



JOHNNY ROCKETS NUTRITIONAL GUIDE

Shareable Starters and Sides

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Add Chili Topping To Any Burger (1 serving)	130	100	10	0	0	20	290	0	0	0	0	0	0	20	0
Bacon Cheese Fries (1 serving)	630	310	30	10	0	50	2020	60	0	0	20	500	10	280	0
Bacon Cheese Tots (1 serving)	1050	660	70	20	0	50	3630	80	10	10	20	550	40	270	0
Cheese Fries (1 serving)	540	250	30	10	0	30	1720	60	0	0	10	500	10	280	0
Cheese Tots (1 serving)	960	590	70	20	0	30	3330	80	10	10	10	550	40	270	0
Chili Bowl (1 serving)	620	450	50	20	0	120	1220	20	0	0	30	600	10	470	0
Chili Cheese Fries (1 serving)	820	440	50	20	0	70	2300	70	10	10	20	500	20	320	0
Chili Cheese Tots (1 serving)	1230	790	90	30	0	70	3910	90	10	10	20	550	40	320	0
Fries (1 serving)	330	100	10	0	0	0	700	50	0	0	0	50	10	50	0
Onion Rings (1 serving)	630	250	30	0	0	20	1730	80	0	10	10	50	10	50	0
Side of Bacon Cheese Fries (1 serving)	360	170	20	10	0	30	1260	40	0	0	10	300	10	150	0
Side of Bacon Cheese Tots (1 serving)	550	340	40	10	0	30	2010	40	0	10	10	330	20	140	0
Side of Cheese Fries (1 serving)	320	140	20	10	0	20	1110	40	0	0	10	300	10	150	0
Side of Cheese Tots (1 serving)	500	310	30	10	0	20	1860	40	0	10	10	330	20	140	0
Side of Chili Cheese Fries (1 serving)	460	240	30	10	0	40	1400	40	0	10	10	300	10	170	0
Side of Chili Cheese Tots (1 serving)	640	400	40	10	0	40	2150	50	10	10	10	330	20	160	0
Side of Fries (1 serving)	190	60	10	0	0	0	460	30	0	0	0	50	10	30	0
Side of Onion Rings (1 serving)	420	230	30	0	0	20	1090	40	0	10	10	50	0	50	0
Side of Tots (1 serving)	380	220	20	0	0	0	1210	40	0	10	0	80	20	20	0
Tots (1 serving)	740	440	50	10	0	0	2310	70	10	10	10	100	40	40	0

Certified Angus Beef Quarter Pound Burgers

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Bacon Cheddar Burger (1 serving)	330	270	30	10	0	60	650	10	0	0	10	600	0	160	0
Bacon Cheddar Burger (1 serving) with Bun Choice Gluten Free	620	380	40	10	0	60	1170	50	10	10	20	850	0	200	0
Bacon Cheddar Burger (1 serving) with Bun Choice Regular	560	340	40	10	0	60	1010	40	0	10	20	850	0	180	0
Bacon Cheddar Burger (1 serving) with Bun Choice Wheat	520	290	30	10	0	60	910	40	0	10	20	600	0	180	0
Bacon Cheddar Burger (1 serving) with Burger Patty Choice Beef Burger	540	400	40	10	0	130	1250	10	0	0	30	610	0	180	0
Bacon Cheddar Burger (1 serving) with Burger Patty Choice Boca Veggie Burger	450	280	30	10	0	60	1160	10	10	0	30	600	0	240	0
Bacon Cheddar Burger (1 serving) with Burger Patty Choice Gardein Burger	500	330	40	10	0	60	1220	30	10	10	20	800	10	200	0
Bacon Cheddar Burger (1 serving) with Burger Patty Choice Grilled Chicken	490	290	30	10	0	140	880	10	0	0	40	630	10	180	0
Bacon Cheddar Burger (1 serving) with Burger Patty Choice Turkey Burger	670	510	60	20	0	150	1510	10	0	0	40	700	0	180	0
Bacon Cheddar Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Beef Burger	840	500	60	20	0	130	1770	50	10	10	40	850	0	220	0
Bacon Cheddar Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Boca Veggie Burger	740	390	40	10	0	60	1680	60	10	10	40	850	0	280	0
Bacon Cheddar Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Gardein Burger	790	440	50	10	0	60	1740	70	10	10	20	1050	10	240	0
Bacon Cheddar Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Grilled Chicken	780	390	40	10	0	140	1390	50	10	10	50	880	10	220	0
Bacon Cheddar Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Turkey Burger	960	620	70	20	0	150	2030	50	10	10	40	950	0	220	0
Bacon Cheddar Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Beef Burger	780	460	50	20	0	130	1610	40	0	10	40	850	0	200	0
Bacon Cheddar Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Boca Veggie Burger	680	350	40	10	0	60	1520	50	10	10	40	850	0	260	0
Bacon Cheddar Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Gardein Burger	730	400	40	10	0	60	1580	60	10	10	20	1050	10	220	0
Bacon Cheddar Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Grilled Chicken	720	360	40	10	0	140	1230	40	0	10	50	880	10	200	0
Bacon Cheddar Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Turkey Burger	900	580	60	20	0	150	1870	40	0	10	40	950	0	200	0
Bacon Cheddar Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Beef Burger	730	420	50	20	0	130	1510	40	0	10	40	610	0	200	0
Bacon Cheddar Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Boca Veggie Burger	640	300	30	10	0	60	1420	50	10	10	40	600	0	260	0
Bacon Cheddar Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Gardein Burger	690	360	40	10	0	60	1480	70	10	10	30	800	10	220	0
Bacon Cheddar Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Grilled Chicken	680	310	30	10	0	140	1140	40	0	10	50	630	10	200	0
Bacon Cheddar Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Turkey Burger	860	540	60	20	0	150	1770	40	0	10	40	700	0	200	0

Certified Angus Beef Quarter Pound Burgers

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Rocket Single Burger (1 serving)	240	210	20	10	0	40	350	10	0	0	10	600	0	160	0
Rocket Single Burger (1 serving) with Bun Choice Gluten Free	530	310	30	10	0	40	870	50	10	10	10	850	0	200	0
Rocket Single Burger (1 serving) with Bun Choice Regular	470	280	30	10	0	40	710	40	0	10	10	850	0	180	0
Rocket Single Burger (1 serving) with Bun Choice Wheat	430	230	30	10	0	40	610	40	0	10	10	600	0	180	0
Rocket Single Burger (1 serving) with Burger Patty Choice Beef Burger	450	330	40	10	0	110	950	10	0	0	30	610	0	180	0
Rocket Single Burger (1 serving) with Burger Patty Choice Boca Veggie Burger	360	220	20	10	0	40	860	10	10	0	20	600	0	240	0
Rocket Single Burger (1 serving) with Burger Patty Choice Gardein Burger	410	270	30	10	0	40	920	30	10	10	10	800	10	200	0
Rocket Single Burger (1 serving) with Burger Patty Choice Grilled Chicken	400	220	20	10	0	120	580	10	0	0	40	630	10	180	0
Rocket Single Burger (1 serving) with Burger Patty Choice Turkey Burger	580	450	50	10	0	130	1210	10	0	0	30	700	0	180	0
Rocket Single Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Beef Burger	750	440	50	10	0	110	1470	50	10	10	30	850	0	220	0
Rocket Single Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Boca Veggie Burger	650	320	40	10	0	40	1380	60	10	10	30	850	0	280	0
Rocket Single Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Gardein Burger	700	380	40	10	0	40	1440	70	10	10	20	1050	10	240	0
Rocket Single Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Grilled Chicken	690	330	40	10	0	120	1090	50	10	10	40	880	10	220	0
Rocket Single Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Turkey Burger	870	560	60	20	0	130	1730	50	10	10	40	950	0	220	0
Rocket Single Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Beef Burger	690	400	40	10	0	110	1310	40	0	10	30	850	0	200	0
Rocket Single Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Boca Veggie Burger	590	290	30	10	0	40	1220	50	10	10	30	850	0	260	0
Rocket Single Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Gardein Burger	640	340	40	10	0	40	1280	60	10	10	20	1050	10	220	0
Rocket Single Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Grilled Chicken	630	290	30	10	0	120	930	40	0	10	40	880	10	200	0
Rocket Single Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Turkey Burger	810	520	60	20	0	130	1570	40	0	10	40	950	0	200	0
Rocket Single Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Beef Burger	640	360	40	10	0	110	1210	40	0	10	30	610	0	200	0
Rocket Single Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Boca Veggie Burger	550	240	30	10	0	40	1120	50	10	10	30	600	0	260	0
Rocket Single Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Gardein Burger	600	290	30	10	0	40	1180	70	10	10	20	800	10	220	0
Rocket Single Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Grilled Chicken	590	250	30	10	0	120	840	40	0	10	50	630	10	200	0
Rocket Single Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Turkey Burger	770	470	50	20	0	130	1470	40	0	10	40	700	0	200	0
Route 66 Burger (1 serving)	330	270	30	10	0	40	280	10	0	0	10	310	0	220	0
Route 66 Burger (1 serving) with Bun Choice Gluten Free	620	380	40	10	0	40	790	50	10	10	10	560	0	260	0
Route 66 Burger (1 serving) with Bun Choice Regular	560	340	40	10	0	40	630	40	0	10	10	560	0	240	0
Route 66 Burger (1 serving) with Bun Choice Wheat	520	290	30	10	0	40	540	40	0	10	20	310	0	240	0
Route 66 Burger (1 serving) with Burger Patty Choice Beef Burger	540	400	40	10	0	110	880	10	0	0	30	320	0	240	0
Route 66 Burger (1 serving) with Burger Patty Choice Boca Veggie Burger	450	280	30	10	0	40	790	10	10	0	30	310	0	300	0
Route 66 Burger (1 serving) with Burger Patty Choice Gardein Burger	500	330	40	10	0	40	850	30	10	10	20	510	10	260	0
Route 66 Burger (1 serving) with Burger Patty Choice Grilled Chicken	480	290	30	10	0	120	500	10	0	0	40	340	0	230	0
Route 66 Burger (1 serving) with Burger Patty Choice Turkey Burger	670	510	60	10	0	130	1140	10	0	0	30	410	0	240	0
Route 66 Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Beef Burger	830	500	60	10	0	110	1390	50	10	10	30	560	0	280	0
Route 66 Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Boca Veggie Burger	740	390	40	10	0	40	1310	60	10	10	30	560	0	340	0
Route 66 Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Gardein Burger	790	440	50	10	0	40	1370	70	10	10	20	760	10	300	0
Route 66 Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Grilled Chicken	780	390	40	10	0	120	1020	50	10	10	50	590	0	270	0
Route 66 Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Turkey Burger	960	620	70	20	0	130	1660	50	10	10	40	660	0	280	0
Route 66 Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Beef Burger	770	470	50	10	0	110	1230	40	0	10	30	560	0	260	0
Route 66 Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Boca Veggie Burger	680	350	40	10	0	40	1150	50	10	10	30	560	0	320	0
Route 66 Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Gardein Burger	730	400	40	10	0	40	1210	60	10	10	20	760	10	280	0
Route 66 Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Grilled Chicken	720	360	40	10	0	120	860	40	0	10	50	590	0	250	0
Route 66 Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Turkey Burger	900	580	60	20	0	130	1500	40	0	10	40	660	0	260	0
Route 66 Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Beef Burger	730	420	50	10	0	110	1140	40	0	10	40	320	0	260	0
Route 66 Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Boca Veggie Burger	640	300	30	10	0	40	1050	50	10	10	40	310	0	320	0
Route 66 Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Gardein Burger	690	360	40	10	0	40	1110	70	10	10	20	510	10	280	0
Route 66 Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Grilled Chicken	670	310	30	10	0	120	760	40	0	10	50	340	0	250	0
Route 66 Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Turkey Burger	860	540	60	20	0	130	1400	40	0	10	40	410	0	260	0

Certified Angus Beef Quarter Pound Burgers

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Route 66 Double Burger (1 serving)	410	320	40	10	0	60	320	10	0	0	10	520	0	420	0
Route 66 Double Burger (1 serving) with Bun Choice Gluten Free	700	430	50	10	0	60	830	50	10	10	20	760	0	460	0
Route 66 Double Burger (1 serving) with Bun Choice Regular	640	390	40	10	0	60	670	40	0	10	20	760	0	440	0
Route 66 Double Burger (1 serving) with Bun Choice Wheat	600	350	40	10	0	60	580	40	0	10	20	520	0	440	0
Route 66 Double Burger (1 serving) with Burger Patty Choice Beef Burgers	830	570	60	20	0	200	1520	10	0	0	50	530	0	470	0
Route 66 Double Burger (1 serving) with Burger Patty Choice Boca Veggie Burgers	650	340	40	10	0	60	1350	20	10	0	50	520	0	590	10
Route 66 Double Burger (1 serving) with Burger Patty Choice Gardein Burgers	750	450	50	10	0	60	1470	50	20	10	30	920	20	510	0
Route 66 Double Burger (1 serving) with Burger Patty Choice Grilled Chicken	720	360	40	10	0	220	770	10	0	0	80	580	10	460	0
Route 66 Double Burger (1 serving) with Burger Patty Choice Turkey Burgers	1090	810	90	30	0	240	2050	10	0	0	60	720	0	470	0
Route 66 Double Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Beef Burgers	1120	680	80	20	0	200	2030	50	10	10	60	770	0	510	10
Route 66 Double Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Boca Veggie Burgers	940	450	50	10	0	60	1860	70	20	10	60	760	0	630	10
Route 66 Double Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Gardein Burgers	1040	560	60	10	0	60	1980	100	20	10	30	1160	20	550	0
Route 66 Double Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Grilled Chicken	1010	460	50	10	0	220	1280	50	10	10	90	820	10	500	0
Route 66 Double Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Turkey Burgers	1380	920	100	30	0	240	2560	50	10	10	70	960	0	510	0
Route 66 Double Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Beef Burgers	1060	640	70	20	0	200	1870	40	0	10	60	770	0	490	10
Route 66 Double Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Boca Veggie Burgers	880	410	50	10	0	60	1700	60	10	10	60	760	0	610	10
Route 66 Double Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Gardein Burgers	980	520	60	10	0	60	1820	90	20	10	30	1160	20	530	0
Route 66 Double Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Grilled Chicken	950	430	50	10	0	220	1120	40	0	10	90	820	10	480	0
Route 66 Double Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Turkey Burgers	1320	880	100	30	0	240	2400	40	0	10	70	960	0	490	0
Route 66 Double Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Beef Burgers	1020	600	70	20	0	200	1780	40	0	10	60	530	0	490	10
Route 66 Double Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Boca Veggie Burgers	840	360	40	10	0	60	1610	60	20	10	60	520	0	610	10
Route 66 Double Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Gardein Burgers	940	470	50	10	0	60	1730	90	20	10	40	920	20	530	0
Route 66 Double Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Grilled Chicken	910	380	40	10	0	220	1030	40	0	10	90	580	10	480	0
Route 66 Double Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Turkey Burgers	1280	830	90	30	0	240	2310	40	0	10	70	720	0	490	0
Smoke House Burger (1 serving)	360	190	20	10	0	50	1010	30	0	10	10	320	0	160	0
Smoke House Burger (1 serving) with Bun Choice Gluten Free	650	290	30	10	0	50	1530	70	10	20	20	570	0	200	0
Smoke House Burger (1 serving) with Bun Choice Regular	590	260	30	10	0	50	1370	70	0	20	20	570	0	180	0
Smoke House Burger (1 serving) with Bun Choice Wheat	550	210	20	10	0	50	1270	70	0	10	20	320	0	180	0
Smoke House Burger (1 serving) with Burger Patty Choice Beef Burger	570	310	30	10	0	120	1610	30	0	10	30	330	0	190	0
Smoke House Burger (1 serving) with Burger Patty Choice Boca Veggie Burger	480	200	20	10	0	50	1530	40	10	10	30	320	0	250	0
Smoke House Burger (1 serving) with Burger Patty Choice Gardein Burger	530	250	30	10	0	50	1590	50	10	10	20	520	10	210	0
Smoke House Burger (1 serving) with Burger Patty Choice Grilled Chicken	510	210	20	10	0	130	1240	30	0	10	50	350	10	180	0
Smoke House Burger (1 serving) with Burger Patty Choice Turkey Burger	700	430	50	20	0	140	1880	30	0	10	40	420	0	190	0
Smoke House Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Beef Burger	860	420	50	10	0	120	2130	70	10	20	40	570	0	230	0
Smoke House Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Boca Veggie Burger	770	300	30	10	0	50	2040	80	10	20	40	570	0	290	0
Smoke House Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Gardein Burger	820	360	40	10	0	50	2100	100	10	20	30	770	10	250	0
Smoke House Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Grilled Chicken	800	310	30	10	0	130	1750	70	10	20	50	600	10	220	0
Smoke House Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Turkey Burger	990	540	60	20	0	140	2390	70	10	20	40	670	0	230	0
Smoke House Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Beef Burger	800	380	40	20	0	120	1970	70	0	20	40	570	0	210	0
Smoke House Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Boca Veggie Burger	710	270	30	10	0	50	1880	80	10	20	40	570	0	270	0
Smoke House Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Gardein Burger	760	320	40	10	0	50	1940	90	10	20	30	770	10	230	0
Smoke House Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Grilled Chicken	740	270	30	10	0	130	1590	70	0	20	50	600	10	200	0
Smoke House Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Turkey Burger	930	500	60	20	0	140	2230	70	0	20	40	670	0	210	0
Smoke House Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Beef Burger	760	340	40	10	0	120	1870	70	0	10	40	330	0	210	0
Smoke House Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Boca Veggie Burger	670	220	20	10	0	50	1790	80	10	10	40	320	0	270	0
Smoke House Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Gardein Burger	720	280	30	10	0	50	1850	90	10	20	30	520	10	230	0
Smoke House Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Grilled Chicken	700	230	30	10	0	130	1500	70	0	10	50	350	10	200	0
Smoke House Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Turkey Burger	890	460	50	20	0	140	2140	70	0	10	50	420	0	210	0

