



QT Kitchens

Flatbread

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chicken, Bacon, Ranch Quesadilla	1 flatbread (186g)	570	290	33	14	0.5	85	1760	37	3	3	31
Chicken and Cheese Flatbread	1 flatbread (155g)	410	170	19	10	0.5	65	1230	37	3	2	24

Breakfast Bowl

Bacon, Egg & Cheese	1 bowl (204g)	450	310	34	21	0.5	550	630	8	0	2	27
Sausage, Egg & Cheese	1 bowl (212g)	480	340	38	13	0.5	550	680	9	1	1	26
Veggie Bowl	1 bowl (243g)	430	280	32	12	0.5	540	580	11	1	2	25
Egg and Cheese	1 bowl (194g)	410	280	31	12	0.5	540	450	8	0	1	24

Breakfast Burrito

Bacon, Egg & Cheese NO gravy	1 burrito (214g)	610	330	33	14	0.5	270	1230	51	2	1	27
Egg & Cheese	1 burrito (203g)	550	240	27	12	0.5	265	1010	51	2	1	23
Sausage, Egg & Cheese NO gravy	1 burrito (221g)	620	300	34	14	0.5	275	1230	52	2	1	26

Croissant

Bacon Egg and Cheese	1 croissant (178g)	550	350	37	14	0	200	1150	38	1	6	20
Ham Egg and Cheese	1 croissant (215g)	480	240	26	10	0	210	1300	39	1	7	24
Sausage Egg and Cheese	1 croissant (212g)	660	430	48	17	0	225	1080	38	1	7	21
BLT with Cheese	1 croissant (161g)	450	250	28	12	0	30	980	37	1	6	14
Egg and Cheese	1 croissant (156g)	430	230	25	10	0	185	700	38	1	6	13
Turkey Lettuce Tomato	1 croissant (198g)	360	150	17	8	0	30	1000	38	1	7	17

Tacos

Sausage, Egg & Cheese	1 taco (155g)	410	200	22	8	0	195	1220	38	3	3	15
Bacon, Egg Cheese	1 taco (148g)	400	190	21	9	0	190	1210	36	3	2	16
Brisket Breakfast Taco	1 taco (165g)	410	180	20	8	0	185	1160	37	3	3	19
Chorizo, Egg & Cheese	1 taco (154g)	390	120	20	8	0	185	1150	37	3	3	15
Chicken Taco	1 taco (149g)	310	90	10	3.5	0	75	1010	34	3	2	20
Pork Taco	1 taco (149g)	410	160	18	7	0	70	1240	36	3	2	23
Brisket Taco	1 taco (149g)	390	150	17	7	0	5	1400	36	3	2	23

BBQ Sandwiches

BBQ Chicken	1 sandwich (212g)	450	90	10	2	0	105	670	59	2	16	28
BBQ Pork	1 sandwich (212g)	580	190	21	7	0	95	990	61	2	16	32
BBQ Brisket	1 sandwich (212g)	550	180	20	7	0	5	1210	61	2	17	31

Biscuits

Bacon, Egg & Cheese	1 biscuit (201g)	660	380	43	21	0	200	1780	47	1	1	21
Sausage, Egg & Cheese	1 biscuit (234g)	770	480	54	24	0.5	230	1710	47	1	2	22
Egg & Cheese	1 biscuit (178g)	530	280	31	16	0	185	1330	47	1	1	14
Ham, Egg & Cheese	1 biscuit (237g)	590	290	32	17	0	210	1930	48	1	2	25
Sausage	1 biscuit (164g)	610	360	40	19	0	45	1280	45	1	0	13

Grilled Cheese Sandwiches

Grilled Cheese	1 sandwich (178g)	600	300	33	14	1	65	1300	52	2	3	24
BLT	1 sandwich (204g)	730	410	45	19	1	85	1750	53	3	4	30
Bacon Egg and Cheese	1 sandwich (257g)	840	490	54	21	1	255	1920	53	2	4	36
Bacon	1 sandwich (201g)	730	410	45	19	1	85	1750	52	2	3	30
Sausage Egg and Cheese	1 sandwich (291g)	950	580	65	24	1.5	280	1850	54	2	4	37
Egg and Cheese	1 sandwich (235g)	710	320	42	16	1	235	1480	53	2	4	29

Pretzel

Cinnamon Sugar	1 pretzel (179g)	500	90	10	2.5	2	0	310	90	2	17	13
Classic, Salted	1 pretzel (176g)	490	90	10	2.5	2	0	540	87	2	14	13
Pretzel - Classic, Unsalted	1 pretzel (170g)	440	40	4.5	1.5	1.5	0	290	87	2	14	13
Pretzel - Parmesan	1 pretzel (179g)	500	90	11	3	2	2	460	87	3	14	14

Personal Pizza

Breakfast	1 pizza (324g)	950	420	47	31	1	170	1890	90	4	6	44
Breakfast Chorizo	1 pizza (363g)	980	430	48	32	1	160	1990	93	4	6	45
Cheese	1 pizza (307g)	730	240	27	16	1	75	1720	92	5	8	32
Pepperoni	1 pizza (326g)	820	320	35	19	1	90	2060	92	5	8	36
Supreme	1 pizza (406g)	930	390	43	20	1	105	2440	97	6	10	39
Three Meat	1 pizza (354g)	940	410	45	30	1	115	2460	94	5	9	42

