



RaceTrac's Nutrition Facts

														Allergens: Milk, Eggs, Fish, Shellfish, Tree Nuts, Peanuts, Wheat, Soy, Sesame	
Product	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugar (g)	Proteins (g)	Contains Allergens :	May Contain Allergens :	
Roller Grill Items															
	1 Roller Bite (82g)	180	7	2.5	0	30	850	15	<1	2	0	14	Milk, Soy, Wheat		
	1 Roller Bite (82g)	180	9	3	0	35	550	13	0	1	0	14	Milk, Soy, Wheat		
	1 Corn Dog (76g)	200	11	3	0	35	450	21	0	7	0	4	Milk, Soy, Egg, Wheat		
	1 Breakfast Link (76g)	330	31	11	0	45	300	4	0	1	1	13	Milk, Soy, Wheat		
	1 Jalapeno & Cheddar Dog (90.7g)	190	15	5	0	50	520	2	0	1	0	11	Milk		
	1 Tornado (85g)	163	8	2	0	17	400	15	2	1	<1	8	Soy		
	1 Tornado (85g)	170	6	1.5	0	10	340	23	1	1	0	6	Wheat, Milk, Soy		
	1 Tornado (85g)	210	9	3	0	15	340	23	1	2	0	7	Wheat, Milk		
	1 Tornado (85g)	210	9	4	0	10	430	24	1	1	0	4	Wheat, Milk		
	1 Egg Roll (85g)	190	9	1.5	0	15	350	21	2	2	0	7	Soy, Wheat		
	1 Tornado (85g)	170	6	1.5	0	10	330	24	1	1	0	6	Wheat, Soy, Milk		
	1 Tornado (85g)	180	6	1.5	0	10	340	24	1	1	8	8	Wheat, Soy, Milk		
	1 Hot Dog (92g)	280	25	10	1	55	1000	2	0	0	0	11	N/A		
	1 Bun (43g)	130	2	0	0	0	230	24	1	3	3	4	Wheat, Soy		
	1 oz.	10	0g	0g	0g	0mg	0mg	3g	<1g	1g		<1g	N/A		
	1 oz.	5	0g	0g	0g	0mg	0mg	<1g	1g	<1g		<1g	N/A		
	1oz	50	3.5g	0.5g	0g	2.5mg	55mg	4g	<1g	4g		0g	N/A		
	1oz	5	0g	0g	0g	0mg	280mg	1g	1g	0g		0g	N/A		
	1oz	10	0g	0g	0g	0mg	90mg	1g	<1g	<1g		<1g	N/A		
	1oz	30	0g	0g	0g	0mg	180mg	6g	0g	6g		0g	N/A		
	1oz	5	0g	0g	0g	0mg	290mg	1g	1g	0g		0g	N/A		
	1oz	0	0g	0g	0g	0mg	380mg	0g	0g	0g		0g	N/A		
	1oz	5	0g	0g	0g	0mg	190mg	1g	1g	0g		0g	N/A		
	16 oz (136g)	110	7	1	0	0	250	7	0	0	<1	5	Peanuts		
	32oz (272g)	220	14	2	0	0	500	14	0	0	<1	10	Peanuts		
	16 oz (136g)	70	4.5	0.5	0	0	230	5	2	1	<1	3	Peanuts		
	32oz (272)	140	9	1	0	0	460	10	4	2	<1	6	Peanuts		
	1/4 Cup (62g)	80	5	2.5	0	0	490	7	0	4	0	1	Milk		
	1/4 Cup (63g)	60	3	1.5	0	0	550	6	0	1	0	1	Soy		
	3oz Ban (28g)	140	6	1	0	0	130	19	2	0	0	2	N/A		
	1 Hashbrown (63g)	130	7	0.5	0	0	240	15	2	0	0	1	N/A		
	1 Kolache (113g)	310	14	4	0	40	600	31	1	6	3	14	Egg, Milk, Wheat, Soy		
	1 Cheeseburger (116g)	530	38	17.5	2	105	810	27	1	3	-	24	Milk, Soy, Wheat	Egg	
	1 Bacon Double Cheeseburger (279g)	1090	89	10	0	240	1230	29	1	3	-	47	Milk, Soy, Wheat	Egg	
	1 Chicken Sandwich (156)	350	12	1.5	0	45	920	40	2	3	-	21	Egg, Milk, Wheat, Soy		
