



NUTRITIONAL GUIDE

17" NEW YORK PIZZA	Serving	Cals (kcal)	Fat Cals (kcal)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergen Statement
NY 17" Cheese Pizza	1	2630	850	94	45	2	250	5990	315	21	36	129	CONTAINS MILK, WHEAT.
NY 17" Pepperoni Pizza	1	3310	1205	135	60	3	330	8755	366	27	55	148	CONTAINS MILK, WHEAT.
NY 17" Pepperoni & Sausage Pizza	1	3560	1590	177	73	1.5	450	9810	321	24	36	167	CONTAINS MILK, WHEAT.
NY 17" Sausage Pizza	1	3290	1370	153	63	1.5	390	8870	320	24	35	157	CONTAINS MILK, WHEAT.
NY 17" 4 Cheese White Pizza	1	3080	1280	143	65	1.5	340	6430	318	12	28	141	CONTAINS MILK, WHEAT.
NY 17" BBQ Chicken Pizza	1	3370	950	107	48	1	365	7900	436	14	129	167	CONTAINS MILK, SOY, WHEAT.
NY 17" Buffalo Chicken Pizza	1	3210	1310	147	49	1.5	385	9730	298	15	17	174	CONTAINS EGG, MILK, SOY, WHEAT.
NY 17" Classic Hawaiian Pizza	1	2810	820	92	41	1.5	295	7640	343	22	59	151	CONTAINS MILK, WHEAT.
NY 17" Double Duo Pepperoni Pizza	1	3700	1740	194	87	2	475	10230	319	22	39	164	CONTAINS MILK, WHEAT.
NY 17" Hot and Spicy Pizza	1	3280	1340	150	66	1	350	8840	323	23	40	155	CONTAINS MILK, WHEAT, SULFITES.
NY 17" Mama's Meatball Pizza	1	3550	1520	170	76	2	485	7310	342	16	40	169	CONTAINS MILK, SOY, WHEAT.
NY 17" Meat Primo Pizza	1	3860	1720	191	81	2.5	540	10510	332	23	39	199	CONTAINS MILK, SOY, WHEAT.
NY 17" Veggie Pizza	1	2660	810	91	41	1.5	215	6400	337	28	45	126	CONTAINS MILK, WHEAT.
NY 17" Supremo Pizza	1	3210	1280	142	60	2.5	345	8290	334	25	41	148	CONTAINS MILK, WHEAT.
NEW YORK PIZZA SLICES													
NY Cheese Pizza Slice	1	430	140	15	7	0	40	970	51	3	6	21	CONTAINS MILK, SOY, WHEAT.
NY Pepperoni Pizza Slice	1	552	201	23	10	1	55	1459	61	5	9	25	CONTAINS MILK, SOY, WHEAT.
NY Mushroom Pizza Slice	1	360	130	14	6	0	30	850	43	3	5	16	CONTAINS MILK, SOY, WHEAT.
NY Sausage Pizza Slice	1	520	220	24	10	0	60	1390	50	4	6	25	CONTAINS MILK, SOY, WHEAT.
NY 4 Cheese White Pizza Slice	1	510	210	24	11	0	55	1070	53	2	5	23	CONTAINS MILK, WHEAT.
NY BBQ Chicken Pizza Slice	1	560	160	18	8	0	60	1320	73	2	21	28	CONTAINS MILK, SOY, WHEAT.
NY Buffalo Chicken Pizza Slice	1	520	210	23	8	0	65	1600	49	2	3	29	CONTAINS EGG, MILK, SOY, WHEAT.
NY Classic Hawaiian Pizza Slice	1	470	140	15	7	0	50	1270	57	4	10	25	CONTAINS MILK, WHEAT.
NY Double Duo Pepperoni Pizza Slice	1	620	290	32	14	0	80	1700	53	4	6	27	CONTAINS MILK, WHEAT.
NY Hot + Spicy Pizza Slice	1	550	220	25	11	0	60	1470	54	4	7	26	CONTAINS MILK, WHEAT, SULFITES.
NY Mama's Meatball Pizza Slice	1	590	250	28	13	0	80	1220	57	3	7	28	CONTAINS MILK, SOY, WHEAT.
NY Meat Primo Pizza Slice	1	640	290	32	13	0	90	1750	55	4	7	33	CONTAINS MILK, SOY, WHEAT.
NY Veggie Pizza Slice	1	440	140	15	7	0	35	1070	56	5	7	21	CONTAINS MILK, WHEAT.
NY Supremo Pizza Slice	1	540	210	24	10	0	55	1380	56	4	7	25	CONTAINS MILK, WHEAT.

