

Sweet Frog Menu & Prices

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Prices updated July 2026, Glen Allen, VA location. Prices vary by location.

Featured

Item	Price
Power Up Raspberry Macaroon	\$7.35

Low Fat

Item	Price
Cake Batter	\$7.35
Cookies & Cream	\$7.35
Irish Mint	\$7.35
Original Tart	\$7.35

Nonfat

Item	Price
Blue Cotton Candy	\$7.35
Cappuccino	\$7.35

No Sugar Added

Item	Price
Cheesecake*	\$7.35
Vanilla	\$7.35

Dairy Free

Item	Price
Watermelon Sorbet*	\$7.35

Dole Soft Serve®

Item	Price
Dole Soft Serve® Mango*	\$7.35
Dole Soft Serve® Orange*	\$7.35
Dole Soft Serve® Strawberry*	\$7.35

Gelato

Item	Price
Cold Brew Coffee Gelato	\$7.35

Ice Cream

Item	Price
Chocolate Ice Cream	\$7.35

Bottled Water

Item	Price
Bottled Water	\$1.05