

food_category	restaurant	item_name	calories	carbohydrates	protein	total_fat
Soup	Applebee's	French Onion Soup	370	26	16	22.0
Soup	Applebee's	Tomato Basil Soup	220	22	5	12.0
Soup	Applebee's	Chicken Tortilla Soup	280	26	11	15.0
Salads	Applebee's	House Salad	130	14	6	7.0
Salads	Applebee's	Oriental Chicken Salad	1560	120	40	103.0
Salads	Applebee's	Caesar Salad	230	13	5	18.0
Salads	Applebee's	Oriental Grilled Chicken Salad	1430	104	56	89.0
Sandwiches	Applebee's	Clubhouse Grille	1450	128	56	80.0
Sandwiches	Applebee's	Kids Corn Dog	180	19	7	9.0
Burgers	Applebee's	Quesadilla Burger	1620	97	69	106.0
Burgers	Applebee's	Classic Burger	1120	90	43	66.0
Sandwiches	Applebee's	Chicken Fajita Rollup	1390	116	62	75.0
Entrees	Applebee's	Kids Chicken Tenders	290	19	18	15.0
Entrees	Applebee's	Kids Kraft Macaroni & Cheese	310	44	11	9.0
Appetizers & Sides	Applebee's	Mozzarella Sticks	860	77	41	43.0
Appetizers & Sides	Applebee's	Spinach & Artichoke Dip	980	89	21	61.0
Entrees	Applebee's	Shrimp 'N Parmesan Sirloin	900	49	66	51.0
Entrees	Applebee's	Bourbon Street Chicken & Shrimp	790	47	55	43.0
Entrees	Applebee's	Fiesta Lime Chicken	1170	98	60	60.0
Entrees	Applebee's	Chicken Tenders Platter	1390	122	50	79.0
Entrees	Applebee's	Chicken Tenders Plate	1080	95	37	61.0
Entrees	Applebee's	Double Crunch Shrimp	1130	142	33	49.0
Fried Potatoes	Applebee's	Classic Fries, Side	400	53	6	18.0
Appetizers & Sides	Applebee's	Crunchy Onion Rings, Side	560	66	7	30.0
Appetizers & Sides	Applebee's	Broccoli	30	6	3	0.0
Appetizers & Sides	Applebee's	Baked Potato	530	59	9	31.0
Appetizers & Sides	Applebee's	Loaded Baked Potato	590	59	12	35.0
Appetizers & Sides	Applebee's	Loaded Garlic Mashed Potatoes	430	40	10	26.0
Appetizers & Sides	Applebee's	Garlic Mashed Potatoes	260	37	5	11.0
Desserts	Applebee's	Triple Chocolate Meltdown	850	125	13	37.0
Beverages	Applebee's	Pepsi	100	27	0	0.0
Beverages	Applebee's	Diet Pepsi	0	0	0	0.0
Beverages	Applebee's	Mountain Dew	110	31	0	0.0
Beverages	Applebee's	Sierra Mist	90	25	0	0.0

Beverages	Applebee's	Brewed Iced Tea	0	2	0	0.0
Beverages	Applebee's	Fresh Brewed Decaf Coffee	0	0	0	0.0
Beverages	Applebee's	Dr. Pepper	100	26	0	0.0
Beverages	Applebee's	Wild Cherry Pepsi	110	28	0	0.0
Beverages	Applebee's	Diet Mountain Dew	0	0	0	0.0
Beverages	Applebee's	Caffeine Free Diet Pepsi	0	0	0	0.0
Beverages	Applebee's	Mug Root Beer	110	29	0	0.0
Beverages	Applebee's	Kids 1% Milk	100	12	8	2.5
Desserts	Applebee's	Brownie Bite	330	48	4	15.0
Appetizers & Sides	Applebee's	Brew Pub Pretzels & Beer Cheese Dip	1160	146	34	49.0
Beverages	Applebee's	Captain Morgan Bahama Mama	280	41	1	0.0
Appetizers & Sides	Applebee's	Kids Garlic Mashed Potatoes	130	19	2	5.0
Appetizers & Sides	Applebee's	Kids Mozzarella Sticks	330	30	16	16.0
Beverages	Applebee's	Strawberry Shake, Kids	640	87	11	28.0
Beverages	Applebee's	Chocolate Shake, Kids	740	107	12	29.0
Beverages	Applebee's	Vanilla Shake, Kids	550	63	11	28.0
Entrees	Applebee's	Four-Cheese Mac & Cheese w/ Honey Pepper Chicken Tenders	1350	160	55	54.0
Toppings & Ingredients	Applebee's	Oriental	250	13	0	22.0
Beverages	Applebee's	Fruit Punch	110	30	0	0.0
Beverages	Applebee's	Sobe Life Water, Yumberry Pomegranate	0	0	0	0.0
Beverages	Applebee's	Brewed Hot Tea	0	1	0	0.0
Appetizers & Sides	Applebee's	Boneless Wings	220	22	5	12.0
Appetizers & Sides	Applebee's	Double Crunch Bone-In Wings	580	5	60	35.0
Toppings & Ingredients	Applebee's	Honey French	210	15	0	17.0
Toppings & Ingredients	Applebee's	Fat Free Italian	20	5	0	0.0
Toppings & Ingredients	Applebee's	Lemon Olive Oil Vinaigrette	150	1	0	16.0
Entrees	Applebee's	Double-Glazed Baby Back Ribs, 1/2 Rack	850	53	47	51.0
Beverages	Applebee's	Kiwi Iced Tea	45	12	0	0.0
Beverages	Applebee's	Mango Iced Tea	60	14	0	0.0
Beverages	Applebee's	Pomegranate Iced Tea	50	12	0	0.0
Beverages	Applebee's	Raspberry Iced Tea	50	13	0	0.0
Beverages	Applebee's	Kiwi Lemonade	190	47	0	0.0
Beverages	Applebee's	Mango Lemonade	190	50	0	0.0
Beverages	Applebee's	Pomegranate Lemonade	190	48	0	0.0
Beverages	Applebee's	Raspberry Lemonade	190	49	0	0.0

Beverages	Applebee's	Brisk Raspberry Iced Tea	45	13	0	0.0
Beverages	Applebee's	Diet Sierra Mist	0	0	0	0.0
Beverages	Applebee's	Lipton Green Tea w/ Citrus	50	13	0	0.0
Beverages	Applebee's	Lipton Peach Iced Tea	50	12	0	0.0
Beverages	Applebee's	Lipton Unsweetened Iced Tea	0	0	0	0.0
Beverages	Applebee's	Orange Twister	130	35	0	0.0
Beverages	Applebee's	IBC Root Beer	110	27	0	0.0
Beverages	Applebee's	Sun Orchard Lemonade	110	28	0	0.0
Beverages	Applebee's	Sugar Free Lemonade	5	0	0	0.0
Beverages	Applebee's	Tropicana Lemonade	100	25	0	0.0
Beverages	Applebee's	Tropicana Pink Lemonade	100	25	0	0.0
Toppings & Ingredients	Applebee's	Sweet Asian Chile	260	56	3	2.5
Beverages	Applebee's	Fresh Brewed Coffee	0	0	0	0.0
Beverages	Applebee's	Oreo Cookie Shake	870	108	16	43.0
Appetizers & Sides	Applebee's	The Classic Combo	2230	189	83	127.0
Appetizers & Sides	Applebee's	Garlicky Green Beans	150	8	2	12.0
Appetizers & Sides	Applebee's	Applesauce	50	14	0	0.0
Appetizers & Sides	Applebee's	Steamed Broccoli	100	5	3	8.0
Beverages	Applebee's	Top Shelf Long Island Iced Tea	220	23	0	0.0
Entrees	Applebee's	Top Sirloin, 8oz	620	45	53	26.0
Entrees	Applebee's	Top Sirloin, 6oz	550	43	44	23.0
Entrees	Applebee's	Grilled Chicken Breast	550	43	48	22.0
Entrees	Applebee's	Bourbon Street Steak	820	48	52	47.0
Fried Potatoes	Applebee's	Fries Basket	640	84	10	30.0
Appetizers & Sides	Applebee's	Crunchy Onion Rings	1330	92	56	83.0
Beverages	Applebee's	Blue Hawaiian Long Island Iced Tea	230	29	0	0.0
Beverages	Applebee's	Barq's Root Beer	110	30	0	0.0
Beverages	Applebee's	Caffeine Free Coca Cola	90	26	0	0.0
Beverages	Applebee's	Caffeine Free Diet Coke	0	0	0	0.0
Beverages	Applebee's	Cherry Coke	100	28	0	0.0
Beverages	Applebee's	Diet Coke	0	0	0	0.0
Beverages	Applebee's	Fruit Punch, Hi-C	110	29	0	0.0
Beverages	Applebee's	Fuze Raspberry Ice Tea	70	15	0	0.0
Beverages	Applebee's	Mellow Yellow	110	31	0	0.0
Beverages	Applebee's	Orange Fanta	110	29	0	0.0

Beverages	Applebee's	Pibb Extra	90	26	0	0.0
Beverages	Applebee's	Barq's Root Beer, To Go	160	45	0	0.0
Beverages	Applebee's	Brisk Raspberry Iced Tea, To Go	70	19	0	0.0
Beverages	Applebee's	Caffeine Free Diet Coke, To Go	0	0	0	0.0
Beverages	Applebee's	Caffeine Free Diet Pepsi, To Go	0	0	0	0.0
Beverages	Applebee's	Cherry Coke, To Go	150	42	0	0.0
Beverages	Applebee's	Coke Zero, To Go	0	0	0	0.0
Beverages	Applebee's	Diet Coke, To Go	0	0	0	0.0
Beverages	Applebee's	Diet Mountain Dew, To Go	0	0	0	0.0
Beverages	Applebee's	Diet Pepsi, To Go	0	0	0	0.0
Beverages	Applebee's	Diet Sierra Mist, To Go	0	0	0	0.0
Beverages	Applebee's	Fruit Punch, Hi-C, To Go	170	43	0	0.0
Beverages	Applebee's	Fruit Punch, To Go	170	45	0	0.0
Beverages	Applebee's	Fuze Raspberry Ice Tea, To Go	100	22	0	0.0
Beverages	Applebee's	Ginger Ale, To Go	130	35	0	0.0
Beverages	Applebee's	Lipton Green Tea w/ Citrus, To Go	70	20	0	0.0
Beverages	Applebee's	Lipton Peach Iced Tea, To Go	70	18	0	0.0
Beverages	Applebee's	Lipton Unsweetened Iced Tea, To Go	0	0	0	0.0
Beverages	Applebee's	Mellow Yellow, To Go	170	47	0	0.0
Beverages	Applebee's	Mountain Dew, To Go	170	46	0	0.0
Beverages	Applebee's	Mug Root Beer, To Go	160	43	0	0.0
Beverages	Applebee's	Orange Fanta, To Go	160	44	0	0.0
Beverages	Applebee's	Orange Twister, To Go	160	44	0	0.0
Beverages	Applebee's	Pepsi, To Go	150	41	0	0.0
Beverages	Applebee's	Pibb Extra, To Go	140	39	0	0.0
Beverages	Applebee's	Sobe Life Water, Yumberry Pomegranate, To Go	0	0	0	0.0
Beverages	Applebee's	Sprite, To Go	140	38	0	0.0
Beverages	Applebee's	Strawberry Fanta, To Go	160	45	0	0.0
Beverages	Applebee's	Wild Cherry Pepsi, To Go	160	42	0	0.0
Beverages	Applebee's	Sprite	90	25	0	0.0
Beverages	Applebee's	Strawberry Fanta	110	30	0	0.0
Entrees	Applebee's	Applebee's Riblets Platter	1340	69	89	79.0
Salads	Applebee's	Crispy Chicken Tender Salad	1200	83	44	79.0
Toppings & Ingredients	Applebee's	Add Burger Patty	400	0	30	31.0
Toppings & Ingredients	Applebee's	Honey BBQ	320	79	2	0.0

