



	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)
QT Kitchens											
Flatbread											
Chicken, Bacon & Ranch	1 flatbread (186g)	570	290	33	14	0.5	85	1760		37	3
Chicken & Cheese	1 flatbread (155g)	410	170	19	10	0.5	65	1230		37	3
Breakfast Scramble											
Bacon, Egg & Cheese	1 bowl (204g)	450	310	34	21	0.5	550	630		8	0
Protein	1 bowl (235g)	580	420	46	25	0.5	575	1080		9	1
Sausage, Egg & Cheese	1 bowl (212g)	480	340	38	13	0.5	550	680		9	1
Veggie	1 bowl (243g)	430	280	32	12	0.5	540	580		11	1
Egg & Cheese	1 bowl (194g)	410	280	31	12	0.5	540	450		8	0
Breakfast Burrito											
Bacon, Egg & Cheese NO gravy	1 burrito (214g)	610	330	33	14	0.5	270	1230		51	2
Egg & Cheese	1 burrito (203g)	550	240	27	12	0.5	265	1010		51	2
Sausage, Egg & Cheese NO gravy	1 burrito (221g)	620	300	34	14	0.5	275	1230		52	2
The Ultimate	1 burrito (348g)	910	500	56	23	0	315	2020		64	3
Croissant											
Bacon, Egg & Cheese	1 croissant (178g)	550	350	37	14	0	200	1150		38	1
Ham, Egg & Cheese	1 croissant (215g)	480	240	26	10	0	210	1300		39	1
Sausage, Egg & Cheese	1 croissant (212g)	660	430	48	17	0	225	1080		38	1
BLT & Cheese	1 croissant (161g)	450	250	28	12	0	30	980		37	1
Egg & Cheese	1 croissant (156g)	430	230	25	10	0	185	700		38	1
Turkey, Lettuce, Tomatoes & Cheese	1 croissant (198g)	360	150	17	8	0	30	1000		38	1
Tacos											
Sausage, Egg & Cheese	1 taco (155g)	410	200	22	8	0	195	1220		38	3
Bacon, Egg & Cheese	1 taco (148g)	400	190	21	9	0	190	1210		36	3
Brisket, Egg & Cheese	1 taco (165g)	410	180	20	8	0	185	1160		37	3
Chorizo, Egg & Cheese	1 taco (154g)	390	120	20	8	0	185	1150		37	3
Chicken	1 taco (149g)	310	90	10	3.5	0	75	1010		34	3
Pork	1 taco (149g)	410	160	18	7	0	70	1240		36	3
Brisket	1 taco (149g)	390	150	17	7	0	5	1400		36	3
BBQ Sandwiches											
BBQ Chicken	1 sandwich (212g)	450	90	10	2	0	105	670		59	2
BBQ Pork	1 sandwich (212g)	580	190	21	7	0	95	990		61	2

