LOVE'S NUTRITIONAL INFORMATION

	SERVING SIZE	Servings Per Container	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBOHYDRATES (g)	DIETARY FIBER (g)	SUGAR (g)	PROTEIN (g)
BEVERAGES													
BREWED TEA & LEMONADE													
Lemonade	20 oz	1	310	0	0	0	0	0	35	73	0	72	0
	30 oz	1	460	0	0	0	0	0	50	109	0	109	0
	40 oz	1	610	0	0	0	0	0	65	146	0	144	0
Sweet Tea	20 oz	1	100	0	0	0	0	0	0	23	0	23	0
	30 oz	1	150	0	0	0	0	0	5	35	0	34	0
	40 oz	1	200	0	0	0	0	0	10	47	0	46	0
Unsweet Tea	20 oz	1	5	0	0	0	0	0	0	0	0	0	0
	30 oz	1	10	0	0	0	0	0	0	0	0	0	0
	40 oz	1	10	0	0	0	0	0	0	0	0	0	0
CAPPUCCINO													
Caramel Macchiato Cappuccino Contains: Milk, Soy	16 oz	1	270	15	5	5	0	0	310	54	1	39	2
	20 oz	1	340	20	7	7	0	0	390	67	1	49	2
	24 oz	1	400	25	8	8	0	0	460	80	1	59	2
Cinnamon Vanilla Nut Cappuccino Contains: Milk, Soy	16 oz	1	290	15	9	9	0	0	250	50	1	41	2
	20 oz	1	360	20	11	11	0	0	320	63	1	51	2
	24 oz	1	430	25	13	13	0	0	380	75	1	62	3
French Vanilla Cappuccino Contains: Milk, Soy	16 oz	1	260	36	4	3.5	0	0	400	56	1	52	2
	20 oz	1	330	45	5	4.5	0	0	500	70	1	65	2
	24 oz	1	400	54	6	5	0	0	600	84	1	78	3
Hot Chocolate Contains: Milk, Soy	16 oz	1	240	13.5	1.5	1.5	0	0	450	55	2	53	3
	20 oz	1	300	18	2	1.5	0	0	560	69	2	66	4
	24 oz	1	360	22.5	2.5	2	0	0	670	83	2	79	4
White Chocolate Mocha Cappuccino Contains: Milk, Soy	16 oz	1	280	63	7	7	0	0	300	52	1	38	2
	20 oz	1	340	81	9	9	0	0	380	65	1	47	2
	24 oz	1	410	99	11	10	0	0	450	77	2	56	3
COFFEE													
Coffee - Brazilian Primo	16 oz	1	4	0	0	0	0	0	0	0	0	0	0
	20 oz	1	5	0	0	0	0	0	0	0	0	0	0
	24 oz	1	6	0	0	0	0	0	0	0	0	0	0
Coffee - Colombian	16 oz	1	4	0	0	0	0	0	0	0	0	0	0
	20 oz	1	5	0	0	0	0	0	0	0	0	0	0
	24 oz	1	6	0	0	0	0	0	0	0	0	0	0
Coffee - Dark Roast	16 oz	1	4	0	0	0	0	0	0	0	0	0	0
	20 oz	1	5	0	0	0	0	0	0	0	0	0	0
	24 oz	1	6	0	0	0	0	0	0	0	0	0	0
Coffee - Decaf	16 oz	1	4	0	0	0	0	0	0	0	0	0	0
	20 oz	1	5	0	0	0	0	0	0	0	0	0	0
	24 oz	1	6	0	0	0	0	0	0	0	0	0	0
Coffee - House Blend	16 oz	1	4	0	0	0	0	0	0	0	0	0	0
	20 oz	1	5	0	0	0	0	0	0	0	0	0	0
	24 oz	1	6	0	0	0	0	0	0	0	0	0	0
FROZEN UNCARBONATED BEVERAGE													
Cherry Limeade	20 oz	1	220	0	0	0	0	0	35	61	0	60	0
	30 oz	1	330	0	0	0	0	0	55	92	0	90	0
	40 oz	1	440	0	0	0	0	0	70	122	0	120	0
Frozen Lemonade	20 oz	1	310	0	0	0	0	0	35	73	0	72	0
	30 oz	1	460	0	0	0	0	0	50	109	0	109	0

