

NUTRITIONAL FACTS - REGULAR PITA

	Calories	Total Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
PITA BREADS											
White	180	10	1	0	0	0	390	36	2	0	6
Wheat	180	10	1	0	0	0	330	33	3	0	6
BREAKFAST PITAS (totals include specified ingredients, eggs and hashbrowns)											
Morning Glory	200	110	12	2.5	0	120	380	13	1	2	7
Ham n' Eggs (Ham)	260	120	14	4	0	145	1020	14	1	3	16
Awakin with Bacon (Bacon)	300	180	20	5	0	140	800	13	1	2	14
Steak n' Eggs (Steak)	280	150	17	4	0	145	580	14	1	3	15
Meat the Day (Bacon & Ham)	310	160	18	5	0	155	1230	14	1	3	19
MEAT PITAS (totals include specified ingredients)											
Dagwood (Prime Rib, Turkey, Ham)	190	70	8	3	0	75	1470	5	0	1	27
Chicken Caesar (Chicken, Bacon)	170	70	8	2.5	0	65	500	1	0	0	23
Chicken Crave (Chicken, Ham)	180	50	6	2	0	80	930	2	0	1	29
Club (Turkey, Ham, Bacon)	160	60	7	2.5	0	60	1380	3	0	1	21
Philly Steak	150	80	9	3.5	0	45	400	2	0	2	16
Cyro	370	240	27	11	0	90	910	12	1	1	19
Chicken Souvlaki (marinated)	140	60	7	2	0	80	500	2	0	1	17
Chicken Breast	120	35	4	1	0	55	290	1	0	0	20
Buffalo Chicken (Chicken)	130	40	4	1	0	55	1150	2	0	0	20
Turkey	100	20	2	0	0	50	1060	4	0	0	18
Prime Rib	160	80	9	4	0	50	600	4	0	0	18
Black Forest Ham	120	35	4	2	0	50	1280	2	0	2	18
B.L.T.	170	110	12	4	0	30	640	3	1	2	10
Tuna	70	10	1	0	0	25	230	0	0	0	14
VEGGIE PITAS (totals include specified ingredients)											
Falafel	390	280	31	2.5	0	0	490	24	6	3	6
Hummus	180	130	14	1	0	0	240	10	4	2	4
Spicy Black Bean	110	25	3	0	0	0	730	16	8	1	11
Feta	160	110	12	8	0	40	640	2	2	0	10
Cheddar	220	160	18	10	0	50	360	2	0	0	14
Provolone	160	120	13	8	0	30	400	2	0	0	11
Pepper Jack	200	140	16	8	0	50	320	2	0	0	12
Garden	0	0	0	0	0	0	0	0	0	0	0
TOPPINGS											
Artichoke Hearts	10	0	0	0	0	0	100	2	2	0	0
Avocado	45	35	4	0.5	0	0	0	2	2	0	1
Banana Peppers	5	0	0	0	0	0	200	1	1	0	0
Black Olives	20	20	2	0	0	0	180	1	0	0	0
Croutons	30	10	1	0	0	0	100	5	0	0	1
Cucumbers	0	0	0	0	0	0	0	0	0	0	0
Green Peppers	5	0	0	0	0	0	0	1	0	0	0
Hummus	90	60	7	0.5	0	0	120	5	2	1	2
Jalapenos	0	0	0	0	0	0	340	0	0	0	0
Mushrooms	5	0	0	0	0	0	0	0	0	0	0
Onions	5	0	0	0	0	0	0	1	0	1	0
Pepper	0	0	0	0	0	0	0	0	0	0	0
Pickles	0	0	0	0	0	0	180	0	0	0	0
Pineapple	15	0	0	0	0	0	0	3	0	3	0
Roasted Red Peppers	5	0	0	0	0	0	85	1	0	0	0
Roasted Red Pepper Hummus	80	50	6	0	0	0	85	5	1	1	2
Romaine Lettuce	5	0	0	0	0	0	0	1	1	1	1
Salt	0	0	0	0	0	0	100	0	0	0	0
Shredded Lettuce	5	0	0	0	0	0	0	1	0	1	0
Spinach	10	0	0	0	0	0	35	2	1	0	1
Tomatoes	10	0	0	0	0	0	0	2	1	1	0
SAUCES											
Ancho Chipotle	90	60	7	1	0	0	250	7	0	4	0
Balsamic Vinaigrette	60	40	4.5	0.5	0	0	180	4	0	4	0
BBQ	70	0	0	0	0	0	270	17	0	15	0
Boom Boom Sauce	160	140	16	2.5	0	15	260	3	0	2	0
Buffalo Sauce	5	5	0	0	0	0	860	1	0	0	0
Caesar	60	45	5	1	0	15	360	4	0	1	1
Honey Mustard	90	70	8	1.5	0	10	130	7	0	6	0
Horseradish Dijon	130	110	12	2	0	10	240	6	0	5	0
Hot Sauce	0	0	0	0	0	0	1130	0	0	0	0
Jalapeno Ranch	90	90	9	1.5	0	10	310	less than 1 g	0	less than 1 g	less than 1 g
Light Mayo	70	60	7	1	0	10	250	2	0	0	0
Ranch	90	90	10	1.5	0	10	260	less than 1 g	0	less than 1 g	less than 1 g
Secret Sauce (spicy vinaigrette)	190	190	21	1.5	0	0	65	0	0	0	0
Sour Cream	60	50	6	3.5	0	20	15	2	0	less than 1 g	less than 1 g
Sriracha	30	0	0	0	0	0	80	1	0	1	0
Teriyaki	30	0	0	0	0	0	230	7	0	6	0
Tzatziki	50	40	4.5	0	0	0	75	3	0	2	1
Yellow Mustard	0	0	0	0	0	0	310	0	0	0	0
CHEESES											
Cheddar	110	80	9	5	0	25	180	1	0	0	7
Feta	80	50	6	4	0	20	320	1	1	0	5
Parmesan	50	30	3.5	2	0	5	160	0	0	0	4
Pepper Jack Cheese	100	70	8	4	0	25	160	1	0	0	6
Provolone	80	60	6	4	0	15	200	less than 1 g	0	0	6

