

NUTRITIONAL GUIDE



NOVEMBER 2016

Nutritional and Calorie Guide

Bakery
Coffee Items
Fountain Drinks
Hot Food Items

The nutritional information is derived from a computer analysis of recipes with the assistance of an ESHA Research Nutrition Labeling and Formulation Software (Genesis R&D 9.11.0 Version), and standard supplier product formulations. The rounding of figures is based on the US Food and Drug Administration NLEA Guidelines. Variations within the nutritional values may occur due to the use of regional suppliers, manufacturing tolerances, minor differences in preparation techniques at the store level, recipe revisions, periodic product formulation changes and other factors.

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Iced Coffee and Iced Lattes

Iced Coffee	French Vanilla Iced Latte	Mocha Iced Latte
Nutritional Facts Serving Size 8 fl oz (236.5mL)	Nutritional Facts Serving Size 8 fl oz (236.5mL)	Nutritional Facts Serving Size 8 fl oz (236.5mL)
Amount per Serving	Amount per Serving	Amount per Serving
Calories 12 Calories from Fat 0	Calories 150 Calories from Fat 35	Calories 160 Calories from Fat 30
% Daily Value*	% Daily Value*	% Daily Value*
Total Fat 0g 0%	Total Fat 2g 6%	Total Fat 3g 5%
Saturated Fat 0g 0%	Saturated Fat 2g 15%	Saturated Fat 3g 15%
<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g
Cholesterol 0g 0%	Cholesterol 0g 0%	Cholesterol 0.6g 0%
Sodium 77mg 3%	Sodium 45mg 11%	Sodium 295g 12%
Total Carbohydrate 3g 1%	Total Carbohydrate 24g 9%	Total Carbohydrate 32g 11%
Dietary Fiber 0g 0%	Dietary Fiber 0g 0%	Dietary Fiber 0g 0%
Sugars 2g	Sugars 24g	Sugars 27g
Protein 1g	Protein <1g	Protein 0g
Vitamin A 00% • Vitamin C 1%	Vitamin A 0% • Vitamin C 0%	Vitamin A 0% • Vitamin C 0%
Calcium 00% • Iron 1%	Calcium 0% • Iron 0%	Calcium 0% • Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.
INGREDIENTS: Coffee Extract, Water, Sodium Phosphate, Sodium Polyphosphate, Potassium Sorbate, And EDTA As Preservatives.	INGREDIENTS: Sugar, Coffee, Non-Dairy Creamer (Partially Hydrogenated Coconut Oil, Corn Syrup Solids, Sodium Caseinate [A Milk Derivative], Sugar, Dipotassium Phosphate, Propylene Glycol Esters Of Fatty Acids, Mono- And Diglycerides, Sodium Silicoaluminate, Salt, Soy Lecithin, Carrageenan, Artificial Flavor And Color), Natural And Artificial Flavor, Salt, Water, Sodium Phosphate, Sodium Polyphosphate, And Potassium Sorbate And EDTA As Preservatives. Contains: Milk, Soy	INGREDIENTS: Sugar, Coffee Extract, Non-Dairy Creamer (Partially Hydrogenated Coconut Oil, Corn Syrup Solids, Sodium Caseinate [A Milk Derivative], Sugar, Dipotassium Phosphate, Propylene Glycol Esters Of Fatty Acids, Mono- And Diglycerides, Sodium Silicoaluminate, Salt, Soy Lecithin, Carrageenan, Artificial Flavor And Color), Water, Cocoa, Salt, Sodium Phosphates, Sodium Polyphosphate, And Potassium Sorbate And EDTA As Preservatives. Contains: Milk, Soy

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Hot Chocolates and Whipped Topping

Whipped Topping	Mexican Hot Chocolate	Hot Chocolate
Nutritional Facts Serving Size 0.5 oz (14g)	Nutritional Facts Serving Size 8 fl oz (236.5mL)	Nutritional Facts Serving Size 8 fl oz (236.5mL)
Amount per Serving	Amount per Serving	Amount per Serving
Calories 50 Calories from Fat 25	Calories 000 Calories from Fat 0	Calories 000 Calories from Fat 0
% Daily Value*	% Daily Value*	% Daily Value*
Total Fat 3g 5%	Total Fat 3.5g 5%	Total Fat 2.5g 3%
Saturated Fat 3g 15%	Saturated Fat 3.5g 16%	Saturated Fat 2.5g 4%
<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g
Cholesterol 0mg 0%	Cholesterol 0mg 0%	Cholesterol 0mg 0%
Sodium 15mg 1%	Sodium 260mg 11%	Sodium 110mg 5%
Total Carbohydrate 5g 2%	Total Carbohydrate 30g 10%	Total Carbohydrate 23g 10%
Dietary Fiber 0g 0%	Dietary Fiber 0g 0%	Dietary Fiber <1g 2%
Sugars 5g	Sugars 22g	Sugars 21g
Protein 00	Protein <1g	Protein 1g
Vitamin A 0% • Vitamin C 0%	Vitamin A 0% • Vitamin C 0%	Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 0%	Calcium 0% • Iron 0%	Calcium 4% • Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.
INGREDIENTS: Water, High Fructose Corn Syrup, Hydrogenated Palm Kernel Oil, Sugar, Dextrose, Contains Less Than 2% Of The Following: Sodium Caseinate (A Milk Derivative), Hydrogenated Palm Oil, Polysorbate 60, Mono And Diglycerides, Carbohydrate Gum, Salt, Xanthan Gum, Natural Flavor, To Preserve Freshness (Potassium Sorbate), Cellulose Gell, Cellulose Gum. Contains: Milk	INGREDIENTS: Sugar, Nonfat Milk, Partially Hydrogenated Coconut Oil, Dutch Cocoa (Processed With Alkali) And Cocoa, Corn Syrup Solids, Whey, Potassium & Sodium Caseinate, Natural & Artificial Flavors, Carboxymethylcellulose, Salt, Dextrose, And Silicon Dioxide (To Prevent Caking). Contains: Milk	INGREDIENTS: Sugar, Whey, Partially Hydrogenated Coconut Oil, Corn Syrup Solids, Dutch Cocoa (Processed With Alkali) And Cocoa, Nonfat Milk, Potassium Caseinate, Lactose, Silicon Dioxide (To Prevent Caking), Carboxymethylcellulose, Dipotassium Phosphate, And Artificial Flavor. Contains: Milk

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Milk and Bulk Creamers

Whole Milk	Half & Half	Caramel Macchiato
Nutritional Facts Serving Size 8 fl oz (236.5mL)	Nutritional Facts Serving Size 2 Tbsp (30mL)	Nutritional Facts Serving Size 1 Tbsp (15mL)
Amount per Serving	Amount per Serving	Amount per Serving
Calories 160 Calories from Fat 80	Calories 40 Calories from Fat 30	Calories 35 Calories from Fat 15
% Daily Value*	% Daily Value*	% Daily Value*
Total Fat 9g 13%	Total Fat 3g 5%	Total Fat 1.5g 2%
Saturated Fat 5g 27%	Saturated Fat 2g 10%	Saturated Fat 1g 5%
<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g
Cholesterol 35mg 12%	Cholesterol 15mg 4%	Cholesterol 0mg 0%
Sodium 130mg 5%	Sodium 20mg 1%	Sodium 0mg 0%
Total Carbohydrate 13g 0%	Total Carbohydrate 1g 0%	Total Carbohydrate 6g 2%
Dietary Fiber 0g 0%	Dietary Fiber 0g 0%	Dietary Fiber 0g 0%
Sugars 12g	Sugars 1g	Sugars 6g
Protein 8g	Protein 1g	Protein 0g
Vitamin A 6% • Vitamin C 2%	Vitamin A 2% • Vitamin C 0%	Vitamin A 0% • Vitamin C 0%
Calcium 30% • Iron 0%	Calcium 4% • Iron 0%	Calcium 0% • Iron 0%
Vitamin D 25% • Phosphorus 25%		
*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.
INGREDIENTS: Milk And Vitamin D3 Contains: Milk	INGREDIENTS: Milk, Cream, Contains Less Than 2% Of The Following: Sodium Citrate And Disodium Phosphate. Contains: Milk	INGREDIENTS: Milk, Cream, Contains Less Than 2% Of The Following: Sodium Citrate And Disodium Phosphate. Contains: Milk

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Bulk Creamers

French Vanilla	Irish Crème	Hazelnut
Nutritional Facts Serving Size 1 Tbsp (15mL)	Nutritional Facts Serving Size 1 Tbsp (15mL)	Nutritional Facts Serving Size 1 Tbsp (15mL)
Amount per Serving	Amount per Serving	Amount per Serving
Calories 35 Calories from Fat 15	Calories 35 Calories from Fat 15	Calories 35 Calories from Fat 15
% Daily Value*	% Daily Value*	% Daily Value*
Total Fat 1.5g 2%	Total Fat 1.5g 2%	Total Fat 1.5g 2%
Saturated Fat 1g 5%	Saturated Fat 1g 5%	Saturated Fat 1g 5%
<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g
Cholesterol 0mg 0%	Cholesterol 0mg 0%	Cholesterol 0mg 0%
Sodium 0mg 0%	Sodium 0mg 0%	Sodium 0mg 0%
Total Carbohydrate 6g 2%	Total Carbohydrate 6g 2%	Total Carbohydrate 6g 2%
Dietary Fiber 0g 0%	Dietary Fiber 0g 0%	Dietary Fiber 0g 0%
Sugars 5g	Sugars 6g	Sugars 6g
Protein 0	Protein 0g	Protein 0g
Vitamin A 0% • Vitamin C 0%	Vitamin A 0% • Vitamin C 0%	Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 0%	Calcium 0% • Iron 0%	Calcium 0% • Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.
<p>INGREDIENTS: Water, Cane Sugar, Palm Oil, Contains 2% Or Less Of Each Of The Following Sodium Caseinate*(A Milk Derivative), Dipotassium Phosphate, Natural And Artificial Flavors, Mono And Diglycerides, Sodium Stearoyl Lactylate, Polysorbate 60, Carrageenan, Salt.</p> <p>*Sodium Caseinate Is Not A Source Of Lactose.</p>	<p>INGREDIENTS: Water, Sugar, Palm Oil, Contains 2% Or Less Of Each Of The Following Sodium Caseinate*(A Milk Derivative), Dipotassium Phosphate, Natural And Artificial Flavors, Mono And Diglycerides, Sodium Stearoyl Lactylate, Polysorbate 60, Carrageenan, Salt.</p> <p>*Sodium Caseinate Is Not A Source Of Lactose.</p>	<p>INGREDIENTS: Water, Cane Sugar, Palm Oil, Contains 2% Or Less Of Each Of The Following: Sodium Caseinate (A Milk Derivative)*, Dipotassium Phosphate, Natural And Artificial Flavors, Mono And Diglycerides, Sodium Stearoyl Lactylate, Polysorbate 60, Carrageenan, Salt.</p> <p>* Sodium Caseinate Is Not A Source Of Lactose.</p>

