



Interactive Nutrition Menu

Last Updated: 12/03/2024

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
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Hot Specialty Subs

Cajun Chicken - Large	1,170	55	14	235	4,200	91	5	11	83
Cajun Chicken - Medium	710	35	8	125	2,300	54	3	5	45
Cajun Chicken - Small	360	18	4.5	65	1,420	28	2	3	23
Club on a Sub - Large	1,350	71	20	185	3,650	111	6	29	79
Club on a Sub - Medium	760	40	10	90	2,000	64	4	15	40
Club on a Sub - Small	380	20	5	45	1,150	33	2	8	20
Engineer - Large	1,120	54	13	120	3,510	102	9	16	68
Engineer - Medium	700	35	8	70	2,050	61	6	9	38
Engineer - Small	350	18	4	35	1,160	31	3	5	19
Hero - Large	1,180	56	13	135	3,200	109	6	27	68
Hero - Medium	790	37	8	95	2,300	65	4	15	48
Hero - Small	400	19	4	50	1,300	33	2	8	24
Hook & Ladder - Large	1,120	55	14	135	3,000	104	5	25	62
Hook & Ladder - Medium	710	36	9	80	1,870	64	4	15	36
Hook & Ladder - Small	360	18	4.5	40	1,080	33	2	8	18
Italian - Large	1,420	79	21	170	3,960	119	6	36	69
Italian - Medium	930	57	15	105	2,650	66	4	15	39
Italian - Small	470	29	8	55	1,470	34	2	8	20
Jamaican Jerk Turkey - Large	1,140	55	13	115	3,080	111	6	30	62
Jamaican Jerk Turkey - Medium	720	36	8	65	1,740	68	4	18	34
Jamaican Jerk Turkey - Small	360	18	4	35	870	34	2	9	17
Meatball - Large	1,310	80	31	150	3,070	97	6	16	58
Meatball - Medium *contains gluten	830	51	19	95	1,930	59	4	9	37
Meatball - Small	460	29	11	55	1,060	30	2	5	21
New York Steamer - Large	1,190	64	16	165	3,910	83	3	11	74
New York Steamer - Medium	730	40	9	90	2,180	49	2	5	40

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
New York Steamer - Small	360	20	4.5	45	1,090	25	1	3	20
Prime Rib Steak - Large	1,340	71	20	215	4,090	103	11	21	80
Prime Rib Steak - Medium	800	43	12	115	2,510	65	7	13	44
Prime Rib Steak - Small	400	22	6	60	1,260	33	3	7	22
Smokehouse Beef & Cheddar Brisket - Large	1,500	102	33	195	3,020	97	3	25	55
Smokehouse Beef & Cheddar Brisket - Medium	890	59	18	110	1,710	59	2	15	31
Smokehouse Beef & Cheddar Brisket - Small	450	30	9	55	850	30	1	8	15
Steak & Cheese - Large	1,400	83	24	205	4,100	95	4	14	69
Steak & Cheese - Medium	840	51	13	110	2,390	56	3	7	38
Steak & Cheese - Small	420	25	7	55	1,340	28	1	4	19
Sweet & Spicy Meatball - Large	1,380	79	31	150	3,750	118	6	27	59
Sweet & Spicy Meatball - Medium	880	50	20	95	2,380	76	4	17	37
Sweet & Spicy Meatball - Small	480	29	11	55	1,290	39	2	9	21
Turkey Bacon Ranch - Large	1,440	83	21	180	4,070	103	7	19	80
Turkey Bacon Ranch - Medium	830	48	11	90	2,270	61	4	10	40
Turkey Bacon Ranch - Small	420	24	6	45	1,290	32	2	6	20

Single Meat Subs

Chicken Breast - Large	1,130	55	12	180	3,150	94	6	12	71
Chicken Breast - Medium	740	36	8	120	2,130	57	4	7	46
Chicken Breast - Small	370	18	4	60	1,220	29	2	4	23
Corned Beef - Large	1,140	58	15	135	3,360	91	6	12	68
Corned Beef - Medium	740	39	9	90	2,270	55	4	7	45
Corned Beef - Small	380	19	4.5	45	1,290	28	2	4	23
Ham - Large	1,130	55	13	120	2,800	115	6	33	56
Ham - Medium	740	37	8	80	1,900	71	4	21	37
Ham - Small	370	18	4	40	1,100	36	2	11	18
Pastrami - Large	1,110	57	15	135	3,550	94	6	15	59
Pastrami - Medium	720	38	9	90	2,400	57	4	9	39
Pastrami - Small	370	19	4.5	45	1,350	29	2	5	20
Roast Beef - Large	1,140	55	13	120	2,900	91	6	12	62
Roast Beef - Medium	740	37	8	80	1,970	55	4	7	41
Roast Beef - Small	380	18	4	40	1,140	28	2	4	21
Turkey - Large	1,040	53	12	90	2,900	97	6	15	55
Turkey - Medium	680	35	7	60	1,970	59	4	9	36
Turkey - Small	340	17	3.5	30	1,130	30	2	5	18

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Veggie - Large	1,070	63	17	75	2,670	99	8	15	35
Veggie - Medium	730	45	12	60	1,820	60	5	8	25
Veggie - Small	370	22	6	30	1,070	31	3	5	12

Cold Subs

Tuna - Large	1,550	97	18	150	3,070	104	6	21	71
Tuna - Medium	910	57	10	85	1,870	62	4	11	39
Tuna - Small	460	28	5	40	1,090	31	2	6	20

Chopped Salads

Chopped Hook & Ladder Salad	250	8	3.5	55	880	21	5	12	30
Firehouse Chopped Salad, No Meat	130	6	3	15	290	11	5	4	10
Firehouse Chopped Salad with Grilled Chicken	380	10	4	160	1,690	14	5	4	57
Firehouse Chopped Salad with Ham	290	9	4	65	950	27	5	18	30
Firehouse Chopped Salad with Turkey	220	7	3.5	45	1,020	15	5	6	29
Firehouse Chopped Side Salad	60	3	1.5	10	90	5	2	2	5
Italian Chopped Salad with Grilled Chicken Salad	410	22	9	115	1,580	14	5	5	39

Salad Add-On Toppings

Banana Peppers	0	0	0	0	230	0	0	0	0
Black Olives Add-On	25	2.5	0	0	70	<1	<1	0	0
Jalapeno Peppers	0	0	0	0	230	0	0	0	0

Salad Dressings

Balsamic Dressing	110	9	1	0	340	7	0	7	0
Honey Mustard Dressing	300	28	4.5	20	260	15	0	15	2
Italian Dressing	170	15	2	0	930	8	0	6	0
Light Italian Dressing	90	9	2	0	510	2	0	2	0
Oil & Vinegar	250	28	4	0	0	0	0	0	0
Peppercorn Ranch	190	17	3	20	600	4	0	2	2

Soups

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Broccoli & Cheese Soup, 10 oz	340	28	10	50	1,240	12	1	5	11
Chicken & Dumpling Soup, 6 oz	120	7	3.5	35	740	10	0	0	5
Chicken & Dumpling Soup, 10 oz	190	11	6	55	1,190	17	0	0	8
Chicken Noodle Soup, 10 oz	120	2	1	30	1,030	18	1	3	8
Chili, 6 oz	180	9	3.5	25	510	13	3	3	11
Chili, 10 oz	300	15	6	40	850	22	5	5	18
Loaded Potato Soup, 6 oz	240	18	8	35	870	15	0	0	5
Loaded Potato Soup, 10 oz	380	29	13	60	1,390	23	0	0	9
Tomato Bisque, 10 oz	220	14	6	30	920	19	0	8	6

Sides & Chips

Although these products do not contain tree nuts or peanuts, they are manufactured in a facility that uses tree nuts and peanuts in other products.

5-Cheese Mac & Cheese	380	20	10	50	1,400	33	1	2	17
Brownie	430	20	6	75	240	61	1	38	4
Celebration Sugar Cookie	320	16	8	35	160	42	1	25	4
Chili	180	9	3.5	25	510	13	3	3	11
Chocolate Chip Cookie	310	15	8	30	170	44	2	26	4
Chocolate Mint Cookie	310	15	7	30	180	43	2	27	4
Coleslaw	140	12	1.5	<5	180	9	2	5	<1
Crunchy Cheetos	310	21	3.5	0	500	26	1	2	3
Doritos Cool Ranch	260	13	2	0	320	31	3	2	3
Doritos Nacho Cheese	240	14	2	0	360	28	2	1	3
Fritos	320	20	3	0	320	32	3	1	3
Funyuns	160	8	1	0	350	20	1	1	2
Lay's Kettle Cooked 40% Less Fat Jalapeno Cheddar	190	8	1.5	0	180	26	2	2	3
Lay's Kettle Cooked 40% Less Fat Original	190	8	1	0	180	27	2	1	3
Lay's Original	240	16	2	0	250	23	2	1	3
Lay's Sour Cream and Onion	240	15	2	0	240	23	2	1	3
Lemon Cookie	330	16	7	25	210	43	1	25	4
Miss Vickie's Hand Picked Jalapeno	210	12	1.5	0	180	22	2	2	3
Miss Vickie's Sea Salt and Vinegar	210	12	1.5	0	230	23	2	2	2
Miss Vickie's Simply Sea Salt Original	210	13	2	0	120	22	2	1	3
Miss Vickie's Smokehouse BBQ	210	12	2	0	200	23	2	2	3
Oatmeal Raisin Cookie	290	11	4.5	25	135	45	2	25	4
Oven Baked Lay's BBQ	140	3.5	0.5	0	220	24	2	4	2
Oven Baked Lay's Regular	130	2	0	0	150	26	2	2	2

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Oven Baked Ruffles Cheddar and Sour Cream	130	4	0.5	0	270	24	1	2	2
Pickle Spear	5	0	0	0	240	1	0	0	0
Rice Krispies Treat	45	1	0	0	55	9	0	4	0
Sunchips Harvest Cheddar	210	10	1.5	0	310	29	4	3	3

Kid's Subs

Kid's Grilled Cheese	440	27	9	30	720	32	0	2	12
Kid's Ham Sub	250	7	2.5	35	690	30	1	9	18
Kid's Meatball	360	21	8	40	790	27	1	3	16
Kid's Roast Beef	250	7	2.5	35	720	22	1	2	20
Kid's Turkey Sub	220	6	2	25	720	24	1	2	17

Catering Salad Platters

Catering Salad Chopped	100	5	2.5	15	270	8	3	3	8
Catering Salad Chopped Deluxe Chicken	150	7	3	45	620	9	3	4	16
Catering Salad Chopped Deluxe Ham	170	7	3	35	540	14	3	9	16
Catering Salad Chopped Deluxe Tuna Salad	230	16	4	25	470	11	3	5	13
Catering Salad Chopped Deluxe Turkey	140	6	2.5	25	630	10	3	4	16
Catering Salad Platter	35	0	0	0	15	8	3	4	2

Catering Sub Platters

Catering Sub Deluxe Platter	450	14	5	60	1,500	50	3	13	34
Catering Sub Platter	430	12	4	60	1,440	51	3	14	34

Boxed Lunches

Boxed Lunch nutrition facts, allergens and ingredients are for sandwiches only. Please refer to Sides & Chips to review nutrition facts for upgrades such as cookies and chips.

