Nutrition & allergens.

Standard servings. Customizations can change nutrition and allergens. Caffeine is approximate and varies with ingredients and preparation.

Effective 2026-10-14 | Fuel America standard servings

Bakery

Per standard serving.

Item / serving	Calories (kcal)	Fat (g)	Sat. fat (g)	Trans fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Almond Croissant - 1 croissant	330	15	8	0	40	260	42	1	16	7	Contains: Wheat, Milk, Egg, Almond
Blueberry Muffin - 1 muffin	630	32	7	0	115	460	79	1	43	6	Contains: Wheat, Egg, Milk, Soy [1, 2]
Butter Croissant - 1 croissant	370	20	12	0.5	55	460	39	1	7	7	Contains: Wheat, Milk, Egg, Soy
Caramel Apple Cookie - 1 cookie	540	26	12	0	60	420	74	3	39	7	Contains: Wheat, Egg, Milk, Soy
Chocolate Chip Muffin - 1 muffin	790	39	11	0	105	460	101	2	66	8	Contains: Wheat, Egg, Milk, Soy [3, 4]
Chocolate Chunk Cookie - 1 cookie	570	28	14	0	45	290	78	3	49	7	Contains: Egg, Milk, Soy, Wheat
Chocolate Croissant - 1 croissant	460	25	15	0	60	340	51	2	23	8	Contains: Wheat, Milk, Egg, Soy
Cinnamon Coffee Cake Muffin - 1 muffin	740	39	10	0	105	490	90	1	54	7	Contains: Wheat, Egg, Milk, Soy [3, 2]
Classic Cinnamon Roll - 1 roll	560	21	13	0	0	1230	86	3	41	7	Contains: Wheat, Milk, Soy [5]
Cranberry Nut Muffin - 1 muffin	640	32	6	0	110	440	82	2	46	7	Contains: Wheat, Egg, Milk, Walnut, Soy [6, 4]

* None identified = no major allergens identified in standard ingredients. This is not an allergen-free guarantee.
Shared equipment is used. Tell your server about allergies before ordering.

Item / serving	Calories (kcal)	Fat (g)	Sat. fat (g)	Trans fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Gluten Free Blueberry Muffin - 3 oz	280	10	2.5	0	65	270	44	1	25	2	Contains: Egg
Gluten Free Brownie - 2.8 oz	340	18	9	0	70	180	43	3	31	4	Contains: Milk, Egg, Soy [7]
Multigrain Croissant - 1 croissant	340	17	11	0	40	320	39	2	4	7	Contains: Wheat, Milk, Egg, Sesame [8]
Pumpkin Muffin - 1 muffin	660	32	6	0	105	470	86	2	50	7	Contains: Wheat, Egg, Milk, Soy [9, 4]
Sea Salt Peanut Butter Cookie - 1 cookie	630	38	17	0	40	600	66	2	46	11	Contains: Egg, Milk, Peanut, Soy, Wheat

* None identified = no major allergens identified in standard ingredients. This is not an allergen-free guarantee. Shared equipment is used. Tell your server about allergies before ordering.

Bottled drinks

Per standard serving.

Item / serving	Calories (kcal)	Fat (g)	Sat. fat (g)	Trans fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Chocolate Milk Pint - 16 fl oz	420	16	10	0	50	380	50	0	48	18	Contains: Milk
Fuel Rootbeer - 12 fl oz	180	0	0	0	0	30	44	0	44	0	None identified*
Honest Apple Juice - 6 fl oz	35	0	0	0	0	15	9	0	8	0	None identified*
Naked Green Machine - 15.2 fl oz	270	0	0	0	0	25	63	0	53	4	Contains: Wheat
Open Water - 16 fl oz	0	0	0	0	0	0	0	0	0	0	None identified*
Pure Life Water - 16.9 fl oz	0	0	0	0	0	0	0	0	0	0	None identified*
San Pellegrino - 16.9 fl oz	0	0	0	0	0	15	0	0	0	0	None identified*
San Pellegrino Aranciata - 11.15 fl oz	120	0	0	0	0	0	31	0	27	0	None identified*
San Pellegrino Aranciata Rossa - 11.15 fl oz	130	0	0	0	0	0	33	0	29	0	None identified*
San Pellegrino Limonata - 11.15 fl oz	120	0	0	0	0	0	31	0	26	0	None identified*
Simply Lemonade - 11.5 fl oz bottle	160	0	0	0	0	20	42	0	40	0	None identified*
Simply Orange - 11.5 fl oz	170	0.5	0	0	0	0	37	0	33	2	None identified*
Spindrift Mango Orange - 12 fl oz	10	0	0	0	0	0	3	0	3	0	None identified*
Spindrift Raspberry Lime - 12 fl oz	5	0	0	0	0	0	1	0	1	0	None identified*
Tractor Farmers Punch - 12 fl oz	150	0	0	0	0	0	38	0	37	0	None identified*
Tractor Lemonade - 12 fl oz	160	0	0	0	0	0	39	1	38	1	None identified*
Tractor Mango Peach - 12 fl oz	170	0	0	0	0	0	42	1	41	0	None identified*
Tractor Strawberry Dragon Fruit - 12 fl oz	120	0	0	0	0	0	30	0	28	0	None identified*
Whole Milk Pint - 16 fl oz	340	20	12	0	50	240	24	0	24	18	Contains: Milk

* None identified = no major allergens identified in standard ingredients. This is not an allergen-free guarantee.
Shared equipment is used. Tell your server about allergies before ordering.

Bowls

Per standard serving.

Create Your Own Bowl: Nutrition and allergens vary by selections.

