

	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	427	128	50	2	0	76	971	45	1	6	30	325	0	109	3		Yes			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	879	414	56	23	0	150	1612	47	3	9	46	2580	8	426	4	73.92	Yes	Yes			Yes*	Yes*	
	Texas Ranch (grilled chicken)	1 Sandwich	721	245	38	14	0	145	1812	44	3	10	49	2544	8	425	2	73.92							
	Texas Ranch (crispy chicken)	1 Sandwich	734	283	42	14	0	98	1976	56	3	10	36	2550	8	435	3	73.92							
	Cajun Sunrise (beef)	1 Sandwich	844	495	55	22	0	322	1097	42	1	7	47	2791	11	431	5	73.92	Yes	Yes			Yes*	Yes*	
	Cajun Sunrise (grilled chicken)	1 Sandwich	686	326	37	13	0	317	1297	39	1	8	50	2755	11	430	3	73.92							
	Cajun Sunrise (crispy chicken)	1 Sandwich	699	124	41	13	0	269	1461	51	1	8	36	2761	11	440	4	73.92							
	NY Reuben (beef)	1 Sandwich	761	403	44	17	0	135	1480	49	4	6	42	437	13	460	4	140	Yes	Yes			Yes*	Yes*	
	NY Reuben (grilled chicken)	1 Sandwich	603	234	25	8	0	130	1680	46	4	7	45	401	13	459	3	140							
	NY Reuben (crispy chicken)	1 Sandwich	616	272	29	7	0	83	1844	57	4	7	32	407	13	469	3	140							
	Californian (beef)	1 Sandwich	813	484	54	21	0	133	928	46	4	7	41	2452	10	107	4	73.92	Yes	Yes			Yes*	Yes*	
	Californian (grilled chicken)	1 Sandwich	655	315	35	12	0	128	1128	43	4	8	44	2416	10	406	2								
	Californian (crispy chicken)	1 Sandwich	668	353	39	11	0	80	1292	54	4	7	31	2422	10	416	2	73.92							
	Hawaiian (beef)	1 Sandwich	785	393	40	21	0	145	1236	53	1	18	45	554	11	398	4	131.26	Yes				Yes*	Yes*	
	Hawaiian (grilled chicken)	1 Sandwich	630	234	25	12	0	140	1458	18	1	20	48	684	14	399	2	131.26							
	Hawaiian (grilled chicken)	1 Sandwich	643	262	29	11	0	92	1622	62	1	20	35	690	14	409	3	131.26							
	Patty Melt (beef)	1 Sandwich	671	343	38	18	0	120	1565	46	3	2	38	637	3	260	3		Yes				Yes*	Yes*	
	Patty Melt (grilled chicken)	1 Sandwich	513	174	20	9	0	115	1765	43	3	3	41	1601	3	299	2								
	Patty Melt (crispy chicken)	1 Sandwich	526	212	24	9	0	68	1929	55	3	3	28	607	3	269	2								
	Hot Dogs	New England-Style	1 Hotdog w/ relish	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/ relish	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/ chicken	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						
	Spinach Salad	1 Salad	166	73	8	3	0	15	352	15	5	7	10	263	98	100	3								
	Spinach Salad-Grilled Chicken	1 Salad w/ chicken	328	113	11	4	0	100	762	16	5	8	37	263	98	109	4								
	Spinach Salad-Crispy Chicken	1 Salad w/ chicken	428	176	19	4	0	71	1213	34	5	9	30	263	98	129	5								
	Side Salad	1 salad	83	37	4	2	0	8	176	8	3	4	5	132	50	50	2		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	

	Serving Size	Calories	Coloris 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	Soybean	
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 r)	15	0	0	0	0	0	2	4	1	2	0	1	3	9	0								
	Fresh Jalapenos	4 slices (1/3 oz)	1	0	0	0	0	0	0	0	0	0	0	50	6	1	0								
	Gardiniere	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)	18	13	2	0	0	0	31	1	0	1	1	0	1	1	0								
Grilled Onion	2 Tbsp (1 oz)	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	0.00								
	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	0	0		Yes	Yes				Yes	
	BBQ	4 Tbsp	100	0	0	0	0	0	780	26	0	24	0	200	3	0	0	0	0		Yes						
	Bistro	4 Tbsp	300	280	31	5	0	15	500	4	0	3	0	100	0	0	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	0.00		Yes	Yes					
	Buffalo	4 Tbsp	20	0	0	0	0	0	1520	4	0	0	0	0	0	0	0	0	0								
	Buffalo Ranch	4 Tbsp	240	230	25	4	0	10	470	3	0	2	0	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	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	0		Yes	Yes					
	Ranch	4 Tbsp	280	280	30	5	0	10	520	4	0	2	0	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	0		Yes	Yes						
Cheese Sauce																											
Cheese Sauce	6 Tbsp	210	150	15	6	0	60	1020	6	0	6	12	470	0	209	0	0	0		Yes						Yes	
Fries	Fries - Kids	3.5 oz	299	144	16	1	0	0	212	35	7	1	4	2	0	4	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	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	

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Shakes	Vanilla Shake	16 oz	492	131	14	8	0	58	234	78	0	68	9	198	0	328	0		Yes					
	Chocolate Shake	16 oz	457	135	14	8	0	58	231	69	1	60	9	198	0	332	0		Yes					
	Strawberry Shake	16 oz	407	122	13	7	0	55	206	62	2	54	8	148	11	317	0	185.79	Yes					
	Coffee Shake	16 oz	521	192	20	8	0	61	264	68	0	56	10	247	0	368	2		Yes					Yes
	Mocha Shake	16 oz	445	134	14	8	0	58	229	66	1	58	9	198	0	332	0		Yes					
	Oreo Shake	16 oz	575	179	19	10	0	58	334	86	2	69	10	198	0	344	1		Yes			Yes		Yes
	Mint Shake	16 oz	644	184	19	8	0	58	251	102	0	88	9	198	0	333	2		Yes					Yes
	Banana Split Shake	16 oz	560	125	13	7	0	55	216	99	2	88	9	149	11	321	0	185.79	Yes					
	Eggnog Shake	16 oz	505	131	14	8	0	58	219	80	0	75	9	198	0	328	0		Yes					
	Peppermint Shake	16 oz	595	171	19	12	0	58	227	96	0	89	9	198	0	348	0		Yes					Yes
Desserts	Gourmet Edible Cookie	3.5 Tbsp/1 se	380	110	12	7	0	25	290	66	2	39	3	300	0	40	2		Yes			Yes		Yes
Bread	Meathead Bun	1 Bun	180	25	3	0	0	0	320	33	1	5	6	0	80	2	73.92	Yes				Yes		Yes
	Rye Bread	1 Slice	90	10	1	0	0	0	300	18	1	0	3	0	0	20	1						Yes	Yes
	Texas Toast	1 Slice	110	10	1	0	0	0	210	21	1	1	4	0	0	40	1	32.71	Yes				Yes	Yes
	Hotdog bun	1 roll	160	18	2	0	0	0	310	31	1	4	5	0	0	60	2		Yes				Yes	Yes
Drinks	Bottled Water	1 Bottle	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0							
	Organic Milk (1%)	1 carton	110	20	3	2	0	15	125	12	0	12	8	500	0	300	0		Yes					
	Organic Milk (chocolo	1 carton	150	25	3	2	0	15	220	24	1	22	9	500	0	300	1		Yes					
	Apple Juice	10 fl oz	143	4	0	0	0	0	12	35	1	30	0	3	119	25	0	313.00						
Soda- see Coke's nutri info																								

*Denotes Wheat and Soy for the bun, not the protein