

# SNOG<sup>TM</sup> Frozen Yogurt



1

Choose your flavour

2

Choose your size  
(And add a saucy drizzle on the house)

3

Choose your toppings

Original  
100 cal per 100ml

Blueberry Açai  
92 cal per 100ml

Strawberry  
94 cal per 100ml

Coconut  
98 cal per 100ml

Cone  
£2.45  
Gluten Free

Little  
£2.95  
£4.45  
2 Toppings

Classic  
£3.50  
£5.45  
3 Toppings

Big  
£4.50  
£6.95  
4 Toppings

65p  
Per Extra Topping

Add a saucy drizzle on the house

Agave Nectar

Chocolate Sauce

Strawberry Sauce

Caramel Sauce

Strawberries

Raspberries

Blackberries

Blueberries

Mango

Banana

Passion Fruit

Pineapple

Kiwi

Pomegranate (Winter)

Watermelon (Summer)

Granola

Pistachios

Coconut

Superfoods

Dates

Chocolate Buttons

Gourmet Popcorn

White Chocolate Stars

Marshmallows

Fudge Brownies (Gluten Free)

Chocolate Krispies

Oreos

Mochi

Milk Chocolate Hearts

Gummy Bears

Dark Chocolate Nibs

Almonds

Limited Edition Spoon 30p

seasonal special

Eton Mess

£5.50

A very British, Classic Original Snog served with fresh strawberries, crunchy meringue pieces and a drizzle of strawberry sauce.

Signature SNOG<sup>TM</sup>

£4.50

Little Snog with any 2 toppings plus our limited edition Snog spoon. Add a saucy drizzle on the house.

Drinks

PROTEIN Boost Smoothie

500ml of Original Snog blended with banana, strawberries and 25 grams of whey protein.

£5.45

CREATE Your Own Smoothie

Choose a Snog flavour and any 2 toppings.

£5.45

ENERGY Shot Smoothie

500ml of Original Snog blended with passion fruit, mango and a shot of guarana.

£5.45

Mineral Water

£1.40

## SNOG<sup>TM</sup> Frozen Yogurt Nutritional Information



### Calories for Dry Toppings

| Topping               | Weight (g)       | Energy per 100g |      | Energy per portion |
|-----------------------|------------------|-----------------|------|--------------------|
|                       |                  | Kcal            | KJ   | Kcal               |
| Almonds               | 17.5g            | 590             |      | 103.25             |
| Chocolate Buttons     | 20g              | 454             | 1911 | 90.8               |
| Superfood             | 32.5g            | 566             | 2363 | 184                |
| Pistachio             | 27.5g            | 652             | 2729 | 179.3              |
| Coconut               | 17.5g            | 592             |      | 103.6              |
| Granola               | 20g              | 492             | 2060 | 98.4               |
| Marshmallows          | 13g              | 324             | 1377 | 42.12              |
| Chocolate Hearts      | 21g              | 507             | 2120 | 106.5              |
| White Chocolate Stars | 22g              | 542             | 2266 | 119.5              |
| Dark Chocolate Nibs   | 21g              | 481             | 2038 | 101                |
| Gummy Bears           | 40g/22 pieces    | 140 / 17 pieces |      | 181                |
| Vanilla Fudge         | 20g              | 392             | 1637 | 78.4               |
| Sprinkles             | 20g              | 409             | 1700 | 81.8               |
| Gourmet Popcorn       | 8g               | 481             | 2016 | 38.48              |
| Chocolate Krispies    | 22g              | 514             | 2152 | 113.08             |
| Fudge Brownies        | 20g              | 405             |      | 81                 |
| Mochi                 | 12g              | 2581            |      | 30.97              |
| Oreos - 1/2           | 20g / 2.5 pieces | 160 / 34g       |      | 941                |
| Dates                 | 47.5g            | 275             | 1158 | 130.6              |

