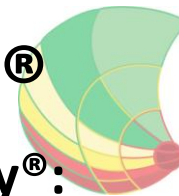


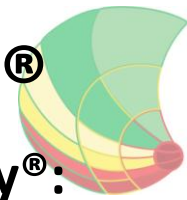
Healthy FOOD SPIRAL®



Menu items for Cold Stone Creamery®:

Food	Factor	Food	Factor
1 slice each or as stated		Oreo Cookie Ice Cream, Like It Size (Small)	5
Adult 6-inch Round Cake, Celebration Sensation® (1 slice/1/8 cake)	3	Peanut Butter Ice Cream, Gotta Have It Size (Large)	10
Adult 6-inch Round Cake, Chocolate Chipper™ (1 slice/1/8 cake)	5	Peanut Butter Ice Cream, Love It Size (Medium)	7
Adult 6-inch Round Cake, Coffeehouse Crunch® (1 slice/1/8 cake)	5	Peanut Butter Ice Cream, Like It Size (Small)	5
Adult 6-inch Round Cake, Cookie Sough Delirium® (1 slice/1/8 cake)	5	Pecan Praline Ice Cream, Gotta Have It Size (Large)	7
Adult 6-inch Round Cake, Cookies & Creamery® (1 slice/1/8 cake)	5	Pecan Praline Ice Cream, Love It Size (Medium)	5
Adult 6-inch Round Cake, Midnight Delight® (1 slice/1/8 cake)	5	Pecan Praline Ice Cream, Like It Size (Small)	3
Adult 6-inch Round Cake, MMMMMM Chip® (1 slice/1/8 cake)	5	Pistachio Ice Cream, Gotta Have It Size (Large)	7
Adult 6-inch Round Cake, Peanut Butter Playground® (1 slice/1/8 cake)	5	Pistachio Ice Cream, Love It Size (Medium)	5
Adult 6-inch Round Cake, Snicker's Supreme® (1 slice/1/8 cake)	5	Pistachio Ice Cream, Like It Size (Small)	3
Adult 6-inch Round Cake, Strawberry Passion® (1 slice/1/8 cake)	5	Pumpkin Ice Cream, Gotta Have It Size (Large)	7
Adult 6-inch Round Cake, Zebra Stripes (1 slice/1/8 cake)	5	Pumpkin Ice Cream, Love It Size (Medium)	5
Adult 6-inch Round Cake, Zebra Stripes Dark (1 slice/1/8 cake)	5	Pumpkin Ice Cream, Like It Size (Small)	3
Adult 8-inch Round Cake, Celebration Sensation® (1 slice)	3	Raspberry Ice Cream, Gotta Have It Size (Large)	7
Adult 8-inch Round Cake, Chocolate Chipper® (1 slice)	5	Raspberry Ice Cream, Love It Size (Medium)	5
Adult 8-inch Round Cake, Coffeehouse Crunch® (1 slice)	5	Raspberry Ice Cream, Like It Size (Small)	3
Adult 8-inch Round Cake, Cookie Dough Delirium® (1 slice)	5	Sinless Sans Fat™, Sweet Cream, Gotta Have It Size (Large)	5
Adult 8-inch Round Cake, Cookies & Creamery® (1 slice)	5	Sinless Sans Fat™, Sweet Cream, Love It Size (Medium)	3
Adult 8-inch Round Cake, Midnight Delight® (1 slice)	5	Sinless Sans Fat™, Sweet Cream, Like It Size (Small)	2
Adult 8-inch Round Cake, MMMMMM Chip® (1 slice)	5	Sinless Cake Batter Ice Cream, Gotta Have It Size (Large)	5
Adult 8-inch Round Cake, Peanut Butter Playground® (1 slice)	5	Sinless Cake Batter Ice Cream, Love It Size (Medium)	3
Adult 8-inch Round Cake, Snicker's Supreme® (1 slice)	5	Sinless Cake Batter Ice Cream, Like It Size (Small)	2
Adult 8-inch Round Cake, Strawberry Passion® (1 slice)	5	Strawberry Ice Cream™, Gotta Have It Size (Large)	5
Adult 8-inch Round Cake, Zebra Stripes® (1 slice)	5	Strawberry Ice Cream, Love It Size (Medium)	3
Adult 8-inch Round Cake, Zebra Stripes®	5	Strawberry Ice Cream, Like It Size (Small)	2

