



Major Food Allergens listed in **Red**

Not all items are served in all stores

	Serving Weight (g)	Total Calories	Total Fat (g)	Calories from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates	Dietary Fiber (g)	Sugars (g)	Protein (g)
Breakfast Item												
Bacon Egg Cheese Croissant <u>Contains: Milk, Eggs, Soy, Wheat</u>	129	360	23	210	9	0	175	910	25	<1	5	14
Biscuits & Gravy <u>Contains: Milk, Soy, Wheat</u>	205	480	34	310	4	0	30	1330	37	<1	3	7
Chicken, Egg White & Cheese <u>Contains: Milk, Eggs, Soy, Wheat</u>	153	240	7	60	3	0	40	790	24	1	3	21
Grande Sausage Egg & Cheese Burrito <u>Contains: Milk, Egg, Soy, Wheat</u>	300	630	34	300	10	0	325	2320	54	6	5	28
Hashbrown Stix	128	190	7	60	0	0	0	560	30	2	0	2
Ham Egg Cheese Croissant <u>Contains: Milk, Eggs, Soy, Wheat</u>	170	450	31	280	12	0	200	1040	26	<1	5	16
Sausage Egg Cheese Croissant <u>Contains: Milk, Eggs, Soy, Wheat</u>	164	480	36	320	7	0	200	820	24	<1	4	15
Sausage Egg Cheese Biscuit <u>Contains: Milk, Eggs, Soy, Wheat</u>	200	630	47	430	3	0	185	1540	36	<1	4	16
Sausage Egg Cheese Pretzel <u>Contains: Milk, Eggs, Soy, Wheat</u>	221	580	33	300	4	0	185	1380	57	2	9	14
Shredded Steak, Egg & Queso Bowl <u>Contains: Milk, Eggs, Wheat</u>												
Turkey Sausage Egg Cheese <u>Contains: Milk, Eggs, Soy, Wheat</u>	156	260	10	90	4	0	40	930	24	1	4	20
Ultimate Omelet Wrap <u>Contains: Milk, Eggs, Soy, Wheat</u>	113	220	13	110	6	0	15	710	15	0	1	12
Bakery Item												
Apple Fritter <u>Contains: Milk, Eggs, Soy, Wheat</u>	127	480	29	260	13	0	0	410	48	2	11	6
Cinnamon Roll <u>Contains: Milk, Eggs, Soy</u>	156	460	15	140	5	2	25	470	72	2	31	8
Cookie - Chocolate Chip <u>Contains: Milk, Eggs, Wheat</u>	57	260	12	110	4	2	15	200	34	1	14	3
Cookie - M&M Chocolate Chip <u>Contains: Milk, Eggs, Soy, Wheat</u>	57	250	11	100	4	2	15	200	35	1	14	3
Cookie - Macadamia Nut <u>Contains: Milk, Eggs, Soy, Wheat, Nuts</u>	57	270	14	130	5	2	15	210	32	0	12	3
Cookie - Sugar <u>Contains: Milk, Eggs, Soy, Wheat, Nuts</u>	57	240	10	90	5	0	20	250	34	<1	18	3
Donut - Ampersand w/ Cookies and Cream Topping <u>Contains: Milk, Soy, Wheat</u>	142	550	32	290	17	0	0	460	60	0	26	7
Donut - Raised <u>Contains: Milk, Eggs, Soy, Wheat</u>	85	320	20	180	9	0	0	310	29	1	4	5
Donut - White Cake <u>Contains: Milk, Eggs, Soy, Wheat</u>	85	380	23	210	11	0	15	560	39	0	14	5
Honeybun <u>Contains: Milk, Eggs, Soy, Wheat</u>	85	320	16	140	7	0	0	390	38	2	5	6
Long John <u>Contains: Milk, Eggs, Soy, Wheat</u>	85	350	21	190	11	0	0	310	36	0	11	4
Muffin - Banana Nut <u>Contains: Milk, Eggs, Soy, Wheat, Nuts</u>	142	520	27	240	5	0	50	410	63	2	32	7
Muffin - Chocolate Chip <u>Contains: Milk, Eggs, Soy, Wheat</u>	142	510	0	220	7	0	65	530	68	3	39	6
Muffin - Coffee Cake <u>Contains: Milk, Eggs, Soy, Wheat</u>	142	540	23	210	5	0	35	400	77	2	42	5
Muffin - Blueberry <u>Contains: Milk, Eggs, Soy, Wheat</u>	142	470	21	190	5	0	35	380	66	2	30	5
Raspberry Cream Cheese Flip <u>Contains: Milk, Soy, Wheat</u>	130	490	22	200	5	7	5	370	67	1	26	7