Half Wheat	1 sub (160g)	540	330	37	11	0	50	1280	33	3
Half White	1 sub (155g)	530	330	37	11	0	50	1390	32	3
Whole Wheat	1 sub (320g)	1080	660	74	22	0	100	2550	67	6
Whole White	1 sub (311g)	1070	670	74	22	0	100	2780	64	5
The Gardener										
Half Wheat	1 sub (182g)	320	130	14	5	0	25	610	37	4
Half White	1 sub (177g)	310	130	14	6	0	25	720	35	3
Whole Wheat	1 sub (362g)	640	240	28	10	0.5	50	1210	73	7
Whole White	1 sub (353g)	630	250	28	11	0.5	50	1440	71	6
Ham										
Half Wheat	1 sub (204g)	380	200	22	6	0	45	950	34	34
Half White	1 sub (200g)	350	170	19	6	0	45	1040	34	3
Whole Wheat	1 sub (409g)	710	350	39	11	0.5	90	1850	71	7
Whole White	1 sub (400g)	700	350	39	12	0.5	90	2070	68	6
Roast Beef										
Half Wheat	1 sub (204g)	400	160	18	6	0	60	1050	35	3
Half White	1 sub (200g)	390	160	18	7	0	60	1160	34	3
Whole Wheat	1 sub (409g)	790	320	36	12	0.5	115	2100	70	7
Whole White	1 sub (400g)	780	320	36	13	0.5	115	2320	67	6
3 Meat Stack										
Half Wheat	1 sub (204g)	370	160	18	6	0	50	1010	35	3
Half White	1 sub (200g)	370	160	18	6	0	50	1130	34	3
Whole Wheat	1 sub (409g)	750	320	36	11	0.5	100	2030	71	7
Whole White	1 sub (400g)	730	320	36	12	0.5	100	2250	68	6
Turkey										
Half Wheat	1 sub (204g)	370	140	16	5	0	45	970	36	3
Half White	1 sub (200g)	360	140	16	6	0	45	1090	34	3
Whole Wheat	1 sub (409g)	730	350	32	11	0.5	95	1950	71	7
Whole White	1 sub (400g)	720	290	32	11	0.5	95	2170	68	6
Chicken, Bacon & Ranch										
Half Wheat	1 sub (217g)	450	190	21	8	0	75	1240	37	3
Half White	1 sub (213g)	440	190	21	8	0	75	1360	35	3
Whole Wheat	1 sub (434g)	900	380	42	15	0.5	150	2490	74	6
Whole White	1 sub (425g)	880	380	42	16	0.5	150	2720	71	5
Shredded Chicken, Bacon & Ranch										
Half Wheat	1 sub (213g)	460	210	23	8	0	95	820	35	3
Half White	1 sub (208g)	450	210	23	8	0	95	930	33	3
Whole Wheat	1 sub (426g)	910	420	46	16	0.5	190	1630	69	6
Whole White	1 sub (417g)	900	420	46	17	0.5	190	1860	66	5
Wraps										
The Big Italian	1 wrap (353g)	810	200	44	17	1	110	3200	60	3
Double BLT	1 wrap (247g)	950	590	66	22	0	85	2650	54	2
The Gardener	1 wrap (223g)	470	180	19	8	0	25	1090	57	3
Ham	1 wrap (306g)	580	210	23	9	0	80	2270	57	3
Roast Beef	1 wrap (306g)	620	230	26	10	0	85	1990	56	3
3 Meat Stack	1 wrap (306g)	590	210	24	9	0	80	2090	57	3
Turkey	1 wrap (306g)	560	210	22	8	0	65	1930	57	3
Southwest Chicken Salad	1 wrap (284g)	470	130	15	4.5	0	70	1510	54	0
Kolache										
Sausage	1 kolache (106g)	400	270	30	9	0	50	600	28	1

Small	16 fl. oz. cup (526g)	370	50	6	4	0	25	320	72	0
Large	20 fl. oz. cup (618g)	450	60	7	4.5	0	25	380	89	0
Cold Brew Caramel										
Small	16 fl. oz. cup (578g)	320	50	6	4	0	20	290	61	0
Large	20 fl. oz. cup (737g)	450	10	8	5	0	30	400	86	0
Cold Brew French Vanilla										
Small	16 fl. oz. cup (569g)	280	20	5	3.5	0	20	210	54	0
Large	20 fl. oz. cup (717g)	380	70	7	5	0	25	290	72	0
Cold Brew Mocha										
Small	16 fl. oz. cup (578g)	320	60	7	4.5	0	20	220	60	0
Large	20 fl. oz. cup (734g)	450	80	9	6	0	25	310	85	0
Cold Brew with Sugar Free Vanilla Syrup										
Small	16 fl. oz. cup (578g)	200	50	5	3.5	0	20	210	36	0
Large	20 fl. oz. cup (706g)	280	70	7	5	0	25	290	49	0
Soft Serve										
Vanilla Soft Serve Cone										
	1 cone (191g)	320	50	6	4	0	20	220	37	0
Vanilla Soft Serve Cup										
	1 cup (184g)	210	50	6	4	0	20	220	36	0
Specialty Drinks										
Caramel Latte										
Hot Small	16 fl. oz. cup (414g)	330	70	7	4	0	35	270	56	0
Hot Large	20 fl. oz. cup (493g)	420	70	8	5	0	40	350	72	0
Iced Small	16 fl. oz. cup (546g)	260	35	4	2.5	0	20	210	49	0
Iced Large	20 fl. oz. cup (655g)	340	45	5	3	0	25	260	64	0
Caramel Mocha										
Hot Small	16 fl. oz. cup (400g)	370	60	7	4.5	0	30	230	66	0
Hot Large	20 fl. oz. cup (493g)	520	80	9	6	0	35	300	95	0
Iced Small	16 fl. oz. cup (509g)	290	35	4	2.5	0	15	160	58	0
Iced Large	20 fl. oz. cup (648g)	430	50	6	3.5	0	20	230	87	0
Chai Latte										
Hot Small	16 fl. oz. cup (332g)	220	50	6	4	0	30	160	30	0
Hot Large	20 fl. oz. cup (406g)	270	70	7	4.5	0	35	200	38	0
Iced Small	16 fl. oz. cup (457g)	150	30	3.5	2	0	15	95	23	0
Iced Large	20 fl. oz. cup (540g)	170	35	3.5	2.5	0	20	110	29	0
French Vanilla Latte										
Hot Small	16 fl. oz. cup (394g)	270	50	6	3.5	0	30	160	42	0
Hot Large	20 fl. oz. cup (462g)	320	60	7	4.5	0	35	200	51	0
Iced Small	16 fl. oz. cup (526g)	200	30	3	2	0	15	95	35	0
Iced Large	20 fl. oz. cup (625g)	240	35	4	2.5	0	20	115	43	0
Hazelnut Latte										
Hot Small	16 fl. oz. cup (398g)	260	50	6	3.5	0	30	170	42	0
Hot Large	20 fl. oz. cup (467g)	320	60	7	4.5	0	35	200	51	0
Iced Small	16 fl. oz. cup (530g)	190	30	3	2	0	15	105	35	0
Iced Large	20 fl. oz. cup (629g)	240	35	4	2.5	0	20	125	43	0
Cocoa										
Hot Small	16 fl. oz. cup (344g)	330	70	7	5	0	30	170	54	0
Hot Large	20 fl. oz. cup (449g)	430	90	10	6	0	35	220	71	0
Iced Small	16 fl. oz. cup (537g)	290	50	6	4	0	20	140	50	0
Iced Large	20 fl. oz. cup (632g)	360	60	7	4.5	0	25	160	64	0
Mocha										
Hot Small	16 fl. oz. cup (358g)	250	60	6	4	0	25	150	39	0