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Individual Creamers

Half & Half	Almond Joy	Stok Black
Nutritional Facts Serving Size 1 container 0.304 fl oz (9mL)	Nutritional Facts Serving Size 1 container 0.439 fl oz (13mL)	Nutritional Facts Serving Size 1 container 0.493 oz (14mL)
Amount per Serving	Amount per Serving	Amount per Serving
Calories 10 Calories from Fat 0	Calories 30 Calories from Fat 00	Calories 10 Calories from Fat 0
% Daily Value*	% Daily Value*	% Daily Value*
Total Fat 1.0g 1%	Total Fat 1.5g 2%	Total Fat 0g 0%
Saturated Fat 0.5g 3%	Saturated Fat 0g 3%	Saturated Fat 00g 0%
<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g
Cholesterol 0mg 0%	Cholesterol 0mg 0%	Cholesterol 0mg 0%
Sodium 5mg 0%	Sodium 0mg 0%	Sodium 0mg 0%
Total Carbohydrate 0g 0%	Total Carbohydrate 3g 1%	Total Carbohydrate 0g 0%
Dietary Fiber 0g 0%	Dietary Fiber 0g 0%	Dietary Fiber 0g 0%
Sugars 0g	Sugars 1g	Sugars 0g
Protein 0g	Protein 0g	Protein 0g
Vitamin A 0% • Vitamin C 0%	Vitamin A 0% • Vitamin C 0%	Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 0%	Calcium 0% • Iron 0%	Calcium 0% • Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.
INGREDIENTS: Half & Half, Sodium Citrate, DATEM, Tetra Sodium Pyrophosphate, And Carrageenan. Contains: Milk	INGREDIENTS: Water, Cane Sugar, Palm Oil, Contains 2% or less of each of the following: Sodium Caseinate*(A Milk Derivative), Dipotassium Phosphate, Natural and Artificial Flavors, Mono and Diglycerides, Sodium Stearoyl Lactylate, Polysorbate 60, Carrageenan, Salt. *Sodium Caseinate Is Not A Source Of Lactose.	INGREDIENTS: Water, Corn Syrup, Brewed Coffee (Cold Brewed Coffee [Filtered Water, Coffee], Caffeine, Natural Lactic Acid), Dipotassium Phosphate, Guar Gum.

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Individual Creamers

Hershey Chocolate Carmel	White Chocolate Mocha	Hazelnut
Nutritional Facts Serving Size 1 container 0.439 fl oz (13mL)	Nutritional Facts Serving Size 1 container 0.439 fl oz (13mL)	Nutritional Facts Serving Size 1 container 0.439 fl oz (13mL)
Amount per Serving	Amount per Serving	Amount per Serving
Calories 30 Calories from Fat 10	Calories 30 Calories from Fat 10	Calories 30 Calories from Fat 10
% Daily Value*	% Daily Value*	% Daily Value*
Total Fat 1.5g 2%	Total Fat 1.5g 2%	Total Fat 1.5g 2%
Saturated Fat 0.5g 3%	Saturated Fat 0.5g 3%	Saturated Fat 0.5g 3%
<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g
Polyunsaturated Fat 0g	Polyunsaturated Fat 0g	Polyunsaturated Fat 0g
Monounsaturated Fat 0.5g	Monounsaturated Fat 0.5g	Monounsaturated Fat 0.5g
Cholesterol 0mg 0%	Cholesterol 0mg 0%	Cholesterol 0mg 0%
Sodium 0mg	Sodium 0mg	Sodium 0mg
Total Carbohydrate 5g 2%	Total Carbohydrate 5g 2%	Total Carbohydrate 5g 2%
Dietary Fiber 0g 0%	Dietary Fiber 0g 0%	Dietary Fiber 0g 0%
Sugars 5g	Sugars 5g	Sugars 5g
Protein 0g	Protein 0g	Protein 0g
Vitamin A 0% • Vitamin C 0%	Vitamin A 0% • Vitamin C 0%	Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 0%	Calcium 0% • Iron 0%	Calcium 0% • Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.
INGREDIENTS: Water, Cane Sugar, Palm Oil, Contains 2% Or Less Of Each Of The Following: Cocoa (Processed With Alkali), Sodium Caseinate* (A Milk Derivative), Dipotassium Phosphate, Natural And Artificial Flavors, Mono And Diglycerides, Sodium Stearoyl Lactylate, Polysorbate 60, Carrageenan, Salt. *Sodium Caseinate Is Not A Source Of Lactose.	INGREDIENTS: Water, Cane Sugar, Palm Oil, Contains 2% Or Less Of Each Of The Following: Sodium Caseinate* (A Milk Derivative), Dipotassium Phosphate, Natural And Artificial Flavors, Mono And Diglycerides, Sodium Stearoyl Lactylate, Polysorbate 60, Carrageenan, Salt. *Sodium Caseinate Is Not A Source Of Lactose.	INGREDIENTS: Water, Cane Sugar, Palm Oil, Contains 2% Or Less Of Each Of The Following: Sodium Caseinate* (A Milk Derivative), Dipotassium Phosphate, Natural And Artificial Flavors, Mono And Diglycerides, Sodium Stearoyl Lactylate, Polysorbate 60, Carrageenan, Salt. *Sodium Caseinate Is Not A Source Of Lactose.

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Individual Creamers

Amaretto		Caramel Macchiato	
Nutritional Facts		Nutritional Facts	
Serving Size 1 container 0.439 fl oz (13mL)		Serving Size 1 container 0.439 fl oz (13mL)	
Amount per Serving		Amount per Serving	
Calories 30	Calories from Fat 10	Calories 30	Calories from Fat 10
% Daily Value*		% Daily Value*	
Total Fat 1.5g	2%	Total Fat 1.5g	2%
Saturated Fat 0.5g	3%	Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g		<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0g		Polyunsaturated Fat 0g	
Monounsaturated Fat 0.5g		Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%	Cholesterol 0mg	0%
Sodium 0mg		Sodium 0mg	0%
Total Carbohydrate 5g	2%	Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%	Dietary Fiber 0g	0%
Sugars 5g		Sugars 5g	
Protein 0g		Protein 0g	
Vitamin A 0%	• Vitamin C 0%	Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%	Calcium 0%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.		*Percent Daily Values are based on a 2,000 calorie diet.	
<p>INGREDIENTS: Water, Cane Sugar, Palm Oil, Contains 2% Or Less Of Each Of The Following Sodium Caseinate*(A Milk Derivative), Dipotassium Phosphate, Natural And Artificial Flavors, Mono And Diglycerides, Sodium Stearoyl Lactylate, Polysorbate 60, Carrageenan, Salt. *Sodium Caseinate Is Not A Source Of Lactose.</p>		<p>INGREDIENTS: Water, Cane Sugar, Palm Oil, Contains 2% Or Less Of Each Of The Following Sodium Caseinate*(A Milk Derivative), Dipotassium Phosphate, Natural And Artificial Flavors, Mono And Diglycerides, Sodium Stearoyl Lactylate, Polysorbate 60, Carrageenan, Salt. *Sodium Caseinate Is Not A Source Of Lactose.</p>	

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Limited Time Offers

Pumpkin Spice Iced Latte	Vanilla Pumpkin Spice Latte	Pumpkin Spice Latte
Nutritional Facts Serving Size 8 fl oz (236.5mL)	Nutritional Facts Serving Size 8 fl oz (236.5mL)	Nutritional Facts Serving Size 8 fl oz (236.5mL)
Amount per Serving	Amount per Serving	Amount per Serving
Calories 150 Calories from Fat 30	Calories 150 Calories from Fat 35	Calories 140 Calories from Fat 15
% Daily Value*	% Daily Value*	% Daily Value*
Total Fat 4g 6%	Total Fat 4g 6%	Total Fat 2g 3%
Saturated Fat 3g 15%	Saturated Fat 4g 19%	Saturated Fat 1g 5%
<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g
Cholesterol 0mg 0%	Cholesterol 0mg 0%	Cholesterol 0mg 0%
Sodium 266mg 11%	Sodium 200mg 8%	Sodium 210mg 9%
Total Carbohydrate 28g 9%	Total Carbohydrate 28g 9%	Total Carbohydrate 31g 10%
Dietary Fiber 0g 0%	Dietary Fiber 00g 0%	Dietary Fiber 0g 0%
Sugars 24g	Sugars 25g	Sugars 29g
Protein 1g	Protein 1g	Protein 1g
Vitamin A 0% • Vitamin C 0%	Vitamin A 0% • Vitamin C 0%	Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 0%	Calcium 0% • Iron 0%	Calcium 2% • Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.
<p>INGREDIENTS: Sugar, Water, Non-Dairy Creamer (Partially Hydrogenated Coconut Oil, Corn Syrup Solids, Sodium Caseinate [A Milk Derivative], Sugar, Dipotassium Phosphate, Propylene Glycol Esters Of Fatty Acids, Mono And Diglycerides, Sodium Silicoaluminate, Salt, Soy Lecithin, Carrageenan, Natural And Artificial Flavor And Color), Coffee, Natural And Artificial Flavor, Salt, Water, Sodium Phosphates, Sodium Polyphosphates, Potassium Sorbate And EDTA As Preservatives.</p> <p>Contains: Soy, Milk</p>	<p>INGREDIENTS: Sugar, Water, Non-Dairy Creamer (Partially Hydrogenated Coconut Oil, Corn Syrup Solids, Sodium Caseinate [A Milk Derivative], Sugar, Dipotassium Phosphate, Propylene Glycol Esters Of Fatty Acids, Mono- And Diglycerides, Sodium Silicoaluminate, Salt, Soy Lecithin, Carrageenan, Artificial Flavor And Color), Coffee Extract, Natural And Artificial Flavors. Contains 2% Or Less Of Salt, Sodium Phosphate, Sodium Polyphosphate And Potassium Sorbate And EDTA As Preservatives.</p> <p>Contains: Milk, Soy</p>	<p>INGREDIENTS: Sugar, Whey, Corn Syrup Solids, Palm Oil, Instant Coffee, Carboxymethylcellulose, Salt Sodium Caseinate (from Milk), Silicon Dioxide (prevents caking), Natural & Artificial Flavor, Spices, Dipotassium Phosphate, and soy Lecithin.</p>

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Limited Time Offers

Pumpkin Pie Spice Coffee	Twisted Peppermint Cappuccino	Peppermint Mocha Iced Latte
Nutritional Facts Serving Size 8 fl oz (236.5mL)	Nutritional Facts Serving Size 8 fl oz (236.5mL)	Nutritional Facts Serving Size 227g
Amount per Serving	Amount per Serving	Amount per Serving
Calories 000 Calories from Fat 0	Calories 110 Calories from Fat 15	Calories 160 Calories from Fat 25
% Daily Value*	% Daily Value*	% Daily Value*
Total Fat 0g 0%	Total Fat 1.5g 2%	Total Fat 3g 5%
Saturated Fat 0g 0%	Saturated Fat 1.5g 8%	Saturated Fat 3g 15%
<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g
Cholesterol 0mg 0%	Cholesterol 0mg 0%	Cholesterol 0mg 0%
Sodium 0mg 0%	Sodium 170mg 7%	Sodium 300mg 13%
Total Carbohydrate 0g 0%	Total Carbohydrate 25g 8%	Total Carbohydrate 32g 11%
Dietary Fiber 0g 0%	Dietary Fiber 1g 4%	Dietary Fiber 0g 0%
Sugars 0g	Sugars 23g	Sugars 27g
Protein 00	Protein 0g	Protein 1g
Vitamin A 0% • Vitamin C 0%	Vitamin A 0% • Vitamin C 0%	Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 0%	Calcium 2% • Iron 2%	Calcium 0% • Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.
INGREDIENTS: Coffee and Natural Flavor.	INGREDIENTS: Sugar, Whey, Coconut Oil, Instant Coffee, Corn Syrup Solids, Dutch Cocoa (Processed with Alkali) and Cocoa, Carboxymethylcellulose, Sodium Caseinate (from milk), Salt, Silicon Dioxide (prevents caking), Natural and Artificial Flavor, and Dipotassium Phosphate. Contains: Milk, Tree Nuts	INGREDIENTS: Sugar, Water, Coffee, Non-Dairy Creamer (Partially Hydrogenated Coconut Oil, Corn Syrup Solids, Sodium Caseinate [A Milk Derivative], Sugar. Contains 2% Or Less Of Dipotassium Phosphate, Propylene Glycol Esters Of Fatty Acids, Mono-And Diglycerides, Sodium Silicoaluminum, Salt, Soy Lecithin, Carrageenan, Artificial Flavor And Color), Cocoa, Salt, Natural And Artificial Flavor, Sodium Phosphate, Sodium Polyphosphate, Potassium Sorbate And EDTA As Preservatives. Contains: Milk, Tree Nuts.

