la Diperie

Nutritional Value

Menu item	Serving (g)	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)

To obtain the total count of your order, combine each individual products (Example: Cone + Soft Serve Ice Cream + Dip + Topping = total count for a dipped cone with toppings).

Cones

Mini Cone	4.8 (per 4 mini cones)	20	0	0	0	4	0	0	0.5	0	10	10	0	0.2
Small Cone	4.8	20	0	0	0	4	0	4	0.1	9	5	n/a	0	0.2
Medium Cone	4.8	20	0	0	0	4	0	0	1	0	10	10	0	0.2
Sugar Cone	14	60	0	0	0	12	0	4	1	0	5	20	0	0.75

Dips

Pistachio	25	160	12	7	0	11	0	11	1	5	15	0	0	0.3
Praline	25	150	12	6	0	11	1	10	1	5	10	0	10	0.5
Red Velvet	25	150	12	7	0	11	0	11	1	5	15	0	0	0.75
Smore's	25	150	12	6	0	11	0	11	1	5	15	0	0	0.4
Orange Sorbet	25	150	12	7	0.1	11	0	11	1	5	15	0	40	0.1
Salted Caramel	25	150	12	7	0.1	11	0	10	2	5	20	0	30	0.4
Caramel Pecan	25	150	12	7	0	11	0	10	1	5	15	0	10	0.4
Banana	25	150	12	6	0	11	0	10	1	5	15	0	0	0.4
Dulce De Leche	25	150	12	7	0.1	11	0	10n	2	5	15	0	30	0.4
Strawberry Cream	25	150	12	7	0	11	0	11	1	5	15	0	0	0.3
Cheesecake	25	160	13	7	0	11	0	11	1	5	15	0	0	0.3
Birthday Cake	25	150	12	7	0	11	0	11	1	5	15	0	0	0.3
Key Lime	25	160	13	8	0	11	0	11	1	5	20	0	0	0.4
Mint	25	140	12	7	0	12	2	9	1	0	0	0	10	2.5
Dark Chocolate 56%	25	140	12	7	0	12	2	9	1	0	0	0	10	2.5
Cookie Dough	25	150	12	7	0	11	0	11	1	5	15	0	0	0.4
Espresso	25	150	10	9	0	13	0	11	1	0	7	0	0	7.5
Green Tea	25	150	10	9	0	13	0	11	1	0	7	0	0	7.5
Peanut Butter	25	150	12.5	7.5	0.25	10	0	10	2.5	0	112.5	0	50	0.75
Tiramisu	25	150	12.5	7.5	0.25	10	0	10	2.5	0	12.5	0	50	0.75
Oreo	25	150	12.5	6.25	0.25	10	0	10	1	0	25	0	50	0.25
Dark Chocolate Fleur De Sel	25	150	12.5	7.5	0.25	10	2.5	7.5	1	0	87.5	0	0	2.5
Dark Chocolate 70%	25	150	12.5	7.5	0.25	10	2.5	5	2.5	0	2.5	0	0	4.375
Mango	25	150	12.5	7.5	0.25	10	0	10	1.25	0	12.5	0	50	0
Milk Chocolate	25	150	12.5	7.5	0.25	10	0	10	2.5	0	12.5	0	50	0.75
Maple	25	150	12.5	6.25	0.25	12.5	0	10	1	0	12.5	0	50	0
Baileys	25	150	12.5	7.5	0.25	10	0	10	1.25	0	12.5	0	50	0
Crème Brulée	25	150	12.5	7.5	0.25	10	0	10	1.25	0	12.5	0	50	0
Activated Charcoal	25	150	12.5	7.5	0.25	10	2.5	7.5	1	0	0	0	0	2.5
White Chocolate	25	150	12.5	7.5	0.25	10	0	10	1.25	0	12.5	0	50	0