Boxed Lunch - Chicken	520	18	6	90	1,710	56	4	11	37
Boxed Lunch - Corned Beef	550	22	8	80	2,170	54	4	9	35
Boxed Lunch - Ham	560	17	6	70	1,510	70	4	23	37
Boxed Lunch - Pastrami	510	18	7	70	1,990	56	4	9	33
Boxed Lunch - Roast Beef	530	17	6	80	1,690	54	4	9	39
Boxed Lunch - Turkey	490	15	5	50	1,730	58	4	11	37

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Boxed Lunch - Veggie	520	23	10	50	1,230	58	4	10	25

Large Sub Bread

Large Wheat Sub Roll	380	5	1	0	670	74	7	14	13
Large White Sub Roll	380	5	1	0	810	73	3	7	13

Large Sub Cheese

Cheddar Cheese	170	14	8	45	270	2	0	0	11
Feta Cheese	110	8	4.5	35	490	0	0	0	8
Monterey Jack Cheese	150	12	8	45	260	0	0	0	11
Pepper Jack Cheese	150	14	8	40	240	0	0	0	9
Provolone Cheese	150	12	6	30	360	2	0	0	11
Swiss Cheese	160	12	7	40	90	<1	0	0	12

Large Sub Meats

Chicken Breast	260	4	0	160	1,200	10	0	0	46
Meatballs	720	61	24	120	1,520	13	0	3	32
Oven Roasted Chicken	320	6	1	185	1,780	5	0	0	59
Pepper Bacon	100	8	3	20	280	<1	0	0	7
Pepperoni	160	14	5	35	610	<1	0	0	8
Salami	130	10	4	30	500	<1	0	<1	7
Sauteed USDA Choice Steak	530	32	12	160	1,940	8	0	4	45
Seared Seasoned Sliced Beef Rib	450	24	9	175	2,130	5	0	0	53
Smoked Honey Ham	240	4.5	1.5	75	990	24	0	21	30
Smoked Turkey Breast Roast	150	2	0	45	1,090	6	0	3	29
Tuna Salad	660	46	6	105	1,260	13	0	8	45
USDA Choice Beef Brisket	430	37	15	100	1,050	0	0	0	24
USDA Choice Corned Beef Brisket	240	8	3	90	1,550	0	0	0	42
USDA Choice Pastrami	210	6	3	90	1,740	3	0	3	33
USDA Choice Roast Beef	240	4.5	1.5	75	1,090	0	0	0	36

Large Sub Toppings

Au Jus Bell Peppers	0	0	0	0	95	1	0	0	0
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	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Au Jus Mushrooms	10	0	0	0	260	2	1	0	1
Avocado	160	15	2	0	5	9	7	<1	2
Black Olives	50	5	1	0	140	1	1	0	0
Caramelized Onions	15	0	0	0	160	4	0	1	0
Cherry Pepper Rings	10	0	0	0	600	2	0	0	0
Chopped Green Peppers	5	0	0	0	0	1	0	<1	0
Chopped Pickle Spear	15	0	0	0	680	3	0	0	0
Coleslaw	190	16	2	5	240	12	3	7	<1
Cucumber	0	0	0	0	0	<1	0	0	0
Iceberg Lettuce	15	0	0	0	25	2	1	<1	1
Onion	20	0	0	0	0	4	<1	2	<1
Pickle Spear	5	0	0	0	240	1	0	0	0
Sliced Pepperoncini	15	0	0	0	650	3	2	0	0
Tomato	15	0	0	0	0	4	<1	2	<1

Large Sub Condiments

Balsamic Dressing	50	4	0	0	150	3	0	3	0
Cajun Mayo	290	32	4.5	15	240	5	0	0	0
Cajun Seasoning	10	0	0	0	110	2	0	1	0
Captain Sorensen's Datil Pepper Hot Sauce	40	0	0	0	300	11	0	9	0
Garlic Blend	310	32	0	15	650	3	<1	0	0
Garlic Mayonnaise	280	30	4	15	320	4	0	0	0
Honey Mustard	110	10	1.5	10	95	6	0	6	<1
Italian Salad Dressing	45	4	0	0	240	2	0	2	0
Italian Seasoning	20	1	0	0	45	<1	0	0	<1
Jerk Mustard	80	0	0	0	350	18	0	16	0
Light Mayonnaise	110	11	1	20	220	2	0	0	0
Marinara Sauce	40	0.5	0	0	330	9	3	6	2
Mayonnaise	300	33	4.5	15	200	3	0	0	0
Peppercorn Ranch Dressing	140	13	2	15	450	3	0	1	1
Spicy Mustard	5	0	0	0	110	1	0	0	0
Sriracha Sauce	30	0	0	0	510	6	0	6	0
Sweet Baby Ray's BBQ Sauce	80	0	0	0	330	20	0	18	0
Sweet Mustard	50	0	0	0	210	12	0	11	0

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
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Large Sub Add-On Toppings

Banana Peppers	0	0	0	0	470	0	0	0	0
Black Olives Add-On	50	5	1	0	140	1	1	0	0
Jalapeno Peppers	0	0	0	0	470	0	0	0	0
Oil and Vinegar Dressing	60	7	1	0	0	0	0	0	0

Medium Sub Bread

Gluten Free Ciabatta Roll	220	2.5	0	0	330	47	6	3	3
Medium Wheat Sub Roll	230	3	1	0	580	46	4	8	8
Medium White Sub Roll	240	3	0	0	470	43	2	3	8

Medium Sub Cheese

Cheddar Cheese	110	9	5	30	180	1	0	0	7
Feta Cheese	70	5	3	20	330	0	0	0	5
Monterey Jack Cheese	100	8	5	30	170	0	0	0	7
Pepper Jack Cheese	100	9	5	25	160	0	0	0	6
Provolone Cheese	100	8	4	20	240	1	0	0	7
Swiss Cheese	110	8	5	25	60	<1	0	0	8

Medium Sub Meats

Chicken Breast	130	2	0	80	600	5	0	0	23
Meatballs	450	38	15	75	950	8	0	2	20
Oven Roasted Chicken	160	3	0.5	90	890	2	0	0	30
Pepper Bacon	50	4	1.5	10	140	0	0	0	4
Pepperoni	100	9	3	20	370	0	0	0	5
Salami	130	10	4	30	500	<1	0	<1	7
Sauteed USDA Choice Steak	260	16	6	80	970	4	0	2	22
Seared Seasoned Sliced Beef Rib	230	12	4.5	85	1,070	3	0	0	27
Smoked Honey Ham	160	3	1	50	660	16	0	14	20
Smoked Turkey Breast Roast	100	1.5	0	30	730	4	0	2	19
Tuna Salad	330	23	3	55	630	7	0	4	23
USDA Choice Beef Brisket	280	25	10	70	700	0	0	0	16

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
USDA Choice Corned Beef Brisket	160	5	2	60	1,030	0	0	0	28
USDA Choice Pastrami	140	4	2	60	1,160	2	0	2	22
USDA Choice Roast Beef	160	3	1	50	730	0	0	0	24

Medium Sub Toppings

Au Jus Bell Peppers	0	0	0	0	70	<1	0	0	0
Au Jus Mushrooms	5	0	0	0	135	<1	<1	0	<1
Avocado	80	7	1	0	0	4	3	0	1
Black Olives	25	2.5	0	0	70	<1	<1	0	0
Caramelized Onions	10	0	0	0	115	3	0	1	0
Cherry Pepper Rings	5	0	0	0	400	1	0	0	0
Chopped Green Peppers	0	0	0	0	0	<1	0	0	0
Chopped Pickle Spear	5	0	0	0	340	1	0	0	0
Coleslaw	140	12	1.5	<5	180	9	2	5	<1
Creamy Slaw	120	9	1.5	<5	140	9	2	5	<1
Cucumber	0	0	0	0	0	<1	0	0	0
Iceberg Lettuce	10	0	0	0	15	2	<1	0	<1
Onion	10	0	0	0	0	2	0	1	0
Pickle Spear	5	0	0	0	240	1	0	0	0
Sliced Pepperoncini	10	0	0	0	430	2	1	0	0
Tomato	10	0	0	0	0	3	<1	2	<1

Medium Sub Condiments

Balsamic Dressing	30	2.5	0	0	100	2	0	2	0
Cajun Mayo	190	21	3	10	160	3	0	0	0
Cajun Seasoning	10	0	0	0	80	2	0	<1	0
Captain Sorensen's Datil Pepper Hot Sauce	30	0	0	0	200	8	0	6	0
Garlic Blend	200	21	0	10	430	2	0	0	0
Garlic Mayonnaise	180	20	2.5	10	210	3	0	0	0
Honey Mustard	80	7	1	5	65	4	0	4	<1
Italian Salad Dressing	30	2.5	0	0	160	1	0	1	0
Italian Seasoning	20	1	0	0	45	<1	0	0	<1
Jerk Mustard	50	0	0	0	230	12	0	10	0
Light Mayonnaise	70	7	0.5	15	150	1	0	0	0
Marinara Sauce	25	0	0	0	220	6	2	4	1

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Mayonnaise	200	22	3	10	130	2	0	0	0
Peppercorn Ranch Dressing	90	9	1.5	10	300	2	0	<1	<1
Spicy Mustard	5	0	0	0	80	1	0	0	0
Sriracha Sauce	20	0	0	0	340	4	0	4	0
Sweet Baby Ray's BBQ Sauce	50	0	0	0	220	13	0	12	0
Sweet Mustard	50	0	0	0	210	12	0	11	0

Medium Sub Add-On Toppings

Banana Peppers	0	0	0	0	230	0	0	0	0
Black Olives Add-On	25	2.5	0	0	70	<1	<1	0	0
Jalapeno Peppers	0	0	0	0	230	0	0	0	0
Oil and Vinegar Dressing	40	4.5	0.5	0	0	0	0	0	0

Small Sub Bread

Medium Wheat Sub Roll	120	1.5	0.5	0	290	23	2	4	4
Medium White Sub Roll	120	1.5	0	0	240	22	1	2	4

Small Sub Cheese

Cheddar Cheese	60	4.5	2.5	15	90	<1	0	0	4
Feta Cheese	35	2.5	1.5	10	160	0	0	0	3
Monterey Jack Cheese	50	4	2.5	15	85	0	0	0	4
Pepper Jack Cheese	50	4.5	2.5	15	80	0	0	0	3
Provolone Cheese	50	4	2	10	120	<1	0	0	4
Swiss Cheese	50	4	2.5	15	30	0	0	0	4

