



NUTRITION FACTS

MENU ITEM	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans-Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
STEAKBURGERS											
7 X 7	1800	1170	135	62	3	390	4060	29	< 1	4	102
Bacon 'n Cheese Double	590	330	38	16	1	105	1170	29	< 1	4	31
Bacon 'n Cheese Single	450	230	26	11	0	65	990	29	< 1	4	22
Cajun Double	740	460	53	17	1	100	1170	30	1	7	28
Garlic Double	750	450	51	17	1	95	1530	33	1	8	29
Guacamole Double	700	440	50	16	1	90	1220	37	5	7	27
Guacamole Single	540	330	37	11	0	55	1020	36	4	7	18
Jalapeño Crunch	790	470	53	19	1	90	1590	42	2	9	27
Portobello and Swiss	740	440	50	16	1	95	890	36	2	9	29
Prime	820	410	46	22	2	60	1910	55	3	11	39
Prime, Texan BBQ	890	400	50	24	2.5	60	2470	70	3	22	39
Prime, White Truffle	1010	570	69	26	2.5	65	1310	57	2	11	41
Royale	800	490	56	20	1	295	1380	32	2	6	38
Signature	570	310	35	14	1	100	1070	33	2	7	30
Signature w/Cheese	660	370	42	18	1	120	1430	33	2	7	35
Single	310	120	14	5	0	35	830	32	3	6	15
Single w/Cheese	400	180	21	9	0	55	1190	32	3	6	20
The Original Double	460	230	26	10	1	70	1010	33	2	6	23
The Original Double w/Cheese	550	290	33	14	1	90	1370	33	2	6	28
Triple	600	330	38	15	1	110	1190	32	3	6	32
Triple w/Cheese	780	450	52	23	1	150	1910	32	3	6	42
Western BBQ 'N Bacon	810	420	48	18	1	105	1550	52	1	23	32
Wisconsin Butter	830	520	58	27	1	135	1230	34	2	9	29
All American (Mix 'n Match)	530	250	29	11	0	55	1540	36	2	10	20
Smokey BBQ (Mix 'n Match)	500	210	24	7	0	35	2030	46	1	17	15
Spicy Chipotle (Mix 'n Match)	570	310	35	11	0	55	2980	39	4	10	19
Swiss 'N Mushroom (Mix 'n Match)	520	280	32	10	0	50	690	32	1	7	19
MELTS											
Frisco Melt	980	590	67	21	1	120	1630	52	2	12	35
Patty Melt	810	510	59	22	1	115	1570	30	2	4	34
Veggie Melt with Portobellos	620	390	45	11	0	25	1000	44	11	8	16
STEAK FRANKS & FOOTLONGS											
Steak Frank	390	200	23	9	1	45	1140	32	1	5	13
Chili Cheese Steak Frank	710	400	44	22	1.5	115	1620	46	4	5	33
Classic Footlong (w/Mustard)	390	210	23	8	1	45	1080	32	1	4	13

Not all items listed are available at all stores. Check your store's current menu for list of available items.

The rounding of figures is based on Food and Drug Administration guidelines. Menu item ingredients information is based on standard product recipes, so variations may occur due to ordinary differences in the preparation of menu items, local suppliers, region of the country and season of the year or customer adjustments/substitutions. Test, regional or limited time items may not appear in this document. 2,000 calories a day is used for general nutrition advice, but calorie needs may vary.

MENU ITEM	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans-Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chili Cheese Footlong	730	400	45	22	1	115	1600	48	4	6	33
SANDWICHES											
Bacon, Lettuce, 'n Tomato	440	170	19	6	0	35	940	43	2	3	19
Chicken Fingers (3)	330	160	18	3	0	60	900	22	2	0	21
Fish Plate	890	530	59	10	0	90	780	63	4	6	25
Fish Sandwich	470	200	23	4		50	630	47	2	5	21
Grilled Cheese	660	380	45	14	0	40	1130	41	2	2	19
Grilled Chicken	480	180	21	3.5	0	70	980	37	2	8	28
Spicy Chicken	520	170	19	3.5	0	60	1680	51	5	10	27
Turkey Club	510	220	25	7	0	75	1860	34	5	9	35
CHILI											
Chili 3-Way	710	190	21	9	1	45	1380	98	13	10	31
Chili 5-Way	1160	510	57	33	1	165	2060	103	13	11	59
Chili Deluxe, Bowl	1000	500	56	33	1	165	1960	71	14	5	58
Chili Deluxe, Cup	500	250	28	16	0.5	80	980	36	7	2	29
Chili Mac	1200	550	61	26	3.5	130	2710	112	9	16	46
Chili Mac Supreme	1410	700	78	42	2.5	205	2660	114	8	16	64
Chili, Genuine - Bowl	550	180	20	9	1	40	1270	65	13	3	29
Chili, Genuine - Cup	330	110	12	5	0.5	25	760	39	8	2	18
SALADS											
Beef Taco	950	640	73	25	0.5	125	1440	43	5	5	33
Grilled Chicken Taco	820	510	58	18	0	105	1640	52	6	6	33
Grilled Chicken	430	190	22	13	0	125	1050	21	5	6	39
Fried Chicken	600	320	36	15	0	120	1290	34	6	6	37
Garden Bowl Salad	400	240	27	13	0	60	550	24	7	5	19
Small Garden (Side)	60	10	1	0	0	0	110	10	3	3	2
SALAD DRESSINGS											
Blue Cheese	150	140	16	3	0	15	220	2	0	< 1	< 1
Lite Italian	45	40	4.5	0	0	0	260	< 1	0	< 1	0
Thousand Island	110	90	10	1.5	0	< 5	280	5	0	4	0
Honey Mustard	120	90	10	1.5	0	0	320	8	0	8	0
Ranch	130	120	14	2.5	0	10	260	< 1	0	< 1	0
FRENCH FRIES											
Thin 'n Crispy Fries - Kids	150	70	8	1.5	0	0	510	19	2	0	1
Thin 'n Crispy Fries - Small	240	120	13	2.5	0	0	550	30	3	0	2
Thin 'n Crispy Fries - Medium	450	210	24	4	0	0	930	54	5	< 1	4
Thin 'n Crispy Fries - Large	650	310	34	6	0	< 5	1390	79	7	1	6
Seasoned Fries - Parmesan & Garlic Herb, Small	250	120	13	2.5	0	0	680	30	3	< 1	2
Seasoned Fries - Parmesan & Garlic Herb, Medium	450	210	24	4	0	0	1200	55	5	1	4
Seasoned Fries - Parmesan & Garlic Herb, Large	660	310	34	6	0	< 5	1920	80	7	2	6

