



Nutritional Information (Aug-2026)

Sr. No	Product	Serving Size (gm)	Energy per Sundae (kcal)	Protein per Sundae (gm)	Carbohydrate per Sundae (gm)	Sugar per Sundae (gm)	Total Fat per Sundae (gm)	Allergen Information
PB ORIGINALS								
1	RED VELVET CHOCO SIN	265	682.57	9.98	96.65	66.52	26.91	Contains Milk and Milk Products, Wheat (Gluten), Soy, and Nuts
2	CHOCOZILLA	250	721.46	9.94	96.50	77.93	33.02	Contains Milk and Milk Products, Wheat (Gluten), Soy, and Nuts
3	FRUIT ZEST	290	563.53	8.05	92.72	78.41	19.40	Contains Milk & Milk Products, Wheat (Gluten), and Tree Nut.
4	TRES LECHEs	235	621.81	13.73	57.60	40.88	38.60	Contains Milk, Wheat (Gluten), & Nuts
5	DRY FRUIT SPECIAL	245	655.22	11.45	103.44	87.31	25.29	Contains Milk, Wheat (Gluten), & Nuts
6	BANOFFEE SUNDAE	325	773.47	12.63	104.67	72.64	35.30	Contains Milk, Wheat (Gluten), Almonds; may contain Soy
DEATH BY CHOCOLATE								
7	DEATH BY CHOCOLATE	377	976.94	14.80	133.70	111.83	43.37	Contains Milk, Wheat (Gluten), Cashew Nuts.
8	MY DBC	211	545.12	7.72	75.88	66.34	23.82	Contains Milk, Wheat (Gluten), Cashew Nuts.
CHOCOLATE SUNDAE								
9	COOKIE MONSTER	264	814.07	10.51	111.41	82.06	36.55	Contains Milk, Wheat (Gluten), Soy.
10	CHOCO BROWNIE FUDGE	232	664.43	10.05	92.70	66.67	29.14	Contains Milk, Wheat (Gluten), Cashew Nuts, Soy.
11	BROWNIE FUDGE	232	654.80	9.64	91.26	65.23	28.89	Contains Milk, Wheat (Gluten), Cashew Nuts, Soy.
12	CHOCO LAVA FUDGE	280	875.46	38.97	61.07	61.54	34.64	Contains Milk, Wheat (Gluten), Cashew Nuts, Soy.
13	HOT CHOCOLATE FUDGE - JUNIOR	90	235.43	4.57	24.38	23.35	13.68	Contains Milk, Cashew Nuts, Soy.
14	HOT CHOCOLATE FUDGE - REGULAR	200	492.06	7.77	58.34	60.81	25.68	Contains Milk, Cashew Nuts, Soy.
15	HOT CHOCOLATE FUDGE - LARGE	280	709.95	11.67	82.60	84.74	37.76	Contains Milk, Cashew Nuts, Soy.
FRUITY DELIGHTS								
16	GUDBUD	230	498.81	7.56	76.62	68.52	18.85	Contains Milk, Cashew Nuts.
17	MANGO BERRY	185	419.52	5.70	63.88	56.19	15.72	Contains Milk and Wheat; May contain Soy
18	CLASSIC BANANA SPLIT	330	625.00	8.70	98.37	83.92	24.55	Contains Milk, Cashew Nuts.
19	LYCHEE SUNDAE	245	479.40	7.12	75.40	67.92	17.86	Contains Milk, Cashew Nuts.
20	LYCHEE SHOT	165	350.20	5.52	54.93	48.59	13.35	Contains Milk, Cashew Nuts.
KIDS SUNDAES								
21	CHOCOLATE BOY	142	480.82	6.35	61.45	45.81	23.49	Contains Milk and Wheat; May contain Soy and Nuts.
22	COOKIE MAN	136	433.84	6.94	59.17	38.41	18.99	Contains Milk and Wheat; May contain Soy.
FUNDAES								
23	CAKE N SCOTCH	235	689.49	9.89	91.03	71.28	32.79	Contains Milk and Cashew; May contain Gluten and Soy
24	BUTTERSCOTCH FUDGE	210	596.31	9.33	73.37	72.31	30.28	Contains Milk and Cashew; May contain Soy.
25	BLUEBERRY BLISS	165	437.38	8.39	64.17	53.26	16.61	Contains Milk and Cashew; May contain Gluten
26	SEVEN WONDERS	290	Depends Upon Flavour Choices					Allergen Depends On The Ice-Cream Flavours.
NATURALLY GOOD SUNDAES								
27	JAGGERY ALMOND FUSION	215	517.58	11.75	55.76	40.35	30.10	Contains Milk and Nuts
28	TROPICAL DRY FRUIT MEDLEY	225	503.24	9.60	68.43	45.79	23.10	Contains Milk and Nuts
29	REAL CHIKOO WITH DRY FRUITS	225	459.50	45.20	54.31	49.59	27.84	Contains Milk and Nuts
COFFEE SUNDAES								
30	TIRAMISU	157	406.86	7.02	57.58	46.00	16.49	Contains Milk and Wheat; May contain Soy.
31	MOCHA TWIST	177	468.75	7.29	67.30	59.51	18.98	Contains Milk and Wheat; May contain Soy and Nuts
32	KULFI KAAPI	174	414.69	9.19	45.85	41.18	22.04	Contains Milk, May contain Nuts
WOW VALUE SUNDAES								
33	FRUITY MANGO TANGO	170	262.26	2.59	47.20	37.94	7.43	Contains Milk, May contain Sulphites
34	COOKIE SHOT	207	576.80	7.49	73.81	64.28	28.12	Contains Milk and Wheat, May contain Soy