Baked Goods	Applebee's	Breadsticks w/ Alfredo Sauce	1500	139	38	89.0
Appetizers & Sides	Applebee's	Neighborhood Nachos, Chicken	1830	118	79	117.0
Appetizers & Sides	Applebee's	White Queso Dip & Chips	920	83	27	53.0
Sandwiches	Applebee's	Chicken Wonton Tacos	580	55	32	26.0
Appetizers & Sides	Applebee's	Breadstick	180	25	4	7.0
Burgers	Applebee's	Classic Bacon Cheeseburger	1330	92	56	83.0
Burgers	Applebee's	Classic Cheeseburger	1220	91	48	74.0
Burgers	Applebee's	Kids Cheeseburger	560	37	24	36.0
Sandwiches	Applebee's	Kids Chicken Taco	220	19	20	6.0
Entrees	Applebee's	Kids Grilled Chicken Alfredo	670	39	35	41.0
Pizza	Applebee's	Kids Cheesy Pizza	700	86	25	29.0
Entrees	Applebee's	Kids Chicken Quesadilla	350	34	15	17.0
Entrees	Applebee's	Classic Broccoli Chicken Alfredo	1390	102	78	76.0
Entrees	Applebee's	Classic Broccoli Blackened Shrimp Alfredo	1290	103	54	75.0
Entrees	Applebee's	Three-Cheese Chicken Penne	1320	99	76	69.0
Salads	Applebee's	Caesar Salad w/ Blackened Shrimp	860	57	31	58.0
Appetizers & Sides	Applebee's	Neighborhood Nachos, Beef	1940	120	76	130.0
Toppings & Ingredients	Applebee's	Honey BBQ	60	16	0	0.0
Entrees	Applebee's	12oz Ribeye	890	44	73	49.0
Entrees	Applebee's	Applebee's Riblets Plate	910	55	57	52.0
Entrees	Applebee's	Blackened Cajun Salmon	600	47	43	28.0
Salads	Applebee's	Grilled Chicken Salad	1000	57	60	61.0
Burgers	Applebee's	Whisky Bacon Burger	1630	117	63	102.0
Toppings & Ingredients	Applebee's	Chicken Breast Patty	190	0	40	2.5
Toppings & Ingredients	Applebee's	Lettuce Cup	5	1	0	0.0
Sandwiches	Applebee's	Oriental Chicken Salad Wrap	1880	175	43	112.0
Sandwiches	Applebee's	Oriental Grilled Chicken Salad Wrap	1680	149	59	95.0
Entrees	Applebee's	The Prime Rib Dipper	1350	122	58	72.0
Appetizers & Sides	Applebee's	Four-Cheese Mac & Cheese w/ Applewood-Smoked Bacon	390	38	17	18.0
Appetizers & Sides	Applebee's	Homestyle Cheesy Broccoli	210	8	9	17.0
Appetizers & Sides	Applebee's	Sliced Strawberries w/ Vanilla Yogurt	100	20	4	1.0
Desserts	Applebee's	Kids Sundae, Hot Fudge	330	46	5	15.0
Desserts	Applebee's	Kids Sundae, Strawberry	260	35	3	12.0
Beverages	Applebee's	Red Bull	110	29	0	0.0
Beverages	Applebee's	Red Bull, Blue Edition	110	29	0	0.0

Beverages	Applebee's	Red Bull, Green Edition	160	40	0	0.0
Beverages	Applebee's	Red Bull, Orange Edition	110	28	0	0.0
Beverages	Applebee's	Red Bull, Red Edition	110	29	0	0.0
Beverages	Applebee's	Red Bull, Sugar Free	10	2	0	0.0
Beverages	Applebee's	Red Bull, Yellow Edition	120	29	0	0.0
Beverages	Applebee's	Dr. Pepper, To Go	150	40	0	0.0
Beverages	Applebee's	IBC Root Beer (To Go)	160	40	0	0.0
Beverages	Applebee's	Minute Maid Lemonade	100	28	0	0.0
Beverages	Applebee's	Minute Maid Lemonade, To Go	150	42	0	0.0
Beverages	Applebee's	Minute Maid Lemonade Light, To Go	5	2	0	0.0
Beverages	Applebee's	Sierra Mist, To Go	140	37	0	0.0
Beverages	Applebee's	Sugar Free Lemonade, To Go	10	0	0	0.0
Beverages	Applebee's	Sun Orchard Lemonade, To Go	170	42	0	0.0
Beverages	Applebee's	Tropicana Lemonade, To Go	150	38	0	0.0
Beverages	Applebee's	Tropicana Light Lemonade	5	0	0	0.0
Beverages	Applebee's	Tropicana Light Lemonade, To Go	10	0	0	0.0
Beverages	Applebee's	Tropicana Pink Lemonade, To Go	150	38	0	0.0
Beverages	Applebee's	Kiwi Lemonade, To Go	280	71	0	0.0
Beverages	Applebee's	Mango Lemonade, To Go	290	75	0	0.0
Beverages	Applebee's	Pomegranate Lemonade, To Go	280	72	0	0.0
Beverages	Applebee's	Blackberry Lemonade	190	49	0	0.0
Beverages	Applebee's	Blackberry Lemonade, To Go	290	73	0	0.0
Beverages	Applebee's	Strawberry Lemonade	190	49	0	0.0
Beverages	Applebee's	Strawberry Lemonade, To Go	280	73	0	0.0
Beverages	Applebee's	Kiwi Iced Tea, To Go	70	17	0	0.0
Beverages	Applebee's	Mango Iced Tea, To Go	80	21	0	0.0
Beverages	Applebee's	Pomegranate Iced Tea, To Go	70	18	0	0.0
Beverages	Applebee's	Raspberry Iced Tea, To Go	80	19	0	0.0
Beverages	Applebee's	Blackberry Iced Tea	50	13	0	0.0
Beverages	Applebee's	Blackberry Iced Tea, To Go	80	20	0	0.0
Beverages	Applebee's	Peach Iced Tea	60	14	0	0.0
Beverages	Applebee's	Peach Iced Tea, To Go	80	21	0	0.0
Beverages	Applebee's	Strawberry Iced Tea	50	13	0	0.0
Beverages	Applebee's	Strawberry Iced Tea, To Go	80	19	0	0.0
Beverages	Applebee's	Brewed Iced Tea, To Go	5	2	0	0.0

Beverages	Applebee's	Sweet Tea	90	23	0	0.0
Beverages	Applebee's	Sweet Tea, To Go	130	34	0	0.0
Beverages	Applebee's	Bottled Water	0	0	0	0.0
Beverages	Applebee's	Perrier Sparkling Water	0	0	0	0.0
Beverages	Applebee's	Perfect Margarita	300	40	0	0.0
Beverages	Applebee's	Perfect Patron Margarita	310	44	0	0.0
Beverages	Applebee's	White Peach Sangria (Barefoot)	270	47	1	0.0
Entrees	Applebee's	Hand-Battered Fish & Chips	1460	114	42	94.0
Salads	Applebee's	Caesar Salad w/ Grilled Chicken	970	55	55	60.0
Toppings & Ingredients	Applebee's	Sweet Asian Chile	430	93	5	4.5
Beverages	Applebee's	IBC Diet Root Beer	0	0	0	0.0
Beverages	Applebee's	Coke Zero	0	0	0	0.0
Toppings & Ingredients	Applebee's	Sweet Asian Chile	110	31	0	0.0
Entrees	Applebee's	Double-Glazed Baby Back Ribs	1430	67	88	90.0
Toppings & Ingredients	Applebee's	Sweet Asian Chile	170	37	2	2.0
Beverages	Applebee's	Dragon Fruit Lemonade	190	49	0	0.0
Beverages	Applebee's	Blue Raspberry Lemonade	180	47	0	0.0
Beverages	Applebee's	Raspberry Lemonade, To Go	290	73	0	0.0
Beverages	Applebee's	IBC Diet Root Beer, To Go	0	0	0	0.0
Beverages	Applebee's	Minute Maid Lemonade Light	0	1	0	0.0
Beverages	Applebee's	Caffeine Free Coca Cola, To Go	140	39	0	0.0
Beverages	Applebee's	Red Bull, Coconut Berry	110	28	0	0.0
Toppings & Ingredients	Applebee's	Extra Hot Buffalo	150	41	0	0.0
Toppings & Ingredients	Applebee's	Garlic Parmesan	390	5	2	41.0
Toppings & Ingredients	Applebee's	Sweet Asian Chile	260	56	3	2.5
Salads	Applebee's	Strawberry Balsamic Chicken Salad	860	57	52	49.0
Entrees	Applebee's	Southwest Chicken Bowl	820	90	54	29.0
Entrees	Applebee's	Tex-Mex Shrimp Bowl	710	91	30	27.0
Beverages	Applebee's	Mango Fruit Smoothie, Kids	210	54	0	0.0
Beverages	Applebee's	Strawberry Banana Fruit Smoothie, Kids	240	59	0	0.0
Beverages	Applebee's	Coca Cola, To Go	140	39	0	0.0
Beverages	Applebee's	Blue Raspberry Lemonade, To Go	280	70	0	0.0
Beverages	Applebee's	Dragon Fruit Lemonade, To Go	290	74	0	0.0
Beverages	Applebee's	Peach Lemonade	190	50	0	0.0
Beverages	Applebee's	Peach Lemonade, To Go	290	74	0	0.0

