



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	1660	1100	128g	62g	6g	355mg	3800mg	29g	< 1g	4g	95g
All American (Value Menu)	510	240	28g	11g	1g	50mg	1490mg	36g	2g	10g	19g
Bacon 'n Cheese Double	600	330	38g	16g	1.5g	105mg	1180mg	29g	< 1g	4g	34g
Bacon 'n Cheese Single	460	230	26g	11g	1g	70mg	1060mg	29g	< 1g	4g	25g
Bacon 'n Cheese Triple	1030	630	74g	30g	2.5g	170mg	1920mg	32g	1g	7g	52g
Bacon Lovers	870	480	55g	23g	1.5g	145mg	2070mg	34g	1g	9g	46g
Buffalo Ranch (Value Menu)	440	210	24g	7g	1g	40mg	1190mg	33g	1g	8g	15g
Cajun Double	630	340	39g	15g	1.5g	90mg	2450mg	35g	3g	7g	28g
Chipotle Double	650	390	44g	15g	1.5g	95mg	1200mg	37g	3g	8g	27g
Garlic Double	730	430	50g	17g	1.5g	90mg	1340mg	33g	1g	8g	28g
Jalapeño Crunch	690	350	43g	14g	1.5g	90mg	1450mg	39g	2g	9g	27g
Portobello and Swiss	740	440	50g	16g	1.5g	95mg	860mg	36g	2g	9g	29g
Prime	780	340	44g	22g	2g	50mg	1850mg	56g	3g	11g	37g
Prime, Frisco	910	450	55g	23g	2g	65mg	1310mg	62g	2g	16g	40g
Prime, White Truffle	1010	570	69g	26g	2.5g	65mg	1270mg	57g	2g	11g	41g
Royale	750	430	49g	19g	1.5g	295mg	1470mg	33g	2g	6g	41g
Single w/Cheese	390	170	20g	9g	1g	50mg	1160mg	32g	3g	6g	19g
Single w/o cheese	320	120	14g	5g	1g	35mg	820mg	32g	3g	6g	15g
The Original Double	460	230	26g	10g	1.5g	70mg	980mg	33g	2g	6g	23g
The Original Double w/Cheese	530	280	32g	14g	1.5g	85mg	1120mg	32g	3g	6g	27g
Triple	610	330	38g	15g	2.5g	110mg	920mg	32g	3g	6g	32g
Triple w/Cheese	750	430	50g	23g	2.5g	140mg	1600mg	32g	3g	6g	40g
Western BBQ 'n Bacon	790	350	43g	16g	1.5g	105mg	1440mg	54g	1g	23g	35g
Wisconsin Butter	870	570	65g	30g	1.5g	150mg	1150mg	34g	2g	9g	28g
Melts											
Frisco Melt	960	580	66g	21g	1.5g	115mg	1440mg	51g	2g	12g	34g
Grilled Cheese Steakburger Melt	650	350	41g	16g	1g	65mg	1250mg	41g	2g	2g	25g
Patty Melt	770	490	57g	22g	1.5g	105mg	1360mg	30g	2g	4g	32g
Veggie Melt with Portobellos	620	390	45g	11g	0g	25mg	1000mg	44g	11g	8g	16g
Steak Franks and Footlongs											
Steak Frank	390	200	23g	9g	1g	45mg	1140mg	32g	1g	5g	13g
Steak Frank (Value Menu)	390	200	23g	9g	1g	45mg	1140mg	32g	1g	5g	13g
Steak Frank - Chili Cheese	710	400	44g	22g	1.5g	115mg	1620mg	46g	4g	5g	33g
Classic Footlong, Mustard	390	210	23g	8g	1g	45mg	1080mg	32g	1g	4g	13g
Footlong, Chili 'n Cheese	730	400	45g	22g	1g	115mg	1600mg	48g	4g	6g	33g

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)
Footlong, Chili 'n Cheese (NYC)	730	410	46g	22g	1.5g	115mg	1580mg	47g	4g	5g	33g
Sandwiches											
Bacon, Lettuce, 'n Tomato	520	210	23g	6g	0g	50mg	1270mg	45g	3g	5g	24g
Grilled Cheese	620	360	43g	14g	0g	30mg	1090mg	41g	2g	2g	17g
Grilled Cheese 'n Bacon	590	300	35g	13g	0g	50mg	1410mg	41g	2g	2g	24g
Grilled Chicken	360	60	7g	1g	0g	65mg	980mg	37g	3g	8g	28g
Spicy Chicken	620	140	16g	2.5g	0g	60mg	1930mg	89g	18g	23g	40g
Chicken Fingers (3)	330	160	18g	3g	0g	60mg	900mg	22g	2g	0g	21g
Chili											
Chili 3-Way	710	190	21g	9g	1g	45mg	1380mg	98g	13g	10g	31g
Chili 5-Way	1160	510	57g	33g	1g	165mg	2060mg	103g	13g	11g	59g
Chili Deluxe, Bowl	1000	500	56g	33g	1g	165mg	1960mg	71g	14g	5g	58g
Chili Deluxe, Cup	500	250	28g	16g	0.5g	80mg	980mg	36g	7g	2g	29g
Chili Mac	1200	550	61g	26g	3.5g	130mg	2710mg	112g	9g	16g	46g
Chili Mac Supreme	1410	700	78g	42g	2.5g	205mg	2660mg	114g	8g	16g	64g
Chili, Genuine (NYC) - Cup	570	300	34g	19g	1g	90mg	1080mg	36g	7g	2g	30g
Chili, Genuine - Bowl	550	180	20g	9g	1g	40mg	1270mg	65g	13g	3g	29g
Chili, Genuine - Cup	330	110	12g	5g	0.5g	25mg	760mg	39g	8g	2g	18g
Sides											
Applesauce	90	0	0g	0g	0g	0mg	10mg	22g	2g	18g	0g
Baked Beans	310	0	0g	0g	0g	0mg	960mg	64g	11g	23g	13g
Coleslaw	160	100	11g	1.5g	0g	15mg	240mg	13g	2g	11g	< 1g
Small Garden	60	10	1g	0g	0g	0mg	110mg	10g	3g	3g	2g
Onion Rings, Large	660	310	35g	6g	0g	< 5mg	1890mg	79g	5g	7g	8g
Onion Rings, Medium	330	160	17g	3g	0g	0mg	940mg	39g	2g	3g	4g
Vegetable - Bowl	140	25	2.5g	0g	0g	0mg	2120mg	27g	4g	9g	5g
Vegetable - Cup	70	10	1.5g	0g	0g	0mg	1060mg	13g	2g	4g	2g
Salads											
