

## 9to5strength - Sonic Drive-In Nutrition Tables

### Sonic - Burgers

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
SuperSONIC DOUBLE CHEESEBURGER	1160	65	58	15	74	31	3.0	4.0
SONIC BACON CHEESEBURGER	870	42	54	11	54	19	3.0	3.2
SONIC CHEESEBURGER	750	37	57	15	41	16	3.0	2.9
HATCH GREEN CHILE CHEESEBURGER	730	37	53	11	41	16	3.0	2.2
JALAPEÑO CHEESEBURGER	730	37	52	10	41	16	2.0	2.9
SONIC BURGER	680	33	57	14	36	13	3.0	2.1
JALAPEÑO BURGER	660	33	51	10	36	13	2.0	2.0
JR. DOUBLE CHEESEBURGER	560	32	33	6	34	14	1.0	3.7
VEGGIE BURGER	490	17	78	15	13	3	6.0	3.4
JR. DELUXE CHEESEBURGER	410	20	33	5	24	8	1.0	2.4
JR. DELUXE BURGER	340	16	32	4	18	5	1.0	1.6
JR. BURGER	320	16	32	5	16	5	1.0	1.6

### Sonic - Make It Yours

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
SLAW	130	0	13	2	10	2	2.0	0.3
CRISPY BACON	90	5	0	0	7	3	0.0	0.7
AMERICAN CHEESE	70	4	1	0	6	3	0.0	0.8
LIGHT RANCH DRESSING	70	1	2	1	6	1	0.0	0.8
HOT CHILI	60	3	3	1	4	2	1.0	0.4
AVOCADO	50	0	3	0	5	1	2.0	0.1
HICKORY BBQ SAUCE	40	0	10	8	0	0	0.0	1.1
GRILLED ONIONS	35	0	3	1	3	0	1.0	0.1
HATCH GREEN CHILES	5	0	1	0	0	0	0.0	0.0
SPICY JALAPEÑOS	5	0	0	0	0	0	0.0	0.7

### Sonic - Sandwiches & Wraps

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
BACON CHEESEBURGER TOASTER SANDWICH	910	42	67	15	52	20	3.0	4.0
PHILLY CHEESESTEAK SANDWICH	750	46	53	5	39	16	1.0	4.3
CHICKEN CLUB TOASTER SANDWICH	680	24	63	8	33	9	3.0	3.8
COUNTRY FRIED STEAK TOASTER SANDWICH	650	16	81	8	29	9	3.0	3.6
COUNTRY FRIED STEAK SANDWICH	650	16	81	11	29	8	3.0	3.6
FISH SANDWICH	640	21	71	11	30	5	4.0	3.0
SEAFOOD & CRAB SANDWICH	600	16	78	13	25	3	3.0	3.1
BLT TOASTER SANDWICH	540	18	53	8	28	7	2.0	2.8
CHICKEN WRAP-CRISPY	530	23	57	5	22	5	3.0	3.6
CHICKEN WRAP-GRILLED	430	32	41	5	15	4	2.0	4.7
GRILLED CHEESE SANDWICH	430	14	51	7	19	7	2.0	2.7

**Sonic - Chicken**

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
ASIAN SWEET CHILI BONELESS WINGS 12 PIECE	1220	37	108	51	54	11	6.0	10.6
HONEY BBQ BONELESS WINGS 12 PIECE	1200	35	107	54	54	11	6.0	9.6
SUPER CRUNCH CHICKEN STRIP DINNER 5 PIECE	1190	46	121	7	57	10	8.0	5.9
BUFFALO BONELESS WINGS 12 PIECE	1180	36	53	2	77	14	7.0	12.4
SUPER CRUNCH CHICKEN STRIP DINNER 4 PIECE	1070	38	112	6	52	9	8.0	5.3
SUPER CRUNCH CHICKEN STRIP DINNER 3 PIECE	950	31	103	6	46	8	7.0	4.7
ASIAGO CAESAR CHICKEN CLUB SANDWICH-CRISPY	840	29	56	8	53	13	4.0	3.9
ULTIMATE CHICKEN SANDWICH	780	23	67	11	39	8	4.0	3.7
ASIAGO CAESAR CHICKEN CLUB SANDWICH-GRILLED	760	46	46	8	44	11	3.0	5.1
JUMBO POPCORN CHICKEN LARGE	750	36	55	2	43	8	6.0	6.3
ASIAN SWEET CHILI BONELESS WINGS 6 PIECE	610	19	54	25	27	5	3.0	5.3
HONEY BBQ BONELESS WINGS 6 PIECE	600	18	53	27	27	5	3.0	4.8
BUFFALO BONELESS WINGS 6 PIECE	590	18	27	1	38	7	4.0	6.2
SUPER CRUNCH CHICKEN STRIPS 5 PIECE	580	38	44	1	28	5	3.0	3.0
CLASSIC CHICKEN SANDWICH-CRISPY	530	16	54	7	26	4	4.0	2.0
JUMBO POPCORN CHICKEN MEDIUM	490	23	36	1	28	5	4.0	4.1
CHICKEN STRIP SANDWICH	460	21	49	4	21	4	2.0	2.0
JUMBO POPCORN CHICKEN SMALL	460	30	35	1	22	4	3.0	2.4
CLASSIC CHICKEN SANDWICH-GRILLED	450	33	44	8	17	3	3.0	3.1
JUMBO POPCORN CHICKEN MINI	350	23	27	1	17	3	2.0	1.8

