



Randy's Donuts Nutrition & Allergen Guide

Our products may contain or be prepared on shared equipment that comes in contact with common allergens, including Eggs, Milk, Peanuts, Sesame, Soy, Tree Nuts, and Wheat. Nutritional and ingredient details are based on standard recipes, but variations may occur due to seasonal changes, regional differences, substitutions, or preparation methods. Limited-time offers and regional items may not be included and availability may vary. Printed materials may differ from in-store information. For questions please email info@randysdonuts.cm

CLASSIC DONUTS	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	Chol (mg)	Carb (g)	Sugar (g)	Tot Fib (g)	Prot (g)	Sod (mg)	Allergens
Glazed Raised	330	14	6	0	0	45	9	1	5	330	CONTAINS EGG, MILK, SOY, WHEAT.
Chocolate Raised	400	18	7	0	0	55	16	2	6	340	CONTAINS EGG, MILK, SOY, WHEAT.
Sugar Raised	340	14	6	0	0	47	11	1	5	330	CONTAINS EGG, MILK, SOY, WHEAT.
Maple Raised	430	14	6	0	0	71	32	1	5	340	CONTAINS SULFITES, EGG, MILK, SOY, WHEAT.
Devil's Food Cake	440	27	11	0	0	46	24	2	5	380	CONTAINS EGG, MILK, SOY, WHEAT.
Plain Cake	330	21	9	0	0	30	10	1	4	650	CONTAINS EGG, MILK, SOY, WHEAT.
Cinnamon Crumb Cake	450	25	10	0	0	53	27	2	5	760	CONTAINS EGG, MILK, SOY, WHEAT.
Wheat & Honey Cake	410	23	10	0	10	48	22	1	4	350	CONTAINS EGG, MILK, SOY, WHEAT.
Vanilla Iced Cake w Sprinkles	460	22	9	0	0	61	36	1	4	660	CONTAINS EGG, MILK, SOY, WHEAT.
Chocolate Iced Cake w Sprinkles	450	24	10	0	0	53	28	1	4	660	CONTAINS EGG, MILK, SOY, WHEAT.
Chocolate Iced Cake	390	24	10	0	0	42	20	1	4	660	CONTAINS EGG, MILK, SOY, WHEAT.
Vanilla Iced Cake	400	21	9	0	0	50	28	1	4	650	CONTAINS SULFITES, EGG, MILK, SOY, WHEAT.
Maple Iced Cake	400	21	9	0	0	50	28	1	4	650	CONTAINS EGG, MILK, SOY, WHEAT.
Pink Iced Cake w Pink Sprinkles	430	22	9	0	0	55	32	1	4	650	CONTAINS EGG, MILK, SOY, WHEAT.
Cherry Iced Cake	450	21	9	0	0	61	39	1	4	650	CONTAINS EGG, MILK, SOY, WHEAT.
Powdered Sugar Cake	360	21	9	0	0	38	18	1	4	650	CONTAINS EGG, MILK, SOY, WHEAT.
Chocolate Chip Cake	360	20	10	0	0	45	29	1	3	350	CONTAINS EGG, MILK, SOY, WHEAT.

