




MALTS

 MALTS	Size	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Banana	Regular	480	80	9	5	0	25	170	92	3	79	11
	Large	750	120	13	8	0	40	280	141	4	121	17
	Giant	1000	160	18	11	0	50	380	188	6	161	22
Butterscotch	Regular	380	70	8	5	0	25	170	67	0	65	9
	Large	600	110	13	8	0	40	280	103	0	100	15
	Giant	800	150	17	11	0	50	380	138	0	134	19
Caramel	Regular	470	100	13	8	0	45	270	78	0	66	11
	Large	710	160	20	12	0.5	70	400	116	0	99	17
	Giant	950	200	27	16	0.5	90	540	156	0	133	22
Chocolate	Regular	390	90	10	6	0	30	190	63	< 1	58	12
	Large	600	130	15	10	0	40	300	98	1	90	18
	Giant	810	180	20	13	0	55	410	131	2	119	24
Chocolate Banana	Regular	480	90	10	6	0	30	190	88	4	71	13
	Large	750	140	16	10	0	40	300	136	6	110	20
	Giant	1010	190	21	13	0	55	410	181	7	146	26
Chocolate Chip	Regular	580	210	23	14	0	75	190	80	< 1	78	12
	Large	890	320	35	21	0.5	110	310	124	1	119	19
	Giant	1190	420	47	29	1	150	410	166	2	159	25
Cookies 'N Cream	Regular	490	160	20	12	0	75	290	64	< 1	54	14
	Large	750	240	31	18	0.5	110	460	64	< 1	84	21
	Giant	1010	310	41	24	1	150	610	127	1	112	28
Chocolate Cookies 'N Cream	Regular	570	160	22	13	0	75	290	80	1	70	14
	Large	880	250	33	19	0.5	115	450	124	2	108	22
	Giant	1180	330	44	26	1	150	600	166	3	143	30
French Vanilla Cappuccino	Regular	370	70	8	5	0	25	170	64	0	61	9
	Large	580	110	13	8	0	40	280	99	0	94	15
	Giant	780	150	17	11	0	50	380	132	0	126	19
Hot Fudge	Regular	440	140	16	11	0	25	250	62	< 1	58	12
	Large	680	210	24	17	0	40	400	96	1	90	18
	Giant	910	290	32	23	0	55	530	128	2	121	24
Mocha Cappuccino	Regular	440	80	9	6	0	25	170	78	< 1	73	10
	Large	690	130	14	9	0	40	270	122	1	113	16
	Giant	910	170	18	12	0	55	370	162	1	150	21


MALTS

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Peach	Regular	330	80	9	5	0	25	180	52	< 1	51	10
	Large	520	120	13	8	0	40	300	82	< 1	79	15
	Giant	700	160	17	11	0.5	50	390	110	1	105	20
Peanut Butter	Regular	570	290	33	9	0	25	350	52	1	40	15
	Large	880	440	50	14	0	40	550	82	2	63	23
	Giant	1180	590	66	19	0	50	730	110	3	84	30
Peanut Butter Chocolate	Regular	640	300	34	10	0	25	350	67	2	52	15
	Large	990	460	51	15	0	40	540	106	3	82	24
	Giant	1310	610	68	20	0	50	720	140	4	108	32
Pineapple	Regular	280	70	8	5	0	25	170	41	0	40	9
	Large	450	110	13	8	0	40	280	65	0	63	15
	Giant	610	150	17	11	0	50	370	88	0	84	19
Raspberry	Regular	340	70	8	5	0	25	180	55	0	53	9
	Large	540	110	13	8	0	40	290	86	< 1	82	15
	Giant	720	150	17	11	0	50	380	115	< 1	110	20
Strawberry	Regular	330	70	8	5	0	25	180	53	< 1	51	10
	Large	520	110	13	8	0	40	290	82	< 1	79	15
	Giant	700	150	17	11	0	50	390	110	1	105	20
Strawberry Banana	Regular	430	80	9	5	0	25	180	78	3	64	11
	Large	670	120	13	8	0	40	290	120	5	99	17
	Giant	890	160	18	11	0	50	390	161	7	132	22
Vanilla	Regular	380	70	8	5	0	25	170	67	0	65	9
	Large	600	110	13	8	0	40	280	103	0	100	15
	Giant	800	150	17	11	0	50	380	138	0	134	19