Beef Taco	880	640	77g	25g	0.5g	125mg	1400mg	22g	3g	5g	29g
Grilled Chicken	430	190	22g	13g	0g	125mg	1050mg	21g	5g	6g	39g
Fried Chicken	600	320	36g	15g	0g	120mg	1290mg	34g	6g	6g	37g
Salad Dressings											
Blue Cheese	150	140	16g	3g	0g	15mg	220mg	2g	0g	< 1g	< 1g
Lite Italian	45	40	4.5g	0g	0g	0mg	260mg	< 1g	0g	< 1g	0g
Thousand Island	110	90	10g	1.5g	0g	< 5mg	280mg	5g	0g	4g	0g
Honey French	120	90	10g	1.5g	0g	0mg	320mg	8g	0g	8g	0g
Honey Mustard	120	90	10g	1.5g	0g	0mg	320mg	8g	0g	8g	0g
Ranch	130	120	14g	2.5g	0g	10mg	260mg	< 1g	0g	< 1g	0g
Zesty Italian	90	80	9g	1.5g	0g	15mg	500mg	3g	0g	2g	< 1g
French Fries											
Large	650	310	34g	6g	0g	< 5mg	1390mg	79g	7g	1g	6g
Medium	450	210	24g	4g	0g	0mg	930mg	54g	5g	< 1g	4g
Small	240	120	13g	2.5g	0g	0mg	550mg	30g	3g	0g	2g

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)
Kids	150	70	8g	1.5g	0g	0mg	510mg	19g	2g	0g	1g
Parmesan & Garlic Herb, Large	660	310	35g	6g	0g	< 5mg	2000mg	79g	7g	1g	7g
Parmesan & Garlic Herb, Medium	450	210	24g	4.5g	0g	< 5mg	1240mg	54g	5g	< 1g	4g
Parmesan & Garlic Herb, Small	250	120	13g	2.5g	0g	0mg	700mg	30g	3g	0g	2g
Cajun - Large	660	310	35g	6g	0g	< 5mg	1850mg	81g	8g	1g	6g
Cajun, Medium	450	210	24g	4g	0g	0mg	1140mg	55g	5g	< 1g	4g
Cajun - Small	250	120	13g	2.5g	0g	0mg	650mg	30g	3g	0g	2g
Cheese French Fries, Large	790	400	45g	10g	4g	10mg	2390mg	88g	7g	3g	9g
Cheese French Fries, Medium	590	300	35g	8g	4g	10mg	1940mg	63g	5g	3g	8g
Cheese French Fries, Small	320	160	18g	4g	2g	5mg	1050mg	34g	3g	1g	4g
Chili Cheese Fries, Large	1070	480	53g	14g	1g	40mg	2990mg	120g	14g	4g	26g
Chili Cheese Fries, Medium	760	350	39g	10g	0.5g	30mg	2280mg	83g	9g	3g	18g
Chili Cheese Fries, Small	430	190	22g	6g	0g	20mg	1290mg	47g	5g	2g	11g
Add-Ons											
American Cheese	70	50	6g	4g	0g	15mg	340mg	0g	0g	0g	4g
Chili (for fries)	170	50	6g	2.5g	0g	15mg	380mg	19g	4g	< 1g	9g
Grilled onions	30	20	2.5g	1g	0g	0mg	30mg	2g	0g	2g	0g
Bacon	60	45	5g	2g	0g	10mg	170mg	0g	0g	0g	4g
Jalapeño slices	0	0	0g	0g	**	0mg	230mg	< 1g	0g	0g	0g
Steakburger (1)	140	100	12g	5g	1g	35mg	160mg	0g	0g	0g	9g
Kids											
Jr. Chicken Fingers and Fries	380	220	25g	4.5g	0g	40mg	1140mg	25g	2g	0g	15g
Jr. Steakburger and Fries	460	240	27g	8g	1g	35mg	970mg	39g	1g	4g	15g
Jr. Steakburger w/ Cheese and Fries	530	290	33g	12g	1g	50mg	1310mg	39g	1g	4g	19g
Mac and Cheese	170	45	5g	1.5g	0g	10mg	310mg	26g	1g	5g	6g
Mini Corn Dogs and Fries	350	210	24g	5g	0g	35mg	860mg	29g	2g	4g	7g
Steak Frank	380	200	22g	9g	1g	45mg	1020mg	30g	< 1g	4g	13g
Steak Frank and Fries	540	320	36g	11g	1g	45mg	1560mg	40g	1g	4g	13g
Grilled Cheese and Fries	780	480	56g	16g	0g	30mg	1620mg	51g	2g	2g	18g
Milkshakes - Classic and Specialty											
Birthday Cake Shake - Regular	840	240	26g	15g	0g	100mg	410mg	136g	0g	115g	39g
Birthday Cake Shake - Small/Kids	510	140	15g	9g	0g	50mg	270mg	84g	0g	71g	17g
Nutella® - Regular	820	340	36g	18g	0g	75mg	260mg	110g	2g	98g	40g
Nutella® - Small/Kids	490	190	20g	10g	0g	40mg	190mg	69g	< 1g	62g	18g
Reese's® Chocolate PB - Regular	980	440	47g	17g	0g	75mg	510mg	118g	5g	94g	48g
Reese's® Chocolate PB - Small/Kids	570	230	25g	10g	0g	40mg	320mg	73g	2g	59g	22g
Reese's® Peanut Butter - Regular	900	430	47g	17g	0g	75mg	460mg	98g	3g	83g	47g
Reese's® Peanut Butter - Small/Kids	550	230	24g	9g	0g	40mg	290mg	70g	2g	60g	21g
Smore's - Regular	910	280	30g	21g	0g	75mg	440mg	148g	2g	117g	41g
Smore's - Small/Kids	580	170	18g	13g	0g	40mg	330mg	93g	1g	73g	19g
Banana - Regular	700	170	17g	12g	0g	75mg	240mg	126g	6g	92g	40g
Banana - Small/Kids	420	90	10g	7g	0g	40mg	180mg	77g	3g	58g	18g
Butterfinger® - Regular	760	210	22g	14g	0g	75mg	320mg	128g	< 1g	107g	39g

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)
Butterfinger® - Small/Kids	520	140	15g	10g	0g	40mg	250mg	88g	< 1g	72g	18g
Caramel Apple - Small/Kids	470	100	11g	8g	0g	45mg	250mg	85g	0g	71g	17g
Caramel Apple -- Regular	790	180	19g	13g	0g	80mg	380mg	141g	0g	118g	38g
