



BURGER KING® USA Nutritionals: Core, Regional and Limited Time Offerings

JUNE 2015

Nutrition Facts	Calories	Calories from fat	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	
	Calories	Calories from fat	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	
WHOPPER® Sandwiches												
WHOPPER® Sandwich	290	650	340	37	11	1.5	60	910	50	2	12	22
w/o Mayo	268	510	200	22	8	1.5	55	790	50	2	12	22
WHOPPER® Sandwich with Cheese	312	730	400	44	15	2	85	1260	51	2	13	26
w/o Mayo	291	600	260	29	13	1.5	75	1140	51	2	13	26
DOUBLE WHOPPER® Sandwich	375	900	510	56	19	3	115	980	50	2	12	35
w/o Mayo	353	770	370	41	17	2.5	105	860	50	2	12	35
DOUBLE WHOPPER® Sandwich with Cheese	397	990	570	63	23	3	135	1330	51	2	13	40
w/o Mayo	376	850	420	48	21	3	130	1220	51	2	13	39
TRIPLE WHOPPER® Sandwich	455	1160	670	75	27	4	170	1050	50	2	12	49
w/o Mayo	434	1020	540	60	25	4	160	930	49	2	12	48
WHOPPER JR.® Sandwich	138	300	150	16	4.5	0.5	25	460	27	1	7	9
w/o Mayo	131	240	90	10	3.5	0.5	25	410	27	1	6	10
WHOPPER JR.® Sandwich with Cheese	153	350	190	21	7	1	40	640	28	1	7	12
w/o Mayo	132	280	120	13	6	0.5	40	580	27	1	7	12
FLAME BROILED BURGERS												
Big King™	198	530	280	31	11	1.5	75	790	38	2	8	19
A.1.® Ultimate Bacon Cheeseburger	294	820	460	51	22	3	140	1370	37	1	8	39
A.1.® Hearty Mozzarella Bacon Cheeseburger	313	790	430	48	21	0	190	1410	39	1	9	52
Hamburger	100	230	80	9	3	0	25	460	26	1	6	9
Cheeseburger	111	270	110	12	5	0.5	35	630	27	1	7	11
Double Hamburger	128	320	140	15	6	1	45	450	26	1	6	14
Double Cheeseburger	142	360	170	19	8	1	60	670	27	1	7	16
Extra Long Cheeseburger	214	590	300	33	12	1.5	75	1040	50	3	11	22
Bacon Cheeseburger	112	290	120	13	6	0.5	40	680	27	1	7	12
Bacon Double Cheeseburger	148	390	190	21	9	1	65	790	27	1	7	17
Double Cheeseburger	142	360	170	19	8	1	60	670	27	1	7	16
Bacon Cheeseburger Deluxe	147	290	120	14	6	0.5	40	720	28	1	7	12
King Jr.™ Cheeseburger	127	310	150	17	6	0.5	40	580	26	1	5	11

Nutrition facts	serving size (g)	Calories	Calories from fat	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)
CHICKEN & MORE												
TENDERGRILL® Chicken Sandwich	202	380	140	16	2.5	0	75	730	33	2	5	29
w/o Mayo	188	290	50	6	1	0	70	650	33	2	5	29
TENDERCRISP® Chicken Sandwich	243	610	330	37	6	0	70	1170	47	4	7	26
w/o Mayo	215	430	150	16	3	0	60	1010	47	4	6	25
BBQ Bacon TENDERCRISP®	261	630	290	32	6	0	75	1350	56	4	15	29
Original Chicken Sandwich	218	640	320	36	6	0	70	1140	53	3	7	29
w/o Mayo	190	450	140	16	2.5	0	60	980	52	3	7	28
Extra Long Pulled Pork	192	370	70	8	2.5	0	55	1290	55	3	7	23
Crispy Chicken Jr.	142	430	250	28	4.5	0	30	760	34	2	4	12
Spicy Crispy Chicken Jr.	142	410	220	25	4.5	0	35	850	35	2	5	12
Chicken Strips- 3pc	135	340	150	17	2.5	0	55	1130	26	3	0	22
Chicken Strips- 5pc	225	570	250	28	4.5	0.5	90	1890	44	4	0	36
Chicken Nuggets- 4pc	70	190	100	11	2	0	20	360	13	2	0	8
Chicken Nuggets- 6pc	105	280	150	17	3	0	30	540	20	3	0	13
Chicken Nuggets- 10 pc	175	470	260	29	5	0	50	890	34	5	0	21
Chicken Nuggets- 20 pc	350	950	510	57	11	0	100	1790	67	9	0	42
Chicken Fries	102	290	150	17	3	1.5	40	780	18	1	1	16
Big Fish Sandwich	191	500	250	28	4.5	0	30	1230	49	2	6	15
w/o Tartar Sauce	162	320	80	9	1.5	0	15	1020	46	2	4	15
BK VEGGIE® Burger **	214	390	140	16	2.5	0	5	900	44	5	9	21
w/o Mayo	197	320	70	8	1	0	0	840	43	5	9	21
Kids Meals												
entrees												
Kids Oatmeal	167	170	30	3	1.5	0	5	260	32	3	12	4
Chicken Nuggets- 4pc	70	190	100	11	2	0	20	360	13	2	0	8
Chicken Nuggets- 6pc	105	280	150	17	3	0	30	540	20	3	0	13
Home-style Chicken Strips- 2pc (in some areas)	90	230	100	11	2	0	35	760	18	2	0	15
Hamburger	100	230	80	9	3	0	25	460	26	1	6	9
Cheeseburger	111	270	110	12	5	0.5	35	630	27	1	7	11
side items												
Apple Slices	58	30	0	0	0	0	0	0	7	1	6	0
Satisfries™ French Fries - Value (Salted)	87	190	70	8	1	0	0	210	28	2	0	2
beverage												
Fat FREE Milk (8 fl oz)		90	0	0	0	0	5	125	13	0	12	9
1% Low Fat Chocolate Milk (8 fl oz)		160	25	2.5	1.5	0	15	150	26	0	25	8
Capri Sun® 100% Apple Juice		80	0	0	0	0	0	25	20	0	20	0
Soft Serve Cone	100	160	35	4	2.5	0	15	130	27	0	20	4
Chocolate Chip cookie (in some areas)	38	160	70	8	4	0	10	125	24	1	15	2

Nutrition facts	-serving size (g)	Calories	Calories from fat	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)
BK™ Garden Fresh Salads and SIDES												
Chicken Caesar Garden Fresh Salad with TENDERGRILL and dressing	348	450	250	27	4.5	0	95	1150	20	3	6	35
Chicken Caesar Garden Fresh Salad with TENDERCRISP and dressing	380	650	390	43	7	0	75	1670	39	4	8	30
Side Caesar Salad and dressing	190	290	200	22	3.5	0	20	710	17	2	5	8
Chicken BLT Garden Fresh Salad with TENDERGRILL and dressing	357	440	260	29	8	0	115	1080	11	3	5	33
Chicken BLT Garden Fresh Salad with TENDERCRISP and dressing	390	640	410	45	11	0.5	95	1610	30	4	8	28
Chicken Apple & Cranberry Garden Fresh Salad with TENDERGRILL and dressing	363	480	230	26	7	0	95	480	34	4	34	28
Chicken Apple & Cranberry Garden Fresh Salad with TENDERCRISP and dressing	394	680	370	42	9	0	75	1010	53	4	36	24
Side Garden Salad and Avocado Ranch Dressing	169	240	200	22	5	0	30	540	6	2	2	6
Ranch Crispy Chicken Wrap	137	360	180	20	6	0.5	40	970	30	2	1	15
Ranch Grilled Chicken Wrap	135	310	150	16	5	0	55	770	21	1	1	19
Honey Mustard Crispy Chicken Wrap	137	380	180	20	6	0	35	900	35	2	6	15
Honey Mustard Grilled Chicken Wrap	135	330	150	16	5	0	55	700	26	1	6	19
Chicken BLT Garden Fresh Salad Wrap- grilled	191	380	170	19	6	0	60	1030	33	4	3	22
Chicken BLT Garden Fresh Salad Wrap- crispy	202	470	230	26	7	0	45	1270	42	4	4	19
Chicken Apple and Cranberry Garden Fresh Salad Wrap- grilled	225	400	140	16	4.5	0	45	730	48	5	20	19
Chicken Apple and Cranberry Garden Fresh Salad Wrap- crispy	212	490	210	24	6	0	35	990	53	4	18	16
Chicken Caesar Garden Fresh Salad Wrap- grilled	174	340	140	16	3.5	0	45	960	33	4	3	21
Chicken Caesar Garden Fresh Salad Wrap- crispy	191	440	210	24	4.5	0	35	1220	42	4	4	18
Ken's Citrus Caesar Dressing- packet	50	180	160	18	3.5	0	5	460	4	0	2	2
Ken's Honey Mustard Dressing- packet	50	220	160	18	2.5	0	15	270	13	1	12	1
Ken's Lite Honey Balsamic- packet	50	120	70	7	1	0	0	220	14	0	11	0
Ken's Avocado Ranch Dressing- packet	50	170	150	17	3	0	15	420	4	0	3	1
Ken's Apple Cider Vinaigrette- packet	50	210	160	18	2.5	0	10	115	10	0	7	0
Home-style Caesar Croutons- Packet	14	60	20	2	0	0	10	160	9	0	1	2
Apple Slices	58	30	0	0	0	0	0	0	7	1	6	0
Onion Rings - value	43	150	70	8	1.5	0	0	400	19	1	2	1
Onion Rings - small	91	320	150	16	3	0	0	840	41	3	4	3
Onion Rings - medium	117	410	190	21	3.5	0	0	1080	53	4	5	4
Onion Rings - large	142	500	230	25	4.5	0	0	1310	64	5	7	5
French Fries - value (Salted)	89	240	90	10	1.5	0	0	330	34	3	0	2
French Fries - small (Salted)	128	340	130	15	2.5	0	0	480	49	4	0	4
French Fries - medium (Salted)	153	410	160	18	3	0	0	570	58	4	0	4
French Fries - large (Salted)	190	500	200	22	3.5	0	0	710	72	5	0	5
Satisfries™ French Fries - Value (salted)	87	190	70	8	1	0	0	210	28	2	0	2

Satisfries™ French Fries - Small (salted)	127	270	100	11	1.5	0	0	300	41	3	0	4
Satisfries™ French Fries - Medium (salted)	157	340	120	14	2	0	0	370	51	4	0	4
Satisfries™ French Fries - Large (salted)	191	410	150	17	2.5	0	0	460	62	5	0	5
Mozzarella Sticks (4 pc)	88	280	140	15	5	0	35	650	24	2	2	11
Nutrition facts	servicing size (g)	Calories	Calories from fat	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)
BREAKFAST												
Quaker® Oatmeal Maple Flavor (Artificial maple flavor in Vermont only).	172	170	30	3	1.5	0	5	270	32	3	12	4
Sausage Breakfast Burrito	123	310	170	19	7	0	145	820	22	1	2	14
Southwestern Breakfast Burrito	233	600	340	38	13	0	210	1660	43	4	4	23
BK® Breakfast Muffin Sandwich Egg and Cheese	125	260	100	11	4	0	170	830	27	2	3	13
BK® Breakfast Muffin Sandwich Sausage and Cheese	124	390	210	23	9	0	55	1130	27	2	2	17
BK® Breakfast Muffin Sandwich Sausage, egg and Cheese	169	430	230	26	8	0	200	1140	28	2	3	20
BK® Breakfast Muffin Sandwich ham, egg and Cheese	159	310	120	13	4.5	0	185	1290	29	2	4	18
BK® Breakfast Muffin Sandwich bacon, egg and Cheese	133	300	120	14	5	0	175	990	27	2	3	15
BK™ Ultimate Breakfast Platter	511	1420	710	79	29	1	460	3020	139	5	41	36
Pancake and Sausage platter	231	660	270	31	8	0	80	1020	83	1	36	13
Pancakes (3) and 1 oz breakfast syrup	187	490	140	16	4	0	45	710	82	1	36	5
CROISSAN'WICH® Egg & Cheese	121	330	160	18	8	0	155	620	31	1	5	11
CROISSAN'WICH® Sausage & Cheese	112	420	240	27	11	0	45	710	31	1	4	14
CROISSAN'WICH® Sausage, Egg & Cheese	165	500	290	33	12	0	190	930	32	1	5	19
CROISSAN'WICH® Ham, Egg & Cheese	155	390	180	20	8	0	175	1080	33	1	7	17
CROISSAN'WICH® Bacon, Egg & Cheese	128	370	190	21	9	0	165	770	31	1	6	13
DOUBLE CROISSAN'WICH™ w/ Sausage, Egg, & Cheese	273	790	510	57	21	1	380	1630	35	1	7	34
DOUBLE CROISSAN'WICH™ w/ ham, Egg, & Cheese	200	480	230	26	11	0	205	1720	36	1	9	25
DOUBLE CROISSAN'WICH™ w/ Bacon, Egg, & Cheese	148	440	240	27	12	0.5	190	1070	32	1	6	17
DOUBLE CROISSAN'WICH™ w/ Sausage, Bacon, Egg, & Cheese	186	580	350	39	15	0.5	215	1250	33	1	6	23
DOUBLE CROISSAN'WICH™ w/ Ham, Bacon, Egg, & Cheese	177	470	240	27	12	0.5	205	1430	34	1	7	21
DOUBLE CROISSAN'WICH™ w/ Ham, Sausage, Egg, & Cheese	214	600	350	39	15	0.5	230	1580	35	1	7	27
Sausage Biscuit	126	420	240	27	15	0.5	35	1090	32	1	3	13
Ham, Egg, & Cheese Biscuit	180	430	210	23	15	0.5	175	1630	35	1	6	18
Sausage, Egg, & Cheese Biscuit	190	550	320	36	19	0.5	190	1480	34	1	4	20
Bacon, Egg & Cheese Biscuit	161	450	240	27	16	0.5	170	1490	33	1	4	16
Country Ham and Egg Biscuit	181	440	230	26	15	0.5	190	1980	33	1	4	18
Cinnamon Roll- Otis Spunkmeyer®	79	280	100	11	6	0	15	280	41	2	22	4
Hash Browns - small	84	250	150	16	3.5	0	0	410	24	3	0	2

Hash Browns - medium	168	500	290	33	7	0	0	810	48	7	0	4
Hash Browns - large	224	670	390	44	9	0	0	1080	65	9	0	5
French Toast Sticks (3 piece)	65	230	100	11	2	0	0	260	29	1	8	3
French Toast Sticks (5 piece)	109	380	160	18	3	0	0	430	49	2	13	5

	serving size (g)	Calories	Calories from fat	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)
Nutrition facts												
DESSERTS												
Dutch Apple Pie	107	340	130	14	6	0	0	310	51	1	25	3
HERSHEY®'S Sundae Pie	79	310	170	19	12	0	10	220	32	1	22	3
Reese's Peanut Butter Cup Pie	70	310	170	19	10	0	5	200	31	2	21	5
Soft Serve Cone	100	160	35	4	2.5	0	15	130	27	0	20	4
Soft Serve Cup	95	140	35	4	2.5	0	15	125	23	0	19	4
Caramel Sundae	141	280	50	6	3.5	0	20	250	52	0	37	5
Chocolate Fudge Sundae	141	280	60	7	5	0	15	220	50	1	43	6
Strawberry Sundae	141	190	35	4	2.5	0	15	125	35	0	31	4
Butter Sugar Cookie	36	160	60	7	3.5	0	15	135	22	0	12	2
Carnival Cookie	36	160	60	7	3	0	10	120	22	1	14	2
Red, White & Blue Cookie	36	160	50	6	3	0	5	125	23	0	14	1
Ginger Spice Cookie	38	150	45	5	2.5	0	10	135	25	1	13	2
Chocolate Chip Cookies (2)	76	330	140	15	8	0	20	250	47	1	29	3
White Chocolate Macadamia Nut Cookies (2)	76	340	160	18	8	0	20	240	44	0	28	4
Oatmeal Raisin Cookies (2)	76	310	120	13	8	0	20	260	46	3	26	4
Additional Options (some options are only available regionally)												
American Cheese (slice)- may vary	11	40	30	3.5	2	0	10	180	1	0	0	2
Thick cut bacon	7	35	25	3	1	0	5	160	0	0	0	2
Ketchup (Packet)	10	10	0	0	0	0	0	125	3	0	2	0
Mayonnaise (Packet)	12	80	80	9	0.5	0	10	75	1	0	0	0
Pickles (2)	10	0	0	0	0	0	0	100	0	0	0	0
Strawberry or Grape Jam (packet)	12	30	0	0	0	0	0	0	7	0	6	0
SunGlow® Butter blend - 2 pats	10	70	70	8	2.5	0	0	65	0	0	0	0
Breakfast Syrup (1 oz)	41	120	0	0	0	0	0	15	30	0	18	0
Dried Fruit Topping	28	90	5	0	0	0	0	0	23	2	20	1
Barbecue Dipping Sauce (1 oz)	28	40	0	0	0	0	0	310	11	0	10	0
Ranch Dipping Sauce (1 oz)	28	140	140	15	2.5	0	10	230	1	0	1	1
Buffalo Dipping Sauce (1 oz)	28	80	70	8	1.5	0	5	360	2	0	1	0
Zesty Onion Ring Dipping Sauce (1 oz)	28	150	140	15	2.5	0	20	240	3	0	1	0
Nutrition facts												
BEVERAGES BY CUP SIZE												
Fat FREE Milk (8 fl oz)		90	0	0	0	0	5	125	13	0	12	9
1% Low Fat Chocolate Milk (8 fl oz)		160	25	2.5	1.5	0	15	150	26	0	25	8
Smoothie: Strawberry Banana 12 fl oz		190	5	0.5	0	0	0	35	44	2	31	2
Smoothie: Strawberry Banana 16 fl oz		280	10	1	0	0	0	50	65	3	46	3
Smoothie: Strawberry Banana 20 fl oz		350	10	1	0	0	0	60	80	3	57	4
Smoothie: Tropical Mango- 12 fl oz		220	0	0	0	0	0	40	51	1	33	3

Smoothie: Tropical Mango- 16 fl oz		320	5	0	0	0	0	65	76	1	50	5
Smoothie: Tropical Mango- 20 fl oz		400	5	0	0	0	0	80	95	2	61	6
Oreo® Shake												
12 fl oz		570	160	18	12	0.5	30	350	93	1	76	9
16 fl oz		760	210	23	15	0.5	45	490	126	1	104	13
20 fl oz		970	240	27	17	0.5	55	610	166	1	137	16
Red Velvet Oreo® Shake												
12 fl oz		450	110	13	7	0	40	360	75	1	63	9
16 fl oz		630	150	17	10	0	50	520	108	1	90	12
20 fl oz		800	190	21	12	0	65	670	138	1	116	15
Vanilla Milk Shake												
12 fl oz		550	140	16	12	0.5	40	310	91	0	81	10
16 fl oz		730	180	20	15	0.5	55	430	124	0	110	14
20 fl oz		930	210	23	17	0.5	65	540	163	0	146	17
Chocolate Milk Shake												
12 fl oz		580	150	17	13	0.5	40	310	97	0	83	10
16 fl oz		760	190	21	15	0.5	55	430	131	0	112	14
20 fl oz		980	220	24	17	0.5	65	530	174	0	150	17
Strawberry Milk Shake												
12 fl oz		500	140	16	12	0.5	40	320	79	0	67	10
16 fl oz		660	180	20	15	0.5	55	440	107	0	92	14
20 fl oz		820	210	23	17	0.5	65	550	137	0	119	17

Nutrition facts		Calories	Calories from fat	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)
BEVERAGES BY CUP SIZE												
Coca Cola classic®‡												
	16 fl oz	140	0	0	0	0	0	0	39	0	39	0
	20 fl oz	190	0	0	0	0	0	0	51	0	51	0
	30 fl oz	290	0	0	0	0	0	5	77	0	77	0
	40 fl oz	380	0	0	0	0	0	10	102	0	102	0
	20 fl oz bottle	240										
Diet Coke®‡												
	16 fl oz	0	0	0	0	0	0	15	0	0	0	0
	20 fl oz	0	0	0	0	0	0	20	0	0	0	0
	30 fl oz	0	0	0	0	0	0	25	0	0	0	0
	40 fl oz	5	0	0	0	0	0	35	0	0	0	0
	20 fl oz bottle											
Sprite®‡												
	16 fl oz	140	0	0	0	0	0	30	39	0	39	0
	20 fl oz	190	0	0	0	0	0	40	51	0	51	0
	30 fl oz	290	0	0	0	0	0	65	77	0	77	0
	40 fl oz	380	0	0	0	0	0	85	102	0	102	0
	20 fl oz bottle											
Dr. Pepper®‡												
	16 fl oz	140	0	0	0	0	0	35	39	0	39	0
	20 fl oz	190	0	0	0	0	0	45	51	0	51	0
	30 fl oz	280	0	0	0	0	0	70	77	0	77	0
	40 fl oz	370	0	0	0	0	0	90	101	0	101	0
Barq's® Root Beer‡												
	16 fl oz	160	0	0	0	0	0	20	46	0	46	0
	20 fl oz	220	0	0	0	0	0	25	61	0	61	0
	30 fl oz	320	0	0	0	0	0	35	91	0	91	0
	40 fl oz	430	0	0	0	0	0	45	121	0	121	0
Cherry Coke®‡												
	16 fl oz	150	0	0	0	0	0	5	42	0	42	0
	20 fl oz	200	0	0	0	0	0	10	56	0	56	0
	30 fl oz	300	0	0	0	0	0	15	84	0	84	0
	40 fl oz	400	0	0	0	0	0	20	111	0	111	0
Fanta® Orange‡												
	16 fl oz	160	0	0	0	0	0	0	42	0	42	0
	20 fl oz	210	0	0	0	0	0	0	56	0	56	0
	30 fl oz	310	0	0	0	0	0	0	84	0	84	0
	40 fl oz	410	0	0	0	0	0	0	111	0	111	0
Hi-C® Fruit Punch‡												
	16 fl oz	150	0	0	0	0	0	15	42	0	42	0
	20 fl oz	200	0	0	0	0	0	15	55	0	55	0
	30 fl oz	300	0	0	0	0	0	25	82	0	82	0
	40 fl oz	400	0	0	0	0	0	35	108	0	108	0

Nutrition facts‡

MINUTE MAID® Light Lemonade	
16 fl oz	
20 fl oz	
30 fl oz	
40 fl oz	

Frozen Lemonade	
Small	
Medium	
Large	

Orange Freeze	
Small	
Medium	
Large	

Sweet Tea	
20 fl oz	
30 fl oz	
40 fl oz	

Unsweetened Tea	
20 fl oz	
30 fl oz	
40 fl oz	

Peach Tea	
20 fl oz	
30 fl oz	
40 fl oz	

Vault®	
16 fl oz	
20 fl oz	
30 fl oz	
40 fl oz	

Frozen Coke®	
16 fl oz	
20 fl oz	

Blue Raspberry ICEE	
16 fl oz	
20 fl oz	
30 fl oz	

Capri Sun® 100% Apple Juice	1 pouch
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Minute Maid® Orange Juice	10 fl oz
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Calories	Calories from fat	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)
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5	0	0	0	0	0	0	1	0	0	0
10	0	0	0	0	0	0	1	0	0	0
10	0	0	0	0	0	5	1	0	0	0
15	0	0	0	0	0	10	2	0	0	0

70	0	0	0	0	0	10	19	0	17	0
80	0	0	0	0	0	15	21	0	19	0
100	0	0	0	0	0	15	26	0	25	0

240	0	0	0	0	0	10	60	0	57	1
260	0	0	0	0	0	15	66	0	64	1
330	0	0	0	0	0	20	84	0	81	1

120	0	0	0	0	0	0	35	0	35	0
160	0	0	0	0	0	0	49	0	49	0
240	0	0	0	0	0	0	71	0	71	0

0	0	0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0	0	0

100	0	0	0	0	0	0	23	0	23	0
130	0	0	0	0	0	0	32	0	32	0
190	0	0	0	0	0	0	47	0	47	0

160	0	0	0	0	0	15	42	0	42	0
210	0	0	0	0	0	20	56	0	56	0
310	0	0	0	0	0	30	84	0	84	0
410	0	0	0	0	0	35	111	0	111	0

90	0	0	0	0	0	10	25	0	25	0
110	0	0	0	0	0	10	31	0	31	0

120	0	0	0	0	0	10	32	0	23	0
160	0	0	0	0	0	15	43	0	32	0
210	0	0	0	0	0	15	56	0	47	0

80	0	0	0	0	0	25	20	0	20	0
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140	0	0	0	0	0	20	33	0	30	2
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Nutrition facts†		Calories	Calories from fat	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)
Seattle's Best Coffee®												
Seattle's Best Coffee® - Decaf- 16 fl oz		0	0	0	0	0	0	0	0	0	0	0
Seattle's Best Coffee® - Decaf- 20 fl oz		0	0	0	0	0	0	0	0	0	0	0
Seattle's Best Coffee® - Regular- 16 fl oz		0	0	0	0	0	0	0	0	0	0	0
Seattle's Best Coffee® - Regular- 20 fl oz		0	0	0	0	0	0	0	0	0	0	0
Iced Coffees												
Iced Coffee -Small		130	50	6	3.5	0	10	35	16	0	16	0
Iced Coffee - Medium		160	70	7	4.5	0	15	45	19	0	19	0
Iced Coffee -Large		200	90	10	6	0	20	60	25	0	25	0
Iced Coffee -Small- VANILLA		140	50	6	3.5	0	10	35	19	0	19	0
Iced Coffee - Medium-VANILLA		180	70	7	4.5	0	15	45	24	0	24	0
Iced Coffee -Large- VANILLA		230	90	10	6	0	20	60	31	0	31	0
Iced Coffee -Small- CARAMEL		140	50	6	3.5	0	10	40	19	0	19	0
Iced Coffee - Medium CARAMEL		170	70	7	4.5	0	15	50	23	0	23	0
Iced Coffee -Large- CARAMEL		230	90	10	6	0	20	60	31	0	31	0
Frappes												
Mocha Frappe: 12 fl oz		410	170	19	11	0	5	230	58	0	39	3
Mocha Frappe: 16 fl oz		510	200	22	12	0	5	300	72	0	49	4
Mocha Frappe: 20 fl oz		600	230	25	14	0	5	360	87	0	59	5
Caramel Frappe: 12 fl oz		410	170	19	11	0	5	230	58	0	39	3
Caramel Frappe: 16 fl oz		510	200	22	12	0	5	300	72	0	49	4
Caramel Frappe: 20 fl oz		600	230	25	13	0	5	360	87	0	59	5
Lattes- Nonfat and 2%, and Hot Chocolate												
Nonfat Latte- Small		120	0	0	0	0	0	170	23	0	12	4
Nonfat Latte- Medium		150	0	0	0	0	0	220	31	0	15	6
Nonfat Latte- large		190	0	0	0	0	0	270	39	0	19	7
Nonfat Caramel Latte- Small		220	0	0	0	0	0	170	50	0	38	4
Nonfat Caramel Latte- Medium		300	0	0	0	0	0	220	66	0	51	6
Nonfat Caramel Latte- large		370	0	0	0	0	0	280	83	0	63	7
Nonfat Vanilla Latte- Small		220	0	0	0	0	0	170	50	0	37	4
Nonfat Vanilla Latte- Medium		300	0	0	0	0	0	220	67	0	50	6
Nonfat Vanilla Latte- large		370	0	0	0	0	0	270	84	0	62	7
Nonfat Mocha Latte- Small		120	0	0	0	0	0	130	31	0	22	2
Nonfat Mocha Latte- Medium		160	0	0	0	0	0	170	41	0	29	3
Nonfat Mocha Latte- large		210	0	0	0	0	0	220	53	0	38	4
2% Latte- Small		140	40	4.5	4.5	0	0	190	23	0	10	2
2% Latte- Medium		180	50	6	6	0	0	250	31	0	12	3
2% Latte- large		230	60	7	7	0	0	310	39	0	16	4
2% Caramel Latte- Small		240	40	4.5	4.5	0	0	190	50	0	36	2
2% Caramel Latte- Medium		320	50	6	6	0	0	250	66	0	48	3
2% Caramel Latte- large		410	60	7	7	0	0	310	83	0	60	4
2% Vanilla Latte- Small		240	40	4.5	4.5	0	0	190	50	0	35	2
2% Vanilla Latte- Medium		320	50	6	6	0	0	250	67	0	47	3
2% Vanilla Latte- large		410	60	7	7	0	0	310	84	0	58	4
2% Mocha Latte- Small		160	30	3	3	0	0	130	32	0	21	1

2% Mocha Latte- Medium		210	35	4	4	0	0	170	42	0	28	2
2% Mocha Latte- large		270	45	5	5	0	0	220	55	0	36	2
Hot Chocolate- small		170	20	2	1.5	0	0	210	38	1	30	2
Hot Chocolate- medium		230	25	2.5	2	0	0	290	52	1	41	3
Hot Chocolate- large		290	30	3.5	2.5	0	0	350	64	2	50	3

Nutrition facts	serving size (g)	Calories	Calories from fat	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)
KING DEALS VALUE MENU												
Bacon Double Cheeseburger	148	390	190	21	9	1	65	790	27	1	7	17
Double Cheeseburger	142	360	170	19	8	1	60	670	27	1	7	16
Bacon Cheeseburger Deluxe	147	290	120	14	6	0.5	40	720	28	1	7	12
King Jr.™ Cheeseburger	127	310	150	17	6	0.5	40	580	26	1	5	11
Bacon Cheeseburger	112	290	120	13	6	0.5	40	680	27	1	7	12
Chicken Nuggets - 4pc	70	190	100	11	2	0	20	360	13	2	0	8
Crispy Chicken Jr.	142	430	250	28	4.5	0	30	760	34	2	4	12
Spicy Crispy Chicken Jr.	142	410	220	25	4.5	0	35	850	35	2	5	12
Rodeo Crispy Chicken Sandwich	154	410	150	17	3	0	20	870	53	2	14	12
Rodeo Burger	111	310	110	13	4	0.5	25	450	38	1	9	9
Cheeseburger	111	270	110	12	5	0.5	35	630	27	1	7	11

INGREDIENTS:
Buns, Breads and Tortillas
<p>SESAME SEED BUNS: Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Sesame Seeds, Contains 2% or less of the following: Soybean Oil, Salt, Yeast Nutrients (Monocalcium Phosphate, Calcium Sulfate), Dough Conditioners (Monoglycerides, DATEM, Azodicarbonamide), Calcium Propionate (Preservative), Wheat Starch.</p> <p>CONTAINS: WHEAT - May contain Soy</p>
<p>BRIOCHE-STYLE BUN: Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Dried Honey Blend (Cane Refinery Syrup and Honey), Soybean Oil, Contains 2% or less of each of the following: Salt, Wheat Gluten, Dextrose, Monocalcium Phosphate, Calcium Sulfate, Natural Flavors, Monoglycerides, Ascorbic Acid, Enzymes, Sunflower Oil, Vegetable Proteins, Wheat Maltodextrins, Calcium Phosphate, Wheat Dextrose, Corn Starch, Soy Lecithin, Soy Flour, Calciumpropionate (to retard spoilage).</p> <p>CONTAINS: WHEAT AND SOY</p>
<p>SPECIALTY BUNS: Enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (Vitamin B1), riboflavin (vitamin B2), folic acid], water, high fructose corn syrup, sesame seeds, yeast, soybean oil, salt, wheat gluten, calcium sulfate, calcium propionate (preservative), flaxseeds, mono- and diglycerides, datem, citric acid, potassium iodate, soy lecithin.</p> <p>CONTAINS: WHEAT AND SOY</p>
<p>TORTILLA: Enriched Bleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified Soybean Oil, Hydrogenated Soybean Oil), Contains 2% or less of the following: Sugar, Salt, Vital Wheat Gluten, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate), Distilled Monoglycerides, Enzymes, Wheat Starch, Calcium Carbonate, Tocopherol (antioxidant), Ascorbic Acid (antioxidant), Citric Acid (antioxidant), Guar Gum, Yeast, Cellulose Gum, Fumaric Acid (Dough Conditioner), Calcium Propionate and Sorbic Acid (To Preserve Freshness).</p> <p>CONTAINS: WHEAT</p>
<p>ENGLISH MUFFIN: Enriched Wheat Flour (Wheat Flour, Niacin, Ferrous Sulfate, Thiamine, Mononitrate, Riboflavin, Folic Acid), Water, Yeast. Contains 2% or less of: White Corn Milk, Dry Whole Milk, White Vinegar, Salt, Sugar, Butter (Cream, Salt), Soybean Oil, Calcium Propionate and Potassium Sorbate (Preservatives), White Corn Flour, Potato Flour, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Yellow Corn Meal, Dough Conditioner (Wheat Flour, Calcium Sulfate, Enzymes, Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Dextrose, Maltodextrin, Natural and Artificial Flavors, Acacia Gum, Caprylic Triglycerides.</p> <p>CONTAINS: WHEAT AND MILK</p>
<p>BISCUIT: enriched flour bleached (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water, hydrogenated palm kernel oil, buttermilk, sugar, baking soda, salt, sodium aluminum phosphate, sodium caseinate, datem, partially hydrogenated soybean and cottonseed oil*, sodium acid pyrophosphate, dextrose, wheat protein isolate, corn syrup solids, natural flavor, soy lecithin.</p> <p>CONTAINS: WHEAT, MILK AND SOY</p>
<p>CROISSANT: Enriched Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Margarine [Palm Oil, Water, Soybean Oil, Sugar, Soybean Lecithin with Mono- and Diglycerides added, Potassium Sorbate and Citric Acid (preservatives), Beta Carotene, Vitamin A Palmitate], High Fructose Corn Syrup, Yeast, Salt, Sweet Whey, Dough Conditioner [Calcium Sulfate, Diacetyl Tartaric Acid Ester of Monoglyceride (DATEM), Ammonium Sulfate, Enzymes, Ascorbic Acid, Azodicarbonamide], Calcium Propionate, Natural and Artificial Butter Flavor, Modified Cornstarch.</p> <p>CONTAINS: WHEAT, MILK, EGGS AND SOY</p>

BEEF*, CHICKEN*, PORK and FISH:

WHOPPER® PATTIES and HAMBURGER PATTIES : 100% USDA inspected Ground Beef (Fire-Grilled).

TENDERGRILL® CHICKEN FILET (grilled): Chicken Breast Filet with Rib Meat, Water, Seasoned Oil (Soybean Oil and/or Canola Oil, Flavoring), Modified Food Starch, Seasoning [Salt, Maltodextrin, Autolyzed Yeast Extract, Flavoring, Contains less than 2% (Chicken Fat, Citric Acid, Dried Chicken, Dried Chicken Broth)], Sodium Phosphates, Dextrose.

***Beef and Chicken may be cooked on the same broiler with products containing dairy (or other allergens.)**

BREADED ORIGINAL CHICKEN PATTY (Fried): Chicken Breast with Rib Meat, Water, Salt and Monosodium Glutamate. Breded with: Bleached Wheat Flour, Salt, Spices, Partially Hydrogenated Vegetable Oil (Soybean and/or Cottonseed), Dried Whey, Monosodium Glutamate, Yeast, Dehydrated Sweet Pepper, Onion Powder, Garlic Powder, Dextrose, Leavening (Monocalcium Phosphate, Sodium Bicarbonate). **BATTERED WITH** : Water, Bleached Wheat Flour, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Salt, Corn Starch, Oat Flour and Natural Flavoring.

CONTAINS: MILK AND WHEAT

CRISPY CHICKEN PATTY (FRIED): Uncooked Chicken Breast Pattie Fritters with Rib Meat Chicken breast with rib meat, water, salt, modified food starch, sodium phosphates, monosodium glutamate, chicken broth powder (chicken broth, salt, and flavoring), chicken flavor (gum arabic, maltodextrin, flavors, chicken powder, yeast extract, palm kernel oil, and salt). **BREADED WITH**: Bleached wheat flour, spice, salt, dextrose, leavening (sodium acid pyrophosphate, sodium bicarbonate), onion powder, garlic powder, extractives of paprika. **BATTERED WITH**: Water, bleached wheat flour, modified corn starch, salt, leavening (sodium acid pyrophosphate, sodium bicarbonate), spice, onion powder, extractives of paprika, natural flavor. **PREDUSTED WITH**: Wheat flour, modified corn starch, salt, wheat gluten, spice, onion powder, extractives of paprika. Breeding set in vegetable oil.

CONTAINS: WHEAT

TENDERCRISP® CHICKEN (Fried): Chicken Breast With Rib Meat, containing: up to 18% of a solution of Water, Seasoning (Sugar, Monosodium Glutamate, Salt, Spices, Mustard Flour, Soybean Oil), Modified Corn Starch, Sodium Phosphates. **BREADED WITH**: Bleached Wheat Flour, Sugar, Salt, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Spices, Monosodium Glutamate, Nonfat Dry Milk, Dried Whey, Paprika, Extractives of Turmeric. **PREDUSTED AND BATTERED WITH**: Water, Wheat Flour, Salt, Whole Egg Solids, Nonfat Dry Milk, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Monosodium Glutamate, Dried Whey, Soybean Oil. Breeding set in Soybean Oil.

CONTAINS: MILK, EGG, WHEAT

CHICKEN NUGGETS (Fried): Chicken Breast Pattie Fritters with Rib Meat Chicken Breast with Rib Meat, Water, Flavoring [Potassium Chloride, Flavoring, Autolyzed Yeast Extract, Maltodextrin (Corn, Potato), Salt, Chicken Fat, Contains less than 2% (Chicken Broth, Citric Acid, Dextrin, Disodium Inosinate & Disodium Guanylate, Dried Chicken, Mannitol, Modified Cornstarch)], Modified Food Starch, Salt, Sodium Phosphates. **BATTERED WITH**: Water, Wheat Flour, Modified Wheat Starch, Modified Corn Starch, Salt, Sodium Gluconate, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Dextrose, Spices, Garlic Powder, Onion Powder, Extractives of Turmeric. **PREDUSTED WITH**: Wheat Flour, Modified Corn Starch, Wheat Gluten, Salt, Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Sodium Gluconate, Onion Powder, Garlic Powder, Potassium Chloride, Spice. Breeding Set in Vegetable Oil.

CONTAINS: WHEAT

CHICKEN FRIES: UNCOOKED CHICKEN BREAST STRIP FRITTERS WITH RIB MEAT: Chicken Breast with Rib Meat, Water, Seasoning (Salt, Modified Corn Starch, Flavoring), Modified Potato Starch, Sodium Phosphates. **BREADED WITH**: Bleached Wheat Flour, Modified Wheat Starch, Rice Flour, Salt, Spices, Dextrose, Paprika, Monosodium Glutamate, Dehydrated Garlic, Dehydrated Onion, Soybean Oil, Maltodextrin, Natural Flavor, Extractives of Paprika. **BATTERED WITH**: Water, Bleached Wheat Flour, Corn Starch, Modified Wheat Starch, Maltodextrin, Potato Starch, Modified Corn Starch, Methylcellulose, Mono and Diglycerides, Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), **PREDUSTED WITH**: Bleached Wheat Flour, Modified Corn Starch, Dextrose, Monosodium Glutamate, Salt, Maltodextrin, Corn Starch, Sugar, Soybean Oil, Paprika, Spice, Onion Powder, Extractives of Paprika, Garlic Powder, Turmeric, Natural Flavors. Breeding set in Vegetable Oil.

CONTAINS: WHEAT

HOMESTYLE CHICKEN STRIPS: Uncooked breaded chicken tenderloins Contains up to 18% of solution of: Water, Seasoning (Salt, Maltodextrin, Modified Corn Starch, Garlic Powder, Disodium Inosinate and Disodium Guanylate, Onion Powder, Spices), Modified Food Starch and Carrageen an, Sodium Phosphates. **BREADED WITH**: Bleached Wheat Flour, Salt, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Spice, Disodium Inosinate and Disodium Guanylate. **BATTERED WITH**: Bleached Wheat Flour, Modified Corn Starch, Yellow Corn Flour, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Salt, Spice, Spice Extractive. **PREDUSTED WITH**: Wheat Flour, Salt, Egg White Solids, Wheat Gluten, Spice.

CONTAINS: WHEAT, EGG

PORK PULLED WITH SAUCE, FULLY COOKED, SMOKED: Pork, Barbeque Sauce (Water, High Fructose Corn Syrup, Tomato Paste, Distilled Vinegar, Sugar, Salt, Modified Food Starch, Mustard (Water, Vinegar, Mustard Bran, Salt), Natural Smoke Flavor, Tamarind Extract, Sodium Benzoate and Potassium Sorbate (Preservatives), Caramel Color, Spices, Ground Paprika, Malic Acid, Tomato Powder, Citric Acid, Garlic Powder, Onion Powder).

FISH ALASKA POLLOCK, PANKO BREADED: Alaska Pollock, Water, Enriched Bleached Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Bleached Wheat Flour, Yellow Corn Flour, MODIFIED FOOD STARCH, Less than 2% of each of the following: Ascorbic Acid, Garlic Powder, Leavening (Sodium Bicarbonate, SODIUM ACID PYROPHOSPHATE), Malted Barley Flour, Onion Powder, Palm Oil, Paprika Extract, Salt, Sodium Alginate, Spice, Spice extract, Yeast.

CONTAINS: FISH (Alaska Pollock) and WHEAT.

VEGGIE PATTY and SIDE ITEMS:

BK VEGGIE® BURGER PATTY: Supplied by MORNINGSTAR FARMS® - Vegetables (Mushrooms, Water Chestnuts, Onions, Carrots, Green Bell Peppers, Red Bell Peppers, Black Olives), Textured Vegetable Protein (Soy Protein Concentrate, Wheat Gluten, Water for hydration), Egg Whites, Cooked Brown Rice (Water, Brown Rice), Rolled Oats, Corn Oil, Calcium Caseinate, Soy Sauce (Water, Soybeans, Salt, Wheat), Onion Powder, Corn Starch, Salt, Hydrolyzed Corn, Soy, and Wheat Protein, Autolyzed Yeast Extract, Natural Flavors from non-meat sources, Sugar, Soy Protein Isolate, Spices, Garlic Powder, Dextrose, Jalapeño Pepper Powder, Celery Extract.

CONTAINS: MILK, EGG, WHEAT, SOY. The patty is NOT cooked on equipment with meat or poultry products. This is not a vegan product.

APPLE SLICES: Apple, Calcium Ascorbate (a blend of Calcium and Vitamin C to maintain freshness and color).

SATISFRIES™: Potatoes, vegetable oil (contains one or more of the following oils: canola, soybean, cottonseed, sunflower, corn), tapioca starch modified, contains 2% or less of corn starch-modified, paprika extract (color), rice flour, salt, sodium acid pyrophosphate (to maintain natural color), turmeric extract (color), xanthan gum.

FRENCH FRIES (Fried): Potatoes, Soybean Oil or Canola and Palm Oil, Modified Potato Starch, Rice Flour, Potato Dextrin, Salt, Leavening (Disodium Dihydrogen Pyrophosphate, Sodium Bicarbonate), Dextrose, Xanthan Gum, Sodium Acid Pyrophosphate added to preserve natural color.

