

THE

# STOP & GO

FAST FOOD NUTRITION GUIDE

COMPLETELY  
UPDATED



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"I think this book is great. It's a valuable tool for showing people that eating fast foods doesn't have to ruin your health. The color coding makes it very easy to sort out the good from the bad."

— Shereen Jegtvig  
[www.nutrition.about.com](http://www.nutrition.about.com)

"A book like this can do more for the nation's waistline than a shipload of diet books. If consumers demand healthy fast food, the food industry can be a force for good, not bad."

— Professor Jennie Brand-Miller  
Author of the New York Times bestseller *The New Glucose Revolution*

"I will certainly use and recommend the *Stop & Go Fast Food Nutrition Guide*. The evidence is compelling and the 'Fast Food Factoids' are great additions throughout the guide, just in case on-the-go individuals skip over the "Proof." This is a great quick reference tool to help consumers choose healthier options while on the run. Thank you for persisting to educate Americans on healthy living."

— Susan McGreevy, M.Ed., CHES  
Health Education Coordinator

"Adults need simple and practical tools to maximize their healthy behavior adherence efforts. *Stop & Go* provides a helpful catalyst in America's typical reaction to fast food and should be incorporated into every wellness program targeting busy adults."

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President of Integrated Health & Wellness

"Will people suddenly start eating more whole grains, fruits, and veggies? No! But small, positive changes are possible and sustainable. This guide is a user-friendly tool to help consumers start making small, healthier choices today. Every step in a positive direction makes a difference, and this guide can help consumers along the path to better living. I recommend it to all my clients."

— Marci Anderson, RD  
Nutrition Director at Wellness Institute, Central Utah Clinic

"The Culprit and the Cure helps my patients learn the science behind what to eat for health. Now *The Stop & Go Fast Food Nutritional Guide* makes it possible to choose healthy foods on the go in our fast food world."

— Roger L. Greenlaw MD, FACG, ABHM  
Rockford Gastroenterology

"This book will arm Americans with the information they need to make healthier choices. A fantastic book! I want all the clientele I work with to have a copy."

— Patricia Kulbeth, RD  
South Central Council of Governments, Area Agency on Aging  
Rocky Mountain SER Headstart

"For millions of Americans, fast foods are a way of life. Although these foods typically taste great, healthy choices are often limited. *The Stop & Go Fast Food Nutrition Guide* is a great resource that can help you avoid the pitfalls of fast food dining. It's easy to use and loaded with valuable information. If you ever eat fast foods, this is a tool you ought to have."

— Larry T. Tucker, Ph.D.  
Department of Exercise Sciences  
Brigham Young University

"Fast food is an indelible part of the typical American diet, and while we nutrition experts generally regret this fact, it is unlikely to change any time soon. In this terrific book, Steve Aldana acknowledges this reality and shows that you can have your fast food and eat well, too! Using very sensible guidelines, he gives you all the information you need to make the most nutritious choices everywhere you go. My advice for those who frequent fast food restaurants, yet care about their health? Don't leave home without this book in your pocket, handbag, or glove compartment!"

— *David L. Katz, MD, MPH, FACPM, FACP*  
*Director, Prevention Research Center*  
*Yale University School of Medicine*  
*Author of The Flavor Point Diet*

"Learning how to make healthier choices is made easier and quicker with this innovative concept. Perfect for the frequent traveler."

— *Connie Guttersen, RD, PhD*  
*Author of the best seller The Sonoma Diet*

"As a working mom, and, of course being very health conscious for my family, this nutrition guide is very helpful in providing me the appropriate choices for all of us. This guide is perfect for families that are always "on the go." The color-coding is easy to read and will enable me to make healthy food choices quickly and easily. I plan to have one in each of our cars and carry one with me! Thanks for a wonderful guide and for making my job easier!"

— *Rebecca Vinton-Dorn, MA*  
*Wellness Council of the Midlands*

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THE

# STOP & GO

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FAST FOOD NUTRITION GUIDE

By Steven G. Aldana, PhD



## **The Stop & Go Fast Food Nutrition Guide**

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Updated 2010

Nutrition data used in this guide has been provided by the individual fast food restaurants.

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**F**ast food is awesome. You pull up in your car, speak into a microphone and in less than 30 seconds you are eating hot, tasty, inexpensive food. Fast food is any ready-to-eat food purchased and eaten away from home, including food from restaurants and convenience stores. Fast food is an American original; it was invented here. It reflects American attitudes and culture in that it embodies everything we value: it is tasty, convenient, inexpensive, and, most importantly, fast. Other factors in the popularity of fast food are that there is no preparation required before meals and no dishes to clean afterwards. Fast food is so popular, in fact, that today almost half of our food dollars are spent on fast foods.<sup>1</sup>

If you really care about your health, you know that avoiding tobacco, exercising regularly, and eating healthy foods are necessary. But is it possible to eat fast food and still be healthy? It is if you order the right kinds of fast food, and this guide will show you how to do it. By following three easy rules, you can eat out and still eat healthy. Before you turn to see if your favorite fast food items are healthy, however, you should read this introduction. It will explain why you should really care about choosing healthy fast foods, and it will help you understand how the guide was put together.

It is impossible to have a guide that everyone agrees with because people have different perspectives and ideas about what is and is not healthy. However, this guide was developed with the best science available, and it was carefully reviewed by a national panel of nutrition experts. This is not the only fast food guide available, but it represents the most comprehensive collection of nutritional data for fast food restaurants across the United States. It will help you navigate the fast food maze and make food choices that actually contribute to good health, not chronic disease.

## **If fast food is so much a part of our American culture, why do we need a fast food guide?**

As a population, Americans have more body fat now than any other population at any time in human history. That's right. There has never been a population in world history that has had more body fat than Americans do right now. The most recent data from the Centers for Disease Control shows that 71% of men in the United States are overweight or obese,<sup>2</sup> just over 62% of women are overweight or obese, and children and adolescents are not immune. These two youngest groups in the American population have experienced the greatest increases in body fat of the past 20 years. Americans also have more type II diabetes than at any other time in history. Excessive body weight and diabetes cause many chronic diseases and will likely shorten the average lifespan in the United States by two to five years.<sup>3</sup> Consequently, this may be the first time in the past century that children will die at a younger age than their parents. So what does any of this have to do with fast food?

Despite great taste, low cost, and convenience, there is a darker, less desirable side of fast food. Much of the fast food Americans eat does not contribute to a healthy weight, and most of it may actually cause chronic diseases like heart disease, cancer, diabetes, and many others.

## Here's the Proof

When you compare people who eat a lot of fast food with people who don't, there are several differences between the two groups. Fast food eaters consume more dietary fat and saturated fat. They also have more body fat, and they eat fewer fruits and vegetables.<sup>4</sup> Studies have shown this to be true for children, Black and White adolescent girls, college-aged adults, and middle-aged adults.<sup>5-7</sup> One study that took 15 years to complete showed that eating fast food was associated with diabetes and weight gain.<sup>8</sup>

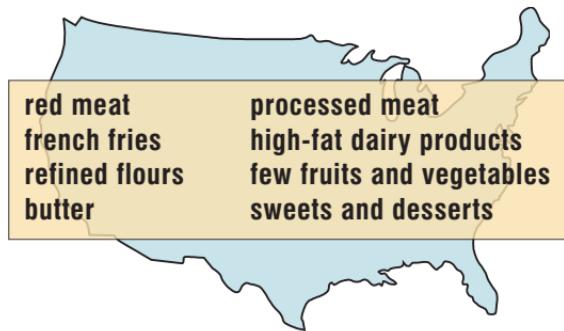
It also seems that if you live near a lot of fast food restaurants, you are likely to eat more fast foods. A study in Ontario, Canada, found that people who lived near a lot of fast food restaurants were more likely to have heart disease and even premature death.<sup>9</sup> Another study revealed a correlation between the number of fast food restaurants per square mile and obesity in the 48 contiguous states: the states with the most fast food restaurants per square mile also had the highest rates of obesity.<sup>10</sup> Researchers in New Zealand gathered information from 1,300 children and found a direct relationship between asthma and the number of hamburgers children ate: those who ate the most hamburgers had the most asthma.<sup>11</sup>

The bad side of fast food is not just a problem for American citizens. Hispanic and Asian-American adolescents who have recently immigrated to the United States quickly assimilate American culture. Within one year after arriving in the United States, many immigrants exercise less and start to eat more fast foods—typical American behaviors that lead to obesity and chronic disease.<sup>12</sup> They learn to live like Americans and they will die like Americans.

## But Wait, It Gets Worse

What the results of this research revealed is bad, but the problems with eating most fast food are much worse. Researchers from around the world have been carefully studying what people eat and what diseases they get later in life. Using very large research studies, they have been able to identify diets that either contribute to good health or are associated with chronic diseases.

There are two diet patterns that appear to either cause or prevent chronic diseases. The diet pattern associated with the best health is called the prudent diet. The diet that is the most unhealthy is called the Western diet. "Western" refers to countries that have become Westernized—basically the industrialized nations of the world that are a lot like America. This Western diet is fairly typical of what many Americans eat, especially those who eat a lot of fast food. Typical foods of the Western diet include the following:



The prudent diet, on the other hand, is quite different. The pyramid below shows what the prudent diet looks like. For many Americans, it may look nothing like what they normally eat.



### The Prudent Diet Pattern

<http://www.hsph.harvard.edu/nutritionsource> - Used with permission.

The top of the pyramid suggests that foods shown here should be eaten sparingly. Notice that many of the foods listed there are part of the Western diet. The prudent diet is based on healthy plant oils, whole grains, fruits and vegetables, nuts and legumes (beans), fish, poultry, and eggs. Which of these patterns best describes your diet? Do you follow a prudent diet or a Western diet?

Through large studies with hundreds of thousands of participants, researchers determined that if you follow a prudent diet, you lower your risk of developing diabetes by 16%, but if you follow a Western diet, your risk of developing diabetes increases by 59%.<sup>13,14</sup> The prudent diet is associated with a 34% decrease in risk of heart

disease, and the Western diet was linked with a 64% increase in heart disease risk.<sup>15-17</sup> These two diet patterns were even associated with other chronic diseases like colon cancer<sup>18</sup> and strokes.<sup>19</sup> Those who eat a prudent diet reduce their risk of chronic disease; those who eat a Western diet significantly increase their risk.

While these two diet patterns were accurate in describing who might and who might not get diabetes, heart disease, stroke, and colon cancer, not all chronic diseases are related to these two diet patterns. When the same patterns were used to determine who might get breast or prostate cancer, there was no difference between the two.<sup>20,21</sup> However, a prudent diet does appear to help breast cancer survivors avoid other causes of death not associated with the cancer.<sup>22</sup>

Individuals who eat typical American fast food are eating a Western diet. Most fast food contains a lot of red and processed meats, white flour, butter, and other high-fat dairy products. French fries and sweets and desserts are very popular fast foods. In fact, fast food is a Western diet. That means that most fast food is actually causing many of the chronic diseases most Americans suffer from, including obesity.

### **There's More . . .**

Ahhh . . . the smell of fresh pastries, cookies, and cakes. Who can resist? Almost all foods that are commercially fried are fried in trans fats. We've been hearing a lot about trans fats in the news, and now all packaged foods are required to display information about trans fat content. Trans fats are plant oils that are altered in a process called hydrogenation. In this process, healthy plant oils are heated to about 400 degrees and hydrogen gas and a metal catalyst are added. This makes the vegetable oil accept additional hydrogen atoms and—presto!—what used to be a healthy vegetable oil is now a saturated fat with special properties. It can be used to fry food over and over again without going rancid, and it has a very long shelf life. Almost all fast food restaurants use trans fats for frying because it is relatively inexpensive. Furthermore, trans fats have a texture most people like. For example, margarine, which is made mostly from trans fats, is softer than real butter and easier to work with, and pie crusts, crackers, and croissants are flakier when made with trans fats.

This is where science once again shows us some warning signs. There have been 16 studies that have looked at links between trans fats and chronic disease.<sup>23</sup> All but 2 of the 16 studies showed that consuming trans fats is probably harmful. The prudent diet pyramid shows that healthy plant oils like olive, peanut, and soybean oil should be part of a healthy diet. These oils are high in poly- and monounsaturated fats. They are actually good for you because they improve your blood cholesterol. Trans fats, on the other hand, dramatically increase your risk of heart disease because they make cholesterol worse. In fact, trans fats are thought to be 10 times worse than saturated fats. If you are going to eat fast foods, you are going

to dramatically increase your risk of heart attack and stroke because most fast foods contain a lot of trans fats.

This research is so convincing that the latest U.S. government nutrition recommendations encourage Americans to keep the intake of trans fats as low as possible. The minimum amount of trans fats a person can consume and not increase risk is zero.

Dr. Walter Willett, chair of the department of nutrition at the Harvard School of Public Health, recently stated,

"In Europe [food companies] hired chemists and took trans fats out.... In the United States, they hired lawyers and public relations people. No one doubted trans fats have adverse affects on health, and still companies were not taking it out."

Any fast food that is deep fried is likely to be fried in trans fats. As you will see in this guide, some fast food companies no longer use trans fats, but most still do. If the safe recommended amount of trans fats is zero, should you eat a large order of McDonald's french fries if it contains 8 grams of trans fats? What about the yummy doughnuts at Krispy Kreme? They are fried in trans fats, and in this guide they are all coded red to help remind you to avoid eating them.

Since fast food is purchased hot, it is not required to have a nutrition label and you will never really know about the trans fat content. Think of all the fried foods in American fare: french fries, onion rings, corn dogs, popcorn, seafood, chips, and, oooh, those bakery goods. Maple bars, doughnuts, croissants, éclairs—all of them are either made with trans fats or are deep fried in trans fats. The only way you would know would be if you were to see a list of the ingredients or to read the label on the oil being used. You won't see the words "trans fats" in the ingredients. If a food has trans fats, it will be listed as partially hydrogenated oil, the technical term for trans fats.

According to a survey conducted by the Center for Science in the Public Interest (CSPI), the biggest restaurant chains still fry french fries, chicken nuggets, and other foods in trans fats.<sup>24</sup> The CSPI survey, which included 38 major food manufacturers, 100 restaurant chains, and 25 supermarket chains, revealed many interesting insights into the fast food industry. For example, while several major restaurant chains, including Taco Bell and Pizza Hut, are testing healthier oils, only a few chains have already taken action to actually use healthier oils.

## The Good Guys

- Au Bon Pain, a 220-location café chain based in Boston, has eliminated trans fat from all of its cookies, bagels, and muffins, and is now using a nonhydrogenated margarine.
- Jason's Deli, a 137-outlet sandwich and salad chain, has stopped using partially hydrogenated oils in all of its products.
- Panera Bread, a 773-outlet café chain that was formerly part of Au Bon Pain, is in the process of replacing all partially hydrogenated oils and plans to be trans fat-free by year's end.
- California Pizza Kitchen has removed trans fat from deep-fried foods and is working on eliminating it from all other foods.
- In 2005 Ruby Tuesday, with some 700 table-service restaurants around the country, began deep-frying in heart-healthy canola oil.
- Chick-fil-A fries in peanut oil in its outlets.

## The Bad Guys

- Starbucks, ice-cream chain Friendly's, and fried-chicken chain Popeyes indicated they had no plans to remove or reduce trans fat in their foods.
- Meals at other restaurants also are loaded with trans fat. KFC's chicken pot pie contains 14 grams of trans, and Taco Bell's Nachos BellGrande has 7 grams.

From [http://www.cspinet.org/new/pdf/trans\\_report.pdf](http://www.cspinet.org/new/pdf/trans_report.pdf)

In 2002, McDonald's promised to reduce and ultimately eliminate the trans fat in its cooking oil, but in 2003 it quietly backed away from this effort. McDonald's lost a lawsuit related to this matter and was ordered to give \$7 million to the American Heart Association to be used to educate the public about the dangers of trans fats. McDonald's has reformulated its Chicken McNuggets and a few other products to have a little less trans fat, but its fried foods are still very high in trans fats. A McDonald's meal that includes a five-piece Chicken Selects Breast Strips order and a medium order of french fries has about 9.5 grams of trans fats. A piece of baked apple pie at McDonald's has 5 grams. Isn't it strange that McDonald's outlets in Australia, Denmark, and Israel all fry in trans fat free oil but Americans still get the trans fats?

## So What's the Big Deal?

If Americans would reduce the amount of trans fats they are currently eating, it is estimated that 30,000 to 100,000 heart disease deaths would be prevented every year.<sup>25</sup> That would provide a bigger improvement in public health than just about any other medical breakthrough in the past 100 years!

But this guide isn't just about trans fats. Fruits and vegetables and whole grains are also very important. A review of the science reveals that Americans who increase their fruit and vegetable

consumption from two servings per day to five or more can cut their risk of many cancers in half.<sup>26</sup>

Obviously, scientists haven't answered all the nutrition questions, but they have discovered enough information to help Americans prevent, arrest, and even reverse most chronic diseases. All it takes is good nutrition, regular physical activity, and avoiding tobacco use.

## Be Careful What You Order

A quick look at many of the foods in this guide reveals a few surprises. First of all, the calorie content of some of America's fast food is shocking. Let's put this into perspective. The average person weighs 156 pounds. When walking at a pace of 3 miles per hour, that person expends about 5.1 calories per minute. Say you decide to have dinner at Chili's, and for a starter you order the Awesome Blossom. This "starter" contains 2,710 calories. If you were the average person, you would have to walk 27 miles to burn off all the calories you just ate and it would take you about 9 hours of walking to do it. The table below shows some other fast food calorie counts that you might find enlightening.

Calories	Miles you would need to walk to burn off these calories	How long you have to walk
<b>Appetizer/Starters</b>		
Chili's Awesome Blossom	2,710	27 miles
Denny's Mini burgers w/onion rings	2,044	20 miles
<b>Entrées</b>		
McDonald's hamburger	260	3 miles
McDonald's Big Mac	560	5 miles
Romano's Macaroni Grill Spaghetti & Meatballs dinner	2,270	22 miles
Nathan's Famous Seafood Sampler	3,379	33 miles
Shoney's Deluxe Pancake Plate	1,609	16 miles
Lone Star Steakhouse Lone Star Wings	1,759	17 miles
O'Charley's chicken tenders dinner	1,359	13 miles
<b>Dessert</b>		
Romano's Macaroni Grill New York cheesecake with caramel fudge sauce	1,760	17 miles
		6 hours

## How This Guide Was Developed

To help you make healthy fast food choices, almost 3,500 different foods have been color coded after an exhaustive process used to determine if a food should be red, yellow, or green. We contacted the 200 largest fast food companies in America and requested nutrition information about each of their menu items. Companies are not required by law to provide the nutrition information for the foods they sell—this is strictly voluntary—and most

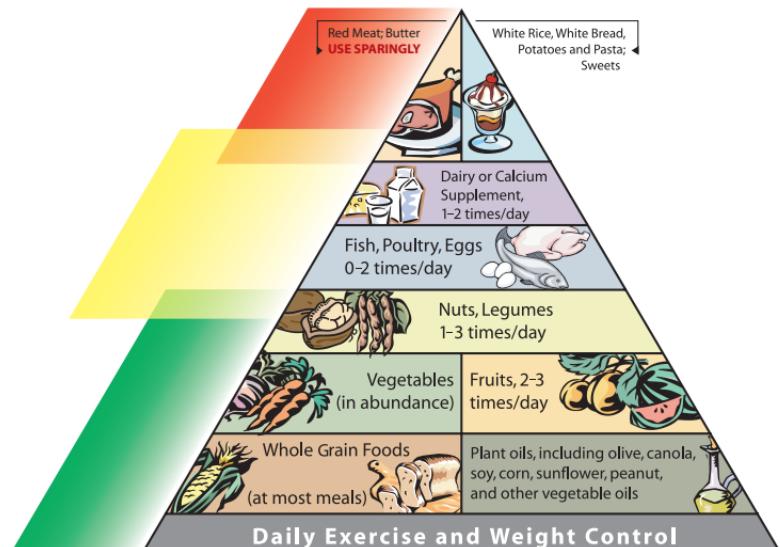
companies do not have any nutrition information about their foods. Still, we were able to gather nutrition information from 68 restaurants.

The available nutrition information on these fast foods was then entered into a large database and specifically designed computer programs identified foods that had any of the following characteristics:

- More than 1 gram of trans fat per serving
- More than 10 grams of saturated fat per serving
- More than 125 milligrams of cholesterol per serving
- More than 1,250 milligrams of sodium per serving

There is nothing magical about these criteria, except that some of them represent half the daily value for an average person. In other words, if a single fast food serving had more than half the amount of saturated fat, cholesterol, or sodium that a person should have in a single day, it was identified. Foods that contained lots of trans fats and little fiber were also identified. Any food that met none or just one of these criteria started off as green. Any food that met two of the criteria was initially coded yellow and any food that met three or more of the criteria was coded red. (Kind of like three strikes and you're out.)

There is an easier way to think about this coding. By using the prudent diet pyramid, a similar type of coding could be done. The pyramid shown below shows how foods could be coded according to where they are located on the pyramid. Healthy green-coded foods would be those at the bottom of the pyramid; yellow toward the middle; and red foods, which should be eaten sparingly, are located at the top.



## Healthy Eating Pyramid

Adapted from <http://www.hsph.harvard.edu/nutritionsource>

A further set of rules was also established to help in the coding process:

- Any food that had more than 1 gram of trans fat was automatically coded red.
- Foods that contained processed meats (meats like pepperoni, bacon, sausage, bologna, and hot dogs) or more than the recommended serving of red meat were also coded red.
- Foods that were initially coded as yellow and had amounts of sodium, saturated fat, or cholesterol that were not extremely high but were leaning in that direction, were moved to red.

To ensure consistent coding, the entire fast food dataset was reevaluated and coded three times. To further classify the foods, a distinguished panel of national nutrition and health promotion experts from across the United States was organized. These experts reviewed the entire process and suggested changes in the way the foods were coded. The experts are listed in the acknowledgments section. A final analysis shows that 33% of the foods in this guide are coded green, 20% are coded yellow, and 47% are coded red.

## **Fast Food and Good Health with Three Easy Rules**

How can you make the best choices when you're eating fast food? This guide codes food as red, yellow, or green, depending on how healthy they are or not. Here are three easy rules to help you use this system to make healthy fast food choices:

**Rule #1:** Avoid the red foods.

**Rule #2:** Go easy on the yellow foods.

**Rule #3:** Eat healthy with the green foods.

### **Red foods = Hit the brakes!**

There are many factors that result in a red code for a food. The number one factor why many foods receive a red code is that they contain more than one gram of trans fat. Lots of foods are coded red because they have more than one gram of trans fat content. Almost all of the foods at Taco Bell, for example, are coded red because they contain large amounts of trans fats. Many restaurants do not report the trans fat content of their foods—indicated in the table as not available (NA)—leading us to believe that they are still frying in trans fats (see Popeyes Chicken & Biscuits, for example). Consequently, they are coded red.

French fries are coded red because almost all restaurants fry them in trans fats. Any company that switches to healthier oils could instantly get a change in its food colors. For example, the In-N-Out burger chain located in California, Nevada, and Arizona fries in 100% cottonseed oil that is not hydrogenated. It's trans fat free and better for you, but french fries should still be a small part of a healthy

diet. In-N-Out Burger's french fries get a green code! The only other restaurant that uses healthy oils for frying is Chick-fil-A, which has mostly green-coded foods because they fry in peanut oil.

As you will read later, foods fried in healthy oils can actually be good for you. Panda Express does not use trans fats in any of its fried food and is the only restaurant in this entire guide that receives a green code for all of its foods.

On the other hand, doughnut producers Krispy Kreme and Dunkin' Donuts have only red-coded foods because they are all made with trans fats. One doughnut can have as much as 5 grams of trans fats! Doughnuts are a wonderful treat, but they are also a food that should be eaten very sparingly if you care about good health.

Foods made with processed meats or that have a large serving of red meat are also coded red. A McDonald's regular hamburger—the small one that has just a squirt of ketchup, mustard, and a pickle—is actually coded green. It contains a small serving of red meat and not very many calories. A Big Mac, on the other hand, is a real heavy hitter with half the saturated fat for a whole day and trans fats. How would you color code a Pizza Hut Meat Lover's pizza? Even though it doesn't contain any trans fats, it gets a red in this guide because one slice contains a lot of saturated fat, sodium, and processed meat.

Desserts typically offered at restaurants are coded red because they generally contain a lot of calories, saturated fat, refined flour, and sugars. Therefore, desserts should be an occasional treat, not foods we eat often.

### **Yellow foods = Exercise caution!**

What about a pizza that doesn't contain any processed meat? Your basic cheese pizza gets a yellow code. Although it doesn't contain trans fats or processed meat, it also doesn't contain any vegetables or whole grains. It's kind of in the middle. That's what yellow foods are like. They aren't good enough to be coded green or bad enough to deserve being branded red. Some yellow foods include:

- Cheese pizza
- Sweet and sour chicken
- A single taco or burrito
- Frozen yogurt

### **Green foods = You're eatin' healthy!**

Green foods are the best. To earn the green badge of honor, a food has to have certain qualities that make it part of a healthy daily diet. Obviously foods made with whole grains, fruits, vegetables, and healthy oils will be coded green. Green-coded foods include vegetable pizza, many sandwiches, salads, eggs, and entrées made with vegetables, such as vegetable stir-fry. Green foods are low in saturated and trans fats, they don't contain excessive amounts

of sodium or cholesterol, and they are relatively low in calories compared to yellow and red foods. They are actually good for you and could be eaten every day. By choosing green foods, you can eat fast food and still eat healthy . . . the best of both worlds. Another way to identify green foods is to ask the question: Is this food close to its natural/original form? A salad, for example, contains foods close to their natural form. A Hostess Twinkie, on the other hand, leaves us to wonder what its natural form actually was. A baked potato is going to be coded green, but trans fat fried tater tots are going to be red. You get the idea.

## Some Restaurants Are Healthier Than Others

As you will see in this guide, some fast food restaurants sell a lot of red foods. Others have a lot more healthy choices. Based on the types of foods a restaurant serves, it is possible to produce a short list of restaurants ranked from best to worst according to the color-coding of the food they sell. Counting up the number of green, yellow, and red foods sold by different restaurants shows that some restaurants offer healthier foods than others:



## A Few Fast Food Marketing Tricks You Should Know About

Fast food restaurants are really designed and created to do one thing—sell as much food as possible. It doesn't matter if people eat the food because the main goal is to sell food. To do this, food venders use time-tested methods to get each customer to buy as much food as possible. No one likes to waste food, so when we do purchase a little extra food, the only responsible thing to do is eat it. Don't fall prey to these tricks and you won't feel obligated to eat all the food you buy.

### *Up-selling*

Would you like egg rolls with that order? Do you want me to super size your meal? Would you like to make that a combo meal? These are all questions you might be asked next time you order fast

food. It's called up-selling. You've already ordered what you want, you're ready to pay, and the person working at the counter asks you an up-sell question. The idea is to get as much money out of you as possible by selling you more food—food that you may or may not want or need. McDonald's super-sizing items and selling foods as part of a combo meal are examples of effective ways fast food restaurants get just a little more out of you each time you visit. Don't fall for it! Decide what you want before you get to the counter (hopefully picking green-coded foods) and don't buy any more food, no matter how hard the employee tries to sell it to you.

#### *What smells so good?*

Have you ever walked past a restaurant and smelled barbeque, fresh bread, or hot pastries? Most food producers don't purposely fill the air with the smells of their foods, but some do. By setting up a barbeque grill outside or venting kitchen grill smoke to the outside, they are advertising their food to the olfactory senses of the masses. If you're hungry and you've got a little extra cash, you may end up as their next customer.

#### *It's all about the playground*

Forget about the food; the kids will want to play at the fast food playground. Slides, treehouses, ball pits, and swings are attractive to small children, and playgrounds and even arcades have become common features in fast food restaurants. Restaurants know parents want to watch their kids play in a relatively confined space while they eat in peace. The combination of food and an attraction for the kids is a powerful marketing ploy. Unfortunately, the food often doesn't contribute to good health.

#### *Forget the food, I want the toy!*

The fast food industry excels at getting to us through our kids, and the kid's meal is another powerful fast food marketing tactic. Hollywood and the fast food industry have collaborated to create a marriage between fast food and movie marketing that results in children begging for the next plastic action hero that comes with fast food they might or might not eat. After all, what could be better than sharing a deep-fried meal with Luke Skywalker?

#### *It's all in a name*

Restaurant owners are pros at getting us to buy and eat. If a menu has chocolate cake, it won't sell well. But if the same menu has Black Forest Double-Chocolate Cake, the customer will be much more likely to purchase it and much more likely to approve of the taste. Why would Romano's Macaroni Grill sell cheesecake when it can sell New York cheesecake with caramel fudge sauce? Just the name of the food can impact sales and customer satisfaction.<sup>27</sup> Don't be swayed too

much by the names. Listen to your body and let your stomach tell you when you are full.

### **Fast Food Is Only Part of the Problem**

It wouldn't be fair to place all of the blame for America's poor health on the fast food industry. There are several reasons why Americans are not as healthy as they should be. Regardless of what we eat, we eat too much. We don't get much exercise, and we have a culture and environment that discourage healthy eating and regular physical activity. This guide is designed to help you still enjoy fast food by selecting fast foods that are actually good for you. When combined with regular exercise, you will be well on your way to good health and a healthy body weight.

**When all is said and done, everyone eats fast foods.  
Good health is just a matter of sorting through  
and eating the right ones.**

**Get the FREE mobile app:  
[www.FastFoodBook.com](http://www.FastFoodBook.com)**

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Most fast food restaurants offer the same beverages. To simplify the menu lists in this section of the guide, beverage information has been consolidated in the list below. Also, throughout the menu lists space has been provided for you to make notes. As you eat at different fast food restaurants, write down what you do and don't like about your eating experience. Use your notes to make your next fast food meal even healthier!

## Drinks

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>Milk</b>								
Whole	1 cup	149	8	5	0	24	105	12
2%	1 cup	122	5	3	0	20	100	12
1%	1 cup	102	2	2	0	12	107	12
Skim/Non-Fat	1 cup	83	0	0	0	5	103	12
<b>Hot Drinks</b>								
Coffee	1 cup	5	0	0	0	0	5	0
Coffee, decaffeinated	1 cup	4	0	0	0	0	0	1
Hot Chocolate (made w/2% milk)	1 cup	200	6	4	0	20	110	30
Hot Tea	1 cup	2	0	0	0	0	7	1
<b>Fountain Drinks</b>								
A&W Diet Root Beer	15 fl. oz.	0	0	0	0	0	40	0
A&W Root Beer	15 fl. oz.	220	0	0	0	0	40	60
Barq's Root Beer	16 fl. oz.	147	0	0	0	0	32	60
Caffeine Free Diet Coke	16 fl. oz.	0	0	0	0	0	13	0
Cherry Coca-Cola	16 fl. oz.	137	0	0	0	0	5	56
Coca-Cola Classic	16 fl. oz.	131	0	0	0	0	8	54
Diet Caffeine Free Pepsi	16 fl. oz.	0	0	0	0	0	40	0
Diet Coke	16 fl. oz.	1	0	0	0	0	13	0
Diet Dr. Pepper	16 fl. oz.	0	0	0	0	0	48	0
Diet Mountain Dew	16 fl. oz.	0	0	0	0	0	40	0
Diet Pepsi	16 fl. oz.	0	0	0	0	0	40	0
Dr. Pepper	16 fl. oz.	132	0	0	0	0	48	52
Fanta Orange	16 fl. oz.	148	0	0	0	0	11	70
Hi-C Flashin' Fruit Punch	16 fl. oz.	137	0	0	0	0	12	56
Hi-C Orange Lavaburst	16 fl. oz.	147	0	0	0	0	0	60
Lipton Brisk (sweetened)	16 fl. oz.	92	0	0	0	0	40	44
Lipton Brisk (unsweetened)	16 fl. oz.	0	0	0	0	0	40	0
Lipton Brisk Lemonade	16 fl. oz.	132	0	0	0	0	119	44
Lipton Brisk Raspberry	16 fl. oz.	106	0	0	0	0	0	46
Mello Yello	16 fl. oz.	140	0	0	0	0	11	64
Minute Maid Lemonade	16 fl. oz.	128	0	0	0	0	54	56

Drinks	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
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### Fountain Drinks Continued

Minute Maid Light Lemonade	16 fl. oz.	7	0	0	0	0	7	10
Minute Maid Orange	16 fl. oz.	140	0	0	0	0	0	54
Mountain Dew	16 fl. oz.	145	0	0	0	0	46	62
Mountain Dew Code Red	16 fl. oz.	145	0	0	0	0	46	62
Mug Root Beer	16 fl. oz.	132	0	0	0	0	40	58
Nestea Iced Tea (sweetened)	16 fl. oz.	82	0	0	0	0	18	34
Nestea Iced Tea (unsweetened)	16 fl. oz.	1	0	0	0	0	18	0
Nestea Raspberry Iced Tea	16 fl. oz.	103	0	0	0	0	12	42
Pepsi	16 fl. oz.	132	0	0	0	0	33	62
Pibb Xtra	16 fl. oz.	128	0	0	0	0	18	52
POWERade Mountain Blast	16 fl. oz.	95	0	0	0	0	20	34
Sierra Mist	16 fl. oz.	132	0	0	0	0	33	52
Sierra Mist Free	16 fl. oz.	0	0	0	0	0	33	0
Slice	16 fl. oz.	145	0	0	0	0	46	54
Sprite	16 fl. oz.	128	0	0	0	0	29	52
Squirt	16 fl. oz.	132	0	0	0	0	22	54
Wild Cherry Pepsi	16 fl. oz.	145	0	0	0	0	33	56

### Milkshakes

Vanilla (small)	16 fl. oz.	310	5	3.5	0	25	170	54
Chocolate (small)	16 fl. oz.	360	9	6	0	40	250	60
Strawberry (small)	16 fl. oz.	340	5	3.5	0	25	170	63

### Other Drinks

100% Fruit Juices	1 cup	110	0	0	0	0	20	30
Bottled Water	1 bottle	0	0	0	0	0	0	0

## Dressings

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Balsamic Vinaigrette Dressing	2 TBSP	50	5	0.5	0	0	280	3
Blue Cheese Dressing	2 TBSP	170	17	2.5	0	10	280	2
Caesar Dressing	2 TBSP	170	18	3	0	10	300	1
French Dressing	2 TBSP	120	11	1.5	0	0	170	15
Honey Mustard Dressing	2 TBSP	120	13	2	0	0	230	1
Italian Dressing	2 TBSP	90	8	1	0	0	490	3
Ranch Dressing	2 TBSP	160	17	2.5	0	10	200	1

<b>A &amp; W</b>		Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
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### Sandwiches & Strips

Hamburger	1 item	380	19	6	0.5	55	860	33
Cheeseburger	1 item	420	21	7	0.5	70	1040	37
Original Double Cheeseburger	1 item	680	34	14	1	150	1330	44
Original Bacon Cheeseburger	1 item	530	30	10	0.5	90	1160	39
Original Bacon Double Cheeseburger	1 item	760	45	17	1	165	1570	45
Papa Burger	1 item	690	39	14	1	145	1350	44
Grilled Chicken Sandwich	1 item	400	15	3	0	90	820	31
Crispy Chicken Sandwich	1 item	550	25	4.5	1.5	65	1130	52
Chicken Strips	3 pc.	500	29	5	2	55	1050	32

### Hot Dogs & Coneys

Hot Dog (plain)	1 item	310	19	8	1.5	0	740	23
Coney Chili Dog	1 item	340	20	9	1.5	5	900	26
Coney Chili Cheese Dog	1 item	380	23	9	1.5	10	1100	28

### Side Items

Breaded Onion Rings	4 oz.	350	16	3.5	4.5	0	710	45
Cheese Curds	5 oz.	570	40	21	1	105	1220	27
Cheese Fries	6 oz.	390	18	4.5	3.5	5	870	50
Chili/Cheese Fries	7 oz.	410	17	5	3.5	10	990	52
Corn Dog Nuggets	8 pc.	280	13	3	0.5	45	830	32
French Fries	4 oz.	310	12	3	3.5	0	460	45
Kid's Fries	1 order	200	8	2	2	0	290	28

## Arby's®

Breakfast		Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Bacon, Egg & Cheese Biscuit	1 item	450	26	15	0	165	1610	34	
Bacon, Egg & Cheese Croissant	1 item	390	24	12	0.5	190	1010	24	
Bacon, Egg & Cheese Sourdough	1 item	540	27	10	0	180	1690	46	
Bacon, Egg, & Cheese Wrap	1 item	620	33	13	0	180	2110	45	
Biscuit (plain)	1 item	250	11	9	0	0	780	32	
Blueberry Muffin	1 item	250	11	2	0.5	20	310	36	
Chicken Biscuit	1 item	350	15	10	0	15	1120	39	
Croissant	1 item	180	9	6	0	25	190	21	
French Toastix	1 item	330	13	2	0	0	500	47	
Ham & Cheese Croissant	1 item	270	14	8	0	60	920	22	
Ham, Egg & Cheese Biscuit	1 item	420	22	14	0	180	1720	34	
Ham, Egg & Cheese Croissant	1 item	360	20	10	0	205	1130	24	
Ham, Egg & Cheese Sourdough	1 item	480	20	7	0	190	1640	46	

Arby's		Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
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### Breakfast Continued

Ham, Egg, & Cheese Wrap	1 item	570	29	11	0	195	2140	45
Sausage Biscuit	1 item	460	31	17	0	40	1230	33
Sausage Gravy Biscuit	1 item	590	38	20	0	40	1930	48
Sausage Patty	1 item	220	20	8	0	35	440	1
Sausage, Egg & Cheese Biscuit	1 item	590	42	21	0	195	1680	35
Sausage, Egg & Cheese Croissant	1 item	530	40	18	0.5	220	1090	24
Sausage, Egg & Cheese Wrap	1 item	740	47	18	0	205	2050	45
Sausage, Omelette & Cheese Sourdough	1 item	630	38	15	0	195	1520	46

### Market Fresh Chopped Salads (w/o dressing)

Chopped Farmhouse Chicken Salad (crispy)	1 salad	460	25	9	0	65	1090	29
Chopped Farmhouse Chicken Salad (grilled)	1 salad	260	14	7	0	70	770	10
Chopped Italian Salad	1 salad	390	31	14	0.5	70	1360	10
Chopped Side Salad	1 salad	70	5	3	0	15	100	4
Chopped Turkey Club Salad	1 salad	250	14	7	0	60	900	9

### Market Fresh Sandwiches

Pecan Chicken Salad Sandwich	1 item	870	44	6	0	65	1510	88
Reuben	1 item	690	32	9	0	80	1970	65
Roast Beef & Swiss	1 item	820	37	11	1	80	1760	84
Roast Beef Gyro	1 item	420	23	6	0.5	50	1040	32
Roast Chicken Ranch Sandwich	1 item	340	9	1.5	0	45	940	41
Roast Ham & Swiss	1 item	750	30	8	0	75	2090	85
Roast Turkey & Swiss	1 item	740	28	7	0	75	1850	84
Roast Turkey Ranch & Bacon	1 item	850	37	10	0.5	95	2330	84
Ultimate BLT	1 item	880	46	10	0	55	1740	84

### Arby's Chicken

Chicken Bacon & Swiss (crispy)	1 item	590	27	7	0	60	1560	54
Chicken Bacon & Swiss (roast)	1 item	470	19	6	0	70	1380	43
Chicken Cordon Bleu Sandwich (crispy)	1 item	610	29	6	0	75	1860	51
Chicken Cordon Bleu Sandwich (roast)	1 item	490	20	5	0	85	1670	40
Chicken Sandwich (crispy)	1 item	520	24	4	0	45	1130	51
Chicken Sandwich (roast)	1 item	400	16	2.5	0	50	950	40
Crispy Chicken Tenders (regular)	1 order	360	17	2.5	0	45	730	28
Popcorn Chicken (regular)	1 order	360	16	2.5	0	40	980	27
Roast Chicken Club	1 item	460	19	6	0	70	1490	39

### Arby's Toasted Sandwiches

Classic Italian Toasted Sub	1 item	570	27	8	1	65	1490	55
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Arby's®		Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
French Dip & Swiss Toasted Sub w/au jus	1 item	500	17	7	1	55	2080	59	
Philly Beef Toasted Sub	1 item	570	27	8	1	65	1490	55	
Roast Beef Patty Melt	1 item	460	21	6	1	55	1790	43	
Turkey Bacon Club Toasted Sub	1 item	570	24	6	0	65	1700	56	

### Arby's Roast Beef Sandwiches & Melts

All American Roastburger	1 item	390	16	5	0.5	40	1690	40
Arby's Melt	1 item	320	11	3.5	0	30	900	38
Bacon & Bleu Roastburger	1 item	450	21	7	0.5	55	1750	39
Bacon Beef 'n Cheddar	1 item	530	26	8.5	1	60	1550	43
Bacon Cheddar Roastburger	1 item	430	18	8	0.5	55	1810	39
Ham & Swiss Melt	1 item	300	8	3.5	0	35	1070	37
Large Roast Beef	1 item	590	25	10	1.5	100	1860	45
Regular Beef 'n Cheddar	1 item	430	19	6	1	45	1220	42
Regular Roast Beef	1 item	350	13	4.5	0.5	45	960	37

### Sides & Sidekickers

Curly Fries (medium)	1 order	540	29	4	0	0	1230	64
Homestyle Fries (medium)	1 order	470	21	3	0	0	960	66
Jalapeño Bites (regular)	5 pc.	300	17	7	0	25	640	32
Loaded Potato Bites (regular)	5 pc.	340	20	6	0	5	760	29
Mozzarella Sticks (regular)	4 pc.	430	23	9	0.5	50	1480	36
Onion Petals (regular)	1 order	330	18	2.5	0	0	280	38
Potato Cakes (medium)	1 order	380	20	3	0	0	650	25

### Desserts

Apple Turnover	1 item	270	15	7	0	0	290	32
Cherry Turnover	1 item	270	15	7	0	0	300	31
Chocolate Chunk Cookies (2)	1 order	420	21	10	0	30	55	54

### Kid's Meals

Applesauce	1 order	90	0	0	0	0	0	21
Curly Fries	1 order	240	13	2	0	0	550	29
Homestyle Fries	1 order	230	10	1.5	0	0	480	33
Junior Roast Beef	1 item	300	9	3.5	0	30	750	37
Popcorn Chicken	1 order	260	12	2	0	30	720	20
Potato Cakes (2)	1 order	260	14	2	0	0	440	16

Auntie Ann's®	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
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## Pretzels & More

Almond Pretzel	1 item	390	6	3.5	0	10	400	74
Almond Pretzel w/o butter	1 item	350	2	1	0	0	400	74
Cinnamon Sugar Pretzel	1 item	470	12	7	0	25	400	84
Cinnamon Sugar Pretzel w/o butter	1 item	380	1	0	0	0	400	84
Garlic Pretzel	1 item	350	5	3	0	10	990	65
Garlic Pretzel w/o butter	1 item	310	1	0	0	0	990	65
Jalapeño Pretzel	1 item	330	5	3	0	10	1060	63
Jalapeño Pretzel w/o butter	1 item	300	1	0	0	0	1060	63
Original Pretzel	1 item	340	5	3	0	10	990	65
Original Pretzel w/o butter	1 item	310	1	0	0	0	990	65
Pepperoni Pretzel	1 item	480	16	8	0	40	860	65
Pepperoni Pretzel w/o butter	1 item	440	12	5	0	30	860	65
Pretzel Dog	1 item	360	20	9	0.5	45	740	33
Pretzel Pocket-Bacon, Egg & Cheese	1 item	580	23	10	0	190	790	71
Pretzel Pocket-Pepperoni & Mozzarella	1 item	650	27	12	0	65	1120	75
Pretzel Pocket-Turkey & Cheddar	1 item	470	10	5	0	50	1050	73
Raisin Pretzel	1 item	360	5	3	0	10	390	69
Raisin Pretzel w/o butter	1 item	330	1	0	0	0	390	69
Sesame Pretzel	1 item	400	10	3.5	0	10	990	67
Sesame Pretzel w/o butter	1 item	360	6	1	0	0	990	67
Sour Cream & Onion Pretzel	1 item	360	5	3	0	10	1180	68
Sour Cream & Onion Pretzel w/o butter	1 item	330	1.5	0	0	0	1180	68
Stix-Original	1 item	340	5	3	0	10	990	65
Stix-Original w/o butter	1 item	310	1	0	0	0	990	65

### Fast Food Factoid:

Of the top 10 best selling foods 7 are soda. Here's the top 10 list:

1. Coke Classic
2. Diet Coke
3. Pepsi
4. Dr. Pepper
5. Mountain Dew
6. Diet Pepsi
7. Sprite
8. Kraft Philadelphia Cream Cheese
9. Lay's potato chips
10. Nabisco Oreo cookies

Baja Fresh®	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>Bare Burrito (no tortilla)</b>								
Carnitas	1 item	680	14	4	0	70	2480	99
Chicken	1 item	640	7	1	0	75	2330	97
Steak	1 item	700	15	4.5	0	80	2450	99
Veggie & Cheese	1 item	580	10	4	0	15	1950	101
<b>Baja Burrito</b>								
Breaded Fish	1 item	850	44	16	1.5	80	1900	78
Carnitas	1 item	830	45	18	1	115	2280	67
Chicken	1 item	790	38	15	1	120	2140	65
Mahi Mahi	1 item	780	38	15	1	115	1840	66
Shrimp	1 item	760	37	15	1	295	2230	66
Steak	1 item	850	46	18	1	125	2260	67
<b>Burrito Mexicano</b>								
Breaded Fish	1 item	850	19	4	1	30	2040	129
Carnitas	1 item	830	20	6	0	70	2420	119
Chicken	1 item	790	13	3.5	0	75	2270	117
Mahi Mahi	1 item	790	13	3.5	0	70	1970	117
Shrimp	1 item	770	13	3.5	0	245	2370	117
Steak	1 item	860	21	7	0.5	75	2400	118
<b>Burrito Ultimo</b>								
Breaded Fish	1 item	940	42	19	1.5	95	1950	96
Carnitas	1 item	920	44	21	1	130	2330	86
Chicken	1 item	880	36	18	1	140	2190	84
Diable Shrimp Burrito	1 item	1000	34	12	0	275	2930	130
Mahi Mahi	1 item	880	36	18	1	130	1890	84
Nacho Burrito	1 item	1250	42	17	0	145	3200	145
Shrimp	1 item	860	36	18	1	310	2280	85
Steak	1 item	950	44	21	1.5	140	2310	85
<b>Salad Burrito</b>								
Cabo Style	1 item	980	62	20	0	115	1170	81
Caesar Style	1 item	940	50	19	0	120	1930	75
<b>Bean &amp; Cheese Burrito</b>								
Breaded Fish	1 item	1030	41	18	1.5	95	1990	108
Carnitas	1 item	1010	42	20	1	130	2370	98
Chicken	1 item	970	35	18	1	135	2230	96
Grilled Veggie	1 item	800	33	17	1	65	1880	94
Mahi Mahi	1 item	960	35	18	1	130	1930	96
No Meat	1 item	840	33	17	1	65	1790	96
Shrimp	1 item	950	34	17	1	310	2320	96
Steak	1 item	1030	43	21	1.5	140	2350	97

		Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
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## Baja Fresh®

### Original Baja Taco

Carnitas	1 item	220	7	2	0	20	280	29
Chicken	1 item	210	5	1	0	25	230	28
Shrimp	1 item	200	5	1	0	90	280	28
Steak	1 item	230	8	2	0	25	260	28

### Americano Soft Taco

Baja Fish Taco (fried)	1 item	250	13	2	0	15	420	27
Breaded Fish	1 item	240	11	4.5	0	20	490	23
Carnitas	1 item	250	12	5	0	35	640	21
Chicken	1 item	230	10	4.5	0	35	590	20
Grilled Mahi Mahi	1 item	230	9	1.5	0	20	300	26
Mahi Mahi	1 item	240	10	4.5	0	40	490	20
Shrimp	1 item	250	10	4.5	0	105	640	21
Steak	1 item	260	13	6	0	40	640	21

### Baja Ensalada

Charbroiled Chicken	1 item	310	7	2	0	110	1210	18
Charbroiled Shrimp	1 item	230	6	2	0	250	1110	18
Charbroiled Steak	1 item	450	18	7	1	150	1240	18
Savory Pork Carnitas	1 item	370	18	6	0	100	1410	20