RECOMMENDED LIMITS FOR A 2,000 CALORIE DAILY DIET OR 20 GRAMS OF SATURATED FAT AND 2,300 MILLIGRAMS OF SODIUM



NUTRITIONAL GUIDE

16" ROMAN PIZZA	Serving	Cals (kcal)	Fat Cals (kcal)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergen Statement
Roman 16" Hot +Spicy Pizza	1	3990	1770	200	77	1	370	9730	372	22	41	171	CONTAINS MILK, WHEAT, SULFITES.
Roman 16" Buffalo Chicken Pizza	1	3450	1390	156	40	1	315	9380	342	17	18	168	CONTAINS EGG, MILK, SOY, WHEAT.
Roman 16" 4-Cheese White Pizza	1	4000	1880	211	87	2	420	8140	374	15	32	171	CONTAINS MILK, WHEAT.
Roman 16" BBQ Chicken Pizza	1	4040	1340	151	59	1	410	8730	483	16	130	190	CONTAINS MILK, SOY, WHEAT.
Roman 16" Classic Hawaiian Pizza	1	3570	1300	147	53	1.5	320	8610	393	21	61	167	CONTAINS MILK, WHEAT.
Roman 16" Double Duo Pizza	1	4450	2210	248	98	2	495	11170	368	21	40	180	CONTAINS MILK, WHEAT.
Roman 16" Mama's Meatball Pizza	1	4310	1950	219	89	2	530	8610	399	20	49	193	CONTAINS MILK, SOY, WHEAT.
Roman 16" Meat Primo Pizza	1	4610	2180	245	92	2.5	565	11440	382	22	41	215	CONTAINS MILK, SOY, WHEAT.
Roman 16" Pepperoni and Bacon Pizza	1	4250	1960	220	81	3.5	450	10000	371	21	38	187	CONTAINS MILK, WHEAT.
Roman 16" Sausage and Pepperoni Pizza	1	4340	2070	232	85	2.5	475	10270	374	20	37	186	CONTAINS MILK, WHEAT.
Roman 16" Veggie Pizza	1	3390	1280	145	51	1.5	235	7240	387	27	46	139	CONTAINS MILK, WHEAT.
Roman 16" Cheese Pizza	1	3320	1260	143	53	1.5	255	6820	368	20	37	141	CONTAINS MILK, WHEAT.
Roman 16" Supremo Pizza	1	4040	1810	204	74	2.5	385	9490	384	24	42	168	CONTAINS MILK, WHEAT.
ROMAN SLICE													
Roman Hot + Spicy Pizza Slice	1	660	300	33	13	0	60	1620	62	4	7	29	
Roman Buffalo Chicken Pizza Slice	1	580	230	26	7	0	55	1560	57	3	3	28	CONTAINS EGG, MILK, SOY, WHEAT.
Roman 4-Cheese White Pizza Slice	1	670	310	35	14	0	70	1360	62	2	5	29	CONTAINS MILK, WHEAT.
Roman BBQ Chicken Pizza Slice	1	670	220	25	10	0	70	1450	81	3	22	32	CONTAINS MILK, SOY, WHEAT.
Roman Classic Hawaiian Pizza Slice	1	590	220	24	9	0	55	1430	66	4	10	28	CONTAINS MILK, WHEAT.
Roman Double Duo Pizza Slice	1	740	370	41	16	0	85	1860	61	3	7	30	CONTAINS MILK, WHEAT.
Roman Mama's Meatball Pizza Slice	1	720	320	36	15	0	90	1440	66	3	8	32	CONTAINS MILK, SOY, WHEAT.
Roman Meat Primo Pizza Slice	1	770	360	41	15	0	95	1910	64	4	7	36	CONTAINS MILK, SOY, WHEAT.
Roman Pepperoni and Bacon Pizza Slice	1	710	330	37	14	0.5	75	1670	62	3	6	31	CONTAINS MILK, WHEAT.
Roman Sausage and Pepperoni Pizza Slice	1	720	340	39	14	0	80	1710	62	3	6	31	CONTAINS MILK, WHEAT.
Roman Veggie Pizza Slice	1	570	210	24	8	0	40	1210	64	4	8	23	CONTAINS MILK, WHEAT.
Roman Cheese Pizza Slice	1	550	210	24	9	0	45	1140	61	3	6	24	CONTAINS MILK, WHEAT.
Roman Supremo Pizza Slice	1	670	300	34	12	0	65	1580	64	4	7	28	CONTAINS MILK, WHEAT.

RECOMMENDED LIMITS FOR A 2,000 CALORIE DAILY DIET OR 20 GRAMS OF SATURATED FAT AND 2,300 MILLIGRAMS OF SODIUM



NUTRITIONAL GUIDE

24" STROMBOLI (FAMILY STYLE)	Serving	Cals (kcal)	Fat Cals (kcal)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergen Statement
4-Cheese White Stromboli, Family Style	1	3160	1280	143	66	2	430	6930	330	16	36	148	CONTAINS EGG, MILK, WHEAT.
BBQ Chicken Stromboli, Family Style	1	3200	840	95	40	0.5	320	8000	435	15	127	155	CONTAINS MILK, SOY, WHEAT.
Buffalo Chicken Stromboli, Family Style	1	3450	1600	179	49	1	440	8570	298	14	17	164	CONTAINS EGG, MILK, SOY, WHEAT.
Classic Hawaiian Stromboli, Family Style	1	2810	920	103	39	1	340	7580	326	16	46	143	CONTAINS EGG, MILK, WHEAT.
Double Duo Pep Stromboli, Family Style	1	3790	1910	213	85	2	530	10420	303	17	25	159	CONTAINS EGG, MILK, WHEAT.
Hot and Spicy Stromboli, Family Style	1	3120	1300	145	59	1.5	370	8110	306	17	26	142	CONTAINS EGG, MILK, WHEAT, SULFITES.
Mama's Meatball Stromboli, Family Style	1	3420	1490	166	68	1.5	500	7420	331	17	32	160	CONTAINS EGG, MILK, SOY, WHEAT.
Meat Primo Stromboli, Family Style	1	3900	1850	206	78	2.5	585	10410	316	18	26	192	CONTAINS EGG, MILK, SOY, WHEAT.
Roasted Veggie Stromboli, Family Style	1	2750	1040	117	39	1	170	6280	316	21	29	112	CONTAINS MILK, WHEAT.
Supremo Stromboli, Family Style	1	3250	1410	157	58	2	385	8180	318	20	27	140	CONTAINS EGG, MILK, WHEAT.
6" STROMBOLI (INDIVIDUAL)													
Pepperoni Stromboli, Individual	1	900	450	50	19	0	115	1940	72	4	3	36	CONTAINS EGG, MILK, WHEAT.
Spinach Stromboli, Individual	1	740	330	37	11	0	60	1230	74	5	3	29	CONTAINS EGG, MILK, WHEAT.
Sausage, Pepperoni, Bacon, Individual	1	870	420	47	17	0	110	1970	72	4	3	37	CONTAINS MILK, SOY, WHEAT.
4-Cheese White Stromboli, Individual	1	790	320	36	17	0.5	110	1730	82	4	9	37	CONTAINS EGG, MILK, WHEAT.
BBQ Chicken Stromboli, Individual	1	800	210	24	10	0	80	2000	109	4	32	39	CONTAINS MILK, SOY, WHEAT.
Buffalo Chicken Stromboli, Individual	1	860	400	45	12	0	110	2140	74	3	4	41	CONTAINS EGG, MILK, SOY, WHEAT.
Classic Hawaiian Stromboli, Individual	1	700	230	26	10	0	85	1900	81	4	11	36	CONTAINS EGG, MILK, WHEAT.
Double Duo Pep Stromboli, Individual	1	950	480	53	21	0.5	130	2600	76	4	6	40	CONTAINS EGG, MILK, WHEAT.
Hot + Spicy Stromboli, Individual	1	780	320	36	15	0	95	2030	77	4	7	35	CONTAINS EGG, MILK, WHEAT, SULFITES.
Mama's Meatball Stromboli, Individual	1	860	370	42	17	0	125	1850	83	4	8	40	CONTAINS EGG, MILK, SOY, WHEAT.
Meat Primo Stromboli, Individual	1	970	460	52	20	0.5	145	2600	79	4	6	48	CONTAINS EGG, MILK, SOY, WHEAT.
Roasted Veggie Stromboli, Individual	1	690	260	29	10	0	45	1570	79	5	7	28	CONTAINS MILK, WHEAT.
Supremo Stromboli, Individual	1	810	350	39	14	0.5	95	2040	79	5	7	35	CONTAINS EGG, MILK, WHEAT.