Small Sub Meats

Chicken Breast	70	1	0	40	300	3	0	0	12
Meatballs	230	19	8	40	480	4	0	<1	10
Oven Roasted Chicken	80	1.5	0	45	450	1	0	0	15
Pepper Bacon	25	2	0.5	5	70	0	0	0	2
Pepperoni	60	6	2	15	250	0	0	0	3
Salami	60	5	2	15	250	0	0	0	4
Sauteed USDA Choice Steak	130	8	3	40	490	2	0	1	11

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Seared Seasoned Sliced Beef Rib	110	6	2.5	45	530	1	0	0	13
Smoked Honey Ham	80	1.5	0.5	25	330	8	0	7	10
Smoked Turkey Breast Roast	50	0.5	0	15	360	2	0	<1	10
Tuna Salad	160	12	1.5	25	320	3	0	2	11
USDA Choice Beef Brisket	140	12	5	35	350	0	0	0	8
USDA Choice Corned Beef Brisket	80	2.5	1	30	520	0	0	0	14
USDA Choice Pastrami	70	2	1	30	580	1	0	1	11
USDA Choice Roast Beef	80	1.5	0.5	25	360	0	0	0	12

Small Sub Toppings

Au Jus Bell Peppers	0	0	0	0	35	0	0	0	0
Au Jus Mushrooms	0	0	0	0	60	0	0	0	0
Avocado	40	3.5	0.5	0	0	2	2	0	<1
Black Olives	25	2.5	0	0	70	<1	<1	0	0
Caramelized Onions	5	0	0	0	60	1	0	<1	0
Cherry Pepper Rings	0	0	0	0	200	<1	0	0	0
Chopped Green Peppers	0	0	0	0	0	<1	0	0	0
Chopped Pickle Spear	5	0	0	0	340	1	0	0	0
Coleslaw	70	6	1	<5	90	5	1	3	0
Cucumber	0	0	0	0	0	0	0	0	0
Iceberg Lettuce	0	0	0	0	10	<1	0	0	0
Onion	0	0	0	0	0	1	0	<1	0
Pickle Spear	5	0	0	0	240	1	0	0	0
Sliced Pepperoncini	5	0	0	0	220	1	<1	0	0
Tomato	5	0	0	0	0	2	0	<1	0

Small Sub Condiments

Balsamic Dressing	15	1.5	0	0	50	1	0	1	0
Cajun Mayo	100	11	1.5	<5	80	2	0	0	0
Cajun Seasoning	5	0	0	0	55	1	0	<1	0
Captain Sorensen's Datil Pepper Hot Sauce	15	0	0	0	100	4	0	3	0
Garlic Blend	100	11	0	<5	220	1	0	0	0
Garlic Mayonnaise	90	10	1.5	<5	105	1	0	0	0
Honey Mustard	40	3.5	0.5	<5	30	2	0	2	0
Italian Salad Dressing	15	1.5	0	0	80	<1	0	<1	0

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Italian Seasoning	10	0	0	0	20	0	0	0	0
Jerk Mustard	25	0	0	0	115	6	0	5	0
Light Mayonnaise	35	3.5	0	5	75	<1	0	0	0
Marinara Sauce	15	0	0	0	110	3	<1	2	<1
Mayonnaise	100	11	1.5	5	65	1	0	0	0
Peppercorn Ranch Dressing	45	4.5	0.5	<5	150	<1	0	0	0
Spicy Mustard	0	0	0	0	40	<1	0	0	0
Sriracha Sauce	10	0	0	0	170	2	0	2	0
Sweet Baby Ray's BBQ Sauce	25	0	0	0	110	7	0	6	0
Sweet Mustard	50	0	0	0	210	12	0	11	0

Small Sub Add-On Toppings

Banana Peppers	0	0	0	0	230	0	0	0	0
Black Olives Add-On	25	2.5	0	0	70	<1	<1	0	0
Jalapeno Peppers	0	0	0	0	230	0	0	0	0
Oil and Vinegar Dressing	20	2	0	0	0	0	0	0	0

12 oz Beverages

Barq's Root Beer	170	0	0	0	0	45	0	45	0
Barq's Root Beer with Vanilla	170	0	0	0	0	45	0	45	0
Caffeine Free Diet Coke	0	0	0	0	0	0	0	0	0
Caffeine Free Diet Coke with Cherry	0	0	0	0	0	0	0	0	0
Caffeine Free Diet Coke with Cherry Vanilla	0	0	0	0	0	0	0	0	0
Caffeine Free Diet Coke with Lemon	0	0	0	0	0	0	0	0	0
Caffeine Free Diet Coke with Lime	0	0	0	0	0	0	0	0	0
Caffeine Free Diet Coke with Orange	0	0	0	0	0	0	0	0	0
Caffeine Free Diet Coke with Raspberry	0	0	0	0	0	0	0	0	0
Caffeine Free Diet Coke with Vanilla	0	0	0	0	0	0	0	0	0
Cherry Lime-Aid	180	0	0	0	0	48	0	36	0
Cherry Lime-Aid Light	120	0	0	0	0	24	0	24	0
Cherry Lime-Aid Light Sparkling	120	0	0	0	0	24	0	24	0
Cherry Lime-Aid Sparkling	180	0	0	0	0	48	0	36	0
Cherry Lime-Aid Zero Sugar	0	0	0	0	5	0	0	0	0
Cherry Lime-Aid Zero Sugar Sparkling	0	0	0	0	5	0	0	0	0
Coca-Cola	150	0	0	0	0	40	0	40	0

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Coke with Cherry	160	0	0	0	0	42	0	42	0
Coke with Cherry Vanilla	160	0	0	0	0	42	0	42	0
Coke with Lemon	150	0	0	0	0	42	0	42	0
Coke with Lime	160	0	0	0	0	42	0	42	0
Coke with Orange	150	0	0	0	0	42	0	42	0
Coke with Raspberry	160	0	0	0	0	42	0	42	0
Coke with Vanilla	160	0	0	0	0	42	0	42	0
Coke Zero	0	0	0	0	0	0	0	0	0
Coke Zero with Cherry	0	0	0	0	0	0	0	0	0
Coke Zero with Cherry Vanilla	0	0	0	0	0	0	0	0	0
Coke Zero with Lemon	0	0	0	0	0	0	0	0	0
Coke Zero with Lime	0	0	0	0	0	0	0	0	0
Coke Zero with Orange	0	0	0	0	0	0	0	0	0
Coke Zero with Raspberry	0	0	0	0	0	0	0	0	0
Coke Zero with Vanilla	0	0	0	0	0	0	0	0	0
Dasani Sparkling Lemon Lime Seltzer Water	0	0	0	0	0	0	0	0	0
Dasani Sparkling Seltzer Water	0	0	0	0	0	0	0	0	0
Dasani with Cherry	0	0	0	0	0	0	0	0	0
Dasani with Grape	0	0	0	0	0	0	0	0	0
Dasani with Lemon	0	0	0	0	0	0	0	0	0
Dasani with Lime	0	0	0	0	0	0	0	0	0
Dasani with Orange	0	0	0	0	0	0	0	0	0
Dasani with Peach	0	0	0	0	0	0	0	0	0
Dasani with Raspberry	0	0	0	0	0	0	0	0	0
Dasani with Strawberry	0	0	0	0	0	0	0	0	0
Diet Barq's Root Beer	0	0	0	0	0	0	0	0	0
Diet Barq's Root Beer with Vanilla	0	0	0	0	0	0	0	0	0
Diet Coke	0	0	0	0	0	0	0	0	0
Diet Coke with Cherry	0	0	0	0	0	0	0	0	0
Diet Coke with Cherry Vanilla	0	0	0	0	0	0	0	0	0
Diet Coke with Lemon	0	0	0	0	0	0	0	0	0
Diet Coke with Lime	0	0	0	0	0	0	0	0	0
Diet Coke with Orange	0	0	0	0	0	0	0	0	0
Diet Coke with Raspberry	0	0	0	0	0	0	0	0	0
Diet Coke with Vanilla	0	0	0	0	0	0	0	0	0
diet Fanta Vanilla (Specialty)	0	0	0	0	0	0	0	0	0
diet Mello Yello with Strawberry Peach (Specialty)	0	0	0	0	0	<1	0	0	0

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Diet Seagram's Ginger Ale	0	0	0	0	0	<1	0	0	0
Diet Seagram's Ginger Ale with Cherry	5	0	0	0	0	<1	0	0	0
Diet Seagram's Ginger Ale with Lime	5	0	0	0	0	<1	0	0	0
Diet Seagram's Ginger Ale with Orange	0	0	0	0	0	<1	0	0	0
Diet Seagram's Ginger Ale with Raspberry	5	0	0	0	0	<1	0	0	0
Diet Seagram's Ginger Ale with Vanilla	5	0	0	0	0	<1	0	0	0
Fanta Cherry	170	0	0	0	0	44	0	44	0
Fanta Fruit Punch	170	0	0	0	0	44	0	44	0
Fanta Grape	170	0	0	0	0	44	0	44	0
Fanta Lime	170	0	0	0	0	44	0	44	0
Fanta Orange	160	0	0	0	5	45	0	44	0
Fanta Peach	170	0	0	0	0	45	0	44	0
Fanta Raspberry	170	0	0	0	0	44	0	44	0
Fanta Strawberry	170	0	0	0	0	44	0	44	0
Fanta Vanilla (Specialty)	170	0	0	0	0	44	0	44	0
Fanta Zero Cherry	0	0	0	0	0	0	0	0	0
Fanta Zero Fruit Punch	5	0	0	0	0	0	0	0	0
Fanta Zero Grape	0	0	0	0	0	0	0	0	0
Fanta Zero Lime	5	0	0	0	0	0	0	0	0
Fanta Zero Orange	0	0	0	0	10	<1	0	0	0
Fanta Zero Peach	0	0	0	0	0	0	0	0	0
Fanta Zero Raspberry	0	0	0	0	0	0	0	0	0
Fanta Zero Strawberry	5	0	0	0	0	0	0	0	0
fruitwater fizzy cherry-lime	5	0	0	0	0	0	0	0	0
fruitwater fizzy lemon-lime	5	0	0	0	0	<1	0	0	0
fruitwater fizzy lemonade	0	0	0	0	0	<1	0	0	0
fruitwater fizzy mixed berry	10	0	0	0	0	0	0	0	0
fruitwater fizzy peach lemonade	0	0	0	0	0	<1	0	0	0
fruitwater fizzy strawberry lemonade	0	0	0	0	0	<1	0	0	0
FUZE Diet Lemon Tea	0	0	0	0	0	0	0	0	0
FUZE Diet Peach Tea	5	0	0	0	0	0	0	0	0
FUZE Diet Raspberry Peach Tea	5	0	0	0	0	0	0	0	0
FUZE Diet Raspberry Tea	0	0	0	0	0	0	0	0	0
FUZE Diet Strawberry Tea	0	0	0	0	0	0	0	0	0
FUZE Diet Tea	0	0	0	0	0	0	0	0	0
FUZE Lemon Tea	130	0	0	0	0	34	0	34	0
FUZE Peach Tea	130	0	0	0	0	34	0	34	0

