

**Speedway LLC
Nutritional Values
Fountain and Speedy Tea**



	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Poly unsat Fat (g)	Mono unsat 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	
Flavor Shots - 1 fl oz																			
Cherry	20										4		8						
Lemon	20										4		8						
Lime	20										4		8						
Vanilla	10										2		4						
Speedy Tea/Lemonade - 22 oz																			
Unsweetened Tea	5								20	240	2								0%
Sweet Tea	110								20	70	26		25						2%
Raspberry Iced tea	90								20	70	24		23						2%
Lemonade	480								35	0	120		116			240%			2%
Speedy Tea/Lemonade - 32 oz																			
Unsweetened Tea	10								30	350	3								2%
Sweet Tea	160								30	100	37		36						2%
Raspberry Iced tea	130								30	100	35		34						2%
Lemonade	700								50	350	174		169			350%			2%
Speedy Tea/Lemonade - 44 oz																			
Unsweetened Tea	15								40	480	4								2%
Sweet Tea	220								40	135	51		50						4%
Raspberry Iced tea	180								40	135	47		46						4%
Lemonade	960								70	10	240		232			480%			2%
Speedy Tea/Lemonade - 52 oz																			
Unsweetened Tea	15								45	570	5								2%
Sweet Tea	260								50	160	60		59						4%
Raspberry Iced tea	220								50	160	56		55						4%
Lemonade	1130								80	10	283		274			570%			4%
Fountain - 22 oz.																			
Ale 8	220								55		55		55						
Big Red	270								55		70		70						
Blue Cream Soda	330									15	82		82						
Brisk Strawberry Melon	120								110	320	33		33						
Caffeine Free Diet Coke	0								75										
Cheerwine	270								45		77		77						
Cherry Limeade	330								30	5	85		83			190%			2%
Coca-cola Classic	270								85		74		74						
Coke Zero	0								75										
Diet Coke	0								75										
Diet Dr. Pepper	0								110										
Diet Mountain Dew	0								110	125									
Diet Pepsi	0								70	95									
Dr. Pepper	270								110		73		70						
Fanta Orange	300								100		81		81						
Fanta Strawberry	310								25		85		85						
Gatorade Orange	170								260	100	43		35			4%	0%		2%
Lipton Peach Zero Calorie Tea	0								190	40									
Lipton Raspberry Brisk	140								150		36		33						
Mega M	340								30	5	82		79			370%			2%
Minute Maid Lemonade	300								40		80		77						
Mountain Dew	300								95	15	80		80						
Mountain Dew Code Red	300								95	15	85		85						
Mountain Dew Kickstart Cherry	110								95	125	27		27						
Mountain Dew Pitch Black	300								85		83		83						
Mug Rootbeer	280								40	25	72		72						
Pepsi	280								55		77		77						
Powerade Mountain Blast	150								270	65	38		38						
Sprite	270								60	5	69		61					2%	4%
Tropicana Fruit Punch	300								70	280	83		83						
Wild Cherry Pepsi	280								55	15	77		77						

Fountain - 32 oz.																		
Ale 8	320									80		80		80				
Big Red	400									80		101		101				
Blue Cream Soda	480										20	120		120				
Brisk Strawberry Melon	180									160	460	48		48				
Caffeine Free Diet Coke	0									110								
Cheerwine	400									65		112		112				
Cherry Limeade	480									45	10	124		120		280%	2%	
Coca-cola Classic	400									120		108		108				
Coke Zero	0									110								
Diet Coke	0									110								
Diet Dr. Pepper	0									160								
Diet Mountain Dew	0									160	180							
Diet Pepsi	0									100	140							
Dr. Pepper	400									160		106		102				
Fanta Orange	430									140		118		118				
Fanta Strawberry	450									35		124		124				
Gatorade Orange	250									380	150	63		51		6%	0%	2%
Lipton Peach Zero Calorie Tea	0									280	60							
Lipton Raspberry Brisk	200									220		52		48				
Mega M	490									45	10	119		115		530%	2%	
Minute Maid Lemonade	440									60		116		112				
Mountain Dew	440									140	20	116		116				
Mountain Dew Code Red	440									140	20							
Mountain Dew Kickstart Cherry	160									140	180	40		40				
Mountain Dew Pitch Black	440									120		120		120				
Mug Rootbeer	400									60	40	104		104				
Pepsi	400									80		112		112				
Powerade Mountain Blast	210									400	95	56		56				
Sprite	390									90	10	100		89			2%	6%
Tropicana Fruit Punch	440									100	400	120		120				
Wild Cherry Pepsi	400									80	20	112		112				

