updated 9/08/25

+ Items may contain or come in contact with the following known allergies: milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soy, sesame.

++ 2,000 calories a day is used for general nutrtion advice, but calorie needs vary.

Nutrition Information

DRINKS

	Allergens	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Kid's Beverages											
Diet Pepsi Serving Size: 10 oz no ice	n/a	0	0	0	0	0	0	0	0	0	0
Dr. Pepper Serving Size: 10 oz no ice	n/a	130	0	0	0	0	0	0	0	0	0
Iced Tea Serving Size: 10 oz no ice	n/a	0	0	0	0	0	0	0	0	0	0
Mountain Dew Serving Size: 10 oz no ice	n/a	140	0	0	0	0	0	0	0	0	0
Pepsi Serving Size: 10 oz no ice	n/a	120	0	0	0	0	0	0	0	0	0
Starry Serving Size: 10 oz no ice	n/a	130	0	0	0	0	0	0	0	0	0
Tropicana Lemonade Serving Size: 10 oz no ice	n/a	130	0	0	0	0	0	0	0	0	0
Small Beverages											
Diet Pepsi Serving Size: 16 oz no ice	n/a	0	0	0	0	0	0	0	0	0	0
Dr. Pepper Serving Size: 16 oz no ice	n/a	200	0	0	0	0	0	0	0	0	0
Iced Tea Serving Size: 16 oz no ice	n/a	0	0	0	0	0	0	0	0	0	0
Mountain Dew Serving Size 16 oz no ice	n/a	230	0	0	0	0	0	0	0	0	0
Pepsi Serving Size: 16 oz no ice	n/a	190	0	0	0	0	0	0	0	0	0
Starry Serving Size: 16 oz no ice	n/a	200	0	0	0	0	0	0	0	0	0
Tropicana Lemonade Serving Size: 16 oz no ice	n/a	200	0	0	0	0	0	0	0	0	0
Medium Beverages											
Diet Pepsi Serving Size: 24 oz no ice	n/a	0	0	0	0	0	0	0	0	0	0
Dr. Pepper Serving Size: 24 oz no ice	n/a	300	0	0	0	0	0	0	0	0	0
Iced Tea Serving Size: 24 oz no ice	n/a	0	0	0	0	0	0	0	0	0	0
Mountain Dew Serving Size: 24 oz no ice	n/a	350	0	0	0	0	0	0	0	0	0
Pepsi Serving Size: 24 oz no ice	n/a	290	0	0	0	0	0	0	0	0	0
Starry Serving Size: 24 oz no ice	n/a	300	0	0	0	0	0	0	0	0	0
Tropicana Lemonade Serving Size: 24 oz no ice	n/a	300	0	0	0	0	0	0	0	0	0
Large Beverages											
Diet Pepsi Serving Size: 32 oz no ice	n/a	0	0	0	0	0	0	0	0	0	0
Dr. Pepper Serving Size: 32 oz no ice	n/a	400	0	0	0	0	0	0	0	0	0
Iced Tea Serving Size: 32 oz no ice	n/a	0	0	0	0	0	0	0	0	0	0
Mountain Dew Serving Size: 32 oz no ice	n/a	460	0	0	0	0	0	0	0	0	0
Pepsi Serving Size: 32 oz no ice	n/a	380	0	0	0	0	0	0	0	0	0
Starry Serving Size: 32 oz no ice	n/a	400	0	0	0	0	0	0	0	0	0
Tropicana Lemonade Serving Size: 32 oz no ice	n/a	400	0	0	0	0	0	0	0	0	0
Bigee Beverages											
Diet Pepsi Serving Size: 44 oz no ice	n/a	0	0	0	0	0	0	0	0	0	0
Dr. Pepper Serving Size: 44 oz no ice	n/a	550	0	0	0	0	0	0	0	0	0
Iced Tea Serving Size: 44 oz no ice	n/a	0	0	0	0	0	0	0	0	0	0
Mountain Dew Serving Size: 44 oz no ice	n/a	630	0	0	0	0	0	0	0	0	0
Pepsi Serving Size: 44 oz no ice	n/a	530	0	0	0	0	0	0	0	0	0