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Lunch Item												
Angus Cheeseburger <u>Contains: Milk, Soy, Wheat</u>	159	450	25	230	9	1	60	890	31	1	4	25
Angus Bacon Cheeseburger <u>Contains: Milk, Soy, Wheat</u>	170	510	30	270	11	1	70	1150	31	1	4	28
Burrito - Grande Beef Barbacoa <u>Contains: Milk, Wheat</u>	352	600	21	190	9	0	60	2050	66	8	5	33
Chicken Burger <u>Contains: Milk, Soy, Wheat</u>	175	370	20	180	4	0	120	880	23	4	2	26
Signature Chicken Sandwich <u>Contains: Soy, Wheat</u>	172	430	17	150	3	0	45	1070	46	2	6	24
Honey Hot Chicken Sandwich <u>Contains: Soy, Wheat</u>	172	430	17	150	3	0	45	930	46	1	5	24
Crispito - Chicken & Cheese <u>Contains: Milk, Wheat</u>	77	190	7	60	3	0	15	280	22	1	4	9
Corn Dog <u>Contains: Milk, Eggs, Soy, Wheat</u>	113	280	13	120	4	0	40	650	31	1	9	9
Chicken Tenders - 3 <u>Contains: Wheat</u>	156	380	18	160	3	0	55	900	27	2	0	27
Made to Order Sandwiches												
Brisket & Cheddar Panini <u>Contains: Milk, Soy, Wheat</u>	257	730	38	340	17	0	45	1400	60	2	3	39
Grilled Cheese Panini <u>Contains: Milk, Soy, Wheat</u>	200	660	32	290	18	0	90	960	57	2	2	35
Italian Chicken Panini <u>Contains: Milk, Soy, Wheat</u>	303	660	27	240	11	0	115	1490	57	3	4	46
Philly Cheese Steak Sub <u>Contains: Milk, Soy, Wheat</u>	283	530	20	180	10	0	80	2060	56	4	7	33
Cold Sandwiches												
Chicken Bacon Ranch Wrap <u>Contains: Milk, Wheat</u>	229	630	28	250	9	0	55	1630	64	2	3	31
Ham & Cheddar Sub <u>Contains: Milk, Wheat</u>	225	440	14	120	7	0	75	1440	49	3	5	30
Ham & Swiss on Bistro Bun <u>Contains: Milk, Soy, Wheat</u>	147	260	11	100	5	0	60	800	22	1	3	20
Italian Hero Sub <u>Contains: Milk, Wheat</u>	211	480	21	190	7	0	60	170	49	3	4	25
Turkey Cheddar Wrap <u>Contains: Milk, Wheat</u>	223	470	16	150	8	0	75	1420	52	4	4	29
Turkey & Pepperjack Sub <u>Contains: Milk, Wheat</u>	225	450	13	120	3	0	75	1240	53	3	5	30
Turkey & Provolone on 9-Grain <u>Contains: Milk, Wheat</u>	175	340	12	110	5	0	55	870	34	2	5	22
Pizza Slices												
Cheese Pizza Slice <u>Contains: Milk, Soy, Wheat</u>	118	260	10	90	6	0	30	560	29	<1	3	13
Italian Sausage Pizza Slice <u>Contains: Milk, Soy, Wheat</u>	122	270	11	100	4	0	30	510	30	1	3	12
Pepperoni Pizza Slice <u>Contains: Milk, Soy, Wheat</u>	114	260	10	90	4	0	30	610	29	<1	3	12
Bacon Cheeseburger Pizza Slice <u>Contains: Milk, Soy, Wheat</u>	131	290	11	100	4	0	35	810	30	1	3	16
BBQ Chicken Pizza Slice <u>Contains: Milk, Soy, Wheat</u>	122	260	8	70	4	0	30	620	34	<1	7	14
Beef Pizza Slice <u>Contains: Milk, Soy, Wheat</u>	122	250	9	80	4	0	30	680	30	1	3	13
Breakfast Pizza Slice <u>Contains: Milk, Eggs, Soy, Wheat</u>	112	280	11	100	5	0	50	690	28	1	2	15
Chipotle Chicken Bacon Ranch Pizza Slice <u>Contains: Milk, Eggs, Soy, Wheat</u>	127	380	21	190	6	0	40	850	31	1	3	16
Combo Pizza Slice <u>Contains: Milk, Soy, Wheat</u>	134	270	11	100	4	0	30	700	30	1	3	13
Hawaiian Pizza Slice <u>Contains: Milk, Soy, Wheat</u>	128	270	10	90	4	0	35	700	30	<1	4	15
Italian Meat Pizza Slice <u>Contains: Milk, Soy, Wheat</u>	131	310	15	140	5	0	40	800	30	1	3	14
Roasted Vegetable Slice <u>Contains: Milk, Soy, Wheat</u>	136	270	10	90	6	0	40	710	30	1	2	16
Vegitarian Breakfast Slice <u>Contains: Milk, Eggs, Soy, Wheat</u>	122	240	9	80	5	0	45	480	29	1	2	11



