

Speedy Café Nutritional Information - Ingredients

Bacon, Egg & Cheese Panini	Sour Dough Bread: Enriched Wheat Flour(Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin Folic Acid), Water, Sour (Wheat Flour, Cornstarch, Malt, Fumaric Acid, Contains 2% or Less of Acetic Acid, & Lactic Acid), Yeast, Sugar, Soybean Oil, Salt, Calcium Propionate, Ethoxylated Mono-Diglycerides, Mono-Diglycerides, Polysorbate 60, Soy Lactylate, Guar Gum, Diacetyl Tartaric Acid Esters of Mono-Diglycerides, Ascorbic Acid, Azodicarbonamide, Enzyme, Calcium Sulfate. Fried Egg Patty: Egg Whites, Egg Yolks, Whey, Water. Contains 2% or Less of the Following: Nonfat Milk, Modified Corn Starch, Dicalcium Phosphate, Natural Egg Flavor, Salt, Sodium Bicarbonate, Xanthan Gum, Citric Acid, EDTA. Bacon: Cured With Water, Salt, Sugar, Smoke Flavoring, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite. Buttery Flavored Oil: Soybean Oil, Hydrogenated Soybean Oil, Salt, Natural Flavor (Milk, Soy), Natural and Artificial Flavor, Soy Lecithin, TBHQ and Citric Acid Added as Preservatives, and Artificial Color. American Cheese: Cultured Milk, Water Cream, Sodium Citrate, Salt, Sodium Phosphate, Sorbic Acid (Preservative), Lactic Acid, Artificial Color, Enzymes, Soy Lecithin. CONTAINS: Egg, Milk, Soy
Ham, Egg & Cheese Panini	Sour Dough Bread: Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin Folic Acid), Water, Sour (Wheat Flour, Cornstarch, Malt, Fumaric Acid, Contains 2% or Less of Acetic Acid, & Lactic Acid), Yeast, Sugar, Soybean Oil, Salt, Calcium Propionate, Ethoxylated Mono-Diglycerides, Mono-Diglycerides, Polysorbate 60, Soya Lactylate, Guar Gum, Diacetyl Tartaric Acid Esters of Mono-Diglycerides, Ascorbic Acid, Azodicarbonamide, Enzyme, Calcium Sulfate. Fried Egg Patty: Egg Whites, Egg Yolks, Whey, Water. Contains 2% or Less of the Following: Nonfat Milk, Modified Corn Starch, Dicalcium Phosphate, Natural Egg Flavor, Salt, Sodium Bicarbonate, Xanthan Gum, Citric Acid, EDTA. Ham: Cured With: Water, Sugar, Contains 2% or Less of Salt, Sodium Lactate, Sodium Phosphate, Carrageenan, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite. Buttery Flavored Oil: Soybean Oil, Hydrogenated Soybean Oil, Salt, Natural Flavor (Milk, Soy), Natural and Artificial Flavor, Soy Lecithin, TBHQ and Citric Acid Added as Preservatives, and Artificial Color. American Cheese: Cultured Milk, Water Cream, Sodium Citrate, Salt, Sodium Phosphate, Sorbic Acid (Preservative), Lactic Acid, Artificial Color, Enzymes, Soy Lecithin. CONTAINS: Egg, Milk, Soy, Wheat
Sausage, Egg & Cheese Panini	CONTAINS: Egg, Milk, Soy, Wheat
Bacon & Egg Scramble Bowl	Tater Tots (Potatoes, Vegetable Oil [Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn], Contains 2% Or Less Of: Dextrose, Natural Flavor, Salt, Sodium Acid Pyrophosphate [To Maintain Color]), Oil (Liquid And Hydrogenated Soybean Oil, Tbhq And Citric Acid [To Protect Flavor], Dimethylpolysiloxane [Anti-Foaming Agent]). Scrambled Eggs (Whole Eggs, Skim Milk, Soybean Oil, Modified Food Starch, Salt, Xanthan Gum, Liquid Pepper Extract, Citric Acid, Artificial Butter Flavor [Soybean Oil, Butter, Lipolyzed Butter Fat, Natural And Artificial Flavors]) Bacon (Pork Cured With: Water, Salt, Sugar, Sodium Erythorbate, Sodium Nitrite, Dextrose, Flavoring, Honey, Dehydrated Pork Broth, Potassium Chloride, Potassium Lactate, Smoke Flavoring, Sodium Diacetate, Sodium Phosphate). Cheddar Cheese Sauce (Cheddar Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto], Water, Nonfat Dry Milk, Contains 2% Or Less Of The Following: Salt, Dehydrated Semisoft And Cheddar Cheeses [Pasteurized Milk, Cheese Culture, Salt, Enzymes], Modified Food Starch, Sodium Polyphosphate, Extract Of Paprika, Maltodextrin, Sodium Phosphate, Butter [Cream, Salt, Annatto], Natural And Artificial Flavors, Calcium Phosphate, Lactic Acid) CONTAINS: Gluten, Egg, Milk
Sausage & Egg Breakfast Bowl	CONTAINS: Egg, Milk
Steak & Egg Breakfast Bowl	Tater Tots (Potatoes, Vegetable Oil [Contains One Or More Of The Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn], Contains 2% Or Less Of: Dextrose, Natural Flavor, Salt, Sodium Acid Pyrophosphate [To Maintain Color]), Oil (Liquid And Hydrogenated Soybean Oil, Tbhq And Citric Acid [To Protect Flavor], Dimethylpolysiloxane [Anti-Foaming Agent]). Scrambled Eggs (Whole Eggs, Skim Milk, Soybean Oil, Modified Food Starch, Salt, Xanthan Gum, Liquid Pepper Extract, Citric Acid, Artificial Butter Flavor [Soybean Oil, Butter, Lipolyzed Butter Fat, Natural And Artificial Flavors]) Ground Beef (Not More than 20% Fat), Water, Seasoning (Dextrose, Hydrolyzed Soy Protein, Sugar, Modified Starch (corn), Slat, Sodium Phosphates, Tomato Powder, Onion & Garlic Powders, Caramel Color, Autolyzed Yeast, Citric Acid, Spices, Vinegar Powder, Spice Extractives). Cheddar Cheese Sauce (Cheddar Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto], Water, Nonfat Dry Milk, Contains 2% Or Less Of The Following: Salt, Dehydrated Semisoft And Cheddar Cheeses [Pasteurized Milk, Cheese Culture, Salt, Enzymes], Modified Food Starch, Sodium Polyphosphate, Extract Of Paprika, Maltodextrin, Sodium Phosphate, Butter [Cream, Salt, Annatto], Natural And Artificial Flavors, Calcium Phosphate, Lactic Acid) CONTAINS: Egg, Milk, Soy
Double Sausage, Egg & Cheese Biscuit	Sausage Patty (Pork, Seasoning [Salt, Spices, Dextrose, Natural Pork Flavor (Pork Flavor, Corn Syrup Solids), BHA, BHT], Water, Caramel Color), Biscuit (Enriched Bleached Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Buttermilk [Cultured Low Fat Milk, Food Starch, Salt, Sodium Citrate, Carob Bean Gum, Carrageenan, Vitamin A Palmitate, Vitamin D3], Palm Oil, Biscuit Concentrate [Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate, Sodium Aluminum Phosphate), Salt, Sugar, Dextrose, Bleached Enriched Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Calcium Propionate, Calcium Sulfate, Soybean and/or Cottonseed Oil, Guar Gum], Shortening [Palm Oil, Soy Lecithin, Artificial Flavor, Beta Carotene (Color)], Artificial Flavor), Grilled Egg Patty (Whole Eggs, Water, Whole Milk Powder, Soybean Oil, Salt, Xanthan Gum, Citric Acid), American Cheese (Cultured Milk, Skim Milk, Cream, Sodium Citrate, Salt, Color Added, Sodium Phosphate, Sorbic Acid [as a Preservative], Enzymes, Soy Lecithin [Non-Sticking Agent]). CONTAINS: Egg, Milk, Soy, Wheat
Double Sausage & Cheese Eggwich	Sausage Patty (Pork, Seasoning [Salt, Spices, Dextrose, Natural Pork Flavor (Pork Flavor, Corn Syrup Solids), BHA, BHT], Water, Caramel Color), Grilled Egg Patty (Whole Eggs, Water, Whole Milk Powder, Soybean Oil, Salt, Xanthan Gum, Citric Acid), American Cheese (Cultured Milk, Skim Milk, Cream, Sodium Citrate, Salt, Color Added, Sodium Phosphate, Sorbic Acid [as a Preservative], Enzymes, Soy Lecithin [Non-Sticking Agent]). CONTAINS: Egg, Milk, Soy
Ham, Egg & Cheese Croissant	Croissant (Enriched Flour [Wheat Flour, Barley Malt, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Margarine [Palm Oil, Water, Soybean Oil, Sugar, Soy Lecithin, Mono And Diglycerides, Potassium Sorbate And Citric Acid (Preservative), Artificial Flavor, Colored With Beta Carotene, Vitamin A Palmitate], Eggs, Sugar, Contains 2% Or Less Of The Following: Yeast, High Fructose Corn Syrup, Soybean Oil, Corn Syrup Solids, Nonfat Dry Milk, Sodium Caseinate, Milk Protein Concentrate, Food Starch, Salt, Mono And Diglycerides, Soy Lecithin, Dough Conditioner [Water, Monoglycerides, Propionic Acid, Phosphoric Acid, Wheat Flour, Sodium Stearoyl Lactylate, Soy Flour, Dextrose, Ascorbic Acid, Azodicarbonamide, L-Cysteine, Enzymes], Silicon Dioxide [Anti-Caking Agent], Calcium Propionate [Preservative]), Grilled Egg Patty (Whole Eggs, Water, Whole Milk Powder, Soybean Oil, Salt, Xanthan Gum, Citric Acid), Virginia Ham (Pork, Water, Contains 2% Or Less Of The Following: Sugar, Salt, Potassium Lactate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite, Sodium Phosphate, Caramel Color), Swiss Cheese (Part Skim Milk, Cheese Culture, Salt, Enzymes). CONTAINS: Egg, Milk, Soy, Wheat
Rodeo Muffin	PLAIN ENGLISH MUFFIN (ENRICHED WHEAT FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, YEAST, CORNMEAL, DEXTROSE, CONTAINS 2% OR LESS OF THE FOLLOWING: WHEAT GLUTEN, BAKING POWDER [SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORNSTARCH, MONOCALCIUM PHOSPHATE], POTATO FLOUR, SALT, CALCIUM PROPIONATE, DISTILLED VINEGAR, FUMARIC ACID, HYDROGENATED SOYBEAN OIL, MONOGLYCERIDES, PROPIONIC ACID, PHOSPHORIC ACID, NON-GMO SOYBEAN OIL, POTASSIUM SORBATE, MINERAL OIL [PROCESSING AID], NONFAT DRY MILK), SAUSAGE PATTY (PORK, SEASONING [SALT, SPICES, DEXTROSE, NATURAL PORK FLAVOR (PORK FLAVOR, CORN SYRUP SOLIDS), BHA, BHT], WATER, CARAMEL COLOR), GRILLED EGG PATTY (WHOLE EGGS, WATER, WHOLE MILK POWDER, SOYBEAN OIL, SALT, XANTHAN GUM, CITRIC ACID), PEPPER JACK CHEESE (PASTEURIZED MILK, JALAPENO PEPPERS, CHEESE CULTURES, SALT, CALCIUM CHLORIDE, ENZYMES), ANCHO CHIPOTLE SAUCE (TOMATO PUREE [WATER, TOMATO PASTE], SOYBEAN OIL, BROWN SUGAR, SUGAR, WATER, VINEGAR, ANCHO CHILI PEPPERS, SALT, EGG YOLKS, MODIFIED CORN STARCH, CHIPOTLE CHILI PEPPER, SPICES, BUTTERMILK, GARLIC POWDER, SOUR CREAM [CREAM, NONFAT MILK, CULTURES], DEHYDRATED GARLIC, ONION POWDER, LACTIC ACID, PHOSPHORIC ACID, MUSTARD FLOUR, XANTHAN GUM, LEMON JUICE CONCENTRATE, POLYSORBATE 60, CITRIC ACID, SORBIC ACID, CALCIUM DISODIUM EDTA AND BHA [TO PROTECT QUALITY], CULTURED NONFAT MILK), JALAPENO PEPPERS (PEPPERS, WATER, SALT, VINEGAR, CALCIUM CHLORIDE, SODIUM BENZOATE, SODIUM BISULFITE, POTASSIUM SORBATE AND FD&C YELLOW #5), APPLEWOOD SMOKED BACON (PORK CURED WITH: WATER, SALT, SUGAR, SODIUM PHOSPHATES, SODIUM ERYTHORBATE, SODIUM NITRITE), GREEN PEPPERS. CONTAINS: Egg, Milk, Soy, Wheat
Sausage, Bacon & Cheese Eggwich	Grilled Egg Patty (Whole Eggs, Water, Whole Milk Powder, Soybean Oil, Salt, Xanthan Gum, Citric Acid), Sausage Patty (Pork, Seasoning [Salt, Spices, Dextrose, Natural Pork Flavor (Pork Flavor, Corn Syrup Solids), BHA, BHT], Water, Caramel Color), American Cheese (Cultured Milk, Skim Milk, Cream, Sodium Citrate, Salt, Color Added, Sodium Phosphate, Sorbic Acid [as a Preservative], Enzymes, Soy Lecithin [Non-Sticking Agent]), Appplewood Smoked Bacon (Pork Cured With: Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite). CONTAINS: Egg, Milk, Soy
Sausage & Cheese Eggwich	Grilled Egg Patty (Whole Eggs, Water, Whole Milk Powder, Soybean Oil, Salt, Xanthan Gum, Citric Acid), Sausage Patty (Pork, Seasoning [Salt, Spices, Dextrose, Natural Pork Flavor (Pork Flavor, Corn Syrup Solids), BHA, BHT], Water, Caramel Color), American Cheese (Cultured Milk, Skim Milk, Cream, Sodium Citrate, Salt, Color Added, Sodium Phosphate, Sorbic Acid [as a preservative], Enzymes, Soy Lecithin [Non-Sticking Agent]). CONTAINS: Egg, Milk, Soy
Bacon, Egg & Cheese Croissant	Croissant (Enriched Flour [Wheat Flour, Niacin, Reduced Iron, Ascorbic Acid (Added as a Dough Conditioner), Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid], Water, Margarine [Palm Oil, Water, Salt, Emulsifiers (Soy Lecithin, Distilled Monoglycerides), Artificial Flavor, Citric Acid (Preservative), Mixed Tocopherols (Preservative)], Vitamin A Palmitate, Bea Carotene (Color)], Enriched Bleached Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Bread Improver Blend [Enriched Wheat Flour (Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Corn Syrup Solids, Oat Fiber, Sodium Stearoyl Lactylate, Monoglycerides, Sodium Alginate, Yeast, Xanthan Gum, Enzymes], Salt With Yellow Prussiate of Soda, Instant Yeast [Dried Yeast, Sorbitan Monostearate, Ascorbic Acid (Added as a Dough Conditioner), Calcium Propionate (Preservative), Eggs]), Grilled Egg Patty (Whole Eggs, Water, Whole Milk Powder, Soybean Oil, Salt, Xanthan Gum, Citric Acid), American Cheese (Cultured Milk, Skim Milk, Cream, Sodium Citrate, Salt, Color Added, Sodium Phosphate, Sorbic Acid [Added as a Preservative], azymes, Soy Lecithin [Non-Sticking Agent]), Appplewood Smoked Bacon (Pork Cured With: Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite). CONTAINS: Egg, Milk, Soy, Wheat

