



QT Kitchens QuikTrip

		Serving Size		Serving Per Container		Calories		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Total Concentrates (g)		Dietary Fiber (g)		Sugars (g)		Alcohol (g)		Protein (g)		% Vitamin D (RDI)		% Calcium (RDI)		% Iron (RDI)		Allergens			
		Serving Size		Serving Per Container		Calories		% Daily Value		% Daily Value		% Daily Value		% Daily Value		% Daily Value		% Daily Value		% Daily Value		% Daily Value		% Daily Value		% Daily Value		% Daily Value		% Daily Value		% Daily Value					
Flatbread																																					
Chicken, Bacon & Ranch	1 Flatbread (186g)	1	570	33	42%	14	72%	0.5	85	28%	1750	76%	37	14%	3	12%	3	12%	3	12%	3	2	2	4%	31	0%	35%	10%	6%					Egg, Mlk, Soy, Wheat			
Chicken & Cheese	1 Flatbread (155g)	1	410	19	24%	10	49%	0.5	65	22%	1230	54%	37	13%	3	12%	3	12%	3	12%	3	2	2	4%	24	0%	35%	10%	6%					Mlk, Soy, Wheat			
Breakfast Scramble																																					
Bacon, Egg & Cheese	1 bowl (215g)	1	508	37	46%	31	153%	0.5	560	183%	800	32%	8	3%	0	2%	2	2	2	2	2	1	2%	31	0%	60%	15%	6%					Egg, Mlk, Soy				
Protein	1 bowl (236g)	1	590	47	60%	25	124%	0.5	575	155%	1110	48%	9	3%	-1	2%	2	-1	1	1	1	31	32	0%	30%	15%	6%					Egg, Mlk, Soy					
Sausage, Egg & Cheese	1 bowl (229g)	1	550	44	57%	15	74%	0.5	565	188%	900	39%	10	4%	-1	2%	2	0	0	0	28	0%	28	0%	30%	15%	6%					Egg, Mlk, Soy					
Veggie	1 bowl (229g)	1	420	32	41%	12	61%	0.5	540	186%	880	25%	10	4%	-1	3%	2	0	0	0	29	0%	29	0%	30%	15%	6%					Egg, Mlk, Soy					
Egg & Cheese	1 bowl (194g)	1	410	31	40%	12	59%	0.5	540	179%	450	20%	8	3%	0	2%	1	0	0	0	24	0%	24	0%	30%	15%	4%					Egg, Mlk, Soy					
Breakfast Burrito																																					
Bacon, Egg & Cheese NO gravy	1 burrito (233g)	1	660	35	44%	15	74%	0.5	295	99%	1320	57%	57	21%	2	9%	-1	0	0%	28	0%	45%	25%	4%									Egg, Mlk, Soy, Wheat				
Bacon, Egg & Cheese Grab and Go	1 burrito (206g)	1	550	27	34%	11	53%	0	270	91%	1340	58%	56	20%	2	8%	1	0	0%	21	0%	25%	25%	4%									Egg, Mlk, Soy, Wheat				
Egg & Cheese	1 burrito (222g)	1	590	29	37%	13	63%	0.5	290	96%	1090	49%	57	21%	2	9%	-1	0	0%	25	0%	45%	25%	4%									Egg, Mlk, Soy, Wheat				
Sausage, Egg & Cheese NO gravy	1 burrito (242g)	1	660	36	46%	16	77%	0.5	300	101%	1320	57%	58	21%	3	9%	1	0	0%	27	0%	45%	25%	4%									Egg, Mlk, Soy, Wheat				
Sausage, Egg & Cheese Grab and Go	1 burrito (213g)	1	560	27	35%	10	49%	0	275	92%	1340	58%	57	21%	2	8%	2	0	0%	20	0%	30%	25%	6%									Egg, Mlk, Soy, Wheat				
The Ultimate	1 burrito (335g)	1	900	55	71%	22	108%	0.5	335	112%	2190	95%	63	23%	3	10%	2	-1	1%	37	0%	45%	25%	6%									Egg, Mlk, Soy, Wheat				
Croissant																																					
Bacon, Egg & Cheese	1 croissant (199g)	1	470	33	42%	11	56%	0	160	53%	1550	68%	28	10%	-1	3%	5	3	6%	17	0%	8%	45%	4%										Egg, Mlk, Soy, Wheat			
Egg and Cheese	1 croissant (199g)	1	420	21	27%	7	34%	0	140	47%	1150	48%	28	10%	-1	3%	5	3	6%	17	0%	8%	45%	4%										Egg, Mlk, Soy, Wheat			
Ham, Egg & Cheese	1 croissant (195g)	1	390	22	29%	7	37%	0	170	56%	1700	74%	29	11%	-1	3%	6	3	6%	22	0%	8%	50%	15%										Egg, Mlk, Soy, Wheat			
Sausage, Egg & Cheese	1 croissant (192g)	1	590	46	59%	16	80%	0	185	61%	1470	64%	28	10%	1	4%	5	3	7%	18	0%	8%	50%	6%										Egg, Mlk, Soy, Wheat			
BLT & Cheese	1 croissant (156g)	1	390	28	34%	10	49%	0	165	55%	1430	62%	28	10%	1	5%	6	3	6%	13	0%	6%	45%	4%											Mlk, Soy, Wheat		