ONION RINGS (Fried): water, bleached wheat flour, dehydrated onion, modified corn starch, yellow corn flour, sugar, gelatinized wheat starch, contains 2% or less of :salt, guar gum, methylcellulose, fructose, onion powder, food starch-modified, sodium alginate, sunflower oil, natural flavors, grill flavor (from sunflower oil), canola oil, wheat gluten, modified palm oil, sodium tripolyphosphate, whey, dextrose, garlic powder, leavening (baking soda, sodium aluminum phosphate), spice, hydroxypropylmethylcellulose, yeast extract, corn starch, sorbitol, dried yeast, calcium chloride. parfried in soybean oil. **CONTAINS WHEAT, MILK.**

SALAD TOPPINGS
<p>THREE CHEESE BLEND: Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Artificial Color), Monterey Jack Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Low - Moisture Part - Skim Mozzarella Cheese (Cultured Pasteurized Part - Skim Milk, Salt, Enzymes), Potato Starch and Powdered Cellulose added to prevent caking, Natamycin (a Natural Mold Inhibitor).</p> <p>CONTAINS: MILK</p>
<p>BLUE CHEESE CRUMBLES: whole milk, cheese culture, salt, enzymes, penicillium roqueforti.</p> <p>CONTAINS: MILK</p>
<p>HOMESTYLE CEASAR CROUTONS: enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), canola and/or sunflower oil, yeast, salt, 2% or less of garlic powder, high fructose corn syrup, parmesan cheese (part skim milk, cultures, salt, enzymes), spices, maltodextrin, whey, onion powder, sugar, torula yeast, natural flavors (milk), corn syrup solids, cultured whey, wheat gluten, calcium propionate (preservative), calcium peroxide, calcium sulfate, ascorbic acid, azodicarbonamide, sodium stearoyl lactylate, disodium inosinate, disodium guanylate, caramel color, soy sauce solids (wheat, soybeans, salt), tamarinds, citric acid, tbhq (to preserve freshness).</p> <p>CONTAINS: WHEAT, MILK, SOY.</p> <p>* Packaged in a facility that also processes tree nuts.</p>
<p>DRIED CRANBERRIES: Cranberries, Sugar, Sunflower Oil.</p> <p>* Packaged in a facility that also packages tree nuts.</p>
<p>APPLES: Apple, Calcium Ascorbate (a blend of Calcium and Vitamin C to maintain freshness and color)</p>
<p>RANCH DRESSING (for snack wrap): Vegetable oil (soybean and/or canola), water, buttermilk, egg yolk, distilled vinegar, contains less than 2% of: salt, monosodium glutamate, modified food starch, buttermilk solids, sugar, garlic, spice, citric acid, xanthum gum, onion, sorbic acid, natural flavor, calcium disodium EDTA to protect flavor, egg whites.</p> <p>CONATINS: MILK, EGGS</p> <p>* Produced on equipment and in a facility that also produces products containing tree nuts.</p>
<p>AVOCADO RANCH DRESSING: Soybean Oil, Water, Buttermilk, Sugar, Egg Yolk, Vinegar, Contains less than 2% of: Avocado Solids, Salt, Buttermilk Solids, Monosodium Glutamate, Modified Food Starch, Spice, Garlic, Lactic Acid, Sorbic Acid, Natural Flavor, Citric Acid, Xanthan Gum, Natural Smoke Flavor, Onion, Calcium Disodium EDTA to protect flavor.</p> <p>CONTAINS: EGGS, MILK</p>
<p>HONEY MUSTARD DRESSING (for wrap): Soybean Oil, High Fructose Corn Syrup, Dijon Mustard (Distilled Vinegar and Water, Mustard Seed, Salt, White Wine, Spices), Honey Water, Vinegar, Egg Yolk, Contains less than 2% of: Salt, Xanthan Gum, Spice, Sodium Benzoate and Calcium Disodium EDTA as preservatives.</p> <p>CONTAINS: EGGS</p>
<p>CITRUS CAESAR DRESSING: Soybean Oil, Water, Vinegar, Romano Cheese (Cultured Milk, Salt, Enzymes), Parmesan Cheese (Cultured Milk, Salt, Enzymes), Garlic, High Fructose Corn Syrup, Lemon Juice Concentrate, Contains less than 2% of: Salt, Sugar, Orange Juice Concentrate, Lime Juice Concentrate, Garlic Juice, Hydrolyzed Soy Protein, Spices, Corn Syrup Solids, Xanthan Gum, Disodium Inosinate and Disodium Guanylate, Lactic Acid, Onion, Anchovies, Potassium Sorbate and Calcium Disodium EDTA as preservatives, Natural Flavor, Soy Sauce Solids, Tamarind.</p> <p>CONTAINS: ANCHOVY (FISH), MILK, SOY, WHEAT</p>

CONDIMENTS, SAUCES, & TOPPING: Dipping Sauces have ingredients listed on the package
<p>AMERICAN CHEESE (PASTEURIZED PROCESS): Cultured Milk, Water, Cream, Sodium Citrate, Salt, Sorbic Acid (Preservative), Sodium Phosphate, Artificial Color, Enzymes, Acetic Acid, Soy Lecithin.</p> <p>CONTAINS: MILK and SOY LECITHIN</p>
<p>MOZZARELLA CHEESE SLICED (PROCESSED): Cultured Milk, Skim Milk, Water, Cream, Whey, Sodium Citrate, Salt, Sorbic Acid (Preservative), Natural Flavor, Enzymes, Soy Lecithin</p> <p>CONTAINS: MILK and SOY</p>
<p>LETTUCE, TOMATOES, ONIONS, CARROTS, ROMAINE, RED ONIONS: US Grade #1.</p>
<p>BREAKFAST SYRUP: Corn Syrup, High Fructose Corn Syrup, Water, Sugar, Modified Food Starch, Natural and Artificial Maple Flavor, Xanthan Gum, Phosphoric Acid, Cellulose Gum, Potassium Sorbate and Sorbic Acid as preservatives, Caramel Color.</p>
<p>JAM-GRAPE: Concord Grapes (Water, Grape Puree Concentrate), Sugar, Corn Syrup, Citric Acid, Pectin, Sodium Citrate.</p>
<p>JAM-STRAWBERRY: Strawberries (Strawberry Concentrate, Water), Corn Syrup, Sugar, Pectin, Citric Acid.</p>
<p>KETCHUP: Tomato concentrate made from Red Ripe Tomatoes, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavoring, Natural flavoring is plant in origin.</p>
<p>MAYONNAISE: Soybean Oil, Eggs, Water, Distilled Vinegar, Contains 2% or Less of the Following: Egg Yolks, Salt, Sugar, Lemon Juice Concentrate, Natural Flavor, Calcium Disodium EDTA Added to Protect Flavor, Dehydrated Garlic, Dehydrated Onion, Paprika or Paprika Oleoresin.</p> <p>CONTAINS: EGG</p>
<p>MUSTARD: Water, Vinegar, Mustard Seed, Salt, Turmeric.</p>
<p>PICKLES: Cucumbers, water, vinegar, salt, calcium chloride, 1/10 of 1% sodium benzoate (preservative), natural spice extractives, extractives of turmeric, polysorbate 80, propylene glycol and fd&c yellow #5.</p>
<p>TARTAR SAUCE : Soybean Oil, Sweet Relish (Cucumbers, High Fructose Corn Syrup, Vinegar, Onion, Salt, Red Bell Peppers, Xanthan Gum, Sodium Benzoate and Potassium Sorbate as Preservatives, Natural Flavorings, Extractives of Turmeric), Water, Egg Yolks. <i>Contains less than 2%:</i> High Fructose Corn Syrup, Salt, Distilled Vinegar, Sugar, Dehydrated Onion, Lemon Juice Concentrate, Spice, Natural Flavors, Sodium Benzoate and Potassium Sorbate (as preservatives), Phosphoric Acid, Disodium Inosinate and Disodium Guanylate, Xanthan Gum, Calcium Disodium EDTA added to protect flavor. Natural Flavors from plant sources.</p> <p>CONTAINS: EGG and SOY LECITHIN.</p>
<p>BK® BIG KING SAUCE: Soybean Oil, Water, Distilled Vinegar, Cured Cucumber, High Fructose Corn Syrup, Egg Yolks, Contains less than 2% of Sugar, Salt, Mustard Seed, Xanthan Gum, Onion*, Sodium Benzoate and Potassium Sorbate (as preservatives), Garlic*, Polysorbate 60, Propylene Glycol Alginate, Extractives of Turmeric and Paprika, Red Bell Pepper*, Autolyzed Yeast Extract, Natural & Artificial Flavors, Calcium Disodium EDTA added to protect flavor, Polysorbate 80. *Dehydrated.</p> <p>CONTAINS: EGG</p> <p>* Produced on equipment and in a facility that also produces products containing peanuts and/or tree nuts.</p>
<p>SWEET BABY RAY'S HONEY BARBECUE SAUCE®: High Fructose Corn Syrup, Vinegar, Tomato Paste, Honey, Modified Food Starch, Contains less than 2% of: Salt, Water, Natural Flavor, Caramel Color, Pineapple Juice Concentrate, Spices, Sodium Benzoate as a preservative, Natural Smoke Flavor, Garlic, Molasses, Corn Syrup, Sugar, Tamarind.</p>
<p>SPICY BACON FLAVORED SAUCE: Soybean Oil, Water, Distilled Vinegar, Egg Yolks, High Fructose Corn Syrup, Salt, Bacon Cits (Cured with Water, Salt, Sugar, Smoke Flavor, Sodium Phosphates, Sodium Erythorbate, and Sodium Nitrite), Contains less than 2% of Natural Flavor (Includes Autolyzed Yeast Extract), Spice, Xanthan Gum, Sodium Benzoate and Potassium Sorbate (As Preservatives), Lemon Juice Concentrate, Polysorbate 60, Garlic*, Calcium Disodium EDTA Added to protect flavor. *Dehydrated.</p> <p>CONTAINS: EGG</p>
<p>CHEESY CHEDDAR SAUCE: Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Whey, Maltodextrin, Natural and Artificial Flavors, Butter Extract, and less than 2% Silicon Dioxide (anti-caking agent)</p> <p>CONTAINS: MILK</p>
<p>TERIYAKI SWEET SAUCE: High Fructose Corn Syrup, Soy Sauce (Water, Wheat, Soybeans, Salt), Distilled Vinegar, Modified Food Starch, Water, Contains less than 2% of: Vegetable Oil (Soybean and/or Canola), Sesame Seed, Pineapple Juice Concentrate, Ginger, Rice Vinegar, Salt, Spice, Sodium Acid Sulfate, Xanthan Gum, Potassium Sorbate and Sodium Benzoate as preservatives, Garlic, Caramel Color, Green Onion, Citric Acid. CONTAINS: WHEAT and SOY.</p>
<p>A.1.® STEAK SAUCE: Tomato Puree (Water, Tomato Paste), High Fructose Corn Syrup, Vinegar, Corn Syrup, Salt, Raisin Paste, Orange Puree, Spice, Xanthan Gum, Dried Onions, Dried Garlic, Caramel Color.</p>

BREAKFAST:
THICK SLICED BACON: Cured with Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite.
EGG PATTY - FULLY COOKED: Whole Egg, Whey, Soybean Oil, Salt, Natural and Artificial Butter Flavor, Xanthan Gum, Citric Acide, Annatto (color). CONTAINS: EGG, MILK, and SOY
HAM: Ham cured with: Water, Dextrose, Contains 2% or less of salt, sodium lactate, sodium phosphate, natural smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite, coated with caramel coloring.
MILD SAUSAGE: Pork, Salt, Spices, Corn Syrup Solids, Dextrose, Monosodium Glutamate, Hydrogenated Soybean Oil, Grill Flavor (from Soybean Oil).
SPICY SAUSAGE: Pork, Salt, Spices, Dextrose, Sugar, Monosodium Glutamate.
HASH BROWN ROUNDS (Fried): Potatoes, Canola Oil and Palm Oil, Dehydrated Potatoes (Potatoes, Mono and Diglycerides, Sodium Acid Pyrophosphate, Citric Acid), Salt, Corn Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Natural Flavoring, Disodium Dihydrogen Pyrophosphate (to promote color retention), Dextrose. CONTAINS: WHEAT
VEGETABLE MIX (BURRITO): Onions, Red Peppers, Green Peppers
PANCAKES: water, enriched bleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, soybean oil, leavening (sodium aluminum phosphate, sodium bicarbonate), egg yolks, dextrose, contains 2% or less of the following: salt, natural and artificial flavor, whey, soy lecithin, cellulose gum, xanthan gum. CONATINS: WHEAT, EGG, MILK, SOY and SOY LECITHIN
CINNAMON ROLL - OTIS SPUNKMEYER: Enriched Flour Bleached (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Water, Margarine (Palm Oil, Water, Salt, Mono - and Diglycerides, Whey, Natural and Artificial Flavors, Citric Acid, Beta Carotene Color, Vitamin A Palmitate), Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Carob Bean Gum), Butter (Sweet Cream, Salt), Eggs, Cinnamon, Contains 2% or less of the following: Corn Syrup, Egg Whites, Modified Corn Starch, Natural and Artificial Flavors, Molasses, Wheat Gluten, Mono - & Diglycerides, Xanthan Gum, Cellulose Gum, Hydroxypropyl Methylcellulose, Guar Gum, Polysorbate 60, Salt, Yeast, Titanium Dioxide Color, Propylene Glycol, Lactic Acid and Sorbic Acid (Preservatives), Soy Lecithin. CONTAINS: WHEAT, EGGS, MILK and SOY.
QUAKER® Oatmeal Maple and Brown Sugar Flavor*: whole grain rolled oats, sugar, natural flavor, salt, calcium carbonate, guar gum, oat flour, caramel color, reduced iron, vitamin a palmitate.
Quaker® Original Oatmeal: whole grain rolled oats, oat flour, calcium carbonate, salt, guar gum, caramel color, reduced iron, vitamin a palmitate.
FRENCH TOAST STICKS: Bread: Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), enriched bleached flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), water, high fructose corn syrup, yeast, may contain 2% or less of each of the following: soybean oil, wheat gluten, salt, dough conditioners (may contain one or more of the following: sodium stearoyl lactylate, calcium stearoyl-2-lactylate, calcium peroxide, calcium iodate, ascorbic acid, azodicarbonamide, enzymes), corn flour, yeast nutrients (calcium sulfate, monocalcium phosphate, ammonium sulfate), glycerol monooleate, oleoresin paprika and oleoresin turmeric (coloring agents), polysorbate 60, polysorbate 80, calcium propionate (preservative), corn starch, soy lecithin, soy flour. Batter and breading: water, bleached wheat flour (enriched with niacin, iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), wheat flour, sugar, yellow corn flour, soy flour, contains 2% or less of the following: dextrose, modified corn starch, salt, lecithin, gum arabic, leavening (monocalcium phosphate, sodium bicarbonate), yeast, glycerin, natural and artificial flavor, polysorbate 80, carrageenan. Pre- Fried in soybean oil. CONTAINS: WHEAT, SOY, SOY LECITHIN

Beverages
SEATTLE'S BEST COFFEE: Roasted and ground coffee
FRAPPE BASE, CARAMEL: Caramel Flavor Base (High Fructose Corn Syrup, Non-Dairy Creamer (Refined Coconut Oil, Corn Syrup Solids, Potassium Caseinate (MILK), Sugar, Dipotassium Phosphate, Mono- & Diglycerides, Salt, Sodium Stearoyl Lactylate, Carrageenan, Sodium Silicon Aluminate, Artificial Flavor, Annatto & Turmeric), Coffee Extract, Nonfat Dry Milk, Water, Natural and Artificial Flavors, Salt, Sodium Citrate, Potassium Sorbate (as a preservative), Calcium Disodium EDTA (as a preservative), Potassium Hydroxide.), Water, Milk, Cream, Sugar, Less than 2% Mono and Diglycerides, Guar Gum, Potassium Citrate, Disodium Phosphate, Carrageenan and Locust Bean Gum. CONTAINS: MILK
FRAPPE BASE, MOCHA: Mocha Flavor Base (High Fructose Corn Syrup, Non-Dairy Creamer (Refined Coconut Oil, Corn Syrup Solids, Potassium Caseinate, Sugar, Dipotassium Phosphate, Mono- & Diglycerides, Salt, Sodium Stearoyl Lactylate, Carrageenan, Sodium Silicon Aluminate, Artificial Flavor, Annatto & Turmeric), Coffee Extract, Nonfat Dry Milk, Cocoa, Water, Natural and Artificial Flavors, Salt, Sodium Citrate, Potassium Sorbate (as a preservative), Calcium Disodium EDTA (as a preservative), Potassium Hydroxide), Water, Milk, Cream, Sugar, Contains Less than 2 % Mono and Diglycerides, Guar Gum, Potassium Citrate, Disodium Phosphate, Carrageenan and Locust Bean Gum. CONTAINS: MILK
LATTE BASE NONFAT (MOCHA)- Latte powder (nonfat dry milk, maltodextrin, sugar, whey, corn syrup solids, nondairy creamer [corn syrup solids, coconut oil, sodium caseinate (milk), dipotassium phosphate, mono and diglycerides, sodium aluminosilicate], milk protein isolate, modified food starch, carboxymethylcellulose gum, natural and artificial flavors, silicon dioxide [an anticaking agent], dipotassium phosphate, salt, medium chain triglycerides), sugar, instant coffee, natural and artificial flavor. CONTAINS: MILK; manufactured on equipment that processes wheat, egg and soy
LATTE BASE 2% (MOCHA)- Latte powder (nondairy creamer [corn syrup solids,partially hydrogenated coconut oil, sodium caseinate, dipotassiumphosphate, sodium tripolyphosphate, mono and diglycerides, datem, sodium silicoaluminate (an anticaking agent), artificial flavor],maltodextrin, dairy product solids, corn syrup solids, nonfat drymilk, whey, sugar, milk protein isolate, carboxymethylcellulose gum, modified food starch, silicon dioxide [an anticaking agent], salt, natural and artificial flavors), sugar, instant coffee, natural and artificial flavor. CONTAINS: MILK; manufactured on equipment that processes wheat, egg and soy
LATTE BASE NONFAT (PLAIN, Vanilla, caramel)- Latte powder (nonfat dry milk, maltodextrin, sugar, whey, corn syrup solids, nondairy creamer [corn syrup solids, coconut oil, sodium caseinate (milk), dipotassium phosphate, mono and diglycerides, sodium aluminosilicate], milk protein isolate, modified food starch, carboxymethylcellulose gum, natural and artificial flavors, silicon dioxide [an anticaking agent], dipotassium phosphate, salt), instant coffee. CONTAINS: MILK manufactured on equipment that processes wheat, eggs and soy
LATTE BASE 2% (PLAIN, Vanilla, caramel)- Latte powder (nondairy creamer [corn syrup solids, partially hydrogenated coconut oil, sodium caseinate, dipotassium phosphate, sodium tripolyphosphate, mono and diglycerides, datem, sodium silicoaluminate (an anticaking agent), artificial flavor], maltodextrin, dairy product solids, corn syrup solids, nonfat dry milk, whey, sugar, milk protein isolate, carboxymethylcellulose gum, modified food starch, silicon dioxide [an anticaking agent], salt, natural and artificial flavors), instant coffee. CONTAINS: MILK manufactured on equipment that processes wheat, eggs and soy
CAPRISUN® 100% APPLE JUICE: Apple juice from concentrate (Water, apple juice concentrate), citric acid (for tartness), natural flavor.
SMOOTHIE MIX - LEMONADE, MINUTE MAID (Frozen Lemonade): Water, High Fructose Corn Syrup, Sugar, Concentrated Lemon Juice, Concentrated Orange Juice, Guar and Karaya Gums, Natural Flavors. ** Prepared on equipment also used to prepare menu items containing milk
FROZEN ORANGE MIX, MINUTE MAID: Water, Sugar, Orange Juice Concentrate, Orange Pulp, less than 1% of: natural flavors, citric acid (provides tartness), guar and karaya gums, annatto (for color)
TOPPING-STRAWBERRY, FROZEN (Frozen Strawberry Lemonade): Strawberries, sugar, water, concentrated lemon juice, natural flavors, fruit and vegetable juice for color, guar gum, xanthan gum, citric acid. ** Prepared on equipment also used to prepare menu items containing milk
Iced Tea- Black tea
PEACH SYRUP for Peach iced tea- Sugar, Water, Peach Puree Concentrate, Natural Flavor, Citric Acid, Sodium Benzoate and Potassium Sorbate (preservatives), Xanthan Gum, Caramel Color, Yellow 6, Red 40.

SOFT SERVE: Milk fat and Nonfat Milk, Sugar, Sweet Whey, Corn Syrup, High Fructose Corn Syrup, Propylene Glycol Monoesters, Natural and Artificial Vanilla Flavor, Mono & Diglycerides, Guar Gum, Disodium Phosphate, Sodium Citrate, Cellulose Gum, Carrageenan.

CONTAINS: MILK

SMOOTHIE MIX- STRAWBERRY BANANA: Water, Cultured Skim Milk, Banana Puree, Strawberry Puree Concentrate, Sugar, Concentrated Pear Juice, Citric Acid, Vegetable Juice Color, Cranberry Seeds, Pectin, Xanthan Gum, Purple Carrot Juice Concentrate Color, Ascorbic Acid (Vitamin C), Natural and Artificial Flavor, Honey, Sodium Carboxymethylcellulose, Invert Sugar, Corn Syrup, Maltodextrin, Modified Potato Starch, Guar Gum, Beta Carotene Color.

CONTAINS: MILK

SMOOTHIE MIX- TROPICAL MANGO: Water, Cultured Skim Milk, Sugar, Concentrated Pear Juice, Apple Puree Concentrate, Mango Puree Concentrate, Pineapple Juice Concentrate, Orange Juice Concentrate, Apple Juice Concentrate, Citric Acid, Pectin, Xanthan Gum, Glycerin, Sodium Carboxymethylcellulose, Natural and Artificial Flavor, Maltodextrin, Guar Gum, Arabic, Sunflower Oil, Beta Carotene Color, Ascorbic Acid (Vitamin C), Mized Tocopherols.

CONTAINS: MILK

COCA COLA® CLASSIC: High Fructose Corn Syrup and/or Sucrose, Water, Caramel Color, Phosphoric Acid, Natural Flavors, Caffeine. Natural flavors from plant sources.

DIET COKE® : Water, Caramel Color, Phosphoric Acid, Sodium Saccharin, Potassium Benzoate (to protect taste), Natural Flavors, Citric Acid, Caffeine, Potassium Citrate, Aspartame, Dimethylpolysiloxane. Natural flavors from plant sources.

SPRITE® : High Fructose Corn Syrup and/or Sucrose, Water, Citric Acid, Natural Flavors, Sodium Citrate, Sodium Benzoate, Dimethylpolysiloxane. Natural flavors from plant sources.

DR PEPPER® : High Fructose Corn Syrup, Water, Caramel Color, Artificial and Natural Flavor, Phosphoric Acid, Caffeine, Sodium Benzoate (Preservative), and Dimethylpolysiloxane. Natural flavors from plant sources.

Frozen- COCA COLA CLASSIC® : High Fructose Corn Syrup and/or Sucrose, Water, Caramel Color, Phosphoric Acid, Natural Flavors, Quillalia, Yucca Extract. +Natural flavors from plant sources.

Desserts and Shakes:

DUTCH APPLE PIE: Apples, enriched flour, water, glucose-fructose, palm and soybean oil shortening, sugar, modified corn starch, palm and soybean oil, margarine, apple juice concentrate, soybean oil, salt, dextrose, silicon dioxide, xanthan gum, potassium sorbate, spices, malic acid, yeast, ascorbic acid, sodium propionate, citric acid, annatto.

CONTAINS: WHEAT AND SOY

HERSHEY'S SUNDAE PIE: Water, Sugar, Reduced Fat Sweetened Condensed Milk (Milk, Skim Milk, Sugar, Vitamin A Palmitate), Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Xanthan Gum and/or Carob Bean Gum and/or Guar Gum), Enriched Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Partially Hydrogenated Vegetable Shortening (Coconut Oil and Palm Kernel Oil), High Fructose Corn Syrup, Vegetable Shortening (Palm Oil and Soybean Oil), Vegetable Oil (Palm Oil, Coconut Oil and Soybean Oil), Cocoa (Natural and Processed with Alkali), contains less than 2 % of each of the following: Corn Syrup, Dextrose, Chocolate, Baking Soda, Salt, Natural and Artificial Flavors, Sodium Caseinate (A Milk Derivative), Soy Lecithin, Polysorbate 60, Modified Cellulose Gum, Colored with Beta Carotene, Cocoa Butter, Mono- and Diglycerides, Carrageenan, Polysorbate 65, Polysorbate 80, Sodium Phosphate, Corn Syrup Solids, Fructose, Maltodextrin, Malic Acid, Hydroxypropylmethylcellulose, Milk fat, Glycerol-Lacto Esters of Fatty Acids, Lactose, Xanthan Gum, Disodium Phosphate, Polyglycerol Esters, Sodium Citrate, Sorbitan Monostearate, Guar Gum, Citric Acid, Dipotassium Phosphate, Food Starch-Modified, Milk.

CONTAINS: MILK, WHEAT, SOY

*** Processed on shared equipment with Peanuts and Tree Nuts**

REESE'S PEANUT BUTTER CUP PIE: Reduced Fat Sweetened Condensed Milk (Milk, Skim Milk, Sugar, Vitamin A Palmitate), Sugar, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Peanuts, Shortening (Palm Oil and Soybean Oil), Peanut Butter Cups (Milk Chocolate, Sugar, Cocoa Butter, Chocolate, Nonfat Milk, Milk Fat, Corn Syrup Solids, Soy Lecithin and PGPR [Emulsifiers], Peanuts, Sugar, Dextrose, Salt, and TBHQ [Preservative]), Water, High Fructose Corn Syrup, Milk, Partially Hydrogenated Palm Kernel and Coconut Oil, Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Carb Bean Gum), Contains 2% or less: Graham Flour, Cocoa (Processed with Alkali), Coconut Oil, Molasses, Salt, Baking Soda, Hydrogenated Vegetable Oil (Rapeseeds, Cottonseed, and Soybean Oil), Natural and Artificial Flavors, Dextrose, Cheese Culture, Mono- and Diglycerides, Carob Bean Gum, Polysorbate 60, Polyglycerol Esters of Fatty Acids, Soy Lecithin, Sodium Citrate, Disodium Phosphate, Xanthan Gum, Cellulose Gum, Peanut Oil, Caramel Color, Monoglycerides, Cornstarch, Colored with Beta Carotene and Apocarotenal.

CONTAINS: SOY, PEANUT, WHEAT and MILK.

SOFT SERVE/SHAKE MIX: Milk fat and Nonfat Milk, Sugar, Sweet Whey, Corn Syrup, High Fructose Corn Syrup, Propylene Glycol Monoesters, Natural and Artificial Vanilla Flavor, Mono & Diglycerides, Guar Gum, Disodium Phosphate, Sodium Citrate, Cellulose Gum, Carrageenan.

CONTAINS: MILK

SOFT SERVE CONE: Enriched Wheat Flour (Contains: Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Tapioca Flour, Sugar, Vegetable Oil Shortening (Soybean Oil or Canola Oil, Modified Palm Oil, Soy Lecithin), Leavening (Sodium Bicarbonate, Ammonium Bicarbonate), Salt, Natural Flavor, Annatto (Vegetable Color).

CONTAINS: WHEAT, SOY

CARAMEL SUNDAE TOPPING: Corn syrup, sweetened condensed skim milk (skim milk, sugar, corn syrup), sugar, water, high fructose corn syrup, cream, butter, salt, mono and diglycerides, sodium bicarbonate, xanthan gum, natural flavor

CONTAINS: MILK

CHOCOLATE FUDGE TOPPING: High fructose corn syrup, sweetened condensed skim milk (skim milk, sugar, corn syrup), partially hydrogenated palm kernel oil, cocoa processed with alkali, water, corn starch, salt, sugar, mono & diglycerides, disodium phosphate, artificial flavor, xanthan gum and sodium alginate

CONTAINS: MILK

STRAWBERRY SUNDAE TOPPING: Strawberries, sugar, water, concentrated lemon juice, natural flavors, fruit and vegetable juice for color, guar gum, xanthan gum, citric acid

CHOCOLATE SHAKE SYRUP: High fructose corn syrup, water, dextrose, corn syrup, cocoa processed with alkali, whey, salt, natural flavors, potassium sorbate (a preservative), citric acid, xanthan gum.

CONTAINS: MILK

WHIPPED TOPPING: Cream, Nonfat Milk, Corn Syrup, Sugar, Contains less than 1% of: Mono and Diglycerides, Carrageenan, Polysorbate 80, Beta Carotene (color), Natural and Artificial Flavor, Mixed Tocopherols (Citamin E) to protect flavor, Propellant: Nitrous Oxide.

CONTAINS: MILK

OREO® COOKIE CRUMBLES - Sugar, Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid), High Oleic Canola and/or Palm Oil, Cocoa (Processed with Alkali), High Fructose Corn Syrup, Cornstarch, Leavening (Baking Soda and/or Calcium Phosphate), Salt, Soy Lecithin, Vanillin - An artificial flavor, Chocolate.

CONTAINS: WHEAT, SOY

RED VELVET SHAKE SYRUP: Sugar, Water, Cocoa Processed with Alkali, Contains 2% or less of: natural flavors, artificial color (Red 40), Potassium Sorbate (preservative), Salt, Xanthan Gum, Lactic Acid.

CHOCOLATE SHAKE SYRUP: High fructose corn syrup, water, dextrose, corn syrup, cocoa processed with alkali, whey, salt, natural flavors, potassium sorbate (a preservative), citric acid, xanthan gum.

CONTAINS: MILK

VANILLA SHAKE SYRUP: Sugar, water, natural and artificial flavor, benzoic acid and potassium sorbate (preservatives), xanthan gum

STRAWBERRY SHAKE SYRUP: Strawberries, sugar, water, concentrated lemon juice, natural flavors, citric acid, pectin, sodium benzoate and potassium sorbate (preservatives), artificial colors (red 40 and blue 1), cellulose gum

CHOCOLATE CHIP COOKIE: Enriched Bleached Flour (Bleached Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Semi-Sweet Chocolate Chips (Sugar, Unsweetened Chocolate, Cocoa Butter, Soy Lecithin, Vanilla), Sugar, Margarine (Palm Oil, Water, Salt, Mono- and Diglycerides, Natural Flavor, Vitamin A Palmitate, Beta Carotene), Brown Sugar, Eggs, Butter, Natural and Artificial Flavor, Baking Soda, Salt.

CONTAINS: MILK, WHEAT, EGGS, AND SOYBEAN

OATMEAL RAISIN COOKIE: Enriched bleached flour (Bleached flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), rolled oats, sugar, brown sugar, margarine (palm oil, water, salt, mono- and diglycerides, natural flavor, vitamin A palmitate, beta carotene), raisins, coconut, eggs, butter, invert sugar, whole milk, baking soda, artificial flavor, salt.

CONTAINS: MILK, EGGS, COCONUT, WHEAT

WHITE CHOCOLATE MACADAMIA NUT COOKIE: Enriched Bleached Flour (Bleached Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), White Chocolate Chips (Sugar, Cocoa Butter, Whole Milk Powder, Dextrose, Soy Lecithin, Artificial Flavor), Sugar, Margarine

Important Information:

¹-Products that are fried in a shared fryer include but may not be limited to: Fish Filet, Pork Sausage, Crispy Chicken patty, Chicken Nuggets , Original Chicken Patty, Spicy Chicken Patty, Hash browns, French Toast Sticks, and Onion Rings. Fryer oil contains: corn, canola, soy and or/cottonseed oils.

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*Artificial maple flavor in Vermont only.

"‡": These values represent Sodium derived from ingredients other than water. The actual amount of Sodium in the beverages will vary depending on the quantity contained in the water supply where the finished beverages are produced.

Nutrition Facts													
	Serv. Size (g)	Calories	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
SHAKES AND MALTS													
Shake, Banana - Small	367	490	170	19	14	0.5	45	200	70	1	58	12	M/S
Shake, Banana - Medium	459	610	200	22	16	1	60	250	88	1	72	16	M/S
Shake, Banana - Large	608	770	240	27	19	1	75	320	115	2	93	20	M/S
Shake, Caramel - Small	373	570	170	19	15	0.5	50	260	85	0	66	13	M/S
Shake, Caramel - Medium	480	760	210	24	18	1	65	370	121	0	90	17	M/S
Shake, Caramel - Large	629	1000	260	29	22	1	85	500	162	0	117	22	M/S
Shake, Chocolate - Small	373	550	170	19	14	0.5	45	220	82	0.5	71	13	M/S
Shake, Chocolate - Medium	480	720	200	23	17	1	60	300	115	1	101	16	M/S
Shake, Chocolate - Large	629	940	250	28	20	1	75	390	153	2	133	21	M/S
Shake, Hot Fudge - Small	373	570	200	22	17	1	45	240	80	0.5	66	13	M/S
Shake, Hot Fudge - Medium	480	770	260	29	23	1	60	340	111	1	90	17	M/S
Shake, Hot Fudge - Large	629	1010	340	37	30	1.5	75	460	146	2	117	23	M/S
Shake, Peanut Butter - Small	373	650	300	34	16	0.5	45	370	73	2	58	16	M/P/S (T)
Shake, Peanut Butter - Medium	480	950	470	53	21	1	60	600	97	3	74	22	M/P/S (T)
Shake, Peanut Butter - Large	629	1270	650	72	26	1	75	850	125	4	93	30	M/P/S (T)
Shake, Strawberry - Small	373	510	170	19	14	0.5	45	210	73	0.5	64	12	M/S
Shake, Strawberry - Medium	480	650	200	22	16	1	60	270	98	1	86	16	M/S
Shake, Strawberry - Large	629	830	240	27	20	1	75	360	126	1	112	20	M/S
Shake, Vanilla - Small	373	540	170	19	14	1	50	200	79	0	67	13	M/S
Shake, Vanilla - Medium	469	680	210	23	17	1	60	260	103	0	87	16	M/S
Shake, Vanilla - Large	622	880	260	29	21	1.5	80	350	134	0	113	21	M/S
Malt, Banana - Small	373	540	170	19	14	0.5	45	230	80	1	66	13	M/S/W
Malt, Banana - Medium	465	670	200	22	16	1	60	290	102	1	84	17	M/S/W
Malt, Banana - Large	621	860	250	27	20	1	75	390	134	2	108	22	M/S/W
Malt, Caramel - Small	380	610	180	20	15	0.5	50	290	95	0	74	14	M/S/W
Malt, Caramel - Medium	487	830	220	24	18	1	65	420	136	0	101	18	M/S/W
Malt, Caramel - Large	635	1080	260	29	22	1	85	570	180	0	132	24	M/S/W
Malt, Chocolate - Small	380	590	170	19	14	0.5	50	260	92	0.5	79	14	M/S/W
Malt, Chocolate - Medium	487	790	210	23	17	1	60	350	130	1	112	17	M/S/W
Malt, Chocolate - Large	635	1020	250	28	20	1	75	460	171	2	147	23	M/S/W
Malt, Hot Fudge - Small	380	610	200	22	18	1	50	280	90	0.5	74	14	M/S/W
Malt, Hot Fudge - Medium	487	830	270	29	23	1	60	390	125	1	101	18	M/S/W
Malt, Hot Fudge - Large	635	1090	340	38	30	1.5	75	520	165	2	131	24	M/S/W
Malt, Peanut Butter - Small	380	700	310	34	16	0.5	50	410	83	2	66	16	M/P/S/W (T)
Malt, Peanut Butter - Medium	487	1010	480	53	21	1	60	650	111	3	85	23	M/P/S/W (T)
Malt, Peanut Butter - Large	635	1350	650	72	26	1	75	910	143	4	107	31	M/P/S/W (T)
Malt, Strawberry - Small	380	560	170	19	14	0.5	50	250	84	0.5	72	13	M/S/W
Malt, Strawberry - Medium	487	710	200	22	16	1	60	320	112	1	97	17	M/S/W
Malt, Strawberry - Large	635	910	240	27	19	1	75	420	145	1	126	22	M/S/W
Malt, Vanilla - Small	378	580	170	19	14	0.5	50	240	88	0	74	14	M/S/W
Malt, Vanilla - Medium	472	730	210	23	17	1	60	310	115	0	96	17	M/S/W
Malt, Vanilla - Large	624	950	260	29	21	1	80	410	150	0	125	23	M/S/W

DRINKS

Coca-Cola® - Kids*	369	150	0	0	0	0	0	10	40	0	40	0	
Coca-Cola - Small	492	210	0	0	0	0	0	10	53	0	53	0	
Coca-Cola - Medium	646	270	0	0	0	0	0	15	70	0	70	0	
Coca-Cola - Large	984	410	0	0	0	0	0	20	107	0	107	0	
Diet Coke® - Kids*	359	0	0	0	0	0	0	5	0	0	0	0	
Diet Coke - Small	479	0	0	0	0	0	0	10	0	0	0	0	
Diet Coke - Medium	629	0	0	0	0	0	0	10	0	0	0	0	
Diet Coke - Large	958	0	0	0	0	0	0	15	0	0	0	0	
Sprite® - Kids*	397	160	0	0	0	0	0	35	40	0	36	0	
Sprite - Small	400	150	0	0	0	0	0	35	42	0	42	0	
Sprite - Medium	525	200	0	0	0	0	0	50	55	0	55	0	
Sprite - Large	800	310	0	0	0	0	0	75	84	0	84	0	
Barq's® - Kids*	376	170	0	0	0	0	0	35	45	0	45	0	
Barq's - Small	501	220	0	0	0	0	0	50	60	0	60	0	
Barq's - Medium	658	290	0	0	0	0	0	65	79	0	79	0	
Barq's - Large	1002	440	0	0	0	0	0	95	120	0	120	0	
Pepsi® - Kids*	373	150	0	0	0	0	0	30	42	0	42	0	
Pepsi - Small	498	200	0	0	0	0	0	40	56	0	56	0	
Pepsi - Medium	653	260	0	0	0	0	0	55	74	0	74	0	
Pepsi - Large	996	400	0	0	0	0	0	80	112	0	112	0	
Diet Pepsi - Kids*	359	0	0	0	0	0	0	40	0	0	0	0	
Diet Pepsi - Small	479	0	0	0	0	0	0	50	0	0	0	0	
Diet Pepsi - Medium	629	0	0	0	0	0	0	65	0	0	0	0	
Diet Pepsi - Large	958	0	0	0	0	0	0	100	0	0	0	0	
Sierra Mist® - Kids*	360	150	0	0	0	0	0	40	39	0	39	0	
Sierra Mist - Small	480	200	0	0	0	0	0	50	52	0	52	0	
Sierra Mist - Medium	630	260	0	0	0	0	0	65	68	0	68	0	
Sierra Mist - Large	960	400	0	0	0	0	0	100	104	0	104	0	
Mountain Dew® - Kids*	377	170	0	0	0	0	0	60	47	0	47	0	
Mountain Dew - Small	502	220	0	0	0	0	0	80	62	0	62	0	
Mountain Dew - Medium	659	290	0	0	0	0	0	105	81	0	81	0	
Mountain Dew - Large	1004	440	0	0	0	0	0	160	124	0	124	0	
Mug® - Kids*	370	150	0	0	0	0	0	60	44	0	44	0	
Mug - Small	493	200	0	0	0	0	0	80	58	0	58	0	
Mug - Medium	648	260	0	0	0	0	0	105	76	0	76	0	
Mug - Large	987	400	0	0	0	0	0	160	116	0	116	0	
Dr Pepper® - Kids*	369	150	0	0	0	0	0	55	41	0	41	0	
Dr Pepper - Small	492	200	0	0	0	0	0	70	54	0	54	0	
Dr Pepper - Medium	646	260	0	0	0	0	0	90	71	0	71	0	
Dr Pepper - Large	984	400	0	0	0	0	0	140	108	0	108	0	
Bottled Water	500	0	0	0	0	0	0	0	0	0	0	0	
Coffee - 12 oz.	355	0	0	0	0	0	0	5	0	0	0	0	
Milk, 2% - 8 oz.	244	120	45	5	3	0	20	115	12	0	12	8	M
Orange Juice - 12 oz.	372	170	0	0	0	0	0	0	41	0	36	0	

ARCTIC RUSH® Frozen Beverages

Arctic Rush, All Flavors - Small	387	220	0	0	0	0	0	30	54	0	54	0	
Arctic Rush, All Flavors - Medium	496	280	0	0	0	0	0	40	69	0	69	0	
Arctic Rush, All Flavors - Large	659	370	0	0	0	0	0	55	92	0	92	0	

MOOLATTÉ® Frozen Blended Coffee

Cappuccino Moolatté - Small	371	450	140	16	12	0.5	35	160	70	0	63	8	M/S
Cappuccino Moolatté - Medium	469	570	170	19	15	0.5	45	220	90	0	79	10	M/S
Cappuccino Moolatté - Large	620	710	200	23	17	1	55	280	115	0	102	13	M/S
Caramel Moolatté - Small	385	520	140	16	13	0.5	35	210	88	0	70	8	M/S
Caramel Moolatté - Medium	483	650	170	19	15	0.5	45	280	110	0	88	11	M/S
Caramel Moolatté - Large	642	830	210	23	18	1	55	350	144	0	114	13	M/S
Vanilla Moolatté - Small	389	500	140	15	12	0.5	30	160	84	0	73	8	M/S
Vanilla Moolatté - Medium	487	630	170	19	14	0.5	40	210	106	0	92	10	M/S
Vanilla Moolatté - Large	642	790	200	22	17	1	50	260	137	0	119	12	M/S
Mocha Moolatté - Small	377	510	160	18									

DQ® treats and food start with high-quality ingredients and end with a smile.

Since 1940, our fans have come to expect the best from their neighborhood *Dairy Queen* store. It's still that way today, from our classic treats to the new favorites you've yet to discover.

Chicken Strips

Our chicken strips start with 100% all tenderloin chicken.

First, we marinate them so they're always tender and juicy, then we bread them and season them before cooking to golden brown perfection. Definitely worth crossing the road for.

Fresh Choice Salads with Marzetti® Dressings

Our salads are made with 100% tenderloin grilled or crispy chicken atop a bed of fresh iceberg and Romaine lettuce and a colorful blend of garden vegetables. Topping it all off is your choice of premium *Marzetti* dressings. For over 115 years, the *Marzetti* family has been famous for their five-star quality dressings. One bite and you'll know why.

Dairy Queen® Soft Serve: A fan favorite since 1940

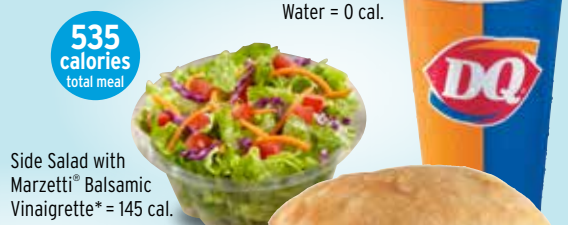
The rich, creamy soft serve found in your favorite *Dairy Queen* treats begins with delicious, wholesome milk from carefully selected dairies. Our high standard is to serve it at 18 degrees for the perfect flavor and texture. You can taste the difference in every cone, *Blizzard*® Treat, shake and sundae. What else would you expect from the people who invented America's favorite soft serve?

Did you also know Dairy Queen® soft serve contains 5% butter fat* and is 140 calories per creamy 1/2 cup? That sounds as good as it tastes.

Dairy Queen® Menu: Trim the calories not the flavor.

The menu at *Dairy Queen* restaurants offers quality nutritional alternatives as well. Menu items are made-to-order so fans can customize their meal to meet their nutritional preferences. Here are some options:

Grilled Chicken Sandwich Combo



535 calories total meal



270 calories

Garden Greens with Grilled Chicken



230 calories

DQ Small Vanilla Cone

50 calories

DQ Fudge Bar®

No sugar added and fat free

Nutrition Facts

	Serv. Size (g)	Calories	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
BURGERS (Weights are based on precooked measurements)													
1/4 lb. Bacon Cheese GrillBurger®	243	620	320	36	14	1	100	1320	41	1	9	34	E/M/S/W*
1/2 lb. FlameThrower® GrillBurger	311	950	600	66	25	2	155	1540	39	2	7	49	E/M/S/W*
1/4 lb. Mushroom Swiss GrillBurger	193	560	300	33	12	1	80	890	39	1	5	27	E/M/S/W*
1/2 lb. Cheese GrillBurger	313	770	410	46	20	1.5	140	1410	43	2	10	45	E/M/S/W*
1/4 lb. Cheese GrillBurger	227	520	250	28	11	1	75	1100	43	2	10	25	E/M/S/W*
Original Cheeseburger	156	380	170	19	8	1	90	930	34	1	8	21	M/S/W*
Original Double Cheeseburger	226	580	310	34	16	1.5	150	1240	35	1	9	37	M/S/W*
ARTISAN-STYLE SANDWICHES													
Chicken Bacon Ranch	213	500	190	21	7	0	55	1590	45	3	3	29	E/M/S/W
Chicken Mozzarella	243	630	240	26	9	0	70	1590	63	9	3	34	M/S/W
Turkey BLT	218	530	220	24	7	0	60	1500	46	3	3	29	E/M/S/W
BASKETS (Basket nutrition does not include a drink)													
Chicken Strip Basket® - 4pc w/Country Gravy	418	1020	470	52	9	0.5	80	2570	101	17	4	37	M/S/W
Chicken Strip Basket - 6pc w/Country Gravy	503	1250	590	65	10	0.5	120	3210	115	23	4	52	M/S/W
CHICKEN, FRESH CHOICE SALADS AND WRAPS													
Crispy Chicken Sandwich	198	610	270	30	3.5	0	70	1120	50	3	5	22	E/M/W*
Grilled Chicken Sandwich	177	390	130	14	2.5	0	35	920	44	2	3	20	E/M/S/W*
Crispy FlameThrower Chicken Sandwich	277	970	530	58	12	0	65	2130	61	4	7	34	E/M/S/W*
Crispy Chicken BLT Salad	338	520	280	31	10	0	100	1470	25	9	6	37	M/S/W
Grilled Chicken BLT Salad	342	380	170	19	9	0	100	1540	11	3	6	42	M/S
Crispy Chicken Garden Greens Salad	293	280	120	13	2	0	40	670	24	9	6	17	S/W
Grilled Chicken Garden Greens Salad	297	150	20	2	0.5	0	40	730	10	3	6	23	S/W
Side Salad	113	25	0	0	0	0	15	5	2	3	1		
Crispy Chicken Wrap	122	360	190	21	5	0	35	780	31	6	1	13	E/M/S/W
Grilled Chicken Wrap	122	290	140	15	4	0	30	790	24	2	1	16	E/M/S/W
Crispy FlameThrower Chicken Wrap	122	370	200	22	5	0	35	740	31	6	1	13	E/M/S/W
3 Chicken Strips	128	350	180	20	3	0	60	960	22	10	0	22	S/W
HOT DOGS													
Chili Cheese Dog	141	390	230	25	11	1	55	1000	25	1	4	16	M/S/W*
Chili Dog	126	340	180	20	9	1	40	900	25	1	4	13	S/W*
Chili Cheese Mega Dog	284	860	510	56	26	4	125	1980	53	3	8	36	M/S/W*
Mega Dog	156	480	320	35	15	2	70	1310	24	1	4	17	S/W*
Hot Dog	98	300	160	18	8	1	35	750	23	1	4	11	S/W*
KIDS' MEAL FOOD ITEMS													
Hot Dog	98	300	160	18	8	1	35	750	23	1	4	11	S/W*
Original Cheeseburger	156	380	170	19	8	1	90	930	34	1	8	21	M/S/W*
2 Chicken Strips	85	230	120	13	2	0	40	640	14	6	0	15	S/W
Grilled Cheese Sandwich	135	450	170	19	10	0.5	50	1430	40	2	7	16	M/S/W*
Chicken Wrap	136	260	90	10	2.5	0	30	770	24	2	1	17	E/S/W
Kids' Fries	99	260	100	12	2	0	0	550	37	3	0	3	
Applesauce	113	80	0	0	0	0	0	0	20	1	17	0	
Banana	118	110	0	0	0	0	0	0	27	3	14	1	
SNACK MELTS													
Buffalo Chicken Snack Melt	108	310	160	17	6	0	30	1010	23	2	1	14	E/M/S/W
Chicken Bacon BBO Snack Melt	108	280	100	11	5	0	35	870	29	2	7	17	M/S/W
Chicken Quesadilla Snack Melt	127	280	110	13	6	0	40	720	25	3	1	17	M/S/W
SIDE ITEMS													
French Fries - Regular	142	380	150	17	2.5	0	0	790	54	4	0	4	
French Fries - Large	184	490	190	21	3.5	0	0	1030	69	5	0	6	
Onion Rings	113	360	140	16	2.5	0	0	840	48	2	3	6	E/M/S/W
Cheese Curds - 5oz.	142	610	400	44	22	1.5	110	1240	27	2	2	26	M/W/E/S
LOCAL FOOD ITEMS													
Crispy Fish Sandwich	163	370	130	14	2	0	45	1060	49	2	6	15	E/F/M/S/W (SF/T)*
Breaded Mushrooms	85	190	70	8	1	0	0	390	25	2	1	4	W
Steak Finger Basket	390	920	430	48	12	1.5	60	2260	99	6	4	23	E/M/S/W*
Pork Tenderloin Sandwich	191	610	320	35	6	0	65	1320	57	2	6	19	E/M/S/W*
DQ Ultimate® Burger	260	730	430	48	19	1.5	175	1360	33	1	7	45	E/M/S/W (T)*
Corn Dog	76	240	120	13	3	0	25	390	25	2	7	6	E/M/S/W
Chili Cheese Fries	425	1020	460	51	15	0.5	55	2360	117	10	4	25	M/S
Chili Cheese Mega Dog	284	860	510	56	26	4	125	1980	53	3	8	36	M/S/W*
Mega Dog	156	480	320	35	15	2	70	1310	24	1	4	17	S/W*
BBO Beef Sandwich	142	320	80	9	2.5	0	75	1010	42	1	13	20	F/M/S/W (E/T)*
BBO Pork Sandwich	142	300	80	9	2	0	65	1050	43	2	16	15	F/M/S/W (E/T)*
SALAD DRESSINGS AND CONDIMENTS													
Country Gravy	57	90	50	6	2	0	0	480	8	0	1	0.5	M/S/W
BBO Dipping Sauce	56	80	0	0	0	0	0	430	0.5	1	15	1	
Honey Mustard Dipping Sauce	56	250	190	21	3	0	20	380	16	0	9	1	E
Ranch Dipping Sauce	56	230	210	23	3.5	0	25	490	5	0	3	0.5	E/M
Sweet and Sour Dipping Sauce	56	90	0	0	0	0	0	240	24	0	22	0	
Wild Buffalo Dipping Sauce	57	170	160	18	3.5	0	0	1390	1	1	0.5	0	S
Marzetti® Honey French Dressing	43	190	135	15	2.5	0	0	300	13	0	12	0	
Marzetti® Light Ranch Dressing	43	80	40	4.5	0.5	0	0	330	9	0	3	1	M
Marzetti® Ranch Dressing	43	210	200	22	3.5	0	10	330	2	0	1	0.5	E/M
Marzetti® Light Italian Dressing	43	20	10	1	0	0	0	720	2	0	2	0	
Marzetti® Dijon Honey Mustard	43	180	140	16	2.5	0	10	230	8	0	7	0.5	E
Marzetti® Balsamic Vinaigrette	43	120	110	12	2	0	0	470	4	0	4	0	
BREAKFAST													
Biscuits & Gravy	365	720	410	46	16	1.5	15	2240	64	2	4	12	M/S/W
Sausage Biscuit Sandwich	154	410	240	27	9	0	195	990	25	1	1	16	E/M/S/W
Bacon Biscuit Sandwich	144	410	240	27	9	0	195	1080	26	1	1	16	E/M/S/W
Ham Biscuit Sandwich	154	350	190	21	8	0	185	1160	26	1	2	14	E/M/S/W
Chicken Biscuit Sandwich	147	430	200	22	6	0	40	1190	39	7	1	18	M/S/W
Chicken Strip	43	120	60	7	1	0	20	320	7	3	0	7	S/W
Sausage Biscuit Twin Pack	195	680	400	46	16	0.5	45	1650	48	2	2	19	M/S/W
Ultimate Breakfast Burrito - Ham	265	560	240	27	9	1.5	195	1290	58	6	2	23	E/M/S/W
Ultimate Breakfast Burrito - Sausage	265	620	300	33	11	1.5	205	1120	57	6	2	24	E/M/S/W
Ultimate Breakfast Burrito - Bacon	255	620	290	33	11	1.5	205	1120	57	6	2	25	E/M/S/W
Country Platter	315	780	410	46	16	2	340	1710	69	4	3	21	E/M/S/W
Ultimate Hash Browns Platter	355	670	390	43	14	2.5	370	1050	45	5	2	24	E/M
Buttermilk Pancake Platter	131	260	45	5	1.5	0	45	530	46	3	8	7	E/M/S/W
Biscuit	69	250	140	16	6	0	0	610	24	1	1	3	M/S/W
Eggs (2)	92	180	120	14	4	0	370	190	1	0	0	13	E
Hash Browns	71	190	110	12	2.5	1	0	210	18	2	0	2	
Cinnamon Roll	113	430	200	22	10	0	20	520	53	3	25	5	E/S/M/W (P/T)
Ham	28	30	10	1	0	0	10	380	1	0	0	5	
Pancakes (3)	131	260											



