



NUTRITION FACTS - REGULAR PITA

PITA RICE WRAPS	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
White Pocket Pita	180	1	0	0	0	390	38	3	2	6
Whole Wheat Pocket Pita	180	1	0	0	0	330	33	3	0	6
Blended White/Wheat	180	1	0	0	0	390	36	3	2	7
Gluten Free Wrap	220	9	2	0	0	500	45	4	6	6
Whole Grain Brown Rice and Quinoa	210	1.5	0	0	0	0	43	2	1	5

SPECIALTY PITAS (totals include all ingredients for the standard build)

Hardwood Smoked Brisket	580	19	7	0	80	1060	65	6	22	21
Super Greek	680	37	15	0	110	2050	60	8	8	33
Baja Chicken Bacon Ranch	650	35	8	0	110	1450	50	6	6	41
Chicken Pesto	490	20	6	0	240	1330	50	7	4	35
Southwest Chicken Fajita	570	25	10	0	235	1260	55	5	10	35
Southwest Steak Fajita	660	35	13	0	240	1590	53	4	12	35
Thai Chicken	390	6	0	0	180	1235	55	5	9	29

SPECIALTY BOWLS (totals include all ingredients for the standard build)

Hardwood Smoked Brisket	625	19	7	0	80	670	70	5	20	19
Ode To Athens Gyro	890	52.6	23	0	110	1860	68.8	6.5	7.4	32.5
Ode To Athens Souvlaki	690	40	14	0	80	1560	61	6	10	34
Ode To Athens Falafel	820	60	14	0	540	1800	80	7	10	14
Bruschetta	710	25	7.5	0	130	1460	65	5.5	16	34
Hula Teriyaki Chicken	480	2.5	0	0	50	2400	80	3	30	30
Hula Teriyaki Steak	570	15	4	0	60	2730	80	3	30	30
Smokin' BBQ	830	30	8.5	0	110	2340	100	6	50	40
Thai Buddha	550	20	1	0	50	1240	70	5	15	30

BUILD YOUR PERFECT PITA (totals include specified ingredients)

Chicken Caesar (Chicken, Bacon)	270	13	4	0	90	990	3	0	0	31
Buffalo Chicken (Chicken Breast, Buffalo Sauce)	120	1	0	0	50	1210	4	0	0	21
Chicken Crave (Chicken, Ham)	150	2.5	0.5	0	70	630	4	0	1	27
Chicken Souvlaki (Souvlaki)	160	8	2.5	0	95	590	3	0	2	19
Chicken Breast (Chicken Breast)	110	1	0	0	50	350	3	0	0	21
BLT (Bacon)	160	12	4	0	40	640	0	0	0	10
Gyro (Gyro)	370	27	11	0	90	910	12	1	1	19
Philly (Philly)	200	12	4	0	60	680	2	0	2	22
Club (Turkey, Ham, Bacon)	160	8	2.5	0	55	990	3	0	2	18
Deli Ham (Ham)	100	4	1.5	0	50	700	2	0	2	15
Deli Turkey (Turkey)	100	1.5	0	0	40	980	5	0	2	18
Falafel (Falafel)	210	10	1	0	0	370	24	7	4	7
Black Bean Patty (Black Bean Patty)	110	3	0	0	0	730	16	8	1	11
Garden Hummus (Hummus)	140	12	0	0	0	240	8	4	0	2
All Day Breakfast (Bacon, Egg)	250	19	6.5	0	165	800	1	0	1	16
All Day Breakfast (Steak, Egg)	290	19	55	0	185	840	3	0	3	28
All Day Breakfast (Ham, Egg)	190	11	3	0	175	860	3	0	3	21

ALL PROTEINS

Hardwood Smoked Brisket	280	18	7	0	78	70	4	0	1	13
Bacon	160	12	4	0	40	640	0	0	0	10
Black Bean Patty	110	3	0	0	0	730	16	8	1	11
Chicken Breast	110	1	0	0	50	350	3	0	0	21
Chicken Souvlaki	160	8	2.5	0	95	590	3	0	2	19
Deli Ham	100	4	1.5	0	50	700	2	0	2	15
Deli Turkey	100	1.5	0	0	40	980	5	0	2	18
Falafel	210	10	1	0	0	370	24	7	4	7
Gyro	370	27	11	0	90	910	12	1	1	19
Philly Steak	200	12	4	0	60	680	2	0	2	22
Egg	90	7	1.5	0	125	160	1	0	1	6

TOPPINGS

Avocado	60	6	1	0	0	0	3	2	0	1
Banana Peppers	5	0	0	0	0	200	1	1	0	0
Black Olives	20	2	0	0	0	180	1	0	0	0
Black Pepper	0	0	0	0	0	0	0	0	0	0
Carrots	10	0	0	0	0	15	2	1	1	0
Cilantro	0	0	0	0	0	0	0	0	0	0
Cucumbers	0	0	0	0	0	0	0	0	0	0
Fire Roasted Corn	34	1	0	0	0	0	6	1	3	1
Green Peppers	5	0	0	0	0	0	1	0	0	0
Hummus	70	6	0	0	0	120	4	2	0	1
Iceberg Lettuce	5	0	0	0	0	0	1	0	1	0
Jalapenos	0	0	0	0	0	340	0	0	0	0
Mushrooms	5	0	0	0	0	0	0	0	0	0
Onions	5	0	0	0	0	0	1	0	1	0
Pickles	0	0	0	0	0	180	0	0	0	0
Pineapple	15	0	0	0	0	0	3	0	3	0
Roasted Red Peppers	5	0	0	0	0	85	1	0	0	0
Roasted Red Pepper Hummus	70	6	0	0	0	105	3	2	0	1
Romaine Lettuce	5	0	0	0	0	0	1	1	1	1
Salt	0	0	0	0	0	100	0	0	0	0
Spinach	10	0	0	0	0	35	2	1	0	1
Tomatoes	10	0	0	0	0	0	2	1	1	0

