



Serving Size	Servings Per Container	Calories	Total Fat (g)	% Daily Value	Saturated Fat (g)	% Daily Value	Trans Fat (g)	Cholesterol (mg)	% Daily Value	Sodium (mg)	% Daily Value	Total Carbohydrates (g)	% Daily Value	Dietary Fiber (g)	% Daily Value	Sugars (g)	Added Sugar (g)	% Daily Value	Protein (g)	% Vitamin D (RDI)	% Calcium (RDI)	% Iron (RDI)	% Daily Value	Allergens
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QT Kitchens

Flatbread

Chicken, Bacon & Ranch	1 flatbread (186g)	1	570	33	42%	14	72%	0.5	85	28%	1750	76%	37	14%	3	12%	3	2	4%	31	0%	35%	10%	6%	Egg, Milk, Soy, Wheat
Chicken & Cheese	1 flatbread (155g)	1	410	19	24%	10	49%	0.5	65	22%	1230	54%	37	13%	3	12%	2	2	4%	24	0%	35%	10%	6%	Milk, Soy, Wheat

Breakfast Scramble

Bacon, Egg & Cheese	1 bowl (215g)	1	500	37	48%	31	153%	0.5	560	187%	800	35%	8	3%	0	2%	2	1	2%	31	0%	60%	15%	6%	Egg, Milk, Soy
Protein	1 bowl (236g)	1	590	47	60%	25	124%	0.5	575	192%	1110	48%	9	3%	<1	2%	2	<1	1%	32	0%	30%	15%	6%	Egg, Milk, Soy
Sausage, Egg & Cheese	1 bowl (229g)	1	550	44	57%	15	74%	0.5	565	188%	900	39%	10	4%	<1	2%	2	0	0%	28	0%	30%	15%	6%	Egg, Milk, Soy
Veggie	1 bowl (228g)	1	420	32	41%	12	61%	0.5	540	180%	580	25%	10	4%	<1	3%	2	0	0%	25	0%	30%	15%	6%	Egg, Milk, Soy
Egg & Cheese	1 bowl (194g)	1	410	31	40%	12	59%	0.5	540	179%	450	20%	8	3%	0	2%	1	0	0%	24	0%	30%	15%	4%	Egg, Milk, Soy

Breakfast Burrito

Bacon, Egg & Cheese NO gravy	1 burrito (233g)	1	660	35	44%	15	74%	0.5	295	99%	1320	57%	57	21%	2	9%	<1	0	0%	28	0%	45%	25%	4%	Egg, Milk, Soy, Wheat
Bacon, Egg & Cheese Grab and Go	1 burrito (206g)	1	550	27	34%	11	53%	0	270	91%	1340	58%	56	20%	2	8%	1	0	0%	21	0%	25%	25%	4%	Egg, Milk, Soy, Wheat
Egg & Cheese	1 burrito (222g)	1	590	29	37%	13	63%	0.5	290	96%	1090	48%	57	21%	2	9%	<1	0	0%	25	0%	45%	25%	4%	Egg, Milk, Soy, Wheat
Sausage, Egg & Cheese NO gravy	1 burrito (240g)	1	660	36	46%	14	71%	0.5	300	101%	1320	57%	58	21%	3	9%	1	0	0%	27	0%	45%	25%	6%	Egg, Milk, Soy, Wheat
Sausage, Egg & Cheese Grab and Go	1 burrito (213g)	1	560	27	35%	10	49%	0	275	92%	1340	58%	57	21%	2	8%	2	0	0%	20	0%	30%	25%	6%	Egg, Milk, Soy, Wheat
The Ultimate	1 burrito (335g)	1	900	55	71%	22	108%	0.5	335	112%	2190	95%	63	23%	3	10%	2	<1	1%	37	0%	45%	25%	6%	Egg, Milk, Soy, Wheat

Croissant

Bacon, Egg & Cheese	1 croissant (158g)	1	470	33	42%	11	56%	0	160	53%	1550	68%	28	10%	<1	3%	5	3	6%	17	0%	8%	45%	4%	Egg, Milk, Soy, Wheat
Egg and Cheese	1 croissant (136g)	1	340	21	27%	7	34%	0	140	47%	1110	48%	28	10%	<1	3%	5	3	6%	11	0%	8%	45%	4%	Egg, Milk, Soy, Wheat
Ham, Egg & Cheese	1 croissant (195g)	1	390	22	29%	7	37%	0	170	56%	1700	74%	29	11%	<1	3%	6	3	6%	22	0%	8%	50%	15%	Egg, Milk, Soy, Wheat
Sausage, Egg & Cheese	1 croissant (192g)	1	590	46	59%	16	80%	0	185	61%	1470	64%	28	10%	1	4%	5	3	7%	18	0%	8%	50%	6%	Egg, Milk, Soy, Wheat
BLT & Cheese	1 croissant (155g)	1	390	26	34%	10	48%	0	30	10%	1430	62%	28	10%	1	5%	5	3	6%	13	0%	6%	45%	4%	Milk, Soy, Wheat
Turkey, Lettuce, Tomatoes & Cheese	1 croissant (192g)	1	320	16	20%	6	28%	0	35	12%	1550	67%	29	11%	1	5%	6	3	6%	18	0%	8%	45%	10%	Milk, Soy, Wheat

Tacos

Sausage, Egg & Cheese	1 taco (156g)	1	410	22	29%	8	41%	0	195	66%	1240	54%	38	14%	3	11%	3	1	2%	15	0%	20%	15%	4%	Egg, Milk, Soy, Wheat
Sausage, Egg & Cheese*	1 taco (140g)	1	380	20	26%	7	33%	0	155	52%	1030	45%	37	13%	3	11%	2	1	2%	14	0%	15%	15%	4%	Egg, Milk, Soy, Wheat
Bacon, Egg & Cheese	1 taco (149g)	1	410	22	28%	9	44%	0	195	64%	1230	54%	36	13%	3	11%	2	1	2%	16	0%	20%	15%	2%	Egg, Milk, Soy, Wheat
Bacon, Egg & Cheese*	1 taco (159g)	1	420	22	29%	9	43%	0	230	77%	1050	46%	37	13%	3	11%	2	1	2%	18	0%	20%	15%	2%	Egg, Milk, Soy, Wheat
Brisket, Egg & Cheese	1 taco (166g)	1	410	20	26%	8	42%	0	185	62%	1180	51%	37	13%	3	11%	3	1	2%	19	0%	20%	20%	2%	Egg, Milk, Soy, Wheat
Brisket, Egg & Cheese*	1 taco (143g)	1	350	16	20%	6	31%	0	155	52%	890	39%	36	13%	3	11%	2	1	2%	16	0%	15%	15%	2%	Egg, Milk, Soy, Wheat
Chorizo, Egg & Cheese	1 taco (155g)	1	400	20	26%	8	42%	0	185	61%	1170	51%	37	14%	3	12%	3	2	3%	16	0%	20%	15%	4%	Egg, Milk, Soy, Wheat
Chorizo, Egg & Cheese*	1 taco (145g)	1	380	19	24%	7	36%	0	150	50%	980	43%	37	13%	3	12%	2	2	3%	15	0%	20%	15%	4%	Egg, Milk, Soy, Wheat
Chicken	1 taco (149g)	1	310	10	12%	3.5	17%	0	75	26%	1010	44%	34	12%	3	11%	2	1	3%	20	0%	10%	30%	0%	Soy, Wheat

Chicken*	1 taco (127g)	1	280	8	11%	3	16%	0	55	18%	990	43%	34	12%	3	11%	2	1	3%	16	0%	10%	25%	0%	Soy, Wheat
Pork	1 taco (149g)	1	410	18	23%	7	34%	0	70	23%	1240	54%	36	13%	3	11%	2	1	3%	23	0%	15%	15%	0%	Soy, Wheat
Pork*	1 taco (144g)	1	400	17	22%	7	33%	0	65	22%	1220	53%	36	13%	3	11%	2	1	3%	22	0%	15%	15%	0%	Soy, Wheat
Brisket	1 taco (149g)	1	390	17	22%	7	34%	0	<5	1%	1400	61%	36	13%	3	11%	2	1	3%	23	0%	10%	20%	0%	Soy, Wheat
Brisket*	1 taco (131g)	1	360	16	20%	6	30%	0	60	20%	1110	48%	32	12%	3	10%	1	1	2%	20	0%	10%	15%	0%	Soy, Wheat

BBQ Sandwiches

BBQ Chicken	1 sandwich (212g)	1	450	10	12%	2	10%	0	105	35%	670	29%	59	21%	2	6%	16	16	31%	28	0%	6%	40%	2%	Soy, Wheat
BBQ Chicken*	1 sandwich (185g)	1	410	8	10%	1.5	8%	0	75	26%	650	28%	59	21%	2	6%	16	16	31%	23	0%	6%	30%	2%	Soy, Wheat
BBQ Pork	1 sandwich (212g)	1	580	21	27%	7	34%	0	95	31%	990	43%	61	22%	2	6%	16	16	31%	32	0%	8%	25%	2%	Soy, Wheat
BBQ Pork*	1 sandwich (189g)	1	510	17	22%	5	27%	0	75	24%	900	39%	60	22%	2	6%	16	16	31%	27	0%	8%	20%	2%	Soy, Wheat
BBQ Brisket	1 sandwich (212g)	1	550	20	26%	7	34%	0	5	2%	1210	52%	61	22%	2	6%	17	16	31%	31	0%	6%	30%	2%	Soy, Wheat
BBQ Brisket*	1 sandwich (185g)	1	490	16	20%	5	26%	0	<5	1%	1040	45%	60	22%	2	6%	17	16	31%	25	0%	6%	25%	2%	Soy, Wheat

Biscuits

Bacon, Egg & Cheese	1 biscuit (187g)	1	640	41	52%	20	102%	0	160	53%	1750	76%	46	17%	<1	3%	4	1	2%	20	0%	25%	15%	4%	Egg, Milk, Soy, Wheat
Ham, Egg, & Cheese	1 biscuit (224g)	1	560	30	39%	17	83%	0	170	56%	1900	83%	47	17%	<1	3%	5	1	2%	24	0%	25%	20%	15%	Egg, Milk, Soy, Wheat
Sausage, Egg & Cheese	1 biscuit (221g)	1	740	52	66%	24	118%	0.5	185	62%	1680	73%	47	17%	1	4%	5	1	2%	21	0%	25%	20%	4%	Egg, Milk, Soy, Wheat
Sausage	1 biscuit (164g)	1	620	43	55%	21	104%	0	40	14%	1260	55%	44	16%	1	4%	3	1	3%	13	0%	15%	15%	4%	Milk, Soy, Wheat
Biscuit & Gravy	1 biscuit and gravy (274g)	1	520	28	36%	16	79%	0	15	6%	1600	70%	57	21%	<1	3%	5	3	5%	9	0%	15%	15%	2%	Milk, Soy, Wheat

