

# TIM HORTONS NUTRITION FACTS 2026

## Complete Calories & Macronutrients Guide

### COLD DRINKS

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
Peach Protein Quencher	Large	240	5.0g	32.0g	28.0g	17.0g	75mg
Peach Protein Quencher	Medium	190	4.0g	25.0g	22.0g	14.0g	60mg
Peach Protein Quencher	Small	140	3.0g	17.0g	15.0g	11.0g	45mg
Blackberry Yuzu Protein Quencher	Large	300	5.0g	45.0g	44.0g	17.0g	70mg
Blackberry Yuzu Protein Quencher	Medium	230	4.0g	34.0g	34.0g	14.0g	55mg
Blackberry Yuzu Protein Quencher	Small	170	3.0g	24.0g	23.0g	11.0g	40mg
Strawberry Watermelon Protein Quenc...	Large	220	5.0g	28.0g	23.0g	17.0g	85mg
Strawberry Watermelon Protein Quenc...	Medium	170	4.0g	21.0g	18.0g	14.0g	70mg
Strawberry Watermelon Protein Quenc...	Small	130	3.0g	15.0g	13.0g	11.0g	50mg
Orange Tangerine Protein Quencher	Large	300	5.0g	45.0g	42.0g	17.0g	75mg
Orange Tangerine Protein Quencher	Medium	240	4.0g	34.0g	32.0g	14.0g	60mg
Orange Tangerine Protein Quencher	Small	170	3.0g	24.0g	22.0g	11.0g	45mg
Raspberry Mojito Protein Quencher	Large	150	5.0g	10.0g	8.0g	17.0g	70mg
Raspberry Mojito Protein Quencher	Medium	120	4.0g	8.0g	6.0g	14.0g	60mg
Raspberry Mojito Protein Quencher	Small	100	3.0g	6.0g	5.0g	11.0g	45mg
Mango Slushy with Tajin	Small	240	0.0g	59.0g	54.0g	0.0g	360mg
Protein Iced Chai Latte	Small	119	4.0g	6.4g	6.0g	13.9g	54mg
Protein Iced Chai Latte	Medium	154	5.0g	9.1g	7.9g	17.8g	71mg
Protein Iced Chai Latte	Large	198	7.0g	10.8g	9.9g	22.8g	88mg
Raspberry Mojito Iced Tea Quencher	Large	80	0.0g	21.0g	20.0g	0.0g	35mg
Raspberry Mojito Iced Tea Quencher	Medium	70	0.0g	17.0g	16.0g	0.0g	30mg
Raspberry Mojito Iced Tea Quencher	Small	50	0.0g	13.0g	12.0g	0.0g	25mg
Iced Cappuccino Supreme	Small	430	21.1g	55.7g	137.6g	0.8g	0mg
Iced Cappuccino Supreme	Medium	592	27.1g	80.7g	220.5g	1.4g	0mg
Iced Cappuccino Supreme	Large	743	31.6g	106.5g	297.9g	2.0g	0mg
Iced Coffee	Small	54	2.5g	7.7g	7.7g	0.4g	35mg
Iced Coffee	Medium	84	4.5g	14.7g	14.7g	0.4g	40mg
Iced Coffee	Large	174	9.5g	22.7g	21.7g	0.4g	65mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
Original Iced Capp	Small	218	7.5g	36.6g	34.6g	1.4g	75mg
Original Iced Capp	Medium	288	12.5g	43.6g	40.6g	2.4g	105mg
Original Iced Capp	Large	388	18.5g	57.6g	54.6g	3.4g	140mg
Iced Capp Light	Small	155	0.9g	37.6g	35.6g	2.0g	35mg
Iced Capp Light	Medium	195	1.4g	43.6g	41.6g	3.0g	45mg
Iced Capp Light	Large	255	1.9g	58.6g	55.6g	4.0g	60mg
Strawberry Banana Fruit Smoothie	Small	172	0.6g	39.4g	37.6g	1.7g	43mg
Strawberry Banana Fruit Smoothie	Medium	256	1.2g	56.7g	54.1g	3.6g	73mg
Strawberry Banana Fruit Smoothie	Large	328	1.4g	73.3g	70.0g	4.3g	91mg
Frozen Lemonade	Small	200	0.0g	51.0g	46.0g	0.0g	35mg
Frozen Lemonade	Medium	250	0.0g	62.0g	56.0g	0.0g	45mg
Frozen Lemonade	Large	330	0.0g	82.0g	73.0g	0.0g	55mg
Chocolate Creamy Chill	Small	280	8.8g	53.0g	45.8g	1.7g	230mg
Chocolate Creamy Chill	Medium	380	13.8g	65.0g	56.8g	2.7g	290mg
Chocolate Creamy Chill	Large	510	18.8g	86.0g	75.8g	3.7g	370mg
Maple Creamy Chill	Small	300	10.7g	47.0g	44.7g	1.7g	30mg
Maple Creamy Chill	Medium	412	15.3g	62.8g	59.8g	2.5g	46mg
Maple Creamy Chill	Large	545	20.2g	83.5g	79.4g	3.2g	61mg
2% White Milk	Small	120	5.0g	12.0g	12.0g	9.0g	100mg
2% White Milk	Large	250	9.0g	25.0g	25.0g	17.0g	200mg
1% Chocolate Milk	Small	160	2.0g	27.0g	24.0g	8.0g	150mg
1% Chocolate Milk	Large	320	5.0g	55.0g	47.0g	15.0g	300mg
Bottled Beverages Green Iced Tea	Standard	930	0.0g	235.2g	235.2g	0.6g	219mg
Peach Drink	Standard	200	0.0g	51.0g	49.0g	0.0g	10mg
Juices Apple	Standard	138	0.0g	33.1g	29.1g	0.6g	14mg
Real Fruit Chill - Orange Pineapple (Sm...)	Standard	177	0.0g	44.7g	41.5g	0.0g	49mg
Real Fruit Chill - Orange Pineapple (Me...)	Standard	250	0.0g	63.0g	58.7g	0.0g	69mg
Real Fruit Chill - Orange Pineapple (Lar...)	Standard	92	0.0g	24.0g	22.1g	0.0g	44mg
Real Fruit Chill - Mango (Small)	Standard	450	0.0g	73.0g	70.0g	2.0g	100mg
Real Fruit Chill - Mango (Medium)	Standard	590	0.0g	95.0g	91.0g	3.0g	130mg
Real Fruit Chill - Mango (Large)	Standard	92	0.0g	24.0g	22.1g	0.0g	44mg
Orange Juice	Standard	140	0.0g	31.0g	25.0g	0.0g	30mg
Apple Juice	Standard	130	0.0g	33.0g	30.0g	0.0g	5mg
From Concentrate Apple Juice	Standard	138	0.0g	33.1g	29.1g	0.6g	14mg
Vanilla Iced Coffee- Size	Small	74	0.1g	17.6g	17.4g	0.3g	0mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
Vanilla Iced Coffee- Size	Medium	98	0.1g	23.5g	23.1g	0.4g	0mg
Vanilla Iced Coffee- Size	Large	123	0.1g	29.1g	28.6g	0.6g	0mg
Hazelnut Iced Coffee- Size	Small	79	0.1g	19.0g	6.6g	0.0g	0mg
Hazelnut Iced Coffee- Size	Medium	105	0.1g	25.4g	8.4g	0.0g	0mg
Hazelnut Iced Coffee- Size	Large	132	0.1g	31.7g	11.6g	0.0g	0mg
Caramel Iced Coffee- Size S	Standard	31	0.3g	6.4g	5.8g	0.4g	0mg
Caramel Iced Coffee- Size M	Standard	4	0.1g	0.0g	0.0g	0.4g	0mg
Caramel Iced Coffee- Size L	Standard	0	0.0g	0.0g	0.0g	0.6g	0mg
Raspberry Frozen Lemonade	Small	171	0.0g	41.8g	37.2g	0.0g	30mg
Raspberry Frozen Lemonade	Medium	227	0.0g	55.4g	49.1g	0.0g	40mg
Raspberry Frozen Lemonade	Large	305	0.0g	74.5g	66.0g	0.0g	54mg
Add Lemon Pump	Standard	19	0.0g	4.1g	3.6g	0.0g	2mg
Add Fruit Smoothie Yogurt	Standard	40	1.0g	4.2g	4.2g	3.0g	34mg
Caramel Iced Capp Supreme	SMALL	432	21.4g	54.9g	89.3g	0.0g	0mg
Caramel Iced Capp Supreme- MED	Standard	605	27.7g	81.2g	132.6g	0.0g	0mg
Caramel Iced Capp Supreme	LARGE	767	32.5g	108.5g	170.2g	0.0g	0mg
Iced Caramel Latte	Medium	124	3.9g	15.7g	16.3g	7.8g	170mg
Vanilla Iced Latte	Medium	231	12.0g	18.3g	16.2g	12.2g	0mg
Mocha Iced Capp	Small	260	8.8g	49.0g	43.8g	1.7g	200mg
Mocha Iced Capp	Medium	360	13.8g	61.0g	54.8g	2.7g	260mg
Mocha Iced Capp	Large	480	18.8g	80.0g	72.8g	4.7g	330mg
Oreo Iced Capp	Large	590	23.9g	85.9g	75.3g	4.5g	92mg
BEV TOPPING CANDY CANE(CAN)	Standard	15	0.7g	2.3g	2.0g	0.0g	2mg
Earl Grey Tea Bag - Tea Latte(CAN)	Standard	0	0.0g	0.0g	0.0g	0.0g	0mg
ENGLISH BREAKFAST TL(CAN)	Standard	0	0.0g	0.0g	0.0g	0.0g	0mg
CHAMOMILE TL(CAN)	Standard	0	0.0g	0.0g	0.0g	0.0g	0mg
APPLE CINNAMON TL(CAN)	Standard	0	0.0g	0.0g	0.0g	0.0g	0mg
DECAF ORANGE PEKOE TL(CAN)	Standard	0	0.0g	0.0g	0.0g	0.0g	0mg
HONEY LEMON TL(CAN)	Standard	0	0.0g	0.0g	0.0g	0.0g	0mg
Peppermint Tea Bag - Tea Latte(CAN)	Standard	0	0.0g	0.0g	0.0g	0.0g	0mg
Green Tea Bag - Tea Latte(CAN)	Standard	0	0.0g	0.0g	0.0g	0.0g	0mg
Orange Pekoe Tea Bag - Tea Latte(CAN)	Standard	0	0.0g	0.0g	0.0g	0.0g	0mg
Chai Tea Bag - Tea Latte(CAN)	Standard	0	0.0g	0.0g	0.0g	0.0g	0mg
Maple Iced Capp	Small	283	10.7g	42.7g	39.8g	2.1g	20mg
Maple Iced Capp	Medium	392	15.3g	57.5g	53.7g	2.9g	33mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
Maple Iced Capp	Large	523	20.2g	77.6g	72.3g	3.9g	45mg
Strawberry Banana Fruit Chill	Small	174	0.0g	43.2g	41.0g	0.0g	29mg
Strawberry Banana Fruit Chill	Medium	251	0.0g	62.5g	59.3g	0.0g	41mg
Strawberry Banana Fruit Chill	Large	328	0.0g	81.8g	77.5g	0.0g	54mg
Oreo Iced Capp SM	Standard	256	9.7g	33.4g	113.5g	0.0g	0mg
Oreo Iced Capp MD	Standard	351	13.7g	45.8g	147.9g	0.0g	0mg
Oreo Iced Capp LG	Standard	500	25.4g	57.6g	170.0g	0.0g	0mg
Mixed Berry Fruit Smoothie	Small	193	0.6g	45.8g	42.5g	1.7g	74mg
Mixed Berry Fruit Smoothie	Medium	279	1.0g	65.0g	60.4g	3.0g	112mg
Mixed Berry Fruit Smoothie	Large	366	1.4g	85.0g	79.0g	4.1g	148mg
Tropical Fruit Smoothie	Small	171	0.6g	39.8g	37.1g	1.7g	62mg
Tropical Fruit Smoothie	Medium	247	1.0g	56.4g	52.7g	3.0g	94mg
Tropical Fruit Smoothie	Large	324	1.4g	73.7g	68.9g	4.1g	124mg
ICED CAPPUCCINO LIGHT SM	Standard	125	1.3g	25.9g	23.5g	2.5g	0mg
Iced Lemonade S	Standard	125	0.0g	29.9g	12.5g	0.0g	0mg
Iced Lemonade M	Standard	157	0.0g	37.6g	15.7g	0.0g	0mg
Iced Lemonade L	Standard	220	0.0g	52.7g	22.0g	0.0g	0mg
Strawberry Frozen Lemonade S	Standard	200	0.0g	50.2g	46.0g	0.1g	0mg
Strawberry Frozen Lemonade M	Standard	273	0.1g	68.3g	62.5g	0.1g	0mg
Strawberry Frozen Lemonade L	Standard	365	0.1g	91.6g	83.8g	0.2g	0mg
Watermelon Frozen Lemonade S	Standard	195	0.0g	49.0g	46.1g	0.0g	34mg
Watermelon Frozen Lemonade M	Standard	286	0.0g	72.1g	67.9g	0.0g	47mg
New Strawberry Iced Lemonade S	Standard	191	0.0g	45.5g	13.0g	0.0g	0mg
New Strawberry Iced Lemonade M	Standard	246	0.0g	58.4g	16.4g	0.0g	0mg
New Strawberry Iced Lemonade L	Standard	331	0.1g	78.7g	22.8g	0.0g	0mg
Mixed Berry Fruit Smoothie S	Standard	184	0.6g	43.1g	40.0g	2.3g	0mg
Mixed Berry Fruit Smoothie M	Standard	267	1.0g	61.4g	56.9g	4.0g	0mg
Mixed Berry Fruit Smoothie L	Standard	350	1.4g	80.3g	74.4g	5.5g	0mg
Mixed Berry Fruit Chill S	Standard	195	0.0g	49.6g	45.9g	0.0g	60mg
Mixed Berry Fruit Chill M	Standard	282	0.0g	71.7g	66.4g	0.0g	87mg
Mixed Berry Fruit Chill L	Standard	370	0.0g	93.9g	86.9g	0.0g	114mg
Pure Leaf Raspberry Iced Tea	Standard	170	0.0g	0.0g	0.0g	0.0g	0mg
Gold Peak® Lemon Tea 547mL Bottle	Standard	170	0.0g	43.0g	43.0g	0.1g	0mg
Gold Peak® Raspberry Tea 547mL Bott...	Standard	170	0.0g	43.0g	43.0g	0.1g	0mg
Vitamin Water XXX	Standard	130	0.0g	0.0g	0.0g	0.0g	0mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
Iced Pumpkin Spice Latte	Standard	213	6.5g	28.7g	27.9g	9.9g	138mg
Iced Latte USA	Small	100	3.9g	9.8g	9.3g	6.5g	0mg
Iced Latte USA	Medium	123	4.8g	12.3g	11.3g	7.8g	0mg
Iced Latte USA	Large	149	5.7g	15.0g	13.5g	9.4g	0mg
Mocha Iced Latte - Small - 12oz	Standard	132	3.8g	18.6g	17.4g	6.3g	0mg
Mocha Iced Latte - Medium - 16oz	Standard	112	4.3g	11.6g	10.3g	7.0g	355mg
Mocha Iced Latte - Large - 22oz	Standard	223	5.5g	35.3g	32.0g	9.1g	0mg
Vanilla Iced Latte - Small - 12 oz	Standard	91	3.6g	8.8g	8.3g	5.9g	0mg
Vanilla Iced Latte - Medium - 16 oz	Standard	86	4.3g	4.8g	3.9g	7.1g	0mg
Vanilla Iced Latte - Large - 22 oz	Standard	82	5.1g	0.7g	0.0g	8.4g	0mg
Caramel Iced Latte SM	Standard	93	3.7g	8.7g	7.9g	6.2g	0mg
Caramel Iced Latte MD	Standard	144	5.8g	13.6g	12.3g	9.6g	0mg
Caramel Iced Latte LG	Standard	196	7.8g	18.5g	16.7g	13.0g	0mg
Pumpkin Spice Iced Latte	Small	185	7.9g	21.1g	19.2g	11.0g	0mg
Pumpkin Spice Iced Latte - Medium - 1...	Standard	257	97.6g	29.7g	27.6g	15.5g	0mg
Pumpkin Spice Iced Latte - Large - 22oz	Standard	327	13.7g	38.2g	35.8g	19.8g	0mg
Iced Caramel Macchiato, 12oz	Standard	106	3.8g	10.9g	9.8g	6.7g	0mg
Iced Caramel Macchiato, 16oz	Standard	208	4.9g	31.9g	30.5g	8.6g	0mg
Iced Caramel Macchiato, 22oz	Standard	256	5.8g	40.2g	38.7g	10.2g	0mg
FTN SODA - Barq's Root beer (USA) - 1...	Standard	199	0.0g	54.1g	54.1g	0.0g	0mg
FTN SODA - Barq's Root beer (USA) - 2...	Standard	273	0.0g	74.4g	74.4g	0.0g	0mg
FTN SODA - Barq's Root beer (USA) - 3...	Standard	397	0.0g	108.2g	108.2g	0.0g	0mg
Blueberry Pomegranate Real Fruit Chill	Small	183	0.0g	46.3g	43.1g	0.0g	54mg
Blueberry Pomegranate Real Fruit Chill	Medium	265	0.0g	66.9g	62.4g	0.0g	77mg
Blueberry Pomegranate Real Fruit Chill	Large	347	0.0g	87.5g	81.6g	0.0g	101mg
Pineapple Orange Guava Real Fruit Chill	Small	180	0.0g	46.0g	43.0g	0.0g	45mg
Pineapple Orange Guava Real Fruit Chill	Medium	260	0.0g	66.0g	63.0g	0.0g	65mg
Pineapple Orange Guava Real Fruit Chill	Large	340	0.0g	86.0g	82.0g	0.0g	90mg
Blueberry Pomegranate Real Fruit Smo...	Small	181	0.6g	42.5g	39.7g	1.7g	68mg
Blueberry Pomegranate Real Fruit Smo...	Medium	262	1.0g	60.3g	56.4g	3.0g	103mg
Blueberry Pomegranate Real Fruit Smo...	Large	343	1.4g	78.8g	73.8g	4.1g	136mg
Pineapple Orange Guava Real Fruit Sm...	Small	180	0.0g	43.0g	40.0g	2.0g	60mg
Pineapple Orange Guava Real Fruit Sm...	Medium	270	0.0g	62.0g	58.0g	5.0g	95mg
Pineapple Orange Guava Real Fruit Sm...	Large	350	0.0g	80.0g	75.0g	6.0g	120mg
Salted Caramel Iced Capp	Small	268	11.8g	40.1g	37.3g	2.4g	120mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
<b>Salted Caramel Iced Capp</b>	Medium	399	17.1g	60.7g	56.5g	3.5g	190mg
<b>Salted Caramel Iced Capp</b>	Large	532	22.5g	81.5g	75.7g	4.6g	262mg
<b>Pumpkin Spice Iced Capp</b>	Small	240	8.5g	42.1g	38.4g	1.8g	90mg
<b>Pumpkin Spice Iced Capp</b>	Medium	327	14.3g	50.6g	45.9g	2.8g	115mg
<b>Pumpkin Spice Iced Capp</b>	Large	435	19.1g	66.1g	60.4g	3.7g	150mg
<b>Vanilla Iced Capp</b>	Small	270	7.9g	50.9g	46.4g	1.9g	150mg
<b>Vanilla Iced Capp</b>	Medium	370	12.9g	62.9g	58.4g	1.9g	200mg
<b>Vanilla Iced Capp</b>	Large	490	17.9g	82.9g	77.4g	2.9g	250mg
<b>Caramel Iced Capp</b>	Small	265	8.7g	48.4g	45.4g	1.8g	180mg
<b>Caramel Iced Capp</b>	Medium	355	13.7g	60.4g	56.4g	2.8g	230mg
<b>Caramel Iced Capp</b>	Large	485	18.7g	79.4g	74.4g	3.8g	290mg
<b>Mocha Iced Coffee</b>	Small	0	0.0g	0.0g	0.0g	0.0g	0mg
<b>Vanilla Iced Coffee</b>	Small	0	0.0g	0.0g	0.0g	0.0g	0mg
<b>Vanilla Iced Coffee</b>	Medium	0	0.0g	0.0g	0.0g	0.0g	0mg
<b>Vanilla Iced Coffee</b>	Large	0	0.0g	0.0g	0.0g	0.0g	0mg
<b>Caramel Iced Coffee</b>	Small	0	0.0g	0.0g	0.0g	0.0g	0mg
<b>Caramel Iced Coffee</b>	Medium	0	0.0g	0.0g	0.0g	0.0g	0mg
<b>Caramel Iced Coffee</b>	Large	0	0.0g	0.0g	0.0g	0.0g	0mg
<b>Marshmallows</b>	Standard	683	0.1g	167.0g	111.9g	3.3g	186mg
<b>Apple Juice Box</b>	Standard	85	0.0g	21.4g	19.3g	0.0g	0mg
<b>Red Velvet Syrup</b>	Standard	83	0.0g	20.7g	20.1g	0.0g	2mg
<b>Frozen Vanilla Chai</b>	Small	241	11.4g	33.9g	32.9g	1.8g	82mg
<b>Frozen Vanilla Chai</b>	Medium	191	1.3g	44.8g	44.0g	0.2g	27mg
<b>Frozen Vanilla Chai</b>	Large	310	21.6g	27.8g	25.8g	3.5g	131mg
<b>Strawberry Creamy Chill</b>	Small	320	11.4g	54.5g	50.3g	1.9g	98mg
<b>Strawberry Creamy Chill</b>	Medium	437	16.4g	72.4g	66.8g	2.8g	137mg
<b>Strawberry Creamy Chill</b>	Large	573	21.6g	94.7g	87.4g	3.6g	181mg
<b>Sweet Syrup</b>	Standard	47	0.0g	11.8g	11.8g	0.0g	1mg
<b>Creamy Mango Chill</b>	Small	435	16.6g	69.2g	65.5g	2.2g	104mg
<b>Creamy Mango Chill</b>	Medium	569	21.6g	90.6g	85.7g	3.0g	143mg
<b>Creamy Mango Chill</b>	Large	731	26.8g	118.5g	112.1g	3.9g	188mg
<b>Coca-Cola® 500mL Bottle</b>	Standard	200	0.0g	55.0g	55.0g	0.0g	40mg
<b>Sprite® 500mL Bottle</b>	Standard	200	0.0g	54.0g	54.0g	0.0g	85mg
<b>Canada Dry® Ginger Ale 500mL Bottle</b>	Standard	190	0.0g	46.0g	46.0g	0.0g	70mg
<b>Red Velvet Syrup (SM)</b>	Standard	42	0.0g	10.4g	10.1g	0.0g	1mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
<b>Red Velvet Syrup (MD)</b>	Standard	83	0.0g	20.7g	20.1g	0.0g	2mg
<b>Red Velvet Syrup (LG)</b>	Standard	125	0.0g	31.1g	30.1g	0.0g	4mg
<b>Blue Raspberry Slushy</b>	Small	191	0.0g	46.9g	44.5g	0.0g	29mg
<b>Blue Raspberry Slushy</b>	Medium	280	0.0g	68.9g	65.3g	0.0g	43mg
<b>Blue Raspberry Slushy</b>	Large	368	0.0g	90.5g	85.8g	0.0g	56mg
<b>Cherry Slushy</b>	Small	201	0.0g	49.8g	47.0g	0.0g	30mg
<b>Cherry Slushy</b>	Medium	296	0.0g	73.3g	69.2g	0.0g	43mg
<b>Cherry Slushy</b>	Large	389	0.0g	96.2g	90.9g	0.0g	57mg
<b>Kit Kat Iced Capp</b>	Small	370	0.0g	49.0g	45.0g	3.0g	95mg
<b>Kit Kat Iced Capp</b>	Medium	470	0.0g	64.0g	59.0g	4.0g	125mg
<b>Kit Kat Iced Capp</b>	Large	600	0.0g	83.0g	76.0g	5.0g	160mg
<b>Original Cold Brew</b>	Medium	84	4.5g	14.7g	14.7g	0.4g	40mg
<b>Original Cold Brew</b>	Small	54	2.5g	7.7g	7.7g	0.4g	35mg
<b>Jolly Rancher Slushy</b>	Small	226	0.8g	53.6g	50.0g	0.0g	47mg
<b>Jolly Rancher Slushy</b>	Medium	333	1.3g	78.8g	73.5g	0.0g	70mg
<b>Jolly Rancher Slushy</b>	Large	439	1.7g	104.0g	97.0g	0.0g	92mg
<b>Vanilla Creamy Chill</b>	Small	280	7.9g	54.9g	48.4g	0.9g	180mg
<b>Vanilla Creamy Chill</b>	Medium	390	12.9g	67.9g	60.4g	1.9g	230mg
<b>Vanilla Creamy Chill</b>	Large	520	17.9g	88.9g	80.4g	2.9g	290mg
<b>Cold Brew</b>	Small	0	0.0g	0.0g	0.0g	0.3g	0mg
<b>Cold Brew</b>	Medium	0	0.1g	0.0g	0.0g	0.4g	0mg
<b>Cold Brew</b>	Large	0	0.1g	0.0g	0.0g	0.4g	0mg
<b>Iced Cappuccino (Espresso)</b>	Small	101	3.9g	10.0g	9.0g	6.5g	95mg
<b>Iced Cappuccino (Espresso)</b>	Medium	145	5.7g	14.3g	12.9g	9.3g	136mg
<b>Iced Cappuccino (Espresso)</b>	Large	164	6.4g	16.2g	14.6g	10.5g	154mg
<b>Iced Latte Whole Milk SM</b>	Standard	179	6.9g	22.1g	21.1g	7.0g	94mg
<b>Iced Latte Whole Milk MD</b>	Standard	250	9.4g	31.6g	30.4g	9.6g	128mg
<b>Iced Latte Whole Milk LG</b>	Standard	103	0.4g	24.7g	23.9g	0.1g	9mg
<b>Iced Latte Mocha Whole Milk SM</b>	Standard	171	7.1g	19.8g	18.1g	7.4g	163mg
<b>Iced Latte Mocha Whole Milk MD</b>	Standard	238	9.7g	28.3g	25.9g	10.1g	231mg
<b>Iced Latte Mocha Whole Milk LG</b>	Standard	304	12.2g	36.5g	33.6g	12.7g	298mg
<b>Vanilla Iced Latte</b>	Large	306	16.0g	24.0g	21.6g	16.2g	0mg
<b>Caramel Iced Latte</b>	Large	133	5.1g	13.5g	12.0g	8.4g	0mg
<b>Caramel Iced Latte</b>	Medium	111	4.3g	11.2g	10.2g	7.1g	0mg
<b>Vanilla Iced Latte</b>	Small	155	8.1g	12.5g	10.8g	8.2g	0mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
<b>Caramel Iced Latte</b>	Small	92	3.6g	9.1g	8.6g	5.9g	0mg
<b>Original Cold Brew</b>	Large	174	9.5g	22.7g	21.7g	0.4g	65mg
<b>Gingerbread Iced Capp</b>	Small	291	11.5g	47.0g	44.2g	2.3g	108mg
<b>Gingerbread Iced Capp</b>	Medium	401	16.6g	63.1g	59.3g	3.3g	154mg
<b>Gingerbread Iced Capp</b>	Large	529	21.8g	83.6g	78.4g	4.3g	200mg
<b>Gingerbread Topping Modifier</b>	Standard	13	0.0g	3.3g	3.3g	0.0g	9mg
<b>Chocolate Milk Carton - SM</b>	Standard	140	4.5g	13.0g	12.0g	13.0g	150mg
<b>Strawberry TimShake SM - 605651</b>	Standard	365	17.6g	50.6g	47.1g	2.3g	0mg
<b>Strawberry TimShake MD - 605652</b>	Standard	474	23.0g	65.2g	60.6g	3.1g	0mg
<b>Strawberry TimShake LG - 605653</b>	Standard	603	28.6g	84.5g	78.5g	4.1g	0mg
<b>Pumpkin Spice Iced Capp Refill</b>	Small	260	5.2g	52.6g	49.5g	1.4g	50mg
<b>Pumpkin Spice Iced Capp Refill</b>	Medium	321	5.3g	67.5g	63.4g	1.8g	60mg
<b>Original Iced Latte Refill</b>	Medium	138	5.2g	13.3g	12.9g	9.5g	114mg
<b>Iced Vanilla Latte Refill</b>	Medium	1	0.0g	0.3g	0.0g	0.0g	2mg
<b>Raspberry Frozen Lemonade Refill</b>	Small	176	0.0g	43.0g	38.4g	0.0g	31mg
<b>Raspberry Frozen Lemonade Refill</b>	Medium	257	0.0g	62.9g	56.1g	0.0g	46mg
<b>Raspberry Frozen Lemonade Refill</b>	Large	331	0.0g	80.9g	72.0g	0.0g	59mg
<b>Strawberry Banana Fruit Chill Refill</b>	Large	328	0.0g	81.8g	77.5g	0.0g	54mg
<b>Strawberry Banana Fruit Chill Refill</b>	Small	174	0.0g	43.2g	41.0g	0.0g	29mg
<b>Strawberry Banana Fruit Chill Refill</b>	Medium	251	0.0g	62.5g	59.3g	0.0g	41mg
<b>Mixed Berry Chill Refill</b>	Small	195	0.0g	49.6g	45.9g	0.0g	60mg
<b>Mixed Berry Chill Refill</b>	Medium	282	0.0g	71.7g	66.4g	0.0g	87mg
<b>Mixed Berry Chill Refill</b>	Large	369	0.0g	93.8g	86.8g	0.0g	113mg
<b>Caramel Iced Coffee Refill</b>	Small	0	0.0g	0.0g	0.0g	0.0g	0mg
<b>Caramel Iced Coffee Refill</b>	Medium	0	0.0g	0.0g	0.0g	0.0g	0mg
<b>Caramel Iced Coffee Refill</b>	Large	0	0.0g	0.0g	0.0g	0.0g	0mg
<b>Mocha Iced Coffee Refill</b>	Large	0	0.0g	0.0g	0.0g	0.0g	0mg
<b>Mocha Iced Coffee Refill</b>	Medium	0	0.0g	0.0g	0.0g	0.0g	0mg
<b>Mocha Iced Coffee Refill</b>	Small	0	0.0g	0.0g	0.0g	0.0g	0mg
<b>Vanilla Iced Coffee Refill</b>	Small	0	0.0g	0.0g	0.0g	0.0g	0mg
<b>Vanilla Iced Coffee Refill</b>	Medium	0	0.0g	0.0g	0.0g	0.0g	0mg
<b>Vanilla Iced Coffee Refill</b>	Large	0	0.0g	0.0g	0.0g	0.0g	0mg
<b>Iced Caramel Macchiato Refiil</b>	Small	94	3.6g	9.0g	8.8g	6.4g	78mg
<b>Iced Caramel Macchiato Refiil</b>	Medium	1	0.0g	0.2g	0.0g	0.0g	2mg
<b>Iced Caramel Macchiato Refiil</b>	Large	144	5.4g	14.0g	13.4g	9.8g	120mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
<b>LOOP Juice - Morning Glory</b>	Standard	150	0.1g	34.0g	32.0g	2.0g	0mg
<b>LOOP Juice - Undercover</b>	Standard	130	0.1g	23.0g	21.0g	2.0g	0mg
<b>Pumpkin Spice Iced Capp Refill</b>	Large	399	5.4g	86.8g	81.4g	2.2g	71mg
<b>Salted Caramel Iced Capp SM</b>	Standard	248	12.7g	31.7g	28.6g	2.4g	0mg
<b>Salted Caramel Iced Capp MD</b>	Standard	340	18.3g	41.3g	37.4g	3.4g	0mg
<b>Salted Caramel Iced Capp LG</b>	Standard	519	29.2g	60.4g	55.0g	4.8g	0mg
<b>Salted Caramel Iced Coffee SM</b>	Standard	48	0.5g	10.1g	9.1g	0.5g	0mg
<b>Salted Caramel Iced Coffee MD</b>	Standard	63	0.6g	13.4g	12.2g	0.6g	0mg
<b>Salted Caramel Iced Coffee LG</b>	Standard	78	0.7g	16.8g	15.2g	0.7g	0mg
<b>Salted Caramel Iced Latte SM</b>	Standard	211	9.5g	24.3g	22.8g	7.0g	0mg
<b>Salted Caramel Iced Latte MD</b>	Standard	271	11.0g	34.0g	31.8g	9.1g	0mg
<b>Salted Caramel Iced Latte LG</b>	Standard	313	11.7g	42.0g	39.1g	10.0g	0mg
<b>Salted Caramel Latte SM</b>	Standard	138	4.2g	18.8g	16.9g	6.4g	0mg
<b>Salted Caramel Latte LG</b>	Standard	286	8.2g	40.8g	37.6g	12.4g	0mg
<b>Nitro Pumpkin Spice Cold Brew</b>	Small	80	6.0g	7.7g	6.9g	0.4g	55mg
<b>Nitro Pumpkin Spice Cold Brew</b>	Medium	85	5.0g	8.5g	6.8g	0.4g	75mg
<b>Nitro Pumpkin Spice Cold Brew</b>	Large	91	6.0g	9.4g	7.8g	0.4g	90mg
<b>Pumpkin Spice Iced Latte</b>	Medium	146	4.8g	17.8g	17.1g	7.8g	110mg
<b>Pumpkin Spice Iced Latte</b>	Large	261	10.0g	34.3g	34.7g	8.9g	160mg
<b>Caramel Cold Brew SM</b>	Standard	206	12.2g	22.2g	21.2g	1.7g	0mg
<b>Caramel Cold Brew MD</b>	Standard	283	17.3g	29.1g	28.1g	2.7g	0mg
<b>Caramel Cold Brew LG</b>	Standard	337	20.2g	35.4g	34.4g	3.2g	0mg
<b>Strawberry Watermelon Lemonade Qu...</b>	Small	90	0.0g	22.0g	19.0g	0.0g	10mg
<b>Strawberry Watermelon Lemonade Qu...</b>	Medium	120	0.0g	30.0g	26.0g	0.0g	15mg
<b>Strawberry Watermelon Lemonade Qu...</b>	Large	150	0.0g	39.0g	33.0g	0.0g	25mg
<b>Peach Lemonade Quencher</b>	Small	90	0.0g	24.0g	22.0g	0.0g	5mg
<b>Peach Lemonade Quencher</b>	Medium	130	0.0g	33.0g	30.0g	0.0g	10mg
<b>Peach Lemonade Quencher</b>	Large	170	0.0g	43.0g	38.0g	0.0g	15mg
<b>Strawberry Frozen Lemonade</b>	Small	250	0.0g	62.0g	56.0g	0.1g	35mg
<b>Strawberry Frozen Lemonade</b>	Medium	310	0.0g	79.0g	71.0g	0.1g	40mg
<b>Strawberry Frozen Lemonade</b>	Large	410	0.0g	102.0g	92.0g	0.2g	55mg
<b>Iced Coffee Light</b>	Small	1	0.0g	0.0g	0.0g	0.1g	6mg
<b>Iced Coffee Light</b>	Medium	0	0.0g	0.0g	0.0g	0.2g	9mg
<b>Iced Coffee Light</b>	Large	0	0.0g	0.0g	0.0g	0.3g	11mg
<b>Iced Coffee Almond</b>	Small	7	0.0g	1.6g	1.6g	0.2g	20mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
Iced Coffee Almond	Medium	7	0.0g	2.0g	2.1g	0.2g	27mg
Iced Coffee Almond	Large	9	0.0g	2.7g	2.7g	0.3g	35mg
Salted Caramel Creamy Chill	Small	277	11.0g	40.5g	37.9g	1.9g	75mg
Salted Caramel Creamy Chill	Medium	382	15.8g	54.0g	50.6g	2.7g	102mg
Salted Caramel Creamy Chill	Large	506	20.8g	72.2g	67.6g	3.5g	133mg
Classic Lemonade Quenchers	Small	90	0.0g	23.0g	21.0g	0.0g	10mg
Classic Lemonade Quenchers	Medium	110	0.0g	30.0g	28.0g	0.0g	10mg
Classic Lemonade Quenchers	Large	140	0.0g	39.0g	36.0g	0.0g	15mg
Strawberry Smoothie	Small	218	1.1g	48.8g	44.3g	2.8g	61mg
Strawberry Smoothie	Medium	308	2.0g	66.8g	60.1g	4.9g	96mg
Strawberry Smoothie	Large	410	2.5g	89.5g	80.7g	6.3g	125mg
Salted Caramel Cold Brew	Small	102	6.3g	9.1g	8.5g	1.3g	45mg
Salted Caramel Cold Brew	Medium	129	7.5g	12.9g	11.9g	1.6g	67mg
Salted Caramel Cold Brew	Large	200	12.3g	18.1g	16.8g	2.5g	89mg
Blackberry Mint Tim Hortons Refresh...	Standard	150	0.0g	36.1g	35.5g	0.4g	0mg
Blackberry Mint Tim Hortons Refresh...	Standard	200	0.0g	48.2g	47.3g	0.5g	0mg
Blackberry Mint Tim Hortons Refresh...	Standard	250	0.0g	60.3g	59.1g	0.7g	0mg
Mandarin Green Tea Tim Hortons Refr...	Standard	156	0.0g	37.1g	35.8g	0.0g	0mg
Mandarin Green Tea Tim Hortons Refr...	Standard	207	0.0g	49.5g	47.7g	0.1g	0mg
Mandarin Green Tea Tim Hortons Refr...	Standard	259	0.0g	61.9g	59.6g	0.1g	0mg
Iced Dirty Chai Latte	Small	166	6.1g	21.9g	19.9g	6.2g	0mg
Iced Dirty Chai Latte	Medium	252	9.1g	33.6g	31.0g	9.2g	0mg
Iced Dirty Chai Latte	Large	332	12.1g	44.2g	39.8g	12.3g	0mg
Iced Vanilla Matcha Latte	Small	192	6.9g	24.2g	21.9g	7.0g	0mg
Iced Vanilla Matcha Latte	Medium	265	9.5g	34.3g	31.7g	9.6g	0mg
Iced Vanilla Matcha Latte	Large	338	11.9g	44.4g	41.4g	12.1g	0mg
Birthday Cake Iced Capp SM	Standard	359	15.1g	53.5g	50.3g	3.2g	0mg
Birthday Cake Iced Capp MD	Standard	468	20.7g	67.4g	63.5g	4.4g	0mg