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Salads - dressing not included												
Chef Salad <u>Contains: Milk</u>	236	150	7	60	7	0	40	760	7	2	2	15
Chicken Caesar Salad <u>Contains: Milk, Soy, Wheat</u>	228	310	14	130	7	0	75	820	14	2	1	31
House Salad <u>Contains: Milk, Eggs</u>	224	160	10	90	4	0	205	150	7	2	2	11
Southwest Salad <u>Contains: Milk, Soy</u>	292	250	7	60	3	0	65	940	18	5	<1	28
Roller Grill Item												
Potato Bun <u>Contains: Soy, Wheat</u>	45	140	4	30	1	0	0	230	24	1	3	4
Egg Roll <u>Contains: Eggs, Soy, Wheat</u>	85	190	9	80	3	0	15	590	19	2	3	7
Meat Frank	91	303	31	260	11	0	81	984	2	0	0	11
Polish Sausage	113	422	39	350	16	0	82	1510	2	0	1	16
Cheddarwurst Sausage <u>Contains: Milk</u>	91	344	31	280	12	0	77	1068	2	0	0	14
Mesquite Jalapeno Sausage	91	342	31	280	11	0	71	1414	4	0	0	14
Pepperjack Sausage <u>Contains: Milk</u>	91	348	29	280	11	0	71	1349	2	1	1	15
Buffalo Chicken Rollerbite <u>Contains: Milk, Soy, Wheat</u>	82	180	9	80	3	0	35	680	12	0	1	13
Cheeseburger Rollerbite <u>Contains: Milk, Soy, Wheat</u>	85	270	22	200	10	1	75	660	4	0	2	14
Bacon Egg Cheese Tornado <u>Contains: Wheat, Eggs, Milk</u>	85	180	8	70	2	0	20	320	21	0	1	6
Cheesy Pepperjack Tornado <u>Contains: Wheat, Milk</u>	85	220	12	110	5	0	25	240	22	0	1	7
French Toast Tornado <u>Contains: Wheat, Milk, Soy, Eggs</u>	85	190	8	70	2	0	25	200	22	1	1	7
Grilled Chicken & Cheddar Tornado <u>Contains: Wheat, Soy, Milk, Mustard</u>	85	170	6	60	1	0	10	460	22	0	1	7
Ranchero Beef & Cheese Tornado <u>Contains: Wheat, Soy, Milk</u>	85	180	7	60	2	0	10	380	23	1	1	7
Sausage Egg Cheese Tornado <u>Contains: Eggs, Wheat, Milk, Soy</u>	85	180	8	70	2	0	15	280	21	0	0	5
Pepperoni and Cheese Toranado <u>Contains: Milk, Wheat</u>	85	210	10	90	4	0	20	320	21	0	1	8