	1 biscuit (172g)	470	26	14	0	30	1450	45	0	4	0	13	Milk, Wheat, Soy	Egg	
	1 burger (287g)	910	81	18	1	130	1220	11	0	2	0	32	Soy, Wheat, Egg, Milk		
	3 Stuffed Nachos	310	17	5	0	15	660	28	8	1	0	8	Wheat, Milk		
	1 Ham Egg and Cheese Sandwich (175g)	360	18	9	0	120	1310	27	1	3	3	24	Egg, Milk, Soy, Wheat		
	1 Sausage Egg and Cheese Biscuit (179g)	620	37	16	0	110	1460	35	1	2	-	16	Egg, Milk, Soy, Wheat		
	1 Bacon Egg and Cheese Croissant (110g)	493	35	15	0	316	1130	25	1	5	-	21	Egg, Milk, Soy, Wheat		
BigTrac Double Sausage, Egg & Cheese Croissant	1 BigTrac Double Sausage Egg and Cheese Croissant (206g)	740	59	22	0	160	1190	24	0	4	-	17	Egg, Milk, Soy, Wheat		
Beef & Cheese Burrito															
	1 burrito	540	23	9	1	55	1390	58	3	2	0	23	Milk, Soy, Wheat		
	1 burrito	370	17	5	0	165	730	37	2	1	1	17	Egg, Milk, Soy, Wheat		
	1 burrito	440	21	7	0	225	1160	38	1	1	0	24	Egg, Milk, Wheat		
	1 burrito	440	11	2.5	0	25	1050	65	3	2	0	19	Milk, Soy, Wheat		
	1 Pepperoni Pizza Slice (147g)	390	16	8	0	30	1050	47	0	3	-	15	Milk, Wheat	Soy, Egg	
	1 Cheese Pizza Slice (136g)	330	11	6	0	20	840	47	0	3	-	13	Milk, Wheat	Soy, Egg	
	1 Breakfast Pizza Slice (156g)	380	16	8	0	70	880	42	0	3	-	17	Egg, Milk, Wheat	Soy	
	1 Pepperoni and Sausage Pizza Slice (162g)	400	17	8	0	30	1010	46	0	3	-	17	Milk, Soy, Wheat		
	Tripple Pepperoni Pizza - Slice (160g)	450	21	12g	0	40mg	1220mg	50g	2	4	0	19	Milk, Wheat	Soy, Egg	
	Beef Taco Pizza - Slice (167g)	390	14	9g	0	25mg	1150mg	52g	2g	5g	0	17g	Milk, Soy, Wheat	Egg	
	1 Slice (165g)	460	19	9	0	35	1210	55	3	4	2	19	Wheat, Milk	Soy, Egg	
	1 each (272 g)	620	39	16	0	65	1600	88	5	5	4	29	Wheat, Milk, Soy	Egg	
	1 each (273 g)	740	36	14	0	100	2160	71	2	4	0	34	Wheat, Milk, Egg, Mustard Seeds	Soy, Sesame and Tree Nuts	
	1 spicy Hawaiian Pizza Slice (178g)	440	13	7	0	35	1040	61	3	10	7	20	Wheat, Milk	Soy, Egg	
	1 Empanada (85g)	200	1	5	0	65	280	23	1	4	<1	12	Milk, Wheat		
	1 Empanada (85g)	240	4	8	0	20	410	22	2	2	<1	9	Milk, Wheat		
	2 empanadas	310	14	6	0	0	230	41	2	22	21	4	Wheat, Tree nuts, Soy, Milk	Egg	
	1 Empanada (98g)	320	18	5	0	0	280	36	1	12	9	3	Contains Wheat, Soy, Milk	Eggs, Tree Nuts	
	1 Soft Pretzel (76g)	430	7	3	0	0	1240	75	1	10	4	14	Wheat, Soy		
	1 sandwich	490	36g	17g	0g	150mg	1240mg	27g	1g	2g		13g	Egg, Milk, Soy, Wheat		
	1 sandwich	330	20g	11g	0g	130mg	970mg	27g	1g	2g		10g	Egg, Milk, Soy, Wheat		
	1 sandwich	470	33g	13g	0g	155mg	780mg	28g	2g	5g		14g	Egg, Milk, Soy, Wheat		