Healthy FOOD SPIRAL[®]



Menu items for Cold Stone Creamery[®]:

Dark (1 slice)	
Amaretto Ice Cream, Gotta Have It Size (Large)	10
Amaretto Ice Cream, Love It Size (Medium)	7
Amaretto Ice Cream, Like It Size (Small)	5
Banana Ice Cream, Gotta Have It Size (Large)	10
Banana Ice Cream, Love It Size (Medium)	7
Banana Ice Cream, Like It Size (Small)	5
Black Cherry Ice Cream, Gotta Have It Size (Large)	10
Black Cherry Ice Cream, Love It Size (Medium)	7
Black Cherry Ice Cream, Like It Size (Small)	5
Butter Pecan Ice Cream, Gotta Have It Size (Large)	10
Butter Pecan Ice Cream, Love It Size (Medium)	7
Butter Pecan Ice Cream, Like It Size (Small)	5
Cake Batter Ice Cream, Gotta Have It Size (Large)	10
Cake Batter Ice Cream, Love It Size (Medium)	7
Cake Batter Ice Cream, Like It Size (Small)	5
Candy Cane Ice Cream, Gotta Have It Size (Large)	10
Candy Cane Ice Cream, Love It Size (Medium)	7
Candy Cane Ice Cream, Like It Size (Small)	5
Cheesecake – Non-fat Frozen Yogurt, Gotta Have It Size (Large)	7
Cheesecake – Non-fat Frozen Yogurt, Love It Size (Medium)	5
Cheesecake – Non-fat Frozen Yogurt, Like It Size (Small)	3
Cheesecake –Ice Cream, Gotta Have It Size (Large)	10
Cheesecake –Ice Cream, Love It Size (Medium)	7
Sweet Cream Ice Cream, Gotta Have It Size (Large)	7
Sweet Cream Ice Cream, Love It Size (Medium)	5
Sweet Cream Ice Cream, Like It Size (Small)	3
Vanilla Bean Ice Cream, Gotta Have It Size (Large)	7
Vanilla Bean Ice Cream, Love It Size (Medium)	5
Vanilla Bean Ice Cream, Like It Size (Small)	3
White Chocolate Ice Cream, Gotta Have It Size (Large)	7
White Chocolate Ice Cream, Love It Size (Medium)	5
White Chocolate Ice Cream, Like It Size (Small)	3
Countrytime Pink Lemonade Sorbet, Like It Size (Small)	2
Lemon Sorbet, Gotta Have It Size (Large)	5
Lemon Sorbet, Love It Size (Medium)	3
Lemon Sorbet, Like It Size (Small)	2
Raspberry Sorbet, Gotta Have It Size (Large)	5
Raspberry Sorbet, Love It Size (Medium)	3
Raspberry Sorbet, Like It Size (Small)	2
Watermelon Sorbet, Gotta Have It Size (Large)	5
Watermelon Sorbet, Love It Size (Medium)	3
Watermelon Sorbet, Like It Size (Small)	2
Tart and Tangy Yogurt, Gotta Have It Size (Large)	5
Tart and Tangy Yogurt, Love It Size (Medium)	3
Tart and Tangy Yogurt, Like It Size (Small)	2
Tart and Tangy Berry Yogurt, Gotta Have It Size (Large)	5
Tart and Tangy Berry Yogurt, Love It Size (Medium)	3