**Sonic - Hot Dogs**

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
FOOTLONG QUARTER POUND CONEY	870	32	55	9	58	24	3.0	5.2
CHILI CHEESE CONEY - 6"	490	20	36	5	30	13	2.0	3.7
CHEESY BACON PRETZEL DOG - 6"	460	17	32	5	29	12	2.0	3.4
CHICAGO DOG - 6"	420	12	49	17	19	7	0.0	5.6
ALL-AMERICAN DOG - 6"	410	13	45	15	20	7	2.0	3.0
NEW YORK DOG - 6"	400	14	36	5	23	8	3.0	3.3
ALL BEEF REGULAR HOT DOG - 6"	360	13	33	4	20	7	1.0	2.5
ORIGINAL PRETZEL DOG - 6"	340	12	28	2	20	8	1.0	2.3
CORN DOG	230	3	19	6	15	4	1.0	1.4

**Sonic - Breakfast**

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
ULTIMATE MEAT & CHEESE BREAKFAST BURRITO	860	29	48	2	60	19	2.0	6.0
BAGEL SANDWICH WITH SAUSAGE	730	31	69	5	37	12	2.0	4.4
BAGEL SANDWICH WITH BACON	670	32	69	5	30	10	2.0	4.6
BREAKFAST TOASTER SAUSAGE	670	27	52	7	39	13	2.0	3.8
BISCUIT SANDWICH WITH SAUSAGE	660	23	40	2	45	20	1.0	4.8
CROISSONIC SANDWICH SAUSAGE	640	24	32	5	46	16	0.0	3.2
CIABATTA SANDWICH WITH SAUSAGE	630	28	43	6	39	12	2.0	3.2
BREAKFAST TOASTER BACON	610	28	52	7	32	11	2.0	4.0
BAGEL SANDWICH WITH HAM	600	33	69	6	21	7	2.0	5.0
BISCUIT SANDWICH WITH BACON	600	23	40	3	38	17	1.0	5.0
SuperSONIC BREAKFAST BURRITO	600	24	49	3	34	12	2.0	5.2
CINNASNACKS (NO FROSTING) 5 PIECE	570	6	73	6	26	8	7.0	0.9
CROISSONIC SANDWICH BACON	570	25	32	6	38	14	0.0	3.5
CIABATTA SANDWICH WITH BACON	560	28	43	7	32	10	2.0	3.5
BREAKFAST TOASTER HAM	540	29	53	8	23	7	2.0	4.4
BISCUIT SANDWICH WITH HAM	520	24	40	3	29	14	1.0	5.5
BREAKFAST BURRITO SAUSAGE	500	23	36	1	29	11	1.0	3.9

CROISSONIC SANDWICH HAM	500	26	32	6	30	11	0.0	3.9
FRENCH TOAST STICKS (4) WITHOUT SYRUP	500	4	49	9	31	5	2.0	1.2
BREAKFAST BURRITO BACON	490	24	36	2	27	11	1.0	4.2
CIABATTA SANDWICH WITH HAM	490	29	43	7	24	7	2.0	3.9
BREAKFAST BURRITO HAM	460	27	37	2	22	9	1.0	5.0
CINNASNACKS (NO FROSTING) 3 PIECE	340	3	44	4	15	5	4.0	0.5
CREAM CHEESE FROSTING	300	0	37	34	16	7	0.0	0.5
JR. BREAKFAST BURRITO	280	12	23	1	16	6	0.0	2.3
SYRUP	90	0	22	15	0	0	0.0	0.0

