

Product Nutritional Information



	Weight		Total Calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Subs and Wraps													
BLT, Lg	422	g	1020	490	54	11	0	55	2570	96	5	12	35
BLT, Rg	210	g	510	240	27	5	0	30	1280	48	2	6	18
Blimp®, Lg	836	g	1610	850	94	22	0	225	5390	120	5	24	76
Blimp, Rg	444	g	820	420	47	11	0	110	2690	62	3	13	38
Blimpie Best®, Lg	586	g	920	300	33	10	0	95	2800	108	6	17	52
Blimpie Best, Rg	294	g	470	150	17	5	0	50	1410	54	3	8	26
Buffalo Chicken on Ciabatta	308	g	510	200	22	5	0	65	1970	51	3	5	30
Chicken Cheddar Bacon Ranch, Lg	671	g	1180	470	53	16	0	145	3530	106	6	15	68
Chicken Cheddar Bacon Ranch, Rg	335	g	590	240	26	8	0	75	1760	53	3	8	34
Chicken Salad, Lg	504	g	860	290	32	5	0	85	2150	97	5	12	44
Chicken Salad, Rg	252	g	430	150	16	2	0	45	1070	48	2	6	22
Club, Lg	578	g	870	260	29	10	0	95	2290	108	6	16	50
Club, Rg	288	g	430	130	14	5	0	45	1140	54	3	8	25
French Dip, Lg	633	g	850	200	23	10	0	130	3420	103	3	8	62
French Dip, Rg	379	g	430	100	11	5	0	65	1960	53	1	4	31
French Dip on Ciabatta	394	g	430	100	11	5	0	65	2080	51	2	2	31
Grilled Chicken Teriyaki, Lg	496	g	910	180	20	7	0	110	2910	125	4	34	62
Grilled Chicken Teriyaki, Rg	247	g	450	90	10	4	0	55	1450	62	2	17	31
Ham, Salami & Cheese, Lg	544	g	930	330	37	12	0	85	2420	107	6	15	46
Ham, Salami & Cheese, Rg	271	g	470	170	19	6	0	45	1210	53	3	8	23
Ham & Swiss, Lg	566	g	860	250	28	10	0	90	2230	108	6	16	49
Ham & Swiss, Rg	283	g	430	130	14	5	0	45	1110	54	3	8	25
Hoboken Hero™, Lg	578	g	1100	480	53	18	0	120	3080	107	6	15	53
Hoboken Hero, Rg	288	g	550	240	26	9	0	60	1540	53	3	8	27
Meatball Parmigiana, Lg	664	g	1490	700	78	32	2	180	4170	117	10	18	86
Meatball Parmigiana, Rg	332	g	740	340	38	16	1	100	2020	59	5	9	44
Mediterranean on Ciabatta	254	g	400	80	8	2	0	55	1890	49	3	5	29
Pastrami on Ciabatta	219	g	400	100	11	5	0	65	1520	45	2	4	29
Pastrami on Pretzel Bread	234	g	470	120	13	7	0	65	1000	60	2	9	29
Philly Cheesesteak, Lg	450	g	1150	500	56	17	0	140	2790	99	3	13	67
Philly Cheesesteak, Rg	224	g	570	250	28	9	0	70	1390	49	1	6	33
Reuben, Lg	478	g	1040	410	46	16	0	150	3620	99	5	13	60
Reuben, Rg	239	g	520	210	23	8	0	75	1810	49	2	6	30
Roast Beef & Provolone, Lg	623	g	920	260	29	9	0	120	2700	107	6	14	63
Roast Beef & Provolone, Rg	311	g	460	130	14	5	0	60	1350	53	3	7	32
Roast Beef, Turkey & Cheddar on Ciabatta	277	g	530	210	23	7	0	60	1880	51	3	5	25
Roast Beef, Turkey & Cheddar on Pretzel Bread	291	g	600	240	27	10	0	65	1370	65	3	10	24
Sicilian on Ciabatta	235	g	540	240	27	7	0	60	1880	48	3	4	26
Tuna, Lg	504	g	970	390	43	6	0	100	1740	96	5	12	47
Tuna, Rg	252	g	480	200	22	3	0	50	870	48	2	6	23
Turkey & Avocado, Lg	615	g	850	200	22	3	0	90	3290	111	10	17	51
Turkey & Avocado, Rg	307	g	430	100	11	2	0	45	1640	55	5	9	26
Turkey Bacon & Cheddar on Ciabatta	263	g	480	140	15	6	0	65	2380	47	2	4	28
Turkey Bacon & Cheddar on Pretzel Bread	278	g	520	160	18	9	0	60	1740	62	2	9	26
Turkey & Cranberry, Lg	538	g	990	270	30	12	1	150	3220	125	4	33	52
Turkey & Cranberry, Rg	268	g	500	140	15	6	0	75	1600	62	2	16	26
Turkey & Provolone, Lg	623	g	920	270	30	9	0	105	2950	110	6	17	54
Turkey & Provolone, Rg	311	g	460	140	15	5	0	55	1470	55	3	9	27
Ultimate Club on Ciabatta	277	g	540	230	26	7	0	60	1720	51	3	6	27
VegiMax, Lg	589	g	1220	480	53	12	0	45	2620	123	11	17	59
VegiMax, Rg	294	g	610	240	27	6	0	20	1310	61	5	9	29
Veggie & Cheese, Lg	544	g	890	370	41	17	0	30	2720	107	6	14	40
Veggie & Cheese, Rg	280	g	450	180	21	9	0	15	1390	54	3	7	20
Wrap, Buffalo Chicken	339	g	600	280	31	8	0	65	2100	54	5	5	30
Wrap, Chicken Caesar	293	g	570	250	28	7	0	45	1610	50	5	4	30
Wrap, Southwestern	285	g	580	280	31	7	0	50	1980	53	5	4	24
Kid's Subs													
3" Ham and Cheese	93	g	230	60	7	3	0	25	840	28	1	3	12
3" Tuna	99	g	280	100	11	2	0	25	510	30	1	3	13
3" Turkey and Cheese	105	g	250	70	8	3	0	30	900	32	1	3	13

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Salads - Dressing not included												
Antipasto Salad	378 g	240	130	14	5	0	50	1630	14	4	6	19
Buffalo Chicken Salad	316 g	180	70	8	3	0	60	790	9	3	4	23
Cole Slaw (4 oz single serving)	113 g	210	150	16	3	0	10	260	15	2	12	1
Garden Salad	232 g	40	5	0	0	0	0	20	8	3	4	2
Grilled Chicken Caesar Salad	269 g	160	50	5	3	0	45	660	6	3	3	22
Macaroni Salad (4 oz single serving)	113 g	290	190	21	4	0	15	890	22	2	8	3
Potato Salad (4 oz single serving)	113 g	190	90	10	2	0	10	450	24	3	7	3
Ultimate Club Salad	347 g	310	140	16	8	0	65	1180	11	3	5	23
Dressings/Sauces												
Au Jus Sauce	0.5 oz	5	0	0	0	0	0	65	1	0	0	0
Blimpie Special Dressing	0.5 oz	40	40	5	1	0	0	0	0	0	0	0
Cannonball BBQ Sauce	0.5 oz	25	0	0	0	0	0	150	6	0	5	0
Chipotle Mayo	0.5 oz	90	90	10	2	0	5	120	1	0	0	0
Dressing Packet, Blue Cheese	1.5 oz	260	250	28	5	0	20	300	2	0	1	2
Dressing Packet, Buttermilk Ranch	1.5 oz	230	220	24	4	0	5	220	3	0	1	1
Dressing Packet, Buttermilk Ranch Light	1.5 oz	150	120	14	3	0	10	380	6	0	2	0
Dressing Packet, Creamy Caesar	1.5 oz	210	210	23	4	0	0	420	2	0	2	1
Dressing Packet, Creamy Italian	1.5 oz	240	230	26	5	0	15	290	1	0	1	0
Dressing Packet, Italian Fat-Free	1.5 oz	15	0	0	0	0	0	700	4	0	3	0
Dressing Packet, Italian Light	1.5 oz	40	30	4	1	0	0	270	2	0	2	0
Dressing Packet, Peppercorn Ranch	1.5 oz	240	200	23	3	0	15	440	3	0	0	1
Dressing Packet, Thousand Island	1.5 oz	200	170	19	3	0	20	370	6	0	4	0
Frank's RedHot® Hot Sauce	0.5 oz	5	0	0	0	0	0	500	1	0	0	0
Mayonnaise	0.5 oz	100	100	11	2	0	10	75	0	0	0	0
Mayonnaise, Reduced Calorie	0.5 oz	40	35	4	0	0	10	90	1	0	0	0
Mustard, Dijon Honey	0.5 oz	60	45	5	1	0	5	100	3	0	3	0
Mustard, Honey	0.5 oz	20	5	0	0	0	0	100	4	1	3	1
Mustard, Yellow Deli Style	0.5 oz	0	0	0	0	0	0	160	0	0	0	0
Mustard, Zesty Brown	0.5 oz	0	0	0	0	0	0	180	0	0	0	0
Oil Blend	0.5 oz	130	130	14	2	0	0	0	0	0	0	0
Red Wine Vinegar	0.5 oz	5	0	0	0	0	0	0	1	0	0	0
Teriyaki Sauce	0.5 oz	25	0	0	0	0	0	180	6	0	6	0
Chips												
CHEETOS® Crunchy	1 oz	160	90	10	2	0	5	290	15	1	1	2
DORITOS® Cool Ranch®	1.75 oz	240	110	12	2	0	0	300	31	2	2	3
DORITOS Nacho Cheese	1.75 oz	240	130	14	3	0	0	310	30	2	2	3
FRITOS®	2 oz	320	180	20	3	0	0	340	30	2	2	4
LAY'S® Baked	1.1 oz	130	15	2	0	0	0	170	26	2	2	2
LAY'S Baked BBQ	1.1 oz	140	30	4	1	0	0	220	25	0	3	2
LAY'S Classic Potato	1.5 oz	220	130	15	5	0	0	270	22	1	0	3
LAY'S BBQ	1.5 oz	220	130	15	2	0	0	300	22	1	3	3
Pretzels, Classic Thin Style	2 oz	220	20	2	0	0	0	1130	47	2	2	4
RUFFLES® Cheddar & Sour Cream	1.5 oz	240	130	15	2	0	0	340	21	1	0	3
SUNCHIPS® Multigrain Harvest Cheddar	1.5 oz	210	90	9	1	0	0	300	28	3	3	3
SUNCHIPS Multigrain Original	1.5 oz	210	80	9	1	0	0	180	29	4	3	3
Desserts												
Brownie	100 g	390	140	15	2	0	40	290	62	2	39	4
Cookie, Chocolate Chunk	43 g	210	90	10	5	0	10	135	26	1	15	2
Cookie, Frosted Sugar	48 g	220	90	10	5	0	15	200	32	0	19	2
Cookie, Frosted Sugar with Sprinkles	49 g	230	90	10	5	0	15	200	33	0	19	2
Cookie, Oatmeal Raisin	43 g	170	70	8	4	0	15	140	25	1	13	2
Cookie, Peanut Butter	43 g	230	120	13	5	0	15	160	21	1	14	4
Cookie, Snickerdoodle	41 g	190	80	9	5	0	15	180	27	0	15	2
Cookie, Sugar	40 g	190	80	9	5	0	15	180	26	0	14	2
Cookie, Sugar with M&Ms®	50 g	240	100	11	6	0	15	190	33	0	21	2
Cookie, White Chocolate Macadamia Nut	43 g	220	100	12	6	0	10	130	24	1	15	2