Starry Serving Size: 44 oz no ice	n/a	550	0	0	0	0	0	0	0	0	130	6	143	52	0	0	143	0
Tropicana Lemonade Serving Size: 44 oz no ice	n/a	550	0	0	0	0	0	0	0	0	550	23	147	49	0	0	147	0
Kid's eegee's																		
Lemon Serving Size: 10 oz	n/a	110	0	0	0	0	0	0	0	0	35	1	29	10	0	0	29	0
Pina Colada Serving Size: 10 oz	tree nut	110	0	0	0	0	0	0	0	0	35	1	29	10	0	0	29	0
Skinny Berry Serving Size: 10 oz	n/a	15	0	0	0	0	0	0	0	0	10	0	8	3	0	0	0	0
Strawberry Serving Size: 10 oz	n/a	110	0	0	0	0	0	0	0	0	35	1	29	10	0	0	29	0
Small eegee's																		
Lemon Serving Size: 16 oz	n/a	170	0	0	0	0	0	0	0	0	55	2	47	16	0	0	47	0
Pina Colada Serving Size: 16 oz	tree nut	170	0	0	0	0	0	0	0	0	55	2	47	16	0	0	47	0
Skinny Berry Serving Size: 16 oz	n/a	20	0	0	0	0	0	0	0	0	15	1	12	4	0	0	0	0
Strawberry Serving Size: 16 oz	n/a	170	0	0	0	0	0	0	0	0	55	2	47	16	0	0	47	0
Medium eegee's																		
Lemon Serving Size: 24 oz	n/a	260	0	0	0	0	0	0	0	0	80	3	70	23	0	0	70	0
Pina Colada Serving Size: 24 oz	tree nut	260	0	0	0	0	0	0	0	0	80	3	70	23	0	0	70	0
Skinny Berry Serving Size: 24 oz	n/a	30	0	0	0	0	0	0	0	0	20	1	18	7	0	0	0	0
Strawberry Serving Size: 24 oz	n/a	260	0	0	0	0	0	0	0	0	80	3	70	23	0	0	70	0
Large eegee's																		
Lemon Serving Size: 32 oz	n/a	350	0	0	0	0	0	0	0	0	105	4	93	31	0	0	93	0
Pina Colada Serving Size: 32 oz	tree nut	350	0	0	0	0	0	0	0	0	105	4	93	31	0	0	93	0
Skinny Berry Serving Size: 32 oz	n/a	40	0	0	0	0	0	0	0	0	25	1	24	9	0	0	0	0
Strawberry Serving Size: 32 oz	n/a	350	0	0	0	0	0	0	0	0	105	4	93	31	0	0	93	0
Bigee eegee's																		
Lemon Serving Size: 44 oz	n/a	480	0	0	0	0	0	0	0	0	150	6	128	43	0	0	128	0
Pina Colada Serving Size: 44 oz	tree nut	480	0	0	0	0	0	0	0	0	150	6	128	43	0	0	128	0
Skinny Berry Serving Size: 44 oz	n/a	60	0	0	0	0	0	0	0	0	35	2	33	12	0	0	0	0
Strawberry Serving Size: 44 oz	n/a	480	0	0	0	0	0	0	0	0	150	6	128	43	0	0	128	0
Fun/Party pak eegee's																		
Lemon Serving Size: 6 oz	n/a	70	0	0	0	0	0	0	0	0	20	1	18	6	0	0	18	0
Pina Colada Serving Size: 6 oz	tree nut	70	0	0	0	0	0	0	0	0	20	1	18	6	0	0	18	0
Skinny Berry Serving Size: 6 oz	n/a	5	0	0	0	0	0	0	0	0	10	0	7	3	5	18	0	0
Strawberry Serving Size: 6 oz	n/a	70	0	0	0	0	0	0	0	0	20	1	18	6	0	0	18	0
Kid's eegee's Fizz																		
Diet Pepsi w/lemon, strawberry or pina colada Serving Size: 10 oz	n/a	50	0	0	0	0	0	0	0	0	40	2	15	5	0	0	15	0
Diet Pepsi with Skinny Berry Serving Size: 10 oz	n/a	5	0	0	0	0	0	0	0	0	25	1	4	1	0	0	0	0
Dr. Pepper w/lemon, strawberry or pina colada Serving Size: 10 oz	n/a	120	0	0	0	0	0	0	0	0	40	2	31	10	0	0	31	0
Dr. Pepper with Skinny Berry Serving Size: 10 oz	n/a	70	0	0	0	0	0	0	0	0	30	1	20	7	0	0	16	0
Mountain Dew w/lemon, strawberry or pina colada Serving Size: 10 oz	n/a	130	0	0	0	0	0	0	0	0	40	2	34	11	0	0	34	0
Mountain Dew with Skinny Berry Serving Size: 10 oz	n/a	80	0	0	0	0	0	0	0	0	30	1	23	8	0	0	19	0
Pepsi Fizz w/lemon, strawberry or pina colada Serving Size: 10 oz	n/a	110	0	0	0	0	0	0	0	0	30	1	31	10	0	0	31	0
Pepsi Fizz with Skinny Berry Serving Size: 10 oz	n/a	70	0	0	0	0	0	0	0	0	15	1	20	7	0	0	17	0
Starry w/lemon,strawberry or pina colada Serving Size: 10 oz	n/a	120	0	0	0	0	0	0	0	0	30	1	31	11	0	0	31	0
Starry with Skinny Berry Serving Size: 10 oz	n/a	70	0	0	0	0	0	0	0	0	20	1	20	7	0	0	16	0
Tropicana Lemonade w/lemon,strawberry or pina colada	n/a	120	0	0	0	0	0	0	0	0	80	3	31	10	0	0	31	0