RECOMMENDED LIMITS FOR A 2,000 CALORIE DAILY DIET OR 20 GRAMS OF SATURATED FAT AND 2,300 MILLIGRAMS OF SODIUM



NUTRITIONAL GUIDE

PASTA + 1 BREADSTICK	Serving	Cals (kcal)	Fat Cals (kcal)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergen Statement
Spaghetti	1	1180	510	57	9	0	0	1830	141	10	12	28	CONTAINS MILK, WHEAT.
Spaghetti & Meatballs	1	1200	580	65	15	0	60	2490	121	8	14	35	CONTAINS MILK, SOY, WHEAT.
Baked Ziti	1	1040	420	47	13	0	60	2250	122	9	21	33	CONTAINS MILK, WHEAT.
Meat Lasagna	1	1430	610	68	27	1	150	3970	145	11	23	60	
Chicken Parmigiana with Spaghetti	1	1160	400	44	10	0	90	2240	136	9	12	55	
Chicken Parmigiana with Baked Ziti	1	1280	570	64	17	0.5	125	2830	121	9	19	58	
Chicken Fancese with Spaghetti	1	1140	400	45	10	0	85	2310	130	8	11	54	
Chicken Vesuvio with Spaghetti	1	1390	660	73	17	0	60	3130	133	8	12	48	
Sausage and Peppers	1	1080	610	68	19	0	110	2690	83	9	16	39	CONTAINS WHEAT
SALAD													
Caesar Salad	1	510	460	51	8	0	90	680	11	1	1	4	
Garden Salad	1	260	220	24	4	0	0	940	12	1	10	1	
Tomato Cucumber Salad	1	170	90	10	1.5	0	0	390	20	4	12	3	
Fruit Salad 16oz	1	150	5	0.5	0	0	0	40	38	3	33	3	
Greek Salad 12oz	1	160	90	10	5	0	20	620	12	5	5	9	CONTAINS MILK
Mushroom and Three Pepper Salad 14oz	1	150	70	8	1	0	0	700	17	5	8	10	
Pasta Primavera Salad 10oz	1	470	290	33	5	0	0	980	39	5	5	7	CONTAINS WHEAT
SIDES													
Garlic Breadstick	1	330	170	18	3	0	0	570	35	2	2	7	CONTAINS MILK, WHEAT.
Baked Ziti	1	1040	420	47	13	0	60	2250	122	9	21	33	CONTAINS MILK, WHEAT.
Small Spaghetti	1	350	140	16	2.5	0	0	460	44	3	3	8	SOY, WHEAT
Mixed Vegetables	1	100	60	7	1	0	0	310	11	3	5	3	
Meatballs	1	110											
Yellow Rice 16oz	1	520	50	6	2	0	0	2400	104	4	0	10	CONTAINS MILK, SOY
Fruit Salad 12oz	1	120	5	0.5	0	0	0	30	29	2	24	2	
Greek Salad 8oz	1	110	60	7	3.5	0	15	410	8	3	4	6	CONTAINS MILK
Mushroom and Three Pepper Salad 10oz	1	110	50	6	1	0	0	500	12	3	6	7	
Pasta Primavera Salad 14oz	1	650	410	46	7	0	0	1380	55	6	7	10	CONTAINS WHEAT
Tomato Cucumber Salad	1	130	70	8	1	0	0	290	15	3	9	3	
Vegetable Rice 10oz	1	260	45	5	1.5	0	0	1220	48	3	3	5	CONTAINS MILK, SOY
Vegetable Rice 14oz	1	360	70	7	2	0	0	1710	67	4	4	6	CONTAINS MILK, SOY