Certified Angus Beef Quarter Pound Burgers

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Smoke House Double Burger (1 serving)	520	320	40	10	0	90	1450	30	0	10	30	590	0	320	0
Smoke House Double Burger (1 serving) with Bun Choice Gluten Free	810	420	50	20	0	90	1970	70	10	20	30	830	0	360	0
Smoke House Double Burger (1 serving) with Bun Choice Regular	750	390	40	20	0	90	1810	70	0	20	30	830	0	340	0
Smoke House Double Burger (1 serving) with Bun Choice Wheat	710	340	40	20	0	90	1710	70	0	10	30	590	0	340	0
Smoke House Double Burger (1 serving) with Burger Patty Choice Beef Burgers	940	570	60	20	0	230	2650	30	0	10	70	600	0	360	0
Smoke House Double Burger (1 serving) with Burger Patty Choice Boca Veggie Burgers	760	330	40	10	0	90	2480	50	10	10	60	590	0	480	10
Smoke House Double Burger (1 serving) with Burger Patty Choice Gardein Burgers	860	440	50	20	0	90	2600	80	20	20	40	990	20	400	0
Smoke House Double Burger (1 serving) with Burger Patty Choice Grilled Chicken	830	350	40	20	0	250	1900	30	0	10	90	650	10	350	0
Smoke House Double Burger (1 serving) with Burger Patty Choice Turkey Burgers	1200	800	90	30	0	270	3180	30	0	10	70	790	0	360	0
Smoke House Double Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Beef Burgers	1240	670	70	30	0	230	3160	70	10	20	70	840	0	400	10
Smoke House Double Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Boca Veggie Burgers	1050	440	50	20	0	90	2990	90	20	20	70	830	0	520	10
Smoke House Double Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Gardein Burgers	1150	550	60	20	0	90	3110	120	20	20	50	1230	20	440	0
Smoke House Double Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Grilled Chicken	1120	450	50	20	0	250	2410	70	10	20	100	890	10	390	0
Smoke House Double Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Turkey Burgers	1490	910	100	30	0	270	3690	70	10	20	80	1030	0	400	0
Smoke House Double Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Beef Burgers	1180	630	70	30	0	230	3000	70	0	20	70	840	0	380	10
Smoke House Double Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Boca Veggie Burgers	990	400	40	20	0	90	2830	90	10	20	70	830	0	500	10
Smoke House Double Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Gardein Burgers	1090	510	60	20	0	90	2950	110	20	20	50	1230	20	420	0
Smoke House Double Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Grilled Chicken	1060	420	50	20	0	250	2250	70	0	20	100	890	10	370	0
Smoke House Double Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Turkey Burgers	1430	870	100	30	0	270	3530	70	0	20	80	1030	0	380	0
Smoke House Double Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Beef Burgers	1130	590	70	30	0	230	2910	70	0	10	70	600	0	380	10
Smoke House Double Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Boca Veggie Burgers	950	360	40	20	0	90	2740	90	20	10	70	590	0	500	10
Smoke House Double Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Gardein Burgers	1050	470	50	20	0	90	2860	120	20	20	50	990	20	420	0
Smoke House Double Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Grilled Chicken	1020	370	40	20	0	250	2160	70	0	10	100	650	10	370	0
Smoke House Double Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Turkey Burgers	1390	830	90	30	0	270	3440	70	0	10	80	790	0	380	0
Streamliner (1 serving)	340	40	0	0	0	0	1120	50	10	10	30	190	0	120	0
The Original Burger (1 serving)	240	200	20	0	0	20	590	10	0	0	0	290	0	30	0
The Original Burger (1 serving) with Bun Choice Gluten Free	530	310	30	0	0	20	1100	50	10	10	10	540	0	70	0
The Original Burger (1 serving) with Bun Choice Regular	470	270	30	10	0	20	940	40	0	10	10	540	0	50	0
The Original Burger (1 serving) with Bun Choice Wheat	430	230	30	0	0	20	850	50	0	10	10	290	0	50	0
The Original Burger (1 serving) with Burger Patty Choice Beef Burger	450	330	40	10	0	90	1190	10	0	0	20	300	0	50	0
The Original Burger (1 serving) with Burger Patty Choice Boca Veggie Burger	360	210	20	0	0	20	1100	20	10	0	20	290	0	110	0
The Original Burger (1 serving) with Burger Patty Choice Gardein Burger	410	270	30	0	0	20	1160	30	10	10	10	490	10	70	0
The Original Burger (1 serving) with Burger Patty Choice Grilled Chicken	400	220	20	0	0	100	810	10	0	0	30	320	0	40	0
The Original Burger (1 serving) with Burger Patty Choice Turkey Burger	580	450	50	10	0	110	1450	10	0	0	30	390	0	50	0
The Original Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Beef Burger	740	430	50	10	0	90	1700	50	10	10	30	540	0	90	0
The Original Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Boca Veggie Burger	650	320	40	0	0	20	1610	60	10	10	30	540	0	150	0
The Original Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Gardein Burger	700	370	40	10	0	20	1670	70	10	10	10	740	10	110	0
The Original Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Grilled Chicken	690	330	40	10	0	100	1330	50	10	10	40	570	0	80	0
The Original Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Turkey Burger	870	550	60	10	0	110	1960	50	10	10	30	640	0	90	0
The Original Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Beef Burger	680	400	40	10	0	90	1540	40	0	10	30	540	0	70	0
The Original Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Boca Veggie Burger	590	280	30	10	0	20	1450	50	10	10	30	540	0	130	0
The Original Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Gardein Burger	640	340	40	10	0	20	1510	70	10	10	10	740	10	90	0
The Original Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Grilled Chicken	630	290	30	10	0	100	1170	40	0	10	40	570	0	60	0
The Original Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Turkey Burger	810	520	60	10	0	110	1800	40	0	10	30	640	0	70	0
The Original Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Beef Burger	640	350	40	10	0	90	1450	50	0	10	30	300	0	70	0
The Original Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Boca Veggie Burger	550	240	30	0	0	20	1360	50	10	10	30	290	0	130	0
The Original Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Gardein Burger	600	290	30	10	0	20	1420	70	10	10	20	490	10	90	0
The Original Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Grilled Chicken	590	240	30	0	0	100	1070	50	0	10	40	320	0	60	0
The Original Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Turkey Burger	770	470	50	10	0	110	1710	50	0	10	30	390	0	70	0

Certified Angus Beef Quarter Pound Burgers

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
The Spicy Houston Burger (1 serving)	190	160	20	10	0	30	700	0	0	0	10	650	0	190	0
The Spicy Houston Burger (1 serving) with Bun Choice Gluten Free	490	260	30	10	0	30	1220	50	10	10	10	900	0	230	0
The Spicy Houston Burger (1 serving) with Bun Choice Regular	430	220	20	10	0	30	1060	40	0	10	10	900	0	210	0
The Spicy Houston Burger (1 serving) with Bun Choice Wheat	380	180	20	10	0	30	960	40	0	10	10	650	0	210	0
The Spicy Houston Burger (1 serving) with Burger Patty Choice Beef Burger	410	280	30	10	0	100	1300	0	0	0	30	660	0	220	0
The Spicy Houston Burger (1 serving) with Burger Patty Choice Boca Veggie Burger	320	160	20	10	0	30	1220	10	10	0	30	650	0	270	0
The Spicy Houston Burger (1 serving) with Burger Patty Choice Gardein Burger	370	220	20	10	0	30	1280	30	10	0	10	850	10	230	0
The Spicy Houston Burger (1 serving) with Burger Patty Choice Grilled Chicken	350	170	20	10	0	110	930	0	0	0	40	680	10	210	0
The Spicy Houston Burger (1 serving) with Burger Patty Choice Turkey Burger	540	400	40	10	0	120	1570	0	0	0	30	750	0	210	0
The Spicy Houston Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Beef Burger	700	380	40	10	0	100	1820	50	10	10	30	900	0	260	0
The Spicy Houston Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Boca Veggie Burger	610	270	30	10	0	30	1730	60	10	10	30	900	0	310	0
The Spicy Houston Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Gardein Burger	660	320	40	10	0	30	1790	70	10	10	20	1100	10	270	0
The Spicy Houston Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Grilled Chicken	640	280	30	10	0	110	1440	50	10	10	40	930	10	250	0
The Spicy Houston Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Turkey Burger	830	500	60	10	0	120	2080	50	10	10	40	1000	0	250	0
The Spicy Houston Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Beef Burger	640	350	40	10	0	100	1660	40	0	10	30	900	0	240	0
The Spicy Houston Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Boca Veggie Burger	550	230	30	10	0	30	1570	50	10	10	30	900	0	290	0
The Spicy Houston Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Gardein Burger	600	290	30	10	0	30	1630	60	10	10	20	1100	10	250	0
The Spicy Houston Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Grilled Chicken	580	240	30	10	0	110	1280	40	0	10	40	930	10	230	0
The Spicy Houston Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Turkey Burger	770	470	50	20	0	120	1920	40	0	10	40	1000	0	230	0
The Spicy Houston Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Beef Burger	600	300	30	10	0	100	1560	40	0	10	30	660	0	240	0
The Spicy Houston Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Boca Veggie Burger	510	190	20	10	0	30	1480	50	10	10	30	650	0	290	0
The Spicy Houston Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Gardein Burger	560	240	30	10	0	30	1540	70	10	10	20	850	10	250	0
The Spicy Houston Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Grilled Chicken	540	190	20	10	0	110	1190	40	0	10	50	680	10	230	0
The Spicy Houston Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Turkey Burger	730	420	50	10	0	120	1830	40	0	10	40	750	0	230	0
The Spicy Houston Double Burger (1 serving)	280	220	20	10	0	60	830	0	0	0	10	880	0	340	0
The Spicy Houston Double Burger (1 serving) with Bun Choice Gluten Free	570	320	40	10	0	60	1340	50	10	10	20	1120	0	380	0
The Spicy Houston Double Burger (1 serving) with Bun Choice Regular	510	290	30	10	0	60	1180	40	0	10	20	1120	0	360	0
The Spicy Houston Double Burger (1 serving) with Bun Choice Wheat	470	240	30	10	0	60	1090	40	0	10	20	880	0	360	0
The Spicy Houston Double Burger (1 serving) with Burger Patty Choice Beef Burgers	700	470	50	20	0	200	2030	10	0	0	50	890	0	390	0
The Spicy Houston Double Burger (1 serving) with Burger Patty Choice Boca Veggie Burgers	520	230	30	10	0	60	1860	20	10	0	50	880	0	500	10
The Spicy Houston Double Burger (1 serving) with Burger Patty Choice Gardein Burgers	620	340	40	10	0	60	1980	50	10	10	30	1280	20	420	0
The Spicy Houston Double Burger (1 serving) with Burger Patty Choice Grilled Chicken	590	250	30	10	0	220	1280	10	0	0	80	940	10	380	0
The Spicy Houston Double Burger (1 serving) with Burger Patty Choice Turkey Burgers	960	700	80	30	0	240	2560	10	0	0	60	1080	0	380	0
The Spicy Houston Double Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Beef Burgers	1000	570	60	20	0	200	2540	50	10	10	60	1130	0	430	10
The Spicy Houston Double Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Boca Veggie Burgers	810	340	40	10	0	60	2370	70	20	10	60	1120	0	540	10
The Spicy Houston Double Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Gardein Burgers	910	450	50	10	0	60	2490	90	20	10	30	1520	20	460	0
The Spicy Houston Double Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Grilled Chicken	880	350	40	10	0	220	1790	50	10	10	80	1180	10	420	0
The Spicy Houston Double Burger (1 serving) with Bun Choice Gluten Free, Burger Patty Choice Turkey Burgers	1250	810	90	30	0	240	3070	50	10	10	70	1320	0	420	0
The Spicy Houston Double Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Beef Burgers	940	530	60	20	0	200	2380	40	0	10	60	1130	0	410	10
The Spicy Houston Double Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Boca Veggie Burgers	750	300	30	10	0	60	2210	60	10	10	60	1120	0	520	10
The Spicy Houston Double Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Gardein Burgers	850	410	50	10	0	60	2330	90	20	10	30	1520	20	440	0
The Spicy Houston Double Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Grilled Chicken	820	320	40	10	0	220	1630	40	0	10	80	1180	10	400	0
The Spicy Houston Double Burger (1 serving) with Bun Choice Regular, Burger Patty Choice Turkey Burgers	1190	770	90	30	0	240	2910	40	0	10	70	1320	0	400	0
The Spicy Houston Double Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Beef Burgers	890	490	50	20	0	200	2290	40	0	10	60	890	0	410	10
The Spicy Houston Double Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Boca Veggie Burgers	710	260	30	10	0	60	2120	60	20	10	60	880	0	520	10
The Spicy Houston Double Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Gardein Burgers	810	360	40	10	0	60	2240	90	20	10	30	1280	20	440	0
The Spicy Houston Double Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Grilled Chicken	780	270	30	10	0	220	1540	40	0	10	80	940	10	400	0
The Spicy Houston Double Burger (1 serving) with Bun Choice Wheat, Burger Patty Choice Turkey Burgers	1150	720	80	30	0	240	2820	40	0	10	70	1080	0	400	0

Create Your Burger Items

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Bun Choices (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Bun Choices (1 serving) with Bread Choice Hoagie Roll	230	20	0	0	0	0	540	40	0	0	10	0	0	40	0
Bun Choices (1 serving) with Bread Choice Sourdough	300	90	10	0	0	0	530	50	0	0	10	370	0	0	0
Bun Choices (1 serving) with Bun Choice Gluten Free	290	100	10	0	0	0	510	40	10	10	10	240	0	40	0
Bun Choices (1 serving) with Bun Choice Regular	230	70	10	0	0	0	350	40	0	10	10	240	0	20	0
Bun Choices (1 serving) with Bun Choice Wheat	190	20	0	0	0	0	260	40	0	0	10	0	0	20	0
Exciting Extras (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Exciting Extras (1 serving) with Topping Choice 2 Applewood Smoked Bacon Strips	90	60	10	0	0	20	300	0	0	0	10	0	0	0	0
Exciting Extras (1 serving) with Topping Choice American Cheese	70	50	10	0	0	20	300	0	0	0	0	200	0	200	0
Exciting Extras (1 serving) with Topping Choice Avocado	70	60	10	0	0	0	0	0	0	0	0	60	0	10	0
Exciting Extras (1 serving) with Topping Choice Cheddar Cheese	70	60	10	0	0	20	140	0	0	0	10	260	0	150	0
Exciting Extras (1 serving) with Topping Choice Cheddar Cheese Sauce	40	20	0	0	0	0	280	0	0	0	0	50	0	10	0
Exciting Extras (1 serving) with Topping Choice Chili	130	100	10	0	0	20	290	0	0	0	0	0	0	20	0
Exciting Extras (1 serving) with Topping Choice Grilled Green Peppers	30	20	0	0	0	0	50	0	0	0	0	300	50	10	0
Exciting Extras (1 serving) with Topping Choice Grilled Mushrooms	10	10	0	0	0	0	30	0	0	0	0	40	0	0	0
Exciting Extras (1 serving) with Topping Choice Jalapenos	10	0	0	0	0	0	350	0	0	0	0	100	0	20	0
Exciting Extras (1 serving) with Topping Choice Onion Rings	100	10	0	0	0	0	320	20	0	0	0	0	0	0	0
Exciting Extras (1 serving) with Topping Choice Pepper Jack Cheese	80	60	10	0	0	20	130	0	0	0	10	230	0	150	0
Exciting Extras (1 serving) with Topping Choice Provolone Cheese	80	50	10	0	0	20	140	0	0	0	10	230	0	190	0
Exciting Extras (1 serving) with Topping Choice Swiss Cheese	80	50	10	0	0	20	40	0	0	0	10	200	0	210	0
Fresh Freebies (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Fresh Freebies (1 serving) with Topping Choice BBQ Sauce	70	0	0	0	0	0	290	20	0	20	0	100	0	0	0
Fresh Freebies (1 serving) with Topping Choice Caramelized Onions	20	10	0	0	0	0	20	0	0	0	0	40	0	10	0
Fresh Freebies (1 serving) with Topping Choice Crinkle Cut Pickles	0	0	0	0	0	0	160	0	0	0	0	0	0	10	0
Fresh Freebies (1 serving) with Topping Choice Honey Mustard	130	120	10	0	0	10	250	10	0	10	0	0	0	0	0
Fresh Freebies (1 serving) with Topping Choice Housemade Ranch	110	100	10	0	0	10	230	0	0	0	0	20	0	20	0
Fresh Freebies (1 serving) with Topping Choice Ketchup	40	0	0	0	0	0	320	10	0	10	0	160	0	10	0
Fresh Freebies (1 serving) with Topping Choice Leaf Lettuce	0	0	0	0	0	0	0	0	0	0	0	630	0	0	0
Fresh Freebies (1 serving) with Topping Choice Mayonnaise	200	200	20	0	0	20	150	0	0	0	0	0	0	0	0
Fresh Freebies (1 serving) with Topping Choice Mustard	0	0	0	0	0	0	80	0	0	0	0	0	0	0	0
Fresh Freebies (1 serving) with Topping Choice Onion Slice	10	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Fresh Freebies (1 serving) with Topping Choice Relish	20	0	0	0	0	0	110	0	0	0	0	0	0	0	0
Fresh Freebies (1 serving) with Topping Choice Smoke House BBQ Ranch	90	50	10	0	0	10	260	10	0	10	0	60	0	10	0
Fresh Freebies (1 serving) with Topping Choice Smokin' Chipotle Ranch	100	90	10	0	0	10	220	0	0	0	0	180	0	20	0
Fresh Freebies (1 serving) with Topping Choice Special Sauce	160	140	20	0	0	10	210	0	0	0	0	190	0	0	0
Fresh Freebies (1 serving) with Topping Choice Tomato Slice	0	0	0	0	0	0	0	0	0	0	0	80	0	0	0
Protein Choices (1 portion)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Protein Choices (1 portion) with Burger Patty Choice Beef Burger 2 oz	110	60	10	0	0	40	390	0	0	0	10	0	0	10	0
Protein Choices (1 portion) with Burger Patty Choice Beef Burger 4 oz	210	120	10	10	0	70	600	0	0	0	20	10	0	20	0
Protein Choices (1 portion) with Burger Patty Choice Beef Burger 5.33 oz	280	170	20	10	0	90	790	0	0	0	30	10	0	30	0
Protein Choices (1 portion) with Burger Patty Choice Boca Veggie Burger	120	10	0	0	0	0	510	10	10	0	20	0	0	80	0
Protein Choices (1 portion) with Burger Patty Choice Gardein Burger	170	60	10	0	0	0	570	20	10	0	10	200	10	40	0
Protein Choices (1 portion) with Burger Patty Choice Grilled Chicken	160	20	0	0	0	80	220	0	0	0	30	30	0	20	0
Protein Choices (1 portion) with Burger Patty Choice Turkey Burger	340	240	30	10	0	90	860	0	0	0	20	100	0	20	0

