

LOVE'S NUTRITIONAL INFORMATION

	SERVING SIZE	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	310	0	0	0	0	0	35	73	0	72	0
	30 oz	460	0	0	0	0	0	50	109	0	109	0
	40 oz	610	0	0	0	0	0	65	146	0	144	0
Sweet Tea	20 oz	100	0	0	0	0	0	0	23	0	23	0
	30 oz	150	0	0	0	0	0	5	35	0	34	0
	40 oz	200	0	0	0	0	0	10	47	0	46	0
Unsweet Tea	20 oz	5	0	0	0	0	0	0	0	0	0	0
	30 oz	10	0	0	0	0	0	0	0	0	0	0
	40 oz	10	0	0	0	0	0	0	0	0	0	0
CAPPUCCINO												
Caramel Macchiato Cappuccino Contains: Milk, Soy	16 oz	270	15	5	5	0	0	310	54	1	39	2
	20 oz	340	20	7	7	0	0	390	67	1	49	2
	24 oz	400	25	8	8	0	0	460	80	1	59	2
Cinnamon Vanilla Cappuccino Contains: Milk, Soy	16 oz	290	15	9	9	0	0	250	50	1	41	2
	20 oz	360	20	11	11	0	0	320	63	1	51	2
	24 oz	430	25	13	13	0	0	380	75	1	62	3
French Vanilla Cappuccino Contains: Milk, Soy	16 oz	260	36	4	4	0	0	400	56	1	52	2
	20 oz	330	45	5	5	0	0	500	70	1	65	2
	24 oz	400	54	6	5	0	0	600	84	1	78	3
Hot Chocolate Contains: Milk, Soy	16 oz	240	13.5	2	2	0	0	450	55	2	53	3
	20 oz	300	18	2	2	0	0	560	69	2	66	4
	24 oz	360	22.5	3	2	0	0	670	83	2	79	4
White Chocolate Mocha Cappuccino Contains: Milk, Soy	16 oz	280	63	7	7	0	0	300	52	1	38	2
	20 oz	340	81	9	9	0	0	380	65	1	47	2
	24 oz	410	99	11	10	0	0	450	77	2	56	3
COFFEE												
Coffee - Brazilian Primo	16 oz	4	0	0	0	0	0	0	0	0	0	0
	20 oz	5	0	0	0	0	0	0	0	0	0	0
	24 oz	6	0	0	0	0	0	0	0	0	0	0
Coffee - Colombian	16 oz	4	0	0	0	0	0	0	0	0	0	0
	20 oz	5	0	0	0	0	0	0	0	0	0	0
	24 oz	6	0	0	0	0	0	0	0	0	0	0
Coffee - Dark Roast	16 oz	4	0	0	0	0	0	0	0	0	0	0
	20 oz	5	0	0	0	0	0	0	0	0	0	0
	24 oz	6	0	0	0	0	0	0	0	0	0	0
Coffee - Decaf	16 oz	4	0	0	0	0	0	0	0	0	0	0
	20 oz	5	0	0	0	0	0	0	0	0	0	0
	24 oz	6	0	0	0	0	0	0	0	0	0	0
Coffee - House Blend	16 oz	4	0	0	0	0	0	0	0	0	0	0
	20 oz	5	0	0	0	0	0	0	0	0	0	0
	24 oz	6	0	0	0	0	0	0	0	0	0	0
FROZEN UNCARBONATED BEVERAGE												
Cherry Limeade	20 oz	220	0	0	0	0	0	35	61	0	60	0
	30 oz	330	0	0	0	0	0	55	92	0	90	0
	40 oz	440	0	0	0	0	0	70	122	0	120	0
Frozen Lemonade	20 oz	310	0	0	0	0	0	35	73	0	72	0
	30 oz	460	0	0	0	0	0	50	109	0	109	0
	40 oz	610	0	0	0	0	0	65	146	0	144	0
Blue Raspberry	20 oz	280	0	0	0	0	0	25	68	0	67	0
	30 oz	410	0	0	0	0	0	35	102	0	100	0
	40 oz	550	0	0	0	0	0	50	136	0	134	0
FROZEN CARBONATED BEVERAGE												
Blue Raspberry FCB	20 oz	158	0	0	0	0	0	25	40	0	40	0
	30 oz	237	0	0	0	0	0	37.5	60	0	60	0