Not all items listed are available at all stores. Check your store's current menu for list of available items.

MENU ITEM	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans-Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Seasoned Fries - Cajun - Small	250	120	13	2.5	0	0	650	30	3	0	2
Seasoned Fries - Cajun - Medium	450	210	24	4	0	0	1140	55	5	<1	4
Seasoned Fries - Cajun - Large	660	310	35	6	0	< 5	1850	81	8	1	6
Cheese Fries - Small	320	160	18	4	2	5	1050	34	3	1	4
Cheese Fries - Medium	590	300	35	8	4	10	1940	63	5	3	8
Cheese Fries - Large	790	400	45	10	4	10	2390	88	7	3	9
Chili Cheese Fries - Small	430	200	22	6	2	15	1310	47	5	2	10
Chili Cheese Fries - Medium	760	360	41	10	4	25	2320	83	9	3	16
Chili Cheese Fries - Large	1070	490	55	14	4.5	30	3030	120	14	4	24
SIDES											
Applesauce	90	0	0	0	0	0	10	22	2	18	0
Baked beans	310	0	0	0	0	0	960	64	11	23	13
Coleslaw	160	100	11	1.5	0	15	240	13	2	11	< 1
Onion Rings, Large	660	310	35	6	0	< 5	1890	79	5	7	8
Onion Rings, Regular	330	160	17	3	0	0	940	39	2	3	4
Soup: Vegetable - Bowl	140	25	2.5	0	0	0	2120	27	4	9	5
Soup: Vegetable - Cup	70	10	1.5	0	0	0	1060	13	2	4	2
ADD-ONS											
American Cheese (1 slice)	90	60	7	4	0	20	360	0	0	0	5
Chili (for fries)	170	50	6	2.5	0	15	380	19	4	< 1	9
Grilled onions	30	20	2.5	1	0	0	30	2	0	2	0
Guacamole	60	45	6	1	0	0	110	4	3	< 1	< 1
Bacon (1 strip)	60	45	5	2	0	10	170	0	0	0	4
Jalapeño Slices	0	0	0	0	0	0	230	< 1	0	0	0
Steakburger (1 patty)	140	100	12	5	0	35	180	0	0	0	9
KIDS											
Chicken Fingers (2 pieces) and Fries	380	220	25	4.5	0	40	1140	25	2	0	15
Steakburger and Fries	460	240	27	8	0	35	990	39	1	4	15
Steakburger w/ Cheese and Fries	550	300	34	12	0	55	1350	39	1	4	20
Mac and Cheese	170	45	5	1.5	0	10	310	26	1	5	6
Mini Corn Dogs and Fries	350	210	24	5	0	35	860	29	2	4	7
Steak Frank and Fries	540	320	36	11	1	45	1560	40	1	4	13
Grilled Cheese and Fries	820	500	58	16	0	40	1660	51	2	2	20
MILKSHAKES CLASSIC & SPECIALTY											
Birthday Cake Shake - Regular	820	250	27	16	0	90	410	135	0	115	16
Birthday Cake Shake - Small/Kids	500	140	15	10	0	50	260	83	0	71	12
Nutella - Regular	790	350	37	19	0	65	260	109	2	97	18
Nutella - Small/Kids	490	190	20	11	0	35	190	70	1	62	12
Reese's Chocolate PB - Regular	920	390	43	17	0	65	520	119	6	94	28
Reese's Chocolate PB - Small/Kids	540	200	22	10	0	35	320	74	3	59	17
Reese's Peanut Butter - Regular	830	380	42	17	0	65	470	98	4	83	27

Not all items listed are available at all stores. Check your store's current menu for list of available items.