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Sub Components

Breads/Wraps

Bread, Cheddar Jalapeno, Lg	192	g	540	100	11	4	0	15	1160	91	3	8	21
Bread, Cheddar Jalapeno, Rg	96	g	270	50	5	2	0	5	580	45	1	4	10
Bread, Everything, Lg	169	g	480	50	6	1	0	0	940	90	3	8	17
Bread, Everything, Rg	85	g	240	25	3	1	0	0	470	45	2	4	9
Bread, Gluten-free, Lg	180	g	470	130	14	1	0	0	890	76	0	7	12
Bread, Gluten-free, Rg	90	g	240	60	7	1	0	0	450	38	0	4	6
Bread, Honey Oat, Lg	189	g	550	120	13	3	0	0	800	88	11	9	21
Bread, Honey Oat, Rg	94	g	280	60	7	1	0	0	400	44	5	4	11
Bread, Poppy Seed, Lg	169	g	480	50	6	1	0	0	930	90	3	8	17
Bread, Poppy Seed, Rg	84	g	240	25	3	0	0	0	460	45	2	4	8
Bread, Sesame Seed, Lg	169	g	480	50	6	1	0	0	930	90	3	8	17
Bread, Sesame Seed, Rg	84	g	240	25	3	1	0	0	460	45	1	4	8
Bread, White, Lg	169	g	480	50	6	1	0	0	930	90	3	8	17
Bread, White, Rg	84	g	240	25	3	0	0	0	460	45	1	4	8
Bread, Whole Grain Wheat, Lg	169	g	450	60	7	2	0	0	800	78	10	4	20
Bread, Whole Grain Wheat, Rg	84	g	220	30	4	1	0	0	400	39	5	2	10
Bread, Zesty Parmesan, Lg	186	g	540	90	10	3	0	10	1110	92	4	8	22
Bread, Zesty Parmesan, Rg	93	g	270	45	5	2	0	5	550	46	2	4	11
Ciabatta	99	g	230	25	3	0	0	0	590	43	2	2	8
Pretzel Roll	113	g	300	40	5	2	0	0	75	58	2	7	8
Tortilla, Flour	102	g	310	100	11	3	0	0	740	45	4	1	8
Tortilla, Salsa	102	g	310	81	9	3	0	0	770	49	1	2	8
Tortilla, Spinach	102	g	290	70	8	2	0	0	650	47	3	2	7
Tortilla, Wheat	102	g	290	70	8	3	0	0	660	44	9	4	11

Meats/Protein

Bacon (2 slices)	0.6	oz	80	50	6	2	0	10	500	0	0	0	6
Buffalo Chicken	1	oz	25	5	1	0	0	15	200	1	0	0	5
Capicola	0.6	oz	20	5	1	0	0	5	180	1	0	1	3
Chicken Strips, Grilled	3	oz	80	10	1	0	0	40	440	1	0	0	16
Corned Beef	3	oz	110	50	5	3	0	45	940	0	0	0	15
Ham	1	oz	30	10	1	0	0	15	300	1	0	1	5
Meatballs with Sauce	7	oz	320	200	22	8	1	65	1020	13	3	5	20
Pastrami	3	oz	90	20	3	1	0	45	700	2	0	2	15
Pepperoni	0.3	oz	45	35	4	2	0	10	160	0	0	0	2
Philly Steak & Onion	3.5	oz	150	70	8	4	0	45	540	2	0	2	19
Prosciuttini	0.5	oz	15	5	1	0	0	5	150	1	0	0	2
Roast Beef	3	oz	90	20	3	1	0	45	700	2	0	0	17
Salami	0.3	oz	35	25	3	1	0	10	130	0	0	0	2
Tuna	3	oz	230	170	19	3	0	50	400	0	0	0	14
Turkey	3	oz	90	25	3	1	0	40	820	3	0	2	12
VegiMax®	3	oz	160	45	5	1	0	0	520	12	3	2	15

Cheeses

American	1	oz	110	80	9	5	0	25	520	1	0	0	5
Parmesan, Shredded	0.5	oz	60	30	4	2	0	10	180	0	0	0	5
Pepper Jack	0.75	oz	70	50	6	4	0	20	190	1	0	0	5
Provolone	0.75	oz	80	50	6	3	0	15	180	1	0	0	5
Smoked Cheddar	0.75	oz	80	50	6	4	0	20	390	0	0	0	4
Swiss	0.75	oz	80	50	6	4	0	20	45	1	0	0	6

Toppings

Cucumbers	1	oz	5	0	0	0	0	0	0	1	0	0	0
Guacamole	1	oz	60	50	6	1	0	0	125	2	0	0	1
Lettuce, Single Serving	1.5	oz	5	0	0	0	0	0	0	1	0	1	0
Olives, Single Serving	0.5	oz	15	15	2	0	0	0	105	1	0	0	0
Onion, Sliced	3	ea	10	0	0	0	0	0	0	3	0	1	0
Peppers, Green Bell	1	oz	5	0	0	0	0	0	0	1	0	1	0
Peppers, Hot/Mild Banana Rings	1	oz	0	0	0	0	0	0	460	1	0	0	0
Peppers, Jalapeno	1	oz	0	0	0	0	0	0	470	1	0	0	0
Peppers, Roasted Red	1	oz	20	0	0	0	0	0	130	2	1	1	0
Peppers, Sweet Strips	1	oz	20	0	0	0	0	0	130	6	0	5	0
Pickle, Sliced	1	oz	0	0	0	0	0	0	340	1	0	0	0
Sauerkraut	1	oz	5	0	0	0	0	0	190	1	1	0	0
Spinach	1	oz	5	0	0	0	0	0	20	1	1	0	1
Tomato, Sliced	2	ea	5	0	0	0	0	0	0	2	0	1	0

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Optional Items

Breakfast

Bagel	113	g	320	10	1	0	0	490	64	2	6	11	
Bagel with Cream Cheese	141	g	420	100	11	6	0	30	580	66	2	7	13
Biscuit, Plain	90	g	270	110	12	6	0	0	840	35	1	3	6
Biscuit, Bacon Egg & Cheese	155	g	410	200	22	10	0	125	1470	37	1	4	15
Biscuit, Egg & Cheese	147	g	370	170	19	9	0	120	1230	37	1	4	12
Biscuit, Ham, Egg & Cheese	175	g	410	180	20	10	0	135	1530	38	1	4	17
Biscuit, Sausage, Egg & Cheese	190	g	560	330	36	15	0	160	1560	37	1	4	20
Biscuit with Sausage Gravy	214	g	460	250	27	10	0	25	1310	43	2	4	12
Bluffin™, Plain	57	g	130	10	1	0	0	0	260	26	2	0	4
Bluffin, Bacon Egg & Cheese	122	g	280	100	11	5	0	125	890	29	2	1	14
Bluffin, Egg & Cheese	114	g	240	70	8	4	0	120	660	29	2	1	11
Bluffin, Ham, Egg & Cheese	142	g	270	80	9	4	0	135	960	30	2	1	15
Bluffin, Sausage, Egg & Cheese	157	g	430	230	25	10	0	160	990	29	2	1	19
Burrito, Bacon, Egg & Cheese	237	g	580	270	30	11	0	250	2030	50	4	3	25
Burrito, Egg & Cheese	225	g	520	230	26	10	0	240	1680	50	4	3	21
Burrito, Ham, Egg & Cheese	267	g	570	240	27	10	0	260	2130	51	4	4	28
Burrito, Sausage, Egg & Cheese	268	g	710	380	43	16	0	280	2010	50	4	3	29
Croissant, Plain	71	g	230	100	11	6	0	10	290	28	1	4	5
Croissant, Bacon, Egg & Cheese	136	g	370	190	21	10	0	135	920	30	1	5	14
Croissant, Egg & Cheese	128	g	330	160	18	9	0	130	680	30	1	5	11
Croissant, Ham, Egg & Cheese	156	g	370	170	19	10	0	145	980	31	1	5	16
Croissant, Sausage, Egg & Cheese	171	g	520	320	35	15	0	170	1010	30	1	5	19
Grilled Breakfast Sandwich, Bacon	213	g	520	210	23	9	0	250	1720	49	1	6	27
Grilled Breakfast Sandwich, Egg	99	g	220	80	9	4	0	120	620	25	1	3	11
Grilled Breakfast Sandwich, Ham	254	g	510	180	20	8	0	270	1840	51	1	7	30
Grilled Breakfast Sandwich, Sausage	283	g	830	460	52	19	0	320	1910	49	1	6	37

Soups

Chicken Noodle	8.6	oz	210	35	4	1	0	60	1800	29	2	2	14
Chicken with White & Wild Rice	8.6	oz	250	80	9	2	0	30	850	15	4	4	14
Cream of Broccoli with Cheese	8.6	oz	190	100	11	2	0	15	940	15	3	5	6
Cream of Potato with Bacon	8.6	oz	190	80	9	3	0	5	860	24	3	3	5
Grande Chili with Bean & Beef	8.6	oz	240	80	9	4	0	30	1060	23	7	7	17
New England Clam Chowder	8.6	oz	170	25	3	2	0	25	1050	28	2	5	7
Tomato Basil with Raviolini	8.6	oz	110	10	1	0	0	10	720	22	0	5	4
Vegetable Beef with Barley	8.6	oz	100	25	3	1	0	10	950	14	4	3	5
Wisconsin Cheese	8.6	oz	230	120	13	7	0	20	990	21	1	5	8

Pizza

7" Pizza													
BBQ Chicken	252	g	540	130	14	7	0	60	1380	76	2	12	28
Cheese	203	g	470	120	13	7	0	40	1010	68	3	6	20
Classic Combo	280	g	660	250	28	12	0	70	1640	72	3	8	29
Pepperoni	209	g	500	150	16	8	0	45	1130	68	3	6	21
Sausage & Mushroom	260	g	590	200	22	9	0	80	1240	69	3	7	28
Veggie	334	g	530	150	17	7	0	40	1220	75	5	9	21
12" Pizza - 1/6th Pizza													
BBQ Chicken, 1 slice	117	g	250	50	6	3	0	25	660	37	1	7	12
Cheese, 1 slice	101	g	220	60	6	3	0	15	490	33	2	3	9
Classic Combo, 1 slice	127	g	280	100	11	5	0	25	670	34	2	4	12
Pepperoni, 1 slice	104	g	240	70	7	4	0	20	540	33	2	3	10
Sausage & Mushroom, 1 slice	120	g	260	80	9	4	0	30	560	33	2	4	12
Veggie, 1 slice	1479	g	240	70	7	3	0	15	540	35	2	5	10
16" Pizza - 1/8th Pizza													
BBQ Chicken, 1 slice	155	g	330	70	7	4	0	30	900	49	2	12	15
Cheese, 1 slice	133	g	290	60	7	4	0	20	610	41	2	5	12
Classic Combo, 1 slice	169	g	370	130	14	6	0	45	850	43	3	6	16
Pepperoni, 1 slice	140	g	330	100	11	5	0	30	770	42	2	5	13
Sausage & Mushroom, 1 slice	154	g	330	90	11	5	0	35	710	42	3	5	15
Veggie, 1 slice	188	g	310	80	9	4	0	20	690	44	3	6	13

