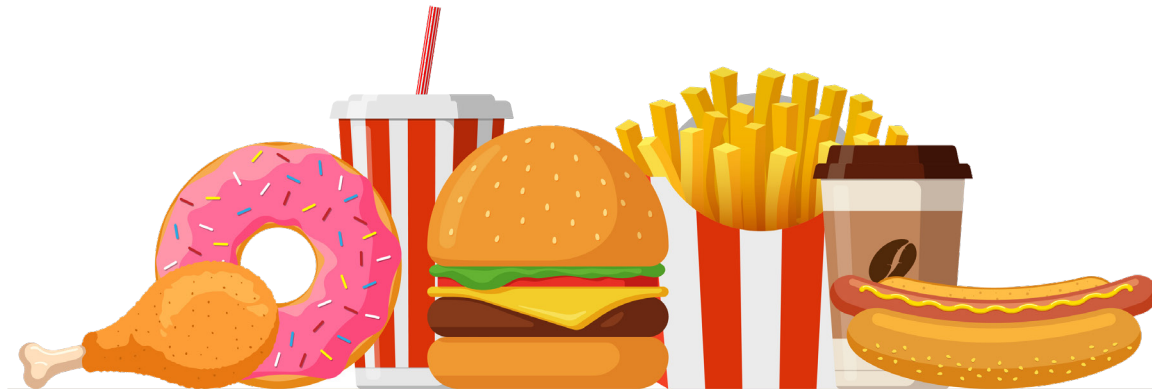


FAST FOOD



STOP & GO

NUTRITION GUIDE





Church Health
care for one another

INTRODUCTION

Eating on the go is not always ideal, but stopping to get a bite to eat should not make you feel as if all your health and wellness goals have to be thrown out. Over the years, I have had many patients share the challenges of trying to choose something healthy on a menu. They wanted to make healthier choices but sifting through nutrition information was such an overwhelming task. “Just tell me what I can eat!” they would say. So, I am introducing the **Stop & Go Guide**. This tool was created in order to cut down on the confusion, make your lives easier and make eating out a fun and enjoyable experience.

RESTAURANTS INCLUDED

Restaurants were strategically chosen to include those that patients frequently visit. These include:

- Buffalo Wild Wings
- Burger King
- Captain D's
- Chick-fil-A
- Domino's
- Gas Station (Generic)
- KFC
- McDonalds
- Mexican Restaurant (Generic)
- Panda Express
- Piccadilly
- Popeyes
- Smoothie King
- Starbucks
- Subway
- Taco-Bell
- Waffle House
- Wendy's
- Wingstop

A LITTLE ABOUT THIS TOOL

After all the nutrition data was entered, all food choices were then categorized as either a meal, a snack or a drink item. The calories, carbohydrates, saturated fat, cholesterol, and sodium and were then analyzed and compared. For a food item to be labeled green, it would only meet none or one of the criteria values. For a food item to be labeled yellow, it would have met two of the criteria values. For a food to be labeled red, it would have met three or more of the criteria values.

Meal Item Criteria

1. > 600 kcal
2. > 30 g carbs
3. ≥ 8 g saturated fat
4. ≥ 100 mg cholesterol
5. ≥ 1000 mg sodium

Snack Item Criteria

1. > 250 kcal
2. > 15 g carb
3. ≥ 5 g saturated fat
4. ≥ 20 mg cholesterol
5. >140 mg sodium

Drink Item Criteria

1. > 100 kcal
2. > 15 g carb
3. ≥ 5 g saturated fat
4. ≥ 20 mg cholesterol
5. >140 mg sodium

Green means GO!

Green food items are considered the best choices on this list. They are within criteria ranges set for the portion size listed.

Yellow means CAUTION!

Yellow foods are still foods that you can enjoy, just maybe not as frequently as you would a green food.

Red means STOP!

Food items labeled in red are foods that we may want to skip over if we are trying to practice more healthful and mindful eating strategies.

	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
DRINKS							
MILK (8 OZ)							
WHOLE MILK	149	12	8	5	24	105	12
2%	130	12	5	3	20	130	12
1%	102	12	2	2	12	107	12
SKIM/NON-FAT	83	12	0	0	5	103	12
HOT DRINKS (8 OZ)							
COFFEE	5	0	0	0	0	5	0
COFFEE, DECAF	4	1	0	0	0	0	0
HOT CHOCOLATE	200	41	4	2	17	149	38
HOT TEA	2	1	0	0	0	7	0
FOUNTAIN DRINKS (16 OZ)							
A&W DIET ROOT BEER	0	0	0	0	0	110	0
A&W ROOT BEER	220	60	0	0	0	110	46
DIET COKE	1	0	0	0	0	13	0
CHERRY COKE	200	56	0	0	0	50	56
COCA-COLA	190	52	0	0	0	60	52
DIET DR. PEPPER	0	0	0	0	0	85	0
DR. PEPPER	190	53	0	0	0	75	52
DIET MONTAIN DEW	5	0	0	0	0	70	0
MOUNTAIN DEW	230	62	0	0	0	86	62
DIET PEPSI	0	0	0	0	0	50	0
PEPSI	200	55	0	0	0	40	55
FANTA ORANGE	220	60	0	0	0	80	59
HI-C FRUIT PUNCH	130	34	0	0	0	10	34
HI-C ORANGE	147	40	0	0	0	0	39
LIPTON BRISK LEMONADE	132	44	0	0	0	130	38
LIPTON BRISK RASPBERRY	106	26	0	0	0	55	26
MINUTE MAID LEMONADE	180	50	0	0	0	130	48
POWERADE MOUNTAIN BLAST	140	34	0	0	0	180	35
SIERRA MIST	150	39	0	0	0	45	62
SPRITE	190	52	0	0	0	85	51
SWEET TEA	170	45	0	0	0	40	31
UNSWEETENED TEA	0	0	0	0	0	40	0
JUICE (Various Sizes)							
HONEST KIDS JUICE DRINK (6.75 OZ)	35	8	0	0	0	15	8
MINUTE MAID ORANGE JUICE (11 OZ)	150	36	0	0	0	35	32
OTHER 100% FRUIT JUICE (8 OZ)	110	30	0	0	0	20	23
OTHERS							
BOTTLED WATER	0	0	0	0	0	0	0
BUFFALO WILD WINGS							
BONELESS WINGS WITH SIGNATURE SAUCES							
PLAIN (6 PC)	360	20	19	7	85	1260	0
PLAIN (10 PC)	610	34	31	12	140	2090	1
ASIAN ZING (6 PC)	490	51	19	7	85	2120	29
ASIAN ZING (10 PC)	780	75	31	12	140	3240	39
BLAZIN' CAROLINA REAPER (6 PC)	420	25	23.5	7.5	85	1940	2
BLAZIN' CAROLINA REAPER (10 PC)	690	40	37	13	140	3000	3
CARIBBEAN JERK (6 PC)	470	39	23	7.5	85	1750	17
CARIBBEAN JERK (10 PC)	760	60	36	13	140	2750	24
HONEY BBQ (6 PC)	460	45	19	7	85	1880	21
HONEY BBQ (10 PC)	750	68	31	12	140	2920	29
HOT (6 PC)	430	23	24	8	85	2910	0
HOT (10 PC)	700	38	39	13.5	140	4290	1

BUFFALO WILD WINGS	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
JAMMIN' JALAPENO (6 PC)	490	50	19	7	85	2280	24
JAMMIN' JALAPENO (10 PC)	790	74	31	12	140	3450	33
LEMON PEPPER (6 PC)	630	23	47	11.5	85	2270	1
LEMON PEPPER (10 PC)	970	37	69	18	140	3470	2
MANGO HABANERO (6 PC)	470	46	20	7	85	1910	20
MANGO HABANERO (10 PC)	760	69	32	12	140	2960	27
MEDIUM (6 PC)	410	22	23	7.5	95	2890	0
MEDIUM (10 PC)	670	37	37	13	150	4260	1
MILD (6 PC)	430	22	26	8	95	2650	0
MILD (10 PC)	710	37	40	13.5	150	3940	1
NASHVILLE HOT W/PICKLES (6 PC)	420	24	24	9	90	2350	2
NASHVILLE HOT W/PICKLES (10 PC)	690	39	37	14.5	145	3470	3
ORANGE CHICKEN (6 PC)	450	42	19	7	85	2030	19
ORANGE CHICKEN (10 PC)	730	64	31	12	140	3110	26
ORIGINAL BUFFALO (6 PC)	530	22	37	10.5	85	2740	0
ORIGINAL BUFFALO (10 PC)	830	36	55	16.5	140	4070	1
PARMESAN GARLIC (6 PC)	550	25	38	10.5	105	2200	2
PARMESAN GARLIC (10 PC)	870	40	56	16.5	165	2215	3
SPICY GARLIC (6 PC)	430	23	25	8	95	2960	0
SPICY GARLIC (10 PC)	700	38	39	13.5	155	4360	1
SWEET BBQ (6 PC)	430	37	19	7	85	2100	13
SWEET BBQ (10 PC)	710	57	31	12	140	3210	17
TERIYAKI (6 PC)	460	42	19	7	85	2350	18
TERIYAKI (10 PC)	740	64	31	12	140	3540	25
THAI CURRY (6 PC)	580	26	41	11	140	2610	3
THAI CURRY (10 PC)	900	43	60	17	155	3890	5
WILD (6 PC)	430	24	25	8	85	2540	1
WILD (10 PC)	710	39	39	13.5	140	3800	3
BONELESS WINGS WITH DRY SEASONINGS							
BUFFALO SEASONING (6 PC)	365	21	19	7	85	1740	0
BUFFALO SEASONING (10 PC)	615	35	31	12	140	2730	1
CHIPOTLE BBQ SEASONING (6 PC)	365	21	19	7	85	1620	1
CHIPOTLE BBQ SEASONING (10 PC)	620	36	31	12	140	2570	2
DESERT HEAT SEASONING (6 PC)	365	21	19	7	85	1510	1
DESERT HEAT SEASONING (10 PC)	620	36	31	12	140	2420	2
LEMON PEPPER SEASONING (6 PC)	365	21	19	7	85	1550	0
LEMON PEPPER SEASONING (10 PC)	615	35	31	12	140	2480	1
SALT & VINEGAR SEASONING (6 PC)	365	21	19	7	85	1800	0
SALT & VINEGAR SEASONING (10 PC)	615	35	31	12	140	2800	2
TRADITIONAL WINGS WITH SIGNATURE SAUCES							
PLAIN (6 PC)	430	0	24	8	215	160	0
PLAIN (10 PC)	720	0	41	13	360	270	0
ASIAN ZING (6 PC)	520	21	24	8	215	730	19
ASIAN ZING (10 PC)	850	31	41	13	360	1130	2
BLAZIN' CAROLINA REAPER (6 PC)	470	3	27	8	215	610	1
BLAZIN' CAROLINA REAPER (10 PC)	790	5	45.5	13.5	360	950	2
CARIBBEAN JERK (6 PC)	510	13	26.5	8	215	490	11
CARIBBEAN JERK (10 PC)	830	19	45	13.5	360	760	17
HONEY BBQ (6 PC)	500	17	24	8	215	570	14
HONEY BBQ (10 PC)	820	25	41	13	360	890	21
HOT (6 PC)	475	2	24	8.5	215	1260	0
HOT (10 PC)	790	3	42	14	360	1920	0
JAMMIN' JALAPENO (6 PC)	520	20	24	8	215	840	16
JAMMIN' JALAPENO (10 PC)	850	30	41	13	360	1290	24
LEMON PEPPER (6 PC)	510	2	43	11	215	850	0
LEMON PEPPER (10 PC)	990	3	69	17.5	360	1330	1
MANGO HABANERO (6 PC)	500	18	24.5	8	215	590	13
MANGO HABANERO (10 PC)	830	26	42	13	360	920	20
MEDIUM (6 PC)	460	1	27	8	220	1250	0
MEDIUM (10 PC)	770	2	45	13.5	370	1900	0
MILD (6 PC)	480	1	28.5	9	220	1080	0
MILD (10 PC)	790	2	48	14	370	1660	0
NASHVILLE HOT W/PICKLES (6 PC)	470	3	27	9	220	950	1
NASHVILLE HOT W/PICKLES (10 PC)	780	4	46	15	365	1360	2
ORANGE CHICKEN (6 PC)	490	15	24	8	215	670	13
ORANGE CHICKEN (10 PC)	810	22	41	13	360	1040	19
ORIGINAL BUFFALO (6 PC)	540	1	26	10.5	215	1150	0

BUFFALO WILD WINGS	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
ORIGINAL BUFFALO (10 PC)	890	2	60	16.5	360	1750	0
PARMESAN GARLIC (6 PC)	560	3	37	10.5	225	790	1
PARMESAN GARLIC (10 PC)	910	5	47	16.5	380	1210	2
SPICY GARLIC (6 PC)	475	2	28	8.5	220	1290	0
SPICY GARLIC (10 PC)	790	3	41	14	370	1970	0
SWEET BBQ (6 PC)	480	12	24	8	215	720	8
SWEET BBQ (10 PC)	790	17	41	13	360	1110	13
TERIYAKI (6 PC)	500	15	24	8	215	880	12
TERIYAKI (10 PC)	820	22	41	13	360	1360	18
THAI CURRY (6 PC)	580	4	38	10.5	225	1060	2
THAI CURRY (10 PC)	940	6	63	17	375	1620	3
WILD (6 PC)	480	3	28	8.5	215	1010	1
WILD (10 PC)	790	4	47	14	360	1550	1
TRADITIONAL WINGS WITH DRY SEASONINGS							
BUFFALO SEASONING (6 PC)	435	1	24	8	215	640	0
BUFFALO SEASONING (10 PC)	725	1	41	13	360	610	0
CHIPOTLE BBQ SEASONING (6 PC)	435	1	24	8	215	520	1
CHIPOTLE BBQ SEASONING (10 PC)	730	2	41	13	360	750	1
DESERT HEAT SEASONING (6 PC)	435	1	24	8	215	410	1
DESERT HEAT SEASONING (10 PC)	730	2	41	13	360	600	1
LEMON PEPPER SEASONING (6 PC)	435	1	24	8	215	450	0
LEMON PEPPER SEASONING (10 PC)	725	1	41	13	360	660	0
SALT & VINEGAR SEASONING (6 PC)	435	1	24	8	215	700	0
SALT & VINEGAR SEASONING (10 PC)	725	1	41	13	360	980	1
CAULIFLOWER WINGS WITH SIGNATURE SAUCES							
ASIAN ZING (SMALL)	690	99	29	11	35	1800	42
ASIAN ZING (LARGE)	1380	199	58	22	65	3590	85
BLAZIN' CAROLINA REAPER (SMALL)	600	64	35	12	35	1560	6
BLAZIN' CAROLINA REAPER (LARGE)	1200	128	68	24	65	3110	13
CARIBBEAN JERK (SMALL)	670	84	34	12	35	1310	27
CARIBBEAN JERK (LARGE)	1340	168	67	24	65	2620	54
HONEY BBQ (SMALL)	660	92	29	11	35	1480	32
HONEY BBQ (LARGE)	1200	183	57	22	65	2950	63
HOT (SMALL)	610	62	37	12.5	35	2850	4
HOT (SMALL)	1220	123	73	24.5	65	5700	9
JAMMIN' JALAPENO (SMALL)	700	98	29	11	35	2010	36
JAMMIN' JALAPENO (LARGE)	1400	196	57	22	65	4020	72
LEMON PEPPER (SMALL)	880	61	67	17	35	2030	5
LEMON PEPPER (LARGE)	1750	123	133	34	65	4060	9
MANGO HABANERO (SMALL)	670	93	30	11	35	1520	30
MANGO HABANERO (LARGE)	1340	186	59	22	65	3040	61
MEDIUM (SMALL)	580	61	35	12	45	2820	4
MEDIUM (LARGE)	1170	121	68	24	90	5650	8
MILD (SMALL)	620	61	38	12.5	45	2500	4
MILD (LARGE)	1240	121	76	25	90	500	8
NASHVILLE HOT W/PICKLES (SMALL)	600	63	35	13.5	40	2030	6
NASHVILLE HOT W/PICKLES (LARGE)	1200	127	70	27	75	4060	13
ORANGE CHICKEN (SMALL)	640	88	29	11	35	1670	29
ORANGE CHICKEN (LARGE)	1290	175	57.5	22	65	3350	59
ORIGINAL BUFFALO (SMALL)	740	60	53	15.5	35	2630	2
ORIGINAL BUFFALO (LARGE)	1490	120	104	31	65	5250	8
PARMESAN GARLIC (SMALL)	780	64	54	15.5	60	1900	6
PARMESAN GARLIC (LARGE)	1560	138	107	31	110	3800	13
SPICY GARLIC (SMALL)	610	62	37	12.5	50	2920	2
SPICY GARLIC (LARGE)	1140	148	58	22	65	3530	20
SWEET BBQ (SMALL)	620	81	29	11	35	1770	21
SWEET BBQ (LARGE)	1230	162	57	22	65	3530	42
TERIYAKI (SMALL)	650	88	57	11	35	2100	28
TERIYAKI (LARGE)	1310	176	57	22	65	4200	55
THAI CURRY (SMALL)	810	66	58	15	50	2450	6
THAI CURRY (LARGE)	1620	131	115	33	100	4910	17
WILD (SMALL)	620	63	37	12.5	35	2060	4
WILD (LARGE)	1230	126	74	2.5	65	4710	11
DRY SEASONINGS WITH CAULIFLOWER WING							
BUFFALO SEASONING (SMALL)	525	59	29	11	35	1290	4
BUFFALO SEASONING (LARGE)	1050	118	57	22	65	2410	8
CHIPOTLE BBQ SEASONING (SMALL)	530	60	29	11	35	1130	5

BUFFALO WILD WINGS	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
CHIPOTLE BBQ SEASONING (LARGE)	1055	119	57	22	65	2140	10
DESERT HEAT SEASONING (SMALL)	530	60	29	11	35	990	5
DESERT HEAT SEASONING (LARGE)	1055	120	58	22	65	1890	9
LEMON PEPPER SEASONING (SMALL)	525	59	29	11	35	1040	4
LEMON PEPPER SEASONING (LARGE)	1050	118	57	22	65	1980	8
SALT & VINEGAR SEASONING (SMALL)	525	59	29	11	35	1360	5
SALT & VINEGAR SEASONING (LARGE)	1050	118	57	22	65	2550	9
ACCOMPANIMENTS & SIDES							
CARROTS (3 PC)	50	11	0	0	0	90	7
CELERY STICKS (2 PC)	15	3	0	0	0	75	1
CARROTS & CELERY STICKS (5 PC)	35	8	0	0	0	90	5
CARROTS & CELERY STICKS, WITH RANCH DRESSING (5 PC)	380	16	34	5	10	680	10
CHEDDAR CHEESE CURDS WITH SOUTHWESTERN RANCH DRESSING (1 ORDER)	920	22	78	30	135	2080	3
FRENCH FRIES (REGULAR)	420	78	11	4.5	10	730	0
FRENCH FRIES (LARGE)	840	155	22	9	20	1460	0
GREEN SIDE SALAD (NO SAUCE-1 ORDER)	80	7	4.5	2.5	15	100	3
MAC & CHEESE (1 ORDER)	510	54	26	17	85	1160	11
ONION RINGS, WITH SOUTHWESTERN RANCH DRESSING (1 ORDER)	980	76	72	21	40	1650	12
ONION RINGS, WITH SOUTHWESTERN RANCH DRESSING (LARGE)	1590	148	105	35	70	2480	23
POTATO WEDGES (REGULAR)	370	45	19	8	15	1030	1
POTATO WEDGES (LARGE)	750	90	38	17	30	2060	1
RICE (HAWAII ONLY)	180	40	0	0	0	0	0
TOTS (REGULAR)	620	60	40	17	30	980	0
TOTS (LARGE)	1240	120	80	34	60	1950	1
BAR FOOD							
BUFFALO CHICKEN TOTS (1 ORDER)	2110	145	144	51	220	7010	4
BUFFALO MAC & CHEESE (1 ORDER)	1060	77	64	29	185	4550	13
CHEDDAR CHEESE CURDS, WITH SOUTHWESTERN RANCH DRESSING (1 ORDER)	1490	43	119	55	255	3370	5
CHICKEN QUESADILLA (1 ORDER)	1030	68	62	29	175	2590	11
CHICKEN QUESADILLA WITH GUACAMOLE (1 ORDER)	1110	73	69	30	175	2760	12
CHILI CON QUESO WITH CHIPS (1 ORDER)	1220	124	65	30	125	2710	36
CHILI CON QUESO WITH CHIPS MAKE IT WILD (1 ORDER)	1245	125	67	30	125	430	36
CHIPS & DIP TRIO (1 ORDER)	1660	168	99	34	105	4750	23
CHIPS & HOUSE-MADE GUACAMOLE (1 ORDER)	1240	135	75	20	25	1860	6
CHIPS & SALSA (1 ORDER)	860	122	35	14	25	1990	9
DIRTY DUBS TOTS (1 ORDER)	1890	156	120	53	195	4150	14
EVERYTHING PRETZEL KNOTS, WITH NEW BELGIUM FAT TARTAR SAUCE (1 ORDER)	870	103	41	10	35	2480	12
FRIED PICKLES, WITH SOUTHWESTERN RANCH DRESSING (1 ORDER)	850	58	65	18	40	3500	2
HATCH QUESO WITH CHIPS (1 ORDER)	1110	119	59	28	105	2370	8
HATCH QUESO WITH CHIPS MAKE IT WILD (1 ORDER)	1135	120	61	28	105	2800	8
HATCH QUESO WITH CHIPS ADD GUACAMOLE (1 ORDER)	1190	124	66	29	105	2540	9
HOUSE SAMPLER (NO SAUCE- 1 ORDER)	2480	206	149	57	275	6530	29
HOUSE SAMPLER WITH BLEU CHEESE (1 ORDER WITH 2 OZ SAUCE)	3060	206	158	63	105	7080	2
HOUSE SAMPLER WITH RANCH (1 ORDER WITH 2 OZ SAUCE)	2800	206	183	62	185	6680	2
MOZZARELLA STICKS, WITH MARINARA (1 ORDER)	520	53	25	13	55	1700	7
ONION RINGS, WITH SOUTHWESTERN RANCH DRESSING (1 ORDER)	1590	148	105	35	70	2480	23
STREET TACOS (1 ORDER)	630	43	39	9	80	2140	4
ULTIMATE NACHOS (NOTHING ADDED-1 ORDER)	1760	181	95	46	180	3900	15
ULTIMATE NACHOS WITH CHILI (1 ORDER)	2200	202	119	56	260	5280	21
ULTIMATE NACHOS WITH BRISKET (1 ORDER)	2020	183	112	53	265	4420	15
ULTIMATE NACHOS WITH CHICKEN (1 ORDER)	1880	182	99	48	240	4370	15
ULTIMATE NACHOS WITH GUACAMOLE (1 ORDER)	1910	191	108	48	180	4240	16
TOPPINGS FOR FRENCH FRIES, POTATO WEDGES, OR TOTS							
BACON (REGULAR)	60	0	4	1.5	20	210	0
BACON (LARGE)	120	1	8	3	35	430	0
CHEDDAR JACK CHEESE (REGULAR)	110	1	9	5	25	170	0
CHEDDAR JACK CHEESE (LARGE)	220	2	17	10	55	350	0
HATCH QUESO (REGULAR)	110	4	8	4.5	25	520	2
HATCH QUESO (LARGE)	220	8	16	9	55	1030	5
CHILI (LARGE)	220	11	12	5	40	690	3
BUFFALO SEASONING (REGULAR)	5	1	0	0	0	240	0
BUFFALO SEASONING (LARGE)	5	1	0	0	0	480	0
CHIPOTLE BBQ SEASONING (REGULAR)	5	1	0	0	0	180	0
CHIPOTLE BBQ SEASONING (LARGE)	5	1	0	0	0	360	1
DESERT HEAT SEASONING (REGULAR)	5	1	0	0	0	125	0
DESERT HEAT SEASONING (LARGE)	5	1	0	0	0	250	1