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
FUZE Raspberry Peach Tea	130	0	0	0	0	34	0	34	0
FUZE Raspberry Tea	130	0	0	0	0	34	0	34	0
FUZE Strawberry Tea	130	0	0	0	0	34	0	34	0
FUZE Sweet Tea	130	0	0	0	0	34	0	34	0
FUZE Unsweetened Tea	0	0	0	0	0	0	0	0	0
Hi-C Cherry	180	0	0	0	0	45	0	45	0
Hi-C Fruit Punch	180	0	0	0	0	45	0	45	0
Hi-C Grape	180	0	0	0	0	45	0	45	0
Hi-C Lemon	170	0	0	0	0	45	0	45	0
Hi-C Orange	170	0	0	0	5	45	0	45	0
Hi-C Orange Vanilla	170	0	0	0	0	45	0	45	0
Hi-C Raspberry	180	0	0	0	0	45	0	45	0
Hi-C Raspberry Lime	180	0	0	0	0	45	0	45	0
Hi-C Strawberry	180	0	0	0	0	45	0	45	0
Mello Yello	130	0	0	0	0	34	0	34	0
Mello Yello Cherry	130	0	0	0	0	34	0	34	0
Mello Yello Fruit Punch	130	0	0	0	0	34	0	34	0
Mello Yello Grape	130	0	0	0	0	34	0	34	0
Mello Yello Orange	120	0	0	0	0	33	0	33	0
Mello Yello Peach	130	0	0	0	0	34	0	34	0
Mello Yello Raspberry	130	0	0	0	0	34	0	34	0
Mello Yello Strawberry	130	0	0	0	0	34	0	34	0
Mello Yello with Strawberry Peach (Specialty)	130	0	0	0	0	34	0	34	0
Mello Yello Zero	0	0	0	0	0	<1	0	0	0
Mello Yello Zero Cherry	0	0	0	0	0	<1	0	0	0
Mello Yello Zero Fruit Punch	0	0	0	0	0	<1	0	0	0
Mello Yello Zero Grape	0	0	0	0	0	<1	0	0	0
Mello Yello Zero Orange	0	0	0	0	5	<1	0	0	0
Mello Yello Zero Peach	0	0	0	0	0	<1	0	0	0
Mello Yello Zero Raspberry	0	0	0	0	0	<1	0	0	0
Mello Yello Zero Strawberry	0	0	0	0	0	<1	0	0	0
Minute Maid Lemonade	160	0	0	0	35	42	0	42	0
Minute Maid Lemonade with Lime	160	0	0	0	35	42	0	42	0
Minute Maid Lemonade with Orange	160	0	0	0	35	42	0	42	0
Minute Maid Lemonade with Peach	160	0	0	0	35	42	0	42	0
Minute Maid Lemonade with Raspberry	160	0	0	0	35	42	0	42	0
Minute Maid Lemonade with Strawberry	160	0	0	0	35	42	0	42	0

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Minute Maid Light Lemonade	10	0	0	0	35	2	0	0	0
Minute Maid Light Lemonade with Lime	10	0	0	0	35	2	0	0	0
Minute Maid Light Lemonade with Orange	10	0	0	0	40	2	0	0	0
Minute Maid Light Lemonade with Peach	10	0	0	0	35	2	0	0	0
Minute Maid Light Lemonade with Raspberry	10	0	0	0	35	2	0	0	0
Minute Maid Light Lemonade with Strawberry	10	0	0	0	35	2	0	0	0
Minute Maid Light Pink Lemonade	10	0	0	0	35	2	0	0	0
Minute Maid Pink Lemonade	160	0	0	0	35	42	0	42	0
Pibb Xtra	150	0	0	0	0	39	0	39	0
Pibb Xtra Cherry	150	0	0	0	0	39	0	39	0
Pibb Xtra Cherry Vanilla	150	0	0	0	0	39	0	39	0
Pibb Xtra Raspberry	150	0	0	0	0	39	0	39	0
Pibb Xtra Raspberry Vanilla	150	0	0	0	0	39	0	39	0
Pibb Xtra Vanilla	150	0	0	0	0	39	0	39	0
Pibb Zero	0	0	0	0	5	0	0	0	0
Pibb Zero Cherry	0	0	0	0	5	0	0	0	0
Pibb Zero Cherry Vanilla	5	0	0	0	5	0	0	0	0
Pibb Zero Raspberry	5	0	0	0	5	0	0	0	0
Pibb Zero Raspberry Vanilla	10	0	0	0	5	0	0	0	0
Pibb Zero Vanilla	5	0	0	0	5	0	0	0	0
POWERade Cherry	100	0	0	0	75	25	0	25	0
POWERade Fruit Punch	100	0	0	0	75	25	0	25	0
POWERade Grape	100	0	0	0	75	25	0	25	0
POWERade Lemon	100	0	0	0	75	25	0	25	0
POWERade Lime	100	0	0	0	75	25	0	25	0
POWERade Orange	100	0	0	0	80	25	0	25	0
POWERade Raspberry	100	0	0	0	75	25	0	25	0
POWERade Strawberry	100	0	0	0	75	25	0	25	0
POWERade Zero Cherry	0	0	0	0	75	<1	0	0	0
POWERade Zero Fruit Punch	5	0	0	0	75	<1	0	0	0
POWERade Zero Grape	0	0	0	0	75	<1	0	0	0
POWERade Zero Lemon	0	0	0	0	75	<1	0	0	0
POWERade Zero Lime	0	0	0	0	75	<1	0	0	0
POWERade Zero Orange	0	0	0	0	80	<1	0	0	0
POWERade Zero Raspberry	0	0	0	0	75	<1	0	0	0
POWERade Zero Strawberry	0	0	0	0	75	<1	0	0	0
Seagram's Ginger Ale	100	0	0	0	0	26	0	26	0

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Seagram's Ginger Ale with Cherry	100	0	0	0	0	26	0	26	0
Seagram's Ginger Ale with Lime	100	0	0	0	0	26	0	26	0
Seagram's Ginger Ale with Orange	100	0	0	0	0	26	0	26	0
Seagram's Ginger Ale with Raspberry	100	0	0	0	0	26	0	26	0
Seagram's Ginger Ale with Vanilla	100	0	0	0	0	26	0	26	0
Sprite	150	0	0	0	0	39	0	39	0
Sprite with Cherry	150	0	0	0	0	39	0	39	0
Sprite with Grape	150	0	0	0	0	39	0	39	0
Sprite with Orange	150	0	0	0	0	39	0	39	0
Sprite with Peach	150	0	0	0	0	39	0	39	0
Sprite with Peach Vanilla (Specialty)	150	0	0	0	0	39	0	39	0
Sprite with Raspberry	150	0	0	0	0	39	0	39	0
Sprite with Strawberry	150	0	0	0	0	39	0	39	0
Sprite with Vanilla	150	0	0	0	0	39	0	39	0
Sprite Zero	5	0	0	0	0	0	0	0	0
Sprite Zero with Cherry	5	0	0	0	0	0	0	0	0
Sprite Zero with Grape	5	0	0	0	0	0	0	0	0
Sprite Zero with Orange	5	0	0	0	5	0	0	0	0
Sprite Zero with Peach	5	0	0	0	0	0	0	0	0
Sprite Zero with Peach Vanilla (Specialty)	10	0	0	0	0	0	0	0	0
Sprite Zero with Raspberry	10	0	0	0	0	0	0	0	0
Sprite Zero with Strawberry	5	0	0	0	0	0	0	0	0
Sprite Zero with Vanilla	5	0	0	0	0	0	0	0	0
Sweet Tea	160	0	0	0	10	40	0	40	0
Unsweet Tea	0	0	0	0	10	<1	0	0	0
vitaminwater lemonade-C	70	0	0	0	0	20	0	19	0
vitaminwater orangeade-C	70	0	0	0	0	19	0	19	0
vitaminwater pink squeezed	70	0	0	0	0	19	0	19	0
vitaminwater tropical-C	70	0	0	0	0	19	0	18	0

22 oz Beverages

Barq's Root Beer	300	0	0	0	0	82	0	82	0
Barq's Root Beer with Vanilla	300	0	0	0	0	82	0	82	0
Caffeine Free Diet Coke	0	0	0	0	0	0	0	0	0
Caffeine Free Diet Coke with Cherry	5	0	0	0	0	0	0	0	0
Caffeine Free Diet Coke with Cherry Vanilla	5	0	0	0	0	0	0	0	0

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Caffeine Free Diet Coke with Lemon	0	0	0	0	0	0	0	0	0
Caffeine Free Diet Coke with Lime	10	0	0	0	0	0	0	0	0
Caffeine Free Diet Coke with Orange	0	0	0	0	0	0	0	0	0
Caffeine Free Diet Coke with Raspberry	5	0	0	0	0	0	0	0	0
Caffeine Free Diet Coke with Vanilla	5	0	0	0	0	0	0	0	0
Cherry Lime-Aid	330	0	0	0	0	88	0	66	0
Cherry Lime-Aid Light	220	0	0	0	0	44	0	44	0
Cherry Lime-Aid Light Sparkling	220	0	0	0	0	44	0	44	0
Cherry Lime-Aid Sparkling	330	0	0	0	0	88	0	66	0
Cherry Lime-Aid Zero Sugar	5	0	0	0	10	0	0	0	0
Cherry Lime-Aid Zero Sugar Sparkling	5	0	0	0	10	0	0	0	0
Coca-Cola	270	0	0	0	0	73	0	73	0
Coke with Cherry	290	0	0	0	0	77	0	77	0
Coke with Cherry Vanilla	280	0	0	0	0	77	0	77	0
Coke with Lemon	280	0	0	0	0	77	0	77	0
Coke with Lime	290	0	0	0	0	77	0	77	0
Coke with Orange	280	0	0	0	5	77	0	77	0
Coke with Raspberry	280	0	0	0	0	77	0	77	0
Coke with Vanilla	290	0	0	0	0	77	0	77	0
Coke Zero	0	0	0	0	5	0	0	0	0
Coke Zero with Cherry	5	0	0	0	5	0	0	0	0
Coke Zero with Cherry Vanilla	5	0	0	0	5	0	0	0	0
Coke Zero with Lemon	0	0	0	0	5	0	0	0	0
Coke Zero with Lime	10	0	0	0	5	0	0	0	0
Coke Zero with Orange	0	0	0	0	5	0	0	0	0
Coke Zero with Raspberry	0	0	0	0	5	0	0	0	0
Coke Zero with Vanilla	5	0	0	0	5	0	0	0	0
Dasani Sparkling Lemon Lime Seltzer Water	5	0	0	0	0	0	0	0	0
Dasani Sparkling Seltzer Water	0	0	0	0	0	0	0	0	0
Dasani with Cherry	0	0	0	0	0	<1	0	0	0
Dasani with Grape	0	0	0	0	0	<1	0	0	0
Dasani with Lemon	0	0	0	0	0	<1	0	0	0
Dasani with Lime	0	0	0	0	0	<1	0	0	0
Dasani with Orange	0	0	0	0	5	<1	0	0	0
Dasani with Peach	5	0	0	0	0	<1	0	0	0
Dasani with Raspberry	0	0	0	0	0	<1	0	0	0
Dasani with Strawberry	0	0	0	0	0	<1	0	0	0