Product Nutritional Information



Weight	Total Calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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Snacks / Sides

Blimpie Burger	290	g	540	240	26	9	1	65	790	51	3	7	24
Blimpie Dog	135	g	330	160	18	6	1	45	960	24	1	4	17
French Fries, Regular	270	g	610	220	25	5	0	0	760	70	9	3	9
French Fries, Large	420	g	960	410	46	9	0	0	1100	109	14	5	14
Nachos	170	g	260	130	15	5	0	10	850	28	1	3	4
Popcorn, Regular	4	oz	530	300	33	23	0	0	900	57	0	0	10
Popcorn, Large	8	oz	1070	600	67	47	0	0	1800	113	0	0	20
Side, Cheese Sauce	2	oz	80	45	5	3	0	5	490	6	0	2	1
Side, Chili	2	oz	60	20	2	1	0	5	250	5	2	2	4
Side, Jalapeno Peppers	1	oz	0	0	0	0	0	0	470	1.01	0	0	0
Soft Pretzel, Cinnamon Sugar	5.2	oz	320	15	2	1	0	0	310	65	0	5	10
Soft Pretzel, Plain	5	oz	300	10	1	0	0	0	300	62	0	2	10
Soft Pretzel, Salted	5	oz	310	15	2	1	0	0	830	62	0	2	10

Egees's

Lemon, 16oz	454	g	290	0	0	0	0	0	95	69	0	67	0
Lemon, 24oz	680	g	430	0	0	0	0	0	140	103	0	100	0
Lemon, 32oz	907	g	560	0	0	0	0	0	200	133	1	128	0
Pina Colada, 16oz	454	g	290	0	0	0	0	0	95	69	0	67	0
Pina Colada, 24oz	680	g	430	0	0	0	0	0	140	103	0	100	0
Pina Colada, 32oz	907	g	560	0	0	0	0	0	200	133	1	128	0
Strawberry, 16oz	454	g	290	0	0	0	0	0	95	69	0	67	0
Strawberry, 24oz	680	g	430	0	0	0	0	0	140	103	0	100	0
Strawberry, 32oz	907	g	560	0	0	0	0	0	200	133	1	128	0
Fun Pak, 25 servings	4252	g	2720	0	0	0	0	0	890	646	5	628	0
Party Pak, 50 servings	8505	g	5430	0	0	0	0	0	1780	1293	10	1255	0

Catering

3' Blasts

Blimpie Best®	4170	g	7670	2330	259	90	0	855	25010	914	42	122	452
Club	4029	g	6770	1460	162	59	0	785	22050	909	42	121	429
Turkey & Provolone	4255	g	7340	1670	186	57	0	925	27050	917	42	123	476

Sliders Trays

Blimpie Best®, Small Tray	1693	g	2590	730	81	29	0	280	8410	322	6	51	155
Blimpie Best, Large Tray	3386	g	5190	1470	163	57	0	560	16820	644	11	101	311
Club, Small Tray	1667	g	2440	610	68	29	0	280	6860	321	6	49	150
Club, Large Tray	3335	g	4880	1230	136	58	0	560	13730	642	11	98	300
Turkey & Provolone, Small Tray	1803	g	2590	660	73	26	0	320	8840	326	6	51	162
Turkey & Provolone, Large Tray	3607	g	5170	1310	146	51	0	635	17670	652	11	103	324

Wraps Trays

Blimpie Best®, Small Tray	1505	g	2500	930	104	35	0	240	8260	272	5	29	127
Blimpie Best, Large Tray	3011	g	4970	1840	205	70	0	475	16430	547	9	59	252
Club, Small Tray	1477	g	2340	820	91	35	0	235	6920	271	5	28	121
Club, Large Tray	2954	g	4670	1610	178	68	0	465	13740	545	9	57	240
Turkey & Provolone, Small Tray	1590	g	2470	850	95	32	0	265	8560	275	5	30	130
Turkey & Provolone, Large Tray	3181	g	4910	1680	187	63	0	530	17030	553	9	61	260

Optional Trays

Cheese Tray, Small	850	g	3090	2210	245	142	0	710	10010	23	0	0	187
Cheese Tray, Large	1701	g	6180	4420	491	285	0	1425	20020	47	0	0	375
Meat & Cheese Tray, Small	1084	g	2710	1670	186	90	0	745	12660	33	0	7	216
Meat & Cheese Tray, Large	1595	g	3290	3350	201	93	0	1000	18030	48	0	13	306
Fruit Tray, Small (without yogurt)	1984	g	830	40	4	0	0	0	95	212	32	162	15
Fruit Tray, Large (without yogurt)	3969	g	1670	80	8	1	0	0	190	424	64	324	30
Yogurt for Fruit Tray, Small	8	oz	200	30	4	2	0	15	140	33	0	33	9
Yogurt for Fruit Tray, Large	16	oz	400	60	7	4	0	25	280	67	0	67	19
Vegetable Tray, Small (without dressing)	2021	g	480	40	5	1	0	0	520	103	34	51	24
Vegetable Tray, Large (without dressing)	4042	g	970	80	9	2	0	0	1050	206	68	102	48

Salads - Dressing not included

Fresh Tossed Salad, Small	1437	g	270	20	2	0	0	0	160	57	22	29	15
Fresh Tossed Salad, Large	2873	g	530	40	4.5	1	0	0	320	114	44	58	31


All subs are built as listed on the menu including white bread, unless otherwise stated or pictured.

Percentage Daily Values are based on a 2,000 calorie diet. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

The Nutritional Information Blimpie® has provided is based on standard product formulations. Product variations may occur based on regional differences, ingredient substitutions, seasonal conditions, differences in product preparation at the store and suppliers. Some items listed may not be available in all stores. This list may not include test products, limited time offers, custom orders, self-service orders and regional menu variations.

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Beverage Nutritional Statement

		Weight	Total Calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Beverage													
7UP®	12 oz	140	0	0	0	0	0	0	50	35	0	35	0
7UP	16 oz	220	0	0	0	0	0	0	75	53	0	53	0
7UP	21 oz	250	0	0	0	0	0	0	90	62	0	62	0
7UP	28 oz	380	0	0	0	0	0	0	135	94	0	94	0
A&W® Root Beer	12 oz	180	0	0	0	0	0	0	70	45	0	44	0
A&W Root Beer	16 oz	270	0	0	0	0	0	0	105	67	0	66	0
A&W Root Beer	21 oz	310	0	0	0	0	0	0	120	78	0	77	0
A&W Root Beer	28 oz	470	0	0	0	0	0	0	180	119	0	118	0
Brisk® Iced Tea & Lemonade	12 oz	60	0	0	0	0	0	0	35	17	0	17	0
Brisk Iced Tea & Lemonade	16 oz	100	0.0	0	0.0	0.0	0	0	55	26	0	25	0
Brisk Iced Tea & Lemonade	21 oz	110	0.0	0	0.0	0.0	0	0	65	30	0	29	0
Brisk Iced Tea & Lemonade	28 oz	170	0	0	0	0	0	0	100	45	0	44	0
Brisk Lemon Iced Tea	12 oz	80	0	0	0	0	0	0	40	22	0	22	0
Brisk Lemon Iced Tea	16 oz	130	0	0	0	0	0	0	65	33	0	33	0
Brisk Lemon Iced Tea	21 oz	150	0	0	0	0	0	0	75	39	0	39	0
Brisk Lemon Iced Tea	28 oz	220	0	0	0	0	0	0	110	59	0	59	0
Brisk Mango Iced Tea	12 oz	70	0	0	0	0	0	0	35	20	0	19	0
Brisk Mango Iced Tea	16 oz	110	0	0	0	0	0	0	55	30	0	29	0
Brisk Mango Iced Tea	21 oz	130	0	0	0	0	0	0	65	34	0	34	0
Brisk Mango Iced Tea	28 oz	190	0	0	0	0	0	0	95	52	0	52	0
Brisk No Calorie Peach Iced Green Tea	12 oz	0	0	0	0	0	0	0	110	0	0	0	0
Brisk No Calorie Peach Iced Green Tea	16 oz	5	0	0	0	0	0	0	160	0	0	0	0
Brisk No Calorie Peach Iced Green Tea	21 oz	5	0	0	0	0	0	0	190	0	0	0	0
Brisk No Calorie Peach Iced Green Tea	28 oz	10	0	0	0	0	0	0	290	0	0	0	0
Brisk Raspberry Iced Tea	12 oz	80	0	0	0	0	0	0	45	20	0	20	0
Brisk Raspberry Iced Tea	16 oz	120	0	0	0	0	0	0	65	30	0	30	0
Brisk Raspberry Iced Tea	21 oz	130	0	0	0	0	0	0	75	35	0	35	0
Brisk Raspberry Iced Tea	28 oz	210	0	0	0	0	0	0	115	53	0	53	0
Brisk Strawberry Melon	12 oz	70	0	0	0	0	0	0	60	19	0	18	0
Brisk Strawberry Melon	16 oz	110	0	0	0	0	0	0	90	28	0	27	0
Brisk Strawberry Melon	21 oz	120	0	0	0	0	0	0	100	33	0	32	0
Brisk Strawberry Melon	28 oz	190	0	0	0	0	0	0	155	50	0	48	0
Brisk Sweet Iced Tea	12 oz	80	0	0	0	0	0	0	50	22	0	22	0
Brisk Sweet Iced Tea	16 oz	120	0	0	0	0	0	0	70	33	0	33	0
Brisk Sweet Iced Tea	21 oz	140	0	0	0	0	0	0	85	38	0	38	0
Brisk Sweet Iced Tea	28 oz	220	0	0	0	0	0	0	130	58	0	58	0
Brisk Unsweetened No Lemon Iced Tea	12 oz	0	0	0	0	0	0	0	45	0	0	0	0
Brisk Unsweetened No Lemon Iced Tea	16 oz	0	0	0	0	0	0	0	70	0	0	0	0
Brisk Unsweetened No Lemon Iced Tea	21 oz	0	0	0	0	0	0	0	80	0	0	0	0
Brisk Unsweetened No Lemon Iced Tea	28 oz	0	0	0	0	0	0	0	125	0	0	0	0
Caffeine Free Diet Pepsi®	12 oz	0	0	0	0	0	0	0	55	0	0	0	0
Caffeine Free Diet Pepsi	16 oz	0	0	0	0	0	0	0	85	0	0	0	0
Caffeine Free Diet Pepsi	21 oz	0	0	0	0	0	0	0	100	0	0	0	0
Caffeine Free Diet Pepsi	28 oz	0	0	0	0	0	0	0	150	0	0	0	0
Caffeine Free Pepsi®	12 oz	150	0	0	0	0	0	0	30	42	0	42	0
Caffeine Free Pepsi	16 oz	230	0	0	0	0	0	0	45	54	0	53	0
Caffeine Free Pepsi	21 oz	270	0	0	0	0	0	0	55	74	0	73	0
Caffeine Free Pepsi	28 oz	410	0	0	0	0	0	0	80	112	0	112	0
Caleb's Kola®	12 oz	130	0	0	0	0	0	0	70	36	0	35	0
Caleb's Kola	16 oz	200	0	0	0	0	0	0	100	54	0	53	0
Caleb's Kola	21 oz	230	0	0	0	0	0	0	120	63	0	61	0
Caleb's Kola	28 oz	360	0	0	0	0	0	0	180	96	0	93	0
Canada Dry® Ginger Ale	12 oz	140	0	0	0	0	0	0	50	37	0	36	0
Canada Dry Ginger Ale	16 oz	210	0	0	0	0	0	0	75	55	0	54	0
Canada Dry Ginger Ale	21 oz	240	0	0	0	0	0	0	90	65	0	63	0
Canada Dry Ginger Ale	28 oz	370	0	0	0	0	0	0	180	96	0	93	0
Cheerwine®	12 oz	150	0	0	0	0	0	0	25	43	0	43	0
Cheerwine	16 oz	230	0	0	0	0	0	0	40	64	0	64	0
Cheerwine	21 oz	270	0	0	0	0	0	0	45	75	0	75	0
Cheerwine	28 oz	410	0	0	0	0	0	0	70	114	0	114	0
Country Time® Lemonade	12 oz	140	0	0	0	0	0	0	140	36	0	46	0
Country Time Lemonade	16 oz	210	0	0	0	0	0	0	210	54	0	69	0
Country Time Lemonade	21 oz	240	0	0	0	0	0	0	245	63	0	80	0
Country Time Lemonade	28 oz	370	0	0	0	0	0	0	370	96	0	122	0


