



Allergy & Nutritional Information

**Because our products are made fresh in-store and customized, nutritional values are estimates and may vary by build*

	Egg	Gluten	Milk	Refined Peanut Oil	Phenylalanine	Soy	Tree Nuts	Wheat	Yellow 5&6
The Baked Bear Ice Cream Allergen Info									
Bear Batter	X	X	X			X		X	X
Blackberry Crumble		X	X					X	
Caramel Pretzel Fudge		X	X	X		X	Coconut	X	
Cookie Dough		X	X			X	Coconut	X	
Cookies & Cream		X	X			X		X	
Dark Chocolate			X						
Mint Chip			X			X	Coconut		X
Mud Pie	X	X	X			X		X	
Old Fashioned Vanilla			X						
Seasonal - Brown Butter Donut	X	X	X			X		X	
Strawberry Shortcake	X	X	X			X		X	
Toasted S'mores		X	X	X		X	Coconut	X	
Vegan/GF Vanilla Chocolate Chip (Oat)							Coconut		

The Baked Bear - Cookie Allergens					
Chocolate Chip	Goosey Butter Cake	Funfetti	Cookies & Cream	White Chocolate Macadamia Nut	Brownies
Butter	Butter	Butter	Butter	Butter	Brownie Mix (contains gluten, soy, & dairy) Water Vegetable Oil Eggs
Shortening	Cream Cheese	Shortening	Shortening	Shortening	
Brown Sugar	Egg	Brown Sugar	Sugar	Sugar	
Eggs	Vanilla	Egg	Egg	Brown Sugar	
Vanilla	Baking Soda	Vanilla	Salt	Egg	
Salt	Yellow Cake Mix	Baking Soda	Cream of Tartar	Salt	
Baking Soda	Powdered Sugar	Salt	Baking Soda	Baking Soda	
Flour		White Cake Mix	Flour	Flour	
Chocolate Chips		Flour	Cheesecake Mix	Macadamia Nuts	
		Sprinkles	Oreo Crumbs	White Chocolate Chips	

Nutella Chocolate Chunk	Snickerdoodle	Cookie Monster	Vegan/Gluten Free Chocolate Chip	Vegan/Gluten Free Fudgy Brownie Cookie
Butter	Butter	Butter	Gluten free Flour Blend	Gluten Free Flour Blend
Shortening	Shortening	Shortening	Cane Sugar	Cane Sugar
Sugar	Sugar	Sugar	Palm Oil	Palm Oil
Brown Sugar	Egg	Egg	Chocolate Chunks	Chocolate Chunks
Egg	Milk	Blue Food Coloring	Molasses	Molasses
Chocolate Chunks	Vanilla	Cream of Tarter	Natural Vanilla Flavor	Cocoa Powder
Salt	Baking Soda	Salt	Baking Soda	Baking Soda
Baking Soda	Cream of Tartar	Baking Soda	Sea Salt	Sea Salt
Flour	Salt	Cheesecake Mix		
Nutella	Flour	Flour		
Sea Salt Flakes	Cinnamon Sugar	White Chocolate		
		Oreo Crumbs		
		Famous Amos Crumbs		

