

**Speedy Café**  
**Nutritional Information**  
**Breakfast & Bakery**



	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %	Vitamin C %	Calcium %	Iron %
<b>Breakfast Sandwiches</b>																		
Ham Egg & Cheese Muffin	270	70	8	3.5	0	1	1	125	1120	160	30	1	3	19	6%	8%	6%	10%
Sausage, Scrambled Egg & Cheese Bagel	400	130	15	6	0	0.5	1	130	1130	210	41	2	3	22	6%	8%	8%	20%
Steak, Egg and Cheese Bagel	490	180	21	8	0	2	8	305	1250	260	43	2	4	34	10%	0%	30%	20%
Chicken and Cheese Biscuit	440	210	24	7	3.5			25	1010		40	3	2	14	4%	10%	8%	15%
Ham Egg & Cheese Croissant	310	130	15	7	0	0	1	130	1110	120	25	1	4	18	10%	8%	4%	10%
Bacon, Sausage, Scrambled Egg & Cheese Croissant	460	250	28	12	0	1	2.5	270	940	140	24	1	4	22	15%	8%	10%	15%
Bacon, Egg & Cheese Croissant	310	150	17	7	0	0	1	125	770	120	23	1	3	15	10%	8%	4%	8%
Sausage, Cheese Muffin	280	110	13	6	0			30	660	40	25	0	1	13	4%	2%	10%	15%
Sausage, Egg & Cheese Biscuit	510	250	28	10	3.5	0	1	130	1400	120	36	2	3	22	6%	8%	8%	20%
Sausage, Egg & Cheese Muffin	350	130	15	6	0	1	1	130	1020	160	28	1	2	21	6%	8%	6%	15%
<b>Breads</b>																		
Bagel	180	0	0.5	0	0			0	350	85	37	2	2	5	0%	0%	6%	15%
Biscuit	280	120	14	4	3.5			0	630		32	2	2	5	0%	0%	6%	15%
Croissant	160	70	8	3.5	0			5	140		19	1	2	3	6%	0%	2%	6%
Muffin	120	10	1	0	0			0	250	40	24			5	0%	2%	4%	10%
<b>Cheese</b>																		
American	50	35	4	2.5	0			15	180		1			2	0%	0%	8%	0%
Cheddar	80	60	7	4.5				20	130					5	4%	0%	15%	0%
Pepper Jack	80	60	7	4.5				20	130					5	4%	0%	15%	0%
Provolone	70	50	6	3.5				15	150					5	4%	0%	15%	2%
Swiss	80	50	6	3.5	0	0	2	20	20					6	4%	0%	20%	0%
<b>Breakfast Panini</b>																		
Bacon, Egg and Cheese	770	420	47	14	1	17	9	240	1680	330	50	2	4	31	20%	15%	8%	8%
Ham, Egg and Cheese	760	390	44	13	1	17	9	245	1990	460	52	2	5	35	15%	15%	10%	10%
Sausage, Egg and Cheese	920	510	58	18	1	17	9	260	1970	330	50	2	4	40	15%	15%	8%	15%
<b>Sauces</b>																		
Buffalo Sauce	45	45	5	1	0	2.5	1	5	150	10	0	0	0	0	6%	0%	0%	0%
BBQ Sauce	20	0	0	0	0			0	90		5	0	5	0	0%	2%	0%	0%
Chipotle Sauce	35	25	3	0		1.5	0.5	2	95		2		2	0	0%	2%	0%	0%
Creamy Buffalo	35	35	4	0.5	0	2	1	4	120	10	0			0	4%	0%	0%	0%
Honey Mustard	50	45	5	1	0	0	0	4	95		2	0	2	0			0%	
Italian Dressing	40	35	4	0.5	0			0	150		2	0	1					
Mayo	120	120	13	2	0			10	105		0	0	0	0				
Ranch	60	60	7	1	0			5	170		1			0				
Signature Sauce	40	35	3.5	0.5	0	2	1	5	85	5	1			0	2%	0%	0%	
Spicy Brown Mustard	10								115									
Ketchup	15								170		5		4	0	2%			
Yellow Mustard									140									
<b>Vegetables</b>																		
Banana Peppers	0								110		0							
Black Olives	20	15	1.5						65		1							
Green Peppers	0								10	0					0%	8%	0%	
Jalapeno Peppers	0	0	0						190	20	1		1		4%	2%	0%	2%
Lettuce	0								10	55	1				40%	8%	2%	2%
Onions	0								0	10	1			0	0%	0%	0%	
Pickles									220									
Tomatoes (1 slice)	0									45	1				4%	4%	0%	0%
<b>Eggs</b>																		
Fried Egg Patty	70	25	2.5	1		0		100	360	120	3			9	2%	0%	2%	2%
Scrambled Egg Patty	110	50	6	2		1	2.5	230	290	140	4		2	9	6%	0%	8%	6%

Chicken/Pork																		
Bacon (2 slices)	40	30	3.5	1				10	140					2				
Breakfast chicken patty	160	90	10	2.5				25	380		8			9	2%	2%	2%	2%
Ham Slice	25	0	0	0				10	340		1		1	4				2%
Sausage Patty	100	70	8	3				15	240					6				4%
Fresh Baked Donuts, Cinnamon Rolls and Cookies																		
Chocolate Covered Bavarian Custard Bar	330	130	15	6	0	2.5	5	0	310	35	46	1	21	4			2%	10%
Chocolate Covered Plain Cake	380	190	22	8	0	0.5	1.5	25	380	30	42	0	23	4			4%	8%
Chocolate Covered Raspberry Bismark	370	100	12	4.5	0	1	2	0	210	40	64	1	45	3			2%	8%
Chocolate Covered Yeast Ring	320	130	15	6	0	1	2	0	350	35	41	0	15	5			0%	10%
Chocolate Covered Yeast Ring with Sprinkles	380	150	17	9	0	1	2	0	350	35	52	0	25	5			0%	10%
Cinnamon Sugar Old Fashioned	380	150	17	8	0	3	6	20	400	90	52	1	26	5		10%	6%	10%
Cinnamon Sugar Twist	240	110	12	5	0	0	0	0	280	0	32	0	7	4		8%	0%	10%
Cookies And Crème Chocolate Cake	390	170	19	8	0	0	0	25	410	15	51	0	31	4			4%	10%
Double Chocolate Cake	380	190	22	9	0	0.5	1.5	25	390	30	41	0	23	4			4%	10%
Glazed Apple Fritter	370	180	20	9	0	2.5	7	0	280	30	44	1	19	4			2%	10%
Glazed Chocolate Cake	360	160	18	8	0	0	0	25	380	5	45	0	26	4			4%	10%
Glazed Raspberry Bismark	340	60	6	3	0	0	0	0	190	5	68	0	48	3			2%	6%
Glazed Sour Cream (Old Fashioned)	420	150	17	8	0	3	6	20	410	95	63	1	36	5			6%	10%
Glazed Yeast Ring	300	100	11	5	0	0	0	0	340	5	48	0	21	5				10%
Plain Cake Donut	300	160	18	7	0	0	0	25	370	0	31	0	12	4			4%	6%
Vanilla Covered Yeast Ring with Sprinkles	360	120	13	7	0	0	0	0	340	5	56	0	30	5			0%	10%
White Fluff Bar with Chocolate Icing	430	190	21	10	0	3	8	0	300	60	57	2	32	4			2%	10%
White Fluff Bar with White Icing	410	150	17	8	0	2	6	0	290	30	61	1	38	4	0%	0%	2%	8%
Gourmet Chocolate Chip Cookie	370	160	18	9	0	2.5	6	30	210	125	52	2	31	5	4%	0%	2%	20%
Gourmet Peanut Butter Cookie	420	220	25	11	0	4.5	8	30	300	190	44	2	29	7	10%		4%	8%
Cinnamon Roll	660	160	18	7	0	5	5.0	15	610	230	114	3	56	11	10%	15%	10%	25%

