



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 Contains: Milk, Eggs, Soy, Wheat | 129 | 360 | 23 | 210 | 9 | 0 | 175 | 910 | 25 | <1 | 5 | 14 |
| Biscuit & Gravy Contains: Milk, Soy, Wheat | 205 | 480 | 34 | 310 | 4 | 0 | 30 | 1330 | 37 | <1 | 3 | 7 |
| Breakfast Burrito Contains: Milk, Eggs, Soy, Wheat | 164 | 340 | 18 | 160 | 6 | 0 | 135 | 950 | 31 | <1 | 1 | 12 |
| Chicken & Waffle Sandwich Contains: Milk, Egg, Soy, Wheat | 177 | 560 | 28 | 250 | 9 | 0 | 60 | 950 | 55 | 2 | 21 | 23 |
| Grande Sausage Egg & Cheese Burrito Contains: Milk, Egg, Soy, Wheat | 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 Contains: Milk, Eggs, Soy, Wheat | 170 | 450 | 31 | 280 | 12 | 0 | 200 | 1040 | 26 | <1 | 5 | 16 |
| Sausage Egg Cheese Croissant Contains: Milk, Eggs, Soy, Wheat | 164 | 480 | 36 | 320 | 7 | 0 | 200 | 820 | 24 | <1 | 4 | 15 |
| Sausage Egg Cheese Biscuit Contains: Milk, Eggs, Soy | 200 | 630 | 47 | 430 | 3 | 0 | 185 | 1540 | 36 | <1 | 4 | 16 |
| Sausage Egg Cheese Pretzel Contains: Milk, Eggs, Soy, Wheat | 221 | 580 | 33 | 300 | 4 | 0 | 185 | 1380 | 57 | 2 | 9 | 14 |
| Turkey Sausage Egg Cheese Contains: Milk, Eggs, Soy, Wheat | 156 | 260 | 10 | 90 | 4 | 0 | 40 | 930 | 24 | 1 | 4 | 20 |
| Ultimate Omelet Wrap Contains: Milk, Eggs, Soy | 113 | 220 | 13 | 110 | 6 | 0 | 15 | 710 | 15 | 0 | 1 | 12 |
| Bakery Item | | | | | | | | | | | | |
| Apple Fritter Contains: Milk, Eggs, Soy, Wheat | 127 | 480 | 29 | 260 | 13 | 0 | 0 | 410 | 48 | 2 | 11 | 6 |
| Apple Turnover Contains: Milk, Wheat | 92 | 280 | 14 | 130 | 9 | 0 | 35 | 170 | 36 | 1 | 15 | 3 |
| Bavarian Filled Bismark Contains: Milk, Eggs, Soy, Wheat | 92 | 300 | 17 | 150 | 9 | 0 | 40 | 330 | 32 | 0 | 8 | 4 |
| Chocolate Cream Flip Contains: Milk, Eggs, Soy, Wheat | 113 | 360 | 18 | 11 | 11 | 0 | 45 | 350 | 43 | 2 | 11 | 7 |
| Cinnamon Roll Contains: Milk, Eggs, Soy | 156 | 460 | 15 | 140 | 5 | 2 | 25 | 470 | 72 | 2 | 31 | 8 |
| Cinnamon Twist Contains: Milk, Wheat | 71 | 260 | 14 | 120 | 9 | 0 | 40 | 160 | 32 | <1 | 12 | 3 |
| Cookie - Chocolate Chip Contains: Milk, Eggs, Wheat | 57 | 260 | 12 | 110 | 4 | 2 | 15 | 200 | 34 | 1 | 14 | 3 |
| Cookie - M&M Chocolate Chip Contains: Milk, Eggs, Soy, Wheat | 57 | 250 | 11 | 100 | 4 | 2 | 15 | 200 | 35 | 1 | 14 | 3 |
| Cookie - Macadamia Nut Contains: Milk, Eggs, Soy, Wheat, Nuts | 57 | 270 | 14 | 130 | 5 | 2 | 15 | 210 | 32 | 0 | 12 | 3 |
| Cookie - Caramel Apple Contains: Milk, Eggs, Soy, Wheat, Nuts | 57 | 180 | 8 | 70 | 3 | 1 | 5 | 79 | 28 | 1 | 10 | 2 |