MENU ITEM	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans-Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Reese's Peanut Butter - Small/Kids	530	200	22	9	0	35	290	71	2	61	17
Banana - Regular	680	180	18	13	0	65	240	125	6	92	17
Banana - Small/Kids	420	100	10	7	0	35	180	77	3	59	12
Butterfinger - Regular	740	220	23	16	0	65	320	126	< 1	106	16
Butterfinger - Small/Kids	520	150	15	10	0	40	250	89	< 1	73	12
Campfire S'mores - Regular	880	280	29	22	0	65	420	145	2	116	18
Campfire S'mores - Small/Kids	560	170	18	13	0	40	310	92	1	73	13
Caramel Apple - Small/Kids	620	180	18	14	0	70	310	105	0	90	15
Caramel Apple -- Regular	770	190	19	14	0	75	380	139	0	116	15
Chocolate - Regular	580	170	17	13	0	65	280	99	1	82	15
Chocolate - Small/Kids	410	130	13	9	0	45	200	70	< 1	58	11
Chocolate Banana - Regular	680	180	18	13	0	65	280	126	4	97	16
Chocolate Banana - Small/Kids	460	130	13	9	0	45	200	83	2	66	11
Chocolate Covered Strawberry - Regular	720	240	25	20	0	65	300	116	2	97	17
Chocolate Covered Strawberry - Small/Kids	480	170	18	14	0	55	210	75	1	64	12
Cookie Dough - Regular	730	220	22	16	0	65	320	125	< 1	106	16
Cookie Dough - Small/Kids	510	140	15	10	0	35	260	88	< 1	73	12
Cookies 'n Cream - Regular	710	210	22	14	0	65	350	121	< 1	102	15
Cookies 'n Cream - Small/Kids	500	140	15	9	0	35	280	84	< 1	69	12
Double Chocolate Fudge - Regular	870	270	29	22	0	70	360	147	3	118	18
Double Chocolate Fudge - Small/Kids	550	160	17	13	0	40	240	93	2	77	13
Egg Nog - Regular	610	170	18	13	0	65	260	104	0	95	15
Egg Nog - Small/Kids	380	100	10	7	0	35	180	66	0	60	11
Dark Chocolate - Regular	690	210	21	15	0	65	300	119	2	99	16
Dark Chocolate - Small/Kids	460	130	13	10	0	40	210	79	1	67	12
M&M - Regular	770	230	24	17	0	70	270	129	1	115	16
M&M - Small/Kids	550	160	16	12	0	40	210	92	1	82	12
Mint Cookies 'n Cream - Regular	700	210	22	14	0	65	350	118	< 1	103	15
Mint Cookies 'n Cream - Small/Kids	540	170	17	10	0	45	280	91	< 1	78	11
Orange Freeze - Regular	580	170	17	12	0	60	220	102	0	94	13
Orange Freeze - Small/Kids	360	90	9	7	0	35	160	64	0	58	9
Oreo Red Velvet Milk Shake - Regular	930	280	30	17	0	95	550	156	2	128	18
Oreo Red Velvet Milk Shake - Small/Kids	600	170	19	10	0	50	380	101	1	82	13
Peanut Butter Cup - Regular	750	250	26	17	0	65	280	123	< 1	110	16
Peanut Butter Cup - Small/Kids	530	170	18	12	0	40	220	86	< 1	76	13
Peanut M&M - Regular	700	220	23	15	0	65	260	117	< 1	103	17
Peanut M&M - Small/Kids	490	140	15	9	0	40	190	79	< 1	70	13
Peppermint Choc. Chip - Regular	730	210	21	17	0	65	260	126	0	114	15
Peppermint Choc. Chip - Small/Kids	500	130	14	11	0	40	200	88	0	78	11
Pumpkin Spice - Regular	630	170	17	13	0	65	290	111	0	101	16
Pumpkin Spice - Small/Kids	400	90	10	7	0	40	200	70	0	63	12
Red Velvet - Small/Kids	490	130	14	9	0	50	280	83	< 1	72	12

Not all items listed are available at all stores. Check your store's current menu for list of available items.

MENU ITEM	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans-Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Red Velvet - Regular	810	240	25	16	0	95	450	138	1	118	17
Strawberry - Regular	590	170	17	13	0	65	250	102	0	94	14
Strawberry - Small/Kids	430	120	12	9	0	45	180	75	0	69	10
Strawberry Banana - Small/Kids	400	100	10	7	0	35	180	71	2	58	11
Strawberry Banana -Regular	630	170	17	13	0	65	240	113	4	91	16
Turtle Caramel Nut - Regular	800	230	24	17	0	70	380	137	< 1	114	18
Turtle Caramel Nut - Small/Kids	570	150	16	12	0	40	300	99	< 1	79	13
Ultimate Banana - Regular	640	170	18	13	0	65	250	114	3	93	16
Ultimate Banana - Small/Kids	410	100	10	7	0	35	190	76	2	63	11
Vanilla - Regular	600	170	17	13	0	65	240	104	0	92	14
Vanilla - Small/Kids	400	90	9	7	0	35	170	74	0	65	10
Very Berry Strawberry - Regular	530	170	17	13	0	65	240	86	< 1	77	14
Very Berry Strawberry - Small/Kids	340	90	10	7	0	35	180	57	< 1	51	11
White Chocolate - Regular	610	180	18	14	0	65	240	105	0	95	14
White Chocolate - Small/Kids	400	100	10	8	0	35	180	68	0	61	11
Kit Kat - Regular	680	210	22	16	0	65	260	114	0	100	16
Kit Kat - Small/Kids	460	130	14	10	0	40	190	77	0	67	12
Cereal Shake – Froot Loops – Regular	650	180	18	13	0	65	300	115	1	98	16
Cereal Shake – Froot Loops – Small/Kids	410	100	10	7	0	40	230	74	1	62	11
Cereal Shake – Cinnamon Crunch – Regular	620	180	18	13	0	65	280	107	0	93	15
Cereal Shake – Cinnamon Crunch – Small/Kids	530	110	24	10	0	40	320	76	< 1	57	12
Cereal Shake – Cocoa Krispies - Regular	850	210	45	19	0	65	470	113	< 1	85	17
Cereal Shake – Cocoa Krispies – Small/Kids	530	110	24	10	0	40	320	76	< 1	57	12
Cereal Shake – Frosted Flakes - Regular	680	180	18	13	0	65	330	121	0	100	16
Cereal Shake – Frosted Flakes – Small/Kids	460	100	10	8	0	40	270	84	0	66	12
Cereal Shake – Honey Smacks – Regular	630	170	17	13	0	65	260	112	< 1	97	15
Cereal Shake – Honey Smacks – Small/Kids	420	100	10	7	0	40	200	75	< 1	64	11
DESSERTS											
Chocolate Chip Cookie	190	80	9	4.5	0	10	170	25	1	14	2
Hot Fudge Sundae	460	200	23	16	0	50	160	61	2	46	7
Root Beer Float	280	80	9	6	0	35	75	51	0	47	3
Strawberry Sundae	300	130	15	9	0	50	90	40	< 1	33	4
BREAKFAST											
Breakfast Bowl with Hash Browns	460	370	42	11	0	180	600	11	1	2	12
Breakfast Bowl without Hash Browns	350	240	27	10	0	355	830	5	1	3	21
1 Egg (over easy, medium, hard)	80	50	5	1.5	0	185	70	0	0	0	6
1 Egg Scrambled	60	35	4	1	0	170	150	1	0	< 1	6
1 Slice of Bacon	40	30	3.5	1	0	10	115	0	0	0	2
2 Biscuits	640	360	40	32	0	0	1780	66	2	6	8
2 Eggs scrambled	120	70	8	2.5	0	340	300	3	0	2	11
2 Eggs (over easy, medium, hard)	150	90	10	3	0	370	140	< 1	0	0	13
Bacon Biscuit	380	230	25	18	0	10	1060	33	1	3	8