**Speedy Café  
Nutritional Information  
Pizza**



		Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat	Monounsaturated Fat	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
<b>14" Pizza (Portion for a Whole 14" Pizza - 8 Slices)</b>																			
Cheese Only	whole pie	2130	660	74	38	1.5			180	4740	390	281	14	25	86	50%	80%	140%	110%
Pepperoni	whole pie	2430	900	102	51	1.5			255	5740	390	281	14	25	97	50%	80%	140%	120%
BBQ Chicken	whole pie	2670	810	92	48	1.0	9	7	275	5850	460	339	17	72	124	35%	70%	160%	130%
Chicken Bacon Ranch	whole pie	2920	1230	139	53	1.5	9	7	380	7130	850	287	15	29	137	50%	70%	160%	130%
Buffalo Chicken	whole pie	2840	1190	134	54	1.0	21	12	315	6130	500	287	18	26	126	60%	50%	160%	130%
Philly Steak	whole pie	2480	900	102	45	2.0	15	17	280	5950	400	281	11	23	115	50%	40%	140%	110%
Mega Meat (bacon, ham, sausage, pepperoni)	whole pie	2870	1190	134	63	1.5	10	8	405	7980	930	285	15	27	128	50%	80%	140%	120%
Supreme (pepperoni, sausage, green pepper, mushrooms, and onion)	whole pie	2680	1060	120	57	1.5	9	7	295	6590	730	291	18	29	107	60%	160%	150%	120%
<b>14" Pizza - Create Your Own (Portion for a Whole 14" Pizza - 8 Slices)</b>																			
Custom Pizza Base (Crust, Sauce, Cheese)	whole pie	2130	660	74	38	1.5	9	7	180	4740	390	281	14	25	86	50%	80%	140%	110%
Cheese - extra		110	80	8	5	0			30	300		1	0	0	7	6%	0%	20%	0%
Cheese - extra for 1/2 pizza		110	80	8	5	0			30	300		1	0	0	7	3%	0%	10%	0%
Bacon		170	110	13	6	0			85	910	200	0	0	0	14	0%	0%	0%	0%
Bacon - 1/2 pizza		80	60	6	3				40	450	95				7				
Banana Peppers		10	0	0	0	0			0	890		2	0	0	0	0%	0%	0%	0%
Banana Peppers - 1/2 pizza		0							400		1								
Black Olives		100	70	8	0	0			0	330		3	0	0	0	0%	0%	0%	0%
Black Olives - 1/2 pizza		50	35	4					160		2								
Green Peppers		10	0	0	0	0			0	0	100	3	0	1	0	4%	80%	0%	2%
Green Peppers - 1/2 pizza		5									50	1				2%	40%		
Ham		60	15	1.5	0.5	0			25	660	180	2	0	2	9	0%	0%	2%	4%
Ham - 1/2 pizza		30	5	1	0				15	330	90	1			5				2%
Italian Sausage		200	160	18	7	0			40	680	170	2	0	0	8	0%	2%	4%	4%
Italian Sausage - 1/2 pizza		100	80	9	3				30	340	90	1			4			2%	2%
Jalapeno Peppers		15	0	0.5	0	0			0	950	110	3	1	1	1	20%	10%	2%	6%
Jalapeno Peppers - 1/2 pizza		10							470	55	1					10%	4%		2%
Mushrooms		15	0	0	0	0			0	170		1	1	0	1	0%	0%	0%	0%
Mushrooms - 1/2 pizza		5							85		1				1				
Onions		20	0	0	0	0			0	0	65	4	0	2	1	0%	6%	2%	0%
Onions - 1/2 pizza		10									35	2		1	0		2%		
Tomato		20							5	260	4	1	3	1	20%	25%	2%	2%	
Tomato - 1/2 pizza		10							2.5	130	2		1		10%	10%			
Pepperoni		300	240	28	13	0			75	1000		0	0	0	11	0%	0%	0%	4%
Pepperoni - 1/2 pizza		150	120	14	6				35	500					5				2%
<b>7" Personal Pizza (Portion for a Whole 7" Pizza - 4 slices)</b>																			
Cheese	whole pie	580	160	18	10	0			45	1200	110	79	4	7	23	10%	20%	35%	30%
Pepperoni	whole pie	650	220	25	13	0			60	1440	110	79	4	7	26	10%	20%	35%	35%
Mega Meat (bacon, ham, sausage, and pepperoni)	whole pie	790	320	36	17	11.5			135	2190	290	81	4	8	36	15%	20%	40%	35%
Supreme (pepperoni, sausage, green pepper, mushrooms, onion)	whole pie	720	270	30	14	0			75	1690	210	82	5	8	29	15%	50%	40%	35%
Breakfast no meat - select stores	whole pie	700	250	28	13	0.5	4.0	4.0	250	1630	200	80	3	6	32	20%	10%	45%	35%
Breakfast Bacon- select stores	whole pie	790	310	35	16	0.5	4.0	4.0	300	2150	310	80	3	6	40	20%	10%	45%	35%
Breakfast Sausage- select stores	whole pie	800	330	37	16	0.5	4.0	4.0	270	1980	290	81	4	7	36	20%	10%	50%	40%
Breakfast Ham - select stores	whole pie	730	250	29	13	0.5	4.5	4.0	265	1810	520	81	3	7	37	20%	10%	45%	35%
Breakfast Mega Meat - select stores	whole pie	810	320	37	16	0.5	4.0	4.0	290	2160	460	81	3	7	41	20%	10%	45%	40%
<b>7" Personal Pizza - Create Your Own (Portion for a Whole 7" Pizza - 4 slices)</b>																			
Custom Pizza Base (Crust, Sauce, Cheese)	whole pie	580	160	18	10	0			45	1200	110	79	4	7	23	10%	20%	35%	30%
Extra Cheese		80	50	6	3.5	0			20	210		1	0	0	5	4%	0%	15%	0%
Bacon		100	60	7	3	0			50	520	110	0	0	0	7	0%	0%	0%	0%
Banana Peppers		5	0	0	0	0			0	400		1	0	0	0	0%	0%	0%	0%
Black Olives		50	35	4	0	0			0	160		2	0	0	0	0%	0%	0%	0%
Green Peppers		0	0	0	0	0			0	0	40	1	0	0	0	2%	30%	0%	0%
Ham		30	5	1	0	0			15	330	90	1	0	0	5	0%	0%	0%	2%
Italian Sausage		100	80	9	3	0			20	350	90	1	0	0	5	0%	0%	2%	2%
Jalapeno Peppers		10	0	0	0	0			0	470	55	55	1	0	0	10%	4%	0%	2%
Mushrooms		5	0	0	0	0			0	75		1	0	0	1	0%	0%	0%	0%
Onions		0	0	0	0	0			0	0	10	1	0	0	0	0%	0%	2%	0%
Tomato		10									130	2		1		10%	10%	0%	0%
Pepperoni		70	60	7	3	0			20	240		0	0	0	3	0%	0%	0%	0%

**Speedy Café**  
**Nutritional Information**  
**Subs**



	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Poly unsaturated Fat (g)	Mono Unsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
--	----------	-----------------------	---------------	-------------------	---------------	--------------------------	--------------------------	------------------	-------------	----------------	-----------------	-------------------	------------	-------------	---------------	---------------	-------------	----------

**Sub's (6" - Italian Sub Bread, no cheese, sauce, or vegetables. Double for a 12" unless noted otherwise)**

Grilled Chicken	340	50	6	1.5	0			40	870	65	43	2	2	24	15%	6%	20%	
Grilled Chicken Teriyaki	360	50	6	1.5	0			40	1330	65	48	2	8	24	15%	6%	20%	
Ham	260	25	2.5	0.5	0		1	25	1060	240	40	2	3	17	15%	4%	15%	
Italian (ham, salami, pepperoni)	380	140	16	6	0	1	4	40	1270	130	41	2	3	18	15%	4%	15%	
Turkey	260	25	3	0	0			25	1010	65	39	1	2	16	15%	2%	15%	
Roast Beef	260	35	3	0	0			25	780	250	38	2	2	16	15%	4%	20%	
Philly Steak 6"	320	80	9	0	4.0	40	800	65	1	21	0	0	0	0	25%	6%	25%	
Philly Steak 12"	650	150	17	0	8	75	1590	130	3	42	0	0	0	0	25%	6%	25%	
Meatball 6"	400	140	16	0	0	20	1180	65	4	16	0	0	0	0	25%	2%	20%	
Meatball 12"	780	280	31	0	0	40	2120	130	7	31	0	0	0	0	40%	6%	35%	
Classic Trio (roast beef, ham, turkey)	280	30	3.5	10	0		0.5	35	1180	150	40	2	3	20	15%	4%	20%	