Item / serving	Calories (kcal)	Fat (g)	Sat. fat (g)	Trans fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)	Caffeine (approx. mg)	Allergens
Aussie - Acai - 1 bowl	510	12	4	0	0	160	100	9	61	5	0	None identified* [10]
Chocolate Banana - Acai - 1 bowl	880	39	9	0	5	300	127	10	84	12		Contains: Hazelnut, Milk, Soy, Peanut [10]
Fruity Fruit - Acai - 1 bowl	490	9	1.5	0	0	140	105	9	65	5	0	None identified* [10]
Greek Turbo - Acai - 1 bowl	460	13	4.5	0	15	150	81	7	49	8	0	Contains: Milk [10]
Mango Madness - Mango - 1 bowl	530	12	1	0	0	30	107	8	79	7	0	Contains: Almond [11, 10]
Pacific Beach - Coconut - 1 bowl	650	30	21	0	0	40	96	<10	69	7	0	Contains: Coconut [10]
Peanut Butter Blast - Acai - 1 bowl	700	30	7	0	0	300	105	10	64	10	0	Contains: Peanut, Soy [10]
Pina Colada Crush - Coconut - 1 bowl	680	31	23	0	0	50	102	<9	72	7	0	Contains: Coconut [10]
Roma Choco Hazelnut - Acai - 1 bowl	680	22	8	0	5	170	117	9	79	6		Contains: Hazelnut, Milk, Soy [10]
Summer Breeze - Coconut - 1 bowl	810	45	29	0	5	65	96	<9	76	7	16	Contains: Coconut, Hazelnut, Milk, Soy [12, 10]
Tropical Mango - Mango - 1 bowl	420	6	3	0	0	40	87	7	66	4	0	None identified* [10]
Very Berry Mango - Mango - 1 bowl	400	7	2.5	0	0	30	80	8	57	4	16	None identified* [12, 10]

* None identified = no major allergens identified in standard ingredients. This is not an allergen-free guarantee.
Shared equipment is used. Tell your server about allergies before ordering.

Breakfast

Per standard serving.

Item / serving	Calories (kcal)	Fat (g)	Sat. fat (g)	Trans fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)	Caffeine (approx. mg)	Allergens
Avocado Toast - 1 serving	340	17	2.5	0	120	370	38	8	10	11	0	Contains: Wheat, Egg, Milk [13]
Bacon Egg & Cheese Sandwich - 1 sandwich	510	17	5	0	145	1150	71	4	9	22	0	Contains: Wheat, Sesame, Egg, Milk, Soy
Banana - Medium Size	110	0	0	0	0	0	27	3	14	1	0	None identified*
Cinnamon Raisin Bagel - 4.5 oz Whole Bagel	330	1	0	0	0	640	71	5	11	11	0	Contains: Wheat, Sesame
Egg & Cheese Sandwich - 1 sandwich	470	14	4	0	135	1030	71	4	9	20	0	Contains: Wheat, Sesame, Egg, Milk, Soy
Egg & Cheese W/Vegan Sausage - 1 sandwich	610	21	5	0	135	1360	78	8	11	36	0	Contains: Wheat, Sesame, Egg, Milk, Soy
Everything Bagel - 4.5 oz Whole Bagel	330	2	0	0	0	760	68	5	8	12	0	Contains: Wheat, Sesame
Farmers Pan Sandwich - 1 sandwich	540	19	5	0	145	1680	73	4	<11	25	0	Contains: Wheat, Sesame, Egg, Milk, Soy
Fruit Cup - 12 oz cup	110	0.5	0	0	0	0	27	4	21	1	0	None identified*
Fuel Parfait - 1 bowl	330	16	6	0	25	120	38	3	25	10	0	Contains: Milk [10]
Ham Egg & Cheese Sandwich - 1 sandwich	500	15	4.5	0	145	1360	71	4	9	24	0	Contains: Wheat, Sesame, Egg, Milk, Soy
Memphis Toast - Nutella · 1 serving	440	13	4	0	5	270	74	8	36	9	2	Contains: Wheat, Hazelnut, Milk, Soy [12]
Peanut butter · 1 serving	420	17	2.5	0	0	310	58	9	18	14	2	Contains: Wheat, Peanut [12]
Oatmeal - 1 bowl	400	8	1	0	0	30	74	9	22	11	0	None identified* [10]

* None identified = no major allergens identified in standard ingredients. This is not an allergen-free guarantee.
Shared equipment is used. Tell your server about allergies before ordering.

Item / serving	Calories (kcal)	Fat (g)	Sat. fat (g)	Trans fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)	Caffeine (approx. mg)	Allergens
Plain Bagel - 4.5 oz Whole Bagel	330	1	0	0	0	670	69	4	8	12	0	Contains: Wheat, Sesame
Power Protein Sandwich - 1 sandwich	760	37	11	0	325	1820	72	4	9	41	0	Contains: Wheat, Sesame, Egg, Milk, Soy
Sausage Egg & Cheese Sandwich - 1 sandwich	550	20	6	0	165	1310	71	4	9	27	0	Contains: Wheat, Sesame, Egg, Milk, Soy
Toast - Gluten-free white · 2 slices	180	4	0	0	0	270	36	4	4	2	0	None identified*
Whole wheat · 2 slices	300	4	1	0	0	540	60	4	10	10	0	Contains: Wheat, Soy
Wheat Bagel - 4.5 oz Whole Bagel	330	1	0	0	0	590	68	6	8	12	0	Contains: Wheat, Sesame

* None identified = no major allergens identified in standard ingredients. This is not an allergen-free guarantee. Shared equipment is used. Tell your server about allergies before ordering.

Coffee

Standard milk drinks use whole milk unless noted.