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	Fluid Ounces	Total Calories	Total Fat (g)	Sodium (mg)	Total Carbohydrates (g)	Sugars (g)	Protein (g)
Cold Fountain Beverage							
Coca-Cola	22	290	0.0	65	80	80	0
Coca-Cola	30	400	0.0	90	109	109	0
Coca-Cola	40	530	0.0	120	145	145	0
Coca-Cola	52	690	0.0	150	189	189	0
Coca-Cola	64	850	0.0	190	232	232	0
Coca-Cola	100	1330	0.0	300	363	363	0
Diet Coke	22	0	0.0	95	0	0	0
Diet Coke	30	0	0.0	125	0	0	0
Diet Coke	40	0	0.0	170	0	0	0
Diet Coke	52	0	0.0	220	< 1	< 1	0
Diet Coke	64	5	0.0	270	< 1	< 1	0
Diet Coke	100	10	0.0	420	1	1	0
Caffeine Free Diet Coke	22	0	0.0	95	0	0	0
Caffeine Free Diet Coke	30	0	0.0	125	0	0	0
Caffeine Free Diet Coke	40	0	0.0	170	0	0	0
Caffeine Free Diet Coke	52	0	0.0	220	0	0	0
Caffeine Free Diet Coke	64	5	0.0	270	< 1 g	< 1	0
Caffeine Free Diet Coke	100	10	0.0	420	< 1 g	< 1	0
Coke Zero	22	0	0.0	75	0	0	0
Coke Zero	30	0	0.0	105	0	0	0
Coke Zero	40	0	0.0	140	0	0	0
Coke Zero	52	0	0.0	180	< 1 g	< 1	0
Coke Zero	64	5	0.0	220	< 1 g	< 1	0
Coke Zero	100	10	0.0	350	1	1	0
Full Throttle Twisted	22	320	0.0	230	83	83	0
Full Throttle Twisted	30	430	0.0	310	113	113	0
Full Throttle Twisted	40	570	0.0	420	151	151	0
Full Throttle Twisted	52	750	0.0	540	197	197	0
Full Throttle Twisted	64	920	0.0	670	242	242	0
Full Throttle Twisted	100	1440	0.0	1040	378	378	0
Glacéau vitaminwater XXX	30	190	0.0	100	52	50	0
Glacéau vitaminwater XXX	40	260	0.0	130	70	67	0
Glacéau vitaminwater XXX	52	330	0.0	170	90	87	0
Glacéau vitaminwater XXX	64	410	0.0	210	111	107	0
Glacéau vitaminwater XXX	100	640	0.0	330	174	168	0