NUTRITIONAL FACTS - SMALL PITA

	Calories	Total Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
PITA BREADS											
White	140	10	1	0	0	0	310	29	1	0	5
Wheat	140	10	1	0	0	0	260	27	3	0	5
BREAKFAST PITAS (totals include specified ingredients, eggs and hashbrowns)											
Morning Glory	100	50	6	1.5	0	60	190	7	less than 1g	1	4
Ham n' Eggs (Ham)	130	60	7	2	0	75	510	7	less than 1g	2	8
Awakin with Bacon (Bacon)	150	90	10	2.5	0	70	400	7	less than 1g	1	7
Steak n' Eggs (Steak)	180	90	11	3	0	85	390	8	less than 1g	2	12
Meat the Day (Bacon & Ham)	160	80	9	2.5	0	80	620	7	less than 1g	2	10
MEAT PITAS (totals include specified ingredients)											
Dagwood (Prime Rib, Turkey, Ham)	100	35	4	1.5	0	40	740	3	0	less than 1g	14
Chicken Caesar (Chicken, Bacon)	90	35	4	1	0	35	250	less than 1g	0	0	12
Chicken Crave (Chicken, Ham)	90	25	3	1	0	40	470	1	0	less than 1g	15
Club (Turkey, Ham, Bacon)	80	30	3.5	1	0	30	690	2	0	less than 1g	11
Philly Steak	80	40	4.5	1.5	0	25	200	1	0	1	8
Cyro	190	120	14	6	0	45	460	6	less than 1g	less than 1g	10
Chicken Souvlaki (marinated)	70	30	3.5	1	0	40	250	1	0	less than 1g	9
Chicken Breast	60	20	2	0.5	0	30	150	less than 1g	0	0	10
Buffalo Chicken (Chicken)	60	20	2	0.5	0	30	580	less than 1g	0	0	10
Turkey	50	10	1	0	0	25	530	2	0	0	9
Prime Rib	80	40	4.5	2	0	25	300	2	0	0	9
Black Forest Ham	60	20	2	1	0	25	640	1	0	1	9
B.L.T.	90	50	6	2	0	15	320	2	less than 1g	1	5
Tuna	35	0	0.5	0	0	15	115	0	0	0	7
VEGGIE PITAS (totals include specified ingredients)											
Falafel	200	140	16	1.5	0	0	240	12	3	2	3
Hummus	90	60	7	0.5	0	0	120	5	2	1	2
Spicy Black Bean	60	15	1.5	0	0	0	370	8	4	less than 1g	6
Feta	80	50	6	4	0	20	320	1	1	0	5
Cheddar	110	80	9	5	0	25	180	1	0	0	7
Provolone	80	60	6	4	0	15	200	less than 1g	0	0	6
Pepper Jack	100	70	8	4	0	25	160	1	0	0	6
Garden	0	0	0	0	0	0	0	0	0	0	0
TOPPINGS											
Artichoke Hearts	5	0	0	0	0	0	50	less than 1g	less than 1g	0	0
Avocado	45	35	4	0.5	0	0	0	2	2	0	1
Banana Peppers	0	0	0	0	0	0	100	less than 1g	less than 1g	0	0
Black Olives	10	10	1	0	0	0	90	less than 1g	0	0	0
Croutons	15	0	0.5	0	0	0	50	3	0	0	less than 1g
Cucumbers	0	0	0	0	0	0	0	0	0	0	0
Green Peppers	0	0	0	0	0	0	0	less than 1g	0	0	0
Hummus	90	60	7	0.5	0	0	120	5	2	1	2
Jalapenos	0	0	0	0	0	0	170	0	0	0	0
Mushrooms	0	0	0	0	0	0	0	0	0	0	0
Onions	0	0	0	0	0	0	0	less than 1g	0	less than 1g	0
Pepper	0	0	0	0	0	0	0	0	0	0	0
Pickles	0	0	0	0	0	0	90	0	0	0	0
Pineapple	5	0	0	0	0	0	0	1	0	1	0
Roasted Red Peppers	0	0	0	0	0	0	45	less than 1g	0	0	0
Roasted Red Pepper Hummus	80	50	6	0	0	0	85	5	1	1	2
Romaine Lettuce	0	0	0	0	0	0	0	less than 1g	less than 1g	less than 1g	less than 1g
Salt	0	0	0	0	0	0	50	0	0	0	0
Shredded Lettuce	0	0	0	0	0	0	0	less than 1g	0	less than 1g	0
Spinach	5	0	0	0	0	0	20	1	less than 1g	0	less than 1g
Tomatoes	5	0	0	0	0	0	0	1	less than 1g	less than 1g	0
SAUCES											
Ancho Chipotle	45	30	3.5	0.5	0	0	125	4	0	2	0
Balsamic Vinaigrette	30	20	2.5	0	0	0	90	2	0	2	0
BBQ	35	0	0	0	0	0	135	9	0	8	0
Boom Boom Sauce	80	70	8	1	0	5	130	1	0	less than 1g	0
Buffalo Sauce	0	0	0	0	0	0	430	0	0	0	0
Caesar	30	25	2.5	0.5	0	10	180	2	0	less than 1g	less than 1g
Honey Mustard	45	35	4	0.5	0	less than 5 mg	65	3	0	3	0
Horseradish Dijon	70	60	6	1	0	less than 5 mg	120	3	0	2	0
Hot Sauce	0	0	0	0	0	0	570	0	0	0	0
Jalapeno Ranch	45	45	4.5	0.5	0	less than 5 mg	160	0	0	less than 1g	0
Light Mayo	35	30	3.5	0	0	less than 5 mg	125	less than 1g	0	0	0
Ranch	45	45	5	0.5	0	less than 5 mg	130	0	0	0	0
Secret Secret (spicy vinaigrette)	90	90	10	1	0	0	30	0	0	0	0
Sour Cream	30	25	3	1.5	0	10	5	less than 1g	0	0	0
Sriracha	15	0	0	0	0	0	40	less than 1g	0	less than 1g	0
Teriyaki	15	0	0	0	0	0	115	3	0	3	0
Tzatziki	25	20	2.5	0	0	0	40	2	0	1	less than 1g
Yellow Mustard	0	0	0	0	0	0	160	0	0	0	0
CHEESES											
Cheddar	60	40	4.5	2.5	0	15	90	less than 1g	0	0	4
Feta	40	25	3	2	0	10	160	less than 1g	less than 1g	0	3
Parmesan	25	15	2	1	0	less than 5 mg	80	0	0	0	2
Pepper Jack Cheese	50	35	4	2	0	15	80	less than 1g	0	0	3
Provolone	40	30	3	2	0	8	100	0	0	0	3