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Limited Time Offers

Salted Caramel Mocha Iced Latte	Red Ruby Orange Quencher
Nutritional Facts Serving Size 8 fl oz (236.5mL)	Nutritional Facts Serving Size 6 fl oz (177.44mL)
Amount per Serving	Amount per Serving
Calories 160 Calories from Fat 30	Calories 49 Calories from Fat 0
% Daily Value*	% Daily Value*
Total Fat 3g 5%	Total Fat 0g 0%
Saturated Fat 3g 15%	Saturated Fat 0g 0%
<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g
Cholesterol 0mg 0%	Cholesterol 0mg 0%
Sodium 300mg 13%	Sodium 1.5mg 0%
Total Carbohydrate 31g 10%	Total Carbohydrate 12g 4%
Dietary Fiber 0g 0%	Dietary Fiber 00g 0%
Sugars 25g	Sugars 12g
Protein 1g	Protein 00g
Vitamin A 0% • Vitamin C 0%	Vitamin A 0% • Vitamin C 1%
Calcium 0% • Iron 0%	Calcium 0% • Iron 1%
*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.
INGREDIENTS: Sugar, Non-Dairy Creamer (Partially Hydrogenated Coconut Oil, Corn Syrup Solids, Sodium Caseinate [A Milk Derivative], Sugar, Dipotassium Phosphate, Propylene Glycol Esters Of Fatty Acids, Mono- And Diglycerides, Sodium Silicoaluminate, Salt, Soy Lecithin, Carrageenan, Artificial Flavor And Color), Caramel Syrup (Corn Syrup, High Fructose Corn Syrup, Water, Fructose, Nonfat Milk Solids, Sweetened Condensed Milk, Butter, Soy Lecithin, Carrageenan, Salt, Natural Flavor, Potassium Sorbate As A Preservative, Caramel Color, Yellow 6), Coffee Extract, Water, Cocoa, Salt, Natural And Artificial Flavor, Sodium Phosphates, Sodium Polyphosphate, And Potassium Sorbate And EDTA As Preservatives. Contains: Milk, Soy	INGREDIENTS: Water, Sugar (Enriched), Green Coffee Extract, Citric Acid, Natural Flavor, Color Added, Sodium Benzoate, Potassium Sorbate And EDTA As Preservatives, Sucralose.

The nutritional information is derived from a computer analysis of recipes with the assistance of an ESHA Research Nutrition Labeling and Formulation Software (Genesis R&D 9.11.0 Version), and standard supplier product formulations. The rounding of figures is based on the US Food and Drug Administration NLEA Guidelines. Variations within the nutritional values may occur due to the use of regional suppliers, manufacturing tolerances, minor differences in preparation techniques at the store level, recipe revisions, periodic product formulation changes and other factors.

Fountain Drinks

Aqua Fresca Sweet Melon	Orange Whip	Unbound Energy
Nutritional Facts Serving Size 8 fl oz (236.5mL)	Nutritional Facts Serving Size 8 fl oz (236.5mL)	Nutritional Facts Serving Size 8 fl oz (236.5mL)
Amount per Serving	Amount per Serving	Amount per Serving
Calories 110 Calories from Fat 0	Calories 110 Calories from Fat 0	Calories 90 Calories from Fat 0
% Daily Value*	% Daily Value*	% Daily Value*
Total Fat 0g 0%	Total Fat 0g 0%	Total Fat 0g 0%
Saturated Fat 0g 0%	Saturated Fat 0g 0%	Saturated Fat 0g 0%
<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g
Cholesterol 0mg 0%	Cholesterol 0mg 0%	Cholesterol 0mg 0%
Sodium 10mg 0%	Sodium 10mg 0%	Sodium 180mg 7%
Potassium 15g 0%	Potassium 25g 0%	Potassium 15g 0%
Total Carbohydrate 15g 9%	Total Carbohydrate 26g 9%	Total Carbohydrate 23g 8%
Dietary Fiber 0g 0%	Dietary Fiber 0g 0%	Dietary Fiber 0g 0%
Sugars 27g	Sugars 26g	Sugars 23g
Protein 00	Protein 00	Protein 00
Vitamin A 0% • Vitamin C 0%	Vitamin A 0% • Vitamin C 0%	Niacin 30% • Vitamin B6 8%
Calcium 0% • Iron 0%	Calcium 0% • Iron 1%	Vitamin B12 10% • Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.
INGREDIENTS: High Fructose Corn Syrup, Water, Sodium Benzoate And Potassium Sorbate (Preservatives), Natural And Artificial Flavors, Citric Acid, Sucralose, Artificial Colors (Yellow 6 And Red 40). Contains no juice	INGREDIENTS: High Fructose Corn Syrup, Water, Sugar, Natural Flavor And Artificial Flavors, Concentrated Orange Juice, Cloud Emulsion (Water, Glycerol Ester Of Wood Rosin, Modified Food Starch, Brominated Soybean Oil, Antioxidants – BHT And BHA), Citric Acid, Sodium Benzoate And Potassium Sorbate (Preservatives), Stabilizer (Propylene Glycol Alginate And Xanthan Gum), Enzyme Modified Soy Protein, Sucralose, Artificial Colors (Yellow 5 And Yellow 6). Contains 1% Orange Juice	INGREDIENTS: Water, High Fructose Corn Syrup, Sugar, Citric Acid, Contains 2% Of Less Of The Following: Sodium Citrate, Natural And Artificial Flavor, Vitamin Blend [Taurine, D-Glucuronocactone, Caffeine, Ginseng Extract, Niacinamide (Vitamin B3), Inositol, Pyridoxine Hydrochloride (Vitamin B6), Calcium Pantothenate (Vitamin B5), Cyanocobalamin (Vitamin B12)], Sodium Benzoate (Preservative), Artificial Color Solution (Yellow 5, Yellow 6, Red 40), Caramel Color, Sucralose.

The nutritional information is derived from a computer analysis of recipes with the assistance of an ESHA Research Nutrition Labeling and Formulation Software (Genesis R&D 9.11.0 Version), and standard supplier product formulations. The rounding of figures is based on the US Food and Drug Administration NLEA Guidelines. Variations within the nutritional values may occur due to the use of regional suppliers, manufacturing tolerances, minor differences in preparation techniques at the store level, recipe revisions, periodic product formulation changes and other factors.

Fountain Drinks

Pepsi	Diet Pepsi	Pepsi Wild Cherry
Nutritional Facts Serving Size 8 fl oz (236.5mL)	Nutritional Facts Serving Size 8 fl oz (236.5mL)	Nutritional Facts Serving Size 8 fl oz (236.5mL)
Amount per Serving	Amount per Serving	Amount per Serving
Calories 100 Calories from Fat 0	Calories 000 Calories from Fat 0	Calories 100 Calories from Fat 0
% Daily Value*	% Daily Value*	% Daily Value*
Total Fat 0g 0%	Total Fat 0g 0%	Total Fat 0g 0%
Saturated Fat 0g 0%	Saturated Fat 00g 0%	Saturated Fat 0g 0%
<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g
Cholesterol 0mg 0%	Cholesterol 0mg 0%	Cholesterol 0mg 0%
Sodium 20mg 1%	Sodium 25mg 1%	Sodium 20mg 1%
Total Carbohydrate 28g 9%	Total Carbohydrate 0g 0%	Total Carbohydrate 28g 9%
Dietary Fiber 0g 0%	Dietary Fiber 0g 0%	Dietary Fiber 0g 0%
Sugars 28g	Sugars 0g	Sugars 28g
Protein 00	Protein 0g	Protein 0g
Vitamin A 0% • Vitamin C 0%	Vitamin A 0% • Vitamin C 10%	Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 0%	Calcium 0% • Iron 1%	Calcium 0% • Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.
INGREDIENTS: Carbonated Water, High Fructose Corn Syrup, Caramel Color, Sugar, Phosphoric Acid, Caffeine, Citric Acid, Natural Flavor.	INGREDIENTS: Carbonated Water, Caramel Color, Phosphoric Acid, Potassium Benzoate (Preserves Freshness), Aspartame, Potassium Citrate, Caffeine, Sodium Saccharin, Natural Flavor, Acesulfame Potassium, Citric Acid, Calcium Disodium Edta (To Protect Flavor). PHENYLKETONURICS: Contains Phenylalanine	INGREDIENTS: Water, High Fructose Corn Syrup, Sugar, Citric Acid, Contains 2% Of Less Of The Following: Sodium Citrate, Natural And Artificial Flavor, Vitamin Blend [Taurine, D-Glucuronocactone, Caffeine, Ginseng Extract, Niacinamide (Vitamin B3), Inositol, Pyridoxine Hydrochloride (Vitamin B6), Calcium Pantothenate (Vitamin B5), Cyanocobalamin (Vitamin B12)], Sodium Benzoate (Preservative), Artificial Color Solution (Yellow 5, Yellow 6, Red 40), Caramel Color, Sucralose.

The nutritional information is derived from a computer analysis of recipes with the assistance of an ESHA Research Nutrition Labeling and Formulation Software (Genesis R&D 9.11.0 Version), and standard supplier product formulations. The rounding of figures is based on the US Food and Drug Administration NLEA Guidelines. Variations within the nutritional values may occur due to the use of regional suppliers, manufacturing tolerances, minor differences in preparation techniques at the store level, recipe revisions, periodic product formulation changes and other factors.