#### Sonic - Snacks & Sides

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
FRITOS CHILI PIE SMALL	510	14	35	1	34	10	3.0	2.6
JUMBO POPCORN CHICKEN SMALL	460	30	35	1	22	4	3.0	2.4
CHED 'R' PEPPERS 4 PIECE SMALL	440	9	37	2	28	8	2.0	3.4
HANDMADE ONION RINGS SMALL	440	6	55	14	21	4	3.0	1.1
CHED 'R' BITES SMALL	390	14	23	1	27	8	1.0	2.4
MOZZARELLA STICKS 4 PIECE SMALL	360	16	34	3	18	7	2.0	2.6
CHILI CHEESE FRIES SMALL	350	8	36	1	19	6	3.0	1.6
CHILI CHEESE TOTS SMALL	350	7	32	1	21	7	3.0	2.5
JUMBO POPCORN CHICKEN MINI	350	23	27	1	17	3	2.0	1.8
FRIES WITH CHEESE SMALL	310	6	34	1	17	5	3.0	1.5
TOTS WITH CHEESE SMALL	310	6	30	1	19	5	3.0	2.4
PICKLE-O'S SMALL	300	3	23	2	21	4	1.0	2.1
CHED 'R' PEPPERS 2 PIECE MINI	280	5	20	2	20	5	1.0	2.0
FRITOS CHILI PIE MINI	270	8	18	1	18	6	2.0	1.5
CHED 'R' BITES MINI	250	7	12	1	19	5	1.0	1.5
FRIES SMALL	250	3	33	0	12	2	3.0	0.7
TOTS SMALL	250	2	30	0	13	3	3.0	1.6
PICKLE-O'S MINI	230	2	16	2	18	3	1.0	1.6
HANDMADE ONION RINGS MINI	220	3	28	7	11	2	1.0	0.6
CHILI CHEESE FRIES MINI	190	4	19	1	10	4	2.0	0.9
CHILI CHEESE TOTS MINI	190	4	17	0	11	4	2.0	1.4
MOZZARELLA STICKS 2 PIECE MINI	180	8	19	2	9	4	1.0	1.4
FRIES WITH CHEESE MINI	170	3	18	0	9	3	2.0	0.8
TOTS WITH CHEESE MINI	170	3	16	0	10	3	1.0	1.3
FRIES MINI	130	2	18	0	6	1	2.0	0.4
TOTS MINI	130	1	16	0	7	2	1.0	0.9

#### Sonic - Snacks & Sides

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
FRITOS CHILI PIE LARGE	990	26	71	3	66	20	6.0	4.9
CHILI CHEESE TOTS LARGE	960	19	92	3	57	17	9.0	6.7
CHED 'R' PEPPERS 8 PIECE LARGE	880	17	74	5	57	15	4.0	6.7
TOTS WITH CHEESE LARGE	840	13	86	2	50	13	8.0	6.1
HANDMADE ONION RINGS LARGE	800	11	101	26	39	7	5.0	2.0
CHED 'R' BITES LARGE	770	27	46	2	53	16	2.0	4.9
FRITOS CHILI PIE MEDIUM	750	20	53	2	50	15	5.0	3.7
JUMBO POPCORN CHICKEN LARGE	750	36	55	2	43	8	6.0	6.3
SPICY JUMBO POPCORN CHICKEN LARGE	750	36	55	2	43	8	6.0	6.4
MOZZARELLA STICKS 8 PIECE LARGE	720	32	68	6	36	15	3.0	5.1
PICKLE-O'S LARGE	720	8	61	5	49	8	4.0	5.3
CHED 'R' PEPPERS 6 PIECE MEDIUM	710	13	56	4	48	12	3.0	5.3
CHILI CHEESE FRIES LARGE	710	18	70	2	40	14	7.0	3.5

CHED 'R' BITES MEDIUM	640	21	35	2	46	13	2.0	3.9
FRIES WITH CHEESE LARGE	600	12	64	2	33	10	6.0	2.9
HANDMADE ONION RINGS MEDIUM	590	8	74	19	29	5	4.0	1.5
TOTS LARGE	580	5	69	1	31	6	6.0	3.6
MOZZARELLA STICKS 6 PIECE MEDIUM	540	23	52	5	27	11	3.0	3.9
CHILI CHEESE TOTS MEDIUM	530	12	47	2	32	10	5.0	3.9
PICKLE-O'S MEDIUM	530	5	39	4	39	7	2.0	3.7
JUMBO POPCORN CHICKEN MEDIUM	490	23	36	1	28	5	4.0	4.1
SPICY JUMBO POPCORN CHICKEN MEDIUM	490	23	36	1	28	5	4.0	4.2
FRIES LARGE	470	5	63	1	22	4	6.0	1.2
CHILI CHEESE FRIES MEDIUM	450	12	42	2	26	10	4.0	2.4
TOTS WITH CHEESE MEDIUM	450	8	43	1	28	8	4.0	3.5
FRIES WITH CHEESE MEDIUM	380	9	39	1	22	7	3.0	2.0
TOTS MEDIUM	360	3	43	0	19	4	4.0	2.2
FRIES MEDIUM	290	3	38	0	13	3	3.0	0.8
TREE TOP APPLE SAUCE	45	0	13	11	0	0	2.0	0.0

