



Nutrition Chart



Chill Zone	Total Calories (cal)	Calories From Fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sour Apple Shock, 20oz	150	0	0	0	0	0	0	40	0	37.5	0
Sour Apple Shock, 30oz	225	0	0	0	0	0	0	60	0	56.25	0
Sucka Punch, 20oz	150	0	0	0	0	0	12.5	40	0	37.5	0
Sucka Punch, 30oz	225	0	0	0	0	0	18.75	60	0	56.25	0
Pinka-Saurus, 20oz	150	0	0	0	0	0	0	40	0	37.5	0
Pinka-Saurus, 30oz	225	0	0	0	0	0	0	60	0	56.25	0
Cotton Candy Commander, 20oz	150	0	0	0	0	0	0	40	0	40	0
Cotton Candy Commander, 30oz	225	0	0	0	0	0	0	60	0	60	0
Lemonaze, 20oz	150	0	0	0	0	0	0	40	0	40	0
Lemonaze, 30oz	225	0	0	0	0	0	0	60	0	60	0
Red Rage, 20oz	150	0	0	0	0	0	0	40	0	40	0
Red Rage, 30oz	225	0	0	0	0	0	0	60	0	60	0
Berry Backlash, 20oz	150	0	0	0	0	0	0	40	0	40	0
Berry Backlash, 30oz	225	0	0	0	0	0	0	60	0	60	0
Lotta Melon, 20oz	175	0	0	0	0	0	0	40	0	40	0
Lotta Melon, 30oz	262.5	0	0	0	0	0	0	60	0	60	0
Mad Cola, 20oz	175	0	0	0	0	0	0	40	0	40	0
Mad Cola, 30oz	262.5	0	0	0	0	0	0	60	0	60	0
Monkey Freeze, 20oz	150	0	0	0	0	0	0	40	0	40	0
Monkey Freeze, 30oz	225	0	0	0	0	0	0	60	0	60	0
Purple Palooza, 20oz	150	0	0	0	0	0	0	40	0	37.5	0
Purple Palooza, 30oz	225	0	0	0	0	0	0	60	0	56.25	0
Strawberry Monkey, 20oz	175	0	0	0	0	0	0	40	0	40	0
Strawberry Monkey, 30oz	262.5	0	0	0	0	0	0	60	0	60	0
Sides	Total Calories (cal)	Calories From Fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chicken Tenders, 3 piece	330	150	16.5	3	0	52.5	975	22.5	1.5	1.5	21
Chicken Tenders, 5 piece	550	250	26.5	5	0	87.5	1625	37.5	2.5	2.5	35
Bone-In Chicken Wings	360	220	24	6	0	180	920	1	0	1	34
Spicy Chicken Fingers, 3 piece	420	195	22.5	3.75	0	75	1455	24	1.5	0	31.5
Spicy Chicken Fingers, 5 piece	700	325	37.5	6.25	0	125	2425	40	2.5	0	52.5
Hash Browns, 6 piece	240	135	15	2.25	0	0	675	27	3	0	3
Mac & Cheese Bites, 6 piece	330	140	16	5	0	15	990	37	3	5	9
Mozzarella Cheese Sticks, 6 piece	540	240	27	12	0	60	1620	48	0	1	24
Onion Rings, 8 piece	560	280	30	5	0	0	1000	62	10	4	8
Feta Pretzel	450	210	21	12	0	60	1020	48	3	3	24
Jalapeno Pretzel	480	105	10.5	4.5	0	30	1350	75	3	3	18
Hot Pretzel	800	50	5	0	0	0	600	600	5	5	25
Pumpkin Filled Pretzel	480	60	6	3	0	15	570	93	3	21	12
Pizza Stuffed Pretzel	420	90	9	3	0	15	840	69	3	3	15
Colby Jack Cheese Stick	110	80	9	5	0	30	170	1	0	0	7
Sharp Cheddar Cheese Stick	110	80	9	5	0	30	180	1	0	0	7
Pepper Jack Cheese Stick	110	80	9	5	0	30	170	1	0	0	7
Mozzarella String Cheese	80	80	6	3.5	0	15	200	<1	0	0	8
Beef Empanada	220	100	11	4.5	0.5	45	550	21	1	1	11
Chicken Empanada	190	60	6	3	0	35	510	21	1	2	12
Roller Grill	Total Calories (cal)	Calories From Fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Beef Frank	230	190	21	8	1.5	40	700	3	0	1	9
Jumbo Frank	350	280	31	12	0.5	80	1020	4	0	2	13
CheddarWhurst	240	190	22	9	0	55	750	2	0	0	10
Pork and Veggie Egg Roll	170	80	9	2.5	0	15	560	19	2	2	7

