

									Updated	11/29/2016
	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains/Claims
Murray										
Breakfast										
Biscuit w/ bacon	1 biscuit	326	20	23	1	12				Wheat, Milk, Soy, Pork
Biscuit w/ sausage	1 biscuit	423	31	24	1	8				Wheat, Milk, Soy, Pork
Chicken Biscuit	1 biscuit	300	13	30	1	16				Wheat, Milk, Soy
Egg & Cheese Biscuit	1 biscuit	370	23	24	0	15		✓		Wheat, Milk, Soy Egg
. w/ bacon	1 biscuit	440	29	24	0	19				Wheat, Milk, Soy, Egg, Pork
. w/ sausage	1 biscuit	538	37	25	1	23				Wheat, Milk, Soy, Egg, Pork
Toaster Sandwich (2 Slices Toast, American Cheese, Egg Patty, Margarine)	1 toaster	470	22.5	48	2	19		✓		Wheat, Milk, Soy, Egg
Gluten Free Bread (available upon request)										
Red Raider Breakfast Platter										
(Your choice of breakfast meat, biscuit/toast, and a hashbrown)										
Bacon	2oz	140	12	0	0	8			✓	Pork
Ham	2oz	86	4.5	1	0	9			✓	Pork
Sausage	2oz	170	15	0	0	8			✓	Pork
Biscuit	1 biscuit	190	9	22	0	4		✓		Wheat, Milk, Soy
Toast	1 Slice	120	2g	23	1	4	✓	✓	✓	Wheat, Soy
Hashbrown	1 hashbrown	237	14.5	23	2.5	2.5	✓	✓	✓	Soy
Margarine	.25oz	50	4.5	0	0	0		✓	✓	Milk, Soy
Breakfast Sandwich:										
BYO (Build Your Own)										
Bacon	1oz	70	6	0	0	4			✓	Pork
Bagel	1 bagel	280	1	57	2	10	✓	✓		Wheat, Barley
Biscuit	1 biscuit	190	9	22	0	4		✓		Wheat, Milk, Soy
Cheese	1oz	110	9	1	0	7		✓	✓	Milk
Chicken Patty	1 patty	170	9.5	8	1	12				Wheat
Croissant	1 croissant	190	10	22	1	3		✓		Wheat, Milk, Egg
Egg	2oz	70	5	1	0	4		✓	✓	Milk, Egg
English Muffin	1 muffin	270	2	53	3	10		✓		Wheat, Barley, Milk, Soy
Gluten Free Bread (available upon request)										
Ham	2oz	86	4.5	1	0	9			✓	Pork
Sausage	2oz	170	15	0	0	8			✓	Pork
Sourdough Bread (Flowers)	2 slices	160	1	38	1	6	✓	✓		Wheat, Soy
Texas Toast (Flowers)	2 slices	200	2	38	1	6	✓	✓		Wheat, Soy
Sides: (add to any platter)										
Bacon (2)	<1oz	70	6	0	0	4			✓	Pork
Biscuit (1) & Gravy	1 biscuit	308	14	40	1	4		✓	✓	Wheat, Milk, Soy
Biscuits (2) & Gravy	2 biscuits	615	27	80	2	8		✓		Wheat, Milk, Soy
Hash Brown Patty (1)	1 patty	237	14.5	23	2.5	2.5	✓	✓	✓	Soy
Hash Brown Patty (2)	2 patties	474	29	46	5	5	✓	✓	✓	Soy
Sausage Patties (2)	2 patties	300	28	0	0	6			✓	Pork
Scrambled Eggs	3.5oz	120	11	2	0	10		✓	✓	Milk, Egg
Shredded Hash Browns	3oz	120	5	16	0	2		✓	✓	Milk (Whey), Soy from Margarine
Bread and Protein Options										
White Tortilla 12"	1 tortilla	310	8	52	5	9	✓	✓		Wheat, Soy
Wheat Tortilla 12"	1 tortilla	290	7	50	6	9	✓	✓		Wheat, Soy
White Tortilla 8"	1 tortilla	130	3	22	1	4	✓	✓		Wheat, Soy
Shredded Hash Browns	3oz	120	5	16	0	2		✓	✓	Milk, Soy (Possible Dairy)
Bacon (2)	<1oz	70	6	0	0	4			✓	Pork
Sausage	2oz	170	15	0	0	8			✓	Pork
Cheese	1oz	110	9	1	0	7		✓	✓	Milk