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	Fluid Ounces	Total Calories	Total Fat (g)	Sodium (mg)	Total Carbohydrates (g)	Sugars (g)	Protein (g)
Cold Fountain Beverage							
Glaceau vitaminwater XXX zero	22	0	0.0	75	1	0	0
Glaceau vitaminwater XXX zero	30	5	0.0	100	1	0	0
Glaceau vitaminwater XXX zero	40	10	0.0	135	2	0	0
Glaceau vitaminwater XXX zero	52	10	0.0	180	2	0	0
Glaceau vitaminwater XXX zero	64	15	0.0	220	3	0	0
Glaceau vitaminwater XXX zero	100	20	0.0	340	5	0	0
POWERade Mountain Blast	22	170	0.0	220	44	44	0
POWERade Mountain Blast	30	230	0.0	300	60	58	0
POWERade Mountain Blast	40	300	0.0	400	80	80	0
POWERade Mountain Blast	52	390	0.0	510	104	103	0
POWERade Mountain Blast	64	490	0.0	630	128	127	0
POWERade Mountain Blast	100	760	0.0	990	199	199	0
Sprite	22	290	0.0	130	77	77	0
Sprite	30	390	0.0	180	105	105	0
Sprite	40	520	0.0	240	140	140	0
Sprite	52	680	0.0	310	182	182	0
Sprite	64	830	0.0	380	224	224	0
Sprite	100	1300	0.0	590	350	350	0
Pepsi	22	280	0.0	60	76	76	0
Pepsi	30	380	0.0	80	104	103	0
Pepsi	40	510	0.0	105	138	138	0
Pepsi	52	660	0.0	140	180	179	0
Pepsi	64	810	0.0	170	221	220	0
Pepsi	100	1270	0.0	270	345	344	0
Diet Pepsi	22	0	0.0	105	0	0	0
Diet Pepsi	30	0	0.0	140	0	0	0
Diet Pepsi	40	0	0.0	190	0	0	0
Diet Pepsi	52	0	0.0	245	1	0	0
Diet Pepsi	64	0	0.0	300	1	0	0
Diet Pepsi	100	0	0.0	470	1	0	0
Wild Cherry Pepsi	22	290	0.0	55	77	77	0
Wild Cherry Pepsi	30	390	0.0	80	105	105	0
Wild Cherry Pepsi	40	520	0.0	105	141	140	0
Wild Cherry Pepsi	52	670	0.0	135	183	182	0
Wild Cherry Pepsi	64	830	0.0	165	225	224	0
Wild Cherry Pepsi	100	1290	0.0	260	351	350	0



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Cold Fountain Beverage							
Mountain Dew	30	410	0.0	125	110	109	0
Mountain Dew	40	540	0.0	170	146	146	0
Mountain Dew	52	710	0.0	220	190	190	0
Mountain Dew	64	870	0.0	270	234	233	0
Mountain Dew	100	1360	0.0	420	365	364	0
Diet Mountain Dew	22	10	0.0	100	1	1	0
Diet Mountain Dew	30	10	0.0	140	1	1	0
Diet Mountain Dew	40	15	0.0	185	2	2	0
Diet Mountain Dew	52	20	0.0	240	2	2	1
Diet Mountain Dew	64	25	0.0	295	3	2	1
Diet Mountain Dew	100	40	0.0	460	4	4	1
Code Red Mountain Dew	22	320	0.0	90	85	85	0
Code Red Mountain Dew	30	430	0.0	125	116	115	0
Code Red Mountain Dew	40	570	0.0	165	154	154	0
Code Red Mountain Dew	52	750	0.0	215	200	200	0
Code Red Mountain Dew	64	920	0.0	265	247	246	0
Code Red Mountain Dew	100	1430	0.0	415	385	384	0
Mountain Dew Kickstart Black Cherry	22	120	0.0	100	29	28	0
Mountain Dew Kickstart Black Cherry	30	160	0.0	135	40	39	0
Mountain Dew Kickstart Black Cherry	40	210	0.0	180	53	51	0
Mountain Dew Kickstart Black Cherry	52	270	0.0	235	69	67	0
Mountain Dew Kickstart Black Cherry	64	340	0.0	285	85	82	0
Mountain Dew Kickstart Black Cherry	100	520	0.0	450	133	128	0
Mountain Dew Pitch Black	22	310	0.0	90	82	82	0
Mountain Dew Pitch Black	30	420	0.0	120	112	112	0
Mountain Dew Pitch Black	40	560	0.0	160	150	150	0
Mountain Dew Pitch Black	52	730	0.0	210	195	195	0
Mountain Dew Pitch Black	64	900	0.0	255	240	240	0
Mountain Dew Pitch Black	100	1400	0.0	400	375	374	0
Tropicana Lemonade	22	280	0.0	285	74	73	0
Tropicana Lemonade	30	390	0.0	385	100	100	0
Tropicana Lemonade	40	520	0.0	515	134	133	0
Tropicana Lemonade	52	670	0.0	670	174	173	0
Tropicana Lemonade	64	830	0.0	825	214	213	0
Tropicana Lemonade	100	1290	0.0	1285	334	333	0
Mug Root Beer	30	360	0.0	110	98	98	0
Mug Root Beer	40	480	0.0	145	130	130	0
Mug Root Beer	52	620	0.0	190	169	169	0
Mug Root Beer	64	770	0.0	235	208	208	0
Mug Root Beer	100	1200	0.0	365	325	325	0