Hot Large	20 fl. oz. cup (430g)	340	70	8	5	0	30	190	55	0
Iced Small	16 fl. oz. cup (467g)	170	30	3	2	0	10	85	31	0
Iced Large	20 fl. oz. cup (585g)	250	40	4.5	3	0	15	115	46	0
Skinny Vanilla Latte										
Hot Small	16 fl. oz. cup (384g)	110	0	0	0	0	5	150	19	0
Hot Large	20 fl. oz. cup (450g)	140	0	0	0	0	5	180	23	0
Iced Small	16 fl. oz. cup (516g)	60	0	0	0	0	5	100	12	0
Iced Large	20 fl. oz. cup (612g)	80	0	0	0	0	5	110	15	0
White Chocolate Mocha										
Hot Small	16 fl. oz. cup (369g)	280	50	6	3.5	0	30	210	46	0
Hot Large	20 fl. oz. cup (441g)	370	60	7	4.5	0	35	280	62	0
Iced Small	16 fl. oz. cup (478g)	200	25	2.5	1.5	0	15	140	38	0
Iced Large	20 fl. oz. cup (596g)	280	35	3.5	2.5	0	20	210	53	0
White Chocolate Cocoa										
Hot Small	16 fl. oz. cup (345g)	330	60	6	4	0	30	260	54	0
Hot Large	20 fl. oz. cup (450g)	430	80	8	5	0	40	34	72	0
Iced Small	16 fl. oz. cup (538g)	290	45	5	3.5	0	25	230	51	0
Iced Large	20 fl. oz. cup (632g)	360	50	6	3.5	0	30	280	65	0
Cold Brew	20 fl. oz. cup (555g)	0	0	0	0	0	0	15	0	0

Grab & Go

Hotzi Sandwiches

Chicken & Cheese	5.78	480	220	25	8	4	45	1320	44	1
Jalapeno & Cheese Sausage Roll	5.85	490	280	31	11	1.5	55	1220	34	1
Sausage, Egg & Cheese Croissant	4.9	410	230	26	9	2	155	860	25	0
Sausage, Egg & Cheese Squarewrap	5.11	450	250	28	9	0	115	1130	34	1
Split Sausage, Egg & Cheese Squarewrap	5.99	480	280	31	12	0	130	1350	33	1

Roller Grill

Buffalo Chicken Roller Bites	87g	190	70	8	2.5	0	35	900	15	1
Cheesy PepperJack Taquito	106g	280	130	14	6	0	25	270	30	0
Egg Roll - Pork	85g	170	80	9	2.5	0	15	560	19	2
Jalapeno Cheddar Smoked Sausage	91g	260	220	24	8	0	65	1060	1	0
Oscar Meyer All Beef Hot Dog	91g	290	240	27	11	1.5	50	910	2	0
Spicy Chicken Taquito	113g	270	70	8	2.5	0	30	690	35	2
Steak & Cheese Taquito	106g	240	80	9	2	0	10	450	31	0
Hot Dog Bun	43g	110	15	1.5	0	0	0	210	21	1

