

Low Protein Ice Cream



Ben and Jerry



Non Dairy Bohemian Raspberry 100ml= 1 exchange

Carte D'or



Madagascar Vanilla/ Delightful Strawberry 100ml= 1 exchange



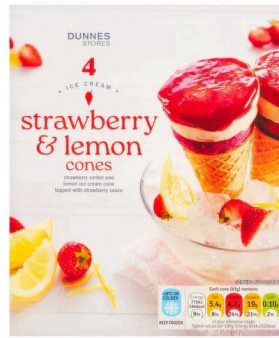
Salted Caramel/ Strawberry Sundae/ Chocolate Sundae 100ml= 1 ½ exchanges

Cornetto



Gluten Free Vegan 1= 1 exchange Classico/ Mint 1= 1 ½ exchanges

Dunnes



Fruit juice Orange Splits/ Dairy Choc Ices 1= 1 exchange
 Chocolate Wafer Ice Creams/ Tropical Ice Pop 1= 1 ½ exchanges
 Strawberry & Lemon Cones 1 = 2 exchanges

Magnum



Vegan Classic/ Vegan Raspberry Swirl 1= 1 exchange Mini Classic 1= 1 ½ exchanges
 Vegan Almond 1 = 2 exchanges

Solero



Exotic/Berry Bliss/ Orange Burst/ Strawberry Twist 1= 1 exchange

Updated June 2026. Always check the label as ingredients can change

Supervalu



Ice Cream Swirls 1 = ½ exchange

Fruit Split 1 = 1 exchange Raspberry & White Chocolate 100ml = 1 exchange

Daily Basics Strawberry & Vanilla Cones 1 = 1 ½ exchanges

Daily Basics Chocolate & Nut Cones 1 = 2 exchanges

Swedish Glace



Smooth Vanilla/ Delightful Raspberry 100ml = ½ exchange

Tesco



Fruit Splits/ Tropical Ice Cream/ Milk Choc Ices 1 = 1 exchange

Milk Chocolate Ice Cream 1 = 1 ½ exchanges

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