U-Create Sandwiches and More	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains/Claims
Banh-Me (Flatbread, Crispy Chicken, Greens, Red Onion, Cucumbers, Asian Slaw)	1 Sandwich	699	42	63	2	23				Wheat,Milk,Soy
Chop-T Chicken Club (Flatbread, Honey Mustard, Chicken, Tomatoes, Greens, Chucumbers, Red Onion and Bell Peppers)	1 Sandwich	371	7	48	3	33				Wheat, Milk, Soy, Egg
Classic. Spicy. Crispy (Flatbread, Mayo, Chicken, Greens, Onion, Pickles and Peppers)	1 Sandwich	520	24	43	2	35				Wheat, Milk, Soy, Egg
Lean and Clean...Energy (Flatbread, Honey Mustard, Chicken, Tomatoes, Greens, Cucumbers, Red Onion and Bell Peppers)	1 Sandwich	880	58	64	4	31				Wheat, Milk, Soy
Spicy Sonoran (Flatbread, Mayo, Chicken, Tomato, Avocado, Bacon, Jalapenos, Greens, and Cheese)	1 Sandwich	509	11	75	4	27				Wheat, Milk, Soy, Egg, Pork
West Tx Rio Grande Manwich (Flatbread, BBQ Sauce, Bacon, Chicken, Grilled Peppers and Onions and Cheese)	1 Sandwich	803	44	66	3	43				Wheat,Milk, Soy, Pork
6" Meat Ball Sub	1 Sandwich	323	21.5	51	4	29				Wheat, Milk, Soy
12" Meat Ball Sub	1 Sandwich	1032	43	102	8	58				Wheat, Milk, Soy
Sandwich or Wrap	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains/Claims
BYO (Build Your Own)										
Bread Options(*Some items are by request only)										
*Gluten Free Bread (whole grain) Udi's	2 slices	140	4	22	2	4		✓	✓	
Biscuit	1 biscuit	180	7	24	1	4		✓		Wheat, Milk, Soy
Build Your Own Burrito Deluxe or										
Corn Tortilla	1 tortilla	130	1.5	25	2	3	✓	✓	✓	
Flat Bread	1 flatbread	190	5	29	5	6		✓		Wheat, Milk, Soy, Sesame
Hamburger Bun (Flowers)	1 bun	160	1.5	33	1	5	✓	✓		Wheat, Soy
Texas Toast (Flowers)	2 slices	200	2	38	1	6	✓	✓		Wheat, Soy
Wheat Hoagie	1 hoagie	250	3.5	45	4	9		✓		Wheat,Milk, May: Soy, Egg, Sesame
Wheat Tortilla 12"	1 tortilla	290	7	50	6	9	✓	✓		Wheat, Soy
White Hoagie	1 hoagie	190	1.5	38	1	7	✓	✓		Wheat, Barley, Soy
White Tortilla 12"	1 tortilla	310	8	52	5	9	✓	✓		Wheat, Soy
Proteins:	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains/Claims
Honey Ham	2oz	80	3	3	0	11			✓	Pork
Meatballs	4 count	200	12	8	2	14				Wheat, Milk, Soy
Meatballs	8 count	400	24	16	2	28				Wheat, Milk, Soy
Oven Gold Turkey	2oz	50	0.5	1	0	11			✓	
Turkey	2oz	50	0.5	1	0	11			✓	
Sauce (1oz)										
Barbecue Sauce	1oz	33	0	9	0	0	✓	✓	✓	
Honey Mustard Glaze	1oz	26	2	2	0	2	✓	✓	✓	
Marinara	2oz	26	<1	5	0	<1	✓	✓	✓	
Mayo	1oz	203	24	0	0	0		✓	✓	Egg, Soy
Pesto Mayo	1oz	91	10	0	0	0		✓	✓	Egg, Soy
Spicy Mayo	1oz	203	24	0	0	0		✓	✓	Egg, Soy
Teriyaki Sauce	1oz	43	1	9	0	0	✓	✓		Wheat, Soy
Vegetables (1oz)	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains/Claims
Bell Peppers	1oz	6	0	1	<1	0	✓	✓	✓	
Cucumbers	1oz	4	0	1	<1	0	✓	✓	✓	
Iceberg lettuce	1oz	3	0	1	<1	0	✓	✓	✓	