NUTRITIONAL FACTS

	Calories	Total Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
DOUBLE MEAT & DOUBLE CHEESE											
Double Meat & Double Cheese is double the original portion, except in these instances:											
Regular Double Meat											
Morning Glory	290	170	19	4	0	240	540	14	1	3	13
Ham n' Eggs	410	200	23	6	0	290	1820	16	1	5	31
Awakin with Bacon	500	310	35	9	0	280	1390	14	1	3	26
Steak n' Eggs	440	250	28	7	0	285	940	16	1	5	29
Meat the Day	510	270	31	9	0	310	2240	16	1	5	38
Small Double Meat											
Morning Glory	150	80	10	2	0	120	270	7	less than 1mg	2	7
Ham n' Eggs	210	100	12	3	0	145	910	8	less than 1mg	3	16
Awakin with Bacon	250	155	18	5	0	140	690	7	less than 1mg	2	13
Steak n' Eggs	300	160	19	5	0	165	670	9	less than 1mg	4	23
Meat the Day	260	140	16	5	0	155	1120	8	less than 1mg	3	19
EXTRAS											
Add Bacon	50	35	4	2	0	10	210	0	0	0	3
Add Egg	90	60	7	2	0	120	160	1	0	1	6
Add Avocado	45	35	4	1	0	0	0	2	2	0	1
Add Hummus	90	60	7	1	0	0	120	5	2	1	2
Add Roasted Red Pepper Hummus	80	50	6	0	0	0	85	5	1	1	2
QUESAPITA											
Feta Quesapita	420	170	19	12	0	60	1350	39	5	0	21
Cheddar Quesapita	510	250	28	15	0	75	930	39	2	0	27
Provolone Quesapita	420	180	20	12	0	50	990	38	2	0	23
Pepperjack Quesapita	480	230	25	12	0	75	870	39	2	0	24
Add Chicken	120	35	4	1	0	55	290	1	0	0	20
SIDES											
Ancho Chipotle	170	130	14	2	0	0	490	14	0	8	0
Avocado	90	70	8	1	0	0	0	4	4	0	2
Balsamic Vinaigrette	110	80	9	1	0	0	360	8	0	8	0
BBQ	130	0	0	0	0	0	550	34	0	30	0
Boom Boom Sauce	320	290	32	5	0	30	510	6	0	4	0
Buffalo Sauce	15	10	1	0	0	0	1720	1	0	0	0
Caesar	120	90	10	2	0	30	720	8	0	2	2
Honey Mustard	190	140	15	3	0	20	260	13	0	11	0
Horseradish Dijon	260	220	25	4	0	20	470	11	0	9	0
Hot Sauce	0	0	0	0	0	0	2270	0	0	0	0
Hummus	180	130	14	1	0	0	240	10	4	2	4
Jalapeno Ranch	190	170	19	3	0	20	620	2	0	2	2
Light Mayo	130	120	13	2	0	20	490	4	0	0	0
Ranch	190	190	21	3	0	20	510	2	0	2	2
Roasted Red Pepper Hummus	160	110	12	0	0	0	170	10	2	2	4
Secret Sauce (spicy vinaigrette)	370	370	42	3	0	0	130	less than 1mg	0	0	0
Sour Cream	110	100	11	7	0	40	30	4	0	2	2
Sriracha	60	0	0	0	0	0	160	2	0	2	0
Teriyaki	60	0	0	0	0	0	450	13	0	11	0
Tzatziki	100	80	9	0	0	0	150	6	0	4	2
Yellow Mustard	0	0	0	0	0	0	620	0	0	0	0
FRUIT											
Apples	100	0	0	0	0	0	0	25	5	19	0
Banana	110	0	0	0	0	0	0	27	3	14	1
Orange	60	0	0	0	0	0	0	15	3	12	1
DRINKS											
Milk Fat Free	80	0	0	0	0	less than 5mg	105	12	0	12	8
Milk 2%	120	45	5	3	0	20	160	12	0	12	8
Milk Whole	150	70	8	5	0	25	105	12	0	12	8
Coffee	5	0	0	0	0	0	0	less than 1mg	0	0	less than 1g
COOKIES											
Blueberry Cranberry White Choco Chip	160	60	7	3	0	10	140	24	0	16	2
Butter Sugar	160	60	7	4	0	15	140	22	less than 1mg	12	2
Butter Toffee	170	70	8	4	0	10	140	23	0	15	2
Carnival M&M	160	60	7	4	0	10	140	24	1	15	2
Choco Chip	170	70	8	4	0	10	120	24	1	15	2
Choco Chip Reeses Pieces	170	70	8	4	0	10	160	23	1	15	2
Choco Chip with Pecan	170	80	9	4	0	10	110	22	1	14	2
Choco Chip with Walnut	170	80	9	4	0	10	110	22	1	13	2
Choco Chunk	160	70	8	4	0	10	125	24	1	14	2
Chocolate with Pink Candy – Breast Cancer	160	70	8	4	0	10	135	23	1	16	2
Cranberry Oatmeal	150	50	6	3	0	10	90	23	1	13	2
Double Choco Chip	160	70	8	5	0	10	135	23	1	15	2
Oatmeal Raisin	160	63	7	4	0	10	130	23	1	13	2
Peanut Butter	170	80	9	4	0	10	170	20	1	12	3
Peanut Butter Chunky Chocolate	160	60	7	3	0	10	140	23	1	16	3
Strawberry Shortcake	160	60	7	4	0	10	135	23	1	15	2
Triple Chocolate	170	70	8	4	0	10	115	23	1	14	2
Turtle Caramel Pecan	170	80	9	3	0	10	140	22	1	14	2
White Chocolate Macadamia Nut	170	80	9	4	0	15	125	22	0	14	2

