



NUTRITIONAL INFORMATION GUIDE

	Serving Size	Gluten Free	Calories	Fat	Calories from Fat	Trans Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)	Sugar
Original Grand Slam®	17 oz		1050	52	460	0.5	16	590	2440	109	3	36	42
Yep...Pancakes	3 stack		760	14	130	0	4.5	90	2110	144	3	15	51
Grand Slamwich®	16 oz		1230	83	750	1	27	585	3130	72	2	51	9
Chipotle Breakfast Burrito	16 oz		1070	72	650	0	26	575	2300	56	6	44	8
Sausage, Egg, & Cheese Brioche Melt	7 oz		560	36	330	1.5	12	305	1130	37	1	25	8
Bacon, Egg & Cheese Brioche Melt	7 oz		550	35	310	1.5	12	285	1210	37	1	24	8
Ham, Egg, & Swiss 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
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
Little Den Burger (add cheese choice)	9 oz		460	23	210	2	9	80	520	37	2	26	7
Chipotle Bacon BBQ Cheeseburger	13 oz		1190	80	710	3	26	170	1540	74	4	49	26
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
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
Greek Chicken Wrap	13 oz		810	53	470	0	12	80	2410	52	6	39	7
Cajun Chicken Wrap	13 oz		890	52	460	0	12	85	1690	70	9	40	7
Italian Panini	13 oz		860	54	480	0	14	100	2740	57	3	40	7
Grilled Chicken Panini	13 oz		930	49	440	.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		930	56	500	0	20	135	1960	56	9	50	8
Veggie Mash Up Burrito	17 oz		990	55	500	0	19	65	2350	92	18	31	10
SALADS													
Pecan Cranberry Chicken Salad with Balsamic Vinaigrette	11 oz		540	28	250	0	9	105	1410	32	3	41	27
Southwestern Chicken Salad with Cilantro Lime Ranch Dressing	16 oz		690	46	410	0	9	85	1300	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	15 oz		1010	79	710	2	22	140	1240	37	7	37	7
Bruschetta Chicken Salad with Greek Dressing	13 oz		540	44	390	0	8	80	1870	11	3	33	6
Fruit Cup	7 oz	X	70	0	5	0	0	0	25	18	3	1	15
Yogurt Parfait	9 oz		310	3.5	35	0	1	10	200	61	4	10	36

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MUNCHIES													
Mozzarella Sticks with tomato sauce	5 pc		370	15	130	0	8	45	1730	41	2	20	5
Mozzarella Sticks with tomato 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
Onion Rings (add sauce choice)	10 pc		650	36	330	0	6	0	1270	74	5	8	8
Chicken Tenders with Honey Mustard	3 pc		550	28	250	0	4.5	80	1120	52	1	25	8
Chicken Tenders with Honey Mustard	5 pc		790	36	320	0	6	120	1730	78	2	42	8
Bacon Cheddar Tots with Ranch Dressing	5 pc		450	34	300	0	8	30	1090	27	2	8	3
Bacon Cheddar Tots with Ranch Dressing	10 pc		690	46	420	0	13	55	1880	52	4	17	5
SAUCES & SIDES													
Chipotle Sauce	1.5 oz	X	240	27	240	0	4.5	15	190	3	0	0	0
Roasted Garlic Mayonnaise	1.5 oz	X	230	25	220	0	4.5	10	350	1	0	0	1
Cilantro Lime Ranch Dressing	1.5 oz	X	220	24	220	0	4.5	10	280	1	0	0	0
Ranch Dressing	1.5 oz	X	200	21	190	0	4	10	290	1	0	0	0
Honey Mustard Dressing	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 Wing 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	1.0 oz	X	45	4	40	0	2	15	5	1	0	1	0
Balsamic Vinaigrette, Low-Fat	1.5 oz	X	60	2	20	0	0	0	240	12	0	0	11
Greek Dressing	1.5 oz	X	160	18	160	0	3	5	670	3	0	1	1
Pig Out	2 sl	X	100	8	70	0	2	20	350	1	0	7	1
Go Green	1 oz	X	60	5	50	0	1	0	0	3	3	1	0
Wrapped Up	2 oz	X	5	0	0	0	0	0	15	1	1	1	0
SHAKES													
Chocolate Milkshake	16 fl oz	X	960	48	430	0	32	180	240	121	0	18	94
Maple Bacon Milkshake	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
Chocolate Stout	16 fl oz		990	48	430	0	32	180	260	129	0	18	100
Vanilla Stout	16 fl oz		940	48	430	0	32	180	360	119	0	13	95
Vanilla Milkshake	16 fl oz	X	810	48	430	0	32	180	320	85	0	13	70
BAKERY													
Oatmeal Cookie	1 ea		510	19	170	0	8	40	250	82	5	8	42
S'Mores Cookie	1 ea		540	24	220	0	12	50	320	82	4	6	52
Chocolate Chunk Cookie	1 ea		570	28	250	0	14	45	290	78	3	7	48

*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.