### Frozen Yogurt nutritional information

| Yogurt Flavour | Size    | Energy |        | Fat  | Saturates | Carbohydrates | Sugars | Protein | Salt |
|----------------|---------|--------|--------|------|-----------|---------------|--------|---------|------|
|                |         | Kcal   | KJ     |      |           |               |        |         |      |
| Original       | 100gr   | 101.25 | 424.6  | 0.1  | 0         | 21            | 14.5   | 3.7     | 0.08 |
|                | Little  | 1421   | 5945   | 0.2  | 0         | 29.3          | 20.4   | 5.2     | 0.11 |
|                | Classic | 2131   | 8917   | 0.3  | 0         | 44            | 30.5   | 7.7     | 0.17 |
|                | Big     | 3651   | 1486.2 | 0.5  | 0         | 73.4          | 50.9   | 12.9    | 0.28 |
|                | Massive | 639.2  | 2675.1 | 0.9  | 0.1       | 132           | 91.6   | 23.2    | 0.5  |
| Strawberry     | 100gr   | 94     | 400    | 0.3  | Traces    | 20.4          | 4.3    | 2.5     | 0.2  |
|                | Little  | 131.6  | 560    | 0.4  | Traces    | 28.6          | 19.3   | 3.5     | 0.3  |
|                | Classic | 197.4  | 560    | 0.6  | Traces    | 42.8          | 29     | 5.3     | 0.5  |
|                | Big     | 329    | 1400   | 11   | Traces    | 71.4          | 48.3   | 8.8     |      |
| Blueberry Açai | Massive | 592.2  | 2520   | 19   | Traces    | 128.5         | 86.9   | 15.8    | 1.5  |
|                | 100gr   | 91.9   | 385    | 0.2  | 0         | 19.3          | 13     | 3.2     | 0.1  |
|                | Little  | 128.7  | 539    | 0.3  | 0         | 27            | 18.3   | 4.5     | 0.09 |
|                | Classic | 1931   | 808.5  | 0.4  | 0         | 40.6          | 27.4   | 6.8     | 0.13 |
| Coconut        | Big     | 321.8  | 1347.5 | 0.7  | 0.1       | 67.6          | 45.7   | 11.3    | 0.22 |
|                | Massive | 579.2  | 2425.5 | 1.3  | 0.1       | 121.7         | 82.2   | 20.4    | 0.39 |
|                | 100gr   | 98.2   | 410.7  | 0.2  | 0         | 20.3          | 13.8   | 3.5     | 0.1  |
|                | Little  | 137.4  | 575    | 0.2  | 0         | 28.4          | 19.4   | 4.9     | 0.1  |
| Peanut Butter  | Classic | 2061   | 862.5  | 0.4  | 0         | 42.5          | 29     | 7.4     | 0.14 |
|                | Big     | 343.6  | 1437.4 | 0.6  | 0.1       | 70.9          | 48.4   | 12.3    | 0.24 |
|                | Massive | 618.4  | 2587.4 | 11   | 0.1       | 127.6         | 871    | 22.2    | 0.43 |
|                | 100gr   | 113.6  | 475.4  | 1.6  | 0.3       | 20.1          | 13.5   | 41      | 0.1  |
| Peanut Butter  | Little  | 1591   | 665.6  | 2.3  | 0.4       | 28.2          | 19     | 5.8     | 0.16 |
|                | Classic | 238.6  | 998.4  | 3.4  | 0.6       | 42.2          | 28.4   | 8.7     | 0.24 |
|                | Big     | 397.7  | 1664   | 5.7  | 1         | 70.4          | 47.4   | 14.4    | 0.41 |
|                | Massive | 715.9  | 2995.2 | 10.3 | 1.9       | 126.7         | 85.3   | 26      | 0.73 |