Grilled Cheese Sandwiches

Classic Grilled Cheese	1 sandwich (181g)	1	610	34	44%	15	75%	1	70	23%	1340	58%	52	19%	2	8%	3	1	2%	24	0%	45%	20%	4%	Milk, Soy, Wheat
BLT & Cheese	1 sandwich (243g)	1	740	46	59%	19	97%	1	85	29%	1790	78%	53	19%	3	9%	3	1	2%	31	0%	45%	20%	6%	Milk, Soy, Wheat
Bacon, Egg & Cheese	1 sandwich (246g)	1	820	52	67%	21	105%	1	215	71%	1920	83%	53	19%	2	8%	3	1	2%	35	0%	45%	20%	6%	Egg, Milk, Soy, Wheat
Sausage, Egg & Cheese	1 sandwich (288g)	1	940	66	84%	26	129%	1	240	79%	1830	80%	53	19%	2	9%	3	1	3%	36	0%	45%	25%	8%	Egg, Milk, Soy, Wheat
Egg & Cheese	1 sandwich (223g)	1	690	41	52%	17	83%	1	195	65%	1470	64%	53	19%	2	8%	3	1	2%	29	0%	45%	20%	6%	Egg, Milk, Soy, Wheat
BBQ Pork Melter	1 sandwich (301g)	1	920	52	67%	21	107%	1	165	54%	1890	82%	62	23%	2	8%	10	8	17%	49	0%	45%	30%	4%	Milk, Soy, Wheat
BBQ Pork Melter*	1 sandwich (277g)	1	850	48	61%	20	100%	1	140	47%	1800	78%	62	22%	2	8%	10	8	17%	43	0%	45%	25%	4%	Milk, Soy, Wheat
Buffalo Melter	1 sandwich (263g)	1	690	36	46%	16	78%	1	110	36%	1970	85%	54	20%	2	8%	4	2	5%	38	0%	45%	20%	10%	Milk, Soy, Wheat
CBR Melter	1 sandwich (276g)	1	840	50	64%	20	101%	1	130	43%	2340	102%	54	20%	2	8%	4	2	5%	44	0%	45%	20%	10%	Egg, Milk, Soy, Wheat
Cuban Melter	1 sandwich (342g)	1	840	44	57%	17	86%	1	160	54%	1940	84%	53	19%	3	9%	3	1	2%	56	0%	40%	30%	10%	Milk, Soy, Wheat
Ham and Cheese Melter	1 sandwich (240g)	1	660	35	45%	16	78%	1	95	32%	1930	84%	53	19%	2	8%	4	1	2%	35	0%	45%	20%	15%	Milk, Soy, Wheat
Italian Melter	1 sandwich (222g)	1	730	43	55%	17	83%	1	85	29%	1900	82%	50	18%	2	7%	3	1	3%	34	0%	45%	20%	8%	Milk, Soy, Wheat
BBQ Brisket Melter	1 sandwich (301g)	1	890	51	65%	21	107%	1	75	25%	2100	91%	62	23%	2	8%	12	8	17%	47	0%	45%	30%	4%	Milk, Soy, Wheat
BBQ Brisket Melter*	1 sandwich (273g)	1	830	46	60%	20	98%	1	75	24%	1940	84%	62	22%	2	8%	11	8	17%	41	0%	45%	30%	4%	Milk, Soy, Wheat

Pretzel

Cinnamon Sugar	1 pretzel (179g)	1	500	10	12%	2.5	13%	0	0	0%	310	13%	90	33%	2	9%	17	17	34%	13	0%	0%	20%	0%	Soy, Wheat
Classic, Salt and Butter	1 pretzel (176g)	1	490	10	12%	2.5	13%	0	0	0%	540	24%	87	32%	2	9%	14	14	27%	13	0%	0%	20%	0%	Soy, Wheat
Classic, Plain	1 pretzel (170g)	1	440	4.5	5%	1.5	9%	0	0	0%	290	12%	87	32%	2	9%	14	14	27%	13	0%	0%	20%	0%	Soy, Wheat
Parmesan	1 pretzel (179g)	1	500	11	13%	3	16%	0	<5	1%	460	20%	87	32%	3	9%	14	14	27%	14	0%	2%	20%	0%	Milk, Soy, Wheat

Personal Pizza

Breakfast	1 pizza (381g)	1	1020	51	65%	32	161%	1	230	77%	2070	90%	95	34%	4	15%	5	<1	2%	46	0%	50%	35%	8%	Egg, Milk, Soy, Wheat
Breakfast Chorizo	1 pizza (381g)	1	1000	49	63%	32	162%	1	220	73%	2010	87%	94	34%	4	16%	5	1	2%	47	0%	50%	40%	8%	Egg, Milk, Soy, Wheat
Cheese	1 pizza (305g)	1	740	27	34%	16	78%	1	75	24%	1700	74%	93	34%	5	17%	7	0	0%	32	0%	45%	35%	10%	Milk, Soy, Wheat
Pepperoni	1 pizza (324g)	1	830	34	44%	18	92%	1	90	30%	2050	89%	94	34%	5	17%	7	0	1%	36	0%	45%	35%	10%	Milk, Soy, Wheat
Supreme	1 pizza (408g)	1	920	43	55%	20	99%	1	105	34%	2420	105%	99	36%	6	22%	9	0	1%	39	2%	45%	40%	15%	Milk, Soy, Wheat
3 Meat	1 pizza (352g)	1	940	44	57%	29	146%	1	115	38%	2450	106%	95	35%	5	17%	8	<1	2%	41	2%	45%	35%	15%	Milk, Soy, Wheat

Pizza by the Slice

Breakfast Pizza	1 slice (198g)	1	510	26	33%	16	80%	0	115	38%	1190	52%	48	17%	2	8%	4	2	4%	22	0%	20%	15%	4%	Egg, Milk, Soy, Wheat	
Chorizo Breakfast	1 slice (198g)	1	500	24	31%	16	81%	0	105	35%	1140	50%	48	17%	2	9%	4	2	4%	23	0%	20%	20%	4%	Egg, Milk, Soy, Wheat	
Pepperoni	1 slice (167g)	1	410	17	22%	9	43%	0	40	13%	1140	49%	47	17%	3	9%	5	1	3%	17	0%	20%	15%	6%	Milk, Soy, Wheat	
3 Meat	1 slice (181g)	1	460	22	28%	14	72%	0	50	17%	1300	57%	48	17%	3	9%	5	2	4%	20	0%	20%	15%	6%	Milk, Soy, Wheat	
X-Large Pizza																										
Breakfast Pizza (per slice)	1 slice (99g)	1	250	13	16%	8	40%	0	55	19%	600	26%	24	9%	1	4%	2	<1	2%	11	0%	10%	8%	2%	Egg, Milk, Soy, Wheat	
Chorizo Breakfast (per slice)	1 slice (99g)	1	250	12	16%	8	41%	0	55	18%	570	25%	24	9%	1	4%	2	<1	2%	11	0%	10%	10%	2%	Egg, Milk, Soy, Wheat	
Cheese (per slice)	1 slice (154g)	1	350	12	15%	7	34%	0	30	9%	910	40%	47	17%	3	9%	5	1	3%	15	0%	20%	15%	6%	Milk, Soy, Wheat	
Sausage (per slice)	1 slice (169g)	1	410	17	22%	8	40%	0	40	13%	1090	48%	48	17%	3	9%	5	1	3%	16	0%	20%	15%	6%	Milk, Soy, Wheat	
Pepperoni (per slice)	1 slice (167g)	1	410	17	22%	9	43%	0	40	13%	1140	49%	47	17%	3	9%	5	1	3%	17	0%	20%	15%	6%	Milk, Soy, Wheat	
Supreme (per slice)	1 slice (201g)	1	450	20	26%	9	44%	0	45	14%	1270	55%	49	18%	3	11%	6	1	3%	18	0%	20%	20%	8%	Milk, Soy, Wheat	
3 Meat (per slice)	1 slice (181g)	1	460	22	28%	14	72%	0	50	17%	1300	57%	48	17%	3	9%	5	2	4%	20	0%	20%	15%	6%	Milk, Soy, Wheat	
Subs																										
The Big Italian																										
Half Wheat	1 sub (236g)	1	490	26	34%	9	47%	0	65	21%	1890	82%	37	14%	4	14%	7	0	0%	27	0%	20%	10%	15%	Milk, Soy, Wheat	
Half White	1 sub (231g)	1	480	26	34%	10	49%	0	65	21%	2010	87%	36	13%	4	13%	5	0	0%	27	0%	30%	25%	10%	Milk, Soy, Wheat	
Whole Wheat	1 sub (472g)	1	980	52	67%	19	93%	1	130	43%	3800	165%	75	27%	7	23%	13	0	1%	54	0%	45%	25%	20%	Milk, Soy, Wheat	
Whole White	1 sub (463g)	1	970	53	68%	19	97%	1	125	42%	4010	174%	72	26%	7	26%	10	0	1%	53	0%	60%	45%	20%	Milk, Soy, Wheat	
Double BLT																										
Half Wheat	1 sub (160g)	1	540	37	47%	11	54%	0	50	17%	1280	55%	33	12%	3	10%	4	0	0%	19	0%	2%	6%	4%	Egg, Soy, Wheat	
Half White	1 sub (155g)	1	530	37	47%	11	55%	0	50	17%	1390	60%	32	12%	3	10%	3	0	0%	19	0%	10%	20%	0%	Egg, Soy, Wheat	
Whole Wheat	1 sub (320g)	1	1080	74	95%	22	108%	0	100	33%	2550	111%	67	24%	6	21%	9	0	0%	39	0%	6%	10%	6%	Egg, Soy, Wheat	
Whole White	1 sub (311g)	1	1070	74	95%	22	111%	0	100	33%	2780	121%	64	23%	6	20%	6	0	0%	38	0%	20%	35%	2%	Egg, Soy, Wheat	
The Gardener																										
Half Wheat	1 sub (174g)	1	320	14	18%	5	26%	0	25	9%	610	26%	36	13%	3	12%	5	0	1%	13	6%	20%	8%	6%	Egg, Milk, Soy, Wheat	
Half White	1 sub (169g)	1	310	14	18%	6	28%	0	25	9%	720	31%	35	13%	3	12%	4	0	1%	13	6%	25%	20%	4%	Egg, Milk, Soy, Wheat	
Whole Wheat	1 sub (348g)	1	630	28	36%	10	52%	0.5	50	17%	1210	53%	72	26%	7	25%	10	<1	1%	26	15%	35%	15%	10%	Egg, Milk, Soy, Wheat	
Whole White	1 sub (339g)	1	620	28	36%	11	55%	0.5	50	17%	1440	62%	69	25%	7	24%	8	<1	1%	25	15%	50%	40%	8%	Egg, Milk, Soy, Wheat	
Ham																										
Half Wheat	1 sub (197g)	1	370	17	21%	6	29%	0	55	19%	1190	52%	35	13%	3	12%	6	0	0%	23	0%	15%	10%	15%	Egg, Milk, Soy, Wheat	
Half White	1 sub (193g)	1	350	19	25%	6	29%	0	45	15%	1040	45%	33	12%	3	10%	4	0	0%	18	0%	20%	30%	15%	Egg, Milk, Soy, Wheat	
Whole Wheat	1 sub (394g)	1	750	33	42%	12	58%	0.5	110	37%	2370	103%	70	26%	6	23%	11	0	0%	46	0%	30%	25%	30%	Egg, Milk, Soy, Wheat	
Whole White	1 sub (385g)	1	690	39	50%	12	59%	0.5	90	29%	2070	90%	66	24%	6	20%	7	0	0%	36	0%	45%	60%	25%	Egg, Milk, Soy, Wheat	
Roast Beef																										
Half Wheat	1 sub (197g)	1	450	21	27%	8	38%	0	75	25%	1090	47%	35	13%	3	12%	4	<1	2%	30	0%	25%	30%	6%	Egg, Milk, Soy, Wheat	
Half White	1 sub (193g)	1	440	21	26%	8	38%	0	75	25%	1060	46%	34	12%	3	11%	4	<1	2%	29	0%	20%	30%	6%	Egg, Milk, Soy, Wheat	
Whole Wheat	1 sub (395g)	1	900	42	54%	15	77%	0.5	150	51%	2170	94%	70	25%	7	23%	8	2	4%	60	0%	45%	60%	10%	Egg, Milk, Soy, Wheat	
Whole White	1 sub (386g)	1	880	41	53%	15	75%	0.5	150	50%	2120	92%	68	25%	6	23%	8	2	4%	58	0%	45%	60%	10%	Egg, Milk, Soy, Wheat	
3 Meat Stack																										
Half Wheat	1 sub (197g)	1	400	18	23%	6	31%	0	60	20%	1100	48%	35	13%	3	12%	5	0	1%	25	0%	15%	15%	10%	Egg, Milk, Soy, Wheat	
Half White	1 sub (193g)	1	390	18	23%	7	33%	0	60	20%	1210	53%	34	12%	3	11%	4	0	1%	25	0%	20%	25%	10%	Egg, Milk, Soy, Wheat	
Whole Wheat	1 sub (394g)	1	800	36	46%	12	62%	0.5	120	40%	2190	95%	71	26%	7	23%	11	<1	1%	50	0%	30%	30%	20%	Egg, Milk, Soy, Wheat	
Whole White	1 sub (385g)	1	790	36	46%	13	65%	0.5	120	40%	2420	105%	68	25%	6	22%	8	<1	1%	49	0%	45%	50%	20%	Egg, Milk, Soy, Wheat	
Turkey																										
Half Wheat	1 sub (197g)	1	370	16	21%	6	28%	0	50	17%	1060	46%	35	13%	3	12%	5	0	0%	23	0%	20%	10%	10%	Egg, Milk, Soy, Wheat	
Half White	1 sub (193g)	1	370	16	21%	6	30%	0	50	17%	1180	51%	34	12%	3	11%	4	0	0%	23	0%	25%	25%	10%	Egg, Milk, Soy, Wheat	
Whole Wheat	1 sub (394g)	1	740	32	41%	11	56%	0.5	100	33%	2120	92%	70	26%	6	23%	11	0	0%	47	0%	35%	25%	25%	Egg, Milk, Soy, Wheat	
Whole White	1 sub (385g)	1	730	32	41%	12	60%	0.5	100	33%	2350	102%	67	24%	6	22%	8	0	0%	46	0%	50%	45%	20%	Egg, Milk, Soy, Wheat	
Chicken, Bacon & Ranch																										
Half Wheat	1 sub (210g)	1	450	21	27%	8	38%	0	75	25%	1240	54%	36	13%	3	11%	6	2	3%	29	0%	15%	8%	8%	Egg, Milk, Soy, Wheat	

