

Quaker Steak and Lube
BEVERAGE Menu Analysis Book

4.1.19

Alcoholic Beverages	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Adult Sea Salt Caramel Pretzel Shake (1 drink)	1013	166	18	11	0	50	2117	169	4	68	19	436	0	231	6
Aqua (1 drink)	220	0	0	0	0	0	24	32	0	23	0	188	30	15	0
Aviation Pineapple Sunrise (1 drink)	236	13	1	0	0	0	36	34	0	31	0	125	20	10	0
Backwoods Blackberry Lube-N-Ade (1 drink)	247	1	0	0	0	0	4	9	1	7	0	7	15	8	0
Blazin Bloody Mary (1 drink)	108	0	0	0	0	0	1017	7	0	5	2	0	10	0	1
Blazin Bloody Mary (1 drink) with Add Atomic Wing Sauce	118	2	0	0	0	0	1257	8	1	5	2	875	11	0	1
Blazin Bloody Mary (1 drink) with Add Hot Wing Sauce	112	1	0	0	0	0	1468	7	0	5	2	271	10	2	1
Blazin Bloody Mary (1 drink) with Chipotle BBQ Rim	110	1	0	0	0	0	1056	7	0	5	2	40	10	1	1
Blood Orange Rita (1 drink)	277	0	0	0	0	0	71	45	0	40	0	6	24	4	0
Blood Orange Rita (1 drink) with Salt Rim	277	0	0	0	0	0	351	45	0	40	0	6	24	4	0
Bloody Mary (1 drink)	302	9	1	0	0	0	5830	44	1	22	1	395	40	23	0
Bloody Mary (1 drink) with Bacon Salt Rim	312	9	1	0	0	0	6210	47	1	25	1	395	40	23	0
Blueberry Jameson Mule (1 drink)	160	1	0	0	0	0	2	36	1	30	1	21	10	11	0
Bourbon Mule (1 drink)	596	0	0	0	0	0	80	110	1	100	0	11	7	7	0
Bull-Dozer (1 drink)	273	0	0	0	0	0	116	44	0	37	0	0	2	0	0
Bulleit Rye Old Fashioned (1 drink)	180	0	0	0	0	0	0	7	0	5	0	22	5	4	0
Cabernet Sauvignon (1 glass)	148	0	0	0	0	0	0	5	0	0	0	0	0	0	0
Casamigos Margarita (1 drink)	320	0	0	0	0	0	15	46	1	36	0	43	44	10	0
Casamigos Margarita (1 drink) with Salt Rim	320	0	0	0	0	0	295	46	1	36	0	43	44	10	0
Chardonnay (1 glass)	140	0	0	0	0	0	9	8	0	2	0	0	0	0	0
Cherrilicious Lemonade (1 drink)	187	0	0	0	0	0	21	28	0	26	0	0	2	0	0
Cherry Lemonade (1 drink)	183	0	0	0	0	0	21	29	0	26	0	4	13	2	0
Deep Eddy Peach Palmer (1 drink)	135	0	0	0	0	0	12	23	0	21	0	45	2	4	0
Desert Cactus Margarita (1 drink)	420	0	0	0	0	0	8	75	0	70	0	6	19	4	0
Desert Cactus Margarita (1 drink) with Salt Rim	420	0	0	0	0	0	288	75	0	70	0	6	19	4	0
Duck, Duck, Goose (1 drink)	173	0	0	0	0	0	6	23	0	14	0	0	0	0	0
Electrici-Tea (1 drink)	315	0	0	0	0	0	46	51	0	43	2	0	2	0	0
Grape Moscato Sangria (1 drink)	266	1	0	0	0	0	0	33	1	23	0	10	19	12	0
Grape Sangria (1 drink)	259	1	0	0	0	0	1	35	2	24	1	18	27	22	0
Jack Berry Smash (1 drink)	236	0	0	0	0	0	55	39	1	34	0	4	20	0	0
Jack's Honey Lemonade (1 drink)	284	1	0	0	0	0	27	48	1	38	0	7	15	8	0
Jameson Peach Smash (1 drink)	215	0	0	0	0	0	60	36	0	34	0	51	8	0	0
