



# NUTRITIONAL FACTS GUIDE

# TABLE OF CONTENTS

## CLASSIC COOKIES

1. CHOCOLATE CHUNK
2. CLASSIC WITH M&M'S®
3. COOKIES AND CREAM
4. DOUBLE CHOCOLATE CHUNK
5. DOUBLE CHOCOLATE MINT
6. OATMEAL RAISIN
7. PEANUT BUTTER CHIP
8. SNICKERDOODLE
9. SUGAR
10. WHITE CHOCOLATE MACADAMIA
11. VEGAN BIRTHDAY CAKE
12. VEGAN CHOCOLATE CHUNK
13. VEGAN DOUBLE CHOCOLATE  
CHUNK
14. VEGAN GLUTEN FREE CHOCOLATE  
CHIP

## DELUXE COOKIES

15. CHOCOLATE PEANUT BUTTER CUP  
DELUXE
16. CONFETTI DELUXE
17. OATMEAL CHOCOLATE WALNUT  
DELUXE
18. SALTED CARAMEL DELUXE
19. S'MORES DELUXE
20. TRIPLE CHOCOLATE DELUXE

## BROWNIES, BROOKIES, BLONDIES

21. CHOCOLATE CHIP BROWNIE
22. CHOCOLATE CHUNK BLONDIE
23. CHOCOLATE CHUNK BROOKIE

## TOPPINGS CHART

### ICE CREAM

25. CARAMILLIONAIRE
26. CHOCOLATE
27. COOKIE D'OUGH
28. COOKIES 'N DREAM
29. DREAMWEAVER
30. MINTERSTELLAR
31. PEANUT BUTTER  
INSOMNIA TRACKS
32. VANILLA



# NUTRITIONAL FACTS GUIDE

## COOKIES

# CHOCOLATE CHUNK

## Nutrition Facts

250 servings per container

**Serving size** 1 cookie  
1.9oz (54g)

Amount per serving

**Calories** 240

% Daily Value\*

**Total Fat** 11g 14%

Saturated Fat 6g 30%

Trans Fat 0g

**Cholesterol** 20mg 7%

**Sodium** 140mg 6%

**Total Carbohydrate** 33g 12%

Dietary Fiber 1g 4%

Total Sugars 19g

Includes 19g Added Sugars 38%

**Protein** 3g

Vitamin D 0mcg 0%

Calcium 14mg 2%

Iron 2mg 10%

Potassium 79mg 2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** ENRICHED WHEAT FLOUR (WHEAT, BARLEY, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, CHOCOLATE CHUNKS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, VANILLA, SALT), BROWN SUGAR, MARGARINE (VEGETABLE OIL BLEND [PALM FRUIT, SOYBEAN AND OLIVE OILS], WATER, SALT, NON-FAT DRY MILK, SOY LECITHIN, MONOGLYCERIDES, NATURAL FLAVOR, VITAMIN A PALMITATE, BETA CAROTENE COLOR), BUTTER, EGGS, INVERT SUGAR, SOY FLOUR, SALT, BAKING SODA, NATURAL VANILLA FLAVOR.

**CONTAINS: EGG, MILK, SOY, WHEAT.**



\*Many of our products contain or may come into contact with common food allergens, including eggs, milk, wheat, soy, peanuts and/or tree nuts. Insomnia Cookies is not an allergen-free environment. Although not all of our products contain food allergens, ALL OF our products are baked or prepared in an environment where eggs, milk, wheat, soy, peanuts and/or tree nuts are present. Due to the presence of such food allergens at all of our locations, we do not recommend consuming any of our products if you are allergic to such food allergens. Our gluten-free products are prepared in an environment where there is a risk of gluten exposure. Therefore, Insomnia Cookies DOES NOT recommend these items for guests with Celiac disease. Guests with gluten sensitivities should exercise judgement in consuming such products.

# CLASSIC WITH **m&m's**

| Nutrition Facts                                                                                                                                               |                       |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| servings per container                                                                                                                                        |                       |
| <b>Serving size</b>                                                                                                                                           | <b>1 cookie</b>       |
|                                                                                                                                                               | <b>1.9oz (54g)</b>    |
| <b>Amount per serving</b>                                                                                                                                     |                       |
| <b>Calories</b>                                                                                                                                               | <b>230</b>            |
|                                                                                                                                                               | <b>% Daily Value*</b> |
| <b>Total Fat</b> 10g                                                                                                                                          | <b>13%</b>            |
| Saturated Fat 4.5g                                                                                                                                            | <b>23%</b>            |
| Trans Fat 0g                                                                                                                                                  |                       |
| <b>Cholesterol</b> 20mg                                                                                                                                       | <b>7%</b>             |
| <b>Sodium</b> 140mg                                                                                                                                           | <b>6%</b>             |
| <b>Total Carbohydrate</b> 34g                                                                                                                                 | <b>12%</b>            |
| Dietary Fiber 1g                                                                                                                                              | <b>4%</b>             |
| Total Sugars 21g                                                                                                                                              |                       |
| Includes 20g Added Sugars                                                                                                                                     | <b>40%</b>            |
| <b>Protein</b> 3g                                                                                                                                             |                       |
| <b>Vitamin D</b> 0mcg                                                                                                                                         | <b>0%</b>             |
| <b>Calcium</b> 18mg                                                                                                                                           | <b>2%</b>             |
| <b>Iron</b> 2mg                                                                                                                                               | <b>10%</b>            |
| <b>Potassium</b> 63mg                                                                                                                                         | <b>2%</b>             |
| *The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |                       |
| Calories per gram:                                                                                                                                            |                       |
| Fat 9 • Carbohydrate 4 • Protein 4                                                                                                                            |                       |

**INGREDIENTS:** ENRICHED WHEAT FLOUR (WHEAT, BARLEY, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CHOCOLATE CANDIES (SUGAR, COCOA BUTTER, CHOCOLATE LIQUOR, MILK POWDER, SOY LECITHIN, VANILLA, ARTIFICIAL COLORS- FD&C BLUE NO.1, BLUE NO.1 LAKE, BLUE NO.2 LAKE, YELLOW NO.5 LAKE, YELLOW NO.6, YELLOW NO.6 LAKE, RED NO.40, RED NO.40 LAKE, SORBITOL, TITANIUM DIOXIDE, PHOSPHORIC ACID, METHYL & PROPYL PARABENS, CARAMEL, CORN SYRUP, WAX, DEXTRIN), BROWN SUGAR, ENRICHED WHEAT FLOUR (WHEAT, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, MARGARINE (VEGETABLE OIL BLEND [PALM FRUIT, SOYBEAN AND OLIVE OILS], WATER, SALT, NON-FAT DRY MILK, SOY LECITHIN, MONOGLYCERIDES, NATURAL FLAVOR, VITAMIN A PALMITATE, BETA CAROTENE COLOR), CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, VANILLA, SALT), BUTTER, EGGS, INVERT SUGAR, MOLASSES, SALT, BAKING SODA, NATURAL VANILLA FLAVOR.

**CONTAINS: EGG, MILK, SOY, WHEAT**



\*Many of our products contain or may come into contact with common food allergens, including eggs, milk, wheat, soy, peanuts and/or tree nuts. Insomnia Cookies is not an allergen-free environment. Although not all of our products contain food allergens, ALL OF our products are baked or prepared in an environment where eggs, milk, wheat, soy, peanuts and/or tree nuts are present. Due to the presence of such food allergens at all of our locations, we do not recommend consuming any of our products if you are allergic to such food allergens. Our gluten-free products are prepared in an environment where there is a risk of gluten exposure. Therefore, Insomnia Cookies DOES NOT recommend these items for guests with Celiac disease. Guests with gluten sensitivities should exercise judgement in consuming such products.



# COOKIES AND CREAM

## Nutrition Facts

**Serving size** 1 cookie, 1.9oz  
(54g)

**Amount per serving**

**Calories** 240

% Daily Value\*

**Total Fat** 10g 13%

Saturated Fat 5g 25%

Trans Fat 0g

**Cholesterol** 25mg 8%

**Sodium** 170mg 7%

**Total Carbohydrate** 34g 12%

Dietary Fiber 0g 0%

Total Sugars 21g

Includes 18g Added Sugars 36%

**Protein** 3g

Vitamin D 0mcg 0%

Calcium 40mg 4%

Iron 1mg 6%

Potassium 50mg 2%

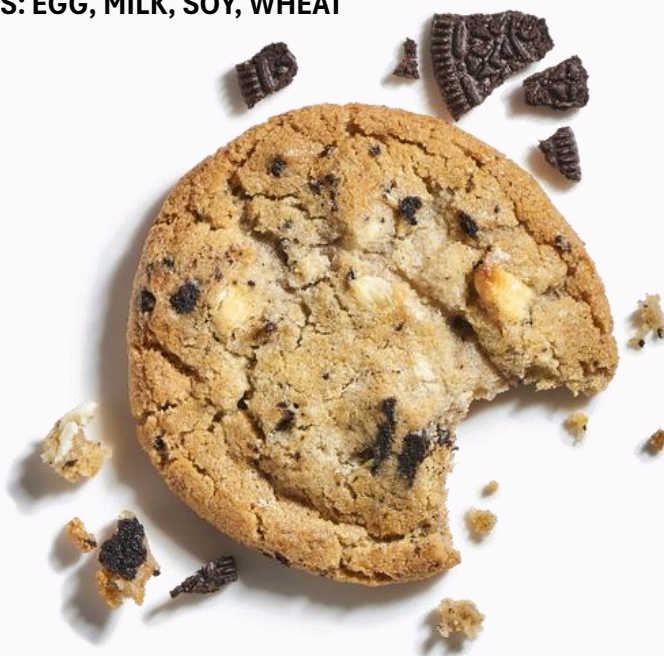
\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** ENRICHED WHEAT FLOUR (WHEAT, BARLEY, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, HERSHEY'S VANILLA CHIPS (SUGAR, NONFAT MILK, HYDROGENATED VEGETABLE OIL [PALM KERNEL, SOYBEAN OIL, PALM OIL], PALM KERNEL OIL, ARTIFICIAL VANILLA FLAVOR, SALT, SOY LECITHIN), CHOCOLATE SANDWICH COOKIE (SUGAR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (SOYBEAN, PALM, PALM KERNEL OILS WITH TBHQ FOR FRESHNESS), COCOA TREATED WITH ALKALI, INVERT SUGAR, YELLOW CORN FLOUR, CHOCOLATE, CORN STARCH, SALT, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE), WHEY, NATURAL AND ARTIFICIAL FLAVOR, SOY LECITHIN), BUTTER, MARGARINE (VEGETABLE OIL BLEND [PALM FRUIT, SOYBEAN AND OLIVE OILS], WATER, SALT, NON-FAT DRY MILK, SOY LECITHIN, MONOGLYCERIDES, NATURAL FLAVOR, VITAMIN A PALMITATE, BETA CAROTENE COLOR), EGGS, INVERT SUGAR, NONFAT DRY MILK, BAKING SODA, NATURAL VANILLA FLAVOR, SALT.

**CONTAINS: EGG, MILK, SOY, WHEAT**



\*Many of our products contain or may come into contact with common food allergens, including eggs, milk, wheat, soy, peanuts and/or tree nuts. Insomniac Cookies is not an allergen-free environment. Although not all of our products contain food allergens, ALL OF our products are baked or prepared in an environment where eggs, milk, wheat, soy, peanuts and/or tree nuts are present. Due to the presence of such food allergens at all of our locations, we do not recommend consuming any of our products if you are allergic to such food allergens. Our gluten-free products are prepared in an environment where there is a risk of gluten exposure. Therefore, Insomniac Cookies DOES NOT recommend these items for guests with Celiac disease. Guests with gluten sensitivities should exercise judgement in consuming such products.