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Diet Barq's Root Beer	0	0	0	0	5	0	0	0	0
Diet Barq's Root Beer with Vanilla	0	0	0	0	5	0	0	0	0
Diet Coke	0	0	0	0	0	0	0	0	0
Diet Coke with Cherry	5	0	0	0	0	0	0	0	0
Diet Coke with Cherry Vanilla	5	0	0	0	0	0	0	0	0
Diet Coke with Lemon	0	0	0	0	0	0	0	0	0
Diet Coke with Lime	10	0	0	0	0	0	0	0	0
Diet Coke with Orange	0	0	0	0	0	0	0	0	0
Diet Coke with Raspberry	5	0	0	0	0	0	0	0	0
Diet Coke with Vanilla	5	0	0	0	0	0	0	0	0
diet Fanta Vanilla (Specialty)	5	0	0	0	5	0	0	0	0
diet Mello Yello with Strawberry Peach (Specialty)	10	0	0	0	5	<1	0	0	0
Diet Seagram's Ginger Ale	10	0	0	0	0	1	0	0	0
Diet Seagram's Ginger Ale with Cherry	10	0	0	0	0	1	0	0	0
Diet Seagram's Ginger Ale with Lime	15	0	0	0	0	1	0	0	0
Diet Seagram's Ginger Ale with Orange	10	0	0	0	5	1	0	0	0
Diet Seagram's Ginger Ale with Raspberry	10	0	0	0	0	1	0	0	0
Diet Seagram's Ginger Ale with Vanilla	10	0	0	0	0	1	0	0	0
Fanta Cherry	300	0	0	0	0	82	0	82	0
Fanta Fruit Punch	310	0	0	0	0	82	0	82	0
Fanta Grape	310	0	0	0	0	82	0	82	0
Fanta Lime	310	0	0	0	0	82	0	82	0
Fanta Orange	300	0	0	0	10	82	0	82	0
Fanta Peach	310	0	0	0	0	82	0	82	0
Fanta Raspberry	310	0	0	0	0	82	0	82	0
Fanta Strawberry	310	0	0	0	0	82	0	82	0
Fanta Vanilla (Specialty)	300	0	0	0	0	82	0	82	0
Fanta Zero Cherry	5	0	0	0	0	<1	0	0	0
Fanta Zero Fruit Punch	15	0	0	0	0	<1	0	0	0
Fanta Zero Grape	10	0	0	0	5	<1	0	0	0
Fanta Zero Lime	10	0	0	0	0	<1	0	0	0
Fanta Zero Orange	0	0	0	0	15	<1	0	0	0
Fanta Zero Peach	10	0	0	0	5	<1	0	0	0
Fanta Zero Raspberry	5	0	0	0	0	<1	0	0	0
Fanta Zero Strawberry	10	0	0	0	5	<1	0	0	0
fruitwater fizzy cherry-lime	10	0	0	0	0	<1	0	0	0
fruitwater fizzy lemon-lime	10	0	0	0	0	<1	0	0	0

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
fruitwater fizzy lemonade	0	0	0	0	0	<1	0	0	0
fruitwater fizzy mixed berry	15	0	0	0	0	<1	0	0	0
fruitwater fizzy peach lemonade	0	0	0	0	0	<1	0	0	0
fruitwater fizzy strawberry lemonade	5	0	0	0	0	<1	0	0	0
FUZE Diet Lemon Tea	10	0	0	0	0	0	0	0	0
FUZE Diet Peach Tea	10	0	0	0	0	0	0	0	0
FUZE Diet Raspberry Peach Tea	10	0	0	0	0	0	0	0	0
FUZE Diet Raspberry Tea	10	0	0	0	0	0	0	0	0
FUZE Diet Strawberry Tea	10	0	0	0	0	0	0	0	0
FUZE Diet Tea	5	0	0	0	0	0	0	0	0
FUZE Lemon Tea	230	0	0	0	0	62	0	62	0
FUZE Peach Tea	240	0	0	0	0	62	0	62	0
FUZE Raspberry Peach Tea	240	0	0	0	0	62	0	62	0
FUZE Raspberry Tea	230	0	0	0	0	62	0	62	0
FUZE Strawberry Tea	230	0	0	0	0	62	0	62	0
FUZE Sweet Tea	230	0	0	0	0	62	0	62	0
FUZE Unsweetened Tea	5	0	0	0	0	0	0	0	0
Hi-C Cherry	320	0	0	0	0	83	0	83	0
Hi-C Fruit Punch	330	0	0	0	0	83	0	83	0
Hi-C Grape	320	0	0	0	0	83	0	83	0
Hi-C Lemon	320	0	0	0	0	83	0	83	0
Hi-C Orange	320	0	0	0	10	83	0	83	0
Hi-C Orange Vanilla	320	0	0	0	0	83	0	83	0
Hi-C Raspberry	320	0	0	0	0	83	0	83	0
Hi-C Raspberry Lime	330	0	0	0	0	83	0	83	0
Hi-C Strawberry	320	0	0	0	0	83	0	83	0
Mello Yello	230	0	0	0	0	63	0	63	0
Mello Yello Cherry	230	0	0	0	0	63	0	63	0
Mello Yello Fruit Punch	240	0	0	0	0	63	0	63	0
Mello Yello Grape	230	0	0	0	0	63	0	63	0
Mello Yello Orange	230	0	0	0	5	61	0	61	0
Mello Yello Peach	230	0	0	0	0	63	0	63	0
Mello Yello Raspberry	230	0	0	0	0	63	0	63	0
Mello Yello Strawberry	240	0	0	0	0	63	0	63	0
Mello Yello with Strawberry Peach (Specialty)	240	0	0	0	0	62	0	62	0
Mello Yello Zero	0	0	0	0	5	<1	0	0	0
Mello Yello Zero Cherry	5	0	0	0	5	<1	0	0	0

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Mello Yello Zero Fruit Punch	10	0	0	0	5	<1	0	0	0
Mello Yello Zero Grape	5	0	0	0	5	<1	0	0	0
Mello Yello Zero Orange	0	0	0	0	10	1	0	0	0
Mello Yello Zero Peach	5	0	0	0	5	<1	0	0	0
Mello Yello Zero Raspberry	5	0	0	0	5	<1	0	0	0
Mello Yello Zero Strawberry	5	0	0	0	5	<1	0	0	0
Minute Maid Lemonade	290	0	0	0	65	77	0	76	0
Minute Maid Lemonade with Lime	300	0	0	0	65	77	0	76	0
Minute Maid Lemonade with Orange	290	0	0	0	65	77	0	76	0
Minute Maid Lemonade with Peach	300	0	0	0	65	77	0	76	0
Minute Maid Lemonade with Raspberry	300	0	0	0	65	77	0	76	0
Minute Maid Lemonade with Strawberry	300	0	0	0	65	77	0	76	0
Minute Maid Light Lemonade	15	0	0	0	65	3	0	0	0
Minute Maid Light Lemonade with Lime	20	0	0	0	65	3	0	0	0
Minute Maid Light Lemonade with Orange	15	0	0	0	70	4	0	0	0
Minute Maid Light Lemonade with Peach	20	0	0	0	70	3	0	0	0
Minute Maid Light Lemonade with Raspberry	20	0	0	0	65	3	0	0	0
Minute Maid Light Lemonade with Strawberry	25	0	0	0	65	3	0	0	0
Minute Maid Light Pink Lemonade	15	0	0	0	65	3	0	0	0
Minute Maid Pink Lemonade	300	0	0	0	65	77	0	76	0
Pibb Xtra	270	0	0	0	5	71	0	71	0
Pibb Xtra Cherry	270	0	0	0	5	71	0	71	0
Pibb Xtra Cherry Vanilla	270	0	0	0	5	71	0	71	0
Pibb Xtra Raspberry	270	0	0	0	5	71	0	71	0
Pibb Xtra Raspberry Vanilla	270	0	0	0	5	71	0	71	0
Pibb Xtra Vanilla	270	0	0	0	5	71	0	71	0
Pibb Zero	5	0	0	0	10	0	0	0	0
Pibb Zero Cherry	10	0	0	0	10	0	0	0	0
Pibb Zero Cherry Vanilla	15	0	0	0	10	0	0	0	0
Pibb Zero Raspberry	10	0	0	0	10	0	0	0	0
Pibb Zero Raspberry Vanilla	15	0	0	0	10	0	0	0	0
Pibb Zero Vanilla	10	0	0	0	10	0	0	0	0
POWERade Cherry	180	0	0	0	140	46	0	46	0
POWERade Fruit Punch	180	0	0	0	140	46	0	46	0
POWERade Grape	180	0	0	0	140	46	0	46	0
POWERade Lemon	170	0	0	0	140	46	0	46	0
POWERade Lime	180	0	0	0	140	46	0	46	0

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
POWERRade Orange	170	0	0	0	150	46	0	46	0
POWERRade Raspberry	180	0	0	0	140	46	0	46	0
POWERRade Strawberry	180	0	0	0	140	46	0	46	0
POWERRade Zero Cherry	10	0	0	0	140	2	0	0	0
POWERRade Zero Fruit Punch	10	0	0	0	140	2	0	0	0
POWERRade Zero Grape	5	0	0	0	140	2	0	0	0
POWERRade Zero Lemon	5	0	0	0	140	2	0	0	0
POWERRade Zero Lime	10	0	0	0	140	2	0	0	0
POWERRade Zero Orange	5	0	0	0	150	2	0	0	0
POWERRade Zero Raspberry	10	0	0	0	140	2	0	0	0
POWERRade Zero Strawberry	10	0	0	0	140	2	0	0	0
Seagram's Ginger Ale	180	0	0	0	0	48	0	48	0
Seagram's Ginger Ale with Cherry	180	0	0	0	0	48	0	48	0
Seagram's Ginger Ale with Lime	190	0	0	0	0	48	0	48	0
Seagram's Ginger Ale with Orange	180	0	0	0	0	48	0	48	0
Seagram's Ginger Ale with Raspberry	180	0	0	0	0	48	0	48	0
Seagram's Ginger Ale with Vanilla	180	0	0	0	0	48	0	48	0
Sprite	270	0	0	0	0	71	0	71	0
Sprite with Cherry	270	0	0	0	0	71	0	71	0
Sprite with Grape	270	0	0	0	0	71	0	71	0
Sprite with Orange	270	0	0	0	5	71	0	71	0
Sprite with Peach	270	0	0	0	0	71	0	71	0
Sprite with Peach Vanilla (Specialty)	270	0	0	0	0	71	0	71	0
Sprite with Raspberry	270	0	0	0	0	71	0	71	0
Sprite with Strawberry	270	0	0	0	0	71	0	71	0
Sprite with Vanilla	270	0	0	0	0	71	0	71	0
Sprite Zero	10	0	0	0	0	<1	0	0	0
Sprite Zero with Cherry	10	0	0	0	0	<1	0	0	0
Sprite Zero with Grape	15	0	0	0	0	<1	0	0	0
Sprite Zero with Orange	10	0	0	0	10	<1	0	0	0
Sprite Zero with Peach	15	0	0	0	5	<1	0	0	0
Sprite Zero with Peach Vanilla (Specialty)	15	0	0	0	5	<1	0	0	0
Sprite Zero with Raspberry	15	0	0	0	0	<1	0	0	0
Sprite Zero with Strawberry	15	0	0	0	0	<1	0	0	0
Sprite Zero with Vanilla	15	0	0	0	0	<1	0	0	0
Sweet Tea	290	0	0	0	20	74	0	73	0
Unsweet Tea	5	0	0	0	20	1	0	0	0