	1 sandwich	390	29g	13g	0g	30mg	1000mg	25g	1g	1g		9g	Milk, Wheat		
	1 wing (45g)	150	7	2	0	20	270	8	0	0	0	5	Wheat		
	1 pc (90g)	180	8	1.5	0	30	530	18	0	0	0	12	Wheat		
	3 tenders (263g)	620	40	7	0	90	1850	54	0	0	-	41	Wheat		
	5 tenders (404g)	1040	67	11	0	145	3080	36	0	0	-	67	Wheat		
	3 tenders (300g)	210	14	2.5	0	30	700	8	0	0	-	14	Soy, Wheat		
	5 tenders (500g)	650	43	7	0	90	2130	23	0	0	-	41	Soy, Wheat		
	1 wing (84 g)	150	9	2.5	0	75	550	4	0	0	0	13	Soy, Wheat		
	3 wings (166g)	390	13	2.5	0	0	1000	7	0	0	0	24	Soy, Wheat		
	5 wings (276g)	650	21	4	0	0	1670	12	0	0	-	39	Soy, Wheat		
	1 Chicken Tender Biscuit with Cheese (174g)	480	32	5	0	45	1580	37	0	2g	-	20	Egg, Milk, Soy, Wheat		
	3 French Toast Sticks and 1 syrup (105g)	330	9	1.5	0	0	210	56	0	20g	15g	4	Soy, Wheat		
	1 French Toast Stick	75	5	0.6	0	0	98	10	0	2g	2g	1.25	Soy, Wheat		
	8 oz. portion of Potato Wedges (264g)	670	51	8	0	0	990	53	0	0g	0g	5	Wheat, Soy		
	1 Chicken Bacon and Cheese Sandwich (287g)	760	43	10	0	90	2170	55	0	8g	2g	38	Egg, Milk, Soy, Wheat		
	1 pc (47g)	170	15	3	0	45	540	5	0	1g	1g	6	Eggs, Soy, Wheat		
	5 pcs (236g)	880	74	14	0	215	2690	23	0	5g	5g	30	Eggs, Soy, Wheat		
	1 sandwich (511g)	700	31	8	0	95	2060	75	1g	3	1g	35	Egg, Milk, Soy, Wheat		
	1 pc (52g)	130	9	2	0	40	380	6	0	3g	0g	6	Soy, Wheat		
	5 pcs (262g)	640	44	10	0	190	1880	28	0	14g	0g	30	Soy, Wheat		
	1 pc (62g)	190	7	2	0	30	370	11	1	1g	0g	7	Wheat		
	5 pcs (242g)	680	35	10	0	155	1830	13	0	4g	0g	37	Wheat		
	1 Empanada (98g)	320	21	6	0	20	22	0	1	<1	9		Milk, Wheat		
	2 empanadas (74g)	310	14	6	0	0	230	41	2	22	21	4	Wheat, Tree Nuts, Soy, Milk	Egg	
	1 Empanada (98g)	330	23	6	0	20	8	0	1	<1	8		Milk, Wheat		
Chocolate Iced Glazed Yeast Donut	1 Donut (71g)	280	12	5	0	0	290	38	1	17	17	4	Eggs, Milk, Soy, Wheat		
	1 Donut (65g)	250	14	7	0	0	320	29	1	9	8	4	Eggs, Milk, Soy, Wheat		
	1 Donut (71g)	320	21	10	0	15	470	30	1	11	10	4	Eggs, Milk, Soy, Wheat		
	Apple Fritter	430	10	22	0	0	270	53	2	24	23	5	Eggs, Milk, Soy, Wheat		
	Cinnamon Roll	380	19	9	0	0	400	47	2	17	17	5	Eggs, Milk, Soy, Wheat		
	Blueberry Crumb Muffin	620	31	6	0	125	420	77	1	43	40	9	Egg, Milk, Soy, Wheat		
	1 piece (5.9 oz)	470	22	12	0	90	280	66	3	43	40	6	Egg, Milk, Soy, Wheat		
	1 piece (69g)	320	15	9	0	40	280	43	2	26	25	4	Egg, Milk, Soy, Wheat	Traces of Peanuts and Other Tree Nuts	