Red Onion	1oz	8	0	2	<1	0	✓	✓	✓	
Tomato	1oz	8	0	2	<1	0	✓	✓	✓	
White Onion	1oz	10	0	2	0	0	✓	✓	✓	
Toppings										
Avocado (1oz)	1oz	34	3	2	1	0	✓	✓	✓	
Bacon (2 slices)	1/2oz	70	6	0	0	4			✓	Pork
Grilled Peppers & Onions	1oz	28	2	2	<1	0	✓	✓	✓	
Monterrey Jack Cheese (1oz)	1oz	106	9	0	0	7		✓	✓	Milk
Pepperjack Cheese (1oz)	1oz	95	8	0	0	7		✓	✓	Milk
Provolone (1oz)	1oz	100	8	0	0	7		✓	✓	Milk
White American (1oz)	1oz	70	6	1	0	4		✓	✓	Milk, Soy
Yellow American (1oz)	1oz	70	6	1	0	4		✓	✓	Milk, Soy

Kickin' Chicken	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains/Claims
Chicken Leg Quarters	4oz	240	18	0	0	18			✓	
Chipotle Spicy Crispy Chicken	3oz	260	15	17	1	15				Wheat, Soy
Crispy	3oz	232	12	11	0	19				Wheat, Soy
Grilled Chicken	~4oz	170	5	1	0	31				
Homestyle Chicken Strips (3)	~3 strips	359	27.5	30.5	0	17				Wheat, Milk, Soy, Egg, Pork
Blazin' Chicken Strips (3)	~ 3 strips	297	17.5	14	1	21				Wheat
Chicken Wings (6)	~6 oz	300	18	12	2	11				Wheat, Egg, Soy
Chicken Wings (12)	~12 oz	600	36	24	4	22				Wheat, Egg, Soy
Boneless Wings (6)	~6oz	425	20.5	36	2	24				Wheat, Milk, Egg
Boneless Wings (12)	~6oz	550	41	72	4	48				Wheat, Milk, Egg
Chicken Bites (Homestyle or Spicy)	~6-7oz	540	31	32	4	32				Wheat
Chicken Fried Steak Fingers (5)	~6oz	567	37.5	48	1.5	20				Wheat, Egg, Soy
Mashed Potatoes	3oz	90	2	17	1	2		✓	✓	Milk
White Gravy	1oz	90	4	12	0	0		✓		Wheat,Milk, Egg, Soy
Guns Up Grill	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains/Claims
Beef Patty (1/4 pound)	1 patty	297	24.5	5	0	19			✓	
Patty and Bun (only)	1 plain burger	457	26	38	1	24				Wheat, Soy
BLT	1 sandwich	416	15	52	3	18				
Chicken Cordon Bleu Sandwich	1 sandwich	848	33	84	2	55				Wheat, Pork
Churrasco Chicken Quarters	1 serving	322	12	0	0	48				
Classic Club	1 sandwich	793	30	64	3	48				
Garden Burger (patty only) (vegetarian)	1 patty	150	4.5	21	3	7		✓		Wheat,Milk
Grilled Cheese	1 sandwich	535	27	50	2	22				
Grilled Chicken Sandwich (chicken breast and bun only)	1 sandwich	330	6.5	34	1	36				Wheat, Soy
Grilled Turkey	4oz	138	6	0	0	18				
Honey Cured Ham	4oz	231	12	11	2	20				Pork
Patty Melt	1 sandwich	709	37	54	3	42				
Philly (Sirloin, Onion, Bell Peppers, Mushrooms, Provolone, Hoagie)	1 sandwich	571	24	51	2	36				
Smoked Sausage	1.5oz	150	14	3	0	5				Pork
Turkey Burger	1 Burger	637	20	60	2	47				Wheat
Turkey Patty	1 patty	240	13	1	0	30			✓	
add meat	1 patty	290	23	0	0	19			✓	
add bacon (2 strips)	2 strips	146	12	0	0	8			✓	Pork
add american cheese	1 slice	106	9	0	0	6		✓	✓	Milk, Soy
Roast Beef	4oz	203	10	0	0	22			✓	
Roasted Turkey	4oz	116	2	2	0	22			✓	
Limited Time Offers	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains/Claims
Italian Philly	1 sandwich	828	54.5	42	1	28				Wheat, Soy, Egg, Milk
