

+ 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 nutrition advice, but calorie needs vary.

|                                                                                  |           |                 |                     |               |                  |                   |                  |               |                  |                  |             |                  |                   |                  |                   |                  |            |             |
|----------------------------------------------------------------------------------|-----------|-----------------|---------------------|---------------|------------------|-------------------|------------------|---------------|------------------|------------------|-------------|------------------|-------------------|------------------|-------------------|------------------|------------|-------------|
|  | Allergens | Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | % Daily Value ++ | Saturated Fat (g) | % Daily Value ++ | Trans Fat (g) | Cholesterol (mg) | % Daily Value ++ | Sodium (mg) | % Daily Value ++ | Carbohydrates (g) | % Daily Value ++ | Dietary Fiber (g) | % Daily Value ++ | Sugars (g) | Protein (g) |
|                                                                                  |           |                 |                     |               |                  |                   |                  |               |                  |                  |             |                  |                   |                  |                   |                  |            |             |

## Nutrition Information

## DRINKS

### Mini Beverages

|                                                  |     |     |   |   |   |   |   |   |   |   |     |   |    |    |   |   |    |   |
|--------------------------------------------------|-----|-----|---|---|---|---|---|---|---|---|-----|---|----|----|---|---|----|---|
| Diet Pepsi<br>Serving Size: 10 oz no ice         | n/a | 0   | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 45  | 2 | 0  | 0  | 0 | 0 | 0  | 0 |
| Dr. Pepper<br>Serving Size: 10 oz no ice         | n/a | 130 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 50  | 2 | 33 | 11 | 0 | 0 | 32 | 0 |
| Iced Tea<br>Serving Size: 10 oz no ice           | n/a | 0   | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0   | 0 | 0  | 0  | 0 | 0 | 0  | 0 |
| Mountain Dew<br>Serving Size: 10 oz no ice       | n/a | 140 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 50  | 2 | 39 | 13 | 0 | 0 | 38 | 0 |
| Pepsi<br>Serving Size: 10 oz no ice              | n/a | 120 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 25  | 1 | 32 | 11 | 0 | 0 | 32 | 0 |
| Starry<br>Serving Size: 10 oz no ice             | n/a | 130 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 30  | 1 | 33 | 12 | 0 | 0 | 33 | 0 |
| Tropicana Lemonade<br>Serving Size: 10 oz no ice | n/a | 130 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 125 | 5 | 33 | 11 | 0 | 0 | 33 | 0 |

### Small Beverages

|                                                  |     |     |   |   |   |   |   |   |   |   |     |   |    |    |   |   |    |   |
|--------------------------------------------------|-----|-----|---|---|---|---|---|---|---|---|-----|---|----|----|---|---|----|---|
| Diet Pepsi<br>Serving Size: 16 oz no ice         | n/a | 0   | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 75  | 3 | 0  | 0  | 0 | 0 | 0  | 0 |
| Dr. Pepper<br>Serving Size: 16 oz no ice         | n/a | 200 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 80  | 3 | 53 | 18 | 0 | 0 | 51 | 0 |
| Iced Tea<br>Serving Size: 16 oz no ice           | n/a | 0   | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0   | 0 | 0  | 0  | 0 | 0 | 0  | 0 |
| Mountain Dew<br>Serving Size: 16 oz no ice       | n/a | 230 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 80  | 3 | 62 | 21 | 0 | 0 | 61 | 0 |
| Pepsi<br>Serving Size: 16 oz no ice              | n/a | 190 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 40  | 2 | 51 | 17 | 0 | 0 | 51 | 0 |
| Starry<br>Serving Size: 16 oz no ice             | n/a | 200 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 45  | 2 | 52 | 19 | 0 | 0 | 52 | 0 |
| Tropicana Lemonade<br>Serving Size: 16 oz no ice | n/a | 200 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 200 | 8 | 53 | 18 | 0 | 0 | 53 | 0 |