# DOUBLE CHOCOLATE CHUNK

| Nutrition Facts                                                                                                                                               |                       |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| servings per container                                                                                                                                        |                       |
| <b>Serving size</b>                                                                                                                                           | <b>1 cookie</b>       |
|                                                                                                                                                               | <b>1.9oz (54g)</b>    |
| Amount per serving                                                                                                                                            |                       |
| <b>Calories</b>                                                                                                                                               | <b>230</b>            |
|                                                                                                                                                               | <b>% Daily Value*</b> |
| <b>Total Fat</b> 11g                                                                                                                                          | <b>14%</b>            |
| Saturated Fat 6g                                                                                                                                              | <b>30%</b>            |
| Trans Fat 0g                                                                                                                                                  |                       |
| <b>Cholesterol</b> 20mg                                                                                                                                       | <b>7%</b>             |
| <b>Sodium</b> 150mg                                                                                                                                           | <b>7%</b>             |
| <b>Total Carbohydrate</b> 33g                                                                                                                                 | <b>12%</b>            |
| Dietary Fiber 2g                                                                                                                                              | <b>7%</b>             |
| Total Sugars 20g                                                                                                                                              |                       |
| Includes 20g Added Sugars                                                                                                                                     | <b>40%</b>            |
| <b>Protein</b> 3g                                                                                                                                             |                       |
| Vitamin D 0mcg                                                                                                                                                | 0%                    |
| Calcium 17mg                                                                                                                                                  | 2%                    |
| Iron 3mg                                                                                                                                                      | 15%                   |
| Potassium 141mg                                                                                                                                               | 4%                    |
| *The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |                       |
| Calories per gram:                                                                                                                                            |                       |
| Fat 9 • Carbohydrate 4 • Protein 4                                                                                                                            |                       |

**INGREDIENTS:** ENRICHED WHEAT FLOUR (WHEAT, BARLEY, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CHOCOLATE CHUNKS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, VANILLA, SALT), BROWN SUGAR, SUGAR, MARGARINE (VEGETABLE OIL BLEND [PALM FRUIT, SOYBEAN AND OLIVE OILS], WATER, SALT, NON-FAT DRY MILK, SOY LECITHIN, MONOGLYCERIDES, NATURAL FLAVOR, VITAMIN A PALMITATE, BETA CAROTENE COLOR), BUTTER, EGGS, COCOA PROCESSED WITH ALKALI, INVERT SUGAR, MOLASSES, SALT, BAKING SODA, NATURAL VANILLA FLAVOR.

**CONTAINS: EGG, MILK, SOY, WHEAT**



\*Many of our products contain or may come into contact with common food allergens, including eggs, milk, wheat, soy, peanuts and/or tree nuts. Insomnia Cookies is not an allergen-free environment. Although not all of our products contain food allergens, ALL OF our products are baked or prepared in an environment where eggs, milk, wheat, soy, peanuts and/or tree nuts are present. Due to the presence of such food allergens at all of our locations, we do not recommend consuming any of our products if you are allergic to such food allergens. Our gluten-free products are prepared in an environment where there is a risk of gluten exposure. Therefore, Insomnia Cookies DOES NOT recommend these items for guests with Celiac disease. Guests with gluten sensitivities should exercise judgement in consuming such products.

# DOUBLE CHOCOLATE MINT

## Nutrition Facts

servings per container

**Serving size** 1 cookie  
1.9oz (54g)

Amount per serving

**Calories** 240

% Daily Value\*

**Total Fat** 11g 14%

Saturated Fat 6g 30%

Trans Fat 0g

**Cholesterol** 20mg 7%

**Sodium** 160mg 7%

**Total Carbohydrate** 31g 11%

Dietary Fiber 1g 4%

Total Sugars 21g

Includes 20g Added Sugars 40%

**Protein** 3g

Vitamin D 0mcg 0%

Calcium 18mg 2%

Iron 2mg 10%

Potassium 125mg 2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** ENRICHED WHEAT FLOUR (WHEAT, BARLEY, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BROWN SUGAR, CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, VANILLA, SALT), SUGAR, MARGARINE (VEGETABLE OIL BLEND [PALM FRUIT, SOYBEAN AND OLIVE OILS], WATER, SALT, NON-FAT DRY MILK, SOY LECITHIN, MONOGLYCERIDES, NATURAL FLAVOR, VITAMIN A PALMITATE, BETA CAROTENE COLOR), MINT CHIP (SUGAR, PALM KERNEL AND HYDROGENATED PALM OILS, WHEY, NONFAT MILK, SOY LECITHIN AS EMULSIFIER, NATURAL FLAVOR, ARTIFICIAL COLORS [FD&C BLUE 1 LAKE, FD&C YELLOW 5 LAKE]), EGGS, BUTTER, COCOA PROCESSED WITH ALKALI, INVERT SUGAR, SALT, MOLASSES, BAKING SODA, NATURAL VANILLA FLAVOR.

**CONTAINS: EGG, MILK, SOY, WHEAT.**

\*Many of our products contain or may come into contact with common food allergens, including eggs, milk, wheat, soy, peanuts and/or tree nuts. Insomnia Cookies is not an allergen-free environment. Although not all of our products contain food allergens, ALL OF our products are baked or prepared in an environment where eggs, milk, wheat, soy, peanuts and/or tree nuts are present. Due to the presence of such food allergens at all of our locations, we do not recommend consuming any of our products if you are allergic to such food allergens. Our gluten-free products are prepared in an environment where there is a risk of gluten exposure. Therefore, Insomnia Cookies DOES NOT recommend these items for guests with Celiac disease. Guests with gluten sensitivities should exercise judgement in consuming such products.





# OATMEAL RAISIN

## Nutrition Facts

**Serving size** 1 cookie  
1.9oz (54g)

Amount per serving

**Calories** 220

% Daily Value\*

**Total Fat** 9g 12%

Saturated Fat 4g 20%

Trans Fat 0g

**Cholesterol** 20mg 7%

**Sodium** 135mg 6%

**Total Carbohydrate** 33g 12%

Dietary Fiber 1g 4%

Total Sugars 18g

Includes 12g Added Sugars 24%

**Protein** 3g

Vitamin D 0mcg 0%

Calcium 21mg 2%

Iron 1mg 6%

Potassium 102mg 2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** ENRICHED WHEAT FLOUR (WHEAT, BARLEY, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), RAISINS, BROWN SUGAR, ROLLED OATS, MARGARINE (VEGETABLE OIL BLEND [PALM FRUIT, SOYBEAN AND OLIVE OILS], WATER, SALT, NON-FAT DRY MILK, SOY LECITHIN, MONOGLYCERIDES, NATURAL FLAVOR, VITAMIN A PALMITATE, BETA CAROTENE COLOR), BUTTER, SUGAR, EGGS, MOLASSES, SALT, BAKING SODA, CINNAMON, NATURAL VANILLA FLAVOR.

**CONTAINS: WHEAT, EGG, MILK, SOY.**



\*Many of our products contain or may come into contact with common food allergens, including eggs, milk, wheat, soy, peanuts and/or tree nuts. Insomnia Cookies is not an allergen-free environment. Although not all of our products contain food allergens, ALL OF our products are baked or prepared in an environment where eggs, milk, wheat, soy, peanuts and/or tree nuts are present. Due to the presence of such food allergens at all of our locations, we do not recommend consuming any of our products if you are allergic to such food allergens. Our gluten-free products are prepared in an environment where there is a risk of gluten exposure. Therefore, Insomnia Cookies DOES NOT recommend these items for guests with Celiac disease. Guests with gluten sensitivities should exercise judgement in consuming such products.

# PEANUT BUTTER CHIP

## Nutrition Facts

servings per container

**Serving size 1 cookie, 1.9oz (54g)**

Amount per serving

**Calories 260**

% Daily Value\*

**Total Fat 16g 21%**

Saturated Fat 7g 35%

Trans Fat 0g

**Cholesterol 20mg 7%**

**Sodium 200mg 9%**

**Total Carbohydrate 28g 10%**

Dietary Fiber 1g 4%

Total Sugars 18g

Includes 18g Added Sugars 36%

**Protein 4g**

Vitamin D 0mcg 0%

Calcium 26mg 2%

Iron 1mg 6%

Potassium 123mg 2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** PEANUT BUTTER CHIPS (SUGAR, PALM KERNEL OIL, PARTIALLY DEFATTED PEANUT FLOUR, NON-FAT MILK POWDER, SALT, SOY LECITHIN), ENRICHED WHEAT FLOUR (WHEAT, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PEANUT BUTTER (ROASTED PEANUTS, DEXTROSE, HYDROGENATED COTTONSEED AND CANOLA OILS, SALT), BROWN SUGAR, MARGARINE (VEGETABLE OIL BLEND [PALM FRUIT, SOYBEAN AND OLIVE OILS], WATER, SALT, NON-FAT DRY MILK, SOY LECITHIN, MONO AND DIGLYCERIDES, ARTIFICIAL FLAVOR, VITAMIN A PALMITATE, BETA CAROTENE COLOR), BUTTER, SUGAR, EGGS, SALT, BAKING SODA.

**CONTAINS: EGG, MILK, PEANUT, SOY, WHEAT**



\*Many of our products contain or may come into contact with common food allergens, including eggs, milk, wheat, soy, peanuts and/or tree nuts. Insomnia Cookies is not an allergen-free environment. Although not all of our products contain food allergens, ALL OF our products are baked or prepared in an environment where eggs, milk, wheat, soy, peanuts and/or tree nuts are present. Due to the presence of such food allergens at all of our locations, we do not recommend consuming any of our products if you are allergic to such food allergens. Our gluten-free products are prepared in an environment where there is a risk of gluten exposure. Therefore, Insomnia Cookies DOES NOT recommend these items for guests with Celiac disease. Guests with gluten sensitivities should exercise judgement in consuming such products.

# SNICKERDOODLE

| Nutrition Facts                                                                                                                                               |                       |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| Servings Per Container                                                                                                                                        |                       |
| Serving size                                                                                                                                                  | 1 cookie, 1.5oz (43g) |
| Amount per serving                                                                                                                                            |                       |
| <b>Calories</b>                                                                                                                                               | <b>180</b>            |
|                                                                                                                                                               | % Daily Value*        |
| <b>Total Fat</b> 9g                                                                                                                                           | <b>12%</b>            |
| Saturated Fat 3g                                                                                                                                              | <b>15%</b>            |
| Trans Fat 0g                                                                                                                                                  |                       |
| <b>Cholesterol</b> 25mg                                                                                                                                       | <b>8%</b>             |
| <b>Sodium</b> 135mg                                                                                                                                           | <b>6%</b>             |
| <b>Total Carbohydrate</b> 25g                                                                                                                                 | <b>9%</b>             |
| Dietary Fiber 0g                                                                                                                                              | <b>0%</b>             |
| Total Sugars 13g                                                                                                                                              |                       |
| Includes 13g Added Sugars                                                                                                                                     | <b>26%</b>            |
| <b>Protein</b> 2g                                                                                                                                             |                       |
| Vitamin D 0mcg                                                                                                                                                | 0%                    |
| Calcium 6mg                                                                                                                                                   | 0%                    |
| Iron 1mg                                                                                                                                                      | 6%                    |
| Potassium 22mg                                                                                                                                                | 0%                    |
| *The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |                       |

**INGREDIENTS:** ENRICHED WHEAT FLOUR (WHEAT, BARLEY, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, MARGARINE (VEGE- TABLE OIL BLEND [PALM FRUIT, SOYBEAN AND OLIVE OILS], WATER, SALT, NON-FAT DRY MILK, SOY LECITHIN, MONOGLYCERIDES, NATURAL FLAVOR, VITAMIN A PALMI- TATE, BETA CAROTENE COLOR), EGGS, BUTTER, BAKING SODA, ARTIFICIAL VANILLA FLAVOR, SALT, CINNAMON.

**CONTAINS: EGG, MILK, SOY, WHEAT.**



\*Many of our products contain or may come into contact with common food allergens, including eggs, milk, wheat, soy, peanuts and/or tree nuts. Insomnia Cookies is not an allergen-free environment. Although not all of our products contain food allergens, ALL OF our products are baked or prepared in an environment where eggs, milk, wheat, soy, peanuts and/or tree nuts are present. Due to the presence of such food allergens at all of our locations, we do not recommend consuming any of our products if you are allergic to such food allergens. Our gluten-free products are prepared in an environment where there is a risk of gluten exposure. Therefore, Insomnia Cookies DOES NOT recommend these items for guests with Celiac disease. Guests with gluten sensitivities should exercise judgement in consuming such products.



