



East Coast Original Frozen Custard and Yogurt is made fresh daily on the premises. We use Grade A milk cream, sugar, eggs and all premium ingredients.

Enjoy our creamy custard that comes in many delicious flavors or our wonderful yogurt and incredible no sugar added, fat-free yogurt. All have a taste that is unique and enjoyable.

East Coast Original Vanilla

Nutrition Facts	
Serving Size: 1/2 cup (110g)	
Servings per container: 1 small cone or cup	
Amount Per Serving	
Calories 220	Calories from fat 100
%Daily Value	
Total Fat 11g	17%
Saturated Fat 7g	35%
Cholesterol 75mg	25%
Sodium 125mg	5%
Total Carbohydrate 25g	8%
Dietary Fiber 0g	0%
Sugars 15g	
Protein 6g	11%
Calcium 20% • Vitamin A 8% • Vitamin C 0% • Iron 0% • Percent Daily Values are based on a 2,000 calorie diet.	

East Coast Original Chocolate

Nutrition Facts	
Serving Size: 1/2 cup (111g)	
Servings per container: 1 small cone or cup	
Amount Per Serving	
Calories 250	Calories from fat 100
%Daily Value	
Total Fat 11g	17%
Saturated Fat 7g	35%
Cholesterol 75mg	25%
Sodium 140mg	6%
Total Carbohydrate 27g	9%
Dietary Fiber less than 1g	4%
Sugars 14g	
Protein 6g	10%
Calcium 20% • Vitamin A 8% • Vitamin C 0% • Iron 0% • Percent Daily Values are based on a 2,000 calorie diet.	

East Coast Original Yogurt

Nutrition Facts	
Serving Size: 1/2 cup (111g)	
Servings per container: 1 small cone or cup	
Amount Per Serving	
Calories 160	Calories from fat 30
%Daily Value	
Total Fat 3.5g	5%
Saturated Fat 2.5g	13%
Cholesterol 15mg	5%
Sodium 170mg	7%
Total Carbohydrate 28g	9%
Dietary Fiber 0g	0%
Sugars 16g	
Protein 4g	8%
Calcium 15% • Vitamin A 2% • Vitamin C 0% • Iron 0% • Percent Daily Values are based on a 2,000 calorie diet.	

East Coast Original No Sugar Added, Fat Free Yogurt

Nutrition Facts	
Serving Size: 1/2 cup (96g)	
Servings per container: 1 small cone or cup	
Amount Per Serving	
Calories 100	Calories from fat 0
%Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 5mg	1%
Sodium 115mg	5%
Total Carbohydrate 19g	6%
Dietary Fiber 0g	0%
Sugars 8g	
Protein 2g	
Calcium 15% • Vitamin A 2% • Vitamin C 2% • Iron 0% • Percent Daily Values are based on a 2,000 calorie diet.	

For a Taste of the Good Old Days!

www.eastcoastcustard.com