Fountain Drinks

Mtn Dew	Diet Mtn Dew	Squirt
Nutritional Facts Serving Size 8 fl oz (236.5mL)	Nutritional Facts Serving Size 8 fl oz (236.5mL)	Nutritional Facts Serving Size 8 fl oz (236.5mL)
Amount per Serving	Amount per Serving	Amount per Serving
Calories 100 Calories from Fat 0	Calories 0 Calories from Fat 0	Calories 100 Calories from Fat 0
% Daily Value*	% Daily Value*	% Daily Value*
Total Fat 0g 0%	Total Fat 0g 0%	Total Fat 0g 0%
Saturated Fat 0g 0%	Saturated Fat 00g 0%	Saturated Fat 0g 0%
<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g
Cholesterol 0mg 0%	Cholesterol 0mg 0%	Cholesterol 0mg 0%
Sodium 20mg 1%	Sodium 25mg 1%	Sodium 20mg 1%
Total Carbohydrate 28g 9%	Total Carbohydrate 0g 0%	Total Carbohydrate 28g 9%
Dietary Fiber 0g 0%	Dietary Fiber 0g 0%	Dietary Fiber 0g 0%
Sugars 28g	Sugars 0g	Sugars 28g
Protein 00	Protein 0g	Protein 0g
Vitamin A 0% • Vitamin C 0%	Vitamin A 0% • Vitamin C 10%	Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 0%	Calcium 0% • Iron 1%	Calcium 0% • Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.
INGREDIENTS: Carbonated Water, High Fructose Corn Syrup, Concentrated Orange Juice, Citric Acid, Natural Flavors, Sodium Benzoate (Preserves Freshness), Caffeine, Sodium Citrate, Gum Arabic, Calcium Disodium Edta (To Protect Flavor), Brominated Vegetable Oil, Yellow 5.	INGREDIENTS: Carbonated Water, Concentrated Orange Juice, Citric Acid, Natural Flavors, Citrus Pectin, Aspartame, Potassium Benzoate (Preserves Freshness), Potassium Citrate, Caffeine, Potassium Sorbate (Preserves Freshness), Acesulfame Potassium, Sodium Citrate, Sodium Saccharin, Gum Arabic, Sodium Benzoate (Preserves Freshness), Salt, Calcium Disodium Edta (To Protect Flavor), Brominated Vegetable Oil, Yellow 5. PHENYLKETONURICS: Contains Phenylalanine	INGREDIENTS: High Fructose Corn Syrup, Water And Contains 2% Or Less Of Each Of The Following: Concentrated Grapefruit Juices, Citric Acid, Modified Food Starch , Sodium Benzoate (Preservative), Natural Flavors, Ester Gum, Brominated Vegetable Oil.

The nutritional information is derived from a computer analysis of recipes with the assistance of an ESHA Research Nutrition Labeling and Formulation Software (Genesis R&D 9.11.0 Version), and standard supplier product formulations. The rounding of figures is based on the US Food and Drug Administration NLEA Guidelines. Variations within the nutritional values may occur due to the use of regional suppliers, manufacturing tolerances, minor differences in preparation techniques at the store level, recipe revisions, periodic product formulation changes and other factors.

Fountain Drinks

Powerade Mountain Berry Blast	Gatorade Fruit Punch	Gatorade Lemon-Lime
Nutritional Facts Serving Size 8 fl oz (236.5mL)	Nutritional Facts Serving Size 8 fl oz (236.5mL)	Nutritional Facts Serving Size 8 fl oz (236.5mL)
Amount per Serving	Amount per Serving	Amount per Serving
Calories 56 Calories from Fat 0	Calories 60 Calories from Fat 0	Calories 100 Calories from Fat 0
% Daily Value*	% Daily Value*	% Daily Value*
Total Fat 0g 0%	Total Fat 0g 0%	Total Fat 0g 0%
Saturated Fat 0g 0%	Saturated Fat 00g 0%	Saturated Fat 0g 0%
<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g
Cholesterol 0mg 0%	Cholesterol 0mg 0%	Cholesterol 0mg 0%
Sodium 60mg 2%	Sodium 105mg 5%	Sodium 105mg 5%
Total Carbohydrate 15g 5%	Total Carbohydrate 15g 5%	Potassium 35g 1%
Dietary Fiber 0g 0%	Dietary Fiber 0g 0%	Total Carbohydrate 15g 5%
Sugars 15g	Sugars 14g	Dietary Fiber 0g 0%
Protein 0	Protein 0g	Sugars 14g
Vitamin A 0% • Vitamin C 0%	Vitamin A 0% • Vitamin C 0%	Protein 0g
Calcium 0% • Iron 0%	Calcium 0% • Iron 0%	Vitamin A 0% • Vitamin C 0%
*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.	Calcium 0% • Iron 0%
INGREDIENTS: A Beverage Syrup Prepared With Water, High Fructose Corn Syrup, Citric Acid, Natural Flavors, Salt, Potassium Citrate, Potassium Benzoate And Potassium Sorbate (To Protect Taste), Modified Food Starch, Coconut Oil, Potassium Phosphate, Sucrose Acetate Isobutyrate, Niacinamide (Vitamin B3), Blue 1, Pyridoxine Hydrochloride (Vitamin B6), Cyanocobalamin (Vitamin B12).	INGREDIENTS: Water, Sugar, Dextrose, Citric Acid, Natural Flavor, Salt, Sodium Citrate, Monopotassium Phosphate, Modified Food Starch, Sodium Benzoate (A Preservative), Potassium Sorbate (A Preservative), Red 40, Glycerol Ester of Rosin, Caramel Color.	INGREDIENTS: Water, Sugar, Dextrose, Citric Acid, Natural Flavor, Salt, Sodium Citrate, Monopotassium Phosphate, Gum Arabic, Sodium Benzoate (Preserves Freshness), Potassium Sorbate (Preserves Freshness), Glycerol Ester Of Rosin, Yellow 5.

The nutritional information is derived from a computer analysis of recipes with the assistance of an ESHA Research Nutrition Labeling and Formulation Software (Genesis R&D 9.11.0 Version), and standard supplier product formulations. The rounding of figures is based on the US Food and Drug Administration NLEA Guidelines. Variations within the nutritional values may occur due to the use of regional suppliers, manufacturing tolerances, minor differences in preparation techniques at the store level, recipe revisions, periodic product formulation changes and other factors.

Fountain Drinks

Coca-Cola	Diet Coke	Caffeine Free Diet Coke
Nutritional Facts Serving Size 8 fl oz (236.5mL)	Nutritional Facts Serving Size 8 fl oz (236.5mL)	Nutritional Facts Serving Size 8 fl oz (236.5mL)
Amount per Serving	Amount per Serving	Amount per Serving
Calories 99 Calories from Fat 0	Calories 0.6 Calories from Fat 00	Calories 0 Calories from Fat 0
% Daily Value*	% Daily Value*	% Daily Value*
Total Fat 0g 0%	Total Fat 0g 0%	Total Fat 0g 0%
Saturated Fat 0g 0%	Saturated Fat 0g 0%	Saturated Fat 00g 0%
<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g
Cholesterol 0mg 0%	Cholesterol 0mg 0%	Cholesterol 0mg 0%
Sodium 2.5mg 0%	Sodium 10mg 0%	Sodium 10mg 0%
Total Carbohydrate 27g 9%	Total Carbohydrate 0g 0%	Total Carbohydrate 0g 0%
Dietary Fiber 0g 0%	Dietary Fiber 0g 0%	Dietary Fiber 0g 0%
Sugars 27g	Sugars 0g	Sugars 0g
Protein 0g	Protein 0g	Protein 0g
Vitamin A 0% • Vitamin C 0%	Vitamin A 0% • Vitamin C 0%	Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 0%	Calcium 0% • Iron 0%	Calcium 0% • Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.
INGREDIENTS: High Fructose Corn Syrup, Water, Caramel Color, Phosphoric Acid, Natural Flavors, Caffeine.	INGREDIENTS: Water, Caramel Color, Phosphoric Acid, Sodium Saccharin, Potassium Benzoate (To Protect Taste), Natural Flavors, Citric Acid, Caffeine, Potassium Citrate, Aspartame, Dimethylpolysiloxane.	INGREDIENTS: Water, Caramel Color, Phosphoric Acid, Potassium Benzoate and Potassium Sorbate (To Protect Taste), Sodium Saccharin, Natural Flavors, Citric Acid, Aspartame, Potassium Citrate, Dimethylpolysiloxane.

The nutritional information is derived from a computer analysis of recipes with the assistance of an ESHA Research Nutrition Labeling and Formulation Software (Genesis R&D 9.11.0 Version), and standard supplier product formulations. The rounding of figures is based on the US Food and Drug Administration NLEA Guidelines. Variations within the nutritional values may occur due to the use of regional suppliers, manufacturing tolerances, minor differences in preparation techniques at the store level, recipe revisions, periodic product formulation changes and other factors.

Fountain Drinks

Sprite	Coke Zero	Cherry Coke
Nutritional Facts Serving Size 8 fl oz (236.5mL)	Nutritional Facts Serving Size 8 fl oz (236.5mL)	Nutritional Facts Serving Size 8 fl oz (236.5mL)
Amount per Serving	Amount per Serving	Amount per Serving
Calories 80 Calories from Fat 0	Calories 0.6 Calories from Fat 00	Calories 104 Calories from Fat 0
% Daily Value*	% Daily Value*	% Daily Value*
Total Fat 0g 0%	Total Fat 0g 0%	Total Fat 0g 0%
Saturated Fat 0g 0%	Saturated Fat 0g 0%	Saturated Fat 00g 0%
<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g
Cholesterol 0mg 0%	Cholesterol 0mg 0%	Cholesterol 0mg 0%
Sodium 22mg 2%	Sodium 4mg 0%	Sodium 4mg 0%
Total Carbohydrate 26g 9%	Total Carbohydrate 0g 0%	Total Carbohydrate 28g 9%
Dietary Fiber 0g 0%	Dietary Fiber 0g 0%	Dietary Fiber 0g 0%
Sugars 21g	Sugars 0g	Sugars 28g
Protein 0g	Protein 0g	Protein 0g
Vitamin A 0% • Vitamin C 0%	Vitamin A 0% • Vitamin C 0%	Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 0%	Calcium 0% • Iron 0%	Calcium 0% • Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.
INGREDIENTS: High Fructose Corn Syrup, Water, Citric Acid, Natural Flavors, Sodium Citrate, Sodium Benzoate (To Protect Taste), Dimethylpolysiloxane.	INGREDIENTS: A Beverage Syrup Prepared with Water, Caramel Color, Phosphoric Acid, Potassium Citrate, Potassium Benzoate (To Protect Taste), Aspartame, Natural Flavors, Acesulfame Potassium, Caffeine, Sucralose, Dimethylpolysiloxane.	INGREDIENTS: Phosphoric Acid, Natural Flavors, Caffeine. Special Claims: Contains No Juice.

The nutritional information is derived from a computer analysis of recipes with the assistance of an ESHA Research Nutrition Labeling and Formulation Software (Genesis R&D 9.11.0 Version), and standard supplier product formulations. The rounding of figures is based on the US Food and Drug Administration NLEA Guidelines. Variations within the nutritional values may occur due to the use of regional suppliers, manufacturing tolerances, minor differences in preparation techniques at the store level, recipe revisions, periodic product formulation changes and other factors.

Fountain Drinks

Dr. Pepper	Diet Dr. Pepper
Nutritional Facts Serving Size 8 fl oz (236.5mL)	Nutritional Facts Serving Size 8 fl oz (236.5mL)
Amount per Serving	Amount per Serving
Calories 100 Calories from Fat 0	Calories 0 Calories from Fat 0
% Daily Value*	% Daily Value*
Total Fat 0g 0%	Total Fat 0g 0%
Saturated Fat 0g 0%	Saturated Fat 0g 0%
<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g
Cholesterol 0mg 0%	Cholesterol 0mg 0%
Sodium 30mg 1%	Sodium 50mg 2%
Total Carbohydrate 26g 9%	Total Carbohydrate 0g 0%
Dietary Fiber 0g 0%	Dietary Fiber 0g 0%
Sugars 26g	Sugars 0g
Protein 0g	Protein 0g
Vitamin A 0% • Vitamin C 0%	Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 0%	Calcium 0% • Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.
INGREDIENTS: Carbonated Water, High Fructose Corn Syrup, Caramel Color, Phosphoric Acid, Artificial and Natural Flavors, Caffeine, Sodium Benzoate (Preservative). Note: In some markets Dr. Pepper is made with sugar instead of High Fructose Corn Syrup.	INGREDIENTS: Water, Caramel Color, Artificial And Natural Flavors, Phosphoric Acid, Aspartame, Sodium Citrate, Sodium Benzoate (Preservative), Caffeine, Acesulfame Potassium, Sucralose.