# SUGAR

| Nutrition Facts                                                                                                                                               |                       |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| Servings Per Container                                                                                                                                        |                       |
| Serving size                                                                                                                                                  | 1 cookie, 1.5oz (43g) |
| Amount per serving                                                                                                                                            |                       |
| <b>Calories</b>                                                                                                                                               | <b>190</b>            |
|                                                                                                                                                               | % Daily Value*        |
| Total Fat 10g                                                                                                                                                 | 13%                   |
| Saturated Fat 4.5g                                                                                                                                            | 23%                   |
| Trans Fat 0g                                                                                                                                                  |                       |
| Cholesterol 20mg                                                                                                                                              | 7%                    |
| Sodium 135mg                                                                                                                                                  | 6%                    |
| Total Carbohydrate 24g                                                                                                                                        | 9%                    |
| Dietary Fiber 0g                                                                                                                                              | 0%                    |
| Total Sugars 11g                                                                                                                                              |                       |
| Includes 11g Added Sugars                                                                                                                                     | 22%                   |
| Protein 2g                                                                                                                                                    |                       |
| Vitamin D 0mcg                                                                                                                                                | 0%                    |
| Calcium 6mg                                                                                                                                                   | 0%                    |
| Iron 1mg                                                                                                                                                      | 6%                    |
| Potassium 21mg                                                                                                                                                | 0%                    |
| *The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |                       |
| Calories per gram:                                                                                                                                            |                       |
| Fat 9 • Carbohydrate 4 • Protein 4                                                                                                                            |                       |

**INGREDIENTS:** ENRICHED WHEAT FLOUR (WHEAT, BARLEY, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, MARGARINE (VEGE- TABLE OIL BLEND [PALM FRUIT, SOYBEAN AND OLIVE OILS], WATER, SALT, NON-FAT DRY MILK, SOY LECITHIN, MONOGLYCERIDES, NATURAL FLAVOR, VITAMIN A PAL- MITATE, BETA CAROTENE COLOR), BUTTER, EGGS, INVERT SUGAR, SALT, NATURAL BUTTER FLAVOR, NATURAL VANILLA FLAVOR, BAKING SODA.

**CONTAINS: EGG, MILK, SOY, WHEAT.**



\*Many of our products contain or may come into contact with common food allergens, including eggs, milk, wheat, soy, peanuts and/or tree nuts. Insomnia Cookies is not an allergen-free environment. Although not all of our products contain food allergens, ALL OF our products are baked or prepared in an environment where eggs, milk, wheat, soy, peanuts and/or tree nuts are present. Due to the presence of such food allergens at all of our locations, we do not recommend consuming any of our products if you are allergic to such food allergens. Our gluten-free products are prepared in an environment where there is a risk of gluten exposure. Therefore, Insomnia Cookies DOES NOT recommend these items for guests with Celiac disease. Guests with gluten sensitivities should exercise judgement in consuming such products.



# WHITE CHOCOLATE MACADAMIA

## Nutrition Facts

servings per container

**Serving size** **1 cookie**  
**1.9oz (54g)**

Amount per serving

**Calories** **250**

% Daily Value\*

**Total Fat** 14g **18%**

Saturated Fat 7g **35%**

Trans Fat 0g

**Cholesterol** 20mg **7%**

**Sodium** 125mg **5%**

**Total Carbohydrate** 30g **11%**

Dietary Fiber 1g **4%**

Total Sugars 18g

Includes 17g Added Sugars **34%**

**Protein** 3g

Vitamin D 0mcg **0%**

Calcium 32mg **2%**

Iron 1mg **6%**

Potassium 56mg **2%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** ENRICHED WHEAT FLOUR (WHEAT, BARLEY, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHITE CHOCOLATE CHIPS (SUGAR, COCOA BUTTER, MILK POWDER, SOY LECITHIN, VANILLA), SUGAR, MARGARINE (VEGETABLE OIL BLEND [PALM FRUIT, SOYBEAN AND OLIVE OILS], WATER, SALT, NON-FAT DRY MILK, SOY LECITHIN, MONOGLYCERIDES, NATURAL FLAVOR, VITAMIN A PALMITATE, BETA CAROTENE COLOR), BUTTER, COCONUT WITH SODIUM META-BISULFITE AS A PRESERVATIVE, MACADAMIA NUTS, EGGS, BROWN SUGAR, INVERT SUGAR, SOY FLOUR, SALT, BAKING SODA, NATURAL VANILLA FLAVOR.

**CONTAINS: WHEAT, EGG, MILK, SOY, TREE NUTS.**

\*Many of our products contain or may come into contact with common food allergens, including eggs, milk, wheat, soy, peanuts and/or tree nuts. Insomnia Cookies is not an allergen-free environment. Although not all of our products contain food allergens, ALL OF our products are baked or prepared in an environment where eggs, milk, wheat, soy, peanuts and/or tree nuts are present. Due to the presence of such food allergens at all of our locations, we do not recommend consuming any of our products if you are allergic to such food allergens. Our gluten-free products are prepared in an environment where there is a risk of gluten exposure. Therefore, Insomnia Cookies DOES NOT recommend these items for guests with Celiac disease. Guests with gluten sensitivities should exercise judgement in consuming such products.



# VEGAN GLUTEN-FREE CHOCOLATE CHIP

## Nutrition Facts

**Serving size** 1 cookie  
1.9oz (54g)

**Amount per serving**

**Calories** 230

% Daily Value\*

**Total Fat** 11g 14%

Saturated Fat 4.5g 23%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 130mg 6%

**Total Carbohydrate** 33g 12%

Dietary Fiber 2g 7%

Total Sugars 20g

Includes 19g Added Sugars 38%

**Protein** 2g

Vitamin D 0mcg 0%

Calcium 15mg 2%

Iron 2mg 10%

Potassium 43mg 0%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, VANILLIN), BROWN SUGAR, PARVE MARGARINE (PALM FRUIT OIL, SOYBEAN OIL, OLIVE OIL WATER, SALT, MONO AND DIGLYCERIDES, SOY LECITHIN, POTASSIUM SORBATE AS A PRESERVATIVE, NATURAL FLAVOR, VITAMIN A PALMI- TATE, BETA CAROTENE COLOR), BROWN RICE FLOUR, SUGAR, WATER, GLUTEN-FREE WHOLE OAT FLOUR, TAPIOCA STARCH, POTATO STARCH, PALM OIL, INVERT SUGAR, FLAX SEED MEAL, MODIFIED CORN STARCH, NATURAL VANILLA FLAVOR, XANTHAN GUM, SALT, BAKING SODA, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, CORN STARCH, BAKING SODA, MONO CALCIUM PHOSPHATE).

**CONTAINS: SOY.**



\*Many of our products contain or may come into contact with common food allergens, including eggs, milk, wheat, soy, peanuts and/or tree nuts. Insomnia Cookies is not an allergen-free environment. Although not all of our products contain food allergens, ALL OF our products are baked or prepared in an environment where eggs, milk, wheat, soy, peanuts and/or tree nuts are present. Due to the presence of such food allergens at all of our locations, we do not recommend consuming any of our products if you are allergic to such food allergens. Our gluten-free products are prepared in an environment where there is a risk of gluten exposure. Therefore, Insomnia Cookies DOES NOT recommend these items for guests with Celiac disease. Guests with gluten sensitivities should exercise judgement in consuming such products.

# VEGAN BIRTHDAY CAKE

| Nutrition Facts                                                                                                                                               |                         |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|
| Serving size                                                                                                                                                  | 1 cookie<br>1.9oz (54g) |
| Amount per serving                                                                                                                                            |                         |
| <b>Calories</b>                                                                                                                                               | <b>230</b>              |
|                                                                                                                                                               | % Daily Value*          |
| <b>Total Fat</b> 9g                                                                                                                                           | <b>12%</b>              |
| Saturated Fat 7g                                                                                                                                              | <b>35%</b>              |
| Trans Fat 0g                                                                                                                                                  |                         |
| <b>Cholesterol</b> 0mg                                                                                                                                        | <b>0%</b>               |
| <b>Sodium</b> 95mg                                                                                                                                            | <b>4%</b>               |
| <b>Total Carbohydrate</b> 35g                                                                                                                                 | <b>13%</b>              |
| Dietary Fiber 1g                                                                                                                                              | <b>4%</b>               |
| Total Sugars 19g                                                                                                                                              |                         |
| Includes 19g Added Sugars                                                                                                                                     | <b>38%</b>              |
| <b>Protein</b> 3g                                                                                                                                             |                         |
| <b>Vitamin D</b> 0mcg                                                                                                                                         | <b>0%</b>               |
| <b>Calcium</b> 5mg                                                                                                                                            | <b>0%</b>               |
| <b>Iron</b> 1mg                                                                                                                                               | <b>6%</b>               |
| <b>Potassium</b> 31mg                                                                                                                                         | <b>0%</b>               |
| *The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |                         |
| Calories per gram:<br>Fat 9 • Carbohydrate 4 • Protein 4                                                                                                      |                         |

**INGREDIENTS:** ENRICHED WHEAT FLOUR (WHEAT, BARLEY, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, COCONUT OIL, WATER, RAINBOW SPRINKLES (SUGAR, HYDROGENATED PALM KERNEL OIL, CORN STARCH, SOY LECITHIN, ARTIFICIAL COLORS [YELLOW #6, YELLOW #5, BLUE #1, RED #40, RED #3], CARNAUBA WAX, MALTODEXTRIN, CELLULOSE GUM, VANILLIN), CORNSTARCH, SUNFLOWER OIL, SUNFLOWER LECITHIN, SALT, BAKING SODA, GARBANZO BEAN FLOUR, NATURAL CAKE BATTER FLAVOR, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, CORN STARCH, BAKING SODA, MONO CALCIUM PHOSPHATE).

**CONTAINS: WHEAT, SOY.**



\*Many of our products contain or may come into contact with common food allergens, including eggs, milk, wheat, soy, peanuts and/or tree nuts. Insomnia Cookies is not an allergen-free environment. Although not all of our products contain food allergens, ALL OF our products are baked or prepared in an environment where eggs, milk, wheat, soy, peanuts and/or tree nuts are present. Due to the presence of such food allergens at all of our locations, we do not recommend consuming any of our products if you are allergic to such food allergens. Our gluten-free products are prepared in an environment where there is a risk of gluten exposure. Therefore, Insomnia Cookies DOES NOT recommend these items for guests with Celiac disease. Guests with gluten sensitivities should exercise judgement in consuming such products.



# VEGAN CHOCOLATE CHUNK

| Nutrition Facts                                                                                                                                               |                       |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| <b>Serving size</b>                                                                                                                                           | <b>1 cookie</b>       |
|                                                                                                                                                               | <b>1.9oz (54g)</b>    |
| <b>Amount per serving</b>                                                                                                                                     |                       |
| <b>Calories</b>                                                                                                                                               | <b>230</b>            |
|                                                                                                                                                               | <b>% Daily Value*</b> |
| <b>Total Fat</b> 11g                                                                                                                                          | <b>14%</b>            |
| Saturated Fat 8g                                                                                                                                              | <b>40%</b>            |
| Trans Fat 0g                                                                                                                                                  |                       |
| <b>Cholesterol</b> 0mg                                                                                                                                        | <b>0%</b>             |
| <b>Sodium</b> 115mg                                                                                                                                           | <b>5%</b>             |
| <b>Total Carbohydrate</b> 33g                                                                                                                                 | <b>12%</b>            |
| Dietary Fiber 1g                                                                                                                                              | <b>4%</b>             |
| Total Sugars 20g                                                                                                                                              |                       |
| Includes 19g Added Sugars                                                                                                                                     | <b>38%</b>            |
| <b>Protein</b> 3g                                                                                                                                             |                       |
| Vitamin D 0mcg                                                                                                                                                | 0%                    |
| Calcium 9mg                                                                                                                                                   | 0%                    |
| Iron 2mg                                                                                                                                                      | 10%                   |
| Potassium 30mg                                                                                                                                                | 0%                    |
| *The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |                       |
| Calories per gram:<br>Fat 9 • Carbohydrate 4 • Protein 4                                                                                                      |                       |

**INGREDIENTS:** ENRICHED WHEAT FLOUR (WHEAT, BARLEY, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, CHOCOLATE CHUNKS (SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, VANILLA, SALT), COCONUT OIL, WATER, MOLASSES, CORNSTARCH, SUNFLOWER OIL, SUNFLOWER LECITHIN, SALT, BAKING SODA, GARBANZO BEAN FLOUR, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, CORN STARCH, BAKING SODA, MONO CALCIUM PHOSPHATE).