Birthday Cake Iced Capp LG	Standard	566	24.8g	82.1g	77.5g	5.3g	0mg
Mocha Cold Brew SM	Standard	217	12.4g	24.4g	23.2g	1.9g	0mg
Mocha Cold Brew MD	Standard	298	17.7g	32.0g	30.6g	2.8g	0mg
Mocha Cold Brew LG	Standard	355	20.7g	38.9g	37.4g	3.4g	0mg
Freshly Brewed Iced Tea Quencher	Small	51	0.0g	12.7g	12.5g	0.1g	3mg
Freshly Brewed Iced Tea Quencher	Medium	77	0.0g	19.0g	18.7g	0.1g	4mg
Freshly Brewed Iced Tea Quencher	Large	103	0.0g	25.4g	25.0g	0.1g	5mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
Half & Half Lemonade Iced Tea SM	Standard	69	0.0g	0.0g	0.0g	0.0g	7mg
Half & Half Lemonade Iced Tea MD	Standard	87	0.0g	0.0g	0.0g	0.0g	9mg
Half & Half Lemonade Iced Tea LG	Standard	146	0.0g	0.0g	0.0g	0.0g	15mg
Nitro Blackberry Mint Tim Hortons Ref...	Standard	221	0.0g	53.4g	52.5g	0.6g	2mg
Nitro Blackberry Mint Tim Hortons Ref...	Standard	176	0.0g	42.6g	41.8g	0.5g	2mg
Nitro Blackberry Mint Tim Hortons Ref...	Standard	130	0.0g	31.3g	30.7g	0.3g	1mg
Pumpkin Spice Cold Brew SM	Standard	229	12.6g	0.0g	0.0g	0.0g	50mg
Pumpkin Spice Cold Brew MD	Standard	289	17.5g	0.0g	0.0g	0.0g	62mg
Pumpkin Spice Cold Brew LG	Standard	344	20.5g	0.0g	0.0g	0.0g	73mg
Cinnamon Caramel Cold Brew	Small	23	1.2g	2.8g	1.6g	0.4g	16mg
Cinnamon Caramel Cold Brew	Medium	27	1.4g	3.3g	1.8g	0.4g	19mg
Cinnamon Caramel Cold Brew	Large	46	2.3g	5.4g	3.0g	0.7g	32mg
Candy Cane Iced Capp	Small	253	12.4g	34.5g	30.8g	2.5g	108mg
Candy Cane Iced Capp	Medium	341	17.4g	44.4g	39.8g	3.5g	147mg
Candy Cane Iced Capp	Large	439	22.4g	58.4g	52.8g	4.5g	175mg
Biebs Brew (French Vanilla Cold Brew)	Small	68	6.5g	1.6g	1.3g	1.3g	45mg
Biebs Brew (French Vanilla Cold Brew)	Medium	79	7.6g	1.9g	1.6g	1.5g	53mg
Biebs Brew (French Vanilla Cold Brew)	Large	131	12.6g	3.1g	2.6g	2.4g	86mg
Hershey S'mores Iced Capp	Small	285	13.5g	39.7g	34.2g	2.9g	119mg
Hershey S'mores Iced Capp	Medium	393	19.3g	53.3g	45.7g	4.0g	168mg
Hershey S'mores Iced Capp	Large	521	25.4g	71.2g	61.2g	5.3g	221mg
Hershey S'mores Creamy Chill	Small	330	13.6g	52.0g	44.5g	2.6g	144mg
Hershey S'mores Creamy Chill	Medium	410	19.3g	58.8g	50.5g	3.4g	194mg
Hershey Hershey S'mores Creamy Chill	Large	541	25.1g	78.1g	67.5g	4.4g	252mg
Roasted Hazelnut Cold Brew made wit...	Small	25	3.3g	0.4g	0.0g	0.1g	38mg
Roasted Hazelnut Cold Brew made wit...	Medium	30	4.5g	0.8g	0.0g	1.0g	44mg
Roasted Hazelnut Cold Brew made wit...	Large	82	9.1g	1.5g	0.8g	1.0g	77mg
Matcha Creamy Chill	Small	380	18.0g	53.0g	46.0g	2.0g	110mg
Matcha Creamy Chill	Medium	450	23.0g	59.0g	51.0g	3.0g	140mg
Matcha Creamy Chill	Large	560	29.0g	74.0g	64.0g	4.0g	180mg
Roasted Hazelnut Creamy Chill	Small	206	8.1g	34.4g	30.6g	1.1g	117mg
Roasted Hazelnut Creamy Chill	Medium	296	13.1g	45.7g	41.0g	1.9g	156mg
Roasted Hazelnut Creamy Chill	Large	406	18.3g	61.4g	55.6g	2.7g	199mg
Roasted Hazelnut Iced Capp	Small	191	6.5g	33.8g	30.3g	1.4g	98mg
Roasted Hazelnut Iced Capp	Medium	300	11.5g	49.4g	45.0g	2.3g	132mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
<b>Roasted Hazelnut Iced Capp</b>	Large	427	16.7g	69.2g	63.7g	3.4g	167mg
<b>Blackberry Yuzu Sparkling Quencher</b>	Small	80	0.1g	19.0g	19.0g	0.0g	0mg
<b>Blackberry Yuzu Sparkling Quencher</b>	Medium	110	0.0g	28.0g	28.0g	0.0g	1mg
<b>Blackberry Yuzu Sparkling Quencher</b>	Large	150	0.0g	37.0g	36.0g	0.0g	1mg
<b>Orange Ginger Sparkling Quencher</b>	Small	70	0.1g	18.0g	18.0g	0.1g	0mg
<b>Orange Ginger Sparkling Quencher</b>	Medium	110	0.1g	27.0g	27.0g	0.1g	1mg
<b>Orange Ginger Sparkling Quencher</b>	Large	140	0.1g	35.0g	35.0g	0.1g	1mg
<b>Roasted Hazelnut Iced Latte</b>	Small	146	7.7g	11.3g	10.3g	7.8g	105mg
<b>Roasted Hazelnut Iced Latte</b>	Medium	181	9.6g	14.0g	12.9g	9.7g	130mg
<b>Roasted Hazelnut Iced Latte</b>	Large	265	14.1g	20.3g	18.9g	14.2g	190mg
<b>Redeye Iced Capp</b>	Small	188	7.5g	29.6g	0.0g	1.4g	80mg
<b>Redeye Iced Capp</b>	Medium	278	13.5g	39.6g	36.6g	2.4g	115mg
<b>Redeye Iced Capp</b>	Large	378	18.5g	53.6g	49.6g	3.4g	150mg
<b>Redeye Iced Coffee</b>	Large	0	1.3g	0.0g	0.0g	0.1g	90mg
<b>Redeye Iced Coffee</b>	Medium	0	1.0g	0.0g	0.0g	0.0g	55mg
<b>Redeye Iced Coffee</b>	Small	1	1.0g	0.0g	0.0g	0.0g	50mg
<b>Blue Raspberry Coconut TimsXtra</b>	Standard	245	0.0g	60.3g	60.0g	0.0g	110mg
<b>Tropical Raspberry TimsXtra</b>	Standard	180	0.0g	42.8g	42.8g	0.0g	143mg
<b>Pineapple Coconut Sugar Free TimsXtra</b>	Standard	18	0.0g	3.0g	0.0g	0.0g	105mg
<b>OREO® Double Stuf Iced Capp</b>	Small	255	9.9g	42.8g	36.3g	1.9g	150mg
<b>OREO® Double Stuf Iced Capp</b>	Medium	340	15.9g	50.6g	43.3g	2.9g	200mg
<b>OREO® Double Stuf Iced Capp</b>	Large	455	20.9g	66.5g	57.2g	3.9g	250mg
<b>OREO® Strawberry Creamy Chill</b>	Small	255	8.3g	47.9g	43.0g	1.6g	121mg
<b>OREO® Strawberry Creamy Chill</b>	Medium	371	12.7g	65.9g	58.9g	1.4g	161mg
<b>OREO® Strawberry Creamy Chill</b>	Large	508	18.2g	87.8g	79.8g	2.3g	212mg
<b>Caramel Toffee Cold Brew With Espres...</b>	Small	38	3.5g	0.5g	0.3g	1.0g	37mg
<b>Caramel Toffee Cold Brew With Espres...</b>	Medium	38	3.4g	0.1g	0.3g	0.9g	39mg
<b>Caramel Toffee Cold Brew With Espres...</b>	Large	69	8.4g	0.7g	0.4g	0.8g	50mg
<b>Iced Americano</b>	Small	2	0.0g	0.0g	0.0g	0.0g	2mg
<b>Iced Americano</b>	Medium	4	0.0g	0.0g	0.0g	0.0g	3mg
<b>Iced Americano</b>	Large	4	0.0g	0.0g	0.0g	0.0g	4mg
<b>Vanilla Coconut Cold Brew with Espres...</b>	Small	143	13.0g	6.9g	5.3g	2.0g	67mg
<b>Vanilla Coconut Cold Brew with Espres...</b>	Medium	164	15.0g	7.9g	6.4g	2.0g	81mg
<b>Vanilla Coconut Cold Brew with Espres...</b>	Large	235	21.0g	9.8g	7.6g	3.0g	115mg
<b>Pumpkin Spice Cold Brew</b>	Small	185	11.4g	17.9g	15.9g	1.4g	74mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
<b>Pumpkin Spice Cold Brew</b>	Medium	257	16.9g	25.3g	22.3g	2.0g	89mg
<b>Pumpkin Spice Cold Brew</b>	Large	295	18.4g	29.9g	26.9g	2.4g	119mg
<b>OREO® Double Stuf Redeye Iced Capp</b>	Small	204	8.3g	32.4g	28.9g	1.5g	141mg
<b>OREO® Double Stuf Redeye Iced Capp</b>	Medium	296	13.7g	43.2g	38.7g	2.4g	191mg
<b>OREO® Double Stuf Redeye Iced Capp</b>	Large	398	18.2g	58.0g	51.5g	3.3g	242mg
<b>Nitro Caramel Toffee Cold Brew</b>	Small	50	0.1g	12.0g	12.0g	0.3g	90mg
<b>Nitro Caramel Toffee Cold Brew</b>	Medium	80	0.1g	18.0g	18.0g	0.0g	135mg
<b>Nitro Caramel Toffee Cold Brew</b>	Large	110	0.1g	25.0g	24.0g	1.0g	180mg
<b>Blackberry Yuzu Infusr™ Energy Drink</b>	Standard	140	0.0g	34.0g	34.0g	0.0g	5mg
<b>Mango Starfruit Infusr™ Energy Drink</b>	Standard	130	0.0g	31.0g	31.0g	0.0g	15mg
<b>Coke</b>	Small	90	0.0g	23.0g	23.0g	0.0g	15mg
<b>Coke</b>	Medium	110	0.0g	31.0g	31.0g	0.0g	20mg
<b>Coke</b>	Large	150	0.0g	40.0g	40.0g	0.0g	25mg
<b>Diet Coke</b>	Small	1	0.0g	0.0g	0.0g	0.0g	25mg
<b>Diet Coke</b>	Medium	1	0.0g	0.0g	0.0g	0.0g	30mg
<b>Diet Coke</b>	Large	1	0.0g	0.0g	0.0g	0.0g	40mg
<b>Minute Maid Lemonade</b>	Small	100	0.0g	23.0g	23.0g	0.0g	55mg
<b>Minute Maid Lemonade</b>	Medium	130	0.0g	31.0g	31.0g	0.0g	75mg
<b>Minute Maid Lemonade</b>	Large	150	0.0g	40.0g	39.0g	0.0g	95mg
<b>Mango Starfruit Sparkling Quencher</b>	Small	80	0.1g	19.0g	19.0g	0.1g	15mg
<b>Mango Starfruit Sparkling Quencher</b>	Large	160	0.1g	37.0g	36.0g	0.2g	35mg
<b>Mango Starfruit Sparkling Quencher</b>	Medium	120	0.1g	28.0g	28.0g	0.1g	25mg
<b>Baileys Iced Capp</b>	Small	265	8.9g	49.1g	44.4g	1.9g	150mg
<b>Baileys Iced Capp</b>	Medium	365	13.9g	61.1g	56.4g	2.9g	200mg
<b>Baileys Iced Capp</b>	Large	495	18.9g	80.1g	74.4g	3.9g	250mg
<b>Baileys Cold Brew</b>	Small	165	10.4g	19.8g	17.8g	1.4g	77mg
<b>Baileys Cold Brew</b>	Medium	225	12.4g	27.8g	25.8g	1.4g	92mg
<b>Baileys Cold Brew</b>	Large	315	18.4g	37.8g	34.8g	2.4g	132mg
<b>Unsweetened Iced Latte</b>	Small	51	3.4g	1.7g	1.7g	5.0g	80mg
<b>Unsweetened Iced Latte</b>	Medium	81	4.4g	3.7g	3.7g	7.0g	100mg
<b>Unsweetened Iced Latte</b>	Large	101	4.4g	6.7g	5.7g	9.0g	120mg
<b>Original Iced Latte</b>	Small	111	3.4g	14.5g	14.7g	4.9g	80mg
<b>Original Iced Latte</b>	Medium	160	4.4g	23.4g	23.7g	6.9g	100mg
<b>Original Iced Latte</b>	Large	210	4.4g	32.2g	32.7g	8.9g	120mg
<b>Fudge Brownie Almond Iced Latte</b>	Large	218	9.0g	34.5g	31.0g	1.9g	240mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
<b>Fudge Brownie Almond Iced Latte</b>	Medium	179	8.0g	26.7g	24.0g	1.9g	190mg
<b>Fudge Brownie Almond Iced Latte</b>	Small	129	6.0g	18.8g	17.0g	0.9g	140mg
<b>Fudge Brownie Iced Latte</b>	Small	134	3.4g	19.4g	18.6g	5.9g	150mg
<b>Fudge Brownie Iced Latte</b>	Medium	184	4.4g	27.3g	26.6g	7.9g	200mg
<b>Fudge Brownie Iced Latte</b>	Large	233	5.4g	35.1g	34.6g	9.9g	260mg
<b>Caramilk Iced Capp</b>	Small	335	10.9g	59.1g	55.4g	1.9g	170mg
<b>Caramilk Iced Capp</b>	Medium	445	16.9g	73.1g	68.4g	2.9g	220mg
<b>Caramilk Iced Capp</b>	Large	585	22.9g	94.1g	88.4g	4.9g	280mg
<b>Chocolate Hazelnut Iced Capp with Nu...</b>	Small	215	8.8g	36.1g	32.4g	1.3g	86mg
<b>Chocolate Hazelnut Iced Capp with Nu...</b>	Medium	290	13.8g	42.1g	36.4g	2.2g	111mg
<b>Chocolate Hazelnut Iced Capp with Nu...</b>	Large	385	18.7g	55.1g	48.4g	3.1g	136mg
<b>Chocolate Hazelnut Cold Brew with Nu...</b>	Small	138	11.4g	8.6g	6.6g	1.2g	60mg
<b>Chocolate Hazelnut Cold Brew with Nu...</b>	Medium	153	12.3g	9.6g	6.6g	1.1g	65mg
<b>Chocolate Hazelnut Cold Brew with Nu...</b>	Large	198	17.3g	10.6g	7.6g	2.0g	90mg
<b>Wildberry Hibiscus Sparkling Quencher</b>	Small	70	0.0g	17.0g	16.0g	0.0g	5mg
<b>Wildberry Hibiscus Sparkling Quencher</b>	Large	130	0.0g	33.0g	32.0g	0.0g	10mg
<b>Wildberry Hibiscus Sparkling Quencher</b>	Medium	100	0.0g	25.0g	24.0g	0.0g	10mg
<b>Mango Frozen Lemonade</b>	Small	240	0.0g	59.0g	54.0g	0.0g	40mg
<b>Mango Frozen Lemonade</b>	Medium	300	0.0g	75.0g	68.0g	0.0g	45mg
<b>Mango Frozen Lemonade</b>	Large	400	0.0g	99.0g	90.0g	0.0g	60mg
<b>Tiramisu Cold Brew with Espresso Infu...</b>	Small	113	9.4g	5.6g	3.6g	1.4g	60mg
<b>Tiramisu Cold Brew with Espresso Infu...</b>	Medium	118	11.4g	6.1g	4.1g	1.4g	65mg
<b>Tiramisu Cold Brew with Espresso Infu...</b>	Large	173	16.4g	7.6g	4.6g	2.4g	90mg
<b>Blackberry Yuzu Frozen Quencher</b>	Small	330	7.0g	68.0g	62.0g	0.0g	55mg
<b>Blackberry Yuzu Frozen Quencher</b>	Medium	390	7.0g	82.0g	76.0g	0.0g	60mg
<b>Blackberry Yuzu Frozen Quencher</b>	Large	480	7.0g	104.0g	96.0g	0.0g	70mg
<b>Wildberry Hibiscus Frozen Quencher</b>	Large	460	7.0g	101.0g	91.0g	0.0g	80mg
<b>Mango Starfruit Frozen Quencher</b>	Large	397	0.4g	97.5g	89.8g	0.0g	105mg
<b>Mango Starfruit Frozen Quencher</b>	Medium	307	0.4g	74.5g	67.8g	0.0g	90mg
<b>Wildberry Hibiscus Frozen Quencher</b>	Medium	380	7.0g	79.0g	72.0g	0.0g	70mg
<b>Mango Starfruit Frozen Quencher</b>	Small	247	0.4g	60.5g	53.8g	0.0g	75mg
<b>Wildberry Hibiscus Frozen Quencher</b>	Small	320	7.0g	66.0g	59.0g	0.0g	60mg
<b>Orange Tangerine Frozen Quencher</b>	Small	340	7.0g	68.0g	61.0g	0.0g	60mg
<b>Orange Tangerine Frozen Quencher</b>	Medium	400	7.0g	82.0g	74.0g	0.0g	65mg
<b>Orange Tangerine Frozen Quencher</b>	Large	490	7.0g	104.0g	94.0g	0.0g	80mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
<b>Orange Tangerine Sparkling Quencher</b>	Small	80	0.0g	19.0g	17.0g	0.0g	5mg
<b>Orange Tangerine Sparkling Quencher</b>	Large	160	0.0g	37.0g	34.0g	0.0g	10mg
<b>Orange Tangerine Sparkling Quencher</b>	Medium	120	0.0g	28.0g	26.0g	0.0g	10mg
<b>Mango Starfruit Cloud Quencher</b>	Small	240	13.0g	30.0g	27.0g	1.0g	60mg
<b>Mango Starfruit Cloud Quencher</b>	Large	380	17.0g	51.0g	47.0g	1.0g	90mg
<b>Mango Starfruit Cloud Quencher</b>	Medium	260	11.0g	37.0g	34.0g	1.0g	60mg
<b>Strawberry Watermelon Sparkling Que...</b>	Small	40	0.0g	10.0g	8.0g	0.0g	10mg
<b>Strawberry Watermelon Sparkling Que...</b>	Large	80	0.0g	19.0g	16.0g	0.0g	20mg
<b>Strawberry Watermelon Sparkling Que...</b>	Medium	60	0.0g	15.0g	12.0g	0.0g	15mg
<b>Peach Sparkling Quencher</b>	Large	100	0.0g	24.0g	21.0g	0.0g	10mg
<b>Peach Sparkling Quencher</b>	Medium	70	0.0g	18.0g	16.0g	0.0g	10mg
<b>Peach Sparkling Quencher</b>	Small	50	0.0g	12.0g	11.0g	0.0g	5mg
<b>Mango Starfruit Lemonade Quencher</b>	Small	120	0.0g	31.0g	30.0g	0.0g	20mg
<b>Mango Starfruit Lemonade Quencher</b>	Medium	180	0.0g	43.0g	42.0g	0.0g	30mg
<b>Mango Starfruit Lemonade Quencher</b>	Large	230	0.0g	56.0g	54.0g	0.0g	35mg
<b>Wildberry Hibiscus Lemonade Quencher</b>	Large	200	0.0g	52.0g	49.0g	0.0g	15mg
<b>Wildberry Hibiscus Lemonade Quencher</b>	Medium	160	0.0g	40.0g	38.0g	0.0g	10mg
<b>Wildberry Hibiscus Lemonade Quencher</b>	Small	110	0.0g	29.0g	27.0g	0.0g	5mg
<b>Blackberry Yuzu Lemonade Quencher</b>	Large	220	0.0g	56.0g	54.0g	0.0g	4mg
<b>Blackberry Yuzu Lemonade Quencher</b>	Medium	170	0.0g	43.0g	42.0g	0.0g	3mg
<b>Blackberry Yuzu Lemonade Quencher</b>	Small	120	0.0g	31.0g	30.0g	0.0g	2mg
<b>Blackberry Yuzu Cloud Quencher</b>	Large	390	17.0g	57.0g	53.0g	1.0g	60mg
<b>Blackberry Yuzu Cloud Quencher</b>	Medium	270	11.0g	41.0g	39.0g	1.0g	40mg
<b>Blackberry Yuzu Cloud Quencher</b>	Small	250	13.0g	32.0g	30.0g	1.0g	45mg
<b>Orange Tangerine Cloud Quencher</b>	Large	360	17.0g	52.0g	45.0g	1.0g	70mg
<b>Orange Tangerine Cloud Quencher</b>	Medium	250	11.0g	37.0g	33.0g	1.0g	50mg
<b>Orange Tangerine Cloud Quencher</b>	Small	240	13.0g	30.0g	26.0g	1.0g	50mg
<b>Wildberry Hibiscus Cloud Quencher</b>	Large	350	17.0g	48.0g	42.0g	1.0g	70mg
<b>Wildberry Hibiscus Cloud Quencher</b>	Medium	240	11.0g	34.0g	31.0g	1.0g	45mg
<b>Wildberry Hibiscus Cloud Quencher</b>	Small	230	13.0g	28.0g	24.0g	1.0g	50mg
<b>Coffee Jelly Cold Brew</b>	Small	161	9.5g	18.8g	13.8g	1.4g	65mg
<b>Coffee Jelly Cold Brew</b>	Medium	217	11.5g	29.9g	22.9g	1.4g	75mg
<b>Coffee Jelly Cold Brew</b>	Large	323	16.5g	43.0g	33.0g	2.4g	110mg
<b>Wildberry Hibiscus Infusr™ Energy Bev...</b>	Standard	120	0.0g	31.0g	29.0g	0.0g	10mg
<b>Orange Citrus Infusr™ Zero Energy Dri...</b>	Standard	15	0.0g	0.0g	0.0g	0.0g	15mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
<b>Blackberry Yuzu Frosted Quencher</b>	Small	280	0.0g	69.0g	50.0g	0.0g	30mg
<b>Blackberry Yuzu Frosted Quencher</b>	Medium	370	0.0g	92.0g	68.0g	0.0g	40mg
<b>Blackberry Yuzu Frosted Quencher</b>	Large	460	0.0g	114.0g	85.0g	0.0g	50mg
<b>Wildberry Hibiscus Frosted Quencher</b>	Large	420	0.0g	105.0g	75.0g	0.0g	60mg
<b>Mango Starfruit Frosted Quencher</b>	Large	440	0.0g	109.0g	79.0g	0.0g	80mg
<b>Mango Starfruit Frosted Quencher</b>	Medium	360	0.0g	88.0g	63.0g	0.0g	65mg
<b>Wildberry Hibiscus Frosted Quencher</b>	Medium	340	0.0g	85.0g	60.0g	0.0g	50mg
<b>Mango Starfruit Frosted Quencher</b>	Small	270	0.0g	67.0g	47.0g	0.0g	50mg
<b>Wildberry Hibiscus Frosted Quencher</b>	Small	260	0.0g	65.0g	45.0g	0.0g	40mg
<b>Caramel Crunch TimSwirl</b>	Small	397	14.4g	66.5g	45.8g	2.5g	180mg
<b>Caramel Crunch TimSwirl</b>	Medium	547	21.4g	88.5g	62.8g	2.5g	250mg
<b>Caramel Crunch TimSwirl</b>	Large	697	27.4g	111.5g	79.8g	3.5g	310mg
<b>Strawberry Cookie Crumble TimSwirl</b>	Large	667	24.4g	109.5g	74.8g	4.5g	240mg
<b>Strawberry Cookie Crumble TimSwirl</b>	Medium	527	19.4g	87.5g	58.8g	3.5g	190mg
<b>Strawberry Cookie Crumble TimSwirl</b>	Small	387	13.4g	65.5g	42.8g	2.5g	150mg
<b>Double Milk Chocolate TimSwirl</b>	Large	697	28.4g	109.5g	77.8g	5.5g	230mg
<b>Double Milk Chocolate TimSwirl</b>	Medium	547	21.4g	87.5g	61.8g	4.5g	190mg
<b>Double Milk Chocolate TimSwirl</b>	Small	407	15.4g	65.5g	44.8g	2.5g	140mg
<b>White Chocolate Pistachio Iced Latte</b>	Small	75	3.4g	7.5g	7.0g	5.9g	77mg
<b>White Chocolate Pistachio Iced Latte</b>	Medium	101	4.3g	10.0g	9.7g	6.9g	101mg
<b>White Chocolate Pistachio Iced Latte</b>	Large	126	5.3g	11.4g	12.4g	8.8g	125mg
<b>White Chocolate Pistachio Iced Capp</b>	Small	213	8.1g	35.9g	32.5g	1.8g	85mg
<b>White Chocolate Pistachio Iced Capp</b>	Medium	279	13.1g	41.5g	38.2g	2.8g	109mg
<b>White Chocolate Pistachio Iced Capp</b>	Large	384	19.1g	55.0g	49.9g	3.8g	142mg
<b>Blackberry Yuzu Iced Tea Quencher</b>	Small	130	0.0g	31.0g	31.0g	0.0g	20mg
<b>Blackberry Yuzu Iced Tea Quencher</b>	Large	230	0.0g	56.0g	56.0g	0.0g	35mg
<b>Peach Iced Tea Quencher</b>	Small	100	0.0g	24.0g	23.0g	0.0g	25mg
<b>Peach Iced Tea Quencher</b>	Medium	130	0.0g	34.0g	31.0g	0.0g	35mg
<b>Peach Iced Tea Quencher</b>	Large	170	0.0g	43.0g	40.0g	0.0g	40mg
<b>Blackberry Yuzu Iced Tea Quencher</b>	Medium	180	0.0g	43.0g	43.0g	0.0g	25mg
<b>Strawberry Watermelon Iced Tea Quen...</b>	Small	90	0.0g	22.0g	20.0g	0.0g	30mg
<b>Strawberry Watermelon Iced Tea Quen...</b>	Medium	120	0.0g	30.0g	27.0g	0.0g	40mg
<b>Strawberry Watermelon Iced Tea Quen...</b>	Large	150	0.0g	39.0g	35.0g	0.0g	50mg
<b>Fuze Iced Tea Bottle</b>	Standard	160	0.0g	43.0g	43.0g	0.0g	50mg
<b>Fuze Iced Tea</b>	Large	120	0.0g	29.0g	29.0g	0.0g	50mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
<b>Fuze Iced Tea</b>	Medium	90	0.0g	23.0g	23.0g	0.0g	40mg
<b>Fuze Iced Tea</b>	Small	70	0.0g	17.0g	17.0g	0.0g	30mg
<b>Caramel Toffee Iced Capp</b>	Small	268	7.9g	49.6g	45.1g	1.9g	175mg
<b>Caramel Toffee Iced Capp</b>	Medium	358	12.9g	61.6g	56.1g	1.9g	245mg
<b>Caramel Toffee Iced Capp</b>	Large	488	18.9g	80.6g	75.2g	2.9g	315mg
<b>Caramel Toffee Creamy Chill</b>	Small	278	7.9g	50.6g	44.1g	0.9g	205mg
<b>Caramel Toffee Creamy Chill</b>	Medium	368	12.9g	62.6g	56.1g	1.9g	275mg
<b>Caramel Toffee Creamy Chill</b>	Large	498	18.9g	82.6g	74.2g	2.9g	355mg
<b>Caramel Toffee Iced Latte</b>	Small	81	3.4g	7.4g	7.0g	4.9g	81mg
<b>Caramel Toffee Iced Latte</b>	Medium	104	4.4g	9.9g	9.7g	6.9g	106mg
<b>Caramel Toffee Iced Latte</b>	Large	127	4.4g	11.2g	12.4g	8.9g	121mg
<b>Oreo Mocha Iced Capp</b>	Small	214	8.1g	35.7g	31.8g	1.1g	151mg
<b>Oreo Mocha Iced Capp</b>	Medium	276	13.4g	40.6g	37.0g	2.8g	211mg
<b>Oreo Mocha Iced Capp</b>	Large	377	18.8g	53.4g	48.3g	3.5g	272mg
<b>Brown Sugar Iced Latte</b>	Large	233	4.4g	38.1g	37.6g	8.9g	135mg
<b>Brown Sugar Iced Latte</b>	Medium	184	4.4g	29.3g	28.6g	6.9g	110mg
<b>Brown Sugar Iced Latte</b>	Small	134	3.4g	20.4g	20.6g	5.9g	85mg
<b>Toasted Marshmallow Cold Brew with I...</b>	Large	308	17.5g	37.6g	34.6g	2.4g	95mg
<b>Toasted Marshmallow Cold Brew with I...</b>	Medium	228	12.5g	29.6g	26.6g	1.4g	70mg
<b>Toasted Marshmallow Cold Brew with I...</b>	Small	188	10.5g	22.6g	19.6g	1.4g	60mg
<b>Orange Tangerine Lemonade Quencher</b>	Large	230	0.0g	56.0g	52.0g	0.0g	15mg
<b>Orange Tangerine Lemonade Quencher</b>	Medium	180	0.0g	43.0g	40.0g	0.0g	10mg
<b>Orange Tangerine Lemonade Quencher</b>	Small	130	0.0g	31.0g	29.0g	0.0g	5mg
<b>Peach Frozen Quencher</b>	Large	430	7.0g	91.0g	80.0g	0.0g	80mg
<b>Peach Frozen Quencher</b>	Medium	350	7.0g	73.0g	64.0g	0.0g	65mg
<b>Peach Frozen Quencher</b>	Small	310	7.0g	61.0g	54.0g	0.0g	60mg
<b>Pineapple Dragon Fruit Frozen Quench...</b>	Large	307	0.4g	75.5g	65.8g	0.0g	80mg
<b>Pineapple Dragon Fruit Frozen Quench...</b>	Medium	237	0.4g	58.5g	49.8g	0.0g	70mg
<b>Pineapple Dragon Fruit Frozen Quench...</b>	Small	197	0.4g	48.5g	40.8g	0.0g	60mg
<b>Pineapple Dragon Fruit Lemonade Que...</b>	Large	150	0.0g	38.0g	34.0g	0.0g	15mg
<b>Pineapple Dragon Fruit Lemonade Que...</b>	Medium	120	0.0g	29.0g	26.0g	0.0g	10mg
<b>Pineapple Dragon Fruit Lemonade Que...</b>	Small	80	0.0g	22.0g	19.0g	0.0g	10mg
<b>Pineapple Dragon Fruit Sparkling Que...</b>	Large	80	0.0g	19.0g	16.0g	0.0g	15mg
<b>Pineapple Dragon Fruit Sparkling Que...</b>	Medium	60	0.0g	14.0g	12.0g	0.0g	10mg
<b>Pineapple Dragon Fruit Sparkling Que...</b>	Small	40	0.0g	9.0g	8.0g	0.0g	5mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
<b>Strawberry Watermelon Frozen Quenc...</b>	Large	410	7.0g	87.0g	75.0g	0.0g	90mg
<b>Strawberry Watermelon Frozen Quenc...</b>	Medium	340	7.0g	69.0g	60.0g	0.0g	75mg
<b>Strawberry Watermelon Frozen Quenc...</b>	Small	300	7.0g	59.0g	21.0g	0.0g	65mg
<b>Iced Chai Latte</b>	Small	135	3.4g	20.6g	20.6g	6.0g	90mg
<b>Iced Chai Latte</b>	Medium	185	4.4g	29.6g	29.6g	7.0g	120mg
<b>Iced Chai Latte</b>	Large	235	4.4g	38.6g	37.6g	9.0g	150mg
<b>Original Protein Iced Latte</b>	Small	136	4.0g	12.8g	13.1g	11.9g	50mg
<b>Original Protein Iced Latte</b>	Medium	135	5.0g	4.1g	4.4g	16.9g	70mg
<b>Original Protein Iced Latte</b>	Large	190	7.0g	8.0g	7.5g	22.9g	90mg
<b>Orange Tangerine Iced Tea Quencher</b>	Large	240	0.0g	56.0g	54.0g	0.0g	40mg
<b>Orange Tangerine Iced Tea Quencher</b>	Medium	180	0.0g	43.0g	41.0g	0.0g	30mg
<b>Orange Tangerine Iced Tea Quencher</b>	Small	130	0.0g	31.0g	30.0g	0.0g	25mg
<b>Pink Grapefruit Sunrise Zero Sugar Sp...</b>	Large	10	0.5g	2.0g	0.0g	0.0g	10mg
<b>Pink Grapefruit Sunrise Zero Sugar Sp...</b>	Medium	5	0.0g	1.0g	0.0g	0.0g	5mg
<b>Pink Grapefruit Sunrise Zero Sugar Sp...</b>	Small	4	0.0g	1.0g	0.0g	0.0g	4mg
<b>Raspberry Mojito Frozen Quencher</b>	Large	237	0.4g	58.5g	49.8g	0.0g	75mg
<b>Raspberry Mojito Frozen Quencher</b>	Medium	177	0.4g	45.5g	37.8g	0.0g	65mg
<b>Raspberry Mojito Frozen Quencher</b>	Small	157	0.4g	39.5g	32.8g	0.0g	60mg
<b>Raspberry Mojito Lemonade Quencher</b>	Large	80	0.0g	21.0g	18.0g	0.0g	10mg
<b>Raspberry Mojito Lemonade Quencher</b>	Medium	60	0.0g	17.0g	14.0g	0.0g	5mg
<b>Raspberry Mojito Lemonade Quencher</b>	Small	50	0.0g	13.0g	11.0g	0.0g	4mg
<b>Raspberry Mojito Zero Sugar Sparklin...</b>	Large	10	0.0g	3.0g	0.0g	0.0g	5mg
<b>Raspberry Mojito Zero Sugar Sparklin...</b>	Medium	10	0.0g	2.0g	0.0g	0.0g	4mg
<b>Raspberry Mojito Zero Sugar Sparklin...</b>	Small	5	0.0g	2.0g	0.0g	0.0g	3mg
<b>Mango Slushy with Tajin</b>	Medium	300	0.0g	75.0g	68.0g	0.0g	480mg
<b>Mango Slushy with Tajin</b>	Large	400	0.0g	99.0g	90.0g	0.0g	600mg
<b>Protein Iced Latte with Sugar-Free Vani...</b>	Small	119	4.0g	8.8g	5.0g	11.9g	65mg
<b>Protein Iced Latte with Sugar-Free Vani...</b>	Medium	159	5.0g	11.7g	8.0g	16.9g	90mg
<b>Protein Iced Latte with Sugar-Free Vani...</b>	Large	218	7.0g	16.5g	10.0g	22.9g	125mg
<b>Brown Sugar Protein Iced Latte</b>	Small	159	4.0g	18.8g	18.0g	11.9g	55mg
<b>Brown Sugar Protein Iced Latte</b>	Medium	219	5.0g	27.7g	27.0g	16.9g	75mg
<b>Brown Sugar Protein Iced Latte</b>	Large	298	7.0g	37.5g	36.0g	23.9g	105mg
<b>Caramel Churro Iced Latte</b>	Large	233	4.4g	38.1g	37.6g	8.9g	190mg
<b>Caramel Churro Iced Latte</b>	Medium	184	4.4g	29.3g	28.6g	6.9g	160mg
<b>Caramel Churro Iced Latte</b>	Small	134	3.4g	20.4g	19.6g	5.9g	115mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
<b>Caramel Churro Cold Brew</b>	Large	308	17.5g	36.6g	33.6g	2.4g	160mg
<b>Caramel Churro Cold Brew</b>	Medium	228	12.5g	28.6g	25.6g	1.4g	120mg
<b>Caramel Churro Cold Brew</b>	Small	188	11.5g	22.6g	19.6g	1.4g	100mg
<b>Chocolate Pistachio Protein Iced Latte</b>	Small	159	4.0g	18.8g	18.0g	11.9g	60mg
<b>Chocolate Pistachio Protein Iced Latte</b>	Medium	229	5.0g	27.7g	27.0g	16.9g	90mg
<b>Chocolate Pistachio Protein Iced Latte</b>	Large	308	7.0g	36.5g	36.0g	22.9g	120mg
<b>Chocolate Pistachio Iced Capp</b>	Small	270	7.8g	49.1g	44.4g	1.9g	100mg
<b>Chocolate Pistachio Iced Capp</b>	Medium	370	12.8g	61.1g	56.4g	1.9g	130mg
<b>Chocolate Pistachio Iced Capp</b>	Large	490	18.8g	80.1g	74.4g	3.9g	160mg
<b>Chocolate Pistachio Cold Brew</b>	Large	308	17.5g	35.6g	33.6g	2.4g	120mg
<b>Chocolate Pistachio Cold Brew</b>	Medium	228	12.5g	28.6g	25.6g	1.4g	85mg
<b>Chocolate Pistachio Cold Brew</b>	Small	188	10.5g	21.6g	19.6g	1.4g	75mg
<b>Chocolate Pistachio Iced Matcha Latte ...</b>	Small	255	11.4g	29.6g	26.6g	7.0g	125mg
<b>Chocolate Pistachio Iced Matcha Latte ...</b>	Medium	305	12.4g	38.6g	35.6g	9.0g	150mg
<b>Chocolate Pistachio Iced Matcha Latte ...</b>	Large	355	13.4g	47.6g	43.6g	11.0g	180mg
<b>Caramel Churro Iced Capp</b>	Small	305	9.9g	54.1g	47.4g	1.9g	135mg
<b>Caramel Churro Iced Capp</b>	Medium	415	15.9g	67.1g	58.4g	2.9g	180mg
<b>Caramel Churro Iced Capp</b>	Large	555	21.9g	88.1g	78.4g	3.9g	230mg