Condiment Bar

Chicago Relish (1 TBSP)	1 T.	20	0	0	0	0	0	10	5	0
Diced Onion (1 TBSP)	1 T.	5	0	0	0	0	0	0	3	0
Diced Tomato (1 TBSP)	1 T.	5	0	0	0	0	0	0	1	0
Fresh Sauerkraut (1/4 cup)	1/4 c.	5	0	0	0	0	0	950	3	3
Jalapeno Slices (7slices)	7 slices	0	0	0	0	0	0	950	2	1
Pickle Chips (3 slices)	3 slices	0	0	0	0	0	0	520	1	1
Pico de Gallo (1 TBSP)	1 T.	5	0	0	0	0	0	0	1	0
Cole Slaw (Atlanta/Carolinas) (1 TBSP)	1 T.	20	10	1	0	0	0	25	2	0

Misc. Mix/Sauces

Chili Sauce	1 portion cup	50	20	2.5	0	0	0	270	5	1
Nacho Cheese Sauce	1 portion cup	60	35	3.5	0.5	1	0	360	4	0
QTK Salads										
Chef Salad	1 salad (283g)	260	110	13	6	0	155	740	9	3
Caesar with Chicken	1 salad (284g)	580	390	43	8	0	90	1450	25	3
Santa Fe Salad	1 salad (312g)	370	190	21	5	0	55	820	26	7
QTK Bakery										
Apple Fritter	1 donut (168g)	580	250	28	4	0.5	0	510	76	1
Bavarian Crème Bismark	1 donut (136g)	460	190	21	5	4	0	410	62	1
Blueberry Cake Donut	1 donut (85g)	320	110	13	3	2	10	470	47	0
Blueberry Muffin	1 muffin (162g)	560	270	31	6	0	110	550	66	1
Cake Donut w/Icing & Sprinkles	1 donut (g)	390	160	17	4.5	3	10	540	53	1
Chocolate Cake Donut w/Choc Icing	1 donut (99g)	390	160	17	4.5	3	10	540	53	1
Chocolate Old Fashioned Cake Donut w Glaze	1 donut (100g)	340	110	12	4.5	0	15	340	56	1
Chocolate Chunk Cookie	1 cookie (85g)	370	160	18	9	0	30	200	52	2
Cinnamon Roll	1 donut (136g)	520	250	28	7	4	5	690	57	2
Croissant - Large	1 croissant (90g)	390	190	21	17	0	0	210	42	3
Hole Bunches	1 donut (130g)	490	190	21	5	3	5	440	68	2
Hole Bunches w/ Chocolate Icing	1 donut (116g)	390	140	16	4	4	5	440	56	1
Long John - Chocolate	1 donut (133g)	550	250	28	7	5	5	430	66	2
Long John - Maple	1 donut (130g)	540	250	27	6	4.5	5	460	66	2
M & M Cookie	1 cookie (85g)	370	150	16	8	0	35	210	45	1
Maple Cinnamon Roll	1 donut (181g)	700	290	32	8	0	5	730	92	2
Maple Pecan Danish	1 danish (90g)	320	170	19	9	0	30	260	31	2
Old Fashioned Cake Donut w Glaze	1 donut (82g)	370	180	20	4.5	2	5	300	46	0
Peanut Butter Cookie	1 cookie (85g)	420	220	25	11	0	30	300	44	2
Raspberry Bismark w/White Icing	1 donut (145g)	470	150	17	4	2.5	0	380	75	0
Ring Yeast Glazed Donut w/Chocolate Icing	1 donut (91g)	360	160	18	4.5	3	0	320	46	2
Ring Yeast Glazed Donut	1 donut (81g)	310	130	14	3.5	2	0	320	40	1
White Chip Macadamia Cookie	1 cookie (85g)	400	200	22	11	0	35	190	47	1
Coffee										
Coffee - All flavors all sizes	8 fl. oz. cup	0	0	0	0	0	0	0	0	0
Fresh Brewed QTea										
All Sweet QTea Flavors										
Small	20 fl. oz. cup	200	0	0	0	0	0	25	50	0
Big Q	32 fl. oz. cup	320	0	0	0	0	0	35	79	0
Large	44 fl. oz. cup	440	0	0	0	0	0	50	109	0
X-Large	52 fl. oz. cup	520	0	0	0	0	0	60	129	0
All Unsweet QTea Flavors										
Small	20 fl. oz. cup	0	0	0	0	0	0	0	0	0
Big Q	32 fl. oz. cup	0	0	0	0	0	0	0	0	0
Large	44 fl. oz. cup	0	0	0	0	0	0	0	0	0
X-Large	52 fl. oz. cup	0	0	0	0	0	0	0	0	0
Sweet Original										
Small	20 fl. oz. cup	190	0	0	0	0	0	25	48	0
Big Q	32 fl. oz. cup	310	0	0	0	0	0	35	77	0
Large	44 fl. oz. cup	420	0	0	0	0	0	50	106	0
X-Large	52 fl. oz. cup	500	0	0	0	0	0	60	125	0

