Pollo Tropical Nutritional Information

March 18, 2019

		Serving Size (oz)	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	None	Dairy	Eggs	Wheat	Peanuts	Soy (* soy lecithin)	Fish	Shellfish	Tree Nuts (^coconut)	Gluten	Vegetarian (*Vegan)
Ala Carte Meat / Platters *(add choice of sides & roll)*																								
Chicken (¼ white)		6.0	360	180	20	6	0	185	730	0	0	0	43	•										
Chicken (¼ dark)		4.0	290	190	22	6	0	135	430	0	0	0	24	•										
Chicken (¼ white) without Skin		4.8	220	70	8	3	0	130	670	0	0	0	37	•										
Chicken (¼ dark) without Skin		3.1	170	80	9	3	0	110	300	0	0	0	21	•										
Chicken (½)		9.9	650	380	42	12	0	320	1160	0	0	0	67	•										
Grilled Chicken Breast (2)		7.0	240	60	6	2	0	170	860	10	0	1	58	•										
Pollo Bites™ (5)		4.4	260	90	10	1	0	65	620	13	0	0	28		•	•	•		•				•	
Pollo Bites™ (8)		7.0	410	150	17	1	0	100	990	21	1	0	44											
Pulled Pork with Sauteed Onions		7.5	370	200	22	8	0	115	620	2	1	1	39	•										
BBQ Ribs (1/2 Rack) with Guava BBQ Sauce		7.1	920	470	52	23	0	215	1980	38	1	32	75	•										
Chicken & Ribs or Tropical Trios *(add ¼ grilled chicken, choice of sides & roll)*																								
Pulled Pork with Sauteed Onions		4.5	200	110	12	4	0	60	360	2	1	1	20	•										
BBQ Ribs with Guava BBQ Sauce		4.5	330	160	17	8	0	70	720	17	0	15	25	•										
Soups, Salads, Sandwiches & Wraps *(Combos add choice of reg side or cup of soup and reg drink)*																								
Caesar Salad - add protein choice		7.4	380	320	35	7	0	35	600	12	3	2	7		•	•	•		•	•			•	
Quesadilla Salad - add protein choice		15.3	950	680	75	16	1	45	1620	51	8	11	16		•	•	•						•	V
Caesar Salad w/o Dressing - add protein choice		5.5	90	35	4	1	0	5	130	11	3	2	4		•		•						•	V
Quesadilla Salad w/o Dressing - add protein choice		11.6	400	170	19	7	0	25	820	41	8	4	15		•		•						•	V
Grilled Chicken for Salad		3.5	120	30	3	1	0	85	430	5	0	0	29	•										
Crispy Chicken for Salad		5.2	250	80	9	1	0	75	580	11	0	0	31		•	•	•		•				•	
Pollo Bites™ for Salad		5.3	310	110	13	1	0	75	740	16	0	0	33		•	•	•		•				•	
Caribbean Chicken Soup	*Cup*	8.4	150	25	3	0	0	20	850	20	2	2	11	•										
	Bowl	16.8	300	50	5	1	0	45	1730	41	3	3	22											
Chicken Noodle Soup	*Cup*	8.0	110	15	2	0	0	30	850	9	1	2	15				•						•	
	Bowl	16.0	220	35	4	0	0	60	1700	17	2	3	30											
Classic Chicken Sandwich w/ Peppadew Sauce		7.6	430	170	19	3	0	95	770	41	0	9	35			•	•		•				•	
Crispy Classic Chicken Sandwich w/ Peppadew Sauce		9.3	560	220	25	3	0	85	920	47	1	9	36		•	•	•		•				•	
Chipotle Chicken Sandwich		7.6	430	170	19	3	0	90	900	40	1	8	35		•	•	•		•				•	
Crispy Chipotle Chicken Sandwich		9.3	560	220	25	3	0	80	1060	46	1	8	36		•	•	•		•				•	
Chicken BLT Sandwich		8.8	570	260	29	9	0	125	1170	41	0	9	44		•	•	•		•				•	
Crispy Chicken BLT Sandwich		10.5	700	320	36	9	0	115	1350	47	1	8	46		•	•	•		•				•	
BBQ Pork Sandwich w/ Coleslaw		10.2	660	300	34	7	0	75	1070	64	2	32	26			•	•		•				•	