Half White	1 sub (205g)	1	440	21	27%	8	40%	0	75	25%	1360	59%	35	13%	3	10%	4	2	3%	28	0%	20%	20%	6%	Egg, Milk, Soy, Wheat	
Whole Wheat	1 sub (420g)	1	890	42	54%	15	77%	0.5	145	49%	2490	108%	72	26%	6	21%	12	3	6%	58	2%	30%	15%	20%	Egg, Milk, Soy, Wheat	
Whole White	1 sub (411g)	1	880	42	54%	16	80%	0.5	145	49%	2710	118%	69	25%	6	21%	9	3	6%	57	2%	45%	40%	15%	Egg, Milk, Soy, Wheat	
Shredded Chicken, Bacon & Ranch																										
Half Wheat	1 sub (206g)	1	450	23	30%	8	41%	0	95	31%	820	34%	34	12%	3	11%	5	0	1%	26	0%	15%	20%	4%	Egg, Milk, Soy, Wheat	
Half Wheat*	1 sub (201g)	1	450	23	29%	8	40%	0	90	30%	810	35%	34	12%	3	11%	5	0	1%	25	0%	15%	20%	4%	Egg, Milk, Soy, Wheat	
Half White	1 sub (201g)	1	450	23	30%	8	42%	0	95	31%	930	40%	32	12%	3	10%	3	0	1%	26	0%	20%	30%	2%	Egg, Milk, Soy, Wheat	
Half White*	1 sub (196g)	1	440	23	29%	8	42%	0	90	30%	930	40%	32	12%	3	10%	3	0	1%	25	0%	20%	30%	2%	Egg, Milk, Soy, Wheat	
Whole Wheat	1 sub (411g)	1	910	46	60%	16	82%	0.5	190	63%	1630	71%	68	25%	6	21%	9	<1	1%	53	0%	30%	40%	8%	Egg, Milk, Soy, Wheat	
Whole Wheat*	1 sub (402g)	1	890	46	59%	16	81%	0.5	180	59%	1620	71%	68	25%	6	21%	9	<1	1%	51	0%	30%	35%	8%	Egg, Milk, Soy, Wheat	
Whole White	1 sub (402g)	1	900	47	60%	17	85%	0.5	190	63%	1860	81%	65	24%	6	20%	6	<1	1%	52	0%	45%	60%	4%	Egg, Milk, Soy, Wheat	
Whole White*	1 sub (393g)	1	880	46	59%	17	84%	0.5	180	59%	1850	80%	65	24%	6	20%	6	<1	1%	50	0%	45%	60%	4%	Egg, Milk, Soy, Wheat	

Wraps

The Big Italian	1 wrap (345g)	1	790	42	54%	16	82%	0.5	105	35%	3250	141%	59	21%	3	12%	4	0	1%	42	0%	40%	30%	20%	Milk, Soy, Wheat
Double BLT	1 wrap (247g)	1	950	66	84%	22	112%	0	85	28%	2650	115%	54	20%	2	9%	1	0	0%	34	0%	20%	20%	4%	Egg, Soy, Wheat
The Gardener	1 wrap (215g)	1	470	20	25%	8	41%	0	25	9%	1090	47%	56	21%	3	11%	2	0	1%	15	6%	35%	20%	6%	Egg, Milk, Soy, Wheat
Ham	1 wrap (298g)	1	580	23	30%	9	47%	0	80	27%	2260	98%	57	21%	3	10%	3	0	0%	36	0%	30%	25%	25%	Egg, Milk, Soy, Wheat
Roast Beef	1 wrap (298g)	1	720	31	40%	12	60%	0	120	40%	1790	78%	58	21%	3	11%	3	2	4%	49	0%	30%	40%	10%	Egg, Milk, Soy, Wheat
3 Meat Stack	1 wrap (298g)	1	620	26	33%	10	49%	0	90	30%	2020	88%	57	21%	3	10%	3	<1	1%	39	0%	30%	30%	20%	Egg, Milk, Soy, Wheat
Turkey	1 wrap (298g)	1	560	22	29%	8	42%	0	65	21%	1930	84%	56	20%	3	10%	3	0	0%	33	0%	35%	20%	15%	Egg, Milk, Soy, Wheat
Southwest Chicken Salad	1 wrap (294g)	1	660	28	35%	12	58%	1	110	36%	1790	78%	62	23%	3	10%	4	3	6%	40	0%	40%	25%	10%	Egg, Milk, Soy, Wheat
Chicken Bacon Ranch	1 wrap (307g)	1	690	32	41%	12	60%	0	155	51%	1350	59%	54	20%	3	9%	2	0	1%	40	0%	30%	45%	4%	Egg, Milk, Soy, Wheat

Kolache

Sausage	1 kolache (106g)	1	310	7	10%	2	11%	0	15	4%	400	17%	46	17%	2	8%	9	9	17%	10	0%	6%	6%	2%	Egg, Milk, Soy, Wheat
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QT Twister®

Butterfinger																										
Small	9 fl. oz. cup (226g)	1	400	13	17%	8	39%	0	25	9%	300	13%	64	23%	1	4%	54	44	88%	8	0%	15%	2%	6%	Milk, Peanut, Soy	
Medium	12 fl. oz. cup (293g)	1	520	18	23%	10	51%	0	35	11%	380	17%	84	31%	1	5%	70	57	115%	10	0%	25%	4%	8%	Milk, Peanut, Soy	
Large	16 fl. oz. cup (409g)	1	700	23	30%	14	68%	0	45	16%	530	23%	114	41%	2	6%	96	78	156%	13	0%	30%	4%	10%	Milk, Peanut, Soy	
M&M Minis																										
Small	9 fl. oz. cup (224g)	1	410	14	18%	9	44%	0	25	8%	250	11%	65	23%	1	5%	62	52	105%	7	0%	20%	4%	6%	Milk, Soy	
Medium	12 fl. oz. cup (297g)	1	570	20	25%	13	63%	0	30	11%	330	14%	89	32%	2	7%	85	73	146%	10	0%	30%	6%	8%	Milk, Soy	
Large	16 fl. oz. cup (418g)	1	780	27	35%	17	86%	0	45	15%	470	20%	123	45%	3	10%	118	100	201%	14	0%	40%	8%	10%	Milk, Soy	
Oreo																										
Small	9 fl. oz. cup (227g)	1	420	14	18%	6	31%	0	20	7%	390	17%	68	25%	1	4%	53	44	87%	7	0%	20%	15%	8%	Milk, Soy, Wheat	
Medium	12 fl. oz. cup (290g)	1	530	18	23%	8	39%	0	25	9%	490	21%	86	31%	1	5%	68	55	111%	9	0%	25%	15%	10%	Milk, Soy, Wheat	
Large	16 fl. oz. cup (403g)	1	700	23	30%	11	53%	0	40	13%	650	28%	114	41%	2	6%	92	74	149%	13	0%	35%	20%	15%	Milk, Soy, Wheat	
Reese's Pieces																										
Small	9 fl. oz. cup (223g)	1	410	16	20%	10	52%	0	20	7%	300	13%	60	22%	1	5%	57	47	95%	10	0%	20%	0%	6%	Milk, Peanut, Soy	
Medium	12 fl. oz. cup (296g)	1	570	22	28%	15	73%	0	25	9%	400	17%	82	30%	2	7%	78	65	131%	14	0%	25%	2%	8%	Milk, Peanut, Soy	
Large	16 fl. oz. cup (417g)	1	780	30	39%	20	100%	0	40	13%	560	24%	114	41%	3	10%	108	91	181%	20	0%	35%	4%	10%	Milk, Peanut, Soy	

QuikShake®

Chocolate																										
Small	9 fl. oz. cup (224g)	1	300	7	9%	4.5	24%	0	25	8%	250	11%	53	19%	0	1%	53	42	84%	7	0%	20%	8%	8%	Milk	
X-Large	20 fl. oz. cup (567g)	1	770	18	23%	12	60%	0.5	55	19%	620	27%	139	50%	0	2%	137	111	221%	17	0%	50%	25%	20%	Milk	
Mocha																										
X-Large	20 fl. oz. cup (518g)	1	640	14	18%	10	48%	0	45	15%	490	21%	117	42%	0	1%	116	95	190%	13	0%	40%	25%	15%	Milk	