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Toppings

Rainbow Sprinkles	10	43.4	0.835	0.72	0.001	9.01	0.01	6.3	0.03	0.5	0.004	0.1	0	0
Crumbled Peanuts	30	180	15	2	0	7	2	1	7	0	2	0	20	0.5
Cinnamon Ground	10	0.1	0	0	0	0	0	0	0	0	0	0.3	1	0
Pistachio	10	56	4.5	0.6	0	2.8	0	0.8	2	0	0.1	105	10	0.4
Mini Salted Twist Pretzels	10	40	0.4	0.25	0	7.9	0.3	0.2	1.2	0	92	15	0	0.5
Crunchy Granola	28	110	2.5	0.5	0	19	2	5	3	0	0	100	10	1
Cotton Candy Pieces	5	20	0	0	0	5	0	5	0	0	10	0	0	0
Shredded Coconut	40	190	13	12	0	20	3	16	1	0	75	150	0	0.5
Reese'S Pieces	10	48.2	2.2	1.9	0	6.5	0.4	5.5	1.1	0	12.1	30	4	0.2
Cinnamon Powder	10	0	0	0	0	0	0	0	0	0	0	0	0	0
Rice Krispies	28	110	0	0	0	25	0	3	2	0	140	30	0	3.5
Passion Fruit Popping Bubbles	10	8.4	0	0	0	2.1	0.1	1.6	0	0	3	0	2	0
Pomegranate Popping Bubbles	10	8.4	0	0	0	2.1	0.1	1.6	0	0	3	0	2	0
Strawberry Popping Bubbles	10	8	0	0	0	2	0.1	1.6	0	0	4.6	0	2	0
Mango Popping Bubbles	10	8.4	0	0	0	2.1	0.1	1.6	0	0	3	0	2	0
Crushed Speculoos	10	48	1.9	0.8	0	7.3	0.1	3.8	0.5	0	37	7.5	2	0.1
Gummy Bears	40	130	0	0	0	31	0	21	2	0	15	0	0	0
Graham Crumbs	30	110	1	0.1	0	24	1	7	3	0	230	50	40	1.5
Skor Bite	10	55	3.5	2.1	0.15	6.2	0.1	6.1	0.2	7.5	41	5	2	0.04
Diced Almonds	30	170	15	1	0	5	3	2	7	0	0	200	75	1.25
Chocolate Sprinkles	4	20	0.3	0.3	0	4	0	3	0	0	4	0	0	0

Syrups

Vanilla	100	249.26	0.01	0	0.01	61.76	0.05	61.37	0.05	0	0	0	0	0
Pure Cane	100	240.23	0.03	0	0.01	64.48	0	63.81	0.08	0	0	0	0	0

Desserts

Crepes	100	280	14	7	0	31	2	9	6	35	350	175	175	1.5
Belgian Waffles	70	310	16	8	0.1	37	1	17	4	20	320	100	20	1.5

Milkshake Milks

Milk, 3.25%	250 ml	160	8	5	0.3	13	0	13	9	25	95	350	300	0.1
Chocolate Partly Skimmed Milk 1%	250 ml	170	2.5	1.5	0.1	29	0	25	8	10	160	400	250	0.75
Strawberry Partly Skimmed Milk 1%	473 ml	310	5	3	0.1	53	0	52	15	25	180	650	500	0.2
Caramilk	320 ml	290	7	4	0.2	48	1	46	10	30	270	n/a	0	4%
Coffee Crisp Milkshake	245 ml	200	4	3	0	33	1	32	8	10	150	n/a	0	2%

Smoothies

Strawberry	100	150	0	0	0	39	0	37.5	0	0	5	n/a	n/a	n/a
Mango	100	125	0	0	0	31.5	0	27	0	0	0	n/a	n/a	n/a

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Soft Serve Ice Creams

Chocolate	100	200	10	7	0.3	25	1	22	5	30	125	350	150	1.25
Vanilla	100	210	11	7	0.4	24	0	21	5	30	95	300	150	0.1
Vegan Mango	100	160	5	4	0	29	0	18	1	0	60	40	10	0.3

Hard Ice Creams

Chocolate	188	180	10	6	0.1	22	1	18	4	35	55	200	125	0.5
Cookies And Cream	188	420	21	12	0.1	51	1	38	8	70	190	300	250	1.25
Cotton Candy	188	200	10	6	0.1	25	0	22	4	35	55	175	125	0
Praline	188	220	10	5	0.1	30	0	23	3	30	125	175	125	0.1
Super Hero	188	190	10	6	0.1	21	0	18	4	40	60	175	125	0
Double Strawberry	188	200	9	5	0.1	27	0	22	3	30	55	150	125	0.1
Pistachio	188	200	11	6	0.1	21	0	18	4	35	60	200	125	0.2
Pecan Caramel Fudge	188	220	11	7	0.1	28	1	23	4	30	80	175	125	0.5
Vanilla	188	190	10	6	0.1	21	0	18	4	40	60	175	125	0
Maple Taffy	188	210	9	6	0.1	30	0	24	3	30	70	175	125	0.2
Mint Chocolate Chip	188	200	11	7	0.1	23	0	17	4	35	55	200	125	0.5
Chocolate Cherry Amaretto	188	200	10	7	0.1	25	1	22	4	30	55	175	125	0.5
Salted Caramel	188	190	9	6	0.1	23	0	20	4	35	170	175	125	0
Sorbet Lemon Lime	125 ml	110	0	0	0	26	0	21	0	0	0	0	0	0
Sorbet Strawberry	125 ml	110	0	0	0	27	0	21	0	0	0	0	0	0
Watermelon Sorbet	125 ml	110	1.5	1	0	24	0	20	1	5	25	40	20	0.1
Double Chocolate Brownies	188	200	9	5	0.1	28	1	23	4	30	75	200	100	1.25
Chocolate Chip, Cookie Dough & Fudge	188	230	10	7	0.1	32	1	27	3	30	80	150	100	0.5
Bubble Gum	188	200	9	6	0.1	25	0	22	4	35	60	175	200	0.1
Mango	188	170	7	4.5	0.2	24	1	23	3	20	40	150	100	0.3

