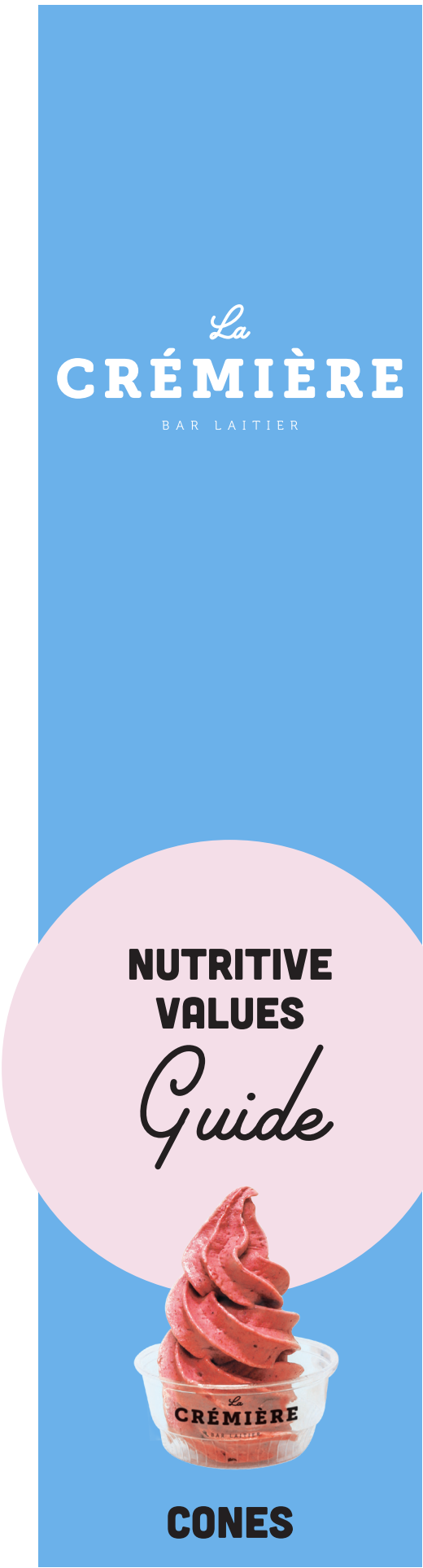




La CRÉMIÈRE

BAR LAITIER

NUTRITIVE VALUES *Guide*

A clear plastic cup filled with a vibrant red soft-serve ice cream, swirled into a peak. The cup has the 'La CRÉMIÈRE' logo printed on it. The background is a solid light blue.