RECOMMENDED LIMITS FOR A 2,000 CALORIE DAILY DIET OR 20 GRAMS OF SATURATED FAT AND 2,300 MILLIGRAMS OF SODIUM



NUTRITIONAL GUIDE

BREAKFAST	Serving	Cals (kcal)	Fat Cals (kcal)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergen Statement
Ham and Cheese Breakfast Stuffed Pizza	1	800	330	37	13	0	380	1800	75	3	4	41	CONTAINS EGG, MILK, SOY, WHEAT.
Meat Delight Breakfast Stuffed Pizza	1	850	370	42	15	0	385	1880	75	4	4	41	CONTAINS EGG, MILK, SOY, WHEAT.
Sausage, Ham and Bacon Breakfast Stuffed Pizza	1	850	370	42	15	0	390	1880	75	3	4	42	CONTAINS EGG, MILK, SOY, WHEAT.
Vegetable Breakfast Stuffed Pizza	1	750	300	34	11	0	360	1440	76	4	5	34	CONTAINS EGG, MILK, SOY, WHEAT.
Meat Delight Breakfast Stromboli	1	850	370	42	16	0	275	1900	76	4	4	42	CONTAINS EGG, MILK, SOY, WHEAT.
Ham and Cheese Breakfast Stromboli	1	820	340	38	16	0	275	1830	77	4	4	42	CONTAINS EGG, MILK, SOY, WHEAT.
Sausage and Bacon Breakfast Stromboli	1	880	400	45	17	0	280	1910	76	4	4	43	CONTAINS EGG, MILK, SOY, WHEAT.
Vegetable Breakfast Stromboli	1	750	290	33	12	0	245	1430	79	5	6	34	CONTAINS EGG, MILK, SOY, WHEAT.
Breakfast Roasted Potatoes	1	270	120	13	6	0	5	440	35	4	4	4	CONTAINS MILK, SOY.
Scrambled Eggs	1	340	220	24	9	0	755	860	3	0	2	26	CONTAINS EGG, MILK, SOY.
Scrambled Eggs with Meat	1	440	270	30	12	0	785	1310	4	0	3	35	CONTAINS EGG, MILK, SOY.
Scrambled Eggs with Veggies	1	330	210	23	8	0	680	770	4	0	2	24	CONTAINS EGG, MILK, SOY.
Pancakes (2 pancakes)	1	360	0	0	0	0	0	1030	81	2	15	6	CONTAINS MILK, SOY, WHEAT.
Breakfast Platter (Eggs w/ Meat, Potatoes & Bacon)	1	600	420	72	12	0	510	1470	21	2	4	31	CONTAINS EGG, MILK, SOY.
Breakfast Platter (Eggs with Veggies, Potatoes & Bacon)	1	450	280	31	12	0	505	1050	21	2	4	23	CONTAINS EGG, MILK, SOY.
Breakfast Platter	1	1170	800	114	27	0	1565	2920	26	2	7	71	CONTAINS EGG, MILK, SOY.
Express Platter (eggs w/ meat & biscuit)	1	590	340	37	16	4	705	1810	30	1	4	35	CONTAINS EGG, MILK, SOY, WHEAT.
Express Platter (eggs w/ veggies & biscuit)	1	560	320	35	14	4	735	1470	31	1	5	30	CONTAINS EGG, MILK, SOY, WHEAT.
Omelette - Max	1	720	490	54	21	0	460	2170	20	2	3	35	CONTAINS EGG, MILK, SOY.
Omelette - Min	1	380	200	22	9	4	365	1350	31	1	4	17	CONTAINS EGG, MILK, SOY, WHEAT, SULFITES.
Pancake Platter - Max	1	620	310	60	6	0	350	1700	58	1	11	26	CONTAINS EGG, MILK, SOY, WHEAT.
Pancake Platter - Min	1	490	170	18	7	0	340	1340	58	2	11	20	CONTAINS EGG, MILK, SOY, WHEAT.
Side of Bacon	1	80	60	7	3	0	15	270	0	0	0	4	
Side of Sausage	1	200	200	47	1.5	0	40	470	1	0	0	8	
French Toast (1 toast)	1	230	40	4.5	1.5	0	80	370	36	1	7	9	CONTAINS EGG, MILK, SOY, WHEAT.

RECOMMENDED LIMITS FOR A 2,000 CALORIE DAILY DIET OR 20 GRAMS OF SATURATED FAT AND 2,300 MILLIGRAMS OF SODIUM



NUTRITIONAL GUIDE

BEVERAGES (SMALL – 16oz)	Serving	Cals (kcal)	Fat Cals (kcal)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)	Caffeine (mg)
Brisk Iced Tea & Lemonade	1	80	0	0	0	0	0	50	22	0	22	0	7
Brisk Lemon Iced Tea	1	100	0	0	0	0	0	60	30	0	30	0	7
Brisk Mango Iced Tea	1	100	0	0	0	0	0	50	26	0	26	0	8
Brisk No Calorie Peach Iced Green Tea	1	0	0	0	0	0	0	140	0	0	0	0	8
Brisk Raspberry Iced Tea	1	100	0	0	0	0	0	60	26	0	26	0	7
Brisk Sweet Iced Tea	1	100	0	0	0	0	0	60	28	0	28	0	20
Brisk Unsweetened No Lemon Iced Tea	1	0	0	0	0	0	0	60	0	0	0	0	22
Caleb's Kola	1	180	0	0	0	0	0	90	48	0	46	0	42
Diet Caleb's Kola	1	0	0	0	0	0	0	90	-	0	0	0	44
Dole Juice - Apple	1	240	0	0	0	0	0	70	58	0	52	0	0
Dole Cranberry Juice Drink	1	240	0	0	0	0	0	100	62	0	58	0	0
Dole Old Fashioned Lemonade	1	220	0	0	0	0	0	200	60	0	58	0	0
Dole Juice - Orange Juice with Pulp (Ftn)	1	240	0	0	0	0	0	60	56	-	44	4	0
Flavor Works Flavor Shots - Cherry	1	0	0	0	0	0	0	0	0	0	0	0	0
Flavor Works Flavor Shots - Grape	1	0	0	0	0	0	0	0	0	0	0	0	0
Flavor Works Flavor Shots - Lemon	1	0	0	0	0	0	0	0	0	0	0	0	0
Flavor Works Flavor Shots - Lime	1	0	0	0	0	0	0	0	0	0	0	0	0
Flavor Works Flavor Shots - Peach	1	0	0	0	0	0	0	0	0	0	0	0	0
Flavor Works Flavor Shots - Raspberry	1	0	0	0	0	0	0	0	0	0	0	0	0
Flavor Works Flavor Shots - Strawberry	1	0	0	0	0	0	0	0	0	0	0	0	0
Flavor Works Flavor Shots - Vanilla	1	0	0	0	0	0	0	0	0	0	0	0	0
Gatorade Fruit Punch	1	120	0	0	0	0	0	220	32	0	30	0	0
Gatorade Lemon-Lime	1	120	0	0	0	0	0	220	32	0	30	0	0
Gatorade Orange	1	120	0	0	0	0	0	240	32	0	30	0	0
Gatorade Fierce Grape	1	120	0	0	0	0	0	220	32	0	30	0	0
G2 - Fruit Punch	1	30	0	0	0	0	0	140	6	0	6	0	0
G2 - Grape	1	30	0	0	0	0	0	140	2	0	6	0	0
IZZE TwiZt - Clementine	1	140	0	0	0	0	0	150	38	0	36	0	0
IZZE TwiZt - Grapefruit	1	160	0	0	0	0	0	100	40	0	38	0	0
Lifewater Yumberry Pomegranate - 0 Cal	1	0	0	0	0	0	0	60	0	0	0	0	0