Not all items listed are available at all stores. Check your store's current menu for list of available items.

MENU ITEM	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans-Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Bacon, Egg and Cheese Biscuit	530	320	36	23	0	200	1570	34	1	4	18
Bagel Sandwich w/bacon	460	150	17	7	0	210	1050	53	2	7	24
Bagel Sandwich w/sausage	700	330	38	14	0	270	1380	53	2	7	33
Banana Pancakes	950	150	16	6	0	50	2440	187	6	70	18
Cheddar Scrambler (a la carte)	700	490	55	22	0	625	1240	6	< 1	5	41
Chocolate Chip Pancakes	1290	350	38	19	0	60	2470	224	4	118	20
Country Skillet	1320	940	106	43	1.5	480	2340	57	2	5	37
Egg and Cheese Biscuit	470	270	31	21	0	190	1400	34	1	4	15
Hash Brown - Shredded	300	240	28	5	0	0	200	15	1	1	1
Hash Brown – Crispy Patty	140	60	7	1	0	0	310	16	1	0	1
Kid's - 2 Pancakes (incl. butter and syrup)	420	100	10	5	0	30	920	74	< 1	30	6
Kid's - 3 Pancakes (incl. butter and syrup)	520	110	12	6	0	35	1310	93	1	34	9
Kid's Chocolate Chip Pancakes	940	190	21	8	0	50	2440	174	3	70	18
Kid's Egg (scrambled) Bacon and Toast	230	80	9	3	0	180	470	21	< 1	2	12
Kid's Egg (scrambled) Sausage and Toast	360	190	21	7	0	210	650	21	< 1	2	18
Sausage and Egg Biscuit	680	440	50	26	0	240	1550	34	1	4	23
Sausage Biscuit	620	410	46	25	0	70	1400	33	1	3	17
Sausage Gravy and Biscuits (full order)	970	600	67	43	3	50	2690	81	2	7	13
Sausage Gravy and Biscuits (half order)	480	300	33	22	1.5	25	1350	41	1	3	7
Sausage, Egg and Cheese Biscuit	770	500	57	30	0	260	1910	34	1	4	28
Sausage, Egg n Cheese Breakfast Taco	220	110	12	5	1	120	530	18	< 1	1	8
Potato and Egg Breakfast Taco	190	90	10	4	1	115	490	20	0	1	5
Breakfast Sides											
Side of Syrup	140	0	0	0	0	0	80	35	0	22	0
Bacon (2 slices)	80	60	7	2.5	0	15	230	0	0	0	5
Bacon (4 slices)	160	120	14	5	0	30	460	0	0	0	10
Sausage (1 patty)	300	230	26	9	0	70	510	0	0	0	13
Sausage (2 patties)	600	460	52	18	0	140	1020	0	0	0	26
Pancake (1) (incl. butter and syrup)	370	50	6	2	0	15	880	74	< 1	30	6
Pancakes (2) (incl. butter and syrup)	670	170	18	9	0	50	1740	113	2	39	11
Pancakes (3) (incl. butter and syrup)	880	200	21	9	0	60	2520	151	3	47	17
Biscuit (1)	320	180	20	16	0	0	890	33	1	3	4
Bagel (1)	250	10	1	0	0	10	360	52	2	6	9
Toast - Rye (2 slices buttered)	180	50	6	1	0	0	420	25	1	< 1	6
Toast - Rye (1 slice buttered)	90	25	3	0	0	0	210	13	< 1	0	3
Toast - Sourdough (2 slices buttered)	270	50	6	1	0	0	410	41	2	2	9
Toast - Sourdough (1 slice buttered)	140	25	3	0.5	0	0	200	20	< 1	< 1	4
Toast - Wheat (2 slices buttered)	180	50	6	1	0	0	270	23	2	3	5
Toast - Wheat (1 slice buttered)	90	25	3	0.5	0	0	135	12	1	2	3
BEVERAGES											
Budweiser Light	100	0	0	0	0	0	10	5	0	**	< 1
Budweiser	150	0	0	0	0	0	10	11	0	**	1

Not all items listed are available at all stores. Check your store's current menu for list of available items.