The nutritional information is derived from a computer analysis of recipes with the assistance of an ESHA Research Nutrition Labeling and Formulation Software (Genesis R&D 9.11.0 Version), and standard supplier product formulations. The rounding of figures is based on the US Food and Drug Administration NLEA Guidelines. Variations within the nutritional values may occur due to the use of regional suppliers, manufacturing tolerances, minor differences in preparation techniques at the store level, recipe revisions, periodic product formulation changes and other factors.

Fountain Drinks

Lipton Brisk Raspberry Tea	Tropicana Lemonade
Nutritional Facts Serving Size 8 fl oz (236.5mL)	Nutritional Facts Serving Size 8 fl oz (236.5mL)
Amount per Serving	Amount per Serving
Calories 50 Calories from Fat 0	Calories 100 Calories from Fat 0
% Daily Value*	% Daily Value*
Total Fat 0g 0%	Total Fat 0g 0%
Saturated Fat 0g 0%	Saturated Fat 0g 0%
<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g
Cholesterol 0mg 0%	Cholesterol 0mg 0%
Sodium 25mg 1%	Sodium 105mg 4%
Total Carbohydrate 13g 4%	Total Carbohydrate 27g 9%
Dietary Fiber 0g 0%	Dietary Fiber 0g 0%
Sugars 13g	Sugars 27g
Protein 0g	Protein 0g
Vitamin A 0% • Vitamin C 0%	Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 0%	Calcium 0% • Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.
INGREDIENTS: Water, High Fructose Corn Syrup, Citric Acid, Natural Flavor, Instant Tea, Caramel Color, Potassium Sorbate (Preserves Freshness), Citrus Pectin, Sodium Benzoate (Preserves Freshness), Acesulfame Potassium, Sucralose, Red 40.	INGREDIENTS: Treated Water, High Fructose Corn Syrup, Citric Acid, Sodium Citrate, Natural Flavor, Lemon Juice Concentrate, Gum Arabic, Sodium Benzoate (Preserves Freshness), Glycerol Ester Of Rosin, Potassium Sorbate (Preserves Freshness), Calcium Disodium Edta (To Protect Flavor), Yellow 5. Contains Soy

The nutritional information is derived from a computer analysis of recipes with the assistance of an ESHA Research Nutrition Labeling and Formulation Software (Genesis R&D 9.11.0 Version), and standard supplier product formulations. The rounding of figures is based on the US Food and Drug Administration NLEA Guidelines. Variations within the nutritional values may occur due to the use of regional suppliers, manufacturing tolerances, minor differences in preparation techniques at the store level, recipe revisions, periodic product formulation changes and other factors.

Frozen Beverages

Fanta Blue Raspberry	Fanta Cherry Limeade	Pina Colada
Nutritional Facts Serving Size 8 fl oz (236.5mL)	Nutritional Facts Serving Size 8 fl oz (236.5mL)	Nutritional Facts Serving Size 8 fl oz (236.5mL)
Amount per Serving	Amount per Serving	Amount per Serving
Calories 65 Calories from Fat 0	Calories 70 Calories from Fat 0	Calories 66 Calories from Fat 0
% Daily Value*	% Daily Value*	% Daily Value*
Total Fat 0g 0%	Total Fat 0g 0%	Total Fat 0g 0%
Saturated Fat 0g 0%	Saturated Fat 00g 0%	Saturated Fat 0g 0%
<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g
Cholesterol 0mg 0%	Cholesterol 0mg 0%	Cholesterol 0mg 0%
Sodium 5mg 0%	Sodium 0mg 0%	Sodium 0mg 0%
Total Carbohydrate 17g 5%	Total Carbohydrate 23g 6%	Total Carbohydrate 18g 5%
Dietary Fiber 0g 0%	Dietary Fiber 0g 0%	Dietary Fiber 0g 0%
Sugars 17g	Sugars 18g	Sugars 18g
Protein 00	Protein 0g	Protein 0g
Vitamin A 0% • Vitamin C 0%	Vitamin A 0% • Vitamin C 0%	Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 0%	Calcium 0% • Iron 0%	Calcium 0% • Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.
INGREDIENTS: High Fructose Corn Syrup, Water, Citric Acid, Natural and Artificial Flavors, Quillaia Extract, Yucca Extract, Sodium Benzoate (To Protect Taste), Blue 1.	INGREDIENTS: High Fructose Corn Syrup, Water, Natural And Artificial Flavors, Citric Acid, Yucca Extract, Quillaia Extract, Sodium Benzoate (To Protect Taste), Yellow 5, Blue 1. Special Claims: Contains No Juice.	INGREDIENTS: High Fructose Corn Syrup, Water, Citric Acid, Artificial Flavor, Yucca Extract, Quillaia Extract, Sodium Benzoate (To Protect Taste).

The nutritional information is derived from a computer analysis of recipes with the assistance of an ESHA Research Nutrition Labeling and Formulation Software (Genesis R&D 9.11.0 Version), and standard supplier product formulations. The rounding of figures is based on the US Food and Drug Administration NLEA Guidelines. Variations within the nutritional values may occur due to the use of regional suppliers, manufacturing tolerances, minor differences in preparation techniques at the store level, recipe revisions, periodic product formulation changes and other factors.

Frozen Beverages

Fanta Sour Green Apple Watermelon	Fanta Strawberry Lemonade	Fanta Wild Cherry
Nutritional Facts Serving Size 12 fl oz (354.8mL)	Nutritional Facts Serving Size 8 fl oz (236.5mL)	Nutritional Facts Serving Size 8 fl oz (236.5mL)
Amount per Serving	Amount per Serving	Amount per Serving
Calories 100 Calories from Fat 0	Calories 60 Calories from Fat 0	Calories 66 Calories from Fat 0
% Daily Value*	% Daily Value*	% Daily Value*
Total Fat 0g 0%	Total Fat 0g 0%	Total Fat 0g 0%
Saturated Fat 0g 0%	Saturated Fat 00g 0%	Saturated Fat 0g 0%
<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g
Cholesterol 0mg 0%	Cholesterol 0mg 0%	Cholesterol 0mg 0%
Sodium 20mg 1%	Sodium 0mg 0%	Sodium 5mg 0%
Total Carbohydrate 26g 9%	Total Carbohydrate 17g 5%	Total Carbohydrate 18g 5%
Dietary Fiber 0g 0%	Dietary Fiber 0g 0%	Dietary Fiber 0g 0%
Sugars 24g	Sugars 17g	Sugars 18g
Protein 0	Protein 0g	Protein 0g
Vitamin A 0% • Vitamin C 0%	Vitamin A 0% • Vitamin C 0%	Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 0%	Calcium 0% • Iron 0%	Calcium 0% • Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.
INGREDIENTS: High Fructose Corn Syrup, Water, Citric Acid, Natural And Artificial Flavors, Yucca Extract, Quillaia Extract, Sodium Benzoate (To Protect Taste), Sodium Citrate, Sucralose, Yellow 5, Blue 1.	INGREDIENTS: High Fructose Corn Syrup, Water, Natural Flavors, Citric Acid, Quillaia Extract, Yucca Extract, Sodium Benzoate (To Protect Taste), Red 40 Special Claims: Contains No Juice. Natural Flavors.	INGREDIENTS: High Fructose Corn Syrup, Water, Citric Acid, Artificial Flavor, Yucca Extract, Quillaia Extract, Sodium Benzoate (To Protect Taste).

The nutritional information is derived from a computer analysis of recipes with the assistance of an ESHA Research Nutrition Labeling and Formulation Software (Genesis R&D 9.11.0 Version), and standard supplier product formulations. The rounding of figures is based on the US Food and Drug Administration NLEA Guidelines. Variations within the nutritional values may occur due to the use of regional suppliers, manufacturing tolerances, minor differences in preparation techniques at the store level, recipe revisions, periodic product formulation changes and other factors.

Donuts

Maple Long John w/Bavarian Cream	Maple Yeast Ring	Sugar Donut
Nutritional Facts Serving Size 1 Long John (3.75oz)	Nutritional Facts Serving Size 1 Donut (2.47oz)	Nutritional Facts Serving Size 1 Donut (2.47oz)
Amount per Serving	Amount per Serving	Amount per Serving
Calories 370 Calories from Fat 170	Calories 310 Calories from Fat 160	Calories 330 Calories from Fat 160
% Daily Value*	% Daily Value*	% Daily Value*
Total Fat 18g 28%	Total Fat 18g 28%	Total Fat 18g 28%
Saturated Fat 9g 45%	Saturated Fat 8g 40%	Saturated Fat 8g 40%
<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g
Cholesterol 0mg 0%	Cholesterol 0mg 0%	Cholesterol 0mg 0%
Sodium 360mg 15%	Sodium 240mg 10%	Sodium 240mg 10%
Total Carbohydrate 47g 16%	Total Carbohydrate 32g 11%	Total Carbohydrate 37g 12%
Dietary Fiber 1g 4%	Dietary Fiber 0g 0%	Dietary Fiber 0g 4%
Sugars 22g	Sugars 11g	Sugars 17g
Protein 4g	Protein 4g	Protein 4g
Vitamin A 0% • Vitamin C 0%	Vitamin A 0% • Vitamin C 0%	Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 8%	Calcium 0% • Iron 8%	Calcium 0% • Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.
INGREDIENTS: Enriched Bleached Wheat Flour (Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Palm And/Or Cottonseed And/Or Canola Oil, Sugar, Soybean Oil, Contains Less Than 2% Of The Following: Yeast, Dextrose, Salt, Modified Corn Starch, Leavening (Sodium Acid Pyrophosphate, Baking Soda), Natural And Artificial Flavor, Partially Hydrogenated Soybean And Cottonseed Oil, Colored With (Beta Carotene, Titanium Dioxide), To Preserve Freshness (Sorbic Acid), Agar Agar, Ascorbic Acid, Corn Oil, Corn Starch, Eggs, Mono And Diglycerides, Sodium Stearoyl Lactylate, Soy Flour, Whey (A Milk Derivative), Artificial Colors (Yellow 5, Yellow 6), Citric Acid., Maple Icing Sugar, Water, Corn Syrup. Contains Less Than 2% Of: Citric Acid, Agar, Guar Gum, Natural And Artificial Flavors, Polysorbate 60, Caramel. Freshness Preserved With Potassium Sorbate And Sodium Benzoate. Contains: Egg, Milk, Soy, Wheat. May also contain Celery, Crustaceans, Gluten, Lupin, Molluscs, Mustard, Sesame Seeds, Sulphites.	INGREDIENTS: Yeast Ring Donut Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron As Ferrous Sulfate, Thiamine Mononitrate, Enzyme, Riboflavin, Folic Acid), Palm Oil, Whey (A Milk Derivative), Dextrose, Water, Soybean Oil, Yeast, Contains Less Than 2% Of The Following: Salt, Defatted Soy Flour, Leavening (Sodium Acid Pyrophosphate, Baking Soda), Distilled Monoglycerides, Skim Milk, Wheat Gluten, Sodium Stearoyl Lactylate, To Preserve Freshness (Calcium Propionate), Cellulose Gum, Guar Gum, Xanthan Gum, Ascorbic Acid, Colored With (Beta Carotene), Egg Whites., Maple Icing Sugar, Water, Corn Syrup. Contains Less Than 2% Of: Citric Acid, Agar, Guar Gum, Natural And Artificial Flavors, Polysorbate 60, Caramel. Freshness Preserved With Potassium Sorbate And Sodium Benzoate. Contains: Egg, Milk, Soy, Wheat. May also contain Celery, Crustaceans, Gluten, Lupin, Molluscs, Mustard, Sesame Seeds, Sulphites.	INGREDIENTS: Yeast Ring Donut Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron As Ferrous Sulfate, Thiamine Mononitrate, Enzyme, Riboflavin, Folic Acid), Palm Oil, Whey (A Milk Derivative), Dextrose, Water, Soybean Oil, Yeast, Contains Less Than 2% Of The Following: Salt, Defatted Soy Flour, Leavening (Sodium Acid Pyrophosphate, Baking Soda), Distilled Monoglycerides, Skim Milk, Wheat Gluten, Sodium Stearoyl Lactylate, To Preserve Freshness (Calcium Propionate), Cellulose Gum, Guar Gum, Xanthan Gum, Ascorbic Acid, Colored With (Beta Carotene), Egg Whites., Sugar. Contains: Egg, Fish, Milk, Peanut, Shellfish, Soy, Tree Nuts, Wheat. May also contain Celery, Crustaceans, Gluten, Lupin, Molluscs, Mustard, Sesame Seeds, Sulphites.