Fountain - 44 oz.																		
Ale 8	440									110		110		110				
Big Red	550									110		139		139				
Blue Cream Soda	660										30	165		165				
Brisk Strawberry Melon	250									220	630	66		66				
Caffeine Free Diet Coke	0									150								
Cheerwine	550									90		154		154				
Cherry Limeade	660									60	10	171		165		390%	4%	
Coca-cola Classic	550									170		148		148				
Coke Zero	0									150								
Diet Coke	0									150								
Diet Dr. Pepper	0									220								
Diet Mountain Dew	0									220	250							
Diet Pepsi	0									135	190							
Dr. Pepper	550									220		145		141				
Fanta Orange	590									200		163		163				
Fanta Strawberry	620									50		171		171				
Gatorade Orange	350									520	200	86		70		8%	2%	4%
Lipton Peach Zero Calorie Tea	0									380	80							
Lipton Raspberry Brisk	270									300		71		66				
Mega M	680									60	10	163		158		730	4%	
Minute Maid Lemonade	600									85		159		154				
Mountain Dew	600									190	25	159		159				
Mountain Dew Code Red	610									190	25			171				
Mountain Dew Kickstart Cherry	220									190	250	55		55				
Mountain Dew Pitch Black	610									170		165		165				
Mug Rootbeer	550									80	55	143		143				
Pepsi	550									110		154		154				
Powerade Mountain Blast	290									550	130	77		77				
Sprite	540									120	15	137		122			2%	8%
Tropicana Fruit Punch	610									140	550	165		165				
Wild Cherry Pepsi	550									110	25	154		154				

Fountain - 52oz.																	
Ale 8	520								130		130		130				
Big Red	650								130		165		165				
Blue Cream Soda	780									35	195		195				
Brisk Strawberry Melon	290								260	750	78		78				
Caffeine Free Diet Coke	0								180								
Cheerwine	650								110		182		182				
Cherry Limeade	780								70	15	202		195		460%	4%	
Coca-cola Classic	650								200		175		175				
Coke Zero	0								180								
Diet Coke	0								180								
Diet Dr. Pepper	0								260								
Diet Mountain Dew	0								260	290							
Diet Pepsi	0								160	230							
Dr. Pepper	650								260		172		166				
Fanta Orange	700								230		192		192				
Fanta Strawberry	730								60		202		202				
Gatorade Orange	410								620	240	102		83		10%	2%	4%
Lipton Peach Zero Calorie Tea	0								450	95							
Lipton Raspberry Brisk	320								360		84		78				
Mega M	800								70	15	193		186		870%	4%	
Minute Maid Lemonade	710								100		188		182				
Mountain Dew	720								230	35	189		189				
Mountain Dew Code Red	720								230	30	202		202				
Mountain Dew Kickstart Cherry	260								230	290	65		65				
Mountain Dew Pitch Black	720								200		195		195				
Mug Rootbeer	650								95	65	169		169				
Pepsi	650								130		182		182				
Powerade Mountain Blast	350								650	150	91		91				
Sprite	640								140	15	162		144			4%	10%
Tropicana Fruit Punch	720								160	650	195		195				
Wild Cherry Pepsi	650								130	35	182		182				

