

# NUTRITIONAL INFORMATION



Sr. No	Dish Name	Serving Size (gm)	Calories per serving (Kcal)	Energy per 100 gm (Kcal)	Protein per 100 gm (gm)	Carbohydrate per 100 gm (gm)	Sugar (100 gm)	Total Fat per 100 gm (gm)	Allergen Information
<b>CHOCOLATE SUNDAES</b>									
1	CHOCOZILLA	242	780	322.33	4.21	45.66	29.59	13.65	Milk, Nuts and Wheat
2	COOKIE MONSTER	251	891	354.97	3.81	49.27	32.69	15.85	Milk, Nuts and Wheat
3	CHOCO BROWNIE FUDGE	235	682	290.41	4.53	45.82	28.77	9.89	Milk, Nuts and Wheat
4	BROWNIE FUDGE	235	673	286.39	4.36	45.21	28.77	9.79	Milk, Nuts and Wheat
5	RED VELVET CHOCO SIN	271	756	278.92	3.9	43.06	27.87	10.12	Milk, Nuts and Wheat
6	ROCKY ROAD	166	456	274.81	4.85	29.36	20.68	15.33	Milk, Nuts and Wheat
7	ROYAL DARK FANTASY	201	589	292.96	6.51	34.6	21.09	14.28	Milk, Nuts and Wheat
8	CHOCO LAVA FUDGE	278	809	291.09	4.53	43.83	27.4	10.85	Milk, Nuts and Wheat
<b>FRUIT SUNDAES</b>									
9	FRUIT ZEST	301	612	203.3	2.6	33.6	21.62	6.5	Milk and Nuts
10	GUDBUD	260	496	190.81	2.76	28.63	16	7.25	Milk and Nuts
11	LYCHEE SUNDAE	268	497	185.41	2.61	28.69	18.7	6.69	Milk and Nuts
<b>COFFEE SUNDAES</b>									
12	HOT CHOCOLATE FUDGE	200	495	247.72	3.88	29.16	22.65	12.84	Milk and Nuts
13	TIRAMISU	132	364	275.4	3.22	42.32	29.36	10.36	Milk, Nuts and Wheat
14	MOCHA TWIST	171	467	273.25	5.61	33.88	4.38	12.81	Milk, Nuts and Wheat
15	ESPRESSO BROWNIE FUDGE	235	682	290.41	4.53	45.82	28.77	9.89	Milk, Nuts and Wheat
<b>KIDS SUNDAES</b>									
15	COOKIE MAN	169	589	348.62	4.31	46.98	30.96	15.94	Milk, Nuts and Wheat
16	CHOCOLATE MAN	144	472	328.11	4	42.23	30.26	15.91	Milk and Wheat
17	JELLY BELLY	140	250	178.81	3.11	22.49	14.59	8.49	Milk and Wheat
<b>FAMILY SUNDAES</b>									
18	SEVEN WONDERS	195	549	281.74	5.6	26.36	17.05	17.1	Milk and Nuts
19	FAMILY PIZZA	230	578	251.29	10.68	19	9.87	14.73	Milk and Wheat
20	SUPER BOWL	262	732	279.5	4.02	43.76	29.61	9.82	Milk and Nuts
<b>FUNDAES</b>									
21	MANGO BERRY	155	316	203.86	2.73	32.89	17.85	6.82	Milk, Nuts and Wheat
22	LYCHEE ELITE	205	333	162.62	1.87	26.68	22.05	5.38	Milk
23	DEEP PURPLE	170	307	180.52	2.98	22.98	13.57	8.52	Milk and Wheat
24	TROPICAL PASSION	190	665	239.08	5.55	30.91	18.11	10.36	Milk, Nuts and Wheat
25	BUTTERSCOTCH BLAST	180	494	274.66	4.07	34.04	26.85	13.58	Milk and Nuts
26	TRIPLE LUV	220	502	228.26	3.76	32.02	15.85	9.46	Milk and Nuts
27	ICE CREAM PIZZA	230	578	251.41	10.71	18.55	14.3	14.93	Milk and Wheat
<b>WOW VALUE SUNDAES</b>									
28	MINI MOCHA	100	303	303.3	6.98	25.69	16.8	19.18	Milk and Nuts
29	BLUEBERRY MANGO	110	316	203.86	2.73	32.89	17.85	6.82	Milk and Nuts
30	CHOCO PEANUT FUDGE	188	531	282.35	5.87	29.93	21.34	15.45	Milk, Nuts and Wheat
31	COOKIE SHOT	160	571	356.86	4.13	48.49	29.93	16.25	Milk and Wheat
32	NUTTY CHOCO CARAMEL	180	592	284.67	5.97	33.25	16.69	14.19	Milk, Nuts and Wheat
33	BERRY CRUNCH	210	435	207.23	2.99	31.24	18.81	7.8	Milk, Nuts and Wheat
<b>DEATH - BY - CHOCOLATE</b>									
34	MY DBC	216	595	275.51	3.76	39.4	28.51	11.43	Milk, Nuts and Wheat
35	DEATH BY CHOCOLATE	397	1096	276.13	4.05	38.95	27.12	11.57	Milk, Nuts and Wheat
36	MEGA DBC	259	693	267.78	3.91	39.59	27.36	10.42	Milk, Nuts and Wheat
37	DBC DUET	216	560	259.51	4.16	32.21	21.16	12.67	Milk, Nuts and Wheat
<b>INTERNATIONAL CLASSICS</b>									