	40 oz	1	610	0	0	0	0	0	65	146	0	144	0
Blue Raspberry	20 oz	1	280	0	0	0	0	0	25	68	0	67	0
	30 oz	1	410	0	0	0	0	0	35	102	0	100	0
	40 oz	1	550	0	0	0	0	0	50	136	0	134	0
Blue Raspberry FCB	20 oz	1	158	0	0	0	0	0	25	40	0	40	0
	30 oz	1	237	0	0	0	0	0	37.5	60	0	60	0
	40 oz	1	316	0	0	0	0	0	50	80	0	80	0
Cherry FCB	20 oz	1	158	0	0	0	0	0	25	40	0	40	0
	30 oz	1	237	0	0	0	0	0	37.5	60	0	60	0
	40 oz	1	316	0	0	0	0	0	50	80	0	80	0
Coca-Cola FCB	20 oz	1	160	0	0	0	0	0	65	44	0	44	0
	30 oz	1	240	0	0	0	0	0	95	66	0	65	0
	40 oz	1	320	0	0	0	0	0	130	87	0	87	0
Dr Pepper FCB	20 oz	1	170	0	0	0	0	0	40	46	0	45	0
	30 oz	1	250	0	0	0	0	0	60	69	0	68	0
	40 oz	1	340	0	0	0	0	0	80	92	0	90	0
Banana FCB	20 oz	1	158	0	0	0	0	0	25	40	0	40	0
	30 oz	1	237	0	0	0	0	0	37.5	60	0	60	0
	40 oz	1	316	0	0	0	0	0	50	80	0	80	0
Mountain Dew FCB	20 oz	1	150	0	0	0	0	0	50	41	0	41	0
	30 oz	1	230	0	0	0	0	0	70	61	0	61	0
	40 oz	1	310	0	0	0	0	0	95	82	0	82	0
FOUNTAIN													
Arizona Arnold Palmer	20 oz	1	150	0	0	0	0	0	25	37	0	35	0
	30 oz	1	225	0	0	0	0	0	38	55	0	53	0
	40 oz	1	300	0	0	0	0	0	50	73	0	70	0
Arizona Green Tea	20 oz	1	183	0	0	0	0	0	17	45	0	43	0
	30 oz	1	275	0	0	0	0	0	25	68	0	65	0
	40 oz	1	367	0	0	0	0	0	33	90	0	87	0
Arizona Mucho Mango	20 oz	1	275	0	0	0	0	0	13	68	0	65	0
	30 oz	1	413	0	0	0	0	0	19	101	0	98	0
	40 oz	1	550	0	0	0	0	0	25	135	0	130	0
Barq's Root Beer	20 oz	1	220	0	0	0	0	0	95	56	0	56	0
	30 oz	1	340	0	0	0	0	0	140	84	0	83	0
	40 oz	1	450	0	0	0	0	0	190	112	0	111	0
Big Red	20oz	1	270	0	0	0	0	0	65	73	0	72	0
	30oz	1	390	0	0	0	0	0	98	110	0	108	0
	40oz	1	520	0	0	0	0	0	130	146	0	144	0
Canada Dry Ginger Ale	20 oz	1	230	0	0	0	0	0	85	60	0	59	0
	30 oz	1	340	0	0	0	0	0	125	90	0	89	0
	40 oz	1	450	0	0	0	0	0	170	121	0	119	0
Cherry Coke	20 oz	1	230	0	0	0	0	0	55	58	0	58	0
	30 oz	1	350	0	0	0	0	0	85	87	0	87	0
	40 oz	1	460	0	0	0	0	0	115	116	0	116	0
Coca-Cola	20 oz	1	220	0	0	0	0	0	55	55	0	55	0
	30 oz	1	330	0	0	0	0	0	80	83	0	83	0
	40 oz	1	440	0	0	0	0	0	105	111	0	111	0
Coca-Cola Zero	20 oz	1	0	0	0	0	0	0	67	0	0	0	0
	30 oz	1	0	0	0	0	0	0	107	0	0	0	0
	40 oz	1	0	0	0	0	0	0	147	0	0	1	0
Diet Coca-Cola	20 oz	1	0	0	0	0	0	0	65	0	0	0	0
	30 oz	1	0	0	0	0	0	0	100	0	0	0	0
	40 oz	1	0	0	0	0	0	0	135	0	0	0	0
Diet Dr Pepper	20 oz	1	0	0	0	0	0	0	120	0	0	0	0
	30 oz	1	0	0	0	0	0	0	180	> 1 gram	0	0	0
	40 oz	1	0	0	0	0	0	0	240	> 1 gram	0	0	0