35	VERY BERRY	130	308.87	3.93	49.56	44.08	10.57	Contains Milk, May contain Sulphites
36	CHOCOLATE CRUSH	140	444.00	5.15	53.84	49.14	23.29	Contains Milk, May contain Soy and Nuts
37	FRUIT BURST	215	479.22	7.90	69.07	57.91	19.86	Contains Milk and Nursemaid contain Sulphites.
38	CHOCO ALMOND FUDGE	125	365.52	6.65	39.68	35.97	20.54	Contains Milk and Nuts; May contain Soy and Wheat
BISCOFF COOKIE SUNDAE								
39	BISCOFF BANOFFEE SUNDAE	245	578.19	9.29	91.33	75.13	19.88	Contains Milk and Wheat; May contain Soy and Nuts.
40	BISCOFF COFFEE SHOT	160	467.43	6.61	63.49	52.79	20.89	Contains Milk and Wheat; May contain Soy and Nuts
41	BISCOFF CARAMEL MEDLEY	230	642.11	10.09	91.58	70.70	26.21	Contains Milk and Wheat; May contain Soy and Nuts
FALOODAS								
42	MALAI KULFI	356	709.32	17.87	111.77	54.31	32.63	Contains Milk, Nuts & May contain Sulphites.
43	DRY FRUIT	391	814.19	16.70	125.66	68.58	29.73	Contains Milk, Nuts & May contain Sulphites.
44	MANGO	361	618.37	11.40	99.82	41.31	20.15	Contains Milk, Nuts & May contain Sulphites.
45	CLASSIC VANILLA	331	649.45	12.44	103.59	64.30	21.54	Contains Milk, Nuts & May contain Sulphites.
ICE CREAM SHAKES								
46	COOKIE	373	755.11	13.95	86.18	72.60	39.60	Contains Milk and Wheat; May contain Soy
47	CHOCOLATE	353	694.57	13.13	74.22	73.24	38.50	Contains Milk; May contain Soy and Nuts.
48	COLD COFFEE	337	562.95	11.88	57.58	57.06	31.72	Contains Milk; May contain Soy
49	MANGO	353	550.95	11.30	62.82	57.94	28.28	Contains Milk; May contain Sulphites.
50	WILD BERRY	333	560.66	11.55	61.99	61.42	29.65	Contains Milk; May contain Sulphites
SORBETS								
51	KALA JAMUN	60	72.48	0.00	18.12	15.60	0.00	NA
52	GUAVA CHILLI	61	64.46	0.00	16.12	14.40	0.00	NA
53	ALPHONSO MANGO CHILLI	61	69.84	0.00	17.46	14.40	0.00	NA
54	MANGO	60	69.84	0.00	17.46	14.40	0.00	NA
ICE CREAM BULK								
1	Alphonso Mango	100	207.25	3.72	22.80	21.60	11.25	Contains Milk
2	Belgian Chocolate	100	246.85	4.16	25.94	25.94	14.05	Contains Milk
3	Butterscotch	100	239.76	3.90	27.69	27.69	12.60	Contains Milk and Nuts
4	Chikoo	100	203.17	3.85	21.43	21.43	11.36	Contains Milk
5	Chocolate	100	227.25	4.59	23.40	23.40	12.81	Contains Milk
6	Coffee Brazilia	100	215.22	4.08	21.60	21.60	12.50	Contains Milk and Milk Products
7	Cookies N Cream	100	244.12	4.32	26.83	23.36	13.28	Contains Milk and Wheat
8	Fruit Punch	100	238.14	4.78	24.02	24.02	13.66	Contains Milk and Milk Products, Tree Nuts
9	Gajar Halwa	100	210.37	4.35	22.85	22.85	11.29	Contains Milk and Nuts
10	Jackfruit	100	222.95	3.85	26.20	21.60	11.31	Contains Milk
11	Jaggery Fruit & Nut	100	235.63	4.08	27.48	27.48	12.50	Contains Milk and Nuts
12	Kulfi	100	245.57	5.31	24.80	22.76	14.81	Contains Milk and Nuts
13	Lychica	100	198.77	3.85	20.98	20.98	11.05	Contains Milk and Milk Products
14	NAS Vanilla	100	191.92	3.91	19.32	19.32	11.00	Contains Milk
15	Paan	100	222.72	4.44	23.79	23.79	12.20	Contains Milk and Nuts
16	Pineapple	100	199.28	3.85	21.22	21.22	11.00	Contains Milk
17	Pistachionut	100	237.46	4.94	22.07	22.07	14.38	Contains Milk and Nuts
18	Purple Punch	100	214.16	3.85	24.85	24.85	11.08	Contains Milk
19	Red Velvet Cheese Cake	100	225.19	4.01	26.93	26.93	11.27	Contains Milk
20	Strawberry	100	215.22	4.08	21.60	21.60	12.50	Contains Milk
21	Toffee	100	239.76	3.90	27.69	27.69	12.65	Contains Milk
22	Vanilla	100	215.22	4.08	21.6	21.6	12.5	Contains Milk
23	Malai Kulfi	100	209.98	4.25	20.37	13.5	12.5	Contains Milk
24	Roll Kulfi Rajwaadi	100	245.36	5.3	22.74	22.74	14.8	Contains Milk

Note: An average active adult requires 2000 Kcal energy per day. However, calories needs may vary.

The nutritional values mentioned above are approximate values calculated as per FSSAI guidelines and may vary slightly depending on preparation and serving size.