0         | 103              | 103              | 0           |
| 0       | 0                 | 0             | 0                | 15          | 59               | 0         | 54               | 54               | 0           |
| 0       | 0                 | 0             | 0                | 20          | 73               | 0         | 68               | 68               | 0           |
| 0       | 0                 | 0             | 0                | 30          | 109              | 0         | 101              | 101              | 0           |
| 0       | 0                 | 0             | 0                | 15          | 67               | 0         | 64               | 64               | 0           |
| 0       | 0                 | 0             | 0                | 20          | 87               | 0         | 82               | 82               | 0           |
| 0       | 0                 | 0             | 0                | 30          | 127              | 0         | 120              | 120              | 0           |
| 0       | 0                 | 0             | 0                | 20          | 68               | 0         | 64               | 64               | 0           |
| 0       | 0                 | 0             | 0                | 25          | 87               | 0         | 82               | 82               | 0           |
| 0       | 0                 | 0             | 0                | 35          | 127              | 0         | 120              | 120              | 0           |
| 0       | 0                 | 0             | 0                | 20          | 67               | 0         | 64               | 64               | 0           |
| 0       | 0                 | 0             | 0                | 25          | 87               | 0         | 82               | 82               | 0           |
| 0       | 0                 | 0             | 0                | 35          | 128              | 0         | 120              | 120              | 0           |

| SPRITZ         | Serving Size     | Calories |
|----------------|------------------|----------|
| Strawberry     | Small (16 fl oz) | 190      |
|                | Med (20 fl oz)   | 250      |
|                | Large (30 fl oz) | 370      |
| Mango          | Small (16 fl oz) | 190      |
|                | Med (20 fl oz)   | 250      |
|                | Large (30 fl oz) | 370      |
| Blue Raspberry | Small (16 fl oz) | 190      |
|                | Med (20 fl oz)   | 250      |
|                | Large (30 fl oz) | 370      |

| Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) |
|---------|-------------------|---------------|------------------|-------------|------------------|-----------|------------------|------------------|-------------|
| 0       | 0                 | 0             | 0                | 20          | 48               | 0         | 47               | 47               | 0           |
| 0       | 0                 | 0             | 0                | 30          | 64               | 0         | 62               | 62               | 0           |
| 0       | 0                 | 0             | 0                | 45          | 95               | 0         | 92               | 92               | 0           |
| 0       | 0                 | 0             | 0                | 20          | 48               | 0         | 47               | 47               | 0           |
| 0       | 0                 | 0             | 0                | 30          | 64               | 0         | 62               | 62               | 0           |
| 0       | 0                 | 0             | 0                | 45          | 95               | 0         | 92               | 92               | 0           |
| 0       | 0                 | 0             | 0                | 20          | 48               | 0         | 47               | 47               | 0           |
| 0       | 0                 | 0             | 0                | 30          | 64               | 0         | 62               | 62               | 0           |
| 0       | 0                 | 0             | 0                | 45          | 95               | 0         | 92               | 92               | 0           |

| SMOOTHIES         | Serving Size     | Calories |
|-------------------|------------------|----------|
| Strawberry        | Small (16 fl oz) | 230      |
|                   | Med (20 fl oz)   | 350      |
|                   | Large (30 fl oz) | 470      |
| Strawberry Banana | Small (16 fl oz) | 230      |
|                   | Med (20 fl oz)   | 350      |
|                   | Large (30 fl oz) | 470      |
| Mango             | Small (16 fl oz) | 230      |
|                   | Med (20 fl oz)   | 350      |
|                   | Large (30 fl oz) | 470      |

| Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) |
|---------|-------------------|---------------|------------------|-------------|------------------|-----------|------------------|------------------|-------------|
| 0       | 0                 | 0             | 0                | 0           | 59               | 2         | 59               | 50               | 0           |
| 0       | 0                 | 0             | 0                | 0           | 90               | 3         | 90               | 77               | 0           |
| 0       | 0                 | 0             | 0                | 0           | 120              | 4         | 120              | 103              | 0           |
| 0       | 0                 | 0             | 0                | 0           | 59               | 2         | 59               | 50               | 0           |
| 0       | 0                 | 0             | 0                | 0           | 90               | 3         | 90               | 77               | 0           |
| 0       | 0                 | 0             | 0                | 0           | 120              | 4         | 120              | 103              | 0           |
| 0       | 0                 | 0             | 0                | 0           | 59               | 2         | 59               | 50               | 0           |
| 0       | 0                 | 0             | 0                | 0           | 90               | 3         | 90               | 77               | 0           |
| 0       | 0                 | 0             | 0                | 0           | 120              | 4         | 120              | 103              | 0           |

| FOUNTAIN DRINKS | Serving Size   | Calories |
|-----------------|----------------|----------|
| Coca-Cola       | Small (16 oz)  | 150      |
|                 | Medium (21 oz) | 210      |
|                 | Large (30 oz)  | 290      |
| Diet Coke       | Small (16 oz)  | 0        |
|                 | Medium (21 oz) | 0        |
|                 | Large (30 oz)  | 0        |
| Dr Pepper       | Small (16 oz)  | 140      |
|                 | Medium (21 oz) | 190      |
|                 | Large (30 oz)  | 260      |
| Fanta Orange    | Small (16 oz)  | 150      |
|                 | Medium (21 oz) | 210      |
|                 | Large (30 oz)  | 300      |
| Root Beer       | Small (16 oz)  | 160      |
|                 | Medium (21 oz) | 210      |
|                 | Large (30 oz)  | 300      |
| Sprite          | Small (16 oz)  | 140      |
|                 | Medium (21 oz) | 190      |
|                 | Large (30 oz)  | 270      |
| Cherry Coke     | Small (16 oz)  | 160      |
|                 | Medium (21 oz) | 220      |
|                 | Large (30 oz)  | 310      |

| Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) |
|---------|-------------------|---------------|------------------|-------------|------------------|-----------|------------------|------------------|-------------|
| 0       | 0                 | 0             | 0                | 40          | 42               | 0         | 42               | 42               | 0           |
| 0       | 0                 | 0             | 0                | 55          | 56               | 0         | 56               | 56               | 0           |
| 0       | 0                 | 0             | 0                | 75          | 80               | 0         | 80               | 80               | 0           |
| 0       | 0                 | 0             | 0                | 50          | 0                | 0         | 0                | 0                | 0           |
| 0       | 0                 | 0             | 0                | 65          | 0                | 0         | 0                | 0                | 0           |
| 0       | 0                 | 0             | 0                | 95          | 0                | 0         | 0                | 0                | 0           |
| 0       | 0                 | 0             | 0                | 40          | 37               | 0         | 37               | 37               | 0           |
| 0       | 0                 | 0             | 0                | 55          | 49               | 0         | 49               | 49               | 0           |
| 0       | 0                 | 0             | 0                | 80          | 70               | 0         | 70               | 70               | 0           |
| 0       | 0                 | 0             | 0                | 40          | 42               | 0         | 41               | 41               | 0           |
| 0       | 0                 | 0             | 0                | 55          | 56               | 0         | 56               | 56               | 0           |
| 0       | 0                 | 0             | 0                | 79          | 79               | 0         | 79               | 79               | 0           |
| 0       | 0                 | 0             | 0                | 70          | 42               | 0         | 42               | 42               | 0           |
| 0       | 0                 | 0             | 0                | 95          | 57               | 0         | 57               | 57               | 0           |
| 0       | 0                 | 0             | 0                | 140         | 81               | 0         | 80               | 80               | 0           |
| 0       | 0                 | 0             | 0                | 70          | 38               | 0         | 38               | 38               | 0           |
| 0       | 0                 | 0             | 0                | 95          | 51               | 0         | 51               | 51               | 0           |
| 0       | 0                 | 0             | 0                | 135         | 73               | 0         | 73               | 73               | 0           |
| 0       | 0                 | 0             | 0                | 45          | 44               | 0         | 44               | 44               | 0           |
| 0       | 0                 | 0             | 0                | 60          | 59               | 0         | 59               | 59               | 0           |
| 0       | 0                 | 0             | 0                | 80          | 84               | 0         | 84               | 84               | 0           |

# FOOD ALLERGENS AND SENSITIVITIES

\*This Chart should be used as a guide and does not guarantee that any of the mentioned products are free of allergens\*

|                             |  |
|-----------------------------|--|
| <b>PRODUCT</b>              |  |
| <b>PRETZELS</b>             |  |
| ORIGINAL                    |  |
| CINNAMON SUGAR              |  |
| SWEET ALMOND                |  |
| PEPPERONI                   |  |
| JALAPEÑO                    |  |
| <b>PRETZEL NUGGETS</b>      |  |
| ORIGINAL                    |  |
| CINNAMON SUGAR              |  |
| PEPPERONI                   |  |
| <b>PRETZEL DOGS</b>         |  |
| MINI PRETZEL DOGS           |  |
| ORIGINAL PRETZEL DOG        |  |
| CHEESE PRETZEL DOG          |  |
| JALAPEÑO CHEESE PRETZEL DOG |  |
| <b>BREAKFAST SANDWICHES</b> |  |
| EGG AND CHEESE              |  |
| SAUSAGE, EGG AND CHEESE     |  |
| BACON, EGG AND CHEESE       |  |
| <b>DIPS</b>                 |  |
| CARAMEL                     |  |
| CHEESE                      |  |
| HOT SALSA CHEESE            |  |
| MARINARA                    |  |
| CREAM CHEESE                |  |
| SWEET GLAZE                 |  |
| HONEY MUSTARD               |  |
| RANCH                       |  |
| MELTED CHEESE               |  |

**X - Present in product**

[illegible]

Before placing your order, please inform your server if a person in your party has a food allergy. Some of our products contain food allergens and other ingredients that cause food sensitivities, such as eggs, fish, milk, peanuts, sesame, shell fish, soybean, tree nuts, and wheat. Although efforts are made to avoid cross-contact of allergens and other ingredients that may cause food sensitivities, all food and beverage items may contain or come into contact with one or more of these substances. While the food allergens information we provide is based on our standardized recipes, we are unable to guarantee that any menu item will be completely free of allergens or other ingredients that may cause food sensitivities. Test products, limited time offers and regional menu variations may not be reflected in the food allergen information we provide. If you would like to speak to someone about our products, please call 1-877-778-9588 or contact guest relations on [antunieannes.com](mailto:antunieannes.com).

\*This Chart should be used as a guide and does not guarantee that any of the mentioned products are free of allergens\*

[illegible]

Before placing your order, please inform your server if a person in your party has a food allergy. Some of our products contain food allergens and other ingredients that cause food sensitivities, such as eggs, fish, milk, peanuts, sesame, shell fish, soybean, tree nuts, and wheat. Although efforts are made to avoid cross-contact of allergens and other ingredients that may cause food sensitivities, all food and beverage items may contain or come into contact with one or more of these substances. While the food allergens information we provide is based on our standardized recipes, we are unable to guarantee that any menu item will be completely free of allergens or other ingredients that may cause food sensitivities. Test products, limited time offers and regional menu variations may not be reflected in the food allergen information we provide. If you would like to speak to someone about our products, please call 1-877-778-9588 or contact guest relations on [antunieannes.com](mailto:antunieannes.com).