SAUCES

Ancho Chipotle	90	8	1.5	0	10	260	4	0	4	0
Balsamic Vinaigrette	60	5	0.5	0	0	190	4	0	4	0
BBQ	60	0	0	0	0	270	14	1	12	0
Buffalo Sauce	5	0	0	0	0	860	1	0	0	0
Caesar	80	7	1.5	0	10	330	2	0	1	1
Honey Mustard	90	8	1.5	0	10	130	7	0	6	0
Jalapeno Ranch	110	12	1	0	10	230	2	0	1	1
Light Mayo	70	7	1	0	10	250	2	0	0	0
Pesto	100	9	1.5	0	5	180	1	less than 1g	0	2
Ranch	60	5	0	0	5	210	3	0	2	1
Schug (Spicy blend of jalapenos, garlic and spices)	80	8	0.5	0	0	280	2	less than 1g	1	less than 1g
Secret Sauce (spicy vinaigrette)	90	10	0.5	0	0	240	1	0	1	0
Sriracha	30	0	0	0	0	450	6	0	6	0
Sour Cream	60	6	3.5	0	20	15	2	0	less than 1g	less than 1g
Teriyaki	40	0	0	0	0	650	9	0	7	1
Thai Satay Sauce	60	3.5	0	0	0	280	6	0	5	1
Tzatziki	50	4	3.5	0	0	70	2	0	1	1
Yellow Mustard	0	0	0	0	0	310	0	0	0	0

CHEESES

Cheddar	120	9	5	0	25	180	1	0	0	7
Feta	80	6	4	0	20	320	1	1	0	5
Parmesan	50	3.5	2	0	5	160	0	0	0	4
Pepper Jack	100	8	4	0	25	160	1	0	0	6
Provolone	80	6	4	0	15	200	less than 1g	0	0	6



NUTRITION FACTS - SMALL PITA

PITA RICE WRAPS	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
White Pocket Pita	150	0.5	0	0	0	310	30	3	1	5
Whole Wheat Pocket Pita	140	1	0	1	0	310	28	3	1	6
Blended White/Wheat	150	1	0	0	0	320	29	2	1	6
Gluten Free Wrap	220	9	2	0	0	500	45	4	6	6

SPECIALTY PITAS (totals include all ingredients for the standard build)

Hardwood Smoked Brisket	380	11	4	0	45	685	42	3	10	15
Super Creek	430	20	7	1.5	75	1300	40	3.5	1.5	23
Baja Chicken Bacon Ranch	390	20	10	1	110	870	35	4	1	20
Chicken Pesto	310	9	3	1	40	965	32	3	1	21
Southwest Chicken Fajita	340	12.5	5.5	1	215	770	35	3	3	17
Southwest Steak Fajita	380	17.5	6	0	190	910	34	3	4	16
Thai Chicken	270	3.5	0	1	165	960	40	4	7.5	17

BUILD YOUR PERFECT PITA (totals include specified ingredients)

Chicken Caesar (Chicken, Bacon)	140	7	2	1	50	520	2	0	0	17
Buffalo Chicken (Chicken Breast, Buffalo Sauce)	60	1	0	1	30	630	2	0	0	12
Chicken Crave (Chicken, Ham)	80	2	0	1	40	340	4	0	0	15
Chicken Souvlaki (Souvlaki)	90	5	2	0	55	330	2	0	1	11
Chicken Breast (Chicken Breast)	60	1	0	1	30	200	2	0	0	12
BLT (Bacon)	80	6	2	0	20	320	0	0	0	5
Gyro (Gyro)	190	14	6	0	45	455	6	1	1	10
Philly (Philly)	100	6	2	0	30	340	1	0	1	11
Club (Turkey, Ham, Bacon)	80	4	1	0	27.5	495	1	0	0	10
Deli Ham (Ham)	60	2	1	0	30	420	1	0	1	9
Deli Turkey (Turkey)	60	1	0	0	25	590	3	0	1	11
Falafel (Falafel)	110	5	1	0	0	185	12	4	2	4
Black Bean Patty (Black Bean Patty)	60	2	0	0	0	365	8	4	1	6
Garden Hummus (Hummus)	70	6	0	0	0	120	4	2	0	1
All Day Breakfast (Bacon, Egg)	170	13	4	0	145	480	1	0	1	11
All Day Breakfast (Steak, Egg)	190	13	4	0	155	500	2	0	2	17
All Day Breakfast (Ham, Egg)	150	9	3	0	155	580	2	0	2	15

ALL PROTEINS

Hardwood Smoked Brisket	160	10	4	0	15	400	2	0	1	13
Bacon	80	6	2	0	20	320	0	0	0	5
Black Bean Patty	60	2	0	0	0	365	8	4	1	6
Chicken Breast	60	1	0	1	30	200	2	0	0	12
Chicken Souvlaki	90	5	2	0	55	330	2	0	1	11
Deli Ham	60	2	1	0	30	420	1	0	1	9
Deli Turkey	60	1	0	0	25	590	3	0	1	11
Falafel	110	5	1	0	0	185	12	4	2	4
Gyro	190	14	6	0	45	455	6	1	1	10
Philly Steak	100	6	2	0	30	340	1	0	1	11
Egg	90	7	2	0	125	160	1	0	1	6

TOPPINGS

Avocado	30	3	0.5	0	0	0	1.5	1	0	less than 1g
Banana Peppers	0	0	0	0	0	100	less than 1g	less than 1g	0	0
Black Olives	10	1	0	0	0	90	less than 1g	0	0	0
Black Pepper	0	0	0	0	0	0	0	0	0	0
Carrots	5	0	0	0	0	10	1	less than 1g	less than 1g	0
Cilantro	0	0	0	0	0	0	0	0	0	0
Cucumbers	0	0	0	0	0	0	0	0	0	0
Fire Roasted Corn	24	1	0	0	0	0	4	1	2	1
Green Peppers	0	0	0	0	0	0	less than 1g	0	0	0
Hummus	45	3.5	0	0	0	60	3	1	less than 1g	1
Iceberg Lettuce	0	0	0	0	0	0	less than 1g	0	less than 1g	0
Jalapenos	0	0	0	0	0	170	0	0	0	0
Mushrooms	0	0	0	0	0	0	0	0	0	0
Onions	0	0	0	0	0	0	less than 1g	0	less than 1g	0
Pickles	0	0	0	0	0	90	0	0	0	0
Pineapple	5	0	0	0	0	0	1	0	1	0
Roasted Red Peppers	40	3	0	0	0	45	3	less than 1g	less than 1g	1
Roasted Red Pepper Hummus	0	0	0	0	0	45	less than 1g	0	0	0
Romaine Lettuce	0	0	0	0	0	0	less than 1g	less than 1g	less than 1g	less than 1g
Salt	0	0	0	0	0	50	0	0	0	0
Spinach	5	0	0	0	0	20	1	less than 1g	0	less than 1g
Tomatoes	5	0	0	0	0	0	1	less than 1g	less than 1g	0