Beverage Nutritional Statement

			Total Calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
	Weight												
Country Time® Pink Lemonade	12	oz	140	0	0	0	0	0	140	36	0	43	0
Country Time Pink Lemonade	16	oz	210	0	0	0	0	0	210	54	0	64	0
Country Time Pink Lemonade	21	oz	240	0	0	0	0	0	245	63	0	75	0
Country Time Pink Lemonade	28	oz	370	0	0	0	0	0	370	96	0	114	0
Crush® Orange Soda	12	oz	170	0	0	0	0	0	50	45	0	44	0
Crush Orange Soda	16	oz	250	0	0	0	0	0	70	64	0	66	0
Crush Orange Soda	21	oz	290	0	0	0	0	0	85	78	0	77	0
Crush Orange Soda	28	oz	440	0	0	0	0	0	125	119	0	118	0
Crush Strawberry Soda	12	oz	180	0	0	0	0	0	55	48	0	47	0
Crush Strawberry Soda	16	oz	270	0	0	0	0	0	80	72	0	71	0
Crush Strawberry Soda	21	oz	310	0	0	0	0	0	95	84	0	83	0
Crush Strawberry Soda	28	oz	480	0	0	0	0	0	145	128	0	126	0
Diet 7UP®	12	oz	0	0	0	0	0	0	45	0	0	0	0
Diet 7UP	16	oz	0	0	0	0	0	0	65	0	0	0	0
Diet 7UP	21	oz	5	0	0	0	0	0	80	0	0	0	0
Diet 7UP	28	oz	10	0	0	0	0	0	120	0	0	0	0
Diet Caleb's Kola®	12	oz	0	0	0	0	0	0	70	1	0	0	0
Diet Caleb's Kola	16	oz	0	0	0	0	0	0	110	1	0	0	0
Diet Caleb's Kola	21	oz	0	0	0	0	0	0	125	2	0	0	0
Diet Caleb's Kola	28	oz	5	0	0	0	0	0	190	3	0	0	0
Diet Dr. Pepper®	12	oz	0	0	0	0	0	0	75	0	0	0	0
Diet Dr. Pepper	16	oz	0	0	0	0	0	0	110	0	0	0	0
Diet Dr. Pepper	21	oz	0	0	0	0	0	0	130	0	0	0	0
Diet Dr. Pepper	28	oz	0	0	0	0	0	0	0	195	1	0	0
Diet Mist Twst™	12	oz	0	0	0	0	0	0	40	0	0	0	0
Diet Mist Twst	16	oz	0	0	0	0	0	0	55	0	0	0	0
Diet Mist Twst	21	oz	5	0	0	0	0	0	65	0	0	0	0
Diet Mist Twst	28	oz	10	0	0	0	0	0	100	0	0	0	0
Diet Mtn Dew®	12	oz	0	0	0	0	0	0	55	1	0	0	0
Diet Mtn Dew	16	oz	5	0	0	0	0	0	85	1	0	1	0
Diet Mtn Dew	21	oz	10	0	0	0	0	0	100	1	0	1	0
Diet Mtn Dew	28	oz	15	0	0	0	0	0	150	1	0	1	0
Diet Pepsi®	12	oz	0	0	0	0	0	0	55	0	0	0	0
Diet Pepsi	16	oz	0	0	0	0	0	0	85	0	0	0	0
Diet Pepsi	21	oz	0	0	0	0	0	0	100	0	0	0	0
Diet Pepsi	28	oz	0	0	0	0	0	0	150	0	0	0	0
Diet Rite® Cola	12	oz	0	0	0	0	0	0	5	0	0	0	0
Diet Rite Cola	16	oz	0	0	0	0	0	0	5	0	0	0	0
Diet Rite Cola	21	oz	0	0	0	0	0	0	5	0	0	0	0
Diet Rite Cola	28	oz	0	0	0	0	0	0	10	1	0	0	0
Dole® Cranberry Juice Drink	12	oz	180	0	0	0	0	0	75	47	0	44	0
Dole Cranberry Juice Drink	16	oz	260	0	0	0	0	0	115	70	0	66	0
Dole Cranberry Juice Drink	21	oz	310	0	0	0	0	0	135	81	0	77	0
Dole Cranberry Juice Drink	28	oz	470	0	0	0	0	0	205	124	0	118	0
Dole Old Fashioned Lemonade	12	oz	170	0	0	0	0	0	155	46	0	44	0
Dole Old Fashioned Lemonade	16	oz	260	0	0	0	0	0	235	69	0	66	0
Dole Old Fashioned Lemonade	21	oz	300	0	0	0	0	0	270	80	0	77	0
Dole Old Fashioned Lemonade	28	oz	460	0	0	0	0	0	415	122	0	118	0
Dr. Pepper®	12	oz	150	0	0	0	0	0	45	40	0	39	0
Dr. Pepper	16	oz	220	0	0	0	0	0	65	60	0	58	0
Dr. Pepper	21	oz	250	0	0	0	0	0	80	69	0	68	0
Dr. Pepper	28	oz	390	0	0	0	0	0	120	106	0	104	0
G2 - Fruit Punch	12	oz	20	0	0	0	0	0	105	5	0	5	0
G2 - Fruit Punch	16	oz	35	0	0	0	0	0	160	8	0	7	0
G2 - Fruit Punch	21	oz	40	0	0	0	0	0	185	9	0	8	0
G2 - Fruit Punch	28	oz	60	0	0	0	0	0	285	14	0	13	0
G2 - Grape	12	oz	20	0	0	0	0	0	105	2	0	5	0
G2 - Grape	16	oz	30	0	0	0	0	0	160	3	0	7	0
G2 - Grape	21	oz	35	0	0	0	0	0	190	4	0	8	0
G2 - Grape	28	oz	50	0	0	0	0	0	285	5	0	13	0
Gatorade® Fierce Grape	12	oz	100	0	0	0	0	0	170	24	0	23	0
Gatorade Fierce Grape	16	oz	140	0	0	0	0	0	255	36	0	35	0
Gatorade Fierce Grape	21	oz	170	0	0	0	0	0	300	42	0	40	0
Gatorade Fierce Grape	28	oz	250	0	0	0	0	0	455	64	0	62	0