Item / serving	Calories (kcal)	Fat (g)	Sat. fat (g)	Trans fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)	Caffeine (approx. mg)	Allergens
Café au Lait - 12 oz	60	3.5	2	0	10	45	4	0	4	3	160	Contains: Milk
16 oz	100	6	3.5	0	15	70	7	0	7	5	200	Contains: Milk
20 oz	110	6	4	0	15	85	8	0	8	6	260	Contains: Milk
Cappuccino - 12 oz	190	11	6	0	25	135	14	0	13	10	75	Contains: Milk
16 oz	240	14	8	0	35	180	18	0	17	12	150	Contains: Milk
20 oz	290	17	10	0	40	210	21	0	20	15	150	Contains: Milk
Cold Brew - 16 oz	0	0	0	0	0	5	0	0	0	0	205	None identified*
24 oz	0	0	0	0	0	10	0	0	0	<1	308	None identified*
32 oz	5	0	0	0	0	10	0	0	0	<1	410	None identified*
Cortado - 6 oz	45	2.5	1.5	0	5	35	4	0	3	2	75	Contains: Milk
Espresso Shot - 1.5 fl oz shot	0	0	0	0	0	5	<1	0	0	0	75	None identified*
Flat White Latte - 16 oz	220	13	8	0	30	170	17	0	15	11	225	Contains: Milk
Hot Americano - 12 oz	0	0	0	0	0	5	<1	0	0	0	75	None identified*
16 oz	10	0	0	0	0	10	1	0	0	0	150	None identified*
20 oz	10	0	0	0	0	10	1	0	0	0	150	None identified*
Hot Apple Pie Latte - 12 oz (oat milk)	190	1.5	0	0	0	110	44	2	24	2	75	None identified*
16 oz	250	2	0	0	0	135	60	3	35	3	150	None identified*
20 oz	350	2.5	0	0	0	170	84	3	51	3	150	None identified*

* None identified = no major allergens identified in standard ingredients. This is not an allergen-free guarantee. Shared equipment is used. Tell your server about allergies before ordering.

Item / serving	Calories (kcal)	Fat (g)	Sat. fat (g)	Trans fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)	Caffeine (approx. mg)	Allergens
Hot Blueberry Crumble Latte - 12 oz (oat milk)	190	1	0	0	0	80	45	2	31	2	75	None identified*
16 oz	240	1.5	0	0	0	110	56	2	37	2	150	None identified*
20 oz	340	2	0	0	0	135	78	3	54	3	150	None identified*
Hot Caramel Macchiato - 12 oz	270	12	7	0	30	160	31	0	30	10	75	Contains: Milk
16 oz	330	14	8	0	35	200	41	0	38	12	150	Contains: Milk
20 oz	430	18	11	0	45	250	52	0	49	16	150	Contains: Milk
Hot Drip Dark Roast Coffee - 12 oz	0	0	0	0	0	5	0	0	0	0	240	None identified*
16 oz	0	0	0	0	0	10	0	0	0	<1	320	None identified*
20 oz	5	0	0	0	0	10	0	0	0	<1	400	None identified*
24 oz	5	0	0	0	0	15	0	0	0	<1	480	None identified*
Hot Drip Decaf Coffee - 12 oz	0	0	0	0	0	5	0	0	0	0	23	None identified*
16 oz	0	0	0	0	0	10	0	0	0	<1	30	None identified*
20 oz	5	0	0	0	0	10	0	0	0	<1	38	None identified*
24 oz	5	0	0	0	0	15	0	0	0	<1	45	None identified*
Hot Drip Kenya Aa Single Origin Coffee - 12 oz	0	0	0	0	0	5	0	0	0	0	240	None identified*
16 oz	0	0	0	0	0	10	0	0	0	<1	320	None identified*
20 oz	5	0	0	0	0	10	0	0	0	<1	400	None identified*
24 oz	5	0	0	0	0	15	0	0	0	<1	480	None identified*

* None identified = no major allergens identified in standard ingredients. This is not an allergen-free guarantee.
Shared equipment is used. Tell your server about allergies before ordering.

Item / serving	Calories (kcal)	Fat (g)	Sat. fat (g)	Trans fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)	Caffeine (approx. mg)	Allergens
Hot Drip Regular Blend Coffee - 12 oz	0	0	0	0	0	5	0	0	0	0	240	None identified*
16 oz	0	0	0	0	0	10	0	0	0	<1	320	None identified*
20 oz	5	0	0	0	0	10	0	0	0	<1	400	None identified*
24 oz	5	0	0	0	0	15	0	0	0	<1	480	None identified*
Hot Flavored Latte - 12 oz	220	11	7	0	25	140	20	0	19	10	75	Contains: Milk
16 oz	290	14	8	0	35	180	30	0	28	12	150	Contains: Milk
20 oz	350	16	10	0	40	200	39	0	36	14	150	Contains: Milk
Hot Latte - 12 oz	200	12	7	0	30	150	15	0	14	11	75	Contains: Milk
16 oz	250	14	9	0	35	180	19	0	17	13	150	Contains: Milk
20 oz	290	17	10	0	40	210	22	0	20	15	150	Contains: Milk
Hot Mocha Latte - 12 oz	200	8	5	0	20	125	23	<1	21	8	88	Contains: Milk [14]
16 oz	340	14	8	0	30	210	42	1	39	13	175	Contains: Milk [14]
20 oz	440	18	10	0	40	270	53	1	49	17	181	Contains: Milk [14]
Hot Pumpkin Latte - 12 oz	250	11	6	0	25	140	29	0	28	10	75	Contains: Milk
16 oz	320	13	8	0	30	180	37	0	36	12	150	Contains: Milk
20 oz	430	17	10	0	40	230	52	0	50	15	150	Contains: Milk
Hot Red Eye - 12 oz	5	0	0	0	0	10	<1	0	0	0	285	None identified*
16 oz	10	0	0	0	0	15	<1	0	0	<1	365	None identified*
20 oz	10	0	0	0	0	15	<1	0	0	<1	445	None identified*
24 oz	10	0	0	0	0	20	<1	0	0	<1	525	None identified*

* None identified = no major allergens identified in standard ingredients. This is not an allergen-free guarantee.
Shared equipment is used. Tell your server about allergies before ordering.