### Tostada Salads

Breaded Fish	1 item	1200	61	15	1.5	70	2140	111
Charbroiled Chicken	1 item	1140	55	14	1	115	2370	98
Charbroiled Fish	1 item	1130	55	14	1	105	2070	99
Charbroiled Shrimp	1 item	1120	55	14	1	285	2460	99
Charbroiled Steak	1 item	1230	63	17	2	140	2380	98
Mango Chipotle Chicken Salad	1 item	930	52	9	NA	90	1960	13
No Meat	1 item	1010	53	13	1	40	1930	98
Savory Pork Carnitas	1 item	1180	62	17	1	105	2520	100

### Dressings

Olive Oil Vinaigrette	1 item	290	31	4.5	0	0	290	2
Ranch	1 item	260	26	6	0.5	50	470	4
Fat Free Salsa Verde	1 item	15	0	0	0	0	370	3

### Tostadas

Breaded Fish	1 item	1200	61	15	1.5	70	2140	111
Charbroiled Chicken	1 item	1140	55	14	1	115	2370	98
Charbroiled Fish	1 item	1130	55	14	1	105	2070	99
Charbroiled Shrimp	1 item	1120	55	14	1	285	2460	99
Charbroiled Steak	1 item	1230	63	17	2	140	2380	98
No Meat	1 item	1010	53	13	1	40	1930	98
Savory Pork Carnitas	1 item	1180	62	17	1	105	2520	100

Baja Fresh®	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>Fajitas</b>								
Breaded Fish w/corn tortillas	1 item	1060	37	9	1.5	85	2180	130
Breaded Fish w/flour tortillas	1 item	1340	46	12	1.5	85	3020	172
Breaded Fish w/mix tortillas	1 item	1260	43	11	1.5	85	2740	162
Carnitas w/corn tortillas	1 item	920	34	11	0	120	2610	108
Carnitas w/flour tortillas	1 item	1190	43	14	0	120	3450	150
Carnitas w/mix tortillas	1 item	1120	40	13	0	120	3170	140
Chicken w/corn tortillas	1 item	860	24	7	0	130	2400	105
Chicken w/flour tortillas	1 item	1140	33	10	0	130	3240	147
Chicken w/mix tortillas	1 item	1070	30	9	0	130	2960	137
Mahi Mahi w/corn tortillas	1 item	840	23	7	0	110	1960	105
Mahi Mahi w/flour tortillas	1 item	1120	32	10	0	110	2800	147
Mahi Mahi w/mix tortillas	1 item	1050	29	9	0	110	2520	138
Shrimp w/corn tortillas	1 item	840	23	7	0	390	2570	106
Shrimp w/flour tortillas	1 item	1120	32	10	0	390	3410	148
Shrimp w/mix tortillas	1 item	1045	29	9	0	390	3130	138
Steak w/corn tortillas	1 item	960	36	12	0.5	135	2600	107
Steak w/flour tortillas	1 item	1240	45	15	1	135	3440	149
Steak w/mix tortillas	1 item	1170	42	14	1	135	3160	139
<b>Quesadillas</b>								
Breaded Fish	1 item	1400	86	38	3	170	2350	96
Charbroiled Chicken	1 item	1330	80	37	2.5	215	2590	84
Charbroiled Mahi Mahi	1 item	1330	79	37	2.5	205	2290	84
Charbroiled Shrimp	1 item	1310	79	37	2.5	385	2680	84
Charbroiled Steak	1 item	1430	87	41	3	240	2600	84
Cheese	1 item	1200	78	37	2.5	140	2140	84
Savory Pork Carnitas	1 item	1370	87	40	2.5	205	2730	86
Veggie	1 item	1260	78	37	2.5	145	2310	96
<b>Taquitos</b>								
Chicken Taquitos w/beans	1 item	780	40	12	1	85	1810	68
Chicken Taquitos w/rice	1 item	740	40	11	1	85	1770	66
<b>Nachos</b>								
Breaded Fish	1 item	2090	116	41	4.5	185	2740	176
Charbroiled Chicken	1 item	2020	110	41	4	230	2980	164
Charbroiled Mahi Mahi	1 item	2020	110	41	4	220	2680	164
Charbroiled Shrimp	1 item	2000	110	41	4	395	3060	164
Charbroiled Steak	1 item	2120	118	44	4.5	255	2990	163
Cheese	1 item	1890	108	40	4	155	2530	163
Savory Pork Carnitas	1 item	2060	117	43	4	220	3120	166

Baja Fresh®		Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>Tortas</b>									
Torta w/chips	1 item	880	35	9	0	110	1580	96	
Torta w/o chips	1 item	620	23	6	0	100	1330	64	
<b>Soup &amp; Salad</b>									
Side Salad	1 item	130	6	1.5	0	5	430	16	
Chicken Tortilla Soup w/chicken	1 item	270	14	4	0	15	2600	29	
<b>Side Orders</b>									
Black Beans	1 item	360	2.5	1	0	5	1120	61	
Chips & Guacamole	1 item	1340	83	8	2.5	0	950	141	
Chips & Salsa Baja	1 item	810	37	4	1.5	0	1140	98	
Corn Tortilla Chips	1.5 oz.	210	9	1	0	0	55	29	
Pico de Gallo	8 oz.	50	0.5	0	0	0	890	12	
Pinto Beans	1 item	320	1	0	0	5	840	56	
Pronto Guacamole	1 item	560	34	3	1	0	370	60	
Rice	1 item	280	4	0.5	0	0	980	55	
Rice & Beans Plate	1 item	420	5	1.5	0	10	1320	72	
Salsa Baja	8 oz.	70	2.5	0	0	0	970	7	
Salsa Roja	8 oz.	70	1	0	0	0	1080	13	
Salsa Verde	8 oz.	50	0	0	0	0	1170	11	
Side Breaded Fish	1 item	390	16	2.5	1.5	60	410	25	
Side Carnitas	1 item	300	16	6	0	110	1010	4	
Side Chicken	1 item	230	3.5	0.5	0	125	760	0	
Side Mahi Mahi	1 item	210	3	1	0	110	240	110	
Side Guacamole	8 oz.	310	35	3	0	0	710	14	
Side Shrimp	1 item	150	2	0.5	0	335	740	1	
Side Steak	1 item	330	14	6	1	145	670	0	
Tostada Shell	1 item	490	28	3.5	0.5	0	600	44	
Veggie Mix	1 item	110	0	0	0	0	330	24	
<b>Kid's Favorites</b>									
Kid's Chicken Taquitos	1 item	630	33	7	1	70	990	60	
Kid's Mini Bean & Cheese Burrito	1 item	540	14	7	0	25	1050	84	
Kid's Mini Bean & Cheese Burrito w/chicken	1 item	590	15	7	0	50	1200	84	
Kid's Mini Cheese Quesadilla	1 item	610	26	13	1	50	940	72	
Kid's Mini Cheese Quesadilla w/chicken	1 item	650	27	13	1	75	1090	72	

Baskin-Robbins®		Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>Ice Cream Classic Flavors (regular 4 oz. scoop)</b>									
Cherries Jubilee	1 scoop	240	12	7	0	45	80	30	
Chocolate	1 scoop	260	14	9	0	50	130	33	
Chocolate Chip	1 scoop	270	16	10	0	55	95	28	
Chocolate Chip Cookie Dough	1 scoop	310	15	10	0	50	135	36	
Gold Medal Ribbon	1 scoop	260	13	8	0	45	150	34	
Jamoca	1 scoop	240	13	9	0	55	90	26	
Jamoca Almond Fudge	1 scoop	270	15	7	0	40	80	31	
Mint Chocolate Chip	1 scoop	270	16	10	0	55	95	28	
Nutty Coconut	1 scoop	300	20	9	0	45	90	28	
Old Fashioned Butter Pecan	1 scoop	280	18	9	0	50	95	24	
Oreo Cookies 'n Cream	1 scoop	280	15	9	0	50	150	32	
Peanut Butter n' Chocolate	1 scoop	320	20	9	0	45	180	31	
Pistachio Almond	1 scoop	290	19	9	0	50	85	25	
Pralines 'n Cream	1 scoop	280	14	8	0	45	170	35	
Rainbow Sherbet	1 scoop	160	2	1.5	0	10	40	34	
Reese's Peanut Butter Cup	1 scoop	300	18	10	0	50	130	31	
Rocky Road	1 scoop	290	15	8	0	45	120	36	
Snickers Add-In	1 scoop	290	15	8	0	45	170	36	
Vanilla	1 scoop	260	16	10	0.5	65	70	26	
Very Berry Strawberry	1 scoop	220	11	7	0	40	70	28	
World Class Chocolate	1 scoop	290	15	8	0	45	120	36	
<b>Seasonal Flavors</b>									
Apple Pie a la Mode	1 scoop	270	12	7	0	40	90	37	
Chocolate Fudge	1 scoop	270	15	10	0	50	140	35	
Chocolate Moose Royale	1 scoop	310	18	13	0	40	140	35	
Chocolate Oreo	1 scoop	330	18	8	0	40	180	39	
Daiquiri Ice	1 scoop	130	0	0	0	0	15	34	
Egg Nog	1 scoop	250	13	8	0	65	90	30	
French Vanilla	1 scoop	280	18	11	0.5	120	85	26	
German Chocolate Cake	1 scoop	310	17	10	0	40	150	38	
Heath	1 scoop	300	15	9	0	45	180	38	
Icing on the Cake	1 scoop	330	18	10	0	40	105	39	
Jamoca Oreo	1 scoop	270	12	7	0	40	135	36	
Love Potion #31	1 scoop	270	14	9	0	45	85	32	
M&M's Add-In	1 order	300	13	8	0	40	135	42	
New York Cheesecake	1 scoop	260	15	10	0	50	115	31	
Oreo Outrageous	1 scoop	350	23	10	0.5	35	260	38	
Peanut Brittle Caramel Crunch	1 scoop	290	14	8	0	40	105	38	
Peppermint	1 scoop	270	14	9	0	50	85	31	
Pink Bubble Gum	1 scoop	260	12	8	0	50	80	36	

Baskin-Robbins®		Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>Seasonal Flavors Continued</b>									
Pumpkin Pie	1 scoop	230	12	7	0	45	90	29	
Red, White, & True Chocolate	1 scoop	290	16	9	0	45	140	34	
Rock n' Pop Swirl Sherbet	1 scoop	190	4	3	0	10	45	37	
Strawberry Cheesecake	1 scoop	270	14	9	0.5	55	115	32	
Super Fudge Truffle	1 scoop	300	16	10	0	55	150	39	
Tropical Ice	1 scoop	140	0	0	0	0	15	35	
Watermelon Ice	1 scoop	140	1	0.5	0	0	15	36	
Winter White Chocolate	1 scoop	260	14	10	0	40	90	30	
<b>Bright Choices</b>									
Fat-Free Vanilla Frozen Yogurt	1 scoop	150	0	0	0	5	105	32	
Lemon Sorbet	1 scoop	130	0	0	0	0	15	33	
Mango Sorbet	1 scoop	120	0	0	0	0	10	32	
Strawberry Sorbet	1 scoop	130	0	0	0	0	10	34	
<b>Premium Churned</b>									
Light Aloha Brownie	1 scoop	250	8	4.5	0	20	150	42	
Light Cappuccino Chip	1 scoop	220	8	4.5	0	25	110	32	
Light Dulche de Leche	1 scoop	230	7	4.5	0	25	140	37	
Light Mint Oreo	1 scoop	240	7	4	0	20	150	40	
Light Raspberry Chip	1 scoop	230	6	4.5	0	20	100	38	
<b>Reduced Fat, No Sugar Added</b>									
Butter Almond Crunch	1 scoop	220	11	4.5	0	25	140	31	
Cabana Berry Banana	1 scoop	150	6	3.5	0	20	70	27	
Caramel Turtle Truffle	1 scoop	200	8	5	0	25	115	38	
Chocolate Overload	1 scoop	190	8	5	0	20	110	37	
Mocha Blackberry Chip	1 scoop	190	9	6	0	20	70	34	
Pineapple Coconut	1 scoop	160	6	4	0	25	75	29	
<b>Cones</b>									
Cake Cone	1 item	25	0	0	0	0	15	5	
Double Header Cone	1 item	25	0	0	0	0	20	5	
Sugar Cone	1 item	45	0.5	0	0	0	35	9	
Waffle Cone	1 item	160	4	1	0	10	5	28	

## Bennigan's Irish American Grill & Tavern®

Does not provide nutrition information.

Blimpie®		Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>Breakfast Items</b>									
Bagel	1 item	290	1	0	0	0	700	58	
Biscuit-Bacon, Egg & Cheese	1 item	520	30	18	0	190	1940	38	
Biscuit-Egg & Cheese	1 item	380	20	15	0	165	1380	37	
Biscuit-Ham, Egg & Cheese	1 item	420	21	15	0	185	1660	39	
Biscuit-Sausage, Egg & Cheese	1 item	530	34	20	0	195	1690	37	
Bluffin	1 item	130	1	0	0	0	240	25	
Bluffin-Bacon, Egg & Cheese	1 item	270	12	5	0	170	890	27	
Bluffin-Egg & Cheese	1 item	240	10	5	0	165	770	27	
Bluffin-Ham, Egg & Cheese	1 item	280	10	5	0	180	1050	29	
Bluffin-Sausage, Egg & Cheese	1 item	390	24	10	0	195	1080	27	
Burrito-Bacon, Egg & Cheese	1 item	580	28	12	0	335	2320	57	
Burrito-Egg & Cheese	1 item	500	23	10	0	325	2010	57	
Burrito-Ham, Egg & Cheese	1 item	580	24	10	0	355	2560	60	
Burrito-Sausage, Egg & Cheese	1 item	800	50	20	0	385	2620	57	
Burrito-Turkey, Egg & Cheese	1 item	560	23	10	0	345	2530	59	
Grilled Breakfast Sandwich, Bacon	1 item	480	23	10	0	335	1620	44	
Grilled Breakfast Sandwich, Ham	1 item	480	19	9	0	355	1860	47	
Grilled Breakfast Sandwich, Sausage	1 item	710	45	18	0	385	1920	44	
Grilled Breakfast Sandwich, Turkey	1 item	460	18	8	0	345	1830	46	
Egg & Cheese on a Roll	1 item	200	9	4	0	160	650	22	
Cinnamon Roll	1 item	450	20	9	0	30	730	60	
Bagel, Cream Cheese	1 item	390	11	6	0	30	780	59	
Biscuit w/sausage gravy	1 item	460	27	14	0	25	1320	43	
<b>Subs</b>									
Blimpie Best	1 item	450	17	6	0	50	1330	49	
Blimpie Best Super Stacked	1 item	550	22	8	0	90	2990	52	
Blimpie Trio Super Stacked	1 item	510	15	4.5	0	90	1760	51	
BLT	1 item	430	22	5	0	25	960	43	
BLT Super Stacked	1 item	640	41	9	0	55	1440	43	
Chicken Caesar	1 item	560	24	8	0	60	1480	6	
Chicken Cheddar Bacon Ranch	1 item	600	29	10	0	85	1570	48	
Chicken Teriyaki	1 item	450	12	5	0	65	1280	52	
Ciabatta-Buffalo Chicken	1 item	540	23	7	0	65	1970	49	
Ciabatta-French Dip	1 item	430	11	4.5	0	65	1820	49	
Ciabatta-Grilled Chicken Caesar	1 item	580	20	5	0	65	1480	62	
Ciabatta-Mediterranean	1 item	450	8	3	0	35	1720	65	
Ciabatta-Roast Beef, Turkey & Cheddar	1 item	520	24	8	0	65	1780	51	
Ciabatta-Sicilian	1 item	590	22	6	0	60	2170	66	



Serving

Calories

Total fat (gm)

Saturated fat (gm)

Trans fat (gm)

Cholesterol (mg)

Sodium (mg)

Carbs (gm)

**Subs Continued**

Ciabatta-Spicy Chicken & Pepperoni	1 item	710	34	11	0	80	2070	65
Ciabatta-Tuscan	1 item	570	20	6	0	50	2030	65
Ciabatta-Ultimate Club	1 item	520	24	7	0	65	1600	47
Club	1 item	410	13	4	0	45	1050	49
Cuban	1 item	410	11	4.5	0	65	1630	43
French Dip	1 item	410	11	5	0	65	1650	46
Ham & Swiss Cheese	1 item	420	14	4.5	0	45	1020	49
Ham, Salami & Provolone	1 item	470	20	7	0	55	1270	49
Hot Pastrami	1 item	430	16	7	0	65	1350	42
Hot Pastrami-Super Stacked	1 item	570	23	10	0	110	2110	43
Meatball	1 item	580	31	13	0	75	1960	50
Philly Steak & Onion	1 item	600	35	11	0	80	1410	46
Pretzel-Ham & Swiss	1 item	520	15	4.5	0	45	940	75
Pretzel-Turkey Bacon	1 item	560	18	8	0	60	1800	70
Reuben	1 item	530	20	6	0	70	1740	52
Roast Beef & Provolone	1 item	430	14	5	0	55	980	46
Southwestern	1 item	530	22	6	0	55	1770	61
Special Vegetarian (Doritos Sub)	1 item	590	30	9	0	35	1170	66
Tuna	1 item	470	21	3	0	55	770	43
Turkey & Provolone	1 item	410	13	4	0	40	1310	49
Veggie & Cheese	1 item	460	21	9	0	40	1420	50
Veggie Supreme	1 item	550	27	13	0	60	1500	15
VegiMax	1 item	520	20	6	0	15	1270	56

**Breads (6" rolls)**

Cheddar Jalapeño	1 item	210	4.5	1.5	0	5	470	36
Ciabatta	1 item	230	2.5	0	0	0	590	43
Honey Oat	1 item	260	8	1.5	0	0	400	41
Marble Rye	1 item	240	2.5	0.5	0	0	590	46
Pretzel	1 item	320	4	1	0	0	350	65
Spinach & Herb Wrap	1 item	310	8	3	0	0	840	52
Traditional Wrap	1 item	310	8	2.5	0	0	670	52
Wheat	1 item	210	4	1	0	0	400	38
White	1 item	210	3	0.5	0	0	420	40
Zesty Parmesan	1 item	240	4.5	2	0	5	490	39

**Salads (w/o dressing unless noted)**

Antipasto Salad	1 salad	250	14	6	0	60	1630	12
Buffalo Chicken	1 salad	220	9	5	0	60	840	10
Chicken Caesar	1 salad	190	8	4	0	65	460	6
Coleslaw Salad (side)	1 salad	160	9	1.5	0	5	240	20

Blimpie®		Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Garden	1 salad	30	0	0	0	0	0	15	6
Macaroni Salad (side)	1 salad	330	22	5	0	15	790	28	
Northwest Potato Salad (side)	1 salad	260	17	4	0	25	390	22	
Potato Salad (side)	1 salad	230	12	2.5	0	10	490	28	
Tuna Salad	1 salad	270	19	2.5	0	45	370	6	
Ultimate Club	1 salad	260	14	7	0	65	1070	10	
<b>Soups</b>									
Bean w/ham	8.6 oz.	140	1	0	0	0	1070	23	
Beef Steak & Noodle	8.6 oz.	120	4	1.5	0	30	780	14	
Beef Stew	8.6 oz.	170	4	3.5	0	45	890	18	
Captain's Corn Chowder	8.6 oz.	210	7	2.5	0	5	890	29	
Chicken & Dumpling	8.6 oz.	170	7	3	0	50	970	19	
Chicken Gumbo	8.6 oz.	90	2	0	0	10	1280	13	
Chicken Noodle	8.6 oz.	130	4	1	0	30	1040	18	
Chicken w/white & wild rice	8.6 oz.	250	10	2.5	0	30	1030	15	
Cream of Broccoli & Cheese	8.6 oz.	250	19	11	0	55	1040	13	
Cream of Potato	8.6 oz.	190	9	2.5	0	<5	860	24	
French Onion	8.6 oz.	80	4	0.5	0	0	1020	11	
Garden Vegetable	8.6 oz.	80	1	0	0	0	620	14	
Grande Chili w/beans & beef	8.6 oz.	310	9	4	0	20	1440	31	
Harvest Vegetable	8.6 oz.	100	1	0	0	0	920	19	
Italian Style Wedding	8.6 oz.	130	4	1.5	0	10	900	17	
Minestrone	8.6 oz.	90	3	0	0	0	1150	14	
New England Clam Chowder	8.6 oz.	170	3	2	0	25	1060	28	
Pasta Fagioli w/sausage	8.6 oz.	150	5	1.5	0	20	910	22	
Split Pea w/ham	8.6 oz.	130	2	0	0	5	1090	21	
Tomato Basil w/raviolini	8.6 oz.	110	1	0	0	10	720	22	
Vegetable Beef	8.6 oz.	80	2	0.5	0	5	1010	13	
Yankee Pot Roast	8.6 oz.	80	2	0.5	0	10	750	12	
<b>Kid's Meals</b>									
3" Ham & American Cheese	1 item	260	8	4.5	0	15	900	32	
3" Tuna	1 item	280	11	1.5	0	25	460	30	
3" Turkey	1 item	190	2.5	0	0	10	600	31	
<b>Desserts</b>									
Brownie	1 item	230	10	4	0	22	115	28	
Chocolate Chunk Cookie	1 item	200	10	4.5	0	15	150	25	
Oatmeal Raisin Cookie	1 item	180	7	3	0	10	150	27	
Peanut Butter Cookie	1 item	210	13	5	0	10	170	21	
Sugar Cookie	1 item	320	16	6	0	35	240	42	
White Chocolate Macadamia Nut Cookie	1 item	200	11	4.5	0	15	110	25	



Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
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### A La Carte Breakfast Items

Bacon	1 item	36	4	2	0	5	54	0
Blueberry Hotcake, no topping	1 item	343	10	2	3	0	792	58
Buttermilk Hotcake, no topping	1 item	337	10	2	3	0	792	56
Cinnamon Hotcake, no topping	1 item	362	12	4	3	0	792	62
Eggs	1 item	131	11	3	0	229	68	1
French Toast	1 item	164	3	1	0	87	283	18
Hard Cooked Egg	1 item	57	4	1	0	180	52	1
Multigrain Hotcake, no topping	1 item	374	11	4	1	0	897	61
Mush	1 order	171	7	1	0	1	1012	25
Omelette Shell	4 oz.	194	14	4	0	467	476	2
Omelette Shell, Bob Evans Egg Lites	6 oz.	85	0	0	0	0	357	2
Omelette Shell, Egg Whites	6 oz.	75	0	0	0	0	269	2
Plain Crepe	1 item	255	14	6	0	67	285	27
Sausage Breakfast Patty	1 item	140	11	4	0	24	313	0
Sausage Links	1 item	133	12	3	0	14	184	0
Scrambled Bob Evans Egg Lites	1 item	28	0	0	0	0	119	1
Scrambled Egg	1 item	84	5	2	0	234	238	1
Scrambled Egg Whites	1 item	25	0	0	0	0	90	1
Smoked Ham	1 item	99	3	1	0	60	1293	3
Turkey Sausage	1 item	72	4	1	0	41	404	72

### Breakfast Items

Biscuit Sandwich	1 item	581	39	17	0	268	1467	33
Blueberry & Banana Yogurt Parfait	1 item	177	1	0	0	3	61	39
Blueberry Crepe	1 item	306	14	6	0	67	292	40
Blueberry Stuffed French Toast	1 order	730	19	9	0	281	990	90
Border Scramble Biscuit Bowl	1 order	1029	57	25	0	513	3055	75
Border Scramble Burrito w/egg	1 order	850	51	18	0	550	1593	52
Border Scramble Omelette	1 order	637	46	18	0	769	1519	14
Country Biscuit Breakfast	1 order	652	45	19	2	271	1670	39
Farmer's Market Omelette	1 order	631	45	21	0	772	2129	14
Fruit & Yogurt Plate	1 order	347	2	0	0	3	74	82
Garden Harvest Omelette	1 order	542	38	17	0	752	1762	14
Grits	1 bowl	265	10	4	2	13	257	40
Ham & Cheddar Omelette	1 order	515	36	13	0	765	1808	4
Meat Lover's BoBurrito	1 order	805	52	19	0	561	1883	40
Oatmeal	1 bowl	168	3	0	0	0	9	31
Pot Roast Hash	1 order	681	45	14	0	531	1205	30
Roasted Caramel Apple Crepe	1 item	279	14	6	0	67	293	33
Roasted Caramel Apple Stuffed French Toast	1 order	731	19	9	0	283	1011	91

<b>Bob Evans®</b>	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Sausage & Cheddar Omelette	1 order	552	43	16	0	752	1253	4
Sausage Biscuit Bowl	1 order	1024	63	28	0	501	3086	78
Sausage Gravy	1 bowl	294	19	12	0	18	1375	23
Spinach, Bacon & Tomato Biscuit Bowl	1 order	1039	62	29	0	519	3430	81
Stacked & Stuffed Blueberry Cream Hotcakes	1 order	1490	70	20	6	40	2327	204
Stacked & Stuffed Caramel Banana Pecan Hotcakes	1 order	1070	43	20	7	40	1911	155
Stacked & Stuffed Cinnamon Cream Hotcakes	1 order	1377	53	27	7	44	1980	211
Stacked & Stuffed Roasted Caramel Apple Cream Hotcakes	1 order	1047	36	16	6	40	1852	165
Stacked & Stuffed Strawberry Banana Cream Hotcakes	1 order	1168	36	16	6	40	1837	197
Strawberry Banana Crepes	1 item	314	14	6	0	67	285	43
Strawberry Banana Mini Fruit & Yogurt Parfait	1 item	151	1	0	0	3	55	33
Stuffed French Toast, no topping	1 order	627	19	9	0	281	977	65
Sunshine Skillet	1 order	557	36	12	2	478	1747	32
Sweet Cream Waffle, no topping	1 order	394	8	4	2	97	849	66
Three Cheese Omelette	1 order	528	40	18	0	764	1451	5
Turkey & Spinach Omelette	1 order	618	40	17	0	803	2435	9
Turkey Sausage Breakfast	1 order	362	7	2	0	31	1009	48
Western BoBurrito	1 order	738	44	15	0	558	2081	42
Western Omelette	1 order	529	36	13	0	765	1809	8

## Appetizers

Blue Ribbon Apple Pie	1 order	503	12	2	0	1	712	96
County Fair Cheese Bites	1 order	942	66	32	1	60	1757	47
Itsy Bitsy Sandwich Trio	1 order	1134	54	17	1	120	2010	110
Loaded Potato Bites	1 order	1008	63	16	1	43	2180	93
Wildfire Chicken Quesadilla	1 order	765	34	17	0	141	1512	55

## Sandwiches

Bacon Cheeseburger	1 item	719	38	17	1	92	1355	35
Biscuit Sandwich	1 item	581	39	17	0	268	1467	33
Bob's BLT & E	1 item	639	41	15	1	278	1021	26
Bob-B-Q Pulled Pork Sandwich	1 item	596	24	7	0	81	927	65
Cheeseburger	1 item	648	31	13	1	83	1247	35
Chicken Salad Sandwich	1 item	637	37	6	0	62	1293	54
Fried Chicken Club Sandwich	1 item	637	31	11	0	121	1567	47
Fried Chicken Sandwich	1 item	489	18	4	0	89	1109	47
Fried Haddock Sandwich	1 item	732	33	10	1	70	1596	71
Grilled Cheese Sandwich	1 item	350	15	6	1	29	729	22
Grilled Chicken Club Sandwich	1 item	512	23	10	1	116	1435	34

Bob Evans®		Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>Sandwiches Continued</b>									
Grilled Chicken Sandwich	1 item	370	10	3	1	85	986	33	
Hamburger	1 item	542	22	8	0	53	776	34	
Knife & Fork Bob-B-Q Pulled Pork Sandwich	1 item	856	30	12	0	108	1362	89	
Knife & Fork Meatloaf Sandwich	1 item	845	39	18	0	172	3274	52	
Knife & Fork Pork Loin Sandwich	1 item	771	46	20	1	122	2543	51	
Knife & Fork Turkey Sandwich	1 item	718	37	12	2	90	2798	48	
Pot Roast Sandwich	1 item	574	28	11	1	82	1240	50	
Turkey Bacon Melt	1 item	588	28	11	1	93	2093	49	
<b>Soups</b>									
Bean Soup	1 bowl	204	4	1	0	10	1016	28	
Cheddar Baked Potato Soup	1 bowl	242	13	8	1	43	1046	22	
Sausage Chili	1 bowl	351	22	8	0	55	898	24	
Vegetable Beef Soup	1 bowl	135	3	1	0	19	759	20	
<b>Salads (w/o dressing)</b>									
Cobb Salad	1 item	517	31	17	0	380	1673	10	
Country Caesar Salad	1 item	744	53	12	1	334	1626	20	
Country Spinach Salad	1 item	428	25	8	0	273	1297	12	
Cranberry Pecan Chicken Salad	1 item	672	45	15	0	129	1614	38	
Garden Salad	1 item	58	1	0	0	0	132	9	
Heritage Chef Salad	1 item	398	25	12	0	260	1324	398	
Specialty Garden Salad	1 item	124	7	3	0	16	334	10	
Wildfire Fried Chicken Salad	1 item	711	34	9	0	46	1332	70	
<b>Dinners</b>									
Chicken & Noodle Deep Dish Dinner	1 order	701	29	15	0	110	2165	66	
Chicken Parmesan w/meat sauce	1 order	1177	58	20	0	161	3311	96	
Chicken Salad Plate	1 order	710	43	6	0	73	972	69	
Chicken & Broccoli Alfredo	1 order	871	46	17	0	162	2183	62	
Fried Buttermilk Shrimp	1 order	685	48	10	1	135	1149	36	
Fried Buttermilk Shrimp & Flounder Combo	1 order	521	31	8	0	94	1062	27	
Fried Buttermilk Shrimp & Haddock Combo	1 order	707	42	8	1	108	1184	45	
Open Faced Roast Beef	1 order	476	24	8	0	100	1041	22	
Pot Roast Beef Stew Deep Dish Dinner	1 order	713	34	17	0	74	2874	67	
Pot Roast Stroganoff	1 order	813	43	15	0	178	1782	65	
Slow Roasted Chicken & Noodles	1 order	186	4	1	0	76	584	25	
Slow Roasted Chicken Pot Pie	1 order	884	60	22	1	127	2655	66	
Spaghetti w/meat sauce	1 order	822	40	13	0	50	2213	83	
Turkey & Dressing	1 order	690	30	9	3	129	3093	56	

# Bob Evans®

## A La Carte Dinner Items

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Country Fried Steak w/gravy	1 item	550	37	12	3	51	1510	37
Cranberry Apple Pork Loin	1 item	241	12	4	0	57	596	25
Fried Chicken Breast	1 item	285	13	3	0	89	758	13
Fried Chicken Strips	1 item	137	8	1	0	8	301	10
Fried Haddock	1 item	363	18	4	0	41	608	27
Garlic Butter Grilled Chicken Breast	1 item	180	6	2	0	89	738	1
Garlic Butter Salmon	1 item	256	9	2	0	104	174	1
Grilled Chicken Breast	1 item	165	5	2	0	85	635	0
Grilled Chicken Tenders	1 item	36	1	0	0	21	188	0
Meatloaf	1 item	435	22	8	0	128	1958	22
Potato Crusted Flounder	1 item	177	7	3	0	27	486	9
Salmon	1 item	243	8	2	0	101	101	0
Sirloin Steak	1 item	421	29	9	0	77	638	3
Slow Roasted Turkey	1 item	136	5	1	0	53	985	3
Wildfire Grilled Chicken Breast	1 item	236	6	2	0	89	766	15
Wildfire Salmon	1 item	312	9	2	0	103	203	15

## Side Items

Baked Potato (plain)	1 item	193	0	0	0	0	0	50
Broccoli Florets	1 order	44	1	0	0	0	41	8
Coleslaw	1 order	208	14	2	0	13	243	19
Corn	1 order	166	11	4	2	14	258	17
Dinner Roll	1 roll	201	5	1	0	9	268	34
French Fries	1 order	319	13	3	0	1	92	46
Fruit Cup	1 order	148	1	0	0	0	8	38
Garden Vegetables	1 order	119	8	3	1	10	234	11
Glazed Carrots	1 order	101	5	2	1	6	101	14
Green Beans	1 order	47	2	1	0	4	515	6
Grilled Mushrooms	1 order	87	5	1	0	0	865	10
Home Fries	1 order	164	6	1	0	0	680	24
Loaded Baked Potato	1 item	395	16	9	0	53	472	53
Mashed Potatoes	1 order	192	7	4	0	20	428	16
Onion Petals	1 order	288	14	2	0	0	464	35
Sourdough Bread	1 item	130	3	1	0	0	258	21

## Desserts

Apple Dumpling Pie	1 order	568	28	11	0	1	295	77
Blackberry Cobbler	1 order	566	26	11	0	0	517	79
Cherry Deep Dish Cobbler	1 order	667	29	12	0	20	548	101
Coconut Cream Pie	1 order	514	29	20	0	10	451	59

## Desserts



Bob Evans®	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
French Silk Pie	1 order	655	44	26	1	134	318	59
Lemon Supreme Pie	1 order	642	38	24	1	52	363	71
NSA Apple Pie	1 order	499	30	5	0	0	426	56
Strawberry Shortcake	1 order	555	22	14	0	24	898	86
Strawberry Sundae	1 order	419	20	14	0	71	113	56
Strawberry Supreme Pie	1 order	651	47	22	1	45	333	58
Vanilla Ice Cream	1 order	111	6	4	0	24	36	13

### Kid's Menu

Baked Potato (plain)	1 order	193	0	0	0	0	0	50
French Fries	1 order	319	13	3	0	1	92	46
Fresh Garden Salad	1 order	49	4	2	0	12	74	1
Fried Chicken Strips	1 pc.	137	8	1	0	8	301	10
Fruit & Yogurt Dippers	1 order	222	1	0	0	3	62	51
Fruit Dish	1 order	58	0	0	0	0	7	14
Fudge Blast Sundae	1 order	216	9	6	0	24	83	31
Grilled Cheese Triangles	1 order	313	15	7	1	30	851	32
Grilled Chicken Tenders	1 pc.	36	1	0	0	21	188	0
Home Fries	1 order	164	6	1	0	0	680	24
Macaroni & Cheese	1 order	318	8	2	0	14	596	41
Mashed Potatoes	1 order	192	7	4	0	20	428	16
Mini Cheeseburgers	1 pc.	284	15	6	0	40	507	22
Plenty-O-Pancakes	1 order	337	12	5	3	0	685	52
Reese I'm Smiling Sundae	1 order	274	13	7	0	25	117	35
Smiley Face Potatoes	1 order	271	16	3	0	1	334	29
Spaghetti w/meat sauce	1 order	467	24	7	0	30	1389	44
Strawberry Sundae	1 order	177	8	6	0	24	41	24
Turkey Lurkey	1 order	163	7	2	0	55	1116	4

### NOTES:

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	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>Bojangles®</b>								
<b>Cajun Spiced Chicken</b>								
Breast	1 item	278	17	NA	NA	75	565	12
Leg	1 item	122	16	NA	NA	96	530	11
Thigh	1 item	310	23	NA	NA	67	465	11
Wing	1 item	160	25	NA	NA	94	630	11
<b>Biscuit Items</b>								
Biscuit (plain)	1 item	243	12	3	NA	2	663	29
Bo-berry Sweet Biscuits	1 order	220	10	3	NA	<1	410	29
Cinnamon Sweet Biscuits	1 order	320	18	4	NA	<1	560	37
Bacon	1 item	290	17	5	NA	10	810	26
Bacon, Egg & Cheese	1 item	550	42	14	NA	160	1250	27
Cajun Filet	1 item	454	21	6	NA	41	949	46
Country Ham	1 item	270	15	4	NA	20	1010	26
Egg	1 item	400	30	6	NA	120	630	26
Sausage	1 item	350	23	7	NA	20	810	26
Smoked Sausage	1 item	380	26	9	NA	20	940	27
Steak	1 item	649	49	13	NA	34	1126	37
<b>Other Items</b>								
Cajun Filet	1 item	337	11	5	NA	45	401	41
Cajun Filet item w/mayo	1 item	437	22	7	NA	55	506	41
Grilled Filet	1 item	235	5	3	NA	51	540	25
Grilled Filet item w/mayo	1 item	335	16	5	NA	61	645	25
<b>Individual Fixins'</b>								
Botato Rounds	1 order	235	11	4	NA	13	328	31
Buffalo Bites	1 order	180	5	2	NA	105	720	5
Cajun Pintos	1 order	110	0	0	NA	0	480	NA
Chicken Supremes	1 order	337	16	6	NA	58	629	26
Dirty Rice	1 order	166	6	2	NA	10	762	24
Green Beans	1 order	25	0	0	NA	0	710	5
Macaroni & Cheese	1 order	198	14	5	NA	26	418	12
Marinated Cole Slaw	1 order	136	3	0	NA	0	454	26
Potatoes w/o gravy	1 order	80	1	0	NA	0	380	16
Seasoned Fries	1 order	344	19	5	NA	13	480	39

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Boston Market®		Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
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### Individual Meals

White Original Rotisserie Chicken	1 order	320	12	4	0	200	900	0
White Original Rotisserie Chicken w/o skin	1 order	240	4	1	0	180	890	1
1 Thigh & 1 Drumstick	1 order	290	17	5	0	210	950	0
Rotisserie Chicken	1 order	610	29	9	0	405	1860	1
Baked White Fish	1 order	470	28	15	0	190	690	21
Beef Brisket	1 order	280	20	1.5	0	40	260	1
Dark Individual Meal (3 pc.)	1 order	390	22	6	0	290	1270	1
Dark Individual Meal w/o skin (3 pc.)	1 order	290	11	3.5	0	240	1010	0
Pastry Top Chicken Pot Pie	1 order	800	48	18	7	140	1090	59
Roasted Turkey	1 order	150	2.5	1	0	55	500	0
USDA Choice All Beef Meatloaf	1 order	480	36	16	1.5	145	1030	21

### Family Meals

Roasted Turkey	1 order	180	3	1	0	72	635	0
Rotisserie Chicken	1 order	310	15	4.5	0	205	930	0
Whole Holiday Turkey	1 order	310	18	5	0	135	940	0

### Soups & Sides

Beef Gravy	3 oz.	35	1.5	0.5	0	0	500	4
Caesar Side Salad	1 item	180	17	3.5	0	15	410	4
Caesar Side Salad w/o dressing	1 item	40	2	1.5	0	5	75	3
Chicken Noodle Soup	1 item	250	8	2.5	0	95	1420	23
Chicken Tortilla Soup w/o toppings	1 item	160	8	1.5	0	45	1690	13
Chicken Tortilla Soup w/toppings	1 item	410	26	7	0	70	2100	30
Cinnamon Apples	1 item	210	3	0	0	0	15	47
Creamed Spinach	1 item	280	23	15	0	70	580	12
Fresh Steamed Vegetables	1 item	60	2	0	0	0	40	8
Fresh Vegetable Stuffing	1 item	190	8	1	0	0	580	25
Garden Fresh Coleslaw	1 item	220	19	3	0	20	160	21
Garlic Dill New Potatoes	1 item	140	3	1	0	0	120	24
Green Beans	1 item	60	3.5	1.5	0	0	180	7
Macaroni & Cheese	1 item	300	11	7	0	30	1100	35
Mashed Potatoes	1 item	270	11	5	0	25	820	36
Poultry Gravy	4 oz.	50	2	0.5	0	0	690	7
Sweet Corn	1 item	170	4	1	0	0	95	37
Sweet Potato Casserole	1 item	460	16	4.5	0	5	270	77

### Sandwiches

Boston Chicken Carver	1 item	750	29	8	0	160	1960	64
Boston Meatloaf Carver	1 item	980	46	21	2	165	2350	92
Boston Turkey Carver	1 item	700	26	8	0.5	95	1710	65

## Boston Market®

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Brisket Dip Carver	1 item	890	51	9	0.5	80	1350	63
Classic Chicken Salad Sandwich	1 item	800	41	7	5	145	1900	65
Meatloaf Open Faced Sandwich	1 item	670	38	17	1.5	145	1760	48
Roasted Turkey Open Faced Sandwich	1 item	330	6	1.5	0	40	1480	43
Rotisserie Chicken Open Faced Sandwich	1 item	320	8	2.5	0	95	1630	34

### Salads

Caesar Salad Dressing	2.5 oz.	360	38	6	0.5	30	910	4
Caesar Salad Entrée	1 salad	140	8	5	0	15	270	7
Light Ranch Dressing	1.5 oz.	70	4	0.5	0	0	310	8
Market Chopped Salad	1 salad	480	40	8	1	10	1640	24
Market Chopped Salad Dressing	2.5 oz.	360	39	6	1	0	1710	2
Market Chopped Salad w/beef brisket	1 salad	280	20	1.5	0	40	260	1
Market Chopped Salad w/roasted turkey	1 salad	110	2	0.5	0	45	370	0
Market Chopped Salad w/ rotisserie chicken	1 salad	180	3	1	0	125	620	0

### Desserts

Apple Pie	1 item	580	30	13	0	0	690	74
Chocolate Cake	1 item	580	34	11	0	45	360	67
Chocolate Chip Fudge Brownie	1 item	320	13	3	0	50	220	49
Chocolate Chunk Cookie	1 item	370	18	8	0	20	280	50
Cornbread	1 item	180	5	1.5	1.5	10	320	31

## Buffalo Wild Wings Grill & Bar

Does not provide nutrition information.