The nutritional information is derived from a computer analysis of recipes with the assistance of an ESHA Research Nutrition Labeling and Formulation Software (Genesis R&D 9.11.0 Version), and standard supplier product formulations. The rounding of figures is based on the US Food and Drug Administration NLEA Guidelines. Variations within the nutritional values may occur due to the use of regional suppliers, manufacturing tolerances, minor differences in preparation techniques at the store level, recipe revisions, periodic product formulation changes and other factors.

Cookies

Peanut Butter	Peanut Butter with Chocolate Icing	Chocolate Chunk
Nutritional Facts Serving Size 1 Cookie (41g)	Nutritional Facts Serving Size 1 Cookie (50g)	Nutritional Facts Serving Size 1 Cookie (50g)
Amount per Serving	Amount per Serving	Amount per Serving
Calories 200 Calories from Fat 120	Calories 230 Calories from Fat 120	Calories 210 Calories from Fat 80
% Daily Value*	% Daily Value*	% Daily Value*
Total Fat 13g 20%	Total Fat 13g 20%	Total Fat 9g 14%
Saturated Fat 4.3g 23%	Saturated Fat 4.5g 23%	Saturated Fat 5g 25%
<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g
Cholesterol 15mg 5%	Cholesterol 15mg 5%	Cholesterol 20mg 7%
Sodium 200mg 8%	Sodium 210mg 9%	Sodium 210mg 9%
Total Carbohydrate 22g 7%	Total Carbohydrate 28g 9%	Total Carbohydrate 31g 10%
Dietary Fiber 1g 4%	Dietary Fiber 1g 0%	Dietary Fiber 1g 4%
Sugars 13g	Sugars 19g	Sugars 19g
Protein 4	Protein 4g	Protein 2g
Vitamin A 4% • Vitamin C 0%	Vitamin A 4% • Vitamin C 0%	Vitamin A 4% • Vitamin C 0%
Calcium 0% • Iron 4%	Calcium 0% • Iron 4%	Calcium 0% • Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.
<p>INGREDIENTS: Sugar, Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Peanut Butter (Peanuts, Dextrose, Hydrogenated Cottonseed and Rapeseed Oil, Salt), Butter (Cream (From Milk), Salt), Margarine (Soybean Oil, Palm Oil, Water, Salt, Mono And Diglycerides, Nonfat Dry Milk, Soy Lecithin, To Preserve Freshness (Sodium Benzoate), Artificial Flavor, Vitamin A Palmitate, Colored With (Beta Carotene)), Roasted Peanuts, Peanut Butter Flavored Chips (Partially Defatted Peanut Meal, Sugar, Partially Hydrogenated Palm Kernel And Soybean Oils, Whey (A Milk Derivative), Dextrose, Salt, Soy Lecithin (An Emulsifier), Vanillin (An Artificial Flavor)), Eggs, High Fructose Corn Syrup, Contains Less Than 2% Of The Following: Molasses, Leavening (Sodium Acid Pyrophosphate, Baking Soda, Monocalcium Phosphate), Artificial Flavor, Salt, Soybean Oil.</p> <p>Contains: Wheat, Peanuts, Milk, Eggs Manufactured On Shared Equipment With Tree Nuts.</p>	<p>INGREDIENTS: r (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Peanut Butter (Peanuts, Dextrose, Hydrogenated Cottonseed And Rapeseed Oil, Salt), Butter (Cream (From Milk), Salt), Margarine (Soybean Oil, Palm Oil, Water, Salt, Mono And Diglycerides, Nonfat Dry Milk, Soy Lecithin, To Preserve Freshness (Sodium Benzoate), Artificial Flavor, Vitamin A Palmitate, Colored With (Beta Carotene)), Roasted Peanuts, Peanut Butter Flavored Chips (Partially Defatted Peanut Meal, Sugar, Partially Hydrogenated Palm Kernel And Soybean Oils, Whey (A Milk Derivative), Dextrose, Salt, Soy Lecithin (An Emulsifier), Vanillin (An Artificial Flavor)), Eggs, High Fructose Corn Syrup, Contains Less Than 2% Of The Following: Molasses, Leavening (Sodium Acid Pyrophosphate, Baking Soda, Monocalcium Phosphate), Artificial Flavor, Salt, Soybean Oil. Chocolate Icing: Sugar, Water, Corn Syrup, Cocoa (Processed with Alkali). Contains 2% or Less Of The Following: Soybean Oil, Salt, Partially Hydrogenate Soybean And CottonseedOils, Artificial Flavor, Soy Lecithin, Potassium, Sorbate (Preservative), Sorbic Acid, Citric Acid, Agar Agar, Dextrose, Locust Bean Gum.]</p> <p>Contains: Egg, Milk, Peanut, Soy, Wheat Manufactured On Shared Equipment With Tree Nuts.</p>	<p>INGREDIENTS: Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Anhydrous Dextrose, Soya Lecithin, Vanilla Extract), Flour (Bleached Wheat Flour Enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Butter, Margarine (Palm Oil, Water, Salt, Mono & Diglycerides, Soy Lecithin, Sodium Benzoate, Artificial Flavor, Beta Carotene, Vitamin A), Eggs, Invert Sugar, Vanilla Flavor (Water, Propylene Glycol, Alcohol, Sugar, Glycerin, Vanillin and other Artificial Flavors, Caramel Color and Natural Vanilla Flavors), Baking Soda, Salt, Molasses.</p> <p>Contains: Wheat, Soy, Milk, Eggs</p>

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Cookies

Oatmeal Raisin	Too Much Good Stuff Cookie	Cinnabon Cookie
Nutritional Facts Serving Size 1 Cookie (50g)	Nutritional Facts Serving Size 1 Cookie (39g)	Nutritional Facts Serving Size 1 Cookie (49.7g)
Amount per Serving	Amount per Serving	Amount per Serving
Calories 200 Calories from Fat 0	Calories 180 Calories from Fat 00	Calories 230 Calories from Fat 0
% Daily Value*	% Daily Value*	% Daily Value*
Total Fat 9g 14%	Total Fat 9g 14%	Total Fat 11g 17%
Saturated Fat 4g 20%	Saturated Fat 4g 20%	Saturated Fat 7g 35%
<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g
Cholesterol 15mg 5%	Cholesterol 15mg 5%	Cholesterol 25mg 8%
Sodium 110mg 5%	Sodium 110mg 5%	Sodium 190mg 8%
Total Carbohydrate 27g 9%	Total Carbohydrate 27g 9%	Total Carbohydrate 30g 10%
Dietary Fiber 1g 4%	Dietary Fiber 1g 4%	Dietary Fiber 1g 0%
Sugars 14g	Sugars 14g	Sugars 16g
Protein 3g	Protein 3g	Protein 2g
Vitamin A 0% • Vitamin C 0%	Vitamin A 0% • Vitamin C 0%	Vitamin A 2% • Vitamin C 0%
Calcium 2% • Iron 4%	Calcium 0% • Iron 4%	Calcium 2% • Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.
INGREDIENTS: Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Anhydrous Dextrose, Soya Lecithin, Vanilla Extract), Flour (Bleached Wheat Flour Enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Butter, Margarine (Palm Oil, Water, Salt, Mono & Diglycerides, Soy Lecithin, Sodium Benzoate, Artificial Flavor, Beta Carotene, Vitamin A), Eggs, Invert Sugar, Vanilla Flavor (Water, Propylene Glycol, Alcohol, Sugar, Glycerin, Vanillin and other Artificial Flavors, Caramel Color and Natural Vanilla Flavors), Baking Soda, Salt, Molasses. Contains: Wheat, Soy, Milk, Eggs	INGREDIENTS: Cookie [Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Palm And Soybean Oils, Water, High Fructose Corn Syrup, Semisweet Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Milkfat, Soy Lecithin (An Emulsifier), Vanillin (An Artificial Flavor), Natural Flavor), Crisp Rice (Rice Flour, Salt, Malt, Rice Extract), Almonds, White Confectionary Drops (Sugar, Cocoa Butter, Whole Milk, Soy Lecithin (An Emulsifier), Natural Flavor), Sweetened Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Contains Less Than 2% Of The Following: Coconut, Eggs, Leavening (Sodium Acid Pyrophosphate, Baking Soda, Monocalcium Phosphate), Modified Cornstarch, Molasses, Salt, Rice Flour, Artificial Flavor, Propylene Glycol, Natural Flavor, DATEM, Mono And Diglycerides). CONTAINS: AIMONDS, WHEAT, MILK, EGGS, SOY. Baked and packaged on premises with peanuts, tree nuts, milk, soy and other allergens.	INGREDIENTS: Cinnabon Cookie: Sugar, Wheat Flour, Cinnamon Chips (Sugar, Vegetable Oil [Palm, Palm Kernel], Cinnamon, Soy Lecithin), Bleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Butter (Cream [Milk], Salt) , Vegetable Shortening (Palm Oil), Whole Eggs, Invert Sugar. Contains 2% Or Less Of Each Of The Following: Sodium Bicarbonate, Cinnamon, Salt, Water. Contains: Egg, Milk, Soy, Wheat

The nutritional information is derived from a computer analysis of recipes with the assistance of an ESHA Research Nutrition Labeling and Formulation Software (Genesis R&D 9.11.0 Version), and standard supplier product formulations. The rounding of figures is based on the US Food and Drug Administration NLEA Guidelines. Variations within the nutritional values may occur due to the use of regional suppliers, manufacturing tolerances, minor differences in preparation techniques at the store level, recipe revisions, periodic product formulation changes and other factors.

