



BAHAMA BUCKS® 2021

NUTRITION GUIDE

Ingredients

ALLERGENS/SENSITIVITIES

	EGGS	MILK	PEANUTS	SOYBEAN	TREE NUTS	WHEAT	GLUTEN	MSG	CORN
Shaved Ice, <i>Original Flavors</i>									
Shaved Ice, <i>Super Sour Flavors</i>									
Shaved Ice, <i>Thin Ice™ Flavors</i>									●
Shaved Ice, <i>Natural Flavors</i>									
Island Smoothies, <i>Cream Blend</i>		●							●
Island Smoothies, <i>Fruit Blend</i>		●							
Island Smoothies, <i>Lite</i>		●							●
Island Smoothies, <i>Dairy-Free</i>				●					●
Mainland Coffees									
Iced Coffees		●		●					●
Frostalattés®		●		●					●
Hot Koko		●		●					●
Hot Frost™		●		●					●
Lemonades and Limeades									●
Bahama Sodas									●
Bahama Sodas, <i>Lite</i>									●
Paradise Fruit®									
SnoBlast®									●

ISLAND TOPPINGS-CREMES

Tropic Creme				●					●
Tropic Creme, <i>Sugar Free</i>				●					●
Chocolate Creme		*		●					●

ISLAND TOPPINGS-SAUCES

Caramel Sauce		●		●	▲				●
Dark Chocolate Sauce		*		●	▲				●
Sour Patch® Sauce				●					
Strawberry Sauce									
Chamoy	▲	▲	▲	▲	▲	▲			●
La Lechera									

ADD-ONS

Chocolate Ice Cream		●							●
Strawberry Ice Cream		●							●
Vanilla Ice Cream		●							●
No Sugar Added Vanilla Ice Cream		●							●
Non-Dairy Whipped Topping		*		●					
Maraschino Cherries									●
Chili Salt									
Sour Sand™									
Piccadilly									●

BAHAMA BOOSTS

Vanilla Whey Protein		●							
Energy									

The ● indicates the item contains the listed allergen or sensitivity. The * indicates the item contains Sodium Caseinate (milk derivative).

The ▲ indicates that the product is produced in a facility that uses the listed allergens.

† For more nutrition details, refer to page14-15.

INGREDIENTS

BAG IN BOX

Coconut BIB: Water, pure cane sugar, citric acid, liquid sodium benzoate (as a preservative), natural coconut flavor.

Mango BIB: Water, pure cane sugar, citric acid, liquid sodium benzoate (as a preservative), natural mango flavor, yellow 5, red 40.

Orange BIB: Water, pure cane sugar, citric acid, liquid sodium benzoate (as a preservative), natural orange flavor, yellow 5, red 40.

Pineapple BIB: Water, pure cane sugar, citric acid, liquid sodium benzoate (as a preservative), natural pineapple flavor, yellow 5, red 40.

Strawberry BIB: Water, pure cane sugar, citric acid, liquid sodium benzoate (as a preservative), natural strawberry flavor, red 40.

FLAVORINGS

Flavorings, Original or Super Sour: Water, pure cane sugar, artificial and natural flavorings, citric acid, sodium benzoate (as preservative), and may contain one or more of the following: yellow 5, red 40, and blue 1.

Flavorings, Thin Ice: Water, dextrose, artificial sweeteners, Stevia, artificial and natural flavorings, citric acid, sodium benzoate (as a preservative), xanthan gum, may contain one or more of the following: yellow 5, red 40, and blue 1.

Shaved Ice Flavors without artificial dye include: Natural Coconut, Natural Guava, Natural Lemon, Natural Mango, Natural Pineapple, Natural Watermelon, Birthday Cake, Cheesecake, Coconut Cream Pie, Jamaican Rum, Piña Colada, Wedding Cake, White Bomb Pop, and White Coconut.