### NOTES:

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Burger King®	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>Breakfast</b>								
Bacon, Egg & Cheese Biscuit Sandwich								
1 item	420	25	16	1	185	1360	34	
Bacon, Egg & Cheese Croissan'wich	1 item	340	19	8	0.5	190	840	26
Cheesy Bacon BK Wrapper	1 item	380	24	7	0.5	185	1020	28
Cini-minis	4 pc.	490	18	7	0	20	400	74
Double Croissan'wich w/double bacon	1 item	420	25	11	0.5	210	1200	27
Double Croissan'wich w/double ham	1 item	410	21	10	0.5	220	1880	29
Double Croissan'wich w/double sausage	1 item	590	43	17	1	90	1310	27
Double Croissan'wich w/ham & bacon	1 item	420	23	11	0.5	220	1530	28
Double Croissan'wich w/ham & sausage	1 item	540	35	14	1	240	1690	29
Double Croissan'wich w/sausage & bacon	1 item	550	37	15	1	235	1360	28
Egg & Cheese Croissan'wich	1 item	300	16	7	0	180	690	26
French Toast Sticks	3 pc.	310	11	2	0	0	280	50
Ham, Egg & Cheese Croissan'wich	1 item	330	16	7	0	200	1170	27
Ham Omelette Sandwich	1 item	290	12	4.5	0	110	1060	30
Ham, Egg & Cheese Biscuit Sandwich	1 item	400	22	15	0.5	185	1450	34
Hashbrowns (small)	1 item	420	27	6	0	0	680	40
Sausage & Cheese Croissan'wich	1 item	380	24	10	0	50	780	26
Sausage Biscuit	1 item	420	27	15	0.5	35	1090	32
Sausage, Egg & Cheese Biscuit Sandwich	1 item	550	37	19	1	210	1520	34
Sausage, Egg & Cheese Croissan'wich	1 item	460	31	11	0.5	215	1000	27
<b>Burgers</b>								
A-1 Steakhouse XT Burger	1 item	970	61	23	1	135	1930	55
BK Double Stacker	1 item	570	37	15	1.5	100	1050	29
BK Quad Stacker	1 item	930	65	28	2.5	190	1740	31
BK Triple Stacker	1 item	750	57	22	2	145	1390	30
Cheeseburger	1 item	310	15	7	0.5	40	740	28
Double Cheeseburger	1 item	460	27	13	1	80	990	28
Double Hamburger	1 item	370	19	8	1	60	550	27
Double Whopper	1 item	920	58	19	2.5	140	1090	51
Hamburger	1 item	260	11	4	0	30	520	27
Steakhouse XT Burger	1 item	770	46	17	0.5	115	1390	53
Triple Whopper	1 item	1160	76	27	3	205	1170	51

Burger King®	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Triple Whopper w/cheese	1 item	1250	84	32	3.5	225	1600	52
Whopper	1 item	670	40	11	1.5	75	1020	51
Whopper Jr.	1 item	340	20	5	0.5	35	530	28
<b>Other Items</b>								
BK Fish	1 item	640	32	5	0.5	45	1370	66
Original Chicken Sandwich	1 item	630	39	7	0.5	65	1390	46
Spicy Chicken Crisp Sandwich	1 item	450	30	5	0	30	810	34
TenderCrisp Chicken Sandwich	1 item	800	46	8	1	70	1640	68
Tendergrill Chicken Sandwich	1 item	490	21	4	0	55	1220	51
Veggie Grill	1 item	420	16	2.5	0	5	1100	46
<b>Salads (w/o dressing)</b>								
Side Garden Salad	1 salad	330	26	6	0	30	770	18
TenderCrisp Garden Salad	1 salad	670	45	9	0.5	85	1740	38
Tendergrill Garden Salad	1 salad	460	29	7	0	95	1450	19
<b>Sides</b>								
BK Chicken Fries	6 pc.	250	15	2.5	0	30	820	16
Chicken Tenders	5 pc.	230	13	2.5	0	35	380	16
French Fries (small)	1 order	340	17	3.5	0	0	530	44
Onion Rings (small)	1 order	310	17	3	0	0	490	36
<b>Desserts</b>								
Dutch Apple Pie	1 item	320	13	5	0	0	290	47
Funnel Cake Sticks	1 item	300	11	3	0	10	210	49
Hershey's Sundae Pie	1 item	310	19	12	0	10	220	32
<b>Kid's Meals</b>								
Cheeseburger	1 item	310	15	7	0.5	40	740	28
Crown Shaped Chicken Tenders	4 pc.	180	11	2	0	30	310	13
Double Cheeseburger	1 item	460	27	13	1	80	990	28
Double Hamburger	1 item	370	19	8	1	60	550	27
Fresh Apple Fries	1 item	70	0.5	0	0	0	40	16
Hamburger	1 item	260	11	4	0	30	520	27
Kraft Macaroni & Cheese	1 item	160	5	1.5	0	10	340	22

# California Pizza Kitchen®

## Small Cravings

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Asparagus & Arugula Salad	1 salad	173	NA	2	NA	NA	442	8
Buffalo Chicken	1 order	655	NA	12	NA	NA	2949	37
Crispy Artichoke Hearts	1 order	319	NA	4	NA	NA	537	15
Mediterranean Plate	1 order	398	NA	4	NA	NA	827	36
Sweet Corn Tamale Ravioli	1 order	436	NA	18	NA	NA	1048	33
The Wedge Salad	1 salad	280	NA	6	NA	NA	470	5
White Corn Guacamole & Chips	1 order	362	NA	3	NA	NA	759	48

## Appetizers

Avocado Club Egg Rolls	1 order	1172	NA	19	NA	NA	1518	58
Baja Chicken Tortilla Roll w/ guacamole	1 pc.	326	NA	7	NA	NA	907	31
Cabo Crab Cakes	1 order	511	NA	5	NA	NA	1533	26
Garlic Cheese Foccacia w/checca	1 order	951	NA	11	NA	NA	2195	119
Herb Onion Foccacia w/checca	1 order	809	NA	4	NA	NA	2106	120
Lettuce Wraps w/chicken	1 order	911	NA	2	NA	NA	2667	122
Lettuce Wraps w/chicken & shrimp	1 order	1054	NA	2	NA	NA	2877	123
Lettuce Wraps w/shrimp	1 order	895	NA	1	NA	NA	2790	123
Mediterranean Tortilla Roll w/ sundried tomato marinara	1 pc.	354	NA	8	NA	NA	968	31
Sesame Ginger Chicken Dumplings	1 pc.	326	NA	0	NA	NA	1564	50
Singapore Shrimp Rolls	1 order	646	NA	2	NA	NA	3702	107
Sonora Egg Rolls	1 order	1042	NA	22	NA	NA	1982	60
Spinach Artichoke Dip	1 order	873	NA	15	NA	NA	1242	103
Thai Chicken Tortilla Roll w/thai peanut sauce	1 pc.	452	NA	6	NA	NA	1185	43
Tuscan Hummus w/honey wheat & grain pita	1 order	849	NA	4	NA	NA	1392	119
Tuscan Hummus w/traditional pita	1 order	861	NA	4	NA	NA	1562	124

## Soups (cup)

Asparagus Soup	1 item	106	NA	1	NA	NA	929	16
Dakota Smashed Pea & Barley Soup	1 item	184	NA	0	NA	NA	1050	35
Sedona Tortilla Soup	1 item	316	NA	9	NA	NA	933	35
Tuscan White Bean Minestrone	1 item	140	NA	1	NA	NA	353	21

## Salads (half salads)

Chinese Chicken Salad	1 salad	376	NA	0	NA	NA	1254	49
Classic Caesar Salad	1 salad	277	NA	7	NA	NA	515	15
Classic Caesar Salad w/grilled chicken breast	1 salad	511	NA	8	NA	NA	799	16
Classic Caesar Salad w/grilled shrimp	1 salad	373	NA	7	NA	NA	969	16

# California Pizza Kitchen®

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Classic Caesar Salad w/salmon	1 salad	507	NA	10	NA	NA	661	15
CPK Cobb Salad w/blue cheese dressing	1 salad	540	NA	11	NA	NA	940	12
CPK Cobb Salad w/ranch dressing	1 salad	574	NA	11	NA	NA	815	11
Field Greens	1 salad	499	NA	6	NA	NA	403	34
Field Greens w/gorgonzola cheese	1 salad	599	NA	12	NA	NA	783	35
Grilled Vegetable Salad	1 salad	415	NA	4	NA	NA	1056	31
Miso Salad	1 salad	580	NA	4	NA	NA	1346	54
Moroccan Chicken Salad	1 salad	412	NA	4	NA	NA	309	30
Original Chopped Salad	1 salad	476	NA	8	NA	NA	1097	9
Thai Crunch Salad	1 salad	578	NA	4	NA	NA	654	53
Thai Crunch Salad w/avocado & additional thai peanut dressing	1 salad	821	NA	6	NA	NA	1058	70
The Original BBQ Chicken Chopped Salad	1 salad	576	NA	8	NA	NA	785	50
Waldorf Chicken Salad w/dijon balsamic vinaigrette	1 salad	743	NA	13	NA	NA	932	48
Waldorf Chicken Salad w/blue cheese dressing	1 salad	785	NA	15	NA	NA	1041	42

## Pizzas

5 Cheese & Fresh Tomato	1 pizza	1114	NA	25	NA	NA	2539	118
BBQ Chicken w/applewood smoked bacon	1 pizza	1316	NA	25	NA	NA	3288	136
BLT	1 pizza	1364	NA	25	NA	NA	2869	122
Buffalo Chicken	1 pizza	1247	NA	23	NA	NA	3377	124
California Club	1 pizza	1560	NA	26	NA	NA	3542	129
Carne Asada	1 pizza	1323	NA	27	NA	NA	3496	127
Cheeseburger Pizza	1 pizza	1444	NA	26	NA	NA	2901	132
Chipotle Chicken	1 pizza	1198	NA	19	NA	NA	2773	127
Goat Cheese w/roasted peppers	1 pizza	1177	NA	23	NA	NA	2638	131
Hawaiian	1 pizza	1074	NA	16	Na	NA	2565	134
Hawaiian (substitute pepperoni)	1 pizza	1170	NA	22	NA	NA	2583	131
Italian Tomato & Basil	1 pizza	1033	NA	17	NA	NA	2329	125
Jamaican Jerk Chicken	1 pizza	1356	NA	24	NA	NA	4236	137
Mushroom Pepperoni Sausage	1 pizza	1426	NA	31	NA	NA	3336	127
Pear & Gorgonzola	1 pizza	1195	NA	24	NA	NA	2175	128
Pepperoni	1 pizza	1140	NA	22	NA	NA	2637	122
Roasted Garlic Chicken	1 pizza	1125	NA	20	NA	NA	2111	125
Santa Fe Chicken	1 pizza	1201	NA	22	NA	NA	3097	130
Shrimp Scampi	1 pizza	1121	NA	20	NA	NA	2210	125
Thai Chicken	1 pizza	1301	NA	17	NA	NA	3002	139
The Greek	1 pizza	1424	NA	22	NA	NA	2979	132
The Greek Vegetarian Option	1 pizza	1480	NA	24	NA	NA	2782	136

# California Pizza Kitchen®

## Pizzas Continued

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
The Hawaiian BBQ Chicken	1 pizza	1159	NA	19	NA	NA	2569	141
The Meat Cravers	1 pizza	1530	NA	33	NA	NA	1434	127
The Original BBQ Chicken	1 pizza	1136	NA	19	NA	NA	2568	136
The Works	1 pizza	1430	NA	29	NA	NA	3335	131
Tostada	1 pizza	1438	NA	27	NA	NA	2626	158
Traditional Cheese	1 pizza	998	NA	16	NA	NA	2161	122
Vegetarian w/japanese eggplant	1 pizza	1166	NA	19	NA	NA	2808	139
White Pizza	1 pizza	1103	NA	21	NA	NA	2455	118
Wild Mushroom	1 pizza	1244	NA	23	NA	NA	2473	135

## Thin Crust Pizzas

Margherita	1 pizza	1105	NA	20	NA	NA	3188	106
Pepperoni Supremo	1 pizza	1016	NA	21	NA	NA	3048	105
Pesto Chicken	1 pizza	1329	NA	21	NA	NA	2737	110
Sicilian	1 pizza	1225	NA	29	NA	NA	3107	101
Tricolore Salad Pizza	1 pizza	1001	NA	15	NA	NA	1911	125

## Pizza Crust

Honey Wheat & Whole Grain Crust	1 item	620	NA	2	NA	NA	945	106
Pizza Crust, Original	1 item	614	NA	2	NA	NA	1115	111
Thin & Crispy Crust	1 item	439	NA	0	NA	NA	958	91

## Pastas

4 Cheese Ravioli w/pomodoro cream	1 order	947	NA	41	NA	NA	1554	49
Asparagus & Spinach Spaghetti	1 order	1115	NA	10	NA	NA	2078	119
Broccoli Sundried Tomato Fusilli	1 order	1287	NA	14	NA	NA	2368	121
Chicken Tequila Fettuccine	1 order	1225	NA	42	NA	NA	1247	95
Garlic Cream Fettuccine	1 order	1416	NA	51	NA	NA	1706	110
Jambalaya	1 order	1188	NA	15	NA	NA	2206	106
Kung Pao Spaghetti	1 order	1165	NA	7	NA	NA	1230	135
Pesto Cream Penne	1 order	1347	NA	49	NA	NA	1915	111
Portobello Mushroom Ravioli w/ garlic cream sauce	1 order	1010	NA	38	NA	NA	1649	76
Portobello Mushroom Ravioli w/ tomato basil sauce	1 order	718	NA	10	NA	NA	1550	81
Spaghetti Bolognese	1 order	890	NA	8	NA	NA	1930	117
Thai Linguine	1 order	1421	NA	20	NA	NA	2780	137
Tomato Basil Spaghettini	1 order	1271	NA	14	NA	NA	2318	143

## Specialties

Baja Fish Tacos	1 order	973	NA	10	NA	NA	1692	94
Blue Crab Cakes w/spaghettini	1 order	1573	NA	32	NA	NA	3298	100
Blue Crab Cakes w/wok-stirred vegetables	1 order	1045	NA	10	NA	NA	3095	54

# California Pizza Kitchen®

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Chicken Marsala	1 order	1412	NA	15	NA	NA	3038	113
Chicken Milanese	1 order	618	NA	11	NA	NA	1209	22
Chicken Piccata	1 order	1539	NA	30	NA	NA	3617	99
Ginger Salmon	1 order	979	NA	8	NA	NA	2299	74
Pan-Sautéed Salmon w/ spaghetti	1 order	1309	NA	30	NA	NA	1721	71
Pan-Sautéed Salmon w/wok-stirred vegetables	1 order	780	NA	8	NA	NA	1519	24
Steak Tacos	1 order	981	NA	15	NA	NA	1902	74
Wild Caught Mahi Mahi w/ spaghetti	1 order	1214	NA	12	NA	NA	2419	77
Wild Caught Mahi Mahi w/wok-stirred vegetables	1 order	560	NA	4	NA	NA	1584	24
<b>Focaccia Sandwiches (on garlic cheese focaccia)</b>								
Albacore Tuna Salad Sandwich	1 item	839	NA	8	NA	NA	1860	91
Chicken Club Sandwich	1 item	1046	NA	13	NA	NA	2038	94
Cranberry Walnut Chicken Salad Sandwich	1 item	966	NA	10	NA	NA	1695	95
Grilled Chicken Caesar	1 item	1051	NA	12	NA	NA	2273	93
Grilled Dijon Chicken Sandwich	1 item	848	NA	7	NA	NA	1984	95
Grilled Vegetable Sandwich	1 item	939	NA	13	NA	NA	2499	98
<b>Sides</b>								
Asparagus Soup	1 cup	106	NA	1	NA	NA	929	16
Caesar Salad	1 salad	208	NA	5	NA	NA	422	8
Dakota Smashed Pea & Barley	1 cup	184	NA	0	NA	NA	1050	35
Sedona Tortilla Soup	1 cup	316	NA	9	NA	NA	933	35
Szechuan Slaw	1 order	342	NA	3	NA	NA	1328	29
Tuscan White Bean Minestrone	1 cup	140	NA	1	NA	NA	353	21
<b>Desserts</b>								
Apple Crisp	1 item	510	NA	6	NA	NA	26	100
Chocolate Banana Royale Cake	1 item	650	NA	16	NA	NA	273	64
Chocolate Soufflé Cake	1 item	676	NA	31	NA	NA	43	50
Hot Fudge Brownie Sundae	1 item	1065	NA	30	NA	NA	299	108
Key Lime Pie	1 item	839	NA	27	NA	NA	280	92
Red Velvet Cake	1 item	743	NA	17	NA	NA	355	91
Tiramisu	1 item	530	NA	19	NA	NA	125	53
Turtle Sundae	1 item	1538	NA	58	NA	NA	241	122
White Chocolate Strawberry Cheesecake	1 item	1101	NA	47	NA	NA	600	96
<b>CP Kid's Pizzas</b>								
Kid's Cheeseburger Pizza	1 pizza	549	NA	13	NA	NA	1110	46
Kid's Hawaiian Pizza	1 pizza	463	NA	8	NA	NA	1165	52
Kid's Honey Chicken Pizza	1 pizza	519	NA	10	NA	NA	1067	55

# California Pizza Kitchen®

## CP Kid's Pizzas Continued

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Kid's Mushroom Pepperoni Sausage Pizza	1 pizza	524	NA	11	NA	NA	1220	48
Kid's Original BBQ Chicken Pizza	1 pizza	483	NA	9	NA	NA	1128	53
Kid's Pepperoni Pizza	1 pizza	478	NA	10	NA	NA	1114	48
Kid's Traditional Cheese Pizza	1 pizza	425	NA	8	NA	NA	936	48

## CP Kid's Salad

Kid's Salad (w/o dressing)	1 salad	54	NA	0	NA	NA	75	10
Kid's Salad w/herb ranch dressing	1 salad	258	NA	3	NA	NA	251	11

## CP Kid's Pastas & Chicken

Kid's Buttered Fusilli	1 order	478	NA	7	NA	NA	636	73
Kid's Crispy Chicken w/broccoli	1 order	336	NA	3	NA	NA	1025	31
Kid's Curly Mac 'n Cheese	1 order	1038	NA	38	NA	NA	1651	80
Kid's Fusilli Alfredo	1 order	835	NA	28	NA	NA	891	74
Kid's Fusilli w/olive oil	1 order	504	NA	2	NA	NA	46	73
Kid's Fusilli w/meat sauce	1 order	548	NA	4	NA	NA	368	79
Kid's Fusilli w/tomato sauce	1 order	458	NA	0	NA	NA	506	81
Kid's Grilled Chicken Breast & Broccoli	1 order	246	NA	1	NA	NA	565	7

## CP Kid's Desserts

Kid's Brownie	1 item	544	NA	8	NA	NA	238	75
Kid's Fresh Fruit	1 item	68	NA	0	NA	NA	2	16
Kid's M&M Sundae	1 item	509	NA	21	NA	NA	69	43

## NOTES:

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### Fast Food Factoid:

*It is useless for the sheep to pass resolutions in favor of vegetarianism while the wolf remains of a different opinion.*

*William Ralph Inge (1860–1954)*

Captain D's®		Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>Appetizers</b>									
Cheesesticks w/o sauce	1 item	440	24	NA	1	40	1070	32	
Fried Pickles w/ranch dressing	1 item	360	30	NA	1	30	1810	17	
Gumbo Soup w/rice	1 item	210	8	NA	0	25	700	26	
Jalapeño Cheese Bites	9 pc.	350	19	NA	1	40	840	36	
<b>Salads (w/o dressing unless specified)</b>									
Blackened Chicken Salad	1 salad	250	9	NA	0	85	1130	10	
Crispy Chicken Caesar w/dressing	1 salad	920	70	NA	2	125	1540	52	
Fried Chicken Salad	1 salad	500	29	NA	1	75	1210	31	
Fried Shrimp Salad	1 salad	610	29	NA	2	135	1180	60	
Garden Salad	1 salad	150	8	NA	0	25	340	9	
Grilled Chicken Caesar Salad w/ dressing	1 salad	904	66	NA	2	170	1920	35	
Grilled Seasoned Shrimp	1 salad	360	10	NA	1	210	450	32	
Grilled Wild Alaskan Salmon	1 salad	510	23	NA	2	125	560	35	
Southern Style Fried Chicken Salad	1 salad	400	18	NA	2	35	690	42	
<b>Kitchen Selections</b>									
Chicken Breast Combo	1 item	470	15	NA	2	75	1220	54	
Coastal Flounder Dinner	1 item	360	10	NA	1	90	450	31	
Mahi Mahi	1 item	490	15	NA	2	115	520	52	
Parmesan Chicken Scampi	1 item	610	27	NA	3	110	1660	59	
Premium Shrimp Dinner	1 item	470	15	NA	1	120	1190	18	
Seafood Lovers Mixed Grill	1 item	910	25	NA	2	425	3140	80	
Seafood Scampi Platter	1 item	530	20	NA	2	190	960	36	
Shrimp Skewers Combo	1 item	510	10	NA	1	305	550	53	
Tilapia Combo	1 item	490	14	NA	2	80	440	52	
Wild Alaskan Salmon	1 item	590	22	NA	2	120	570	56	
<b>D's Classics (includes fries &amp; coleslaw)</b>									
2 pc. Fish & Chicken Dinner	1 order	1460	93	NA	6	145	3480	121	
2 pc. Fish Dinner	1 order	1290	83	NA	5	120	3050	110	
3 pc. Fish Dinner	1 order	1450	93	NA	6	145	3520	120	
Bite Size Shrimp Platter	1 order	1140	62	NA	4	150	1930	121	
Catfish Dinner	1 order	1040	63	NA	4	120	2090	87	
Catfish Feast	1 order	1990	141	NA	5	225	3630	128	
Chicken Dinner	1 order	1200	72	NA	4	120	2390	102	
Clam Platter	1 order	1440	87	NA	4	75	2540	134	
Country Style Fish Dinner	1 order	1180	69	NA	5	130	2020	99	
Crab & Fish Dinner	1 order	1320	83	NA	5	130	3010	118	
Crab & Shrimp Dinner	1 order	1080	63	NA	4	140	2060	104	
Crab Dinner	1 order	1050	60	NA	3	120	1970	106	
Deluxe Seafood Platter	1 order	1700	106	NA	7	220	4020	144	

Captain D's®		Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>D's Classics (includes fries &amp; coleslaw)</b>									
Fish & Fries	1 order	1120	71	NA	5	105	2730	97	
Fish & Shrimp Dinner	1 order	1510	96	NA	6	180	3580	126	
Fish, Shrimp & Chicken Platter	1 order	1700	107	NA	6	205	3960	138	
Flounder Dinner	1 order	1530	94	NA	6	225	2990	116	
Jumbo Fish Platter	1 order	1610	102	NA	7	170	4000	130	
Oyster Dinner	1 order	1000	58	NA	4	105	1810	100	
Shrimp Dinner	1 order	1110	67	NA	4	165	2150	102	
Super Shrimp Platter	1 order	1380	83	NA	5	235	2790	122	
<b>Pieces</b>									
Batter Dipped Fish	1 pc.	160	10	NA	1	25	480	10	
Butterfly Shrimp	1 pc.	45	3	NA	0	10	105	3	
Chicken Strip	1 pc.	170	10	NA	1	25	430	11	
Stuffed Crab	1 pc.	100	5	NA	0	20	220	9	
<b>Sandwiches</b>									
Deluxe Classic Fish Sandwich	1 item	890	59	NA	2	85	2050	62	
Double Bacon Ranch Crispy Chicken Sandwich	1 item	1000	67	NA	1	120	2880	67	
Double Bacon Ranch Grilled Chicken Sandwich	1 item	870	60	NA	2	115	2510	45	
Grilled Alaskan Salmon Sandwich	1 item	790	49	NA	1	130	1120	46	
Seasoned Tilapia Sandwich	1 item	690	42	NA	1	95	990	42	
<b>Pasta</b>									
Chicken Broccoli Alfredo	1 order	900	37	NA	1	155	2100	98	
Classic Chicken Parmesan	1 order	850	30	NA	2	50	1710	105	
Savory Shrimp Scampi	1 order	800	33	NA	3	135	1250	92	
Shrimp Broccoli Alfredo	1 order	870	36	NA	1	155	1460	97	
Shrimp Marinara	1 order	670	15	NA	1	80	1380	94	
<b>Side Items</b>									
Baked Potato (plain)	1 item	240	0	NA	0	0	25	54	
Breadsticks	2 pc.	300	11	NA	2	5	300	42	
Coleslaw	1 order	170	12	NA	0	10	310	13	
Corn on the Cob	1 pc.	190	3	NA	0	0	10	37	
French Fries (small)	1 order	310	15	NA	2	15	450	38	
Fried Okra	1 order	230	14	NA	1	15	410	23	
Garlic Mashed Potatoes	1 order	100	3	NA	0	<5	490	16	
Green Beans	1 order	60	2	NA	0	5	400	10	
Hushpuppies	4 pc.	400	26	NA	2	30	650	36	
Lemon Herb Rice	1 order	150	1	NA	0	0	100	31	
Macaroni & Cheese	1 order	160	7	NA	0	10	570	17	
Roasted Red Potatoes	1 order	170	7	NA	1	10	1200	25	

<b>Captain D's®</b>		Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Sliced Tomatoes	3 pc.	10	0	NA	0	0	0	0	2
Steamed Broccoli	1 order	40	1	NA	0	0	30	5	
Vegetable Medley	1 order	36	0	NA	0	0	31	7	
Vegetable Medley w/italian sauce	1 order	140	11	NA	2	0	750	9	

### Kid's Meals

Chicken	1 order	680	32	NA	3	50	1050	85
Fish	1 order	960	55	NA	4	75	2100	105
Shrimp	1 order	740	33	NA	3	75	1040	100

### Desserts

Carrot Cake	1 item	390	19	NA	1	45	330	50
Cheesecake w/strawberry topping	1 item	430	26	NA	5	70	220	45
Chocolate Cake	1 item	300	11	NA	1	25	270	49
Pecan Pie	1 item	470	26	NA	4	70	270	56
Pineapple Cream Cheese Pie	1 item	320	14	NA	3	20	300	43

## Carl's Jr.®

### Breakfast

		Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Bacon & Egg Burrito	1 item	550	32	10	0	500	990	37	
Breakfast Burger	1 item	780	41	15	1	305	1460	64	
French Toast Dips (no syrup)	1 item	460	21	4	0	0	570	60	
Hashbrown Nuggets	1 item	350	23	4	0	0	440	32	
Loaded Breakfast Burrito	1 item	780	49	16	0	510	1480	51	
Sourdough Breakfast Sandwich	1 item	470	25	9	0	265	1090	37	
Steak & Egg Burrito	1 item	650	36	14	0	535	1750	43	
Sunrise Croissant	1 item	590	44	17	0	285	810	27	

### Burgers

Big Carl	1 item	920	59	23	1.5	145	1370	51
Big Hamburger	1 item	460	17	8	0.5	50	1090	54
Double Western Bacon Cheeseburger	1 item	960	52	23	2	140	1750	70
Famous Star w/cheese	1 item	660	39	13	1	80	1300	53
Guacamole Bacon Six Dollar Burger	1 item	1040	70	25	2	145	2240	53
Jalapeño Burger	1 item	720	46	15	0.5	85	1340	50
Jalapeño Six Dollar Burger	1 item	930	61	22	1.5	135	2190	52
Kid's Cheeseburger	1 item	290	15	7	0.5	40	830	24
Kid's Hamburger	1 item	230	10	3.5	0.5	25	550	24
Low Carb Six Dollar Burger	1 item	570	43	18	2	120	1480	7

Carl's Jr.®		Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>Burgers Continued</b>									
Original Six Dollar Burger	1 item	890	54	20	2	130	2040	58	
Portobello Mushroom Six Dollar Burger	1 item	870	53	19	1.5	110	1730	52	
Six Dollar Cheeseburger	1 item	790	43	21	2	130	2450	53	
Super Star w/cheese	1 item	920	58	23	1.5	145	1640	54	
Teriyaki Burger	1 item	610	29	11	0.5	65	1020	60	
Western Bacon Cheeseburger	1 item	710	33	13	1	75	1410	69	
<b>Sandwiches</b>									
Bacon Swiss Crispy Chicken	1 item	750	40	9	1.5	70	1990	62	
Carl's Catch Fish Sandwich	1 item	710	37	6	0	40	1280	74	
Charbroiled BBQ Chicken	1 item	380	7	1.5	0	60	1010	49	
Charbroiled Chicken Club	1 item	560	27	7	0	90	1280	44	
Charbroiled Santa Fe Chicken	1 item	630	35	8	0	95	1410	44	
Chicken Strips	3 pc.	370	26	6	0	30	620	19	
Spicy Chicken	1 item	420	27	5	0	25	930	33	
<b>Salads (w/o dressing)</b>									
Cranberry Apple Walnut Grilled Chicken Salad	1 salad	300	11	3.5	0	70	840	25	
Original Grilled Chicken Salad	1 salad	200	6	3	0	70	610	13	
Side Salad	1 salad	50	2.5	1.5	0	5	75	5	
Southwest Grilled Chicken Salad	1 salad	440	23	8	0.5	70	1100	24	
<b>Sides</b>									
Chicken Stars	4 pc.	210	16	4	0	25	310	10	
Chili Cheese Fries	1 order	980	56	19	1	70	2350	88	
CrissCut Fries	1 order	450	29	5	0	0	900	42	
Fish & Chips	1 order	730	39	7	0	25	1630	72	
Fried Zucchini	1 order	330	18	3	0	0	610	36	
Natural Cut Fries (small)	1 order	320	15	3	0	0	830	42	
Onion Rings	1 order	530	28	4.5	0	0	590	61	
<b>Desserts</b>									
Chocolate Cake	1 item	300	12	3	0	30	350	48	
Chocolate Chip Cookie	1 item	370	19	10	0	30	350	48	
Strawberry Swirled Cheesecake	1 item	290	16	9	0	55	230	32	

## Carabba's Italian Grill®

Does not provide nutrition information.

## Cheesecake Factory®

Does not provide nutrition information.

Chick-fil-A®		Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>Breakfast</b>									
Bacon, Egg & Cheese Biscuit	1 item	520	29	13	0	290	1400	44	
Biscuit & Gravy	1 item	420	20	8	0	10	1370	51	
Biscuit (plain)	1 item	310	13	6	0	0	700	41	
Chicken Biscuit	1 item	450	20	8	0	30	1310	48	
Chicken Breakfast Burrito	1 item	450	20	8	0	260	990	43	
Chicken, Egg & Cheese Bagel	1 item	530	23	7	0	305	1330	50	
Chick-n-Minis	3 pc.	260	10	2.5	0	40	650	30	
Cinnamon Cluster	1 item	400	15	6	0	35	280	61	
Hashbrowns	1 item	280	19	4	0	0	410	25	
Sausage Biscuit	1 item	590	41	16	0	50	1250	42	
Sausage Breakfast Burrito	1 item	510	29	12	0	270	970	40	
<b>Classics</b>									
Chargrilled Chicken Club Sandwich	1 item	410	12	5	0	80	1460	39	
Chargrilled Chicken Sandwich	1 item	300	3.5	1	0	55	1120	38	
Chicken Nuggets	12 pc.	400	17	3.5	0	105	1480	18	
Chicken Salad Sandwich	1 item	500	20	3.5	0	80	1240	52	
Chicken Sandwich	1 item	430	17	3.5	0	65	1370	39	
Chick-n-Strips	4 pc.	500	24	4.5	0	95	1630	24	
<b>Wraps</b>									
Chargrilled Chicken Cool Wrap	1 item	410	12	4	0	55	1300	50	
Chicken Caesar Cool Wrap	1 item	460	15	6	0	65	1520	47	
Spicy Chicken Cool Wrap	1 item	410	12	4	0	60	1380	48	
<b>Salads (w/o dressing)</b>									
Chargrilled & Fruit Salad	1 salad	230	6	3.5	0	55	650	23	
Chargrilled Chicken Garden Salad	1 salad	180	6	3.5	0	55	650	11	
Chick-n-Strips Salad	1 salad	470	23	6	0	85	1340	27	
Southwest Chargrilled Salad	1 salad	240	9	4	0	60	820	18	
<b>Side Items</b>									
Carrot & Raisin Salad (large)	1 salad	390	18	2.5	0	10	230	59	
Chicken Salad Cup	1 item	350	24	4	0	135	1100	6	
Cole Slaw (large)	1 item	580	50	8	0.5	35	450	31	
Fruit Cup (large)	1 item	100	0	0	0	0	0	27	
Hearty Breast of Chicken Soup (large)	1 item	220	6	2	0	40	1760	30	
Side Salad	1 salad	70	4.5	3	0	15	110	5	
Waffle Potato Fries (large)	1 order	430	23	4.5	0	0	210	50	
Yogurt Parfait	1 item	180	3	1.5	0	15	80	37	
Yogurt Parfait w/Granola	1 item	240	5	1.5	0	15	90	47	
Yogurt Parfait w/Oreo	1 item	200	4.5	1.5	0	15	90	40	



<b>Chick-fil-A®</b>	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>Desserts</b>								
Cheesecake	1 item	310	23	13	0.5	115	280	22
Fudge Nut Brownie	1 item	370	19	6	0	25	180	45
Lemon Pie	1 item	360	13	6	0	30	290	58

## Chipotle Mexican Grill®

Items	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Barbacoa	4 oz.	170	7	2.5	0	60	510	2
Black Beans	4 oz.	120	1	0	0	0	250	23
Carnitas	4 oz.	190	8	2.5	0	70	540	1
Cheese	1 oz.	100	8.5	5	0	30	180	0
Chicken	4 oz.	190	6.5	2	0	115	370	1
Chips	4 oz.	570	27	3.5	0	0	420	73
Cilantro-Lime Rice	3 oz.	130	3	0.5	0	0	150	23
Corn Salsa	3.5 oz.	80	1.5	0	0	0	410	15
Crispy Taco Shell	1 item	60	2	0.5	0	0	10	9
Fajita Vegetables	2.5 oz.	20	0.5	0	0	0	170	4
Flour Tortilla (burrito)	1 item	290	9	3	0	0	670	44
Flour Tortilla (taco)	1 item	90	2.5	1	0	0	200	13
Green Tomatillo	2 oz.	15	0	0	0	0	230	3
Guacamole	3.5 oz.	150	13	2	0	0	190	8
Lettuce	2.5 oz.	0	0	0	0	0	5	2
Pinto Beans	4 oz.	120	1	0	0	5	330	22
Red Tomatillo	2 oz.	40	1	0	0	0	510	8
Romaine Lettuce (tacos)	1 oz.	5	0	0	0	0	0	1
Sour Cream	2 oz.	120	10	7	0	40	30	2
Steak	4 oz.	190	6.5	2	0	65	320	2
Tomato Salsa	3.5 oz.	20	0	0	0	0	470	4
Vinaigrette	2 oz.	260	24.5	4	0	0	700	12

# Chuck E. Cheese®

## Pizza (medium)

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
All Meat Combo	1 slice	215	11	4	0	22	608	21
BBQ Chicken	1 slice	185	6	2	0	13	460	24
Cheese	1 slice	155	5	2	0	8	360	21
Super Combo	1 slice	185	8	3	0	14	453	22
Veggie Combo	1 slice	160	6	2	0	7	366	22

## Oven Baked Sandwiches

Chicken Ciabatta	1 item	715	28	7	0	86	1940	80
Ham & Cheese	1 item	685	27	8	0	68	2206	79
Italian Sub	1 item	790	39	12	0	83	2374	78

## Side Items

24 Piece Wing Platter	1/6 order	300	20	4	0	104	1308	16
Apple Dessert Pizza	1 slice	192	5	2	0	0	164	33
Breadsticks (w/o sauce)	1 pc.	175	9	2	0	7	412	18
Buffalo Wings	1 pc.	75	5	1	0	26	327	4
Carrot Sticks w/ranch	1 order	183	15	2	0	8	451	12
Chocolate Cake	1 slice	290	13	4	0	30	220	41
Cinnamon Sticks	1 order	70	2	1	0	0	87	11
French Fries	1 order	420	20	2	0	4	929	55
Hot Dog	1 item	310	19	7	0	32	1084	35
Mandarin Oranges	1 order	56	0	0	0	0	6	15
Mozzarella Sticks w/marinara sauce	1 pc.	93	6	2	0	7	211	6
Pasta Salad	1 order	150	4	0.5	0	0	280	24
Sampler Platter	1/7 order	329	19	5	0	58	840	25
Sandwich Platter	1/12 order	183	8	2	0	20	543	20
Sheet Cake, Chocolate	1 slice	310	14	5	0	25	200	41
Vanilla Buttercream Cake	1 slice	310	18	6	0	40	230	35
Veggie Platter	1/2 order	129	11	2	0	12	264	7

### Fast Food Factoid:

Many fast food restaurants have stopped frying in trans fats. That's good! However, most still use way too much saturated fat and sodium. Select green foods and get the best fast food has to offer.

Church's®	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>Main Course</b>								
BBQ Chicken Sandwich	1 item	516	17	4	2	94	887	36
Boneless Wings w/bbq sauce	6 pc.	550	21	4	9	65	2420	60
Boneless Wings w/hot sauce	6 pc.	460	21	4	9	65	2620	36
Chicken Sandwich	1 item	458	22	4	0	37	1241	48
Chicken Sandwich w/cheese	1 item	503	26	7	0	47	1461	48
Country Fried Steak	1 item	470	28	7	2	65	1620	36
Double Chicken N Cheese Sandwich	1 item	738	38	12	0	82	2571	63
Nuggets	5 pc.	162	7	2	0	21	759	13
Original Breast	1 item	200	11	3	2	80	450	3
Original Leg	1 item	110	6	2	1	55	280	3
Original Thigh	1 item	330	23	6	3	110	680	8
Original Wing	1 item	300	19	5	3	120	540	7
Premium Homestyle Filet	1 item	349	17	6	3	102	1280	17
Premium Homestyle Filet w/3oz. brown gravy	1 item	630	21	7	4	106	6691	71
Premium Homestyle Filet w/3oz. white gravy	1 item	409	20	6	3	102	1700	25
Premium Homestyle Sandwich	1 item	623	32	8	3	114	1633	51
Shrimp & Fries Basket	1 item	750	36	6	3	120	1980	86
Spicy Breast	1 item	320	20	5	4	75	760	12
Spicy Chicken Sandwich	1 item	456	21	4	0	37	1292	47
Spicy Leg	1 item	180	11	3	2	65	470	8
Spicy Tender Strips	1 pc.	135	7	2	2	25	480	7
Spicy Thigh	1 item	480	35	9	5	135	1035	20
Spicy Wing	1 item	430	27	7	4	125	1020	17
Steak Fingers	3 pc.	494	36	12	3	61	1036	23
Tender Strips	1 pc.	120	6	2	1	35	440	6
<b>Sides</b>								
Apple Pie	1 item	260	11	4	2	5	250	39
Cajun Rice (regular)	1 item	130	7	3	0	5	260	16
Churro-Caramel	1 item	140	7	2	0	0	120	18
Cole Slaw (regular)	1 item	150	10	2	0	5	170	15
Corn on the Cob	1 item	140	3	0	0	0	15	24
French Fries (regular)	1 item	290	14	3	3	0	320	38
Honey Butter Biscuit	1 item	190	10	2	2	4	430	22
Jalapeño Cheese Bombers (regular)	4 pc.	240	10	6	0	30	970	29
Jalapeño Pepper	1 item	5	0	0	0	0	195	1
Macaroni & Cheese (regular)	1 item	221	10	5	0	9	799	24
Mashed Potatoes & Gravy (regular)	1 item	70	2	0	0	1	480	12
Okra (regular)	1 item	350	22	7	1	0	590	36

Cici's Pizza®	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>12" Buffet Pizzas</b>								
Alfredo	1 slice	120	3.5	1.5	0	5	270	18
Bacon Cheddar	1 slice	110	4.5	1.5	0	5	340	19
Bar-B-Que	1 slice	150	2.5	1	0	5	380	25
Beef	1 slice	150	4	2	0	10	340	20
Buffalo Chicken	1 slice	140	4.5	1.5	0	10	460	19
Cheese	1 slice	150	4	2	0	10	330	19
Classic Chicken	1 slice	140	5	1.5	0	10	350	19
Deep Dish	1 slice	170	6	3	0	15	330	19
Ham	1 slice	150	3.5	1.5	0	10	370	19
Ham & Pineapple	1 slice	150	3.5	1.5	0	10	350	21
Macaroni & Cheese	1 slice	170	3	1	0	5	260	29
Olé	1 slice	120	2.5	1	0	<5	290	20
Pepperoni	1 slice	160	4.5	2	0	10	370	20
Pepperoni & Jalapeño	1 slice	150	4.5	2	0	10	390	20
Pepperoni Flip	1 slice	120	6	1.5	0	<5	250	13
Sausage	1 slice	140	5	2	0	10	420	20
Spinach Alfredo	1 slice	120	3.5	1.5	0	5	270	19
Tomato Alfredo	1 slice	120	3	1	0	<5	280	19
Zesty Ham & Cheddar	1 slice	120	4	1	0	5	340	19
Zesty Pepperoni	1 slice	150	6	2	0	10	370	19
Zesty Veggie	1 slice	130	4	1	0	<5	320	20
<b>15" To-Go Pizzas</b>								
Alfredo	1 slice	170	6	2.5	0	10	360	23
Bar-B-Que	1 slice	240	6	3	0	20	710	36
Beef	1 slice	190	8	3.5	0	20	480	24
Buffalo Chicken	1 slice	190	7	2.5	0	20	670	23
Cheese	1 slice	190	5	2	0	10	410	24
Ham	1 slice	200	6	2.5	0	20	500	24
Ham & Pineapple	1 slice	200	6	2.5	0	20	500	24
Olé	1 slice	130	5	2	0	10	410	21
Pepperoni	1 slice	210	8	3.5	0	20	530	24
Pepperoni & Jalapeño	1 slice	210	7	3.5	0	20	590	24
Sausage	1 slice	220	8	3.5	0	20	590	25
Spinach Alfredo	1 slice	170	6	2.5	0	10	380	23
Zesty Ham & Cheddar	1 slice	160	7	2.5	0	15	530	23
Zesty Pepperoni	1 slice	170	9	3	0	15	520	23
Zesty Veggie	1 slice	140	6	1.5	0	5	400	24
<b>Extras &amp; Dessert</b>								
Apple Pizza	1 slice	150	3.5	1	0	0	190	26
Brownie	1 item	140	6	1	0	0	95	22
Cinnamon Roll	1 item	140	5	1	0	0	100	20
Garlic Bread	1 item	100	5	1.5	0	<5	120	10

Culver's®		Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
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## Burgers

Butterburger "The Original" Double	1 item	480	20	8	1	120	730	36
Butterburger "The Original" Single	1 item	346	12	5	1	65	700	35
Butterburger "The Original" Triple	1 item	613	28	11	2	175	841	37
Butterburger Cheese, Single	1 item	398	16	8	1	78	955	36
Butterburger Cheese, Double	1 item	580	29	13	1	145	1240	37
Butterburger Cheese, Triple	1 item	763	41	19	2	213	1606	38
Culver's Bacon Deluxe, Single	1 item	573	34	16	1	108	1067	34
Culver's Bacon Deluxe, Double	1 item	751	47	22	1	175	1351	34
Culver's Bacon Deluxe, Triple	1 item	931	59	27	2	243	1636	34
Culver's Deluxe, Single	1 item	494	27	14	1	93	857	34
Culver's Deluxe, Double	1 item	671	40	19	1	160	1061	34
Culver's Deluxe, Triple	1 item	851	52	25	2	228	1346	34
Cheddar Butterburger, Single	1 item	421	19	10	1	85	580	31
Cheddar Butterburger, Double	1 item	641	34	17	1	160	750	31
Cheddar Butterburger, Triple	1 item	861	49	25	2	235	920	31
Cheddar Butterburger, Single w/ bacon	1 item	541	29	13	1	108	1015	31
Cheddar Butterburger, Double w/ bacon	1 item	761	44	21	1	183	1185	31
Cheddar Butterburger, Triple w/ bacon	1 item	981	59	28	2	258	1355	31
Mushroom Swiss, Single	1 item	431	20	9	1	85	551	33
Mushroom Swiss, Double	1 item	661	36	16	1	160	692	34
Mushroom Swiss, Triple	1 item	891	52	23	2	235	833	35
Sourdough Cheddar Melt, Single	1 item	413	20	10	1	85	600	33
Sourdough Cheddar Melt, Double	1 item	636	35	17	1	160	770	33
Sourdough Cheddar Melt, Triple	1 item	858	50	25	2	235	941	34
Wisconsin Swiss Melt, Single	1 item	403	20	9	1	85	575	33
Wisconsin Swiss Melt, Double	1 item	616	34	16	1	160	660	34
Wisconsin Swiss Melt, Triple	1 item	828	48	23	2	235	746	35

## Favorites

Angus Philly Steak Sandwich	1 item	468	21	9	0	98	973	35
Beef Pot Roast Sandwich	1 item	363	12	7	1	60	948	33
Cheese Hot Dog	1 item	407	26	10	1	66	1140	26
Chicken Tenders, Breaded	4 pc.	440	20	4	2	80	1152	32
Chilly Dog w/bun	1 item	379	24	9	1	58	1210	28
Crispy Chicken Filet Sandwich	1 item	578	35	12	0	55	1056	50
Flame Roasted Chicken Sandwich	1 item	308	9	3	0	65	980	36
Grilled Ham 'N Swiss on Rye	1 item	497	25	13	0	126	1892	33
Grilled Rueben Melt	1 item	588	31	13	1	112	1950	41
Hot Dog	1 item	392	22	8	1	50	1441	38

Culver's®		Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
North Atlantic Cod Filet Sandwich	1 item	663	40	7	1	76	979	47	
Pork Tenderloin Sandwich	1 item	593	26	7	3	65	1431	62	
Shaved Prime Rib	1 item	570	33	18	0	88	1437	35	
Turkey BLT	1 item	562	31	15	0	106	1923	36	
Turkey Sandwich, Stacked	1 item	450	19	9	0	71	1642	47	
<b>Dinners</b>									
Angus Chicken Fried Steak Dinner	1 order	880	42	15	2	106	1899	87	
Beef Pot Roast Dinner	1 order	769	39	25	1	134	1710	73	
Butterfly Crispy Shrimp	6 pc.	1285	62	11	0	88	2216	151	
Chopped Steak Dinner	1 order	873	52	24	1	189	1277	63	
Fresh Fried Chicken	2 pc.	1755	94	21	1	340	3226	140	
North Atlantic Cod Filet	2 pc.	1831	116	18	1	168	2118	135	
<b>Garden Fresh Salads</b>									
Caesar w/flame roasted chicken	1 salad	340	16	7	0	91	1445	14	
Chicken Cashew w/flame roasted chicken	1 salad	443	24	7	0	87	925	19	
Garden Fresco	1 salad	229	10	4	0	32	375	19	
Side Caesar	1 salad	54	2	1	0	6	169	5	
Side Salad	1 salad	60	2	1	0	8	102	6	
<b>Soup</b>									
Baja Chicken Enchilada	1 item	352	23	11	1	87	1487	21	
Bean w/ham	1 item	190	3	1	0	7	1262	33	
Boston Clam Chowder	1 item	252	11	3	1	24	1344	25	
Broccoli Cheese w/florets	1 item	240	14	7	0	42	1380	16	
Cauliflower Cheese	1 item	252	14	6	1	24	1128	23	
Cheddar Brat Soup	1 item	380	25	8	0	50	1800	26	
Cheesy Chicken Tortilla	1 item	180	7	4	0	36	1764	16	
Chicken & Dumpling	1 item	300	22	9	3	54	1248	19	
Chicken Gumbo	1 item	120	6	2	0	24	1224	13	
Chicken Noodle	1 item	112	2	1	0	69	1550	14	
Corn Chowder	1 item	276	13	3	0	18	996	35	
Cream of Broccoli	1 item	185	10	5	0	30	1548	16	
French Onion	1 item	129	7	2	1	6	2010	11	
George's Chili	1 item	336	18	6	0	42	768	27	
George's Chili Supreme	1 item	458	29	14	0	67	823	26	
Italian Style Wedding	1 item	275	6	3	0	12	1475	44	
Lumberjack Mixed Vegetable	1 item	150	6	3	0	7	1662	21	
Mинestrone	1 item	100	1	0	0	0	1175	19	
Mushroom Medley	1 item	252	16	4	4	13	1512	20	
Oven Roasted Turkey Noodle	1 item	175	5	2	0	44	1312	21	
Potato Au Gratin	1 item	351	22	11	1	56	1237	28	

Culver's®	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>Soup Continued</b>								
Potato w/bacon	1 item	225	9	2	1	19	1288	28
Split Pea w/ham	1 item	262	9	3	0	13	1462	32
Stuffed Green Pepper w/beef	1 item	250	3	1	0	6	1300	25
Tomato Basil Ravioletti	1 item	112	3	1	0	6	650	18
Tomato Florentine	1 item	112	1	0	0	0	1325	21
Vegetable Beef & Barley	1 item	112	4	1	0	13	1300	14
Wild & Brown Rice w/chicken	1 item	452	22	7	1	106	1200	27
Wisconsin Cheese	1 item	375	24	11	3	37	1487	29
<b>Sides</b>								
Chili Cheddar Fries	1 item	607	29	8	0	32	482	72
Cole Slaw	1 item	350	21	4	0	25	690	37
Crinkle Cut Fries (regular)	1 item	385	17	3	0	0	56	53
Dairyland Cheese Curds	1 item	670	38	15	2	75	1740	54
Dinner Roll	1 item	140	6	2	0	15	200	19
Green Beans	1 item	150	13	10	0	35	115	8
Mashed Potatoes	1 item	120	1	0	0	6	204	24
Mashed Potatoes & Gravy	1 item	140	2	0	0	8	394	26
Onion Rings, Breaded	1 item	630	36	4	0	0	1070	70
<b>Frozen Custard</b>								
Chocolate Frozen Custard	1 pint	819	39	25	0	246	300	98
Chocolate	1 scoop	294	14	9	0	88	108	35
Caramel Fudge Swirl-NSA	1 item	205	11	6	0	70	95	30
Oreo Frozen Custard Sandwich, Chocolate	1 item	277	12	5	0	44	304	40
Vanilla Frozen Custard	1 pint	858	51	31	2	300	234	84
Vanilla	1 scoop	308	18	11	1	108	84	30
<b>Cones</b>								
Chocolate Dipped Waffle Cone	1 item	239	10	8	0	1	83	37
Mini Scoop Chocolate Cake Cone	1 item	193	8	5	0	50	77	25
Mini Scoop Vanilla Cake Cone	1 item	201	10	6	0	62	63	22
Plain Cake Cone	1 item	25	0	0	0	0	15	5
Plain Waffle Cone	1 item	90	1	0	0	0	35	20
<b>Classic Sundaes</b>								
Banana Split (2 scoops)	1 item	1084	64	28	1	230	339	115
Bananas Foster Sundae (1 scoop)	1 item	421	20	11	1	102	170	53
Caramel Apple Pecan Sundae (1 scoop)	1 item	517	30	13	1	112	214	55
Caramel Cashew (1 scoop)	1 item	586	33	15	1	112	274	58
Fudge Pecan Sundae (1 scoop)	1 item	606	42	15	1	108	474	121
Turtle Sundae (1 scoop)	1 item	606	41	15	1	110	258	53

Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
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## Culver's®

### Concrete Mixers (short)

Chocolate Concrete Mixer	1 item	810	40	25	1	239	290	99
Turtle Concrete	1 item	914	59	26	1	218	342	83
Vanilla Concrete Mixer	1 item	682	40	25	1	239	186	67

### Malts, Shakes & Floats (short)

Chocolate Malt	1 item	738	36	22	0	214	275	89
Culver's Root Beer Float	1 item	468	18	11	1	108	108	70
Vanilla Malt	1 item	674	36	22	0	214	223	73

### Special Treats

Cookie Dough Craving Concrete Cake	1 item	273	15	8	0	60	38	32
Cookies & Cream Concrete Cake	1 item	245	14	9	0	70	84	26
Cooler	1 item	168	0	0	0	0	7	42
Lemon Ice	1 scoop	84	0	0	0	0	4	21
Lemon Ice Smoothie	1 item	360	16	10	0	92	76	50
Turtle Concrete Cake	1 item	280	17	8	0	70	50	30

### Scoopie Kid's Meals

ButterBurger	1 item	346	12	5	1	65	700	35
ButterBurger w/cheese	1 item	396	16	8	1	78	955	36
Chicken Tenders, Breaded	2 pc.	220	10	2	1	40	576	16
Corn Dog	1 item	260	14	4	1	35	540	26
Crinkle Cut Fries	1 item	275	12	2	0	0	40	38
Grilled Cheese	1 item	290	14	7	0	35	860	33
Hot Dog with Bun	1 item	366	22	8	1	50	1310	30

## Dairy Queen®

### Hamburgers

Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)	
½ lb. Classic Grillburger w/cheese	1 item	910	54	25	1.5	145	1540	42
½ lb. Flamethrower Grillburger	1 item	1060	75	26	2	165	1980	41
½ lb. Grillburger	1 item	720	40	15	1.5	105	1240	42
½ lb. Grillburger w/cheese	1 item	870	51	23	1.5	140	1440	42
½ lb. Bacon Cheddar Grillburger	1 item	650	35	15	1	95	1410	41
½ lb. Classic Grillburger w/cheese	1 item	560	28	12	0.5	70	1090	42
½ lb. Flamethrower Grillburger	1 item	780	52	16	1	105	1450	41
Classic Grillburger	1 item	470	21	8	0.5	50	950	42
Original Bacon Double Cheeseburger	1 item	730	41	21	1	150	1550	35

Dairy Queen®	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
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### Hamburgers Continued

Original Cheeseburger	1 item	400	18	9	0.5	65	920	34
Original Double Cheeseburger	1 item	640	34	18	1	125	1230	34
Original Double Hamburger	1 item	540	26	13	1	100	740	33
Original Hamburger	1 item	350	14	7	0.5	50	680	33

### Iron Grilled Sandwiches

Iron Grilled Classic Club Sandwich	1 item	580	29	9	0	80	1750	43
Iron Grilled Supreme BLT Sandwich	1 item	590	33	9	0	75	1560	42
Iron Grilled Turkey Sandwich	1 item	530	25	7	0	70	1550	42

### More Food

Crispy Chicken Salad	1 salad	460	19	6	0	70	1230	31
Crispy Chicken Sandwich	1 item	560	28	3.5	0	35	980	48
Crispy Chicken Sandwich w/ cheese	1 item	610	32	6	0	45	1230	48
Crispy Chicken Wrap	1 item	290	16	3	0	30	620	17
Crispy Flamethrower Chicken Sandwich	1 item	860	55	11	0	75	1760	51
Crispy Flamethrower Chicken Wrap	1 item	310	19	4	0	35	620	17
Grilled Chicken Salad	1 salad	280	11	5	0	75	890	14
Grilled Chicken Sandwich	1 item	370	16	2.5	0	55	780	32
Grilled Chicken Wrap	1 item	200	12	3	0	35	450	9
Grilled Flamethrower Chicken Sandwich	1 item	590	36	9	0	100	1480	34

### Baskets

Chicken Strip Basket w/country gravy	4 pc.	1360	63	11	1	100	2910	103
Iron Grilled Chicken Quesadilla Basket	1 item	1070	50	18	0	70	2310	117
Iron Grilled Veggie Quesadilla Basket	1 item	1020	49	19	0	55	2470	114
Popcorn Shrimp Basket	1 item	990	49	26	0	125	3630	115