BUFFALO WILD WINGS	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
LEMON PEPPER (REGULAR)	0	0	0	0	0	150	0
LEMON PEPPER SEASONING (LARGE)	5	1	0	0	0	290	0
SALT & VINEGAR SEASONING (REGULAR)	0	0	0	0	0	270	0
SALT & VINEGAR SEASONING (LARGE)	5	1	0	0	0	540	0
BURGERS							
ALL-AMERICAN CHEESEBURGER (1 ORDER)	920	38	53	22	145	2040	7
ALL-AMERICAN BACON CHEESEBURGER (1 ORDER)	930	38	61	25	165	2210	8
BACON SMASHED HATCH CHILE BURGER (1 ORDER)	990	43	64	27	200	2380	9
BBQ BACON BURGER (1 ORDER)	1090	58	70	29	170	2360	13
BUFFALO BLEU BURGER (1 ORDER)	850	39	57	21	135	2870	7
CHEESE CURD BACON BURGER (1 ORDER)	1210	50	83	35	210	2790	9
GUACAMOLE BACON BURGER (1 ORDER)	1180	44	86	30	175	2100	8
SMOKED BRISKET BURGER (1 ORDER)	1020	44	66	27	190	2610	11
SOUTHWESTERN BLACK BEAN BURGER (1 ORDER)	740	74	42	11	30	1780	11
PROTEIN OPTIONS							
HAMBURGER PATTY (1)	210	0	16	6	50	320	0
BLACK BEAN BURGER PATTY (1)	200	31	6	1	0	540	4
GRILLED CHICKEN BREAST (1)	90	1	1	0	45	560	0
HAND-BREADED CHICKEN BREAST (1)	310	20	15	6	60	690	0
SMOKED BRISKET (1 OZ)	90	1	6	2.5	30	170	0
TOPPINGS							
AMERICAN CHEESE (3 TBSP)	70	1	6	3.5	20	290	1
BLEU CHEESE CRUMBLES (2 TBSP)	50	0	4	3	10	160	0
CHEDDAR CHEESE (3 TBSP)	90	1	7	4	20	140	0
PEPPER JACK CHEESE (3 TBSP)	80	0	6	4	20	140	0
SWISS CHEESE (3 TBSP)	80	0	7	4	20	40	0
SAUTEED WHITE ONIONS (2 TBSP)	10	3	0	0	0	85	2
BACON (1/3 CUP)	100	0	3	3	15	370	0
GUACAMOLE (1/3 CUP)	80	5	1	1	0	170	1
MAYO (1 TBSP)	120	1	2	2	10	10	0
KETCHUP (1 TBSP)	20	5	0	0	0	160	4
YELLOW MUSTARD (1 TSP)	0	0	0	0	0	60	0
SANDWICHES & WRAPS							
BRISKET TACOS (1 ORDER)	610	53	30	11	95	1820	9
BUFFALO RANCH CHICKEN SANDWICH (1 ORDER)	730	59	41	12	75	3440	7
BUFFALO RANCH CHICKEN WRAP (1 ORDER)	780	69	44	14	75	2900	6
CLASSIC CHICKEN SANDWICH (1 ORDER)	620	54	32	10	70	1220	5
CLASSIC CHICKEN WRAP WITH PULLED CHICKEN (1 ORDER)	680	57	25	11	145	2000	6
CLASSIC CHICKEN WRAP WITH HAND-BREADED CHICKEN (1 ORDER)	590	66	25	11	65	1550	5
GRILLED CHICKEN BUFFALITOS (1 ORDER)	500	44	22	12	105	1320	4
GRILLED CHICKEN CLUB SANDWICH (1 ORDER)	770	43	49	14	100	1730	7
NASHVILLE HOT CHICKEN SANDWICH (1 ORDER)	810	67	47	14	70	2690	13
SMOKED BRISKET SANDWICH (1 ORDER)	650	49	31	13	130	1720	14
SOUTHERN CHICKEN SANDWICH (1 ORDER)	870	62	53	17	95	1560	11
TENDERS							
HAND-BREADED CHICKEN TENDERS (3 PC)	490	34	24	9	110	1490	0
HAND-BREADED CHICKEN TENDERS (5 PC)	820	56	40	16	185	2480	0
NAKED CHICKEN TENDERS (3 PC)	160	0	1	3	10	1140	0
NAKED CHICKEN TENDERS (5 PC)	260	0	2	0.5	0	1910	0
GREENS							
BUFFALO WEDGE SALAD WITH HAND-BREADED CHICKEN (1 ORDER)	800	25	66	17	125	2860	7
CHICKEN CAESAR SALAD WITH CAESAR DRESSING (1 ORDER)	780	30	59	12	95	2700	6
CHOPPED COBB SALAD WITH RANCH DRESSING (1 ORDER)	860	14	71	16	285	1970	7
DRESSINGS, SAUCES & SEASONINGS							
BLEU CHEESE DRESSING (2 OZ)	280	2	29	6	35	550	0
CAESAR DRESSING (2 OZ)	260	4	26	5	20	720	0
RANCH DRESSING (2 OZ)	320	2	34	5	10	510	0
SOUTHWESTERN RANCH DRESSING (2 OZ)	340	2	37	6	15	800	0
VIDALIA ONION DRESSING (2 OZ)	240	20	18	3	0	150	0
ASIAN ZING (2 OZ)	170	41	0	0	0	1150	38
BLAZIN' CAROLINA REAPER (2 OZ)	80	6	6	1	0	910	2
CARIBBEAN JERK (2 OZ)	150	26	5	1	0	660	23
HONEY BBQ (2 OZ)	140	34	0	0	0	830	28
HOT (2 OZ)	90	4	8	1.5	0	220	0
JAMMIN' JALAPENO (2 OZ)	180	40	0	0	0	1360	32
LEMON PEPPER (2 OZ)	360	3	38	6	0	1380	1

BUFFALO WILD WINGS	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
MANGO HABANERO (2 OZ)	150	35	1	0	0	870	26
MEDIUM (2 OZ)	60	3	6	1	10	2170	0
MILD (2 OZ)	100	3	9	1.5	10	1850	0
NASHVILLE HOT (2 OZ)	80	5	6	2.5	5	1180	2
ORANGE CHICKEN (2 OZ)	120	30	0	0	0	1020	25
ORIGINAL BUFFALO (2 OZ)	220	2	24	4.5	0	1980	0
PARMESAN GARLIC (2 OZ)	260	6	25	4.5	25	1250	2
SPICY GARLIC (2 OZ)	90	4	8	1.5	15	2270	0
SWEET BBQ (2 OZ)	100	23	0	0	0	1120	17
TERIYAKI (2 OZ)	130	30	0	0	0	1450	24
THAI CURRY (2 OZ)	290	8	29	5	15	1800	4
WILD (2 OZ)	100	5	8	1.5	0	1710	2
BUFFALO SEASONING (1 TSP)	10	1	0	0	0	670	0
DESERT HEAT SEASONING (1 TSP)	10	2	0	0	0	2990	1
CHIPOTLE BBQ SEASONING (1 TSP)	5	1	0	0	0	330	1
LEMON PEPPER (1 TSP)	5	1	0	0	0	460	0
SALT & VINEGAR SEASONING (1 TSP)	5	1	0	0	0	520	0
KIDS							
BONELESS WINGS (PLAIN-1 ORDER)	240	14	12	5	55	840	0
CHEESEBURGER (1 ORDER)	470	35	25	11	70	930	5
HAND-BREADED CHICKEN TENDERS (PLAIN-1 ORDER)	339	23	16	6	75	990	0
MAC & CHEESE (1 ORDER)	510	54	26	17	85	1160	11
TRADITIONAL WINGS (PLAIN-1 ORDER)	290	0	16	5	145	105	0
KIDS SIDES							
CARROTS (1 ORDER)	50	11	0	0	0	90	7
FRENCH FRIES (1 ORDER)	420	78	11	4.5	10	730	0
MANDARIN ORANGES (1 ORDER)	40	9	0	0	0	0	9
SWEETS							
CHEESECAKE WITH CARAMEL SAUCE (1 SLICE)	690	56	46	27	225	500	45
CHOCOLATE FUDGE CAKE (1 SLICE)	780	115	33	15	55	740	85
LOADED ICE CREAM (1 ORDER)	490	71	21	11	45	410	47
BURGER KING							
FLAME GRILLED BURGERS							
BACON & CHEESE WHOPPER® SANDWICH (1 ORDER)	896.4	57.3	57.5	21.4	134.1	2197	14.6
BACON & CHEESE DOUBLE WHOPPER® SANDWICH (1 ORDER)	1144.3	57.7	76	29.2	197.2	2170.6	14.7
BACON CHEESEBURGER (1 ORDER)	339.7	30.3	16.4	7.3	47.7	945.8	7.3
BACON DOUBLE CHEESEBURGER (1 ORDER)	449.3	30.5	24.5	11	77.4	983.9	7.3
BACON KING SANDWICH (1 ORDER)	1361	58.1	93.9	39.3	251.3	2968	14.5
CHEESEBURGER (1 ORDER)	298.6	30.2	13.2	6	39.6	781.4	7.2
DOUBLE CHEESEBURGER (1 ORDER)	408.2	30.4	21.3	9.7	69.4	819.5	7.3
DOUBLE WHOPPER® SANDWICH (1 ORDER)	915.5	54.7	57.4	19	143	1237.8	13.2
DOUBLE WHOPPER® SANDWICH WITH CHEESE (1 ORDER)	1082.7	57.5	71.1	27.2	185.1	2019.6	14.5
HAMBURGER (1 ORDER)	256.5	29.4	9.7	4	29.8	568.5	6.8
IMPOSSIBLE WHOPPER® SANDWICH (1 ORDER)	626.4	61.9	32.3	9.5	16.8	1343.4	13.6
RODEO BURGER (1 ORDER)	336.5	41.4	13.1	4.5	30	495.4	9.8
WHOPPER JR.® SANDWICH (1 ORDER)	336	30.4	18.6	5.4	38.2	569.7	7.2
WHOPPER® SANDWICH (1 ORDER)	667.5	54.2	39	11.2	79.9	1168.6	13.2
WHOPPER® SANDWICH WITH CHEESE (1 ORDER)	834.7	57.1	52.6	19.4	122	1950.5	14.5
CHICKEN & MORE							
BIG FISH SANDWICH (1 ORDER)	560.6	54.8	30.2	5.6	52.8	1274.9	9.4
CHICKEN FRIES (9 PC)	252.5	18.5	13.2	3	43.6	769.4	0.1
CHICKEN NUGGETS (4 PC)	192.7	11.3	12.3	2.4	27.2	495	0.1
CHICKEN NUGGETS (8 PC)	434.8	35.7	24.9	4.8	55	1286.9	10.7
CHICKEN NUGGETS (10 PC)	770.8	45.3	49.3	9.5	108.8	1980	0.2
CHICKEN NUGGETS (20 PC)	1050	56	74	15	110	2840	1
CH'KING CHICKEN SANDWICH (1 ORDER)	1245.6	175.6	41	7.3	87.3	4576.2	10.1
CH'KING DELUXE SANDWICH (1 ORDER)	1339.5	176.1	132.5	8.9	96.3	4498.2	10.5
CRISPY CHICKEN JR. (1 ORDER)	451.8	33.9	30.1	5.2	31.1	780.5	4.6
CRISPY TACO (1 ORDER)	170	19	9	3	10	410	1
ORIGINAL CHICKEN SANDWICH (1 ORDER)	684.1	61.7	39.3	7.1	58.6	1289.2	7.3
SPICY CHICKEN JR. (1 ORDER)	386.9	37.3	21.3	3.7	29.6	742.5	5.9
SPICY CH'KING CHICKEN SANDWICH (1 ORDER)	1404.9	179.2	58.5	10.2	87.3	4833.1	12.4
SPICY CH' KING DELUXE SANDWICH (1 ORDER)	1498.8	179.5	148.9	11.8	96.3	4755.1	12.9
SALADS & SIDES							
CHEESY TOTS (8 PC)	316.2	34.6	15.6	4.7	15.7	794.5	0.8

BURGER KING	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
FRENCH FRIES - UNSALTED (VALUE/KIDS)	220	34	9	1.5	0	210	1
FRENCH FRIES - UNSALTED (SMALL)	320	49	13	2	0	300	1
FRENCH FRIES - UNSALTED (MEDIUM)	380	58	16	2	0	360	1
FRENCH FRIES - UNSALTED (LARGE)	430	66	18	2.5	0	410	2
JALAPENO CHEDDAR BITES (4 PC)	163.7	17.3	8.6	3.5	11.9	453.6	0.8
JALAPENO CHEDDAR BITES (8 PC)	327.3	35	17.1	7	34.6	907	1.7
MOZZARELLA STICKS (4 PC)	286.7	24.5	15.4	5.2	33.1	824.2	2.2
MOZZARELLA STICKS (8 PC)	590	52.7	30.9	10.5	66.3	1467	7.1
ONION RINGS (VALUE/KIDS)	204.3	27.3	9.4	1.5	0.5	369.8	2.9
ONION RINGS (SMALL)	280	37.5	12.9	2.1	0.7	507	4
ONION RINGS (MEDIUM)	355.8	47.6	16.4	2.6	0.9	644.2	5.1
ONION RINGS (LARGE)	524	70.1	24.1	3.8	1.3	948.8	7.5
KING JR. ENTREES							
CHEESEBURGER (1 ORDER)	298.6	30.2	13.2	6	39.6	781.4	7.2
CHICKEN NUGGETS (4 PC)	192.7	11.3	12.3	2.4	27.2	495	0.1
CHICKEN NUGGETS (6 PC)	289	17	18.5	3.6	40.8	742.5	0.1
HAMBURGER (1 ORDER)	256.5	29.4	9.7	4	29.8	568.5	6.8
KING JR. SIDE ITEMS							
MOTT'S® NATURAL APPLESAUCE (1 ORDER)	50	13	0	0	0	0	11
DESSERT							
CHOCOLATE OREO COOKIE SHAKE (1 ORDER)	674.6	115.6	17.4	10.1	53.1	474.5	91
CHOCOLATE SHAKE (1 ORDER)	761.8	131.1	20.6	15.1	53.2	416.3	112.4
COOKIE BUTTER SHAKE (1 ORDER)	969	119	48	16	51	0	84
HERSHEY®'S PIE SHAKE (1 ORDER)	857.1	128.5	30.7	20.5	58.6	615.3	102
HERSHEY®'S SUNDAE PIE (1 ORDER)	307.3	32.3	18.1	12.3	11.5	233.8	22.4
OREO® COOKIE SHAKE (1 ORDER)	715.3	117.8	20.1	11.8	67.3	462.2	98.3
SOFT SERVE CONE (1 ORDER)	142.3	24.3	3.9	2.9	13.4	100.6	16.6
SOFT SERVE CUP (1 ORDER)	171.2	28	4.5	3	18.3	150	24
STRAWBERRY SHAKE (1 ORDER)	643.7	112.7	15.3	9.9	61.1	408.9	99.1
VANILLA SHAKE (1 ORDER)	583.4	97.9	15.3	9.9	61.1	404	85.2
BREAKFAST							
BACON, EGG & CHEESE BISCUIT (1 ORDER)	400	29	26	13	170	1270	3
BREAKFAST BACON KING (SAUSAGE-1 ORDER)	644.2	44.2	40	14.6	174.7	1696.9	9.7
BREAKFAST BURRITO JR. (1 ORDER)	374.1	27.2	22.8	7.6	171.4	932.4	2.1
CHEESY SAUSAGE AND EGG TOASTED BREAKFAST SANDW	576.9	35.2	37.1	13.7	373.6	1207	5.9
CRISPY CHICKEN TOASTED BREAKFAST SANDWICH (1 OR	375.2	52.4	12.3	4.6	29.6	870.9	15.7
CROISSAN'WICH® BACON, EGG & CHEESE (1 ORDER)	363.5	28.8	21	9	170	760	4
CROISSAN'WICH® BACON, SAUSAGE, EGG, AND CHEESE (1	583.1	29.7	40.8	18.1	291.9	1400	4.4
CROISSAN'WICH® EGG & CHEESE (1 ORDER)	322.4	29	18	8.8	160	610	4
CROISSAN'WICH® HAM, EGG & CHEESE (1 ORDER)	361.1	30	18.7	9.1	175	1030	5
CROISSAN'WICH® SAUSAGE, EGG & CHEESE (1 ORDER)	500	30	34.1	14.7	274	1022.7	4
DOUBLE CROISSAN'WICH® WITH SAUSAGE, EGG, & CHEES	802.3	31	60.6	26.8	341.2	1966.3	4.9
EGG & CHEESE BISCUIT (1 ORDER)	372.9	31.6	22.6	11.1	216.2	1204	2.5
EGG-NORMOUS BURRITO (1 ORDER)	805.8	68.9	43.9	16.2	374.6	2007.6	3.8
FRENCH TOAST STICKS (3 PC)	230	29	11	2	0	260	8
FRENCH TOAST STICKS (5 PC)	380	49	18	3	0	430	13
FULLY LOADED CROISSAN'WICH® (1 ORDER)	620.9	31	41.6	18.3	307.1	1797.4	5.6
FULLY LOADED BUTTERMILK BISCUIT (1 ORDER)	611.9	31	41.7	20	226	2172.4	3.6
HAM AND CHEESE TOASTED BREAKFAST SANDWICH (1 OR	268.1	34.4	8.8	4.8	25.4	900.6	6.5
HAM, EGG, & CHEESE BISCUIT (1 ORDER)	400	29	24	12	175	1550	3
HASH BROWNS (SMALL)	250	24	16	3.5	0	580	0
HASH BROWNS (MEDIUM)	500	48	33	7	0	1140	0
HASH BROWNS (LARGE)	670	65	44	9	0	1530	0
PANCAKE PLATTER (1 ORDER)	439.6	71.1	15.7	3.8	48.1	695.8	30.4
PANCAKE AND SAUSAGE PLATTER (1 ORDER)	605.2	72	31	9	80	1013.5	30
SAUSAGE BISCUIT (1 ORDER)	432	30.1	30.2	13.4	35	1146.6	2
SAUSAGE, EGG, & CHEESE BISCUIT (1 ORDER)	530	29	38	17	195	1440	3
COFFEE & DRINKS							
FROZEN COKE (SMALL)	130	35	0	0	0	50	35
FROZEN FANTA BLUE RASPBERRY (SMALL)	194.6	52.7	0	0	0	67.3	52.5
FROZEN FANTA WILD CHERRY (SMALL)	113.3	31.3	0	0	0	7.8	31.3
FROZEN STRAWBERRY LEMONADE (SMALL)	122.9	33.2	0	0	0	62.2	32.5
ICED COFFEE PLAIN (SMALL)	153.8	20.6	7.6	4	23.5	28.7	20.6

	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
CAPTAIN D'S							
FISH							
BATTER DIPPED FISH (1 PC)	230	11	15	8	50	570	0
BREADED FLOUNDER (1 PC)	240	10	15	7	50	430	0
CATFISH FEAST (3 PCS)	780	33	56	25	185	1720	0
COUNTRY-STYLE FISH (1 PC)	190	11	12	6	40	500	0
SOUTHERN STYLE WHITE FISH FILLET (1 PC)	560	26	37	20	80	1390	0
SOUTHERN-STYLE FISH TENDERS (1 PC)	110	4	8	4	15	240	0
FAMILY MEALS (PER 1/4 OF MEAL)							
CHICKEN (14 PC)	635	39.5	39.5	17.25	96.25	1562.5	2
FISH & CHICKEN TENDERS	725	38.25	47.25	22.5	108.75	1717.5	1.75
SEAFOOD FEAST	967.5	52.75	65.5	31.25	201.25	1997.5	2.5
GRILLED MEALS							
BLACKENED TILAPIA (1 PC)	210	1	7	2	85	270	0
GRILLED WHITE FISH & SHRIMP SKEWER (1 ORDER)	280	3	11	4	140	850	0
LEMON PEPPER WHITE FISH (1 PC)	180	1	8	3	45	450	0
SHRIMP SKEWERS (2 SKEWERS)	200	2	6	2	190	690	0
WILD ALASKAN SALMON (1 PC)	230	2	10	1.5	80	600	0
KID'S MEALS							
KID'S BATTER DIPPED FISH (1 PC)	230	11	15	8	50	570	0
CHICKEN TENDERS (2 PC)	360	23	23	10	55	890	1
GRILLED FISH TENDERS (2 PC)	100	1	6	1.5	15	370	0
POPCORN SHRIMP (1 ORDER)	240	24	14	7	65	410	0
SOUTHERN-STYLE FISH TENDERS (2 PC)	220	8	15	8	30	480	0
SALADS (NO DRESSING) & SANDWICHES							
GRILLED TILAPIA SALAD (1 ORDER)	320	10	13	5	100	700	5
SKEWER SHRIMP SALAD (1 ORDER)	300	10	11	5	210	560	5
SOUTHERN STYLE BREADED CHICKEN SALAD (1 ORDER)	290	20	17	8	45	570	5
THE CAPTAIN SANDWICH (1 ORDER)	1130	82	74	30	130	2250	4
THE GIANT FISH SANDWICH (1 ORDER)	1010	59	73	22	120	1940	9
WILD ALASKAN SALMON SALAD (1 ORDER)	330	10	16	4.5	95	480	5
VARIETY MEALS							
BUTTERFLY SHRIMP (15 PC)	900	58	64	26	230	105	10
FISH & CHICKEN (2 PC)	820	45	53	26	155	2040	1
CHICKEN (4 PC)	730	45	45	20	110	1790	2
DELUXE SEAFOOD PLATTER (1 ORDER)	1100	67	75	33	210	1880	4
FISH & SHRIMP (1 ORDER)	810	45	56	26	190	1180	4
SUPREME SAMPLER (1 ORDER)	1180	68	79	36	245	2080	6
WHITE FISH, SHRIMP, & CRAB (1 ORDER)	940	52	64	30	150	1770	3
ADD ONS							
BATTER DIPPED FISH (1 PC)	230	11	15	8	50	570	0
BAKED POTATO (1 POTATO)	210	48	0	0	0	25	3
BROCCOLI (1 ORDER)	20	4	0	0	0	20	1
BUTTERFLY SHRIMP (6 PC)	360	23	26	10	90	40	4
CHICKEN (2 PC)	360	23	23	10	55	890	1
CHICKEN TENDERS (1 PC)	180	11	11	5	30	450	0
CLAM STRIPS & BUTTERFLY SHRIMP (1 ORDER)	820	65	56	20	95	990	3
CLAM STRIPS (1 ORDER)	580	49	38	13	35	960	0
COCKTAIL SAUCE (1 TBSP)	25	4	0	0	0	220	4
COLESLAW (1/2 CUP)	180	15	13	1.5	15	350	11
CORN (1 EAR OF CORN)	180	37	1.5	0	0	0	5
CRACKLINS (1 OZ)	70	7	4	2	4	360	0
D'S DIPPIN SAUCE (2 OZ)	140	3	14	2.5	10	320	2
FRENCH FRIES (1 ORDER)	330	28	22	10	20	400	0
GREEN BEANS (1 CUP)	70	5	2.5	2	5	630	2
GRILLED SHRIMP SKEWERS (1 SKEWER)	100	1	3	1	95	340	0
HUSH PUPPY (1 PC)	80	9	4	2	10	200	0
JALAPENO POPPERS (1 ORDER)	510	40	36	20	60	920	6
LOADED BAKED POTATO (1 POTATO)	400	49	15	8	50	440	3
MAC & CHEESE (1 ORDER)	170	18	8	4	20	570	3
MOZZARELLA STICKS (3 STICKS)	380	26	24	13	35	800	2
OKRA (1 ORDER)	320	31	20	10	20	470	3
SEASONED RICE (1 ORDER)	170	35	1.5	0	0	540	0
SIDE SALAD (NO DRESSING-1 ORDER)	20	4	0	0	0	10	2
DESSERT							
CHEESECAKE (1 SLICE)	410	36	27	14	80	320	24
CHEESECAKE W/ STRAWBERRY TOPPING (1 SLICE)	460	49	27	14	80	330	35

CAPTAIN D'S	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
CHOCOLATE CAKE (1 SLICE)	300	49	11	2.5	25	270	35
FUNNEL CAKE STIX (1 ORDER)	320	30	20	10	35	170	18
STRAWBERRY TOPPING (1 TBSP)	50	13	0	0	0	5	11
CHICK-FIL-A							
BREAKFAST							
BACON, EGG, CHEESE BISCUIT (1 ORDER)	420	38	23	11	180	1290	4
BACON, EGG, CHEESE MUFFIN (1 ORDER)	310	29	14	6	180	810	2
BUTTERED BISCUIT (1 ORDER)	290	30	15	6	0	760	4
CHICKEN, EGG & CHEESE BISCUIT (1 ORDER)	530	45	27	11	215	1830	7
CHICK-FIL A CHICKEN BISCUIT (1 ORDER)	460	45	23	8	45	1510	6
CHICK-FIL-A CHICK-N-MINIS (4 PC)	360	41	13	4	60	1050	8
CHICK-FIL-A CHICK-N-MINIS (10 PC)	910	103	34	10	150	2640	8
EGG WHITE GRILL (1 ORDER)	290	30	8	3.5	60	980	2
ENGLISH MUFFIN (1 ORDER)	140	29	2	0	0	220	1
FRUIT CUP (SMALL)	50	13	0	0	0	0	9
FRUIT CUP (MEDIUM)	60	15	0	0	0	0	11
GREEK YOGURT PARFAIT WITH GRANOLA (1 ORDER)	270	36	9	3.5	20	80	26
GREEK YOGURT PARFAIT WITH COOKIE CRUMBS (1 ORDER)	240	33	8	3.5	20	80	26
HASH BROWNS (1 ORDER)	270	23	18	2.5	0	440	0
HASH BROWN SCRAMBLE BOWL W/ NUGGETS (1 ORDER)	470	19	30	9	415	1340	2
HASH BROWN SCRAMBLE BOWL W/ SAUSAGE (1 ORDER)	480	15	37	12	395	1020	1
SAUSAGE, EGG, CHEESE BISCUIT (1 ORDER)	610	38	42	18	205	1510	4
SAUSAGE, EGG, CHEESE MUFFIN (1 ORDER)	500	30	33	12	205	1030	2
ENTREES							
CHICKEN COOL WRAP (1 ORDER)	660	32	45	9	110	1420	14
CHICKEN SANDWHICH (1 ORDER)	440	41	17	4	70	1400	6
CHICKEN STRIPS (3 PC)	310	16	14	2.5	75	870	2
DELUXE SANDWHICH (1 ORDER)	500	44	22	7	85	1640	7
GRILLED CHICKEN CLUB (1 ORDER)	520	44	22	8	105	1115	11
GRILLED CHICKEN SANDWICH (1 ORDER)	320	41	6	1	70	680	9
GRILLED NUGGETS (8 PC)	130	1	3	0.5	85	440	1
NUGGETS (8 PC)	250	11	11	2.5	85	1210	1
SMOKEHOUSE BBQ BACON SANDWICH (1 ORDER)	460	37	19	9	110	1060	11
SPICY CHICKEN SANDWHICH (1 ORDER)	460	45	19	4	65	1670	6
SPICY DELUXE SANDWICH (1 ORDER)	550	47	25	8	85	1810	7
SALADS (W/ NUGGETS)							
COBB SALAD (1 ORDER)	850	34	61	13	235	2220	9
MARKET SALAD (1 ORDER)	540	41	31	6	80	1020	26
SPICY SOUTHWEST SALAD (1 ORDER)	690	29	49	10	100	1570	8
DRESSING							
Avocado Lime Ranch (1 PACKAGE)	310	3	32	5	25	520	2
Creamy Salsa (1 PACKAGE)	290	2	30	5	25	630	1
Fat Free Honey Mustard (1 PACKAGE)	90	23	0	0	0	330	19
Garden Herb Ranch (1 PACKAGE)	280	2	29	5	25	450	1
Light Balsamic Vinaigrette (1 PACKAGE)	80	10	4	0.5	0	360	9
Light Italian (1 PACKAGE)	25	3	1	0	0	470	2
Zesty Apple Cider Vinaigrette (1 PACKAGE)	230	16	19	3	0	460	14
SIDES							
BUDDY FRUITS APPLE SAUCE (1 ORDER)	45	12	0	0	0	0	8
CHICKEN NOODLE SOUP (CUP)	170	25	4	1	30	1220	1
CHICKEN NOODLE SOUP (BOWL)	280	38	6	2	55	2060	2
FRUIT CUP (SMALL)	50	13	0	0	0	0	9
FRUIT CUP (MEDIUM)	60	15	0	0	0	0	11
GREEK YOGURT PARFAIT W/ GRANOLA (1 ORDER)	270	36	9	3.5	20	80	26
KALE CRUNCH SIDE (1 ORDER)	120	8	9	1	0	140	3
MAC & CHEESE (MEDIUM)	450	28	29	16	70	1190	3
SIDE SALAD (1 ORDER)	160	13	10	3	10	170	3
WAFFLE FRIES (SMALL)	320	35	19	3	0	190	1
WAFFLE FRIES (MEDIUM)	420	45	24	4	0	240	1
WAFFLE FRIES (LARGE)	600	65	35	5	0	340	1
WAFFLE POTATO CHIPS (1 ORDER)	220	25	13	3.5	0	250	0
TREATS							
CHOCOLATE CHUNK COOKIE (1 ORDER)	370	49	17	9	15	230	26
CHOCOLATE MILKSHAKE (1 ORDER)	590	90	22	14	85	350	87
COOKIES & CREAM MILKSHAKE (1 ORDER)	630	90	25	15	85	410	84