**CONTAINS: WHEAT, SOY.**



\*Many of our products contain or may come into contact with common food allergens, including eggs, milk, wheat, soy, peanuts and/or tree nuts. Insomnia Cookies is not an allergen-free environment. Although not all of our products contain food allergens, ALL OF our products are baked or prepared in an environment where eggs, milk, wheat, soy, peanuts and/or tree nuts are present. Due to the presence of such food allergens at all of our locations, we do not recommend consuming any of our products if you are allergic to such food allergens. Our gluten-free products are prepared in an environment where there is a risk of gluten exposure. Therefore, Insomnia Cookies DOES NOT recommend these items for guests with Celiac disease. Guests with gluten sensitivities should exercise judgement in consuming such products.

# VEGAN DOUBLE CHOCOLATE CHUNK

## Nutrition Facts

**Serving size** 1 cookie  
1.9oz (54g)

**Amount per serving**

**Calories** **220**

% Daily Value\*

**Total Fat** 10g 13%

Saturated Fat 8g 40%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 115mg 5%

**Total Carbohydrate** 33g 12%

Dietary Fiber 2g 7%

Total Sugars 18g

Includes 18g Added Sugars 36%

**Protein** 3g

Vitamin D 0mcg 0%

Calcium 12mg 0%

Iron 2mg 10%

Potassium 144mg 4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** ENRICHED WHEAT FLOUR (WHEAT, BARLEY, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, CHOCOLATE CHUNKS (SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, VANILLA, SALT), COCONUT OIL, WATER, COCOA PROCESSED WITH ALKALI, CORNSTARCH, SUNFLOWER OIL, MOLASSES, SUNFLOWER LECITHIN, SALT, BAKING SODA, GARBANZO BEAN FLOUR.

**CONTAINS: WHEAT, SOY.**



\*Many of our products contain or may come into contact with common food allergens, including eggs, milk, wheat, soy, peanuts and/or tree nuts. Insomnia Cookies is not an allergen-free environment. Although not all of our products contain food allergens, ALL OF our products are baked or prepared in an environment where eggs, milk, wheat, soy, peanuts and/or tree nuts are present. Due to the presence of such food allergens at all of our locations, we do not recommend consuming any of our products if you are allergic to such food allergens. Our gluten-free products are prepared in an environment where there is a risk of gluten exposure. Therefore, Insomnia Cookies DOES NOT recommend these items for guests with Celiac disease. Guests with gluten sensitivities should exercise judgement in consuming such products.

# CHOCOLATE PEANUT BUTTER CUP DELUXE

| Nutrition Facts                                                                                                                                               |                        |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|
| Serving size                                                                                                                                                  | 1 cookie<br>4oz (113g) |
| Amount per serving                                                                                                                                            |                        |
| <b>Calories</b>                                                                                                                                               | <b>510</b>             |
|                                                                                                                                                               | % Daily Value*         |
| <b>Total Fat</b> 24g                                                                                                                                          | <b>31%</b>             |
| Saturated Fat 13g                                                                                                                                             | <b>65%</b>             |
| Trans Fat 0.5g                                                                                                                                                |                        |
| <b>Cholesterol</b> 50mg                                                                                                                                       | <b>17%</b>             |
| <b>Sodium</b> 300mg                                                                                                                                           | <b>13%</b>             |
| <b>Total Carbohydrate</b> 67g                                                                                                                                 | <b>24%</b>             |
| Dietary Fiber 1g                                                                                                                                              | <b>4%</b>              |
| Total Sugars 40g                                                                                                                                              |                        |
| Includes 40g Added Sugars                                                                                                                                     | <b>80%</b>             |
| <b>Protein</b> 6g                                                                                                                                             |                        |
| Vitamin D 0mcg                                                                                                                                                | 0%                     |
| Calcium 45mg                                                                                                                                                  | 4%                     |
| Iron 2mg                                                                                                                                                      | 10%                    |
| Potassium 49mg                                                                                                                                                | 2%                     |
| *The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |                        |
| Calories per gram:<br>Fat 9 • Carbohydrate 4 • Protein 4                                                                                                      |                        |

**INGREDIENTS:** PEANUT BUTTER CHIPS (SUGAR, PALM KERNEL OIL, PARTIALLY DEFATTED PEANUT FLOUR, NON-FAT MILK POWDER, SALT, SOY LECITHIN), ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PEANUT BUTTER (ROASTED PEANUTS, DEXTROSE, HYDROGENATED COTTONSEED AND CANOLA OILS, SALT), BROWN SUGAR, REESE'S PEANUT BUTTER CUPS (SUGAR, COCOA BUTTER, CHOCOLATE, NONFAT MILK, MILKFAT, LACTOSE, SOY LECITHIN, PGPR [EMULSIFIER], PEANUTS, DEXTROSE, SALT, TBHQ & CITRIC ACID [PRESERVATIVE] ), MARGARINE (VEGETABLE OIL BLEND [PALM FRUIT, SOYBEAN AND OLIVE OILS], WATER, SALT, NON-FAT DRY MILK, SOY LECITHIN, MONOGLYCERIDES, NATURAL FLAVOR, VITAMIN A PALMITATE, BETA CAROTENE COLOR), BUTTER, SUGAR, EGGS, BAKING SODA, SALT.

**CONTAINS: EGG, MILK, PEANUT, SOY, WHEAT.**



\*Many of our products contain or may come into contact with common food allergens, including eggs, milk, wheat, soy, peanuts and/or tree nuts. Insomnia Cookies is not an allergen-free environment. Although not all of our products contain food allergens, ALL OF our products are baked or prepared in an environment where eggs, milk, wheat, soy, peanuts and/or tree nuts are present. Due to the presence of such food allergens at all of our locations, we do not recommend consuming any of our products if you are allergic to such food allergens. Our gluten-free products are prepared in an environment where there is a risk of gluten exposure. Therefore, Insomnia Cookies DOES NOT recommend these items for guests with Celiac disease. Guests with gluten sensitivities should exercise judgement in consuming such products.



# CONFETTI DELUXE

| Nutrition Facts                                                                                                                                               |                        |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|
| Serving size                                                                                                                                                  | 1 cookie<br>4oz (113g) |
| Amount per serving                                                                                                                                            |                        |
| <b>Calories</b>                                                                                                                                               | <b>510</b>             |
|                                                                                                                                                               | % Daily Value*         |
| <b>Total Fat</b> 24g                                                                                                                                          | <b>31%</b>             |
| Saturated Fat 13g                                                                                                                                             | <b>65%</b>             |
| Trans Fat 0.5g                                                                                                                                                |                        |
| <b>Cholesterol</b> 50mg                                                                                                                                       | <b>17%</b>             |
| <b>Sodium</b> 300mg                                                                                                                                           | <b>13%</b>             |
| <b>Total Carbohydrate</b> 67g                                                                                                                                 | <b>24%</b>             |
| Dietary Fiber 1g                                                                                                                                              | <b>4%</b>              |
| Total Sugars 40g                                                                                                                                              |                        |
| Includes 40g Added Sugars                                                                                                                                     | <b>80%</b>             |
| <b>Protein</b> 6g                                                                                                                                             |                        |
| Vitamin D 0mcg                                                                                                                                                | 0%                     |
| Calcium 45mg                                                                                                                                                  | 4%                     |
| Iron 2mg                                                                                                                                                      | 10%                    |
| Potassium 49mg                                                                                                                                                | 2%                     |
| *The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |                        |
| Calories per gram:<br>Fat 9 • Carbohydrate 4 • Protein 4                                                                                                      |                        |

**INGREDIENTS:** ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, BUTTER, MARGARINE (VEGETABLE OIL BLEND [PALM FRUIT, SOYBEAN AND OLIVE OILS], WATER, SALT, NON-FAT DRY MILK, SOY LECITHIN, MONOGLYCERIDES, NATURAL FLAVOR, VITAMIN A PALMITATE, BETA CAROTENE COLOR), RAINBOW SPRINKLES (SUGAR, HYDROGENATED PALM KERNEL OIL, CORN STARCH, SOY LECITHIN, ARTIFICIAL COLORS [YELLOW #6, YELLOW #5, BLUE #1, RED #40, RED #3], CARNAUBA WAX, MALTODEXTRIN, CELLULOSE GUM, VANILLIN), HERSHEY'S PREMIER WHITE VANILLA CHIPS (SUGAR, NONFAT MILK, HYDROGENATED VEGETABLE OIL [PALM KERNEL, SOYBEAN OIL, PALM OIL], PALM KERNEL OIL, ARTIFICIAL FLAVOR, SALT, SOY LECITHIN), EGGS, INVERT SUGAR, NATURAL VANILLA FLAVOR, SALT, NATURAL BUTTER FLAVOR, BAKING SODA, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, CORN STARCH, BAKING SODA, MONO CALCIUM PHOSPHATE).

**CONTAINS: EGG, MILK, SOY, WHEAT**



\*Many of our products contain or may come into contact with common food allergens, including eggs, milk, wheat, soy, peanuts and/or tree nuts. Insomnia Cookies is not an allergen-free environment. Although not all of our products contain food allergens, ALL OF our products are baked or prepared in an environment where eggs, milk, wheat, soy, peanuts and/or tree nuts are present. Due to the presence of such food allergens at all of our locations, we do not recommend consuming any of our products if you are allergic to such food allergens. Our gluten-free products are prepared in an environment where there is a risk of gluten exposure. Therefore, Insomnia Cookies DOES NOT recommend these items for guests with Celiac disease. Guests with gluten sensitivities should exercise judgement in consuming such products.

# OATMEAL CHOCOLATE WALNUT DELUXE

| Nutrition Facts                                                                                                                                               |                       |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| <b>Serving size</b>                                                                                                                                           | <b>1 cookie</b>       |
|                                                                                                                                                               | <b>4oz (113g)</b>     |
| Amount per serving                                                                                                                                            |                       |
| <b>Calories</b>                                                                                                                                               | <b>520</b>            |
|                                                                                                                                                               | <b>% Daily Value*</b> |
| <b>Total Fat</b> 29g                                                                                                                                          | <b>37%</b>            |
| Saturated Fat 12g                                                                                                                                             | <b>60%</b>            |
| Trans Fat 0g                                                                                                                                                  |                       |
| <b>Cholesterol</b> 40mg                                                                                                                                       | <b>13%</b>            |
| <b>Sodium</b> 260mg                                                                                                                                           | <b>11%</b>            |
| <b>Total Carbohydrate</b> 63g                                                                                                                                 | <b>23%</b>            |
| Dietary Fiber 4g                                                                                                                                              | <b>14%</b>            |
| Total Sugars 36g                                                                                                                                              |                       |
| Includes 35g Added Sugars                                                                                                                                     | <b>70%</b>            |
| <b>Protein</b> 7g                                                                                                                                             |                       |
| Vitamin D 0mcg                                                                                                                                                | 0%                    |
| Calcium 61mg                                                                                                                                                  | 4%                    |
| Iron 4mg                                                                                                                                                      | 20%                   |
| Potassium 193mg                                                                                                                                               | 4%                    |
| *The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |                       |
| Calories per gram:                                                                                                                                            |                       |
| Fat 9 • Carbohydrate 4 • Protein 4                                                                                                                            |                       |

**INGREDIENTS:** ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CHOCOLATE CHUNKS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, VANILLA, SALT), BROWN SUGAR, ROLLED OATS, MILK CHOCOLATE CHIPS (SUGAR, MILK, COCOA BUTTER, UNSWEETENED CHOCOLATE, UNSWEETENED CHOCOLATE PROCESSED WITH ALKALI, DEXTROSE, MILKFAT, SOY LECITHIN, SALT, VANILLA), MARGARINE (VEGETABLE OIL BLEND [PALM FRUIT, SOYBEAN AND OLIVE OILS], WATER, SALT, NON-FAT DRY MILK, SOY LECITHIN, MONOGLYCERIDES, NATURAL FLAVOR, VITAMIN A PALMITATE, BETA CAROTENE COLOR), SUGAR, BUTTER, WALNUTS, EGGS, MOLASSES, CINNAMON, NATURAL VANILLA FLAVOR, SALT, BAKING SODA.