### Medium Beverages

|                                                  |     |     |   |   |   |   |   |   |   |   |     |    |    |    |   |   |    |   |
|--------------------------------------------------|-----|-----|---|---|---|---|---|---|---|---|-----|----|----|----|---|---|----|---|
| Diet Pepsi<br>Serving Size: 24 oz no ice         | n/a | 0   | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 110 | 5  | 0  | 0  | 0 | 0 | 0  | 0 |
| Dr. Pepper<br>Serving Size: 24 oz no ice         | n/a | 300 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 120 | 5  | 79 | 26 | 0 | 0 | 77 | 0 |
| Iced Tea<br>Serving Size: 24 oz no ice           | n/a | 0   | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0   | 0  | 0  | 0  | 0 | 0 | 0  | 0 |
| Mountain Dew<br>Serving Size: 24 oz no ice       | n/a | 350 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 120 | 5  | 93 | 31 | 0 | 0 | 92 | 0 |
| Pepsi<br>Serving Size: 24 oz no ice              | n/a | 290 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 55  | 2  | 77 | 26 | 0 | 0 | 77 | 0 |
| Starry<br>Serving Size: 24 oz no ice             | n/a | 300 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 70  | 3  | 78 | 28 | 0 | 0 | 78 | 0 |
| Tropicana Lemonade<br>Serving Size: 24 oz no ice | n/a | 300 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 300 | 12 | 80 | 27 | 0 | 0 | 80 | 0 |

### Large Beverages

|                                                  |     |     |   |   |   |   |   |   |   |   |     |    |     |    |   |   |     |   |
|--------------------------------------------------|-----|-----|---|---|---|---|---|---|---|---|-----|----|-----|----|---|---|-----|---|
| Diet Pepsi<br>Serving Size: 32 oz no ice         | n/a | 0   | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 150 | 6  | 0   | 0  | 0 | 0 | 0   | 0 |
| Dr. Pepper<br>Serving Size: 32 oz no ice         | n/a | 400 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 160 | 7  | 106 | 35 | 0 | 0 | 102 | 0 |
| Iced Tea<br>Serving Size: 32 oz no ice           | n/a | 0   | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0   | 0  | 0   | 0  | 0 | 0 | 0   | 0 |
| Mountain Dew<br>Serving Size: 32 oz no ice       | n/a | 460 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 160 | 7  | 124 | 41 | 0 | 0 | 122 | 0 |
| Pepsi<br>Serving Size: 32 oz no ice              | n/a | 380 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 75  | 3  | 102 | 34 | 0 | 0 | 102 | 0 |
| Starry<br>Serving Size: 32 oz no ice             | n/a | 400 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 95  | 4  | 104 | 38 | 0 | 0 | 104 | 0 |
| Tropicana Lemonade<br>Serving Size: 32 oz no ice | n/a | 400 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 400 | 17 | 107 | 36 | 0 | 0 | 107 | 0 |

### Mini eegee's

|                                     |          |     |   |   |   |   |   |   |   |   |    |   |    |    |   |   |    |   |
|-------------------------------------|----------|-----|---|---|---|---|---|---|---|---|----|---|----|----|---|---|----|---|
| Lemon<br>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<br>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<br>Serving Size: 10 oz | n/a      | 15  | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 8  | 3  | 0 | 0 | 0  | 0 |
| Strawberry<br>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<br>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<br>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<br>Serving Size: 16 oz | n/a      | 20  | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 15 | 1 | 12 | 4  | 0 | 0 | 0  | 0 |
| Strawberry<br>Serving Size: 16 oz   | n/a      | 170 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 55 | 2 | 47 | 16 | 0 | 0 | 47 | 0 |