CHICK-FIL-A	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
FROSTED COFFEE (1 ORDER)	250	43	6	4	25	120	39
FROSTED LEMONADE (1 ORDER)	330	65	6	4	25	120	63
FROSTED LEMONADE WITH DIET LEMONADE (1 ORDER)	250	46	6	4	25	120	43
FUDGE BROWNIE (1 ORDER)	380	48	21	7	65	150	36
ICEDREAM CONE (1 ORDER)	180	32	4	2.5	15	90	25
ICEDREAM CUP (1 ORDER)	140	24	3.5	2.5	15	70	24
PEPPERMINT CHIP MILKSHAKE (1 ORDER)	660	109	21	14	75	390	93
STRAWBERRY MILKSHAKE (1 ORDER)	570	93	19	12	75	380	87
VANILLA MILKSHAKE (1 ORDER)	580	82	23	15	90	380	80
DOMINO'S							
MEDIUM PIZZA (12")							
CRUSTS (FOR 1 SLICE)							
CRUNCHY THIN CRUST	167.5	23.25	6.5	1.125	1.25	30	1.25
HAND TOSSED	265	45.25	5.75	1.5	0	297.5	2.25
PAN PIZZA	382.5	53.5	14	7.25	0	310	2.25
PIZZA SAUCE (FOR 1 SLICE)							
BBQ	30	8	0	0	0	140	8
GARLIC PARM (WHITE SAUCE)	100	2	10	2	10	180	0
MARIANA	30	4	0	0	0	210	2
ROBUST TOMATO	30	4	0	0	0	130	2
CHEESE (FOR 1 SLICE)							
DOUBLE CHEESE	200	4	14	9	50	600	0
EXTRA CHEESE	200	2	14	9	50	600	0
LIGHT CHEESE	100	2	8	5	30	340	0
REGULAR CHEESE	140	2	10	7	40	440	0
TOPPINGS (FOR 1 SLICE)							
AMERICAN CHEESE	80	2	6	4	20	380	0
ANCHOVIES	10	0	0	0	0	540	0
BACON	90	0	7	3	20	320	3
BANANA PEPPERS	0	0	0	0	0	230	0
BBQ CHICKEN TOPPING	30	4	0	0	10	180	2
BEEF	80	0	7	3	20	180	0
BLACK OLIVES	30	0	2	0	0	110	0
CHEDDAR CHEESE	60	2	5	3	10	90	0
CHORIZO	60	0	4	1	0	180	0
DICED TOMATOES	100	2	0	0	0	80	0
FETA CHEESE	30	0	2	2	10	130	0
FRESH DICED TOMATOES	0	0	0	0	0	0	0
FRESH SLICED TOMATOES	10	2	0	0	0	0	0
GARLIC	10	2	0	0	0	0	0
GREEN CHILE PEPPERS	0	0	0	0	0	0	0
GREEN OLIVES	20	0	2	0	0	130	0
GREEN PEPPERS	0	0	0	0	0	0	0
HAM	20	0	1	0	10	250	0
HOT BUFFALO SAUCE	0	0	0	0	0	200	0
ITALIAN SAUSAGE	100	0	9	3	10	160	0
JALAPENO PEPPERS	0	0	0	0	0	240	0
MUSHROOMS	10	0	0	0	0	0	0
ONIONS	10	2	0	0	0	0	0
PEPPERONI	60	0	5	2	10	250	0
PINEAPPLE	20	4	0	0	0	0	4
PHILLY STEAK	30	0	1	0	10	200	0
PREMIUM CHICKEN	40	0	1	0	20	140	0
ROASTED RED PEPPERS	0	0	0	0	0	40	0
SALAMI	60	0	5	2	10	260	0
SHREDDED PARMESAN ASIAGO	40	0	3	2	10	90	0
SHREDDED PROVOLONE CHEESE	50	0	4	3	10	120	0
SPINACH	0	0	0	0	0	0	0
SPECIALTY PIZZA							
NUTRITION FOR 2 PIECES OF MEDIUM WITH HANDTOSSED CRUST							
BUFFALO CHICKEN	520	48	24	6	70	1280	4
CALI CHICKEN BACON RANCH	760	58	46	20	80	1420	2
CHEESEBURGER	560	50	30	14	80	1340	6
CHICKEN TACO	520	48	24	12	70	1200	4
DELUXE	440	48	20	8	40	920	6

DOMINO'S	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
EXTRAVAGANZZA	560	50	28	12	70	1360	6
HONOLULU HAWAIIAN	480	50	20	10	50	1120	6
MEATZZA	540	48	26	12	70	1300	4
MEMPHIS BBQ CHICKEN	520	54	22	10	60	980	10
PACIFIC VEGGIE	440	50	18	9	50	920	1
PHILLY CHEESE STEAK	460	46	20	10	60	1120	1
SPINACH & FETA	460	46	22	12	60	880	1
ULTIMATE PEPPERONI	520	48	28	12	60	1260	4
WISCONSIN 6 CHEESE	480	48	22	12	60	980	4
SANDWICHES, PASTA, CHICKEN & SIDES							
OVEN BAKED SANDWICHES							
BUFFALO CHICKEN (1 ORDER)	840	74	42	16	120	2600	4
CHICKEN BACON RANCH (1 ORDER)	880	70	44	16	120	2520	4
CHICKEN PARM (1 ORDER)	760	72	30	14	120	2160	4
ITALIAN (1 ORDER)	820	70	40	18	110	2940	4
MEDITERRANEAN VEGGIE (1 ORDER)	700	76	30	16	80	2420	8
PHILLY CHEESE STEAK (1 ORDER)	720	74	30	16	100	2640	6
SWEET & SPICY CHICKEN HABANERO (1 ORDER)	800	84	32	16	120	2240	14
EXTRA PER SANDWICH							
EXTRA CHEESE (1 OZ)	40	0	3	2	10	90	0
EXTRA CHICKEN (4 OZ)	140	2	10	3	30	280	0
EXTRA ITALIAN MEAT (2 OZ)	160	0	14	4	30	640	0
EXTRA PHILLY STEAK (2 OZ)	100	2	8	2	20	380	0
PENNE PASTA							
CHICKEN ALFREDO 1/2 BREAD BOWL (1 ORDER)	1400	187	51	22	100	2080	9
CHICKEN ALFREDO 1 DISH (1 ORDER)	600	58	29	16	100	1080	2
CHICKEN CARBONARA 1/2 BREAD BOWL (1 ORDER)	1480	188	57	24	115	2220	9
CHICKEN CARBONARA 1 DISH (1 ORDER)	670	59	35	18	115	1220	2
ITALIAN SAUSAGE MARINARA 1/2 BREAD BOWL (1 ORDER)	1470	197	53	20	65	2770	20
ITALIAN SAUSAGE MAINARA 1 DISH (1 ORDER)	670	69	30	14	65	1770	13
PASTA PRIMAVERA 1/2 BREAD BOWL (1 ORDER)	1340	187	49	22	65	1770	9
PASTA PRIMAVERA 1 DISH (1 ORDER)	540	59	27	16	65	770	3
CHICKEN							
BONELESS CHICKEN (3 PC)	170	18	7	1.5	35	660	1
CLASSIC HOT BUFFALO SPECIALTY CHICKEN (4 PC)	190	14	11	3.5	35	1040	1
CRISPY BACON & TOMATO SPECIALTY CHICKEN (4 PC)	260	14	18	5	45	810	1
GARLIC PARMESAN WINGS (4 PC)	390	10	34	8	120	960	1
HONEY BBQ WINGS (4 PC)	310	22	20	5	110	940	13
HOT BUFFALO WINGS (4 PC)	260	9	20	5	110	1520	0
MILD BUFFALO WINGS (4 PC)	260	10	20	5	110	1420	0
PLAIN WINGS (NO SAUCE-4 PC)	250	8	20	5	110	720	0
SWEET MANGO HABANERO WINGS (4 PC)	310	21	20	5	110	790	10
DOMINO'S HOAGIES							
BACON CHEDDAR (1 ORDER)	520	48	26	10	60	1300	10
BUFFALO RANCH (1 ORDER)	530	39	30	10	65	1750	1
CLASSIC (1 ORDER)	430	40	20	8	50	1130	1
MUSHROOM DELIGHT (1 ORDER)	430	39	21	8	50	1210	1
ZESTY (1 ORDER)	460	40	23	8	55	1340	2

	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
KENTUCKY FRIED CHICKEN							
ORIGINAL RECIPE CHICKEN							
CHICKEN BREAST (1 PC)	390	11	21	4	120	1,190	0
CHICKEN DRUMSTICK (1 PC)	130	4	8	1.5	55	430	0
CHICKEN THIGH (1 PC)	280	8	19	4.5	100	910	0
CHICKEN WHOLE WING (1 PC)	130	3	8	2	55	380	0
EXTRA CRISPY CHICKEN							
CHICKEN BREAST (1 PC)	530	18	35	6	105	1,150	0
CHICKEN DRUMSTICK (1 PC)	170	5	12	2	50	390	0
CHICKEN THIGH (1 PC)	330	9	23	4.5	100	700	0
CHICKEN WHOLE WING (1 PC)	170	5	13	2	45	340	0
GRILLED CHICKEN							
CHICKEN BREAST (1 PC)	210	0	7	2	130	710	0
CHICKEN DRUMSTICK (1 PC)	80	0	4	1	55	220	0
CHICKEN THIGH (1 PC)	150	0	9	3	90	420	0
CHICKEN WHOLE WING (1 PC)	70	0	3	1	45	180	0
SPICY CRISPY CHICKEN							
CHICKEN BREAST (1 PC)	350	11	20	3.5	100	1,100	0
CHICKEN DRUMSTICK (1 PC)	130	5	8	1.5	40	420	0
CHICKEN THIGH (1 PC)	270	10	20	3.5	65	720	0
CHICKEN WHOLE WING (1 PC)	120	5	8	1.5	35	350	0
EXTRA CRISPY TENDERS							
NASHVILLE HOT TENDER (1 PC)	220	9	16	2.5	25	460	0
TENDER (1 PC)	140	8	7	1	25	610	0
KENTUCKY FRIED WINGS							
BUFFALO (1 PC)	100	3	7	1.5	20	310	0
HONEY BBQ (1 PC)	100	8	6	1	20	210	4
NASHVILLE HOT (1 PC)	130	4	11	2	20	230	0
UNSAUCED (1 PC)	80	3	6	1	20	150	0
BEYOND CHICKEN							
NUGGETS (6 PC)	480	30	27	0	0	1440	0
NUGGETS (12 PC)	960	60	54	0	0	2880	0
POPCORN CHICKEN							
POPCORN NUGGETS (KIDS)	290	19	19	2.5	30	870	0
POPCORN NUGGETS (LARGE)	620	39	39	5	65	1,820	0
HOMESTYLE SIDES							
BBQ BAKED BEANS (1 ORDER)	190	34	1	0	0	650	15
BISCUIT (1 ORDER)	180	22	8	4.5	0	520	1
COLESLAW (1 ORDER)	170	14	12	2	5	180	10
CORN ON THE COB (1 ORDER)	70	17	0.5	0	0	0	3
GREEN BEANS (1 ORDER)	25	5	0	0	0	300	1
KFC® CORNBREAD MUFFIN (1 ORDER)	210	28	9	1.5	35	240	11
MACARONI & CHEESE (1 ORDER)	140	17	6	1.5	<5	590	2
MACARONI SALAD (1 ORDER)	140	14	8	1	15	290	9
MASHED POTATOES (1 ORDER)	110	17	3.5	0.5	0	330	0
MASHED POTATOES WITH GRAVY (1 ORDER)	130	20	4.5	1	0	520	0
POTATO SALAD (1 ORDER)	340	19	28	4.5	25	290	3
SECRET RECIPE FRIES (1 ORDER)	320	41	15	2	0	1,100	0
SWEET KERNEL CORN (1 ORDER)	70	16	0.5	0	0	0	2
SANDWHICHES							
CHICKEN LITTLES (1 ORDER)	300	27	15	2.5	30	620	3
CHICKEN LITTLES – BUFFALO (1 ORDER)	310	27	17	2.5	30	790	3
CHICKEN LITTLES – HONEY BBQ (1 ORDER)	320	31	15	2.5	30	680	7
CHICKEN LITTLES – NASHVILLE HOT (1 ORDER)	340	27	19	3	30	680	3
CLASSIC CHICKEN SANDWICH (1 ORDER)	650	49	35	4.5	90	1,260	6
CRISPY COLONEL'S SANDWICH (1 ORDER)	470	39	24	3.5	60	1,170	4
CRISPY COLONEL'S SANDWICH – BUFFALO (1 ORDER)	500	39	27	4	60	1,500	4
CRISPY COLONEL'S SANDWICH – HONEY BBQ (1 ORDER)	510	48	25	3.5	60	1,290	12
CRISPY COLONEL'S SANDWICH -- NASHVILLE HOT (1 ORDER)	540	40	32	4.5	60	1,290	5
CRISPY TWISTER (1 ORDER)	630	53	34	7	70	1,260	3
HONEY BBQ SANDWICH (1 ORDER)	350	55	3.5	0.5	55	1,350	22
SPICY CHICKEN SANDWICH (1 ORDER)	620	49	33	4	85	2,140	6

KENTUCKY FRIED CHICKEN	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
POT PIE AND BOWLS							
CHICKEN POT PIE (1 ORDER)	720	60	41	25	80	1,750	5
KFC® FAMOUS BOWL (1 ORDER)	740	81	35	6	45	2,350	2
KFC® FAMOUS BOWL – SNACK SIZE (1 ORDER)	270	27	14	3.5	20	850	1
SALADS (WITHOUT DRESSING OR CROUTONS)							
CAESAR SIDE SALAD (1 ORDER)	40	2	2	1	5	90	1
HOUSE SIDE SALAD (1 ORDER)	15	3	0	0	0	10	2
DESSERTS							
APPLE TURNOVER (1 ORDER)	230	32	10	2.5	0	140	12
CAFÉ VALLEY CHOCOLATE CHIP CAKE (1 SLICE)	300	39	15	3	50	260	27
CAFÉ VALLEY LEMON CAKE (1 SLICE)	220	30	10	2	30	170	20
CAFÉ VALLEY MINI CHOCOLATE CHIP CAKE (1 ORDER)	300	49	12	2.5	40	190	35
CAFÉ VALLEY MINI LEMON CAKE (1 ORDER)	300	43	13	2.5	50	230	31
CHOCOLATE CHIP COOKIE (1 ORDER)	120	18	6	3	0	70	12
OREO COOKIES AND CRÈME PIE (1 SLICE)	270	35	13	8	0	210	24
REESE'S PEANUT BUTTER PIE (1 SLICE)	300	33	17	9	0	270	22
Gas Station Hot Bar							
BACON CHEESEBURGER	480	43	23	10	45	1130	6
BACON, EGG, AND CHEESE TORNADOS	180	22	7	2	45	320	0
BACON, EGG, AND CHEESE CROISSANT	310	27	17	8	125	670	4
BONELESS BBQ RIB HOAGIE	480	44	27	8	50	1380	5
BUFFALO CHICKEN ROLLERBITE	270	28	9	2.5	35	720	5
CHEESEBURGER	430	43	20	9	35	940	6
CHICKEN & CHEESE BISCUIT	470	40	27	13	25	1380	1
CHICKEN WEDGE SALAD	470	47	23	4	40	690	9
CORNDOG	270	21	18	4	25	440	6
DOUBLE TURKEY SELECT WEDGE	460	38	19	8	90	1780	5
GRILLED CHICKEN AND CHEESE TORNADOS	170	22	6	1	10	840	0
ITALIAN SUB	450	34	24	11	60	1460	3
JUMBO HOT DOG WITH BUN	400	24	27	10	50	1040	4
PEPPERONI PIZZA SLICE	380	45	15	8	35	760	3
POLISH SAUSAGE AND BUN	360	23	24	8	50	970	3
PORK EGG ROLL	180	20	9	2.5	10	490	3
RANCHO STEAK AND CHEESE TORNADOS	180	24	6	1.5	20	340	0
SAUSAGE PIZZA SLICE	420	48	18	8	30	830	5
SAUSAGE, BACON, EGG, & CHEESE CROSSAINT	490	27	35	14	160	900	4
SAUSAGE, EGG, AND CHEESE TORNADOS	180	21	8	2	15	280	0
SAUSAGE, EGG, AND CHEESE BISCUIT	550	33	40	17	155	1370	2
SAUSAGE, EGG, AND CHEESE MUFFIN	420	27	27	10	155	810	2
SAUSAGE, EGG, AND QUESO BURRITO	460	37	27	10	245	1360	2
SPICY CHICKEN AND CHEESE	470	53	17	6	60	1220	7
Gas Station Convience Foods							
SNACKS							
BELVITA BARS - BLUEBERRY (1 PACK)	230	36	8	0.5	0	220	12
BOB RED MILL - CLASSIC OATMEAL (1 CONTAINER)	210	33	5	1	0	160	1
BOB RED MILL - BROWN SUGAR AND MAPLE OATMEAL (1	240	42	5	1	0	310	10
BUTTERFINGER (1 BAR)	250	36	10	5	0	160	21
CLIFF BAR - CHOCOLATE BROWNIE (1 BAR)	250	44	5	1.5	0	180	21
CLIFF BAR - OATMEAL RAISIN WALNUT (1 BAR)	250	43	6	0.5	0	140	21
CLIFF BAR - WHITE CHOCOLATE MACADAMIA NUT (1 BAR)	260	42	7	2	0	220	21
CLIFF BUILDERS PROTEIN BAR - CHOCOLATE MINT (1 BAR)	280	31	9	6	0	200	17
CLIFF BUILDERS PROTEIN BAR - VANILLA ALMOND(1 BAR)	290	29	11	6	0	200	16
CORE POWER - STRAWBERRY BANANA SHAKE (1 BOTTLE)	170	7	4.5	3	20	280	6
GRANDMA'S PEANUT BUTTER COOKIE (1 PC)	170	19	9	2.5	<5	160	10

GAS STATION CONVENIENCE FOOD	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
KIND BAR -BLUEBERRY VANILLA CASHEW (1 BAR)	160	19	12	1.5	0	10	7
KIND BAR - DARK CHOCOLARE, NUTS & SEA SALT (1 BAR)	180	16	15	3	0	140	5
KIND BAR - HONEY ROASTED NUTS & SEA SALT (1 BAR)	190	15	15	2	0	135	5
KIT KAT (1 BAR)	210	28	11	7	<5	20	23
LARABAR - CARROT CAKE (1 BAR)	190	27	8	1.5	0	10	19
LARABAR - STRAWBERRY CHOCOLATE CHIP (1 BAR)	190	26	9	2	0	10	18
LENNY & LARRYS COOKIE - CINNAMON (1 BAR)	230	29	8	3.5	0	250	14
LENNY & LARRYS COOKIE - PEANUT BUTTER CHOCOLATE C	220	28	8	2	0	180	11
LUNA BAR - CHOCOLATE CUPCAKE (1 BAR)	190	29	6	2.5	0	110	9
LUNA BAR - CHOCOLATE PEPPERMINT STICK (1 BAR)	200	28	6	2.5	0	90	8
M&M'S (ENTIRE BOX)	420	64	16	10	5	60	53
MCT COLLAGEN BAR - CARAMEL SEA SALT (1 BAR)	190	10	14	3.5	0	120	2
MCT COLLAGEN BAR - CHOCOLATE CHIP COOKIE DOUGH (	190	10	14	4	0	85	2
MIKE & IKE (ENTIRE BOX)	495	121	0	0	0	45	81
MILK DUDS (ENTIRE BOX)	585	99	22.5	12.5	0	338	72
MUNCHIES PEANUT BUTTER CRACKERS - (1 PACKAGE)	210	23	11	3	0	260	6
NATURE VALLEY - OAT'S N HONEY GRANOLA BAR (1 BAR)	100	15	3.5	0	0	70	6
ONE PEANUT BUTTER CUPS (1 BAR)	230	24	9	5	10	150	1
ONE PROTEIN BAR - BIRTHDAY CAKE (1 BAR)	220	23	8	6	10	140	1
QUAKER CHEWY GRANOLA BAR - CHOCOLATE CHIP (1 BAR	160	31	3	1	0	135	12
QUEST BAR - COOKIES AND CREAM (1 BAR)	200	21	8	2.5	5	280	1
QUEST PROTEIN COOKIE - PEANUT BUTTER CHOCOLATE C	220	21	13	4.5	15	230	1
RICE A RONI MAC & CHEESE (1 CUP)	250	45	6	2.5	<5	680	3
RX BAR - CHOCOLATE MINT (1 BAR)	210	23	9	2	0	210	13
RX BAR - PEANUT BUTTER (1 BAR)	200	25	7	1	0	310	15
SNICKERS (1 BAR)	250	32	12	4.5	<5	120	28
SOUP PATCH KIDS (ENTIRE BOX)	360	88	0	0	0	80	78
STARBURSTS (ENTIRE BOX)	420	84	9	9	0	0	56
THINK! HIGH PROTEIN BAR - CREAMY PEANUT BUTTER (1	230	22	9	3	<5mg	260	0
THINK! HIGH PROTEIN BAR - LEMON DELIGHT (1 BAR)	230	24	9	3.5	5	230	0
REFRIDGERATOR SNACKS							
BABYBELL CHEESE (1 PC)	110	5	8	5	15	190	1
BOATHOUSE FARMS - 100% CARROT (1 CONTAINER)	130	29	0.5	0	29	290	26
BOATHOUSE FARMS - CHOCOLATE PROTEIN PLUS (1 CONT	390	55	6	3.5	55	300	49
CHOBANI FLIP - S'MORES (1 CONTAINER)	160	22	4	2.5	10	70	19
CHOBANI GREEK YOGURT - BLUEBERRY (1 CONTAINER)	110	16	0	0	5	55	9
CIRCLE K ALL AMERICAN SUB (1 PKG)	450	46	18	8	70	1630	9
CIRCLE K BREAKFAST PRETZEL STACKER (1 SANDWICH)	600	44	38	15	70	1450	5
CIRCLE K CHEDDAR CHEESE & BEEF (1 PKG)	180	1	15	8	40	480	0
CIRCLE K CHUCKWAGON SANWICH (1 PKG)	400	40	21	8	65	1250	5
CIRCLE K CHICKEN SALAD SANDWICH (1 SANDWICH)	610	62	26	4.5	75	1330	14
CIRCLE K COLBY JACK CHEESE & TURKEY (1 PKG)	150	1	12	5.5	45	330	0
CIRCLE K HAM & CHEDDAR SANWICH (1 SANDWICH)	430	49	14	7	70	1660	6
CIRCLE K HAM & SWISS SANDWICH (1 SANDWICH)	290	36	7	3.5	45	1160	5
CIRCLE K ITALIAN SUB (1 SANDWICH)	580	51	27	11	85	1860	6
CIRCLE K JALAPENO CHARGRILLED CHEESEBURGER (1 SAN	520	42	20	13	50	1060	7
CIRCLE K MARSHMALLOW CRISPY BAR (1/3 BAR)	270	29	3	2	10	250	13
CIRCLE K PEANUT BUTTER CRISPY BAR (1/4 BAR)	160	20	6	2	0	150	13
CIRCLE K PEPPER JACK CHEESE STICK (1 PC)	100	1	8	4.5	25	200	0
CIRCLE K RACK O'RIBS STACKER SANDWICH (1 SANDWICH)	500	55	23	7	40	750	14
CIRCLE K SAUSAGE, EGG, & CHEESE BURRITO (1 PC)	580	36	39	13	205	1390	3
CIRCLE K STEAK & EGG BURRITO (1 PC)	390	38	17	8	130	1310	3
CIRCLE K STEAK HOUSE BURRITO (1 PC)	400	37	14	7	35	1270	2
CIRCLE K STRING CHEESE (1 PC)	80	1	6	3	20	200	0
CIRCLE K TUNA SALAD SANDWICH (1 SANDWICH)	350	47	13	2.5	20	770	7
CIRCLE K TURKEY & CHEDDAR SANDWICH (1 SANDWICH)	430	29	9	3.5	60	1440	4
CIRCLE K TURKEY & CHEDDER WRAP (1 SANDWICH)	560	61	22	9	60	1940	4
CIRCLE K TURKEY & HAVARTI SANDWICH (1 SANDWICH)	400	44	11	6	50	1350	4
CIRCLE K TURKEY SAUSAGE FLATBREAD (1 SANDWICH)	300	40	15	6	100	890	3
DEL MONTE - FRUIT CRUNCG PARFAIT (1 CONTAINER)	190	29	7	5	0	35	2
EDIBLE COOKIE DOUGH (3 OZ)	350	56	13	6	0	190	30
HORMEL - NATURAL CHOICE (PEPPERON PIZZA)	290	15	19	8	45	760	2
JACK LINK'S - UNCURED HARD SALAMI & COLBY JACK (1 PA	160	1	14	6	40	450	0
LUNCHABLES (PIZZA WITH PEPPERONI-1 CONTAINER)	420	49	19	8	40	720	23
LUNCHABLES (TURKEY & AMERICAN-1 CONTAINER)	330	36	17	8	30	650	15
MIDWEST JUICE - ALL GREENS EVERYTHING (1 CONTAINER	70	10	0.5	0	0	90	5
NAKED JUICE - GREEN MONSTER (1 BOTTLE)	270	63	0	0	0	25	53