MENU ITEM	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans-Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Dos Equis XX Lager	130	0	0	0	0	0	10	9	0	0	<1
Draft Brooklyn Lager	170	0	0	0	0	0	0	17	0	0	2
Shiner Bock Draft	140	0	0	0	0	0	0	13	0	13	0
Kilt Lifter	200	0	0	0	0	0	0	30	0	0	10
Kendall Jackson Chardonnay	120	0	0	0	0	0	1	5	0	0	0
Kendall Jackson Cabernet	125	0	0	0	0	0	0	3	0	0	0
Meiomi Pinot Noir	125	0	0	0	0	0	10	4	0	1	0
Cherry Limeade - 20 oz	150	0	0	0	0	0	25	38	0	38	0
Fresh Lemonade, Light	15	0	0	0	0	0	0	5	0	2	0
Fresh Lemonade, Regular	120	0	0	0	0	0	0	4	0	30	0
Barq's Root Beer - 12 oz (w/ ice)	70	0	0	0	0	0	15	18	0	18	0
Barq's Root Beer - 16 oz (w/ ice)	90	0	0	0	0	0	20	24	0	24	0
Barq's Root Beer - 18 oz (w/ ice)	100	0	0	0	0	0	20	27	0	27	0
Barq's Root Beer - 20 oz (w/ ice)	110	0	0	0	0	0	25	30	0	30	0
Barq's Root Beer - 22 oz (w/ ice)	120	0	0	0	0	0	25	33	0	33	0
Barq's Root Beer - 24 oz (w/ ice)	130	0	0	0	0	0	30	36	0	36	0
Barq's Root Beer - 28 oz (w/ ice)	160	0	0	0	0	0	35	42	0	42	0
Barq's Root Beer - 32 oz (w/ ice)	180	0	0	0	0	0	40	48	0	48	0
Barq's Root Beer - 44 oz (w/ ice)	250	0	0	0	0	0	55	66	0	66	0
Caffeine Free Pepsi - 12 oz (w/ ice)	90	0	0	0	0	0	20	25	25	0	0
Caffeine Free Pepsi - 16 oz (w/ ice)	120	0	0	0	0	0	25	34	34	0	0
Caffeine Free Pepsi - 18 oz (w/ ice)	140	0	0	0	0	0	25	38	38	0	0
Caffeine Free Pepsi - 20 oz (w/ ice)	150	0	0	0	0	0	30	42	42	0	0
Caffeine Free Pepsi - 22 oz (w/ ice)	170	0	0	0	0	0	35	46	46	0	0
Caffeine Free Pepsi - 24 oz (w/ ice)	180	0	0	0	0	0	35	50	50	0	0
Caffeine Free Pepsi - 32 oz (w/ ice)	240	0	0	0	0	0	50	67	67	0	0
Caffeine Free Pepsi - 44 oz (w/ ice)	330	0	0	0	0	0	65	92	92	0	0
Cherry Coke - 12 oz (w/ ice)	90	0	0	0	0	0	35	24	0	24	0
Cherry Coke - 16 oz (w/ ice)	120	0	0	0	0	0	45	32	0	32	0
Cherry Coke - 18 oz (w/ ice)	130	0	0	0	0	0	50	36	0	36	0
Cherry Coke - 20 oz (w/ ice)	150	0	0	0	0	0	55	40	0	40	0
Cherry Coke - 22 oz (w/ ice)	170	0	0	0	0	0	60	44	0	44	0
Cherry Coke - 24 oz (w/ ice)	180	0	0	0	0	0	65	48	0	48	0
Cherry Coke - 32 oz (w/ ice)	240	0	0	0	0	0	90	64	0	64	0
Cherry Coke - 44 oz (w/ ice)	330	0	0	0	0	0	120	88	0	88	0
Coffee - Brewed decaffeinated	0	0	0	0	0	0	0	0	0	0	0
Coffee - Brewed	0	0	0	0	0	0	0	0	0	0	0
Coke Classic - 12 oz (w/ ice)	60	0	0	0	0	0	0	16	0	16	0
Coke Classic - 16 oz (w/ ice)	80	0	0	0	0	0	0	22	0	22	0
Coke Classic - 18 oz (w/ ice)	90	0	0	0	0	0	0	24	0	24	0
Coke Classic - 20 oz (w/ ice)	100	0	0	0	0	0	0	27	0	27	0
Coke Classic - 22 oz (w/ ice)	110	0	0	0	0	0	0	30	0	30	0

Not all items listed are available at all stores. Check your store's current menu for list of available items.