38	TRES LECHES	230	665	239.08	5.55	30.91	18.11	10.36	Milk, Nuts and Wheat	
39	BANOFFEE SUNDAE	274	648	236.63	3.52	31	17.71	10.95	Milk, Nuts and Wheat	
40	CAKE & SCOTCH	261	849	325.32	4.25	42.43	30.01	15.4	Milk, Nuts and Wheat	
41	CLASSIC BANANA SPLIT	369	699	189.38	2.34	28.13	20.87	7.5	Milk and Nuts	
DESI DELIGHTS										
42	DRY FRUIT SPECIAL	295	716	242.66	4.65	30.14	14.77	11.5	Milk and Nuts	
43	KESAR KULFI	135	549	174.23	4	25.99	13.96	6.03	Milk and Nuts	
44	GULAB JAMUN DELIGHT	152	470	309.33	6.6	37.32	23.48	14.85	Milk, Nuts and Wheat	
NATURAL FLAVOURS										
45	JAGGERY FRUIT & NUT	80	235.63	235.63	4.08	27.48	15.84	12.5	Milk and Nuts	
46	JACKFRUIT	85	174	204.31	3.84	21.79	13.5	11.31	Milk	
47	REAL CHIKOO	85	173	203.17	3.85	21.43	13.5	11.36	Milk	
MILKSHAKES										
48	WILD STRAWBERRY	310	509	164.16	2.97	21.15	18.52	7.52	Milk	
49	COLD COFFEE	286	427	149.3	3.27	15.02	12.07	8.46	Milk	
50	CHOCOLATE	300	528	176.16	3.41	19.93	16.15	9.2	Milk	
51	CARAMEL VANILLA	305	491	161.03	3.18	17.66	14.63	8.63	Milk and Nuts	
52	COOKIE SHAKE	325	637	196.08	3.6	22.56	15.37	10.16	Milk and Wheat	
THICKSHAKES										
53	BANANA MANGO	363	479	132.1	2.84	16.55	7.4	6.06	Milk	
54	RED VELVET COOKIE	382	825	215.93	3.89	31.44	19.85	8.29	Milk and Wheat	
55	DBC SHAKE	342	669	195.78	4.07	27.64	16.95	7.66	Milk and Wheat	
FALOODA										
56	CLAASIC VANILLA	314	535	170.37	3.85	25.85	14.08	5.73	Milk, Nuts and Wheat	
57	ROYAL KULFI	315	549	174.23	4	25.99	13.96	6.03	Milk, Nuts and Wheat	
58	ALPHONSO MANGO	320	489	152.73	3.93	21.9	6.8	5.49	Milk, Nuts and Wheat	
59	KESAR PISTA	320	557	174.28	3.89	26.45	14.69	5.88	Milk, Nuts and Wheat	
SORBET CUBES										
60	MANGO SORBET	68	57	83.7	0	20.92	16.05	0		
61	ALPHONSO MANGO CHILLI SORBET	68	57	83.7	0	20.92	16.05	0		
62	GUAVA CHILLI SORBET	68	60	88.05	0	22.01	20.64	0		
63	KALA JAMUN SORBET	68	57	83.7	0	20.92	16.05	0		
FLAVOUR DUOS										
64	VANILLA	85	183	215.22	4.08	21.6	15	12.5	Milk	
65	BUTTERSCOTH	85	204	239.76	3.9	27.69	21.02	12.6	Milk and Nuts	
66	ALPHONSO MANGO	85	171	200.69	3.72	21.14	13.5	11.25	Milk	
67	RED VELVET	85	191	225.19	4.01	26.93	18.04	11.27	Milk and Wheat	
68	STRAWBERRY	85	183	215.22	4.08	21.6	15	12.5	Milk	
69	CHOCOLATE ALMOND FUDGE	85	217	255.26	5.99	21.6	15.5	16.1	Milk and Nuts	
70	LYCHIA	85	169	198.87	3.85	20.98	13.2	11.05	Milk	
71	COFFEE BRAZILIA	85	183	215.22	4.08	21.6	15	12.5	Milk	
72	BELGIAN CHOCOLATE	85	210	246.85	4.16	25.94	19	14.05	Milk	
73	COOKIE N CREAM	85	209	245.4	4.32	27.16	17.64	13.28	Milk and Wheat	
74	PURPLE PUNCH	85	182	214.16	3.85	24.85	13.2	11.04	Milk	
75	PISTACHIO NUT	85	202	237.46	4.94	22.07	14.1	14.38	Milk and Nuts	
76	FRUIT PUNCH	85	202	238.14	4.78	24.02	13.65	13.66	Milk and Nuts	
77	KULFI	85	209	245.57	5.31	22.76	14.1	14.81	Milk and Nuts	
78	PAAN	85	189	222.72	4.44	23.79	15.55	12.2	Milk and Nuts	
79	FIG-O-HONEY	85	181	212.6	3.85	24.55	16.18	11	Milk	
80	RICH CHOCOLATE	85	193	227.25	4.59	23.4	15	12.8	Milk	
81	FRESH PINEAPPLE	85	169	199.28	3.85	22.22	15.14	11	Milk	