Speedy Café Nutritional Information - Ingredients

Chicken & Cheese Biscuit

Biscuit (Enriched Bleached Flour [Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Cultured Buttermilk [Skim Milk, Nonfat Dry Milk, Cultures Added], Water, Palm Oil, Contains 2% or Less of the Following: Baking Soda, Salt, Soybean Oil, Modified Food Starch, Sodium Acid Pyrophosphate, Sugar, Wheat Starch, Sodium Aluminum Phosphate, Monocalcium Phosphate, Soy Lecithin, Beta Carotene, Natural and Artificial Flavors), Breaded Chicken Breast Patty (Chicken Breast With Rib Meat, Bleached Enriched Wheat Flour [Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Wheat Flour, Salt, Spice, Cornstarch, Dextrose, Leavening [Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate], Yellow Corn Flour, Buttermilk Solids, Sodium Phosphates, Flavoring, Guar Gum, Methylcellulose, Oleoresin of Turmeric). **CONTAINS: Milk, Soy, Wheat**

Sausage, Bacon, Scrambled Egg & Cheese Croissant

Croissant (Enriched Flour [Wheat Flour, Niacin, Reduced Iron, Ascorbic Acid (Added As A Dough Conditioner), Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid], Water, Margarine [Palm Oil, Water, Salt, Emulsifiers (Soy Lecithin, Distilled Monoglycerides), Artificial Flavor, Citric Acid (Preservative), Mixed Tocopherols (Preservative), Vitamin A Palmitate, Beta Carotene (Color)], Enriched Bleached Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Bread Improver Blend [Enriched Wheat Flour (Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Corn Syrup Solids, Oat Fiber, Sodium Stearoyl Lactylate, Monoglycerides, Sodium Alginate, Yeast, Xanthan Gum, Enzymes], Salt With Yellow Prussiate Of Soda, Instant Yeast [Dried Yeast, Sorbitan Monostearate, Ascorbic Acid (Added As A Dough Conditioner), Calcium Propionate (Preservative), Eggs]), Sausage Patty (Pork, Water, Contains 2% Or Less Of The Following: Salt, Potassium Chloride, Dextrose, Spices, Monosodium Glutamate, Sodium Phosphates, Bht, Citric Acid, Caramel Color), Grilled Egg Patty (Whole Eggs, Water, Whole Milk Powder, Soybean Oil, Salt, Xanthan Gum, Citric Acid), American Cheese (Cultured Milk, Skim Milk, Cream, Sodium Citrate, Salt, Color Added, Sodium Phosphate, Sorbic Acid [Added As A Preservative], Enzymes, Soy Lecithin [Non-Sticking Agent]), Applewood Smoked Bacon (Pork Cured With: Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite). **CONTAINS: Egg, Milk, Wheat**

Sausage, Egg & Cheese Biscuit

Biscuit (Enriched Bleached Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Buttermilk, [Cultured Low Fat Milk, Nonfat Dry Milk, Food Starch, Salt, Carrageenan, Pectin], Partially Hydrogenated Soybean Oil, Biscuit Concentrate [Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate, Sodium Aluminum Phosphate), Salt, Sugar, Dextrose, Bleached Enriched Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Calcium Propionate, Calcium Sulfate, Soybean And/Or Cottonseed Oil, Guar Gum], Shortening [Partially Hydrogenated Soybean Oil, Partially Hydrogenated Cottonseed Oil With Lecithin, Artificial Flavor, Artificial Color, Citric Acid], Artificial Flavor), Sausage Patty (Pork, Seasoning [Salt, Spices, Dextrose, Natural Pork Flavor (Pork Flavor, Corn Syrup Solids), Bha, Bht], Water, Caramel Color), Egg Patty (Whole Eggs, Nonfat Milk, Contains Less Than 2% Of The Following: Modified Corn Starch, Salt, Xanthan Gum, Citric Acid, Pepper), American Cheese (Cultured Milk, Skim Milk, Cream, Sodium Citrate, Salt, Color Added, Sodium Phosphate, Sorbic Acid [Preservative], Enzymes, Soy Lecithin). **CONTAINS: Egg, Milk, Soy, Wheat**

Sausage, Egg & Cheese Muffin

Plain English Muffin (Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Yeast, Cornmeal, Dextrose, Contains 2% Or Less Of The Following: Wheat Gluten, Baking Powder [Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate], Potato Flour, Salt, Calcium Propionate, Distilled Vinegar, Fumaric Acid, Hydrogenated Soybean Oil, Monoglycerides, Propionic Acid, Phosphoric Acid, Non-Gmo Soybean Oil, Potassium Sorbate, Mineral Oil [Processing Aid], Nonfat Dry Milk), Sausage Patty (Pork, Water, Contains 2% Or Less Of The Following: Salt, Potassium Chloride, Dextrose, Spices, Monosodium Glutamate, Sodium Phosphates, Bht, Citric Acid, Caramel Color), Grilled Egg Patty (Whole Eggs, Water, Whole Milk Powder, Soybean Oil, Salt, Xanthan Gum, Citric Acid), American Cheese (Cultured Milk, Skim Milk, Cream, Sodium Citrate, Salt, Color Added, Sodium Phosphate, Sorbic Acid [Added As A Preservative], Enzymes, Soy Lecithin [Non-Sticking Agent]). **CONTAINS: Egg, Milk, Soy, Wheat**

Steak, Egg & Provolone Wrap

Scrambled Eggs (Whole Eggs, Skim Milk, Soybean Oil, Modified Food Starch, Salt, Xanthan Gum, Liquid Pepper Extract, Citric Acid, Artificial Butter Flavor [Soybean Oil, Butter, Lipolyzed Butter Fat, Natural And Artificial Flavors]), Ground Beef (Not more than 20% Fat), Water, Seasoning (Dextrose, Hydrolyzed Soy Protein, Sugar, Modified Starch (corn), Salt =, Sodium Phosphates, Tomato Powder, Onion & Garlic Powders, Caramel Color, Autolyzed Yeast, Citric Acid, Spices, Vinegar Powder, Spice Extractives), Flour Tortilla (Enriched Bleached Wheat Flour [Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Vegetable Shortening [Interesterified Soybean Oil, Fully Hydrogenated Soybean Oil], Contains 2% Or Less Of The Following: Salt, Mono And Diglycerides, Dextrose, Leavening [Sodium Bicarbonate, Sodium Aluminum Phosphate, Sodium Aluminum Sulfate], Fumaric Acid, Yeast, Preservatives [Calcium Propionate, Potassium Sorbate], Cornstarch, Carboxymethyl Cellulose Gum, Wheat Starch, Xanthan Gum, Enzymes [Wheat Starch, Microcrystalline Cellulose], Dough Conditioner [Sodium Metabisulfite]), Provolone Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Natural Smoke Flavor). **CONTAINS: Egg, Milk, Wheat**

Bacon, Egg & Cheese Grilled Wrap

Flour Tortilla (Enriched Bleached Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Vegetable Shortening [Interesterified Soybean Oil, Hydrogenated Soybean Oil and/or Palm Oil], Contains 2% or Less of Salt, Leavening [Sodium Bicarbonate, Sodium Aluminum Sulfate, Cornstarch, Monocalcium Phosphate and/or Sodium Acid Pyrophosphate, Calcium Sulfate], Distilled Monoglycerides, Enzymes, Wheat Starch, Calcium Carbonate, Antioxidants [Tocopherols, Ascorbic Acid], Cellulose Gum, Dough Conditioners [Fumaric Acid, Sodium Metabisulfite], Preservatives [Calcium Propionate, Sorbic Acid and/or Citric Acid]), Scrambled Egg Patty (Whole Eggs, Nonfat Milk, Contains 2% or Less of Modified Cornstarch, Salt, Xanthan Gum, Citric Acid, Pepper), American Cheese (Cultured Milk and Skim Milk, Cream, Sodium Citrate, Salt, Color Added, Sodium Phosphate, Sorbic Acid [Preservative], Enzyme, Soy Lecithin [Non-Sticking Agent]), Bacon (Pork Cured With Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite). **CONTAINS: Egg, Milk, Soy, Wheat**

Sausage, Egg & Cheese Grilled Wrap

Flour Tortilla (Enriched Bleached Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Vegetable Shortening [Interesterified Soybean Oil, Hydrogenated Soybean Oil and/or Palm Oil], Contains 2% or Less of Salt, Leavening [Sodium Bicarbonate, Sodium Aluminum Sulfate, Cornstarch, Monocalcium Phosphate and/or Sodium Acid Pyrophosphate, Calcium Sulfate], Distilled Monoglycerides, Enzymes, Wheat Starch, Calcium Carbonate, Antioxidants [Tocopherols, Ascorbic Acid], Cellulose Gum, Dough Conditioners [Fumaric Acid, Sodium Metabisulfite], Preservatives [Calcium Propionate, Sorbic Acid and/or Citric Acid]), Scrambled Egg Patty (Whole Eggs, Nonfat Milk, Contains 2% or Less of: Modified Cornstarch, Salt, Xanthan Gum, Citric Acid, Pepper), Sausage Patty (Pork, Seasoning [Salt, Spices, Dextrose, Natural Pork Flavor (Pork Flavor, Corn Syrup Solids), BHA, BHT], Water, Caramel Color), American Cheese (Cultured Milk and Skim Milk, Cream, Sodium Citrate, Salt, Color Added, Sodium Phosphate, Sorbic Acid [Preservative], Enzyme, Soy Lecithin [Non-Sticking Agent]). **CONTAINS: Egg, Milk, Soy, Wheat**

Gourmet Chocolate Chip Cookie

Enriched Wheat Flour (Wheat, Barley, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin, Vanilla, Salt), Brown Sugar, Sugar, Vegetable Oil Blend (Palm Fruit, Soybean And Olive Oils, Water, Salt, Nonfat Milk, Mono And Diglycerides, Soy Lecithin, Potassium Sorbate As A Preservative, Natural And Artificial Flavor, Vitamin A Palmitate, Beta Carotene Color), Butter, Eggs, Invert Sugar, Molasses, Salt, Baking Soda, Natural Vanilla Flavor. **CONTAINS: Egg, Milk, Soy, Wheat**

Gourmet Peanut Butter Cookie

Peanut Butter Chips (Sugar, Palm Kernel Oil, Partially Defatted Peanut Flour, Non-Fat Milk Powder, Salt, Soy Lecithin), Enriched Wheat Flour (Wheat, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Peanut Butter (Roasted Peanuts, Dextrose, Hydrogenated Cottonseed And Canola Oils, Salt), Brown Sugar, Margarine (Vegetable Oil Blend [Palm Fruit, Soybean And Olive Oils], Water, Salt, Non-Fat Dry Milk, Soy Lecithin, Monoglycerides, Natural Flavor, Vitamin A Palmitate, Beta Carotene Color), Butter, Sugar, Eggs, Salt, Baking Soda. **CONTAINS: Egg, Milk, Peanuts, Soy, Wheat**

Chocolate Covered Cake Donut

Plain Cake Donut (Enriched Wheat Flour [Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Palm and Soybean Oil Shortening, Sugar, Soybean Oil, Skim Milk Powder, Dried Egg Yolk [Sodium Aluminum Silicate], Leavening [Baking Soda, Sodium Acid Pyrophosphate, Sodium Aluminum Phosphate, Monocalcium phosphate, Aluminum Sulfate], Soy Flour, Corn Syrup Solids, Wheat Starch, Salt, Dextrose, Soy Lecithin, Mono and Diglycerides, Polysorbate 60, Xanthan Gum, Natural and Artificial Flavors, Potassium Sorbate [Preservative], Sodium Carboxymethylcellulose, Defatted Wheat Germ, Guar Gum, Beta Carotene [Color]), Chocolate Icing (Sugar, High Fructose Corn Syrup, Vegetable Oil [Canola Oil, Hydrogenated Cottonseed Oil, Palm Oil, Soybean Oil], Corn Syrup, Cocoa [Processed with Alkali]), Contains Less than 2% of the Following: Artificial Flavor, Mono and Diglycerides, Phosphoric Acid, Polysorbate 60, Potassium Sorbate [Preservative], Salt, Soy Lecithin, Unsweetened Chocolate, Water). **CONTAINS: Egg, Milk, Soy, Wheat**