Item / serving	Calories (kcal)	Fat (g)	Sat. fat (g)	Trans fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)	Caffeine (approx. mg)	Allergens
Hot White Mocha Latte - 12 oz	200	9	5	0	20	135	22	0	21	8	75	Contains: Milk
16 oz	340	15	9	0	35	230	40	0	38	14	150	Contains: Milk
20 oz	440	19	12	0	50	290	51	0	48	18	150	Contains: Milk
Iced Americano - 12 oz	0	0	0	0	0	5	<1	0	0	0	75	None identified*
16 oz	10	0	0	0	0	10	1	0	0	0	150	None identified*
24 oz	10	0	0	0	0	10	1	0	0	0	150	None identified*
Iced Apple Pie Latte - 12 oz (oat milk)	150	1	0	0	0	70	36	1	23	1	75	None identified*
16 oz	210	1.5	0	0	0	85	50	2	33	2	150	None identified*
24 oz	290	1.5	0	0	0	105	70	2	49	2	225	None identified*
Iced Blueberry Crumble Latte - 12 oz (oat milk)	110	0.5	0	0	0	45	26	<1	18	<1	75	None identified*
16 oz	210	1	0	0	0	75	49	1	35	1	150	None identified*
24 oz	310	1.5	0	0	0	105	72	2	53	2	225	None identified*
Iced Caramel Macchiato - 12 oz	190	7	4.5	0	15	110	26	0	24	6	75	Contains: Milk
16 oz	230	8	5	0	20	125	33	0	31	7	150	Contains: Milk
24 oz	350	11	7	0	30	170	50	0	47	10	225	Contains: Milk
Iced Flavored Latte - 12 oz	140	7	4	0	15	90	15	0	14	6	75	Contains: Milk
16 oz	190	8	4.5	0	20	105	23	0	21	7	150	Contains: Milk
24 oz	280	12	7	0	25	160	34	0	31	10	225	Contains: Milk
Iced Kenya Aa Single Origin Coffee - 16 oz	0	0	0	0	0	5	0	0	0	0	192	None identified*
24 oz	0	0	0	0	0	10	0	0	0	<1	288	None identified*
32 oz	5	0	0	0	0	10	0	0	0	<1	384	None identified*

* None identified = no major allergens identified in standard ingredients. This is not an allergen-free guarantee.
Shared equipment is used. Tell your server about allergies before ordering.

Item / serving	Calories (kcal)	Fat (g)	Sat. fat (g)	Trans fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)	Caffeine (approx. mg)	Allergens
Iced Latte - 12 oz	130	7	4.5	0	15	90	9	0	9	6	75	Contains: Milk
16 oz	150	8	5	0	20	110	11	0	10	8	150	Contains: Milk
24 oz	220	13	8	0	30	170	17	0	15	11	225	Contains: Milk
Iced Mocha Latte - 12 oz	170	7	4	0	15	105	21	<1	19	6	88	Contains: Milk [14]
16 oz	240	8	4.5	0	15	140	35	1	31	7	175	Contains: Milk [14]
24 oz	360	11	6	0	25	210	52	2	47	11	263	Contains: Milk [14]
Iced Patriots Blend Coffee - 16 oz	0	0	0	0	0	5	0	0	0	0	192	None identified*
24 oz	0	0	0	0	0	10	0	0	0	<1	288	None identified*
32 oz	5	0	0	0	0	10	0	0	0	<1	384	None identified*
Iced Pumpkin Latte - 12 oz	160	6	4	0	15	85	18	0	18	6	75	Contains: Milk
16 oz	230	8	4.5	0	20	110	31	0	29	7	150	Contains: Milk
24 oz	300	9	5	0	20	140	43	0	41	8	225	Contains: Milk
Iced Red Eye - 16 oz	5	0	0	0	0	10	<1	0	0	0	237	None identified*
24 oz	10	0	0	0	0	15	<1	0	0	<1	333	None identified*
32 oz	10	0	0	0	0	15	<1	0	0	<1	429	None identified*
Iced Regular Blend Coffee - 16 oz	0	0	0	0	0	5	0	0	0	0	192	None identified*
24 oz	0	0	0	0	0	10	0	0	0	<1	288	None identified*
32 oz	5	0	0	0	0	10	0	0	0	<1	384	None identified*
Iced Sparkling Americano - 12 oz	0	0	0	0	0	5	<1	0	0	0	75	None identified*
16 oz	10	0	0	0	0	10	1	0	0	0	150	None identified*
24 oz	10	0	0	0	0	20	2	0	0	0	225	None identified*

* None identified = no major allergens identified in standard ingredients. This is not an allergen-free guarantee.
Shared equipment is used. Tell your server about allergies before ordering.