MENU ITEM	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans-Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Coke Classic - 24 oz (w/ ice)	120	0	0	0	0	0	0	32	0	32	0
Coke Classic - 32 oz (w/ ice)	160	0	0	0	0	0	0	43	0	43	0
Coke Classic - 44 oz (w/ ice)	220	0	0	0	0	0	5	59	0	59	0
Coke Zero Sugar - 12 oz (w/ ice)	0	0	0	0	0	0	25	0	0	0	0
Coke Zero Sugar - 16 oz (w/ ice)	0	0	0	0	0	0	30	0	0	0	0
Coke Zero Sugar - 18 oz (w/ ice)	0	0	0	0	0	0	35	0	0	0	0
Coke Zero Sugar - 20 oz (w/ ice)	0	0	0	0	0	0	40	0	0	0	0
Coke Zero Sugar - 22 oz (w/ ice)	0	0	0	0	0	0	45	0	0	0	0
Coke Zero Sugar - 24 oz (w/ ice)	0	0	0	0	0	0	50	0	0	0	0
Coke Zero Sugar - 32 oz (w/ ice)	0	0	0	0	0	0	65	0	0	0	0
Coke Zero Sugar - 44 oz (w/ ice)	0	0	0	0	0	0	90	0	0	0	0
Diet Coke (Caffeine-free) - 12 oz (w/ ice)	0	0	0	0	0	0	5	0	0	0	0
Diet Coke (Caffeine-free) - 16 oz (w/ ice)	0	0	0	0	0	0	10	0	0	0	0
Diet Coke (Caffeine-free) - 18 oz (w/ ice)	0	0	0	0	0	0	10	0	0	0	0
Diet Coke (Caffeine-free) - 20 oz (w/ ice)	0	0	0	0	0	0	10	0	0	0	0
Diet Coke (Caffeine-free) - 22 oz (w/ ice)	0	0	0	0	0	0	10	0	0	0	0
Diet Coke (Caffeine-free) - 24 oz (w/ ice)	0	0	0	0	0	0	10	0	0	0	0
Diet Coke (Caffeine-free) - 32 oz (w/ ice)	0	0	0	0	0	0	15	0	0	0	0
Diet Coke (Caffeine-free) - 44 oz (w/ ice)	0	0	0	0	0	0	20	0	0	0	0
Diet Coke - 12 oz (w/ ice)	0	0	0	0	0	0	5	0	0	0	0
Diet Coke - 16 oz (w/ ice)	0	0	0	0	0	0	10	0	0	0	0
Diet Coke - 18 oz (w/ ice)	0	0	0	0	0	0	10	0	0	0	0
Diet Coke - 20 oz (w/ ice)	0	0	0	0	0	0	10	0	0	0	0
Diet Coke - 22 oz (w/ ice)	0	0	0	0	0	0	10	0	0	0	0
Diet Coke - 24 oz (w/ ice)	0	0	0	0	0	0	10	0	0	0	0
Diet Coke - 32 oz (w/ ice)	0	0	0	0	0	0	15	0	0	0	0
Diet Coke - 44 oz (w/ ice)	0	0	0	0	0	0	20	0	0	0	0
Diet Dr Pepper - 12 oz (w/ ice)	0	0	0	0	0	0	35	0	0	0	0
Diet Dr Pepper - 16 oz (w/ ice)	0	0	0	0	0	0	45	0	0	0	0
Diet Dr Pepper - 18 oz (w/ ice)	0	0	0	0	0	0	50	0	0	0	0
Diet Dr Pepper - 20 oz (w/ ice)	0	0	0	0	0	0	60	0	0	0	0
Diet Dr Pepper - 22 oz (w/ ice)	0	0	0	0	0	0	65	0	0	0	0
Diet Dr Pepper - 24 oz (w/ ice)	0	0	0	0	0	0	70	0	0	0	0
Diet Dr Pepper - 32 oz (w/ ice)	0	0	0	0	0	0	90	0	0	0	0
Diet Dr Pepper - 44 oz (w/ ice)	0	0	0	0	0	0	125	0	0	0	0
Diet Pepsi - 12 oz (w/ ice)	0	0	0	0	0	0	20	0	0	0	0
Diet Pepsi - 16 oz (w/ ice)	0	0	0	0	0	0	30	0	0	0	0
Diet Pepsi - 18 oz (w/ ice)	0	0	0	0	0	0	30	0	0	0	0
Diet Pepsi - 20 oz (w/ ice)	0	0	0	0	0	0	35	0	0	0	0
Diet Pepsi - 22 oz (w/ ice)	0	0	0	0	0	0	40	0	0	0	0
Diet Pepsi - 24 oz (w/ ice)	0	0	0	0	0	0	40	0	0	0	0
Diet Pepsi - 32 oz (w/ ice)	0	0	0	0	0	0	55	0	0	0	0
Diet Pepsi - 44 oz (w/ ice)	0	0	0	0	0	0	75	0	0	0	0

Not all items listed are available at all stores. Check your store's current menu for list of available items.

MENU ITEM	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans-Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Dr Pepper - 12 oz (w/ ice)	90	0	0	0	0	0	35	24	0	23	0
Dr Pepper - 16 oz (w/ ice)	120	0	0	0	0	0	45	32	0	31	0
Dr Pepper - 18 oz (w/ ice)	130	0	0	0	0	0	50	36	0	35	0
Dr Pepper - 20 oz (w/ ice)	140	0	0	0	0	0	60	40	0	38	0
Dr Pepper - 22 oz (w/ ice)	160	0	0	0	0	0	65	44	0	42	0
Dr Pepper - 24 oz (w/ ice)	170	0	0	0	0	0	70	48	0	46	0
Dr Pepper - 32 oz (w/ ice)	230	0	0	0	0	0	90	65	0	61	0
Dr Pepper - 44 oz (w/ ice)	320	0	0	0	0	0	125	89	0	84	0
Fanta Orange - 12 oz (w/ ice)	60	0	0	0	0	0	0	17	0	17	0
Fanta Orange - 16 oz (w/ ice)	80	0	0	0	0	0	0	23	0	23	0
Fanta Orange - 18 oz (w/ ice)	100	0	0	0	0	0	0	26	0	26	0
Fanta Orange - 20 oz (w/ ice)	110	0	0	0	0	0	0	29	0	29	0
Fanta Orange - 22 oz (w/ ice)	120	0	0	0	0	0	5	32	0	32	0
Fanta Orange - 24 oz (w/ ice)	130	0	0	0	0	0	5	35	0	35	0
Fanta Orange - 28 oz (w/ ice)	150	0	0	0	0	0	5	41	0	41	0
Fanta Orange - 32 oz (w/ ice)	170	0	0	0	0	0	10	46	0	46	0
Fanta Orange - 44 oz (w/ ice)	230	0	0	0	0	0	10	64	0	64	0
Fuze Raspberry Iced tea - 12 oz (w/ ice)	35	0	0	0	0	0	0	9	0	9	0
Fuze Raspberry Iced tea - 16 oz (w/ ice)	50	0	0	0	0	0	5	12	0	12	0
Fuze Raspberry Iced tea - 18 oz (w/ ice)	50	0	0	0	0	0	5	13	0	13	0
Fuze Raspberry Iced tea - 20 oz (w/ ice)	60	0	0	0	0	0	5	15	0	15	0
Fuze Raspberry Iced tea - 22 oz (w/ ice)	70	0	0	0	0	0	10	16	0	16	0
Fuze Raspberry Iced tea - 24 oz (w/ ice)	70	0	0	0	0	0	10	18	0	18	0
Fuze Raspberry Iced tea - 32 oz (w/ ice)	100	0	0	0	0	0	10	24	0	24	0
Fuze Raspberry Iced tea - 44 oz (w/ ice)	130	0	0	0	0	0	15	33	0	33	0
Gatorade (Lemon-Lime) - 12 oz (w/ice)	80	0	0	0	0	0	140	21	0	18	0
Gatorade (Lemon-Lime) - 16 oz (w/ice)	110	0	0	0	0	0	185	28	0	24	0
Gatorade (Lemon-Lime) - 18 oz (w/ice)	120	0	0	0	0	0	205	32	0	28	0
Gatorade (Lemon-Lime) - 20 oz (w/ice)	130	0	0	0	0	0	230	35	0	31	0
Gatorade (Lemon-Lime) - 22 oz (w/ice)	150	0	0	0	0	0	255	39	0	34	0
Gatorade (Lemon-Lime) - 24 oz (w/ice)	160	0	0	0	0	0	275	42	0	37	0
Gatorade (Lemon-Lime) - 32 oz (w/ice)	210	0	0	0	0	0	370	56	0	49	0
Gatorade (Lemon-Lime) - 44 oz (w/ice)	290	0	0	0	0	0	505	77	0	67	0
Hi-C Flashin Fruit Punch - 12 oz (w/ ice)	60	0	0	0	0	0	10	17	0	17	0
Hi-C Flashin Fruit Punch - 16 oz (w/ ice)	80	0	0	0	0	0	10	23	0	22	0
Hi-C Flashin Fruit Punch - 18 oz (w/ ice)	90	0	0	0	0	0	10	26	0	25	0
Hi-C Flashin Fruit Punch - 20 oz (w/ ice)	100	0	0	0	0	0	15	29	0	28	0
Hi-C Flashin Fruit Punch - 22 oz (w/ ice)	110	0	0	0	0	0	15	32	0	31	0
Hi-C Flashin Fruit Punch - 24 oz (w/ ice)	120	0	0	0	0	0	15	35	0	34	0
Hi-C Flashin Fruit Punch - 32 oz (w/ ice)	170	0	0	0	0	0	20	46	0	45	0
Hi-C Flashin Fruit Punch - 44 oz (w/ ice)	230	0	0	0	0	0	30	64	0	62	0
Hot Chocolate	110	35	3.5	3	0	5	160	17	0	9	< 1
Lemonade, Tropicana - 12 oz (w/ ice)	90	0	0	0	0	0	95	24	0	24	0