## LUNCH & DINNER

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
<b>Chili</b>	Standard	165	14.5g	0.0g	7.4g	16.5g	704mg
<b>Chicken Noodle Soup</b>	Standard	0	0.0g	0.0g	1.4g	3.5g	444mg
<b>Chicken Noodle Soup</b>	Regular	0	0.0g	0.0g	1.4g	2.5g	314mg
<b>Chicken Noodle Soup</b>	Large	0	0.0g	0.0g	1.4g	3.5g	564mg
<b>Chili</b>	Regular	95	11.5g	0.0g	6.4g	12.5g	514mg
<b>Chili</b>	Large	215	17.5g	0.0g	9.4g	20.5g	874mg
<b>Potato Wedges</b>	Standard	160	7.0g	23.0g	0.0g	1.8g	445mg
<b>Buffalo Chicken Wrap (Grilled Chicken ...</b>	Standard	194	5.4g	32.0g	1.3g	5.1g	584mg
<b>Chili &amp; Cheese Potato Wedges</b>	Standard	363	17.4g	41.9g	2.9g	10.9g	1118mg
<b>Panini Grilled Cheese</b>	Standard	504	24.3g	44.9g	4.0g	29.2g	1155mg
<b>Garden Vegetable</b>	Regular	335	12.3g	47.5g	3.9g	9.6g	593mg
<b>Garden Vegetable</b>	Large	510	11.0g	88.2g	0.7g	14.1g	956mg
<b>BLT Artisan Sandwich</b>	Standard	48	6.1g	0.0g	0.0g	0.0g	407mg
<b>BLT</b>	Large	89	12.1g	36.6g	0.0g	0.0g	1769mg
<b>Ham &amp; Cheddar Artisan Sandwich</b>	Standard	80	5.5g	0.0g	0.4g	7.5g	797mg
<b>Ham &amp; Cheddar</b>	Large	510	11.4g	88.4g	0.1g	14.1g	956mg
<b>Turkey</b>	Regular	389	9.6g	54.9g	4.7g	21.6g	1183mg
<b>Turkey</b>	Large	732	25.0g	94.0g	4.4g	33.7g	2053mg
<b>Turkey Bacon Club Artisan Sandwich</b>	Standard	95	7.7g	0.8g	0.0g	7.4g	907mg
<b>Turkey Bacon Club</b>	Large	174	14.1g	38.0g	0.0g	13.3g	2770mg
<b>Grilled Chipotle Cheddar Chicken Wrap</b>	Standard	284	6.7g	33.7g	1.2g	22.5g	695mg
<b>Slow-Cooked Chicken Bacon Ranch Wr...</b>	Standard	63	6.8g	0.0g	1.0g	1.5g	900mg
<b>Crispy Chicken Bacon Ranch Wrap</b>	Standard	245	15.1g	17.9g	1.0g	13.0g	1010mg
<b>Kettle Chips</b>	Standard	226	12.9g	24.3g	0.9g	2.3g	117mg
<b>Kettle Chips (Large)</b>	Standard	453	25.7g	48.6g	1.8g	4.7g	234mg
<b>Vegetable Cucumber</b>	Standard	3	0.0g	0.6g	0.3g	0.1g	0mg
<b>Cream Cheese Strawberry</b>	Standard	95	5.8g	8.1g	4.1g	2.7g	115mg
<b>Berries</b>	Standard	14	0.1g	3.2g	1.8g	0.2g	0mg
<b>Granola</b>	Standard	120	4.6g	17.7g	7.1g	2.9g	42mg
<b>Spread Honey</b>	Standard	64	0.0g	17.3g	17.3g	0.1g	1mg
<b>Dipping Sauce Ranch</b>	Standard	217	23.2g	2.5g	1.9g	0.4g	333mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
Dressing Caesar	Standard	140	0.0g	2.0g	1.0g	0.4g	400mg
Grilled Chicken Caesar Wrap	Standard	284	6.7g	33.7g	1.2g	22.5g	695mg
Crispy Chicken Caesar Wrap	Standard	322	12.5g	38.6g	1.5g	15.2g	551mg
Crispy Buffalo Chicken Wrap	Standard	427	16.7g	52.5g	2.4g	19.5g	752mg
Grilled Buffalo Chicken Wrap	Standard	303	7.4g	36.7g	2.8g	23.5g	942mg
Cream of Broccoli Soup	Large	0	0.5g	0.0g	8.4g	0.0g	514mg
Cauliflower & Cheese Soup	Regular	351	20.4g	32.4g	2.9g	10.3g	1120mg
Cauliflower & Cheese Soup	Large	424	25.8g	36.2g	3.7g	12.9g	1364mg
Clam Chowder Soup	Regular	363	14.0g	46.1g	7.0g	12.8g	1211mg
Clam Chowder Soup	Large	441	16.9g	55.5g	9.3g	16.4g	1491mg
Potato Bacon Soup	Regular	178	12.2g	2.3g	5.1g	3.6g	822mg
Potato Bacon Soup	Large	259	17.0g	9.4g	6.7g	5.8g	1151mg
Spicy Thai Soup	Regular	167	6.9g	22.8g	1.1g	3.9g	510mg
Spicy Thai Soup	Large	470	24.5g	52.1g	7.1g	11.4g	1561mg
Harvest Vegetable Soup	Regular	271	8.7g	42.8g	7.4g	8.4g	1100mg
Harvest Vegetable Soup	Large	312	9.3g	50.8g	9.9g	10.2g	1336mg
Extra BBQ Sauce(CAN)	Standard	15	0.0g	4.0g	4.0g	0.1g	125mg
Extra Jalapeno Bagel(CAN)	Standard	305	3.4g	56.1g	3.0g	11.5g	697mg
CONDIMENT BAGEL PREMIUM MAPLE...	Standard	341	3.9g	67.0g	14.6g	9.5g	558mg
Extra Pretzel(CAN)	Standard	308	2.8g	60.8g	3.2g	9.9g	1002mg
CONDIMENT CROISSANT CLASSIC FO...	Standard	286	15.6g	29.1g	4.0g	6.2g	284mg
Extra Cheese Tea Biscuit(CAN)	Standard	253	11.1g	30.7g	3.9g	7.7g	610mg
Extra Raisin Tea Biscuit(CAN)	Standard	246	7.6g	39.5g	12.3g	4.8g	503mg
Extra Reg WW HS Bun(CAN)	Standard	280	0.0g	50.0g	1.0g	10.0g	420mg
CONDIMENT FLATBREAD WHOLE WH...	Standard	130	0.0g	22.0g	2.0g	5.0g	210mg
SAUCE GARLIC AIOLI(CAN)	Standard	57	6.0g	0.4g	0.1g	0.1g	44mg
MEAT BACON SANDWICH REGULAR(C...	Standard	454	18.0g	58.5g	3.4g	16.2g	950mg
Extra Chili for Chili & Cheese Wedges	Standard	62	3.2g	4.5g	1.4g	3.8g	182mg
Cold Sandwich Ham & Swiss	Standard	313	4.1g	1.5g	1323.7g	0.0g	0mg
Wedges	Standard	381	15.5g	58.2g	2.8g	4.8g	849mg
PANINI STEAK AND CHEDDAR	Standard	598	37.9g	37.2g	0.2g	25.7g	1479mg
Poutine	Standard	520	0.0g	47.0g	3.0g	18.0g	1700mg
Chili Poutine	Standard	443	18.7g	62.7g	4.1g	8.6g	1031mg
Extra Cheese Curds	Standard	220	0.0g	2.0g	0.0g	14.0g	420mg
Extra Gravy	Standard	40	0.0g	8.0g	1.0g	1.0g	600mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
<b>Grilled Cheese Melt</b>	Standard	18	0.4g	47.9g	2.3g	10.8g	1202mg
<b>Bacon Grilled Cheese Melt</b>	Standard	285	12.2g	50.9g	4.0g	25.2g	1730mg
<b>Chipotle Steak</b>	Regular	524	21.1g	58.5g	2.1g	28.2g	1075mg
<b>Substitute 1 slice of artisan sliced brea...</b>	Standard	116	2.0g	20.9g	1.4g	5.0g	178mg
<b>Tomato Parmesan Soup</b>	Regular	200	0.0g	25.0g	11.0g	6.0g	800mg
<b>Tomato Parmesan Soup</b>	Large	280	0.0g	34.0g	16.0g	9.0g	1120mg
<b>Steak and Cheddar Panini - USA</b>	Standard	433	20.3g	1.4g	1148.9g	1.9g	0mg
<b>Grilled Chipotle Steak Wrap</b>	Standard	218	5.4g	34.5g	2.1g	8.4g	0mg
<b>Turkey Melt</b>	Standard	109	7.7g	47.1g	2.2g	19.5g	1382mg
<b>Ham Melt</b>	Standard	108	7.7g	47.0g	3.1g	19.4g	1442mg
<b>Bacon Poutine</b>	Standard	610	0.0g	47.0g	3.0g	26.0g	2060mg
<b>Snack Size Wedges</b>	Standard	188	7.7g	28.8g	1.4g	2.4g	419mg
<b>Crispy Chicken Wrap</b>	Standard	428	18.4g	46.3g	3.0g	20.5g	755mg
<b>Slow-Cooked Chicken Wrap</b>	Standard	72	7.8g	0.0g	0.2g	3.4g	660mg
<b>3 Piece Chicken Strips</b>	Standard	383	17.6g	38.9g	10.8g	21.1g	707mg
<b>Extra Cheese and Chive Bagel (CAN)</b>	Standard	322	47.3g	57.0g	3.7g	12.1g	551mg
<b>Pinched Croissant</b>	Standard	264	13.8g	28.9g	3.9g	4.8g	246mg
<b>Chicken Sandwich</b>	Standard	350	14.6g	39.3g	2.3g	14.7g	627mg
<b>Jalapeno Cheddar Bagel Breakfast San...</b>	Standard	583	27.8g	60.0g	5.2g	23.4g	1074mg
<b>No Egg No Cheese Bacon Jalapeno Ch...</b>	Standard	385	10.0g	56.9g	4.6g	16.6g	923mg
<b>Sausage Spinach Mozzarella Bagel Bre...</b>	Standard	631	32.5g	59.0g	4.4g	26.1g	1175mg
<b>Spinach Mozzarella Bagel Breakfast Sa...</b>	Standard	467	16.5g	56.9g	4.0g	22.9g	1026mg
<b>Egg &amp; Cheese Spinach Mozzarella Bag...</b>	Standard	451	15.5g	57.8g	4.1g	20.6g	995mg
<b>No Egg No Cheese Bacon Spinach Moz...</b>	Standard	390	11.0g	55.0g	3.4g	17.7g	844mg
<b>No Egg No Cheese Sausage Jalapeno C...</b>	Standard	506	22.3g	58.0g	4.6g	18.3g	892mg
<b>No Egg No Cheese sausage Spinach M...</b>	Standard	512	23.9g	56.1g	3.6g	18.5g	810mg
<b>Mini Melt (ALC)</b>	Standard	345	8.8g	51.5g	1.8g	16.1g	864mg
<b>Chicken Strips 2 pc (ALC)</b>	Standard	273	11.8g	30.0g	10.8g	14.1g	515mg
<b>5 Piece Chicken Strips</b>	Standard	603	29.1g	56.6g	10.8g	35.1g	1091mg
<b>Grilled Chicken Panini</b>	Standard	348	12.3g	0.7g	909.3g	1.9g	0mg
<b>Condiment Bread Bowl Carrier</b>	Standard	536	5.0g	107.8g	2.8g	17.3g	1162mg
<b>Cream of Chicken and Wild Rice Soup</b>	Regular	188	9.8g	21.0g	2.4g	4.1g	231mg
<b>Cream of Chicken and Wild Rice Soup</b>	Large	263	13.7g	29.4g	3.4g	5.8g	523mg
<b>Pesto Chicken Sandwich</b>	Standard	676	25.9g	69.5g	4.2g	43.3g	1394mg
<b>Dipping Sauce Ketchup</b>	Standard	11	0.0g	2.7g	2.2g	0.2g	75mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
Sauce Ketchup	Standard	11	0.0g	2.7g	2.2g	0.2g	75mg
Craft Bun ALC	Standard	254	5.0g	45.5g	2.2g	7.7g	477mg
Roast Beef Craveable	Standard	172	9.4g	1.3g	0.7g	12.0g	647mg
Condiment Telera Bun	Standard	161	2.0g	31.2g	1.8g	5.1g	323mg
Everything Bagelbit	Standard	70	2.1g	10.1g	1.6g	2.1g	0mg
Crispy Chicken Craveable	Standard	298	19.4g	17.0g	0.0g	14.9g	460mg
Plain Lite Bulk Cream Cheese	Standard	490	0.0g	0.0g	0.0g	0.0g	0mg
PHILADELPHIA® Original Cream Cheese	Standard	640	0.0g	0.0g	0.0g	0.0g	874mg
PHILADELPHIA® Herb & Garlic Cream ...	Standard	690	0.0g	0.0g	0.0g	0.0g	1114mg
Urban Format - Turkey Club	Standard	744	38.3g	61.8g	2.5g	38.8g	1648mg
Urban Format - Caprese	Standard	682	39.4g	61.6g	3.7g	21.9g	1092mg
Chipotle Chicken Bacon Wrap (Grilled)	Standard	504	25.4g	36.6g	3.0g	34.7g	0mg
Bacon Grilled Cheese	Standard	594	36.6g	44.3g	3.6g	25.8g	0mg
Craveables Meal Bundle (serves 2)	Standard	1431	18.9g	79.3g	6.9g	11.7g	2837mg
Chicken Salad Sandwich	Standard	411	13.1g	55.8g	6.1g	15.8g	0mg
Tuna Salad Sandwich	Standard	455	19.1g	50.3g	2.2g	18.5g	0mg
Caprese	Regular	277	4.3g	52.5g	3.6g	9.2g	465mg
Roast Beef & Cheddar Artisan Sandwich	Standard	156	8.9g	3.1g	1.9g	11.8g	727mg
BBQ Pulled Pork Craveables	Standard	373	18.1g	37.2g	6.8g	15.4g	871mg
Buffalo Chicken Ranch Craveables	Standard	392	15.6g	43.9g	2.1g	20.1g	826mg
Crispy Spicy Buffalo Chicken Wrap	Standard	408	15.6g	51.3g	2.1g	19.0g	768mg
Slow Cooked Southwest Chicken Wrap	Standard	303	8.6g	34.0g	2.5g	22.9g	568mg
Roast Beef & Cheddar	Large	269	13.3g	42.7g	3.5g	21.0g	2338mg
Caprese	Large	731	27.7g	92.3g	2.3g	28.4g	1361mg
Slow Cooked Spicy Buffalo Chicken Wr...	Standard	298	8.6g	33.3g	2.1g	23.0g	648mg
Crispy Southwest Chicken Wrap	Standard	409	15.7g	51.4g	1.8g	19.3g	719mg
Roast Beef Sandwich	Standard	449	14.3g	54.9g	4.2g	20.7g	1127mg
Slow-Cooked Chicken Habanero Load...	Standard	313	17.3g	17.5g	2.6g	19.2g	1040mg
Crispy Chicken Habanero Loaded Wrap	Standard	423	24.3g	35.5g	2.6g	15.2g	1160mg
Slow-Cooked Chicken Cilantro Lime Lo...	Standard	343	19.3g	20.5g	2.6g	19.2g	1000mg
Crispy Chicken Cilantro Lime Loaded ...	Standard	453	26.3g	37.5g	2.6g	15.2g	1110mg
Slow-Cooked Chicken Habanero Load...	Standard	178	14.5g	2.6g	1.9g	3.8g	469mg
Crispy Chicken Habanero Loaded Bowl	Standard	140	11.3g	3.5g	1.9g	1.3g	205mg
Slow-Cooked Chicken Cilantro Lime Lo...	Standard	208	16.5g	5.6g	1.9g	4.8g	429mg
Crispy Chicken Cilantro Lime Loaded B...	Standard	170	13.3g	5.5g	1.9g	1.3g	165mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
Habanero Veggie Loaded Wrap	Standard	303	16.3g	34.5g	3.6g	3.2g	1020mg
Cilantro Lime Veggie Loaded Wrap	Standard	333	17.3g	36.5g	2.6g	3.2g	980mg
Cilantro Lime Veggie Loaded Bowl	Standard	174	13.2g	5.4g	2.1g	1.4g	162mg
Habanero Veggie Loaded Bowl	Standard	144	11.2g	3.4g	2.1g	1.4g	202mg
Loaded Chili	Standard	479	22.9g	41.4g	9.6g	25.1g	1318mg
Simply Cheese Flatbread Pizza	Standard	430	12.0g	66.0g	6.0g	15.0g	1130mg
Pepperoni Flatbread Pizza	Standard	434	12.4g	66.3g	6.0g	15.4g	1126mg
Chipotle Sausage Flatbread Pizza	Standard	880	51.0g	71.0g	4.0g	38.0g	1920mg
Chicken Parmesan Flatbread Pizza	Standard	429	13.1g	66.3g	6.0g	15.4g	1109mg
Chipotle Steak Loaded Bowl	Standard	550	22.0g	59.0g	5.0g	26.0g	1390mg
Chipotle Steak Loaded Wrap	Standard	323	16.3g	22.5g	3.6g	20.2g	1210mg
BBQ Crispy Chicken Loaded Wrap with...	Standard	453	27.6g	38.0g	6.4g	15.7g	1295mg
BBQ Crispy Chicken Loaded Bowl with ...	Standard	690	35.3g	63.4g	7.8g	25.5g	1415mg
BBQ Slow-Cooked Chicken Loaded Wr...	Standard	363	21.6g	24.0g	6.4g	18.7g	1125mg
BBQ Slow-Cooked Chicken Loaded Bo...	Standard	530	27.3g	42.4g	6.8g	30.5g	1165mg
Garden Vegetable Artisan Sandwich	Standard	0	0.0g	0.5g	0.0g	0.0g	127mg
Spicy Flames Steak Loaded Bowl	Standard	520	23.0g	56.0g	5.0g	25.0g	1550mg
Oilers Ranch Steak Loaded Bowl	Standard	550	25.0g	58.0g	5.0g	25.0g	1410mg
Slow-Cooked Chicken Cilantro Lime Lo...	Standard	343	19.6g	22.0g	3.4g	19.7g	965mg
Slow-Cooked Chicken Habanero Load...	Standard	119	12.8g	0.0g	1.7g	10.2g	414mg
Spicy Flames Steak Loaded Wrap	Standard	510	21.0g	55.0g	6.0g	26.0g	1360mg
Oilers Ranch Steak Loaded Wrap	Standard	530	23.0g	57.0g	6.0g	26.0g	1220mg
Crispy Chicken Cilantro Lime Loaded ...	Standard	443	26.6g	38.0g	3.4g	15.7g	1105mg
Cilantro Lime Veggie Loaded Wrap wit...	Standard	323	17.6g	38.0g	3.4g	3.7g	975mg
Crispy Chicken Habanero Loaded Wrap...	Standard	413	24.6g	37.0g	3.4g	15.7g	1265mg
Slow-Cooked Chicken Habanero Load...	Standard	313	17.6g	20.0g	3.4g	19.7g	1115mg
Habanero Veggie Loaded Wrap with C...	Standard	293	15.6g	36.0g	4.4g	3.7g	1125mg
Crispy Chicken Habanero Loaded Bowl...	Standard	351	22.2g	9.7g	2.7g	19.7g	664mg
Habanero Veggie Loaded Bowl with Ch...	Standard	115	11.5g	3.8g	1.9g	0.8g	316mg
Crispy Chicken Cilantro Lime Loaded B...	Standard	371	24.2g	10.7g	2.7g	19.7g	514mg
Slow-Cooked Chicken Cilantro Lime Lo...	Standard	139	15.8g	0.0g	1.7g	10.2g	264mg
Cilantro Lime Veggie Loaded Bowl wit...	Standard	135	12.5g	4.8g	1.9g	0.8g	166mg
Lunch Sandwich Bundle	Standard	3256	129.0g	360.7g	42.5g	167.7g	9160mg
Lunch Sandwich Platter	Standard	6512	257.9g	721.3g	85.0g	335.3g	18320...
Lunch Wraps Platter	Standard	7125	342.2g	782.5g	54.5g	262.3g	13497...