NUTRITIONAL INFORMATION

INGREDIENT STATEMENTS

CRUST		Allergens
Original	<p>Crust - *WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, POTASSIUM, BROMATE, THIAMIN, MONO NITRATE, RIBOFLAVIN, FOLIC ACID, WATER, SUGAR, YEAST, SALT, SPRAY-DRIED SHORTENING (PARTIALLY HYDROGENATED SOYBEAN OIL, CORN SYRUP SOLIDS, *SODIUM CASEINATE (MILK), MONO & DI GLYCERIDES), SOYBEAN OIL.</p> <p>Pan Spray - PARTIALLY HYDROGENATED SOYBEAN OIL, CANOLA OIL, SUNFLOWER OIL, *SOY LECITHIN, NATURAL FLAVOR, BETA CAROTENE (COLOR), AND PROPELLANT.</p>	Milk Soy Wheat
Golden	<p>Crust - *ENRICHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, POTASSIUM, BROMATE, THIAMIN, MONO NITRATE, RIBOFLAVIN, FOLIC ACID, WATER, SUGAR, GUN(CELLULOSE, GUAR, XANTHAN) YEAST, SALT, SPRAY-DRIED SHORTENING (PARTIALLY HYDROGENATED SOYBEAN OIL, CORN SYRUP SOLIDS, CALCIUM PROPIONATE, POTASSIUM SORBATE, L-CYSTEINE, *SODIUM CASEINATE (MILK), MONO & DI GLYCERIDES), SOYBEAN OIL.</p> <p>Butter Oil - PARTIALLY HYDROGENATED SOYBEAN OIL, SALT, *SOY LECITHIN, NATURAL & ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR).</p>	Milk Soy Wheat
Mozaa-Loaded	<p>Crust - *ENRICHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, POTASSIUM, BROMATE, THIAMIN, MONO NITRATE, RIBOFLAVIN, FOLIC ACID, WATER, SUGAR, GUN(CELLULOSE, GUAR, XANTHAN) YEAST, SALT, SPRAY-DRIED SHORTENING (PARTIALLY HYDROGENATED SOYBEAN OIL, CORN SYRUP SOLIDS, CALCIUM PROPIONATE, POTASSIUM SORBATE, L-CYSTEINE, *SODIUM CASEINATE (MILK), MONO & DI GLYCERIDES), SOYBEAN OIL.</p> <p>Cheese - *LOW MOISTURE MOZZARELLA CHEESE (CULTURED PASTEURIZED MILK, SALT AND ENZYMES), MODIFIED FOOD STARCH, POWDERED CELLULOSE, SODIUM CITRATE, SODIUM PROPIONATE, NATAMYCIN (A NATURAL MOLD INHIBITOR).</p> <p>Butter Oil - PARTIALLY HYDROGENATED SOYBEAN OIL, SALT, *SOY LECITHIN, NATURAL & ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR).</p>	Milk Soy Wheat
Thin	*FLOUR (WHEAT, MALTED BARLEY), WATER, SOYBEAN OIL, YEAST, SALT, DEXTROSE, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), CALCIUM PROPIONATE (PRESERVATIVE) AND *SOY LECITHIN.	Soy Wheat

SAUCE		Allergens
Alfredo Sauce	*SKIM MILK, WATER, *CREAM CHEESE (CREAM NONFAT DRY MILK, SALT, ENZYMES), *PARMESAN CHEESE (CULTURED MILK, SALT ENZYMES), *ROMANO CHEESE (CULTURED MILK, SALT ENZYMES), *BUTTER (CREAM, SALT) FOOD STARCH MODIFIED, CONTAINS LESS THAN 2% OF MALTODEXTRIN, NATURAL FLAVORS, SALT, SODIUM PHOSPHATE, SODIUM CITRATE, CELLULOSE GEL, VEGETABLE MONO AND DIGLYCERIDES, SPICE.	Milk
Marinara	TOMATO PUREE (WATER, TOMATO PASTE), DICED TOMATOES, CORN SYRUP, SALT, SOYBEAN OIL, DEHYDRATED ONION, DEHYDRATED GARLIC, SPICES, CITRIC ACID AND DEHYDRATED PARSLEY.	N/A
Oil and Garlic	EXTRA VIRGIN OLIVE OIL, GARLIC, WATER, PHOSPHORIC ACID SODIUM BENZOATE AND POTASSIUM SORBATE (PRESERVATIVE).	N/A
Original	TOMATO PUREE (WATER, TOMATO PASTE), SALT, SPICES, GARLIC POWDER, ONION POWDER AND CITRIC ACID.	N/A
Pesto	BASIL, CANOLA OIL, WATER, *PARMESAN CHEESE (PASTEURIZED PART-SKIM COWS MILK, CHEESE CULTURE, SALT, ENZYMES), GRANULATED GARLIC, SALT.	Milk
Taco	TOMATO PUREE (WATER, TOMATO PASTE), SALT, SPICES, GARLIC POWDER AND CITRIC ACID.	Milk Wheat MSG
Ranch	RANCH SAUCE SOYBEAN OIL, WATER, *BUTTERMILK (CULTURED PASTEURIZED SKIM MILK AND MILK, SODIUM CITRATE AND SALT), RANCH SEASONING & SPICES (SALT, MODIFIED FOOD STARCH, *MSG, SUGAR, *GARLIC, *ONION, WHEY PROTEIN CONCENTRATE, DEXTROSE, SPICES, LESS THAN 2%: NATURAL FLAVOR, XANTHAN GUM, CITRIC ACID, ARTIFICIAL FLAVOR, SOYBEAN OIL, CALCIUM STEARATE, SORBIC ACID (PRESERVATIVE), CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), *EGG YOLKS, NATURAL FLAVORS, DISTILLED VINEGAR, XANTHAN GUM.	Milk Egg

INGREDIENT STATEMENTS

TOPPINGS		Allergens
Artichokes	ARTICHOKE HEARTS, WATER, SALT, CITRIC ACID.	N/A
Bacon	BACON (CURED WITH SALT, SUGAR, SODIUM ERYTHORBATE, SODIUM NITRATE. MAY ALSO CONTAIN DEXTROSE, FLAVORING, HONEY, POTASSIUM CHLORIDE, POTASSIUM LACTATE, SMOKE FLAVORING, SODIUM DIACETATE, SODIUM PHOSPHATE).	N/A
Beef	BEEF, WATER, TEXTURED SOY FLOUR, SALT, SODIUM LACTATE, SPICES, SUGAR, FLAVORINGS, SODIUM DIACETATE.	Soy
Black Beans	BLACK BEANS, WATER, SALT AND DISODIUM EDTA (PROMOTES COLOR RETENTION).	N/A
Black Olives	RIPE OLIVES, WATER, FERROUS GLUCONATE (ADDED TO STABILIZED COLOR).	N/A
Cheddar Cheese	MILD CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT ENZYMES).	Milk
Chicken	BONELESS, SKINLESS CHICKEN BREAST STRIPS WITH RIB MEAT, WATER, SEASONING (MALTODEXTRIN, SALT, SUGAR, CHICKEN STOCK, VEGETABLE STOCK {CARROT, ONION, CELERY}, FLAVORS, CARROT POWDER AND GARLIC POWDER), MODIFIED FOOD STARCH, SODIUM PHOSPHATES, SOY PROTEIN CONCENTRATE, SEA SALT).	Soy
Corn	CORN, WATER, SUGAR AND SALT.	N/A
Cream Cheese	PASTEURIZED MILK AND CREAM CHEESE CULTURE, SALT, STABILIZERS (CAROB BEAN AND/OR XANTHAN AND/OR GUAR GUM).	Milk
Garlic	GARLIC, WATER, PHOSPHORIC ACID, SODIUM BENZOATE AND POTASSIUM SORBATE (PRESERVATIVE).	N/A
Green Peppers	GREEN PEPPERS.	N/A
Ham - Diced	HAM MEAT, WATER, SALT, CONTAINS 2% OR LESS OF POTASSIUM LACTATE, DEXTROSE, MODIFIED POTATO STARCH, SODIUM PHOSPHATES, SODIUM ERYTHORBATE, SODIUM NITRITES, SUGAR, CORN STARCH, SODIUM DIACETATE.	N/A
Ham - Sliced	HAM MEAT CURED WITH WATER, SALT, SUGAR, POTASSIUM LACTATE, SODIUM PHOSPHATES, SODIUM ERYTHORBATE, SODIUM NITRITE, SODIUM DIACETATE.	N/A
Italian Sausage	PORK, SPICES, WATER, SALT, SODIUM LACTATE, FLAVORINGS, SUGAR, SODIUM DIACETATE.	N/A
Jalapeño Peppers	JALAPENO PEPPER, DISTILLED VINEGAR, SALT, GARLIC POWDER, CALCIUM CHLORIDE, SPICES.	N/A
Mozzarella Pizza Cheese	LOW MOISTURE MOZZARELLA CHEESE (CULTURED PASTEURIZED MILK, SALT AND ENZYMES), MODIFIED FOOD STARCH, POWDERED CELLULOSE, SODIUM CITRATE, SODIUM PROPIONATE, NATAMYCIN (A NATURAL MOLD INHIBITOR).	Milk
Mushrooms	MUSHROOMS, WATER, SALT, CITRIC ACID, ASCORBIC ACID, CALCIUM DISODIUM EDTA (PROMOTES COLOR RETENTION).	N/A
Onion - Red	RED ONION.	N/A
Onions	ONION.	N/A

INGREDIENT STATEMENTS

TOPPINGS		Allergens
Parmesan & Romano Cheese	*PARMESAN CHEESE (PASTEURIZED PART SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), *ROMANO CHEESE (PASTEURIZED PART SKIM COW'S MILK, CHEESE CULTURES, SALT ENZYMES), POWDERED CELLULOSE TO PREVENT CAKING, POTASSIUM SORBATE TO PROTECT FLAVOR.	Milk
Pepperoncini	BANANA PEPPERS, WATER, VINEGAR, SALT, MALIC AND LACTIC ACID, CALCIUM CHLORIDE, SODIUM BENZOATE AND SODIUM METABISULFITE (PRESERVATIVE) YELLOW 5.	N/A
Pepperoni	PORK AND BEEF, SALT, CONTAINS LESS THAN 2% OR LESS OF SPICES, WATER, DEXTORSE, OLEORESIN OF PAPRIKA, LACTIC ACID, STARTER CULTURE, GARLIC POWDER, SODIUM NITRATE, BHA, BHT, CITRIC ACID.	N/A
Pineapple	PINEAPPLE, PINEAPPLE JUICE, SUGAR AND CITRIC ACID.	N/A
Red Pepper	RED PEPPER.	N/A
Roasted Red Peppers	SWEET RED PEPPER, WATER, SALT AND CITRIC ACID.	N/A
Sausage	SAUSAGE MADE WITH PORK, CHICKEN, AND BEEF (PORK, MECHANICALLY SEPARATED CHICKEN, BEEF, SPICES, SALT, WATER, FLAVORINGS, CARAMEL COLOR), WATER, TEXTURED SOY FLOUR, SODIUM LACTATE, SOY PROTEIN, CONCENTRATE, SODIUM PHOSPHATES, SODIUM DIACETATE.	Soy
Shredded Lettuce	LETTUCE.	N/A
Spinach	SPINACH.	N/A
Tomatoes	TOMATOES.	N/A



PIZZA NUTRITION & ALLERGEN INFORMATION

Crust	Size	Product	Serving Size	Weight (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Diet. Fiber (g)	Sugars (g)	Protein (g)	Allergens
Original	Mini	All-Meat Combo	1/4	85	220	119	9	3.5	0	20	470	21	1	2	12	Milk, Soy, Wheat
Original	Mini	Bacon Cheeseburger	1/4	93	210	113	9	4.5	0	25	540	21	1	2	11	Milk, Soy, Wheat
Original	Mini	Cheese	1/4	61	150	81	4	2	0	10	250	20	1	1	7	Milk, Soy, Wheat
Original	Mini	Combo	1/4	93	200	108	8	3	0	20	500	21	2	2	10	Milk, Soy, Wheat
Original	Mini	Hawaiian	1/4	81	160	86	4	2	0	10	270	22	1	4	7	Milk, Soy, Wheat
Original	Mini	Hot Stuff	1/4	88	210	113	9	3.5	0	20	490	21	1	2	10	Milk, Soy, Wheat
Original	Mini	Humble Pie	1/4	88	220	119	11	4	0	25	430	21	1	2	10	Milk, Soy, Wheat
Original	Mini	Pepperoni	1/4	63	160	86	5	2	0	10	310	20	1	1	7	Milk, Soy, Wheat
Original	Mini	Super Combo	1/4	106	220	119	9	4	0	20	520	22	2	2	11	Milk, Soy, Wheat
Original	Mini	Super Hawaiian	1/4	79	170	92	5	2	0	15	270	21	1	3	9	Milk, Soy, Wheat
Original	Mini	Super Taco	1/4	121	230	124	10	5	0	20	520	22	2	2	11	Milk, Soy, Wheat, MSG
Original	Mini	Taco Pie	1/4	111	210	113	9	4	0	20	490	22	2	2	11	Milk, Soy, Wheat, MSG
Original	Mini	Veggie Pie	1/4	85	160	86	4.5	2	0	10	300	21	1	2	7	Milk, Soy, Wheat
Original	Small	All-Meat Combo	1/6	131	240	130	14	6	0	35	760	32	2	2	18	Milk, Soy, Wheat
Original	Small	Bacon Cheeseburger	1/6	131	320	173	14	7	0	35	700	32	2	3	17	Milk, Soy, Wheat
Original	Small	Cheese	1/6	95	240	130	7	3	0	15	420	31	1	2	11	Milk, Soy, Wheat
Original	Small	Combo	1/6	138	320	173	13	5	0	30	780	33	2	3	15	Milk, Soy, Wheat
Original	Small	Hawaiian	1/6	107	240	130	7	3	0	15	430	32	2	3	11	Milk, Soy, Wheat
Original	Small	Hot Stuff	1/6	133	330	178	14	6	0	30	810	32	2	3	15	Milk, Soy, Wheat
Original	Small	Humble Pie	1/6	132	340	184	16	6	0	35	680	32	2	3	15	Milk, Soy, Wheat
Original	Small	Pepperoni	1/6	101	270	146	9	4	0	20	530	31	2	2	12	Milk, Soy, Wheat
Original	Small	Super Combo	1/6	155	330	178	14	6	0	30	850	33	2	3	17	Milk, Soy, Wheat
Original	Small	Super Hawaiian	1/6	117	260	140	8	3.5	0	20	430	32	2	3	13	Milk, Soy, Wheat
Original	Small	Super Taco	1/6	165	340	184	15	8	0	35	720	33	2	3	17	Milk, Soy, Wheat, MSG
Original	Small	Taco Pie	1/6	156	320	173	14	7	0	35	680	32	2	3	16	Milk, Soy, Wheat, MSG
Original	Small	Veggie Pie	1/6	128	250	135	7	3	0	15	490	32	2	3	11	Milk, Soy, Wheat
Original	Medium	All-Meat Combo	1/8	142	370	200	15	6	0	35	840	35	2	3	20	Milk, Soy, Wheat
Original	Medium	Bacon Cheeseburger	1/8	141	330	178	13	6	0	30	810	35	2	3	16	Milk, Soy, Wheat
Original	Medium	Cheese	1/8	103	260	104	7	3	0	15	470	34	2	2	12	Milk, Soy, Wheat
Original	Medium	Combo	1/8	152	350	189	14	6	0	30	890	36	3	3	17	Milk, Soy, Wheat
Original	Medium	Hawaiian	1/8	124	270	146	7	3	0	20	530	36	2	4	13	Milk, Soy, Wheat
Original	Medium	Hot Stuff	1/8	144	360	194	15	6	0	35	870	35	2	3	17	Milk, Soy, Wheat
Original	Medium	Humble Pie	1/8	145	360	194	16	6	0	35	780	35	2	3	16	Milk, Soy, Wheat
Original	Medium	Pepperoni	1/8	110	290	157	10	5	0	20	580	34	2	2	13	Milk, Soy, Wheat
Original	Medium	Super Combo	1/8	153	350	189	14	8	0	35	820	36	2	3	18	Milk, Soy, Wheat
Original	Medium	Super Hawaiian	1/8	134	290	157	9	4	0	25	530	36	2	4	15	Milk, Soy, Wheat
Original	Medium	Super Taco	1/8	186	390	211	18	9	0	45	880	36	3	4	19	Milk, Soy, Wheat, MSG
Original	Medium	Taco Pie	1/8	171	360	194	16	8	0	40	830	36	2	4	18	Milk, Soy, Wheat, MSG
Original	Medium	Veggie Pie	1/8	139	270	146	8	3.5	0	15	550	36	2	3	12	Milk, Soy, Wheat
Original	Large	All-Meat Combo	1/10	155	410	221	17	7	0	40	920	37	2	3	22	Milk, Soy, Wheat
Original	Large	Bacon Cheeseburger	1/10	160	390	211	17	8	0	45	890	37	2	3	21	Milk, Soy, Wheat
Original	Large	Cheese	1/10	113	290	116	9	4	0	20	530	36	2	2	14	Milk, Soy, Wheat
Original	Large	Combo	1/10	165	390	211	16	7	0	35	970	38	3	3	19	Milk, Soy, Wheat
Original	Large	Hawaiian	1/10	135	300	162	9	4	0	20	600	37	2	4	15	Milk, Soy, Wheat
Original	Large	Hot Stuff	1/10	157	400	216	18	7	0	40	960	37	2	3	19	Milk, Soy, Wheat
Original	Large	Humble Pie	1/10	158	410	221	19	8	0	40	900	37	2	3	19	Milk, Soy, Wheat
Original	Large	Pepperoni	1/10	121	330	178	12	5	0	25	650	36	2	2	15	Milk, Soy, Wheat
Original	Large	Super Combo	1/10	190	430	232	19	9	0	45	1060	39	3	4	22	Milk, Soy, Wheat
Original	Large	Super Hawaiian	1/10	147	330	178	11	4.5	0	30	600	38	2	4	17	Milk, Soy, Wheat
Original	Large	Super Taco	1/10	207	450	243	22	12	0	55	980	39	3	4	22	Milk, Soy, Wheat, MSG
Original	Large	Taco Pie	1/10	190	420	227	19	10	0	50	930	38	3	4	22	Milk, Soy, Wheat, MSG
Original	Large	Veggie Pie	1/10	152	300	162	9	4	0	20	610	38	2	3	14	Milk, Soy, Wheat
Original	Jumbo	All-Meat Combo	1/12	191	500	270	21	9	0	50	1140	46	3	3	27	Milk, Soy, Wheat
Original	Jumbo	Bacon Cheeseburger	1/12	200	480	259	21	10	0	55	1140	45	3	4	25	Milk, Soy, Wheat
Original	Jumbo	Cheese	1/12	139	350	140	10	5	0	25	650	44	2	3	17	Milk, Soy, Wheat

PIZZA NUTRITION & ALLERGEN INFORMATION

Crust	Size	Product	Serving Size	Weight (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Diet. Fiber (g)	Sugars (g)	Protein (g)	Allergens
Original	Jumbo	Combo	1/12	205	480	259	20	8	0	40	1200	47	3	4	24	Milk, Soy, Wheat
Original	Jumbo	Hawaiian	1/12	167	370	200	11	5	0	25	740	46	2	5	18	Milk, Soy, Wheat
Original	Jumbo	Hot Stuff	1/12	195	490	265	22	9	0	45	1190	46	3	4	23	Milk, Soy, Wheat
Original	Jumbo	Humble Pie	1/12	195	510	275	24	9	0	50	1110	46	3	4	23	Milk, Soy, Wheat
Original	Jumbo	Pepperoni	1/12	149	400	216	15	6	0	35	800	44	2	3	19	Milk, Soy, Wheat
Original	Jumbo	Super Combo	1/12	234	520	281	23	10	0	55	1310	48	4	4	27	Milk, Soy, Wheat
Original	Jumbo	Super Hawaiian	1/12	182	410	221	13	6	0	35	740	47	2	6	21	Milk, Soy, Wheat
Original	Jumbo	Super Taco	1/12	250	530	286	26	13	0	60	1190	48	3	5	26	Milk, Soy, Wheat, MSG
Original	Jumbo	Taco Pie	1/12	230	500	270	22	11	0	55	1120	47	3	5	25	Milk, Soy, Wheat, MSG
Original	Jumbo	Veggie Pie	1/12	187	370	200	11	5	0	25	750	46	3	4	17	Milk, Soy, Wheat
Golden	Mini	All-Meat Combo	1/4	85	217	117	9.8	4.2	0	25	497	18	1	1	11	Milk, Soy, Wheat
Golden	Mini	Bacon Cheeseburger	1/4	93	203	110	9.8	4.2	0	25	455	18	1	1	11	Milk, Soy, Wheat
Golden	Mini	Cheese	1/4	61	140	76	4.2	1.75	0	11	252	18	1	1	6	Milk, Soy, Wheat
Golden	Mini	Combo	1/4	93	210	113	9.8	3.5	0	21	525	19	1	1	10	Milk, Soy, Wheat
Golden	Mini	Hawaiian	1/4	81	154	83	4.9	2.1	0	11	266	18	2	1	7	Milk, Soy, Wheat
Golden	Mini	Hot Stuff	1/4	88	210	113	8.2	4.2	0	21	532	18	1	1	10	Milk, Soy, Wheat
Golden	Mini	Humble Pie	1/4	88	224	121	11.2	4.2	0	25	441	18	1	1	9	Milk, Soy, Wheat
Golden	Mini	Pepperoni	1/4	63	168	91	7	2.8	0	14	336	18	1	1	8	Milk, Soy, Wheat
Golden	Mini	Super Combo	1/4	106	210	113	9.8	4.2	0	21	546	19	2	1	11	Milk, Soy, Wheat
Golden	Mini	Super Hawaiian	1/4	79	168	91	6.3	2.45	0	14	266	19	2	1	8	Milk, Soy, Wheat
Golden	Mini	Super Taco	1/4	121	203	110	9.8	4.9	0	21	455	19	2	1	10	Milk, Soy, Wheat, MSG
Golden	Mini	Taco Pie	1/4	111	196	106	8.4	4.2	0	21	420	18	2	1	10	Milk, Soy, Wheat, MSG
Golden	Mini	Veggie Pie	1/4	85	147	79	4.2	2.1	0	11	301	19	2	1	7	Milk, Soy, Wheat
Golden	Small	All-Meat Combo	1/6	120	310	167	14	6	0	35	710	26	2	2	16	Milk, Soy, Wheat
Golden	Small	Bacon Cheeseburger	1/6	121	290	157	14	6	0	35	650	26	2	2	15	Milk, Soy, Wheat
Golden	Small	Cheese	1/6	83	200	108	6	2.5	0	15	360	25	1	2	9	Milk, Soy, Wheat
Golden	Small	Combo	1/6	130	300	162	14	5	0	30	750	27	2	2	14	Milk, Soy, Wheat
Golden	Small	Hawaiian	1/6	96	220	119	7	3	0	15	380	26	1	3	10	Milk, Soy, Wheat
Golden	Small	Hot Stuff	1/6	123	300	162	14	6	0	30	760	26	2	2	14	Milk, Soy, Wheat
Golden	Small	Humble Pie	1/6	121	320	173	16	6	0	35	630	26	2	2	13	Milk, Soy, Wheat
Golden	Small	Pepperoni	1/6	90	240	130	10	4	0	20	480	25	1	2	11	Milk, Soy, Wheat
Golden	Small	Super Combo	1/6	142	300	162	14	6	0	30	780	27	2	3	15	Milk, Soy, Wheat
Golden	Small	Super Hawaiian	1/6	106	240	130	9	3.5	0	20	380	27	1	3	11	Milk, Soy, Wheat
Golden	Small	Super Taco	1/6	151	290	157	14	7	0	30	650	27	2	3	14	Milk, Soy, Wheat, MSG
Golden	Small	Taco Pie	1/6	142	280	151	12	6	0	30	600	26	2	3	14	Milk, Soy, Wheat, MSG
Golden	Small	Veggie Pie	1/6	115	210	113	6	3	0	15	430	27	2	3	10	Milk, Soy, Wheat
Golden	Medium	All-Meat Combo	1/8	113	300	162	14	5	0	30	670	26	2	2	15	Milk, Soy, Wheat
Golden	Medium	Bacon Cheeseburger	1/8	111	270	146	12	5	0	25	640	26	2	2	13	Milk, Soy, Wheat
Golden	Medium	Cheese	1/8	83	220	119	8	3	0	15	380	25	1	2	10	Milk, Soy, Wheat
Golden	Medium	Combo	1/8	117	290	157	13	5	0	25	680	27	2	2	13	Milk, Soy, Wheat
Golden	Medium	Hawaiian	1/8	99	230	124	8	3.5	0	15	450	27	1	3	11	Milk, Soy, Wheat
Golden	Medium	Hot Stuff	1/8	112	290	157	14	6	0	25	670	27	2	2	13	Milk, Soy, Wheat
Golden	Medium	Humble Pie	1/8	112	300	162	15	6	0	30	630	26	2	2	13	Milk, Soy, Wheat
Golden	Medium	Pepperoni	1/8	90	250	135	11	4.5	0	20	500	26	1	2	11	Milk, Soy, Wheat
Golden	Medium	Super Combo	1/8	135	320	173	15	8	0	30	760	28	2	2	16	Milk, Soy, Wheat
Golden	Medium	Super Hawaiian	1/8	107	250	135	9	3.5	0	20	450	27	1	3	12	Milk, Soy, Wheat
Golden	Medium	Super Taco	1/8	150	330	178	17	10	0	35	670	28	2	3	15	Milk, Soy, Wheat, MSG
Golden	Medium	Taco Pie	1/8	137	300	162	14	8	0	30	630	27	2	3	15	Milk, Soy, Wheat, MSG
Golden	Medium	Veggie Pie	1/8	92	230	124	8	3	0	15	430	27	2	2	10	Milk, Soy, Wheat
Golden	Large	All-Meat Combo	1/10	127	340	184	16	6	0	35	760	29	2	2	17	Milk, Soy, Wheat
Golden	Large	Bacon Cheeseburger	1/10	130	330	178	17	7	0	30	750	29	2	3	15	Milk, Soy, Wheat
Golden	Large	Cheese	1/10	94	250	135	9	3.5	0	15	440	28	1	2	11	Milk, Soy, Wheat
Golden	Large	Combo	1/10	133	330	178	15	6	0	25	740	30	2	2	15	Milk, Soy, Wheat
Golden	Large	Hawaiian	1/10	116	260	140	9	3.5	0	20	510	30	1	4	12	Milk, Soy, Wheat
Golden	Large	Hot Stuff	1/10	128	330	178	16	6	0	30	780	29	2	2	15	Milk, Soy, Wheat

PIZZA NUTRITION & ALLERGEN INFORMATION

			Serving Size	Weight (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Diet. Fiber (g)	Sugars (g)	Protein (g)	Allergens
Crust	Size	Product														
Golden	Large	Humble Pie	1/10	112	340	184	17	7	0	35	730	29	2	2	15	Milk, Soy, Wheat
Golden	Large	Pepperoni	1/10	102	290	157	12	4.5	0	25	560	28	1	2	12	Milk, Soy, Wheat
Golden	Large	Super Combo	1/10	156	370	200	18	6	0	40	880	31	2	3	18	Milk, Soy, Wheat
Golden	Large	Super Hawaiian	1/10	121	280	151	11	4	0	25	510	30	2	4	14	Milk, Soy, Wheat
Golden	Large	Super Taco	1/10	172	370	200	20	10	0	45	780	30	2	3	17	Milk, Soy, Wheat, MSG
Golden	Large	Taco Pie	1/10	157	350	189	17	8	0	40	740	30	2	3	17	Milk, Soy, Wheat, MSG
Golden	Large	Veggie Pie	1/10	123	260	140	10	3.5	0	15	500	30	2	3	11	Milk, Soy, Wheat
Thin	Medium	All-Meat Combo	1/8	92	270	143	15	5	0	30	520	18	1	1	14	Milk, Soy, Wheat
Thin	Medium	Bacon Cheeseburger	1/8	95	260	138	14	6	0	30	500	18	1	1	12	Milk, Soy, Wheat
Thin	Medium	Cheese	1/8	58	170	90	8	3	0	15	230	15	1	1	8	Milk, Wheat
Thin	Medium	Combo	1/8	92	240	127	13	3	0	25	530	17	1	1	11	Milk, Soy, Wheat
Thin	Medium	Hawaiian	1/8	78	190	101	8	3	0	20	330	16	1	1	9	Milk, Wheat
Thin	Medium	Hot Stuff	1/8	92	260	138	15	5	0	25	530	18	1	1	11	Milk, Soy, Wheat
Thin	Medium	Humble Pie	1/8	88	260	138	15	5	0	30	480	16	1	1	11	Milk, Soy, Wheat
Thin	Medium	Pepperoni	1/8	66	210	111	11	4	0	20	350	15	1	1	9	Milk, Wheat
Thin	Medium	Super Combo	1/8	116	290	154	16	6	0	30	620	19	2	1	14	Milk, Soy, Wheat
Thin	Medium	Super Hawaiian	1/8	90	220	117	10	3.5	0	20	330	19	1	2	11	Milk, Wheat
Thin	Medium	Super Taco	1/8	131	300	159	18	8	0	35	530	19	1	2	13	Milk, Soy, Wheat, MSG
Thin	Medium	Taco Pie	1/8	112	260	138	15	7	0	30	480	16	1	2	13	Milk, Soy, Wheat, MSG
Thin	Medium	Veggie Pie	1/8	82	180	95	8	3	0	15	280	16	1	1	8	Milk, Wheat
Thin	Large	All-Meat Combo	1/10	104	300	159	17	6	0	35	610	19	1	1	16	Milk, Soy, Wheat
Thin	Large	Bacon Cheeseburger	1/10	106	280	148	16	7	0	35	570	18	1	2	14	Milk, Soy, Wheat
Thin	Large	Cheese	1/10	69	210	111	10	3.5	0	15	270	17	1	1	9	Milk, Wheat
Thin	Large	Combo	1/10	109	280	148	16	6	0	25	630	20	2	1	13	Milk, Soy, Wheat
Thin	Large	Hawaiian	1/10	101	230	122	10	3	0	20	380	21	1	4	11	Milk, Wheat
Thin	Large	Hot Stuff	1/10	103	290	154	17	5	0	30	620	19	1	1	13	Milk, Soy, Wheat
Thin	Large	Humble Pie	1/10	104	300	159	18	6	0	35	570	19	1	1	13	Milk, Soy, Wheat
Thin	Large	Pepperoni	1/10	77	240	127	13	5	0	25	400	18	1	1	10	Milk, Wheat
Thin	Large	Super Combo	1/10	133	330	175	19	6	0	40	730	20	2	2	17	Milk, Soy, Wheat
Thin	Large	Super Hawaiian	1/10	100	240	127	11	4	0	25	380	19	1	3	13	Milk, Wheat
Thin	Large	Super Taco	1/10	147	330	175	21	8	0	45	620	20	2	2	15	Milk, Soy, Wheat
Thin	Large	Taco Pie	1/10	132	300	159	18	7	0	40	580	19	2	2	15	Milk, Soy, Wheat
Thin	Large	Veggie Pie	1/10	98	220	117	10	3.5	0	15	340	19	1	2	9	Milk, Wheat
The Don's Light Line	Medium	Baja Taco	1/8	98	170	88	3.5	0	0	15	360	16	1	1	8	Milk, Soy, Wheat
The Don's Light Line	Medium	Mediterranean Veggie	1/8	92	170	87	2.5	0	0	10	230	14	0	1	6	Milk, Wheat
The Don's Light Line	Medium	Pesto Chicken Artichoke	1/8	93	160	85	2.5	0	0	15	300	14	0	1	8	Milk, Soy, Wheat
The Don's Light Line	Medium	Pesto Chicken Spinach	1/8	88	160	85	2.5	0	0	15	320	14	0	1	8	Milk, Soy, Wheat
The Don's Light Line	Medium	Pizza Rustica	1/8	92	150	77	2	0	0	15	300	15	1	1	7	Milk, Wheat
The Don's Light Line	Medium	Sicilian Veggie	1/8	91	180	94	2.5	0	0	10	250	15	0	1	6	Milk, Wheat
The Don's Light Line	Large	Baja Taco	1/10	102	210	110	4	0	0	20	430	19	2	2	9	Milk, Soy, Wheat
The Don's Light Line	Large	Mediterranean Veggie	1/10	98	190	97	2.5	0	0	10	250	17	1	1	7	Milk, Wheat
The Don's Light Line	Large	Pesto Chicken Artichoke	1/10	94	190	105	3	0	0	20	350	16	0	1	9	Milk, Soy, Wheat
The Don's Light Line	Large	Pesto Chicken Spinach	1/10	98	190	105	3	0	0	20	370	16	1	1	10	Milk, Soy, Wheat
The Don's Light Line	Large	Pizza Rustica	1/10	96	180	94	2.5	0	0	15	360	18	2	1	8	Milk, Wheat
The Don's Light Line	Large	Sicilian Veggie	1/10	95	210	107	3	0	0	15	300	17	1	1	8	Milk, Wheat
Mozza-Loaded	Medium	All-Meat Combo	1/8	128	350	160	18	7	0	40	800	27	2	2	17	Milk, Soy, Wheat
Mozza-Loaded	Medium	Bacon Cheeseburger	1/8	126	320	150	17	7	0	35	770	27	2	2	15	Milk, Soy, Wheat
Mozza-Loaded	Medium	Cheese	1/8	98	270	110	12	5	0	25	510	26	1	2	12	Milk, Soy, Wheat
Mozza-Loaded	Medium	Combo	1/8	131	340	150	17	7	0	35	810	28	2	2	15	Milk, Soy, Wheat
Mozza-Loaded	Medium	Hawaiian	1/8	99	230	70	8	3	0	15	450	27	1	3	11	Milk, Soy, Wheat
Mozza-Loaded	Medium	Hot Stuff	1/8	126	340	160	18	7	0	35	800	27	2	2	15	Milk, Soy, Wheat
Mozza-Loaded	Medium	Humble Pie	1/8	127	350	170	19	8	0	40	760	27	2	2	15	Milk, Soy, Wheat
Mozza-Loaded	Medium	Pepperoni	1/8	105	300	140	15	6	0	30	620	26	1	2	13	Milk, Soy, Wheat
Mozza-Loaded	Medium	Super Combo	1/8	150	370	180	20	9	0	45	880	28	2	2	18	Milk, Soy, Wheat
Mozza-Loaded	Medium	Super Hawaiian	1/8	121	300	120	13	6	0	30	580	28	1	3	14	Milk, Soy, Wheat

PIZZA NUTRITION & ALLERGEN INFORMATION

Crust	Size	Product	Serving Size	Weight (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Diet. Fiber (g)	Sugars (g)	Protein (g)	Allergens
Mozza-Loaded	Medium	Super Taco	1/8	165	380	190	21	10	0	45	800	28	2	3	17	Milk, Soy, Wheat
Mozza-Loaded	Medium	Taco Pie	1/8	151	350	170	19	9	0	40	760	28	2	3	17	Milk, Soy, Wheat
Mozza-Loaded	Medium	Veggie Pie	1/8	106	280	110	12	5	0	25	560	27	2	2	12	Milk, Soy, Wheat
Mozza-Loaded	Large	All-Meat Combo	1/10	142	390	190	21	8	0	45	890	30	2	2	20	Milk, Soy, Wheat
Mozza-Loaded	Large	Bacon Cheeseburger	1/10	145	380	190	21	9	0	40	880	29	2	3	17	Milk, Soy, Wheat
Mozza-Loaded	Large	Cheese	1/10	109	300	120	14	6	0	25	560	29	1	2	13	Milk, Soy, Wheat
Mozza-Loaded	Large	Combo	1/10	148	380	180	20	8	0	35	870	30	2	2	17	Milk, Soy, Wheat
Mozza-Loaded	Large	Hawaiian	1/10	130	320	120	14	6	0	30	640	31	1	4	14	Milk, Soy, Wheat
Mozza-Loaded	Large	Hot Stuff	1/10	143	360	190	21	8	0	45	940	28	2	3	16	Milk, Soy, Wheat
Mozza-Loaded	Large	Humble Pie	1/10	126	400	200	22	9	0	45	860	30	2	2	17	Milk, Soy, Wheat
Mozza-Loaded	Large	Pepperoni	1/10	116	340	150	17	7	0	35	690	29	1	2	14	Milk, Soy, Wheat
Mozza-Loaded	Large	Super Combo	1/10	170	420	200	23	10	0	50	1010	31	2	3	20	Milk, Soy, Wheat
Mozza-Loaded	Large	Super Hawaiian	1/10	136	330	140	15	6	0	35	640	30	2	4	16	Milk, Soy, Wheat
Mozza-Loaded	Large	Super Taco	1/10	186	430	220	25	12	0	55	910	31	2	3	20	Milk, Soy, Wheat
Mozza-Loaded	Large	Taco Pie	1/10	171	400	200	22	10	0	50	870	30	2	3	19	Milk, Soy, Wheat
Mozza-Loaded	Large	Veggie Pie	1/10	137	310	130	14	6	0	25	630	30	2	3	13	Milk, Soy, Wheat

BEVERAGE NUTRITION INFORMATION



Product	Size	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Diet. Fiber (g)	Sugars (g)	Protein (g)
Cherry Coke	8 oz	120	0	0	0	0	0	11	29	0	29	0
Classic Coke	8 oz	117	0	0	0	0	0	11	29	0	29	0
Coffee	8 oz	5	0	0	0	0	0	0	0	0	0	2
Diet Coke	8 oz	0	0	0	0	0	0	20	0	0	0	0
Dr. Pepper	8 oz	117	0	0	0	0	0	0	20	0	30	0
Mellow Yellow	8 oz	169	0	0	0	0	0	71	46	0	46	0
Peak Tea- Unsweetened	8 oz	5	0	0	0	0	0	10	0	0	0	0
Pink Lemonade	8 oz	113	0	0	0	0	0	11	28	0	28	0
Powerade	8 oz	10	0	0	0	0	0	7	2	0	2	0
Sprite	8 oz	120	0	0	0	0	0	0	30	0	30	0



GLUTEN-FREE NUTRITION & ALLERGEN INFORMATION

Product	Serving Size	Weight (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Diet. Fiber (g)	Sugars (g)	Protein (g)	Allergens
Beef	1/6	73	170	94	7	3	0	30	500	18	1	2	7	Milk, Eggs, Soy
Cheese	1/6	61	140	77	4.5	2	0	25	380	18	1	2	5	Milk, Eggs
Classic Combo	1/6	83	180	100	8	3	0	30	570	19	1	2	7	Milk, Eggs, Soy
Meat Combo	1/6	81	190	105	8	3.5	0	35	570	18	1	2	9	Milk, Eggs, Soy
Pepperoni	1/6	68	170	94	7	3	0	30	480	18	1	2	6	Milk, Eggs
Sausage	1/6	73	170	94	6	2.5	0	25	510	18	1	2	7	Milk, Eggs, Soy

SIDE ITEMS NUTRITION & ALLERGEN INFORMATION

Product	Size	Serving Size	Nutrition													Allergens
			Weight (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Diet. Fiber (g)	Sugars (g)	Protein (g)		
Big Cookie	Foil Pan (9")	1/6	47	190	70	8	1.5	1.5	15	190	30	2	17	2	Milk, Eggs, Soy, Wheat	
Breadsticks	1 order	1 ea	44	110	61	2	0	0	0	160	20	1	1	3	Milk, Soy, Wheat	
Breadsticks w/ Cheese	1 order	1 ea	51	140	77	4	1.5	0	5	220	20	1	1	5	Milk, Soy, Wheat	
Calzone - Cheese	Medium	1/2	312	830	457	26	12	0	58	1460	100	4.5	5.5	40.5	Milk, Soy, Wheat	
Calzone - Combo	Medium	1/2	312	725	399	20	8	0	40	1450	100	5	6	32	Milk, Soy, Wheat	
Calzone - Pepperoni	Medium	1/2	277	705	388	20	8	0	40	1270	97.5	4.5	5.5	30	Milk, Soy, Wheat	
Cheesesticks	Foil Pan (9")	1/6	48	130	72	3.5	1.5	0	5	210	18	1	1	5	Milk, Soy, Wheat	
Cheesesticks	Medium	1/8	67	200	110	7	2.5	0	10	300	24	1	1	8	Milk, Soy, Wheat	
Cheesesticks	Large	1/10	74	220	121	8	3	0	10	340	26	0	1	9	Milk, Soy, Wheat	
Chicken Wings - BBQ	1 order	4 wings	70	160	88	13	3.5	0	100	440	6	0	0	15	Milk, Soy, Wheat	
Chicken Wings - Buffalo	1 order	4 wings	70	180	100	13	4	0	100	410	6	0	1	16	Soy, Wheat	
Chicken Wings - Hot Breaded	1 order	4 wings	68	180	99	12	4	2	40	360	4	0	0	12	Milk, Eggs, Soy, Wheat	
Garlic Toast	1 order	1 ea	40	150	83	9	2	0	0	260	15	1	1	3	Soy, Wheat	
Garlic Toast w/ Cheese	1 order	1 ea	54	210	116	12	3.5	0	10	360	16	1	1	7	Milk, Soy, Wheat	
Monkey Bread - Cinnamon	Foil Pan (9")	1/6	48	139	77	4	0.8	0	0	162	24	0.8	6.2	3	Milk, Soy, Wheat	
Monkey Bread - Italian	Foil Pan (9")	1/6	42	115	64	3.8	0.75	0	0	162	175	0.8	0.83	3.2	Milk, Soy, Wheat	
Potato Wedges	1 order	4 oz	114	173	96	8	2	0	0	360	24	2.8	0.8	2.8	Soy	
Streusel - Apple	Foil Pan (9")	1/6	67	150	83	2.5	0.5	0	0	160	28	1	4	3	Milk, Soy, Wheat	
Streusel - Apple	Medium	1/8	93	200	110	4	1	0	0	220	38	1	6	4	Milk, Soy, Wheat	
Streusel - Apple	Large	1/10	101	230	127	4.5	1	0	0	240	42	1	6	5	Milk, Soy, Wheat	
Streusel - Cherry	Foil Pan (9")	1/6	67	150	83	2.5	0.5	0	0	160	28	1	1	3	Milk, Soy, Wheat	
Streusel - Cherry	Medium	1/8	93	210	116	4	1	0	0	210	39	1	2	4	Milk, Soy, Wheat	
Streusel - Cherry	Large	1/10	101	230	127	4.5	1	0	0	230	43	1	2	5	Milk, Soy, Wheat	
Streusel - Cinnamon	Foil Pan (9")	1/6	54	160	88	3	0.5	0	3	160	29	1	4	3	Milk, Soy, Wheat	
Streusel - Cinnamon	Medium	1/8	74	230	127	5	1	0	0	220	40	1	5	5	Milk, Soy, Wheat	
Streusel - Cinnamon	Large	1/10	82	260	143	6	1.5	0	0	250	45	1	6	5	Milk, Soy, Wheat	

SALAD BAR NUTRITION & ALLERGEN INFORMATION

Product	Serving Size	Nutrition											Allergens
		Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Diet. Fiber (g)	Sugars (g)	Protein (g)	
Baby Carrots	1/4 cup	8	0	0	0	0	0	45	2	0	1	0	N/A
Bacon Bits	2 TSP	24	13.4	1	1	0	1	56	0.2	1	0.2	3	N/A
Beet Slices	1/2 cup	26	0	0	0	0	0	599	6	0	2	1	Milk
Blue Cheese	2 TBSP	140	130	15	3	0	15	270	2	1	1	1	Milk, Eggs
Broccoli	1/2 cup	12	0	0	0	0	0	27	2	1	0	1	N/A
Cauliflower	1/2 cup	12	0	0	0	0	0	27	2	1	0	1	N/A
Celery	1/4 cup	15	0	0	0	0	0	27	3	1	0	1	N/A
Chinese Dry Noodles	45 g	237	116	14	2	0	0	198	26	2	0	4	Wheat
Cottage Cheese	226 g	163	20	2	1	0	9	918	6	0	6	28	Milk
Country Creamy Italian	2 TBSP	120	100	11	2	0	5	350	4	0	2	0	Milk, Eggs
Crackers, Club	1 packet	74	37	1.25	1	0	0	195	13	0.5	0.5	1.75	Wheat
Crackers, Saltines	1 packet	74	55	1.25	1	0	0	195	13	0.5	0.5	1.75	Wheat
Croutons	40 g	186	64	7	2	0	3	495	25	2	2	4	Milk, Soy, Wheat
Cucumber	1/2 cup	7	0	0	0	0	0	1	1	0	1	0	N/A
Dill Pickles	143 g	17	0	0	0	0	0	1251	4	2	2	1	N/A
Eggs	1/4 cup	106	67	7	2	0	288	85	1	0	1	8.5	Eggs
Fat Free Italian	2 TBSP	30	0	0	0	0	0	520	7	0	5	0	N/A
Fat Free Ranch	2 TBSP	25	0	0	0	0	0	280	6	0	2	0	Milk, Soy

SIDE ITEMS NUTRITION & ALLERGEN INFORMATION

Product	Serving Size	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Diet. Fiber (g)	Sugars (g)	Protein (g)	Allergens
French	2 TBSP	130	100	12	2	0	0	360	8	0	7	0	N/A
Garbanzo/ Chick Peas Beans	1/2 cup	143	23	1	0	0	0	359	27	5	0	6	N/A
Green Peppers	1/4 cup	7.5	0	0	0	0	0	1	1.75	0.75	1	0.25	N/A
Honey Mustard	2 TBSP	130	100	12	2	0	10	180	7	0	6	1	Eggs
Kidney Beans	1/2 cup	110	0	0	0	0	0	212	20	8	0	8	N/A
Mozzarella Cheese	2 oz	168	110	12.5	7.5	0	44	351	1	0	0.5	12.5	Milk
Mushrooms	1/2 cup	4	0	0	0	0	0	1	0.5	0.24	0.25	0.5	N/A
Onions	1/4 cup	15	0	0	0	0	0	6	3	3	7	2	N/A
Original Ranch	2 TBSP	100	90	10	1.5	0	15	230	1	0	1	1	Milk, Soy
Peaches	222 g	171	0	0	0	0	0	13	44	5	39	1	N/A
Pears	266 g	258	0	0	0	0	0	13	67	4	0	1	N/A
Pineapple Tidbits	181 g	108	0	0	0	0	0	2	28	2	26	0	N/A
Pudding	108 g	153	45	5	1	0	1	164	25	0	19	2	N/A
Radishes	1/4 cup	5	0	0	0	0	0	11.2	1	0.5	0.5	0.25	N/A
Raisins	1/3 cups	151	0	0	0	0	0	9	40	3	49	2.5	N/A
Salad Mix	1 cup	8	0	0	0	0	0	1	1	1	0	1	N/A
Shredded Carrots	1/4 cup	8	0	0	0	0	0	45	2	1	1	0	N/A
Sunflower Seeds	1 oz	93	70	8	1	0	0	83	4	0	0	3	Tree Nuts
Thousand Island	2 TBSP	130	120	13	2	0	15	230	5	0	3	0	Eggs
Tomatoes	1/2 cup	10.5	0	0	0	0	0	16	2	0.5	0	0.5	N/A
Zucchini	1/2 cup	3	0	0	0	0	0	0	0	0	0	0	N/A

This list has been generated by the Nutrition Department of Godfather's Pizza Inc. and is effective 9-23-2013.

Percent Daily Values (DV) is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. Percent Daily Values (DV) and RDIs are based on unrounded values.

The nutrition information is derived from testing conducted in accredited laboratories and compiled information provided from Godfather's Pizza suppliers.

The nutrition information is based on standard product formulations and serving sizes. All nutrition information is based on average values for ingredients and is rounded to meet current USDA, FDA and NLEA guidelines.

Variation in serving sizes, preparation techniques, product testing and sources of supply, as well as regional and seasonal differences may affect the nutrition values for each product. Products listed are not all available at all Godfather's Pizza locations.

In addition, product formulations change periodically. You should expect some variation in the nutrient content of the products purchased in our restaurants. This information is correct as of April 4th, 2013, unless stated otherwise.