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Cold Fountain Beverage							
Diet Lipton Peach Green Tea	22	5	0.0	195	0	0	0
Diet Lipton Peach Green Tea	30	10	0.0	265	0	0	0
Diet Lipton Peach Green Tea	40	10	0.0	355	0	0	0
Diet Lipton Peach Green Tea	52	15	0.0	480	1	0	0
Diet Lipton Peach Green Tea	64	20	0.0	565	1	0	1
Diet Lipton Peach Green Tea	100	30	0.0	865	1	0	1
Lipton Unsweetened Iced Tea	22	0	0.0	85	0	0	0
Lipton Unsweetened Iced Tea	30	0	0.0	115	0	0	0
Lipton Unsweetened Iced Tea	40	0	0.0	150	0	0	0
Lipton Unsweetened Iced Tea	52	5	0.0	195	1	0	0
Lipton Unsweetened Iced Tea	64	10	0.0	240	1	0	0
Lipton Unsweetened Iced Tea	100	10	0.0	375	1	0	0
Lipton Raspberry	22	140	0.0	80	36	36	0
Lipton Raspberry	30	190	0.0	110	49	49	0
Lipton Raspberry	40	250	0.0	145	66	65	0
Lipton Raspberry	52	330	0.0	185	85	85	0
Lipton Raspberry	64	400	0.0	230	105	105	0
Lipton Raspberry	100	630	0.0	360	164	163	0
Sobe Lifewater	22	0	0.0	85	0	0	0
Sobe Lifewater	30	5	0.0	120	1	0	0
Sobe Lifewater	40	5	0.0	160	1	0	0
Sobe Lifewater	52	10	0.0	205	1	0	0
Sobe Lifewater	64	10	0.0	250	1	0	0
Sobe Lifewater	100	20	0.0	395	2	0	0
Dr. Pepper	22	260	0.0	80	72	70	0
Dr. Pepper	30	360	0.0	110	98	96	0
Dr. Pepper	40	480	0.0	150	130	128	0
Dr. Pepper	52	620	0.0	190	169	166	0
Dr. Pepper	64	770	0.0	240	209	205	0
Dr. Pepper	100	1200	0.0	370	325	319	0
Diet Dr. Pepper	22	0	0.0	130	0	0	0
Diet Dr. Pepper	30	0	0.0	180	<1	0	0
Diet Dr. Pepper	40	0	0.0	240	<1	0	0
Diet Dr. Pepper	52	5	0.0	310	1	0	0
Diet Dr. Pepper	64	10	0.0	390	1	0	0
Diet Dr. Pepper	100	15	0.0	600	2	0	0