Cappuccino/Latte/Steamer

Almond Amaretto Cappuccino										
Small	16 fl. oz cup	440	120	13	8	3	0	450	80	1
Medium	22 fl. oz. cup	610	160	18	11	4	0	620	110	2
Large	24 fl. oz. cup	660	170	19	12	4.5	0	370	120	2
Caramel Macchiato										
Small	16 fl. oz cup	450	140	15	15	0	0	390	77	1
Medium	22 fl. oz. cup	620	190	21	20	0	0	540	106	2
Large	24 fl. oz. cup	680	200	23	22	0	0	590	116	2
Cookies 'n Cream Steamer										
Small	16 fl. oz cup	440	110	12	11	0	5	570	77	1
Medium	22 fl. oz. cup	600	150	17	16	0	5	780	105	2
Large	24 fl. oz. cup	650	160	18	17	0	5	860	115	2
Fat Free French Vanilla Cappuccino										
Small	16 fl. oz cup	370	0	0.5	0	0	5	460	84	1
Medium	22 fl. oz. cup	510	5	0.5	0	0	5	630	115	1
Large	24 fl. oz. cup	560	5	1	0	0	5	690	126	2
French Vanilla Cappuccino (All Divisions)										
Small	16 fl. oz cup	420	80	9	9	0	0	500	84	1
Medium	22 fl. oz. cup	580	110	12	12	0	0	690	116	1
Large	24 fl. oz. cup	630	120	13	13	0	0	760	126	1
Hot Chocolate										
Small	16 fl. oz cup	410	80	9	8	0	0	580	80	3
Medium	22 fl. oz. cup	560	110	12	11	0	0	800	110	4
Large	24 fl. oz. cup	610	120	13	12	0	0	870	120	5
Mighty Mocha Cappuccino										
Small	16 fl. oz cup	440	140	15	14	0	0	440	75	2
Medium	22 fl. oz. cup	610	180	20	19	0	0	610	104	2
Large	24 fl. oz. cup	660	200	22	21	0	0	670	113	3
Sugar-Free White Choc Caramel Cappuccino										
Small	16 fl. oz cup	320	90	10	9	0	0	340	58	1
Medium	22 fl. oz. cup	440	120	13	12	0	0	470	80	1
Large	24 fl. oz. cup	490	140	15	13	0	0	510	88	1
Vanilla Cupcake Cappuccino										
Small	16 fl. oz cup	430	100	11	11	0	0	430	82	1
Medium	22 fl. oz. cup	600	140	16	15	0	0	590	112	1
Large	24 fl. oz. cup	650	150	17	17	0	0	640	122	1

Smoothies

Caramel Latte Smoothie										
Small	20 fl. oz. cup	560	60	6	4	1	0	610	127	2
Big Q	32 fl. oz. cup	900	90	10	7	1.5	0	980	191	4
Large	44 fl. oz. cup	1240	120	13	9	2	0	1340	280	5
X-Large	52 fl. oz. cup	1470	140	16	11	2.5	0	1590	331	6
Horchata Smoothie										
Small	20 fl. oz. cup	600	90	10	2.5	4.5	0	115	128	1
Big Q	32 fl. oz. cup	960	140	16	4	7	0	180	204	1
Large	44 fl. oz. cup	1330	200	22	5	10	0	250	281	1
X-Large	52 fl. oz. cup	1560	230	25	6	12	0	300	332	1
Hot Chocolate Smoothie										
Small	20 fl. oz. cup	550	45	5	1.5	1.5	0	410	126	4