**CONTAINS: EGG, MILK, SOY, TREE NUTS (WALNUT), WHEAT.**

\*Many of our products contain or may come into contact with common food allergens, including eggs, milk, wheat, soy, peanuts and/or tree nuts. Insomnia Cookies is not an allergen-free environment. Although not all of our products contain food allergens, ALL OF our products are baked or prepared in an environment where eggs, milk, wheat, soy, peanuts and/or tree nuts are present. Due to the presence of such food allergens at all of our locations, we do not recommend consuming any of our products if you are allergic to such food allergens. Our gluten-free products are prepared in an environment where there is a risk of gluten exposure. Therefore, Insomnia Cookies DOES NOT recommend these items for guests with Celiac disease. Guests with gluten sensitivities should exercise judgement in consuming such products.





# SALTED CARAMEL DELUXE

## Nutrition Facts

**Serving size** **1 cookie**  
**4oz (113g)**

**Amount per serving**

**Calories** **500**

% Daily Value\*

**Total Fat** 24g **31%**

Saturated Fat 12g **60%**

Trans Fat 0.5g

**Cholesterol** 60mg **20%**

**Sodium** 450mg **20%**

**Total Carbohydrate** 69g **25%**

Dietary Fiber 1g **4%**

Total Sugars 42g

Includes 41g Added Sugars **82%**

**Protein** 5g

Vitamin D 0mcg **0%**

Calcium 42mg **4%**

Iron 2mg **10%**

Potassium 101mg **2%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BROWN SUGAR, CARAMEL BITS (SUGAR, CORN SYRUP, LIQUID SUGAR, SKIM MILK, PALM OIL, BUTTER, SALT, MONO & DIGLYCERIDES, NATURAL FLAVOR, SOY LECITHIN), HEATH TOFFEE (SUGAR, VEGETABLE OIL [PALM OIL, SUNFLOWER OIL], DAIRY BUTTER, ALMONDS, SALT, SOY LECITHIN, CHOCOLATE), BUTTER, MARGARINE (VEGETABLE OIL BLEND [PALM FRUIT, SOYBEAN AND OLIVE OILS], WATER, SALT, NON-FAT DRY MILK, SOY LECITHIN, MONOGLYCERIDES, NATURAL FLAVOR, VITAMIN A PALMITATE, BETA CAROTENE COLOR), SUGAR, EGGS, SEA SALT, MOLASSES, NATURAL VANILLA FLAVOR, BAKING SODA.

**CONTAINS:** EGG, MILK, SOY, **TREE NUTS**, WHEAT.



\*Many of our products contain or may come into contact with common food allergens, including eggs, milk, wheat, soy, peanuts and/or tree nuts. Insomnia Cookies is not an allergen-free environment. Although not all of our products contain food allergens, ALL OF our products are baked or prepared in an environment where eggs, milk, wheat, soy, peanuts and/or tree nuts are present. Due to the presence of such food allergens at all of our locations, we do not recommend consuming any of our products if you are allergic to such food allergens. Our gluten-free products are prepared in an environment where there is a risk of gluten exposure. Therefore, Insomnia Cookies DOES NOT recommend these items for guests with Celiac disease. Guests with gluten sensitivities should exercise judgement in consuming such products.



# S'MORES DELUXE

| Nutrition Facts                                                                                                                                               |                       |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| <b>Serving size</b>                                                                                                                                           | <b>1 cookie</b>       |
|                                                                                                                                                               | <b>4oz (113g)</b>     |
| <b>Amount per serving</b>                                                                                                                                     |                       |
| <b>Calories</b>                                                                                                                                               | <b>480</b>            |
|                                                                                                                                                               | <b>% Daily Value*</b> |
| <b>Total Fat</b> 21g                                                                                                                                          | <b>27%</b>            |
| Saturated Fat 11g                                                                                                                                             | <b>55%</b>            |
| Trans Fat 0g                                                                                                                                                  |                       |
| <b>Cholesterol</b> 40mg                                                                                                                                       | <b>13%</b>            |
| <b>Sodium</b> 290mg                                                                                                                                           | <b>13%</b>            |
| <b>Total Carbohydrate</b> 70g                                                                                                                                 | <b>25%</b>            |
| Dietary Fiber 3g                                                                                                                                              | <b>11%</b>            |
| Total Sugars 47g                                                                                                                                              |                       |
| Includes 46g Added Sugars                                                                                                                                     | <b>92%</b>            |
| <b>Protein</b> 5g                                                                                                                                             |                       |
| Vitamin D 0mcg                                                                                                                                                | 0%                    |
| Calcium 35mg                                                                                                                                                  | 2%                    |
| Iron 4mg                                                                                                                                                      | 20%                   |
| Potassium 230mg                                                                                                                                               | 4%                    |
| *The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |                       |
| Calories per gram:                                                                                                                                            |                       |
| Fat 9 • Carbohydrate 4 • Protein 4                                                                                                                            |                       |

INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CHOCOLATE CHUNKS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, VANILLA, SALT), BROWN SUGAR, SUGAR, MARSHMALLOW BITS (DEXTROSE, SUGAR, PALM OIL, WHEAT FLOUR, TITANIUM DIOXIDE[COLOR], NATURAL AND ARTIFICIAL FLAVOR, CELLULOSE GUM, WATER, MALTODEXTRIN), MARGARINE (VEGETABLE OIL BLEND [PALM FRUIT, SOYBEAN AND OLIVE OILS], WATER, SALT, NON-FAT DRY MILK, SOY LECITHIN, MONOGLYCERIDES, NATURAL FLAVOR, VITAMIN A PALMITATE, BETA CAROTENE COLOR), BUTTER, EGGS, HERSHEY'S MILK CHOCOLATE KISSES (SUGAR, CHOCOLATE, SKIM MILK, COCOA BUTTER, MILK FAT, SOY LECITHIN, NATURAL FLAVOR), MARSHMALLOWS (TAPIOCA SYRUP, SUGAR, WATER, TAPIOCA STARCH, CARRAGEENAN, SOY PROTEIN, NATURAL VANILLA FLAVOR), COCOA PROCESSED WITH ALKALI, MARSHMALLOW CREME (CORN SYRUP, SUGAR, WATER, EGG WHITES, CREAM OF TARTAR, XANTHAN GUM), INVERT SUGAR, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM OIL, WATER, MOLASSES, SALT, BAKING SODA, ARTIFICIAL VANILLA FLAVOR, HONEY, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, CORN STARCH, BAKING SODA, MONO CALCIUM PHOSPHATE).

**CONTAINS: EGG, MILK, SOY, WHEAT.**

\*Many of our products contain or may come into contact with common food allergens, including eggs, milk, wheat, soy, peanuts and/or tree nuts. Insomnia Cookies is not an allergen-free environment. Although not all of our products contain food allergens, ALL OF our products are baked or prepared in an environment where eggs, milk, wheat, soy, peanuts and/or tree nuts are present. Due to the presence of such food allergens at all of our locations, we do not recommend consuming any of our products if you are allergic to such food allergens. Our gluten-free products are prepared in an environment where there is a risk of gluten exposure. Therefore, Insomnia Cookies DOES NOT recommend these items for guests with Celiac disease. Guests with gluten sensitivities should exercise judgement in consuming such products.



# TRIPLE CHOCOLATE DELUXE

## Nutrition Facts

**Serving size** 1 cookie  
4oz (113g)

**Amount per serving**  
**Calories** **500**

% Daily Value\*

**Total Fat** 25g **32%**

Saturated Fat 12g **60%**

Trans Fat 0g

**Cholesterol** 40mg **13%**

**Sodium** 270mg **12%**

**Total Carbohydrate** 69g **25%**

Dietary Fiber 3g **11%**

Total Sugars 43g

Includes 42g Added Sugars **84%**

**Protein** 6g

Vitamin D 0mcg 0%

Calcium 41mg 4%

Iron 5mg 30%

Potassium 176mg 4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** ENRICHED WHEAT FLOUR (WHEAT, BARLEY, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CHOCOLATE CHUNKS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, VANILLA, SALT), SUGAR, BROWN SUGAR, MARGARINE (VEGETABLE OIL BLEND [PALM FRUIT, SOYBEAN AND OLIVE OILS], WATER, SALT, NON-FAT DRY MILK, SOY LECITHIN, MONOGLYCERIDES, NATURAL FLAVOR, VITAMIN A PALMITATE, BETA CAROTENE COLOR), BUTTER, EGGS, HERSHEY'S MILK CHOCOLATE (SUGAR, MILK, CHOCOLATE, COCOA BUTTER, LACTOSE, MILK FAT, SOY LECITHIN, PGPR, VANILLIN), MILK CHOCOLATE CHUNKS (SUGAR, MILK POWDER, COCOA BUTTER, CHOCOLATE LIQUOR PROCESSED WITH ALKALI, DEXTROSE, MILK FAT, SOY LECITHIN, VANILLIN), INVERT SUGAR, SOY FLOUR, SALT, BAKING SODA, ARTIFICIAL VANILLA FLAVOR.

**CONTAINS: EGG, MILK, SOY, WHEAT**

\*Many of our products contain or may come into contact with common food allergens, including eggs, milk, wheat, soy, peanuts and/or tree nuts. Insomnia Cookies is not an allergen-free environment. Although not all of our products contain food allergens, ALL OF our products are baked or prepared in an environment where eggs, milk, wheat, soy, peanuts and/or tree nuts are present. Due to the presence of such food allergens at all of our locations, we do not recommend consuming any of our products if you are allergic to such food allergens. Our gluten-free products are prepared in an environment where there is a risk of gluten exposure. Therefore, Insomnia Cookies DOES NOT recommend these items for guests with Celiac disease. Guests with gluten sensitivities should exercise judgement in consuming such products.





# NUTRITIONAL FACTS GUIDE

BROWNIES, BROOKIES,  
AND BLONDIES



# CHOCOLATE CHIP BROWNIE

| Nutrition Facts                                                                                                                                               |                         |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|
| 24 servings per container                                                                                                                                     |                         |
| Serving size                                                                                                                                                  | 1 brownie<br>4oz (113g) |
| Amount per serving                                                                                                                                            |                         |
| <b>Calories</b>                                                                                                                                               | <b>500</b>              |
| % Daily Value*                                                                                                                                                |                         |
| <b>Total Fat</b> 28g                                                                                                                                          | <b>36%</b>              |
| Saturated Fat 11g                                                                                                                                             | <b>55%</b>              |
| Trans Fat 0g                                                                                                                                                  |                         |
| <b>Cholesterol</b> 90mg                                                                                                                                       | <b>30%</b>              |
| <b>Sodium</b> 180mg                                                                                                                                           | <b>8%</b>               |
| <b>Total Carbohydrate</b> 62g                                                                                                                                 | <b>23%</b>              |
| Dietary Fiber 3g                                                                                                                                              | <b>11%</b>              |
| Total Sugars 47g                                                                                                                                              |                         |
| Includes 47g Added Sugars                                                                                                                                     | <b>94%</b>              |
| <b>Protein</b> 5g                                                                                                                                             |                         |
| <b>Vitamin D</b> 123mcg                                                                                                                                       | <b>620%</b>             |
| <b>Calcium</b> 20mg                                                                                                                                           | <b>2%</b>               |
| <b>Iron</b> 4mg                                                                                                                                               | <b>20%</b>              |
| <b>Potassium</b> 139mg                                                                                                                                        | <b>2%</b>               |
| *The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |                         |
| Calories per gram:<br>Fat 9 • Carbohydrate 4 • Protein 4                                                                                                      |                         |

**INGREDIENTS:** SUGAR, MARGARINE (VEGETABLE OIL BLEND [PALM FRUIT, SOYBEAN AND OLIVE OILS], WATER, SALT, NON-FAT DRY MILK, SOY LECITHIN, MONOGLYCERIDES, NATURAL FLAVOR, VITAMIN A PALMITATE, BETA CAROTENE COLOR), EGGS, BLEACHED WHEAT FLOUR, SEMI-SWEET CHOCOLATE (CHOCOLATE LIQUOR, SUGAR, COCOA BUTTER, MILKFAT, SOY LECITHIN, SALT, VANILLA), CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, VANILLA, SALT), COCOA PROCESSED WITH ALKALI, NATURAL VANILLA FLAVOR, BAKING SODA.