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| <br><b>Nutrition Information</b><br><b>Medium eegee's</b> | Allergens | Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | % Daily Value ++ | Saturated Fat (g) | % Daily Value ++ | Trans Fat (g) | Cholesterol (mg) | % Daily Value ++ | Sodium (mg) | % Daily Value ++ | Carbohydrates (g) | % Daily Value ++ | Dietary Fiber (g) | % Daily Value ++ | Sugars (g) | Protein (g) |
|-------------------------------------------------------------------------------------------------------------------------------------------|-----------|-----------------|---------------------|---------------|------------------|-------------------|------------------|---------------|------------------|------------------|-------------|------------------|-------------------|------------------|-------------------|------------------|------------|-------------|
|-------------------------------------------------------------------------------------------------------------------------------------------|-----------|-----------------|---------------------|---------------|------------------|-------------------|------------------|---------------|------------------|------------------|-------------|------------------|-------------------|------------------|-------------------|------------------|------------|-------------|

|                                     |          |     |   |   |   |   |   |   |   |   |    |   |    |    |   |   |    |   |
|-------------------------------------|----------|-----|---|---|---|---|---|---|---|---|----|---|----|----|---|---|----|---|
| Lemon<br>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<br>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<br>Serving Size: 24 oz | n/a      | 30  | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 20 | 1 | 18 | 7  | 0 | 0 | 0  | 0 |
| Strawberry<br>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<br>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<br>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<br>Serving Size: 32 oz | n/a      | 40  | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 25  | 1 | 24 | 9  | 0 | 0 | 0  | 0 |
| Strawberry<br>Serving Size: 32 oz   | n/a      | 350 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 105 | 4 | 93 | 31 | 0 | 0 | 93 | 0 |

### Fun/Party pak eegee's

|                                    |          |    |   |   |   |   |   |   |   |   |    |   |    |   |   |    |    |   |
|------------------------------------|----------|----|---|---|---|---|---|---|---|---|----|---|----|---|---|----|----|---|
| Lemon<br>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<br>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<br>Serving Size: 6 oz | n/a      | 5  | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 7  | 3 | 5 | 18 | 0  | 0 |
| Strawberry<br>Serving Size: 6 oz   | n/a      | 70 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 20 | 1 | 18 | 6 | 0 | 0  | 18 | 0 |

### Mini eegee's Fizz

|                                                                              |     |     |   |   |   |   |   |   |   |   |    |   |    |    |   |   |    |   |
|------------------------------------------------------------------------------|-----|-----|---|---|---|---|---|---|---|---|----|---|----|----|---|---|----|---|
| Diet Pepsi w/lemon, strawberry or pina colada<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>Serving Size: 10 oz | n/a | 120 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 80 | 3 | 31 | 10 | 0 | 0 | 31 | 0 |
| Tropicana Lemonade with Skinny Berry<br>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<br>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<br>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<br>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<br>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<br>Serving Size: 16 oz       | n/a | 200 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 65  | 3 | 54 | 18 | 0 | 0 | 54 | 0 |
| Mountain Dew with Skinny Berry<br>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<br>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<br>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<br>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<br>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<br>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<br>Serving Size: 16 oz                  | n/a | 110 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 105 | 5 | 33 | 12 | 0 | 0 | 27 | 0 |

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|  | Allergens | Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | % Daily Value ++ | Saturated Fat (g) | % Daily Value ++ | Trans Fat (g) | Cholesterol (mg) | % Daily Value ++ | Sodium (mg) | % Daily Value ++ | Carbohydrates (g) | % Daily Value ++ | Dietary Fiber (g) | % Daily Value ++ | Sugars (g) | Protein (g) |
|----------------------------------------------------------------------------------|-----------|-----------------|---------------------|---------------|------------------|-------------------|------------------|---------------|------------------|------------------|-------------|------------------|-------------------|------------------|-------------------|------------------|------------|-------------|
| <b>Nutrition Information</b>                                                     |           |                 |                     |               |                  |                   |                  |               |                  |                  |             |                  |                   |                  |                   |                  |            |             |
| <b>Medium eegee's Fizz</b>                                                       |           |                 |                     |               |                  |                   |                  |               |                  |                  |             |                  |                   |                  |                   |                  |            |             |

|                                                                              |     |     |   |   |   |   |   |   |   |   |     |   |    |    |   |   |    |   |
|------------------------------------------------------------------------------|-----|-----|---|---|---|---|---|---|---|---|-----|---|----|----|---|---|----|---|
| Diet Pepsi w/lemon, strawberry or pina colada<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>Serving Size: 32 oz                  | n/a | 220 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 210 | 9  | 65  | 24 | 0 | 0 | 53  | 0 |