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7-up	30	350	0.0	125	87	87	0
7-up	40	470	0.0	170	116	116	0
7-up	52	630	0.0	220	167	165	0
7-up	64	780	0.0	270	207	204	0
7-up	100	1210	0.0	420	322	317	0
Canada Dry Ginger Ale	22	250	0.0	90	66	65	0
Canada Dry Ginger Ale	30	340	0.0	125	90	89	0
Canada Dry Ginger Ale	40	450	0.0	170	121	119	0
Canada Dry Ginger Ale	52	590	0.0	220	157	155	0
Canada Dry Ginger Ale	64	730	0.0	270	193	190	0
Canada Dry Ginger Ale	100	1140	0.0	410	301	297	0
Squirt	22	260	0.0	85	71	70	0
Squirt	30	360	0.0	120	96	95	0
Squirt	40	480	0.0	160	129	127	0
Squirt	52	620	0.0	200	167	165	0
Squirt	64	770	0.0	250	207	204	0
Squirt	100	1200	0.0	390	321	317	0
Sunkist Cherry Limeade	22	310	0.0	85	80	79	0
Sunkist Cherry Limeade	30	430	0.0	115	109	108	0
Sunkist Cherry Limeade	40	570	0.0	150	146	144	0
Sunkist Cherry Limeade	52	740	0.0	200	190	187	0
Sunkist Cherry Limeade	64	920	0.0	240	235	231	0
Sunkist Cherry Limeade	100	1430	0.0	380	365	360	0
Sunkist Orange	22	290	0.0	125	78	76	0
Sunkist Orange	30	390	0.0	170	106	104	0
Sunkist Orange	40	520	0.0	220	141	139	0
Sunkist Orange	52	680	0.0	290	184	180	0
Sunkist Orange	64	840	0.0	360	227	223	0
Sunkist Orange	100	1310	0.0	560	353	347	0
Sunkist Grape	22	310	0.0	85	84	83	0
Sunkist Grape	30	420	0.0	120	114	112	0
Sunkist Grape	40	570	0.0	160	152	150	0
Sunkist Grape	52	740	0.0	200	198	195	0
Sunkist Grape	64	910	0.0	250	245	241	0
Sunkist Grape	100	1420	0.0	390	381	375	0
Hawaiian Punch Red	22	320	0.0	100	83	82	0
Hawaiian Punch Red	30	420	0.0	135	113	111	0
Hawaiian Punch Red	40	560	0.0	180	150	148	0
Hawaiian Punch Red	52	740	0.0	230	196	196	0
Hawaiian Punch Red	64	920	0.0	290	242	238	0
Hawaiian Punch Red	100	1430	0.0	450	376	371	0



Not all items served in all stores

	Fluid Ounces	Total Calories	Total Fat (g)	Sodium (mg)	Total Carbohydrates (g)	Sugars (g)	Protein (g)
Koolee							
Coca Cola FCB	22	180	0.0	20	49	49	0
Coca Cola FCB	30	240	0.0	25	67	67	0
Coca Cola FCB	40	320	0.0	30	89	89	0
Coca Cola FCB	52	420	0.0	40	115	115	0
Coca Cola FCB	64	510	0.0	50	142	142	0
Coca Cola FCB	100	800	0.0	75	222	222	0
Mountain Dew Freeze	22	170	0.0	50	45	45	0
Mountain Dew Freeze	30	230	0.0	70	61	61	0
Mountain Dew Freeze	40	300	0.0	95	81	81	0
Mountain Dew Freeze	52	400	0.0	125	106	106	0
Mountain Dew Freeze	64	490	0.0	150	130	130	0
Mountain Dew Freeze	100	760	0.0	235	203	203	0
Mountain Dew Pitch Black Freeze	22	250	0.0	75	67	67	0
Mountain Dew Pitch Black Freeze	30	340	0.0	100	91	91	0
Mountain Dew Pitch Black Freeze	40	460	0.0	135	122	121	0
Mountain Dew Pitch Black Freeze	52	600	0.0	175	158	158	0
Mountain Dew Pitch Black Freeze	64	730	0.0	215	195	194	0
Mountain Dew Pitch Black Freeze	100	1140	0.0	340	304	303	0
Sunkist Cherry Limeade	22	190	0.0	45	47	47	0
Sunkist Cherry Limeade	30	250	0.0	65	65	64	0
Sunkist Cherry Limeade	40	340	0.0	85	86	85	0
Sunkist Cherry Limeade	52	440	0.0	110	112	110	0
Sunkist Cherry Limeade	64	540	0.0	135	138	136	0
Sunkist Cherry Limeade	100	840	0.0	210	216	212	0
Sunkist Orange FCB	22	190	0.0	45	50	49	0
Sunkist Orange FCB	30	250	0.0	60	68	67	0
Sunkist Orange FCB	40	340	0.0	80	91	90	0
Sunkist Orange FCB	52	440	0.0	105	119	117	0
Sunkist Orange FCB	64	540	0.0	130	146	144	0
Sunkist Orange FCB	100	850	0.0	200	228	224	0
Hawaiian Punch FCB	22	170	0.0	55	46	45	0
Hawaiian Punch FCB	30	240	0.0	75	63	62	0
Hawaiian Punch FCB	40	320	0.0	100	84	83	0
Hawaiian Punch FCB	52	410	0.0	130	109	107	0
Hawaiian Punch FCB	64	500	0.0	160	134	132	0
Hawaiian Punch FCB	100	790	0.0	260	210	207	0