Fresh Favorites

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Chicken Tenders (1 serving)	530	140	20	0	0	100	1580	50	0	0	50	590	10	60	0
Chicken Tenders (1 serving) with Sauce Choice BBQ	670	140	20	0	0	100	2160	90	0	30	50	790	20	60	0
Chicken Tenders (1 serving) with Sauce Choice Honey Mustard	790	370	40	10	0	120	2080	60	0	10	50	590	10	60	0
Chicken Tenders (1 serving) with Sauce Choice Ranch	750	340	40	10	0	130	2030	50	0	0	50	640	10	100	0
Grilled Chicken Breast Sandwich (1 serving)	550	240	30	0	0	100	640	40	0	0	40	180	0	40	0
Philly Cheese Steak (1 serving)	780	350	40	20	0	130	2130	60	0	10	50	730	50	460	10
Rocket Chili Dog (1 serving)	670	420	50	20	0	100	1620	40	0	0	30	500	0	240	0
Rocket Dog (1 serving)	480	250	30	10	0	50	1590	40	0	10	20	280	0	30	0

Sourdough Specials

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Bacon, Lettuce and Tomato Sandwich (1 serving)	690	420	50	10	0	60	1280	50	0	0	20	1580	10	10	0
Fried Chicken Club Sandwich (1 serving)	910	450	50	10	0	100	1920	70	0	0	40	1880	10	40	0
Grilled Cheese (1 serving)	300	90	10	0	0	0	530	50	0	0	10	370	0	0	0
Grilled Cheese (1 serving) with Cheese Choice American	580	310	30	20	0	80	1730	50	0	0	20	1170	0	800	0
Grilled Cheese (1 serving) with Cheese Choice Cheddar	600	350	40	20	0	80	1080	50	0	0	30	1420	0	610	0
Grilled Cheese (1 serving) with Cheese Choice Pepper Jack	630	330	40	20	0	90	1040	50	0	0	30	1270	0	600	0
Grilled Cheese (1 serving) with Cheese Choice Provolone	630	310	30	20	0	60	1100	50	0	0	30	1270	0	750	0
Grilled Cheese (1 serving) with Cheese Choice Swiss	620	300	30	20	0	80	700	50	0	0	30	1190	0	830	0
Grilled Chicken Club Sandwich (1 serving)	800	400	40	10	0	130	1360	50	0	0	50	1610	10	20	0
Sourdough Burger Melt (1 serving)	680	340	40	10	0	110	1590	50	0	10	40	880	0	380	0

Salads

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Crispy Chicken Club Salad (1 serving)	420	190	20	10	0	80	1090	20	0	0	30	7180	50	310	10
Crispy Chicken Club Salad (1 serving) with Dressing Choice 1000 Island	670	410	50	10	0	110	1580	30	0	10	30	7180	50	310	10
Crispy Chicken Club Salad (1 serving) with Dressing Choice Balsamic Vinaigrette	540	280	30	10	0	80	1550	30	0	10	30	7180	50	310	10
Crispy Chicken Club Salad (1 serving) with Dressing Choice Bleu Cheese	740	500	60	20	0	110	1630	30	0	0	30	7180	50	390	10
Crispy Chicken Club Salad (1 serving) with Dressing Choice Fat Free Italian	450	190	20	10	0	80	1810	30	0	10	30	7180	50	310	10
Crispy Chicken Club Salad (1 serving) with Dressing Choice Honey Mustard	680	420	50	10	0	100	1590	30	0	10	30	7180	50	310	10
Crispy Chicken Club Salad (1 serving) with Dressing Choice Ranch	640	390	40	10	0	110	1550	30	0	0	30	7230	50	350	10
Garden Salad (1 serving)	150	80	10	10	0	30	260	10	0	0	10	6980	50	290	0
Garden Salad (1 serving) with Dressing Choice 1000 Island	400	300	30	10	0	60	760	10	0	10	10	6980	50	290	0
Garden Salad (1 serving) with Dressing Choice Balsamic Vinaigrette	270	170	20	10	0	30	720	10	0	10	10	6980	50	290	0
Garden Salad (1 serving) with Dressing Choice Bleu Cheese	470	390	40	10	0	60	800	10	0	0	10	6980	50	370	0
Garden Salad (1 serving) with Dressing Choice Fat Free Italian	180	80	10	10	0	30	980	10	0	10	10	6980	50	290	0
Garden Salad (1 serving) with Dressing Choice Honey Mustard	410	320	40	10	0	50	760	20	0	10	10	6980	50	290	0
Garden Salad (1 serving) with Dressing Choice Ranch	370	280	30	10	0	50	720	10	0	0	10	7030	50	330	0
Grilled Chicken Club Salad (1 serving)	400	160	20	10	0	130	790	10	0	0	50	7010	50	300	10
Grilled Chicken Club Salad (1 serving) with Dressing Choice 1000 Island	650	380	40	10	0	160	1280	20	0	10	50	7010	50	300	10
Grilled Chicken Club Salad (1 serving) with Dressing Choice Balsamic Vinaigrette	520	250	30	10	0	130	1250	20	0	10	50	7010	50	300	10
Grilled Chicken Club Salad (1 serving) with Dressing Choice Bleu Cheese	720	470	50	10	0	160	1330	10	0	0	50	7010	50	380	10
Grilled Chicken Club Salad (1 serving) with Dressing Choice Fat Free Italian	430	160	20	10	0	130	1510	10	0	10	50	7010	50	300	10
Grilled Chicken Club Salad (1 serving) with Dressing Choice Honey Mustard	660	390	40	10	0	150	1290	20	0	10	50	7010	50	300	10
Grilled Chicken Club Salad (1 serving) with Dressing Choice Ranch	620	360	40	10	0	150	1240	10	0	0	50	7060	50	350	10
Side Salad (1 serving)	70	40	0	0	0	20	110	0	0	0	0	2160	20	130	0
Side Salad (1 serving) with Dressing Choice 1000 Island	320	260	30	10	0	40	610	10	0	10	0	2160	20	130	0
Side Salad (1 serving) with Dressing Choice Balsamic Vinaigrette	190	130	10	0	0	20	570	10	0	10	0	2160	20	130	0
Side Salad (1 serving) with Dressing Choice Bleu Cheese	390	350	40	10	0	50	650	0	0	0	10	2160	20	210	0
Side Salad (1 serving) with Dressing Choice Fat Free Italian	100	40	0	0	0	20	830	10	0	0	0	2160	20	130	0
Side Salad (1 serving) with Dressing Choice Honey Mustard	330	280	30	10	0	40	610	10	0	10	0	2160	20	130	0
Side Salad (1 serving) with Dressing Choice Ranch	290	240	30	10	0	40	570	0	0	0	10	2210	20	170	0

Salads Dressings

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Salad Dressing Choices (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Salad Dressing Choices (1 serving) with Dressing Choice 1000 Island	250	220	20	0	0	30	490	10	0	10	0	0	0	0	0
Salad Dressing Choices (1 serving) with Dressing Choice Balsamic Vinaigrette	120	90	10	0	0	0	460	10	0	10	0	0	0	0	0
Salad Dressing Choices (1 serving) with Dressing Choice Bleu Cheese	320	310	30	10	0	30	540	0	0	0	0	0	0	80	0
Salad Dressing Choices (1 serving) with Dressing Choice Fat Free Italian	30	0	0	0	0	0	720	10	0	0	0	0	0	0	0
Salad Dressing Choices (1 serving) with Dressing Choice Honey Mustard	260	230	30	0	0	20	500	10	0	10	0	0	0	0	0
Salad Dressing Choices (1 serving) with Dressing Choice Ranch	220	200	20	0	0	20	460	0	0	0	0	50	0	50	0

Kids Meals and Shakes

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Kids Banana Shake (1 shake)	560	270	30	20	0	100	190	60	0	50	10	1050	0	380	0
Kids Banana Shake (1 shake) with Malt Powder	590	270	30	20	0	110	230	70	0	60	10	1050	0	400	0
Kids Chicken Tenders (1 serving)	460	120	10	0	0	50	1250	60	0	0	30	350	10	60	0
Kids Chicken Tenders (1 serving) with Sauce Choice BBQ	600	120	10	0	0	50	1830	90	0	30	30	550	20	60	0
Kids Chicken Tenders (1 serving) with Sauce Choice Honey Mustard	720	360	40	10	0	70	1750	70	0	10	30	350	10	60	0
Kids Chicken Tenders (1 serving) with Sauce Choice Ranch	680	330	40	10	0	70	1700	60	0	0	30	400	10	100	0
Kids Chocolate Banana Shake (1 shake)	630	270	30	20	0	100	200	80	0	70	10	1050	0	380	0
Kids Chocolate Banana Shake (1 shake) with Malt Powder	660	270	30	20	0	110	240	80	0	70	10	1050	0	400	0
Kids Chocolate Peanut Butter Shake (1 shake)	820	430	50	20	0	100	360	80	0	70	20	1020	0	380	0
Kids Chocolate Peanut Butter Shake (1 shake) with Malt Powder	850	430	50	20	0	110	390	80	0	70	20	1020	0	400	0
Kids Chocolate Strawberry Kiss Shake (1 shake)	640	270	30	20	0	100	210	80	0	70	10	1020	10	380	0
Kids Chocolate Strawberry Kiss Shake (1 shake) with Malt Powder	670	270	30	20	0	110	240	90	0	80	10	1020	10	400	0
Kids Grilled Cheese (1 serving)	500	150	20	0	0	0	990	80	0	10	10	430	10	30	0
Kids Grilled Cheese (1 serving) with Cheese Choice American	640	260	30	10	0	40	1590	80	0	10	20	830	10	430	0
Kids Grilled Cheese (1 serving) with Cheese Choice Cheddar	640	270	30	10	0	40	1270	80	0	10	20	950	10	330	0
Kids Grilled Cheese (1 serving) with Cheese Choice Pepper Jack	660	270	30	10	0	50	1250	80	0	10	20	880	10	330	0
Kids Grilled Cheese (1 serving) with Cheese Choice Provolone	660	260	30	10	0	30	1280	80	0	10	20	880	10	400	0
Kids Grilled Cheese (1 serving) with Cheese Choice Swiss	660	250	30	10	0	40	1080	80	0	10	20	830	10	450	0
Kids Grilled Chicken Strips (1 serving)	350	70	10	0	0	80	690	30	0	0	40	80	10	40	0
Kids Hershey's Chocolate Shake (1 shake)	600	270	30	20	0	100	200	70	0	60	10	1020	0	380	0
Kids Hershey's Chocolate Shake (1 shake) with Malt Powder	630	270	30	20	0	110	240	80	0	70	10	1020	0	400	0
Kids Hot Dog (1 serving)	670	310	30	10	0	50	2050	70	0	10	20	330	10	60	0
Kids Maple Bacon Shake (1 shake)	670	280	30	20	0	110	380	80	0	70	10	1020	0	380	0
Kids Mini Burgers (1 serving)	590	220	20	10	0	100	1390	60	0	10	30	60	10	90	0
Kids Mini Burgers (1 serving) with Cheese Choice American	660	270	30	10	0	120	1690	60	0	10	30	260	10	290	0
Kids Mini Burgers (1 serving) with Cheese Choice Cheddar	660	280	30	10	0	120	1530	60	0	10	30	320	10	250	0
Kids Oreo Cookies and Cream Shake (1 shake)	680	310	30	20	0	100	470	80	0	60	10	1020	0	380	0
Kids Oreo Cookies and Cream Shake (1 shake) with Malt Powder	710	320	40	20	0	110	500	80	0	60	10	1020	0	400	0
Kids Peanut Butter Banana Shake (1 shake)	770	430	50	20	0	100	350	70	0	60	20	1040	0	380	0
Kids Peanut Butter Banana Shake (1 shake) with Malt Powder	800	430	50	20	0	110	380	70	0	60	20	1040	0	400	0

Kids Meals and Shakes

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Kids Peanut Butter Shake (1 shake)	740	430	50	20	0	100	350	60	0	50	20	1020	0	380	0
Kids Peanut Butter Shake (1 shake) with Malt Powder	770	430	50	20	0	110	380	60	0	60	20	1020	0	400	0
Kids Soft Serve Banana Shake (1 shake)	610	300	30	20	0	120	300	70	0	60	10	1240	10	370	0
Kids Soft Serve Banana Shake (1 shake) with Malt Powder	640	310	30	20	0	120	340	70	0	70	10	1240	10	380	0
Kids Soft Serve Chocolate Banana Shake (1 shake)	680	300	30	20	0	120	310	80	0	80	10	1240	10	370	0
Kids Soft Serve Chocolate Banana Shake (1 shake) with Malt Powder	710	310	30	20	0	120	350	90	0	80	10	1240	10	380	0
Kids Soft Serve Chocolate Peanut Butter Shake (1 shake)	870	460	50	30	0	120	470	80	0	70	20	1210	0	370	0
Kids Soft Serve Chocolate Peanut Butter Shake (1 shake) with Malt Powder	900	460	50	30	0	120	500	90	0	80	20	1210	0	380	0
Kids Soft Serve Chocolate Shake (1 shake)	650	300	30	20	0	120	310	80	0	70	10	1210	0	370	0
Kids Soft Serve Chocolate Shake (1 shake) with Malt Powder	680	300	30	20	0	120	350	80	0	70	10	1210	0	380	0
Kids Soft Serve Chocolate Strawberry Kiss Shake (1 shake)	680	300	30	20	0	120	320	90	0	80	10	1210	10	370	0
Kids Soft Serve Chocolate Strawberry Kiss Shake (1 shake) with Malt Powder	710	300	30	20	0	120	350	90	0	80	10	1210	10	380	0
Kids Soft Serve Maple Bacon Shake (1 shake)	720	310	30	20	0	130	490	90	0	80	10	1220	0	370	0
Kids Soft Serve Oreo Cookies and Cream Shake (1 shake)	730	340	40	20	0	120	580	80	0	70	10	1210	0	370	0
Kids Soft Serve Oreo Cookies and Cream Shake (1 shake) with Malt Powder	760	350	40	20	0	120	610	90	0	70	10	1210	0	380	0
Kids Soft Serve Peanut Butter Banana Shake (1 shake)	820	460	50	30	0	120	460	70	0	60	20	1230	10	370	0
Kids Soft Serve Peanut Butter Banana Shake (1 shake) with Malt Powder	850	470	50	30	0	120	490	80	0	70	20	1230	10	380	0
Kids Soft Serve Peanut Butter Shake (1 shake)	790	460	50	30	0	120	460	60	0	60	20	1210	0	370	0
Kids Soft Serve Peanut Butter Shake (1 shake) with Malt Powder	820	460	50	30	0	120	490	70	0	60	20	1210	0	380	0
Kids Soft Serve Strawberry Banana Shake (1 shake)	650	300	30	20	0	120	310	80	0	70	10	1240	10	370	0
Kids Soft Serve Strawberry Banana Shake (1 shake) with Malt Powder	680	310	30	20	0	120	340	80	0	70	10	1240	10	380	0
Kids Soft Serve Strawberry Oreo Crumble Shake (1 shake)	770	340	40	20	0	120	580	90	0	80	10	1210	10	370	0
Kids Soft Serve Strawberry Oreo Crumble Shake (1 shake) with Malt Powder	800	350	40	20	0	120	620	100	0	80	10	1210	10	380	0
Kids Soft Serve Strawberry Shake (1 shake)	610	300	30	20	0	120	310	70	0	70	10	1210	10	370	0
Kids Soft Serve Strawberry Shake (1 shake) with Malt Powder	640	300	30	20	0	120	340	70	0	70	10	1210	10	380	0
Kids Soft Serve Vanilla Shake (1 shake)	630	300	30	20	0	120	300	70	0	70	10	1210	0	370	0
Kids Soft Serve Vanilla Shake (1 shake) with Malt Powder	660	300	30	20	0	120	340	80	0	80	10	1210	0	380	0
Kids Strawberry Banana Shake (1 shake)	600	270	30	20	0	100	200	70	0	60	10	1050	10	380	0
Kids Strawberry Banana Shake (1 shake) with Malt Powder	630	270	30	20	0	110	230	80	0	70	10	1050	10	400	0
Kids Strawberry Oreo Crumble Shake (1 shake)	720	310	30	20	0	100	470	90	0	70	10	1020	10	380	0
Kids Strawberry Oreo Crumble Shake (1 shake) with Malt Powder	750	320	40	20	0	110	510	90	0	70	10	1020	10	400	0
Kids Strawberry Shake (1 shake)	560	270	30	20	0	100	200	60	0	60	10	1020	10	380	0
Kids Strawberry Shake (1 shake) with Malt Powder	590	270	30	20	0	110	230	70	0	60	10	1020	10	400	0
Kids Vanilla Shake (1 shake)	580	270	30	20	0	100	190	70	0	60	10	1020	0	380	0
Kids Vanilla Shake (1 shake) with Malt Powder	610	270	30	20	0	110	230	70	0	70	10	1020	0	400	0