Cookies

White Chocolate Macadamia Nuts	54	260	13	6	0.1	34	1	22	3	15	190	70	30	1.4
Carnival	54	250	11	6	0.1	36	1	21	2	10	200	61	9	1
Chocolate Chip	54	250	11	6	0.1	35	1	22	3	15	190	74	10	2
Double Chocolate Chip	54	260	12	6	0.1	34	1	22	3	15	210	160	20	2.3

Lava Cake

Lava Cake	105	440	29	16	0.5	44	3	31	7	155	45	225	30	5

Cookie Doughs

Double Chocolate	100	420	20	5	0	62	3	36	4	0	190	250	20	6.5
Dark Chocolate	100	420	18	4.5	0	66	2	35	4	0	180	40	10	4.5
Oreo	100	430	16	3.5	0	67	1	33	4	0	270	50	10	3
Birthday Cake	100	420	15	2.5	0	70	1	36	3	0	190	40	10	2.5

Macarons Shells

Red Macaron	14 per 2 shells	60	0.5	0.4	0	14	0	13	0.4	0	20	10	0	0
Light Beige Macaron	14 per 2 shells	70	2.5	0.2	0	11	1	10	2	0	10	40	10	0.2
Light Turquoise Macaron	14 per 2 shells	70	2.5	0.2	0	11	1	10	1	0	10	40	10	0.2
Chocolate Macaron	14 per 2 shells	70	2.5	0.2	0	11	0	10	2	0	10	40	10	0.2

Pops

Vanilla Vegan	90	120	4	1	0.1	18	0	16	2	0	25	50	75	0.4
Mango	90	70	0	0	0	19	1	12	0	0	1	0	5	0.2
Raspberry	90	80	1	0	0	19	3	15	1	0	1	0	2	1.75
Chocolate	90	120	3.5	1	0.1	21	1	18	3	0	40	75	75	1.25
Matcha	66	140	10	9	0	13	0	11	1	0	7	n/a	0	4%
Coffee	66	140	10	9	0	13	0	11	11	0	7	n/a	0	4%
Brown Sugar Boba Pop	70 ml	140	5	4.5	0	23	0	15	1	0	45	40	40	0%

Decadent Cakes

Apple Pie	230	730	35	16.7	0.5	115	5	61	8	87	201	5	0	21%
Sugar Pie	220	940	54	32.3	0.6	115	1	81	8	210	150	6	0	19%
Carrot	171	795	56	19.6	0.9	65	2	43	10	124	734	132	0	15%
Brownie	114	420	13	4.4	0.1	74	2	48	5	6	369	13	0	24%
Tiramisu	100	270	20	12	0.4	22	0	17	4	105	100	n/a	0	4%
Rodeo Delight	100	430	26	9	0.2	43	2	29	5	85	180	59	0	15%
Key Lime	230	795	38	18.2	0.4	116	1	89	8	163	155	34	0	14%
Red Velvet	125	490	31	13	0.5	50	1	37	4	40	320	75	75	1
Fudge Mud Pie	80	340	19	6	0	40	2	28	4	30	270	20	30	3
Mango Mousse	80 (1/7 cake)	220	11	6	0	28	1	21	2	20	150	0	20	0.4
Raspberry Mousse	81 (1/6 cake)	220	12	5	0.2	21	1	18	3	95	135	75	40	0.75
Caramel Pear Mousse	85 (1/6 cake)	230	13	6	0.2	22	0	19	3	80	130	50	40	0.5
Rainbow Cake	198	820	52	22	1	80	0	59	4	85	400	37	29	1
Carnival Cake	128	570	32	13	0	68	0	52	2	10	300	26	12	1

