



	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
QT Kitchens												
Flatbread												
Chicken, Bacon & Ranch	1 flatbread (186g)	570	290	33	14	0.5	85	1750	37	3	3	31
Chicken & Cheese	1 flatbread (155g)	410	170	19	10	0.5	65	1230	37	3	2	24
Breakfast Scramble												
Bacon, Egg & Cheese	1 bowl (215g)	500	340	37	31	0.5	560	800	8	0	2	31
Protein	1 bowl (236g)	580	420	46	25	0.5	575	1120	9	1	2	32
Sausage, Egg & Cheese	1 bowl (229g)	550	400	44	15	0.5	565	900	10	1	2	28
Veggie	1 bowl (228g)	420	290	32	12	0.5	540	580	10	1	2	25
Egg & Cheese	1 bowl (194g)	410	280	31	12	0.5	540	450	8	0	1	24
Breakfast Burrito												
Bacon, Egg & Cheese NO gravy	1 burrito (233g)	660	320	35	15	0.5	295	1320	57	2	1	28
Egg & Cheese	1 burrito (222g)	600	270	30	13	0.5	285	1100	56	2	1	26
Sausage, Egg & Cheese NO gravy	1 burrito (240g)	660	320	36	14	0.5	300	1320	58	3	1	27
The Ultimate	1 burrito (335g)	910	500	56	22	0.5	340	2200	63	3	2	38
Croissant												
Bacon, Egg & Cheese	1 croissant (157g)	470	290	33	11	0	160	1530	28	1	5	17
Ham, Egg & Cheese	1 croissant (194g)	390	200	22	7	0	170	1680	29	1	6	21
Sausage, Egg & Cheese	1 croissant (191g)	570	390	44	14	0	185	1460	29	1	5	18
BLT & Cheese	1 croissant (154g)	390	240	26	9	0	30	1410	28	1	5	13
Egg & Cheese	1 croissant (135g)	340	190	21	7	0	140	1090	28	1	5	11
Turkey, Lettuce, Tomatoes & Cheese	1 croissant (191g)	300	140	15	5	0	30	1440	29	1	6	16
Tacos												
Sausage, Egg & Cheese	1 taco (155g)	410	200	22	8	0	195	1220	38	3	3	15
Bacon, Egg & Cheese	1 taco (148g)	400	190	21	9	0	190	1210	36	3	2	16
Brisket, Egg & Cheese	1 taco (165g)	410	180	20	8	0	185	1160	37	3	3	19
Chorizo, Egg & Cheese	1 taco (154g)	390	120	20	8	0	185	1150	37	3	3	15
Chicken	1 taco (149g)	310	90	10	3.5	0	75	1010	34	3	2	20
Pork	1 taco (149g)	410	160	18	7	0	70	1240	36	3	2	23
Brisket	1 taco (149g)	390	150	17	7	0	5	1400	36	3	2	23
BBQ Sandwiches												
BBQ Chicken	1 sandwich (212g)	450	90	10	2	0	105	670	59	2	16	28
BBQ Pork	1 sandwich (212g)	580	190	21	7	0	95	990	61	2	16	32

BBQ Brisket	1 sandwich (212g)	550	180	20	7	0	5	1210	61	2	17	31
Biscuits												
Bacon, Egg & Cheese	1 biscuit (201g)	660	380	43	21	0	200	1780	47	1	1	21
Sausage, Egg & Cheese	1 biscuit (234g)	770	480	54	24	0.5	230	1710	47	1	2	22
Egg & Cheese	1 biscuit (178g)	530	280	31	16	0	185	1330	47	1	1	14
Ham, Egg & Cheese	1 biscuit (237g)	590	290	32	17	0	210	1930	48	1	2	25
Sausage	1 biscuit (164g)	610	360	40	19	0	45	1280	45	1	0	13
Biscuit & Gravy	1 biscuit and gravy (274g)	570	280	31	17	0	25	1620	57	1	2	11
Grilled Cheese Sandwiches												
Classic Grilled Cheese	1 sandwich (178g)	600	300	33	14	1	65	1300	52	2	3	24
BLT & Cheese	1 sandwich (204g)	730	410	45	19	1	85	1750	53	3	4	30
Bacon, Egg & Cheese	1 sandwich (257g)	840	490	54	21	1	255	1920	53	2	4	36
Sausage, Egg & Cheese	1 sandwich (291g)	950	580	65	24	1.5	280	1850	54	2	4	37
BBQ Pork	1 Sandwich (298g)	910	460	51	21	1	160	1840	62	2	11	48
Buffalo Chicken	1 Sandwich (260g)	680	320	36	15	1	105	1920	54	2	4	37
Chicken, Bacon & Ranch	1 Sandwich (273g)	830	440	49	20	1	125	2290	54	2	4	44
Cuban	1 Sandwich (342g)	840	400	44	17	1	160	1940	53	3	3	56
Ham & Cheese	1 Sandwich (237g)	650	310	34	15	1	95	1890	53	2	4	34
Italian	1 Sandwich (222g)	730	390	43	16	1	85	1920	50	2	3	34
Pretzel												
Cinnamon Sugar	1 pretzel (179g)	500	90	10	2.5	2	0	310	90	2	17	13
Classic, Salted, Buttered	1 pretzel (176g)	490	90	10	2.5	2	0	540	87	2	14	13
Classic, Unsalted, Plain	1 pretzel (170g)	440	40	4.5	1.5	1.5	0	290	87	2	14	13
Parmesan	1 pretzel (179g)	500	90	11	3	2	2	460	87	3	14	14
Personal Pizza												
Breakfast	1 pizza (381g)	1020	470	52	32	1	235	2080	94	4	6	46
Breakfast Chorizo	1 pizza (363g)	980	430	48	32	1	160	1990	93	4	6	45
Cheese	1 pizza (307g)	730	240	27	16	1	75	1720	92	5	8	32
Pepperoni - Large Pepperoni	1 pizza (324g)	820	300	34	18	1	90	2070	93	5	9	36
Pepperoni - Small Pepperoni	1 pizza (325g)	830	310	35	19	1	90	2060	93	5	8	36
Supreme - Large Pepperoni	1 pizza (408g)	920	380	42	20	1	105	2440	97	6	10	39
Supreme - Small Pepperoni	1 pizza (409g)	930	390	43	20	1	105	2440	98	6	10	39
3 Meat - Large Pepperoni	1 pizza (352g)	930	390	44	29	1	115	2470	94	5	10	41
3 Meat - Small Pepperoni	1 pizza (354g)	940	410	45	30	1	115	2460	94	5	9	42
Pizza by the Slice												
Breakfast Pizza	1 slice (198g)	360	130	14	10	0	80	900	45	2	4	14
Chorizo Breakfast	1 slice (198g)	350	110	12	10	0	70	850	44	2	4	14
Pepperoni - Large Pepperoni	1 slice (167g)	410	150	17	8	0	40	1150	47	3	5	17
Pepperoni - Small Pepperoni	1 slice (167g)	400	150	17	9	0	40	1060	45	2	4	17
3 Meat - Large Pepperoni	1 slice (186g)	460	190	21	14	0	50	1320	48	3	6	20
3 Meat - Small Pepperoni	1 slice (180g)	460	190	22	14	0	50	1300	48	3	5	20
X-Large Pizza												
Breakfast Pizza (per slice)	1 slice (99g)	180	60	7	5	0	40	450	22	1	2	7
Chorizo Breakfast (per slice)	1 slice (99g)	170	60	6	5	0	35	420	22	1	2	7
Cheese (per slice)	1 slice (155g)	350	110	12	7	0	30	910	47	3	5	15
Sausage (per slice)	1 slice (169g)	410	160	17	8	0	40	1100	48	3	5	16

