



Major Food Allergens listed in Red.
Not all items are served in all stores.

	Serving Weight (g)	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Breakfast Item																
Bacon Egg Cheese Croissant <u>Contains: Milk, Eggs, Soy, Wheat</u>	122	360	23	10	0	175	920	23	1	4	0	14	0	126	2	70
Canadian Bacon, Egg & Cheese Croissant <u>Contains: Milk, Eggs, Soy, Wheat</u>	150	330	18	8	0	185	1090	24	1	4	0	18	0	132	2	560
Chicken Biscuit <u>Contains: Milk, Wheat</u>	147	450	22	10	0	30	1080	47	1	3	2	16	0	43	4	230
Ham, Egg & Cheese Pretzel <u>Contains: Milk, Eggs, Soy, Wheat</u>	210	470	16	8	0	170	1440	57	3	9	7	23	0	150	3	500
Sausage, Biscuit & Gravy <u>Contains: Milk, Wheat</u>	291	700	50	20	0	70	1610	46	1	3	2	15	0	35	5	410
Grande Sausage Egg & Queso Burrito <u>Contains: Milk, Egg, Soy, Wheat</u>	300	640	32	11	0	320	2530	60	4	6	1	29	0	323	6	450
Sausage Egg Cheese Croissant <u>Contains: Milk, Eggs, Soy, Wheat</u>	150	440	32	13	0	195	780	23	1	4	0	14	0	127	3	160
Sausage Egg Cheese Biscuit <u>Contains: Milk, Eggs, Soy, Wheat</u>	177	570	40	18	0	180	1300	37	1	5	2	16	0	126	5	190
Sausage Egg Cheese Pretzel <u>Contains: Milk, Eggs, Soy, Wheat</u>	212	590	31	13	0	180	1380	56	3	8	7	21	0	152	5	220
Bakery Item																
Apple Fritter <u>Contains: Milk, Eggs, Soy, Wheat</u>	127	530	30	15	0	0	360	59	2	22	15	6	1	52	2	105
Cinnamon Roll <u>Contains: Milk, Eggs, Soy</u>	128	370	7	3	0	20	440	67	4	27	23	10	0	36	3	160
Cookie - Chocolate Chunk <u>Contains: Milk, Eggs, Soy, Wheat</u>	52	250	12	8	0	33	210	33	1	18	18	2	0	10	2	90
Cookie - Candy Chip <u>Contains: Milk, Eggs, Soy, Wheat</u>	52	250	12	7	0	35	210	34	1	20	20	2	0	10	2	50
Cookie - Oatmeal <u>Contains: Milk, Eggs, Wheat</u>	52	230	10	6	0	30	230	34	1	17	11	2	0	20	2	110
Cookie - Sugar <u>Contains: Milk, Eggs, Wheat</u>	57	270	12	8	0	45	280	38	1	21	21	20	0	11	2	10
Donut - Raised <u>Contains: Milk, Eggs, Soy, Wheat</u>	75	310	16	8	0	0	270	37	1	14	14	4	0	10	2	55
Donut - White Cake <u>Contains: Milk, Eggs, Soy, Wheat</u>	85	380	23	11	0	15	560	39	0	14	14	4	0	0	2	75
Honeybun <u>Contains: Milk, Eggs, Soy, Wheat</u>	99	365	16	7	0	0	408	49	2	16	15	6	1	30	2	80
Long John <u>Contains: Milk, Eggs, Soy, Wheat</u>	113	480	23	11	0	0	360	64	0	38	23	4	0	10	1	50
Muffin - Banana Nut <u>Contains: Milk, Eggs, Soy, Wheat, Nuts</u>	142	520	27	5	0	50	410	63	2	32	0	7	0	50	2	170
Muffin - Chocolate Chip <u>Contains: Milk, Eggs, Soy, Wheat</u>	142	510	0	7	0	65	530	68	3	39	0	6	0	60	4	230
Muffin - Blueberry <u>Contains: Milk, Eggs, Soy, Wheat</u>	142	470	21	5	0	35	380	66	2	30	0	5	0	40	1	110
Raspberry Cream Cheese Flip <u>Contains: Milk, Soy, Wheat</u>	130	490	22	5	7	5	370	67	1	27	27	7	0	217	0	65