Turkey, Lettuce, Tomatoes & Cheese	1 croissant (152g)	1	320	16	20%	6	28%	0	35	12%	1550	67%	29	11%	1	5%	6	3	6%	18	0%	8%	45%	10%											Mlk, Soy, Wheat		
Tacos																																					
Sausage, Egg & Cheese	1 taco (156g)	1	410	22	29%	8	41%	0	165	66%	1240	54%	38	14%	3	11%	3	1	2%	15	0%	20%	15%	4%											Egg, Mlk, Soy, Wheat		
Taco (149g)	1 taco (149g)	1	380	20	26%	7	33%	0	155	52%	1030	45%	37	13%	3	11%	2	1	2%	14	0%	15%	15%	4%											Egg, Mlk, Soy, Wheat		
Bacon, Egg & Cheese	1 taco (149g)	1	410	22	29%	9	44%	0	195	64%	1230	54%	36	13%	3	11%	2	1	2%	16	0%	20%	15%	2%											Egg, Mlk, Soy, Wheat		
Bacon, Egg & Cheese*	1 taco (155g)	1	420	22	29%	7	43%	0	220	77%	1050	46%	37	13%	3	11%	2	1	2%	18	0%	15%	15%	2%											Egg, Mlk, Soy, Wheat		
Brisket, Egg & Cheese	1 taco (166g)	1	410	20	26%	8	42%	0	185	62%	1180	51%	37	13%	3	11%	3	1	2%	19	0%	20%	20%	2%											Egg, Mlk, Soy, Wheat		
Brisket, Egg & Cheese*	1 taco (142g)	1	350	16	20%	6	31%	0	155	52%	890	39%	36	13%	3	11%	2	1	2%	16	0%	15%	15%	2%											Egg, Mlk, Soy, Wheat		
Chorizo, Egg & Cheese	1 taco (155g)	1	400	20	26%	8	42%	0	185	61%	1170	51%	37	14%	3	12%	3	2	3%	16	0%	20%	20%	4%											Egg, Mlk, Soy, Wheat		
Chorizo, Egg & Cheese*	1 taco (145g)	1	380	19	24%	7	36%	0	150	50%	980	43%	37	13%	3	12%	2	2	3%	15	0%	20%	15%	4%											Egg, Mlk, Soy, Wheat		
Chicken	1 taco (149g)	1	310	10	12%	3.5	17%	0	75	26%	1010	44%	34	12%	3	11%	2	1	3%	20	0%	10%	30%	0%											Soy, Wheat		
Chicken*	1 taco (127g)	1	280	8	11%	3	16%	0	65	19%	990	43%	34	12%	3	11%	2	1	3%	19	0%	10%	30%	0%											Soy, Wheat		
Pork	1 taco (149g)	1	410	18	23%	7	34%	0	70	23%	1240	54%	36	13%	3	11%	2	1	3%	23	0%	15%	15%	0%												Soy, Wheat	
Pork*	1 taco (144g)	1	400	17	22%	7	33%	0	65	22%	1220	53%	36	13%	3	11%	2	1	3%	22	0%	15%	15%	0%												Soy, Wheat	
Brisket	1 taco (149g)	1	390	17	22%	7	34%	0	65	22%	1220	53%	36	13%	3	11%	2	1	3%	22	0%	15%	15%	0%													Soy, Wheat
Brisket*	1 taco (137g)	1	360	16	20%	6	30%	0	60	20%	1110	48%	32	12%	3	10%	1	1	2%	20	0%	10%	15%	0%												Soy, Wheat	
*Varies by store																																					
BBO Sandwiches																																					
BBO Chicken	1 sandwich (212g)	1	450	10	12%	2	10%	0	105	35%	670	29%	59	21%	2	8%	18	18	31%	28	0%	6%	40%	2%												Soy, Wheat	
BBO Chicken*	1 sandwich (186g)	1	410	8	10%	1.5	8%	0	75	26%	650	28%	59	21%	2	8%	16	16	31%	28	0%	6%	40%	2%												Soy, Wheat	
BBO Pork	1 sandwich (212g)	1	580	21	27%	7	34%	0	95	31%	990	43%	61	22%	2	8%	16	16	31%	32	0%	8%	25%	2%												Soy, Wheat	
BBO Pork*	1 sandwich (189g)	1	510	17	22%	5	27%	0	75	24%	900	39%	60	22%	2	8%	16	16	31%	27	0%	8%	20%	2%												Soy, Wheat	
BBO Brisket	1 sandwich (212g)	1	520	20	26%	7	34%	0	5	2%	1210	52%	61	22%	2	8%	17	16	31%	31	0%	6%	30%	2%												Soy, Wheat	
BBO Brisket*	1 sandwich (196g)	1	490	16	20%	5	26%	0	-5	-1%	1040	46%	60	22%	2	8%	17	16	31%	25	0%	6%	25%	2%												Soy, Wheat	
*Varies by store																																					
Biscuits																																					
Bacon, Egg & Cheese	1 biscuit (187g)	1	640	41	52%	20	102%	0	160	53%	1750	76%	46	17%	-1	3%	4	1	2%	20	0%	25%	15%	4%												Egg, Mlk, Soy, Wheat	