GAS STATION CONVENIENCE FOOD	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
OBERTO - PARMA SALAME & SMOKE PROVOLONE CHEESE	260	0	20	11	65	860	0
OH SNAP! PICKLES (3.5 OZ)	15	2	0	0	0	660	0
OSCAR MAYER - MEAT AND CHEESE PLATE (UNCURED HALF	380	20	26	11	70	910	1
P3 PORTABLE PROTEIN PACKET (HAM, CHEDDAR, CASHEW	290	15	20	10	50	580	8
P3 PORTABLE PROTEIN PACKET (TURKEY, COLBY JACK, ALN	160	4	12	4	30	460	1
PEARLS - OLIVES ON THE GO (1 CONTAINER)	35	2.25	3.5	0	0	280	0
PRARIE FARMS - 2% REDUCED FAT MILK (1 CONTAINER)	250	22	10	7	45	240	22
PRARIE FARMS CHOCOLATE MILK (1 CONTAINER)	410	54	15	9	45	350	51
RUBY KIST - 100% ORANGE JUICE (1 CONTAINER)	140	35	0	0	0	40	36
SABRA BREAKFAST AVOCADO TOAST (1 PKG)	190	18	13	2.5	0	350	1
SABRA PRETZELS AND HUMMUS - ORIGINAL (1 UNIT/129g	370	40	19	3	0	790	1
SABRA TORTILLA CHIPS AND GUACAMOLE (1 CONTAINER/	220	18	15	3	0	370	<1
TROPICANA APPLE JUICE (1 CONTAINER)	140	34	0	0	0	25	31
TRUE FRUIT - RUBY GRAPEFRUIT (1 CONTAINER)	100	24	0	0	0	15	23
VAN NOLTON'S DILL PICKLE (1 PC)	0	0	0	0	0	370	0
YOPLAIT - STRAWBERRY BANANA (1 CONTAINER)	150	28	2	1.5	10	90	20

	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
MCDONALD'S							
BREAKFAST							
BACON, EGG, CHEESE BISCUIT (1 ORDER)	460	39	26	13	215	1330	3
BACON, EGG, CHEESE MCGRIDDLE (1 ORDER)	430	44	21	9	215	1230	15
SOUTHERN STYLE CHICKEN BISCUIT (LARGE)	470	46	24	9	30	1290	4
SOUTHERN STYLE CHICKEN BISCUIT (REGULAR)	410	41	20	8	30	1180	3
BIG BREAKFAST W/ HOT CAKES (1 ORDER)	1340	158	63	25	525	2070	48
BISCUIT (1 ORDER)	110	36	12	7	5	820	2
CHICKEN MCMUFFIN (1 ORDER)	420	46	20	9	35	1090	2
EGG MCMUFFIN (1 ORDER)	310	30	13	6	250	770	3
FRUIT & MAPLE OATMEAL (1 ORDER)	320	64	4.5	1.5	5	150	31
HASH BROWNS (1 ORDER)	140	18	8	1	0	310	0
HOT CAKES (1 ORDER)	580	101	15	6	45	550	45
HOT CAKES AND SAUSAGE (1 ORDER)	770	102	33	13	75	830	46
SAUSAGE BISCUIT (1 ORDER)	460	36	30	13	40	1050	3
SAUSAGE BISCUIT WITH EGG (1 ORDER)	530	38	34	15	205	1140	2
SAUSAGE BURRITO (1 ORDER)	310	25	17	7	170	800	2
SAUSAGE, EGG, CHEESE MCGRIDDLE (1 ORDER)	550	44	33	13	235	1290	15
SAUSAGE MCGRIDDLE (1 ORDER)	430	41	24	9	35	990	14
SAUSAGE MCMUFFIN (1 ORDER)	400	29	26	10	55	760	2
SAUSAGE MCMUFFIN WITH EGG (1 ORDER)	480	30	31	12	280	830	2
BURGERS							
BIG MAC (1 ORDER)	550	45	39	11	80	1010	9
CHEESEBURGER (1 ORDER)	300	32	13	6	40	720	7
DOUBLE CHEESEBURGER (1 ORDER)	450	34	24	11	85	1120	7
DOUBLE QUARTER POUNDER W/ CHEESE (1 ORDER)	740	43	42	20	165	1360	10
HAMBURGER (1 ORDER)	250	31	9	3.5	30	510	6
MCDOUBLE (1 ORDER)	400	33	20	9	70	920	7
QUARTER POUNDER W/ CHEESE (1 ORDER)	630	44	37	14	105	1210	11
CHICKEN AND SANDWICHES							
CHICKEN MCNUGGETS (4 PC)	220	16	13	2	30	460	4
CHICKEN MCNUGGETS (6 PC)	310	21	18	3	45	630	4
CHICKEN MCNUGGETS (10 PC)	470	32	28	4.5	70	960	4
CHICKEN MCNUGGETS (20 PC)	890	57	53	9	135	1800	5
CHICKEN MCNUGGETS (40 PC)	1720	108	102	17	260	3470	5
CRISPY CHICKEN SANDWICH (1 ORDER)	470	45	20	5	65	1100	9
DELUXE CRISPY CHICKEN SANDWICH (1 ORDER)	530	47	26	4	65	1040	10
FILET-O-FISH (1 ORDER)	380	39	18	4	40	580	5
MCCHICKEN (1 ORDER)	400	39	21	3.5	40	560	5
SPICY CRISPY CHICKEN SANDWICH (1 ORDER)	530	47	26	4	65	1230	10
SPICY DELUXE CRISPY CHICKEN SANDWICH (1 ORDER)	540	48	26	4	65	1150	10
SIDES							
APPLE SLICES (1 ORDER)	15	4	0	0	0	0	3
FRENCH FRIES (KIDS)	110	15	5	0.5	0	90	0
FRENCH FRIES (SMALL)	220	29	10	1.5	0	180	0
FRENCH FRIES (MEDIUM)	320	43	15	2	0	260	0
FRENCH FRIES (LARGE)	490	66	23	3	0	400	0
DESSERTS AND SHAKES							
APPLE PIE (1 ORDER)	230	33	11	6	0	100	14
CHOCOLATE SHAKE (SMALL)	520	85	14	9	55	250	67
CHOCOLATE SHAKE (MEDIUM)	620	102	16	10	65	300	81
CHOCOLATE SHAKE (LARGE)	830	139	21	13	80	410	110
HOT FUDGE SUNDAE (1 ORDER)	330	54	10	7	25	170	44
HOT CARAMEL SUNDAE (1 ORDER)	330	58	7	4.5	30	150	41
M&M MCFLURRY (REGULAR)	640	96	21	14	45	200	83
M&M MCFLURRY (SNACK SIZE)	420	64	14	9	30	130	55
OREO MCFLURRY (REGULAR)	510	80	16	8	40	260	60
OREO MCFLURRY (SNACK SIZE)	340	53	11	5	25	170	40
STRAWBERRY SHAKE (SMALL)	530	87	14	9	55	190	65
STRAWBERRY SHAKE (MEDIUM)	620	102	16	11	65	220	77
STRAWBERRY SHAKE (LARGE)	840	139	21	14	85	310	106
VANILLA CONE (1 ORDER)	150	24	3.5	2	15	60	18
VANILLA SHAKE (SMALL)	510	84	13	9	55	220	55
VANILLA SHAKE (MEDIUM)	610	101	16	10	65	270	68
VANILLA SHAKE (LARGE)	820	138	21	13	80	370	92
MCCAFE DRINKS							
CAPPUCCINO (SMALL)	120	9	6	3.5	20	80	9
CAPPUCCINO (MEDIUM)	160	19	8	5	25	110	12

MCDONALD'S	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
CAPPUCCINO (LARGE)	210	17	11	6	35	140	16
CARAMEL CAPPUCCINO (SMALL)	210	35	5	3	15	300	32
CARAMEL CAPPUCCINO (MEDIUM)	260	44	6	3.5	20	380	40
CARAMEL CAPPUCCINO (LARGE)	340	55	9	5	30	470	50
CARAMEL MACCHIATO (SMALL)	260	41	7	4	25	340	37
CARAMEL MACCHIATO (MEDIUM)	320	50	9	5	30	420	45
CARAMEL MACCHIATO (LARGE)	400	61	12	7	35	510	56
FRENCH VANILLA CAPPUCCINO (SMALL)	210	35	5	3	15	70	27
FRENCH VANILLA CAPPUCCINO (MEDIUM)	230	37	6	3.5	20	85	36
FRENCH VANILLA CAPPUCCINO (LARGE)	310	47	9	5	30	120	46
ICED CARAMEL MACCHIATO (SMALL)	210	32	6	3.5	20	260	29
ICED CARAMEL MACCHIATO (MEDIUM)	310	45	10	6	30	370	41
ICED CARAMEL MACCHIATO (LARGE)	370	58	10	6	30	490	53
HAPPY MEALS							
CHICKEN NUG HAPPY MEAL (4 PC)	445	47	20	4	40	630	18
CHICKEN NUG HAPPY MEAL (6 PC)	535	52	25	5	55	800	18
HAMBURGER HAPPY MEAL (1 ORDER)	475	62	16	5.5	40	680	20
MEXICAN RESTURANT							
TACO							
SOFT CORN BEEF TACO (1 PC)	250	28	10	4	30	440	1
SOFT CORN CHICKEN TACO (1 PC)	230	23	9	3	35	500	2
SOFT CORN PORK TACO (1 PC)	220	27	6	2.5	30	430	1
SOFT FLOUR BEEF TACO (1 PC)	250	24	11	4.5	30	520	1
SOFT FLOUR CHICKEN TACO (1 PC)	230	27	8	3.5	35	420	2
SOFT FLOUR PORK TACO (1 PC)	220	24	7	3	30	510	1
TOSTADA							
BEEF AND BEAN TOSTADA (1 PC)	380	26	23	8	40	680	2
BEAN TOSTADA	230	21	13	4	15	600	1
CHICKEN AND BEAN TOSTADA (1 PC)	360	21	21	6	45	660	5
PORK AND BEAN TOSTADA (1 PC)	350	36	20	6	35	670	2
BURRITO							
BEAN BURRITO (1 PC)	414	62	12	5	10	1115	3
BEEF AND BEAN BURRITO (1 PC)	510	52	24	8	40	900	2
CHICKEN AND BEAN BURRITO (1 PC)	480	51	21	6	50	870	2
PORK AND BEAN BURRITO (1 PC)	470	51	19	6	40	890	2
SHRIMP BURRITO (1 PC)	400	53	16	6	22	1047	0
STEAK BURRITIO (1 PC)	630	86	17	6	63	1970	4
CALIFORNIA BURRITIO (1 PC)	810	60	41	18	115	2182	0
TORTA							
TORTA DE ASADA	724	61	35	8	90	883	6
TORTA DE PASTOR	690	51	44	6	70	1260	5
TORTA DE CUBANO	704	58	31	10	93	1466	2
STEAK TORTA	778	51	46	14	111	1312	7
QUESADILLA							
VEGETARIAN QUESADILLA (1 ORDER)	368	53	15	4	145	2310	13
CHEESE QUESADILLA (1 ORDER)	390	44	18	8	30	850	0
CHICKEN QUESADILLA (1 ORDER)	580	47	25	9	155	1190	1
STEAK QUESADILLA (1 ORDER)	660	59	29	16	110	2390	5
SHRIMP QUESADILLA (1 ORDER)	475	55	18	5	130	2040	3
ENCHILADA							
CHEESE ENCHILADA (1 PC)	320	13	23	11	55	520	0
CHICKEN ENCHILADA (1 PC)	280	21	13	5	60	860	2
BEEF ENCHILADA (1 PC)	200	14	11	3	25	560	1
SPINACH ENCHILADA (1 PC)	104	14	2	1	0	500	0
FAJITA							
CHICKEN FAJITA WITHOUT TORTILLA (1 ORDER)	510	22	20	4.5	225	2200	10
SHRIMP FAJITA WITHOUT TORTILLA (1 ORDER)	320	21	16	3.5	240	2670	10
STEAK FAJITA WITHOUT TORTILLA (1 ORDER)	670	21	42	17	180	2480	9
VEGGIE FAJITA WITHOUT TORTILLA (1 ORDER)	210	24	11	1	0	1020	8
CHIMICHANGA							
STEAK CHIMICHANGAS (1 PC)	1360	104	81	25	110	2590	7
CHICKEN CHIMICHANGAS (1 PC)	1360	105	81	23	120	2650	7
CHALUPA							
BEEF CHALUPA (1 PC)	315	23	16	10	41	897	0
CHICKEN CHALUPA (1 PC)	290	26	14	5	45	640	2

MEXICAN RESTAURANT	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
ENTREES							
HUEVOS RANCHEROS (1 PLATE)	660	64	35	14	55	1210	3
HUEVOS A LA MEXICANA (1 ORDER-2 EGG PORTION)	545	10	44	15	775	973	6
ALITAS DE POLLO (6 PC)	528	16	40	14	132	1600	0.5
BARBACOA - BEEF (1 ORDER)	219	3	8	3	107	76	0
BEEF TACO SALAD (NO SHELL-1 ORDER)	330	20	19	9	60	796	9
BEEF TACO SALAD (WITH SHELL-1 ORDER)	726	66	42	13	81	1373	16
CAMPENCHANA (1 ORDER)	120	5	6	1	77	643	0
CHICKEN FLAUTAS (3 PC)	576	55	29	5	73	1209	14
BEEF TAQUITOS (3 PC)	240	26	12	3	15	340	1
CHICKEN TAQUITOS (3 PC)	230	26	10	3	0	410	0
CHICKEN TACO SALAD (NO SHELL-1 ORDER)	338	21	17	6	80	785	4
CHICKEN TACO SALAD (WITH SHELL-1 ORDER)	705	45	41	13	160	660	2
MENUDO (1 ORDER)	233	30	5	2	89	1661	4
POLLO FUNDIDO (1 ORDER)	782	44	43	18	177	792	5
BEEF ENCHILADAS VERDES (3 PC)	900	70	52	23	145	1990	6
CHICKEN ENCHILADAS VERDES (3 PC)	770	49	36	17	150	2040	6
CHICKEN CHILAQUILES (1 ORDER)	494	80	10	4	354	636	1
CARNITAS DINNER (1 PLATE)	1020	36	36	12	165	2920	4
PORK TAMALES (3 PC)	460	46	22	8	55	740	1
BEEF TAMALES (3 PC)	372	27	24	9	15	1095	0
PORK TACO SALAD (1 ORDER)	500	52	20	7	55	1560	9
QUESO CHORIZO FUNDIDO (1 ORDER)	560	40	31	13	70	850	0
CHILE RELLENO (1 PC)	520	59	24	5	20	1260	7
SHRIMP QUESADILLA (1 ORDER)	400	33	20	7	130	500	4
STEAK TAPIQUENA (1 ORDER)	417	17	21	8	103	224	9
BURRITO BOWLS							
CHICKEN RICE BOWL	625	60	23	8	155	1425	5
VEGGIE RICE BOWL	550	85	20	3	30	1640	11
STEAK RICE BOWL	750	68	29	14	135	1845	6
CARNITAS RICE BOWL	1045	98	45	20	135	1450	4
SHRIMP RICE BOWL	649	78	15	5	95	1000	1
NACHOS							
CHEESE NACHOS (PLATE)	692	73	38	16	36	1632	0
BEAN NACHOS (PLATE)	1210	115	64	27	135	1310	3
CHICKEN NACHOS (PLATE)	809	68	40	14	106	1990	5
SHRIMP NACHOS (PLATE)	1130	102	59	23	215	2050	4
BEEF NACHOS (PLATE)	1290	86	77	32	225	1620	4
AL PASTOR NACHOS	1520	132	84	39	155	1810	5
SIDES							
CHEESE DIP (1/2 CUP)	246	6	19	6	60	800	6
FRIED TORTILLA CHIPS (12 PC)	258	33	13	1	0	418	3
GUACAMOLE (2 TBSP)	120	2	12	1	0	48	1
PICO DE GALLO (1/2 CUP)	20	4	0	0	0	532	3
MEXICAN RICE (1/2 CUP)	183	26	13	6		545	5
SPANISH RICE (1/2 CUP)	125	23	3	0	0	345	0
CEVICHE (1/2 CUP)	86	5	1	0	25	161	0
MEXICAN CHICKEN SOUP (1 CUP)	175	13	7	1	0	141	0
MEXICAN CHORIZO SOUP (1 CUP)	190	19	0	9	0	1010	3
QUESO BLANCO (2 TBSP)	200	4	6	4	18	74	2
REFRIED BEANS WITH CHEESE (1 ORDER)	217	33	2	1	6	48	1
TORTILLA CHIPS (18 PC)	224	27	11	1		115	1
CORN TORTILLAS (2 PC)	100	20	2	0	0	10	2
FLOUR TORTILLAS (2 PC)	170	34	3	1	0	300	1
REFRIED PINTO BEANS (1 ORDER)	230	25	10	2	7	556	1
BLACK BEANS (1 CUP)	227	41	1	0	0	408	0
DESSERTS							
SOPAPILLA (1 PC)	128	16	6	0	0	240	2
CHEESECAKE CHIMICHANGA (1 PC)	380	38	190	11	85	180	12
FLAN NAPOLITANO (1 ORDER)	292	47	8	4	127	116	45
PANDA EXPRESS							
SIDES							
BROWN STEAMED RICE (1 ORDER)	420	86	4	1	0	15	1
BROWN STEAMED RICE (CUB MEAL)	310	64	3	0.5	0	10	1
CHOW FUN (1 ORDER)	410	73	9	1	0	1110	6
CHOW FUN (CUB MEAL)	300	53	6	0.5	0	810	4

PANDA EXPRESS	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
CHOW MEIN (1 ORDER)	510	80	20	3.5	0	860	9
CHOW MEIN (CUB MEAL)	270	34	12	1	0	520	4
FRIED RICE (1 ORDER)	520	85	16	3	120	850	3
FRIED RICE (CUB MEAL)	350	57	10	2	80	570	2
SUPER GREENS (1 ORDER)	90	10	3	0	0	260	4
SUPER GREENS (CUB MEAL)	60	8	2	0	0	200	4
WHITE STEAMED RICE (1 ORDER)	380	87	0	0	0	0	0
WHITE STEAMED RICE (CUB MEAL)	240	52	0	0	0	0	0
VEGETABLES							
EGGPLANT TOFU (1 ORDER)	340	23	24	3.5	0	520	17
EGGPLANT TOFU (CUB MEAL)	250	17	18	2.5	0	390	13
SUPER GREENS ENTRÉE (1 ORDER)	45	5	2	0	0	130	2
SUPER GREENS (CUB MEAL ENTRÉE)	30	4	1	0	0	95	2
CHICKEN							
ASIAN CHICKEN (1 ORDER)	340	14	13	3.5	195	630	10
ASIAN CHICKEN (CUB MEAL)	180	5	8	2.5	110	320	5
BLACK PEPPER CHICKEN (1 ORDER)	280	15	19	3.5	55	1130	7
BLACK PEPPER CHICKEN (CUB MEAL)	200	11	14	2.5	40	830	5
GRILLED TERIYAKI CHICKEN (1 ORDER)	300	8	13	4	185	530	8
GRILLED TERIYAKI CHICKEN (CUB MEAL)	195	5	9	2	120	340	5
GRILLED ASIAN CHICKEN (1 ORDER)	300	8	13	4	185	530	8
GRILLED ASIAN CHICKEN (CUB MEAL)	180	5	8	2.5	110	320	5
KUNG PAO CHICKEN (1 ORDER)	290	14	19	3.5	55	970	6
KUNG PAO CHICKEN (CUB MEAL)	200	10	14	2.5	40	690	4
MUSHROOM CHICKEN (1 ORDER)	220	10	14	2.5	50	840	5
MUSHROOM CHICKEN (CUB MEAL)	170	8	11	2	40	650	4
ORANGE CHICKEN (1 ORDER)	490	51	23	5	80	820	19
ORANGE CHICKEN (CUB MEAL)	355	36	16	4	60	590	13
POTATO CHICKEN (1 ORDER)	190	18	10	2	30	680	4
POTATO CHICKEN (CUB MEAL)	140	15	8	0	20	0	0
TERIYAKI CHICKEN (1 ORDER)	340	14	13	3.5	195	630	10
TERIYAKI CHICKEN (CUB MEAL)	220	9	9	2	120	407	7
CHICKEN BREAST							
CRISPY ALMOND CHICKEN BREAST (1 ORDER)	470	39	24	5	40	960	8
CRISPY ALMOND CHICKEN BREAST (CUB MEAL)	360	29	18	2	30	720	6
HONEY SESAME CHICKEN BREAST (1 ORDER)	420	40	22	4	45	480	19
HONEY SESAME CHICKEN BREAST (CUB MEAL)	320	30	17	3	30	360	14
STRING BEAN CHICKEN BREAST (1 ORDER)	190	13	9	2	34	590	4
STRING BEAN CHICKEN BREAST (CUB MEAL)	140	10	7	1.5	26	440	3
SWEET & SOUR CHICKEN BREAST (1 ORDER)	300	40	12	3	25	260	24
SWEET & SOUR CHICKEN BREAST (CUB MEAL)	270	35	10	2	20	220	21
SWEETFIRE CHICKEN BREAST (1 ORDER)	380	47	15	3	35	320	27
SWEETFIRE CHICKEN BREAST (CUB MEAL)	280	35	12	2	25	240	20
BEEF							
BEIJING BEEF (1 ORDER)	470	46	26	5	25	660	24
BEIJING BEEF (CUB MEAL)	350	34	20	4	20	490	18
BLACK PEPPER ANGUS STEAK ENTRÉE (1 ORDER)	180	10	7	2	40	750	6
BLACK PEPPER ANGUS STEAK (CUB MEAL)	140	9	5	1	35	750	6
BROCCOLI BEEF (1 ORDER)	150	13	7	1.5	12	520	7
BROCCOLI BEEF (CUB MEAL)	110	10	6	1	10	400	5
SHANGHAI ANGUS STEAK (1 ORDER)	310	17	19	4	40	790	11
SHANGHAI ANGUS STEAK (CUB MEAL)	230	13	14	3	30	590	8
WOK-SEARED STEAK AND SHRIMP (1 ORDER)	240	21	7	1.5	125	1090	10
WOK-SEARED STEAK AND SHRIMP (CUB MEAL)	180	16	5	1	90	810	7
SEAFOOD							
FIRECRACKER SHRIMP (1 ORDER)	110	7	3.5	0.5	85	630	4
FIRECRACKER SHRIMP (CUB MEAL)	80	5	3	0.5	65	480	3
GOLDEN TREASURE SHRIMP (1 ORDER)	360	35	18	3	100	440	14
GOLDEN TREASURE SHRIMP (CUB MEAL)	210	20	10	1.5	60	250	8
HONEY WALNUT SHRIMP (1 ORDER)	360	35	23	3.5	100	440	9
HONEY WALNUT SHRIMP (CUB MEAL)	200	14	13	2	55	240	5
STEAMED GINGER FISH (1 ORDER)	200	8	12	2.5	40	1990	6
STEAMED GINGER FISH (CUB MEAL)	70	3	4	1	15	660	2
APPERIZERS							
CHICKEN EGG ROLL (1 PC)	200	20	10	2	20	340	2
CHICKEN POTSTICKER (3 PCS)	160	20	6	1.5	20	250	2