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
<b>Lunch Wraps Bundle</b>	Standard	3562	171.1g	391.2g	27.3g	131.2g	6748mg
<b>Classic Breakfast Sandwich Bundle</b>	Standard	2323	134.6g	168.5g	17.8g	109.1g	4212mg
<b>Build Your Own Lunch Platter</b>	Standard	7036	296.6g	796.6g	67.6g	317.8g	16686...
<b>Build Your Own Lunch Bundle</b>	Standard	3569	153.7g	398.9g	34.3g	159.0g	8421mg
<b>Turkey Bacon Club Artisan Sandwich w...</b>	Standard	716	19.2g	100.8g	10.1g	38.5g	2670mg
<b>Slow-Cooked Classic Chicken Grilled W...</b>	Standard	322	8.9g	34.3g	2.8g	22.6g	550mg
<b>Crispy Classic Chicken Grilled Wrap wit...</b>	Standard	432	15.9g	50.3g	2.8g	18.6g	700mg
<b>Turkey Melt with Creamy Ranch</b>	Standard	415	13.2g	56.0g	1.8g	29.1g	1680mg
<b>Ham Melt with Creamy Ranch</b>	Standard	415	13.2g	56.0g	2.8g	29.1g	1740mg
<b>Meat Lovers Flatbread Pizza</b>	Standard	830	42.0g	74.0g	6.0g	41.0g	2190mg
<b>Bacon Everything Flatbread Pizza</b>	Standard	276	2.4g	62.5g	4.2g	3.2g	769mg
<b>Buffalo Chicken Flatbread Pizza</b>	Standard	720	30.0g	70.0g	3.0g	43.0g	1940mg
<b>Crispy Sweet Chili Chicken Loaded Wrap</b>	Standard	373	14.3g	48.5g	13.6g	15.2g	1180mg
<b>Slow-Cooked Sweet Chili Chicken Load...</b>	Standard	273	7.3g	31.5g	13.6g	19.2g	1030mg
<b>Crispy Sweet Chili Chicken Loaded Bowl</b>	Standard	70	0.3g	15.6g	12.9g	1.3g	235mg
<b>Slow-Cooked Sweet Chili Chicken Load...</b>	Standard	108	3.5g	15.6g	12.9g	3.8g	469mg
<b>Veggie Sweet Chili Loaded Bowl</b>	Standard	64	0.2g	14.4g	12.2g	0.4g	232mg
<b>Veggie Sweet Chili Loaded Wrap</b>	Standard	253	5.3g	47.5g	14.6g	3.2g	1040mg
<b>Cream of Mushroom Soup</b>	Regular	0	10.5g	0.0g	0.0g	0.5g	454mg
<b>Cream of Mushroom Soup</b>	Large	5	14.5g	0.0g	0.0g	0.5g	654mg
<b>Roasted Red Pepper &amp; Gouda</b>	Regular	75	17.5g	0.0g	11.4g	3.5g	604mg
<b>Roasted Red Pepper, Gouda &amp; Bacon S...</b>	Large	145	22.5g	0.0g	15.4g	4.5g	864mg
<b>Cilantro Lime Sous Vide Chicken Wrap</b>	Standard	680	30.0g	71.0g	5.0g	31.0g	1320mg
<b>Habanero Sous Vide Chicken Wrap</b>	Standard	650	28.0g	70.0g	5.0g	30.0g	1470mg
<b>Crispy Buffalo Ranch Chicken Loaded ...</b>	Standard	413	24.3g	37.5g	3.6g	15.2g	1270mg
<b>Crispy Buffalo Ranch Chicken Loaded ...</b>	Standard	120	11.3g	3.5g	1.9g	0.3g	335mg
<b>Slow-Cooked Buffalo Ranch Chicken L...</b>	Standard	231	14.9g	5.3g	1.9g	18.3g	569mg
<b>Slow-Cooked Buffalo Ranch Chicken L...</b>	Standard	313	17.3g	20.5g	3.6g	19.2g	1130mg
<b>Stacked Flatbread Pizza</b>	Double	710	39.0g	68.0g	6.0g	24.0g	1560mg
<b>Hot Honey Pepperoni Flatbread Pizza</b>	Standard	585	23.0g	79.0g	13.0g	18.9g	1450mg
<b>Spicy Rosé Chicken Flatbread Pizza</b>	Standard	485	18.2g	67.2g	6.0g	14.5g	1147mg
<b>Garlic Bread</b>	Standard	380	16.0g	47.0g	4.0g	14.0g	780mg
<b>Slow-Cooked Chicken Cilantro Lime Lo...</b>	Standard	229	18.8g	11.0g	3.7g	6.2g	674mg
<b>Crispy Chicken Cilantro Lime Loaded C...</b>	Standard	191	15.7g	11.0g	3.7g	2.7g	439mg
<b>Crispy Chicken Honey Garlic Loaded C...</b>	Standard	141	5.7g	21.0g	12.7g	3.7g	449mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
<b>Slow-Cooked Chicken Honey Garlic Lo...</b>	Standard	179	8.8g	22.0g	12.7g	7.2g	684mg
<b>Turkey Bacon Club Toasted Hot Sandwi...</b>	Standard	363	13.6g	46.4g	3.6g	14.8g	1420mg
<b>Spicy Tuscan Chicken Toasted Hot San...</b>	Standard	550	26.0g	50.0g	4.0g	31.0g	1260mg
<b>BBQ Crispy Chicken Toasted Hot Sand...</b>	Standard	592	27.9g	66.3g	4.8g	21.7g	1090mg
<b>Steak and Cheese Toasted Hot Sandwich</b>	Standard	482	20.9g	53.4g	4.7g	20.6g	1220mg
<b>Steak Craveable</b>	Standard	209	14.4g	1.3g	0.8g	15.9g	670mg
<b>Supreme Stack</b>	Standard	494	24.1g	41.8g	4.5g	29.5g	1452mg
<b>3 Meat Hat-Trick Flatbread Pizza</b>	Standard	504	19.7g	68.3g	5.9g	15.8g	1603mg
<b>Steak &amp; Cheddar Artisan Sandwich</b>	Standard	156	9.9g	4.1g	1.9g	14.8g	747mg
<b>Chipotle Craveable Wrap</b>	Standard	147	5.3g	16.0g	2.0g	6.7g	640mg
<b>Ranch Craveable Wrap</b>	Standard	172	9.2g	16.0g	2.0g	6.7g	650mg
<b>Chipotle Dip</b>	Standard	170	17.0g	4.0g	2.0g	1.0g	280mg
<b>Cilantro Lime Dip</b>	Standard	200	22.0g	1.0g	1.0g	0.3g	300mg
<b>Creamy BBQ Dip</b>	Standard	240	24.0g	6.0g	5.0g	0.4g	300mg
<b>Ranch Dip</b>	Standard	220	23.0g	2.0g	2.0g	0.4g	330mg
<b>Habanero Dip</b>	Standard	220	24.0g	2.0g	1.0g	0.4g	420mg
<b>Holiday Stack</b>	Standard	430	15.3g	46.4g	11.3g	28.9g	1162mg
<b>Kettle Potato Chips</b>	Standard	230	14.0g	26.0g	1.0g	2.0g	125mg
<b>Turkey Stack</b>	Standard	430	15.3g	46.4g	11.3g	28.9g	1162mg

## OTHER

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
<b>Crispy Chicken Sandwich</b>	Standard	595	21.0g	70.1g	2.1g	30.3g	0mg
<b>Latte</b>	Medium	229	12.1g	17.9g	16.1g	12.1g	130mg
<b>Caesar Salad</b>	Standard	310	0.0g	0.0g	0.0g	0.0g	0mg
<b>Garden Salad</b>	Standard	140	0.0g	0.0g	0.0g	0.0g	0mg
<b>Classic Bagels Each Cream Cheese</b>	Standard	470	0.0g	0.0g	0.0g	0.0g	0mg
<b>Farmers HBS Bacon</b>	Standard	560	0.0g	49.0g	4.0g	20.0g	1370mg
<b>Farmers HBS Sausage</b>	Standard	680	0.0g	50.0g	4.0g	20.0g	1340mg
<b>Dirt and Worms Donut</b>	Standard	257	8.3g	42.6g	19.3g	4.0g	190mg
<b>Crispy Chipotle Cheddar Chicken Wrap</b>	Standard	530	0.0g	57.0g	7.0g	25.0g	980mg
<b>Spicy Crispy Chipotle Cheddar Chicken...</b>	Standard	224	11.1g	17.9g	0.4g	13.9g	389mg
<b>Panini Steak &amp; Cheese</b>	Standard	540	0.0g	55.0g	2.0g	30.0g	620mg
<b>Maple Oatmeal</b>	Regular	165	2.7g	33.2g	4.9g	5.3g	221mg
<b>Maple Oatmeal</b>	Large	243	4.0g	49.0g	7.7g	7.8g	323mg
<b>Spicy Crispy Chicken Bacon Ranch Wrap</b>	Standard	281	14.9g	18.4g	0.7g	18.6g	616mg
<b>Cheese - Cheddar (Includes Shredded)</b>	Standard	119	9.7g	0.8g	0.5g	7.0g	161mg
<b>Spread Raspberry Jam</b>	Standard	60	0.0g	14.0g	14.0g	0.0g	0mg
<b>Add Chocolate Syrup</b>	Standard	26	0.1g	6.4g	5.9g	0.2g	30mg
<b>Spicy Crispy Chicken Caesar Wrap</b>	Standard	379	23.1g	19.4g	1.0g	23.9g	824mg
<b>Buffalo Chicken Wrap (spicy crispy chi...</b>	Standard	232	11.8g	18.4g	0.4g	13.9g	643mg
<b>Iced Latte</b>	Medium	183	9.5g	14.6g	12.8g	9.6g	0mg
<b>Mocha Iced Latte</b>	Medium	182	9.5g	14.3g	12.7g	9.6g	0mg
<b>Chocolate Chip Iced Capp</b>	Small	390	0.0g	51.0g	47.0g	3.0g	135mg
<b>Chocolate Chip Iced Capp</b>	Medium	550	0.0g	74.0g	69.0g	5.0g	210mg
<b>Chocolate Chip Iced Capp</b>	Large	720	0.0g	101.0g	93.0g	6.0g	300mg
<b>Mixed Berry Oatmeal</b>	Regular	162	2.7g	32.6g	4.7g	5.3g	221mg
<b>Mixed Berry Oatmeal</b>	Large	238	4.0g	47.9g	7.2g	7.8g	323mg
<b>Size Soup - Cream of Mushroom(CAN)</b>	Regular	170	0.0g	16.0g	3.0g	3.0g	1060mg
<b>Size Soup - Cream of Mushroom(CAN)</b>	Large	220	0.0g	20.0g	4.0g	4.0g	1360mg
<b>Potato Leek Soup</b>	Regular	230	0.0g	0.0g	0.0g	0.0g	0mg
<b>Potato Leek Soup</b>	Large	320	0.0g	36.0g	7.0g	7.0g	1180mg
<b>French Onion Soup</b>	Regular	93	7.4g	10.8g	4.1g	5.9g	752mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
French Onion Soup	Large	282	16.3g	7.0g	7.3g	15.6g	1439mg
Size Soup - Italian Wedding Soup(CAN)	Regular	160	0.0g	0.0g	0.0g	0.0g	0mg
Size Soup - Italian Wedding Soup(CAN)	Large	220	0.0g	0.0g	0.0g	0.0g	0mg
Muffin - Lemon Poppyseed(CAN)	Standard	385	15.1g	56.4g	26.0g	6.1g	510mg
TIMBIT CLASSIC CINNAMON FRENCH ...	Standard	4	0.0g	0.9g	1.0g	0.0g	0mg
Extra Maple Flakes(CAN)	Standard	29	0.0g	7.4g	7.3g	0.0g	1mg
Extra Mixed Berries(CAN)	Standard	14	0.1g	3.2g	1.8g	0.2g	0mg
TIMBIT CLASSIC SOUR CREAM BLUEBE...	Standard	93	5.0g	11.2g	7.0g	0.8g	48mg
Donut - Caramel Crunch Dip(CAN)	Standard	209	7.8g	31.2g	10.8g	4.0g	198mg
Donut - Double Chocolate Caramel Cru...	Standard	306	16.3g	37.8g	18.9g	3.5g	286mg
BELT BACON - Bagel Classic: Pretzel(C...	Standard	636	25.8g	65.9g	5.3g	34.4g	2119mg
Bacon Maple Cinnamon French Toast B...	Standard	670	26.9g	71.4g	16.7g	34.1g	1675mg
Bacon Sundried Tomato Bagel BELT	Standard	644	26.9g	62.0g	6.0g	36.6g	1869mg
BELT BACON NO EGG - BAGEL CLASSIC...	Standard	517	17.2g	63.0g	4.6g	26.8g	1754mg
Bacon No Egg/ No Cheese Maple Cinn...	Standard	551	18.4g	68.5g	15.9g	26.5g	1310mg
Bacon No Egg/No Cheese Sundried To...	Standard	525	18.4g	59.1g	5.2g	29.0g	1504mg
BELT EGG - BAGEL CLASSIC: PRETZEL(C...	Standard	436	11.4g	65.7g	5.3g	18.0g	1370mg
Egg & Cheese Maple Cinnamon French...	Standard	470	12.6g	71.2g	16.7g	17.7g	926mg
Egg & Cheese Sundried Tomato Bagel ...	Standard	444	12.6g	61.9g	6.0g	20.2g	1120mg
BELT SAUSAGE - Bagel Classic: Pretzel(...	Standard	616	28.4g	66.9g	5.6g	23.5g	1550mg
Sausage Maple Cinnamon French Toast...	Standard	649	29.6g	72.5g	17.0g	23.2g	1106mg
Sausage Sundried Tomato Bagel BELT	Standard	623	29.6g	63.1g	6.2g	25.7g	1300mg
BELT SAUSAGE NO EGG - BAGEL CLASS...	Standard	497	19.9g	64.0g	4.8g	15.9g	1185mg
Sausage No Egg/No Cheese Maple Cin...	Standard	531	21.1g	69.5g	16.2g	15.6g	742mg
Sausage No Egg/No Cheese Sundried T...	Standard	505	21.1g	60.1g	5.5g	18.1g	936mg
Apple Juice(CAN)	Standard	138	0.0g	33.1g	29.1g	0.6g	14mg
Mixed Berry Fruit Chill	Small	182	0.0g	46.2g	43.7g	0.0g	53mg
Mixed Berry Real Fruit Chill	Medium	264	0.0g	66.8g	62.3g	0.0g	77mg
Mixed Berry Real Fruit Chill	Large	345	0.0g	87.4g	81.5g	0.0g	101mg
Tropical Real Fruit Chill	Small	183	0.0g	46.1g	42.8g	0.0g	53mg
Tropical Real Fruit Chill	Medium	265	0.0g	66.8g	61.9g	0.0g	77mg
Tropical Real Fruit Chill	Large	346	0.0g	87.3g	81.0g	0.0g	101mg
White Mocha Latte	Small	148	3.8g	22.2g	20.9g	6.2g	0mg
White Mocha Latte	Medium	224	5.8g	33.3g	31.8g	9.6g	0mg
White Mocha Latte	Large	300	7.9g	44.4g	42.7g	13.0g	0mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
Iced White Mocha Latte	Small	142	3.6g	21.4g	20.5g	6.0g	0mg
Iced White Mocha Latte	Medium	185	4.3g	29.6g	28.1g	7.1g	0mg
Iced White Mocha Latte	Large	232	5.1g	38.1g	35.9g	8.4g	0mg
FTN SODA - Sprite (USA) - 16 oz	Standard	173	0.0g	46.5g	46.5g	0.0g	0mg
FTN SODA - Sprite (USA) - 21 oz	Standard	238	0.0g	64.0g	64.0g	0.0g	0mg
FTN SODA - Sprite (USA) - 32 oz	Standard	346	0.0g	93.1g	93.1g	0.0g	0mg
FTN SODA - Fanta Orange (USA) - 16 oz	Standard	189	0.0g	51.8g	51.0g	0.0g	0mg
FTN SODA - Fanta Orange (USA) - 21 oz	Standard	260	0.0g	71.3g	70.1g	0.0g	0mg
FTN SODA - Fanta Orange (USA) - 32 oz	Standard	378	0.0g	103.7g	102.0g	0.0g	0mg
FTN SODA - Diet Coke (USA) - 16oz	Standard	1	0.0g	0.4g	0.0g	0.0g	0mg
FTN SODA - Diet Coke (USA) - 21oz	Standard	2	0.0g	0.5g	0.0g	0.0g	0mg
FTN SODA - Diet Coke (USA) - 32oz	Standard	2	0.0g	0.7g	0.1g	0.0g	0mg
FTN SODA - Coke (USA) - 16oz	Standard	177	0.0g	48.2g	48.2g	0.0g	0mg
FTN SODA - Coke (USA) - 21oz	Standard	243	0.0g	66.3g	66.3g	0.0g	0mg
FTN SODA - Coke (USA) - 32oz	Standard	353	0.0g	96.4g	96.4g	0.0g	0mg
Chipotle Chicken Wrap Snacker	Standard	410	5.8g	36.0g	2.0g	29.0g	930mg
Chicken Ranch Wrap Snacker	Standard	163	4.8g	18.9g	1.4g	12.0g	394mg
MINI REESE'S™ PIECES Donut	Standard	333	14.1g	47.6g	26.1g	5.4g	280mg
MINI REESE'S™ PIECES Chocolate Bro...	Standard	592	31.2g	73.9g	56.3g	5.7g	235mg
Chocolate Chips	Standard	21	1.3g	2.0g	1.9g	0.2g	0mg
Mother's Day Activation	Standard	1875	76.4g	276.4g	162.9g	21.6g	1335mg
Oreo Crunch Topping	Standard	19	0.8g	2.9g	1.6g	0.2g	14mg
Hockey Donut 2018	Standard	258	8.7g	44.4g	20.9g	3.8g	217mg
Cinnamon Swirl Loaf	Standard	376	16.5g	53.0g	27.1g	3.8g	390mg
Cranberry White Chocolate Scone	Standard	291	10.1g	44.8g	18.5g	5.2g	499mg
Spooky Spider Donut	Standard	328	11.1g	52.5g	26.1g	4.9g	258mg
Menacing Monster Donut	Standard	237	7.9g	41.4g	20.4g	3.7g	218mg
Sweet & Sour Dipping Sauce	Standard	50	0.0g	12.0g	11.0g	0.1g	130mg
Orange Juice Box	Standard	80	0.0g	20.0g	16.0g	0.0g	0mg
Filled Sugar Cookie	Standard	208	9.0g	29.4g	14.1g	2.3g	215mg
Mini Wrap	Standard	190	8.3g	18.0g	1.0g	11.0g	390mg
5oz Mac and Cheese	Standard	163	5.2g	5.3g	334.2g	0.6g	0mg
Glazed Belgian Waffle	Standard	140	6.8g	18.0g	8.0g	2.0g	160mg
Spicy Crispy Chicken Wrap	Standard	460	0.0g	54.0g	3.0g	20.0g	870mg
Turkey Bacon Club	Standard	470	0.0g	53.0g	1.0g	27.0g	970mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
<b>Ham &amp; Cheddar</b>	Standard	460	0.0g	53.0g	2.0g	23.0g	770mg
<b>Pumpkin Spice Syrup</b>	Standard	4	0.0g	0.8g	0.8g	0.0g	1mg
<b>Avocado</b>	Standard	30	0.0g	2.0g	0.0g	0.5g	65mg
<b>London Fog</b>	Small	157	6.0g	19.7g	19.0g	6.1g	0mg
<b>London Fog</b>	Medium	169	9.0g	13.0g	12.1g	9.1g	0mg
<b>London Fog</b>	Large	225	11.9g	17.3g	16.2g	12.1g	0mg
<b>Chocolate Be Mine Donut</b>	Standard	259	7.7g	44.0g	20.2g	4.4g	221mg
<b>St. Patrick's Day 2019 Donut</b>	Standard	299	9.0g	50.3g	24.2g	4.0g	190mg
<b>Vanilla Be Mine Donut</b>	Standard	268	7.4g	46.8g	22.5g	4.3g	195mg
<b>HBS SAUSAGE FARMERS NO EGG- HO...</b>	Standard	567	34.7g	52.9g	4.4g	11.9g	996mg
<b>Raspberry Lemonade</b>	Small	165	0.0g	41.0g	37.1g	0.0g	31mg
<b>Raspberry Lemonade</b>	Medium	243	0.0g	60.2g	54.1g	0.0g	46mg
<b>Raspberry Lemonade</b>	Large	321	0.0g	79.5g	71.1g	0.0g	60mg
<b>Spinach &amp; Egg White Omelette Bites</b>	Standard	130	0.0g	6.0g	1.0g	13.0g	410mg
<b>Bacon &amp; Cheese Omelette Bites</b>	Standard	210	0.0g	6.0g	1.0g	15.0g	500mg
<b>Turkey Bacon Avocado Club</b>	Standard	316	10.4g	0.3g	1.8g	11.1g	85mg
<b>Maple Bacon Donut</b>	Standard	337	9.8g	53.1g	32.6g	9.2g	423mg
<b>Vanilla Bean Dip Donut</b>	Standard	216	5.7g	37.1g	17.0g	4.5g	209mg
<b>Raspberry Fill Donut</b>	Standard	197	5.4g	32.9g	11.9g	4.5g	220mg
<b>Old Fashion Dip Donut</b>	Standard	242	10.3g	33.1g	14.9g	3.5g	269mg
<b>Old Fashion Sugar Donut</b>	Standard	240	10.3g	32.9g	15.4g	3.5g	268mg
<b>Sour Cream Sugar Donut</b>	Standard	287	16.1g	32.5g	16.3g	3.2g	220mg
<b>Chocolate Marble</b>	Standard	288	13.6g	38.6g	19.4g	3.5g	322mg
<b>Maple Cruller</b>	Standard	327	18.3g	38.9g	24.3g	1.7g	198mg
<b>Old Fashion Snow Donut</b>	Standard	228	10.4g	29.3g	11.6g	3.4g	265mg
<b>Long John</b>	Standard	260	6.3g	47.2g	27.1g	3.7g	161mg
<b>Maple Swirl Donut</b>	Standard	233	5.6g	41.4g	19.1g	4.6g	247mg
<b>Chocolate Snow donut</b>	Standard	252	13.9g	29.0g	10.6g	3.5g	322mg
<b>Coconut Cream</b>	Standard	235	7.0g	38.7g	16.4g	4.8g	251mg
<b>Tuscan Caprese Sandwich</b>	Standard	671	38.6g	61.4g	3.0g	21.3g	921mg
<b>Creme Brulee Donut</b>	Standard	198	5.6g	32.9g	11.8g	4.6g	0mg
<b>Blueberry Hibiscus Donut</b>	Standard	226	5.7g	39.6g	17.9g	4.5g	209mg
<b>Dulce de Leche Dream Donut</b>	Standard	272	8.2g	43.7g	18.9g	6.3g	248mg
<b>Brown Butter &amp; Salt Donut</b>	Standard	301	13.9g	39.8g	20.8g	3.6g	310mg
<b>Hazelnut Buttercream Donut</b>	Standard	483	25.6g	60.5g	39.4g	4.9g	329mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
<b>Cranberry Orange Sour Cream Donut</b>	Standard	410	0.0g	63.0g	43.0g	3.0g	220mg
<b>Bistro Roast Beef Sandwich</b>	Standard	565	21.7g	61.4g	4.4g	31.9g	1486mg
<b>Confetti Donut</b>	Standard	357	14.0g	53.8g	34.1g	3.4g	265mg