Dr Pepper	20 oz	1	240	0	0	0	0	0	75	65	0	64	0
	30 oz	1	360	0	0	0	0	0	110	98	0	96	0

	40 oz	1	480	0	0	0	0	0	150	130	0	128	0
Dr Pepper Cream Soda	20 oz	1	240	0	0	0	0	0	75	66	0	65	0
	30 oz	1	360	0	0	0	0	0	110	99	0	97	0
	40 oz	1	490	0	0	0	0	0	150	132	0	130	0
Dr Pepper Zero Sugar	20 oz	1	0	0	0	0	0	0	120	0	0	0	0
	30 oz	1	0	0	0	0	0	0	180	0	0	0	0
	40 oz	1	0	0	0	0	0	0	240	0	0	0	0
Fanta Orange	20 oz	1	220	0	0	0	0	0	50	55	0	55	0
	30 oz	1	330	0	0	0	0	0	80	82	0	82	0
	40 oz	1	450	0	0	0	0	0	105	110	0	110	0
Flavor Shot Sugar Free Cherry	20 oz	1	0	0	0	0	0	0	0	0	0	0	0
	40 oz	1	0	0	0	0	0	0	0	0	0	0	0
	40 oz	1	0	0	0	0	0	0	0	0	0	0	0
Flavor Shot Sugar Free Energy	20 oz	1	0	0	0	0	0	0	0	0	0	0	0
	30 oz	1	0	0	0	0	0	0	0	0	0	0	0
	40 oz	1	0	0	0	0	0	0	0	0	0	0	0
Flavor Shot Sugar Free Lemon/Lime	20 oz	1	0	0	0	0	0	0	0	0	0	0	0
	30 oz	1	0	0	0	0	0	0	0	0	0	0	0
	40 oz	1	0	0	0	0	0	0	0	0	0	0	0
Flavor Shot Sugar Free Vanilla	20 oz	1	0	0	0	0	0	0	0	0	0	0	0
	30 oz	1	0	0	0	0	0	0	0	0	0	0	0
	40 oz	1	0	0	0	0	0	0	0	0	0	0	0
Glaceau Vitamin Water XXX	20 oz	1	110	0	0	0	0	0	55	26	0	26	0
	30 oz	1	160	0	0	0	0	0	80	39	0	38	0
	40 oz	1	210	0	0	0	0	0	110	52	0	51	0
Hawaiian Punch	20 oz	1	280	0	0	0	0	0	230	75	0	74	0
	30 oz	1	420	0	0	0	0	0	340	113	0	111	0
	40 oz	1	560	0	0	0	0	0	460	150	0	148	0
Minute Maid Lemonade	20 oz	1	220	0	0	0	0	0	140	52	0	51	0
	30 oz	1	340	0	0	0	0	0	210	78	0	77	0
	40 oz	1	450	0	0	0	0	0	280	104	0	102	0
Minute Maid Strawberry Lemonade	20 oz	1	210	0	0	0	0	0	60	54	0	53	0
	30 oz	1	310	0	0	0	0	0	90	81	0	80	0
	40 oz	1	410	0	0	0	0	0	120	107	0	106	0
Mountain Dew	20 oz	1	280	0	0	0	0	0	85	73	0	73	0
	30 oz	1	420	0	0	0	0	0	130	110	0	110	0
	40 oz	1	560	0	0	0	0	0	170	147	0	146	0
Pepsi	20 oz	1	250	0	0	0	0	0	55	69	0	69	0
	30 oz	1	380	0	0	0	0	0	80	104	0	103	0
	40 oz	1	510	0	0	0	0	0	105	138	0	138	0
Pepsi Zero Max	20 oz	1	0	0	0	0	0	0	105	0	0	0	0
	30 oz	1	0	0	0	0	0	0	160	<1	0	0	0
	40 oz	1	0	0	0	0	0	0	210	<1	0	0	0
POWERADE Mountain Blast	20 oz	1	130	0	0	0	0	0	150	30	0	30	0
	30 oz	1	190	0	0	0	0	0	230	46	0	45	0
	40 oz	1	250	0	0	0	0	0	310	61	0	61	0
POWERADE Tropical Mango	20oz	1	130	0	0	0	0	0	150	30	0	30	0
	30oz	1	190	0	0	0	0	0	230	46	0	45	0
	40oz	1	250	0	0	0	0	0	310	61	0	61	0
Sprite	20 oz	1	210	0	0	0	0	0	95	50	0	50	0
	30 oz	1	310	0	0	0	0	0	140	76	0	76	0
	40 oz	1	410	0	0	0	0	0	190	101	0	101	0