Pepperoni - Large Pepperoni (per slice)	1 slice (167g)	410	150	17	8	0	40	1150	47	3	5	17
Pepperoni - Small Pepperoni (per slice)	1 slice (167g)	400	150	17	9	0	40	1060	45	2	4	17
Supreme - Large Pepperoni (per slice)	1 slice (201g)	450	180	20	9	0	45	1280	50	3	6	18
Supreme - Small Pepperoni (per slice)	1 slice (200g)	450	180	20	9	0	45	1270	49	3	6	18
3 Meat - Large Pepperoni (per slice)	1 slice (186g)	460	190	21	14	0	50	1320	48	3	6	20
3 Meat - Small Pepperoni (per slice)	1 slice (180g)	460	190	22	14	0	50	1300	48	3	5	20
Subs												
The Big Italian												
Half Wheat	1 sub (236g)	490	240	26	9	0	65	1900	38	3	7	27
Half White	1 sub (231g)	490	240	26	10	0	65	2010	36	3	5	27
Whole Wheat	1 sub (472g)	980	470	52	19	1	130	3800	75	7	13	54
Whole White	1 sub (463g)	970	470	52	19	1	130	4030	72	6	10	53
Double BLT												
Half Wheat	1 sub (160g)	540	330	37	11	0	50	1280	33	3	4	19
Half White	1 sub (155g)	530	330	37	11	0	50	1390	32	3	3	19
Whole Wheat	1 sub (320g)	1080	660	74	22	0	100	2550	67	6	9	39
Whole White	1 sub (311g)	1070	670	74	22	0	100	2780	64	5	6	38
The Gardener												
Half Wheat	1 sub (174g)	320	130	14	5	0	25	610	37	3	5	13
Half White	1 sub (169g)	310	130	14	6	0	25	720	35	3	4	13
Whole Wheat	1 sub (348g)	630	250	28	10	0.5	50	1210	72	7	10	26
Whole White	1 sub (353g)	620	250	28	11	0.5	50	1440	69	7	8	25
Ham												
Half Wheat	1 sub (197g)	350	170	19	6	0	45	920	35	3	5	18
Half White	1 sub (193g)	350	170	19	6	0	45	1040	33	3	4	18
Whole Wheat	1 sub (394g)	700	350	39	11	0.5	90	1850	69	6	10	36
Whole White	1 sub (385g)	690	340	39	12	0.5	90	2070	66	6	7	36
Roast Beef												
Half Wheat	1 sub (197g)	450	190	21	7	0	75	950	36	3	5	30
Half White	1 sub (193g)	440	190	21	8	0	75	1060	34	3	4	29
Whole Wheat	1 sub (395g)	890	370	41	14	0.5	150	1900	71	7	11	59
Whole White	1 sub (386g)	880	320	41	15	0.5	150	2120	68	6	8	58
3 Meat Stack												
Half Wheat	1 sub (197g)	400	160	18	6	0	60	1070	35	3	5	25
Half White	1 sub (193g)	390	160	18	6	0	60	1180	34	3	4	24
Whole Wheat	1 sub (394g)	720	310	34	11	0.5	95	1950	68	6	10	41
Whole White	1 sub (385g)	780	320	36	13	0.5	120	2360	67	6	8	48
Turkey												
Half Wheat	1 sub (197g)	360	140	16	5	0	45	970	35	3	5	22
Half White	1 sub (193g)	360	140	16	6	0	45	1090	34	3	4	21
Whole Wheat	1 sub (394g)	730	280	32	11	0.5	95	1940	70	6	11	43
Whole White	1 sub (385g)	720	290	32	11	0.5	95	2170	67	6	8	42
Chicken, Bacon & Ranch												
Half Wheat	1 sub (210g)	450	190	21	8	0	75	1240	36	3	6	29
Half White	1 sub (205g)	430	190	20	8	0	70	1310	34	3	5	27
Whole Wheat	1 sub (420g)	890	380	42	15	0.5	145	2490	72	6	12	58
Whole White	1 sub (425g)	880	380	42	16	0.5	145	2710	69	6	9	57
Shredded Chicken, Bacon & Ranch												
Half Wheat	1 sub (205g)	450	210	23	8	0	95	820	34	3	5	26
Half White	1 sub (201g)	450	210	23	8	0	95	930	32	3	3	26
Whole Wheat	1 sub (410g)	910	420	46	16	0.5	190	1630	68	6	9	53