Item / serving	Calories (kcal)	Fat (g)	Sat. fat (g)	Trans fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)	Caffeine (approx. mg)	Allergens
Iced Unleaded Decaf Blend Coffee - 16 oz	0	0	0	0	0	5	0	0	0	0	18	None identified*
24 oz	0	0	0	0	0	10	0	0	0	<1	27	None identified*
32 oz	5	0	0	0	0	10	0	0	0	<1	36	None identified*
Iced White Mocha Latte - 12 oz	170	7	4.5	0	20	115	20	0	19	7	75	Contains: Milk
16 oz	240	9	5	0	20	160	33	0	30	8	150	Contains: Milk
24 oz	360	13	8	0	35	230	49	0	46	13	225	Contains: Milk
Nitro Cold Brew - 16 oz	0	0	0	0	0	5	0	0	0	0	280	None identified*
24 oz	0	0	0	0	0	10	0	0	0	<1	420	None identified*
32 oz	5	0	0	0	0	10	0	0	0	<1	560	None identified*
Shaken Espresso - 16 oz	30	0	0	0	0	40	5	0	4	3	75	Contains: Milk
24 oz	60	0	0	0	<5	75	9	0	8	5	150	Contains: Milk
Steamed Milk - 12 oz	230	14	8	0	30	160	16	0	16	12	0	Contains: Milk
16 oz	310	18	11	0	45	220	22	0	22	16	0	Contains: Milk
20 oz	380	23	14	0	55	270	27	0	27	20	0	Contains: Milk

* None identified = no major allergens identified in standard ingredients. This is not an allergen-free guarantee. Shared equipment is used. Tell your server about allergies before ordering.

Fuel Ups

Per standard serving.

Item / serving	Calories (kcal)	Fat (g)	Sat. fat (g)	Trans fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)	Caffeine (approx. mg)	Allergens
Berry Blue Fuel Up - 16 oz	100	0	0	0	0	140	24	<1	22	0	80	None identified*
24 oz	140	0	0	0	0	210	34	<1	31	0	120	None identified*
32 oz	180	0	0	0	0	280	44	<1	41	0	160	None identified*
Dragonfruit Fuel Up - 16 oz	90	0	0	0	0	135	21	0	20	0	80	None identified*
24 oz	130	0	0	0	0	200	31	0	29	0	120	None identified*
32 oz	170	0	0	0	0	270	41	0	39	0	160	None identified*
Orange Cream Fuel Up - 16 oz	80	0	0	0	0	135	22	0	19	0	80	None identified*
24 oz	120	0	0	0	0	200	33	0	29	0	120	None identified*
32 oz	160	0	0	0	0	270	43	0	38	0	160	None identified*
Powerfruit Fuel Up - 16 oz	100	0	0	0	0	135	24	<1	22	0	80	None identified*
24 oz	140	0	0	0	0	200	34	<1	31	0	120	None identified*
32 oz	180	0	0	0	0	270	44	<1	41	0	160	None identified*
Starfruit Fuel Up - 16 oz	90	0	0	0	0	135	22	0	20	0	80	None identified*
24 oz	130	0	0	0	0	200	33	0	29	0	120	None identified*
32 oz	170	0	0	0	0	270	43	0	39	0	160	None identified*
Yumberry Fuel Up - 16 oz	90	0	0	0	0	135	22	0	20	0	80	None identified*
24 oz	130	0	0	0	0	200	33	0	29	0	120	None identified*
32 oz	170	0	0	0	0	270	43	0	39	0	160	None identified*

* None identified = no major allergens identified in standard ingredients. This is not an allergen-free guarantee.
Shared equipment is used. Tell your server about allergies before ordering.

Salads

Salads exclude dressing. Dressing rows show one 2 fl oz cup; two cups supplied.

Item / serving	Calories (kcal)	Fat (g)	Sat. fat (g)	Trans fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Asian Sesame Salad without dressing (with chicken) - 1 salad	330	20	2	0	50	500	19	5	2	22	Contains: Almond, Wheat, Sesame, Milk, Soy [11, 15]
Asian Sesame Salad dressing - 2 fl oz cup	200	10	2	0	0	780	28	0	24	0	Contains: Wheat, Sesame, Soy
Greek Salad without dressing - 1 salad	250	11	5	0	75	1410	19	4	6	22	Contains: Milk, Soy, Wheat [16]
Greek Salad dressing - 2 fl oz cup	260	28	5	0	0	460	2	0	0	0	Contains: Milk
Southwest Salad without dressing - 1 salad	310	16	2	0	50	500	26	7	6	20	Contains: Wheat, Milk, Soy [15]
Southwest Salad dressing - 2 fl oz cup	360	40	6	0	20	460	4	0	0	0	Contains: Egg

* None identified = no major allergens identified in standard ingredients. This is not an allergen-free guarantee. Shared equipment is used. Tell your server about allergies before ordering.

Lunch

Per standard serving.

Item / serving	Calories (kcal)	Fat (g)	Sat. fat (g)	Trans fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Chicken Bacon Rancher - 1 sandwich	780	33	8	0	90	1900	<86	4	1	35	Contains: Wheat, Milk, Egg, Soy [17]
Chicken Pesto Sandwich - 1 flatbread	660	32	12	0	95	1770	57	2	5	37	Contains: Wheat, Milk, Egg, Soy [18]
Chipotle Chicken Sandwich - 1 flatbread	700	40	10	0	90	1940	<61	6	4	30	Contains: Wheat, Milk, Egg, Soy [18, 19]
Classic Mac & Cheese - Regular	800	42	16	1	80	1740	78	2	20	28	Contains: Milk, Wheat
Kids Classic Mac & Cheese - Kids	400	21	8	0.5	40	870	39	1	10	14	Contains: Milk, Wheat
Pesto BLT Sandwich - 1 sandwich	570	33	6	0	45	1140	51	9	3	18	Contains: Wheat, Egg, Milk
Sriracha Mac & Cheese - 1 bowl	910	45	17	1	130	2650	84	2	<23	42	Contains: Milk, Wheat, Soy
Toasted Garden Caprese - 1 sandwich	840	37	13	0	55	1470	93	4	10	30	Contains: Wheat, Milk, Egg, Soy [17, 13]
Turkey Bacon Sandwich - 1 flatbread	630	35	10	0	80	2050	<55	2	5	30	Contains: Wheat, Milk, Egg [18]
Turkey Cheddar Sandwich - 1 sandwich	630	30	7	0	80	1990	<57	9	6	34	Contains: Wheat, Egg, Milk [16]

* None identified = no major allergens identified in standard ingredients. This is not an allergen-free guarantee.
Shared equipment is used. Tell your server about allergies before ordering.