### Mini Teagee's

|                                                               |     |    |   |   |   |   |   |   |   |   |    |   |    |   |   |   |    |   |
|---------------------------------------------------------------|-----|----|---|---|---|---|---|---|---|---|----|---|----|---|---|---|----|---|
| Tea w/lemon, strawberry or pina colada<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>Serving Size: 32 oz                  | n/a | 20  | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 15 | 1 | 12 | 4  | 0 | 0 | 0  | 0 |

+ 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 nutrition advice, but calorie needs vary.

| <br><b>Nutrition Information</b> | Allergens | Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | % Daily Value ++ | Saturated Fat (g) | % Daily Value ++ | Trans Fat (g) | Cholesterol (mg) | % Daily Value ++ | Sodium (mg) | % Daily Value ++ | Carbohydrates (g) | % Daily Value ++ | Dietary Fiber (g) | % Daily Value ++ | Sugars (g) | Protein (g) |
|------------------------------------------------------------------------------------------------------------------|-----------|-----------------|---------------------|---------------|------------------|-------------------|------------------|---------------|------------------|------------------|-------------|------------------|-------------------|------------------|-------------------|------------------|------------|-------------|
|                                                                                                                  |           |                 |                     |               |                  |                   |                  |               |                  |                  |             |                  |                   |                  |                   |                  |            |             |

## FOOD

### Chicken Tenders

|                                                                       |            |      |     |    |    |   |   |   |     |     |      |     |     |    |    |    |   |     |
|-----------------------------------------------------------------------|------------|------|-----|----|----|---|---|---|-----|-----|------|-----|-----|----|----|----|---|-----|
| Three<br>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<br>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<br>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<br>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<br>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<br>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

|                                                              |                |     |     |    |    |     |    |     |    |    |      |    |    |    |   |    |     |    |
|--------------------------------------------------------------|----------------|-----|-----|----|----|-----|----|-----|----|----|------|----|----|----|---|----|-----|----|
| Regular Fries<br>Serving Size: 1 regular fry                 | n/a            | 250 | 80  | 9  | 11 | 1   | 5  | 0   | 0  | 0  | 710  | 31 | 38 | 14 | 4 | 14 | 0   | 4  |
| Buffalo Ranch Fries<br>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<br>Serving Size: 1 cheesy bacon fries     | milk           | 470 | 210 | 24 | 31 | 6   | 29 | 0   | 20 | 7  | 960  | 42 | 45 | 16 | 4 | 15 | 0   | 13 |
| Chili Cheese Fries<br>Serving Size: 1 chili cheese fries     | milk           | 640 | 320 | 36 | 46 | 14  | 69 | 0   | 75 | 24 | 1780 | 78 | 53 | 19 | 6 | 21 | 3   | 28 |
| Chipotle Ranch Fries<br>Serving Size: 1 chipotle ranch fries | egg, milk, soy | 450 | 250 | 29 | 37 | 4.5 | 21 | 0   | 15 | 5  | 340  | 15 | 44 | 16 | 4 | 15 | < 1 | 6  |
| Ranch Fries<br>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<br>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<br>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<br>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<br>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<br>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 |