Whole White	1 sub (402g)	900	420	47	17	0.5	190	1860	65	6	6	52
Wraps												
The Big Italian, Flour Tortilla	1 wrap (345g)	790	390	42	16	0.5	105	3270	59	3	4	42
The Big Italian, Jalapeno Tortilla	1 wrap (350g)	790	380	42	15	1	105	3200	59	1	4	43
Double BLT, Flour Tortilla	1 wrap (247g)	950	590	66	22	0	85	2650	54	2	1	34
The Gardener, Flour Tortilla	1 wrap (215g)	470	170	20	8	0	25	1090	56	3	2	15
The Gardener, Jalapeno Tortilla	1 wrap (220g)	470	180	20	7	0.5	25	1020	56	1	2	16
Ham, Flour Tortilla	1 wrap (298g)	530	260	29	9	0	60	1740	56	3	2	26
Ham, Jalapeno Tortilla	1 wrap (303g)	530	250	28	8	0.5	60	1580	56	1	3	28
Roast Beef, Flour Tortilla	1 wrap (298g)	720	280	31	12	0	120	1790	58	3	3	49
Roast Beef, Jalapeno Tortilla	1 wrap (303g)	730	280	31	11	0.5	120	1720	58	1	3	50
3 Meat Stack, Flour Tortilla	1 wrap (298g)	580	210	24	9	0	80	2090	56	3	3	36
3 Meat Stack, Jalapeno Tortilla	1 wrap (303g)	590	210	24	8	0.5	80	2020	56	1	3	37
Turkey, Flour Tortilla	1 wrap (298g)	560	200	22	8	0	65	1930	56	3	3	33
Turkey, Jalapeno Tortilla	1 wrap (303g)	560	200	22	8	0.5	65	1860	56	1	3	34
Southwest Chicken Salad	1 wrap (284g)	470	130	15	4.5	0	70	1510	54	0	4	30
Chicken Bacon Ranch, Flour Tortilla	1 wrap (307g)	690	290	32	12	0	155	1350	54	3	2	40
Chicken Bacon Ranch, Jalapeno Tortilla	1 wrap (312g)	690	290	32	11	0.5	155	1280	54	1	41	10
Kolache												
Sausage	1 kolache (106g)	400	270	30	9	0	50	600	28	1	6	11
QT Twister®												
Butterfinger												
Small	9 fl. oz. cup (226g)	400	120	13	8	0	25	300	64	1	54	8
Medium	12 fl. oz. cup (293g)	520	160	18	10	0	35	380	84	1	70	10
Large	16 fl. oz. cup (409g)	700	210	23	14	0	45	530	114	2	96	13
M&M Minis												
Small	9 fl. oz. cup (224g)	410	130	14	9	0	25	250	65	1	62	7
Medium	12 fl. oz. cup (297g)	570	180	20	13	0	30	330	89	2	85	10
Large	16 fl. oz. cup (418g)	780	230	27	17	0	45	470	123	3	118	14
Oreo												
Small	9 fl. oz. cup (227g)	420	130	14	6	0	20	390	68	1	53	7
Medium	12 fl. oz. cup (290g)	530	160	18	8	0	25	490	86	1	68	9
Large	16 fl. oz. cup (403g)	700	210	23	11	0	40	650	114	2	92	13
Reese's Pieces												
Small	9 fl. oz. cup (223g)	410	140	16	10	0	20	300	60	1	57	10
Medium	12 fl. oz. cup (296g)	570	200	22	15	0	25	400	82	2	78	14
Large	16 fl. oz. cup (417g)	780	260	30	20	0	40	560	114	3	108	20
QuikShake®												
Chocolate												
Small	9 fl. oz. cup (224g)	300	60	7	4.5	0	25	250	53	0	53	7
X-Large	20 fl. oz. cup (567g)	770	160	18	12	0.5	55	620	139	0	138	17
Mocha												
X-Large	20 fl. oz. cup (637g)	780	150	18	12	0.5	60	630	141	0	139	17
Espresso												
X-Large	20 fl. oz. cup (569g)	590	150	16	11	0.5	55	610	100	0	100	15
Strawberry												
Small	9 fl. oz. cup (223g)	290	60	7	4.5	0	25	250	53	0	53	6
X-Large	20 fl. oz. cup (564g)	750	150	16	11	0.5	55	610	138	0	137	15

Vanilla													
Small	9 fl. oz. cup (204g)	240	60	7	4.5	0	25	240	40	0	40	6	
X-Large	20 fl. oz. cup (515g)	600	150	16	11	0.5	60	610	102	0	101	15	
Frappe													
Caramel													
Small	16 fl. oz. cup (527g)	370	60	6	4	0	25	320	74	0	69	7	
Large	20 fl. oz. cup (621g)	450	60	7	4.5	0	25	380	90	0	85	8	
Chai													
Small	16 fl. oz. cup (479g)	290	50	5	3.5	0	20	210	57	0	56	5	
Large	20 fl. oz. cup (561g)	330	50	6	4	0	20	230	65	0	64	5	
Mocha													
Small	16 fl. oz. cup (525g)	370	60	7	5	0	20	230	72	0	71	7	
Large	20 fl. oz. cup (617g)	450	70	8	6	0	20	260	88	0	87	8	
Strawberry													
Small	16 fl. oz. cup (487g)	350	45	5	3.5	0	20	210	70	0	70	5	
Large	20 fl. oz. cup (579g)	420	50	6	4	0	20	240	87	0	87	5	
Vanilla													
Small	16 fl. oz. cup (508g)	310	50	5	3.5	0	20	210	60	0	59	5	
Large	20 fl. oz. cup (590g)	350	50	6	4	0	20	230	70	0	69	5	
White Chocolate													
Small	16 fl. oz. cup (526g)	370	50	6	4	0	25	320	72	0	68	7	
Large	20 fl. oz. cup (618g)	450	60	7	4.5	0	25	380	89	0	83	8	
Cold Brew Frappe													
Small	16 fl. oz. cup (531g)	120	30	3	2	0	10	135	20	0	20	3	
Large	20 fl. oz. cup (672g)	200	45	5	3.5	0	20	210	33	0	32	5	
Cold Brew Caramel													
Small	16 fl. oz. cup (537g)	240	35	4	2.5	0	15	210	47	0	44	4	
Large	20 fl. oz. cup (735g)	370	50	6	4	0	20	320	74	0	68	7	
Cold Brew French Vanilla													
Small	16 fl. oz. cup (563g)	200	30	3	2	0	10	135	40	0	39	3	
Large	20 fl. oz. cup (715g)	310	45	5	3.5	0	20	210	60	0	58	5	
Cold Brew Mocha													
Small	16 fl. oz. cup (571g)	240	40	4.5	3	0	10	140	46	0	45	4	
Large	20 fl. oz. cup (732g)	370	60	7	4.5	0	20	230	72	0	70	7	
Cold Brew with Sugar Free Vanilla Syrup													
Small	16 fl. oz. cup (555g)	120	50	3	2	0	10	135	23	0	20	3	
Large	20 fl. oz. cup (705g)	200	45	5	3.5	0	20	210	37	0	32	5	
Soft Serve													
Vanilla Soft Serve Cone	1 cone (191g)	320	50	6	4	0	20	220	37	0	36	5	
Vanilla Soft Serve Cup	1 cup (184g)	210	50	6	4	0	20	220	36	0	36	5	
Specialty Drinks													
Caramel Latte													
Hot Small	16 fl. oz. cup (414g)	330	70	7	4	0	35	270	56	0	51	13	
Hot Large	20 fl. oz. cup (493g)	420	70	8	5	0	40	350	72	0	66	15	
Iced Small	16 fl. oz. cup (546g)	260	35	4	2.5	0	20	210	49	0	44	8	
Iced Large	20 fl. oz. cup (655g)	340	45	5	3	0	25	260	64	0	58	10	
Caramel Mocha													
Hot Small	16 fl. oz. cup (400g)	370	60	7	4.5	0	30	230	66	0	62	12	
Hot Large	20 fl. oz. cup (493g)	520	80	9	6	0	35	300	95	0	90	15	