Salted Caramel Cocoa Rice Krispy Bar	1 bar (120g)	450	9	5	0	25	520	88	0	50	49	3	Milk, Soy	Peanuts & Tree Nuts	
	1 bar (113g)	500	28	11	0	90	180	63	3	47	0	5	Eqq, Milk, Soy, Wheat	Peanuts & Tree Nuts	
Peanuts & Tree Nuts	2/3 cup (105g)	130	0	0	0	0	135	30	0	23	17	2	Milk, Peanuts, Tree Nuts, Soy, Eggs		
	2/3 cup (105g)	140	2	1	0	5	115	26	0	22	14	3	Milk, Wheat, Soy		
	Southern Butter Pecan NF	2/3 cup (105g)	130	0	0	0	0	95	28	0	18	11	2	Milk	
	Strawberry NF	2/3 cup (105g)	130	0	0	0	0	85	29	0	23	14	2	Milk	
	Birthday Cake	2/3 cup (105g)	120	0	0	0	0	90	27	0	20	12	2	Milk, Wheat, Soy, Peanuts, Tree Nuts, Eggs	
	Frosted Sugar Cookie	2/3 cup (105g)	140	3	2	0	10	80	26	0	21	13	3	Milk, Wheat, Soy, Peanuts, Tree Nuts, Eggs	
	Chocolate NF	2/3 cup (105g)	130	0	0	0	0	90	26	0	22	14	3	Milk	
	Tahitian Vanilla NF	2/3 cup (105g)	120	0	0	0	0	95	26	0	20	13	3	Milk	
	Watermelon Sorbet NF	2/3 cup (105g)	110	0	0	0	0	0	27	0	23	22	0	N/A	
	Sea Salt Caramel Pretzel	2/3 cup (105g)	140	3	2	0	10	210	24	0	20	12	4	Milk, Wheat (Gluten)	
	Pink Lemonade Soft Serve Frozen Sorbet NF	2/3 cup (105g)	100	0	0	0	0	10	26	0	22	21	0	N/A	
	Topping Chopped Cocoa Gems	100g	480	20	19	0.36	0.65	57	74	1	71	67	2	Milk & Soy	
	Topping Snow Caps	100g	456	17	16	0.2	0.07	1	77	2	66	65	2	Milk & Soy	
	Nerds	100g	375	0	0	0	0	7	94	0	91	91	0	N/A	
	Reeses Chopped PB Cup Topping	100g	501	28	10	0.11	7	308	57	3	52	48	10	Milk, Soy, Peanuts	
	Milk Chocolate Caramel Turtle	100g	488	27	22	0.1	12	104	61	1	52	47	3	Milk & Soy	
	Chocolate Covered Pretzels	100g	466	17	15	0.06	0.66	714	71	3	38	38	6	Milk, Soy, & Wheat	
	Hersheys Mini Reese Pieces	100g	492	22	19	0.39	0	113	64	3	54	54	10	Peanuts, Milk, & Soy	
	Rainbow Sprinkles	100g	482	18	17	0.19	0	3	80	0.03	79	79	0.19	N/A	
	Chocolate Chip Cookie Dough	100g	421	14	7	0.062	0.065	208	73	1	32	32	0.46	Milk, Soy, & Wheat	
	Candy Gummy Bear	100g	300	0.5	0	0	0	60	71	0	43	43	4	N/A	
	Topper Yogurt Chip Yogurt Topping	100g	497	23	21	0.03	0.98	109	71	0	71	61	2	Milk & Soy	
	Peanuts Granulated	100g	570	50	7	0	0	5	21	7	3	0	25	Peanuts	
	Cold Fountain														
	Coke	20oz (540g)	270	0	0	0	0	65	67	0	67	67	0		
	Coke	30 oz (850g)	405	0	0	0	0	97.5	100.5	0	100.5	100.5	0		
	Coke	40 oz (1134g)	540	0	0	0	0	130	134	0	134	134	0		
	Dr. Pepper	20oz (540g)	210	0	0	0	0	60	52	0	63	63	0		
Dr. Pepper	30 oz (850g)	315	0	0	0	0	90	78	0	94.5	94.5	0			
Dr. Pepper	40 oz (1134g)	420	0	0	0	0	120	104	0	126	126	0			