Serving Size: 10 oz	n/a	120	0	0	0	0	0	0	0	0	30	3	31	10	0	0	31	0
Tropicana Lemonade with Skinny Berry Serving Size: 10 oz	n/a	70	0	0	0	0	0	0	0	0	65	3	20	7	0	0	17	0
Small eegee's Fizz																		
Diet Pepsi w/lemon, strawberry or pina colada Serving Size: 16 oz	n/a	90	0	0	0	0	0	0	0	0	65	3	23	8	0	0	23	0
Diet Pepsi with Skinny Berry Serving Size: 16 oz	n/a	10	0	0	0	0	0	0	0	0	45	2	6	2	0	0	0	0
Dr. Pepper w/lemon, strawberry or pina colada Serving Size: 16 oz	n/a	190	0	0	0	0	0	0	0	0	65	3	50	17	0	0	49	0
Dr. Pepper with Skinny Berry Serving Size: 16 oz	n/a	110	0	0	0	0	0	0	0	0	45	2	32	12	0	0	26	0
Mountain Dew w/lemon, strawberry or pina colada Serving Size: 16 oz	n/a	200	0	0	0	0	0	0	0	0	65	3	54	18	0	0	54	0
Moutain Dew with Skinny Berry Serving Size: 16 oz	n/a	130	0	0	0	0	0	0	0	0	45	2	37	13	0	0	31	0
Pepsi Fizz w/lemon, strawberry or pina colada Serving Size: 16 oz	n/a	180	0	0	0	0	0	0	0	0	45	2	49	16	0	0	49	0
Pepsi Fizz with Skinny Berry Serving Size: 16 oz	n/a	110	0	0	0	0	0	0	0	0	25	1	33	12	0	0	27	0
Starry w/lemon,strawberry or pina colada Serving Size: 16 oz	n/a	190	0	0	0	0	0	0	0	0	50	2	49	18	0	0	49	0
Starry with Skinny Berry Serving Size: 16 oz	n/a	110	0	0	0	0	0	0	0	0	30	1	32	12	0	0	26	0
Tropicana Lemonade w/lemon,strawberry or pina colada Serving Size: 16 oz	n/a	190	0	0	0	0	0	0	0	0	125	5	50	17	0	0	50	0
Tropicana Lemonade with Skinny Berry Serving Size: 16 oz	n/a	110	0	0	0	0	0	0	0	0	105	5	33	12	0	0	27	0
Medium eegee's Fizz																		
Diet Pepsi w/lemon, strawberry or pina colada Serving Size: 24 oz	n/a	130	0	0	0	0	0	0	0	0	95	4	35	12	0	0	35	0
Diet Pepsi with Skinny Berry Serving Size: 24 oz	n/a	15	0	0	0	0	0	0	0	0	65	3	9	3	0	0	0	0
Dr. Pepper w/lemon, strawberry or pina colada Serving Size: 24 oz	n/a	280	0	0	0	0	0	0	0	0	100	4	75	25	0	0	73	0
Dr. Pepper with Skinny Berry Serving Size: 24 oz	n/a	170	0	0	0	0	0	0	0	0	70	3	49	18	0	0	38	0
Mountain Dew w/lemon, strawberry or pina colada Serving Size: 24 oz	n/a	300	0	0	0	0	0	0	0	0	100	4	82	27	0	0	81	0
Mountain Dew with Skinny Berry Serving Size: 24 oz	n/a	190	0	0	0	0	0	0	0	0	70	3	56	20	0	0	46	0
Pepsi Fizz w/lemon, strawberry or pina colada Serving Size: 24 oz	n/a	270	0	0	0	0	0	0	0	0	70	3	73	24	0	0	73	0
Pepsi Fizz with Skinny Berry Serving Size: 24 oz	n/a	170	0	0	0	0	0	0	0	0	40	2	49	18	0	0	40	0
Starry w/lemon,strawberry or pina colada Serving Size: 24 oz	n/a	280	0	0	0	0	0	0	0	0	75	3	74	27	0	0	74	0
Starry with Skinny Berry Serving Size: 24 oz	n/a	170	0	0	0	0	0	0	0	0	45	2	48	17	0	0	39	0
Tropicana Lemonade w/lemon,strawberry or pina colada Serving Size: 24 oz	n/a	280	0	0	0	0	0	0	0	0	190	8	75	25	0	0	75	0
Tropicana Lemonade with Skinny Berry Serving Size: 24 oz	n/a	170	0	0	0	0	0	0	0	0	160	7	49	18	0	0	40	0
Large eegee's Fizz																		
Diet Pepsi w/lemon, strawberry or pina colada Serving Size: 32 oz	n/a	170	0	0	0	0	0	0	0	0	125	5	47	16	0	0	47	0
Diet Pepsi with Skinny Berry Serving Size: 32 oz	n/a	20	0	0	0	0	0	0	0	0	85	4	12	4	0	0	0	0
Dr. Pepper w/lemon, strawberry or pina colada Serving Size: 32 oz	n/a	370	0	0	0	0	0	0	0	0	135	6	99	33	0	0	98	0
Dr. Pepper with Skinny Berry Serving Size: 32 oz	n/a	220	0	0	0	0	0	0	0	0	95	4	65	24	0	0	51	0
Mountain Dew w/lemon, strawberry or pina colada Serving Size: 32 oz	n/a	400	0	0	0	0	0	0	0	0	135	6	109	36	0	0	108	0
Mountain Dew with Skinny Berry Serving Size: 32 oz	n/a	250	0	0	0	0	0	0	0	0	95	4	74	27	0	0	61	0
Pepsi Fizz w/lemon, strawberry or pina colada Serving Size: 32 oz	n/a	360	0	0	0	0	0	0	0	0	90	4	98	33	0	0	98	0
Pepsi Fizz with Skinny Berry Serving Size: 32 oz	n/a	220	0	0	0	0	0	0	0	0	55	2	65	24	0	0	53	0
Starry w/lemon,strawberry or pina colada Serving Size: 32 oz	n/a	370	0	0	0	0	0	0	0	0	100	4	99	36	0	0	99	0
Starry with Skinny Berry Serving Size: 32 oz	n/a	220	0	0	0	0	0	0	0	0	60	3	64	23	0	0	52	0
Tropicana Lemonade w/lemon,strawberry or pina colada Serving Size: 32 oz	n/a	370	0	0	0	0	0	0	0	0	250	10	100	33	0	0	100	0
Tropicana Lemonade with Skinny Berry Serving Size: 32 oz	n/a	220	0	0	0	0	0	0	0	0	210	9	65	24	0	0	53	0
Bigee eegee's Fizz																		
Diet Pepsi w/lemon, strawberry or pina colada	n/a	240	0	0	0	0	0	0	0	0	170	7	64	21	0	0	64	0