Grilled Chicken Caesar Wrap		9.2	680	400	45	11	0	125	1340	42	3	1	39		•	•	•		•	•			•	
Grilled Chicken Quesadilla Wrap		9.1	660	350	39	16	0	145	1300	41	2	2	48		•	•	•						•	
Crispy Chicken Caesar Wrap		9.2	770	450	50	10	0	90	1410	48	3	1	32		•	•	•		•	•			•	
Crispy Chicken Quesadilla Wrap		9.1	750	400	44	16	0	110	1360	47	3	1	41		•	•	•		•				•	
Coleslaw Add-On		4.0	260	200	22	4	0	15	380	17	2	14	1			•								V
Bacon Add-On		0.5	70	45	5	3	0	15	250	0	0	0	5	•										
Build Your Tropichop® Bowl																								
Tropichop® Rice and Veggies																								
White Rice	*Small*	7.5	330	50	5	1	0	0	700	67	2	0	6	•										V*
	Regular	10.0	440	60	7	2	0	0	930	89	2	0	8											
Yellow Rice with Veg	*Small*	8.0	320	45	5	0	0	0	1030	61	3	3	6	•										V*
	Regular	10.0	400	50	6	1	0	0	1290	76	4	3	8											
Brown Rice	*Small*	7.7	290	70	8	2	0	0	640	49	2	1	5	•										V*
	Regular	10.0	370	90	11	2	0	0	830	63	3	1	7											
Romaine Lettuce	*Small*	2.3	10	0	0	0	0	0	5	2	1	1	1	•										V*
	Regular	3.8	20	5	0	0	0	0	10	4	2	1	1											
Romaine Lettuce/White Rice	*Small*	5.3	190	30	3	1	0	0	400	39	1	0	4	•										V*
	Regular	9.0	330	45	5	1	0	0	670	66	3	1	7											
Romaine/Yellow Rice w/ Veg	*Small*	5.8	190	25	3	0	0	0	610	37	2	2	4	•										V*
	Regular	9.6	320	45	5	1	0	0	1010	61	4	3	7											
Romaine Lettuce/Brown Rice	*Small*	5.3	160	40	5	1	0	0	350	28	2	1	3	•										V*
	Regular	9.0	280	70	8	2	0	0	600	47	3	1	6											
Mac & Cheese	*Small*	8.4	410	230	25	15	0	70	860	29	1	2	16		•	•	•						•	V
	Regular	12.6	620	340	38	22	0	105	1290	44	2	3	24											
Mashed Potato & Gravy	*Small*	7.8	280	130	15	9	0	40	870	33	4	2	4		•		•		•*				•	
	Regular	12.1	430	200	22	14	1	60	1370	50	6	2	7											
Tropichop® Meats																								
Boneless Chicken Breast	*Small*	3.5	120	30	3	1	0	85	430	5	0	0	29	•										
	Regular	7.0	250	60	6	2	0	175	870	10	0	1	60											
Pollo Bites™	*Small*	4.4	260	90	10	1	0	65	620	13	0	0	28		•	•	•		•				•	
	Regular	7.0	410	150	17	1	0	100	990	21	1	0	44											
Pulled Pork	*Small*	3.0	170	90	10	4	0	60	260	0	0	0	19	•										
	Regular	6.0	330	180	20	7	0	115	520	0	0	0	39											
Tropichop® Toppings																								
Black Beans	*Small*	5.0	180	45	5	0	0	0	380	25	9	1	9	•										V*
	Regular	8.0	280	70	8	1	0	0	610	41	15	2	14											
Red Beans	*Small*	5.0	150	40	5	0	0	0	720	23	5	2	7		•									
	Regular	8.0	250	60	7	1	0	0	1160	37	7	3	11											
Diced Tomatoes		1.0	5	0	0	0	0	0	0	1	0	1	0	•										V*
Kernel Corn		1.0	30	10	1	0	0	0	45	5	1	3	1		•									V
Sauteed Onions		1.0	20	15	2	0	0	0	70	2	1	1	0	•										V*
Sauteed Pepper Topping		1.0	15	5	1	0	0	0	70	2	1	1	0	•										V*
Kids Meals *(entrée only - add chocolate chip cookie, choice of 1 platter side & apple juice or reg drink)*																								
Chicken (Dark) Meal		4.0	290	190	22	6	0	135	430	0	0	0	24	•										
Chicken Breast Strips		3.5	120	30	3	1	0	85	430	5	0	0	29	•										
Pollo Bites™		2.6	160	60	6	0	0	40	370	8	0	0	17		•	•	•		•				•	