CONES

* Information may change upon availability of data

NUTRITIVE
VALUES

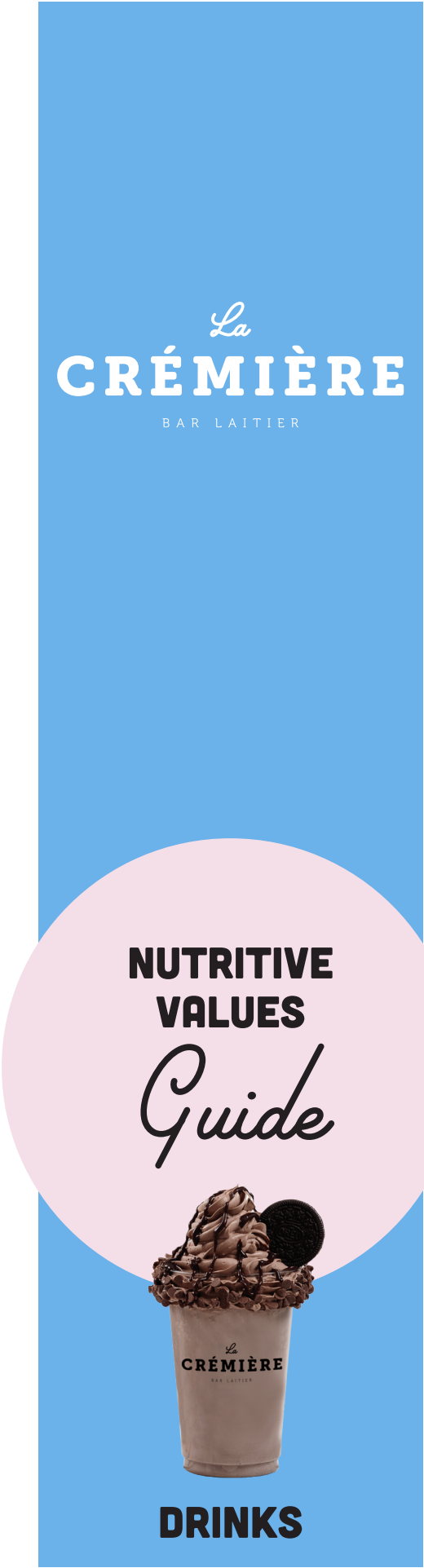
Guide



FROZEN
DESSERTS

Frozen desserts		Weight (grams)	Calories	% of Calorie Carbohydrate	% of Calorie Protein	% of Lipides/Fat	Protein (g)	Carbohydrate (g)	Sugars (g)	Fibers (g)	Lipids (g)	Saturated (g)	+ Trans Fat (g)	Cholestérol (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)	Vitamin A (er)	Vitamin C (mg)
Frosty Fruits	(Ice cream) Small	187	285.20	48 %	8 %	44 %	5.79	34.20	30.13	1.66	13.92	8.44	0.27	41.58	175.10	0.90	116.20	199.70	7.51
	(Ice cream) Big	358	562.30	47 %	8 %	44 %	11.48	66.57	59.18	2.77	27.79	16.88	0.54	83.16	348	1.72	232.30	391.30	12.52
	(Tofrui) Small	187	201.50	91 %	6 %	3 %	3.02	46.01	34.89	3.01	0.60	-	0.18	-	33.47	3.32	47.64	24.36	7.51
	(Tofrui) Big	358	394.80	91 %	6 %	3 %	5.94	90.19	68.71	5.47	1.14	-	0.36	-	64.78	6.58	95.15	40.60	12.52
Yogurt Bar	Child	87	69.81	84 %	13 %	3 %	2.21	14.686	5.67	1.11	0.25	0.15	-	2.50	59.31	0.15	37.76	16.24	5.01
	Small	157	131.40	84 %	13 %	3 %	4.32	27.51	10.25	1.66	0.45	0.30	-	5	116.50	0.22	75.39	24.36	7.51
	Regular	219	188.90	84 %	13 %	3 %	6.37	39.43	14.29	1.94	0.63	0.45	-	7.50	172.60	0.26	113	28.42	8.77
	Big	298	254.60	84 %	13 %	3 %	8.54	53.19	19.42	2.77	0.85	0.60	-	10	230.80	0.37	150.70	40.60	12.52
Delight	Au caramel	185	423	59 %	6 %	35 %	6.04	62.36	53.38	0.58	16.60	7.80	0.34	42.50	180.50	0.62	261.30	146.90	0.27
	Aux trois chocolat	167	356.40	50 %	6 %	45 %	5.07	44.35	38.71	1.55	17.63	9.49	0.28	37.50	137.60	0.91	165.30	132.30	0.04
	À l'érable	156	357.50	54 %	5 %	41 %	4.12	48.50	42.58	0.39	16.33	9.74	0.34	40.39	143	0.88	120.80	149.90	0.03
Sundae Cup	Child	99	207.50	58 %	7 %	35 %	3.40	30.17	27.08	0.32	8.13	4.9	0.15	23.25	104.20	0.55	102	99.44	1.13
	Small	149	322.30	61 %	6 %	33 %	4.96	49.39	44.78	0.60	11.66	6.97	0.21	32.64	151.50	0.85	165.30	140.40	2.26
	Regular	229	495.10	61 %	6 %	33 %	7.73	74.98	68.44	0.87	18.25	10.93	0.33	51.27	172.60	1.32	254.40	220.40	3.40
	Big	329	697.40	58 %	7 %	36 %	11.56	100.50	92.22	1.01	27.67	16.66	0.51	79.07	230.80	1.85	350.40	338.30	3.96
Hurricane	Small	270	576.30	58 %	7 %	36 %	9.55	83.15	76.97	0.83	22.83	13.74	0.42	65.13	291.80	1.54	292.90	278.80	3.40
	Regular	420	893.40	57 %	7 %	36 %	14.93	127.90	118.40	1.25	35.78	21.55	0.66	102.30	456.40	2.38	452.30	437.70	5.09
	Big	540	1153	58 %	7 %	36 %	19.10	166.30	153.90	1.67	45.66	27.49	0.84	130.30	583.60	3.07	585.90	557.60	6.79
Hot fudge	Small	174	460.70	49 %	6 %	45 %	6.74	56.51	48.52	1.39	23.08	16.36	0.28	39.62	161.60	1.17	188.60	155.60	-