Serving Size: 44 oz	n/a	240	0	0	0	0	0	0	0	0	170	7	64	21	0	0	64	0
Diet Pepsi with Skinny Berry Serving Size: 44 oz	n/a	30	0	0	0	0	0	0	0	0	120	5	17	6	0	0	0	0
Dr. Pepper w/lemon, strawberry or pina colada Serving Size: 44 oz	n/a	510	0	0	0	0	0	0	0	0	180	8	137	46	0	0	135	0
Dr. Pepper with Skinny Berry Serving Size: 44 oz	n/a	300	0	0	0	0	0	0	0	0	130	6	89	32	0	0	70	0
Mountain Dew w/lemon, strawberry or pina colada Serving Size: 44 oz	n/a	550	0	0	0	0	0	0	0	0	180	8	149	50	0	0	148	0
Mountain Dew with Skinny Berry Serving Size: 44 oz	n/a	340	0	0	0	0	0	0	0	0	130	6	102	37	0	0	84	0
Pepsi Fizz w/lemon, strawberry or pina colada Serving Size: 44 oz	n/a	500	0	0	0	0	0	0	0	0	125	5	134	45	0	0	134	0
Pepsi Fizz with Skinny Berry Serving Size: 44 oz	n/a	300	0	0	0	0	0	0	0	0	75	3	90	33	0	0	73	0
Starry w/lemon,strawberry or pina colada Serving Size: 44 oz	n/a	510	0	0	0	0	0	0	0	0	140	6	136	49	0	0	136	0
Starry with Skinny Berry Serving Size: 44 oz	n/a	300	0	0	0	0	0	0	0	0	85	4	88	32	0	0	72	0
Tropicana Lemonade w/lemon,strawberry or pina colada Serving Size: 44 oz	n/a	510	0	0	0	0	0	0	0	0	350	15	138	46	0	0	138	0
Tropicana Lemonade with Skinny Berry Serving Size: 44 oz	n/a	300	0	0	0	0	0	0	0	0	290	13	90	33	0	0	73	0
Kid's Teagee's																		
Tea w/lemon, strawberry or pina colada Serving Size: 10 oz	n/a	50	0	0	0	0	0	0	0	0	15	1	15	5	0	0	15	0
Tea with Skinny Berry Serving Size: 10 oz	n/a	5	0	0	0	0	0	0	0	0	0	0	4	1	0	0	0	0
Small Teagee's																		
Tea w/lemon, strawberry or pina colada Serving Size: 16 oz	n/a	90	0	0	0	0	0	0	0	0	25	1	23	8	0	0	23	0
Tea with Skinny Berry Serving Size: 16 oz	n/a	10	0	0	0	0	0	0	0	0	5	0	6	2	0	0	0	0
Medium Teagee's																		
Tea w/lemon, strawberry or pina colada Serving Size: 24 oz	n/a	130	0	0	0	0	0	0	0	0	40	2	35	12	0	0	35	0
Tea with Skinny Berry Serving Size: 24 oz	n/a	15	0	0	0	0	0	0	0	0	10	0	9	3	0	0	0	0
Large Teagee's																		
Tea w/lemon, strawberry or pina colada Serving Size: 32 oz	n/a	170	0	0	0	0	0	0	0	0	55	2	47	16	0	0	47	0
Tea with Skinny Berry Serving Size: 32 oz	n/a	20	0	0	0	0	0	0	0	0	15	1	12	4	0	0	0	0
Bigee Teagee's																		
Tea w/lemon, strawberry or pina colada Serving Size: 44 oz	n/a	240	0	0	0	0	0	0	0	0	75	3	64	21	0	0	64	0
Tea with Skinny Berry Serving Size: 44 oz	n/a	30	0	0	0	0	0	0	0	0	20	1	17	6	0	0	0	0
FOOD																		
Chicken Tenders																		
Two Serving Size: 2 chicken tenders and medium fry	soy, wheat	500	110	13	16	1	4	0	50	17	1560	68	68	25	5	18	0	27
Two Buffalo Style Serving Size: 2 chicken tenders and medium fry	soy, wheat	500	110	13	16	1	4	0	50	17	3150	137	68	25	5	18	0	27
Three Serving Size: 3 chicken tenders and medium fry	soy, wheat	650	140	16	20	1	4	0	75	25	2320	101	87	32	6	21	0	39
Three Buffalo Style Serving Size: 2 chicken tenders and medium fry	soy, wheat	650	140	16	20	1	4	0	75	25	4700	205	87	32	6	21	0	39
Four Serving Size: 4 chicken tenders and medium fry	soy, wheat	800	170	19	24	1	4	0	100	33	3080	134	106	39	7	25	0	51
Four Buffalo Style Serving Size: 4 chicken tenders and medium fry	soy, wheat	800	170	19	24	1	4	0	100	33	6260	272	106	39	7	25	0	51
Party Tenders Serving Size: 12 chicken tenders	soy, wheat	1800	320	36	46	1	4	0	300	100	9120	397	228	83	12	43	0	144
Party Tenders Buffalo Style Serving Size: 12 chicken tenders	soy, wheat	1800	320	36	46	1	4	0	300	100	1865	811	228	83	12	43	0	144
Fries																		
Medium Fries Serving Size: 1 medium fry	n/a	200	60	7	9	1	4	0	0	0	40	2	30	11	3	11	0	3
Large Fries Serving Size: 1 large fry	n/a	280	90	10	13	1	5	0	0	0	55	2	43	16	4	15	0	4
Buffalo Blue Cheese Fries Serving Size: 1 buffalo blue cheese fries	egg, milk, soy	450	260	29	38	7	34	0	15	5	1200	52	38	14	3	12	< 1	7
Buffalo Ranch Fries Serving Size: 1 buffalo ranch fries	egg, milk, soy	430	260	29	37	4	21	0	5	2	430	19	41	15	4	15	0	4
Cheesy Bacon Fries Serving Size: 1 cheesy bacon fries	milk	470	210	24	31	6	29	0	20	7	960	42	45	16	4	15	0	13
Chipotle Ranch Fries	egg, milk, soy	450	250	29	37	4.5	21	0	15	5	340	15	44	16	4	15	< 1	6