SAUCES

Ancho Chipotle	45	4	0.5	0	5	130	2	0	2	0
Balsamic Vinaigrette	30	2.5	0	0	0	95	2	0	2	0
BBQ	30	0	0	0	0	135	7	less than 1g	6	0
Buffalo Sauce	0	0	0	0	0	430	0	0	0	0
Caesar	40	3.5	1	0	5	165	1	0	less than 1g	less than 1g
Honey Mustard	45	4	1	0	less than 5 mg	65	3	0	3	0
Jalapeno Ranch	55	6	0.5	0	5	115	1	0	less than 1g	less than 1g
Light Mayo	35	3.5	0	0	less than 5 mg	125	less than 1g	0	0	0
Pesto	50	4.5	1	0	less than 5 mg	90	less than 1g	less than 1g	less than 1g	1
Ranch	30	2.5	0	0	less than 5 mg	105	1.5	0	1	less than 1g
Schug (Spicy blend of jalapenos, garlic and spices)	40	4	0	0	0	140	1	0	less than 1g	0
Secret Sauce (spicy vinaigrette)	45	5	0.5	0	0	120	0.5	0	less than 1g	0
Sriracha	15	0	0	0	0	230	3	0	3	0
Sour Cream	30	3	1.5	0	10	5	less than 1g	0	0	0
Teriyaki	20	0	0	0	0	325	4.5	0	3.5	less than 1g
Thai Satay Sauce	30	2	0	0	0	140	3	0	2.5	less than 1g
Tzatziki	25	2	2	0	0	35	1	0	less than 1g	less than 1g
Yellow Mustard	0	0	0	0	0	160	0	0	0	0

CHEESES

Cheddar	60	4.5	2.5	0	15	90	less than 1g	0	0	4
Feta	40	3	2	0	10	160	less than 1g	less than 1g	0	3
Parmesan	25	2	1	0	less than 5 mg	80	0	0	0	2
Pepper Jack	50	4	2	0	15	80	less than 1g	0	0	3
Provolone	40	3	2	0	8	100	0	0	0	3

NUTRITION FACTS

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
SEASONINGS										
Salt	0	0	0	0	0	98	0	0	0	0
Pepper	0	0	0	0	0	0	0	0	0	0
Garlic Romano	5	0.5	0.5	0	55	0	0	0	0	0
Mojito Lime	0	0	0	0	130	0	0	0	0	0
Smokehouse Maple	0	0	0	0	115	0	0	0	0	0
Bayou Cajun	0	0	0	0	60	0	0	0	0	0
Greek	0	0	0	0	160	0	0	0	0	0

EXTRAS										
Add Bacon	80	6	2	0	20	320	0	0	0	5
Add Egg	90	7	1.5	0	125	160	1	0	1	6
Add Avocado	60	6	1	0	0	0	3	2	0	1
Add Hummus	70	6	0	0	0	120	4	2	0	1
Add Red Pepper Hummus	70	6	0	0	0	105	3	2	0	1
Add Cheddar	120	9	5	0	25	180	1	0	0	7
Add Cheddar Small	60	5	3	0	15	90	less than 1g	0	0	4
Add Pepper Jack	100	8	4	0	25	160	1	0	0	6
Add Pepper Jack Small	50	4	2	0	15	80	less than 1g	0	0	3
Add Feta	80	6	4	0	20	320	1	1	0	5
Add Feta Small	40	3	2	0	10	160	less than 1g	less than 1g	0	3
Add Provolone	80	6	4	0	16	200	1	0	0	6
Add Provolone Small	40	3	2	0	8	100	0	0	0	3

QUESAPITA										
Feta Quesapita	420	19	12	0	60	1350	39	5	0	21
Cheddar Quesapita	510	28	15	0	75	930	39	2	0	27
Provolone Quesapita	420	20	12	0	50	990	38	2	0	23
Pepperjack Quesapita	480	25	12	0	75	870	39	2	0	24

PITA CHIPS										
Pita Chips	400	30	2	0	0	390	36	2	0	6

SIDES										
Ancho Chipotle	180	16	3	0	20	520	8	0	8	0
Avocado	90	8	1	0	0	0	4	4	0	2
Balsamic Vinaigrette	120	10	1	0	0	380	8	0	8	0
BBQ	120	0	0	0	0	540	28	2	24	0
Buffalo Sauce	10	1	0	0	0	1720	1	0	0	0
Caesar	160	14	3	0	20	660	4	0	2	2
Honey Mustard	180	16	3	0	19	265	13	0	12	0
Hummus	180	14	1	0	0	240	10	4	2	4
Jalapeno Ranch	220	24	2	0	20	460	4	0	2	2
Light Mayo	140	14	2	0	20	500	4	0	0	0
Pesto	190	19	3	0	10	360	2	1	0	4
Ranch	120	10	0	0	10	420	6	0	4	2
Roasted Red Pepper Hummus	160	12	0	0	0	170	10	2	2	4
Schug Sauce	160	15	1	0	0	560	4	1	1	0
Secret Sauce	180	20	1	0	0	480	2	0	2	0
Sriracha	60	0	0	0	0	910	11	0	11	0
Sour Cream	110	11	7	0	40	30	4	0	2	2
Teriyaki	80	0	0	0	0	1300	18	0	14	2
Thai Satay Sauce	120	7	0	0	0	560	12	0	10	2
Tzatziki	100	8	7	0	0	140	4	0	2	2
Yellow Mustard	0	0	0	0	0	620	0	0	0	0