Beverage Nutritional Statement

	Weight		Total Calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
 Gatorade® Fruit Punch	12	oz	90	0	0	0	0	0	170	24	0	23	0
Gatorade Fruit Punch	16	oz	140	0	0	0	0	0	255	37	0	35	0
Gatorade Fruit Punch	21	oz	160	0	0	0	0	0	300	42	0	40	0
Gatorade Fruit Punch	28	oz	250	0	0	0	0	0	455	65	0	62	0
Gatorade Lemon-Lime	12	oz	90	0	0	0	0	0	160	24	0	21	0
Gatorade Lemon-Lime	16	oz	140	0	0	0	0	0	240	37	0	32	0
Gatorade Lemon-Lime	21	oz	160	0	0	0	0	0	280	43	0	37	0
Gatorade Lemon-Lime	28	oz	250	0	0	0	0	0	425	65	0	57	0
Gatorade Orange	12	oz	90	0	0	0	0	0	180	24	0	23	0
Gatorade Orange	16	oz	140	0	0	0	0	0	270	37	0	35	0
Gatorade Orange	21	oz	160	0	0	0	0	0	315	43	0	40	0
Gatorade Orange	28	oz	250	0	0	0	0	0	485	65	0	62	0
Hawaiian Punch Fruit Juicy Red®	12	oz	170	0	0	0	0	0	55	46	0	45	0
Hawaiian Punch Fruit Juicy Red	16	oz	260	0	0	0	0	0	80	69	0	68	0
Hawaiian Punch Fruit Juicy Red	21	oz	300	0	0	0	0	0	95	80	0	79	0
Hawaiian Punch Fruit Juicy Red	28	oz	460	0	0	0	0	0	145	122	0	120	0
Hires® Root Beer	12	oz	160	0	0	0	0	0	65	39	0	38	0
Hires Root Beer	16	oz	230	0	0	0	0	0	100	59	0	58	0
Hires Root Beer	21	oz	270	0	0	0	0	0	115	69	0	67	0
Hires Root Beer	28	oz	420	0	0	0	0	0	180	105	0	102	0
IBC® Root Beer	12	oz	160	0	0	0	0	0	50	45	0	44	0
IBC Root Beer	16	oz	250	0.0	0	0.0	0.0	0	75	67	0	66	0
IBC Root Beer	21	oz	290	0	0	0	0	0	90	78	0	77	0
IBC Root Beer	28	oz	440	0	0	0	0	0	135	119	0	117	0
IZZE® Twizt - Clementine	12	oz	110	0	0	0	0	0	120	29	0	28	0
IZZE Twizt - Clementine	16	oz	170	0	0	0	0	0	175	43	0	42	0
IZZE Twizt - Clementine	21	oz	200	0	0	0	0	0	205	50	0	49	0
IZZE Twizt - Clementine	28	oz	300	0	0	0	0	0	315	76	0	74	0
IZZE Twizt - Grapefruit	12	oz	120	0	0	0	0	0	80	30	0	29	0
IZZE Twizt - Grapefruit	16	oz	180	0	0	0	0	0	120	45	0	44	0
IZZE Twizt - Grapefruit	21	oz	210	0	0	0	0	0	140	52	0	51	0
IZZE Twizt - Grapefruit	28	oz	320	0	0	0	0	0	210	80	0	78	0
Lipton® Brewed Iced Tea Green Tea with Citrus	12	oz	110	0	0	0	0	0	100	30	0	29	0
Lipton Brewed Iced Tea Green Tea with Citrus	16	oz	170	0	0	0	0	0	150	44	0	44	0
Lipton Brewed Iced Tea Green Tea with Citrus	21	oz	190	0	0	0	0	0	175	52	0	51	0
Lipton Brewed Iced Tea Green Tea with Citrus	28	oz	300	0	0	0	0	0	265	79	0	79	0
Lipton Brewed Iced Tea Sweetened	12	oz	110	0	0	0	0	0	95	28	0	28	0
Lipton Brewed Iced Tea Sweetened	16	oz	160	0	0	0	0	0	140	42	0	42	0
Lipton Brewed Iced Tea Sweetened	21	oz	190	0	0	0	0	0	165	48	0	48	0
Lipton Brewed Iced Tea Sweetened	28	oz	280	0	0	0	0	0	250	74	0	74	0
Lipton Brewed Iced Tea Unsweetened	12	oz	0	0	0	0	0	0	120	0	0	0	0
Lipton Brewed Iced Tea Unsweetened	16	oz	0	0	0	0	0	0	180	0	0	0	0
Lipton Brewed Iced Tea Unsweetened	21	oz	0	0	0	0	0	0	210	0	0	0	0
Lipton Brewed Iced Tea Unsweetened	28	oz	0	0	0	0	0	0	320	0	0	0	0
Lipton Peach Iced Tea	12	oz	70	0	0	0	0	0	70	19	0	19	0
Lipton Peach Iced Tea	16	oz	110	0	0	0	0	0	110	28	0	28	0
Lipton Peach Iced Tea	21	oz	120	0	0	0	0	0	125	32	0	32	0
Lipton Peach Iced Tea	28	oz	190	0	0	0	0	0	190	49	0	49	0
Luzianne® Sweetened Iced Tea	12	oz	90	0	0	0	0	0	10	23	0	23	0
Luzianne Sweetened Iced Tea	16	oz	130	0	0	0	0	0	15	34	0	34	0
Luzianne Sweetened Iced Tea	21	oz	150	0	0	0	0	0	15	40	0	40	0
Luzianne Sweetened Iced Tea	28	oz	230	0	0	0	0	0	25	61	0	60	0
Manzanita - Jamaica Sol®	12	oz	150	0	0	0	0	0	130	40	0	40	0
Manzanita - Jamaica Sol	16	oz	230	0	0	0	0	0	195	60	0	60	0
Manzanita - Jamaica Sol	21	oz	270	0	0	0	0	0	230	70	0	70	0
Manzanita - Jamaica Sol	28	oz	410	0	0	0	0	0	350	107	0	107	0
Manzanita - Sandia Sol®	12	oz	90	0	0	0	0	0	50	25	0	25	0
Manzanita - Sandia Sol	16	oz	140	0	0	0	0	0	75	38	0	37	0
Manzanita - Sandia Sol	21	oz	170	0	0	0	0	0	90	44	0	43	0
Manzanita - Sandia Sol	28	oz	250	0	0	0	0	0	135	67	0	66	0
Manzanita - Tamarindo Sol®	12	oz	150	0	0	0	0	0	75	41	0	41	0
Manzanita - Tamarindo Sol	16	oz	230	0	0	0	0	0	110	61	0	61	0
Manzanita - Tamarindo Sol	21	oz	270	0	0	0	0	0	130	71	0	71	0
Manzanita - Tamarindo Sol	28	oz	400	0	0	0	0	0	195	108	0	108	0
Manzanita - Toronja Sol®	12	oz	150	0	0	0	0	0	75	41	0	41	0
Manzanita - Toronja Sol	16	oz	230	0	0	0	0	0	110	61	0	61	0
Manzanita - Toronja Sol	21	oz	270	0	0	0	0	0	125	71	0	71	0
Manzanita - Toronja Sol	28	oz	410	0	0	0	0	0	195	108	0	108	0
Manzanita Sol®	12	oz	160	0	0	0	0	0	35	44	0	43	0
Manzanita Sol	16	oz	240	0	0	0	0	0	50	66	0	65	0
Manzanita Sol	21	oz	280	0	0	0	0	0	60	77	0	75	0
Manzanita Sol	28	oz	430	0	0	0	0	0	90	118	0	115	0

Beverage Nutritional Statement

	Weight		Total Calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
 Mirinda® Strawberry	12	oz	170	0	0	0	0	0	70	44	0	44	0
Mirinda Strawberry	16	oz	250	0	0	0	0	0	110	66	0	66	0
Mirinda Strawberry	21	oz	290	0	0	0	0	0	125	77	0	77	0
Mirinda Strawberry	28	oz	440	0	0	0	0	0	195	118	0	118	0
Mist Twst®	12	oz	160	0	0	0	0	0	35	41	0	41	0
Mist Twst	16	oz	230	0	0	0	0	0	50	62	0	62	0
Mist Twst	21	oz	270	0	0	0	0	0	60	72	0	72	0
Mist Twst	28	oz	420	0	0	0	0	0	90	110	0	110	0
Mtn Dew®	12	oz	170	0	0	0	0	0	50	45	0	44	0
Mtn Dew	16	oz	250	0	0	0	0	0	75	67	0	67	0
Mtn Dew	21	oz	290	0	0	0	0	0	90	78	0	78	0
Mtn Dew	28	oz	440	0	0	0	0	0	135	119	0	119	0
Mtn Dew Baja Blast®	12	oz	170	0	0	0	0	0	50	45	0	44	0
Mtn Dew Baja Blast	16	oz	250	0	0	0	0	0	75	67	0	67	0
Mtn Dew Baja Blast	21	oz	300	0	0	0	0	0	85	78	0	78	0
Mtn Dew Baja Blast	28	oz	450	0	0	0	0	0	130	119	0	119	0
Mtn Dew Code Red®	12	oz	170	0	0	0	0	0	50	47	0	47	0
Mtn Dew Code Red	16	oz	260	0	0	0	0	0	75	71	0	70	0
Mtn Dew Code Red	21	oz	310	0	0	0	0	0	90	82	0	82	0
Mtn Dew Code Red	28	oz	470	0	0	0	0	0	135	125	0	125	0
Mtn Dew Game Fuel® Citrus Cherry	12	oz	100	0	0	0	0	0	70	26	0	26	0
Mtn Dew Game Fuel Citrus Cherry	16	oz	150	0	0	0	0	0	100	39	0	39	0
Mtn Dew Game Fuel Citrus Cherry	21	oz	170	0	0	0	0	0	120	45	0	45	0
Mtn Dew Game Fuel Citrus Cherry	28	oz	260	0	0	0	0	0	180	69	0	69	0
Mtn Dew Kickstart® - Black Cherry	12	oz	60	0	0	0	0	0	55	16	0	16	0
Mtn Dew Kickstart - Black Cherry	16	oz	100	0	0	0	0	0	80	24	0	24	0
Mtn Dew Kickstart - Black Cherry	21	oz	110	0	0	0	0	0	95	28	0	27	0
Mtn Dew Kickstart - Black Cherry	28	oz	170	0	0	0	0	0	145	43	0	42	0
Mtn Dew Kickstart - Orange Citrus	12	oz	50	0	0	0	0	0	55	14	0	13	0
Mtn Dew Kickstart - Orange Citrus	16	oz	80	0	0	0	0	0	85	21	0	20	0
Mtn Dew Kickstart - Orange Citrus	21	oz	90	0	0	0	0	0	100	24	0	23	0
Mtn Dew Kickstart - Orange Citrus	28	oz	140	0	0	0	0	0	150	37	0	36	0
Mtn Dew Pitch Black®	12	oz	170	0	0	0	0	0	50	46	0	46	0
Mtn Dew Pitch Black	16	oz	260	0	0	0	0	0	75	69	0	69	0
Mtn Dew Pitch Black	21	oz	300	0	0	0	0	0	85	80	0	80	0
Mtn Dew Pitch Black	28	oz	450	0	0	0	0	0	130	122	0	122	0
Mtn Dew Sangrita Blast®	12	oz	170	0	0	0	0	0	85	46	0	46	0
Mtn Dew Sangrita Blast	16	oz	260	0	0	0	0	0	130	69	0	69	0
Mtn Dew Sangrita Blast	21	oz	300	0	0	0	0	0	150	80	0	80	0
Mtn Dew Sangrita Blast	28	oz	460	0	0	0	0	0	230	122	0	122	0
Mtn Dew Spiked™ Lemonade	12	oz	100	0	0	0	0	0	75	26	0	26	0
Mtn Dew Spiked Lemonade	16	oz	150	0	0	0	0	0	110	39	0	39	0
Mtn Dew Spiked Lemonade	21	oz	180	0	0	0	0	0	130	46	0	45	0
Mtn Dew Spiked Lemonade	28	oz	270	0	0	0	0	0	195	70	0	69	0
Mug® Root Beer	12	oz	150	0	0	0	0	0	45	40	0	40	0
Mug Root Beer	16	oz	220	0	0	0	0	0	65	60	0	60	0
Mug Root Beer	21	oz	260	0	0	0	0	0	80	69	0	69	0
Mug Root Beer	28	oz	390	0	0	0	0	0	120	106	0	106	0
Mug Root Beer made with Real Sugar	12	oz	150	0	0	0	0	0	55	39	0	39	0
Mug Root Beer made with Real Sugar	16	oz	220	0	0	0	0	0	85	58	0	58	0
Mug Root Beer made with Real Sugar	21	oz	260	0	0	0	0	0	100	68	0	67	0
Mug Root Beer made with Real Sugar	28	oz	390	0	0	0	0	0	150	103	0	103	0
Pepsi®	12	oz	150	0	0	0	0	0	35	42	0	42	0
Pepsi	16	oz	230	0	0	0	0	0	50	63	0	63	0
Pepsi	21	oz	270	0	0	0	0	0	55	74	0	73	0
Pepsi	28	oz	410	0	0	0	0	0	85	112	0	112	0
Pepsi Wild Cherry®	12	oz	160	0	0	0	0	0	30	43	0	43	0
Pepsi Wild Cherry	16	oz	240	0	0	0	0	0	50	64	0	64	0
Pepsi Wild Cherry	21	oz	280	0	0	0	0	0	55	75	0	75	0
Pepsi Wild Cherry	28	oz	420	0	0	0	0	0	85	114	0	114	0
Pepsi Zero Sugar	12	oz	0	0	0	0	0	0	40	0	0	0	0
Pepsi Zero Sugar	16	oz	0	0	0	0	0	0	55	0	0	0	0
Pepsi Zero Sugar	21	oz	0	0	0	0	0	0	65	0	0	0	0
Pepsi Zero Sugar	28	oz	0	0	0	0	0	0	100	1	0	0	0
RC Cola®	12	oz	160	0	0	0	0	0	40	44	0	43	0
RC Cola	16	oz	240	0	0	0	0	0	60	66	0	65	0
RC Cola	21	oz	280	0	0	0	0	0	65	77	0	76	0
RC Cola	28	oz	430	0	0	0	0	0	100	117	0	115	0
Schweppes® Ginger Ale	12	oz	130	0	0	0	0	0	50	34	0	34	0
Schweppes Ginger Ale	16	oz	190	0	0	0	0	0	75	51	0	50	0
Schweppes Ginger Ale	21	oz	220	0	0	0	0	0	90	59	0	59	0
Schweppes Ginger Ale	28	oz	340	0	0	0	0	0	135	91	0	89	0