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
vitaminwater lemonade-C	130	0	0	0	0	36	0	35	0
vitaminwater orangeade-C	130	0	0	0	5	35	0	34	0
vitaminwater pink squeezed	130	0	0	0	0	35	0	35	0
vitaminwater tropical-C	130	0	0	0	5	34	0	33	0

32 oz Beverages

Barq's Root Beer	440	0	0	0	0	120	0	120	0
Barq's Root Beer with Vanilla	440	0	0	0	0	120	0	120	0
Caffeine Free Diet Coke	0	0	0	0	5	0	0	0	0
Caffeine Free Diet Coke with Cherry	10	0	0	0	5	0	0	0	0
Caffeine Free Diet Coke with Cherry Vanilla	10	0	0	0	5	0	0	0	0
Caffeine Free Diet Coke with Lemon	0	0	0	0	5	0	0	0	0
Caffeine Free Diet Coke with Lime	10	0	0	0	5	0	0	0	0
Caffeine Free Diet Coke with Orange	0	0	0	0	5	<1	0	0	0
Caffeine Free Diet Coke with Raspberry	5	0	0	0	5	<1	0	0	0
Caffeine Free Diet Coke with Vanilla	10	0	0	0	5	0	0	0	0
Cherry Lime-Aid	480	0	0	0	0	128	0	96	0
Cherry Lime-Aid Light	320	0	0	0	0	64	0	64	0
Cherry Lime-Aid Light Sparkling	320	0	0	0	0	64	0	64	0
Cherry Lime-Aid Sparkling	480	0	0	0	0	128	0	96	0
Cherry Lime-Aid Zero Sugar	10	0	0	0	15	0	0	0	0
Cherry Lime-Aid Zero Sugar Sparkling	10	0	0	0	15	0	0	0	0
Coca-Cola	390	0	0	0	0	106	0	106	0
Coke with Cherry	420	0	0	0	0	112	0	112	0
Coke with Cherry Vanilla	410	0	0	0	0	112	0	112	0
Coke with Lemon	410	0	0	0	0	112	0	112	0
Coke with Lime	420	0	0	0	0	112	0	112	0
Coke with Orange	410	0	0	0	10	112	0	112	0
Coke with Raspberry	410	0	0	0	0	112	0	112	0
Coke with Vanilla	420	0	0	0	0	112	0	112	0
Coke Zero	0	0	0	0	5	0	0	0	0
Coke Zero with Cherry	10	0	0	0	5	0	0	0	0
Coke Zero with Cherry Vanilla	10	0	0	0	5	0	0	0	0
Coke Zero with Lemon	0	0	0	0	10	0	0	0	0
Coke Zero with Lime	10	0	0	0	5	0	0	0	0
Coke Zero with Orange	0	0	0	0	10	0	0	0	0

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Coke Zero with Raspberry	5	0	0	0	5	0	0	0	0
Coke Zero with Vanilla	10	0	0	0	5	0	0	0	0
Dasani Sparkling Lemon Lime Seltzer Water	10	0	0	0	0	0	0	0	0
Dasani Sparkling Seltzer Water	0	0	0	0	0	0	0	0	0
Dasani with Cherry	5	0	0	0	0	1	0	0	0
Dasani with Grape	5	0	0	0	0	1	0	0	0
Dasani with Lemon	0	0	0	0	0	1	0	0	0
Dasani with Lime	5	0	0	<5	0	1	0	0	0
Dasani with Orange	0	0	0	<5	10	1	0	0	0
Dasani with Peach	10	0	0	0	0	1	0	0	0
Dasani with Raspberry	5	0	0	0	0	1	0	0	0
Dasani with Strawberry	5	0	0	0	0	1	0	0	0
Diet Barq's Root Beer	0	0	0	0	10	<1	0	0	0
Diet Barq's Root Beer with Vanilla	5	0	0	0	10	<1	0	0	0
Diet Coke	0	0	0	0	5	0	0	0	0
Diet Coke with Cherry	10	0	0	0	5	0	0	0	0
Diet Coke with Cherry Vanilla	10	0	0	0	5	0	0	0	0
Diet Coke with Lemon	0	0	0	0	5	0	0	0	0
Diet Coke with Lime	10	0	0	0	5	0	0	0	0
Diet Coke with Orange	0	0	0	0	5	<1	0	0	0
Diet Coke with Raspberry	5	0	0	0	5	<1	0	0	0
Diet Coke with Vanilla	10	0	0	0	5	0	0	0	0
diet Fanta Vanilla (Specialty)	10	0	0	0	10	0	0	0	0
diet Mello Yello with Strawberry Peach (Specialty)	15	0	0	0	10	1	0	0	0
Diet Seagram's Ginger Ale	10	0	0	0	0	1	0	0	0
Diet Seagram's Ginger Ale with Cherry	15	0	0	0	0	1	0	0	0
Diet Seagram's Ginger Ale with Lime	20	0	0	0	0	1	0	0	0
Diet Seagram's Ginger Ale with Orange	15	0	0	0	10	2	0	0	0
Diet Seagram's Ginger Ale with Raspberry	15	0	0	0	0	1	0	0	0
Diet Seagram's Ginger Ale with Vanilla	15	0	0	0	0	1	0	0	0
Fanta Cherry	440	0	0	0	0	119	0	119	0
Fanta Fruit Punch	450	0	0	0	0	119	0	119	0
Fanta Grape	450	0	0	0	0	119	0	119	0
Fanta Lime	450	0	0	0	0	119	0	119	0
Fanta Orange	440	0	0	0	15	119	0	119	0
Fanta Peach	450	0	0	0	0	119	0	119	0
Fanta Raspberry	450	0	0	0	0	119	0	119	0

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Fanta Strawberry	450	0	0	0	0	119	0	119	0
Fanta Vanilla (Specialty)	440	0	0	0	0	119	0	119	0
Fanta Zero Cherry	10	0	0	0	0	1	0	0	0
Fanta Zero Fruit Punch	20	0	0	0	0	1	0	0	0
Fanta Zero Grape	10	0	0	0	10	1	0	0	0
Fanta Zero Lime	15	0	0	0	0	1	0	0	0
Fanta Zero Orange	5	0	0	0	20	1	0	0	0
Fanta Zero Peach	15	0	0	0	10	1	0	0	0
Fanta Zero Raspberry	10	0	0	0	0	1	0	0	0
Fanta Zero Strawberry	15	0	0	0	10	1	0	0	0
fruitwater fizzy cherry-lime	20	0	0	0	0	1	0	0	0
fruitwater fizzy lemon-lime	15	0	0	0	5	1	0	0	0
fruitwater fizzy lemonade	0	0	0	0	5	1	0	0	0
fruitwater fizzy mixed berry	20	0	0	0	0	1	0	0	0
fruitwater fizzy peach lemonade	5	0	0	0	5	1	0	0	0
fruitwater fizzy strawberry lemonade	10	0	0	0	5	1	0	0	0
FUZE Diet Lemon Tea	15	0	0	0	0	0	0	0	0
FUZE Diet Peach Tea	15	0	0	0	5	0	0	0	0
FUZE Diet Raspberry Peach Tea	15	0	0	0	5	0	0	0	0
FUZE Diet Raspberry Tea	15	0	0	0	0	0	0	0	0
FUZE Diet Strawberry Tea	15	0	0	0	0	0	0	0	0
FUZE Diet Tea	10	0	0	0	0	0	0	0	0
FUZE Lemon Tea	340	0	0	0	0	90	0	90	0
FUZE Peach Tea	340	0	0	0	0	90	0	90	0
FUZE Raspberry Peach Tea	340	0	0	0	0	90	0	90	0
FUZE Raspberry Tea	340	0	0	0	0	90	0	90	0
FUZE Strawberry Tea	340	0	0	0	0	90	0	90	0
FUZE Sweet Tea	340	0	0	0	0	90	0	90	0
FUZE Unsweetened Tea	10	0	0	0	0	0	0	0	0
Hi-C Cherry	470	0	0	0	0	121	0	121	0
Hi-C Fruit Punch	480	0	0	0	0	121	0	121	0
Hi-C Grape	470	0	0	0	0	121	0	121	0
Hi-C Lemon	460	0	0	0	0	121	0	121	0
Hi-C Orange	460	0	0	0	15	121	0	121	0
Hi-C Orange Vanilla	470	0	0	0	0	121	0	121	0
Hi-C Raspberry	470	0	0	0	0	121	0	121	0
Hi-C Raspberry Lime	480	0	0	0	0	121	0	121	0