Chocolate Glazed Donut

Yeast Donut (Enriched Wheat Flour [Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Palm Oil, Dextrose, Vegetable Oil [Soybean and/or Sunflower oil], Yeast, Salt, Whey, Mono and Diglycerides, Leavening [Sodium Acid Pyrophosphate, Baking Soda], Soy Flour, Pregelatinized Wheat Starch, Sodium Stearoyl Lactylate, Natural and Artificial Flavors, Egg Whites, Beta Carotene [Color], Eggs, Polysorbate 60, Nonfat Milk, Egg Yolks, DATEM, Calcium Stearoyl Lactylate, Wheat Gluten, Calcium Sulfate, Ammonium Sulfate), Chocolate Icing (Sugar, High Fructose Corn Syrup, Vegetable Oil [Canola Oil, Hydrogenated Cottonseed Oil, Palm Oil, Soybean Oil], Corn Syrup, Cocoa [Processed with Alkali]), Contains Less than 2% of the Following: Artificial Flavor, Mono and Diglycerides, Phosphoric Acid, Polysorbate 60, Potassium Sorbate [Preservative], Salt, Soy Lecithin, Unsweetened Chocolate, Water). **CONTAINS: Egg, Milk, Soy, Wheat**

Chocolate Glazed Sprinkle Donut

Yeast Donut (Enriched Wheat Flour [Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Palm Oil, Dextrose, Vegetable Oil [Soybean and/or Sunflower oil], Yeast, Salt, Whey, Mono and Diglycerides, Leavening [Sodium Acid Pyrophosphate, Baking Soda], Soy Flour, Pregelatinized Wheat Starch, Sodium Stearoyl Lactylate, Natural and Artificial Flavors, Egg Whites, Beta Carotene [Color], Eggs, Polysorbate 60, Nonfat Milk, Egg Yolks, DATEM, Calcium Stearoyl Lactylate, Wheat Gluten, Calcium Sulfate, Ammonium Sulfate), Chocolate Icing (Sugar, High Fructose Corn Syrup, Vegetable Oil [Canola Oil, Hydrogenated Cottonseed Oil, Palm Oil, Soybean Oil], Corn Syrup, Cocoa [Processed with Alkali]), Contains Less than 2% of the Following: Artificial Flavor, Mono and Diglycerides, Phosphoric Acid, Polysorbate 60, Potassium Sorbate [Preservative], Salt, Soy Lecithin, Unsweetened Chocolate, Water), Rainbow Sprinkles (Sugar, Hydrogenated Palm Kernel Oil, Corn Starch, Soy Lecithin, FD&C Colors [Yellow #6 Lake, Yellow #5 Lake, Blue #1 Lake, Red #40 Lake, Red #3 Dye], Maltodextrin, Carnauba Wax, Vanillin, Cellulose Gum). **CONTAINS: Egg, Milk, Soy, Wheat**

Chocolate Croissant

Unbleached Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Butter, Water, Fresh Milk, Sugar, Eggs, Yeast, Salt, Wheat Gluten, Ascorbic Acid, Enzymes. Chocolate Filling: Sugar, Chocolate Liquor, Cocoa Butter, Whole Milk, Soy Lecithin, Salt, Natural Vanilla. **CONTAINS: Egg, Milk, Soy, Wheat**

Speedy Café Nutritional Information - Ingredients

Cinnamon Cruffin	Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Butter, Water, Fresh Whole Milk, Sugar, Eggs, Yeast, Salt, Wheat Gluten, Ascorbic Acid, Enzymes. Cinnamon Filling: Sugar, Water, Wheat Flour, Cinnamon, Soybean Oil, Cocoa Powder, Modified Food Starch, Natural Vanilla Flavor, Wheat Gluten, Salt, Sodium Bicarbonate, Vegetable Gum. CONTAINS: Egg, Milk, Soy, Wheat
Cinnamon Sugar Old Fashion Donut	Sour Cream Donut (Bleached Enriched Wheat Flour [Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Sugar, Palm Oil, Soybean Oil, Soy Flour, Wheat Starch, Dextrose, Leavening [Baking Soda, Sodium Acid Pyrophosphate], Egg Yolks, Salt, Whey, Nonfat Milk, Artificial Flavor, Soy Lecithin, Sour Cream Solids [Cultured Sour Cream, Maltodextrin, Cultured Buttermilk, Cultured Nonfat Milk, Whey, Lactic Acid], Sodium Diacetate [Preservative], Mono and Diglycerides, Guar Gum, Glucono Delta Lactone, Maltodextrin, Modified Food Starch, Alpha Tocopherol [Preservative], Corn Oil, Beta Carotene [Color]), Cinnamon Sugar Blend (Sugar, Cinnamon, Contains Less than 1% of the Following: Soybean Oil [Processing Aid]). CONTAINS: Egg, Milk, Soy, Wheat
Cinnamon Sugar Twist	Twist Donut (Enriched Wheat Flour [Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Palm Oil, Dextrose, Soybean Oil, Yeast, Salt, Whey, Mono and Diglycerides, Leavening [Sodium Acid Pyrophosphate, Baking Soda], Soy Flour, Pregelatinized Wheat Starch, Sodium Stearoyl Lactylate, Natural and Artificial Flavor, Beta Carotene [Color], Wheat Protein, Egg Whites, Polysorbate 60, Nonfat Milk, Egg Yolks, DATEM, Eggs, Calcium Stearoyl-2-actylate, Wheat Gluten, Calcium Sulfate, Ammonium Sulfate, Wheat Starch), Cinnamon Sugar Blend (Sugar, Cinnamon, Contains Less than 1% of the Following: Soybean Oil [Processing Aid]). CONTAINS: Egg, Milk, Soy, Wheat
Cookies And Creme Donut	Chocolate Cake Donut (Enriched Wheat Flour [Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Sugar, Palm Oil, Soybean Oil, Cocoa [Processed with Alkali], Nonfat Milk, Egg Yolks, Leavening [Baking Soda, Sodium Acid Pyrophosphate, Sodium Aluminum Phosphate, Monocalcium Phosphate, Aluminum Sulfate], Soy Flour, Corn Syrup Solids, Wheat Starch, Salt, Dextrose, Soy Lecithin, Mono And Diglycerides, Polysorbate 60, Natural and Artificial Flavor, Xanthan Gum, Potassium Sorbate [Preservative], Sodium Carboxymethylcellulose, Defatted Wheat Germ, Guar Gum, Nutmeg Oil, Eggs, Beta Carotene [Color]), White Icing (Sugar, Water, Corn Syrup, Contains Less than 2% of the Following: Artificial Flavor, Citric Acid, Color Added, Dextrose, Agar Gum, Locust Bean Gum, Maltodextrin, Mono and Diglycerides, Potassium Sorbate [Preservative]), Cookies and Cream Topping (Sugar, Enriched Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid], Soybean and Palm Oil with TBHQ for Freshness, Cocoa Processed with Alkali, Invert Sugar, Contains 2% or Less of the Following: Degerminated Yellow Corn Flour, Cornstarch, Chocolate, Salt, Leavening [Baking Soda, Monocalcium Phosphate], Artificial Flavor, Soy Lecithin, Whey). CONTAINS: Egg, Milk, Peanuts, Soy, Tree Nuts, Wheat
Double Chocolate Cake Donut	Chocolate Cake Donut (Enriched Wheat Flour [Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Sugar, Palm Oil, Soybean Oil, Cocoa [Processed with Alkali], Nonfat Milk, Egg Yolks, Leavening [Baking Soda, Sodium Acid Pyrophosphate, Sodium Aluminum Phosphate, Monocalcium Phosphate, Aluminum Sulfate], Soy Flour, Corn Syrup Solids, Wheat Starch, Salt, Dextrose, Soy Lecithin, Mono And Diglycerides, Polysorbate 60, Natural and Artificial Flavor, Xanthan Gum, Potassium Sorbate [Preservative], Sodium Carboxymethylcellulose, Defatted Wheat Germ, Guar Gum, Nutmeg Oil, Eggs, Beta Carotene [Color]), Chocolate Icing (Sugar, High Fructose Corn Syrup, Vegetable Oil [Canola Oil, Hydrogenated Cottonseed Oil, Palm Oil, Soybean Oil], Corn Syrup, Cocoa [Processed with Alkali], Contains Less than 2% of the Following: Artificial Flavor, Mono and Diglycerides, Phosphoric Acid, Polysorbate 60, Potassium Sorbate [Preservative], Salt, Soy Lecithin, Unsweetened Chocolate, Water). CONTAINS: Egg, Milk, Soy, Wheat
Glazed Apple Fritter	Apple Fritter (Enriched Wheat Flour [Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Palm Oil, Water, Apples, Soybean Oil, Yeast Dextrose, Mono and Diglycerides, Cinnamon, Salt, Whey, Leavening [Sodium Acid Pyrophosphate, Baking Soda], Modified Food Starch, Soy Flour, Pregelatinized Wheat starch, Natural and Artificial Flavors, Sodium Stearoyl Lactylate, Potassium Sorbate [Preservative], Beta Carotene [Color], Benzoate of Soda [Preservative], Xanthan Gum, Wheat Protein, Egg Whites, Polysorbate 60, Eggs, Nonfat Milk, Egg Yolks, DATEM, Calcium Stearoyl-2-Lactylate, Wheat Gluten, Calcium Sulfate, Ammonium Sulfate, Wheat Starch), Donut Glaze (Sugar, Water, Maltodextrin, Corn Starch, Contains Less Than 2% of the Following: Citric Acid, Agar Gum, Cellulose Gum, Natural and Artificial Flavor, Potassium Sorbate [Preservative], Propylene Glycol). CONTAINS: Egg, Milk, Soy, Wheat
Glazed Chocolate Cake Donut	Chocolate Cake Donut (Enriched Wheat Flour [Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Sugar, Palm Oil, Soybean Oil, Cocoa [Processed with Alkali], Nonfat Milk, Egg Yolks, Leavening [Baking Soda, Sodium Acid Pyrophosphate, Sodium Aluminum Phosphate, Monocalcium Phosphate, Aluminum Sulfate], Soy Flour, Corn Syrup Solids, Wheat Starch, Salt, Dextrose, Soy Lecithin, Mono And Diglycerides, Polysorbate 60, Natural and Artificial Flavor, Xanthan Gum, Potassium Sorbate [Preservative], Sodium Carboxymethylcellulose, Defatted Wheat Germ, Guar Gum, Nutmeg Oil, Eggs, Beta Carotene [Color]), Donut Glaze (Sugar, Water, Maltodextrin, Corn Starch, Contains Less Than 2% of the Following: Citric Acid, Agar Gum, Cellulose Gum, Natural and Artificial Flavor, Potassium Sorbate [Preservative], Propylene Glycol). CONTAINS: Egg, Milk, Soy, Wheat
Glazed Twist Donut	Twist Donut (Enriched Wheat Flour [Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Palm Oil, Dextrose, Soybean Oil, Yeast, Salt, Whey, Mono and Diglycerides, Leavening [Sodium Acid Pyrophosphate, Baking Soda], Soy Flour, Pregelatinized Wheat Starch, Sodium Stearoyl Lactylate, Natural and Artificial Flavor, Beta Carotene [Color], Wheat Protein, Egg Whites, Polysorbate 60, Nonfat Milk, Egg Yolks, DATEM, Eggs, Calcium Stearoyl-2-actylate, Wheat Gluten, Calcium Sulfate, Ammonium Sulfate, Wheat Starch), Donut Glaze (Sugar, Water, Maltodextrin, Corn Starch, Contains Less Than 2% of the Following: Citric Acid, Agar Gum, Cellulose Gum, Natural and Artificial Flavor, Potassium Sorbate [Preservative], Propylene Glycol). CONTAINS: Egg, Milk, Soy, Wheat
Glazed Donut	Yeast Donut (Enriched Wheat Flour [Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Palm Oil, Dextrose, Vegetable Oil [Soybean and/or Sunflower oil], Yeast, Salt, Whey, Mono and Diglycerides, Leavening [Sodium Acid Pyrophosphate, Baking Soda], Soy Flour, Pregelatinized Wheat Starch, Sodium Stearoyl Lactylate, Natural and Artificial Flavors, Egg Whites, Beta Carotene [Color], Eggs, Polysorbate 60, Nonfat Milk, Egg Yolks, DATEM, Calcium Stearoyl Lactylate, Wheat Gluten, Calcium Sulfate, Ammonium Sulfate), Donut Glaze (Sugar, Water, Maltodextrin, Corn Starch, Contains Less Than 2% of the Following: Citric Acid, Agar Gum, Cellulose Gum, Natural and Artificial Flavor, Potassium Sorbate [Preservative], Propylene Glycol). CONTAINS: Egg, Milk, Soy, Wheat
Jelly Filled Donut	Raspberry Bismark (Enriched Wheat Flour [Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid], Water, Palm Oil Shortening, High Fructose Corn Syrup, Corn Syrup, Sugar, Raspberries, Modified Cornstarch, Dextrose, Soybean Oil, Yeast, Salt, Whey Powder, Mono and Diglycerides, Leavening [Sodium Acid Pyrophosphate, Baking Soda], Soy Flour, Raspberry Seeds, Citric Acid, Pregelatinized Wheat Starch, Sodium Stearoyl-2-Lactylate, Natural and Artificial Flavors, Dried Egg Whites [Contains Sodium Lauryl Sulfate], Sodium Benzoate [Preservative], Potassium Sorbate [Preservative], Beta Carotene [Color], Malic Acid, Sodium Citrate, Propylene Glycol, Guar Gum, Locust Bean Gum, Red 40 [Allura Red], Polysorbate 60, Skim Milk Powder, Dried Egg Yolk [Sodium Aluminum Silicate], Diacetyl Tartaric Acid Esters of Mono and Diglycerides, Calcium Stearoyl-2-Lactylate, Wheat Gluten, Dried Whole Eggs, Calcium Sulfate, Wheat Starch, Ammonium Sulfate), White Icing (Sugar, Water, Corn Syrup, Contains Less than 2% of the Following: Artificial Flavor, Citric Acid, Color Added, Dextrose, Agar Gum, Locust Bean Gum, Maltodextrin, Mono and Diglycerides, Potassium Sorbate [Preservative]), CONTAINS: Egg, Milk, Soy, Wheat
Cake Donut	Plain Cake Donut (Enriched Wheat Flour [Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Palm and Soybean Oil Shortening, Sugar, Soybean Oil, Skim Milk Powder, Dried Egg Yolk [Sodium Aluminum Silicate], Leavening [Baking Soda, Sodium Acid Pyrophosphate, Sodium Aluminum Phosphate, Monocalcium phosphate, Aluminum Sulfate], Soy Flour, Corn Syrup Solids, Wheat Starch, Salt, Dextrose, Soy Lecithin, Mono and Diglycerides, Polysorbate 60, Xanthan Gum, Natural and Artificial Flavors, Potassium Sorbate [Preservative], Sodium Carboxymethylcellulose, Defatted Wheat Germ, Guar Gum, Beta Carotene [Color]). CONTAINS: Egg, Milk, Soy, Wheat
Vanilla Covered Donut with Sprinkles	Yeast Donut (Enriched Wheat Flour [Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Palm Oil, Dextrose, Vegetable Oil [Soybean and/or Sunflower oil], Yeast, Salt, Whey, Mono and Diglycerides, Leavening [Sodium Acid Pyrophosphate, Baking Soda], Soy Flour, Pregelatinized Wheat Starch, Sodium Stearoyl Lactylate, Natural and Artificial Flavors, Egg Whites, Beta Carotene [Color], Eggs, Polysorbate 60, Nonfat Milk, Egg Yolks, DATEM, Calcium Stearoyl Lactylate, Wheat Gluten, Calcium Sulfate, Ammonium Sulfate), White Icing (Sugar, Water, Corn Syrup, Contains Less than 2% of the Following: Artificial Flavor, Citric Acid, Color Added, Dextrose, Agar Gum, Locust Bean Gum, Maltodextrin, Mono and Diglycerides, Potassium Sorbate [Preservative]), Rainbow Sprinkles (Sugar, Hydrogenated Palm Kernel Oil, Corn Starch, Soy Lecithin, FD&C Colors [Yellow #6 Lake, Yellow #5 Lake, Blue #1 Lake, Red #40 Lake, Red #3 Dye], Maltodextrin, Carnauba Wax, Vanillin, Cellulose Gum). CONTAINS: Egg, Milk, Soy, Wheat
White Fluff Bar with Chocolate Icing	Fluff Bar (Enriched Wheat Flour [Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid], Water, Sugar, Palm Oil, Corn Syrup, Dextrose, Soybean Oil, Yeast, Salt, Mono and Diglycerides, Cornstarch, Whey, Leavening [Sodium Acid Pyrophosphate, Baking Soda], Soy Flour, Pregelatinized Wheat Starch, Natural and Artificial Flavors, Sodium Stearoyl Lactylate, Sodium Carboxymethylcellulose, Carrageenan, Polysorbate 60, Potassium Sorbate [Preservative], Citric Acid, Microcrystalline Cellulose, Beta Carotene [Color], Wheat Protein, Egg Whites, Nonfat Milk, Egg Yolks, Sodium Acid Sulfate, DATEM, Eggs, Calcium Stearoyl-2-Lactylate, Wheat Gluten, Calcium Sulfate, Ammonium Sulfate, Wheat Starch), Chocolate Icing (Sugar, High Fructose Corn Syrup, Vegetable Oil [Canola Oil, Hydrogenated Cottonseed Oil, Palm Oil, Soybean Oil], Corn Syrup, Cocoa [Processed with Alkali], Contains Less than 2% of the Following: Artificial Flavor, Mono and Diglycerides, Phosphoric Acid, Polysorbate 60, Potassium Sorbate [Preservative], Salt, Soy Lecithin, Unsweetened Chocolate, Water). CONTAINS: Egg, Milk, Soy, Wheat
Cream Filled Donut	Bavarian Bar (Enriched Wheat Flour [Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Palm Oil Shortening, High Fructose Corn Syrup, Sugar, Dextrose, Soybean Oil, Yeast, Modified Cornstarch, Salt, Whey Powder, Mono and Diglycerides, Leavening [Sodium Acid Pyrophosphate, Baking Soda], Soy Flour, Pregelatinized Wheat Starch, Sodium Stearoyl-2-Lactylate, Natural and Artificial Flavor, Xanthan Gum, Titanium Dioxide [Color], Dried Egg Whites [Contains Sodium Lauryl Sulfate], Sorbic Acid [Preservative], Sodium Benzoate [Preservative], Lactic Acid, Corn Syrup, Beta Carotene [Color], Phosphoric Acid, Glycerin, Propylene Glycol, Caramel Color, Polysorbate 60, Skim Milk Powder, Yellow 5 [Tartrazine], Yellow 6 [Sunset Yellow FCF], Dried Egg Yolk [Contains Sodium Aluminum Silicate], Diacetyl Tartaric Acid Esters of Mono and Diglycerides, Calcium Stearoyl-2-Lactylate, Wheat Gluten, Dried Whole Eggs, Calcium Sulfate, Wheat Starch, Ammonium Sulfate), Chocolate Icing