Packaged snacks

Values are for the listed package.

Item / serving	Calories (kcal)	Fat (g)	Sat. fat (g)	Trans fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)	Caffeine (approx. mg)	Allergens
Cape Cod Chips - 1 oz bag	140	8	0.5	0	0	125	16	2	0	2	0	None identified*
Fuel Almonds Natural - 2.75 oz	470	41	3	0	0	0	17	11	3	17	0	Contains: Almond [20]
Fuel Almonds With Sea Salt - 2.75 oz	500	47	3	0	0	280	14	8	0	17	0	Contains: Almond [20]
Fuel Banana Chips - 3 oz	430	23	20	0	0	0	57	3	14	3	0	None identified* [21]
Fuel California Pistachios - 3 oz	480	39	4.5	0	0	330	21	9	6	21	0	Contains: Pistachio [20]
Fuel Cashews Lightly Salted - 3 oz	500	39	9	0	0	270	24	3	6	15	0	Contains: Cashew [20]
Fuel Chocolate Covered Espresso Beans - 4 oz (113 g) bag (contains caffeine)	510	34	20	0	0	0	65	6	51	6		Contains: Soy [20]
Fuel Corn Nuts Roasted Salted - 3 oz	400	17	2	0	0	490	57	4	0	6	0	None identified* [20]
Fuel Cranberry Nut Mix - 4 oz	520	28	4	0	0	0	57	8	44	12	0	Contains: Peanut, Cashew [20]
Fuel Deluxe Mixed Nuts - 3.5 oz	600	53	7	0	0	0	21	7	4	18	0	Contains: Peanut, Cashew, Almond, Hazelnut, Brazil nut, Pecan [20]
Fuel Dried Apricots - 4 oz	240	0	0	0	0	0	77	8	57	<5	0	None identified* [22]
Fuel Edamame - 3 oz	360	12	0	0	0	700	27	21	3	39	0	Contains: Soy [20]
Fuel Fruit & Nut Mix - 4 oz	570	36	10	0	0	0	48	8	24	16	0	Contains: Peanut, Soy, Walnut, Cashew [20]
Fuel High Energy Mix - 4 oz	570	28	4	0	0	0	57	8	40	16	0	Contains: Peanut, Soy [20]

* None identified = no major allergens identified in standard ingredients. This is not an allergen-free guarantee. Shared equipment is used. Tell your server about allergies before ordering.

Item / serving	Calories (kcal)	Fat (g)	Sat. fat (g)	Trans fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)	Caffeine (approx. mg)	Allergens
Fuel Hunky Dory Mix - 4 oz	650	57	8	0	0	0	28	8	8	24	7	Contains: Peanut, Walnut, Almond, Cashew, Soy [20]
Fuel Kiwi Slices Dried - 4 oz	390	0	0	0	0	290	95	0	50	0	0	None identified* [22]
Fuel Nutrition Mix - 4 oz	520	32	8	0	0	0	52	8	40	12	0	Contains: Peanut, Hazelnut, Brazil nut [20]
Fuel Peanuts Roasted Salted - 4 oz	720	64	12	0	0	380	20	12	4	32	0	Contains: Peanut [20]
Fuel Pineapple Tidbits - 4 oz	420	0	0	0	0	320	104	3	87	0	0	None identified* [22]
Fuel Rice Cracker Mix - 2.5 oz	280	2.5	2.5	0	0	340	63	5	>5	10	0	Contains: Soy, Wheat, Sesame [20]
Fuel Unsalted Cashews - 3 oz	500	39	9	0	0	10	24	3	6	15	0	Contains: Cashew [20]
Fuel Wasabi Green Peas - 3 oz	330	6	3	0	0	760	58	18	6	12	0	Contains: Wheat [23]
Fuel Yogurt Pretzels - 3 oz	430	21	18	0	0	360	58	0	33	3	0	Contains: Milk, Wheat, Soy [20]
Fuel Yogurt Raisins - 3.5 oz	460	28	25	0	0	40	64	0	57	<4	0	Contains: Milk, Soy [21]
Fuel Yogurt Trail Mix - 4 oz	480	24	4	0	0	0	61	8	40	16	0	Contains: Milk, Peanut, Tree nuts, Soy [20]
Gluten Free Choc Chip Cookie - 1 cookie	220	10	6	0	30	115	31	1	17	1		Contains: Egg, Milk
KIND Bar Caramel Almond & Sea Salt - 1 bar	170	15	3	0	0	125	16	7	5	6	0	Contains: Almond, Milk, Soy [24]
KIND Bar Dark Choc & Peanut Butter - 1 bar	200	14	4	0	0	25	16	3	9	7		Contains: Peanut, Almond, Soy [25]
KIND Bar Dark Choc & Sea Salt - 1 bar	190	15	3	0	0	140	16	7	5	6		Contains: Almond, Peanut, Soy [25]

* None identified = no major allergens identified in standard ingredients. This is not an allergen-free guarantee.
Shared equipment is used. Tell your server about allergies before ordering.

Smoothies & blended

Per standard serving.