Chocolate - Regular	600	160	17g	12g	0g	75mg	280mg	101g	1g	84g	38g
Chocolate - Small/Kids	390	90	10g	7g	0g	40mg	200mg	68g	< 1g	56g	16g
Chocolate Banana - Regular	710	170	17g	12g	0g	75mg	280mg	128g	4g	98g	39g
Chocolate Banana - Small/Kids	440	90	10g	7g	0g	40mg	200mg	82g	2g	64g	17g
Chocolate Covered Strawberry - Regular	740	230	24g	19g	0g	75mg	300mg	117g	2g	98g	40g
Chocolate Covered Strawberry - Small/Kids	450	130	13g	11g	0g	40mg	210mg	73g	1g	61g	18g
Chocolate Chip Cookie Dough - Regular	760	210	22g	14g	0g	75mg	320mg	127g	< 1g	107g	38g
Chocolate Chip Cookie Dough - Small/Kids	520	140	15g	10g	0g	40mg	260mg	89g	< 1g	73g	18g
Oreo® Cookies 'n Cream - Regular	730	200	22g	13g	0g	75mg	350mg	122g	0g	102g	38g
Oreo® Cookies 'n Cream - Small/Kids	500	130	14g	8g	0g	40mg	280mg	84g	0g	69g	17g
Oreo® Cookie White Chocolate - Small/Kids	540	170	18g	11g	0g	60mg	250mg	84g	0g	72g	34g
Oreo® Cookie White Chocolate - Regular	750	200	21g	13g	0g	75mg	310mg	118g	0g	103g	38g
Egg Nog - Regular	630	170	17g	12g	0g	75mg	260mg	106g	0g	97g	38g
Egg Nog - Small/Kids	390	90	10g	7g	0g	40mg	180mg	67g	0g	60g	16g
Hershey's® Special Dark® Chocolate - Regular	710	200	21g	14g	0g	75mg	300mg	121g	2g	100g	39g
Hershey's® Special Dark® Chocolate - Small/Kids	470	130	13g	9g	0g	40mg	210mg	80g	1g	67g	17g
M&M's® - Regular	790	220	24g	16g	0g	75mg	270mg	131g	1g	116g	39g
M&M's® - Small/Kids	560	150	16g	11g	0g	40mg	210mg	93g	1g	82g	18g
Oreo® Mint Cookies 'n Cream - Regular	730	200	22g	13g	0g	75mg	350mg	120g	< 1g	104g	38g
Oreo® Mint Cookies 'n Cream - Small/Kids	520	130	14g	8g	0g	40mg	280mg	90g	< 1g	76g	17g
Orange Freeze - Regular	600	160	16g	11g	0g	70mg	220mg	104g	0g	95g	35g
Orange Freeze - Small/Kids	360	90	9g	7g	0g	35mg	160mg	65g	0g	58g	15g
Oreo® Red Velvet Milk Shake - Regular	960	270	30g	16g	0g	100mg	550mg	157g	1g	130g	41g
Oreo® Red Velvet Milk Shake - Small/Kids	610	170	19g	10g	0g	55mg	380mg	102g	< 1g	82g	19g
Reese's® Peanut Butter Cup - Regular	780	240	25g	16g	0g	75mg	280mg	125g	< 1g	111g	39g
Reese's® Peanut Butter Cup - Small/Kids	540	170	18g	12g	0g	40mg	220mg	86g	< 1g	76g	18g
Peppermint Choc. Chip - Regular	750	200	21g	15g	0g	75mg	260mg	127g	0g	115g	38g
Peppermint Choc. Chip - Small/Kids	510	130	14g	11g	0g	40mg	200mg	88g	0g	78g	17g
Pumpkin Spice - Regular	660	160	17g	12g	0g	75mg	290mg	113g	0g	102g	39g
Pumpkin Spice - Small/Kids	400	90	9g	7g	0g	40mg	200mg	71g	0g	63g	17g
Red Velvet - Small/Kids	490	130	13g	8g	0g	55mg	280mg	84g	< 1g	72g	18g
Red Velvet Regular	840	230	25g	14g	0g	100mg	450mg	139g	1g	119g	40g
Strawberry - Regular	610	160	17g	12g	0g	75mg	250mg	103g	0g	94g	37g
Strawberry - Small/Kids	400	90	9g	7g	0g	40mg	180mg	72g	0g	66g	16g
Strawberry Banana - Small/Kids	400	90	10g	7g	0g	40mg	180mg	71g	2g	58g	17g
Strawberry Banana -Regular	660	160	17g	12g	0g	75mg	240mg	115g	4g	93g	38g
Turtle Caramel Nut - Regular	820	220	23g	16g	0g	80mg	360mg	139g	< 1g	115g	40g
Turtle Caramel Nut - Small/Kids	570	140	15g	11g	0g	45mg	280mg	99g	< 1g	79g	19g
Ultimate Banana - Regular	660	160	17g	12g	0g	75mg	250mg	116g	3g	95g	38g
Ultimate Banana - Small/Kids	420	90	10g	7g	0g	40mg	190mg	76g	2g	63g	17g

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)
Vanilla - Regular	620	160	17g	12g	0g	75mg	240mg	105g	0g	93g	37g
Vanilla - Small/Kids	410	90	9g	7g	0g	40mg	170mg	73g	0g	64g	16g
Very Berry Strawberry - Regular	550	160	17g	12g	0g	75mg	240mg	87g	< 1g	78g	37g
Very Berry Strawberry - Small/Kids	350	90	9g	7g	0g	40mg	180mg	58g	0g	51g	16g
White Chocolate - Regular	630	170	18g	12g	0g	75mg	240mg	105g	0g	96g	37g
White Chocolate - Small/Kids	400	100	10g	8g	0g	40mg	180mg	69g	0g	61g	16g
Kit Kat®, Kids/Small	470	130	14g	10g	0g	40mg	200mg	78g	0g	67g	18g
Kit Kat®, Regular	710	200	21g	14g	0g	75mg	260mg	116g	0g	102g	38g
Desserts											
Chocolate Chip Cookie	200	90	10g	5g	0g	10mg	125mg	26g	1g	16g	2g
Hot Fudge Sundae	460	190	22g	16g	0g	50mg	140mg	62g	1g	46g	12g
Hot Fudge Sundae, Kids	240	100	11g	8g	0g	30mg	70mg	31g	< 1g	24g	9g