	Regular	267	714.30	48 %	6 %	46 %	10.90	85.97	74.05	2.24	36.31	25.14	0.43	61.74	253.40	1.86	289.70	243.10	-
	Big	331	909.90	48 %	6 %	46 %	13.85	109.10	93.61	3.09	46.48	32.07	0.53	72.62	307.70	2.41	365.10	291.70	-
Fruit Parfait	Small	220	323	58 %	7 %	35 %	5.62	46.72	41	1.85	12.63	7.60	0.24	36.96	162.80	1.28	120.90	158.80	31.90
	Regular	325	496.60	59 %	7 %	34 %	8.53	72.94	64.29	2.69	18.97	11.44	0.36	55.44	243.40	2.06	189.50	238	42.56
	Big	436	742.50	54 %	7 %	39 %	12.78	101.10	94.22	2.54	31.89	17.98	0.48	80.22	369.90	2.38	276.10	327.50	53.81
Peanut Parfait	Small	196	527.40	49 %	5 %	46 %	6.28	64.66	42.24	2.09	27.07	14.03	0.62	43.87	78.61	0.94	209.90	92.73	-
	Regular	290	776.60	49 %	5 %	46 %	8.92	95.99	63.15	2.93	39.66	20.90	0.92	65.80	115.60	1.34	314.40	139.10	-
	Big	380	1103	51 %	4 %	45 %	10.59	126.70	84.06	3.43	50.40	27.49	1.24	87.73	148.60	1.58	418.10	185.50	-
	Black Forest	233	629.80	52 %	6 %	42 %	9.19	81.49	66.98	2.78	29.68	16	0.47	81.11	246,40	2	439.10	225.50	1.47
	Supreme	418	793.90	63 %	6 %	31 %	11.47	125.60	104.60	2.89	27.69	15.47	0.39	76.06	317.30	1.61	474.10	325.90	10.79
	Chocolate Square	347	987	48 %	5 %	47 %	12.52	118.90	97.55	2.86	51.26	30.21	1.07	81.97	297.40	2.68	421.60	305.50	0.37
	Banana Split	410	648.40	55 %	7 %	39 %	10.61	89.04	66.28	3.20	27.75	16.86	0.39	84.15	292.10	1.92	226.70	329.40	30.79
	Fiesta	357	698.40	43 %	7 %	50 %	12.06	75.25	57.88	3.08	38.80	18.86	0.36	91.58	303.10	2.33	252.10	337.20	40.24
	Strawberry Shortcake	400	597.10	54 %	7 %	39 %	9.88	81.31	65.45	3.60	25.78	15.56	0.36	78.35	299.50	1.88	278.10	303.30	88.08
	Ice Cream Sandwich	65	171.10	52 %	6 %	41 %	2.78	22.34	8.96	0.78	7.85	3.67	0.13	17.26	62.01	0.67	101	62.60	-

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Notice **REGARDING ALLERGENS**

La Crémère offers products that contains: soy, milk, eggs, nuts, peanuts, gluten and other allergens. Our products may also contain traces of allergens coming from a manufacturer or introduced onsite upon product preparation. Although we are taking all precautions to minimize the risk of introducing allergens in our products, we cannot guarantee the complete absence of allergens nor that our products can be enjoyed by person that are suffering from allergies. Our employees are no expert on allergies, and you must not rely on them to inform yourself about the presence of allergens in our products.

If you think that you may be allergic to one of the ingredients in one of our product, please refer to your doctor prior to having our products.



La
CRÉMIÈRE
BAR LAITIER