Iced Small	16 fl. oz. cup (509g)	290	35	4	2.5	0	15	160	58	0	55	6
Iced Large	20 fl. oz. cup (648g)	430	50	6	3.5	0	20	230	87	0	81	9
Chai Latte												
Hot Small	16 fl. oz. cup (332g)	220	50	6	4	0	30	160	30	0	29	11
Hot Large	20 fl. oz. cup (406g)	270	70	7	4.5	0	35	200	38	0	37	13
Iced Small	16 fl. oz. cup (457g)	150	30	3.5	2	0	15	95	23	0	22	6
Iced Large	20 fl. oz. cup (540g)	170	35	3.5	2.5	0	20	110	29	0	28	7
French Vanilla Latte												
Hot Small	16 fl. oz. cup (394g)	270	50	6	3.5	0	30	160	42	0	40	11
Hot Large	20 fl. oz. cup (462g)	320	60	7	4.5	0	35	200	51	0	50	13
Iced Small	16 fl. oz. cup (526g)	200	30	3	2	0	15	95	35	0	34	6
Iced Large	20 fl. oz. cup (625g)	240	35	4	2.5	0	20	115	43	0	42	7
Hazelnut Latte												
Hot Small	16 fl. oz. cup (398g)	260	50	6	3.5	0	30	170	42	0	41	11
Hot Large	20 fl. oz. cup (467g)	320	60	7	4.5	0	35	200	51	0	50	13
Iced Small	16 fl. oz. cup (530g)	190	30	3	2	0	15	105	35	0	34	6
Iced Large	20 fl. oz. cup (629g)	240	35	4	2.5	0	20	125	43	0	43	7
Cocoa												
Hot Small	16 fl. oz. cup (344g)	330	70	7	5	0	30	170	54	0	52	12
Hot Large	20 fl. oz. cup (449g)	430	90	10	6	0	35	220	71	0	69	16
Iced Small	16 fl. oz. cup (537g)	290	50	6	4	0	20	140	50	0	49	10
Iced Large	20 fl. oz. cup (632g)	360	60	7	4.5	0	25	160	64	0	63	11
Mocha												
Hot Small	16 fl. oz. cup (358g)	250	60	6	4	0	25	150	39	0	38	11
Hot Large	20 fl. oz. cup (430g)	340	70	8	5	0	30	190	55	0	54	13
Iced Small	16 fl. oz. cup (467g)	170	30	3	2	0	10	85	31	0	31	5
Iced Large	20 fl. oz. cup (585g)	250	40	4.5	3	0	15	115	46	0	45	7
Skinny Vanilla Latte												
Hot Small	16 fl. oz. cup (384g)	110	0	0	0	0	5	150	19	0	14	11
Hot Large	20 fl. oz. cup (450g)	140	0	0	0	0	5	180	23	0	17	13
Iced Small	16 fl. oz. cup (516g)	60	0	0	0	0	5	100	12	0	8	6
Iced Large	20 fl. oz. cup (612g)	80	0	0	0	0	5	110	15	0	10	7
White Chocolate Mocha												
Hot Small	16 fl. oz. cup (369g)	280	50	6	3.5	0	30	210	46	0	43	11
Hot Large	20 fl. oz. cup (441g)	370	60	7	4.5	0	35	280	62	0	57	13
Iced Small	16 fl. oz. cup (478g)	200	25	2.5	1.5	0	15	140	38	0	35	5
Iced Large	20 fl. oz. cup (596g)	280	35	3.5	2.5	0	20	210	53	0	49	7
White Chocolate Cocoa												
Hot Small	16 fl. oz. cup (345g)	330	60	6	4	0	30	260	54	0	49	12
Hot Large	20 fl. oz. cup (450g)	430	80	8	5	0	40	34	72	0	65	16
Iced Small	16 fl. oz. cup (538g)	290	45	5	3.5	0	25	230	51	0	46	10
Iced Large	20 fl. oz. cup (632g)	360	50	6	3.5	0	30	280	65	0	59	11
Cold Brew	20 fl. oz. cup (555g)	0	0	0	0	0	0	15	0	0	0	0

Grab & Go

Hotzi Sandwiches

Chicken & Cheese	5.78	480	220	25	8	4	45	1320	44	1	4	19
Jalapeno & Cheese Sausage Roll	5.85	490	280	31	11	1.5	55	1220	34	1	3	20
Sausage, Egg & Cheese Croissant	4.9	410	230	26	9	2	155	860	25	0	4	13
Sausage, Egg & Cheese Squarewrap	5.11	450	250	28	9	0	115	1130	34	1	2	14

Split Sausage, Egg & Cheese Squarewrap		5.99	480	280	31	12	0	130	1350	33	1	1	17
Roller Grill													
Buffalo Chicken Roller Bites	87g		190	70	8	2.5	0	35	900	15	1	2	15
Cheesy PepperJack Taquito	106g		280	130	14	6	0	25	270	30	0	1	8
Egg Roll - Pork	85g		170	80	9	2.5	0	15	560	19	2	2	7
Jalapeno Cheddar Smoked Sausage	91g		260	220	24	8	0	65	1060	1	0	1	11
Oscar Meyer All Beef Hot Dog	91g		290	240	27	11	1.5	50	910	2	0	1	10
Spicy Chicken Taquito	113g		270	70	8	2.5	0	30	690	35	2	2	14
Steak & Cheese Taquito	106g		240	80	9	2	0	10	450	31	0	1	10
Hot Dog Bun	43g		110	15	1.5	0	0	0	210	21	1	3	3
Condiment Bar													
Chicago Relish (1 TBSP)	1 T.		20	0	0	0	0	0	10	5	0	0	0
Diced Onion (1 TBSP)	1 T.		5	0	0	0	0	0	0	3	0	1	0
Diced Tomato (1 TBSP)	1 T.		5	0	0	0	0	0	0	1	0	1	0
Fresh Sauerkraut (1/4 cup)	1/4 c.		5	0	0	0	0	0	950	3	3	0	0
Jalapeno Slices (7slices)	7 slices		0	0	0	0	0	0	950	2	1	1	0
Pickle Chips (3 slices)	3 slices		0	0	0	0	0	0	520	1	1	0	0
Pico de Gallo (1 TBSP)	1 T.		5	0	0	0	0	0	0	1	0	0	0
Cole Slaw (Atlanta/Carolinas) (1 TBSP)	1 T.		20	10	1	0	0	0	25	2	0	1	0
Misc. Mix/Sauces													
Chili Sauce	1 portion cup		50	20	2.5	0	0	0	270	5	1	1	3
Nacho Cheese Sauce	1 portion cup		60	35	3.5	0.5	1	0	360	4	0	1	1
QTK Salads													
Chef Salad	1 salad (283g)		260	110	13	6	0	155	740	9	3	3	29
Caesar with Chicken	1 salad (284g)		580	390	43	8	0	90	1450	25	3	3	27
Santa Fe Salad	1 salad (312g)		370	190	21	5	0	55	820	26	7	2	23
QTK Bakery													
Apple Fritter	1 donut (168g)		580	250	28	4	0.5	0	510	76	1	34	7
Bavarian Crème Bismark	1 donut (136g)		460	190	21	5	4	0	410	62	1	31	5
Blueberry Cake Donut	1 donut (85g)		320	110	13	3	2	10	470	47	0	24	4
Blueberry Muffin	1 muffin (162g)		560	270	31	6	0	110	550	66	1	38	7
Cake Donut w/Icing & Sprinkles	1 donut (g)		390	160	17	4.5	3	10	540	53	1	26	5
Chocolate Cake Donut w/Choc Icing	1 donut (99g)		390	160	17	4.5	3	10	540	53	1	26	5
Chocolate Old Fashioned Cake Donut w Glaze	1 donut (100g)		340	110	12	4.5	0	15	340	56	1	34	4
Chocolate Chunk Cookie	1 cookie (85g)		370	160	18	9	0	30	200	52	2	31	4
Cinnamon Roll	1 donut (136g)		520	250	28	7	4	5	690	57	2	4	10
Croissant - Large	1 croissant (90g)		390	190	21	17	0	0	210	42	3	5	8
Hole Bunches	1 donut (130g)		490	190	21	5	3	5	440	68	2	33	8
Hole Bunches w/ Chocolate Icing	1 donut (116g)		390	140	16	4	4	5	440	56	1	20	7
Long John - Chocolate	1 donut (133g)		550	250	28	7	5	5	430	66	2	32	7
Long John - Maple	1 donut (130g)		540	250	27	6	4.5	5	460	66	2	34	7
M & M Cookie	1 cookie (85g)		370	150	16	8	0	35	210	45	1	32	4
Maple Cinnamon Roll	1 donut (181g)		700	290	32	8	0	5	730	92	2	38	11
Maple Pecan Danish	1 danish (90g)		320	170	19	9	0	30	260	31	2	5	6
Old Fashioned Cake Donut w Glaze	1 donut (82g)		370	180	20	4.5	2	5	300	46	0	27	2
Peanut Butter Cookie	1 cookie (85g)		420	220	25	11	0	30	300	44	2	29	7