Pizza by the Slice

Breakfast Pizza	1 slice (198g)	360	130	14	10	0	80	900	45	2	4	14
Chorizo Breakfast	1 slice (198g)	350	110	12	10	0	70	850	44	2	4	14
Pepperoni	1 slice (167g)	400	150	17	9	0	40	1060	45	2	4	17
Three Meat	1 slice (180g)	460	190	22	14	0	50	1300	48	3	5	20

X-Large Pizza

Breakfast Pizza (per slice)	1 slice (99g)	180	60	7	5	0	40	450	22	1	2	7
Chorizo Breakfast (per slice)	1 slice (99g)	170	60	6	5	0	35	420	22	1	2	7
Cheese Slice (per slice)	1 slice (155g)	350	110	12	7	0	30	910	47	3	5	15
Pepperoni (per slice)	1 slice (167g)	400	150	17	9	0	40	1060	45	2	4	17
Supreme (per slice)	1 slice (206g)	450	180	20	9	0	45	1270	50	3	6	18
Three Meat (per slice)	1 slice (180g)	460	190	22	14	0	50	1300	48	3	5	20

Subs

Big Italian Sub												
Half Wheat	1 sub (243g)	500	260	27	10	0.5	65	1860	38	3	7	27
Half White	1 sub (239g)	490	150	27	10	0.5	65	1980	37	3	5	27
Whole Wheat	1 sub (486g)	1000	480	57	20	1.5	130	3730	76	7	13	54
Whole White	1 sub (477g)	990	490	54	20	1.5	130	3950	73	6	11	53
Double BLT Sub												
Half Wheat	1 sub (160g)	540	330	37	11	0	50	1280	33	3	4	19
Half White	1 sub (155g)	530	330	37	11	0	50	1390	32	3	3	19

Whole Wheat	1 sub (320g)	1080	660	74	22	0	100	2550	67	6	9	39
Whole White	1 sub (311g)	1070	670	74	22	0	100	2780	64	5	6	38
Gardener Sub												
Half Wheat	1 sub (182g)	320	130	14	5	0	25	610	37	4	6	13
Half White	1 sub (177g)	310	130	14	6	0	25	720	35	3	4	13
Whole Wheat	1 sub (362g)	640	240	28	10	0.5	50	1210	73	7	11	26
Whole White	1 sub (353g)	630	250	28	11	0.5	50	1440	71	6	8	25
Ham Sub												
Half Wheat	1 sub (204g)	380	200	22	6	0	45	950	34	34	3	13
Half White	1 sub (200g)	350	170	19	6	0	45	1040	34	3	4	18
Whole Wheat	1 sub (409g)	710	350	39	11	0.5	90	1850	71	7	11	37
Whole White	1 sub (400g)	700	350	39	12	0.5	90	2070	68	6	8	36
Roast Beef Sub												
Half Wheat	1 sub (204g)	400	160	18	6	0	60	1050	35	3	5	25
Half White	1 sub (200g)	390	160	18	7	0	60	1160	34	3	4	24
Whole Wheat	1 sub (409g)	790	320	36	12	0.5	115	2100	70	7	10	49
Whole White	1 sub (400g)	780	320	36	13	0.5	115	2320	67	6	7	49
The Stack Sub												
Half Wheat	1 sub (204g)	370	160	18	6	0	50	1010	35	3	5	21
Half White	1 sub (200g)	370	160	18	6	0	50	1130	34	3	4	21
Whole Wheat	1 sub (409g)	750	320	36	11	0.5	100	2030	71	7	11	43
Whole White	1 sub (400g)	730	320	36	12	0.5	100	2250	68	6	8	42
Turkey Sub												
Half Wheat	1 sub (204g)	370	140	16	5	0	45	970	36	3	6	22
Half White	1 sub (200g)	360	140	16	6	0	45	1090	34	3	4	21
Whole Wheat	1 sub (409g)	730	350	32	11	0.5	95	1950	71	7	11	43
Whole White	1 sub (400g)	720	290	32	11	0.5	95	2170	68	6	8	43
Chicken, Bacon & Ranch												
Half Wheat	1 sub (217g)	450	190	21	8	0	75	1240	37	3	6	29
Half White	1 sub (213g)	440	190	21	8	0	75	1360	35	3	5	28
Whole Wheat	1 sub (434g)	900	380	42	15	0.5	150	2490	74	6	13	58
Whole White	1 sub (425g)	880	380	42	16	0.5	150	2720	71	5	10	57
Shredded Chicken, Bacon & Ranch												
Half Wheat	1 sub (213g)	460	210	23	8	0	95	820	35	3	5	26
Half White	1 sub (208g)	450	210	23	8	0	95	930	33	3	4	26
Whole Wheat	1 sub (426g)	910	420	46	16	0.5	190	1630	69	6	10	53
Whole White	1 sub (417g)	900	420	46	17	0.5	190	1860	66	5	7	52
Wraps												
Big Italian Wrap	1 wrap (353g)	810	200	44	17	1	110	3200	60	3	4	42
Double BLT Wrap	1 wrap (247g)	950	590	66	22	0	85	2650	54	2	1	34
Gardener Wrap	1 wrap (223g)	470	180	19	8	0	25	1090	57	3	2	15
Ham Wrap	1 wrap (306g)	580	210	23	9	0	80	2270	57	3	4	36
Roast Beef Wrap	1 wrap (306g)	620	230	26	10	0	85	1990	56	3	2	39
The Stack Wrap	1 wrap (306g)	590	210	24	9	0	80	2090	57	3	3	36
Turkey Wrap	1 wrap (306g)	560	210	22	8	0	65	1930	57	3	3	33
Southwest Chicken Salad Wrap	1 wrap (284g)	470	130	15	4.5	0	70	1510	54	0	4	30
Kolache												
Sausage	1 kolache (106g)	400	270	30	9	0	50	600	28	1	6	11
Bacon, Egg Cheese	1 kolache (99g)	320	160	18	8	0	95	840	28	1	8	12