Soda and More Items

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Adult Float (1 float)	410	210	20	10	0	90	130	40	0	40	10	870	0	230	0
Adult Float (1 float) with Soda Choice Coke	520	210	20	10	0	90	140	70	0	70	10	870	0	230	0
Adult Float (1 float) with Soda Choice Diet Coke	410	210	20	10	0	90	140	40	0	40	10	870	0	230	0
Adult Float (1 float) with Soda Choice Fanta Orange	540	210	20	10	0	90	170	80	0	70	10	870	0	230	0
Adult Float (1 float) with Soda Choice Minute Maid Lemonade	470	210	20	10	0	90	160	60	0	60	10	870	0	230	0
Adult Float (1 float) with Soda Choice Pibb Xtra	520	210	20	10	0	90	150	70	0	70	10	870	0	230	0
Adult Float (1 float) with Soda Choice Sprite	520	210	20	10	0	90	160	70	0	70	10	870	0	230	0
Apple Juice (10 fluid ounces)	140	0	0	0	0	0	30	30	0	30	0	5000	0	20	0
Apple Juice (14 fluid ounces)	200	0	0	0	0	0	40	50	0	40	0	7000	0	30	0
Barq's Root Beer (24 fluid ounces)	200	0	0	0	0	0	40	50	0	50	0	0	0	0	0
Coffee (8 fluid ounces)	0	0	0	0	0	0	10	0	0	0	0	0	0	10	0
Coke (12 fluid ounces)	90	0	0	0	0	0	10	20	0	20	0	0	0	0	0
Coke (16 fluid ounces)	120	0	0	0	0	0	10	30	0	30	0	0	0	0	0
Coke (20 fluid ounces)	150	0	0	0	0	0	10	40	0	40	0	0	0	0	0
Coke (24 fluid ounces)	180	0	0	0	0	0	10	50	0	50	0	0	0	0	0
Dasani Bottled Water (1 bottle)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Diet Coke (12 fluid ounces)	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0
Diet Coke (16 fluid ounces)	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0
Diet Coke (20 fluid ounces)	0	0	0	0	0	0	20	0	0	0	0	0	0	0	0
Diet Coke (24 fluid ounces)	0	0	0	0	0	0	20	0	0	0	0	0	0	0	0
Fanta Orange (12 fluid ounces)	110	0	0	0	0	0	30	30	0	30	0	0	0	0	0
Fanta Orange (16 fluid ounces)	140	0	0	0	0	0	40	40	0	40	0	0	0	0	0
Fanta Orange (20 fluid ounces)	180	0	0	0	0	0	60	40	0	40	0	0	0	0	0
Fanta Orange (24 fluid ounces)	210	0	0	0	0	0	70	50	0	50	0	0	0	0	0
Flavors for Flavored Sodas (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Flavors for Flavored Sodas (1 serving) with Flavor Choice Cherry	60	0	0	0	0	0	0	20	0	20	0	0	0	0	0
Flavors for Flavored Sodas (1 serving) with Flavor Choice Chocolate	80	0	0	0	0	0	10	20	0	10	0	0	0	0	0
Flavors for Flavored Sodas (1 serving) with Flavor Choice Lemon	30	0	0	0	0	0	0	10	0	0	0	20	40	30	0
Flavors for Flavored Sodas (1 serving) with Flavor Choice Strawberry	40	0	0	0	0	0	0	10	0	10	0	0	10	0	0
Flavors for Flavored Sodas (1 serving) with Flavor Choice Vanilla	60	0	0	0	0	0	0	20	0	20	0	0	0	0	0
Hot Chocolate (8 fluid ounces)	80	20	0	0	0	0	190	20	0	10	0	0	0	10	0
Hot Tea (8 fluid ounces)	0	0	0	0	0	0	10	0	0	0	0	0	0	10	0
Iced Tea (12 fluid ounces)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Iced Tea (16 fluid ounces)	0	0	0	0	0	0	10	0	0	0	0	0	0	10	0
Iced Tea (20 fluid ounces)	0	0	0	0	0	0	10	0	0	0	0	0	0	10	0
Iced Tea (24 fluid ounces)	0	0	0	0	0	0	10	0	0	0	0	0	0	10	0
Kids Float (1 float)	200	100	10	10	0	40	60	20	0	20	0	430	0	120	0
Kids Float (1 float) with Soda Choice Coke	280	100	10	10	0	40	70	40	0	40	0	430	0	120	0
Kids Float (1 float) with Soda Choice Diet Coke	200	100	10	10	0	40	70	20	0	20	0	430	0	120	0
Kids Float (1 float) with Soda Choice Fanta Orange	290	100	10	10	0	40	90	40	0	40	0	430	0	120	0
Kids Float (1 float) with Soda Choice Minute Maid Lemonade	250	100	10	10	0	40	80	30	0	30	0	430	0	120	0
Kids Float (1 float) with Soda Choice Pibb Xtra	270	100	10	10	0	40	80	40	0	40	0	430	0	120	0
Kids Float (1 float) with Soda Choice Sprite	270	100	10	10	0	40	80	40	0	40	0	430	0	120	0
Milk (12 fluid ounces)	240	110	10	10	0	50	190	20	0	20	10	450	0	450	0
Milk (16 fluid ounces)	320	140	20	10	0	70	250	30	0	20	20	600	0	600	0
Milk (20 fluid ounces)	400	180	20	10	0	90	310	30	0	30	20	750	10	750	0
Milk (24 fluid ounces)	480	220	20	20	0	110	380	40	0	40	20	900	10	900	0
Minute Maid Lemonade (12 fluid ounces)	90	0	0	0	0	0	40	20	0	20	0	0	0	0	0
Minute Maid Lemonade (16 fluid ounces)	120	0	0	0	0	0	50	30	0	30	0	0	0	0	0
Minute Maid Lemonade (20 fluid ounces)	150	0	0	0	0	0	60	40	0	40	0	0	0	0	0
Minute Maid Lemonade (24 fluid ounces)	170	0	0	0	0	0	70	50	0	50	0	0	0	0	0
Orange Juice (10 fluid ounces)	150	0	0	0	0	0	40	40	0	40	0	0	90	0	0
Orange Juice (14 fluid ounces)	210	0	0	0	0	0	60	50	0	50	0	0	130	0	0
Pibb Xtra (12 fluid ounces)	90	0	0	0	0	0	10	20	0	20	0	0	0	0	0
Pibb Xtra (16 fluid ounces)	120	0	0	0	0	0	20	30	0	30	0	0	0	0	0
Pibb Xtra (20 fluid ounces)	150	0	0	0	0	0	20	40	0	40	0	0	0	0	0
Pibb Xtra (24 fluid ounces)	170	0	0	0	0	0	30	50	0	50	0	0	0	0	0
Sprite (12 fluid ounces)	90	0	0	0	0	0	20	20	0	20	0	0	0	0	0
Sprite (16 fluid ounces)	120	0	0	0	0	0	30	30	0	30	0	0	0	0	0
Sprite (20 fluid ounces)	150	0	0	0	0	0	30	40	0	40	0	0	0	0	0
Sprite (24 fluid ounces)	170	0	0	0	0	0	40	50	0	50	0	0	0	0	0

Shakes

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Banana Shake (1 shake)	830	390	40	30	0	160	290	90	0	80	20	1580	10	580	0
Banana Shake (1 shake) with Malt Powder	890	400	40	30	0	160	360	100	0	90	20	1580	10	600	0
Chocolate Banana Shake (1 shake)	910	390	40	30	0	160	300	110	0	90	20	1580	10	580	0
Chocolate Banana Shake (1 shake) with Malt Powder	970	400	40	30	0	160	370	120	0	100	20	1580	10	600	0
Chocolate Peanut Butter Shake (1 shake)	1060	550	60	30	0	160	460	100	0	90	20	1530	0	570	0
Chocolate Peanut Butter Shake (1 shake) with Malt Powder	1120	560	60	30	0	160	520	110	0	100	20	1530	0	600	0
Chocolate Strawberry Kiss Shake (1 shake)	880	390	40	30	0	160	310	110	0	100	10	1530	10	570	0
Chocolate Strawberry Kiss Shake (1 shake) with Malt Powder	940	400	40	30	0	160	370	120	0	100	20	1530	10	600	0
Hershey's Chocolate Shake (1 shake)	920	390	40	30	0	160	310	110	0	100	10	1530	0	570	0
Hershey's Chocolate Shake (1 shake) with Malt Powder	980	400	40	30	0	160	380	120	0	110	20	1530	0	600	0
Maple Bacon Shake (1 shake)	990	400	40	30	0	170	510	130	0	100	20	1530	0	570	0
Oreo Cookies and Cream Shake (1 shake)	1020	460	50	30	0	160	730	120	0	90	20	1530	0	570	0
Oreo Cookies and Cream Shake (1 shake) with Malt Powder	1080	470	50	30	0	160	800	130	0	100	20	1530	0	600	0
Peanut Butter Banana Shake (1 shake)	1050	550	60	30	0	160	450	100	0	80	20	1570	10	580	0
Peanut Butter Banana Shake (1 shake) with Malt Powder	1110	560	60	30	0	160	510	110	0	90	20	1570	10	600	0
Peanut Butter Shake (1 shake)	1160	680	80	30	0	160	570	90	0	80	30	1530	0	570	0
Peanut Butter Shake (1 shake) with Malt Powder	1220	690	80	30	0	160	640	100	0	90	30	1530	0	600	0
Soft Serve Banana Shake (1 shake)	800	390	40	30	0	160	400	90	0	80	10	1630	10	480	0
Soft Serve Banana Shake (1 shake) with Malt Powder	860	400	40	30	0	160	460	100	0	90	10	1630	10	510	0
Soft Serve Chocolate Banana Shake (1 shake)	880	390	40	30	0	160	410	110	0	100	10	1630	10	480	0
Soft Serve Chocolate Banana Shake (1 shake) with Malt Powder	940	400	40	30	0	160	480	120	0	100	10	1630	10	510	0
Soft Serve Chocolate Peanut Butter Shake (1 shake)	1030	540	60	30	0	160	560	100	0	90	20	1590	0	480	0
Soft Serve Chocolate Peanut Butter Shake (1 shake) with Malt Powder	1090	560	60	30	0	160	630	110	0	100	20	1590	0	510	0
Soft Serve Chocolate Shake (1 shake)	890	390	40	30	0	160	420	110	0	100	10	1590	0	480	0
Soft Serve Chocolate Shake (1 shake) with Malt Powder	950	400	40	30	0	160	490	120	0	110	10	1590	0	510	0
Soft Serve Chocolate Strawberry Kiss Shake (1 shake)	850	390	40	30	0	160	410	100	0	100	10	1590	10	480	0
Soft Serve Chocolate Strawberry Kiss Shake (1 shake) with Malt Powder	910	400	40	30	0	160	480	110	0	100	10	1590	10	510	0
Soft Serve Maple Bacon Shake (1 shake)	960	400	40	30	0	170	610	130	0	110	10	1590	0	480	0
Soft Serve Oreo Cookies and Cream Shake (1 shake)	1030	470	50	30	0	160	900	120	0	90	20	1590	0	480	10
Soft Serve Oreo Cookies and Cream Shake (1 shake) with Malt Powder	1090	480	50	30	0	160	960	130	0	100	20	1590	0	510	10
Soft Serve Peanut Butter Banana Shake (1 shake)	1020	550	60	30	0	160	550	90	0	90	20	1630	10	480	0
Soft Serve Peanut Butter Banana Shake (1 shake) with Malt Powder	1080	560	60	30	0	160	620	100	0	90	20	1630	10	510	0
Soft Serve Peanut Butter Shake (1 shake)	1140	670	70	30	0	160	680	90	0	80	30	1590	0	480	0
Soft Serve Peanut Butter Shake (1 shake) with Malt Powder	1200	680	80	30	0	160	740	100	0	90	30	1590	0	510	0
Soft Serve Strawberry Banana Shake (1 shake)	840	390	40	30	0	160	400	100	0	90	10	1630	20	480	0
Soft Serve Strawberry Banana Shake (1 shake) with Malt Powder	900	400	40	30	0	160	470	110	0	100	10	1630	20	510	0
Soft Serve Strawberry Oreo Crumble Shake (1 shake)	1070	470	50	30	0	160	900	130	0	100	20	1590	10	480	10
Soft Serve Strawberry Oreo Crumble Shake (1 shake) with Malt Powder	1130	480	50	30	0	160	970	140	0	110	20	1590	10	510	10
Soft Serve Strawberry Shake (1 shake)	780	390	40	30	0	160	400	80	0	80	10	1590	10	480	0
Soft Serve Strawberry Shake (1 shake) with Malt Powder	840	400	40	30	0	160	470	90	0	90	10	1590	10	510	0
Soft Serve Vanilla Shake (1 shake)	860	390	40	30	0	160	400	100	0	100	10	1590	0	480	0
Soft Serve Vanilla Shake (1 shake) with Malt Powder	920	400	40	30	0	160	460	110	0	110	10	1590	0	510	0
Strawberry Banana Shake (1 shake)	860	390	40	30	0	160	290	100	0	90	20	1570	10	580	0
Strawberry Banana Shake (1 shake) with Malt Powder	920	400	40	30	0	160	360	110	0	90	20	1570	10	600	0
Strawberry Oreo Crumble Shake (1 shake)	1090	470	50	30	0	160	790	140	0	100	20	1530	10	570	10
Strawberry Oreo Crumble Shake (1 shake) with Malt Powder	1150	480	50	30	0	160	860	150	0	110	20	1530	10	600	10
Strawberry Shake (1 shake)	810	390	40	30	0	160	290	90	0	80	10	1530	10	570	0
Strawberry Shake (1 shake) with Malt Powder	870	400	40	30	0	160	360	100	0	90	20	1530	10	600	0
Vanilla Shake (1 shake)	890	390	40	30	0	160	290	110	0	100	10	1530	0	570	0
Vanilla Shake (1 shake) with Malt Powder	950	400	40	30	0	160	360	120	0	110	20	1530	0	600	0

Breakfast Entrees

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Bacon Denver Scrambler (1 serving)	1130	540	60	20	0	890	2020	80	0	10	50	1620	60	300	0
Biscuits, Sausage and Gravy Scrambler (1 serving)	2010	1180	130	40	10	1000	4710	120	0	10	70	1310	0	380	10
Cheesy Bacon Lovers Scrambler (1 serving)	1170	590	70	30	0	910	2060	80	0	10	60	1810	10	710	0
Choice of Three Ingredients Scrambler (1 serving)	770	320	40	10	0	820	1180	70	0	0	30	1000	10	80	0
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American	910	430	50	20	0	860	1780	70	0	0	40	1400	10	480	0
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar	910	440	50	20	0	860	1450	70	0	0	50	1520	10	390	0
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack	930	440	50	20	0	870	1430	70	0	0	50	1450	10	380	0
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss	930	420	50	20	0	860	1260	70	0	0	50	1410	10	500	0
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Bacon	950	440	50	20	0	860	1780	70	0	0	50	1000	10	80	0
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Chicken Tenders	940	360	40	10	0	860	1700	90	0	0	50	1200	10	100	0
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Chili	1030	510	60	20	0	860	1750	80	10	10	40	1000	10	120	10
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Grilled Chicken	920	330	40	10	0	900	1400	70	0	0	70	1030	10	100	10
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Philly Cheese Steak	1100	520	60	20	0	920	3120	70	0	10	60	1000	10	100	10
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Sausage	1270	750	80	30	0	920	2400	70	0	0	50	1000	10	120	10
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Seasoned Ground Beef	980	440	50	20	0	890	1780	70	0	0	50	1010	10	100	10
Choice of Three Ingredients Scrambler (1 serving) with Toast Choice Sourdough	1010	340	40	10	0	820	1660	120	0	10	40	1000	10	80	10
Choice of Three Ingredients Scrambler (1 serving) with Toast Choice Toasted English Muffin	890	330	40	10	0	820	1380	100	0	10	40	1000	10	160	10
Choice of Three Ingredients Scrambler (1 serving) with Vegetable Choice Diced Tomatoes	780	320	40	10	0	820	1180	70	0	10	40	1350	10	80	0
Choice of Three Ingredients Scrambler (1 serving) with Vegetable Choice Grilled Peppers and Onions	800	330	40	10	0	820	1220	80	0	10	40	1190	30	90	0
Choice of Three Ingredients Scrambler (1 serving) with Vegetable Choice Grilled White Onions	810	330	40	10	0	820	1210	80	0	10	40	1070	10	90	0
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Meat Choice Bacon	1090	550	60	30	0	900	2380	70	0	0	50	1400	10	480	0
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Meat Choice Chicken Tenders	1080	470	50	20	0	900	2300	90	0	0	60	1600	10	500	0
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Meat Choice Chili	1170	620	70	30	0	900	2350	80	10	10	50	1400	10	520	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Meat Choice Grilled Chicken	1060	440	50	20	0	940	2000	70	0	0	70	1430	10	500	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Meat Choice Philly Cheese Steak	1240	630	70	30	0	960	3720	70	0	10	70	1400	10	500	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Meat Choice Sausage	1410	860	100	40	0	960	3000	70	0	0	50	1400	10	520	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Meat Choice Seasoned Ground Beef	1120	550	60	30	0	930	2380	70	0	0	60	1410	10	500	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Toast Choice Sourdough	1150	450	50	20	0	860	2260	120	0	10	50	1400	10	480	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Toast Choice Toasted English Muffin	1030	430	50	20	0	860	1980	100	0	10	40	1400	10	560	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Vegetable Choice Diced Tomatoes	920	430	50	20	0	860	1780	70	0	10	40	1750	10	480	0
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Vegetable Choice Grilled Peppers and Onions	940	440	50	20	0	860	1820	80	0	10	40	1590	30	490	0
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Vegetable Choice Grilled White Onions	950	440	50	20	0	860	1810	80	0	10	40	1470	10	490	0
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Meat Choice Bacon	1090	570	60	30	0	900	2050	70	0	0	60	1520	10	390	0
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Meat Choice Chicken Tenders	1090	490	50	20	0	900	1980	90	0	0	60	1720	10	410	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Meat Choice Chili	1170	640	70	30	0	910	2030	80	10	10	50	1520	10	430	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Meat Choice Grilled Chicken	1070	460	50	20	0	950	1670	70	0	0	80	1550	10	400	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Meat Choice Philly Cheese Steak	1250	650	70	30	0	960	3390	80	0	10	70	1520	10	410	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Meat Choice Sausage	1410	880	100	40	0	960	2670	70	0	0	60	1520	10	430	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Meat Choice Seasoned Ground Beef	1130	570	60	30	0	930	2050	70	0	0	70	1530	10	410	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Toast Choice Sourdough	1150	470	50	20	0	860	1930	120	0	10	50	1520	10	390	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Toast Choice Toasted English Muffin	1030	450	50	20	0	860	1650	100	0	10	50	1520	10	470	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Vegetable Choice Diced Tomatoes	920	450	50	20	0	860	1450	70	0	10	50	1880	10	390	0
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Vegetable Choice Grilled Peppers and Onions	950	460	50	20	0	860	1490	80	0	10	50	1710	30	400	0
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Vegetable Choice Grilled White Onions	950	460	50	20	0	860	1490	80	0	10	50	1600	10	400	0
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Meat Choice Bacon	1110	560	60	30	0	910	2030	70	0	0	60	1450	10	380	0
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Meat Choice Chicken Tenders	1110	480	50	20	0	900	1960	90	0	0	60	1650	10	400	0
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Meat Choice Chili	1190	630	70	30	0	910	2010	80	10	10	50	1450	10	420	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Meat Choice Grilled Chicken	1090	450	50	20	0	950	1650	70	0	0	80	1480	10	400	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Meat Choice Philly Cheese Steak	1270	650	70	30	0	960	3370	80	0	10	70	1450	10	400	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Meat Choice Sausage	1430	870	100	40	0	970	2650	70	0	0	60	1450	10	420	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Meat Choice Seasoned Ground Beef	1150	560	60	30	0	940	2030	70	0	0	70	1460	10	400	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Toast Choice Sourdough	1170	470	50	20	0	870	1910	120	0	10	50	1450	10	380	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Toast Choice Toasted English Muffin	1050	450	50	20	0	870	1630	100	0	10	50	1450	10	460	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Vegetable Choice Diced Tomatoes	940	440	50	20	0	870	1430	70	0	10	50	1800	10	380	0
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Vegetable Choice Grilled Peppers and Onions	970	450	50	20	0	870	1470	80	0	10	50	1640	30	390	0
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Vegetable Choice Grilled White Onions	970	450	50	20	0	870	1470	80	0	10	50	1520	10	390	0
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Bacon	1110	550	60	30	0	900	1860	70	0	0	60	1410	10	500	0
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Chicken Tenders	1100	470	50	20	0	900	1780	90	0	0	60	1600	10	520	0
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Chili	1190	620	70	30	0	900	1830	80	10	10	60	1410	10	540	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Grilled Chicken	1080	440	50	20	0	940	1480	70	0	0	80	1440	10	510	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Philly Cheese Steak	1260	630	70	30	0	960	3200	80	0	10	80	1410	10	520	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Sausage	1430	850	90	40	0	960	2480	70	0	0	60	1410	10	540	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Seasoned Ground Beef	1140	550	60	30	0	930	1860	70	0	0	70	1410	10	520	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Toast Choice Sourdough	1170	450	50	20	0	860	1740	120	0	10	50	1410	10	500	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Toast Choice Toasted English Muffin	1050	430	50	20	0	860	1460	100	0	10	50	1410	10	580	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Vegetable Choice Diced Tomatoes	930	420	50	20	0	860	1260	70	0	10	50	1760	10	500	0
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Vegetable Choice Grilled Peppers and Onions	960	440	50	20	0	860	1300	80	0	10	50	1590	30	510	0
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Vegetable Choice Grilled White Onions	960	440	50	20	0	860	1300	80	0	10	50	1480	10	510	0
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Bacon, Toast Choice Sourdough	1190	470	50	20	0	860	2260	120	0	10	50	1000	10	80	10
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Bacon, Toast Choice Toasted English Muffin	1070	450	50	20	0	860	1980	100	0	10	50	1000	10	160	10
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Bacon, Vegetable Choice Diced Tomatoes	960	440	50	20	0	860	1780	70	0	10	50	1350	10	80	0
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Bacon, Vegetable Choice Grilled Peppers and Onions	980	460	50	20	0	860	1820	80	0	10	50	1190	30	90	0
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Bacon, Vegetable Choice Grilled White Onions	990	460	50	20	0	860	1810	80	0	10	50	1070	10	90	0
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Chicken Tenders, Toast Choice Sourdough	1180	390	40	20	0	860	2180	130	0	10	60	1200	10	100	10