Raspberry Bismark w/White Icing	1 donut (145g)	470	150	17	4	2.5	0	380	75	0	42	5
Ring Yeast Glazed Donut w/Chocolate Icing	1 donut (91g)	360	160	18	4.5	3	0	320	46	2	20	5
Ring Yeast Glazed Donut	1 donut (81g)	310	130	14	3.5	2	0	320	40	1	15	5
White Chip Macadamia Cookie	1 cookie (85g)	400	200	22	11	0	35	190	47	1	28	5
Coffee												
Coffee - All flavors all sizes	8 fl. oz. cup	0	0	0	0	0	0	0	0	0	0	0
Fresh Brewed QTea												
All Sweet QTea Flavors												
Small	20 fl. oz. cup	200	0	0	0	0	0	25	50	0	48	0
Big Q	32 fl. oz. cup	320	0	0	0	0	0	35	79	0	77	0
Large	44 fl. oz. cup	440	0	0	0	0	0	50	109	0	106	0
X-Large	52 fl. oz. cup	520	0	0	0	0	0	60	129	0	125	0
All Unsweet QTea Flavors												
Small	20 fl. oz. cup	0	0	0	0	0	0	0	0	0	0	0
Big Q	32 fl. oz. cup	0	0	0	0	0	0	0	0	0	0	0
Large	44 fl. oz. cup	0	0	0	0	0	0	0	0	0	0	0
X-Large	52 fl. oz. cup	0	0	0	0	0	0	0	0	0	0	0
Sweet Original												
Small	20 fl. oz. cup	190	0	0	0	0	0	25	48	0	47	0
Big Q	32 fl. oz. cup	310	0	0	0	0	0	35	77	0	75	0
Large	44 fl. oz. cup	420	0	0	0	0	0	50	106	0	102	0
X-Large	52 fl. oz. cup	500	0	0	0	0	0	60	125	0	121	0
Cappuccino/Latte/Steamer												
Almond Amaretto Cappuccino												
Small	16 fl. oz cup	440	120	13	8	3	0	450	80	1	60	2
Medium	22 fl. oz. cup	610	160	18	11	4	0	620	110	2	83	3
Large	24 fl. oz. cup	660	170	19	12	4.5	0	370	120	2	91	3
Caramel Macchiato												
Small	16 fl. oz cup	450	140	15	15	0	0	390	77	1	53	3
Medium	22 fl. oz. cup	620	190	21	20	0	0	540	106	2	73	4
Large	24 fl. oz. cup	680	200	23	22	0	0	590	116	2	80	4
Cookies 'n Cream Steamer												
Small	16 fl. oz cup	440	110	12	11	0	5	570	77	1	62	6
Medium	22 fl. oz. cup	600	150	17	16	0	5	780	105	2	85	8
Large	24 fl. oz. cup	650	160	18	17	0	5	860	115	2	93	9
Fat Free French Vanilla Cappuccino												
Small	16 fl. oz cup	370	0	0.5	0	0	5	460	84	1	63	9
Medium	22 fl. oz. cup	510	5	0.5	0	0	5	630	115	1	86	12
Large	24 fl. oz. cup	560	5	1	0	0	5	690	126	2	94	13
French Vanilla Cappuccino (All Divisions)												
Small	16 fl. oz cup	420	80	9	9	0	0	500	84	1	61	2
Medium	22 fl. oz. cup	580	110	12	12	0	0	690	116	1	84	2
Large	24 fl. oz. cup	630	120	13	13	0	0	760	126	1	91	2
Hot Chocolate												
Small	16 fl. oz cup	410	80	9	8	0	0	580	80	3	66	5
Medium	22 fl. oz. cup	560	110	12	11	0	0	800	110	4	91	6
Large	24 fl. oz. cup	610	120	13	12	0	0	870	120	5	99	7
Mighty Mocha Cappuccino												
Small	16 fl. oz cup	440	140	15	14	0	0	440	75	2	57	4