**Cheese (Amount on a 6")**

American	50	35	4	2.5	0			15	180		1		0	2	4%	8%	8%	0%
Cheddar	80	60	7	4	0	0	2	20	130		0		0	5	6%	0%	15%	0%
Pepper Jack	80	60	7	4				20	140				0	5	4%	0%	15%	0%
Provolone	70	50	6	3.5				15	150				0	5	4%	15%	0%	0%
Swiss	80	50	6	3.5				20	20				0	6	4%	0%	20%	0%

**Sauces (Amount on a 6")**

Buffalo Sauce	45	45	5	1	0	2.5	1	5	150	10	0	0	0	0	6%	0%	0%	0%
BBQ Sauce	20	0	0	0	0			0	90		5	0	5	0	0%	2%	0%	0%
Chipotle Sauce	35	25	3	0		1.5	0.5	2	95		2		2	0	0%	2%	0%	0%
Buffalo	35	35	4	0.5	0	2	1	4	120	10	0			0	4%	0%	0%	0%
Honey Mustard	50	45	5	1	0	0	0	4	95	0	2	0	2	0				0%
Italian Dressing	40	35	4	0.5	0			0	150		2	0	1					
Mayo	120	120	13	2	0			10	105		0	0	0	0				
Ranch	60	60	7	0	0			5	70		1			1				2%
Signature Sauce	40	35	3.5	0.5	0	2	1	5	85	5	1			0	2%	0%	0%	
Spicy Brown Mustard	10								115									
Ketchup	15								170		5		4	0	2%			
Yellow Mustard									140									

**Vegetables (Amount on a 6")**

Banana Peppers	0								220		1	0	0	0				
Black Olives	30	20	2.5						100		1							
Cucumbers	0								0	30						2%		
Green Peppers	0									15	0					10%	0%	
Jalapeno Peppers	0								190	20	1			0	4%	2%	0%	2%
Lettuce	0								10	55	1	0			40%	8%	2%	2%
Onions	0								0	10	1	0		0	0%	0%	0%	0%
Pickles	0								880									
Tomatoes	5	0	0							95	2		1	0	6%	8%		

**Other Items (Amount on a 6")**

Bacon (2 slices)	50	35	4	1.5	0			10	170					3				
------------------	----	----	---	-----	---	--	--	----	-----	--	--	--	--	---	--	--	--	--

**Sub Buns**

Italian Sub Bun 6"	200	10	1					0	400	65	38	1	2	7	0%	15%	2%	15%
Wheat Sub Bun 6"	200	20	2	1	0	1		0	370	80	37	1	1	8	0%	15%	2%	10%

**Cheese (Amount on a 12")**

American	100	70	8	0	0	25	350	0	0	4	0	0	0	0	6%	15%		
Cheddar	160	120	14	0	0	40	260	0	0	10	0	0	0	0	10%		30%	
Pepper Jack	160	120	14	0	0	40	280	0	0	10	0	0	0	0	8%		30%	
Provolone	140	110	12	0.5	3.0	30	370	60	0	10	0	0	0	0	8%		30%	2%
Swiss	160	110	12	0	0	40	40	0	0	12	0	0	0	0	8%		40%	

<b>Sauces (Amount on a 12")</b>																			
Buffalo Sauce	90	10	1.5	5	10	300	20	1	0	0	0	0	0	0	0	10%	2%	0%	0%
BBQ Sauce	45	0	0	0	0	0	180	0	0	0	0	0	0	0	0		4%		
Chipotle Sauce	70	50	6	0	1.0	4	190	0	0	0	0	0	0	0	0	2%	4%		
Honey Mustard	100	90	10	0	0	10	190	0	0	0	0	0	0	0	0				
Italian Dressing	80	70	8	0	0	0	310	0	0	0	0	0	0	0	0				
Mayo	250	240	27	0	0	25	210	0	0	0	0	0	0	0	0				
Ranch	120	120	14	0	0	10	330	0	0	1	0	0	0	0	0			2%	
Signature Sauce	80	70	7	0	1.5	10	170	10	0	0	0	0	0	0	0	4%			
Spicy Brown Mustard	25	0	0	0	0	0	230	0	0	0	0	0	0	0	0				
Ketchup	35	0	0	0	0	0	350	0	0	0	0	0	0	0	0	4%			
Yellow Mustard	0	0	0	0	0	0	280	0	0	0	0	0	0	0	0				
<b>Vegetables (Amount on a 12")</b>																			
Banana Peppers	5	0	0	0	0	0	440	0	0	0	0	0	0	0	0				
Black Olives	60	45	5.0	0	0	0	200	0	0	0	0	0	0	0	0				
Cucumbers	5	0	0	0	0	0	0	55	0	0	0	0	0	0	0		2%		
Green Peppers	0	0	0	0	0	0	0	30	0	0	0	0	0	0	0	2%	25%		
Jalapeno Peppers	5	0	0	0	0	0	380	45	0	0	0	0	0	0	0	8%	4%		2%
Lettuce	10	0	0	0	0	0	15	110	0	1	0	0	0	0	0	80%	15%	2%	2%
Red Onions	5	0	0	0	0	0	0	25	0	0	0	0	0	0	0		2%		
Pickles									1770										
Tomatoes	15	0	0	0	0	0	0	190	0	1	0	0	0	0	0	15%	15%		2%
<b>Other Items (Amount on a 12")</b>																			
Bacon (2 slices)	50	35	4.0	0	0	10	170	0	0	3	0	0	0	0	0				
<b>Sub Buns</b>																			
Italian Sub Bun 12"	390	20	2.0	0	0	0	790	130	3	15	0	0	0	0		25%	6%	25%	
Wheat Sub Bun 12"	410	40	4.5	0	1.0	0	740	160	5	15	0	0	0	0		25%	6%	25%	



