



RaceTrac's Nutrition Facts

Table with columns: Menu Item, Serving Size, Calories, Calories from Fat, Total Fat (g), Saturated Fat (g), Trans Fat (g), Cholesterol (mg), Sodium (mg), Total Carbohydrates (g), Dietary Fiber (g), Sugars (g), Added Sugars (g), Proteins, Allergens: Milk, Eggs, Fish, Shellfish, Tree Nuts, Peanuts, Wheat, Soy, Sesame.

Cheesecake LF	2/3 cup (105g)	130	0	0	0	0	0	135	30	0	23	17	2	Milk, Peanuts, Tree Nuts, Soy, Eggs	
Cookies N Cream LF	2/3 cup (105g)	140	18	2	1	0	5	115	26	0	22	14	3	Milk, Wheat, Soy	
Southern Butter Pecan NF	2/3 cup (105g)	130	0	0	0	0	0	130	0	0	18	11	2	Milk	
Strawberry NF	2/3 cup (105g)	130	0	0	0	0	0	85	29	0	23	14	2	Milk	
Birthday Cake	2/3 cup (105g)	120	0	0	0	0	0	90	27	0	20	12	2	Milk, Wheat, Soy, Peanuts, Tree Nuts, Eggs	
Frosted Sugar Cookie	2/3 cup (105g)	140	27	3	2	0	10	80	26	0	21	13	3	Milk, Wheat, Soy, Peanuts, Tree Nuts, Eggs	
Chocolate NF	2/3 cup (105g)	130	0	0	0	0	0	90	26	0	22	14	3	Milk	
Tahitian Vanilla NF	2/3 cup (105g)	120	0	0	0	0	0	90	26	0	20	13	3	Milk	
Watermelon Sorbet NF	2/3 cup (105g)	110	0	0	0	0	0	0	27	0	23	22	0	N/A	
Sea Salt Caramel Pretzel	2/3 cup (105g)	140	27	3	2	0	10	210	24	0	20	12	4	Milk, Wheat (Gluten)	
Pink Lemonade Soft Serve Frozen Sorbet NF	2/3 cup (105g)	100	0	0	0	0	0	10	26	0	22	21	0	N/A	
Topping Chopped Cocoa Gems	100g	480	0	20	19	0.36	0.65	57	74	1	71	67	2	Milk & Soy	
Topping Snow Caps	100g	456	0	17	16	0.2	0.07	1	77	2	66	65	2	Milk & Soy	
Nerds	100g	375	0	0	0	0	0	7	94	0	91	91	0	N/A	
Reeses Chopped PB Cup Topping	100g	501	0	28	10	0.11	7	308	57	3	52	48	10	Milk, Soy, Peanuts	
Milk Chocolate Caramel Turtle	100g	488	0	27	22	0.1	12	104	61	1	52	47	3	Milk & Soy	
Chocolate Covered Pretzels	100g	466	0	17	15	0.06	0.66	714	71	3	38	38	6	Milk, Soy, & Wheat	
Hershey's Mini Reese Pieces	100g	492	0	22	19	0.39	0	113	64	3	54	54	10	Milk, Wheat, Soy, Peanuts, Tree Nuts, Eggs	
Rainbow Sprinkles	100g	482	0	18	17	0.19	0	3	80	0.03	79	79	0.19	N/A	
Chocolate Chip Cookie Dough	100g	421	0	14	7	0.062	0.065	208	73	1	32	32	0.46	Milk, Soy, & Wheat	
Candy Gummy Bear	100g	300	0	0.5	0	0	0	60	71	0	43	43	4	N/A	
Topper Yogurt Cup Yogurt Topping	100g	497	0	23	21	0.03	0.98	109	71	0	71	61	2	Milk & Soy	
Peanuts Granulated	100g	570	0	50	7	0	0	5	21	7	3	0	25	Peanuts	
Cold Fountain															