Medium	22 fl. oz. cup	610	180	20	19	0	0	610	104	2	78	6
Large	24 fl. oz. cup	660	200	22	21	0	0	670	113	3	86	6
Sugar-Free White Choc Caramel Cappuccino												
Small	16 fl. oz. cup	320	90	10	9	0	0	340	58	1	1	1
Medium	22 fl. oz. cup	440	120	13	12	0	0	470	80	1	1	2
Large	24 fl. oz. cup	490	140	15	13	0	0	510	88	1	1	2
Vanilla Cupcake Cappuccino												
Small	16 fl. oz. cup	430	100	11	11	0	0	430	82	1	56	2
Medium	22 fl. oz. cup	600	140	16	15	0	0	590	112	1	78	3
Large	24 fl. oz. cup	650	150	17	17	0	0	640	122	1	85	3
Smoothies												
Caramel Latte Smoothie												
Small	20 fl. oz. cup	300	60	7	6	0	0	320	59	1	45	1
Big Q	32 fl. oz. cup	480	90	11	9	0	0	520	95	2	72	2
Large	44 fl. oz. cup	660	120	15	12	0	0	710	130	2	99	2
X-Large	52 fl. oz. cup	780	160	18	14	0	0	840	154	3	117	3
Horchata Smoothie												
Small	20 fl. oz. cup	300	50	6	5	0	0	60	62	0	40	0
Big Q	32 fl. oz. cup	480	80	9	8	0	0	100	99	0	64	1
Large	44 fl. oz. cup	660	110	12	11	0	0	135	136	1	88	1
X-Large	52 fl. oz. cup	780	130	14	13	0	0	160	161	1	104	1
Hot Chocolate Smoothie												
Small	20 fl. oz. cup	300	60	7	6	0	0	220	59	2	38	2
Big Q	32 fl. oz. cup	480	100	11	10	0	0	350	94	3	61	2
Large	44 fl. oz. cup	660	130	15	14	0	0	480	129	5	84	3
X-Large	52 fl. oz. cup	780	160	17	17	0	0	570	153	5	99	4
Juicy Orange Smoothie												
Small	20 fl. oz. cup	340	0	0	0	0	0	95	84	0	82	0
Big Q	32 fl. oz. cup	550	0	0	0	0	0	150	134	0	132	0
Large	44 fl. oz. cup	760	0	0	0	0	0	210	185	0	181	0
X-Large	52 fl. oz. cup	900	0	0	0	0	0	250	218	0	215	0
Kool-Aid Blue Raspberry Smoothie												
Small	20 fl. oz. cup	380	0	0	0	0	0	17	96	0	0	0
Big Q	32 fl. oz. cup	600	0	0	0	0	0	34	153	0	153	0
Large	44 fl. oz. cup	830	0	0	0	0	0	46	210	0	210	0
X-Large	52 fl. oz. cup	980	0	0	0	0	0	55	249	0	248	0
Kool-Aid Tropical Smoothie												
Small	20 fl. oz. cup	300	0	0	0	0	0	22	76	0	76	0
Big Q	32 fl. oz. cup	470	0	0	0	0	0	35	121	0	121	0
Large	44 fl. oz. cup	650	0	0	0	0	0	49	167	0	167	0
X-Large	52 fl. oz. cup	770	0	0	0	0	0	57	197	0	197	0
Original (Frozen) Cappuccino Smoothie												
Small	20 fl. oz. cup	300	80	9	8	0	0	190	55	0	27	1
Big Q	32 fl. oz. cup	480	120	14	13	0	0	300	88	0	44	1
Large	44 fl. oz. cup	660	170	19	17	0	0	410	121	1	60	2
X-Large	52 fl. oz. cup	780	200	22	21	0	0	480	142	1	71	2
Melon Berry Smoothie												
Small	20 fl. oz. cup	350	0	0	0	0	0	20	87	0	85	0
Big Q	32 fl. oz. cup	570	0	0	0	0	0	30	139	0	136	0
Large	44 fl. oz. cup	780	5	0	0	0	0	40	191	0	187	0
X-Large	52 fl. oz. cup	920	5	0	0	0	0	45	226	0	221	0

Freezoni

Blue Raspberry Freezoni

Small	20 fl. oz. cup	300	0	0	0	0	0	42	76	0	74	0
Big Q	32 fl. oz. cup	480	0	0	0	0	0	68	122	0	118	0
Large	44 fl. oz. cup	670	0	0	0	0	0	167	163	0	163	0
X-Large	52 fl. oz. cup	790	0	0	0	0	0	110	198	0	192	0

Orange Cream Freezoni

Small	20 fl. oz. cup	320	0	0	0	0	0	43	79	0	78	0
Big Q	32 fl. oz. cup	510	0	0	0	0	0	68	127	0	125	0
Large	44 fl. oz. cup	700	0	0	0	0	0	94	175	0	172	0
X-Large	52 fl. oz. cup	820	0	0	0	0	0	111	206	0	203	0

PowerAde Mountain Blast Freezoni

Small	20 fl. oz. cup	150	0	0	0	0	0	200	40	0	40	0
Big Q	32 fl. oz. cup	240	0	0	0	0	0	320	64	0	64	0
Large	44 fl. oz. cup	330	0	0	0	0	0	440	88	0	87	0
X-Large	52 fl. oz. cup	390	0	0	0	0	0	510	104	0	103	0

Rooster Booster Freezoni

Small	20 fl. oz. cup	300	0	0	0	0	0	26	75	0	72	0
Big Q	32 fl. oz. cup	470	0	0	0	0	0	51	120	0	115	0
Large	44 fl. oz. cup	650	0	0	0	0	0	70	165	0	158	0
X-Large	52 fl. oz. cup	770	0	0	0	0	0	83	194	0	187	0

Strawberry Banana Freezoni

Small	20 fl. oz. cup	300	0	0	0	0	0	442	76	0		0
Big Q	32 fl. oz. cup	460	0	0	0	0	0	68	121	0		0
Large	44 fl. oz. cup	670	0	0	0	0	0	93	167	0		0
X-Large	52 fl. oz. cup	790	0	0	0	0	0	110	197	0		0

White Cherry Freezoni

Small	20 fl. oz. cup	300	0	0	0	0	0	42	76	0	74	0
Big Q	32 fl. oz. cup	480	0	0	0	0	0	68	121	0	118	0
Large	44 fl. oz. cup	660	0	0	0	0	0	93	167	0	163	0
X-Large	52 fl. oz. cup	790	0	0	0	0	0	110	197	0	192	0

Wally Sour Apple Puckerberry Freezoni

Small	20 fl. oz. cup	290	0	0	0	0	0	42	72	0	70	0
Big Q	32 fl. oz. cup	460	0	0	0	0	0	68	115	0	111	0
Large	44 fl. oz. cup	630	0	0	0	0	0	93	158	0	153	0
X-Large	52 fl. oz. cup	740	0	0	0	0	0	110	187	0	181	0

Specialty/Miscellaneous Drinks

Black & Green Peach Tea

Small	20 fl. oz. cup	5	0	0	0	0	0	20	1	0	0	0
Big Q	32 fl. oz. cup	10	0	0	0	0	0	30	2	0	0	0
Large	44 fl. oz. cup	10	0	0	0	0	0	45	2	0	0	0
X-Large	52 fl. oz. cup	15	0	0	0	0	0	50	3	0	0	0