### Pretzel Bites

|                                                                 |                  |     |     |    |    |    |    |   |    |    |      |    |     |    |   |    |    |    |
|-----------------------------------------------------------------|------------------|-----|-----|----|----|----|----|---|----|----|------|----|-----|----|---|----|----|----|
| Chili Cheese<br>Serving Size: 10 chili cheese bites             | milk, soy, wheat | 760 | 320 | 35 | 45 | 14 | 69 | 0 | 75 | 24 | 1680 | 73 | 77  | 28 | 3 | 12 | 3  | 34 |
| Cinnamon Sugar<br>Serving Size: 10 Cinnamon Sugar Bites w/Icing | soy, wheat       | 650 | 80  | 9  | 12 | 1  | 5  | 0 | 0  | 0  | 735  | 32 | 131 | 48 | 2 | 7  | 61 | 10 |
| Salted<br>Serving Size: 10 Saled Bites                          | soy, wheat       | 400 | 80  | 9  | 12 | 1  | 5  | 0 | 0  | 0  | 1270 | 55 | 68  | 25 | 2 | 7  | 0  | 10 |

### Kids Meals

|                                                            |             |     |     |     |    |     |    |   |    |    |      |     |    |    |   |   |   |    |
|------------------------------------------------------------|-------------|-----|-----|-----|----|-----|----|---|----|----|------|-----|----|----|---|---|---|----|
| Kid's Chicken<br>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<br>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<br>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<br>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<br>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<br>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  |

### Salads

**Nutrition data does not include salad dressing**

|                                          |                 |     |     |    |    |    |    |   |    |    |      |    |    |   |   |    |    |    |
|------------------------------------------|-----------------|-----|-----|----|----|----|----|---|----|----|------|----|----|---|---|----|----|----|
| Antipasto Salad<br>Serving Size: 1 salad | milk            | 370 | 230 | 26 | 33 | 12 | 59 | 0 | 75 | 25 | 1460 | 63 | 12 | 4 | 3 | 12 | 4  | 26 |
| Chef Salad<br>Serving Size: 1 salad      | egg, milk       | 390 | 180 | 20 | 25 | 9  | 47 | 0 | 95 | 32 | 2130 | 92 | 17 | 6 | 5 | 16 | 5  | 39 |
| Garden Salad<br>Serving Size: 1 salad    | milk            | 250 | 160 | 17 | 22 | 9  | 43 | 0 | 40 | 14 | 690  | 30 | 11 | 4 | 4 | 13 | 3  | 16 |
| Tuna Salad<br>Serving Size: 1 salad      | egg, fish, milk | 470 | 320 | 36 | 47 | 12 | 59 | 0 | 65 | 22 | 940  | 41 | 13 | 5 | 4 | 13 | 15 | 16 |

+ 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 nutrition advice, but calorie needs vary.

| <br><b>Nutrition Information</b> | Allergens | Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | % Daily Value ++ | Saturated Fat (g) | % Daily Value ++ | Trans Fat (g) | Cholesterol (mg) | % Daily Value ++ | Sodium (mg) | % Daily Value ++ | Carbohydrates (g) | % Daily Value ++ | Dietary Fiber (g) | % Daily Value ++ | Sugars (g) | Protein (g) |
|------------------------------------------------------------------------------------------------------------------|-----------|-----------------|---------------------|---------------|------------------|-------------------|------------------|---------------|------------------|------------------|-------------|------------------|-------------------|------------------|-------------------|------------------|------------|-------------|
|                                                                                                                  |           |                 |                     |               |                  |                   |                  |               |                  |                  |             |                  |                   |                  |                   |                  |            |             |