Mushroom Swiss Philly	1 sandwich	605	28.5	50	1	35.5				Wheat, Milk, Soy
Texican Philly	1 sandwich	760	48.5	44	1	33.5				Wheat, Soy, Egg, Milk
Sides										
French Fries	4oz	282	19	27	1	3	✓	✓	✓	Soy
Onion Rings	4oz	267	14	31	3	3				Wheat, Soy
Bread Options										
Biscuit	1 biscuit	180	7	24	1	4		✓		Wheat, Milk, Soy
Corn Tortilla	1 tortilla	130	1.5	25	2	3	✓	✓	✓	
Flat Bread	1 flatbread	190	5	29	5	6		✓	✓	Wheat, Milk, Soy, Sesame
Hamburger Bun (Flowers)	1 bun	160	1.5	33	1	5	✓	✓		Wheat, Soy
Wheat Hamburger Bun (Flowers)	1 bun	160	1.5	33	1	5	✓	✓	✓	Wheat, Barley, Rye, Soy (May contain sesame)
Roll	1 each	190	10	22	1	3				Wheat, Soy
Texas Toast (Flower)	2 slices	200	2	38	1	6	✓	✓		Wheat, Soy
Wheat Hoagie	1 hoagie	250	3.5	45	4	9		✓		Wheat, May, Milk, Soy, Egg, Sesame
Wheat Tortilla 12"	1 tortilla	290	7	50	6	9	✓	✓		Wheat, Soy
White Hoagie	1 hoagie	190	1.5	38	1	7	✓	✓		Wheat, Soy
White Tortilla 12"	1 tortilla	310	8	52	5	9	✓	✓		Wheat, Soy

Asian Wok	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains/Claims
BYO (Build Your Own)										
Proteins (3oz)										
Beef	3oz	132	6	0	0	18			✓	
Chicken	3oz	111	3	0	0	21			✓	
Shrimp	3oz	84	1	0	0	18			✓	Shellfish
Rice (4oz)										
White Rice	4oz	146	0	32	1	3				
Stir-Fried Rice	4oz	180	6	32	1	4		✓		Wheat, Soy, Egg
Sauce (1oz)										
Franks Chili Sauce										
General Tso's	1oz	66	0	15	0	0				Wheat, Soy
Mandarin Teryaki	1oz	43	1	8	0	1				Wheat, Soy
Sesame Garlic	1oz	76	3	11	0	0				Sesame
Szechuan	1oz	13	0	2	0	0				Wheat, Soy, Milk
Vegetables/Seeds (1oz)										
Bamboo Shoots	1oz	5	0	1	<1	0	✓	✓	✓	
Bell Pepper	1oz	6	0	1	<1	0	✓	✓	✓	
Broccoli	1oz	5	0	1	<1	0	✓	✓	✓	
Celery	1oz	4	0	1	<1	0	✓	✓	✓	
Carrot	1oz	11	0	3	<1	0	✓	✓	✓	
Snap Peas	1oz	12	0	2	<1	1	✓	✓	✓	
Sesame Seeds (1 Tablespoon)	1oz	52	4	2	<1	2	✓	✓	✓	Sesame
Sides	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains/Claims
Egg Roll (Pork)	1 each	220	19	10	1	3				Wheat, Pork, Egg
Egg Roll (Veggie)	1 each	204	17	12	1	2		✓		Wheat, Sesame, Egg
Fortune Cookie	1 each	25	0	6	0	0		✓		Wheat, Soy, Egg
Aglios	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains/Claims
BYO (Build Your Own)										
Pasta										
Bow Tie	4oz	215	2	43	1	7	✓	✓		Wheat
Fettucine	4oz	210	1	42	1	7	✓	✓		Wheat
Penne	4oz	202	0	42	1	7	✓	✓		Wheat
Ravioli (cheese)	5oz	270	10	31	2	14		✓		Wheat, Milk, Egg
Spaghetti	4oz	210	1	42	1	7		✓		Wheat
Tortelloni (cheese)	3.5oz	220	5	35	1	10		✓		Wheat, Milk, Soy, Egg
Pasta Sauces	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains/Claims
Alfredo	~2oz	158	11	14	0	6		✓	✓	Milk, Soy
Marinara		34	1	7	2	1	✓	✓	✓	
Meat Sauce		210	16	7	2	11				
Pizza by the Slice										
Cheese	1 slice	350	12	44	1	17				