**CONTAINS: EGG, MILK, SOY, WHEAT.**



\*Many of our products contain or may come into contact with common food allergens, including eggs, milk, wheat, soy, peanuts and/or tree nuts. Insomnia Cookies is not an allergen-free environment. Although not all of our products contain food allergens, ALL OF our products are baked or prepared in an environment where eggs, milk, wheat, soy, peanuts and/or tree nuts are present. Due to the presence of such food allergens at all of our locations, we do not recommend consuming any of our products if you are allergic to such food allergens. Our gluten-free products are prepared in an environment where there is a risk of gluten exposure. Therefore, Insomnia Cookies DOES NOT recommend these items for guests with Celiac disease. Guests with gluten sensitivities should exercise judgement in consuming such products.

# CHOCOLATE CHUNK BLONDIE

| Nutrition Facts                                                                                                                                               |                       |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| 24 servings per container                                                                                                                                     |                       |
| <b>Serving size</b>                                                                                                                                           | <b>1 blondie</b>      |
|                                                                                                                                                               | <b>4oz (113g)</b>     |
| Amount per serving                                                                                                                                            |                       |
| <b>Calories</b>                                                                                                                                               | <b>510</b>            |
|                                                                                                                                                               | <b>% Daily Value*</b> |
| <b>Total Fat</b> 27g                                                                                                                                          | <b>35%</b>            |
| Saturated Fat 13g                                                                                                                                             | <b>65%</b>            |
| Trans Fat 0g                                                                                                                                                  |                       |
| <b>Cholesterol</b> 65mg                                                                                                                                       | <b>22%</b>            |
| <b>Sodium</b> 270mg                                                                                                                                           | <b>12%</b>            |
| <b>Total Carbohydrate</b> 69g                                                                                                                                 | <b>25%</b>            |
| Dietary Fiber 3g                                                                                                                                              | <b>11%</b>            |
| Total Sugars 42g                                                                                                                                              |                       |
| Includes 41g Added Sugars                                                                                                                                     | <b>82%</b>            |
| <b>Protein</b> 5g                                                                                                                                             |                       |
| <b>Vitamin D</b> 53mcg                                                                                                                                        | <b>270%</b>           |
| <b>Calcium</b> 26mg                                                                                                                                           | <b>2%</b>             |
| <b>Iron</b> 5mg                                                                                                                                               | <b>30%</b>            |
| <b>Potassium</b> 166mg                                                                                                                                        | <b>4%</b>             |
| *The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |                       |
| Calories per gram:<br>Fat 9 • Carbohydrate 4 • Protein 4                                                                                                      |                       |

**INGREDIENTS:** ENRICHED WHEAT FLOUR (WHEAT, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CHOCOLATE CHUNKS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, VANILLA, SALT), SUGAR, BUTTER, EGGS, MARGARINE (VEGETABLE OIL BLEND [PALM FRUIT, SOYBEAN AND OLIVE OILS], WATER, SALT, NON-FAT DRY MILK, SOY LECITHIN, MONOGLYCERIDES, NATURAL FLAVOR, VITAMIN A PALMITATE, BETA CAROTENE COLOR), INVERT SUGAR, MOLASSES, SALT, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, CORNSTARCH, BAKING SODA, MONOCALCIUM PHOSPHATE), NATURAL VANILLA FLAVOR.

**CONTAINS: EGG, MILK, SOY, WHEAT.**

\*Many of our products contain or may come into contact with common food allergens, including eggs, milk, wheat, soy, peanuts and/or tree nuts. Insomnia Cookies is not an allergen-free environment. Although not all of our products contain food allergens, ALL OF our products are baked or prepared in an environment where eggs, milk, wheat, soy, peanuts and/or tree nuts are present. Due to the presence of such food allergens at all of our locations, we do not recommend consuming any of our products if you are allergic to such food allergens. Our gluten-free products are prepared in an environment where there is a risk of gluten exposure. Therefore, Insomnia Cookies DOES NOT recommend these items for guests with Celiac disease. Guests with gluten sensitivities should exercise judgement in consuming such products.



# CHOCOLATE CHUNK BROOKIE

| Nutrition Facts                                                                                                                                               |                     |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|
| 24 servings per container                                                                                                                                     |                     |
| Serving size                                                                                                                                                  | 1 bar<br>4oz (113g) |
| Amount per serving                                                                                                                                            |                     |
| <b>Calories</b>                                                                                                                                               | <b>490</b>          |
| % Daily Value*                                                                                                                                                |                     |
| Total Fat 24g                                                                                                                                                 | 31%                 |
| Saturated Fat 12g                                                                                                                                             | 60%                 |
| Trans Fat 0g                                                                                                                                                  |                     |
| Cholesterol 95mg                                                                                                                                              | 32%                 |
| Sodium 280mg                                                                                                                                                  | 12%                 |
| Total Carbohydrate 67g                                                                                                                                        | 24%                 |
| Dietary Fiber 3g                                                                                                                                              | 11%                 |
| Total Sugars 41g                                                                                                                                              |                     |
| Includes 41g Added Sugars                                                                                                                                     | 82%                 |
| Protein 6g                                                                                                                                                    |                     |
| Vitamin D 45mcg                                                                                                                                               | 230%                |
| Calcium 28mg                                                                                                                                                  | 2%                  |
| Iron 3mg                                                                                                                                                      | 15%                 |
| Potassium 171mg                                                                                                                                               | 4%                  |
| *The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |                     |
| Calories per gram:<br>Fat 9 • Carbohydrate 4 • Protein 4                                                                                                      |                     |

**INGREDIENTS:** SUGAR, ENRICHED WHEAT FLOUR (WHEAT, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), EGGS, BUTTER, BLEACHED WHEAT FLOUR, MARGARINE (VEGETABLE OIL BLEND [PALM FRUIT, SOYBEAN AND OLIVE OILS], WATER, SALT, NON-FAT DRY MILK, SOY LECITHIN, MONOGLYCERIDES, NATURAL FLAVOR, VITAMIN A PALMITATE, BETA CAROTENE COLOR), CHOCOLATE CHUNKS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, VANILLA, SALT), CHOCOLATE CHIPS (SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, SOY LECITHIN, NATURAL VANILLA), COCOA POWDER, PALM OIL, INVERT SUGAR, CORN SYRUP, COCOA PROCESSED WITH ALKALI, SALT, MOLASSES, NATURAL VANILLA FLAVOR, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, CORNSTARCH, BAKING SODA, MONOCALCIUM PHOSPHATE), SOY LECITHIN.

**CONTAINS: EGG, MILK, SOY, WHEAT**

\*Many of our products contain or may come into contact with common food allergens, including eggs, milk, wheat, soy, peanuts and/or tree nuts. Insomnia Cookies is not an allergen-free environment. Although not all of our products contain food allergens, ALL OF our products are baked or prepared in an environment where eggs, milk, wheat, soy, peanuts and/or tree nuts are present. Due to the presence of such food allergens at all of our locations, we do not recommend consuming any of our products if you are allergic to such food allergens. Our gluten-free products are prepared in an environment where there is a risk of gluten exposure. Therefore, Insomnia Cookies DOES NOT recommend these items for guests with Celiac disease. Guests with gluten sensitivities should exercise judgement in consuming such products.







# NUTRITIONAL FACTS GUIDE

## TOPPINGS

# TOPPINGS

## PER 1/2 OZ

### SERVING

|                     | Calories | Total Fat (g) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugars (g) | Protein (g) |
|---------------------|----------|---------------|-------------|-----------------|-------------------|------------------|-------------|
| Chocolate Sauce     | 45       | 0             | 15          | 10              | 0                 | 10               | 1           |
| Caramel Sauce       | 60       | 0             | 25          | 11              | 0                 | 11               | 0           |
| M&Ms                | 70       | 2.5           | 10          | 10              | 0                 | 9                | 1           |
| Brownie Bites       | 60       | 3             | 24          | 8               | 0                 | 6                | 1           |
| Cookie Dough Pieces | 65       | 3             | 37          | 9               | 0                 | 5                | 1           |
| Rainbow Sprinkles   | 20       | 1             | 0           | 3               | 0                 | 3                | 0           |



**cookies** **IN**  
ICE CREAM

# NUTRITIONAL FACTS GUIDE



# CARAMELLIONAIRE

## Nutrition Facts

139 servings per container

**Serving size** 2 oz (51g)

**Amount per serving**

**Calories** 130

% Daily Value\*

**Total Fat** 7g 9%

Saturated Fat 4g 20%

Trans Fat 0g

**Cholesterol** 20mg 7%

**Sodium** 110mg 5%

**Total Carbohydrate** 17g 6%

Dietary Fiber 0g 0%

Total Sugars 13g

Includes 11g Added Sugars 22%

**Protein** 1g

Vitamin D 0mcg 0%

Calcium 50mg 4%

Iron 0mg 0%

Potassium 0mg 0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** CREAM, MILK, LIQUID SUGAR, SALTED CARAMEL COOKIE BITS [ENRICHED WHEAT FLOUR [WHEAT, BARLEY, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], BROWN SUGAR, CARAMEL BITS [SUGAR, CORN SYRUP, LIQUID SUGAR, SKIM MILK, PALM OIL, BUTTER, SALT, MONO- AND DIGLYCERIDES, NATURAL FLAVOR, SOY LECITHIN], HEATH TOFFEE BITS [MILK CHOCOLATE (SUGAR, COCOA BUTTER, CHOCOLATE, NONFAT MILK, MILK FAT, LACTOSE, SALT, SOY LECITHIN, NATURAL FLAVOR), SUGAR, VEGETABLE OIL (PALM & SUNFLOWER), BUTTER, ALMONDS, SALT, SOY LECITHIN], BUTTER, MARGARINE [VEGETABLE OIL BLEND (PALM FRUIT, SOYBEAN AND OLIVE OILS), WATER, SALT, NONFAT DRY MILK, SOY LECITHIN, MONOGLYCERIDES, NATURAL FLAVOR, VITAMIN A PALMITATE, BETA CAROTENE (COLOR)], SUGAR, EGGS, MOLASSES, SEA SALT, NATURAL VANILLA FLAVOR, BAKING SODA, POWDERED SUGAR [SUGAR, CORN STARCH]], SEA SALT CARAMEL SWIRLS [CORN SYRUP, WATER, SWEETENED CONDENSED SKIM MILK (SUGAR, WATER, NONFAT MILK SOLIDS), BUTTER (CREAM, SALT), SEA SALT, CARRAGEENAN, BAKING SODA], SEA SALT CARAMEL BASE (CORN SYRUP, WATER, SUGAR, WHEY, SEA SALT, BAKING SODA), SKIM MILK, BUTTERMILK, CORN SYRUP, MONO- AND DIGLYCERIDES, GUAR GUM, CELLULOSE GUM, CARRAGEENAN, DEXTROSE.

**CONTAINS: MILK, WHEAT, SOY, TREE NUT (ALMONDS), AND EGGS**  
CONTAINS GLUTEN

PRODUCT HAS BEEN MANUFACTURED ON SHARED EQUIPMENT THAT PROCESSES MILK, EGG, SOY, WHEAT, PEANUTS, AND TREE NUTS

\*Many of our products contain or may come into contact with common food allergens, including eggs, milk, wheat, soy, peanuts and/or tree nuts. Insomnia Cookies is not an allergen-free environment. Although not all of our products contain food allergens, ALL OF our products are baked or prepared in an environment where eggs, milk, wheat, soy, peanuts and/or tree nuts are present. Due to the presence of such food allergens at all of our locations, we do not recommend consuming any of our products if you are allergic to such food allergens. Our gluten-free products are prepared in an environment where there is a risk of gluten exposure. Therefore, Insomnia Cookies DOES NOT recommend these items for guests with Celiac disease. Guests with gluten sensitivities should exercise judgement in consuming such products.