National Headquarters

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Interactive Nutrition Menu

Last Updated: 05/19/2015

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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Pot Pie and Bowls

Chicken Pot Pie	790	410	45	37	0	75	1,970	66	3	7	29
KFC® Famous Bowl	710	280	31	6	1	50	2,450	82	6	2	26
KFC® Famous Bowl - Snack Size	270	110	12	3	0	25	840	28	2	1	11

Sandwiches

Chicken Littles®	310	160	18	2.5	0	40	590	23	2	4	14
Colonel's Original Sandwich	500	210	23	3.5	0	65	1,150	47	3	7	27
Crispy Twister®	630	300	34	7	0	80	1,300	49	5	4	30
Doublicious®	580	260	29	6	0	80	1,390	47	3	7	32
Honey BBQ Sandwich	320	35	3.5	1	0	70	770	47	3	21	24

Salads

(Does not include dressing or croutons)

Caesar Side Salad	40	20	2	1	0	5	90	2	1	1	3
Crispy Chicken BLT Salad	350	160	18	3.5	0	75	990	18	5	5	30
Crispy Chicken Caesar Salad	330	160	17	4	0	70	810	16	4	3	29
House Side Salad	15	0	0	0	0	0	10	3	2	2	1

Regional Menu Items

Country Fried Steak with Peppered White Gravy	390	230	26	7	1	35	910	26	2	0	13
Country Fried Steak without Peppered White Gravy	360	220	24	7	1	35	750	22	2	0	13
KFC® Gizzards	190	100	11	1.5	0	135	500	11	0	0	13

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
KFC® Livers	150	70	8	1.5	0	185	480	8	0	0	11

Beverages

7UP® (12 fl oz)	150	0	0	0	0	0	40	38	0	37	0
7UP® (16 fl oz)	190	0	0	0	0	0	55	51	0	50	0
7UP® (20 fl oz)	240	0	0	0	0	0	70	64	0	63	0
7UP® (30 fl oz)	360	0	0	0	0	0	105	96	0	95	0
Code Red Mountain Dew® (12 fl oz)	160	0	0	0	0	0	50	46	0	46	0
Code Red Mountain Dew® (16 fl oz)	220	0	0	0	0	0	70	62	0	62	0
Code Red Mountain Dew® (20 fl oz)	280	0	0	0	0	0	90	78	0	78	0
Code Red Mountain Dew® (30 fl oz)	410	0	0	0	0	0	130	116	0	116	0
Diet Dr Pepper® (12 fl oz)	0	0	0	0	0	0	60	0	0	0	0
Diet Dr Pepper® (16 fl oz)	0	0	0	0	0	0	80	0	0	0	0
Diet Dr Pepper® (20 fl oz)	0	0	0	0	0	0	100	0	0	0	0
Diet Dr Pepper® (30 fl oz)	0	0	0	0	0	0	150	0	0	0	0
Diet Mountain Dew® (12 fl oz)	0	0	0	0	0	0	55	0	0	0	0
Diet Mountain Dew® (16 fl oz)	5	0	0	0	0	0	75	1	0	0	0
Diet Mountain Dew® (20 fl oz)	10	0	0	0	0	0	90	1	0	0	0
Diet Mountain Dew® (30 fl oz)	10	0	0	0	0	0	140	1	0	0	0
Diet Pepsi® (12 fl oz)	0	0	0	0	0	0	40	0	0	0	0
Diet Pepsi® (16 fl oz)	0	0	0	0	0	0	55	0	0	0	0
Diet Pepsi® (20 fl oz)	0	0	0	0	0	0	70	0	0	0	0
Diet Pepsi® (30 fl oz)	0	0	0	0	0	0	100	1	0	0	0
Diet Sierra Mist® (12 fl oz)	0	0	0	0	0	0	35	0	0	0	0
Diet Sierra Mist® (16 fl oz)	0	0	0	0	0	0	50	0	0	0	0
Diet Sierra Mist® (20 fl oz)	5	0	0	0	0	0	60	0	0	0	0
Diet Sierra Mist® (30 fl oz)	10	0	0	0	0	0	95	0	0	0	0
Dr Pepper® (12 fl oz)	150	0	0	0	0	0	60	40	0	38	0
Dr Pepper® (16 fl oz)	200	0	0	0	0	0	80	53	0	51	0
Dr Pepper® (20 fl oz)	250	0	0	0	0	0	100	66	0	64	0
Dr Pepper® (30 fl oz)	380	0	0	0	0	0	150	99	0	96	0
Lipton® Brisk® Diet Green Tea with Citrus (12 fl oz)	0	0	0	0	0	0	125	0	0	0	0
	0	0	0	0	0	0	170	0	0	0	0

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Lipton® Brisk® Diet Green Tea with Citrus (16 fl oz)											
Lipton® Brisk® Diet Green Tea with Citrus (20 fl oz)	0	0	0	0	0	0	210	0	0	0	0
Lipton® Brisk® Diet Green Tea with Citrus (30 fl oz)	0	0	0	0	0	0	320	0	0	0	0
Lipton® Brisk® Lemon Tea (12 fl oz)	80	0	0	0	0	0	40	22	0	22	0
Lipton® Brisk® Lemon Tea (16 fl oz)	100	0	0	0	0	0	50	30	0	30	0
Lipton® Brisk® Lemon Tea (20 fl oz)	120	0	0	0	0	0	60	38	0	38	0
Lipton® Brisk® Lemon Tea (30 fl oz)	190	0	0	0	0	0	95	56	0	56	0
Lipton® Brisk® No Calorie Peach Iced Green Tea (12 fl oz)	0	0	0	0	0	0	105	0	0	0	0
Lipton® Brisk® No Calorie Peach Iced Green Tea (16 fl oz)	0	0	0	0	0	0	140	0	0	0	0
Lipton® Brisk® No Calorie Peach Iced Green Tea (20 fl oz)	0	0	0	0	0	0	180	0	0	0	0
Lipton® Brisk® No Calorie Peach Iced Green Tea (30 fl oz)	0	0	0	0	0	0	260	0	0	0	0
Lipton® Brisk® Raspberry Tea (12 fl oz)	80	0	0	0	0	0	40	20	0	20	0
Lipton® Brisk® Raspberry Tea (16 fl oz)	100	0	0	0	0	0	50	26	0	26	0
Lipton® Brisk® Raspberry Tea (20 fl oz)	120	0	0	0	0	0	60	32	0	32	0
Lipton® Brisk® Raspberry Tea (30 fl oz)	190	0	0	0	0	0	95	49	0	49	0
Lipton® Brisk® Sweet Iced Tea (12 fl oz)	80	0	0	0	0	0	40	21	0	21	0
Lipton® Brisk® Sweet Iced Tea (16 fl oz)	100	0	0	0	0	0	50	28	0	28	0
Lipton® Brisk® Sweet Iced Tea (20 fl oz)	120	0	0	0	0	0	60	35	0	35	0
Lipton® Brisk® Sweet Iced Tea (30 fl oz)	190	0	0	0	0	0	95	52	0	52	0
Lipton® Brisk® Unsweetened No Lemon Iced Tea (12 fl oz)	0	0	0	0	0	0	45	0	0	0	0
Lipton® Brisk® Unsweetened No Lemon Iced Tea (16 fl oz)	0	0	0	0	0	0	60	0	0	0	0
Lipton® Brisk® Unsweetened No Lemon Iced Tea (20 fl oz)	0	0	0	0	0	0	75	0	0	0	0
Lipton® Brisk® Unsweetened No Lemon Iced Tea (30 fl oz)	0	0	0	0	0	0	115	0	0	0	0
Manzanita Sol® (12 fl oz)	160	0	0	0	0	0	40	44	0	42	0
Manzanita Sol® (16 fl oz)	220	0	0	0	0	0	50	58	0	56	0
Manzanita Sol® (20 fl oz)	280	0	0	0	0	0	60	72	0	70	0
Manzanita Sol® (30 fl oz)	410	0	0	0	0	0	95	109	0	105	0

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Miranda® Strawberry (12 fl oz)	160	0	0	0	0	0	75	44	0	44	0
Miranda® Strawberry (16 fl oz)	220	0	0	0	0	0	100	58	0	58	0
Miranda® Strawberry (20 fl oz)	280	0	0	0	0	0	125	72	0	72	0
Miranda® Strawberry (30 fl oz)	410	0	0	0	0	0	190	109	0	109	0
Mountain Dew® (12 fl oz)	160	0	0	0	0	0	50	44	0	44	0
Mountain Dew® (16 fl oz)	220	0	0	0	0	0	70	58	0	58	0
Mountain Dew® (20 fl oz)	280	0	0	0	0	0	90	72	0	72	0
Mountain Dew® (30 fl oz)	410	0	0	0	0	0	130	109	0	109	0
Mug Root Beer® (12 fl oz)	150	0	0	0	0	0	20	39	0	39	0
Mug Root Beer® (16 fl oz)	200	0	0	0	0	0	30	52	0	52	0
Mug Root Beer® (20 fl oz)	250	0	0	0	0	0	40	65	0	65	0
Mug Root Beer® (30 fl oz)	380	0	0	0	0	0	55	98	0	98	0
Pepsi MAX® (12 fl oz)	0	0	0	0	0	0	35	0	0	0	0
Pepsi MAX® (16 fl oz)	0	0	0	0	0	0	50	0	0	0	0
Pepsi MAX® (20 fl oz)	0	0	0	0	0	0	60	0	0	0	0
Pepsi MAX® (30 fl oz)	0	0	0	0	0	0	90	0	0	0	0
Pepsi® (12 fl oz)	150	0	0	0	0	0	30	42	0	42	0
Pepsi® (16 fl oz)	200	0	0	0	0	0	40	56	0	56	0
Pepsi® (20 fl oz)	250	0	0	0	0	0	50	70	0	70	0
Pepsi® (30 fl oz)	380	0	0	0	0	0	75	105	0	105	0
Sierra Mist® (12 fl oz)	150	0	0	0	0	0	30	40	0	40	0
Sierra Mist® (16 fl oz)	200	0	0	0	0	0	40	54	0	54	0
Sierra Mist® (20 fl oz)	250	0	0	0	0	0	50	68	0	68	0
Sierra Mist® (30 fl oz)	380	0	0	0	0	0	75	101	0	101	0
Tropicana® Fruit Punch (12 fl oz)	160	0	0	0	0	0	40	45	0	45	0
Tropicana® Fruit Punch (16 fl oz)	220	0	0	0	0	0	50	60	0	60	0
Tropicana® Fruit Punch (20 fl oz)	280	0	0	0	0	0	60	75	0	75	0
Tropicana® Fruit Punch (30 fl oz)	410	0	0	0	0	0	95	112	0	112	0
Tropicana® Lemonade (12 fl oz)	150	0	0	0	0	0	160	40	0	40	0
Tropicana® Lemonade (16 fl oz)	200	0	0	0	0	0	210	54	0	54	0
Tropicana® Lemonade (20 fl oz)	250	0	0	0	0	0	260	68	0	68	0
Tropicana® Lemonade (30 fl oz)	380	0	0	0	0	0	400	101	0	101	0
Tropicana® Light Lemonade (12 fl oz)	10	0	0	0	0	0	140	0	0	0	0
Tropicana® Light Lemonade (16 fl oz)	10	0	0	0	0	0	190	0	0	0	0

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Tropicana® Light Lemonade (20 fl oz)	10	0	0	0	0	0	240	0	0	0	0
Tropicana® Light Lemonade (30 fl oz)	20	0	0	0	0	0	360	0	0	0	0
Tropicana® Pink Lemonade (12 fl oz)	150	0	0	0	0	0	160	40	0	40	0
Tropicana® Pink Lemonade (16 fl oz)	200	0	0	0	0	0	210	54	0	54	0
Tropicana® Pink Lemonade (20 fl oz)	250	0	0	0	0	0	260	68	0	68	0
Tropicana® Pink Lemonade (30 fl oz)	380	0	0	0	0	0	400	101	0	101	0
Tropicana® Twister® Orange (12 fl oz)	160	0	0	0	0	0	40	46	0	45	0
Tropicana® Twister® Orange (16 fl oz)	220	0	0	0	0	0	50	62	0	60	0
Tropicana® Twister® Orange (20 fl oz)	280	0	0	0	0	0	60	78	0	75	0
Tropicana® Twister® Orange (30 fl oz)	410	0	0	0	0	0	95	116	0	112	0
Wild Cherry Pepsi® (12 fl oz)	150	0	0	0	0	0	30	42	0	42	0
Wild Cherry Pepsi® (16 fl oz)	200	0	0	0	0	0	40	56	0	56	0
Wild Cherry Pepsi® (20 fl oz)	250	0	0	0	0	0	50	70	0	70	0
Wild Cherry Pepsi® (30 fl oz)	380	0	0	0	0	0	75	105	0	105	0

Dessert

Apple Turnover	230	90	10	2.5	0	0	140	32	<1	12	2
Café Valley Chocolate Chip Cake (1 Slice)	300	130	15	3	0	50	260	39	1	27	4
Café Valley Lemon Cake (1 Slice)	210	100	11	2	0	40	190	28	0	19	2
Café Valley Mini Chocolate Chip Cake	300	100	12	2.5	0	40	190	49	1	35	3
Café Valley Mini Lemon Cake	300	120	13	2.5	0	50	230	43	0	31	3
Chocolate Chip Cookie	170	70	8	4	0	10	90	22	1	15	2
Oatmeal Raisin Cookie	150	50	6	2.5	0	10	105	22	1	13	2
Oreo Cookies and Crème Pie	290	140	16	10	0	5	210	34	1	23	3
Reese's Peanut Butter Pie	310	170	19	10	0	<5	200	31	<1	22	5

Dipping Sauce

Bacon Ranch Dipping Sauce Cup	140	140	15	2.5	0	10	220	1	0	1	0
Colonel's Buttery Spread	30	30	3.5	0.5	0	0	30	0	0	0	0
Creamy Buffalo Dipping Sauce Cup	70	60	7	1	0	<5	510	2	0	0	0
Creamy Ranch Dipping Sauce Cup	100	90	10	1.5	0	10	240	2	0	1	0
HBBQ Dipping Sauce Cup	40	0	0	0	0	0	310	9	0	8	0

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Honey Mustard Dipping Sauce Cup	120	90	10	1.5	0	<5	110	6	0	5	0
Honey Sauce Packet	30	0	0	0	0	0	0	8	0	5	0
Sweet and Sour Dipping Sauce Cup	45	0	0	0	0	0	95	12	0	10	0

Dressing & Croutons

Heinz Buttermilk Dressing	160	160	17	2.5	0	10	230	1	0	1	0
Hidden Valley The Original Ranch Fat Free Dressing	35	0	0	0	0	0	410	8	0	2	1
KFC® Creamy Parmesan Caesar Dressing	260	230	26	5	0	15	540	4	0	2	2
Marzetti Light Italian Dressing	15	0	0.5	0	0	0	510	2	0	1	0
Parmesan Garlic Croutons	60	25	3	0	0	0	140	8	<1	<1	2

Extra Crispy™ Chicken

Extra Crispy™ Chicken Breast	490	260	29	4.5	0	110	1,140	20	1	0	35
Extra Crispy™ Chicken Drumstick	160	90	10	1.5	0	55	390	5	0	0	13
Extra Crispy™ Chicken Thigh	370	240	26	4.5	0	85	760	15	<1	0	18
Extra Crispy™ Chicken Whole Wing	210	140	15	2.5	0	60	490	8	0	0	12

Extra Crispy™ Tenders

Extra Crispy™ Tender	130	60	7	1	0	30	310	6	<1	0	11
Extra Crispy™ Tenders - 1/2 Family Tray	500	240	26	3.5	0	115	1,260	22	3	0	44
Extra Crispy™ Tenders - Family Tray	1,010	480	53	7	0	230	2,510	45	7	0	87

Go Cups

Chicken Littles® Go Cup	600	300	33	5	0	40	1,400	58	4	4	18
Extra Crispy™ Tenders Go Cup	540	260	28	4	0	60	1,440	46	4	0	26
Fiery Buffalo Hot Wings™ Go Cup	510	250	28	6	0	55	1,680	50	3	0	15
HBBQ Hot Wings™ Go Cup	540	250	28	6	0	55	1,610	58	3	6	15
Hot Wings™ Go Cup	490	250	27	6	0	55	1,290	45	3	0	15
Popcorn Nuggets Go Cup	570	290	31	4.5	0	30	1,740	53	4	0	19

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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Homestyle Sides (Family)

BBQ Baked Beans	770	45	5	1	0	0	2,900	151	28	65	30
Coleslaw	620	330	36	6	0	5	610	69	10	53	3
Corn on the Cob	280	20	2	0	0	0	0	64	8	12	8
Green Beans	90	5	0.5	0	0	0	1,040	17	10	3	5
Macaroni & Cheese	560	190	22	6	0.5	10	2,810	74	8	7	18
Mashed Potatoes	420	110	13	2.5	0.5	0	1,460	69	5	0	8
Mashed Potatoes With Gravy	570	180	20	4.5	1.5	10	2,530	90	6	0	10
Potato Wedges	1,210	570	63	11	0	0	3,370	145	10	0	16
Sweet Kernel Corn	330	15	1.5	0	0	0	0	69	7	10	10

Homestyle Sides (Individual)

BBQ Baked Beans	210	15	1.5	0	0	0	780	41	8	18	8
Biscuit	180	70	8	6	0	0	530	23	1	2	4
Coleslaw	170	90	10	1.5	0	<5	170	19	3	15	<1
Corn on the Cob	70	5	0.5	0	0	0	0	16	2	3	2
Green Beans	25	0	0	0	0	0	260	4	2	<1	1
KFC® Cornbread Muffin	210	80	9	1.5	0	35	240	28	<1	11	3
Macaroni & Cheese	170	60	6	1.5	0	<5	830	22	2	2	5
Mashed Potatoes	90	25	3	0.5	0	0	320	15	1	0	2
Mashed Potatoes With Gravy	120	35	4	1	0	0	530	19	1	0	2
Potato Wedges	290	140	15	2.5	0	0	810	35	2	0	4
Sweet Kernel Corn	100	5	0.5	0	0	0	0	21	2	3	3

Hot Wings

Fiery Buffalo Hot Wings™	70	40	4	1	0	20	290	5	0	0	4
HBBQ Hot Wings™	80	40	4	1	0	20	270	8	0	2	4
Hot Wings™	70	40	4	1	0	20	160	3	0	0	4

Kentucky Grilled® Chicken

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	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Kentucky Grilled Chicken® Breast	220	60	7	2	0	135	730	0	0	0	40
Kentucky Grilled Chicken® Drumstick	90	35	4	1	0	60	290	0	0	0	13
Kentucky Grilled Chicken® Thigh	170	90	10	3	0	90	530	0	0	0	19
Kentucky Grilled Chicken® Whole Wing	80	40	4.5	1.5	0	50	250	<1	0	0	10

Kids Drinks

Capri Sun® Roarin' Waters Tropical Fruit	30	0	0	0	0	0	15	8	0	8	0
Chocolate Milk 1%	180	20	2.5	1.5	0	10	210	29	0	26	10
Milk 1%	110	20	2	1.5	0	10	140	14	0	13	9
Milk 2%	170	50	6	4	0	25	180	17	0	16	12

Kids Meal Applesauce

GoGo Squeez Applesauce	60	0	0	0	0	0	0	15	1	12	0
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Original Recipe® Chicken

Original Recipe® Chicken Breast	320	120	14	3	0	145	1,140	13	2	0	37
Original Recipe® Chicken Breast without Skin or Breading	130	20	2	0.5	0	90	520	0	0	0	29
Original Recipe® Chicken Drumstick	120	60	7	1.5	0	60	380	3	0	0	11
Original Recipe® Chicken Thigh	290	190	21	5	0	100	850	8	<1	0	18
Original Recipe® Chicken Whole Wing	140	70	8	1.5	0	50	450	5	0	0	11

Popcorn Nuggets

Popcorn Nuggets - 1/2 Family Tray	700	370	41	5	0	80	2,330	46	4	0	37
Popcorn Nuggets - Family Tray	1,410	740	83	10	0	155	4,670	92	8	0	74
Popcorn Nuggets - Kids	270	140	16	2	0	30	900	18	2	0	14
Popcorn Nuggets - Large	570	300	33	4	0	65	1,890	37	3	0	30

Spicy Crispy Chicken

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	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Spicy Crispy Chicken Breast	520	310	34	5	0	110	1,230	23	1	0	29
Spicy Crispy Chicken Drumstick	150	90	10	1.5	0	50	420	5	0	0	11
Spicy Crispy Chicken Thigh	350	240	27	4.5	0	75	810	11	0	0	15
Spicy Crispy Chicken Whole Wing	160	100	12	2	0	40	410	6	0	0	9

Last Updated: 05/19/2015


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Menu data is based on current U.S. formulations (based on zero grams trans fat canola frying oil) as of the date posted. Product formulations and nutritional values may differ for KFC® Express and "multi-brand" (KFC®/Taco Bell®, KFC®/A&W®, KFC®/Long John Silver's®) menu items that may be based on a different type of oil, and for products outside the continental U.S. Although this data is based on standard portion guidelines, variation can be expected due to seasonal influences, minor differences in product assembly per restaurant and other factors. Product formulations and/or ingredient changes may occur before www.kfc.com is updated. Substitution of ingredients may alter nutritional values. Menu items and hours of availability may vary by location. Regional menu items are available only at participating locations. Except for KFC® Express, multi-brand menu items, limited time offerings, and test market menu items, single-brand menu products as of the date posted are included in this Nutrition Guide. [\[Full Disclaimer\]](#)




NUTRITION GUIDE

(Based on U.S. formulations as of date of posting)

	Serving Size	Serving Weight (grams)	Calories	Calories from Fat	Total Fat (gms)	Saturated Fat (gms)	Trans Fat (gms)	Cholesterol (mgs)	Sodium (mgs)	Carbohydrates (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)	% DAILY VALUE			
														Vitamin A	Vitamin C	Calcium	Iron
ALASKAN POLLOCK AND SEAFOOD																	
Battered Alaskan Pollock	1 piece	89	230	130	14	5	0	40	580	14	1	0	12	0	0	2	2
Battered Alaskan Pollock Tender	1 piece	51	200	130	14	6	0	25	580	11	0	0	7	0	0	2	2
Battered Shrimp	3 pieces	39	130	60	7	3	0	45	350	5	0	0	6	0	0	2	2
Popcorn Shrimp*	1 snack box	83	330	110	12	5	0	70	510	20	1	0	8	0	0	35	8
Breaded Clam Strips*	1 snack box	85	280	115	16	6	0	10	1030	20	1	5	7	0	0	2	6
Battered Cod	1 piece	85	280	180	19	8	0	60	640	6	0	0	19	0	0	2	2
Baked Cod	1 piece	170	160	10	1	0	0	120	390	1	0	0	36	0	2	2	0
Baked Shrimp	3 pieces	29	25	0	0	0	0	45	105	0	0	0	5	0	0	2	0
Crab Cake	1 cake	62	280	140	15	6	0	35	880	26	1	3	10	4	6	8	6
CHICKEN																	
Chicken Tenders	1 piece	59	170	70	8	3	0	20	400	11	0	0	8	0	0	0	2
Chicken Bites	1 piece	17	60	30	4	2	0	10	200	4	0	0	2	0	0	0	2
SANDWICHES & TACOS																	
Ciabatta Jack Fish Sandwich	1 sandwich	229	550	270	30	10	0	50	1300	48	2	3	22	8	10	15	15
Ciabatta Jack Chicken Sandwich	1 sandwich	258	660	300	33	10	0	60	1520	57	3	2	26	10	10	15	20
Seafood Salad Sandwich	1 sandwich	215	470	250	27	6	0	50	1230	42	2	5	17	8	10	25	20
Baja Fish Taco	1 taco	196	580	350	39	10	0	45	1330	41	2	2	16	2	6	8	10
Baja Chicken Taco	1 taco	175	530	300	33	11	0	30	1200	40	2	1	13	2	0	8	10
SALADS & DRESSINGS																	
Cranberry Walnut Chicken Salad	1 salad	238	390	160	18	6	0	35	630	39	4	18	15	60	30	15	8
Seafood Salad	1 salad	238	310	200	23	5	0	50	760	16	3	6	11	60	35	25	10
Side Salad	1 salad	71	35	15	2	1	0	5	75	3	1	2	2	30	15	6	2
LJS Special T Dressing	1.5 oz.	43	250	250	28	4	0	25	320	1	0	1	0	0	0	0	0
Ranch Dressing	1 packet	43	200	190	22	4	0	10	320	2	0	1	0	0	0	2	0
Dijon Honey Mustard Dressing	1 packet	43	180	140	16	3	0	10	230	8	0	7	0	0	0	0	0
Raspberry Vinaigrette	1 packet	43	45	0	0	0	0	0	330	11	0	11	0	0	2	0	0
SAUCES/CONDIMENTS																	
BBQ	1 dipping cup	28	40	0	0	0	0	0	230	10	0	6	0	0	0	0	2
Cocktail Sauce	1 dipping cup	28	25	0	0	0	0	0	330	6	0	3	0	2	0	0	2
Honey Mustard	1 dipping cup	28	100	60	6	2	0	0	170	12	0	6	0	0	0	0	0
Ketchup	1 pouch	27	30	0	0	0	0	0	250	8	0	6	0	3	3	0	0
Lemon Juice	1 packet	4	0	0	0	0	0	0	0	0	0	0	0	0	2	0	0
Louisiana Hot Sauce	1 teaspoon	5	0	0	0	0	0	0	140	0	0	0	0	0	0	0	0
Malt Vinegar	0.5 oz.	14	0	0	0	0	0	0	35	0	0	0	0	0	4	0	0
Marinara	1 dipping cup	28	15	0	0	0	0	0	125	4	1	2	1	4	4	0	0
Ranch	1 dipping cup	28	160	150	17	3	0	15	240	2	0	1	0	0	0	0	0
Sweet Thai Chili Sauce	1 dipping cup	28	60	0	0	0	0	0	300	14	0	9	0	4	0	0	0
Creamy Garlic Butter Sauce	1 oz.	28	101	98	11	7	0	29	213	1	0	0	0	8	1	1	0
Sweet & Zesty Asian Sauce	1 oz.	28	45	2	0	0	0	0	217	11	0	10	0	2	3	0	0
Sweet & Sour Sauce	1 dipping cup	28	45	0	0	0	0	0	120	12	0	7	0	0	2	0	0
Tartar Sauce	1 packet	12	40	30	4	1	0	5	110	2	0	2	0	0	0	0	0
Zesty Tartar Sauce	1 dipping cup	28	140	140	15	3	0	0	220	1	0	1	0	0	0	0	0
SIDES																	
Fries	Individual	105	350	150	17	5	0	0	500	44	4	0	4	0	15	2	8
Salt & Vinegar Chips	Individual	43	140	80	9	3	0	0	320	14	1	0	1	0	6	0	2
Seafood Salad	Individual	75	150	90	10	2	0	30	510	8	0	2	7	0	0	15	8
Battered Onion Rings	5 pieces	88	350	240	26	10	0	0	730	25	1	2	2	2	2	4	4
Hushpuppy	2 pups	48	160	120	13	5	0	0	390	18	1	1	2	0	0	4	6
Cole Slaw	Individual	113	200	130	15	3	0	20	340	15	3	10	1	8	30	4	2
Corn Cobbette without Butter Oil	1 cobbette	95	90	25	3	1	0	0	0	14	3	6	3	2	2	0	2
Corn Cobbette with Butter Oil	1 cobbette	102	150	90	10	2	0	0	30	14	3	6	3	2	2	0	2
Crumbles®	1 oz.	28	150	110	13	5	0	0	360	8	0	0	1	0	0	0	2
Clam Chowder	1 bowl	227	230	140	16	6	0	35	820	16	0	0	9	10	10	15	4
Seasoned Green Beans	Individual	113	29	2	0	0	0	0	362	5	2	1	1	0	0	6	6
Rice	Individual	142	180	10	1	1	0	0	470	37	2	1	4	6	0	2	15
Baked Potato	1 piece	337	297	3	0	0	0	0	361	67	8	3	6	0	25	4	15
Breaded Mozzarella Sticks	3 pieces	50	170	90	10	5	0	15	400	12	0	1	5	6	0	15	2
Jalapeno Peppers	1 whole pepper	37	15	0	0	0	0	0	190	2	0	1	1	4	15	2	0
Broccoli Cheese Bites	5 pieces	93	310	220	24	9	0	10	440	18	3	3	5	8	15	8	2
Macaroni & Cheese	Individual	113	150	50	6	3	0	10	490	19	1	3	6	6	0	10	4
Jalapeno Cheddar Bites	5 pieces	82	240	150	16	7	0	10	630	18	1	3	6	4	0	10	0
Broccoli Cheese Soup	1 bowl	210	220	160	18	8	0	30	650	8	1	2	5	20	10	15	6
DESSERTS																	
Chocolate Cream Pie	1 slice	74	280	160	17	10	0	10	230	28	1	19	3	0	0	6	8
Pecan Pie	1 slice	95	410	190	21	6	0	70	220	52	1	22	4	2	2	0	0
Pineapple Cream Pie	1 slice	89	300	150	17	11	0	10	250	35	0	25	3	2	0	8	2
ICEFLOW LEMONADE																	
Iceflow™ Lemonade	16 oz. cup	454	220	0	0	0	0	0	15	47	0	40	0	0	12	0	0
Strawberry Iceflow Lemonade	16 oz. cup	482	320	0	0	0	0	0	35	79	0	76	0	0	15	2	0
BEVERAGES																	
Pepsi®	kids	12 fl.oz.	150	0	0	0	0	0	35	42	0	40	0	0	0	0	0
Pepsi®	small	20 fl.oz.	250	0	0	0	0	0	60	70	0	67	0	0	0	0	0

NUTRITION GUIDE

(Based on U.S. formulations as of date of posting)

	Serving Size	Serving Weight (grams)	Calories	Calories from Fat	Total Fat (gms)	Saturated Fat (gms)	Trans Fat (gms)	Cholesterol (mgs)	Sodium (mgs)	Carbohydrates (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)	% DAILY VALUE			
														Vitamin A	Vitamin C	Calcium	Iron
Pepsi®	medium	32 fl.oz.	400	0	0	0	0	0	100	112	0	108	0	0	0	0	0
Pepsi®	large	40 fl.oz.	500	0	0	0	0	0	125	140	0	135	0	0	0	0	0
Mountain Dew®	kids	12 fl.oz.	160	0	0	0	0	0	50	43	0	43	0	0	0	0	0
Mountain Dew®	small	20 fl.oz.	270	0	0	0	0	0	85	72	0	72	0	0	0	0	0
Mountain Dew®	medium	32 fl.oz.	440	0	0	0	0	0	140	116	0	116	0	0	0	0	0
Mountain Dew®	large	40 fl.oz.	550	0	0	0	0	0	170	145	0	145	0	0	0	0	0
Sierra Mist®	kids	12 fl.oz.	150	0	0	0	0	0	30	40	0	40	0	0	0	0	0
Sierra Mist®	small	20 fl.oz.	250	0	0	0	0	0	50	67	0	67	0	0	0	0	0
Sierra Mist®	medium	32 fl.oz.	400	0	0	0	0	0	80	108	0	108	0	0	0	0	0
Sierra Mist®	large	40 fl.oz.	500	0	0	0	0	0	100	135	0	135	0	0	0	0	0
Dr. Pepper®	kids	12 fl.oz.	150	0	0	0	0	0	50	40	0	40	0	0	0	0	0
Dr. Pepper®	small	20 fl.oz.	250	0	0	0	0	0	85	67	0	67	0	0	0	0	0
Dr. Pepper®	medium	32 fl.oz.	400	0	0	0	0	0	140	108	0	108	0	0	0	0	0
Dr. Pepper®	large	40 fl.oz.	500	0	0	0	0	0	175	135	0	135	0	0	0	0	0
Tropicana® Lemonade	kids	12 fl.oz.	150	0	0	0	0	0	160	41	0	41	0	0	0	0	0
Tropicana® Lemonade	small	20 fl.oz.	250	0	0	0	0	0	265	68	0	68	0	0	0	0	0
Tropicana® Lemonade	medium	32 fl.oz.	400	0	0	0	0	0	420	108	0	108	0	0	0	0	0
Tropicana® Lemonade	large	40 fl.oz.	500	0	0	0	0	0	525	135	0	135	0	0	0	0	0
Tropicana® Twister® Orange	kids	12 fl.oz.	170	0	0	0	0	0	40	47	0	45	0	0	0	0	0
Tropicana® Twister® Orange	small	20 fl.oz.	280	0	0	0	0	0	65	78	0	75	0	0	0	0	0
Tropicana® Twister® Orange	medium	32 fl.oz.	440	0	0	0	0	0	100	124	0	120	0	0	0	0	0
Tropicana® Twister® Orange	large	40 fl.oz.	550	0	0	0	0	0	125	155	0	150	0	0	0	0	0
Tropicana® Fruit Punch	kids	12 fl.oz.	160	0	0	0	0	0	35	45	0	45	0	0	0	0	0
Tropicana® Fruit Punch	small	20 fl.oz.	270	0	0	0	0	0	60	75	0	75	0	0	0	0	0
Tropicana® Fruit Punch	medium	32 fl.oz.	440	0	0	0	0	0	100	120	0	120	0	0	0	0	0
Tropicana® Fruit Punch	large	40 fl.oz.	550	0	0	0	0	0	125	150	0	150	0	0	0	0	0
Wild Cherry Pepsi®	kids	12 fl.oz.	150	0	0	0	0	0	30	42	0	42	0	0	0	0	0
Wild Cherry Pepsi®	small	20 fl.oz.	250	0	0	0	0	0	50	70	0	70	0	0	0	0	0
Wild Cherry Pepsi®	medium	32 fl.oz.	400	0	0	0	0	0	80	112	0	112	0	0	0	0	0
Wild Cherry Pepsi®	large	40 fl.oz.	500	0	0	0	0	0	100	140	0	140	0	0	0	0	0
Lipton® Raspberry Tea	kids	12 fl.oz.	120	0	0	0	0	0	35	31	0	31	0	0	0	0	0
Lipton® Raspberry Tea	small	20 fl.oz.	200	0	0	0	0	0	60	52	0	52	0	0	0	0	0
Lipton® Raspberry Tea	medium	32 fl.oz.	320	0	0	0	0	0	100	84	0	84	0	0	0	0	0
Lipton® Raspberry Tea	large	40 fl.oz.	400	0	0	0	0	0	125	105	0	105	0	0	0	0	0
Silver's Tea (sweetened)	kids	12 fl.oz.	130	0	0	0	0	0	15	32	0	32	0	0	0	2	0
Silver's Tea (sweetened)	small	20 fl.oz.	210	0	0	0	0	0	20	54	0	54	0	0	0	2	0
Silver's Tea (sweetened)	medium	32 fl.oz.	340	0	0	0	0	0	35	87	0	86	0	0	0	2	0
Silver's Tea (sweetened)	large	40 fl.oz.	420	0	0	0	0	0	40	108	0	108	0	0	0	2	0
Silver's Tea (unsweetened)	kids	12 fl.oz.	0	0	0	0	0	0	15	0	0	0	0	0	0	2	0
Silver's Tea (unsweetened)	small	20 fl.oz.	0	0	0	0	0	0	25	0	0	0	0	0	0	2	0
Silver's Tea (unsweetened)	medium	32 fl.oz.	0	0	0	0	0	0	35	0	0	0	0	0	0	2	0
Silver's Tea (unsweetened)	large	40 fl.oz.	0	0	0	0	0	0	45	0	0	0	0	0	0	2	0
Diet Pepsi®	kids	12 fl.oz.	0	0	0	0	0	0	35	0	0	0	0	0	0	0	0
Diet Pepsi®	small	20 fl.oz.	0	0	0	0	0	0	60	0	0	0	0	0	0	0	0
Diet Pepsi®	medium	32 fl.oz.	0	0	0	0	0	0	100	0	0	0	0	0	0	0	0
Diet Pepsi®	large	40 fl.oz.	0	0	0	0	0	0	125	0	0	0	0	0	0	0	0
Diet Mountain Dew®	kids	12 fl.oz.	0	0	0	0	0	0	60	0	0	0	0	0	0	0	0
Diet Mountain Dew®	small	20 fl.oz.	0	0	0	0	0	0	100	0	0	0	0	0	0	0	0
Diet Mountain Dew®	medium	32 fl.oz.	0	0	0	0	0	0	160	0	0	0	0	0	0	0	0
Diet Mountain Dew®	large	40 fl.oz.	0	0	0	0	0	0	200	0	0	0	0	0	0	0	0

g = gram mg = milligram

* Some meals contain more than one serving per meal.

Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium.

Product data is based on current U.S. formulations as of date of publication. Substitution of ingredients may alter nutritional values. Menu items and hours of availability may vary at participating locations. Although this data is based on standard portion product guidelines, variation can be expected due to seasonal influences, minor differences in product assembly per restaurant, and other factors. Except for limited time offerings, optional, or test market items, menu products as of this printing are included in this brochure.

Data Revised: September 2014



McDonald's USA Nutrition Facts for Popular Menu Items

We provide a nutrition analysis of our menu items to help you balance your McDonald's meal with other foods you eat. Our goal is to provide you with the information you need to make sensible decisions about balance, variety and moderation in your diet.

Nutrition Facts	Serving Size	Calories	Calories From Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
Burgers & Sandwiches																						
Bacon Clubhouse Burger	9.4 oz (267 g)	720	360	40	61	15	75	1.5	120	39	1470	61	52	17	4	14	14	38	8	25	30	25
Bacon Clubhouse Grilled Chicken Sandwich	9.9 oz (281 g)	610	230	26	39	9	43	0	130	43	1720	72	50	17	4	15	14	44	8	30	30	15
Bacon Clubhouse Crispy Chicken Sandwich	10 oz (284 g)	750	340	38	59	10	51	0.5	90	31	1720	72	65	22	4	15	16	36	8	25	30	15
McChicken®	5.1 oz (144 g)	370	150	17	26	3.5	16	0	40	13	650	27	40	13	2	8	5	14	2	0	10	15
Buffalo Ranch McChicken	5.2 oz (148 g)	370	150	17	26	3.5	17	0	40	13	850	35	41	14	2	8	5	14	2	0	15	15
Bacon Buffalo Ranch McChicken	5.7 oz (162 g)	440	190	21	33	5	26	0	55	18	1120	46	41	14	2	8	6	20	2	10	15	15
Bacon Cheddar McChicken	6.1 oz (172 g)	490	220	25	38	7	36	0	70	23	1120	46	43	14	2	9	6	22	4	10	20	15
Southern Style Crispy Chicken Sandwich	5.6 oz (160 g)	430	170	19	29	3	15	0	45	14	910	38	43	14	2	7	7	21	4	2	15	15
Filet-O-Fish	5 oz (142 g)	390	170	19	29	4	19	0	40	14	590	24	39	13	2	7	5	15	2	0	15	10
McRib® †	7.3 oz (208 g)	500	240	26	40	10	48	0	70	23	980	41	44	15	3	10	11	22	2	2	15	20
Premium McWrap Southwest Chicken (Crispy)	11.7 oz (331 g)	670	290	32	50	8	40	0.5	60	20	1470	61	68	23	5	20	12	27	60	15	20	20
Premium McWrap Southwest Chicken (Grilled)	11.6 oz (328 g)	530	180	20	30	6	32	0.5	100	33	1470	61	54	18	5	20	10	34	60	20	20	20
Premium McWrap Chicken & Bacon (Crispy)	11.1 oz (316 g)	630	280	32	49	9	45	0.5	80	26	1540	64	56	19	3	13	7	32	60	20	20	20
Premium McWrap Chicken & Bacon (Grilled)	11.1 oz (313 g)	490	170	19	29	7	37	0	115	39	1540	64	41	14	3	13	6	39	60	30	20	20
Premium McWrap Chicken & Ranch (Crispy)	10.9 oz (310 g)	610	280	31	47	8	40	0.5	65	21	1340	56	56	19	3	14	8	27	60	15	20	20
Premium McWrap Chicken & Ranch (Grilled)	10.9 oz (308 g)	460	160	18	28	6	31	0.5	100	34	1340	56	42	14	3	14	6	34	60	20	15	20

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																			Vitamin A	Vitamin C	Calcium	Iron
Premium McWrap Chicken Sweet Chili (Crispy)	10.7 oz (304 g)	540	200	23	35	4.5	23	0	50	16	1260	52	61	20	3	13	14	23	60	15	8	20
Premium McWrap Chicken Sweet Chili (Grilled)	10.6 oz (302 g)	400	90	10	15	3	15	0	85	29	1260	52	47	16	3	13	12	31	60	20	8	20
Big Mac	7.4 oz (211 g)	530	240	27	42	10	48	1	85	28	960	40	47	16	3	13	9	24	6	2	25	25
Quarter Pounder® with Cheese +	7 oz (199 g)	520	240	26	40	12	62	1.5	95	32	1110	46	42	14	3	11	10	29	10	4	30	25
Quarter Pounder Bacon & Cheese +	7.7 oz (217 g)	600	260	29	45	13	63	1	105	36	1380	58	48	16	3	13	12	36	8	15	25	30
Quarter Pounder Deluxe +	8.4 oz (238 g)	540	250	27	42	11	54	1.5	85	29	940	39	45	15	3	14	9	28	10	8	25	25
Double Quarter Pounder with Cheese ++	9.8 oz (277 g)	740	380	42	65	19	96	2.5	165	55	1300	54	43	14	3	11	10	47	10	4	30	35
Hamburger	3.5 oz (98 g)	240	70	8	12	3	15	0	30	10	480	20	32	11	1	6	6	12	2	2	10	15
Cheeseburger	4 oz (113 g)	290	100	11	18	5	27	0.5	45	15	680	28	33	11	2	7	7	15	6	2	20	15
BBQ Ranch Burger	4 oz (113 g)	340	130	15	22	6	29	0.5	50	16	670	28	37	12	3	10	7	15	4	0	20	15
Grilled Onion Cheddar	4 oz (113 g)	300	110	13	20	6	29	0.5	45	16	640	27	32	11	2	7	6	15	2	2	20	15
Double Cheeseburger	5.7 oz (161 g)	430	190	21	32	10	52	1	90	30	1040	43	35	12	2	8	7	24	10	2	30	20
McDouble	5.2 oz (147 g)	380	150	17	26	8	40	1	75	25	840	35	34	11	2	7	7	22	6	2	20	20
Bacon McDouble	5.7 oz (161 g)	440	200	22	34	10	49	1	90	30	1110	46	35	12	2	7	7	27	6	10	20	20
Daily Double †	6.7 oz (190 g)	430	200	22	35	9	44	1	80	27	760	32	34	11	2	8	7	22	8	8	20	20
Ranch Snack Wrap® (Crispy)	4.5 oz (128 g)	360	180	20	30	5	27	0	40	13	810	34	32	11	1	5	3	15	2	0	10	10
Ranch Snack Wrap® (Grilled)	4.5 oz (127 g)	290	120	13	20	4.5	22	0	55	19	810	34	25	8	1	5	2	18	2	4	10	10
Mac Snack Wrap †	4.4 oz (125 g)	330	170	19	29	7	34	1	45	15	670	28	26	9	1	5	3	14	2	0	8	15
Jalapeño Double	5.6 oz (159 g)	430	210	23	36	9	44	1	80	27	1030	43	35	12	2	7	6	22	6	8	20	20
Premium Crispy Chicken Deluxe Sandwich	8 oz (227 g)	530	200	22	34	4	20	0	45	16	1000	42	59	20	3	13	13	25	6	10	20	15
Quarter Pounder Deluxe	8.9 oz (253 g)	580	280	32	49	13	66	1.5	100	34	1200	50	45	15	3	14	11	29	15	10	30	25
Artisan Grilled Chicken Sandwich	7.2 oz (204 g)	360	50	6	9	1.5	8	0	80	27	930	39	43	14	3	12	11	32	4	15	20	10

Nutrition Facts	Serving Size	Calories	Calories From Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
Steakhouse Sirloin Third Pound Burger	9.7 oz (276 g)	730	320	36	55	16	81	2	135	45	1560	65	62	21	4	18	10	39	8	2	25	35
Bacon & Cheese Sirloin Third Pound Burger	10.3 oz (292 g)	810	370	41	63	18	89	2	155	52	2060	86	65	22	4	16	13	47	10	15	25	35
Lettuce & Tomato Sirloin Third Pound Burger	10.9 oz (310 g)	750	350	39	59	16	80	2	135	45	1590	66	62	21	4	18	10	39	15	8	25	35
Chicken & Fish																						
Bacon Clubhouse Grilled Chicken Sandwich	9.9 oz (281 g)	610	230	26	39	9	43	0	130	43	1720	72	50	17	4	15	14	44	8	30	30	15
Bacon Clubhouse Crispy Chicken Sandwich	10 oz (284 g)	750	340	38	59	10	51	0.5	90	31	1720	72	65	22	4	15	16	36	8	25	30	15
McChicken®	5.1 oz (144 g)	370	150	17	26	3.5	16	0	40	13	650	27	40	13	2	8	5	14	2	0	10	15
Buffalo Ranch McChicken	5.2 oz (148 g)	370	150	17	26	3.5	17	0	40	13	850	35	41	14	2	8	5	14	2	0	15	15
Bacon Buffalo Ranch McChicken	5.7 oz (162 g)	440	190	21	33	5	26	0	55	18	1120	46	41	14	2	8	6	20	2	10	15	15
Bacon Cheddar McChicken	6.1 oz (172 g)	490	220	25	38	7	36	0	70	23	1120	46	43	14	2	9	6	22	4	10	20	15
Southern Style Crispy Chicken Sandwich	5.6 oz (160 g)	430	170	19	29	3	15	0	45	14	910	38	43	14	2	7	7	21	4	2	15	15
Filet-O-Fish	5 oz (142 g)	390	170	19	29	4	19	0	40	14	590	24	39	13	2	7	5	15	2	0	15	10
Premium McWrap Southwest Chicken (Crispy)	11.7 oz (331 g)	670	290	32	50	8	40	0.5	60	20	1470	61	68	23	5	20	12	27	60	15	20	20
Premium McWrap Southwest Chicken (Grilled)	11.6 oz (328 g)	530	180	20	30	6	32	0.5	100	33	1470	61	54	18	5	20	10	34	60	20	20	20
Premium McWrap Chicken & Bacon (Crispy)	11.1 oz (316 g)	630	280	32	49	9	45	0.5	80	26	1540	64	56	19	3	13	7	32	60	20	20	20
Premium McWrap Chicken & Bacon (Grilled)	11.1 oz (313 g)	490	170	19	29	7	37	0	115	39	1540	64	41	14	3	13	6	39	60	30	20	20
Premium McWrap Chicken & Ranch (Crispy)	10.9 oz (310 g)	610	280	31	47	8	40	0.5	65	21	1340	56	56	19	3	14	8	27	60	15	20	20
Premium McWrap Chicken & Ranch (Grilled)	10.9 oz (308 g)	460	160	18	28	6	31	0.5	100	34	1340	56	42	14	3	14	6	34	60	20	15	20
Premium McWrap Chicken Sweet Chili (Crispy)	10.7 oz (304 g)	540	200	23	35	4.5	23	0	50	16	1260	52	61	20	3	13	14	23	60	15	8	20

Nutrition Facts	Serving Size	Calories	Calories From Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
Premium McWrap Chicken Sweet Chili (Grilled)	10.6 oz (302 g)	400	90	10	15	3	15	0	85	29	1260	52	47	16	3	13	12	31	60	20	8	20
Chicken McNuggets® (10 piece)	5.7 oz (162 g)	470	270	30	45	5	25	0	65	22	900	37	30	10	2	6	0	22	0	4	2	6
Ranch Snack Wrap® (Crispy)	4.5 oz (128 g)	360	180	20	30	5	27	0	40	13	810	34	32	11	1	5	3	15	2	0	10	10
Chicken McNuggets® (20 piece)	11.4 oz (323 g)	940	530	59	91	10	50	0	135	44	1800	75	59	20	3	12	0	44	0	8	4	10
Chicken McNuggets® (6 piece)	3.4 oz (97 g)	280	160	18	27	3	15	0	40	13	540	22	18	6	1	4	0	13	0	2	2	4
Chicken McNuggets® (40 piece) †	22.8 oz (646 g)	1880	1060	118	182	20	101	1	265	89	3600	150	118	39	6	24	1	87	0	15	8	25
Premium Bacon Ranch Salad with Crispy Chicken	11.3 oz (321 g)	400	200	22	34	6	31	0	70	24	880	37	24	8	3	14	7	26	170	30	15	10
Ranch Snack Wrap® (Grilled)	4.5 oz (127 g)	290	120	13	20	4.5	22	0	55	19	810	34	25	8	1	5	2	18	2	4	10	10
Premium Bacon Ranch Salad with Grilled Chicken	11.2 oz (319 g)	260	90	10	15	4.5	22	0	110	36	880	37	10	3	3	14	5	34	170	40	15	8
Premium Southwest Salad with Crispy Chicken	10.3 oz (291 g)	470	210	24	37	6	29	0	60	20	890	37	40	13	7	26	11	24	180	35	20	15
Premium Southwest Salad with Grilled Chicken	10.2 oz (289 g)	330	100	11	17	4	20	0	95	32	890	37	26	9	7	26	9	32	180	40	20	10
Chicken McNuggets® (4 piece)	2.3 oz (65 g)	190	110	12	18	2	10	0	25	9	360	15	12	4	1	2	0	9	0	2	0	2
Premium Crispy Chicken Deluxe Sandwich	8 oz (227 g)	530	200	22	34	4	20	0	45	16	1000	42	59	20	3	13	13	25	6	10	20	15
Premium Grilled Chicken Deluxe Sandwich	7.9 oz (224 g)	390	80	9	14	2.5	11	0	85	28	1000	42	45	15	3	13	11	32	6	15	20	15
Chicken Selects (3 pc)	4.4 oz (124 g)	370	200	22	33	3	16	0	70	23	680	28	20	7	1	5	0	23	0	4	2	4
Artisan Grilled Chicken Sandwich	7.2 oz (204 g)	360	50	6	9	1.5	8	0	80	27	930	39	43	14	3	12	11	32	4	15	20	10
Breakfast																						
Fruit 'n Yogurt Parfait	5.2 oz (149 g)	150	20	2	3	1	5	0	5	2	80	3	30	10	1	3	23	4	2	15	10	4