| Cookie - Sugar Contains: Milk, Eggs, Soy, Wheat, Nuts | 57 | 240 | 10 | 90 | 5 | 0 | 20 | 250 | 34 | <1 | 18 | 3 |
| Donut - Ampersand / Raised | 85 | 320 | 20 | 180 | 9 | 0 | 0 | 310 | 29 | 1 | 4 | 5 |
| Donut - Chocolate Cake Contains: Milk, Eggs, Soy, Wheat | 85 | 350 | 21 | 190 | 10 | 0 | 15 | 560 | 36 | 2 | 13 | 5 |
| Donut - White Cake Contains: Milk, Eggs, Soy, Wheat | 85 | 380 | 23 | 210 | 11 | 0 | 15 | 560 | 39 | 0 | 14 | 5 |
| Honeybun | 85 | 320 | 16 | 140 | 7 | 0 | 0 | 390 | 38 | 2 | 5 | 6 |
| Long John Contains: Milk, Eggs, Soy, Wheat | 85 | 350 | 21 | 190 | 11 | 0 | 0 | 310 | 36 | 0 | 11 | 4 |
| Marshmallow Crispy Bites Contains: Milk | 97 | 370 | 8 | 70 | 5 | 0 | 25 | 260 | 72 | 0 | 38 | 2 |
| Mini Chocolate Chip Cookies Contains: Milk, Eggs, Soy, Wheat | 156 | 700 | 30 | 270 | 18 | 0 | 60 | 480 | 96 | 0 | 60 | 12 |
| Mini Glazed Donuts | 195 | 870 | 41 | 360 | 18 | 3 | 25 | 730 | 122 | 3 | 76 | 5 |
| Muffin - Banana Nut Contains: Milk, Eggs, Soy, Wheat, Nuts | 177 | 630 | 33 | 300 | 6 | 0 | 90 | 540 | 75 | 3 | 39 | 9 |
| Muffin - Chocolate Chip Contains: Milk, Eggs, Soy, Wheat | 177 | 630 | 30 | 270 | 8 | 0 | 90 | 540 | 81 | 3 | 45 | 9 |
| Muffin - Blueberry Contains: Milk, Eggs, Soy, Wheat | 177 | 590 | 30 | 270 | 6 | 0 | 90 | 540 | 75 | 0 | 36 | 6 |
| Muffin - Pumpkin Contains: Milk, Eggs, Soy, Wheat | 177 | 580 | 30 | 270 | 6 | 0 | 90 | 540 | 72 | 3 | 36 | 6 |
| Palmier Contains: Milk, Wheat | 113 | 400 | 16 | 140 | 10 | 0 | 45 | 250 | 58 | 1 | 27 | 5 |
| Peanut Butter Crispy Bar Contains: Milk, Soy, Nuts | 102 | 470 | 20 | 180 | 6 | 0 | 0 | 280 | 64 | 4 | 34 | 8 |
| Peanut Butter Crispy Bites Contains: Milk, Soy, Nuts | 143 | 660 | 28 | 250 | 8 | 0 | 0 | 390 | 90 | 6 | 48 | 11 |
| Raspberry Cream Cheese Flip Contains: Milk, Soy, Wheat | 130 | 490 | 22 | 200 | 5 | 7 | 5 | 370 | 67 | 1 | 26 | 7 |
| Raspberry Twist Contains: Milk, Wheat | 71 | 230 | 12 | 110 | 8 | 0 | 35 | 150 | 27 | 0 | 8 | 3 |
| Savory Ham & Cheese Croissant Contains: Milk, Eggs, Wheat | 91 | 300 | 16 | 140 | 10 | 0 | 60 | 330 | 25 | 1 | 4 | 13 |
| Savory Spinach & Cheese Croissant Contains: Milk, Eggs, Soy, Wheat, Nuts | 91 | 280 | 15 | 140 | 9 | 0 | 40 | 350 | 30 | 2 | 5 | 7 |
| French Baguette Contains: Eggs, Soy, Wheat | 340 | 980 | 6 | 50 | 0 | 0 | 0 | 2190 | 194 | 12 | 12 | 36 |
| Focaccia Loaf Contains: Eggs, Soy, Wheat | 340 | 980 | 12 | 110 | 0 | 0 | 0 | 2920 | 182 | 12 | 0 | 36 |
| Round Boule Contains: Soy, Wheat | 340 | 840 | 6 | 50 | 0 | 0 | 0 | 1970 | 167 | 6 | 0 | 30 |