Black Tea w/Lemonade

Small	20 fl. oz. cup	200	0	0	0	0	0	45	50	0	46	0
Big Q	32 fl. oz. cup	320	0	0	0	0	0	75	80	0	73	0
Large	44 fl. oz. cup	440	0	0	0	0	0	100	110	0	101	0
X-Large	52 fl. oz. cup	520	0	0	0	0	0	120	130	0	119	0

Green Tea - Honey, Lemon, Ginseng

Small	20 fl. oz. cup	210	0	0	0	0	0	140	50	0	49	0
Big Q	32 fl. oz. cup	330	0	0	0	0	0	220	81	0	79	0

Large	44 fl. oz. cup	450	0	0	0	0	0	310	111	0	109	0
X-Large	52 fl. oz. cup	540	0	0	0	0	0	360	131	0	128	0
Green Tea w/Mango												
Small	20 fl. oz. cup	200	0	0	0	0	0	40	50	0	48	0
Big Q	32 fl. oz. cup	310	0	0	0	0	0	70	81	0	77	0
Large	44 fl. oz. cup	430	0	0	0	0	0	95	111	0	106	0
X-Large	52 fl. oz. cup	510	0	0	0	0	0	110	131	0	125	0
Strawberry Lemonade Tea												
Small	20 fl. oz. cup	240	0	0	0	0	0	20	60	0	58	0
Big Q	32 fl. oz. cup	380	0	0	0	0	0	30	96	0	93	0
Large	44 fl. oz. cup	520	0	0	0	0	0	45	132	0	127	0
X-Large	52 fl. oz. cup	610	0	0	0	0	0	50	157	0	150	0
Blackberry Lemonade Aqua Fresca												
Small	20 fl. oz. cup	250	0	0	0	0	0	70	67	0	63	0
Big Q	32 fl. oz. cup	410	0	0	0	0	0	110	107	0	101	0
Large	44 fl. oz. cup	560	0	0	0	0	0	150	148	0	139	0
X-Large	52 fl. oz. cup	660	0	0	0	0	0	180	174	0	164	0
Raspberry Hibiscus Tea Aqua Fresca												
Small	20 fl. oz. cup	180	0	0	0	0	0	25	49	0	44	0
Big Q	32 fl. oz. cup	290	0	0	0	0	0	40	78	0	70	0
Large	44 fl. oz. cup	400	0	0	0	0	0	55	107	0	97	0
X-Large	52 fl. oz. cup	470	0	0	0	0	0	65	127	0	114	0
Horchata Aqua Fresca												
Small	20 fl. oz. cup	230	40	4	4	0	0	55	46	0	41	0
Big Q	32 fl. oz. cup	360	60	7	7	0	0	90	74	0	65	0
Large	44 fl. oz. cup	500	80	9	9	0	0	125	101	0	90	0
X-Large	52 fl. oz. cup	590	80	11	11	0	0	150	119	0	106	0
Vanilla Syrup (2oz)	2 fl. oz.	50	0	0	0	0	0	5	12	0	12	0
Cherry Syrup (2oz)	2 fl. oz.	50	0	0	0	0	0	5	12	0	12	0
Fountain Drinks												
Barq's Root Beer												
Small	20 fl. oz. cup	300	0	0	0	0	0	120	81	0	81	0
Big Q	32 fl. oz. cup	480	0	0	0	0	0	200	130	0	130	0
Large	44 fl. oz. cup	660	0	0	0	0	0	270	179	0	179	0
X-Large	52 fl. oz. cup	780	0	0	0	0	0	320	212	0	212	0
Big Red												
Small	20 fl. oz. cup	290	0	0	0	0	0	60	73	0	73	0
Big Q	32 fl. oz. cup	430	0	0	0	0	0	95	108	0	108	0
Large	44 fl. oz. cup	550	0	0	0	0	0	130	138	0	138	0
X-Large	52 fl. oz. cup	650	0	0	0	0	0	150	163	0	163	0
Brisk Raspberry												
Small	20 fl. oz. cup	130	0	0	0	0	0	67	33	0	33	0
Big Q	32 fl. oz. cup	200	0	0	0	0	0	107	53	0	53	0
Large	44 fl. oz. cup	280	0	0	0	0	0	147	73	0	73	0
X-Large	52 fl. oz. cup	330	0	0	0	0	0	173	87	0	87	0
Coca-Cola												
Small	20 fl. oz. cup	270	0	0	0	0	0	60	73	0	73	0
Big Q	32 fl. oz. cup	430	0	0	0	0	0	95	116	0	116	0
Large	44 fl. oz. cup	580	0	0	0	0	0	130	160	0	160	0
X-Large	52 fl. oz. cup	690	0	0	0	0	0	150	189	0	189	0
Coca-Cola Zero												

Small	20 fl. oz. cup	0	0	0	0	0	70	0	0	0	0
Big Q	32 fl. oz. cup	0	0	0	0	0	110	0	0	0	0
Large	44 fl. oz. cup	0	0	0	0	0	150	0	0	0	0
X-Large	52 fl. oz. cup	0	0	0	0	0	180	0	0	0	0
Diet Coke											
Small	20 fl. oz. cup	0	0	0	0	0	85	0	0	0	0
Big Q	32 fl. oz. cup	0	0	0	0	0	135	0	0	0	0
Large	44 fl. oz. cup	0	0	0	0	0	190	0	0	0	0
X-Large	52 fl. oz. cup	0	0	0	0	0	220	0	0	0	0
Diet Coke - Caffeine Free											
Small	20 fl. oz. cup	0	0	0	0	0	85	0	0	0	0
Big Q	32 fl. oz. cup	0	0	0	0	0	135	0	0	0	0
Large	44 fl. oz. cup	0	0	0	0	0	190	0	0	0	0
X-Large	52 fl. oz. cup	0	0	0	0	0	220	0	0	0	0
Diet Coke - Ginger Lime											
Small	20 fl. oz. cup	0	0	0	0	0	85	0	0	0	0
Big Q	32 fl. oz. cup	0	0	0	0	0	135	0	0	0	0
Large	44 fl. oz. cup	0	0	0	0	0	190	0	0	0	0
X-Large	52 fl. oz. cup	0	0	0	0	0	220	0	0	0	0
Diet Dr Pepper											
Small	20 fl. oz. cup	0	0	0	0	0	120	0	0	0	0
Big Q	32 fl. oz. cup	0	0	0	0	0	190	1	0	0	0
Large	44 fl. oz. cup	5	0	0	0	0	260	1	0	0	0
X-Large	52 fl. oz. cup	5	0	0	0	0	310	1	0	0	0
Diet Mtn Dew											
Small	20 fl. oz. cup	0	0	0	0	0	89	0	0	0	0
Big Q	32 fl. oz. cup	20	0	0	0	0	142	1	0	0	0
Large	44 fl. oz. cup	20	0	0	0	0	196	1	0	0	0
X-Large	52 fl. oz. cup	20	0	0	0	0	231	1	0	0	0
Diet Pepsi											
Small	20 fl. oz. cup	0	0	0	0	0	89	0	0	0	0
Big Q	32 fl. oz. cup	0	0	0	0	0	142	0	0	0	0
Large	44 fl. oz. cup	0	0	0	0	0	196	0	0	0	0
X-Large	52 fl. oz. cup	0	0	0	0	0	231	0	0	0	0
Dr Pepper											
Small	20 fl. oz. cup	240	0	0	0	0	75	62	0	64	0
Big Q	32 fl. oz. cup	380	0	0	0	0	115	104	0	102	0
Large	44 fl. oz. cup	530	0	0	0	0	160	143	0	140	0
X-Large	52 fl. oz. cup	620	0	0	0	0	190	169	0	156	0
Fanta - Cherry Limeade											
Small	20 fl. oz. cup	290	0	0	0	0	120	81	0	81	0
Big Q	32 fl. oz. cup	460	0	0	0	0	130	123	0	123	0
Large	44 fl. oz. cup	630	0	0	0	0	180	169	0	169	0
X-Large	52 fl. oz. cup	740	0	0	0	0	210	199	0	199	0
Fanta - Orange											
Small	20 fl. oz. cup	280	0	0	0	0	70	78	0	77	0
Big Q	32 fl. oz. cup	460	0	0	0	0	115	125	0	123	0
Large	44 fl. oz. cup	630	0	0	0	0	160	172	0	169	0
X-Large	52 fl. oz. cup	740	0	0	0	0	190	203	0	200	0
Gatorade - Lemon Lime											
Small	20 fl. oz. cup	150	0	0	0	0	278	40	0	38	0
Big Q	32 fl. oz. cup	240	0	0	0	0	444	64	0	60	0