DELUXE DONUTS	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	Chol (mg)	Carb (g)	Sugar (g)	Tot Fib (g)	Prot (g)	Sod (mg)	Allergens
Pink Raised with Sprinkles	470	15	6	0	0	81	40	1	5	340	CONTAINS EGG, MILK, SOY, WHEAT.
Glazed Twist	440	22	9	0	0	53	11	6	7	420	CONTAINS EGG, MILK, SOY, WHEAT.
Chocolate Twist	570	28	11	0	0	74	28	7	8	440	CONTAINS EGG, MILK, SOY, WHEAT.
Cinnamon Sugar Twist	330	17	7	0	0	41	9	6	5	320	CONTAINS EGG, MILK, SOY, WHEAT.
Plain Buttermilk	620	38	15	0.5	5	63	18	1	8	950	CONTAINS EGG, MILK, SOY, WHEAT.
Glazed Buttermilk	690	38	15	0.5	5	81	35	1	8	950	CONTAINS EGG, MILK, SOY, WHEAT.
Chocolate Buttermilk	850	43	17	1	5	110	59	2	9	960	CONTAINS EGG, MILK, SOY, WHEAT.
Chocolate Old Fashioned	590	39	17	0.5	0	57	31	2	5	320	CONTAINS EGG, MILK, SOY, WHEAT.
Glazed Old Fashioned	420	24	10	0	10	48	24	1	4	310	CONTAINS EGG, MILK, SOY, WHEAT.
Lemon Old Fashioned	470	25	11	0	10	59	33	2	3	360	CONTAINS EGG, MILK, SOY, WHEAT.
Chocolate Long John	510	25	10	0	0	68	25	2	7	590	CONTAINS EGG, MILK, SOY, WHEAT.
Maple Long John	610	19	8	0	0	106	62	1	7	580	CONTAINS SULFITES, EGG, MILK, SOY, WHEAT.
Chocolate Iced Cruller	240	14	6	0	25	27	12	1	4	240	CONTAINS EGG, MILK, SOY, WHEAT.
Maple Iced Cruller	250	11	5	0	25	35	21	0	3	230	CONTAINS SULFITES, EGG, MILK, SOY, WHEAT.
Vanilla Iced Cruller	250	11	5	0	25	35	21	0	3	230	CONTAINS EGG, MILK, SOY, WHEAT.
Blueberry Cake	340	16	7	0	10	45	19	2	4	530	CONTAINS EGG, MILK, SOY, WHEAT.
Blueberry Cake Icing	380	16	7	0	10	55	28	2	4	530	CONTAINS SULFITES, EGG, MILK, SOY, WHEAT.

FANCY DONUTS	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	Chol (mg)	Carb (g)	Sugar (g)	Tot Fib (g)	Prot (g)	Sod (mg)	Allergens
Jelly Lemon Filled	460	17	7	0	0	69	22	1	6	430	CONTAINS EGG, MILK, SOY, WHEAT.
Raspberry Jelly Filled	480	17	7	0	0	76	28	2	6	470	CONTAINS SULFITES, EGG, MILK, SOY, WHEAT.
Strawberry Jelly Filled	450	17	7	0	0	68	19	2	6	440	CONTAINS EGG, MILK, SOY, WHEAT.
Apple Fritter	960	60	24	0	0	91	20	2	14	880	CONTAINS SULFITES, EGG, MILK, SOY, WHEAT.
Cinnamon Roll	760	44	17	0	0	82	21	6	10	510	CONTAINS EGG, MILK, SOY, WHEAT.
Chocolate Long John w Cream	640	27	10	0	0	95	46	3	8	670	CONTAINS EGG, MILK, SOY, WHEAT.
Maple Long John w Cream	710	20	8	0	0	126	79	1	7	650	CONTAINS SULFITES, EGG, MILK, SOY, WHEAT.
Bear Claw	770	41	16	0	0	90	25	8	13	820	CONTAINS SULFITES, EGG, MILK, SOY, WHEAT.
Chocolate Crondy	720	49	27	1	15	64	31	2	5	200	CONTAINS MILK, SOY, WHEAT.
Glazed Crondy	670	48	26	1	15	56	24	2	5	200	CONTAINS MILK, WHEAT.
Butter Crumb Raised	440	19	9	0	10	62	21	1	6	390	CONTAINS EGG, MILK, SOY, WHEAT.
Coconut Raised	410	21	12	0	0	49	9	3	6	340	CONTAINS SULFITES, COCONUT, EGG, MILK, SOY, WHEAT.
Roasted Coconut Raised	420	21	12	0	0	51	13	3	6	350	CONTAINS COCONUT, EGG, MILK, SOY, WHEAT.