	40 oz	0	0	0	0	0	0	0	0	0	0	0
Flavor Shot Sugar Free Lemon/Lime	20 oz	0	0	0	0	0	0	0	0	0	0	0
	30 oz	0	0	0	0	0	0	0	0	0	0	0
	40 oz	0	0	0	0	0	0	0	0	0	0	0
Flavor Shot Sugar Free Vanilla	20 oz	0	0	0	0	0	0	0	0	0	0	0
	30 oz	0	0	0	0	0	0	0	0	0	0	0
	40 oz	0	0	0	0	0	0	0	0	0	0	0
Glaceau Vitamin Water XXX	20 oz	110	0	0	0	0	0	55	26	0	26	0
	30 oz	160	0	0	0	0	0	80	39	0	38	0
	40 oz	210	0	0	0	0	0	110	52	0	51	0
Hawaiian Punch	20 oz	280	0	0	0	0	0	230	75	0	74	0
	30 oz	420	0	0	0	0	0	340	113	0	111	0
	40 oz	560	0	0	0	0	0	460	150	0	148	0
Minute Maid Lemonade	20 oz	220	0	0	0	0	0	140	52	0	51	0
	30 oz	340	0	0	0	0	0	210	78	0	77	0
	40 oz	450	0	0	0	0	0	280	104	0	102	0
Minute Maid Strawberry Lemonade	20 oz	210	0	0	0	0	0	60	54	0	53	0
	30 oz	310	0	0	0	0	0	90	81	0	80	0
	40 oz	410	0	0	0	0	0	120	107	0	106	0
Mountain Dew	20 oz	280	0	0	0	0	0	85	73	0	73	0
	30 oz	420	0	0	0	0	0	130	110	0	110	0
	40 oz	560	0	0	0	0	0	170	147	0	146	0
Pepsi	20 oz	250	0	0	0	0	0	55	69	0	69	0
	30 oz	380	0	0	0	0	0	80	104	0	103	0
	40 oz	510	0	0	0	0	0	105	138	0	138	0
Pepsi Zero Max	20 oz	0	0	0	0	0	0	105	0	0	0	0
	30 oz	0	0	0	0	0	0	160	<1	0	0	0
	40 oz	0	0	0	0	0	0	210	<1	0	0	0
POWERADE Mountain Blast	20 oz	130	0	0	0	0	0	150	30	0	30	0
	30 oz	190	0	0	0	0	0	230	46	0	45	0
	40 oz	250	0	0	0	0	0	310	61	0	61	0
POWERADE Tropical Mango	20oz	130	0	0	0	0	0	150	30	0	30	0
	30oz	190	0	0	0	0	0	230	46	0	45	0
	40oz	250	0	0	0	0	0	310	61	0	61	0
Sprite	20 oz	210	0	0	0	0	0	95	50	0	50	0
	30 oz	310	0	0	0	0	0	140	76	0	76	0
	40 oz	410	0	0	0	0	0	190	101	0	101	0
Squirt	20 oz	240	0	0	0	0	0	80	64	0	63	0
	30 oz	360	0	0	0	0	0	120	96	0	95	0
	40 oz	480	0	0	0	0	0	160	129	0	127	0

FOOD

BAKERY

Chocolate Iced Donut Contains: Egg, Milk, Soy, Wheat	3 oz (85g)	340	126	14	7	0	0	260	42	1	22	4
Cinnamon Roll Contains: Egg, Milk, Soy, Wheat	2 oz (64g)	240	118	12	6	0	0	220	30	1	12	3
Glazed Apple Fritter Contains: Egg, Milk, Soy, Wheat	4 oz (128g)	410	162	18	9	0	0	320	58	2	27	5
Glazed Donut Contains: Egg, Milk, Soy, Wheat	2 oz (71g)	260	126	14	7	0	0	260	31	1	11	4
Iced Chocolate Long John Contains: Egg, Milk, Soy, Wheat	4 oz (138g)	400	144	16	6	0	0	380	60	0	30	4
Iced Maple Long John Contains: Egg, Milk, Soy, Wheat	4 oz (119g)	510	225	25	10	0	0	530	64	2	23	7
Old Fashion Donut Contains: Egg, Milk, Soy, Wheat	3 oz (94g)	390	171	19	9	0	5	340	52	1	29	4