Breakfast Entrees

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Chicken Tenders, Toast Choice Toasted English Muffin	1060	370	40	10	0	860	1900	110	0	10	50	1200	10	180	10
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Chicken Tenders, Vegetable Choice Diced Tomatoes	950	360	40	10	0	860	1700	90	0	10	50	1550	10	100	10
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Chicken Tenders, Vegetable Choice Grilled Peppers and Onions	980	380	40	10	0	860	1740	90	0	10	50	1390	30	110	10
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Chicken Tenders, Vegetable Choice Grilled White Onions	980	380	40	10	0	860	1740	90	0	10	50	1270	10	110	10
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Chili, Toast Choice Sourdough	1270	540	60	20	0	860	2230	130	10	10	50	1000	10	120	10
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Chili, Toast Choice Toasted English Muffin	1150	520	60	20	0	860	1950	110	10	10	50	1000	10	200	10
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Chili, Vegetable Choice Diced Tomatoes	1040	510	60	20	0	860	1750	80	10	10	40	1350	20	120	10
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Chili, Vegetable Choice Grilled Peppers and Onions	1060	530	60	20	0	860	1790	80	10	10	40	1190	40	130	10
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Chili, Vegetable Choice Grilled White Onions	1070	520	60	20	0	860	1790	90	10	10	40	1070	10	130	10
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Grilled Chicken, Toast Choice Sourdough	1160	360	40	20	0	900	1880	120	0	10	80	1030	10	100	10
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Grilled Chicken, Toast Choice Toasted English Muffin	1040	340	40	10	0	900	1600	100	0	10	70	1030	10	180	10
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Grilled Chicken, Vegetable Choice Diced Tomatoes	930	330	40	10	0	900	1400	70	0	10	70	1380	10	100	10
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Grilled Chicken, Vegetable Choice Grilled Peppers and Onions	960	350	40	10	0	900	1440	80	0	10	70	1220	30	110	10
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Grilled Chicken, Vegetable Choice Grilled White Onions	960	350	40	10	0	900	1440	80	0	10	70	1100	10	110	10
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Philly Cheese Steak, Toast Choice Sourdough	1340	550	60	20	0	920	3600	120	0	10	70	1000	10	100	10
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Philly Cheese Steak, Toast Choice Toasted English Muffin	1220	530	60	20	0	920	3320	100	0	10	70	1000	10	180	10
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Philly Cheese Steak, Vegetable Choice Diced Tomatoes	1110	530	60	20	0	920	3120	80	0	10	60	1350	10	110	10
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Philly Cheese Steak, Vegetable Choice Grilled Peppers and Onions	1140	540	60	20	0	920	3160	80	0	10	60	1190	30	110	10
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Philly Cheese Steak, Vegetable Choice Grilled White Onions	1140	540	60	20	0	920	3160	80	0	10	60	1070	10	120	10
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Sausage, Toast Choice Sourdough	1510	780	90	30	0	920	2880	120	0	10	60	1000	10	120	10
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Sausage, Toast Choice Toasted English Muffin	1390	760	80	30	0	920	2600	100	0	10	50	1000	10	200	10
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Sausage, Vegetable Choice Diced Tomatoes	1280	750	80	30	0	920	2400	80	0	10	50	1350	10	120	10
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Sausage, Vegetable Choice Grilled Peppers and Onions	1300	760	80	30	0	920	2440	80	0	10	50	1190	30	130	10
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Sausage, Vegetable Choice Grilled White Onions	1310	760	80	30	0	920	2430	80	0	10	50	1070	10	130	10
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Seasoned Ground Beef, Toast Choice Sourdough	1220	470	50	20	0	890	2260	120	0	10	60	1010	10	100	10
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Seasoned Ground Beef, Toast Choice Toasted English Muffin	1100	450	50	20	0	890	1980	100	0	10	60	1010	10	180	10
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Seasoned Ground Beef, Vegetable Choice Diced Tomatoes	990	440	50	20	0	890	1780	70	0	10	60	1360	10	110	10
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Seasoned Ground Beef, Vegetable Choice Grilled Peppers and Onions	1010	460	50	20	0	890	1820	80	0	10	60	1190	30	110	10
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Seasoned Ground Beef, Vegetable Choice Grilled White Onions	1020	450	50	20	0	890	1810	80	0	10	60	1080	10	120	10
Choice of Three Ingredients Scrambler (1 serving) with Toast Choice Sourdough, Vegetable Choice Diced Tomatoes	1020	350	40	10	0	820	1660	120	0	10	40	1350	10	80	10
Choice of Three Ingredients Scrambler (1 serving) with Toast Choice Sourdough, Vegetable Choice Grilled Peppers and Onions	1040	360	40	10	0	820	1700	120	0	10	40	1190	30	90	10
Choice of Three Ingredients Scrambler (1 serving) with Toast Choice Sourdough, Vegetable Choice Grilled White Onions	1050	360	40	10	0	820	1690	120	0	10	40	1070	10	90	10
Choice of Three Ingredients Scrambler (1 serving) with Toast Choice Toasted English Muffin, Vegetable Choice Diced Tomatoes	900	330	40	10	0	820	1380	100	0	10	40	1350	10	160	10
Choice of Three Ingredients Scrambler (1 serving) with Toast Choice Toasted English Muffin, Vegetable Choice Grilled Peppers and Onions	920	340	40	10	0	820	1420	100	0	10	40	1190	30	170	10
Choice of Three Ingredients Scrambler (1 serving) with Toast Choice Toasted English Muffin, Vegetable Choice Grilled White Onions	930	340	40	10	0	820	1410	100	0	10	40	1070	10	170	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Meat Choice Bacon, Toast Choice Sourdough	1330	580	60	30	0	900	2860	120	0	10	60	1400	10	480	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Meat Choice Bacon, Toast Choice Toasted English Muffin	1210	560	60	30	0	900	2580	100	0	10	60	1400	10	560	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Meat Choice Bacon, Vegetable Choice Diced Tomatoes	1100	550	60	30	0	900	2380	70	0	10	50	1750	10	480	0
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Meat Choice Bacon, Vegetable Choice Grilled Peppers and Onions	1120	570	60	30	0	900	2420	80	0	10	50	1590	30	490	0
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Meat Choice Bacon, Vegetable Choice Grilled White Onions	1130	560	60	30	0	900	2410	80	0	10	50	1470	10	490	0
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Meat Choice Chicken Tenders, Toast Choice Sourdough	1320	500	60	20	0	900	2780	130	0	10	60	1600	10	500	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Meat Choice Chicken Tenders, Toast Choice Toasted English Muffin	1200	480	50	20	0	900	2500	110	0	10	60	1600	10	580	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Meat Choice Chicken Tenders, Vegetable Choice Diced Tomatoes	1090	470	50	20	0	900	2300	90	0	10	60	1950	10	500	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Meat Choice Chicken Tenders, Vegetable Choice Grilled Peppers and Onions	1120	490	50	20	0	900	2340	90	0	10	60	1790	30	510	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Meat Choice Chicken Tenders, Vegetable Choice Grilled White Onions	1120	480	50	20	0	900	2340	90	0	10	60	1670	10	510	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Meat Choice Chili, Toast Choice Sourdough	1410	650	70	30	0	900	2830	130	10	10	60	1400	10	520	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Meat Choice Chili, Toast Choice Toasted English Muffin	1290	630	70	30	0	900	2550	110	10	10	50	1400	10	600	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Meat Choice Chili, Vegetable Choice Diced Tomatoes	1180	620	70	30	0	900	2350	80	10	10	50	1750	20	520	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Meat Choice Chili, Vegetable Choice Grilled Peppers and Onions	1200	630	70	30	0	900	2390	80	10	10	50	1590	40	530	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Meat Choice Chili, Vegetable Choice Grilled White Onions	1210	630	70	30	0	900	2390	90	10	10	50	1470	10	530	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Meat Choice Grilled Chicken, Toast Choice Sourdough	1300	470	50	20	0	940	2480	120	0	10	80	1430	10	500	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Meat Choice Grilled Chicken, Toast Choice Toasted English Muffin	1180	450	50	20	0	940	2200	100	0	10	80	1430	10	580	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Meat Choice Grilled Chicken, Vegetable Choice Diced Tomatoes	1070	440	50	20	0	940	2000	70	0	10	70	1780	10	500	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Meat Choice Grilled Chicken, Vegetable Choice Grilled Peppers and Onions	1100	460	50	20	0	940	2040	80	0	10	70	1620	30	510	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Meat Choice Grilled Chicken, Vegetable Choice Grilled White Onions	1100	450	50	20	0	940	2040	80	0	10	70	1500	10	510	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Meat Choice Philly Cheese Steak, Toast Choice Sourdough	1480	660	70	30	0	960	4200	120	0	10	80	1400	10	500	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Meat Choice Philly Cheese Steak, Toast Choice Toasted English Muffin	1360	640	70	30	0	960	3920	100	0	10	70	1400	10	580	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Meat Choice Philly Cheese Steak, Vegetable Choice Diced Tomatoes	1250	630	70	30	0	960	3720	80	0	10	70	1750	10	510	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Meat Choice Philly Cheese Steak, Vegetable Choice Grilled Peppers and Onions	1280	650	70	30	0	960	3760	80	0	10	70	1590	30	510	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Meat Choice Philly Cheese Steak, Vegetable Choice Grilled White Onions	1280	650	70	30	0	960	3760	80	0	10	70	1470	10	520	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Meat Choice Sausage, Toast Choice Sourdough	1650	880	100	40	0	960	3480	120	0	10	60	1400	10	520	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Meat Choice Sausage, Toast Choice Toasted English Muffin	1530	870	100	40	0	960	3200	100	0	10	60	1400	10	600	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Meat Choice Sausage, Vegetable Choice Diced Tomatoes	1420	860	100	40	0	960	3000	80	0	10	60	1750	10	520	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Meat Choice Sausage, Vegetable Choice Grilled Peppers and Onions	1440	870	100	40	0	960	3040	80	0	10	60	1590	30	530	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Meat Choice Sausage, Vegetable Choice Grilled White Onions	1450	870	100	40	0	960	3030	80	0	10	60	1470	10	530	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Meat Choice Seasoned Ground Beef, Toast Choice Sourdough	1360	580	60	30	0	930	2860	120	0	10	70	1410	10	500	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Meat Choice Seasoned Ground Beef, Toast Choice Toasted English Muffin	1240	560	60	30	0	930	2580	100	0	10	60	1410	10	580	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Meat Choice Seasoned Ground Beef, Vegetable Choice Diced Tomatoes	1130	550	60	30	0	930	2380	70	0	10	60	1760	10	510	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Meat Choice Seasoned Ground Beef, Vegetable Choice Grilled Peppers and Onions	1150	560	60	30	0	930	2420	80	0	10	60	1590	30	510	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Meat Choice Seasoned Ground Beef, Vegetable Choice Grilled White Onions	1160	560	60	30	0	930	2410	80	0	10	60	1480	10	520	10