# CHOCOLATE

| Nutrition Facts                                                                                                                                                     |                   |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|
| 139 servings per container                                                                                                                                          |                   |
| <b>Serving size</b>                                                                                                                                                 | <b>2 oz (51g)</b> |
| <b>Amount per serving</b>                                                                                                                                           |                   |
| <b>Calories</b>                                                                                                                                                     | <b>110</b>        |
| % Daily Value*                                                                                                                                                      |                   |
| <b>Total Fat</b> 7g                                                                                                                                                 | <b>9%</b>         |
| Saturated Fat 4.5g                                                                                                                                                  | <b>23%</b>        |
| Trans Fat 0g                                                                                                                                                        |                   |
| <b>Cholesterol</b> 20mg                                                                                                                                             | <b>7%</b>         |
| <b>Sodium</b> 25mg                                                                                                                                                  | <b>1%</b>         |
| <b>Total Carbohydrate</b> 12g                                                                                                                                       | <b>4%</b>         |
| Dietary Fiber < 1g                                                                                                                                                  | <b>2%</b>         |
| Total Sugars 11g                                                                                                                                                    |                   |
| Includes 8g Added Sugars                                                                                                                                            | <b>16%</b>        |
| <b>Protein</b> 2g                                                                                                                                                   |                   |
| Vitamin D 0mcg                                                                                                                                                      | <b>0%</b>         |
| Calcium 60mg                                                                                                                                                        | <b>4%</b>         |
| Iron 0.5mg                                                                                                                                                          | <b>2%</b>         |
| Potassium 150mg                                                                                                                                                     | <b>4%</b>         |
| * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |                   |

**INGREDIENTS:** CREAM, MILK, LIQUID SUGAR, SKIM MILK, BUTTERMILK, CORN SYRUP, COCOA (PROCESSED WITH ALKALI), MONO- AND DIGLYCERIDES, GUAR GUM, CELLULOSE GUM, CARRAGEENAN, DEXTROSE.

**CONTAINS: MILK**  
GLUTEN-FREE

PRODUCT HAS BEEN MANUFACTURED ON SHARED EQUIPMENT THAT PROCESSES MILK, EGG, SOY, WHEAT, PEANUTS, AND TREE NUTS

\*Many of our products contain or may come into contact with common food allergens, including eggs, milk, wheat, soy, peanuts and/or tree nuts. Insomnia Cookies is not an allergen-free environment. Although not all of our products contain food allergens, ALL OF our products are baked or prepared in an environment where eggs, milk, wheat, soy, peanuts and/or tree nuts are present. Due to the presence of such food allergens at all of our locations, we do not recommend consuming any of our products if you are allergic to such food allergens. Our gluten-free products are prepared in an environment where there is a risk of gluten exposure. Therefore, Insomnia Cookies DOES NOT recommend these items for guests with Celiac disease. Guests with gluten sensitivities should exercise judgement in consuming such products.



# COOKIE D'OUGH

| Nutrition Facts                                                                                                                                                     |                   |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|
| 139 servings per container                                                                                                                                          |                   |
| <b>Serving size</b>                                                                                                                                                 | <b>2 oz (51g)</b> |
| <b>Amount per serving</b>                                                                                                                                           |                   |
| <b>Calories</b>                                                                                                                                                     | <b>140</b>        |
| % Daily Value*                                                                                                                                                      |                   |
| <b>Total Fat</b> 7g                                                                                                                                                 | <b>9%</b>         |
| Saturated Fat 4.5g                                                                                                                                                  | <b>23%</b>        |
| Trans Fat 0g                                                                                                                                                        |                   |
| <b>Cholesterol</b> 20mg                                                                                                                                             | <b>7%</b>         |
| <b>Sodium</b> 50mg                                                                                                                                                  | <b>2%</b>         |
| <b>Total Carbohydrate</b> 16g                                                                                                                                       | <b>6%</b>         |
| Dietary Fiber 0g                                                                                                                                                    | <b>0%</b>         |
| Total Sugars 13g                                                                                                                                                    |                   |
| Includes 11g Added Sugars                                                                                                                                           | <b>22%</b>        |
| <b>Protein</b> 2g                                                                                                                                                   |                   |
| Vitamin D 0mcg                                                                                                                                                      | <b>0%</b>         |
| Calcium 50mg                                                                                                                                                        | <b>4%</b>         |
| Iron 0mg                                                                                                                                                            | <b>0%</b>         |
| Potassium 0mg                                                                                                                                                       | <b>0%</b>         |
| * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |                   |

**INGREDIENTS:** CREAM, MILK, LIQUID SUGAR, CHOCOLATE CHUNK COOKIE BITS (ENRICHED WHEAT FLOUR [WHEAT, BARLEY, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SUGAR, CHOCOLATE CHUNKS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, VANILLA, SALT), BROWN SUGAR, MARGARINE (VEGETABLE OIL BLEND [PALM FRUIT, SOYBEAN AND OLIVE OILS], WATER, SALT, NONFAT DRY MILK, SOY LECITHIN, MONOGLYCERIDES, NATURAL FLAVOR, VITAMIN A PALMITATE, BETA CAROTENE [COLOR]), BUTTER, EGGS, INVERT SUGAR, SOY FLOUR, POWDERED SUGAR (SUGAR, CORN STARCH), SALT, BAKING SODA, NATURAL VANILLA FLAVOR), SKIM MILK, BUTTERMILK, COOKIE DOUGH PIECES [WHEAT FLOUR, SUGAR, BROWN SUGAR, BUTTER (CREAM, SALT), WATER, SOY OIL, CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, VANILLA EXTRACT), CORN STARCH, MOLASSES, SALT, NATURAL FLAVOR, SOY LECITHIN, BAKING SODA], CORN SYRUP, COOKIE DOUGH FLAVOR (MOLASSES, NATURAL FLAVOR, SALT), MONO- AND DIGLYCERIDES, GUAR GUM, CELLULOSE GUM, CARRAGEENAN, DEXTROSE, ANNATTO (COLOR).

**CONTAINS: MILK, WHEAT, SOY, AND EGG**  
CONTAINS GLUTEN

PRODUCT HAS BEEN MANUFACTURED ON SHARED EQUIPMENT THAT PROCESSES MILK, EGG, SOY, WHEAT, PEANUTS, AND TREE NUTS.

\*Many of our products contain or may come into contact with common food allergens, including eggs, milk, wheat, soy, peanuts and/or tree nuts. Insomnia Cookies is not an allergen-free environment. Although not all of our products contain food allergens, ALL OF our products are baked or prepared in an environment where eggs, milk, wheat, soy, peanuts and/or tree nuts are present. Due to the presence of such food allergens at all of our locations, we do not recommend consuming any of our products if you are allergic to such food allergens. Our gluten-free products are prepared in an environment where there is a risk of gluten exposure. Therefore, Insomnia Cookies DOES NOT recommend these items for guests with Celiac disease. Guests with gluten sensitivities should exercise judgement in consuming such products.





# COOKIES 'N DREAM

| Nutrition Facts                                                                                                                                                     |                   |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|
| 139 servings per container                                                                                                                                          |                   |
| <b>Serving size</b>                                                                                                                                                 | <b>2 oz (51g)</b> |
| <b>Amount per serving</b>                                                                                                                                           |                   |
| <b>Calories</b>                                                                                                                                                     | <b>130</b>        |
| <b>% Daily Value*</b>                                                                                                                                               |                   |
| <b>Total Fat 7g</b>                                                                                                                                                 | <b>9%</b>         |
| Saturated Fat 4.5g                                                                                                                                                  | <b>23%</b>        |
| Trans Fat 0g                                                                                                                                                        |                   |
| <b>Cholesterol 20mg</b>                                                                                                                                             | <b>7%</b>         |
| <b>Sodium 35mg</b>                                                                                                                                                  | <b>2%</b>         |
| <b>Total Carbohydrate 14g</b>                                                                                                                                       | <b>5%</b>         |
| Dietary Fiber 0g                                                                                                                                                    | <b>0%</b>         |
| Total Sugars 12g                                                                                                                                                    |                   |
| Includes 10g Added Sugars                                                                                                                                           | <b>20%</b>        |
| <b>Protein 2g</b>                                                                                                                                                   |                   |
| Vitamin D 0mcg                                                                                                                                                      | <b>0%</b>         |
| Calcium 50mg                                                                                                                                                        | <b>4%</b>         |
| Iron 0mg                                                                                                                                                            | <b>0%</b>         |
| Potassium 0mg                                                                                                                                                       | <b>0%</b>         |
| * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |                   |

**INGREDIENTS:** CREAM, MILK, LIQUID SUGAR, DOUBLE CHOCOLATE CHUNK COOKIE BITS [ENRICHED WHEAT FLOUR [WHEAT, BARLEY, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SUGAR, CHOCOLATE CHUNKS [SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, VANILLA, SALT], BROWN SUGAR, MARGARINE [VEGETABLE OIL BLEND (PALM FRUIT, SOYBEAN AND OLIVE OILS), WATER, SALT, NONFAT DRY MILK, SOY LECITHIN, MONOGLYCERIDES, NATURAL FLAVOR, VITAMIN A PALMITATE, BETA CAROTENE (COLOR)], BUTTER, EGGS, COCOA (PROCESSED WITH ALKALI), INVERT SUGAR, MOLASSES, POWDERED SUGAR [SUGAR, CORN STARCH], SALT, BAKING SODA, NATURAL VANILLA FLAVOR}, SKIM MILK, BUTTERMILK, CORN SYRUP, NATURAL FLAVOR, MONO- AND DIGLYCERIDES, GUAR GUM, CELLULOSE GUM, CARRAGEENAN, DEXTROSE.

**CONTAINS: MILK, WHEAT, SOY AND EGG**

CONTAINS GLUTEN

PRODUCT HAS BEEN MANUFACTURED ON SHARED EQUIPMENT THAT PROCESSES MILK, EGG, SOY, WHEAT, PEANUTS, AND TREE NUTS.



\*Many of our products contain or may come into contact with common food allergens, including eggs, milk, wheat, soy, peanuts and/or tree nuts. Insomnia Cookies is not an allergen-free environment. Although not all of our products contain food allergens, ALL OF our products are baked or prepared in an environment where eggs, milk, wheat, soy, peanuts and/or tree nuts are present. Due to the presence of such food allergens at all of our locations, we do not recommend consuming any of our products if you are allergic to such food allergens. Our gluten-free products are prepared in an environment where there is a risk of gluten exposure. Therefore, Insomnia Cookies DOES NOT recommend these items for guests with Celiac disease. Guests with gluten sensitivities should exercise judgement in consuming such products.



# DREAMWEAVER

| Nutrition Facts                                                                                                                                                     |                   |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|
| 139 servings per container                                                                                                                                          |                   |
| <b>Serving size</b>                                                                                                                                                 | <b>2 oz (51g)</b> |
| <b>Amount per serving</b>                                                                                                                                           |                   |
| <b>Calories</b>                                                                                                                                                     | <b>140</b>        |
| <b>% Daily Value*</b>                                                                                                                                               |                   |
| <b>Total Fat 8g</b>                                                                                                                                                 | <b>10%</b>        |
| Saturated Fat 5g                                                                                                                                                    | <b>25%</b>        |
| Trans Fat 0g                                                                                                                                                        |                   |
| <b>Cholesterol 20mg</b>                                                                                                                                             | <b>7%</b>         |
| <b>Sodium 40mg</b>                                                                                                                                                  | <b>2%</b>         |
| <b>Total Carbohydrate 17g</b>                                                                                                                                       | <b>6%</b>         |
| Dietary Fiber 0g                                                                                                                                                    | <b>0%</b>         |
| Total Sugars 15g                                                                                                                                                    |                   |
| Includes 13g Added Sugars                                                                                                                                           | <b>26%</b>        |
| <b>Protein 2g</b>                                                                                                                                                   |                   |
| Vitamin D 0mcg                                                                                                                                                      | <b>0%</b>         |
| Calcium 50mg                                                                                                                                                        | <b>4%</b>         |
| Iron 0mg                                                                                                                                                            | <b>0%</b>         |
| Potassium 0mg                                                                                                                                                       | <b>0%</b>         |
| * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |                   |

**INGREDIENTS:** CREAM, MILK, LIQUID SUGAR, DOUBLE CHOCOLATE CHUNK COOKIE BITS [ENRICHED WHEAT FLOUR [WHEAT, BARLEY, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SUGAR, CHOCOLATE CHUNKS [SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, VANILLA, SALT], BROWN SUGAR, MARGARINE [VEGETABLE OIL BLEND (PALM FRUIT, SOYBEAN AND OLIVE OILS), WATER, SALT, NONFAT DRY MILK, SOY LECITHIN, MONOGLYCERIDES, NATURAL FLAVOR, VITAMIN A PALMITATE, BETA CAROTENE (COLOR)], BUTTER, EGGS, COCOA (PROCESSED WITH ALKALI), INVERT SUGAR, MOLASSES, POWDERED SUGAR [SUGAR, CORN STARCH], SALT, BAKING SODA, NATURAL VANILLA FLAVOR}, WHITE GLITTER PUFFY STARS [SUGAR, COCONUT OIL, NONFAT DRY MILK, PALM KERNEL OIL, MILKFAT, WHOLE MILK POWDER, SPIRULINA (COLOR), VEGETABLE JUICE (COLOR), SOY LECITHIN, SALT, NATURAL VANILLA EXTRACT], MILK FUDGE SWIRLS [CORN SYRUP, SUGAR, SWEETENED CONDENSED SKIM MILK (SUGAR, WATER, NONFAT MILK SOLIDS), WATER, CHOCOLATE LIQUOR, BUTTER (CREAM, SALT), CARRAGEENAN, BAKING SODA, NATURAL FLAVOR], SKIM MILK, BUTTERMILK, CORN SYRUP, RED 3, MONO- AND DIGLYCERIDES, GUAR GUM, CELLULOSE GUM, CARRAGEENAN, DEXTROSE, NATURAL FLAVOR, BLUE 1

**CONTAINS: MILK, WHEAT, SOY, AND EGG**  
CONTAINS GLUTEN

PRODUCT HAS BEEN MANUFACTURED ON SHARED EQUIPMENT THAT PROCESSES MILK, EGG, SOY, WHEAT, PEANUTS, AND TREE NUTS.