CAKES

Chocolate Layer Cake Contains: Egg, Milk, Soy, Wheat	8 oz (233g)	940	585	65	34	0	215	450	82	3	57	7
Rainbow Layer Cake Contains: Egg, Milk, Soy, Wheat	8 oz (227g)	920	531	59	28	1	110	490	86	0	62	5

COMBINATION BOWLS

Bacon Breakfast Bowl Contains: Egg, Milk, Soy, Wheat	11 oz (312g)	550	203	31	11	0	475	830	32	2	4	27
Ham Egg & Cheese Omelet Bowl Contains: Egg, Milk	6.5 oz (198g)	440	340	23	9	0	550	630	4	0	2	30
Oven Baked Bacon Mac & Cheese Bowl Contains: Egg, Milk	10.5oz (298g)	510	225	25	13	0	115	2070	33	2	6	36
Sausage Breakfast Bowl Contains: Egg, Milk, Soy, Wheat	11 oz (312g)	510	261	29	11	0	490	1010	31	2	4	27

CONDIMENTS

Banana Peppers	1 oz	5	0	0	0	0	0	0	1	0	1	0
Jalapenos	0.5 oz	5	0	0	0	0	0	250	1	0	0	0
Onions	3 oz	35	0	0	0	0	0	0	8	1	4	1
Sauerkraut	1 oz	5	0	0	0	0	0	170	1	0	0	0
Sweet Relish	0.3 oz	10	0	0	0	0	0	55	2	0	2	0

FOOD CUPS

Hard-Boiled Eggs Contains: Egg	4 ea (180g)	280	180	20	6	0	680	220	4	0	4	24
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FRUIT (WHOLE)