PANDA EXPRESS	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
CREAM CHEESE RANGOON (3 PCS)	190	24	8	5	35	180	1
VEGETABLE SPRING ROLL (2 PC)	190	27	8	1.5	0	520	3
CUB MEALS							
BROCCOLI BEEF CUB MEAL (WHITE RICE, SUPER GREENS, 6 PC)	300	49	7	1	10	500	13
GRILLED TERIYAKI CHICKEN CUB MEAL (CHOW MEIN, SUPER GREENS, 6 PC)	400	36	16	3	120	700	16
ORANGE CHICKEN CUB MEAL (WHITE RICE, SUPER GREENS, 6 PC)	580	84	17	4	60	705	30
MORE							
CHILI SAUCE (2 OZ)	10	2	0	0	0	125	2
HOT MUSTARD (2 OZ)	10	0	1	0	0	115	0
PLUM SAUCE (2 OZ)	15	3	0	0	0	55	3
POTSTICKER SAUCE (2 OZ)	10	3	0	0	0	290	2
SWEET & SOUR SAUCE (2 OZ)	70	21	0	0	0	115	20
SOY SAUCE (2 OZ)	5	0	0	0	0	375	0
TERIYAKI SAUCE (2 OZ)	70	16	0	0	0	380	14
CHOCOLATE CHUNK COOKIE (1 ORDER)	160	25	7	3	5	125	14
FORTUNE COOKIE (1 COOKIE)	20	5	0	0	0	0	2
TREE TOP APPLE CRISPS (1 ORDER)	40	10	0	0	0	0	7
SOUP							
HOT & SOUR SOUP (CUP)	120	14	5	0.5	65	880	4
HOT & SOUR SOUP (BOWL)	170	20	6	1	90	1260	6
PICCADILLY							
BREAKFAST							
CINNAMON ROLLS (4 OZ)	350	63	8	2	5	260	27
EGGS, SCRAMBLED WITH HAM, ONIONS & PEPPERS (6.2 OZ)	250	5	19	6	380	290	3
HASH BROWNS (4 OZ)	290	30	19	2	0	270	3
BACON (2 OZ)	230	1	22	7	35	370	1
BREAKFAST CASSEROLE (5.6 OZ)	300	13	21	7	150	730	2
BUTTERMILK PANCAKES (2 OZ)	120	19	4	0	10	350	4
GRAPEFRUIT HALVES	30	7	0	0	0	0	0
CHEESE GRITS (6 OZ)	190	16	11	5	20	350	0
EVERYTHING OMELET (7.1 OZ)	450	5	39	8	375	990	2
FRENCH TOAST (1 PC)	340	58	5	0	145	540	12
FRIED EGG (1 EGG)	150	0	15	3	140	55	0
GRITS (6 OZ)	130	17	6	1	0	260	0
HAM STEAK (2.5 OZ)	100	1	5	1.5	5	730	0
HASHBROWN CASSEROLE (4 OZ)	200	13	12	4	20	240	1
O'BRIEN POTATOES (4 OZ)	100	14	3.5	0.5	0	95	1
POACHED EGG (1 EGG)	50	0	3.5	1	140	55	0
SAUSAGE LINK (1 PC)	150	0	11	3	55	310	0
SAUSAGE PATTY (1 PC)	150	0	11	3	55	310	0
SAUSAGE GRAVY (3.4 OZ)	80	8	2	0.5	1	510	2
SCRAMBLED EGGS (5.4 OZ)	210	4	15	5	380	290	3
STICKY CINNAMON BUNS (1 BUN)	350	53	13	2.5	5	260	17
TOAST (1 SLICE)	110	24	1	0	0	200	2
TURKEY SAUSAGE (1 PC)	130	1	9	2.5	10	390	1
WAFFLE (1 PC)	230	35	7	1	20	650	7
SOUPS							
CREAM OF BROCCOLI SOUP (1 CUP)	20	3	1	0	0	260	1
SEAFOOD GUMBO (11 OZ)	140	13	5	1	60	1600	3
SHRIMP AND CORN SOUP (1 CUP)	80	26	1	3	65	1820	6
CHICKEN AND SAUSAGE GUMBO (1 CUP)	240	10	17	4	30	780	1
CHICKEN NOODLE SOUP (1 CUP)	60	11	0.5	0	5	900	1
VEGETABLE SOUP (1 CUP)	40	11	0	0	0	820	3
ENTREES							
BAKED HAM (5.5 OZ)	190	6	7	2.5	15	1590	8
BAKED SWISS STEAK WITH MASHED POTATOES (14 OZ)	460	36	17	4	75	1420	1
BEEF STROGANOFF WITH PASTA (12 OZ)	550	59	18	5	75	1240	4
BEEF POT ROAST WITH MASHED POTATOES (17 OZ)	470	29	26	9	105	1340	6
CHICKEN FRIED STEAK WITH CREAM GRAVY (10 OZ)	700	55	40	9	60	1470	5
CHICKEN FRIED STEAK WITH JALAPENO GRAVY (10 OZ)	700	54	40	8	60	1420	5
CHICKEN FRIED STEAK, FRIED (7 OZ)	650	46	37	8	60	1010	4
CHUCK WAGON STEW (4.5 OZ)	480	30	34	9	50	990	2
BLACKENED CHICKEN BREAST GRILLED VEGETABLES (12 OZ)	260	7	11	2	130	800	4
BLACKENED FISH GRILLED VEGETABLES (12 OZ)	310	13	7	3.5	35	1010	4
BLACKENED FISH FETTUCCINI (13 OZ)	980	137	28	5	190	1670	8
BROWN GRAVY (2.3 OZ)	35	3	2.5	0	0	340	0

PICADILLY	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
FRIED CHICKEN LIVERS (7 OZ)	470	8	26	6	950	730	0
CHICKEN FRIED CHICKEN (6.5 OZ)	440	21	25	4.5	105	800	0
CHICKEN TERIYAKI WITH POLYNESIAN RICE (14 OZ)	600	76	14	3	95	1960	31
FRIED CHICKEN BREAST (5 OZ)	320	9	18	4	110	630	0
CHICKEN FRIED CHICKEN WITH GRAVY (12 OZ)	540	36	30	6	105	1610	3
CHICKEN PARMIGIANA WITH PASTA (17 OZ)	800	68	34	10	140	1650	6
CHICKEN PARMIGIANA (7.5 OZ)	480	25	24	4.5	140	115	1
BROILED CHICKEN (1 PC) (14 OZ)	840	10	47	13	285	2260	1
FRIED CHICKEN LEG (1 PC)	120	4	8	1.5	45	280	0
CAJUN BAKED CHICKEN, QUARTERS (1 BREAST-WING)	420	2	19	5	180	240	0
ITALIAN BAKED CHICKEN, QUARTERS (1 BREAST-WING)	460	4	23	6	180	1160	1
LEMON PEPPER CHICKEN, QUARTERS (1 BREAST-WING)	320	3	19	5	180	2930	1
ROTISSERIE-HERB STYLE CHICKEN, QUARTERS (1 BREAST-WING)	400	0	18	5	180	850	0
CAJUN BAKED CHICKEN, QUARTERS (1 THIGH-DRUMSTICK)	320	2	19	5	180	240	0
ITALIAN BAKED CHICKEN, QUARTERS (THIGH-DRUMSTICK)	520	4	33	9	270	1240	1
LEMON PEPPER CHICKEN, QUARTERS (THIGH-DRUMSTICK)	310	3	18	5	180	2940	1
ROTISSERIE-HERB STYLE CHICKEN, QUARTERS (THIGH-DRUMSTICK)	300	0	18	5	180	860	0
CHICKEN TENDERS (9 OZ)	510	15	22	4	160	1240	0
CHICKEN AND DUMPLINGS (7 OZ)	170	10	8	1.5	35	670	1
FRIED CHICKEN THIGH (1 PC)	260	11	19	4	75	470	0
FRIED CHICKEN WING (1 PC)	90	3	6	1	35	290	0
CHICKEN POT PIE (9 OZ)	410	41	14	6	55	1070	4
CHICKEN CACCIATORE WITH PASTA (14 OZ)	550	63	18	5	60	670	6
CHICKEN ETOUFFEE WITH RICE (11 OZ)	450	48	22	4	25	1740	2
CHICKEN TETRAZINNI (10 OZ)	390	28	15	4.5	130	770	2
CHINESE PEPPER STEAK WITH RICE (16 OZ)	310	39	6	2.5	75	2000	4
CHOP STEAK (10 OZ)	840	4	71	27	210	970	1
CHOP STEAK (3.5 OZ)	450	2	38	14	110	490	0
CHUCK WAGON STEW WITH RICE (15 OZ)	340	42	7	2.5	70	1200	4
CRABMEAT STUFFED FISH (12 OZ)	440	9	29	7	95	1590	1
CRAWFISH ETOUFFEE (12 OZ)	360	35	17	2.5	0.5	1590	1
CREAM GRAVY (3 OZ)	50	8	2.5	0.5	0	460	1
FISH ALMONDINE (11 OZ)	800	34	54	9	90	1110	1
FISH, CAJUN BAKED (9 OZ)	420	3	27	6	130	930	1
FISH, PARMESAN CRUSTED (9 OZ)	660	35	41	8	70	1290	0
FRIED BLOCK FISH (5 OZ)	350	22	20	4	60	600	0
SALMON PATTY, FRIED (7 OZ)	710	38	53	9	45	1210	4
SALMON PATTY, GRILLED (6 OZ)	360	13	22	4.5	120	620	1
FISH, SAUSAGE CRUSTED (12 OZ)	650	26	35	7	140	440	0
FISH, SOUTHERN FRIED SWAI (2 PC)	650	26	42	7	95	1250	0
FISH W/SAUTEE SPINACH (13 OZ)	560	6	45	9	90	1660	3
HUSH PUPPIES (2 PC)	470	64	20	3.5	80	1140	12
HALF & HALF GRAVY (2.3 OZ)	15	2	1.5	0	0	350	0
JALAPENO GRAVY (6 OZ)	100	14	0	0	0	840	4
BEEF LIVER & ONION SAUCE (10 OZ)	360	20	20	4	310	940	4
BROILED LIVER & GRILLED ONIONS (9 OZ)	450	24	27	5	310	600	5
MEAT LOAF (9 OZ)	450	17	24	9	120	1480	8
MEAT SAUCE & SPAGHETTI (13 OZ)	390	49	11	4	45	1220	6
MEATBALLS & SPAGHETTI (14 OZ)	620	59	24	11	120	950	5
PORK LOIN W/ TWICED BAKED POTATO (11 OZ)	660	21	41	18	160	550	2
PORK CHOP (LOIN) SMOTHERED W/MASHED POTATOES (11 OZ)	650	39	34	10	115	840	2
PORK CHOP (LOIN) WITH O'BRIEN POTATOES (14 OZ)	560	45	33	7	35	720	5
PORK LOIN WITH BALSAMIC ONIONS & ROASTED NEW POTATOES (11 OZ)	660	37	39	10	105	2700	6
PORK CUTLET (1 PC)	310	18	18	3.5	35	115	2
RIBEYE STEAK (1 PC)	950	0	83	34	200	400	0
ROAST BEEF (1 PC)	320	0	12	4.5	130	1540	0
RED BEANS & RICE WITH SAUSAGE (13 OZ)	530	48	25	9	70	2150	4
SHRIMP CREOLE WITH RICE (13.5 OZ)	290	44	2	0.5	180	2040	4
SHRIMP DIABLO WITH RICE (14 OZ)	420	33	18	5	180	2100	4
SHRIMP ETOUFFEE WITH RICE (11 OZ)	320	33	13	2	125	1520	1
SHRIMP SCAMPI AND FETTUCINI (12 OZ)	670	64	33	7	140	970	4
SHRIMP STUFFED FISH (16 OZ)	390	20	14	4.5	165	1990	3
FRIED SHRIMP BUTTERFLIED (DOZEN)	450	53	18	4	105	1670	3
FRIED SHRIMP, SOUTHERN STYLE (DOZEN)	560	37	37	6	145	1930	4
SOUTHWESTERN CHICKEN BREAST WITH YELLOW RICE (9 OZ)	510	39	19	8	165	1570	8

PICADILLY	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
SPICY CAJUN CHICKEN WITH RICE (14 OZ)	690	50	45	9	50	1850	2
SPICY CAJUN SHRIMP WITH RICE (14 OZ)	440	33	24	4.5	180	1930	2
STUFFED BELL PEPPER (6 OZ)	180	12	8	3	45	710	3
TURKEY AND DRESSING (7.4 OZ)	250	18	11	2	55	1180	2
TARTAR SAUCE (2 TBSP)	110	6	10	1.5	15	270	4
VEGETABLES							
BABY LIMAS (4.5 OZ)	160	27	2.5	0	0	130	0
BAKED POTATO (11 OZ)	550	54	32	10	30	210	3
BEEF RICE DRESSING (4.5 OZ)	150	16	6	2	20	250	1
BLACK-EYED PEAS (4.5 OZ)	90	17	0	0	0	530	3
BROCCOLI & RICE (5 OZ)	180	20	8	3.5	15	340	1
BROCCOLI FLORETS (4.5 OZ)	60	5	6	1	0	580	2
BRUSSEL SPROUTS (4.5 OZ)	100	10	6	1	0	580	2
BUTTERED CARROTS (4.5 OZ)	60	9	25	3	0	85	5
BUTTERED CAULIFLOWER (4.5 OZ)	50	6	3	0.5	0	300	2
CABBAGE (3.5 OZ)	50	6	3	0.5	0	110	3
CARMELIZED ONIONS (1/2 TBSP)	60	4	5	1	0	0	3
CARROT SOUFFLE (6.5 OZ)	390	58	150	16	90	310	49
CAULIFLOWER WITH CHEESE (5 OZ)	120	18	4.5	2	5	860	4
CHEESE SAUCE (2 OZ)	40	7	1	0	0	330	3
CORN (4.5 OZ)	120	20	2.5	0.5	0	125	9
CORNBREAD DRESSING (4.5 OZ)	170	21	8	1.5	15	600	2
FRENCH STYLE SQUASH (4.5 OZ)	100	12	4	1	5	420	2
GREEN BEAN SUPREME (4.5 OZ)	100	9	6	1.5	0	540	1
GREEN BEANS (4.5 OZ)	25	5	1	0	0	480	2
GRILLED VEGETABLES (4.5 OZ)	60	6	3	0.5	0	95	4
LIMA BEANS BOILED (4.5 OZ)	140	25	0	0	0	610	3
MASHED POTATOES (7 OZ)	130	22	4	1	0	170	1
MEXICAN PINTO BEANS (4.5 OZ)	140	24	0	0	0	65	1
MIXED SQUASH (4.5 OZ)	80	6	5	1	0	15	3
NEW POTATOES (5.5 OZ)	180	18	11	2	0	280	1
OKRA, FROZEN, PRE-BREADED, FRIED (3.5 OZ)	280	27	17	3	0	550	3
PASTA, MACARONI AND CHEESE, BAKED (3 OZ)	250	26	11	4	15	900	7
PENNE PASTA (6 OZ)	200	41	1	0	0	350	2
POTATOES, CANDIED SWEET, FROZEN (6 OZ)	240	61	0	0	0	150	54
POTATOES, FRENCH FRIED, FROZEN (4 OZ)	260	34	12	2	0	135	0
POTATOES, NEW, ROASTED (5 OZ)	160	25	6	1	0	190	1
PINTO BEANS (4.5 OZ)	150	4	0.5	0	0	570	1
POLYNESIAN RICE (6.4 OZ)	170	25	6	1	0	780	2
RICE (3 OZ)	110	26	0	0	0	670	0
ROASTED POTATOES (5 OZ)	170	22	8	1.5	0	290	2
RUTABAGAS (4.5 OZ)	40	3	0	0	30	10	1
SMOTHERED OKRA (4.5 OZ)	120	10	8	1.5	0	580	4
SPAGHETTI PASTA (6 OZ)	270	52	1.5	0	0	450	1
TURNIP GREENS (4.5 OZ)	30	6	0	0	0	220	0
TWICE BAKED POTATOES CASSEROLE (6 OZ)	280	15	21	10	45	500	2
WHOLE OKRA (4.5 OZ)	70	8	4	0.5	0	210	3
YELLOW RICE (4.5 OZ)	140	25	3.5	0.5	0	430	1

POPEYES	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
BANOFIDE CHICKEN- SPICY OR MILD							
CHICKEN BREAST (1 PC)	380	16	20	8	125	1,230	0
CHICKEN LEG (1 PC)	160	5	9	4	40	460	0
CHICKEN THIGH (1 PC)	280	7	21	8	50	640	0
WHOLE CHICKEN WINGS (1 PC)	210	8	14	4	60	610	0
TENDERS AND NUGGETS							
HANDCRAFTED NUGGETS (8 PC)	380	19	24	11	80	880	0
HANDCRAFTED NUGGETS (12 PC)	570	28	36	16	120	1320	0.5
HANDCRAFTED TENDERS (3 PC)	445	29	21	9	105	1,820	0
HANDCRAFTED TENDERS (5 PC)	741	48	34	14	170	3,040	0
HANDCRAFTED TENDERS- BLACKENED (3 PC)	170	2	2	0	25	550	0
HANDCRAFTED TENDERS- BLACKENED (5 PC)	283	3	3	0	40	920	0
SEAFOOD							
BUTTERFLY SHRIMP (8 PC)	420	34	25	9	85	1,100	0
CAJUN FISH FILET (3 PC)	380	37	19	5	40	1,650	4
CATFISH FILET (2 PC)	460	27	29	12	65	1,140	0
POPCORN SHRIMP (1/4 LB)	390	28	25	8	80	1,390	0
SANDWICHES & WRAPS							
CHICKEN SANDWICH, CLASSIC (1 ORDER)	700	50	42	14	90	1,140	8
CHICKEN SANDWICH, SPICY (1 ORDER)	700	50	42	14	90	1,470	8
LOADED CHICKEN WRAP (1 ORDER)	310	35	12	5	30	790	0
SIGNATURE SIDES							
BISCUIT (1 ORDER)	210	20	13	6	0	440	1
CAJUN FRIES (REGULAR)	270	33	14	5	<5	590	0
CAJUN FRIES (LARGE)	800	97	42	15	10	1,760	1
CAJUN RICE (REGULAR)	180	24	6	3	55	580	0
CAJUN RICE (LARGE)	550	71	18	8	155	1,720	0
COLE SLAW (REGULAR)	140	12	10	2	<5	190	9
COLE SLAW (LARGE)	420	36	30	5	15	570	27
CORN ON THE COB (REGULAR)	210	34	6	3	10	30	6
CORN ON THE COB (LARGE)	630	102	18	9	30	90	18
GREEN BEANS (REGULAR)	60	7	2	0	5	680	2
GREEN BEANS (LARGE)	170	22	6	0	20	2,030	4
JALAPENO (ADD-ON)	5	1	0	0	0	370	1
MACRONI & CHEESE (REGULAR)	220	24	10	5	15	1,000	3
MACRONI & CHEESE (LARGE)	660	70	28	14	45	3,000	10
MASHED POTATO WITH CAJUN GRAVY (REGULAR)	110	18	4	2	<5	590	1
MASHED POTATO WITH CAJUN GRAVY (LARGE)	330	54	12	6	15	1,770	3
ONION RINGS (REGULAR)	280	25	19	9	10	460	2
ONION RINGS (LARGE)	560	50	38	17	25	920	3
RED BEANS & RICE (REGULAR)	250	22	16	5	15	610	0
RED BEANS & RICE (LARGE)	610	51	40	13	35	1,490	0

POPEYES	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
BREAKFAST							
EGG & SAUSAGE BISCUIT (1 ORDER)	690	43	45	22	155	1,520	2
EGG BISCUIT (1 ORDER)	510	41	29	15	125	1,160	2
HASH ROUND (1 ORDER)	360	41	20	9	10	450	0
SAUSAGE & GRAVY BISCUIT (1 ORDER)	510	42	33	14	15	1,090	3
SAUSAGE BISCUIT (1 ORDER)	540	41	36	18	30	1,100	2
DESSERT							
EDWARDS SLICED PECAN PIE (1 SLICE)	410	52	21	6	70	220	22
HOT CINNAMON APPLE PIE (1 ORDER)	240	35	16	6	0	260	12
MARDI GRAS CHEESECAKE (1 SLICE)	320	29	21	10	65	220	22
MISSISSIPPI MUD CAKE (1 SLICE)	260	50	7	2	15	200	38
SWEET POTATO PIE (1 SLICE)	350	41	19	8	15	370	10
KIDS MEALS							
KIDS CHICKEN LEG MILD (1 PC)	160	5	9	4	40	460	0
KIDS HANDCRAFTED NUGGETS (4 PC)	190	10	12	6	40	440	0
KIDS HANDCRAFTED TENDER MILD (1 PC)	150	12	7	3	30	610	0
ADDITIONAL MENU ITEMS							
BBQ CHICKEN PO'BOY SANDWICH (1 ORDER)	340	49	7	2	50	1,170	11
BEGUETTE (1 ORDER)	120	22	2	0	0	300	1
CHICKEN LIVERS (10 PC)	1,190	65	80	34	765	2,070	3
JAMBALAYA (REGULAR)	190	17	9	3	25	640	0
JAMBALAYA (LARGE)	640	58	32	9	95	2,200	0

SMOOTHIE KING	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
FEEL ENERGIZED BLENDS							
ESPRESSO D-LITE-VANILLA							
20 OUNCE	220	38	16	3.5	10	300	33
32 OUNCE	340	58	26	6	15	450	50
40 OUNCE	440	75	32	7	20	600	66
ESPRESSO D-LITE-MOCHA							
20 OUNCE	300	55	16	3	10	250	48
32 OUNCE	470	84	25	5	15	370	73
40 OUNCE	600	110	31	6	15	470	95
KETO CHAMP ESPRESSO							
20 OUNCE	420	15	31	17	10	320	1
32 OUNCE	670	25	49	27	15	490	3
40 OUNCE	840	30	61	35	20	640	3
THE HULK ESPRESSO							
20 OUNCE	650	105	22	11	80	360	90
32 OUNCE	940	154	29	15	110	530	131
40 OUNCE	###	209	43	21	155	720	179
GLADIATOR CHOCOLATE COFFEE							
20 OUNCE	300	26	3.5	2	10	500	11
32 OUNCE	340	36	4	2	10	500	16
40 OUNCE	380	46	4	2.5	10	500	22
GLADIATOR CHOCOLATE ESPRESSO							
20 OUNCE	310	28	3.5	2	10	500	11
32 OUNCE	360	39	4	2	10	500	16
40 OUNCE	400	51	4	2	10	500	22
ESPRESSO HIGH PROTEIN VANILLA							
20 OUNCE	400	45	12	3	55	380	33
32 OUNCE	620	74	18	4	85	570	54
40 OUNCE	800	91	24	6	115	760	66
ESPRESSO HIGH PROTEIN ALMOND MOCHA							
20 OUNCE	410	46	12	3	55	380	33
32 OUNCE	630	75	18	4	85	570	54
40 OUNCE	810	93	24	6	115	760	66
THE ACTIVATOR RECOVERY ESPRESSO							
20 OUNCE	230	26	2.5	1.5	10	450	15
32 OUNCE	330	36	3.5	2	15	580	18
40 OUNCE	460	51	5	2.5	20	880	29
VEGAN COFFEE MOCHA							
20 OUNCE	300	60	3	0.5	0	180	40
32 OUNCE	610	120	6	1	0	370	79
40 OUNCE	730	160	6	1	0	280	97
VEGAN ESPRESSO MOCHA							
20 OUNCE	310	62	3	0.5	0	190	40
32 OUNCE	470	94	4.5	1	0	280	61
40 OUNCE	630	124	6	1	0	370	80
KETO CHAMP COFFEE							
20 OUNCE	420	15	31	18	10	320	1
32 OUNCE	680	24	50	27	15	500	3
40 OUNCE	850	29	62	36	20	650	3

SMOOTHIE KING	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
PURE RECHARGE PINEAPPLE							
20 OUNCE	370	90	2	1	15	150	63
32 OUNCE	560	136	3	1.5	20	230	94
40 OUNCE	740	181	4	2.5	30	310	125
COFFEE D-LITE-VANILLA							
20 OUNCE	270	43	28	5	10	300	40
32 OUNCE	400	65	42	8	15	450	60
40 OUNCE	540	87	56	11	20	600	80
COFFEE D-LITE-MOCHA							
20 OUNCE	350	61	28	5	10	240	55
32 OUNCE	530	91	41	8	15	370	83
40 OUNCE	700	121	55	10	20	460	109
PURE RECHARGE STRAWBERRY							
20 OUNCE	190	42	1.5	0.5	10	360	28
32 OUNCE	290	63	2	1	15	540	42
40 OUNCE	380	84	2.5	1.5	20	720	56
PURE RECHARGE MANGO STRAWBERRY							
20 OUNCE	300	76	0	0	0	150	63
32 OUNCE	460	114	0.5	0	0	220	95
40 OUNCE	610	152	1	0	0	290	126
THE HULK COFFEE							
20 OUNCE	650	104	22	11	80	360	89
32 OUNCE	940	153	30	15	110	530	131
40 OUNCE	###	208	43	21	155	720	179
COFFEE HIGH PROTEIN VANILLA							
20 OUNCE	390	44	12	3	55	380	33
32 OUNCE	620	72	18	4	85	570	55
40 OUNCE	790	88	24	6	115	760	67
COFFEE HIGH PROTEIN ALMOND MOCHA							
20 OUNCE	400	45	12	3	55	380	33
32 OUNCE	630	74	18	4	85	570	55
40 OUNCE	800	90	24	6	115	760	67
THE ACTIVATOR RECOVERY COFFEE							
20 OUNCE	230	24	2.5	1.5	10	450	15
32 OUNCE	310	32	3.5	2	15	590	18
40 OUNCE	450	47	5	2.5	20	900	29
GET FIT BLENDS							
THE ACTIVATOR RECOVERY STRAWBERRY BANANA							
20 OUNCE	270	36	2	1	10	370	25
32 OUNCE	430	60	3.5	1	15	600	42
40 OUNCE	530	72	4	1.5	20	730	49
THE ACTIVATOR RECOVERY BLUEBERRY TART CHERRY							
20 OUNCE	250	30	2	0.5	10	380	23
32 OUNCE	360	39	3	1	15	620	31
40 OUNCE	500	60	4	1.5	20	760	47
THE ACTIVATOR RECOVERY PINEAPPLE SPINACH							
20 OUNCE	280	40	2	0.5	10	380	31
32 OUNCE	460	68	3.5	1	15	630	54
40 OUNCE	560	79	4	1.5	20	760	62