Root Beer Float	280	80	9g	6g	0g	35mg	75mg	51g	0g	47g	3g
Root Beer Float, Kids	160	40	4.5g	3g	0g	15mg	45mg	31g	0g	29g	1g
Strawberry Sundae	300	130	15g	9g	0g	50mg	75mg	40g	< 1g	33g	10g
Breakfast											
Breakfast Bowl with Hash Browns	460	370	42g	11g	0g	180mg	600mg	11g	1g	2g	12g
Breakfast Bowl without Hash Browns	350	240	27g	10g	0g	355mg	830mg	5g	1g	3g	21g
Bacon Biscuit	380	230	25g	18g	0g	10mg	1060mg	33g	1g	3g	8g
Bacon, Egg and Cheese Biscuit	520	310	35g	23g	0g	180mg	1530mg	34g	1g	4g	18g
Bagel Sandwich w/bacon	450	140	16g	7g	0g	190mg	1000mg	53g	2g	7g	23g
Bagel Sandwich w/sausage	690	320	37g	14g	0g	250mg	1340mg	53g	2g	7g	33g
Banana Pancakes	970	140	16g	4.5g	0g	55mg	2440mg	189g	6g	72g	41g
Cheddar Scrambler (a la carte)	710	500	55g	22g	0g	585mg	1170mg	6g	< 1g	4g	42g
Chocolate Chip Pancakes	1320	340	38g	18g	0g	70mg	2470mg	226g	4g	119g	43g
Country Skillet	1320	940	106g	43g	1.5g	480mg	2340mg	57g	2g	5g	37g
Egg and Cheese Biscuit	460	270	30g	21g	0g	170mg	1360mg	34g	1g	4g	14g
Hash Browns - Shredded	300	240	28g	5g	0g	0mg	200mg	15g	1g	1g	1g
Kid's - 2 Pancakes (incl. butter and syrup)	420	100	10g	5g	0g	30mg	920mg	74g	< 1g	30g	6g
Kid's - 3 Pancakes (incl. butter and syrup)	520	110	12g	6g	0g	35mg	1310mg	93g	1g	34g	9g
Kid's Chocolate Chip Pancakes	970	180	20g	7g	0g	60mg	2440mg	176g	3g	71g	40g
Kid's Egg (scrambled) Bacon and Toast	230	80	9g	3g	0g	165mg	450mg	22g	< 1g	2g	13g
Kid's Egg (scrambled) Sausage and Toast	300	150	17g	6g	0g	45mg	500mg	21g	< 1g	< 1g	12g
Sausage and Egg Biscuit	690	450	50g	26g	0g	225mg	1530mg	34g	1g	4g	23g
Sausage Biscuit	620	410	46g	25g	0g	70mg	1400mg	33g	1g	3g	17g
Sausage Gravy and Biscuits (full order)	970	600	67g	43g	3g	50mg	2690mg	81g	2g	7g	13g
Sausage Gravy and Biscuits (half order)	480	300	33g	22g	1.5g	25mg	1350mg	41g	1g	3g	7g
Sausage gravy, 4 oz	160	120	13g	6g	1.5g	25mg	460mg	8g	0g	0g	3g
Sausage gravy, 8 oz	330	240	27g	11g	3g	50mg	910mg	15g	0g	< 1g	5g
Sausage, Egg and Cheese Biscuit	760	500	56g	30g	0g	240mg	1870mg	34g	1g	4g	27g
Sausage, Egg n Cheese Breakfast Taco	220	110	12g	5g	1g	120mg	530mg	18g	< 1g	1g	8g
Potato and Egg Breakfast Taco	190	90	10g	4g	1g	115mg	490mg	20g	0g	1g	5g

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)
Breakfast Sides											
Side of Syrup	140	0	0g	0g	0g	0mg	80mg	35g	0g	22g	0g
Bacon (1 slice)	40	30	3.5g	1g	0g	10mg	115mg	0g	0g	0g	2g
Bacon (1.5 slices)	60	45	5g	2g	0g	10mg	170mg	0g	0g	0g	4g
Bacon (2 slices)	80	60	7g	2.5g	0g	15mg	230mg	0g	0g	0g	5g
Side Order Bacon (4 slices)	160	120	14g	5g	0g	30mg	460mg	0g	0g	0g	10g
Biscuit (1)	320	180	20g	16g	0g	0mg	890mg	33g	1g	3g	4g
Biscuits (2)	640	360	40g	32g	0g	0mg	1780mg	66g	2g	6g	8g
Side Order Pancakes - a la carte (2 -incl. butter & syrup)	670	170	18g	9g	0g	50mg	1740mg	113g	2g	39g	11g
Side Order Pancakes - a la carte (3 -incl. butter & syrup)	880	200	21g	9g	0g	60mg	2520mg	151g	3g	47g	17g
Side Order Sausage (1/2 patty 42.5g)	150	120	13g	4.5g	0g	35mg	260mg	0g	0g	0g	7g
Side Order Sausage (1 patty 85g)	300	230	26g	9g	0g	70mg	510mg	0g	0g	0g	13g
Side Order Sausage (2 patties 170g)	600	460	52g	18g	0g	140mg	1020mg	0g	0g	0g	26g
Bagel (1)	250	10	1g	0g	0g	10mg	360mg	52g	2g	6g	9g
Pancake (1 incl. butter and syrup)	370	50	6g	2g	0g	15mg	880mg	74g	< 1g	30g	6g
Toast - Rye (buttered) 2 slices	180	50	6g	1g	0g	0mg	420mg	25g	1g	< 1g	6g
Toast - Rye (buttered) 1 slice	90	25	3g	0g	0g	0mg	210mg	13g	< 1g	0g	3g
Toast - Sourdough (buttered) 2 slices	270	50	6g	1g	0g	0mg	410mg	41g	2g	2g	9g
Toast - Sourdough (buttered) 1 slice	140	25	3g	0.5g	0g	0mg	200mg	20g	< 1g	< 1g	4g
Toast - Wheat (buttered) 2 slices	180	50	6g	1g	0g	0mg	270mg	23g	2g	3g	5g
Toast - Wheat (buttered) 1 slice	90	25	3g	0.5g	0g	0mg	135mg	12g	1g	2g	3g
1 Egg (over easy, medium, hard)	80	50	5g	1.5g	0g	185mg	70mg	0g	0g	0g	6g
2 Eggs (over easy, medium, hard)	150	90	10g	3g	0g	370mg	140mg	< 1g	0g	0g	13g
1 Egg (scrambled)	70	35	4g	1.5g	0g	155mg	130mg	1g	0g	< 1g	6g
2 Eggs (scrambled)	130	70	8g	2.5g	0g	310mg	260mg	2g	0g	1g	12g