QT Twister

Butterfinger Twister

Small	9 fl. oz. cup (226g)	400	120	13	8	0	25	300	64	1	54	8
Medium	12 fl. oz. cup (293g)	520	160	18	10	0	35	380	84	1	70	10
Large	16 fl. oz. cup (378g)	670	200	22	13	0	45	490	107	2	89	13

M&M Minis Twister

Small	9 fl. oz. cup (224g)	410	130	14	9	0	25	250	65	1	62	7
Medium	12 fl. oz. cup (297g)	570	180	20	13	0	30	330	89	2	85	10
Large	16 fl. oz. cup (387g)	750	230	26	17	0	40	430	117	3	112	13

Oreo Twister

Small	9 fl. oz. cup (227g)	420	130	14	6	0	20	390	68	1	53	7
Medium	12 fl. oz. cup (290g)	530	160	18	8	0	25	490	86	1	68	9
Large	16 fl. oz. cup (372g)	660	200	22	10	0	35	620	108	2	86	12

Reese's Pieces Twister

Small	9 fl. oz. cup (223g)	410	140	16	10	0	20	300	60	1	57	10
Medium	12 fl. oz. cup (296g)	570	200	22	15	0	25	400	82	2	78	14
Large	16 fl. oz. cup (385g)	750	260	29	19	0	35	520	108	3	102	19

QuikShake

Chocolate Shake

Small	9 fl. oz. cup (224g)	300	60	7	4.5	0	25	250	53	0	53	7
X-Large	20 fl. oz. cup (567g)	770	160	18	12	0.5	55	620	139	0	138	17

Espresso Shake

X-Large	20 fl. oz. cup (569g)	590	150	16	11	0.5	55	610	100	0	100	15
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Strawberry Shake

Small	9 fl. oz. cup (223g)	290	60	7	4.5	0	25	250	53	0	53	6
X-Large	20 fl. oz. cup (564g)	750	150	16	11	0.5	55	610	138	0	137	15

Vanilla Shake

Small	9 fl. oz. cup (204g)	240	60	7	4.5	0	25	240	40	0	40	6
X-Large	20 fl. oz. cup (515g)	600	150	16	11	0.5	60	610	102	0	101	15

Frappe

Caramel Frappe

Small	16 fl. oz. cup (527g)	370	60	6	4	0	25	320	74	0	69	7
Large	20 fl. oz. cup (621g)	450	60	7	4.5	0	25	380	90	0	85	8

Chai Frappe

Small	16 fl. oz. cup (479g)	290	50	5	3.5	0	20	2110	57	0	56	5
Large	20 fl. oz. cup (561g)	330	50	6	4	0	20	230	65	0	64	5

Mocha Frappe

Small	16 fl. oz. cup (525g)	370	60	7	5	0	20	230	72	0	71	7
Large	20 fl. oz. cup (617g)	450	70	8	6	0	20	260	88	0	87	8

Strawberry Frappe

Small	16 fl. oz. cup (487g)	350	45	5	3.5	0	20	210	70	0	70	5
Large	20 fl. oz. cup (579g)	420	50	6	4	0	20	240	87	0	87	5

Vanilla Frappe

Small	16 fl. oz. cup (508g)	310	50	5	3.5	0	20	210	60	0	59	5
Large	20 fl. oz. cup (590g)	350	50	6	4	0	20	230	70	0	69	5

White Chocolate Frappe

Small	16 fl. oz. cup (526g)	370	50	6	4	0	25	320	72	0	68	7
Large	20 fl. oz. cup (618g)	450	60	7	4.5	0	25	380	89	0	83	8