Pepsi	20oz (540g)	220	0	0	0	0	40	55	0	55	55	0			
Pepsi	30 oz (850g)	330	0	0	0	0	60	82.5	0	82.5	82.5	0			
Pepsi	40 oz (1134g)	440	0	0	0	0	80	110	0	110	110	0			
Mountain Dew	20oz (540g)	180	0	0	0	0	50	44	0	44	44	0			
Mountain Dew	30 oz (850g)	270	0	0	0	0	75	64	0	54	64	0			
Mountain Dew	40 oz (1134g)	360	0	0	0	0	100	88	0	88	88	0			
Sprite	20oz (540g)	190	0	0	0	0	115	46	0	46	46	0			
Sprite	30 oz (850g)	285	0	0	0	0	172.5	69	0	69	69	0			
Sprite	40 oz (1134g)	380	0	0	0	0	230	92	0	92	92	0			
Hawaiian Fruit Punch	20oz (540g)	240	0	0	0	0	92	60	0	59	59	0			
Hawaiian Fruit Punch	30 oz (850g)	360	0	0	0	0	138	90	0	88	88	0			
Hawaiian Fruit Punch	40 oz (1134g)	480	0	0	0	0	184	120	0	117	117	0			
Diet Mountain Dew	20oz (540g)	0	0	0	0	0	55	<1.0	0	0	0	0			
Diet Mountain Dew	30 oz (850g)	0	0	0	0	0	82.5	<1.0	0	0	0	0			
Diet Mountain Dew	40 oz (1134g)	0	0	0	0	0	110	1	0	0	0	0			
Diet Coke	20oz (540g)	0	0	0	0	0	80	0	0	0	0	0			
Diet Coke	30 oz (850g)	0	0	0	0	0	120	0	0	0	0	0			
Diet Coke	40 oz (1134g)	0	0	0	0	0	160	0	0	0	0	0			
Diet Pepsi	20oz (540g)	0	0	0	0	0	73	0	0	0	0	0			
Diet Pepsi	30 oz (850g)	0	0	0	0	0	109	0	0	0	0	0			
Diet Pepsi	40 oz (1134g)	0	0	0	0	0	146	0	0	0	0	0			
Big Red Fountain	20oz (540g)	230	0	0	0	0	60	57	0	56	56	0			
Big Red Fountain	30 oz (850g)	345	0	0	0	0	90	86	0	84	84	0			
Big Red Fountain	40 oz (1134g)	460	0	0	0	0	120	114	0	112	112	0			
Fanta Strawberry	20oz (540g)	210	0	0	0	0	140	54	0	53	53	0			
Fanta Strawberry	30 oz (850g)	315	0	0	0	0	210	81	0	79.5	79.5	0			
Fanta Strawberry	40 oz (1134g)	420	0	0	0	0	280	108	0	106	106	0			
Fanta Orange	20oz (540g)	200	0	0	0	0	35	50	0	66	66	0			
Fanta Orange	30 oz (850g)	300	0	0	0	0	52.5	75	0	99	99	0			
Fanta Orange	40 oz (1134g)	400	0	0	0	0	70	100	0	132	132	0			
Cherry Coke Vanilla	20oz (540g)	260	0	0	0	0	65	65	0	65	65	0			
Cherry Coke Vanilla	30 oz (850g)	390	0	0	0	0	97.5	97.5	0	97.5	97.5	0			
Cherry Coke Vanilla	40 oz (1134g)	520	0	0	0	0	130	130	0	130	130	0			
Coke Zero	20oz (540g)	0	0	0	0	0	65	0	0	0	0	0			
Coke Zero	30 oz (850g)	0	0	0	0	0	97.5	0	0	0	0	0			
Coke Zero	40 oz (1134g)	0	0	0	0	0	130	0	0	0	0	0			
Diet Dr Pepper	20oz (540g)	0	0	0	0	0	93	0	0	0	0	0			
Diet Dr Pepper	30 oz (850g)	0	0	0	0	0	140	0	0	0	0	0			
Diet Dr Pepper	40 oz (1134g)	0	0	0	0	0	186	0	0	0	0	0			
Canada Dry Ginger Ale	20oz (540g)	190	0	0	0	0	67	48	0	48	48	0			
Canada Dry Ginger Ale	30 oz (850g)	285	0	0	0	0	100	72	0	72	72	0			