### Hot Dogs

All-Beef Cheese Dog	1 item	290	19	8	0	40	690	19
All-Beef Chili Cheese Dog	1 item	430	22	10	0	50	1010	39
All-Beef Chili Cheese Foot-Long Hot Dog	1 item	840	54	24	1	125	2050	52
All-Beef Chili Dog	1 item	290	17	6	0	35	930	24
All-Beef Foot-Long Hot Dog	1 item	560	35	14	1	65	1600	39
All-Beef Hot Dog	1 item	250	14	5	0	25	770	21

### Side Items

French Fries-Kids	1 item	190	8	1	0	0	400	27
French Fries-Regular	1 item	310	13	2	0	0	640	43

Dairy Queen®		Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Onion Rings	1 item	360	16	2	0	0	840	47	
Side Salad	1 salad	45	0	0	0	0	50	11	
<b>Cones &amp; Sundaes (small)</b>									
Chocolate Cone	1 item	240	7	5	0	20	115	32	
Chocolate Sundae	1 item	280	7	4.5	0	25	115	48	
Dipped Cone, Chocolate	1 item	330	15	6	0	25	105	36	
Strawberry Sundae	1 item	260	7	4.5	0	25	105	44	
Vanilla Cone	1 item	230	7	4.5	0	25	100	31	
<b>Royal Treats</b>									
Banana Split	1 item	520	13	10	0.5	30	160	94	
Oreo Brownie Earthquake	1 item	760	27	16	0	60	400	117	
Peanut Buster Parfait	1 item	700	30	16	0.5	35	360	94	
<b>Novelties &amp; Blizzards (small)</b>									
Arctic Rush, all flavors	1 item	240	0	0	0	0	0	48	
Banana Cream Pie Blizzard	1 item	580	22	13	1.5	50	290	84	
Buster Bar	1 item	480	31	15	0	20	220	45	
Chocolate Dilly Bar	1 item	240	15	9	0	15	70	24	
Cookie Dough Blizzard	1 item	710	27	14	3	55	350	103	
DQ Fudge Bar-NSA	1 item	50	0	0	0	0	70	13	
DQ Vanilla Orange Bar-NSA	1 item	60	0	0	0	0	40	18	
M&M Chocolate Candy Blizzard	1 item	660	22	14	0.5	55	230	101	
Oreo Cookies Blizzard	1 item	550	120	10	0.5	40	410	81	
Reese's Peanut Butter Cup Blizzard	1 item	530	21	11	0.5	45	260	74	
Stars & Stripes Starkiss Bar	1 item	80	0	0	0	0	10	21	
Strawberry Cheesecake Blizzard	1 item	510	21	13	0.5	75	280	69	
<b>MooLatte's</b>									
Cappuccino MooLatte	16 fl. oz.	500	18	15	0.5	35	170	71	
Caramel MooLatte	16 fl. oz.	630	19	15	0.5	40	240	101	
French Vanilla MooLatte	16 fl. oz.	560	18	14	0.5	35	160	88	
Mocha MooLatte	16 fl. oz.	590	23	15	0.5	35	190	82	
<b>Kid's Meals (w/french fries)</b>									
All-Beef Hot Dog	1 meal	470	25	8	0.5	35	1270	48	
Cheeseburger	1 meal	590	27	10	0.5	65	1290	61	
Chicken Strips	1 meal	470	18	2.5	0	35	1170	44	
Hamburger	1 meal	540	23	8	0.5	50	1050	60	
Iron Grilled Cheese	1 meal	510	21	9	0	40	1410	57	

<b>Del Taco®</b>	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>Breakfast</b>								
Bacon & Egg Quesadilla	1 item	430	20	10	NA	180	850	37
Big Fat Breakfast Taco	1 item	400	19	7	NA	165	950	34
Breakfast Burrito	1 item	280	13	6	NA	150	600	26
Breakfast Del Carbon Taco	1 item	140	5	1	NA	135	170	18
Egg & Cheese Burrito	1 item	400	18	7	NA	330	890	35
Hash Brown Sticks	5 pc.	210	15	2	NA	0	180	18
Steak & Egg Burrito	1 item	520	25	10	NA	355	1220	35
Steak & Hashbrown Breakfast Burrito	1 item	470	24	8	NA	180	990	34
<b>Tacos</b>								
Big Fat Chicken Taco	1 taco	330	14	3	NA	40	690	34
Big Fat Steak Taco	1 taco	390	18	6	NA	40	790	33
Chicken Soft Taco	1 taco	220	12	3	NA	45	490	16
Chicken Taco Del Carbon	1 taco	150	5	0	NA	30	300	19
Classic Taco	1 taco	200	12	5	NA	45	320	10
Crispy Fish Taco	1 taco	300	17	3	NA	25	330	29
Del Carbon Shredded Beef Taco	1 taco	200	10	2	NA	30	280	18
Macho Taco	1 taco	300	17	7	NA	70	630	16
Santa Fe Chicken Soft Taco	1 taco	240	12	3	NA	40	450	21
Soft Taco	1 taco	150	6	3	NA	20	330	15
Steak Taco Del Carbon	1 taco	210	8	3	NA	30	410	18
Taco	1 taco	130	7	3	NA	20	180	9
<b>Burritos</b>								
Chicken Fajita Burrito (chicken & veggies only)	1 item	320	10	1	NA	60	840	37
Del Beef Burrito	1 item	470	20	9	NA	85	1180	37
Del Classic Chicken Burrito	1 item	510	33	7	NA	75	990	37
Del Combo Burrito	1 item	510	16	7	NA	50	1310	61
Deluxe Combo Burrito	1 item	570	25	15	NA	60	1700	64
Deluxe Del Beef Burrito	1 item	510	23	10	NA	95	1190	39
Half-Pound Green Burrito	1 item	430	10	5	NA	15	1190	67
Half-Pound Red Burrito	1 item	450	10	5	NA	15	1160	66
Kid's Burrito (green sauce)	1 item	300	9	5	NA	20	760	43
Kid's Burrito (red sauce)	1 item	310	9	5	NA	20	750	42
Macho Beef Burrito	1 item	1010	44	19	NA	190	2140	82
Macho Chicken Burrito	1 item	920	30	11	NA	125	2120	111
Macho Combo Burrito	1 item	990	34	15	NA	130	2120	112
Shredded Beef Combo Burrito	1 item	500	20	6	NA	55	1300	55
Spicy Chicken Burrito	1 item	610	15	5	NA	60	2060	95
Veggie Works Burrito	1 item	620	16	7	NA	30	1810	96

<b>Del Taco®</b>	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>Quesadillas</b>								
Cheddar Quesadilla								
Cheddar Quesadilla	1 item	480	25	16	NA	85	840	36
Chicken Cheddar Quesadilla	1 item	570	29	16	NA	130	1180	38
Kid's Quesadilla (2)	1 item	280	13	7	NA	35	540	28
Spicy Jack Chicken Quesadilla	1 item	570	30	13	NA	120	1160	41
Spicy Jack Quesadilla	1 item	480	25	13	NA	75	820	38
<b>Nachos &amp; Salads</b>								
Del Nachos	1 item	440	23	5	NA	5	900	45
Deluxe Taco Salad	1 salad	850	46	18	NA	90	1690	70
Nachos	1 item	330	22	5	NA	5	530	28
<b>Burgers</b>								
Bacon Double Del Cheeseburger	1 item	770	52	20	NA	135	1440	40
Cheeseburger	1 item	430	22	9	NA	60	990	40
Double Del Cheeseburger	1 item	560	35	12	NA	85	960	35
Hamburger	1 item	360	16	5	NA	40	560	39
Triple Del Cheeseburger	1 item	950	66	27	NA	185	1660	40
<b>Fries &amp; Sides</b>								
Bean & Cheese Cup	1 item	320	4	2	NA	10	900	52
Chili Cheese Fries	1 item	570	33	12	NA	50	920	46
Chips & Salsa	1 item	140	8	2	NA	0	200	15
French Fries (medium)	1 item	380	22	5	NA	0	430	44
Jalapeño Rings	1 item	260	15	3	NA	0	820	31
Macho Nachos	1 item	1000	56	15	NA	65	2050	94
Tostada	1 item	260	13	5	NA	15	350	26
<b>Desserts</b>								
Caramel Cheesecake Bites	2 pc.	430	26	10	NA	40	0	42
Chocolate Fudge Cake	1 item	350	14	4	NA	40	330	51
Churro w/cinnamon & sugar	1 item	180	9	5	NA	20	0	21

### Fast Food Factoid:

Despite the scientific evidence that supports the need to consume whole grains and cereals, food makers claim that Chocolate Frosted Sugar Bombs breakfast cereal is part of a healthy breakfast.

Denny's®	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
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## Breakfast Menu

### Slams

All American Slam	1 order	820	69	26	0.5	780	1520	5
Belgian Waffle Slam	1 order	820	64	27	0	700	1270	32
French Toast Slam	1 order	940	53	17	0	855	1820	68
Grand Slamwich w/o hashbrowns	1 order	1320	90	42	1	550	3070	71
Lumberjack Slam	1 order	850	46	15	0	560	2770	60

### Omelettes

Ham & Cheddar Omelette	1 order	590	44	17	0	755	1330	4
Ultimate Omelette	1 order	670	54	18	0	730	740	8
Veggie-Cheese Omelette	1 order	500	37	12	0	740	940	10

### Skillets

Prime Rib Premium Sizzlin' Breakfast Skillet	1 order	850	40	15	0	540	2110	77
Southwestern Sizzlin' Skillet	1 order	990	61	21	0	545	2140	71

### Scrambles

Heartland Scramble	1 order	1150	66	20	0.5	530	2800	97
Meat Lover's Scramble	1 order	1130	66	29	0.5	570	3180	80

### Favorites

Bacon Avocado Burrito	1 order	1010	59	15	0	275	2210	91
Country-Fried Steak & Eggs	1 order	660	42	15	3	490	1620	29
Half Moons Over My Hammy	1 order	380	21	8	0	270	1240	26
Moons Over My Hammy	1 order	780	42	16	0	540	2580	50
Southwestern Steak Burrito	1 order	910	52	14	0	285	1970	76
T-Bone Steak & Eggs	1 order	780	36	19	0	605	1210	4
Two Egg Breakfast	1 order	200	15	5	0	455	330	1

### Breakfast Sides

Bacon Strips (2)	1 order	90	7	3	0	20	350	1
Bagel & Cream Cheese	1 order	428	12	7	0	35	560	48
Biscuits & Sausage Gravy	1 order	580	34	15	8	15	1660	57
Buttermilk Biscuit	1 item	105	6	2	2	0	285	13
Buttermilk Pancakes (2)	1 order	340	4	0.5	0	0	1180	68
Cheddar Cheese Hash Browns	1 order	310	19	7	0	20	780	26
Chicken Sausage Patty	1 item	110	9	3	0	45	260	0
Country-Fried Potatoes	1 order	550	37	7	0	0	780	48
Eggs, Scrambled (2)	1 order	250	21	5	0	455	380	1
Eggs, Whites (2)	1 order	50	0	0	0	0	180	1
English Muffin, dry	1 item	180	3	1	0	0	300	25
Everything Hash Browns w/ onions, cheese & gravy	1 order	480	22	8	0	25	3820	60
Granola w/8 oz. milk	1 order	690	12	3	1	20	430	131

Denny's®	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Grilled Honey Ham Slice	1 slice	110	5	2	0	50	810	1
Grits	1 order	260	5	1	0	0	840	47
Hash Browns	1 order	210	12	2.5	0	0	650	26
Hearty Wheat Pancakes (2)	1 order	310	1.5	0	0	15	950	64
Oatmeal w/8 oz. milk	1 order	270	7	4	0	20	290	37
Pancake Puppies (6)	1 order	390	12	2	0	0	930	67
Sausage Links (2)	1 order	182	18	6	0	30	330	2
Toast Slices (2)	1 order	260	14	2	0	0	110	32
Turkey Bacon Strips (2)	1 order	76	4	0.5	0	17	304	0
Yogurt, low-fat	1 order	160	1.5	1	0	5	100	30

## Sweets

Chocolate Chip Pancakes (3)	1 order	720	18	9	0	0	1780	129
Fabulous French Toast Platter	1 order	1010	52	16	0	560	2000	93
Hearty Wheat Pancakes (3)	1 order	460	2	0	0	20	1420	96
Pancakes, Buttermilk (3)	1 order	510	6	0	0	0	1770	102

## Lunch & Dinner

### Appetizers

Chicken Strips w/buffalo sauce	1 order	730	32	0.5	0	115	2940	53
Chicken Wings w/buffalo sauce	1 order	300	21	5	0	125	1940	5
Fried Shrimp w/buffalo sauce	1 order	380	17	3.5	0	125	2690	37
Mozzarella Cheese Sticks	1 order	750	40	17	0	185	2270	195
Sampler	1 order	1380	71	6	0	80	3710	139
Sweet & Tangy BBQ Chicken Strips	1 order	820	30	0	0	115	2160	83
Sweet & Tangy BBQ Chicken Wings	1 order	420	19	5	0	125	1320	41
Sweet & Tangy BBQ Shrimp	1 order	460	14	3	0	125	1850	66
Tsing Tsing Chicken	1 order	890	31	0	0	115	2710	92
Zesty Nachos	1 order	1150	49	25	0	155	2080	138

### Better Burgers

Bacon Cheddar Burger	1 order	940	52	20	3	220	1780	49
Boca Burger w/o fries	1 order	420	11	3	0	10	1300	57
Cheesy Three Pack	1 order	1930	111	21	3	185	4120	164
Classic Burger w/o cheese	1 order	790	40	14	3	165	1010	50
Classic Cheeseburger	1 order	870	46	18	3	185	1410	51
Double Cheeseburger	1 order	1480	88	35	6	375	2500	52
Fit Fare Boca Burger w/fruit	1 order	470	11	3	0	10	1460	71
Mushroom Swiss Burger	1 order	910	49	18	3	190	1710	55
Slamburger	1 order	990	54	19	3	390	1460	59
Smokin' Q Three Pack	1 order	2020	110	22	3	205	3570	185
Western Burger	1 order	1160	65	21	3	190	1820	79

Denny's®	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>Sandwiches</b>								
Bacon, Lettuce & Tomato	1 item	520	35	8	0.5	45	620	35
Chicken Ranch Melt	1 item	800	30	9	0	110	2540	80
Chicken Sandwich-Breaded w/ dressing	1 item	1150	64	11	0	105	2830	98
Chicken Sandwich-Grilled w/ dressing	1 item	880	51	9	0	100	1940	64
Club Sandwich	1 item	640	33	6	0	50	1530	55
Fit Fare Chicken Sandwich w/fruit	1 order	450	6	1	0	70	1380	62
Grand Slamwich w/o sides	1 item	1320	90	42	1	550	3070	71
Prime Rib Philly Melt	1 item	730	43	12	0	75	1820	53
Smoked Chicken Melt	1 item	950	55	14	0	105	1820	72
Spicy Buffalo Chicken Melt	1 item	870	41	10	0	95	3820	82
The Super Bird	1 item	700	37	14	0.5	85	2550	53
<b>Soups, Salads &amp; Sides</b>								
Broccoli & Cheddar Soup	1 order	374	29	19	1	69	1568	16
Butter Roll (2)	1 order	260	9	4	2	10	330	38
Chicken Deluxe Salad-Chicken Strips	1 salad	590	29	5	0	90	1180	44
Chicken Deluxe Salad-Grilled Chicken	1 salad	290	10	5	0	90	770	15
Chicken Noodle Soup	1 order	166	4	2	0	48	1304	19
Clam Chowder	1 order	266	17	12	0	36	1822	24
Cran-Pecan Chicken Salad (w/o dressing)	1 salad	250	8	3	0	85	830	11
Dippable Veggies w/ranch dressing	1 order	280	25	5	0	15	540	11
French Fries, salted	1 order	425	23	4	0	1	95	50
Garden Salad (w/o dressing)	1 salad	113	7	5	0	0	150	7
Garlic Dinner Bread	2 pc.	170	9	2	0	0	350	21
Onion Rings	1 order	520	36	2	0	0	980	48
Prime Rib & Bleu Salad (w/o dressing)	1 salad	270	16	6	0	70	930	6
Seasoned Fries	1 order	510	33	6	0	0	1010	48
Vegetable Beef Soup	1 order	124	1	0	0	21	1457	18
<b>American Dinner Classics</b>								
Chicken Strips	1 order	560	24	0	0	90	1300	41
Country-Fried Steak & Eggs	1 order	660	43	15	2	490	1620	29
Fit Fare Grilled Chicken	1 order	380	10	2	0	135	1280	12
Grilled Chicken Sizzlin' Skillet Dinner	1 order	770	34	12	0	100	2020	72
Homestyle Meatloaf w/gravy	1 order	600	46	17	3	200	1880	14
Mushroom Swiss Chopped Steak	1 order	940	66	24	4	245	1710	13
Prime Rib Sizzlin' Skillet Dinner	1 order	900	42	17	0	125	2480	77

Denny's®	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Sweet & Tangy BBQ Chicken	1 order	650	11	3	0	155	2290	108
<b>Steak &amp; Seafood</b>								
Breaded Shrimp	6 pc.	190	8	2	0	70	750	20
Country-Fried Steak w/gravy	1 order	1000	65	22	5	75	2590	54
Fit Fare Grilled Tilapia	1 order	600	11	3	0	110	1560	66
Grilled Chicken	1 order	280	4	1	0	135	1190	4
Grilled Shrimp Skewers	1 order	370	10	2	0	270	1140	39
Lemon Pepper Tilapia	1 order	640	27	14	0	160	1520	41
T-Bone Steak	12 oz.	740	56	25	0	170	740	0
T-Bone Steak & Breaded Shrimp	13 oz.	920	64	27	0	235	1490	20
T-Bone Steak & Eggs	16 oz.	780	36	19	0	605	1210	4
T-Bone Steak & Shrimp Skewer	12 oz.	830	60	26	0	305	900	0
Tilapia Ranchero	1 order	470	17	5	0	130	1090	57
<b>Dinner Sides</b>								
Coleslaw	1 order	260	22	3.5	0	35	520	15
Smoked Cheddar Mashed Potatoes	1 order	120	5	2	0	20	380	49
Mashed Potatoes, plain	1 order	170	7	1	0	20	510	76
Ranchero Mashed Potatoes	1 order	140	6	2	0	20	460	50
Vegetable Rice Pilaf	1 order	200	3	0	0	0	820	37
<b>Desserts</b>								
Apple Crisp a la Mode	1 order	750	21	9	0	35	570	134
Apple Pie	1 order	510	23	9	0	0	610	72
Carrot Cake	1 order	820	45	16	0	125	660	100
Cheesecake	1 order	640	41	26	0	195	350	58
Cheesecake, No Sugar Added	1 order	290	23	14	0	115	340	23
Chocolate Vanilla Pudding	1 order	110	1.5	1.5	0	5	190	32
Coconut Cream Pie	1 order	630	39	24	0	0	370	65
Double Scoop/Sundae	1 order	370	18	12	0	50	135	50
Floats (Root Beer or Cola)	1 order	430	17	9	0	65	120	69
French Silk Pie	1 order	770	57	30	1.5	105	400	59
Hershey's Chocolate Cake	1 order	580	28	15	0	40	400	75
Hot Fudge Brownie a la Mode	1 order	830	37	17	0	65	520	122
Oreo Blender Blaster	1 order	890	44	20	0	105	580	113
Oreo Sundae	1 order	760	37	21	0	60	470	103
<b>Seniors</b>								
Senior Bacon Cheddar Mini Burger	1 order	750	40	17	2	155	1190	47
Senior Belgian Waffle Slam w/egg	1 order	450	31	16	0	455	640	29
Senior Club Sandwich	1 order	570	34	7	0	60	1340	37
Senior Country-Fried Steak	1 order	530	34	12	3.5	40	1460	30
Senior French Toast Slam w/egg	1 order	300	14	4	0	280	530	31

Denny's®	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
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### Seniors Continued

Senior Grilled Cheese Deluxe Sandwich	1 order	520	28	11	0	40	1430	49
Senior Grilled Chicken	1 order	140	2	0	0	70	590	2
Senior Grilled Shrimp Skewer	1 order	290	6	2	0	135	980	39
Senior Homestyle Meatloaf	1 order	280	23	17	1	200	760	5
Senior Lemon Pepper Grilled Tilapia	1 order	450	24	14	0	160	700	5
Senior Omelette	1 order	480	37	15	0	515	820	6
Senior Scrambled Eggs & Cheddar	1 order	800	47	18	0	545	2060	58
Senior Starter	1 order	210	19	6	0	230	290	1

### Rock Star Menu

All Nighter Sampler	1 order	1120	47	21	1	85	3470	131
Basket of Puppies	10 pc.	490	5	1	0	0	1640	98
HooBurrito	1 order	1430	67	15	0	80	2360	164
Jewel's Smoked Chicken Quesadilla	1 order	720	46	16	0.5	40	1350	60
Los Lonely Boys Texican Burger	1 order	1020	57	19	3	185	1430	64
Nachitos	1 order	570	24	12	0	75	1010	67
Rascal Flatts Unstoppable Breakfast	1 order	1130	73	29	3	505	3120	68

### Kid's Meals

Cheesy @ The Plate	1 order	380	21	13	0	55	670	32
Chocolate Chip-In Pancakes	1 order	450	18	7	0	25	1160	61
Jr. Grand Slam	1 order	380	19	6	0	235	1000	39
Pit Stop Pizza	1 order	320	14	4	0	5	470	38
Slam Dribblers	1 order	410	11	3	0	10	750	74
Slap Shot Slider (1)	1 order	310	15	6	1	60	470	22
Softball Pancake w/meat	1 order	250	11	4	0	20	730	30
Spaghetti, Set, Go!	1 order	260	7	2	0	0	470	40
Track & Cheese	1 order	340	11	3	0	25	830	48
Triple Play Nuggets w/BBQ Sauce	1 order	340	13	3	0	60	1020	43

### Kid's Sides

Apple Dunkers w/caramel sauce	1 order	130	0	0	0	0	55	30
Finish Line Fries	1 order	450	23	4	0	0	250	57
Fishing Goldfish Crackers	1 order	260	9	2	0	10	490	38
Game On Grapes	1 order	55	0	0	0	0	0	29
High Diving Veggies w/dip	1 order	280	25	5	0	15	540	11
Home Plate Mash Potatoes w/gravy	1 order	140	6	1	0	15	650	52
Jump-shot Jell-O	1 order	70	0	0	0	0	40	22
Tumbling Vanilla Yogurt	1 order	160	1.5	1	0	5	100	30

Denny's®	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>Kid's Desserts</b>								
Breakaway Brownies	1 order	310	16	6	0	30	210	42
Kid's Oreo Blender Blaster	1 order	680	33	17	0	90	450	88
Power Play Pudding	1 order	110	1.5	1.5	0	5	190	32
Soccer Shake-All Flavors	1 order	580	31	17	0	140	170	63
Sundae Sundae Sundae	1 order	300	16	11	0	40	90	36

## Domino's Pizza®

### Nutritional Information for Entire Medium Pizza

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>Crusts</b>								
Deep Dish	1 pizza	1290	43	8	0.5	0	2020	199
Hand Tossed	1 pizza	1060	23	6	0	0	1190	181
Thin Crust	1 pizza	670	26	4.5	0	5	120	93
<b>Sauce</b>								
BBQ Sauce	1 pizza	130	0	0	0	0	510	29
Garlic Parmesan	1 pizza	390	40	7	0.5	20	680	4
Hearty Marinara	1 pizza	80	2.5	1	0	5	800	12
New Pizza Sauce	1 pizza	70	0	0	0	0	630	13
Wing Sauce	1 pizza	10	0	0	0	0	920	2
<b>Cheese</b>								
Regular	1 pizza	380	28	17	1	105	1250	8
Cheese Only Pizza	1 pizza	560	42	26	1.5	155	1870	12
<b>Toppings</b>								
Anchovies	1 pizza	110	8	0	0	45	3310	63
Bacon	1 pizza	340	26	9	0	80	1260	6
Banana Peppers	1 pizza	15	0	0	0	0	270	3
Beef	1 pizza	300	26	11	0	65	570	0
Cheese, American	1 pizza	310	26	16	1	80	1530	3
Cheese, Cheddar	1 pizza	230	19	12	1	60	350	1
Cheese, Feta	1 pizza	90	6	4	0	15	380	1
Cheese, Parmesan (shredded)	1 pizza	170	12	8	0	35	460	1
Cheese, Provolone	1 pizza	200	16	10	0.5	60	470	1
Chicken	1 pizza	140	4.5	1	0	60	730	3
Chorizo	1 pizza	90	4	1.5	0	30	600	1
Garlic	1 pizza	40	0	0	0	0	0	9
Green Chile Pepper	1 pizza	10	0	0	0	0	10	3
Green Pepper	1 pizza	10	0	0	0	0	0	3

Domino's Pizza®		Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
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### Toppings Continued

Ham	1 pizza	90	4.5	1.5	0	35	1020	0
Jalapeños	1 pizza	15	0	0	0	0	960	3
Mushroom	1 pizza	20	0	0	0	0	25	2
Olive, black	1 pizza	100	10	2	0	0	410	2
Olive, green	1 pizza	100	10	2	0	0	1250	2
Onion	1 pizza	15	0	0.5	0	0	5	4
Pepperoni	1 pizza	240	21	8	0	50	1020	0
Pepperoni, extra large	1 pizza	270	25	9	0	55	950	1
Philly Steak	1 pizza	90	3	1.5	0	30	500	2
Pineapple	1 pizza	60	0	0	0	0	10	26
Red Pepper, roasted	1 pizza	10	0	0	0	0	95	2
Salami	1 pizza	220	18	7	0	55	950	1
Sausage, italian	1 pizza	350	30	11	0	55	1030	9
Sausage, sliced italian	1 pizza	290	26	9	0	60	710	0
Spinach	1 pizza	10	0	0	0	0	35	2
Tomato	1 pizza	20	0	0	0	0	310	5

### Sides

Breadsticks	1 order	870	50	10	1	0	780	89
Buffalo Chicken Kickers	1 order	510	21	4	0	100	1410	36
Buffalo Wings	1 order	1100	69	18	0	250	3430	30
Cheesy Bread	1 order	930	51	17	1.5	50	1140	91
Chocolate Lava Crunch Cakes (2)	1 order	690	34	20	0.5	130	340	93
Cinna Stix	1 order	940	49	9	1	0	690	109
Garden Fresh Salad (w/o dressing)	1 salad	140	7	4.5	0	20	160	9
Grilled Chicken Caesar (w/o dressing)	1 salad	170	7	3.5	0	45	590	9

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Don Pablo's®		Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>Appetizers</b>									
Beef Taquitos	6 pc.	561	34	15	NA	73	1406	36	
Cheese Nachos	1 order	1317	98	53	NA	231	1960	48	
Cheese Quesadilla	4 pc.	812	50	27	NA	115	1382	52	
Chicken Flautas	6 pc.	507	31	12	NA	73	1505	39	
Chicken Nachos	1 order	1396	87	43	NA	254	2623	73	
Mesquite-Grilled Chicken Quesadilla	4 pc.	665	32	16	NA	99	1348	55	
Mesquite-Grilled Steak Quesadilla	4 pc.	780	45	22	NA	94	1690	61	
Steak Nachos	1 order	1430	99	48	NA	228	2480	71	
Taco Beef Nachos	1 order	1625	113	55	NA	242	3308	85	
The Don's Sampler	1 order	2002	118	55	NA	300	4074	129	
<b>Fajitas</b>									
Classic Chicken Fajitas	1 order	851	29	6	NA	121	2002	90	
Classic Steak Fajitas	1 order	1174	68	24	NA	99	3074	106	
Classic Steak & Chicken Combo	1 order	1013	48	15	NA	110	2538	98	
<b>Traditional Favorites</b>									
Beef Relleno	1 item	299	17	6	NA	37	1036	20	
Cheese Relleno	1 item	396	26	14	NA	61	1100	19	
Chicken Burrito	1 item	878	48	21	NA	135	2891	70	
Chicken Chimichanga	1 item	1099	42	20	NA	151	3255	114	
Chicken Relleno	1 item	235	11	3	NA	27	1118	21	
Chicken Tamales	1 item	222	10	3	NA	19	600	25	
Pork Tamales	1 item	270	14	5	NA	31	618	24	
Spicy Ground Beef & Bean Burrito	1 item	1389	73	30	NA	154	3261	123	
Spicy Ground Beef Chimi de Oro	1 item	1349	68	32	NA	141	4102	131	
Traditional Pork Carnitas	1 item	1050	38	11	NA	118	3193	118	
<b>Tacos &amp; Enchiladas</b>									
Beef Enchilada	1 item	263	18	7	NA	46	596	4	
Cheese Enchilada	1 item	232	16	9	NA	39	565	5	
Chicken Enchilada	1 item	210	13	6	NA	35	783	9	
Crispy Beef Taco	1 taco	291	18	6	NA	36	350	21	
Crispy Chicken Taco	1 taco	257	14	5	NA	34	495	22	
Mama's Skinny Enchiladas	3 pc.	368	14	5	NA	73	2028	18	
Soft Beef Taco	1 taco	327	18	7	NA	36	516	29	
Soft Chicken Taco	1 taco	293	14	5	NA	34	661	30	
Spinach & Poblano Enchilada	1 item	258	13	5	NA	9	1015	30	
Three Amigos Enchiladas	3 pc.	697	46	21	NA	121	1986	33	
<b>Fresh Salads &amp; Soups</b>									
Caesar Salad	1 salad	1388	114	18	NA	54	1577	79	
Caesar Salad w/Chicken	1 salad	1563	118	20	NA	54	2201	85	

Don Pablo's®		Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
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### Fresh Salads & Soups Continued

Caesar Salad w/steak	1 salad	1792	144	31	NA	119	2886	97
Tortilla Salad	1 salad	549	29	7	NA	14	434	59
Tortilla Soup	1 bowl	258	12	3	NA	43	829	26
White Chicken Chili	1 cup	234	13	3	NA	20	1395	23

### Side Items

Black Beans	1 order	119	2	0	NA	0	383	20
Charro Beans	1 order	96	2	0	NA	0	333	16
Chili Mashed Potatoes	1 order	108	6	2	NA	2	373	12
Chips & Salsa	1 order	338	17	3	NA	0	406	43
Mexican Rice	1 order	107	1	0	NA	0	416	21
Refritos	1 order	262	10	4	NA	0	602	31
Seasoned Vegetables	1 order	98	5	1	NA	0	305	13
Spoon Bread	4 oz.	250	12	2	NA	0	556	32

### Little Amigos Menu

Beef Taco Dinner	1 meal	483	24	8	NA	43	983	50
Cheese Enchilada Dinner	1 meal	515	29	15	NA	66	1584	33
Chicken Stix	1 meal	739	46	11	NA	33	1911	75
Corn Dog	1 meal	724	40	10	NA	30	2598	80
Dogs in a Blanket	1 meal	1248	78	34	NA	122	4012	98
Grilled Cheese Crisp	1 meal	883	48	21	NA	54	2363	92
Kid's Nachos-Original Queso	1 meal	478	30	11	NA	54	1309	NA

Dunkin' Donuts®		Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>Donuts</b>									
Apple & Spice	1 item	240	11	4.5	0	0	0	320	32
Apple Crumb	1 item	460	14	8	0	0	0	330	80
Blueberry Cake	1 item	330	18	8	0	25	460	38	
Blueberry Crumb	1 item	470	14	8	0	0	0	330	84
Chocolate Coconut Cake	1 item	340	18	9	0	0	0	400	42
Chocolate Frosted Cake	1 item	340	19	8	0	25	330	38	
Chocolate Frosted	1 item	230	10	4	0	0	0	330	32
Chocolate Glazed Cake	1 item	280	15	7	0	0	0	400	33
Cinnamon Cake	1 item	290	18	8	0	25	310	30	
Double Chocolate Cake	1 item	290	16	7	0	0	0	410	34
French Cruller	1 item	250	20	9	0	35	105	18	
Glazed Cake	1 item	320	18	8	0	25	310	37	

Dunkin' Donuts®	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Glazed	1 item	220	9	4	0	0	320	31
Jelly Filled	1 item	260	11	5	0	0	330	36
Maple Frosted	1 item	230	10	4	0	0	330	33
Marble Frosted	1 item	230	10	4	0	0	330	32
Old Fashioned Cake	1 item	280	18	8	0	25	310	27
Powdered Cake	1 item	300	18	8	0	25	310	30
Strawberry Frosted	1 item	230	10	4	0	0	330	33
Sugar Raised	1 item	190	9	4	0	0	320	22
Vanilla Kreme Filled	1 item	320	17	8	0	0	340	37
<b>Fancies</b>								
Apple Fritter	1 item	400	15	6	0	0	530	63
Bow Tie Donut	1 item	310	15	7	0	0	400	39
Chocolate Frosted Coffee Roll	1 item	380	19	8	0	0	530	50
Chocolate Iced Bismark	1 item	350	14	5	0	0	460	53
Coffee Roll	1 item	370	18	7	0	0	510	49
Éclair	1 item	350	14	5	0	0	460	53
Glazed Fritter	1 item	400	15	6	0	0	530	63
Maple Frosted Coffee Roll	1 item	380	18	8	0	0	520	50
Vanilla Frosted Coffee Roll	1 item	380	18	8	0	0	520	50
<b>Munchkins</b>								
Cinnamon Cake	1 item	60	3	1.5	0	5	60	6
Glazed Cake	1 item	60	3	1.5	0	5	65	8
Glazed Chocolate Cake	1 item	60	3	1.5	0	0	90	8
Glazed	1 item	50	2.5	1	0	0	65	7
Jelly Filled	1 item	60	2.5	1	0	0	65	8
Plain Cake	1 item	50	3	1.5	0	5	60	5
Powdered Cake	1 item	60	3.5	1.5	0	5	60	6
Sugar Raised	1 item	40	2.5	1	0	0	65	5
<b>Sticks</b>								
Cinnamon Cake	1 item	310	20	9	0	25	300	38
Glazed Cake	1 item	340	20	9	0	25	300	38
Glazed Chocolate Cake	1 item	390	25	11	0	0	540	40
Jelly	1 item	400	20	9	0	25	320	54
Plain Cake	1 item	300	20	9	0	25	300	26
Powdered Cake	1 item	320	20	9	0	25	300	31
<b>Bagels &amp; Bagel Twists</b>								
Blueberry	1 item	330	3	1	0	0	620	65
Cheddar Cheese Twist	1 item	400	9	4.5	0	20	800	63
Cinnamon Raisin	1 item	330	3.5	0.5	0	0	450	65
Cinnamon Raisin Twist	1 item	350	3.5	0.5	0	0	460	72
Everything	1 item	350	4.5	0.5	0	0	660	66

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>Dunkin' Donuts®</b>								
<b>Bagels &amp; Bagel Twists Continued</b>								
Garlic	1 item	340	2.5	0.5	0	0	660	68
Multi Grain	1 item	390	8	0.5	0	0	560	65
Onion	1 item	310	2	0	0	0	380	63
Plain	1 item	320	2.5	0.5	0	0	660	63
Poppyseed	1 item	350	6	0.5	0	0	660	64
Salt	1 item	320	2.5	0.5	0	0	3420	63
Sesame	1 item	360	6	0.5	0	0	660	63
Wheat	1 item	320	3.5	0	0	0	550	61
<b>Danish</b>								
Apple Cheese	1 item	330	16	7	0	0	270	41
Cheese	1 item	330	17	8	0	5	270	39
Strawberry Cheese	1 item	320	16	7	0	0	260	40
<b>Muffins</b>								
Blueberry	1 item	510	16	1.5	0	15	490	87
Chocolate Chip	1 item	630	23	6	0	20	520	98
Coffee Cake	1 item	660	26	7	0	20	530	98
Corn	1 item	510	17	2	0	20	860	84
Honey Bran Raisin	1 item	500	14	1.5	0	15	450	86
Reduced Fat Blueberry	1 item	450	10	1.5	0	15	670	86
<b>Other</b>								
Biscuit	1 item	280	14	8	0	0	620	32
Brownie	1 item	430	23	5	0	55	260	56
English Muffin	1 item	160	1.5	0	0	0	340	31
Plain Croissant	1 item	310	16	7	0	0	350	35
Hashbrowns	9 pc.	200	11	1.5	0	0	730	22
<b>Oven Toasted Breakfast Sandwiches</b>								
Bacon, Egg White & Cheese on Bagel	1 item	510	17	6	0	195	1340	66
Chicken Biscuit	1 item	500	25	10	0	35	1260	48
Egg & Cheese on Bagel	1 item	470	14	5	0	195	1160	66
Egg White & Cheese on English Muffin	1 item	270	5	3	0	10	850	34
Ham, Egg & Cheese on Bagel	1 item	510	16	6	0	215	1470	67
Sausage Biscuit	1 item	450	28	14	0	45	1020	33
Sausage, Egg & Cheese on Bagel	1 item	640	29	10	0	240	1560	67
Waffle Breakfast Sandwich w/ sausage	1 item	550	37	13	0	260	1390	28
<b>Oven Toasted Flat Sandwiches &amp; Wraps</b>								
Bacon Jack Chicken Croissant Sandwich	1 item	680	38	14	0.5	55	1390	53
Bacon Jack Chicken Wrap	1 item	260	13	4	0	30	670	21

Dunkin' Donuts®	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Bacon, Egg & Cheese Wake-Up Wrap	1 item	200	12	4.5	0	110	620	14
Bacon, Egg White & Cheese Wake-Up Wrap	1 item	180	8	3.5	0	15	620	14
Chicken Parmesan Flatbread	1 item	500	24	7	0	50	1270	49
Egg & Cheese Wake-Up Wrap	1 item	180	10	4	0	105	510	14
Egg White & Cheese Wake-Up Wrap	1 item	150	6	3	0	10	520	14
Egg White, Turkey & Sausage Flatbread	1 item	280	6	2.5	0	20	820	37
Egg White & Veggie Flatbread	1 item	290	9	4	0	20	680	39
Grilled Cheese Flatbread	1 item	360	18	9	0.5	45	850	35
Ham & Cheese Flatbread	1 item	320	11	5	0	40	960	34
Original Chicken Croissant Sandwich	1 item	640	35	13	0.5	55	1200	50
Original Chicken Wrap	1 item	240	11	3	0	25	560	20
Tuna Salad Sandwich on Plain Bagel	1 item	540	20	3	0	30	1070	69
Turkey, Cheddar & Bacon Flatbread	1 item	410	20	7	0	50	1110	36
<b>Sandwiches</b>								
Chicken Bruschetta	1 item	580	26	7	0	80	1200	49
Chipotle Chicken	1 item	600	25	8	0	85	1380	50
Pastrami Supreme	1 item	750	39	16	0	125	2060	51
Pressed Cuban	1 item	680	33	13	0	120	2000	50
Turkey & Cheese	1 item	450	13	4.5	0	60	1500	52
Tuna Albacore	1 item	660	19	2.5	0	50	1280	56
Tuna Melt	1 item	770	30	7	0	70	1560	57
Toasted Italian	1 item	560	25	9	0	75	2630	52
Steak & Cheese	1 item	470	16	6	0	75	2040	50
Turkey & Bacon Club	1 item	440	13	3	0	45	1800	51
<b>Salads</b>								
Caesar Salad	1 salad	320	29	6	0	30	790	11
Chicken Caesar Salad	1 salad	440	33	7	0	75	1020	11
Garden Salad	1 salad	180	6	3	0	15	500	21
<b>Soups</b>								
Broccoli Cheddar Soup	8 oz.	190	11	6	0	35	990	14
Chicken Noodle Soup	8 oz.	130	3	1	0	45	970	19
<b>Other</b>								
Biscuit	1 item	280	14	8	0	0	620	32
Brownie	1 item	430	23	5	0	55	260	56
English Muffin	1 item	160	1.5	0	0	0	340	31
Hashbrowns	9 pc.	200	11	1.5	0	0	730	22

Dunkin' Donuts®		Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
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### Other Continued

Plain Croissant	1 item	310	16	7	0	0	350	35
<b>Cookies</b>								
Chocolate Chunk Cookie	1 item	540	23	13	0	50	550	80
Oatmeal Raisin Cookie	1 item	480	14	7	0	40	310	83

### Dutch Ice®

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Blue Raspberry Dutch Ice	14 fl. oz.	170	0	0	0	0	45	43
Blue Raspberry Dutch Smoothie	14 fl. oz.	280	10	7	0	40	140	45
Blue Raspberry Icee	21 fl. oz.	160	0	0	0	0	10	41
Caramel Dutch Latte	14 fl. oz.	370	17	11	0	55	170	49
Chocolate Dutch Shake	14 fl. oz.	570	27	18	0	105	390	75
Coca-Cola Icee	21 fl. oz.	160	0	0	0	0	15	33
Coffee Dutch Latte	14 fl. oz.	290	14	9	0	50	180	38
Coffee Dutch Shake	14 fl. oz.	590	27	18	0	105	350	76
Kiwi-Banana Dutch Ice	14 fl. oz.	150	0	0	0	0	30	37
Kiwi-Banana Dutch Smoothie	14 fl. oz.	270	10	7	0	40	130	41
Lemonade Dutch Ice	14 fl. oz.	210	0	0	0	0	20	53
Lemonade Dutch Smoothie	14 fl. oz.	300	10	7	0	40	120	50
Lemonade Mixer (any flavor)	16 fl. oz.	240	0	0	0	0	20	60
Mocha Dutch Ice	14 fl. oz.	270	8	7	0	0	85	50
Mocha Dutch Latte	14 fl. oz.	360	17	11	1	55	160	47
Mocha Dutch Smoothie	14 fl. oz.	340	15	11	0	40	160	49
Piña Colada Dutch Ice	14 fl. oz.	210	0	0	0	0	30	51
Piña Colada Dutch Smoothie	14 fl. oz.	300	10	7	0	40	130	49
Strawberry Dutch Ice	14 fl. oz.	160	0	0	0	0	35	40
Strawberry Dutch Shake	14 fl. oz.	600	27	18	0	105	300	79
Strawberry Dutch Smoothie	14 fl. oz.	280	10	7	0	40	135	43
Strawberry Lemonade Dutch Ice	14 fl. oz.	230	0	0	0	0	25	58
Vanilla Dutch Shake	14 fl. oz.	510	27	18	0	105	300	57
Watermelon Dutch Ice	14 fl. oz.	190	0	0	0	0	30	46
Wild Cherry Dutch Ice	14 fl. oz.	200	0	0	0	0	30	48
Wild Cherry Dutch Smoothie	14 fl. oz.	300	10	7	0	40	130	47
Wild Cherry Icee	21 fl. oz.	160	0	0	0	0	10	43

# Einstein Bros. Bagels®

## Bagels

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Asiago Cheese	1 item	310	5	3	0	15	630	56
Blueberry	1 item	300	1	0	0	0	480	65
Chocolate Chip	1 item	280	2.5	1	0	0	430	56
Cinnamon Raisin Swirl	1 item	290	1	0	0	0	450	63
Cinnamon Sugar	1 item	310	2.5	0.5	0	0	510	66
Cranberry	1 item	270	1	0	0	0	420	60
Egg	1 item	300	5	1.5	0	120	490	54
Everything	1 item	270	2	0	0	0	620	56
Garlic Dip'd	1 item	270	2.5	0	0	0	460	56
Good Grains	1 item	280	2.5	0	0	0	440	58
Honey Whole Wheat	1 item	260	1	0	0	0	440	57
Onion	1 item	270	1	0	0	0	460	59
Onion Dip'd	1 item	270	2.5	0	0	0	460	56
Plain	1 item	260	1	0	0	0	460	56
Poppy Dip'd	1 item	280	3	0	0	0	460	56
Potato	1 item	270	4	0.5	0	0	500	52
Power Bagel Fruit & Nut	1 item	310	5	0.5	0	0	280	61
Pumpernickel	1 item	240	1.5	0	0	0	490	53
Sesame Dip'd	1 item	280	3	0	0	0	460	56
Sun-Dried Tomato	1 item	260	1.5	0	0	0	530	54

## Gourmet Bagels

Dutch Apple	1 item	350	7	2	0	0	530	66
Green Chile	1 item	350	8	4.5	0	25	680	58
Six Cheese	1 item	330	6	3.5	0	15	650	56
Spinach Florentine	1 item	340	8	4	0	20	590	57

## Specialty Breads

Braided Challah Roll	1 item	220	3.5	0.5	0	30	200	41
Ciabatta Bread	1 slice	290	2.5	0	0	0	640	60
Multi Grain Bread	1 slice	130	2.5	0	0	0	220	23

## Bagel Pretzels

Asiago Cheese	1 item	300	7	2.5	0	5	710	52
Cinnamon Sugar	1 item	320	5	1	0	0	630	66
Plain	1 item	270	5	1	0	0	630	52
Salt	1 item	270	5	1	0	0	1740	52

## Cream Cheese Shmear (whipped)

Blueberry (reduced fat)	2 Tbsp	70	5	3.5	0	15	50	6
Garden Vegetable (reduced fat)	2 Tbsp	60	5	3.5	0	15	100	3
Garlic Herb (reduced fat)	2 Tbsp	60	5	3.5	0	15	100	3
Honey Almond (reduced fat)	2 Tbsp	70	5	3	0	15	45	6
Jalapeño Salsa (reduced fat)	2 Tbsp	60	5	3.5	0	15	105	3

# Einstein Bros. Bagels®

## Cream Cheese Shmear (whipped) Continued

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Onion & Chive (reduced fat)	2 Tbsp	70	6	4	0	20	60	3
Plain	2 Tbsp	70	7	4.5	0	20	65	1
Plain (reduced fat)	2 Tbsp	60	5	3.5	0	15	100	2
Smoked Salmon (reduced fat)	2 Tbsp	60	6	3.5	0	20	120	2
Strawberry (reduced fat)	2 Tbsp	70	5	3.5	0	15	50	5
Sun-Dried Tomato Basil (reduced fat)	2 Tbsp	60	5	3.5	0	15	100	2

## Breakfast Sandwiches

Bacon & Spinach Panini	1 item	860	51	15	1	430	1610	66
Egg Way Original	1 item	530	20	9	0	395	840	62
Egg Way Spinach Mushroom & Swiss Omelette	1 item	540	20	8	0	385	860	65
Egg Way w/bacon	1 item	580	24	11	0	410	1030	59
Egg Way w/black forest ham	1 item	570	21	9	0	410	1270	62
Egg Way w/sausage	1 item	600	24	10	0	425	1020	63
Sausage Ranchero Panini	1 item	680	29	12	0	435	1360	64
Vegetable Breakfast Panini	1 item	730	36	17	0	420	1300	68

## Breakfast Wraps

Santa Fe	1 item	720	37	14	0	540	1290	60
Spicy Elmo	1 item	720	41	17	0	435	1050	56

## Deli Sandwiches

Bacon	1 item	830	52	14	0.5	105	1930	52
Chicken Salad	1 item	460	18	4	0.5	75	890	47
Ham	1 item	520	26	5	0.5	45	1550	48
Pastrami	1 item	630	33	9	1	80	1860	53
Tuna	1 item	440	15	2.5	0	35	920	50
Turkey & Swiss	1 item	690	41	9	1	85	1510	49

## Deli Melts

Ham	1 item	510	16	9	0	70	1700	62
Pastrami	1 item	540	17	9	0.5	85	1690	64
Tuna Salad	1 item	590	23	9	0	75	1140	64
Turkey	1 item	510	15	8	0	75	1430	62
Veggie	1 item	640	29	16	0	70	1350	76

## Specialty Sandwiches (regular)

Club Mex on Challah	1 item	750	49	11	0.5	125	1530	46
Grilled Chicken Bacon & Swiss	1 item	750	46	11	0.5	165	1220	45
Lox & Bagels	1 item	520	21	11	0	50	980	66
Rachel	1 item	910	64	16	1.5	130	2210	51
Reuben	1 item	650	38	12	1	105	2360	47
Roasted Turkey & Swiss	1 item	690	41	9	1	80	1460	49