Nutrition Facts	Serving Size	Calories	Calories From Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
Steak, Egg & Cheese Bagel †	8.5 oz (241 g)	670	310	35	53	13	63	1.5	295	99	1510	63	56	19	3	12	7	33	20	4	25	25
Steak & Egg Biscuit (Regular Biscuit)	7.1 oz (201 g)	540	290	32	49	16	78	1	280	93	1470	61	38	13	2	8	3	25	10	2	20	25
Sausage McMuffin® with Egg	5.7 oz (161 g)	450	250	28	43	10	52	0	285	95	860	36	30	10	4	17	2	21	15	0	30	15
Hotcakes and Sausage	6.8 oz (192 g)	520	210	24	37	7	36	0	50	17	930	39	61	20	3	10	14	15	0	0	15	15
Southern Style Chicken Biscuit (Regular Size Biscuit)	5 oz (143 g)	410	180	20	31	8	41	0	30	10	1180	49	41	14	2	6	3	17	0	2	6	15
Sausage Burrito	3.9 oz (111 g)	300	150	16	25	7	33	0	115	38	790	33	26	9	1	5	2	12	10	2	15	15
Fruit & Maple Oatmeal †	8.9 oz (251 g)	290	35	4	6	1.5	8	0	5	2	160	7	58	19	5	19	32	5	2	130	10	10
Egg McMuffin®	4.8 oz (136 g)	300	120	13	20	5	25	0	260	87	750	31	31	10	4	17	3	17	10	0	25	15
Bacon, Egg & Cheese Biscuit (Regular Size Biscuit)	5.3 oz (150 g)	460	230	26	40	13	65	0	250	83	1300	54	38	13	2	7	3	19	10	8	15	15
Sausage Biscuit (Regular Size Biscuit)	4.1 oz (117 g)	430	240	27	42	12	62	0	30	10	1080	45	34	11	2	6	2	11	0	0	6	15
Sausage Biscuit with Egg (Regular Size Biscuit)	5.7 oz (163 g)	510	290	33	50	14	71	0	250	83	1170	49	36	12	2	6	2	18	6	0	10	20
Bacon, Egg & Cheese McGriddles	6.1 oz (174 g)	460	190	21	32	9	44	0	250	84	1250	52	48	16	2	9	15	19	10	10	20	15
Sausage McGriddles®	5 oz (141 g)	420	200	22	34	8	40	0	35	11	1030	43	44	15	2	8	15	11	0	0	8	10
Sausage, Egg & Cheese McGriddles®	7.1 oz (201 g)	550	280	31	48	12	61	0	265	89	1320	55	48	16	2	9	15	20	10	0	20	15
Bacon, Egg & Cheese Bagel with Egg Whites	6.8 oz (194 g)	530	210	23	35	8	40	0.5	50	17	1340	56	55	18	3	12	7	27	10	10	20	15
Big Breakfast® (Regular Size Biscuit)	9.5 oz (269 g)	740	430	48	73	17	87	0	555	185	1560	65	51	17	3	12	3	28	15	2	15	25
Big Breakfast with Hotcakes (Regular Size Biscuit)	14.8 oz (420 g)	1090	510	56	87	19	96	0	575	192	2150	90	111	37	6	23	17	36	15	2	25	40
Cinnamon Melts	4 oz (114 g)	460	170	19	30	9	43	0	15	5	370	15	66	22	3	11	32	6	4	0	6	15
Hotcakes	5.3 oz (151 g)	350	80	9	13	2	9	0	20	7	590	24	60	20	3	10	14	8	0	0	15	15

Nutrition Facts	Serving Size	Calories	Calories From Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
Egg White Delight	4.8 oz (135 g)	250	70	8	12	3	15	0	25	8	770	32	30	10	4	17	3	18	6	0	25	8
HASH BROWNS	2 oz (56 g)	150	80	9	14	1.5	8	0	0	0	310	13	15	5	2	8	0	1	0	2	0	2
Bacon, Egg & Cheese Biscuit (Large Size Biscuit)	5.8 oz (164 g)	520	270	30	47	14	68	0	250	83	1410	59	43	14	3	12	4	19	15	8	20	20
Big Breakfast with Hotcakes (Large Size Biscuit)	15.3 oz (434 g)	1150	540	60	93	20	100	0	575	192	2260	94	116	39	7	28	17	36	15	2	30	40
Big Breakfast® (Large Size Biscuit)	10 oz (283 g)	800	470	52	80	18	90	0	555	185	1680	70	56	19	4	17	3	28	15	2	15	30
Sausage Biscuit (Large Size Biscuit)	4.6 oz (131 g)	480	280	31	48	13	65	0	30	10	1190	50	39	13	3	11	3	11	4	0	8	15
Sausage Biscuit with Egg (Large Size Biscuit)	6.2 oz (177 g)	570	330	37	57	15	74	0	250	83	1280	53	42	14	3	11	3	18	10	0	10	20
Southern Style Chicken Biscuit (Large Size Biscuit)	5.5 oz (157 g)	470	220	24	37	9	45	0	30	10	1290	54	46	15	3	11	4	17	4	2	8	15
Bacon, Egg & Cheese Biscuit with Egg Whites (Large Biscuit)	5.9 oz (167 g)	470	220	25	38	12	59	0	35	11	1420	59	42	14	3	12	4	20	6	8	15	15
Sausage McMuffin with Egg Whites	5.7 oz (161 g)	400	210	23	35	8	42	0	50	16	880	37	30	10	4	17	2	21	6	0	25	10
Bacon, Egg & Cheese McGriddles with Egg Whites	6.3 oz (178 g)	400	140	15	24	7	34	0	35	11	1250	52	47	16	2	9	16	20	2	10	15	10
Bacon, Egg & Cheese Biscuit with Egg Whites (Regular Biscuit)	5.4 oz (153 g)	410	180	20	32	11	56	0	35	11	1300	54	36	12	2	7	3	20	2	8	15	10
Big Breakfast with Egg Whites (Large Size Biscuit)	10.1 oz (286 g)	690	370	41	63	14	72	0	35	12	1700	71	55	18	4	17	4	26	4	2	10	15
Big Breakfast with Egg Whites (Regular Size Biscuit)	9.6 oz (272 g)	640	330	37	57	14	69	0	35	12	1590	66	50	17	3	12	3	26	0	2	10	15
Big Breakfast with Hotcakes and Egg Whites (Large Biscuit)	15.4 oz (437 g)	1050	450	50	77	16	81	0	55	19	2290	95	115	38	7	28	18	35	4	2	25	30
Big Breakfast with Hotcakes and Egg Whites (Regular Biscuit)	14.9 oz (423 g)	990	410	46	70	16	78	0	55	19	2170	91	110	37	6	23	17	35	0	2	25	30

Nutrition Facts	Serving Size	Calories	Calories From Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
Fruit & Maple Oatmeal †	8.9 oz (251 g)	290	35	4	6	1.5	8	0	5	2	160	7	58	19	5	19	32	5	2	130	10	10
Fruit & Maple Oatmeal without Brown Sugar †	8.8 oz (250 g)	260	40	4	6	1.5	8	0	5	2	115	5	49	16	5	22	18	5	2	130	6	10
Sausage Biscuit with Egg Whites (Large Size Biscuit)	6.4 oz (181 g)	520	280	32	49	13	65	0	35	11	1290	54	40	13	3	11	3	18	4	0	8	15
Sausage Biscuit with Egg Whites (Regular Size Biscuit)	5.9 oz (167 g)	460	250	27	42	12	62	0	35	11	1180	49	34	11	2	6	3	18	0	0	8	15
Sausage, Egg & Cheese McGriddles with Egg Whites	7.2 oz (205 g)	500	230	26	40	10	52	0	50	17	1320	55	46	15	2	9	15	21	2	0	20	10
Bacon, Egg & Cheese Bagel †	6.7 oz (190 g)	590	260	29	44	10	51	0.5	265	89	1340	56	56	19	3	11	7	27	20	10	20	20
Steak & Egg McMuffin	6.5 oz (185 g)	430	210	23	36	9	46	1	300	100	960	40	31	10	4	18	3	26	15	2	30	20
Sausage McMuffin®	3.9 oz (111 g)	370	200	23	35	8	42	0	45	15	780	33	29	10	4	17	2	14	8	0	25	10
Salads																						
Side Salad	3.1 oz (87 g)	20	0	0	0	0	0	0	0	0	10	0	4	1	1	6	2	1	45	25	2	4
Premium Bacon Ranch Salad (without chicken)	7.9 oz (225 g)	150	70	8	12	4	20	0	30	9	320	13	10	3	3	12	4	10	170	30	15	6
Premium Southwest Salad (without chicken)	6.1 oz (173 g)	160	60	7	11	3	16	0	15	5	190	8	18	6	5	21	4	8	180	35	20	10
Premium Bacon Ranch Salad with Crispy Chicken	11.3 oz (321 g)	400	200	22	34	6	31	0	70	24	880	37	24	8	3	14	7	26	170	30	15	10
Premium Bacon Ranch Salad with Grilled Chicken	11.2 oz (319 g)	260	90	10	15	4.5	22	0	110	36	880	37	10	3	3	14	5	34	170	40	15	8
Premium Southwest Salad with Crispy Chicken	10.3 oz (291 g)	470	210	24	37	6	29	0	60	20	890	37	40	13	7	26	11	24	180	35	20	15
Premium Southwest Salad with Grilled Chicken	10.2 oz (289 g)	330	100	11	17	4	20	0	95	32	890	37	26	9	7	26	9	32	180	40	20	10
Snacks & Sides																						
Fruit 'n Yogurt Parfait	5.2 oz (149 g)	150	20	2	3	1	5	0	5	2	80	3	30	10	1	3	23	4	2	15	10	4
Small French Fries	2.6 oz (75 g)	230	100	11	17	1.5	8	0	0	0	130	5	30	10	2	10	0	2	0	30	0	4

Nutrition Facts	Serving Size	Calories	Calories From Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
Apple Slices †	1.2 oz (34 g)	15	0	0	0	0	0	0	0	0	0	0	4	1	0	0	3	0	0	160	2	0
Side Salad	3.1 oz (87 g)	20	0	0	0	0	0	0	0	0	10	0	4	1	1	6	2	1	45	25	2	4
Large French Fries	5.9 oz (168 g)	510	220	24	37	3.5	17	0	0	0	290	12	67	22	5	22	0	6	0	70	2	8
Medium French Fries	3.9 oz (111 g)	340	140	16	24	2.5	11	0	0	0	190	8	44	15	4	14	0	4	0	45	2	4
Kids Fries	1.3 oz (38 g)	110	50	5	8	1	4	0	0	0	65	3	15	5	1	5	0	1	0	15	0	2
Ranch Snack Wrap® (Crispy)	4.5 oz (128 g)	360	180	20	30	5	27	0	40	13	810	34	32	11	1	5	3	15	2	0	10	10
Ranch Snack Wrap® (Grilled)	4.5 oz (127 g)	290	120	13	20	4.5	22	0	55	19	810	34	25	8	1	5	2	18	2	4	10	10
Mac Snack Wrap †	4.4 oz (125 g)	330	170	19	29	7	34	1	45	15	670	28	26	9	1	5	3	14	2	0	8	15
Go-GURT Portable Low Fat Strawberry Yogurt	2.3 oz (64 g)	50	5	0.5	1	0	2	0	5	1	35	1	9	3	0	0	6	2	4	0	10	0
Cuties	3 oz (85 g)	40	0	0	0	0	0	0	0	0	0	0	10	3	1	6	8	1	0	70	2	0
Baked Mozzarella Sticks (3 Piece)	2.3 oz (65 g)	200	90	10	15	4	21	0	20	7	560	23	18	6	1	4	1	9	4	0	25	4
Beverages																						
McCafé Mocha (Small)	12 fl oz cup	340	100	11	18	7	34	0	35	12	150	6	49	16	2	6	42	10	10	0	30	6
Coffee (Small) §	12 fl oz cup	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Chocolate McCafé Shake (Small)	12 fl oz	560	140	16	25	10	51	1	60	20	240	10	91	30	1	5	77	12	20	0	40	8
Vanilla McCafé Shake (Small)	12 fl oz	530	140	15	24	10	49	1	60	20	160	7	86	29	0	0	63	11	20	0	40	0
Strawberry McCafé Shake (Small)	12 fl oz	550	150	16	25	10	52	1	60	21	160	7	90	30	0	0	79	12	20	0	40	0
Coffee (Large) §	20 fl oz cup	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Premium Roast Iced Coffee (Small)	16 fl oz cup	140	40	4.5	7	3	15	0	15	6	35	1	23	8	0	0	22	1	4	0	4	0
McCafé Caramel Mocha (Small)	12 fl oz cup	320	100	11	17	7	33	0	35	12	170	7	45	15	1	3	40	10	10	0	30	2
Frappe Mocha (Small) §	12 fl oz cup	440	160	18	27	11	57	1	60	21	125	5	64	21	1	3	57	7	15	0	20	4
Frappe Caramel (Small) §	12 fl oz cup	440	160	18	28	12	59	1	65	22	125	5	63	21	0	0	57	7	15	0	25	2

Nutrition Facts	Serving Size	Calories	Calories From Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
Frappe Chocolate Chip (Small) † §	12 fl oz cup	520	200	22	34	14	71	1	65	21	130	5	75	25	1	5	66	8	15	0	20	4
Blueberry Pomegranate Smoothie (Small) §	12 fl oz cup	220	5	0.5	1	0	2	0	5	1	40	2	50	17	3	12	44	2	0	2	6	2
Strawberry Banana Smoothie (Small) §	12 fl oz cup	210	5	0.5	1	0	2	0	5	1	50	2	47	16	3	10	44	3	0	30	8	2
Mango Pineapple Smoothie (Small) §	12 fl oz cup	210	5	0.5	1	0	2	0	5	1	40	2	50	17	1	4	46	2	30	20	8	2
McCafé Hot Chocolate (Small)	12 fl oz cup	360	120	13	21	8	39	0	40	14	180	8	50	17	1	3	45	11	10	0	40	6
Minute Maid® 100% Apple Juice Box	6 fl oz (177 ml)	80	0	0	0	0	0	0	0	0	15	1	21	7	0	0	19	0	0	100	10	0
McCafé Latte (Small)	12 fl oz cup	170	80	9	13	5	24	0	25	9	115	5	15	5	1	3	12	9	8	0	30	0
Shamrock McCafe® Shake (Small) †	12 fl oz cup	530	140	15	24	10	49	1	60	20	160	7	86	29	0	0	73	11	20	0	40	0
McCafé Iced Mocha (Small)	12 fl oz cup	290	100	11	16	6	32	0	35	11	125	5	40	13	1	4	34	8	10	0	25	4
McCafé Iced Caramel Mocha (Small)	12 fl oz cup	270	100	11	16	6	32	0	35	11	140	6	37	12	0	0	32	8	10	0	25	2
McCafé White Chocolate Mocha (Small) §	12 fl oz cup	320	100	11	17	6	32	0	35	12	160	7	47	16	1	3	43	11	10	0	35	0
Coffee (Medium) §	16 fl oz cup	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Iced Coffee with Sugar Free French Vanilla Syrup (Large) §	32 fl oz cup	160	80	9	14	6	29	0	35	12	135	6	18	6	0	0	2	2	6	0	8	0
Iced Coffee with Sugar Free French Vanilla Syrup (Medium) §	22 fl oz cup	120	60	7	11	4.5	22	0	25	9	90	4	12	4	0	0	2	1	4	0	4	0
Iced Coffee with Sugar Free French Vanilla Syrup (Small) §	16 fl oz cup	80	40	4.5	7	3	15	0	15	6	65	3	9	3	0	0	1	1	4	0	4	0
Iced Coffee--Caramel (Large) §	32 fl oz cup	260	80	9	14	6	29	0	35	12	65	3	43	14	0	0	42	2	6	0	6	0
Iced Coffee--Caramel (Medium) §	22 fl oz cup	180	60	7	11	4.5	22	0	25	9	50	2	29	10	0	0	28	1	4	0	4	0

Nutrition Facts	Serving Size	Calories	Calories From Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
Iced Coffee--Caramel (Small) §	(16 fl oz cup)	130	40	4.5	7	3	15	0	15	6	35	2	22	7	0	0	21	1	4	0	4	0
Iced Coffee--French Vanilla (Large) §	32 fl oz cup	240	80	9	14	6	29	0	35	12	80	3	41	14	0	0	39	2	6	0	8	0
Iced Coffee--French Vanilla (Medium) §	22 fl oz cup	170	60	7	11	4.5	22	0	25	9	55	2	27	9	0	0	26	1	4	0	4	0
Iced Coffee--French Vanilla (Small) §	16 fl oz cup	120	40	4.5	7	3	15	0	15	6	40	2	20	7	0	0	19	1	4	0	4	0
Iced Coffee--Hazelnut (Large) §	(32 fl oz cup)	250	80	9	14	6	29	0	35	12	75	3	43	14	0	0	41	2	6	0	8	0
Iced Coffee--Hazelnut (Medium) §	22 fl oz cup	180	60	7	11	4.5	22	0	25	9	50	2	29	10	0	0	28	1	4	0	4	0
Iced Coffee--Hazelnut (Small) §	(16 fl oz cup)	130	40	4.5	7	3	15	0	15	6	35	1	21	7	0	0	20	1	4	0	4	0
Iced Coffee--Regular (Large) §	(32 fl oz cup)	270	80	9	14	6	29	0	35	12	75	3	47	16	0	0	45	2	6	0	8	0
Iced Coffee--Regular (Medium) §	22 fl oz cup	190	60	7	11	4.5	22	0	25	9	50	2	31	10	0	0	30	1	4	0	4	0
Iced Coffee--Regular (Small) §	(16 fl oz cup)	140	40	4.5	7	3	15	0	15	6	35	1	23	8	0	0	22	1	4	0	4	0
Premium Roast Iced Coffee (Large)	32 fl oz cup	270	80	9	14	6	29	0	35	12	75	3	47	16	0	0	45	2	6	0	8	0
Premium Roast Iced Coffee (Medium)	22 fl oz cup	190	60	7	11	4.5	22	0	25	9	50	2	31	10	0	0	30	1	4	0	4	0
Fat Free Chocolate Milk Jug †	1 carton (236 ml)	130	0	0	0	0	0	0	5	2	135	6	23	8	1	2	22	9	10	0	30	8
Minute Maid® Orange Juice (Small) §	12 fl oz cup	150	0	0	0	0	0	0	0	0	0	0	34	11	0	0	30	2	0	130	2	0
Dasani® Water	16.9 fl oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1% Low Fat Milk Jug	1 carton (236 ml)	100	20	2.5	4	1.5	8	0	10	3	125	5	12	4	0	0	12	8	10	4	30	0
Coca-Cola® Classic (Small) §	16 fl oz cup	140	0	0	0	0	0	0	0	0	0	0	39	13	0	0	39	0	0	0	0	0
Diet Coke® (Small) §	16 fl oz cup	0	0	0	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	0
Dr Pepper® (Small) §	16 fl oz cup	140	0	0	0	0	0	0	0	0	45	2	37	12	0	0	35	0	0	0	0	0

Nutrition Facts	Serving Size	Calories	Calories From Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
Diet Dr Pepper® (Small) §	16 fl oz cup	0	0	0	0	0	0	0	0	0	70	3	0	0	0	0	0	2	0	0	0	0
Sprite® (Small) §	16 fl oz cup	140	0	0	0	0	0	0	0	0	30	1	37	12	0	0	37	0	0	0	0	0
Hi-C® Orange Lavaburst (Small) §	16 fl oz cup	160	0	0	0	0	0	0	0	0	0	0	43	14	0	0	42	0	0	210	0	0
Iced Tea (Small) §	(16 fl oz cup)	0	0	0	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	0
Sweet Tea (Small) §	16 fl oz cup	150	0	0	0	0	0	0	0	0	10	0	36	12	0	0	36	1	0	0	0	0
Minute Maid® Orange Juice (Medium) §	16 fl oz cup	190	0	0	0	0	0	0	0	0	0	0	44	15	0	0	39	3	0	160	4	0
POWERade® Mountain Blast (Small) §	16 fl oz cup	80	0	0	0	0	0	0	0	0	75	3	21	7	0	0	21	0	0	2	0	0
Sweet Tea (Medium) §	21 fl oz cup	180	0	0	0	0	0	0	0	0	10	0	45	15	0	0	45	1	0	0	0	0
Coca-Cola® Classic (Extra Small) §	12 fl oz cup	100	0	0	0	0	0	0	0	0	0	0	28	9	0	0	28	0	0	0	0	0
Coca-Cola® Classic (Large) §	30 fl oz cup	280	0	0	0	0	0	0	0	0	5	0	76	25	0	0	76	0	0	0	0	0
Coca-Cola® Classic (Medium) §	21 fl oz cup	200	0	0	0	0	0	0	0	0	5	0	55	18	0	0	55	0	0	0	0	0
Diet Coke® (Extra Small) §	12 fl oz cup	0	0	0	0	0	0	0	0	0	15	1	0	0	0	0	0	0	0	0	0	0
Diet Coke® (Large) §	30 fl oz cup	0	0	0	0	0	0	0	0	0	35	1	0	0	0	0	0	0	0	0	0	0
Diet Coke® (Medium) §	21 fl oz cup	0	0	0	0	0	0	0	0	0	20	1	0	0	0	0	0	0	0	0	0	0
Diet Dr Pepper® (Extra Small) §	12 fl oz cup	0	0	0	0	0	0	0	0	0	50	2	0	0	0	0	0	1	0	0	0	0
Diet Dr Pepper® (Large) §	30 fl oz cup	0	0	0	0	0	0	0	0	0	140	6	0	0	0	0	0	4	0	0	0	0
Diet Dr Pepper® (Medium) §	21 fl oz cup (N/A {})	0	0	0	0	0	0	0	0	0	100	4	0	0	0	0	0	3	0	0	0	0
Dr Pepper® (Extra Small) §	12 fl oz cup	100	0	0	0	0	0	0	0	0	30	1	27	9	0	0	26	0	0	0	0	0
Dr Pepper® (Large) §	30 fl oz cup	270	0	0	0	0	0	0	0	0	90	4	72	24	0	0	70	0	0	0	0	0
Dr Pepper® (Medium) §	21 fl oz cup	190	0	0	0	0	0	0	0	0	65	3	53	18	0	0	51	0	0	0	0	0
Hi-C® Orange Lavaburst (Extra Small) §	12 fl oz cup	110	0	0	0	0	0	0	0	0	0	0	31	10	0	0	31	0	0	150	0	0

Nutrition Facts	Serving Size	Calories	Calories From Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
Hi-C® Orange Lavaburst (Large) §	30 fl oz cup	310	0	0	0	0	0	0	0	0	0	0	84	28	0	0	84	0	0	410	0	0
Hi-C® Orange Lavaburst (Medium) §	21 fl oz cup	230	0	0	0	0	0	0	0	0	0	0	61	20	0	0	61	0	0	290	0	0
Iced Tea (Extra Small) §	(12 fl oz cup)	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0
Iced Tea (Large) §	(32 fl oz cup)	0	0	0	0	0	0	0	0	0	15	1	0	0	0	0	0	0	0	0	0	0
Iced Tea (Medium) §	(21 fl oz cup)	0	0	0	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	0
Minute Maid® Orange Juice (Large) §	22 fl oz cup	280	0	0	0	0	0	0	0	0	5	0	65	22	0	0	58	4	0	240	4	0
POWERade® Mountain Blast (Extra Small) §	12 fl oz cup	60	0	0	0	0	0	0	0	0	55	2	15	5	0	0	15	0	0	0	0	0
POWERade® Mountain Blast (Large) §	30 fl oz cup	160	0	0	0	0	0	0	0	0	150	6	42	14	0	0	42	0	0	2	0	0
POWERade® Mountain Blast (Medium) §	21 fl oz cup	120	0	0	0	0	0	0	0	0	105	4	30	10	0	0	30	0	0	2	0	0
Sprite® (Extra Small) §	12 fl oz cup	100	0	0	0	0	0	0	0	0	25	1	27	9	0	0	27	0	0	0	0	0
Sprite® (Large) §	30 fl oz cup	280	0	0	0	0	0	0	0	0	60	3	74	25	0	0	74	0	0	0	0	0
Sprite® (Medium) §	21 fl oz cup	200	0	0	0	0	0	0	0	0	45	2	54	18	0	0	54	0	0	0	0	0
Sweet Tea (Extra Small) §	12 fl oz cup	110	0	0	0	0	0	0	0	0	5	0	27	9	0	0	27	0	0	0	0	0
Sweet Tea (Large) †	30 fl oz cup	220	0	0	0	0	0	0	0	0	10	1	54	18	0	0	54	1	0	0	0	0
McCafé White Hot Chocolate (Small)	13.3 oz (376 g)	350	120	13	20	8	38	0	40	14	180	8	48	16	0	0	46	12	10	0	40	0
McCafé White Hot Chocolate (Medium)	16.3 oz (463 g)	420	140	15	24	9	45	0.5	50	17	230	9	59	20	0	0	57	14	15	0	50	0
McCafé White Hot Chocolate (Large)	20.8 oz (589 g)	520	170	19	29	11	56	0.5	60	21	290	12	71	24	0	0	69	18	20	0	60	0
Red Flash (Extra Small)	9.2 oz (260 g)	110	0	0	0	0	0	0	0	0	0	0	29	10	0	0	29	0	0	0	0	0
Red Flash (Small)	12.6 oz (358 g)	150	0	0	0	0	0	0	0	0	0	0	41	14	0	0	41	0	0	0	0	0
Red Flash (Medium)	18.2 oz (515 g)	220	0	0	0	0	0	0	0	0	0	0	58	19	0	0	58	0	0	0	0	0

Nutrition Facts	Serving Size	Calories	Calories From Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
Red Flash (Large)	25 oz (709 g)	300	0	0	0	0	0	0	0	0	0	0	81	27	0	0	80	0	0	0	0	
McCafé																						
McCafé Mocha (Small)	12 fl oz cup	340	100	11	18	7	34	0	35	12	150	6	49	16	2	6	42	10	10	0	30	6
Coffee (Small) §	12 fl oz cup	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Chocolate McCafé Shake (Medium)	16 fl oz	700	180	20	30	12	62	1	75	24	300	13	114	38	2	6	97	15	25	0	50	10
Chocolate McCafé Shake (Large)	22 fl oz	850	210	23	36	15	74	1	85	29	380	16	141	47	2	8	120	19	30	0	60	15
Chocolate McCafé Shake (Small)	12 fl oz	560	140	16	25	10	51	1	60	20	240	10	91	30	1	5	77	12	20	0	40	8
Vanilla McCafé Shake (Small)	12 fl oz	530	140	15	24	10	49	1	60	20	160	7	86	29	0	0	63	11	20	0	40	0
Strawberry McCafé Shake (Small)	12 fl oz	550	150	16	25	10	52	1	60	21	160	7	90	30	0	0	79	12	20	0	40	0
Coffee (Large) §	20 fl oz cup	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Premium Roast Iced Coffee (Small)	16 fl oz cup	140	40	4.5	7	3	15	0	15	6	35	1	23	8	0	0	22	1	4	0	4	0
McCafé Caramel Mocha (Small)	12 fl oz cup	320	100	11	17	7	33	0	35	12	170	7	45	15	1	3	40	10	10	0	30	2
Frappe Mocha (Small) §	12 fl oz cup	440	160	18	27	11	57	1	60	21	125	5	64	21	1	3	57	7	15	0	20	4
Frappe Caramel (Small) §	12 fl oz cup	440	160	18	28	12	59	1	65	22	125	5	63	21	0	0	57	7	15	0	25	2
Frappe Chocolate Chip (Small) † §	12 fl oz cup	520	200	22	34	14	71	1	65	21	130	5	75	25	1	5	66	8	15	0	20	4
Blueberry Pomegranate Smoothie (Small) §	12 fl oz cup	220	5	0.5	1	0	2	0	5	1	40	2	50	17	3	12	44	2	0	2	6	2
Strawberry Banana Smoothie (Small) §	12 fl oz cup	210	5	0.5	1	0	2	0	5	1	50	2	47	16	3	10	44	3	0	30	8	2
Mango Pineapple Smoothie (Small) §	12 fl oz cup	210	5	0.5	1	0	2	0	5	1	40	2	50	17	1	4	46	2	30	20	8	2
McCafé Hot Chocolate (Small)	12 fl oz cup	360	120	13	21	8	39	0	40	14	180	8	50	17	1	3	45	11	10	0	40	6
McCafé Latte (Small)	12 fl oz cup	170	80	9	13	5	24	0	25	9	115	5	15	5	1	3	12	9	8	0	30	0

Nutrition Facts	Serving Size	Calories	Calories From Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
Shamrock McCafe® Shake (Small) †	12 fl oz cup	530	140	15	24	10	49	1	60	20	160	7	86	29	0	0	73	11	20	0	40	0
McCafé Iced Mocha (Small)	12 fl oz cup	290	100	11	16	6	32	0	35	11	125	5	40	13	1	4	34	8	10	0	25	4
McCafé White Chocolate Mocha (Medium) §	16 fl oz cup	400	120	13	20	8	38	0	45	14	200	8	58	19	1	4	53	13	10	0	40	2
McCafé Iced Caramel Mocha (Small)	12 fl oz cup	270	100	11	16	6	32	0	35	11	140	6	37	12	0	0	32	8	10	0	25	2
McCafé Latte (Large)	20 fl oz cup	280	120	14	21	8	39	0	40	14	180	8	24	8	1	6	20	15	15	0	50	2
McCafé Hot Chocolate (Medium)	16 fl oz cup	440	140	16	25	9	47	0.5	50	16	220	9	61	20	1	4	56	14	15	0	45	6
Frappe Caramel (Large) §	22 fl oz cup	670	240	27	41	17	86	1.5	95	31	190	8	96	32	0	0	88	11	20	0	35	2
McCafé White Chocolate Mocha (Large) §	20 fl oz cup	480	140	16	25	9	47	0.5	50	17	250	10	70	23	1	5	65	17	15	0	50	2
McCafé Latte (Medium)	16 fl oz cup	210	90	10	16	6	30	0	30	11	140	6	18	6	1	4	15	11	10	0	35	0
McCafé White Chocolate Mocha (Small) §	12 fl oz cup	320	100	11	17	6	32	0	35	12	160	7	47	16	1	3	43	11	10	0	35	0
Nonfat Latte (Medium) §	16 fl oz cup	130	0	0	1	0	1	0	5	2	135	6	19	6	1	4	16	12	15	0	40	0
Nonfat French Vanilla Latte (Small) §	12 fl oz cup	190	0	0	0	0	1	0	5	2	115	5	39	13	1	3	37	10	10	0	30	0
Nonfat French Vanilla Latte (Medium) §	16 fl oz cup	240	0	0	1	0	1	0	5	2	140	6	49	16	1	4	46	12	15	0	40	2
Nonfat Latte (Large) §	20 fl oz cup	170	0	0.5	1	0	2	0	10	3	180	7	25	8	1	6	21	16	15	0	50	2
Nonfat Caramel Latte (Small) §	12 fl oz cup	200	0	0	0	0	1	0	5	2	110	5	41	14	1	3	39	10	10	0	30	0
Nonfat French Vanilla Latte (Large) §	20 fl oz cup	300	0	0.5	1	0	2	0	10	3	180	8	60	20	1	6	56	16	15	0	50	2
Nonfat Caramel Latte (Medium) §	16 fl oz cup	250	0	0	1	0	1	0	5	2	135	6	51	17	1	4	48	12	15	0	40	0
Nonfat Caramel Latte (Large) §	20 fl oz cup	310	0	0.5	1	0	2	0	10	3	180	7	63	21	1	6	59	16	15	0	50	2
Nonfat Hazelnut Latte (Small) §	12 fl oz cup	200	0	0	0	0	1	0	5	2	110	5	40	13	1	3	38	10	10	0	30	0
Nonfat Hazelnut Latte (Medium) §	16 fl oz cup	250	0	0	1	0	1	0	5	2	135	6	51	17	1	4	48	12	15	0	40	0

Nutrition Facts	Serving Size	Calories	Calories From Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
Nonfat Hazelnut Latte (Large) §	20 fl oz cup	310	0	0.5	1	0	2	0	10	3	180	7	63	21	1	6	59	16	15	0	50	2
Nonfat Latte with Sugar Free French Vanilla Syrup (Small) §	12 fl oz cup	140	0	0	0	0	1	0	5	2	150	6	24	8	1	4	13	10	10	0	30	0
Nonfat Latte with Sugar Free French Vanilla Syrup (Medium) §	16 fl oz cup	170	0	0	1	0	1	0	5	2	180	8	30	10	1	5	16	12	15	0	40	0
Nonfat Latte with Sugar Free French Vanilla Syrup (Large) §	20 fl oz cup	220	0	0.5	1	0	2	0	10	3	240	10	38	13	2	7	21	16	15	0	50	2
McCafé Caramel Mocha (Medium)	16 fl oz cup	390	120	14	21	8	40	0.5	40	14	220	9	55	18	1	4	50	12	15	0	40	2
McCafé Caramel Mocha (Large)	20 fl oz cup	480	150	17	26	10	49	0.5	50	17	270	11	66	22	1	5	60	16	15	0	50	4
Hot Chocolate (Small) §	12 fl oz cup	360	120	13	21	8	39	0	40	14	180	8	50	17	1	3	45	11	10	0	40	6
Hot Chocolate (Medium) §	16 fl oz cup	440	140	16	25	9	47	0.5	50	16	220	9	61	20	1	4	56	14	15	0	45	6
Hot Chocolate (Large) §	20 fl oz cup	540	180	20	31	12	58	0.5	60	20	280	12	73	24	1	5	68	17	20	0	60	8
Hot Chocolate with Nonfat Milk (Small) §	12 fl oz cup	280	30	3.5	5	2	11	0	15	5	180	7	50	17	1	3	46	12	15	0	40	6
Hot Chocolate with Nonfat Milk (Medium) §	16 fl oz cup	340	30	3.5	5	2	11	0	15	6	220	9	61	20	1	4	57	14	20	0	50	6
Blueberry Pomegranate Smoothie (Large)	22 fl oz cup	340	10	1	2	0.5	3	0	5	2	65	3	79	26	5	19	70	4	0	4	10	2
Blueberry Pomegranate Smoothie (Medium)	16 fl oz cup	260	5	1	1	0	2	0	5	1	50	2	62	21	4	15	54	3	0	4	8	2
Coffee (Medium) §	16 fl oz cup	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Frappe Chocolate Chip (Large) §	22 fl oz cup	750	280	31	48	20	99	1.5	95	32	200	8	110	37	1	5	99	12	20	0	35	6
Frappe Chocolate Chip (Medium) †	16 fl oz cup	620	230	26	40	17	83	1	80	26	160	7	90	30	1	5	81	9	15	0	30	4
Hot Chocolate with Nonfat Milk (Large) §	20 fl oz cup	400	35	3.5	6	2.5	12	0	20	7	280	12	74	25	1	5	69	19	25	0	60	8
Mango Pineapple Smoothie (Large) §	22 fl oz cup	340	10	1	2	0.5	3	0	5	2	60	3	78	26	2	6	72	4	50	30	10	2

Nutrition Facts	Serving Size	Calories	Calories From Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
Mango Pineapple Smoothie (Medium) §	16 fl oz cup	260	10	1	1	0	2	0	5	1	45	2	61	20	1	5	56	3	40	25	8	2
Iced Mocha (Medium) §	16 fl oz cup	340	110	12	19	7	36	0	40	13	150	6	49	16	1	5	43	9	10	0	30	6
Iced Mocha with Nonfat Milk (Medium) §	16 fl oz cup	280	45	5	7	3	15	0	20	7	150	6	50	17	1	5	43	10	15	0	30	6
Iced Caramel Mocha (Small) §	12 fl oz cup	270	100	11	16	6	32	0	35	11	140	6	37	12	0	0	32	8	10	0	25	2
Iced Caramel Mocha (Medium) §	16 fl oz cup	330	110	12	19	7	36	0	40	13	170	7	46	15	1	2	41	9	10	0	30	2
Iced Caramel Mocha (Large) §	22 fl oz cup	450	140	16	24	9	47	0.5	50	16	250	10	64	21	1	3	58	13	15	0	40	4
Iced Nonfat Caramel Mocha (Small) §	12 fl oz cup	220	40	4.5	7	3	14	0	20	6	140	6	38	13	0	0	33	8	10	0	25	2
Iced Nonfat Caramel Mocha (Medium) §	16 fl oz cup	270	45	4.5	7	3	15	0	20	7	170	7	46	15	1	2	41	10	15	0	30	2
Iced Nonfat Caramel Mocha (Large) §	22 fl oz cup	360	45	5	8	3	16	0	20	7	250	10	65	22	1	3	59	14	15	0	45	4
Frappe Mocha (Medium) §	16 fl oz cup	540	190	22	33	14	70	1	75	25	160	6	79	26	1	4	71	9	15	0	25	4
Frappe Mocha (Large) §	22 fl oz cup	670	230	26	40	17	84	1	90	30	190	8	97	32	1	4	88	11	20	0	35	4
Frappe Caramel (Medium)	16 fl oz cup	550	200	22	34	14	71	1	80	26	160	7	78	26	0	0	71	9	15	0	30	2
Strawberry Banana Smoothie (Medium) §	16 fl oz cup	250	5	1	1	0	2	0	5	1	60	2	58	19	3	13	54	4	0	35	8	4
Strawberry Banana Smoothie (Large)	22 fl oz cup	330	10	1	2	0.5	3	0	5	2	80	3	74	25	4	16	70	5	0	45	10	4
Iced Coffee with Sugar Free French Vanilla Syrup (Large) §	32 fl oz cup	160	80	9	14	6	29	0	35	12	135	6	18	6	0	0	2	2	6	0	8	0
Iced Coffee with Sugar Free French Vanilla Syrup (Medium) §	22 fl oz cup	120	60	7	11	4.5	22	0	25	9	90	4	12	4	0	0	2	1	4	0	4	0
Iced Coffee with Sugar Free French Vanilla Syrup (Small) §	16 fl oz cup	80	40	4.5	7	3	15	0	15	6	65	3	9	3	0	0	1	1	4	0	4	0
Iced Coffee--Caramel (Large) §	32 fl oz cup	260	80	9	14	6	29	0	35	12	65	3	43	14	0	0	42	2	6	0	6	0

Nutrition Facts	Serving Size	Calories	Calories From Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
Iced Coffee--Caramel (Medium) §	22 fl oz cup	180	60	7	11	4.5	22	0	25	9	50	2	29	10	0	0	28	1	4	0	4	0
Iced Coffee--Caramel (Small) §	(16 fl oz cup)	130	40	4.5	7	3	15	0	15	6	35	2	22	7	0	0	21	1	4	0	4	0
Iced Coffee--French Vanilla (Large) §	32 fl oz cup	240	80	9	14	6	29	0	35	12	80	3	41	14	0	0	39	2	6	0	8	0
Iced Coffee--French Vanilla (Medium) §	22 fl oz cup	170	60	7	11	4.5	22	0	25	9	55	2	27	9	0	0	26	1	4	0	4	0
Iced Coffee--French Vanilla (Small) §	16 fl oz cup	120	40	4.5	7	3	15	0	15	6	40	2	20	7	0	0	19	1	4	0	4	0
Iced Coffee--Hazelnut (Large) §	(32 fl oz cup)	250	80	9	14	6	29	0	35	12	75	3	43	14	0	0	41	2	6	0	8	0
Iced Coffee--Hazelnut (Medium) §	22 fl oz cup	180	60	7	11	4.5	22	0	25	9	50	2	29	10	0	0	28	1	4	0	4	0
Iced Coffee--Hazelnut (Small) §	(16 fl oz cup)	130	40	4.5	7	3	15	0	15	6	35	1	21	7	0	0	20	1	4	0	4	0
Iced Coffee--Regular (Large) §	(32 fl oz cup)	270	80	9	14	6	29	0	35	12	75	3	47	16	0	0	45	2	6	0	8	0
Iced Coffee--Regular (Medium) §	22 fl oz cup	190	60	7	11	4.5	22	0	25	9	50	2	31	10	0	0	30	1	4	0	4	0
Iced Coffee--Regular (Small) §	(16 fl oz cup)	140	40	4.5	7	3	15	0	15	6	35	1	23	8	0	0	22	1	4	0	4	0
Premium Roast Iced Coffee (Large)	32 fl oz cup	270	80	9	14	6	29	0	35	12	75	3	47	16	0	0	45	2	6	0	8	0
Premium Roast Iced Coffee (Medium)	22 fl oz cup	190	60	7	11	4.5	22	0	25	9	50	2	31	10	0	0	30	1	4	0	4	0
Strawberry McCafé Shake (Medium)	16 fl oz	690	180	20	30	13	63	1	75	25	210	9	114	38	0	0	100	15	25	0	50	0
Strawberry McCafé Shake (Large)	22 fl oz	850	210	24	36	15	75	1	90	30	260	11	140	47	0	0	123	18	30	0	70	0
Vanilla McCafé Shake (Medium)	16 fl oz	660	170	19	29	12	61	1	75	24	200	9	109	36	0	0	81	14	25	0	50	0
Vanilla McCafé Shake (Large)	22 fl oz	820	210	23	35	15	73	1	90	29	260	11	135	45	0	0	101	18	30	0	60	0
Shamrock McCafé® Shake (Medium) †	16 fl oz cup	660	170	19	29	12	61	1	75	24	210	9	109	36	0	0	93	14	25	0	50	0

Nutrition Facts	Serving Size	Calories	Calories From Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
Shamrock McCafe® Shake (Large) †	22 fl oz cup	820	210	23	35	15	73	1	90	29	260	11	135	45	0	0	115	18	30	0	60	0
McCafé Hot Chocolate (Large)	20 fl oz cup	540	180	20	31	12	58	0.5	60	20	280	12	73	24	1	5	68	17	20	0	60	8
Iced Mocha (Large) §	22 fl oz cup	480	140	16	25	9	47	0.5	50	16	220	9	69	23	2	8	61	13	15	0	40	8
Iced Mocha (Small) §	12 fl oz cup	290	100	11	16	6	32	0	35	11	125	5	40	13	1	4	34	8	10	0	25	4
Iced Mocha with Nonfat Milk (Large) §	22 fl oz cup	380	45	5	8	3	16	0	20	7	220	9	70	23	2	8	62	14	15	0	45	8
Iced Mocha with Nonfat Milk (Small) §	12 fl oz cup	240	40	4.5	7	3	15	0	20	6	125	5	40	13	1	4	34	8	10	0	25	4
McCafé Iced Mocha (Large) §	22 fl oz cup	480	140	16	25	9	47	0.5	50	16	220	9	69	23	2	8	61	13	15	0	40	8
McCafé Iced Mocha (Medium)	16 fl oz cup	340	110	12	19	7	36	0	40	13	150	6	49	16	1	5	43	9	10	0	30	6
McCafé Iced Caramel Mocha (Medium)	16 fl oz cup	330	110	12	19	7	36	0	40	13	170	7	46	15	1	2	41	9	10	0	30	2
McCafé Iced Caramel Mocha (Large)	22 fl oz cup	450	140	16	24	9	47	0.5	50	16	250	10	64	21	1	3	58	13	15	0	40	4
Mocha (Small) §	12 fl oz cup	340	100	11	18	7	34	0	35	12	150	6	49	16	2	6	42	10	10	0	30	6
Mocha (Medium) §	16 fl oz cup	410	120	14	21	8	40	0	40	14	190	8	60	20	2	8	53	13	10	0	40	6
Mocha (Large) §	20 fl oz cup	500	150	17	26	10	49	0.5	50	17	240	10	72	24	2	10	63	16	15	0	50	8
Mocha with Nonfat Milk (Small) §	12 fl oz cup	270	30	3.5	5	2	11	0	15	5	150	6	49	16	2	6	43	11	10	0	35	6
Mocha with Nonfat Milk (Medium) §	16 fl oz cup	330	30	3.5	6	2	11	0	15	5	190	8	60	20	2	8	53	13	15	0	40	6
Mocha with Nonfat Milk (Large) §	20 fl oz cup	390	35	4	6	2.5	12	0	20	6	240	10	73	24	2	10	64	17	20	0	50	8
Caramel Mocha (Small) §	12 fl oz cup	320	100	11	17	7	33	0	35	12	170	7	45	15	1	3	40	10	10	0	30	2
Caramel Mocha (Medium) §	16 fl oz cup	390	120	14	21	8	40	0	40	14	220	9	55	18	1	4	50	12	15	0	40	2
Caramel Mocha (Large) §	20 fl oz cup	480	150	17	26	10	49	0.5	50	17	270	11	66	22	1	5	60	16	15	0	50	4
Nonfat Caramel Mocha (Small) §	12 fl oz cup	250	30	3.5	5	2	10	0	15	5	170	7	45	15	1	3	41	10	10	0	35	2

Nutrition Facts	Serving Size	Calories	Calories From Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
Nonfat Caramel Mocha (Medium) §	16 fl oz cup	310	30	3.5	5	2	11	0	15	5	210	9	56	19	1	4	51	13	15	0	40	2
Nonfat Caramel Mocha (Large) §	20 fl oz cup	370	35	3.5	6	2.5	11	0	20	6	270	11	67	22	1	5	61	17	20	0	50	4
Latte (Small) §	12 fl oz cup	170	80	9	13	5	24	0	25	9	115	5	15	5	1	3	12	9	8	0	30	0
McCafé Mocha (Large)	20 fl oz cup	500	150	17	26	10	49	0.5	50	17	240	10	72	24	2	10	63	16	15	0	50	8
McCafé Mocha (Medium)	16 fl oz cup	410	120	14	21	8	40	0	40	14	190	8	60	20	2	8	53	13	10	0	40	6
Latte (Medium) §	16 fl oz cup	210	90	10	16	6	30	0	30	11	140	6	18	6	1	4	15	11	10	0	35	0
Latte (Large) §	20 fl oz cup	280	120	14	21	8	39	0	40	14	180	8	24	8	1	6	20	15	15	0	50	2
Caramel Latte (Large) §	20 fl oz cup	430	120	14	21	8	39	0	40	14	180	8	62	21	1	6	59	15	15	0	50	2
Caramel Latte (Medium) §	16 fl oz cup	340	90	10	16	6	30	0	30	11	140	6	50	17	1	4	48	11	10	0	35	0
Caramel Latte (Small) §	12 fl oz cup	270	80	9	13	5	24	0	25	9	115	5	40	13	1	3	38	9	8	0	30	0
Hazelnut Latte (Small) §	12 fl oz cup	270	80	9	13	5	24	0	25	9	115	5	40	13	1	3	38	9	8	0	30	0
Hazelnut Latte (Medium) §	16 fl oz cup	330	90	10	16	6	30	0	30	11	140	6	50	17	1	4	47	11	10	0	35	0
Hazelnut Latte (Large) §	20 fl oz cup	430	120	14	21	8	39	0	40	14	180	8	62	21	1	6	58	15	15	0	50	2
French Vanilla Latte (Small) §	12 fl oz cup	260	80	9	13	5	24	0	25	9	115	5	38	13	1	3	36	9	8	0	30	0
French Vanilla Latte (Medium) §	16 fl oz cup	330	90	10	16	6	30	0	30	11	140	6	48	16	1	4	45	11	10	0	35	2
French Vanilla Latte (Large) §	20 fl oz cup	420	120	14	21	8	39	0	40	14	190	8	60	20	1	6	56	15	15	0	50	2
Latte with Sugar Free French Vanilla Syrup (Small) §	12 fl oz cup	210	80	9	13	5	24	0	25	9	150	6	24	8	1	4	12	9	8	0	30	0
Latte with Sugar Free French Vanilla Syrup (Medium) §	16 fl oz cup	260	90	10	16	6	30	0	30	11	190	8	29	10	1	5	15	12	10	0	35	0
Latte with Sugar Free French Vanilla Syrup (Large) §	20 fl oz cup	330	120	14	21	8	39	0	40	14	240	10	37	12	2	7	20	15	15	0	50	2
Nonfat Latte (Small) §	12 fl oz cup	100	0	0	0	0	1	0	5	2	110	5	15	5	1	3	13	10	10	0	30	0
White Hot Chocolate (Small)	13.3 oz (376 g)	350	120	13	20	8	38	0	40	14	180	8	48	16	0	0	46	12	10	0	40	0

Nutrition Facts	Serving Size	Calories	Calories From Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
White Hot Chocolate (Medium)	16.3 oz (463 g)	420	140	15	24	9	45	0.5	50	17	230	9	59	20	0	0	57	14	15	0	50	0
White Hot Chocolate (Large)	20.8 oz (589 g)	520	170	19	29	11	56	0.5	60	21	290	12	71	24	0	0	69	18	20	0	60	0
Nonfat White Hot Chocolate (Small)	13.3 oz (376 g)	260	25	3	4	2	9	0	15	6	180	8	48	16	0	0	46	12	15	0	45	0
Nonfat White Hot Chocolate (Medium)	16.4 oz (464 g)	320	25	3	4	2	9	0	20	6	220	9	59	20	0	0	58	15	20	0	50	0
Nonfat White Hot Chocolate (Large)	20.8 oz (590 g)	380	25	3	5	2	10	0	20	7	280	12	72	24	0	0	70	19	25	0	70	0
McCafé White Hot Chocolate (Small)	13.3 oz (376 g)	350	120	13	20	8	38	0	40	14	180	8	48	16	0	0	46	12	10	0	40	0
McCafé White Hot Chocolate (Medium)	16.3 oz (463 g)	420	140	15	24	9	45	0.5	50	17	230	9	59	20	0	0	57	14	15	0	50	0
McCafé White Hot Chocolate (Large)	20.8 oz (589 g)	520	170	19	29	11	56	0.5	60	21	290	12	71	24	0	0	69	18	20	0	60	0
Desserts & Shakes																						
Baked Hot Apple Pie	2.7 oz (77 g)	250	110	13	20	7	35	0	0	0	170	7	32	11	4	16	13	2	4	25	2	6
Chocolate Chip Cookie	1 cookie (33 g)	160	70	8	12	3.5	18	0	10	3	90	4	21	7	1	4	15	2	2	0	1	8
Oatmeal Raisin Cookie	1 cookie (33 g)	150	50	6	9	2.5	13	0	10	3	135	6	22	7	1	4	13	2	2	0	2	6
Fruit 'n Yogurt Parfait	5.2 oz (149 g)	150	20	2	3	1	5	0	5	2	80	3	30	10	1	3	23	4	2	15	10	4
Chocolate McCafé Shake (Medium)	16 fl oz	700	180	20	30	12	62	1	75	24	300	13	114	38	2	6	97	15	25	0	50	10
Chocolate McCafé Shake (Large)	22 fl oz	850	210	23	36	15	74	1	85	29	380	16	141	47	2	8	120	19	30	0	60	15
Vanilla Reduced Fat Ice Cream Cone	3.7 oz (105 g)	170	40	4.5	7	3	14	0	15	6	70	3	27	9	0	0	20	5	6	0	15	2
Kiddie Cone	1 oz (29 g)	45	10	1.5	2	1	4	0	5	2	20	1	7	2	0	0	6	1	2	0	4	0
Hot Fudge Sundae	6.3 oz (179 g)	330	80	9	14	7	34	0	25	8	170	7	53	18	1	3	48	8	8	0	25	8
Hot Caramel Sundae	6.4 oz (182 g)	340	70	8	12	5	24	0	30	10	150	6	60	20	0	0	43	7	10	0	25	0
Strawberry Sundae	6.3 oz (178 g)	280	60	6	10	4	20	0	25	8	85	4	49	16	0	0	45	6	8	4	20	0