Canada Dry Ginger Ale	40 oz (1134g)	380	0	0	0	0	134	96	0	96	96	0			
Barq's Root Beer	20oz (540g)	270	0	0	0	0	115	67	0	67	67	0			
Barq's Root Beer	30 oz (850g)	405	0	0	0	0	172.5	100.5	0	100.5	100.5	0			
Barq's Root Beer	40 oz (1134g)	540	0	0	0	0	230	134	0	134	134	0			
Caffeine Free Diet Coke	20oz (540g)	0	0	0	0	0	80	0	0	0	0	0			
Caffeine Free Diet Coke	30 oz (850g)	0	0	0	0	0	120	0	0	0	0	0			
Caffeine Free Diet Coke	40 oz (1134g)	0	0	0	0	0	160	0	0	0	0	0			
H-C Fruit Punch*	20oz (540g)	260	0	0	0	0	60	69	0	68	68	0			
H-C Fruit Punch*	30 oz (850g)	390	0	0	0	0	95	103	0	102	102	1			
H-C Fruit Punch*	40 oz (1134g)	520	0	0	0	0	125	137	0	136	136	1			
Vitamin Water XXX	20oz (540g)	130	0	0	0	0	60	32	0	31	31	0			
Vitamin Water XXX	30 oz (850g)	195	0	0	0	0	90	48	0	32.5	46.5	0			
Vitamin Water XXX	40 oz (1134g)	260	0	0	0	0	120	64	0	62	62	0			
Vitamin Water Squeeze Zero	20oz (540g)	0	0	0	0	0	65	0	0	0	0	0			
Vitamin Water Squeeze Zero	30 oz (850g)	0	0	0	0	0	97.5	0	0	0	0	0			
Vitamin Water Squeeze Zero	40 oz (1134g)	0	0	0	0	0	130	0	0	0	0	0			
Minute Maid Lemonade	20oz (540g)	240	0	0	0	0	160	60	0	57	57	0			
Minute Maid Lemonade	30 oz (850g)	360	0	0	0	0	240	90	0	85.5	85.5	0			
Minute Maid Lemonade	40 oz (1134g)	480	0	0	0	0	320	120	0	114	114	0			
Powerade Mountain Berry	20oz (540g)	150	0	0	0	0	90	37	0	36	36	0			
Powerade Mountain Berry	30 oz (850g)	225	0	0	0	0	135	55.5	0	54	54	0			
Powerade Mountain Berry	40 oz (1134g)	300	0	0	0	0	180	74	0	72	72	0			
Mountain Dew Kick Start	20oz (540g)	110	0	0	0	0	87.5	27.5	0	25	25	0			
Mountain Dew Kick Start	30 oz (850g)	165	0	0	0	0	130	41.25	0	37.5	37.5	0			
Mountain Dew Kick Start	40 oz (1134g)	220	0	0	0	0	175	55	0	50					

Minute Maid Strawberry Lemonade	40 oz (1134g)	380	0	0	0	0	150	98	0	96	96	0
Minute Maid Aquas Frescas Strawberry Hibiscus*	20oz (540g)	140	0	0	0	0	65	35	0	34	34	0
Minute Maid Aquas Frescas Strawberry Hibiscus*	30 oz (850g)	210	0	0	0	0	95	53	0	50	50	0
Minute Maid Aquas Frescas Strawberry Hibiscus*	40 oz (1134g)	280	0	0	0	0	125	71	0	67	67	0
Dr. Pepper Cream Soda	20oz (540g)	270	0	0	0	0	75	67	0	65	65	0
Dr. Pepper Cream Soda	30 oz (850g)	405	0	0	0	0	112.5	100.5	0	97.5	97.5	0
Dr. Pepper Cream Soda	40 oz (1134g)	540	0	0	0	0	150	134	0	130	130	0
Cappuccino												
Sugar Free French Vanilla	16 oz (60g)	310	16	0	0	0	114	40	0	0	0	
Sugar Free French Vanilla	20 oz (72g)	388	20	0	0	0	142	50	0	0	0	