**Speedy Café**  
**Nutritional Information**  
**Paninis, Burgers and Chicken**



	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Poly unsaturated fat (g)	Mono Unsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	potassium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
<b>Breakfast Panini's</b>																		
Bacon, Egg, American Cheese	770	420	47	14	1	17	9	240	1680	330	50	2	4	31	20%	15%	8%	8%
Ham, Egg, American Cheese	760	390	44	13	1	17	9	245	1990	460	52	2	5	35	15%	15%	10%	10%
Sausage, Egg, American Cheese	920	510	58	18	1	17	9	260	1970	330	50	2	4	40	15%	15%	8%	15%
<b>Lunch/Dinner Paninis (Plain - No cheese, sauce, or toppings - See below)</b>																		
Grilled Chicken	610	300	34	7	0.5	1.6	7	40	900	85	47	2	4	23	6%	2%	8%	10%
Grilled Chicken Teriyaki	630	300	34	7	0.5	1.6	7	40	1360	85	52	2	9	23	6%	2%	8%	10%
Grilled Panini Burger	690	400	45	13	1	16	7	70	780	85	42	1	2	23	6%	0%	6%	15%
Grilled Bacon Panini Burger	740	440	50	15	1	16	7	80	970	85	42	1	2	27	6%	0%	6%	15%
Roast Beef	510	270	31	7	0.5	1.6	7	20	710	85	43	1	3	14	6%	0%	4%	8%
Ham	520	270	31	6	0.5	1.6	7	20	920	220	44	2	3	13	6%	0%	6%	6%
Italian	650	390	44	12	0.5	1.6	7	40	1310	150	44	2	3	17	6%	0%	6%	8%
Turkey	510	270	31	6	0.5	1.6	7	80	890	85	42	1	2	13	6%	0%	4%	6%
<b>Specialty Paninis</b>																		
Grilled 2 Alarm Burger Panini	790	470	53	17	1	16	7	90	3020	105	45	2	3	28	20%	10%	6%	20%
Grilled Spicy Chipotle Chicken Panini	810	450	51	16	0.5	1.7	7	80	1460	110	50	3	6	33	20%	6%	40%	15%
Philly Steak Panini	590	330	37	9	0.5	1.6	11	40	830	85	43	1	3	20	6%		4%	4%
Grilled Turkey Bacon & Swiss Panini	850	540	64	17	1	16	7	80	1550	85	43	2	2	29	15%	0%	45%	6%
<b>Grilled Cheese Panini</b>																		
American Cheese	570	330	37	10	1	16	7	25	780	85	44	1	3	10	10%	15%	4%	4%
Cheddar Cheese	630	380	43	15	0.5	1.6	7	40	690	85	42	1	2	16	15%		35%	4%
Pepper Jack Cheese	630	380	43	14	0.5	1.6	7	40	710	85	42	1	2	16	15%		35%	4%
Provolone Cheese	610	370	41	13	1	16	10	30	800	140	42	1	2	16	15%		35%	6%
<b>Lunch/Dinner Burgers on a bun (Plain - No cheese, sauce, or vegetables - See below)</b>																		
Premium Burger	420	160	18	7	0			70	720		39	0	5	23	0%	0%	8%	15%
Premium Bacon Burger	470	200	23	9	0			80	910		39		5	26	0%	0%	8%	15%
<b>Specialty Burgers on a bun</b>																		
BBQ Burger	580	260	29	13	0.5			100	1080	110	46	0	11	32	50%	15%	25%	20%
Southwest Burger	550	250	28	11	0	1.5	0.5	90	1150	85	43	0	8	29	50%	15%	25%	20%
<b>Lunch/Dinner Chicken on a bun (No cheese, sauce, or vegetables - See below)</b>																		
Premium Chicken	480	150	16	2.5	0	7	4	50	1070		56	1	6	27	0%	0%	8%	10%
Chicken Club	530	180	20	4	0	7	4	60	1210		56	1	6	30	0%	0%	8%	15%
<b>Specialty Chicken on a bun</b>																		
BBQ Chicken	640	240	27	8	0	7	4	80	1430	110	63	2	12	36	50%	15%	25%	20%
Chicken Parm	570	200	22	6	0	7	6	65	1430	30	60	2	9	33	10%	15%	25%	15%
Chicken Cheddar Bacon Ranch	720	340	38	10	0.5	7	4	60	1210		56	1	6	30	50%	15%	25%	15%
<b>Fried Chicken items - select Cafes</b>																		
Chicken Tender and Fry Basket	990	550	62	13	9	36	20	70	2590	390	66	4		32	0%	25%	2%	15%
Chicken Tenders - 3 Pieces	310	35	6	0	18	9	50	940	0	22	0	0	22	0	0%	2%	8%	0%
Chicken Tenders - 5 Pieces	510	58	11	0.5	31	15	85	1560	0	36	2	0	37	0	0%	2%	15%	0%
<b>Cheese - 1 slice (1 slice on a Burger or Chicken; 2 slices on a Panini)</b>																		
American	50	35	4	2.5	0			10	220		1	0	0	2	4%	8%	8%	0%
Cheddar	80	60	7	4	0	0	2	20	130		0	0	0	5	6%	0%	15%	0%
Pepper Jack	80	60	7	4				20	140			0	0	5	4%	0%	15%	0%
Provolone	70	50	6	3.5				15	150			0	0	5	4%	15%	0%	0%
Swiss	80	50	6	3.5				20	20			0	0	6	4%	0%	20%	0%
<b>Sauces (Amount for a Panini, Burger or Chicken)</b>																		
Buffalo Sauce	45	45	5	1	0	2.5	1	5	150	10	0	0	0	0	6%	0%	0%	0%
BBQ Sauce	20	0	0	0	0			0	90		5	0	5	0	0%	2%	0%	0%
Chipotle Sauce	35	25	3	0		1.5	0.5	2	95		2		2	0	0%	2%	0%	0%
Creamy Buffalo	35	35	4	0.5	0	2	1	4	120	10	0			0	4%	0%	0%	0%
Honey Mustard	40	30	4	0.5	0	2	1	4	60	10	2	0	2	0				0%
Italian Dressing	40	35	4	0.5	0			0	150		2	0	1					
Mayo	120	120	13	2	0			10	105		0	0	0	0				
Ranch	100	100	11	1.5	0			5	150		1			0				
Signature Sauce	40	35	3.5	0.5	0	2	1	5	85	5	1			0	2%	0%	0%	
Spicy Brown Mustard	10								115									
Ketchup	15								170		5		4	0	2%			
Teriyaki Glaze	25								460		5		5					
Yellow Mustard									140									
<b>Toppings (Amount for a Panini, Burger or Chicken)</b>																		
Banana Peppers	0	0	0	0	0			0	220		1	0	0	0	0%	0%	0%	0%
Jalapeno Peppers	0	0	0	0	0			0	190	20	1	0	0	0	4%	2%	0%	2%
Black Olives	30	20	2.5	0	0			0	100		1	0	0	0				
Green Peppers	0									15					0%	0%	0%	0%
Onions	0							0	0	10	1				0%	2%	0%	0%
Pickles	0	0	0	0	0			0	880									
Lettuce	0	0	0	0	0			0	10	55	1	0	0	0	40%	8%	2%	2%
Tomatoes	5									95	2	0	1	0	6%	8%	0%	0%

**Speedy Café**  
**Nutritional Information**  
**Hot Dogs & Tornado's**



	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Poly unsaturated fats (g)	Mono unsaturated fats (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
--	----------	-----------------------	---------------	-------------------	---------------	---------------------------	---------------------------	------------------	-------------	----------------	-----------------	-------------------	------------	-------------	---------------	---------------	-------------	----------

**Special Recipe**

Cincinnati Dog (chili, shredded cheese and onion)	470	270	31	14	0.5	1.5	10	70	1250	590	26	2	4	20	8%	8%	20%	15%
Chicago Dog	470	250	29	10	1.0	1.5	0	60	1770	570	36	2	5	16	4%	6%	8%	20%
Texas Dog (chili, shredded cheese, onion and jalapeno's)	470	270	31	14	0.5	1.5	10	70	1440	610	27	2	5	20	10%	10%	20%	15%

**Tornado's**

Bacon, Egg and Cheese	180	60	7	2	0			45	320		22	0	0	6	2%	2%	4%	8%
Grilled Chicken and Cheese	170	50	6	1	0			10	460		22	0	0	7	4%	6%	4%	15%
Steak and Cheese	180	50	6	1.5	0			20	340		24	0	1	7	4%	2%	6%	10%
Pepperjack	220	110	12	5	0			25	240		22	0	0	7	10%	4%	10%	10%
Sausage, Egg and Cheese	180	70	8	2	0			15	280		21	0	0	5	2%	2%	4%	10%

**Grill Items (No toppings or sauce - see below)**

Premium All Beef Dog w/Bun	390	240	28	10	1.0	1.0	0	60	990	490	22		3	14	0%	6%	8%	10%
Jumbo Hot Dog w/Bun	400	240	27	10	1.5	1	0	50	1040	30	24	0	4	14	0%	6%	6%	10%

**Toppings (Amount for a Grill Item)**

Bacon (1 Slice)	30	20	2	1	0			5	95		0	0	0	2	0%	0%	0%	0%
Banana Peppers (4 pieces)	0	0	0	0	0			0	220		1	0	0	0	0%	0%	0%	0%
Cheese, Shredded (1 oz.)	60	40	4.5	3	0			15	85		1	0	0	4	2%	0%	10%	0%
Chili (1 oz.)	50	35	4	1.5	0			10	135		1	0	0	2	0%	2%	0%	4%
Jalapeno Peppers (4 pieces)	0	0	0	0	0			0	190	20	1	0	0	0	0%	0%	0%	0%
Lettuce (1 oz.)	0	0	0	0	0			0	0		1	0	0	0	0%	0%	0%	0%
Onions, Diced (1/4 oz.)	0	0	0	0	0			0	0		1	0	0	0	0%	0%	0%	0%
Relish (1/4 oz.)	5	0	0	0	0			0	75	5	2	0	0	0	0%	0%	0%	0%
Tomatoes (1 slice)	3	0	0	0	0			0	0		0	0	0	0	0%	0%	0%	0%