Coke	20oz (540g)	270	0	0	0	0	0	65	67	0	67	67	0		
Coke	30 oz (850g)	405	0	0	0	0	0	97.5	100.5	0	100.5	100.5	0		
Coke	40 oz (1134g)	540	0	0	0	0	0	130	134	0	134	134	0		
Dr. Pepper	20oz (540g)	210	0	0	0	0	0	210	0	0	63	63	0		
Dr. Pepper	30 oz (850g)	315	0	0	0	0	0	0	78	0	94.5	94.5	0		
Dr. Pepper	40 oz (1134g)	420	0	0	0	0	0	0	120	0	126	126	0		
Pepsi	20oz (540g)	220	0	0	0	0	0	40	55	0	55	55	0		
Pepsi	30 oz (850g)	330	0	0	0	0	0	0	82.5	0	82.5	82.5	0		
Pepsi	40 oz (1134g)	440	0	0	0	0	0	0	80	0	110	110	0		
Mountain Dew	20oz (540g)	180	0	0	0	0	0	50	54	0	44	44	0		
Mountain Dew	30 oz (850g)	270	0	0	0	0	0	75	64	0	64	64	0		
Mountain Dew	40 oz (1134g)	360	0	0	0	0	0	100	88	0	88	88	0		
Sprite	20oz (540g)	190	0	0	0	0	0	115	46	0	46	46	0		
Sprite	30 oz (850g)	285	0	0	0	0	0	0	172.5	0	69	69	0		
Sprite	40 oz (1134g)	380	0	0	0	0	0	0	230	0	92	92	0		
Hawaiian Fruit Punch	20oz (540g)	240	0	0	0	0	0	92	60	0	59	59	0		
Hawaiian Fruit Punch	30 oz (850g)	360	0	0	0	0	0	138	90	0	88	88	0		
Hawaiian Fruit Punch	40 oz (1134g)	480	0	0	0	0	0	184	120	0	117	117	0		
Diet Mountain Dew	20oz (540g)	0	0	0	0	0	0	0	<0.5	0	0	0	0		
Diet Mountain Dew	30 oz (850g)	0	0	0	0	0	0	0	82.5	0	<1.0	0	0		
Diet Mountain Dew	40 oz (1134g)	0	0	0	0	0	0	0	110	1	0	0	0		
Diet Coke	20oz (540g)	0	0	0	0	0	0	80	0	0	0	0	0		
Diet Coke	30 oz (850g)	0	0	0	0	0	0	120	0	0	0	0	0		
Diet Coke	40 oz (1134g)	0	0	0	0	0	0	160	0	0	0	0	0		
Diet Pepsi	20oz (540g)	0	0	0	0	0	0	73	0	0	0	0	0		
Diet Pepsi	30 oz (850g)	0	0	0	0	0	0	109	0	0	0	0	0		
Diet Pepsi	40 oz (1134g)	0	0	0	0	0	0	146	0	0	0	0	0		
Big Red Fountain	20oz (540g)	230	0	0	0	0	0	60	57	0	56	56	0		
Big Red Fountain	30 oz (850g)	345	0	0	0	0	0	90	86	0	84	84	0		
Big Red Fountain	40 oz (1134g)	460	0	0	0	0	0	120	114	0	112	112	0		
Fanta Strawberry	20oz (540g)	210	0	0	0	0	0	140	54	0	53	53	0		
Fanta Strawberry	30 oz (850g)	315	0	0	0	0	0	210	81	0	79.5	79.5	0		
Fanta Strawberry	40 oz (1134g)	420	0	0	0	0	0	280	108	0	106	106	0		
Fanta Orange	20oz (540g)	300	0	0	0	0	0	200	60	0	60	60	0		
Fanta Orange	30 oz (850g)	300	0	0	0	0	0	52.5	75	0	99	99	0		
Fanta Orange	40 oz (1134g)	400	0	0	0	0	0	70	100	0	132	132	0		
Cherry Coke Vanilla	20oz (540g)	260	0	0	0	0	0	65	65	0	65	65	0		
Cherry Coke Vanilla	30 oz (850g)	390	0	0	0	0	0	97.5	97.5	0	97.5	97.5	0		