Beverages											
Bud Light	100	0	0g	**	**	0mg	10mg	5g	0g	**	< 1g
Bud Light Lime	120	0	0g	0g	0g	0mg	0mg	8g	0g	0g	< 1g
Budweiser	150	0	0g	**	**	0mg	10mg	11g	0g	**	1g
Chardonnay	120	0	0g	**	**	**	5mg	3g	0g	1g	0g
Darioush Cabernet 2008	120	0	0g	**	**	**	**	4g	**	**	0g
Draft Brooklyn Lager	170	0	0g	0g	0g	0mg	0mg	17g	0g	0g	2g
Michelob Ultra	100	0	0g	**	**	0mg	10mg	3g	0g	**	< 1g
Pinot	120	0	0g	**	**	**	**	3g	**	**	0g
Ridge Santa Cruz Mountain Estate 2007	120	0	0g	**	**	**	**	4g	**	**	0g
Table red	120	0	0g	0g	**	0mg	5mg	4g	0g	< 1g	0g
Cherry Limeade - 20 oz	140	0	0g	0g	0g	0mg	25mg	38g	0g	37g	0g
Fresh Lemonade, Splenda	15	0	0g	0g	**	0mg	0mg	5g	0g	2g	0g
Fresh Lemonade, Sugar	120	0	0g	0g	0g	0mg	0mg	4g	0g	30g	0g
Barq's Root Beer - 12 oz (w/ ice)	70	0	0g	0g	0g	0mg	15mg	18g	0g	18g	0g
Barq's Root Beer - 16 oz (w/ ice)	90	0	0g	0g	0g	0mg	20mg	24g	0g	24g	0g
Barq's Root Beer - 18 oz (w/ ice)	100	0	0g	0g	0g	0mg	20mg	27g	0g	27g	0g
Barq's Root Beer - 20 oz (w/ ice)	110	0	0g	0g	0g	0mg	25mg	30g	0g	30g	0g

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)
Barq's Root Beer - 22 oz (w/ ice)	120	0	0g	0g	0g	0mg	25mg	33g	0g	33g	0g
Barq's Root Beer - 24 oz (w/ ice)	130	0	0g	0g	0g	0mg	30mg	36g	0g	36g	0g
Barq's Root Beer - 28 oz (w/ ice)	160	0	0g	0g	0g	0mg	35mg	42g	0g	42g	0g
Barq's Root Beer - 32 oz (w/ ice)	180	0	0g	0g	0g	0mg	40mg	48g	0g	48g	0g
Barq's Root Beer - 44 oz (w/ ice)	250	0	0g	0g	0g	0mg	55mg	66g	0g	66g	0g
Caffeine Free Pepsi - 12 oz (w/ ice)	90	0	0g	0g	0g	0mg	20mg	25g	25g	0g	0g
Caffeine Free Pepsi - 16 oz (w/ ice)	120	0	0g	0g	0g	0mg	25mg	34g	34g	0g	0g
Caffeine Free Pepsi - 18 oz (w/ ice)	140	0	0g	0g	0g	0mg	25mg	38g	38g	0g	0g
Caffeine Free Pepsi - 20 oz (w/ ice)	150	0	0g	0g	0g	0mg	30mg	42g	42g	0g	0g
Caffeine Free Pepsi - 22 oz (w/ ice)	170	0	0g	0g	0g	0mg	35mg	46g	46g	0g	0g
Caffeine Free Pepsi - 24 oz (w/ ice)	180	0	0g	0g	0g	0mg	35mg	50g	50g	0g	0g
Caffeine Free Pepsi - 32 oz (w/ ice)	240	0	0g	0g	0g	0mg	50mg	67g	67g	0g	0g
Caffeine Free Pepsi - 44 oz (w/ ice)	330	0	0g	0g	0g	0mg	65mg	92g	92g	0g	0g
Cherry Coke - 12 oz (w/ ice)	90	0	0g	0g	0g	0mg	35mg	24g	0g	24g	0g
Cherry Coke - 16 oz (w/ ice)	120	0	0g	0g	0g	0mg	45mg	32g	0g	32g	0g
Cherry Coke - 18 oz (w/ ice)	130	0	0g	0g	0g	0mg	50mg	36g	0g	36g	0g
Cherry Coke - 20 oz (w/ ice)	150	0	0g	0g	0g	0mg	55mg	40g	0g	40g	0g
Cherry Coke - 22 oz (w/ ice)	170	0	0g	0g	0g	0mg	60mg	44g	0g	44g	0g
Cherry Coke - 24 oz (w/ ice)	180	0	0g	0g	0g	0mg	65mg	48g	0g	48g	0g
Cherry Coke - 32 oz (w/ ice)	240	0	0g	0g	0g	0mg	90mg	64g	0g	64g	0g
Cherry Coke - 44 oz (w/ ice)	330	0	0g	0g	0g	0mg	120mg	88g	0g	88g	0g
Coffee - Brewed decaffeinated	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Coffee - Brewed	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Coke Classic - 12 oz (w/ ice)	60	0	0g	0g	0g	0mg	0mg	16g	0g	16g	0g
Coke Classic - 16 oz (w/ ice)	80	0	0g	0g	0g	0mg	0mg	22g	0g	22g	0g
Coke Classic - 18 oz (w/ ice)	90	0	0g	0g	0g	0mg	0mg	24g	0g	24g	0g
Coke Classic - 20 oz (w/ ice)	100	0	0g	0g	0g	0mg	0mg	27g	0g	27g	0g
Coke Classic - 22 oz (w/ ice)	110	0	0g	0g	0g	0mg	0mg	30g	0g	30g	0g
Coke Classic - 24 oz (w/ ice)	120	0	0g	0g	0g	0mg	0mg	32g	0g	32g	0g
Coke Classic - 32 oz (w/ ice)	160	0	0g	0g	0g	0mg	0mg	43g	0g	43g	0g
Coke Classic - 44 oz (w/ ice)	220	0	0g	0g	0g	0mg	5mg	59g	0g	59g	0g
Coke Zero Sugar - 12 oz (w/ ice)	0	0	0g	0g	0g	0mg	25mg	0g	0g	0g	0g
Coke Zero Sugar - 16 oz (w/ ice)	0	0	0g	0g	0g	0mg	30mg	0g	0g	0g	0g
Coke Zero Sugar - 18 oz (w/ ice)	0	0	0g	0g	0g	0mg	35mg	0g	0g	0g	0g
Coke Zero Sugar - 20 oz (w/ ice)	0	0	0g	0g	0g	0mg	40mg	0g	0g	0g	0g
Coke Zero Sugar - 22 oz (w/ ice)	0	0	0g	0g	0g	0mg	45mg	0g	0g	0g	0g
Coke Zero Sugar - 24 oz (w/ ice)	0	0	0g	0g	0g	0mg	50mg	0g	0g	0g	0g
Coke Zero Sugar - 32 oz (w/ ice)	0	0	0g	0g	0g	0mg	65mg	0g	0g	0g	0g
Coke Zero Sugar - 44 oz (w/ ice)	0	0	0g	0g	0g	0mg	90mg	0g	0g	0g	0g
Diet Coke (Caffeine-free) - 12 oz (w/ ice)	0	0	0g	0g	0g	0mg	5mg	0g	0g	0g	0g