Not all items listed are available at all stores. Check your store's current menu for list of available items.

MENU ITEM	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans-Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Lemonade, Tropicana - 16 oz (w/ ice)	120	0	0	0	0	0	125	32	0	32	0
Lemonade, Tropicana - 18 oz (w/ ice)	140	0	0	0	0	0	140	36	0	36	0
Lemonade, Tropicana - 20 oz (w/ ice)	150	0	0	0	0	0	160	40	0	40	0
Lemonade, Tropicana - 22 oz (w/ ice)	170	0	0	0	0	0	170	45	0	45	0
Lemonade, Tropicana - 24 oz (w/ ice)	180	0	0	0	0	0	190	49	0	49	0
Lemonade, Tropicana - 32 oz (w/ ice)	240	0	0	0	0	0	250	65	0	65	0
Lemonade, Tropicana - 44 oz (w/ ice)	330	0	0	0	0	0	350	89	0	89	0
Mello Yello - 12 oz (w/ ice)	100	0	0	0	0	0	25	28	0	28	0
Mello Yello - 16 oz (w/ ice)	140	0	0	0	0	0	35	38	0	38	0
Mello Yello - 18 oz (w/ ice)	150	0	0	0	0	0	40	42	0	42	0
Mello Yello - 20 oz (w/ ice)	170	0	0	0	0	0	45	47	0	47	0
Mello Yello - 22 oz (w/ ice)	190	0	0	0	0	0	50	52	0	52	0
Mello Yello - 24 oz (w/ ice)	200	0	0	0	0	0	55	56	0	56	0
Mello Yello - 32 oz (w/ ice)	270	0	0	0	0	0	70	75	0	75	0
Mello Yello - 44 oz (w/ ice)	370	0	0	0	0	0	100	103	0	103	0
Chocolate Milk - Large	400	60	7	4	0	30	350	63	2	55	20
Chocolate Milk - Small	190	25	3	2	0	15	170	31	< 1	27	10
Low Fat Milk - Large	260	50	6	4	0	30	300	27	0	30	20
Low Fat Milk - Small	130	25	3	2	0	15	150	14	0	15	10
Minute Maid Lemonade - 12 oz (w/ ice)	60	0	0	0	0	0	25	16	0	15	0
Minute Maid Lemonade - 16 oz (w/ ice)	80	0	0	0	0	0	35	22	0	20	0
Minute Maid Lemonade - 18 oz (w/ ice)	80	0	0	0	0	0	40	24	0	22	0
Minute Maid Lemonade - 20 oz (w/ ice)	90	0	0	0	0	0	45	27	0	25	0
Minute Maid Lemonade - 22 oz (w/ ice)	100	0	0	0	0	0	50	30	0	27	0
Minute Maid Lemonade - 24 oz (w/ ice)	110	0	0	0	0	0	55	32	0	30	0
Minute Maid Lemonade - 28 oz (w/ ice)	130	0	0	0	0	0	60	38	0	35	0
Minute Maid Lemonade - 32 oz (w/ ice)	150	0	0	0	0	0	70	43	0	40	0
Minute Maid Lemonade - 44 oz (w/ ice)	210	0	0	0	0	0	95	59	0	55	0
Mountain Berry Blast (PowerAde) - 12 oz (w/ ice)	50	0	0	0	0	0	90	13	0	13	0
Mountain Berry Blast (PowerAde) - 16 oz (w/ ice)	60	0	0	0	0	0	120	17	0	17	0
Mountain Berry Blast (PowerAde) - 18 oz (w/ ice)	70	0	0	0	0	0	135	19	0	19	0
Mountain Berry Blast (PowerAde) - 20 oz (w/ ice)	80	0	0	0	0	0	150	21	0	21	0
Mountain Berry Blast (PowerAde) - 22 oz (w/ ice)	90	0	0	0	0	0	170	23	0	23	0
Mountain Berry Blast (PowerAde) - 24 oz (w/ ice)	100	0	0	0	0	0	180	25	0	25	0
Mountain Berry Blast (PowerAde) - 32 oz (w/ ice)	130	0	0	0	0	0	240	34	0	34	0
Mountain Berry Blast (PowerAde) - 44 oz (w/ ice)	180	0	0	0	0	0	330	46	0	46	0
Mountain Dew - 12 oz (w/ ice)	100	0	0	0	0	0	35	28	0	28	0
Mountain Dew - 16 oz (w/ ice)	140	0	0	0	0	0	50	37	0	37	0
Mountain Dew - 18 oz (w/ ice)	150	0	0	0	0	0	55	41	0	41	0
Mountain Dew - 20 oz (w/ ice)	170	0	0	0	0	0	60	46	0	46	0
Mountain Dew - 22 oz (w/ ice)	190	0	0	0	0	0	65	51	0	51	0
Mountain Dew - 24 oz (w/ ice)	200	0	0	0	0	0	70	55	0	55	0
Mountain Dew - 32 oz (w/ ice)	270	0	0	0	0	0	95	74	0	74	0