Cherry Coke Vanilla	40 oz (1134g)	520	0	0	0	0	0	130	130	0	130	130	0		
Coke Zero	20oz (540g)	0	0	0	0	0	0	65	0	0	0	0	0		
Coke Zero	30 oz (850g)	0	0	0	0	0	0	97.5	0	0	0	0	0		
Coke Zero	40 oz (1134g)	0	0	0	0	0	0	130	0	0	0	0	0		
Diet Dr Pepper	20oz (540g)	0	0	0	0	0	0	80	0	0	0	0	0		
Diet Dr Pepper	30 oz (850g)	0	0	0	0	0	0	140	0	0	0	0	0		
Diet Dr Pepper	40 oz (1134g)	0	0	0	0	0	0	198	0	0	0	0	0		
Canada Dry Ginger Ale	20oz (540g)	190	0	0	0	0	0	67	48	0	48	48	0		
Canada Dry Ginger Ale	30 oz (850g)	285	0	0	0	0	0	100	72	0	72	72	0		
Canada Dry Ginger Ale	40 oz (1134g)	380	0	0	0	0	0	134	96	0	96	96	0		
Barq's Root Beer	20oz (540g)	270	0	0	0	0	0	115	67	0	67	67	0		
Barq's Root Beer	30 oz (850g)	405	0	0	0	0	0	172.5	100.5	0	100.5	100.5	0		
Barq's Root Beer	40 oz (1134g)	540	0	0	0	0	0	230	134	0	134	134	0		
Caffeine Free Diet Coke	20oz (540g)	0	0	0	0	0	0	80	0	0	0	0	0		
Caffeine Free Diet Coke	30 oz (850g)	0	0	0	0	0	0	120	0	0	0	0	0		
Caffeine Free Diet Coke	40 oz (1134g)	0	0	0	0	0	0	160	0	0	0	0	0		
Hi-C Fruit Punch*	20oz (540g)	260	0	0	0	0	0	60	69	0	68	68	0		
Hi-C Fruit Punch*	30 oz (850g)	390	0	0	0	0	0	95	103	0	102	102	1		
Hi-C Fruit Punch*	40 oz (1134g)	520	0	0	0	0	0	125	137	0	136	136	1		
Vitamin Water XXX	20oz (540g)	130	0	0	0	0	0	60	32	0	31	31	0		
Vitamin Water XXX	30 oz (850g)	195	0	0	0	0	0	80	48	0	52.5	46.5	0		
Vitamin Water XXX	40 oz (1134g)	260	0	0	0	0	0	120	64	0	62	62	0		
Vitamin Water Squeeze Zero	20oz (540g)	0	0	0	0	0	0	65	0	0	0	0	0		
Vitamin Water Squeeze Zero	30 oz (850g)	0	0	0	0	0	0	97.5	0	0	0	0	0		
Vitamin Water Squeeze Zero	40 oz (1134g)	0	0	0	0	0	0	130	0	0	0	0	0		
Minute Maid Lemonade	20oz (540g)	240	0	0	0	0	0	140	60	0	57	57	0		
Minute Maid Lemonade	30 oz (850g)	360	0	0	0	0	0	240	90	0	85.5	85.5	0		
Minute Maid Lemonade	40 oz (1134g)	480	0	0	0	0	0	320	120	0	114	114	0		
Powerade Mountain Berry	20oz (540g)	150	0	0	0	0	0	90	37	0	36	36	0		
Powerade Mountain Berry	30 oz (850g)	225	0	0	0	0	0	135	55.5	0	54	54	0		
Powerade Mountain Berry	40 oz (1134g)	300	0	0	0	0	0	180	74	0	72	72	0		
Mountain Dew Kick Start	20oz (540g)	110	0	0	0	0	0	87.5	27.5	0	25	25	0		
Mountain Dew Kick Start	30 oz (850g)	165	0	0	0	0	0	130	41.25	0	37.5	37.5	0		
Mountain Dew Kick Start	40 oz (1134g)	220	0	0	0	0	0	175	55	0	50	50	0		
Gatorade Lemon Lime	20oz (540g)	150	0	0	0	0	0	267	37	0	35	35	0		