Beverages	Applebee's	Mango Smoothie	260	65	0	0.0
Beverages	Applebee's	Strawberry Banana Smoothie	280	71	0	0.0
Beverages	Applebee's	Shark Bowl	630	127	1	0.0
Entrees	Applebee's	4-Cheese Mac & Cheese, Family Bundle	9300	923	290	498.0
Entrees	Applebee's	Broccoli Chicken Alfredo, Family Bundle	8270	618	391	479.0
Burgers	Applebee's	Cheeseburgers, Family Bundle	6530	624	211	356.0
Entrees	Applebee's	Chicken Tenders w/ Mozzarella Sticks, Family Bundle	5220	501	188	273.0
Entrees	Applebee's	Chicken Tenders w/ Spinach & Artichoke Dip, Family Bundle	7740	580	293	477.0
Entrees	Applebee's	Riblets, Family Bundle	8810	778	379	467.0
Entrees	Applebee's	Riblets & Chicken Tenders, Family Bundle	11410	956	477	635.0
Appetizers & Sides	Applebee's	Boneless Wings, Initial Order	1160	115	47	57.0
Appetizers & Sides	Applebee's	Boneless Wings, Refill Order	720	77	26	34.0
Appetizers & Sides	Applebee's	Double Crunch Shrimp w/ Cocktail Sauce, Initial Order	980	120	27	45.0
Appetizers & Sides	Applebee's	Double Crunch Shrimp w/ Cocktail Sauce, Refill Order	660	86	17	28.0
Appetizers & Sides	Applebee's	Riblets, Initial Order	1140	69	69	66.0
Appetizers & Sides	Applebee's	Riblets, Refill Order	710	54	37	38.0
Appetizers & Sides	Applebee's	Bone-In Wings w/ Cheetos Flamin' Hot Sauce	1080	14	62	86.0
Appetizers & Sides	Applebee's	Bone-In Wings w/ Original Cheetos Sauce	1080	15	62	85.0
Appetizers & Sides	Applebee's	Boneless Wings w/ Cheetos Flamin' Hot Wing Sauce	1140	59	42	81.0
Appetizers & Sides	Applebee's	Boneless Wings w/ Original Cheetos Wing Sauce	1130	60	42	81.0
Appetizers & Sides	Applebee's	Chicken Quesadilla	1120	78	45	69.0
Appetizers & Sides	Applebee's	Crispy Cheese Bites	1550	48	58	125.0
Appetizers & Sides	Applebee's	Fried Cheetos Cheese Bites w/ Cheetos Flamin' Hot Sauce	1620	50	59	131.0
Appetizers & Sides	Applebee's	Fried Cheetos Cheese Bites w/ Original Cheetos Wing Sauce	1610	51	59	130.0
Beverages	Applebee's	Date Night Daiquiri/ Mucho	400	68	0	0.0
Beverages	Applebee's	Tipsy Cupid/Mucho	300	2	1	0.0
Beverages	Applebee's	Oreo Cookie Shake, Kids	710	88	12	35.0
Beverages	Applebee's	Pina Colada Fruit Smoothie, Kids	360	74	0	7.0
Beverages	Applebee's	Chocolate Shake	900	127	16	37.0
Beverages	Applebee's	Strawberry Shake	810	107	14	36.0
Beverages	Applebee's	Vanilla Shake	710	83	14	36.0
Beverages	Applebee's	Coca Cola	90	26	0	0.0
Beverages	Applebee's	Half & Half Iced Tea & Lemonade	40	11	0	0.0
Beverages	Applebee's	Half & Half Iced Tea & Lemonade, To Go	60	17	0	0.0
Beverages	Applebee's	Mountain Dew Dark Berry Bash	110	31	0	0.0



Beverages	Applebee's	Mountain Dew Dark Berry Bash, To Go	170	46	0	0.0
Beverages	Applebee's	Passion Fruit Lemonade	190	50	0	0.0
Beverages	Applebee's	Passion Fruit Lemonade, To Go	290	74	0	0.0
Beverages	Applebee's	Pina Colada Smoothie	430	89	0	8.0
Beverages	Applebee's	Strawberry Colada Smoothie Swirl	470	98	0	8.0
Beverages	Applebee's	Strawberry Mango Smoothie Swirl	290	74	0	0.0
Beverages	Applebee's	Dragon Fruit Iced Tea	50	14	0	0.0
Beverages	Applebee's	Dragon Fruit Iced Tea, To Go	80	20	0	0.0
Beverages	Applebee's	Passion Fruit Iced Tea	60	14	0	0.0
Beverages	Applebee's	Passion Fruit Iced Tea, To Go	80	21	0	0.0
Beverages	Applebee's	Crown Whiskey Sour	180	20	0	0.0
Beverages	Applebee's	Tito's Bay Breeze	150	12	0	0.0
Beverages	Applebee's	Blue Aloha Mana Margarita	260	38	0	0.0
Beverages	Applebee's	Red Sangria	230	36	0	0.0
Burgers	Applebee's	Bourbon Street Mushroom Swiss Burger	1610	99	57	111.0
Burgers	Applebee's	Impossible Cheeseburger	1050	100	37	56.0
Burgers	Applebee's	Neighborhood Double Burger	1400	91	48	95.0
Desserts	Applebee's	Cinnabon Mini Swirls	1620	248	22	62.0
Desserts	Applebee's	Sizzlin' Butter Pecan Blondie	1040	116	13	59.0
Desserts	Applebee's	Sugar Dusted Donut Dippers	1520	247	17	54.0
Fried Potatoes	Applebee's	Brew Pub Loaded Waffle Fries	1520	107	38	104.0
Fried Potatoes	Applebee's	Fries Basket	50	13	0	0.0
Fried Potatoes	Applebee's	Waffle Fries	480	58	7	24.0
Fried Potatoes	Applebee's	Waffle Fries Basket	770	93	11	39.0
Sandwiches	Applebee's	Bacon Ranch Chicken Sandwich w/ Crispy Chicken	1260	110	45	72.0
Sandwiches	Applebee's	Bacon Ranch Chicken Sandwich w/ Grilled Chicken	1120	91	61	58.0
Sandwiches	Applebee's	Sweet & Spicy Chicken Sandwich w/ Crispy Chicken	1330	157	40	61.0
Sandwiches	Applebee's	Sweet & Spicy Chicken Sandwich w/ Grilled Chicken	1190	138	55	47.0
Toppings & Ingredients	Applebee's	Chicken Breast Patty	190	0	40	2.5
Toppings & Ingredients	Applebee's	Chicken Breast Patty	190	1	41	2.5
Toppings & Ingredients	Applebee's	Classic Hot Buffalo	110	1	0	11.0
Toppings & Ingredients	Applebee's	Extra Hot Buffalo	110	2	0	11.0
Toppings & Ingredients	Applebee's	Garlic Parmesan	210	2	2	21.0
Toppings & Ingredients	Applebee's	Honey BBQ	100	24	0	0.0
Toppings & Ingredients	Applebee's	Honey Pepper	120	29	0	0.0

Toppings & Ingredients	Applebee's	Sweet Asian Chile	130	28	1	1.5
Toppings & Ingredients	Applebee's	Honey BBQ	260	63	1	0.0
Toppings & Ingredients	Applebee's	Sweet Asian Chile	350	74	4	3.5
Toppings & Ingredients	Applebee's	Sweet Asian Chile	170	37	2	2.0
Toppings & Ingredients	Applebee's	Ranch	45	12	0	0.0
Toppings & Ingredients	Applebee's	Impossible Burger Patty	240	9	19	14.0
Toppings & Ingredients	Applebee's	Impossible Burger Patty	240	10	19	14.0
Toppings & Ingredients	Applebee's	Impossible Burger Patty	230	9	19	13.0
Sandwiches	Arby's	Classic Beef 'n Cheddar	470	45	29	19.0
Sandwiches	Arby's	Reuben	380	35	4	25.0
Fried Potatoes	Arby's	Potato Cakes (2)	570	45	42	25.0
Baked Goods	Arby's	Apple Turnover	110	29	0	0.0
Baked Goods	Arby's	Cherry Turnover	150	38	0	0.0
Entrees	Arby's	Chicken Tenders (3)	240	64	0	0.0
Beverages	Arby's	Shamrock Farms Lowfat Chocolate Milk	150	38	0	0.0
Beverages	Arby's	Dr Pepper, 13oz	200	51	0	0.0
Beverages	Arby's	Shamrock Farms Lowfat White Milk	310	81	0	0.0
Appetizers & Sides	Arby's	Mozzarella Sticks - (4)	150	38	0	0.0
Appetizers & Sides	Arby's	Jalapeno Bites - (5)	200	52	0	0.0
Beverages	Arby's	Vanilla Shake-Small	320	83	0	0.0
Sandwiches	Arby's	Smokehouse Brisket	610	58	28	30.0
Sandwiches	Arby's	Classic French Dip & Swiss/Au Jus	450	45	23	20.0
Appetizers & Sides	Arby's	Tree Top Applesauce	630	48	39	32.0
Desserts	Arby's	Salted Caramel & Chocolate Cookie	740	48	49	39.0
Sandwiches	Arby's	Buffalo Chicken Slider	360	37	23	14.0
Sandwiches	Arby's	Roast Beef Gyro	510	38	38	24.0
Fried Potatoes	Arby's	Curly Fries - Kids	610	38	48	30.0
Sandwiches	Arby's	Greek Gyro	15	3	0	0.0
Beverages	Arby's	Coca-Cola, 13oz	60	3	0	5.0
Beverages	Arby's	Mello Yello, 13oz	530	50	34	21.0
Beverages	Arby's	Hi-C Flashin' Fruit Punch, 13oz	560	42	36	29.0
Beverages	Arby's	Sprite, 13oz	610	51	35	30.0
Sandwiches	Arby's	Roast Turkey Gyro	510	48	24	25.0
Beverages	Arby's	Barq's Root Beer, 13oz	500	48	24	23.0
Beverages	Arby's	Coca-Cola Zero Sugar, 13oz	470	28	38	23.0

Sandwiches	Arby's	Chicken Slider	370	28	23	18.0
Sandwiches	Arby's	Roast Beef Slider	610	47	39	30.0
Sandwiches	Arby's	Chicken Slider	45	10	0	0.0
Sandwiches	Arby's	Roast Beef Slider	10	2	0	1.0
Sandwiches	Arby's	Roast Turkey Slider	130	5	0	13.0
Beverages	Arby's	Diet Coke, 13oz	100	1	1	10.0
Sandwiches	Arby's	Real Country Style Rib Sandwich	810	79	46	35.0
Desserts	Arby's	Strawberries & Cream Fried Pie - Small	720	79	38	28.0
Sandwiches	Arby's	Prime Rib Cheesesteak	680	62	37	31.0
Beverages	Arby's	Market Fresh Classic Lemonade - Small	700	55	23	44.0
Beverages	Arby's	Market Fresh Classic Lemonade - Medium	540	48	24	29.0
Beverages	Arby's	Market Fresh Classic Lemonade - Large	470	48	25	20.0
Beverages	Arby's	Market Fresh Peach Lemonade - Small	660	47	43	34.0
Beverages	Arby's	Market Fresh Peach Lemonade - Medium	790	61	39	45.0
Beverages	Arby's	Market Fresh Peach Lemonade - Large	350	60	8	9.0
Beverages	Arby's	Market Fresh Strawberry Lemonade - Small	540	88	12	16.0
Beverages	Arby's	Market Fresh Strawberry Lemonade - Medium	700	116	15	20.0
Beverages	Arby's	Market Fresh Strawberry Lemonade - Large	980	161	22	28.0
Sandwiches	Arby's	Chicken Cheddar Ranch Sandwich	350	59	8	9.0
Sandwiches	Arby's	Double Beef 'n Cheddar	540	86	12	17.0
Sandwiches	Arby's	Half Pound Beef 'n Cheddar	700	113	16	21.0
Sandwiches	Arby's	Classic Roast Beef	970	158	22	29.0
Sandwiches	Arby's	Double Roast Beef	310	49	9	9.0
Sandwiches	Arby's	Half Pound Roast Beef	480	70	12	17.0
Toppings & Ingredients	Arby's	Arby's Sauce Adds	620	93	16	21.0
Toppings & Ingredients	Arby's	Horsey Sauce Adds	870	129	23	29.0
Sandwiches	Arby's	Chicken Bacon Swiss	430	63	4	18.0
Sandwiches	Arby's	Classic Chicken	460	54	7	25.0
Sandwiches	Arby's	Buffalo Chicken	430	65	4	18.0
Entrees	Arby's	Premium Nuggets (9)	390	65	4	13.0
Entrees	Arby's	Chicken Tenders (5)	250	29	3	13.0
Toppings & Ingredients	Arby's	Tangy Barbeque Dipping Sauce Adds	410	49	5	22.0
Toppings & Ingredients	Arby's	Buffalo Dipping Sauce Adds	550	65	6	29.0
Toppings & Ingredients	Arby's	Honey Mustard Dipping Sauce Adds	650	77	8	35.0
Toppings & Ingredients	Arby's	Ranch Dipping Sauce Adds	250	32	3	12.0