Filled Pastries

Apple Crisp	
Nutritional Facts	
Serving Size 1 Apple Crisp (4.02oz)	
Amount per Serving	
Calories 370	Calories from Fat 0
% Daily Value*	
Total Fat 19g	30%
Saturated Fat 8g	39%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	13%
Total Carbohydrate 46g	15%
Dietary Fiber 2g	8%
Sugars 16g	
Protein 5g	
Vitamin A 2%	• Vitamin C 0%
Calcium 0%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet.	
<p>INGREDIENTS: Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Margarine (Palm Oil, Canola Oil, Water, Vegetable Monoglycerides, Soybean Lecithin, Potassium Sorbate (As A Preservative), Artificial Flavor, Citric Acid, Vitamin A Palmitate, Betacarotene, Vitamin D3), Water, Sugar, Contains 2% Or Less Of The Following: Salt, Cinnamon, DATEM, Calcium Sulfate, Ammonium Sulfate, Potassium Iodate, Azodicarbonamide, Soy Oil, Ascorbic Acid, Enzymes Apple Filling: Apple (Prepared With Sodium Sulfite And Calcium Chloride), High Fructose Corn Syrup, Water, Sugar, Modified Corn Starch, Contains 2% Or Less Of The Following: Ground Cinnamon, Citric Acid, Salt, Sodium Benzoate & Potassium Sorbate (Preservatives), Lemon Puree.</p> <p>Contains: Wheat, Soy Made On Shared Equipment With Milk, Eggs, Peanuts, Wheat, Tree Nuts And Soy.</p>	

The nutritional information is derived from a computer analysis of recipes with the assistance of an ESHA Research Nutrition Labeling and Formulation Software (Genesis R&D 9.11.0 Version), and standard supplier product formulations. The rounding of figures is based on the US Food and Drug Administration NLEA Guidelines. Variations within the nutritional values may occur due to the use of regional suppliers, manufacturing tolerances, minor differences in preparation techniques at the store level, recipe revisions, periodic product formulation changes and other factors.

Specialty Baked Goods

Croissant with Chocolate Icing	Strawberry Cheese Croissant	Blueberry Cheese Croissant
Nutritional Facts Serving Size Croissant with Icing (106g)	Nutritional Facts Serving Size Croissant (100g)	Nutritional Facts Serving Size 1 Croissant (120g)
Amount per Serving	Amount per Serving	Amount per Serving
Calories 430 Calories from Fat 180	Calories 330 Calories from Fat 140	Calories 390 Calories from Fat 150
% Daily Value*	% Daily Value*	% Daily Value*
Total Fat 21g 32%	Total Fat 15g 23%	Total Fat 17g 26%
Saturated Fat 11g 55%	Saturated Fat 10g 50%	Saturated Fat 11g 55%
<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g
Cholesterol 45mg 15%	Cholesterol 45mg 15%	Cholesterol 50mg 17%
Sodium 480mg 20%	Sodium 380mg 16%	Sodium 420mg 18%
Total Carbohydrate 54g 18%	Total Carbohydrate 43g 14%	Total Carbohydrate 52g 17%
Dietary Fiber 2g 8%	Dietary Fiber 1g 4%	Dietary Fiber 1g 4%
Sugars 17g	Sugars 18g	Sugars 24g
Protein 7g	Protein 5g	Protein 6g
Vitamin A 0% • Vitamin C 0%	Vitamin A 10% • Vitamin C 15%	Vitamin A 10% • Vitamin C 15%
Calcium 4% • Iron 10%	Calcium 2% • Iron 10%	Calcium 2% • Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.
<p>INGREDIENTS: Croissant: Enriched Unbleached Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Butter, Non-Hydrogenated Vegetable Oil Margarine Of ((Canola And/ Or Soybean And/Or Palm And/Or Modified Palm) 80%, Water 18%, Sugar 1%, Soy Lecithin, Mono And Diglycerides, Potassium Sorbate, Citric Acid, Vitamin A Palmitate, Vitamin D3), Glucose-Fructose, Yeast, Salt, Dextrose, Skimmed Milk Powder, Whole Eggs, Solids Corn Syrup, Modified Milk Ingredients, Diacetyl Tartaric Acid Esters Of Mono And Diglycerides, Canola Oil, Ascorbic Acid, Enzymes. [Chocolate Icing: Sugar, Water, Corn Syrup, Cocoa (Processed with Alkali). Contains 2% Or Less Of The Following: Soybean Oil, Artificial Flavor, Soy Lecithin, Potassium Sorbate (Preservative), Sorbic Acid, Citric Acid, Agar Agar, Dextrose, Locust Bean Gum].</p> <p>Contains: Wheat, Soy, Eggs, Milk Allergens: May Have Been In Contact With Nuts (Almonds And Pecans).</p>	<p>INGREDIENTS: Strawberry Cream Cheese Croissant Enriched Unbleached Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Cream Cheese Filling (Water, Sugar And/Or Glucose And/Or Fructose, Cheese (Milk Ingredients, Bacterial Culture, Salt, Guar Gum, Locust Bean Gum), Modified Corn Starch, Coconut Oil, Propylene Glycol, Sodium Alginate, Lactic Acid, Salt, Mono And Diglycerides, Potassium Sorbate, Titanium Dioxide, Natural And Artificial Flavour, Colors (Fd&C Yellow No.5, Fd&C Yellow No.6)), Water, Butter (Cream), Strawberries Filling (Sugar And/ Or Glucose And/Or Fructose, Strawberries, Water, Modified Corn Starch, Propylene Glycol, Sodium Alginate, Citric Acid, Salt, Sodium Benzoate, Sodium Citrate, Natural And Artificial Flavour, Colors (Fd&C Red#40, Fd&C Yellow #6), Caramel Color), High Fructose Corn Syrup, Yeast, Contains Less Than 2% Of The Following: Salt, Dextrose, Skim Milk, Datem (As Emulsifier), Calcium Carbonate (As Yeast Nutrient), Egg, Ascorbic Acid (As Dough Conditioner), Amylase.</p>	<p>INGREDIENTS: Blueberry Cheese Croissant: Enriched Unbleached Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Cream Cheese Filling (Water, Sugar And/Or Glucose And/Or Fructose, Cheese (Milk), Modified Corn Starch, Coconut Oil, Propylene Glycol, Sodium Alginate, Lactic Acid, Salt, Mono And Diglycerides, Potassium Sorbate, Titanium Dioxide, Natural And Artificial Flavour, Colors (Fd&C Yellow #5, Fd&C Yellow #6)), Water, Butter (Milk), Blueberry Filling (Sugar, Water, Blueberries, Glucose, Apple Pulp (Apples, Ascorbic Acid, Potassium Sorbate), Modified Tapioca Starch, Modified Corn Starch, Citric Acid, Salt, Sodium Benzoate, Potassium Sorbate, Natural And Artificial Flavour, Colors (Fd&C Red#40, Fd&C Blue #1)), High Fructose Corn Syrup, Yeast, Contains Less Than 2% Of The Following: Salt, Dextrose, Skim Milk, DITEM (As Emulsifier), Calcium Carbonate (As Yeast Nutrient), Egg, Ascorbic Acid (As Dough Conditioner), Amylase., Breakfast icing Sugar, Water, Corn Syrup. Contains 2% or less of: Agar, Citric Acid, Color Added, Dextrose, Guar Gum, Natural and Artificial Flavors, Pectin, Potassium Sorbate, Salt, Stearic Acid, Sodium hexametaphosphate.</p> <p>Contains: Egg, Milk, Soy, Tree Nuts, Wheat. May also contain Gluten.</p>

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Additional Products

Coffee Products Cappuccinos (Amfotek)

Strawberry Supreme Cupcake	White Chocolate Caramel	Dulce de Latte
Nutritional Facts Serving Size 8 oz (240mL)	Nutritional Facts Serving Size 8 oz (240mL)	Nutritional Facts Serving Size 8 oz (240mL)
Amount per Serving	Amount per Serving	Amount per Serving
Calories 150 Calories from Fat 30	Calories 150 Calories from Fat 30	Calories 150 Calories from Fat 40
% Daily Value*	% Daily Value*	% Daily Value*
Total Fat 3.5g 3%	Total Fat 3.5g 5%	Total Fat 3g 5%
Saturated Fat 3g 9%	Saturated Fat 3.5g 16%	Saturated Fat 3g 15%
<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g
Cholesterol 0mg 0%	Cholesterol 0mg 0%	Cholesterol 0mg 0%
Sodium 140mg 7%	Sodium 260mg 11%	Sodium 302mg 12%
Total Carbohydrate 30g 10%	Total Carbohydrate 30g 10%	Total Carbohydrate 31g 0%
Dietary Fiber <1g 0%	Dietary Fiber 0g 0%	Dietary Fiber 0g 0%
Sugars 23g	Sugars 25g	Sugars 22g
Protein <1g	Protein 0g	Protein <1g
Vitamin A 0% • Vitamin C 0%	Vitamin A 0% • Vitamin C 0%	Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 0%	Calcium 0% • Iron 0%	Calcium 8% • Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.
<p>INGREDIENTS: Sugar, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Eggs, Soybean Oil, Water, Modified Food Starch, Dry Whey, Leavening (Baking Soda, Sodium Aluminum Phosphate, Aluminum Sulfate), Salt, Vital Wheat Gluten, Propylene Glycol Monostearate, Mono & Diglycerides, Sodium Stearoyl Lactylate, Dextrose, Corn Starch, Natural And Artificial Flavor, Wheat Starch, Alpha Tocopherol). Contains: Wheat, Eggs, Soy, Milk Made On Shared Equipment With Milk, Eggs, Peanuts, Wheat, Tree Nuts And Soy.</p>	<p>INGREDIENTS: Cinnamon Roll Enriched Unbleached Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Non-Hydrogenated Vegetable Oils Margarine Of ((Canola, Palm, Modified Palm), Water, Sugar, Mono And Diglycerides, Soybean Lecithin, Citric Acid, Artificial Flavor, Vitamin A Palmitate, Vitamin D3, Beta Carotene), Cinnamon Pastry Cream (Water, Sugar, Cinnamon, Modified Potato Starch, Milk Solids, Dextrose, Sodium Alginate (As Gelling Agent), Potassium Sorbate (As Preservative), Calcium Carbonate (As Ph Control Agent), Gellan Gum, Artificial Flavor, Color), Yeast, High Fructose Corn Syrup, Contains Less Than 2% Of The Following: Salt, Dextrose, Skim Milk, Eggs, Datem (As Emulsifier), Canola Oil, Ascorbic Acid (As Dough Conditioner), Calcium Carbonate (As Yeast Nutrient), Enzymes., Breakfast Icing Sugar, Water, Corn Syrup. Contains 2% Or Less Of: Agar, Citric Acid, Color Added, Dextrose, Guar Gum, Natural And Artificial Flavors, Pectin, Potassium Sorbate, Salt, Stearic Acid, Sodium Hexametaphosphate. Contains: Wheat, Soy, Milk, Eggs</p>	<p>INGREDIENTS: Enriched Unbleached Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Butter, Non-Hydrogenated Vegetable Oil Margarine Of ((Canola And/Or Soybean And/Or Palm And/Or Modified Palm) 80%, Water 18%, Sugar 1%, Soy Lecithin, Mono And Diglycerides, Potassium Sorbate, Citric Acid, Vitamin A Palmitate, Vitamin D3), Glucose-Fructose, Yeast, Salt, Dextrose, Skimmed Milk Powder, Whole Eggs, Solids Corn Syrup, Modified Milk Ingredients, Diacetyl Tartaric Acid Esters Of Mono And Diglycerides, Canola Oil, Ascorbic Acid, Enzymes . Contains: Wheat, Soy, Eggs, Milk Allergens: May Have Been In Contact With Nuts (Almonds And Pecans).</p>