Large	44 fl. oz. cup	330	0	0	0	0	0	611	88	0	83	0
X-Large	52 fl. oz. cup	390	0	0	0	0	0	722	104	0	98	0
Minute Maid Lamonade												
Small	20 fl. oz. cup	260	0	0	0	0	0	180	72	0	68	0
Big Q	32 fl. oz. cup	420	0	0	0	0	0	280	115	0	109	0
Large	44 fl. oz. cup	570	0	0	0	0	0	390	158	0	150	0
X-Large	52 fl. oz. cup	670	0	0	0	0	0	460	187	0	177	0
Mtn Dew												
Small	20 fl. oz. cup	270	0	0	0	0	0	89	73	0	73	0
Big Q	32 fl. oz. cup	430	0	0	0	0	0	142	117	0	117	0
Large	44 fl. oz. cup	600	0	0	0	0	0	196	161	0	161	0
X-Large	52 fl. oz. cup	710	0	0	0	0	0	231	191	0	191	0
Mtn Dew Code Red												
Small	20 fl. oz. cup	290	0	0	0	0	0	78	78	0	78	0
Big Q	32 fl. oz. cup	430	0	0	0	0	0	124	124	0	124	0
Large	44 fl. oz. cup	530	0	0	0	0	0	171	171	0	171	0
X-Large	52 fl. oz. cup	620	0	0	0	0	0	202	202	0	202	0
Peach White Tea SF												
Small	20 fl. oz. cup	5	0	0	0	0	0			0		0
Big Q	32 fl. oz. cup	10	0	0	0	0	0			0		0
Large	44 fl. oz. cup	10	0	0	0	0	0			0		0
X-Large	52 fl. oz. cup	20	0	0	0	0	0			0		0
Pepsi												
Small	20 fl. oz. cup	250	0	0	0	0	0	56	69	0	69	0
Big Q	32 fl. oz. cup	410	0	0	0	0	0	89	110	0	110	0
Large	44 fl. oz. cup	560	0	0	0	0	0	122	152	0	152	0
X-Large	52 fl. oz. cup	660	0	0	0	0	0	144	179	0	179	0
Powerade - Mtn Berry Blast												
Small	20 fl. oz. cup	150	0	0	0	0	0	200	40	0	40	0
Big Q	32 fl. oz. cup	240	0	0	0	0	0	320	64	0	64	0
Large	44 fl. oz. cup	330	0	0	0	0	0	440	88	0	87	0
X-Large	52 fl. oz. cup	390	0	0	0	0	0	510	104	0	103	0
Rooster Booster												
Small	20 fl. oz. cup	300	0	0	0	0	0	35	82	0	79	0
Big Q	32 fl. oz. cup	440	0	0	0	0	0	48	112	0	108	0
Large	44 fl. oz. cup	650	0	0	0	0	0	70	165	0	158	0
X-Large	52 fl. oz. cup	770	0	0	0	0	0	83	194	0	187	0
Rooster Booster Lite												
Small	20 fl. oz. cup	5	0	0	0	0	0	34	0	0	0	0
Big Q	32 fl. oz. cup	10	0	0	0	0	0	54	0	0	0	0
Large	44 fl. oz. cup	10	0	0	0	0	0	74	0	0	0	0
X-Large	52 fl. oz. cup	15	0	0	0	0	0	88	0	0	0	0
Sprite												
Small	20 fl. oz. cup	260	0	0	0	0	0	120	70	0	70	0
Big Q	32 fl. oz. cup	420	0	0	0	0	0	190	112	0	112	0
Large	44 fl. oz. cup	570	0	0	0	0	0	260	154	0	154	0
X-Large	52 fl. oz. cup	680	0	0	0	0	0	310	182	0	182	0
Surge Red Berry												
Small	20 fl. oz. cup	260	0	0	0	0	0	120	65	0	65	0
Big Q	32 fl. oz. cup	420	0	0	0	0	0	190	105	0	105	0
Large	44 fl. oz. cup	570	0	0	0	0	0	260	143	0	143	0
X-Large	52 fl. oz. cup	680	0	0	0	0	0	310	170	0	170	0

Water

- Small
- Big Q
- Large
- X-Large

20 fl. oz. cup	0	0	0	0	0	0	0	0	0	0	0	0
32 fl. oz. cup	0	0	0	0	0	0	0	0	0	0	0	0
44 fl. oz. cup	0	0	0	0	0	0	0	0	0	0	0	0
52 fl. oz. cup	0	0	0	0	0	0	0	0	0	0	0	0
Vitamin Water XXX												
20 fl. oz. cup	130	0	0	0	0	0	65	31	0	31	0	0
32 fl. oz. cup	200	0	0	0	0	0	105	50	0	49	0	0
44 fl. oz. cup	280	0	0	0	0	0	140	68	0	68	0	0
52 fl. oz. cup	330	0	0	0	0	0	170	81	0	80	0	0