### Sandwiches - Half (6") on White

|                                             |                  |     |     |    |    |    |    |   |     |    |      |     |    |    |   |    |    |    |
|---------------------------------------------|------------------|-----|-----|----|----|----|----|---|-----|----|------|-----|----|----|---|----|----|----|
| Club<br>Serving Size: 1 sub                 | egg, milk, wheat | 770 | 400 | 45 | 58 | 18 | 89 | 0 | 105 | 36 | 2750 | 119 | 49 | 18 | 3 | 10 | 5  | 46 |
| Deluxe Grinder<br>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<br>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<br>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<br>Serving Size: 1 sub     | milk, wheat      | 530 | 230 | 25 | 32 | 10 | 52 | 0 | 70  | 23 | 2070 | 90  | 49 | 18 | 3 | 9  | 5  | 28 |
| Tuna<br>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<br>Serving Size: 1 sub   | egg, milk, wheat | 600 | 250 | 29 | 37 | 12 | 60 | 0 | 80  | 27 | 2030 | 88  | 49 | 18 | 3 | 12 | 3  | 39 |
| Veggie Grinder<br>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

|                                             |                  |     |     |    |    |    |    |   |     |    |      |     |    |    |   |    |    |    |
|---------------------------------------------|------------------|-----|-----|----|----|----|----|---|-----|----|------|-----|----|----|---|----|----|----|
| Club<br>Serving Size: 1 sub                 | egg, milk, wheat | 780 | 400 | 45 | 58 | 18 | 89 | 0 | 105 | 36 | 2750 | 120 | 49 | 18 | 4 | 14 | 5  | 47 |
| Deluxe Grinder<br>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<br>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<br>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<br>Serving Size: 1 sub     | milk, wheat      | 540 | 230 | 25 | 32 | 10 | 52 | 0 | 70  | 23 | 2070 | 90  | 48 | 18 | 4 | 13 | 5  | 29 |
| Tuna<br>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<br>Serving Size: 1 sub   | egg, milk, wheat | 610 | 250 | 29 | 37 | 12 | 60 | 0 | 80  | 27 | 2030 | 88  | 49 | 18 | 4 | 16 | 3  | 40 |
| Veggie Grinder<br>Serving Size: 1 sub       | milk, wheat      | 560 | 250 | 28 | 36 | 15 | 73 | 0 | 55  | 18 | 1320 | 57  | 49 | 18 | 4 | 16 | 5  | 29 |

### Sandwiches - Whole (12") on White

|                                             |                  |      |     |    |     |    |     |   |     |    |      |     |     |    |   |    |    |    |
|---------------------------------------------|------------------|------|-----|----|-----|----|-----|---|-----|----|------|-----|-----|----|---|----|----|----|
| Club<br>Serving Size: 1 sub                 | egg, milk, wheat | 1550 | 790 | 90 | 116 | 35 | 177 | 0 | 215 | 72 | 5490 | 239 | 98  | 36 | 6 | 21 | 9  | 91 |
| Deluxe Grinder<br>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<br>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<br>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<br>Serving Size: 1 sub     | milk, wheat      | 1070 | 450 | 51 | 65  | 21 | 104 | 0 | 140 | 47 | 4130 | 180 | 98  | 36 | 5 | 19 | 10 | 56 |
| Tuna<br>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<br>Serving Size: 1 sub   | egg, milk, wheat | 1200 | 500 | 58 | 74  | 24 | 120 | 0 | 160 | 54 | 4050 | 176 | 99  | 36 | 7 | 25 | 5  | 78 |
| Veggie Grinder<br>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

|                                             |                  |      |     |    |     |    |     |   |     |    |      |     |     |    |    |    |    |    |
|---------------------------------------------|------------------|------|-----|----|-----|----|-----|---|-----|----|------|-----|-----|----|----|----|----|----|
| Club<br>Serving Size: 1 sub                 | egg, milk, wheat | 1560 | 790 | 90 | 116 | 35 | 177 | 0 | 215 | 72 | 5500 | 239 | 97  | 35 | 8  | 28 | 10 | 93 |
| Deluxe Grinder<br>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<br>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<br>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<br>Serving Size: 1 sub     | milk, wheat      | 1080 | 450 | 51 | 65  | 21 | 104 | 0 | 140 | 47 | 4140 | 180 | 97  | 35 | 7  | 26 | 11 | 58 |
| Tuna<br>Serving Size: 1 sub                 | egg, fish, wheat | 1130 | 530 | 63 | 81  | 12 | 61  | 0 | 80  | 26 | 1900 | 83  | 94  | 34 | 7  | 24 | 42 | 17 |
| Turkey & Provolone<br>Serving Size: 1 sub   | egg, milk, wheat | 1210 | 500 | 58 | 74  | 24 | 120 | 0 | 160 | 54 | 4060 | 177 | 98  | 35 | 9  | 32 | 6  | 80 |
| Veggie Grinder<br>Serving Size: 1 sub       | milk, wheat      | 1170 | 540 | 60 | 77  | 30 | 150 | 0 | 110 | 37 | 2820 | 123 | 99  | 36 | 9  | 31 | 9  | 58 |