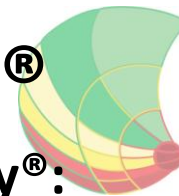
Healthy FOOD SPIRAL®



Menu items for Cold Stone Creamery®:

Cheesecake –Ice Cream, Like It Size (Small)	5	Tart and Tangy Berry Yogurt, Like It Size (Small)	2
Chocolate Low Fat Frozen Yogurt, Gotta Have It Size (Large)	5	Shakes	
Chocolate Low Fat Frozen Yogurt, Love It Size (Medium)	3	Cake ‘n Shake®, Gotta Have It Size (Large)	10
Chocolate Low Fat Frozen Yogurt, Like It Size (Small)	2	Cake ‘n Shake®, Love It Size (Medium)	14
Chocolate Ice Cream, Gotta Have It Size (Large)	10	Cake ‘n Shake®, Like It Size (Small)	16
Chocolate Ice Cream, Love It Size (Medium)	7	Cherry Cheesecake®, Gotta Have It Size (Large)	10
Chocolate Ice Cream, Like It Size (Small)	5	Cherry Cheesecake®, Love It Size (Medium)	12
Cinnamon Ice Cream, Gotta Have It Size (Large)	10	Cherry Cheesecake®, Like It Size (Small)	16
Cinnamon Ice Cream, Love It Size (Medium)	7	Cream de Menthe Cherry Cheesecake®, Gotta Have It Size (Large)	10
Cinnamon Ice Cream, Like It Size (Small)	5	Cream de Menthe Cherry Cheesecake®, Love It Size (Medium)	12
Coconut Ice Cream, Gotta Have It Size (Large)	10	Cream de Menthe Cherry Cheesecake®, Like It Size (Small)	16
Coconut Ice Cream, Love It Size (Medium)	7	Lotta Caramel Latte®, Gotta Have It Size (Large)	12
Coconut Ice Cream, Like It Size (Small)	5	Lotta Caramel Latte®, Love It Size (Medium)	14
Coffee- Non-Fat Frozen Yogurt, Gotta Have It Size (Large)	5	Lotta Caramel Latte®, Like It Size (Small)	16
Coffee- Non-Fat Frozen Yogurt, Love It Size (Medium)	3	Milk and Cookies®, Gotta Have It Size (Large)	12
Coffee- Non-Fat Frozen Yogurt, Like It Size (Small)	2	Milk and Cookies®, Love It Size (Medium)	14
Coffee Ice Cream, Gotta Have It Size (Large)	10	Milk and Cookies®, Like It Size (Small)	16
Coffee Ice Cream, Love It Size (Medium)	7	Oh Fudge!®, Gotta Have It Size (Large)	12
Coffee Ice Cream, Like It Size (Small)	5	Oh Fudge!®, Love It Size (Medium)	16
Dipped Waffle	3	Oh Fudge!®, Like It Size (Small)	18
Dipped Waffle with Candy	5	PB & C®, Gotta Have It Size (Large)	12
Egg Nog Ice Cream, Gotta Have It Size (Large)	10	PB & C®, Love It Size (Medium)	16
Egg Nog Ice Cream, Love It Size (Medium)	7	PB & C®, Like It Size (Small)	18
Egg Nog Ice Cream, Like It Size (Small)	5	Savory Strawberry®, Gotta Have It Size (Large)	10
French Vanilla Ice Cream, Gotta Have It Size (Large)	10	Savory Strawberry®, Love It Size (Medium)	12

Healthy FOOD SPIRAL®



Menu items for Cold Stone Creamery®:

French Vanilla Ice Cream, Love It Size (Medium)	7
French Vanilla Ice Cream, Like It Size (Small)	5
Irish Cream Ice Cream, Gotta Have It Size (Large)	10
Irish Cream Ice Cream, Love It Size (Medium)	7
Irish Cream Ice Cream, Like It Size (Small)	5
Italian Sorbet – Lemon, Gotta Have It Size (Large)	5
Italian Sorbet – Lemon, Love It Size (Medium)	3
Italian Sorbet – Lemon, Like It Size (Small)	2
Italian Sorbet – Raspberry, Gotta Have It Size (Large)	5
Italian Sorbet – Raspberry, Love It Size (Medium)	3
Italian Sorbet – Raspberry, Like It Size (Small)	2
Kid's 8-inch Round Cake, Barbie™ (1/8 cake)	3
Kid's 8-inch Round Cake, Blue's Clues™ (1/8 cake)	3
Kid's 8-inch Round Cake, Harry Potter™ (1/8 cake)	3
Kid's 8-inch Round Cake, Hot Wheels™ (1/8 cake)	3
Kid's 8-inch Round Cake, Lizzie McGuire™ (1/8 cake)	3
Kid's 8-inch Round Cake, Nemo™ (1/8 cake)	3
Kid's 8-inch Round Cake, Spider-Man™	3
Kid's 8-inch Round Cake, SpongeBob™	3
Kid's 8-inch Round Cake, Winnie the Pooh™	3
Kid's Medium Rectangle Cake, Barbie™	5
Kid's Medium Rectangle Cake, Blue's Clues™	5
Kid's Medium Rectangle Cake, Harry Potter™	5
Kid's Medium Rectangle Cake, Hot Wheels™	5
Kid's Medium Rectangle Cake, Lizzie McGuire™	5
Kid's Medium Rectangle Cake, Nemo™	5

Savory Strawberry®, Like It Size (Small)	14
Very Vanilla®, Gotta Have It Size (Large)	12
Very Vanilla®, Love It Size (Medium)	14
Very Vanilla®, Like It Size (Small)	18

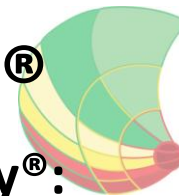
Sinless Shakes

Sinless Cake n Shake- 24 oz.	10
Sinless Cake n Shake- 20 oz.	7
Sinless Cake n Shake- 16 oz.	5
Sinless Oh Fudge- 24 oz.	7
Sinless Oh Fudge- 20 oz.	5
Sinless Oh Fudge 16 oz.	3
Sinless Milk & Cookies- 24 oz.	7
Sinless Milk & Cookies- 20 oz.	5
Sinless Milk & Cookies- 16 oz.	3
Sinless Very Vanilla- 24 oz.	7
Sinless Very Vanilla- 20 oz.	5
Sinless Very Vanilla- 16 oz.	3

Smoothie- Sinless

2 to Mango®, Gotta Have It Size (Large)	3
2 to Mango®, Love It Size (Medium)	3
2 to Mango®, Like It Size (Small)	2
Berry Lemony®, Gotta Have It Size (Large)	3
Berry Lemony®, Love It Size (Medium)	2
Berry Lemony®, Like It Size (Small)	2
Berry Trinity®, Gotta Have It Size (Large)	3
Berry Trinity®, Love It Size (Medium)	2

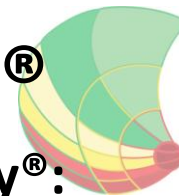
Healthy FOOD SPIRAL®



Menu items for Cold Stone Creamery®:

Kid's Medium Rectangle Cake, Spider-Man™	5	Berry Trinity®, Like It Size (Small)	2
Kid's Medium Rectangle Cake, SpongeBob™	5	Citrus Sunsation®, Gotta Have It Size (Large)	3
Kid's Medium Rectangle Cake, Winnie the Pooh™	5	Citrus Sunsation®, Love It Size (Medium)	3
Macadamia Nut Ice Cream, Gotta Have It Size (Large)	10	Citrus Sunsation®, Like It Size (Small)	2
Macadamia Nut Ice Cream, Love It Size (Medium)	7	Man-Go Bananas®, Gotta Have It Size (Large)	3
Macadamia Nut Ice Cream, Like It Size (Small)	5	Man-Go Bananas®, Love It Size (Medium)	3
Mango Ice Cream, Gotta Have It Size (Large)	10	Man-Go Bananas®, Like It Size (Small)	2
Mango Ice Cream, Love It Size (Medium)	7	On The YoGo®, Gotta Have It Size (Large)	3
Mango Ice Cream, Like It Size (Small)	5	On The YoGo®, Love It Size (Medium)	3
Mint Ice Cream, Gotta Have It Size (Large)	10	On The YoGo®, Like It Size (Small)	2
Mint Ice Cream, Love It Size (Medium)	7	Strawberry Bananas®, Gotta Have It Size (Large)	3
Mint Ice Cream, Like It Size (Small)	5	Strawberry Bananas®, Love It Size (Medium)	3
Mix-Ins- Almond Joy Candy (1 piece)	2	Strawberry Bananas®, Like It Size (Small)	2
Mix-Ins- Apple Pie Filling 1 spoonful	1	Smoothie- Lifestyle	
Mix-Ins- Bananas (1/2 Banana)	1	Banana Banana, Gotta Have It Size (Large)	5
Mix-Ins- Black Cherries (.75 oz.)	2	Banana Banana, Love It Size (Medium)	5
Mix-Ins- Blackberries (.75 oz.)	0	Banana Banana, Like It Size (Small)	3
Mix-Ins- Blueberries (.75 oz.)	0	Banana Strawberry, Gotta Have It Size (Large)	5
Mix-Ins- Brownies (1 piece)180	2	Banana Strawberry, Love It Size (Medium)	5
Mix-Ins- Butterfinger Candy (1/2 Bar)	2	Banana Strawberry, Like It Size (Small)	3
Mix-Ins- Butterscotch, Fat Free (1 oz.)	2	Blueberry Banana, Gotta Have It Size (Large)	5
Mix-Ins- Caramel, Fat Free (1 oz.)	2	Blueberry Banana, Love It Size (Medium)3	5
Mix-Ins- Cashews (1 oz.)	2	Blueberry Banana, Like It Size (Small)	3
Mix-Ins- Cherry Pie Filling (.75 oz.)	1	Blueberry Pineapple, Gotta Have It Size (Large)	5
Mix-Ins- Chocolate Chips (1 oz.)	2	Blueberry Pineapple, Love It Size (Medium)	5
Mix-Ins- Chocolate Sprinkles (1 oz.)	1	Blueberry Pineapple, Like It Size (Small)	3

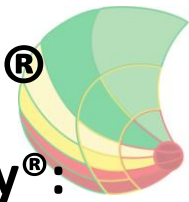
Healthy FOOD SPIRAL®



Menu items for Cold Stone Creamery®:

Mix-Ins- Cinnamon (1/8 teaspoon)	1	Raspberry Banana, Gotta Have It Size (Large)	5
Mix-Ins- Coconut (1 oz.)	2	Raspberry Banana, Love It Size (Medium)	5
Mix-Ins- Cookie Dough (1 piece)	2	Raspberry Banana, Like It Size (Small)	3
Mix-Ins- Fudge, Fat Free (1 oz.)	2	Mango Pineapple, Gotta Have It Size (Large)	5
Mix-Ins- Graham Cracker Pie Crust (1 oz.)	2	Mango Pineapple, Love It Size (Medium)	5
Mix-I Granola- (1 oz.)	2	Mango Pineapple, Like It Size (Small)	3
Mix-Ins- Gumballs (1 oz.)	2	Mango Strawberry, Gotta Have It Size (Large)	5
Mix-Ins- Gummi Bears (1 oz.)	2	Mango Strawberry, Love It Size (Medium)	5
Mix-Ins-Heath Candy Bar (1 bar)	2	Mango Strawberry, Like It Size (Small)	3
Mix-Ins- Honey (1 oz.)	2	Pineapple Coconut Orange, Gotta Have It Size (Large)	5
Mix-Ins- Kit Kat Candy Bar (1/2 bar)	2	Pineapple Coconut Orange, Love It Size (Medium)	5
Mix-Ins- Krackel Candy Bar (1/2 bar)	3	Pineapple Coconut Orange, Like It Size (Small)	3
Mix-Ins- M & M's Candy (1 oz.)	2	Strawberry Raspberry, Gotta Have It Size (Large)	5
Mix-Ins- Macadamia Nuts (1 oz.)	2	Strawberry Raspberry, Love It Size (Medium)	5
Mix-Ins- Maraschino Cherries (1 cherry)	0	Strawberry Raspberry, Like It Size (Small)	3
Mix-Ins- Marshmallow Crème (1 oz.)	2	Supplements- 1 packet	
Mix-Ins- Marshmallows (1 oz.)	2	Nrgize® Whey Protein Supplement	1
Mix-Ins- Nestle Crunch Bar (1/2 bar)	2	Nrgize® Energy Supplement	0
Mix-Ins- Nilla Wafers (3 cookies)	1	Nrgize® Anti-Stress	0
Mix-Ins- Oreo Cookies (2 cookies)	2	Nrgize® Antioxidants/Immune Supplement	0
Mix-Ins- Oreo Pie Crust (1 oz.)	2		
Mix-Ins- Peach Pie Filling (1 oz.)	1		
Mix-Ins- Peanut Butter (.75 oz.)	2		
Mix-Ins- Peanut M & M's (1 oz.)	2		
Mix-Ins-Peanuts (1 oz.)	2		
Mix-Ins- Pecan Pralines (1 oz.)	3		
Mix-Ins-Pecans (1 oz.)	2		

Healthy FOOD SPIRAL[®]



Menu items for Cold Stone Creamery[®]:

Mix-Ins-Pineapple Chunks (.75 oz.)	1	
Mix-Ins-Pistachio Nuts (1 oz.)	3	
Mix-Ins-Rainbow Sprinkles (1 oz.)	1	
Mix-Ins-Raisins (1 oz.)	2	
Mix-Ins-Raspberries (.75 oz.)	0	
Mix-Ins-Reese's Peanut Butter Cup (1 piece)	2	
Mix-Ins-Reese's Pieces 1 oz.)	2	
Mix-Ins-Rich's Whip Topping (1 dollop)	1	
Mix-Ins-Roasted Almonds (1 oz.)	2	
Mix-Ins-Sliced Almonds (1 oz.)	3	
Mix-Ins-Smuckers Caramel (1 oz.)	2	
Mix-Ins-Smuckers Fudge (1 oz.)	2	
Mix-Ins-Snickers Candy (1/2 bar)	2	
Mix-Ins-Strawberries (fresh) (.75 oz.)	0	
Mix-Ins-Toasted Coconut (1 oz.)	2	
Mix-Ins-Twix Candy (1 piece)	2	
Mix-Ins-Walnuts (1 oz.)	2	
Mix-Ins-White Chocolate Chips (1 oz.)	2	
Mix-Ins-Yellow Sponge Cake (1 piece)	1	
York Peppermint Patties (2 pieces)	2	
Mocha Ice Cream, Gotta Have It Size (Large)	10	
Mocha Ice Cream, Love It Size (Medium)	7	
Mocha Ice Cream, Like It Size (Small)	5	
Orange Dreams Ice Cream, Gotta Have It Size (Large)	10	
Orange Dreams Ice Cream, Love It Size (Medium)	7	
Orange Dreams Ice Cream, Like It Size (Small)	5	
Oreo [®] Cookie Ice Cream, Gotta Have It Size (Large)	10	
Oreo [®] Cookie Ice Cream, Love It Size (Medium)	7	