Nutrition Facts	Serving Size	Calories	Calories From Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
McFlurry® with M&M'S® Chocolate Candies (12 fl oz cup)	12 fl oz cup (310 g)	650	210	23	35	14	72	0.5	50	17	180	7	96	32	1	6	89	13	15	0	45	8
McFlurry® with OREO® Cookies (12 fl oz cup)	10.1 oz (285 g)	510	150	17	26	9	44	0.5	45	14	280	12	80	27	1	4	64	12	15	0	40	8
Chocolate McCafé Shake (Small)	12 fl oz	560	140	16	25	10	51	1	60	20	240	10	91	30	1	5	77	12	20	0	40	8
Vanilla McCafé Shake (Small)	12 fl oz	530	140	15	24	10	49	1	60	20	160	7	86	29	0	0	63	11	20	0	40	0
Strawberry McCafé Shake (Small)	12 fl oz	550	150	16	25	10	52	1	60	21	160	7	90	30	0	0	79	12	20	0	40	0
STRAWBERRY & CRÄ`ME PIE †	3.03 oz (86 g)	310	150	17	26	9	47	0	10	4	180	7	36	12	1	5	15	4	6	6	4	6
Shamrock McCafé® Shake (Small) †	12 fl oz cup	530	140	15	24	10	49	1	60	20	160	7	86	29	0	0	73	11	20	0	40	0
Snack Size McFlurry® with M&M'S® Chocolate Candies	7.3 oz (207 g)	430	140	15	24	10	48	0	35	11	120	5	64	21	1	4	59	9	10	0	30	4
Snack Size McFlurry® with OREO® Cookies	6.7 oz (190 g)	340	100	11	17	6	29	0	30	9	190	8	53	18	1	2	43	8	10	0	25	6
Strawberry McCafé Shake (Medium)	16 fl oz	690	180	20	30	13	63	1	75	25	210	9	114	38	0	0	100	15	25	0	50	0
Strawberry McCafé Shake (Large)	22 fl oz	850	210	24	36	15	75	1	90	30	260	11	140	47	0	0	123	18	30	0	70	0
Vanilla McCafé Shake (Medium)	16 fl oz	660	170	19	29	12	61	1	75	24	200	9	109	36	0	0	81	14	25	0	50	0
Vanilla McCafé Shake (Large)	22 fl oz	820	210	23	35	15	73	1	90	29	260	11	135	45	0	0	101	18	30	0	60	0
Shamrock McCafé® Shake (Medium) †	16 fl oz cup	660	170	19	29	12	61	1	75	24	210	9	109	36	0	0	93	14	25	0	50	0
Shamrock McCafé® Shake (Large) †	22 fl oz cup	820	210	23	35	15	73	1	90	29	260	11	135	45	0	0	115	18	30	0	60	0
Fried Cherry Pie	2.9 oz (81 g)	230	90	10	16	3.5	16	0	0	0	135	6	33	11	1	3	15	2	6	0	2	6
Condiments																						
Grape Jam	0.5 oz (14 g)	35	0	0	0	0	0	0	0	0	0	0	9	3	0	0	9	0	0	2	0	0
Coffee Cream	0.4 fl oz (11 ml)	20	20	2	3	1.5	8	0	10	3	15	1	0	0	0	0	0	0	2	0	1	0

Nutrition Facts	Serving Size	Calories	Calories From Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
Strawberry Preserves	0.5 oz (14 g)	35	0	0	0	0	0	0	0	0	0	0	9	3	0	0	9	0	0	4	0	0
Sugar Packet	1 pkg (4 g)	15	0	0	0	0	0	0	0	0	0	0	4	1	0	0	4	0	0	0	0	0
EQUAL® 0 Calorie Sweetener	1 pkg (1 g)	0	0	0	-	0	-	0	0	-	0	-	1	-	0	-	1	0	-	-	-	-
SPLENDA® No Calorie Sweetener	1 pkg (1 g)	0	0	0	-	0	-	0	0	-	0	-	1	-	0	-	1	0	-	-	-	-
Hot Habanero Sauce †	22 oz (0 g)	80	60	7	11	1	6	0	10	3	180	8	5	2	1	3	2	1	0	0	2	2
Ketchup Packet	1 pkg (9 g)	10	0	0	0	0	0	0	0	0	90	4	2	1	0	0	2	0	2	2	0	0
Creamy Ranch Sauce	0.8 oz (22 g)	110	110	12	18	2	9	0	5	1	170	7	1	0	0	0	1	0	0	0	0	0
Newman's Own® Low Fat Sesame Ginger Dressing	1.5 fl oz (44 ml)	80	25	2.5	4	0	2	0	0	0	400	17	14	5	1	3	9	1	0	4	0	0
Spicy Buffalo Sauce	0.8 oz (22 g)	35	30	3	5	0	0	0	0	0	540	23	1	0	0	0	0	0	6	0	0	0
Newman's Own® Low Fat Balsamic Vinaigrette	1.5 fl oz (44 ml)	35	15	1.5	N/A	0	N/A	0	0	N/A	400	N/A	5	N/A	0	N/A	3	0	N/A	N/A	N/A	N/A
Newman's Own® Creamy Southwest Dressing	1.5 fl oz (44 ml)	120	70	8	N/A	1.5	N/A	0	20	N/A	300	N/A	11	N/A	0	N/A	3	1	N/A	N/A	N/A	N/A
Newman's Own® Low Fat Family Recipe Italian Dressing	1.5 fl oz (44 ml)	50	15	1.5	N/A	0	N/A	0	0	N/A	380	N/A	8	N/A	1	N/A	2	0	0	0	N/A	N/A
Salt Packet	1 pkg (0 g)	0	0	0	0	0	0	0	0	0	270	11	0	0	0	0	0	0	0	0	0	0
Honey	1 pkg (14 g)	50	0	0	0	0	0	0	0	0	0	0	12	4	0	0	11	0	0	0	0	0
Newman's Own® Ranch Dressing	2 fl oz (59 ml)	200	150	17	N/A	2.5	N/A	0	20	N/A	530	N/A	11	N/A	1	N/A	4	1	N/A	N/A	N/A	N/A
Sweet 'N Sour Sauce	1 pkg (28 g)	50	0	0	0	0	0	0	0	0	150	6	12	4	0	0	10	0	2	0	0	0
Hotcake Syrup	1 pkg (60 g)	180	0	0	0	0	0	0	0	0	20	1	45	15	0	0	32	0	0	0	0	0
Peanuts (for Sundaes)	0.3 oz (7 g)	45	30	3.5	5	0.5	3	0	0	0	0	0	2	1	1	2	0	2	0	0	0	0
Honey Mustard Sauce	0.8 oz (22 g)	60	35	4	6	0.5	3	0	5	2	115	5	6	2	1	4	5	0	0	0	0	0
Tangy Barbeque Sauce	1 pkg (28 g)	50	0	0	1	0	0	0	0	0	260	11	12	4	0	0	10	0	2	0	0	0
Buffalo Ranch McChicken	5.2 oz (148 g)	370	150	17	26	3.5	17	0	40	13	850	35	41	14	2	8	5	14	2	0	15	15

Nutrition Facts	Serving Size	Calories	Calories From Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
Premium McWrap Southwest Chicken (Grilled)	11.6 oz (328 g)	530	180	20	30	6	32	0.5	100	33	1470	61	54	18	5	20	10	34	60	20	20	20
Whipped Margarine (1 pat)	1 pkg (6 g)	40	40	4.5	7	1.5	8	0	0	0	55	2	0	0	0	0	0	0	4	0	0	0
Tartar Sauce Cup	1 oz (28 g)	140	130	15	23	2.5	12	0	10	4	150	6	0	0	0	0	0	0	0	0	2	2
Marinara Sauce (Package)	0.846575 oz (24 g)	15	0	0	N/A	0	N/A	0	0	N/A	75	N/A	2	N/A	0	N/A	2	0	4	N/A	N/A	N/A

Note: Nutrient contributions from individual components may not equal the total due to federal rounding regulations. Percent Daily Values (DV) and RDIs are based on unrounded values.

This list has been generated by McDonalds.com and is effective 05-26-2015.

* Contains less than 2% of the Daily Value of these nutrients

† Available at participating McDonald's

+ Based on the weight before cooking 4 oz. (113.4g)

++ Based on the weight before cooking 8 oz. (226.8g)

§ The values represent the sodium derived from ingredients plus water. Sodium content of the water is based on the value listed for municipal water in the USDA National Nutrient Database. The actual amount of sodium may be higher or lower depending upon the sodium content of the water where the beverage is dispensed.


** Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The nutrition information on this website is derived from testing conducted in accredited laboratories, published resources, or from information provided from McDonald's suppliers. The nutrition information is based on standard product formulations and serving sizes (including ice for beverages). All nutrition information is based on average values for ingredients from McDonald's suppliers throughout the U.S. and is rounded to meet current US FDA NLEA guidelines. Variation in serving sizes, preparation techniques, product testing and sources of supply, as well as regional and seasonal differences may affect the nutrition values for each product. In addition, product formulations change periodically. You should expect some variation in the nutrient content of the products purchased in our restaurants. McDonalds USA does not certify or claim any of its US menu items as Halal, Kosher or meeting any other religious requirements. We do not promote any of our US menu items as vegetarian, vegan or gluten-free. This information is correct as of May 2014, unless stated otherwise.

SPLENDA No Calorie Sweetener is the registered trademark of McNeil Nutritionals, LLC

EQUAL 0 Calorie Sweetener is a registered trademark of Merisant Company

Updated January 2015

 Pizza Hut® Nutritional Guide	Serving Size (g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
6" Personal Pan Pizza®	Whole pizza											
7-Alarm Fire™	236	620	240	27	10	0.5	45	1730	71	4	10	24
BBQ Bacon Cheeseburger	238	730	310	34	14	1	70	1430	77	3	13	29
BBQ Lover's™	225	740	320	36	14	0.5	75	1590	74	3	12	30
Buffalo State of Mind™	225	630	220	24	10	0.5	65	1680	72	3	7	30
Cheese	213	600	220	25	11	0.5	50	1400	69	4	7	26
Cherry Pepper Bombshell™	233	620	230	25	11	0.5	45	1440	72	4	10	26
Cock-A-Doodle Bacon™	241	690	280	31	12	0.5	75	1500	68	3	7	34
Garden Party™	257	600	210	24	9	0.5	40	1350	74	5	10	24
Giddy-Up BBQ Chicken™	226	670	240	27	11	0.5	70	1380	75	3	13	32
Hot and Twisted™	228	580	220	24	9	0.5	40	2400	70	4	8	22
Meat Lover's®	268	850	430	48	18	1	100	2170	69	4	7	35
Old Fashioned Meatbrawl™	249	690	290	32	13	0.5	60	1540	72	4	8	28
Pepperoni	208	620	250	28	11	0.5	55	1590	67	4	7	25
Pepperoni Lover's®	236	730	330	37	16	1	85	1980	69	4	7	31
Pretzel Piggy™	233	640	270	30	10	0.5	45	2130	68	4	7	24
Supreme	252	690	310	34	13	1	70	1660	70	4	8	28
Sweet Sriracha Dynamite	238	600	190	21	8	0	55	1690	77	4	13	28
Ultimate Cheese Lover's®	215	680	290	32	14	0.5	65	1450	68	3	6	29
Veggie Lover's®	238	550	180	20	8	0	35	1290	70	5	8	22
12" Medium Pan Pizza	1 slice	(1 slice = 1/8 pizza)										
7-Alarm Fire™	101	250	100	11	4	0	20	660	29	2	2	9
BBQ Bacon Cheeseburger	100	280	110	13	5	0	25	500	32	1	4	11
BBQ Lover's™	93	290	120	13	5	0	25	570	31	1	4	11
Buffalo State of Mind™	93	250	90	10	4	0	20	630	30	1	1	10
Cheese	89	240	90	10	4.5	0	20	500	28	1	1	10
Cherry Pepper Bombshell™	97	250	90	11	4.5	0	20	530	29	2	2	10
Cock-A-Doodle Bacon™	95	240	80	9	4	0	25	510	27	1	1	12
Garden Party™	108	230	80	9	3.5	0	15	450	30	2	3	9
Giddy-Up BBQ Chicken™	94	270	100	11	4	0	25	490	31	1	4	11
Hot and Twisted™	97	240	90	10	3.5	0	15	740	28	2	2	9
Meat Lover's®	107	310	150	17	6	0	35	750	27	1	1	13
Old Fashioned Meatbrawl™	101	250	100	11	4	0	20	500	28	2	1	10
Pepperoni	89	260	110	12	4.5	0	25	610	27	1	1	10
Pepperoni Lover's®	101	310	150	16	7	0	35	780	28	2	1	12
Pretzel Piggy™	96	260	110	12	4	0	20	590	28	1	1	9
Supreme	105	270	110	13	4.5	0	25	570	28	2	1	10
Sweet Sriracha Dynamite	101	240	80	9	3	0	20	650	32	2	4	10
Ultimate Cheese Lover's®	90	270	110	13	5	0	25	510	27	1	1	11
Veggie Lover's®	104	220	80	9	3	0	15	460	28	2	1	8
12" Medium Hand Tossed Pizza	1 slice	(1 slice = 1/8 pizza)										
7-Alarm Fire™	92	210	70	8	3.5	0	20	620	26	2	2	9
BBQ Bacon Cheeseburger	90	250	90	10	4.5	0	25	460	29	1	4	10
BBQ Lover's™	84	250	90	10	4.5	0	25	520	28	1	4	11
Buffalo State of Mind™	84	210	60	7	3.5	0	20	590	27	1	1	10
Cheese	81	210	70	8	4	0	20	460	25	1	1	9
Cherry Pepper Bombshell™	88	210	70	8	4	0	20	480	27	1	2	9
Cock-A-Doodle Bacon™	90	230	90	10	4	0	25	470	25	1	1	11
Garden Party™	99	200	60	6	3	0	15	400	27	2	3	8
Giddy-Up BBQ Chicken™	84	230	70	8	4	0	25	440	29	1	4	11
Hot and Twisted™	87	200	70	7	3.5	0	15	690	26	2	1	8
Meat Lover's®	97	280	130	15	6	0	35	710	25	1	1	12
Old Fashioned Meatbrawl™	90	220	80	9	4	0	20	450	26	2	1	9
Pepperoni	79	220	80	9	4	0	25	540	25	1	1	9
Pepperoni Lover's®	91	270	120	13	6	0	35	700	26	1	1	12
Pretzel Piggy™	87	220	80	9	4	0	20	550	25	1	1	9
Supreme	97	240	90	10	4.5	0	25	530	26	2	1	10
Sweet Sriracha Dynamite	92	210	50	6	3	0	20	600	30	1	4	9
Ultimate Cheese Lover's®	81	230	90	10	5	0	25	460	25	1	1	10
Veggie Lover's®	96	190	60	6	3	0	15	430	26	2	1	8
12" Medium Thin 'N Crispy® Pizza	1 slice	(1 slice = 1/8 pizza)										
7-Alarm Fire™	82	200	70	8	3.5	0	20	800	23	1	5	8
BBQ Bacon Cheeseburger	76	240	100	11	5	0	25	580	26	1	7	9
BBQ Lover's™	66	240	100	11	5	0	30	650	25	1	7	10
Buffalo State of Mind™	68	200	60	7	3.5	0	20	710	24	1	4	9
Cheese	66	190	70	8	4	0	20	580	22	1	4	8
Cherry Pepper Bombshell™	74	200	70	8	4	0	20	620	24	1	6	9
Cock-A-Doodle Bacon™	77	230	100	11	4.5	0	25	610	21	1	4	11
Garden Party™	90	190	60	7	3	0	15	530	24	2	6	8
Giddy-Up BBQ Chicken™	69	220	80	9	4	0	25	570	25	1	7	10



Pizza Hut® Nutritional Guide

	Serving Size (g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Hot and Twisted™	76	190	70	8	3.5	0	15	860	23	1	5	8
Meat Lover's®	82	270	140	15	6	0	35	850	22	1	4	12
Old Fashioned Meatbrawl™	78	210	80	9	4	0	20	580	23	1	4	8
Pepperoni	65	210	90	10	4.5	0	25	700	21	1	4	9
Pepperoni Lover's®	76	260	120	14	6	0	35	860	22	1	4	11
Pretzel Piggy™	74	220	100	11	4	0	20	690	22	1	4	8
Supreme	84	220	90	10	4.5	0	25	660	23	1	4	9
Sweet Sriracha Dynamite	78	190	50	6	3	0	20	750	26	1	7	9
Ultimate Cheese Lover's®	66	220	100	11	5	0	25	590	21	1	4	10
Veggie Lover's®	87	180	60	6	3	0	15	570	23	2	5	7
14" Large Pan Pizza	1 slice	(1 slice = 1/8 pizza)										
7-Alarm Fire™	139	360	150	17	6	0	25	930	37	2	3	13
BBQ Bacon Cheeseburger	139	410	180	20	7	0	35	730	43	1	7	15
BBQ Lover's™	131	410	180	20	7	0	40	830	41	1	6	16
Buffalo State of Mind™	130	360	140	16	6	0	30	940	39	1	2	15
Cheese	125	350	150	17	7	0	30	730	36	1	1	14
Cherry Pepper Bombshell™	131	360	150	17	6	0	25	750	38	2	3	14
Cock-A-Doodle Bacon™	135	380	170	19	7	0	35	730	35	1	1	17
Garden Party™	145	330	130	15	5	0	20	630	38	2	3	13
Giddy-Up BBQ Chicken™	131	380	150	17	6	0	35	710	42	1	6	16
Hot and Twisted™	132	350	150	16	6	0	25	1010	36	2	2	13
Meat Lover's®	150	460	240	27	9	0.5	50	1090	36	1	1	18
Old Fashioned Meatbrawl™	139	370	160	18	6	0	30	720	37	2	2	14
Pepperoni	123	370	170	19	7	0	35	870	35	1	1	14
Pepperoni Lover's®	142	440	220	25	10	0.5	50	1110	36	1	1	18
Pretzel Piggy™	130	360	170	19	6	0	25	810	36	1	2	13
Supreme	146	390	180	20	7	0	35	840	37	2	2	15
Sweet Sriracha Dynamite	141	350	130	14	5	0	30	920	42	1	5	14
Ultimate Cheese Lover's®	125	380	180	20	8	0	35	720	35	1	1	15
Veggie Lover's®	142	320	130	14	5	0	20	670	37	2	2	12
14" Large Original Stuffed Crust™ Pizza	1 slice	(1 slice = 1/8 pizza)										
7-Alarm Fire™	136	320	130	14	7	0	40	950	36	2	3	14
BBQ Bacon Cheeseburger	136	380	150	17	8	0.5	45	760	42	2	7	15
BBQ Lover's™	128	380	160	17	8	0	50	860	40	1	6	16
Buffalo State of Mind™	127	330	110	12	6	0	40	970	38	2	2	15
Cheese	119	310	120	13	7	0	35	730	35	2	2	14
Cherry Pepper Bombshell™	128	330	120	14	7	0	40	780	37	2	3	15
Cock-A-Doodle Bacon™	132	350	140	16	7	0	45	750	34	2	1	17
Garden Party™	142	300	100	12	6	0	30	660	37	2	4	13
Giddy-Up BBQ Chicken™	128	350	120	14	7	0	45	740	41	2	6	16
Hot and Twisted™	129	310	120	13	6	0	35	1030	35	2	2	14
Meat Lover's®	147	430	220	24	10	0.5	60	1120	35	2	2	19
Old Fashioned Meatbrawl™	136	340	130	15	7	0	40	750	36	2	2	15
Pepperoni	120	340	140	16	8	0	45	870	34	2	2	14
Pepperoni Lover's®	134	390	190	21	10	0.5	55	1070	35	2	2	17
Pretzel Piggy™	127	330	140	15	7	0	35	830	35	2	2	14
Supreme	143	360	160	18	8	0.5	45	870	36	2	2	15
Sweet Sriracha Dynamite	137	320	100	11	6	0	40	940	41	2	6	15
Ultimate Cheese Lover's®	117	340	140	16	8	0	40	720	34	1	1	15
Veggie Lover's®	140	300	110	12	6	0	30	700	36	2	2	13
14" Large Hand Tossed Pizza	1 slice	(1 slice = 1/8 pizza)										
7-Alarm Fire™	125	290	100	11	5	0	25	850	35	2	3	12
BBQ Bacon Cheeseburger	125	340	130	14	6	0	35	640	40	2	7	14
BBQ Lover's™	117	340	130	15	6	0	40	740	39	1	6	15
Buffalo State of Mind™	116	290	90	9	4.5	0	30	850	37	2	2	14
Cheese	110	290	100	11	6	0	30	640	34	2	1	13
Cherry Pepper Bombshell™	117	290	100	11	5	0	25	650	35	2	3	13
Cock-A-Doodle Bacon™	122	310	120	13	6	0	35	640	33	2	1	15
Garden Party™	132	270	80	9	4	0	20	540	36	2	3	11
Giddy-Up BBQ Chicken™	117	310	100	11	5	0	35	630	39	2	6	15
Hot and Twisted™	118	280	90	10	5	0	25	930	34	2	2	12
Meat Lover's®	136	390	190	21	9	0	50	1010	34	2	1	17
Old Fashioned Meatbrawl™	124	300	110	12	6	0	30	620	35	2	2	13
Pepperoni	108	300	120	13	6	0	30	750	33	2	1	13
Pepperoni Lover's®	125	370	170	19	9	0.5	50	990	34	2	1	16
Pretzel Piggy™	116	300	120	13	5	0	25	720	34	2	2	12
Supreme	133	330	130	15	6	0	35	750	34	2	2	14
Sweet Sriracha Dynamite	127	280	70	8	4	0	30	840	40	2	6	13
Ultimate Cheese Lover's®	109	310	120	14	7	0	35	630	33	1	1	14
Veggie Lover's®	131	260	80	9	4	0	20	590	35	2	2	11
14" Large Thin 'N Crispy® Pizza	1 slice	(1 slice = 1/8 pizza)										



Pizza Hut® Nutritional Guide

	Serving Size (g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
7-Alarm Fire™	108	270	100	12	5	0	25	1060	30	2	7	11
BBQ Bacon Cheeseburger	103	320	130	15	7	0	35	800	35	1	10	13
BBQ Lover's™	92	330	140	15	7	0	40	890	33	1	9	14
Buffalo State of Mind™	93	270	90	10	4.5	0	30	1000	32	1	6	12
Cheese	89	260	100	11	6	0	30	790	29	1	5	12
Cherry Pepper Bombshell™	96	270	100	11	5	0	25	820	31	1	7	12
Cock-A-Doodle Bacon™	102	300	130	15	6	0	35	810	28	1	5	14
Garden Party™	115	250	80	9	4	0	20	700	31	2	7	10
Giddy-Up BBQ Chicken™	94	300	110	12	5	0	35	780	34	1	10	14
Hot and Twisted™	99	260	100	11	4.5	0	25	1120	30	2	6	11
Meat Lover's®	113	370	190	22	9	0	50	1180	28	1	5	16
Old Fashioned Meatbrawl™	106	280	110	12	6	0	30	790	30	2	6	12
Pepperoni	87	280	120	14	6	0	35	940	28	1	5	12
Pepperoni Lover's®	104	350	170	19	9	0.5	50	1180	29	1	5	15
Pretzel Piggy™	97	290	130	14	6	0	25	890	28	1	5	11
Supreme	113	300	130	15	6	0	35	910	30	2	6	13
Sweet Sriracha Dynamite	106	260	80	9	4	0	30	1010	35	1	10	12
Ultimate Cheese Lover's®	88	290	130	15	7	0	35	780	28	1	5	13
Veggie Lover's®	114	240	80	9	4	0	20	760	30	2	6	10
14" Large Skinny Slice Pizza	1 slice	(1 slice = 1/8 pizza)										
Skinny Beach™	97	200	50	6	3	0	20	440	27	2	2	10
Skinny Club™	101	230	80	9	4	0	25	540	25	1	1	12
Skinny Italy	111	220	70	8	3.5	0	20	460	28	2	3	9
Skinny Luau™	102	210	50	6	3	0	20	530	27	2	3	11
Skinny With a Kick™	104	230	80	9	4	0	20	680	28	2	3	9
10" Gluten-Free Pizza	1 slice	(1 slice = 1/6 pizza)										
Cheese	55	150	50	6	3	0	15	400	19	1	3	6
Pepperoni	54	170	70	8	3	0	20	490	19	1	3	6
Rectangular/Dinner Box Pizza	1 slice	(1 slice = 1/8 pizza)										
7-Alarm Fire™	99	250	100	11	4	0	20	670	30	2	2	9
BBQ Bacon Cheeseburger	97	290	110	13	5	0	25	530	33	2	4	11
BBQ Lover's™	91	290	120	13	5	0	25	590	32	1	4	11
Buffalo State of Mind™	91	250	90	10	4	0	20	660	31	2	1	11
Cheese	88	250	90	10	4.5	0	20	530	29	2	1	10
Cherry Pepper Bombshell™	95	250	90	10	4	0	20	540	30	2	2	10
Cock-A-Doodle Bacon™	141	360	90	10	4	0	25	730	53	3	1	16
Garden Party™	105	240	80	9	3.5	0	15	480	30	2	2	9
Giddy-Up BBQ Chicken™	92	270	100	11	4	0	25	520	32	1	4	11
Hot and Twisted™	93	240	90	10	3.5	0	15	740	29	2	1	9
Meat Lover's®	104	320	150	17	6	0	35	770	28	2	1	13
Old Fashioned Meatbrawl™	98	260	100	11	4.5	0	20	530	29	2	1	10
Pepperoni	86	260	100	12	4.5	0	25	610	28	2	1	10
Pepperoni Lover's®	98	300	140	15	6	0	35	760	29	2	1	12
Pretzel Piggy™	94	260	110	12	4	0	20	620	29	1	1	9
Supreme	101	270	110	13	5	0	25	600	29	2	1	10
Sweet Sriracha Dynamite	99	250	80	9	3.5	0	20	670	33	2	4	10
Ultimate Cheese Lover's®	89	270	110	13	5	0	25	540	28	1	1	11
Veggie Lover's®	101	230	80	9	3	0	15	490	29	2	1	9
Tuscani® Pasta	1/2 of a rectangle pan											
Creamy Chicken Alfredo	281	510	240	26	7	0	40	900	47	3	3	22
Meaty Marinara	272	450	170	19	8	1	45	1000	48	3	9	21
Appetizers/Sides												
Baked Hot Wings (2 pieces)	44	100	60	7	2	0	55	420	0	0	0	10
Baked Mild Wings (2 pieces)	44	110	70	7	2	0	55	430	1	0	0	10
Baked Boneless Wings (2 pieces)	57	100	25	3	0.5	0	15	450	10	0	0	9
Breadsticks (each)	43	130	40	4.5	1	0	0	260	19	1	1	4
Cheese Sticks (each)	54	160	60	6	2.5	0	10	370	20	1	1	7
Fiery Red Pepper Flavor Sticks (each)	42	140	40	4.5	1	0	0	220	20	1	1	4
Honey Sriracha Flavor Sticks (each)	42	120	25	3	0.5	0	0	240	20	1	2	4
Hut Favorite Flavor Sticks (each)	42	130	35	4	1	0	0	230	20	1	1	4
Toasted Asiago Flavor Sticks (each)	45	140	40	4.5	1.5	0	5	250	19	1	1	5
Toasted Cheddar Flavor Sticks (each)	44	140	40	4	1.5	0	5	220	19	1	1	5
Toasted Parmesan Flavor Sticks (each)	44	140	35	4	1	0	5	250	19	1	1	5
Waffle Fries (side order)	198	660	360	41	8	0	10	440	66	7	0	8
Condiments/Dipping Sauces												
Ranch Dipping Sauce (1.5 oz)	43	220	210	23	3.5	0	10	420	2	0	1	0
Blue Cheese Dipping Sauce (1.5 oz)	43	230	210	24	4.5	0	20	420	2	0	2	1
Marinara Dipping Sauce (3 oz)	85	45	0	0	0	0	0	290	9	2	6	1
Buffalo Wing Sauce for Baked Boneless Wings (3 oz)	85	20	10	1	0	0	0	2210	2	1	0	1
BBQ Wing Sauce for Baked Boneless Wings (3 oz)	85	170	5	0	0	0	0	870	40	1	29	1
Desserts												



Pizza Hut® Nutritional Guide

	Serving Size (g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Cinnamon Sticks (2 pieces)	47	160	40	4.5	0.5	0	0	200	26	1	8	4
White Icing Dipping Sauce (2 oz)	57	170	0	0	0	0	0	5	44	0	38	0
HERSHEY'S® Chocolate Dunkers® (2 pieces)	51	190	70	8	3	0	0	210	26	1	9	5
HERSHEY'S® Chocolate Dipping Sauce (1.5 oz)	43	120	20	2	1	0	0	65	25	1	19	1
The Ultimate HERSHEY'S® Chocolate Chip Cookie (1 piece)	41	180	80	9	4.5	0	10	110	24	2	16	2
WingStreet® Bone-Out Wings	2 pieces											
Buffalo Burnin' Hot	73	200	80	9	2	0	25	860	18	1	2	10
Buffalo Medium	73	200	90	9	2	0	25	840	18	1	2	10
Buffalo Mild	73	200	80	9	2	0	25	870	18	1	2	10
Garlic Parmesan	71	260	180	20	3.5	0	25	560	11	1	1	10
Honey BBQ	82	230	80	9	1.5	0	25	570	27	1	12	10
Honey Sriracha	71	190	80	9	1.5	0	25	620	18	1	4	10
Naked	54	160	80	9	1.5	0	25	340	11	1	0	10
Spicy BBQ	81	210	80	9	1.5	0	25	640	23	1	9	10
Sweet Chili	80	220	80	9	1.5	0	25	540	24	1	13	10
WingStreet® Breaded Bone-In Wings*	2 pieces											
Buffalo Burnin' Hot	74	220	110	12	2.5	0	40	820	19	1	2	9
Buffalo Medium	75	220	110	12	2.5	0	40	800	19	1	2	9
Buffalo Mild	75	220	110	12	2.5	0	40	840	19	1	2	9
Garlic Parmesan	72	290	200	23	4.5	0	40	530	12	1	0	9
Honey BBQ	83	250	110	12	2.5	0	40	540	28	1	12	9
Honey Sriracha	72	200	90	10	2	0	35	590	20	1	4	9
Naked	55	180	100	12	2.5	0	40	300	11	1	0	9
Spicy BBQ	82	230	100	12	2.5	0	40	600	24	1	9	9
Sweet Chili	82	240	110	12	2.5	0	40	500	25	1	13	9
WingStreet® Traditional Wings*	2 pieces											
Buffalo Burnin' Hot	59	130	60	7	1.5	0	45	770	8	0	2	10
Buffalo Medium	59	130	60	7	1.5	0	45	760	8	0	2	10
Buffalo Mild	59	130	60	7	1.5	0	45	790	8	0	2	10
Garlic Parmesan	56	200	150	17	3.5	0	45	480	1	0	0	11
Honey BBQ	67	160	50	6	1.5	0	45	490	16	0	12	11
Honey Sriracha	56	120	50	6	1.5	0	45	530	7	0	4	10
Naked	39	90	50	6	1.5	0	45	250	0	0	0	10
Spicy BBQ	66	140	50	6	1.5	0	45	550	12	0	9	10
Sweet Chili	65	150	50	6	1.5	0	45	460	13	0	13	11
Beverages												
Mountain Dew®	8 fl oz	110	0	0	0	0	0	40	31	0	31	0
Mountain Dew®	20 fl oz	290	0	0	0	0	0	100	77	0	77	0
Pepsi®	8 fl oz	100	0	0	0	0	0	20	28	0	28	0
Pepsi®	20 fl oz	250	0	0	0	0	0	55	69	0	69	0
Diet Pepsi®	8 fl oz	0	0	0	0	0	0	25	0	0	0	0
Diet Pepsi®	20 fl oz	0	0	0	0	0	0	60	0	0	0	0
Sierra Mist®	8 fl oz	100	0	0	0	0	0	20	27	0	27	0
Sierra Mist®	20 fl oz	250	0	0	0	0	0	50	68	0	68	0

*Calculated with edible portion only (without bone).

This data reflects U.S. products and builds only.

Substitution of ingredient/standard topping combinations may alter nutritional values. Menu items and hours of availability may vary at participating locations. Although this data is based on standard portion product guidelines, variations can be expected due to seasonal influences, minor differences in product assembly per restaurant and other factors. Except for limited time offerings or test market items, menu products as of this printing are included in this brochure. Product data is based on current formulations as of date of publication. Nutritional data is based on standard portion product guidelines and formulations as of date of printing. If you have any questions about Pizza Hut and nutrition or are particularly sensitive to specific ingredients or goods, please contact Pizza Hut at 1.800.948.8488 or visit us on the web at www.pizzahut.com.

The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily.

Recommended limits may be higher or lower depending on daily calorie consumption.

For more information, go to www.choosemyplate.gov.

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Recommended limits for a 2,000 calorie a day diet are 20 g saturated fat and 2,300 mg sodium. A 2,000 calorie a day diet is used for the basis of general nutrition advice; however individual needs may vary.

Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carbohydrate(g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
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SANDWICHES

6" Low Fat Sandwiches with 6 Grams of Fat or Less Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers. Double values for approximate footlong nutrition values.

6" Black Forest Ham	219	290	40	4.5	1	0	25	800	46	5	8	18	8	20	30	15
6" Oven Roasted Chicken	233	320	45	5	1.5	0	45	610	45	5	7	23	8	30	30	15
6" Roast Beef	233	320	40	5	1.5	0	45	660	45	5	7	24	8	20	30	25
6" Subway Club®	240	310	40	4.5	1.5	0	40	800	46	5	7	23	8	20	30	20
6" Sweet Onion Chicken Teriyaki	269	370	40	4.5	1	0	50	770	57	5	16	25	10	25	35	20
6" Turkey Breast	219	280	30	3.5	1	0	20	670	46	5	7	18	8	20	30	15
6" Turkey Breast & Black Forest Ham	219	280	35	4	1	0	20	730	46	5	8	18	8	20	30	15
6" Veggie Delite®	162	230	20	2.5	0.5	0	0	280	44	5	6	8	8	20	30	15

6" Sandwiches Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.

6" Chicken & Bacon Ranch Melt	292	570	250	28	10	0.5	95	1040	47	5	8	35	15	25	50	20
6" Cold Cut Combo	226	360	110	12	4	0	45	1030	46	5	7	17	8	20	35	20
6" Italian B.M.T.®	226	410	150	16	6	0	45	1260	46	5	8	20	8	20	30	15
6" Meatball Marinara	301	480	160	18	7	0.5	30	920	59	8	12	21	25	35	35	25
6" Spicy Italian	222	480	220	24	9	0.5	50	1490	46	5	8	20	8	20	30	20
6" Steak & Cheese	245	380	90	10	4.5	0	50	1030	48	5	9	26	10	20	40	20
6" Tuna	237	480	230	25	4.5	0	40	580	44	5	7	20	8	20	30	20

Kids Meal Sandwiches Values include 9-grain wheat bread, lettuce, tomatoes, onions, green

Veggie Delite®	108	150	15	1.5	0.0	0	0	190	29	3	4	6	6	15	20	10
Black Forest Ham	136	180	25	2.5	0.5	0	10	450	30	3	5	10	6	15	20	10
Roast Beef	146	200	25	3.0	1.0	0	25	390	30	4	5	14	6	15	20	10
Turkey Breast	136	180	20	2.0	0.5	0	10	380	30	3	5	10	6	15	20	10

6" Limited Time Offer/Regional Subs** Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and

6" Barbecue Rib Patty	163	430	160	18	6	0	50	590	47	5	8	19	8	20	30	20
6" Big Philly Cheesesteak	297	500	150	17	9	1	85	1280	51	6	9	38	15	20	50	25
6" B.L.T.	153	320	80	9	4	0	20	630	43	5	6	15	8	8	30	15
6" Buffalo Chicken (with regular Ranch dressing)	269	420	140	16	3	0	55	1100	46	6	8	25	10	25	35	20
6" Chicken Pizziola Melt	293	460	140	16	6	0	80	1140	49	6	9	32	15	30	45	20
6" Pastrami Melt, Big Hot	287	580	250	28	11	0	85	1470	47	5	8	29	10	45	40	25
6" Subway Melt®	240	370	100	11	5	0	45	1110	47	5	8	23	10	20	40	15
6" Subway Seafood Sensation™	233	420	170	19	3	0	20	690	51	5	8	13	10	20	35	15
6" Turkey & Bacon Avocado	264	390	110	12	3.5	0	30	840	49	7	7	22	10	200	30	20
6" Veggie Patty	247	390	70	7	1	0	10	800	56	8	8	23	15	20	35	15

SALADS

Chopped Salads with 6 g of fat or Less Values include lettuce, spinach, tomatoes, onions, green peppers, cucumbers and olives. Values do not include dressing unless noted.

Black Forest Ham	342	110	25	3.0	1	0	25	600	12	4	6	12	50	50	6	10
Double Chicken	427	220	40	4.5	1.5	0	100	490	10	4	4	36	50	60	8	15
Oven Roasted Chicken Breast	356	130	25	2.5	0.5	0	50	280	10	4	4	19	50	60	8	10
Roast Beef	356	140	30	3.5	1	0	45	460	11	4	5	19	50	50	6	20
Subway Club®	364	140	30	3.5	1	0	40	590	12	4	5	18	50	50	6	15
Sweet Onion Chicken Teriyaki (includes sweet onion dressing)	420	240	30	3.0	1	0	50	720	34	4	22	20	50	60	8	15
Turkey Breast	342	110	20	2.0	0.5	0	20	460	12	4	5	12	50	50	6	10
Turkey Breast & Ham	342	110	25	2.5	0.5	0	20	530	12	4	5	12	50	50	6	10
Veggie Delite®	286	50	10	1.0	0	0	0	80	9	4	4	3	50	50	6	8

Chopped Salads Values include lettuce, spinach, tomatoes, onions, green peppers, cucumbers and olives. Values do not include dressing unless noted.

Chicken & Bacon Ranch Melt (includes Ranch dressing)	437	510	340	38	12	1	100	1040	14	4	7	30	60	60	30	14
Cold Cut Combo	349	180	95	11	4	0	45	820	12	4	5	12	50	50	10	14
Italian B.M.T.®	349	230	135	15	6	0	45	1060	12	4	6	14	50	50	6	12
Meatball Marinara	424	310	150	17	7	1	30	720	25	6	10	16	60	70	10	18
Spicy Italian	345	310	205	23	9	1	50	1280	11	4	6	15	50	50	8	12
Steak & Cheese	368	210	75	8	4	0	50	830	14	4	6	20	50	50	15	16
Tuna	360	310	215	24	4	0	40	370	10	4	4	15	50	50	6	14

Salad Dressings (amount mixed into chopped salad)

Chipotle Southwest	43	190	180	20	3.5	0	15	330	2	0	1	1	2	2	0	0
Honey Mustard	43	60	5	1	0	0	0	240	13	0	11	0	0	2	0	0
Oil & Vinegar	43	190	190	21	1.5	0	0	0	0	0	0	0	0	0	0	0
Ranch	43	220	210	23	3.5	0	10	400	2	0	2	0	0	0	0	0
Subway® Vinaigrette	43	110	100	11	2	0	0	330	3	0	2	0	0	0	0	0
Sweet Onion	43	80	5	0	0	0	0	170	18	0	16	0	0	2	0	0

BREAKFAST & PIZZA

6" Omelet Sandwich (with Egg White) Values include 9-grain wheat bread, egg white and cheese.

Recommended limits for a 2,000 calorie a day diet are 20 g saturated fat and 2,300 mg sodium. A 2,000 calorie a day diet is used for the basis of general nutrition advice; however individual needs may vary.

	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carbohydrate(g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
6" Egg White & Cheese	174	320	70	8	3	0	10	910	44	4	5	19	4	0	60	15
6" Egg White & Cheese (with Ham)	203	350	80	9	3.5	0	25	1170	45	4	6	24	4	0	60	15
6" Bacon, Egg White & Cheese	184	370	100	11	4.5	0	20	1080	45	4	5	23	4	0	60	15
6" Mega Melt**	241	510	200	22	9	0	55	1600	46	4	6	32	6	0	60	20
6" Sausage, Egg White & Cheese**	231	460	170	19	8	0	45	1430	45	4	5	29	6	0	60	20
6" Steak, Egg White & Cheese	217	390	90	10	4	0	35	1240	47	4	6	28	4	0	60	20
6" Turkey, Egg White and Cheese**	203	350	70	8	3	0	20	1100	45	4	5	24	4	0	60	15
6" Omelet Sandwiches (with Regular Egg)	Values include 9-grain wheat bread, regular egg and cheese.															
6" Egg & Cheese	174	360	110	12	4.5	0	230	860	44	5	6	19	8	0	40	20
6" Egg & Cheese (with Ham)	203	390	120	13	5	0	240	1120	45	5	7	24	8	0	40	20
6" Bacon, Egg & Cheese	184	410	140	16	6	0	240	1030	45	5	6	23	8	0	40	20
6" Mega Melt**	240	550	240	26	11	0	275	1550	46	5	7	32	10	0	45	25
6" Sausage, Egg & Cheese**	231	500	210	23	9	0	265	1380	45	5	7	29	10	0	45	20
6" Steak, Egg & Cheese	217	430	130	15	6	0	255	1190	47	5	7	28	8	0	40	20
6" Turkey, Egg & Cheese**	203	390	110	13	4.5	0	240	1050	45	5	6	24	8	0	40	20
Omelet on 6" Flatbread (with Egg White)	Values include 6" flatbread, egg white and cheese.															
Egg White & Cheese on 6" Flatbread	183	330	90	10	3.5	0	10	970	42	2	2	19	4	0	60	15
Egg White & Cheese (with ham) on 6" Flatbread	211	360	100	11	3.5	0	25	1230	43	2	3	23	4	0	60	15
Bacon, Egg White & Cheese on 6" Flatbread	192	380	120	13	5.0	0	20	1140	43	2	2	22	4	0	60	15
Mega Melt** on 6" Flatbread	249	520	220	24	9.5	0	55	1660	44	2	3	32	6	0	60	20
Sausage, Egg White & Cheese** on 6" Flatbread	240	470	190	21	7.5	0	45	1490	43	2	2	28	6	0	60	20
Steak, Egg White & Cheese on 6" Flatbread	225	400	110	12	4.5	0	35	1300	45	2	3	28	4	0	60	20
Turkey, Egg White & Cheese on 6" Flatbread**	211	360	90	11	3.5	0	20	1160	43	2	2	23	4	0	60	15
Omelet on 6" Flatbread (with Regular Egg)	Values include 6" flatbread, regular egg and cheese.															
Egg & Cheese on 6" Flatbread	183	370	130	14	5	0	230	920	42	3	3	19	8	0	40	20
Egg & Cheese (with ham) on 6" Flatbread	211	400	140	15	5	0	242	1190	43	3	4	23	8	0	40	20
Bacon, Egg & Cheese on 6" Flatbread	192	420	160	18	7	0	240	1100	42	3	4	22	8	0	40	20
Mega Melt** on 6" Flatbread	249	560	260	29	11	0	273	1610	43	3	4	32	10	0	45	25
Sausage, Egg & Cheese** on 6" Flatbread	240	510	230	25	9	0	263	1440	43	3	4	28	10	0	45	20
Steak, Egg & Cheese on 6" Flatbread	225	440	150	17	6	0	253	1250	44	3	5	28	8	0	45	25
Turkey, Egg & Cheese on 6" Flatbread**	211	400	140	15	5	0	240	1120	43	3	4	23	8	0	45	20
Breakfast Sandwiches on Footlong Bread (with Regular Egg)																
Footlong Egg & Cheese	349	730	220	24	9	0	460	1720	88	10	12	39	15	0	80	35
Footlong Egg & Cheese (with ham)	405	780	240	26	10	0	485	2240	91	10	14	48	15	0	80	35
Footlong Bacon & Cheese	367	820	280	31	12	0.5	480	2070	89	10	13	45	15	0	80	35
Footlong Mega Melt**	481	1100	480	53	21	0.5	545	3100	91	10	14	65	20	0	90	45
Footlong Sausage & Cheese**	462	1000	410	46	18	0	525	2750	90	10	13	58	20	0	90	45
Footlong Steak & Cheese	434	860	260	29	11	1	505	2380	93	10	15	57	15	2	80	45
Footlong Turkey, Egg & Cheese**		780	230	25	9	0.5	480	2110	91	10	13	48	15	0	80	40
Breakfast Sandwiches on Footlong Flatbread (with Regular Egg)																
Footlong Egg & Cheese on Flatbread	366	740	260	29	10	0.0	460	1850	84	5	7	37	15	0	80	35
Footlong Egg & Cheese (with ham) on Flatbread	422	800	280	31	10	0.0	485	2370	86	5	8	46	15	0	80	35
Footlong Bacon & Cheese on Flatbread	384	840	320	36	13	0.5	480	2200	85	5	7	44	15	0	80	40
Footlong Mega Melt** on Flatbread	498	1120	520	57	22	0.5	545	3230	87	6	8	64	20	0	90	45
Footlong Sausage & Cheese** on Flatbread	479	1020	450	50	18	0.0	525	2880	86	6	8	57	20	0	90	45
Footlong Steak & Cheese on Flatbread	451	880	300	34	12	1.0	505	2510	89	6	9	55	15	2	90	45
Footlong Turkey, Egg & Cheese** on Flatbread	422	800	270	30	10	0.5	480	2230	86	5	7	46	15	0	90	40
Breakfast Sides																
Hash Browns**	102	210	90	10	2.5	0	0	610	28	3	0	2	0	0	0	3
Flatizza**																
Cheese	157	390	140	16	8	0	35	810	42	2	3	21	10	2	60	15
Pepperoni	181	500	230	26	12	0	60	1340	43	2	4	26	10	4	70	15
Spicy Italian	181	490	220	25	11	0	60	1290	43	2	4	25	10	4	70	15
Veggie	191	410	150	17	8	0	35	850	44	3	4	21	10	25	70	15
8" Pizza**																
Cheese	293	680	200	22	9	0	40	1070	96	4	7	32	25	4	45	30
Cheese & Veggies	381	740	230	25	11	0	50	1270	100	5	9	36	35	30	60	30
Pepperoni	323	790	290	32	13	0	60	1350	96	4	8	38	30	4	60	30
Sausage	336	820	310	34	14	0	70	1420	97	4	8	39	30	4	60	30
BREADS & CONDIMENTS																
Breads																
6" Italian (White) Bread	71	200	20	2	0.5	0	0	270	38	1	5	7	0	0	30	15
6" 9-Grain Wheat Bread	78	210	20	2	0.5	0	0	270	40	4	5	8	0	0	30	15
6" Parmesan Oregano Bread	75	220	25	2.5	1.0	0	0	420	40	2	5	8	0	0	35	15
6" Honey Oat 9-Grain Wheat Bread	82	230	20	3	0.5	0	0	280	43	4	6	8	0	0	30	15
6" Hearty Italian Bread**	75	210	20	2.5	0.5	0	0	270	41	2	5	7	0	0	30	15
6" Monterey Cheddar**	82	240	50	6.0	2.5	0	10	340	38	2	5	10	2	0	40	15

Recommended limits for a 2,000 calorie a day diet are 20 g saturated fat and 2,300 mg sodium. A 2,000 calorie a day diet is used for the basis of general nutrition advice; however individual needs may vary.