Beverage Nutritional Statement


	Weight		Total Calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sobe® Citrus Energy	12	oz	160	0	0	0	0	0	35	43	0	43	0
Sobe Citrus Energy	16	oz	250	0	0	0	0	0	55	65	0	65	0
Sobe Citrus Energy	21	oz	290	0	0	0	0	0	65	76	0	75	0
Sobe Citrus Energy	28	oz	440	0	0	0	0	0	95	116	0	115	0
Sobe Lean Cranberry Grapefruit	12	oz	0	0	0	0	0	0	35	0	0	0	0
Sobe Lean Cranberry Grapefruit	16	oz	0	0	0	0	0	0	55	0	0	0	0
Sobe Lean Cranberry Grapefruit	21	oz	0	0	0	0	0	0	65	0	0	0	0
Sobe Lean Cranberry Grapefruit	28	oz	5	0	0	0	0	0	100	0	0	0	0
Sobe Lifewater® Yumberry Pomegranate - 0 Cal	12	oz	0	0	0	0	0	0	50	0	0	0	0
Sobe Lifewater Yumberry Pomegranate - 0 Cal	16	oz	0	0	0	0	0	0	70	0	0	0	0
Sobe Lifewater Yumberry Pomegranate - 0 Cal	21	oz	0	0	0	0	0	0	85	0	0	0	0
Sobe Lifewater Yumberry Pomegranate - 0 Cal	28	oz	5	0	0	0	0	0	130	1	0	0	0
Squirt® Citrus Soda	12	oz	150	0	0	0	0	0	50	39	0	39	0
Squirt Citrus Soda	16	oz	220	0	0	0	0	0	70	59	0	58	0
Squirt Citrus Soda	21	oz	290	0	0	0	0	0	65	76	0	75	0
Squirt Citrus Soda	28	oz	390	0	0	0	0	0	130	104	0	103	0
Sun Drop® Citrus Soda	12	oz	170	0	0	0	0	0	45	46	0	46	0
Sun Drop® Citrus Soda	16	oz	260	0	0	0	0	0	70	69	0	68	0
Sun Drop Citrus Soda	21	oz	300	0	0	0	0	0	85	81	0	80	0
Sun Drop Citrus Soda	28	oz	470	0	0	0	0	0	125	123	0	121	0
Sun Drop Diet Citrus Soda	12	oz	5	0	0	0	0	0	120	0	0	0	0
Sun Drop Diet Citrus Soda	16	oz	10	0	0	0	0	0	185	1	0	0	0
Sun Drop Diet Citrus Soda	21	oz	15	0	0	0	0	0	215	1	0	1	0
Sun Drop Diet Citrus Soda	28	oz	20	0	0	0	0	0	325	1	0	1	1
Sunkist® Cherry Limeade Soda	12	oz	170	0	0	0	0	0	45	44	0	44	0
Sunkist Cherry Limeade Soda	16	oz	260	0	0	0	0	0	70	67	0	66	0
Sunkist Cherry Limeade Soda	21	oz	300	0	0	0	0	0	80	78	0	77	0
Sunkist Cherry Limeade Soda	28	oz	460	0	0	0	0	0	120	115	0	113	0
Sunkist Grape Soda	12	oz	170	0	0	0	0	0	50	46	0	46	0
Sunkist Grape Soda	16	oz	260	0	0	0	0	0	70	70	0	69	0
Sunkist Grape Soda	21	oz	300	0	0	0	0	0	85	81	0	80	0
Sunkist Grape Soda	28	oz	460	0	0	0	0	0	125	124	0	122	0
Sunkist Orange Soda	12	oz	160	0	0	0	0	0	70	43	0	42	0
Sunkist Orange Soda	16	oz	240	0	0	0	0	0	100	65	0	63	0
Sunkist Orange Soda	21	oz	280	0	0	0	0	0	120	75	0	74	0
Sunkist Orange Soda	28	oz	430	0	0	0	0	0	180	115	0	113	0
Sunkist® Strawberry Soda	12	oz	170	0	0	0	0	0	50	46	0	46	0
Sunkist Strawberry Soda	16	oz	260	0	0	0	0	0	70	70	0	69	0
Sunkist Strawberry Soda	21	oz	300	0	0	0	0	0	85	81	0	80	0
Sunkist Strawberry Soda	28	oz	470	0	0	0	0	0	125	124	0	122	0
Tropicana® Fruit Punch	12	oz	170	0	0	0	0	0	35	46	0	46	0
Tropicana Fruit Punch	16	oz	260	0	0	0	0	0	55	69	0	68	0
Tropicana Fruit Punch	21	oz	300	0	0	0	0	0	65	80	0	80	0
Tropicana Fruit Punch	28	oz	460	0	0	0	0	0	95	122	0	122	0
Tropicana Lemonade	12	oz	160	0	0	0	0	0	155	41	0	41	0
Tropicana Lemonade	16	oz	240	0	0	0	0	0	235	61	0	61	0
Tropicana Lemonade	21	oz	270	0	0	0	0	0	275	71	0	71	0
Tropicana Lemonade	28	oz	420	0	0	0	0	0	420	109	0	108	0
Tropicana Light Lemonade	12	oz	5	0	0	0	0	0	145	0	0	0	0
Tropicana Light Lemonade	16	oz	10	0	0	0	0	0	215	0	0	0	0
Tropicana Light Lemonade	21	oz	10	0	0	0	0	0	250	0	0	0	0
Tropicana Light Lemonade	28	oz	15	0	0	0	0	0	380	1	0	0	0
Tropicana Pink Lemonade	12	oz	160	0	0	0	0	0	155	41	0	41	0
Tropicana Pink Lemonade	16	oz	240	0	0	0	0	0	235	61	0	61	0
Tropicana Pink Lemonade	21	oz	270	0	0	0	0	0	275	71	0	71	0
Tropicana Pink Lemonade	28	oz	420	0	0	0	0	0	420	109	0	108	0
Tropicana Twister Soda - Orange	12	oz	170	0	0	0	0	0	35	47	0	46	0
Tropicana Twister Soda - Orange	16	oz	260	0	0	0	0	0	55	70	0	70	0
Tropicana Twister Soda - Orange	21	oz	300	0	0	0	0	0	65	81	0	81	0
Tropicana Twister Soda - Orange	28	oz	460	0	0	0	0	0	95	124	0	124	0
Vernors® Ginger Soda	12	oz	150	0	0	0	0	0	50	40	0	39	0
Vernors Ginger Soda	16	oz	220	0	0	0	0	0	70	59	0	59	0
Vernors Ginger Soda	21	oz	260	0	0	0	0	0	85	69	0	68	0
Vernors Ginger Soda	28	oz	390	0	0	0	0	0	130	106	0	104	0

Percentage Daily Values are based on a 2,000 calorie diet. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

The Nutritional Information Blimpie® has provided is based on standard product formulations. Product variations may occur based on regional differences, ingredient substitutions, seasonal conditions, differences in product preparation at the store and suppliers. Some items listed may not be available in all stores. This list may not include test products, limited time offers, custom orders, self-service orders and regional menu variations.

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Beverage Nutritional Statement

		Weight	Total Calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Barq's® Caffeine Free Root Beer	12 oz	180	0	0	0	0	0	0	75	50	0	50	0
Barq's Caffeine Free Root Beer	16 oz	270	0	0	0	0	0	0	110	75	0	75	0
Barq's Caffeine Free Root Beer	21 oz	320	0	0	0	0	0	0	130	87	0	87	0
Barq's Caffeine Free Root Beer	28 oz	490	0	0	0	0	0	0	200	132	0	132	0
Barq's Red Crème Soda	12 oz	190	0	0	0	0	0	0	65	51	0	51	0
Barq's Red Crème Soda	16 oz	280	0	0	0	0	0	0	100	76	0	76	0
Barq's Red Crème Soda	21 oz	330	0	0	0	0	0	0	115	89	0	89	0
Barq's Red Crème Soda	28 oz	500	0	0	0	0	0	0	180	135	0	135	0
Barq's Root Beer	12 oz	180	0	0	0	0	0	0	75	50	0	50	0
Barq's Root Beer	16 oz	270	0	0	0	0	0	0	110	75	0	75	0
Barq's Root Beer	21 oz	320	0	0	0	0	0	0	130	87	0	87	0
Barq's Root Beer	28 oz	490	0	0	0	0	0	0	200	132	0	132	0
Caffeine-Free Diet Coke®	12 oz	0	0	0	0	0	0	0	50	0	0	0	0
Caffeine-Free Diet Coke	16 oz	0	0	0	0	0	0	0	75	0	0	0	0
Caffeine-Free Diet Coke	21 oz	0	0	0	0	0	0	0	90	>1	0	0	0
Caffeine-Free Diet Coke	28 oz	0	0	0	0	0	0	0	135	>1	0	0	0
Cherry Coca-Cola®	21 oz	300	0	0	0	0	0	0	75	81	0	81	0
Cherry Coca-Cola	12 oz	170	0	0	0	0	0	0	40	46	0	46	0
Cherry Coca-Cola	16 oz	260	0	0	0	0	0	0	65	70	0	70	0
Cherry Coca-Cola	28 oz	450	0	0	0	0	0	0	115	124	0	124	0
Coca-Cola Zero™	12 oz	0	0	0	0	0	0	0	40	0	0	0	0
Coca-Cola Zero	16 oz	0	0	0	0	0	0	0	60	0	0	0	0
Coca-Cola Zero	21 oz	0	0	0	0	0	0	0	70	0	0	0	0
Coca-Cola Zero	28 oz	0	0	0	0	0	0	0	110	>1	0	0	0
Coca-Cola®	16 oz	240	0	0	0	0	0	0	55	66	0	66	0
Coca-Cola	12 oz	160	0	0	0	0	0	0	35	44	0	44	0
Coca-Cola	21 oz	280	0	0	0	0	0	0	65	77	0	77	0
Coca-Cola	28 oz	430	0	0	0	0	0	0	95	118	0	118	0
Diet Coke®	12 oz	0	0	0	0	0	0	0	50	0	0	0	0
Diet Coke	16 oz	0	0	0	0	0	0	0	75	0	0	0	0
Diet Coke	21 oz	0	0	0	0	0	0	0	90	>1	0	0	0
Diet Coke	28 oz	0	0	0	0	0	0	0	135	>1	0	0	0
Diet Coke with Lime	12 oz	0	0	0	0	0	0	0	50	0	0	0	0
Diet Coke with Lime	16 oz	0	0	0	0	0	0	0	75	0	0	0	0
Diet Coke with Lime	21 oz	0	0	0	0	0	0	0	90	>1	0	0	0
Diet Coke with Lime	28 oz	5	0	0	0	0	0	0	135	>1	0	0	0
Diet Dr. Pepper®	12 oz	0	0	0	0	0	0	0	75	0	0	0	0
Diet Dr. Pepper	16 oz	0	0	0	0	0	0	0	100	0	0	0	0
Diet Dr. Pepper	21 oz	0	0	0	0	0	0	0	130	0	0	0	0
Diet Dr. Pepper	28 oz	0	0	0	0	0	0	0	195	1	0	0	0
Dr. Pepper®	12 oz	150	0	0	0	0	0	0	45	40	0	39	0
Dr. Pepper	16 oz	200	0	0	0	0	0	0	60	54	0	53	0
Dr. Pepper	21 oz	250	0	0	0	0	0	0	80	69	0	68	0
Dr. Pepper	28 oz	390	0	0	0	0	0	0	120	106	0	104	0
Fanta® Apple	12 oz	190	0	0	0	0	0	0	60	49	0	49	0
Fanta Apple	16 oz	280	0	0	0	0	0	0	90	74	0	74	0
Fanta Apple	21 oz	320	0	0	0	0	0	0	105	86	0	86	0
Fanta Apple	28 oz	490	0	0	0	0	0	0	160	131	0	131	0
Fanta Birch Beer	12 oz	180	0	0	0	0	0	0	55	46	0	46	0
Fanta Birch Beer	16 oz	270	0	0	0	0	0	0	85	71	0	71	0
Fanta Birch Beer	21 oz	310	0	0	0	0	0	0	95	83	0	83	0
Fanta Birch Beer	28 oz	470	0	0	0	0	0	0	150	127	0	127	0
Fanta Blue Raspberry	12 oz	190	0	0	0	0	0	0	50	52	0	52	0
Fanta Blue Raspberry	16 oz	290	0	0	0	0	0	0	75	78	0	78	0
Fanta Blue Raspberry	21 oz	340	0	0	0	0	0	0	90	90	0	90	0
Fanta Blue Raspberry	28 oz	510	0	0	0	0	0	0	135	138	0	138	0
Fanta Cherry	12 oz	170	0	0	0	0	0	0	50	47	0	47	0
Fanta Cherry	16 oz	260	0	0	0	0	0	0	75	70	0	70	0
Fanta Cherry	21 oz	300	0	0	0	0	0	0	85	82	0	82	0
Fanta Cherry	28 oz	470	0	0	0	0	0	0	130	125	0	125	0
Fanta Fruit Punch	12 oz	170	0	0	0	0	0	0	55	46	0	46	0
Fanta Fruit Punch	16 oz	260	0	0	0	0	0	0	85	69	0	69	0
Fanta Fruit Punch	21 oz	300	0	0	0	0	0	0	95	80	0	80	0
Fanta Fruit Punch	28 oz	460	0	0	0	0	0	0	150	123	0	123	0