RECOMMENDED LIMITS FOR A 2,000 CALORIE DAILY DIET OR 20 GRAMS OF SATURATED FAT AND 2,300 MILLIGRAMS OF SODIUM



NUTRITIONAL GUIDE

BEVERAGES (SMALL – 16oz) CONT.	Serving	Cals (kcal)	Fat Cals (kcal)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)	Caffeine (mg)
Lipton Brewed Iced Tea Green Tea with Citrus	1	140	0	0	0	0	0	130	38	0	38	0	20
Lipton Brewed Iced Tea Sweetened	1	140	0	0	0	0	0	120	36	0	36	0	9
Lipton Brewed Iced Tea Unsweetened	1	0	0	0	0	0	0	160	0	0	0	0	9
Lipton Peach Iced Tea	1	90	0	0	0	0	0	90	24	0	24	0	18
Manzanita Sol	1	220	0	0	0	0	0	50	58	0	56	0	0
Manzanita - Jamaica Sol	1	200	0	0	0	0	0	170	52	0	52	0	0
Manzanita - Sandia Sol	1	120	0	0	0	0	0	70	32	0	32	0	0
Manzanita - Tamarindo Sol	1	200	0	0	0	0	0	100	54	0	54	0	0
Manzanita - Toronja Sol	1	200	0	0	0	0	0	100	54	0	54	0	0
Mirinda - Strawberry	1	220	0	0	0	0	0	100	58	0	58	0	0
Mist TWST	1	200	0	0	0	0	0	40	54	0	54	0	0
Diet Mist TWST	1	0	0	0	0	0	0	50	0	0	0	0	0
Mtn Dew	1	220	0	0	0	0	0	70	58	0	58	0	72
Mtn Dew Baja Blast	1	220	0	0	0	0	0	60	58	0	58	0	72
Mtn Dew Code Red	1	220	0	0	0	0	0	70	62	0	62	0	72
Mtn Dew Pitch Black	1	220	0	0	0	0	0	60	60	0	60	0	72
Mtn Dew Sangrita Blast	1	220	0	0	0	0	0	110	60	0	60	0	72
Diet Mtn Dew	1	0	0	0	0	0	0	80	0	0	0	0	72
Mtn Dew Kickstart - Black Cherry	1	80	0	0	0	0	0	70	20	0	20	0	92
Mtn Dew Kickstart - Orange Citrus	1	80	0	0	0	0	0	70	22	0	20	0	92
Mug Root Beer	1	200	0	0	0	0	0	60	52	0	52	0	0
Mug Root Beer Made With Real Sugar	1	200	0	0	0	0	0	80	50	0	50	0	0
Patio Ginger Ale	1	180	0	0	0	0	0	40	46	0	46	0	0
Patio Quinine Tonic	1	160	0	0	0	0	0	40	44	0	44	0	0
Patio Red Cherry	1	220	0	0	0	0	0	60	58	0	58	0	0
Pepsi	1	200	0	0	0	0	0	40	56	0	56	0	50
Caffeine Free Pepsi	1	200	0	0	0	0	0	40	56	0	56	0	0
Pepsi Wild Cherry	1	200	0	0	0	0	0	40	56	0	56	0	50
Pepsi Zero Sugar	1	0	0	0	0	0	0	50	0	0	0	0	92
Diet Pepsi	1	0	0	0	0	0	0	80	0	0	0	0	44

RECOMMENDED LIMITS FOR A 2,000 CALORIE DAILY DIET OR 20 GRAMS OF SATURATED FAT AND 2,300 MILLIGRAMS OF SODIUM



NUTRITIONAL GUIDE

BEVERAGES (SMALL – 16oz) CONT.	Serving	Cals (kcal)	Fat Cals (kcal)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)	Caffeine (mg)
Caffeine Free Diet Pepsi	1	0	0	0	0	0	0	80	0	0	0	0	0
Season's Harvest Sour Mix	1	160	0	0	0	0	0	110	36	0	36	0	0
SoBe Citrus Energy	1	220	0	0	0	0	0	50	58	0	56	0	66
SoBe Lean Cranberry Grapefruit	1	0	0	0	0	0	0	50	0	0	0	0	0
Stubborn Soda - Agave Vanilla Cream (Ftn)	1	200	0	0	0	0	0	80	52	0	52	0	0
Stubborn Soda - Black Cherry with Tarragon (Ftn)	1	200	0	0	0	0	0	60	50	0	48	0	0
Stubborn Soda - Classic Root Beer (Ftn)	1	220	0	0	0	0	0	110	58	0	56	0	0
Stubborn Soda - Lemon Berry Açai (Ftn)	1	200	0	0	0	0	0	100	54	0	54	0	0
Tropicana Twister Soda - Orange	1	220	0	0	0	0	0	50	62	0	60	0	0
Tropicana Fruit Punch (Ftn)	1	220	0	0	0	0	0	50	60	0	60	0	0
Tropicana Lemonade (Ftn)	1	200	0	0	0	0	0	210	54	0	54	0	0
Tropicana Pink Lemonade (Ftn)	1	200	0	0	0	0	0	210	54	0	54	0	0
Tropicana Light - Lemonade (Ftn)	1	0	0	0	0	0	0	190	0	0	0	0	0
Sbarro Mango Freeze	1	220	0	0	0	0	0	0	56	2	50	0	0
Fresh Strawberry Lemonade	1	200	0	0	0	0	0	0	52	0	48	0	0
Fresh Lemonade	1	240	0	0	0	0	0	0	62	0	60	0	0