Ham, Egg & Cheese	1 biscuit (224g)	1	560	30	39%	17	83%	0	170	56%	1900	83%	47	17%	-1	3%	5	1	2%	24	0%	25%	20%	15%												Egg, Mlk, Soy, Wheat	
Sausage, Egg & Cheese	1 biscuit (212g)	1	740	52	68%	24	118%	0.5	185	62%	1680	73%	47	17%	1	4%	5	1	2%	21	0%	25%	20%	4%												Egg, Mlk, Soy, Wheat	
Sausage	1 biscuit (184g)	1	620	43	55%	21	104%	0	40	14%	1260	55%	44	16%	1	4%	3	1	3%																		

Whole White	1 sub (411g)	1	880	42	54%	16	80%	0.5	145	49%	2710	118%	69	25%	6	21%	9	3	6%	57	2%	45%	40%	15%		Egg, Mlk, Soy, Wheat	
Shredded Chicken, Bacon & Ranch																											
Half Wheat	1 sub (206g)	1	450	23	30%	8	41%	0	95	31%	820	34%	34	12%	3	11%	5	0	1%	26	0%	15%	20%	4%		Egg, Mlk, Soy, Wheat	
Half Wheat*	1 sub (201g)	1	450	23	29%	8	40%	0	95	31%	810	33%	34	12%	3	11%	5	0	1%	25	0%	15%	20%	4%		Egg, Mlk, Soy, Wheat	
Half White	1 sub (201g)	1	450	23	30%	8	42%	0	95	31%	930	40%	32	12%	3	10%	3	0	1%	26	0%	20%	30%	2%		Egg, Mlk, Soy, Wheat	
Half White*	1 sub (196g)	1	440	23	29%	8	42%	0	90	30%	930	40%	32	12%	3	10%	3	0	1%	25	0%	20%	30%	2%		Egg, Mlk, Soy, Wheat	
Whole Wheat	1 sub (411g)	1	910	46	60%	16	82%	0.5	190	63%	1630	71%	68	25%	6	21%	9	<1	1%	53	0%	30%	40%	8%		Egg, Mlk, Soy, Wheat	
Whole Wheat*	1 sub (402g)	1	900	46	59%	16	81%	0.5	180	59%	1620	71%	68	25%	6	21%	9	<1	1%	51	0%	30%	35%	8%		Egg, Mlk, Soy, Wheat	
Whole White	1 sub (402g)	1	900	47	60%	17	85%	0.5	190	63%	1860	81%	65	24%	6	20%	6	<1	1%	52	0%	45%	60%	4%		Egg, Mlk, Soy, Wheat	
Whole White*	1 sub (393g)	1	880	46	59%	17	84%	0.5	180	59%	1850	80%	65	24%	6	20%	6	<1	1%	50	0%	45%	60%	4%		Egg, Mlk, Soy, Wheat	
*Varies by store																											
Wraps																											
The Big Italian	1 wrap (345g)	1	790	42	54%	16	82%	0.5	105	35%	3250	141%	59	21%	3	12%	4	0	1%	42	0%	40%	30%	20%		Mlk, Soy, Wheat	
Double BLT	1 wrap (247g)	1	950	66	84%	22	112%	0	85	28%	2650	115%	54	20%	2	9%	1	0	0%	34	0%	20%	20%	4%		Egg, Soy, Wheat	
The Gardener	1 wrap (215g)	1	470	20	25%	8	41%	0	25	9%	1090	47%	56	21%	3	11%	2	0	1%	15	8%	35%	20%	6%		Egg, Mlk, Soy, Wheat	
Ham	1 wrap (296g)	1	580	23	30%	9	47%	0	60	27%	2260	98%	57	21%	3	10%	3	0	0%	36	0%	15%	20%	25%		Egg, Mlk, Soy, Wheat	
Roast Beef	1 wrap (296g)	1	720	31	40%	12	60%	0	120	40%	1790	78%	58	21%	3	11%	3	2	4%	49	0%	30%	40%	10%		Egg, Mlk, Soy, Wheat	
3 Meat Stack	1 wrap (296g)	1	620	26	33%	10	49%	0	90	30%	2020	88%	57	21%	3	10%	3	<1	1%	39	0%	30%	30%	20%		Egg, Mlk, Soy, Wheat	
Turkey	1 wrap (296g)	1	960	22	29%	8	42%	0	65	21%	1930	84%	58	21%	3	10%	3	0	0%	33	0%	30%	20%	15%		Egg, Mlk, Soy, Wheat	
Southeast Chicken Salad	1 wrap (254g)	1	660	28	35%	12	58%	1	110	36%	1790	78%	62	23%	3	10%	4	3	6%	40	0%	40%	25%	10%		Egg, Mlk, Soy, Wheat	
Chicken, Bacon & Ranch	1 wrap (307g)	1	690	32	41%	12	60%	0	155	51%	1350	59%	54	20%	3	9%	2	0	1%	40	0%	30%	45%	4%		Egg, Mlk, Soy, Wheat	
Mac & Cheese																											
Mac & Cheese	1 bowl (202g)	1	480	30	39%	17	84%	0	70	24%	960	42%	28	9%	2	7%	5	0	0%	21	0%	40%	6%	4%		Egg, Mlk, Soy, Wheat	
Bacon	1 bowl (213g)	1	510	34	43%	20	131%	0	85	28%	1130	49%	28	9%	2	7%	5	<1	1%	24	0%	40%	6%	8%		Egg, Mlk, Soy, Wheat	
BBQ Brisket	1 bowl (276g)	1	640	40	51%	20	102%	0	75	25%	1450	63%	36	13%	2	7%	13	7	14%	34	0%	40%	15%	6%		Egg, Mlk, Soy, Wheat	
BBQ Brisket*	1 bowl (294g)	1	680	43	55%	21	107%	0	75	25%	1550	68%	36	13%	2	7%	13	7	14%	38	0%	40%	15%	6%		Egg, Mlk, Soy, Wheat	