Gluten Free Crust (upon request only, please allow for longer wait time to cook)	whole	380	10	62	2	8			✓	Egg
Italian Sausage	1 slice	522	26	46	1	24				Pork
Pepperoni	1 slice	613	36	44	1	27				Pork
Supreme	1 slice	403	17	45	1	19				Pork
Veggie	1 slice	365	13	50	4	17				
Sides	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains/Claims
Breadstick (1)	1 each	176	8	23	1	4				Wheat, Soy, Need More Information
Small Salad	1 small	95	5	11	3	3				
Specialty Dishes										
Fettucine Pasta w/ Tomato Basil Cream Sauce	1 serving	580	15	109	2	19				Wheat, Milk, Soy
Homemade Stuffed Ravioli w/ Pesto	1 serving	562	41	28	3	26				Wheat, Milk, Soy
House Baked Lasagna	1 serving	521	23	51	2	29				Wheat, Milk, Soy
Three Cheese Stuffed Tortellini w/ Creamy Sauce	1 serving	414	13	59	2	17				Wheat, Milk, Soy
Ziti Pasta w/ Blended Italian Cheese	1 serving	478	20	52	2	23				Wheat, Milk, Soy

Double T Diner	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains/Claims
Cod										
Grilled Salmon	3oz	100	3	0	0	17			✓	Fish
Meatloaf	4-5oz	212	11	16.2	1	11.5				Wheat, Egg
Pot Roast										
Pork Loin	4oz	323	27	0	0	18				
Spicy Fried Shrimp	6oz	400	20	40	2	16				Wheat, Soy, Shell Fish
Spicy Honey Glazed Chicken Thighs	4-5oz	184	4.5	13	0	22				
Tilapia	5oz	150	1.5	0	0	35			✓	Fish
Sides										
Asparagus	4oz	75	5	4	2	1		✓	✓	Milk
Broccoli	4oz	36	0.5	6.5	2.5	3	✓	✓	✓	May Contain Milk
Cilantro Rice	4oz	86	0	19	0	2	✓	✓	✓	
Garden Rice	4oz	200	1.5	42	1	5			✓	Soy
Roasted Red Potatoes	4oz	128	6	18	2	2	✓	✓	✓	
Sauteed Brussel Sprouts	4oz	85	5	5	3	3		✓	✓	Milk
Raider Cantina	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains/Claims
Regular Burrito (10" Tortilla, Beans or Rice and Cheese) Nutrition created with Flour Tortilla, 2oz Refried Beans and 2oz Cheese	1 serving	560	26	63	13	28				Wheat, Milk, Soy
Regular Beef Quesadilla (12" Tortilla, Beef and Cheese) Nutrition created with Flour Tortilla, 4oz Beef and 4oz Cheese	1 serving	1040	67	56	5	56				Wheat, Milk, Soy
Regular Chicken Quesadilla (12" Tortilla, Chicken and Cheese) Nutrition created with Flour Tortilla, 4oz Chicken and 4oz Cheese	1 serving	920	49	57	5	68				Wheat, Milk, Soy
Regular Cheese Quesadilla (12" Tortilla and Cheese) Nutrition created with Flour Tortilla	1 serving	750	44	56	5	37				Wheat, Milk, Soy
BYO (Build Your Own) Deluxe Burritos, Taco Salad Bowls & Deluxe Quesadillas										
Protein Option:										
Chicken	4oz	170	5	1	0	31			✓	Soy
Ground Beef	4oz	290	23	0	0	19			✓	
Fajita Chicken	4oz	110	2.5	1	0	20			✓	
Fajita Beef	4oz	260	17	0	0	27			✓	
Bread Options and Toppings:										
12" Flour Tortilla (Used with Delux Burritos)	1 each	310	8	52	5	9	✓	✓		Wheat, Soy
12" Wheat Tortilla (Used with Delux Burritos)	1 each	290	7	50	6	9	✓	✓		Wheat, Soy