NUTRITIONAL FACTS

	Measure	Calories	Total Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
SOUPS												
Broccoli Cheese- Water	6oz	210	140	15	5	0	15	980	15	2	3	5
Broccoli Cheese- Water	10 oz	350	230	25	9	0	25	1630	25	3	5	8
Broccoli Cheese- Whole Milk	6oz	280	170	19	8	0	25	1030	21	2	9	9
Broccoli Cheese- Whole Milk	10 oz	420	260	29	11	0	35	1680	31	3	11	12
Chicken Noodle- Water	6 oz	120	35	4	2	0	30	1280	14	2	3	9
Chicken Noodle- Water	10oz	200	60	6	3	0	50	2130	23	3	5	15
Chicken Noodle- Whole Milk	6 oz	190	70	8	4	0	40	1330	20	2	9	13
Chicken Noodle- Whole Milk	10oz	270	90	10	5	0	60	2180	29	3	11	19
Tomato Basil Bisque- Water	6 oz	200	110	12	5	0	15	1170	18	3	12	3
Tomato Basil Bisque- Water	10 oz	330	180	20	8	0	25	1950	30	5	20	5
Tomato Basil Bisque- Whole Milk	6 oz	270	140	16	7	0	25	1220	24	3	18	7
Tomato Basil Bisque- Whole Milk	10oz	400	220	24	10	0	35	2000	36	5	26	9
Ultimate Baked Potato- Water	6 oz	260	120	14	5	0	25	1170	24	2	2	9
Ultimate Baked Potato- Water	10 oz	430	200	23	9	0	40	1950	40	3	3	15
Ultimate Baked Potato- Whole Milk	6 oz	330	160	18	8	0	35	1220	30	2	8	13
Ultimate Baked Potato- Whole Milk	10 oz	500	240	27	11	0	50	2000	46	3	9	19
Cheesy Chicken Enchilada	6 oz	240	80	9	5	0	30	1560	26	5	8	14
Cheesy Chicken Enchilada	10 oz	400	140	15	9	0	50	2600	43	8	13	23
New England Clam Chowder- Water	6 oz	170	50	6	3	0	15	1190	23	2	2	5
New England Clam Chowder- Water	10 oz	280	90	10	5	0	25	1980	38	3	3	8
New England Clam Chowder- Whole Milk	6 oz	240	90	10	5	0	25	1240	29	2	8	9
New England Clam Chowder- Whole Milk	10 oz	350	130	14	7	0	35	2030	44	3	9	12
Garden Vegetable- Water	6 oz	110	15	2	0	0	0	1160	20	3	9	2
Garden Vegetable- Water	10 oz	180	25	3	0	0	0	1930	33	5	15	3
Garden Vegetable- Whole Milk	6 oz	180	50	6	3	0	10	1210	26	3	15	6
Garden Vegetable- Whole Milk	10oz	250	60	7	3	0	10	1980	39	5	21	7
Chicken And Andouille Sausage Gumbo- Water	6 oz	180	45	5	2	0	25	1200	21	2	5	11
Chicken And Andouille Sausage Gumbo- Water	10 oz	300	80	9	3	0	40	2000	35	3	8	18
Chicken And Andouille Sausage Gumbo- Whole Milk	6 oz	250	80	9	4	0	35	1250	27	2	11	15
Chicken And Andouille Sausage Gumbo- Whole Milk	10 oz	370	110	13	5	0	50	2050	41	3	14	22
Italian Style Wedding- Water	6 oz	170	45	5	2	0	15	1110	21	2	3	8
Italian Style Wedding- Water	10 oz	280	80	9	3	0	25	1850	35	3	5	13
Italian Style Wedding- Whole Milk	6 oz	240	80	9	4	0	25	1160	27	2	9	12
Italian Style Wedding- Whole Milk	10oz	350	110	13	5	0	35	1900	41	3	11	17
Minestrone- Water	6 oz	120	15	2	1	0	0	1110	21	6	6	6
Minestrone- Water	10 oz	200	25	3	2	0	0	1850	35	10	10	10
Minestrone- Whole Milk	6 oz	190	50	6	3	0	10	1160	27	6	12	10
Minestrone- Whole Milk	10 oz	270	60	7	4	0	10	1900	41	10	16	14
Chicken And Wild Rice- Water	6 oz	180	70	8	3	0	25	1170	21	2	3	8
Chicken And Wild Rice- Water	10 oz	300	110	13	5	0	40	1950	35	3	5	13
Chicken And Wild Rice- Whole Milk	6 oz	250	100	12	5	0	35	1220	27	2	9	12
Chicken And Wild Rice- Whole Milk	10oz	370	150	17	7	0	50	2000	41	3	11	17
Chicken And Dumpling- Water	6 oz	210	45	5	3	0	55	1170	30	3	3	11
Chicken And Dumpling- Water	10 oz	350	80	9	4	0	90	1950	50	5	5	18
Chicken And Dumpling- Whole Milk	6 oz	280	80	9	5	0	65	1220	36	3	9	15
Chicken And Dumpling- Whole Milk	10 oz	420	110	13	6	0	100	2000	56	5	11	22
Buffalo Style Chicken- Water	6 oz	290	160	18	6	0	60	1140	20	2	3	12
Buffalo Style Chicken- Water	10 oz	480	270	30	10	0	100	1900	33	3	5	20
Buffalo Style Chicken- Whole Milk	6 oz	360	200	22	8	0	70	1190	26	2	9	16
Buffalo Style Chicken- Whole Milk	10oz	550	310	34	12	0	110	1950	39	3	11	24
Chicken Tortilla- Water	6 oz	140	25	3	1	0	15	1050	21	5	6	6
Chicken Tortilla- Water	10 oz	230	45	5	2	0	25	1750	35	8	10	10
Chicken Tortilla- Whole Milk	6 oz	210	60	7	3	0	25	1100	27	5	12	10
Chicken Tortilla- Whole Milk	10 oz	300	80	9	4	0	35	1800	41	8	16	14
Wisconsin Cheddar- Water	6 oz	270	180	20	11	0	40	1190	15	0	5	8
Wisconsin Cheddar- Water	10 oz	450	290	33	18	0	65	1980	25	0	8	13
Wisconsin Cheddar- Whole Milk	6 oz	340	210	24	13	0	50	1240	21	0	11	12
Wisconsin Cheddar- Whole Milk	10oz	520	330	37	20	0	75	2030	31	0	14	17