Not all items served in all stores

	Fluid Ounces	Total Calories	Total Fat (g)	Sodium (mg)	Total Carbohydrates (g)	Sugars (g)	Protein (g)
Koolee							
Dr. Pepper FCB	30	250	0.0	60	69	68	0
Dr. Pepper FCB	40	340	0.0	80	92	90	0
Dr. Pepper FCB	52	440	0.0	105	119	117	0
Dr. Pepper FCB	64	540	0.0	130	147	144	0
Dr. Pepper FCB	100	840	0.0	200	230	225	0
Fanta Blue Raspberry	22	180	0.0	15	46	46	0
Fanta Blue Raspberry	30	240	0.0	20	63	63	0
Fanta Blue Raspberry	40	320	0.0	25	84	84	0
Fanta Blue Raspberry	52	420	0.0	35	109	109	0
Fanta Blue Raspberry	64	510	0.0	40	134	134	0
Fanta Blue Raspberry	100	800	0.0	65	209	209	0
Frozen Uncarbonated Beverage							
Hi-C Lime	22	260	0.0	150	70	69	0
Hi-C Lime	30	350	0.0	200	95	94	0
Hi-C Lime	40	470	0.0	270	127	125	0
Hi-C Lime	52	610	0.0	350	165	162	0
Hi-C Lime	64	750	0.0	440	203	200	0
Hi-C Lime	100	1170	0.0	680	317	312	0
Hi-C Orange	22	260	0.0	150	70	69	0
Hi-C Orange	30	350	0.0	210	95	94	0
Hi-C Orange	40	460	0.0	270	127	125	0
Hi-C Orange	52	600	0.0	360	165	163	0
Hi-C Orange	64	740	0.0	440	203	200	0
Hi-C Orange	100	1160	0.0	690	317	313	0
Powerade Fruit Punch	22	190	0.0	210	51	49	0
Powerade Fruit Punch	30	250	0.0	280	69	67	0
Powerade Fruit Punch	40	340	0.0	370	92	90	0
Powerade Fruit Punch	52	440	0.0	490	120	117	0
Powerade Fruit Punch	64	540	0.0	600	148	144	0
Powerade Fruit Punch	100	840	0.0	940	231	225	0
Powerade Mountain Berry Blast	22	180	0.0	200	50	49	0
Powerade Mountain Berry Blast	30	250	0.0	280	69	67	0
Powerade Mountain Berry Blast	40	330	0.0	370	92	89	0
Powerade Mountain Berry Blast	52	440	0.0	480	120	116	0
Powerade Mountain Berry Blast	64	540	0.0	600	147	143	0
Powerade Mountain Berry Blast	100	840	0.0	930	229	223	0



Not all items served in all stores

	Fluid Ounces	Total Calories	Calories from Fat	Saturated Fat (g)	Trans Fat (g)	Total Fat (g)	Sodium (mg)	Total Carbohydrates (g)	Sugars (g)	Protein (g)
Cappucino										
Hot Chocolate	8	180	25	2.5	0	3	270	36	32	1
Caramel Charger	8	160	45	1.5	2.5	5	180	28	22	1
Fat Free French Vanilla	8	140	5	0	0	0	140	32	20	2
French Vanilla Charger	8	170	50	5	0	6	140	28	22	1
French Vanilla	8	170	50	5	0	6	140	28	22	1
Mocha Charger	8	160	50	5	0	5	180	28	21	1
Pumpkin Spice	8	160	45	1.5	2.5	5	180	28	22	1