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Lunch Item																
Angus Cheeseburger <u>Contains: Milk, Soy, Wheat</u>	184	570	31	13	1	40	1250	40	1	5	4	32	0	148	4	320
Angus Bacon Cheeseburger <u>Contains: Milk, Soy, Wheat</u>	195	630	36	15	1	50	1510	41	1	5	4	35	0	148	4	330
Burrito - Grande Beef Barbacoa <u>Contains: Milk, Wheat</u>	352	580	17	6	0	70	2230	73	4	4	0	33	0	237	7	760
Crispy Chicken Sandwich <u>Contains: Soy, Wheat</u>	209	570	22	5	0	50	1190	63	1	4	4	30	0	80	3	360
Ham & Swiss Pretzel <u>Contains: Milk, Wheat</u>	202	470	16	9	0	60	1300	55	3	8	7	27	0	240	3	750
Honey Hot Chicken Sandwich <u>Contains: Soy, Wheat</u>	184	510	20	4	0	50	1330	56	2	4	4	26	0	78	3	370
Chicken Tenders - 3 <u>Contains: Wheat</u>	207	500	24	5	0	75	1200	36	0	0	0	36	0	30	2	450
Made to Order Panini																
Brisket & Cheddar Panini <u>Contains: Milk, Soy, Wheat</u>	260	670	37	16	0	85	2770	54	2	1	0	31	0	329	5	500
Grilled Cheese Panini <u>Contains: Milk, Soy, Wheat</u>	200	570	29	15	0	75	2060	46	2	0	0	30	0	683	3	125
Italian Chicken Panini <u>Contains: Milk, Soy, Wheat</u>	266	510	17	5	0	85	2490	50	4	1	0	38	4	202	5	380
Pizza Slices																
Cheese Pizza Slice <u>Contains: Milk, Soy, Wheat</u>	118	260	10	6	0	30	560	30	2	2	0	13	6	206	2	180
Italian Sausage Pizza Slice <u>Contains: Milk, Soy, Wheat</u>	122	270	12	6	0	30	630	29	2	2	0	12	4	164	2	190
Pepperoni Pizza Slice <u>Contains: Milk, Soy, Wheat</u>	114	260	11	5	0	30	610	29	2	2	0	12	4	160	2	160
Bacon Cheeseburger Pizza Slice <u>Contains: Milk, Soy, Wheat</u>	187	290	12	6	0	45	870	32	4	3	1	16	4	159	2	380
BBQ Chicken Pizza Slice <u>Contains: Milk, Soy, Wheat</u>	122	280	8	4	0	30	640	39	1	12	0	14	4	140	2	95
Beef Pizza Slice <u>Contains: Milk, Soy, Wheat</u>	122	250	9	5	0	30	670	30	3	2	1	13	4	159	3	220
Breakfast Pizza Slice <u>Contains: Milk, Eggs, Soy, Wheat</u>	116	290	13	6	0	60	790	28	1	2	0	16	4	174	2	230
Chipotle Chicken Bacon Ranch Pizza Slice <u>Contains: Milk, Eggs, Soy, Wheat</u>	127	380	21	7	0	45	860	31	1	3	2	15	4	142	2	125
Combo Pizza Slice <u>Contains: Milk, Soy, Wheat</u>	134	270	11	5	0	30	690	30	3	3	0	13	4	162	3	200
Hawaiian Pizza Slice <u>Contains: Milk, Soy, Wheat</u>	135	280	10	5	0	40	780	31	2	3	0	15	4	154	2	330
Italian Meat Pizza Slice <u>Contains: Milk, Soy, Wheat</u>	131	320	16	7	0	40	810	30	2	2	0	14	4	157	2	180
Roasted Vegetable Slice <u>Contains: Milk, Soy, Wheat</u>	136	230	7	4	0	20	510	31	3	3	0	11	4	154	2	190
Vegitarian Breakfast Slice <u>Contains: Milk, Eggs, Soy, Wheat</u>	103	240	10	5	0	45	480	28	1	2	0	11	4	170	2	75
Roller Grill Item																
Hot Dog Bun <u>Contains: Soy, Wheat</u>	43	130	3	1	0	0	200	23	1	3	2	4	0	50	1	40
Egg Roll <u>Contains: Eggs, Soy, Wheat</u>	85	180	9	3	0	10	490	20	2	3	1	7	0	30	2	240
Meat Frank	91	278	26	9	0	2	828	2	0	0	0	9	0	80	1	185
Cheddarwurst Sausage <u>Contains: Milk</u>	91	290	26	10	0	65	900	2	1	0	0	12	0	73	1	185
Buffalo Chicken Rollerbite <u>Contains: Milk, Soy, Wheat</u>	71	150	7	2	0	35	530	11	0	2	0	12	0	89	1	190
Bacon Egg Cheese Tomado <u>Contains: Wheat, Eggs, Milk</u>	85	180	7	2	0	40	300	22	1	1	0	6	0	40	2	0
Cheesy Pepperjack Tomado <u>Contains: Wheat, Milk</u>	85	200	9	4	0	10	380	23	1	1	0	6	0	82	1	0
French Toast Tomado <u>Contains: Wheat, Milk, Soy, Eggs</u>	85	190	9	2	0	25	400	22	1	1	0	7	0	40	2	0
Ranchero Beef & Cheese Tomado <u>Contains: Wheat, Soy, Milk</u>	85	180	6	2	0	10	340	24	1	1	0	8	0	60	2	0
Sausage Egg Cheese Tomado <u>Contains: Eggs, Wheat, Milk, Soy</u>	85	190	9	2	0	30	290	22	1	1	0	6	0	40	2	0