Big Q	32 fl. oz. cup	870	70	8	2.5	2.5	0	660	202	7
Large	44 fl. oz. cup	1200	100	11	3.5	3.5	0	900	278	9
X-Large	52 fl. oz. cup	1430	120	13	4.5	4.5	0	1070	329	11
Juicy Orange Smoothie										
Small	20 fl. oz. cup	340	0	0	0	0	0	95	84	0
Big Q	32 fl. oz. cup	550	0	0	0	0	0	150	134	0
Large	44 fl. oz. cup	760	0	0	0	0	0	210	185	0
X-Large	52 fl. oz. cup	900	0	0	0	0	0	250	218	0
Kool-Aid Blue Raspberry Smoothie										
Small	20 fl. oz. cup	380	0	0	0	0	0	17	96	0
Big Q	32 fl. oz. cup	600	0	0	0	0	0	34	153	0
Large	44 fl. oz. cup	830	0	0	0	0	0	46	210	0
X-Large	52 fl. oz. cup	980	0	0	0	0	0	55	249	0
Kool-Aid Tropical Smoothie										
Small	20 fl. oz. cup	300	0	0	0	0	0	22	76	0
Big Q	32 fl. oz. cup	470	0	0	0	0	0	35	121	0
Large	44 fl. oz. cup	650	0	0	0	0	0	49	167	0
X-Large	52 fl. oz. cup	770	0	0	0	0	0	57	197	0
Original (Frozen) Cappuccino Smoothie										
Small	20 fl. oz. cup	610	160	18	16	0	0	350	111	0
Big Q	32 fl. oz. cup	970	250	28	26	0	0	550	178	1
Large	44 fl. oz. cup	1340	350	39	36	0	0	760	245	1
X-Large	52 fl. oz. cup	1580	410	46	42	0	0	900	289	1
Melon Berry Smoothie										
Small	20 fl. oz. cup	350	0	0	0	0	0	20	87	0
Big Q	32 fl. oz. cup	570	0	0	0	0	0	30	139	0
Large	44 fl. oz. cup	780	5	0	0	0	0	40	191	0
X-Large	52 fl. oz. cup	920	5	0	0	0	0	45	226	0
Freezoni										
Blue Raspberry Freezoni										
Small	20 fl. oz. cup	300	0	0	0	0	0	42	76	0
Big Q	32 fl. oz. cup	480	0	0	0	0	0	68	122	0
Large	44 fl. oz. cup	670	0	0	0	0	0	167	163	0
X-Large	52 fl. oz. cup	790	0	0	0	0	0	110	198	0
Orange Cream Freezoni										
Small	20 fl. oz. cup	320	0	0	0	0	0	43	79	0
Big Q	32 fl. oz. cup	510	0	0	0	0	0	68	127	0
Large	44 fl. oz. cup	700	0	0	0	0	0	94	175	0
X-Large	52 fl. oz. cup	820	0	0	0	0	0	111	206	0
PowerAde Mountain Blast Freezoni										
Small	20 fl. oz. cup	150	0	0	0	0	0	200	40	0
Big Q	32 fl. oz. cup	240	0	0	0	0	0	320	64	0
Large	44 fl. oz. cup	330	0	0	0	0	0	440	88	0
X-Large	52 fl. oz. cup	390	0	0	0	0	0	510	104	0
Rooster Booster Freezoni										
Small	20 fl. oz. cup	300	0	0	0	0	0	26	75	0
Big Q	32 fl. oz. cup	470	0	0	0	0	0	51	120	0
Large	44 fl. oz. cup	650	0	0	0	0	0	70	165	0
X-Large	52 fl. oz. cup	770	0	0	0	0	0	83	194	0
Strawberry Banana Freezoni										
Small	20 fl. oz. cup	300	0	0	0	0	0	442	76	0