### Sonic - Sonic Blast

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
M&M'S CHOCOLATE CANDIES MINIS LARGE	1610	23	189	143	85	54	3.0	1.7
HEATH TOFFEE PIECES LARGE	1540	20	170	128	88	54	1.0	2.4
REESE'S PEANUT BUTTER CUPS LARGE	1530	27	168	123	85	49	3.0	2.2
BUTTERFINGER PIECES LARGE	1490	22	180	116	77	48	2.0	1.6
SNICKERS BARS LARGE	1400	23	159	113	76	46	1.0	1.9
OREO COOKIE PIECES LARGE	1370	20	159	103	72	43	2.0	2.3
M&M'S CHOCOLATE CANDIES MINIS MEDIUM	1130	15	133	103	59	39	2.0	1.1
HEATH TOFFEE PIECES MEDIUM	1060	13	117	91	62	38	1.0	1.6
REESE'S PEANUT BUTTER CUPS MEDIUM	1060	18	116	87	60	34	2.0	1.5
BUTTERFINGER PIECES MEDIUM	1030	15	126	81	53	33	1.0	1.0
SNICKERS BARS MEDIUM	950	15	108	78	52	31	1.0	1.3
OREO COOKIE PIECES MEDIUM	930	13	109	71	49	30	2.0	1.6
M&M'S CHOCOLATE CANDIES MINIS SMALL	870	12	103	80	46	31	2.0	0.8
HEATH TOFFEE PIECES SMALL	820	10	89	70	48	30	1.0	1.2
REESE'S PEANUT BUTTER CUPS SMALL	820	14	89	67	47	27	2.0	1.2
BUTTERFINGER PIECES SMALL	800	11	98	63	41	26	1.0	0.8
SNICKERS BARS SMALL	790	13	90	66	42	26	1.0	1.0
OREO COOKIE PIECES SMALL	720	10	84	55	38	23	1.0	1.2
M&M'S CHOCOLATE CANDIES MINIS MINI	600	8	71	56	32	22	1.0	0.5
HEATH TOFFEE PIECES MINI	560	6	60	48	33	21	0.0	0.8
REESE'S PEANUT BUTTER CUPS MINI	560	9	61	47	33	19	1.0	0.8
BUTTERFINGER PIECES MINI	530	7	63	42	28	19	1.0	0.5
SNICKERS BARS MINI	530	8	59	44	29	19	1.0	0.7
OREO COOKIE PIECES MINI	510	7	60	39	27	17	1.0	0.9

**Sonic - Master Blast (Lge/Med)**

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
PEANUTTY SWIRL WITH SNICKERS BARS LARGE	1950	37	184	127	119	54	1.0	2.8
BANANA SPLIT LARGE	1890	25	274	192	85	45	15.0	1.6
PEANUT BUTTER & COOKIE DOUGH DREAM LARGE	1870	35	206	136	123	24	3.0	1.7
TURTLE PECAN LARGE	1820	23	216	147	99	31	6.0	2.5
CARAMEL BROWNIE LARGE	1700	22	220	128	82	50	4.0	2.4
TRIPLE CHOCOLATE LARGE	1690	22	223	153	80	24	4.0	1.9
CHOCOLATE CHIP COOKIE DOUGH LARGE	1630	21	217	148	78	50	1.0	2.5
BROWNIE & COOKIE DOUGH MADNESS LARGE	1530	21	200	130	75	46	2.0	2.5
MALTED BROWNIE BLISS LARGE	1470	21	187	123	71	44	2.0	1.9
WAFFLEBERRY BROWNIE LARGE	1470	21	189	123	71	44	5.0	1.8
PEANUTTY SWIRL WITH SNICKERS BARS MEDIUM	1320	25	125	87	81	37	1.0	1.9
BANANA SPLIT MEDIUM	1300	16	188	133	60	36	11.0	1.0
PEANUT BUTTER & COOKIE DOUGH DREAM MEDIUM	1300	23	144	97	85	23	3.0	1.1
TURTLE PECAN MEDIUM	1260	16	144	98	72	22	5.0	1.7
TRIPLE CHOCOLATE MEDIUM	1210	15	161	109	59	22	4.0	1.2
CARAMEL BROWNIE MEDIUM	1160	15	149	85	56	35	3.0	1.6
CHOCOLATE CHIP COOKIE DOUGH MEDIUM	1140	14	151	103	55	36	1.0	1.6
BROWNIE & COOKIE DOUGH MADNESS MEDIUM	1090	14	144	91	53	33	2.0	1.6
MALTED BROWNIE BLISS MEDIUM	1070	15	143	94	49	31	2.0	1.3
WAFFLEBERRY BROWNIE MEDIUM	1010	14	130	83	49	31	4.0	1.2