Kids Bowls *(entrée only - add chocolate chip cookie & regular drink or apple juice)*																								
Mashed Potato & Gravy Bowl w/ Chicken Breast & Corn		14.0	490	190	21	12	1	135	1540	49	5	5	36		•		•		•*				•	
Mashed Potato & Gravy Bowl w/ Pollo Bites™		13.1	530	220	25	12	1	90	1490	52	5	5	23		•	•	•		•				•	
Rice Bowl w/ Chicken Breast, Black beans, White rice		13.5	530	100	11	3	0	85	1290	79	9	1	41	•										
Rice Bowl w/ Pollo Bites™, Black beans, White rice		12.6	560	130	14	2	0	40	1230	81	9	1	28		•	•	•		•				•	
Mac & Cheese Bowl w/ Chicken Breast		11.9	530	250	28	16	0	155	1290	34	1	2	45		•	•	•						•	
Mac & Cheese Bowl w/ Pollo Bites™		11.0	570	280	31	15	0	110	1230	37	1	2	32		•	•	•		•				•	
Family Meals																								
Chicken and 4 Rolls (add choice of large sides)		23.5	1570	790	88	24	0	640	2750	56	0	13	142				•		•				•	
Family Add Ons																								
Chicken (½)		9.9	650	380	42	12	0	320	1160	0	0	0	67	•										
Grilled Chicken Breast (2)		7.0	240	60	6	2	0	170	860	10	0	1	58	•										
Pulled Pork w/ sauteed onions		11	550	300	33	12	0	175	910	3	1	2	58	•										
BBQ Ribs (½ rack) with Guava BBQ Sauce		12.5	920	470	52	23	0	215	1960	38	1	32	75	•										
Pollo Bites™		7.0	410	150	17	1	0	100	990	21	1	0	44		•	•	•		•				•	
chicken bites		7.0	8 ea												•	•	•		•				•	

Pollo Tropical Nutritional Information

March 18, 2019

		Serving Size (oz)	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	None	Dairy	Eggs	Wheat	Peanuts	Soy (* soy lecithin)	Fish	Shellfish	Tree Nuts (^coconut)	Gluten	Vegetarian (*Vegan)
Condiments / Salsa Bar / Other																								
Fresh Salsa, 1 oz		1.0	5	0	0	0	0	0	115	2	1	1	0	•										V*
Garlic Sauce (Mojo), 1 foz		0.8	80	80	9	1	0	0	180	2	0	0	0	•										V*
BBQ Sauce, 1 oz		1.0	50	0	0	0	0	0	300	12	0	11	0	•										V*
Guava BBQ Sauce, 1 oz		1.0	60	0	0	0	0	0	170	15	0	13	0	•										V*
Chipotle Mayo, 1 oz		1.0	160	150	17	3	0	10	270	2	0	1	0		•	•								V
Curry Mustard, 1 oz		1.0	150	150	17	0	0	0	15	0	0	0	0			•								V
Caesar Dressing (1.75 foz/salad)		1.8	290	280	31	6	0	30	470	1	0	1	3		•	•	•		•	•			•	
Chipotle Ranch Dressing (1.75 foz/salad)		1.8	260	240	27	4	0	10	380	5	0	3	0		•	•								V
Cilantro Garlic Sauce, 1 oz		1.0	160	150	17	3	0	15	170	2	0	0	0			•								V
Peppadew Spread, 1 oz		1.0	150	140	16	3	0	10	90	3	0	3	0			•								V
Spicy Poyo-Poy, 1 oz		1.0	100	70	7	2	0	0	320	2	1	0	0	•										V*
Ketchup, 1 oz		1.0	35	0	0	0	0	0	320	8	0	6	0	•										V*
Pineapple Rum Sauce		1.0	60	0	0	0	0	0	90	14	0	13	0				•		•				•	V*
Jalapeno Slices, 1 oz		1.0	5	0	0	0	0	0	300	1	1	0	0	•										V*
Diced Onions, 1 oz		1.0	10	0	0	0	0	0	0	3	0	1	0	•										V*
Dinner Roll		0.9	70	10	1	0	0	0	110	14	0	3	2				•		•				•	V*
Sides																								
White Rice	*Platter-2 sides/Kid's*	4.5	200	30	3	1	0	0	420	40	1	0	4											
	Platter-1 side/Regular	7.5	330	50	5	1	0	0	700	67	2	0	6	•										V*
	Large	20.0	890	130	14	3	0	0	1860	177	4	1	16											