10" Flour Tortilla (Used with Regular burritos)	1 each	210	5	36	3	6	✓	✓		Wheat, Soy
6" Corn Tortilla	1 each	65	0.5	13	1	1	✓	✓	✓	
Baked Tortilla Shell (10" tortilla)	1 each	210	5	36	3	6	✓	✓	✓	Wheat, Soy
Black Beans	2oz	48	0	9	2	3	✓	✓	✓	
Diced Onion	2oz	16	0	4	0	0	✓	✓	✓	
Green Leaf lettuce	2oz	5	0	1	0	0	✓	✓	✓	
Guacamole	1 each	60	5	1	0	1	✓	✓	✓	
Jalapenos	2oz	10	0	2	0	1	✓	✓	✓	
Pico de Gallo	2oz	10	0	2	0	1	✓	✓	✓	
Queso	2oz	80	4	6	2	2		✓	✓	Milk, Soy
Refried Beans	2oz	130	3	25	10	8	✓	✓	✓	
Salsa	2oz	5	0	1	0	0	✓	✓	✓	
Shredded Cheese small portion	2oz	220	18	2	0	14				Milk
Shredded Cheese large portion	4oz	440	36	4	0	28			✓	Milk
Sour Cream	1 each	60	5	1	0	1		✓	✓	Milk
Spanish Rice	2oz	75	0/5	17	0	1.5	✓	✓		May Contain: Wheat, Soy
Tomatoes	2oz	10	0	2	0	0	✓	✓	✓	

BYO Taco Salad White Tortilla 10" (add toppings if desired)	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains/Claims
Baked Taco Shell	1 tortilla	210	5	36	3	6	✓	✓		Wheat, Soy
BYO Delux Burrito on 10" Tortilla (add toppings if desired)										
Fajita Chicken	1 burrito	508	20	47	2	38				Wheat, Milk, Soy
Fajita Beef	1 burrito	557	27	46	2	36				Wheat, Milk, Soy
Ground Beef	1 burrito	671	41	46	2	33				Wheat, Milk, Soy
BYO Quesadilla on 12" Tortilla (add toppings if desired)										
Fajita Chicken	1 quesadilla	689	31	61	4	46				Wheat, Milk, Soy
Fajita Beef	1 quesadilla	738	38	59	4	44				Wheat, Milk, Soy
Ground Beef	1 quesadilla	851	51	59	4	42				Wheat, Milk, Soy
BYO Fiesta Rice Bowl (add toppings as desired)	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains/Claims
Fajita Chicken	4oz	557	23	54	2	38				
Fajita Beef	4oz	606	30	52	2	36				
Ground Beef	4oz	719	43	52	2	34				
Nachos Deluxe (add toppings as desired)	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains/Claims
Fajita Chicken	1 serving	794	37	82	4	42				
Fajita Beef	1 serving	842	44	80	4	40				
Ground Beef	1 serving	956	58	80	4	38				
Sides/ Toppings	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains/Claims
Spanish Rice	4oz	241	6	44	1	6				Soy (May contain: Wheat)
Salsa	1oz	52	3	8	2	3				
Diced Onions	.50oz	10	0	2	1	0				
Diced Tomatoes	1oz	6	0	2	1	0				
Guacamole	1oz	41	4	2	1	1				
Jalapenos	1oz	5	0	2	1	0				
Nacho Cheese Sauce	2oz	80	6	7	0	1				Milk (Whey), Soy
Pico de Gallo	1oz	7	0	1	1	0				
Shredded Cheese	1oz	111	8	1	0	7				Milk
Shredded Lettuce	1oz	2	0	1	0	0				
Sour Cream	1oz	61	6	1	0	1				Milk, (Whey)
Refried Beans (Vegetarian)	2oz	40	1	6	1	2	✓	✓	✓	

Soups	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains/Claims
Broadway Basil & Tomato Bisque	4oz	320	20	29	6	5				Wheat, Milk
Broccoli and Cheese	4oz	150	11	10	2	2				Milk, Soy
Chicken Noodle	4oz	110	2.5	11	3	10				Wheat, Milk, (Whey), Soy, Egg