Serving Size: 1 chipotle ranch fries																		
Pizza Fries Serving Size: 1 pizza fries	egg, milk, soy	460	160	18	23	4.5	23	0	20	6	780	34	61	22	5	17	13	15
Ranch Fries Serving Size: 1 ranch fries	egg, milk, soy	470	260	29	38	4	21	0.5	5	2	380	16	44	16	4	15	1	6
PARTY FRIES																		
Buffalo Ranch Serving Size: 1 buffalo ranch fries	egg, milk, soy	870	520	58	74	8	42	0	10	4	870	38	83	30	8	30	0	8
Cheesy Bacon Fries Serving Size: 1 cheesy bacon fries	milk	940	430	48	61	12	58	0	40	13	1920	83	90	33	8	30	0	26
Chipotle Ranch Serving Size: 1 chipotle fries	egg, milk, soy	900	490	58	74	9	43	0	35	11	690	30	89	32	8	30	2	11
Original Serving Size: 1 fries	egg, milk, soy	910	520	58	74	8	42	1	10	4	650	28	87	32	8	30	2	10
Pizza Fries Serving Size: 1 pizza fries	egg, milk, soy	870	310	34	44	9	44	0	40	13	1550	67	112	41	8	30	27	30
Pretzels																		
Cheese Serving Size:cheese pretzel	milk, wheat	410	170	19	24	12	60	0	45	15	720	31	38	14	1	4	1	24
Pizza Serving Size: pizza pretzel	milk, wheat	490	180	20	26	12	60	0	45	15	1280	56	52	19	1	4	15	28
Plain Serving Size: plain	wheat	170	10	1	1	0	0	0	0	0	150	7	38	14	1	4	1	6
Salted Serving Size: 1 salted pretzel	wheat	170	10	1	1	0	0	0	0	0	510	22	38	14	1	4	1	6
Kids Meals																		
Applesauce Serving Size: 1 pouch	n/a	70	0	0	0	0	0	0	0	0	0	0	16	6	3	11	13	0
Apple Juice Serving Size: 1- 6.75 fl box	n/a	100	0	0	0	0	0	0	0	0	10	0	24	8	0	0	23	0
Kid's Chicken Serving Size: 2 tenders	soy, wheat	300	50	6	8	0	0	0	50	17	1520	66	38	14	2	7	0	24
Kid's Chicken Tossed in Frank's Serving Size: 2 tenders	soy, wheat	300	50	6	8	0	0	0	50	17	3110	135	38	14	2	7	0	24
Kid's Ham Sub Serving Size: 1 kid's ham sub	milk, wheat	200	60	7	8	3	16	0	30	10	690	30	23	8	1	4	2	13
Kid's Salami Sub Serving Size: 1 kid's salami sub	milk, wheat	270	130	14	18	7	37	0	30	11	700	30	22	8	1	4	2	13
Kid's Turkey Sub Serving Size: 1 kid's turkey sub	milk, wheat	240	70	8	10	5	25	0	35	12	920	40	24	9	2	6	1	19
Kids Fries Serving Size: 1 kid's fries	n/a	130	40	4.5	6	0.5	3	0	0	0	25	1	20	7	2	7	0	2
Mac n' Cheese Serving Size: 1 pouch	milk, wheat	310	81	9	12	2.5	13	0	15	4	830	36	44	16	2	7	10	11
Milk 1% Lowfat Serving Size: 4 franks	milk	90	20	2	3	1	5	0	10	3	90	4	10	4	0	0	10	7
Milk 1% Lowfat Chocolate Serving Size: 4 franks	milk	140	25	2.5	3	1.5	8	0	10	3	160	7	23	8	1	4	23	7
Mini Corn Dogs Serving Size: 4 franks	egg, milk, soy, wheat	230	150	17	21	6	29	0	40	13	560	24	12	4	0	2	3	8
Salads **Nutrition data does not include salad dressing**																		
Cobb Salad, no dressing Serving Size: 1 salad	egg, milk	490	220	25	32	11	53	0	275	92	1270	55	13	5	5	18	6	35
Garden Salad Entree Serving Size: 1 salad	egg	110	45	5	7	0	0	0	155	52	85	4	10	4	4	15	5	7
Grilled Chicken Caesar, No Dressing Serving Size: 1 salad	milk, wheat	350	100	10	13	2.5	12	0	90	30	1000	44	31	11	3	9	2	24
Garden Side Salad Serving Size: 1 salad	n/a	30	0	0	1	0	0	0	0	0	20	1	6	2	3	10	3	2
Sandwiches - Half (6") on White																		
Blazin' Buffalo Chicken Toastee Serving Size: 1 sub	egg, milk, soy, wheat	690	230	25	32	9	45	0	170	57	2190	95	51	18	3	12	4	39
Club Serving Size: 1 sub	egg, milk, wheat	770	400	45	58	18	89	0	105	36	2750	119	49	18	3	10	5	46
Cuban Toastee Serving Size: 1 sub	milk, wheat	420	110	13	16	6	32	0	60	21	1940	84	49	18	3	10	3	31
Deluxe Grinder Serving Size: 1 sub	milk, wheat	630	300	33	43	15	75	0	80	27	2330	102	49	18	3	9	6	34
Ham & Swiss Serving Size: 1 sub	egg, milk, wheat	500	220	26	33	8	42	0	60	20	1370	59	47	17	2	8	5	24
Meatball w/provolone Serving Size: 1 sub	milk, soy, wheat	770	380	42	54	19	93	0	90	30	1740	76	57	21	5	17	10	41
Original Grinder Serving Size: 1 sub	milk, wheat	530	230	25	32	10	52	0	70	23	2070	90	49	18	3	9	5	28
Pastrami Grinder Serving Size: 1 sub	milk, wheat	490	170	19	25	8	40	0	65	22	1800	78	48	17	3	9	3	34
Roast Beef & Provolone Serving Size: 1 sub	egg, milk, wheat	610	270	31	40	12	61	0	90	30	1740	76	46	17	2	8	3	38
Southwest Grilled Chicken Toastee Serving Size: 1 sub	egg, milk, soy, wheat	490	180	21	26	8	38	0	80	27	810	35	47	17	3	12	4	25
Spicy Grinder Serving Size: 1 sub	milk, wheat	610	300	33	43	14	71	0	75	26	2510	109	48	18	4	13	6	30
Spicy Roast Beef and Provolone Toastee Serving Size: 1 sub	egg, milk, soy, wheat	590	230	26	33	11	57	0	85	28	1970	86	51	18	4	15	6	37

Tuna Serving Size: 1 sub	egg, fish, wheat	560	270	32	41	6	31	0	40	13	950	41	47	17	2	8	21	8
Turkey & Provolone Serving Size: 1 sub	egg, milk, wheat	600	250	29	37	12	60	0	80	27	2030	88	49	18	3	12	3	39
Turkey, Ham & Provolone Serving Size: 1 sub	egg, milk, wheat	590	260	30	38	12	60	0	80	26	2050	89	49	18	3	11	4	35
Veggie Grinder Serving Size: 1 sub	milk, wheat	560	250	28	36	15	73	0	55	18	1310	57	49	18	3	12	4	28