Speedy Café Nutritional Information - Ingredients

(Sugar, High Fructose Corn Syrup, Vegetable Oil [Canola Oil, Hydrogenated Cottonseed Oil, Palm Oil, Soybean Oil], Corn Syrup, Cocoa [Processed with Alkali], Contains Less than 2% of the Following: Artificial Flavor, Mono and Diglycerides, Phosphoric Acid, Polysorbate 60, Potassium Sorbate [Preservative], Salt, Soy Lecithin, Unsweetened Chocolate, Water). **CONTAINS: Egg, Milk, Soy, Wheat**

Glazed Sour Creme Donut

Sour Cream Donut (Bleached Enriched Wheat Flour [Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Sugar, Palm Oil, Soybean Oil, Soy Flour, Wheat Starch, Dextrose, Leavening [Baking Soda, Sodium Acid Pyrophosphate], Egg Yolks, Salt, Whey, Nonfat Milk, Artificial Flavor, Soy Lecithin, Sour Cream Solids [Cultured Sour Cream, Maltodextrin, Cultured Buttermilk, Cultured Nonfat Milk, Whey, Lactic Acid], Sodium Diacetate [Preservative], Mono and Diglycerides, Guar Gum, Glucono Delta Lactone, Maltodextrin, Modified Food Starch, Alpha Tocopherol [Preservative], Corn Oil, Beta Carotene [Color]), Donut Glaze (Sugar, Water, Maltodextrin, Corn Starch, Contains Less Than 2% of the Following: Citric Acid, Agar Gum, Cellulose Gum, Natural and Artificial Flavor, Potassium Sorbate [Preservative], Propylene Glycol). **CONTAINS: Egg, Milk, Soy, Wheat**

Large Cheese Pizza

Pizza Crust (Enriched Wheat Flour [Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Enzyme], Water, Soybean Oil, Palm Oil, Yeast, Corn Syrup, Cornmeal, Wheat Semolina, Dough Conditioners [Diacetyl Tartaric Acid Ester of Mono and Diglycerides, Wheat Gluten, Sugar, Dextrose, Malted Barley Flour, Guar Gum, Active Malt Flour, Calcium Pyrophosphate, Ascorbic Acid, Enzyme, L-Cysteine], Sugar, Salt, Vital Wheat Gluten, Wheat Protein Isolate, Sodium Bicarbonate, Sodium Aluminum Phosphate, Olive Oil, Natural Garlic Flavor), Three Cheese Blend (Low Moisture Mozzarella Cheese [Pasteurized Milk, Cultures, Salt, Enzymes], Muenster Cheese [Pasteurized Milk, Cultures, Salt, Enzymes], Modified Food Starch, Powdered Cellulose [Added To Prevent Caking], Nonfat Milk, Whey Protein Concentrate, Provolone Cheese [Pasteurized Milk, Cultures, Salt, Enzymes], Sodium Propionate [Added as a Preservative]), Pizza Sauce (Tomatoes [Water, Tomato Paste], Contains 2% or Less of the Following: Sugar, Salt, Spices, Dehydrated Garlic, Dehydrated Parsley). **CONTAINS: Milk, Wheat**

Large Mega Meat Pizza

Pizza Crust (Enriched Wheat Flour [Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Enzyme], Water, Soybean Oil, Palm Oil, Yeast, Corn Syrup, Yellow Cornmeal, Wheat Semolina, Dough Conditioners [Diacetyl Tartaric Acid Ester of Mono and Diglycerides, Wheat Gluten, Sugar, Dextrose, Malted Barley Flour, Guar Gum, Active Malt Flour, Calcium Pyrophosphate, Ascorbic Acid, Enzyme, L-Cysteine], Sugar, White Cornmeal, Salt, Natural Flavored Oil [Soybean Oil, Hydrogenated Soybean Oil, Natural Flavors, and Beta Carotene], Vital Wheat Gluten, Wheat Protein Isolate, Sodium Bicarbonate, Sodium Aluminum Phosphate, Parmesan, Romano, and asiago Cheese Blend [Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Cellulose, and Potassium Sorbate], Olive Oil, Spices, Natural Garlic Flavor), Shredded Cheese Blend (Low Moisture Mozzarella Cheese [Pasteurized Milk, Cultures, Salt, Enzymes], Muenster Cheese [Pasteurized Milk, Cultures, Salt, Enzymes], Modified Food Starch, Powdered Cellulose [To Prevent Caking], Nonfat Milk, Whey Protein Concentrate, Provolone Cheese [Pasteurized Milk, Cultures, Salt, Enzymes], Sodium Propionate [Preservative]), Pizza Sauce (Tomatoes [Water, Tomato Paste], Contains 2% or Less of: Sugar, Salt, Spices, Dehydrated Garlic, Dehydrated Parsley), Pepperoni (Pork and Beef, Salt, Contains 2% or Less of Water, Dextrose, Spices, Lactic Acid Starter Culture, Oleoresin of Paprika, Garlic Powder, Sodium Nitrite, BHA, BHT, Citric Acid [To Protect Flavor]), Italian Topping (Pork, Water, Spices, Salt, Dextrose, Sodium Phosphates, Sugar, Garlic Powder), Ham (Water, Sugar, Contains 2% or Less of Salt, Sodium Lactate, Sodium Phosphate, Carrageenan, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Bacon Topping (Pork Cured With Water, Salt, Sugar, Sodium Erythorbate, Sodium Nitrite. May Also Contain Dextrose, Flavoring, Honey, Dehydrated Pork Broth, Potassium Chloride, Potassium Lactate, Smoke Flavoring, Sodium Diacetate, Sodium Phosphate). **CONTAINS: Milk, Soy, Wheat**

Large Pepperoni Pizza

Pizza Crust (Enriched Wheat Flour [Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Enzyme], Water, Soybean Oil, Palm Oil, Yeast, Corn Syrup, Yellow Cornmeal, Wheat Semolina, Dough Conditioners [Diacetyl Tartaric Acid Ester of Mono and Diglycerides, Wheat Gluten, Sugar, Dextrose, Malted Barley Flour, Guar Gum, Active Malt Flour, Calcium Pyrophosphate, Ascorbic Acid, Enzyme, L-Cysteine], Sugar, White Cornmeal, Salt, Natural Flavored Oil [Soybean Oil, Hydrogenated Soybean Oil, Natural Flavors, and Beta Carotene], Vital Wheat Gluten, Wheat Protein Isolate, Sodium Bicarbonate, Sodium Aluminum Phosphate, Parmesan, Romano, and asiago Cheese Blend [Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Cellulose, and Potassium Sorbate], Olive Oil, Spices, Natural Garlic Flavor), Shredded Cheese Blend (Low Moisture Mozzarella Cheese [Pasteurized Milk, Cultures, Salt, Enzymes], Muenster Cheese [Pasteurized Milk, Cultures, Salt, Enzymes], Modified Food Starch, Powdered Cellulose [To Prevent Caking], Nonfat Milk, Whey Protein Concentrate, Provolone Cheese [Pasteurized Milk, Cultures, Salt, Enzymes], Sodium Propionate [Preservative]), Pizza Sauce (Tomatoes [Water, Tomato Paste], Contains 2% or Less of: Sugar, Salt, Spices, Dehydrated Garlic, Dehydrated Parsley), Pepperoni (Pork and Beef, Salt, Contains 2% or Less of: Water, Dextrose, Spices, Lactic Acid Starter Culture, Oleoresin of Paprika, Garlic Powder, Sodium Nitrite, BHA, BHT, Citric Acid [To Protect Flavor]). **CONTAINS: Milk, Wheat**