SMOOTHIE KING	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
STRETCH AND FLEX TART CHERRY							
20 OUNCE	300	62	1	0	0	220	48
32 OUNCE	460	96	2	0	0	320	74
40 OUNCE	600	125	2.5	0.5	0	430	0
STRETCH AND FLEX PINEAPPLE KALE							
20 OUNCE	230	49	1.5	0	0	180	34
32 OUNCE	410	87	2.5	0.5	0	270	59
40 OUNCE	520	111	3	0.5	0	360	76
HIGH INTENSITY WORKOUT VEGGIE MANGO							
20 OUNCE	400	41	15	1	0	430	22
32 OUNCE	620	63	25	2	0	650	33
40 OUNCE	790	59	30	2.5	0	860	44
HIGH INTENSITY WORKOUT CHOCOLATE CINNAMON							
20 OUNCE	410	43	15	1.5	0	470	20
32 OUNCE	680	70	26	2.5	0	720	32
40 OUNCE	830	87	30	3	0	940	39
PEANUT POWER PLUS							
20 OUNCE	590	79	24	4.5	10	430	55
32 OUNCE	880	119	36	7	10	650	82
40 OUNCE	###	158	48	9	15	870	109
POWER PUNCH PLUS							
20 OUNCE	280	64	3	2	25	200	36
32 OUNCE	420	96	4	2.5	35	300	54
40 OUNCE	560	128	6	3.5	50	390	72
PEANUT POWER PLUS STRAWBERRY							
20 OUNCE	610	89	24	4.5	5	320	65
32 OUNCE	900	128	36	7	10	510	90

SMOOTHIE KING	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
40 OUNCE	###	178	47	9	10	640	130
PEANUT POWER PLUS CHOCOLATE							
20 OUNCE	590	75	24	4.5	10	560	52
32 OUNCE	900	115	37	7	20	860	80
40 OUNCE	###	150	49	9	25	1120	104
THE HULK VANILLA							
20 OUNCE	750	112	34	16	110	390	100
32 OUNCE	###	168	50	24	165	590	150
40 OUNCE	###	224	67	32	220	790	130
THE HULK STRAWBERRY							
20 OUNCE	890	146	34	16	110	390	131
32 OUNCE	###	219	51	24	165	590	197
40 OUNCE	###	292	68	32	220	790	262
THE HULK CHOCOLATE							
20 OUNCE	650	104	22	11	80	360	90
32 OUNCE	940	153	29	15	110	530	131
40 OUNCE	###	208	43	21	155	720	179
ORIGINAL HIGH PROTEIN PINEAPPLE							
20 OUNCE	310	28	12	2.5	55	330	20
32 OUNCE	470	44	18	4	85	500	32
40 OUNCE	620	57	24	5	110	660	41
ORIGINAL HIGH PROTEIN LEMON							
20 OUNCE	380	46	12	2.5	55	330	36
32 OUNCE	570	69	18	4	85	500	55
40 OUNCE	770	92	23	5	110	660	73
ORIGINAL HIGH PROTEIN CHOCOLATE							
20 OUNCE	390	43	12	3	55	380	33
32 OUNCE	610	71	18	4	85	570	55
40 OUNCE	780	87	24	6	115	760	67
ORIGINAL HIGH PROTEIN BANANA							
20 OUNCE	340	34	12	3	55	330	21
32 OUNCE	500	52	18	4	85	500	31
40 OUNCE	670	69	24	6	110	660	41
GLADIATOR CHOCOLATE							
20 OUNCE	230	5	3.5	2	10	520	1
32 OUNCE	230	5	3.5	2	10	520	1
40 OUNCE	230	5	3.5	2	10	520	1
GLADIATOR STRAWBERRY							
20 OUNCE	220	4	3	2.5	25	370	1
32 OUNCE	220	4	3	2.5	25	370	1
40 OUNCE	220	4	3	2.5	25	370	1
Gladiator Vanilla							
20 OUNCE	230	48	2.5	1	15	430	1
32 OUNCE	230	48	2.5	1	15	430	1
40 OUNCE	230	48	2.5	1	15	430	1
THE ACTIVATOR RECOVERY PINEAPPLE							
20 OUNCE	310	50	1.5	0.5	5	240	42
32 OUNCE	450	74	2	1	10	360	61
40 OUNCE	620	102	3	1	15	490	85

SMOOTHIE KING	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
THE ACTIVATOR RECOVERY CHOCOLATE							
20 OUNCE	210	22	2.5	1.5	10	410	11
32 OUNCE	280	27	3.5	2	10	540	13
40 OUNCE	390	39	5	2.5	15	800	20
THE ACTIVATOR RECOVERY BLUEBERRY STRAWBERRY							
20 OUNCE	260	39	1.5	1.5	15	210	27
32 OUNCE	380	56	2.5	2	20	320	38
40 OUNCE	520	78	3.5	2.5	25	430	53
MANAGE WEIGHT BLENDS							
METABOLISM BOOST BANANA PASSION FRUIT							
20 OUNCE	240	45	2.5	1.5	10	450	34
32 OUNCE	370	69	4	2	15	680	51
40 OUNCE	490	90	5	2.5	20	900	67
METABOLISM BOOST STRAWBERRY PINEAPPLE							
20 OUNCE	280	51	3	1.5	10	470	35
32 OUNCE	420	78	4	2	15	710	55
40 OUNCE	550	101	6	2.5	20	950	70
METABOLISM BOOST MANGO GINGER							
20 OUNCE	280	49	3	1.5	10	480	35
32 OUNCE	430	77	5	2	15	730	56
40 OUNCE	550	99	6	3	20	970	71
KETO CHAMP CHOCOLATE							
20 OUNCE	430	18	31	18	10	370	2
32 OUNCE	680	28	50	27	20	560	4
40 OUNCE	860	36	62	36	25	740	5
KETO CHAMP BERRY							
20 OUNCE	430	19	31	17	10	320	6
32 OUNCE	690	30	49	27	15	490	9
40 OUNCE	870	38	61	35	20	630	11
SLIM-N-TRIM VEGGIE							
20 OUNCE	230	44	2.5	1	10	270	29
32 OUNCE	350	66	3.5	1.5	15	410	44
40 OUNCE	460	88	5	1.5	20	530	58
SLIM-N-TRIM VANILLA							
20 OUNCE	180	34	2.5	1	15	380	16
32 OUNCE	270	51	3.5	1.5	20	570	24
40 OUNCE	370	68	5	2	25	760	32
SLIM-N-TRIM STRAWBERRY							
20 OUNCE	150	26	2.5	1	15	380	12
32 OUNCE	230	39	3.5	1	20	570	17
40 OUNCE	300	52	4.5	1.5	25	760	23
SLIM-N-TRIM CHOCOLATE							
20 OUNCE	220	36	2.5	1	15	490	20
32 OUNCE	320	45	4	2	20	740	31
40 OUNCE	430	72	5	2.5	30	990	41
SLIM-N-TRIM BLUEBERRY							
20 OUNCE	240	51	2	0.5	10	270	34
32 OUNCE	370	77	2.5	1	15	400	51
40 OUNCE	490	102	3.5	1.5	20	530	68

SMOOTHIE KING	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
THE SHREDDER VANILLA							
20 OUNCE	230	16	3.5	1	20	710	11
32 OUNCE	340	25	5	1.5	30	1060	17
40 OUNCE	450	33	7	2	40	1420	23
THE SHREDDER STRAWBERRY							
20 OUNCE	310	46	2.5	1.5	20	440	32
32 OUNCE	470	68	4	2	30	660	49
40 OUNCE	620	91	5	3	40	880	65
THE SHEDDER CHOCOLATE							
20 OUNCE	230	19	4	1.5	20	760	11
32 OUNCE	320	25	5	2	25	1010	14
40 OUNCE	410	31	7	3	30	1270	17
MANGOFEST							
20 OUNCE	300	74	0.5	0	0	0	66
32 OUNCE	450	111	1	0	0	5	99
40 OUNCE	430	72	5	0	30	930	0
LEAN1 VANILLA							
20 OUNCE	240	22	10	3	30	320	8
32 OUNCE	360	34	15	4.5	40	490	12
40 OUNCE	480	45	19	6	55	650	16
LEAN1 STRAWBERRY							
20 OUNCE	200	27	5	2.5	30	350	8
32 OUNCE	290	40	8	4	40	530	12
40 OUNCE	390	53	10	5	55	710	17
LEAN1 PINEAPPLE MANGO							
20 OUNCE	290	47	5	2.5	2.53	330	33
32 OUNCE	450	73	8	4	40	490	51
40 OUNCE	590	95	11	5	55	650	67
LEAN1 CHOCOLATE							
20 OUNCE	250	28	11	4	20	390	8
32 OUNCE	380	43	17	6	30	590	12
40 OUNCE	490	57	22	7	35	790	16
BE WELL BLENDS							
POWER MEAL CINNAMON BANANA							
20 OUNCE	330	41	11	1.5	10	370	28
32 OUNCE	520	68	16	2	15	540	47
40 OUNCE	660	81	21	2.5	20	720	55
POWER MEAL BLUEBERRY RASPEBRRY							
20 OUNCE	330	40	11	1.5	10	380	30
32 OUNCE	480	56	16	2	15	550	43
40 OUNCE	650	77	21	2.5	20	730	58
POWER MEAL SPINACH PINEAPPLE							
20 OUNCE	350	47	11	1.5	10	380	35
32 OUNCE	540	72	16	2	15	570	53
40 OUNCE	700	93	21	2.5	20	750	68
GUT HEALTH GREEK YOGURT STRAWBERRY BLUEBERRY							
20 OUNCE	240	50	1	0	5	160	35
32 OUNCE	360	73	1	0	53	240	53
40 OUNCE	470	96	1.5	0	15	310	71

SMOOTHIE KING	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
GUT HEALTH GREEK YOGURT PINEAPPLE MANGO							
20 OUNCE	250	54	1	0	5	160	45
32 OUNCE	390	82	1.5	0	10	240	69
40 OUNCE	500	106	2	0	15	300	89
GUT HEALTH PAPYA MANGO GINGER							
20 OUNCE	190	55	0.5	0	0	55	37
32 OUNCE	260	77	1	0	0	85	51
40 OUNCE	370	108	1	0	0	110	73
IMMUNE BUILDER ORANGE							
20 OUNCE	320	80	1	0	0	55	60
32 OUNCE	490	124	1.5	0	0	55	94
40 OUNCE	630	157	1.5	0	0	60	119
VEGAN MIXED BERRY							
20 OUNCE	300	55	3.5	0.5	0	270	34
32 OUNCE	460	85	5	1	0	410	52
40 OUNCE	610	112	7	1.5	0	540	69
IMMUNE BUILDER SUPERFOOD							
20 OUNCE	350	86	1	0	0	250	64
32 OUNCE	540	131	1.5	0	0	350	97
40 OUNCE	700	171	2	0	0	450	128
VEGGIE LEMON GINGER SPINACH							
20 OUNCE	310	79	1	0	0	85	61
32 OUNCE	480	152	2	0	0	135	95
40 OUNCE	610	159	2	0	0	170	121
VEGGIE CARROT KALE DREAM							
20 OUNCE	270	63	1	0	5	170	49
32 OUNCE	410	97	1.5	0	5	250	74
40 OUNCE	540	126	2	0	5	330	97
VEGGIE APPLE KIWI KALE							
20 OUNCE	270	67	0	0	0	130	55
32 OUNCE	420	103	0.5	0	0	200	84
40 OUNCE	540	135	0.5	0	0	260	110
VEGAN PINEAPPLE SPINACH							
20 OUNCE	320	65	6	0.5	0	200	41
32 OUNCE	490	99	9	1	0	300	63
40 OUNCE	640	130	12	1.5	0	400	81
VEGAN NUTTY SUPER GRAIN							
20 OUNCE	510	58	26	4.5	0	370	33
32 OUNCE	780	90	39	7	0	560	51
40 OUNCE	###	117	52	9	0	750	66
VEGAN DARK CHOCOLATE BANANA							
20 OUNCE	350	80	1.5	0	0	100	46
32 OUNCE	560	126	2	0.5	0	150	74
40 OUNCE	710	160	2.5	1	0	200	92
IMMUNE BUILDER MIXED BERRY							
20 OUNCE	340	82	1	0	0	85	55
32 OUNCE	500	120	1	0	0	105	82
40 OUNCE	670	150	1.5	0	0	125	111

SMOOTHIE KING	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
DAILY WARRIOR							
20 OUNCE	680	98	32	5	0	220	56
32 OUNCE	###	154	48	7	0	330	89
40 OUNCE	###	196	64	10	0	440	112
BLUEBERRY HEAVEN							
20 OUNCE	260	58	1.5	0	5	250	43
32 OUNCE	400	88	2	0.5	10	380	65
40 OUNCE	530	115	2.5	0.5	15	510	86
ENJOY A TREAT							
ORANGE X-TREME							
20 OUNCE	460	114	0.5	0	0	150	93
32 OUNCE	650	161	1	0	0	150	129
40 OUNCE	920	227	1	0	0	300	185
TART CHERRY X-TREME							
20 OUNCE	320	74	1	0.5	5	200	65
32 OUNCE	490	112	1.5	1	5	300	98
40 OUNCE	650	148	2	1	10	400	130
ANGEL FOOD							
20 OUNCE	350	82	0.5	0	0	50	71
32 OUNCE	520	123	1	0	5	75	76
40 OUNCE	690	165	1.5	0	5	100	141
LEMON TWIST BANANA							
20 OUNCE	360	91	0	0	0	0	75
32 OUNCE	550	136	0.5	0	0	5	113
40 OUNCE	730	182	1	0	0	5	151
ISLAND IMPACT							
20 OUNCE	270	62	1.5	0	5	250	54
32 OUNCE	430	97	2.5	0.5	10	380	85
40 OUNCE	550	123	3.5	0.5	15	510	107
CARIBBEAN WAY							
20 OUNCE	390	96	0.5	0	0	10	84
32 OUNCE	580	145	1	0	0	15	126
40 OUNCE	780	193	1	0	0	20	168
ANGEL FOOD SLIM							
20 OUNCE	220	55	1	0	5	160	33
32 OUNCE	330	82	1.5	0	5	240	49
40 OUNCE	430	109	2	0	5	310	66
STRAWBERRY X-TREME							
20 OUNCE	300	74	0.5	0	0	0	68
32 OUNCE	450	111	1	0	0	5	102
40 OUNCE	600	148	1.5	0	0	10	136
YOGURT D-LITE							
20 OUNCE	320	56	28	5	10	310	54
32 OUNCE	480	83	42	8	15	470	81
40 OUNCE	640	111	56	11	20	630	108
STRAWBERRY KIWI BREEZE							
20 OUNCE	360	86	1	0.5	5	170	78
32 OUNCE	540	130	1.5	1	5	250	116
40 OUNCE	730	173	2	1	10	330	155

SMOOTHIE KING	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
PINEAPPLE SURF							
20 OUNCE	420	98	1.5	1	5	280	86
32 OUNCE	620	141	3	2.5	15	610	123
40 OUNCE	820	188	4	3	20	810	164
GREEN TEA TANGO							
20 OUNCE	270	47	27	5	5	140	46
32 OUNCE	400	71	41	7	10	220	69
40 OUNCE	530	95	55	10	10	290	91
PASSION PASSPORT							
20 OUNCE	410	102	0	0	0	200	91
32 OUNCE	620	154	0	0	0	30	137
40 OUNCE	820	203	0	0	0	40	181
MUSCLE PUNCH							
20 OUNCE	360	84	1	0	5	55	71
32 OUNCE	540	127	1.5	0	5	80	106
40 OUNCE	720	169	2	0	5	105	141
BERRY PUNCH							
20 OUNCE	260	65	0	0	0	115	53
32 OUNCE	400	97	0.5	0	0	180	80
40 OUNCE	530	129	0.5	0	0	230	106
LEMON TWIST STRAWBERRY							
20 OUNCE	390	95	0	0	0	0	88
32 OUNCE	580	143	0.5	0	0	5	131
40 OUNCE	770	191	1	0	0	5	175
BANANA BOAT							
20 OUNCE	480	99	28	6	10	270	75
32 OUNCE	700	143	42	9	15	400	110
40 OUNCE	950	198	56	12	20	540	150
BANNA BERRY TREAT							
20 OUNCE	300	68	1.5	1	5	270	54
32 OUNCE	450	103	2.5	1.5	10	410	82
40 OUNCE	590	135	3	2	15	540	108
KIDS BLENDS							
STRAWBERRY BLUEGURT BLITZ™							
12 OUNCE	170	34	1	0.5	5	170	30
LIL ANGEL™							
12 OUNCE	190	47	0.5	0	0	10	38
CW JR.®							
12 OUNCE	240	59	0.5	0	0	15	50
CHOC-A-LAKA™							
12 OUNCE	280	51	3.5	20	5	105	45
APPLE KIWI BUNGA™							
12 OUNCE	170	43	0	0	0	25	34
BERRY INTERESTING™							
12 OUNCE	200	49	0	0	0	15	41

Starbucks	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
HOT COFFEES							
CAFFE AMERICANO							
SHORT	5	1	0	0	0	0	0
TALL	10	1	0	0	0	0	0
GRANDE	15	2	0	0	0	0	0
VENTI	15	3	0	0	0	0	0
CAFFE LATTE							
SHORT	100	15	4	2	15	85	9
TALL	150	15	6	4	25	135	14
GRANDE	190	19	7	4	30	170	18
VENTI	250	24	9	6	40	220	23
CAFFE MISTO							
SHORT	50	5	2	1	10	50	5
TALL	80	8	3	2	15	80	8
GRANDE	110	10	4	2	15	100	10
VENTI	130	13	5	2	20	130	13
CAFFE MOCHA							
SHORT	200	22	9	6	30	75	18
TALL	290	33	13	8	40	120	27
GRANDE	370	43	15	10	45	150	35
VENTI	450	54	18	11	55	190	45
CAPACCINO							
SHORT	70	7	2	2	10	60	6
TALL	100	10	4	2	15	90	9
GRANDE	140	14	5	3	20	120	12
VENTI	200	20	8	5	30	180	19
CARAMEL MACCHIATO							
SHORT	120	16	4	2	15	80	15
GRANDE	370	43	15	10	45	150	35
VENTI	450	54	18	11	55	190	45
CAPACCINO							
SHORT	70	7	2	2	10	60	6
TALL	100	10	4	2	15	90	9
GRANDE	140	14	5	3	20	120	12
VENTI	200	20	8	5	30	180	19
CARAMEL MACCHIATO							
SHORT	120	16	4	2	15	80	15
TALL	190	26	6	4	20	120	25
GRANDE	250	35	7	4	25	150	33
VENTI	310	44	9	6	35	190	42
CINNAMON DOLCE LATTE							
SHORT	190	22	9	5	30	85	21
TALL	270	33	12	7	40	130	31
GRANDE	340	43	14	9	50	160	40
VENTI	420	54	16	10	60	210	51
FLAT WHITE							
SHORT	110	9	5	3	15	70	8
TALL	170	14	9	5	25	115	13
GRANDE	220	18	11	7	35	150	17
VENTI	290	24	15	9	45	200	22
HONEY ALMONDMILK FLAT WHITE							
SHORT	80	15	2	0	0	60	12
TALL	120	22	4	0	0	100	18
GRANDE	170	30	5	0	0	135	24
VENTI	210	38	7	0	0	180	31
STARBUCKS BLONDE VANILLA LATTE							
SHORT	130	18	4	2	15	80	17
TALL	200	28	5	2	20	125	27
GRANDE	250	37	6	4	25	150	35
VENTI	320	46	9	4	35	200	44
WHITE CHOCOLATE MOCHA							
SHORT	230	27	11	7	30	125	27
TALL	340	41	15	10	40	190	40
GRANDE	430	54	18	12	50	250	53
VENTI	530	68	21	14	60	310	67

STARBUCK'S	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
HOT TEAS							
BREWED TEAS							
SHORT	0	0	0	0	0	0	0
TALL	0	0	0	0	0	0	0
GRANDE	0	0	0	0	0	0	0
VENTI	0	0	0	0	0	0	0
CHAI TEA LATTE							
SHORT	120	22	2	1	10	55	21
TALL	190	34	4	2	15	90	32
GRANDE	240	45	4	2	20	115	42
VENTI	310	56	6	3	25	150	53
LONDON FOG TEA LATTE							
SHORT	90	15	2	2	10	55	15
TALL	140	22	3	2	15	80	22
GRANDE	180	29	4	2	15	105	29
VENTI	230	37	5	4	20	135	37
MATCHA TEA LATTE							
SHORT	110	14	4	2	15	80	14
TALL	190	25	5	4	20	125	24
GRANDE	240	34	7	4	25	160	32
HOT DRINKS							
HOT CHOCOLATE							
SHORT	190	21	9	6	25	65	18
TALL	280	32	12	8	35	105	27
GRANDE	370	43	16	10	50	160	37
VENTI	450	54	18	12	55	200	46
VANILLA CREME STEAMER							
SHORT	190	23	9	6	30	90	22
TALL	280	34	12	7	40	140	33
GRANDE	350	44	14	9	50	180	43
VENTI	430	55	16	10	60	230	54
WHITE HOT CHOCOLATE							
SHORT	240	28	11	7	30	130	28
TALL	350	41	15	10	45	200	41
GRANDE	440	55	19	13	55	260	55
VENTI	540	69	22	15	60	330	68
FRAPPUCINOS							
CAFFE VANILLA FRAPPUCINO							
TALL	280	44	11	7	35	160	43
GRANDE	400	65	14	9	45	230	64
VENTI	510	85	16	10	50	310	83
CARAMEL FRAPPUCINO							
TALL	260	38	11	7	35	160	37
GRANDE	380	55	16	10	50	230	54
VENTI	470	73	17	11	55	310	72
CARAMEL RIBBON CRUNCH							
TALL	330	45	15	10	50	200	42
GRANDE	470	65	22	14	65	280	60
VENTI	570	84	24	15	75	380	78
COFFEE FRAPPUCINO							
TALL	160	31	2	2	10	160	31
GRANDE	230	46	2	3	10	230	45
VENTI	310	60	5	2	15	300	59
ESPRESSO FRAPPUCCINO							
TALL	140	29	2	1	5	140	28
GRANDE	210	43	2	2	5	210	42
VENTI	290	58	4	2	10	280	56
JAVA CHIP FRAPPUCINO							
TALL	320	46	13	9	30	180	43
GRANDE	440	65	18	12	45	260	60
VENTI	560	87	21	14	50	350	80
MOCHA COOKIE CRUMBLE							
TALL	350	45	17	11	45	200	40
GRANDE	480	62	24	15	60	270	55
VENTI	590	82	27	17	65	360	75

STARBUCK'S	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
MOCHA FRAPPUCINO							
TALL	250	36	10	6	30	160	35
GRANDE	370	54	15	10	45	220	51
VENTI	470	71	17	11	50	300	67
WHITE CHOCOLATE MOCHA FRAPPUCINO							
TALL	280	40	12	8	35	180	40
GRANDE	420	61	17	11	45	260	61
VENTI	500	77	18	12	50	350	76
CREME FRAPPUCINOS							
CHAI CREME FRAPPUCINO							
TALL	230	29	11	7	35	160	29
GRANDE	340	46	16	10	50	230	45
VENTI	420	58	18	11	55	320	57
CHOCOLATE COOKIE CRUMBLE CREME FRAPPUCINO							
TALL	330	38	18	12	45	210	33
GRANDE	460	52	25	16	65	290	46
VENTI	560	68	29	18	70	380	61
DOUBLE CHOCOLATY CHIP CREME FRAPPUCINO							
TALL	290	36	14	9	35	190	33
GRANDE	410	51	20	13	50	270	47
VENTI	510	68	23	15	55	370	62
MATCHA CREME FRAPPUCINO							
TALL	300	44	12	7	35	170	43
GRANDE	420	62	16	10	50	240	61
VENTI	520	81	18	11	55	320	79
STRAWBERRY CREME FRAPPUCINO							
TALL	250	33	11	7	35	160	32
GRANDE	370	51	16	10	50	240	51
VENTI	460	66	17	11	55	320	65
VANILLA BEAN CREME FRAPPUCINO							
TALL	260	35	12	7	35	170	35
GRANDE	380	53	16	10	50	250	52
VENTI	470	68	18	11	55	330	68
WHITE CHOCOLATE CREME FRAPPUCINO							
TALL	250	31	13	8	35	190	31
GRANDE	380	49	18	12	50	280	49
VENTI	450	60	20	13	55	360	60
COLD COFFEES							
ICED BROWN SUGAR OATMILK SHAKEN ESPRESSO							
TALL	90	16	2	0	0	95	10
GRANDE	120	20	3	0	0	120	13
VENTI	170	30	5	0	0	180	20
ICED CAFFE LATTE							
TALL	100	10	4	2	15	90	9
GRANDE	130	13	4	2	20	115	11
VENTI	180	18	6	3	25	160	15
ICED CAFFE MOCHA							
TALL	260	29	13	8	35	80	23
GRANDE	350	38	17	11	50	100	30
VENTI	450	55	20	13	55	130	43
ICED CARAMEL MACCHIATO							
TALL	180	26	5	4	20	110	24
GRANDE	250	37	7	4	25	150	34
VENTI	350	53	9	6	35	200	53
ICED CHOCOLATE ALMONDMILK SHAKEN ESPRESSO							
TALL	80	14	2	0	0	55	11
GRANDE	119	20	3	0	0	80	16
VENTI	105	27	4	0	0	105	21
ICED CINNAMON DOLCE LATTE							
TALL	240	29	12	7	40	90	27
GRANDE	300	38	13	8	45	115	35
VENTI	420	55	18	11	60	160	51
ICED FLAT WHITE							
TALL	110	10	6	4	20	80	8
GRANDE	150	13	8	4	25	110	11
VENTI	220	19	11	6	35	160	16

