

		Serving Size	Calories	Calories from Fat	Total Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (milligrams)	Sodium (milligrams)	Total Carbohydrate (grams)	Dietary Fiber (grams)	Sugar (grams)	Protein (grams)	Vitamin A (IU)	Vitamin C (milligrams)	Calcium (milligrams)	Iron (milligrams)	Potassium (milligrams)	Kosher	Milk	Eggs	Tree Nuts	Wheat	Peanuts	Soybeans	
Burgers	1/3 lb Meathead	1 Sandwich	526	251	28	10	0	90	530	37	1	5	30	36	0	90	4						Yes		Yes	
	1/2 lb Meathead	1 Sandwich	686	351	39	15	0	135	635	39	1	5	42	53	0	94	5						Yes		Yes	
Chicken	Grilled Chicken Sandwich	1 Sandwich	367	81	9	1	0	85	730	34	1	6	33	0	0	89	2					Yes		Yes		
	Crispy Chicken Sandwich	1 Sandwich	380	119	13	1	0	38	894	46	1	6	20	6	0	99	3			Yes		Yes				
	Crispy Chicken Tenders	4 Tenders	349	137	15	1	0	75	1148	26	0	2	27	12	0	39	2			Yes		Yes				
Chef-Inspired Sandwiches	Texas Ranch (beef)	1 Sandwich	850	484	54	22	0	146	1489	45	3	7	44	2580	8	426	4			Yes	Yes		Yes		Yes	
	Cajun Sunrise (beef)	1 Sandwich	787	431	48	19	0	312	1062	40	2	6	47	2666	10	318	5			Yes	Yes		Yes			
	NY Reuben (beef)	1 Sandwich	787	418	46	17	0	135	1480	48	4	6	42	437	13	459	5			Yes	Yes		Yes		Yes	
	Californian (beef)	1 Sandwich	833	505	56	21	0	130	923	46	5	6	41	2452	10	407	4			Yes	Yes		Yes		Yes	
	Hawaiian (beef)	1 Sandwich	788	406	45	20	0	141	1188	53	2	18	44	554	11	397	4			Yes			Yes			
	Patty Melt (beef)	1 Sandwich	697	369	41	18	0	120	1565	46	3	2	38	637	3	259	4			Yes			Yes		Yes	
Hot Dogs	New England-Style	1 Hotdog w/ bun	386	197	22	7	0	40	950	33	1	5	14	0	0	60	8						Yes		Yes	
	Chili Cheese Dog	1 Hotdog	496	267	30	10	0	56	1470	39	2	7	19	277	0	130	8			Yes			Yes		Yes	
Kids Meals	Lil' Meathead	1 Sandwich	366	151	17	5	0	45	425	35	1	5	18	18	0	85	3						Yes		Yes	
	Chicken Tenders	2 Tender pieces	175	69	8	1	0	38	574	13	0	1	14	6	0	19	1			Yes			Yes			
	New England-Style	1 Hotdog w/ bun	386	197	22	7	0	40	950	33	1	5	14	0	0	60	8						Yes		Yes	
	Grilled Cheese	1 Sandwich	456	208	23	12	9	45	1440	45	2	2	20	900	0	380	3			Yes			Yes		Yes	
	Kids Veggies	3.5 oz	41	0	0	0	0	0	69	10	3	5	1	16706	6	33	0									
	Applesauce	4 oz	50	0	0	0	0	0	10	12	2	8	0	0	0	0	0									
Salads w/o dressing	Chopped Wedge	1 Salad	182	99	11	5	0	28	481	10	3	6	10	1449	13	117	1			Yes						
	Chopped Wedge-Grilled Chicken	1 Salad w/chicken	344	139	15	6	0	113	891	11	3	7	37	1449	13	126	1			Yes						
	Chopped Wedge-Crispy Chicken	1 Salad w/crispy	444	202	22	6	0	84	1342	29	3	7	31	1458	13	146	2			Yes			Yes			