Gatorade Lemon Lime	30 oz (850g)	225	0	0	0	0	0	400.5	55.5	0	52.5	52.5	0		
Gatorade Lemon Lime	40 oz (1134g)	300	0	0	0	0	0	534	74	0	70	70	0		
Powerade Fruit Punch	20oz (540g)	140	0	0	0	0	0	190	36	0	36	36	0		
Powerade Fruit Punch	30 oz (850g)	210	0	0	0	0	0	285	54	0	54	54	0		
Powerade Fruit Punch	40 oz (1134g)	280	0	0	0	0	0	380	72	0	72	72	0		
Sprite Lymonade	20oz (540g)	110	0	0	0	0	0	150	21	0	51	51	0		
Sprite Lymonade	30 oz (850g)	165	0	0	0	0	0	225	31.5	0	76.5	76.5	0		
Sprite Lymonade	40 oz (1134g)	220	0	0	0	0	0	300	102	0	102	102	0		

Cherry Coke	20oz (540g)	280	0	0	0	0	0	0	70	70	0	70	70	0
Cherry Coke	30 oz (850g)	420	0	0	0	0	0	0	105	105	0	105	105	0
Cherry Coke	40 oz (1134g)	560	0	0	0	0	0	0	140	140	0	140	140	0
Minute Maid Strawberry Lemonade	20oz (540g)	190	0	0	0	0	0	0	75	49	0	48	48	0
Minute Maid Strawberry Lemonade	30 oz (850g)	285	0	0	0	0	0	0	112.5	73.5	0	72	72	0
Minute Maid Strawberry Lemonade	40 oz (1134g)	380	0	0	0	0	0	0	150	98	0	96	96	0
Minute Maid Aquas Frescas Strawberry Hibiscus*	20oz (540g)	140	0	0	0	0	0	0	35	35	0	34	34	0
Minute Maid Aquas Frescas Strawberry Hibiscus*	30 oz (850g)	210	0	0	0	0	0	0	53	53	0	50	50	0
Minute Maid Aquas Frescas Strawberry Hibiscus*	40 oz (1134g)	280	0	0	0	0	0	0	71	71	0	67	67	0
Dr. Pepper Cream Soda	20oz (540g)	270	0	0	0	0	0	0	75	67	0	65	65	0
Dr. Pepper Cream Soda	30 oz (850g)	405	0	0	0	0	0	0	112.5	100.5	0	97.5	97.5	0
Dr. Pepper Cream Soda	40 oz (1134g)	540	0	0	0	0	0	0	150	134	0	130	130	0
Cappuccino														
Sugar Free French Vanilla	16 oz (60g)	310	17	16	0	0	0	0	114	40	0	0	0	0
Sugar Free French Vanilla	20 oz (72g)	388	22	20	0	0	0	0	142	50	0	0	0	0
Sugar Free French Vanilla	24 oz (84g)	465	26	24	0	0	0	0	170	60	0	0	0	0
French Vanilla	16 oz (60g)	240	2	1.5	0	0	0	0	187	57	0	45	34	1.5
French Vanilla	20 oz (72g)	300	2.5	2	0	0	0	0	234	71	0	56	43	1.5
French Vanilla	24 oz (84g)	360	3	2	0	0	0	0	280	85	0	68	52	2
S'Mores Hot Chocolate	16 oz (60g)	240	2	2	0	0	0	0	167	55	0	36	28	1.5
S'Mores Hot Chocolate	20 oz (72g)	300	2.5	2.5	0	0	0	0	208	68	0	45	35	1.5
S'Mores Hot Chocolate	24 oz (84g)	360	3	3	0	0	0	0	250	82	0	54	42	2
Cinnabon	16 oz (60g)	240	2	2	0	0	0	0	227	56	0	41	29	0
Cinnabon	20 oz (72g)	300	2.5	2.5	0	0	0	0	283	70	0	52	37	0
Cinnabon	24 oz (84g)	360	3	3	0	0	0	0	340	84	0	62	44	0