Leaded Lube-N-Ade (1 drink)	275	1	0	0	0	0	20	33	1	31	0	7	17	11	0
Lube Island Tea (1 drink)	191	0	0	0	0	0	14	20	1	18	0	3	8	7	0
Lube LIT (1 drink)	211	0	0	0	0	0	37	26	1	24	0	3	12	7	0
Lube Rita (1 drink)	319	0	0	0	0	0	15	44	0	34	0	6	36	4	0
Lube Rita (1 drink) with Salt Rim	319	0	0	0	0	0	295	44	0	34	0	6	36	4	0
Lube-A-Rita Lite (1 drink)	142	0	0	0	0	0	10	13	0	5	0	6	3	4	0
Mango Daytona Daiquiri (1 drink)	258	0	0	0	0	0	16	45	0	44	0	500	5	0	0
Mango Lube-A-Rita, Frozen (1 drink)	317	0	0	0	0	0	28	51	2	45	0	256	50	4	0
Mango Lube-A-Rita, Frozen (1 drink) with Salt Rim	317	0	0	0	0	0	308	51	2	45	0	256	50	4	0
Mango Lube-A-Rita, Frozen (1 drink) with Sugar Rim	321	0	0	0	0	0	28	52	2	46	0	256	50	4	0
Mango Lube-A-Rita, Rocks (1 drink)	317	0	0	0	0	0	28	51	2	45	0	256	50	4	0
Mango Lube-A-Rita, Rocks (1 drink) with Salt Rim	317	0	0	0	0	0	308	51	2	45	0	256	50	4	0
Mango Lube-A-Rita, Rocks (1 drink) with Sugar Rim	321	0	0	0	0	0	28	52	2	46	0	256	50	4	0
Mango Margarita (1 drink)	314	0	0	0	0	0	15	53	0	51	0	506	8	4	0
Mango Margarita (1 drink) with Salt Rim	314	0	0	0	0	0	295	53	0	51	0	506	8	4	0
Mango Margarita (1 drink) with Sugar Rim	318	0	0	0	0	0	15	54	0	52	0	506	8	4	0
Merlot (6 fluid ounces)	148	0	0	0	0	0	7	4	0	1	0	0	0	14	1
Mexican Mule (1 drink)	180	1	0	0	0	0	1	20	1	17	0	17	10	11	0
Moon Rover (1 drink)	193	0	0	0	0	0	5	11	0	2	1	37	9	7	0
Moscato (6 fluid ounces)	149	0	0	0	0	0	0	9	0	0	0	0	0	0	0
Muffler's Mule (1 drink)	790	0	0	0	0	0	120	164	1	150	0	11	7	7	0
Pink Lemonade Margarita (1 drink)	172	0	0	0	0	0	19	18	1	15	0	11	17	4	0
Pinot Grigio (1 glass)	148	0	0	0	0	0	0	4	0	0	0	0	0	0	0
Pinot Noir (1 glass)	146	0	0	0	0	0	0	4	0	0	0	0	0	0	0
Raspberry Limeade (1 drink)	189	1	0	0	0	0	16	24	1	18	0	224	21	16	0

Raspberry Margarita (1 drink)	298	0	0	0	0	0	35	48	1	44	0	1006	3	4	1
Red Blend (6 fluid ounces)	133	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Red Bull Sugar Free Road Soda (1 drink)	63	0	0	0	0	0	104	17	1	9	0	37	31	7	0
Red Sangria (1 drink)	220	1	0	0	0	0	12	28	1	11	0	10	22	12	0
Riesling (6 fluid ounces)	144	0	0	0	0	0	0	7	0	0	0	0	0	0	0
Rose (1 glass)	127	0	0	0	0	0	6	3	0	3	0	0	0	0	0
Rotor Red Sangria (1 drink)	362	0	0	0	0	0	3	58	1	53	0	9	12	10	0
Rum Punch (1 drink)	194	0	0	0	0	0	4	25	1	19	1	250	48	18	0
Rummy Punch (1 drink)	281	0	0	0	0	0	38	45	0	38	2	0	6	0	0
Sangria Rita (1 drink)	393	0	0	0	0	0	33	73	1	70	0	9	15	10	0
Sauvignon Blanc (6 fluid ounces)	145	0	0	0	0	0	0	4	0	0	0	0	0	0	0