Sugar Free French Vanilla	24 oz (84g)	465	24	0	0	0	170	60	0	0	0	
French Vanilla	16 oz (60g)	240	1.5	0	0	0	187	57	0	45	34	1.5
French Vanilla	20 oz (72g)	300	2	0	0	0	234	71	0	56	43	1.5
French Vanilla	24 oz (84g)	360	2	0	0	0	280	85	0	68	52	2
S'Mores Hot Chocolate	16 oz (60g)	240	2	0	0	0	187	55	0	36	28	1.5
S'Mores Hot Chocolate	20 oz (72g)	300	2.5	0	0	0	208	68	0	45	35	1.5
S'Mores Hot Chocolate	24 oz (84g)	360	3	0	0	0	250	82	0	54	42	2
Cinnamon	16 oz (60g)	240	2	0	0	0	227	56	0	41	29	
Cinnamon	20 oz (72g)	300	2.5	0	0	0	283	70	0	52	37	
Cinnamon	24 oz (84g)	360	3	0	0	0	340	84	0	62	44	
Hershey's Hot Chocolate	16 oz (60g)	240	1.5	0	0	0	360	56	0	49	41	
Hershey's Hot Chocolate	20 oz (72g)	300	2	0	0	0	450	70	0	62	52	
Hershey's Hot Chocolate	24 oz (84g)	360	2	0	0	0	540	84	0	74	62	
Coffee												
Regular Coffee	16 oz (60g)	0	0	0	0	0	10	0	0	0	0	
Regular Coffee	20 oz (72g)	0	0	0	0	0	12	0	0	0	0	
Regular Coffee	24 oz (84g)	0	0	0	0	0	15	0	0	0	0	
Columbian	16 oz (60g)	0	0	0	0	0	10	0	0	0	0	
Columbian	20 oz (72g)	0	0	0	0	0	12	0	0	0	0	
Columbian	24 oz (84g)	0	0	0	0	0	15	0	0	0	0	
Hazelnut	16 oz (60g)	0	0	0	0	0	10	0	0	0	1	
Hazelnut	20 oz (72g)	0	0	0	0	0	12	0	0	0	1	
Hazelnut	24 oz (84g)	0	0	0	0	0	15	0	0	0	1	
Guatemalen	16 oz (60g)	0	0	0	0	0	10	0	0	0	0	
Guatemalen	20 oz (72g)	0	0	0	0	0	12	0	0	0	0	
Guatemalen	24 oz (84g)	0	0	0	0	0	15	0	0	0	0	
Decaf Coffee	16 oz (60g)	0	0	0	0	0	10	0	0	0	0	
Decaf Coffee	20 oz (72g)	0	0	0	0	0	12	0	0	0	0	
Decaf Coffee	24 oz (84g)	0	0	0	0	0	15	0	0	0	0	
Dark Roast	16 oz (60g)	0	0	0	0	0	10	0	0	0	0	
Dark Roast	20 oz (72g)	0	0	0	0	0	12	0	0	0	0	
Dark Roast	24 oz (84g)	0	0	0	0	0	15	0	0	0	0	
FCB												
Fanta Blue Raspberry FCB	20oz (540g)	170	0	0	0	0	75	43	0	43	43	
Fanta Blue Raspberry FCB	30 oz (850g)	255	0	0	0	0	112.5	64.5	0	64.5	64.5	
Fanta Blue Raspberry FCB	40 oz (1134g)	340	0	0	0	0	150	86	0	86	86	
Fanta Wild Cherry FCB	20oz (540g)	170	0	0	0	0	80	43	0	43	43	
Fanta Wild Cherry FCB	30 oz (850g)	255	0	0	0	0	120	64.5	0	64.5	64.5	
Fanta Wild Cherry FCB	40 oz (1134g)	340	0	0	0	0	160	86	0	86	86	
Fanta Orange FCB	20oz (540g)	175	0	0	0	0	65	44	0	44	44	
Fanta Orange FCB	30 oz (850g)	263	0	0	0	0	97.5	66	0	66	66	
Fanta Orange FCB	40 oz (1134g)	350	0	0	0	0	130	88	0	88	88	
Mountain Dew FCB	20oz (540g)	120	0	0	0	0	32	28	0	28	28	
Mountain Dew FCB	30 oz (850g)	180	0	0	0	0	48	45	0	42	42	
Mountain Dew FCB	40 oz (1134g)	240	0	0	0	0	64	60	0	56	56	