Diet Coke (Caffeine-free) - 16 oz (w/ ice)	0	0	0g	0g	0g	0mg	10mg	0g	0g	0g	0g
Diet Coke (Caffeine-free) - 18 oz (w/ ice)	0	0	0g	0g	0g	0mg	10mg	0g	0g	0g	0g
Diet Coke (Caffeine-free) - 20 oz (w/ ice)	0	0	0g	0g	0g	0mg	10mg	0g	0g	0g	0g

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)
Diet Coke (Caffeine-free) - 22 oz (w/ ice)	0	0	0g	0g	0g	0mg	10mg	0g	0g	0g	0g
Diet Coke (Caffeine-free) - 24 oz (w/ ice)	0	0	0g	0g	0g	0mg	10mg	0g	0g	0g	0g
Diet Coke (Caffeine-free) - 32 oz (w/ ice)	0	0	0g	0g	0g	0mg	15mg	0g	0g	0g	0g
Diet Coke (Caffeine-free) - 44 oz (w/ ice)	0	0	0g	0g	0g	0mg	20mg	0g	0g	0g	0g
Diet Coke - 12 oz (w/ ice)	0	0	0g	0g	0g	0mg	5mg	0g	0g	0g	0g
Diet Coke - 16 oz (w/ ice)	0	0	0g	0g	0g	0mg	10mg	0g	0g	0g	0g
Diet Coke - 18 oz (w/ ice)	0	0	0g	0g	0g	0mg	10mg	0g	0g	0g	0g
Diet Coke - 20 oz (w/ ice)	0	0	0g	0g	0g	0mg	10mg	0g	0g	0g	0g
Diet Coke - 22 oz (w/ ice)	0	0	0g	0g	0g	0mg	10mg	0g	0g	0g	0g
Diet Coke - 24 oz (w/ ice)	0	0	0g	0g	0g	0mg	10mg	0g	0g	0g	0g
Diet Coke - 32 oz (w/ ice)	0	0	0g	0g	0g	0mg	15mg	0g	0g	0g	0g
Diet Coke - 44 oz (w/ ice)	0	0	0g	0g	0g	0mg	20mg	0g	0g	0g	0g
Diet Dr Pepper - 12 oz (w/ ice)	0	0	0g	0g	0g	0mg	35mg	0g	0g	0g	0g
Diet Dr Pepper - 16 oz (w/ ice)	0	0	0g	0g	0g	0mg	45mg	0g	0g	0g	0g
Diet Dr Pepper - 18 oz (w/ ice)	0	0	0g	0g	0g	0mg	50mg	0g	0g	0g	0g
Diet Dr Pepper - 20 oz (w/ ice)	0	0	0g	0g	0g	0mg	60mg	0g	0g	0g	0g
Diet Dr Pepper - 22 oz (w/ ice)	0	0	0g	0g	0g	0mg	65mg	0g	0g	0g	0g
Diet Dr Pepper - 24 oz (w/ ice)	0	0	0g	0g	0g	0mg	70mg	0g	0g	0g	0g
Diet Dr Pepper - 32 oz (w/ ice)	0	0	0g	0g	0g	0mg	90mg	0g	0g	0g	0g
Diet Dr Pepper - 44 oz (w/ ice)	0	0	0g	0g	0g	0mg	125mg	0g	0g	0g	0g
Diet Pepsi - 12 oz (w/ ice)	0	0	0g	0g	0g	0mg	20mg	0g	0g	0g	0g
Diet Pepsi - 16 oz (w/ ice)	0	0	0g	0g	0g	0mg	30mg	0g	0g	0g	0g
Diet Pepsi - 18 oz (w/ ice)	0	0	0g	0g	0g	0mg	30mg	0g	0g	0g	0g
Diet Pepsi - 20 oz (w/ ice)	0	0	0g	0g	0g	0mg	35mg	0g	0g	0g	0g
Diet Pepsi - 22 oz (w/ ice)	0	0	0g	0g	0g	0mg	40mg	0g	0g	0g	0g
Diet Pepsi - 24 oz (w/ ice)	0	0	0g	0g	0g	0mg	40mg	0g	0g	0g	0g
Diet Pepsi - 32 oz (w/ ice)	0	0	0g	0g	0g	0mg	55mg	0g	0g	0g	0g
Diet Pepsi - 44 oz (w/ ice)	0	0	0g	0g	0g	0mg	75mg	0g	0g	0g	0g
Dr Pepper - 12 oz (w/ ice)	90	0	0g	0g	0g	0mg	35mg	24g	0g	23g	0g
Dr Pepper - 16 oz (w/ ice)	120	0	0g	0g	0g	0mg	45mg	32g	0g	31g	0g
Dr Pepper - 18 oz (w/ ice)	130	0	0g	0g	0g	0mg	50mg	36g	0g	35g	0g
Dr Pepper - 20 oz (w/ ice)	140	0	0g	0g	0g	0mg	60mg	40g	0g	38g	0g
Dr Pepper - 22 oz (w/ ice)	160	0	0g	0g	0g	0mg	65mg	44g	0g	42g	0g
Dr Pepper - 24 oz (w/ ice)	170	0	0g	0g	0g	0mg	70mg	48g	0g	46g	0g
Dr Pepper - 32 oz (w/ ice)	230	0	0g	0g	0g	0mg	90mg	65g	0g	61g	0g
Dr Pepper - 44 oz (w/ ice)	320	0	0g	0g	0g	0mg	125mg	89g	0g	84g	0g
Fanta Orange - 12 oz (w/ ice)	60	0	0g	0g	0g	0mg	0mg	17g	0g	17g	0g
Fanta Orange - 16 oz (w/ ice)	80	0	0g	0g	0g	0mg	0mg	23g	0g	23g	0g
Fanta Orange - 18 oz (w/ ice)	100	0	0g	0g	0g	0mg	0mg	26g	0g	26g	0g
Fanta Orange - 20 oz (w/ ice)	110	0	0g	0g	0g	0mg	0mg	29g	0g	29g	0g
Fanta Orange - 22 oz (w/ ice)	120	0	0g	0g	0g	0mg	5mg	32g	0g	32g	0g
Fanta Orange - 24 oz (w/ ice)	130	0	0g	0g	0g	0mg	5mg	35g	0g	35g	0g
Fanta Orange - 28 oz (w/ ice)	150	0	0g	0g	0g	0mg	5mg	41g	0g	41g	0g

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)
Fanta Orange - 32 oz (w/ ice)	170	0	0g	0g	0g	0mg	10mg	46g	0g	46g	0g
Fanta Orange - 44 oz (w/ ice)	230	0	0g	0g	0g	0mg	10mg	64g	0g	64g	0g
Fuze Raspberry Iced tea - 12 oz (w/ ice)	35	0	0g	0g	0g	0mg	0mg	9g	0g	9g	0g
Fuze Raspberry Iced tea - 16 oz (w/ ice)	50	0	0g	0g	0g	0mg	5mg	12g	0g	12g	0g
Fuze Raspberry Iced tea - 18 oz (w/ ice)	50	0	0g	0g	0g	0mg	5mg	13g	0g	13g	0g
Fuze Raspberry Iced tea - 20 oz (w/ ice)	60	0	0g	0g	0g	0mg	5mg	15g	0g	15g	0g
Fuze Raspberry Iced tea - 22 oz (w/ ice)	70	0	0g	0g	0g	0mg	10mg	16g	0g	16g	0g
Fuze Raspberry Iced tea - 24 oz (w/ ice)	70	0	0g	0g	0g	0mg	10mg	18g	0g	18g	0g
Fuze Raspberry Iced tea - 32 oz (w/ ice)	100	0	0g	0g	0g	0mg	10mg	24g	0g	24g	0g
Fuze Raspberry Iced tea - 44 oz (w/ ice)	130	0	0g	0g	0g	0mg	15mg	33g	0g	33g	0g