Cold Brew Caramel Frappe

Small	16 fl. oz. cup (578g)	320	50	6	4	0	20	290	61	0	57	6
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Large	20 fl. oz. cup (737g)	450	10	8	5	0	30	400	86	0	81	9
Cold Brew French Vanilla Frappe												
Small	16 fl. oz. cup (569g)	280	20	5	3.5	0	20	210	54	0	52	5
Large	20 fl. oz. cup (717g)	380	70	7	5	0	25	290	72	0	71	7
Cold Brew Mocha Frappe												
Small	16 fl. oz. cup (578g)	320	60	7	4.5	0	20	220	60	0	58	6
Large	20 fl. oz. cup (734g)	450	80	9	6	0	25	310	85	0	83	8
Cold Brew Frappe with Sugar Free Vanilla Syrup												
Small	16 fl. oz. cup (578g)	200	50	5	3.5	0	20	210	36	0	33	5
Large	20 fl. oz. cup (706g)	280	70	7	5	0	25	290	49	0	45	7
Soft Serve												
Vanilla Soft Serve Cone	1 cone (191g)	320	50	6	4	0	20	220	37	0	36	5
Vanilla Soft Serve Cup	1 cup (184g)	210	50	6	4	0	20	220	36	0	36	5
Specialty Drinks												
Caramel Latte												
Hot Small	16 fl. oz. cup (414g)	330	70	7	4	0	35	270	56	0	51	13
Hot Large	20 fl. oz. cup (493g)	420	70	8	5	0	40	350	72	0	66	15
Iced Small	16 fl. oz. cup (546g)	260	35	4	2.5	0	20	210	49	0	44	8
Iced Large	20 fl. oz. cup (655g)	340	45	5	3	0	25	260	64	0	58	10
Caramel Mocha												
Hot Small	16 fl. oz. cup (400g)	370	60	7	4.5	0	30	230	66	0	62	12
Hot Large	20 fl. oz. cup (493g)	520	80	9	6	0	35	300	95	0	90	15
Iced Small	16 fl. oz. cup (509g)	290	35	4	2.5	0	15	160	58	0	55	6
Iced Large	20 fl. oz. cup (648g)	430	50	6	3.5	0	20	230	87	0	81	9
Chai Latte												
Hot Small	16 fl. oz. cup (332g)	220	50	6	4	0	30	160	30	0	29	11
Hot Large	20 fl. oz. cup (406g)	270	70	7	4.5	0	35	200	38	0	37	13
Iced Small	16 fl. oz. cup (457g)	150	30	3.5	2	0	15	95	23	0	22	6
Iced Large	20 fl. oz. cup (540g)	170	35	3.5	2.5	0	20	110	29	0	28	7
French Vanilla Latte												
Hot Small	16 fl. oz. cup (394g)	270	50	6	3.5	0	30	160	42	0	40	11
Hot Large	20 fl. oz. cup (462g)	320	60	7	4.5	0	35	200	51	0	50	13
Iced Small	16 fl. oz. cup (526g)	200	30	3	2	0	15	95	35	0	34	6
Iced Large	20 fl. oz. cup (625g)	240	35	4	2.5	0	20	115	43	0	42	7
Hazelnut Latte												
Hot Small	16 fl. oz. cup (398g)	260	50	6	3.5	0	30	170	42	0	41	11
Hot Large	20 fl. oz. cup (467g)	320	60	7	4.5	0	35	200	51	0	50	13
Iced Small	16 fl. oz. cup (530g)	190	30	3	2	0	15	105	35	0	34	6
Iced Large	20 fl. oz. cup (629g)	240	35	4	2.5	0	20	125	43	0	43	7
Cocoa												
Hot Small	16 fl. oz. cup (344g)	330	70	7	5	0	30	170	54	0	52	12
Hot Large	20 fl. oz. cup (449g)	430	90	10	6	0	35	220	71	0	69	16
Iced Small	16 fl. oz. cup (537g)	290	50	6	4	0	20	140	50	0	49	10
Iced Large	20 fl. oz. cup (632g)	360	60	7	4.5	0	25	160	64	0	63	11
Mocha												
Hot Small	16 fl. oz. cup (358g)	250	60	6	4	0	25	150	39	0	38	11
Hot Large	20 fl. oz. cup (430g)	340	70	8	5	0	30	190	55	0	54	13
Iced Small	16 fl. oz. cup (467g)	170	30	3	2	0	10	85	31	0	31	5
Iced Large	20 fl. oz. cup (585g)	250	40	4.5	3	0	15	115	46	0	45	7
Skinny Vanilla Latte												

Hot Small	16 fl. oz. cup (384g)	110	0	0	0	0	5	150	19	0	14	11
Hot Large	20 fl. oz. cup (450g)	140	0	0	0	0	5	180	23	0	17	13
Iced Small	16 fl. oz. cup (516g)	60	0	0	0	0	5	100	12	0	8	6
Iced Large	20 fl. oz. cup (612g)	80	0	0	0	0	5	110	15	0	10	7
White Chocolate Mocha												
Hot Small	16 fl. oz. cup (369g)	280	50	6	3.5	0	30	210	46	0	43	11
Hot Large	20 fl. oz. cup (441g)	370	60	7	4.5	0	35	280	62	0	57	13
Iced Small	16 fl. oz. cup (478g)	200	25	2.5	1.5	0	15	140	38	0	35	5
Iced Large	20 fl. oz. cup (596g)	280	35	3.5	2.5	0	20	210	53	0	49	7
White Chocolate Cocoa												
Hot Small	16 fl. oz. cup (345g)	330	60	6	4	0	30	260	54	0	49	12
Hot Large	20 fl. oz. cup (450g)	430	80	8	5	0	40	34	72	0	65	16
Iced Small	16 fl. oz. cup (538g)	290	45	5	3.5	0	25	230	51	0	46	10
Iced Large	20 fl. oz. cup (632g)	360	50	6	3.5	0	30	280	65	0	59	11

Grab & Go

Hotzi Sandwiches

Chicken & Cheese	5.78	480	220	25	8	4	45	1320	44	1	4	19
Jalapeno and Cheese Sausage Roll	5.85	490	280	31	11	1.5	55	1220	34	1	3	20
Sausage Egg & Cheese Croissant	4.9	410	230	26	9	2	155	860	25	0	4	13
Sausage Egg & Cheese Squarewrap	5.11	450	250	28	9	0	115	1130	34	1	2	14
Split Sausage Egg & Cheese Squarewrap	5.99	480	280	31	12	0	130	1350	33	1	1	17