Breakfast Entrees

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Toast Choice Sourdough, Vegetable Choice Diced Tomatoes	1160	450	50	20	0	860	2260	120	0	10	50	1750	10	480	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Toast Choice Sourdough, Vegetable Choice Grilled Peppers and Onions	1180	470	50	20	0	860	2300	120	0	10	50	1590	30	490	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Toast Choice Sourdough, Vegetable Choice Grilled White Onions	1190	470	50	20	0	860	2290	120	0	10	50	1470	10	490	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Toast Choice Toasted English Muffin, Vegetable Choice Diced Tomatoes	1040	440	50	20	0	860	1980	100	0	10	50	1750	10	560	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Toast Choice Toasted English Muffin, Vegetable Choice Grilled Peppers and Onions	1060	450	50	20	0	860	2020	100	0	10	50	1590	30	570	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice American, Toast Choice Toasted English Muffin, Vegetable Choice Grilled White Onions	1070	450	50	20	0	860	2010	100	0	10	50	1470	10	570	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Meat Choice Bacon, Toast Choice Sourdough	1330	600	70	30	0	900	2530	120	0	10	70	1520	10	390	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Meat Choice Bacon, Toast Choice Toasted English Muffin	1210	580	60	30	0	900	2250	100	0	10	60	1520	10	470	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Meat Choice Bacon, Vegetable Choice Diced Tomatoes	1100	570	60	30	0	900	2050	70	0	10	60	1880	10	390	0
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Meat Choice Bacon, Vegetable Choice Grilled Peppers and Onions	1130	590	70	30	0	900	2090	80	0	10	60	1710	30	400	0
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Meat Choice Bacon, Vegetable Choice Grilled White Onions	1130	580	60	30	0	900	2090	80	0	10	60	1600	10	400	0
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Meat Choice Chicken Tenders, Toast Choice Sourdough	1330	520	60	20	0	900	2460	140	0	10	70	1720	10	410	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Meat Choice Chicken Tenders, Toast Choice Toasted English Muffin	1210	500	60	20	0	900	2180	110	0	10	70	1720	10	490	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Meat Choice Chicken Tenders, Vegetable Choice Diced Tomatoes	1100	490	50	20	0	900	1980	90	0	10	60	2080	10	410	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Meat Choice Chicken Tenders, Vegetable Choice Grilled Peppers and Onions	1120	510	60	20	0	900	2020	90	0	10	60	1910	30	420	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Meat Choice Chicken Tenders, Vegetable Choice Grilled White Onions	1130	500	60	20	0	900	2020	90	0	10	60	1800	10	420	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Meat Choice Chili, Toast Choice Sourdough	1410	670	70	30	0	910	2510	130	10	10	60	1520	10	430	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Meat Choice Chili, Toast Choice Toasted English Muffin	1290	650	70	30	0	910	2230	110	10	10	60	1520	10	510	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Meat Choice Chili, Vegetable Choice Diced Tomatoes	1180	640	70	30	0	910	2030	80	10	10	50	1880	20	430	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Meat Choice Chili, Vegetable Choice Grilled Peppers and Onions	1210	650	70	30	0	910	2070	90	10	10	50	1710	40	440	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Meat Choice Chili, Vegetable Choice Grilled White Onions	1210	650	70	30	0	910	2060	90	10	10	50	1600	10	440	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Meat Choice Grilled Chicken, Toast Choice Sourdough	1310	490	50	20	0	950	2150	120	0	10	90	1550	10	400	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Meat Choice Grilled Chicken, Toast Choice Toasted English Muffin	1190	470	50	20	0	950	1870	100	0	10	80	1550	10	480	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Meat Choice Grilled Chicken, Vegetable Choice Diced Tomatoes	1080	460	50	20	0	950	1680	70	0	10	80	1910	10	410	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Meat Choice Grilled Chicken, Vegetable Choice Grilled Peppers and Onions	1100	480	50	20	0	950	1720	80	0	10	80	1740	30	410	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Meat Choice Grilled Chicken, Vegetable Choice Grilled White Onions	1110	470	50	20	0	950	1710	80	0	10	80	1630	10	410	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Meat Choice Philly Cheese Steak, Toast Choice Sourdough	1490	680	80	30	0	960	3870	120	0	10	80	1520	10	410	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Meat Choice Philly Cheese Steak, Toast Choice Toasted English Muffin	1370	660	70	30	0	960	3590	100	0	10	80	1520	10	490	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Meat Choice Philly Cheese Steak, Vegetable Choice Diced Tomatoes	1260	650	70	30	0	960	3400	80	0	10	70	1880	10	420	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Meat Choice Philly Cheese Steak, Vegetable Choice Grilled Peppers and Onions	1280	670	70	30	0	960	3440	80	0	10	80	1710	30	420	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Meat Choice Philly Cheese Steak, Vegetable Choice Grilled White Onions	1290	670	70	30	0	960	3430	80	0	10	80	1600	10	420	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Meat Choice Sausage, Toast Choice Sourdough	1650	900	100	40	0	960	3150	120	0	10	70	1520	10	430	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Meat Choice Sausage, Toast Choice Toasted English Muffin	1530	890	100	40	0	960	2870	100	0	10	60	1520	10	510	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Meat Choice Sausage, Vegetable Choice Diced Tomatoes	1420	880	100	40	0	960	2670	80	0	10	60	1880	10	430	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Meat Choice Sausage, Vegetable Choice Grilled Peppers and Onions	1450	890	100	40	0	960	2710	80	0	10	60	1710	30	440	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Meat Choice Sausage, Vegetable Choice Grilled White Onions	1450	890	100	40	0	960	2710	80	0	10	60	1600	10	440	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Meat Choice Seasoned Ground Beef, Toast Choice Sourdough	1370	600	70	30	0	930	2530	120	0	10	70	1530	10	410	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Meat Choice Seasoned Ground Beef, Toast Choice Toasted English Muffin	1250	580	60	30	0	930	2250	100	0	10	70	1530	10	490	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Meat Choice Seasoned Ground Beef, Vegetable Choice Diced Tomatoes	1140	570	60	30	0	930	2050	70	0	10	70	1880	10	410	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Meat Choice Seasoned Ground Beef, Vegetable Choice Grilled Peppers and Onions	1160	580	60	30	0	930	2090	80	0	10	70	1720	30	420	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Meat Choice Seasoned Ground Beef, Vegetable Choice Grilled White Onions	1160	580	60	30	0	930	2090	80	0	10	70	1600	10	420	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Toast Choice Sourdough, Vegetable Choice Diced Tomatoes	1160	470	50	20	0	860	1930	120	0	10	50	1880	10	390	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Toast Choice Sourdough, Vegetable Choice Grilled Peppers and Onions	1190	490	50	20	0	860	1970	120	0	10	50	1710	30	400	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Toast Choice Sourdough, Vegetable Choice Grilled White Onions	1190	480	50	20	0	860	1970	120	0	10	50	1600	10	400	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Toast Choice Toasted English Muffin, Vegetable Choice Diced Tomatoes	1040	450	50	20	0	860	1650	100	0	10	50	1880	10	470	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Toast Choice Toasted English Muffin, Vegetable Choice Grilled Peppers and Onions	1070	470	50	20	0	860	1690	100	0	10	50	1710	30	480	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Cheddar, Toast Choice Toasted English Muffin, Vegetable Choice Grilled White Onions	1070	470	50	20	0	860	1690	100	0	10	50	1600	10	480	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Meat Choice Bacon, Toast Choice Sourdough	1350	590	70	30	0	910	2510	120	0	10	70	1450	10	380	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Meat Choice Bacon, Toast Choice Toasted English Muffin	1230	570	60	30	0	910	2230	100	0	10	60	1450	10	460	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Meat Choice Bacon, Vegetable Choice Diced Tomatoes	1120	570	60	30	0	910	2030	70	0	10	60	1800	10	380	0
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Meat Choice Bacon, Vegetable Choice Grilled Peppers and Onions	1150	580	60	30	0	910	2070	80	0	10	60	1640	30	390	0
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Meat Choice Bacon, Vegetable Choice Grilled White Onions	1150	580	60	30	0	910	2070	80	0	10	60	1520	10	390	0
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Meat Choice Chicken Tenders, Toast Choice Sourdough	1350	510	60	20	0	900	2440	140	0	10	70	1650	10	400	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Meat Choice Chicken Tenders, Toast Choice Toasted English Muffin	1230	490	50	20	0	900	2160	110	0	10	70	1650	10	480	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Meat Choice Chicken Tenders, Vegetable Choice Diced Tomatoes	1120	490	50	20	0	900	1960	90	0	10	60	2000	10	400	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Meat Choice Chicken Tenders, Vegetable Choice Grilled Peppers and Onions	1140	500	60	20	0	900	2000	90	0	10	60	1840	30	410	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Meat Choice Chicken Tenders, Vegetable Choice Grilled White Onions	1150	500	60	20	0	900	2000	100	0	10	60	1720	10	410	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Meat Choice Chili, Toast Choice Sourdough	1430	660	70	30	0	910	2490	130	10	10	60	1450	10	420	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Meat Choice Chili, Toast Choice Toasted English Muffin	1310	640	70	30	0	910	2210	110	10	10	60	1450	10	500	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Meat Choice Chili, Vegetable Choice Diced Tomatoes	1200	630	70	30	0	910	2010	80	10	10	50	1800	20	420	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Meat Choice Chili, Vegetable Choice Grilled Peppers and Onions	1230	650	70	30	0	910	2050	90	10	10	50	1640	40	430	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Meat Choice Chili, Vegetable Choice Grilled White Onions	1230	650	70	30	0	910	2040	90	10	10	50	1520	10	430	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Meat Choice Grilled Chicken, Toast Choice Sourdough	1330	480	50	20	0	950	2130	120	0	10	90	1480	10	400	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Meat Choice Grilled Chicken, Toast Choice Toasted English Muffin	1210	460	50	20	0	950	1850	100	0	10	80	1480	10	480	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Meat Choice Grilled Chicken, Vegetable Choice Diced Tomatoes	1100	460	50	20	0	950	1660	70	0	10	80	1830	10	400	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Meat Choice Grilled Chicken, Vegetable Choice Grilled Peppers and Onions	1120	470	50	20	0	950	1700	80	0	10	80	1670	30	410	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Meat Choice Grilled Chicken, Vegetable Choice Grilled White Onions	1130	470	50	20	0	950	1690	80	0	10	80	1550	10	410	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Meat Choice Philly Cheese Steak, Toast Choice Sourdough	1510	670	70	30	0	960	3850	120	0	10	80	1450	10	400	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Meat Choice Philly Cheese Steak, Toast Choice Toasted English Muffin	1390	660	70	30	0	960	3570	100	0	10	80	1450	10	480	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Meat Choice Philly Cheese Steak, Vegetable Choice Diced Tomatoes	1280	650	70	30	0	960	3380	80	0	10	70	1800	10	410	10

Breakfast Entrees

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Meat Choice Philly Cheese Steak, Vegetable Choice Grilled Peppers and Onions	1300	660	70	30	0	960	3420	80	0	10	70	1640	30	410	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Meat Choice Philly Cheese Steak, Vegetable Choice Grilled White Onions	1310	660	70	30	0	960	3410	80	0	10	70	1520	10	420	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Meat Choice Sausage, Toast Choice Sourdough	1670	900	100	40	0	970	3130	120	0	10	70	1450	10	420	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Meat Choice Sausage, Toast Choice Toasted English Muffin	1550	880	100	40	0	970	2850	100	0	10	60	1450	10	500	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Meat Choice Sausage, Vegetable Choice Diced Tomatoes	1440	870	100	40	0	970	2650	80	0	10	60	1800	10	420	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Meat Choice Sausage, Vegetable Choice Grilled Peppers and Onions	1470	890	100	40	0	970	2690	80	0	10	60	1640	30	430	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Meat Choice Sausage, Vegetable Choice Grilled White Onions	1470	880	100	40	0	970	2690	80	0	10	60	1520	10	430	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Meat Choice Seasoned Ground Beef, Toast Choice Sourdough	1390	590	70	30	0	940	2510	120	0	10	70	1460	10	400	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Meat Choice Seasoned Ground Beef, Toast Choice Toasted English Muffin	1270	570	60	30	0	940	2230	100	0	10	70	1460	10	480	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Meat Choice Seasoned Ground Beef, Vegetable Choice Diced Tomatoes	1150	560	60	30	0	940	2030	80	0	10	70	1810	10	410	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Meat Choice Seasoned Ground Beef, Vegetable Choice Grilled Peppers and Onions	1180	580	60	30	0	940	2070	80	0	10	70	1640	30	410	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Meat Choice Seasoned Ground Beef, Vegetable Choice Grilled White Onions	1180	580	60	30	0	940	2070	80	0	10	70	1530	10	420	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Toast Choice Sourdough, Vegetable Choice Diced Tomatoes	1180	470	50	20	0	870	1910	120	0	10	50	1800	10	380	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Toast Choice Sourdough, Vegetable Choice Grilled Peppers and Onions	1210	480	50	20	0	870	1950	120	0	10	50	1640	30	390	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Toast Choice Sourdough, Vegetable Choice Grilled White Onions	1210	480	50	20	0	870	1950	120	0	10	50	1520	10	390	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Toast Choice Toasted English Muffin, Vegetable Choice Diced Tomatoes	1060	450	50	20	0	870	1630	100	0	10	50	1800	10	460	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Toast Choice Toasted English Muffin, Vegetable Choice Grilled Peppers and Onions	1090	460	50	20	0	870	1670	100	0	10	50	1640	30	470	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Pepper Jack, Toast Choice Toasted English Muffin, Vegetable Choice Grilled White Onions	1090	460	50	20	0	870	1670	100	0	10	50	1520	10	470	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Bacon, Toast Choice Sourdough	1350	580	60	30	0	900	2340	120	0	10	70	1410	10	500	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Bacon, Toast Choice Toasted English Muffin	1230	560	60	30	0	900	2060	100	0	10	60	1410	10	580	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Bacon, Vegetable Choice Diced Tomatoes	1110	550	60	30	0	900	1860	70	0	10	60	1760	10	500	0
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Bacon, Vegetable Choice Grilled Peppers and Onions	1140	560	60	30	0	900	1900	80	0	10	60	1590	30	510	0
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Bacon, Vegetable Choice Grilled White Onions	1140	560	60	30	0	900	1900	80	0	10	60	1480	10	510	0
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Chicken Tenders, Toast Choice Sourdough	1340	500	60	20	0	900	2260	140	0	10	70	1600	10	520	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Chicken Tenders, Toast Choice Toasted English Muffin	1220	480	50	20	0	900	1980	110	0	10	70	1600	10	600	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Chicken Tenders, Vegetable Choice Diced Tomatoes	1110	470	50	20	0	900	1790	90	0	10	60	1960	10	520	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Chicken Tenders, Vegetable Choice Grilled Peppers and Onions	1140	480	50	20	0	900	1830	90	0	10	60	1790	30	530	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Chicken Tenders, Vegetable Choice Grilled White Onions	1140	480	50	20	0	900	1820	90	0	10	60	1680	10	530	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Chilli, Toast Choice Sourdough	1430	640	70	30	0	900	2310	130	10	10	60	1410	10	540	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Chilli, Toast Choice Toasted English Muffin	1310	630	70	30	0	900	2030	110	10	10	60	1410	10	620	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Chilli, Vegetable Choice Diced Tomatoes	1190	620	70	30	0	900	1840	80	10	10	60	1760	20	540	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Chilli, Vegetable Choice Grilled Peppers and Onions	1220	630	70	30	0	900	1880	90	10	10	60	1590	40	550	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Chilli, Vegetable Choice Grilled White Onions	1220	630	70	30	0	900	1870	90	10	10	60	1480	10	550	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Grilled Chicken, Toast Choice Sourdough	1320	470	50	20	0	940	1960	120	0	10	90	1440	10	510	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Grilled Chicken, Toast Choice Toasted English Muffin	1200	450	50	20	0	940	1680	100	0	10	80	1440	10	590	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Grilled Chicken, Vegetable Choice Diced Tomatoes	1090	440	50	20	0	940	1490	70	0	10	80	1790	10	520	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Grilled Chicken, Vegetable Choice Grilled Peppers and Onions	1120	450	50	20	0	940	1530	80	0	10	80	1620	30	520	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Grilled Chicken, Vegetable Choice Grilled White Onions	1120	450	50	20	0	940	1520	80	0	10	80	1510	10	530	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Philly Cheese Steak, Toast Choice Sourdough	1500	660	70	30	0	960	3680	120	0	10	80	1410	10	520	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Philly Cheese Steak, Toast Choice Toasted English Muffin	1380	640	70	30	0	960	3400	100	0	10	80	1410	10	600	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Philly Cheese Steak, Vegetable Choice Diced Tomatoes	1270	630	70	30	0	960	3200	80	0	10	80	1760	10	530	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Philly Cheese Steak, Vegetable Choice Grilled Peppers and Onions	1300	640	70	30	0	960	3250	80	0	10	80	1590	30	530	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Philly Cheese Steak, Vegetable Choice Grilled White Onions	1300	640	70	30	0	960	3240	80	0	10	80	1480	10	530	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Sausage, Toast Choice Sourdough	1670	880	100	40	0	960	2960	120	0	10	70	1410	10	540	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Sausage, Toast Choice Toasted English Muffin	1550	860	100	40	0	960	2680	100	0	10	60	1410	10	620	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Sausage, Vegetable Choice Diced Tomatoes	1430	860	100	40	0	960	2480	80	0	10	60	1760	10	540	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Sausage, Vegetable Choice Grilled Peppers and Onions	1460	870	100	40	0	960	2520	80	0	10	60	1590	30	550	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Sausage, Vegetable Choice Grilled White Onions	1460	870	100	40	0	960	2520	80	0	10	60	1480	10	550	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Seasoned Ground Beef, Toast Choice Sourdough	1380	570	60	30	0	930	2340	120	0	10	70	1410	10	520	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Seasoned Ground Beef, Toast Choice Toasted English Muffin	1260	560	60	30	0	930	2060	100	0	10	70	1410	10	600	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Seasoned Ground Beef, Vegetable Choice Diced Tomatoes	1150	550	60	30	0	930	1860	70	0	10	70	1770	10	520	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Seasoned Ground Beef, Vegetable Choice Grilled Peppers and Onions	1170	560	60	30	0	930	1900	80	0	10	70	1600	30	530	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Seasoned Ground Beef, Vegetable Choice Grilled White Onions	1180	560	60	30	0	930	1900	80	0	10	70	1490	10	530	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Toast Choice Sourdough, Vegetable Choice Diced Tomatoes	1170	450	50	20	0	860	1740	120	0	10	60	1760	10	500	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Toast Choice Sourdough, Vegetable Choice Grilled Peppers and Onions	1200	460	50	20	0	860	1780	120	0	10	60	1590	30	510	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Toast Choice Sourdough, Vegetable Choice Grilled White Onions	1200	460	50	20	0	860	1780	120	0	10	60	1480	10	510	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Toast Choice Toasted English Muffin, Vegetable Choice Diced Tomatoes	1050	430	50	20	0	860	1460	100	0	10	50	1760	10	580	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Toast Choice Toasted English Muffin, Vegetable Choice Grilled Peppers and Onions	1080	450	50	20	0	860	1500	100	0	10	50	1590	30	590	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Toast Choice Toasted English Muffin, Vegetable Choice Grilled White Onions	1080	440	50	20	0	860	1500	100	0	10	50	1480	10	590	10
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Bacon, Toast Choice Sourdough, Vegetable Choice Diced Tomatoes	1200	470	50	20	0	860	2260	120	0	10	60	1350	10	80	10
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Bacon, Toast Choice Sourdough, Vegetable Choice Grilled Peppers and Onions	1220	490	50	20	0	860	2300	120	0	10	60	1190	30	90	10
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Bacon, Toast Choice Sourdough, Vegetable Choice Grilled White Onions	1230	480	50	20	0	860	2290	120	0	10	60	1070	10	90	10
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Bacon, Toast Choice Toasted English Muffin, Vegetable Choice Diced Tomatoes	1080	450	50	20	0	860	1980	100	0	10	50	1350	10	160	10
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Bacon, Toast Choice Toasted English Muffin, Vegetable Choice Grilled Peppers and Onions	1100	470	50	20	0	860	2020	100	0	10	50	1190	30	170	10
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Bacon, Toast Choice Toasted English Muffin, Vegetable Choice Grilled White Onions	1110	470	50	20	0	860	2010	100	0	10	50	1070	10	170	10
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Chicken Tenders, Toast Choice Sourdough, Vegetable Choice Diced Tomatoes	1190	390	40	20	0	860	2180	140	0	10	60	1550	10	100	10
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Chicken Tenders, Toast Choice Sourdough, Vegetable Choice Grilled Peppers and Onions	1220	400	40	20	0	860	2220	140	0	10	60	1390	30	110	10
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Chicken Tenders, Toast Choice Sourdough, Vegetable Choice Grilled White Onions	1220	400	40	20	0	860	2220	140	0	10	60	1270	10	110	10
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Chicken Tenders, Toast Choice Toasted English Muffin, Vegetable Choice Diced Tomatoes	1070	370	40	10	0	860	1900	110	10	10	50	1550	10	180	10
Choice of Three Ingredients Scrambler (1 serving) with Meat Choice Chicken Tenders, Toast Choice Toasted English Muffin, Vegetable Choice Grilled Peppers and Onions	1100	390	40	10	0	860	1940	120	10	10	60	1390	30	190	10

