

**Buffets Inc. Nutrition Information
Beverages**

Subject to change without notice.
Items vary daily.

Menu Item	Serving Size, grams	Calories	Calories from Fat	Fat, grams	Saturated Fat, grams	Trans Fat, grams	Cholesterol, milligrams	Protein, grams	Carbohydrate, grams	Total Sugars, grams	Fiber, grams	Sodium, milligrams
Cappuccino, all flavors	8 fl oz	150	40	4	4	0	0	<1	30	25	0	290
Carbonated Beverages, all flavors	12 fl oz	160	0	0	0	0	0	0	41	41	0	60
Carbonated Beverages, diet, all flavors	12 fl oz	0	0	0	0	0	0	0	0	0	0	40
Chocolate Milk, 1% reduced fat	12 fl oz	250	40	4.5	2.5	0	0	14	39	38	2	230
Coffee, decaffeinated or regular	8 fl oz	5	0	0	0	0	0	0	1	0	0	0
Hi-C® Fruit Punch	12 fl oz	170	0	0	0	0	0	0	43	43	0	130
Hot Chocolate	8 fl oz	130	10	1	1	0	0	1	32	29	<1	290
Hot Tea	8 fl oz	0	0	0	0	0	0	0	0	0	0	0
Icee®, all flavors	12 fl oz	110	0	0	0	0	0	0	27	27	0	10
Lemonade, all flavors	12 fl oz	100	0	0	0	0	0	0	24	24	0	50
Milk, 2% reduced fat	12 fl oz	180	60	7	4.5	0	0	12	17	17	0	150
Milk, Skim	12 fl oz	120	0	0	0	0	0	12	18	18	0	150
Orange Juice	12 fl oz	170	5	<1	0	0	0	3	39	31	<1	<5
Sweetened Iced Tea	12 fl oz	100	0	0	0	0	0	0	26	26	0	40
Unsweetened Iced Tea	12 fl oz	0	0	0	0	0	0	0	0	0	0	5



Nutritional information does not apply to restaurants compliant with trans fat legislation in their city or county: #756 Philadelphia, PA; #271 Gaithersburg, MD; #223 Levittown, NY; #197 Bellevue, WA; #310 Federal Way, WA; #814 Kent, WA; #172 Catonsville, MD. For a typical adult who consumes 2,000 calories a day, the recommended limits are 20 grams of saturated fat and 2,400 milligrams of sodium. Nutritional data calculated using standardized recipes and a combination of laboratory analysis and nutrition software analysis and is rounded according to FDA labeling guidelines. Nutrition information presented is based on the individual piece or serving utensil measure for each menu item. There may be variations in nutrient content across servings, due to preparation, variable serving sizes, ingredients, or custom orders. Any changes in amount or type of ingredients or preparation that deviates from the standardized recipe invalidates the nutrient content as listed. Please be advised that not all foods on this list are offered every day, nor are all foods offered at all locations. Hi-C® is a registered trademark of the Coca-Cola Company. Icee® is a registered trademark of Icee of America, Inc.