<b>Froot Loops Dream Donut</b>	Standard	290	8.0g	50.1g	21.3g	4.8g	250mg
<b>Montreal Reuben Sandwich</b>	Standard	543	25.7g	49.6g	6.3g	30.8g	1773mg
<b>Turkey Avocado Club</b>	Standard	780	38.3g	61.0g	1.9g	48.4g	1658mg
<b>Bacon Avocado Club</b>	Standard	689	28.3g	77.0g	1.4g	29.6g	1588mg
<b>Italian Muffuletta Sandwich</b>	Standard	647	35.0g	59.2g	3.4g	24.1g	1900mg
<b>Beyond Sausage™ Breakfast Sandwich</b>	Standard	427	22.8g	32.9g	2.9g	21.6g	483mg
<b>Beyond Sausage™ BELT</b>	Standard	580	0.0g	66.0g	6.0g	28.0g	1050mg
<b>Beyond Sausage™ Farmer's Wrap</b>	Standard	546	26.8g	53.0g	1.6g	23.2g	556mg
<b>130 King Green Thai Chicken Curry</b>	Large	470	0.0g	38.0g	13.0g	14.0g	1450mg
<b>130 King Green Thai Chicken Curry</b>	Small	340	0.0g	27.0g	9.0g	10.0g	1030mg
<b>130 King Tomato Red Pepper Gouda Bi...</b>	Small	440	0.0g	22.0g	45.0g	10.0g	1190mg
<b>130 King Tomato Red Pepper Gouda Bi...</b>	Large	610	0.0g	31.0g	63.0g	14.0g	1660mg
<b>Broccoli Cheese Soup</b>	Regular	210	0.0g	11.0g	3.0g	6.0g	1070mg
<b>130 King Lobster Bisque</b>	Large	550	0.0g	33.0g	13.0g	20.0g	2440mg
<b>130 King Lobster Bisque</b>	Small	390	0.0g	24.0g	10.0g	14.0g	1740mg
<b>Broccoli Cheese Soup</b>	Large	290	0.0g	16.0g	4.0g	8.0g	1500mg
<b>130 King Moroccan Nine Vegetable</b>	Small	170	0.0g	33.0g	8.0g	6.0g	920mg
<b>130 King Moroccan Nine Vegetable</b>	Large	240	0.0g	46.0g	11.0g	9.0g	1290mg
<b>Mixed Berry &amp; Nutella Bowl</b>	Small	341	12.9g	45.0g	33.7g	10.9g	66mg
<b>PB &amp; J Bowl</b>	Small	380	18.2g	41.6g	14.4g	14.4g	163mg
<b>Mixed Berry &amp; Honey Bowl</b>	Small	196	3.5g	32.0g	20.6g	9.2g	55mg
<b>Egg &amp; Cheese Donut Breakfast Sandwi...</b>	Standard	289	10.1g	37.1g	17.0g	10.5g	269mg
<b>Sausage Donut Breakfast Sandwich</b>	Standard	289	10.1g	37.1g	17.0g	10.5g	269mg
<b>Bacon Donut Breakfast Sandwich</b>	Standard	289	10.1g	37.1g	17.0g	10.5g	269mg
<b>Flat White</b>	Standard	117	6.1g	9.3g	8.1g	6.1g	0mg
<b>Espresso Macchiato</b>	Standard	23	1.1g	2.1g	1.3g	1.0g	0mg
<b>Cortado</b>	Standard	42	2.1g	3.5g	2.7g	2.0g	0mg
<b>Berry Tea Modifier</b>	Triple	0	0.0g	0.0g	0.0g	0.0g	0mg
<b>Blue Raspberry Slushy Modifier</b>	Standard	20	0.0g	4.8g	4.8g	0.0g	0mg
<b>Cherry Slushy Modifier</b>	Standard	26	0.0g	6.2g	6.0g	0.0g	0mg
<b>Beyond Sausage™ Lettuce Tomato</b>	Standard	147	7.5g	3.8g	0.1g	10.5g	229mg
<b>Beyond Sausage™ Breakfast Wrap</b>	Standard	520	0.0g	41.0g	3.0g	25.0g	920mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
<b>Beyond Meat Farmers Breakfast Sand...</b>	Standard	650	0.0g	53.0g	4.0g	25.0g	1380mg
<b>Beyond Meat Burger</b>	Standard	480	0.0g	41.0g	7.0g	24.0g	1060mg
<b>Tims Draft Latte</b>	Small	21	1.1g	1.6g	1.5g	1.4g	0mg
<b>Vanilla Cream Cold Brew</b>	Small	74	6.0g	2.9g	2.9g	1.2g	11mg
<b>Vanilla Cream Cold Brew</b>	Medium	87	7.0g	3.5g	2.9g	1.4g	16mg
<b>Vanilla Cream Cold Brew</b>	Large	144	11.8g	5.7g	5.7g	2.3g	6mg
<b>Tims Draft Latte</b>	Medium	39	2.1g	3.0g	2.8g	2.5g	0mg
<b>Nitro Cold Brew</b>	Small	0	0.0g	0.0g	0.0g	0.3g	0mg
<b>Nitro Cold Brew</b>	Medium	0	0.1g	0.0g	0.0g	0.4g	0mg
<b>Nitro Cold Brew</b>	Large	0	0.1g	0.0g	0.0g	0.4g	0mg
<b>Jolly Rancher Candy Inclusion Modifier</b>	Standard	35	0.0g	7.0g	6.0g	0.0g	20mg
<b>Iced Caramel Macchiato</b>	Small	135	7.0g	10.7g	9.3g	7.0g	0mg
<b>Iced Caramel Macchiato</b>	Medium	182	9.5g	14.3g	12.7g	9.6g	0mg
<b>Iced Caramel Macchiato</b>	Large	227	11.9g	17.8g	16.0g	12.0g	0mg
<b>Mocha Iced Latte</b>	Small	135	7.0g	10.7g	9.9g	7.0g	0mg
<b>Mocha Iced Latte</b>	Large	227	11.9g	17.8g	16.0g	12.0g	0mg
<b>Iced Latte</b>	Small	180	0.0g	13.0g	12.0g	7.0g	110mg
<b>Iced Latte</b>	Large	228	11.9g	18.1g	16.0g	12.1g	0mg
<b>Iced Matcha</b>	Small	136	6.9g	10.9g	9.4g	7.0g	0mg
<b>Iced Matcha</b>	Medium	185	9.4g	14.7g	12.8g	32.4g	0mg
<b>Iced Matcha</b>	Large	232	11.8g	18.4g	16.0g	12.0g	0mg
<b>Peach Mango Iced Tea</b>	Small	51	0.0g	12.5g	12.2g	0.0g	13mg
<b>Peach Mango Iced Tea</b>	Medium	78	0.0g	19.0g	18.5g	0.0g	15mg
<b>Peach Mango Iced Tea</b>	Large	88	0.0g	21.5g	20.9g	0.1g	17mg
<b>Nitro Peach Mango Iced Tea</b>	Small	41	0.0g	10.2g	9.3g	0.1g	12mg
<b>Nitro Peach Mango Iced Tea</b>	Medium	45	0.0g	10.6g	9.8g	0.1g	14mg
<b>Nitro Peach Mango Iced Tea</b>	Large	52	0.0g	12.3g	11.3g	0.1g	16mg
<b>Strawberry Rhubarb Iced Tea</b>	Small	54	0.0g	13.4g	12.7g	0.1g	14mg
<b>Strawberry Rhubarb Iced Tea</b>	Medium	79	0.0g	19.5g	18.5g	0.1g	16mg
<b>Strawberry Rhubarb Iced Tea</b>	Large	89	0.0g	22.1g	20.9g	0.1g	18mg
<b>Blueberry Lavender Lemonade</b>	Small	64	0.1g	15.8g	14.7g	0.1g	29mg
<b>Blueberry Lavender Lemonade</b>	Medium	91	0.1g	22.3g	21.0g	0.1g	37mg
<b>Blueberry Lavender Lemonade</b>	Large	103	0.1g	25.3g	23.9g	0.1g	43mg
<b>Strawberry Lemonade</b>	Small	61	0.0g	15.2g	14.2g	0.1g	27mg
<b>Strawberry Lemonade</b>	Medium	87	0.0g	21.9g	20.6g	0.1g	34mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
<b>Strawberry Lemonade</b>	Large	100	0.1g	25.0g	23.4g	0.1g	40mg
<b>Americano</b>	Small	3	0.0g	0.0g	0.0g	0.0g	2mg
<b>Americano</b>	Medium	5	0.0g	0.0g	0.0g	0.0g	3mg
<b>Americano</b>	Large	5	0.0g	0.0g	0.0g	0.0g	4mg
<b>Pumpkin Chai Handcrafted Tea</b>	Small	110	0.0g	18.0g	18.0g	4.0g	55mg
<b>Pumpkin Chai Handcrafted Tea</b>	Medium	160	0.0g	26.0g	26.0g	6.0g	80mg
<b>Pumpkin Chai Handcrafted Tea</b>	Large	220	0.0g	36.0g	35.0g	8.0g	115mg
<b>XLarge Maple Coffee</b>	Standard	143	0.1g	35.7g	34.4g	0.7g	43mg
<b>Mixed Berry &amp; Honey Bowl</b>	Regular	285	5.0g	45.1g	29.6g	14.7g	88mg
<b>PB &amp; J Bowl</b>	Regular	460	20.6g	50.2g	21.9g	20.6g	189mg
<b>Mixed Berry &amp; Nutella Bowl</b>	Regular	430	14.4g	58.1g	42.6g	16.5g	99mg
<b>Sausage Maple French Toast Breakfast ...</b>	Standard	434	25.7g	34.0g	2.1g	16.7g	0mg
<b>Bacon Maple French Toast Breakfast Sa...</b>	Standard	324	14.4g	33.1g	2.2g	15.5g	0mg
<b>Egg and Cheese Maple French Toast Br...</b>	Standard	254	8.7g	32.7g	1.9g	11.2g	0mg
<b>A La Carte Beyond Meat Burger Patty</b>	Standard	210	0.0g	5.0g	0.0g	15.0g	290mg
<b>A La Carte Sesame Seed Bun</b>	Standard	170	0.0g	31.0g	3.0g	6.0g	270mg
<b>Modifier Bacon and Cheese Omelette ...</b>	Standard	106	7.1g	3.0g	0.5g	7.6g	251mg
<b>Chai Latte</b>	Small	161	6.0g	20.9g	19.9g	6.1g	0mg
<b>Chai Latte</b>	Medium	242	9.0g	31.5g	29.9g	9.1g	0mg
<b>Chai Latte</b>	Large	323	12.0g	42.1g	39.8g	12.2g	0mg
<b>Matcha Latte</b>	Medium	233	11.9g	18.4g	16.2g	12.1g	0mg
<b>Matcha Latte</b>	Large	309	15.9g	24.4g	21.6g	16.2g	0mg
<b>130 King - Honduras Ocotopeque Sing...</b>	Small	180	0.0g	13.0g	12.0g	7.0g	110mg
<b>130 King - Honduras Ocotopeque Sing...</b>	Medium	250	0.0g	19.0g	18.0g	10.0g	140mg
<b>130 King - Honduras Ocotopeque Sing...</b>	Large	320	0.0g	25.0g	24.0g	12.0g	170mg
<b>Sausage Grilled Donut Breakfast Sand...</b>	Standard	510	0.0g	39.0g	17.0g	18.0g	650mg
<b>Bacon Grilled Donut Breakfast Sandwich</b>	Standard	390	0.0g	38.0g	17.0g	18.0g	680mg
<b>Egg and Cheese Grilled Donut Breakfas...</b>	Standard	330	0.0g	38.0g	17.0g	13.0g	470mg
<b>Pre-Made Turkey Bacon Club</b>	Standard	470	0.0g	53.0g	1.0g	27.0g	970mg
<b>Pre-made Steak &amp; Cheese Sandwich</b>	Standard	540	0.0g	55.0g	2.0g	30.0g	620mg
<b>Grilled Chicken Bacon Ranch Wrap</b>	Standard	400	0.0g	36.0g	2.0g	32.0g	1150mg
<b>Grilled Chipotle Chicken Wrap</b>	Standard	410	0.0g	36.0g	2.0g	29.0g	930mg
<b>Sausage Cinnamon French Toast Break...</b>	Standard	489	34.5g	28.4g	4.5g	16.2g	369mg
<b>Bacon Cinnamon French Toast Breakfa...</b>	Standard	409	25.0g	27.7g	4.3g	17.8g	601mg
<b>Egg and Cheese Cinnamon French Toas...</b>	Standard	352	20.9g	27.6g	4.3g	13.1g	387mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
Whole Leaf Tea	Small	0	0.0g	0.0g	0.0g	0.0g	0mg
Whole Leaf Tea	Medium	0	0.0g	0.0g	0.0g	0.0g	0mg
Whole Leaf Tea	Large	0	0.0g	0.0g	0.0g	0.0g	0mg
Modifier Jalapeno Cheddar Omelette B...	Standard	89	6.2g	2.7g	0.3g	5.9g	262mg
BBQ Burger Beyond Meat	Standard	480	0.0g	42.0g	8.0g	24.0g	990mg
Bacon & Cheese Chicken Sandwich	Standard	450	0.0g	39.0g	2.0g	22.0g	1030mg
Chicken Bacon Ranch Sandwich	Standard	440	0.0g	40.0g	3.0g	22.0g	1020mg
Honduras Trifinio Latte	Small	118	6.1g	9.6g	8.1g	6.1g	8mg
130 King Beyond Sausage Spinach & T...	Standard	360	0.0g	35.0g	4.0g	16.0g	660mg
Cookie Dough Brownie	Standard	430	0.0g	54.0g	35.0g	4.0g	115mg
Sausage Flatbread Breakfast Sandwich	Standard	440	0.0g	26.0g	3.0g	19.0g	780mg
Bacon Flatbread Breakfast Sandwich	Standard	310	0.0g	25.0g	3.0g	18.0g	810mg
Egg and Cheese Flatbread Breakfast Sa...	Standard	260	0.0g	25.0g	3.0g	13.0g	600mg
Beyond Meat Flatbread Breakfast Sand...	Standard	410	0.0g	28.0g	3.0g	23.0g	820mg
Egg and Cheese Just Egg Farmers Wrap	Standard	500	0.0g	53.0g	3.0g	16.0g	970mg
Tims Draft Latte	Large	59	3.2g	4.5g	4.3g	3.6g	0mg
Honduras Trifinio Latte	Medium	231	12.1g	18.3g	16.2g	12.2g	8mg
Honduras Trifinio Latte	Large	306	16.0g	24.0g	21.6g	16.2g	8mg
Poppin' Praline Donut	Standard	309	15.3g	36.7g	7.4g	6.2g	216mg
Honduras Trifinio Iced Latte	Small	136	7.0g	11.0g	9.4g	7.1g	16mg
Honduras Trifinio Iced Latte	Medium	183	9.5g	14.6g	12.8g	9.6g	16mg
Honduras Trifinio Iced Latte	Large	228	11.9g	18.1g	16.0g	12.1g	16mg
Chicken Bacon Ranch Wrap - Grilled	Standard	504	2743.9g	1.8g	1332.2g	1.6g	0mg
Chicken Bacon Ranch Wrap - Crispy	Standard	583	31.0g	46.8g	3.1g	29.8g	0mg
BBQ Chicken Wrap	Standard	400	0.0g	41.0g	7.0g	29.0g	960mg
Jalapeno Turkey Sandwich	Standard	471	3.2g	57.6g	2.6g	23.6g	1221mg
Jalapeño Grilled Chicken Wrap	Standard	370	3.2g	35.4g	1.5g	28.6g	920mg
Jalapeño Crispy Chicken Wrap	Standard	500	3.2g	50.4g	1.5g	24.6g	940mg
Cranberry Orange Scone	Standard	269	11.2g	37.1g	15.2g	3.6g	248mg
Dream Donuts Half Dozen	Standard	2880	0.0g	0.0g	0.0g	0.0g	0mg
Dream Donuts Dozen	Standard	5760	0.0g	0.0g	0.0g	0.0g	0mg
Cinnamon French Toast HBS w Fresh C...	Standard	400	19.2g	25.4g	3.8g	15.4g	634mg
Cinnamon French Toast HBS w Fresh C...	Standard	282	15.1g	25.4g	3.8g	10.7g	420mg
Chocolate Peanut Butter Dip Donut	Standard	327	10.2g	53.3g	29.9g	6.2g	242mg
Tuscan Caprese	Standard	670	38.6g	61.2g	2.9g	21.2g	0mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
Iced Cinnamon Dulce de Leche Latte	Small	180	8.0g	19.2g	14.7g	8.0g	25mg
Iced Cinnamon Dulce de Leche Latte	Medium	243	10.8g	25.9g	19.9g	10.8g	39mg
Cinnamon Iced Dulce de Leche Latte	Large	304	13.5g	32.4g	25.0g	13.6g	44mg
Confetti Dream Donut	Standard	339	12.8g	52.6g	31.4g	4.5g	0mg
Chocolate Dream Donut	Standard	471	24.1g	61.1g	40.1g	4.4g	0mg
Maple Waffle HBS Bacon	Standard	441	25.4g	38.0g	17.6g	14.4g	0mg
Maple Waffle HBS Sausage	Standard	557	37.5g	38.4g	17.3g	15.8g	0mg
Maple Iced Coffee	Small	123	5.8g	15.7g	15.1g	1.1g	42mg
Maple Iced Coffee	Medium	161	6.8g	22.7g	21.9g	1.3g	55mg
Maple Iced Coffee	Large	241	11.3g	31.2g	30.1g	2.0g	81mg
Dream Timbits 50 Pack	Standard	6288	0.0g	0.0g	0.0g	0.0g	0mg
Dream Timbits 20 Pack	Standard	2515	0.0g	0.0g	0.0g	0.0g	0mg
Dream Timbits 10 Pack	Standard	1258	0.0g	0.0g	0.0g	0.0g	0mg
Iced Caramel Latte	Small	76	2.9g	7.3g	7.5g	5.8g	125mg
Iced Caramel Latte	Large	117	4.3g	11.9g	12.4g	8.7g	220mg
Maple Waffle HBS Egg & Cheese	Standard	371	19.7g	37.6g	17.3g	10.2g	0mg
Oreo Dream Donut	Standard	412	15.9g	62.0g	33.6g	4.8g	257mg
Oreo Blondie Bar	Standard	420	21.6g	53.1g	33.9g	3.5g	185mg
Vanilla Yogurt Parfait	Standard	250	7.0g	40.0g	25.0g	8.0g	115mg
Pesto Chicken Wrap	Standard	472	22.4g	40.9g	3.7g	29.7g	0mg
Lemon Meringue Pie Donut	Standard	278	6.8g	49.8g	25.5g	4.6g	252mg
Banana Pudding Donut	Standard	295	10.1g	46.9g	22.9g	4.8g	225mg
Strawberry Shortcake Donut	Standard	318	13.1g	45.5g	26.6g	3.7g	272mg
Iced Decaf Americano - SM	Standard	5	0.1g	1.0g	0.0g	0.1g	0mg
Iced Decaf Americano - MD	Standard	5	0.1g	1.0g	0.0g	0.1g	0mg
Iced Decaf Americano - LG	Standard	5	0.1g	1.0g	0.0g	0.1g	0mg
Ham & Cheddar Croissant	Standard	419	23.3g	31.0g	4.8g	20.6g	0mg
Maple Coffee	Small	63	0.1g	15.7g	15.2g	0.3g	17mg
Maple Coffee	Medium	91	0.1g	22.4g	21.6g	0.3g	25mg
Maple Coffee	Large	117	0.2g	29.1g	28.0g	0.7g	37mg
Nova Scotia Strong Donut	Standard	216	5.7g	37.1g	17.0g	4.5g	209mg
Froot Loop Dream Donut	Standard	290	8.0g	50.1g	21.3g	4.8g	0mg
Froot Loop Timbit	Standard	82	3.2g	12.4g	7.1g	1.0g	0mg
Prosciutto & Fig Sandwich	Standard	638	0.1g	91.8g	13.8g	31.6g	1898mg
Prosciutto and Arugula Breakfast Sand...	Standard	324	14.2g	26.5g	1.3g	20.2g	937mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
<b>Mexico Chiapas Latte</b>	Small	118	6.1g	9.6g	8.1g	6.1g	0mg
<b>Mexico Chiapas Latte</b>	Medium	231	12.1g	18.3g	16.2g	12.2g	0mg
<b>Mexico Chiapas Latte</b>	Large	306	16.0g	24.0g	21.6g	16.2g	0mg
<b>Mexico Chiapas Iced Latte</b>	Small	136	7.0g	11.0g	9.4g	7.1g	0mg
<b>Mexico Chiapas Iced Latte</b>	Medium	183	9.5g	14.6g	12.8g	9.6g	0mg
<b>Mexico Chiapas Iced Latte</b>	Large	228	11.9g	18.1g	16.0g	12.1g	0mg
<b>Mexico Chiapas Single Origin Espresso ...</b>	Standard	3	0.1g	0.5g	0.0g	0.0g	0mg
<b>Iced Hibiscus Refresher SM</b>	Standard	52	0.0g	13.1g	13.0g	0.0g	16mg
<b>Iced Hibiscus Refresher MD</b>	Standard	90	0.0g	22.5g	10.5g	0.0g	20mg
<b>Iced Hibiscus Refresher LG</b>	Standard	128	0.0g	32.0g	31.9g	0.0g	22mg
<b>Pumpkin Spice Timbit</b>	Standard	61	2.8g	8.0g	3.0g	0.9g	58mg
<b>Apple Cider Donut</b>	Standard	384	18.6g	50.7g	28.6g	3.9g	249mg
<b>Coffee Cake Dream Donut</b>	Standard	352	17.1g	46.3g	26.9g	3.5g	0mg
<b>Passionfruit Tea Lemonade Quencher</b>	Small	111	0.0g	28.8g	27.6g	0.0g	7mg
<b>Passionfruit Tea Lemonade Quencher</b>	Medium	153	0.0g	39.5g	37.9g	0.0g	10mg
<b>Passionfruit Tea Lemonade Quencher</b>	Large	198	0.0g	50.9g	48.8g	0.0g	12mg
<b>Cinnamon Caramel Oat Latte</b>	Medium	151	8.2g	16.1g	12.8g	2.1g	72mg
<b>Cinnamon Caramel Oat Latte</b>	Large	192	10.9g	19.3g	17.1g	2.7g	79mg
<b>Vanilla Matcha Croissant</b>	Standard	320	13.0g	45.0g	16.0g	6.0g	290mg
<b>Strawberry Croissant</b>	Standard	331	12.5g	49.3g	9.7g	5.7g	258mg
<b>New! 10 Assorted Timbiebs</b>	Standard	1040	53.9g	130.2g	81.4g	9.4g	511mg
<b>4 Dream Cookies</b>	Standard	1520	80.0g	180.0g	120.0g	20.0g	1280mg
<b>6 Dream Cookies</b>	Standard	2280	120.0g	270.0g	180.0g	30.0g	1920mg
<b>Smile Cookie 1/2 Dozen</b>	Standard	2040	0.0g	0.0g	0.0g	0.0g	0mg
<b>Smile Cookie Dozen</b>	Standard	4080	0.0g	0.0g	0.0g	0.0g	0mg
<b>6 Orange Sprinkle Donuts</b>	Standard	1560	0.0g	0.0g	0.0g	0.0g	0mg
<b>12 Orange Sprinkle Donuts</b>	Standard	3120	0.0g	0.0g	0.0g	0.0g	0mg
<b>6 Special Olympics Donuts</b>	Standard	2280	0.0g	0.0g	0.0g	0.0g	0mg
<b>12 Special Olympics Donuts</b>	Standard	4560	0.0g	0.0g	0.0g	0.0g	0mg
<b>6 Camp Day Donuts</b>	Standard	1380	0.0g	0.0g	0.0g	0.0g	0mg
<b>12 Camp Day Donuts</b>	Standard	2760	0.0g	0.0g	0.0g	0.0g	0mg