RECOMMENDED LIMITS FOR A 2,000 CALORIE DAILY DIET OR 20 GRAMS OF SATURATED FAT AND 2,300 MILLIGRAMS OF SODIUM



NUTRITIONAL GUIDE

BEVERAGES (MEDIUM-21oz)	Serving	Cals (kcal)	Fat Cals (kcal)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)	Caffeine (mg)
Brisk Iced Tea & Lemonade	1	105	0	0	0	0	0	66	29	0	29	0	9
Brisk Lemon Iced Tea	1	131	0	0	0	0	0	79	39	0	39	0	9
Brisk Mango Iced Tea	1	131	0	0	0	0	0	66	34	0	34	0	11
Brisk No Calorie Peach Iced Green Tea	1	0	0	0	0	0	0	184	0	0	0	0	11
Brisk Raspberry Iced Tea	1	131	0	0	0	0	0	79	34	0	34	0	9
Brisk Sweet Iced Tea	1	131	0	0	0	0	0	79	37	0	37	0	26
Brisk Unsweetened No Lemon Iced Tea	1	0	0	0	0	0	0	79	0	0	0	0	29
Caleb's Kola	1	236	0	0	0	0	0	118	63	0	60	0	55
Diet Caleb's Kola	1	0	0	0	0	0	0	118	-	0	0	0	58
Dole Juice - Apple	1	315	0	0	0	0	0	92	76	0	68	0	0
Dole Cranberry Juice Drink	1	315	0	0	0	0	0	131	81	0	76	0	0
Dole Old Fashioned Lemonade	1	289	0	0	0	0	0	263	79	0	76	0	0
Dole Juice - Orange Juice with Pulp (Ftn)	1	315	0	0	0	0	0	79	74	-	58	5	0
Flavor Works Flavor Shots - Cherry	1	0	0	0	0	0	0	0	0	0	0	0	0
Flavor Works Flavor Shots - Grape	1	0	0	0	0	0	0	0	0	0	0	0	0
Flavor Works Flavor Shots - Lemon	1	0	0	0	0	0	0	0	0	0	0	0	0
Flavor Works Flavor Shots - Lime	1	0	0	0	0	0	0	0	0	0	0	0	0
Flavor Works Flavor Shots - Peach	1	0	0	0	0	0	0	0	0	0	0	0	0
Flavor Works Flavor Shots - Raspberry	1	0	0	0	0	0	0	0	0	0	0	0	0
Flavor Works Flavor Shots - Strawberry	1	0	0	0	0	0	0	0	0	0	0	0	0
Flavor Works Flavor Shots - Vanilla	1	0	0	0	0	0	0	0	0	0	0	0	0
Gatorade Fruit Punch	1	158	0	0	0	0	0	289	42	0	39	0	0
Gatorade Lemon-Lime	1	158	0	0	0	0	0	289	42	0	39	0	0
Gatorade Orange	1	158	0	0	0	0	0	315	42	0	39	0	0
Gatorade Fierce Grape	1	158	0	0	0	0	0	289	42	0	39	0	0
G2 - Fruit Punch	1	39	0	0	0	0	0	184	8	0	8	0	0
G2 - Grape	1	39	0	0	0	0	0	184	3	0	8	0	0
IZZE TwiZt - Clementine	1	184	0	0	0	0	0	197	50	0	47	0	0
IZZE TwiZt - Grapefruit	1	210	0	0	0	0	0	131	53	0	50	0	0
Lifewater Yumberry Pomegranate - 0 Cal	1	0	0	0	0	0	0	79	0	0	0	0	0

RECOMMENDED LIMITS FOR A 2,000 CALORIE DAILY DIET OR 20 GRAMS OF SATURATED FAT AND 2,300 MILLIGRAMS OF SODIUM



NUTRITIONAL GUIDE

BEVERAGES (MEDIUM-21oz) CONT.	Serving	Cals (kcal)	Fat Cals (kcal)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)	Caffeine (mg)
Lipton Brewed Iced Tea Green Tea with Citrus	1	184	0	0	0	0	0	171	50	0	50	0	26
Lipton Brewed Iced Tea Sweetened	1	184	0	0	0	0	0	158	47	0	47	0	12
Lipton Brewed Iced Tea Unsweetened	1	0	0	0	0	0	0	210	0	0	0	0	12
Lipton Peach Iced Tea	1	118	0	0	0	0	0	118	32	0	32	0	24
Manzanita Sol	1	289	0	0	0	0	0	66	76	0	74	0	0
Manzanita - Jamaica Sol	1	263	0	0	0	0	0	223	68	0	68	0	0
Manzanita - Sandia Sol	1	158	0	0	0	0	0	92	42	0	42	0	0
Manzanita - Tamarindo Sol	1	263	0	0	0	0	0	131	71	0	71	0	0
Manzanita - Toronja Sol	1	263	0	0	0	0	0	131	71	0	71	0	0
Mirinda - Strawberry	1	289	0	0	0	0	0	131	76	0	76	0	0
Mist TWST	1	263	0	0	0	0	0	53	71	0	71	0	0
Diet Mist TWST	1	0	0	0	0	0	0	66	0	0	0	0	0
Mtn Dew	1	289	0	0	0	0	0	92	76	0	76	0	95
Mtn Dew Baja Blast	1	289	0	0	0	0	0	79	76	0	76	0	95
Mtn Dew Code Red	1	289	0	0	0	0	0	92	81	0	81	0	95
Mtn Dew Pitch Black	1	289	0	0	0	0	0	79	79	0	79	0	95
Mtn Dew Sangrita Blast	1	289	0	0	0	0	0	144	79	0	79	0	95
Diet Mtn Dew	1	0	0	0	0	0	0	105	0	0	0	0	95
Mtn Dew Kickstart - Black Cherry	1	105	0	0	0	0	0	92	26	0	26	0	121
Mtn Dew Kickstart - Orange Citrus	1	105	0	0	0	0	0	92	29	0	26	0	121
Mug Root Beer	1	263	0	0	0	0	0	79	68	0	68	0	0
Mug Root Beer Made With Real Sugar	1	263	0	0	0	0	0	105	66	0	66	0	0
Patio Ginger Ale	1	236	0	0	0	0	0	53	60	0	60	0	0
Patio Quinine Tonic	1	210	0	0	0	0	0	53	58	0	58	0	0
Patio Red Cherry	1	289	0	0	0	0	0	79	76	0	76	0	0
Pepsi	1	263	0	0	0	0	0	53	74	0	74	0	66
Caffeine Free Pepsi	1	263	0	0	0	0	0	53	74	0	74	0	0
Pepsi Wild Cherry	1	263	0	0	0	0	0	53	74	0	74	0	66
Pepsi Zero Sugar	1	0	0	0	0	0	0	66	0	0	0	0	121
Diet Pepsi	1	0	0	0	0	0	0	105	0	0	0	0	58