DRINKS										
Coffee	5	0	0	0	0	0	less than 1g	0	0	less than 1 g

COOKIES										
Butter Sugar	160	7	4	0	15	140	22	less than 1mg	12	2
Carnival M&M	160	7	4	0	10	140	24	1	15	2
Choco Chip	170	8	4	0	10	120	24	1	15	2
Choco Chunk	160	8	4	0	10	125	24	1	14	2
Double Choco Chip	160	8	5	0	10	135	23	1	15	2
Oatmeal Raisin	160	7	4	0	10	130	23	1	13	2
Peanut Butter	170	9	4	0	10	170	20	1	12	3
White Chocolate Macadamia Nut	170	9	4	0	15	125	22	0	14	2

NUTRITION FACTS

	Measure	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
SOUPS											
Broccoli Cheese- Water	6oz	210	15	5	0	15	980	15	2	3	5
Broccoli Cheese- Water	10 oz	350	25	9	0	25	1630	25	3	5	8
Broccoli Cheese- Whole Milk	6oz	280	19	8	0	25	1030	21	2	9	9
Broccoli Cheese- Whole Milk	10 oz	420	29	11	0	35	1680	31	3	11	12
Chicken Noodle- Water	6 oz	120	4	2	0	30	1280	14	2	3	9
Chicken Noodle- Water	10oz	200	6	3	0	50	2130	23	3	5	15
Chicken Noodle- Whole Milk	6 oz	190	8	4	0	40	1330	20	2	9	13
Chicken Noodle- Whole Milk	10oz	270	10	5	0	60	2180	29	3	11	19
Tomato Basil Bisque- Water	6 oz	200	12	5	0	15	1170	18	3	12	3
Tomato Basil Bisque- Water	10 oz	330	20	8	0	25	1950	30	5	20	5
Tomato Basil Bisque- Whole Milk	6 oz	270	16	7	0	25	1220	24	3	18	7
Tomato Basil Bisque- Whole Milk	10oz	400	24	10	0	35	2000	36	5	26	9
Ultimate Baked Potato- Water	6 oz	260	14	5	0	25	1170	24	2	2	9
Ultimate Baked Potato- Water	10 oz	430	23	9	0	40	1950	40	3	3	15
Ultimate Baked Potato- Whole Milk	6 oz	330	18	8	0	35	1220	30	2	8	13
Ultimate Baked Potato- Whole Milk	10 oz	500	27	11	0	50	2000	46	3	9	19
Cheesy Chicken Enchilada	6 oz	240	9	5	0	30	1560	26	5	8	14
Cheesy Chicken Enchilada	10 oz	400	15	9	0	50	2600	43	8	13	23
New England Clam Chowder- Water	6 oz	170	6	3	0	15	1190	23	2	2	5
New England Clam Chowder- Water	10 oz	280	10	5	0	25	1980	38	3	3	8
New England Clam Chowder- Whole Milk	6 oz	240	10	5	0	25	1240	29	2	8	9
New England Clam Chowder- Whole Milk	10 oz	350	14	7	0	35	2030	44	3	9	12
Garden Vegetable- Water	6 oz	110	2	0	0	0	1160	20	3	9	2
Garden Vegetable- Water	10 oz	180	3	0	0	0	1930	33	5	15	3
Garden Vegetable- Whole Milk	6 oz	180	6	3	0	10	1210	26	3	15	6
Garden Vegetable- Whole Milk	10oz	250	7	3	0	10	1980	39	5	21	7
Chicken And Andouille Sausage Gumbo- Water	6 oz	180	5	2	0	25	1200	21	2	5	11
Chicken And Andouille Sausage Gumbo- Water	10 oz	300	9	3	0	40	2000	35	3	8	18
Chicken And Andouille Sausage Gumbo- Whole Milk	6 oz	250	9	4	0	35	1250	27	2	11	15
Chicken And Andouille Sausage Gumbo- Whole Milk	10 oz	370	13	5	0	50	2050	41	3	14	22
Italian Style Wedding- Water	6 oz	170	5	2	0	15	1110	21	2	3	8
Italian Style Wedding- Water	10 oz	280	9	3	0	25	1850	35	3	5	13
Italian Style Wedding- Whole Milk	6 oz	240	9	4	0	25	1160	27	2	9	12
Italian Style Wedding- Whole Milk	10oz	350	13	5	0	35	1900	41	3	11	17
Minestrone- Water	6 oz	120	2	1	0	0	1110	21	6	6	6
Minestrone- Water	10 oz	200	3	2	0	0	1850	35	10	10	10
Minestrone- Whole Milk	6 oz	190	6	3	0	10	1160	27	6	12	10
Minestrone- Whole Milk	10 oz	270	7	4	0	10	1900	41	10	16	14
Chicken And Wild Rice- Water	6 oz	180	8	3	0	25	1170	21	2	3	8
Chicken And Wild Rice- Water	10 oz	300	13	5	0	40	1950	35	3	5	13
Chicken And Wild Rice- Whole Milk	6 oz	250	12	5	0	35	1220	27	2	9	12
Chicken And Wild Rice- Whole Milk	10oz	370	17	7	0	50	2000	41	3	11	17
Chicken And Dumpling- Water	6 oz	210	5	3	0	55	1170	30	3	3	11
Chicken And Dumpling- Water	10 oz	350	9	4	0	90	1950	50	5	5	18
Chicken And Dumpling- Whole Milk	6 oz	280	9	5	0	65	1220	36	3	9	15
Chicken And Dumpling- Whole Milk	10 oz	420	13	6	0	100	2000	56	5	11	22
Buffalo Style Chicken- Water	6 oz	290	18	6	0	60	1140	20	2	3	12
Buffalo Style Chicken- Water	10 oz	480	30	10	0	100	1900	33	3	5	20
Buffalo Style Chicken- Whole Milk	6 oz	360	22	8	0	70	1190	26	2	9	16
Buffalo Style Chicken- Whole Milk	10oz	550	34	12	0	110	1950	39	3	11	24
Chicken Tortilla- Water	6 oz	140	3	1	0	15	1050	21	5	6	6
Chicken Tortilla- Water	10 oz	230	5	2	0	25	1750	35	8	10	10
Chicken Tortilla- Whole Milk	6 oz	210	7	3	0	25	1100	27	5	12	10
Chicken Tortilla- Whole Milk	10 oz	300	9	4	0	35	1800	41	8	16	14
Wisconsin Cheddar- Water	6 oz	270	20	11	0	40	1190	15	0	5	8
Wisconsin Cheddar- Water	10 oz	450	33	18	0	65	1980	25	0	8	13
Wisconsin Cheddar- Whole Milk	6 oz	340	24	13	0	50	1240	21	0	11	12
Wisconsin Cheddar- Whole Milk	10oz	520	37	20	0	75	2030	31	0	14	17