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Additional Products

Coffee Products Cappuccinos (Amfotek)

French Vanilla	Pumpkin Spice	High Voltage Mocha
Nutritional Facts Serving Size 8 oz (240mL)	Nutritional Facts Serving Size 8 oz (240mL)	Nutritional Facts Serving Size 8 oz (240mL)
Amount per Serving	Amount per Serving	Amount per Serving
Calories 150 Calories from Fat 40	Calories 150 Calories from Fat 40	Calories 150 Calories from Fat 40
% Daily Value*	% Daily Value*	% Daily Value*
Total Fat 4.5g 7%	Total Fat 4.5g 7%	Total Fat 4.5g 7%
Saturated Fat 4g 20%	Saturated Fat 4g 21%	Saturated Fat 4g 21%
<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g
Cholesterol 0mg 3%	Cholesterol 0mg 12%	Cholesterol 0mg 0%
Sodium 230mg 7%	Sodium 260mg 11%	Sodium 180mg 7%
Total Carbohydrate 30g 10%	Total Carbohydrate 29g 10%	Total Carbohydrate 28g 9%
Dietary Fiber 19g 0%	Dietary Fiber 00g 00%	Dietary Fiber 0g 0%
Sugars 19g	Sugars 22g	Sugars 20g
Protein 1g	Protein <1g	Protein <1g
Vitamin A 0% • Vitamin C 0%	Vitamin A 0% • Vitamin C 0%	Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 0%	Calcium 0% • Iron 0%	Calcium 8% • Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.
<p>INGREDIENTS: Sugar, Non Dairy Creamer (Contains Corn Syrup Solids, Partially Hydrogenated Coconut Oil, Sodium, Caseinate (A Milk Derivative), Dipotassium Phosphate, Sodium Tripolyphosphate, Monoglycerides, DATEM, Sodium Silicoaluminate, Artificial Flavour, Soy Lecithin And Artificial Color), Corn Syrup Solids, Instant Coffee, Nonfat Dry Milk, Sweet Dairy Whey, Sodium Citrate, Cocoa Powder (Processed With Alkali), Salt, Cellulose Gum, Natural And Artificial Flavor, Silicon Dioxide, And Sodium Stearoyl Lactylate.</p> <p>Contains: Milk, Soy</p>	<p>INGREDIENTS: Sugar, Non Dairy Creamer (Contains Corn Syrup Solids, Partially Hydrogenated Coconut Oil, Sodium, Caseinate (A Milk Derivative), Dipotassium Phosphate, Sodium Tripolyphosphate, Monoglycerides, DATEM, Sodium Silicoaluminate, Artificial Flavour), Instant Coffee, Nonfat Dry Milk, Corn Syrup Solids, Sodium Citrate, Cocoa Powder (Processed With Alkali), Salt, Natural And Artificial Flavor, Cellulose Gum, Silicon Dioxide, And Caffeine.</p> <p>Contains: Milk</p>	<p>INGREDIENTS: Sugar, Non Dairy Creamer (Contains Corn Syrup Solids, Partially Hydrogenated Coconut Oil, Sodium, Caseinate (A Milk Derivative), Dipotassium Phosphate, Sodium Tripolyphosphate, Monoglycerides, DATEM, Sodium Silicoaluminate, Artificial Flavour, Soy Lecithin And Artificial Color), Corn Syrup Solids, Sweet Dairy Whey, Instant Coffee, Nonfat Dry Milk, Cellulose Gum, Cocoa Powder (Processed With Alkali), Carmel Color, Salt, Natural And Artificial Flavor, Silicon Dioxide, And Sodium Stearoyl Lactylate.</p> <p>Contains: Milk, Soy</p>

The nutritional information is derived from a computer analysis of recipes with the assistance of an ESHA Research Nutrition Labeling and Formulation Software (Genesis R&D 9.11.0 Version), and standard supplier product formulations. The rounding of figures is based on the US Food and Drug Administration NLEA Guidelines. Variations within the nutritional values may occur due to the use of regional suppliers, manufacturing tolerances, minor differences in preparation techniques at the store level, recipe revisions, periodic product formulation changes and other factors.

Hot Food Items

ampm Tornado Cheesy Pepper Jack	ampm Tornado French Toast	ampm Tornado Pork Chili Verde
Nutritional Facts Serving Size 3 oz (85g)	Nutritional Facts Serving Size 3 oz (85g)	Nutritional Facts Serving Size 3 oz (85g)
Amount per Serving	Amount per Serving	Amount per Serving
Calories 220 Calories from Fat 110	Calories 190 Calories from Fat 70	Calories 170 Calories from Fat 50
% Daily Value*	% Daily Value*	% Daily Value*
Total Fat 12g 18%	Total Fat 8g 12%	Total Fat 6g 9%
Saturated Fat 4g 20%	Saturated Fat 2g 10%	Saturated Fat 1.5g 8%
<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g
Cholesterol 25mg 8%	Cholesterol 25mg 8%	Cholesterol 10mg 3%
Sodium 240mg 10%	Sodium 200mg 8%	Sodium 280mg 12%
Total Carbohydrate 22g 7%	Total Carbohydrate 29g 10%	Total Carbohydrate 23g 8%
Dietary Fiber 0g 0%	Dietary Fiber 1g 4%	Dietary Fiber 1g 0%
Sugars 1g	Sugars 1g	Sugars 1g
Protein 7g	Protein 7g	Protein 6g
Vitamin A 10% • Vitamin C 4%	Vitamin A 0% • Vitamin C 0%	Vitamin A 2% • Vitamin C 2%
Calcium 10% • Iron 10%	Calcium 4% • Iron 15%	Calcium 6% • Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.	*Percent Daily Values are based on a 2,000 calorie diet.
INGREDIENTS: Cheesy Pepper Jack Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Substitute Neufchatel Cheese (Milk, Neufchatel Cheese (Pasteurized Milk And Cream, Bacterial Culture), Skim Milk (Non Fat Milk), Palm Oil, Milk Protein Concentrate, Bacterial Culture, Salt, Carob Bean Gum, Lactic Acid, Mono And Diglycerides, Citric Acid As A Preservative, Pocarotenal (Colour)), Processed Jack And American Cheese With Peppers (Jack And American Cheese (Milk, Cheese Culture, Salt, Microbial Enzymes), Water, Skim Milk (Non Fat Milk), Palm Oil, Sodium Phosphates, Modified Potato Starch, Peppers (Red & Green Jalapeno Peppers), Salt, Lactic Acid), Vegetable Oil (Soybean And/Or Sunflower And/Or Canola And/Or Corn Oil), Roasted Bell Peppers (With Salt, Citric Acid), Batter Mix (Corn Flour, Bleached Wheat Flour, Spices, Salt, Jalapeno Pepper, Leavening (Sodium Acid Pyrophosphate, Sodium Icarbonate), Guar Gum, Paprika, Turmeric, Natural Flavour), Jalapeno Pepper (With Salt, Acetic Acid, Calcium Chloride), Maltodextrin, Tortilla Flour Blend (Salt, Rice Flour, Guar Gum, Wheat, Sodium Bicarbonate, Corn Starch, Wheat Starch, Potato Starch, Dough Conditioners (Sodium Metabisulfite, Sodium Stearoyl-2- Lactylate, L-Cysteine Hydrochloride, Mono And Diglycerides, Dicalcium Phosphate), Microcrystalline Cellulose, Silicon Dioxide (To Prevent Caking)), Dextrose, Modified Corn Starch, Xanthan Gum. Contains: Milk, wheat.	INGREDIENTS: French Toast Sausage Tornado Fully Cooked Maple Sausage Link, Made With Mechanically Separated Turkey, Bha, Bht And Citric Acid Added To Help Protect Flavor (Mechanically Separated Turkey, Water, Soy Protein Concentrate, Contains 2% Or Less Sugar, Spices, Dextrose, Brown Sugar, Dehydrated Pork Broth, Maple Sugar, Seasoning (Glucose, Caramel Color, Corn Syrup, Pure Maple Syrup, Citric Acid, Bha, Bht)), Water, Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Vegetable Oil Soybean, Sunflower, Canola And/Or Corn Oil), Batter Mix (Wheat Flour, Yellow Corn Flour, Dextrose, Cornstarch, Sugar, Tapioca Dextrin, Eggs, Nonfat Milk, Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Salt, Modified Food Starch, Natural And Artificial Flavors, Spice, Sucralose, Guar Gum, Maple Syrup, Brown Sugar Molasses), Maltodextrin, Tortilla Flour Blend (Salt, Rice Flour, Guar Gum, Wheat, Sodium-bicarbonate, Corn Starch, Wheat Starch, Food Starch, Dough Conditioners (Sodium Metabisulfite, Sodium Stearoyl Lactylate, L-Cysteine, Mono And Diglycerides, Dicalcium Phosphate), Microcrystalline Cellulose, Silicon Dioxide (To Prevent Caking)), Dextrose.. Contains: Egg, Milk, Soy	INGREDIENTS: Pork Chili Verde Tornado: Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Substitute Neufchatel Cheese (Milk, Neufchatel Cheese (Pasteurized Milk And Cream, Bacterial Culture), Skim Milk (Non Fat Milk), Palm Oil, Milk Protein Concentrate, Bacterial Culture, Salt, Carob Bean Gum, Lactic Acid, Mono And Diglycerides, Citric Acid As A Preservative, Pocarotenal (Colour)), Processed Jack And American Cheese With Peppers (Jack And Merican Cheese (Milk, Cheese Culture, Salt, Microbial Enzymes), Water, Skim Milk (Non Fat Milk), Palm Oil, Sodium Phosphates, Modified Potato Starch, Peppers (Red & Green Jalapeno Peppers), Salt, Lactic Acid), Vegetable Oil (Soybean And/Or Sunflower And/Or Canola And/Or Corn Oil), Roasted Bell Peppers (With Salt, Citric Acid), Batter Mix (Corn Flour, Bleached Wheat Flour, Spices, Salt, Jalapeno Pepper, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Guar Gum, Paprika, Turmeric, Natural Flavour), Jalapeno Pepper (With Salt, Acetic Acid, Calcium Chloride), Maltodextrin, Tortilla Flour Blend (Salt, Rice Flour, Guar Gum, Wheat, Sodium Bicarbonate, Corn Starch, Wheat Starch, Potato Starch, Dough Conditioners (Sodium Metabisulfite, Sodium Stearoyl-2- Lactylate, L-Cysteine Hydrochloride, Mono And Diglycerides, Dicalcium Phosphate), Microcrystalline Cellulose, Silicon Dioxide (To Prevent Caking)), Dextrose, Modified Corn Starch, Xanthan Gum. Contains: Soy, Wheat

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