Sandwiches	Arby's	Turkey, Ranch & Bacon Sandwich	390	49	5	19.0
Sandwiches	Arby's	Turkey & Swiss Sandwich	530	68	7	26.0
Sandwiches	Arby's	Roast Turkey Club Wrap	620	79	8	30.0
Sandwiches	Arby's	Buffalo Chicken Wrap	10	3	0	0.0
Beverages	Arby's	Jamocha Shake-Snack	440	37	19	23.0
Beverages	Arby's	Jamocha Shake-Small	650	56	29	35.0
Beverages	Arby's	Jamocha Shake-Medium	20	4	1	0.0
Beverages	Arby's	Jamocha Shake-Large	290	31	5	17.0
Beverages	Arby's	Chocolate Shake-Snack	470	50	8	27.0
Beverages	Arby's	Chocolate Shake-Small	60	15	0	0.0
Beverages	Arby's	Chocolate Shake-Medium	210	12	17	10.0
Beverages	Arby's	Chocolate Shake-Large	310	18	25	15.0
Beverages	Arby's	Vanilla Shake-Snack	300	31	12	14.0
Beverages	Arby's	Vanilla Shake-Medium	210	21	12	9.0
Beverages	Arby's	Vanilla Shake-Large	220	21	12	9.0
Desserts	Arby's	Reese's Peanut Butter Cup Cookie	270	30	13	11.0
Fried Potatoes	Arby's	Curly Fries – Snack	180	21	13	5.0
Fried Potatoes	Arby's	Curly Fries – Small	210	21	12	9.0
Fried Potatoes	Arby's	Curly Fries – Medium	220	21	12	9.0
Fried Potatoes	Arby's	Curly Fries – Large	270	30	13	11.0
Fried Potatoes	Arby's	Crinkle Fries – Snack	180	21	13	5.0
Fried Potatoes	Arby's	Crinkle Fries – Small	210	12	17	10.0
Fried Potatoes	Arby's	Crinkle Fries – Medium	310	18	25	15.0
Fried Potatoes	Arby's	Crinkle Fries – Large	45	13	0	0.0
Toppings & Ingredients	Arby's	Ketchup Adds	250	29	3	13.0
Appetizers & Sides	Arby's	Mozzarella Sticks – (6)	250	32	3	12.0
Toppings & Ingredients	Arby's	Marinara Sauce Adds	45	12	1	0.0
Appetizers & Sides	Arby's	Jalapeno Bites – (8)	90	10	7	2.0
Toppings & Ingredients	Arby's	Bronco Berry Sauce Adds	150	26	7	2.5
Appetizers & Sides	Arby's	Premium Nuggets (4)	240	62	0	0.0
Appetizers & Sides	Arby's	Premium Nuggets (6)	170	44	0	0.0
Sandwiches	Arby's	Jalapeno Roast Beef Slider	250	62	0	0.0
Sandwiches	Arby's	Turkey Slider	180	44	0	0.0
Sandwiches	Arby's	Jalapeno Roast Beef Slider	0	0	0	0.0
Entrees	Arby's	Premium Nuggets (4)	0	0	0	0.0

Entrees	Arby's	Premium Nuggets (6)	0	0	0	0.0
Fried Potatoes	Arby's	Crinkle Fries – Kids	0	0	0	0.0
Beverages	Arby's	Honest Kids Apple Juice Drink	240	61	0	0.0
Beverages	Arby's	Barq's Root Beer, 18 oz	170	43	0	0.0
Beverages	Arby's	Coca-Cola, 18 oz	250	65	0	0.0
Beverages	Arby's	Coca-Cola Zero Sugar, 18 oz	180	46	0	0.0
Beverages	Arby's	Diet Coke, 18 oz	250	67	0	0.0
Beverages	Arby's	Fanta Orange, 18 oz	180	47	0	0.0
Beverages	Arby's	Fanta Orange, 13oz	10	3	0	0.0
Beverages	Arby's	Hi-C Flashin' Fruit Punch, 18 oz	5	2	0	0.0
Beverages	Arby's	Mello Yello, 18 oz	130	34	0	0.0
Beverages	Arby's	Minute Maid Light Lemonade, 18 oz	130	33	0	0.0
Beverages	Arby's	Minute Maid Light Lemonade, 13oz	220	57	0	0.0
Beverages	Arby's	POWERADE Mountain Berry Blast, 18 oz	160	41	0	0.0
Beverages	Arby's	POWERADE Mountain Berry Blast, 13oz	0	0	0	0.0
Beverages	Arby's	Sprite, 18 oz	0	0	0	0.0
Beverages	Arby's	Diet Dr Pepper, 18 oz	220	60	0	0.0
Beverages	Arby's	Diet Dr Pepper, 13oz	160	42	0	0.0
Beverages	Arby's	Dr Pepper, 18 oz	0	0	0	0.0
Beverages	Arby's	Nestle Pure Life Bottled Water	5	1	0	0.0
Beverages	Arby's	Brewed Iced Tea – Small Cup	500	36	12	33.0
Sandwiches	Arby's	Sausage Biscuit	340	36	10	17.0
Sandwiches	Arby's	Bacon Biscuit	340	37	13	16.0
Sandwiches	Arby's	Ham Biscuit	390	44	13	18.0
Sandwiches	Arby's	Chicken Biscuit	470	46	23	22.0
Sandwiches	Arby's	Bacon, Egg & Cheese Sourdough	430	29	18	26.0
Sandwiches	Arby's	Bacon, Egg & Cheese Croissant	470	37	18	28.0
Sandwiches	Arby's	Bacon, Egg & Cheese Biscuit	4990	41	21	26.0
Sandwiches	Arby's	Bacon, Egg & Cheese Wrap	630	47	24	38.0
Sandwiches	Arby's	Sausage, Egg & Cheese Sourdough	580	30	19	43.0
Sandwiches	Arby's	Sausage, Egg & Cheese Croissant	630	39	19	44.0
Sandwiches	Arby's	Sausage, Egg & Cheese Biscuit	620	42	20	40.0
Sandwiches	Arby's	Sausage, Egg & Cheese Wrap	460	47	26	18.0
Sandwiches	Arby's	Ham, Egg & Cheese Sourdough	410	30	21	23.0
Sandwiches	Arby's	Ham, Egg & Cheese Croissant	460	38	21	24.0

Sandwiches	Arby's	Ham, Egg & Cheese Biscuit	470	43	22	23.0
Sandwiches	Arby's	Ham, Egg & Cheese Wrap	340	29	17	17.0
Sandwiches	Arby's	Ham & Swiss Croissant	330	27	14	19.0
Sandwiches	Arby's	Bacon & Cheese Croissant	490	28	15	35.0
Sandwiches	Arby's	Sausage & Cheese Croissant	350	57	7	10.0
Entrees	Arby's	French Toast Sticks	480	48	9	28.0
Sandwiches	Arby's	Sausage Gravy Biscuit	970	96	18	56.0
Sandwiches	Arby's	Sausage Gravy Biscuit-Double	250	23	2	14.0
Fried Potatoes	Arby's	Potato Cakes (3)	370	35	3	21.0
Fried Potatoes	Arby's	Potato Cakes (4)	490	46	4	28.0
Beverages	Arby's	Coffee - 12 oz	0	0	0	0.0
Beverages	Arby's	Coffee - 16 oz	5	0	0	0.0
Beverages	Arby's	Simply Orange Juice	140	33	2	0.0
Toppings & Ingredients	Arby's	Bacon- 3 half strips	70	1	5	5.0
Toppings & Ingredients	Arby's	Red Ranch Sauce- 0.5 oz	70	5	0	6.0
Toppings & Ingredients	Arby's	Leaf Lettuce- 1 leaf	0	0	0	0.0
Toppings & Ingredients	Arby's	Crispy Onions- 0.5 oz	70	6	1	5.0
Toppings & Ingredients	Arby's	Natural Cheddar- 1 slice	80	0	5	6.0
Toppings & Ingredients	Arby's	Tomato- 2 slices	5	2	0	0.0
Toppings & Ingredients	Arby's	4" Sesame Seed Bun	210	36	7	3.5
Toppings & Ingredients	Arby's	Red Onion- 2 slices	0	0	0	0.0
Toppings & Ingredients	Arby's	Jalapenos- 0.25 oz	0	0	0	0.0
Toppings & Ingredients	Arby's	Processed Swiss- 1 slice	40	0	3	3.0
Toppings & Ingredients	Arby's	Cheddar Cheese Sauce- 0.75 oz	25	2	0	2.0
Baked Goods	Auntie Anne's	Sweet Almond Pretzel	390	74	8	6.0
Baked Goods	Auntie Anne's	Sweet Almond Pretzel no Buter	350	74	8	2.0
Baked Goods	Auntie Anne's	Cinnamon Sugar Pretzel w/ Butter	470	84	8	12.0
Baked Goods	Auntie Anne's	Cinnamon Sugar Pretzel	380	84	8	1.0
Baked Goods	Auntie Anne's	Cinnamon Sugar Nuggets	490	99	9	5.0
Baked Goods	Auntie Anne's	Cinnamon Sugar Nuggets no Butter	460	99	9	2.5
Baked Goods	Auntie Anne's	Jalapeno Pretzel w/ Butter & Salt	330	63	8	5.0
Baked Goods	Auntie Anne's	Jalapeno Pretzel w/ Salt	300	63	8	1.0
Baked Goods	Auntie Anne's	Jalapeno Pretzel	300	63	8	1.0
Baked Goods	Auntie Anne's	Original Pretzel w/ Butter & Salt	340	65	8	5.0
Baked Goods	Auntie Anne's	Original Pretzel w/ Salt	310	65	8	1.0