Yellow Rice with Vegetables	*Platter-2 sides/Kid's*	5.0	200	25	3	0	0	0	640	38	2	2	4											
	Platter-1 side/Regular	8.3	330	45	5	1	0	0	1060	63	3	3	6	•										V*
	Large	18.6	740	100	11	1	0	0	2390	141	7	6	14											
Brown Rice	*Platter-2 sides/Kid's*	4.5	170	40	5	1	0	0	370	28	1	0	3											
	Platter-1 side/Regular	7.7	290	70	8	2	0	0	640	49	2	1	5	•										V*
	Large	20.0	750	180	21	4	0	0	1650	127	5	2	14											
Black Beans	*Platter*	5.3	180	45	5	0	0	0	400	27	10	1	9											
	Regular	8.8	310	70	8	1	0	0	660	44	16	2	15	•										V*
	Large	17.8	630	150	17	2	0	0	1350	90	33	4	30											
Red Beans	*Platter*	5.5	170	45	5	0	0	0	790	26	5	2	8											
	Regular	9.0	280	70	8	1	0	0	1300	42	8	3	12		•									
	Large	18.5	570	150	16	2	0	0	2670	86	17	6	25											
White Rice and Black Beans	*Platter-2 sides/Kid's*	9.8	380	70	8	1	0	0	820	67	11	1	13											
	Platter-1 side/Regular	12.8	520	90	10	2	0	0	1100	93	11	1	15	•										V*
	Large	37.8	1510	280	31	5	0	0	3210	268	37	5	47											
Yellow Rice w/ Veg & Black Beans	*Platter-2 sides/Kid's*	10.3	340	70	8	1	0	0	810	59	12	2	12											
	Platter-1 side/Regular	13.5	450	80	9	1	0	0	1080	80	13	2	15	•										V*
	Large	36.4	1220	240	27	3	0	0	2890	209	40	6	43											
Brown Rice and Black Beans	*Platter-2 sides/Kid's*	9.8	350	90	10	2	0	0	770	55	11	2	12											
	Platter-1 side/Regular	12.8	460	110	13	2	0	0	1020	74	12	2	14	•										V*
	Large	37.8	1370	340	38	5	0	0	3000	217	39	6	44											
White Rice and Red Beans	*Platter-2 sides/Kid's*	10.0	370	70	8	1	0	0	1210	65	6	2	11											
	Platter-1 side/Regular	13.0	500	90	10	2	0	0	1490	92	7	2	14		•									
	Large	38.3	1450	270	30	5	0	0	4500	262	21	7	42											
Yellow Rice w/ Veg & Red Beans	*Platter-2 sides/Kid's*	10.5	330	70	8	1	0	0	1210	58	7	2	11											
	Platter-1 side/Regular	13.8	430	80	9	1	0	0	1480	78	8	3	13		•									
	Large	36.9	1160	230	26	3	0	0	4190	204	24	8	38											
Brown Rice and Red Beans	*Platter-2 sides/Kid's*	10.0	340	90	10	1	0	0	1170	54	6	2	11											
	Platter-1 side/Regular	13.0	450	110	13	2	0	0	1410	73	7	3	13		•									
	Large	38.3	1310	330	37	5	0	0	430	212	22	9	39											
Kernel Corn	*Platter*	4.0	120	30	4	2	0	5	170	19	3	12	4											
	Regular	7.8	240	60	7	3	0	10	330	38	5	23	8		•									V
	Large	15.5	480	120	14	5	0	25	660	75	10	45	15											
Caesar Salad	*Platter*	2.5	130	110	12	2	0	10	200	4	1	1	2											
	Regular	4.0	210	180	20	4	0	15	320	6	2	1	4		•	•	•		•	•			•	
	Large	7.2	370	320	36	6	0	30	570	9	3	2	6											
Balsamic Tomatoes	*Platter*	5.2	120	80	9	1	0	0	870	10	2	7	1											
	Regular	8.0	190	120	14	1	0	0	1360	15	3	10	2	•										V*
	Large	16.0	370	250	27	2	0	0	2720	30	5	20	4											
Boiled Yuca with Garlic Sauce	*Platter*	8.6	310	80	10	2	0	0	460	55	3	1	1											
	Regular	10.8	370	90	10	2	0	0	540	70	4	1	1	•										V*
	Large	19.1	670	170	20	3	0	0	990	123	8	1	2											
French Fries	*Platter/Regular*	3.8	250	100	11	2	0	0	350	32	3	0	3	•										V