Chicken Tortilla	4oz	90	2	14	3	4			✓	Milk, Soy
Fully Loaded Baked Potato	4oz	340	24	21	2	10				Milk, Pork
Pre-made Salads	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains/Claims
Caesar Salad	1 Serving	512	25	25	5	47				
Chicken Salad	1 Serving	391	15	29	3	36				
BYO (Build Your Own) Salad a Sandwich/Wrap	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains/Claims
Kaiser Roll (only)	1 roll	230	3	44	2	9		✓		Wheat, Soy
White 6" Sub Roll (only)	1 roll	120	1.5	23	1	4				Wheat, Soy (May contain: Milk, Egg, Sesame from Manufacturing facility)
White 12" Sub Roll (only)	1 roll	240	3	26	2	8		✓		Wheat, Soy (May contain: Milk, Egg, Sesame from Manufacturing facility)
Wheat 6" Sub Roll (only)	1 roll	125	2.5	23	2	4.5		✓		Wheat, Soy (May contain: Milk, Egg, Sesame from Manufacturing facility)
Wheat 12" Sub Roll (only)	1 roll	250	3.5	46	4	9		✓		Wheat, Soy (May contain: Milk, Egg, Sesame from Manufacturing facility)
Tortilla White 12" (only)	1 tortilla/wrap	310	8	52	5	9	✓	✓	✓	Wheat, Soy
Tortilla Wheat 12" (only)	1 tortilla/wrap	290	7	50	6	9	✓	✓	✓	Wheat, Soy
White Bread (2 slices only)	2 slices	260	2	50	2	9				Wheat
Wheat Bread (2 slices only)	2 slices	200	3	36	3	8				Wheat
Flat Multigrain Hoagie Bread	1 roll	190	5	29	5	6		✓		Wheat, Soy (May contain: Milk, Egg, Sesame from Manufacturing facility)
Build Your Own Sandwich/Wrap (add meat + bread + cheese)	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains/Claims
Proteins	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains/Claims
Honey Ham	2oz	98	4	3	0	15				
Oven Gold Turkey	2oz	94	1	0	0	21			✓	
Smoked Turkey	2oz	94	1	0	0	21			✓	
Roast Beef	2oz	76	2	2	0	14			✓	
Cheese	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains/Claims
Pepper Jack	1oz	95	8	0	0	7		✓	✓	Milk
Provolone	1oz	100	8	1	0	7		✓	✓	Milk
Swiss	1oz	107	8	1	0	8		✓	✓	Milk
White American	1oz	70	6	1	0	4		✓	✓	Milk, Soy
Yellow American	1oz	70	6	1	0	4		✓	✓	Milk, Soy
Potato Bar	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains/Claims
Potato	1 potato	79	0	18	1	2	✓	✓	✓	
Margarine	2oz	400	44	0	0	0		✓	✓	Milk, Soy
Bacon Bits	4oz	560	48	0	0	32			✓	Pork
Shredded Cheese	4oz	440	36	4	0	28		✓	✓	Milk
Chili	4oz								✓	
Diced Onion	2oz	20	0	5	0	0	✓	✓	✓	
Veggie Blend	6oz	60	0	12	4	2	✓	✓	✓	
Pot Roast	6oz	300	24	0	0	22				
Brown Gravy	2oz	30	0	3	0	2				
Green Beans	4oz	20	0	4	2	0	✓	✓	✓	
Sour Cream	2oz	120	12	4	0	2		✓	✓	Milk
Sliced Green Onion	1oz	5	0	1	0	0	✓	✓	✓	
Specialty Potatoes	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains/Claims
Bacon Cheddar Potato	1 potato	1599	140	26	1	64				Milk, Soy, Pork
Texas Chili Potato	1 potato	1039	92	26	1	32				Milk, Soy
Pot Roast Potato	1 potato	829	68	25	3	26				Wheat, Milk, Soy, Egg