Sandwiches - Half (6") on Wheat

Blazin' Buffalo Chicken Toastee Serving Size: 1 sub	egg, milk, soy, wheat	690	230	25	32	9	45	0	170	57	2190	95	51	18	4	16	5	40
Club Serving Size: 1 sub	egg, milk, wheat	780	400	45	58	18	89	0	105	36	2750	120	49	18	4	14	5	47
Cuban Toastee Serving Size: 1 sub	milk, wheat	420	110	13	16	6	32	0	60	21	1950	85	48	17	4	14	4	32
Deluxe Grinder Serving Size: 1 sub	milk, wheat	640	300	33	43	15	75	0	80	27	2340	102	49	18	4	13	6	35
Ham & Swiss Serving Size: 1 sub	egg, milk, wheat	500	220	26	33	8	42	0	60	20	1370	60	46	17	3	12	5	25
Meatball w/provolone Serving Size: 1 sub	milk, soy, wheat	770	380	42	54	19	93	0	90	30	1740	76	57	21	6	20	11	42
Original Grinder Serving Size: 1 sub	milk, wheat	540	230	25	32	10	52	0	70	23	2070	90	48	18	4	13	5	29
Pastrami Grinder Serving Size: 1 sub	milk, wheat	500	170	19	25	8	40	0	65	22	1800	78	47	17	4	13	3	35
Roast Beef & Provolone Serving Size: 1 sub	egg, milk, wheat	620	270	31	40	12	61	0	90	30	1750	76	46	17	3	12	3	39
Southwest Grilled Chicken Toastee Serving Size: 1 sub	egg, milk, soy, wheat	500	180	21	26	8	38	0	80	27	820	36	47	17	4	16	4	26
Spicy Grinder Serving Size: 1 sub	milk, wheat	620	300	33	43	14	71	0	75	26	2510	109	48	17	5	16	7	31
Spicy Roast Beef and Provolone Toastee Serving Size: 1 sub	egg, milk, soy, wheat	590	230	26	33	11	57	0	85	28	1980	86	50	18	5	18	6	38
Tuna Serving Size: 1 sub	egg, fish, wheat	560	270	32	41	6	31	0	40	13	950	41	47	17	3	12	21	9
Turkey & Provolone Serving Size: 1 sub	egg, milk, wheat	610	250	29	37	12	60	0	80	27	2030	88	49	18	4	16	3	40
Turkey, Ham & Provolone Serving Size: 1 sub	egg, milk, wheat	610	270	30	39	12	61	0	85	29	2220	96	49	18	4	12	5	38
Veggie Grinder Serving Size: 1 sub	milk, wheat	560	250	28	36	15	73	0	55	18	1320	57	49	18	4	16	5	29

Sandwiches - Half (6") on Gluten Free

Blazin' Buffalo Chicken Toastee Serving Size: 1 sub	egg, milk, soy	820	340	38	48	9	43	0	170	57	2230	97	65	24	7	26	4	35
Club Serving Size: 1 sub	egg, milk	910	510	58	74	17	87	0	105	36	2790	121	64	23	7	25	5	41
Cuban Toastee Serving Size: 1 sub	milk	550	230	25	32	6	31	0	60	21	1990	86	63	23	7	24	3	26
Deluxe Grinder Serving Size: 1 sub	milk	770	420	46	59	15	73	0	80	27	2380	103	64	23	7	24	6	29
Ham & Swiss Serving Size: 1 sub	egg, milk	630	340	38	49	8	41	0	60	20	1410	61	61	22	6	23	5	19
Meatball w/provolone Serving Size: 1 sub	milk, soy, wheat	900	490	54	70	18	92	0	90	30	1780	78	72	26	9	31	10	36
Original Grinder Serving Size: 1 sub	milk	670	340	38	48	10	50	0	70	23	2110	92	63	23	7	23	5	23
Pastrami Grinder Serving Size: 1 sub	milk	630	290	32	41	8	39	0	65	22	1840	80	62	23	7	24	3	30
Roast Beef & Provolone Serving Size: 1 sub	egg, milk	750	380	43	56	12	60	0	90	30	1790	78	61	22	6	23	3	33
Southwest Grilled Chicken Toastee Serving Size: 1 sub	egg, milk, soy, wheat	630	290	33	42	7	36	0	80	27	860	37	62	23	7	26	4	21
Spicy Grinder Serving Size: 1 sub	milk	750	420	46	59	14	70	0	75	26	2550	111	63	23	8	27	6	25
Spicy Roast Beef and Provolone Toastee Serving Size: 1 sub	egg, milk, soy, wheat	720	340	38	49	11	56	0	85	28	2020	88	65	24	8	29	6	32
Tuna Serving Size: 1 sub	egg, fish	690	380	44	57	6	29	0	40	13	990	43	62	22	6	23	21	3
Turkey & Provolone Serving Size: 1 sub	egg, milk	740	360	41	53	12	59	0	80	27	2070	90	64	23	7	27	3	35
Turkey, Ham & Provolone Serving Size: 1 sub	egg, milk	730	370	42	54	12	59	0	80	26	2090	91	63	23	7	25	4	30
Veggie Grinder Serving Size: 1 sub	milk	690	370	41	52	14	72	0	55	18	1360	59	64	23	7	26	4	24

Sandwiches - Whole (12") on White

Blazin' Buffalo Chicken Toastee Serving Size: 1 sub	egg, milk, soy	1370	450	50	64	18	89	0.5	340	113	4380	190	102	37	7	24	8	79
Club Serving Size: 1 sub	egg, milk, wheat	1550	790	90	116	35	177	0	215	72	5490	239	98	36	6	21	9	91
Cuban Toastee Serving Size: 1 sub	milk, wheat	840	230	25	32	13	64	0	125	41	3880	169	97	35	6	20	7	61
Deluxe Grinder Serving Size: 1 sub	milk, wheat	1270	610	67	86	30	149	0	165	54	4670	203	99	36	5	19	11	68
Ham & Swiss Serving Size: 1 sub	egg, milk, wheat	1000	450	51	66	17	84	0	120	41	2730	119	93	34	5	17	9	47