**Sauces (Amount for a Grill Item)**

Red Hot Buffalo Sauce	45	45	5	1	0			5	150		0	0	0	0	6%	0%	0%	0%
BBQ Sauce	20	0	0	0	0			0	90		5	0	5	0	0%	2%	0%	0%
Chipotle Sauce	35	25	3	0	0			2	95		2	0	2	0	0%	2%	0%	0%
Creamy Buffalo	35	35	4	0.5	0	2	1	4	120	10	0	0	0	0	4%	0%	0%	0%
Honey Mustard	40	30	3.5	0.5	0	2	1	4	60	10	2	0	2	0	0%	0%	0%	0%
Italian Dressing	40	35	4	0	0			0	150		2	0	1	0	0%	0%	0%	0%
Mayo	120	120	13	2	0			10	105		0	0	0	0	0%	0%	0%	0%
Ranch	60	60	7	1	0			5	170		1	0	0	1	0%	0%	0%	0%
Signature Sauce	40	35	3.5	0.5	0	2	1	5	85	5	1	0	0	0	2%	0%	0%	0%
Spicy Brown Mustard	10	0	0	0	0			0	115		0	0	0	0	0%	0%	0%	0%
Ketchup	15	0	0	0	0			0	170		5	0	4	0	0%	2%	0%	0%
Teriyaki Glaze	25	0	0	0	0			0	440		5		4	1	0%	0%	0%	0%
Yellow Mustard	10	0	0	0	0			0	140		0	0	0	0	0%	0%	0%	0%

**Speedy Café**  
**Nutritional Information**  
**Sides & Grilled Wraps**



	Calories	Calories from Fat (g)	Total Fat (g)	Saturate Fat (g)	Trans Fat (g)	Poly unsaturated Fat (g)	Mono unsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV	
<b>Breadsticks</b>																			
Garlic - 2 each	220	70	8	2					390		31	1	1	5			2%	10%	
Garlic - 4 each	440	140	16	4					780		62	2	2	10			4%	20%	
Garlic - 6 each	660	210	24	6					1170		93	3	3	15			6%	30%	
Garlic & Mozzarella - 2 each	270	100	11	5				10	490		31	1	1	9	2%		15%	10%	
Garlic & Mozzarella - 4 each	530	200	23	10				25	990		62	2	2	18	4%		25%	20%	
Garlic & Mozzarella - 6 each	800	300	34	15				35	1480		93	3	3	27	6%		40%	30%	
Pepperoni & Mozzarella - 2 each	320	140	16	70				25	670		31	1	1	11	2%		15%	10%	
Pepperoni & Mozzarella - 4 each	640	290	33	14				50	1340		62	2	2	22	4%		25%	20%	
Pepperoni & Mozzarella - 6 each	960	430	49	21				75	2010		93	3	3	33	6%		40%	30%	
Bacon & Mozzarella - 2 each	300	130	14	6				30	700	45	31	1	1	12	2%		15%	10%	
Bacon & Mozzarella - 4 each	610	250	29	12				60	1400	90	62	2	2	24	4%		25%	20%	
Bacon & Mozzarella - 6 each	910	380	43	18				90	2100	135	93	3	3	37	6%		40%	30%	
Garlic Dipping Sauce (1 container)	190	190	21	3.5					310		0				25%				
Marinara Dipping Sauce (1 container)	20								180		4		3	1	6%	15%	2%	2%	
<b>Pretzels</b>																			
Soft Pretzel with Salt	440	80	10	1.5	0	5	2		3110	150	76	3	2	12			2%	30%	
<b>Grilled Wraps</b>																			
Chicken Cheddar Bacon Ranch Grilled Wrap (1 ea)	440	190	22	7				45	1020	45	40	2	2	19	6%	6%	25%	15%	
BBQ Chicken Grilled Wrap (1 ea)	390	120	13	6				40	1050	0	47	2	9	19	2%	4%	25%	15%	
Buffalo Chicken Grilled Wrap (1 ea)	400	170	19	6				35	1340	5	40	2	2	18	6%	4%	25%	15%	
Bacon, Egg & Cheese Grilled Wrap (1 ea)	420	170	19	8	0	1	2.5	255	1160	140	41	1	2	20	10%	10%	25%	15%	
Sausage, Egg & Cheese Grilled Wrap (1 ea)	490	220	25	10	0	1	2.5	265	1300	140	41	1	2	24	10%	10%	25%	20%	
Chili & Cheddar Grilled Wrap (1 ea)	370	160	18	8				35	900		40	3	1	14	15%	4%	25%	15%	
Southwest Chicken Grilled Wrap (1 ea)	390	130	15	6		2	1	35	1080	80	46	3	5	18	6%	10%	25%	15%	
<b>Fried Snacks and Sides - Café fryer stores</b>																			
Apple Pie	280	150	17	5	0	6	2.5	0	140	0	31	0	13	2				6%	
Chicken Fillet	350	190	22	4	0	11	6	50	700	0	17	1	1	21			2%	6%	
Chicken Tender And Fry Basket	990	550	62	13	9	36	20	70	2590	390	66	4	0	32	0%	25%	2%	15%	
Chicken Tenders - 3 Pieces	490	310	35	6	0	18	9	50	940	0	22	0	0	22	0%	0%	2%	8%	
Chicken Tenders - 5 Pieces	810	510	58	11	0.5	31	15	85	1560	0	36	2	0	37	0%	0%	2%	15%	
French Fries - Large	480	190	22	6	12	16	10	0	1560	540	51	4	0	4			30%	2%	6%
French Fries - Small	340	140	16	4.5	9	12	7	0	1340	390	37	3	0	3			25%	2%	4%
French Fries with Cheese - Large	660	310	35	13	13	16	10	50	2330	540	55	4	2	16	15%	30%	35%	6%	
French Fries with Cheese - Small	430	200	22	8	9	12	7	25	1730	390	39	3	0	9	6%	25%	20%	4%	
French Fries with Chili And Cheese - Large	710	350	39	15	13	16	10	60	2460	540	57	5	2	18	20%	35%	35%	10%	
French Fries with Chili And Cheese - Small	480	230	26	9	9	12	7	35	1900	390	40	4	1	11	10%	25%	20%	8%	
Jalapeno Poppers - 4 Pieces	350	180	20	7	0	9	3.5	15	750	0	35	6	4	7			15%	2%	
Jalapeno Poppers - 6 Pieces	530	270	31	10	0	13	5	25	1130	0	52	9	6	11			25%	4%	
Mac 'n Cheese Wedges - 4 Pieces	310	190	21	5	0	10	5	10	650	0	24	2	3	6	2%	0%	10%	4%	
Mac 'n Cheese Wedges - 6 Pieces	470	280	32	8	0.5	15	7	15	980	0	37	3	4	9	4%	2%	15%	8%	
Mozzarella Sticks - 4 Pieces	520	300	34	12	1	13	8	35	1170	170	36	4	6	17			2%	35%	4%
Mozzarella Sticks - 6 Pieces	780	450	51	18	1.5	19	12	50	1760	250	53	5	9	25			4%	60%	4%
Onion Rings	360	220	24	4	1	14	5	0	740	115	32	2	4	4				4%	
Speedy Spuds - Large	460	300	34	4.5	0	15	13	0	2360	480	37	3	0	4			4%	2%	8%
Speedy Spuds - Small	310	200	23	3	0	10	9	0	1270	330	25	2	0	3			2%	0%	6%
Speedy Spuds with Cheese - Large	640	420	47	12	1	15	13	50	3120	480	42	3	2	15	15%	4%	35%	8%	
Speedy Spuds with Cheese - Small	400	260	30	7	0.5	10	9	25	1650	330	28	2	1	8	6%	2%	15%	6%	
Speedy Spuds with Chili And Cheese - Large	740	480	55	15	1	15	13	70	3390	480	44	4	3	20	25%	6%	35%	15%	
Speedy Spuds with Chili And Cheese - Small	450	300	34	8	0.5	10	9	35	1780	330	29	3	2	11	10%	4%	15%	8%	



