



# NUTRITIONAL INFORMATION GUIDE

	Serving Size	Gluten Free	Calories	Fat (g)	Calories from Fat	Trans Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)	Sugar (g)
<b>BREAKFAST</b>													
Original Grand Slam®	17 oz		1050	52	460	0	17	590	2450	109	3	36	42
Slam Melt	9 oz		680	46	410	1.5	16	320	1830	39	2	33	8
Yep...Pancakes	3 stack		650	14	130	0	5	90	2070	115	3	15	30
Hearty 9-Grain Pancakes	2		410	11	100	0	4	40	880	68	5	10	21
Chipotle Breakfast Burrito	16 oz		1090	73	650	0	25	575	2370	61	3	43	6
French Toast Slices	2		590	30	270	0	9	340	1000	63	2	20	13
French Toast Slam®	16 oz		1080	70	630	0	22	875	2010	66	3	45	14
Bacon, Egg & Cheese Brioche Melt	7 oz		550	35	310	1.5	12	285	1210	37	1	24	8
Ham, Egg & Cheese Brioche Melt	7 oz		510	30	270	1.5	10	280	980	36	1	25	7
Egg White Ranchero Brioche Melt	8 oz		410	21	190	1	7	25	630	38	2	18	7
<b>BURGERS</b>													
Breakfast Scramble Burger	14 oz		1120	79	710	3	27	410	1920	50	3	54	7
Bacon Avocado Club Burger	15 oz		990	62	560	2	22	160	1110	54	8	55	11
Den Burger (add cheese choice)	10 oz		570	32	290	2.5	13	120	610	37	2	36	7
Double Den Burger (add cheese choice)	12 oz		690	41	360	3	17	160	630	37	2	45	7
Bacon Cheeseburger (add cheese choice)	11 oz		680	40	360	2.5	16	140	960	38	2	43	8
Lil' Den Burger (add cheese choice)	9 oz		460	23	210	2	9	80	520	37	2	26	7
Chipotle Bacon Cheeseburger	13 oz		1300	89	800	2.5	28	175	1580	77	4	49	27
Philly Cheeseburger	12 oz		940	58	520	2	24	165	1480	56	3	50	6
American Cheese	1 sl	X	80	7	60	0	4	20	390	1	0	4	1
Swiss Cheese	1 sl	X	80	6	60	0	4	20	45	0	0	6	0
Pepper Jack Cheese	1 sl	X	80	6	60	0	4	20	140	0	0	5	0
<b>ROLLED, PRESSED &amp; MORE</b>													
Cali Chicken Sandwich	14 oz		790	47	420	0	8	80	1240	53	8	43	10
Veggie Mash Up Burger	12 oz		620	34	310	1	6	10	1390	67	10	15	10
Chick-N-Bacon Brioche Melt	9 oz		810	45	400	1.5	13	95	1420	70	2	35	12
Fried Cheese Melt	9 oz		680	40	350	2	17	70	2250	61	2	27	10
Cajun Chicken Wrap	13 oz		1020	62	550	0	13	85	1810	79	6	39	5
Italian Panini	13 oz		840	53	470	0	14	90	2630	57	3	38	7
Quinoa Wrap	18 oz		790	39	350	0	8	5	1580	93	14	18	9
Grilled Chicken Panini	13 oz		930	49	440	0.5	13	125	1670	75	3	51	11
Turkey BLT Sandwich	11 oz		700	38	340	0	9	80	1910	52	5	37	11
Guacamole Chicken Burrito	16 oz		960	56	510	0	19	135	2030	62	6	48	6
Veggie Mash Up Burrito	17 oz		1010	56	500	0	18	65	2420	98	15	30	8
<b>SALADS</b>													
Southwestern Chicken Salad with Ranch Dressing	16 oz		660	43	390	0	9	85	1310	31	10	37	5
Buffalo Cobb Salad with Ranch Dressing	15 oz		810	58	520	0	14	300	2420	37	6	37	5
Tex Mex Taco Salad with Ranch Dressing	16 oz		790	64	570	1	17	100	1040	29	6	26	9
Veggie Quinoa Salad	13 oz	X	400	28	240	0	4	0	330	34	9	9	8