	Calories	Total Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
SMOOTHIES											
Banana Very Berry Smoothie	310	0	0	0	0	less than 5mg	140	77	3	47	5
Berry Go Round Smoothie	330	0	0	0	0	less than 5mg	70	77	5	63	4
Blu Bayou Smoothie	280	0	0	0	0	less than 5mg	140	69	4	46	4
Mango Tango Smoothie	290	0	0	0	0	less than 5mg	85	69	3	41	2

COCA-COLA BREWED TEA BEVERAGES											
FUZE Brewed Tea Green Tea Sweet	140	0	0	0	0	0	60	37	0	37	0
FUZE Brewed Tea Raspberry Tea Sweet	220	0	0	0	0	0	60	59	0	56	0
FUZE Brewed Tea Southern Tea Sweet	250	0	0	0	0	0	60	68	0	68	0
FUZE Brewed Tea Strawberry Kiwi Tea Sweet	240	0	0	0	0	0	60	62	0	62	0
FUZE Brewed Tea Half & Half Tea with Lemonade	240	0	0	0	0	0	60	62	0	62	0
FUZE Brewed Tea Unsweetened	0	0	0	0	0	0	60	less than 1 g	0	less than 1 g	0
Gold Peak Classic Blend Tea	0	0	0	0	0	0	60	0	0	0	0
Gold Peak Green Tea	0	0	0	0	0	0	60	0	0	0	0
Gold Peak Passionfruit Mango Tea	0	0	0	0	0	0	60	0	0	0	0
Gold Peak Raspberry Lemonade Tea	130	0	0	0	0	0	60	33	0	33	0
Gold Peak Peach Papaya Green Tea	130	0	0	0	0	0	60	34	0	34	0
Gold Peak Strawberry Kiwi Tea	130	0	0	0	0	0	60	33	0	33	0
Honest Brewed Classic Green Tea	130	0	0	0	0	0	75	31	0	31	0
Honest Brewed Just Iced Tea	0	0	0	0	0	0	60	0	0	0	0
Honest Brewed Lemon Herbal Tea	130	0	0	0	0	0	75	31	0	31	0
Honest Brewed Raspberry Tea	130	0	0	0	0	0	75	31	0	31	0