PREMIUM DONUTS	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	Chol (mg)	Carb (g)	Sugar (g)	Tot Fib (g)	Prot (g)	Sod (mg)	Allergens
Matcha Tea Raised	490	17	7	0	0	79	36	2	6	420	CONTAINS EGG, MILK, SOY, WHEAT.
Cinnamon Toast Crunch	500	15	6	0	0	88	45	1	6	370	CONTAINS SULFITES, EGG, MILK, SOY, WHEAT.
Bacon Maple Long John	690	25	9	0	15	106	62	1	12	830	CONTAINS SULFITES, EGG, MILK, SOY, WHEAT.
Maple Raised w Churros	620	26	10	0	15	94	46	1	7	1360	CONTAINS SULFITES, EGG, MILK, SOY, WHEAT.
S'mores Raised	470	18	7	0	0	74	28	2	6	360	CONTAINS EGG, MILK, SOY, WHEAT.
M&M's Raised	520	22	9	0	0	75	33	3	7	350	CONTAINS EGG, MILK, SOY, WHEAT.
Nutella Raised	360	18	7	0	0	45	8	1	6	340	CONTAINS HAZELNUT, EGG, MILK, SOY, WHEAT.
Oreo's Raised	540	18	7	0	0	90	45	1	6	410	CONTAINS EGG, MILK, SOY, WHEAT.
Red Velvet	460	28	12	0	10	50	24	1	4	630	CONTAINS EGG, MILK, SOY, WHEAT.
Coffee Raised	470	18	8	0	0	73	30	1	6	440	CONTAINS SULFITES, EGG, MILK, SOY, WHEAT.
Froot Loops Raised	480	15	6	0	0	83	40	1	6	380	CONTAINS EGG, MILK, SOY, WHEAT.
Fruity Pebbles Raised	470	14	6	0	0	81	38	1	6	360	CONTAINS EGG, MILK, SOY, WHEAT.
Texas Glazed	1080	46	19	0	0	149	28	3	17	1090	CONTAINS EGG, MILK, SOY, WHEAT.
Pink Icing Texas Decorated	1460	49	20	0	0	239	102	3	17	1110	CONTAINS EGG, MILK, SOY, WHEAT.
Chocolate Icing Texas Decorated	1500	58	24	0	0	229	89	5	18	1130	CONTAINS EGG, MILK, SOY, WHEAT.

ROUNDS	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	Chol (mg)	Carb (g)	Sugar (g)	Tot Fib (g)	Prot (g)	Sod (mg)	Allergens
Glazed Round	120	7	3	0	0	11	3	0	2	100	CONTAINS EGG, MILK, SOY, WHEAT.
Chocolate Iced Round	140	8	3.5	0	0	15	7	1	2	105	CONTAINS EGG, MILK, SOY, WHEAT.
Vanilla Iced Round	140	7	3	0	0	17	9	0	2	100	CONTAINS EGG, MILK, SOY, WHEAT.
Pink Iced Round	140	7	3	0	0	17	9	0	2	100	CONTAINS EGG, MILK, SOY, WHEAT.
Maple Iced Round	140	7	3	0	0	17	9	0	2	100	CONTAINS EGG, MILK, SOY, WHEAT.
Vanilla Iced Round with Rainbow Sprinkles	170	8	3.5	0	0	24	13	0	2	105	CONTAINS EGG, MILK, SOY, WHEAT.
Vanilla Iced Round with Rainbow Sprinkles	170	9	3.5	0	0	22	11	1	2	105	CONTAINS EGG, MILK, SOY, WHEAT.
Pink Iced Round with Pink Sprinkles	170	8	3.5	0	0	24	14	0	2	105	CONTAINS EGG, MILK, SOY, WHEAT.
Chocolate Iced Round With Fruity Pebbles	150	8	3.5	0	0	17	7	1	2	120	CONTAINS EGG, MILK, SOY, WHEAT.
Vanilla iced with fruity pebbles	150	8	3	0	0	19	10	0	2	115	CONTAINS EGG, MILK, SOY, WHEAT.

DOZEN	Calories
Classic Dozen	330 - 450 cal each
Deluxe Dozen	340 - 850 cal each
Fancy Dozen	410 - 960 cal each
Premium Dozen	360 - 1080 cal each
Mix #1 Dozen	330 - 850 cal each
Mix #2 Dozen	330 - 960 cal each
Mix #3 Dozen	330 - 1080 cal each
Mix #4 Dozen	330 - 1080 cal each

CROISSANTS	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	Chol (mg)	Carb (g)	Sugar (g)	Tot Fib (g)	Prot (g)	Sod (mg)	Allergens
Plain	370	20	12	0	25	39	8	1	7	440	MILK, WHEAT MAY CONTAIN: EGG, SOY
Jalapeno Ham and Cheese	680	38	22	0.5	75	64	12	2	19	950	CONTAINS: MILK, SOY, WHEAT
Ham and Cheese	680	38	22	0.5	75	64	12	2	19	720	CONTAINS: MILK, SOY, WHEAT
French Toast Donut	720	48	24	2	170	65	35	1	9	380	CONTAINS: EGG, MILK, SOY, WHEAT
Bacon Breakfast Burrito	760	39	15	0	460	58	<1	2	35	1460	CONTAINS: EGG, MILK, WHEAT
Bacon Croissant Sandwich	490	33	17	0	265	23	4	0	24	780	CONTAINS: EGG, MILK, SOY, WHEAT
Bacon English Muffin Sandwich	400	22	9	0	250	22	<1	1	23	720	CONTAINS: EGG, MILK, SOY, WHEAT
Sausage Breakfast Burrito	840	47	18	0	470	57	0	2	35	1500	CONTAINS: EGG, MILK, WHEAT
Sausage Croissant Sandwich	580	41	20	0	275	23	3	0	23	810	CONTAINS: EGG, MILK, SOY, WHEAT
Sausage English Muffin Sandwich	490	30	12	0	260	21	0	1	22	750	CONTAINS: EGG, MILK, SOY, WHEAT