Meatball w/provolone Serving Size: 1 sub	milk, soy, wheat	1530	750	84	107	37	186	0	180	60	3480	151	114	42	9	33	21	81
Original Grinder Serving Size: 1 sub	milk, wheat	1070	450	51	65	21	104	0	140	47	4130	180	98	36	5	19	10	56
Pastrami Grinder Serving Size: 1 sub	milk, wheat	980	350	39	50	16	81	0	130	44	3600	156	95	35	5	19	6	68
Roast Beef & Provolone Serving Size: 1 sub	egg, milk, wheat	1230	540	62	79	25	123	0	180	60	3480	151	93	34	5	17	5	76
Southwest Grilled Chicken Toastee Serving Size: 1 sub	egg, milk, soy, wheat	990	360	41	53	15	75	0	165	55	1620	71	95	35	7	24	7	50
Spicy Grinder Serving Size: 1 sub	milk, wheat	1220	610	67	86	28	142	0	155	52	5020	218	97	35	7	25	12	60
Spicy Roast Beef and Provolone Toastee Serving Size: 1 sub	egg, milk, soy, wheat	1180	460	52	67	23	115	0	165	55	3950	172	102	37	8	29	11	74
Tuna Serving Size: 1 sub	egg, fish, wheat	1120	530	63	81	12	61	0	80	26	1890	82	95	34	5	17	41	15
Turkey & Provolone Serving Size: 1 sub	egg, milk, wheat	1200	500	58	74	24	120	0	160	54	4050	176	99	36	7	25	5	78
Turkey, Ham & Provolone Serving Size: 1 sub	egg, milk, wheat	1190	520	59	76	24	121	0	155	52	4090	178	99	36	6	22	9	70
Veggie Grinder Serving Size: 1 sub	milk, wheat	1120	510	56	72	29	146	0	110	37	2630	114	99	36	7	24	8	56
Sandwiches - Whole (12") on Wheat																		
Blazin' Buffalo Chicken Toastee Serving Size: 1 sub	egg, milk, soy	1380	450	50	64	18	89	0.5	340	113	4390	191	101	37	9	31	9	81
Club Serving Size: 1 sub	egg, milk, wheat	1560	790	90	116	35	177	0	215	72	5500	239	97	35	8	28	10	93
Cuban Toastee Serving Size: 1 sub	milk, wheat	850	230	25	32	13	64	0	125	41	3890	169	96	35	8	27	8	63
Deluxe Grinder Serving Size: 1 sub	milk, wheat	1280	610	67	86	30	149	0	165	54	4680	203	98	36	7	26	12	70
Ham & Swiss Serving Size: 1 sub	egg, milk, wheat	1010	450	51	66	17	84	0	120	41	2740	119	92	34	7	24	10	49
Meatball w/provolone Serving Size: 1 sub	milk, soy, wheat	1540	750	84	107	37	186	0	180	60	3490	152	113	41	11	40	22	83
Original Grinder Serving Size: 1 sub	milk, wheat	1080	450	51	65	21	104	0	140	47	4140	180	97	35	7	26	11	58
Pastrami Grinder Serving Size: 1 sub	milk, wheat	990	350	39	50	16	81	0	130	44	3610	157	94	34	7	26	7	70
Roast Beef & Provolone Serving Size: 1 sub	egg, milk, wheat	1240	540	62	79	25	123	0	180	60	3490	152	92	33	7	24	6	78
Southwest Grilled Chicken Toastee Serving Size: 1 sub	egg, milk, soy, wheat	1000	360	41	53	15	75	0	165	55	1630	71	94	34	9	31	8	52
Spicy Grinder Serving Size: 1 sub	milk, wheat	1230	610	67	86	28	142	0	155	52	5030	219	96	35	9	32	13	62
Spicy Roast Beef and Provolone Toastee Serving Size: 1 sub	egg, fish, wheat	1130	530	63	81	12	61	0	80	26	1900	83	94	34	7	24	42	17
Tuna Serving Size: 1 sub	egg, milk, soy, wheat	1190	460	52	67	23	115	0	165	55	3960	172	101	37	10	36	12	76
Turkey & Provolone Serving Size: 1 sub	egg, milk, wheat	1210	500	58	74	24	120	0	160	54	4060	177	98	35	9	32	6	80
Turkey, Ham & Provolone Serving Size: 1 sub	egg, milk, wheat	1230	530	60	78	24	122	0	170	57	4390	191	97	35	8	28	10	77
Veggie Grinder Serving Size: 1 sub	milk, wheat	1170	540	60	77	30	150	0	110	37	2820	123	99	36	9	31	9	58
Sandwiches - Whole (12") on Gluten Free																		
Blazin' Buffalo Chicken Toastee Serving Size: 1 sub	egg, milk, soy	1640	680	75	96	17	87	0.5	340	113	4470	194	131	47	15	53	8	70
Club Serving Size: 1 sub	egg, milk	1820	1020	115	148	35	175	0	215	72	5580	243	127	46	14	49	9	82
Cuban Toastee Serving Size: 1 sub	milk	1110	450	50	64	12	61	0	125	41	3970	173	126	46	14	48	7	52
Deluxe Grinder Serving Size: 1 sub	milk	1540	830	92	118	29	147	0	165	54	4760	207	128	46	13	47	11	59
Ham & Swiss Serving Size: 1 sub	egg, milk	1270	670	76	98	16	82	0	120	41	2820	123	122	45	13	45	9	38
Meatball w/provolone Serving Size: 1 sub	milk, soy, wheat	1800	980	109	139	37	183	0	180	60	3570	155	143	52	17	62	21	72
Original Grinder Serving Size: 1 sub	milk	1340	680	76	97	20	102	0	140	47	4220	184	127	46	13	47	10	47
Pastrami Grinder Serving Size: 1 sub	milk	1250	570	64	82	16	78	0	130	44	3690	160	124	45	13	47	6	59
Roast Beef & Provolone Serving Size: 1 sub	egg, milk	1500	760	87	111	24	120	0	180	60	3570	155	122	44	13	45	5	67
Southwest Grilled Chicken Toastee Serving Size: 1 sub	egg, milk, soy, wheat	1260	580	66	85	15	73	0	165	55	1710	74	124	45	15	53	7	41
Spicy Grinder Serving Size: 1 sub	milk	1490	830	92	118	28	139	0	155	52	5110	222	126	46	15	54	12	51
Spicy Roast Beef and Provolone Toastee Serving Size: 1 sub	egg, milk, soy, wheat	1450	690	77	99	22	112	0	165	55	4040	176	131	47	16	58	11	65
Tuna Serving Size: 1 sub	egg, fish	1390	760	88	113	12	59	0	80	26	1980	86	124	45	13	45	41	6
Turkey & Provolone Serving Size: 1 sub	egg, milk	1470	730	83	106	24	118	0	160	54	4140	180	128	46	15	53	5	69
Turkey, Ham & Provolone	egg, milk	1460	740	84	108	24	118	0	155	52	4180	182	128	46	14	51	9	61