Hershey's Hot Chocolate	16 oz (60g)	240	1.5	1.5	0	0	0	0	360	56	0	49	41	0
Hershey's Hot Chocolate	20 oz (72g)	300	2	2	0	0	0	0	450	70	0	62	52	0
Hershey's Hot Chocolate	24 oz (84g)	360	2	2	0	0	0	0	540	84	0	74	62	0
Coffee														
Regular Coffee	16 oz (60g)	0	0	0	0	0	0	0	10	0	0	0	0	0
Regular Coffee	20 oz (72g)	0	0	0	0	0	0	0	12	0	0	0	0	0
Regular Coffee	24 oz (84g)	0	0	0	0	0	0	0	15	0	0	0	0	0
Columbian	16 oz (60g)	0	0	0	0	0	0	0	10	0	0	0	0	0
Columbian	20 oz (72g)	0	0	0	0	0	0	0	12	0	0	0	0	0
Columbian	24 oz (84g)	0	0	0	0	0	0	0	15	0	0	0	0	0
Hazelnut	16 oz (60g)	0	0	0	0	0	0	0	10	0	0	0	0	1
Hazelnut	20 oz (72g)	0	0	0	0	0	0	0	12	0	0	0	0	1
Hazelnut	24 oz (84g)	0	0	0	0	0	0	0	15	0	0	0	0	1
Guatemalen	16 oz (60g)	0	0	0	0	0	0	0	10	0	0	0	0	0
Guatemalen	20 oz (72g)	0	0	0	0	0	0	0	12	0	0	0	0	0
Guatemalen	24 oz (84g)	0	0	0	0	0	0	0	15	0	0	0	0	0
Decaf Coffee	16 oz (60g)	0	0	0	0	0	0	0	10	0	0	0	0	0
Decaf Coffee	20 oz (72g)	0	0	0	0	0	0	0	12	0	0	0	0	0
Decaf Coffee	24 oz (84g)	0	0	0	0	0	0	0	15	0	0	0	0	0
Dark Roast	16 oz (60g)	0	0	0	0	0	0	0	10	0	0	0	0	0
Dark Roast	20 oz (72g)	0	0	0	0	0	0	0	12	0	0	0	0	0
Dark Roast	24 oz (84g)	0	0	0	0	0	0	0	15	0	0	0	0	0
FCB														
Fanta Blue Raspberry FCB	20oz (540g)	170	0	0	0	0	0	0	75	43	0	43	43	0
Fanta Blue Raspberry FCB	30 oz (850g)	255	0	0	0	0	0	0	112.5	64.5	0	64.5	64.5	0
Fanta Blue Raspberry FCB	40 oz (1134g)	340	0	0	0	0	0	0	150	86	0	86	86	0
Fanta Wild Cherry FCB	20oz (540g)	170	0	0	0	0	0	0	80	43	0	43	43	0
Fanta Wild Cherry FCB	30 oz (850g)	255	0	0	0	0	0	0	120	64.5	0	64.5	64.5	0
Fanta Wild Cherry FCB	40 oz (1134g)	340	0	0	0	0	0	0	160	86	0	86	86	0
Fanta Orange FCB	20oz (540g)	175	0	0	0	0	0	0	65	44	0	44	44	0
Fanta Orange FCB	30 oz (850g)	263	0	0	0	0	0	0	97.5	66	0	66	66	0
Fanta Orange FCB	40 oz (1134g)	350	0	0	0	0	0	0	130	88	0	88	88	0
Mountain Dew FCB	20oz (540g)	180	0	0	0	0	0	0	120	28	0	28	28	0
Mountain Dew FCB	30 oz (850g)	180	0	0	0	0	0	0	48	45	0	42	42	0
Mountain Dew FCB	40 oz (1134g)	240	0	0	0	0	0	0	64	60	0	56	56	0
Dr Pepper FCB	20oz (540g)	185	0	0	0	0	0	0	42	47	0	45	45	0
Dr Pepper FCB	30 oz (850g)	278	0	0	0	0	0	0	63	70.5	0	67.5	67.5	0
Dr Pepper FCB	40 oz (1134g)	370	0	0	0	0	0	0	84	94	0	90	90	0
Coke FCB	20oz (540g)	175	0	0	0	0	0	0	65	44	0	44	44	0
Coke FCB	30 oz (850g)	263	0	0	0	0	0	0	97.5	66	0	66	66	0