Item / serving	Calories (kcal)	Fat (g)	Sat. fat (g)	Trans fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)	Caffeine (approx. mg)	Allergens
Chocolate Fudge Frap - 12 oz (half & half)	350	12	8	0	30	105	57	0	56	3	96	Contains: Milk
16 oz	450	15	10	0.5	40	140	75	0	74	4	128	Contains: Milk
24 oz	640	22	14	1	65	200	106	0	105	6	192	Contains: Milk
Dulce De Leche Frap - 12 oz (half & half)	430	14	9	0	40	170	69	0	65	4	96	Contains: Milk
16 oz	540	18	12	0.5	50	210	87	0	83	6	128	Contains: Milk
24 oz	750	26	16	1	75	300	121	0	115	8	192	Contains: Milk
Hot Chocolate - 12 oz	270	13	8	0	30	170	28	<1	27	12	13	Contains: Milk [14]
16 oz	390	17	10	0	40	250	45	1	43	16	25	Contains: Milk [14]
20 oz	520	21	12	0	50	320	62	2	59	20	38	Contains: Milk [14]
8 oz	200	9	5	0	20	125	23	<1	22	8	13	Contains: Milk [14]
Kale Mango Smoothie - 16 oz	170	0	0	0	0	60	39	2	33	4	0	Contains: Milk
24 oz	300	0.5	0	0	0	105	70	3	61	6	0	Contains: Milk
Mango Smoothie - 16 oz	230	0	0	0	0	60	55	2	51	2	0	Contains: Milk
24 oz	340	0.5	0	0	0	95	82	3	75	4	0	Contains: Milk
Mocha Prolatta - 24 oz	640	12	10	0	<5	520	111	0	89	28	55	Contains: Milk, Soy [26]
Pumpkin Frap - 12 oz (half & half)	320	12	8	0	30	95	50	0	49	3	128	Contains: Milk
16 oz	390	15	10	0.5	40	115	60	0	59	4	128	Contains: Milk
24 oz	580	22	14	1	65	180	90	0	89	6	192	Contains: Milk

* None identified = no major allergens identified in standard ingredients. This is not an allergen-free guarantee. Shared equipment is used. Tell your server about allergies before ordering.

Item / serving	Calories (kcal)	Fat (g)	Sat. fat (g)	Trans fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)	Caffeine (approx. mg)	Allergens
Salted Caramel Frap - 12 oz (half & half)	350	12	8	0	30	220	58	0	57	3	96	Contains: Milk
16 oz	450	15	10	0.5	40	280	76	0	76	4	128	Contains: Milk
24 oz	640	22	14	1	65	390	108	0	107	6	192	Contains: Milk
Salted Caramel Prolatta - 24 oz	660	19	16	0	<5	1090	104	0	87	26	0	Contains: Milk, Soy [26]
Strawberry Banana Smoothie - 16 oz	230	0	0	0	0	60	56	3	45	3	0	Contains: Milk
24 oz	310	0.5	0	0	0	90	75	4	59	4	0	Contains: Milk
Strawberry Mango Smoothie - 16 oz	210	0	0	0	0	60	51	2	46	2	0	Contains: Milk
24 oz	320	0.5	0	0	0	95	76	3	67	4	0	Contains: Milk
Super Berry Smoothie - 16 oz	240	1	0	0	0	80	58	3	49	2	0	Contains: Milk
24 oz	350	2	0	0	0	120	81	4	66	4	0	Contains: Milk
Vanilla Prolatta - 24 oz	690	18	18	0	5	630	108	0	78	29	0	Contains: Milk, Soy [26]

* None identified = no major allergens identified in standard ingredients. This is not an allergen-free guarantee. Shared equipment is used. Tell your server about allergies before ordering.

Tea

Standard milk drinks use whole milk unless noted.

Item / serving	Calories (kcal)	Fat (g)	Sat. fat (g)	Trans fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)	Caffeine (approx. mg)	Allergens
Apple Crisp Iced Chai - 16 oz (oat milk)	190	0	0	0	0	65	41	<1	37	4	18	Contains: Milk
24 oz	270	1	0	0	0	95	62	1	53	4	35	Contains: Milk
Hot Chai Latte - 16 oz	150	4.5	3	0	10	65	23	0	22	4	63	Contains: Milk
20 oz	180	6	3.5	0	15	80	29	0	28	5	79	Contains: Milk
Hot Matcha Latte - 12 oz	180	10	6	0	25	120	13	1	12	10	43	Contains: Milk
16 oz	270	15	9	0	35	180	20	2	18	15	65	Contains: Milk
20 oz	360	20	12	0	50	240	27	3	24	20	87	Contains: Milk

* None identified = no major allergens identified in standard ingredients. This is not an allergen-free guarantee. Shared equipment is used. Tell your server about allergies before ordering.