Hot Small	16 fl. oz. cup (352g)	1	160	6	7%	3.5	18%	0	30	10%	160	7%	16	6%	0	0%	15	0	0%	11	15%	30%	0%	10%	Milk	
Hot Large	20 fl. oz. cup (409g)	1	190	7	9%	4.5	22%	0	35	12%	190	8%	19	7%	0	0%	18	0	0%	13	15%	35%	0%	15%	Milk	
Iced Small	16 fl. oz. cup (483g)	1	90	3	4%	2	10%	0	15	5%	95	4%	9	3%	0	0%	8	0	0%	6	8%	15%	0%	6%	Milk	
Iced Large	20 fl. oz. cup (572g)	1	100	4	5%	2.5	12%	0	20	6%	115	5%	10	4%	0	0%	10	0	0%	7	10%	20%	0%	8%	Milk	
Cocoa																										
Hot Small	16 fl. oz. cup (344g)	1	330	7	10%	5	24%	0	30	9%	170	7%	54	20%	0	0%	52	38	76%	12	15%	30%	20%	10%	Milk	
Hot Large	20 fl. oz. cup (449g)	1	430	10	12%	6	31%	0	35	12%	220	10%	71	26%	0	0%	69	51	101%	16	20%	35%	30%	15%	Milk	
Iced Small	16 fl. oz. cup (537g)	1	290	6	8%	4	20%	0	20	7%	140	6%	50	18%	0	0%	49	38	76%	10	10%	20%	20%	8%	Milk	
Iced Large	20 fl. oz. cup (632g)	1	360	7	9%	4.5	23%	0	25	8%	160	7%	64	23%	0	0%	63	51	101%	11	10%	25%	30%	8%	Milk	
Mocha																										
Hot Small	16 fl. oz. cup (358g)	1	250	6	8%	4	20%	0	25	9%	150	7%	39	14%	0	0%	38	25	51%	11	15%	25%	15%	10%	Milk	
Hot Large	20 fl. oz. cup (430g)	1	340	8	10%	5	26%	0	30	10%	190	8%	55	20%	0	0%	54	38	76%	13	15%	30%	20%	10%	Milk	
Iced Small	16 fl. oz. cup (467g)	1	170	3	4%	2	11%	0	10	3%	85	4%	31	11%	0	0%	31	25	51%	5	6%	10%	15%	6%	Milk	
Iced Large	20 fl. oz. cup (585g)	1	250	4.5	6%	3	15%	0	15	5%	115	5%	46	17%	0	0%	45	38	76%	7	8%	15%	20%	6%	Milk	
White Chocolate Cocoa																										
Hot Small	16 fl. oz. cup (345g)	1	330	6	8%	4	21%	0	30	11%	260	11%	54	20%	0	0%	49	32	64%	12	15%	35%	0%	15%	Milk	
Hot Large	20 fl. oz. cup (450g)	1	430	8	11%	5	27%	0	40	14%	340	15%	72	26%	0	0%	65	43	86%	16	20%	45%	0%	15%	Milk	
Iced Small	16 fl. oz. cup (538g)	1	290	5	7%	3.5	16%	0	25	8%	230	10%	51	18%	0	0%	46	32	64%	10	15%	25%	0%	10%	Milk	
Iced Large	20 fl. oz. cup (632g)	1	360	6	7%	3.5	18%	0	30	9%	280	12%	65	24%	0	0%	59	43	86%	11	15%	30%	0%	10%	Milk	
Cold Brew	20 fl. oz. cup (555g)	1	0	0	0%	0	0%	0	0	0%	15	1%	0	0%	0	0%	0	0	0%	0	0%	0%	0%	0%	0%	

Grab & Go

Hotzi Sandwiches

Jalapeno & Cheese Sausage Roll	5.85	1	490	31	47%	11	53%	1.5	55	18%	1220	51%	34	11%	1	6%	3	3	6%	20	0%	0%	0%	0%	Milk, Soy, Wheat
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Roller Grill

Buffalo Chicken Roller Bites	87g	1	190	9	11%	2.5	13%	0	45	14%	710	31%	12	5%	0	2%	<1	0	0%	14	0%	6%	6%	4%	Milk, Soy, Wheat
Cheesy PepperJack Taquito	106g	1	280	14	22%	6	30%	0	25	8%	270	11%	30	10%	0	0%	1	0	0%	8	0%	10%	20%	0%	Milk, Wheat
Egg Roll - Pork	85g	1	170	9	14%	2.5	13%	0	15	5%	560	23%	19	6%	2	8%	2	0	0%	7	0%	0%	0%	0%	Milk, Soy, Wheat
Jalapeno Cheddar Smoked Sausage	91g	1	260	24	31%	8	42%	0	65	21%	1060	46%	1	0%	0	0%	1	0	0%	11	0%	6%	4%	0%	Milk
Oscar Meyer All Beef Hot Dog	91g	1	290	27	42%	11	55%	1.5	50	17%	910	38%	2	1%	0	0%	1	0	0%	10	0%	0%	0%	0%	
Spicy Chicken Taquito	113g	1	270	8	12%	2.5	13%	0	30	10%	690	29%	35	12%	2	8%	2	0	0%	14	0%	0%	0%	0%	Milk, Soy, Wheat
Steak & Cheese Taquito	106g	1	240	9	14%	2	10%	0	10	3%	450	19%	31	10%	0	0%	1	0	0%	10	0%	0%	0%	0%	Milk, Soy, Wheat
Hot Dog Bun	43g	1	110	1.5	2%	0	0%	0	0	0%	210	9%	21	7%	1	4%	3	0	0%	3	0%	0%	0%	0%	Soy, Wheat

Condiment Bar

Chicago Relish (1 TBSP)	1 T.	1	20	0	0%	0	0%	0	0	0%	10	0%	5	2%	0	0%	0	0	0%	0	0%	0%	0%	0%	
Diced Onion (1 TBSP)	1 T.	1	5	0	0%	0	0%	0	0	0%	0	0%	3	1%	0	0%	1	0	0%	0	0%	0%	0%	0%	
Diced Tomato (1 TBSP)	1 T.	1	5	0	0%	0	0%	0	0	0%	0	0%	1	0%	0	0%	1	0	0%	0	0%	0%	0%	0%	
Fresh Sauerkraut (1/4 cup)	1/4 c.	1	5	0	0%	0	0%	0	0	0%	950	40%	3	1%	3	12%	0	0	0%	0	0%	0%	0%	0%	
Jalapeno Slices (7slices)	7 slices	1	0	0	0%	0	0%	0	0	0%	950	40%	2	1%	1	4%	1	0	0%	0	0%	0%	0%	0%	
Pickle Chips (3 slices)	3 slices	1	0	0	0%	0	0%	0	0	0%	520	22%	1	0%	1	4%	0	0	0%	0	0%	0%	0%	0%	
Pico de Gallo (1 TBSP)	1 T.	1	5	0	0%	0	0%	0	0	0%	0	0%	1	0%	0	0%	0	0	0%	0	0%	0%	0%	0%	
Sport Peppers	2 peppers	1	0	0	0%	0	0%	0	0	0%	10	0%	0	0%	0	0%	0	0	0%	0	0%	0%	0%	0%	
Cole Slaw (Atlanta/Carolinas) (1 TBSP)	1 T.	1	20	1	2%	0	0%	0	0	0%	25	1%	2	1%	0	0%	1	0	0%	0	0%	0%	0%	0%	

Misc. Mix/Sauces

Chili Sauce	1 portion cup	1	50	2.5	4%	0	0%	0	0	0%	270	11%	5	2%	1	4%	1	0	0%	3	0%	0%	0%	0%	
Nacho Cheese Sauce	1 portion cup	1	60	3.5	5%	0.5	3%	1	0	0%	360	15%	4	1%	0	0%	1	0	0%	1	0%	0%	0%	0%	

QTK Bakery																									
Apple Fritter	1 donut (164g)	1	560	28	36%	11	55%	0	0	0%	480	21%	73	26%	2	7%	33	27	55%	7	0%	2%	15%	0%	Egg, Milk, Soy, Wheat
Bavarian Crème Bismark	1 donut (129g)	1	380	14	18%	5	27%	0	0	0%	370	16%	61	22%	1	4%	30	22	44%	5	0%	0%	15%	0%	Egg, Milk, Soy, Wheat
Blueberry Cake Donut	1 donut (85g)	1	280	11	14%	4	21%	0	15	5%	370	16%	43	16%	<1	2%	23	23	45%	4	0%	0%	8%	0%	Egg, Milk, Soy, Wheat
Blueberry Cake Donut Holes	1 cup (163g)	1	530	19	24%	7	36%	0	30	10%	710	31%	85	31%	1	5%	47	45	90%	7	0%	4%	15%	4%	Egg, Milk, Soy, Wheat
Blueberry Muffin	1 muffin (172g)	1	590	33	42%	6	30%	0	105	35%	40	2%	70	25%	2	6%	9	7	14%	8	2%	0%	4%	0%	Egg, Milk, Soy, Wheat
Chocolate Cake Donut w/Choc Icing	1 donut (96g)	1	330	14	18%	6	28%	0	30	10%	400	17%	48	18%	<1	3%	25	15	30%	4	0%	0%	10%	0%	Egg, Milk, Soy, Wheat
Chocolate Chip Brownie	1 pastry (85g)	1	370	18	23%	5	25%	0	105	35%	45	2%	46	17%	0	0%	31	31	62%	5	0%	2%	15%	0%	Egg, Milk, Soy, Wheat
Chocolate Old Fashioned Cake Donut w Glaze	1 donut (100g)	1	340	12	15%	4.5	23%	0	15	5%	330	14%	55	20%	1	5%	34	33	67%	4	0%	4%	15%	4%	Egg, Milk, Soy, Wheat
Chocolate Chunk Cookie	2 cookies (170g)	1	740	35	45%	17	87%	0.5	65	21%	410	18%	105	38%	5	17%	62	59	118%	9	0%	4%	45%	6%	Egg, Milk, Soy, Wheat
Cinnamon Roll	1 donut (138g)	1	430	14	18%	4.5	23%	0	0	0%	490	21%	70	26%	2	8%	30	26	52%	7	0%	2%	15%	0%	Egg, Milk, Soy, Wheat
Croissant - Large	1 croissant (90g)	1	390	21	32%	17	85%	0	0	0%	210	9%	42	14%	3	12%	5			8					Egg, Milk, Wheat
Hole Bunches	1 donut (130g)	1	410	13	17%	4.5	23%	0	0	0%	430	19%	69	25%	1	5%	34	30	60%	6	0%	0%	15%	0%	Egg, Milk, Soy, Wheat
Long John - Chocolate	1 donut (133g)	1	460	18	24%	7	34%	0	0	0%	450	20%	69	25%	1	5%	30	27	54%	7	0%	2%	20%	0%	Egg, Milk, Soy, Wheat
Long John - Maple	1 donut (130g)	1	420	13	17%	4.5	23%	0	0	0%	440	19%	71	26%	1	5%	37	34	68%	6	0%	0%	15%	0%	Egg, Milk, Soy, Wheat
M & M Cookie	2 cookie (170g)	1	740	33	42%	16	78%	0.5	65	22%	420	18%	98	36%	2	8%	65	62	123%	9	0%	6%	25%	4%	Egg, Milk, Soy, Wheat
Maple Cinnamon Roll	1 donut (183g)	1	580	14	18%	4.5	23%	0	0	0%	510	22%	108	39%	2	8%	66	55	111%	7	0%	2%	15%	0%	Egg, Milk, Soy, Wheat
Maple Pecan Danish	1 danish (90g)	1	320	19	29%	9	45%	0	30	10%	260	11%	31	10%	2	8%	5			6					Egg, Milk, Pecan, Wheat
Old Fashioned Cake Donut w Glaze	1 donut (100g)	1	340	11	14%	4.5	21%	0	15	5%	350	15%	58	21%	<1	2%	37	36	71%	3	0%	0%	8%	0%	Egg, Milk, Soy, Wheat
Old Fashioned Cake Donut Holes	1 cup (163g)	1	550	19	24%	7	36%	0	30	9%	670	29%	90	33%	1	4%	51	50	99%	6	0%	2%	15%	2%	Egg, Milk, Soy, Wheat
Peanut Butter Cookie	2 cookies (170g)	1	830	50	64%	23	113%	0.5	60	20%	600	26%	88	32%	4	16%	58	57	114%	14	45%	6%	15%	8%	Egg, Milk, Peanut, Soy, Wheat
Raspberry Bismark w/White Icing	1 donut (133g)	1	390	11	14%	3.5	19%	0	0	0%	420	18%	68	25%	1	4%	38	13	27%	5	0%	0%	10%	0%	Egg, Milk, Soy, Wheat
Ring Yeast Glazed Donut w/Chocolate Icing	1 donut (91g)	1	310	12	16%	4.5	22%	0	0	0%	320	14%	46	17%	1	4%	19	17	34%	5	0%	0%	10%	0%	Egg, Milk, Soy, Wheat
Ring Yeast Glazed Donut	1 donut (81g)	1	260	9	11%	3	15%	0	0	0%	300	13%	40	14%	1	4%	15	13	26%	4	0%	0%	10%	0%	Egg, Milk, Soy, Wheat
Sprinkle Hole Bunches	1 donut (130g)	1	410	13	17%	4.5	22%	0	0	0%	480	21%	66	24%	1	5%	33	2	5%	6	0%	0%	15%	0%	Egg, Milk, Soy, Wheat
White Chip Macadamia Cookie	2 cookies (170g)	1	800	45	58%	22	109%	0.5	70	23%	380	16%	95	34%	3	9%	57	56	111%	9	0%	8%	20%	4%	Coconut, Egg, Macadamia Nut, Milk, Soy, Wheat