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Hi-C Strawberry	470	0	0	0	0	121	0	121	0
Mello Yello	340	0	0	0	0	91	0	91	0
Mello Yello Cherry	340	0	0	0	0	91	0	91	0
Mello Yello Fruit Punch	350	0	0	0	0	91	0	91	0
Mello Yello Grape	340	0	0	0	0	91	0	91	0
Mello Yello Orange	330	0	0	0	10	89	0	89	0
Mello Yello Peach	340	0	0	0	0	91	0	91	0
Mello Yello Raspberry	340	0	0	0	0	91	0	91	0
Mello Yello Strawberry	340	0	0	0	0	91	0	91	0
Mello Yello with Strawberry Peach (Specialty)	340	0	0	0	0	90	0	90	0
Mello Yello Zero	0	0	0	0	10	1	0	0	0
Mello Yello Zero Cherry	10	0	0	0	10	1	0	0	0
Mello Yello Zero Fruit Punch	15	0	0	0	10	1	0	0	0
Mello Yello Zero Grape	10	0	0	0	10	1	0	0	0
Mello Yello Zero Orange	5	0	0	0	15	1	0	0	0
Mello Yello Zero Peach	10	0	0	0	10	1	0	0	0
Mello Yello Zero Raspberry	10	0	0	0	10	1	0	0	0
Mello Yello Zero Strawberry	10	0	0	0	10	1	0	0	0
Minute Maid Lemonade	430	0	0	0	90	111	0	111	0
Minute Maid Lemonade with Lime	440	0	0	0	90	111	0	111	0
Minute Maid Lemonade with Orange	430	0	0	0	95	111	0	111	0
Minute Maid Lemonade with Peach	430	0	0	0	95	111	0	111	0
Minute Maid Lemonade with Raspberry	430	0	0	0	90	111	0	111	0
Minute Maid Lemonade with Strawberry	440	0	0	0	90	111	0	111	0
Minute Maid Light Lemonade	20	0	0	0	100	5	0	0	0
Minute Maid Light Lemonade with Lime	25	0	0	0	100	5	0	0	0
Minute Maid Light Lemonade with Orange	20	0	0	0	105	5	0	0	0
Minute Maid Light Lemonade with Peach	25	0	0	0	100	5	0	0	0
Minute Maid Light Lemonade with Raspberry	25	0	0	0	100	5	0	0	0
Minute Maid Light Lemonade with Strawberry	35	0	0	0	95	5	0	0	0
Minute Maid Light Pink Lemonade	25	0	0	0	100	5	0	0	0
Minute Maid Pink Lemonade	430	0	0	0	90	111	0	111	0
Pibb Xtra	390	0	0	0	10	104	0	104	0
Pibb Xtra Cherry	390	0	0	0	10	104	0	104	0
Pibb Xtra Cherry Vanilla	400	0	0	0	10	104	0	104	0
Pibb Xtra Raspberry	390	0	0	0	10	104	0	104	0
Pibb Xtra Raspberry Vanilla	400	0	0	0	10	104	0	104	0

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Pibb Xtra Vanilla	400	0	0	0	10	104	0	104	0
Pibb Zero	10	0	0	0	15	0	0	0	0
Pibb Zero Cherry	15	0	0	0	15	0	0	0	0
Pibb Zero Cherry Vanilla	20	0	0	0	15	0	0	0	0
Pibb Zero Raspberry	15	0	0	0	15	0	0	0	0
Pibb Zero Raspberry Vanilla	20	0	0	0	15	0	0	0	0
Pibb Zero Vanilla	15	0	0	0	15	0	0	0	0
POWERade Cherry	260	0	0	0	200	67	0	67	0
POWERade Fruit Punch	260	0	0	0	200	67	0	67	0
POWERade Grape	260	0	0	0	200	67	0	67	0
POWERade Lemon	250	0	0	0	210	67	0	67	0
POWERade Lime	260	0	0	0	200	67	0	67	0
POWERade Orange	250	0	0	0	220	67	0	67	0
POWERade Raspberry	260	0	0	0	200	67	0	67	0
POWERade Strawberry	260	0	0	0	200	67	0	67	0
POWERade Zero Cherry	10	0	0	0	210	2	0	0	0
POWERade Zero Fruit Punch	20	0	0	0	210	2	0	0	0
POWERade Zero Grape	10	0	0	0	210	2	0	0	0
POWERade Zero Lemon	5	0	0	0	210	3	0	0	0
POWERade Zero Lime	10	0	0	0	210	2	0	0	0
POWERade Zero Orange	10	0	0	0	210	3	0	0	0
POWERade Zero Raspberry	10	0	0	0	210	2	0	0	0
POWERade Zero Strawberry	10	0	0	0	210	2	0	0	0
Seagram's Ginger Ale	260	0	0	0	0	69	0	69	0
Seagram's Ginger Ale with Cherry	270	0	0	0	0	69	0	69	0
Seagram's Ginger Ale with Lime	270	0	0	0	0	69	0	69	0
Seagram's Ginger Ale with Orange	270	0	0	0	5	69	0	69	0
Seagram's Ginger Ale with Raspberry	270	0	0	0	0	69	0	69	0
Seagram's Ginger Ale with Vanilla	270	0	0	0	0	69	0	69	0
Sprite	390	0	0	0	0	103	0	103	0
Sprite with Cherry	390	0	0	0	0	103	0	103	0
Sprite with Grape	390	0	0	0	0	103	0	103	0
Sprite with Orange	390	0	0	0	10	103	0	103	0
Sprite with Peach	390	0	0	0	0	103	0	103	0
Sprite with Peach Vanilla (Specialty)	400	0	0	0	0	103	0	103	0
Sprite with Raspberry	400	0	0	0	0	103	0	103	0
Sprite with Strawberry	390	0	0	0	0	103	0	103	0

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Sprite with Vanilla	390	0	0	0	0	103	0	103	0
Sprite Zero	15	0	0	0	5	1	0	0	0
Sprite Zero with Cherry	20	0	0	0	5	1	0	0	0
Sprite Zero with Grape	20	0	0	0	5	1	0	0	0
Sprite Zero with Orange	15	0	0	0	15	1	0	0	0
Sprite Zero with Peach	20	0	0	0	10	1	0	0	0
Sprite Zero with Peach Vanilla (Specialty)	25	0	0	0	10	1	0	0	0
Sprite Zero with Raspberry	25	0	0	0	5	1	0	0	0
Sprite Zero with Strawberry	20	0	0	0	5	1	0	0	0
Sprite Zero with Vanilla	20	0	0	0	5	1	0	0	0
Sweet Tea	420	0	0	0	30	108	0	106	0
Unsweet Tea	5	0	0	0	30	1	0	0	0
vitaminwater lemonade-C	200	0	0	0	0	52	0	51	0
vitaminwater orangeade-C	190	0	0	0	10	51	0	50	0
vitaminwater pink squeezed	200	0	0	0	0	51	0	50	0
vitaminwater tropical-C	190	0	0	0	10	49	0	48	0

44 oz Beverages

Barq's Root Beer	610	0	0	0	0	165	0	165	0
Barq's Root Beer with Vanilla	610	0	0	0	0	165	0	165	0
Caffeine Free Diet Coke	0	0	0	0	10	<1	0	0	0
Caffeine Free Diet Coke with Cherry	15	0	0	0	10	<1	0	0	0
Caffeine Free Diet Coke with Cherry Vanilla	10	0	0	0	10	<1	0	0	0
Caffeine Free Diet Coke with Lemon	0	0	0	0	10	<1	0	0	0
Caffeine Free Diet Coke with Lime	15	0	0	0	10	<1	0	0	0
Caffeine Free Diet Coke with Orange	0	0	0	0	10	<1	0	0	0
Caffeine Free Diet Coke with Raspberry	10	0	0	0	10	<1	0	0	0
Caffeine Free Diet Coke with Vanilla	15	0	0	0	10	<1	0	0	0
Cherry Lime-Aid	660	0	0	0	0	176	0	132	0
Cherry Lime-Aid Light	440	0	0	0	0	88	0	88	0
Cherry Lime-Aid Light Sparkling	440	0	0	0	0	88	0	88	0
Cherry Lime-Aid Sparkling	660	0	0	0	0	176	0	132	0
Cherry Lime-Aid Zero Sugar	15	0	0	0	25	<1	0	<1	0
Cherry Lime-Aid Zero Sugar Sparkling	15	0	0	0	25	<1	0	<1	0
Coca-Cola	540	0	0	0	0	146	0	146	0
Coke with Cherry	570	0	0	0	0	153	0	153	0

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Coke with Cherry Vanilla	570	0	0	0	0	153	0	153	0
Coke with Lemon	560	0	0	0	0	154	0	153	0
Coke with Lime	580	0	0	0	0	153	0	153	0
Coke with Orange	560	0	0	0	15	154	0	153	0
Coke with Raspberry	570	0	0	0	0	153	0	153	0
Coke with Vanilla	570	0	0	0	0	153	0	153	0
Coke Zero	0	0	0	0	10	0	0	0	0
Coke Zero with Cherry	10	0	0	0	10	0	0	0	0
Coke Zero with Cherry Vanilla	10	0	0	0	10	0	0	0	0
Coke Zero with Lemon	0	0	0	0	10	<1	0	0	0
Coke Zero with Lime	15	0	0	0	10	0	0	0	0
Coke Zero with Orange	0	0	0	0	10	<1	0	0	0
Coke Zero with Raspberry	10	0	0	0	10	0	0	0	0
Coke Zero with Vanilla	15	0	0	0	10	0	0	0	0
Dasani Sparkling Lemon Lime Seltzer Water	15	0	0	0	0	0	0	0	0
Dasani Sparkling Seltzer Water	0	0	0	0	0	0	0	0	0
Dasani with Cherry	10	0	0	0	0	2	0	0	0
Dasani with Grape	10	0	0	0	0	2	0	0	0
Dasani with Lemon	0	0	0	0	0	2	0	0	0
Dasani with Lime	10	0	0	<5	0	2	0	0	0
Dasani with Orange	0	0	0	<5	10	2	0	0	0
Dasani with Peach	10	0	0	0	0	2	0	0	0
Dasani with Raspberry	10	0	0	0	0	2	0	0	0
Dasani with Strawberry	10	0	0	0	0	2	0	0	0
Diet Barq's Root Beer	0	0	0	0	15	<1	0	0	0
Diet Barq's Root Beer with Vanilla	10	0	0	0	15	<1	0	0	0
Diet Coke	0	0	0	0	10	<1	0	0	0
Diet Coke with Cherry	15	0	0	0	10	<1	0	0	0
Diet Coke with Cherry Vanilla	10	0	0	0	10	<1	0	0	0
Diet Coke with Lemon	0	0	0	0	10	<1	0	0	0
Diet Coke with Lime	15	0	0	0	10	<1	0	0	0
Diet Coke with Orange	0	0	0	0	10	<1	0	0	0
Diet Coke with Raspberry	10	0	0	0	10	<1	0	0	0
Diet Coke with Vanilla	15	0	0	0	10	<1	0	0	0
diet Fanta Vanilla (Specialty)	10	0	0	0	10	0	0	0	0
diet Mello Yello with Strawberry Peach (Specialty)	20	0	0	0	15	2	0	0	0
Diet Seagram's Ginger Ale	15	0	0	0	5	2	0	0	0