Cheesy Pepper Jack Tornado	220	110	12	5	0	25	240	22	0	1	7
Southwestern Chicken Tornado	180	60	6	1.5	0	10	230	23	1	1	6
French Toast & Sausage Tornado	190	70	8	2	0	25	200	22	1	1	7
Ranchero Beef Steak & Cheese Tornado	180	60	7	2	0	10	380	23	1	1	7
Sausage, Egg, and Cheese Tornado	180	70	8	2	0	15	280	21	0	0	5
Sepreme Omlet Tornado	190	80	8	2.5	0	20	250	21	0	0	6

Breakfast	Total Calories (cal)	Calories From Fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Egg, Sausage and Bacon Croissant	360	180	20	8	0	155	710	32	1	6	12
Angus Steak, Egg & Muenster Cheese on an Asiago Bagel	570	260	29	13	1	220	1200	45	2	2	31
Angus Steak, Egg & Cheese on a Bagel	550	230	25	10	1	200	1160	50	2	2	25
Egg, Cheese and Bacon English Muffin	310	110	12	4	0	155	910	36	1	3	13
Canadian Bacon, Egg Whites & Cheese on an English Muffin	220	50	6	2	0	15	820	26	1	1	13
Egg and Sausage French Toast Sandwich	450	260	28	10	0	275	890	30	0	9	18
Egg, Ham and Cheese Croissant	370	170	18	8	0	165	1020	33	1	6	16
Sausage, Egg & Cheese on a Bagel	580	260	29	10	0	185	1390	60	5	6	25
Sausage, Egg & Cheese on a Biscuit	570	360	40	18	0	185	1440	35	1	4	17
Egg, Sausage and Cheese Croissant	520	310	34	13	0	185	1000	33	1	6	17
Egg, Sausage and Cheese on a English Muffin	470	240	27	10	0	185	1200	37	1	3	18
Bacon, Egg & Cheese Pizza 7"	1260	630	78	21	1.5	405	2160	99	3	9	36

Pizza & Calzones	Total Calories (cal)	Calories From Fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Whole Pizza, Cheese	2520	780	84	42	0	210	5160	330	12	42	114
Whole Pizza, Pepperoni	2760	960	108	54	0	240	6000	324	12	42	126
Chicken, Spinach & Broccoli Personal Pizza	740	300	34	14	0	70	1600	68	4	6	36
Ham and Cheese Calzone	450	180	20	9	0	65	1010	42	1	4	28
Pepperoni Calzone	610	310	34	15	0.5	80	1300	41	1	2	34
Steak & Cheese Calzone	470	200	22	10	0.5	70	670	42	2	4	27
Steak & Cheese Personal Pizza	560	180	20	9	0	60	1260	70	2	6	28
Three Meat Personal Pizza	580	220	24	10	0	50	1320	66	2	6	26