Breakfast Entrees

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Chicken Tenders, Toast Choice Sourdough, Vegetable Choice Grilled White Onions	1380	510	60	20	0	900	2300	140	0	10	70	1680	10	530	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Chicken Tenders, Toast Choice Toasted English Muffin, Vegetable Choice Diced Tomatoes	1230	480	50	20	0	900	1990	120	10	10	70	1960	10	600	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Chicken Tenders, Toast Choice Toasted English Muffin, Vegetable Choice Grilled Peppers and Onions	1260	490	50	20	0	900	2030	120	10	10	70	1790	30	610	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Chicken Tenders, Toast Choice Toasted English Muffin, Vegetable Choice Grilled White Onions	1260	490	50	20	0	900	2020	120	10	10	70	1680	10	610	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Chili, Toast Choice Sourdough, Vegetable Choice Diced Tomatoes	1430	640	70	30	0	900	2320	130	10	10	60	1760	20	540	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Chili, Toast Choice Sourdough, Vegetable Choice Grilled Peppers and Onions	1460	660	70	30	0	900	2360	130	10	10	60	1590	40	550	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Chili, Toast Choice Sourdough, Vegetable Choice Grilled White Onions	1460	660	70	30	0	900	2350	130	10	10	60	1480	10	550	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Chili, Toast Choice Toasted English Muffin, Vegetable Choice Diced Tomatoes	1310	630	70	30	0	900	2040	110	10	10	60	1760	20	620	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Chili, Toast Choice Toasted English Muffin, Vegetable Choice Grilled Peppers and Onions	1340	640	70	30	0	900	2080	110	10	10	60	1590	40	630	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Chili, Toast Choice Toasted English Muffin, Vegetable Choice Grilled White Onions	1340	640	70	30	0	900	2070	110	10	10	60	1480	10	630	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Grilled Chicken, Toast Choice Sourdough, Vegetable Choice Diced Tomatoes	1330	470	50	20	0	940	1970	120	0	10	90	1790	10	520	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Grilled Chicken, Toast Choice Sourdough, Vegetable Choice Grilled Peppers and Onions	1360	480	50	20	0	940	2010	120	0	10	90	1620	30	520	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Grilled Chicken, Toast Choice Sourdough, Vegetable Choice Grilled White Onions	1360	480	50	20	0	940	2000	120	0	10	90	1510	10	530	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Grilled Chicken, Toast Choice Toasted English Muffin, Vegetable Choice Diced Tomatoes	1210	450	50	20	0	940	1690	100	0	10	80	1790	10	600	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Grilled Chicken, Toast Choice Toasted English Muffin, Vegetable Choice Grilled Peppers and Onions	1240	460	50	20	0	940	1730	100	0	10	80	1620	30	600	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Grilled Chicken, Toast Choice Toasted English Muffin, Vegetable Choice Grilled White Onions	1240	460	50	20	0	940	1720	100	0	10	80	1510	10	610	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Philly Cheese Steak, Toast Choice Sourdough, Vegetable Choice Diced Tomatoes	1510	660	70	30	0	960	3680	120	0	10	80	1760	10	530	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Philly Cheese Steak, Toast Choice Sourdough, Vegetable Choice Grilled Peppers and Onions	1540	670	70	30	0	960	3730	130	0	10	80	1590	30	530	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Philly Cheese Steak, Toast Choice Sourdough, Vegetable Choice Grilled White Onions	1540	670	70	30	0	960	3720	130	0	10	80	1480	10	530	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Philly Cheese Steak, Toast Choice Toasted English Muffin, Vegetable Choice Diced Tomatoes	1390	640	70	30	0	960	3400	100	0	10	80	1760	10	610	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Philly Cheese Steak, Toast Choice Toasted English Muffin, Vegetable Choice Grilled Peppers and Onions	1420	650	70	30	0	960	3450	110	0	10	80	1590	30	610	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Philly Cheese Steak, Toast Choice Toasted English Muffin, Vegetable Choice Grilled White Onions	1420	650	70	30	0	960	3440	110	0	10	80	1480	10	610	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Sausage, Toast Choice Sourdough, Vegetable Choice Diced Tomatoes	1670	880	100	40	0	960	2960	120	0	10	70	1760	10	540	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Sausage, Toast Choice Sourdough, Vegetable Choice Grilled Peppers and Onions	1700	900	100	40	0	960	3000	120	0	10	70	1590	30	550	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Sausage, Toast Choice Sourdough, Vegetable Choice Grilled White Onions	1700	890	100	40	0	960	3000	130	0	10	70	1480	10	550	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Sausage, Toast Choice Toasted English Muffin, Vegetable Choice Diced Tomatoes	1550	860	100	40	0	960	2680	100	0	10	70	1760	10	620	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Sausage, Toast Choice Toasted English Muffin, Vegetable Choice Grilled Peppers and Onions	1580	880	100	40	0	960	2720	100	0	10	70	1590	30	630	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Sausage, Toast Choice Toasted English Muffin, Vegetable Choice Grilled White Onions	1580	880	100	40	0	960	2720	110	0	10	70	1480	10	630	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Seasoned Ground Beef, Toast Choice Sourdough, Vegetable Choice Diced Tomatoes	1390	580	60	30	0	930	2340	120	0	10	80	1770	10	520	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Seasoned Ground Beef, Toast Choice Sourdough, Vegetable Choice Grilled Peppers and Onions	1410	590	70	30	0	930	2380	120	0	10	80	1600	30	530	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Seasoned Ground Beef, Toast Choice Sourdough, Vegetable Choice Grilled White Onions	1420	590	70	30	0	930	2380	120	0	10	80	1490	10	530	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Seasoned Ground Beef, Toast Choice Toasted English Muffin, Vegetable Choice Diced Tomatoes	1270	560	60	30	0	930	2060	100	0	10	70	1770	10	600	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Seasoned Ground Beef, Toast Choice Toasted English Muffin, Vegetable Choice Grilled Peppers and Onions	1290	570	60	30	0	930	2100	100	0	10	70	1600	30	610	10
Choice of Three Ingredients Scrambler (1 serving) with Cheese Choice Swiss, Meat Choice Seasoned Ground Beef, Toast Choice Toasted English Muffin, Vegetable Choice Grilled White Onions	1300	570	60	30	0	930	2100	100	0	10	70	1490	10	610	10
Country Sausage and Gravy Scrambler (1 serving)	1450	850	90	30	0	950	2740	90	0	10	60	1410	10	320	10
Eggs My Way, One Egg (1 serving)	320	170	20	10	0	230	510	30	0	0	10	440	10	30	0
Eggs My Way, One Egg (1 serving) with Meat Choice Bacon	500	300	30	10	0	270	1110	30	0	0	20	440	10	30	0
Eggs My Way, One Egg (1 serving) with Meat Choice Sausage	820	610	70	20	0	330	1730	30	0	0	20	440	10	70	0
Eggs My Way, One Egg (1 serving) with Toast Choice Sourdough	560	200	20	10	0	230	990	70	0	0	20	440	10	30	0
Eggs My Way, One Egg (1 serving) with Toast Choice Toasted English Muffin	440	180	20	10	0	230	710	50	0	0	10	440	10	110	0
Eggs My Way, One Egg (1 serving) with Meat Choice Bacon, Toast Choice Sourdough	740	330	40	10	0	270	1590	70	0	0	30	440	10	30	0
Eggs My Way, One Egg (1 serving) with Meat Choice Bacon, Toast Choice Toasted English Muffin	620	310	30	10	0	270	1310	50	0	0	20	440	10	110	0
Eggs My Way, One Egg (1 serving) with Meat Choice Sausage, Toast Choice Sourdough	1060	630	70	30	0	330	2210	70	0	0	30	440	10	70	0
Eggs My Way, One Egg (1 serving) with Meat Choice Sausage, Toast Choice Toasted English Muffin	940	610	70	20	0	330	1930	50	0	0	30	440	10	150	0
Eggs My Way, Three Eggs (1 serving)	470	260	30	10	0	660	650	30	0	0	20	930	10	80	0
Eggs My Way, Three Eggs (1 serving) with Meat Choice Bacon	650	390	40	20	0	700	1250	30	0	0	30	930	10	80	0
Eggs My Way, Three Eggs (1 serving) with Meat Choice Sausage	970	690	80	30	0	760	1870	30	0	0	40	930	10	120	0
Eggs My Way, Three Eggs (1 serving) with Toast Choice Sourdough	710	290	30	10	0	660	1130	70	0	10	30	930	10	80	0
Eggs My Way, Three Eggs (1 serving) with Toast Choice Toasted English Muffin	590	270	30	10	0	660	850	50	0	0	30	930	10	160	10
Eggs My Way, Three Eggs (1 serving) with Meat Choice Bacon, Toast Choice Sourdough	890	420	50	20	0	700	1730	70	0	10	40	930	10	80	0
Eggs My Way, Three Eggs (1 serving) with Meat Choice Bacon, Toast Choice Toasted English Muffin	770	400	40	20	0	700	1450	50	0	0	40	930	10	160	10
Eggs My Way, Three Eggs (1 serving) with Meat Choice Sausage, Toast Choice Sourdough	1210	720	80	30	0	760	2350	70	0	10	40	930	10	120	10
Eggs My Way, Three Eggs (1 serving) with Meat Choice Sausage, Toast Choice Toasted English Muffin	1090	700	80	30	0	760	2070	50	0	0	40	930	10	200	10
Eggs My Way, Two Eggs (1 serving)	400	220	20	10	0	450	580	30	0	0	20	690	10	50	0
Eggs My Way, Two Eggs (1 serving) with Meat Choice Bacon	580	340	40	10	0	490	1180	30	0	0	30	690	10	50	0
Eggs My Way, Two Eggs (1 serving) with Meat Choice Sausage	900	650	70	30	0	550	1800	30	0	0	30	690	10	90	0
Eggs My Way, Two Eggs (1 serving) with Toast Choice Sourdough	640	240	30	10	0	450	1060	70	0	0	20	690	10	50	0
Eggs My Way, Two Eggs (1 serving) with Toast Choice Toasted English Muffin	520	230	30	10	0	450	780	50	0	0	20	690	10	130	0
Eggs My Way, Two Eggs (1 serving) with Meat Choice Bacon, Toast Choice Sourdough	820	370	40	20	0	490	1660	70	0	0	40	690	10	50	0
Eggs My Way, Two Eggs (1 serving) with Meat Choice Bacon, Toast Choice Toasted English Muffin	700	350	40	10	0	490	1380	50	0	0	30	690	10	130	0
Eggs My Way, Two Eggs (1 serving) with Meat Choice Sausage, Toast Choice Sourdough	1140	680	80	30	0	550	2280	70	0	0	40	690	10	90	0
Eggs My Way, Two Eggs (1 serving) with Meat Choice Sausage, Toast Choice Toasted English Muffin	1020	660	70	30	0	550	2000	50	0	0	30	690	10	170	0
French Toast, 2 Slices (1 serving)	620	130	10	10	0	310	690	100	0	40	20	430	0	80	0
French Toast, 2 Slices (1 serving) with Meat Choice Bacon	800	260	30	10	0	350	1290	100	0	40	30	430	0	80	0
French Toast, 2 Slices (1 serving) with Meat Choice Sausage	1120	560	60	20	0	410	1910	100	0	40	30	430	0	120	0
French Toast, 3 Slices (1 serving)	800	180	20	10	0	450	990	130	0	40	30	600	0	110	0
French Toast, 3 Slices (1 serving) with Meat Choice Bacon	980	310	30	10	0	490	1590	130	0	40	40	600	0	110	0
French Toast, 3 Slices (1 serving) with Meat Choice Sausage	1300	610	70	20	0	550	2210	130	0	40	40	600	0	150	0
Pancakes, Three (1 serving)	660	60	10	0	0	10	1330	140	0	50	10	100	0	80	0
Pancakes, Three (1 serving) with Meat Choice Bacon	840	190	20	10	0	50	1930	140	0	50	20	100	0	80	0
Pancakes, Three (1 serving) with Meat Choice Sausage	1160	500	60	20	0	110	2550	140	0	50	20	100	0	120	0
Pancakes, Two (1 serving)	520	50	10	0	0	10	920	110	0	40	10	100	0	60	0
Pancakes, Two (1 serving) with Meat Choice Bacon	700	180	20	10	0	50	1520	110	0	40	20	100	0	60	0
Pancakes, Two (1 serving) with Meat Choice Sausage	1020	490	50	20	0	110	2140	110	0	40	20				

Breakfast Sandwiches	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Breakfast Belt Sandwich (1 serving)	760	440	50	10	0	290	1430	50	0	10	30	1060	0	190	0
Johnny's Breakfast Sandwich (1 serving)	180	140	20	10	0	230	230	0	0	0	10	680	0	180	0
Johnny's Breakfast Sandwich (1 serving) with Bread Choice Biscuit	440	240	30	10	0	230	1130	40	0	0	20	690	0	210	0
Johnny's Breakfast Sandwich (1 serving) with Bread Choice Sourdough Toast	420	170	20	10	0	230	710	50	0	0	20	680	0	180	0
Johnny's Breakfast Sandwich (1 serving) with Bread Choice Toasted English Muffin	300	150	20	10	0	230	430	30	0	0	20	680	0	260	0
Johnny's Breakfast Sandwich (1 serving) with Meat Choice Bacon	270	200	20	10	0	250	530	0	0	0	20	680	0	180	0
Johnny's Breakfast Sandwich (1 serving) with Meat Choice Sausage	430	360	40	10	0	280	840	0	0	0	20	680	0	200	0
Johnny's Breakfast Sandwich (1 serving) with Bread Choice Biscuit, Meat Choice Bacon	530	300	30	10	0	250	1430	40	0	0	20	690	0	210	0
Johnny's Breakfast Sandwich (1 serving) with Bread Choice Biscuit, Meat Choice Sausage	690	450	50	20	0	280	1740	40	0	0	20	690	0	230	0
Johnny's Breakfast Sandwich (1 serving) with Bread Choice Sourdough Toast, Meat Choice Bacon	510	230	30	10	0	250	1010	50	0	0	30	680	0	180	0
Johnny's Breakfast Sandwich (1 serving) with Bread Choice Sourdough Toast, Meat Choice Sausage	670	380	40	20	0	280	1320	50	0	0	30	680	0	200	0
Johnny's Breakfast Sandwich (1 serving) with Bread Choice Toasted English Muffin, Meat Choice Bacon	390	210	20	10	0	250	730	30	0	0	20	680	0	260	0
Johnny's Breakfast Sandwich (1 serving) with Bread Choice Toasted English Muffin, Meat Choice Sausage	550	360	40	10	0	280	1040	30	0	0	20	680	0	280	0
Rocket Breakfast Burger (1 serving)	750	400	40	20	0	320	1800	50	0	10	40	1090	0	230	0

Breakfast Side Items	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Bacon (1 serving)	90	60	10	0	0	20	300	0	0	0	10	0	0	0	0
Breakfast Potatoes (1 serving)	170	60	10	0	0	0	370	30	0	0	0	0	10	0	0
English Muffin (1 muffin)	120	10	0	0	0	0	200	30	0	0	0	0	0	80	0
Sausage (1 serving)	370	310	30	10	0	90	740	0	0	0	20	0	0	20	0
Sourdough Toast (2 slices)	240	30	0	0	0	0	480	50	0	0	10	0	0	0	0
Wheat Toast (2 slices)	200	30	0	0	0	0	500	40	0	0	10	0	0	40	0
White Toast (2 slices)	400	50	10	0	0	0	700	70	0	10	10	0	0	120	0

Additional Items

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
BBQ Chicken Melt (1 serving)	940	310	30	10	0	140	2230	100	0	40	60	1130	10	320	0
Cheese Curds, Side (1 serving)	470	340	40	20	0	120	700	0	0	0	30	1200	0	800	0
Cheese Curds, Side (1 serving) with Sauce Choice BBQ	610	340	40	20	0	120	1280	40	0	30	30	1400	10	800	0
Cheese Curds, Side (1 serving) with Sauce Choice Honey Mustard	730	580	60	30	0	140	1200	10	0	10	30	1200	0	800	0
Cheese Curds, Side (1 serving) with Sauce Choice Ranch	690	550	60	30	0	140	1150	0	0	0	30	1250	0	850	0
Cheese Curds, Starter (1 serving)	940	690	80	50	0	230	1390	0	0	0	60	2400	0	1600	0
Cheese Curds, Starter (1 serving) with Sauce Choice BBQ	1080	690	80	50	0	230	1970	40	0	30	60	2600	10	1600	0
Cheese Curds, Starter (1 serving) with Sauce Choice Honey Mustard	1200	920	100	50	0	250	1890	10	0	10	60	2400	0	1600	0
Cheese Curds, Starter (1 serving) with Sauce Choice Ranch	1160	890	100	50	0	250	1850	0	0	0	60	2450	0	1650	0
Chile Burger (1 serving)	510	380	40	10	0	110	880	0	0	0	30	560	70	180	0
Chile Burger (1 serving) with Bread Choice Hoagie Roll	740	400	40	10	0	110	1420	50	0	0	30	560	70	220	10
Chile Burger (1 serving) with Bread Choice Sourdough	810	470	50	10	0	110	1410	50	0	10	30	940	70	180	0
Chile Burger (1 serving) with Bun Choice Gluten Free	800	490	50	10	0	110	1390	50	10	10	30	810	70	220	0
Chile Burger (1 serving) with Bun Choice Regular	740	450	50	10	0	110	1230	40	0	10	30	810	70	200	0
Chile Burger (1 serving) with Bun Choice Wheat	700	410	50	10	0	110	1140	40	0	10	30	560	70	200	0
Coffee Shake (1 shake)	770	390	40	30	0	160	290	80	0	70	10	1530	0	570	0
Egg Salad Sandwich (1 serving)	540	460	50	10	0	510	520	0	0	0	10	860	0	60	0
Egg Salad Sandwich (1 serving) with Bread Choice Sourdough	780	490	50	10	0	510	1000	50	0	10	20	860	0	60	0
Egg Salad Sandwich (1 serving) with Bread Choice Wheat	740	490	50	10	0	510	1020	40	0	0	20	860	0	100	0
Egg Salad Sandwich (1 serving) with Bread Choice White	940	510	60	10	0	510	1220	80	0	10	30	860	0	180	10
Mocha Fudge Shake (1 shake)	860	420	50	30	0	160	330	90	0	80	10	1530	0	590	0
Mozzarella Sticks (1 serving)	590	230	30	10	0	60	2460	60	10	10	30	0	0	1400	0
Nachos (1 serving)	1180	850	90	50	0	280	2660	20	10	10	60	4240	20	1380	0
No. 12 Burger (1 serving)	510	390	40	10	0	110	1280	10	0	0	30	1950	10	190	0
No. 12 Burger (1 serving) with Bread Choice Hoagie Roll	740	410	50	10	0	110	1820	50	0	10	30	1950	10	230	10
No. 12 Burger (1 serving) with Bread Choice Sourdough	820	480	50	10	0	110	1810	50	0	10	30	2320	10	190	0
No. 12 Burger (1 serving) with Bun Choice Gluten Free	810	490	50	10	0	110	1790	50	10	10	30	2190	10	230	0
No. 12 Burger (1 serving) with Bun Choice Regular	750	460	50	10	0	110	1630	40	0	10	30	2190	10	210	0
No. 12 Burger (1 serving) with Bun Choice Wheat	700	410	50	10	0	110	1540	50	0	10	30	1950	10	210	0