Beverage Nutritional Statement

			Total Calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
	Weight												
Fanta® Grape	12	oz	190	0	0	0	0	0	50	50	0	50	0
Fanta Grape	16	oz	280	0	0	0	0	0	75	74	0	74	0
Fanta Grape	21	oz	320	0	0	0	0	0	90	87	0	87	0
Fanta Grape	28	oz	500	0	0	0	0	0	135	132	0	132	0
Fanta Kiwi-Strawberry	12	oz	200	0	0	0	0	0	50	52	0	52	0
Fanta Kiwi-Strawberry	16	oz	300	0	0	0	0	0	75	79	0	79	0
Fanta Kiwi-Strawberry	21	oz	350	0	0	0	0	0	90	92	0	92	0
Fanta Kiwi-Strawberry	28	oz	530	0	0	0	0	0	135	140	0	140	0
Fanta Orange	12	oz	170	0	0	0	0	0	45	48	0	47	0
Fanta Orange	16	oz	260	0	0	0	0	0	65	71	0	70	0
Fanta Orange	21	oz	300	0	0	0	0	0	75	83	0	82	0
Fanta Orange	28	oz	460	0	0	0	0	0	115	127	0	125	0
Fanta Red	12	oz	170	0	0	0	0	0	55	46	0	46	0
Fanta Red	16	oz	260	0	0	0	0	0	80	70	0	70	0
Fanta Red	21	oz	300	0	0	0	0	0	90	81	0	81	0
Fanta Red	28	oz	460	0	0	0	0	0	140	124	0	124	0
Fanta Strawberry	12	oz	190	0	0	0	0	0	50	51	0	51	0
Fanta Strawberry	16	oz	280	0	0	0	0	0	75	76	0	76	0
Fanta Strawberry	21	oz	320	0	0	0	0	0	90	89	0	89	0
Fanta Strawberry	28	oz	490	0.0	0	0.0	0.0	0	135	135	0	135	0
Fanta Strawberry (Texas Only)	12	oz	170	0	0	0	0	0	40	46	0	46	0
Fanta Strawberry (Texas Only)	16	oz	260	0	0	0	0	0	60	69	0	69	0
Fanta Strawberry (Texas Only)	21	oz	300	0	0	0	0	0	75	80	0	80	0
Fanta Strawberry (Texas Only)	28	oz	450	0	0	0	0	0	110	122	0	122	0
Fresca®	12	oz	0	0	0	0	0	0	50	>1	0	0	0
Fresca	16	oz	0	0	0	0	0	0	75	>1	0	0	0
Fresca	21	oz	0	0	0	0	0	0	85	2	0	0	0
Fresca	28	oz	10	0	0	0	0	0	130	2	0	0	0
Fruitopia® Strawberry Passion Fruit Awareness®	12	oz	190	0	0	0	0	0	55	52	0	50	0
Fruitopia Strawberry Passion Fruit Awareness	16	oz	290	0	0	0	0	0	85	78	0	76	0
Fruitopia Strawberry Passion Fruit Awareness	21	oz	330	0	0	0	0	0	95	91	0	88	0
Fruitopia Strawberry Passion Fruit Awareness	28	oz	510	0	0	0	0	0	150	139	0	134	0
Full Throttle Twisted®	12	oz	180	0	0	0	0	0	125	46	0	46	0
Full Throttle Twisted	16	oz	260	0	0	0	0	0	190	69	0	69	0
Full Throttle Twisted	21	oz	310	0	0	0	0	0	220	80	0	80	0
Full Throttle Twisted	28	oz	470	0	0	0	0	0	340	123	0	123	0
Fuze® Lemon Black Tea	12	oz	100	0	0	0	0	0	50	25	0	25	0
Fuze Lemon Black Tea	16	oz	140	0	0	0	0	0	70	38	0	38	0
Fuze Lemon Black Tea	21	oz	170	0	0	0	0	0	85	44	0	44	0
Fuze Lemon Black Tea	28	oz	260	0	0	0	0	0	125	68	0	68	0
Fuze Peach Tea	12	oz	100	0	0	0	0	0	50	25	0	25	0
Fuze Peach Tea	16	oz	150	0	0	0	0	0	70	38	0	38	0
Fuze Peach Tea	21	oz	170	0	0	0	0	0	85	44	0	44	0
Fuze Peach Tea	28	oz	260	0	0	0	0	0	125	68	0	67	0
Fuze Raspberry Tea	12	oz	100	0	0	0	0	0	50	25	0	25	0
Fuze Raspberry Tea	16	oz	140	0	0	0	0	0	70	38	0	38	0
Fuze Raspberry Tea	21	oz	170	0	0	0	0	0	85	44	0	44	0
Fuze Raspberry Tea	28	oz	260	0	0	0	0	0	125	68	0	67	0
Fuze Sweet Tea	12	oz	100	0	0	0	0	0	50	25	0	25	0
Fuze Sweet Tea	16	oz	140	0	0	0	0	0	75	38	0	38	0
Fuze Sweet Tea	21	oz	170	0	0	0	0	0	90	44	0	44	0
Fuze Sweet Tea	28	oz	260	0	0	0	0	0	135	68	0	68	0
Fuze Unsweet Tea	12	oz	0	0	0	0	0	0	45	0	0	0	0
Fuze Unsweet Tea	16	oz	0	0	0	0	0	0	70	0	0	0	0
Fuze Unsweet Tea	21	oz	5	0	0	0	0	0	85	>1	0	0	0
Fuze Unsweet Tea	28	oz	10	0	0	0	0	0	125	>1	0	0	0
Glaceau Fruitwater® Black Raspberry	12	oz	0	0	0	0	0	0	45	>1	0	0	0
Glaceau Fruitwater Black Raspberry	16	oz	0	0	0	0	0	0	65	>1	0	0	0
Glaceau Fruitwater Black Raspberry	21	oz	0	0	0	0	0	0	75	1	0	0	0
Glaceau Fruitwater Black Raspberry	28	oz	10	0	0	0	0	0	115	2	0	0	0
Glaceau Fruitwater Watermelon Punch	12	oz	0	0	0	0	0	0	45	1	0	0	0
Glaceau Fruitwater Watermelon Punch	16	oz	0	0	0	0	0	0	65	1	0	0	0
Glaceau Fruitwater Watermelon Punch	21	oz	5	0	0	0	0	0	75	1	0	0	0
Glaceau Fruitwater Watermelon Punch	28	oz	10	0	0	0	0	0	115	2	0	0	0
Glaceau Vitaminwater® Essential	12	oz	80	0	0	0	0	0	40	22	0	20	0
Glaceau Vitaminwater Essential	16	oz	120	0	0	0	0	0	60	32	0	31	0
Glaceau Vitaminwater Essential	21	oz	140	0	0	0	0	0	70	38	0	36	0
Glaceau Vitaminwater Essential	28	oz	210	0	0	0	0	0	105	58	0	55	0