## HOT DRINKS

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
Matcha Mango Cloud	Large	355	12.4g	49.6g	44.6g	11.0g	160mg
Matcha Mango Cloud	Medium	305	12.4g	40.6g	36.6g	9.0g	140mg
Matcha Mango Cloud	Small	245	11.4g	30.6g	27.6g	7.0g	115mg
Coffee Original Blend	Small	3	0.0g	0.0g	0.0g	0.3g	0mg
Coffee Original Blend	Medium	4	0.0g	0.0g	0.0g	0.5g	0mg
Coffee Original Blend	Large	5	0.0g	0.0g	0.0g	1.0g	0mg
Coffee Original Blend	Extra Large	5	0.0g	0.0g	0.0g	1.0g	0mg
Coffee Dark Roast	Small	3	0.0g	0.0g	0.0g	0.3g	0mg
Coffee Dark Roast	Medium	4	0.0g	0.0g	0.0g	0.5g	0mg
Coffee Dark Roast	Large	5	0.0g	0.0g	0.0g	1.0g	0mg
Coffee Dark Roast	Extra Large	5	0.0g	0.0g	0.0g	1.0g	0mg
Coffee Decaf	Small	3	0.0g	0.0g	0.0g	0.3g	0mg
Coffee Decaf	Medium	4	0.0g	0.0g	0.0g	0.5g	0mg
Coffee Decaf	Large	5	0.0g	0.0g	0.0g	1.0g	0mg
Coffee Decaf	Extra Large	5	0.0g	0.0g	0.0g	1.0g	0mg
Hot Chocolate	Small	220	3.0g	48.0g	34.0g	1.0g	180mg
Hot Chocolate	Medium	280	4.0g	62.0g	43.0g	1.0g	230mg
Hot Chocolate	Large	380	5.0g	82.0g	58.0g	2.0g	310mg
Hot Chocolate	Extra Large	500	7.0g	108.0g	76.0g	3.0g	410mg
French Vanilla	Small	260	10.0g	39.0g	30.0g	3.0g	180mg
French Vanilla	Medium	330	12.0g	50.0g	39.0g	3.0g	230mg
French Vanilla	Large	430	17.0g	66.0g	51.0g	5.0g	310mg
French Vanilla	Extra Large	570	22.0g	88.0g	68.0g	6.0g	410mg
Coffee Mocha	Small	110	1.5g	24.0g	17.0g	1.0g	90mg
Coffee Mocha	Medium	140	2.0g	31.0g	22.0g	1.0g	115mg
Coffee Mocha	Large	190	2.5g	41.0g	29.0g	1.0g	150mg
Coffee Mocha	Extra Large	250	2.5g	54.0g	38.0g	1.0g	200mg
White Hot Chocolate	Small	250	9.0g	43.0g	36.0g	1.0g	250mg
White Hot Chocolate	Medium	330	11.0g	55.0g	45.0g	1.0g	310mg
White Hot Chocolate	Large	430	15.0g	73.0g	60.0g	2.0g	420mg
White Hot Chocolate	Extra Large	570	20.0g	96.0g	80.0g	2.0g	550mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
Latte	Small	120	0.0g	1.0g	0.0g	6.0g	85mg
Latte	Large	310	0.0g	1.0g	0.0g	16.0g	220mg
Cappuccino	Medium	231	12.1g	18.3g	16.2g	12.2g	111mg
1.2L Brown Thermos Refill (42oz) - Cof...	Standard	0	0.0g	0.0g	0.0g	0.0g	0mg
1.2L Brown Thermos Refill (42oz) - Cof...	Standard	0	0.0g	0.0g	0.0g	0.0g	1mg
1.2L Brown Thermos Refill (42oz) - Cof...	Standard	0	0.0g	0.0g	0.0g	0.0g	1mg
1.2L Brown Thermos Refill (42oz) - Tea...	Standard	0	0.0g	0.0g	0.0g	0.0g	0mg
1.2L Brown Thermos Refill (42oz) - Tea...	Standard	0	0.0g	0.0g	0.0g	0.0g	0mg
Big Tim Refill (59oz) - Coffee Original	Standard	0	0.0g	0.0g	0.0g	0.1g	1mg
Big Tim Refill (59oz) - Tea Steeped	Standard	0	0.0g	0.0g	0.0g	0.0g	0mg
Big Tim Refill (59oz) - Tea Specialty	Standard	0	0.0g	0.0g	0.0g	0.0g	0mg
Big Tim Refill (59oz) - Coffee Dark Roast	Standard	1	0.0g	0.0g	0.0g	0.1g	1mg
Big Tim Refill (59oz) - Coffee Decaf	Standard	0	0.0g	0.0g	0.0g	0.1g	1mg
1.2L Thermos Hot Chocolate Refill 42o...	Standard	828	11.5g	184.2g	127.8g	3.7g	712mg
1.2L Thermos Hot Chocolate Refill 42o...	Standard	973	34.3g	164.1g	135.8g	3.6g	942mg
1.2L Thermos FV Refill 42oz	Standard	965	34.0g	147.5g	119.2g	11.4g	709mg
Take 12 Original Blend	Standard	3	0.0g	0.0g	0.0g	0.3g	0mg
Take 12 Dark Roast	Standard	3	0.0g	0.0g	0.0g	0.3g	0mg
Take 12 Decaf	Standard	3	0.0g	0.0g	0.0g	0.3g	0mg
(70 Cups) Cambro - Coffee Dark Roast	Medium	1684	0.2g	419.9g	419.9g	1.0g	22mg
(35 Cups) Cambro - Steeped Tea	Small	841	0.0g	210.3g	209.9g	0.0g	6mg
(70 Cups) Cambro - Steeped Tea	Medium	1682	0.0g	420.5g	419.9g	0.0g	12mg
(105 Cup) Cambro - Steeped Tea	Large	2523	0.0g	630.8g	629.9g	0.0g	18mg
Take 12 Hot Chocolate	Standard	220	3.0g	48.0g	34.0g	1.0g	180mg
Take 12 French Vanilla	Standard	260	10.0g	39.0g	30.0g	3.0g	180mg
Espresso add a shot	Standard	1	0.0g	0.0g	0.0g	0.0g	4mg
Espresso Shot	Double	7	0.1g	0.0g	10.4g	0.0g	0mg
Pumpkin Spice Latte	Standard	280	0.0g	33.0g	31.0g	11.0g	180mg
Raspberry White Hot Chocolate	Small	341	13.9g	53.1g	44.3g	1.4g	271mg
Raspberry White Hot Chocolate	Medium	412	16.3g	65.2g	54.0g	1.6g	339mg
Raspberry White Hot Chocolate	Large	521	20.1g	83.8g	68.8g	2.0g	442mg
Raspberry White Hot Chocolate	XL	662	25.0g	107.6g	88.2g	2.5g	576mg
Vanilla Latte	Medium	231	12.1g	18.3g	16.2g	12.2g	0mg
Espresso Shot	Standard	3	0.0g	0.0g	0.0g	0.0g	2mg
Mocha Latte	Medium	143	5.2g	16.7g	15.1g	8.4g	210mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
<b>Caramel Latte</b>	Medium	230	12.3g	17.6g	14.7g	12.1g	112mg
<b>COFFEE ORIGINAL SS THERMOS(CAN)</b>	Standard	0	0.0g	0.0g	0.0g	0.0g	0mg
<b>COFFEE DARK ROAST SS THERMOS(CA...</b>	Standard	0	0.0g	0.0g	0.0g	0.0g	1mg
<b>(105 Cups) Cambro - Coffee Dark Roast</b>	Large	2526	0.3g	629.9g	629.9g	1.5g	34mg
<b>COFFEE DECAF SS THERMOS(CAN)</b>	Standard	0	0.0g	0.0g	0.0g	0.0g	1mg
<b>(105 Cups) Cambro - Coffee Decaf</b>	Large	2520	0.0g	629.9g	629.9g	1.3g	34mg
<b>TEA STEEPED ORANGE SS THERMOS(C...</b>	Standard	0	0.0g	0.0g	0.0g	0.0g	0mg
<b>FLAVOURED CAPPUCCINO FR VANILLA...</b>	Standard	965	34.0g	147.5g	119.2g	11.4g	709mg
<b>FLAVOURED CAPPUCCINO FR VANILLA...</b>	Standard	1282	45.3g	196.1g	158.4g	15.1g	943mg
<b>Tea Latte - 15oz(CAN)</b>	Standard	150	0.0g	13.0g	13.0g	10.0g	135mg
<b>HOT CHOCOLATE ORIGINAL SS THER...</b>	Standard	828	11.5g	184.2g	127.8g	3.7g	712mg
<b>HOT CHOCOLATE ORIGINAL BIG TIM(C...</b>	Standard	1100	15.3g	244.7g	169.8g	4.9g	946mg
<b>HOT CHOCOLATE WHITE SS THERMOS...</b>	Standard	973	34.3g	164.1g	135.8g	3.6g	942mg
<b>Take 12 White Hot Chocolate</b>	Standard	250	9.0g	43.0g	36.0g	1.0g	250mg
<b>(35 Cups) Cambro - French Vanilla</b>	Small	8458	323.1g	1295.8g	998.5g	89.6g	6003mg
<b>(70 Cups) Cambro - French Vanilla</b>	Medium	16915	646.3g	2591.6g	1996.9g	179.3g	12006...
<b>(35 Cups) Cambro - White Hot Chocola...</b>	Small	8936	314.4g	1506.4g	1246.3g	33.5g	8650mg
<b>Coffee LG USA</b>	Standard	5	0.0g	0.0g	0.0g	1.0g	0mg
<b>Tea Latte</b>	Standard	0	0.0g	0.0g	0.0g	0.0g	0mg
<b>Pumpkin Spice Latte</b>	Medium	228	9.9g	26.4g	26.0g	8.5g	164mg
<b>Vanilla Latte USA</b>	Small	97	3.8g	8.5g	84.2g	0.0g	0mg
<b>Vanilla Latte USA</b>	Medium	124	5.8g	7.1g	120.9g	0.0g	0mg
<b>Vanilla Latte USA</b>	Large	150	7.9g	5.6g	157.5g	0.0g	0mg
<b>Mocha Latte USA</b>	Small	97	3.8g	7.7g	142.2g	0.2g	0mg
<b>Mocha Latte USA</b>	Medium	124	5.7g	8.5g	8.0g	9.4g	0mg
<b>Mocha Latte USA</b>	Large	81	4.9g	0.0g	212.0g	0.0g	0mg
<b>Pumpkin Spice Latte USA</b>	Small	237	9.7g	29.9g	28.4g	7.4g	0mg
<b>Pumpkin Spice Latte USA</b>	Medium	315	12.2g	39.9g	38.3g	11.2g	0mg
<b>Pumpkin Spice Latte USA</b>	Large	391	14.6g	49.6g	47.9g	14.9g	0mg
<b>Caramel Latte SM</b>	Standard	93	3.7g	8.7g	7.9g	6.2g	0mg
<b>Caramel Latte MD</b>	Standard	144	5.8g	13.6g	12.3g	9.6g	0mg
<b>Caramel Latte LG</b>	Standard	196	7.8g	18.5g	16.7g	13.0g	0mg
<b>Espresso Shot</b>	Single	2	0.0g	0.1g	2.8g	0.0g	0mg
<b>Americano - 10oz</b>	Standard	5	0.1g	1.0g	0.0g	0.1g	0mg
<b>Americano - 14oz</b>	Standard	4	0.1g	0.8g	0.0g	0.1g	0mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
<b>Americano - 20oz</b>	Standard	8	0.2g	1.5g	0.0g	0.1g	0mg
<b>Cappuccino - 10oz</b>	Standard	85	3.3g	8.4g	7.9g	5.5g	0mg
<b>Cappuccino - 14oz</b>	Standard	123	4.8g	12.1g	11.4g	7.9g	0mg
<b>Cappuccino - 20oz</b>	Standard	174	6.8g	17.3g	16.1g	11.2g	0mg
<b>Caramel Macchiato - 10oz</b>	Standard	119	4.3g	12.1g	11.0g	7.6g	0mg
<b>Caramel Macchiato - 15oz</b>	Standard	133	5.8g	9.3g	8.3g	10.3g	0mg
<b>Caramel Macchiato - 20oz</b>	Standard	161	8.0g	8.0g	7.5g	14.1g	0mg
<b>Hershey's Hot Chocolate</b>	Small	299	4.0g	68.1g	49.4g	1.4g	216mg
<b>Hershey's Hot Chocolate</b>	Medium	399	5.0g	90.1g	65.4g	2.4g	266mg
<b>Hershey's Hot Chocolate</b>	Large	519	6.0g	118.1g	86.4g	2.4g	356mg
<b>Hershey's Hot Chocolate</b>	Extra Large	679	8.0g	153.1g	111.4g	3.4g	456mg
<b>Marshmallow White Hot Chocolate</b>	Small	940	9.4g	209.0g	146.7g	4.6g	411mg
<b>Marshmallow White Hot Chocolate</b>	Medium	1010	12.0g	220.5g	156.2g	5.0g	473mg
<b>Marshmallow White Hot Chocolate</b>	Large	1118	15.9g	238.0g	170.8g	5.5g	567mg
<b>Marshmallow White Hot Chocolate</b>	XL	1258	21.0g	260.9g	189.8g	6.3g	690mg
<b>Coffee French Vanilla</b>	Standard	226	8.0g	34.6g	27.9g	2.7g	166mg
<b>Coffee French Vanilla (Refill)</b>	Standard	226	8.0g	34.6g	27.9g	2.7g	166mg
<b>Vanilla Latte</b>	Large	306	16.0g	24.0g	21.6g	16.2g	0mg
<b>Vanilla Latte</b>	Small	155	8.1g	12.5g	10.8g	8.2g	0mg
<b>Caramel Latte</b>	Large	306	16.4g	23.4g	19.6g	16.1g	149mg
<b>Caramel Latte</b>	Small	116	6.2g	9.0g	7.1g	6.1g	49mg
<b>Mocha Latte</b>	Large	132	6.8g	5.5g	5.8g	11.6g	290mg
<b>Mocha Latte</b>	Small	102	6.0g	6.1g	5.5g	6.0g	86mg
<b>Tea Latte</b>	Small	83	3.2g	7.9g	7.8g	5.7g	68mg
<b>Tea Latte</b>	Large	177	6.7g	16.9g	16.7g	12.2g	145mg
<b>Cappuccino</b>	Small	118	6.1g	9.6g	8.1g	6.1g	80mg
<b>Cappuccino</b>	Large	306	16.0g	24.0g	21.6g	16.2g	153mg
<b>RF Small Tea Latte</b>	Standard	83	3.2g	7.9g	7.8g	5.7g	68mg
<b>RF Large Tea Latte</b>	Standard	177	6.7g	16.9g	16.7g	12.2g	145mg
<b>Vanilla Chai</b>	Small	123	3.2g	17.9g	17.3g	5.7g	69mg
<b>Vanilla Chai</b>	Medium	201	5.4g	28.5g	27.6g	9.8g	117mg
<b>Vanilla Chai</b>	Large	257	6.8g	36.9g	35.8g	12.3g	146mg
<b>Vanilla Chai White Hot Chocolate</b>	Small	364	14.1g	58.5g	50.3g	1.2g	252mg
<b>Vanilla Chai White Hot Chocolate</b>	Medium	454	16.6g	75.3g	64.8g	1.5g	319mg
<b>Vanilla Chai White Hot Chocolate</b>	Large	580	20.3g	98.2g	84.4g	1.9g	423mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
<b>Candy Cane Hot Chocolate</b>	Small	243	4.1g	52.1g	35.4g	1.6g	210mg
<b>Candy Cane Hot Chocolate</b>	Medium	303	5.1g	65.1g	45.4g	1.6g	260mg
<b>Candy Cane Hot Chocolate</b>	Large	403	6.1g	86.1g	59.4g	1.6g	340mg
<b>Candy Cane Hot Chocolate</b>	Extra Large	523	7.1g	112.1g	77.4g	2.6g	440mg
<b>Candy Cane White Hot Chocolate</b>	Small	283	10.1g	47.1g	37.4g	0.6g	270mg
<b>Candy Cane White Hot Chocolate</b>	Medium	353	12.1g	58.1g	47.4g	0.6g	340mg
<b>Candy Cane White Hot Chocolate</b>	Large	463	16.1g	76.1g	62.4g	1.6g	450mg
<b>Candy Cane White Hot Chocolate</b>	Extra Large	603	21.1g	100.1g	81.4g	1.6g	590mg
<b>Vanilla Chai White Hot Chocolate</b>	Extra Large	740	25.3g	126.7g	108.5g	2.4g	558mg
<b>Apple Cinnamon Fog</b>	Small	42	1.6g	5.1g	4.1g	3.0g	50mg
<b>Apple Cinnamon Fog</b>	Medium	36	2.2g	0.5g	0.1g	4.6g	71mg
<b>Apple Cinnamon Fog</b>	Large	41	3.2g	0.0g	0.0g	6.9g	101mg
<b>Kit Kat Hot Chocolate</b>	Small	360	0.0g	70.0g	53.0g	3.0g	210mg
<b>Kit Kat Hot Chocolate</b>	Medium	450	0.0g	89.0g	68.0g	3.0g	270mg
<b>Kit Kat Hot Chocolate</b>	Large	570	0.0g	115.0g	87.0g	4.0g	350mg
<b>Kit Kat Hot Chocolate</b>	Extra Large	710	0.0g	147.0g	111.0g	6.0g	450mg
<b>Kit Kat Latte</b>	Medium	320	0.0g	42.0g	39.0g	11.0g	190mg
<b>Caramel Macchiato</b>	Small	161	3.6g	25.7g	24.9g	6.3g	82mg
<b>Caramel Macchiato</b>	Medium	136	4.8g	14.2g	14.3g	8.9g	187mg
<b>Caramel Macchiato</b>	Large	314	7.5g	48.2g	46.8g	13.3g	168mg
<b>Matcha Latte</b>	Small	148	3.4g	22.8g	21.8g	6.0g	80mg
<b>Gingerbread Latte</b>	Standard	230	5.5g	35.7g	34.1g	10.0g	179mg
<b>Gingerbread Tea Latte</b>	Medium	170	3.3g	29.9g	28.6g	5.9g	128mg
<b>Gingerbread Tea Latte</b>	Small	121	2.3g	21.4g	20.4g	4.2g	91mg
<b>Gingerbread Tea Latte</b>	Large	229	4.6g	39.4g	37.6g	8.4g	173mg
<b>London Fog</b>	Extra Large	20	5.7g	0.0g	0.0g	10.3g	120mg
<b>Apple Cinnamon Fog</b>	XL	11	4.4g	0.0g	0.0g	10.1g	79mg
<b>Pumpkin Spice Tea Latte</b>	XL	20	5.7g	0.0g	0.0g	10.3g	120mg
<b>Gingerbread Tea Latte</b>	XL	286	5.9g	48.7g	46.5g	10.7g	217mg
<b>Vanilla Chai Tea Latte</b>	XL	312	8.1g	45.3g	43.8g	14.7g	175mg
<b>Pumpkin Spice Latte</b>	Small	148	5.9g	17.4g	16.0g	5.5g	114mg
<b>Pumpkin Spice Latte</b>	Large	318	13.9g	36.4g	36.0g	11.5g	214mg
<b>Butterscotch Latte</b>	Small	188	6.5g	25.6g	23.8g	6.6g	17mg
<b>Butterscotch Latte</b>	Medium	288	9.5g	40.6g	38.4g	9.6g	21mg
<b>Butterscotch Latte</b>	Large	394	12.9g	56.2g	53.5g	13.1g	28mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
Base Tea Latte	Small	58	2.2g	5.6g	5.5g	4.0g	48mg
Base Tea Latte	Medium	83	3.2g	7.9g	7.8g	5.7g	68mg
Base Tea Latte	Large	117	4.5g	11.2g	11.1g	8.1g	96mg
Extra-Large Base Tea Latte	Standard	149	5.7g	14.3g	14.1g	10.3g	123mg
Double Double Americano	Small	58	0.0g	14.5g	14.2g	0.0g	6mg
Double Double Americano	Medium	76	0.0g	19.1g	18.7g	0.0g	9mg
Latte - SM	Standard	96	3.7g	9.4g	8.9g	6.2g	0mg
Latte - MD	Standard	148	5.8g	14.6g	13.9g	9.6g	0mg
Latte - LG	Standard	203	7.9g	20.1g	18.8g	13.0g	0mg
Peppermint Mocha Latte	Small	146	7.5g	13.0g	11.4g	6.6g	122mg
Peppermint Mocha	Medium	282	10.5g	17.3g	15.4g	9.6g	177mg
Peppermint Mocha Latte	Large	266	13.8g	22.2g	20.0g	13.0g	232mg
Decaf Espresso Shot	Standard	1	0.0g	0.1g	0.0g	0.0g	1mg
Decaf Americano	Small	5	0.1g	1.0g	0.0g	0.1g	0mg
Decaf Americano	Medium	0	0.0g	0.0g	0.0g	0.0g	0mg
Decaf Americano	Large	5	0.1g	1.0g	0.0g	0.1g	0mg
Pumpkin Spice Tea Latte Refill	Small	110	2.2g	18.4g	18.1g	4.0g	49mg
Pumpkin Spice Tea Latte Refill	Medium	160	3.1g	27.1g	26.7g	5.7g	69mg
Pumpkin Spice Tea Latte Refill	Large	221	4.5g	36.8g	36.3g	8.1g	98mg
Tea Latte Refill	Medium	81	3.1g	7.8g	7.7g	5.6g	67mg
Cappuccino Refill	Medium	117	4.5g	11.3g	11.0g	8.1g	97mg
Gingerbread Latte Refill	Large	384	12.4g	54.8g	52.3g	14.0g	261mg
Gingerbread Latte Refill	Small	232	8.5g	32.5g	31.1g	6.9g	142mg
Gingerbread Latte Refill	Medium	308	10.4g	43.6g	41.7g	10.4g	201mg
Cinnamon Dulce de Leche Latte	Small	197	8.9g	20.3g	15.9g	9.0g	24mg
Cinnamon Dulce de Leche Latte	Medium	294	13.4g	30.2g	23.8g	13.5g	32mg
Cinnamon Dulce de Leche Latte	Large	383	17.6g	38.5g	30.7g	17.8g	37mg
Salted Caramel Latte MD	Standard	219	6.5g	30.5g	28.0g	9.9g	0mg
Espresso Shots Refill - Decaf	Standard	2	0.0g	0.3g	0.0g	0.0g	2mg
Espresso Shots Refill - Guatemala San ...	Standard	0	0.0g	0.0g	0.0g	0.0g	0mg
Dirty Chai Latte	Small	166	6.1g	21.9g	19.9g	6.2g	0mg
Dirty Chai Latte	Medium	252	9.1g	33.6g	31.0g	9.2g	0mg
Dirty Chai Latte	Large	332	12.1g	44.2g	39.8g	12.3g	0mg
Vanilla Matcha Latte	Small	192	6.9g	24.2g	21.9g	7.0g	0mg
Vanilla Matcha Latte	Medium	265	9.5g	34.3g	31.7g	9.6g	0mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
<b>Vanilla Matcha Latte</b>	Large	338	11.9g	44.4g	41.4g	12.1g	0mg
<b>Cinnamon Caramel Oat Latte</b>	Small	94	4.4g	9.8g	8.5g	1.3g	19mg
<b>Roasted Hazelnut Latte</b>	Small	139	3.5g	20.5g	20.0g	6.3g	79mg
<b>Roasted Hazelnut Latte</b>	Medium	213	5.4g	31.2g	30.5g	9.9g	122mg
<b>Roasted Hazelnut Latte</b>	Large	288	7.3g	41.9g	41.0g	13.4g	166mg
<b>Matcha White Hot Chocolate</b>	Small	267	9.0g	43.0g	35.6g	1.0g	247mg
<b>Matcha White Hot Chocolate</b>	Medium	337	11.4g	54.7g	45.3g	1.2g	314mg
<b>Matcha White Hot Chocolate</b>	Large	443	15.2g	72.7g	60.1g	1.6g	417mg
<b>Matcha White Hot Chocolate</b>	Extra Large	583	20.1g	96.1g	79.5g	2.1g	552mg
<b>Matcha French Vanilla</b>	Extra Large	586	21.9g	87.9g	67.7g	6.1g	407mg
<b>Matcha French Vanilla</b>	Small	269	9.8g	39.3g	30.3g	2.7g	182mg
<b>Matcha French Vanilla</b>	Medium	339	12.5g	50.0g	38.5g	3.5g	232mg
<b>Matcha French Vanilla</b>	Large	446	16.6g	66.4g	51.2g	4.6g	308mg
<b>Redeye Original Blend</b>	Small	1	0.0g	0.2g	0.0g	0.0g	2mg
<b>Redeye Original Blend</b>	Medium	1	0.0g	0.2g	0.0g	0.0g	2mg
<b>Redeye Original Blend</b>	Large	1	0.0g	0.2g	0.0g	0.0g	2mg
<b>Redeye Original Blend</b>	Extra Large	1	0.0g	0.2g	0.0g	0.0g	2mg
<b>Gingerbread Oat Latte</b>	Medium	192	9.0g	23.0g	12.0g	2.9g	13mg
<b>Gingerbread Oat Latte</b>	Small	121	6.0g	15.3g	8.0g	1.9g	88mg
<b>Gingerbread Oat Latte</b>	Large	252	12.0g	30.6g	17.0g	3.9g	187mg
<b>Hershey's White Hot Chocolate</b>	Small	339	9.0g	63.1g	50.4g	1.4g	276mg
<b>Hershey's White Hot Chocolate</b>	Medium	439	12.0g	83.1g	67.4g	1.4g	356mg
<b>Hershey's White Hot Chocolate</b>	Large	579	16.0g	109.1g	88.4g	2.4g	456mg
<b>Hershey's White Hot Chocolate</b>	Extra Large	749	21.0g	141.1g	115.4g	3.4g	596mg
<b>Caramel Toffee Latte</b>	Small	181	7.0g	22.3g	22.7g	6.9g	190mg
<b>Caramel Toffee Latte</b>	Medium	281	11.0g	34.3g	33.7g	10.9g	290mg
<b>Caramel Toffee Latte</b>	Large	381	15.0g	46.3g	45.7g	13.9g	380mg
<b>Vanilla Coconut Latte</b>	Small	114	5.1g	10.8g	8.6g	6.5g	97mg
<b>Vanilla Coconut Latte</b>	Medium	166	6.1g	15.7g	13.8g	9.5g	141mg
<b>Vanilla Coconut Latte</b>	Large	216	8.1g	20.4g	18.9g	13.5g	185mg
<b>Vanilla Coconut Cappuccino</b>	Large	184	7.0g	16.3g	16.5g	10.9g	135mg
<b>Vanilla Coconut Cappuccino</b>	Medium	133	5.0g	12.6g	11.4g	7.9g	101mg
<b>Vanilla Coconut Cappuccino</b>	Small	92	4.0g	8.7g	8.3g	6.0g	72mg
<b>Almond Latte</b>	Large	158	12.0g	14.5g	12.0g	0.9g	140mg
<b>Almond Latte</b>	Medium	119	8.0g	10.7g	9.0g	0.9g	105mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
<b>Almond Latte</b>	Small	79	5.0g	6.8g	6.0g	0.9g	70mg
<b>Baileys Latte</b>	Large	171	7.4g	16.2g	14.0g	12.5g	250mg
<b>Baileys Latte</b>	Medium	122	5.4g	11.4g	10.0g	8.5g	190mg
<b>Baileys Latte</b>	Small	82	3.4g	7.5g	6.0g	5.5g	130mg
<b>Baileys Cream Coffee</b>	Large	0	1.7g	0.0g	0.0g	0.7g	140mg
<b>Baileys Cream Coffee</b>	Medium	0	1.3g	0.0g	0.0g	0.1g	110mg
<b>Baileys Cream Coffee</b>	Small	0	1.0g	0.0g	0.0g	0.0g	70mg
<b>Baileys Cream Coffee</b>	Extra Large	0	2.3g	0.0g	0.0g	0.3g	160mg
<b>Marble Swirl Hot Chocolate</b>	Small	228	3.6g	49.1g	33.4g	1.4g	207mg
<b>Marble Swirl Hot Chocolate</b>	Medium	288	4.6g	62.1g	42.4g	1.4g	257mg
<b>Marble Swirl Hot Chocolate</b>	Large	378	5.6g	83.1g	56.4g	1.4g	327mg
<b>X- Large Marble Swirl Hot Chocolate</b>	Standard	508	7.6g	109.1g	75.4g	2.4g	427mg
<b>Marble Swirl White Hot Chocolate</b>	Small	258	9.6g	44.1g	34.4g	0.4g	267mg
<b>Marble Swirl White Hot Chocolate</b>	Medium	328	11.6g	55.1g	44.4g	1.4g	337mg
<b>Marble Swirl White Hot Chocolate</b>	Large	438	15.6g	73.1g	59.4g	1.4g	437mg
<b>X-Large Marble Swirl White Hot Choco...</b>	Standard	578	20.6g	97.1g	78.4g	2.4g	577mg
<b>Fudge Brownie Latte</b>	Small	132	3.0g	19.5g	18.0g	5.3g	167mg
<b>Fudge Brownie Latte</b>	Medium	212	5.0g	30.4g	28.0g	9.3g	247mg
<b>Fudge Brownie Latte</b>	Large	281	7.0g	40.2g	38.0g	13.3g	317mg
<b>Matcha Latte - Reuseable Cup</b>	Medium	144	4.4g	15.9g	13.9g	10.0g	120mg
<b>Chocolate Hazelnut Latte with Nutella</b>	Large	186	7.3g	18.2g	15.0g	12.7g	186mg
<b>Chocolate Hazelnut Latte with Nutella</b>	Medium	132	5.3g	13.4g	11.0g	8.8g	141mg
<b>Chocolate Hazelnut Latte with Nutella</b>	Small	77	3.4g	8.5g	6.0g	4.9g	101mg
<b>Baileys Dream Hot Chocolate</b>	Small	218	4.0g	48.1g	32.4g	1.6g	230mg
<b>Baileys Dream Hot Chocolate</b>	Medium	278	5.0g	61.1g	40.4g	1.6g	300mg
<b>Baileys Dream Hot Chocolate</b>	Large	368	6.0g	81.1g	54.4g	2.6g	390mg
<b>White Chocolate Pistachio Latte</b>	Small	85	2.7g	8.3g	7.0g	5.4g	100mg
<b>White Chocolate Pistachio Latte</b>	Medium	131	4.7g	12.8g	11.8g	8.4g	139mg
<b>White Chocolate Pistachio Latte</b>	Large	186	6.6g	17.2g	16.4g	12.3g	182mg
<b>White Chocolate Pistachio White Hot C...</b>	Small	261	9.3g	43.9g	35.5g	0.5g	265mg
<b>White Chocolate Pistachio White Hot C...</b>	Medium	327	11.2g	55.5g	45.2g	1.5g	339mg
<b>White Chocolate Pistachio White Hot C...</b>	Large	432	15.2g	74.1g	59.9g	1.5g	442mg
<b>White Chocolate Pistachio White Hot C...</b>	Extra Large	578	20.2g	97.7g	79.6g	1.4g	576mg
<b>Baileys Dream Hot Chocolate</b>	Extra Large	488	8.0g	107.1g	71.4g	2.6g	500mg
<b>Protein Latte</b>	Small	109	4.0g	5.8g	6.0g	12.9g	50mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
<b>Protein Latte</b>	Medium	169	6.0g	9.7g	9.0g	19.9g	80mg
<b>Protein Latte</b>	Large	228	8.0g	12.5g	12.0g	26.9g	105mg
<b>Protein Latte with Sugar-Free Vanilla S...</b>	Small	119	4.0g	8.8g	6.0g	12.9g	65mg
<b>Protein Latte with Sugar-Free Vanilla S...</b>	Medium	189	6.0g	13.7g	9.0g	19.9g	100mg
<b>Protein Latte with Sugar-Free Vanilla S...</b>	Large	248	8.0g	18.5g	12.0g	26.9g	140mg
<b>Brown Sugar Cream Coffee</b>	Small	46	1.0g	12.2g	11.2g	0.0g	40mg
<b>Brown Sugar Cream Coffee</b>	Medium	70	1.3g	17.3g	16.3g	0.1g	65mg
<b>Brown Sugar Cream Coffee</b>	Large	88	1.6g	24.3g	22.3g	0.0g	85mg
<b>Biscoff® Latte</b>	Small	147	3.5g	22.5g	20.0g	5.5g	115mg
<b>Biscoff® Latte</b>	Medium	217	5.5g	34.4g	31.0g	8.5g	160mg
<b>Biscoff® Latte</b>	Large	296	7.5g	45.2g	43.0g	12.5g	210mg
<b>Biscoff® Iced Capp</b>	Small	295	9.9g	53.1g	46.4g	1.9g	115mg
<b>Biscoff® Iced Capp</b>	Medium	395	14.9g	66.1g	58.4g	2.9g	150mg
<b>Biscoff® Iced Capp</b>	Large	535	20.9g	87.1g	77.4g	3.9g	190mg
<b>Brown Sugar Cream Coffee</b>	Extra Large	110	1.3g	30.3g	28.3g	0.3g	100mg
<b>Chocolate Pistachio Latte</b>	Small	132	3.4g	20.5g	19.0g	5.5g	115mg
<b>Chocolate Pistachio Latte</b>	Medium	212	5.4g	31.4g	30.0g	8.5g	160mg
<b>Chocolate Pistachio Latte</b>	Large	291	7.4g	43.2g	41.0g	12.5g	210mg
<b>Chocolate Pistachio Cappuccino</b>	Large	258	5.3g	39.1g	38.6g	10.9g	170mg
<b>Chocolate Pistachio Cappuccino</b>	Medium	179	3.3g	28.3g	28.6g	6.9g	120mg
<b>Chocolate Pistachio Cappuccino</b>	Small	119	2.3g	18.4g	18.6g	4.9g	85mg
<b>Chocolate Pistachio Matcha Latte</b>	Small	143	3.4g	21.7g	19.0g	6.6g	115mg
<b>Chocolate Pistachio Matcha Latte</b>	Medium	223	5.4g	32.7g	30.0g	9.6g	160mg
<b>Chocolate Pistachio Matcha Latte</b>	Large	303	7.4g	44.7g	41.0g	13.6g	210mg