NUTRITIONAL FACTS

	Calories	Total Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
COCA-COLA FREESTYLE BEVERAGES											
Barq's Root Beer	290	0	0	0	0	0	0	0	0	0	0
Barq's Root Beer with Vanilla	290	0	0	0	0	0	65	79	0	79	0
Caffeine Free Diet Coke	0	0	0	0	0	0	65	79	0	79	0
Caffeine Free Diet Coke with Orange	0	0	0	0	0	0	65	0	0	0	0
Caffeine Free Diet Coke with Cherry	5	0	0	0	0	0	65	0	0	0	0
Caffeine Free Diet Coke with Lime	10	0	0	0	0	0	65	0	0	0	0
Caffeine Free Diet Coke with Raspberry	0	0	0	0	0	0	65	0	0	0	0
Caffeine Free Diet Coke with Lemon	0	0	0	0	0	0	65	0	0	0	0
Caffeine Free Diet Coke with Vanilla	5	0	0	0	0	0	65	0	0	0	0
Caffeine Free Diet Coke with Cherry Vanilla	5	0	0	0	0	0	65	0	0	0	0
Coca-Cola	260	0	0	0	0	0	65	0	0	0	0
Coke with Orange	270	0	0	0	0	0	60	70	0	70	0
Coke with Cherry	270	0	0	0	0	0	70	73	0	73	0
Coke with Lime	270	0	0	0	0	0	65	73	0	73	0
Coke with Raspberry	270	0	0	0	0	0	65	73	0	73	0
Coke with Lemon	270	0	0	0	0	0	65	73	0	73	0
Coke with Vanilla	270	0	0	0	0	0	65	73	0	73	0
Coke with Cherry Vanilla	270	0	0	0	0	0	65	73	0	73	0
Coke Zero	0	0	0	0	0	0	65	73	0	73	0
Coke Zero with Orange	0	0	0	0	0	0	65	0	0	0	0
Coke Zero with Cherry	5	0	0	0	0	0	65	0	0	0	0
Coke Zero with Lime	10	0	0	0	0	0	65	0	0	0	0
Coke Zero with Raspberry	0	0	0	0	0	0	65	0	0	0	0
Coke Zero with Lemon	0	0	0	0	0	0	65	0	0	0	0
Coke Zero with Vanilla	5	0	0	0	0	0	65	0	0	0	0
Coke Zero with Cherry Vanilla	5	0	0	0	0	0	65	0	0	0	0
Dasani with Orange	0	0	0	0	0	0	65	0	0	0	0
Dasani with Cherry	0	0	0	0	0	0	65	0	0	0	0
Dasani with Lime	0	0	0	0	0	0	65	0	0	0	0
Dasani with Raspberry	0	0	0	0	0	0	65	0	0	0	0
Dasani with Lemon	0	0	0	0	0	0	65	0	0	0	0
Dasani with Strawberry	0	0	0	0	0	0	65	0	0	0	0
Dasani with Grape	0	0	0	0	0	0	65	0	0	0	0
Dasani with Peach	5	0	0	0	0	0	65	0	0	0	0
Dasani Sparkling Seltzer Water	0	0	0	0	0	0	65	0	0	0	0
Dasani Sparkling Lemon Lime Seltzer Water	5	0	0	0	0	0	65	0	0	0	0
Diet Barq's Root Beer	0	0	0	0	0	0	65	0	0	0	0
Diet Barq's Root Beer with Vanilla	0	0	0	0	0	0	70	0	0	0	0
Diet Coke	0	0	0	0	0	0	70	0	0	0	0
Diet Coke with Orange	0	0	0	0	0	0	65	0	0	0	0
Diet Coke with Cherry	5	0	0	0	0	0	65	0	0	0	0
Diet Coke with Lime	10	0	0	0	0	0	65	0	0	0	0
Diet Coke with Raspberry	0	0	0	0	0	0	65	0	0	0	0
Diet Coke with Lemon	0	0	0	0	0	0	65	0	0	0	0
Diet Coke with Vanilla	5	0	0	0	0	0	65	0	0	0	0
Diet Coke with Cherry Vanilla	5	0	0	0	0	0	65	0	0	0	0
Fanta Orange	290	0	0	0	0	0	65	0	0	0	0
Fanta Cherry	290	0	0	0	0	0	70	78	0	78	0
Fanta Lime	290	0	0	0	0	0	60	78	0	78	0
Fanta Raspberry	290	0	0	0	0	0	60	78	0	78	0
Fanta Fruit Punch	300	0	0	0	0	0	60	78	0	78	0
Fanta Strawberry	300	0	0	0	0	0	60	78	0	78	0
Fanta Grape	290	0	0	0	0	0	60	78	0	78	0
Fanta Peach	290	0	0	0	0	0	60	78	0	78	0
Fanta Vanilla (Specialty)	290	0	0	0	0	0	65	78	0	78	0
Fanta Zero Orange	0	0	0	0	0	0	60	78	0	78	0
Fanta Zero Cherry	5	0	0	0	0	0	75	0	0	0	0
Fanta Zero Lime	10	0	0	0	0	0	65	0	0	0	0
Fanta Zero Raspberry	5	0	0	0	0	0	65	0	0	0	0
Fanta Zero Fruit Punch	10	0	0	0	0	0	65	0	0	0	0
Fanta Zero Strawberry	10	0	0	0	0	0	65	0	0	0	0
Fanta Zero Grape	10	0	0	0	0	0	65	0	0	0	0
Fanta Zero Peach	10	0	0	0	0	0	65	0	0	0	0
Diet Fanta Vanilla (Specialty)	5	0	0	0	0	0	70	0	0	0	0
Fruitwater Fizzy Lemonade	0	0	0	0	0	0	65	0	0	0	0
Fruitwater Fizzy Mixed Berry	15	0	0	0	0	0	65	0	0	0	0
Fruitwater Fizzy Strawberry Lemonade	5	0	0	0	0	0	65	0	0	0	0
Fruitwater Fizzy Lemon-Lime	10	0	0	0	0	0	65	0	0	0	0
Fruitwater Fizzy Peach Lemonade	0	0	0	0	0	0	65	0	0	0	0
Fruitwater Fizzy Cherry-Lime	10	0	0	0	0	0	65	0	0	0	0
FUZE Sweet Tea	220	0	0	0	0	0	65	0	0	0	0
FUZE Raspberry Tea	220	0	0	0	0	0	60	59	0	59	0
FUZE Lemon Tea	220	0	0	0	0	0	60	59	0	59	0
FUZE Strawberry Tea	220	0	0	0	0	0	65	59	0	59	0
FUZE Peach Tea	230	0	0	0	0	0	60	59	0	59	0
FUZE Raspberry Peach Tea	230	0	0	0	0	0	65	59	0	59	0
FUZE Unsweetened Tea	5	0	0	0	0	0	65	59	0	59	0
FUZE Diet Tea	5	0	0	0	0	0	60	0	0	0	0
FUZE Diet Raspberry Tea	10	0	0	0	0	0	65	0	0	0	0
FUZE Diet Lemon Tea	10	0	0	0	0	0	65	0	0	0	0
FUZE Diet Strawberry Tea	10	0	0	0	0	0	65	0	0	0	0
FUZE Diet Peach Tea	10	0	0	0	0	0	65	0	0	0	0
FUZE Diet Raspberry Peach Tea	10	0	0	0	0	0	65	0	0	0	0
Hi-C Orange	300	0	0	0	0	0	65	0	0	0	0
Hi-C Cherry	310	0	0	0	0	0	70	80	0	79	0
Hi-C Raspberry	310	0	0	0	0	0	60	79	0	79	0
Hi-C Lemon	300	0	0	0	0	0	60	79	0	79	0
Hi-C Fruit Punch	320	0	0	0	0	0	65	79	0	79	0
Hi-C Strawberry	310	0	0	0	0	0	60	79	0	79	0
Hi-C Grape	310	0	0	0	0	0	60	79	0	79	0
Hi-C Raspberry Lime	310	0	0	0	0	0	60	79	0	79	0
Hi-C Orange Vanilla	310	0	0	0	0	0	60	79	0	79	0
Master Pour Black Cherry (Specialty)	270	0	0	0	0	0	65	79	0	79	0
Master Pour Black Cherry Light (Specialty)	170	0	0	0	0	0	65	73	0	73	0