Big Q	32 fl. oz. cup	460	0	0	0	0	0	68	121	0
Large	44 fl. oz. cup	670	0	0	0	0	0	93	167	0
X-Large	52 fl. oz. cup	790	0	0	0	0	0	110	197	0
White Cherry Freezoni										
Small	20 fl. oz. cup	300	0	0	0	0	0	42	76	0
Big Q	32 fl. oz. cup	480	0	0	0	0	0	68	121	0
Large	44 fl. oz. cup	660	0	0	0	0	0	93	167	0
X-Large	52 fl. oz. cup	790	0	0	0	0	0	110	197	0
Wally Sour Apple Puckerberry Freezoni										
Small	20 fl. oz. cup	290	0	0	0	0	0	42	72	0
Big Q	32 fl. oz. cup	460	0	0	0	0	0	68	115	0
Large	44 fl. oz. cup	630	0	0	0	0	0	93	158	0
X-Large	52 fl. oz. cup	740	0	0	0	0	0	110	187	0
Specialty/Miscellaneous Drinks										
Black & Green Peach Tea										
Small	20 fl. oz. cup	5	0	0	0	0	0	20	1	0
Big Q	32 fl. oz. cup	10	0	0	0	0	0	30	2	0
Large	44 fl. oz. cup	10	0	0	0	0	0	45	2	0
X-Large	52 fl. oz. cup	15	0	0	0	0	0	50	3	0
Black Tea w/Lemonade										
Small	20 fl. oz. cup	200	0	0	0	0	0	45	50	0
Big Q	32 fl. oz. cup	320	0	0	0	0	0	75	80	0
Large	44 fl. oz. cup	440	0	0	0	0	0	100	110	0
X-Large	52 fl. oz. cup	520	0	0	0	0	0	120	130	0
Green Tea - Honey, Lemon, Ginseng										
Small	20 fl. oz. cup	210	0	0	0	0	0	140	50	0
Big Q	32 fl. oz. cup	330	0	0	0	0	0	220	81	0
Large	44 fl. oz. cup	450	0	0	0	0	0	310	111	0
X-Large	52 fl. oz. cup	540	0	0	0	0	0	360	131	0
Green Tea w/Mango										
Small	20 fl. oz. cup	200	0	0	0	0	0	40	50	0
Big Q	32 fl. oz. cup	310	0	0	0	0	0	70	81	0
Large	44 fl. oz. cup	430	0	0	0	0	0	95	111	0
X-Large	52 fl. oz. cup	510	0	0	0	0	0	110	131	0
Strawberry Lemonade Tea										
Small	20 fl. oz. cup	240	0	0	0	0	0	20	60	0
Big Q	32 fl. oz. cup	380	0	0	0	0	0	30	96	0
Large	44 fl. oz. cup	520	0	0	0	0	0	45	132	0
X-Large	52 fl. oz. cup	610	0	0	0	0	0	50	157	0
Blackberry Lemonade Aqua Fresca										
Small	20 fl. oz. cup	250	0	0	0	0	0	70	67	0
Big Q	32 fl. oz. cup	410	0	0	0	0	0	110	107	0
Large	44 fl. oz. cup	560	0	0	0	0	0	150	148	0
X-Large	52 fl. oz. cup	660	0	0	0	0	0	180	174	0
Raspberry Hibiscus Tea Aqua Fresca										
Small	20 fl. oz. cup	180	0	0	0	0	0	25	49	0
Big Q	32 fl. oz. cup	290	0	0	0	0	0	40	78	0
Large	44 fl. oz. cup	400	0	0	0	0	0	55	107	0
X-Large	52 fl. oz. cup	470	0	0	0	0	0	65	127	0
Horchata Aqua Fresca										
Small	20 fl. oz. cup	230	40	4	4	0	0	55	46	0

Big Q	32 fl. oz. cup	360	60	7	7	0	0	90	74	0
Large	44 fl. oz. cup	500	80	9	9	0	0	125	101	0
X-Large	52 fl. oz. cup	590	80	11	11	0	0	150	119	0
Vanilla Syrup (2oz)	2 fl. oz.	50	0	0	0	0	0	5	12	0
Cherry Syrup (2oz)	2 fl. oz.	50	0	0	0	0	0	5	12	0

Fountain Drinks

Barq's Root Beer										
Small	20 fl. oz. cup	300	0	0	0	0	0	120	81	0
Big Q	32 fl. oz. cup	480	0	0	0	0	0	200	130	0
Large	44 fl. oz. cup	660	0	0	0	0	0	270	179	0
X-Large	52 fl. oz. cup	780	0	0	0	0	0	320	212	0
Big Red										
Small	20 fl. oz. cup	290	0	0	0	0	0	60	73	0
Big Q	32 fl. oz. cup	430	0	0	0	0	0	95	108	0
Large	44 fl. oz. cup	550	0	0	0	0	0	130	138	0
X-Large	52 fl. oz. cup	650	0	0	0	0	0	150	163	0
Brisk Raspberry										
Small	20 fl. oz. cup	130	0	0	0	0	0	67	33	0
Big Q	32 fl. oz. cup	200	0	0	0	0	0	107	53	0
Large	44 fl. oz. cup	280	0	0	0	0	0	147	73	0
X-Large	52 fl. oz. cup	330	0	0	0	0	0	173	87	0
Coca-Cola										
Small	20 fl. oz. cup	270	0	0	0	0	0	60	73	0
Big Q	32 fl. oz. cup	430	0	0	0	0	0	95	116	0
Large	44 fl. oz. cup	580	0	0	0	0	0	130	160	0
X-Large	52 fl. oz. cup	690	0	0	0	0	0	150	189	0
Coca-Cola Zero										
Small	20 fl. oz. cup	0	0	0	0	0	0	70	0	0
Big Q	32 fl. oz. cup	0	0	0	0	0	0	110	0	0
Large	44 fl. oz. cup	0	0	0	0	0	0	150	0	0
X-Large	52 fl. oz. cup	0	0	0	0	0	0	180	0	0
Diet Coke										
Small	20 fl. oz. cup	0	0	0	0	0	0	85	0	0
Big Q	32 fl. oz. cup	0	0	0	0	0	0	135	0	0
Large	44 fl. oz. cup	0	0	0	0	0	0	190	0	0
X-Large	52 fl. oz. cup	0	0	0	0	0	0	220	0	0
Diet Coke - Caffeine Free										
Small	20 fl. oz. cup	0	0	0	0	0	0	85	0	0
Big Q	32 fl. oz. cup	0	0	0	0	0	0	135	0	0
Large	44 fl. oz. cup	0	0	0	0	0	0	190	0	0
X-Large	52 fl. oz. cup	0	0	0	0	0	0	220	0	0
Diet Coke - Ginger Lime										
Small	20 fl. oz. cup	0	0	0	0	0	0	85	0	0
Big Q	32 fl. oz. cup	0	0	0	0	0	0	135	0	0
Large	44 fl. oz. cup	0	0	0	0	0	0	190	0	0
X-Large	52 fl. oz. cup	0	0	0	0	0	0	220	0	0
Diet Dr Pepper										
Small	20 fl. oz. cup	0	0	0	0	0	0	120	0	0
Big Q	32 fl. oz. cup	0	0	0	0	0	0	190	1	0
Large	44 fl. oz. cup	5	0	0	0	0	0	260	1	0
X-Large	52 fl. oz. cup	5	0	0	0	0	0	310	1	0