SHAKES

 SHAKES	Size	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Banana	Regular	400	70	8	5	0	25	150	75	2	69	9
	Large	630	110	12	8	0	35	230	120	3	108	15
	Giant	800	140	16	10	0	50	290	150	3	138	18
Butterscotch	Regular	380	70	8	5	0	25	240	69	0	58	9
	Large	590	110	12	8	0	35	380	106	0	90	13
	Giant	760	140	16	11	0	50	480	137	0	116	17
Caramel	Regular	380	70	9	6	0	25	220	68	0	60	9
	Large	580	110	13	9	0	40	330	103	0	91	14
	Giant	770	140	17	11	0	55	430	136	0	120	18
Chocolate	Regular	350	80	9	6	0	25	160	58	< 1	54	11
	Large	530	130	14	9	0	40	250	89	1	83	16
	Giant	700	170	19	12	0	55	320	116	2	108	21
Chocolate Banana	Regular	410	90	10	6	0	25	170	73	2	62	12
	Large	650	130	15	10	0	40	250	117	4	98	18
	Giant	820	170	19	13	0	55	330	146	5	125	23
Chocolate Caramel	Regular	450	80	9	6	0	30	210	84	< 1	73	10
	Large	690	120	14	10	0	45	330	128	1	111	15
	Giant	900	160	19	12	0	55	430	168	1	146	19
Chocolate Chip	Regular	430	150	17	10	0	55	140	63	< 1	62	9
	Large	650	230	25	15	0.5	80	220	95	< 1	94	15
	Giant	860	300	34	20	0.5	105	280	126	1	124	19
Confetti Cake	Regular	430	80	9	5	0.5	25	150	79	0	74	9
	Large	620	120	13	8	0.05	35	230	113	0	107	13
	Giant	800	150	17	11	1	50	290	146	0	139	17
Cookies 'N Cream	Regular	450	150	20	12	0	70	260	56	0	51	13
	Large	680	230	31	18	0.5	110	400	84	1	76	20
	Giant	900	300	40	24	1	145	530	112	1	101	26
Chocolate Cookies 'N Cream	Regular	540	160	21	13	0	75	260	77	1	67	14
	Large	810	250	32	19	0.5	110	400	116	2	102	21
	Giant	1080	330	43	25	1	145	520	153	3	134	28
Egg Nog (Seasonal)	Regular	510	190	21	13	0	115	160	72	0	29	12
	Large	780	280	31	20	0	180	250	110	0	44	19
	Giant	1030	370	41	26	0	235	320	144	0	58	25
French Vanilla Cappuccino	Regular	340	70	8	5	0	25	140	59	0	57	8
	Large	510	110	12	8	0	35	230	89	0	87	13
	Giant	670	140	16	10	0	50	290	118	0	115	17