Cheesecakes

Original Cheesecake 6”	108	360	22	12	0.2	35	1	25	5	105	310		0	8%
Chocolate Mousse Cheesecake 6"	123	460	32	19	0.1	40	2	29	6	140	270	na	0	25%
White Chocolate Raspberry Truffle Cheesecake 6"	113	410	28	17	0.1	37	1	28	5	120	270	na	0	10%
Classic Cheesecake	162	520	33	19	1	49	1	37	8	155	400	166	99	1
Oreo® Cookies & Cream Cheesecake	162	620	20	23	1	64	2	46	7	120	350	211	98	3
Wild Strawberries & Cream Cheesecake	162	570	39	24	1	49	1	38	7	175	330	138	89	1
Chocolate Cherry Cheesecake	162	590	41	25	1	49	2	42	7	140	290	228	91	3
Banana Foster Cheesecake	162	570	38	24	1	53	1	40	6	155	320	143	100	0
Chocolate Tuxedo Cheesecake	162	590	43	25	1	52	2	40	6	130	230	286	92	3
Dulce De Leche Cheesecake	162	580	38	23	1	54	1	42	7	160	340	161	111	1
Triple Vanilla Cheesecake	162	600	42	26	1	42	1	38	6	150	300	148	104	0
Pumpkin Cheesecake	162	500	35	20	1	44	2	33	6	145	320	204	82	1
White Chocolate & Raspberry Cheesecake	162	590	41	25	1	51	1	40	7	165	310	174	96	2
Double Chocolate Godiva Cheesecake	162	620	51	28	1	50	4	37	7	140	270	305	101	5
Dutch Apples Cheesecake	162	520	29	16	0.5	59	1	41	7	105	320	167	83	1
Snicker'S And Reese'S Cheesecake	162	600	41	23	1	54	2	41	8	155	390	215	102	1

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Cheesecakes

Reese's Cheesecake	162	620	39	20	1	63	3	50	11	125	400	291	106	2
Red Velvet Cheesecake	151	580	33	13	1	66	1	53	5	85	400	117	64	1
Mango Key Lime Cheesecake	162	580	37	24	1	49	1	42	6	155	280	151	87	1
Cinnabon Cheesecake	154	570	30	16	0.5	70	1	55	5	90	410	67	83	1
Hershey'S Cheesecake	162	570	33	18	1	68	1	53	7	115	350	276	88	3

Ice Cream Cakes

Strawberry Shortcake	98 (1/12 cake)	200	9	4	0.1	28	0	22	3	25	160	100	78	0
Triple Chocolate	91 (1/12 Cake)	220	11	5	0.1	29	6	21	4	25	150	80	55	1
Decadent Caramel	96 (1/12 Cake)	220	11	5	0.1	28	5	21	4	30	210	100	82	1
Cookies and Cream	89 (1/12 Cake)	220	11	4	0.1	27	5	14	3	25	180	100	70	1
Bubble Gum Birthday Cake	84 (1/12 Cake)	180	9	4.5	0.1	23	0	17	3	25	150	70	688	0

Donuts

Mini Donuts	60	220	12	6	0.1	23	1	9	3	5	280	0	20	1
Regular Donut	28	100	5	2	0.1	11	0	1	2	0	130	20	10	0.75

Beverages

Guru	355 ml	115	0	n/a	n/a	30	n/a	30	0	n/a	0	n/a	n/a	n/a
Starbucks Tripleshot Mocha	444 ml	230	3	2	0	42	1	34	11	15	210	1050	400	0.4
Starbucks Doubleshot Vanilla	444 ml	210	2.5	1.5	0	34	0	25	12	15	180	1010	0	0%
Pure Leaf Green Tea Honey	547 ml	100	0	0	0	25	N/A	25	0	n/a	10	n/a	n/a	n/a
Pure Leaf Tea Lemon	547 ml	160	0	0	0	41	n/a	41	n/a	n/a	10	n/a	n/a	n/a
Evian Spring Natural Water Glass Bottle	330 ml	0	0	0	0	0	n/a	n/a	0	0	0	n/a	n/a	n/a

The nutrition information provided in this document is based on standard product formulations and was obtained through information provided by our suppliers and on line. Variations may occur due to differences in suppliers, portions, ingredient substitutions, recipe revisions, assembly at restaurant level, and/or time of the year. Baked goods may vary in size. Nutrition information is applicable to products served in Canadian restaurants and may be subject to change at any time. Test products, test formulations, and certain regional products and/or limited time promotional products have not been included. Updates will occur periodically. This document reflects information for our products as of February 2023

Adults and Youth (ages 13 and older) need an average of 2,000 calories a day and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

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