BOBA DRINKS	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	Chol (mg)	Carb (g)	Sugar (g)	Tot Fib (g)	Prot (g)	Sod (mg)	Allergens
Blended Brown Sugar Milk tea, Large	500	12	7	0	30	95	58	0	8	240	CONTAINS: MILK
Blended Brown Sugar Milk tea, Medium	400	8	5	0	20	76	45	0	6	180	CONTAINS: MILK
Iced Brown Sugar Milk tea, Large	450	9	6	0	20	86	51	0	6	210	CONTAINS: MILK
Iced Brown Sugar Milk tea, Medium	360	7	5	0	15	69	39	0	5	160	CONTAINS: MILK
Blended Coconut Thai Tea, Large	590	19	15	0	30	100	76	0	7	170	CONTAINS: MILK, SOY
Blended Coconut Thai Tea, Medium	480	15	12	0	25	81	59	0	5	135	CONTAINS: MILK, SOY
Iced Coconut Thai Tea, Large	460	11	8	0	20	87	64	0	5	125	CONTAINS: MILK, SOY
Iced Coconut Thai Tea, Medium	360	8	6	0	15	70	49	0	4	95	CONTAINS: MILK, SOY
Blended Strawberry Milk Tea, Large	460	12	7	0	30	84	64	0	8	250	CONTAINS: MILK
Blended Strawberry Milk Tea, Medium	350	8	5	0	20	65	50	0	6	190	CONTAINS: MILK
Iced Strawberry Milk Tea, Large	400	9	6	0	20	76	56	0	6	220	CONTAINS: MILK
Iced Strawberry Milk Tea, Medium	310	7	5	0	15	59	44	0	5	170	CONTAINS: MILK
Blended Taro Milk Tea, Large	550	21	12	0	35	86	51	0	9	200	CONTAINS: MILK, SOY MAY CONTAIN: EGG, NUTS, PEANUTS, WHEAT
Blended Taro Milk Tea, Medium	450	17	10	0	25	69	39	0	7	160	CONTAINS: MILK, SOY MAY CONTAIN: EGG, NUTS, PEANUTS, WHEAT
Iced Taro Milk Tea, Large	500	19	11	0	25	78	43	0	8	180	CONTAINS: MILK, SOY MAY CONTAIN: EGG, NUTS, PEANUTS, WHEAT
Iced Taro Milk Tea, Medium	410	16	10	0	20	63	33	0	6	140	CONTAINS: MILK, SOY MAY CONTAIN: EGG, NUTS, PEANUTS, WHEAT