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
SMOOTHIES										
Banana Very Berry Smoothie	240	0	0	0	less than 5mg	95	59	3	37	4
Berry Go Round Smoothie	250	0	0	0	less than 5mg	55	58	5	47	3
Blu Bayou Smoothie	210	0	0	0	less than 5mg	95	52	4	36	3
Mango Tango Smoothie	220	0	0	0	less than 5mg	65	52	3	34	2

COCA-COLA BREWED TEA BEVERAGES

FUZE Brewed Tea Green Tea Sweet	140	0	0	0	0	60	37	0	37	0
FUZE Brewed Tea Raspberry Tea Sweet	220	0	0	0	0	60	59	0	56	0
FUZE Brewed Tea Southern Tea Sweet	250	0	0	0	0	60	68	0	68	0
FUZE Brewed Tea Strawberry Kiwi Tea Sweet	240	0	0	0	0	60	62	0	62	0
FUZE Brewed Tea Half & Half Tea with Lemonade	240	0	0	0	0	60	62	0	62	0
FUZE Brewed Tea Unsweetened	0	0	0	0	0	60	less than 1 g	0	less than 1 g	0
Gold Peak Classic Blend Tea	0	0	0	0	0	60	0	0	0	0
Gold Peak Green Tea	0	0	0	0	0	60	0	0	0	0
Gold Peak Passionfruit Mango Tea	0	0	0	0	0	60	0	0	0	0
Gold Peak Raspberry Lemonade Tea	130	0	0	0	0	60	33	0	33	0
Gold Peak Peach Papaya Green Tea	130	0	0	0	0	60	34	0	34	0
Gold Peak Strawberry Kiwi Tea	130	0	0	0	0	60	33	0	33	0
Honest Brewed Classic Green Tea	130	0	0	0	0	75	31	0	31	0
Honest Brewed Just Iced Tea	0	0	0	0	0	60	0	0	0	0
Honest Brewed Lemon Herbal Tea	130	0	0	0	0	75	31	0	31	0
Honest Brewed Raspberry Tea	130	0	0	0	0	75	31	0	31	0