Squirt	20 oz	1	240	0	0	0	0	0	80	64	0	63	0
	30 oz	1	360	0	0	0	0	0	120	96	0	95	0
	40 oz	1	480	0	0	0	0	0	160	129	0	127	0
FOOD													
COMBINATION BOWLS													
Bacon Breakfast Bowl Contains: Egg, Milk, Soy, Wheat	11 oz (312g)	1	540	306	34	13	0	330	1820	31	2	6	28

Ham Egg & Cheese Omelet Bowl Contains: Egg, Milk	6.5 oz (184g)	1	320	207	23	9	0	330	1080	4	0	4	23
Oven Baked Bacon Mac & Cheese Bowl Contains: Egg, Milk	9.5oz (269g)	1	500	279	31	17	1	115	1890	25	2	4	29
Sausage Breakfast Bowl Contains: Egg, Milk, Soy, Wheat	11 oz (312g)	1	510	297	33	12	0	295	1370	32	2	6	23
CONDIMENTS													
Banana Peppers	1 oz	1	5	0	0	0	0	0	0	1	0	1	0
Jalapenos	0.5 oz	1	5	0	0	0	0	0	250	1	0	0	0
Onions	3 oz	1	35	0	0	0	0	0	0	8	1	4	1
Sauerkraut	1 oz	1	5	0	0	0	0	0	170	1	0	0	0
Sweet Relish	0.3 oz	1	10	0	0	0	0	0	55	2	0	2	0
FOOD CUPS													
Hard-Boiled Eggs Contains: Egg	3.14oz (89g)	2	120	72	8	3	0	355	130	0	0	0	12
FRUIT (WHOLE)													
Apple	1ea	1	125	4	0.5	0	0	0	2	29	5	22	1
Banana	1ea	1	110	0	0	0	0	0	0	27	3	14	1
Orange	1ea	1	81	2	0	0	0	0	2	21	4	14	2
FRUIT (CUPS)													
Cantaloupe	4.23oz (120g)	2	80	0	0	0	0	0	15	10	1	10	1
Clementine	3.97oz (113g)	2	60	0	0	0	0	0	0	14	2	10	1
Pineapple	4.23oz (120g)	2	60	0	0	0	0	0	0	15	2	12	0
Red Seedless Grapes	6.6oz (188g)	1	130	0	0	0	0	0	20	34	1	30	0
Watermelon	4.23oz (120g)	2	35	0	0	0	0	0	0	9	1	7	1
PARFAITS													
Fresh Strawberry Parfait Contains: Milk	5oz (142g)	2	150	5	0.5	0	0	5	75	31	1	39	4
PUDDING CUPS													
Banana Pudding Cup Contains: Egg, Milk, Soy, Wheat	4.5oz (128g)	2	230	81	9	7	0	10	120	38	1	28	2
Oreo Pudding Cup Contains: Milk, Soy, Wheat	5.2oz (147g)	2	370	144	16	9	0	0	230	55	0	36	3
Reeses Chocolate Pudding Cup Contains: Milk, Peanuts, Soy	5.2oz (147g)	2	380	189	21	11	0	0	240	48	2	41	7
ROLLER GRILL													
All-Beef Hot Dog	1ea	1	260	207	23	10	2	45	770	2	0	0	11
Bacon, Egg, Cheese Tornado Contains: Egg, Milk, Wheat	1ea	1	180	72	8	1.5	0	35	350	23	1	1	6
Blueberry Pancake Sausage Contains: Egg, Milk, Soy, Wheat	1ea	1	374	216	24	8	0	48	773	26	1	6	12
Buffalo Chicken Ranch Rollerbite Contains: Milk, Soy, Wheat	1ea	1	180	72	8	2.5	0	40	610	12	0	2	14
Cheddar Smoked Sausage Contains: Milk	1ea	1	170	72	8	3	0	70	720	1	0	0	19
Cheese & Pepperoni Tornado Contains: Milk, Wheat	1ea	1	210	90	10	3	0	15	330	23	1	1	7