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|--|--------------------|----------------|---------------|-------------------|-------------------|---------------|------------------|-------------|---------------------|-------------------|------------|-------------|
| 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 - Fried <u>Contains: Soy, Wheat</u> | 128 | 380 | 19 | 170 | 7 | 0 | 25 | 570 | 41 | 4 | 2 | 10 |
| Burrito - Southwest Beef & Potato <u>Contains: Milk, Soy, Wheat</u> | 164 | 340 | 18 | 160 | 6 | 0 | 45 | 780 | 31 | <1 | 1 | 12 |
| Cheese Balls <u>Contains: Milk, Wheat</u> | 50 | 300 | 14 | 120 | 9 | 0 | 35 | 1000 | 31 | 3 | 3 | 14 |
| Signature Chicken Sandwich <u>Contains: Soy, Wheat</u> | 172 | 430 | 17 | 150 | 3 | 0 | 45 | 1070 | 46 | 2 | 6 | 24 |
| Chicken Sandwich - Grilled <u>Contains: Soy, Wheat</u> | 167 | 320 | 6 | 50 | 1 | 0 | 80 | 730 | 33 | 1 | 0 | 35 |
| 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 |
| Egg Roll <u>Contains: Eggs, Soy, Wheat</u> | 85 | 190 | 9 | 80 | 3 | 0 | 15 | 590 | 19 | 2 | 3 | 7 |
| Jalapeno Poppers <u>Contains: Milk, Wheat</u> | 130 | 130 | 6 | 50 | 4 | 0 | 10 | 420 | 15 | 1 | 1 | 3 |
| Mini Tacos <u>Contains: Wheat</u> | 143 | 270 | 8 | 70 | 2 | 0 | 40 | 580 | 39 | 4 | 2 | 10 |
| Munchers <u>Contains: Milk, Soy</u> | 85 | 180 | 10 | 90 | 5 | 0 | 15 | 460 | 18 | 3 | 0 | 5 |
| Potato Wedges <u>Contains: Wheat</u> | 85 | 150 | 7 | 60 | 1 | 0 | 0 | 590 | 20 | 2 | 0 | 2 |
| Made to Order Sandwich | | | | | | | | | | | | |
| 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 |
| Turkey Cranberry Panini <u>Contains: Milk, Soy, Wheat</u> | 244 | 560 | 20 | 180 | 9 | 0 | 95 | 1310 | 59 | 3 | 8 | 36 |
| Cold Sandwich | | | | | | | | | | | | |
| 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 |
| KG Classic Club on Croissant <u>Contains: Milk, Soy, Wheat</u> | 166 | 370 | 20 | 180 | 9 | 0 | 75 | 1070 | 27 | <1 | 5 | 20 |
| Turkey Cheddar Wrap <u>Contains: Milk, Wheat</u> | 223 | 470 | 16 | 150 | 8 | 0 | 75 | 1420 | 52 | 4 | 4 | 29 |
| Turkey Cranberry Swiss On Sourdough <u>Contains: Milk, Soy, Wheat</u> | 234 | 480 | 14 | 130 | 5 | 0 | 75 | 1270 | 59 | 3 | 8 | 30 |
| 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 |
| Turkey Sourdough <u>Contains: Soy, Wheat</u> | 202 | 380 | 7 | 70 | 2 | 0 | 55 | 1120 | 54 | 2 | 4 | 24 |
| 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 |



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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 |
| Fall Harvester Salad <u>Contains: Milk, Soy</u> | 249 | 370 | 14 | 120 | 5 | 0 | 65 | 610 | 33 | 6 | 1 | 29 |
| 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 |
| 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 |
| Bacon Gouda Chicken Sausage <u>Contains: Milk</u> | 91 | 244 | 17 | 160 | 5 | 0 | 78 | 1222 | 8 | 0 | 2 | 19 |
| 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 |
| Spicy Cheesesteak Tornado <u>Contains: Wheat, Milk, Soy</u> | 85 | 180 | 6 | 60 | 2 | 0 | 10 | 320 | 23 | 1 | 1 | 6 |



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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 |



Not all items served in all stores

| | Fluid Ounces | Total Calories | Total Fat (g) | Sodium (mg) | Total Carbohydrates (g) | Sugars (g) | Protein (g) |
|-------------------------------|--------------|----------------|---------------|-------------|-------------------------|------------|-------------|
| 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 |



Not all items served in all stores

| | Fluid Ounces | Total Calories | Total Fat (g) | Sodium (mg) | Total Carbohydrates (g) | Sugars (g) | Protein (g) |
|------------------------|--------------|----------------|---------------|-------------|-------------------------|------------|-------------|
| 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 |