Large Supreme Pizza

Pizza Crust (Enriched Wheat Flour [Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Enzyme], Water, Soybean Oil, Palm Oil, Yeast, Corn Syrup, Yellow Cornmeal, Wheat Semolina, Dough Conditioners [Diacetyl Tartaric Acid Ester of Mono and Diglycerides, Wheat Gluten, Sugar, Dextrose, Malted Barley Flour, Guar Gum, Active Malt Flour, Calcium Pyrophosphate, Ascorbic Acid, Enzyme, L-Cysteine], Sugar, White Cornmeal, Salt, Natural Flavored Oil [Soybean Oil, Hydrogenated Soybean Oil, Natural Flavors, and Beta Carotene], Vital Wheat Gluten, Wheat Protein Isolate, Sodium Bicarbonate, Sodium Aluminum Phosphate, Parmesan, Romano, and asiago Cheese Blend [Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Cellulose, and Potassium Sorbate], Olive Oil, Spices, Natural Garlic Flavor), Shredded Cheese Blend (Low Moisture Mozzarella Cheese [Pasteurized Milk, Cultures, Salt, Enzymes], Muenster Cheese [Pasteurized Milk, Cultures, Salt, Enzymes], Modified Food Starch, Powdered Cellulose [To Prevent Caking], Nonfat Milk, Whey Protein Concentrate, Provolone Cheese [Pasteurized Milk, Cultures, Salt, Enzymes], Sodium Propionate [Preservative]), Pizza Sauce (Tomatoes [Water, Tomato Paste], Contains 2% or Less of: Sugar, Salt, Spices, Dehydrated Garlic, Dehydrated Parsley), Pepperoni (Pork and Beef, Salt, Contains 2% or Less of: Water, Dextrose, Spices, Lactic Acid Starter Culture, Oleoresin of Paprika, Garlic Powder, Sodium Nitrite, BHA, BHT, Citric Acid [To Protect Flavor]). **CONTAINS: Milk, Wheat**

Personal Bacon Breakfast Pizza

Pizza Crust (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Enzyme], Water, Soybean Oil, Palm Oil, Yeast, Corn Syrup, Cornmeal, Wheat Semolina, Dough Conditioners [Diacetyl Tartaric Acid Ester of Mono and Diglycerides, Wheat Gluten, Sugar, Dextrose, Malted Barley Flour, Guar Gum, Active Malt Flour, Calcium Pyrophosphate, Ascorbic Acid, Enzyme, L-Cysteine], Sugar, Salt, Vital Wheat Gluten, Wheat Protein Isolate, Sodium Bicarbonate, Sodium Aluminum Phosphate, Olive Oil, Natural Garlic Flour), Cheese Sauce (Cheddar Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes], Water, Nonfat Dry Milk, Modified Food Starch, Sodium Phosphates, Potassium Phosphates, American Cheese Flavor [Dehydrated Blend of Cheeses (Semisoft and Cheddar Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes]), Maltodextrin, Natural and Artificial Flavors, Salt, Modified Food Starch, Sodium Phosphate, Butter (Cream, Salt, Annatto), Calcium Phosphate, Lactic Acid], Salt, Paprika Extract, Annatto Extract), Scrambled Egg (Whole Eggs, Skim Milk, Soybean Oil, Modified Food Starch, Salt, Xanthan Gum, Liquid Pepper Extract, Citric Acid, Artificial Butter Flavor [Soybean Oil, Butter, Lipolyzed Butter Fat, Natural and Artificial Flavors]), Cheese Blend (Low Moisture Mozzarella Cheese [Pasteurized Milk, Cultures, Salt, Enzymes], Muenster Cheese [Pasteurized Milk, Cultures, Salt, Enzymes], Modified Food Starch, Powdered Cellulose [Added To Prevent Caking], Nonfat Milk, Whey Protein Concentrate, Provolone Cheese [Pasteurized Milk, Cultures, Salt, Enzymes], Sodium Propionate [Added as a Preservative]), Bacon Topping (Pork Cured With Water, Salt, Sugar, Sodium Erythorbate, Sodium Nitrate, Dextrose, Flavoring, Honey, Dehydrated Pork Broth, Potassium Chloride, Potassium Lactate, Smoke Flavoring, Sodium Diacetate, Sodium Phosphate). **CONTAINS: Egg, Milk, Wheat**

Personal Cheese Pizza

Pizza Crust (Enriched Wheat Flour [Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Enzyme], Water, Soybean Oil, Palm Oil, Yeast, Corn Syrup, Cornmeal, Wheat Semolina, Dough Conditioners [Diacetyl Tartaric Acid Ester of Mono and Diglycerides, Wheat Gluten, Sugar, Dextrose, Malted Barley Flour, Guar Gum, Active Malt Flour, Calcium Pyrophosphate, Ascorbic Acid, Enzyme, L-Cysteine], Sugar, Salt, Vital Wheat Gluten, Wheat Protein Isolate, Sodium Bicarbonate, Sodium Aluminum Phosphate, Olive Oil, Natural Garlic Flavor), Three Cheese Blend (Low Moisture Mozzarella Cheese [Pasteurized Milk, Cultures, Salt, Enzymes], Muenster Cheese [Pasteurized Milk, Cultures, Salt, Enzymes], Modified Food Starch, Powdered Cellulose [Added To Prevent Caking], Nonfat Milk, Whey Protein Concentrate, Provolone Cheese [Pasteurized Milk, Cultures, Salt, Enzymes], Sodium Propionate [Added as a Preservative]), Pizza Sauce (Tomatoes [Water, Tomato Paste], Contains 2% or Less of the Following: Sugar, Salt, Spices, Dehydrated Garlic, Dehydrated Parsley). **CONTAINS: Milk, Wheat**

Personal Mega Meat Breakfast Pizza

Pizza Crust (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Enzyme], Water, Soybean Oil, Palm Oil, Yeast, Corn Syrup, Cornmeal, Wheat Semolina, Dough Conditioners [Diacetyl Tartaric Acid Ester of Mono and Diglycerides, Wheat Gluten, Sugar, Dextrose, Malted Barley Flour, Guar Gum, Active Malt Flour, Calcium Pyrophosphate, Ascorbic Acid, Enzyme, L-Cysteine], Sugar, Salt, Vital Wheat Gluten, Wheat Protein Isolate, Sodium Bicarbonate, Sodium Aluminum Phosphate, Olive Oil, Natural Garlic Flour), Cheese Sauce (Cheddar Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes], Water, Nonfat Dry Milk, Modified Food Starch, Sodium Phosphates, Potassium Phosphates, American Cheese Flavor [Dehydrated Blend of Cheeses (Semisoft and Cheddar Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes]), Maltodextrin, Natural and Artificial Flavors, Salt, Modified Food Starch, Sodium Phosphate, Butter (Cream, Salt, Annatto), Calcium Phosphate, Lactic Acid], Salt, Paprika Extract, Annatto Extract), Scrambled Egg (Whole Eggs, Skim Milk, Soybean Oil, Modified Food Starch, Salt, Xanthan Gum, Liquid Pepper Extract, Citric Acid, Artificial Butter Flavor [Soybean Oil, Butter, Lipolyzed Butter Fat, Natural and Artificial Flavors]), Cheese Blend (Low Moisture Mozzarella Cheese [Pasteurized Milk, Cultures, Salt, Enzymes], Muenster Cheese [Pasteurized Milk, Cultures, Salt, Enzymes], Modified Food Starch, Powdered Cellulose [Added To Prevent Caking], Nonfat Milk, Whey Protein Concentrate, Provolone Cheese [Pasteurized Milk, Cultures, Salt, Enzymes], Sodium Propionate [Added as a Preservative]), Sausage Topping (Pork, Water, Spices, Salt, Dextrose, Sodium Phosphates, Sugar, Garlic Powder), Ham (Ham, Water, Contains 2% or Less of the Following: Sugar, Salt, Potassium Lactate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrate, Sodium Phosphate, Caramel Color), Bacon Topping (Pork Cured With Water, Salt, Sugar, Sodium Erythorbate, Sodium Nitrate, Dextrose, Flavoring, Honey, Dehydrated Pork Broth, Potassium Chloride, Potassium Lactate, Smoke Flavoring, Sodium Diacetate, Sodium Phosphate). **CONTAINS: Egg, Milk, Wheat**

Personal Mega Meat Pizza

Pizza Crust (Enriched Wheat Flour [Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Enzyme], Water, Soybean Oil, Palm Oil, Yeast, Corn Syrup, Cornmeal, Wheat Semolina, Dough Conditioners [Diacetyl Tartaric Acid Ester of Mono and Diglycerides, Wheat Gluten, Sugar, Dextrose, Malted Barley Flour, Guar Gum, Active Malt Flour, Calcium Pyrophosphate, Ascorbic Acid, Enzyme, L-Cysteine], Sugar, Salt, Vital Wheat Gluten, Wheat Protein Isolate, Sodium Bicarbonate, Sodium Aluminum Phosphate, Olive Oil, Natural Garlic Flavor), Three Cheese Blend (Low Moisture Mozzarella Cheese [Pasteurized Milk, Cultures, Salt, Enzymes], Muenster Cheese [Pasteurized Milk, Cultures, Salt, Enzymes], Modified Food Starch, Powdered Cellulose [Added To Prevent Caking], Nonfat Milk, Whey Protein Concentrate, Provolone Cheese [Pasteurized Milk, Cultures, Salt, Enzymes], Sodium Propionate [Added as a Preservative]), Pizza Sauce (Tomatoes [Water, Tomato Paste], Contains 2% or Less of the Following: Sugar, Salt, Spices, Dehydrated Garlic, Dehydrated Parsley), Bacon Topping (Bacon [Pork Cured With Water, Salt, Sugar, Sodium Erythorbate, Sodium Nitrite, Dextrose, Flavoring, Honey, Dehydrated Pork Broth, Potassium Chloride, Potassium Lactate, Smoke Flavoring, Sodium Diacetate, Sodium Phosphate]), Italian Topping (Pork, Water, Spices, Salt, Dextrose, Sodium Phosphates, Sugar, Garlic Powder), Ham (Ham, Water, Contains 2% or Less of the Following: Sugar, Salt, Potassium Lactate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite, Sodium Phosphate, Caramel Color), Pepperoni (Pork and Beef, Salt, Contains 2% or Less of the Following: Water, Dextrose, Spices, Lactic Acid Starter Culture, Oleoresin of Paprika, Garlic Powder, Sodium Nitrite, BHA, BHT, Citric Acid). **CONTAINS: Milk, Wheat**

Speedy Café Nutritional Information - Ingredients

Personal Pepperoni Pizza

Pizza Crust (Enriched Wheat Flour [Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Enzyme], Water, Soybean Oil, Palm Oil, Yeast, Corn Syrup, Cornmeal, Wheat Semolina, Dough Conditioners [Diacetyl Tartaric Acid Ester of Mono and Diglycerides, Wheat Gluten, Sugar, Dextrose, Malted Barley Flour, Guar Gum, Active Malt Flour, Calcium Pyrophosphate, Ascorbic Acid, Enzyme, L-Cysteine], Sugar, Salt, Vital Wheat Gluten, Wheat Protein Isolate, Sodium Bicarbonate, Sodium Aluminum Phosphate, Olive Oil, Natural Garlic Flavor), Three Cheese Blend (Low Moisture Mozzarella Cheese [Pasteurized Milk, Cultures, Salt, Enzymes], Muenster Cheese [Pasteurized Milk, Cultures, Salt, Enzymes], Modified Food Starch, Powdered Cellulose [Added To Prevent Caking], Nonfat Milk, Whey Protein Concentrate, Provolone Cheese [Pasteurized Milk, Cultures, Salt, Enzymes], Sodium Propionate [Added as a Preservative]), Pizza Sauce (Tomatoes [Water, Tomato Paste], Contains 2% or Less of the Following: Sugar, Salt, Spices, Dehydrated Garlic, Dehydrated Parsley), Pepperoni (Pork and Beef, Salt, Contains 2% or Less of the Following: Water, Dextrose, Spices, Lactic Acid Starter Culture, Oleoresin of Paprika, Garlic Powder, Sodium Nitrite, BHA, BHT, Citric Acid). **CONTAINS: Milk, Wheat**

Personal Supreme Pizza

Pizza Crust (Enriched Wheat Flour [Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Enzyme], Water, Soybean Oil, Palm Oil, Yeast, Corn Syrup, Cornmeal, Wheat Semolina, Dough Conditioners [Diacetyl Tartaric Acid Ester of Mono and Diglycerides, Wheat Gluten, Sugar, Dextrose, Malted Barley Flour, Guar Gum, Active Malt Flour, Calcium Pyrophosphate, Ascorbic Acid, Enzyme, L-Cysteine], Sugar, Salt, Vital Wheat Gluten, Wheat Protein Isolate, Sodium Bicarbonate, Sodium Aluminum Phosphate, Olive Oil, Natural Garlic Flavor), Three Cheese Blend (Low Moisture Mozzarella Cheese [Pasteurized Milk, Cultures, Salt, Enzymes], Muenster Cheese [Pasteurized Milk, Cultures, Salt, Enzymes], Modified Food Starch, Powdered Cellulose [Added To Prevent Caking], Nonfat Milk, Whey Protein Concentrate, Provolone Cheese [Pasteurized Milk, Cultures, Salt, Enzymes], Sodium Propionate [Added as a Preservative]), Pizza Sauce (Tomatoes [Water, Tomato Paste], Contains 2% or Less of the Following: Sugar, Salt, Spices, Dehydrated Garlic, Dehydrated Parsley), Mushrooms (Mushrooms, Water, Salt, Citric Acid), Green Bell Peppers, Italian Topping (Pork, Water, Spices, Salt, Dextrose, Sodium Phosphates, Sugar, Garlic Powder), Pepperoni (Pork and Beef, Salt, Contains 2% or Less of the Following: Water, Dextrose, Spices, Lactic Acid Starter Culture, Oleoresin of Paprika, Garlic Powder, Sodium Nitrite, BHA, BHT, Citric Acid), Onions. **CONTAINS: Milk, Wheat**