Roller Grill

Buffalo Chicken Roller Bites	87g	190	70	8	2.5	0	35	900	15	1	2	15
Cheesy PepperJack Taquito	106g	280	130	14	6	0	25	270	30	0	1	8
Egg Roll - Pork	85g	170	80	9	2.5	0	15	560	19	2	2	7
Jalapeno Cheddar Smoked Sausage	91g	260	220	24	8	0	65	1060	1	0	1	11
Oscar Meyer All Beef Hot Dog	91g	290	240	27	11	1.5	50	910	2	0	1	10
Spicy Chicken Taquito	113g	270	70	8	2.5	0	30	690	35	2	2	14
Steak & Cheese Taquito	106g	240	80	9	2	0	10	450	31	0	1	10
Hot Dog Bun	43g	110	15	1.5	0	0	0	210	21	1	3	3

Condiment Bar

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

Misc. Mix/Sauces

Chili Sauce	1 portion cup	50	20	2.5	0	0	0	270	5	1	1	3
Nacho Cheese Sauce	1 portion cup	60	35	3.5	0.5	1	0	360	4	0	1	1

QTK Salads

Chef Salad	1 salad (283g)	260	110	13	6	0	155	740	9	3	3	29
Santa Fe Salad	1 salad (312g)	370	190	21	5	0	55	820	26	7	2	23

QTK Bakery

Apple Fritter	1 donut (168g)	580	250	28	4	0.5	0	510	76	1	34	7
Bavarian Crème Bismark	1 donut (136g)	460	190	21	5	4	0	410	62	1	31	5
Blueberry Cake Donut	1 donut (85g)	320	110	13	3	2	10	470	47	0	24	4
Blueberry Muffin	1 muffin (162g)	560	270	31	6	0	110	550	66	1	38	7
Cake Donut w/Icing & Sprinkles	1 donut (g)	390	160	17	4.5	3	10	540	53	1	26	5
Chocolate Cake Donut w/Choc Icing	1 donut (99g)	390	160	17	4.5	3	10	540	53	1	26	5
Chocolate Chunk Cookie	1 cookie (85g)	370	160	18	9	0	30	200	52	2	31	4
Cinnamon Roll	1 donut (136g)	520	250	28	7	4	5	690	57	2	4	10
Croissant - Large	1 croissant (90g)	390	190	21	17	0	0	210	42	3	5	8
Hole Bunches	1 donut (130g)	490	190	21	5	3	5	440	68	2	33	8
Hole Bunches w/ Chocolate Icing	1 donut (116g)	390	140	16	4	4	5	440	56	1	20	7
Long John - Chocolate	1 donut (133g)	550	250	28	7	5	5	430	66	2	32	7
Long John - Maple	1 donut (130g)	540	250	27	6	4.5	5	460	66	2	34	7
M & M Cookie	1 cookie (85g)	370	150	16	8	0	35	210	45	1	32	4
Maple Pecan Danish	1 danish (90g)	320	170	19	9	0	30	260	31	2	5	6
Old Fashioned Cake Donut w Glaze	1 donut (82g)	370	180	20	4.5	2	5	300	46	0	27	2
Peanut Butter Cookie	1 cookie (85g)	420	220	25	11	0	30	300	44	2	29	7
Raspberry Bismark w/White Icing	1 donut (145g)	470	150	17	4	2.5	0	380	75	0	42	5
Ring Yeast Glazed Donut w/Chocolate Icing	1 donut (91g)	360	160	18	4.5	3	0	320	46	2	20	5
Ring Yeast Glazed Donut	1 donut (81g)	310	130	14	3.5	2	0	320	40	1	15	5
White Chip Macadamia Cookie	1 cookie (85g)	400	200	22	11	0	35	190	47	1	28	5

Coffee

Coffee - All flavors all sizes	8 fl. oz. cup	0	0	0	0	0	0	0	0	0	0	0
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Fresh Brewed QTea

All Sweet QTea Flavors												
Small	20 fl. oz. cup	200	0	0	0	0	0	25	50	0	48	0
Big Q	32 fl. oz. cup	320	0	0	0	0	0	35	79	0	77	0
Large	44 fl. oz. cup	440	0	0	0	0	0	50	109	0	106	0
X-Large	52 fl. oz. cup	520	0	0	0	0	0	60	129	0	125	0
All Unsweet QTea Flavors												
Small	20 fl. oz. cup	0	0	0	0	0	0	0	0	0	0	0
Big Q	32 fl. oz. cup	0	0	0	0	0	0	0	0	0	0	0
Large	44 fl. oz. cup	0	0	0	0	0	0	0	0	0	0	0
X-Large	52 fl. oz. cup	0	0	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	47	0
Big Q	32 fl. oz. cup	310	0	0	0	0	0	35	77	0	75	0
Large	44 fl. oz. cup	420	0	0	0	0	0	50	106	0	102	0
X-Large	52 fl. oz. cup	500	0	0	0	0	0	60	125	0	121	0

Cappuccino/Latte/Steamer

Almond Amaretto Cappuccino												
Small	16 fl. oz cup	440	120	13	8	3	0	450	80	1	60	2
Medium	22 fl. oz. cup	610	160	18	11	4	0	620	110	2	83	3
Large	24 fl. oz. cup	660	170	19	12	4.5	0	370	120	2	91	3
Caramel Macchiato												
Small	16 fl. oz cup	450	140	15	15	0	0	390	77	1	53	3
Medium	22 fl. oz. cup	620	190	21	20	0	0	540	106	2	73	4