Fries, Mozz Sticks and Spuds - all other Cafes																		
Mozzarella Cheese Sticks - 6 Ea (No Dipping Sauces)	420	210	24	9				30	960		36			18			25%	
Speedy Cheese Fries - 6 oz	360	130	15	5	0	3	4	25	1480	640	45	3		10	6%	15%	20%	6%
Speedy Cheese Fries - 8 oz	540	220	25	9	0.5	3.5	5	50	1970	860	62	4	2	17	15%	20%	35%	10%
Speedy Chili Cheese Fries - 6 oz	400	170	19	6	0	3	4	35	1620	640	47	4	1	12	10%	15%	20%	10%
Speedy Chili Cheese Fries - 8 oz	590	250	29	11	0.5	3.5	5	60	2110	860	64	5	2	19	20%	20%	35%	10%
Speedy Fries - 6 oz	270	80	9	1	0	3	4		1120	650	44	3		4		15%	2%	6%
Speedy Fries - 8 oz	360	100	11	1.5	0	4	5		1230	870	58	5		5		20%	2%	8%
Speedy Spuds - Large	290	130	14	1	0	4	9		2350	480	37	3		4		4%	2%	8%
Speedy Spuds - Small	200	90	10	0.5	0	2.5	6		1280	330	25	2		3		2%	0%	6%
Speedy Spuds with Cheese - Large	470	250	28	9	0.5	4	9	50	3120	480	42	3	2	15	15%	4%	35%	8%
Speedy Spuds with Cheese - Small	290	150	17	4.5	0	2.5	6	25	1660	330	28	2	1	8	6%	2%	15%	6%
Speedy Spuds with Chili And Cheese - Large	570	310	36	11	0.5	4	9	70	3380	480	44	4	3	20	25%	6%	35%	15%
Speedy Spuds with Chili And Cheese - Small	340	180	20	6	0	2.5	6	35	1790	330	29	3	2	11	10%	4%	15%	8%

**Speedy Café**  
**Nutritional Information**  
**Frappes/Smoothies/Lemonades**



	Calories	Calories from Fat (g)	Total Fat (g)	Saturate Fat (g)	Trans Fat (g)	polyunsaturated fat	monounsaturated fat	Cholesterol (mg)	Sodium (mg)	potassium	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
<b>16 oz Frappes</b>																		
Caramel 1x Coffee	570	190	21	14	0.5	1.0	5	85	400	830	82		78	15	4%	4%	45%	0%
Caramel 2x Coffee	550	170	20	13	0.5	1.0	5	75	380	940	79		74	15	4%	4%	45%	0%
Caramel Frappe	530	170	19	13	0.5	1.0	5	75	370	610	77		74	14	4%	4%	45%	0%
Mocha 1x Coffee	500	170	19	13	0.5	1.0	5	75	310	910	71		65	13	4%	6%	40%	20%
Mocha 2x Coffee	470	160	18	12	0.5	1.0	5.0	65	290	1000	67		60	13	4%	6%	40%	20%
Mocha Frappe	490	170	19	13	0.5	1.0	5	75	310	690	69		65	13	4%	6%	40%	20%
Peppermint Chip 1x Coffee	560	210	23	15	0.5	1.0	4.5	65	270	770	82		75	12	4%	4%	35%	4%
Peppermint Chip 2x Coffee	560	200	23	14	0.5	0.5	4.5	60	260	890	81		73	12	2%	4%	35%	4%
Peppermint Chip Frappe	580	220	24	16	0.5	1.0	5	70	280	580	83		77	12	4%	4%	40%	4%
Pumpkin Pie 1x Coffee	440	140	16	11	0.5	1.0	4.5	65	270	770	64		60	11	2%	4%	35%	0%
Pumpkin Pie 2x Coffee	450	140	16	11	0.5	1.0	4.5	65	270	910	65		60	11	2%	4%	35%	0%
Pumpkin Pie Frappe	450	150	17	12	0.5	1.0	5	70	280	610	65		62	11	4%	4%	35%	0%
Vanilla 1x Coffee	490	170	19	13	0.5	1.0	6	80	310	840	70		65	13	4%	4%	40%	0%
Vanilla 2x Coffee	470	160	18	12	0.5	1.0	5	70	290	950	67		62	12	4%	4%	40%	0%
Vanilla Frappe	480	170	19	13	0.5	1.0	6	80	310	650	68		65	12	4%	4%	40%	0%
<b>24 oz Frappes</b>																		
Caramel 1x Coffee	720	230	26	17	1.0	1.0	7	105	500	1040	104		99	19	4%	4%	60%	0%
Caramel 2x Coffee	730	230	26	17	1.0	1.0	7	105	500	1180	105		99	20	4%	4%	60%	0%
Caramel Frappe	710	230	26	17	1.0	1.0	7	105	490	790	102		99	18	4%	4%	60%	0%
Mocha 1x Coffee	640	210	24	16	1.0	1.0	6	90	380	1100	93		85	16	4%	8%	50%	30%
Mocha 2x Coffee	630	200	23	16	0.5	1.0	6	85	370	1250	92		83	16	4%	8%	50%	30%
Mocha Frappe	620	210	24	16	1.0	1.0	6	90	380	830	90		85	16	4%	8%	50%	30%
Peppermint Chip 1x Coffee	740	260	29	19	1.0	1.0	6	90	370	1020	107		99	16	4%	4%	50%	4%
Peppermint Chip 2x Coffee	720	250	28	18	0.5	1.0	6	85	350	1130	106		97	16	4%	4%	45%	4%
Peppermint Chip Frappe	740	270	30	19	1.0	1.0	7	95	380	790	107		101	16	4%	4%	50%	4%
Pumpkin Pie 1x Coffee	610	190	22	15	0.5	1.0	6	90	360	1010	90		84	14	4%	4%	50%	0%
Pumpkin Pie 2x Coffee	600	190	21	14	0.5	1.0	6	85	350	1130	89		83	14	4%	4%	45%	0%
Pumpkin Pie Frappe	620	200	23	15	1.0	1.0	7	95	370	790	90		87	14	4%	4%	50%	0%
Vanilla 1x Coffee	640	210	24	16	1.0	1.0	7	100	400	1060	93		88	16	4%	6%	50%	0%
Vanilla 2x Coffee	620	200	23	15	1.0	1.0	7	95	380	1180	92		85	16	4%	4%	50%	0%
Vanilla Frappe	640	220	25	17	1.0	1.0	7	100	410	830	93		90	16	4%	6%	50%	0%
<b>16 oz. Cream Frappes</b>																		
Banana Cream Frappe	370	100	11	8	0	0.5	3.5	45	190	360	62		60	7	2%			
Caramel Cream Frappe	620	210	24	16	1.0	1.0	6	100	450	500	86		85	16	4%	70%	25%	2%
Chocolate Banana Cream Frappe	470	130	15	10	0	0.5	4.0	60	240	420	77		75	9	2%	4%	50%	0%
Chocolate Cream Frappe	610	210	23	16	1.0	1.0	6	90	370	500	87		85	15	4%	60%	30%	10%
Mango Cream Frappe	410	130	14	10	0	0.5	4.0	60	240	360	63		62	9	20%	8%	50%	30%
Strawberry Cream Frappe	430	110	13	8	0	0.5	3.5	50	210	370	73		72	8	2%	15%	30%	
Vanilla Cream Frappe	530	190	22	15	1.0	1.0	6	90	360	500	73	2	72	13	4%	220%	25%	
Wildberry Cream Frappe	490	130	15	10	0	0.5	4.0	60	250	330	81	2	75	9	2%	4%	30%	0%