RECOMMENDED LIMITS FOR A 2,000 CALORIE DAILY DIET OR 20 GRAMS OF SATURATED FAT AND 2,300 MILLIGRAMS OF SODIUM



NUTRITIONAL GUIDE

BEVERAGES (MEDIUM-21oz) CONT.	Serving	Cals (kcal)	Fat Cals (kcal)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)	Caffeine (mg)
Caffeine Free Diet Pepsi	1	0	0	0	0	0	0	105	0	0	0	0	0
Season's Harvest Sour Mix	1	210	0	0	0	0	0	144	47	0	47	0	0
SoBe Citrus Energy	1	289	0	0	0	0	0	66	76	0	74	0	87
SoBe Lean Cranberry Grapefruit	1	0	0	0	0	0	0	66	0	0	0	0	0
Stubborn Soda - Agave Vanilla Cream (Ftn)	1	263	0	0	0	0	0	105	68	0	68	0	0
Stubborn Soda - Black Cherry with Tarragon (Ftn)	1	263	0	0	0	0	0	79	66	0	63	0	0
Stubborn Soda - Classic Root Beer (Ftn)	1	289	0	0	0	0	0	144	76	0	74	0	0
Stubborn Soda - Lemon Berry Açai (Ftn)	1	263	0	0	0	0	0	131	71	0	71	0	0
Tropicana Twister Soda - Orange	1	289	0	0	0	0	0	66	81	0	79	0	0
Tropicana Fruit Punch (Ftn)	1	289	0	0	0	0	0	66	79	0	79	0	0
Tropicana Lemonade (Ftn)	1	263	0	0	0	0	0	276	71	0	71	0	0
Tropicana Pink Lemonade (Ftn)	1	263	0	0	0	0	0	276	71	0	71	0	0
Tropicana Light - Lemonade (Ftn)	1	0	0	0	0	0	0	249	0	0	0	0	0
Sbarro Mango Freeze	1	289	0	0	0	0	0	0	74	3	66	0	0
Fresh Strawberry Lemonade	1	263	0	0	0	0	0	0	68	0	63	0	0
Fresh Lemonade	1	315	0	0	0	0	0	0	81	0	79	0	0

RECOMMENDED LIMITS FOR A 2,000 CALORIE DAILY DIET OR 20 GRAMS OF SATURATED FAT AND 2,300 MILLIGRAMS OF SODIUM



NUTRITIONAL GUIDE

BEVERAGES (LARGE - 32oz)	Serving	Cals (kcal)	Fat Cals (kcal)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)	Caffeine (mg)
Brisk Iced Tea & Lemonade	1	160	0	0	0	0	0	100	44	0	44	0	14
Brisk Lemon Iced Tea	1	200	0	0	0	0	0	120	60	0	60	0	14
Brisk Mango Iced Tea	1	200	0	0	0	0	0	100	52	0	52	0	16
Brisk No Calorie Peach Iced Green Tea	1	0	0	0	0	0	0	280	0	0	0	0	16
Brisk Raspberry Iced Tea	1	200	0	0	0	0	0	120	52	0	52	0	14
Brisk Sweet Iced Tea	1	200	0	0	0	0	0	120	56	0	56	0	40
Brisk Unsweetened No Lemon Iced Tea	1	0	0	0	0	0	0	120	0	0	0	0	44
Caleb's Kola	1	360	0	0	0	0	0	180	96	0	92	0	84
Diet Caleb's Kola	1	0	0	0	0	0	0	180	-	0	0	0	88
Dole Juice - Apple	1	480	0	0	0	0	0	140	116	0	104	0	0
Dole Cranberry Juice Drink	1	480	0	0	0	0	0	200	124	0	116	0	0
Dole Old Fashioned Lemonade	1	440	0	0	0	0	0	400	120	0	116	0	0
Dole Juice - Orange Juice with Pulp (Ftn)	1	480	0	0	0	0	0	120	112	-	88	8	0
Flavor Works Flavor Shots - Cherry	1	0	0	0	0	0	0	0	0	0	0	0	0
Flavor Works Flavor Shots - Grape	1	0	0	0	0	0	0	0	0	0	0	0	0
Flavor Works Flavor Shots - Lemon	1	0	0	0	0	0	0	0	0	0	0	0	0
Flavor Works Flavor Shots - Lime	1	0	0	0	0	0	0	0	0	0	0	0	0
Flavor Works Flavor Shots - Peach	1	0	0	0	0	0	0	0	0	0	0	0	0
Flavor Works Flavor Shots - Raspberry	1	0	0	0	0	0	0	0	0	0	0	0	0
Flavor Works Flavor Shots - Strawberry	1	0	0	0	0	0	0	0	0	0	0	0	0
Flavor Works Flavor Shots - Vanilla	1	0	0	0	0	0	0	0	0	0	0	0	0
Gatorade Fruit Punch	1	240	0	0	0	0	0	440	64	0	60	0	0
Gatorade Lemon-Lime	1	240	0	0	0	0	0	440	64	0	60	0	0
Gatorade Orange	1	240	0	0	0	0	0	480	64	0	60	0	0
Gatorade Fierce Grape	1	240	0	0	0	0	0	440	64	0	60	0	0
G2 - Fruit Punch	1	60	0	0	0	0	0	280	12	0	12	0	0
G2 - Grape	1	60	0	0	0	0	0	280	4	0	12	0	0
IZZE TwiZt - Clementine	1	280	0	0	0	0	0	300	76	0	72	0	0
IZZE TwiZt - Grapefruit	1	320	0	0	0	0	0	200	80	0	76	0	0
Lifewater Yumberry Pomegranate - 0 Cal	1	0	0	0	0	0	0	120	0	0	0	0	0