**Sonic - Master Blast (Mini/Small)**

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
PEANUT BUTTER & COOKIE DOUGH DREAM SMALL	940	15	108	72	58	14	2.0	0.8
TURTLE PECAN SMALL	940	12	105	74	56	21	4.0	1.1
BANANA SPLIT SMALL	930	12	127	91	46	29	6.0	0.8
PEANUTTY SWIRL WITH SNICKERS BARS SMALL	920	16	91	65	55	27	1.0	1.3
TRIPLE CHOCOLATE SMALL	900	11	115	79	47	21	3.0	0.9
CARAMEL BROWNIE SMALL	850	11	105	59	43	27	2.0	1.1
CHOCOLATE CHIP COOKIE DOUGH SMALL	800	10	106	71	39	24	1.0	1.1
BROWNIE & COOKIE DOUGH MADNESS SMALL	780	10	98	62	39	25	1.0	1.1
MALTED BROWNIE BLISS SMALL	740	10	93	61	37	24	1.0	0.9
WAFFLEBERRY BROWNIE SMALL	730	10	92	58	37	24	2.0	0.9
PEANUT BUTTER & COOKIE DOUGH DREAM MINI	700	12	78	53	46	14	2.0	0.5
PEANUTTY SWIRL WITH SNICKERS BARS MINI	690	12	65	47	43	21	1.0	0.9
TURTLE PECAN MINI	690	8	76	53	42	14	3.0	0.9
BANANA SPLIT MINI	680	8	97	70	32	21	6.0	0.5
TRIPLE CHOCOLATE MINI	650	8	85	58	33	14	2.0	0.6
CARAMEL BROWNIE MINI	620	7	78	44	31	20	2.0	0.8
BROWNIE & COOKIE DOUGH MADNESS MINI	590	7	78	49	29	19	1.0	0.8
CHOCOLATE CHIP COOKIE DOUGH MINI	560	7	76	52	27	17	1.0	0.8
MALTED BROWNIE BLISS MINI	560	7	73	48	27	18	1.0	0.6
WAFFLEBERRY BROWNIE MINI	530	7	68	43	27	18	2.0	0.6

### Sonic - Shakes & Malts (Lge/Med)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
PEANUT BUTTER SHAKE LARGE	1640	28	145	128	111	52	0.0	2.4
CHOCOLATE SHAKE LARGE	1410	16	204	107	58	41	0.0	1.8
HOT FUDGE SHAKE LARGE	1310	18	166	117	63	43	3.0	1.7
CARAMEL SHAKE LARGE	1290	16	168	143	61	44	0.0	2.1
FRESH BANANA SHAKE LARGE	1280	19	175	110	58	38	7.0	1.4
VANILLA SHAKE LARGE	1200	19	132	90	66	43	0.0	1.6
PINEAPPLE SHAKE LARGE	1140	16	145	107	55	36	0.0	1.4
STRAWBERRY SHAKE LARGE	1100	16	131	124	58	41	2.0	1.5
PEANUT BUTTER SHAKE MEDIUM	1060	18	92	81	72	34	0.0	1.5
HOT FUDGE SHAKE MEDIUM	950	12	117	103	48	36	2.0	1.3
CARAMEL SHAKE MEDIUM	870	10	113	96	42	30	0.0	1.4
FRESH BANANA SHAKE MEDIUM	870	13	115	74	41	27	4.0	1.0
CHOCOLATE SHAKE MEDIUM	850	10	113	72	40	29	0.0	1.1
VANILLA SHAKE MEDIUM	820	13	89	61	45	30	0.0	1.1
PINEAPPLE SHAKE MEDIUM	770	10	97	72	38	25	0.0	0.9
STRAWBERRY SHAKE MEDIUM	750	11	90	65	39	26	1.0	1.0