	Side Salad	1 salad	90	50	6	3	0	14	239	5	2	3	5	501	6	57	0			Yes						
Dressings 3oz	Balsamic Vinaigrette	6 Tbsp	180	135	15	2	0	0	570	12	0	12	0	0	0	0	0									Yes
	1,000 Island	6 Tbsp	369	297	33	5	0	30	630	15	0	12	0	0	0	0	0			Yes	Yes					Yes
	Ranch	6 Tbsp	420	405	45	8	0	15	780	6	0	3	0	0	0	0	0			Yes	Yes	Yes				Yes
	Bleu Cheese	6 Tbsp	420	405	45	9	0	30	810	3	0	3	3	0	0	0	0				Yes	Yes				Yes
	Bacon Ranch	6 Tbsp	405	390	44	9	0	23	660	5	0	3	2	0	0	0	0			Yes	Yes					Yes
	Blue Cheese Vinaigrette	6 Tbsp	300	270	30	5	0	15	690	8	0	7	2	0	0	0	0			Yes	Yes					Yes

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Cheese	American	1 slice	70	54	6	4	0	15	340	1	0	0	4	300	0	100	0			Yes					Yes	
	Blue Cheese	1.75 Tbsp	88	63	7	4	0	22	333	1	1	0	5	263	0	131	0			Yes						
	Cheddar	1 slice	80	63	7	4	0	20	135	1	0	0	5	300	0	150	0			Yes						
	Pepper Jack	1 slice	70	54	6	4	0	20	130	1	0	0	5	200	0	150	0			Yes						
	Provolone	1 slice	70	54	6	3	0	15	150	1	0	0	5	200	0	150	0			Yes						
	Swiss	1 slice	80	54	6	3	0	20	45		0	0	0	6	200	0	200	0			Yes					
Toppings	Ketchup	1 Tbsp (0.5 oz)	15	0	0	0	0	0	100	4	0	4	0	623	3	10	0			Yes						
	Ketchup	0.8 Tbsp (0.4 oz)	12	0	0	0	0	0	80	3	0	3	0	498	2	8	0			Yes						
	Ketchup	0.6 Tbsp (0.3 oz)	9	0	0	0	0	0	60	2	0	2	0	374	2	6	0									
	Mustard	1 Tbsp (0.5 oz)	10	6	1	0	0	0	177	1	0	0	1	11	0	9	0	21.48								
	Mustard	0.8 Tbsp (0.4 oz)	8	5	1	0	0	0	141	1	0	0	1	9	0	7	0	17.18								
	Mustard	0.6 Tbsp (0.3 oz)	6	3	0	0	0	0	106	1	0	0	0	7	0	5	0	12.89								
	Mayo	1 Tbsp (0.5 oz)	100	99	11	2	0	5	90	0	0	0	0	0	0	0	0	0		Yes	Yes					Yes
	Mayo	0.8 Tbsp (0.4 oz)	80	79	9	1	0	4	72	0	0	0	0	0	0	0	0	0		Yes	Yes					Yes
	Mayo	0.6 Tbsp (0.3 oz)	60	59	7	1	0	3	54	0	0	0	0	0	0	0	0	0		Yes	Yes					Yes
	Lettuce	1 Leaf	4	0	0	0	0	0	7	1	0	0	0	1777	2	9	0									
	Tomato	1/4" slice	4	0	0	0	0	0	2	1	0	1	0	166	3	2	0									
	Pickles	4 Chips	4	0	0	0	0	0	365	1	1	0	0	0	0	16	0			Yes						
	Onions	1/4" slice (3 rings)	15	0	0	0	0	0	2	4	1	2	0	1	3	9	0									
	Fresh Jalapenos	4 slices (1/3 per slice)	1	0	0	0	0	0	0	0	0	0	0	50	6	1	0									
	Gardeniera	1 Tbsp	15	10	1	0	0	0	280	1	0	0	0	500	0	0	0									Yes
	Pineapple	1 slice	28	0	0	0	0	0	0	7	0	7	0	18	4	7	0	57.34								
	Relish	1 Tbsp	20	0	0	0	0	0	95	5	0	4	0	0	0	0	0									
	Roasted Red Peppers	1/4 cup	15	0	0	0	0	0	102	3	1	1	0	363	26	19	0									
	Sauerkraut	1/4 cup	10	0	0	0	0	0	400	2	1	2	0	0	10	0	1	140.00	Yes							
	Sauteed Mushrooms	2 Tbsp (1 oz lad)	18	13	2	0	0	0	31	1	0	1	1	0	1	1	0									