### 3' Subs

|                                              |                  |     |     |    |    |     |    |   |    |    |      |    |    |    |   |    |   |    |
|----------------------------------------------|------------------|-----|-----|----|----|-----|----|---|----|----|------|----|----|----|---|----|---|----|
| Deluxe Grinder<br>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<br>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<br>Serving Size: 3" slice   | milk, wheat      | 420 | 160 | 18 | 23 | 6   | 32 | 0 | 35 | 12 | 1640 | 71 | 45 | 16 | 2 | 8  | 4 | 20 |
| Tuna<br>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<br>Serving Size: 3" slice | egg, milk, wheat | 390 | 110 | 12 | 16 | 5   | 24 | 0 | 40 | 14 | 1630 | 71 | 45 | 16 | 3 | 10 | 3 | 26 |
| Veggie Grinder<br>Serving Size: 3" slice     | milk, wheat      | 410 | 160 | 18 | 23 | 7   | 33 | 0 | 20 | 7  | 1260 | 55 | 45 | 16 | 2 | 9  | 3 | 16 |

+ 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 nutrition advice, but calorie needs vary.

|                                                                                                                              |           |                 |                     |               |                  |                   |                  |               |                  |                  |             |                  |                   |                  |                   |                  |            |             |
|------------------------------------------------------------------------------------------------------------------------------|-----------|-----------------|---------------------|---------------|------------------|-------------------|------------------|---------------|------------------|------------------|-------------|------------------|-------------------|------------------|-------------------|------------------|------------|-------------|
| <div></div> <div>Nutrition Information</div> | Allergens | Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | % Daily Value ++ | Saturated Fat (g) | % Daily Value ++ | Trans Fat (g) | Cholesterol (mg) | % Daily Value ++ | Sodium (mg) | % Daily Value ++ | Carbohydrates (g) | % Daily Value ++ | Dietary Fiber (g) | % Daily Value ++ | Sugars (g) | Protein (g) |
|                                                                                                                              |           |                 |                     |               |                  |                   |                  |               |                  |                  |             |                  |                   |                  |                   |                  |            |             |
|                                                                                                                              |           |                 |                     |               |                  |                   |                  |               |                  |                  |             |                  |                   |                  |                   |                  |            |             |
|                                                                                                                              |           |                 |                     |               |                  |                   |                  |               |                  |                  |             |                  |                   |                  |                   |                  |            |             |
|                                                                                                                              |           |                 |                     |               |                  |                   |                  |               |                  |                  |             |                  |                   |                  |                   |                  |            |             |
|                                                                                                                              |           |                 |                     |               |                  |                   |                  |               |                  |                  |             |                  |                   |                  |                   |                  |            |             |
|                                                                                                                              |           |                 |                     |               |                  |                   |                  |               |                  |                  |             |                  |                   |                  |                   |                  |            |             |
|                                                                                                                              |           |                 |                     |               |                  |                   |                  |               |                  |                  |             |                  |                   |                  |                   |                  |            |             |
|                                                                                                                              |           |                 |                     |               |                  |                   |                  |               |                  |                  |             |                  |                   |                  |                   |                  |            |             |
|                                                                                                                              |           |                 |                     |               |                  |                   |                  |               |                  |                  |             |                  |                   |                  |                   |                  |            |             |
|                                                                                                                              |           |                 |                     |               |                  |                   |                  |               |                  |                  |             |                  |                   |                  |                   |                  |            |             |
|                                                                                                                              |           |                 |                     |               |                  |                   |                  |               |                  |                  |             |                  |                   |                  |                   |                  |            |             |
|                                                                                                                              |           |                 |                     |               |                  |                   |                  |               |                  |                  |             |                  |                   |                  |                   |                  |            |             |
|                                                                                                                              |           |                 |                     |               |                  |                   |                  |               |                  |                  |             |                  |                   |                  |                   |                  |            |             |
|                                                                                                                              |           |                 |                     |               |                  |                   |                  |               |                  |                  |             |                  |                   |                  |                   |                  |            |             |
|                                                                                                                              |           |                 |                     |               |                  |                   |                  |               |                  |                  |             |                  |                   |                  |                   |                  |            |             |