SHAKES

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			Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
 Hot Fudge	Regular	400	140	15	11	0	25	220	57	< 1	55	11
	Large	610	210	23	17	0	40	340	86	1	83	17
	Giant	800	270	31	23	0	50	450	113	2	110	22
Lemonade	Regular	330	60	6	4	0	20	80	66	0	59	3
	Large	490	80	9	6	0	25	120	100	0	91	5
	Giant	650	110	12	8	0	35	160	131	0	119	7
Mocha Cappuccino	Regular	400	70	8	5	0	25	190	74	< 1	69	9
	Large	610	110	12	8	0	35	290	114	2	106	13
	Giant	790	140	16	10	0	45	370	149	2	139	17
Peach	Regular	290	70	8	5	0	25	150	48	< 1	47	9
	Large	460	110	13	8	0	35	240	74	< 1	73	14
	Giant	590	150	16	10	0.5	50	310	95	1	94	18
Peanut Butter	Regular	540	290	33	9	0	25	320	48	1	36	14
	Large	810	440	49	14	0	35	490	72	2	55	21
	Giant	1070	580	65	19	0	50	650	95	3	73	28
Peanut Butter Chocolate	Regular	590	290	33	9	0	25	370	63	2	49	14
	Large	900	440	49	14	0	35	560	97	4	75	21
	Giant	1190	580	65	19	0	45	730	127	5	97	28
Peppermint Stick (Seasonal)	Regular	420	130	15	10	0.5	40	170	66	0	64	9
	Large	640	200	22	15	1	60	260	100	0	98	15
	Giant	850	270	30	20	1	80	330	132	0	129	19
Peppermint Stick Chocolate Chip (Seasonal)	Regular	450	150	17	11	0.5	40	160	68	< 1	67	9
	Large	690	230	26	17	1	60	250	103	< 1	101	15
	Giant	910	310	34	22	1	80	320	137	1	133	19
Pineapple	Regular	250	70	8	5	0	25	150	37	0	36	8
	Large	380	110	12	8	0	35	230	56	0	55	13
	Giant	500	140	16	10	0	50	290	73	0	73	17
Raspberry (Seasonal)	Regular	300	70	8	5	0	25	150	50	0	50	9
	Large	460	110	12	8	0	35	230	76	< 1	75	13
	Giant	610	140	16	10	0	50	290	101	< 1	99	17
Strawberry	Regular	290	70	8	5	0	25	150	48	< 1	47	9
	Large	450	110	12	8	0	35	230	72	< 1	72	14
	Giant	590	140	16	10	0	50	300	96	1	94	17
Strawberry Banana	Regular	350	70	8	5	0	25	150	61	2	54	9
	Large	550	110	12	8	0	35	230	99	4	86	15
	Giant	690	140	16	10	0	50	300	123	4	109	19
Vanilla	Regular	350	70	8	5	0	25	150	62	0	62	8
	Large	530	110	12	8	0	35	230	63	0	93	13
	Giant	690	140	16	10	0	50	290	123	0	123	17

LOWFAT MALTS

 LOWFAT MALTS	Size	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Butterscotch	Regular	380	20	2.5	1.5	0	10	290	78	1	63	10
Caramel	Regular	400	20	3	2	0	15	280	79	1	66	10
Chocolate	Regular	310	25	2.5	1.5	0	10	300	59	2	53	11
Peach	Regular	300	25	2.5	1.5	0	10	210	57	2	52	10
Pineapple	Regular	250	20	2	1.5	0	10	200	46	1	41	10
Raspberry	Regular	300	20	2.5	1.5	0	10	200	63	2	57	10
Strawberry	Regular	290	20	2	1.5	0	10	200	57	2	52	10
Vanilla	Regular	350	20	2	1.5	0	10	200	71	1	67	10

LOWFAT SHAKES

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Butterscotch	Regular	340	20	2	1.5	0	10	270	73	1	59	9
Caramel	Regular	350	15	2.5	1.5	0	10	240	73	1	61	9
Chocolate	Regular	280	20	2.5	1.5	0	10	280	56	2	51	10
Chocolate Caramel	Regular	390	15	2.5	1.5	0	10	310	83	1	70	9
Lemonade	Regular	290	0	0	0	0	< 5	100	69	1	60	4
Peach	Regular	290	20	2	1	0	10	240	61	2	56	9
Pineapple	Regular	240	15	2	1	0	10	230	50	1	45	9
Raspberry	Regular	300	15	2	1	0	10	230	63	2	58	9
Strawberry	Regular	290	15	2	1	0	10	240	61	2	56	9
Vanilla	Regular	340	15	2	1	0	10	230	75	1	70	9