Coffee																									
Coffee - All flavors all sizes	8 fl. oz. cup	1	0	0	0%	0	0%	0	0	0%	0	0%	0	0%	0	0%	0	0	0%	0	0%	0%	0%	0%	0%

Fresh Brewed QTea																									
All Sweet QTea Flavors																									
Small	20 fl. oz. cup	1	230	0	0%	0	0%	0	0	0%	10	1%	58	21%	0	0%	58	58	117%	0	0%	0%	0%	0%	0%
Big Q	32 fl. oz. cup	1	370	0	0%	0	0%	0	0	0%	30	1%	93	34%	0	0%	93	93	186%	0	0%	0%	0%	0%	0%
Large	44 fl. oz. cup	1	510	0	0%	0	0%	0	0	0%	40	2%	128	47%	0	0%	128	128	256%	0	0%	0%	0%	0%	0%
X-Large	52 fl. oz. cup	1	600	0	0%	0	0%	0	0	0%	45	2%	152	55%	0	0%	151	151	303%	0	0%	0%	0%	0%	0%
All Unsweet QTea Flavors																									
Small	20 fl. oz. cup	1	0	0	0%	0	0%	0	0	0%	10	1%	0	0%	0	0%	0	0	0%	0	0%	0%	0%	0%	0%
Big Q	32 fl. oz. cup	1	0	0	0%	0	0%	0	0	0%	30	1%	0	0%	0	0%	0	0	0%	0	0%	0%	0%	0%	0%
Large	44 fl. oz. cup	1	0	0	0%	0	0%	0	0	0%	40	2%	0	0%	0	0%	0	0	0%	0	0%	0%	0%	0%	0%
X-Large	52 fl. oz. cup	1	0	0	0%	0	0%	0	0	0%	45	2%	0	0%	0	0%	0	0	0%	0	0%	0%	0%	0%	0%
Sweet Original																									
Small	20 fl. oz. cup	1	270	0	0%	0	0%	0	0	0%	10	1%	68	25%	0	0%	68	68	137%	0	0%	0%	0%	0%	0%
Big Q	32 fl. oz. cup	1	430	0	0%	0	0%	0	0	0%	30	1%	110	40%	0	0%	109	109	219%	0	0%	0%	0%	0%	0%
Large	44 fl. oz. cup	1	600	0	0%	0	0%	0	0	0%	40	2%	151	55%	0	0%	151	151	301%	0	0%	0%	0%	0%	0%
X-Large	52 fl. oz. cup	1	700	0	0%	0	0%	0	0	0%	45	2%	178	65%	0	0%	178	178	356%	0	0%	0%	0%	0%	0%

Cappuccino/Latte/Steamer																									
Almond Amaretto Cappuccino																									
Small	16 fl. oz cup	1	440	13	20%	8	40%	3	0	0%	450	19%	80	27%	1	4%	60	60	120%	2	0%	0%	0%	0%	Milk, Soy
Medium	22 fl. oz. cup	1	610	18	28%	11	55%	4	0	0%	620	26%	110	37%	2	8%	83	83	166%	3	0%	0%	0%	0%	Milk, Soy

Large	24 fl. oz. cup	1	660	19	29%	12	60%	4.5	0	0%	370	28%	120	40%	2	8%	91	91	182%	3	0%	0%	0%	0%	Milk, Soy	
Caramel Macchiato																										
Small	16 fl. oz cup	1	450	15	23%	15	75%	0	0	0%	390	16%	77	26%	1	4%	53	53	106%	3	0%	0%	0%	0%	Milk	
Medium	22 fl. oz. cup	1	620	21	32%	20	100%	0	0	0%	540	23%	106	35%	2	8%	73	73	146%	4	0%	0%	0%	0%	Milk	
Large	24 fl. oz. cup	1	680	23	35%	22	110%	0	0	0%	590	25%	116	39%	2	8%	80	80	160%	4	0%	0%	0%	0%	Milk	
Cookies 'n Cream Steamer																										
Small	16 fl. oz cup	1	440	12	18%	11	55%	0	5	2%	570	24%	77	26%	1	4%	62	62	124%	6	0%	0%	0%	0%	Milk, Soy, Wheat	
Medium	22 fl. oz. cup	1	600	17	26%	16	80%	0	5	2%	780	33%	105	35%	2	8%	85	85	170%	8	0%	0%	0%	0%	Milk, Soy, Wheat	
Large	24 fl. oz. cup	1	650	18	28%	17	85%	0	5	2%	860	36%	115	38%	2	8%	93	93	186%	9	0%	0%	0%	0%	Milk, Soy, Wheat	
Fat Free French Vanilla Cappuccino																										
Small	16 fl. oz cup	1	370	0.5	1%	0	0%	0	5	2%	460	19%	84	28%	1	4%	63	63	126%	9	0%	0%	0%	0%	Milk	
Medium	22 fl. oz. cup	1	510	0.5	1%	0	0%	0	5	2%	630	26%	115	38%	1	4%	86	86	172%	12	0%	0%	0%	0%	Milk	
Large	24 fl. oz. cup	1	560	1	2%	0	0%	0	5	2%	690	19%	126	42%	2	8%	94	94	188%	13	0%	0%	0%	0%	Milk	
French Vanilla Cappuccino																										
Small	16 fl. oz cup	1	420	9	14%	9	45%	0	0	0%	500	21%	84	28%	1	4%	61	61	122%	2	0%	0%	0%	0%	Milk	
Medium	22 fl. oz. cup	1	580	12	18%	12	60%	0	0	0%	690	29%	116	39%	1	4%	84	84	168%	2	0%	0%	0%	0%	Milk	
Large	24 fl. oz. cup	1	630	13	20%	13	65%	0	0	0%	760	32%	126	42%	1	4%	91	91	182%	2	0%	0%	0%	0%	Milk	
Hot Chocolate																										
Small	16 fl. oz cup	1	410	9	14%	8	40%	0	0	0%	580	24%	80	27%	3	12%	66	66	132%	5	0%	0%	0%	0%	Milk	
Medium	22 fl. oz. cup	1	560	12	18%	11	55%	0	0	0%	800	33%	110	37%	4	16%	91	91	182%	6	0%	0%	0%	0%	Milk	
Large	24 fl. oz. cup	1	610	13	20%	12	60%	0	0	0%	870	36%	120	40%	5	20%	99	99	198%	7	0%	0%	0%	0%	Milk	
Mighty Mocha Cappuccino																										
Small	16 fl. oz cup	1	440	15	23%	14	70%	0	0	0%	440	18%	75	25%	2	8%	57	57	114%	4	0%	0%	0%	0%	Milk	
Medium	22 fl. oz. cup	1	610	20	31%	19	95%	0	0	0%	610	25%	104	35%	2	8%	78	78	156%	6	0%	0%	0%	0%	Milk	
Large	24 fl. oz. cup	1	660	22	34%	21	105%	0	0	0%	670	28%	113	38%	3	12%	86	86	172%	6	0%	0%	0%	0%	Milk	
Sugar-Free White Choc Caramel Cappuccino																										
Small	16 fl. oz cup	1	320	10	15%	9	45%	0	0	0%	340	14%	58	19%	1	4%	1	0	0%	1	0%	0%	0%	0%	Milk	
Medium	22 fl. oz. cup	1	440	13	20%	12	60%	0	0	0%	470	20%	80	27%	1	4%	1	0	0%	2	0%	0%	0%	0%	Milk	
Large	24 fl. oz. cup	1	490	15	23%	13	65%	0	0	0%	510	21%	88	29%	1	4%	1	0	0%	2	0%	0%	0%	0%	Milk	
Vanilla Cupcake Cappuccino																										
Small	16 fl. oz cup	1	430	11	17%	11	55%	0	0	0%	430	18%	82	27%	1	4%	56	56	112%	2	0%	0%	0%	0%	Milk	
Medium	22 fl. oz. cup	1	600	16	25%	15	75%	0	0	0%	590	25%	112	37%	1	4%	78	78	156%	3	0%	0%	0%	0%	Milk	
Large	24 fl. oz. cup	1	650	17	26%	17	85%	0	0	0%	640	27%	122	41%	1	4%	85	85	170%	3	0%	0%	0%	0%	Milk	
Smoothies																										
Green Tea Smoothie																										
Small	20 fl. oz. cup	1	560	6	9%	4	20%	1	0	0%	610	25%	127	42%	2	8%	91	91	182%	2	0%	0%	0%	0%		
Big Q	32 fl. oz. cup	1	900	10	15%	7	35%	1.5	0	0%	980	41%	191	64%	4	16%	137	137	274%	3	0%	0%	0%	0%		
Large	44 fl. oz. cup	1	1240	13	20%	9	45%	2	0	0%	1340	56%	280	93%	5	20%	201	201	402%	5	0%	0%	0%	0%		
X-Large	52 fl. oz. cup	1	1470	16	25%	11	55%	2.5	0	0%	1590	66%	331	110%	6	24%	238	238	476%	6	0%	0%	0%	0%		
Horchata Smoothie																										
Small	20 fl. oz. cup	1	600	10	15%	2.5	13%	4.5	0	0%	115	5%	128	43%	1	4%	81	81	162%	1	0%	0%	0%	0%	Milk	
Big Q	32 fl. oz. cup	1	960	16	25%	4	20%	7	0	0%	180	8%	204	68%	1	4%	130	130	260%	2	0%	0%	0%	0%	Milk	
Large	44 fl. oz. cup	1	1330	22	34%	5	25%	10	0	0%	250	10%	281	94%	1	4%	178	178	356%	3	0%	0%	0%	0%	Milk	
X-Large	52 fl. oz. cup	1	1560	25	38%	6	30%	12	0	0%	300	13%	332	111%	1	4%	210	210	420%	3	0%	0%	0%	0%	Milk	
Hot Chocolate Smoothie																										
Small	20 fl. oz. cup	1	550	5	8%	1.5	8%	1.5	0	0%	410	17%	126	42%	4	16%	79	79	158%	3	0%	0%	0%	0%	Milk	
Big Q	32 fl. oz. cup	1	870	8	12%	2.5	13%	2.5	0	0%	660	28%	202	67%	7	28%	127	127	254%	5	0%	0%	0%	0%	Milk	
Large	44 fl. oz. cup	1	1200	11	17%	3.5	18%	3.5	0	0%	900	38%	278	93%	9	36%	174	174	348%	7	0%	0%	0%	0%	Milk	
X-Large	52 fl. oz. cup	1	1430	13	20%	4.5	23%	4.5	0	0%	1070	45%	329	110%	11	44%	206	206	412%	9	0%	0%	0%	0%	Milk	
Juicy Orange Smoothie																										
Small	20 fl. oz. cup	1	340	0	0%	0	0%	0	0	0%	95	4%	84	28%	0	0%	82	82	164%	0	0%	0%	0%	0%		