BASES & MIXES

Acai Powder: Organic Acai powder

Double Chocolate Frappé Mix: Sugar, cocoa--processed with alkali, nonfat milk powder, partially hydrogenated coconut oil, corn syrup solids, sodium caseinate (a milk derivative), contains 2% or less of cellulose gum, xanthan gum, maltodextrin, dipotassium phosphate, propylene glycol esters of fatty acids, mono and diglycerides, silicon dioxide, salt, soy lecithin (as an emulsifier), carrageenan, natural and artificial flavors--contains dairy, cinnamon, artificial color.

Frozen Lemonade/Limeade Mix: Water, pure cane sugar, ethyl alcohol, natural flavor, salt, mixed tocopherols, sodium benzoate (as a preservative).

Frostalatté Base: Milk, water, sugar, coffee, potassium sorbate.

Nonfat Vanilla Greek Yogurt: Cultured grade a nonfat milk, water, cane sugar, corn starch, contains less than 1% of natural flavors, lemon juice concentrate, carob bean gum, vegetable juice (for color), vitamin D3.

Sugar Free Base: Water, dextrose, artificial sweeteners, Stevia, sodium benzoate (as a preservative), xanthan gum.

White Chocolate Flavor Mix: Sugar, partially hydrogenated coconut oil, corn syrup solids, sodium caseinate (a milk derivative), natural and artificial flavors (contains dairy), dipotassium phosphate, propylene glycol esters of fatty acid, mono and diglycerides, sodium silico aluminate, salt, soy lecithin (as an emulsifier), calcium carra-geenan, artificial color.



ISLAND TOPPINGS/ADD-ONS

Ice Cream, Homemade Vanilla: Milk, cream, sugar, skim milk, high fructose corn syrup, natural and artificial vanilla flavor, cellulose gum, vegetable gums (guar, carrageenan, carob bean), salt, annatto color.

Ice Cream, Dutch Chocolate: Milk, cream, skim milk, sugar, high fructose corn syrup, cocoa (processed with alkali), cellulose gum, vegetable gums (guar, carrageenan, carob bean), salt.

Ice Cream, Strawberry: Milk, cream, sugar, skim milk, strawberries, high fructose corn syrup, corn syrup, citric acid, cellulose gum, vegetable gums (guar, carrageenan, carob bean), artificial color (includes red 40, red 3, blue 1), natural and artificial flavor, annatto color, caramel color.

Ice Cream, No Sugar Added Vanilla: Milk, skim milk, polydextrose, cream, sorbitol, maltodextrin, cellulose gel, cellulose gum, vegetable gums (guar, carrageenan, carob bean), natural and artificial flavor, soy mono- and diglycerides, high intensity sweeteners (may contain one or more of the following: sucralose, aspartame, acesulfame potassium), annatto color, vitamin A palmitate.

Non-Dairy Whipped Cream: Water, partially hydrogenated palm kernel oil, sugar, contains less than 1%: sodium caseinate (a milk derivative), polysorbate 60, mono and diglycerides, artificial flavor, sorbitan monostearate, disodium phosphate, hexaglycerol distearate, carrageenan, beta carotene (color), propellant: nitrous oxide.

Maraschino Cherries: Cherries, water, high fructose corn syrup, corn syrup, citric acid, artificial flavor, preserved with sodium benzoate and potassium sorbate, red 40, sulfur dioxide (preservative).

Sprinkles: Sugar crystals, red 3, blue 1, yellow 5.

Jolly Rancher® Sprinkles: Sugar; high maltose corn syrup; palm oil; malic acid; contains 2% or less of: sodium lactate; magnesium stearate; natural and artificial flavors; glyceryl monostearate; lecithin (soy); artificial color (red 40; yellow 5; blue 1).

Chili Salt: Chili pepper, salt, sugar, citric acid, calcium stearate.

Cinnamon Sugar: Sugar, ground cinnamon.

Sour Sand™: Sugar, citric acid.