Item / serving	Calories (kcal)	Fat (g)	Sat. fat (g)	Trans fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)	Caffeine (approx. mg)	Allergens
Hot Tea - Blood Orange Hibiscus · 12 oz	0	0	0	0	0	0	<1	0	0	0	0	None identified*
Blood Orange Hibiscus · 16 oz	0	0	0	0	0	0	<1	0	0	0	0	None identified*
Blood Orange Hibiscus · 20 oz	5	0	0	0	0	5	1	0	0	0	0	None identified*
Blood Orange Hibiscus · 24 oz	5	0	0	0	0	5	1	0	0	0	0	None identified*
Earl Grey · 12 oz	0	0	0	0	0	10	1	0	0	0	20	None identified*
Earl Grey · 16 oz	0	0	0	0	0	15	1	0	0	0	20	None identified*
Earl Grey · 20 oz	5	0	0	0	0	20	2	0	0	0	20	None identified*
Earl Grey · 24 oz	5	0	0	0	0	20	2	0	0	0	20	None identified*
English Breakfast · 12 oz	0	0	0	0	0	10	1	0	0	0	20	None identified*
English Breakfast · 16 oz	0	0	0	0	0	15	1	0	0	0	20	None identified*
English Breakfast · 20 oz	5	0	0	0	0	20	2	0	0	0	20	None identified*
English Breakfast · 24 oz	5	0	0	0	0	20	2	0	0	0	20	None identified*
Golden Green · 12 oz	0	0	0	0	0	0	0	0	0	<1	12	None identified*
Golden Green · 16 oz	0	0	0	0	0	0	0	0	0	1	12	None identified*
Golden Green · 20 oz	5	0	0	0	0	5	0	0	0	1	12	None identified*
Golden Green · 24 oz	5	0	0	0	0	5	0	0	0	2	12	None identified*
Lemon Chamomile · 12 oz	0	0	0	0	0	0	<1	0	0	0	0	None identified*
Lemon Chamomile · 16 oz	0	0	0	0	0	0	<1	0	0	0	0	None identified*
Lemon Chamomile · 20 oz	5	0	0	0	0	5	1	0	0	0	0	None identified*
Lemon Chamomile · 24 oz	5	0	0	0	0	5	1	0	0	0	0	None identified*
Moroccan Mint · 12 oz	0	0	0	0	0	0	0	0	0	<1	12	None identified*
Moroccan Mint · 16 oz	0	0	0	0	0	0	0	0	0	1	12	None identified*
Moroccan Mint · 20 oz	5	0	0	0	0	5	0	0	0	1	12	None identified*
Moroccan Mint · 24 oz	5	0	0	0	0	5	0	0	0	2	12	None identified*

* None identified = no major allergens identified in standard ingredients. This is not an allergen-free guarantee.
Shared equipment is used. Tell your server about allergies before ordering.

Item / serving	Calories (kcal)	Fat (g)	Sat. fat (g)	Trans fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)	Caffeine (approx. mg)	Allergens
Hot Tea Latte - 16 oz	140	8	5	0	20	105	10	0	10	7	47	Contains: Milk
Iced Chai Latte - 16 oz	110	4	2.5	0	10	55	15	0	15	4	38	Contains: Milk
24 oz	160	6	3.5	0	15	80	23	0	22	5	57	Contains: Milk
Iced Matcha Latte - 12 oz	140	8	4.5	0	20	95	11	1	9	8	43	Contains: Milk
16 oz	180	10	6	0	25	120	14	2	12	11	65	Contains: Milk
24 oz	270	15	9	0	35	180	21	3	18	16	108	Contains: Milk
Iced Tea - Black · 16 oz	0	0	0	0	0	10	<1	0	0	0	57	None identified*
Black · 24 oz	0	0	0	0	0	15	1	0	0	0	85	None identified*
Black · 32 oz	5	0	0	0	0	15	2	0	0	0	114	None identified*
Crimson Berry · 16 oz	0	0	0	0	0	0	<1	0	0	0	0	None identified*
Crimson Berry · 24 oz	0	0	0	0	0	0	<1	0	0	0	0	None identified*
Crimson Berry · 32 oz	5	0	0	0	0	5	1	0	0	0	0	None identified*
Green · 16 oz	0	0	0	0	0	0	0	0	0	<1	34	None identified*
Green · 24 oz	0	0	0	0	0	0	0	0	0	<1	51	None identified*
Green · 32 oz	5	0	0	0	0	5	0	0	0	1	68	None identified*

* None identified = no major allergens identified in standard ingredients. This is not an allergen-free guarantee. Shared equipment is used. Tell your server about allergies before ordering.

Manufacturer allergen notes

Bracketed numbers refer to these ingredient alerts and manufacturer advisories. Shared-equipment warnings describe possible contact during manufacturing, separately from ingredient allergens.

1. Manufactured on equipment exposed to almond, coconut, pecan, pistachio, soy and walnut products.
2. Manufactured on equipment exposed to egg and milk products.
3. This product is manufactured on equipment exposed to almond, coconut, pecan, pistachio, and walnut products.
4. This product is packaged on equipment exposed to wheat, egg, dairy (milk), and soy products. -
5. Manufactured in a facility that processes products containing peanuts and tree nuts.
6. This product is manufactured on equipment exposed to almond, coconut, pecan, pistachio, and soy products.
7. Manufactured in a facility that processes peanuts/nuts.
8. May contain tree nuts and soy.
9. This product is manufactured on equipment exposed to almond, coconut, pecan, pistachio, soy, and walnut products.
10. Processed on equipment that also processes almonds, cashews, pecans, walnuts, sesame and soy.
11. Processed in a facility that processes peanuts, tree nuts, milk, egg, wheat, soybeans and sesame.
12. Packaged in a facility that handles tree nuts.
13. Contains sulfites.
14. Manufactured in the same facility as products containing milk and soy.
15. Packaged in a facility that also packages tree nuts.
16. Contains mustard seed.
17. Produced in a facility that also processes Milk, Egg, Sesame.
18. May contain: soy and sesame.
19. Contains sulfites (sodium metabisulfite).
20. Shares equipment with peanuts, tree nuts, wheat, milk and soy.
21. Contains coconut oil. Shares equipment with peanuts, tree nuts, wheat, milk and soy.
22. Contains sulfur dioxide (sulfites). Shares equipment with peanuts, tree nuts, wheat, milk and soy.
23. Contains mustard. Shares equipment with peanuts, tree nuts, wheat, milk and soy.
24. May contain tree nuts. May contain peanuts.
25. May contain tree nuts.
26. Produced in a GMP facility that processes other ingredients containing allergens.

* None identified = no major allergens identified in standard ingredients. This is not an allergen-free guarantee.
Shared equipment is used. Tell your server about allergies before ordering.