Dr Pepper FCB	20oz (540g)	185	0	0	0	0	42	47	0	45	45	
Dr Pepper FCB	30 oz (850g)	278	0	0	0	0	63	70.5	0	67.5	67.5	
Dr Pepper FCB	40 oz (1134g)	370	0	0	0	0	84	94	0	90	90	
Coke FCB	20oz (540g)	175	0	0	0	0	65	44	0	44	44	
Coke FCB	30 oz (850g)	263	0	0	0	0	97.5	66	0	66	66	
Coke FCB	40 oz (1134g)	350	0	0	0	0	130	88	0	88	88	
Sprite FCB	20oz (540g)	155	0	0	0	0	100	39	0	38	38	
Sprite FCB	30 oz (850g)	233	0	0	0	0	150	58.5	0	57	57	
Sprite FCB	40 oz (1134g)	310	0	0	0	0	200	78	0	76	76	
Hawaiian Punch FCB	20oz (540g)	175	0	0	0	0	50	42	0	42	42	
Hawaiian Punch FCB	30 oz (850g)	263	0	0	0	0	75	63	0	63	63	
Hawaiian Punch FCB	40 oz (1134g)	350	0	0	0	0	100	84	0	84	84	
Hi-C Orange Lavaburst FCB	20oz (540g)	265	0	0	0	0	65	69	0	69	69	0
Hi-C Orange Lavaburst FCB	30oz (850g)	390	0	0	0	0	100	104	0	104	104	0
Hi-C Orange Lavaburst FCB	40oz (1134g)	520	0	0	0	0	135	138	0	138	138	0
FUB												
Strawberry Banana	20oz (540g)	300	0	0	0	0	17	74	0	74	74	
Strawberry Banana	30 oz (850g)	450	0	0	0	0	25	111	0	111	111	
Strawberry Banana	40 oz (1134g)	600	0	0	0	0	34	148	0	148	148	
Jarritos Pineapple	20oz (540g)	290	0	0	0	0	9	74	0	72	72	
Jarritos Pineapple	30 oz (850g)	435	0	0	0	0	13.5	111	0	108	108	
Jarritos Pineapple	40 oz (1134g)	580	0	0	0	0	18	148	0	144	144	
Mango	20oz (540g)	284	0	0	0	0	17	70	0	70	70	
Mango	30 oz (850g)	426	0	0	0	0	25	105	0	105	105	
Mango	40 oz (1134g)	568	0	0	0	0	34	140	0	140	140	
Strawberry	20oz (540g)	290	0	0	0	0	9	74	0	72	72	
Strawberry	30 oz (850g)	435	0	0	0	0	13.5	111	0	108	108	
Strawberry	40 oz (1134g)	580	0	0	0	0	18	148	0	144	144	
Minute Maid Lemonade	20oz (540g)	240	0	0	0	0	160	60	0	57	57	
Minute Maid Lemonade	30 oz (850g)	360	0	0	0	0	240	90	0	85.5	85.5	
Minute Maid Lemonade	40 oz (1134g)	480	0	0	0	0	320	120	0	114	114	
Minute Maid Strawberry Lemonade	20oz (540g)	250	0	0	0	0	15	69	0	64	64	
Minute Maid Strawberry Lemonade	30 oz (850g)	375	0	0	0	0	112.5	97.5	0	96	96	
Minute Maid Strawberry Lemonade	40 oz (1134g)	500	0	0	0	0	150	130	0	128	128	
Powerade Mountain Berry	20oz (540g)	150	0	0	0	0	90	37	0	36	36	
Powerade Mountain Berry	30 oz (850g)	225	0	0	0	0	135	55.5	0	54	54	
Powerade Mountain Berry	40 oz (1134g)	300	0	0	0	0	180	74	0	72	72	
Powerade Fruit Punch	20oz (540g)	140	0	0	0	0	190	36	0	36	36	
Powerade Fruit Punch	30 oz (850g)	210	0	0	0	0	285	54	0	54	54	
Powerade Fruit Punch	40 oz (1134g)	280	0	0	0	0	380	72	0	72	72	