	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carbohydrate(g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
6" Italian Herbs & Cheese	82	250	45	5	2.5	0	10	470	40	2	5	9	2	0	40	15
6" Roasted Garlic**	82	230	25	2.5	0.5	0	0	1240	45	2	7	8	4	45	35	15
6" Sourdough**	78	190	15	1.5	0.0	0	0	310	36	1	3	9	0	0	0	15
6" Flatbread, Multigrain**	86	220	45	5.0	1.0	0	0	280	37	6	3	8	0	0	25	10
6" Flatbread, White	87	220	40	4.5	1.0	0	0	340	38	2	2	7	0	0	30	15
Mini Italian Bread	47	130	10	1.5	0	0	0	180	25	1	3	5	0	0	20	8
Mini Wheat Bread	52	140	10	1.5	0	0	0	180	27	3	3	5	0	0	20	8
Wrap**	103	310	70	8	2.5	0	0	610	51	1	0	8	0	0	6	15
Sandwich Condiments (amount on 6-inch sandwich)																
Bacon (2 strips)	9	45	30	3.5	1.5	0	10	190	0	0	0	3	0	0	0	0
Buffalo Sauce	14	5	0	0	0	0	0	400	<1	0	0	0	4	0	0	2
Chipotle Southwest Sauce	21	100	90	10	1.5	0	5	160	1	0	<1	0	0	0	0	0
Guacamole	35	70	55	6	1	0	0	100	3	2	1	1	0	4	0	0
Honey Mustard Sauce, Fat Free	21	30	0	0	0	0	0	120	7	0	6	0	0	0	0	0
Light Mayonnaise (1 T)	15	50	45	5	1.0	0	5	100	<1	0	0	0	0	0	0	0
Mayonnaise (1 T)	15	110	110	12	2.0	0	10	70	0	0	0	0	0	0	0	0
Mustard yellow or deli brown (2 tsp.)	10	5	5	0	0	0	0	110	<1	0	0	0	0	0	1	0
Olive Oil Blend (1 tsp.)	5	45	45	5	0	0	0	0	0	0	0	0	0	0	0	0
Pepperoni, 3 slices	18	80	65	7	2.5	0	15	400	1	0	<1	4	0	0	0	0
Ranch Dressing	21	110	105	11	1.5	0	5	200	1	0	1	0	0	0	0	0
Sweet Onion Sauce, Fat Free	21	40	0	0	0	0	0	85	9	0	8	0	0	0	0	0
Subway® Vinaigrette	21	55	50	5	1.0	0	0	170	2	0	1	0	0	0	0	0
Vinegar (1 tsp.)	8	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Vegetables (amount on 6-inch sandwich)																
Avocado**	35	60	50	5	1	0	0	<5	3	2	0	1	0	180	4	2
Banana Peppers (3 rings)	4	<5	0	0	0	0	0	60	0	0	0	0	0	6	0	0
Cucumbers (3 slices)	17	<5	0	0	0	0	0	0	<1	0	0	0	0	0	0	0
Green Peppers (3 strips)	7	0	0	0	0	0	0	0	0	0	0	0	0	10	0	0
Jalapeno Peppers (3 rings)	4	<5	0	0	0	0	0	70	0	0	0	0	0	4	0	0
Lettuce	21	<5	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Onions	7	<5	0	0	0	0	0	0	1	0	0	0	0	0	0	0
Pickles (3 chips)	9	0	0	0	0	0	0	115	0	0	0	0	0	0	0	0
Olives (3 rings)	3	<5	0	0	0	0	0	25	0	0	0	0	0	0	0	0
Spinach**	7	2	0	0	0	0	0	15	0	0	0	0	15	3	1	4
Tomatoes (3 wheels)	34	5	0	0	0	0	0	0	2	0	0	0	4	10	0	0
Cheese (amount on 6-inch sandwich)																
American, Processed	11	40	30	3.5	2	0	10	200	1	0	0	2	2	0	8	0
Monterey Cheddar, Shredded	14	50	40	4.5	3	0	15	90	0	0	0	3	4	0	10	0
Mozzarella, Shredded**	14	40	25	3	2	0	10	100	0	0	0	3	2	0	8	0
Natural Cheddar**	15	60	45	5	3	0	15	100	0	0	0	4	4	0	8	0
Pepperjack**	14	50	35	4	2.5	0	15	140	0	0	0	3	4	4	10	0
Provolone	14	50	35	4	2	0	10	125	0	0	0	4	2	0	10	0
Swiss**	14	50	40	4.5	2.5	0	15	30	0	0	0	4	2	0	15	0
Individual Meats (amount on 6" sub or salad)																
Chicken Patty, Roasted	71	90	20	2.5	0.5	0	45	330	2	0	1	15	0	10	0	0
Chicken Strips, Plain	71	80	15	1.5	0.5	0	50	210	0	0	0	16	0	4	2	2
Chicken Strips, Buffalo Chicken	85	90	15	2.0	0.5	0	50	620	1	0	0	16	4	4	2	4
Chicken Strips, Teriyaki Glazed	85	100	15	2	0.5	0	50	400	5	0	2	16	2	8	2	2
Cold Cut Combo Meats	64	130	90	10	3	0	45	750	2	0	1	9	0	2	4	6
Egg Patty (regular)	85	110	60	7	2	0	220	380	3	1	1	9	4	0	6	4
Egg White Patty	85	70	20	2	0.5	0	0	430	3	0	0	9	0	0	20	2
Ham	57	60	15	2	0.5	0	25	520	2	0	2	9	0	0	0	0
Italian B.M.T.® Meats	64	180	130	14	5	0	45	990	2	0	2	11	0	0	0	2
Meatballs	139	260	140	16	6	0.5	30	640	16	3	6	13	15	15	6	8
Roast Beef	71	90	20	2.5	1	0	45	390	1	0	1	16	0	0	0	8
Sausage, Breakfast	57	140	100	11	4.5	0	35	520	1	0	1	10	2	0	0	4
Seafood Sensation**	71	190	150	17	2.5	0	20	420	7	0	1	5	2	0	6	2
Steak (no cheese)	71	110	35	4	1.5	0	40	550	4	0	2	15	0	2	0	8
Subway Club® Meats	78	90	20	2.5	1	0	40	520	2	0	1	15	0	0	0	6
Tuna	74	250	210	23	4.0	0	40	300	0	0	0	12	0	0	0	6
Turkey Breast	57	50	10	1	0.5	0	20	390	2	0	1	9	0	0	0	2
Veggie Patty**	85	160	45	5	0.5	0	10	520	12	3	2	15	6	0	2	0
DESSERTS, SIDES & BEVERAGES																
Cookies & Desserts																
Chocolate Chip	45	200	90	10	5	0	15	130	30	1	18	2	4	0	0	10
Chocolate Chunk**	45	210	90	10	5	0	10	100	30	<1	17	2	0	0	0	8
Double Chocolate Chip**	45	210	80	9	5	0	15	130	30	1	20	2	6	0	2	10

Recommended limits for a 2,000 calorie a day diet are 20 g saturated fat and 2,300 mg sodium. A 2,000 calorie a day diet is used for the basis of general nutrition advice; however individual needs may vary.

	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carbohydrate(g)	Dietary Fiber (g)	Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
M & M®**	45	210	90	10	5	0	15	100	30	<1	18	2	0	0	2	8
Oatmeal Raisin	45	200	70	8	3.5	0	15	130	30	1	16	3	0	0	2	8
Peanut Butter**	45	220	110	12	5	0	10	130	26	1	16	4	4	0	2	10
Raspberry Cheesecake	45	200	80	9	4.5	0	10	120	29	0	16	2	6	0	2	4
Sugar**	45	230	110	12	6	0	15	130	28	<1	14	2	0	0	0	4
White Chip Macadamia Nut	45	220	100	11	5	0	15	130	28	<1	17	2	6	0	2	6
Gingerbread	45	190	60	7	3	0	15	110	31	<1	17	2	4	0	2	10
Apple Pie**	71	250	90	10	2	n/a	0	290	37	1	25	0	0	0	0	2
Apple Slices - 1 package	71	35	0	0	0	0	0	0	9	2	7	0	0	30	4	0
Chips																
Baked Lay's®	32	130	15	2	0	0	0	200	23	2	2	2	0	2	4	2
Baked Lay's®** Sour Cream & Onion	32	140	30	3.5	0.5	0	0	240	24	2	3	3	0	4	4	2
Doritos Nacho	50	250	120	13	2.5	0	<5	310	30	2	2	4	0	0	8	2
Lays® Classic	43	230	140	15	1.5	0	0	270	23	2	0	3	0	15	0	2
Sunchips Harvest Cheddar	43	210	80	9	1.5	0	0	240	29	3	3	4	0	0	2	2
Chips, 1 bag	25-57	130-340	0-220	0-22	0-4.5	0	0-35	150-940	13-36	0-3	0-9	0-7	0-20	0-20	0-15	0-10
Beverages*** (OZ)																
Bottled Juice/Drink	15	0-300	0	0	0	0	0	40-160	54-68	0	48-64	0	0	0-200	0	0
Fountain Drink/Sweetened Tea, Regular - 16 oz, no ice	16	120-240	0	0	0	0	0	0-110	34-66	0	34-66	0	0	0-210	0	0
Fountain Drink, Diet/Unsweetered Tea - 16 oz, no ice	16	0-10	0	0	0	0	0	0-60	0	0	0	0	0	0	0	0
Fountain Drink/Sweetened Tea, Regular - 21 oz, no ice	21	160-320	0	0	0	0	0	0-140	45-87	0	45-87	0	0	0-270	0	0
Fountain Drink, Diet/Unsweetered Tea - 21 oz, no ice	21	0-15	0	0	0	0	0	0-80	0	0	0	0	0	0	0	0
Fountain Drink/Sweetened Tea, Regular - 30 oz, no ice	30	230-460	0	0	0	0	0	0-200	65-120	0	65-120	0	0	0-380	0	0
Fountain Drink, Diet/Unsweetered Tea - 30 oz, no ice	30	0-25	0	0	0	0	0	0-60	0	0	0	0	0	0	0	0
Fountain Drink/Sweetened Tea, Regular - 40 oz, no ice	40	0-620	0	0	0	0	0	0-260	90-160	0	90-160	0	0	0-500	0	0
Fountain Drink, Diet/Unsweetered Tea - 40 oz, no ice	40	0-30	0	0	0	0	0	0-100	0	0	0	0	0	0	0	0
Coca Cola®, no ice	21	260	0	0	0	0	0	15	71	0	71	0	0	0	0	0
Diet Coke®, no ice	21	0	0	0	0	0	0	25	0	0	0	0	0	0	0	0
FUZE Brewed Black Tea Lemon Sweet, no ice	21	170	0	0	0	0	0	0	43	0	43	0	0	15	0	0
FUZE Brewed Green Tea Sweet, no ice	21	140	0	0	0	0	0	0	37	0	36	0	0	15	0	0
FUZE Brewed Raspberry Tea Sweet, no ice	21	150	0	0	0	0	0	0	58	0	58	0	0	15	0	0
FUZE Brewed Sweet Tea, no ice	21	170	0	0	0	0	0	0	44	0	44	0	0	15	0	0
FUZE Brewed Tea Unsweetened, no ice	21	0	0	0	0	0	0	0	1	0	0	0	0	15	0	0
Minute Maid® Light Lemonade, no ice	21	15	0	0	0	0	0	15	3	0	3	0	0	0	0	0
Sprite®, no ice	21	260	0	0	0	0	0	60	68	0	68	0	0	0	0	0
Juice Box	6	100	0	0	0	0	0	15	24	0	21	0	0	100	10	2
Milk, Low Fat***	8	100	20	2.5	1.5	0	10	120	12	0	12	8	10	4	30	0
Milk, Chocolate Flavored Reduced Fat***	8	200	45	5	3.5	0	25	200	32	<1	29	10	10	4	30	2
Soup** (8 oz bowl) (OZ)																
Beef Chili	255	350	220	24	10	1.5	80	730	17	4	7	15	40	4	8	15
Black Bean Soup	255	210	0	0	0	0	0	840	37	15	6	12	25	20	10	15
Chicken & Dumpling	255	150	40	4.5	2	0	35	740	20	3	3	8	20	10	4	6
Chicken Noodle	255	110	30	3	1.5	0	30	720	14	1	2	8	15	10	2	4
Clam Chowder	255	200	100	11	7	0.5	30	850	20	2	3	5	0	4	4	4
Creamy Broccoli & Cheese	255	170	70	9	5	0	25	630	18	1	4	5	25	30	15	2
Creamy Chicken and Wild Rice	255	180	90	10	4	0.5	35	820	16	2	4	6	20	4	8	2
Green Chili and Tomato	255	90	20	2	0.5	0	<5	680	14	3	5	2	8	25	4	6
Loaded Baked Potato	255	210	120	13	7	0	35	800	15	1	4	5	6	25	6	2
Minestrone	255	90	10	1	0.5	0	<5	740	17	5	4	4	40	4	6	6
Poblano Corn Chowder	255	150	60	7	4	0.5	20	560	18	2	7	5	4	4	10	4
Thai Coconut	255	210	130	13	3	0	25	680	17	1	7	5	20	35	2	2
Tomato Basil	255	140	60	7	4	0	25	750	15	2	8	5	25	40	15	6
Vegetable Beef	255	90	15	2	0.5	0	5	730	15	3	3	4	70	4	4	4

A Registered Dietitian compiled this nutrition information from the following data: Nutrition analysis from Subway® approved food manufacturers, independent laboratories and the USDA Nutrient Database for Standard Reference. The nutrition information listed here is based on standard recipes and product formulations, however slight variations may occur due to season of the year, use of an alternate supplier, region of the country and/or small differences in product assembly.

**At participating locations. Nutrition information for these items are based on the most common formulas and ingredients.

***Nutrition information for fountain beverages do not include ice and is based on full cup size. Due to large variety of possible fountain beverage offerings nutrition ranges are provided in this brochure. Sodium values represent the amount of sodium from ingredients only and do not include the contribution from the water where beverages are dispensed. Nutrition information for milk in California is different. Check milk container for exact nutrition information.



Full Nutrition Information

Last Updated: 05/26/2015

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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Breakfast

A.M. Crunchwrap - Bacon	660	370	41	12	0	130	1,280	51	4	3	22
A.M. Crunchwrap - California	630	330	37	11	0	125	1,370	52	5	3	22
A.M. Crunchwrap - Country	660	360	40	13	0	130	1,260	54	4	5	21
A.M. Crunchwrap - Sausage	710	420	46	14	0	135	1,150	51	4	3	21
A.M. Crunchwrap - Steak	650	340	38	11	0.5	140	1,230	51	4	3	26
A.M. Grilled Taco - Bacon	230	130	14	5	0	105	580	15	1	1	12
A.M. Grilled Taco - Egg & Cheese	170	80	9	3	0	90	330	15	1	<1	7
A.M. Grilled Taco - Sausage	220	130	14	5	0	100	390	15	1	1	9
Biscuit Taco - Bacon, Egg & Cheese	380	200	23	9	0	115	860	29	<1	7	15
Biscuit Taco - Egg & Cheese	310	160	17	7	0	100	600	29	<1	7	10
Biscuit Taco - Sausage & Cheese	370	210	23	10	0	35	640	29	1	7	11
Biscuit Taco - Sausage, Egg & Cheese	430	250	28	11	0	120	740	30	1	7	14
Cheesy Burrito - Bacon	490	250	28	11	0	210	1,070	36	3	3	23
Cheesy Burrito - Bacon - Fresco Style	380	170	19	6	0	185	930	36	2	3	16
Cheesy Burrito - Fiesta Potato	530	250	28	10	0	195	1,090	50	4	3	20
Cheesy Burrito - Fiesta Potato - Fresco Style	430	170	19	4.5	0	170	950	50	4	3	14
Cheesy Burrito - Sausage	530	300	33	13	0	215	950	37	3	3	22
Cheesy Burrito - Sausage - Fresco Style	430	220	25	8	0	190	810	36	2	3	16
Cheesy Burrito - Steak & Egg	480	220	24	10	0.5	220	1,030	37	3	2	27
Cheesy Burrito - Steak & Egg - Fresco Style	370	140	16	5	0	195	890	36	3	3	21
Cinnabon® Delights™ (12 Pack)	930	480	53	13	2	40	480	104	3	59	9
Cinnabon® Delights™ (2 Pack)	160	80	9	2	0	5	80	17	0	10	2
Cinnabon® Delights™ (4 Pack)	310	160	18	4.5	0.5	15	160	35	<1	20	3
Grande Scrambler Burrito - Bacon	680	320	36	9	0	195	1,570	68	5	5	22
Grande Scrambler Burrito - Sausage	730	370	41	11	0	205	1,450	68	5	5	21
Grande Scrambler Burrito - Steak	670	300	33	8	0	205	1,530	68	5	4	26
Grilled Breakfast Burrito - Bacon	350	150	17	5	0	100	910	37	2	3	13
Grilled Breakfast Burrito - Country	450	210	23	7	0	105	950	46	3	5	14
Grilled Breakfast Burrito - Fiesta Potato	340	130	14	3.5	0	85	810	44	3	3	10
Grilled Breakfast Burrito - Sausage	400	200	22	7	0	105	790	37	2	3	13
Hashbrown	160	100	11	1	0	0	250	14	<1	0	1
Nestle® Coffee-Mate™ Original Creamer	30	15	1.5	0	0	0	0	3	0	3	0
Rainforest Coffee	10	0	0	0	0	0	0	0	0	0	2
Sausage Flatbread Melt	300	150	17	6	0	25	410	27	2	3	11
Tropicana® Orange Juice	140	0	0	0	0	0	20	32	0	28	2

Breakfast - Limited Time Offer

Cinnabon® Delights™ Coffee - Hot	160	10	1	1	0	<5	40	34	0	32	3
Cinnabon® Delights™ Coffee - Iced	160	10	1	1	0	<5	40	34	0	32	2

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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Burritos

7-Layer Burrito	430	150	16	6	0	15	1,020	57	7	4	15
Bean Burrito	370	100	11	4	0	5	1,050	55	8	3	15
Beefy 5-Layer Burrito	510	180	20	8	0	30	1,280	64	8	5	19
Beefy Fritos® Burrito	440	160	18	4.5	0	20	1,030	55	4	3	13
Beefy Nacho Loaded Griller	380	150	17	4	0	20	840	46	5	3	12
Black Bean Burrito	380	100	11	4	0	10	1,030	57	8	3	14
Burrito Supreme® - Beef	410	140	16	7	0	30	1,130	51	7	4	17
Burrito Supreme® - Chicken	390	110	12	5	0	40	1,090	50	6	4	21
Burrito Supreme® - Steak	400	120	13	5	0	35	1,090	49	6	4	21
Cheesy Bean & Rice Burrito	420	160	17	3.5	0	<5	930	55	6	4	11
Cheesy Potato Burrito	510	210	24	7	0.5	40	1,340	56	7	4	18
Chili Cheese Burrito (regional)	370	150	16	8	0.5	35	900	39	4	2	16
Chipotle Chicken Loaded Griller	360	150	16	4.5	0	40	810	37	2	3	15
Combo Burrito	450	170	18	7	0.5	40	1,380	51	9	3	21
Loaded Potato Griller	430	180	20	5	0	20	1,070	52	3	4	12
Quesarito - Beef	650	300	34	12	0.5	60	1,450	65	6	5	22
Quesarito - Chicken	620	270	30	11	0	60	1,430	64	4	5	25
Quesarito - Steak	630	280	31	11	0.5	65	1,400	63	4	5	26
Shredded Chicken Burrito	400	160	18	4.5	0	30	960	45	3	3	16
Smothered Burrito - Beef	700	310	35	13	1	75	2,260	68	9	4	28
Smothered Burrito - Shredded Chicken	650	250	28	10	0	70	2,220	65	7	4	34
Smothered Burrito - Steak	670	270	30	11	0.5	85	2,160	65	6	4	36
XXL Grilled Stuft Burrito - Beef	870	370	41	14	1	70	2,200	91	12	7	32
XXL Grilled Stuft Burrito - Shredded Chicken	810	310	34	11	0	65	2,160	88	10	7	38
XXL Grilled Stuft Burrito - Steak	840	320	36	12	0.5	85	2,100	88	9	6	40

Cantina Power

High protein meets big flavor, featuring items only 500 calories or less and all over 20 grams of protein.

Cantina Power Bowl - Chicken	490	180	20	6	0	75	1,270	49	8	3	29
Cantina Power Bowl - Steak	500	200	22	7	0	70	1,270	47	8	3	29
Cantina Power Bowl - Veggie	460	170	19	5	0	20	1,040	58	13	4	16
Cantina Power Burrito - Chicken	460	180	20	7	0	75	1,180	43	4	4	28
Cantina Power Burrito - Steak	470	190	22	8	0	70	1,180	41	5	4	28
Cantina Power Burrito - Veggie	430	170	19	7	0	20	940	52	9	5	15

Dollar Cravings

Beefy Fritos® Burrito	440	160	18	4.5	0	20	1,030	55	4	3	13
Beefy Mini Quesadilla	210	110	12	4	0	25	560	17	3	1	9
Caramel Apple Empanada	310	140	15	2.5	0	0	310	39	2	13	3
Cheese Roll-Up	180	80	9	5	0	20	430	15	2	<1	9
Cheesy Bean & Rice Burrito	420	160	17	3.5	0	<5	930	55	6	4	11
Cinnabon® Delights™ (2 Pack)	160	80	9	2	0	5	80	17	0	10	2
Cinnamon Twists	170	60	7	0	0	0	200	26	<1	10	1
Shredded Chicken Mini Quesadilla	180	70	8	2.5	0	25	540	15	2	1	12
Spicy Potato Soft Taco	250	120	13	3	0	10	510	28	3	1	6
Spicy Tostada	200	90	10	2.5	0	10	440	22	4	1	7
Triple Layer Nachos	320	140	15	1.5	0	0	600	41	6	2	7

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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Fresco Menu

Enjoy our 7 signature Fresco items, each with only 350 calories or less and all under 10 grams of fat.

Fresco Bean Burrito	350	80	9	2.5	0	0	1,040	55	9	3	13
Fresco Burrito Supreme® - Chicken	340	70	8	2.5	0	25	1,060	49	6	4	19
Fresco Burrito Supreme® - Steak	350	80	9	3	0	25	1,060	48	6	4	19
Fresco Crunchy Taco - Beef	150	70	8	2.5	0	20	310	13	3	1	6
Fresco Soft Taco - Beef	160	60	7	2.5	0	20	490	17	3	2	8
Fresco Soft Taco - Shredded Chicken	140	30	3.5	1	0	15	470	16	2	2	10
Fresco Soft Taco - Steak	150	40	4.5	1.5	0	25	440	16	2	2	12

Fresco Style

When made Fresco Style, these items will represent at least a 25% reduction in fat. Fresco-Style means our freshly prepared pico de gallo is substituted for any mayo based sauces, guacamole, reduced-fat sour cream and cheese. Customize your item on our Nutrition Calculator

7-Layer Burrito	430	150	16	6	0	15	1,020	57	7	4	15
Black Bean Burrito	380	100	11	4	0	10	1,030	57	8	3	14
Burrito Supreme® - Beef	410	140	16	7	0	30	1,130	51	7	4	17
Burrito Supreme® - Chicken	390	110	12	5	0	40	1,090	50	6	4	21
Burrito Supreme® - Steak	400	120	13	5	0	35	1,090	49	6	4	21
Cantina Power Bowl - Chicken	490	180	20	6	0	75	1,270	49	8	3	29
Cantina Power Bowl - Steak	500	200	22	7	0	70	1,270	47	8	3	29
Cantina Power Bowl - Veggie	460	170	19	5	0	20	1,040	58	13	4	16
Cantina Power Burrito - Chicken	460	180	20	7	0	75	1,180	43	4	4	28
Cantina Power Burrito - Steak	470	190	22	8	0	70	1,180	41	5	4	28
Cantina Power Burrito - Veggie	430	170	19	7	0	20	940	52	9	5	15
Chalupa Supreme® - Beef	370	190	21	5	0	30	580	31	4	4	13
Chalupa Supreme® - Chicken	350	160	18	4	0	40	530	31	2	4	17
Cheesy Bean & Rice Burrito	420	160	17	3.5	0	<5	930	55	6	4	11
Cheesy Burrito - Bacon	490	250	28	11	0	210	1,070	36	3	3	23
Cheesy Burrito - Fiesta Potato	530	250	28	10	0	195	1,090	50	4	3	20
Cheesy Burrito - Sausage	530	300	33	13	0	215	950	37	3	3	22
Cheesy Burrito - Steak & Egg	480	220	24	10	0.5	220	1,030	37	3	2	27
Cheesy Fiesta Potatoes	270	130	15	2.5	0	5	600	31	3	1	4
Cheesy Potato Burrito	510	210	24	7	0.5	40	1,340	56	7	4	18
Chili Cheese Burrito (regional)	370	150	16	8	0.5	35	900	39	4	2	16
Combo Burrito	450	170	18	7	0.5	40	1,380	51	9	3	21
Cool Ranch® Doritos® Locos Taco Supreme®	200	110	12	5	0	30	400	15	3	2	8
Crunchwrap Supreme®	540	190	21	7	0	25	1,210	71	6	6	16
Double Decker® Taco Supreme®	350	140	16	6	0	30	730	38	7	3	14
Double Tostada	270	100	11	4	0	15	650	32	8	2	12
Fiery Doritos® Locos Taco Supreme®	200	100	12	5	0	30	400	15	3	2	9
Gordita Supreme® - Beef	290	110	13	5	0	30	580	31	3	5	13
Gordita Supreme® - Chicken	270	80	9	3.5	0	40	530	31	2	5	17
Gordita Supreme® - Steak	280	90	10	4	0	35	530	30	2	5	17
Grilled Steak Soft Taco	200	90	10	3.5	0	35	490	16	2	2	13
Loaded Potato Griller	430	180	20	5	0	20	1,070	52	3	4	12
Nacho Cheese Doritos® Locos Taco Supreme®	200	100	11	5	0	30	390	15	3	2	9
Pintos 'n Cheese	190	60	7	3	0	10	670	21	6	<1	11
Shredded Chicken Burrito	400	160	18	4.5	0	30	960	45	3	3	16
Smothered Burrito - Beef	700	310	35	13	1	75	2,260	68	9	4	28
Smothered Burrito - Shredded Chicken	650	250	28	10	0	70	2,220	65	7	4	34
Smothered Burrito - Steak	670	270	30	11	0.5	85	2,160	65	6	4	36

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Soft Taco - Chicken	160	50	5	2.5	0	25	480	16	2	1	12
Soft Taco Supreme® - Beef	220	100	11	5	0	30	520	20	3	3	10
Spicy Potato Soft Taco	250	120	13	3	0	10	510	28	3	1	6
Spicy Tostada	200	90	10	2.5	0	10	440	22	4	1	7
XXL Grilled Stuft Burrito - Beef	870	370	41	14	1	70	2,200	91	12	7	32
XXL Grilled Stuft Burrito - Shredded Chicken	810	310	34	11	0	65	2,160	88	10	7	38
XXL Grilled Stuft Burrito - Steak	840	320	36	12	0.5	85	2,100	88	9	6	40

Limited Time Offer

Grilled Stuft Nacho - Beef	550	260	29	7	0.5	30	960	59	6	4	14
Grilled Stuft Nacho - Chicken	530	230	25	5	0	40	920	58	4	4	17

Sides

Black Beans	80	10	1.5	0	0	0	200	12	5	<1	4
Black Beans & Rice	180	35	4	0	0	0	430	30	5	<1	6
Cheesy Fiesta Potatoes	270	130	15	2.5	0	5	600	31	3	1	4
Chips and Guacamole	320	180	20	2.5	0	0	450	32	6	1	4
Chips and Nacho Cheese Sauce	310	160	17	1.5	0	0	470	34	3	2	4
Chips and Pico de Gallo	230	100	11	1	0	0	260	30	3	2	3
Nacho Cheese Doritos® Chips	140	70	8	1	0	0	210	16	1	0	2
Pintos 'n Cheese	190	60	7	3	0	10	670	21	6	<1	11
Premium Latin Rice	100	25	2.5	0	0	0	230	18	0	0	2

Specialties

Beefy Mini Quesadilla	210	110	12	4	0	25	560	17	3	1	9
Chalupa Supreme® - Beef	370	190	21	5	0	30	580	31	4	4	13
Chalupa Supreme® - Chicken	350	160	18	4	0	40	530	31	2	4	17
Chalupa Supreme® - Steak	350	170	19	4.5	0	35	530	30	2	4	17
Cheese Roll-Up	180	80	9	5	0	20	430	15	2	<1	9
Cheesy Gordita Crunch	500	260	29	10	1	55	880	40	5	4	20
Cool Ranch® Doritos® Cheesy Gordita Crunch	500	260	29	10	1	55	940	40	5	5	20
Crunchwrap Supreme®	540	190	21	7	0	25	1,210	71	6	6	16
Double Tostada	270	100	11	4	0	15	650	32	8	2	12
Express Fiesta Taco Salad	580	260	29	10	1	55	1,370	57	9	5	23
Fiery Doritos® Cheesy Gordita Crunch	500	260	29	10	1	55	940	40	5	5	20
Fiesta Taco Salad - Beef	780	380	42	10	1	55	1,590	74	11	7	26
Fiesta Taco Salad - Chicken	740	310	35	7	0	70	1,500	72	8	7	34
Fiesta Taco Salad - Steak	750	330	37	8	0.5	70	1,500	71	8	7	34
Gordita Supreme® - Beef	290	110	13	5	0	30	580	31	3	5	13
Gordita Supreme® - Chicken	270	80	9	3.5	0	40	530	31	2	5	17
Gordita Supreme® - Steak	280	90	10	4	0	35	530	30	2	5	17
Mexican Pizza	550	280	31	8	0.5	40	950	48	7	3	21
Meximelt®	250	120	14	7	0.5	40	730	19	3	2	14
Nacho Cheese Doritos® Cheesy Gordita Crunch	500	260	29	10	1	55	930	40	5	5	20
Nachos BellGrande®	760	350	39	6	0	25	1,310	85	13	5	19
Nachos Supreme®	450	210	24	5	0	25	860	46	8	4	13
Quesadilla - Cheese	460	230	26	11	0.5	50	980	37	4	3	19
Quesadilla - Chicken	510	240	27	12	0.5	75	1,200	39	4	3	28
Quesadilla - Steak	520	250	28	12	0.5	75	1,200	38	4	3	28

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Shredded Chicken Mini Quesadilla	180	70	8	2.5	0	25	540	15	2	1	12
Spicy Tostada	200	90	10	2.5	0	10	440	22	4	1	7
Triple Layer Nachos	320	140	15	1.5	0	0	600	41	6	2	7

Sweets

Caramel Apple Empanada	310	140	15	2.5	0	0	310	39	2	13	3
Cinnabon® Delights™ (12 Pack)	930	480	53	13	2	40	480	104	3	59	9
Cinnabon® Delights™ (2 Pack)	160	80	9	2	0	5	80	17	0	10	2
Cinnabon® Delights™ (4 Pack)	310	160	18	4.5	0.5	15	160	35	<1	20	3
Cinnamon Twists	170	60	7	0	0	0	200	26	<1	10	1

Tacos

Cool Ranch® Doritos® Locos Taco	170	90	10	3.5	0	25	380	13	3	<1	8
Cool Ranch® Doritos® Locos Taco Supreme®	200	110	12	5	0	30	400	15	3	2	8
Crunchy Taco	170	90	10	3.5	0	25	310	12	3	<1	8
Crunchy Taco Supreme®	200	110	12	5	0	30	340	15	3	2	8
Double Decker® Taco	320	120	14	5	0	25	710	36	7	2	14
Double Decker® Taco Supreme®	350	140	16	6	0	30	730	38	7	3	14
Fiery Doritos® Locos Taco	170	90	10	3.5	0	25	370	12	3	<1	8
Fiery Doritos® Locos Taco Supreme®	200	100	12	5	0	30	400	15	3	2	9
Grilled Steak Soft Taco	200	90	10	3.5	0	35	490	16	2	2	13
Nacho Cheese Doritos® Locos Taco	170	90	10	3.5	0	25	360	13	3	1	8
Nacho Cheese Doritos® Locos Taco Supreme®	200	100	11	5	0	30	390	15	3	2	9
Soft Taco - Beef	190	80	9	4	0	25	500	17	3	1	9
Soft Taco - Chicken	160	50	5	2.5	0	25	480	16	2	1	12
Soft Taco Supreme® - Beef	220	100	11	5	0	30	520	20	3	3	10
Spicy Potato Soft Taco	250	120	13	3	0	10	510	28	3	1	6

Fountain Beverages (16 oz)

Brisk® Iced Tea and Lemonade	80	0	0	0	0	0	50	22	0	22	0
Brisk® Mango Iced Tea	100	0	0	0	0	0	50	26	0	26	0
Diet Mountain Dew®	0	0	0	0	0	0	80	0	0	0	0
Diet Mountain Dew® Baja Blast™	0	0	0	0	0	0	70	0	0	0	0
Diet Pepsi®	0	0	0	0	0	0	50	0	0	0	0
Dr. Pepper®	200	0	0	0	0	0	80	53	0	51	0
Manzanita Sol	220	0	0	0	0	0	50	58	0	56	0
Mountain Dew®	220	0	0	0	0	0	70	58	0	58	0
Mountain Dew® Baja Blast™	220	0	0	0	0	0	60	58	0	58	0
Mountain Dew® Kickstart™ Orange Citrus	80	0	0	0	0	0	70	22	0	20	0
Mountain Dew® Sangrita Blast	220	0	0	0	0	0	110	60	0	60	0
Mug® Root Beer	200	0	0	0	0	0	30	52	0	52	0
Pepsi®	200	0	0	0	0	0	40	56	0	56	0
Sierra Mist®	200	0	0	0	0	0	40	54	0	54	0
Tropicana® Pink Lemonade	200	0	0	0	0	0	210	54	0	54	0

Fountain Beverages (20 oz)

Brisk® Iced Tea and Lemonade	100	0	0	0	0	0	65	28	0	28	0
Brisk® Mango Iced Tea	130	0	0	0	0	0	65	33	0	33	0

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Diet Mountain Dew®	0	0	0	0	0	0	100	0	0	0	0
Diet Mountain Dew® Baja Blast™	0	0	0	0	0	0	90	0	0	0	0
Diet Pepsi®	0	0	0	0	0	0	65	0	0	0	0
Dr. Pepper®	250	0	0	0	0	0	100	66	0	64	0
Manzanita Sol	280	0	0	0	0	0	65	73	0	70	0
Mountain Dew®	280	0	0	0	0	0	90	73	0	73	0
Mountain Dew® Baja Blast™	280	0	0	0	0	0	75	73	0	73	0
Mountain Dew® Kickstart™ Orange Citrus	100	0	0	0	0	0	90	28	0	25	0
Mountain Dew® Sangrita Blast	280	0	0	0	0	0	140	75	0	75	0
Mug® Root Beer	250	0	0	0	0	0	40	65	0	65	0
Pepsi®	250	0	0	0	0	0	50	70	0	70	0
Sierra Mist®	250	0	0	0	0	0	50	68	0	68	0
Tropicana® Pink Lemonade	250	0	0	0	0	0	260	68	0	68	0

Fountain Beverages (30 oz)

Brisk® Iced Tea and Lemonade	150	0	0	0	0	0	95	41	0	41	0
Brisk® Mango Iced Tea	190	0	0	0	0	0	95	49	0	49	0
Diet Mountain Dew®	0	0	0	0	0	0	150	0	0	0	0
Diet Mountain Dew® Baja Blast™	0	0	0	0	0	0	130	0	0	0	0
Diet Pepsi®	0	0	0	0	0	0	95	0	0	0	0
Dr. Pepper®	380	0	0	0	0	0	150	99	0	96	0
Manzanita Sol	410	0	0	0	0	0	95	109	0	105	0
Mountain Dew®	410	0	0	0	0	0	130	109	0	109	0
Mountain Dew® Baja Blast™	410	0	0	0	0	0	115	109	0	109	0
Mountain Dew® Kickstart™ Orange Citrus	150	0	0	0	0	0	130	41	0	38	0
Mountain Dew® Sangrita Blast	410	0	0	0	0	0	210	113	0	113	0
Mug® Root Beer	380	0	0	0	0	0	55	98	0	98	0
Pepsi®	380	0	0	0	0	0	75	105	0	105	0
Sierra Mist®	380	0	0	0	0	0	75	101	0	101	0
Tropicana® Pink Lemonade	380	0	0	0	0	0	390	101	0	101	0

Fountain Beverages (40 oz)

Brisk® Iced Tea and Lemonade	200	0	0	0	0	0	125	55	0	55	0
Brisk® Mango Iced Tea	250	0	0	0	0	0	125	65	0	65	0
Diet Mountain Dew®	0	0	0	0	0	0	200	0	0	0	0
Diet Mountain Dew® Baja Blast™	0	0	0	0	0	0	180	0	0	0	0
Diet Pepsi®	0	0	0	0	0	0	125	0	0	0	0
Dr. Pepper®	500	0	0	0	0	0	200	132	0	128	0
Manzanita Sol	550	0	0	0	0	0	125	145	0	140	0
Mountain Dew®	550	0	0	0	0	0	180	145	0	145	0
Mountain Dew® Baja Blast™	550	0	0	0	0	0	150	145	0	145	0
Mountain Dew® Kickstart™ Orange Citrus	200	0	0	0	0	0	180	55	0	50	0
Mountain Dew® Sangrita Blast	550	0	0	0	0	0	280	150	0	150	0
Mug® Root Beer	500	0	0	0	0	0	75	130	0	130	0
Pepsi®	500	0	0	0	0	0	100	140	0	140	0
Sierra Mist®	500	0	0	0	0	0	100	135	0	135	0
Tropicana® Pink Lemonade	500	0	0	0	0	0	530	135	0	135	0

Freezes (16 oz)

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	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Mountain Dew® Baja Blast Freeze™	200	0	0	0	0	0	60	51	0	47	0
Mountain Dew® Sangrita Blast Freeze™	160	0	0	0	0	0	80	43	0	43	0
Starburst® Strawberry Freeze™	190	0	0	0	0	0	15	49	0	47	0

Freezes (20 oz)

Mountain Dew® Baja Blast Freeze™	250	0	0	0	0	0	75	63	0	58	0
Mountain Dew® Sangrita Blast Freeze™	200	0	0	0	0	0	100	53	0	53	0
Starburst® Strawberry Freeze™	240	0	0	0	0	0	20	60	0	58	0

Hot Sauce Packets

Border Sauce - Fire	0	0	0	0	0	0	60	0	0	0	0
Border Sauce - Hot	0	0	0	0	0	0	45	0	0	0	0
Border Sauce - Mild	0	0	0	0	0	0	35	0	0	0	0
Border Sauce - Salsa Verde	0	0	0	0	0	0	70	<1	0	0	0
Diablo Sauce	0	0	0	0	0	0	30	0	0	0	0
Salsa Del Sol	5	0	0	0	0	0	150	2	0	<1	0

Last Updated: 05/26/2015

Ingredient Statement Key:

C = Color added

VC = Vegetable color added

PF = Protects flavor

P = Preservative

Prepared in house in canola oil (with tBHQ antioxidant and citric acid to protect flavor)

Menu data is based on current U.S. formulations (based on zero grams trans fat canola frying oil) as of the date posted. Product formulations and nutritional values may differ for Taco Bell® Express and "multi-brand" (Kentucky Fried Chicken®/Taco Bell®, Taco Bell®/Pizza Hut®, and Taco Bell®/Long John Silver's®) menu items that may be based on a different type of oil, and for products outside the continental U.S. Although this data is based on standard portion guidelines, variation can be expected due to seasonal influences, minor differences in product assembly per restaurant and other factors. Product formulations and/or ingredient changes may occur before www.tacobell.com is updated. Substitution of ingredients may alter nutritional values. Menu items and hours of availability may vary by location. Regional menu items are available only at participating locations. Except for Taco Bell® Express, multi-brand menu items, limited time offerings, and test market menu items, single-brand menu products as of the date posted are included in this Nutrition Guide. [Full Disclaimer]





Nutritional Chart

Menu Items	Serving (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)
Current Promotion	96	270	110	12	3	0	5	41	2	15	5	420
Apple Grande												
10g or Less of Fat												
Crispy Taco	92	170	90	10	4	0	25	11	2	1	9	290
Softshell Taco**	106	190	70	8	3	0	20	23	2	2	9	540
Shredded Beef Crispy Taco	92	150	70	8	3.5	0	25	10	1	1	11	480
Chicken Softshell Taco	113	190	50	6	3	0	30	21	2	2	14	680
Taco Burger**	135	250	80	9	3	0	25	29	2	4	12	530
Bean Burrito**	173	310	60	7	2	0	0	52	7	1	11	1000
Refried Beans**	255	260	25	2.5	1	0	0	45	15	1	15	970
**If consumed without cheese												
Tacos												
Taco Bravo®	184	330	120	13	5	0	25	38	6	2	14	750
Crispy Taco	92	170	90	10	4	0	25	11	2	1	9	290
Shredded Beef Crispy Taco	92	150	70	8	3.5	0	25	10	1	1	11	480
Softshell Taco	113	220	90	10	4.5	0	25	23	2	2	11	580
Chicken Softshell Taco	113	190	50	6	3	0	30	21	2	2	14	680
Taco Burger	142	280	110	12	4.5	0.5	30	29	2	4	14	570
Stuffed Grilled Taco	210	540	240	27	10	1	40	58	3	1	18	1320
Burritos												
Super Burrito	251	450	180	20	9	1	35	50	6	2	19	1190
Meat & Potato Burrito	237	520	230	25	8	0.5	30	57	5	2	15	1490
Chicken & Potato Burrito	237	480	190	21	7	0	35	56	4	2	18	1590
Crunchy Chicken & Potato Burrito	251	580	240	27	8	0	25	67	4	2	18	1670
Bean Burrito	187	370	100	11	5	0	10	53	7	1	14	1090
Beefy Burrito	187	440	190	21	9	1	45	42	3	1	21	1150
Combination Burrito	187	410	150	16	7	1	30	47	5	1	18	1120
Shredded Beef Grilled Burrito	247	570	260	29	13	.5	60	51	3	1	28	2040
Beef Grilled Burrito	247	590	290	32	14	1	55	53	4	1	24	1680
Chicken Grilled Burrito	247	590	270	30	12	1	70	50	3	1	29	1960
Chips & Queso	191	430	220	25	6	0	20	43	2	1	9	1130

Menu Items	Serving (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)
<u>Specialties</u>												
Taco Salad w/o Dressing	361	540	300	33	13	1	50	40	6	6	22	820
Chicken Taco Salad w/o Dressing	361	500	250	27	11	0	60	39	5	6	25	950
Crunchy Chicken Taco Salad w/o Dressing	383	630	320	36	12	0	50	53	5	6	26	1070
Super Nachos – Regular	358	790	430	47	15	1	55	72	7	2	22	1650
Super Nachos – Small	192	420	230	25	8	0	30	37	4	1	12	710
Super Potato Olés® - Regular	478	1090	600	67	21	1	55	98	14	3	24	3300
Super Potato Olés® - Small	277	650	360	40	12	0.5	30	59	9	2	14	1940
Quesadilla Melt – Cheesy	161	450	220	24	12	1	55	40	1	0	19	1400
Quesadilla Melt – Fajita Chicken	246	520	230	25	12	1	75	45	2	2	28	1690
Quesadilla Melt – Fajita Beef	246	550	270	29	14	1	70	46	3	2	26	1590
Crunchy Chicken w/o Sauce	142	370	160	18	3	0	40	29	0	0	22	920
Mexi Rolls® -2 Piece w/o Nacho Cheese	117	280	90	11	4.5	0.5	20	31	4	0	14	400
Mexi Rolls® -4 Piece w/o Nacho Cheese	230	550	190	21	9	1	45	61	9	1	28	800
Mexi Rolls® -6 Piece w/o Nacho Cheese	294	710	240	27	11	1.5	55	77	11	1	35	1020
<u>TJ Baja Boneless Wings:</u>												
Sweet Chipotle BBQ – 5 oz	171	420	160	18	3	0	40	40	0	10	22	1150
Sweet Chipotle BBQ – ½ lb.	242	590	230	26	4	0	55	56	0	15	31	1630
Sweet Chipotle BBQ – 1 lb.	485	1180	460	51	8	0	110	113	1	30	63	3250
Honey Habanero – 5 oz	171	440	160	18	3	0	40	48	0	17	22	1030
Honey Habanero – ½ lb.	242	630	230	25	4	0	55	69	0	26	31	1440
Honey Habanero – 1 lb.	485	1250	450	50	8	0	110	138	0	51	62	2890
Bold Buffalo – 5 oz	171	410	200	22	3.5	0	40	30	0	0	22	1880
Bold Buffalo – ½ lb.	242	580	280	31	5	0	55	42	0	1	31	2710
Bold Buffalo – 1 lb.	485	1150	560	63	10	0	110	85	0	1	62	5430
<u>Kid's Meals</u>												
Crispy Taco	92	170	90	10	4	0	25	11	2	1	9	290
Softshell Taco	106	190	70	8	3	0	20	23	2	2	9	540
Chicken Softshell Taco	113	190	50	6	3	0	30	21	2	2	14	680
Bean Burrito	187	370	100	11	5	0	10	53	7	1	14	1090
Kid's Meal Cheese Quesadilla	63	200	90	10	6	0	25	20	1	1	9	550
Kid's Meal Crunchy Chicken w/ Ranch	177	490	270	30	5	0	55	31	0	1	23	1220
Potato Olés® - Kid's Meal/Breakfast Portion	99	330	170	19	4	0	0	37	4	0	3	970
<u>Sides</u>												
Potato Olés® - Small	142	480	250	27	6	0	0	52	6	1	5	1380
Potato Olés® - Medium	198	670	350	38	8	0	0	73	8	1	7	1930
Potato Olés® - Large	255	860	440	49	11	0	0	94	10	1	9	2490
Nachos	142	380	200	23	5	0	15	39	1	0	6	940
Refried Beans	269	320	70	7	4	0	10	46	15	1	18	1060
Refried Beans w/o Cheese	255	260	25	2.5	1	0	0	45	15	1	15	970
Cilantro Lime Rice & Black Beans	170	190	30	3.5	0	0	0	34	5	1	7	820
Cilantro Lime Rice	170	220	50	6	0	0	0	39	0	1	4	1140
Side Salad												
Refried Beans w/o Cheese	255	260	25	2.5	1	0	0	45	15	1	15	970
<u>Desserts</u>												
Churro	55	200	80	9	2.5	0	20	29	4	10	3	170
Mexican Donut Bites	91	290	100	12	3	0	5	47	4	21	4	220
Giant Goldfish® Grahams	14	70	20	2	0.5	0	0	11	1	4	1	55

Menu Items	Serving (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)
Condiments												
Mild Sauce – 1 oz portion	28	10	0	0	0	0	0	1	0	0	0	130
Hot Sauce – 1 oz portion	28	5	0	0	0	0	0	1	0	0	0	140
Super Hot Sauce – 1 oz portion	28	5	0	0	0	0	0	1	1	1	0	25
Pico de Gallo – 1 oz portion	28	10	0	0	0	0	0	1	0	1	0	85
Salsa – 2 oz portion	57	10	0	0	0	0	0	2	1	1	0	110
Sour Cream – 2 oz portion	57	120	90	10	7	0	25	3	0	2	2	40
Guacamole – 2 oz portion	57	70	60	6	1	0	0	5	3	1	1	220
Nacho Cheese – 3 oz portion	85	110	80	9	3.5	0	15	5	0	0	3	520
House Dressing – 1.5 oz portion	43	70	60	7	1	0	0	2	0	1	0	280
Ranch Dressing – 1.5 oz portion	43	140	140	16	2.5	0	20	2	0	1	1	350
Bacon Ranch Dressing – 1.5 oz	43	120	80	9	1.5	0	10	10	0	6	1	350
Creamy Italian Dressing – 1.5 oz	43	130	130	14	2.5	0	0	2	0	2	0	320
Breakfast Menu*												
Jr. Breakfast Burrito – Bacon	102	200	80	9	3	0	165	21	1	2	10	620
Jr. Breakfast Burrito – Sausage	113	240	110	12	4.5	0	170	22	1	2	10	630
Breakfast Burrito – Bacon	217	550	240	27	8	0	230	56	3	2	20	1780
Breakfast Burrito – Sausage	246	640	320	36	11	0	245	57	4	2	21	1720
Scrambler Burrito – Bacon	246	550	240	27	8	0	230	57	4	3	21	1780
Scrambler Burrito – Sausage	274	660	300	34	11	0	245	58	4	4	21	1840
Potato Olés® Scrambler – Small Bacon	269	660	370	41	12	0	240	53	6	3	20	2110
Potato Olés® Scrambler – Small Sausage	298	750	450	50	15	0	250	54	6	3	20	2050
Potato Olés® Scrambler – Regular Bacon	439	1080	610	68	20	0.5	365	86	9	4	31	3510
Potato Olés® Scrambler – Regular Sausage	475	1190	710	79	24	0	375	87	9	5	31	3360
Breakfast Egg Burrito	187	420	180	20	10	0.5	230	39	2	2	19	950
Breakfast Egg Burrito – Bacon	201	480	220	24	11	0.5	250	40	2	2	24	1340
Breakfast Egg Burrito – Sausage	232	570	300	34	14	0.5	260	42	2	3	25	1300

*Not available at all locations.

