



**meatheads**  
BURGERS & FRIES

		Serving Size	Calories	Calories from Fat	Total Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (milligrams)	Sodium (milligrams)	Total Carbohydrates (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	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/chick	344	139	15	6	0	113	891	11	3	7	37	1449	13	126	1			Yes							
	Chopped Wedge-Crispy Chicken	1 Salad w/crisp	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 3 oz	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	
Cheese	Blue Cheese Vinaigrette	6 Tbsp	300	270	30	5	0	15	690	8	0	7	2	0	0	0	0			Yes	Yes					Yes	
	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							
Toppings	Swiss	1 slice	80	54	6	3	0	20	45	0	0	0	6	200	0	200	0			Yes							
	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 rin	15	0	0	0	0	0	2	4	1	2	0	1	3	9	0										
	Fresh Jalapenos	4 slices (1/3 pe	1	0	0	0	0	0	0	0	0	0	0	50	6	1	0										
	Gardiniera	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	Yes								
Sauteed Mushrooms	2 Tbsp (1 oz lac	18	13	2	0	0	0	31	1	0	1	1	0	1	1	0											
Grilled Onion	2 Tbsp (1 oz lac	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									
	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	
Signature Sauces (on side)	Bacon Ranch	4 Tbsp	270	260	29	6	0	15	440	3	0	2	1	0	0	0	0			Yes	Yes					Yes	



**meatheads**  
BURGERS & FRIES

**2 oz**

**Cheese Sauce  
Fries**

**More**

**Shakes**

**Desserts  
Bread**

**Drinks**

**Shareables**

	Serving Size	Calories	Calories from Fat	Total Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (milligrams)	Sodium (milligrams)	Total Carbohydrates (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	
	4 Tbsp	100	0	0	0	0	0	780	26	0	24	0	200	3	0	0		Yes							
	4 Tbsp	300	280	31	5	0	15	500	4	0	3	0	100	0	0	0			Yes	Yes				Yes	
	4 Tbsp	280	270	30	6	0	20	540	2	0	2	2	0	0	0	0	0		Yes	Yes					
	4 Tbsp	20	0	0	0	0	0	1520	4	0	0	0													
	4 Tbsp	240	230	25	4	0	10	470	3	0	2	0	0	0	0	0			Yes	Yes				Yes	
	4 Tbsp	340	340	38	6	0	10	500	2	0	2	0	0	0	0	0		Yes	Yes	Yes				Yes	
	4 Tbsp	260	260	20	3	0	20	600	20	0	18	0	0	0	0	0		Yes	Yes	Yes					
	4 Tbsp	280	280	30	5	0	10	520	4	0	2	0	0	0	0	0		Yes	Yes	Yes					
	4 Tbsp	240	240	22	3	0	20	420	10	0	8	0	0	0	0	0		Yes		Yes					
	6 Tbsp	210	150	15	6	0	60	1020	6	0	6	12	470	0	209	0			Yes					Yes	
	3.5 oz	299	144	16	1	0	0	212	35	7	1	4	2	0	4	7									
	6.5 oz	563	261	29	2	0	0	399	67	14	2	8	4	0	7	13									
	9 oz	780	365	41	3	0	0	553	93	19	3	11	5	0	10	18									
	3.5 oz	299	144	16	1	0	0	237	37	8	1	4	2	0	4	7							Yes		
	6.5 oz	563	261	29	2	0	0	446	69	15	2	8	4	0	7	14							Yes		
	9 oz	780	365	41	3	0	0	618	96	21	3	11	5	0	10	19							Yes		
	9 oz	1150	595	66	13	0	8	2293	115	23	9	27	954	0	219	19			Yes			Yes		Yes	
	9 oz	1170	641	70	14	0	90	2113	99	19	9	33	474	0	219	18			Yes					Yes	
	1 Sandwich	456	208	23	12	9	45	1440	45	2	2	20	900	0	380	3			Yes			Yes		Yes	
	1 Sandwich	636	332	37	17	9	244	1805	45	2	2	31	1262	0	409	4			Yes	Yes		Yes		Yes	
	1 Sandwich	496	239	27	5	0	28	933	45	3	3	16	3886	10	102	3				Yes		Yes		Yes	
	1 Sandwich	521	277	31	4	0	5	536	53	10	4	10	4032	20	114	4			Yes			Yes		Yes	
	1 Sandwich	421	181	19	4	0	30	2209	49	4	7	15	1606	20	168	2			Yes			Yes		Yes	
	16 oz	492	131	14	8	0	58	234	78	0	68	9	198	0	328	0			Yes						
	16 oz	457	135	14	8	0	58	231	69	1	60	9	198	0	332	0			Yes						
	16 oz	407	122	13	7	0	55	206	62	2	54	8	148	11	317	0	185.79		Yes						
	16 oz	521	192	20	8	0	61	264	68	0	56	10	247	0	368	2			Yes					Yes	
	16 oz	445	134	14	8	0	58	229	66	1	58	9	198	0	332	0			Yes						
	16 oz	575	179	19	10	0	58	334	86	2	69	10	198	0	344	1			Yes			Yes		Yes	
	16 oz	644	184	19	8	0	58	251	102	0	88	9	198	0	333	2			Yes					Yes	
	16 oz	560	125	13	7	0	55	216	99	2	88	9	149	11	321	0	185.79		Yes						
	16 oz	505	131	14	8	0	58	219	80	0	75	9	198	0	328	0			Yes						
	16 oz	595	171	19	12	0	58	227	96	0	89	9	198	0	348	0			Yes					Yes	
	3.5 Tbsp/1 serv	380	110	12	7	0	25	290	66	2	39	3	300	0	40	2			Yes			Yes		Yes	
	1 Bun	180	25	3	0	0	0	320	33	1	5	6	0	0	80	2	73.92	Yes				Yes		Yes	
	1 Slice	90	10	1	0	0	0	300	18	1	0	3	0	0	20	1						Yes		Yes	
	1 Slice	110	10	1	0	0	0	210	21	1	1	4	0	0	40	1	32.71	Yes				Yes		Yes	
	1 roll	160	18	2	0	0	0	310	31	1	4	5	0	0	60	2			Yes			Yes		Yes	
	1 Bottle	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0									
	1 carton	110	20	3	2	0	15	125	12	0	12	8	500	0	300	0			Yes						
	1 carton	150	25	3	2	0	15	220	24	1	22	9	500	0	300	1			Yes						
	10 fl oz	143	4	0	0	0	0	12	35	1	30	0	3	119	25	0	313								
	16 pieces	190		8	1.5	0	0	640	26	3	4	6	0	0	40	0.72			Yes			Yes		Yes	
	9 pieces	130		7	1	0	0	950	14	2	2	2	0	0	10	0.9	30					Yes		Yes	
	4 pieces	190		9	1.5	0	0	280	24	1	4	2	0	0	10	0.7	80		Yes			Yes		Yes	