<b>24 oz Cream Frappes</b>																		
Banana Cream Frappe	650	190	21	14	0.5	1.0	6	85	350	640	104		101	13	4%	100%	45%	2%
Caramel Cream Frappe	800	270	31	21	1.0	1.5	8	125	580	640	112		111	21	6%	6%	70%	0%
Chocolate Banana Cream Frappe	740	200	22	15	0.5	1.0	6	85	360	630	123		120	14	4%	100%	45%	20%
Chocolate Cream Frappe	780	270	30	21	1.0	1.5	8	115	480	640	114		111	19	6%	10%	60%	40%
Mango Cream Frappe	610	190	21	14	0.5	1.0	6	85	350	540	95		93	13	30%	20%	45%	0%
Strawberry Cream Frappe	640	170	19	13	0.5	1.0	6	80	310	550	108		106	12	4%	310%	40%	0%
Vanilla Cream Frappe	850	320	36	24	1.0	1.5	10	145	580	810	115		114	21	6%	8%	80%	0%
Wildberry Cream Frappe	710	190	22	14	0.5	1.0	6	85	370	480	117	4	108	14	4%	8%	45%	0%
<b>16 oz Smoothies</b>																		
Mango Banana Smoothie	300	0	0						10	150	77		75	0	30%	70%	0%	0%
Mango Smoothie	270	0	0						10	90	70		68	0	40%	25%	0%	0%
Strawberry Banana Smoothie	330	0	0						10	170	82		80	1	0%	340%	0%	0%
Strawberry Smoothie	320	0	0						10	150	78		77	1	0%	370%	0%	0%
Wildberry Banana Smoothie	370	0	0						20	160	92	2	86	1	0%	100%	2%	2%
Wildberry Smoothie	420	10	1.0						35	0	103	5	91	1	0%	4%	4%	0%
<b>24 oz Smoothies</b>																		
Mango Banana Smoothie	440	0	0						15	210	112		109	1	40%	100%	2%	2%
Mango Smoothie	370	0	0						15	120	94		93	0	60%	35%	2%	0%
Strawberry Banana Smoothie	440	0	0						15	230	110		107	1	0%	450%	2%	0%
Strawberry Smoothie	430	0	0						15	200	106		104	1	0%	500%	2%	0%
Wildberry Banana Smoothie	560	0	0.5						35	240	140	3	130	1	0%	150%	2%	2%
Wildberry Smoothie	570	10	1.5						50	5	139	7	123	2	0%	6%	4%	0%
<b>16 oz Frozen &amp; Iced Lemonades</b>																		
Frozen Lemonade	280	0	0						55	70	72		70	0	0%	40%	2%	0%
Frozen Strawberry Lemonade	280	0	0						45	85	72		70	0	0%	120%	0%	0%
Frozen Wildberry Lemonade	300	0	0						45	45	76	1	71	1	0%	30%	2%	0%
Iced Lemonade	210	0	0						45	50	53		52	0	0%	30%	2%	0%
Iced Strawberry Lemonade	210	0	0						35	65	53		51	0	0%	90%	2%	0%
Iced Wildberry Lemonade	220	0	0						40	40	56		53	0	0%	25%	2%	0%
<b>24 oz Frozen &amp; Iced Lemonades</b>																		
Frozen Lemonade	370	0	0						75	90	95		93	0	0%	50%	2%	0%
Frozen Strawberry Lemonade	390	0	0						60	120	100		97	0	0%	170%	2%	0%
Frozen Wildberry Lemonade	450	0	0.5						70	70	114	2	107	1	0%	40%	2%	0%
Iced Lemonade	320	0	0						65	80	82		80	0	0%	45%	2%	0%
Iced Strawberry Lemonade	300	0	0						50	90	76		74	0	0%	120%	2%	0%
Iced Wildberry Lemonade	340	0	0						60	60	87	1	82	1	0%	35%	2%	0%

**Speedy Café**  
**Nutritional Information**  
**Hot and Iced Espresso Based Beverages**



	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Poly unsaturated fats (g)	Mono unsaturated fats (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV	
<b>Espresso</b>																			
Single Shot of Espresso										40									
Double Shot of Espresso									10	70									
Triple Shot of Espresso									15	105									
<b>16 oz Iced Cold Brew</b>																			
Iced Cold Brew with Skim Milk	45	0	0	0					45	420	7		5	4					
Iced Cold Brew with Skim Milk And Sugar	100	25	3.0	2.0			1.0	15	90	430	13		11	5					
Iced Cold Brew with Sugar	70	25	3.0	2.0			1.0	10	55	420	10		6	3					
Iced Cold Brew with Whole Milk	70	25	3.0	1.5			0.5	10	45	400	7		5	4					
Iced Cold Brew with Whole Milk And Sugar	120	50	6	3.5			1.5	20	90	410	13		11	5					
Plain Iced Cold Brew	20	0	0						10	360	3		0	1					
<b>24 oz Cold Brew</b>																			
Iced Cold Brew with Skim Milk	50	0	0	0					45	500	8								
Iced Cold Brew with Skim Milk And Sugar	130	35	4.0	2.5			1.0	15	110	590	16	0	13	6					
Iced Cold Brew with Sugar	100	35	4.0	2.5			1.0	15	70	580	13	0	8	4					
Iced Cold Brew with Whole Milk	70	30	3.0	1.5			0.5	10	50	480	7	0	5	4					
Iced Cold Brew with Whole Milk And Sugar	150	60	7	4.5			2.0	25	110	570	16	0	13	6					
Plain Iced Cold Brew	25	0	0	0					10	500	4								
<b>12 oz Americano, Macchiato, Hot Chocolate, Lattes &amp; Mochas</b>																			
Americano	5	0	0.5	0			0	0	45	350	0	0	0	0	0%	2%	0%	2%	
Caramel Macchiato with Skim Milk	160	10	1.0	0.5			0	5	100	280	31	0	31	6	6%	0%	20%	0%	
Caramel Macchiato with Whole Milk	200	50	6	3.5			1.5	20	100	240	31	0	32	6	6%	0%	20%	0%	
Hot Chocolate with Skim Milk	200	10	1.0	1.0			0	4	95	320	41	0	40	8	8%	2%	25%	20%	
Hot Chocolate with Whole Milk	260	70	8	5.0			1.5	20	100	270	41	0	41	7	6%	2%	25%	20%	
Hot Latte with Skim Milk	80	0	0	0			0	4	95	380	11	0	11	7	8%	0%	25%	0%	
Hot Latte with Whole Milk	130	60	7	4.0			2.0	20	100	330	10	0	12	7	8%	0%	25%	0%	
Hot Mocha with Skim Milk	110	0	0	0			0	4	90	360	22	0	21	7	8%	0%	25%	0%	
Hot Mocha with Whole Milk	170	60	7	4.0			1.5	20	90	310	21	0	22	6	6%	0%	25%	0%	
Hot Peppermint Mocha with Skim Milk	160	0	0	0			0	4	90	360	32	0	32	7	8%	0%	25%	0%	
Hot Peppermint Mocha with Whole Milk	210	60	7	4.0			1.5	20	90	310	32	0	32	6	6%	0%	25%	0%	
Hot Pumpkin Pie Latte with Skim Milk	130	0	0	0			0	4	95	380	23	0	23	7	8%	0%	25%	0%	
Hot Pumpkin Pie Latte with Whole Milk	180	60	7	4.0			2.0	20	100	330	22	0	24	7	8%	0%	25%	0%	
<b>16 oz Americano, Macchiato, Hot Chocolate, Lattes &amp; Mochas</b>																			
Americano	10	5	0.5	0			0	0	55	470	0	0	0	0	0	2%	0%	2%	
Caramel Macchiato with Skim Milk	250	15	2.0	1.0			0	0	10	140	350	50	0	50	8	8%	0%	25%	0%
Caramel Macchiato with Whole Milk	300	70	8	4.5			0	1.5	25	150	310	50	0	51	8	6%	0%	25%	0%
Hot Chocolate with Skim Milk	310	15	1.5	1.5			0	0	5	135	450	63	0	62	11	10%	4%	35%	30%
Hot Chocolate with Whole Milk	390	100	11	7			0.5	2.5	30	140	380	63	0	63	11	10%	4%	35%	30%
Hot Latte with Skim Milk	100	0	0	0			0	0	5	135	530	15	0	15	10%	0%	35%	0%	
Hot Latte with Whole Milk	180	90	10	6			0.5	2.5	30	135	460	14	0	15	9	10%	0%	35%	0%
Hot Mocha with Skim Milk	200	0	0	0			0	0	5	140	560	39	0	38	11	15%	0%	40%	0%
Hot Mocha with Whole Milk	280	90	10	6			0.5	2.5	30	140	480	38	0	38	10	10%	0%	35%	0%
Hot Peppermint Mocha with Skim Milk	260	0	0	0			0	0	5	140	560	54	0	54	11	15%	0%	40%	0%
Hot Peppermint Mocha with Whole Milk	350	90	10	6			0.5	2.5	30	140	480	54	0	54	10	10%	0%	35%	0%
Hot Pumpkin Pie Latte with Skim Milk	180	0	0	0			0	0	5	135	530	33	0	33	10	10%	0%	35%	0%
Hot Pumpkin Pie Latte with Whole Milk	260	90	10	6			0.5	2.5	30	135	460	32	0	33	9	10%	0%	35%	0%
<b>16 oz Iced Mochas and Lattes</b>																			
Iced Caramel Macchiato with Skim Milk	160	10	1.0	0.5	0	0	0	5	100	300	31	0	31	6	6%	0%	20%	0%	
Iced Caramel Macchiato with Whole Milk	190	50	6	3.0	0	0	1.0	15	100	260	30	0	31	6	4%	0%	20%	0%	
Iced Latte with Skim Milk	50	0	0	0	0	0	0	3	75	310	8	0	8	5	6%	0%	20%	0%	
Iced Latte with Whole Milk	100	45	5	3.0	0	0	1.5	15	75	270	7	0	8	5	6%	0%	20%	0%	
Iced Mocha with Skim Milk	130	0	0	0	0	0	0	3	60	270	29	0	28	4	6%	0%	15%	0%	
Iced Mocha with Whole Milk	170	40	4.5	2.5	0	0	1.0	15	65	240	29	0	29	4	4%	0%	15%	0%	
Iced Peppermint Mocha with Skim Milk	180	0	0	0	0	0	0	3	60	270	40	0	39	4	6%	0%	15%	0%	
Iced Peppermint Mocha with Whole Milk	210	40	4.5	2.5	0	0	1.0	15	65	240	40	0	39	4	4%	0%	15%	0%	
Iced Pumpkin Pie Latte with Skim Milk	130	0	0	0	0	0	0	3	75	310	26	0	26	5	6%	0%	20%	0%	
Iced Pumpkin Pie Latte with Whole Milk	170	45	5	3.0	0	0	1.5	15	75	270	25	0	26	5	6%	0%	20%	0%	