Sea Salt Caramel Pretzel Shake (1 drink)	1050	174	19	11	0	53	2415	193	5	78	21	470	1	251	7
Shark Punch (1 drink)	137	0	0	0	0	0	4	22	1	18	1	250	48	18	0
Skinny Dragon Berry Lime-N-Ade (1 drink)	151	0	0	0	0	0	11	23	1	15	0	10	26	3	0
SoCo XO Mudslide (1 drink)	612	184	20	16	0	60	105	85	0	68	6	1873	0	150	1
Southern Hurricane (1 drink)	275	0	0	0	0	0	60	49	0	41	0	43	16	8	0
Strawberry Bourbon Mule (1 drink)	204	1	0	0	0	0	6	25	1	21	0	17	12	11	0
Strawberry Daiquiri (1 drink)	336	36	4	4	0	0	0	54	3	42	0	1	87	2	0
Strawberry Daytona Daiquiri (1 drink)	328	26	3	1	0	0	0	56	3	48	0	1	87	2	0
Strawberry Lube-A-Rita, Frozen (1 drink)	327	0	0	0	0	0	20	53	4	44	0	6	87	4	0
Strawberry Lube-A-Rita, Frozen (1 drink) with Salt Rim	327	0	0	0	0	0	300	53	4	44	0	6	87	4	0
Strawberry Lube-A-Rita, Frozen (1 drink) with Sugar Rim	331	0	0	0	0	0	20	54	4	45	0	6	87	4	0
Strawberry Lube-A-Rita, Rocks (1 drink)	327	0	0	0	0	0	20	53	4	44	0	6	87	4	0
Strawberry Lube-A-Rita, Rocks (1 drink) with Salt Rim	327	0	0	0	0	0	300	53	4	44	0	6	87	4	0
Strawberry Lube-A-Rita, Rocks (1 drink) with Sugar Rim	331	0	0	0	0	0	20	54	4	45	0	6	87	4	0
Strawberry Margarita (1 drink)	328	0	0	0	0	0	0	56	3	47	0	1	87	2	0
Strawberry Margarita (1 drink) with Sugar Rim	332	0	0	0	0	0	0	57	3	48	0	1	87	2	0
Strawberry Palmer (1 drink)	263	0	0	0	0	0	71	46	1	43	0	4	22	8	0
Sweet and Tart Peach Tea (1 drink)	185	0	0	0	0	0	3	21	0	7	0	4	11	4	0
Tennessee Mule (1 drink)	179	1	0	0	0	0	1	20	1	17	0	17	10	11	0
Three Olives Berry Vodka Bomb (1 drink)	98	0	0	0	0	0	36	12	0	11	0	0	0	0	0
Three Olives Cherry Vodka Bomb (1 drink)	98	0	0	0	0	0	36	12	0	11	0	0	0	0	0
Three Olives Grape Vodka Bomb (1 drink)	98	0	0	0	0	0	36	12	0	11	0	0	0	0	0
Three Olives Loopy Vodka Bomb (1 drink)	98	0	0	0	0	0	36	12	0	11	0	0	0	0	0
Tiki T-Bird (1 drink)	215	0	0	0	0	0	11	30	0	18	0	188	27	15	0
Titos Blueberry Lemonade (1 drink)	289	1	0	0	0	0	28	53	1	49	0	10	19	8	0
Titos Mule (1 drink)	169	1	0	0	0	0	1	20	1	17	0	17	10	11	0
Titos Strawberry Lemonade (1 drink)	228	1	0	0	0	0	16	35	1	32	0	7	19	12	0
Tropical (1 drink)	220	0	0	0	0	0	24	32	0	23	0	188	30	15	0
Well Leaded Lube-N-Ade (1 drink)	248	1	0	0	0	0	12	25	1	23	0	7	15	9	0
Well Leaded Lube-N-Ade (1 drink) with Flavor Choice Lemon Sour	280	1	0	0	0	0	28	34	1	31	0	7	17	9	0
Well Leaded Lube-N-Ade (1 drink) with Flavor Choice Mango	293	1	0	0	0	0	15	37	1	34	0	132	17	9	0
