

Nutrition Facts	Serving size	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	% Daily Value				Allergens	
													Vitamin A (IU)	Vitamin C (mg)	Calcium	Iron (mg)		
Sandwiches																		
The Meathead	2 patties	690	360	41	11	1.5	125	1350	38	2	8	41	6	10	6	20	Milk, Wheat	
Lil' Meathead	1 patty	520	240	27	8	1	75	980	42	2	10	27	25	10	25	10	Milk, Wheat	
Philly	2 patties	750	420	47	14	1.5	135	1420	37	2	7	43	20	25	10	20	Milk, Wheat	
NY Ruben	2 patties	760	410	45	14	1.5	145	1520	38	2	9	45	0	15	25	25	Milk, Wheat	
Cajun Sunrise	1 patty	760	430	48	16	1	320	1190	40	3	8	41	35	50	6	20	Egg, Milk, Wheat	
Californian	2 patties	840	490	55	18	1.5	155	1050	38	3	6	47	20	15	4	20	Milk, Wheat	
Texas Ranch	2 patties	840	480	53	18	1.5	165	1430	37	2	7	46	30	10	25	20	Egg, Milk, Wheat	
Hawaiian	2 patties	830	410	46	17	1.5	170	1270	52	3	19	51	10	60	4	20	Milk, Wheat	
Chicken	1	510	230	26	3	0	80	450	33	1	5	34	0	0	2	6	Wheat	
Patty Melt	2 patties	720	375	42	17	2	150	2350	40	4	1	48	12	2	32	26	Milk, Soy, Wheat	
BLT	1	466	196	20	4	0	48	1185	48	2	4	22	10	11	8	16		
ALT	1	346	114	12	1	0	4	315	51	5	4	9	13	17	8	19		
New England Style Hot Dog	1	450	120	13	0.5	0	0	0	73	2	9	12	0	0	15	25	Soy, Wheat	
Chili Cheese Dog	1	580	200	23	5	0	20	440	78	3	11	17	4	0	25	25	Milk, Soy, Wheat	
Toasted Cheese Head	1	440	200	22	9	0	40	950	44	2	4	14	10	0	25	10	Milk	
Bacon, Egg, & Cheese	1	550	280	31	10	0	255	1250	44	2	4	23	15	0	20	20	Egg, Milk	

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Additional Toppings																		
Ketchup	.25oz	7	0	0	0	0	0	79	2	0	2	0	3	0	0	0		
Mustard	.25oz	5	3	0	0	0	0	80	0	0	0	0	0	0	0	0		
Mayo	.25oz	28	21	2	0	0	2	50	2	0	0	0	0	0	0	0		
Lettuce	1 leaf	2	0	0	0	0	0	3	0	0	0	0	2	1	0	0		
Tomato	1	4	0	0	0	0	0	1	1	0	1	0	4	5	0	0		
Pickles	3	3	0	0	0	0	0	184	1	0	0	0	1	0	1	1		
Onions	3 rings	7	0	0	0	0	0	1	2	0	1	0	0	2	0	0		
Bbq sauce	.5oz	25	0	0	0	0	0	110	7	0	6	0	0	2	0	0		
Bacon Ranch	.5oz	70	70	7	1.5	0	5	120	1	0	0	1	0	0	0	0		Egg, Milk
Bleu Cheese	.5oz	70	60	7	1.5	0	0	140	0	0	0	0	0	0	0	0		Egg, Milk
Cucumber Wasabi	.5oz	90	80	9	1.5	0	0	125	1	0	0	0	0	0	0	0		
Honey Mustard	.5oz	70	60	7	1.5	0	5	140	1	0	0	0	0	0	0	0		
Horseradish Dijon	.5oz	60	50	6	1	0	5	110	2	0	1	0	0	0	0	0		
Thousand Island	.5oz	55	45	5	1	0	5	105	2	0	2	0	0	0	0	0		
Sauteed Mushrooms	.75oz	15	10	1	0	0	0	50	1	0	0	1	0	0	0	0		
Grilled Onions	.75oz	40	35	4	0	0	0	390	2	0	1	0	0	2	0	0		
Relish	1oz	35	0	0	0	0	0	230	10	0	8	0	6	0	0	2		
Fresh Jalepenos	4 slices	15	5	0	0	0	0	0	3	1	2	1	10	40	0	2		
Roasted Red Pepper	1oz	5	0	0	0	0	0	75	1	0	1	0	20	20	0	0		
SauerKraut	1oz	5	0	0	0	0	0	280	1	0	1	0	0	10	0	6		
Bacon	1.5 slices	90	67	7	2	0	22	435	0	0	0	7	0	0	0	0		
Avocado	3 slices	40	35	4	0.5	0	0	0	2	2	0	1	2	4	0	2		
Pineapple	1 slice	30	0	0	0	0	0	0	8	1	7	0	0	15	0	2		
Fried Egg	1	90	60	7	2	0	210	95	0	0	0	6	6	0	2	6		Egg
American Cheese	1 slice	70	50	6	4	0	15	340	1	0	0	4	6	0	10	0		Milk
Swiss Cheese	1 slice	80	50	6	3	0	20	45	0	0	0	6	0	0	20	0		Milk
Pepper Jack Cheese	1 slice	80	60	6	4	0	25	130	0	0	0	5	4	0	15	0		Milk
Cheddar Cheese	1 slice	80	60	7	4	0	20	135	0	0	0	5	5	0	15	0		Milk
Provolone Cheese	1 slice	70	50	6	3	0	15	150	0	0	0	5	4	0	15	0		Milk
Extra Patty	1 patty	180	110	12	4.5	1	60	340	0	0	0	17	0	0	2	10		