Apple	1ea	125	4	0.5	0	0	0	2	29	5	22	1
Banana	1ea	110	0	0	0	0	0	0	27	3	14	1
Orange	1ea	81	2	0	0	0	0	2	21	4	14	2
FRUIT (CUPS)												
Cantaloupe	8 oz (227g)	80	0	0	0	0	0	40	20	2	19	2
Clementine	7 oz (196g)	110	0	0	0	0	0	0	27	4	21	2
Pineapple	8 oz (231g)	120	0	0	0	0	0	0	31	3	24	1
Red Seedless Grapes	11 oz (332g)	220	5	0	0	0	0	5	58	3	50	2
Watermelon	8 oz (231g)	70	0	0	0	0	0	0	18	1	15	1
PARFAITS												
Blueberry Parfait Contains: Milk, Peanuts, Tree Nuts	10 oz (283g)	340	49	9	1	0	5	290	80	5	44	10
Strawberry Parfait Contains: Milk, Peanuts, Tree Nuts	10 oz (283g)	340	14	1.5	0	0	10	160	75	4	39	8
PUDDING CUPS												
Banana Pudding Cup Contains: Milk, Soy	8.9 oz (252g)	520	198	22	19	0	20	240	79	1	58	5
Oreo Pudding Cup Contains: Milk, Soy	10.4 oz (295g)	570	189	21	12	0	0	530	94	0	63	0
Reeses Chocolate Pudding Cup Contains: Milk, Peanuts, Soy	10.4 oz (295g)	630	243	27	11	0	10	600	93	3	72	8
ROLLER GRILL												
All-Beef Hot Dog	1ea	260	207	23	10	1.5	45	770	2	0	0	11
Bacon, Egg, Cheese Tornado Contains: Egg, Milk, Wheat	1ea	180	72	8	1.5	0	35	350	23	1	1	6
Blueberry Pancake Sausage Contains: Egg, Milk, Soy, Wheat	1ea	374	216	24	8	0	48	773	26	1	6	12
Buffalo Chicken Ranch Rollerbite Contains: Milk, Soy, Wheat	1ea	180	72	8	2.5	0	40	610	12	0	2	14
Cheddar Smoked Sausage Contains: Milk	1ea	170	72	8	3	0	70	720	1	0	0	19
Cheese & Pepperoni Tornado Contains: Milk, Wheat	1ea	210	90	10	3	0	15	330	23	1	1	7
Cheeseburger RollerBite Contains: Milk, Soy	1ea	210	144	16	7	0.5	45	620	3	1	1	13
Cheesy Pepperjack Tornado Contains: Wheat, Milk	1ea	200	81	9	2.5	0	10	380	24	1	1	5
Hot Dogs	1ea	150	63	7	2	0	65	700	3	0	0	17
Hot Dog Bun Contains: Wheat	1ea	150	25	3	1.5	0	0	250	28	1	3	5
Hot Honey Roller Bite Contains: Milk, Soy, Wheat	1ea	190	99	11	3	0	40	560	12	1	1	12
Jalapeno Cheddar Smoked Sausage Contains: Milk	1ea	210	135	15	5	0	75	730	3	0	0	16
Maple Breakfast Sausage Contains: Egg, Milk, Soy, Wheat	1ea	220	144	16	5	0.1	70	560	<1	0	4	18
Monterey Jack Chicken RollerBites Contains: Milk, Soy, Wheat	1ea	180	81	9	3	0	45	490	11	0	1	14
Ranchero Steak and Cheese Tornado Contains: Milk, Soy, Wheat	1ea	180	63	7	2	0	10	360	24	1	1	7
Sausage, Egg, & Cheese Tornado Contains: Egg, Milk, Wheat	1ea	190	81	9	2.5	0	25	310	23	1	1	5
Southwestern Style Chicken Tornado Contains: Milk, Soy, Wheat	1ea	180	54	6	1.5	0	10	230	23	1	1	6
SALADS												
Chef Salad Contains: Egg, Milk	9.2oz (260g)	260	153	17	8	0	155	890	7	2	1	20
Chicken Caesar Salad Contains: Milk, Soy, Wheat	9.7oz (275g)	230	81	9	3	0	65	820	15	4	3	24
Garden Salad	8.7 oz (247g)	50	0	0	0	0	0	75	11	3	1	3
Southwest Chicken Salad Contains: Milk, Soy	12.4 oz (351g)	390	180	20	7	0	70	840	30	7	9	27
SANDWICHES (COLD)												
Chicken Salad Sandwich Contains: Egg, Soy, Wheat	5.6oz (159g)	380	170	20	3	0	25	800	40	1	9	13
Ham & Cheese Wedge Sandwich Contains: Egg, Soy, Wheat	6.2 oz (176g)	330	144	16	8	0	80	1490	23	2	2	23
Tuna Salad Sandwich Contains: Egg, Fish, Soy, Wheat	5.6oz (159g)	390	170	19	3	0	185	760	36	1	9	22
Turkey & Cheese Wedge Sandwich Contains: Egg, Soy, Wheat	6.3 oz (179g)	265	90	10	5	0	25	1600	23	2	3	23
SANDWICHES (HOT)												
Sausage, Egg & Cheese Biscuit Contains: Egg, Milk, Wheat	6.6oz (187g)	620	405	45	19	0	160	1390	35	1	4	18
Sausage, Egg & Cheese Croissant Contains: Egg, Milk, Wheat	5.9oz (167g)	540	369	41	15	0	180	940	28	1	5	17
Sausage, Egg & Cheese Waffle Contains: Egg, Milk, Soy, Wheat	6.8oz (193g)	720	460	51	18	0	180	1200	44	1	17	19
Bacon, Egg & Cheese Croissant Contains: Egg, Milk, Wheat	4.4oz (125g)	370	207	23	10	0	160	710	27	1	5	14
Cheeseburger Contains: Milk, Soy, Wheat	5.9 oz (167g)	450	216	24	10	0	80	940	38	2	7	26
Bacon Cheeseburger Contains: Milk, Soy, Wheat	6.2oz (175g)	490	252	28	12	0	90	1060	38	2	7	29
Spicy Chicken Sandwich Contains: Milk, Soy, Wheat	6.5oz (184g)	410	171	12	2.5	0	35	1160	53	2	7	22
SNACKS (HOT)												
Corn Dog Contains: Egg, Milk, Soy, Wheat	4 oz (113g)	280	108	12	4	0	30	540	34	1	11	9
Hot & Spicy Chicken Drumsticks Contains: Wheat	10 oz (291g)	510	297	33	8	0	285	1770	6	0	0	51
Jalapeno Corn Dog Contains: Egg, Milk, Soy, Wheat	4 oz (113g)	280	90	10	4	0	10	760	37	1	10	9
SNACK TRAYS												
Hummus Snack Tray Contains: Egg, Soy, Sesame, Wheat	8.3 oz (235g)	290	99	11	0	0	0	650	42	8	7	9
Protein Snack Tray Contains: Egg, Milk, Wheat	6.1 oz (173g)	580	378	42	18	0	265	1350	23	1	3	28
TACOS												
Bacon, Egg & Cheese Taco Contains: Egg, Milk, Soy, Wheat	5 oz (154g)	360	180	20	9	0	240	890	24	1	0	18
Sausage, Egg & Cheese Taco Contains: Egg, Milk, Soy, Wheat	4.8 oz (137g)	340	171	19	8	0	225	620	24	1	0	16
Steakhouse Breakfast Taco Contains: Egg, Milk, Soy, Wheat	5.9 oz (166g)	370	180	20	7	0	235	910	29	1	1	20
Potato, Egg & Cheese Taco Contains: Egg, Milk, Soy, Wheat	6.3oz (179g)	360	162	18	7	0	215	830	36	2	0	14