Personal Sausage Breakfast Pizza

Pizza Crust (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Enzyme], Water, Soybean Oil, Palm Oil, Yeast, Corn Syrup, Cornmeal, Wheat Semolina, Dough Conditioners [Diacetyl Tartaric Acid Ester of Mono and Diglycerides, Wheat Gluten, Sugar, Dextrose, Malted Barley Flour, Guar Gum, Active Malt Flour, Calcium Pyrophosphate, Ascorbic Acid, Enzyme, L-Cysteine], Sugar, Salt, Vital Wheat Gluten, Wheat Protein Isolate, Sodium Bicarbonate, Sodium Aluminum Phosphate, Olive Oil, Natural Garlic Flavor), Cheese Sauce (Cheddar Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes], Water, Nonfat Dry Milk, Modified Food Starch, Sodium Phosphates, Potassium Phosphates, American Cheese Flavor [Dehydrated Blend of Cheeses (Semisoft and Cheddar Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes]), Maltodextrin, Natural and Artificial Flavors, Salt, Modified Food Starch, Sodium Phosphate, Butter (Cream, Salt, Annatto), Calcium Phosphate, Lactic Acid], Salt, Paprika Extract, Annatto Extract), Scrambled Egg (Whole Eggs, Skim Milk, Soybean Oil, Modified Food Starch, Salt, Xanthan Gum, Liquid Pepper Extract, Citric Acid, Artificial Butter Flavor [Soybean Oil, Butter, Lipolyzed Butter Fat, Natural and Artificial Flavors]), Sausage Topping (Pork, Water, Spices, Salt, Dextrose, Sodium Phosphates, Sugar, Garlic Powder), Cheese Blend (Low Moisture Mozzarella Cheese [Pasteurized Milk, Cultures, Salt, Enzymes], Muenster Cheese [Pasteurized Milk, Cultures, Salt, Enzymes], Modified Food Starch, Powdered Cellulose [Added To Prevent Caking], Nonfat Milk, Whey Protein Concentrate, Provolone Cheese [Pasteurized Milk, Cultures, Salt, Enzymes], Sodium Propionate [Added as a Preservative]). **CONTAINS: Milk, Wheat**

Bacon

Banana Peppers

Black Olives

Green Peppers

Italian Sausage

Jalapeno Peppers

Mushrooms

Pepperoni

Red Onions

Tomato

BBLT Subwich

Sub Bun (Flour [Wheat, Malted Barley], Water, Yeast, Contains Less Than 2% of each of the following: Palm Oil, Wheat Gluten, Salt, Sugar, Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Sunflower Lecithin, Ascorbic Acid, Enzymes, Calcium Propionate [Preservative]), Tomatoes, Lettuce, Bacon (Pork Cured With: Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite), Mayonnaise (Soybean Oil, Distilled White Vinegar, Water, Egg Yolks, Salt, Sugar, Mustard Flour, Onion Powder, Lemon Juice Concentrate, Calcium Disodium EDTA [To Protect Flavor], Natural Flavor), American Cheese (Milk, Water, Cream, Sodium Citrate, Salt, Cheese Culture, Tetrasodium Pyrophosphate, Sorbic Acid [Preservative], Enzymes, Soy Lecithin, Citric Acid, Color Added). **CONTAINS: Egg, Milk, Soy, Wheat**

Big Philly Steak Subwich

Philly Steak (Ground Beef [No More Than 20% Fat], Water, Seasoning, Dextrose, Hydrolyzed Soy Protein, Sugar, Salt, Sodium Phosphates, Tomato Powder, Caramel Color, Onion And Garlic Powders, Autolyzed Yeast, Citric Acid, Spices, Worcestershire Sauce Base (Vinegar, Autolyzed Yeast Extract, Sugar, Salt, Natural Flavorings), Spice Extractives, Modified Corn Starch), Sub Bun (Flour [Wheat, Malted Barley], Water, Yeast, Contains less than 2% of each of the following: Palm Oil, Wheat Gluten, Salt, Sugar, Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Sunflower Lecithin, Ascorbic Acid, Enzymes, Calcium Propionate [Preservative]), Provolone Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Natural Smoked Flavor), Mayonnaise (Soybean Oil, Distilled White Vinegar, Water, Egg Yolks, Salt, Sugar, Mustard Flour, Onion Powder, Lemon Juice Concentrate, Calcium Disodium EDTA [To Protect Flavor], Natural Flavor), Green Peppers, Onions. **CONTAINS: Egg, Milk, Soy, Wheat**

Breakfast Bacon Subwich

Omelet (Whole Eggs, Pasteurized Process Cheddar Cheese [Cheddar Cheese (Milk, Cheese Culture, Salt, Enzymes), Water, Sodium Phosphate, Milkfat, Sodium Hexametaphosphate, Salt, Paprika, And Annatto (Color)], Water, Onions, Green Peppers, Red Peppers, Soybean Oil, Whole Milk, Modified Corn Starch, Salt, Xanthan Gum, Citric Acid), Sub Bun (Flour [Wheat, Malted Barley], Water, Yeast, Contains Less Than 2% Of Each Of The Following: Palm Oil, Wheat Gluten, Salt, Sugar, Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Sunflower Lecithin, Ascorbic Acid, Enzymes, Calcium Propionate [Preservative]), Maple Bacon Aioli (Soybean Oil, Water, Egg Yolk (Egg Yolk, Salt), Molasses Or Sugarcane Molasses, Apple Cider Vinegar (Pure Apple Cider Vinegar, Filtered Water), Bacon Base (Uncured Bacon [Pork, Water, Salt, Turbinado Sugar, Seasoning (Cultured Celery Juice Powder, Sea Salt)], Sea Salt, Organic Cane Sugar, Yeast Extract, Water, Canola Oil, Potato Flour, Organic Molasses, Natural Flavor, Natural Smoke Flavor), Brown Sugar, Cane Sugar, Molasses, Honey, Corn Starch, Roasted Garlic Puree (Garlic, Water), Lemon Juice Concentrate, Cinnamon, Xanthan Gum (To Provide Thickness), Mustard Flour, Natural Maple Flavor, Potassium Sorbate (To Preserve Freshness), Sodium Benzoate [To Preserve Freshness], Nutmeg, Chive, Calcium Disodium EDTA [To Protect Flavor]), American Cheese (Milk, Water, Cream, Sodium Citrate, Salt, Cheese Culture, Tetrasodium Pyrophosphate, Sorbic Acid [Preservative], Enzymes, Soy Lecithin, Citric Acid, Color Added), Bacon (Pork Cured With: Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite). **CONTAINS: Egg, Milk, Soy, Wheat**

Breakfast Double Meat Subwich

Omelet (Whole Eggs, Pasteurized Process Cheddar Cheese [Cheddar Cheese (Milk, Cheese Culture, Salt, Enzymes), Water, Sodium Phosphate, Milkfat, Sodium Hexametaphosphate, Salt, Paprika, Annatto (Color)], Water, Onions, Green Peppers, Red Peppers, Soybean Oil, Whole Milk, Modified Corn Starch, Salt, Xanthan Gum, Citric Acid), Sub Bun (Flour [Wheat, Malted Barley], Water, Yeast, Contains Less Than 2% Of Each Of The Following: Palm Oil, Wheat Gluten, Salt, Sugar, Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Sunflower Lecithin, Ascorbic Acid, Enzymes, Calcium Propionate [Preservative]), Pork Sausage (Pork, Seasoning [Salt, Spices, Dextrose, Natural Pork Flavor (Pork Flavor, Corn Syrup Solids), BHA, BHT], Water, Caramel Color), Maple Bacon Aioli (Soybean Oil, Water, Egg Yolk (Egg Yolk, Salt), Molasses Or Sugarcane Molasses, Apple Cider Vinegar (Pure Apple Cider Vinegar, Filtered Water), Bacon Base (Uncured Bacon [Pork, Water, Salt, Turbinado Sugar, Seasoning (Cultured Celery Juice Powder, Sea Salt)], Sea Salt, Organic Cane Sugar, Yeast Extract, Water, Canola Oil, Potato Flour, Organic Molasses, Natural Flavor, Natural Smoke Flavor), Brown Sugar, Cane Sugar, Molasses, Honey, Corn Starch, Roasted Garlic Puree (Garlic, Water), Lemon Juice Concentrate, Cinnamon, Xanthan Gum (To Provide Thickness), Mustard Flour, Natural Maple Flavor, Potassium Sorbate (To Preserve Freshness), Sodium Benzoate [To Preserve Freshness], Nutmeg, Chive, Calcium Disodium EDTA [To Protect Flavor]), American Cheese (Milk, Water, Cream, Sodium Citrate, Salt, Cheese Culture, Tetrasodium Pyrophosphate, Sorbic Acid [Preservative], Enzymes, Soy Lecithin, Citric Acid, Color Added), Bacon (Pork Cured With: Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite). **CONTAINS: Egg, Milk, Soy, Wheat**

Breakfast Sausage Subwich

Omelet (Whole Eggs, Pasteurized Process Cheddar Cheese [Cheddar Cheese (Milk, Cheese Culture, Salt, Enzymes), Water, Sodium Phosphate, Milkfat, Sodium Hexametaphosphate, Salt, Paprika, Annatto (Color)], Water, Onions, Green Peppers, Red Peppers, Soybean Oil, Whole Milk, Modified Corn Starch, Salt, Xanthan Gum, Citric Acid), Sub Bun (Flour [Wheat, Malted Barley], Water, Yeast, Contains Less Than 2% Of Each Of The Following: Palm Oil, Wheat Gluten, Salt, Sugar, Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Sunflower Lecithin, Ascorbic Acid, Enzymes, Calcium Propionate [Preservative]), Pork Sausage (Pork, Seasoning [Salt, Spices, Dextrose, Natural Pork Flavor (Pork Flavor, Corn Syrup Solids), BHA, BHT], Water, Caramel Color), Maple Bacon Aioli (Soybean Oil, Water, Egg Yolk (Egg Yolk, Salt), Molasses Or Sugarcane Molasses, Apple Cider Vinegar (Pure Apple Cider Vinegar, Filtered Water), Bacon Base (Uncured Bacon [Pork, Water, Salt, Turbinado Sugar, Seasoning (Cultured Celery Juice Powder, Sea Salt)], Sea Salt, Organic Cane Sugar, Yeast Extract, Water, Canola Oil, Potato Flour, Organic Molasses, Natural Flavor, Natural Smoke Flavor), Brown Sugar, Cane Sugar, Molasses, Honey, Corn Starch, Roasted Garlic Puree (Garlic, Water), Lemon Juice Concentrate, Cinnamon, Xanthan Gum (To Provide Thickness), Mustard Flour, Natural Maple Flavor, Potassium Sorbate (To Preserve Freshness), Sodium Benzoate [To Preserve Freshness], Nutmeg, Chive, Calcium Disodium EDTA [To Protect Flavor]), American Cheese (Milk, Water, Cream, Sodium Citrate, Salt, Cheese Culture, Tetrasodium Pyrophosphate, Sorbic Acid [Preservative], Enzymes, Soy Lecithin, Citric Acid, Color Added). **CONTAINS: Egg, Milk, Soy, Wheat**

Speedy Café Nutritional Information - Ingredients

Buffalo Chicken Ranch Subwich

Chicken Breast Tender ([Chicken Breast Tenders With Rib Meat, Wheat Flour, Water, Bleached Wheat Flour, Contains 2% or less of: Dextrose, Extractives Of Paprika And Annatto, Food Starch, Garlic Powder, Modified Food Starch, Natural Flavors, Salt, Sodium Phosphates, Spices, Vinegar, Wheat Gluten, Xanthan Gum, Set In Vegetable Oil], Oil [Soybean Oil, Hydrogenated Soybean Oil With TBHQ, Citric Acid (Added As Preservatives), Dimethylpolysiloxane (Added As An Anti-Foaming Agent)]), Sub Bun (Flour [Wheat, Malted Barley], Water, Yeast, Contains less than 2% of each of the following: Palm Oil, Wheat Gluten, Salt, Sugar, Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Sunflower Lecithin, Ascorbic Acid, Enzymes, Calcium Propionate [Preservative]), Tomatoes, Lettuce, White Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Ranch Dressing (Soybean Oil, Water, Distilled White Vinegar, Buttermilk [Cultured Lowfat Milk, Milk, Nonfat Dry Milk, Salt, Sodium Citrate, Vitamin A Palmitate], Corn Syrup, Egg Yolks, Enzyme Modified Egg Yolks, Sugar, Contains 2% Or Less Of The Following: Salt, Modified Corn Starch, Torula Yeast, Lactic Acid, Phosphoric Acid, Sodium Benzoate, Potassium Sorbate [Preservatives], Garlic Powder, Xanthan Gum, Polysorbate 60, Onion Powder, Disodium Inosinate, Disodium Guanylate, Natural Flavor, Dehydrated Parsley, Cultured Cream, Enzyme Modified Milk, Calcium Disodium EDTA [To Protect Flavor], Buttermilk Powder, Molasses, Soy Lecithin), Buffalo Sauce (Cayenne Pepper Sauce (Distilled Vinegar, Aged Cayenne Red Peppers, Salt, Xanthan Gum, Garlic Powder), Soybean Oil, Molasses, Water, Natural Butter Flavor (Butterfat, Natural Flavor, Soybean Oil, Annatto, Turmeric), Spice Extractive Of Paprika, Potassium Sorbate (To Preserve Freshness), Sodium Benzoate [To Preserve Freshness], Xanthan Gum (To Provide Thickness), Capsicum Flavor (Propylene Glycol, Natural Extractives Of Chili Peppers, Water), Calcium Disodium EDTA [To Protect Flavor]), Onions. **CONTAINS: Egg, Milk, Wheat, Soy**