Serving Size: 1 sub	egg, milk	1400	740	84	108	24	110	0	155	52	4180	182	128	46	14	51	9	61
Veggie Grinder Serving Size: 1 sub	milk	1390	730	81	104	29	144	0	110	37	2720	118	128	46	15	53	8	47
3' Subs																		
Deluxe Grinder Serving Size: 3" slice	milk, wheat	500	230	26	33	9	43	0	45	15	1980	86	46	17	2	8	4	22
Ham & Swiss Serving Size: 3" slice	egg, milk, wheat	350	100	12	15	3.5	18	0	35	12	1430	62	44	16	2	7	4	19
Original Grinder Serving Size: 3" slice	milk, wheat	420	160	18	23	6	32	0	35	12	1640	71	45	16	2	8	4	20
Roast Beef & Provolone Serving Size: 3" slice	egg, milk, wheat	380	120	13	17	5	25	0	40	14	1330	58	43	16	2	7	3	22
Tuna Serving Size: 3" slice	egg, fish, wheat	340	110	13	17	2.5	12	0	15	5	920	40	43	16	2	7	9	9
Turkey & Provolone Serving Size: 3" slice	egg, milk, wheat	390	110	12	16	5	24	0	40	14	1630	71	45	16	3	10	3	26
Turkey, Ham & Provolone Serving Size: 3" slice	egg, milk, wheat	390	110	13	17	5	25	0	45	14	1670	73	45	16	2	9	4	24
Veggie Grinder Serving Size: 3" slice	milk, wheat	410	160	18	23	7	33	0	20	7	1260	55	45	16	2	9	3	16
Sides																		
Chili Serving Size: 1 cookie	soy	180	60	7	9	3	15	0	15	6	630	28	18	6	4	15	3	12
Chili - Supreme Serving Size: 1 cookie	soy	190	80	9	12	4.5	22	0	25	9	510	22	14	5	3	12	3	12
Chocolate Chip Cookie Serving Size: 1 cookie	egg, milk, soy, wheat	530	220	24	31	12	61	0	20	7	380	17	73	27	4	14	45	4
Churros and Chocolate Sauce Serving Size: 8 churros	egg, wheat	460	110	12	16	4.5	23	0	0	0	180	8	87	32	2	8	64	0
Potato Salad Serving Size: 5 ounces	egg, milk	240	130	14	18	3	15	0	150	5	670	29	22	8	2	7	6	6
CHIPS																		
Potato Chips - BBQ Serving Size: 1 bag	n/a	230	90	14	18	2	9	0	0	0	290	13	24	9	2	7	2	3
Potato Chips - Plain Serving Size: 1 bag	n/a	240	90	15	19	2	10	0	0	0	250	10	23	8	2	7	1	3
Potato Chips - Sour Cream & Onion Serving Size: 1 bag	n/a	230	90	14	19	2	10	0	0	0	290	13	23	8	2	7	2	3
BOTTLED RANCH																		
Buffalo Ranch Serving Size: 2 tbsp	egg, milk, soy	155	170	19	29	3	15	0	5	1	360	15	0	0	0	0	0	0
Ranch Serving Size: 2 tbsp	egg, milk, soy	175	170	19	29	3	15	0	5	1	260	11	2	1	0	0	1	1
EXTRA SAUCE																		
BBQ Sauce Serving Size: 2 oz PC Cup	n/a	70	0	0	0	0	0	0	0	0	700	30	15	5	0	0	13	0
Blue Cheese Serving Size:1 packet	egg, milk	190	180	20	26	4	19	0	20	7	380	17	2	1	0	0	1	1
Buffalo Ranch Serving Size: 2 oz PC Cup	egg, milk, soy	290	310	35	45	6	28	0	10	3	680	30	0	0	0	0	0	0
Caesar Serving Size: 1 packet	egg, milk	180	162	18	23	3	16	0	10	3	390	17	2	1	0	0	<1	1
Chipotle Ranch Serving Size: 2 oz PC Cup	egg, milk, soy	290	280	33	43	6	28	0	30	10	250	11	2	1	0	0	<1	0
Frank's Red Hot Sauce Serving Size: 2 oz Cup	n/a	0	0	0	0	0	0	0	0	0	1590	69	0	0	0	0	0	0
Honey Mustard Serving Size: 1 packet	egg	130	90	10	13	1.5	8	0	10	3	290	13	9	3	0	0	9	0
House Serving Size: 2 oz PC Cup	n/a	150	150	17	22	2.5	12	0	0	0	320	14	<1	0	0	0	0	0
Nacho Cheese Serving Size: 2 oz Cup	milk	70	50	5	7	1	5	0	0	0	500	22	5	2	0	0	0	<1
Ranch Serving Size: 2 oz PC Cup	egg, milk, soy	330	310	35	45	6	28	1	10	3	490	21	4	1	0	0	2	2
Thousand Island Serving Size: 1 packet	egg	220	189	21	27	3.5	17	0	20	7	310	14	6	2	0	0	6	0