Grilled Onion	2 Tbsp (1 oz lad)	31	15	2	0	0	0	75	4	1	2	0	1	3	10	0										
Extra	Extra Patty	1 Patty	160	100	11	5	0	45	105	2	0	0	12	18	0	5	1									
	Fried Egg	1 Egg	90	61	7	2	0	184	95	0	0	0	6	362	0	29	1				Yes					
	Applewood Smoked Bacon	1.5 Strips	68	47	5	2	0	11	203	0	0	0	4	0	0	0	0	0.00								
	Avocado	1/4 avocado	80	66	7	1	0	0	4	4	3	0	1	73	5	6	0									
	Chili	2 Tbsp (1 oz)	40	20	3	1	0	5	180	4	1	0	1	120	0	0	0						Yes		Yes	

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Signature Sauces (on side) 2 oz	Bacon Ranch	4 Tbsp	270	260	29	6	0	15	440	3	0	2	1	0	0	0	0			Yes	Yes				Yes	
	BBQ	4 Tbsp	100	0	0	0	0	0	780	26	0	24	0	200	3	0	0		Yes							
	Bistro	4 Tbsp	300	280	31	5	0	15	500	4	0	3	0	100	0	0	0				Yes				Yes	
	Bleu Cheese	4 Tbsp	280	270	30	6	0	20	540	2	0	2	2	0	0	0	0	0.00		Yes	Yes					
	Buffalo	4 Tbsp	20	0	0	0	0	0	1520	4	0	0	0													
	Buffalo Ranch	4 Tbsp	240	230	25	4	0	10	470	3	0	2	0	0	0	0	0	0		Yes	Yes					Yes
	Cucumber Wasabi	4 Tbsp	340	340	38	6	0	10	500	2	0	2	0	0	0	0	0	0		Yes	Yes	Yes				Yes
	Honey Mustard	4 Tbsp	260	260	20	3	0	20	600	20	0	18	0	0	0	0	0	0		Yes		Yes				
	Ranch	4 Tbsp	280	280	30	5	0	10	520	4	0	2	0	0	0	0	0	0		Yes	Yes	Yes				
Thousand Island	4 Tbsp	240	240	22	3	0	20	420	10	0	8	0	0	0	0	0	0		Yes		Yes					
Cheese Sauce		6 Tbsp	210	150	15	6	0	60	1020	6	0	6	12	470	0	209	0			Yes						Yes
Fries	Fries - Kids	3.5 oz	299	144	16	1	0	0	212	35	7	1	4	2	0	4	7									
	Fries - Regular	6.5 oz	563	261	29	2	0	0	399	67	14	2	8	4	0	7	13									
	Fries - Large	9 oz	780	365	41	3	0	0	553	93	19	3	11	5	0	10	18									
	Cajun Fries- Kids	3.5 oz	299	144	16	1	0	0	237	37	8	1	4	2	0	4	7							Yes		
	Cajun - Regular	6.5 oz	563	261	29	2	0	0	446	69	15	2	8	4	0	7	14							Yes		
	Cajun - Large	9 oz	780	365	41	3	0	0	618	96	21	3	11	5	0	10	19							Yes		
	Chili Cheese Fries	9 oz	1150	595	66	13	0	8	2293	115	23	9	27	954	0	219	19			Yes			Yes			Yes
	Bacon Cheese Fries	9 oz	1170	641	70	14	0	90	2113	99	19	9	33	474	0	219	18			Yes						Yes
More	Grilled Cheese	1 Sandwich	456	208	23	12	9	45	1440	45	2	2	20	900	0	380	3			Yes			Yes			Yes
	Bacon, Egg & Cheese	1 Sandwich	636	332	37	17	9	244	1805	45	2	2	31	1262	0	409	4			Yes	Yes		Yes			Yes
	BLT	1 Sandwich	496	239	27	5	0	28	933	45	3	3	16	3886	10	102	3				Yes		Yes			Yes
	ALT	1 Sandwich	521	277	31	4	0	5	536	53	10	4	10	4032	20	114	4				Yes		Yes			Yes
	Veggie Melt	1 Sandwich	421	181	19	4	0	30	2209	49	4	7	15	1606	20	168	2			Yes			Yes			Yes