### Sonic - Shakes & Malts (Mini/Sm)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
PEANUT BUTTER SHAKE SMALL	720	12	67	60	47	25	0.0	1.0
CHOCOLATE SHAKE SMALL	670	8	89	56	31	23	0.0	0.8
HOT FUDGE SHAKE SMALL	670	9	79	71	35	26	1.0	0.9
PEANUT BUTTER SHAKE MINI	660	11	60	54	44	23	0.0	0.9
VANILLA SHAKE SMALL	650	10	71	49	36	24	0.0	0.9
FRESH BANANA SHAKE SMALL	640	9	83	69	32	23	3.0	0.8
CARAMEL SHAKE SMALL	610	8	77	64	31	23	0.0	0.9
PINEAPPLE SHAKE SMALL	590	8	74	55	29	29	0.0	0.7
CHOCOLATE SHAKE MINI	570	6	78	45	26	19	0.0	0.7
STRAWBERRY SHAKE SMALL	570	8	66	63	31	23	1.0	0.7
FRESH BANANA SHAKE MINI	540	8	72	59	26	19	3.0	0.6
HOT FUDGE SHAKE MINI	540	7	64	58	29	22	1.0	0.7
CARAMEL SHAKE MINI	530	6	66	57	27	19	0.0	0.8
PINEAPPLE SHAKE MINI	490	6	63	48	23	16	0.0	0.5
STRAWBERRY SHAKE MINI	470	6	55	53	26	19	1.0	0.6
VANILLA SHAKE MINI	420	6	45	32	23	16	0.0	0.5

### Sonic - Master Shakes (Lge/Med)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
PEANUT BUTTER FUDGE SHAKE LARGE	1940	30	193	165	122	62	2.0	2.7
OREO PEANUT BUTTER SHAKE LARGE	1890	30	181	149	121	55	2.0	3.1
OREO CHEESECAKE SHAKE LARGE	1810	24	251	185	80	49	6.0	3.8
BANANA CREAM PIE SHAKE LARGE	1730	24	256	189	71	46	7.0	3.1
OREO CHOCOLATE SHAKE LARGE	1730	19	248	135	71	47	2.0	2.6
STRAWBERRY CHEESECAKE SHAKE LARGE	1680	23	244	190	70	46	6.0	3.1
COCONUT CREAM PIE SHAKE LARGE	1610	22	225	172	70	46	4.0	3.1
CHEESECAKE SHAKE LARGE	1560	22	215	164	70	46	4.0	3.1
STRAWBERRY BANANA SHAKE LARGE	1330	19	180	158	62	44	6.0	1.6
OREO PEANUT BUTTER SHAKE MEDIUM	1260	19	122	99	80	36	2.0	2.1
PEANUT BUTTER FUDGE SHAKE MEDIUM	1260	19	124	106	79	40	2.0	1.7
OREO CHEESECAKE SHAKE MEDIUM	1210	16	169	122	53	32	4.0	2.5
BANANA CREAM PIE SHAKE MEDIUM	1100	15	161	119	45	30	4.0	2.0
STRAWBERRY CHEESECAKE SHAKE MEDIUM	1080	14	158	123	45	30	4.0	2.0

OREO CHOCOLATE SHAKE MEDIUM	1060	12	143	89	47	31	2.0	1.7
COCONUT CREAM PIE SHAKE MEDIUM	1040	14	146	111	45	30	2.0	1.9
CHEESECAKE SHAKE MEDIUM	1010	14	139	105	45	30	2.0	1.9
STRAWBERRY BANANA SHAKE MEDIUM	830	12	110	98	40	29	3.0	1.0