SPECIALITY COFFEE	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	Chol (mg)	Carb (g)	Sugar (g)	Tot Fib (g)	Prot (g)	Sod (mg)	Allergens
Sea Salt Caramel Latte, Large	350	16	8	0	55	43	39	0	12	400	CONTAINS: MILK
Sea Salt Caramel Latte, Medium	290	14	7	0	50	35	32	0	9	320	CONTAINS: MILK
Sea Salt Caramel Latte, Small	230	11	6	0	40	27	25	0	7	240	CONTAINS: MILK
Sea Salt Caramel Frappe, Large	570	12	7	0	40	113	106	0	7	750	CONTAINS: MILK
Sea Salt Caramel Frappe, Medium	480	10	6	0	30	94	88	0	6	640	CONTAINS: MILK
Sea Salt Caramel Frappe, Small	390	8	4.5	0	25	75	70	0	4	520	CONTAINS: MILK
Maple Cream Iced Coffee, Large	230	9	9	0	5	33	31	0	1	45	CONTAINS: MILK, SOY
Maple Cream Iced Coffee, Medium	150	6	6	0	5	22	21	0	1	30	CONTAINS: MILK, SOY
Maple Cream Iced Coffee, Small	130	6	6	0	5	18	17	0	1	30	CONTAINS: MILK, SOY
Butter Crumb Latte, Large	350	15	8	0	55	47	45	0	11	260	CONTAINS: MILK
Butter Crumb Latte, Medium	290	12	6	0	45	39	37	0	8	220	CONTAINS: MILK
Butter Crumb Latte, Small	230	11	5	0	40	28	26	0	7	160	CONTAINS: MILK
Iced Butter Crumb Latte, Large	360	17	13	0	35	46	42	0	8	250	CONTAINS: MILK
Iced Butter Crumb Latte, Medium	270	13	9	0	30	37	33	0	6	210	CONTAINS: MILK
Iced Butter Crumb Latte, Small	220	11	8	0	25	26	24	0	5	150	CONTAINS: MILK
Iced Sea Salt Caramel Latte, Large	390	20	15	0	50	44	39	0	10	410	CONTAINS: MILK
Iced Sea Salt Caramel Latte, Medium	270	14	10	0	30	33	28	0	7	310	CONTAINS: MILK
Iced Sea Salt Caramel Latte, Small	210	11	9	0	25	25	22	0	5	230	CONTAINS: MILK
Iced Spiced Chai Latte, Large	440	18	11	0	50	59	54	1	15	300	CONTAINS: COCONUT, MILK
Iced Spiced Chai Latte, Medium	360	14	9	0	35	49	45	1	12	240	CONTAINS: COCONUT, MILK
Iced Spiced Chai Latte, Small	290	11	7	0	30	41	37	1	10	200	CONTAINS: COCONUT, MILK
Spiced Chai Latte, Large	510	22	13	0	65	65	60	1	19	360	CONTAINS: COCONUT, MILK
Spiced Chai Latte, Medium	430	18	11	0	55	55	51	1	16	300	CONTAINS: COCONUT, MILK
Spiced Chai Latte, Small	350	14	9	0	40	46	42	1	12	240	CONTAINS: COCONUT, MILK