RECOMMENDED LIMITS FOR A 2,000 CALORIE DAILY DIET OR 20 GRAMS OF SATURATED FAT AND 2,300 MILLIGRAMS OF SODIUM



NUTRITIONAL GUIDE

BEVERAGES (LARGE - 32oz) CONT.	Serving	Cals (kcal)	Fat Cals (kcal)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)	Caffeine (mg)
Lipton Brewed Iced Tea Green Tea with Citrus	1	280	0	0	0	0	0	260	76	0	76	0	40
Lipton Brewed Iced Tea Sweetened	1	280	0	0	0	0	0	240	72	0	72	0	18
Lipton Brewed Iced Tea Unsweetened	1	0	0	0	0	0	0	320	0	0	0	0	18
Lipton Peach Iced Tea	1	180	0	0	0	0	0	180	48	0	48	0	36
Manzanita Sol	1	440	0	0	0	0	0	100	116	0	112	0	0
Manzanita - Jamaica Sol	1	400	0	0	0	0	0	340	104	0	104	0	0
Manzanita - Sandia Sol	1	240	0	0	0	0	0	140	64	0	64	0	0
Manzanita - Tamarindo Sol	1	400	0	0	0	0	0	200	108	0	108	0	0
Manzanita - Toronja Sol	1	400	0	0	0	0	0	200	108	0	108	0	0
Mirinda - Strawberry	1	440	0	0	0	0	0	200	116	0	116	0	0
Mist TWST	1	400	0	0	0	0	0	80	108	0	108	0	0
Diet Mist TWST	1	0	0	0	0	0	0	100	0	0	0	0	0
Mtn Dew	1	440	0	0	0	0	0	140	116	0	116	0	144
Mtn Dew Baja Blast	1	440	0	0	0	0	0	120	116	0	116	0	144
Mtn Dew Code Red	1	440	0	0	0	0	0	140	124	0	124	0	144
Mtn Dew Pitch Black	1	440	0	0	0	0	0	120	120	0	120	0	144
Mtn Dew Sangrita Blast	1	440	0	0	0	0	0	220	120	0	120	0	144
Diet Mtn Dew	1	0	0	0	0	0	0	160	0	0	0	0	144
Mtn Dew Kickstart - Black Cherry	1	160	0	0	0	0	0	140	40	0	40	0	184
Mtn Dew Kickstart - Orange Citrus	1	160	0	0	0	0	0	140	44	0	40	0	184
Mug Root Beer	1	400	0	0	0	0	0	120	104	0	104	0	0
Mug Root Beer Made With Real Sugar	1	400	0	0	0	0	0	160	100	0	100	0	0
Patio Ginger Ale	1	360	0	0	0	0	0	80	92	0	92	0	0
Patio Quinine Tonic	1	320	0	0	0	0	0	80	88	0	88	0	0
Patio Red Cherry	1	440	0	0	0	0	0	120	116	0	116	0	0
Pepsi	1	400	0	0	0	0	0	80	112	0	112	0	100
Caffeine Free Pepsi	1	400	0	0	0	0	0	80	112	0	112	0	0
Pepsi Wild Cherry	1	400	0	0	0	0	0	80	112	0	112	0	100
Pepsi Zero Sugar	1	0	0	0	0	0	0	100	0	0	0	0	184
Diet Pepsi	1	0	0	0	0	0	0	160	0	0	0	0	88

RECOMMENDED LIMITS FOR A 2,000 CALORIE DAILY DIET OR 20 GRAMS OF SATURATED FAT AND 2,300 MILLIGRAMS OF SODIUM



NUTRITIONAL GUIDE

BEVERAGES (LARGE - 32oz) CONT.	Serving	Cals (kcal)	Fat Cals (kcal)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)	Caffeine (mg)
Caffeine Free Diet Pepsi	1	0	0	0	0	0	0	160	0	0	0	0	0
Season's Harvest Sour Mix	1	320	0	0	0	0	0	220	72	0	72	0	0
SoBe Citrus Energy	1	440	0	0	0	0	0	100	116	0	112	0	132
SoBe Lean Cranberry Grapefruit	1	0	0	0	0	0	0	100	0	0	0	0	0
Stubborn Soda - Agave Vanilla Cream (Ftn)	1	400	0	0	0	0	0	160	104	0	104	0	0
Stubborn Soda - Black Cherry with Tarragon (Ftn)	1	400	0	0	0	0	0	120	100	0	96	0	0
Stubborn Soda - Classic Root Beer (Ftn)	1	440	0	0	0	0	0	220	116	0	112	0	0
Stubborn Soda - Lemon Berry Açai (Ftn)	1	400	0	0	0	0	0	200	108	0	108	0	0
Tropicana Twister Soda - Orange	1	440	0	0	0	0	0	100	124	0	120	0	0
Tropicana Fruit Punch (Ftn)	1	440	0	0	0	0	0	100	120	0	120	0	0
Tropicana Lemonade (Ftn)	1	400	0	0	0	0	0	420	108	0	108	0	0
Tropicana Pink Lemonade (Ftn)	1	400	0	0	0	0	0	420	108	0	108	0	0
Tropicana Light - Lemonade (Ftn)	1	0	0	0	0	0	0	380	0	0	0	0	0
Sbarro Mango Freeze	1	440	0	0	0	0	0	0	112	4	100	0	0
Fresh Strawberry Lemonade	1	400	0	0	0	0	0	0	104	0	96	0	0
Fresh Lemonade	1	480	0	0	0	0	0	0	124	0	120	0	0

RECOMMENDED LIMITS FOR A 2,000 CALORIE DAILY DIET OR 20 GRAMS OF SATURATED FAT AND 2,300 MILLIGRAMS OF SODIUM