updated 11/02/26

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Nutrition Information

DRINKS

Mini Beverages

	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)
Diet Pepsi 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 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 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 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 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 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 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 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 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 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 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 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 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 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 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 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 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 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 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 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 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 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 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 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 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 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 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 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

Bigee Beverages

Diet Pepsi Serving Size: 44 oz no ice	n/a	0	0	0	0	0	0	0	0	0	200	8	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	220	9	145	48	0	0	141	0
Iced Tea Serving Size: 44 oz no ice	n/a	0	0	0	0	0	0	0	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	220	9	171	57	0	0	168	0
Pepsi Serving Size: 44 oz no ice	n/a	530	0	0	0	0	0	0	0	0	105	4	141	47	0	0	141	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

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Nutrition Information	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)
Mini 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
Mini 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 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 Serving Size: 10 oz	n/a	70	0	0	0	0	0	0	0	0	65	3	20	7	0	0	17	0

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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

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Bigee eegee's Fizz																		
Diet Pepsi w/lemon, strawberry or pina colada 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
Mini 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

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FOOD																		
Chicken Tenders																		
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																		
Regular Fries 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 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
Chili Cheese Fries 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 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
Pizza Fries Serving Size: 1 pizza fries	milk	550	230	25	32	8	41	0	40	14	1000	43	60	22	5	17	14	23
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
Pretzel Bites																		
Chili Cheese 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 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
Pizza Pretzel Serving Size: 10 Pizza Bites	soy, milk, wheat	790	310	34	44	15	76	0	60	19	2110	92	83	30	2	7	15	35
Salted Serving Size: 10 Saleted 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 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	210	60	6	8	3	15	0	30	10	690	30	24	9	< 1	3	4	13
Kid's Salami Sub Serving Size: 1 kid's salami sub	milk, wheat	280	130	14	18	7	36	0	30	11	690	30	23	8	< 1	3	3	13
Kid's Turkey Sub Serving Size: 1 kid's turkey sub	milk, wheat	250	70	8	10	5	24	0	35	12	910	40	25	9	1	5	2	20
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
Salads **Nutrition data does not include salad dressing**																		
Antipasto Salad Serving Size: 1 salad	milk	370	230	26	33	12	59	0	75	25	1460	63	12	4	3	12	4	26
Chef Salad 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 Serving Size: 1 salad	milk	250	160	17	22	9	43	0	40	14	690	30	11	4	4	13	3	16
Tuna Salad Serving Size: 1 salad	egg, fish, milk	470	320	36	47	12	59	0	65	22	940	41	13	5	4	13	15	16

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Nutrition Information	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 Serving Size: 1 sub	egg, milk, wheat	780	390	45	57	17	87	0	105	36	2730	119	51	18	2	9	7	46
Deluxe Grinder Serving Size: 1 sub	milk, wheat	640	300	33	42	15	73	0	80	27	2320	101	51	19	2	7	8	34
Ham & Swiss Serving Size: 1 sub	egg, milk, wheat	500	220	25	32	8	41	0	60	20	1350	59	48	18	2	7	7	24
Meatball w/provolone Serving Size: 1 sub	milk, soy, wheat	770	370	41	53	18	92	0	90	30	1720	75	59	21	4	15	13	41
Original Grinder Serving Size: 1 sub	milk, wheat	540	220	25	31	10	50	0	70	23	2050	89	50	18	2	7	7	28
Tuna Serving Size: 1 sub	egg, fish, wheat	560	260	31	40	6	29	0	40	13	930	41	49	18	2	7	23	8
Turkey & Provolone Serving Size: 1 sub	egg, milk, wheat	610	250	28	36	12	59	0	80	27	2010	87	51	18	3	11	5	40
Veggie Grinder Serving Size: 1 sub	milk, wheat	560	250	28	36	14	72	0	55	18	1300	56	51	18	3	10	7	29
Sandwiches - Half (6") on Wheat																		
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
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
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
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 - Whole (12") on White																		
Club Serving Size: 1 sub	egg, milk, wheat	1560	790	89	115	35	175	0	215	72	5460	238	101	37	5	17	14	92
Deluxe Grinder Serving Size: 1 sub	milk, wheat	1280	600	66	85	29	147	0	165	54	4640	202	102	37	4	15	16	69
Ham & Swiss Serving Size: 1 sub	egg, milk, wheat	1010	440	50	65	16	82	0	120	41	2700	118	96	35	4	13	14	48
Meatball w/provolone Serving Size: 1 sub	milk, soy, wheat	1540	750	83	106	37	183	0	180	60	3450	150	117	43	8	30	26	82
Original Grinder Serving Size: 1 sub	milk, wheat	1080	450	50	63	20	102	0	140	47	4100	178	101	37	4	15	15	57
Tuna Serving Size: 1 sub	egg, fish, wheat	1130	530	62	80	12	59	0	80	26	1860	81	98	36	4	13	46	16
Turkey & Provolone Serving Size: 1 sub	egg, milk, wheat	1210	500	57	73	24	118	0	160	54	4020	175	102	37	6	21	10	79
Veggie Grinder Serving Size: 1 sub	milk, wheat	1130	500	55	71	29	144	0	110	37	2600	113	102	37	6	21	13	57
Sandwiches - Whole (12") on Wheat																		
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
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
Tuna 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 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 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 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
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
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

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Sides																		
Chili Serving Size: 6 ounces	soy	180	60	7	9	3	15	0	15	6	630	28	18	6	4	15	3	12
Chili - Supreme 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 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
CHIPS																		
Cheetos Flamin' Hot Serving Size: 1 bag	milk	320	198	22	28	3	15	0	0	0	420	18	30	11	1	5	<1	3
Doritos Nacho Cheese Serving Size: 1 bag	milk	260	117	13	17	2	10	0	0	0	290	13	30	11	2	9	1	4
Lays Plain Serving Size: 1 bag	n/a	240	135	15	19	2	10	0	0	0	250	11	23	8	2	7	1	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																		
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
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
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