CLASSIC COFFEE	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	Chol (mg)	Carb (g)	Sugar (g)	Tot Fib (g)	Prot (g)	Sod (mg)	Allergens
Iced Americano 12 oz	0	0	0	0	0	0	0	0	0	15	
Iced Americano 16 oz	0	0	0	0	0	<1	0	0	0	20	
Iced Americano 24 oz	0	0	0	0	0	<1	0	0	0	25	
Hot Americano 12 fl oz	0	0	0	0	0	0	0	0	0	15	
Hot Americano 16 fl oz	0	0	0	0	0	<1	0	0	0	20	
Hot Americano 20 fl oz	0	0	0	0	0	<1	0	0	0	25	
Hot Cappuccino, 12 oz	140	8	4.5	0	35	12	11	0	7	125	CONTAINS: MILK
Hot Cappuccino, 16 oz	210	13	6	0	50	19	17	0	11	190	CONTAINS: MILK
Hot Cappuccino, 20 oz	280	17	9	0	65	25	23	0	15	250	CONTAINS: MILK
Iced Macchiato 12 oz	170	7	3.5	0	25	23	22	0	6	115	CONTAINS: MILK
Iced Macchiato 16 oz	210	8	4	0	30	30	28	0	7	140	CONTAINS: MILK
Iced Macchiato 24 oz	240	9	5	0	35	35	34	0	8	160	CONTAINS: MILK
Iced Mocha 12 oz	200	7	3.5	0	25	29	25	2	7	135	CONTAINS: MILK
Iced Mocha 16 oz	260	9	4.5	0	30	40	34	3	9	170	CONTAINS: MILK
Iced Mocha 24 oz	320	10	5	0	35	51	44	4	10	200	CONTAINS: MILK
Caramel Macchiato, 12 oz	180	8	4	0	30	24	23	0	7	120	CONTAINS: MILK
Caramel Macchiato, 16 oz	250	11	5	0	40	33	31	0	10	170	CONTAINS: MILK
Caramel Macchiato, 20 oz	320	14	7	0	55	42	40	0	12	220	CONTAINS: MILK
Hot Mocha, 12 oz	200	8	4	0	30	29	26	2	8	140	CONTAINS: MILK
Hot Mocha, 16 oz	300	11	6	0	40	44	38	3	11	200	CONTAINS: MILK
Hot Mocha, 20 oz	390	15	7	0	55	57	50	4	14	260	CONTAINS: MILK
Vanilla Latte, 12 oz	160	7	3.5	0	30	20	19	0	7	110	CONTAINS: MILK
Vanilla Latte, 16 oz	230	11	5	0	40	29	27	0	9	160	CONTAINS: MILK
Vanilla Latte, 20 oz	300	14	7	0	55	38	36	0	12	210	CONTAINS: MILK
Caramel Frappe, 12 oz	170	3.5	2	0	10	33	32	0	3	100	CONTAINS: MILK
Caramel Frappe, 16 oz	230	4.5	2.5	0	15	44	41	0	4	135	CONTAINS: MILK
Caramel Frappe, 24 oz	280	6	3.5	0	25	54	51	0	6	170	CONTAINS: MILK
Cold Brew Coffee, 12 oz	10	0	0	0	0	2	2	0	0	10	
Cold Brew Coffee, 16 oz	10	0	0	0	0	3	3	0	0	10	
Cold Brew Coffee, 24 oz	10	0	0	0	0	3	3	0	0	15	
Hot Chocolate, 12 oz	260	9	4.5	0	35	40	35	3	9	170	CONTAINS: MILK
Hot Chocolate, 16 oz	470	19	10	0	70	64	57	4	18	320	CONTAINS: MILK
Hot Chocolate, 20 oz	500	19	10	0	70	72	63	4	18	330	CONTAINS: MILK
Hot Latte, 12 oz	120	7	3.5	0	30	11	10	0	7	110	CONTAINS: MILK
Hot Latte, 16 oz	180	11	5	0	40	16	14	0	9	160	CONTAINS: MILK
Hot Latte, 20 oz	230	14	7	0	55	20	19	0	12	200	CONTAINS: MILK
Iced Latte, 12 oz	110	7	3.5	0	25	10	9	0	6	105	CONTAINS: MILK
Iced Latte, 16 oz	130	8	4	0	30	12	11	0	7	125	CONTAINS: MILK
Iced Latte, 24 oz	150	9	4.5	0	35	14	12	0	8	140	CONTAINS: MILK
Iced Coffee, 12 oz	5	0	0	0	0	0	0	0	1	10	
Iced Coffee, 16 oz	10	0	0	0	0	0	0	0	1	15	
Iced Coffee, 20 oz	10	0	0	0	0	0	0	0	1	20	
Mocha Frappe, 12 oz	170	2.5	1.5	0	10	35	31	2	3	90	CONTAINS: MILK
Mocha Frappe, 16 oz	220	4	2	0	15	45	41	2	4	120	CONTAINS: MILK
Mocha Frappe, 24 oz	280	5	2.5	0	15	56	50	3	6	150	CONTAINS: MILK
Randy's Roast, 12 oz	0	0	0	0	0	0	0	0	0	5	
Randy's Roast, 16 oz	0	0	0	0	0	0	0	0	1	10	
Randy's Roast, 20 oz	5	0	0	0	0	0	0	0	1	10	