Ingredients

Fountain & Speedy Tea

Ale 8	CARBONATED WATER, REAL SUGAR, CORN SWEETENER, GLYCERIN, GINGER, NATURAL & ARTIFICIAL FLAVORINGS, CITRIC ACID, SODIUM BENZOATE (PRESERVATIVE), PHOSPHORIC ACID, CARAMEL COLORING, CAFFEINE
Big Red	CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, NATURAL AND ARTIFICIAL FLAVOR, YELLOW #5, YELLOW #6, CITRIC ACID AND SODIUM BENZOATE (PRESERVATIVE)
Blue Cream Soda	HIGH FRUCTOSE CORN SYRUP, FILTERED WATER, NATURAL AND ARTIFICIAL FLAVOR, CITRIC ACID, SODIUM BENZOATE, POTASSIUM SORBATE, FD&C BLUE #1.
Brisk Strawberry Melon	WATER, HIGH FRUCTOSE CORN SYRUP, CITRIC ACID, PHOSPHORIC ACID, POTASSIUM CITRATE, SODIUM HEXAMETAPHOSHATE (TO PROTECT FLAVOR), NATURAL FLAVOR, POTASSIUM BENZOATE (PRESERVES FRESHNESS), GUM ARABIC, POTASSIUM SORBATE (PRESERVES FRESHNESS), XANTHUN GUM, GLYCEROL ESTER OF ROSIN, ACESULFAME POTASSIUM, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), SUCRALOSE, RED 40, BLUE 1
Caffeine Free Diet Coke	CARBONATED WATER, CARAMEL COLOR, PHOSPHORIC ACID, POTASSIUM BENZOATE AND POTASSIUM SORBATE (TO PROTECT TASTE), SODIUM SACCHARIN, NATURAL FLAVORS, CITRIC ACID, ASPARTAME, POTASSIUM CITRATE
Cheerwine	CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, PHOSPHORIC ACID, NATURAL AND ARTIFICIAL FLAVORS, ARTIFICIAL CHERRY FLAVOR, CAFFEINE, CITRIC ACID, SODIUM BENZOATE (To PROTECT FLAVOR), RED 40
Cherry Limeade	HIGH FRUCTOSE CORN SYRUP, FILTERED WATER, LIME EMULSION [FILTERED WATER, STARCH SODIUM OCTENYLSUCCINATE, LIME OIL, ANTIFOAM (SILICONE DIOXIDE), CITRIC ACID, BHT (BUTYLATED HYDROXYTOLUENE), BHA (BUTYLATED HYDROXYANISOLE), SODIUM BENZOATE, SODIUM METABISULFITE], CITRIC ACID, LIME POWDER [CITRIC ACID, MALTODEXTRIN, CONCENTRATED LIME JUICE, MODIFIED CORN STARCH, LIME OIL, ANTIFOAM (SILICON DIOXIDE), TOCOPHEROLS (ANTIOXIDANT), FD&C YELLOW #5], MALIC ACID, NATURAL AND ARTIFICIAL FLAVORS, ASCORBIC ACID, SODIUM BENZOATE, POTASSIUM SORBATE, FD&C RED #40.
Coca-cola Classic	CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, PHOSPHORIC ACID, NATURAL FLAVORS, CAFFEINE
Coke Zero	CARBONATED WATER, CARAMEL COLOR, PHOSPHORIC ACID, POTASSIUM CITRATE, POTASSIUM BENZOATE (TO PROTECT TASTE), ASPARTAME, NATURAL FLAVORS, ACESULFAME POTASSIUM, CAFFEINE, SUCRALOSE
Diet Coke	CARBONATED WATER, CARAMEL COLOR, PHOSPHORIC ACID, SODIUM SACCHARIN, POTASSIUM BENZOATE (TO PROTECT TASTE), NATURAL FLAVORS, CITRIC ACID, CAFFEINE, POTASSIUM CITRATE, ASPARTAME
Diet Dr. Pepper	WATER, CARAMEL COLOR, NATURAL AND ARTIFICIAL FLAVORS, PHOSPHORIC ACID, ASPARTAME, SODIUM CITRATE, SODIUM BENZOATE (PRESERVATIVE), CAFFEINE, ACESULFAME POTASSIUM, SUCRALOSE, DIMETHYLPOLYSILOXANE. PHENYLKETONURICS: CONTAINS PHENYLALANINE.
Diet Mountain Dew	CARBONATED WATER, CONCENTRATED ORANGE JUICE, CITRIC ACID, NATURAL FLAVORS, CITRUS PECTIN, ASPARTAME, POTASSIUM BENZOATE (PRESERVES FRESHNESS), POTASSIUM CITRATE, CAFFEINE, POTASSIUM SORBATE (PRESERVES FRESHNESS), ACESULFAME POTASSIUM, SODIUM CITRATE, SODIUM SACCHARIN, GUM ARABIC, SODIUM BENZOATE (PRESERVES FRESHNESS), SALT, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), BROMINATED VEGETABLE OIL, YELLOW 5
Diet Pepsi	CARBONATED WATER, CARAMEL COLOR, PHOSPHORIC ACID, POTASSIUM BENZOATE (PRESERVES FRESHNESS), ASPARTAME, POTASSIUM CITRATE, CAFFEINE, SODIUM SACCHARIN, NATURAL FLAVOR, ACESULFAME POTASSIUM, CITRIC ACID, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR)
Dr. Pepper	HIGH FRUCTOSE CORN SYRUP, WATER, CARAMEL COLOR, PHOSPHORIC ACID, CAFFEINE, SODIUM BENZOATE (PRESERVATIVE), NATURAL AND ARTIFICIAL FLAVORS AND DIMETHYLPOLYSILOXANE.
Fanta Orange	CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CITRIC ACID, POTASSIUM BENZOATE (TO PROTECT TASTE), NATURAL FLAVORS, MODIFIED FOOD STARCH, GLYCEROL ESTER OF ROSIN, YELLOW 6, SUCROSE ACETATE ISOBUTYRATE, RED 40.
Fanta Strawberry	CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CITRIC ACID, NATURAL AND ARTIFICIAL FLAVORS, SODIUM BENZOATE (TO PROTECT TASTE), RED 40