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<b>MUNCHIES</b>													
Mozzarella Sticks with red sauce	5 pc		370	15	130	0	8	45	1730	41	2	20	5
Mozzarella Sticks with red sauce	8 pc		580	23	200	0.5	13	75	2650	63	2	32	7
Fried Green Beans (add sauce choice)	4.5 oz		560	34	300	0	5	0	1600	58	4	6	6
French Fries	4 oz		340	18	170	0	3.5	0	200	40	4	4	0
Sweet Potato Fries	4 oz		360	16	140	0	2.5	0	380	51	7	3	19
Potato Rounds	6 pc	X	240	15	130	0	2	0	660	26	3	2	0
Chicken Strips with Honey Mustard	3 pc		550	28	250	0	4.5	80	1120	52	1	25	8
Chicken Strips with Honey Mustard	5 pc		790	36	320	0	6	120	1730	78	2	42	8
<b>SAUCES &amp; SIDES</b>													
Chipotle Sauce	1.5 oz	X	240	27	240	0	4.5	15	190	3	0	0	0
Roasted Garlic Mayo	1.5 oz		230	25	220	0	4.5	10	350	1	0	0	1
Ranch Dressing	1.5 oz	X	200	21	190	0	4	10	290	1	0	0	0
Honey Mustard Sauce	1.5 oz	X	180	15	130	0	2	15	190	12	0	0	8
Sweet & Tangy Barbecue Sauce	1.5 oz	X	110	0	0	0	0	0	470	30	1	0	28
Buffalo Sauce	1.5 oz	X	70	7	60	0	0	0	1180	1	1	0	0
Fire-Roasted Salsa	1.5 oz	X	10	0	0	0	0	0	200	2	0	1	1
Sour Cream	1 oz	X	45	4	40	0	2	15	5	1	0	1	0
Pancake Syrup	1.5 oz	X	110	0	0	0	0	0	40	29	0	0	21
Balsamic Vinaigrette, Low-Fat	1.5 oz	X	60	2	20	0	0	0	240	12	0	0	11
Pig Out (2 slices of bacon)	2 sl	X	100	8	70	0	2	20	350	1	0	7	1
Go Green (add diced avocado)	1 oz	X	60	5	50	0	1	0	0	3	3	1	0
Wrapped Up (lettuce wrap)	2 oz	X	5	0	0	0	0	0	15	1	1	1	0
<b>SHAKES</b>													
Chocolate Milk Shake	16 fl oz	X	960	48	430	0	32	180	240	121	0	18	94
Maple Bacon Milk Shake	16 fl oz	X	1020	56	500	0	35	205	690	113	0	20	86
OREO® Blender Blaster	16 fl oz		1020	57	510	0	34	180	530	118	1	15	89
Cake Batter Milk Shake	16 fl oz		1150	57	510	0	40	180	920	151	0	14	125
Vanilla Milk Shake	16 fl oz	X	810	48	430	0	32	180	320	85	0	13	70
<b>BAKERY</b>													
Oatmeal Cookie	1 ea		510	19	170	0	8	40	250	82	5	8	42
S'Mores Cookie	1 ea		540	23	210	0	12	45	330	79	3	6	53
Chocolate Chip Cookie	1 ea		570	28	250	0	14	45	290	78	3	7	48
<b>FRUIT</b>													
Fruit Cup	7 oz	X	70	0	5	0	0	0	25	18	3	1	15
Yogurt Parfait	9oz		310	3.5	35	0	1	10	200	61	4	10	36

Nutritional information does not include additional condiments or ingredients. Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium.

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