Chicken Taco <u>Contains: Milk, Soy, Wheat</u>	4.7 oz (134g)	290	108	12	5	0	50	850	25	1	0	19
Steak Taco <u>Contains: Milk, Soy, Wheat</u>	4.4 oz (125g)	280	117	13	6	0	40	980	24	1	1	15
Chicken, Bacon, Ranch Taco <u>Contains: Milk, Soy, Wheat</u>	4.9 oz (145g)	390	212	24	8	0	70	1240	23	1	1	20
Cheesesteak Taco <u>Contains: Milk, Soy, Wheat</u>	4.5oz (128oz)	300	135	15	6	0	30	890	29	1	1	13
Chipotle Chicken Taco <u>Contains: Egg, Milk, Soy, Wheat</u>	5.4oz (153g)	330	144	16	5	0	45	920	30	3	1	16
WRAPS												
Chicken Bacon Ranch Wrap <u>Contains: Egg, Milk, Soy, Wheat</u>	10 oz (284g)	670	261	29	9	0	95	1790	66	3	1	33
Club Wrap <u>Contains: Egg, Milk, Soy, Wheat</u>	11.4oz (323g)	850	423	47	15	0	120	2490	68	3	2	40
Chipotle Chicken Salad Wrap <u>Contains: Egg, Milk, Soy, Wheat</u>	10.5 oz (298g)	640	216	24	8	0	70	1540	74	4	3	30
LIMITED TIME OFFER												
Pesto Chicken Salad Snack Tray <u>Contains: Soy, Eggs, Milk, Fish, Wheat</u>	8oz (227g)	470	243	27	12	0	95	1170	28	1	3	27
Pesto Chicken Salad Wrap <u>Contains: Soy, Eggs, Milk, Fish, Wheat</u>	9oz (255g)	610	261	29	9	0	70	1570	56	1	2	28
Pesto Chicken Pasta Salad <u>Contains: Soy, Eggs, Milk, Fish, Wheat</u>	7.7oz (218g)	380	180	20	6	0	60	940	30	2	2	22