NUTRITIONAL FACTS

	Calories	Total Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
COCA-COLA FREESTYLE BEVERAGES (CONTINUED)											
Mello Yello	220	0	0	0	0	0	65	44	0	44	0
Mello Yello Orange	220	0	0	0	0	0	65	60	0	60	0
Mello Yello Cherry	220	0	0	0	0	0	70	58	0	58	0
Mello Yello Raspberry	220	0	0	0	0	0	65	60	0	60	0
Mello Yello Fruit Punch	230	0	0	0	0	0	65	60	0	60	0
Mello Yello Strawberry	220	0	0	0	0	0	65	60	0	60	0
Mello Yello Grape	220	0	0	0	0	0	65	60	0	60	0
Mello Yello Peach	220	0	0	0	0	0	65	60	0	60	0
Mello Yello with Strawberry Peach (Specialty)	220	0	0	0	0	0	65	60	0	60	0
Mello Yello Zero	0	0	0	0	0	0	65	59	0	59	0
Mello Yello Zero Orange	0	0	0	0	0	0	70	0	0	0	0
Mello Yello Zero Cherry	0	0	0	0	0	0	70	0	0	0	0
Mello Yello Zero Raspberry	5	0	0	0	0	0	70	0	0	0	0
Mello Yello Zero Fruit Punch	10	0	0	0	0	0	70	0	0	0	0
Mello Yello Zero Strawberry	5	0	0	0	0	0	70	0	0	0	0
Mello Yello Zero Grape	5	0	0	0	0	0	70	0	0	0	0
Mello Yello Zero Peach	5	0	0	0	0	0	70	0	0	0	0
diet Mello Yello with Strawberry Peach (Specialty)	10	0	0	0	0	0	70	0	0	0	0
Minute Maid Lemonade	280	0	0	0	0	0	70	0	0	0	0
Minute Maid Lemonade with Orange	280	0	0	0	0	0	120	73	0	73	0
Minute Maid Lemonade with Raspberry	280	0	0	0	0	0	125	73	0	73	0
Minute Maid Lemonade with Strawberry	290	0	0	0	0	0	120	73	0	73	0
Minute Maid Lemonade with Peach	280	0	0	0	0	0	120	73	0	73	0
Minute Maid Pink Lemonade	280	0	0	0	0	0	125	73	0	73	0
Minute Maid Lemonade with Lime	290	0	0	0	0	0	120	73	0	73	0
Minute Maid Light Lemonade	15	0	0	0	0	0	120	73	0	73	0
Minute Maid Light Lemonade with Orange	15	0	0	0	0	0	125	0	0	0	0
Minute Maid Light Lemonade with Raspberry	15	0	0	0	0	0	130	0	0	0	0
Minute Maid Light Lemonade with Strawberry	20	0	0	0	0	0	125	0	0	0	0
Minute Maid Light Lemonade with Peach	15	0	0	0	0	0	125	0	0	0	0
Minute Maid Light Pink Lemonade	15	0	0	0	0	0	125	0	0	0	0
Minute Maid Light Lemonade with Lime	20	0	0	0	0	0	125	0	0	0	0
Pibb Xtra	260	0	0	0	0	0	125	0	0	0	0
Pibb Xtra Cherry	260	0	0	0	0	0	70	68	0	68	0
Pibb Xtra Raspberry	260	0	0	0	0	0	70	68	0	68	0
Pibb Xtra Vanilla	260	0	0	0	0	0	70	68	0	68	0
Pibb Xtra Cherry Vanilla	260	0	0	0	0	0	70	68	0	68	0
Pibb Xtra Raspberry Vanilla	260	0	0	0	0	0	70	68	0	68	0
Pibb Zero	5	0	0	0	0	0	70	68	0	68	0
Pibb Zero Cherry	10	0	0	0	0	0	75	0	0	0	0
Pibb Zero Raspberry	10	0	0	0	0	0	75	0	0	0	0
Pibb Zero Vanilla	10	0	0	0	0	0	75	0	0	0	0
Pibb Zero Cherry Vanilla	15	0	0	0	0	0	75	0	0	0	0
Pibb Zero Raspberry Vanilla	15	0	0	0	0	0	75	0	0	0	0
POWERade Orange	170	0	0	0	0	0	75	0	0	0	0
POWERade Cherry	170	0	0	0	0	0	200	44	0	44	0
POWERade Lime	170	0	0	0	0	0	200	44	0	44	0
POWERade Raspberry	170	0	0	0	0	0	200	44	0	44	0
POWERade Lemon	170	0	0	0	0	0	200	44	0	44	0
POWERade Fruit Punch	170	0	0	0	0	0	200	44	0	44	0
POWERade Strawberry	170	0	0	0	0	0	200	44	0	44	0
POWERade Grape	170	0	0	0	0	0	200	44	0	44	0
POWERade Zero Orange	5	0	0	0	0	0	200	44	0	44	0
POWERade Zero Cherry	5	0	0	0	0	0	200	0	0	0	0
POWERade Zero Lime	5	0	0	0	0	0	200	0	0	0	0
POWERade Zero Raspberry	10	0	0	0	0	0	200	0	0	0	0
POWERade Zero Lemon	0	0	0	0	0	0	200	0	0	0	0
POWERade Zero Fruit Punch	10	0	0	0	0	0	200	0	0	0	0
POWERade Zero Strawberry	5	0	0	0	0	0	200	0	0	0	0
POWERade Zero Grape	5	0	0	0	0	0	200	0	0	0	0
Sprite	250	0	0	0	0	0	200	0	0	0	0
Sprite with Orange	250	0	0	0	0	0	65	67	0	67	0
Sprite with Cherry	260	0	0	0	0	0	70	68	0	67	0
Sprite with Raspberry	260	0	0	0	0	0	65	67	0	67	0
Sprite with Vanilla	260	0	0	0	0	0	65	67	0	67	0
Sprite with Strawberry	260	0	0	0	0	0	65	67	0	67	0
Sprite with Grape	260	0	0	0	0	0	65	67	0	67	0
Sprite with Peach	260	0	0	0	0	0	65	67	0	67	0
Sprite with Peach Vanilla (Specialty)	260	0	0	0	0	0	65	68	0	67	0
Sprite Zero	10	0	0	0	0	0	65	68	0	67	0
Sprite Zero with Orange	10	0	0	0	0	0	65	0	0	0	0
Sprite Zero with Cherry	10	0	0	0	0	0	65	0	0	0	0
Sprite Zero with Raspberry	15	0	0	0	0	0	65	0	0	0	0
Sprite Zero with Vanilla	10	0	0	0	0	0	65	0	0	0	0
Sprite Zero with Strawberry	15	0	0	0	0	0	65	0	0	0	0
Sprite Zero with Grape	10	0	0	0	0	0	65	0	0	0	0
Sprite Zero with Peach	15	0	0	0	0	0	65	0	0	0	0
Sprite Zero with Peach Vanilla (Specialty)	15	0	0	0	0	0	70	0	0	0	0
Seagram's Ginger Ale	170	0	0	0	0	0	65	0	0	0	0
Seagram's Ginger Ale with Orange	170	0	0	0	0	0	60	45	0	45	0
Seagram's Ginger Ale with Cherry	180	0	0	0	0	0	65	45	0	45	0
Seagram's Ginger Ale with Lime	180	0	0	0	0	0	60	45	0	45	0
Seagram's Ginger Ale with Raspberry	180	0	0	0	0	0	60	45	0	45	0
Seagram's Ginger Ale with Vanilla	180	0	0	0	0	0	60	45	0	45	0
Diet Seagram's Ginger Ale	10	0	0	0	0	0	60	45	0	45	0
Diet Seagram's Ginger Ale with Orange	10	0	0	0	0	0	65	0	0	0	0
Diet Seagram's Ginger Ale with Cherry	10	0	0	0	0	0	70	0	0	0	0
Diet Seagram's Ginger Ale with Lime	15	0	0	0	0	0	65	0	0	0	0
Diet Seagram's Ginger Ale with Raspberry	10	0	0	0	0	0	65	0	0	0	0
Diet Seagram's Ginger Ale with Vanilla	10	0	0	0	0	0	65	0	0	0	0
Vitaminwater Orangeade-C	120	0	0	0	0	0	65	0	0	0	0
Vitaminwater Lemonade-C	130	0	0	0	0	0	70	33	0	32	0
Vitaminwater Pink Squeezed	130	0	0	0	0	0	65	34	0	33	0
Vitaminwater Tropical-C	130	0	0	0	0	0	65	33	0	33	0