Baked Goods	Auntie Anne's	Original Pretzel	310	65	8	1.0
Baked Goods	Auntie Anne's	Original Nuggets	390	75	9	5.0
Baked Goods	Auntie Anne's	Original Nuggets no Butter	360	75	9	1.5
Baked Goods	Auntie Anne's	Pepperoni Pretzel w/ Butter	480	65	15	16.0
Baked Goods	Auntie Anne's	Pepperoni Pretzel no Butter	440	65	15	12.0
Baked Goods	Auntie Anne's	Raisin Pretzel	360	69	8	5.0
Baked Goods	Auntie Anne's	Raisin Pretzel no Buter	330	69	8	1.0
Baked Goods	Auntie Anne's	Sour Cream & Onion Pretzel	380	68	8	8.0
Baked Goods	Auntie Anne's	Sour Cream & Onion Pretzel no Buter	330	68	8	1.5
Baked Goods	Auntie Anne's	Sour Cream & Onion Pretzel no Buter no Salt	330	68	8	1.5
Sandwiches	Auntie Anne's	Cheese Pretzel Dog	370	33	12	20.0
Sandwiches	Auntie Anne's	Cheese Pretzel Dog no Butter	340	33	12	17.0
Sandwiches	Auntie Anne's	Jalapeno Cheese Pretzel Dog	370	34	12	20.0
Sandwiches	Auntie Anne's	Jalapeno Cheese Pretzel Dog no Butter	340	34	12	17.0
Sandwiches	Auntie Anne's	Pretzel Dog	360	33	11	20.0
Sandwiches	Auntie Anne's	Pretzel Dog no Butter	320	33	11	16.0
Toppings & Ingredients	Auntie Anne's	Caramel	170	37	1	2.0
Toppings & Ingredients	Auntie Anne's	Cheese	90	2	3	8.0
Toppings & Ingredients	Auntie Anne's	Hot Salsa Cheese	90	2	3	8.0
Toppings & Ingredients	Auntie Anne's	Light Cream Cheese	80	1	3	6.0
Toppings & Ingredients	Auntie Anne's	Marinara	45	7	1	1.0
Toppings & Ingredients	Auntie Anne's	Sweet Glaze	150	39	0	0.0
Baked Goods	Auntie Anne's	Roasted Garlic & Parmesan Pretzel no Butter no Salt	310	65	8	1.0
Baked Goods	Auntie Anne's	Roasted Garlic & Parmesan Pretzel	380	68	9	8.0
Beverages	Auntie Anne's	Dr. Pepper, 16 fl oz	140	39	0	0.0
Beverages	Auntie Anne's	Dr. Pepper, 21 fl oz	190	52	0	0.0
Beverages	Auntie Anne's	Dr. Pepper, 32 fl oz	280	75	0	0.0
Baked Goods	Auntie Anne's	Roasted Garlic & Parmesan Pretzel no Buter	330	68	9	1.5
Sandwiches	Auntie Anne's	Mini Pretzel Dogs	630	56	20	35.0
Sandwiches	Auntie Anne's	Mini Pretzel Dogs no Butter	580	56	20	30.0
Baked Goods	Auntie Anne's	Pepperoni Nuggets	480	58	16	20.0
Beverages	Auntie Anne's	Coca-cola Products, 16 oz	270	74	0	0.0
Beverages	Auntie Anne's	Coca-cola Products, 21 oz	180	51	0	0.0
Beverages	Auntie Anne's	Coca-cola Products, 32 oz	140	38	0	0.0
Baked Goods	Auntie Anne's	Pepperoni Nuggets no Butter	450	58	16	16.0

Baked Goods	Auntie Anne's	Jalapeno Pretzel no Salt	330	63	8	5.0
Baked Goods	Auntie Anne's	Original Pretzel no Salt	340	65	8	5.0
Baked Goods	Auntie Anne's	Roasted Garlic & Parmesan Pretzel no Salt	350	65	8	5.0
Baked Goods	Auntie Anne's	Sour Cream & Onion Pretzel no Salt	380	68	8	8.0
Baked Goods	Auntie Anne's	Cinnamon Sugar Party Pretzel	250	43	4	6.0
Baked Goods	Auntie Anne's	Original Party Pretzel	180	34	4	3.0
Toppings & Ingredients	Auntie Anne's	Melted Cheese	150	6	5	12.0
Toppings & Ingredients	Auntie Anne's	Sweet Mustard	90	14	2	3.0
Sandwiches	Auntie Anne's	Breakfast Pretzel Sandwich - Egg & Cheese	240	29	13	8.0
Sandwiches	Auntie Anne's	Breakfast Pretzel Sandwich - Bacon, Egg, & Cheese	300	29	16	12.0
Sandwiches	Auntie Anne's	Breakfast Pretzel Sandwich - Sausage, Egg, & Cheese	390	29	20	21.0
Entrees	Auntie Anne's	Breakfast Sausage Stix	760	65	27	43.0
Entrees	Auntie Anne's	Breakfast Sausage Stix no Butter	720	65	27	38.0
Pizza	Auntie Anne's	Personal Cheese Pretzel Pizza	600	95	21	14.0
Pizza	Auntie Anne's	Personal Pepperoni Pretzel Pizza	700	95	25	23.0
Beverages	Auntie Anne's	Mango Smoothie, 16 fl oz	230	20	0	0.0
Beverages	Auntie Anne's	Mango Smoothie, 20 fl oz	310	27	1	0.0
Beverages	Auntie Anne's	Mango Smoothie, 32 fl oz	470	41	1	0.0
Beverages	Auntie Anne's	Piña Colada Smoothie, 16 fl oz	300	60	1	5.0
Beverages	Auntie Anne's	Piña Colada Smoothie, 20 fl oz	390	81	1	7.0
Beverages	Auntie Anne's	Piña Colada Smoothie, 32 fl oz	590	121	2	10.0
Beverages	Auntie Anne's	Strawberry Smoothie, 16 fl oz	220	53	1	0.0
Beverages	Auntie Anne's	Strawberry Smoothie, 20 fl oz	290	71	1	0.0
Beverages	Auntie Anne's	Strawberry Smoothie, 32 fl oz	440	107	1	0.0
Beverages	Auntie Anne's	Strawberry-Banana Smoothie, 16 fl oz	220	54	1	0.0
Beverages	Auntie Anne's	Strawberry-Banana Smoothie, 20 fl oz	290	72	1	0.0
Beverages	Auntie Anne's	Strawberry-Banana Smoothie, 32 fl oz	440	109	2	0.0
Beverages	Auntie Anne's	Wild Berry Smoothie, 16 fl oz	230	57	1	0.0
Beverages	Auntie Anne's	Wild Berry Smoothie, 20 fl oz	300	76	1	0.0
Beverages	Auntie Anne's	Wild Berry Smoothie, 32 fl oz	450	114	1	0.0
Beverages	Auntie Anne's	Old Fashioned Lemonade, 16 fl oz	200	50	0	0.0
Beverages	Auntie Anne's	Old Fashioned Lemonade, 21 fl oz	260	66	0	0.0
Beverages	Auntie Anne's	Old Fashioned Lemonade, 32 fl oz	370	95	0	0.0
Beverages	Auntie Anne's	Lemonade Mixer - Blue Raspberry, 16 fl oz	230	58	0	0.0
Beverages	Auntie Anne's	Lemonade Mixer - Blue Raspberry, 21 fl oz	290	78	0	0.0



Beverages	Auntie Anne's	Lemonade Mixer - Blue Raspberry, 32 fl oz	470	115	0	0.0
Beverages	Auntie Anne's	Lemonade Mixer - Wild Cherry, 16 fl oz	230	58	0	0.0
Beverages	Auntie Anne's	Lemonade Mixer - Wild Cherry, 21 fl oz	290	78	0	0.0
Beverages	Auntie Anne's	Lemonade Mixer - Wild Cherry, 32 fl oz	470	115	0	0.0
Beverages	Auntie Anne's	Lemonade Mixer - Strawberry, 16 fl oz	230	58	0	0.0
Beverages	Auntie Anne's	Lemonade Mixer - Strawberry, 21 fl oz	290	78	0	0.0
Beverages	Auntie Anne's	Lemonade Mixer - Strawberry, 32 fl oz	470	115	0	0.0
Beverages	Auntie Anne's	Lemonade Mixer - Mango, 16 fl oz	230	58	0	0.0
Beverages	Auntie Anne's	Lemonade Mixer - Mango, 21 fl oz	290	78	0	0.0
Beverages	Auntie Anne's	Lemonade Mixer - Mango, 32 fl oz	470	115	0	0.0
Beverages	Auntie Anne's	Frozen Lemonade, 16 fl oz	210	53	0	0.0
Beverages	Auntie Anne's	Frozen Lemonade, 21 fl oz	300	76	0	0.0
Beverages	Auntie Anne's	Frozen Lemonade, 32 fl oz	400	100	0	0.0
Beverages	Auntie Anne's	Frozen Lemonade Mixer - Blue Raspberry, 16 fl oz	260	66	0	0.0
Beverages	Auntie Anne's	Frozen Lemonade Mixer - Blue Raspberry, 21 fl oz	300	80	0	0.0
Beverages	Auntie Anne's	Frozen Lemonade Mixer - Blue Raspberry, 32 fl oz	440	113	0	0.0
Beverages	Auntie Anne's	Frozen Lemonade Mixer - Wild Cherry, 16 fl oz	260	66	0	0.0
Beverages	Auntie Anne's	Frozen Lemonade Mixer - Wild Cherry, 21 fl oz	300	80	0	0.0
Beverages	Auntie Anne's	Frozen Lemonade Mixer - Wild Cherry, 32 fl oz	450	113	0	0.0
Beverages	Auntie Anne's	Frozen Lemonade Mixer - Strawberry, 16 fl oz	260	66	0	0.0
Beverages	Auntie Anne's	Frozen Lemonade Mixer - Strawberry, 21 fl oz	300	80	0	0.0
Beverages	Auntie Anne's	Frozen Lemonade Mixer - Strawberry, 32 fl oz	450	113	0	0.0
Beverages	Auntie Anne's	Frozen Lemonade Mixer - Mango, 16 fl oz	260	66	0	0.0
Beverages	Auntie Anne's	Frozen Lemonade Mixer - Mango, 21 fl oz	300	80	0	0.0
Beverages	Auntie Anne's	Frozen Lemonade Mixer - Mango, 32 fl oz	440	113	0	0.0
Beverages	Auntie Anne's	ICEE - Blue Raspberry, 16 fl oz	140	37	0	0.0
Beverages	Auntie Anne's	ICEE - Blue Raspberry, 21 fl oz	160	41	0	0.0
Beverages	Auntie Anne's	ICEE - Blue Raspberry, 32 fl oz	290	76	0	0.0
Beverages	Auntie Anne's	ICEE - Coca-Cola, 16 fl oz	140	39	0	0.0
Beverages	Auntie Anne's	ICEE - Coca-Cola, 21 fl oz	160	43	0	0.0
Beverages	Auntie Anne's	ICEE - Coca-Cola, 32 fl oz	290	80	0	0.0
Beverages	Auntie Anne's	ICEE - Wild Cherry, 16 fl oz	140	39	0	0.0
Beverages	Auntie Anne's	ICEE - Wild Cherry, 21 fl oz	160	43	0	0.0
Beverages	Auntie Anne's	ICEE - Wild Cherry, 32 fl oz	290	80	0	0.0
Beverages	Auntie Anne's	Coffee, 12 fl oz	5	0	0	0.0