Hi-C Flashin Fruit Punch - 12 oz (w/ ice)	60	0	0g	0g	0g	0mg	10mg	17g	0g	17g	0g
Hi-C Flashin Fruit Punch - 16 oz (w/ ice)	80	0	0g	0g	0g	0mg	10mg	23g	0g	22g	0g
Hi-C Flashin Fruit Punch - 18 oz (w/ ice)	90	0	0g	0g	0g	0mg	10mg	26g	0g	25g	0g
Hi-C Flashin Fruit Punch - 20 oz (w/ ice)	100	0	0g	0g	0g	0mg	15mg	29g	0g	28g	0g
Hi-C Flashin Fruit Punch - 22 oz (w/ ice)	110	0	0g	0g	0g	0mg	15mg	32g	0g	31g	0g
Hi-C Flashin Fruit Punch - 24 oz (w/ ice)	120	0	0g	0g	0g	0mg	15mg	35g	0g	34g	0g
Hi-C Flashin Fruit Punch - 32 oz (w/ ice)	170	0	0g	0g	0g	0mg	20mg	46g	0g	45g	0g
Hi-C Flashin Fruit Punch - 44 oz (w/ ice)	230	0	0g	0g	0g	0mg	30mg	64g	0g	62g	0g
Honest Kids® Organic Appley Ever After (6 fl oz)	35	**	0g	**	**	**	10mg	9g	**	8g	0g
Hot Chocolate	110	35	3.5g	2.5g	0g	5mg	160mg	17g	0g	9g	7g
Lemonade, Tropicana - 12 oz (w/ ice)	90	0	0g	0g	0g	0mg	95mg	24g	0g	24g	0g
Lemonade, Tropicana - 16 oz (w/ ice)	120	0	0g	0g	0g	0mg	125mg	32g	0g	32g	0g
Lemonade, Tropicana - 18 oz (w/ ice)	140	0	0g	0g	0g	0mg	140mg	36g	0g	36g	0g
Lemonade, Tropicana - 20 oz (w/ ice)	150	0	0g	0g	0g	0mg	160mg	40g	0g	40g	0g
Lemonade, Tropicana - 22 oz (w/ ice)	170	0	0g	0g	0g	0mg	170mg	45g	0g	45g	0g
Lemonade, Tropicana - 24 oz (w/ ice)	180	0	0g	0g	0g	0mg	190mg	49g	0g	49g	0g
Lemonade, Tropicana - 32 oz (w/ ice)	240	0	0g	0g	0g	0mg	250mg	65g	0g	65g	0g
Lemonade, Tropicana - 44 oz (w/ ice)	330	0	0g	0g	0g	0mg	350mg	89g	0g	89g	0g
Lipton Peach Iced Tea - 12 oz (w/ ice)	45	0	0g	0g	0g	0mg	30mg	11g	0g	11g	0g
Lipton Peach Iced Tea - 16 oz (w/ ice)	45	0	0g	0g	0g	0mg	30mg	11g	0g	11g	0g
Lipton Peach Iced Tea - 18 oz (w/ ice)	45	0	0g	0g	0g	0mg	30mg	11g	0g	11g	0g
Lipton Peach Iced Tea - 20 oz (w/ ice)	45	0	0g	0g	0g	0mg	30mg	11g	0g	11g	0g
Lipton Peach Iced Tea - 22 oz (w/ ice)	45	0	0g	0g	0g	0mg	30mg	11g	0g	11g	0g
Lipton Peach Iced Tea - 24 oz (w/ ice)	45	0	0g	0g	0g	0mg	30mg	11g	0g	11g	0g
Lipton Peach Iced Tea - 32 oz (w/ ice)	45	0	0g	0g	0g	0mg	30mg	11g	0g	11g	0g
Lipton Peach Iced Tea - 44 oz (w/ ice)	45	0	0g	0g	0g	0mg	30mg	11g	0g	11g	0g
Mello Yello (Coke) - 12 oz (w/ ice)	100	0	0g	0g	0g	0mg	25mg	28g	0g	28g	0g
Mello Yello (Coke) - 16 oz (w/ ice)	140	0	0g	0g	0g	0mg	35mg	38g	0g	38g	0g
Mello Yello (Coke) - 18 oz (w/ ice)	150	0	0g	0g	0g	0mg	40mg	42g	0g	42g	0g
Mello Yello (Coke) - 20 oz (w/ ice)	170	0	0g	0g	0g	0mg	45mg	47g	0g	47g	0g
Mello Yello (Coke) - 22 oz (w/ ice)	190	0	0g	0g	0g	0mg	50mg	52g	0g	52g	0g
Mello Yello (Coke) - 24 oz (w/ ice)	200	0	0g	0g	0g	0mg	55mg	56g	0g	56g	0g
Mello Yello (Coke) - 32 oz (w/ ice)	270	0	0g	0g	0g	0mg	70mg	75g	0g	75g	0g

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)
Mello Yello (Coke) - 44 oz (w/ ice)	370	0	0g	0g	0g	0mg	100mg	103g	0g	103g	0g
Milk, Chocolate - Regular	400	60	7g	4g	0g	30mg	350mg	63g	2g	55g	20g
Milk, Chocolate - Small	190	25	3g	2g	0g	15mg	170mg	31g	< 1g	27g	10g
Milk, Low fat, large	260	50	6g	4g	0g	30mg	300mg	27g	0g	30g	20g
Milk, Low fat, small	130	25	3g	2g	0g	15mg	150mg	14g	0g	15g	10g
Minute Maid Lemonade - 12 oz (w/ ice)	60	0	0g	0g	0g	0mg	25mg	16g	0g	15g	0g
Minute Maid Lemonade - 16 oz (w/ ice)	80	0	0g	0g	0g	0mg	35mg	22g	0g	20g	0g
Minute Maid Lemonade - 18 oz (w/ ice)	80	0	0g	0g	0g	0mg	40mg	24g	0g	22g	0g
Minute Maid Lemonade - 20 oz (w/ ice)	90	0	0g	0g	0g	0mg	45mg	27g	0g	25g	0g
Minute Maid Lemonade - 22 oz (w/ ice)	100	0	0g	0g	0g	0mg	50mg	30g	0g	27g	0g
Minute Maid Lemonade - 24 oz (w/ ice)	110	0	0g	0g	0g	0mg	55mg	32g	0g	30g	0g
Minute Maid Lemonade - 28 oz (w/ ice)	130	0	0g	0g	0g	0mg	60mg	38g	0g	35g	0g
Minute Maid Lemonade - 32 oz (w/ ice)	150	0	0g	0g	0g	0mg	70mg	43g	0g	40g	0g
Minute Maid Lemonade - 44 oz (w/ ice)	210	0	0g	0g	0g	0mg	95mg	59g	0g	55g	0g
Mountain Berry Blast (Powerade) - 12 oz (w/ ice)	50	0	0g	0g	0g	0mg	90mg	13g	0g	13g	0g
Mountain Berry Blast (Powerade) - 16 oz (w/ ice)	60	0	0g	0g	0g	0mg	120mg	17g	0g	17g	0g
Mountain Berry Blast (Powerade) - 18 oz (w/ ice)	70	0	0g	0g	0g	0mg	135mg	19g	0g	19g	0g
Mountain Berry Blast (Powerade) - 20 oz (w/ ice)	80	0	0g	0g	0g	0mg	150mg	21g	0g	21g	0g