NUTRITIONAL FACTS

	Calories	Total Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
COCA-COLA LEGACY FOUNTAIN BEVERAGES											
Barq's Caffeine Free Root Beer	310	0	0	0	0	0	130	86	0	86	0
Barq's Root Beer	310	0	0	0	0	0	130	86	0	86	0
Barq's Red Crème Soda	320	0	0	0	0	0	115	87	0	87	0
Caffeine-free Diet Coke	0	0	0	0	0	0	90	0	0	0	0
Cherry Coca-Cola	290	0	0	0	0	0	75	80	0	80	0
Coca-Cola	280	0	0	0	0	0	60	76	0	76	0
Coca-Cola Zero	0	0	0	0	0	0	75	0	0	0	0
Diet Coke	0	0	0	0	0	0	90	0	0	0	0
Diet Coke with Lime	5	0	0	0	0	0	90	0	0	0	0
Fanta Apple	320	0	0	0	0	0	105	85	0	85	0
Fanta Birch Beer	300	0	0	0	0	0	95	82	0	82	0
Fanta Blue Raspberry	330	0	0	0	0	0	90	89	0	89	0
Fanta Cherry	300	0	0	0	0	0	85	81	0	81	0
Fanta Fruit Punch	300	0	0	0	0	0	95	79	0	79	0
Fanta Grape	320	0	0	0	0	0	85	85	0	85	0
Fanta Kiwi-Strawberry	340	0	0	0	0	0	90	90	0	90	0
Fanta Orange	300	0	0	0	0	0	90	80	0	80	0
Fanta Red	300	0	0	0	0	0	75	82	0	81	0
Fanta Strawberry	320	0	0	0	0	0	90	88	0	88	0
Fanta Strawberry (Texas Only)	290	0	0	0	0	0	70	79	0	79	0
Fresca	0	0	0	0	0	0	85	2	0	0	0
Fruitopia Strawberry Passion Awareness	330	0	0	0	0	0	95	90	0	87	0
Full Throttle Twisted	300	0	0	0	0	0	220	79	0	79	0
Fuze Lemon Black Tea	170	0	0	0	0	0	80	44	0	44	0
Fuze Peach Tea	170	0	0	0	0	0	80	44	0	44	0
Fuze Raspberry Tea	170	0	0	0	0	0	80	44	0	44	0
Fuze Sweet Tea	160	0	0	0	0	0	85	44	0	44	0
Fuze Unsweet Tea	5	0	0	0	0	0	80	0	0	0	0
Glaceau vitaminwater essential	140	0	0	0	0	0	70	37	0	35	0
Glaceau vitaminwater revive	140	0	0	0	0	0	70	36	0	35	0
Glaceau vitaminwater XXX	130	0	0	0	0	0	70	36	0	35	0
Glaceau vitaminwater XXX zero	0	0	0	0	0	0	70	less than 1 g	0	0	0
Glaceau vitaminwatersqueezed zero	5	0	0	0	0	0	70	2	0	0	0
Gold Peak Raspberry Tea	170	0	0	0	0	0	80	47	0	47	0
Gold Peak Peach Tea	170	0	0	0	0	0	80	44	0	44	0
Gold Peak Citrus White Tea	240	0	0	0	0	0	80	62	0	62	0
Gold Peak Diet Black Tea	0	0	0	0	0	0	85	less than 1 g	0	0	0
Gold Peak Diet Green Tea	5	0	0	0	0	0	80	less than 1 g	0	less than 1 g	0
Gold Peak Sweetened Green Tea	170	0	0	0	0	0	90	47	0	47	0
Gold Peak Premium Unsweetened Tea	0	0	0	0	0	0	80	0	0	0	0
Gold Peak Southern Style Tea	270	0	0	0	0	0	85	69	0	68	0
Gold Peak Sweetened Black Tea	220	0	0	0	0	0	85	59	0	59	0
Hi-C Flashn' Fruit Punch	290	0	0	0	0	0	100	81	0	79	0
Hi-C Orange Lavaburst	310	0	0	0	0	0	75	86	0	84	0
Hi-C Poppin' Pink Lemonade	270	0	0	0	0	0	190	75	0	72	0
Mello Yello	300	0	0	0	0	0	85	81	0	80	0
Minute Maid Lemonade	270	0	0	0	0	0	190	75	0	72	0
Minute Maid Light Lemonade	15	0	0	0	0	0	75	0	0	0	0
Minute Maid Light Pomegranate Lemonade	15	0	0	0	0	0	115	3	0	0	0
Minute Maid Limeade	310	0	0	0	0	0	95	88	0	87	0
Pibb Xtra	270	0	0	0	0	0	100	74	0	74	0
POWERade Fruit Punch	160	0	0	0	0	0	220	45	0	42	0
POWERade Lemon-Lime	160	0	0	0	0	0	220	42	0	41	0
POWERade Mountain Blast	160	0	0	0	0	0	210	42	0	42	0
Red Flash	300	0	0	0	0	0	120	79	0	79	0
Seagram's Ginger Ale	250	0	0	0	0	0	80	68	0	68	0
Seagram's Ginger Ale Reduced Calorie	180	0	0	0	0	0	80	47	0	47	0
Seagram's Tonic Water	240	0	0	0	0	0	90	62	0	62	0
Sprite	270	0	0	0	0	0	125	74	0	74	0
Sprite Zero	5	0	0	0	0	0	80	0	0	0	0
Vanilla Coke	290	0	0	0	0	0	75	79	0	79	0