FROZEN & ICED REFRESHERS	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	Chol (mg)	Carb (g)	Sugar (g)	Tot Fib (g)	Prot (g)	Sod (mg)	Allergens
Frozen Lemonade, Large	320	0	0	0	0	77	77	0	0	60	
Frozen Lemonade, Medium	280	0	0	0	0	68	68	0	0	50	
Iced Lemonade, Large	220	0	0	0	0	52	52	0	0	25	
Iced Lemonade, Medium	150	0	0	0	0	35	35	0	0	15	
Frozen Mango Lemonade, Large	360	0	0	0	0	88	87	0	0	70	
Frozen Mango Lemonade, Medium	290	0	0	0	0	70	69	0	0	55	
Iced Mango Lemonade, Large	280	0	0	0	0	66	65	0	0	35	
Iced Mango Lemonade, Medium	190	0	0	0	0	44	44	0	0	25	
Frozen Orange Creamsicle Lemonade, Large	350	6	6	0	5	71	69	0	1	45	CONTAINS: MILK, SOY
Frozen Orange Creamsicle Lemonade, Medium	290	6	6	0	5	58	56	0	1	40	CONTAINS: MILK, SOY
Iced Orange Creamsicle Lemonade, Large	350	6	6	0	5	71	69	0	1	45	CONTAINS: MILK, SOY
Iced Orange Creamsicle Lemonade, Medium	290	6	6	0	5	58	56	0	1	40	CONTAINS: MILK, SOY
Frozen Peach Arnold Palmer, Large	250	0	0	0	0	61	61	0	0	45	
Frozen Peach Arnold Palmer, Medium	210	0	0	0	0	52	52	0	0	40	
Iced Peach Arnold Palmer, Large	200	0	0	0	0	49	48	0	0	25	
Iced Peach Arnold Palmer, Medium	130	0	0	0	0	31	31	0	0	15	
Frozen Pina Colada Lemonade, Large	380	0	0	0	0	91	91	0	0	50	
Frozen Pina Colada Lemonade, Medium	320	0	0	0	0	78	78	0	0	40	
Iced Pina Colada Lemonade, Large	280	0	0	0	0	66	66	0	0	25	
Iced Pina Colada Lemonade, Medium	220	0	0	0	0	53	53	0	0	15	
Frozen Raspberry Lemonade, Large	360	0	0	0	0	86	80	0	0	45	
Frozen Raspberry Lemonade, Medium	280	0	0	0	0	69	64	0	0	40	
Iced Raspberry Lemonade, Large	280	0	0	0	0	65	62	0	0	20	
Iced Raspberry Lemonade, Medium	180	0	0	0	0	43	41	0	0	15	
Frozen Strawberry Lemonade, Large	370	0	0	0	0	90	89	0	0	50	
Frozen Strawberry Lemonade, Medium	290	0	0	0	0	71	70	0	0	40	
Iced Strawberry Lemonade, Large	280	0	0	0	0	67	66	0	0	25	
Iced Strawberry Lemonade, Medium	190	0	0	0	0	45	44	0	0	15	
Frozen Watermelon Lemonade, Large	350	0	0	0	0	86	84	0	0	45	
Frozen Watermelon Lemonade, Medium	280	0	0	0	0	69	67	0	0	40	
Iced Watermelon lemonade, Large	280	0	0	0	0	65	64	0	0	20	
Iced Watermelon lemonade, Medium	180	0	0	0	0	43	43	0	0	15	
Iced Peach Tea, Large	130	0	0	0	0	32	31	0	1	20	
Iced Peach Tea, Medium	110	0	0	0	0	27	27	0	1	15	

MILKSHAKES	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	Chol (mg)	Carb (g)	Sugar (g)	Tot Fib (g)	Prot (g)	Sod (mg)	Allergens
Chocolate Milkshake, Medium	1320	51	34	0	190	193	177	6	19	340	CONTAINS: MILK
Cookies & Cream Milkshake, Medium	1440	61	37	0	195	202	180	0	20	510	CONTAINS: MILK, SOY, WHEAT
Dulce De Leche Milkshake, Medium	1320	52	34	0	200	190	181	0	18	340	CONTAINS: MILK
Strawberry Milkshake, Medium	1230	50	33	0	190	178	171	0	16	240	CONTAINS: MILK
Vanilla Milkshake, Medium	1270	52	34	0	195	179	171	0	19	350	CONTAINS: MILK

SOFT DRINKS & EXTRAS	Calories	Fat (g)	Sat Fat (g)	Trans fat (g)	Chol (mg)	Carb (g)	Sugar (g)	Tot Fib (g)	Prot (g)	Sod (mg)	Allergens
Brown Sugar Boba	110	0	0	0	0	26	8	0	0	10	
Strawberry Popping Pearls	60	0	0	0	0	15	12	0	0	25	
Cold Foam Topper	90	7	7	0	5	6	5	0	1	30	CONTAINS: MILK, SOY
Apple Juice	140	0	0	0	0	36	36	0	0	30	
Orange Juice	160	0.5	0	0	0	37	30	0	2	0	
2% Milk	130	5	3	0	20	13	0	0	9	130	CONTAINS: MILK
Chocolate Milk	140	2.5	1.5	0	10	22	8	0	9	220	CONTAINS: MILK
Randy's Water	0	0	0	0	0	0	0	0	0	0	
Diet Coke	0	0	0	0	0	0	0	0	0	70	
Coke	240	0	0	0	0	65	65	0	0	75	
Sprite	230	0	0	0	0	64	63	0	0	110	