BBQ Pork	1 bowl (289g)	1	690	43	55%	21	106%	0	135	45%	1380	60%	36	13%	2	7%	13	7	14%	38	0%	45%	15%	6%		Egg, Mlk, Soy, Wheat	
BBQ Pork*	1 bowl (294g)	1	700	43	56%	21	107%	0	140	47%	1400	61%	36	13%	2	7%	13	7	14%	39	0%	40%	15%	6%		Egg, Mlk, Soy, Wheat	
Buffalo Chicken	1 bowl (249g)	1	510	32	41%	17	85%	0	90	30%	1320	58%	28	10%	2	7%	6	<1	1%	27	0%	40%	6%	8%		Egg, Mlk, Soy, Wheat	
Chicken, Bacon & Ranch	1 bowl (249g)	1	570	37	47%	17	134%	0.5	105	35%	1420	62%	28	10%	2	7%	6	1	3%	31	0%	40%	8%	8%		Egg, Mlk, Soy, Wheat	
Kolache																											
Sausage	1 kolache (105g)	1	310	7	10%	2	11%	0	15	4%	400	17%	46	17%	2	8%	9	9	17%	10	0%	6%	6%	2%		Egg, Mlk, Soy, Wheat	
QT Twister®																											
Butterfinger																											
Small	9 fl. oz. cup (226g)	1	400	13	17%	8	39%	0	25	9%	300	13%	64	23%	1	4%	54	44	88%	8	0%	15%	2%	6%		Mlk, Peanut, Soy	
Medium	12 fl. oz. cup (293g)	1	520	18	23%	10	51%	0	35	11%	380	17%	84	31%	1	5%	70	57	115%	10	0%	25%	4%	8%		Mlk, Peanut, Soy	
Large	16 fl. oz. cup (409g)	1	700	23	30%	14	68%	0	45	16%	530	23%	114	41%	2	8%	96	78	156%	13	0%	30%	4%	10%		Mlk, Peanut, Soy	
M&M Minis																											
Small	9 fl. oz. cup (224g)	1	410	14	18%	9	44%	0	25	8%	250	11%	65	23%	1	5%	62	52	105%	7	0%	20%	4%	6%		Mlk, Soy	
Medium	12 fl. oz. cup (297g)	1	570	20	25%	13	63%	0	30	11%	330	14%	89	32%	2	7%	85	73	148%	10	0%	30%	6%	8%		Mlk, Soy	
Large	16 fl. oz. cup (418g)	1	780	27	35%	17	86%	0	45	15%	470	20%	123	45%	3	10%	118	100	201%	14	0%	40%	8%	10%		Mlk, Soy	
Oreo																											
Small	9 fl. oz. cup (227g)	1	420	14	18%	6	31%	0	20	7%	390	17%	68	25%	1	4%	53	44	87%	7	0%	20%	15%	8%		Mlk, Soy, Wheat	
Medium	12 fl. oz. cup (295g)	1	530	18	23%	8	39%	0	25	9%	480	21%	86	31%	1	5%	66	55	111%	9	0%	25%	15%	10%		Mlk, Soy, Wheat	
Large	16 fl. oz. cup (403g)	1	700	23	30%	11	57%	0	40	13%	650	28%	114	41%	2	8%	92	74	149%	13	0%	30%	15%	10%		Mlk, Soy, Wheat	
Reese's Pieces																											
Small	9 fl. oz. cup (223g)	1	410	16	20%	10	52%	0	20	7%	300	13%	60	22%	1	5%	57	47	95%	10	0%	20%	0%	6%		Mlk, Peanut, Soy	
Medium	12 fl. oz. cup (296g)	1	570	22	28%	15	73%	0	25	9%	400	17%	82	30%	2	7%	78	65	131%	14	0%	25%	2%	8%		Mlk, Peanut, Soy	
Large	16 fl. oz. cup (417g)	1	780	30	39%	20	100%	0	40	13%	560	24%	114	41%	3	10%	108	91	181%	20	0%	35%	4%	10%		Mlk, Peanut, Soy	
Q&K Shake®																											
Chocolate																											
Small	9 fl. oz. cup (224g)	1	290	7	9%	4.5	23%	0	25	8%	260	11%	52	19%	<1	3%	52	41	82%	6	0%	20%	0%	8%		Mlk	
X-Large	20 fl. oz. cup (579g)	1	760	17	22%	11	57%	0.5	60	19%	660	29%	137	50%	3	10%	136	109	217%	17	0%	30%	2%	20%		Mlk	
Mocha																											
X-Large	20 fl. oz. cup (518g)	1	640	14	18%	10	48%	0	45	15%	490	21%	117	42%	0	1%	116	95	190%	13	0%	40%	25%	15%		Mlk	
Espresso																											
X-Large	20 fl. oz. cup (458g)	1	480	13	17%	9	43%	0	45	15%	490	21%	81	29%	0	1%	80	59	118%	12	0%	40%	0%	15%		Mlk	
Strawberry																											
Small	9 fl. oz. cup (223g)	1	290	7	8%	4.5	22%	0	25	8%	240	11%	53	19%	0	1%	52	41	81%	6	0%	20%	0%	8%		Mlk	
X-Large	20 fl. oz. cup (564g)	1	740	16	21%																						

Jalapeno & Cheese Sausage Roll	5.85	1	490	31	47%	11	53%	1.5	65	18%	1220	51%	34	11%	1	6%	3	3	6%	20	0%	0%	0%	0%	Milk, Soy, Wheat
Roller Grill																									