Gatorade Orange	WATER, SUGAR, DEXTROSE, CITRIC ACID, SALT, SODIUM CITRATE, MONOPOTASSIUM PHOSPHATE, GUM ARABIC, NATURAL FLAVOR, SUCROSE ACETATE ISOBUTYRATE, GLYCEROL ESTER OF ROSIN, YELLOW 6
Lipton Peach Zero Calorie Green Tea	CITRIC ACID, SODIUM HEXAMETAPHOSPHATE (TO PROTECT FLAVOR), NATURAL FLAVOR, ASPARTAME, PHOSPHORIC ACID, SODIUM BENZOATE (PRESERVES FRESHNESS), GREEN TEA, ASCORBIC ACID (TO PROTECT FLAVOR), POTASSIUM SORBATE (PRESERVES FRESHNESS), ACESULFAME POTASSIUM, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), CARAMEL COLOR,
Lipton Raspberry Brisk	TREATED WATER, HIGH FRUCTOSE CORN SYRUP, CITRIC ACID, NATURAL FLAVORS, INSTANT TEA, CARAMEL COLOR, POTASSIUM SORBATE AND SODIUM BENZOATE (PRESERVE FRESHNESS), RED 40
Mega M	PURE CANE SUGAR, FILTERED WATER, CITRIC ACID, TAURINE, SODIUM CITRATE, NATURAL FLAVOR, ASCORBIC ACID, CAFFEINE, SODIUM BENZOATE, POTASSIUM SORBATE, FD&C YELLOW #5, FD&C YELLOW #6, VITAMIN B-12.
Minute Maid Lemonade	WATER, HIGH FRUCTOSE CORN SYRUP, CITRIC ACID, SODIUM CITRATE, POTASSIUM BENZOATE (TO PROTECT TASTE), MODIFIED FOOD STARCH, GLYCEROL ESTER OF ROSIN, NATURAL AND ARTIFICIAL FLAVORS, YELLOW 5
Mountain Dew	CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CONCENTRATED ORANGE JUICE, CITRIC ACID, NATURAL FLAVORS, SODIUM BENZOATE (PRESERVES FRESHNESS), CAFFEINE, SODIUM CITRATE, ERYTHORBIC ACID (PRESERVES FRESHNESS), GUM ARABIC, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), BROMINATED VEGETABLE OIL, YELLOW 5
Mountain Dew Code Red	CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, ORANGE JUICE CONCENTRATE, CITRIC ACID, SODIUM HEXAMETAPHOSPHATE (TO PROTECT FLAVOR), SODIUM BENZOATE (PRESERVES FRESHNESS), NATURAL FLAVOR, CAFFEINE, SODIUM CITRATE, GUM ARABIC, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), RED 40, BROMINATED VEGETABLE OIL, YELLOW 5, BLUE 1
Mountain Dew Kickstart Cherry	CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, WHITE GRAPE JUICE CONCENTRATE, CITRIC ACID, CARAMEL COLOR, NATURAL FLAVOR, SODIUM HEXAMETAPHOSPHATE (TO PROTECT FLAVOR), POTASSIUM SORBATE (PRESERVES FRESHNESS), GUM ARABIC, CAFFEINE, POTASSIUM CITRATE, POTASSIUM CHLORIDE, ACESULFAME POTASSIUM, SUCRALOSE, RED 40, GLYCEROL ESTER OF ROSIN, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), SALT, SUCROSE ACETATE ISOBUTYRATE
Mountain Dew Pitch Black	HIGH FRUCTOSE CORN SYRUP, WATER, CITRIC ACID, NATURAL FLAVOR, CAFFEINE, SODIUM BENZOATE (PRESERVES FRESHNESS), GUM ARABIC, SODIUM CITRATE, RED 40, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), SUCROSE ACETATE ISOBUTYRATE, BLUE 1, DIMETHYLPOLYSILOXANE.