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													Vitamin A (IU)	Vitamin C (mg)	Calcium	Iron (mg)	
Signature Sauces																	
BBQ	2oz	120	0	0	0	0	0	510	30	0	28	0	0	10	0	0	
Bacon Ranch	2oz	330	300	34	7	0	30	560	3	0	1	3	0	2	2	2	Egg, Milk
Bleu Cheese	2oz	300	290	33	7	0	10	650	2	0	2	2	0	0	4	0	Egg, Milk
Cheese Sauce	3oz	180	120	13	7	1	35	860	6	0	4	9	10	0	25	0	Milk
Cucumber Wasabi	2oz	400	380	42	7	0	5	580	2	0	0	0	0	0	0	0	
Honey Mustard	2oz	330	290	33	6	0	10	650	2	0	2	0	0	0	0	0	
Horseradish Dijon	2oz	280	250	28	4.5	0	25	510	7	0	5	0	0	0	0	0	
Thousand Island	2oz	220	180	20	3	0	20	420	8	0	6	0	0	0	0	0	
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Spillables																	
Coke	21oz	260	0	0	0	0	0	16	71	0	58	0	0	0	0	0	
Diet Coke	21oz	2	0	0	0	0	0	26	0	0	0	0	0	0	0	0	
Coke Zero	21oz	2	0	0	0	0	0	74	0	0	0	0	0	0	0	0	
Sprite	21oz	255	0	0	0	0	0	58	68	0	56	0	0	0	0	0	
Pibb Xtra	21oz	255	0	0	0	0	0	37	68	0	70	0	0	0	0	0	
Barg's Root Beer	21oz	291	0	0	0	0	0	63	79	0	75	0	0	0	0	0	
Fanta Orange	21oz	294	0	0	0	0	0	21	79	0	75	0	0	0	0	0	
Minute Maid Lemonade	21oz	255	0	0	0	0	0	108	68	0	71	0	0	0	0	0	
Mello Yello	21oz	278	0	0	0	0	0	21	76	0	83	0	0	0	0	0	
Hi-C Fruit Punch	21oz	273	0	0	0	0	0	24	74	0	70	0	0	250	0	0	
Vanilla Shake	16oz	570	130	14	8	0	55	340	93	0	83	12	2	0	45	0	Milk, Peanut, Tree Nuts
Chocolate Shake	16oz	580	130	14	8	0	55	380	94	1	87	12	2	0	45	6	Milk, Peanut, Tree Nuts
Strawberry Shake	16oz	640	120	13	8	0	55	330	115	1	102	11	2	30	45	0	Milk, Peanut, Tree Nuts
Coffee Shake	16oz	510	130	15	9	0	60	340	74	0	65	13	2	0	50	2	Milk, Peanut, Tree Nuts
Oreo Shake	16oz	950	240	27	12	0	55	730	152	1	123	14	2	0	45	30	Milk, Peanut, Tree Nuts, Wheat, Soy
Mocha Shake	16oz	510	130	15	9	0	60	340	74	0	65	13	2	0	50	2	Milk, Peanut, Tree Nuts

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Fresh Cut Fries																	
Regular	6.5oz	780	410	45	3	0	0	60	25	2	1	2	0	15	2	2	
Regular Cajun	6.5oz	780	410	45	3	0	0	75	25	2	1	2	0	15	2	2	
Large	10oz	1300	680	75	5	0	0	105	42	4	2	4	0	25	2	4	
Large Cajun	10oz	1300	680	75	5	0	0	130	42	4	2	4	0	25	2	4	
Kids	3.5oz	460	240	26	2	0	0	35	15	1	1	1	0	8	0	2	
Chili Cheese Fries	10oz	1760	970	108	17	1	50	1250	60	6	6	17	8	30	25	4	Milk, Soy, Wheat
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													Vitamin A (IU)	Vitamin C (mg)	Calcium	Iron (mg)	
Bread																	
Meathead Bun	1	230	70	8	1	0	0	0	33	1	5	6	0	0	0	0	Wheat

Nutritional information provided on this site is based on representative values provided by suppliers, published resources, analysis using industry standard software and testing conducted in accredited laboratories. Information is expressed in values based on federal rounding and other applicable regulations. Meatheads cannot guarantee the nutritional information provided on this site is fully accurate as it relates to the prepared menu items in all of our restaurants. Our menu items are made to order by hand. This may cause slight variations in serving sizes which may affect the nutrition values for each product.