## BREAKFAST

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
<b>Bagel BELT Each</b>	Standard	322	4.2g	59.5g	6.3g	11.6g	0mg
<b>Grilled Farmer's Breakfast Wrap - Saus...</b>	Standard	509	29.5g	50.9g	1.9g	11.9g	0mg
<b>Sausage Grilled Breakfast Wrap</b>	Standard	313	14.4g	35.6g	2.2g	10.5g	615mg
<b>Bacon Grilled Breakfast Wrap</b>	Standard	313	14.4g	35.6g	2.2g	10.5g	615mg
<b>Plain Oatmeal</b>	Regular	161	3.1g	30.3g	4.5g	5.7g	220mg
<b>Plain Oatmeal</b>	Large	228	4.4g	43.1g	6.4g	8.1g	313mg
<b>Hashbrown</b>	Standard	120	6.0g	15.0g	1.0g	1.0g	220mg
<b>Greek Yogurt Parfait</b>	Standard	252	6.6g	40.0g	25.1g	7.8g	114mg
<b>Egg &amp; Cheese English Muffin Breakfast...</b>	Standard	351	18.2g	34.0g	3.7g	12.9g	834mg
<b>Beans Each</b>	Regular	299	5.1g	55.8g	16.3g	14.0g	612mg
<b>Beans Each</b>	Large	524	8.9g	97.6g	28.6g	24.6g	1072mg
<b>Sausage Farmer's Wrap</b>	Standard	392	16.6g	50.1g	2.6g	11.6g	767mg
<b>Egg &amp; Cheese Farmer's Wrap</b>	Standard	392	16.6g	50.1g	2.6g	11.6g	767mg
<b>Sausage No Egg/No Cheese Farmer's B...</b>	Standard	315	11.1g	48.2g	2.0g	6.4g	585mg
<b>Sausage Farmer's Breakfast Sandwich</b>	Standard	467	22.3g	53.8g	4.5g	13.7g	1111mg
<b>Egg &amp; Cheese Farmer's Breakfast Sand...</b>	Standard	467	22.3g	53.8g	4.5g	13.7g	1111mg
<b>Farmers Hot Breakfast Sandwich - Sau...</b>	Standard	579	35.1g	54.5g	4.7g	12.0g	1022mg
<b>Bacon Farmer's Wrap</b>	Standard	392	16.6g	50.1g	2.6g	11.6g	767mg
<b>Bacon No Egg/No Cheese Farmer's Bre...</b>	Standard	315	11.1g	48.2g	2.0g	6.4g	585mg
<b>Bacon Farmer's Breakfast Sandwich</b>	Standard	464	21.1g	53.6g	4.1g	15.3g	1117mg
<b>Farmers Hot Breakfast Sandwich - Bac...</b>	Standard	516	27.6g	53.6g	4.8g	14.2g	1264mg
<b>Beans 4oz</b>	Small	150	2.5g	27.9g	8.2g	7.0g	306mg
<b>Bacon Biscuit Breakfast Sandwich - No...</b>	Standard	334	17.4g	31.3g	3.4g	13.1g	877mg
<b>Egg &amp; Cheese Grilled Breakfast Wrap</b>	Standard	313	14.4g	35.6g	2.2g	10.5g	615mg
<b>Bagel BELT</b>	Standard	398	12.6g	56.8g	8.7g	16.3g	642mg
<b>Bagel BELT Bacon - No Egg</b>	Standard	446	16.7g	56.9g	9.7g	19.2g	886mg
<b>Bagel BELT Sausage</b>	Standard	627	32.7g	60.8g	10.3g	24.5g	1009mg
<b>Bagel BELT Sausage - No Egg</b>	Standard	509	24.2g	57.8g	9.5g	16.9g	644mg
<b>Bagel BELT Egg</b>	Standard	448	15.7g	59.5g	10.1g	19.0g	829mg
<b>HBS Bacon-(CAN)</b>	Standard	453	25.9g	34.3g	4.1g	20.6g	1242mg
<b>Grilled Everything Bagel Hot Breakfast...</b>	Standard	410	11.8g	59.0g	7.6g	18.0g	808mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
<b>Bacon Farmers Maple Biscui(CAN)</b>	Standard	560	0.0g	47.0g	3.0g	20.0g	1260mg
<b>BELT BACON - Bagel Classic: Blueberry...</b>	Standard	539	20.9g	63.1g	7.1g	25.1g	1234mg
<b>Bacon Cinnamon Raisin Bagel BELT</b>	Standard	370	6.8g	63.6g	13.4g	14.4g	533mg
<b>Bacon Everything Bagel BELT</b>	Standard	370	7.8g	60.7g	7.7g	15.4g	568mg
<b>Bacon Bagel BELT</b>	Standard	378	7.5g	63.4g	10.2g	15.0g	584mg
<b>Bacon Sesame Seed Bagel BELT</b>	Standard	387	9.4g	61.6g	9.4g	15.5g	589mg
<b>Bacon 12 Grain Bagel BELT</b>	Standard	398	12.6g	56.8g	8.7g	16.3g	642mg
<b>Bacon Four Cheese Bagel BELT</b>	Standard	401	10.4g	59.4g	3.6g	17.0g	765mg
<b>Bacon Jalapeno Asiago Mozzarella Bag...</b>	Standard	383	8.8g	58.1g	3.5g	16.7g	880mg
<b>BELT BACON NO EGG - BAGEL CLASSIC...</b>	Standard	420	12.4g	60.2g	6.3g	17.5g	870mg
<b>Bacon No Egg/No Cheese Cinnamon R...</b>	Standard	292	1.3g	61.7g	12.8g	9.2g	350mg
<b>Bacon No Egg/No Cheese Everything B...</b>	Standard	292	2.4g	58.8g	7.2g	10.2g	386mg
<b>Bacon No Egg/No Cheese Plain Bagel ...</b>	Standard	292	2.0g	59.7g	8.4g	9.5g	397mg
<b>Bacon No Egg/No Cheese Sesame See...</b>	Standard	310	3.9g	59.6g	8.8g	10.3g	406mg
<b>Bacon No Egg/No Cheese 12 Grain Bag...</b>	Standard	320	7.2g	54.8g	8.1g	11.1g	460mg
<b>Bacon No Egg/No Cheese Four Cheese ...</b>	Standard	324	5.0g	57.4g	3.1g	11.8g	583mg
<b>Bacon No Egg/No Cheese Jalapeno Asi...</b>	Standard	305	3.4g	56.1g	3.0g	11.5g	697mg
<b>BELT EGG - BAGEL CLASSIC: BLUEBERR...</b>	Standard	422	11.4g	62.8g	6.7g	17.3g	812mg
<b>Egg &amp; Cheese Cinnamon Raisin Bagel ...</b>	Standard	370	6.8g	63.6g	13.4g	14.4g	533mg
<b>Egg &amp; Cheese Everything Bagel BELT</b>	Standard	370	7.8g	60.7g	7.7g	15.4g	568mg
<b>Egg &amp; Cheese Bagel BELT</b>	Standard	378	7.5g	63.4g	10.2g	15.0g	584mg
<b>Egg &amp; Cheese Sesame Seed Bagel BELT</b>	Standard	387	9.4g	61.6g	9.4g	15.5g	589mg
<b>Egg &amp; Cheese 12 Grain Bagel BELT</b>	Standard	398	12.6g	56.8g	8.7g	16.3g	642mg
<b>Egg &amp; Cheese Four Cheese Bagel BELT</b>	Standard	401	10.4g	59.4g	3.6g	17.0g	765mg
<b>Egg &amp; Cheese Jalapeno Asiago Mozzar...</b>	Standard	383	8.8g	58.1g	3.5g	16.7g	880mg
<b>BELT SAUSAGE - Bagel Classic: Blueber...</b>	Standard	601	28.4g	64.0g	6.9g	22.8g	992mg
<b>Sausage Cinnamon Raisin Bagel BELT</b>	Standard	370	6.8g	63.6g	13.4g	14.4g	533mg
<b>Sausage Everything Bagel BELT</b>	Standard	370	7.8g	60.7g	7.7g	15.4g	568mg
<b>Sausage Bagel BELT</b>	Standard	378	7.5g	63.4g	10.2g	15.0g	584mg
<b>Sausage Sesame Seed Bagel BELT</b>	Standard	387	9.4g	61.6g	9.4g	15.5g	589mg
<b>Sausage 12 Grain Bagel BELT</b>	Standard	398	12.6g	56.8g	8.7g	16.3g	642mg
<b>Sausage Four Cheese Bagel BELT</b>	Standard	401	10.4g	59.4g	3.6g	17.0g	765mg
<b>Sausage Jalapeno Asiago Mozzarella B...</b>	Standard	383	8.8g	58.1g	3.5g	16.7g	880mg
<b>BELT SAUSAGE NO EGG - BAGEL CLASS...</b>	Standard	483	19.9g	61.1g	6.2g	15.3g	628mg
<b>Sausage No Egg/No Cheese Cinnamon ...</b>	Standard	292	1.3g	61.7g	12.8g	9.2g	350mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
Sausage No Egg/No Cheese Everythin...	Standard	292	2.4g	58.8g	7.2g	10.2g	386mg
Sausage No Egg/No Cheese Plain Bage...	Standard	292	2.0g	59.7g	8.4g	9.5g	397mg
Sausage No Egg/No Cheese Sesame Se...	Standard	310	3.9g	59.6g	8.8g	10.3g	406mg
Sausage No Egg/No Cheese 12 Grain B...	Standard	320	7.2g	54.8g	8.1g	11.1g	460mg
Sausage No Egg/No Cheese Four Chee...	Standard	324	5.0g	57.4g	3.1g	11.8g	583mg
Sausage No Egg/No Cheese Jalapeno ...	Standard	305	3.4g	56.1g	3.0g	11.5g	697mg
HBS BACON - Bagel Classic: Blueberry(...	Standard	530	20.9g	61.3g	5.9g	24.8g	1230mg
Bacon Cinnamon Raisin Grilled Bagel B...	Standard	370	6.8g	63.6g	13.4g	14.4g	533mg
Bacon Everything Grilled Bagel Breakf...	Standard	370	7.8g	60.7g	7.7g	15.4g	568mg
Bacon Plain Grilled Bagel Breakfast Sa...	Standard	428	12.2g	61.7g	9.2g	18.5g	791mg
HBS BACON - BAGEL CLASSIC: PRETZE...	Standard	544	20.8g	64.0g	4.4g	25.3g	1789mg
Bacon Sesame Seed Grilled Bagel Brea...	Standard	387	9.4g	61.6g	9.4g	15.5g	589mg
Bacon 12 Grain Grilled Bagel Breakfast...	Standard	398	12.6g	56.8g	8.7g	16.3g	642mg
Bacon Four Cheese Grilled Bagel Break...	Standard	401	10.4g	59.4g	3.6g	17.0g	765mg
Bacon Jalapeno Asiago Mozzarella Gril...	Standard	383	8.8g	58.1g	3.5g	16.7g	880mg
Bacon Maple Cinnamon French Toast G...	Standard	419	9.4g	69.0g	15.2g	14.7g	740mg
Bacon Sundried Tomato Grilled Bagel ...	Standard	393	9.4g	59.5g	4.5g	17.2g	934mg
HBS BACON FARMERS - BAGEL CLASSI...	Standard	687	30.7g	77.4g	7.2g	26.3g	1521mg
Bacon Farmer's Cinnamon Raisin Bagel	Standard	487	12.8g	78.9g	14.2g	15.7g	754mg
Bacon Farmer's Everything Bagel	Standard	487	13.8g	76.0g	8.6g	16.7g	789mg
Bacon Farmer's Plain Bagel	Standard	487	13.4g	76.9g	9.8g	15.9g	801mg
HBS BACON FARMERS - BAGEL CLASSI...	Standard	701	30.6g	80.0g	5.6g	26.8g	2079mg
Bacon Farmer's Sesame Seed Bagel	Standard	505	15.3g	76.8g	10.2g	16.8g	810mg
Bacon Farmer's 12 Grain Bagel	Standard	516	18.6g	72.0g	9.5g	17.6g	864mg
Bacon Farmer's Four Cheese Bagel	Standard	519	16.4g	74.6g	4.5g	18.3g	987mg
Bacon Farmer's Jalapeno Asiago Mozz...	Standard	501	14.8g	73.3g	4.3g	18.0g	1101mg
Bacon Farmer's Maple Cinnamon Frenc...	Standard	537	15.4g	84.2g	16.0g	16.0g	962mg
Bacon Farmer's Sundried Tomato Bagel	Standard	511	15.4g	74.8g	5.3g	18.5g	1156mg
Bacon No Egg/No Cheese Farmer's Eve...	Standard	410	8.3g	74.0g	8.0g	11.5g	607mg
Bacon No Egg/No Cheese Farmer's Plai...	Standard	410	8.0g	74.9g	9.2g	10.8g	619mg
HBS BACON FARMERS NO EGG - BAGE...	Standard	582	22.1g	77.1g	4.9g	19.2g	1715mg
Bacon No Egg/No Cheese Farmer's Fou...	Standard	442	11.0g	72.7g	3.9g	13.1g	804mg
HBS EGG - BAGEL CLASSIC: BLUEBERR...	Standard	413	11.4g	61.0g	5.5g	17.0g	808mg
Egg & Cheese Cinnamon Raisin Grilled ...	Standard	370	6.8g	63.6g	13.4g	14.4g	533mg
Egg & Cheese Everything Grilled Bagel...	Standard	370	7.8g	60.7g	7.7g	15.4g	568mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
Egg & Cheese Plain Grilled Bagel Break...	Standard	370	7.5g	61.6g	9.0g	14.7g	580mg
HBS EGG - BAGEL CLASSIC: PRETZEL(C...	Standard	427	11.3g	63.7g	4.0g	17.5g	1367mg
Egg & Cheese Sesame Seed Grilled Bag...	Standard	387	9.4g	61.6g	9.4g	15.5g	589mg
Egg & Cheese 12 Grain Grilled Bagel Br...	Standard	398	12.6g	56.8g	8.7g	16.3g	642mg
Egg & Cheese Four Cheese Grilled Bag...	Standard	401	10.4g	59.4g	3.6g	17.0g	765mg
Egg & Cheese Jalapeno Asiago Mozzar...	Standard	383	8.8g	58.1g	3.5g	16.7g	880mg
Egg & Cheese Maple Cinnamon French...	Standard	419	9.4g	69.0g	15.2g	14.7g	740mg
Egg & Cheese Sundried Tomato Grilled...	Standard	393	9.4g	59.5g	4.5g	17.2g	934mg
Egg & Cheese Farmer's Cinnamon Raisi...	Standard	487	12.8g	78.9g	14.2g	15.7g	754mg
Egg & Cheese Farmer's Everything Bagel	Standard	487	13.8g	76.0g	8.6g	16.7g	789mg
Egg & Cheese Farmer's Plain Bagel	Standard	487	13.4g	76.9g	9.8g	15.9g	801mg
HBS EGG FARMERS - BAGEL CLASSIC: ...	Standard	583	21.1g	79.8g	5.2g	19.0g	1657mg
Egg & Cheese Farmer's Sesame Seed B...	Standard	505	15.3g	76.8g	10.2g	16.8g	810mg
Egg & Cheese Farmer's 12 Grain Bagel	Standard	516	18.6g	72.0g	9.5g	17.6g	864mg
Egg & Cheese Farmer's Four Cheese Ba...	Standard	519	16.4g	74.6g	4.5g	18.3g	987mg
Egg & Cheese Farmer's Jalapeno Asiag...	Standard	501	14.8g	73.3g	4.3g	18.0g	1101mg
Egg & Cheese Farmer's Maple Cinnam...	Standard	537	15.4g	84.2g	16.0g	16.0g	962mg
Egg & Cheese Farmer's Sundried Toma...	Standard	511	15.4g	74.8g	5.3g	18.5g	1156mg
HBS SAUSAGE - Bagel Classic: Blueberr...	Standard	593	28.4g	62.2g	5.7g	22.5g	988mg
Sausage Cinnamon Raisin Grilled Bagel...	Standard	370	6.8g	63.6g	13.4g	14.4g	533mg
Sausage Everything Grilled Bagel Brea...	Standard	370	7.8g	60.7g	7.7g	15.4g	568mg
Sausage Plain Grilled Bagel Breakfast S...	Standard	549	24.5g	62.8g	9.3g	20.1g	760mg
HBS SAUSAGE - BAGEL CLASSIC: PRET...	Standard	606	28.3g	64.9g	4.2g	23.0g	1547mg
Sausage Sesame Seed Grilled Bagel Br...	Standard	387	9.4g	61.6g	9.4g	15.5g	589mg
Sausage 12 Grain Grilled Bagel Breakfa...	Standard	398	12.6g	56.8g	8.7g	16.3g	642mg
Sausage Four Cheese Grilled Bagel Bre...	Standard	401	10.4g	59.4g	3.6g	17.0g	765mg
Sausage Jalapeno Asiago Mozzarella G...	Standard	383	8.8g	58.1g	3.5g	16.7g	880mg
Sausage Maple Cinnamon French Toast...	Standard	419	9.4g	69.0g	15.2g	14.7g	740mg
Sausage Sundried Tomato Grilled Bage...	Standard	393	9.4g	59.5g	4.5g	17.2g	934mg
HBS SAUSAGE FARMERS - BAGEL CLAS...	Standard	749	38.2g	78.3g	7.0g	24.0g	1279mg
Sausage Farmer's Cinnamon Raisin Bag...	Standard	487	12.8g	78.9g	14.2g	15.7g	754mg
Sausage Farmer's Everything Bagel	Standard	487	13.8g	76.0g	8.6g	16.7g	789mg
Sausage Farmer's Plain Bagel	Standard	487	13.4g	76.9g	9.8g	15.9g	801mg
HBS SAUSAGE FARMERS - BAGEL CLAS...	Standard	763	38.1g	81.0g	5.5g	24.5g	1837mg
Sausage Farmer's Sesame Seed Bagel	Standard	505	15.3g	76.8g	10.2g	16.8g	810mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
Sausage Farmer's 12 Grain Bagel	Standard	516	18.6g	72.0g	9.5g	17.6g	864mg
Sausage Farmer's Four Cheese Bagel	Standard	519	16.4g	74.6g	4.5g	18.3g	987mg
Sausage Farmer's Jalapeno Asiago Moz...	Standard	501	14.8g	73.3g	4.3g	18.0g	1101mg
Sausage Farmer's Maple Cinnamon Fre...	Standard	537	15.4g	84.2g	16.0g	16.0g	962mg
Sausage Farmer's Sundried Tomato Ba...	Standard	511	15.4g	74.8g	5.3g	18.5g	1156mg
Sausage No Egg/No Cheese Farmer's E...	Standard	410	8.3g	74.0g	8.0g	11.5g	607mg
Sausage No Egg/No Cheese Farmer's P...	Standard	410	8.0g	74.9g	9.2g	10.8g	619mg
Sausage No Egg/No Cheese Farmer's F...	Standard	442	11.0g	72.7g	3.9g	13.1g	804mg
Sausage No Egg/No Cheese Farmer's J...	Standard	423	9.4g	71.4g	3.8g	12.8g	919mg
HBS SAUSAGE FARMERS NO EGG - BA...	Standard	678	30.8g	84.3g	16.1g	16.5g	1029mg
Simply Sausage Cinnamon Raisin Bagel	Standard	292	1.3g	61.7g	12.8g	9.2g	350mg
Simply Sausage Everything Bagel	Standard	292	2.4g	58.8g	7.2g	10.2g	386mg
Simply Sausage Plain Bagel	Standard	472	19.0g	60.9g	8.7g	15.0g	577mg
Simply Sausage Sesame Seed Bagel	Standard	310	3.9g	59.6g	8.8g	10.3g	406mg
Simply Sausage 12 Grain Bagel	Standard	320	7.2g	54.8g	8.1g	11.1g	460mg
Simply Sausage Four Cheese Bagel	Standard	324	5.0g	57.4g	3.1g	11.8g	583mg
Simply Sausage Jalapeno Asiago Mozz...	Standard	305	3.4g	56.1g	3.0g	11.5g	697mg
Simply Sausage Maple Cinnamon Fren...	Standard	341	3.9g	67.0g	14.6g	9.5g	558mg
Simply Sausage Sundried Tomato Bagel	Standard	495	20.9g	58.8g	4.2g	17.5g	932mg
Croissant Breakfast Sandwich	Standard	500	31.8g	32.1g	5.1g	20.1g	1033mg
HBS BACON FARMERS - CROISSANT C...	Standard	656	41.6g	48.2g	6.3g	21.6g	1324mg
HBS EGG - CROISSANT CLASSIC: CHEE...	Standard	382	22.3g	31.9g	4.7g	12.4g	611mg
HBS EGG FARMERS - CROISSANT CLAS...	Standard	539	32.2g	47.9g	5.9g	13.9g	902mg
HBS SAUSAGE - CROISSANT CLASSIC: ...	Standard	562	39.4g	33.1g	4.9g	17.9g	791mg
HBS SAUSAGE FARMERS - CROISSANT ...	Standard	719	49.2g	49.1g	6.2g	19.4g	1082mg
HBS SAUSAGE NO EGG - CROISSANT C...	Standard	443	30.8g	30.2g	4.2g	10.3g	426mg
HBS BACON - CROISSANT CLASSIC: FO...	Standard	500	31.8g	32.1g	5.1g	20.1g	1033mg
HBS BACON FARMERS - CROISSANT C...	Standard	656	41.6g	48.2g	6.3g	21.6g	1324mg
HBS EGG - CROISSANT CLASSIC: FOUR...	Standard	382	22.3g	31.9g	4.7g	12.4g	611mg
HBS EGG FARMERS - CROISSANT CLAS...	Standard	539	32.2g	47.9g	5.9g	13.9g	902mg
HBS SAUSAGE - CROISSANT CLASSIC: ...	Standard	562	39.4g	33.1g	4.9g	17.9g	791mg
HBS SAUSAGE FARMERS - CROISSANT ...	Standard	719	49.2g	49.1g	6.2g	19.4g	1082mg
Bacon Croissant Sandwich	Standard	400	24.0g	31.0g	4.7g	13.9g	640mg
Bacon Farmer's Croissant	Standard	459	25.3g	46.2g	5.3g	11.3g	650mg
Egg & Cheese Croissant Sandwich	Standard	341	19.3g	30.9g	4.5g	10.0g	428mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
<b>Egg &amp; Cheese Farmer's Croissant</b>	Standard	459	25.3g	46.2g	5.3g	11.3g	650mg
<b>Sausage Croissant Sandwich</b>	Standard	521	36.3g	32.1g	4.7g	15.5g	609mg
<b>Sausage Farmer's Croissant</b>	Standard	459	25.3g	46.2g	5.3g	11.3g	650mg
<b>Sausage No Egg/No Cheese Farmer's C...</b>	Standard	381	19.8g	44.2g	4.7g	6.1g	467mg
<b>Simply Sausage Croissant</b>	Standard	443	30.8g	30.2g	4.2g	10.3g	426mg
<b>Bacon Breakfast Sandwich</b>	Standard	294	13.4g	33.0g	3.5g	10.5g	637mg
<b>Bacon Farmer's English Muffin</b>	Standard	352	12.9g	48.7g	7.4g	11.6g	676mg
<b>Bacon No Egg/No Cheese Farmer's Eng...</b>	Standard	274	7.5g	46.7g	6.8g	6.4g	493mg
<b>Egg &amp; Cheese Breakfast Sandwich</b>	Standard	294	13.4g	33.0g	3.5g	10.5g	637mg
<b>Egg &amp; Cheese Farmer's English Muffin</b>	Standard	352	12.9g	48.7g	7.4g	11.6g	676mg
<b>Sausage Maple Farmers English Muffin...</b>	Standard	610	0.0g	43.0g	1.0g	20.0g	1010mg
<b>Sausage No Egg/No Cheese Farmer's E...</b>	Standard	274	7.5g	46.7g	6.8g	6.4g	493mg
<b>Bacon Farmer's Biscuit</b>	Standard	438	19.7g	54.4g	4.5g	11.4g	955mg
<b>Egg &amp; Cheese Farmer's Biscuit</b>	Standard	438	19.7g	54.4g	4.5g	11.4g	955mg
<b>Sausage Breakfast Sandwich</b>	Standard	474	30.4g	34.2g	3.8g	16.0g	817mg
<b>HBS SAUSAGE FARMERS - HOMESTYLE...</b>	Standard	697	43.6g	57.4g	5.4g	19.5g	1387mg
<b>Simply Sausage Breakfast Sandwich</b>	Standard	396	24.9g	32.3g	3.2g	10.8g	635mg
<b>Sausage Farmer's English Muffin</b>	Standard	378	13.3g	54.8g	7.6g	11.3g	772mg
<b>Simply Sausage</b>	Standard	353	20.3g	32.7g	6.3g	10.7g	467mg
<b>Bacon No Egg/No Cheese Farmer's Bis...</b>	Standard	360	14.3g	52.5g	4.0g	6.3g	773mg
<b>Sausage No Egg/No Cheese Farmer's B...</b>	Standard	360	14.3g	52.5g	4.0g	6.3g	773mg
<b>BRK Wrap Sausage Farmers - Wrap Cla...</b>	Standard	675	41.9g	54.3g	3.1g	21.3g	1154mg
<b>Mini Hash Brown Sticks</b>	Standard	241	15.1g	25.3g	0.0g	2.2g	251mg
<b>Grilled Cheese HBS</b>	Standard	310	0.0g	28.0g	2.0g	17.0g	780mg
<b>Bacon Grilled Cheese HBS</b>	Standard	670	0.0g	51.0g	1.0g	30.0g	1300mg
<b>Sausage &amp; Bacon Breakfast Sandwich</b>	Standard	297	13.5g	31.9g	3.5g	11.2g	189mg
<b>Belgian Waffle Breakfast Sandwich</b>	Standard	410	0.0g	38.0g	17.0g	13.0g	710mg
<b>Sausage Belgian Waffle Breakfast Sand...</b>	Standard	590	0.0g	39.0g	18.0g	18.0g	890mg
<b>Bacon Belgian Waffle Breakfast Sandw...</b>	Standard	470	0.0g	38.0g	17.0g	17.0g	920mg
<b>Sausage Wrap Snacker</b>	Standard	181	8.3g	18.6g	0.7g	8.0g	362mg
<b>Bacon Wrap Snacker</b>	Standard	250	3.5g	19.8g	0.9g	12.5g	496mg
<b>Egg and Cheese Wrap Snacker</b>	Standard	181	8.3g	18.6g	0.7g	8.0g	362mg
<b>Maple French Toast Bacon Breakfast Sa...</b>	Standard	357	16.3g	32.3g	1.7g	19.8g	816mg
<b>Sausage &amp; Bacon Breakfast Wrap</b>	Standard	313	14.4g	35.6g	2.2g	10.5g	615mg
<b>Loaded Breakfast Wrap (Bacon and Sa...</b>	Standard	496	32.1g	35.5g	2.3g	17.9g	0mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
Maple French Toast Sausage Breakfast ...	Standard	423	25.1g	33.4g	1.9g	15.9g	568mg
Maple French Toast Egg & Cheese Brea...	Standard	243	8.1g	32.2g	1.7g	10.4g	388mg
Loaded Breakfast Wrap (Bacon x2)	Standard	396	21.1g	36.3g	3.1g	16.7g	0mg
Loaded Breakfast Wrap (Sausage x2)	Standard	600	42.0g	35.5g	2.8g	18.3g	0mg
Loaded Farmers Breakfast Wrap (Doub...	Standard	846	52.3g	70.1g	3.0g	25.2g	0mg
Loaded Farmers Breakfast Wrap (Doub...	Standard	642	34.1g	67.2g	2.5g	17.8g	0mg
Loaded Farmers Breakfast Wrap (Doub...	Standard	874	58.3g	68.0g	1.9g	20.6g	0mg
Bacon No Egg/No Cheese Biscuit	Standard	217	7.9g	31.1g	2.9g	5.3g	455mg
Bacon No Egg/No Cheese English Muff...	Standard	157	1.5g	31.5g	6.0g	5.1g	272mg
Bacon No Egg/No Cheese Croissant	Standard	264	13.8g	28.9g	3.9g	4.8g	246mg
Bacon No Egg/No Cheese Plain Grilled ...	Standard	292	2.0g	59.7g	8.4g	9.5g	397mg
Bacon No Egg/No Cheese Everything ...	Standard	292	2.4g	58.8g	7.2g	10.2g	386mg
Bacon No Egg/No Cheese Sesame See...	Standard	310	3.9g	59.6g	8.8g	10.3g	406mg
Bacon No Egg/No Cheese Cinnamon R...	Standard	292	1.3g	61.7g	12.8g	9.2g	350mg
Bacon No Egg/No Cheese 12 Grain Gril...	Standard	320	7.2g	54.8g	8.1g	11.1g	460mg
Bacon No Egg/No Cheese Four Cheese ...	Standard	324	5.0g	57.4g	3.1g	11.8g	583mg
Bacon No Egg/No Cheese Maple Cinna...	Standard	341	3.9g	67.0g	14.6g	9.5g	558mg
Bacon No Egg/No Cheese Sundried To...	Standard	316	3.9g	57.5g	3.9g	12.0g	752mg
HBS BACON FARMERS NO EGG - BAGE...	Standard	623	24.6g	79.9g	5.0g	20.7g	1392mg
Farmer's Sausage No Egg/No Cheese E...	Standard	654	29.6g	82.2g	8.9g	16.9g	953mg
HBS SAUSAGE FARMERS NO EGG - BA...	Standard	686	32.2g	80.9g	4.8g	18.5g	1150mg
Bacon No Egg/No Cheese Croissant BE...	Standard	264	13.8g	28.9g	3.9g	4.8g	246mg
Sausage Croissant BELT	Standard	341	19.3g	30.9g	4.5g	10.0g	428mg
Sausage & Bacon Plain Grilled Bagel B...	Standard	667	33.9g	63.1g	9.7g	27.9g	1182mg
Sausage & Bacon Everything Grilled B...	Standard	370	7.8g	60.7g	7.7g	15.4g	568mg
Sausage & Bacon Sesame Seed Grilled ...	Standard	387	9.4g	61.6g	9.4g	15.5g	589mg
Sausage & Bacon Cinnamon Raisin Gril...	Standard	370	6.8g	63.6g	13.4g	14.4g	533mg
Sausage & Bacon 12 Grain Grilled Bag...	Standard	398	12.6g	56.8g	8.7g	16.3g	642mg
Sausage & Bacon Four Cheese Grilled ...	Standard	401	10.4g	59.4g	3.6g	17.0g	765mg
Sausage & Bacon Maple Cinnamon Fre...	Standard	419	9.4g	69.0g	15.2g	14.7g	740mg
Sausage & Bacon Sundried Tomato Gri...	Standard	393	9.4g	59.5g	4.5g	17.2g	934mg
Sausage & Bacon Croissant Breakfast S...	Standard	638	45.7g	32.4g	5.2g	23.3g	1031mg
Bacon No Egg/No Cheese Farmer's Cro...	Standard	407	20.1g	50.4g	4.9g	5.8g	564mg
Bacon No Egg/No Cheese Farmer's Ses...	Standard	453	10.3g	81.1g	9.8g	11.3g	724mg
Bacon No Egg/No Cheese Farmer's Cin...	Standard	435	7.7g	83.1g	13.9g	10.2g	668mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
Bacon No Egg/No Cheese Farmer's 12 ...	Standard	464	13.5g	76.3g	9.1g	12.1g	778mg
Bacon No Egg/No Cheese Farmer's Ma...	Standard	485	10.3g	88.5g	15.7g	10.5g	876mg
Bacon No Egg/No Cheese Farmer's Sun...	Standard	459	10.3g	79.0g	5.0g	13.0g	1070mg
FARMERS GRILLED BREAKFAST WRAP ...	Standard	497	24.8g	55.4g	3.1g	14.0g	1173mg
Sausage No Egg/No Cheese Farmer's C...	Standard	435	7.7g	83.1g	13.9g	10.2g	668mg
Sausage No Egg/No Cheese Farmer's S...	Standard	453	10.3g	81.1g	9.8g	11.3g	724mg
Sausage No Egg/No Cheese Farmer's 1...	Standard	464	13.5g	76.3g	9.1g	12.1g	778mg
Sausage No Egg/No Cheese Farmer's ...	Standard	485	10.3g	88.5g	15.7g	10.5g	876mg
Sausage No Egg/No Cheese Farmer's S...	Standard	459	10.3g	79.0g	5.0g	13.0g	1070mg
Smoked Sausage Breakfast Sandwich	Standard	467	27.4g	36.3g	7.5g	19.4g	1118mg
No Egg No Cheese Smoked Sausage Br...	Standard	348	18.9g	33.4g	6.7g	11.8g	753mg
Bacon Jalapeno Cheddar Bagel Breakfa...	Standard	503	18.6g	59.9g	5.3g	24.2g	1288mg
Egg & Cheese Jalapeno Cheddar Bagel ...	Standard	445	13.8g	59.7g	5.1g	20.3g	1077mg
Smoked Sausage Grilled Breakfast Wrap	Standard	527	33.5g	37.3g	3.3g	19.8g	1130mg
No Egg No Cheese Smoked Sausage Br...	Standard	406	24.5g	35.1g	2.5g	11.9g	872mg
Smoked Sausage Farmers Wrap	Standard	671	39.9g	58.8g	4.3g	20.8g	1448mg
No Egg No Cheese Smoked Sausage Fa...	Standard	549	30.9g	56.5g	3.6g	12.9g	1190mg
Smoked Sausage Farmers Breakfast Sa...	Standard	550	35.9g	36.7g	4.8g	19.8g	1355mg
No Egg No Cheese Smoked Sausage Fa...	Standard	574	33.7g	55.2g	5.1g	13.2g	1309mg
Smoked Sausage BELT	Standard	606	26.9g	65.4g	6.5g	24.6g	1289mg
No Egg No Cheese Smoked Sausage BE...	Standard	487	18.4g	62.5g	5.7g	17.0g	925mg
Jalapeno Cheddar Bagel	Standard	388	12.0g	57.0g	4.4g	12.8g	769mg
Spinach Mozzarella Bagel	Standard	394	13.7g	55.1g	3.4g	13.1g	687mg
Bacon No Egg/No Cheese Farmer's Jala...	Standard	449	9.7g	77.6g	4.0g	12.5g	1015mg
Sausage & Bacon Jalapeno Asiago Mo...	Standard	383	8.8g	58.1g	3.5g	16.7g	880mg
Bacon No Egg No Cheese Breakfast Wr...	Standard	292	12.7g	34.3g	1.9g	114.1g	648mg
Sausage No Egg No Cheese Breakfast ...	Standard	415	25.6g	35.5g	2.1g	11.5g	615mg
Bacon No Egg/No Cheese Jalapeno Asi...	Standard	305	3.4g	56.1g	3.0g	11.5g	697mg
Omelette Bites	Standard	210	14.0g	6.0g	1.0g	15.0g	500mg
Beyond Sausage™ Egg & Cheese Break...	Standard	354	18.1g	32.0g	2.8g	15.1g	423mg
Beyond Sausage™ Farmer's Breakfast S...	Standard	569	31.2g	49.1g	2.8g	22.4g	693mg
Sausage Farmer's Breakfast Wrap	Standard	186	4.8g	31.8g	2.0g	5.2g	720mg
Bacon Farmer's Breakfast Wrap	Standard	188	4.7g	32.0g	2.3g	4.0g	750mg
Egg & Cheese Farmer's Breakfast Wrap	Standard	186	3.8g	33.0g	2.3g	4.7g	530mg
Beyond Sausage™ Farmer's Breakfast ...	Standard	512	25.9g	52.8g	1.9g	17.0g	931mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
Nutella Pancakes	Standard	105	4.0g	13.1g	4.2g	2.4g	121mg
Beyond Sausage™ Donut Breakfast Sa...	Standard	480	0.0g	41.0g	17.0g	23.0g	690mg
Sausage Jalapeno Farmer's Breakfast ...	Standard	680	0.0g	54.0g	3.0g	21.0g	1240mg
Western Omelette Bite	Standard	83	5.6g	2.4g	0.5g	6.1g	182mg
Sausage, Egg, & Cheese Buttermilk Bis...	Standard	265	11.4g	35.1g	2.9g	5.3g	0mg
Bacon, Egg, & Cheese Buttermilk Biscuit	Standard	289	13.3g	35.3g	3.0g	6.7g	0mg
Egg & Cheese Buttermilk Biscuit	Standard	354	17.5g	37.6g	3.7g	11.3g	0mg
Sausage No Egg No Cheese Buttermilk...	Standard	451	29.2g	36.0g	2.9g	11.0g	0mg
Cinnamon Raisin Bagelbit	Standard	67	1.9g	11.1g	3.7g	1.9g	0mg
HBS Sausage with Fresh Cracked Egg - ...	Standard	266	11.1g	34.2g	2.8g	4.9g	0mg
HBS Bacon with Fresh Cracked Egg - B...	Standard	289	13.0g	34.4g	2.9g	6.3g	0mg
HBS Fresh Cracked Egg - Buttermilk Bi...	Standard	266	11.1g	34.2g	2.8g	4.9g	0mg
Sausage, Fresh Cracked Egg & Cheese - ...	Standard	265	11.4g	35.1g	2.9g	5.3g	0mg
Bacon, Fresh Cracked Egg & Cheese - E...	Standard	277	12.4g	35.0g	2.9g	6.3g	0mg
Fresh Cracked Egg & Cheese - English ...	Standard	265	11.4g	35.1g	2.9g	5.3g	0mg
Sausage, Fresh Cracked Egg & Cheese - ...	Standard	297	2.3g	59.0g	5.7g	10.2g	0mg
Bacon, Fresh Cracked Egg & Cheese - P...	Standard	309	3.2g	58.9g	5.6g	11.2g	0mg
Fresh Cracked Egg & Cheese - Plain Ba...	Standard	333	4.3g	58.3g	4.3g	12.0g	841mg
Sausage Bagel BELT with Fresh Cracke...	Standard	299	2.3g	59.3g	6.2g	10.2g	0mg
Bacon Bagel BELT with Fresh Cracked E...	Standard	311	3.2g	59.2g	6.2g	11.2g	0mg
Egg Bagel BELT with Fresh Cracked Eg...	Standard	299	2.3g	59.3g	6.2g	10.2g	0mg
Sausage Breakfast Wrap with Fresh Cr...	Standard	197	4.7g	33.5g	1.4g	5.8g	0mg
Bacon Breakfast Wrap with Fresh Crac...	Standard	209	5.7g	33.3g	1.4g	6.8g	0mg
Egg & Cheese Breakfast Wrap with Fre...	Standard	197	4.7g	33.5g	1.4g	5.8g	0mg
Sausage Farmer's Breakfast Wrap with ...	Standard	312	11.0g	50.0g	2.0g	5.2g	0mg
Bacon Farmer's Breakfast Wrap with Fr...	Standard	324	11.9g	49.8g	1.9g	6.2g	0mg
Egg & Cheese Farmer's Breakfast Wrap...	Standard	312	11.0g	50.0g	2.0g	5.2g	0mg
Sausage Wrap Snacker with Fresh Crac...	Standard	131	4.9g	15.8g	0.1g	5.7g	0mg
Bacon Wrap Snacker with Fresh Cracke...	Standard	143	5.9g	15.9g	0.1g	6.4g	0mg
Egg & Cheese Wrap Snacker with Fres...	Standard	131	4.9g	15.8g	0.1g	5.7g	0mg
Sausage & Bacon Breakfast Wrap with ...	Standard	209	5.7g	33.3g	1.4g	6.8g	0mg
Bacon Breakfast Wrap with Fresh Crac...	Double	244	8.5g	33.8g	1.6g	8.6g	0mg
Sausage Breakfast Wrap with Fresh Cr...	Double	168	1.5g	31.8g	1.7g	4.6g	0mg
Loaded Sausage & Bacon, Fresh Cracke...	Standard	285	16.9g	25.4g	0.5g	7.8g	0mg
Loaded Double Sausage, Fresh Cracked...	Standard	0	0.0g	23.6g	1.3g	4.0g	0mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
<b>Loaded Double Bacon, Fresh Cracked E...</b>	Standard	316	19.4g	25.3g	0.6g	10.1g	0mg
<b>Steak Farmer's Breakfast Wrap</b>	Standard	286	6.8g	35.0g	3.3g	16.7g	1030mg
<b>Bacon Fiesta Farmer's Breakfast Wrap</b>	Standard	380	14.9g	50.1g	3.2g	13.1g	620mg
<b>Sausage Fiesta Farmer's Breakfast Wrap</b>	Standard	380	14.9g	50.1g	3.2g	13.1g	620mg
<b>Egg &amp; Cheese Fiesta Farmer's Breakfas...</b>	Standard	380	14.9g	50.1g	3.2g	13.1g	620mg
<b>Maple Bacon Bagel BELT</b>	Standard	90	6.0g	5.3g	5.8g	3.9g	930mg
<b>Maple Bacon Farmers Breakfast Wrap</b>	Standard	530	26.0g	56.0g	9.0g	19.0g	1000mg
<b>Harvest Breakfast Sandwich</b>	Standard	277	10.3g	35.9g	6.3g	11.2g	600mg
<b>Simply Harvest Breakfast Sandwich</b>	Standard	261	8.5g	35.9g	6.3g	11.2g	586mg
<b>Harvest Breakfast Farmer's Wrap</b>	Standard	413	17.1g	53.6g	3.4g	12.6g	869mg
<b>Stacked Farmer's Wrap</b>	Double	189	4.7g	34.8g	2.0g	4.5g	940mg
<b>Simply Harvest Farmer's Breakfast Wrap</b>	Standard	595	21.3g	85.5g	6.1g	17.2g	1259mg
<b>Spicy Habanero Bacon BELT Sandwich</b>	Standard	164	15.3g	0.0g	0.0g	6.0g	1175mg
<b>Canadian Bacon BELT</b>	Standard	317	5.1g	59.7g	7.6g	10.2g	674mg
<b>Smoky Honey Bacon Bagel BELT</b>	Standard	458	12.6g	68.5g	13.9g	20.6g	950mg
<b>Smoky Honey Bacon Farmer's Wrap</b>	Standard	448	18.6g	53.9g	8.4g	16.1g	1020mg
<b>Build Your Own Breakfast Bundle</b>	Standard	2884	168.8g	228.0g	21.8g	114.6g	5197mg
<b>Bagel &amp; Cream Cheese Platter</b>	Standard	4103	84.1g	710.4g	95.1g	135.1g	5887mg
<b>BLT Artisan Sandwich with Creamy Ra...</b>	Regular	384	8.5g	57.2g	5.8g	11.7g	900mg
<b>BLT Artisan Sandwich with Creamy Ra...</b>	Large	621	16.1g	99.1g	10.1g	21.6g	1660mg
<b>Sausage Scrambled Egg Farmer's Wrap</b>	Standard	183	4.2g	33.6g	2.2g	5.5g	649mg
<b>Bacon Scrambled Egg Farmer's Wrap</b>	Standard	186	4.1g	33.7g	2.5g	4.4g	689mg
<b>Scrambled Egg Farmer's Wrap</b>	Standard	183	4.2g	33.8g	2.5g	5.0g	469mg
<b>Scrambled Egg Loaded Box</b>	Standard	231	11.4g	31.0g	1.7g	2.7g	507mg
<b>Sausage Scrambled Egg Loaded Box</b>	Standard	391	25.4g	32.0g	1.7g	9.7g	747mg
<b>Bacon Scrambled Egg Loaded Box</b>	Standard	224	11.3g	30.9g	1.7g	2.0g	727mg
<b>Egg Classic Breakfast Wrap</b>	Standard	233	5.2g	40.8g	3.5g	6.0g	539mg
<b>Sausage Classic Breakfast Wrap</b>	Standard	233	5.2g	40.6g	3.2g	6.5g	719mg
<b>Bacon Classic Breakfast Wrap</b>	Standard	226	5.1g	40.7g	3.5g	5.4g	759mg
<b>Stacked Scrambled Egg Loaded Box</b>	Double	384	25.3g	31.9g	2.7g	9.0g	967mg
<b>Sausage &amp; Bacon Double Stacked Scra...</b>	Standard	186	4.1g	33.5g	2.2g	3.9g	869mg
<b>Sausage &amp; Bacon Double Stacked Class...</b>	Standard	226	5.1g	40.5g	3.2g	4.9g	939mg
<b>Maple Brown Butter Scrambled Egg an...</b>	Standard	388	18.6g	43.5g	8.9g	12.6g	630mg
<b>Sausage &amp; Bacon Double Stacked Scra...</b>	Standard	361	18.5g	38.2g	5.7g	12.4g	1020mg
<b>Maple Brown Butter Bacon Scrambled ...</b>	Standard	391	18.5g	43.4g	9.9g	11.9g	850mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
<b>Maple Brown Butter Sausage Scramble...</b>	Standard	388	18.6g	43.3g	9.7g	13.1g	810mg
<b>Maple Brown Butter Sausage &amp; Bacon ...</b>	Standard	391	18.5g	44.2g	9.7g	12.4g	1030mg
<b>Maple Brown Butter Bacon Scrambled ...</b>	Standard	204	4.0g	38.5g	6.9g	4.6g	639mg
<b>Maple Brown Butter Sausage Scramble...</b>	Standard	211	4.1g	38.3g	6.6g	4.8g	599mg
<b>Maple Brown Butter Sausage &amp; Bacon ...</b>	Standard	204	4.0g	39.3g	6.6g	4.1g	819mg
<b>Maple Brown Butter Scrambled Egg Fa...</b>	Standard	211	4.1g	38.5g	5.9g	5.3g	419mg
<b>Maple Brown Butter Bacon Scrambled ...</b>	Standard	252	11.2g	36.7g	6.1g	2.2g	677mg
<b>Maple Brown Butter Sausage Scramble...</b>	Standard	410	25.3g	36.7g	6.1g	9.9g	697mg
<b>Maple Brown Butter Sausage &amp; Bacon ...</b>	Standard	412	25.2g	37.7g	6.1g	9.2g	917mg
<b>Maple Brown Butter Scrambled Egg an...</b>	Standard	250	11.3g	35.7g	6.1g	2.9g	457mg
<b>Protein Bagel BELT Bacon</b>	Standard	53	4.0g	0.9g	0.7g	3.8g	490mg
<b>Protein Bagel BELT Sausage</b>	Standard	3	0.0g	0.7g	0.4g	0.0g	450mg
<b>Protein Bagel BELT Egg &amp; Cheese</b>	Standard	3	0.1g	0.0g	0.0g	0.0g	270mg