NUTRITION FACTS

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
COCA-COLA FREESTYLE BEVERAGES										
Barq's Root Beer	290	0	0	0	0	0	0	0	0	0
Barq's Root Beer with Vanilla	290	0	0	0	0	65	79	0	79	0
Caffeine Free Diet Coke	0	0	0	0	0	65	79	0	79	0
Caffeine Free Diet Coke with Orange	0	0	0	0	0	65	0	0	0	0
Caffeine Free Diet Coke with Cherry	5	0	0	0	0	65	0	0	0	0
Caffeine Free Diet Coke with Lime	10	0	0	0	0	65	0	0	0	0
Caffeine Free Diet Coke with Raspberry	0	0	0	0	0	65	0	0	0	0
Caffeine Free Diet Coke with Lemon	0	0	0	0	0	65	0	0	0	0
Caffeine Free Diet Coke with Vanilla	5	0	0	0	0	65	0	0	0	0
Caffeine Free Diet Coke with Cherry Vanilla	5	0	0	0	0	65	0	0	0	0
Coca-Cola	260	0	0	0	0	65	0	0	0	0
Coke with Orange	270	0	0	0	0	60	70	0	70	0
Coke with Cherry	270	0	0	0	0	70	73	0	73	0
Coke with Lime	270	0	0	0	0	65	73	0	73	0
Coke with Raspberry	270	0	0	0	0	65	73	0	73	0
Coke with Lemon	270	0	0	0	0	65	73	0	73	0
Coke with Vanilla	270	0	0	0	0	65	73	0	73	0
Coke with Cherry Vanilla	270	0	0	0	0	65	73	0	73	0
Coke Zero	0	0	0	0	0	65	73	0	73	0
Coke Zero with Orange	0	0	0	0	0	65	0	0	0	0
Coke Zero with Cherry	5	0	0	0	0	65	0	0	0	0
Coke Zero with Lime	10	0	0	0	0	65	0	0	0	0
Coke Zero with Raspberry	0	0	0	0	0	65	0	0	0	0
Coke Zero with Lemon	0	0	0	0	0	65	0	0	0	0
Coke Zero with Vanilla	5	0	0	0	0	65	0	0	0	0
Coke Zero with Cherry Vanilla	5	0	0	0	0	65	0	0	0	0
Dasani with Orange	0	0	0	0	0	65	0	0	0	0
Dasani with Cherry	0	0	0	0	0	65	0	0	0	0
Dasani with Lime	0	0	0	0	0	65	0	0	0	0
Dasani with Raspberry	0	0	0	0	0	65	0	0	0	0
Dasani with Lemon	0	0	0	0	0	65	0	0	0	0
Dasani with Strawberry	0	0	0	0	0	65	0	0	0	0
Dasani with Grape	0	0	0	0	0	65	0	0	0	0
Dasani with Peach	5	0	0	0	0	65	0	0	0	0
Dasani Sparkling Seltzer Water	0	0	0	0	0	65	0	0	0	0
Dasani Sparkling Lemon Lime Seltzer Water	5	0	0	0	0	65	0	0	0	0
Diet Barq's Root Beer	0	0	0	0	0	65	0	0	0	0
Diet Barq's Root Beer with Vanilla	0	0	0	0	0	70	0	0	0	0
Diet Coke	0	0	0	0	0	70	0	0	0	0
Diet Coke with Orange	0	0	0	0	0	65	0	0	0	0
Diet Coke with Cherry	5	0	0	0	0	65	0	0	0	0
Diet Coke with Lime	10	0	0	0	0	65	0	0	0	0
Diet Coke with Raspberry	0	0	0	0	0	65	0	0	0	0
Diet Coke with Lemon	0	0	0	0	0	65	0	0	0	0
Diet Coke with Vanilla	5	0	0	0	0	65	0	0	0	0
Diet Coke with Cherry Vanilla	5	0	0	0	0	65	0	0	0	0
Fanta Orange	290	0	0	0	0	65	0	0	0	0
Fanta Cherry	290	0	0	0	0	70	78	0	78	0
Fanta Lime	290	0	0	0	0	60	78	0	78	0
Fanta Raspberry	290	0	0	0	0	60	78	0	78	0
Fanta Fruit Punch	300	0	0	0	0	60	78	0	78	0
Fanta Strawberry	300	0	0	0	0	60	78	0	78	0
Fanta Grape	290	0	0	0	0	60	78	0	78	0
Fanta Peach	290	0	0	0	0	60	78	0	78	0
Fanta Vanilla (Specialty)	290	0	0	0	0	65	78	0	78	0
Fanta Zero Orange	0	0	0	0	0	60	78	0	78	0
Fanta Zero Cherry	5	0	0	0	0	75	0	0	0	0
Fanta Zero Lime	10	0	0	0	0	65	0	0	0	0
Fanta Zero Raspberry	5	0	0	0	0	65	0	0	0	0
Fanta Zero Fruit Punch	10	0	0	0	0	65	0	0	0	0
Fanta Zero Strawberry	10	0	0	0	0	65	0	0	0	0
Fanta Zero Grape	10	0	0	0	0	65	0	0	0	0
Fanta Zero Peach	10	0	0	0	0	65	0	0	0	0
Diet Fanta Vanilla (Specialty)	5	0	0	0	0	70	0	0	0	0
Fruitwater Fizzy Lemonade	0	0	0	0	0	65	0	0	0	0
Fruitwater Fizzy Mixed Berry	15	0	0	0	0	65	0	0	0	0
Fruitwater Fizzy Strawberry Lemonade	5	0	0	0	0	65	0	0	0	0
Fruitwater Fizzy Lemon-Lime	10	0	0	0	0	65	0	0	0	0
Fruitwater Fizzy Peach Lemonade	0	0	0	0	0	65	0	0	0	0
Fruitwater Fizzy Cherry-Lime	10	0	0	0	0	65	0	0	0	0
FUZE Sweet Tea	220	0	0	0	0	65	0	0	0	0
FUZE Raspberry Tea	220	0	0	0	0	60	59	0	59	0
FUZE Lemon Tea	220	0	0	0	0	60	59	0	59	0
FUZE Strawberry Tea	220	0	0	0	0	65	59	0	59	0
FUZE Peach Tea	230	0	0	0	0	60	59	0	59	0
FUZE Raspberry Peach Tea	230	0	0	0	0	65	59	0	59	0
FUZE Unsweetened Tea	5	0	0	0	0	65	59	0	59	0
FUZE Diet Tea	5	0	0	0	0	60	0	0	0	0
FUZE Diet Raspberry Tea	10	0	0	0	0	65	0	0	0	0
FUZE Diet Lemon Tea	10	0	0	0	0	65	0	0	0	0
FUZE Diet Strawberry Tea	10	0	0	0	0	65	0	0	0	0
FUZE Diet Peach Tea	10	0	0	0	0	65	0	0	0	0
FUZE Diet Raspberry Peach Tea	10	0	0	0	0	65	0	0	0	0
Hi-C Orange	300	0	0	0	0	65	0	0	0	0
Hi-C Cherry	310	0	0	0	0	70	80	0	79	0
Hi-C Raspberry	310	0	0	0	0	60	79	0	79	0