Beverages	Auntie Anne's	Coffee, 16 fl oz	5	0	0	0.0
Beverages	Auntie Anne's	Nestlé Hot Cocoa	80	15	1	3.0
Beverages	Auntie Anne's	Mocha Ice, 16 fl oz	250	46	1	7.0
Beverages	Auntie Anne's	Mocha Ice, 21 fl oz	390	73	2	12.0
Beverages	Auntie Anne's	Mocha Ice, 32 fl oz	490	91	2	15.0
Beverages	Auntie Anne's	Cherry Coke, 16 fl oz	150	40	0	0.0
Beverages	Auntie Anne's	Cherry Coke, 21 fl oz	200	53	0	0.0
Beverages	Auntie Anne's	Cherry Coke, 32 fl oz	280	76	0	0.0
Beverages	Auntie Anne's	Coca-Cola Diet, 16 fl oz	0	0	0	0.0
Beverages	Auntie Anne's	Coca-Cola Diet, 21 fl oz	0	0	0	0.0
Beverages	Auntie Anne's	Coca-Cola Diet, 32 fl oz	5	0	0	0.0
Beverages	Auntie Anne's	Orange Fanta, 16 fl oz	170	45	0	0.0
Beverages	Auntie Anne's	Orange Fanta, 21 fl oz	220	60	0	0.0
Beverages	Auntie Anne's	Orange Fanta, 32 fl oz	320	87	0	0.0
Beverages	Auntie Anne's	Root Beer, 16 fl oz	160	42	0	0.0
Beverages	Auntie Anne's	Root Beer, 21 fl oz	210	57	0	0.0
Beverages	Auntie Anne's	Root Beer, 32 fl oz	300	81	0	0.0
Beverages	Auntie Anne's	Sprite, 16 fl oz	140	36	0	0.0
Beverages	Auntie Anne's	Sprite, 21 fl oz	190	48	0	0.0
Beverages	Auntie Anne's	Sprite, 32 fl oz	270	69	0	0.0
Beverages	Auntie Anne's	Hi-C Fruit Punch, 16 fl oz	150	39	0	0.0
Beverages	Auntie Anne's	Hi-C Fruit Punch, 21 fl oz	200	52	0	0.0
Beverages	Auntie Anne's	Hi-C Fruit Punch, 32 fl oz	280	75	0	0.0
Beverages	Auntie Anne's	Gold Peak Sweetened Black Tea, 16 fl oz	130	34	0	0.0
Beverages	Auntie Anne's	Gold Peak Sweetened Black Tea, 21 fl oz	170	46	0	0.0
Beverages	Auntie Anne's	Gold Peak Sweetened Black Tea, 32 fl oz	240	66	0	0.0
Beverages	Auntie Anne's	Gold Peak Unsweetened Black Tea, 16 fl oz	0	0	0	0.0
Beverages	Auntie Anne's	Gold Peak Unsweetened Black Tea, 21 fl oz	0	0	0	0.0
Beverages	Auntie Anne's	Gold Peak Unsweetened Black Tea, 32 fl oz	0	0	0	0.0
Beverages	Auntie Anne's	Gold Peak Green Tea, 16 fl oz	130	36	0	0.0
Beverages	Auntie Anne's	Gold Peak Green Tea, 21 fl oz	180	48	0	0.0
Beverages	Auntie Anne's	Gold Peak Green Tea, 32 fl oz	250	69	0	0.0
Beverages	Auntie Anne's	Gold Peak Peach Tea, 16 fl oz	90	24	0	0.0
Beverages	Auntie Anne's	Gold Peak Peach Tea, 21 fl oz	120	32	0	0.0
Beverages	Auntie Anne's	Gold Peak Peach Tea, 32 fl oz	170	45	0	0.0

Beverages	Auntie Anne's	Gold Peak Raspberry Tea, 16 fl oz	90	24	0	0.0
Beverages	Auntie Anne's	Gold Peak Raspberry Tea, 21 fl oz	120	32	0	0.0
Beverages	Auntie Anne's	Gold Peak Raspberry Tea, 32 fl oz	170	45	0	0.0
Beverages	Auntie Anne's	Fuze Sweet Tea, 16 fl oz	90	24	0	0.0
Beverages	Auntie Anne's	Fuze Sweet Tea, 21 fl oz	120	32	0	0.0
Beverages	Auntie Anne's	Fuze Sweet Tea, 32 fl oz	170	45	0	0.0
Beverages	Auntie Anne's	Fuze Unsweetened Tea, 16 fl oz	5	0	0	0.0
Beverages	Auntie Anne's	Fuze Unsweetened Tea, 21 fl oz	5	0	0	0.0
Beverages	Auntie Anne's	Fuze Unsweetened Tea, 32 fl oz	5	0	0	0.0
Beverages	Auntie Anne's	Fuze Black Tea with Lemon, 16 fl oz	90	24	0	0.0
Beverages	Auntie Anne's	Fuze Black Tea with Lemon, 21 fl oz	120	32	0	0.0
Beverages	Auntie Anne's	Fuze Black Tea with Lemon, 32 fl oz	170	45	0	0.0
Beverages	Auntie Anne's	Fuze Peach Tea, 16 fl oz	90	24	0	0.0
Beverages	Auntie Anne's	Fuze Peach Tea, 21 fl oz	120	32	0	0.0
Beverages	Auntie Anne's	Fuze Peach Tea, 32 fl oz	170	45	0	0.0
Beverages	Auntie Anne's	Fuze Raspberry Tea, 16 fl oz	90	24	0	0.0
Beverages	Auntie Anne's	Fuze Raspberry Tea, 21 fl oz	120	32	0	0.0
Beverages	Auntie Anne's	Fuze Raspberry Tea, 32 fl oz	170	45	0	0.0
Beverages	Auntie Anne's	Lemonade Iced Tea, 16 fl oz	170	42	0	0.0
Beverages	Auntie Anne's	Lemonade Iced Tea, 21 fl oz	210	53	0	0.0
Beverages	Auntie Anne's	Lemonade Iced Tea, 32 fl oz	330	85	0	0.0
Beverages	Auntie Anne's	Original Sweet Iced Tea, 16 fl oz	90	23	0	0.0
Beverages	Auntie Anne's	Original Sweet Iced Tea, 21 fl oz	120	31	0	0.0
Beverages	Auntie Anne's	Original Sweet Iced Tea, 32 fl oz	190	49	0	0.0
Beverages	Auntie Anne's	Original Unsweetened Iced Tea, 16 fl oz	0	0	0	0.0
Beverages	Auntie Anne's	Original Unsweetened Iced Tea, 21 fl oz	0	0	0	0.0
Beverages	Auntie Anne's	Original Unsweetened Iced Tea, 32 fl oz	0	0	0	0.0
Toppings & Ingredients	Baskin Robbins	Cake Cone	25	5	1	0.0
Toppings & Ingredients	Baskin Robbins	Sugar Cone	50	10	1	0.5
Baked Goods	Baskin Robbins	Fresh-Baked Waffle Cone	150	29	2	4.0
Desserts	Baskin Robbins	Banana Royale Sundae	690	103	9	28.0
Desserts	Baskin Robbins	Cherries Jubilee Ice Cream, 2.5 oz	150	20	2	7.0
Desserts	Baskin Robbins	Cherries Jubilee Ice Cream, 4 oz	240	31	4	11.0
Desserts	Baskin Robbins	Chocolate Chip Cookie Dough Ice Cream, 2.5 oz	180	22	3	10.0
Desserts	Baskin Robbins	Chocolate Chip Cookie Dough Ice Cream, 4 oz	290	36	5	15.0

Desserts	Baskin Robbins	Chocolate Chip Cookie Dough Layered Sundae	1160	164	13	48.0
Desserts	Baskin Robbins	Chocolate Chip Ice Cream, 2.5 oz	150	15	3	10.0
Desserts	Baskin Robbins	Chocolate Chip Ice Cream, 4 oz	250	23	5	16.0
Desserts	Baskin Robbins	Chocolate Chip Cookie Dough Quart	260	31	4	13.0
Desserts	Baskin Robbins	Chocolate Ice Cream, 2.5 oz	170	20	3	9.0
Desserts	Baskin Robbins	Chocolate Ice Cream, 4 oz	260	32	5	14.0
Desserts	Baskin Robbins	Daiquiri Ice, 2.5oz	90	22	0	0.0
Desserts	Baskin Robbins	Daiquiri Ice, 4 oz	140	35	0	0.0
Desserts	Baskin Robbins	Fat Free Vanilla Frozen Yogurt, 2.5oz	80	16	3	0.0
Desserts	Baskin Robbins	Fat Free Vanilla Frozen Yogurt, 4oz	130	26	5	0.0
Desserts	Baskin Robbins	Gold Medal Ribbon Ice Cream, 2.5oz	150	18	3	8.0
Desserts	Baskin Robbins	Gold Medal Ribbon Ice Cream, 4 oz	240	29	5	13.0
Desserts	Baskin Robbins	Icing on the Cake, 2.5oz	200	22	3	11.0
Desserts	Baskin Robbins	Icing on the Cake, 4 oz	320	35	4	18.0
Desserts	Baskin Robbins	Jamoca Almond Fudge Quart	250	28	5	13.0
Desserts	Baskin Robbins	Jamoca Almond Fudge Ice Cream, 2.5 oz	160	17	3	9.0
Desserts	Baskin Robbins	Jamoca Almond Fudge Ice Cream, 4 oz	260	27	5	15.0
Desserts	Baskin Robbins	Jamoca Ice Cream, 2.5oz	140	13	3	8.0
Desserts	Baskin Robbins	Jamoca Ice Cream, 4 oz	220	21	5	13.0
Desserts	Baskin Robbins	Made with Snickers, 2.5oz	180	23	3	9.0
Desserts	Baskin Robbins	Made with Snickers, 4 oz	290	36	5	14.0
Desserts	Baskin Robbins	Made with Snickers Layered Sundae	1110	165	15	43.0
Desserts	Baskin Robbins	Mint Chocolate Chip Ice Cream, 2.5oz	150	14	3	10.0
Desserts	Baskin Robbins	Mint Chocolate Chip Ice Cream, 4 oz	250	23	5	16.0
Desserts	Baskin Robbins	Mint Chocolate Chip Quart	230	24	4	14.0
Desserts	Baskin Robbins	Nutty Coconut, 2.5oz	190	18	4	12.0
Desserts	Baskin Robbins	Nutty Coconut, 4 oz	300	28	6	19.0
Desserts	Baskin Robbins	Old Fashioned Butter Pecan Quart	240	22	4	15.0
Desserts	Baskin Robbins	Old Fashioned Butter Pecan Ice Cream, 2.5 oz	180	16	3	11.0
Desserts	Baskin Robbins	Old Fashioned Butter Pecan Ice Cream, 4 oz	280	25	5	18.0
Desserts	Baskin Robbins	Oreo Cookies 'n Cream Ice Cream, 4 oz	280	32	5	15.0
Desserts	Baskin Robbins	Oreo Cookies 'n Cream Quart	240	28	4	13.0
Desserts	Baskin Robbins	Oreo Layered Sundae	920	122	13	44.0
Desserts	Baskin Robbins	Oreo Cookies 'n Cream Ice Cream, 2.5oz	170	20	3	9.0
Desserts	Baskin Robbins	Peanut Butter 'n Chocolate Ice Cream, 2.5oz	200	19	5	13.0