Additional Items	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)
Rocket Breaded Wings, 12 (1 serving)	790	470	50	10	0	200	2000	20	0	0	50	0	0	0
Rocket Breaded Wings, 12 (1 serving) with Dressing Choice Blue Cheese	1110	780	90	20	0	230	2540	30	0	0	50	0	0	80
Rocket Breaded Wings, 12 (1 serving) with Dressing Choice Ranch	1010	670	70	20	0	220	2460	30	0	0	50	50	0	50
Rocket Breaded Wings, 12 (1 serving) with Wing Sauce Choice Hot	800	480	50	10	0	200	3750	30	0	0	50	880	0	10
Rocket Breaded Wings, 12 (1 serving) with Wing Sauce Choice Sweet BBQ	930	470	50	10	0	200	2580	60	0	30	50	200	10	0
Rocket Breaded Wings, 12 (1 serving) with Dressing Choice Blue Cheese, Wing Sauce Choice Hot	1120	780	90	20	0	230	4290	30	0	0	50	880	0	90
Rocket Breaded Wings, 12 (1 serving) with Dressing Choice Blue Cheese, Wing Sauce Choice Sweet BBQ	1250	780	90	20	0	230	3120	60	0	30	50	200	10	80
Rocket Breaded Wings, 12 (1 serving) with Dressing Choice Ranch, Wing Sauce Choice Hot	1020	680	80	20	0	220	4200	30	0	0	50	930	0	50
Rocket Breaded Wings, 12 (1 serving) with Dressing Choice Ranch, Wing Sauce Choice Sweet BBQ	1150	670	70	20	0	220	3040	60	0	30	50	250	10	50
Rocket Breaded Wings, 16 (1 serving)	1050	630	70	20	0	270	2670	30	0	0	60	0	0	0
Rocket Breaded Wings, 16 (1 serving) with Dressing Choice Blue Cheese	1370	930	100	30	0	300	3210	30	0	0	70	0	0	80
Rocket Breaded Wings, 16 (1 serving) with Dressing Choice Ranch	1270	830	90	20	0	290	3120	30	0	0	70	50	0	50
Rocket Breaded Wings, 16 (1 serving) with Wing Sauce Choice Hot	1070	630	70	20	0	270	4410	30	0	0	60	880	0	10
Rocket Breaded Wings, 16 (1 serving) with Wing Sauce Choice Sweet BBQ	1190	630	70	20	0	270	3250	70	0	30	60	200	10	0
Rocket Breaded Wings, 16 (1 serving) with Dressing Choice Blue Cheese, Wing Sauce Choice Hot	1390	940	100	30	0	300	4950	40	0	0	70	880	0	90
Rocket Breaded Wings, 16 (1 serving) with Dressing Choice Blue Cheese, Wing Sauce Choice Sweet BBQ	1510	930	100	30	0	300	3790	70	0	30	70	200	10	80
Rocket Breaded Wings, 16 (1 serving) with Dressing Choice Ranch, Wing Sauce Choice Hot	1290	840	90	20	0	290	4870	40	0	0	70	930	0	50
Rocket Breaded Wings, 16 (1 serving) with Dressing Choice Ranch, Wing Sauce Choice Sweet BBQ	1410	830	90	20	0	290	3700	70	0	30	70	250	10	50
Rocket Breaded Wings, 4 (1 serving)	260	160	20	0	0	70	670	10	0	0	20	0	0	0
Rocket Breaded Wings, 4 (1 serving) with Dressing Choice Blue Cheese	580	460	50	10	0	100	1210	10	0	0	20	0	0	80
Rocket Breaded Wings, 4 (1 serving) with Dressing Choice Ranch	480	360	40	10	0	90	1120	10	0	0	20	50	0	50
Rocket Breaded Wings, 4 (1 serving) with Wing Sauce Choice Hot	280	160	20	0	0	70	2410	10	0	0	20	880	0	10
Rocket Breaded Wings, 4 (1 serving) with Wing Sauce Choice Sweet BBQ	400	160	20	0	0	70	1250	40	0	30	20	200	10	0
Rocket Breaded Wings, 4 (1 serving) with Dressing Choice Blue Cheese, Wing Sauce Choice Hot	600	470	50	10	0	100	2950	10	0	0	20	880	0	90
Rocket Breaded Wings, 4 (1 serving) with Dressing Choice Blue Cheese, Wing Sauce Choice Sweet BBQ	720	460	50	10	0	100	1790	50	0	30	20	200	10	80
Rocket Breaded Wings, 4 (1 serving) with Dressing Choice Ranch, Wing Sauce Choice Hot	500	370	40	10	0	90	2870	10	0	0	20	930	0	50
Rocket Breaded Wings, 4 (1 serving) with Dressing Choice Ranch, Wing Sauce Choice Sweet BBQ	620	360	40	10	0	90	1700	50	0	30	20	250	10	50
Rocket Breaded Wings, 6 (1 serving)	390	230	30	10	0	100	1000	10	0	0	20	0	0	0
Rocket Breaded Wings, 6 (1 serving) with Dressing Choice Blue Cheese	710	540	60	10	0	130	1540	10	0	0	30	0	0	80
Rocket Breaded Wings, 6 (1 serving) with Dressing Choice Ranch	610	440	50	10	0	120	1460	10	0	0	30	50	0	50
Rocket Breaded Wings, 6 (1 serving) with Wing Sauce Choice Hot	410	240	30	10	0	100	2750	10	0	0	20	880	0	10
Rocket Breaded Wings, 6 (1 serving) with Wing Sauce Choice Sweet BBQ	530	230	30	10	0	100	1580	50	0	30	20	200	10	0
Rocket Breaded Wings, 6 (1 serving) with Dressing Choice Blue Cheese, Wing Sauce Choice Hot	730	550	60	10	0	130	3290	20	0	0	30	880	0	90
Rocket Breaded Wings, 6 (1 serving) with Dressing Choice Blue Cheese, Wing Sauce Choice Sweet BBQ	850	540	60	10	0	130	2120	50	0	30	30	200	10	80
Rocket Breaded Wings, 6 (1 serving) with Dressing Choice Ranch, Wing Sauce Choice Hot	630	440	50	10	0	120	3200	20	0	0	30	930	0	50
Rocket Breaded Wings, 6 (1 serving) with Dressing Choice Ranch, Wing Sauce Choice Sweet BBQ	750	440	50	10	0	120	2040	50	0	30	30	250	10	50
Rocket Breaded Wings, 8 (1 serving)	530	310	30	10	0	130	1330	20	0	0	30	0	0	0
Rocket Breaded Wings, 8 (1 serving) with Dressing Choice Blue Cheese	850	620	70	20	0	160	1870	20	0	0	30	0	0	80
Rocket Breaded Wings, 8 (1 serving) with Dressing Choice Ranch	740	510	60	10	0	160	1790	20	0	0	30	50	0	50
Rocket Breaded Wings, 8 (1 serving) with Wing Sauce Choice Hot	540	320	40	10	0	130	3080	20	0	0	30	880	0	10
Rocket Breaded Wings, 8 (1 serving) with Wing Sauce Choice Sweet BBQ	670	310	30	10	0	130	1910	50	0	30	30	200	10	0
Rocket Breaded Wings, 8 (1 serving) with Dressing Choice Blue Cheese, Wing Sauce Choice Hot	860	630	70	20	0	160	3620	20	0	0	30	880	0	90
Rocket Breaded Wings, 8 (1 serving) with Dressing Choice Blue Cheese, Wing Sauce Choice Sweet BBQ	990	620	70	20	0	160	2450	50	0	30	30	200	10	80
Rocket Breaded Wings, 8 (1 serving) with Dressing Choice Ranch, Wing Sauce Choice Hot	760	520	60	10	0	160	3530	20	0	0	30	930	0	50
Rocket Breaded Wings, 8 (1 serving) with Dressing Choice Ranch, Wing Sauce Choice Sweet BBQ	880	510	60	10	0	160	2370	50	0	30	30	250	10	50
Rocket Wings, 12 (1 serving)	920	640	70	20	0	460	350	0	0	0	70	0	0	70
Rocket Wings, 12 (1 serving) with Dressing Choice Blue Cheese	1240	950	110	30	0	490	890	0	0	0	80	0	0	150
Rocket Wings, 12 (1 serving) with Dressing Choice Ranch	1140	840	90	20	0	490	810	0	0	0	80	50	0	120
Rocket Wings, 12 (1 serving) with Wing Sauce Choice Hot	930	650	70	20	0	460	2100	0	0	0	70	880	0	80
Rocket Wings, 12 (1 serving) with Wing Sauce Choice Sweet BBQ	1060	640	70	20	0	460	930	40	0	30	70	200	10	70
Rocket Wings, 12 (1 serving) with Dressing Choice Blue Cheese, Wing Sauce Choice Hot	1250	960	110	30	0	490	2640	0	0	0	80	880	0	160
Rocket Wings, 12 (1 serving) with Dressing Choice Blue Cheese, Wing Sauce Choice Sweet BBQ	1380	950	110	30	0	490	1470	40	0	30	80	200	10	150
Rocket Wings, 12 (1 serving) with Dressing Choice Ranch, Wing Sauce Choice Hot	1150	850	90	20	0	490	2550	0	0	0	80	930	0	130
Rocket Wings, 12 (1 serving) with Dressing Choice Ranch, Wing Sauce Choice Sweet BBQ	1280	840	90	20	0	490	1390	40	0	30	80	250	10	120
Rocket Wings, 16 (1 serving)	1230	850	90	30	0	620	470	0	0	0	100	0	0	100
Rocket Wings, 16 (1 serving) with Dressing Choice Blue Cheese	1550	1160	130	30	0	650	1010	0	0	0	100	0	0	180
Rocket Wings, 16 (1 serving) with Dressing Choice Ranch	1440	1060	120	30	0	640	920	0	0	0	100	50	0	140
Rocket Wings, 16 (1 serving) with Wing Sauce Choice Hot	1240	860	100	30	0	620	2220	0	0	0	100	880	0	100
Rocket Wings, 16 (1 serving) with Wing Sauce Choice Sweet BBQ	1370	850	90	30	0	620	1050	40	0	30	100	200	10	100
Rocket Wings, 16 (1 serving) with Dressing Choice Blue Cheese, Wing Sauce Choice Hot	1560	1170	130	30	0	650	2760	0	0	0	100	880	0	180
Rocket Wings, 16 (1 serving) with Dressing Choice Blue Cheese, Wing Sauce Choice Sweet BBQ	1690	1160	130	30	0	650	1590	40	0	30	100	200	10	180
Rocket Wings, 16 (1 serving) with Dressing Choice Ranch, Wing Sauce Choice Hot	1460	1060	120	30	0	640	2670	0	0	0	100	930	0	150
Rocket Wings, 16 (1 serving) with Dressing Choice Ranch, Wing Sauce Choice Sweet BBQ	1580	1060	120	30	0	640	1500	40	0	30	100	250	10	140
Rocket Wings, 4 (1 serving)	310	210	20	10	0	150	120	0	0	0	20	0	0	20
Rocket Wings, 4 (1 serving) with Dressing Choice Blue Cheese	630	520	60	10	0	180	660	0	0	0	30	0	0	100
Rocket Wings, 4 (1 serving) with Dressing Choice Ranch	520	420	50	10	0	180	570	0	0	0	30	50	0	70
Rocket Wings, 4 (1 serving) with Wing Sauce Choice Hot	320	220	20	10	0	150	1860	0	0	0	30	880	0	30
Rocket Wings, 4 (1 serving) with Wing Sauce Choice Sweet BBQ	450	210	20	10	0	150	700	40	0	30	20	200	10	20
Rocket Wings, 4 (1 serving) with Dressing Choice Blue Cheese, Wing Sauce Choice Hot	640	530	60	10	0	180	2400	0	0	0	30	880	0	110
Rocket Wings, 4 (1 serving) with Dressing Choice Blue Cheese, Wing Sauce Choice Sweet BBQ	770	520	60	10	0	180	1240	40	0	30	30	200	10	100
Rocket Wings, 4 (1 serving) with Dressing Choice Ranch, Wing Sauce Choice Hot	540	420	50	10	0	180	2320	0	0	0	30	930	0	80
Rocket Wings, 4 (1 serving) with Dressing Choice Ranch, Wing Sauce Choice Sweet BBQ	660	420	50	10	0	180	1150	40	0	30	30	250	10	70
Rocket Wings, 6 (1 serving)	460	320	40	10	0	230	180	0	0	0	40	0	0	40
Rocket Wings, 6 (1 serving) with Dressing Choice Blue Cheese	780	630	70	20	0	260	720	0	0	0	40	0	0	120
Rocket Wings, 6 (1 serving) with Dressing Choice Ranch	680	520	60	10	0	250	630	0	0	0	40	50	0	80
Rocket Wings, 6 (1 serving) with Wing Sauce Choice Hot	470	330	40	10	0	230	1920	0	0	0	40	880	0	40
Rocket Wings, 6 (1 serving) with Wing Sauce Choice Sweet BBQ	600	320	40	10	0	230	760	40	0	30	40	200	10	40
Rocket Wings, 6 (1 serving) with Dressing Choice Blue Cheese, Wing Sauce Choice Hot	790	630	70	20	0	260	2460	0	0	0	40	880	0	120
Rocket Wings, 6 (1 serving) with Dressing Choice Blue Cheese, Wing Sauce Choice Sweet BBQ	920	630	70	20	0	260	1300	40	0	30	40	200	10	120
Rocket Wings, 6 (1 serving) with Dressing Choice Ranch, Wing Sauce Choice Hot	690	530	60	10	0	250	2380	0	0	0	40	930	0	90
Rocket Wings, 6 (1 serving) with Dressing Choice Ranch, Wing Sauce Choice Sweet BBQ	820	520	60	10	0	250	1210	40	0	30	40	250	10	80
Rocket Wings, 8 (1 serving)	610	430	50	10	0	310	230	0	0	0	50	0	0	50
Rocket Wings, 8 (1 serving) with Dressing Choice Blue Cheese	930	730	80	20	0	340	770	0	0	0	50	0	0	130
Rocket Wings, 8 (1 serving) with Dressing Choice Ranch	830	630	70	20	0	330	690	0	0	0	50	50	0	90
Rocket Wings, 8 (1 serving) with Wing Sauce Choice Hot	630	440	50	10	0	310	1980	0	0	0	50	880	0	60
Rocket Wings, 8 (1 serving) with Wing Sauce Choice Sweet BBQ	750	430	50	10	0	310	810	40	0	30	50	200	10	50
Rocket Wings, 8 (1 serving) with Dressing Choice Blue Cheese, Wing Sauce Choice Hot	950	740	80	20	0	340	2520	0	0	0	50	880	0	140
Rocket Wings, 8 (1 serving) with Dressing Choice Blue Cheese, Wing Sauce Choice Sweet BBQ	1070	730	80	20	0	340	1350	40	0	30	50	200	10	130
Rocket Wings, 8 (1 serving) with Dressing Choice Ranch, Wing Sauce Choice Hot	850	640	70	20	0	330	2440	0	0	0	50	930	0	100
Rocket Wings, 8 (1 serving) with Dressing Choice Ranch, Wing Sauce Choice Sweet BBQ	970	630	70	20	0	330	1270	40	0	30	50	250	10	90
Sweet Potato Fries, Side (1 serving)	220	80	10	0	0	0	370	30	0	10	0	4000	0	0
Sweet Potato Fries, Starter (1 serving)	390	140	20	0	0	0	650	60	10	20	0	7000	10	0
Tuna Melt (1 serving)	410	320	40	10	0	80	1030	0	0	0	30	560	0	330
Tuna Melt (1 serving) with Bread Choice Sourdough	650	340	40	10	0	80	1510	50	0	0	40	560	0	330
Tuna Melt (1 serving) with Bread Choice Wheat	610	340	40	10	0	80	1530	40	0	0	40	560	0	370
Tuna Melt (1 serving) with Bread Choice White	810	360	40	10	0	80	1730	80	0					

Johnny Rockets Limited Time Offers

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Bavarian Pretzel Bites (1 serving)	890	370	40	10	0	20	1280	110	0	20	20	0	0	30	10
Caramel Pretzel Milkshake (1 shake)	1060	420	50	30	0	170	770	140	0	110	20	1640	0	630	0
Crispy Chicken Wedge Salad (1 serving)	750	470	50	20	0	120	2140	30	0	10	40	2140	10	410	0
Honey Mustard Chicken Pretzelwich (1 serving) with Fried Chicken Tenders	940	410	50	10	0	110	2190	90	0	20	40	1690	10	270	0
Honey Mustard Chicken Pretzelwich (1 serving) with Grilled Chicken Breast	830	350	40	10	0	140	1630	70	0	20	50	1420	10	260	0
Honey Mustard Pretzel Burger (1 serving)	890	460	50	20	0	130	2010	70	0	20	40	1390	10	260	0
Pumpkin Pie Milkshake (1 shake)	1180	510	60	30	0	220	750	140	0	110	20	3780	0	670	0
Supreme M and M Milkshake (1 shake)	1910	780	90	50	0	160	950	250	10	200	30	1530	0	660	0