	Large	6.0	390	170	18	4	0	0	570	52	5	1	5											
Mac & Cheese	*Platter*	4.2	210	110	13	7	0	35	430	15	1	1	8											
	Regular	8.4	410	230	25	15	0	70	860	29	1	2	16		•	•	•						•	V
	Large	16.0	790	430	48	28	0	135	1640	56	2	3	30											
Mashed Potatoes	*Platter*	4.0	160	80	9	5	0	25	440	19	2	1	3											
	Regular	8.0	330	150	17	11	1	50	880	37	4	2	5		•									V
	Large	15.5	630	300	33	21	1	95	1700	72	8	3	10											
Chicken Gravy	*Platter*	0.9	10	0	0	0	0	0	120	1	0	0	0											
	Regular	1.8	15	5	0	0	0	0	240	3	0	0	0				•		•*				•	
	Large	2.7	25	5	1	0	0	0	350	4	0	0	0											
Mashed Potatoes and Gravy - add potato and gravy values above															•		•		•*				•	
Corn Casserole	*Platter*	3.8	210	90	11	2	0	0	370	28	2	11	3											
	Regular	7.5	420	190	21	4	0	5	740	57	5	21	5		•				•*					V
	Large	15.0	840	380	42	7	1	5	1470	114	9	42	10											
Coleslaw	*Platter*	4.0	260	200	22	4	0	15	380	17	2	14	1											
	Regular	7.0	460	340	38	6	1	30	660	30	3	24	2			•								V
	Large	15.0	980	730	82	13	1	60	1420	64	7	52	4											
Tropical Favorites																								
Sweet Plantains	*Platter (Atl/Orl)*	3.6	230	50	5	1	0	0	0	43	3	23	2											
	Regular	7.2	450	100	11	2	0	0	0	85	6	46	3	•										V*
	Large	13.2	840	180	20	3	0	0	0	159	12	85	6											
Fried Yuca	*Regular*	4.7	320	130	14	7	0	0	430	46	2	2	1	•										V*
	Large	9.4	640	260	29	13	0	0	870	92	4	5	3											
Desserts																								
Flan		4.0	210	80	9	5	0	90	550	26	0	26	8		•	•								V
NY Cheesecake Slice		4.7	460	260	29	16	0	115	380	44	0	27	5		•	•	•		•*				•	V
Key Lime Pie Slice		5.6	550	220	24	11	0	20	340	78	0	61	7		•	•	•		•*				•	V
Pecan Pie Slice		4.5	510	210	23	7	0	75	430	70	1	41	6		•	•	•					•	•	V
Quatro Leches		6.0	430	170	19	11	0	110	250	56	0	49	12		•	•	•						•	V
Chocolate Chip Cookie		2.0	250	110	12	5	0	10	200	35	1	20	2			•	•		•*			•^	•	V
Drinks																								
Materva (12 oz can)		12	160	0	0	0	0	0	50	40	0	40	0	•										V*
Jupina (12 oz can)		12	200	0	0	0	0	0	50	50	0	50	0	•										V*
Apple Juice (box)		6.8	100	0	0	0	0	0	15	24	0	24	0	•										V*
Mexican Coca-Cola® (12 oz bottle)		13	150	0	0	0	0	0	85	39	0	39	0	•										V*
Tropical Rhythms Island Mango® (8 oz bottle)		8	130	0	0	0	0	0	40	33	0	27	0	•										V*
Tropical Rhythms Reggae Medley® (8 oz bottle)		8	130	0	0	0	0	0	10	32	0	31	0	•										V*

Pollo Tropical Nutritional Information

March 18, 2019

		Serving Size (oz)	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	None	Dairy	Eggs	Wheat	Peanuts	Soy (* soy lecithin)	Fish	Shellfish	Tree Nuts (^coconut)	Gluten	Vegetarian (*Vegan)
Drinks *(full cup without ice)*																								
Tea, Unsweet	*Regular*	20	10	0	0	0	0	0	0	2	0	0	0	•										V*
	Large	32	15	0	0	0	0	0	0	4	0	0	0											
Tea, Sweet	*Regular*	20	220	0	0	0	0	0	0	56	0	53	0	•										V*
	Large	32	350	0	0	0	0	0	0	89	0	85	0											
Mango Tea	*Regular*	20	10	0	0	0	0	0	10	2	0	0	1	•										V*