NUTRITION FACTS

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
COCA-COLA FREESTYLE BEVERAGES (CONTINUED)										
Hi-C Lemon	300	0	0	0	0	60	79	0	79	0
Hi-C Fruit Punch	320	0	0	0	0	65	79	0	79	0
Hi-C Strawberry	310	0	0	0	0	60	79	0	79	0
Hi-C Grape	310	0	0	0	0	60	79	0	79	0
Hi-C Raspberry Lime	310	0	0	0	0	60	79	0	79	0
Hi-C Orange Vanilla	310	0	0	0	0	60	79	0	79	0
Master Pour Black Cherry (Specialty)	270	0	0	0	0	65	79	0	79	0
Master Pour Black Cherry Light (Specialty)	170	0	0	0	0	65	73	0	73	0
Mello Yello	220	0	0	0	0	65	44	0	44	0
Mello Yello Orange	220	0	0	0	0	65	60	0	60	0
Mello Yello Cherry	220	0	0	0	0	70	58	0	58	0
Mello Yello Raspberry	220	0	0	0	0	65	60	0	60	0
Mello Yello Fruit Punch	230	0	0	0	0	65	60	0	60	0
Mello Yello Strawberry	220	0	0	0	0	65	60	0	60	0
Mello Yello Grape	220	0	0	0	0	65	60	0	60	0
Mello Yello Peach	220	0	0	0	0	65	60	0	60	0
Mello Yello with Strawberry Peach (Specialty)	220	0	0	0	0	65	60	0	60	0
Mello Yello Zero	0	0	0	0	0	65	59	0	59	0
Mello Yello Zero Orange	0	0	0	0	0	70	0	0	0	0
Mello Yello Zero Cherry	0	0	0	0	0	70	0	0	0	0
Mello Yello Zero Raspberry	5	0	0	0	0	70	0	0	0	0
Mello Yello Zero Fruit Punch	10	0	0	0	0	70	0	0	0	0
Mello Yello Zero Strawberry	5	0	0	0	0	70	0	0	0	0
Mello Yello Zero Grape	5	0	0	0	0	70	0	0	0	0
Mello Yello Zero Peach	5	0	0	0	0	70	0	0	0	0
diet Mello Yello with Strawberry Peach (Specialty)	10	0	0	0	0	70	0	0	0	0
Minute Maid Lemonade	280	0	0	0	0	70	0	0	0	0
Minute Maid Lemonade with Orange	280	0	0	0	0	120	73	0	73	0
Minute Maid Lemonade with Raspberry	280	0	0	0	0	125	73	0	73	0
Minute Maid Lemonade with Strawberry	290	0	0	0	0	120	73	0	73	0
Minute Maid Lemonade with Peach	280	0	0	0	0	120	73	0	73	0
Minute Maid Pink Lemonade	280	0	0	0	0	125	73	0	73	0
Minute Maid Lemonade with Lime	290	0	0	0	0	120	73	0	73	0
Minute Maid Light Lemonade	15	0	0	0	0	120	73	0	73	0
Minute Maid Light Lemonade with Orange	15	0	0	0	0	125	0	0	0	0
Minute Maid Light Lemonade with Raspberry	15	0	0	0	0	130	0	0	0	0
Minute Maid Light Lemonade with Strawberry	20	0	0	0	0	125	0	0	0	0
Minute Maid Light Lemonade with Peach	15	0	0	0	0	125	0	0	0	0
Minute Maid Light Pink Lemonade	15	0	0	0	0	125	0	0	0	0
Minute Maid Light Lemonade with Lime	20	0	0	0	0	125	0	0	0	0
Pibb Xtra	260	0	0	0	0	125	0	0	0	0
Pibb Xtra Cherry	260	0	0	0	0	70	68	0	68	0
Pibb Xtra Raspberry	260	0	0	0	0	70	68	0	68	0
Pibb Xtra Vanilla	260	0	0	0	0	70	68	0	68	0
Pibb Xtra Cherry Vanilla	260	0	0	0	0	70	68	0	68	0
Pibb Xtra Raspberry Vanilla	260	0	0	0	0	70	68	0	68	0
Pibb Zero	5	0	0	0	0	70	68	0	68	0
Pibb Zero Cherry	10	0	0	0	0	75	0	0	0	0
Pibb Zero Raspberry	10	0	0	0	0	75	0	0	0	0
Pibb Zero Vanilla	10	0	0	0	0	75	0	0	0	0
Pibb Zero Cherry Vanilla	15	0	0	0	0	75	0	0	0	0
Pibb Zero Raspberry Vanilla	15	0	0	0	0	75	0	0	0	0
POWERade Orange	170	0	0	0	0	75	0	0	0	0
POWERade Cherry	170	0	0	0	0	200	44	0	44	0
POWERade Lime	170	0	0	0	0	200	44	0	44	0
POWERade Raspberry	170	0	0	0	0	200	44	0	44	0
POWERade Lemon	170	0	0	0	0	200	44	0	44	0
POWERade Fruit Punch	170	0	0	0	0	200	44	0	44	0
POWERade Strawberry	170	0	0	0	0	200	44	0	44	0
POWERade Grape	170	0	0	0	0	200	44	0	44	0
POWERade Zero Orange	5	0	0	0	0	200	44	0	44	0
POWERade Zero Cherry	5	0	0	0	0	200	0	0	0	0
POWERade Zero Lime	5	0	0	0	0	200	0	0	0	0
POWERade Zero Raspberry	10	0	0	0	0	200	0	0	0	0
POWERade Zero Lemon	0	0	0	0	0	200	0	0	0	0
POWERade Zero Fruit Punch	10	0	0	0	0	200	0	0	0	0
POWERade Zero Strawberry	5	0	0	0	0	200	0	0	0	0
POWERade Zero Grape	5	0	0	0	0	200	0	0	0	0
Sprite	250	0	0	0	0	200	0	0	0	0
Sprite with Orange	250	0	0	0	0	65	67	0	67	0
Sprite with Cherry	260	0	0	0	0	70	68	0	67	0
Sprite with Raspberry	260	0	0	0	0	65	67	0	67	0
Sprite with Vanilla	260	0	0	0	0	65	67	0	67	0
Sprite with Strawberry	260	0	0	0	0	65	67	0	67	0
Sprite with Grape	260	0	0	0	0	65	67	0	67	0
Sprite with Peach	260	0	0	0	0	65	67	0	67	0
Sprite with Peach Vanilla (Specialty)	260	0	0	0	0	65	68	0	67	0
Sprite Zero	10	0	0	0	0	65	68	0	67	0
Sprite Zero with Orange	10	0	0	0	0	65	0	0	0	0
Sprite Zero with Cherry	10	0	0	0	0	65	0	0	0	0
Sprite Zero with Raspberry	15	0	0	0	0	65	0	0	0	0
Sprite Zero with Vanilla	10	0	0	0	0	65	0	0	0	0
Sprite Zero with Strawberry	15	0	0	0	0	65	0	0	0	0
Sprite Zero with Grape	10	0	0	0	0	65	0	0	0	0
Sprite Zero with Peach	15	0	0	0	0	65	0	0	0	0
Sprite Zero with Peach Vanilla (Specialty)	15	0	0	0	0	70	0	0	0	0