Buffalo Chicken Ruber Bits	87g	1	198	9	11%	2.5	13%	0	45	14%	710	31%	12	5%	0	2%	<1	0	0%	14	0%	0%	0%	4%	Milk, Soy, Wheat
Cheesy PepperJack Taquito	106g	1	280	14	22%	6	30%	0	25	8%	270	11%	30	10%	0	0%	1	0	0%	8	0%	10%	20%	0%	Milk, Wheat
Egg Roll - Pork	85g	1	170	9	14%	2.5	13%	0	15	5%	560	23%	19	6%	2	8%	2	0	0%	7	0%	0%	0%	0%	Milk, Soy, Wheat
Jalapeno Cheddar Smoked Sausage	91g	1	260	24	31%	8	42%	0	65	21%	1060	46%	1	0%	0	0%	1	0	0%	11	0%	6%	4%	0%	Milk
Oscar Meyer All Beef Hot Dog	91g	1	260	27	42%	11	55%	1.5	50	17%	910	38%	2	0%	0	0%	0	0	0%	10	0%	0%	0%	0%	Milk
Spicy Chicken Taquito	113g	1	270	8	12%	2.5	13%	0	30	10%	690	29%	35	12%	2	8%	2	0	0%	14	0%	0%	0%	0%	Milk, Soy, Wheat
Steak & Cheese Taquito	106g	1	240	9	14%	2	10%	0	10	3%	450	19%	31	10%	0	0%	1	0	0%	10	0%	0%	0%	0%	Milk, Soy, Wheat
Hot Dog Bun	47g	1	110	1.5	2%	0	0%	0	0	0%	210	9%	21	7%	1	4%	3	0	0%	3	0%	0%	0%	0%	Soy, Wheat
Condiment Bar																									
Chicago Relish (1 TBSP)	1 T.	1	20	0	0%	0	0%	0	0	0%	10	0%	5	2%	0	0%	0	0	0%	0	0%	0%	0%	0%	Milk, Soy, Wheat
Diced Onion (1 TBSP)	1 T.	1	5	0	0%	0	0%	0	0	0%	0	0%	3	1%	0	0%	1	0	0%	0	0%	0%	0%	0%	Milk, Soy, Wheat
Diced Tomato (1 TBSP)	1 T.	1	5	0	0%	0	0%	0	0	0%	0	0%	1	0%	0	0%	1	0	0%	0	0%	0%	0%	0%	Milk, Soy, Wheat
Fresh Sausage (1/4 cup)	1/4 c.	1	5	0	0%	0	0%	0	40%	0%	950	40%	3	1%	3	12%	0	0	0%	0	0%	0%	0%	0%	Milk, Soy, Wheat
Jalapeno Slices (7/slices)	7 slices	1	0	0	0%	0	0%	0	0	0%	950	40%	2	1%	1	4%	1	0	0%	0	0%	0%	0%	0%	Milk, Soy, Wheat
Pickle Chips (3 slices)	3 slices	1	0	0	0%	0	0%	0	0	0%	520	22%	1	0%	1	4%	0	0	0%	0	0%	0%	0%	0%	Milk, Soy, Wheat
Pico de Gallo (1 TBSP)	1 T.	1	5	0	0%	0	0%	0	0	0%	0	0%	0	0%	0	0%	1	0	0%	0	0%	0%	0%	0%	Milk, Soy, Wheat
Sport Peppers	2 peppers	1	0	0	0%	0	0%	0	0	0%	10	0%	0	0%	0	0%	0	0	0%	0	0%	0%	0%	0%	Milk, Soy, Wheat
Cole Slaw (Atlanta/Carolina) (1 TBSP)	1 T.	1	20	1	2%	0	0%	0	0	0%	25	1%	2	1%	0	0%	1	0	0%	0	0%	0%	0%	0%	Milk, Soy, Wheat
Mex. Mix/Sauces																									
Chili Sauce	1 portion cup	1	50	2.5	4%	0	0%	0	0	0%	270	11%	5	2%	1	4%	1	0	0%	3	0%	0%	0%	0%	Milk, Soy, Wheat
Nacho Cheese Sauce	1 portion cup	1	60	3.5	5%	0.5	3%	1	0	0%	360	15%	4	1%	0	0%	1	0	0%	1	0%	0%	0%	0%	Milk, Soy, Wheat
QTY Bakery																									
Apple Fritter	1 donut (164g)	1	560	28	36%	11	55%	0	0	0%	480	21%	73	26%	2	7%	33	27	55%	7	0%	2%	19%	0%	Egg, Milk, Soy, Wheat
Bevartan Creme Bismark	1 donut (129g)	1	380	14	18%	5	27%	0	0	0%	370	16%	61	22%	1	4%	30	22	44%	5	0%	0%	15%	0%	Egg, Milk, Soy, Wheat
Blueberry Cake Donut	1 donut (85g)	1	280	11	14%	4	21%	0	15	5%	370	16%	43	16%	<1	2%	23	23	45%	4	0%	0%	8%	0%	Egg, Milk, Soy, Wheat
Blueberry Cake Donut Holes	1 cup (163g)	1	530	18	24%	7	36%	0	30	10%	710	31%	85	31%	1	5%	47	45	90%	7	0%	4%	15%	4%	Egg, Milk, Soy, Wheat
Blueberry Muffin	1 muffin (172g)	1	590	33	42%	6	30%	0	105	35%	40	2%	70	25%	2	6%	9	7	14%	8	2%	0%	4%	0%	Egg, Milk, Soy, Wheat
Chocolate Cake Donut w/Choc Icing	1 donut (96g)	1	330	14	18%	6	28%	0	30	10%	400	17%	48	18%	<1	3%	25	15	30%	4	0%	0%	10%	0%	Egg, Milk, Soy, Wheat
Chocolate Chip Brownie	1 brownie (85g)	1	370	18	23%	4	23%	0	65	30%	45	2%	46	17%	0	0%	31	31	62%	5	0%	0%	15%	0%	Egg, Milk, Soy, Wheat
Chocolate Old Fashioned Cake Donut w Glaze	1 donut (100g)	1	340	12	15%	4.5	23%	0	15	5%	330	14%	55	20%	1	5%	34	33	67%	4	0%	4%	15%	4%	Egg, Milk, Soy, Wheat
Chocolate Chunk Cookie	2 cookies (170g)	1	740	35	45%	17	87%	0.5	65	21%	410	18%	105	38%	5	17%	62	59	118%	9	0%	4%	45%	6%	Egg, Milk, Soy, Wheat