Well Leaded Lube-N-Ade (1 drink) with Flavor Choice Peach	285	1	0	0	0	0	23	35	1	32	0	32	17	9	0
Well Leaded Lube-N-Ade (1 drink) with Flavor Choice Pear	348	1	0	0	0	0	12	50	1	47	0	7	15	9	0
Well Leaded Lube-N-Ade (1 drink) with Flavor Choice Raspberry	290	1	0	0	0	0	20	36	1	33	0	257	15	9	0
Well Leaded Lube-N-Ade (1 drink) with Flavor Choice Strawberry	288	1	0	0	0	0	23	35	1	33	0	7	19	9	0
Well Leaded Lube-N-Ade (1 drink) with Flavor Choice Wildberry	289	1	0	0	0	0	14	35	2	31	0	7	38	9	0
Well Lube Island Tea (1 drink)	212	0	0	0	0	0	41	26	1	24	0	3	12	7	0
Well Lube-A-Rita (1 drink)	124	0	0	0	0	0	0	7	0	7	0	0	0	0	0
Well Lube-A-Rita (1 drink) with Flavor Choice Citrus Sour	274	0	0	0	0	0	15	44	0	41	0	0	32	0	0
Well Lube-A-Rita (1 drink) with Flavor Choice Mango	304	0	0	0	0	0	15	52	0	51	0	500	5	0	0
Well Lube-A-Rita (1 drink) with Flavor Choice Peach	274	0	0	0	0	0	45	45	1	43	0	100	6	0	0
Well Lube-A-Rita (1 drink) with Flavor Choice Pear	524	0	0	0	0	0	0	107	0	103	0	0	0	0	0
Well Lube-A-Rita (1 drink) with Flavor Choice Raspberry	294	0	0	0	0	0	35	49	1	46	0	1000	0	0	1
Well Lube-A-Rita (1 drink) with Flavor Choice Strawberry	284	0	0	0	0	0	45	47	1	46	0	0	15	0	0
Well Lube-A-Rita (1 drink) with Flavor Choice Wildberry	289	0	0	0	0	0	8	47	3	35	0	0	90	0	1
Well Lube-A-Rita (1 drink) with Salt Rim	124	0	0	0	0	0	280	7	0	7	0	0	0	0	0

Well Lube-A-Rita (1 drink) with Sugar Rim	128	0	0	0	0	0	0	8	0	8	0	0	0	0
Whiskey Pina Colada (1 drink)	426	146	16	8	0	25	110	49	1	43	3	200	1	100
Wildberry Daytona Daiquiri (1 drink)	243	0	0	0	0	0	9	40	3	28	0	0	90	0
Wildberry Lube-A-Rita, Frozen (1 drink)	310	0	0	0	0	0	24	49	4	37	0	6	92	4
Wildberry Lube-A-Rita, Frozen (1 drink) with Salt Rim	310	0	0	0	0	0	304	49	4	37	0	6	92	4
Wildberry Lube-A-Rita, Frozen (1 drink) with Sugar Rim	314	0	0	0	0	0	24	50	4	38	0	6	92	4
Wildberry Lube-A-Rita, Rocks (1 drink)	310	0	0	0	0	0	24	49	4	37	0	6	92	4
Wildberry Lube-A-Rita, Rocks (1 drink) with Salt Rim	310	0	0	0	0	0	304	49	4	37	0	6	92	4
Wildberry Lube-A-Rita, Rocks (1 drink) with Sugar Rim	314	0	0	0	0	0	24	50	4	38	0	6	92	4
Wildberry Margarita (1 drink)	568	0	0	0	0	0	20	118	4	113	0	6	3	4
Wildberry Margarita (1 drink) with Sugar Rim	572	0	0	0	0	0	20	119	4	114	0	6	3	4
Cherry Berry Kool Aid Shake (1 drink)	370	170	19	10	0	50	146	44	0	42	6	400	2	207
Grape Berry Kool Aid Shake (1 drink)	370	170	19	10	0	50	146	44	0	42	6	400	2	207
Unleaded Lube-N-Ade (1 drink)	51	1	0	0	0	0	7	12	2	7	1	15	27	20