Mountain Berry Blast (Powerade) - 22 oz (w/ ice)	90	0	0g	0g	0g	0mg	170mg	23g	0g	23g	0g
Mountain Berry Blast (Powerade) - 24 oz (w/ ice)	100	0	0g	0g	0g	0mg	180mg	25g	0g	25g	0g
Mountain Berry Blast (Powerade) - 32 oz (w/ ice)	130	0	0g	0g	0g	0mg	240mg	34g	0g	34g	0g
Mountain Berry Blast (Powerade) - 44 oz (w/ ice)	180	0	0g	0g	0g	0mg	330mg	46g	0g	46g	0g
Mountain Dew - 12 oz (w/ ice)	100	0	0g	0g	0g	0mg	35mg	28g	0g	28g	0g
Mountain Dew - 16 oz (w/ ice)	140	0	0g	0g	0g	0mg	50mg	37g	0g	37g	0g
Mountain Dew - 18 oz (w/ ice)	150	0	0g	0g	0g	0mg	55mg	41g	0g	41g	0g
Mountain Dew - 20 oz (w/ ice)	170	0	0g	0g	0g	0mg	60mg	46g	0g	46g	0g
Mountain Dew - 22 oz (w/ ice)	190	0	0g	0g	0g	0mg	65mg	51g	0g	51g	0g
Mountain Dew - 24 oz (w/ ice)	200	0	0g	0g	0g	0mg	70mg	55g	0g	55g	0g
Mountain Dew - 32 oz (w/ ice)	270	0	0g	0g	0g	0mg	95mg	74g	0g	74g	0g
Mountain Dew - 44 oz (w/ ice)	370	0	0g	0g	0g	0mg	130mg	101g	0g	101g	0g
Pepsi - 12 oz (w/ ice)	90	0	0g	0g	0g	0mg	20mg	25g	0g	25g	0g
Pepsi - 16 oz (w/ ice)	120	0	0g	0g	0g	0mg	25mg	33g	0g	33g	0g
Pepsi - 18 oz (w/ ice)	130	0	0g	0g	0g	0mg	25mg	37g	0g	37g	0g
Pepsi - 20 oz (w/ ice)	150	0	0g	0g	0g	0mg	30mg	41g	0g	41g	0g
Pepsi - 22 oz (w/ ice)	170	0	0g	0g	0g	0mg	35mg	45g	0g	45g	0g
Pepsi - 24 oz (w/ ice)	180	0	0g	0g	0g	0mg	35mg	49g	0g	49g	0g
Pepsi - 32 oz (w/ ice)	240	0	0g	0g	0g	0mg	50mg	66g	0g	66g	0g
Pepsi - 44 oz (w/ ice)	330	0	0g	0g	0g	0mg	65mg	90g	0g	90g	0g
Sierra Mist - 12 oz (w/ ice)	90	0	0g	0g	0g	0mg	20mg	23g	0g	23g	0g
Sierra Mist - 16 oz (w/ ice)	120	0	0g	0g	0g	0mg	30mg	31g	0g	31g	0g
Sierra Mist - 18 oz (w/ ice)	130	0	0g	0g	0g	0mg	30mg	35g	0g	35g	0g
Sierra Mist - 20 oz (w/ ice)	150	0	0g	0g	0g	0mg	35mg	39g	0g	39g	0g
Sierra Mist - 22 oz (w/ ice)	170	0	0g	0g	0g	0mg	40mg	43g	0g	43g	0g

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)
Sierra Mist - 24 oz (w/ ice)	180	0	0g	0g	0g	0mg	40mg	47g	0g	47g	0g
Sierra Mist - 32 oz (w/ ice)	240	0	0g	0g	0g	0mg	55mg	62g	0g	62g	0g
Sierra Mist - 44 oz (w/ ice)	330	0	0g	0g	0g	0mg	75mg	86g	0g	86g	0g
Simply Orange® (11.5 oz bottle)	160	0	**	**	**	**	0mg	37g	**	33g	2g
Sprite - 12 oz (w/ ice)	60	0	0g	0g	0g	0mg	15mg	16g	0g	16g	0g
Sprite - 16 oz (w/ ice)	80	0	0g	0g	0g	0mg	20mg	21g	0g	21g	0g
Sprite - 18 oz (w/ ice)	90	0	0g	0g	0g	0mg	20mg	23g	0g	23g	0g
Sprite - 20 oz (w/ ice)	100	0	0g	0g	0g	0mg	20mg	26g	0g	26g	0g
Sprite - 22 oz (w/ ice)	110	0	0g	0g	0g	0mg	25mg	29g	0g	29g	0g
Sprite - 24 oz (w/ ice)	120	0	0g	0g	0g	0mg	25mg	31g	0g	31g	0g
Sprite - 32 oz (w/ ice)	160	0	0g	0g	0g	0mg	35mg	42g	0g	42g	0g
Sprite - 44 oz (w/ ice)	210	0	0g	0g	0g	0mg	50mg	57g	0g	57g	0g
Tea - Iced, 20 oz (w/ ice)	0	0	0g	0g	**	0mg	10mg	1g	0g	0g	0g
Tea - Sweet, 20 oz (w/ ice)	110	0	0g	0g	**	0mg	10mg	28g	0g	27g	0g
Tea - Sweet, 24 oz (w/ ice)	130	0	0g	0g	**	0mg	15mg	35g	0g	34g	0g
Tea - Sweet, 44 oz (w/ ice)	250	0	0g	0g	**	0mg	25mg	64g	0g	61g	0g
Tea - Hot	0	0	0g	0g	**	0mg	5mg	< 1g	0g	0g	0g

©2018 Mars or Affiliates. The M&M'S trademarks are used under license. BUTTERFINGER® is a registered trademarks of Société des Produits Nestlé S.A., Vevey, Switzerland. OREO is a registered trademark of Mondelēz International group, used under license. KIT KAT® product is produced by The Hershey Company under license from Société des Produits Nestlé S.A., Vevey, Switzerland, Trademark Owners. The Hershey's® and Special Dark® trademarks and trade dress are used under license. REESE'S® trademark and trade dress are used under license from The Hershey Company. Nutella® is a registered trademark of Ferrero. All Rights Reserved. ©2018 H.J. Heinz Co., L. P., DR PEPPER is a registered trademark of Dr Pepper/Seven Up, Inc. OREO and the OREO Wafer Design are trademarks of Mondelēz International group, used under license. Simply Orange® is a registered trademark of the Simply Orange Juice Company. Honest Kids® is a registered trademark of Honest Tea, Inc.

**Not a significant source.

January 2019