Diet Mtn Dew										
Small	20 fl. oz. cup	0	0	0	0	0	0	89	0	0
Big Q	32 fl. oz. cup	20	0	0	0	0	0	142	1	0
Large	44 fl. oz. cup	20	0	0	0	0	0	196	1	0
X-Large	52 fl. oz. cup	20	0	0	0	0	0	231	1	0
Diet Pepsi										
Small	20 fl. oz. cup	0	0	0	0	0	0	89	0	0
Big Q	32 fl. oz. cup	0	0	0	0	0	0	142	0	0
Large	44 fl. oz. cup	0	0	0	0	0	0	196	0	0
X-Large	52 fl. oz. cup	0	0	0	0	0	0	231	0	0
Dr Pepper										
Small	20 fl. oz. cup	240	0	0	0	0	0	75	62	0
Big Q	32 fl. oz. cup	380	0	0	0	0	0	115	104	0
Large	44 fl. oz. cup	530	0	0	0	0	0	160	143	0
X-Large	52 fl. oz. cup	620	0	0	0	0	0	190	169	0
Fanta - Cherry Limeade										
Small	20 fl. oz. cup	290	0	0	0	0	0	120	81	0
Big Q	32 fl. oz. cup	460	0	0	0	0	0	130	123	0
Large	44 fl. oz. cup	630	0	0	0	0	0	180	169	0
X-Large	52 fl. oz. cup	740	0	0	0	0	0	210	199	0
Fanta - Orange										
Small	20 fl. oz. cup	280	0	0	0	0	0	70	78	0
Big Q	32 fl. oz. cup	460	0	0	0	0	0	115	125	0
Large	44 fl. oz. cup	630	0	0	0	0	0	160	172	0
X-Large	52 fl. oz. cup	740	0	0	0	0	0	190	203	0
Gatorade - Lemon Lime										
Small	20 fl. oz. cup	150	0	0	0	0	0	278	40	0
Big Q	32 fl. oz. cup	240	0	0	0	0	0	444	64	0
Large	44 fl. oz. cup	330	0	0	0	0	0	611	88	0
X-Large	52 fl. oz. cup	390	0	0	0	0	0	722	104	0
Minute Maid Lamonade										
Small	20 fl. oz. cup	260	0	0	0	0	0	180	72	0
Big Q	32 fl. oz. cup	420	0	0	0	0	0	280	115	0
Large	44 fl. oz. cup	570	0	0	0	0	0	390	158	0
X-Large	52 fl. oz. cup	670	0	0	0	0	0	460	187	0
Mtn Dew										
Small	20 fl. oz. cup	270	0	0	0	0	0	89	73	0
Big Q	32 fl. oz. cup	430	0	0	0	0	0	142	117	0
Large	44 fl. oz. cup	600	0	0	0	0	0	196	161	0
X-Large	52 fl. oz. cup	710	0	0	0	0	0	231	191	0
Mtn Dew Code Red										
Small	20 fl. oz. cup	290	0	0	0	0	0	78	78	0
Big Q	32 fl. oz. cup	430	0	0	0	0	0	124	124	0
Large	44 fl. oz. cup	530	0	0	0	0	0	171	171	0
X-Large	52 fl. oz. cup	620	0	0	0	0	0	202	202	0
Peach White Tea SF										
Small	20 fl. oz. cup	5	0	0	0	0	0			0
Big Q	32 fl. oz. cup	10	0	0	0	0	0			0
Large	44 fl. oz. cup	10	0	0	0	0	0			0
X-Large	52 fl. oz. cup	20	0	0	0	0	0			0
Pepsi										
Small	20 fl. oz. cup	250	0	0	0	0	0	56	69	0