Big Q	32 fl. oz. cup	1	550	0	0%	0	0%	0	0	0%	150	6%	134	45%	0	0%	132	132	264%	0	0%	0%	0%	0%
Large	44 fl. oz. cup	1	760	0	0%	0	0%	0	0	0%	210	9%	185	62%	0	0%	181	181	362%	0	0%	0%	0%	0%
X-Large	52 fl. oz. cup	1	900	0	0%	0	0%	0	0	0%	250	10%	218	73%	0	0%	215	215	430%	0	0%	0%	0%	0%
Kool-Aid Blue Raspberry Smoothie																								
Small	20 fl. oz. cup	1	380	0	0%	0	0%	0	0	0%	17	1%	96	32%	0	0%	102	102	204%	0	0%	0%	0%	0%
Big Q	32 fl. oz. cup	1	600	0	0%	0	0%	0	0	0%	34	1%	153	51%	0	0%	153	153	306%	0	0%	0%	0%	0%
Large	44 fl. oz. cup	1	830	0	0%	0	0%	0	0	0%	46	2%	210	70%	0	0%	210	210	420%	0	0%	0%	0%	0%
X-Large	52 fl. oz. cup	1	980	0	0%	0	0%	0	0	0%	55	2%	249	83%	0	0%	248	248	496%	0	0%	0%	0%	0%
Orange Juicer Smoothie																								
Small	20 fl. oz. cup	1	300	0	0%	0	0%	0	0	0%	22	1%	76	25%	0	0%	76	76	152%	0	0%	0%	0%	0%
Big Q	32 fl. oz. cup	1	470	0	0%	0	0%	0	0	0%	35	1%	121	40%	0	0%	121	121	242%	0	0%	0%	0%	0%
Large	44 fl. oz. cup	1	650	0	0%	0	0%	0	0	0%	49	2%	167	56%	0	0%	167	167	334%	0	0%	0%	0%	0%
X-Large	52 fl. oz. cup	1	770	0	0%	0	0%	0	0	0%	57	2%	197	66%	0	0%	197	197	394%	0	0%	0%	0%	0%
Original (Frozen) Cappuccino Smoothie																								
Small	20 fl. oz. cup	1	610	18	28%	16	80%	0	0	0%	350	15%	111	37%	0	0%	58	58	116%	2	0%	0%	0%	0%
Big Q	32 fl. oz. cup	1	970	28	43%	26	130%	0	0	0%	550	23%	178	59%	1	4%	93	93	186%	3	0%	0%	0%	0%
Large	44 fl. oz. cup	1	1340	39	60%	36	180%	0	0	0%	760	32%	245	82%	1	4%	128	128	256%	4	0%	0%	0%	0%
X-Large	52 fl. oz. cup	1	1580	46	71%	42	210%	0	0	0%	900	38%	289	96%	1	4%	151	151	302%	4	0%	0%	0%	0%
Wildberry Smoothie																								
Small	20 fl. oz. cup	1	350	0	0%	0	0%	0	0	0%	20	1%	87	29%	0	0%	85	85	170%	0	0%	0%	0%	0%
Big Q	32 fl. oz. cup	1	570	0	0%	0	0%	0	0	0%	30	1%	139	44%	0	0%	136	136	272%	0	0%	0%	0%	0%
Large	44 fl. oz. cup	1	780	0	0%	0	0%	0	0	0%	40	2%	191	65%	0	0%	187	187	374%	0	0%	0%	0%	0%
X-Large	52 fl. oz. cup	1	920	0	0%	0	0%	0	0	0%	45	2%	226	75%	0	0%	221	221	442%	0	0%	0%	0%	0%

Freezoni

Mango Freezoni																								
Small	20 fl. oz. cup	1	300	0	0%	0	0%	0	0	0%	42	2%	76	25%	0	0%	74	74	148%	0	0%	0%	0%	0%
Big Q	32 fl. oz. cup	1	480	0	0%	0	0%	0	0	0%	68	3%	122	41%	0	0%	118	118	236%	0	0%	0%	0%	0%
Large	44 fl. oz. cup	1	670	0	0%	0	0%	0	0	0%	167	7%	163	54%	0	0%	163	163	326%	0	0%	0%	0%	0%
X-Large	52 fl. oz. cup	1	790	0	0%	0	0%	0	0	0%	110	5%	198	66%	0	0%	192	192	384%	0	0%	0%	0%	0%
Orange Cream Freezoni																								
Small	20 fl. oz. cup	1	320	0	0%	0	0%	0	0	0%	43	2%	79	26%	0	0%	78	78	156%	0	0%	0%	0%	0%
Big Q	32 fl. oz. cup	1	510	0	0%	0	0%	0	0	0%	68	3%	127	42%	0	0%	125	125	250%	0	0%	0%	0%	0%
Large	44 fl. oz. cup	1	700	0	0%	0	0%	0	0	0%	94	4%	175	58%	0	0%	172	172	344%	0	0%	0%	0%	0%
X-Large	52 fl. oz. cup	1	820	0	0%	0	0%	0	0	0%	111	5%	206	69%	0	0%	203	203	406%	0	0%	0%	0%	0%
PowerAde Mountain Blast Freezoni																								
Small	20 fl. oz. cup	1	150	0	0%	0	0%	0	0	0%	200	8%	40	13%	0	0%	40	40	80%	0	0%	0%	0%	0%
Big Q	32 fl. oz. cup	1	240	0	0%	0	0%	0	0	0%	320	13%	64	21%	0	0%	64	64	128%	0	0%	0%	0%	0%
Large	44 fl. oz. cup	1	330	0	0%	0	0%	0	0	0%	440	18%	88	29%	0	0%	87	87	174%	0	0%	0%	0%	0%
X-Large	52 fl. oz. cup	1	390	0	0%	0	0%	0	0	0%	510	21%	104	35%	0	0%	103	103	206%	0	0%	0%	0%	0%
Rooster Booster Freezoni																								
Small	20 fl. oz. cup	1	300	0	0%	0	0%	0	0	0%	26	1%	75	27%	0	0%	72	72	144%	0	0%	0%	0%	0%
Big Q	32 fl. oz. cup	1	470	0	0%	0	0%	0	0	0%	51	2%	120	44%	0	0%	115	115	230%	0	0%	0%	0%	0%
Large	44 fl. oz. cup	1	650	0	0%	0	0%	0	0	0%	70	3%	165	60%	0	0%	158	158	316%	0	0%	0%	0%	0%
X-Large	52 fl. oz. cup	1	770	0	0%	0	0%	0	0	0%	83	4%	194	71%	0	0%	187	187	374%	0	0%	0%	0%	0%
Watermelon Freezoni																								
Small	20 fl. oz. cup	1	300	0	0%	0	0%	0	0	0%	442	2%	76	28%	0	0%	74	74	148%	0	0%	0%	0%	0%
Big Q	32 fl. oz. cup	1	460	0	0%	0	0%	0	0	0%	68	3%	121	44%	0	0%	118	118	236%	0	0%	0%	0%	0%
Large	44 fl. oz. cup	1	670	0	0%	0	0%	0	0	0%	93	4%	167	61%	0	0%	163	163	326%	0	0%	0%	0%	0%
X-Large	52 fl. oz. cup	1	790	0	0%	0	0%	0	0	0%	110	5%	197	72%	0	0%	192	192	384%	0	0%	0%	0%	0%
White Cherry Freezoni																								
Small	20 fl. oz. cup	1	300	0	0%	0	0%	0	0	0%	42	2%	76	28%	0	0%	74	74	148%	0	0%	0%	0%	0%

Big Q	32 fl. oz. cup	1	480	0	0%	0	0%	0	0	0%	68	3%	121	44%	0	0%	118	118	236%	0	0%	0%	0%	0%
Large	44 fl. oz. cup	1	660	0	0%	0	0%	0	0	0%	93	4%	167	61%	0	0%	163	163	326%	0	0%	0%	0%	0%
X-Large	52 fl. oz. cup	1	790	0	0%	0	0%	0	0	0%	110	5%	197	72%	0	0%	192	192	384%	0	0%	0%	0%	0%
Wally Sour Apple Puckerberry Freezoni																								
Small	20 fl. oz. cup	1	290	0	0%	0	0%	0	0	0%	42	2%	72	26%	0	0%	70	70	140%	0	0%	0%	0%	0%
Big Q	32 fl. oz. cup	1	460	0	0%	0	0%	0	0	0%	68	3%	115	42%	0	0%	111	111	222%	0	0%	0%	0%	0%
Large	44 fl. oz. cup	1	630	0	0%	0	0%	0	0	0%	93	4%	158	58%	0	0%	153	153	306%	0	0%	0%	0%	0%
X-Large	52 fl. oz. cup	1	740	0	0%	0	0%	0	0	0%	110	5%	187	68%	0	0%	181	181	362%	0	0%	0%	0%	0%

Specialty/Miscellaneous Drinks

Black & Green Peach Tea

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

Black Tea w/Lemonade

Small	20 fl. oz. cup	1	200	0	0%	0	0%	0	0	0%	45	2%	50	17%	0	0%	46	46	92%	0	0%	0%	0%	0%
Big Q	32 fl. oz. cup	1	320	0	0%	0	0%	0	0	0%	75	3%	80	27%	0	0%	73	73	146%	0	0%	0%	0%	0%
Large	44 fl. oz. cup	1	440	0	0%	0	0%	0	0	0%	100	4%	110	37%	0	0%	101	101	202%	0	0%	0%	0%	0%
X-Large	52 fl. oz. cup	1	520	0	0%	0	0%	0	0	0%	120	5%	130	43%	0	0%	119	119	238%	0	0%	0%	0%	0%

Green Tea - Honey, Lemon, Ginseng

Small	20 fl. oz. cup	1	210	0	0%	0	0%	0	0	0%	140	6%	50	18%	0	0%	49	49	98%	0	0%	0%	0%	0%
Big Q	32 fl. oz. cup	1	330	0	0%	0	0%	0	0	0%	220	10%	81	29%	0	0%	79	79	158%	0	0%	0%	0%	0%
Large	44 fl. oz. cup	1	450	0	0%	0	0%	0	0	0%	310	13%	111	40%	0	0%	109	109	218%	0	0%	0%	0%	0%
X-Large	52 fl. oz. cup	1	540	0	0%	0	0%	0	0	0%	360	16%	131	48%	0	0%	128	128	256%	0	0%	0%	0%	0%