### Sides

|                                                 |                       |     |     |    |    |     |    |   |    |   |     |    |    |    |   |    |    |    |
|-------------------------------------------------|-----------------------|-----|-----|----|----|-----|----|---|----|---|-----|----|----|----|---|----|----|----|
| Chili<br>Serving Size: 6 ounces                 | soy                   | 180 | 60  | 7  | 9  | 3   | 15 | 0 | 15 | 6 | 630 | 28 | 18 | 6  | 4 | 15 | 3  | 12 |
| Chili - Supreme<br>Serving Size: 6 ounces       | soy                   | 190 | 80  | 9  | 12 | 4.5 | 22 | 0 | 25 | 9 | 510 | 22 | 14 | 5  | 3 | 12 | 3  | 12 |
| Chocolate Chip Cookie<br>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  |
| <b>CHIPS</b>                                    |                       |     |     |    |    |     |    |   |    |   |     |    |    |    |   |    |    |    |
| Potato Chips - BBQ<br>Serving Size: 1 bag       | milk                  | 200 | 99  | 11 | 15 | 1.5 | 8  | 0 | 0  | 0 | 190 | 8  | 23 | 8  | 2 | 7  | 3  | 3  |
| Potato Chips - Jalapeno<br>Serving Size: 1 bag  | milk                  | 200 | 99  | 11 | 15 | 1.5 | 8  | 0 | 0  | 0 | 190 | 8  | 23 | 8  | 2 | 7  | 2  | 3  |
| Potato Chips - Sea Salt<br>Serving Size: 1 bag  | n/a                   | 210 | 108 | 12 | 16 | 1.5 | 8  | 0 | 0  | 0 | 170 | 7  | 23 | 8  | 2 | 7  | 1  | 3  |

### BOTTLED RANCH

|                                       |                |     |     |    |    |   |    |   |   |   |     |    |   |   |   |   |   |   |
|---------------------------------------|----------------|-----|-----|----|----|---|----|---|---|---|-----|----|---|---|---|---|---|---|
| Buffalo Ranch<br>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<br>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

|                                                 |                |     |     |    |    |     |    |   |    |    |      |    |    |   |   |   |    |    |
|-------------------------------------------------|----------------|-----|-----|----|----|-----|----|---|----|----|------|----|----|---|---|---|----|----|
| Buffalo Ranch<br>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  |
| Chipotle Ranch<br>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<br>Serving Size: 2 oz Cup | n/a            | 0   | 0   | 0  | 0  | 0   | 0  | 0 | 0  | 0  | 1590 | 69 | 0  | 0 | 0 | 0 | 0  | 0  |
| House<br>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<br>Serving Size: 2 oz Cup          | milk           | 70  | 50  | 5  | 7  | 1   | 5  | 0 | 0  | 0  | 500  | 22 | 5  | 2 | 0 | 0 | 0  | <1 |
| Ranch<br>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  |