Coke FCB	40 oz (1134g)	350	0	0	0	0	0	0	130	88	0	88	88	0
Sprite FCB	20oz (540g)	155	0	0	0	0	0	0	100	39	0	38	38	0
Sprite FCB	30 oz (850g)	233	0	0	0	0	0	0	150	58.5	0	57	57	0
Sprite FCB	40 oz (1134g)	310	0	0	0	0	0	0	200	78	0	76	76	0
Hawaiian Punch FCB	20oz (540g)	175	0	0	0	0	0	0	50	42	0	42	42	0
Hawaiian Punch FCB	30 oz (850g)	263	0	0	0	0	0	0	75	63	0	63	63	0
Hawaiian Punch FCB	40 oz (1134g)	350	0	0	0	0	0	0	100	84	0	84	84	0
Hi-C Orange Lavaburst FCB	20oz (540g)	260	0	0	0	0	0	0	65	69	0	69	69	0
Hi-C Orange Lavaburst FCB	30oz (850g)	390	0	0	0	0	0	0	104	104	0	104	104	0
Hi-C Orange Lavaburst FCB	40oz (1134g)	520	0	0	0	0	0	0	135	138	0	138	138	0
FUB														
Strawberry Banana	20oz (540g)	300	0	0	0	0	0	0	17	74	0	74	74	0
Strawberry Banana	30 oz (850g)	450	0	0	0	0	0	0	25	111	0	111	111	0
Strawberry Banana	40 oz (1134g)	600	0	0	0	0	0	0	34	148	0	148	148	0
Jarritos Pineapple	20oz (540g)	290	0	0	0	0	0	0	9	74	0	72	72	0
Jarritos Pineapple	30 oz (850g)	435	0	0	0	0	0	0	13.5	111	0	108	108	0
Jarritos Pineapple	40 oz (1134g)	580	0	0	0	0	0	0	18	148	0	144	144	0
Mango	20oz (540g)	284	0	0	0	0	0	0	17	70	0	70	70	0
Mango	30 oz (850g)	426	0	0	0	0	0	0	25	105	0	105	105	0
Mango	40 oz (1134g)	568	0	0	0	0	0	0	34	140	0	140	140	0
Strawberry	20oz (540g)	290	0	0	0	0	0	0	9	74	0	72	72	0
Strawberry	30 oz (850g)	435	0	0	0	0	0	0	13.5	111	0	108	108	0
Strawberry	40 oz (1134g)	580	0	0	0	0	0	0	18	148	0	144	144	0
Minute Maid Lemonade	20oz (540g)	240	0	0	0	0	0	0	60	60	0	57	57	0
Minute Maid Lemonade	30 oz (850g)	360	0	0	0	0	0	0	90	90	0	85.5	85.5	0
Minute Maid Lemonade	40 oz (1134g)	480	0	0	0	0	0	0	120	120	0	114	114	0
Minute Maid Strawberry Lemonade	20oz (540g)	290	0	0	0	0	0	0	75	66	0	64	64	0
Minute Maid Strawberry Lemonade	30 oz (850g)	435	0	0	0	0	0	0	112.5	97.5	0	96	96	0
Minute Maid Strawberry Lemonade	40 oz (1134g)	500	0	0	0	0	0	0	150	130	0	128	128	0
Powerade Mountain Berry	20oz (540g)	150	0	0	0	0	0	0	90	37	0	36	36	0
Powerade Mountain Berry	30 oz (850g)	225	0	0	0	0	0	0	135	55.5	0	54	54	0
Powerade Mountain Berry	40 oz (1134g)	300	0	0	0	0	0	0	180	74	0	72	72	0
Powerade Fruit Punch	20oz (540g)	140	0	0	0	0	0	0	190	140	0	140	140	0
Powerade Fruit Punch	30 oz (850g)	210	0	0	0	0	0	0	285	54	0	54	54	0
Powerade Fruit Punch	40 oz (1134g)	280	0	0	0	0	0	0	380	72	0	72	72	0