Menu Label Report: The Baked Bear

Item Name	Quantity	Measure	Cals	(kcal)	Fat(g)	(g)	SatFat	(g)	TransFat	(g)	Chol	(mg)	Sod	(mg)	Carb	(g)	TotFib	(g)	Sugar	(g)	Prot	(g)
Bear Bowl (760 - 930 Cals)																						
Bear Bowl with Chocolate Chip Cookies (low end of range)	1	Serving	760	350	39	23	0	95	380	97	2	70	9									
Bear Bowl with Brownies (low end of range)	1	Serving	770	360	40	18	0	75	370	99	2	78	7									
Bear Bowl with Chocolate Chip Cookies (high end of range)	1	Serving	920	410	46	28	0	105	400	119	2	86	11									
Bear Bowl with Brownies (high end of range)	1	Serving	930	410	46	23	0	85	390	121	2	94	9									
Hot Fudge Sundae (480 - 650 Cals)																						
Hot Fudge Sundae (low end of range)	1	Serving	480	250	27	16	0	55	160	54	1	42	5									
Hot Fudge Sundae (high end of range)	1	Serving	650	310	34	22	0	90	210	76	0	60	6									
Cookie Sandwich (580 - 820 Cals)																						
Cookie Sandwich (low end of range)	1	Serving	580	320	35	21	0.5	95	590	63	0	45	7									
Cookie Sandwich (high end of range)	1	Serving	820	370	41	26	0	90	330	104	1	76	8									
Combo Sandwich (630 - 800 Cals)																						
Combo Sandwich (low end of range)	1	Serving	630	290	32	16	0	45	290	81	2	59	6									
Combo Sandwich (high end of range)	1	Serving	800	350	39	22	0	75	340	103	2	77	8									
Brownie Sandwich (660 - 770 Cals)																						
Brownie Sandwich (low end of range)	1	Serving	660	290	33	14	0	60	330	88	2	67	6									
Brownie Sandwich (high end of range)	1	Serving	770	330	37	17	0	65	350	103	2	78	7									
Vegan Sandwich (590 - 700 Cals)																						
Vegan Sandwich (low end of range)	1	Serving	590	290	32	18	0	30	250	73	2	51	7									
Vegan Sandwich (high end of range)	1	Serving	700	320	36	21	0	40	260	88	2	62	8									
Brownies																						
Brownies	1	Serving	220	80	10	2.5	0	15	130	33	1	23	2									
6 Cookies (1140 - 1510 Cals)																						
6 Cookies (low end of range)	1	Serving	1140	490	54	27	0	0	540	156	6	90	12									
6 Cookies (high end of range)	1	Serving	1510	620	69	45	1	150	730	205	3	133	13									
12 Cookies (2280 - 3010 Cals)																						
12 Cookies (low end of range)	1	Serving	2280	970	108	54	0	0	1080	312	12	180	24									
12 Cookies (high end of range)	1	Serving	3010	1240	138	89	2	305	1460	409	5	266	26									
Ice Cream, double (430 - 670 Cals)																						
Double Ice Cream (low end of range)	1	Serving	430	250	28	18	0	65	140	43	0	43	5									
Double Ice Cream (high end of range)	1	Serving	670	320	36	23	0	75	180	77	0	64	8									
Ice Cream, pint (680 - 1000 Cals)																						
Pint of Ice Cream (low end of range)	1	Serving	680	400	44	28	0	100	220	68	0	68	8									
Pint of Ice Cream (high end of range)	1	Serving	1000	500	56	36	0	120	260	112	0	100	12									
Ice Cream Cones																						
Cake Cone	1	Serving	25	0	0	0	0	0	10	5	0	0	1									
Waffle Cone	1	Serving	110	5	0.5	0	0	0	50	26	1	8	2									
Ice Cream, single (210 - 350 Cals)																						
Single Ice Cream (low end of range)	1	Serving	210	120	14	9	0	30	70	21	0	21	3									
Single Ice Cream (high end of range)	1	Serving	350	160	18	12	0	40	95	41	0	32	4									
Cookies (190 - 250 Cals)																						
Vegan Gluten Free Chocolate Chip Cookie	1	Serving	190	80	9	4.5	0	0	90	26	1	15	2									
Goosey Butter Cake Cookie	1	Serving	190	100	11	6	0	30	260	21	0	12	2									
Funfetti Cookie	1	Serving	210	90	10	6	0	30	105	30	0	> 18	2									
Snickerdoodle Cookie	1	Serving	210	70	8	4	0	20	75	32	1	> 18	3									
Chocolate Chip Cookie	1	Serving	220	80	9	5	0	25	140	32	1	19	3									
Cookies & Cream Cookie	1	Serving	220	90	10	5	0	25	160	29	0	17	3									
Red Velvet Cookie	1	Serving	220	90	11	6	> 0	30	130	29	> 0	> 17	3									
Sea Salt Peanut Butter Chocolate Cookie	1	Serving	220	90	10	5	0	25	240	31	1	20	3									
M&M's Cookie	1	Serving	230	80	9	5	0	25	150	33	1	20	3									
White Chocolate Macadamia Nut Cookie	1	Serving	250	100	12	7	0	25	120	34	0	22	2									
Ice Cream for Sandwiches (210 - 320 Cals)																						
Vanilla Ice Cream	1	Serving	210	120	14	9	0	30	70	21	0	21	3									
Dark Chocolate Ice Cream	1	Serving	210	120	14	9	0	30	105	25	3	21	3									
Vanilla Chocolate Chip Soy Ice Cream	1	Serving	230	120	13	2	0	0	10	24	1	17	2									
Cookies & Cream Ice Cream	1	Serving	260	140	15	10	0	35	105	26	0	25	3									
Coffee Ice Cream	1	Serving	260	140	16	10	0	60	95	28	0	12	3									
Bear Batter Ice Cream	1	Serving	270	150	17	10	1.5	40	105	27	0	26	4									
Mint Chip Ice Cream	1	Serving	280	160	18	10	0	60	90	29	0	13	3									
Blackberry Crumble Ice Cream	1	Serving	280	130	15	9	0	35	80	32	0	28	3									
Toasted S'mores Ice Cream	1	Serving	290	140	16	9	0	35	125	33	1	27	4									
Salted Caramel Fudge Ice Cream	1	Serving	300	160	17	11	0	40	220	31	0	28	3									
Butter Brittle Cake Ice Cream	1	Serving	300	150	16	10	0	40	130	33	0	30	4									
Cookie Dough Ice Cream	1	Serving	320	160	18	12	0	40	85	36	0	32	4									
Toppings (10 - 90 Cals)																						
Hot Caramel Topping	1	Serving	10	0	0	0	0	0	0	2	0	1	0									
Hot Fudge Topping	1	Serving	10	5	0	0	0	0	5	2	0	1	0									
Fruity Pebbles Topping	1	Serving	15	0	0	0	0	0	15	3	0	1	0									
Almond Topping	1	Serving	40	30	3.5	0	0	0	0	1	1	0	1									
Oreo Crumbs Topping	1	Serving	60	20	2.5	0.5	0	0	50	9	0	5	0									
Sprinkles Topping	1	Serving	60	25	2.5	2	0	0	0	9	0	7	0									
Whipped Cream Topping	1	Serving	60	40	4.5	2	0	25	0	4	0	4	0									
Heath Bar Bits Topping	1	Serving	70	35	4	2	> --	0	30	8	0	8	1									
Mini Chocolate Chips Topping	1	Serving	70	40	4	2.5	0	0	0	11	1	10	1									
Nutella Topping	1	Serving	70	35	4	1.5	0	0	0	7	0	7	1									
Mini M&M's Topping	1	Serving	80	40	4	2.5	0	5	10	12	0	11	1									
Brownie Bits Topping	1	Serving	90	35	4	1	0	5	55	14	0	10	1									

Nutrition information calculated by Reveal Food + Nutrition Inc represents approximations based on restaurant recipes and product information.

Nutrients listed as "--" or ">" indicate no data for these items. ESHA Food Processor Software Version 11.6.0 Updated 08.21.19