Cinnamon Roll	1 donut (130g)	1	580	14	18%	4.5	23%	0	0	0%	490	21%	70	26%	2	8%	20	26	52%	8	0%	2%	15%	0%	Egg, Milk, Soy, Wheat
Croissant - Large	1 croissant (90g)	1	390	21	32%	17	85%	0	0	0%	210	9%	42	14%	3	12%	5	8							Egg, Milk, Wheat
Hole Bunches	1 donut (130g)	1	410	13	17%	4.5	23%	0	0	0%	430	19%	69	25%	1	5%	34	30	60%	6	0%	0%	15%	0%	Egg, Milk, Soy, Wheat
Long John - Chocolate	1 donut (130g)	1	460	18	24%	7	36%	0	0	0%	450	20%	69	25%	1	5%	30	27	54%	7	0%	2%	20%	0%	Egg, Milk, Soy, Wheat
Long John - Maple	1 donut (130g)	1	420	13	17%	4.5	23%	0	0	0%	440	19%	71	26%	1	5%	37	34	68%	6	0%	0%	15%	0%	Egg, Milk, Soy, Wheat
M & M Cookie	2 cookies (170g)	1	740	33	42%	16	78%	0.5	65	22%	420	18%	98	36%	2	8%	65	62	123%	9	0%	6%	25%	4%	Egg, Milk, Soy, Wheat
Maple Cinnamon Roll	1 donut (130g)	1	580	14	18%	4.5	23%	0	0	0%	510	22%	108	39%	2	8%	66	65	111%	7	0%	2%	15%	0%	Egg, Milk, Soy, Wheat
Maple Pecan Danish	1 danish (90g)	1	330	19	25%	9	45%	0	30	10%	260	11%	31	10%	2	8%	5	6							Egg, Milk, Pecan, Wheat
Old Fashioned Cake Donut w Glaze	1 donut (100g)	1	340	11	14%	4.5	21%	0	15	5%	350	15%	58	21%	<1	2%	37	36	71%	3	0%	0%	8%	0%	Egg, Milk, Soy, Wheat
Old Fashioned Cake Donut Holes	1 cup (163g)	1	550	19	24%	7	36%	0	30	10%	670	29%	80	33%	1	4%	51	50	99%	6	0%	2%	15%	2%	Egg, Milk, Soy, Wheat
Peanut Butter Cookie	2 cookies (170g)	1	630	60	64%	23	113%	0.5	60	30%	600	26%	88	32%	4	16%	58	57	114%	14	45%	6%	15%	8%	Egg, Milk, Peanut, Soy, Wheat
Raspberry Bismark w/ Powdered Sugar	1 donut (106g)	1	280	11	14%	3.5	19%	0	0	0%	370	16%	40	15%	0	1%	11	11	22%	5	0%	0%	10%	0%	Egg, Milk, Soy, Wheat
Ring Yeast Glazed Donut w/Chocolate Icing	1 donut (91g)	1	310	12	16%	4.5	22%	0	0	0%	320	14%	46	17%	1	4%	19	17	34%	5	0%	0%	10%	0%	Egg, Milk, Soy, Wheat
Ring Yeast Glazed Donut	1 donut (85g)	1	260	9	11%	3	15%	0	0	0%	300	13%	40	14%	1	4%	15	13	26%	4	0%	0%	10%	0%	Egg, Milk, Soy, Wheat
Ring Yeast Glazed Donut w/Strawberry Icing	1 donut (106g)	1	340	9	11%	3	15%	0	0	0%	350	15%	62	22%	1	4%	36	<1	1%	4	0%	0%	10%	0%	Egg, Milk, Soy, Wheat
Ring Yeast Sugar Donut	1 donut (85g)	1	230	9	12%	3	15%	0	0	0%	300	13%	33	12%	1	4%	10	<1	1%	4	0%	0%	10%	0%	Egg, Milk, Soy, Wheat
Sprinkle Hole Bunches	1 donut (130g)	1	410	13	17%	4.5	23%	0	0	0%	480	21%	66	24%	1	5%	33	2	5%	6	0%	0%	15%	0%	Egg, Milk, Soy, Wheat
White Chip Macadamia Cookie	2 cookies (170g)	1	800	45	58%	22	109%	0.5	70	23%	380	16%	95	34%	3	9%	57	56	111%	9	0%	8%	20%	4%	Coconut, Egg, Macadamia Nut, Milk, Soy, Wheat
Coffee																									
Coffee - All flavors all sizes	8 fl. oz. cup	1	0	0	0%	0	0%	0	0	0%	0	0%	0	0%	0	0%	0	0	0%	0	0%	0%	0%	0%	Milk, Soy, Wheat
Fresh Brewed QTea																									
All Sweet QTea Flavors																									
Small	20 fl. oz. cup	1	23	0	0%	0	0%	0	0	0%	20	1%	58	21%	0	0%	58	58	117%	0	0%	0%	0%	0%	Milk, Soy, Wheat
Big Q	30 fl. oz. cup	1	350	0	0%	0	0%	0	0	0%	25	1%	87	32%	0	0%	87	87	173%	0	0%	0%	0%	0%	Milk, Soy, Wheat
Big Q Collector	32 fl. oz. cup	1	370	0	0%	0	0%	0	0	0%	30	1%	93	34%	0	0%	93	93	186%	0	0%	0%	0%	0%	Milk, Soy, Wheat
Large	40 fl. oz. cup	1	480	0	0%	0	0%	0	0	0%	35	2%	117	42%	0	0%	117	117	233%	0	0%	0%	0%	0%	Milk, Soy, Wheat
X-Large	52 fl. oz. cup	1	600	0	0%	0	0%	0	0	0%	45	2%	152	55%	0	0%	151	151	303%	0	0%	0%	0%	0%	Milk, Soy, Wheat
All Unsweet QTea Flavors																									