# Einstein Bros. Bagels®

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Tasty Turkey on Asiago Bagel	1 item	580	20	11	0	95	1500	69
Turkey Rachel	1 item	870	62	15	1	125	1860	49
Turkey Reuben	1 item	610	36	11	0.5	100	2040	45
Veg Out on Sesame Seed	1 item	440	14	7	0	30	760	66
<b>Paninis</b>								
Italian Chicken	1 item	800	40	12	0	120	2450	66
Turkey Club Panini	1 item	790	41	11	1	100	2200	66
<b>Wraps</b>								
California Chicken	1 item	630	28	8	0	110	1170	63
Chipotle Turkey	1 item	730	37	12	0	75	1990	70
<b>Bagel Dogs</b>								
Original	1 item	470	20	7	1	55	1190	56
Original Asiago	1 item	490	21	8	1	60	1230	56
Original w/cheese	1 item	550	26	11	1.5	75	1310	56
<b>Pizza Bagels</b>								
Cheese	1 item	410	12	7	0	35	980	63
Cheesy Garlic & Herb	1 item	500	19	12	0	55	1010	65
Pepperoni	1 item	470	16	8	0	45	1120	63
Spinach & Mushroom	1 item	580	25	13	0	55	1250	70
<b>Soups (cup)</b>								
Chicken Noodle	1 item	120	3.5	1	0	30	770	14
Corn Crab Chowder	1 item	280	18	15	0	30	940	18
Italian Wedding	1 item	160	6	1.5	0	20	1060	15
Seafood Minestrone	1 item	130	4.5	1	0	40	1010	16
Turkey Chili	1 item	220	7	1.5	0	35	930	24
Vegetarian Broccoli Cheese	1 item	290	20	10	0	45	990	16
<b>Salads</b>								
Bros. Bistro Salad	1 salad	820	68	11	0	25	320	38
Bros. Bistro Salad w/chicken	1 salad	940	71	12	0	105	810	39
Caesar Salad	1 salad	690	63	15	0	55	1730	18
Caesar Salad w/chicken	1 salad	820	66	16	0	145	2290	20
Chicken Chipotle Salad	1 salad	710	41	9	0	95	1960	54
Chipotle Salad	1 salad	590	38	8	0	20	1470	53
<b>Sides</b>								
Bagel Croutons	1 order	150	12	3	0	0	460	9
Fruit & Yogurt Parfait	1 item	230	1.5	0	0	5	200	42
Fruit Salad	1 item	140	0	0	0	0	35	32
Traditional Potato Salad	1 order	355	28.5	4	0	20	550	20
<b>Sweets</b>								
Blueberry Muffin	1 item	480	22	4.5	0	105	480	65
Chocolate Chip Coffee Cake	1 item	760	34	13	0	5	270	110

# Einstein Bros. Bagels®

## Sweets Continued

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Chocolate Mudslide Cookie	1 item	320	17	9	0	60	75	46
Cinnamon Stix	1 item	370	21	10	0	0	125	41
Cinnamon Walnut Strudel	1 item	630	42	17	0.5	35	360	56
Fudge Brownie	1 item	510	25	13	0	90	115	74
Heavenly Chocolate Chunk Cookie	1 item	360	18	9	0	15	290	48
Iced Sugar Cookie	1 item	480	15	6	0	25	60	76
Lemon Pound Cake	1 item	440	16	8	0	125	390	69
Marshmallow Crispy Treats	1 item	220	3.5	1	0	0	60	48
Mixed Berry Coffee Cake	1 item	710	29	10	0	5	270	110
Oatmeal Raisin Cookie	1 item	320	11	5	0	25	310	54
Strawberry White Chocolate Muffin	1 item	550	25	7	0	105	510	78

# El Pollo Loco®

## Flame-Grilled Chicken

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Chicken Breast	1 item	220	9	2.5	0	140	620	0
Chicken Breast w/o skin	1 item	180	3.5	1	0	110	560	0
Chopped Breast Meat	1 item	100	1.5	0.5	0	70	330	0
Leg	1 item	90	4	1	0	70	170	0
Thigh	1 item	320	15	4.5	0	180	320	0
Wing	1 item	90	5	1.5	0	60	290	0

## Bowls & Salads

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Chicken Caesar Bowl	1 bowl	490	22	4.5	0	85	1200	44
Chicken Caesar Salad (w/o dressing)	1 salad	230	7	2	0	75	520	18
Chicken Tostada Salad (w/o dressing)	1 salad	840	42	12	0	100	1310	74
Chicken Tostada Salad (w/o dressing or shell)	1 salad	410	13	6	0	100	1020	39
Loco Salad w/creamy cilantro dressing	1 salad	170	14	3	0	10	210	7
Original Pollo Bowl	1 bowl	690	10	2	0	70	1890	106
Small Garden Salad (w/o dressing)	1 salad	70	3.5	1	0	5	170	8
Ultimate Pollo Bowl	1 bowl	1050	34	14	0	200	2520	110

## Burritos

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
BRC Burrito	1 item	440	12	4.5	0	15	1000	68
Classic Chicken Burrito	1 item	550	17	6	0	95	1350	69

El Pollo Loco®		Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Twice-Grilled Burrito	1 item	840	39	18	0	215	2000	56	
Ultimate Grilled Burrito	1 item	710	23	9	0	100	1690	86	
<b>Mexican Favorites</b>									
Chicken Soft Taco	1 taco	260	12	6	0	70	580	18	
Chicken Tortilla Soup w/tortilla strips (regular)	1 item	210	9	3	0	60	1050	18	
Crunchy Chicken Taco	1 taco	190	8	2.5	0	20	480	16	
Grilled Chicken Nachos	1 order	810	40	14	0	105	1990	70	
Grilled Chicken Tortilla Roll (w/o sauce)	1 item	390	16	6	0	95	1050	37	
<b>Loco Value Menu</b>									
Cheese Quesadilla	1 item	420	23	13	0	60	810	35	
Chicken Taquito w/avocado salsa	1 item	230	12	2.5	0	25	590	20	
Chips & Guacamole	1 order	250	14	2	0	0	350	26	
Churros (2)	1 order	300	18	4.5	0	25	210	32	
Taco al Carbon	1 taco	150	5	1.5	0	40	290	17	
<b>Tortillas &amp; Chips</b>									
6.5" Flour Tortillas (2)	1 order	210	7	2.5	0	0	370	30	
6" Corn Tortillas (2)	1 order	120	2	0	0	0	60	24	
Tortilla Chips	1 order	170	8	1	0	0	250	23	
<b>Sides (small)</b>									
BBQ Black Beans	1 order	200	3	0	0	0	520	36	
Cole Slaw	1 order	130	10	1.5	0	5	120	9	
Corn Cobbette	1 order	90	0.5	0	0	0	0	19	
French Fries	1 order	330	17	3	0	0	660	42	
Fresh Vegetables w/o margarine	1 order	35	0	0	0	0	35	8	
Gravy	1 order	10	0	0	0	0	150	2	
Macaroni & Cheese	1 order	280	17	11	0	55	770	28	
Mashed Potatoes	1 order	110	1.5	0.5	0	0	400	23	
Pinto Beans	1 order	200	4	0.5	0	0	370	29	
Refried Beans w/cheese	1 order	270	7	1.5	0	10	730	36	
Spanish Rice	1 order	220	2	0	0	0	650	45	
<b>Desserts</b>									
Caramel Flan	1 item	260	12	10	0	50	125	34	
<b>Kid's Meals</b>									
Cheese Quesadilla	1 item	420	23	13	0	60	810	35	
Drumstick	1 item	90	4	1	0	70	170	0	
French Fries	1 order	240	12	2	0	0	520	30	
Popcorn Chicken	1 order	200	12	2	0	5	550	10	

Fazoli's®	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
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### Classic Pastas (regular size unless specified)

Baked Spaghetti	1 order	640	22	12	0.5	75	1340	80
Baked Spaghetti w/meatballs	1 order	890	39	20	1	130	2040	86
Chicken Broccoli Penne	1 order	920	42	24	0.5	170	2310	77
Chicken Parmigiano	1 order	1000	39	15	1	125	2550	108
Fettuccine Alfredo	1 order	610	19	10	0	50	1040	84
Fettuccine w/marinara (small)	1 order	440	2	0	0	0	650	86
Fettuccine w/meat sauce (small)	1 order	520	8	2.5	0	15	1100	87
Penne w/alfredo (small)	1 order	610	19	10	0	50	1040	84
Penne w/creamy basil chicken	1 order	970	51	25	1	170	2340	73
Penne w/marinara (small)	1 order	440	2	0	0	0	650	86
Penne w/meat sauce (small)	1 order	520	8	2.5	0	15	1100	87
Ravioli w/marinara sauce	1 order	490	15	8	0	80	1080	69
Ravioli w/meat sauce	1 order	570	21	10	0	95	1530	70
Rigatoni Romano	1 order	880	44	20	1	125	2510	76
Spaghetti w/marinara sauce (small)	1 order	440	2	0	0	0	650	86
Spaghetti w/meat sauce (small)	1 order	520	8	2.5	0	15	1100	87
Tortellini Robusto	1 order	1020	50	28	0.5	210	2580	80
Twice Baked Lasagna	1 order	700	39	20	0.5	115	2420	47

### Choose A Topping

Broccoli	3 oz.	25	0	0	0	0	10	5
Broccoli & Fire Roasted Tomatoes	4 oz.	35	0	0	0	0	85	5
Grilled Chicken	3 oz.	110	3.5	1	0	45	510	2
Meatballs	3 oz.	250	18	8	0	55	700	6
Sliced Italian Sausage	2 oz.	200	16	5	0	40	680	3

### Sampler Platters

Classic Sampler	1 order	880	30	14	0	80	2200	110
Ultimate Sampler Platter	1 order	1130	34	16	0	85	2740	153

### Specialty Pastas

Chicken Carbonara	1 order	800	27	13	0	110	1790	88
Chicken Piccata	1 order	870	43	18	0	60	1530	86
Tortellini & Sundried Tomato Rustico	1 order	850	46	15	0	85	1380	81

### Pizza

Cheese	1 slice	270	11	5	0.5	25	690	32
Pepperoni	1 slice	310	14	6	0.5	35	840	32

### Salads

Garden Side Salad (w/o dressing)	1 salad	30	0	0	0	0	20	6
Caesar Side Salad (w/o dressing)	1 salad	40	2	1	0	5	70	4
Pasta Side Salad	1 salad	300	12	3.5	0	10	970	38

Fazoli's®	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Grilled Chicken Artichoke Salad	1 salad	240	4.5	2.5	0	70	910	11
Crispy Chicken BLT Salad	1 salad	480	26	7	0	75	1430	31
Cranberry & Walnut Chicken Salad	1 salad	390	14	3.5	0	75	950	27
Chicken & Pasta Caesar Salad	1 salad	470	15	5	0	80	1620	38
Side Italian Salad	1 salad	80	4.5	2	0	10	370	4

### Submarinos

Club Italiano	1 item	780	36	10	0	90	2800	68
Fazoli's Original Submarinos	1 item	880	50	14	0	90	2890	68
Ham & Swiss Supremo	1 item	690	31	8	0	75	2390	68
Italian Four Cheese & Tomato	1 item	710	37	19	1	95	1610	59
Roasted Red Pepper Chicken	1 item	780	36	11	0	105	2150	59
Smoked Turkey Basil	1 item	750	37	10	0	80	2550	68

### Extras

Breadsticks, dry	1 item	100	2	0	0	0	160	20
Breadsticks, garlic	1 item	150	7	1.5	0	0	90	20

### Desserts

Chocolate Chip Cannoli	1 item	190	11	6	0	20	55	20
Chocolate Chunk Cookie	1 item	510	26	15	0	75	350	68
Chocolate Layer Cake	1 item	700	38	17	0.5	60	550	87
Choco-Lato Mousse	1 item	610	50	30	0	155	220	39
New York Style Cheesecake w/ strawberry topping	1 item	630	45	26	1	160	630	49
Turtle Cheesecake	1 item	590	37	17	0	95	330	56

### Kid's Meals

Kid's Cheese Pizza	4 oz.	270	11	5	0.5	25	690	32
Kid's Fettuccine Alfredo	6.5 oz.	290	8	4.5	0	20	470	42
Kid's Pepperoni Pizza	4.3 oz.	310	14	6	0.5	35	840	32
Meat Lasagna	1 order	260	13	6	0	35	910	21
Spaghetti w/marinara sauce	1 order	220	1	0	0	0	330	43
Spaghetti w/meat sauce	1 order	260	4	1	0	5	560	44
Spaghetti w/meatballs	1 order	300	7	3.5	0	20	570	45

### Fast Food Factoid:

*Exercise is like a combination of psychotherapy, physical therapy, and stress management all concentrated in one 30-minute session.*

*Dr. Steven Aldana, The Culprit and The Cure*

# Godfather's Pizza®

## Golden Crust Pizza (medium-8 slices)

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
All Meat Combo	1 slice	300	14	5	NA	30	670	26
Bacon Cheeseburger	1 slice	270	12	5	NA	25	640	26
Cheese	1 slice	220	8	3	NA	15	380	25
Combo	1 slice	290	13	5	NA	25	680	27
Hawaiian	1 slice	230	8	3.5	NA	15	450	27
Hot Stuff	1 slice	290	14	6	NA	25	670	27
Humble Pie	1 slice	300	15	6	NA	30	630	26
Pepperoni	1 slice	250	11	4.5	NA	20	500	26
Super Combo	1 slice	320	15	8	NA	30	760	28
Super Hawaiian	1 slice	250	9	3.5	NA	20	450	27
Super Taco	1 slice	330	17	10	NA	35	670	28
Taco	1 slice	300	14	8	NA	30	630	27
Veggie	1 slice	230	8	3	NA	15	430	27

## Original Crust Pizza (medium-8 slices)

All Meat Combo	1 slice	370	15	6	NA	35	840	35
Bacon Cheeseburger	1 slice	330	13	6	NA	30	810	35
Cheese	1 slice	260	7	3	NA	15	470	34
Combo	1 slice	350	14	6	NA	30	890	36
Hawaiian	1 slice	270	7	3	NA	20	530	36
Hot Stuff	1 slice	360	15	6	NA	35	870	35
Humble Pie	1 slice	360	16	6	NA	35	780	35
Pepperoni	1 slice	290	10	5	NA	20	580	34
Super Combo	1 slice	350	14	8	NA	35	820	36
Super Hawaiian	1 slice	290	9	4	NA	25	530	36
Super Taco	1 slice	390	18	9	NA	45	880	36
Taco	1 slice	360	16	8	NA	40	830	36
Veggie	1 slice	270	8	3.5	NA	15	550	36

## Thin Crust Pizza (medium-8 slices)

All Meat Combo	1 slice	270	15	5	NA	30	520	18
Bacon Cheeseburger	1 slice	260	14	6	NA	30	500	18
Cheese	1 slice	170	8	3	NA	15	230	15
Combo	1 slice	240	13	3	NA	25	530	17
Hawaiian	1 slice	190	8	3	NA	20	330	16
Hot Stuff	1 slice	260	15	5	NA	25	530	18
Humble Pie	1 slice	260	15	5	NA	30	480	16
Pepperoni	1 slice	210	11	4	NA	20	350	15
Super Combo	1 slice	290	16	6	NA	30	620	19
Super Hawaiian	1 slice	220	10	3.5	NA	20	330	19
Super Taco	1 slice	300	18	8	NA	35	530	19

# Godfather's Pizza®

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Taco	1 slice	260	15	7	NA	30	480	16
Veggie	1 slice	180	8	3	NA	15	280	16

## Mozza Loaded Crust Pizza (medium-8 slices)

All Meat Combo	1 slice	350	18	7	NA	40	800	27
Bacon Cheeseburger	1 slice	320	17	7	NA	35	770	27
Cheese	1 slice	270	12	5	NA	25	510	26
Combo	1 slice	340	17	7	NA	35	810	28
Hawaiian	1 slice	230	8	3	NA	15	450	27
Hot Stuff	1 slice	340	18	7	NA	35	800	27
Humble Pie	1 slice	350	19	8	NA	40	760	27
Pepperoni	1 slice	300	15	6	NA	30	620	26
Super Combo	1 slice	370	20	9	NA	45	880	28
Super Hawaiian	1 slice	300	13	6	NA	30	580	28
Super Taco	1 slice	380	21	10	NA	45	800	28
Taco	1 slice	350	19	9	NA	40	760	28
Veggie	1 slice	280	12	5	NA	25	560	27

## Alum Pan

Apple Dessert (medium)	1 slice	200	4	1	NA	0	220	38
Cherry Dessert (medium)	1 slice	210	4	1	NA	0	210	39
Cinnamon Streusel (medium)	1 slice	230	5	1	NA	0	220	40
Monkey Bread-Cinnamon	1 order	830	24	4.5	NA	0	970	139
Monkey Bread-Italian	1 order	690	23	4.5	NA	0	970	105

## Other

Breadsticks	1 pc.	110	2	0	NA	0	160	20
Breadsticks w/cheese	1 pc.	140	4	1.5	NA	5	220	20
Calzone cheese (medium)	1 item	1660	51	24	NA	115	2920	200
Calzone-Combo (medium)	1 item	1450	40	16	NA	80	2900	199
Calzone-Pepperoni (medium)	1 item	1410	39	16	NA	80	2540	195
Cheesesticks	1 slice	200	7	2.5	NA	10	300	24
Garlic Toast	1 pc.	150	9	2	NA	0	260	15
Garlic Toast w/cheese	1 pc.	210	12	3.5	NA	10	360	16
Hot Wings	1 pc.	45	3	1	NA	10	90	1
Potato Wedges	1 order	690	32	8	NA	0	1440	96

## Gluten-Free Pizza (6 slices)

Beef	1 slice	170	7	3	NA	30	500	18
Cheese	1 slice	140	4.5	2	NA	25	380	18
Classic Combo	1 slice	180	8	3	NA	30	570	19
Meat Combo	1 slice	190	8	3.5	NA	35	570	18
Pepperoni	1 slice	170	7	3	NA	30	480	18
Sausage	1 slice	170	6	2.5	NA	25	510	18

Golden Corral®		Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>Breakfast</b>									
Bacon & Cheese Quiche	1 slice	280	19	10	0	125	730	15	
Mini Cin-a-gold Roll	1 item	230	9	2.5	2	15	210	35	
Spinach Quiche	1 slice	230	16	9	0	115	480	14	
<b>Cold Bar</b>									
Broccoli Salad	1/2 cup	110	8	1.5	0	10	85	9	
Cajun Potato Salad	1/2 cup	230	17	3	0	130	410	15	
Coleslaw	1/2 cup	110	9	1.5	0	10	240	6	
Deviled Egg	1 item	70	5	1	0	110	70	1	
Potato Salad	1/2 cup	250	19	3	0	130	260	16	
Seafood Salad	1/2 cup	140	10	1.5	0	10	680	9	
Shrimp & Seafood Salad	1/2 cup	140	8	1	0	70	460	6	
Spinach Applewood Bacon Salad	1/2 cup	150	11	2.5	0	90	340	7	
Tuna Salad	1/2 cup	200	14	2	0	45	380	5	
<b>Hot Bar</b>									
Awesome Pot Roast	3 oz.	100	4.5	2	0	35	200	5	
Baked Fish w/shrimp & lemon herb sauce	3 oz.	160	10	2.5	1.5	75	410	2	
Baked Florentine Fish	1 item	180	12	2.5	1.5	30	290	2	
Barbecue Chicken (leg quarter)	1 pc.	490	22	9	0	205	1080	21	
Barbecue Pork	3 oz.	170	8	2.5	0	75	100	5	
Bone-In Breaded Catfish	3 oz.	210	14	2.5	0	50	430	7	
Bourbon Street Chicken	3 oz.	170	9	2.5	0	95	350	4	
Breaded Catfish	2 pc.	200	11	2	0	50	500	10	
Breaded Scallops	10 pc.	140	6	1	0	25	260	13	
Broccoli & Rice	1/2 cup	120	5	1.5	0.5	5	430	16	
Broccoli, steamed	1/2 cup	25	0	0	0	0	190	6	
Brown Gravy	2 oz.	25	1	0	0	0	300	4	
Cauliflower, steamed	1/2 cup	20	0	0	0	0	180	3	
Cheese Pizza	1 slice	170	7	3	0	15	360	21	
Cheese Sauce	2 oz.	80	5	2.5	0	10	490	4	
Chicken Tenders	1 pc.	170	8	2.5	0	60	510	6	
Coconut Shrimp	5 pc.	200	12	3	0	40	190	16	
Collard Greens	1/2 cup	35	1	0	0	0	330	4	
Corn on the Cob	1 item	80	1.5	0	0	0	70	18	
Crab Cake	1 item	180	15	2	0	20	470	8	
Escalloped Apples	1/2 cup	130	1.5	0	0	0	20	29	
Fried Chicken (meat only)	3 oz.	240	15	3.5	0	85	460	6	
Golden Delicious Shrimp	6 pc.	210	9	1.5	0	55	330	23	
Green Beans	1/2 cup	35	1.5	0	0	0	520	4	
Grilled Lemon Pepper Fish	1 item	180	11	2	0	30	380	5	

# Golden Corral®

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Ham (pit style, smoked)	3 oz.	110	6	2	0	50	1070	1
Italian Red Sauce	1/2 cup	90	6	1	0	0	340	7
Linguine w/lemon butter herb sauce	1 cup	270	17	4.5	1	10	280	23
Macaroni & Beef	1/2 cup	110	3.5	1.5	0	10	590	15
Macaroni & Cheese	1/2 cup	190	9	3.5	1	15	450	19
Mashed Potatoes	1 spoon	140	7	1.5	2.5	0	360	18
Meatloaf (w/meatloaf topping)	1 slice	220	11	4.5	0.5	105	600	12
Mini Steak Burger	1 item	280	15	6	1.5	55	340	16
Onions & Peppers	2 oz.	30	1.5	0	0	0	0	4
Pepperoni Pizza	1 slice	210	10	4.5	0	25	500	21
Popcorn Shrimp	15 pc.	130	6	1	0	30	490	14
Poultry Gravy	2 oz.	25	0.5	0	0	0	340	3
Rice Pilaf	1/2 cup	150	5	1	1	0	560	24
Rotisserie Chicken (breast & wing)	1 pc.	310	15	4.5	0	175	1070	1
Salmon Lemonata	3 oz.	130	10	2.5	1.5	25	470	3
Sautéed Mushrooms	1/2 cup	70	5	1	0.5	0	220	3
Shrimp Flatbread	1 pc.	120	4.5	1.5	0	50	260	10
Shrimp Scampi	1/2 cup	170	13	2.5	0	85	270	3
Sirloin Steak	4.5 oz.	230	9	4.5	0.5	85	590	1
Spicy Glazed Havanero Popcorn Shrimp	1 spoon	210	7	1.5	0	30	790	30
Sweet & Sour Shrimp	1 spoon	140	6	1	0	20	380	18
Sweet Homestyle Cornbread Stuffing	1/2 cup	130	6	1.5	1	0	620	17
Sweet Potato Casserole	1 spoon	160	3	0.5	1	5	40	32
Tempura Battered Tilapia	1 pc.	220	11	2.5	0	35	790	11
Tortellini & Shrimp in Lobster Sauce	1/2 cup	160	6	2.5	0	55	540	19
White Gravy	2 oz.	45	2.5	1	1.5	0	160	4
White Rice	1/2 cup	150	4.5	1	1	0	230	23
Whole Carved Salmon	3 oz.	120	6	1.5	1	50	580	1

## Soup & Potato Bar

Chicken Noodle Soup	1 cup	80	1.5	0	0	20	900	12
Clam Chowder	1 cup	160	5	2.5	0	15	720	17
Loaded Potato & Bacon Soup	1 cup	250	14	6	0.5	30	1120	21
Shrimp Jambalaya	1/2 cup	140	7	2.5	0	100	570	4
Timberline Chili	1 cup	230	9	3	1	40	890	26
Vegetable Beef Soup	1 cup	80	1	0	0	5	1080	14

## Bread Bar

Garlic Cheese Biscuit	1 item	170	12	4.5	2	20	300	10
Garlic Cheese Breadstick	1 item	120	5	2	0	10	250	13



# Golden Corral®

## Bread Bar Continued

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Homestyle Yeast Roll	1 item	180	3.5	1	0.5	5	210	31
Multi Grain Roll	1 item	160	3.5	0.5	0	0	220	29
Skillet Cornbread	1 item	120	3	1	0.5	15	240	22
Sourdough Roll	1 item	120	1.5	0.5	0	0	300	30

## Bakery

Apple Cobbler	1 pc.	150	5	2	0	5	220	26
Apple Pie	1 slice	330	13	5	0	10	400	49
Banana Nut Bread (w/icing)	1 pc.	190	4	0.5	0	5	230	40
Banana Pudding	1 spoon	240	11	9	0	0	135	31
Blueberry Pie-no sugar	1 pc.	280	8	3	0	0	380	49
Bread Pudding	1 spoon	240	12	7	0	90	110	30
Brownie, Fudgy	1 item	140	6	1.5	0	45	910	20
Carrot Cake	1 slice	430	22	6	4	25	320	58
New York Style Cheesecake	1 pc.	250	15	7	1	40	320	28
Cherry Cobbler	1 pc.	180	5	2	0	5	190	31
Cherry Pie	1 slice	320	13	6	0	10	410	46
Chocolate Cake w/chocolate frosting	1 slice	340	15	3.5	2	25	310	53
Chocolate Chess Mini Tart	1 item	340	18	6	2.5	35	330	40
Chocolate Pudding-no sugar	1/2 cup	110	4.5	3	0	10	130	13
Chocolate Soft Serve	1/2 cup	90	2	1.5	0	5	55	20
Coconut Cream Mini Tart	1 item	240	13	7	0	5	350	29
Fruit Mini Tart	1 item	220	9	3.5	0	5	370	31
German Chocolate Bar	1 item	320	17	8	2	0	80	42
German Chocolate Cake	1 slice	370	18	6	2	25	390	52
Gourmet Chocolate Cake w/ chocolate frosting	1 slice	590	31	14	1.5	25	290	83
Lemon Cream Mini Tart	1 item	240	11	4.5	0.5	5	370	34
Orange Sherbet	1/2 cup	110	1	0.5	0	5	25	27
Peach Pie- no sugar	1 pc.	330	21	9	0	0	370	36
Peanut Butter Cream Mini Tart	1 item	340	21	6	0	5	420	32
Pecan Mini Tart	1 item	300	13	3.5	0	40	360	43
Pumpkin Mini Tart	1 item	220	10	4	0	25	330	30
Red Velvet Cake	1 slice	470	26	7	5	25	330	58
Shadow Cake	1 slice	430	20	5	3.5	15	280	62
Strawberry Cheesecake-no sugar	1 pc.	220	15	7	0	55	200	21
Strawberry Shortcake	1 item	200	7	2	0.5	5	200	33
Sugar Free Chocolate Chip Cookie	1 item	90	5	2	0	10	90	16
Sugar Free Gelatin (all flavors)	1/2 cup	10	0	0	0	0	35	1
Sugar Free Vanilla Cake	1 slice	200	12	7	1	25	180	28
Vanilla Non-Fat Frozen Yogurt	1/2 cup	70	0	0	0	0	70	14
Vanilla Soft Serve	1/2 cup	110	2	1.5	0	5	100	22

Hardee's®	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>Breakfast</b>								
Bacon, Egg & Cheese Biscuit	1 item	530	36	11	NA	190	1390	36
Big Country Breakfast Platter-Bacon	1 order	910	48	12	NA	385	2210	91
Biscuit 'n Gravy	1 order	530	33	8	NA	10	1510	48
Breaded Pork Chop Biscuit	1 item	640	39	7	NA	35	1270	46
Chicken Fillet Biscuit	1 item	600	34	7	NA	55	1680	50
Cinnamon 'n Raisin Biscuit	1 item	300	15	3	NA	0	680	40
Country Ham Biscuit	1 item	440	26	6	NA	35	1710	36
Country Steak Biscuit	1 item	630	43	11	NA	35	1330	45
Frisco Breakfast Sandwich	1 item	400	18	7	NA	215	1350	27
Ham, Egg & Cheese Biscuit	1 item	540	33	10	NA	220	1830	36
Jelly Biscuit	1 item	520	34	7	NA	0	1020	44
Loaded Biscuit & Gravy Breakfast Bowl	1 bowl	740	52	14	NA	220	1920	49
Loaded Breakfast Burrito	1 item	760	49	21	NA	445	1700	39
Loaded Omelette Biscuit	1 item	610	42	14	NA	220	1540	36
Low Carb Breakfast Bowl	1 meal	620	50	21	NA	325	1380	6
Made from Scratch Biscuit	1 item	370	23	5	NA	0	890	35
Monster Biscuit	1 item	770	55	18	NA	250	2310	37
Pancakes (3)	1 order	300	5	1	NA	25	830	55
Pork Chop n' Gravy Biscuit	1 item	680	42	8	NA	35	1400	48
Sausage & Egg Biscuit	1 item	590	42	11	NA	210	1300	36
Sausage Biscuit	1 item	530	38	10	NA	30	1240	36
Smoked Sausage Biscuit	1 item	620	46	15	NA	40	1680	37
Sunrise Croissant w/ham	1 item	400	23	10	NA	225	1070	27
<b>Breakfast Sides</b>								
Country Potatoes (medium)	1 item	290	12	2.5	NA	0	710	39
Grits	1 item	110	5	1	NA	0	490	16
<b>Thickburgers &amp; Sandwiches</b>								
1/3 lb. Bacon Cheese Thickburger	1 item	850	57	19	NA	105	1650	49
1/3 lb. Cheeseburger	1 item	620	33	13	NA	80	1580	51
1/3 lb. Low-Carb Thickburger	1 item	420	32	12	NA	115	1010	5
1/3 lb. Mushroom 'n Swiss Thickburger	1 item	650	36	14	NA	90	1620	47
1/3 lb. Original Thickburger	1 item	770	48	16	NA	95	1560	53
2/3 lb. Double Bacon Cheese Thickburger	1 item	1200	84	30	NA	185	2450	50
2/3 lb. Monster Thickburger	1 item	1320	95	36	NA	210	3020	46
Baked Chicken Filet Sandwich	1 item	710	38	7	NA	55	1610	62
BBQ Chicken Sandwich	1 item	400	6	1	NA	45	1370	62
Big Hot Ham 'n Cheese	1 item	460	20	8	NA	75	2040	40

Hardee's®		Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
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### Thickburgers & Sandwiches Continued

Big Roast Beef	1 item	400	21	7	NA	60	1180	28
Charbroiled Chicken Club Sandwich	1 item	630	32	8	NA	80	1730	54
Chicken Strips	3 pc.	370	26	6	NA	30	620	19
Double Cheeseburger	1 item	530	32	6	NA	90	1070	34
Fish Supreme Sandwich	1 item	630	38	7	NA	40	1310	51
Hot Ham 'n Cheese	1 item	280	12	4	NA	35	1090	29
Jumbo Chili Dog	1 item	400	26	9	NA	55	1170	25
Kid's Meal-Cheeseburger	1 meal	560	29	6	NA	45	1260	59
Kid's Meal-Chicken Strips	1 meal	450	27	6	NA	20	950	40
Kid's Meal-Hamburger	1 meal	520	25	6	NA	35	1040	59
Little Thick Cheeseburger	1 item	450	23	9	NA	65	1180	38
Little Thickburger	1 item	570	39	12	NA	80	1140	35
Low-Carb Charbroiled Chicken Club Sandwich	1 item	360	23	7	NA	75	1290	14
Regular Roast Beef	1 item	310	15	5	NA	40	840	28
Six Dollar Thick Burger	1 item	930	59	21	NA	130	1960	57
Small Cheeseburger	1 item	350	19	4	NA	45	730	32
Small Hamburger	1 item	310	15	4	NA	35	500	32
Spicy Chicken Sandwich	1 item	440	21	5	NA	50	1140	41

### Fried Chicken & Sides

Cole Slaw (small)	1 item	170	10	2	NA	10	140	20
Fried Chicken Breast	1 item	370	15	4	NA	75	1190	29
Fried Chicken Leg	1 item	170	7	2	NA	45	570	15
Fried Chicken Thigh	1 item	330	15	4	NA	60	1000	30
Fried Chicken Wing	1 item	200	8	2	NA	30	740	23
Mashed Potatoes (small)	1 item	90	2	0	NA	0	410	17

### Other Sides

Crispy Curls (small)	1 item	340	17	4	NA	0	840	43
Natural Cut French Fries (small)	1 item	320	14	3	NA	0	710	45

### Desserts

Chocolate Chip Cookie	1 item	290	11	5	NA	20	280	44
Chocolate Cake	1 item	300	12	3	NA	370	420	56
Apple Turnover	1 item	290	15	5	NA	5	350	36
Peach Cobbler (small)	1 item	285	7	1	NA	0	230	56

# Hometown Buffet®

## Breakfast

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Bacon	1 item	40	3.5	1	0	10	180	0
Buttermilk Pancakes	1 item	120	2	0.5	0	5	380	19
French Toast	1 slice	220	9	2	0	105	270	29
Grits	4 oz.	60	0	0	0	0	125	13
Hashbrown Patties	1 pc.	110	7	1.5	0	0	220	13
Oatmeal	4 oz.	60	1.5	0	0	0	110	12
Omelette (plain)	1 item	140	11	3	0	360	150	2
Poached Egg	1 item	70	5	1.5	0	210	150	0
Potatoes O'Brien	1 spoon	150	6	1	0	0	270	25
Sausage Gravy	2 oz.	40	2	0.5	0	0	250	5
Sausage Links	1 item	100	10	3.5	0	25	190	0
Scrambled Eggs	1 spoon	120	10	2.5	0	240	100	0
Waffles	1 item	120	6	3	0	50	180	15

## Breads & Other Items

Biscuits	1 item	130	6	1.5	2	0	340	16
Bun, Hot Dog	1 item	120	2	1	0	0	210	22
Caramel Roll	1 item	140	5	1	0	0	115	22
Cinnamon Bread	1 slice	160	2.5	0.5	0	0	140	32
Cinnamon Roll	1 item	140	5	1	0	0	115	23
Cornbread	1 item	160	6	1	0	15	320	25
Dinner Roll, White	1 item	130	5	1	0	0	120	18
English Muffin	1 item	60	0.5	0	0	0	200	13
Flour Tortilla	1 item	120	3	0.5	0	0	240	20
Garlic Bread	1 slice	70	3	0.5	0	0	110	9
Garlic Cheese Biscuit	1 item	230	15	4	2	10	630	20
Honey Cornbread	1 item	170	7	1	0	15	320	26
Jalapeño Cornbread	1 item	160	6	1	0	15	320	25
Loaf Bread, Wheat	1 slice	70	1	0	0	0	130	12
Loaf Bread, French	1 slice	70	0.5	0	0	0	160	14
Loaf Bread, Pumpernickel	1 slice	60	1	0	0	0	12	170
Muffin, average	1 item	270	10	1.5	0.5	0	290	43

## Salads

Broccoli Bacon Salad	1 spoon	180	13	2.5	0	15	260	14
California Coleslaw	1 spoon	100	0	0	0	0	85	24
Carrot & Raisin Salad	1 spoon	140	9	1.5	0	10	115	17
Chicken Caesar Salad	1 spoon	90	7	1.5	0	20	120	3
Chicken Pasta Salad	1 spoon	240	18	3.5	0	30	320	13
Creamy Pea Salad	1 spoon	180	15	4.5	0	25	220	10
Dilled Potato Salad	1 spoon	110	8	2	0	10	240	10
Greek Salad	1 spoon	120	8	2	0	15	210	10

# Hometown Buffet®

## Salads Continued

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Italian Pasta Salad	1 spoon	190	13	4	0	20	520	14
Potato Salad	1 spoon	120	7	1	0	25	300	15
Seven Layer Salad	1 spoon	190	17	4.5	0	30	250	4
Three Bean Salad	1 spoon	90	4.5	0.5	0	0	480	12

## Soups

Chicken Noodle	4 fl. oz.	80	2	0.5	0	20	300	8
Chicken Rice	4 fl. oz.	60	1.5	0.5	0	20	300	5
Chicken Tortilla	4 fl. oz.	40	1	0.5	0	<5	270	5
Chili Bean	4 fl. oz.	80	3.5	1.5	0	15	340	9
Corn Chowder	4 fl. oz.	80	3.5	0.5	0	0	290	12
Cream of Broccoli	4 fl. oz.	80	6	3.5	0	0	170	6
Creamy Tomato Basil	4 fl. oz.	60	1	0.5	0	0.5	390	11
French Onion	4 fl. oz.	40	2	0.5	0	0	330	5
Italian Sausage & Bean	4 fl. oz.	50	2.5	1	0	5	480	6
Mинestrone	4 fl. oz.	60	1	0	0	0	370	11
Navy Bean w/ham	4 fl. oz.	50	0.5	0	0	0	350	9
New England Clam Chowder	4 fl. oz.	150	11	8	0	5	440	12
Potato Cheese	4 fl. oz.	120	9	5	0	10	260	9
Vegetable Beef	4 fl. oz.	50	2	0.5	0	10	240	7

## Entrées

BBQ Beef Ribs	1 order	300	23	9	0	60	350	7
BBQ Pork Ribs	1 pc.	140	9	3.5	0	35	350	15
Carved Grilled Pork Loin	3 oz.	140	10	3.5	0	45	370	0
Carved Ham	3 oz.	100	5	3	0	40	990	0
Carved Roast Beef	3 oz.	230	15	7	0	70	55	0
Carved Salmon Filet	3 oz.	190	11	2	0	55	390	0
Chicken & Dumplings	1 spoon	160	5	1	0	30	620	17
Chicken Strips	1 spoon	170	10	2.5	0	25	430	10
Chinese Chicken Livers	1 spoon	200	11	2.5	0	225	670	14
Country BBQ Chicken-Breast	1 item	310	16	5	0	165	780	6
Country BBQ Chicken–Drumstick	1 item	100	6	1.5	0	55	280	2
Country BBQ Chicken–Thigh	1 item	180	11	3	0	105	540	5
Country BBQ Chicken–Wing	1 item	80	4.5	1	0	40	280	3
Country Fried Steak w/gravy	1 item	220	13	4	0.5	25	700	16
Fire Grilled Chicken Alfredo	1 spoon	220	14	4	0	40	480	14
Fried Fish	1 item	80	4	0.5	0	10	200	9
Grilled Cheese	1 item	310	18	7	0	25	830	28
Grilled Teriyaki Pineapple Chicken	1 spoon	130	6	1.5	0	50	320	6
Hand Breaded Fried Chicken–Breast	1 item	360	22	6	0	170	470	0

# Hometown Buffet®

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Hand Breaded Fried Chicken-Drumstick	1 item	100	7	2	0	60	120	0
Hand Breaded Fried Chicken-Thigh	1 item	200	13	3.5	0	105	230	0
Italian Sausage	1 spoon	150	13	4.5	0	30	350	3
Macaroni & Cheese	1 spoon	110	2.5	1	0	5	500	18
Meatloaf	3 oz.	180	11	4.5	0	60	440	7
Orange Chicken	1 spoon	340	22	4.5	0	55	520	26
Oven Roasted Rotisserie Style Turkey	3 oz.	100	4	1	0	40	450	<1
Pepperoni & Sausage Calzone	1 slice	150	6	3	0	45	390	15
Perfect Pot Roast	1 spoon	160	7	2.5	0	40	780	9
Pizza, Cheese	1 slice	150	4	2	0	10	350	22
Salisbury Steak	1 pc.	150	9	3.5	0.5	25	300	8
Shrimp Scampi	1 item	280	15	4.5	0	125	400	20
Traditional Baked Chicken-Breast	1 item	310	17	5	0	165	630	<1
Traditional Baked Chicken-Drumstick	1 item	80	6	2	0	55	230	<1
Traditional Baked Chicken-Thigh	1 item	180	11	3	0	105	340	<1
Wood Seared Salmon	1 pc.	220	16	3	0	55	280	0

## Taco Bar

Beef Taco Meat	1 spoon	50	2.5	1	0	15	160	2
Chicken Chilaquiles	1 spoon	240	13	4	0	20	590	9
Chicken Fajitas	1 spoon	150	12	2.5	0	30	830	3
Chicken Quesadillas	1 wedge	110	7	2.5	0	15	200	6
Chicken Taco Meat	1 spoon	70	3	1	0	30	160	1
Enchiladas (all)	1 item	250	18	9	0	45	560	12
King's Ranch Chicken	1 spoon	200	10	2.5	0	25	500	21
Mexican Rice	1 spoon	60	0	0	0	0	290	13
Nacho Chips	1 tong	70	3.5	0.5	0	0	90	9
Pinto Beans w/bacon	1 spoon	70	2	0.5	0	2	380	13
Potato con Queso	1 spoon	120	6	1.5	0	2	460	17
Red Beans w/ham	1 spoon	50	1.5	0	0	5	360	8
Refried Beans	1 spoon	80	2.5	1.5	0	5	390	12
Steak Fajitas	1 spoon	120	6	2	0	40	300	2
Taco Shell	1 item	50	2.5	0.5	0	0	45	7
Taco Shell Basket	1 item	160	8	1.5	0	0	240	20
Tostada	1 item	110	6	0.5	0	0	85	14

## Fruits (seasonal)

Bananas	1 spoon	60	0	0	0	0	0	16
Cantaloupe	1 spoon	25	0	0	0	0	10	6
Grapes	1 spoon	60	0	0	0	0	0	15

# Hometown Buffet®

## Fruits (seasonal) Continued

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Honeydew	1 spoon	30	0	0	0	0	15	8
Pineapple	1 spoon	35	0	0	0	0	0	10
Strawberries	1 spoon	25	0	0	0	0	0	6
Watermelon	1 spoon	25	0	0	0	0	0	6

## Side Items

Baked Potato	1 item	150	0	0	0	0	20	36
Barbecue Baked Beans	1 spoon	130	3	1	0	<5	680	26
Broccoli Florets	1 spoon	25	0	0	0	0	30	6
Broccoli Florets & Cheese Sauce	1 spoon	50	2	0.5	0	0	410	8
Cajun Dirty Rice	1 spoon	90	2	0	0	0	470	16
Candied Yams	1 spoon	140	1.5	0	0	0	45	33
Cheesy Hashbrowns	1 spoon	140	9	5	0	25	320	10
Collard Greens w/bacon	1 spoon	40	2.5	1	0	0	310	3
Corn on the Cob	1 item	80	2.5	0.5	0	0	20	13
French Fries	22 pc.	170	9	1.5	0	0	400	23
Fried Rice w/ham	1 spoon	130	6	1.5	0	70	720	14
Green Bean Casserole	1 spoon	100	7	2	0	0	400	9
Green Beans	1 spoon	15	0	0	0	0	340	3
Green Beans El Greco	1 spoon	20	0	0	0	0	150	6
Green Cabbage	1 spoon	70	5	1	0	0	500	6
Jo Jo Potatoes	1 tong	160	8	1.5	0	0	290	22
Joe's Cracked Pepper Green Beans	1 spoon	70	4.5	1.5	0	5	10	6
Mashed Potatoes	1 spoon	70	0.5	0	0	0	270	13
Montreal Vegetable Medley	1 spoon	50	4.5	0.5	0	0	160	3
Potato Skins	1 tong	80	5	0.5	0	0	90	7
Ranch Red Potatoes	1 spoon	100	4.5	1	0	0	150	16
Sautéed Zucchini	1 spoon	50	4	0.5	0	0	60	4
Spaghetti	1 spoon	150	3	0.5	0	0	90	27
Spinach Marie	1 spoon	190	14	5	0	100	480	8
Squash	1 spoon	150	9	2	0	0	10	18
Steamed Carrots	1 spoon	40	2.5	0.5	0	0	65	7
Vegetable Rice Pilaf	1 spoon	60	0	0	0	0	95	14
White Rice	1 spoon	90	0	0	0	0	270	20

## Dessert Items

Apple Crisp	1 spoon	150	3	0.5	0.5	0	85	32
Apple Spice Cake	1 item	180	7	1	1	25	26	210
Banana Nut Cake	1 item	270	12	2.5	1	45	190	37
Black Forest Cake	1 item	150	6	1	0.5	30	200	20
Bread Pudding	1 spoon	190	8	3	1	80	180	27

## Hometown Buffet®

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Butterfinger Pieces	1 spoon	70	2.5	1.5	0	0	35	11
Butterscotch Brownies	1 item	170	9	2	1.5	25	210	20
Carrot Cake	1 item	240	12	2.5	1	35	220	29
Cheesecake (plain)	1 item	230	12	6	1	5	280	29
Cherry Cobbler	1 spoon	210	9	2	2	0	100	32
Chocolate Cake	1 item	180	8	1.5	0.5	30	210	25
Chocolate Chip Cookie	1 item	130	6	2	0	5	70	18
Chocolate Chips	1 spoon	90	5	4	0	0	0	10
Chocolate Cream Pie	1 slice	180	9	4.5	1	0	120	24
Chocolate Cream Pie Reduced Sugar	1 slice	190	12	8	NA	0	140	18
Chocolate Decadence Cake	1 item	200	9	4	NA	30	200	27
Coconut Cream Pie	1 slice	240	12	10	0	0	210	24
Cone, Ice Cream	1 item	15	0	0	0	0	15	3
Crispy Rice Bar	1 item	120	2	0	0	0	120	24
Cupcake, average	1 item	260	13	3	1.5	55	260	33
Dessert Pizza	1 slice	110	4	1	1	0	45	17
Flurry, Vanilla Soft Serve no mix-ins	8 oz.	260	10	6	4	20	130	40
Fudge Brownies	1 item	200	6	1.5	0	0	145	34
German Chocolate Cake	1 item	270	13	3	1	40	250	35
Hot Fudge Topping	2 TBSP	120	2.5	0.5	0.5	0	75	22
Key Lime	1 item	170	11	7	1	0	125	16
Lemon Bar	1 item	190	4.5	1	0.5	70	85	35
Lemon Meringue Pie	1 slice	130	4.5	1.5	0	0	140	23
Pudding, Chocolate	1 spoon	120	4.5	1	1.5	0	100	19
Pudding, Chocolate Reduced Sugar/Calorie	1 spoon	70	1	0.5	0	5	360	12
Pudding, Vanilla	1 spoon	130	5	1	1.5	0	130	20
Pudding, Vanilla Reduced Sugar/Calorie	1 spoon	40	1	0.5	0	5	65	5
Pumpkin pie	1 slice	200	11	6	0	35	240	23
Reduced Sugar Pie—Apple	1 slice	230	13	3	3	0	160	28
Reduced Sugar Pie—Fruit	1 slice	170	10	7	1	0	330	18
Snickerdoodle Cookie Pizza	1 slice	180	9	4.5	2	2	70	22
Soft Serve Frozen Yogurt	4 fl. oz.	130	5	3	2	10	65	20
Soft Serve Frozen Yogurt, Non-Fat, NutraSweet	4 fl. oz.	80	0	0	0	<5	80	16
Soft Serve Ice Cream	4 fl. oz.	120	3	2	0	10	85	21

## I Can't Believe It's Yogurt!®

Does not provide nutrition information.

## IHOP® (International House of Pancakes®)

Does not provide nutrition information.

		Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
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## Hamburgers

Hamburger w/mustard & ketchup instead of spread	1 item	310	10	4	0	35	730	41
Hamburger w/onion	1 item	390	19	5	0	40	650	39
Cheeseburger w/mustard & ketchup instead of spread	1 item	400	18	9	0.5	60	1080	41
Cheeseburger w/onion	1 item	480	27	10	0.5	60	1000	39
Double-Double w/mustard & ketchup instead of spread	1 item	590	32	17	1	115	1520	41
Double-Double w/onion	1 item	670	41	18	1	120	1440	39
Protein-Style Cheeseburger	1 item	330	25	9	0	60	720	11
Protein-Style Double-Double	1 item	520	39	17	1	120	1160	11
Protein-Style Hamburger	1 item	240	17	4	0	40	370	11

## French Fries

French Fries	1 item	400	18	5	0	0	245	54
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## Jack in the Box®

Breakfast		Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Bacon Breakfast Jack	1 item	300	13	5	0	240	760	30	
Bacon, Egg & Cheese Biscuit	1 item	420	24	11	0	240	1040	36	
Breakfast Jack	1 item	280	11	4.5	0	240	790	30	
Chorizo Sausage Burrito w/salsa	1 item	730	41	12	0	440	1500	61	
Denver Breakfast Bowl	1 item	790	57	16	0.5	460	1350	44	
Extreme Sausage Sandwich	1 item	660	47	17	1.5	310	1360	32	
Hash Brown Sticks	5 pc.	280	19	2	0	0	400	26	
Hearty Breakfast Bowl	1 item	850	64	18	0.5	465	1390	41	
Meaty Breakfast Burrito w/salsa	1 item	610	37	15	0.5	465	1620	40	
Original French Toast Sticks	1 item	800	33	3.5	0	20	530	68	
Sausage Biscuit	1 item	460	30	0.5	0.5	35	870	36	
Sausage Breakfast Jack	1 item	440	27	9	1	265	870	31	
Sausage Croissant	1 item	570	40	16	1	275	780	32	
Sausage, Egg & Cheese Biscuit	1 item	570	39	16	1	270	1150	37	
Sourdough Breakfast Sandwich	1 item	410	21	8	0	250	1020	34	
Spicy Chicken Biscuit	1 item	570	29	9	0	50	1010	54	
Steak & Egg Burrito w/salsa	1 item	820	50	15	1	465	1620	57	
Supreme Croissant	1 item	440	26	11	0.5	255	870	32	
Ultimate Breakfast Sandwich	1 item	510	24	9	0	490	1650	41	

## Burgers

Hamburger	1 item	290	12	4.5	1	30	570	32
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Jack in the Box®									
	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)	
Hamburger w/cheese	1 item	330	15	7	1	40	770	32	
Hamburger Deluxe	1 item	360	19	6	1	40	580	33	
Hamburger Deluxe w/cheese	1 item	440	26	10	1	60	990	34	
Jumbo Jack	1 item	540	32	11	1	45	850	45	
Jumbo Jack w/cheese	1 item	620	39	15	1.5	65	1250	45	
Junior Bacon Cheeseburger	1 item	420	24	8	1	50	880	32	
Sourdough Jack	1 item	880	46	17	1.5	70	1220	40	
Sirloin Cheese Burger w/bacon	1 item	960	64	20	2	150	2220	52	
Sirloin Cheese Burger	1 item	900	60	19	1.5	140	1870	52	
Ultimate Cheeseburger	1 item	870	61	26	2.5	115	1490	44	
Bacon Ultimate Cheeseburger	1 item	940	66	27	3	125	1840	45	
Big Cheeseburger	1 item	610	38	15	1.5	65	1110	44	
Mini Sirloin Burgers	1 item	750	30	13	1	110	1410	77	
Sirloin Swiss & Grilled Onion Burger	1 item	880	58	18	1.5	140	1550	52	
Sirloin Swiss & Grilled Onion Burger w/bacon	1 item	950	63	19	2	150	1900	52	
Sourdough Steak Melt	1 item	650	38	13	0.5	95	1300	38	
Sourdough Ultimate Cheeseburger	1 item	900	67	27	2.5	115	1430	38	
Chicken & Fish									
Chicken Fajita Pita w/salsa	1 item	330	11	5	0	65	990	35	
Chicken Sandwich	1 item	440	23	4	0	35	910	42	
Chicken Sandwich w/bacon	1 item	480	26	5	0	40	1140	42	
Crispy Chicken Strips	4 pc.	560	24	3	0	60	1580	53	
Fish & Chips (small)	1 order	670	35	3	0	35	1390	68	
Fish Sandwich	1 item	470	18	2	0	25	1030	59	
Grilled Chicken Strips	4 pc.	240	6	1	0	115	1060	5	
Homestyle Ranch Chicken Club	1 item	700	33	7	0.5	75	1940	65	
Jack's Spicy Chicken	1 item	570	25	4	0	55	950	60	
Jack's Spicy Chicken w/cheese	1 item	850	31	8	0.5	75	1240	62	
Mini Buffalo Ranch Chicken Sandwich	1 item	740	28	4.5	0	45	1940	90	
Sourdough Grilled Chicken Club	1 item	550	29	7	0.5	90	1490	38	
Snacks & Sides									
Bacon Cheddar Potato Wedges	1 item	710	45	12	0	45	910	58	
Beef Taco	1 item	180	10	2.5	0	10	270	17	
Egg Roll	1 item	150	7	1.5	0	5	320	15	
Fruit Cup	1 item	50	0	0	0	0	10	14	
Mozzarella Cheese Sticks (3)	1 order	280	16	6	0	25	590	22	
Pita Snack Crispy Chicken	1 item	410	19	4	0	30	860	43	
Pita Snack Fish	1 item	390	20	4	0	30	760	40	
Pita Snack Grilled Chicken	1 item	330	14	3.5	0	45	730	31	
Pita Snack Steak	1 item	350	16	4.5	0	45	640	31	

Jack in the Box®		Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
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### Snacks & Sides Continued

Sampler Trio	1 item	790	43	13	0.5	55	1950	73
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### Stuffed Jalapeños (3)

Stuffed Jalapeños (3)	1 order	220	12	4.5	0	15	730	21
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### Salads (w/dressing unless specified)

Chicken Club Salad w/crispy chicken strips	1 salad	510	27	8	0	65	700	37
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Chicken Club Salad w/grilled chicken strips	1 salad	350	18	7	0	95	1210	13
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Grilled Chicken Salad	1 salad	240	8	3.5	0	70	650	15
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Side Salad (w/o dressing)	1 salad	20	0	0	0	0	10	4
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Southwest Crispy Chicken Salad	1 salad	500	23	7	0	55	1260	53
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Southwest Grilled Chicken Salad	1 salad	340	14	6	0	85	1000	29
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### Healthy Choices

Chicken Teriyaki Bowl	1 bowl	690	8	1	0	40	1700	133
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Grilled Chicken Strips w/teriyaki dipping sauce	1 order	300	6	1	0	115	1510	18
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Steak Teriyaki Bowl	1 bowl	750	11	3	0	45	1750	133
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### Something Different

Deli Trio Grilled Sandwich	1 item	630	29	10	0.5	80	2460	53
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Turkey, Bacon & Cheddar Grilled Sandwich	1 item	650	30	11	0.5	95	2130	54
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### Side Items

French Fries (small)	1 order	290	13	1	0	0	530	39
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Onion Rings	1 order	450	28	2	0	0	620	45
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Seasoned Curly Fries (small)	1 order	280	16	1.5	0	0	610	30
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Spicy Corn Sticks	1 order	140	7	1	0	0	140	18
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### Desserts

Cheesecake	1 item	310	17	9	0	25	260	32
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Chocolate Overload Cake	1 item	300	7	1.5	0	40	350	57
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Mini Churros	5 pc.	350	18	3.5	0	5	280	42
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### Kids Meals

Breakfast Jack	1 item	280	11	4.5	0	240	790	30
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Chicken Strips crispy	2 pc.	280	12	1.5	0	30	790	26
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Chicken Strips grilled	2 pc.	120	3	0.5	0	55	530	2
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French Fries	1 item	180	8	0.5	0	0	320	24
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French Toast Sticks	2 pc.	300	16	1.5	0	10	260	34
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Grilled Cheese	1 item	330	16	6	0	20	800	34
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Hamburger	1 item	290	12	4.5	1	30	570	32
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Hamburger w/cheese	1 item	330	15	7	1	40	770	32
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### Joe's Crab Shack®

Does not provide nutrition information.

KFC®	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>Chicken</b>								
Original Recipe Chicken-Breast	1 item	320	15	3.5	0	110	710	4
Original Recipe Chicken-Breast w/o skin or breading	1 item	150	2.5	0.5	0	85	430	0
Original Recipe Chicken Drumstick	1 item	120	7	1.5	0	50	340	3
Original Recipe Chicken-Thigh	1 item	220	15	4	0	80	620	5
Original Recipe Chicken-Whole Wing	1 item	140	8	2	0	50	390	4
Extra Crispy Chicken-Breast	1 item	510	33	7	0	110	1010	16
Extra Crispy Chicken-Drumstick	1 item	150	10	2	0	55	360	5
Extra Crispy Chicken-Thigh	1 item	340	24	5	0	80	780	10
Extra Crispy Chicken-Whole Wing	1 item	190	13	2.5	0	55	410	6
Spicy Crispy-Breast	1 item	420	25	5	0	110	1250	12
Spicy Crispy-Drumstick	1 item	160	10	2	0	50	440	5
Spicy Crispy-Thigh	1 item	360	27	6	0	85	1010	13
Spicy Crispy-Whole Wing	1 item	170	12	2.5	0	45	470	6
Grilled Chicken-Breast	1 item	190	6	1.5	0	90	550	0
Grilled Chicken-Drumstick	1 item	70	3.5	1	0	45	250	0
Grilled Chicken-Thigh	1 item	150	9	2.5	0	85	350	0
Grilled Chicken-Whole Wing	1 item	80	4.5	1.5	0	50	230	0
<b>Other Chicken Specialties</b>								
Boneless Fiery Buffalo Wings	1 pc.	80	3.5	0.5	0	10	390	6
Boneless Honey BBQ Wings	1 pc.	80	3.5	0.5	0	10	340	7
Chicken Pot Pie	1 pc.	690	40	31	0	95	1760	57
Crispy Strips	2 pc.	250	15	4	0	50	480	8
Crispy Strips	3 pc.	380	22	6	0	80	720	12
Fiery Buffalo Hot Wings	1 pc.	80	5	1	0	20	280	5
Fiery Buffalo Wings	1 pc.	80	5	1	0	20	280	5
Fiery Grilled Wings	1 pc.	70	4	1	0	30	200	0
HBBQ Hot Wings	1 pc.	90	5	1	0	20	260	7
Honey BBQ Wings	1 pc.	80	5	1	0	20	170	5
Hot Wings	1 pc.	70	5	1	0	20	150	3
Popcorn Chicken (individual)	1 order	400	26	4.5	0	60	1160	22
Popcorn Chicken (kids)	1 order	290	19	3.5	0	40	850	16
Popcorn Chicken (large)	1 order	550	35	6	0	80	1600	30
<b>Salads (w/o dressing or croutons)</b>								
Caesar Side	1 salad	35	2	1	0	5	90	2
Crispy Chicken BLT	1 salad	340	19	5	0	70	840	14
Crispy Chicken Caesar	1 salad	320	19	6	0	65	660	12
Grilled Chicken BLT	1 salad	220	7	2.5	0	90	750	6
Grilled Chicken Caesar	1 salad	200	6	3	0	85	570	4

KFC®	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
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### Salads (w/o dressing or croutons) Continued

House Side	1 salad	15	0	0	0	0	10	2
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### Sandwiches

Crispy Twister w/crispy strip	1 item	590	31	7	0	60	1220	49
Crispy Twister w/crispy strip, no sauce	1 item	480	20	6	0	50	1100	48
Double Crunch Sandwich w/crispy strip	1 item	520	28	6	0	60	820	35
Double Crunch Sandwich w/crispy strip, no sauce	1 item	410	16	4.5	0	50	690	34
Double Down	1 item	540	32	10	0.5	145	1380	11
Grilled Double Down	1 item	460	23	9	0	185	1430	3
Grilled Filet Sandwich	1 item	390	15	3	0	80	730	27
Grilled Filet Sandwich, no sauce	1 item	280	3.5	1.5	0	75	600	26
Grilled Twister	1 item	460	18	4.5	0	80	1140	41
Grilled Twister, no sauce	1 item	360	8	2.5	0	75	1020	40
Honey BBQ Sandwich	1 item	310	4	1	0	70	810	42
KFC Snacker w/crispy strip	1 item	300	14	3	0	30	460	28
KFC Snacker w/crispy strip, no sauce	1 item	250	9	2.5	0	25	410	27
KFC Snacker, Fish	1 item	320	14	3	0	60	640	31
KFC Snacker, Fish, no sauce	1 item	290	12	2.5	0	55	550	29
KFC Snacker, Honey BBQ	1 item	210	3	1	0	35	470	32
Mini Melt	1 item	250	7	3	0	45	690	31
Original Recipe Filet Sandwich	1 item	480	24	4	0	60	1210	37
Original Recipe Filet Sandwich, no sauce	1 item	370	12	2.5	0	50	1080	36
Tender Roast Sandwich	1 item	410	15	3	0	90	790	29
Tender Roast Sandwich, no sauce	1 item	300	4	1.5	0	80	660	28
Toasted Wrap w/crispy strip	1 item	360	20	6	0	40	710	27
Toasted Wrap w/crispy strip, no sauce	1 item	300	14	5	0	35	640	27
Toasted Wrap w/grilled filet	1 item	300	14	5	0	50	670	24
Toasted Wrap w/grilled filet, no sauce	1 item	240	8	3.5	0	45	600	23
Toasted Wrap w/tender roast filet	1 item	310	15	5	0	55	700	24
Toasted Wrap w/tender roast filet, no sauce	1 item	240	8	3.5	0	50	630	23

### Bowls & Value Boxes

Extra Crispy Drumstick Value Box	1 order	440	24	4.5	0	55	1190	41
Extra Crispy Thigh Value Box	1 order	360	38	8	0	80	1600	47
Fiery Buffalo Hot Wings Value Box	1 order	500	27	6	0	65	1580	46
Grilled Drumstick Value Box	1 order	360	18	3.5	0	50	1080	36
Grilled Thigh Value Box	1 order	440	23	5	0	85	1170	36

KFC®		Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
HBBQ Hot Wings Value Box	1 order	520	27	6	0	65	1530	53	
Hot Wings Value Box	1 order	470	27	6	0	65	1190	41	
Original Recipe Drumstick Value Box	1 order	410	21	4	0	55	1170	40	
Original Recipe Thigh Value Box	1 order	510	29	6	0	85	1450	41	
Popcorn Chicken Value Box	1 order	660	38	7	0.5	60	1900	55	
Snack-Size Bowl	1 order	320	15	4.5	0.5	30	990	34	
<b>Side Choices</b>									
BBQ Baked Beans	1 order	200	1.5	0	0	0	680	39	
Biscuit	1 item	180	8	6	0	0	530	23	
Cole Slaw	1 order	180	8	6	0	0	530	23	
Corn Bread Muffin	1 item	210	9	1.5	0	35	240	28	
Corn on the Cob (small)	1 item	70	0.5	0	0	0	0	16	
Green Beans	1 order	20	0	0	0	0	290	3	
Macaroni & Cheese	1 order	180	9	3	0	5	880	20	
Macaroni Salad	1 order	180	9	2	0	5	400	20	
Mashed Potatoes w/gravy	1 order	120	4	1	0	0	530	19	
Mashed Potatoes w/o gravy	1 order	90	3	0.5	0	0	320	15	
Potato Salad	1 order	200	10	2	0	5	540	24	
Potato Wedges	1 order	260	13	2.5	0	0	740	33	
Red Beans w/sausage & rice	1 order	160	2.5	0.5	0	5	340	26	
Sweet Kernel Corn	1 order	110	0.5	0	0	0	0	23	
Three Bean Salad	1 order	70	0	0	0	0	170	14	
<b>Desserts</b>									
Apple Turnover	1 item	260	13	3	0	0	170	35	
Brownie Minis	1 item	280	16	6	0	30	180	31	
Café Valley Bakery Chocolate Chip Cake	1 item	280	9	3.5	0	30	160	47	
Cookie Dough Pie Slice	1 item	240	12	7	0	10	190	31	
Dutch Apple Pie Slice	1 item	320	14	6	0	0	300	47	
Lemon Meringue Pie Slice	1 item	250	7	3.5	0	35	210	42	
Lil' Bucket Chocolate Crème Parfait Cup	1 item	280	14	9	0	0	220	37	
Lil' Bucket Lemon Crème Parfait Cup	1 item	390	14	8	0	0	220	60	
Lil' Bucket Strawberry Shortcake Parfait Cup	1 item	230	8	4	0	35	220	39	
Pecan Pie Slice	1 item	410	21	6	0	70	220	52	
Sara Lee Sweet Potato Pie Slice	1 item	340	16	7	0	20	330	46	
Strawberry Cream Cheese Pie Slice	1 item	270	15	10	0	5	220	31	
Sweet Life Chocolate Chip Cookie	1 item	170	8	4	0	10	90	23	
Sweet Life Oatmeal Raisin Cookie	1 item	150	6	2.5	0	10	130	23	
Sweet Life Sugar Cookie	1 item	160	7	3	0	10	125	22	

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
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## Doughnuts

Apple Fritter	1 item	380	20	10	0	5	220	47
Caramel Kreme Crunch	1 item	380	19	9	0	10	170	49
Chocolate Iced Cake	1 item	280	14	6	0	20	320	36
Chocolate Iced Custard Filled	1 item	300	17	8	0	5	150	35
Chocolate Iced Glazed	1 item	250	12	6	0	5	100	33
Chocolate Iced Kreme Filled	1 item	350	20	11	0	5	140	39
Chocolate Iced w/sprinkles	1 item	270	12	6	0	5	100	38
Chocolate Glazed Cruller	1 item	290	15	7	0	15	240	37
Cinnamon Apple Filled	1 item	290	16	8	0	5	150	32
Cinnamon Bun	1 item	260	16	8	0	5	125	28
Cinnamon Twist	1 item	240	15	7	0	5	130	23
Dulce De Leche	1 item	300	18	9	0	5	160	31
Glazed Chocolate Cake	1 item	300	15	7	0	20	250	42
Glazed Cinnamon	1 item	210	12	6	0	5	100	24
Glazed Cruller	1 item	240	14	7	0	15	240	26
Glazed Kreme Filled	1 item	340	20	10	0	5	140	39
Glazed Lemon Filled	1 item	290	16	8	0	5	135	35
Glazed Pumpkin Spice	1 item	300	14	7	0	20	250	42
Glazed Raspberry Filled	1 item	300	16	8	0	5	125	36
Glazed Sour Cream	1 item	300	13	7	0	20	250	43
Maple Iced Glaze	1 item	240	12	6	0	5	100	32
New York Cheesecake	1 item	340	20	10	0	15	200	34
Original Glazed	1 item	200	12	6	0	5	95	22
Powdered Cake	1 item	290	14	6	0	20	320	37
Powdered Strawberry Filled	1 item	290	14	6	0	20	320	37
Sugar	1 item	200	12	6	0	5	95	21
Traditional Cake	1 item	230	13	6	0	20	320	25

## Doughnut Holes (4 holes)

Glazed Blueberry	1 item	220	12	5	0	20	280	27
Glazed Cake	1 item	210	10	4.5	0	15	240	29
Glazed Chocolate Cake	1 item	210	10	4.5	0	15	240	29
Glazed Pumpkin Spice	1 item	210	10	4.5	0	15	240	29
Original Glazed	1 item	200	11	5	0	5	90	25

## Fruity Chillers (w/o whipped cream topping)

Orange You Glad	12 oz.	290	0	0	0	0	10	71
Very Berry	12 oz.	170	0	0	0	0	10	43

## Kremey Chillers (w/whipped cream topping)

Berries & Kreme	12 oz.	620	28	24	0	30	220	92
Chocolate, Chocolate	12 oz.	670	29	24	0	30	320	104
Lemon Sherbet	12 oz.	360	28	24	0	30	220	95

<b>Krispy Kreme®</b>		Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Lotta Latte	12 oz.	670	28	24	0	30	380	49	
Mocha Dream	12 oz.	670	28	24	0	30	320	105	
Oranges & Kreme	12 oz.	630	28	24	0	30	220	92	

<b>Krystal®</b>		Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>Breakfast</b>									
4 Carb Scrambler w/bacon	1 item	370	29	10	1	595	830	4	
4 Carb Scrambler w/sausage	1 item	600	51	18	1.5	600	1040	3	
Bacon, Egg & Cheese Biscuit	1 item	390	23	7	NA	40	1090	33	
Biscuit & Gravy	1 item	280	14	3	NA	0	710	34	
Chik Biscuit	1 item	360	15	3	NA	20	1030	40	
Country Breakfast	1 item	660	42	14	NA	590	1450	46	
Kryspers	1 item	190	13	5	NA	10	340	17	
Krystal Sunriser	1 item	240	14	5	NA	255	460	14	
Plain Biscuit	1 item	270	13	3	0	0	660	33	
Sausage Biscuit	1 item	480	33	10	NA	40	980	33	
Scrambler	1 item	440	26	11	NA	255	840	33	
<b>Hamburgers</b>									
Krystal	1 item	160	7	3	NA	20	260	17	
Double Krystal	1 item	260	13	6	NA	40	550	24	
Cheese Krystal	1 item	180	9	4	NA	25	430	17	
Double Cheese Krystal	1 item	310	16	7	NA	65	800	26	
Bacon Cheese Krystal	1 item	190	10	4.5	NA	25	430	16	
B.A. Burger	1 item	470	27	8	0.5	55	760	NA	
B.A. Burger w/cheese	1 item	530	32	11	0.5	55	1020	40	
B.A. Double Bacon Cheese	1 item	800	53	20	1.5	115	1600	41	
<b>Other Items</b>									
Chili Cheese Pup	1 item	210	12	5	NA	40	510	17	
Corn Pup	1 item	260	19	8	NA	50	480	19	
Krystal Chik	1 item	240	11	3.5	NA	25	640	24	
Plain Pup	1 item	170	9	3.5	NA	25	500	15	
<b>Side Items</b>									
Chicken Bites Salad (w/o dressing)	1 salad	290	20	11	NA	65	490	12	
Chik'n Bites (small)	1 item	310	19	8	NA	55	790	16	
Chili Cheese Fries	1 order	540	28	13	NA	45	800	59	
Fried Apple Turnover	1 item	220	10	3.5	NA	5	300	31	

Krystal®	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
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### Side Items Continued

Krystal Chili	1 item	200	7	3.5	NA	25	1130	22
Lemon Ice Box Pie	1 slice	260	9	NA	NA	25	180	41
Regular Fries	1 order	470	20	8	NA	20	90	53

## Little Caesars®

### 14" Round Pizza (1 of 8 slices)

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
3 Meat Treat	1 slice	350	18	8	0	40	730	30
Cheese	1 slice	240	9	4.5	0	20	410	30
Hula Hawaiian (Pineapple & Canadian Bacon)	1 slice	280	9	4.5	0	25	640	34
Hula Hawaiian (Pineapple & Ham)	1 slice	270	9	4.5	0	25	600	33
Pepperoni	1 slice	280	11	5	0	25	520	30
Ultimate Supreme	1 slice	310	14	6	0	30	640	31
Vegetarian	1 slice	270	10	4.5	0	20	560	32

### 14" Deep Dish Pizza (1 of 8 slices)

Cheese	1 slice	320	13	5	0	25	490	38
Pepperoni	1 slice	360	16	6	0	30	610	38

### Other Menu Items

Baby Pan! Pan! (Cheese & Pepperoni)	1 slice	360	18	7	0	35	610	33
Baby Pan! Pan! (Just cheese)	1 slice	320	15	6	0	25	500	33
Caesar Wings	1 item	50	3.5	1	0	20	150	0
Crazy Bread	1 pc.	100	3	0.5	0	0	150	15
Crazy Sauce	1 order	45	0	0	0	0	260	10
Little Caesars Italian Cheese Bread	1 pc.	130	7	2.5	0	10	230	13
Little Caesars Pepperoni Cheese Bread	1 pc.	150	8	3	0	15	280	13

## Lone Star Steakhouse®

Does not provide nutrition information.

# Long John Silver's®

## Fish & Seafood

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Battered Fish	1 item	260	16	4	4.5	35	790	17
Battered Shrimp	3 pc.	130	9	2.5	2.5	45	480	8
Breaded Clam Strips	1 box	320	19	4.5	7	35	1190	29
Buttered Langostino Lobster Bites	1 box	230	9	3	3	60	520	24
Crispy Breaded Fish	1 item	190	10	2.5	3	20	540	17
Grilled Pacific Salmon	2 pc.	150	5	1	0	50	440	2
Grilled Tilapia	1 item	110	2.5	1	0	55	250	1
Langostino Lobster Stuffed Crab Cake	1 item	170	9	2	0	30	390	16
Popcorn Shrimp	1 box	270	16	4	4.5	75	570	23
Shrimp Scampi	8 pc.	200	13	2.5	0	135	650	3

## Chicken

Chicken Plank	1 item	140	8	2	2.5	20	480	9
Chicken Sandwich	1 item	360	15	3.5	2.5	25	900	40

## Sandwiches, Bowls, & More

Fish Sandwich	1 item	470	23	5	4.5	40	1180	49
Freshside Grille Smart Choice Salmon	1 order	280	7	2	0	50	1010	27
Freshside Grille Smart Choice Shrimp Scampi	1 order	330	15	3.5	0	135	1230	29
Freshside Grille Smart Choice Tilapia	1 order	250	4.5	2	0	60	820	27
Salmon Bowl w/sauce	1 order	460	8	2.5	0	50	1660	65
Salmon Bowl w/o sauce	1 order	380	8	2	0	50	1270	47
Shrimp Bowl w/sauce	1 order	390	5	1.5	0	135	1710	65
Shrimp Bowl w/o sauce	1 order	310	4.5	1.5	0	135	1320	47
Ultimate Fish Sandwich	1 item	530	27	8	4.5	55	1500	50

## Dollar Stretcher Menu

Baja Fish Taco	1 item	350	22	5	3.5	25	810	28
Battered Shrimp	4 pc.	170	12	3	3.5	65	640	10
Chicken & Fries	1 order	370	18	4.5	5	20	820	42
Double Jr. Fish Sandwich	1 item	440	22	4.5	4.5	35	1090	46
Jr. Fish Sandwich	1 item	310	14	3	2.5	20	710	37
Six Hushpuppies	1 order	360	19	4.5	5	5	1210	56
Small Golden Fries	1 order	230	10	2.5	2.5	0	350	33
Three Shrimp & Fries	1 order	360	19	5	5	45	830	41
Two Jr. Fish & Fries	1 order	490	26	6	7	30	1110	51
Zesty Chicken Sandwich	1 item	350	18	3.5	2.5	25	810	35

## Sides

Breaded Mozzarella Sticks	3 pc.	150	9	3.5	0	10	350	13
Breadstick	1 item	170	3.5	1	1	0	290	29

# Long John Silver's®

## Sides

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Broccoli Cheese Bites	5 pc.	230	12	4.5	3	15	550	25
Broccoli Cheese Soup	1 bowl	220	18	8	0	30	650	8
Cole Slaw	1 order	200	15	2.5	0	20	340	15
Corn Cobbette w/butter	1 item	150	10	2	0	0	30	14
Crumblies	1 order	170	12	2.5	4	0	410	14
Fries-Basket Combo Portion	1 order	310	14	3.5	3.5	0	460	45
Fries-Platter Portion	1 order	230	10	2.5	3	0	350	34
Hushpuppy	1 item	60	2.5	0.5	1	0	200	9
Jalapeño Cheddar Bites	5 pc.	240	14	5	4	15	730	23
Rice	1 order	180	1	0.5	0	0	470	37
Vegetable Medley	1 order	50	2	0.5	0	0	360	8

## Desserts

Chocolate Cream Pie	1 slice	280	17	10	0	10	230	28
Pineapple Cream Pie	1 slice	300	17	11	0	10	250	35
Turtle Pie	1 slice	290	16	8	2	10	210	34

### Fast Food Factoid:

*Some day healthy people are going to feel really stupid, lying in hospital beds dying of nothing.*

*-Author Unknown*

## NOTES:

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McDonald's®		Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>Breakfast</b>									
Bacon, Egg & Cheese Biscuit (regular)	1 item	420	23	12	0	235	1160	37	
Bacon, Egg & Cheese McGriddle	1 item	420	18	8	0	240	1110	48	
Big Breakfast (regular)	1 order	740	48	17	0	555	1560	51	
Big Breakfast w/hotcakes (regular)	1 order	1090	56	19	0	575	2150	111	
Biscuit (regular)	1 item	260	12	7	0	0	740	33	
Egg McMuffin	1 item	300	12	5	0	260	820	30	
English Muffin	1 item	160	3	0.5	0	0	280	27	
Hash Brown	1 item	150	9	1.5	0	0	310	15	
Hotcakes & Sausage	1 order	520	24	7	0	50	930	61	
Hotcakes w/o margarine & syrup	1 order	350	9	2	0	20	590	60	
McSkillet Burrito w/sausage	1 item	610	36	14	0.5	410	1390	44	
McSkillet Burrito w/steak	1 item	570	30	12	1	430	1470	44	
Sausage Biscuit (regular)	1 item	430	27	12	0	30	1080	34	
Sausage Biscuit w/egg (regular)	1 item	510	33	14	0	250	1170	36	
Sausage Burrito	1 item	300	16	7	0.5	130	830	26	
Sausage McGriddle	1 item	420	22	8	0	35	1030	44	
Sausage McMuffin	1 item	370	22	8	0	45	850	29	
Sausage McMuffin w/egg	1 item	450	27	10	0	285	920	30	
Sausage Patty	1 item	170	15	5	0	30	340	1	
Sausage, Egg & Cheese McGriddle	1 item	560	32	12	0	265	1330	48	
Scrambled Eggs (2)	1 order	170	11	4	0	520	180	1	
Southern Style Chicken Biscuit (regular)	1 item	410	20	8	0	30	1180	41	
<b>Sandwiches</b>									
Hamburger	1 item	250	9	3.5	0.5	25	520	31	
Cheeseburger	1 item	300	12	6	0.5	40	750	33	
Angus Bacon & Cheese	1 item	790	39	17	2	145	2070	63	
Angus Deluxe	1 item	750	39	16	2	135	1700	61	
Angus Mushroom & Swiss	1 item	770	40	17	2	145	1170	59	
Big 'n Tasty	1 item	460	24	8	1.5	70	720	37	
Big 'n Tasty w/cheese	1 item	510	28	11	1.5	85	960	38	
Big Mac	1 item	540	29	10	1.5	75	1040	45	
Chipotle BBQ Snack Wrap (crispy)	1 item	330	15	4.5	0	30	810	35	
Chipotle BBQ Snack Wrap (grilled)	1 item	260	9	3.5	0	45	830	28	
Double Cheeseburger	1 item	440	23	11	1.5	80	1160	34	
Double Quarter Pounder w/cheese	1 item	740	42	19	2.5	155	1380	40	
Filet-O-Fish	1 item	380	18	3.5	0	40	640	38	

McDonald's®		Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>Sandwiches Continued</b>									
Honey Mustard Snack Wrap (crispy)	1 item	330	16	4.5	0	30	780	34	
Honey Mustard Snack Wrap (grilled)	1 item	260	9	3.5	0	45	800	27	
Mac Snack Wrap	1 item	330	19	7	1	45	690	26	
McChicken	1 item	360	16	3	0	35	830	40	
McDouble	1 item	390	19	8	1	65	920	33	
McRib	1 item	500	26	10	0	70	980	44	
Premium Crispy Chicken Classic Sandwich	1 item	530	20	3.5	0	50	1150	59	
Premium Crispy Chicken Club Sandwich	1 item	630	28	7	0	75	1360	60	
Premium Crispy Chicken Ranch BLT Sandwich	1 item	580	23	4.5	0	65	1400	62	
Premium Grilled Chicken Classic Sandwich	1 item	420	10	2	0	70	1190	51	
Premium Grilled Chicken Club Sandwich	1 item	530	17	6	0	95	1410	62	
Premium Grilled Chicken Ranch BLT Sandwich	1 item	470	12	3	0	80	1440	54	
Quarter Pounder	1 item	410	19	7	1	65	730	37	
Quarter Pounder w/cheese	1 item	510	26	12	1.5	90	1190	40	
Ranch Snack Wrap (crispy)	1 item	340	17	4.5	0	30	810	33	
Ranch Snack Wrap (grilled)	1 item	270	10	4	0	45	830	26	
Southern Style Crispy Chicken Sandwich	1 item	400	17	3	0	45	1030	39	
<b>Side Items</b>									
Chicken McNuggets	6 pc.	280	17	3	0	40	600	16	
Chicken Selects Premium Breast Strips	3 pc.	400	24	3.5	0	50	1010	23	
French Fries (medium)	1 order	380	19	2.5	0	0	270	48	
<b>Salads (w/o dressing)</b>									
Premium Bacon Ranch w/crispy chicken	1 salad	370	20	6	0	75	970	20	
Premium Bacon Ranch w/grilled chicken	1 salad	260	9	4	0	90	1010	12	
Premium Bacon Ranch w/o chicken	1 salad	140	7	3.5	0	25	300	10	
Premium Caesar w/crispy chicken	1 salad	330	17	4.5	0	60	840	20	
Premium Caesar w/grilled chicken	1 salad	220	6	3	0	75	890	12	
Premium Caesar w/o chicken	1 salad	90	4	2.5	0	10	180	9	
Premium Southwest Salad w/crispy chicken	1 salad	430	20	4	0	55	920	38	
Premium Southwest Salad w/grilled chicken	1 salad	320	9	3	0	70	960	30	

McDonald's®		Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Premium Southwest Salad w/o chicken	1 salad	140	4.5	2	0	10	150	20	
Snack Size Fruit & Walnut Salad	1 salad	210	8	1.5	0	5	60	31	
Side Salad	1 salad	20	0	0	0	0	10	4	
<b>Desserts</b>									
Apple Dippers	1 item	35	0	0	0	0	0	8	
Baked Apple Pie	1 item	250	13	7	0	0	170	32	
Chocolate Chip Cookie	1 item	160	8	3.5	0	10	90	21	
Cinnamon Melts	1 order	460	19	9	0	15	370	66	
Fruit 'n Yogurt Parfait	1 item	160	2	1	0	5	85	31	
Fruit 'n Yogurt Parfait w/o granola	1 item	130	2	1	0	5	55	25	
Kiddie Cone	1 item	45	1	0.5	0	5	20	8	
Low-Fat Caramel Dip	1 item	70	0.5	0	0	5	35	15	
McDonaldland Cookies	1 order	260	8	2.5	0	0	300	43	
Oatmeal Raisin Cookie	1 item	150	6	2.5	0	10	135	22	
Sugar Cookie	1 item	160	7	3	0	5	120	21	
Sundae	1 item	340	8	5	0	30	160	60	
Vanilla Reduced Fat Ice Cream Cone	1 item	150	3.5	2	0	15	60	24	
<b>Drinks &amp; Coffees</b>									
Frappe (medium)	1 item	560	24	15	1	65	160	78	
Hot Chocolate w/non fat milk (medium)	1 item	310	6	3.5	0	10	190	55	
Iced Coffee w/sugar free syrup (medium)	1 item	90	8	5	0	30	100	11	
Iced Flavored Coffee (medium)	1 item	200	8	5	0	30	60	30	
Iced Mocha w/non fat milk (medium)	1 item	270	8	4.5	0	10	140	43	
Iced Non-Fat Flavored Latte (medium)	1 item	150	0	0	0	5	120	32	
Iced Non-Fat Latte (medium)	1 item	60	0	0	0	5	90	9	
Iced Non-Fat Latte w/sugar free syrup (medium)	1 item	50	0	0	0	5	100	14	
Mocha w/non fat milk (medium)	1 item	280	6	3.5	0	10	160	50	
Non-Fat Cappuccino (medium)	1 item	80	0	0	0	5	110	12	
Non-Fat Flavored Cappuccino (medium)	1 item	190	0	0	0	5	150	41	
Non-Fat Flavored Cappuccino w/sugar free syrup (medium)	1 item	70	0	0	0	5	130	19	
Non-Fat Flavored Latte (medium)	1 item	220	0	0	0	5	180	45	
Non-Fat Latte (medium)	1 item	110	0	0	0	5	140	15	
Non-Fat Latte w/sugar free syrup (medium)	1 item	90	0	0	0	5	160	22	
Sweet Tea (medium)	1 item	150	0	0	0	0	10	39	

# Nathan's Famous®

## Burgers & Dogs

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
5 oz. Burger w/cheese	1 item	705	43	16	0	117	1071	45
Bacon Cheeseburger	1 item	782	50	20	0	136	1364	45
Beef Hot Dog	1 item	297	18	7	1	35	692	24
Chicken Cheesesteak	1 item	601	19	9	0	79	1719	70
Corn Dogs on a Stick	1 item	380	21	5	0	15	730	39
Double Burger w/cheese	1 item	1178	84	32	0	235	1299	45
Hot Dog Nuggets	6 pc.	350	28	6	0	20	400	20
Nathan's Famous Beef Cheese Dog	1 item	340	21	8	0	35	970	27
Nathan's Famous Beef Chili Dog	1 item	400	23	6	1	50	1000	33
Philly Cheesesteak	1 item	849	45	21	0	151	1554	70
Super Cheeseburger	1 item	987	72	23	0	149	1349	47

## Hot Dog Toppings

Aged Cheddar Cheese Sauce	1 item	100	8	2	0	0	720	6
Chili w/beans	1 item	80	5	2	0	11	383	5
Sauerkraut	1 item	13	0	0	0	0	600	3
Swiss American Cheese	1 item	110	9	6	0	25	300	1
Yellow American Cheese	1 item	110	9	6	0	25	300	1

## Arthur Treacher's

Breaded Clam & Chips	1 order	934	61	9	0	35	525	75
Breaded Clam Order	1 order	470	27	4	0	35	470	40
Cole Slaw	1 order	180	12	3	0	10	280	15
Fish 'n Chips Platter (2 pc)	1 order	1536	95	16	0	85	2743	163
Fish Sandwich	1 item	435	18	3	0	44	715	50
Hush Puppies	2 pc.	520	16	2	0	0	1960	84
Seafood Sampler	1 order	2080	111	18	0	125	3990	214
Shrimp 'n Chips	1 order	1510	76	12	0	75	3510	176

## Nathan's Chicken Classics

Chicken Tenders	3 pc.	526	39	6	0	30	900	24
Chicken Tender Platter	1 order	1245	90	14	0	44	1352	80
Chicken Wing Order w/bleu cheese (5 pc.)	1 order	670	55	11	0	85	650	12
Grilled Chicken Breast Platter	1 meal	839	56	9	0	59	1134	58
Grilled Chicken Caesar Wrap	1 item	700	34	11	0	75	1340	60
Grilled Chicken Club Sandwich	1 item	599	35	6	0	75	1304	40
Grilled Chicken Sandwich	1 item	554	32	5	0	65	1158	34
Grilled Chicken Santa Fe Wrap	1 item	750	39	13	0	100	1160	62
Krispy Chicken Chipotle Club	1 item	750	36	10	0	70	1630	72
Krispy Homestyle Chicken Sandwich	1 item	720	45	6	0	55	1720	54
Original Krispy Chicken Sandwich	1 item	660	37	5	0	50	1180	57

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
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## Breads

7" Pita Bread	1 item	240	5	1	0	0	510	41
Hoagie Roll	1 item	290	3	1	0	0	560	58
Hot Dog Roll	1 item	120	2	0	0	0	240	23
Kaiser Roll	1 item	200	3	1	0	0	330	36

## Soups & Sides

Apple Pie	1 item	310	19	4	0	0	310	33
Caesar Salad	1 salad	410	31	8	0	30	970	16
Cheese French Fries (medium)	1 order	490	34	7	0	0	460	41
Chicken Caesar Salad	1 salad	530	35	8	0	75	1650	17
Chicken Noodle Soup	1 item	190	5	2	0	45	1560	27
Corn on the Cob	1 item	140	2	0	0	0	20	34
French Fries (medium)	1 order	440	29	5	0	0	55	36
Garden Salad	1 salad	100	3	0	0	0	110	15
Krispy Chicken Salad	1 salad	290	10	2	0	50	850	31
Manhattan Clam Chowder	1 item	270	5	0	0	15	2730	48
Mozzarella Sticks	3 pc.	386	28	8	0	32	941	20
New England Clam Chowder	1 item	250	5	3	0	35	1590	42
Onion Rings (regular)	1 order	544	45	6	0	0	580	36
Southwest Munchers	1 order	70	4	2	0	5	170	6

### Fast Food Factoid:

McDonald's restaurants announced in 2002 that they were going to introduce a new cooking oil into all of its restaurants. The oil was supposed to have half the amount of trans fats as their previous frying oil. Two years later, they hadn't changed anything. A group in California sued. McDonald's lost and has since donated \$7 million to the American Heart Association, to be used to educate the public about the dangers of eating foods fried in trans fats. For more information go to [www.bantransfats.com](http://www.bantransfats.com)

		Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
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## Noble Roman's®

### Breakfast Items

Bacon, Egg & Cheese Biscuit Sandwich	1 item	455	27	10	NA	178	1272	35
Biscuits & Gravy	1 order	720	36	11	NA	20	2800	84
Cinnamon Round	1 item	750	24	3	NA	0	1073	126
Sausage Biscuit Sandwich	1 item	440	28	10	NA	40	1020	34
Sausage, Egg & Cheese Biscuit Sandwich	1 item	589	40	15	NA	208	1438	35

### 14" Traditional Pizza

Cheese	1 slice	223	8	4	NA	14	577	29
Pepperoni	1 slice	250	10	5	NA	20	676	29
Sausage	1 slice	309	16	6	NA	27	770	30
The Works	1 slice	329	16	7	NA	33	875	32

### Pasta

Fettuccini	1 order	530	16	10	NA	40	1260	78
Lasagna	1 order	600	32	13	NA	75	1150	56
Pizza Stuffer	1 item	420	18	6	NA	35	1040	48
Spaghetti	1 order	490	13	4	NA	25	1150	72

### Baked Sandwiches

Baked Ham & Cheese	1 item	787	54	20	NA	94	2541	43
Baked Italian Roast Beef	1 item	750	49	17	NA	112	2636	37
Baked Stromboli	1 item	1012	72	28	NA	133	2985	50

### Side Items

Bar-B-Que Wings	6 pc.	360	22	6	NA	100	1028	15
Breadsticks w/cheese	3 pc.	410	13	4	NA	15	1050	59
Breadsticks w/tomato	3 pc.	335	6	0	NA	0	740	60
Hot-N-Spicy Wings	6 pc.	360	28	7	NA	111	519	3

### Fast Food Factoid:

Shoney's has the number one fast food in America...if you are counting calories. The Porterhouse Steak has 2,168 calories! It also has 136 grams of fat.