## BAKED GOODS

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
Donuts Half Dozen	Standard	3720	0.0g	0.0g	0.0g	0.0g	0mg
Donuts Dozen	Standard	3267	120.2g	543.3g	278.4g	48.3g	2726mg
Filled Cookies Each	Standard	296	12.1g	43.7g	24.9g	3.4g	300mg
Muffins Each	Standard	359	13.5g	55.0g	26.2g	5.7g	379mg
Muffins Half Dozen	Standard	2520	0.0g	0.0g	0.0g	0.0g	0mg
Muffins Dozen	Standard	5040	0.0g	0.0g	0.0g	0.0g	0mg
Classic Bagels Each Butter	Standard	301	2.3g	57.8g	4.2g	9.6g	465mg
Classic Bagels Half Dozen	Standard	1980	0.0g	0.0g	0.0g	0.0g	0mg
Classic Bagels Dozen	Standard	3960	0.0g	0.0g	0.0g	0.0g	0mg
Timbits 10 Pack	Standard	900	0.0g	0.0g	0.0g	0.0g	0mg
Timbits 20 Pack	Standard	1800	0.0g	0.0g	0.0g	0.0g	0mg
6 Assorted Donuts	Standard	1860	0.0g	0.0g	0.0g	0.0g	0mg
12 Assorted Donuts	Standard	3720	0.0g	0.0g	0.0g	0.0g	0mg
Chocolate Whoopie Pie Premium Donut	Standard	224	10.4g	27.9g	7.2g	4.4g	186mg
6 Assorted Muffins	Standard	2520	0.0g	0.0g	0.0g	0.0g	0mg
12 Assorted Muffins	Standard	5040	0.0g	0.0g	0.0g	0.0g	0mg
6 Assorted Bagels	Standard	1980	0.0g	0.0g	0.0g	0.0g	0mg
12 Assorted Bagels	Standard	3960	0.0g	0.0g	0.0g	0.0g	0mg
Glazed Cinnamon Roll	Standard	331	13.2g	46.9g	16.1g	5.9g	241mg
10 Assorted Timbits	Standard	900	0.0g	0.0g	0.0g	0.0g	0mg
20 Assorted Timbits	Standard	1800	0.0g	0.0g	0.0g	0.0g	0mg
50 Assorted Timbits	Standard	4500	0.0g	0.0g	0.0g	0.0g	0mg
Plain Croissant	Standard	260	13.0g	30.0g	3.0g	6.0g	240mg
Tea Biscuit	Standard	255	11.0g	31.3g	4.6g	7.7g	536mg
Maple Eclair	Standard	312	13.5g	42.1g	18.4g	4.9g	229mg
6 Assorted Cookies	Standard	1860	0.0g	0.0g	0.0g	0.0g	0mg
12 Assorted Cookies	Standard	3360	0.0g	0.0g	0.0g	0.0g	0mg
Cinnamon Roll	Standard	328	13.2g	46.1g	15.2g	5.9g	240mg
Cherry Cheese Danish	Standard	330	16.2g	41.4g	15.2g	5.0g	265mg
Maple Pecan Danish	Standard	343	19.4g	38.2g	13.0g	5.2g	225mg
Danish - Chocolate	Standard	349	18.2g	42.5g	19.7g	5.1g	140mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
<b>Croissant</b>	Standard	264	13.8g	28.9g	3.9g	4.8g	246mg
<b>Panini White</b>	Standard	92	1.0g	17.8g	0.1g	3.0g	184mg
<b>White Panini Loaf</b>	Standard	1293	14.3g	248.5g	1.8g	42.5g	2569mg
<b>Tortilla Wrap</b>	Standard	197	5.1g	32.9g	1.2g	5.1g	363mg
<b>Homestyle Biscuit</b>	Standard	217	7.9g	31.1g	2.9g	5.3g	455mg
<b>English Muffin</b>	Standard	157	1.5g	31.5g	6.0g	5.1g	272mg
<b>Bun Whole Wheat 1/2 Reg</b>	Standard	134	1.9g	24.1g	0.3g	4.9g	196mg
<b>Bacon &amp; No Egg Grilled Breakfast Wrap</b>	Standard	128	0.0g	33.1g	2.6g	0.0g	610mg
<b>Sausage &amp; No Egg Grilled Breakfast W...</b>	Standard	192	4.1g	33.0g	2.3g	4.3g	570mg
<b>Pumpkin spice muffin</b>	Standard	387	15.3g	1.9g	6.2g	0.0g	508mg
<b>Carrot Cake with Walnut Muffin</b>	Standard	360	13.0g	55.0g	28.0g	6.0g	480mg
<b>Peppermint Donut</b>	Standard	304	16.0g	38.0g	19.2g	3.5g	255mg
<b>Churro Timbit</b>	Standard	47	3.3g	3.9g	1.4g	0.3g	30mg
<b>Sesame Seed Bagel</b>	Standard	310	4.0g	62.0g	10.0g	10.0g	400mg
<b>Everything Bagel</b>	Standard	290	2.0g	60.0g	9.0g	10.0g	390mg
<b>Cinnamon Raisin Bagel</b>	Standard	290	1.0g	64.0g	14.0g	9.0g	360mg
<b>Prepared Bagel - Bagel Classic Blueber...</b>	Standard	294	2.9g	58.1g	4.7g	9.4g	443mg
<b>12 Grain Bagel</b>	Standard	320	7.0g	57.0g	9.0g	11.0g	460mg
<b>Prepared Bagel - Bagel Classic Pretzel - ...</b>	Standard	308	2.8g	60.8g	3.2g	9.9g	1002mg
<b>Plain Bagel</b>	Standard	290	1.5g	62.0g	9.0g	9.0g	380mg
<b>Sundried Tomato Asiago Parmesan Ba...</b>	Standard	316	3.9g	57.5g	3.9g	12.0g	752mg
<b>Jalapeno Asiago Mozzarella Bagel</b>	Standard	320	4.5g	59.0g	4.0g	11.0g	710mg
<b>Four Cheese Bagel</b>	Standard	330	5.0g	58.0g	4.0g	11.0g	580mg
<b>Chocolate Chunk Cookie</b>	Standard	330	18.0g	39.0g	22.0g	4.0g	200mg
<b>Peanut Butter Cookie</b>	Standard	278	16.6g	27.0g	15.9g	5.8g	0mg
<b>Oatmeal Raisin Cookie</b>	Standard	290	11.0g	44.0g	26.0g	4.0g	220mg
<b>Smile Cookie</b>	Standard	340	18.0g	42.0g	25.0g	4.0g	200mg
<b>Boston Cream Donut</b>	Standard	240	8.0g	38.0g	16.0g	4.0g	240mg
<b>Apple Fritter Donut</b>	Standard	330	11.0g	54.0g	23.0g	6.0g	280mg
<b>Honey Culler Donut</b>	Standard	320	22.0g	30.0g	18.0g	2.0g	120mg
<b>Chocolate Dip Donut</b>	Standard	220	8.0g	33.0g	12.0g	4.0g	190mg
<b>Old Fashioned Plain Donut</b>	Standard	280	18.0g	26.0g	9.0g	3.0g	230mg
<b>Chocolate Donut</b>	Double	310	21.0g	28.0g	14.0g	3.0g	210mg
<b>Vanilla Dip Donut</b>	Standard	250	7.0g	40.0g	19.0g	4.0g	190mg
<b>Sour Cream Glazed Donut</b>	Standard	340	18.0g	40.0g	24.0g	3.0g	180mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
<b>Chocolate Glazed Donut</b>	Standard	330	21.0g	34.0g	20.0g	3.0g	210mg
<b>Honey Dip Donut</b>	Standard	250	7.0g	41.0g	21.0g	4.0g	190mg
<b>Chocolate Chip Muffin</b>	Standard	420	17.0g	64.0g	36.0g	6.0g	400mg
<b>Wild Blueberry Muffin</b>	Standard	380	12.0g	57.0g	26.0g	6.0g	590mg
<b>Fruit Explosion Muffin</b>	Standard	360	12.0g	59.0g	30.0g	5.0g	490mg
<b>Whole Grain Pecan Banana Bread Muff...</b>	Standard	340	10.0g	60.0g	20.0g	6.0g	790mg
<b>Cheese Croissant</b>	Standard	311	17.4g	29.2g	4.1g	8.5g	355mg
<b>Frosted Cinnamon Roll</b>	Standard	361	13.9g	53.6g	22.2g	5.9g	242mg
<b>Cinnamon Roll - Chocolate(CAN)</b>	Standard	329	13.3g	47.9g	17.0g	5.9g	241mg
<b>Muffin - Red Velvet(CAN)</b>	Standard	383	14.9g	58.0g	30.9g	6.1g	420mg
<b>Muffin - Strawberry Shortcake(CAN)</b>	Standard	370	0.0g	58.0g	28.0g	6.0g	450mg
<b>Pumpkin Spice Muffin</b>	Standard	390	15.0g	58.0g	31.0g	6.0g	520mg
<b>Maple Cinnamon French Toast Bagel</b>	Standard	341	3.9g	67.0g	14.6g	9.5g	558mg
<b>Chocolate Cookie</b>	Double	233	12.0g	29.6g	18.6g	2.3g	202mg
<b>Sour Cream Plain Timbit</b>	Standard	70	0.0g	7.0g	3.0g	1.0g	55mg
<b>Cheese Tea Biscuit</b>	Standard	255	11.0g	31.3g	4.6g	7.7g	610mg
<b>Raisin Tea Biscuit</b>	Standard	250	8.0g	40.0g	12.0g	5.0g	500mg
<b>Chocolate Glazed Timbit</b>	Standard	80	3.5g	11.0g	6.0g	1.0g	70mg
<b>Old Fashioned Plain Timbit</b>	Standard	60	3.5g	8.0g	3.0g	1.0g	65mg
<b>Honey Dip Timbit</b>	Standard	50	1.5g	8.0g	5.0g	1.0g	25mg
<b>Sour Cream Glazed Timbit</b>	Standard	90	5.0g	11.0g	7.0g	1.0g	50mg
<b>Honey Cruller</b>	Standard	57	3.3g	6.6g	4.0g	0.3g	30mg
<b>Powdered Strawberry Filled Timbit</b>	Standard	50	2.0g	7.0g	3.0g	1.0g	30mg
<b>Old Fashioned Glazed Timbit</b>	Standard	80	3.5g	12.0g	7.0g	1.0g	64mg
<b>Raspberry Fill Timbit</b>	Standard	50	1.5g	8.0g	4.0g	1.0g	30mg
<b>Apple Fritter</b>	Standard	59	1.8g	9.7g	4.5g	0.9g	33mg
<b>Birthday Cake Timbit</b>	Standard	80	3.0g	13.0g	9.0g	1.0g	60mg
<b>Chocolate Eclair</b>	Standard	310	14.0g	45.0g	20.0g	5.0g	230mg
<b>Donut - Pumpkin Glazed(CAN)</b>	Standard	250	0.0g	41.0g	23.0g	4.0g	190mg
<b>Chocolate Croissant</b>	Standard	350	17.0g	43.0g	18.0g	6.0g	120mg
<b>Premium Donut - Brier(CAN)</b>	Standard	251	8.5g	43.2g	20.8g	3.8g	217mg
<b>Premium Donut - Game Day(CAN)</b>	Standard	328	9.8g	55.1g	26.7g	4.6g	247mg
<b>Premium Donut - Apple Pie Fritter(CAN)</b>	Standard	383	13.4g	58.7g	24.0g	6.4g	322mg
<b>Raisin Bran Muffin</b>	Standard	380	13.0g	60.0g	30.0g	6.0g	500mg
<b>Prepared Bagel - Bagel Classic Everythi...</b>	Standard	303	2.9g	58.2g	5.7g	10.8g	0mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
<b>Bagel Classic Cinnamon Raisin - (USA)</b>	Standard	304	2.2g	60.8g	9.8g	9.3g	0mg
<b>Bagel Classic Blueberry - (USA)</b>	Standard	279	2.3g	56.5g	5.2g	9.8g	0mg
<b>Bagel Classic Twelve Grain - (USA)</b>	Standard	347	9.3g	55.3g	7.9g	10.7g	0mg
<b>Bagel Classic Pretzel - (USA)</b>	Standard	304	3.1g	59.8g	4.3g	10.7g	0mg
<b>Prepared Bagel - Bagel Classic Plain - (...)</b>	Standard	297	2.3g	59.0g	5.7g	10.2g	0mg
<b>Prepared Bagel - Bagel Premium Sund...</b>	Standard	316	3.9g	57.5g	3.9g	12.0g	752mg
<b>Prepared Bagel - Bagel Premium Jalap...</b>	Standard	305	3.4g	56.1g	3.0g	11.5g	697mg
<b>Prepared Bagel - Bagel Premium Four ...</b>	Standard	324	5.0g	57.4g	3.1g	11.8g	582mg
<b>Prepared Bagel - Bagel Premium Mapl...</b>	Standard	341	3.9g	67.0g	14.6g	9.5g	558mg
<b>M&amp;M Cookie</b>	Standard	239	9.7g	34.9g	20.4g	2.9g	0mg
<b>Raspberry Filled Donut</b>	Standard	260	0.0g	0.0g	0.0g	0.0g	0mg
<b>Asiago Bagel</b>	Standard	330	6.3g	56.1g	4.1g	12.2g	475mg
<b>Strawberry Cheesecake Donut</b>	Standard	249	11.3g	36.0g	14.8g	4.4g	251mg
<b>Strawberry Cheesecake Muffin</b>	Standard	373	13.2g	57.7g	27.7g	5.8g	0mg
<b>Simply Sausage Sandwich</b>	Standard	202	19.1g	3.1g	0.0g	5.4g	850mg
<b>Dutchie</b>	Standard	260	8.0g	41.0g	20.0g	4.0g	170mg
<b>Apple Cinnamon Muffin</b>	Standard	359	13.5g	55.0g	26.2g	5.7g	0mg
<b>Pumpkin Spice Donut</b>	Standard	252	8.9g	1.4g	3.5g	0.0g	215mg
<b>Artisan-Style Sliced Loaf - 1 slice</b>	Standard	116	2.0g	20.9g	1.4g	5.0g	178mg
<b>Chocolate Chip Banana Bread</b>	Standard	338	13.7g	49.3g	24.6g	5.3g	316mg
<b>Poppy Seed Lemon Loaf</b>	Standard	384	16.3g	55.9g	32.0g	3.5g	440mg
<b>Pecan Butter Tart</b>	Standard	330	17.0g	41.0g	23.0g	4.0g	140mg
<b>Banana Bread Loaf Slice</b>	Standard	327	14.4g	22.9g	172.2g	1.0g	0mg
<b>Lemon Poppy Seed Loaf Slice</b>	Standard	338	13.7g	26.6g	316.0g	1.7g	0mg
<b>Blueberry Fritter</b>	Standard	430	11.0g	74.0g	37.0g	6.0g	270mg
<b>Blueberry Sour Cream Timbit</b>	Standard	93	5.0g	11.2g	7.0g	0.8g	48mg
<b>Mini Apple Pie</b>	Standard	339	20.7g	42.0g	11.8g	4.0g	144mg
<b>Apple Caramel Danish</b>	Standard	2	0.0g	0.4g	0.4g	0.0g	0mg
<b>Special Olympics Donut</b>	Standard	380	24.0g	39.0g	23.0g	3.0g	220mg
<b>PB&amp;J Donut</b>	Standard	299	13.3g	45.8g	25.9g	4.4g	285mg
<b>Swiss Roll</b>	Standard	272	9.1g	46.0g	33.2g	1.8g	274mg
<b>Candy Cane Donut</b>	Standard	307	16.0g	38.9g	20.0g	3.5g	255mg
<b>Maple Dip Donut</b>	Standard	220	7.0g	33.0g	12.0g	4.0g	190mg
<b>Canadian Maple Donut</b>	Standard	250	8.0g	38.0g	16.0g	4.0g	240mg
<b>Sour Cream Plain</b>	Standard	284	18.2g	26.9g	10.9g	3.3g	189mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
<b>Strawberry Vanilla</b>	Standard	249	7.7g	44.7g	23.4g	3.7g	197mg
<b>Maple Belgian Waffle</b>	Standard	158	6.8g	21.8g	12.5g	2.1g	162mg
<b>Red Velvet Cookie</b>	Standard	296	12.1g	43.7g	24.9g	3.4g	300mg
<b>Strawberry Dip Donut</b>	Standard	211	6.1g	35.5g	15.2g	4.5g	0mg
<b>Chocolate Chunk Brownie</b>	Double	429	22.7g	53.3g	36.8g	4.1g	97mg
<b>Cinnamon Sugar Timbit</b>	Standard	73	3.1g	10.4g	6.3g	0.8g	72mg
<b>Chocolate Brownie</b>	Double	429	22.7g	53.3g	36.8g	4.1g	97mg
<b>Oreo Pocket</b>	Standard	221	11.6g	28.1g	15.1g	2.1g	148mg
<b>Lemon Timbit</b>	Standard	78	3.2g	11.3g	6.6g	0.9g	67mg
<b>Fireworks Donut 2019</b>	Standard	303	10.1g	48.5g	23.9g	4.3g	208mg
<b>Chocolate Cruller Donut</b>	Standard	360	22.0g	40.0g	28.0g	2.0g	120mg
<b>Old Fashioned Glazed Donut</b>	Standard	330	18.0g	40.0g	22.0g	3.0g	230mg
<b>Strawberry Fill Donut</b>	Standard	240	8.0g	38.0g	16.0g	4.0g	210mg
<b>Sugar Loop Donut</b>	Standard	200	7.0g	29.0g	8.0g	4.0g	190mg
<b>Toasted Coconut Donut</b>	Standard	360	21.0g	39.0g	21.0g	4.0g	240mg
<b>Chocolate Toasted Coconut Donut</b>	Standard	360	24.0g	34.0g	19.0g	3.0g	220mg
<b>Old Fashion Sugar Timbit</b>	Standard	70	3.5g	9.0g	4.0g	1.0g	65mg
<b>Venetian Cream Timbit</b>	Standard	50	1.5g	7.0g	3.0g	1.0g	40mg
<b>Chocolate Snow Ball Timbit</b>	Standard	70	3.5g	8.0g	3.0g	1.0g	70mg
<b>Chocolate Toasted Coconut Timbit</b>	Standard	90	4.5g	11.0g	6.0g	1.0g	75mg
<b>Snow Ball Timbit</b>	Standard	70	3.5g	8.0g	3.0g	1.0g	65mg
<b>Sour Cream Sugar Timbit</b>	Standard	80	5.0g	8.0g	4.0g	1.0g	50mg
<b>Toasted Coconut Timbit</b>	Standard	90	4.5g	12.0g	6.0g	1.0g	70mg
<b>Cinnamon Bun</b>	Standard	352	11.0g	57.0g	25.6g	6.5g	446mg
<b>Blueberry Donut</b>	Standard	340	18.0g	40.0g	25.0g	3.0g	170mg
<b>Cinnamon Pocket</b>	Standard	100	0.0g	14.0g	6.0g	1.0g	95mg
<b>Stacked Breakfast Sandwich</b>	Double	23	2.3g	2.9g	0.8g	0.0g	1130mg
<b>Stacked Grilled Breakfast Wrap</b>	Double	189	4.7g	31.8g	2.0g	3.5g	930mg
<b>Donut Sticks with Nutella Dip</b>	Standard	270	0.0g	34.0g	16.0g	3.0g	160mg
<b>Chocolate Swiss Roll</b>	Standard	280	0.0g	40.0g	28.0g	2.0g	280mg
<b>Gingerbread Filled Muffin</b>	Standard	365	10.8g	60.8g	34.0g	6.1g	467mg
<b>Gingerbread Filled Cookie</b>	Standard	229	7.8g	38.2g	23.8g	2.2g	203mg
<b>Reindeer Donut</b>	Standard	318	12.1g	48.4g	22.5g	4.9g	249mg
<b>Strawberry Confetti Dream Donut</b>	Standard	339	12.8g	52.6g	31.4g	4.5g	235mg
<b>Chocolate Truffle Dream Donut</b>	Standard	466	24.8g	59.3g	39.1g	4.3g	317mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
<b>Timbits 40 Pack - 600923</b>	Standard	3600	0.0g	0.0g	0.0g	0.0g	0mg
<b>Vanilla Cream Donut - 604223</b>	Standard	298	11.2g	23.2g	236.5g	1.0g	0mg
<b>Old Fashioned Glazed Donut - 604352</b>	Standard	258	10.3g	19.0g	269.8g	0.9g	0mg
<b>Peanut Crunch Donut</b>	Standard	322	17.2g	38.0g	21.4g	4.8g	214mg
<b>Mini Cookie Sandwich</b>	Standard	192	6.5g	31.6g	16.5g	2.1g	128mg
<b>Chocolate Mini Cookie Sandwich</b>	Standard	239	10.4g	35.6g	21.9g	1.6g	144mg
<b>Peppermint Timbit</b>	Standard	113	6.6g	12.1g	6.5g	1.3g	69mg
<b>Cranberry Cheesecake Donut</b>	Standard	370	12.4g	60.2g	34.1g	5.4g	0mg
<b>Nutella S'mores Donut</b>	Standard	328	12.3g	49.0g	27.1g	5.8g	0mg
<b>Froot Loops Timbit</b>	Standard	82	3.2g	12.4g	7.1g	1.0g	65mg
<b>Cookies Half Dozen</b>	Standard	1680	0.0g	0.0g	0.0g	0.0g	0mg
<b>Cookies Dozen</b>	Standard	3360	0.0g	0.0g	0.0g	0.0g	0mg
<b>Cadbury Mini Eggs Dream Donut</b>	Standard	330	12.0g	52.0g	28.0g	5.0g	190mg
<b>MyTims</b>	Standard	1764	77.2g	251.6g	95.3g	29.5g	0mg
<b>NY Cheesecake Dream Donut</b>	Standard	234	10.5g	32.6g	10.9g	4.5g	309mg
<b>Sea Salted Caramel Dream Donut</b>	Standard	279	9.3g	42.8g	17.5g	5.8g	387mg
<b>Independence Day Fireworks Donut</b>	Standard	321	11.0g	51.0g	26.0g	4.3g	0mg
<b>Pumpkin Spice Dream Donut</b>	Standard	434	19.4g	62.1g	40.7g	3.9g	277mg
<b>130 King Camp Day Donut</b>	Standard	424	20.2g	56.5g	29.8g	5.0g	336mg
<b>Polar Bear Dream Donut</b>	Standard	342	9.6g	49.0g	27.5g	4.5g	234mg
<b>Chocolate Hazelnut Eclair Dream Donut</b>	Standard	384	16.8g	53.6g	29.6g	5.7g	230mg
<b>Hockey Barbie Donut</b>	Standard	246	8.4g	42.3g	19.9g	3.8g	217mg
<b>Family Bundle (serves 12+)</b>	Standard	4910	0.0g	0.0g	0.0g	0.0g	5mg
<b>Caramel Pecan Dream Donut</b>	Standard	344	13.2g	51.9g	27.2g	5.6g	0mg
<b>Strawberry Confetti Bloom Dream Donut</b>	Standard	338	13.3g	50.9g	31.3g	3.5g	0mg
<b>Cheesecake Timbit</b>	Standard	83	3.5g	12.2g	5.9g	1.2g	50mg
<b>Steak &amp; Egg Breakfast Sandwich</b>	Standard	124	4.3g	3.6g	1.7g	10.8g	1214mg
<b>Mothers Day DIY Donut Kit</b>	Standard	1764	77.2g	251.6g	95.3g	29.5g	2156mg
<b>Creme Filled Ring Donut</b>	Standard	370	19.3g	44.0g	13.2g	5.2g	0mg
<b>Matcha Coconut Dream Donut</b>	Standard	238	8.3g	36.8g	16.2g	4.0g	0mg
<b>Canada Day DIY Donut Kit (Nutritional...</b>	Standard	2005	99.0g	249.3g	86.5g	28.3g	1600mg
<b>Vanilla Cream Puff Filled Ring Dream ...</b>	Standard	427	22.0g	52.4g	20.3g	5.4g	334mg
<b>Strawberry Shortcake Filled Ring Drea...</b>	Standard	424	21.0g	53.7g	24.8g	4.7g	341mg
<b>Summer Mix Pack</b>	Standard	2396	104.7g	334.0g	157.8g	33.8g	2440mg
<b>Apple Pie Dream Donut</b>	Standard	264	10.4g	1.0g	4.2g	4.2g	242mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
<b>Glazed Vanilla Filled Ring Dream Donut</b>	Standard	430	19.1g	59.4g	28.9g	5.1g	0mg
<b>Holiday Smile Cookie</b>	Standard	240	11.0g	34.0g	21.0g	2.0g	160mg
<b>Sugar Cookie</b>	Standard	240	11.0g	34.0g	21.0g	2.0g	160mg
<b>Orange Sprinkle Donut</b>	Standard	260	8.0g	43.0g	19.0g	4.0g	190mg
<b>Maple Bacon Breakfast Sandwich</b>	Standard	80	4.9g	6.7g	6.1g	3.2g	760mg
<b>Chocolate Hazelnut Muffin</b>	Standard	430	21.0g	55.0g	30.0g	7.0g	490mg
<b>Penguin Dream Donut</b>	Standard	252	9.5g	37.4g	15.7g	3.9g	169mg
<b>Black Forest Dream Donut</b>	Standard	371	13.4g	60.1g	31.9g	4.9g	346mg
<b>Strawberry Swirl Donut</b>	Standard	230	7.0g	38.0g	17.0g	4.0g	190mg
<b>New! Sour Cream Chocolate Chip Timb...</b>	Standard	105	5.4g	13.2g	8.2g	1.0g	52mg
<b>New! Birthday Cake Waffle Timbieb</b>	Standard	84	3.3g	12.7g	8.2g	0.9g	61mg
<b>New! Chocolate White Fudge Timbieb</b>	Standard	91	3.9g	12.9g	8.0g	1.1g	72mg
<b>Holiday DIY Donut Kit</b>	Standard	1852	77.6g	260.9g	100.5g	27.6g	1659mg
<b>Spicy Habanero Sausage Bagel Breakfa...</b>	Standard	24	2.3g	1.9g	4.2g	0.6g	862mg
<b>Herb &amp; Garlic Savoury Pastry</b>	Standard	240	11.0g	29.0g	6.0g	6.0g	470mg
<b>Spicy Jalapeno Savoury Pastry</b>	Standard	250	11.0g	32.0g	3.0g	7.0g	450mg
<b>S'mores Filled Ring Dream Donut</b>	Standard	400	14.7g	62.7g	33.1g	5.2g	350mg
<b>Reese's Peanut Butter Cheesecake Drea...</b>	Standard	347	16.1g	44.6g	22.2g	6.2g	325mg
<b>Birthday Cake Confetti Dream Donut</b>	Standard	468	26.4g	54.6g	35.6g	3.5g	263mg
<b>Cadbury Mini Eggs Cookie</b>	Standard	370	20.0g	47.0g	30.0g	4.0g	270mg
<b>Creamy Maple Pecan Dream Donut</b>	Standard	310	10.3g	49.1g	26.4g	4.3g	247mg
<b>Powdered Venetian Cream</b>	Standard	220	8.0g	32.0g	10.0g	4.0g	240mg
<b>St. Jean Baptiste Donut</b>	Standard	403	22.3g	49.3g	34.8g	1.6g	119mg
<b>Simply Canadian Bacon Sandwich</b>	Standard	177	3.9g	26.2g	2.8g	4.9g	434mg
<b>Avocado Bagel</b>	Standard	57	4.6g	5.6g	5.5g	0.5g	463mg
<b>Chocolate Fudge Pretzel Dream Donut</b>	Standard	360	24.0g	36.0g	20.0g	3.0g	240mg
<b>Gingerbread Chocolate Dream Donut</b>	Standard	480	15.0g	57.0g	32.0g	5.0g	250mg
<b>Dream Cookie with M&amp;M Minis</b>	Standard	360	18.0g	47.0g	30.0g	4.0g	230mg
<b>Rocky Road Dream Cookie with pecans</b>	Standard	320	16.0g	38.0g	24.0g	4.0g	250mg
<b>Reese's Minis Dream Cookie</b>	Standard	350	17.0g	45.0g	31.0g	5.0g	320mg
<b>Canadian Bacon &amp; Egg Breakfast Sand...</b>	Standard	174	3.1g	26.4g	2.7g	4.5g	504mg
<b>Broccoli Cheddar Savoury Pastry</b>	Standard	240	11.0g	28.0g	6.0g	6.0g	420mg
<b>Bacon Everything Croissant Breakfast ...</b>	Standard	34	2.6g	0.9g	0.1g	1.2g	473mg
<b>Everything Twist</b>	Standard	220	13.0g	23.0g	1.0g	4.0g	530mg
<b>Four Cheese Twist</b>	Standard	220	14.0g	21.0g	1.0g	4.0g	250mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
Walnut Crunch	Standard	370	18.0g	48.0g	30.0g	4.0g	310mg
Cherry Stick Donut	Standard	380	19.0g	49.0g	32.0g	3.0g	240mg
Camp Day Donut	Standard	230	7.0g	37.0g	16.0g	4.0g	190mg
Sausage Everything Croissant Breakfast	Standard	3	0.0g	0.7g	0.0g	0.0g	443mg
Egg & Cheese Everything Croissant Breakfast	Standard	3	0.0g	0.0g	0.1g	0.0g	263mg
Smoky Honey Bacon Breakfast Sandwich	Standard	298	12.6g	31.5g	6.9g	14.6g	780mg
Spinach & Feta Savoury Egg Pastry	Standard	280	14.0g	31.0g	5.0g	8.0g	480mg
Red Pepper & Swiss Savoury Pinwheel	Standard	280	15.0g	28.0g	4.0g	8.0g	350mg
Caramelized Onion & Parmesan Savoury Pastry	Standard	290	14.0g	33.0g	6.0g	9.0g	390mg
Salted Caramel Butter Tart	Standard	350	17.0g	46.0g	25.0g	3.0g	330mg
Custard Tart	Standard	210	8.0g	31.0g	18.0g	3.0g	180mg
Dulce Apple Fritter Dream Donut	Standard	400	14.0g	58.0g	22.0g	7.0g	310mg
Signature Baked Goods Platter	Standard	5303	201.4g	789.1g	362.9g	81.5g	5642mg
Signature Baked Goods Bundle	Standard	2652	100.7g	394.6g	181.4g	40.7g	2821mg
PB&J Packet Bundle (Recommended for Kids)	Standard	998	55.2g	107.1g	91.6g	20.9g	452mg
Cinnamon Sugar Twist	Standard	260	10.0g	37.0g	9.0g	5.0g	190mg
Chocolate Lava Dream Cookie	Standard	360	16.0g	45.0g	28.0g	5.0g	310mg
Baileys Boston Cream Dream Donut	Standard	300	11.0g	46.0g	24.0g	4.0g	240mg
Oreo Double Stuf Dream Cookie	Standard	390	15.0g	62.0g	39.0g	4.0g	240mg
Caramilk Dream Cookie	Standard	340	15.0g	49.0g	34.0g	4.0g	200mg
Lemon Poppyseed Cheesecake Muffin	Standard	370	14.0g	56.0g	29.0g	6.0g	490mg
Confetti Cookie	Standard	250	12.0g	34.0g	20.0g	3.0g	170mg
M&Ms Brookie	Standard	460	23.0g	61.0g	39.0g	5.0g	270mg
Chocolate Chunk Brookie	Standard	410	22.0g	52.0g	32.0g	5.0g	310mg
Wildberry Cheesecake Filled Ring Dream Donut	Standard	340	11.0g	55.0g	28.0g	5.0g	280mg
Caramilk Filled Ring Dream Donut	Standard	360	10.0g	60.0g	34.0g	6.0g	280mg
Maple Bacon Cheddar Croissant Breakfast	Standard	198	10.7g	25.6g	6.8g	3.5g	700mg
Blueberry Sour Cream	Standard	330	18.0g	42.0g	11.0g	3.0g	180mg
Sausage Scrambled Egg Loaded Croissant	Standard	368	18.6g	38.3g	5.7g	13.1g	800mg
Sugar Twist	Standard	260	10.0g	37.0g	10.0g	5.0g	190mg
Bacon Scrambled Egg Loaded Croissant	Standard	361	18.5g	38.4g	5.9g	11.9g	840mg
Scrambled Egg and Cheese Loaded Croissant	Standard	368	18.6g	38.5g	4.9g	12.6g	620mg
Dream Donut with Nutella	Standard	300	15.0g	36.0g	16.0g	5.0g	200mg
Dream Cookie with Nutella	Standard	370	20.0g	44.0g	26.0g	5.0g	180mg
Croissant with Nutella	Standard	330	17.0g	39.0g	12.0g	7.0g	250mg

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
<b>Hot Chocolate Muffin</b>	Standard	410	18.0g	57.0g	38.0g	8.0g	420mg
<b>Caramel Brownie Filled Ring Dream Do...</b>	Standard	410	13.0g	67.0g	38.0g	6.0g	310mg
<b>Blueberry Cheesecake Filled Timbit</b>	Standard	50	2.0g	7.0g	4.0g	1.0g	40mg
<b>Caramel Chocolate Cookie</b>	Standard	300	14.0g	40.0g	25.0g	4.0g	180mg
<b>Lemon Cake</b>	Standard	250	8.0g	39.0g	22.0g	3.0g	230mg
<b>Oreo Chunk Cookie</b>	Standard	310	15.0g	41.0g	21.0g	4.0g	250mg
<b>Chocolate Marshmallow Filled Ring</b>	Standard	350	17.0g	41.0g	24.0g	4.0g	210mg
<b>Canada Celebration Donut</b>	Standard	290	9.0g	46.0g	22.0g	4.0g	200mg
<b>Ryan Reynolds Maple Butter Glazed D...</b>	Standard	260	8.0g	42.0g	20.0g	4.0g	200mg
<b>Spiced Vanilla Filled Ring Donut</b>	Standard	320	16.0g	35.0g	18.0g	4.0g	210mg
<b>Biscoff® Boston Cream</b>	Standard	310	13.0g	41.0g	15.0g	5.0g	290mg
<b>Biscoff® Croissant</b>	Standard	400	21.0g	45.0g	13.0g	6.0g	290mg
<b>Crème Brulée Filled Timbit</b>	Standard	50	2.0g	7.0g	3.0g	1.0g	30mg
<b>Strawberry Cheesecake Filled Muffin</b>	Standard	380	14.0g	57.0g	29.0g	6.0g	540mg
<b>Holiday Bear Donut</b>	Standard	250	9.0g	36.0g	15.0g	4.0g	200mg
<b>Lime Cheesecake Filled Timbit</b>	Standard	50	2.0g	7.0g	3.0g	1.0g	30mg
<b>Chocolate Creme Brulee Filled Timbit</b>	Standard	50	2.0g	8.0g	3.0g	1.0g	30mg
<b>Cappuccino Timbit</b>	Standard	60	3.0g	8.0g	4.0g	1.0g	55mg
<b>Canadian Fireworks Timbit</b>	Standard	80	3.0g	11.0g	6.0g	1.0g	60mg

## TIMS AT HOME

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
400g Dark Roast Coffee Bag	Standard	13	0.0g	0.0g	0.0g	0.0g	13mg
400g Decaf Coffee Bag	Standard	10	0.0g	0.0g	0.0g	1.0g	5mg
930g Original Blend Coffee Can	Standard	6	0.2g	0.0g	0.0g	1.1g	19mg
500g Hot Chocolate Can	Standard	142	2.6g	29.4g	24.1g	1.2g	182mg
Orange Pekoe Box of Tea	Standard	0	0.0g	0.0g	0.0g	0.0g	0mg
R:BOX TEA SPECIALTY CHAMOMILE (C...	Standard	0	0.0g	0.0g	0.0g	0.0g	0mg
R:BOX TEA SPECIALTY DECAF ORANGE...	Standard	0	0.0g	0.0g	0.0g	0.0g	0mg
Earl Grey Box of Tea	Standard	0	0.0g	0.0g	0.0g	0.0g	0mg
R:BOX TEA SPECIALTY ENGLISH BREAK...	Standard	0	0.0g	0.0g	0.0g	0.0g	0mg
Green Box of Tea	Standard	0	0.0g	0.0g	0.0g	0.0g	0mg
R:BOX TEA SPECIALTY HONEY LEMON ...	Standard	0	0.0g	0.0g	0.0g	0.0g	0mg
Peppermint Box of Tea	Standard	0	0.0g	0.0g	0.0g	0.0g	0mg
R:BOX TEA SPECIALTY APPLE CINNAM...	Standard	0	0.0g	0.0g	0.0g	0.0g	0mg
R:BOX TEA SPECIALTY CHAI (CAN)	Standard	0	0.0g	0.0g	0.0g	0.0g	0mg
R:BOX TEA SPECIALTY PUMPKIN SPICE...	Standard	0	0.0g	0.0g	0.0g	0.0g	0mg
R:BAG COFFEE DARK ROAST (CAN)	Standard	13	0.0g	0.0g	0.0g	0.0g	13mg
R:CAN FLAVOURED CAPPUCCINO FR V...	Standard	407	7.5g	84.0g	67.4g	3.3g	334mg
454g French Vanilla Cappuccino Can	Standard	407	7.5g	84.0g	67.4g	3.3g	334mg
R:BAG COFFEE DARK ROAST 1LB (USA)	Standard	13	0.0g	0.0g	0.0g	0.0g	13mg
R:BOX TEA SPECIALTY ORANGE PEKOE...	Standard	0	0.0g	0.0g	0.0g	0.0g	0mg
R:BOX TEA SPECIALTY CHAMOMILE (U...	Standard	0	0.0g	0.0g	0.0g	0.0g	0mg
R:BOX TEA SPECIALTY DECAF ORANGE...	Standard	0	0.0g	0.0g	0.0g	0.0g	0mg
R:BOX TEA SPECIALTY EARL GREY (USA)	Standard	0	0.0g	0.0g	0.0g	0.0g	0mg
R:BOX TEA SPECIALTY ENGLISH BREAK...	Standard	0	0.0g	0.0g	0.0g	0.0g	0mg
R:BOX TEA SPECIALTY GREEN TEA (USA)	Standard	0	0.0g	0.0g	0.0g	0.0g	0mg
R:BOX TEA SPECIALTY HONEY LEMON ...	Standard	0	0.0g	0.0g	0.0g	0.0g	0mg
R:BOX TEA SPECIALTY PEPPERMINT (U...	Standard	0	0.0g	0.0g	0.0g	0.0g	0mg
R:BOX TEA SPECIALTY CHAI (USA)	Standard	0	0.0g	0.0g	0.0g	0.0g	0mg
Berry Box of Tea	Triple	0	0.0g	0.1g	0.0g	0.0g	0mg
Pumpkin Spice Tea Retail Box	Standard	0	0.0g	0.1g	0.0g	0.0g	0mg
Tim Hortons® Soft Maple Candies	Standard	130	0.0g	30.0g	25.0g	0.0g	0mg

## SNACKS

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
<b>Kraft Cheese String</b>	Standard	294	20.2g	2.2g	0.2g	27.8g	657mg
<b>Apple Slices</b>	Standard	29	0.0g	8.1g	5.7g	0.0g	0mg
<b>Fruit Snack</b>	Standard	59	0.0g	14.6g	12.7g	0.2g	2mg
<b>Cheese String</b>	Standard	56	3.4g	0.6g	0.3g	5.6g	148mg
<b>Blueberry Crumble Bar</b>	Standard	250	13.0g	32.0g	18.0g	3.0g	80mg
<b>Fruit Loop Dream Donut</b>	Standard	290	8.0g	50.1g	21.3g	4.8g	250mg
<b>Fruit Loop Dream Timbit</b>	Standard	82	3.2g	12.4g	7.1g	1.0g	65mg
<b>Blueberry Bar</b>	Standard	250	13.0g	32.0g	18.0g	3.0g	80mg
<b>S'mores Bar</b>	Standard	244	12.7g	30.5g	14.2g	3.5g	56mg

**MERCHANDISE**

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
<b>Holiday 2019: Candy Canes</b>	Standard	51	0.0g	12.7g	9.3g	0.0g	3mg
<b>Tim Hortons® Maple Butter</b>	Standard	110	0.0g	26.0g	23.0g	0.0g	0mg
<b>Tim Hortons® Maple Syrup</b>	Standard	220	0.0g	55.0g	48.0g	0.0g	0mg

## TREATS

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
Berry Bar	Triple	240	10.0g	35.3g	17.2g	2.1g	119mg

## BUNDLES

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
<b>Classic Breakfast Bundle (serves 4-6)</b>	Standard	4451	162.7g	198.6g	15.4g	82.8g	5121mg
<b>Farmer's Breakfast Bundle (serves 4-6)</b>	Standard	5089	194.6g	281.0g	12.3g	91.5g	5755mg
<b>Classic Breakfast Bundle for 2</b>	Standard	2200	0.0g	0.0g	0.0g	0.0g	0mg
<b>Farmer's Breakfast Bundle for 2</b>	Standard	2420	0.0g	0.0g	0.0g	0.0g	0mg
<b>Farmer's Wrap Breakfast Platter</b>	Standard	6976	396.3g	614.3g	52.5g	240.8g	11389...
<b>Farmer's Wrap Breakfast Bundle</b>	Standard	4194	234.1g	398.9g	31.1g	128.2g	7023mg

## BREAKFAST CATERING AND BUNDLES

ITEM NAME	SIZE	CAL	FAT	CARB	SUG	PROT	SOD
<b>Classic Breakfast Sandwich Platter</b>	Standard	4646	269.1g	337.0g	35.5g	218.2g	8424mg
<b>Build Your Own Breakfast Platter</b>	Standard	5767	337.6g	455.9g	43.5g	229.1g	10394...

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