Cheeseburger RollerBite Contains: Milk, Soy	1ea	1	210	144	16	7	1	45	620	3	1	1	13
Cheesy Pepperjack Tornado Contains: Wheat, Milk	1ea	1	200	81	9	2.5	0	10	380	24	1	1	5
Hot Dogs	1ea	1	150	63	7	2	0	65	700	3	0	0	17
Hot Dog Bun Contains: Wheat	1ea	1	150	25	3	1.5	0	0	250	28	1	3	5
Hot Honey Roller Bite Contains: Milk, Soy, Wheat	1ea	1	190	99	11	3	0	40	560	12	1	1	12
Jalapeno Cheddar Smoked Sausage Contains: Milk	1ea	1	210	135	15	5	0	75	730	3	0	0	16
Maple Breakfast Sausage Contains: Egg, Milk, Soy, Wheat	1ea	1	220	144	16	5	0	70	560	<1	0	4	18
Monterey Jack Chicken RollerBites Contains: Milk, Soy, Wheat	1ea	1	180	81	9	3	0	45	490	11	0	1	14
Ranchero Steak and Cheese Tornado Contains: Milk, Soy, Wheat	1ea	1	180	63	7	2	0	10	360	24	1	1	7
Sausage, Egg, & Cheese Tornado Contains: Egg, Milk, Wheat	1ea	1	190	81	9	2.5	0	25	310	23	1	1	5
Southwestern Style Chicken Tornado Contains: Milk, Soy, Wheat	1ea	1	180	54	6	1.5	0	10	230	23	1	1	6
SALADS													
Chef Salad Contains: Egg, Milk	9.2oz (261g)	1	260	153	17	8	0	155	890	6	2	1	20
Chicken Caesar Salad Contains: Milk, Soy, Wheat	9.7oz (274g)	1	210	72	8	3.5	0	75	800	12	4	3	23
Garden Salad	8.7oz (246g)	1	50	0	0	0	0	0	80	11	4	3	2
Southwest Chicken Salad Contains: Milk, Soy	12.4oz (352g)	1	370	162	18	6	0	90	770	26	6	8	27
SANDWICHES (COLD)													
Chicken Salad Sandwich Contains: Egg, Soy, Wheat	2.8oz (79g)	2	220	108	12	2	0	30	370	18	2	2	9
Ham & Cheese Wedge Sandwich Contains: Milk, Soy, Wheat	3.1oz (88g)	2	180	54	6	3	0	30	800	19	2	4	12
Tuna Salad Sandwich Contains: Egg, Tuna, Soy, Wheat	2.8oz (79g)	2	190	81	9	1.5	0	15	430	20	2	3	8
Turkey & Cheese Wedge Sandwich Contains: Milk, Soy, Wheat	3.15oz (89g)	2	170	54	6	2.5	0	30	860	19	2	3	13
SANDWICHES (HOT)													
Sausage, Egg & Cheese Biscuit Contains: Egg, Milk, Soy, Wheat	6.6oz (188g)	1	630	405	45	20	0	160	1400	38	0	4	18
Sausage, Egg & Cheese Croissant Contains: Egg, Milk, Soy, Wheat	5.9oz (168g)	1	540	369	41	16	0	180	950	31	1	5	17

Sausage, Egg & Cheese Waffle Contains: Egg, Milk, Soy, Wheat	6.8oz (191g)	1	720	460	51	18	0	180	1190	47	1	16	19
Bacon, Egg & Cheese Croissant Contains: Egg, Milk, Soy, Wheat	4.5oz (128g)	1	380	225	25	11	0	165	770	27	1	4	15
Cheeseburger Contains: Milk, Soy, Wheat	5.7oz (162g)	1	450	207	23	9	0	75	880	40	2	7	25