STARBUCK'S	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
ICED HONEY ALMONDMILK FLAT							
TALL	100	20	2	0	0	70	17
GRANDE	140	27	4	0	0	90	22
VENTI	200	40	5	0	0	130	33
ICED SHAKEN ESPRESSO							
TALL	80	13	2	1	5	0	11
GRANDE	100	17	2	1	5	0	14
VENTI	160	25	3	2	15	0	22
ICED STARBUCKS BLONDE VANILLA LATTE							
TALL	140	23	3	2	15	75	22
GRANDE	190	30	4	2	15	100	28
VENTI	270	45	5	3	20	130	41
ICED TOASTED VANILLA OATMILK SHAKEN ESPRESSO							
TALL	100	17	4	0	0	45	8
GRANDE	140	23	4	0	0	60	11
VENTI	190	32	6	0	0	85	16
ICED WHITE CHOCOLATE MOCHA							
TALL	310	37	15	10	40	150	36
GRANDE	420	49	20	14	55	200	48
VENTI	560	72	24	16	60	280	70
NITRO COLD BREW							
TALL	5	0	0	0	0	10	0
GRANDE	5	0	0	0	0	10	0
SALTED CARAMEL CREAM COLD BREW							
TALL	160	16	10	6	30	230	16
GRANDE	220	24	13	8	40	300	24
VENTI	270	31	15	9	45	350	31
TRENTA	310	38	16	10	50	390	37
VANILLA SWEET CREAM COLD BREW							
TALL	90	9	5	4	15	20	9
GRANDE	110	14	5	4	15	20	14
VENTI	200	23	11	7	35	35	23
TRENTA	210	26	11	7	40	45	26
VANILLA SWEET CREAM NITRO COLD BREW							
TALL	70	4	5	4	15	15	4
GRANDE	70	4	5	4	15	20	4
ICED TEAS							
ICED BLACK TEA LEMONADE							
TALL	35	9	0	0	0	5	8
GRANDE	50	12	0	0	0	10	11
VENTI	70	18	0	0	0	15	16
TRENTA	90	23	0	0	0	15	21
ICED CHAI TEA LATTE							
TALL	180	33	3	2	10	80	31
GRANDE	240	44	4	2	15	110	42
VENTI	350	65	6	3	25	160	61
ICED GREEN TEA LEMONADE							
TALL	35	9	0	0	0	5	8
GRANDE	50	12	0	0	0	10	11
VENTI	70	18	0	0	0	15	16
TRENTA	90	23	0	0	0	15	21
ICED LONDON FOG TEA LATTE							
TALL	100	19	2	1	5	50	19
GRANDE	140	25	2	2	10	70	25
VENTI	210	37	4	2	15	100	37
ICED MATCHA LEMONADE							
TALL	90	21	0	0	0	10	19
GRANDE	120	29	0	0	0	10	27
VENTI	170	41	0	0	0	20	38
TRENTA	190	45	0	0	0	25	41
ICED MATCHA TEA LATTE							
TALL	140	21	4	2	15	90	20
GRANDE	200	29	5	3	20	120	28
VENTI	280	41	8	4	30	180	39

STARBUCK'S	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
ICED PASSION TANGO TEA LEMONADE							
TALL	35	9	0	0	0	5	8
GRANDE	50	12	0	0	0	10	11
VENTI	70	18	0	0	0	15	16
TRENTA	90	23	0	0	0	15	21
ICED PEACH GREEN TEA							
TALL	45	11	0	0	0	15	9
GRANDE	60	15	0	0	0	20	12
VENTI	90	22	0	0	0	30	19
TRENTA	120	30	0	0	0	35	25
ICED PEACH GREEN TEA LEMONADE							
TALL	60	16	0	0	0	15	14
GRANDE	80	21	0	0	0	20	18
VENTI	130	31	0	0	0	30	27
TRENTA	170	42	0	0	0	35	36
ICED TEA							
TALL	0	0	0	0	0	5	0
GRANDE	0	0	0	0	0	10	0
VENTI	0	0	0	0	0	15	0
TRENTA	0	0	0	0	0	20	0
COLD DRINKS							
DRAGON DRINK							
TALL	110	21	2	2	0	50	18
GRANDE	130	26	3	2.5	0	65	23
VENTI	190	38	4	3.5	0	95	34
TRENTA	270	53	6	4.5	0	125	46
KIWI STARFRUIT LEMONADE REFRESHER							
TALL	110	27	0	0	0	10	23
GRANDE	140	34	0	0	0	15	30
VENTI	200	50	0	0	0	20	44
TRENTA	280	69	0	0	0	25	61
KIWI STARFRUIT STARBUCKS REFRESHER							
TALL	70	18	0	0	0	10	15
GRANDE	90	22	0	0	0	15	19
VENTI	130	32	0	0	0	20	28
TRENTA	180	45	0	0	0	30	38
MANGO DRAGONFRUIT LEMONADE REFRESHER							
TALL	110	27	0	0	0	10	24
GRANDE	140	34	0	0	0	15	31
VENTI	200	49	0	0	0	20	45
TRENTA	280	68	0.5	0	0	25	61
MANGO DRAGONFRUIT REFRESHER							
TALL	70	18	0	0	0	10	15
GRANDE	90	22	0	0	0	15	19
VENTI	130	31	0	0	0	20	28
TRENTA	180	44	0.5	0	0	25	39
PINK DRINK							
TALL	110	21	2	1.5	0	50	19
GRANDE	140	27	2.5	2.5	0	65	24
VENTI	200	39	4	3.5	0	95	35
TRENTA	270	55	5	4.5	0	130	48
STAR DRINK							
TALL	100	21	2	2	0	50	18
GRANDE	130	27	2	2	0	65	23
VENTI	190	38	4	4	0	95	33
TRENTA	260	53	5	4	0	130	46
STRAWBERRY ACAI LEMONADE REFRESHER							
TALL	110	27	0	0	0	10	24
GRANDE	140	35	0	0	0	15	32
VENTI	200	51	0	0	0	20	47
TRENTA	280	70	0	0	0	25	63
STRAWBERRY ACAI REFRESHER							
TALL	80	18	0	0	0	10	16
GRANDE	90	23	0	0	0	15	20
VENTI	130	33	0	0	0	20	30
TRENTA	190	46	0	0	0	30	41

STARBUCK'S	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
JUICE							
BLENDED STRAWBERRY LEMONADE							
TALL	130	32	0	0	0	135	31
GRANDE	190	46	0	0	0	200	45
VENTI	260	64	0	0	0	270	62
LEMONADE							
GRANDE	120	28	0	0	0	10	27
TALL	80	15	0	0	0	40	38
VENTI	160	15	0	0	0	40	38
TRENTA	200	20	0	0	0	48	45
FOOD							
HOT BREAKFAST							
AVOCADO SPREAD (1 ORDER)	90	5	8	1	0	210	0
BACON & GRUYERE EGG BITES (1 ORDER)	300	9	20	12	215	680	2
BACON, GOUDA, & EGG SANDWICH (1 ORDER)	360	35	18	7	155	720	2
DOUBLE-SMOKED BACON, CHEDDAR, & EGG SANDWICH (1 ORDER)	500	42	28	13	235	920	8
EGG WHITE & ROASTED RED PEPPER EGG BITES (1 ORDER)	170	11	8	5	25	470	3
IMPOSSIBLE BREAKFAST SANDWICH (1 ORDER)	420	36	22	8	190	800	4
KALE & MUSHROOM EGG BITES (1 ORDER)	230	11	14	9	180	340	1
ROASTED HAM, SWISS, & EGG SANDWICH (1 ORDER)	450	42	21	11	230	880	8
SAUSAGE, CHEDDAR, & EGG SANDWICH (1 ORDER)	480	34	29	10	165	890	2
SPINACH, FETA, & EGG SANDWICH (1 ORDER)	290	34	8	3.5	20	840	5
TURKEY BACON, CHEDDAR, & EGG WHITE SANDWICH (1 ORDER)	230	28	5	2.5	20	560	2
BAKERY							
ALMOND CROISSANT (1 ORDER)	420	40	25	11	85	390	13
BANANA, WALNUT, & PECAN LOAF (1 SLICE)	410	50	20	3	65	320	28
BIRTHDAY CAKE POP (1 ORDER)	160	21	8	4.5	10	95	16
BLUEBERRY MUFFIN (1 ORDER)	360	52	15	3	50	270	33
BLUEBERRY SCONE (1 ORDER)	380	54	17	10	70	350	22
BUTTER CROISSANT (1 ORDER)	250	26	14	8	45	300	4
CHEESE DANISH (1 ORDER)	290	33	14	9	45	400	11
CHOCOLATE CAKE POP (1 ORDER)	150	21	8	5	10	60	16
CHOCOLATE CHIP COOKIE (1 ORDER)	360	47	18	11	60	220	31
CHOCOLATE CROISSANT (1 ORDER)	300	34	18	10	50	300	11
CINNAMON COFFEE CAKE (1 ORDER)	330	43	15	8	70	270	21
CINNAMON RAISIN BAGEL (1 ORDER)	270	58	1	0	0	370	11
DOUBLE CHOCOLATE BROWNIE (1 ORDER)	480	55	28	9	75	220	37
EVERYTHING AND CHEDDAR BAGEL (1 ORDER)	300	50	5	2	10	530	5
EVERYTHING BAGEL (1 ORDER)	290	57	3	1	0	530	5
GLAZED DONUT (1 ORDER)	480	56	27	13	20	410	30

SUBWAY	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
SANDWICHES ALL 6"							
**ALL SUBS ON WHOLE GRAIN BREAD W/O SAUCES							
BLACK FOREST HAM	260	43	4	1	0	750	6
BUFFALO CHICKEN	330	38	11	2.5	0	1060	4
CHICKEN & BACON RANCH MELT	450	40	21	7	0	1060	5
COLD CUT COMBO	360	40	18	6	0	910	4
CRISPY CHICKEN	510	62	19	4.5	0	1260	7
ITALIAN BMT	350	40	16	6	0	1300	5
MAPLEWOOD SMOKED BACON CHEDDAR GRILLER	390	36	19	10	0	1040	2
MEATBALL MARINARA	410	46	17	7	0	1140	7
OVER ROASTED CHICKEN	280	42	4.5	1	0	600	7
PIZZA SUB MELT	370	38	19	8	0	1470	5
ROAST BEEF	270	41	4.5	1	0	770	6
SMOKEY HONEY MUSTARD HAM CHEDDAR GRILLER	490	43	29	9	0	1230	6
SPICY CRISPY CHICKEN	480	61	16	4	0	1380	6
SPICY ITALIAN	420	39	24	9	0	1570	5
SPICY SRIRACHA CHICKEN CHEDDAR GRILLER	470	41	22	8	0	1140	6
SPICY SRIRACHA TUNA CHEDDAR GRILLER	600	40	41	10	0	1170	5
STEAK & CHEESE	320	37	9	4.5	0	1000	3
SUBWAY MELT	345	42	10	4	0	957	5
SWEET ONION CHICKEN TERIYAKI	340	51	4	1	0	780	14
TUNA	410	37	23	4	0	660	4
TURKEY & BACON GUACAMOLE	380	45	13	3.5	0	990	7
TURKEY BREAST	260	42	4	1	0	700	6
VEGGIE DELITE	200	39	2	0.3	0	320	5
VEGGIE PATTY	380	56	11	1	0	640	7
SALADS W/O DRESSING OR CROUTONS							
BLACK FOREST HAM (1 ORDER)	110	13	3	1		510	5
CHICKEN & BACON RANCH (1 ORDER)	400	13	28	8		920	7
COLD CUT COMBO (1 ORDER)	240	12	17	6		620	5
ITALIAN BMT (1 ORDER)	230	13	15	5		1010	6
OVEN ROASTED CHICKEN (1 ORDER)	120	10	2.5	0.5		260	5
SPICY ITALIAN (1 ORDER)	300	11	23	8		1270	6
STEAK & CHEESE (1 ORDER)	210	12	9	4		730	5
SWEET ONION CHICKEN TERIYAKI (1 ORDER)	220	30	3	1		610	20
TUNA (1 ORDER)	290	10	23	3.5		380	5
TURKEY BREAST (1 ORDER)	110	12	3	0.5		460	6
VEGGIE DELITE (1 ORDER)	50	9	1	0		75	5
BREAKFAST							
BACON EGG & CHEESE (1 ORDER)	630	48	40	9		1090	5
BLACK FOREST HAM, EGG, CHEESE (1 ORDER)	620	49	37	8		1130	6
EGG & CHEESE (1 ORDER)	590	48	37	7		910	5
EGG & BACON ENGLISH MUFFIN (1 ORDER)	390	26	24	6		800	2
EGG & CHEESE ENGLISH MUFFIN (1 ORDER)	360	26	22	5		710	2
EGG & HAM ENGLISH MUFFIN (1 ORDER)	380	27	23	6		810	2
EGG & SAUSAGE ENGLISH MUFFIN (1 ORDER)	430	27	28	7		960	3
SAUSAGE & CHEESE (1 ORDER)	720	49	48	12		1430	6
SUNRISE SUBWAY MELT (1 ORDER)	610	51	32	9		1390	6
COOKIES & CHIPS & EXTRAS							
BACON (1 ORDER)	50	0	3.5	1.5		180	0
BLACK BEAN SOUP (1 ORDER)	210	39	1	0		860	6
BEEF CHILI WITH BEANS (8 OZ)	360	21	22	8	70	800	6
LOADED BAKED POTATO WITH BACON (8 OZ)	200	17	14	7	43	910	4
BROCCOLI CHEDDAR (8 OZ)	227	16	16	8	45	900	7
CHICKEN NOODLE (8 OZ)	70	17	3	1	15	1160	1
CHOCOLATE CHIP COOKIE (1 ORDER)	210	30	10	5	10	120	18
APPLE CINNAMON MUFFIN	450	53	24	4	60	370	0
BLUEBERRY CRUMBLE MUFFIN	410	59	17	4	40	440	0
DOUBLE CHOCOLATE MUFFIN	550	61	31	8	65	420	0
GARDEN SALSA SUNCHIPS (1 ORDER)	140	19	6	0.5	0	140	2
CINNAMON ROLL	570	89	20	10	5	630	38
BISCUIT & GRAVY	340	39	18	10	5	1140	3

SUBWAY	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
APPLE SAUCE	70	16	0	0	0	0	13
GUACAMOLE (1 ORDER)	70	3	6	1		105	0
HARVEST CHEDDAR SUN CHIPS (1 ORDER)	140	19	6	0.5	0	170	2
OATMEAL RAISIN COOKIES (1 ORDER)	200	30	8	4	15	110	16
RASPBERRY CHEESECAKE (1 ORDER)	210	30	9	5	15	115	16
WHITE CHIP MACADAMIA NUT COOKIES (1 ORDER)	210	28	10	5	15	125	17
WRAPS							
CHICKEN CAESAR LARGE GRILLED (1 ORDER)	650	54	28	7		1410	4
CHICKEN CASEAR REGULAR GRILLED (1 ORDER)	560	53	25	6		1150	4
CHIPOTLE STEAK & GUAC LARGE GRILL (1 ORDER)	730	60	34	9		1810	6
CHIPOTLE STEAK & GUAC REGULAR GRILLED (1 ORDER)	610	59	29	7		1360	5
TURKEY, BACON, GUAC LARGE GRILLED (1 ORDER)	700	63	35	9		2170	6
TURKEY, BACON, GUAC REGULAR GRILLED (1 ORDER)	590	60	30	7		1600	5
SAUCES (ADD-ONS)							
CHIPTOLE SOUTHWEST	60	1	7	1	5	110	1
SMOKY HONEY MUSTARD	20	4	0	0	0	80	4
LIGHT MAYO	50	1	5	1	5	100	1
OIL	45	0	5	1	0	0	0
RANCH	70	1	8	1.5	5	140	1
RED WINE VINEGAR	0	0	0	0	0	0	0
REGULAR MAYO	100	0	11	2	10	65	0
SAVORY CASEAR	80	0	9	1.5	5	130	0
SUBWAY VINAIGRETTE	35	1	3.5	0.5	0	110	1
SWEET ONION SAUCE	30	8	0	0	0	75	8
YELLOW MUSTARD	10	1	0.5	0	0	170	1
VEGGIES (ADD-ONS)							
BANANA PEPPERS	1	0	0	0		65	0
BLACK OLIVES	3	0	0.3	0		25	0
CUCUMBERS	2	1	0	0		0	0
GREEN PEPPERS	1	0	0	0		0	0
JALAPENOS	1	0	0	0		70	0
LETTUCE	3	0	0	0		2	0
PICKLES	1	0	0	0		115	0
RED ONIONS	3	1	0	0		0	0
SPINACH	2	0	0	0		5	0
TOMATOES	5	1	0	0		2	1
SEASONINGS (ADD-ONS)							
PARMESAN CHEESE	5	0	0.4	0.3		25	0
PEPPER	0	0	0	0	0	0	0
PROVENCAL HERBS	0	0	0	0		15	0
SALT	0	0	0	0	0	150	0
SUB SPICE	0	0	0	0		110	0

TACO BELL	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
NEW ITEMS							
CHIPOTLE CHEDDAR BEEF CHALUPA (1 ORDER)	420	30	28	6	30	610	3
CHIPOTLE CHEDDAR BLACK BEAN CHALUPA (1 ORDER)	400	35	24	4.5	15	500	3
CHIPOTLE CHEDDAR CHICKEN CHALUPA (1 ORDER)	390	28	24	4.5	40	620	3
CHIPOTLE CHEDDAR STEAK CHALUPA (1 ORDER)	400	28	26	5	35	640	4
CRISPY CHICKEN WINGS WITH SPICY RANCH (1 ORDER)	750	26	54	10	230	1970	1
ISLAND BLUE RASPBERRY FREEZE (16 OZ)	170	42	1	0.5	< 5	40	39
ISLAND BLUE RASPBERRY FREEZE (20 OZ)	200	49	1	0.5	< 5	45	47
ISLAND STRAEBERRY FREEZE (16 OZ)	210	53	1	0.5	< 5	50	50
ISLAND STRAWBERRY FREEZE (20 OZ)	250	63	1	0.5	< 5	60	60
TACOS & BURRITOS							
CHALUPA SUPREME							
BEEF (1 ORDER)	360	31	21	6	25	570	4
CHICKEN (1 ORDER)	340	29	17	4	35	580	4
CHEESY GORDITA CRUNCH (1 ORDER)	500	41	28	10	55	850	4
CRUNCHY TACO (1 ORDER)	170	13	9	3.5	25	310	<1
CRUNCHY TACO SUPREME (1 ORDER)	190	15	11	4.5	25	340	2
LOADED NACHO TACO (1 ORDER)	250	24	12	4.5	25	610	2
NACHO CHEESE DORITOS LOCOS TACO (1 ORDER)	170	13	9	3.5	25	360	<1
NACHO CHEESE DORITOS LOCOS TACO SUPREME (1 ORDER)	190	15	11	4.5	30	380	2
STEAK (1 ORDER)	350	30	18	4.5	30	590	4
SOFT TACO							
BEEF (1 ORDER)	180	17	9	4	25	500	1
CHICKEN (1 ORDER)	160	16	5	2.5	30	500	1
SOFT TACO SUPREME							
BEEF (1 ORDER)	210	20	10	5	25	520	2
CHICKEN (1 ORDER)	180	18	7	3.5	35	520	2
BURRITOS							
BEAN BURRITO (1 ORDER)	350	54	9	3.5	5	1,000	3
BEEFY 5-LAYER BURRITO (1 ORDER)	490	63	18	7	30	1,250	5
BURRITO SUPREME							
BEEF (1 ORDER)	390	51	14	6	25	1,110	4
CHICKEN (1 ORDER)	370	49	11	4.5	35	1,110	4
CHILI CHEESE BURRITO (1 ORDER)	370	40	17	8	35	970	2
STEAK (1 ORDER)	370	49	12	5	30	1,090	4
QUESARITO							
BEEF (1 ORDER)	650	67	33	12	55	1,390	5
CHICKEN (1 ORDER)	620	66	29	11	65	1,390	4
STEAK (1 ORDER)	630	66	30	11	60	1,370	4
NACHOS & QUESADILLAS							
NACHOS							
CHIPS AND NACHO CHEESE SAUCE (1 ORDER)	220	24	13	1.5	<5	250	2
NACHO FRIES (1 ORDER)	320	35	18	1.5	<5	630	2
NACHO FRIES BELLGRANDE (1 ORDER)	710	73	40	6	30	1,440	4
NACHOS BELLGRANDE							
BEEF (1 ORDER)	730	81	38	7	25	1,130	4
CHICKEN (1 ORDER)	710	79	35	5	30	1,140	4
STEAK (1 ORDER)	720	79	36	5	25	1,150	5
QUESADILLAS							
BEEF QUESARITO (1 ORDER)	640	65	33	12	50	1,390	5
BLACK BEAN QUESARITO (1 ORDER)	630	73	29	10	35	1,260	5
CHEESE QUESADILLA (1 ORDER)	460	39	25	13	50	980	3
CHICKEN QUESADILLA (1 ORDER)	510	38	26	12	75	1,250	2
STEAK QUESADILLA (1 ORDER)	520	38	27	12	70	1,230	2
SPECIALITIES							

TACO BELL	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
BLACK BEAN CHALUPA (1 ORDER)	340	39	15	3	10	430	3
BLACK BEAN CRUNCHWRAP SUPREME (1 ORDER)	520	77	17	4.5	5	1,080	6
BLACK BEAN QUESARITO (1 ORDER)	630	73	29	10	35	1,260	5
CHALUPA SUPREME (1 ORDER)	360	33	18	5	25	560	3
CHEESY GORDITA CRUNCH (1 ORDER)	500	41	28	10	55	850	4
CHEESY ROLL UP (1 ORDER)	180	15	9	5	20	430	
CRUNCHWRAP SUPREME (1 ORDER)	530	71	21	6	25	1,200	6
CRUNCHY TACO (1 ORDER)	170	13	9	3.5	25	310	
NACHO CHEESE DORITOS LOCOS TACO (1 ORDER)	170	13	9	3.5	25	360	
NACHOS BELLGRANDE (1 ORDER)	730	82	38	7	25	1,050	5
POWER MENU BOWL (1 ORDER)	450	50	19	6	70	1,200	2
QUESADILLA (1 ORDER)	510	38	26	12	75	1,250	2
QUESARITO (1 ORDER)	640	40	26	13	75	1,240	3
SOFT TACO (1 ORDER)	180	17	9	4	25	500	1
SOFT TACO SUPREME (1 ORDER)	210	20	10	5	25	520	2
VEGGIE POWER MENU BOWL (1 ORDER)	410	49	19	5	20	860	3
SIDES & SWEETS							
BLACK BEANS & RICE (1 ORDER)	160	26	4.5	0	0	360	0
BLACK BEANS (1 ORDER)	50	8	1	0	0	135	0
CINNABON DELIGHTS™ (2 PC)	160	17	9	2	5	80	10
CINNABON DELIGHTS™ (12 PC – 3 PER PERSON SERVING 4)	930	104	53	13	40	480	59
CHEESY FIESTA POTATOES (1 ORDER)	240	29	12	2	< 5	590	1
CINNAMON TWISTS (1 ORDER)	170	27	6	0	0	210	13
DIABLO SAUCE PACKET (1 PACKET)	0	0	0	0	0	30	0
FIRE SAUCE PACKET (1 PACKET)	0	0	0	0	0	55	0
HOT SAUCE PACKET (1 PACKET)	0	0	0	0	0	45	0
MILD SAUCE PACKET (1 PACKET)	0	0	0	0	0	30	0
FREEZE							
BLUE RASPBERRY FREEZE™ (16 OZ)	120	30	0	0	0	35	30
BLUE RASPBERRY FREEZE (20 OZ)	150	38	0	0	0	40	38
DRAGON FRUIT FREEZE (16 OZ)	190	49	0	0	0	50	47
DRAGON FRUIT FREEZE (20 OZ)	230	59	0	0	0	60	57
MIDNIGHT BERRY FREEZE (16 OZ)	140	35	0	0	0	35	34
MIDNIGHT BERRY FREEZE (20 OZ)	170	43	0	0	0	40	42
MTN DEW BAJA BLAST FREEZE (16 OZ)	150	41	0	0	0	45	41
MTN DEW BAJA BLAST FREEZE (20 OZ)	190	51	0	0	0	55	51
VALUE MENU							
BEEF BURRITO (1 ORDER)	430	51	19	5	20	970	3
CHEESY BEAN & RICE BURRITO (1 ORDER)	420	56	16	4	<5	880	3
CHEESY ROLL UP (1 ORDER)	180	15	9	5	20	430	<1
CHICKEN CHIPOTLE MELT (1 ORDER)	190	15	9	3	35	530	<1
CHIPS AND NACHO CHEESE SAUCE (1 ORDER)	220	24	13	1.5	<5	250	2
CINNAMON TWISTS (1 ORDER)	170	27	6	0	0	210	13
SPICY POTATO SOFT TACO -(1 ORDER)	240	28	12	3	10	500	1
BEEFY MELT BURRITO (1 ORDER)	620	69	29	10	45	1170	4
FIESTA VEGGIE BURRITO (1 ORDER)	560	64	28	7	25	1000	4
CHIPOTLE RANCH GRILLED CHICKEN BURRITO (1 ORDER)	510	46	29	6	45	930	3
LOADED NACHO TACO (1 ORDER)	250	24	12	4.5	25	610	2
POWER MENU							
POWER MENU BOWL – CHICKEN (1 ORDER)	450	42	20	6	70	1,250	2
POWER MENU BOWL – STEAK (1 ORDER)	470	43	22	7	60	1,270	4
POWER MENU BOWL – VEGGIE (1 ORDER)	410	49	19	5	20	860	3
BREAKFAST							
BREAKFAST CRUNCHWRAP – BACON (1 ORDER)	670	50	41	12	140	1,270	3
BREAKFAST CRUNCHWRAP – SAUSAGE (1 ORDER)	720	51	47	15	145	1,210	3
BREAKFAST CRUNCHWRAP – STEAK (1 ORDER)	660	51	38	12	145	1,300	3
BREAKFAST SALSA PACKET (1 ORDER)	0	<1	0	0	0	50	0
CHEESY TOASTED BREAKFAST BURRITO – BACON (1 ORDER)	350	36	16	4.5	115	870	3
CHEESY TOASTED BREAKFAST BURRITO – FIESTA POTATO (1 ORDER)	340	43	14	3.5	100	750	3
CHEESY TOASTED BREAKFAST BURRITO – SAUSAGE (1 ORDER)	340	36	17	5	110	730	3
GRANDE TOASTED BREAKFAST BURRITO – BACON (1 ORDER)	560	49	30	10	230	1,290	3
GRANDE TOASTED BREAKFAST BURRITO – SAUSAGE (1 ORDER)	560	49	31	10	230	1,150	3
GRANDE TOASTED BREAKFAST BURRITO – STEAK (1 ORDER)	560	50	28	9	240	1,310	3
HASH BROWN (1 ORDER)	160	13	12	1	0	270	0
HASH BROWN TOASTED BREAKFAST BURRITO – BACON (1 ORDER)	570	49	33	10	135	1,270	2
HASH BROWN TOASTED BREAKFAST BURRITO – SAUSAGE (1 ORDER)	570	49	34	10	130	1,130	2
HASH BROWN TOASTED BREAKFAST BURRITO – STEAK (1 ORDER)	570	50	30	9	140	1,290	2