Pickles: Cucumbers, water, distilled vinegar, salt, high fructose corn syrup, calcium chloride, natural flavors, polysorbate 80, yellow 5.

Tropic Creme: Water, high fructose corn syrup, hydrogenated coconut oil, partially hydrogenated palm kernel oil, contains less than 2% of the following: carbohydrate gum, sugar, polysorbate 60, polyglycerol esters of fatty acids, salt, sodium alginate, soy lecithin, artificial flavor, sodium citrate, natural flavor, colored with turmeric and annatto extracts.

Tropic Creme, Sugar Free: Water, hydrogenated starch hydrolysate, partially hydrogenated coconut oil, partially hydrogenated palm kernel oil, contains less than 2% of the following: carbohydrate gum, polysorbate 60, polyglycerol esters of fatty acids, salt, sodium alginate, soy lecithin, artificial flavor, sodium citrate, natural flavor, colored with beta carotene.

Chocolate Creme: High fructose corn syrup, water, hydrogenated vegetable oil (palm, palm kernel, coconut and/or cottonseed), cocoa alkali processed, corn syrup, contains less than 2% of the following: *sodium caseinate (a milk derivative), soy protein concentrate, polysorbate 60, sugar, carbohydrate gum, salt, polyglycerol esters of fatty acids, to preserve freshness (potassium sorbate), artificial flavor, xanthan gum.

Chamoy: Water, corn starch, citric acid, iodized salt, chili powder (chili pepper 2% or less of silicon dioxide), artificial color FD&C red #40, .01% sodium benzoate as a preservative.

Sour Patch® Sauce: Powdered sugar, soybean oil, sugar, citric acid, coconut oil, red 40 lake, natural and artificial flavors, mono- and diglycerides and soy lecithin.

Dark Chocolate Sauce: High fructose corn syrup, hydrogenated vegetable oil (palm, palm kernel, coconut and/or cottonseed), water, cocoa alkali processed, corn syrup, contains less than 2% of the following: *sodium caseinate (a milk derivative), colored with (caramel color), soy protein concentrate, polysorbate 60, sugar, carbohydrate gum, natural and artificial flavor, artificial color (red 40, blue 2, yellow 5, yellow 6, blue 1), salt, polyglycerol esters of fatty acids, soy lecithin, to preserve freshness (potassium sorbate), xanthan gum.

La Lechera: Milk, sugar.

Caramel: Corn syrup, water, high fructose corn syrup, sugar, nonfat milk, heavy cream, salt, natural flavor, pectin, disodium phosphate





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BUCK'S
Original Shaved Ice Company

bahamabucks.com

NUTRITIONAL NOTES

The nutritional and allergen information Bahama Buck's® has provided is based on standard product formulations. Since all Snos (Shaved Ice), Smoothies, Lemonades, Limeades, Island House® Coffees, Bahama Sodas, and Paradise Fruit® are made to order, the nutritional content of your product may vary slightly from the information provided here. Some of the listed items may not be available in all stores. A list of detailed ingredients is on pages 14-15.

Shaved Ice Flavors without artificial dye include: Natural Coconut, Natural Guava, Natural Lemon, Natural Mango, Natural Pineapple, Natural Watermelon, Birthday Cake, Cheesecake, Coconut Cream Pie, Jamaican Rum, Piña Colada, Wedding Cake, White Bomb Pop, and White Coconut.

All milk-based beverages contain whole milk. Reduced calories substitutions may be available upon request. Please ask an Avalanche Crew member for more details.

Individual franchise owners and operators may substitute Pepsi-Cola® in place of Coca-Cola® products.

Bahama Boosts are not intended to diagnose, treat, cure, or prevent any disease, but rather are dietary supplements intended solely for nutritional support. Please consult your physician before beginning any supplement program, especially if you are pregnant or nursing.

For further information contact Bahama Buck's Corporate Office at 1-888-382-8257.

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