### Fruit Toppings Claims which can be used

| Topping       | Quantity Pieces | Weight (g) | Amount of Vitamins per serving of a solid food to make a vitamin claim IN PINK BELOW (i.e. 15% of RDI) |     |      |       |    |      |      |     |       |     |     |        |        |                  |      |     |     |     |     |     |      |     |    |     |    |    |    |     |  |  |
|---------------|-----------------|------------|--------------------------------------------------------------------------------------------------------|-----|------|-------|----|------|------|-----|-------|-----|-----|--------|--------|------------------|------|-----|-----|-----|-----|-----|------|-----|----|-----|----|----|----|-----|--|--|
|               |                 |            | RDI                                                                                                    | 800 | 5    | 12    | 75 | 80   | 11   | 14  | 16    | 14  | 200 | 205    | 50     | 6                | 2000 | 800 | 800 | 700 | 375 | 14  | 10   | 1   | 2  | 3.5 | 55 | 40 | 50 | 150 |  |  |
|               |                 |            |                                                                                                        |     |      |       |    |      |      |     | Neach |     |     | Vit B2 | Biotin | Pantothenic Acid | Kmg  | Cl  | Ca  | P   | Mg  | Fe  | Zn   | Cu  | Mn | Fl  | Se | Cr | Mo | I   |  |  |
| Blackberries  | 5               | 25g        | 20                                                                                                     | 0   | 0.59 | 5     | 4  | 0.01 | 0.01 | 0.1 | 0.01  | 9   | 0   | 0.1    | 0.06   | 40               | 6    | 10  | 8   | 6   | 0.2 | 0.1 | 0.03 | 0.4 | 0  |     |    |    | 0  |     |  |  |
| Kiwi          | 6               | 42.5g      | 17                                                                                                     | 0   | 0    | 17    | 25 | 0    | 0.01 | 0.1 | 0.06  | 0   | 0   | 0      | 0      | 123              | 17   | 11  | 14  | 6   | 0.2 | 0   | 0.06 | 0   | 0  |     |    |    | 0  |     |  |  |
| Strawberries  | 8               | 57.5g      | 5                                                                                                      | 0   | 0.12 | 174   | 44 | 0.02 | 0.02 | 0.3 | 0.03  | 12  | 0   | 0.6    | 0.2    | 92               | 10   | 9   | 14  | 6   | 0.2 | 0.1 | 0.2  | 0   | 0  |     |    |    | 5  |     |  |  |
| Raspberries   | 6               | 42.5g      | 3                                                                                                      | 0   | 0.28 | 3     | 8  | 0.02 | 0.03 | 0.3 | 0.03  | 19  | 0   | 11     | 0.14   | 98               | 13   | 14  | 18  | 11  | 0.4 | 0.2 | 0.06 | 0.2 | 0  | 0   |    |    | 0  |     |  |  |
| Mango         | 8               | 32.5g      | 400                                                                                                    | 0   | 0.6  | 0.17  | 21 | 0.02 | 0.03 | 0.3 | 0.07  | 0   | 0   | 0      | 0.09   | 104              | 0    | 7   | 9   | 7   | 0.4 | 0.1 | 0.07 | 0.2 | 0  | 0   |    |    | 0  |     |  |  |
| Pineapple     | 8               | 22.5g      | 4                                                                                                      | 0   | 0.02 | 0.05  | 3  | 0.02 | 0.01 | 0.1 | 0.02  | 1   | 0   | 0.1    | 0.04   | 36               | 7    | 4   | 2   | 4   | 0   | 0   | 0.02 | 0.1 | 0  | 0   |    |    | 0  |     |  |  |
| Watermelon    | 8               | 34g        | 39                                                                                                     | 0   | 0.03 | 0.1   | 3  | 0.02 | 0    | 0   | 0.05  | 1   | 0   | 0.3    | 0.07   | 34               | 0    | 2   | 3   | 3   | 0.1 | 0.1 | 0.01 | 0   | 0  | 0   |    |    | 0  |     |  |  |
| Banana        | 1               | 75g        | 16                                                                                                     | 0   | 0.2  | 0.045 | 8  | 0.03 | 0.05 | 0.5 | 0.22  | 11  | 0   | 2      | 0.27   | 300              | 59   | 5   | 21  | 25  | 0.2 | 0.2 | 0.08 | 0.3 | 1  |     |    |    | 6  |     |  |  |
| Blueberries   | 13              | 12.5g      | 15                                                                                                     | 0   |      | 3     | 2  |      |      |     | 0.6   | 0.6 | 0   |        |        | 77               | 0    |     | 15  | 15  |     |     |      |     |    |     |    |    |    |     |  |  |
| Pomegranate   | 1 spoon         | 27.5g      | 9                                                                                                      | 0   | 0    | 4     | 4  | 0.01 | 0.01 | 0.1 | 0.09  | 0   | 0   | 0      | 0.16   | 66               | 1    | 3   | 8   | 3   | 0.2 | 0.1 | 0.05 | 0   | 0  | 0   |    |    | 0  |     |  |  |
| Passion Fruit | 1 spoon         | 27.5g      | 206                                                                                                    | 0   | 0    |       | 6  | 0.01 | 0.03 | 0.4 | 0     | 0   | 0   | 0      | 0      | 55               | 0    | 3   | 18  | 8   | 0.4 | 0.2 | 0    | 0   | 0  | 0   |    |    | 0  |     |  |  |