\*Many of our products contain or may come into contact with common food allergens, including eggs, milk, wheat, soy, peanuts and/or tree nuts. Insomnia Cookies is not an allergen-free environment. Although not all of our products contain food allergens, ALL OF our products are baked or prepared in an environment where eggs, milk, wheat, soy, peanuts and/or tree nuts are present. Due to the presence of such food allergens at all of our locations, we do not recommend consuming any of our products if you are allergic to such food allergens. Our gluten-free products are prepared in an environment where there is a risk of gluten exposure. Therefore, Insomnia Cookies DOES NOT recommend these items for guests with Celiac disease. Guests with gluten sensitivities should exercise judgement in consuming such products.

# MINTERSTELLAR

## Nutrition Facts

139 servings per container

**Serving size** 2 oz (51g)

**Amount per serving**

**Calories** **130**

% Daily Value\*

**Total Fat** 7g **9%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

**Cholesterol** 20mg **7%**

**Sodium** 35mg **2%**

**Total Carbohydrate** 14g **5%**

Dietary Fiber 0g **0%**

Total Sugars 12g

Includes 10g Added Sugars **20%**

**Protein** 2g

Vitamin D 0mcg **0%**

Calcium 50mg **4%**

Iron 0mg **0%**

Potassium 0mg **0%**

\* The %Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** CREAM, MILK, LIQUID SUGAR, DOUBLE CHOCOLATE MINT BAKED COOKIE BITS [ENRICHED WHEAT FLOUR [WHEAT, BARLEY, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], BROWN SUGAR, CHOCOLATE CHIPS [SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, VANILLA, SALT], SUGAR, MARGARINE [VEGETABLE OIL BLEND (PALM FRUIT, SOYBEAN AND OLIVE OILS), WATER, SALT, NONFAT DRY MILK, SOY LECITHIN, MONOGLYCERIDES, NATURAL FLAVOR, VITAMIN A PALMITATE, BETA CAROTENE (COLOR)], MINT CHIP [SUGAR, PALM KERNEL OIL, WHEY, NONFAT MILK, MONO AND DIGLYCERIDES, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVORS, BLUE 1, YELLOW 5], EGGS, BUTTER, COCOA [PROCESSED WITH ALKALI], INVERT SUGAR, SALT, MOLASSES, POWDERED SUGAR [SUGAR, CORN STARCH], BAKING SODA, NATURAL VANILLA FLAVOR}, SKIM MILK, BUTTERMILK, CORN SYRUP, MONO- AND DIGLYCERIDES, GUAR GUM, CELLULOSE GUM, CARRAGEENAN, DEXTROSE, NATURAL PEPPERMINT FLAVOR, YELLOW 5, BLUE 1

**CONTAINS: MILK, WHEAT, SOY, AND EGG**

CONTAINS GLUTEN

PRODUCT HAS BEEN MANUFACTURED ON SHARED EQUIPMENT THAT PROCESSES MILK, EGG, SOY, WHEAT, PEANUTS, AND TREE NUTS

\*Many of our products contain or may come into contact with common food allergens, including eggs, milk, wheat, soy, peanuts and/or tree nuts. Insomnia Cookies is not an allergen-free environment. Although not all of our products contain food allergens, ALL OF our products are baked or prepared in an environment where eggs, milk, wheat, soy, peanuts and/or tree nuts are present. Due to the presence of such food allergens at all of our locations, we do not recommend consuming any of our products if you are allergic to such food allergens. Our gluten-free products are prepared in an environment where there is a risk of gluten exposure. Therefore, Insomnia Cookies DOES NOT recommend these items for guests with Celiac disease. Guests with gluten sensitivities should exercise judgement in consuming such products.



# PEANUT BUTTER

# INSOMNIA TRACKS

| Nutrition Facts                                                                                                                                                     |                   |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|
| 139 servings per container                                                                                                                                          |                   |
| <b>Serving size</b>                                                                                                                                                 | <b>2 oz (51g)</b> |
| <b>Amount per serving</b>                                                                                                                                           |                   |
| <b>Calories</b>                                                                                                                                                     | <b>160</b>        |
| % Daily Value*                                                                                                                                                      |                   |
| <b>Total Fat</b> 10g                                                                                                                                                | <b>13%</b>        |
| Saturated Fat 5g                                                                                                                                                    | <b>25%</b>        |
| Trans Fat 0g                                                                                                                                                        |                   |
| <b>Cholesterol</b> 20mg                                                                                                                                             | <b>7%</b>         |
| <b>Sodium</b> 50mg                                                                                                                                                  | <b>2%</b>         |
| <b>Total Carbohydrate</b> 16g                                                                                                                                       | <b>6%</b>         |
| Dietary Fiber < 1g                                                                                                                                                  | <b>2%</b>         |
| Total Sugars 14g                                                                                                                                                    |                   |
| Includes 12g Added Sugars                                                                                                                                           | <b>24%</b>        |
| <b>Protein</b> 2g                                                                                                                                                   |                   |
| Vitamin D 0mcg                                                                                                                                                      | 0%                |
| Calcium 50mg                                                                                                                                                        | 4%                |
| Iron 0mg                                                                                                                                                            | 0%                |
| Potassium 110mg                                                                                                                                                     | 2%                |
| * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |                   |

**INGREDIENTS:** CREAM, MILK, LIQUID SUGAR, CHOCOLATE PEANUT BUTTER CUP COOKIE BITS (PEANUT BUTTER CHIPS [SUGAR, PALM KERNEL OIL, PARTIALLY DEFATTED PEANUT FLOUR, NONFAT MILK POWDER, SALT, SOY LECITHIN], ENRICHED WHEAT FLOUR [WHEAT, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], PEANUT BUTTER [ROASTED PEANUTS, DEXTROSE, HYDROGENATED COTTONSEED AND CANOLA OILS, SALT], PEANUT BUTTER CUPS [SUGAR, PEANUTS, CHOCOLATE, NONFAT MILK, COCOA BUTTER, MILK FAT, DEXTROSE, SALT, SOY LECITHIN, PGPR, TBHQ, CITRIC ACID], BROWN SUGAR, MARGARINE [VEGETABLE OIL BLEND (PALM FRUIT, SOYBEAN AND OLIVE OILS), WATER, SALT, NONFAT DRY MILK, SOY LECITHIN, MONOGLYCERIDES, NATURAL FLAVOR, VITAMIN A PALMITATE, BETA CAROTENE (COLOR)], BUTTER, SUGAR, EGGS, SALT, BAKING SODA, POWDERED SUGAR [SUGAR, CORN STARCH]), PEANUT BUTTER CUPS [SUGAR, PEANUT BUTTER (PEANUTS, SALT), COCONUT OIL, NONFAT MILK, MILK, COCOA (PROCESSED WITH ALKALI), SOY LECITHIN, NATURAL FLAVORS], SKIM MILK, BUTTERMILK, THICK FUDGE SWIRLS [POWDERED SUGAR (SUGAR, CORN STARCH), SOYBEAN OIL, COCOA (PROCESSED WITH ALKALI), COCONUT OIL, COCOA BUTTER, MONO- AND DIGLYCERIDES, SOY LECITHIN, SALT], CORN SYRUP, NATURAL FLAVOR, MONO- AND DIGLYCERIDES, GUAR GUM, CELLULOSE GUM, CARRAGEENAN, DEXTROSE.

**CONTAINS: MILK, WHEAT, SOY, EGG, AND PEANUTS**  
CONTAINS GLUTEN

ARTIFICIAL FLAVOR ADDED

PRODUCT HAS BEEN MANUFACTURED ON SHARED EQUIPMENT THAT PROCESSES MILK, EGG, SOY, WHEAT, PEANUTS, AND TREE NUTS

\*Many of our products contain or may come into contact with common food allergens, including eggs, milk, wheat, soy, peanuts and/or tree nuts. Insomnia Cookies is not an allergen-free environment. Although not all of our products contain food allergens, ALL OF our products are baked or prepared in an environment where eggs, milk, wheat, soy, peanuts and/or tree nuts are present. Due to the presence of such food allergens at all of our locations, we do not recommend consuming any of our products if you are allergic to such food allergens. Our gluten-free products are prepared in an environment where there is a risk of gluten exposure. Therefore, Insomnia Cookies DOES NOT recommend these items for guests with Celiac disease. Guests with gluten sensitivities should exercise judgement in consuming such products.





# VANILLA

| Nutrition Facts                                                                                                                                                     |                   |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|
| 139 servings per container                                                                                                                                          |                   |
| <b>Serving size</b>                                                                                                                                                 | <b>2 oz (51g)</b> |
| <b>Amount per serving</b>                                                                                                                                           |                   |
| <b>Calories</b>                                                                                                                                                     | <b>120</b>        |
| % Daily Value*                                                                                                                                                      |                   |
| <b>Total Fat</b> 7g                                                                                                                                                 | <b>9%</b>         |
| Saturated Fat 4.5g                                                                                                                                                  | <b>23%</b>        |
| Trans Fat 0g                                                                                                                                                        |                   |
| <b>Cholesterol</b> 20mg                                                                                                                                             | <b>7%</b>         |
| <b>Sodium</b> 25mg                                                                                                                                                  | <b>1%</b>         |
| <b>Total Carbohydrate</b> 12g                                                                                                                                       | <b>4%</b>         |
| Dietary Fiber 0g                                                                                                                                                    | <b>0%</b>         |
| Total Sugars 11g                                                                                                                                                    |                   |
| Includes 9g Added Sugars                                                                                                                                            | <b>18%</b>        |
| <b>Protein</b> 2g                                                                                                                                                   |                   |
| Vitamin D 0mcg                                                                                                                                                      | <b>0%</b>         |
| Calcium 60mg                                                                                                                                                        | <b>4%</b>         |
| Iron 0mg                                                                                                                                                            | <b>0%</b>         |
| Potassium 0mg                                                                                                                                                       | <b>0%</b>         |
| * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |                   |

**INGREDIENTS:** CREAM, MILK, LIQUID SUGAR, SKIM MILK, BUTTERMILK, CORN SYRUP, VANILLA BEAN SEEDS, MONO- AND DIGLYCERIDES, GUAR GUM, CELLULOSE GUM, CARRAGEENAN, DEXTROSE, VANILLA EXTRACT, ANNATTO (COLOR).

**CONTAINS: MILK**

**GLUTEN-FREE**

PRODUCT HAS BEEN MANUFACTURED ON SHARED EQUIPMENT THAT PROCESSES MILK, EGG, SOY, WHEAT, PEANUTS, AND TREE NUTS



\*Many of our products contain or may come into contact with common food allergens, including eggs, milk, wheat, soy, peanuts and/or tree nuts. Insomnia Cookies is not an allergen-free environment. Although not all of our products contain food allergens, ALL OF our products are baked or prepared in an environment where eggs, milk, wheat, soy, peanuts and/or tree nuts are present. Due to the presence of such food allergens at all of our locations, we do not recommend consuming any of our products if you are allergic to such food allergens. Our gluten-free products are prepared in an environment where there is a risk of gluten exposure. Therefore, Insomnia Cookies DOES NOT recommend these items for guests with Celiac disease. Guests with gluten sensitivities should exercise judgement in consuming such products.