Chicken Bacon Ranch Subwich

Chicken Breast (Chicken Breast With Rib Meat, Water, Textured Soy Protein Concentrate, Seasoning [Corn Syrup Solids, Brown Sugar, Salt, Dextrose, Vinegar Powder (Maltodextrin, Modified Corn Starch, Dried Vinegar), Garlic Powder, Onion Powder, Chicken Type Flavor (Hydrolyzed Corn Gluten, Autolyzed Yeast Extract, Soybean Oil, Thiamin Hydrochloride, Disodium Inosinate, Disodium Guanylate)], Sodium Phosphates), Sub Bun (Flour [Wheat, Malted Barley], Water, Yeast, Contains Less Than 2% Of Each Of The Following: Palm Oil, Wheat Gluten, Salt, Sugar, Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Sunflower Lecithin, Ascorbic Acid, Enzymes, Calcium Propionate [Preservative]), Tomatoes, Lettuce, White Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Ranch Dressing (Soybean Oil, Water, Distilled White Vinegar, Buttermilk [Cultured Lowfat Milk, Milk, Nonfat Dry Milk, Salt, Sodium Citrate, Vitamin A Palmitate], Corn Syrup, Egg Yolks, Enzyme Modified Egg Yolks, Sugar, Contains 2% or less of the following: Salt, Modified Corn Starch, Torula Yeast, Lactic Acid, Phosphoric Acid, Sodium Benzoate, Potassium Sorbate [Preservatives], Garlic Powder, Xanthan Gum, Polysorbate 60, Onion Powder, Disodium Inosinate, Disodium Guanylate, Natural Flavor, Dehydrated Parsley, Cultured Cream, Enzyme Modified Milk, Calcium Disodium EDTA [To Protect Flavor], Buttermilk Powder, Molasses, Soy Lecithin), Bacon (Pork Cured With: Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite). **CONTAINS: Egg, Milk, Soy, Wheat**

Maple Bacon Monty

Smoked Turkey (Turkey Breast, Turkey Broth, Contains 2% Or Less Of: Dextrose, Cultured Sugar, Salt, Carrageenan, Potassium Lactate, Sodium Phosphate, Vinegar, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite, Smoked Flavoring Added), Sub Bun (Flour [Wheat, Malted Barley], Water, Yeast, Contains Less Than 2% Of Each Of The Following: Palm Oil, Wheat Gluten, Salt, Sugar, Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Sunflower Lecithin, Ascorbic Acid, Enzymes, Calcium Propionate [Preservative]), White Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes.), Maple Bacon Aioli (Soybean Oil, Water, Egg Yolk [Egg Yolk, Salt], Molasses Or Sugarcane Molasses, Apple Cider Vinegar [Pure Apple Cider Vinegar, Filtered Water], Bacon Base [Uncured Bacon (Pork, Water, Salt, Turbinado Sugar, Seasoning [Cultured Celery Juice Powder, Sea Salt]), Sea Salt, Organic Cane Sugar, Yeast Extract, Water, Canola Oil, Potato Flour, Organic Molasses, Natural Flavor, Natural Smoke Flavor], Brown Sugar, Cane Sugar, Molasses, Honey, Corn Starch, Roasted Garlic Puree [Garlic, Water], Lemon Juice Concentrate, Cinnamon, Xanthan Gum [To Provide Thickness], Mustard Flour, Natural Maple Flavor, Potassium Sorbate [To Preserve Freshness], Sodium Benzoate [To Preserve Freshness], Nutmeg, Chive, Calcium Disodium EDTA [To Protect Flavor]), Bacon (Pork Cured With: Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite). **CONTAINS: Egg, Milk, Wheat**

Primo Italiano Subwich

Sub Bun (Flour [Wheat, Malted Barley], Water, Yeast, Contains Less Than 2% of each of the following: Palm Oil, Wheat Gluten, Salt, Sugar, Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Sunflower Lecithin, Ascorbic Acid, Enzymes, Calcium Propionate [Preservative]), Italian Set-Up (Pepperoni [Pork, Beef, Salt, Dextrose, Spices, Lactic Acid Starter Culture, Oleoresin Of Paprika, Dehydrated Garlic, Sodium Nitrite, BHA, BHT, Citric Acid], Salami [Pork, Salt, Contains 2% or less of: Dextrose, Flavorings, Lactic Acid Starter Culture, Sodium Nitrite, Spices, Vitamin C [Sodium Ascorbate], Wine, BHA, BHT, Citric Acid], Capicola Ham [Pork, Water, Dextrose, Salt, Contains Less Than 2% Of: Extractives Of Paprika, Spice Extractives, Brown Sugar, Hydrolyzed Soy Protein, Sodium Phosphate, Corn Syrup Solids, Sodium Erythorbate, Sodium Nitrite]), Tomatoes, Lettuce, Pepper Jack Cheese (Pasteurized Milk, Red And Green Jalapeno Peppers, Cheese Cultures, Salt, Enzymes), Banana Peppers (Banana Peppers, Water, Distilled Vinegar, Salt, Calcium Chloride [Firming Agent], Sodium Benzoate [Preservative], Sodium Bisulfite [To Promote Color Retention], FD&C Yellow #5, Turmeric), Green Peppers, Onions, Oil (Soybean And Olive Pomace), Red Wine Vinegar. **CONTAINS: Milk, Soy, Wheat**

Super Greek Subwich

SMOKED TURKEY (TURKEY BREAST, TURKEY BROTH, CONTAINS 2% OR LESS OF: DEXTROSE, CULTURED SUGAR, SALT, CARRAGEENAN, POTASSIUM LACTATE, SODIUM PHOSPHATE, VINEGAR, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE, SMOKED FLAVORING ADDED), SUB BUN (FLOUR [WHEAT, MALTED BARLEY], WATER, YEAST, CONTAINS LESS THAN 2% OF EACH OF THE FOLLOWING: PALM OIL, WHEAT GLUTEN, SALT, SUGAR, ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], SUNFLOWER LECITHIN, ASCORBIC ACID, ENZYMES, CALCIUM PROPIONATE [PRESERVATIVE]), TOMATOES, CUCUMBERS, GREEK AIOLI (WATER, SOYBEAN OIL, FETA CHEESE [PASTEURIZED SHEEP'S MILK, SEA SALT, CHEESE CULTURES, ENZYMES, POWDERED CELLULOSE (TO PREVENT CAKING)], DRIED GREEK NONFAT YOGURT, WHITE WINE VINEGAR, EGG YOLK, GRANULATED SUGAR, MODIFIED FOOD STARCH, SALT, NATURAL SOUR CREAM FLAVOR [SOUR CREAM SOLIDS, WHEY, WHEY PROTEIN CONCENTRATE, NATURAL FLAVORS, YEAST EXTRACT, SALT], LEMON JUICE CONCENTRATE, DEHYDRATED GARLIC, ONION POWDER, XANTHAN GUM [TO PROVIDE THICKNESS], POTASSIUM SORBATE [TO PRESERVE FRESHNESS], SODIUM BENZOATE [TO PRESERVE FRESHNESS], OREGANO, CALCIUM DISODIUM EDTA [TO PROTECT FLAVOR]), BLACK OLIVES (RIPE OLIVES, WATER, SALT AND FERROUS GLUCONATE [TO STABILIZE COLOR]), ONIONS, RED WINE VINEGAR. **CONTAINS: Egg, Milk, Wheat**

Turano White Sub Bun

CONTAINS: Wheat

BBQ Chicken Grilled Wrap

Flour Tortilla (Enriched Bleached Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Vegetable Shortening [Interesterified Soybean Oil, Hydrogenated Soybean Oil and/or Palm Oil], Contains 2% or Less of Salt, Leavening [Sodium Bicarbonate, Sodium Aluminum Sulfate, Cornstarch, Monocalcium Phosphate and/or Sodium Acid Pyrophosphate, Calcium Sulfate], Distilled Monoglycerides, Enzymes, Wheat Starch, Calcium Carbonate, Antioxidants [Tocopherols, Ascorbic Acid], Cellulose Gum, Dough Conditioners [Fumaric Acid, Sodium Metabisulfite], Preservatives [Calcium Propionate, Sorbic Acid and/or Citric Acid]), Chicken Breast Patty (Chicken Breast With Rib Meat, Water, Soy Protein Concentrate, Seasoning [Corn Syrup Solids, Brown Sugar, Salt, Dextrose, Vinegar Powder (Maltodextrin, Modified Corn Starch, Dried Vinegar), Garlic Powder, Onion Powder, Chicken Type Flavor (Hydrolyzed Corn Gluten, Autolyzed Yeast Extract, Partially Hydrogenated Soybean and Cottonseed Oil, Thiamine Hydrochloride, Disodium Inosinate, Disodium Guanylate), Sodium Phosphates), BBQ Sauce (High Fructose Corn Syrup, Distilled Vinegar, Tomato Paste, Modified Food Starch, Contains Less Than 2% of: Salt, Pineapple Juice Concentrate, Natural Smoke Flavor, Spices, Caramel Color, Sodium Benzoate as a Preservative, Molasses, Corn Syrup, Garlic, Saar, Tamarind, Natural Flavor), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color]), Powdered Cellulose [To Prevent Caking], Potassium Sorbate, Natamycin [Preservative]), Bacon (Pork Cured With Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite). **CONTAINS: Milk, Soy, Wheat**

Cheddar, Bacon, Ranch, Chicken Grilled Wrap

Flour Tortilla (Enriched Bleached Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Vegetable Shortening [Interesterified Soybean Oil, Hydrogenated Soybean Oil and/or Palm Oil], Contains 2% or Less of Salt, Leavening [Sodium Bicarbonate, Sodium Aluminum Sulfate, Cornstarch, Monocalcium Phosphate and/or Sodium Acid Pyrophosphate, Calcium Sulfate], Distilled Monoglycerides, Enzymes, Wheat Starch, Calcium Carbonate, Antioxidants [Tocopherols, Ascorbic Acid], Cellulose Gum, Dough Conditioners [Fumaric Acid, Sodium Metabisulfite], Preservatives [Calcium Propionate, Sorbic Acid and/or Citric Acid]), Chicken Breast Patty (Chicken Breast With Rib Meat, Water, Soy Protein Concentrate, Seasoning [Corn Syrup Solids, Brown Sugar, Salt, Dextrose, Vinegar Powder (Maltodextrin, Modified Corn Starch, Dried Vinegar), Garlic Powder, Onion Powder, Chicken Type Flavor (Hydrolyzed Corn Gluten, Autolyzed Yeast Extract, Partially Hydrogenated Soybean and Cottonseed Oil, Thiamine Hydrochloride, Disodium Inosinate, Disodium Guanylate), Sodium Phosphates), Tomatoes, Ranch Dressing (Soybean Oil, Water, Cultured Buttermilk, Egg Yolk, Vinegar, Contains 2% or Less of: Salt, Monosodium Glutamate, Modified Cornstarch, Buttermilk Solids, Sugar, Garlic, Spice, Citric Acid, Xanthan Gum, Onion, Sorbic Acid [Preservative], Calcium Disodium EDTA [To Protect Flavor], Maltodextrin, Whey, Milk, Natural Flavor, Egg Whites, Lactose), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color]), Powdered Cellulose [To Prevent Caking], Potassium Sorbate, Natamycin [Preservative]), Bacon (Pork Cured With: Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite). **CONTAINS: Egg, Milk, Soy, Wheat**

Chipotle Chicken Grilled Wrap

Flour Tortilla (Enriched Bleached Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Vegetable Shortening [Interesterified Soybean Oil, Hydrogenated Soybean Oil and/or Palm Oil], Contains 2% or Less of Salt, Leavening [Sodium Bicarbonate, Sodium Aluminum Sulfate, Cornstarch, Monocalcium Phosphate and/or Sodium Acid Pyrophosphate, Calcium Sulfate], Distilled Monoglycerides, Enzymes, Wheat Starch, Calcium Carbonate, Antioxidants [Tocopherols, Ascorbic Acid], Cellulose Gum, Dough Conditioners [Fumaric Acid, Sodium Metabisulfite], Preservatives [Calcium Propionate, Sorbic Acid and/or Citric Acid]), Chicken Breast Patty (Chicken Breast With Rib Meat, Water, Soy Protein Concentrate, Seasoning [Corn Syrup Solids, Brown Sugar, Salt, Dextrose, Vinegar Powder (Maltodextrin, Modified Corn Starch, Dried Vinegar), Garlic Powder, Onion Powder, Chicken Type Flavor (Hydrolyzed Corn Gluten, Autolyzed Yeast Extract, Partially Hydrogenated Soybean and Cottonseed Oil, Thiamine Hydrochloride, Disodium Inosinate, Disodium Guanylate), Sodium Phosphates), Onions, Ancho Chipotle Sauce (Tomato Puree [Water, Tomato Paste], Soybean Oil, Brown Sugar, Sugar, Water, Vinegar, Ancho Chili Peppers, Salt, Egg Yolks, Modified Cornstarch, Chipotle Chili Peppers, Spices, Buttermilk, Garlic Powder, Sour Cream [Cream, Nonfat Milk, Cultures], Dehydrated Garlic, Onion Powder, Lactic Acid, Phosphoric Acid, Mustard Flour, Xanthan Gum, Lemon Juice Concentrate, Polysorbate 60, Citric Acid, Sorbic Acid, Calcium Disodium EDTA and BHA [To Protect Quality], Cultured Nonfat Milk), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color]), Powdered Cellulose [To Prevent Caking], Potassium Sorbate, Natamycin [Preservative]), Jalapeno Peppers (Peppers, Water, Salt, Vinegar, Calcium Chloride, Sodium Benzoate, Sodium Bisulfite, Potassium Sorbate, FD&C Yellow #5). **CONTAINS: Egg, Milk, Soy, Wheat**