Small	20 fl. oz. cup	1	0	0	0%	0	0%	0	0	0%	10	1%	0	0%	0	0%	0	0	0%	0	0%	0%	0%	0%	Milk, Soy, Wheat
Big Q	30 fl. oz. cup	1	0	0	0%	0	0%	0	0	0%	30	1%	0	0%	0	0%	0	0	0%	0	0%	0%	0%	0%	Milk, Soy, Wheat
Big Q Collector	32 fl. oz. cup	1	0	0	0%	0	0%	0	0	0%	30	1%	0	0%	0	0%	0	0	0%	0	0%	0%	0%	0%	Milk, Soy, Wheat
Large	40 fl. oz. cup	1	0	0	0%	0	0%	0	0	0%	40	2%	0	0%	0	0%	0	0	0%						

Small	16 fl. oz. cup	1	430	11	17%	11	55%	0	0	0%	430	10%	82	27%	1	4%	56	56	112%	2	0%	0%	0%	0%	Mk
Medium	22 fl. oz. cup	1	600	16	25%	15	75%	0	0	0%	600	26%	112	37%	1	4%	78	78	156%	3	0%	0%	0%	0%	Mk
Large	24 fl. oz. cup	1	650	17	26%	17	85%	0	0	0%	640	28%	122	41%	1	4%	85	85	170%	3	0%	0%	0%	0%	Mk
Smoothies																									
Green Tea Smoothie																									
Small	20 fl. oz. cup	1	860	6	9%	4	20%	1	0	0%	810	27%	127	42%	2	8%	91	91	182%	2	0%	0%	0%	0%	Mk
Big Q	30 fl. oz. cup	1	840	9	12%	6	30%	1.5	0	0%	820	30%	191	63%	3	11%	137	137	274%	3	0%	0%	0%	0%	Mk
Big Q Collector	32 fl. oz. cup	1	900	10	12%	6	32%	1.5	0	0%	880	43%	204	74%	3	11%	146	146	292%	3	0%	0%	0%	0%	Mk
Large	40 fl. oz. cup	1	1120	12	15%	8	40%	2	0	0%	1220	53%	254	92%	4	14%	182	182	364%	4	0%	0%	0%	0%	Mk
X-Large	52 fl. oz. cup	1	1470	18	23%	11	50%	3	0	0%	1590	69%	331	110%	6	24%	238	238	476%	6	0%	0%	0%	0%	Mk
Horchata Smoothie																									
Small	20 fl. oz. cup	1	600	10	15%	2.5	13%	4.5	0	0%	115	5%	128	43%	1	4%	81	81	162%	1	0%	0%	0%	0%	Mk
Big Q	30 fl. oz. cup	1	900	15	19%	4	20%	7	0	0%	173	8%	192	70%	1	4%	122	122	244%	2	0%	0%	0%	0%	Mk
Big Q Collector	32 fl. oz. cup	1	960	16	21%	4	21%	7	0	0%	185	8%	200	74%	1	4%	130	130	260%	2	0%	0%	0%	0%	Mk
Large	40 fl. oz. cup	1	1200	20	26%	5	25%	9	0	0%	230	10%	256	93%	1	4%	162	162	324%	2	0%	0%	0%	0%	Mk
X-Large	52 fl. oz. cup	1	1560	25	38%	6	30%	12	0	0%	300	13%	332	111%	1	4%	210	210	420%	3	0%	0%	0%	0%	Mk
Hot Chocolate Smoothie																									
Small	20 fl. oz. cup	1	550	5	8%	1.5	8%	1.5	0	0%	410	18%	126	42%	4	16%	79	79	158%	3	0%	0%	0%	0%	Mk
Big Q	30 fl. oz. cup	1	830	8	10%	2	10%	2	0	0%	620	27%	189	69%	6	21%	119	119	238%	5	0%	0%	0%	0%	Mk
Big Q Collector	32 fl. oz. cup	1	890	9	11%	2	11%	2	0	0%	660	29%	202	73%	6	23%	127	127	254%	5	0%	0%	0%	0%	Mk
Large	40 fl. oz. cup	1	1100	10	13%	3	15%	3	0	0%	820	36%	252	92%	8	29%	158	158	316%	6	0%	0%	0%	0%	Mk
X-Large	52 fl. oz. cup	1	1430	13	20%	4.5	23%	4.5	0	0%	1070	47%	329	110%	11	44%	206	206	412%	9	0%	0%	0%	0%	Mk
Jolly Rancher Blue Raspberry																									
Small	20 fl. oz. cup	1	290	0	0%	0	0%	0	0	0%	15	1%	70	25%	0	0%	70	70	140%	0	0%	0%	0%	0%	Mk
Big Q	30 fl. oz. cup	1	430	0	0%	0	0%	0	0	0%	20	1%	105	38%	0	0%	104	104	208%	0	0%	0%	0%	0%	Mk
Big Q Collector	32 fl. oz. cup	1	480	0	0%	0	0%	0	0	0%	20	1%	112	41%	0	0%	111	111	222%	0	0%	0%	0%	0%	Mk
Large	40 fl. oz. cup	1	570	0	0%	0	0%	0	0	0%	30	1%	140	51%	0	0%	139	139	278%	0	0%	0%	0%	0%	Mk
X-Large	52 fl. oz. cup	1	740	0	0%	0	0%	0	0	0%	35	2%	182	66%	0	0%	181	181	362%	0	0%	0%	0%	0%	Mk
Jolly Rancher Cherry																									
Small	20 fl. oz. cup	1	290	0	0%	0	0%	0	0	0%	15	1%	70	25%	0	0%	70	70	140%	0	0%	0%	0%	0%	Mk
Big Q	30 fl. oz. cup	1	430	0	0%	0	0%	0	0	0%	20	1%	105	38%	0	0%	105	105	210%	0	0%	0%	0%	0%	Mk
Big Q Collector	32 fl. oz. cup	1	480	0	0%	0	0%	0	0	0%	20	1%	112	41%	0	0%	112	112	224%	0	0%	0%	0%	0%	Mk
Large	40 fl. oz. cup	1	570	0	0%	0	0%	0	0	0%	25	1%	140	51%	0	0%	139	139	278%	0	0%	0%	0%	0%	Mk