Large	24 fl. oz. cup	680	200	23	22	0	0	590	116	2	80	4
Cookies 'n Cream Steamer												
Small	16 fl. oz cup	440	110	12	11	0	5	570	77	1	62	6
Medium	22 fl. oz. cup	600	150	17	16	0	5	780	105	2	85	8
Large	24 fl. oz. cup	650	160	18	17	0	5	860	115	2	93	9
Fat Free French Vanilla Cappuccino												
Small	16 fl. oz cup	370	0	0.5	0	0	5	460	84	1	63	9
Medium	22 fl. oz. cup	510	5	0.5	0	0	5	630	115	1	86	12
Large	24 fl. oz. cup	560	5	1	0	0	5	690	126	2	94	13
French Vanilla Cappuccino (All Divisions)												
Small	16 fl. oz cup	420	80	9	9	0	0	500	84	1	61	2
Medium	22 fl. oz. cup	580	110	12	12	0	0	690	116	1	84	2
Large	24 fl. oz. cup	630	120	13	13	0	0	760	126	1	91	2
Hot Chocolate												
Small	16 fl. oz cup	410	80	9	8	0	0	580	80	3	66	5
Medium	22 fl. oz. cup	560	110	12	11	0	0	800	110	4	91	6
Large	24 fl. oz. cup	610	120	13	12	0	0	870	120	5	99	7
Mighty Mocha Cappuccino												
Small	16 fl. oz cup	440	140	15	14	0	0	440	75	2	57	4
Medium	22 fl. oz. cup	610	180	20	19	0	0	610	104	2	78	6
Large	24 fl. oz. cup	660	200	22	21	0	0	670	113	3	86	6
Sugar-Free White Choc Caramel Cappuccino												
Small	16 fl. oz cup	320	90	10	9	0	0	340	58	1	1	1
Medium	22 fl. oz. cup	440	120	13	12	0	0	470	80	1	1	2
Large	24 fl. oz. cup	490	140	15	13	0	0	510	88	1	1	2
Vanilla Cupcake Cappuccino												
Small	16 fl. oz cup	430	100	11	11	0	0	430	82	1	56	2
Medium	22 fl. oz. cup	600	140	16	15	0	0	590	112	1	78	3
Large	24 fl. oz. cup	650	150	17	17	0	0	640	122	1	85	3
Smoothies												
Caramel Latte Smoothie												
Small	20 fl. oz. cup	560	60	6	4	1	0	610	127	2	91	2
Big Q	32 fl. oz. cup	900	90	10	7	1.5	0	980	191	4	137	3
Large	44 fl. oz. cup	1240	120	13	9	2	0	1340	280	5	201	5
X-Large	52 fl. oz. cup	1470	140	16	11	2.5	0	1590	331	6	238	6
Horchata Smoothie												
Small	20 fl. oz. cup	600	90	10	2.5	4.5	0	115	128	1	81	1
Big Q	32 fl. oz. cup	960	140	16	4	7	0	180	204	1	130	2
Large	44 fl. oz. cup	1330	200	22	5	10	0	250	281	1	178	3
X-Large	52 fl. oz. cup	1560	230	25	6	12	0	300	332	1	210	3
Hot Chocolate Smoothie												
Small	20 fl. oz. cup	550	45	5	1.5	1.5	0	410	126	4	79	3
Big Q	32 fl. oz. cup	870	70	8	2.5	2.5	0	660	202	7	127	5
Large	44 fl. oz. cup	1200	100	11	3.5	3.5	0	900	278	9	174	7
X-Large	52 fl. oz. cup	1430	120	13	4.5	4.5	0	1070	329	11	206	9
Juicy Orange Smoothie												
Small	20 fl. oz. cup	340	0	0	0	0	0	95	84	0	82	0
Big Q	32 fl. oz. cup	550	0	0	0	0	0	150	134	0	132	0
Large	44 fl. oz. cup	760	0	0	0	0	0	210	185	0	181	0
X-Large	52 fl. oz. cup	900	0	0	0	0	0	250	218	0	215	0
Kool-Aid Blue Raspberry Smoothie												