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Diet Seagram's Ginger Ale with Cherry	20	0	0	0	5	2	0	0	0
Diet Seagram's Ginger Ale with Lime	25	0	0	0	5	2	0	0	0
Diet Seagram's Ginger Ale with Orange	15	0	0	0	15	2	0	0	0
Diet Seagram's Ginger Ale with Raspberry	20	0	0	0	5	2	0	0	0
Diet Seagram's Ginger Ale with Vanilla	20	0	0	0	5	2	0	0	0
Fanta Cherry	610	0	0	0	0	163	0	163	0
Fanta Fruit Punch	620	0	0	0	0	163	0	163	0
Fanta Grape	610	0	0	0	0	163	0	163	0
Fanta Lime	610	0	0	0	0	163	0	163	0
Fanta Orange	600	0	0	0	20	163	0	163	0
Fanta Peach	610	0	0	0	0	163	0	163	0
Fanta Raspberry	610	0	0	0	0	163	0	163	0
Fanta Strawberry	620	0	0	0	0	163	0	163	0
Fanta Vanilla (Specialty)	610	0	0	0	0	163	0	163	0
Fanta Zero Cherry	10	0	0	0	5	2	0	0	0
Fanta Zero Fruit Punch	25	0	0	0	5	2	0	0	0
Fanta Zero Grape	15	0	0	0	10	2	0	0	0
Fanta Zero Lime	20	0	0	0	5	2	0	0	0
Fanta Zero Orange	5	0	0	0	30	2	0	0	0
Fanta Zero Peach	15	0	0	0	15	2	0	0	0
Fanta Zero Raspberry	15	0	0	0	5	2	0	0	0
Fanta Zero Strawberry	25	0	0	0	10	2	0	0	0
fruitwater fizzy cherry-lime	25	0	0	0	5	2	0	0	0
fruitwater fizzy lemon-lime	20	0	0	0	10	2	0	0	0
fruitwater fizzy lemonade	5	0	0	0	10	2	0	0	0
fruitwater fizzy mixed berry	30	0	0	0	5	2	0	0	0
fruitwater fizzy peach lemonade	10	0	0	0	10	2	0	0	0
fruitwater fizzy strawberry lemonade	10	0	0	0	5	2	0	0	0
FUZE Diet Lemon Tea	15	0	0	0	5	0	0	0	0
FUZE Diet Peach Tea	20	0	0	0	10	0	0	0	0
FUZE Diet Raspberry Peach Tea	20	0	0	0	10	0	0	0	0
FUZE Diet Raspberry Tea	15	0	0	0	5	0	0	0	0
FUZE Diet Strawberry Tea	15	0	0	0	5	0	0	0	0
FUZE Diet Tea	10	0	0	0	5	0	0	0	0
FUZE Lemon Tea	460	0	0	0	0	124	0	124	0
FUZE Peach Tea	470	0	0	0	0	124	0	124	0
FUZE Raspberry Peach Tea	470	0	0	0	0	124	0	124	0

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
FUZE Raspberry Tea	470	0	0	0	0	124	0	124	0
FUZE Strawberry Tea	470	0	0	0	0	124	0	124	0
FUZE Sweet Tea	460	0	0	0	0	124	0	124	0
FUZE Unsweetened Tea	10	0	0	0	0	0	0	0	0
Hi-C Cherry	640	0	0	0	0	166	0	166	0
Hi-C Fruit Punch	660	0	0	0	0	166	0	166	0
Hi-C Grape	650	0	0	0	0	166	0	166	0
Hi-C Lemon	630	0	0	0	0	167	0	166	0
Hi-C Orange	640	0	0	0	20	167	0	166	0
Hi-C Orange Vanilla	640	0	0	0	0	166	0	166	0
Hi-C Raspberry	650	0	0	0	0	166	0	166	0
Hi-C Raspberry Lime	650	0	0	0	0	166	0	166	0
Hi-C Strawberry	650	0	0	0	0	166	0	166	0
Mello Yello	470	0	0	0	0	126	0	126	0
Mello Yello Cherry	470	0	0	0	0	126	0	126	0
Mello Yello Fruit Punch	480	0	0	0	0	126	0	126	0
Mello Yello Grape	470	0	0	0	0	126	0	126	0
Mello Yello Orange	450	0	0	0	10	122	0	122	0
Mello Yello Peach	470	0	0	0	0	126	0	126	0
Mello Yello Raspberry	470	0	0	0	0	126	0	126	0
Mello Yello Strawberry	470	0	0	0	0	126	0	126	0
Mello Yello with Strawberry Peach (Specialty)	470	0	0	0	0	124	0	124	0
Mello Yello Zero	5	0	0	0	10	2	0	0	0
Mello Yello Zero Cherry	10	0	0	0	10	2	0	0	0
Mello Yello Zero Fruit Punch	20	0	0	0	10	2	0	0	0
Mello Yello Zero Grape	10	0	0	0	10	2	0	0	0
Mello Yello Zero Orange	5	0	0	0	20	2	0	0	0
Mello Yello Zero Peach	10	0	0	0	15	2	0	0	0
Mello Yello Zero Raspberry	10	0	0	0	10	2	0	0	0
Mello Yello Zero Strawberry	10	0	0	0	10	2	0	0	0
Minute Maid Lemonade	590	0	0	0	125	153	0	153	0
Minute Maid Lemonade with Lime	600	0	0	0	125	153	0	153	0
Minute Maid Lemonade with Orange	590	0	0	0	135	153	0	153	0
Minute Maid Lemonade with Peach	600	0	0	0	130	153	0	153	0
Minute Maid Lemonade with Raspberry	600	0	0	0	125	153	0	153	0
Minute Maid Lemonade with Strawberry	600	0	0	0	125	153	0	153	0
Minute Maid Light Lemonade	30	0	0	0	135	7	0	0	0

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Minute Maid Light Lemonade with Lime	35	0	0	0	135	7	0	0	0
Minute Maid Light Lemonade with Orange	30	0	0	0	140	7	0	0	0
Minute Maid Light Lemonade with Peach	35	0	0	0	135	7	0	0	0
Minute Maid Light Lemonade with Raspberry	35	0	0	0	135	7	0	0	0
Minute Maid Light Lemonade with Strawberry	45	0	0	0	135	7	0	0	0
Minute Maid Light Pink Lemonade	30	0	0	0	135	7	0	0	0
Minute Maid Pink Lemonade	590	0	0	0	125	153	0	153	0
Pibb Xtra	530	0	0	0	15	143	0	143	0
Pibb Xtra Cherry	540	0	0	0	15	143	0	143	0
Pibb Xtra Cherry Vanilla	550	0	0	0	15	143	0	143	0
Pibb Xtra Raspberry	540	0	0	0	15	143	0	143	0
Pibb Xtra Raspberry Vanilla	550	0	0	0	15	143	0	143	0
Pibb Xtra Vanilla	540	0	0	0	15	143	0	143	0
Pibb Zero	15	0	0	0	25	<1	0	<1	0
Pibb Zero Cherry	20	0	0	0	25	<1	0	<1	0
Pibb Zero Cherry Vanilla	25	0	0	0	25	<1	0	<1	0
Pibb Zero Raspberry	20	0	0	0	25	<1	0	<1	0
Pibb Zero Raspberry Vanilla	30	0	0	0	25	<1	0	<1	0
Pibb Zero Vanilla	25	0	0	0	25	<1	0	<1	0
POWERade Cherry	350	0	0	0	280	93	0	93	0
POWERade Fruit Punch	360	0	0	0	280	93	0	93	0
POWERade Grape	350	0	0	0	280	93	0	93	0
POWERade Lemon	350	0	0	0	280	93	0	93	0
POWERade Lime	350	0	0	0	280	93	0	93	0
POWERade Orange	350	0	0	0	300	93	0	93	0
POWERade Raspberry	350	0	0	0	280	93	0	93	0
POWERade Strawberry	360	0	0	0	280	93	0	93	0
POWERade Zero Cherry	15	0	0	0	280	3	0	0	0
POWERade Zero Fruit Punch	25	0	0	0	280	3	0	0	0
POWERade Zero Grape	15	0	0	0	280	3	0	0	0
POWERade Zero Lemon	10	0	0	0	280	3	0	0	0
POWERade Zero Lime	15	0	0	0	280	3	0	0	0
POWERade Zero Orange	10	0	0	0	300	3	0	0	0
POWERade Zero Raspberry	15	0	0	0	280	3	0	0	0
POWERade Zero Strawberry	15	0	0	0	280	3	0	0	0
Seagram's Ginger Ale	360	0	0	0	0	95	0	95	0
Seagram's Ginger Ale with Cherry	370	0	0	0	0	95	0	95	0

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Seagram's Ginger Ale with Lime	370	0	0	0	0	95	0	95	0
Seagram's Ginger Ale with Orange	360	0	0	0	5	95	0	95	0
Seagram's Ginger Ale with Raspberry	370	0	0	0	0	95	0	95	0
Seagram's Ginger Ale with Vanilla	370	0	0	0	0	95	0	95	0
Sprite	530	0	0	0	0	141	0	141	0
Sprite with Cherry	540	0	0	0	0	141	0	141	0
Sprite with Grape	540	0	0	0	0	141	0	141	0
Sprite with Orange	530	0	0	0	15	142	0	141	0
Sprite with Peach	540	0	0	0	0	141	0	141	0
Sprite with Peach Vanilla (Specialty)	550	0	0	0	0	141	0	141	0
Sprite with Raspberry	540	0	0	0	0	141	0	141	0
Sprite with Strawberry	540	0	0	0	0	141	0	141	0
Sprite with Vanilla	540	0	0	0	0	141	0	141	0
Sprite Zero	20	0	0	0	10	2	0	0	0
Sprite Zero with Cherry	25	0	0	0	10	2	0	0	0
Sprite Zero with Grape	25	0	0	0	10	2	0	0	0
Sprite Zero with Orange	20	0	0	0	25	2	0	0	0
Sprite Zero with Peach	25	0	0	0	10	2	0	0	0
Sprite Zero with Peach Vanilla (Specialty)	35	0	0	0	10	2	0	0	0
Sprite Zero with Raspberry	30	0	0	0	10	2	0	0	0
Sprite Zero with Strawberry	25	0	0	0	10	2	0	0	0
Sprite Zero with Vanilla	25	0	0	0	10	2	0	0	0
Sweet Tea	580	0	0	0	40	148	0	146	0
Unsweet Tea	10	0	0	0	40	2	0	0	0
vitaminwater lemonade-C	270	0	0	0	0	72	0	70	0
vitaminwater orangeade-C	260	0	0	0	10	70	0	68	0
vitaminwater pink squeezed	270	0	0	0	0	71	0	69	0
vitaminwater tropical-C	260	0	0	0	10	68	0	66	0

Kids Beverages

1% Chocolate Milk	150	2.5	1.5	10	170	26	1	23	7
1% Milk	90	2	1.5	10	105	10	0	10	7
Apple Juice	100	0	0	0	15	24	0	2	0

Last Updated: 12/03/2024

All menu items may not be available at all Firehouse Subs locations. Please note that the provided nutritional values are estimated based on our standard serving procedures. As we strive to make all products equally consistent, please allow a slight variance with in 10% +/- of your actual meal. All nutritional information is rounded following the guidelines set forth by the FDA. Percent Daily Values are based on a 2,000 calorie diet. The listed ingredients are provided directly by the manufacturer. [\[Full Disclaimer\]](#)