	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
WAFFLE HOUSE							
BREAKFAST							
BACON BISCUIT (1 ORDER)	470	34	33	17	20	1250	1
BACON SANDWICH (1 ORDER)	270	26	13.5	4	30	780	3
BACON & EGG SANDWICH (1 ORDER)	360	27	20.5	6	215	840	4
BACON EGG & CHEESE BISCUIT (1 ORDER)	610	35	44	21.5	220	1560	2
BACON EGG & CHEESE SANDWICH (1 ORDER)	410	27	24.5	8.5	230	1090	4
BACON EGG & CHEESE GRITS BOWL (1 ORDER)	330	17	21	8	220	960	1
BISCUITS & GRAVY (1 ORDER)	470	44	30	16	5	1810	3
CHICKEN BISCUIT (1 ORDER)	520	35	27.5	14.5	90	1830	1
EGG & CHEESE SANDWICH (1 ORDER)	270	27	12.5	4.5	200	570	4
EGG SANDWICH (1 ORDER)	220	27	8.5	2	185	320	4
GRILLED BISCUITS (1 ORDER)	380	34	25	14	0	900	1
HAM EGG & CHEESE GRITS BOWL (1 ORDER)	290	19	15	6	225	1110	2
SAUSAGE & EGG SANDWICH (1 ORDER)	480	28	32.5	10	235	830	4
SAUSAGE BISCUIT (1 ORDER)	510	34	37	18	25	1160	1
SAUSAGE EGG & CHEESE BISCUIT (1 ORDER)	650	35	48	22	225	1470	2
SAUSAGE, EGG, & CHEESE GRITS BOWL (1 ORDER)	360	17	26	9	225	870	1
SAUSAGE, EGG & CHEESE SANDWICH (1 ORDER)	530	28	36.5	12.5	250	1080	4
SAUSAGE SANDWICH (1 ORDER)	390	27	25.5	8	50	770	3
TEXAS BACON EGG & CHEESE MELT (1 ORDER)	730	39	51	20	245	1680	5
TEXAS EGG & CHEESE MELT (1 ORDER)	590	39	39	16	215	1160	5
TEXAS SAUSAGE, EGG & CHEESE MELT (1 ORDER)	850	40	63	24	265	1670	5
SIDES & ADD-ONS							
AMERICAN CHEESE (1 SLICE)	100	0	4	5	15	250	0
BACON ON SANDWICH (1-2 PC)	90	0	8	3	20	350	0
BACON (2 PC)	140	0	12	4	30	520	0
BACON (LARGE-5 PC)	230	1	19	7	55	870	1
BERT'S CHILI (TOPPING)	80	8	3	1	5	380	1
CHEESE GRITS (1/2 CUP)	140	16	6.5	3	15	550	0
CITY HAM (1 ORDER)	110	7	2.5	1	30	740	5
COUNTRY HAM (1 ORDER)	210	0	9	3	95	1720	0
EGGS - SCRAMBLED (2 PC)	180	0	7	4	185	120	2
GRITS (1/2 CUP)	90	16	2.5	0.5	0	300	0
SAUSAGE (2 PC)	260	1	24	8	50	510	0
SAUSAGE (LARGE-3 PC)	390	1	36	12	70	770	0
TOMATOES (2 SLICES)	10	2	0	0	0	0	2
LUNCH & DINNER							
ANGUS 1/4 LB HAMBURGER DELUXE (1 ORDER)	560	27	41	16	60	540	4
ANGUS 1/4 LB CHEESEBURGER DELUXE (1 ORDER)	620	29	45	18.5	75	795	5
BLT SANDWICH (1 ORDER)	275	27	13.5	4	30	780	4
BERT'S CHILI (REGULAR)	150	15	6	2	10	770	3
BERT'S CHILI (LARGE)	230	23	8	3	20	1150	4
CHICKEN DINNER (1 ORDER)	565	56	21.5	7.5	90	1490	7
COUNTRY HAM DINNER (1 ORDER)	635	55	28	10	95	2280	7
DOUBLE ANGUS 1/4 LB CHEESEBURGER DELUXE (1 ORDER)	890	29	66	28	150	1100	5
DOUBLE "ORIGINAL" ANGUS CHEESEBURGER (1 ORDER)	625	30	46	18.5	75	800	5
DOUBLE "ORIGINAL" ANGUS HAMBURGER	575	30	42	16	60	550	5
GRILLED CHEESE SANDWICH	330	26	21	9.5	30	870	3
GRILLED CHICKEN BACON CHEESE SANDWICH DELUXE	630	30	38.5	15	125	2020	5
GRILLED CHICKEN SANDWICH DELUXE (1 ORDER)	490	30	26.5	9.5	90	1420	5
GRILLED HAM SANDWICH (1 ORDER)	240	33	4	1	30	1000	8
HAM & CHEESE SANDWICH (LETTUCE & TOMATO-1 ORDE	295	34	8	3.5	45	1250	9
HAM & EGG SANDWICH (1 ORDER)	330	34	11	3	215	1060	9
HAM, EGG & CHEESE SANDWICH (1 ORDER)	380	34	15	5.5	230	1310	9
MEAT LOVERS CHICKEN DINNER (1 ORDER)	705	57	24	8	180	2420	7
MEAT LOVERS PORK CHOP DINNER (1 ORDER)	1295	55	64	22	270	2150	7
ORIGINAL ANGUS CHEESEBURGER (1 ORDER)	515	30	37	15	45	770	5
ORIGINAL ANGUS HAMBURGER (1 ORDER)	465	30	33	12.5	30	520	5
PORK CHOP DINNER (1 ORDER)	1005	55	49	17	180	1620	7
SIRLOIN DINNER (1 ORDER)	615	55	30	11.5	60	870	7
T-BONE DINNER (1 ORDER)	725	56	37	15	100	930	7
TEXAS ANGUS PATTY MELT (1 ORDER)	730	42	50	21	85	1160	6
TEXAS BACON LOVER'S BLT SANDWICH (1 ORDER)	635	39	44	16	50	1470	5
TEXAS CHEESESTEAK MELT (1 ORDER)	650	42	40	17	75	1400	6

WAFFLE HOUSE	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
TEXAS GRILLED CHICKEN MELT (1 ORDER)	660	43	35	15	115	2040	6
TEXAS HAM, EGG & CHEESE MELT (1 ORDER)	700	46	41.5	17	245	1900	10
WAFFLE SANDWICH (HAM & CHEESE ON WHEAT-1 ORDER)	380	29	18.5	8	45	1320	7
SALADS							
GARDEN SALAD (1 ORDER)	35	7	0	0	0	20	5
GRILLED CHICKEN SALAD (1 ORDER)	175	8	2.5	0.5	90	950	5
DESSERTS							
SOUTHERN PECAN PIE (SMALL SLICE)	260	32	13	7	0	140	23
SOUTHERN PECAN PIE (REGULAR SLICE)	520	65	27	14	0	280	45
TRIPPLE CHOCOLATE PIE (SMALL SLICE)	440	60	21	7	60	330	35
TRIPPLE CHOCOLATE PIE (REGULAR SLICE)	880	120	42	14	125	660	69
DRINKS							
ALICE'S ICED TEA- UNSWEET (1 CUP)	0	0	0	0	0	--	0
ALICE'S ICED TEA - SWEET (1 CUP)	70	17	0	0	0	0	17
ALICE'S ICED TEA-MONADE (1 CUP)	140	36	0	0	0	0	35
COFFEE (1 CUP)	5	1	0	0	0	--	0
DARK ROAST COFFEE (1 CUP)	5	1	0	0	0	--	0
DECAF COFFEE (1 CUP)	5	1	0	0	0	--	0
HOT TEA (1 CUP)	5	0	0	0	0	0	0
WENDY'S							
HAMBURGERS							
BACONATOR (1 ORDER)	960	36	66	27	155	1540	7
BACON DOUBLE STACK (1 ORDER)	440	26	26	11	65	820	6
BIG BACON CLASSIC (1 ORDER)	650	37	41	16	90	1230	8
BIG BACON CLASSIC DOUBLE (1 ORDER)	910	37	62	25	145	1400	8
BIG BACON CLASSIC TRIPLE (1 ORDER)	1220	38	86	36	210	1770	9
BOURBON BACON CHEESEBURGER (1 ORDER)	710	51	41	16	85	1400	15
BOURBON BACON CHEESEBURGER DOUBLE (1 ORDER)	970	51	62	25	140	1570	15
BOURBON BACON CHEESEBURGER TRIPLE (1 ORDER)	1280	52	86	36	205	1940	16
BIG BACON CHEDDAR CHEESEBURGER (1 ORDER)	810	44	54	21	105	1370	5
BIG BACON CHEDDAR CHEESEBURGER DOUBLE (1 ORDER)	1120	45	78	31	170	1740	6
BIG BACON CHEDDAR CHEESEBURGER TRIPLE (1 ORDER)	1420	46	102	42	235	2110	6
DAVE'S SINGLE (1 ORDER)	590	37	47	15	80	1030	8
DAVE'S DOUBLE (1 ORDER)	850	37	57	23	135	1200	8
DAVE'S TRIPLE (1 ORDER)	1160	38	81	34	200	1570	8
DOUBLE STACK (1 ORDER)	410	26	24	10	60	690	6
JR. BACON CHEESEBURGER (1 ORDER)	370	25	23	8	45	650	5
JR. CHEESEBURGER (1 ORDER)	290	26	14	6	35	610	6
JR. CHEESEBURGER DELUXE (1 ORDER)	340	27	20	7	40	610	6
JR. HAMBURGER (1 ORDER)	250	25	11	4	25	420	5
SON OF BACONATOR (1 ORDER)	630	36	40	16	85	1210	7
CHICKEN & WRAPS							
ASIAGO RANCH CLASSIC CHICKEN CLUB (1 ORDER)	630	50	32	8	100	1800	6
CLASSIC BIG BACON CHEDDAR CHICKEN (1 ORDER)	810	60	45	14	60	2250	5
CLASSIC CHICKEN SANDWICH (1 ORDER)	490	49	21	3.5	75	1450	5
CLASSIC JALAPENO POPPER SANDWICH (1 ORDER)	600	51	28	10	105	2060	6
CRISPY CHICKEN BLT (1 ORDER)	420	35	23	6	50	1010	5
CRISPY CHICKEN NUGGETS (4 PC)	180	9	12	2.5	30	380	0
CRISPY CHICKEN NUGGETS (6 PC)	270	14	17	3.5	50	570	0
CRISPY CHICKEN NUGGETS (10 PC)	450	23	29	6	80	950	0
CRISPY CHICKEN SANDWICH (1 ORDER)	330	33	16	3	35	680	4
GRILLED ASIAGO RANCH CLUB (1 ORDER)	490	34	21	7	120	1190	6
GRILLED BIG BACON CHEDDAR CHICKEN (1 ORDER)	670	44	35	12	145	1640	5
GRILLED CHICKEN SANDWICH (1 ORDER)	350	35	8	1.5	95	850	7
GRILLED JALAPENO POPPER SANDWICH (1 ORDER)	460	35	18	8	130	1450	6
SPICY ASIAGO RANCH CLUB (1 ORDER)	630	52	30	8	90	1400	6
SPICY BIG BACON CHEDDAR CHICKEN (1 ORDER)	810	63	43	14	115	1850	5
SPICY CHICKEN NUGGETS (4 PC)	190	9	12	3	25	480	0
SPICY CHICKEN NUGGETS (6 PC)	280	13	18	4	40	720	0
SPICY CHICKEN NUGGETS (10 PC)	470	22	31	7	65	1190	0
SPICY CHICKEN SANDWICH (1 ORDER)	500	51	19	3.5	65	990	5
SPICY JALAPENO POPPER SANDWICH (1 ORDER)	600	53	26	10	95	1660	6
SALADS							
APPLE PECAN CHICKEN SALAD (1 ORDER)	460	26	23	10	135	1090	18
JALAPENO POPPER SALAD (1 ORDER)	510	34	26	8	90	1250	3

WENDY'S	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
PARMESAN CAESAR SALAD (1 ORDER)	300	5	14	7	125	790	2
SOUTHWEST AVOCADO CHICKEN SALAD (1 ORDER)	420	12	25	9	125	930	3
TACO SALAD (1 ORDER)	660	66	32	12	55	1860	15
SIDES							
APPLE BITES (1 ORDER)	35	8	0	0	0	0	7
BACONATOR FRIES (1 ORDER)	460	45	26	9	35	1090	1
BACON CHEESE BAKED POTATO (1 ORDER)	440	64	13	6	35	600	4
CHEESE BAKED POTATO (1 ORDER)	450	65	14	8	40	700	4
CHILLI CHEESE BAKED POTATO (1 ORDER)	500	74	14	7	35	840	7
CHILI (SMALL)	240	22	11	4.5	20	910	6
CHILI (LARGE)	340	31	15	6	30	1,270	8
CHILI CHEESE FRIES (1 ORDER)	520	53	27	9	35	1330	3
FRIES (JUNIOR)	210	28	9	1.5	0	370	0
FRIES (SMALL)	260	35	12	2	0	470	0
FRIES (MEDIUM)	350	47	16	2.5	0	620	0
FRIES (LARGE)	470	63	21	3.5	0	830	0
PLAIN BAKED POTATO (1 ORDER)	270	61	0	0	0	40	3
SOUR CREAM AND CHIVE BAKED POTATO (1 ORDER)	310	63	2.5	1.5	10	55	4
FROSTIES							
CHOCOLATE FROSTY (JUNIOR)	200	33	5	3	20	90	27
CHOCOLATE FROSTY (SMALL)	350	58	9	6	35	150	47
CHOCOLATE FROSTY (MEDIUM)	470	79	12	8	50	210	65
CHOCOLATE FROSTY (LARGE)	590	99	15	10	60	260	81
VANILLA FROSTY (JUNIOR)	190	32	5	3.5	25	90	27
VANILLA FROSTY (SMALL)	340	56	9	6	45	160	47
VANILLA FROSTY (MEDIUM)	450	75	12	8	55	210	63
VANILLA FROSTY (LARGE)	570	94	15	10	70	260	78
BAKERY							
CHOCOLATE CHUNCK COOKIE (1 ORDER)	330	43	16	8	20	210	26
OATMEAL BAR (1 ORDER)	270	44	10	4	15	230	23
SUGAR COOKIE (1 ORDER)	330	44	16	8	25	300	24
BISCUITS							
BACON, EGG & CHEESE BISCUIT (1 ORDER)	420	28	27	11	205	1240	3
HONEY BUTTER BISCUIT (1 ORDER)	310	32	19	7	5	670	8
HONEY BUTTER CHICKEN BISCUIT (1 ORDER)	500	44	29	9	35	1260	9
SAUSAGE BISCUIT (1 ORDER)	470	27	35	13	45	980	3
SAUSAGE, EGG & CHEESE BISCUIT (1 ORDER)	610	29	45	17	240	1370	3
SAUSAGE GRAVY & BISCUIT (1 ORDER)	450	41	29	11	15	1390	3
CROISSANT							
BACON, EGG & SWISS CROISSANT (1 ORDER)	410	34	23	11	230	900	6
MAPLE BACON CHICKEN CROISSANT (1 ORDER)	560	51	30	11	65	1200	13
SAUSAGE, EGG & SWISS CROISSANT (1 ORDER)	600	34	41	17	265	1030	7
COFFEE							
CHOCOLATE FROSTY-CCINO (SMALL)	220	36	5	3.5	20	105	28
CHOCOLATE FROSTY-CCINO (LARGE)	310	52	8	5	30	150	41
COLD BREW ICED COFFEE (SMALL)	15	3	0	0	0	20	0
COLD BREW ICED COFFEE (LARGE)	25	5	0	0	0	30	0
FRESH BREWED COFFEE (REGULAR)	5	0	0	0	0	10	0
FRESH BREWED DECAFFEINATED COFFEE (REGULAR)	0	0	0	0	0	10	0
VANILLA FROSTY-CCINO (SMALL)	210	35	5	3.5	25	105	28
VANILLA FROSTY-CCINO (LARGE)	310	51	8	5	35	160	41
WINGSTOP							
CLASSIC BONE-IN WINGS							
NUTRITION FOR 3 WING WITH SAUCE							
ATOMIC	270	3	15	4.5	135	660	0
CAJUN	270	0	15	4.5	135	93	0
GARLIC PARM	360	3	24	6	135	225	0
HAWAIIAN	300	9	15	4.5	135	255	6
HICKORY SMOKED BBQ	300	12	15	4.5	135	150	9
LEMON PEPPER	360	0	24	6	135	630	0
LOUISIANA RUB	330	0	21	6	135	420	0
MANGO HABANERO	300	12	15	4.5	135	240	9
MILD	360	0	24	6	135	480	0
OLD BAY	300	0	21	6	135	330	3
ORIGINAL HOT	270	0	15	1.5	135	690	0

WING STOP	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
PLAIN	270	0	15	4.5	135	90	0
SPICY KOREAN Q	300	3	15	4.5	135	105	9
BONELESS WINGS							
NUTRITION FOR 3 WING WITH SAUCE							
ATOMIC	270	21	13.5	3	30	1140	0
CAJUN	240	18	13.5	3	30	1350	0
GARLIC PARM	330	18	21	4.5	45	780	0
HAWAIIAN	270	24	13.5	3	30	810	6
HICKORY SMOKED BBQ	270	27	13.5	3	30	990	9
LEMON PEPPER	330	18	21	4.5	30	870	0
LOUISANA RUB	300	18	18	3	30	780	0
MANGO HABANERO	270	27	13.5	3	30	810	9
MILD	330	18	21	4.5	30	990	0
OLD BAY	300	18	18	3	30	870	3
ORIGINAL HOT	240	18	13.5	3	30	1170	0
PLAIN	240	18	13.5	3	30	690	0
SPICY KOREAN Q	270	24	13.5	3	30	960	6
BONE-IN THIGHS							
NUTRITION FOR 1 THIGHS WITH SAUCE							
ATOMIC	230	2	14	3.5	125	470	0
CAJUN	230	1	14	3.5	125	650	0
GARLIC PARM	290	1	21	5	125	180	0
HAWAIIAN	250	6	14	3.5	125	200	5
HICKORY SMOKED BBQ	250	8	14	3.5	125	340	6
LEMON PEPPER	280	1	21	5	125	460	0
LOUISANA RUB	270	1	19	4.5	125	320	0
MANGO HABANERO	250	7	14	3.5	125	200	7
MILD	290	0	21	5	125	350	0
OLD BAY	260	1	19	4.5	125	310	2
ORIGINAL HOT	230	0	14	3.5	125	500	0
PLAIN	220	0	14	3.5	125	95	0
SPICY KOREAN Q	250	6	14	3.5	125	310	6
THIGH BITES WITH SAUCE							
ATOMIC (REGULAR)	850	62	51	6	125	4400	1
ATOMIC (LARGE)	1275	93	77	9	188	600	2
CAJUN (REGULAR)	840	58	52	6	125	5110	1
CAJUN (LARGE)	1260	87	78	9	188	7665	2
GARLIC PARM (REGULAR)	1090	59	79	12	130	3240	2
GARLIC PARM (LARGE)	1635	89	119	18	195	4860	3
HAWAIIAN (REGULAR)	910	78	51	6	125	3300	20
HAWAIIAN (LARGE)	1365	117	77	9	188	4995	30
HICKORY SMOKED BBQ (REGULAR)	930	84	51	6	125	3860	27
HICKORY SMOKED BBQ (LARGRE)	1395	126	77	9	188	5790	41
SPICY KOREAN Q (REGULAR)	920	79	51	6	125	3740	23
SPICY KOREAN Q (LARGE)	1380	119	77	9	188	5610	35
LEMON PEPPER (REGULAR)	1050	55	77	11	125	3500	1
LEMON PEPPER (LARGE)	1575	83	116	17	188	5250	2
LOUISANA RUB (REGULAR)	990	55	70	10	125	3190	1
LOUISANA RUB (LARGE)	1485	83	105	15	188	4785	2
MANGO HABANERO (REGULAR)	940	83	51	6	125	3300	27
MANGO HABANERO (LARGE)	1410	125	77	9	188	4950	41
MILD (REGULAR)	1070	55	79	11	125	3930	1
MILD (LARGE)	1605	83	119	17	188	5895	2
ORIGINAL HOT (REGULAR)	830	56	52	6	124	4520	1
ORIGINAL HOT (LARGE)	1245	84	78	9	188	6780	2
PLAIN (REGULAR)	810	54	51	6	125	2900	1
PLAIN (LARGE)	1215	81	77	9	188	4350	2
OLD BAY (REGULAR)	970	55	69	10	125	3060	8
OLD BAY (LARGE)	1455	83	104	15	188	4590	12
BONELESS TENDERS							
NUTRITION FOR 3 TENDER WITH SAUCE							
ATOMIC	450	36	21	3	90	2550	0
CAJUN	450	33	21	3	90	3060	0
GARLIC PARM	630	33	42	7.5	90	1650	0
HAWAIIAN	480	48	21	3	90	1740	15
HICKORY SMOKED BBQ	510	51	21	3	90	2130	18
LEMON PEPPER	600	30	39	7.5	90	1860	0

WING STOP	CALORIES	CARBS	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	SUGARS
LOUISIANA RUB	540	30	36	6	90	1620	0
MANGO HABANERO	510	51	21	3	90	1710	21
MILD	600	30	42	7.5	90	2190	0
OLD BAY	510	30	33	6	90	1260	6
ORIGINAL HOT	420	30	21	3	90	2610	0
PLAIN	420	30	21	3	90	1410	0
SPICY KOREAN Q	510	48	21	3	90	2040	18
SIDES							
BLUE CHEESE (3.25 OZ)	312	3	32	7	33	543	1
BUFFALO RANCH FRIES (REGULAR)	450	54	23	4	5	1720	4
BUFFALO RANCH FRIES (LARGE)	800	98	40	7	10	2880	8
BROWNIE (1 PC)	430	49	24	10	85	160	33
CAJUN FRIED CORN (REGULAR)	300	34	17	2.5	0	660	9
CAJUN FRIED CORN (LARGE)	600	68	34	5	0	1320	18
CARROT STICKS (4 PC)	17	4	0	0	0	19	2
CELERY STICKS (4 PC)	5	1	0	0	0	26	1
CHEESE FRIES (REGULAR)	470	58	23	4	0	1650	5
CHEESE FRIES (LARGE)	830	105	39	7	5	2750	8
HONEY MUSTARD (3.25 OZ)	367	18	33	5	30	682	17
HOT CHEDDAR CHEESE SAUCE (3.25 OZ)	130	8	9	1.5	0	860	2
LOUISIANA VODOO FRIES (REGULAR)	520	55	29	5	5	1070	1
LOUISIANA VODOO FRIES (LARGE)	910	100	49	9	10	1710	2
RANCH (3.25 OZ)	313	2	33	5	26	518	1
SEASONED FRIES (REGULAR)	390	53	17	3	0	1090	4
SEASONED FRIES (LARGE)	710	97	30	6	5	1910	7
YEAST ROLLS (1 PC)	135	25	2	0	3	163	5