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Made to Order Stackers																
Bacon Egg Cheese Stacker <u>Contains: Milk, Eggs, Soy, Wheat</u>	124	330	15	6	0	115	760	33	1	2	0	17	0	167	2	170
Brisket Egg Cheese Stacker <u>Contains: Milk, Eggs, Soy, Wheat</u>	140	340	13	5	0	130	770	34	1	3	0	20	0	168	3	180
Chicken Chorizo Egg Cheese Stacker <u>Contains: Milk, Eggs, Soy, Wheat</u>	141	310	11	4	0	125	760	34	2	2	0	19	0	178	3	210
Sausage Egg & Cheese Stacker <u>Contains: Milk, Eggs, Soy, Wheat</u>	140	350	16	6	0	125	810	34	1	2	1	18	0	171	3	180
Peanut Butter & Jelly Stacker <u>Contains: Soy, Wheat, Nuts</u>	110	390	15	3	0	0	370	53	3	19	17	12	0	55	2	210
Stacker: Banana & NUTELLA <u>Contains: Milk, Soy, Wheat, Nuts</u>	140	370	10	3	0	4	290	61	3	24	15	8	0	71	3	390
BBQ Brisket Stacker <u>Contains: Milk, Soy, Wheat</u>	130	330	9	3	0	25	1050	48	2	6	3	14	0	50	3	190
Feta Falafel Stacker <u>Contains: Milk, Eggs, Soy, Wheat</u>	167	370	16	3	0	10	1010	46	4	6	2	12	0	126	3	160
Mango Pork Stacker <u>Contains: Milk, Soy, Wheat</u>	149	360	14	6	0	30	700	44	2	6	1	16	0	151	2	125
Nashville Hot Chicken Stacker <u>Contains: Milk, Eggs, Soy, Wheat</u>	130	320	12	3	0	15	900	41	2	2	1	12	0	54	2	115
Pork Trio Stacker <u>Contains: Milk, Soy, Wheat</u>	144	350	14	7	0	40	990	34	1	3	1	20	0	151	2	170
Salsa Verde Chicken Stacker <u>Contains: Milk, Eggs, Soy, Wheat</u>	151	350	13	3	0	20	660	47	2	5	1	13	0	55	2	150
Made to Order Burritos																
Early Bird Chicken Chorizo Burrito <u>Contains: Milk, Eggs, Soy, Wheat</u>	260	480	20	10	0	50	1250	51	4	5	1	22	0	298	4	480
Go Getter Sausage Queso Burrito <u>Contains: Milk, Eggs, Soy, Wheat</u>	246	490	24	10	0	130	1240	51	3	5	2	19	0	218	4	410
Rise & Shine Southwest Bacon Burrito <u>Contains: Milk, Eggs, Soy, Wheat</u>	232	610	36	12	0	170	1620	48	3	6	1	24	0	204	3	370
Smokehouse Brisket Cheddar Burrito <u>Contains: Milk, Eggs, Wheat</u>	260	570	32	9	0	140	1360	51	3	5	0	20	0	201	3	430
Made to Order Bowls																
Early Bird Chicken Chorizo Bowl <u>Contains: Milk, Eggs, Soy</u>	227	290	13	60	0	40	1140	26	3	5	1	17	0	198	2	700
Go Getter Sausage Queso Bowl <u>Contains: Milk, Eggs, Soy</u>	213	310	17	6	0	125	1130	26	2	5	1	13	0	119	2	620
Rise & Shine Southwest Bacon Bowl <u>Contains: Milk, Eggs, Soy</u>	241	480	32	10	0	170	1680	30	3	7	1	20	0	120	2	720
Smokehouse Brisket Cheddar Bowl <u>Contains: Milk, Eggs</u>	241	410	27	7	0	140	1340	26	2	5	0	15	0	113	2	650