Small	20 fl. oz. cup	380	0	0	0	0	0	17	96	0	0	0
Big Q	32 fl. oz. cup	600	0	0	0	0	0	34	153	0	153	0
Large	44 fl. oz. cup	830	0	0	0	0	0	46	210	0	210	0
X-Large	52 fl. oz. cup	980	0	0	0	0	0	55	249	0	248	0
Kool-Aid Tropical Smoothie												
Small	20 fl. oz. cup	300	0	0	0	0	0	22	76	0	76	0
Big Q	32 fl. oz. cup	470	0	0	0	0	0	35	121	0	121	0
Large	44 fl. oz. cup	650	0	0	0	0	0	49	167	0	167	0
X-Large	52 fl. oz. cup	770	0	0	0	0	0	57	197	0	197	0
Original (Frozen) Cappuccino Smoothie												
Small	20 fl. oz. cup	610	160	18	16	0	0	350	111	0	58	2
Big Q	32 fl. oz. cup	970	250	28	26	0	0	550	178	1	93	3
Large	44 fl. oz. cup	1340	350	39	36	0	0	760	245	1	128	4
X-Large	52 fl. oz. cup	1580	410	46	42	0	0	900	289	1	151	4
Melon Berry Smoothie												
Small	20 fl. oz. cup	350	0	0	0	0	0	20	87	0	85	0
Big Q	32 fl. oz. cup	570	0	0	0	0	0	30	139	0	136	0
Large	44 fl. oz. cup	780	5	0	0	0	0	40	191	0	187	0
X-Large	52 fl. oz. cup	920	5	0	0	0	0	45	226	0	221	0
Freezoni												
Blue Raspberry Freezoni												
Small	20 fl. oz. cup	300	0	0	0	0	0	42	76	0	74	0
Big Q	32 fl. oz. cup	480	0	0	0	0	0	68	122	0	118	0
Large	44 fl. oz. cup	670	0	0	0	0	0	167	163	0	163	0
X-Large	52 fl. oz. cup	790	0	0	0	0	0	110	198	0	192	0
Orange Cream Freezoni												
Small	20 fl. oz. cup	320	0	0	0	0	0	43	79	0	78	0
Big Q	32 fl. oz. cup	510	0	0	0	0	0	68	127	0	125	0
Large	44 fl. oz. cup	700	0	0	0	0	0	94	175	0	172	0
X-Large	52 fl. oz. cup	820	0	0	0	0	0	111	206	0	203	0
PowerAde Mountain Blast Freezoni												
Small	20 fl. oz. cup	150	0	0	0	0	0	200	40	0	40	0
Big Q	32 fl. oz. cup	240	0	0	0	0	0	320	64	0	64	0
Large	44 fl. oz. cup	330	0	0	0	0	0	440	88	0	87	0
X-Large	52 fl. oz. cup	390	0	0	0	0	0	510	104	0	103	0
Rooster Booster Freezoni												
Small	20 fl. oz. cup	300	0	0	0	0	0	26	75	0	72	0
Big Q	32 fl. oz. cup	470	0	0	0	0	0	51	120	0	115	0
Large	44 fl. oz. cup	650	0	0	0	0	0	70	165	0	158	0
X-Large	52 fl. oz. cup	770	0	0	0	0	0	83	194	0	187	0
Strawberry Banana Freezoni												
Small	20 fl. oz. cup	300	0	0	0	0	0	442	76	0		0
Big Q	32 fl. oz. cup	460	0	0	0	0	0	68	121	0		0
Large	44 fl. oz. cup	670	0	0	0	0	0	93	167	0		0
X-Large	52 fl. oz. cup	790	0	0	0	0	0	110	197	0		0
White Cherry Freezoni												
Small	20 fl. oz. cup	300	0	0	0	0	0	42	76	0	74	0
Big Q	32 fl. oz. cup	480	0	0	0	0	0	68	121	0	118	0
Large	44 fl. oz. cup	660	0	0	0	0	0	93	167	0	163	0
X-Large	52 fl. oz. cup	790	0	0	0	0	0	110	197	0	192	0
Wally Sour Apple Puckerberry Freezoni												

Small	20 fl. oz. cup	290	0	0	0	0	0	42	72	0	70	0
Big Q	32 fl. oz. cup	460	0	0	0	0	0	68	115	0	111	0
Large	44 fl. oz. cup	630	0	0	0	0	0	93	158	0	153	0
X-Large	52 fl. oz. cup	740	0	0	0	0	0	110	187	0	181	0

Specialty/Miscellaneous Drinks

Black & Green Peach Tea

Small	20 fl. oz. cup	5	0	0	0	0	0	20	1	0	0	0
Big Q	32 fl. oz. cup	10	0	0	0	0	0	30	2	0	0	0
Large	44 fl. oz. cup	10	0	0	0	0	0	45	2	0	0	0
X-Large	52 fl. oz. cup	15	0	0	0	0	0	50	3	0	0	0

Black Tea w/Lemonade

Small	20 fl. oz. cup	200	0	0	0	0	0	45	50	0	46	0
Big Q	32 fl. oz. cup	320	0	0	0	0	0	75	80	0	73	0
Large	44 fl. oz. cup	440	0	0	0	0	0	100	110	0	101	0
X-Large	52 fl. oz. cup	520	0	0	0	0	0	120	130	0	119	0

Green Tea - Honey, Lemon, Ginseng

Small	20 fl. oz. cup	210	0	0	0	0	0	140	50	0	49	0
Big Q	32 fl. oz. cup	330	0	0	0	0	0	220	81	0	79	0
Large	44 fl. oz. cup	450	0	0	0	0	0	310	111	0	109	0
X-Large	52 fl. oz. cup	540	0	0	0	0	0	360	131	0	128	0

Green Tea w/Mango

Small	20 fl. oz. cup	200	0	0	0	0	0	40	50	0	48	0
Big Q	32 fl. oz. cup	310	0	0	0	0	0	70	81	0	77	0
Large	44 fl. oz. cup	430	0	0	0	0	0	95	111	0	106	0
X-Large	52 fl. oz. cup	510	0	0	0	0	0	110	131	0	125	0

Strawberry Lemonade Tea

Small	20 fl. oz. cup	240	0	0	0	0	0	20	60	0	58	0
Big Q	32 fl. oz. cup	380	0	0	0	0	0	30	96	0	93	0
Large	44 fl. oz. cup	520	0	0	0	0	0	45	132	0	127	0
X-Large	52 fl. oz. cup	610	0	0	0	0	0	50	157	0	150	0

Blackberry Lemonade Aqua Fresca

Small	20 fl. oz. cup	250	0	0	0	0	0	70	67	0	63	0
Big Q	32 fl. oz. cup	410	0	0	0	0	0	110	107	0	101	0
Large	44 fl. oz. cup	560	0	0	0	0	0	150	148	0	139	0
X-Large	52 fl. oz. cup	660	0	0	0	0	0	180	174	0	164	0