Beverage Nutritional Statement

			Total Calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
	Weight												
Glaceau Vitaminwater® Revive	12	oz	80	0	0	0	0	0	40	21	0	20	0
Glaceau Vitaminwater Revive	16	oz	120	0	0	0	0	0	60	32	0	31	0
Glaceau Vitaminwater Revive	21	oz	140	0	0	0	0	0	70	37	0	36	0
Glaceau Vitaminwater Revive	28	oz	210	0	0	0	0	0	105	56	0	55	0
Glaceau Vitaminwater Squeezed Zero	12	oz	0	0	0	0	0	0	40	1	0	0	0
Glaceau Vitaminwater Squeezed Zero	16	oz	0	0	0	0	0	0	60	2	0	0	0
Glaceau Vitaminwater Squeezed Zero	21	oz	5	0	0	0	0	0	70	2	0	0	0
Glaceau Vitaminwater Squeezed Zero	28	oz	10	0	0	0	0	0	110	3	0	0	0
Glaceau Vitaminwater XXX	12	oz	80	0	0	0	0	0	40	21	0	20	0
Glaceau Vitaminwater XXX	16	oz	120	0	0	0	0	0	60	32	0	31	0
Glaceau Vitaminwater XXX	21	oz	140	0	0	0	0	0	70	37	0	36	0
Glaceau Vitaminwater XXX	28	oz	210	0	0	0	0	0	105	56	0	55	0
Glaceau Vitaminwater XXX Zero	12	oz	0	0	0	0	0	0	40	>1	0	0	0
Glaceau Vitaminwater XXX Zero	16	oz	0	0	0	0	0	0	60	>1	0	0	0
Glaceau Vitaminwater XXX Zero	21	oz	0	0	0	0	0	0	70	>1	0	0	0
Glaceau Vitaminwater XXX Zero	28	oz	5	0	0	0	0	0	110	2	0	0	0
Gold Peak® Citrus White Tea	12	oz	140	0	0	0	0	0	50	36	0	36	0
Gold Peak Citrus White Tea	16	oz	210	0	0	0	0	0	70	54	0	54	0
Gold Peak Citrus White Tea	21	oz	240	0	0	0	0	0	85	63	0	63	0
Gold Peak Citrus White Tea	28	oz	360	0	0	0	0	0	125	95	0	95	0
Gold Peak Diet Black Tea	12	oz	0	0	0	0	0	0	45	0	0	0	0
Gold Peak Diet Black Tea	16	oz	0	0	0	0	0	0	70	0	0	0	0
Gold Peak Diet Black Tea	21	oz	0	0	0	0	0	0	85	0	0	0	0
Gold Peak Diet Black Tea	28	oz	0	0	0	0	0	0	125	0	0	0	0
Gold Peak Diet Green Tea	12	oz	0	0	0	0	0	0	50	0	0	0	0
Gold Peak Diet Green Tea	16	oz	5	0	0	0	0	0	80	0	0	0	0
Gold Peak Diet Green Tea	21	oz	10	0	0	0	0	0	90	>1	0	0	0
Gold Peak Diet Green Tea	28	oz	10	0	0	0	0	0	140	>1	0	0	0
Gold Peak Peach Tea	12	oz	100	0	0	0	0	0	50	25	0	25	0
Gold Peak Peach Tea	16	oz	150	0	0	0	0	0	70	38	0	38	0
Gold Peak Peach Tea	21	oz	170	0	0	0	0	0	85	44	0	44	0
Gold Peak Peach Tea	28	oz	260	0	0	0	0	0	125	68	0	67	0
Gold Peak Premium Unsweetened Tea	12	oz	0	0	0	0	0	0	50	0	0	0	0
Gold Peak Premium Unsweetened Tea	16	oz	0	0	0	0	0	0	70	0	0	0	0
Gold Peak Premium Unsweetened Tea	21	oz	0	0	0	0	0	0	85	0	0	0	0
Gold Peak Premium Unsweetened Tea	28	oz	0	0	0	0	0	0	125	0	0	0	0
Gold Peak Raspberry Tea	12	oz	100	0	0	0	0	0	50	27	0	27	0
Gold Peak Raspberry Tea	16	oz	150	0	0	0	0	0	70	41	0	41	0
Gold Peak Raspberry Tea	21	oz	170	0	0	0	0	0	85	48	0	48	0
Gold Peak Raspberry Tea	28	oz	260	0	0	0	0	0	125	73	0	73	0
Gold Peak Southern Style Tea	12	oz	160	0	0	0	0	0	50	40	0	40	0
Gold Peak Southern Style Tea	16	oz	240	0	0	0	0	0	75	60	0	60	0
Gold Peak Southern Style Tea	21	oz	280	0	0	0	0	0	85	70	0	69	0
Gold Peak Southern Style Tea	28	oz	420	0	0	0	0	0	130	107	0	106	0
Gold Peak Sweetened Black Tea	12	oz	130	0	0	0	0	0	50	34	0	34	0
Gold Peak Sweetened Black Tea	16	oz	190	0	0	0	0	0	75	51	0	51	0
Gold Peak Sweetened Black Tea	21	oz	220	0	0	0	0	0	85	60	0	60	0
Gold Peak Sweetened Black Tea	28	oz	340	0	0	0	0	0	130	91	0	91	0
Gold Peak Sweetened Green Tea	12	oz	100	0	0	0	0	0	50	27	0	27	0
Gold Peak Sweetened Green Tea	16	oz	150	0	0	0	0	0	80	41	0	41	0
Gold Peak Sweetened Green Tea	21	oz	180	0	0	0	0	0	90	48	0	48	0
Gold Peak Sweetened Green Tea	28	oz	270	0	0	0	0	0	140	73	0	73	0
Hi-C® Flashin' Fruit Punch®	12	oz	170	0	0	0	0	0	55	47	0	46	0
Hi-C Flashin' Fruit Punch	16	oz	260	0	0	0	0	0	85	70	0	69	0
Hi-C Flashin' Fruit Punch	21	oz	300	0	0	0	0	0	100	82	0	80	0
Hi-C Flashin' Fruit Punch	28	oz	460	0	0	0	0	0	150	125	0	122	0
Hi-C Orange Lavaburst®	12	oz	180	0	0	0	0	0	45	50	0	49	0
Hi-C Orange Lavaburst	16	oz	270	0	0	0	0	0	65	75	0	73	0
Hi-C Orange Lavaburst	21	oz	320	0	0	0	0	0	75	87	0	85	0
Hi-C Orange Lavaburst	28	oz	480	0	0	0	0	0	115	133	0	129	0
Hi-C Poppin' Pink Lemonade®	12	oz	160	0	0	0	0	0	110	44	0	42	0
Hi-C Poppin' Pink Lemonade	16	oz	240	0	0	0	0	0	160	65	0	62	0
Hi-C Poppin' Pink Lemonade	21	oz	280	0	0	0	0	0	190	76	0	73	0
Hi-C Poppin' Pink Lemonade	28	oz	420	0	0	0	0	0	290	116	0	111	0
Luzianne® Sweetened Iced Tea	12	oz	90	0	0	0	0	0	10	23	0	23	0
Luzianne Sweetened Iced Tea	16	oz	130	0	0	0	0	0	15	34	0	34	0
Luzianne Sweetened Iced Tea	21	oz	150	0	0	0	0	0	15	40	0	40	0
Luzianne Sweetened Iced Tea	28	oz	230	0	0	0	0	0	25	61	0	60	0

Beverage Nutritional Statement

													
	Weight		Total Calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Mello Yello®	12	oz	170	0	0	0	0	0	50	47	0	47	0
Mello Yello	16	oz	260	0	0	0	0	0	75	70	0	70	0
Mello Yello	21	oz	300	0	0	0	0	0	85	82	0	82	0
Mello Yello	28	oz	470	0	0	0	0	0	135	125	0	125	0
Minute Maid Light™ Lemonade	12	oz	5	0	0	0	0	0	45	2	0	0	0
Minute Maid Light Lemonade	16	oz	10	0	0	0	0	0	65	3	0	0	0
Minute Maid Light Lemonade	21	oz	10	0	0	0	0	0	75	4	0	0	0
Minute Maid Light Lemonade	28	oz	20	0.0	0	0.0	0.0	0	115	6	0	0	0
Minute Maid Light Pomegranate Lemonade	12	oz	10	0	0	0	0	0	65	2	0	0	0
Minute Maid Light Pomegranate Lemonade	16	oz	10	0	0	0	0	0	100	3	0	0	0
Minute Maid Light Pomegranate Lemonade	21	oz	15	0	0	0	0	0	115	3	0	0	0
Minute Maid Light Pomegranate Lemonade	28	oz	20	0	0	0	0	0	180	4	0	0	0
Minute Maid® Lemonade	12	oz	160	0	0	0	0	0	110	44	0	42	0
Minute Maid Lemonade	16	oz	240	0	0	0	0	0	160	66	0	62	0
Minute Maid Lemonade	21	oz	280	0	0	0	0	0	190	76	0	73	0
Minute Maid Lemonade	28	oz	420	0	0	0	0	0	290	117	0	111	0
Minute Maid Limeade	12	oz	180	0	0	0	0	0	55	51	0	50	0
Minute Maid Limeade	16	oz	270	0	0	0	0	0	80	76	0	76	0
Minute Maid Limeade	21	oz	320	0	0	0	0	0	95	89	0	88	0
Minute Maid Limeade	28	oz	480	0	0	0	0	0	140	135	0	135	0
Pibb Xtra®	12	oz	160	0	0	0	0	0	60	43	0	43	0
Pibb Xtra	16	oz	240	0	0	0	0	0	90	64	0	64	0
Pibb Xtra	21	oz	270	0	0	0	0	0	105	75	0	75	0
Pibb Xtra	28	oz	420	0	0	0	0	0	160	114	0	114	0
POWERade® Fruit Punch	12	oz	90	0	0	0	0	0	125	26	0	24	0
POWERade Fruit Punch	16	oz	140	0	0	0	0	0	190	39	0	37	0
POWERade Fruit Punch	21	oz	170	0	0	0	0	0	220	45	0	43	0
POWERade Fruit Punch	28	oz	250	0	0	0	0	0	340	69	0	65	0
POWERade Lemon-Lime	12	oz	90	0	0	0	0	0	125	24	0	24	0
POWERade Lemon-Lime	16	oz	140	0	0	0	0	0	190	36	0	35	0
POWERade Lemon-Lime	21	oz	160	0	0	0	0	0	220	42	0	41	0
POWERade Lemon-Lime	28	oz	240	0	0	0	0	0	340	65	0	63	0
POWERade Mountain Blast®	12	oz	90	0	0	0	0	0	120	24	0	24	0
POWERade Mountain Blast	16	oz	140	0	0	0	0	0	180	36	0	36	0
POWERade Mountain Blast	21	oz	160	0	0	0	0	0	210	42	0	42	0
POWERade Mountain Blast	28	oz	250	0	0	0	0	0	320	65	0	65	0
Red Flash®	21	oz	300	0	0	0	0	0	125	80	0	80	0
Red Flash	28	oz	460	0	0	0	0	0	190	122	0	122	0
Red Flash	12	oz	170	0	0	0	0	0	70	46	0	46	0
Red Flash	16	oz	260	0	0	0	0	0	105	69	0	69	0
Seagram's® Ginger Ale	16	oz	220	0	0	0	0	0	70	59	0	59	0
Seagram's Ginger Ale	12	oz	150	0	0	0	0	0	50	39	0	39	0
Seagram's Ginger Ale	21	oz	260	0	0	0	0	0	85	69	0	69	0
Seagram's Ginger Ale	28	oz	390	0	0	0	0	0	130	105	0	105	0
Seagram's Ginger Ale Reduced Calorie	12	oz	110	0	0	0	0	0	50	28	0	28	0
Seagram's Ginger Ale Reduced Calorie	16	oz	160	0	0	0	0	0	70	41	0	41	0
Seagram's Ginger Ale Reduced Calorie	21	oz	190	0	0	0	0	0	85	48	0	48	0
Seagram's Ginger Ale Reduced Calorie	28	oz	280	0	0	0	0	0	130	73	0	73	0
Seagram's Tonic Water	12	oz	140	0	0	0	0	0	50	36	0	36	0
Seagram's Tonic Water	16	oz	200	0	0	0	0	0	75	54	0	54	0
Seagram's Tonic Water	21	oz	240	0	0	0	0	0	90	63	0	63	0
Seagram's Tonic Water	28	oz	360	0	0	0	0	0	135	96	0	96	0
Sprite Zero®	12	oz	0	0	0	0	0	0	45	0	0	0	0
Sprite Zero	16	oz	0	0	0	0	0	0	70	0	0	0	0
Sprite Zero	21	oz	5	0	0	0	0	0	80	0	0	0	0
Sprite Zero	28	oz	10	0	0	0	0	0	120	0	0	0	0
Sprite®	12	oz	160	0	0	0	0	0	70	43	0	43	0
Sprite	16	oz	240	0	0	0	0	0	110	64	0	64	0
Sprite	21	oz	280	0	0	0	0	0	125	75	0	75	0
Sprite	28	oz	420	0	0	0	0	0	190	114	0	114	0
Vanilla Coke®	12	oz	170	0	0	0	0	0	45	46	0	46	0
Vanilla Coke	16	oz	260	0	0	0	0	0	65	69	0	69	0
Vanilla Coke	21	oz	300	0	0	0	0	0	75	80	0	80	0
Vanilla Coke	28	oz	450	0	0	0	0	0	115	122	0	122	0

Percentage Daily Values are based on a 2,000 calorie diet. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

The Nutritional Information Blimpie® has provided is based on standard product formulations. Product variations may occur based on regional differences, ingredient substitutions, seasonal conditions, differences in product preparation at the store and suppliers. Some items listed may not be available in all stores. This list may not include test products, limited time offers, custom orders, self-service orders and regional menu variations.

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