Brisket Taco Bowl <u>Contains: Milk</u>	462	730	38	9	0	60	1540	74	7	12	3	24	0	88	4	580
Buffalo Chicken Bowl <u>Contains: Milk, Eggs, Soy</u>	498	780	46	14	0	65	2190	67	7	6	3	24	0	277	3	570
Caribbean Pulled Pork Bowl <u>Contains: Milk, Eggs, Soy</u>	477	830	50	15	0	70	1490	70	6	12	3	25	0	258	3	440
Chimi Chicken Bowl <u>Contains: Milk</u>	593	810	42	13	0	60	1360	81	9	13	3	27	0	296	4	660
Hummus Falafel Bowl <u>Contains: Milk, Soy, Wheat</u>	512	840	37	5	0	15	2190	102	15	16	3	25	0	227	6	670
Grab & Go Burritos																
Brisket Cheddar Breakfast Burrito <u>Contains: Milk, Eggs, Wheat</u>	218	490	24	8	0	130	1050	48	3	3	0	19	0	175	3	350
Chicken Chorizo Egg White Burrito <u>Contains: Milk, Eggs, Soy, Wheat</u>	232	420	16	7	0	40	1100	50	4	4	1	19	0	197	3	430
Sausage Queso Burrito <u>Contains: Milk, Eggs, Soy, Wheat</u>	232	490	24	10	0	130	1180	50	3	5	2	19	0	218	3	360
Southwest Bacon Burrito <u>Contains: Milk, Eggs, Soy, Wheat</u>	232	610	36	12	0	170	1620	48	3	6	1	24	0	204	3	370



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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
Glaceau vitaminwater XXX	30	190	0.0	100	52	50	0
Glaceau vitaminwater XXX	40	260	0.0	130	70	67	0
Glaceau vitaminwater XXX	52	330	0.0	170	90	87	0
Glaceau vitaminwater XXX	64	410	0.0	210	111	107	0
Glaceau vitaminwater XXX	100	640	0.0	330	174	168	0



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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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	Fluid Ounces	Total Calories	Total Fat (g)	Sodium (mg)	Total Carbohydrates (g)	Sugars (g)	Protein (g)
Cold Fountain Beverage							
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



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	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



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	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 are served in all stores

	Fluid Ounces	Total Calories	Calories from Fat	Saturated Fat (g)	Trans Fat (g)	Total Fat (g)	Sodium (mg)
Cappucino							
Hot Chocolate	8	180	25	2.5	0	3	270
Caramel Charger	8	160	45	1.5	2.5	5	180
Fat Free French Vanilla	8	140	5	0	0	0	140
French Vanilla Charger	8	170	50	5	0	6	140
French Vanilla	8	170	50	5	0	6	140
Mocha Charger	8	160	50	5	0	5	180
Pumpkin Spice	8	160	45	1.5	2.5	5	180