Strawberry Lemonade Tea

Small	20 fl. oz. cup	1	240	0	0%	0	0%	0	0	0%	20	1%	60	22%	0	0%	58	58	116%	0	0%	0%	0%	0%
Big Q	32 fl. oz. cup	1	380	0	0%	0	0%	0	0	0%	30	1%	96	35%	0	0%	93	93	186%	0	0%	0%	0%	0%
Large	44 fl. oz. cup	1	520	0	0%	0	0%	0	0	0%	45	2%	132	48%	0	0%	127	127	254%	0	0%	0%	0%	0%
X-Large	52 fl. oz. cup	1	610	0	0%	0	0%	0	0	0%	50	2%	157	57%	0	0%	150	150	300%	0	0%	0%	0%	0%

Blackberry Lemonade Aqua Fresca

Small	20 fl. oz. cup	1	250	0	0%	0	0%	0	0	0%	70	3%	67	22%	0	0%	63	63	126%	0	0%	0%	0%	0%
Big Q	32 fl. oz. cup	1	410	0	0%	0	0%	0	0	0%	110	5%	107	36%	0	0%	101	101	202%	0	0%	0%	0%	0%
Large	44 fl. oz. cup	1	560	0	0%	0	0%	0	0	0%	150	6%	148	49%	0	0%	139	139	278%	0	0%	0%	0%	0%
X-Large	52 fl. oz. cup	1	660	0	0%	0	0%	0	0	0%	180	8%	174	58%	0	0%	164	164	328%	0	0%	0%	0%	0%

Raspberry Hibiscus Tea Aqua Fresca

Small	20 fl. oz. cup	1	180	0	0%	0	0%	0	0	0%	25	1%	49	16%	0	0%	44	44	88%	0	0%	0%	0%	0%
Big Q	32 fl. oz. cup	1	290	0	0%	0	0%	0	0	0%	40	2%	78	26%	0	0%	70	70	140%	0	0%	0%	0%	0%
Large	44 fl. oz. cup	1	400	0	0%	0	0%	0	0	0%	55	2%	107	36%	0	0%	97	97	194%	0	0%	0%	0%	0%
X-Large	52 fl. oz. cup	1	470	0	0%	0	0%	0	0	0%	65	3%	127	42%	0	0%	114	114	228%	0	0%	0%	0%	0%

Horchata Aqua Fresca

Small	20 fl. oz. cup	1	230	4	6%	4	21%	0	0	0%	55	2%	46	15%	0	0%	41	41	82%	0	0%	0%	0%	0%
Big Q	32 fl. oz. cup	1	360	7	11%	7	33%	0	0	0%	90	4%	74	25%	0	0%	65	65	132%	0	0%	0%	0%	0%
Large	44 fl. oz. cup	1	500	9	14%	9	45%	0	0	0%	125	5%	101	34%	0	0%	90	90	180%	0	0%	0%	0%	0%
X-Large	52 fl. oz. cup	1	590	11	17%	11	54%	0	0	0%	150	6%	119	40%	0	0%	106	106	212%	0	0%	0%	0%	0%

Vanilla Syrup (2oz)

Vanilla Syrup (2oz)	2 fl. oz.	1	50	0	0%	0	0%	0	0	0%	5	0%	12	4%	0	0%	12	12	24%	0	0%	0%	0%	0%
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Cherry Syrup (2oz)

Cherry Syrup (2oz)	2 fl. oz.	1	50	0	0%	0	0%	0	0	0%	5	0%	12	4%	0	0%	12	12	24%	0	0%	0%	0%	0%
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Fountain Drinks

Barq's Root Beer

Small	20 fl. oz. cup	1	290	0	0%	0	0%	0	0	0%	115	5%	73	24%	0	0%	72	72	144%	0	0%	0%	0%	0%
Big Q	32 fl. oz. cup	1	480	0	0%	0	0%	0	0	0%	200	8%	130	43%	0	0%	130	130	260%	0	0%	0%	0%	0%

Large	44 fl. oz. cup	1	660	0	0%	0	0%	0	0	0%	270	11%	179	60%	0	0%	179	179	358%	0	0%	0%	0%	0%
X-Large	52 fl. oz. cup	1	780	0	0%	0	0%	0	0	0%	320	13%	212	71%	0	0%	212	212	424%	0	0%	0%	0%	0%
Big Red																								
Small	20 fl. oz. cup	1	290	0	0%	0	0%	0	0	0%	60	3%	73	24%	0	0%	73	73	146%	0	0%	0%	0%	0%
Big Q	32 fl. oz. cup	1	430	0	0%	0	0%	0	0	0%	95	4%	108	36%	0	0%	108	108	216%	0	0%	0%	0%	0%
Large	44 fl. oz. cup	1	550	0	0%	0	0%	0	0	0%	130	5%	138	46%	0	0%	138	138	276%	0	0%	0%	0%	0%
X-Large	52 fl. oz. cup	1	650	0	0%	0	0%	0	0	0%	150	6%	163	54%	0	0%	163	163	326%	0	0%	0%	0%	0%
Brisk Raspberry																								
Small	20 fl. oz. cup	1	130	0	0%	0	0%	0	0	0%	67	3%	33	11%	0	0%	33	33	66%	0	0%	0%	0%	0%
Big Q	32 fl. oz. cup	1	200	0	0%	0	0%	0	0	0%	107	4%	53	18%	0	0%	53	53	106%	0	0%	0%	0%	0%
Large	44 fl. oz. cup	1	280	0	0%	0	0%	0	0	0%	147	6%	73	24%	0	0%	73	73	146%	0	0%	0%	0%	0%
X-Large	52 fl. oz. cup	1	330	0	0%	0	0%	0	0	0%	173	7%	87	29%	0	0%	87	87	174%	0	0%	0%	0%	0%
Coca-Cola																								
Small	20 fl. oz. cup	1	270	0	0%	0	0%	0	0	0%	60	3%	73	24%	0	0%	73	73	146%	0	0%	0%	0%	0%
Big Q	32 fl. oz. cup	1	430	0	0%	0	0%	0	0	0%	95	4%	116	39%	0	0%	116	116	232%	0	0%	0%	0%	0%
Large	44 fl. oz. cup	1	580	0	0%	0	0%	0	0	0%	130	5%	160	53%	0	0%	160	160	320%	0	0%	0%	0%	0%
X-Large	52 fl. oz. cup	1	690	0	0%	0	0%	0	0	0%	150	6%	189	63%	0	0%	189	189	378%	0	0%	0%	0%	0%
Coca-Cola Zero																								
Small	20 fl. oz. cup	1	0	0	0%	0	0%	0	0	0%	70	3%	0	0%	0	0%	0	0	0%	0	0%	0%	0%	0%
Big Q	32 fl. oz. cup	1	0	0	0%	0	0%	0	0	0%	110	5%	0	0%	0	0%	0	0	0%	0	0%	0%	0%	0%
Large	44 fl. oz. cup	1	0	0	0%	0	0%	0	0	0%	150	6%	0	0%	0	0%	0	0	0%	0	0%	0%	0%	0%
X-Large	52 fl. oz. cup	1	0	0	0%	0	0%	0	0	0%	180	8%	0	0%	0	0%	0	0	0%	0	0%	0%	0%	0%
Diet Coke																								
Small	20 fl. oz. cup	1	0	0	0%	0	0%	0	0	0%	85	4%	0	0%	0	0%	0	0	0%	0	0%	0%	0%	0%
Big Q	32 fl. oz. cup	1	0	0	0%	0	0%	0	0	0%	135	6%	0	0%	0	0%	0	0	0%	0	0%	0%	0%	0%
Large	44 fl. oz. cup	1	0	0	0%	0	0%	0	0	0%	190	8%	0	0%	0	0%	0	0	0%	0	0%	0%	0%	0%
X-Large	52 fl. oz. cup	1	0	0	0%	0	0%	0	0	0%	220	9%	0	0%	0	0%	0	0	0%	0	0%	0%	0%	0%
Diet Coke - Caffeine Free																								
Small	20 fl. oz. cup	1	0	0	0%	0	0%	0	0	0%	85	4%	0	0%	0	0%	0	0	0%	0	0%	0%	0%	0%
Big Q	32 fl. oz. cup	1	0	0	0%	0	0%	0	0	0%	135	6%	0	0%	0	0%	0	0	0%	0	0%	0%	0%	0%
Large	44 fl. oz. cup	1	0	0	0%	0	0%	0	0	0%	190	8%	0	0%	0	0%	0	0	0%	0	0%	0%	0%	0%
X-Large	52 fl. oz. cup	1	0	0	0%	0	0%	0	0	0%	220	9%	0	0%	0	0%	0	0	0%	0	0%	0%	0%	0%
Diet Coke - Ginger Lime																								
Small	20 fl. oz. cup	1	0	0	0%	0	0%	0	0	0%	85	4%	0	0%	0	0%	0	0	0%	0	0%	0%	0%	0%
Big Q	32 fl. oz. cup	1	0	0	0%	0	0%	0	0	0%	135	6%	0	0%	0	0%	0	0	0%	0	0%	0%	0%	0%
Large	44 fl. oz. cup	1	0	0	0%	0	0%	0	0	0%	190	8%	0	0%	0	0%	0	0	0%	0	0%	0%	0%	0%
X-Large	52 fl. oz. cup	1	0	0	0%	0	0%	0	0	0%	220	9%	0	0%	0	0%	0	0	0%	0	0%	0%	0%	0%
Diet Dr Pepper																								
Small	20 fl. oz. cup	1	0	0	0%	0	0%	0	0	0%	120	5%	0	0%	0	0%	0	0	0%	0	0%	0%	0%	0%
Big Q	32 fl. oz. cup	1	0	0	0%	0	0%	0	0	0%	190	8%	1	0%	0	0%	0	0	0%	0	0%	0%	0%	0%
Large	44 fl. oz. cup	1	5	0	0%	0	0%	0	0	0%	260	11%	1	0%	0	0%	0	0	0%	0	0%	0%	0%	0%
X-Large	52 fl. oz. cup	1	5	0	0%	0	0%	0	0	0%	310	13%	1	0%	0	0%	0	0	0%	0	0%	0%	0%	0%
Diet Mtn Dew																								
Small	20 fl. oz. cup	1	0	0	0%	0	0%	0	0	0%	89	4%	0	0%	0	0%	0	0	0%	0	0%	0%	0%	0%
Big Q	32 fl. oz. cup	1	20	0	0%	0	0%	0	0	0%	142	6%	1	0%	0	0%	0	0	0%	0	0%	0%	0%	0%
Large	44 fl. oz. cup	1	20	0	0%	0	0%	0	0	0%	196	8%	1	0%	0	0%	0	0	0%	0	0%	0%	0%	0%
X-Large	52 fl. oz. cup	1	20	0	0%	0	0%	0	0	0%	231	10%	1	0%	0	0%	0	0	0%	0	0%	0%	0%	0%
Diet Pepsi																								
Small	20 fl. oz. cup	1	0	0	0%	0	0%	0	0	0%	89	4%	0	0%	0	0%	0	0	0%	0	0%	0%	0%	0%
Big Q	32 fl. oz. cup	1	0	0	0%	0	0%	0	0	0%	142	6%	0	0%	0	0%	0	0	0%	0	0%	0%	0%	0%
Large	44 fl. oz. cup	1	0	0	0%	0	0%	0	0	0%	196	8%	0	0%	0	0%	0	0	0%	0	0%	0%	0%	0%
X-Large	52 fl. oz. cup	1	0	0	0%	0	0%	0	0	0%	231	10%	0	0%	0	0%	0	0	0%	0	0%	0%	0%	0%