#### Sonic - Master Shakes (Mini/Small)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
OREO PEANUT BUTTER SHAKE SMALL	880	13	90	74	54	27	1.0	1.4
OREO CHEESECAKE SHAKE SMALL	850	11	113	86	40	25	2.0	1.7
OREO CHOCOLATE SHAKE SMALL	830	9	112	69	37	24	1.0	1.3
PEANUT BUTTER FUDGE SHAKE SMALL	820	12	83	73	51	28	1.0	1.1
OREO PEANUT BUTTER SHAKE MINI	800	12	80	65	49	24	1.0	1.3
BANANA CREAM PIE SHAKE SMALL	770	10	109	83	34	23	3.0	1.2
OREO CHEESECAKE SHAKE MINI	770	10	103	77	36	22	2.0	1.5
PEANUT BUTTER FUDGE SHAKE MINI	760	11	76	66	47	26	1.0	1.0
OREO CHOCOLATE SHAKE MINI	740	8	102	61	33	22	1.0	1.1
STRAWBERRY CHEESECAKE SHAKE SMALL	740	10	100	81	34	23	2.0	1.2
BANANA CREAM PIE SHAKE MINI	710	9	102	77	31	21	3.0	1.1
COCONUT CREAM PIE SHAKE SMALL	710	10	94	75	34	23	1.0	1.2
CHEESECAKE SHAKE SMALL	700	10	90	72	34	23	1.0	1.2
STRAWBERRY CHEESECAKE SHAKE MINI	670	9	93	75	30	21	2.0	1.1
COCONUT CREAM PIE SHAKE MINI	650	9	87	69	30	21	1.0	1.1
STRAWBERRY BANANA SHAKE SMALL	640	9	84	73	31	23	3.0	0.8
CHEESECAKE SHAKE MINI	630	9	83	66	30	21	1.0	1.1
STRAWBERRY BANANA SHAKE MINI	580	8	77	67	28	20	3.0	0.7

#### Sonic - Desserts

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
M&M'S CHOCOLATE CANDIES & STRAWBERRY	530	7	79	50	21	13	2.0	0.6
HOT FUDGE REAL ICE CREAM SUNDAE	520	7	65	46	26	18	1.0	0.7
REESE'S PEANUT BUTTER CUPS & CHOCOLATE	520	8	77	47	21	12	2.0	0.8
CARAMEL REAL ICE CREAM SUNDAE	510	6	69	46	23	15	0.0	0.8
SNICKERS BARS & CARAMEL	510	7	75	43	19	11	1.0	0.8
CHOCOLATE REAL ICE CREAM SUNDAE	500	6	69	50	21	14	0.0	0.6
PINEAPPLE REAL ICE CREAM SUNDAE	460	6	61	46	21	14	0.0	0.6
STRAWBERRY REAL ICE CREAM SUNDAE	440	6	55	40	21	14	1.0	0.6
VANILLA WAFFLE CONE	380	6	55	28	14	8	1.0	0.6
VANILLA CONE	250	4	30	17	12	8	0.0	0.4

**Sonic - Custard Concretes**

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
BUTTERFINGER PEANUT BUTTER LARGE	2170	38	267	212	120	58	0.0	3.1
REESE'S BANANA LARGE	2100	35	293	202	91	47	10.0	3.2
M&M'S STRAWBERRY LARGE	2060	28	283	219	89	52	5.0	2.8
SNICKERS CARAMEL LARGE	1940	29	266	187	83	45	1.0	3.4
OREO DARK CHOCOLATE LARGE	1860	30	253	199	83	51	7.0	4.7
HEATH VANILLA LARGE	1540	20	170	128	88	54	1.0	2.4
BUTTERFINGER PEANUT BUTTER MEDIUM	1500	26	185	144	85	39	0.0	2.0
REESE'S BANANA MEDIUM	1420	24	199	139	62	31	8.0	2.2
M&M'S STRAWBERRY MEDIUM	1410	19	194	152	61	35	4.0	1.8
SNICKERS CARAMEL MEDIUM	1320	19	184	130	55	30	1.0	2.4
OREO DARK CHOCOLATE MEDIUM	1250	20	173	133	55	33	6.0	3.4
BUTTERFINGER PEANUT BUTTER SMALL	1070	19	130	100	62	29	0.0	1.4
HEATH VANILLA MEDIUM	1060	13	117	91	62	38	1.0	1.6
M&M'S STRAWBERRY SMALL	980	13	130	102	44	26	3.0	1.2
REESE'S BANANA SMALL	960	17	127	90	45	23	4.0	1.5
SNICKERS CARAMEL SMALL	930	13	127	89	40	22	1.0	1.6
HEATH VANILLA SMALL	880	11	106	81	46	26	1.0	1.6
OREO DARK CHOCOLATE SMALL	880	14	119	91	40	24	4.0	2.4
BUTTERFINGER PEANUT BUTTER MINI	730	13	90	69	41	19	0.0	1.0
REESE'S BANANA MINI	710	12	99	70	31	15	4.0	1.1
M&M'S STRAWBERRY MINI	700	9	97	77	30	18	2.0	0.9
SNICKERS CARAMEL MINI	650	9	91	64	27	14	1.0	1.2
HEATH VANILLA MINI	620	8	77	59	31	17	0.0	1.2
OREO DARK CHOCOLATE MINI	610	10	86	65	27	16	3.0	1.7