Bacon Cheeseburger Contains: Milk, Soy, Wheat	6.2oz (177g)	1	530	270	30	12	0	95	1120	40	2	7	30
Spicy Chicken Sandwich Contains: Milk, Soy, Wheat	6.5oz (184g)	1	400	99	11	2	0	40	1490	56	2	7	23
SNACKS (HOT)													
Corn Dog Contains: Egg, Milk, Soy, Wheat	4oz (113g)	1	280	108	12	4	0	30	540	34	1	11	9
Hot & Spicy Chicken Drumsticks Contains: Wheat	10oz (291g)	1	510	297	33	8	0	285	1770	6	0	0	51
SNACK TRAYS													
Hummus Snack Tray Contains: Egg, Soy, Sesame, Wheat	8.2oz (232g)	1	280	99	11	0	0	0	620	40	8	7	8
Protein Snack Tray Contains: Egg, Milk, Wheat	6.0oz (170g)	1	560	369	41	18	0	275	1330	20	1	1	27
TACOS													
Bacon, Egg & Cheese Taco Contains: Egg, Milk, Soy, Wheat	5oz (142g)	1	350	180	20	8	0	155	1030	24	0	1	15
Sausage, Egg & Cheese Taco Contains: Egg, Milk, Soy, Wheat	4.8oz (136g)	1	330	171	19	8	0	140	760	24	0	1	13
Steakhouse Breakfast Taco Contains: Egg, Milk, Soy, Wheat	5.8oz (165g)	1	360	180	20	7	0	150	1030	29	0	2	17
Potato, Egg & Cheese Taco Contains: Egg, Milk, Soy, Wheat	6 .3oz (179g)	1	360	162	18	7	0	130	970	36	1	1	11
Chicken Taco Contains: Milk, Soy, Wheat	4.6oz (130g)	1	280	108	12	5	0	50	900	23	0	1	17
Steak Taco Contains: Milk, Soy, Wheat	4.2oz (118g)	1	270	117	13	6	0	35	900	23	0	1	14
Chicken, Bacon, Ranch Taco Contains: Egg, Milk, Soy, Wheat	5.0oz (142g)	1	370	180	20	8	0	75	1210	23	0	2	21
Chipotle Chicken Taco Contains: Egg, Milk, Soy, Wheat	5.6oz (159g)	1	340	153	17	5	0	45	940	30	2	4	17
WRAPS													
Chicken Bacon Ranch Wrap Contains: Egg, Milk, Soy, Wheat	5oz (142g)	2	310	108	12	4.5	0	55	790	32	1	1	17
Club Wrap Contains: Egg, Milk, Soy, Wheat	5.7oz (162g)	2	350	135	15	5	0	50	1200	33	1	2	19
Chipotle Chicken Salad Wrap Contains: Egg, Milk, Soy, Wheat	5.35oz (149g)	2	310	99	11	4	0	35	760	36	1	3	15
LIMITED TIME OFFER													
Steak & Queso Philly Contains: Egg, Milk, Soy, Wheat	8.7oz (247g)	1	530	207	23	9	0	70	1960	57	4	9	27
Steak & Queso Taco Contains: Egg, Milk, Soy, Wheat	4.9oz (139g)	1	320	144	16	6	0	40	900	28	1	3	14
Sausage Biscuit Contains: Milk, Wheat, Soy	4.7oz (133g)	1	510	324	36	16	0	35	1060	36	0	3	12
	16 oz	1	280	60	7	6.5	0	0	375	50	0	42	1
Maple Brown Sugar Cappuccino Contains: Milk, Soy	20 oz	1	350	75	8.5	8	0	0	470	62	0	53	1
	24 oz	1	420	90	10	10	0	0	560	74	0	63	2