	Large	32	20	0	0	0	0	0	20	4	0	0	1											
Mango Sweet Tea	*Regular*	20	220	0	0	0	0	0	10	56	0	53	1	•										V*
	Large	32	350	0	0	0	0	0	20	89	0	85	1											
Coca-Cola®	*Regular*	20	230	0	0	0	0	0	5	62	0	62	0	•										V*
	Large	32	360	0	0	0	0	0	10	100	0	100	0											
Diet Coke®	*Regular*	20	0	0	0	0	0	0	25	0	0	0	0	•										V*
	Large	32	0	0	0	0	0	0	35	0	0	0	0											
Coke Zero®	*Regular*	20	0	0	0	0	0	0	10	0	0	0	0	•										V*
	Large	32	5	0	0	0	0	0	20	0	0	0	0											
Hi-C® Fruit Punch	*Regular*	20	240	0	0	0	0	0	25	62	0	62	0	•										V*
	Large	32	380	0	0	0	0	0	35	100	0	100	0											
Lemonade, Natalie's	*Regular*	20	230	0	0	0	0	0	0	61	1	53	1	•										V*
	Large	32	360	0	0	0	0	0	0	98	1	84	1											
Sprite®	*Regular*	20	220	0	0	0	0	0	50	57	0	57	0	•										V*
	Large	32	350	0	0	0	0	0	80	91	0	91	0											
Dr Pepper®	*Regular*	20	230	0	0	0	0	0	80	62	0	62	0	•										V*
	Large	32	370	0	0	0	0	0	130	100	0	100	0											
Powerade® Mountain Blast	*Regular*	20	130	0	0	0	0	0	120	34	0	34	0	•										V*
	Large	32	210	0	0	0	0	0	190	54	0	54	0											
Fuze® Raspberry Tea	*Regular*	20	150	0	0	0	0	0	20	40	0	40	0	•										V*
	Large	32	210	0	0	0	0	0	35	57	0	55	0											
Hi-C® Orange Lavaburst	*Regular*	20	280	0	0	0	0	0	65	69	0	69	0	•										V*
	Large	32	450	0	0	0	0	0	105	111	0	111	0											
Drinks *(with ice)*																								
Tea, Unsweet	*Regular*	10	5	0	0	0	0	0	0	1	0	0	0	•										V*
	Large	16	10	0	0	0	0	0	0	2	0	0	0											
Tea, Sweet	*Regular*	10	100	0	0	0	0	0	0	27	0	26	0	•										V*
	Large	16	170	0	0	0	0	0	0	45	0	43	0											
Mango Tea	*Regular*	10	5	0	0	0	0	0	5	1	0	0	0	•										V*
	Large	16	10	0	0	0	0	0	10	2	0	0	0											
Mango Sweet Tea	*Regular*	10	110	0	0	0	0	0	5	27	0	26	0	•										V*
	Large	16	170	0	0	0	0	0	10	45	0	43	0											
Coca-Cola®	*Regular*	13	150	0	0	0	0	0	0	41	0	41	0	•										V*
	Large	21	240	0	0	0	0	0	5	67	0	67	0											
Diet Coke®	*Regular*	13	0	0	0	0	0	0	15	0	0	0	0	•										V*
	Large	21	0	0	0	0	0	0	25	0	0	0	0											
Coke Zero®	*Regular*	13	0	0	0	0	0	0	5	0	0	0	0	•										V*
	Large	21	0	0	0	0	0	0	10	0	0	0	0											
Hi-C® Fruit Punch	*Regular*	13	150	0	0	0	0	0	15	41	0	41	0	•										V*
	Large	21	250	0	0	0	0	0	25	66	0	66	0											
Lemonade, Natalie's	*Regular*	13	150	0	0	0	0	0	0	40	0	34	0	•										V*
	Large	21	240	0	0	0	0	0	0	65	1	56	1											
Sprite®	*Regular*	13	140	0	0	0	0	0	35	37	0	37	0	•										V*
	Large	21	240	0	0	0	0	0	55	60	0	60	0											
Dr Pepper®	*Regular*	13	150	0	0	0	0	0	50	40	0	40	0	•										V*
	Large	21	250	0	0	0	0	0	85	66	0	66	0											
Powerade® Mountain Blast	*Regular*	13	80	0	0	0	0	0	75	22	0	22	0	•										V*
	Large	21	140	0	0	0	0	0	125	36	0	36	0											
Fuze® Raspberry Tea	*Regular*	13	90	0	0	0	0	0	15	23	0	22	0	•										V*
	Large	21	140	0	0	0	0	0	25	38	0	37	0											
Hi-C® Orange Lavaburst	*Regular*	13	180	0	0	0	0	0	45	45	0	45	0	•										V*
	Large	21	300	0	0	0	0	0	70	74	0	74	0											