Philly Cheese Steak Wrap

Philadelphia-Style Steak Meat (Beef, Water, Dextrose, Sodium Phosphate, Modified Corn Starch, Salt, Autolyzed Yeast, Hydrolyzed Corn Protein, Coated With Onions, Peppers, Dextrose, Sodium Citrate, Salt, Caramel Color, Sodium Diacetate, Spices, Flavoring, Paprika, Hydrolyzed Corn Protein, Maltodextrin, Grill Flavor [From Sunflower Oil], Modified Corn Starch, Corn Syrup Solids, Natural Smoked Flavor, Guar Gum), Flour Tortilla (Enriched Bleached Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Vegetable Shortening [Interesterified Soybean Oil, Hydrogenated Soybean Oil and/or Palm Oil], Contains 2% or Less of the Following: Salt, Leavening [Sodium Bicarbonate, Sodium

Speedy Café Nutritional Information - Ingredients

Aluminum Sulfate, Corn Starch, Monocalcium Phosphate and/or Sodium Acid Pyrophosphate, Calcium Sulfate], Distilled Monoglycerides, Enzymes, Wheat Starch, Calcium Carbonate, Antioxidants [Tocopherols, Ascorbic Acid], Cellulose Gum, Dough Conditioners [Fumaric Acid, Sodium Metabisulfite], Preservatives [Calcium Propionate, Sorbic Acid and/or Citric Acid]), Provolone Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Natural Smoke Flavor), Signature Horseradish Sauce (Vegetable Oil [Soybean and/or Canola Oil]), Distilled Vinegar, Water, High Fructose Corn Syrup, Horseradish, Egg Yolk, Contains 2% or Less of the Following: Salt, Modified Food Starch, Xanthan Gum, Spice, Potassium Sorbate, Sodium Benzoate and Calcium Disodium EDTA [Preservatives], Dried Garlic, Polysorbate 60, Paprika, Disodium Inosinate, Disodium Guanylate, Artificial Flavor, Turmeric). **CONTAINS: Egg, Milk, Wheat**

BBQ Chicken Panini

Chicken Patty (Chicken Breast With Rib Meat, Water, Textured Soy Protein Concentrate, Seasoning [Corn Syrup Solids, Brown Sugar, Salt, Dextrose, Vinegar Powder (Maltodextrin, Modified Corn Starch, Dried Vinegar), Garlic Powder, Onion Powder, Chicken Type Flavor (Hydrolyzed Corn Gluten, Autolyzed Yeast Extract, Soybean Oil, Thiamine Hydrochloride, Disodium Inosinate, Disodium Guanylate), Sodium Phosphates]), Sourdough Bread (Enriched Wheat Flour [Wheat Flour, Barley Malt, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Sour [Wheat Flour, Cornstarch, Malt, Fumaric Acid, Contains 2% or Less of the Following: Acetic Acid, Lactic Acid], Yeast, Sugar, Soybean Oil, Salt, Calcium Propionate, Ethoxylated Mono and Diglycerides, Polysorbate 60, Soy Lecithin, Guar Gum, Diacetyl Tartaric Acid Esters of Mono and Diglycerides, Ascorbic Acid, Azodicarbonamide, Enzyme, Calcium Sulfate), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Powdered Cellulose [To Prevent Caking], Potassium Sorbate, Natamycin [Preservative]), Butter Flavored Oil (Soybean Oil, Hydrogenated Soybean Oil, Salt, Natural Flavor [Milk, Soy], Natural and Artificial Flavor, Soy Lecithin, TBHQ and Citric Acid [Preservatives], Artificial Color), BBQ Sauce (High Fructose Corn Syrup, Distilled Vinegar, Tomato Paste, Modified Food Starch, Contains 2% or Less of the Following: Salt, Pineapple Juice Concentrate, Natural Smoke Flavor, Spices, Caramel Color, Sodium Benzoate [Preservative], Molasses, Corn Syrup, Dried Garlic, Sugar, Tamarind, Natural Flavor), Bacon (Pork Cured With: Water, Salt, Sugar, Sodium Erythorbate, Sodium Nitrite, Dextrose, Flavoring, Honey, Dehydrated Pork Broth, Potassium Chloride, Potassium Lactate, Smoke Flavoring, Sodium Diacetate, Sodium Phosphate). **CONTAINS: Milk, Soy, Wheat**

Chicken Bacon Ranch Panini

Chicken Patty (Chicken Breast With Rib Meat, Water, Textured Soy Protein Concentrate, Seasoning [Corn Syrup Solids, Brown Sugar, Salt, Dextrose, Vinegar Powder (Maltodextrin, Modified Corn Starch, Dried Vinegar), Garlic Powder, Onion Powder, Chicken Type Flavor (Hydrolyzed Corn Gluten, Autolyzed Yeast Extract, Soybean Oil, Thiamine Hydrochloride, Disodium Inosinate, Disodium Guanylate), Sodium Phosphates]), Sourdough Bread (Enriched Wheat Flour [Wheat Flour, Barley Malt, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Sour [Wheat Flour, Cornstarch, Malt, Fumaric Acid, Contains 2% or Less of the Following: Acetic Acid, Lactic Acid], Yeast, Sugar, Soybean Oil, Salt, Calcium Propionate, Ethoxylated Mono and Diglycerides, Polysorbate 60, Soy Lecithin, Guar Gum, Diacetyl Tartaric Acid Esters of Mono and Diglycerides, Ascorbic Acid, Azodicarbonamide, Enzyme, Calcium Sulfate), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Powdered Cellulose [To Prevent Caking], Potassium Sorbate, Natamycin [Preservative]), Butter Flavored Oil (Soybean Oil, Hydrogenated Soybean Oil, Salt, Natural Flavor [Milk, Soy], Natural and Artificial Flavor, Soy Lecithin, TBHQ and Citric Acid [Preservatives], Artificial Color), Tomatoes, Ranch Dressing (Soybean Oil, Water, Distilled White Vinegar, Buttermilk [Cultured Lowfat Milk, Milk, Nonfat Dry Milk, Salt, Sodium Citrate, Vitamin A Palmitate], Corn Syrup, Egg Yolks, Enzyme Modified Egg Yolks, Sugar, Contains 2% or Less of the Following: Salt, Modified Corn Starch, Torula Yeast, Lactic Acid, Phosphoric Acid, Sodium Benzoate, Potassium Sorbate [Preservatives], Garlic Powder, Xanthan Gum, Polysorbate 60, Onion Powder, Disodium Inosinate, Disodium Guanylate, Natural Flavor, Dehydrated Parsley, Cultured Cream, Enzyme Modified Milk, Calcium Disodium EDTA [To Protect Flavor], Buttermilk Powder, Molasses, Soy Lecithin), Bacon (Pork Cured With: Water, Salt, Sugar, Sodium Erythorbate, Sodium Nitrite, Dextrose, Flavoring, Honey, Dehydrated Pork Broth, Potassium Chloride, Potassium Lactate, Smoke Flavoring, Sodium Diacetate, Sodium Phosphate). **CONTAINS: Egg, Milk, Soy, Wheat**

Grilled Cheese Panini

Sourdough Bread (Enriched Wheat Flour [Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Sourdough Starter [Wheat Flour, Cornstarch, Malt, Fumaric Acid, Contains 2% or Less of Acetic Acid, and Lactic Acid], Yeast, Sugar, Soybean Oil, Salt, Calcium Propionate, Ethoxylated Mono and Diglycerides, Mono and Diglycerides, Polysorbate 60, Soy Lactylate, Guar Gum, Diacetyl Tartaric Acid Esters of Mono and Diglycerides, Ascorbic Acid, Azodicarbonamide, Enzyme, Calcium Sulfate), Buttery Flavored Oil (Soybean Oil, Hydrogenated Soybean Oil, Salt, Natural Flavor, Natural and Artificial Flavor, Soy Lecithin, TBHQ and Citric Acid Added as Preservatives, and Artificial Color), American Cheese (Cultured Milk and Skim Milk, Cream, Sodium Citrate, Salt, Color Added, Sodium Phosphate, Sorbic Acid [Preservative], Enzyme, Soy Lecithin [Non-Sticking Agent]). **CONTAINS: Milk, Soy, Wheat**

Turkey, Bacon, Swiss Panini

Sour Dough Bread: Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin Folic Acid), Water, Sour (Wheat Flour, Cornstarch, Malt, Fumaric Acid, Contains 2% or Less of Acetic Acid, & Lactic Acid), Yeast, Sugar, Soybean Oil, Salt, Calcium Propionate, Ethoxylated Mono-Diglycerides, Mono-Diglycerides, Polysorbate 60, Soy Lactylate, Guar Gum, Diacetyl Tartaric Acid Esters of Mono-Diglycerides, Ascorbic Acid, Azodicarbonamide, Enzyme, Calcium Sulfate. Turkey Breast, Turkey Broth, Dextrose, Salt, Sodium Lactate, Modified Food Starch, Tapioca Starch, Carrageenan, Sodium Phosphate, Sodium Diacetate. Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes. Pickles, Water, Vinegar, Salt, Natural Flavors, Calcium Chloride, Polysorbate 80, Sodium Benzoate, FD&C Yellow #5, and FD&C Blue #1. Bacon: Cured With Water, Salt, Sugar, Smoke Flavoring, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite. Mayo: Soybean Oil, Distilled White Vinegar, Water, Egg Yolks, Salt, Sugar, Mustard Flour, Onion Powder, Lemon Juice Concentrate, Calcium Disodium EDTA Added To Protect Flavor, Natural Flavor. **CONTAINS: Eggs, Milk, Soy**

American Cheese

CONTAINS: Milk, Soy

Banana Peppers

BBQ Sauce

Black Olives

Buffalo Sauce

CONTAINS: Egg

Chipotle Sauce

CONTAINS: Egg, Milk

Cucumbers

Green Peppers

Grilled Chicken

CONTAINS: Soy

Ham

CONTAINS: Soy

Honey Mustard

CONTAINS: Egg

Italian Seasoning

Italian Sub Bun

CONTAINS: Wheat

Jalapeno Peppers

Ketchup

Lettuce

Maple Bacon Aioli

Soybean Oil, Water, Egg Yolk (Egg Yolk, Salt), Molasses Or Sugarcane Molasses, Apple Cider Vinegar (Pure Apple Cider Vinegar, Filtered Water), Bacon Base (Uncured Bacon [Pork, Water, Salt, Turbinado Sugar, Seasoning (Cultured Celery Juice Powder, Sea Salt)], Sea Salt, Organic Cane Sugar, Yeast Extract, Water, Canola Oil, Potato Flour, Organic Molasses, Natural Flavor, Natural Smoke Flavor), Brown Sugar, Cane Sugar, Molasses, Honey, Corn Starch, Roasted Garlic Puree (Garlic, Water), Lemon Juice Concentrate, Cinnamon, Xanthan Gum (To Provide Thickness), Mustard Flour, Natural Maple Flavor, Potassium Sorbate (To Preserve Freshness), Sodium Benzoate (To Preserve Freshness), Nutmeg, Chive, Calcium Disodium EDTA (To Protect Flavor). **CONTAINS: Egg**

Mayonnaise

CONTAINS: Egg, Soy

Mild Cheddar Cheese

CONTAINS: Milk

Onions

Pepper Jack Cheese

CONTAINS: Milk

Philly Steak

CONTAINS: Soy

Speedy Café Nutritional Information - Ingredients

Pickles

Pizza Sauce

Provolone Cheese CONTAINS: Milk

Ranch Dressing CONTAINS: Egg, Milk

Red Onions

Sharp Cheddar Cheese CONTAINS: Milk

Shredded Cheddar Cheese CONTAINS: Milk

Spinach

Swiss Cheese CONTAINS: Milk

Tomato

Turano Wheat Sub Bun CONTAINS: Wheat

Turkey

White Cheddar CONTAINS: Milk

Yellow Mustard

Apple

Banana

Orange

Classic Speedy Spuds Tater tots (potatoes, vegetable oil [contains one or more of the following: soybean and/or canola], salt, dextrose, disodium dihydrogen pyrophosphate [to promote color retention]), seasoned salt (salt, sugar, spices [including paprika, Turmeric], onion, corn starch, garlic, natural flavor and extractives of paprika).

Cheese Speedy Spuds TATER TOTS (POTATOES, VEGETABLE OIL [CONTAINS ONE OR MORE OF THE FOLLOWING: SOYBEAN AND/OR CANOLA], SALT, DEXTROSE, DISODIUM DIHYDROGEN PYROPHOSPHATE [TO PROMOTE COLOR RETENTION]), CHEDDAR CHEESE SAUCE (CHEDDAR CHEESE [PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES], WATER, NONFAT DRY MILK, MODIFIED FOOD STARCH, SODIUM PHOSPHATES, POTASSIUM PHOSPHATES, AMERICAN CHEESE FLAVOR [DEHYDRATED BLEND OF CHEESES (SEMISOFT AND CHEDDAR [PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES]), MALTODEXTRIN, NATURAL AND ARTIFICIAL FLAVORS, SALT, MODIFIED FOOD STARCH, SODIUM PHOSPHATE, BUTTER (CREAM, SALT, ANNATTO), CALCIUM PHOSPHATE, LACTIC ACID], SALT, PAPRIKA EXTRACT, ANNATTO EXTRACT), SEASONED SALT (SALT, SUGAR, SPICES [INCLUDING PAPRIKA, TURMERIC], ONION, CORN STARCH, GARLIC, NATURAL FLAVOR AND EXTRACTIVES OF PAPRIKA). **CONTAINS: Milk**