Panda Express®	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Barbeque Pork	1 order	360	19	8	0	120	1310	13
Beijing Beef	1 order	850	50	9	1	75	1120	67
Black Pepper Chicken	1 order	250	14	3	0	120	980	12
Broccoli Chicken	1 order	180	9	2	0	65	630	11
Broccoli Beef	1 order	150	6	1.5	0	25	720	12
Chicken Egg Roll	1 order	200	12	4	0	20	390	16
Chicken Pot Sticker	1 order	220	11	2.5	0	20	280	23
Chow Mein	1 order	400	12	2	0	0	1060	61
Cream Cheese Rangoon	1 order	190	8	5	0	35	180	24
Crispy Shrimp	1 order	260	13	2.5	0	60	810	26
Egg Flour Soup	1 order	90	2	0	0	60	810	15
Egg Plant & Tofu	1 order	310	24	3	0	0	680	19
Fortune Cookie	1 item	32	0	0	0	0	8	7
Fried Rice	1 order	570	18	4	0	130	900	85
Honey Walnut Shrimp	1 order	370	23	4	0	110	470	27
Hot & Sour Soup	1 order	90	3.5	0.5	0	65	970	12
Kung Pao Chicken	1 order	300	19	3.5	0	110	880	13
Kung Pao Shrimp	1 order	250	15	2.5	0	115	880	14
Mandarin Chicken	1 order	310	16	4	0	115	740	8
Mandarin Sauce	1 order	160	0	0	0	0	340	40
Mixed Veggies (side)	1 order	70	0.5	0	0	0	530	13
Mongolian Beef	1 order	230	11	2.5	0	45	1040	17
Mushroom Chicken	1 order	220	13	3	0	100	780	9
Orange Chicken	1 order	400	20	3.5	0	90	640	42
Pineapple Chicken	1 order	240	12	2.5	0	95	690	19
Pineapple Chicken Breast	1 order	220	8	1.5	0	45	640	20
Pot Sticker Sauce	1 order	45	0	0	0	0	1030	10
Potato Chicken	1 order	220	11	2	0	60	760	18
Steamed Rice	1 order	420	0	0	0	0	0	93
String Bean Chicken	1 order	190	10	2	0	75	720	11
String Bean Chicken Breast	1 order	170	7	1.5	0	35	720	13
Sweet & Sour Chicken	1 order	400	17	3	0	40	370	46
Sweet & Sour Pork	1 order	400	23	4.5	0	30	360	36
Sweet & Sour Sauce	1 order	80	0	0	0	0	180	21
Sweetfire Chicken Breast	1 order	440	18	3.5	0	45	370	53
Tangy Shrimp	1 order	190	7	1.5	0	130	820	19
Thai Cashew Chicken Breast	1 order	280	19	3.5	0	50	980	21
Veggie Spring Roll	1 order	160	7	1	0	0	540	22

Panera Bread®	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
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### Artisan Breads

Asiago Cheese Focaccia	1 slice	160	5	1.5	0	5	230	23
Ciabatta	1 item	460	6	1	0	0	760	84
Country Loaf	1 slice	140	0.5	0	0	0	310	27
Focaccia	1 slice	180	4.5	0.5	0	0	320	28
French Baguette	2 oz.	150	1	0	0	0	370	30
French Niche	1 slice	140	0.5	0	0	0	360	28
Sesame Semolina Loaf	1 slice	140	0.5	0	0	0	350	29
Stone-Milled Rye	1 slice	140	0.5	0	0	0	380	28
Three Cheese Loaf	1 slice	140	2	1	0	5	290	26
Three Seed Demi	1 slice	160	3.5	0	0	0	300	27
Whole Grain Baguette	2 oz.	150	1.5	0	0	0	340	30
Whole Grain Loaf	1 slice	140	1	0	0	0	300	27

### Specialty Breads

Asiago Cheese Loaf	1 slice	160	4	2.5	0	10	320	23
Cinnamon Raisin Loaf	1 slice	180	3	1.5	0	10	135	34
Honey Wheat Loaf	1 slice	170	3	1.5	0	0	240	30
Hot Cross Buns	1 bun	220	5	3	0	35	280	37
Sourdough Extra Large Loaf	1 slice	140	0.5	0	0	0	290	28
Sourdough Roll	1 roll	200	1	0	0	0	400	39
Sourdough Soup Bowl	1 bowl	590	2.5	0	0	0	1210	118
Tomato Basil Loaf	1 slice	140	0.5	0	0	0	330	27
White Whole Grain Loaf	1 slice	140	2.5	1	0	0	310	26

### Bagels

Asiago Cheese	1 item	330	6	3.5	0	10	570	55
Blueberry	1 item	330	1.5	0	0	0	490	67
Chocolate Chip	1 item	370	6	4	0	0	480	69
Cinnamon Crunch	1 item	430	8	5	0	0	430	81
Cinnamon Swirl & Raisin	1 item	320	2.5	1	0	0	460	65
Everything	1 item	300	2.5	0	0	0	630	59
French Toast	1 item	350	5	2	0	0	610	67
Jalapeño & Cheddar	1 item	310	3	1.5	0	5	740	56
Plain	1 item	290	1.5	0	0	0	450	59
Sesame	1 item	310	3	0	0	0	450	59
Whole Grain	1 item	370	3.5	0	0	0	420	70

### Reduced-Fat Cream Cheese Spreads

Hazelnut	2 oz.	140	11	6	0.5	35	210	6
Honey Walnut	2 oz.	150	11	6	0	30	200	8
Plain	2 oz.	130	12	7	0.5	35	230	2
Raspberry	2 oz.	130	10	6	0	30	200	7
Sun-Dried Tomato	2 oz.	130	11	7	0.5	35	220	4

Panera Bread®									
	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)	
Veggie	2 oz.	120	10	6	0.5	30	210	3	
<b>Artisan Pastries</b>									
Cheese	1 item	400	23	14	1	70	340	41	
Cherry	1 item	450	22	13	0.5	70	340	55	
Chocolate	1 item	350	20	12	0	50	220	38	
Fresh Apple	1 item	380	19	13	0	20	320	51	
Pecan Braid	1 item	440	25	11	0.5	55	270	46	
<b>Brownies &amp; Blondies</b>									
Chocolate Fudge Brownie	1 item	410	14	8	0	85	260	64	
Macadamia Nut Blondie	1 item	460	21	11	0	65	200	62	
<b>Cookies</b>									
Chocolate Chipper	1 item	440	23	14	0	60	250	59	
Chocolate Duet w/walnut	1 item	450	24	13	0	60	150	55	
Oatmeal Raisin	1 item	370	14	8	0	55	310	57	
Shortbread	1 item	350	21	12	1	55	160	36	
Toffee Nut	1 item	460	19	13	0	80	330	59	
<b>Cakes</b>									
Cinnamon Coffee Crumb Cake	1 slice	470	25	9	0	105	310	54	
Lemon Poppyseed Cake	1 slice	450	20	4	0	95	440	62	
Pineapple Upside Down Cake	1 slice	510	22	10	0	65	480	75	
<b>Muffins &amp; Muffies</b>									
Apple Crunch	1 item	470	12	3	0	65	350	83	
Carrot Walnut	1 item	440	19	3.5	0	55	500	62	
Chocolate Chip Muffie	1 item	280	12	3.5	0	35	180	40	
Cranberry Orange	1 item	480	19	3	0	70	360	71	
Pumpkin	1 item	530	20	3.5	0	30	430	81	
Wild Blueberry	1 item	390	15	2.5	0	55	290	58	
<b>Scones</b>									
Cinnamon Chip	1 item	530	26	16	0	100	300	66	
Orange	1 item	470	11	7	0	45	460	87	
Strawberries & Cream	1 item	420	19	12	0	70	770	57	
Wild Blueberry	1 item	390	16	11	0	65	780	56	
<b>Special Pastries</b>									
Bear Claw	1 item	460	24	13	0.5	70	400	54	
French Croissant	1 item	310	18	11	0.5	60	260	30	
Pastry Ring (apple, cherry or cheese)	1 item	220	10	6	0	35	150	27	
<b>Sweet Rolls</b>									
Cinnamon Roll	1 item	620	24	14	0.5	100	480	89	
Cobblestone	1 item	650	13	5	0	20	410	123	
Pecan Roll	1 item	720	38	11	0	60	310	88	

Panera Bread®	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>Baked Egg Soufflés</b>								
Four Cheese	1 order	480	31	16	0.5	195	700	34
Spinach & Artichoke	1 order	540	35	20	0.5	170	920	36
Spinach & Bacon	1 order	580	39	21	1	175	940	34
Turkey Sausage & Potato	1 order	450	29	16	0.5	145	600	36
<b>Grilled Breakfast Sandwiches</b>								
Asiago Cheese Bagel Breakfast Sandwich w/bacon	1 item	610	27	13	1	225	1240	56
Asiago Cheese Bagel Breakfast Sandwich w/egg & cheese	1 item	480	18	9	0.5	200	800	55
Asiago Cheese Bagel Breakfast Sandwich w/sausage	1 item	650	33	15	0.5	230	980	56
Bacon Egg & Cheese on Ciabatta	1 item	510	24	10	0.5	215	1060	44
Breakfast Power Sandwich	1 item	360	14	6	0	200	860	36
Egg & Cheese on Ciabatta	1 item	380	14	6	0	190	620	43
Jalapeño & Cheddar Bagel Sandwich w/bacon	1 item	590	25	11	0.5	220	1430	58
Jalapeño & Cheddar Bagel Sandwich w/egg & cheese	1 item	460	15	7	0	195	990	57
Jalapeño & Cheddar Bagel Sandwich w/sausage	1 item	630	30	13	0	225	1170	58
Jalapeño & Cheddar Bagel Sandwich w/smoked ham	1 item	490	15	8	0	205	1270	58
Sausage, Egg & Cheese on Ciabatta	1 item	550	30	12	0	220	800	44
<b>Granola Parfait</b>								
Strawberry Granola Parfait	1 item	280	12	4	0	5	95	41
<b>Hot Paninis (Full)</b>								
Cuban Chicken Panini	1 item	860	37	11	0.5	95	1900	86
Frontega Chicken on Focaccia	1 item	860	39	9	0.5	100	2150	80
Smokehouse Turkey on Three Cheese	1 item	720	29	12	1	115	2460	66
Tomato & Mozzarella on Ciabatta	1 item	770	29	10	5	35	1290	96
Turkey Artichoke on Focaccia	1 item	750	27	7	0	85	2340	88
<b>Signature Sandwiches (Full)</b>								
Asiago Roast Beef on Asiago Cheese	1 item	690	27	14	0.5	115	1270	64
Bacon Turkey Bravo on Tomato Basil	1 item	840	32	11	0	100	2930	87
Chicken Caesar on Three Cheese	1 item	710	32	9	1	125	1470	66
Chipotle Chicken on Artisan French	1 item	990	56	15	1	145	2370	69
Italian Combo on Ciabatta	1 item	1040	45	17	1	165	3020	94
<b>Café Sandwiches (Full)</b>								
Mediterranean Veggie on Tomato Basil	1 item	610	13	3.5	0	10	1450	100

Panera Bread®	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Napa Almond Chicken Salad on Sesame Semolina	1 item	680	26	4.5	0	60	1330	87
Salmon Club Croissant	1 item	770	52	19	1	145	1170	37
Sierra Turkey on Focaccia w/ asiago cheese	1 item	970	54	12	1	85	1970	80
Smoked Haven Swiss on Stone-Milled Rye	1 item	700	28	10	0.5	105	2350	65
Smoked Turkey Breast on Country	1 item	560	17	2.5	0	60	1960	68
Tuna Salad on Honey Wheat	1 item	750	47	9	0	45	1130	54
Soups & More								
Baked Potato Soup	12 oz.	340	22	11	1	45	1210	29
Broccoli Cheddar	12 oz.	290	16	9	0.5	30	1540	24
Cream of Chicken & Wild Rice	12 oz.	320	17	7	0	35	1270	33
French Onion	12 oz.	240	12	5	0	20	2210	24
Low-Fat Chicken Noodle	12 oz.	110	4	1.5	0	10	1360	10
Low-Fat Garden Vegetable w/ pesto	12 oz.	160	3.5	0	0	0	1240	28
Low-Fat Vegetarian Black Bean	12 oz.	170	4	1.5	0	0	1590	29
New England Clam Chowder	12 oz.	450	34	20	2	50	1190	29
Signature Mac & Cheese (small)	1 item	490	30	13	0.5	55	1020	37
Vegetarian Creamy Tomato Soup	12 oz.	370	23	12	1	15	740	39
Hand-Tossed Salads (full, w/o dressing)								
Asian Sesame Chicken	1 salad	400	20	3.5	0	60	910	29
BBQ Chopped Chicken	1 salad	500	22	3	0	70	970	47
Caesar	1 salad	390	27	8	0.5	50	610	25
Chicken Caesar	1 salad	510	29	9	0.5	110	1020	26
Chopped Chicken Cobb	1 salad	500	36	9	0.5	135	1320	8
Classic Café	1 salad	170	11	1.5	0	0	270	18
Fresh Fruit Cup (small)	1 item	60	0	0	0	0	15	16
Fuji Apple w/chicken	1 salad	520	31	6	0	80	930	33
Greek	1 salad	380	34	8	0.5	20	1670	14
Mediterranean Salmon	1 salad	480	30	7	0	75	1310	27
Salmon Caesar	1 salad	480	34	9	0.5	105	760	15
Panera Kids								
Deli Sandwich-Roast Beef	1 item	320	10	6	0	50	790	35
Deli Sandwich-Smoked Ham	1 item	300	9	6	0	40	1210	34
Deli Sandwich-Smoked Turkey	1 item	300	10	5	0	40	1160	35
Grilled Cheese Sandwich	1 item	300	12	9	0	30	890	35
Mac & Cheese	1 item	490	30	13	0.5	55	1020	37
Organic Yogurt (blueberry or strawberry)	1 item	70	1	0.5	0	5	40	12
Peanut Butter & Jelly Sandwich	1 item	410	18	3.5	0	0	550	56

Papa John's®	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>14" Original Crust Pizza (1 of 8 slices)</b>								
BBQ Chicken & Bacon	1 slice	350	12	5	0	35	1020	44
Cheese	1 slice	290	10	4.5	0	25	720	37
Garden Fresh	1 slice	280	9	4	0	20	700	39
Hawaiian BBQ Chicken	1 slice	350	12	5	0	35	1020	46
Pepperoni	1 slice	330	14	6	0	30	870	37
Sausage	1 slice	330	15	6	0	30	830	37
Spicy Italian	1 slice	380	18	7	0	35	980	38
Spinach Alfredo	1 slice	290	11	6	0	30	640	36
The Meats	1 slice	370	17	7	0	40	1050	38
The Works	1 slice	330	14	6	0	30	930	39
Tuscan 6 Cheese	1 slice	320	13	6	0	30	800	38
<b>14" Thin Crust Pizza (1 of 8 slices)</b>								
BBQ Chicken & Bacon	1 slice	290	13	5	0	35	680	29
Cheese	1 slice	230	12	5	0	25	380	22
Garden Fresh	1 slice	220	11	4	0	20	360	24
Hawaiian BBQ Chicken	1 slice	290	13	5	0	35	680	31
Pepperoni	1 slice	270	16	6	0	30	530	22
Sausage	1 slice	270	16	6	0	30	490	22
Spicy Italian	1 slice	320	20	8	0	35	640	22
Spinach Alfredo	1 slice	230	13	6	0	30	310	20
The Meats	1 slice	310	19	7	0	40	710	22
The Works	1 slice	270	15	6	0	30	590	23
Tuscan 6 Cheese	1 slice	260	14	6	0	30	460	22
<b>Sides</b>								
Apple Pie (4)	1 order	480	10	2.5	0	0	520	90
BBQ Wings (2)	1 order	190	12	3	0	50	760	6
Breadsticks (2)	1 order	290	4.5	0.5	0	0	540	54
Buffalo Wings (2)	1 order	170	13	3	0	50	1070	3
Cheesesticks (4)	1 order	370	16	7	0	35	860	41
Chicken Strips (2)	1 order	130	4.5	0.5	0	25	430	10
Chocolate Pastry Delight	1 item	200	11	6	0	5	140	25
Cinnapie (4)	1 order	560	19	6	0	0	540	90
Cinnamon Sweetsticks (4)	1 order	580	16	4.5	0	0	740	98
Garlic Parmesan (2)	1 order	340	10	1.5	0	0	720	54
Honey Chipotle Wings (2)	1 order	190	12	3	0	50	730	8
<b>Dipping Sauces</b>								
Barbecue	1 cup	45	0	0	0	0	240	11
Blue Cheese	1 cup	160	16	3.5	0	20	250	1
Buffalo Sauce	1 cup	15	0.5	0	0	0	1030	2
Cheese Sauce	1 cup	30	3.5	1	0	5	160	1

## Papa John's®

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Honey Mustard	1 cup	150	15	2.5	0	10	120	5
Pizza Sauce	1 cup	20	1	0	0	0	230	3
Ranch Sauce	1 cup	100	10	1.5	0	10	240	1
Special Garlic	1 cup	150	17	3	0	0	310	0

## Pizza Hut®

### 12" Medium Pan Pizza

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
All Natural Italian Sausage & Red Onion	1 slice	270	12	4.5	0	25	560	28
Cheese	1 slice	240	10	4.5	0	25	530	27
Dan's Original	1 slice	280	14	5	0	30	640	27
Ham & Pineapple	1 slice	230	9	3.5	0	20	520	28
Hawaiian Luau	1 slice	260	12	4.5	0	25	610	28
Meat Lovers	1 slice	330	18	7	0	40	840	27
Pepperoni	1 slice	260	12	4.5	0	26	590	26
Pepperoni & Mushroom	1 slice	240	10	4	0	20	520	27
Spicy Sicilian	1 slice	230	13	5	0	30	700	27
Supreme	1 slice	290	14	5	0	30	640	27
Triple Meat Italiano	1 slice	290	14	5	0	30	710	27
Veggie Lovers	1 slice	230	9	3.5	0	15	500	28

### 12" Medium Thin 'N Crispy

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
All Natural Italian Sausage & Red Onion	1 slice	220	10	4	0	25	580	23
Cheese	1 slice	190	8	4	0	25	550	22
Dan's Original	1 slice	240	12	5	0	30	650	22
Ham & Pineapple	1 slice	180	6	3	0	20	540	23
Hawaiian Luau	1 slice	220	10	4	0	25	650	24
Meat Lovers	1 slice	280	16	6	0	45	870	22
Pepperoni	1 slice	210	9	4	0	25	610	21
Pepperoni & Mushroom	1 slice	190	8	3.5	0	20	540	22
Spicy Sicilian	1 slice	220	10	4.5	0	30	750	22
Supreme	1 slice	240	12	5	0	30	650	23
Triple Meat Italiano	1 slice	240	12	5	0	30	730	22
Veggie Lovers	1 slice	180	6	3	0	15	530	23

### 12" Medium Hand-Tossed Style Pizza

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
All Natural Italian Sausage & Red Onion	1 slice	240	10	4.5	0	25	600	27
Cheese	1 slice	220	8	4.5	0	25	560	26

Pizza Hut®	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
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### 12" Medium Hand-Tossed Style Pizza Continued

Dan's Original	1 slice	260	12	5	0	30	670	26
Ham & Pineapple	1 slice	200	7	3.5	0	20	560	27
Hawaiian Luau	1 slice	240	10	4.5	0	25	650	27
Meat Lovers	1 slice	310	16	7	0	45	880	26
Pepperoni	1 slice	230	10	4.5	0	25	630	25
Pepperoni & Mushroom	1 slice	210	8	4	0	20	560	26
Spicy Sicilian	1 slice	250	11	5	0	30	750	26
Supreme	1 slice	260	12	5	0	30	670	26
Triple Meat Italiano	1 slice	260	12	5	0	30	750	26
Veggie Lovers	1 slice	200	7	3.5	0	15	540	27

### 12" Fit 'n Delicious Pizza

All Natural Chicken, Mushroom & Jalapeño	1 slice	180	4.5	1.5	0	25	710	22
All Natural Chicken, Red Onion & Green Pepper	1 slice	180	4.5	1.5	0	25	500	24
Diced Red Tomato, Mushroom & Jalapeño	1 slice	150	4	1.5	0	10	610	23
Green Pepper Red Onion & Diced Red Tomato	1 slice	150	4	1.5	0	10	400	24
Ham, Red Onion & Diced Red Tomato	1 slice	160	4.5	1.5	0	15	560	24
Ham, Red Onion & Mushroom	1 slice	160	4.5	1.5	0	15	550	23

### 12" Pizza Mia Pizza

Cheese	1 slice	200	7	4	0	15	480	24
Pepperoni	1 slice	200	8	3.5	0	15	510	24

### P' Zone Pizza

Classic	1/2 item	630	23	11	0.5	65	1480	77
Pepperoni	1/2 item	630	24	11	0.5	70	1580	76
Meaty	1/2 item	740	23	15	1	95	1840	76

### Appetizers

Baked Hot Wings (2)	1 item	120	7	2	0	65	500	1
Baked Mild Wings (2)	1 item	110	7	2	0	60	440	1
Breadsticks	1 item	140	6	1.5	0	0	240	18
Cheese Bread Sticks	1 item	180	7	3.5	0	15	370	20

### Tuscan Pastas

All Natural Chicken Alfredo	1/2 item	640	33	11	0.5	70	1190	56
Bacon Mac N Cheese	1/2 item	520	22	12	0.5	80	1170	54
Lasagna	1/2 item	570	30	13	1	105	1670	45
Meaty Marinara	1/2 item	510	24	10	1	80	1310	48

### 9" Personal PANormous Pizza

All Natural Italian Sausage & Red Onion	1 item	1210	55	21	0.5	115	2570	128
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## Pizza Hut®

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Cheese Only	1 item	1100	45	19	1	105	2400	124
Dan's Original	1 item	1270	61	23	1	130	2830	125
Ham & Pineapple	1 item	1020	37	14	0.5	80	2300	128
Hawaiian Luau	1 item	1150	49	18	1	105	2670	129
Meat Lovers	1 item	1590	90	34	2	220	4090	124
Pepperoni	1 item	1110	48	19	1	100	2550	122
Pepperoni & Mushroom	1 item	1050	43	16	1	85	2290	123
Spicy Sicilian	1 item	1250	59	23	1.5	125	3110	125
Supreme	1 item	1270	61	23	1	130	2830	127
Triple Meat Italiano	1 item	1270	62	23	1	140	3100	123
Veggie Lovers	1 item	1000	38	14	0.5	70	2230	126

## Stuffed Pizza Rolls

Marinara Dipping Sauce	1 item	60	0	0	0	0	440	12
Ranch Dipping Sauce	1 item	220	23	4	0	10	420	2
Stuffed Pizza Rolls	1 item	230	11	5	0	25	590	24

## Desserts

Cinnamon Sticks (2)	1 item	170	6	1.5	0	0	200	26
Hershey's Chocolate Dunker (2)	1 item	200	9	4	0	0	210	26
Hershey's Chocolate Sauce	1 item	120	2.5	1	0	0	75	24
White Icing Dipping Cup	1 item	190	0	0	0	0	0	47

## Ponderosa Steakhouse®

Does not provide nutrition information.

## NOTES:

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# Popeye's Chick- en & Biscuits®

## Mild Chicken

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Breast	1 item	350	20	7	0.5	179	1130	8
Leg	1 item	110	7	2.5	0	92	260	3
Thigh	1 item	280	20	7	0.5	135	710	7
Wing	1 item	150	10	3.5	0	59	690	5

## Mild Chicken (skinless, breading removed)

Breast	1 item	120	2	1	0	120	540	0
Leg	1 item	50	2	0.5	0	85	190	0
Strips (2)	1 item	130	2.5	1	0	50	620	3
Thigh	1 item	80	4	1	0	98	230	0
Wing	1 item	40	1.5	0.5	0	58	400	0

## Spicy Chicken

Breast	1 item	360	22	8	0.5	170	760	8
Leg	1 item	100	5	2	0	71	230	3
Thigh	1 item	300	24	8	0.5	131	490	7
Wing	1 item	140	9	3.5	0	71	230	5

## Spicy Chicken (skinless, breading removed)

Breast	1 item	120	2	1	0	112	380	1
Leg	1 item	50	1.5	0.5	0	60	135	0
Strips (2)	1 item	150	4	1.5	0	55	820	5
Thigh	1 item	80	3	1	0	98	170	2
Wing	1 item	40	2	0.5	0	66	125	0

## Louisiana Travelers

Mild Tenders (3)	1 item	375	17	7	1	84	1620	24
Nuggets (6)	1 item	220	12	5	0.5	40	500	13
Spicy Tenders (3)	1 item	405	17	7	1	84	2160	30

## Cajun Wings

Cajun Wing Segments (6)	1 item	595	43	15	1.5	260	1274	19
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## Naked Chicken Strips

Strips (3)	1 item	220	10	4	0	80	720	2
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## Big Deals

Chicken Biscuit	1 item	350	20	9	0	35	930	30
Delta Mini	1 item	300	13	4	0	30	780	30
Loaded Chicken Wrap	1 item	400	17	6	0	35	1100	44

## Big Easy's

Chicken Bowl	1 item	570	29	10	1	100	1600	44
Crispy Chicken Sandwich	1 item	560	23	8	1	75	1690	56

## Sandwiches

Deluxe Mild w/mayonnaise or Deluxe Spicy	1 item	630	31	8	1	71	1480	53
Deluxe Mild w/o mayonnaise	1 item	480	15	6	0.5	55	1290	54

# Popeye's Chick-en & Biscuits®

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
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PO Boys Sandwich	1 item	330	17	3	0	10	560	36
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## Seafood

Butterfly Shrimp	1 item	310	19	8	1	90	800	22
Popcorn Shrimp	1 item	280	16	6	1	95	1110	22

## Louisiana Legends™

Chicken Étouffée	1 item	160	10	3	0	20	870	6
Chicken Sausage Jambalaya	1 item	220	11	3	0	32	760	20
Crawfish Étouffée	1 item	180	5	1	0	48	640	25
Smothered Chicken	1 item	210	8	2	0	23	743	24

## Sides

Biscuits	1 item	240	13	7	0	0	490	26
Cajun Rice	1 item	170	6	2	0	60	530	22
Cinnamon Apple Turnover	1 item	250	12	4	1	5	320	34
Coleslaw	1 item	260	23	3.5	0	15	260	14
Corn on the Cob	1 item	190	2	0.5	0	0	0	37
French Fries	1 item	310	17	7	1	7	660	35
Green Beans	1 item	70	1	0	0	5	400	14
Mashed Potatoes & Gravy	1 item	120	4	2	0	5	570	18
Mashed Potatoes w/o gravy	1 item	100	3	1	0	0	380	17
Red Beans & Rice	1 item	320	19	6	0	20	710	31

### Fast Food Factoid:

Taste, cost, and convenience are the main reasons many people struggle to eat good fast foods. Try a GREEN food—you might be surprised.

Quiznos Sub®	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>Sandwiches (regular)</b>								
Baja Chicken	1 item	780	36	14	0	90	2030	64
Bourbon Grill Steak	1 item	830	35	10	1	135	2060	76
Chicken Carbonara	1 item	840	42	14	0	105	1850	60
Classic Club	1 item	860	49	14	0	120	2400	63
Classic Italian	1 item	860	51	20	0	110	2650	64
Double Cheese Cheesesteak	1 item	1030	63	9	1	140	2030	65
Honey Bacon Club	1 item	760	32	7.5	0	70	2405	77
Honey Bourbon Chicken	1 item	510	80	3.5	0	45	1380	73
Honey Cured Ham & Swiss	1 item	770	44	8.5	0	90	2085	63
Honey Mustard Chicken	1 item	830	41	11	0	80	1645	66
Mesquite Chicken	1 item	490	24.5	9	0	50	1050	37
Oven Roasted Turkey & Cheddar	1 item	770	44	12	0	95	1980	63
Prime Rib & Peppercorn	1 item	930	53	10	1	140	2010	66
Roast Beef & Cheddar	1 item	1080	59	15.5	0.5	140	2860	89
Steakhouse Beef Dip	1 item	860	45	7	1	115	2505	65
The Traditional	1 item	680	31	10	0	75	2280	65
The Veggie	1 item	480	28	8.5	0	30	1200	40
Tuna Melt	1 item	1220	94	19	0	140	1370	60
Turkey Bacon Guacamole	1 item	800	39	11	0	90	2570	67
Turkey Ranch & Swiss	1 item	650	29	6	0	55	1955	66
<b>Toasty Bullets</b>								
Pesto Turkey	1 item	330	13	4	0	25	1140	38
Italian	1 item	445	25	8	0	50	1355	36
Beef Bacon & Cheddar	1 item	385	18	5	0	40	1225	38
Turkey Club	1 item	405	21	5	0	40	1225	38
Tuna Melt	1 item	525	37	7	0	55	690	35
<b>Flatbread Sammies</b>								
Alpine Chicken	1 item	380	19	9	0	40	780	28
Bistro Steak	1 item	395	24	11	0	45	1050	30
Cantina Chicken	1 item	265	6	6	0	20	625	35
Italiano	1 item	410	25	12	0	45	1025	28
Roadhouse Steak	1 item	250	NA	6	0	15	980	38
Sonoma Turkey	1 item	380	23	11	0	40	1135	29
Veggie	1 item	330	19	10	0	15	755	29
<b>Regular Chopped Salads</b>								
Chicken Caesar	1 salad	920	67	21	1	90	2090	39
Chicken Taco	1 salad	880	71	15	1	100	2145	19
Chili Taco	1 salad	880	75	15	1	85	2185	31
Classic Cob	1 salad	800	56	18	1	105	1790	40
Honey Mustard Chicken	1 salad	920	65	20	1	100	1685	48



	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Pan Asian	1 salad	430	18	4	0	45	1950	39
Raspberry Chipotle Chicken	1 salad	710	30	16	0	75	1685	70
<b>Savory Soups</b>								
Broccoli Cheese Soup	1 cup	175	10	6	0	20	780	17
Chicken Noodle Soup	1 cup	105	2	0	0	15	880	16
Chili	1 cup	185	5	1	0	25	770	23
Tomato Basil Soup	1 cup	125	5	4	0	0	660	14
<b>Kids Subs &amp; Sammies</b>								
Cheesy Sammie	1 item	230	10	10	0	25	390	25
Cheesy Sub	1 item	220	10	6	0	30	380	21
Ham & Cheese Sammie	1 item	200	NA	8	0	15	535	25
Ham & Cheese Sub	1 item	200	7	4	0	25	550	21
Turkey & Cheese Sammie	1 item	200	NA	8	0	15	575	26
Turkey & Cheese Sub	1 item	200	7	4	0	25	590	22

## Sbarro®

Does not provide nutrition information.

### NOTES:

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# Schlotzsky's Deli®

## Sandwiches (small)

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Albuquerque Turkey	1 item	694	37	12	1	95	1819	57
Angus Beef & Provolone	1 item	501	19	6	0	55	1350	55
Angus Corned Beef	1 item	390	9	2	0	36	1557	53
Angus Corned Beef Reuben	1 item	618	27	13	1	90	1530	54
Angus Pastrami & Swiss	1 item	606	24	12	1	93	1646	56
Angus Pastrami Reuben	1 item	618	26	13	1	95	1510	54
Angus Roast Beef & Cheese	1 item	534	22	11	0	85	1424	50
BLT	1 item	369	14	4	0	22	877	49
Cheese Original Style	1 item	562	27	15	1	79	1183	51
Chicken & Pesto	1 item	384	9	1	0	48	1122	49
Chicken Breast	1 item	342	4	0	0	46	1341	52
Chipotle Chicken	1 item	379	10	2	0	55	1094	47
Deluxe Original Style	1 item	738	38	16	1	143	3124	55
Dijon Chicken	1 item	378	7	1	0	46	1514	52
Fresh Veggie	1 item	342	10	5	0	22	751	50
Ham & Cheese Original	1 item	508	19	9	0	80	2033	54
Homestyle Tuna	1 item	375	11	2	0	46	998	48
Santa Fe Chicken	1 item	427	10	4	0	66	1456	53
Smoked Turkey Breast	1 item	353	6	1	0	35	1070	52
Smoked Turkey Reuben	1 item	608	26	11	1	85	1505	57
Texas Schlotzsky's	1 item	540	23	12	1	96	1976	51
The Original	1 item	559	26	12	1	85	1834	52
Turkey & Guacamole	1 item	368	7	1	0	31	1073	54
Turkey Bacon Club	1 item	561	25	10	0	83	1660	51
Turkey Original	1 item	602	27	11	1	96	1832	54

## Pizza

Baby Spinach Salad	1 pizza	454	7	3	0	12	1552	80
Bacon, Tomato & Portobello	1 pizza	619	23	9	0	49	1624	75
BBQ Chicken & Jalapeño	1 pizza	715	16	8	0	96	2447	99
Combination Special	1 pizza	639	25	10	1	54	1691	76
Double Cheese	1 pizza	597	21	10	1	52	1374	74
Double Cheese & Pepperoni	1 pizza	685	30	13	1	71	1741	74
Fresh Tomato & Pesto	1 pizza	556	19	8	0	42	1335	73
Grilled Chicken & Pesto	1 pizza	683	22	9	0	100	1891	75
Mediterranean	1 pizza	560	20	9	0	51	1581	74
Smoked Turkey & Jalapeño	1 pizza	653	21	8	0	71	2038	78
Thai Chicken	1 pizza	724	23	9	0	94	2008	85
Vegetarian Special	1 pizza	540	17	7	0	36	1370	74

## Wraps

Asian Chicken	1 item	537	12	3	0	59	2143	80
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# Schlotzsky's Deli®

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Feta & Portobello	1 item	618	39	10	0	25	1295	55
Grilled Chicken & Guacamole	1 item	689	36	10	0	91	1404	60
Homestyle Tuna	1 item	457	17	4	0	44	1320	55
Parmesan Chicken Caesar	1 item	556	21	6	0	86	1728	61
<b>Panini</b>								
Grilled Chicken Romano	1 item	570	16	8	0	104	1567	62
Panini Italiano	1 item	736	32	15	1	114	2406	67
Smoked Ham Crostini	1 item	644	23	12	1	94	1978	67
Classic Swiss & Tomato	1 item	624	26	15	1	78	1081	63
Mozzarella & Portobello	1 item	485	15	8	0	45	1158	63
Smoked Turkey & Guacamole	1 item	602	21	6	0	57	1735	69
<b>Salads</b>								
Baby Spinach & Feta	1 salad	113	7	5	0	27	448	6
Caesar	1 salad	103	5	2	0	6	289	10
Chicken Salad	1 salad	292	15	4	0	93	898	12
Garden	1 salad	51	1	0	0	0	291	12
Gilled Chicken Caesar	1 salad	221	8	2	0	65	759	12
Greek	1 salad	137	8	5	0	29	655	13
Ham & Turkey Chef	1 salad	254	13	6	0	60	1340	14
Pasta Salad	1 salad	68	3	0	0	0	293	12
Potato Salad	1 salad	242	13	3	0	11	515	29
Side Salad	1 salad	26	1	0	0	0	236	7
Turkey Chef	1 salad	309	18	7	0	67	1412	14
<b>Soups</b>								
Boston Clam Chowder	1 cup	175	11	2	0	13	1014	20
Broccoli Cheese Soup	1 cup	172	14	5	0	23	997	12
Chicken Tortilla Soup	1 cup	143	6	3	0	26	1690	15
Hearty Vegetable Beef Soup	1 cup	60	3	1	0	8	568	7
Old Fashioned Chicken Noodle Soup	1 cup	83	2	1	0	22	1022	12
Potato & Bacon Soup	1 cup	177	10	1	0	6	1054	22
Timberline Chile	1 cup	275	9	4	1	32	890	31
Tomato Basil Soup	1 cup	200	5	2	0	20	1220	30
Vegetarian Vegetable Soup	1 cup	98	1	0	0	0	1042	22
Wisconsin Cheese Soup	1 cup	263	20	4	0	20	1154	20
<b>Desserts</b>								
Brownie	1 item	417	22	9	0	74	208	54
Carrot Cake	1 item	717	42	6	0	74	767	80
Chocolate Chip Cookie	1 item	160	8	5	0	20	160	22
Fudge Chocolate Chip Cookie	1 item	160	8	5	0	25	190	22
New York Style Cheesecake	1 item	350	23	13	1	75	200	30

# Schlotzsky's Deli®

## Desserts Continued

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Oatmeal Raisin Cookie	1 item	150	6	3	0	20	115	22
Sugar Cookie	1 item	160	7	4	0	20	200	22
White Chocolate Macadamia	1 item	170	9	5	0	20	170	21

## Kid's

Cheese Pizza	1 pizza	479	13	5	0	24	1060	73
Cheese Sandwich	1 item	394	15	8	0	40	772	48
Ham & Cheese Sandwich	1 item	424	16	8	0	50	1147	49
Pepperoni Pizza	1 pizza	523	17	6	0	33	1246	73
Turkey Sandwich	1 item	300	5	1	0	20	750	49

# Shoney's®

## Breakfast

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Bacon Egg Cheddar Croissant	1 item	792	57	21.5	6	498.5	1436	30
Big Biscuit Skillet	1 order	981	57	12	NA	445.6	NA	93
Fiesta Skillet	1 order	1028	76.5	24.5	7	553	NA	42
Ham Egg White & Swiss	1 order	679	44	17.5	5.5	79.5	740	27
Pancake Platter w/bacon	1 order	665	11	3.5	0	23	3248	110
Pancake Platter w/sausage patties	1 order	776	21	5.5	0	73	NA	110
Sirloin Steak & Eggs Only	1 order	580	36	6.5	0	522	2523	3.5
Sunrise Special	1 order	1472	62	17	NA	486	1934	191

## Starters

Angus Steak Chili	1 order	621	37	16	0.5	90	NA	50
Chicken Enchilada Soup	1 order	444	22	9	0.5	60	NA	50
Chicken Strips	1 order	1269	84	5.5	0	206	NA	87
Onion Rings Jumbo Order	1 order	980	69	0.3	0	0	NA	101.5

## Salads

Fried Chicken Salad	1 salad	1097	70	10	5	53	NA	93
Grilled Chicken Salad	1 salad	1059	56	9	5	94	412	70
Salmon Salad	1 salad	869	60	14	2.5	114	877	49

## Classic Sandwiches (w/o sides)

BLT Croissant	1 item	580	48	13	4	48	761	26
Philly Cheese Steak Sandwich	1 item	1139	74	22	6.5	105	794	60.5
Reuben	1 item	837	45	21	0	184	2101	44
Slim Jim Sandwich	1 item	695	36	10	1.5	89	591	57
Turkey Club Sandwich	1 item	1250	83	32	1.5	206	2289	60

Shoney's®		Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>Burgers (w/o sides)</b>									
All American	1 item	1160	93	29	3	105	211	40	
BBQ Bacon Cheeseburger	1 item	1470	117	41.5	3	174	1038	45	
Classic Burger	1 item	1360	111	35.5	3	133	903	40.2	
Mushroom Swiss Burger	1 item	1195	89	36	4.5	135	403	42	
<b>Chicken (w/o sides)</b>									
Blackened Chicken Sandwich	1 item	722	36	4.5	3	94	925	40	
Chicken Salad Croissant	1 item	644	33	5.5	4	30	294	39	
Grilled Chicken Sandwich	1 item	722	36	4.5	3	94	430	40	
<b>Seafood</b>									
Fish n' Chips Basket	1 order	1312	74	3	0	145	859	102	
Fish Sandwich (w/o sides)	1 item	1190	63.4	6	3	46	543	105	
<b>Pastas</b>									
Baked Spaghetti	1 order	1459	54	8.5	2.5	131	1263	145.4	
Lasagna (half portion)	1 order	730	44	14.1	2.5	72	976	58	
<b>Entrees (w/sides)</b>									
Blackened Chicken w/bbq sauce	1 order	584	18	4	0	104	348	39	
Blackened Chicken w/honey mustard	1 order	786	44	7	0	127	NA	33	
Chicken Strips	1 order	1320	88	6	0	210	1381	91	
Grilled Chicken w/bbq sauce	1 order	448	20	2	0	94	31	14	
Grilled Chicken w/honey mustard	1 order	650	46	5	0	117	NA	22	
Grilled Salmon	1 order	516	33.5	11	0	112.5	527	27	
Half-O-Pound	1 order	1323	102.5	33	7	220	100	61	
Pan-Blackened Catfish Fry	1 order	914	60	17.5	0	130	933	66	
Porterhouse Steak (16 oz.)	1 order	2168	136	37	5	365	356	97	
Ribeye Steak (10 oz.)	1 order	1485	90	20	5	172	767	97	
Smothered Liver & Onions	1 order	776	46	5	3	555	903	48	
Southern Catfish Fry	1 order	1464	78	8	0	132	1022	137	
Steakhouse Sirloin (8 oz.)	1 order	1379	82	17	5	120	544	97	
T-Bone Steak (12 oz.)	1 order	1725	110	29	5	166	898	100	
<b>Skillets</b>									
Artichoke & Pulled Crabmeat Casserole	1 order	1411	80	27.5	2.5	222	NA	134	
Lemon Chicken w/mushrooms & wild rice	1 order	1221	27	13.5	2.5	123	NA	92	
Slow-Cooked Pot Roast	1 order	833	44.5	9	5	74	NA	58	
<b>Sides</b>									
Baked Potato (plain)	1 order	225	0	0	0	0	347	51	
Biscuit (1)	1 item	190	9	2.5	4	0	NA	23	
Chili Cheese Fries	1 order	681	41	8.5	0	49	NA	60	
French Fries	1 order	518	30	2	0	12	1936	56	

		Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
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## Sides Continued

Fruit Bowl	1 order	62	0	0	0	0	6	15
Garlic Grecian Bread	1 order	330	24	3.5	2.5	0	254	23
Grits	1 order	395	2	0.5	0	0	NA	86
Homefries	1 order	119	6	1	1	0	NA	15
Loaded Potato Mix	1 order	113	13	6	0	27	NA	8
Mashed Potatoes	1 order	234	11	2	2.5	0	1815	31
Onion Rings	1 order	490	35	0	0	0	466	51
Toast	1 order	128	2	0	0	0	NA	23
Wild Rice	1 order	149	4	2.5	0	10	6	25

## Desserts

Apple Crisp	1 pc.	810	38	12	0	28	NA	81
Banana Split Sundae	1 item	543	21	15	0	70	NA	93
Hot Fudge Cake	1 pc.	709	30	17	0	86	576	101
Hot Fudge Sundae	1 item	536	25	19	0	71	238	68
Key Lime Cheesecake	1 slice	830	58	32	2	40	NA	74
Peach Sundae	1 item	370	17	12	0	70	211	46
Peanut Butter Pie	1 slice	570	35	18	0	10	NA	57
Strawberry Pie	1 slice	349	13	3	4	1	NA	53
Strawberry Sundae	1 item	373	17	12	0	70	NA	47

## Kid's Menu

Cheeseburger	1 order	788	56	21	3	137	232	41
Fish Wrap	1 order	491	32	6	0	29	976	25
Grilled Cheese	1 order	448	32	13	3	54	NA	24
Mac & Cheese	1 order	966	54	21	3	84	1459	83
Spaghetti	1 order	772	34	6.5	2.5	27	421	85

### Fast Food Factoid:

People who regularly consume fruits, vegetables, whole grains, and nuts will have better health than those who do not; the data proves it.

Dr. Steven Aldana, The Culprit and The Cure

Sonic®	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>Breakfast</b>								
Bacon, Egg & Cheese Toaster	1 item	530	32	10	0.5	325	1440	40
Bacon, Egg, & Cheese Breakfast Burrito	1 item	450	27	10	0.5	320	1290	38
CroisSONIC Breakfast Sandwich-Bacon	1 item	510	36	15	0.5	320	1400	29
CroisSONIC Breakfast Sandwich-Sausage	1 item	600	46	18	1	340	1340	29
French Toast Sticks	4 pc.	500	31	5	0	15	490	49
Ham, Egg & Cheese Toaster	1 item	490	26	8	0.5	325	1700	40
Ham, Egg, & Cheese Breakfast Burrito	1 item	440	23	9	0.5	330	1630	37
Jr. Breakfast Burrito	1 item	330	21	8	0.5	235	790	25
Sausage Biscuit Dippers w/gravy	1 order	690	44	18	1	60	1770	57
Sausage, Egg & Cheese Toaster	1 item	620	42	13	1	340	1380	40
Sausage, Egg, & Cheese Breakfast Burrito	1 item	480	31	11	0.5	325	1200	38
Steak & Egg Breakfast Burrito	1 item	590	34	12	3	340	1370	47
SuperSONIC Breakfast Burrito	1 item	570	36	12	1	325	1650	48
<b>Burgers</b>								
Breaded Pork Fritter Sandwich	1 item	640	33	6	0	30	840	66
California Cheeseburger	1 item	690	39	13	1.5	80	1060	57
Chili Cheeseburger	1 item	660	35	14	1.5	85	990	56
Fish Sandwich	1 item	650	31	5	0	40	1160	71
Green Chili Cheeseburger	1 item	630	31	12	1.5	75	1070	56
Hickory Cheeseburger	1 item	640	31	12	1.5	75	1170	61
Jalapeño Burger	1 item	550	26	9	1	60	880	53
Jalapeño Cheeseburger	1 item	620	31	12	1.5	80	1200	54
Jr. Bacon Cheeseburger	1 item	410	23	10	1	60	1060	31
Jr. Burger	1 item	310	15	5	0.5	35	610	30
Jr. Deluxe Burger	1 item	410	23	10	1	60	1060	31
Jr. Double Cheeseburger	1 item	570	35	16	1.5	110	1290	33
Sonic Bacon Cheeseburger w/mayo	1 item	780	48	16	1.5	100	1300	57
Sonic Burger w/mayo	1 item	650	37	10	1	70	720	55
Sonic Cheeseburger w/mayo	1 item	720	42	14	1.5	90	1040	56
SuperSONIC Cheeseburger w/mayo	1 item	980	64	24	2.5	165	1430	58
SuperSONIC Jalapeño Cheeseburger	1 item	890	53	22	2.5	155	1600	56
Thousand Island Burger	1 item	610	32	10	1	65	810	56
<b>Toaster Items</b>								
Bacon Cheeseburger Toaster	1 item	670	39	14	1.5	90	1440	52
BLT Toaster	1 item	500	29	7	1	40	950	45

Sonic®	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>Toaster Items Continued</b>								
Chicken Club Toaster	1 item	740	46	11	0.5	80	1740	55
Country-Fried Steak Toaster	1 item	670	37	10	0	50	1370	71
<b>Chicken</b>								
Chicken Strip Dinner	4 pc.	930	43	8	1	65	1610	100
Crispy Chicken Bacon Ranch	1 item	610	34	9	0.5	70	1730	48
Crispy Chicken Sandwich	1 item	550	32	4.5	0	45	1070	46
Grilled Chicken Bacon Ranch	1 item	470	22	7	0	105	1620	35
Grilled Chicken Sandwich	1 item	400	19	2.5	0	80	960	32
Jumbo Popcorn Chicken (small)	1 order	380	22	4	0	45	1250	27
<b>Wraps</b>								
Crispy Chicken Wrap	1 item	490	23	5	0	40	1280	49
Frito Chili Cheese Wrap	1 item	670	39	13	0.5	50	1420	66
Grilled Chicken Wrap	1 item	390	14	3.5	0	80	1420	39
<b>Coneys</b>								
Corn Dog	1 item	210	11	3.5	0	20	530	23
Extra-Long Chili Cheese Coney	1 item	660	39	15	1	95	1860	55
Regular Coney	1 item	390	23	9	0.5	60	1090	32
<b>Salads</b>								
Crispy Chicken Salad	1 salad	340	19	5	0	50	970	24
Grilled Chicken Salad	1 salad	250	10	6	0	100	1070	12
<b>Snacks &amp; Sides</b>								
Apple Slices w/caramel dipping sauce	1 order	120	0	0	0	0	60	27
Ched'R' Peppers	4 pc.	330	17	6	1	15	1110	36
Cheese Fries (medium)	1 order	420	21	7	0	30	910	51
Cheese Tots (medium)	1 order	300	21	7	0.5	25	910	22
Chili Cheese Fries (medium)	1 order	490	27	10	0.5	40	920	54
Chili Cheese Tater Tots (medium)	1 order	370	27	9	0.5	40	920	26
French Fries (medium)	1 order	330	13	2.5	0	0	440	48
Fritos Chili Pie (medium)	1 order	470	32	9	0	30	770	36
Mozzarella Sticks	1 order	440	22	9	0.5	45	1050	40
Onion Rings (medium)	1 order	440	21	3.5	0	0	430	55
Pickle-O's	1 order	310	16	3	0	0	1020	36
Tatar Tots (medium)	1 order	200	13	2.5	0	0	440	20
<b>Desserts</b>								
Banana Fudge Sundae	1 order	440	16	11	0	35	170	70
Banana Split	1 order	420	9	6	0	30	140	80
Jr. Banana Split	1 order	180	3.5	2	0	10	60	37

Sonic®	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>Real Fruit Slushes</b>								
Famous Slushes (any flavor-medium)	1 item	290	0	0	0	0	45	78
Lemon Real Fruit Slush (medium)	1 item	290	0	0	0	0	45	78
Lemon-Berry Real Fruit Slush (medium)	1 item	310	0	0	0	0	50	83
Lime Real Fruit Slush (medium)	1 item	290	0	0	0	0	45	78
Strawberry Real Fruit Slush (medium)	1 item	310	0	0	0	0	50	82

### SONIC Blast

Butterfinger SONIC Blast (regular)	1 item	580	22	13	0.5	60	240	88
Cream Pie Shakes (any flavor-regular)	1 item	590	19	11	0.5	55	220	98
CreamSlush Treat (any flavor-regular)	1 item	450	12	7	0	45	150	84
Floats/Blended Floats (any diet flavor-regular)	1 item	220	8	5	0	30	100	33
Floats/Blended Floats (any flavor-regular)	1 item	310	8	5	0	30	120	58
M&M's SONIC Blast (regular)	1 item	600	24	15	0.5	60	210	88
Oreo SONIC Blast (regular)	1 item	540	21	12	0.5	60	280	80
Reese's Peanut Butter Cups SONIC Blast (regular)	1 item	560	19	12	0.5	65	250	89
SONIC Chillers (any flavor-regular)	1 item	540	18	12	0.5	65	300	86

### Kid's Meal

Chicken Strips	2 pc.	200	11	2	0	30	470	10
Corn Dog	1 item	210	11	3.5	0	20	530	23
Grilled Cheese	1 item	380	20	8	0.5	35	1010	39
Jr. Burger	1 item	310	15	5	0.5	35	610	30

### Fast Food Factoid:

Even small increases in physical activity or fitness result in large improvements in health.