Desserts	Baskin Robbins	Peanut Butter 'n Chocolate Ice Cream, 4 oz	320	30	7	20.0
Desserts	Baskin Robbins	Peanut Butter 'n Chocolate Quart	260	22	6	18.0
Desserts	Baskin Robbins	Pistachio Almond Ice Cream, 2.5oz	170	13	4	12.0
Desserts	Baskin Robbins	Pistachio Almond Ice Cream, 4 oz	270	21	7	19.0
Desserts	Baskin Robbins	Pralines 'n Cream Ice Cream, 2.5oz	170	20	3	9.0
Desserts	Baskin Robbins	Pralines 'n Cream Ice Cream, 4 oz	270	31	4	14.0
Desserts	Baskin Robbins	Pralines 'n Cream Quart	260	32	4	13.0
Desserts	Baskin Robbins	Reduced Fat No Sugar Added Pineapple Coconut Ice Cream, 2.5oz	100	18	3	4.0
Desserts	Baskin Robbins	Reduced Fat No Sugar Added Pineapple Coconut Ice Cream, 4 oz	160	29	5	6.0
Desserts	Baskin Robbins	Reduced Fat No Sugar Added Caramel Turtle Truffle Ice Cream, 4 oz	200	38	5	8.0
Desserts	Baskin Robbins	Reduced Fat No Sugar Added Caramel Turtle Truffle Ice Cream, 2.5 oz	120	24	3	5.0
Desserts	Baskin Robbins	Rainbow Sherbet, 2.5oz	100	22	1	1.5
Desserts	Baskin Robbins	Rainbow Sherbet, 4oz	160	35	1	2.0
Desserts	Baskin Robbins	Rainbow Sherbet Quart	160	35	1	2.0
Desserts	Baskin Robbins	Reese's Peanut Butter Cup Ice Cream, 2.5 oz	190	20	4	11.0
Desserts	Baskin Robbins	Reese's Peanut Butter Cup Ice Cream, 4 oz	300	31	6	17.0
Desserts	Baskin Robbins	Reese's Peanut Butter Cup Layered Sundae	1250	106	28	85.0
Desserts	Baskin Robbins	Rocky Road Ice Cream, 2.5oz	180	22	4	9.0
Desserts	Baskin Robbins	Rocky Road Ice Cream, 4oz	290	35	6	15.0
Desserts	Baskin Robbins	Rocky Road Quart	230	25	5	13.0
Desserts	Baskin Robbins	Strawberry Cheesecake Ice Cream, 2.5oz	160	18	3	8.0
Desserts	Baskin Robbins	Strawberry Cheesecake Ice Cream, 4oz	250	29	4	13.0
Desserts	Baskin Robbins	Two- Scoop Sundae	570	63	9	33.0
Desserts	Baskin Robbins	Vanilla Ice Cream, 2.5oz	150	13	3	10.0
Desserts	Baskin Robbins	Vanilla Ice Cream, 4oz	240	21	4	16.0
Desserts	Baskin Robbins	Vanilla Quart	230	23	4	14.0
Desserts	Baskin Robbins	Very Berry Strawberry Ice Cream, 2.5oz	130	15	2	7.0
Desserts	Baskin Robbins	Very Berry Strawberry Ice Cream, 4oz	200	24	4	11.0
Desserts	Baskin Robbins	Verry Berry Strawberry Quart	190	24	3	9.0
Desserts	Baskin Robbins	Wild 'n Reckless Sherbet, 2.5oz	80	16	1	1.5
Desserts	Baskin Robbins	Wild 'n Reckless Sherbet, 4oz	130	26	2	2.0
Desserts	Baskin Robbins	Winter White Chocolate, 2.5 oz	180	21	2	9.0
Desserts	Baskin Robbins	Winter White Chocolate, 4 oz	280	34	4	15.0
Desserts	Baskin Robbins	World Class Chocolate Ice Cream, 2.5oz	160	16	3	10.0
Desserts	Baskin Robbins	World Class Chocolate Ice Cream, 4oz	260	25	5	16.0

Beverages	Baskin Robbins	Chocolate Chip Milkshake, Small	690	78	15	36.0
Beverages	Baskin Robbins	Mint Chocolate Chip Milkshake, Large	1370	157	29	73.0
Beverages	Baskin Robbins	Mint Chocolate Chip Milkshake, Medium	1030	117	22	55.0
Beverages	Baskin Robbins	Mint Chocolate Chip Milkshake, Small	690	78	15	36.0
Beverages	Baskin Robbins	Chocolate Chip Cookie Dough Milkshake, Large	1520	191	28	74.0
Beverages	Baskin Robbins	Chocolate Chip Cookie Dough Milkshake, Medium	1140	143	21	54.0
Beverages	Baskin Robbins	Chocolate Chip Cookie Dough Milkshake, Small	760	95	14	36.0
Beverages	Baskin Robbins	Chocolate Chip Milkshake, Large	1370	157	29	72.0
Beverages	Baskin Robbins	Chocolate Chip Milkshake, Medium	1030	118	22	54.0
Beverages	Baskin Robbins	Vanilla Milkshake, Large	1360	147	27	74.0
Beverages	Baskin Robbins	Vanilla Milkshake, Medium	1020	111	20	55.0
Beverages	Baskin Robbins	Vanilla Milkshake, Small	680	74	13	37.0
Beverages	Baskin Robbins	Caramel Cappuccino Blast, Large	1040	176	13	32.0
Beverages	Baskin Robbins	Caramel Cappuccino Blast, Medium	790	130	10	25.0
Beverages	Baskin Robbins	Caramel Cappuccino Blast, Small	500	81	6	16.0
Beverages	Baskin Robbins	Mocha Cappuccino Blast, Large	760	127	11	27.0
Beverages	Baskin Robbins	Mocha Cappuccino Blast, Medium	590	97	9	22.0
Beverages	Baskin Robbins	Original Cappuccino Blast, Large	600	79	11	27.0
Beverages	Baskin Robbins	Original Cappuccino Blast, Medium	470	61	9	22.0
Beverages	Baskin Robbins	Turtle Cappuccino Blast, Large	1010	182	12	28.0
Beverages	Baskin Robbins	Turtle Cappuccino Blast, Medium	820	148	10	23.0
Beverages	Baskin Robbins	Oreo 'n Cookies Cappuccino Blast, Large	960	142	15	39.0
Beverages	Baskin Robbins	Oreo 'n Cookies Cappuccino Blast, Medium	750	109	11	31.0
Beverages	Baskin Robbins	Oreo 'n Cookies Cappuccino Blast, Small	500	73	7	21.0
Beverages	Baskin Robbins	Strawberry Banana Smoothie, Large	700	173	9	1.5
Beverages	Baskin Robbins	Strawberry Banana Smoothie, Medium	520	126	8	1.0
Beverages	Baskin Robbins	Strawberry Banana Smoothie, Small	350	87	5	0.5
Beverages	Baskin Robbins	Ice Cream Soda, Large	1020	151	11	41.0
Beverages	Baskin Robbins	Ice Cream Soda, Medium	770	114	8	31.0
Beverages	Baskin Robbins	Tropical Banana Smoothie, Small	370	87	6	0.5
Beverages	Baskin Robbins	Mango Banana Smoothie, Small	420	101	5	0.0
Beverages	Baskin Robbins	Tropical Banana Smoothie, Large	780	182	12	1.5
Beverages	Baskin Robbins	Mango Banana Smoothie, Large	840	202	9	1.0
Beverages	Baskin Robbins	Mango Banana Smoothie, Medium	600	145	8	1.0
Beverages	Baskin Robbins	Tropical Banana Smoothie, Medium	540	127	9	1.0

Beverages	Baskin Robbins	Gold Medal Ribbon Milkshake, Large	1370	182	28	60.0
Beverages	Baskin Robbins	Gold Medal Ribbon Milkshake, Medium	1020	136	21	45.0
Beverages	Baskin Robbins	Gold Medal Ribbon Milkshake, Small	680	91	14	30.0
Beverages	Baskin Robbins	Coke Float, Large	860	123	11	40.0
Beverages	Baskin Robbins	Coke Float w/ Soft Serve	640	120	14	15.0
Beverages	Baskin Robbins	Oreo Cookies 'n Cream Milkshake, Small	720	87	14	35.0
Beverages	Baskin Robbins	Oreo Cookies 'n Cream Milkshake, Medium	1080	131	22	52.0
Beverages	Baskin Robbins	Original Cappuccino Blast, Small	310	40	6	15.0
Beverages	Baskin Robbins	Peanut Butter 'n Chocolate Milkshake, Small	790	82	20	46.0
Beverages	Baskin Robbins	Peanut Butter n Chocolate Milkshake, Medium	1190	123	29	68.0
Beverages	Baskin Robbins	Peanut Butter n Chocolate Milkshake, Large	1580	164	39	91.0
Beverages	Baskin Robbins	Turtle Cappuccino Blast, Small	540	96	6	15.0
Beverages	Baskin Robbins	Very Berry Strawberry Milkshake, Small	610	80	12	26.0
Desserts	Baskin Robbins	Very Berry Strawberry Milkshake, Medium	910	120	18	39.0
Beverages	Baskin Robbins	Very Berry Strawberry Milkshake, Large	1210	160	25	52.0
Desserts	Baskin Robbins	Cotton Candy, 2.5 oz	150	18	3	7.0
Desserts	Baskin Robbins	Cotton Candy, 4 oz	230	28	4	12.0
Desserts	Baskin Robbins	Fancy Waffle Cone w/ Sprinkles	310	46	3	13.0
Desserts	Baskin Robbins	Warm Brownie Sundae	810	99	13	42.0
Desserts	Baskin Robbins	Classic Banana Split	960	148	14	39.0
Desserts	Baskin Robbins	Baseball Nut, 4 oz	280	33	5	14.0
Desserts	Baskin Robbins	Brownie	240	36	4	9.0
Desserts	Baskin Robbins	Chocolate Chip Quart	230	24	4	13.0
Desserts	Baskin Robbins	Chocolate Fudge, 2.5 oz	150	17	3	9.0
Desserts	Baskin Robbins	Chocolate Fudge, 4 oz	240	27	4	15.0
Desserts	Baskin Robbins	Chocolate Quart	210	22	5	12.0
Desserts	Baskin Robbins	Classic Banana Split	960	148	14	39.0
Desserts	Baskin Robbins	Gold Medal Ribbon Quart	210	25	4	11.0
Beverages	Baskin Robbins	Oreo Cookies 'n Cream Milkshake, Large	1440	175	29	70.0
Beverages	Baskin Robbins	Mocha Cappuccino Blast, Small	390	64	6	14.0
Desserts	Baskin Robbins	Mom's Makin' Cookies Quart	280	38	4	13.0
Desserts	Baskin Robbins	One- Scoop Sundae	350	39	6	20.0
Desserts	Baskin Robbins	Three- Scoop Sundae	790	86	12	45.0
Desserts	Baskin Robbins	Pink Bubblegum, 2.5oz	150	19	3	8.0
Desserts	Baskin Robbins	Pink Bubblegum, 4 oz	250	30	4	12.0