Mug Rootbeer	CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, SODIUM BENZOATE (PRESERVES FRESHNESS) CITRIC ACID, NATURAL & ARTIFICIAL FLAVORS, MODIFIED FOOD STARCH, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), QUILLAIJA EXTRACT
Pepsi	CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, SUGAR, PHOSPHORIC ACID, CAFFEINE, CITRIC ACID, NATURAL FLAVOR
Powerade Mountain Blast	WATER, HIGH FRUCTOSE CORN SYRUP, CITRIC ACID, NATURAL FLAVORS, SALT, POTASSIUM CITRATE, POTASSIUM BENZOATE AND POTASSIUM SORBATE (TO PROTECT TASTE), MODIFIED FOOD STARCH, COCONUT OIL, POTASSIUM PHOSPHATE, SUCROSE ACETATE ISOBUTYRATE, NIACINAMIDE (VITAMIN B3), BLUE 1, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), CYANOCOBALAMIN (VITAMIN B12)
Sprite	CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CITRIC ACID, NATURAL FLAVORS, SODIUM BENZOATE (TO PROTECT TASTE)
Tropicana Fruit Punch	TREATED WATER, HIGH FRUCTOSE CORN SYRUP, PEAR JUICE CONCENTRATE, CITRIC ACID, POTASSIUM CITRATE, NATURAL FLAVORS, PHOSPHORIC ACID, GUM ARABIC, POTASSIUM BENZOATE AND POTASSIUM SORBATE (PRESERVES FRESHNESS), RED 40, GLYCEROL ESTER OF WOOD ROSIN, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), BLUE 1
Wild Cherry Pepsi	CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, SUGAR, PHOSPHORIC ACID, NATURAL FLAVORS, CAFFEINE, CITRIC ACID
Speedy Lemonade	PURE CANE SUGAR, FILTERED WATER, CITRIC ACID, YUCCA EXTRACT, ASCORBIC ACID, SODIUM CITRATE, NATURAL FLAVOR, QUILLAIJA EXTRACT, CLOUD [FILTERED WATER, STARCH SODIUM OCTENYLSUCCINATE, TITANIUM DIOXIDE, PROPYLENE GLYCOL, ANTIFOAM (SILICONE DIOXIDE), XANTHAN GUM, SODIUM BENZOATE, CITRIC ACID], SODIUM BENZOATE, POTASSIUM SORBATE, FD&C YELLOW #5
Speedy Tea, Sweetened	WATER, BLACK TEA, HIGH FRUCTOSE CORN SYRUP, FILTERED WATER, SUCRALOSE, ACESULFAME POTASSIUM, POTASSIUM SORBATE, SODIUM BENZOATE, PHOSPHORIC ACID, NATURAL FLAVOR
Speedy Tea, unsweetened	WATER, BLACK TEA
Flavor Shot, Cherry	FILTERED WATER, HIGH FRUCTOSE CORN SYRUP, CITRIC ACID, PROPYLENE GLYCOL, NATURAL AND ARTIFICIAL FLAVORS, XANTHAN GUM, SODIUM BENZOATE, POTASSIUM SORBATE, CARAMEL COLOR, FD&C RED #40.
Flavor Shot, Lemon	FILTERED WATER, HIGH FRUCTOSE CORN SYRUP, CITRIC ACID, PROPYLENE GLYCOL, XANTHAN GUM, ASCORBIC ACID, SODIUM BENZOATE, POTASSIUM SORBATE, NATURAL FLAVORS, FD&C YELLOW #5.
Flavor Shot, Lime	FILTERED WATER, HIGH FRUCTOSE CORN SYRUP, CITRIC ACID, PROPYLENE GLYCOL, XANTHAN GUM, SODIUM BENZOATE, POTASSIUM SORBATE, ASCORBIC ACID, NATURAL AND ARTIFICIAL FLAVOR, FD&C YELLOW #5, FD&C BLUE #1.
Flavor Shot, Vanilla	HIGH FRUCTOSE CORN SYRUP, FILTERED WATER, NATURAL AND ARTIFICIAL FLAVORS, PHOSPHORIC ACID, SODIUM BENZOATE, POTASSIUM SORBATE, CARAMEL COLOR.