



	Serving Size	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carbohydrate(g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
<b>Pretzels</b>																	
JUMBO PRETZEL	1	227	643	21	2	0	0	0	209	131	4	20	22	0%	10%	6%	15%
JUMBO JALAPENO & CHEESE PRETZEL	1	312	871	185	21	12	0	61	854	134	5	20	36	12%	25%	47%	15%
JUMBO DUTCH ALMOND PRETZEL	1	253	751	49	5	1	0	0	357	150	6	37	23	0%	10%	8%	16%
Sticks- 6 PACK	6 pack	340	964	31	3	1	0	0	314	197	7	30	33	0%	15%	9%	23%
Sticks- 3 PACK	3 pack	170	482	15	2	0	0	0	157	98	3	15	16	0%	8%	5%	11%
Sticks-EACH	1	57	161	5	1	0	0	0	52	33	1	5	5	0%	3%	2%	4%
Buggy Bites	1 cup	227	643	21	2	0	0	0	209	131	4	20	22	0%	10%	6%	15%
<b>Pretzel Pockets</b>																	
Pretzel Dog	1	156	472	170	19	9	1	43	545	54	2	9	19	2%	4%	15%	8%
Ham & 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%
<b>Meal Deal</b>																	
MEAL #1	Jumbo pretzel, dip, drink	907	643-1183	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, 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 pc pretzel sticks, dip, 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	Pretzel dog, 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	Ham & cheese pocket, 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	Italian pocket, 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 #7	Meatball pocket, 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%



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<b>Dipping Sauces</b>																	
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%
Carmel 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%
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%
Sweet Mustard	2oz.	57	82	0	0	0	0	0	558	3	0	3	0	0%	0%	0%	0%
<b>Beverages</b>																	
Tropicana Fruit Punch	22oz.	624	303	0	0	0	0	0	69	83	0	83	0	0%	0%	0%	0%
Tropicana Lemonade	22oz.	624	275	0	0	0	0	0	289	74	0	74	0	0%	0%	0%	0%
Wild Cherry Pepsi	22oz.	624	275	0	0	0	0	0	55	77	0	77	0	0%	0%	0%	0%
Cherry Coke	22oz.	624	275	0	0	0	0	0	63	77	0	77	0	0%	0%	0%	0%
Coca Cola	22oz.	624	256	0	0	0	0	0	83	72	0	72	0	0%	0%	0%	0%
Diet Coke	22oz.	624	0	0	0	0	0	0	69	0	0	0	0	0%	0%	0%	0%
Diet Coke- Caffiene Free	22oz.	624	0	0	0	0	0	0	74	0	0	0	0	0%	0%	0%	0%
Diet Mountain Dew	22oz.	624	0	0	0	0	0	0	110	0	0	0	0	0%	0%	0%	0%
Dr. Pepper	22oz.	624	275	0	0	0	0	0	110	72	0	72	0	0%	0%	0%	0%
Hi-C Fruit Punch	22oz.	624	286	0	0	0	0	0	28	77	0	77	0	0%	100%	0%	0%
Sprite	22oz.	624	256	0	0	0	0	0	118	69	0	69	0	0%	0%	0%	0%
Sierra Mist	22oz.	624	275	0	0	0	0	0	55	74	0	74	0	0%	0%	0%	0%
MinuteMaid Lemonade	22oz.	624	275	0	0	0	0	0	124	72	0	69	0	0%	0%	0%	0%
Mello Yellow	22oz.	624	311	0	0	0	0	0	83	85	0	85	0	0%	0%	0%	0%
Mountain Dew	22oz.	624	303	0	0	0	0	0	96	80	0	80	0	0%	0%	0%	0%
Mr. Pibb	22oz.	624	254	0	0	0	0	0	41	69	0	69	0	0%	0%	0%	0%
Pepsi	22oz.	624	275	0	0	0	0	0	55	77	0	77	0	0%	0%	0%	0%
Diet Pepsi	22oz.	624	0	0	0	0	0	0	69	0	0	0	0	0%	0%	0%	0%
Diet Pepsi- Caffiene Free	22oz.	624	0	0	0	0	0	0	69	0	0	0	0	0%	0%	0%	0%
Hi-C Pink Lemonade	22oz.	624	264	0	0	0	0	0	124	74	0	69	0	0%	100%	0%	0%
Barqs Root Beer	22oz.	624	294	0	0	0	0	0	129	83	0	83	0	0%	0%	0%	0%
Mug Root Beer	22oz.	624	294	0	0	0	0	0	118	80	0	80	0	0%	0%	0%	0%
Fanta Orange	22oz.	624	294	0	0	0	0	0	110	83	0	80	0	0%	0%	0%	0%
Iced Tea	22oz.	624	6	0	0	0	0	0	14	3	0	0	0	0%	0%	0%	3%



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<b>Beverages</b> <small>Continued from page 2</small>																	
Brisk Raspberry Tea	22oz.	624	138	0	0	0	0	0	69	36	0	36	0	0%	0%	0%	0%
Unswtnd Black Iced Tea	22oz.	624	6	0	0	0	0	0	14	3	0	0	0	0%	0%	0%	3%
Brisk Unswtnd Iced Tea	22oz.	624	6	0	0	0	0	0	14	3	0	0	0	0%	0%	0%	3%
Tropicana Orange Twister	22oz.	624	303	0	0	0	0	0	69	85	0	83	0	0%	0%	0%	0%

### Allergen Statement.

Please be advised that Ben's Soft Pretzels products contain known food allergens and sensitivities. Ben's Soft Pretzels Franchising Corporation, its franchises, 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

### Nutrition Statement.

Ben's Soft Pretzels has made a reasonable effort to provide nutritional & ingredient information based upon standard product formulations & following the FDA guidelines using formulation & nutrition labeling software and Registered Dietitians & Nutritionists. Variations may occur due to: seasonal conditions; regional differences; ingredient substitutions and differences in product assembly or size at the restaurant. Test products, limited time offers & regional menu variations may not be included & not all items listed may be available in all restaurants. For the most up-to-date information on limited time offering menu items (including test items), please call or visit your nearest Ben's Soft Pretzels pretzel bakery to speak with a baker. The information listed here may vary from that which may be available in our bakeries. All updates &