NUTRITION FACTS

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
COCA-COLA FREESTYLE BEVERAGES (CONTINUED)										
Seagram's Ginger Ale	170	0	0	0	0	65	0	0	0	0
Seagram's Ginger Ale with Orange	170	0	0	0	0	60	45	0	45	0
Seagram's Ginger Ale with Cherry	180	0	0	0	0	65	45	0	45	0
Seagram's Ginger Ale with Lime	180	0	0	0	0	60	45	0	45	0
Seagram's Ginger Ale with Raspberry	180	0	0	0	0	60	45	0	45	0
Seagram's Ginger Ale with Vanilla	180	0	0	0	0	60	45	0	45	0
Diet Seagram's Ginger Ale	10	0	0	0	0	60	45	0	45	0
Diet Seagram's Ginger Ale with Orange	10	0	0	0	0	65	0	0	0	0
Diet Seagram's Ginger Ale with Cherry	10	0	0	0	0	70	0	0	0	0
Diet Seagram's Ginger Ale with Lime	15	0	0	0	0	65	0	0	0	0
Diet Seagram's Ginger Ale with Raspberry	10	0	0	0	0	65	0	0	0	0
Diet Seagram's Ginger Ale with Vanilla	10	0	0	0	0	65	0	0	0	0
Vitaminwater Orangeade-C	120	0	0	0	0	65	0	0	0	0
Vitaminwater Lemonade-C	130	0	0	0	0	70	33	0	32	0
Vitaminwater Pink Squeezed	130	0	0	0	0	65	34	0	33	0
Vitaminwater Tropical-C	130	0	0	0	0	65	33	0	33	0

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
COCA-COLA LEGACY FOUNTAIN BEVERAGES										
Barq's Caffeine Free Root Beer	310	0	0	0	0	130	86	0	86	0
Barq's Root Beer	310	0	0	0	0	130	86	0	86	0
Barq's Red Crème Soda	320	0	0	0	0	115	87	0	87	0
Caffeine-free Diet Coke	0	0	0	0	0	90	0	0	0	0
Cherry Coca-Cola	290	0	0	0	0	75	80	0	80	0
Coca-Cola	280	0	0	0	0	60	76	0	76	0
Coca-Cola Zero	0	0	0	0	0	75	0	0	0	0
Diet Coke	0	0	0	0	0	90	0	0	0	0
Diet Coke with Lime	5	0	0	0	0	90	0	0	0	0
Fanta Apple	320	0	0	0	0	105	85	0	85	0
Fanta Birch Beer	300	0	0	0	0	95	82	0	82	0
Fanta Blue Raspberry	330	0	0	0	0	90	89	0	89	0
Fanta Cherry	300	0	0	0	0	85	81	0	81	0
Fanta Fruit Punch	300	0	0	0	0	95	79	0	79	0
Fanta Grape	320	0	0	0	0	85	85	0	85	0
Fanta Kiwi-Strawberry	340	0	0	0	0	90	90	0	90	0
Fanta Orange	300	0	0	0	0	90	80	0	80	0
Fanta Red	300	0	0	0	0	75	82	0	81	0
Fanta Strawberry	320	0	0	0	0	90	88	0	88	0
Fanta Strawberry (Texas Only)	290	0	0	0	0	70	79	0	79	0
Fresca	0	0	0	0	0	85	2	0	0	0
Fruitopia Strawberry Passion Awareness	330	0	0	0	0	95	90	0	87	0
Full Throttle Twisted	300	0	0	0	0	220	79	0	79	0
Fuze Lemon Black Tea	170	0	0	0	0	80	44	0	44	0
Fuze Peach Tea	170	0	0	0	0	80	44	0	44	0
Fuze Raspberry Tea	170	0	0	0	0	80	44	0	44	0
Fuze Sweet Tea	160	0	0	0	0	85	44	0	44	0
Fuze Unsweet Tea	5	0	0	0	0	80	0	0	0	0
Glaceau vitaminwater essential	140	0	0	0	0	70	37	0	35	0
Glaceau vitaminwater revive	140	0	0	0	0	70	36	0	35	0
Glaceau vitaminwater XXX	130	0	0	0	0	70	36	0	35	0
Glaceau vitaminwater XXX zero	0	0	0	0	0	70	less than 1 g	0	0	0
Glaceau vitaminwatersqueezed zero	5	0	0	0	0	70	2	0	0	0
Gold Peak Raspberry Tea	170	0	0	0	0	80	47	0	47	0
Gold Peak Peach Tea	170	0	0	0	0	80	44	0	44	0
Gold Peak Citrus White Tea	240	0	0	0	0	80	62	0	62	0
Gold Peak Diet Black Tea	0	0	0	0	0	85	less than 1 g	0	0	0
Gold Peak Diet Green Tea	5	0	0	0	0	80	less than 1 g	0	less than 1 g	0
Gold Peak Sweetened Green Tea	170	0	0	0	0	90	47	0	47	0
Gold Peak Premium Unsweetened Tea	0	0	0	0	0	80	0	0	0	0
Gold Peak Southern Style Tea	270	0	0	0	0	85	69	0	68	0
Gold Peak Sweetened Black Tea	220	0	0	0	0	85	59	0	59	0
Hi-C Flashn' Fruit Punch	290	0	0	0	0	100	81	0	79	0
Hi-C Orange Lavaburst	310	0	0	0	0	75	86	0	84	0
Hi-C Poppin' Pink Lemonade	270	0	0	0	0	190	75	0	72	0
Mello Yello	300	0	0	0	0	85	81	0	80	0
Minute Maid Lemonade	270	0	0	0	0	190	75	0	72	0
Minute Maid Light Lemonade	15	0	0	0	0	75	0	0	0	0
Minute Maid Light Pomegranate Lemonade	15	0	0	0	0	115	3	0	0	0
Minute Maid Limeade	310	0	0	0	0	95	88	0	87	0
Pibb Xtra	270	0	0	0	0	100	74	0	74	0
POWERade Fruit Punch	160	0	0	0	0	220	45	0	42	0
POWERade Lemon-Lime	160	0	0	0	0	220	42	0	41	0
POWERade Mountain Blast	160	0	0	0	0	210	42	0	42	0
Red Flash	300	0	0	0	0	120	79	0	79	0
Seagram's Ginger Ale	250	0	0	0	0	80	68	0	68	0
Seagram's Ginger Ale Reduced Calorie	180	0	0	0	0	80	47	0	47	0
Seagram's Tonic Water	240	0	0	0	0	90	62	0	62	0
Sprite	270	0	0	0	0	125	74	0	74	0
Sprite Zero	5	0	0	0	0	80	0	0	0	0
Vanilla Coke	290	0	0	0	0	75	79	0	79	0