The Veggie Potato	1 potato	1099	92	38	5	34		✓	✓	Milk, Soy
Just Baked Potato	1 potato	599	56	22	1	4		✓	✓	Milk, Soy

Raider Island Smoothies											
Fruit Smoothies (recipes created with liquid yogurt mix)											
	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains Need More Information	
Blueberry	16oz	495	3	109	3	8		✓	✓		
Funzy Navel	16oz	446	2	102	0	4		✓	✓	Milk	
Pina Colada	16oz	385	1.5	95	0	25		✓	✓	Milk	
Strawberry Banana	16oz	377	2.5	87	0	5		✓	✓	Milk	
Strawberry Bomb	16oz	331	2.5	75	0	5		✓	✓	Milk	
Wild Berry	16oz	466	2.5	108	0	5		✓	✓	Milk	
Latte Smoothies											
	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
Double Fudge Mocha	16oz	300	11	48	0	5		✓	✓	Milk, Soy	
Liquid Yogurt Mix (Only)	8oz	110	2	21	0	4		✓	✓	Milk, Whey	
Latte Powder Scoops											
	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
Extremely Toffee Coffee (Only) Will no longer be served at this location										Milk, Soy, Peanuts and Treenuts	
Double Fudge Mocha (Only)	1 scoop	160	8	25	1	2		✓	✓	Milk	
White Chocolate Symphony (Only)	1 scoop	190	9	27	0	1		✓	✓	Milk, Soy	
Coffee											
Cappuccino	12oz	20	0	3	0	2		✓	✓	Milk	
Cappuccino	16oz	40	0	6	0	4		✓	✓	Milk	
Café Latte	12oz	20	0	3	0	2		✓	✓	Milk	
Café Latte	16oz	40	0	6	0	4		✓	✓	Milk	
Café Breve	12oz	106	5	8	0	5		✓	✓	Milk	
Café Breve	16oz	141	7	10	0	7		✓	✓	Milk	
Hot Chocolate	12oz	260	0	18	0	10		✓	✓	Milk	
Hot Chocolate	16oz	440	0	24	0	16		✓	✓	Milk	
Drip Coffee	12oz	4	0	0	0	<1	✓	✓	✓		
Drip Coffee	16oz	5	0	0	0	<1	✓	✓	✓		
Espresso Shot	2oz	4	0	1	0	0	✓	✓	✓		
Espresso Shot Double	2oz	8	0	2	0	0	✓	✓	✓		
Caramel Shot	2oz	200	0	50	0	0	✓	✓	✓		
Chocolate Shot	2oz	220	1	54	0	2	✓	✓	✓		
Desserts											
Carrot Cake	1 piece	540	34	49	2	6				Wheat, Barley, Milk, Soy, Eggs, Treenuts (Pecans & Walnuts)	
Cheese Cake	1 slice	390	24	37	1	6		✓		Wheat, Milk, Soy	
Chocolate Peanut Butter Pie (Reeses)	1 slice	640	50	43	3	9				Wheat, Barley, Milk, Soy, Egg, Peanuts	
Fudge Nut Brownie	1 brownie	160	8	21	1	3				Wheat, Barley, Soy, Egg, Treenuts (May contain Milk)	
Oreo Cream Pie	1 slice	620	40	53	3	6				Wheat, Milk, Soy, Egg	
Snickers® Bar	1 slice	290	20	26	1	4				Wheat, Barley, Milk, Soy, Eggs, Peanuts	
Apple Cobbler	~5oz	270	11	42	2	2		✓		Wheat, Milk, (Whey)	
Cherry Cobbler	~5oz	280	11	42	1	2		✓		Wheat, Milk, (Whey)	
Peach Cobbler	~5oz	280	11	42	1	2		✓		Wheat, Milk, (Whey)	
All Fried Items Fried in Common Fryer											
Yes = ✓											
Yellow = Needs More Information											
Indicates Smart Choice item has less than 400 calories and 30% Fat(g)											
Allergy/Contains Column lists foods that may contain one of the big eight food allergies - Wheat, Milk, Soy, Eggs, Fish, Shell Fish, Peanuts, Tree Nuts, Pork and Sesame											