X-Large	52 fl. oz. cup	1	740	0	0%	0	0%	0	0	0%	35	2%	183	67%	0	0%	181	181	362%	0	0%	0%	0%	0%	Mk
Jolly Rancher Sugar Free Watermelon																									
Small	20 fl. oz. cup	1	270	0	0%	0	0%	0	0	0%	10	0%	14	5%	0	0%	0	0	0%	0	0%	0%	0%	0%	Mk
Big Q	30 fl. oz. cup	1	410	0	0%	0	0%	0	0	0%	10	0%	22	8%	0	0%	0	0	0%	0	0%	0%	0%	0%	Mk
Big Q Collector	32 fl. oz. cup	1	430	0	0%	0	0%	0	0	0%	15	1%	23	8%	0	0%	0	0	0%	0	0%	0%	0%	0%	Mk
Large	40 fl. oz. cup	1	540	0	0%	0	0%	0	0	0%	15	1%	29	11%	0	0%	0	0	0%	0	0%	0%	0%	0%	Mk
X-Large	52 fl. oz. cup	1	700	0	0%	0	0%	0	0	0%	20	1%	38	14%	0	0%	0	0	0%	0	0%	0%	0%	0%	Mk
July Orange Smoothie																									
Small	20 fl. oz. cup	1	340	0	0%	0	0%	0	0	0%	95	4%	84	28%	0	0%	82	82	164%	0	0%	0%	0%	0%	Mk
Big Q	30 fl. oz. cup	1	510	0	0%	0	0%	0	0	0%	143	6%	126	46%	0	0%	123	123	246%	0	0%	0%	0%	0%	Mk
Big Q Collector	32 fl. oz. cup	1	540	0	0%	0	0%	0	0	0%	153	7%	134	49%	0	0%	131	131	262%	0	0%	0%	0%	0%	Mk
Large	40 fl. oz. cup	1	680	0	0%	0	0%	0	0	0%	190	8%	168	61%	0	0%	164	164	328%	0	0%	0%	0%	0%	Mk
X-Large	52 fl. oz. cup	1	900	0	0%	0	0%	0	0	0%	250	11%	218	73%	0	0%	215	215	430%	0	0%	0%	0%	0%	Mk
Original (Frozen) Cappuccino Smoothie																									
Small	20 fl. oz. cup	1	610	18	28%	16	80%	0	0	0%	350	15%	111	37%	0	0%	58	58	116%	2	0%	0%	0%	0%	Mk
Big Q	30 fl. oz. cup	1	920	27	35%	24	120%	0	0	0%	530	23%	167	61%	1	4%	87	87	174%	3	0%	0%	0%	0%	Mk
Big Q Collector	32 fl. oz. cup	1	980	29	37%	26	130%	0	0	0%	570	25%	178	65%	1	4%	93	93	186%	3	0%	0%	0%	0%	Mk
Large	40 fl. oz. cup	1	1220	36	46%	32	160%	0	0	0%	700	30%	222	81%	4	16%	116	116	232%	4	0%	0%	0%	0%	Mk
X-Large	52 fl. oz. cup	1	1580	46	71%	42	210%	0	0	0%	900	39%	289	96%	1	4%	151	151	302%	4	0%	0%	0%	0%	Mk
Wildberry Smoothie																									
Small	20 fl. oz. cup	1	350	0	0%	0	0%	0	0	0%	20	1%	87	29%	0	0%	85	85	170%	0	0%	0%	0%	0%	Mk
Big Q	30 fl. oz. cup	1	530	0	0%	0	0%	0	0	0%	30	1%	130	47%	0	0%	136	136	272%	0	0%	0%	0%	0%	Mk
Big Q Collector	32 fl. oz. cup	1	570	0	0%	0	0%	0	0	0%	32	1%	139	50%	0	0%	145	145	290%	0	0%	0%	0%	0%	Mk
Large	40 fl. oz. cup	1	700	0	0%	0	0%	0	0	0%	40	2%	181	69%	0	0%	187	187	374%	0	0%	0%	0%	0%	Mk
X-Large	52 fl. oz. cup	1	920	0	0%	0	0%	0	0	0%	45	2%	228	75%	0	0%	221	221	442%	0	0%	0%	0%	0%	Mk
Freezies																									
Mango Freezies																									
Small	20 fl. oz. cup	1	300	0	0%	0	0%	0	0	0%	42	2%	76	25%	0	0%	74	74	148%	0	0%	0%	0%	0%	Mk
Big Q	30 fl. oz. cup	1	450	0	0%	0	0%	0	0	0%	63	3%	114	41%	0	0%	111	111	222%	0	0%	0%	0%	0%	Mk
Big Q Collector	32 fl. oz. cup	1	480	0	0%	0	0%	0	0	0%	67	3%	122	44%	0	0%	118	118	236%	0	0%	0%	0%	0%	Mk
Large	40 fl. oz. cup	1	600	0	0%	0	0%	0	0	0%	84	4%	152	55%	0	0%	148	148	296%	0	0%	0%	0%	0%	Mk
X-Large	52 fl. oz. cup	1	790	0	0%	0	0%	0	0	0%	110	5%	198	66%	0	0%	192	192	384%	0	0%	0%	0%	0%	Mk
Orange Dream Freezies																									
Small	20 fl. oz. cup	1	320	0	0%	0	0%	0	0	0%	43	2%	79	26%	0	0%	78	78	156%	0	0%	0%	0%	0%	Mk
Big Q	30 fl. oz. cup	1	480	0	0%	0	0%	0	0	0%	65	3%	119	43%	0	0%	117	117	234%	0	0%	0%	0%	0%	Mk
Big Q Collector	32 fl. oz. cup	1	510	0	0%	0	0%	0	0	0%	69	3%	127	46%	0	0%	125	125	250%	0	0%	0%	0%	0%	Mk
Large	40 fl. oz. cup	1	640	0	0%	0	0%	0	0	0%	86	4%	158	57%	0	0%	156	156	312%	0	0%	0%	0%	0%	Mk
X-Large	52 fl. oz. cup	1	820	0	0%	0	0%	0	0																