<b>24 oz Iced Mochas and Lattes</b>																		
Iced Caramel Macchiato with Skim Milk	250	15	2.0	1.0	0	0	0	10	140	360	49	0	50	8	6%	0%	25%	0%
Iced Caramel Macchiato with Whole Milk	290	60	7	4.0	0	0	1.5	20	140	320	49	0	50	7	6%	0%	25%	0%
Iced Latte with Skim Milk	70	0	0	0	0	0	0	4	100	430	10	0	10	7	8%	0%	25%	2%
Iced Latte with Whole Milk	130	60	7	4.0	0	0	1.5	20	100	370	10	0	11	7	6%	0%	25%	2%
Iced Mocha with Skim Milk	200	0	0	0	0	0	0	4	95	400	44	0	43	7	8%	0%	25%	0%
Iced Mocha with Whole Milk	250	60	6	3.5	0	0	1.5	20	95	360	44	0	43	6	6%	0%	20%	0%
Iced Peppermint Mocha with Skim Milk	270	0	0	0	0	0	0	4	95	400	60	0	59	7	8%	0%	25%	0%
Iced Peppermint Mocha with Whole Milk	320	60	6	3.5	0	0	1.5	20	95	360	60	0	59	6	6%	0%	20%	0%
Iced Pumpkin Pie Latte with Skim Milk	170	0	0	0	0	0	0	4	100	430	34	0	34	7	8%	0%	25%	2%
Iced Pumpkin Pie Latte with Whole Milk	230	60	7	4.0	0	0	1.5	20	100	370	34	0	35	7	6%	0%	25%	2%
<b>12 oz Syrup Add ins</b>																		
Add Caramel Syrup	50	0	0	0	0	0	0	0	0	0	12	0	11	0				
Add Peppermint Syrup	45	0	0	0	0	0	0	0	0	0	11	0	11	0				
Add Pumpkin Pie Syrup	50	0	0	0	0	0	0	0	0	0	12	0	12	0				
Add Sugar-free Vanilla Syrup	0	0	0	0	0	0	0	0	0	0	2	0	0	0				
<b>16 oz Syrup and Milk Add ins</b>																		
Add Caramel Syrup - Amount For Hot Drinks	70	0	0	0	0	0	0	0	0	0	18	0	17	0				
Add Caramel Syrup - Amount For Iced Drinks	50	0	0	0	0	0	0	0	0	0	12	0	11	0				
Add Peppermint Syrup - Amount For Hot Drinks	70	0	0	0	0	0	0	0	0	0	16	0	16	0				
Add Peppermint Syrup - Amount For Iced Drinks	45	0	0	0	0	0	0	0	0	0	11	0	11	0				
Add Pumpkin Pie Syrup - Amount For Hot Drinks	80	0	0	0	0	0	0	0	0	0	18	0	18	0				
Add Pumpkin Pie Syrup - Amount For Iced Drinks	50	0	0	0	0	0	0	0	0	0	12	0	12	0				
Add Sugar-free Vanilla Syrup - Amount For Hot Drinks	0	0	0	0	0	0	0	0	0	0	3	0	0	0				
Add Sugar-free Vanilla Syrup - Amount For Iced Drinks	0	0	0	0	0	0	0	0	0	0	2	0	0	0				
Add Vanilla Syrup - Amount For Hot Drinks	70	0	0	0	0	0	0	0	0	0	17	0	17	0				
Add Vanilla Syrup - Amount For Iced Drinks	45	0	0	0	0	0	0	0	0	0	11	0	11	0				
Skim Milk (Amount For Iced Latte)	50	0	0	0	0	0	0	3	65	240	8	0	8	5	6%	0	20%	0
Skim Milk (Amount For Iced Mocha)	45	0	0	0	0	0	0	3	55	200	6	0	6	4	6%	0	15%	0
Whole Milk (Amount For Iced Latte)	90	45	5	3.0	0	0	1.5	15	65	200	7	0	8	5	6%	0	15%	0
Whole Milk (Amount For Iced Mocha)	80	35	4.0	2.5	0	0	1.0	15	55	170	6	0	7	4	4%	0	15%	0
<b>24 oz Syrup and Milk Add ins</b>																		
Add Caramel Syrup	70	0	0	0	0	0	0	0	0	0	18	0	17	0				
Add Peppermint Syrup	70	0	0	0	0	0	0	0	0	0	16	0	16	0				
Add Pumpkin Pie Syrup	100	0	0	0	0	0	0	0	0	0	24	0	24	0				
Add Sugar-free Vanilla Syrup	0	0	0	0	0	0	0	0	0	0	3	0	0	0				
Add Vanilla Syrup	70	0	0	0	0	0	0	0	0	0	17	0	17	0				
Skim Milk (Amount For Iced Latte)	70	0	0	0	0	0	0	4	85	320	10	0	10	7	8%	0%	25%	0%
Skim Milk (Amount For Iced Mocha)	60	0	0	0	0	0	0	4	80	300	9	0	10	6	8%	0%	25%	0%
Whole Milk (Amount For Iced Latte)	120	60	7	4.0	0	0	1.5	20	90	270	10	0	11	6	6%	0%	25%	0%
Whole Milk (Amount For Iced Mocha)	120	50	6	3.5	0	0	1.5	20	80	250	9	0	10	6	6%	0%	20%	0%