Nutritional Analysis

All information is based on Taco John's International, Inc.'s current standard product formulations and information from product suppliers. Slight variations may occur depending on the quantities used in analysis. A 2,000 calorie daily diet is used as the basis for general nutrition advice; however, individual calorie needs may vary. Content and nutrition facts are subject to change. Giant Goldfish® Grahams is a registered trademark of Pepperidge Farms. Test products are not included.

For specific ingredient information, call Taco John's Quality Assurance Hotline at 800-854-0819, option #2.

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November-2014



NUTRITION INFORMATION

QUALITY IS
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FRESH-MADE SALADS*

	Nutrition Information														Allergens								
	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut	Tree Nut		
Apple Pecan Chicken Salad Full Size ▶	355	350	11	7	0	1	3	115	960	840	28	5	17	35			✓						
Apple Pecan Chicken Salad Half Size ▶	196	180	6	3.5	0	0	1.5	55	490	460	15	3	9	18			✓						
Roasted Pecans	17	110	9	1	0	3	5	0	60	50	6	1	4	1			✓	✓			✓		
Pomegranate Vinaigrette ❖	31	70	3	0	0	1.5	0.5	0	150	15	10	0	9	0									
Asian Cashew Chicken Salad Full Size ▶	371	210	3.5	0	0	0	0.5	90	520	1000	14	5	5	33					✓				
Asian Cashew Chicken Salad Half Size ▶	213	110	2	0	0	0	0	45	260	550	8	3	3	17					✓				
Spicy Roasted Cashews	14	80	6	1	0	1	3.5	0	65	90	4	0	1	2					✓		✓		
Light Spicy Asian Chili Vinaigrette ❖	31	45	1.5	0	0	1	0	0	190	20	8	0	6	0					✓				
BBQ Ranch Chicken Salad Full Size ▶	391	390	15	7	0	2	6	125	930	950	28	4	12	40			✓						
BBQ Ranch Chicken Salad Half Size ▶	221	210	8	3.5	0	1	3	60	510	510	17	3	9	20			✓						
BBQ Ranch Dressing ❖	31	100	7	1	0	3.5	1.5	5	260	60	8	0	6	1	✓		✓						
Spicy Chicken Caesar Salad Full Size ▶	354	480	27	11	1	7	7	105	1100	790	25	6	3	34	✓	•	✓		✓				
Spicy Chicken Caesar Salad Half Size ▶	221	250	14	6	0	3.5	3.5	55	550	510	14	4	2	18	✓	•	✓		✓				
Gourmet Croutons	18	90	3.5	0	0	1	2	0	190	25	12	0	0	2			✓		✓				
Lemon Garlic Caesar Dressing ❖	31	110	11	2	0	5	2.5	10	180	15	2	0	1	2	✓	✓	✓	✓					
Additional Salad Dressings																							
Ranch Dressing ❖	31	100	10	1.5	0	5	2.5	10	170	25	2	0	1	1	✓		✓						
Light Ranch Dressing ❖	31	50	4.5	0.5	0	2	1	10	160	30	2	0	1	1	✓		✓						
Italian Vinaigrette ❖	31	60	5	1	0	3	1.5	0	180	0	4	0	3	0									
Light Honey French Dressing ❖	31	40	0	0	0	0	0	0	95	20	9	0	8	0									
Thousand Island Dressing ❖	31	130	12	1	0	3.5	8	15	250	25	5	0	4	0	✓								

*Toppings and Salad Dressings listed separately.

❖ Information is for 1 dressing packet.

▶ Grilled, Homestyle, and Spicy Chicken Breasts are cut on a common cutting board.

✓ = menu item contains the allergen

• = menu item may be cooked in the same oil as an item containing the allergen

Federal regulation has exempted from allergen declaration any highly refined oil derived from the major food allergens; therefore, soy oil as an ingredient is not indicated as an allergen. Please consult your doctor to know if you should avoid products that contain highly refined soy oil.



NUTRITION INFORMATION

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SIDE SELECTIONS

	Nutrition Information														Allergens							
	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut	Tree Nut	
Garden Side Salad	125	25	0	0	0	0	0	0	20	250	5	2	3	1								
Gourmet Croutons	18	90	3.5	0	0	1	2	0	190	25	12	0	0	2			✓		✓			
Caesar Side Salad	106	60	4	2	0	0	1	10	90	240	4	2	1	4			✓					
Gourmet Croutons	18	90	3.5	0	0	1	2	0	190	25	12	0	0	2			✓		✓			
Lemon Garlic Caesar Dressing ❖	31	110	11	2	0	5	2.5	10	180	15	2	0	1	2	✓	✓	✓	✓				
Apple Slices	68	35	0	0	0	0	0	0	0	75	9	2	7	0								
Plain Baked Potato (avg. wgt. 10 oz.)	283	270	0	0	0	0	0	0	25	1560	61	7	3	7								
Sour Cream & Chive Baked Potato	309	320	3.5	2	0	0	1	10	50	1610	63	7	4	8			✓					
Broccoli & Cheddar Baked Potato	424	420	11	6	0	1.5	3	25	560	1820	68	8	6	14			✓					
Bacon & Cheddar Baked Potato	389	520	20	9	0	3	7	50	930	1820	67	7	6	20			✓					
Buttery Best Spread	11	50	6	1	0	3	1	0	95	0	0	0	0	0			✓	✓				
Rich & Meaty Chili, Small	227	170	5	2	0	0	2	35	780	400	16	4	6	15								
Rich & Meaty Chili, Large	340	250	7	3	0.5	0	3	50	1170	600	23	5	9	23								
Hot Chili Seasoning Packet	7	5	0	0	0	0	0	0	280	0	2	0	1	0								
Saltine Crackers	6	25	0.5	0	0	0	0	0	80	0	5	0	0	1					✓	✓		
Cheddar Cheese, Shredded	17	70	6	3	0	0	1.5	15	105	15	1	0	0	4			✓					
Chili Cheese Fries	280	520	27	8	0.5	9	8	40	1060	950	53	6	4	16	•	•	✓		•			
Value Natural-Cut Fries*	77	220	11	2	0	5	3	0	240	440	28	3	0	3	•	•			•			
Small Natural-Cut Fries*	108	310	15	3	0	7	4	0	330	620	40	4	0	4	•	•			•			
Medium Natural-Cut Fries*	142	410	20	3.5	0	10	5	0	440	820	52	5	0	5	•	•			•			
Large Natural-Cut Fries*	176	500	24	4.5	0	12	6	0	540	1020	65	6	0	6	•	•			•			
Ketchup, 1 Packet	9	10	0	0	0	0	0	0	85	0	3	0	2	0								

*Recommended portion sizes. French fries are individually portioned at every restaurant. Variations will exist from restaurant to restaurant.

❖ Information is for 1 dressing packet.

✓ = menu item contains the allergen

• = menu item may be cooked in the same oil as an item containing the allergen

Nutrition and ingredient information is current as of September 2014.



NUTRITION INFORMATION

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BEVERAGES & FROSTY™ DAIRY DESSERTS

	Nutrition Information														Allergens							
	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut	Tree Nut	
Redhead Roasters® Hot Coffee, Regular	369	0	0	0	0	0	0	0	5 ⁺	0	0	0	0	0								
1% White Milk	198	90	2	1.5	0	0	0.5	10	105	330	10	0	10	7			✓					
1% Chocolate Milk	198	180	2.5	1.5	0	0	0.5	10	210	460	29	0	26	10			✓					
Juicy Juice® Apple Juice	191	90	0	0	0	0	0	0	5	170	22	0	20	0								
Diet Coke®, Small Cup	392	0	0	0	0	0	0	0	15 ⁺	40	0	0	0	0								
Sprite®, Small Cup	409	160	0	0	0	0	0	0	35 ⁺	0	41	0	41	0								
Coca-Cola®, Small Cup	409	160	0	0	0	0	0	0	0 ⁺	0	45	0	45	0								
Minute Maid® Light Lemonade, Small Cup	393	10	0	0	0	0	0	0	10 ⁺	140	0	0	0	0								
Hi-C® Flashin' Fruit Punch®, Small Cup	410	170	0	0	0	0	0	0	15 ⁺	0	45	0	45	0								
Barq's® Root Beer, Small Cup	411	180	0	0	0	0	0	0	35 ⁺	0	49	0	49	0								
Fanta® Orange, Small Cup	411	170	0	0	0	0	0	0	0 ⁺	20	45	0	45	0								
Pibb Xtra®, Small Cup	409	160	0	0	0	0	0	0	25 ⁺	0	45	0	45	0								
Coke Zero™, Small Cup	409	0	0	0	0	0	0	0	10 ⁺	80	0	0	0	0								
Dr Pepper®, Small Cup	391	160	0	0	0	0	0	0	40 ⁺	0	43	0	43	0								
Brewed Unsweetened Iced Tea	258	0	0	0	0	0	0	0	10 ⁺	95	1	0	0	0								
Brewed Sweetened Iced Tea	582	140	0	0	0	0	0	0	15 ⁺	100	37	0	36	0								
Strawberry Tea, Small Cup	301	45	0	0	0	0	0	0	10 ⁺	120	11	0	10	0								
Nestlé® Pure Life® Bottled Water	479	0	0	0	0	0	0	0	0	0	0	0	0	0								
All Natural Lemonade, Small Cup	288	140	0	0	0	0	0	0	0 ⁺	45	37	0	35	0								
Strawberry Lemonade, Small Cup	286	170	0	0	0	0	0	0	0 ⁺	60	45	0	42	0								
Classic Frosty, Chocolate, Small	247	340	9	6	0	0	2	35	160	640	56	3	46	9			✓					
Classic Frosty, Vanilla, Small	244	330	8	5	0	0	2	35	160	550	55	0	47	9			✓					

+The sodium value will vary based on the level of sodium in the local water supply.

✓ = menu item contains the allergen

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Nutrition and ingredient information is current as of September 2014.



NUTRITION INFORMATION

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CRISPY CHICKEN NUGGETS

	Nutrition Information														Allergens						
	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut	Tree Nut
4-Piece Chicken Nuggets	60	180	12	2.5	0	5	3.5	30	350	115	10	1	0	9	•	•			✓		
4-Piece Spicy Chicken Nuggets	60	170	11	2.5	0	4.5	3	30	500	135	9	1	0	10	✓	•			✓		
6-Piece Chicken Nuggets	90	270	18	4	0	8	5	45	520	170	14	1	0	14	•	•			✓		
6-Piece Spicy Chicken Nuggets	90	260	17	3.5	0	7	4.5	45	750	200	14	1	0	15	✓	•			✓		
10-Piece Chicken Nuggets	150	450	30	7	0	13	9	75	870	290	24	2	0	23	•	•			✓		
10-Piece Spicy Chicken Nuggets	149	430	28	6	0	11	8	80	1240	340	23	1	0	25	✓	•			✓		
Barbecue Dipping Sauce	28	45	0	0	0	0	0	0	110	75	11	0	4	0							
Sweet & Sour Dipping Sauce	28	45	0	0	0	0	0	0	120	20	12	0	10	0							
Honey Mustard Dipping Sauce	28	80	6	1	0	3.5	1.5	10	220	15	7	0	3	0	✓						
Buttermilk Ranch Dipping Sauce	28	120	12	2	0	7	2.5	10	240	20	2	0	2	0	✓		✓	✓			

✓ = menu item contains the allergen

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Nutrition and ingredient information is current as of September 2014.



NUTRITION INFORMATION

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SANDWICHES

	Nutrition Information														Allergens							
	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut	Tree Nut	
Jr. Hamburger	105	260	10	4	0.5	1	4	40	630	190	25	2	5	14					✓			
Jr. Cheeseburger	116	290	13	6	0.5	1	5	50	830	210	26	2	6	16			✓	✓	✓			
Jr. Bacon Cheeseburger	151	390	22	8	1	5	8	65	850	320	26	2	5	20	✓		✓	✓	✓			
Jr. Cheeseburger Deluxe	159	350	19	7	1	4.5	6	55	860	280	28	2	7	17	✓		✓	✓	✓			
Double Stack™	172	460	25	12	1.5	1	9	100	1280	360	27	2	6	29			✓	✓	✓			
1/4 lb.* Single w/ Cheese ■	247	580	31	13	1.5	4.5	11	100	1220	450	42	3	10	30	✓		✓	✓	✓			
1/2 lb.* Double w/ Cheese ■	329	820	47	20	2.5	5	18	170	1510	680	42	3	10	48	✓		✓	✓	✓			
3/4 lb.* Triple w/ Cheese ■	423	1090	66	29	4	5	26	255	1990	930	43	3	11	69	✓		✓	✓	✓			
Baconator® ■	295	940	57	23	2.5	7	22	200	1850	710	41	2	9	57	✓		✓	✓	✓			
Son of Baconator® ■	211	660	38	15	1.5	6	14	125	1640	470	41	2	9	38	✓		✓	✓	✓			
Pretzel Bacon Cheeseburger ■	265	680	36	15	1.5	4	14	115	1100	540	46	2	7	36	✓		✓	✓	✓			
Ultimate Chicken Grill ■	231	370	7	1.5	0	3.5	2	95	880	580	43	2	9	34	✓				✓	✓		
Spicy Chicken ■	244	510	20	4	0	10	5	65	1130	490	55	4	7	29	✓	•			✓			
Homestyle Chicken ■	247	510	20	4	0	10	5	70	1200	500	54	4	8	29	✓	•			✓			
Asiago Ranch Chicken Club, Homestyle ■	284	670	32	9	0	13	9	100	1610	600	57	4	9	38	✓	•	✓		✓			
Asiago Ranch Chicken Club, Grilled ■	265	530	21	7	0	7	6	130	1250	670	43	2	8	42	✓		✓		✓			
Asiago Ranch Chicken Club, Spicy ■	282	660	32	9	0.5	13	9	100	1540	590	57	4	8	37	✓	•	✓		✓			
Premium Cod Sandwich ■	188	480	23	4	0	13	5	40	970	110	51	3	6	18	✓	✓				✓		
Crispy Chicken Sandwich	132	350	19	3.5	0	9	5	35	620	200	34	3	4	13	✓	•				✓		
Crispy Chicken Caesar Wrap	147	410	24	7	0	10	7	45	870	200	32	3	2	16	✓	✓	✓			✓		
Chicken Go Wrap, Grilled	127	270	10	3.5	0	3.5	2.5	55	680	280	25	2	3	19	✓		✓	✓	✓			
Chicken Go Wrap, Spicy	135	340	16	5	0	7	4	45	810	230	30	3	2	17	✓	•	✓		✓			

*Approximate weight before cooking.

■ Buns are toasted in a common toaster with products that contain Egg and Milk. Untoasted buns are available upon request.

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Nutrition and ingredient information is current as of September 2014.



NUTRITION INFORMATION

QUALITY IS
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SANDWICH COMPONENTS

For your custom sandwich order, add or subtract the nutritional value of any of the following to the totals above.

	Nutrition Information														Allergens							
	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut	Tree Nut	
Jr. Hamburger Patty	45	120	8	3.5	0.5	0	3.5	40	260	130	0	0	0	10								
1/4 lb.* Hamburger Patty	82	240	16	7	1	0	7	70	290	230	0	0	0	18								
Grilled Chicken Breast	106	130	1.5	0	0	0	0.5	90	470	390	3	0	0	27								
Spicy Chicken Breast	122	260	12	2.5	0	6	3	60	760	310	17	1	0	21	✓	•				✓		
Homestyle Chicken Breast	125	270	12	2.5	0	6	3	65	840	320	17	1	1	22	•	•				✓		
Crispy Chicken Patty	66	180	11	2.5	0	5	3	30	370	130	10	1	0	9	•	•				✓		
Premium Cod	83	180	9	2	0	4.5	2	30	480	0	14	1	0	11		✓				✓		
Jr. Sandwich Bun	44	120	1.5	0	0	0.5	0	0	220	45	23	1	4	4						✓		
Premium Bun, Toasted ■	68	190	2	0	0	1	0	0	330	75	36	2	6	7						✓		
Pretzel Bun, Toasted ■	87	230	4.5	2	0	0.5	1.5	0	310	85	40	1	3	7			✓			✓		
Brioche Bun, Toasted ■	67	170	1.5	0.5	0	0	0	10	360	65	33	1	5	5	✓		✓			✓		
Tortilla	43	130	3.5	1	0	1.5	0.5	0	320	35	21	2	1	4							✓	
American Cheese	11	40	3.5	2	0	0	1	10	190	20	1	0	0	2			✓	✓				
Cheddar Cheese Slice	19	80	6	3.5	0	0	2	20	120	20	0	0	0	5			✓					
Cheddar Cheese, Shredded	17	70	6	3	0	0	1.5	15	105	15	1	0	0	4			✓					
Asiago Cheese	14	50	4	2.5	0	0	1	15	100	15	1	0	0	3			✓					
Applewood Smoked Bacon - 1 strip	4.5	20	1.5	0.5	0	0	1	5	75	25	0	0	0	2								
Mayonnaise	7	50	5	1	0	3	1	5	30	0	0	0	0	0	✓							
Ketchup	7	10	0	0	0	0	0	0	70	0	2	0	2	0								
Mustard	5	5	0	0	0	0	0	0	60	0	0	0	0	0								
Smoky Honey Mustard	10	45	3.5	0.5	0	2	1	5	75	15	3	0	2	0	✓					✓		
Ranch Sauce	17	80	9	1.5	0	5	2	10	110	15	1	0	1	1	✓		✓					
Cheddar Cheese Sauce	12	20	1.5	1	0	0	0	5	75	20	1	0	0	1			✓					
Tartar Sauce	21	110	12	2	0	7	3	10	150	15	0	0	0	0	✓							
Crinkle Cut Pickles - 3 slices	9	0	0	0	0	0	0	0	110	5	0	0	0	0								
Iceberg Lettuce Leaf	15	0	0	0	0	0	0	0	0	20	0	0	0	0								
Spring Mix	28	5	0	0	0	0	0	0	35	110	1	1	0	1								
Tomato - 1 slice	32	5	0	0	0	0	0	0	0	75	1	0	1	0								
Red Onion - 2 rings	4	0	0	0	0	0	0	0	0	5	0	0	0	0								

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NUTRITION INFORMATION

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KIDS' MEAL

	Nutrition Information														Allergens							
	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut	Tree Nut	
Grilled Chicken Wrap	127	270	10	3.5	0	3.5	2.5	55	680	280	25	2	3	19	✓		✓	✓	✓			
Hamburger	94	250	10	4	0.5	1	4	40	530	180	25	1	5	14					✓			
Cheeseburger	106	290	13	6	0.5	1	5	50	730	200	26	1	6	16			✓	✓	✓			
4-Piece Chicken Nuggets	60	180	12	2.5	0	5	3.5	30	350	115	10	1	0	9	•	•			✓			
Apple Slices	68	35	0	0	0	0	0	0	0	75	9	2	7	0								
Natural-Cut Fries*	77	220	11	2	0	5	3	0	240	440	28	3	0	3	•	•			•			
Juicy Juice® Apple Juice	191	90	0	0	0	0	0	0	5	170	22	0	20	0								
Nestlé® Pure Life® Bottled Water	479	0	0	0	0	0	0	0	0	0	0	0	0	0								
1% White Milk	198	90	2	1.5	0	0	0.5	10	105	330	10	0	10	7			✓					
1% Chocolate Milk	198	180	2.5	1.5	0	0	0.5	10	210	460	29	0	26	10			✓					
Classic Frosty, Chocolate, Jr.	143	200	5	3	0	0	1	20	90	370	32	2	27	5			✓					
Classic Frosty, Vanilla, Jr.	139	190	4.5	3	0	0	1	20	90	310	32	0	27	5			✓					

*Recommended portion sizes. French fries are individually portioned at every restaurant. Variations will exist from restaurant to restaurant.

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INGREDIENT INFORMATION

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1% Chocolate Milk: Lowfat Milk, Sugar, Cocoa (processed with alkali), Corn Starch, Salt, Carrageenan, Vanillin, Vitamin A Palmitate, Vitamin D3. CONTAINS: MILK.

1% White Milk: Lowfat Milk, Vitamin A Palmitate, Vitamin D3. CONTAINS: MILK.

American Cheese, Sliced: Cultured Milk, Water, Cream, Sodium Citrate, Salt, Sodium Phosphate, Citric Acid, Sorbic Acid (preservative), Artificial Color, Enzymes, Soy Lecithin. CONTAINS: MILK, SOY.

Apple Chunks: Fresh Apples, Calcium Ascorbate (to maintain freshness and color).

Apple Slices: Apples, Calcium Ascorbate (to maintain freshness and color).

Applewood Smoked Bacon: Pork Cured With: Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite.

Asiago Cheese, Shaved: Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose (to prevent caking). CONTAINS: MILK.

Asiago Cheese, Sliced: Pasteurized Milk, Cheese Culture, Salt, Enzymes. CONTAINS: MILK.

Barbecue Dipping Sauce: High Fructose Corn Syrup, Tomato Paste, Water, Distilled White Vinegar, Molasses, Modified Corn Starch, Contains less than 2% of: Salt, Torula Yeast, Natural Smoke Flavor, Spices, Onion Powder, Sodium Benzoate (preservative), Garlic Powder.

BBQ Ranch Dressing: Water, Soybean Oil, Distilled Vinegar, Buttermilk, Molasses, Corn Syrup, Tomato Paste, Brown Sugar, Honey, Extra Virgin Olive Oil, Egg Yolk, Sea Salt, Sugar, Garlic (including dehydrated), Granular and Parmesan Cheese (pasteurized milk, cheese culture, salt, enzymes), Seasoning (salt, onion [dehydrated], garlic [dehydrated]), sour cream solids [cream, nonfat milk, cultures], buttermilk solids, sugar, spice, whey solids, lactic and citric acids, parsley), Natural Flavors (including smoke flavor), Red Chili Peppers, Salt, Xanthan Gum, Onion (dehydrated), Spice, Chili Powder (chili pepper, spices, garlic powder), Ancho Chili Pepper (dehydrated), Egg Whites, Dry Skim Milk, Citric Acid, Corn Oil, Lactic Acid. CONTAINS: EGG, MILK.

Barq's® Root Beer: Carbonated Water, High Fructose Corn Syrup, Caramel Color, Sodium Benzoate (to protect taste), Citric Acid, Caffeine, Artificial and Natural Flavors, Acacia.

Blue Cheese Crumbles: Blue Cheese (pasteurized milk, cheese cultures, salt, enzymes, penicillium roqueforti), Powdered Cellulose (to prevent caking), Natamycin (natural mold inhibitor). CONTAINS: MILK

Brewed Iced Tea, Unsweetened: Orange Pekoe and Pekoe Cut Black Tea.

Brewed Iced Tea, Sweetened: Orange Pekoe and Pekoe Cut Black Tea, Sugar.

Brioche Bun, Toasted: Enriched Wheat Flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), Water, Sugar, Yeast, Buttermilk Powder (whey solids, enzyme-modified butter, maltodextrin, salt, guar gum, annatto and turmeric [color]), Egg Yolks, Butter, Salt, Dough Conditioner (wheat flour, DATEM, contains 2% or less of: silicon dioxide [flow aid], soybean oil, enzymes [wheat], calcium sulfate, salt), Dry Malt, Calcium Propionate, Dough Conditioner (degermed yellow corn flour, turmeric and paprika [color], contains 2% or less of: natural flavor), Egg Wash (eggs, water). CONTAINS: WHEAT, EGG, MILK.

Bun, Premium Toasted: Enriched Flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), Water, High Fructose Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Dough Conditioners (may contain one or more of the following: sodium stearoyl lactylate, ascorbic acid, mono and diglycerides, calcium peroxide, calcium iodate, calcium sulfate, DATEM, azodicarbonamide, enzymes), Yeast Nutrients (may contain one or more of the following: ammonium sulfate, monocalcium phosphate, ammonium chloride), Maltodextrin, Medium Chain Triglycerides, Gum Arabic, Dextrin, Natural Flavor, Calcium Carbonate, Cultured Wheat Flour, Vinegar, Calcium Propionate (preservative). Buns are toasted in a common toaster with products that contain Egg and Milk. Untoasted buns are available upon request. CONTAINS: WHEAT.

Bun, Jr. Sandwich: Enriched Flour (wheat flour, malted barley flour, thiamine mononitrate, riboflavin, niacin, iron, folic acid), Water, High Fructose Corn Syrup, Vegetable Oil (contains one or more of the following: soybean, cottonseed, canola), Yeast, Salt, Wheat Gluten, Contains 2% or less of the following: Dough Conditioners (contains one or more of the following: sodium stearoyl lactylate, calcium stearoyl-2-lactylate, ascorbic acid, azodicarbonamide, mono and diglycerides, DATEM, enzymes), Yeast Nutrients (may contain one or more of the following: monocalcium phosphate, calcium sulfate, calcium carbonate, ammonium sulfate), Turmeric, Paprika, Annatto, Natural Flavor, Calcium Silicate, Calcium Propionate (preservative). CONTAINS:

Buttermilk Ranch Dipping Sauce: Soybean Oil, Water, White Distilled Vinegar, Buttermilk (cultured lowfat milk, milk, nonfat dry milk, salt, sodium citrate, vitamin A palmitate), Corn Syrup, Egg Yolks, Sugar, Contains 2% or Less of: Salt, Modified Corn Starch, Inactive Dried Yeast, Phosphoric Acid, Lactic Acid, Sodium Benzoate

and Potassium Sorbate (preservatives), Garlic Powder, Disodium Inosinate & Disodium Guanylate, Polysorbate 60, Xanthan Gum, Spice, Onion Powder, Natural Flavoring, Cultured Cream, Parsley Flakes, Propylene Glycol, Calcium Disodium EDTA (to protect flavor), Soy Lecithin. CONTAINS: EGG, MILK, SOY.

Buttery Best Spread: Liquid and Partially Hydrogenated Soybean Oil, Water, Salt, Hydrogenated Soybean Oil, Vegetable Mono & Diglycerides, Pectin and Sodium Alginate, Natural and Artificial Flavors, Buttermilk Solids, Soy Lecithin, Potassium Sorbate (preservative), Citric Acid, Calcium Disodium EDTA (to protect flavor), Beta Carotene (color), Vitamin A Palmitate. CONTAINS: MILK, SOY.

Caesar Sauce: Soybean Oil, Water, Parmesan and Romano Cheese (part skim milk, cheese cultures, salt, enzymes), Red Wine Vinegar, Egg Yolk, Extra Virgin Olive Oil, Lemon Juice Concentrate, Salt, Sugar, Garlic (dehydrated), Mustard Seed, Spices, Autolyzed Yeast Extract, Anchovies, Xanthan Gum, Distilled Vinegar, Molasses, Corn Syrup, Caramel Color, Tamarind, Natural Flavor. CONTAINS: EGGS, FISH (anchovies), MILK.

Cheddar Cheese Sliced: Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color (vegetable color). CONTAINS: MILK.

Cheddar Cheese, Shredded: Cultured Pasteurized Milk, Salt, Enzymes, Artificial Color, Potato Starch and Powdered Cellulose (to prevent caking), Natamycin (natural mold inhibitor). CONTAINS: MILK.

Chili: Water, Chili Base (tomatoes, salt, citric acid, calcium chloride), Ground Beef, Vegetable Mix (onions, celery, green peppers), Chili Beans (beans, water, sugar, corn syrup, salt, natural flavorings, onion powder, calcium chloride), Kidney Beans (kidney beans, water, sugar, corn syrup, salt, natural flavorings, onion powder, calcium chloride, disodium EDTA [preservative]), Chili Seasoning (sugar, salt, modified corn starch, chili pepper, onion powder, spices, dextrose, garlic powder, citric acid, disodium inosinate & guanylate, xanthan gum, autolyzed yeast extract, soybean oil, caramel color, extractives of paprika, malic acid, red 40, natural and artificial flavor, silicon dioxide [anticaking agent]).

Cod Fillet: Cod, Water, Enriched Bleached Wheat Flour (flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), Modified Corn Starch, Bleached Wheat Flour, Less Than 2% Of The Following: Yellow Corn Flour, Salt, Garlic Powder, Onion Powder, Leavening (sodium aluminum phosphate, sodium bicarbonate), Soybean Oil, Sugar, Spice, Palm Oil, Disodium Inosinate and Guanylate, Yeast, Malted Barley Flour, Natural Flavor, Sodium Phosphate (to retain moisture), Ascorbic Acid (dough conditioner). Cooked in the same oil as menu items that contain Egg, and Milk. CONTAINS: FISH (cod), WHEAT.

Coca-Cola®: Carbonated Water, High Fructose Corn Syrup, Caramel Color, Phosphoric Acid, Natural Flavors, Caffeine.

Coffee Creamer: Light Cream, Skim Milk, Sodium Citrate, Disodium Phosphate. CONTAINS: MILK.

Coke Zero™: Carbonated Water, Caramel Color, Phosphoric Acid, Potassium Citrate, Potassium Benzoate (to protect taste), Aspartame, Natural Flavors, Acesulfame Potassium, Caffeine, Sucralose. Phenylketonurics: contains phenylalanine.

Crinkle Cut Pickle: Fresh Cucumbers, Water, Salt, Vinegar, Lactic Acid, Sodium Benzoate (preservative), Natural Flavors, Polysorbate 80, Turmeric (color).

Crispy Chicken Nuggets: Chicken Breast, Water, Sodium Phosphates, Salt. Battered And Breaded With: Wheat Flour, Water, Bleached Wheat Flour, Salt, Modified Corn Starch, Spices, Dextrose, Leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate, monocalcium phosphate), Yellow Corn Flour, Yeast, Garlic Powder, Citric Acid, Natural And Artificial Flavor, Spice Extractives, Xanthan Gum. Cooked in Vegetable Oil (soybean oil, corn oil, cottonseed oil, hydrogenated soybean oil, natural flavor [vegetable], citric acid [preservative], dimethylpolysiloxane [anti-foaming agent]). Cooked in the same oil as menu items that contain Egg and Fish (where available). CONTAINS: WHEAT.

Crispy Chicken Patty: Chicken Breast, Water, Salt, Sodium Phosphates. Breaded With: Wheat Flour, Bleached Wheat Flour, Water, Rice Flour, Salt, Modified Corn Starch, Leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate, sodium aluminum phosphate), Spices, Garlic Powder, Onion Powder, Yeast, Spice Extractives, Extractives of Paprika, Natural and Artificial Flavor, Lactic Acid. Cooked in Vegetable Oil (soybean oil, corn oil, cottonseed oil, hydrogenated soybean oil, natural flavor [vegetable], citric acid [preservative], dimethylpolysiloxane [anti-foaming agent]). Cooked in the same oil as menu items that contain Egg, Milk, and Fish (where available). CONTAINS: WHEAT.

Diet Coke®: Carbonated Water, Caramel Color, Phosphoric Acid, Sodium Saccharin, Potassium Benzoate (to protect taste), Natural Flavors, Citric Acid, Caffeine, Potassium Citrate, Aspartame. Phenylketonurics: contains phenylalanine.

Dried Cranberries: Cranberries, Sugar, Sunflower Oil.

Dr Pepper®: High Fructose Corn Syrup, Water, Caramel Color, Phosphoric Acid, Caffeine, Sodium Benzoate (preservative), Natural and Artificial Flavors, Dimethylpolysiloxane.



INGREDIENT INFORMATION

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Fanta® Orange: Carbonated Water, High Fructose Corn Syrup, Citric Acid, Potassium Benzoate (to protect taste), Natural Flavors, Modified Food Starch, Glycerol Ester of Wood Rosin, Yellow 6, Brominated Vegetable Oil, Red 40.

Frosty, Chocolate: Milk, Sugar, Corn Syrup, Cream, Whey, Nonfat Milk, Cocoa (processed with alkali), Guar Gum, Mono and Diglycerides, Cellulose Gum, Carrageenan, Calcium Sulfate, Disodium Phosphate, Artificial Flavor, Vitamin A Palmitate. CONTAINS: MILK.

Frosty, Vanilla: Milk, Sugar, Corn Syrup, Cream, Whey, Nonfat Milk, Guar Gum, Mono and Diglycerides, Cellulose Gum, Carrageenan, Calcium Sulfate, Disodium Phosphate, Natural and Artificial Flavors, Annatto Extract, Vitamin A Palmitate. CONTAINS: MILK.

Gourmet Croutons: Enriched Wheat Flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), Sunflower Oil and/or Canola Oil, Seasoning (sea salt, black pepper, natural flavor), Salt, Garlic (dehydrated), Water, Yeast, Natural Butter Flavor, Malted Barley Flour, Citric Acid and/or Tocopherols (to maintain freshness). CONTAINS: MILK, WHEAT.

Grilled Chicken Breast: Chicken Breast, Water, Seasoning (sea salt, maltodextrin, natural flavors, yeast extract, onion powder, garlic powder, sugar, gum Arabic, dextrose), Modified Corn Starch, Sodium Phosphates. Rubbed with Paprika and Spice.

Hamburger Patty: Ground Beef. Seasoned with Salt.

Hi-C® Flashin' Fruit Punch®: Water, High Fructose Corn Syrup, Citric Acid, Ascorbic Acid (vitamin C), Acesulfame Potassium, Modified Food Starch, Sucralose, Natural Flavors, Potassium Sorbate (to protect taste), Glycerol Ester of Wood Rosin, Yellow 6, Brominated Vegetable Oil, Red 40.

Homestyle Chicken Breast: Chicken Breast, Water, Seasoning (salt, autolyzed yeast extract, sugar, flavor, chicken, maltodextrin, gum arabic, silicon dioxide, lactic acid, sunflower oil, canola oil, dextrose, grill flavor [from canola oil], citric acid), Modified Food Starch, Sodium Phosphates. Breaded With: Wheat Flour, Water, Salt, Modified Corn Starch, Leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), Onion Powder, Garlic Powder, Autolyzed Yeast Extract, Natural Flavor, Lactic Acid, Extractives of Turmeric. Cooked in Vegetable Oil (soybean oil, corn oil, cottonseed oil, hydrogenated soybean oil, citric acid [preservative], dimethylpolysiloxane [anti-foaming agent]). Cooked in the same oil as menu items that contain Egg and Fish (where available). CONTAINS: WHEAT.

Honey Mustard Dipping Sauce: Soybean Oil, High Fructose Corn Syrup, White Distilled Vinegar, Dijon Mustard (water, mustard seed, vinegar, salt, white wine, citric acid, tartaric acid, spices), Water, Honey, Egg Yolks, Sugar, Contains less than 2% of the following: Modified Tapioca Starch, Modified Corn Starch, Salt, Xanthan Gum, Mustard Flour, Sodium Benzoate (preservative), Spices, Molasses, Paprika, Oleoresin Paprika (natural extractives of paprika, canola and/or soybean oil), Natural and Artificial Flavor, Calcium Disodium EDTA (to protect flavor), FD&C Yellow No. 5. CONTAINS: EGG, SOY.

Hot Chili Seasoning Packet: Water, Corn Syrup, Salt, Vinegar, Propylene Glycol Alginate, Flavor, Xanthan Gum, Color.

Italian Vinaigrette Dressing: Water, Soybean Oil, Sugar, White Wine Vinegar, Distilled Vinegar, Garlic (including dehydrated), Corn Starch, Sea Salt, Extra Virgin Olive Oil, Mustard Seed, Spice, Xanthan Gum, Salt, Red Bell Peppers (dehydrated).

Juicy Juice® Apple Juice: Apple Juice (water, juice concentrate), Ascorbic Acid (vitamin C), Malic Acid.

Ketchup: Tomato Concentrate (made from red ripe tomatoes), Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavoring.

Lemonade: Sugar, Water, Lemon Juice, Lemon Pulp, Lemon Juice Concentrate, Natural Flavor.

Lemon Garlic Caesar Dressing: Water, Soybean Oil, Parmesan Cheese (part-skim milk, cheese culture, salt, enzymes), Garlic, Lemon Juice, Extra Virgin Olive Oil, Egg Yolk, Distilled Vinegar, Mustard Seed, Lemon Juice Concentrate, Spice, Garlic Juice, Salt, Egg Whites, White Wine, Xanthan Gum, Garlic (dehydrated), Anchovies, Natural Flavor, Citric Acid, Tartaric Acid, Corn Syrup, Molasses, Caramel Color, Soy Flour, Sugar, Tamarind, Lactic Acid. CONTAINS: EGG, FISH (anchovies), MILK, SOY.

Light Ranch Dressing: Buttermilk, Water, Soybean Oil, Distilled Vinegar, Egg Yolk, Corn Starch, Extra Virgin Olive Oil, Sugar, Sea Salt, Cultured Whey, Garlic (dehydrated), Salt, Spice, Xanthan Gum, Natural Flavor, Lactic Acid, Onion (dehydrated), Lemon Juice Concentrate, Green Onion, Mustard Seed. CONTAINS: EGG, MILK.

Light Honey French Dressing: Water, Honey, Sugar, Distilled Vinegar, Corn Syrup, Tomato Paste, Apple Cider Vinegar, Modified Cornstarch, Sea Salt, Mustard Seed, Onion (dehydrated), Xanthan Gum, Garlic (dehydrated), Oleoresin Paprika, Spice, Lemon Juice Concentrate, Natural Flavor.

Light Spicy Asian Chili Vinaigrette: Water, Brown Sugar, Corn Syrup, Rice Vinegar, Chili Garlic Sauce (salted chili pepper [chili peppers, salt], garlic, sugar, rice vinegar, water, modified corn starch, acetic acid), Soybean Oil, Miso (water, organic soy-

beans, rice, salt, koji starter [aspergillus oryzae]), Lime Juice (water, lime juice concentrate, lime oil), Soy Sauce (water, soybeans, salt, alcohol), Cilantro, Ginger, Mustard Seed, Sea Salt, Garlic (dehydrated), Spice, Natural Flavor, Roasted Garlic, Guar Gum, Xanthan Gum, Extra Virgin Olive Oil, Red Pepper (dehydrated), Yeast Extract, Oleoresin Rosemary, Citric Acid. CONTAINS: SOY.

Mayonnaise: Soybean Oil, Egg Yolks, Water, High Fructose Corn Syrup, Distilled Vinegar, Salt, Mustard Bran, Natural Flavors, Calcium Disodium EDTA (to protect flavor). CONTAINS: EGG.

Minute Maid® Light Lemonade: Water, Concentrated Lemon Juice, Citric Acid, Contains Less than 1% of: Natural Flavors, Modified Cornstarch, Glycerol Ester of Wood Rosin, Potassium Citrate, Sodium Benzoate, Potassium Sorbate and EDTA (to protect taste), Aspartame, Acesulfame Potassium, Yellow 5. Phenylketonurics: contains phenylalanine.

Mustard: Water, Distilled Vinegar, Mustard Seed, Salt, Turmeric (color), Paprika, Spice.

Natural-Cut Fries: Potatoes, Vegetable Oil (contains one or more of the following oils: canola, soybean, cottonseed, sunflower, corn), Dextrose, Sodium Acid Pyrophosphate (to maintain natural color). Cooked in Vegetable Oil (soybean oil, corn oil, cottonseed oil, hydrogenated soybean oil, natural flavor [vegetable], citric acid [preservative], dimethylpolysiloxane [anti-foaming agent]). Cooked in the same oil as menu items that contain Wheat, Egg, Milk, and Fish (where available). Seasoned with Sea Salt.

Nestlé® Pure Life® Bottled Water: Purified Water, Calcium Chloride, Sodium Bicarbonate, Magnesium Sulfate.

Non-nutritive Sweetener: See individual packet.

Pibb Xtra®: Carbonated Water, High Fructose Corn Syrup, Caramel Color, Phosphoric Acid, Artificial and Natural Flavors, Sodium Benzoate and Potassium Benzoate (to protect taste), Caffeine, Monosodium Phosphate, Lactic Acid, Sodium Carboxymethylcellulose.

Pomegranate Vinaigrette Dressing: Water, Sugar, Pomegranate Juice Concentrate, Soybean Oil, White Wine Vinegar, Orange Juice Concentrate, Balsamic Vinegar, Distilled Vinegar, Sea Salt, Extra Virgin Olive Oil, Orange Flavedo (orange peel, sugar, orange oil), Shallots, Xanthan Gum, Natural Flavor, Spice.

Pretzel Bun, Toasted: Enriched Wheat Flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), Water, Palm Oil, Sugar, Nonfat Dry Milk, Yeast, Salt, Dough Extender (wheat flour, monoglycerides, guar gum, corn syrup solids, contains 2% or less of: enzyme, soybean oil), Dough Conditioner (wheat flour, DATEM, contains 2% or less of: soybean oil, ascorbic acid, enzymes, L-cysteine hydrochloride), Calcium Propionate, Ascorbic Acid, Enzyme. Buns are toasted in a common toaster with products that contain Egg and Milk. Untoasted buns are available upon request. CONTAINS: WHEAT, MILK.

Ranch Dressing: Buttermilk, Soybean Oil, Water, Distilled Vinegar, Extra Virgin Olive Oil, Egg Yolk, Sugar, Sea Salt, Garlic (dehydrated), Modified Cornstarch, Yeast Extract, Spice, Salt, Onion (dehydrated), Natural Flavor, Xanthan Gum, Lactic Acid. CONTAINS: EGG, MILK.

Ranch Sauce: Soybean Oil, Buttermilk, Water, Distilled Vinegar, Egg Yolk, Asiago Cheese (part skim milk, cheese cultures, salt, enzymes), Sugar, Granular, Swiss and Parmesan Cheese (milk, cheese cultures, salt, enzymes), Garlic (including dehydrated), Seasoning (salt, garlic & onion [dehydrated]), sour cream solids [cream, non fat milk, cultures], buttermilk solids, sugar, spice, whey solids, lactic and citric acids, parsley), Salt, Onion (dehydrated), Xanthan Gum, Egg Whites (dehydrated), Natural Flavors, Spices, Dry Skim Milk, Citric Acid, Butter (cream, salt), Whey, Lactic Acid. CONTAINS: EGG, MILK.

Reduced Fat Sour Cream: Milk, Cream, Modified Corn Starch, Nonfat Dry Milk, Maltodextrin, Lactic Acid, Sodium Phosphate, Citric Acid, Guar Gum, Mono and Diglycerides, Natural and Artificial Flavor, Potassium Sorbate (preservative), Locust Bean Gum, Carrageenan. CONTAINS: MILK.

Roasted Pecans: Pecans, Sugar, Honey, Corn Starch, Calcium Stearate (anti-caking agent), Soy Lecithin, Maltodextrin, Lactose (from milk), Xanthan Gum, Soybean Oil, Sea Salt, Cayenne Pepper. CONTAINS: MILK, SOY, TREE NUTS (pecans).

Saltines: Enriched Flour (wheat flour, niacinamide, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), Soybean Oil (contains TBHQ for freshness), Salt, Contains 2% or less of: Corn Syrup, Leavening (baking soda, yeast), Soy Lecithin. CONTAINS: SOY, WHEAT.

Smoky Honey Mustard: Soybean Oil, Dijon Mustard (water, vinegar, mustard seed, salt, white wine, fruit pectin, citric acid, tartaric acid, sugar, spice), Water, Sugar, Honey, Tomato Paste, Brown Sugar, Cider Vinegar, Egg Yolk, Distilled Vinegar, Salt, Natural Flavors (including smoke flavor), Mustard Seed, Garlic (dehydrated), Xanthan Gum, Onion (dehydrated), Molasses, Corn Syrup, Spices, Caramel Color, Tamarind, Soy Lecithin. CONTAINS: EGG, SOY.



INGREDIENT INFORMATION

QUALITY IS
OUR RECIPE[®]

Spicy Chicken Breast: Chicken Breast, Water, Seasoning (salt, spice, sodium phosphate [sodium tripolyphosphate, sodium polyphosphates, glassy], modified corn starch, paprika, natural flavor, extractives of paprika, extractives of turmeric). Breaded With: Wheat Flour, Water, Salt, Modified Corn Starch, Bleached Wheat Flour, Wheat Gluten, Spice, Gum Arabic, Egg White Solids, Spice Extractives, Yellow Corn Flour, Leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), Extractives of Paprika. Cooked in Vegetable Oil (soybean oil, corn oil, cottonseed oil, hydrogenated soybean oil, citric acid [preservative], dimethylpolysiloxane [anti-foaming agent]). Cooked in the same oil as menu items that contain Fish (where available). CONTAINS: EGG, WHEAT.

Spicy Chicken Nuggets: Chicken Breast, Water, Seasoning (salt, spice, spice extractive), Sodium Phosphates. Battered and Breaded with: Wheat Flour, Water, Bleached Wheat Flour, Salt, Modified Corn Starch, Spice, Wheat Gluten, Egg White Solids, Gum Arabic, Paprika, Extractives of Paprika, Yellow Corn Flour, Leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), Spice Extractives, Yeast. Cooked in Vegetable Oil (soybean oil, corn oil, cottonseed oil, hydrogenated soybean oil, natural flavor [vegetable], citric acid [preservative], dimethylpolysiloxane [anti-foaming agent]). Cooked in the same oil as menu items that contain Milk and Fish (where available). CONTAINS: EGG, WHEAT.

Spicy Roasted Cashews: Cashews, Onion Garlic Seasoning (onion powder, garlic powder, salt), Canola Oil, Soy Lecithin, Sea Salt, Paprika, Cayenne Pepper. CONTAINS: SOY, TREE NUTS (cashews).

Spring Mix: Baby Lettuces (red & green Romaine, red & green oak, red & green leaf, lolla Rosa, tango), Spinach, Mizuna, Arugula, Tatsoi, Red Chard, Green Chard.

Sprite[®]: Carbonated Water, High Fructose Corn Syrup, Citric Acid, Natural Flavors, Sodium Citrate, Sodium Benzoate (to protect taste), Dimethylpolysiloxane.

Strawberry Lemonade: Lemonade (water, sugar, lemon juice & concentrate), Strawberry Puree (sugar, strawberries, water, natural flavor, modified corn starch, citric acid, pectin, potassium sorbate [preservative], grape juice concentrate [color], carmine color).

Strawberry Tea: Unsweetened Brewed Tea, Strawberry Puree (sugar, strawberries, water, natural flavor, modified corn starch, citric acid, pectin, potassium sorbate [preservative], grape juice concentrate [color], carmine color).

Sweet & Sour Dipping Sauce: Fructose Corn Syrup, White Distilled Vinegar, Water, Pineapple Juice Concentrate, Modified Corn Starch, Salt, Sodium Benzoate and Potassium Sorbate (preservatives), Bell Peppers (dehydrated), Soybean Oil, Caramel Color (sulfites), Citric Acid, Oleoresin Paprika (natural extractives of paprika, canola and/or soybean oil), Spice, Red 40.

Tartar Sauce: Soybean Oil, Cucumbers, Water, Egg Yolk, Distilled Vinegar, Onion (including dehydrated), Salt, Mustard Seed, Lemon Juice from Concentrate, Xanthan Gum, Spices, Garlic (dehydrated), Propylene Glycol Alginate, Potassium Sorbate and Sodium Benzoate (preservatives), Alum, Oleoresin Turmeric, Natural Flavor. CONTAINS: EGG.

Thousand Island Dressing: Soybean Oil, Sweet Relish (cucumbers, sugar, vinegar, salt, xanthan gum, natural flavors), Water, Sugar, Egg Yolk, Tomato Paste, Distilled Vinegar, Salt, Onion (dehydrated), Celery Seed, Natural Flavors, Xanthan Gum, Vegetable Juice (added for color), Garlic (dehydrated). CONTAINS: EGG.

Tortilla: Bleached Enriched Wheat Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), Water, Soybean Oil, Hydrogenated Cottonseed and/or Soybean Oil, Mono and Diglycerides, Potato Starch with Monoglycerides, Contains 2% or less of: Salt, Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), Fumaric Acid, Sodium Bicarbonate, Dough Conditioner (wheat flour, calcium sulphate, sorbic acid, L-Cysteine hydrochloride), Sodium Propionate and Potassium Sorbate (preservatives). CONTAINS: WHEAT.

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Nutrition information is based on standard product formulations. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, product assembly at the restaurant level, and/or season of the year. Certain menu items may not be available at all locations. Temporary products are not included. Nutrition calculations follow federal regulations regarding the rounding of nutritional data.

The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending upon daily calorie consumption.

Wendy's International, LLC, its franchisees and employees do not assume responsibility for a particular allergy or sensitivity to any food provided in our restaurants. Federal regulations have identified 8 major food allergens: milk, eggs, wheat, soybeans, peanuts, tree nuts, fish and crustacean shellfish. For your convenience, menu items and ingredients that contain these major allergens have been indicated. Foods cooked in common oil have also been indicated as possible allergens. Federal regulation has exempted from allergen declaration any highly refined oil derived from the major food allergens; therefore, soy oil as an ingredient is not indicated as an allergen. Please consult your doctor to know if you should avoid products that contain highly refined soy oil.

**Our products may contain or come into contact with common food allergens.
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