**Sonic - Slushes**

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
FROZEN LEMONADE RT 44	600	0	162	157	0	0	0.0	0.2
SLUSH BASE ONLY - NO SYRUP RT 44	540	0	145	145	0	0	0.0	0.2
ALL-NATURAL LEMONADE RT 44	540	0	142	131	0	0	0.0	0
FROZEN LEMONADE LARGE	430	0	116	112	0	0	0.0	0.2
ALL-NATURAL LEMONADE LARGE	400	0	105	97	0	0	0.0	0
BARQ'S ROOT BEER RT 44	400	0	109	109	0	0	0.0	0.3
SLUSH BASE ONLY - NO SYRUP LARGE	380	0	103	103	0	0	0.0	0.2
SODA RT 44	380	0	105	105	0	0	0.0	0
BARQ'S ROOT BEER LARGE	300	0	81	81	0	0	0.0	0.2
SWEET ICED TEA LARGE	290	0	78	78	0	0	0.0	0.1
FROZEN LEMONADE MEDIUM	280	0	74	72	0	0	0.0	0.1
SODA LARGE	280	0	78	78	0	0	0.0	0
SLUSH BASE ONLY - NO SYRUP MEDIUM	240	0	66	66	0	0	0.0	0.1
SWEET GREEN ICED TEA RT 44	230	0	61	61	0	0	0.0	0.1
BARQ'S ROOT BEER MEDIUM	200	0	53	53	0	0	0.0	0.1
FROZEN LEMONADE SMALL	190	0	52	51	0	0	0.0	0.1
FANTA ORANGE MEDIUM	190	0	51	51	0	0	0.0	0
MELLO YELLO MEDIUM	190	0	51	51	0	0	0.0	0.1
SLUSH BASE ONLY - NO SYRUP SMALL	180	0	48	48	0	0	0.0	0.1
SODA MEDIUM	180	0	48	48	0	0	0.0	0
SWEET ICED TEA SMALL	140	0	37	37	0	0	0.0	0
BARQ'S ROOT BEER SMALL	120	0	32	32	0	0	0.0	0.1
SODA SMALL	110	0	31	31	0	0	0.0	0
DIET SODA	0	0	0	0	0	0	0.0	0.1
UNSWEET ICED TEA	0	0	0	0	0	0	0.0	0



**Sonic - Limeade**

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
CHERRY LIMEADE RT 44	490	0	132	130	0	0	0.0	0.3
MINUTE MAID CRANBERRY LIMEADE RT 44	490	0	131	127	0	0	0.0	0.2
STRAWBERRY LIMEADE RT 44	450	0	120	117	0	0	2.0	0.3
CHERRY LIMEADE LARGE	370	0	99	97	0	0	0.0	0.2
LIMEADE RT 44	360	0	97	95	0	0	0.0	0.2
MINUTE MAID CRANBERRY LIMEADE LARGE	360	0	97	94	0	0	0.0	0.2
STRAWBERRY LIMEADE LARGE	340	0	90	87	0	0	2.0	0.2
LIMEADE LARGE	270	0	72	70	0	0	0.0	0.2
CHERRY LIMEADE MEDIUM	250	0	66	65	0	0	0.0	0.1
MINUTE MAID CRANBERRY LIMEADE MEDIUM	240	0	64	62	0	0	0.0	0.1
STRAWBERRY LIMEADE MEDIUM	220	0	59	57	0	0	1.0	0.1
LIMEADE MEDIUM	180	0	47	46	0	0	0.0	0.1
CHERRY LIMEADE SMALL	150	0	39	38	0	0	0.0	0.1
MINUTE MAID CRANBERRY LIMEADE SMALL	140	0	37	36	0	0	0.0	0.1
STRAWBERRY LIMEADE SMALL	130	0	35	34	0	0	1.0	0.1
CHERRY LIMEADE WACKY PACK	110	0	29	28	0	0	0.0	0.1
LIMEADE SMALL	100	0	28	28	0	0	0.0	0.1
MINUTE MAID CRANBERRY LIMEADE WACKY PACK	100	0	27	26	0	0	0.0	0.1
STRAWBERRY LIMEADE WACKY PACK	100	0	25	24	0	0	1.0	0.1
LIMEADE WACKY PACK	70	0	18	18	0	0	0.0	0
DIET LIMEADE	15	0	2	0	0	0	0.0	0.1