Raspberry Hibiscus Tea Aqua Fresca

Small	20 fl. oz. cup	180	0	0	0	0	0	25	49	0	44	0
Big Q	32 fl. oz. cup	290	0	0	0	0	0	40	78	0	70	0
Large	44 fl. oz. cup	400	0	0	0	0	0	55	107	0	97	0
X-Large	52 fl. oz. cup	470	0	0	0	0	0	65	127	0	114	0

Horchata Aqua Fresca

Small	20 fl. oz. cup	230	40	4	4	0	0	55	46	0	41	0
Big Q	32 fl. oz. cup	360	60	7	7	0	0	90	74	0	65	0
Large	44 fl. oz. cup	500	80	9	9	0	0	125	101	0	90	0
X-Large	52 fl. oz. cup	590	80	11	11	0	0	150	119	0	106	0

Vanilla Syrup (2oz)

	2 fl. oz.	50	0	0	0	0	0	5	12	0	12	0
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Cherry Syrup (2oz)

	2 fl. oz.	50	0	0	0	0	0	5	12	0	12	0
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Fountain Drinks

Barq's Root Beer												
Small	20 fl. oz. cup	300	0	0	0	0	0	120	81	0	81	0

Big Q	32 fl. oz. cup	480	0	0	0	0	0	200	130	0	130	0
Large	44 fl. oz. cup	660	0	0	0	0	0	270	179	0	179	0
X-Large	52 fl. oz. cup	780	0	0	0	0	0	320	212	0	212	0
Big Red												
Small	20 fl. oz. cup	290	0	0	0	0	0	60	73	0	73	0
Big Q	32 fl. oz. cup	430	0	0	0	0	0	95	108	0	108	0
Large	44 fl. oz. cup	550	0	0	0	0	0	130	138	0	138	0
X-Large	52 fl. oz. cup	650	0	0	0	0	0	150	163	0	163	0
Brisk Raspberry												
Small	20 fl. oz. cup	130	0	0	0	0	0	67	33	0	33	0
Big Q	32 fl. oz. cup	200	0	0	0	0	0	107	53	0	53	0
Large	44 fl. oz. cup	280	0	0	0	0	0	147	73	0	73	0
X-Large	52 fl. oz. cup	330	0	0	0	0	0	173	87	0	87	0
Coca-Cola												
Small	20 fl. oz. cup	270	0	0	0	0	0	60	73	0	73	0
Big Q	32 fl. oz. cup	430	0	0	0	0	0	95	116	0	116	0
Large	44 fl. oz. cup	580	0	0	0	0	0	130	160	0	160	0
X-Large	52 fl. oz. cup	690	0	0	0	0	0	150	189	0	189	0
Coca-Cola Zero												
Small	20 fl. oz. cup	0	0	0	0	0	0	70	0	0	0	0
Big Q	32 fl. oz. cup	0	0	0	0	0	0	110	0	0	0	0
Large	44 fl. oz. cup	0	0	0	0	0	0	150	0	0	0	0
X-Large	52 fl. oz. cup	0	0	0	0	0	0	180	0	0	0	0
Diet Coke												
Small	20 fl. oz. cup	0	0	0	0	0	0	85	0	0	0	0
Big Q	32 fl. oz. cup	0	0	0	0	0	0	135	0	0	0	0
Large	44 fl. oz. cup	0	0	0	0	0	0	190	0	0	0	0
X-Large	52 fl. oz. cup	0	0	0	0	0	0	220	0	0	0	0
Diet Coke - Caffeine Free												
Small	20 fl. oz. cup	0	0	0	0	0	0	85	0	0	0	0
Big Q	32 fl. oz. cup	0	0	0	0	0	0	135	0	0	0	0
Large	44 fl. oz. cup	0	0	0	0	0	0	190	0	0	0	0
X-Large	52 fl. oz. cup	0	0	0	0	0	0	220	0	0	0	0
Diet Coke - Ginger Lime												
Small	20 fl. oz. cup	0	0	0	0	0	0	85	0	0	0	0
Big Q	32 fl. oz. cup	0	0	0	0	0	0	135	0	0	0	0
Large	44 fl. oz. cup	0	0	0	0	0	0	190	0	0	0	0
X-Large	52 fl. oz. cup	0	0	0	0	0	0	220	0	0	0	0
Diet Dr Pepper												
Small	20 fl. oz. cup	0	0	0	0	0	0	120	0	0	0	0
Big Q	32 fl. oz. cup	0	0	0	0	0	0	190	1	0	0	0
Large	44 fl. oz. cup	5	0	0	0	0	0	260	1	0	0	0
X-Large	52 fl. oz. cup	5	0	0	0	0	0	310	1	0	0	0
Diet Mtn Dew												
Small	20 fl. oz. cup	0	0	0	0	0	0	89	0	0	0	0
Big Q	32 fl. oz. cup	20	0	0	0	0	0	142	1	0	0	0
Large	44 fl. oz. cup	20	0	0	0	0	0	196	1	0	0	0
X-Large	52 fl. oz. cup	20	0	0	0	0	0	231	1	0	0	0
Diet Pepsi												
Small	20 fl. oz. cup	0	0	0	0	0	0	89	0	0	0	0
Big Q	32 fl. oz. cup	0	0	0	0	0	0	142	0	0	0	0
Large	44 fl. oz. cup	0	0	0	0	0	0	196	0	0	0	0