Dr Pepper																								
Small	20 fl. oz. cup	1	240	0	0%	0	0%	0	0	0%	75	3%	62	21%	0	0%	64	64	128%	0	0%	0%	0%	0%
Big Q	32 fl. oz. cup	1	380	0	0%	0	0%	0	0	0%	115	5%	104	35%	0	0%	102	102	204%	0	0%	0%	0%	0%
Large	44 fl. oz. cup	1	530	0	0%	0	0%	0	0	0%	160	7%	143	48%	0	0%	140	140	280%	0	0%	0%	0%	0%
X-Large	52 fl. oz. cup	1	620	0	0%	0	0%	0	0	0%	190	8%	169	56%	0	0%	156	156	312%	0	0%	0%	0%	0%
Fanta - Cherry Limeade																								
Small	20 fl. oz. cup	1	290	0	0%	0	0%	0	0	0%	120	5%	81	27%	0	0%	81	81	162%	0	0%	0%	0%	0%
Big Q	32 fl. oz. cup	1	460	0	0%	0	0%	0	0	0%	130	5%	123	41%	0	0%	123	123	246%	0	0%	0%	0%	0%
Large	44 fl. oz. cup	1	630	0	0%	0	0%	0	0	0%	180	8%	169	56%	0	0%	169	169	338%	0	0%	0%	0%	0%
X-Large	52 fl. oz. cup	1	740	0	0%	0	0%	0	0	0%	210	9%	199	66%	0	0%	199	199	398%	0	0%	0%	0%	0%
Fanta - Orange																								
Small	20 fl. oz. cup	1	280	0	0%	0	0%	0	0	0%	70	3%	78	26%	0	0%	77	77	154%	0	0%	0%	0%	0%
Big Q	32 fl. oz. cup	1	460	0	0%	0	0%	0	0	0%	115	5%	125	42%	0	0%	123	123	246%	0	0%	0%	0%	0%
Large	44 fl. oz. cup	1	630	0	0%	0	0%	0	0	0%	160	7%	172	57%	0	0%	169	169	338%	0	0%	0%	0%	0%
X-Large	52 fl. oz. cup	1	740	0	0%	0	0%	0	0	0%	190	8%	203	68%	0	0%	200	200	400%	0	0%	0%	0%	0%
Gatorade - Lemon Lime																								
Small	20 fl. oz. cup	1	150	0	0%	0	0%	0	0	0%	278	12%	40	13%	0	0%	38	38	76%	0	0%	0%	0%	0%
Big Q	32 fl. oz. cup	1	240	0	0%	0	0%	0	0	0%	444	19%	64	21%	0	0%	60	60	120%	0	0%	0%	0%	0%
Large	44 fl. oz. cup	1	330	0	0%	0	0%	0	0	0%	611	25%	88	29%	0	0%	83	83	166%	0	0%	0%	0%	0%
X-Large	52 fl. oz. cup	1	390	0	0%	0	0%	0	0	0%	722	30%	104	35%	0	0%	98	98	196%	0	0%	0%	0%	0%
Minute Maid Lamonade																								
Small	20 fl. oz. cup	1	260	0	0%	0	0%	0	0	0%	180	8%	72	24%	0	0%	68	68	136%	0	0%	0%	0%	0%
Big Q	32 fl. oz. cup	1	420	0	0%	0	0%	0	0	0%	280	12%	115	38%	0	0%	109	109	218%	0	0%	0%	0%	0%
Large	44 fl. oz. cup	1	570	0	0%	0	0%	0	0	0%	390	16%	158	53%	0	0%	150	150	300%	0	0%	0%	0%	0%
X-Large	52 fl. oz. cup	1	670	0	0%	0	0%	0	0	0%	460	19%	187	62%	0	0%	177	177	354%	0	0%	0%	0%	0%
Mtn Dew																								
Small	20 fl. oz. cup	1	270	0	0%	0	0%	0	0	0%	89	4%	73	24%	0	0%	73	73	146%	0	0%	0%	0%	0%
Big Q	32 fl. oz. cup	1	430	0	0%	0	0%	0	0	0%	142	6%	117	39%	0	0%	117	117	234%	0	0%	0%	0%	0%
Large	44 fl. oz. cup	1	600	0	0%	0	0%	0	0	0%	196	8%	161	54%	0	0%	161	161	322%	0	0%	0%	0%	0%
X-Large	52 fl. oz. cup	1	710	0	0%	0	0%	0	0	0%	231	10%	191	64%	0	0%	191	191	382%	0	0%	0%	0%	0%
Mtn Dew Code Red																								
Small	20 fl. oz. cup	1	290	0	0%	0	0%	0	0	0%	78	3%	78	26%	0	0%	78	78	156%	0	0%	0%	0%	0%
Big Q	32 fl. oz. cup	1	430	0	0%	0	0%	0	0	0%	124	5%	124	41%	0	0%	124	124	248%	0	0%	0%	0%	0%
Large	44 fl. oz. cup	1	530	0	0%	0	0%	0	0	0%	171	7%	171	57%	0	0%	171	171	342%	0	0%	0%	0%	0%
X-Large	52 fl. oz. cup	1	620	0	0%	0	0%	0	0	0%	202	8%	202	67%	0	0%	202	202	404%	0	0%	0%	0%	0%
Peach White Tea SF																								
Small	20 fl. oz. cup	1	5	0	0%	0	0%	0	0	0%		0%		0%	0	0%	0	0	0%	0	0%	0%	0%	0%
Big Q	32 fl. oz. cup	1	10	0	0%	0	0%	0	0	0%		0%		0%	0	0%	0	0	0%	0	0%	0%	0%	0%
Large	44 fl. oz. cup	1	10	0	0%	0	0%	0	0	0%		0%		0%	0	0%	0	0	0%	0	0%	0%	0%	0%
X-Large	52 fl. oz. cup	1	20	0	0%	0	0%	0	0	0%		0%		0%	0	0%	0	0	0%	0	0%	0%	0%	0%
Pepsi																								
Small	20 fl. oz. cup	1	250	0	0%	0	0%	0	0	0%	56	2%	69	23%	0	0%	69	69	138%	0	0%	0%	0%	0%
Big Q	32 fl. oz. cup	1	410	0	0%	0	0%	0	0	0%	89	4%	110	37%	0	0%	110	110	220%	0	0%	0%	0%	0%
Large	44 fl. oz. cup	1	560	0	0%	0	0%	0	0	0%	122	5%	152	51%	0	0%	152	152	304%	0	0%	0%	0%	0%
X-Large	52 fl. oz. cup	1	660	0	0%	0	0%	0	0	0%	144	6%	179	60%	0	0%	179	179	358%	0	0%	0%	0%	0%
Powerade - Mtn Berry Blast																								
Small	20 fl. oz. cup	1	150	0	0%	0	0%	0	0	0%	200	8%	40	13%	0	0%	40	40	80%	0	0%	0%	0%	0%
Big Q	32 fl. oz. cup	1	240	0	0%	0	0%	0	0	0%	320	13%	64	21%	0	0%	64	64	128%	0	0%	0%	0%	0%
Large	44 fl. oz. cup	1	330	0	0%	0	0%	0	0	0%	440	18%	88	29%	0	0%	87	87	174%	0	0%	0%	0%	0%
X-Large	52 fl. oz. cup	1	390	0	0%	0	0%	0	0	0%	510	21%	104	35%	0	0%	103	103	206%	0	0%	0%	0%	0%
Rooster Booster																								
Small	20 fl. oz. cup	1	300	0	0%	0	0%	0	0	0%	35	1%	82	27%	0	0%	79	79	158%	0	0%	0%	0%	0%

Big Q	32 fl. oz. cup	1	440	0	0%	0	0%	0	0	0%	48	2%	112	37%	0	0%	108	108	216%	0	0%	0%	0%	0%
Large	44 fl. oz. cup	1	650	0	0%	0	0%	0	0	0%	70	3%	165	55%	0	0%	158	158	316%	0	0%	0%	0%	0%
X-Large	52 fl. oz. cup	1	770	0	0%	0	0%	0	0	0%	83	3%	194	65%	0	0%	187	187	374%	0	0%	0%	0%	0%
Rooster Booster Lite																								
Small	20 fl. oz. cup	1	5	0	0%	0	0%	0	0	0%	34	1%	0	0%	0	0%	0	0	0%	0	0%	0%	0%	0%
Big Q	32 fl. oz. cup	1	10	0	0%	0	0%	0	0	0%	54	2%	0	0%	0	0%	0	0	0%	0	0%	0%	0%	0%
Large	44 fl. oz. cup	1	10	0	0%	0	0%	0	0	0%	74	3%	0	0%	0	0%	0	0	0%	0	0%	0%	0%	0%
X-Large	52 fl. oz. cup	1	15	0	0%	0	0%	0	0	0%	88	4%	0	0%	0	0%	0	0	0%	0	0%	0%	0%	0%
Sprite																								
Small	20 fl. oz. cup	1	260	0	0%	0	0%	0	0	0%	120	5%	70	23%	0	0%	70	70	140%	0	0%	0%	0%	0%
Big Q	32 fl. oz. cup	1	420	0	0%	0	0%	0	0	0%	190	8%	112	37%	0	0%	112	112	224%	0	0%	0%	0%	0%
Large	44 fl. oz. cup	1	570	0	0%	0	0%	0	0	0%	260	11%	154	51%	0	0%	154	154	308%	0	0%	0%	0%	0%
X-Large	52 fl. oz. cup	1	680	0	0%	0	0%	0	0	0%	310	13%	182	61%	0	0%	182	182	364%	0	0%	0%	0%	0%
Surge Red Berry																								
Small	20 fl. oz. cup	1	260	0	0%	0	0%	0	0	0%	120	5%	65	22%	0	0%	65	65	130%	0	0%	0%	0%	0%
Big Q	32 fl. oz. cup	1	420	0	0%	0	0%	0	0	0%	190	8%	105	35%	0	0%	105	105	210%	0	0%	0%	0%	0%
Large	44 fl. oz. cup	1	570	0	0%	0	0%	0	0	0%	260	11%	143	48%	0	0%	143	143	286%	0	0%	0%	0%	0%
X-Large	52 fl. oz. cup	1	680	0	0%	0	0%	0	0	0%	310	13%	170	57%	0	0%	170	170	340%	0	0%	0%	0%	0%
Water																								
Small	20 fl. oz. cup	1	0	0	0%	0	0%	0	0	0%	0	0%	0	0%	0	0%	0	0	0%	0	0%	0%	0%	0%
Big Q	32 fl. oz. cup	1	0	0	0%	0	0%	0	0	0%	0	0%	0	0%	0	0%	0	0	0%	0	0%	0%	0%	0%
Large	44 fl. oz. cup	1	0	0	0%	0	0%	0	0	0%	0	0%	0	0%	0	0%	0	0	0%	0	0%	0%	0%	0%
X-Large	52 fl. oz. cup	1	0	0	0%	0	0%	0	0	0%	0	0%	0	0%	0	0%	0	0	0%	0	0%	0%	0%	0%