Starbucks®	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>Bakery</b>								
8-Grain Roll	1 item	350	8	1.5	0	50	520	67
Apple Bran Muffin	1 item	350	9	2.5	0	65	520	64
Apple Fritter	1 item	420	19	9	0	0	360	59
Asiago Bagel	1 item	310	4.5	2.5	0	10	650	54
Blueberry Oat Bar	1 item	370	14	7	0	30	150	47
Blueberry Scone	1 item	460	22	12	0.5	75	420	61
Blueberry Streusel Muffin	1 item	360	11	6	0	80	390	59
Butter Croissant	1 item	310	18	11	1	45	290	32
Chocolate Mini Sparkle Doughnut	1 item	120	6	2.5	0	<5	150	16
Cheese Danish	1 item	420	25	16	0	115	670	39
Chocolate Bloom Cupcake	1 item	420	27	15	0.5	90	270	42
Chocolate Chunk Cookie	1 item	360	17	10	0	65	170	50
Chocolate Croissant	1 item	300	17	10	0.5	30	220	34
Chocolate Old-Fashioned Doughnut	1 item	420	21	9	0	20	340	57
Chonga Bagel	1 item	310	5	2	0	10	540	52
Cinnamon Chip Scone	1 item	480	18	10	0	65	490	70
Cranberry Orange Scone	1 item	490	18	9	0	55	460	73
Double Chocolate Brownie	1 item	410	24	7	0	95	75	46
Double Iced Cinnamon Roll	1 item	490	20	12	1	65	480	70
Hawaiian Bagel	1 item	360	8	1	0	40	500	60
Iced Lemon Pound Cake	1 item	490	23	13	0	135	520	68
Low-Fat Red Raspberry Muffin	1 item	400	21	11	0	130	370	52
Mallorca Sweet Bread	1 item	420	25	12	0	20	600	42
Maple Oat Pecan Scone	1 item	440	18	11	0	75	490	59
Marble Pound Cake	1 item	350	13	6	0	75	510	53
Marshmallow Dream Bar	1 item	210	4	NA	0	10	250	43
Morning Bun	1 item	350	16	9	0	75	330	45
Multigrain Bagel	1 item	320	4	0	0	0	220	62
Old Fashioned Glazed Doughnut	1 item	420	21	10	0	15	260	57
Outrageous Oatmeal Cookie	1 item	370	14	5	0	65	170	56
Petite Vanilla Bean Scone	1 item	140	5	2.5	0	15	90	21
Plain Bagel	1 item	300	1	0	0	0	460	64
Pumpkin Bread	1 item	390	15	2.5	0	55	480	60
Pumpkin Scone	1 item	480	17	9	0	55	280	78
Raspberry Scone	1 item	500	26	15	0	65	650	59
Reduced Fat Banana Chocolate Chip Coffee Cake	1 item	390	7	4.5	0	0	500	79
Reduced Fat Cinnamon Swirl Coffee Cake	1 item	340	9	5	0	10	410	62

Starbucks®	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Reduced-Fat Very Berry Coffee Cake	1 item	350	10	4	0	60	500	58
Rich Toffee Pecan Bar	1 item	380	22	8	0	85	120	42
Starbucks Classic Coffee Cake	1 item	440	19	11	0	95	580	63
Starbucks Indulgent Chocolate Cookie	1 item	320	19	11	0	60	85	40
Vanilla Buttercream Cupcake	1 item	400	23	14	0	80	210	46
Vanilla Mini Sparkle Doughnut	1 item	120	6	2.5	0	<5	150	16
Zucchini Walnut Muffin	1 item	490	28	2.5	0	65	480	52
<b>Fruit &amp; Snack Plates</b>								
Fruit & Cheese Plate	1 order	380	21	11	0	55	530	37
Protein Plate	1 order	370	17	5	0	225	600	39
<b>Hot Breakfast</b>								
Bacon, Gouda Cheese & Egg Frittata on Artisan Roll	1 item	380	20	8	0	175	1050	31
Blackforest Ham, Parmesan Frittata & Cheddar on Artisan Roll	1 item	370	16	6	0	190	730	32
Egg White, Spinach & Feta Wrap	1 item	280	10	3.5	0	20	900	33
Huevos Rancheros Wrap	1 item	330	15	5	0	165	610	35
Reduced-Fat Turkey Bacon & Egg Whites on English Muffin	1 item	340	10	3	0	20	750	47
Sausage Egg & Cheese on English Muffin	1 item	500	29	9	0	190	980	42
Starbucks Perfect Oatmeal	1 item	140	2.5	0.5	0	0	105	25
<b>Salads</b>								
Couscous Salad w/curried chicken	1 item	360	7	1	0	15	270	59
Deluxe Fruit Blend	1 item	90	0	0	0	0	10	23
<b>Sandwiches, Paninis, &amp; Wraps</b>								
Chicken & Vegetable Wrap	1 item	290	9	0.5	0	30	530	36
Chicken Santa Fe Sandwich	1 item	380	10	5	0	65	870	47
Egg Salad Sandwich	1 item	490	22	4.5	0	380	850	54
Ham & Swiss Sandwich	1 item	360	9	4	0	60	870	43
Roma Tomato & Mozzarella Sandwich	1 item	380	18	7	0	45	580	40
Tarragon Chicken Salad Sandwich	1 item	480	11	2	0	75	1210	62
Tuna Melt Panini	1 item	390	12	4.5	0	50	960	49
Turkey & Swiss Sandwich	1 item	390	13	4.5	0	60	1180	36
<b>Yogurt Parfaits</b>								
Dark Cherry Yogurt Parfait	1 item	310	4	0.5	0	<5	150	61
Greek Yogurt Honey Parfait	1 item	290	12	6	0	30	100	43
Strawberry & Blueberry Yogurt Parfait	1 item	300	3.5	0	0	0	130	60

Starbucks®		Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>Brewed Coffee</b>									
Bold Pick of the Day	16 oz.	5	0	0	0	0	10	0	0
Café Misto	16 oz.	110	4	2.5	0	15	90	10	0
Clover Brewed Coffee	16 oz.	5	0	0	0	0	10	0	0
Decaf Pike Place Roast	16 oz.	5	0	0	0	0	10	0	0
Iced Coffee w/milk	16 oz.	120	1.5	1	0	<5	35	24	0
Pike Place Roast	16 oz.	5	0	0	0	0	10	0	0
<b>Chocolate Beverages</b>									
Hot Chocolate	16 oz.	370	16	9	0	55	150	49	0
White Hot Chocolate	16 oz.	410	12	9	0	30	260	61	0
<b>Espresso Beverages</b>									
Café Americano	16 oz.	15	0	0	0	0	10	3	0
Café Latte	16 oz.	190	7	4.5	0	30	150	18	0
Café Mocha	16 oz.	330	15	8	0	50	130	43	0
Cappuccino	16 oz.	120	4	2.5	0	15	85	12	0
Caramel Macchiato	16 oz.	240	7	4.5	0	25	130	34	0
Cinnamon Dolce Latte	16 oz.	260	6	4	0	25	135	40	0
Dark Cherry Mocha	16 oz.	400	15	9	0	45	120	60	0
Espresso	16 oz.	5	0	0	0	0	0	<1	0
Espresso Con Panna	16 oz.	30	2.5	1.5	0	10	0	2	0
Espresso Macchiato	16 oz.	10	0	0	0	0	0	<1	0
Flavored Latte	16 oz.	250	6	4	0	25	135	36	0
Iced Café Americano	16 oz.	15	0	0	0	0	10	3	0
Iced Café Latte	16 oz.	130	4.5	3	0	20	100	13	0
Iced Café Mocha	16 oz.	320	17	9	0	55	90	38	0
Iced Caramel Macchiato	16 oz.	230	6	4	0	25	125	33	0
Iced Cinnamon Dolce Latte	16 oz.	320	15	9	0	55	95	38	0
Iced Dark Cherry Mocha	16 oz.	370	17	10	0	50	70	55	0
Iced Flavored Latte	16 oz.	250	6	4	0	25	135	36	0
Iced Peppermint Mocha	16 oz.	370	17	9	0	50	80	55	0
Iced Peppermint White Chocolate Mocha	16 oz.	520	20	13	0	55	190	75	0
Iced Skinny Flavored Latte	16 oz.	80	0	0	0	<5	105	12	0
Iced White Chocolate Mocha	16 oz.	450	20	13	0	55	200	58	0
Peppermint Mocha	16 oz.	400	15	8	0	45	125	60	0
Peppermint White Chocolate Mocha	16 oz.	540	19	12	0	50	240	80	0
Skinny Cinnamon Dolce Latte	16 oz.	130	0	0	0	<5	170	19	0
Skinny Flavored Latte	16 oz.	130	0	0	0	<5	170	19	0
White Chocolate Mocha	16 oz.	470	18	12	0	50	240	63	0

Starbucks®	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
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### Frappuccino Blended Beverages

Café Vanilla Frappuccino Blended Coffee	16 oz.	310	3	2	0	15	230	67
Café Vanilla Frappuccino Light Blended Coffee	16 oz.	190	1	0	0	0	240	42
Caramel Frappuccino Blended Coffee	16 oz.	380	15	9	0	55	240	57
Caramel Frappuccino Light Blended Coffee	16 oz.	160	1.5	0	0	<5	230	30
Chai Frappuccino Blended Crème	16 oz.	330	2	0	0	<5	270	67
Cinnamon Dolce Frappuccino Blended Coffee	16 oz.	370	14	9	0	55	240	55
Cinnamon Dolce Frappuccino Blended Crème	16 oz.	430	13	7	0	50	300	68
Cinnamon Dolce Frappuccino Light Blended Coffee	16 oz.	140	0.5	0	0	0	230	29
Double Chocolatey Chip Frappuccino Blended Crème	16 oz.	510	19	11	0	50	300	78
Green Tea Frappuccino Blended Crème	16 oz.	490	14	7	0	50	300	82
Jaba Chip Frappuccino Blended Coffee	16 oz.	460	19	12	0.5	55	240	67
Jaba Chip Frappuccino Light Blended Coffee	16 oz.	200	4.5	3	0	0	220	36
Mocha Frappuccino Blended Coffee	16 oz.	380	15	9	0	55	240	57
Mocha Frappuccino Light Blended Coffee	16 oz.	140	1	0	0	0	230	29
Strawberries & Crème Frappuccino Blended Crème	16 oz.	480	14	8	0	45	400	77
Vanilla Bean Frappuccino Blended Crème	16 oz.	470	14	7	0	50	320	75
White Chocolate Frappuccino Blended Crème	16 oz.	610	0	12	0	60	420	92
White Chocolate Mocha Frappuccino Blended Coffee	16 oz.	410	16	10	0	55	270	62

### Tazo Teas

Tazo Awake Brewed Tea	16 oz.	0	0	0	0	0	0	0
Tazo Awake Tea Latte	16 oz.	200	5	3	0	20	95	31
Tazo Black Shaken Iced Tea	16 oz.	80	0	0	0	0	10	21
Tazo Black Shaken Iced Tea Lemonade	16 oz.	130	0	0	0	0	10	33
Tazo Calm Brewed Tea	16 oz.	0	0	0	0	0	0	0
Tazo Chai Tea Latte	16 oz.	240	4	2.5	0	15	95	44
Tazo China Green Tips Brewed Tea	16 oz.	0	0	0	0	0	0	0
Tazo Earl Grey Brewed Tea	16 oz.	0	0	0	0	0	0	0
Tazo Earl Grey Tea Latte	16 oz.	220	7	5	0	25	90	31
Tazo Full Leaf Chai Tea	16 oz.	0	0	0	0	0	0	0

Starbucks®	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
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### Tazo Teas Continued

Tazo Green Tea Latte	16 oz.	350	8	5	0	30	160	56
Tazo Iced Chai Tea Latte	16 oz.	240	4	2.5	0	15	95	44
Tazo Iced Awake Tea Latte	16 oz.	210	4.5	3	0	20	100	34
Tazo Iced Green Tea Latte	16 oz.	270	5	3.5	0	20	115	44
Tazo Orange Blossom Brewed Tea	16 oz.	0	0	0	0	0	0	0
Tazo Passion Brewed Tea	16 oz.	0	0	0	0	0	0	0
Tazo Refresh Brewed Tea	16 oz.	0	0	0	0	0	0	0
Tazo Shaken Iced Green Tea	16 oz.	80	0	0	0	0	10	21
Tazo Shaken Iced Green Tea Lemonade	16 oz.	130	0	0	0	0	10	33
Tazo Shaken Iced Passion Tea	16 oz.	80	0	0	0	0	10	21
Tazo Shaken Iced Passion Tea Lemonade	16 oz.	130	0	0	0	0	10	33
Tazo Vanilla Rooibos Brewed Tea	16 oz.	0	0	0	0	0	0	0
Tazo Vanilla Rooibos Tea Latte	16 oz.	200	5	3	0	20	95	31
Tazo Zen Brew Tea	16 oz.	0	0	0	0	0	0	0

### Vivanno Smoothies

Chocolate Vivanno Smoothie	16 oz.	270	4.5	2	0	15	140	48
Orange Mango Vivanno Smoothie	16 oz.	260	2	1	0	<5	110	51
Strawberry Vivanno Smoothie	16 oz.	280	1.5	1	0	<5	110	56

### Kids Drinks & Others

Caramel Apple Spice	12 oz.	210	6	3.5	0	20	20	40
Cold Apple Juice	12 oz.	190	0	0	0	0	20	48
Flavored Steamed Milk	12 oz.	260	7	4.5	0	30	150	36
Milk	12 oz.	200	8	5	0	30	160	19
Steamed Apple Juice	12 oz.	110	0	0	0	0	10	28

### Fast Food Factoid:

*Chronic diseases don't just happen; they are almost entirely the result of decades of unhealthy living.*

*Dr. Steven Aldana, The Culprit and The Cure*

Steak 'n Shake®		Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>Steakburgers</b>									
Bacon 'n Cheese Double Steakburger	1 item	480	28	12	1	80	740	31	
Cheesy Cheddar Steakburger	1 item	530	28	12	1	80	640	44	
Double Steakburger	1 item	390	21	8	1	55	330	30	
Double Steakburger w/cheese	1 item	440	25	11	1	70	590	31	
Grilled Portobello & Swiss Steakburger	1 item	690	40	13	3	70	840	56	
Guacamole Steakburger	1 item	820	56	15	3	75	960	58	
Single Steakburger	1 item	280	11	4.5	0	30	310	30	
Single Steakburger w/cheese	1 item	330	16	7	0.5	40	570	31	
Spicy Chipotle Steakburger	1 item	760	50	15	3	85	920	54	
Triple Steakburger	1 item	510	30	12	1	85	350	30	
Triple Steakburger w/cheese	1 item	610	39	17	1.5	110	870	31	
Western BBQ 'n Bacon Steakburger	1 item	790	47	14	3	80	1130	65	
Wisconsin Buttery Burger	1 item	760	55	22	3.5	75	760	45	
<b>Classic Melts</b>									
Chicken Melt	1 item	750	45	10	2.5	80	1580	66	
Frisco Melt	1 item	800	60	18	3.5	95	1160	41	
Patty Melt	1 item	750	51	17	4	80	1000	47	
Pepperjack Melt	1 item	890	60	18	4.5	90	1100	65	
<b>Sandwiches</b>									
Bacon, Lettuce 'n Tomato	1 item	450	20	5	0	35	970	54	
Chicken Fingers	3 pc.	350	18	5	0	115	370	12	
Fish Sandwich	1 item	410	17	3	0	45	760	49	
Grilled Cheese 'n Bacon Sandwich	1 item	520	33	12	2.5	50	1330	38	
Grilled Cheese Sandwich	1 item	460	29	10	2.5	40	1200	36	
Grilled Chicken Sandwich	1 item	530	24	3.5	2	55	1000	64	
Spicy Chicken Sandwich	1 item	760	48	6	2	40	1150	62	
Turkey Club	1 item	570	26	5	0	65	1470	60	
<b>Steakburger Shooters</b>									
Steakburger Shooter (plain)	1 item	130	6	2	0	15	210	12	
Steakburger Shooter (plain w/ cheese)	1 item	150	8	3.5	0	20	340	13	
<b>Signature Steak Franks</b>									
Carolina Slaw Steak Frank	1 item	450	31	11	1	65	1220	29	
Chicago Style Steak Frank	1 item	410	27	10	1	60	1520	27	
Chili Cheese Steak Frank	1 item	620	44	19	1.5	105	1590	31	
Guacamole Steak Frank	1 item	540	37	12	1	60	1330	39	
Southwest Style Steak Frank	1 item	450	31	11	1	65	1190	30	
Steak Frank	1 item	380	27	10	1	60	1120	22	

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>Steak 'n Shake®</b>								
<b>Salads (w/o dressing)</b>								
Apple Walnut Grilled Chicken Salad	1 salad	410	12	1	0	45	730	59
Fried Chicken Salad	1 salad	510	24	8	0	130	520	33
Garden Salad (small)	1 salad	80	1.5	0	0	0	110	14
Grilled Chicken Salad	1 salad	330	11	3.5	0	65	870	42
<b>Genuine Chili</b>								
Chili	1 cup	440	24	12	0	40	1010	38
Chili 3-Way	1 order	1090	37	18	0	65	1270	145
Chili 5-Way	1 order	1450	64	33	1.5	145	2030	156
Chili Deluxe	1 cup	610	37	19	0.5	85	1280	40
Chili Mac	1 order	1240	27	12	0	40	970	205
Chili Mac Supreme	1 order	1580	54	28	1	125	1500	210
<b>Side Items</b>								
Apples 'N Grapes	1 order	80	1	0	0	0	0	20
Applesauce	1 order	90	0	0	0	0	0	21
Bacon Cheese French Fries (regular)	1 order	750	45	13	3.5	50	1710	69
Baked Beans	1 order	290	1	0	0	<5	970	62
Cheese French Fries (regular)	1 order	610	34	9	3.5	20	1210	67
Chicken Gumbo Soup	1 cup	70	1.5	0	0	5	930	11
Cottage Cheese w/pineapple ring	1 order	150	6	4	0	35	230	10
Creamy Coleslaw	1 order	140	11	1.5	0	20	190	10
French Fries (regular)	1 order	440	21	4	0	0	140	60
Onion Rings (regular)	1 order	790	45	22	2	0	1350	86
Vegetable Soup	1 cup	60	1.5	0	0	0	870	12
<b>Desserts</b>								
Apple Pie a la Mode	1 order	640	33	16	0	55	500	80
Chocolate Chip Cookie	1 order	190	10	4	2	5	180	25
Chocolate Chip Cookie Sundae	1 order	840	43	26	4.5	70	530	107
Coke Float	1 order	520	22	14	0.5	100	140	74
Hot Fudge Sundae	1 order	540	29	18	0.5	70	230	64
Rootbeer Float	1 order	530	22	14	0.5	100	170	78
Strawberry Sundae	1 order	390	22	11	0.5	70	140	47
Walnut Brownie Fudge Sundae	1 order	820	42	21	0.5	80	350	106
<b>Hand-Dipped Milkshakes &amp; Smoothies</b>								
Chocolate (regular)	1 item	710	23	16	0	65	370	114
Raspberry Smoothie (regular)	1 item	450	15	10	0	50	250	69
Strawberry (regular)	1 item	690	23	16	0	65	330	109
Strawberry Smoothie (regular)	1 item	490	15	10	0	50	250	84
Vanilla (regular)	1 item	690	23	16	0	65	330	111

<b>Steak 'n Shake®</b>		Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
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### Kid's Plates

Chicken Fingers w/fries	2 pc.	390	19	4.5	0	75	300	29
Grilled Cheese w/fries	1 order	610	36	11	3	40	1250	57
Mac & Cheese	1 order	170	5	1.5	0	10	340	26
Peanut Butter & Jelly Sandwich	1 order	450	23	5	0	0	560	47
Steak Frank w/fries	1 order	540	34	12	1	60	1170	43
Steakburger Minis w/cheese & fries	1 order	460	24	9	0.5	45	580	46
Steakburger Minis w/fries	2 pc.	400	19	6	0	30	310	46
Steakburger w/cheese & fries	1 order	480	23	8	0.5	40	620	52
Steakburger w/fries	1 order	430	19	6	0	30	360	51

### Subway®

#### Breakfast Items

##### Egg Muffin Melts (w/egg whites)

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Black Forest Ham, Egg & Cheese	1 item	160	4	1.5	0	10	620	18
Double Bacon, Egg & Cheese	1 item	190	7	3	0	15	610	18
Egg & Cheese	1 item	140	3.5	1	0	5	420	18
Mega	1 item	290	17	7	0	30	780	18
Sausage, Egg & Cheese	1 item	270	15	6	0	25	680	18
Steak, Egg & Cheese	1 item	170	4.5	1.5	0	15	570	19
Western Egg w/cheese	1 item	160	4	1.5	0	10	620	19

##### Egg Muffin Melts (w/regular egg)

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Black Forest Ham, Egg & Cheese	1 item	180	7	2	0	95	650	18
Double Bacon, Egg & Cheese	1 item	220	10	3.5	0	95	640	18
Egg & Cheese	1 item	170	6	2	0	85	450	18
Mega	1 item	310	20	7	0	110	810	18
Sausage, Egg & Cheese	1 item	290	18	7	0	105	710	18
Steak, Egg & Cheese	1 item	190	7	2.5	0	95	600	19
Western Egg w/cheese	1 item	180	7	2	0	95	650	19

##### 6" Egg Omelette Sandwich (w/egg whites)

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Black Forest Ham, Egg & Cheese	1 item	350	9	3.5	0	25	1310	46
Double Bacon, Egg & Cheese	1 item	420	15	6	0	31	1290	46
Egg & Cheese	1 item	320	8	3	0	10	920	45
Mega	1 item	610	35	14	0	57	1620	46
Sausage, Egg & Cheese	1 item	570	31	12	0	47	1440	45
Steak, Egg & Cheese	1 item	390	10	4	0	35	1280	47
Western Egg w/cheese	1 item	360	9	3.5	0	25	1310	47

Subway®		Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>6" Omelette Sandwich (w/regular egg)</b>									
Black Forest Ham, Egg & Cheese	1 item	450	19	7	0	200	1450	47	
Double Bacon, Egg & Cheese	1 item	520	25	11	0	210	1440	47	
Egg & Cheese	1 item	420	18	7	0	190	1060	46	
Mega	1 item	710	45	18	0	235	1770	47	
Sausage, Egg & Cheese	1 item	670	41	16	0	225	1580	46	
Steak, Egg & Cheese	1 item	490	20	8	0.5	210	1400	48	
Western Egg w/cheese	1 item	450	19	7	0	200	1460	47	
<b>6" Low Fat Sandwiches w/6 g of fat or less</b>									
Black Forest Ham	1 item	290	4.5	1	0	25	1200	48	
Oven Roasted Chicken	1 item	320	4.5	1	0	25	750	49	
Roast Beef	1 item	310	4.5	1.5	0	25	840	46	
Subway Club	1 item	320	5	1.5	0	35	1160	48	
Sweet Onion Chicken Teriyaki	1 item	380	4.5	1	0	50	1010	60	
Turkey Breast	1 item	280	3.6	1	0	20	920	48	
Turkey Breast & Black Forest Ham	1 item	300	4	1	0	25	1140	48	
Veggie Delite	1 item	230	2.5	0.5	0	0	410	45	
<b>Flatbread Sandwiches w/8 grams of fat or less</b>									
Black Forest Ham	1 item	320	7	1.5	0	25	1270	47	
Oven Roasted Chicken	1 item	350	8	1.5	0	25	820	49	
Roast Beef	1 item	340	8	2	0	25	920	46	
Subway Club	1 item	350	8	1.5	0	35	1230	47	
Sweet Onion Chicken Teriyaki	1 item	410	7	1.5	0	50	1080	60	
Turkey Breast	1 item	310	6	1	0	20	990	47	
Turkey Breast & Black Forest Ham	1 item	330	7	1.5	0	25	1220	48	
Veggie Delite	1 item	260	5	1	0	0	490	45	
<b>6" Sandwiches</b>									
Big Philly Cheesesteak	1 item	520	18	9	0.5	90	1570	54	
BLT	1 item	360	13	6	0	30	990	45	
Chicken Bacon Ranch	1 item	570	28	10	0.5	95	1190	49	
Cold Cut Combo	1 item	410	16	6	0.5	60	1450	48	
Italian BMT	1 item	450	20	8	0.5	55	1730	48	
Meatball Marinara	1 item	580	23	9	1	45	1530	71	
Spicy Italian	1 item	520	28	11	0.5	65	1830	48	
Subway Melt	1 item	380	11	5	0	45	1530	49	
The Feast	1 item	540	22	9	0.5	85	2470	51	
Tuna	1 item	530	30	6	0.5	45	930	46	
<b>8" Pizza</b>									
Cheese	1 pizza	680	22	9	0	40	1070	96	
Cheese & Veggies	1 pizza	740	25	11	0	50	1270	100	

<b>Subway®</b>	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Pepperoni	1 pizza	790	32	13	0	60	1350	96
Sausage	1 pizza	820	34	14	0	70	1420	97

### **Salads w/6 grams of fat or less (w/o dressing)**

Black Forest Ham	1 salad	110	3	1	0	25	850	12
Oven Roasted Chicken (strips)	1 salad	130	2.5	0.5	0	50	280	10
Roast Beef	1 salad	140	3.5	1	0	25	500	10
Subway Club	1 salad	140	3.5	1	0	35	810	12
Sweet Onion Chicken Teriyaki	1 salad	200	3	1	0	50	660	25
Turkey Breast	1 salad	110	2	0.5	0	20	570	12
Turkey Breast & Ham	1 salad	120	3	0.5	0	25	790	12
Veggie Delite	1 salad	50	1	0	0	0	65	10

### **Breads**

9 Grain Wheat	6"	210	2	0.5	0	0	410	41
Flatbread	1 item	240	5	1	0	0	480	41
Hearty Italian	6"	220	2	1	0	0	390	41
Honey Oat	6"	260	3	0.5	0	0	430	49
Italian (white)	6"	200	2	0.5	0	0	390	38
Italian Herbs & Cheese	6"	250	5	2	0	10	590	41
Light Wheat English Muffin	1 item	90	0.5	0	0	0	170	16
Mini Italian Bread	1 item	130	1.5	0	0	0	260	26
Mini Wheat Bread	1 item	140	1.5	0	0	0	270	28
Monterey Cheddar	6"	240	5	3	0	10	460	39
Parmesan Oregano	6"	220	2.5	1	0	0	620	41
Roasted Garlic	6"	230	2.5	0.5	0	0	1360	45
Wrap	1 item	310	8	2.5	0	0	610	51

### **Cheese (standard amount for 6" sub, flatbread, or salad)**

Natural Cheddar	15 g	60	5	3	0	15	100	0
Pepperjack	14 g	50	4	2.5	0	15	140	0
Processed American	11 g	40	3.5	2	0	10	200	1
Provolone	14 g	50	4	2	0	10	125	0
Shredded Monterey Cheddar	14 g	50	4.5	3	0	15	90	1
Shredded Mozzarella	14 g	40	3	2	0	10	100	0
Swiss	14 g	50	4.5	2.5	0	15	30	0

### **Soups**

Chicken & Dumpling	10 oz.	170	5	2	0	35	810	23
Chicken Tortilla	10 oz.	110	1.5	0.5	0	10	440	11
Chili con Carne	10 oz.	340	11	5	0	60	950	35
Chipotle Chicken Corn Chowder	10 oz.	140	3	1.5	0	15	900	22
Cream of Potato w/bacon	10 oz.	240	13	5	0	15	870	26
Fire Roasted Tomato Orzo	10 oz.	130	1	0.5	0	5	410	24

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>Soups Continued</b>								
Golden Broccoli & Cheese	10 oz.	180	11	5	0	25	990	16
Minestrone	10 oz.	90	1	0	0	<5	910	17
New England Style Clam Chowder	10 oz.	150	5	1	0	10	990	20
Roasted Chicken Noodle	10 oz.	80	2	0.5	0	15	950	12
Rosemary Chicken & Dumpling	10 oz.	90	1.5	0.5	0	25	810	14
Spanish Style Chicken & Rice w/pork	10 oz.	110	2.5	1	0	5	980	16
Tomato Garden Vegetable w/rotini	10 oz.	90	0.5	0	0	0	820	20
Vegetable Beef	10 oz.	100	2	0.5	0	10	960	17
Wild Rice w/chicken	10 oz.	230	11	3.5	0	50	900	26

### Cookies & Desserts

Apple Pie	1 slice	250	10	2	NA	0	290	37
Chocolate Chip	1 item	210	10	6	0	15	150	30
Chocolate Chunk	1 item	220	10	5	0	10	100	30
Double Chocolate Chip	1 item	210	10	6	0	15	170	30
M & M	1 item	210	10	5	0	10	100	32
Oatmeal Raisin	1 item	200	8	4	0	15	170	30
Peanut Butter	1 item	220	12	5	0	15	190	26
Sugar	1 item	220	12	6	0	15	140	28
White Chip Macadamia Nut	1 item	220	11	5	0	15	160	29

### Kid's Meal Sandwiches

Black Forest Ham	1 item	180	2.5	0.5	0	10	670	31
Roast Beef	1 item	200	3	1	0	15	500	30
Turkey Breast	1 item	190	2.5	0.5	0	15	610	31
Veggie Delite	1 item	150	1.5	0	0	0	280	30

### Fast Food Factoid:

*Of all the restaurants in this guide, Panda Express is ranked number one in promoting public health. No trans fats are used at Panda Express and most items include fresh vegetables.*

Taco Bell®	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>Tacos</b>								
Beef Soft Taco Supreme	1 taco	240	11	5	0	35	650	24
Chicken Soft Taco	1 taco	200	8	3	0	35	640	19
Crispy Potato Soft Taco	1 taco	260	13	3	0	10	690	31
Crunchy Taco	1 taco	170	10	3.5	0	30	330	12
Crunchy Taco Supreme	1 taco	200	12	5	0	35	350	15
Double Decker Taco	1 taco	330	13	5	0	30	820	38
Double Decker Taco Supreme	1 taco	360	15	6	0	35	840	41
Grilled Steak Soft Taco	1 taco	250	14	4	0	30	710	20
Ranchero Chicken Soft Taco	1 taco	270	14	4	0	40	840	21
<b>Burritos</b>								
1/2 lb. Cheesy Potato Burrito	1 item	530	25	8	0.5	50	1690	57
1/2 lb. Combo Burrito	1 item	450	18	7	0.5	50	1640	52
1/2 lb. Nacho Crunch Burrito	1 item	520	25	8	0.5	50	1400	54
7-Layer Burrito	1 item	510	18	6	0	20	1410	68
Bean Burrito	1 item	370	10	3.5	0	5	1270	55
Beef Burrito Supreme	1 item	420	15	7	0	35	1380	52
Beef Grilled Stuft Burrito	1 item	700	30	10	1	60	2100	79
Beefy 5-Layer Burrito	1 item	550	22	8	0.5	35	1640	69
Cheesy Bean & Rice Burrito	1 item	480	21	5	0	15	1440	60
Cheesy Double Beef Burrito	1 item	470	20	6	0.5	40	1580	54
Chicken Burrito	1 item	440	20	5	0	40	1260	48
Chicken Burrito Supreme	1 item	390	12	5	0	40	1420	51
Chicken Grilled Stuft Burrito	1 item	650	24	7	0	70	2180	77
Chili Cheese Burrito	1 item	370	16	8	0.5	40	1080	40
Steak Burrito Supreme	1 item	380	12	5	0	30	1340	51
Steak Grilled Stuft Burrito	1 item	640	24	8	0	50	2030	76
<b>Gorditas</b>								
Beef Baja	1 item	340	18	5	0	35	710	30
Beef Nacho Cheese	1 item	290	14	3	0	20	720	31
Beef Supreme	1 item	300	13	5	0	35	590	31
Chicken Baja	1 item	320	15	3.5	0	35	750	29
Chicken Nacho Cheese	1 item	270	10	1.5	0	25	760	30
Chicken Supreme	1 item	270	10	3.5	0	35	620	29
Steak Baja	1 item	310	15	3.5	0	30	670	28
Steak Nacho Cheese	1 item	260	11	2	0	15	690	29
Steak Supreme	1 item	270	11	4	0	30	550	29
<b>Chalupas</b>								
Beef Baja	1 item	410	26	5	0.5	35	720	31
Beef Nacho Cheese	1 item	370	22	3.5	0	20	730	31
Beef Supreme	1 item	370	21	5	0.5	35	600	31

Taco Bell®	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>Chalupas Continued</b>								
Chicken Baja	1 item	390	23	4	0	35	760	29
Chicken Nacho Cheese	1 item	340	18	2	0	25	770	30
Chicken Supreme	1 item	350	18	4	0	35	640	30
Chicken Supreme	1 item	340	18	4	0	30	560	29
Steak Baja	1 item	380	23	4	0	30	690	29
Steak Nacho Cheese	1 item	330	19	2.5	0	15	700	30
<b>Specialties</b>								
Beef Enchirito	1 item	370	17	8	0.5	45	1430	35
Cheese Quesadilla	1 item	470	26	11	0.5	50	1100	40
Chicken Enchirito	1 item	350	14	7	0	50	1470	34
Chicken Quesadilla	1 item	520	28	12	0.5	75	1420	41
Chicken Taquitos	1 order	320	11	4.5	0	40	1000	37
Crunchwrap Supreme	1 item	540	21	7	0	30	1400	71
Express Taco Salad	1 item	660	34	10	1	60	1520	67
Mexican Pizza	1 item	540	30	8	0.5	45	1020	47
Meximelt	1 item	280	14	7	0.5	45	870	23
Steak Enchirito	1 item	340	14	7	0	45	1400	43
Steak Quesadilla	1 item	510	28	12	1	65	1340	40
Steak Taquitos	1 order	310	11	5	0	30	930	37
Tostada	1 item	250	10	3.5	0	15	730	29
<b>Fresco Style</b>								
Bean Burrito	1 item	340	8	2.5	0	0	1290	56
Beef Soft Taco Supreme	1 taco	180	7	3	0	20	640	22
Chicken Burrito Supreme	1 item	340	8	2.5	0	25	1410	50
Crunchy Taco	1 taco	150	7	2.5	0	20	350	13
Grilled Steak Soft Taco	1 taco	160	4.5	1.5	0	15	600	21
Ranchero Chicken Soft Taco	1 taco	170	4	1.5	0	25	740	22
Steak Burrito Supreme	1 item	330	8	3	0	15	1340	49
<b>Volcano Menu</b>								
Volcano Burrito	1 item	800	42	12	1	70	2010	81
Volcano Nachos	1 order	1000	62	9	1	45	1930	30
Volcano Taco	1 taco	240	17	5	0	35	470	14
<b>Fully Loaded Taco Salads</b>								
Chicken Ranch Taco Salad	1 salad	910	54	10	0.5	70	1660	71
Chipotle Steak Taco Salad	1 salad	900	57	11	0.5	65	1700	70
Fiesta Taco Salad	1 salad	770	41	10	1	60	1650	75
Fiesta Taco Salad w/o shell	1 salad	460	24	8	1	60	1420	41
<b>Nachos &amp; Sides</b>								
Cheese Roll-Up	1 item	200	10	5	0	20	530	19
Cheesy Fiesta Potatoes	1 order	270	16	2.5	0	5	840	28

Taco Bell®	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Cinnamon Twists	1 order	170	7	0	0	0	200	26
Mexican Rice	1 order	130	3.5	0	0	0	410	21
Nachos	1 order	330	21	2	0	0	520	31
Nachos BellGrande	1 order	770	42	7	0.5	30	1300	78
Nachos Supreme	1 order	440	24	5	0	30	800	42
Pintos 'n Cheese	1 order	180	7	3	0	15	720	19

## Taco John's®

### Breakfast

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Breakfast Burrito-Bacon	1 item	550	25	6	0	250	1370	56
Breakfast Burrito-Sausage	1 item	640	35	10	0	275	1300	56
Breakfast Egg Burrito	1 item	420	19	8	0	270	730	42
Breakfast Egg Burrito-Bacon	1 item	500	24	9	0	275	1120	43
Breakfast Egg Burrito-Sausage	1 item	590	34	13	0	300	1050	44
Breakfast Taco-Bacon	1 item	270	13	4	0	125	810	25
Breakfast Taco-Sausage	1 item	310	18	6	0	135	770	25
Potato Olés Scrambler-Bacon (regular)	1 item	1030	67	17	1	395	3060	72
Potato Olés Scrambler-Sausage (regular)	1 item	1140	79	22	1	425	2890	72
Scrambler Burrito-Bacon	1 item	550	25	6	0	250	1370	58
Scrambler Burrito-Sausage	1 item	640	32	9	0	270	1440	58

### Tacos

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Chicken Softshell Taco	1 taco	190	6	3	0	30	700	19
Crispy Taco	1 taco	180	10	3.5	0	25	270	13
Softshell Taco	1 taco	220	10	4.5	0.5	25	580	21
Stuffed Grilled Taco	1 taco	560	25	9	0	40	920	63
Taco Bravo	1 taco	340	13	4.5	0.5	25	750	40
Taco Burger	1 item	270	12	4	0.5	30	600	28

### Burritos

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Bean Burrito	1 item	360	9	3	0	15	790	56
Beef Grilled Burrito	1 item	600	32	13	1	75	1230	52
Beefy Burrito	1 item	440	20	7	1	50	860	45
Chicken & Potato Burrito	1 item	470	19	4.5	0	30	1220	56
Chicken Grilled Burrito	1 item	590	29	11	0.5	90	5010	50
Combination Burrito	1 item	400	14	5	0.5	35	830	50
Crunchy Chicken & Potato Burrito	1 item	600	29	6	0	35	1320	65
Meat & Potato Burrito	1 item	500	23	6	0.5	30	1100	58

Taco John's®	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>Burritos Continued</b>								
Ranch Burrito-Beef	1 item	440	22	6	0	45	850	45
Ranch Burrito-Chicken	1 item	400	17	4.5	0	45	970	44
Smothered Burrito	1 item	510	20	8	1	45	1310	60
Super Burrito	1 item	450	18	7	0.5	40	900	54
<b>Specialties</b>								
Chicken Taco Salad w/o dressing	1 salad	480	27	9	0.5	65	1020	35
Chili Cheese Potato Olés	1 item	590	36	8	0.5	25	2130	55
Chili Enchilada	1 item	310	16	7	1	50	1000	24
Chilito	1 item	360	15	7	0	35	670	40
Crunchy Chicken Taco Salad w/o dressing	1 salad	660	40	10	0.5	70	1180	47
Crunchy Chicken w/o sauce	1 item	450	27	3.5	0	60	1420	24
Mexi Rolls w/o nacho cheese	4 pc.	260	10	4	0.5	20	370	28
Quesadilla Melt-Cheesy	1 item	440	22	10	0.5	55	1050	43
Quesadilla Melt-Fajita Beef	1 item	540	28	12	1	70	1240	49
Quesadilla Melt-Fajita Chicken	1 item	510	23	11	0.5	75	1360	47
Super Nachos (regular)	1 item	810	48	6	1	55	1450	74
Super Potato Olés (regular)	1 item	1030	65	19	1.5	55	2850	87
Taco Salad w/o dressing	1 salad	520	33	11	1	60	860	37
<b>Side Items</b>								
Chili w/o crackers	1 order	220	11	5	0	35	1240	17
Chips & Queso	1 order	430	25	7	0	20	940	43
Clini-Sopapilla Bites	1 order	210	5	0.5	0	0	320	37
Mexican Rice	1 order	250	6	0	0	0	1080	45
Nachos	1 order	380	23	6	0	10	750	38
Potato Olés (small)	1 order	430	26	6	0	0	1220	45
Refried Beans w/cheese	1 order	320	6	3.5	1	15	1020	47
<b>Desserts</b>								
Apple Grande	1 order	270	12	3	0	5	420	39
Choco Taco	1 order	390	20	15	0	15	160	48
Churro	1 order	190	7	1.5	0	20	170	15
Giant Goldfish Grahams	1 order	70	2	0.5	0	0	55	11

## Texas Roadhouse®

Does not provide nutrition information.

## T.G.I. Friday's®

Does not provide nutrition information.

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Cinnamon Twist	1 item	260	14	5	4	5	190	33
Mocha Chili w/whipped cream	1 item	306	7	4	0	29	214	48
Original Gourmet Cinnamon Roll	1 item	507	10	4	0	7	373	73
Pecan Sticky Bun	1 item	688	22	5	0	7	420	91

## T.J. Cinnamons®

Does not provide nutrition information.

## Wendy's®

### Burgers, Sandwiches & Wraps

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Bacon Deluxe Single	1 item	640	35	14	1.5	125	1620	46
Baconator (single)	1 item	600	33	13	1.5	120	1360	42
Cheeseburger (Kid's Meal)	1 item	260	11	5	0.5	40	700	26
Chicken Club Sandwich	1 item	620	29	9	0	95	1490	55
Classic Single w/everything	1 item	470	21	8	1	80	940	43
Crispy Chicken Sandwich	1 item	360	18	3.5	0	30	710	46
Crispy Chicken Sandwich (Kid's Meal)	1 item	340	15	3	0	30	680	35
Double Stack	1 item	360	18	8	1	75	810	26
Grilled Chicken Go Wrap	1 item	250	10	3	0	45	730	24
Hamburger (Kid's Meal)	1 item	220	8	3	0	30	500	25
Homestyle Chicken Filet Sandwich	1 item	470	17	3.5	0	50	1100	53
Homestyle Chicken Go Wrap	1 item	310	15	4.5	0	35	800	30
Jr. Bacon Cheeseburger	1 item	310	16	6	0.5	50	670	25
Jr. Cheeseburger	1 item	270	11	5	0.5	40	700	26
Jr. Cheeseburger Deluxe	1 item	300	14	6	0.5	45	740	28
Jr. Hamburger	1 item	230	8	3	0	30	500	26
Spicy Chicken Filet Sandwich	1 item	470	16	3	0	55	1250	55
Spicy Chicken Go Wrap	1 item	320	15	4	0	40	880	30
Ultimate Chicken Grill Sandwich	1 item	350	7	1.5	0	70	1000	41

### Garden Sensations Salads (w/o dressing or topping)

Chicken BLT Salad	1 salad	470	27	10	0.5	90	1210	22
Chicken Caesar Salad	1 salad	180	4	2	0	75	690	8
Mandarin Chicken Salad	1 salad	180	2	0.5	0	65	630	16
Southwest Taco Salad	1 salad	400	22	11	1	85	1140	26

Wendy's®		Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
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## Sides

Baked Potato (plain)	1 item	270	0	0	0	0	25	61
Baked Potato (sour cream & chives)	1 item	320	3.5	2	0	10	50	63
Bold Buffalo Boneless Wings	1 order	520	18	3.5	0	75	2630	58
Caesar Side Salad	1 salad	70	4	2	0	10	150	4
Chicken Nuggets	5 pc.	230	16	3.5	0	30	480	11
Chicken Nuggets (Kid's Meal)	4 pc.	190	13	3	0	25	380	9
Chili (small)	1 order	190	6	2.5	0	40	830	19
French Fries (Kid's Meal)	1 order	210	10	2	0	0	190	27
French Fries (medium)	1 order	420	20	4	0	0	380	55
Honey BBQ Boneless Wings	1 order	580	18	3.5	0	75	1990	75
Mandarin Orange Cup	1 order	80	0	0	0	0	15	19
Side Salad	1 salad	35	0	0	0	0	25	8
Sweet & Spicy Asian Boneless Wings	1 order	550	18	3.5	0	75	2530	67
Chocolate Frosty (small)	1 item	320	8	5	0	35	150	52
Vanilla Frosty (small)	1 item	310	8	5	0	35	180	52

## Whataburger®

Breakfast Items		Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Biscuit & Gravy	1 order	560	33	16	0	12	1960	54	
Biscuit (plain)	1 item	300	17	8	0	0	644	32	
Biscuit w/bacon	1 item	350	20	10	0	8	847	32	
Biscuit w/bacon, egg & cheese	1 item	500	32	14	0	232	1231	33	
Biscuit w/egg & cheese	1 item	450	28	13	0	224	1028	33	
Biscuit w/sausage	1 item	540	37	17	0	23	1169	32	
Biscuit w/sausage, egg & cheese	1 item	690	49	21	0	247	1553	33	
Breakfast Platter w/bacon	1 order	730	45	14	0	460	1376	93	
Breakfast Platter w/sausage	1 order	920	63	21	0	475	1698	93	
Breakfast-On-A-Bun w/bacon	1 item	360	21	6	0	232	807	25	
Breakfast-On-A-Bun w/sausage	1 item	550	38	14	0	247	1129	25	
Cinnamon Roll	1 item	390	9	3.5	0	30	390	71	
Egg Sandwich	1 item	310	17	5	0	224	604	25	
Hashbrown Sticks	4 pc.	200	12	0.5	0	0	280	60	
Honey Butter Chicken Biscuit	1 item	560	34	13	0	27	1008	50	
Pancakes	1 order	540	7	3	0	0	1950	104	
Pancakes w/bacon	1 order	580	11	4	0	8	2153	104	

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
<b>Whataburger®</b>								
Pancakes w/sausage	1 order	780	28	11	0	23	2475	104
Taquito w/bacon & egg	1 item	380	21	7	0	344	932	27
Taquito w/bacon, egg & cheese	1 item	420	24	9	0	355	1157	27
Taquito w/potato & egg	1 item	430	23	6	0	336	869	57
Taquito w/potato, egg & cheese	1 item	470	27	8	0	347	1094	57
Taquito w/sausage & egg	1 item	410	24	8	0	348	909	27
Taquito w/sausage, egg & cheese	1 item	450	28	11	0	359	1134	27
Texas Toast	1 slice	150	7	1	0	0	170	20
<b>Hamburgers</b>								
Justaburger	1 item	290	15	4.5	0	33	727	26
Whataburger	1 item	620	30	10	0	65	1262	58
Whataburger w/bacon & cheese	1 item	780	43	16	0.5	98	1997	59
Whataburger, Double Meat	1 item	870	49	18	1	129	1510	58
Whataburger, Jr.	1 item	300	15	4.5	0	33	730	28
<b>Chicken &amp; Fish</b>								
Chicken Strips	2 pc.	300	16	6	0	36	593	22
Whatachick'n Sandwich	1 item	550	27	6	0	37	968	57
Grilled Chicken Sandwich	1 item	470	19	4	0	55	1018	49
Grilled Chicken Melt	1 item	500	22	7	0	65	1283	46
Whatacatch Dinner (2 piece)	1 order	1630	89	16	1	95	1975	181
Whatacatch Sandwich	1 item	450	24	4	0	32	881	44
<b>Salads (w/o dressing)</b>								
Chicken Strips Salad	1 salad	350	16	6	0	36	606	33
Garden Salad	1 salad	50	0	0	0	0	13	11
Grilled Chicken Salad	1 salad	220	7	1.5	0	50	633	18
Side Salad	1 salad	25	0	0	0	0	6	5
<b>Side Items</b>								
French Fries (medium)	1 order	480	27	4.5	0	0	347	55
Onion Rings (medium)	1 order	400	25	8	0	2	787	37
<b>Kid's Menu</b>								
Fruit Chew	1 order	80	0	0	0	0	10	19
Kid's Meal Chicken Strips	1 order	300	16	6	0	36	593	22
Kid's Meal Justaburger	1 order	290	15	4.5	0	33	727	25

# White Castle®

## Breakfast

### Sandwiches on a Bun

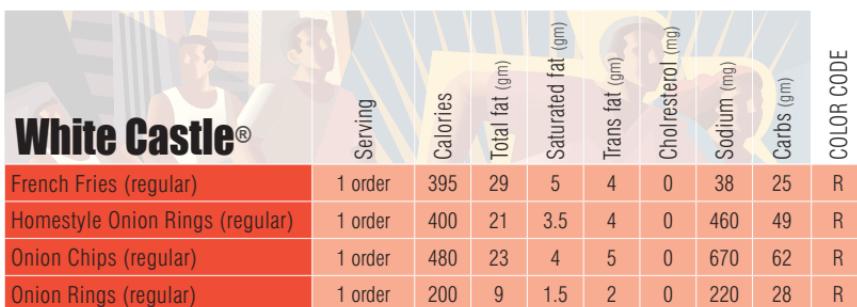
	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)	COLOR CODE
Sausage, Egg & Cheese	1 item	305	22	8	0	244	677	12	R
Sausage & Cheese	1 item	234	17	7	0	32	587	12	R
Sausage & Egg	1 item	281	20	7	0	238	552	12	R
Sausage	1 item	210	15	5	0	26	462	12	R
Bacon, Egg & Cheese	1 item	186	10	4	0	222	457	12	R
Bacon & Cheese	1 item	115	5	3	0	10	367	12	R
Bacon & Egg	1 item	162	8	3	0	215	332	12	R
Bacon	1 item	91	3	1	0	4	242	12	R
Egg & Cheese	1 item	159	8	3	0	218	365	12	Y
Egg	1 item	135	6	2	0	212	240	12	Y
Bologna, Egg & Cheese	1 item	247	16	6	0	235	660	13	R
Bologna & Cheese	1 item	176	11	4	0	24	570	13	R
Bologna & Egg	1 item	223	14	4	0	229	535	13	R
Hamburger, Egg & Cheese	1 item	224	13	6	0	232	400	12	Y
Hamburger & Cheese	1 item	152	9	4	0	21	310	12	Y
Hamburger & Egg	1 item	200	11	4	0	226	275	12	Y

### Burgers & Sandwiches

Bacon Cheeseburger	1 item	200	11	5	0.5	20	480	15	R
Bacon Jalapeño Cheeseburger	1 item	210	12	6	0.5	25	480	15	R
Cheeseburger	1 item	170	9	4	0.5	15	330	15	Y
Chicken Breast Sandwich	1 item	171	5	1	0	19	540	21	G
Chicken Ring Sandwich	1 item	174	8	2	1.5	34	379	19	R
Chicken Supreme	1 item	229	10	3	0	32	807	21	G
Double Bacon Cheeseburger	1 item	370	22	10	1	45	880	23	R
Double Cheeseburger	1 item	300	17	8	1	30	590	23	R
Double Fish w/cheese	1 item	312	13	3	1	44	660	32	Y
Double Hamburger	1 item	250	13	5	1	20	340	22	R
Double Jalapeño Cheeseburger	1 item	320	19	9	1	40	680	23	R
Fish Sandwich	1 item	162	6	1	1	19	305	19	Y
Hamburger	1 item	140	7	2.5	0.5	10	210	14	G
Jalapeño Cheeseburger	1 item	180	10	4.5	0.5	20	380	15	Y
Pulled Pork BBQ Sandwich	1 item	170	4.5	1.5	0	25	490	24	G
Surf & Turf w/cheese	1 item	390	22	9	0	50	670	28	Y
Traditional Bun w/cheese	1 item	100	3.5	2	0	5	280	13	G

### Side Orders

Cheese Sticks	5 pc.	420	23	10	0	40	1240	37	R
Chicken Rings	6 pc.	310	20	4	0	100	690	17	Y
Clam Strips (regular)	1 order	250	22	3.5	0	20	620	5	Y
Fish Nibblers (regular)	1 order	280	16	3.5	0	30	870	24	G



White Castle®	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fat (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)	COLOR CODE
French Fries (regular)	1 order	395	29	5	4	0	38	25	R
Homestyle Onion Rings (regular)	1 order	400	21	3.5	4	0	460	49	R
Onion Chips (regular)	1 order	480	23	4	5	0	670	62	R
Onion Rings (regular)	1 order	200	9	1.5	2	0	220	28	R

### Fast Food Factoid:

*The first line of defense against developing diabetes is regular exercise and weight control.*

*Dr. Steven Aldana, The Culprit and The Cure*

### NOTES:

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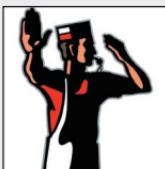


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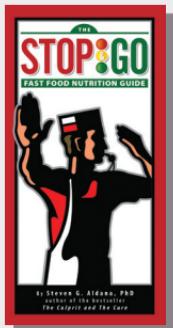
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**Dr. Steven Aldana** is a former professor of Lifestyle Medicine in the Department of Exercise Sciences at Brigham Young University in Provo, Utah, and he is an adjunct faculty member of the University of Illinois School of Medicine. Currently, Dr. Aldana is the CEO of [www.WellSteps.com](http://www.WellSteps.com). He has spent his career researching and teaching about the impact of lifestyle on disease and quality of life.

He has published over 60 research articles and has written five books on the connections between healthy living and disease prevention. He is a regular consultant to the Centers for Disease Control and Prevention, the National Institutes of Health, and the California Department of Health Services. In the past few years he has given over 80 invited lectures and keynote speeches around the United States. He has received numerous state, private, and federal grants to research how the adoption of healthy behaviors can prevent, arrest, and even reverse many common chronic diseases such as cardiovascular disease, diabetes, and cancer.

As one who practices what he preaches, Dr. Aldana is passionate about educating people about the tremendous impact lifestyle has on disease and is devoted to helping individuals adopt and maintain healthy lifestyles. As a nationally recognized expert on healthy living, he is a highly sought after speaker and advisor. He lives in the heart of the Rocky Mountains with his wife and children. When he is not working in his garden he can often be found playing flag football, mountain biking, or running.



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**Red foods**

= Hit the brakes!

**Yellow foods**

= Exercise caution!

**Green foods**

= You're eatin' healthy!

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