Not all items listed are available at all stores. Check your store's current menu for list of available items.

MENU ITEM	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans-Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Mountain Dew - 44 oz (w/ ice)	370	0	0	0	0	0	130	101	0	101	0
Mug Root Beer - 12 oz (w/ice)	130	0	0	0	0	0	40	34	0	34	0
Mug Root Beer - 16 oz (w/ice)	170	0	0	0	0	0	50	46	0	46	0
Mug Root Beer - 18 oz (w/ice)	190	0	0	0	0	0	60	51	0	51	0
Mug Root Beer - 20 oz (w/ice)	210	0	0	0	0	0	65	57	0	57	0
Mug Root Beer - 22 oz (w/ice)	230	0	0	0	0	0	70	63	0	63	0
Mug Root Beer - 24 oz (w/ice)	250	0	0	0	0	0	75	68	0	68	0
Mug Root Beer - 32 oz (w/ice)	340	0	0	0	0	0	105	91	0	91	0
Mug Root Beer - 44 oz (w/ice)	460	0	0	0	0	0	140	125	0	125	0
Orange Juice - Minute Maid (4 fl oz)	50	0	0	0	0	0	10	14	0	12	< 1
Orange Juice - Minute Maid (8 fl oz)	110	0	0	0	0	0	15	27	0	24	2
Pepsi - 12 oz (w/ ice)	90	0	0	0	0	0	20	25	0	25	0
Pepsi - 16 oz (w/ ice)	120	0	0	0	0	0	25	33	0	33	0
Pepsi - 18 oz (w/ ice)	130	0	0	0	0	0	25	37	0	37	0
Pepsi - 20 oz (w/ ice)	150	0	0	0	0	0	30	41	0	41	0
Pepsi - 22 oz (w/ ice)	170	0	0	0	0	0	35	45	0	45	0
Pepsi - 24 oz (w/ ice)	180	0	0	0	0	0	35	49	0	49	0
Pepsi - 32 oz (w/ ice)	240	0	0	0	0	0	50	66	0	66	0
Pepsi - 44 oz (w/ ice)	330	0	0	0	0	0	65	90	0	90	0
Red Bull Energy Drink	100	0	0	0	0	0	100	28	0	27	0
Sierra Mist - 12 oz (w/ ice)	90	0	0	0	0	0	20	23	0	23	0
Sierra Mist - 16 oz (w/ ice)	120	0	0	0	0	0	30	31	0	31	0
Sierra Mist - 18 oz (w/ ice)	130	0	0	0	0	0	30	35	0	35	0
Sierra Mist - 20 oz (w/ ice)	150	0	0	0	0	0	35	39	0	39	0
Sierra Mist - 22 oz (w/ ice)	170	0	0	0	0	0	40	43	0	43	0
Sierra Mist - 24 oz (w/ ice)	180	0	0	0	0	0	40	47	0	47	0
Sierra Mist - 32 oz (w/ ice)	240	0	0	0	0	0	55	62	0	62	0
Sierra Mist - 44 oz (w/ ice)	330	0	0	0	0	0	75	86	0	86	0
Sprite - 12 oz (w/ ice)	60	0	0	0	0	0	15	16	0	16	0
Sprite - 16 oz (w/ ice)	80	0	0	0	0	0	20	21	0	21	0
Sprite - 18 oz (w/ ice)	90	0	0	0	0	0	20	23	0	23	0
Sprite - 20 oz (w/ ice)	100	0	0	0	0	0	20	26	0	26	0
Sprite - 22 oz (w/ ice)	110	0	0	0	0	0	25	29	0	29	0
Sprite - 24 oz (w/ ice)	120	0	0	0	0	0	25	31	0	31	0
Sprite - 32 oz (w/ ice)	160	0	0	0	0	0	35	42	0	42	0
Sprite - 44 oz (w/ ice)	210	0	0	0	0	0	50	57	0	57	0
Tea - Iced, 20 oz (w/ ice)	0	0	0	0	0	0	10	1	0	0	0
Tea - Sweet, 20 oz (w/ ice)	110	0	0	0	0	0	10	28	0	27	0
Hot Tea	0	0	0	0	0	0	5	< 1	0	0	0

Not all items listed are available at all stores. Check your store's current menu for list of available items.