Pastry Case	Total Calories (cal)	Calories From Fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Apple Fritter	500	200	22	10	0	0	560	68	2	26	8
Apple Turnover	390	210	24	13	0	5	440	40	1	15	4
Berry Blast Muffin	430	170	20	5	0	35	400	56	2	29	5
Blueberry Crumb Muffin	500	200	23	5	0	75	460	70	1	39	7
Blueberry Donut	380	100	11	4	0	20	580	65	1	38	6
Chocolate Chocolate Chip Muffin	490	200	23	6	0	60	190	66	2	37	7
Chocolate Iced Sprinkle Donut	310	110	12	5	0	0	370	48	2	19	5
Cinnamon Roll	430	110	12	2.5	0	120	260	74	5	43	6
Coffee Cake Muffin	520	200	22	4.5	0	60	460	77	1	43	6
Corn Muffin	510	210	24	6	0	80	480	66	2	31	7
French Vanilla Chip Muffin	520	210	24	8	0	70	450	71	1	40	7
Iced Lemon Muffin	470	170	20	4	0	80	480	68	1	39	6
Boston Cream Donut	370	120	13	5	0	0	460	61	2	23	6
Blueberry & Raspberry Danish	410	110	12	6	0	25	440	71	2	40	5
Raspberry Turnover	590	270	30	16	0	5	540	74	2	41	5
Red Velvet Muffin	400	150	17	5	0	40	590	56	1	33	6
Chocolate Iced Roll	440	160	18	4.5	0	80	400	60	4	23	8
Cinnamon Elephant Ears	550	290	33	18	0	0	640	57	2	20	7

Burritos	Total Calories (cal)	Calories From Fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Spicy Chicken Burrito	370	120	14	7	0	50	1070	43	3	3	19
Steak Ranchero Burrito	390	140	16	8	0	45	1510	42	2	1	15
Chorizo Square Wrap	430	240	27	10	0	115	1100	33	1	1	15
Sausage, Egg & Cheese Burrito	550	330	37	17	0	215	1500	34	1	1	21

Subs & Sandwiches	Total Calories (cal)	Calories From Fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Angus Bacon Cheeseburger	600	320	36	15	1.5	95	1680	33	1	5	36
Angus Cheeseburger	570	300	33	14	1.5	90	1470	33	1	4	34
Buffalo Chicken Sandwich	510	130	14	4.5	0	55	1340	64	3	7	29
Buffalo Chicken Wrap	710	320	35	8	1	90	3060	67	5	5	35
Chicken Salad Wheat Wedge Double	300	120	13	2.5	0	235	590	33	2	0	12

Egg Salad White Wedge Double	300	120	13	2.5	0	235	590	33	2	0	12
Ham Salad Wheat Wedge	300	120	13	2.5	0	235	590	33	2	0	12
Chicken Ceaser Wrap	550	160	18	4	0	85	960	57	6	3	36
Chicken Parmesan Sub	570	140	16	6	0	45	1450	73	3	5	33
Turkey Monterey Jack White Sub	500	140	16	8	0	55	1250	52	4	4	34
Deluxe Italian Sub	710	290	32	14	0	115	2290	62	2	5	39
Forgetaboutit Italian Wrap	650	280	31	14	0	85	1910	54	6	4	32
Grilled Chicken Bacon and Cheese	400	100	11	4.5	0	90	1190	35	3	3	39
Ham & Swiss White Sub	470	110	12	6	0	60	1390	56	4	4	31
Italian Footlong Sub	890	320	36	17	0	120	2900	87	3	8	48
Southern Style Chicken Sandwich	480	100	11	2	0	45	1080	61	2	8	25
Southwestern Turkey Wrap	490	140	16	7	0	50	1340	55	5	3	31
Veggie Burger	270	20	2	0	0	0	520	50	5	5	12
Deluxe Chicken Parmesan Sub	500	120	13	4.5	0	105	1360	47	4	5	43
Mozzarella & Tomato Sandwich	710	350	39	6	0	120	880	55	2	6	35
Italian Sausage Sub	420	130	15	4	0	45	1270	61	4	3	21
Steak Bomb Sub	370	80	8	2.5	0	35	790	61	2	4	20
Seafood Salad	430	270	31	4	0	30	1100	32	1	4	9

Chocolate Snacks	Total Calories (cal)	Calories From Fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
CF Milk Chocolate Covered Sandwich Cookie 0.7oz	100	45	5	2.5	0	0	10	14	0	10	1
CF Milk Chocolate Covered Graham 0.7oz	100	40	4.5	2.5	0	0	45	14	0	10	1
CF Milk Chocolate Covered Pretzel 0.7oz	90	30	3	1.5	0	0	50	14	1	6	1