Desserts	Baskin Robbins	Baseball Nut, 2.5 oz	170	21	3	9.0
Desserts	Baskin Robbins	Triple Mango, 2.5oz	130	22	2	4.5
Desserts	Baskin Robbins	Triple Mango, 4oz	210	32	2	7.0
Desserts	Baskin Robbins	Mom's Makin' Cookies, 2.5oz	200	26	3	9.0
Desserts	Baskin Robbins	Mom's Makin' Cookies, 4 oz	310	42	4	15.0
Beverages	Baskin Robbins	The Mangonada, Small	300	75	1	0.0
Beverages	Baskin Robbins	The Mangonada, Medium	420	103	1	0.0
Beverages	Baskin Robbins	The Mangonada, Large	600	149	2	0.0
Beverages	Baskin Robbins	Barq's Root Beer Float, Small	410	55	5	20.0
Beverages	Baskin Robbins	Barq's Root Beer Float, Medium	610	83	8	30.0
Beverages	Baskin Robbins	Barq's Root Beer Float, Large	820	111	11	40.0
Beverages	Baskin Robbins	Box O' Joe	5	0	0	0.0
Desserts	Baskin Robbins	Dinosaur Creature Creation	350	39	4	20.0
Desserts	Baskin Robbins	Unicorn Creature Creation	350	39	4	20.0
Desserts	Baskin Robbins	Martian Creature Creation	360	40	5	20.0
Desserts	Baskin Robbins	Cookie Butter, 2.5 oz	190	21	3	11.0
Desserts	Baskin Robbins	Cookie Butter, 4 oz	300	33	4	17.0
Desserts	Baskin Robbins	Non-Dairy Mint Chocochunk, 2.5oz	170	24	1	9.0
Desserts	Baskin Robbins	Non-Dairy Mint Chocochunk, 4 oz	270	38	1	14.0
Desserts	Baskin Robbins	Oreo 'n Cold Brew, 2.5oz	200	22	3	11.0
Desserts	Baskin Robbins	Oreo 'n Cold Brew, 4 oz	320	35	5	18.0
Desserts	Baskin Robbins	Spicy 'n Spooky, 2.5oz	190	20	3	12.0
Desserts	Baskin Robbins	Spicy 'n Spooky, 4oz	310	32	5	19.0
Desserts	Baskin Robbins	World Class Chocolate Quart	240	27	4	14.0
Beverages	Baskin Robbins	Iced Cold Brew, Large	280	50	7	6.0
Beverages	Baskin Robbins	Iced Cold Brew, Medium	200	34	5	4.5
Beverages	Baskin Robbins	Iced Cold Brew, Small	120	19	3	3.0
Beverages	Baskin Robbins	Chocolate Milkshake, Large	1450	194	31	66.0
Beverages	Baskin Robbins	Chocolate Milkshake, Medium	1090	146	23	50.0
Beverages	Baskin Robbins	Chocolate Milkshake, Small	720	97	15	33.0
Beverages	Baskin Robbins	Ice Cream Soda	510	76	6	21.0
Burgers	Big Boy/Frisch's Big Boy	Burger Super Big Boy	1260	40	48	100.0
Burgers	Big Boy/Frisch's Big Boy	Burger Big Boy	720	37	27	51.0
Burgers	Big Boy/Frisch's Big Boy	Burger Brawny Lad	470	30	24	27.0
Burgers	Big Boy/Frisch's Big Boy	Burger Swiss Miss	730	31	24	52.0



Burgers	Big Boy/Frisch's Big Boy	Burger Primetime Mushroom & Swiss Cheeseburger	1020	54	38	68.0
Burgers	Big Boy/Frisch's Big Boy	Burger Primetime Classic Cheeseburger	1090	52	39	81.0
Burgers	Big Boy/Frisch's Big Boy	Burger Bacon Cheeseburger	830	34	35	62.0
Sandwiches	Big Boy/Frisch's Big Boy	Melt Patty Melt	920	61	31	58.0
Sandwiches	Big Boy/Frisch's Big Boy	Sandwich Fish	700	45	26	46.0
Sandwiches	Big Boy/Frisch's Big Boy	Melt Tuna Melt	710	57	23	45.0
Sandwiches	Big Boy/Frisch's Big Boy	Sandwich Crispy Chicken	850	52	35	56.0
Sandwiches	Big Boy/Frisch's Big Boy	Sandwich Turkey Club	530	35	27	32.0
Sandwiches	Big Boy/Frisch's Big Boy	Melt Club Melt	830	58	34	42.0
Sandwiches	Big Boy/Frisch's Big Boy	Melt Grilled Cheese	520	57	19	27.0
Sandwiches	Big Boy/Frisch's Big Boy	Dinner Hot Open Faced Roast Beef Sandwich with Mashed Potatoes	780	91	46	26.0
Entrees	Big Boy/Frisch's Big Boy	Dinner Country Fried Steak no sides	940	63	25	59.0
Entrees	Big Boy/Frisch's Big Boy	Basket Fish 'N Chips	1310	87	29	94.0
Entrees	Big Boy/Frisch's Big Boy	Dinner Grilled Chicken Breast no sides	370	25	31	16.0
Entrees	Big Boy/Frisch's Big Boy	Dinner Country Fried Chicken no sides	1240	81	65	75.0
Soup	Big Boy/Frisch's Big Boy	Soup Bean, Cup, 6 oz.	150	23	8	2.0
Soup	Big Boy/Frisch's Big Boy	Soup Bean Bowl 12 oz.	290	47	17	4.0
Soup	Big Boy/Frisch's Big Boy	Soup Chicken Noodle Cup, Cup, 6 oz.	140	14	9	5.0
Soup	Big Boy/Frisch's Big Boy	Soup Chicken Noodle Bowl 12 oz.	280	29	18	10.0
Appetizers & Sides	Big Boy/Frisch's Big Boy	Side Corn	140	22	3	5.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Side Cottage Cheese	110	4	12	5.0
Appetizers & Sides	Big Boy/Frisch's Big Boy	Side Cole Slaw	190	11	1	16.0
Appetizers & Sides	Big Boy/Frisch's Big Boy	Side Green Beans	30	4	0	1.0
Appetizers & Sides	Big Boy/Frisch's Big Boy	Side Macaroni & Cheese	220	28	10	9.0
Appetizers & Sides	Big Boy/Frisch's Big Boy	Side Mashed Potatoes and Gravy	190	23	3	10.0
Appetizers & Sides	Big Boy/Frisch's Big Boy	Side Hand-Breaded Onion Rings	410	35	4	30.0
Appetizers & Sides	Big Boy/Frisch's Big Boy	Side Baked Potato with butter	380	63	7	11.0
Fried Potatoes	Big Boy/Frisch's Big Boy	Side Sweet Potato Fries	470	40	2	33.0
Desserts	Big Boy/Frisch's Big Boy	Dessert Cheesecake Slice Plain	490	39	8	31.0
Desserts	Big Boy/Frisch's Big Boy	Dessert Coconut Cream Pie Slice	580	58	5	37.0
Desserts	Big Boy/Frisch's Big Boy	Dessert Hot Fudge Cake	660	96	7	27.0
Desserts	Big Boy/Frisch's Big Boy	Dessert Mini Hot Fudge Cake	340	49	4	13.0
Desserts	Big Boy/Frisch's Big Boy	Dessert Apple Pie Slice	730	95	4	37.0
Desserts	Big Boy/Frisch's Big Boy	Dessert Pecan Pie Slice	720	84	6	40.0
Beverages	Big Boy/Frisch's Big Boy	Drink Coffee	0	0	0	0.0

Beverages	Big Boy/Frisch's Big Boy	Drink Sweet Tea Mini 12 oz.	90	23	0	0.0
Beverages	Big Boy/Frisch's Big Boy	Drink Sweet Tea Medium 20 oz.	140	35	0	0.0
Beverages	Big Boy/Frisch's Big Boy	Drink Sweet Tea Large 32 oz.	230	60	0	0.0
Entrees	Big Boy/Frisch's Big Boy	Breakfast Ham and Cheese Omelette	500	8	39	36.0
Entrees	Big Boy/Frisch's Big Boy	Breakfast Spanish Omelette	510	17	29	37.0
Baked Goods	Big Boy/Frisch's Big Boy	Bread Whole Wheat Toast with butter	280	39	7	12.0
Baked Goods	Big Boy/Frisch's Big Boy	Bread White Toast with butter	270	37	6	11.0
Baked Goods	Big Boy/Frisch's Big Boy	Bread Rye Toast with butter	210	28	6	9.0
Appetizers & Sides	Big Boy/Frisch's Big Boy	Breakfast Side Ham	80	3	14	1.5
Entrees	Big Boy/Frisch's Big Boy	Breakfast Oatmeal	260	44	12	6.0
Fried Potatoes	Big Boy/Frisch's Big Boy	Breakfast Side Spicy Spuds	330	34	4	21.0
Entrees	Big Boy/Frisch's Big Boy	Dinner Butterfly Shrimp no sides	690	80	23	33.0
Appetizers & Sides	Big Boy/Frisch's Big Boy	Appetizer Hand-Breaded Fried Pickles no sauce	310	20	3	25.0
Appetizers & Sides	Big Boy/Frisch's Big Boy	Appetizer Mozzarella Cheese Sticks	570	45	20	36.0
Entrees	Big Boy/Frisch's Big Boy	Basket Popcorn Shrimp 'N Fries	980	110	21	53.0
Beverages	Big Boy/Frisch's Big Boy	Drink Dr. Pepper Mini 12 oz.	120	31	0	0.0
Beverages	Big Boy/Frisch's Big Boy	Drink Dr. Pepper Small 16 oz.	160	40	0	0.0
Beverages	Big Boy/Frisch's Big Boy	Drink Dr. Pepper Medium 20 oz.	200	50	0	0.0
Beverages	Big Boy/Frisch's Big Boy	Drink Dr. Pepper Large 32 oz.	320	83	0	0.0
Desserts	Big Boy/Frisch's Big Boy	Dessert Cherry Pie Slice	610	67	5	35.0
Entrees	Big Boy/Frisch's Big Boy	Dinner Carved Turkey no sides	400	34	40	14.0
Entrees	Big Boy/Frisch's Big Boy	Dinner Haddock no sides	490	41	24	26.0
Entrees	Big Boy/Frisch's Big Boy	Breakfast Western Omelette	540	10	41	38.0
Entrees	Big Boy/Frisch's Big Boy	Dinner Seafood Market Platter no sides	1120	81	34	73.0
Salads	Big Boy/Frisch's Big Boy	Salad Cobb no dressing	510	11	39	33.0
Sandwiches	Big Boy/Frisch's Big Boy	Breakfast Bacon, Egg, Cheese, and Hashbrown Burrito	550	44	24	30.0
Sandwiches	Big Boy/Frisch's Big Boy	Breakfast Hog Heaven Burrito	750	46	31	48.0
Sandwiches	Big Boy/Frisch's Big Boy	Sandwich Spicy Chicken	670	43	19	47.0
Sandwiches	Big Boy/Frisch's Big Boy	Breakfast Sausage, Egg, Cheese, and Hashbrown Burrito	680	45	26	43.0
Entrees	Big Boy/Frisch's Big Boy	Basket Buffalo Bites 'N Fries	1400	91	42	95.0
Beverages	Big Boy/Frisch's Big Boy	Drink Simply Lemonade Bottle	160	42	0	0.0
Beverages	Big Boy/Frisch's Big Boy	Drink Chocolate Milk 12 oz.	330	43	12	12.0
Beverages	Big Boy/Frisch's Big Boy	Drink Chocolate Milk 16 oz.	440	58	16	16.0
Beverages	Big Boy/Frisch's Big Boy	Drink Simply Orange Juice Bottle	160	37	2	0.0
Beverages	Big Boy/Frisch's Big Boy	Drink Simply Apple Juice Bottle	160	43	0	0.0

Beverages	Big Boy/Frisch's Big Boy	Drink Mello Yello Mini 12 oz.	120	29	0	0.0
Beverages	Big Boy/Frisch's Big Boy	Drink Barq's Caffeine Free Root Beer Mini 12 oz.	120	29	0	0.0
Beverages	Big Boy/Frisch's Big Boy	Drink Barq's Caffeine Free Root Beer Small 16 oz.	160	39	0	0.0
Beverages	Big Boy/Frisch's Big Boy	Drink Barq's Caffeine Free Root Beer Medium 20 oz.	190	49	0	0.0
Beverages	Big Boy/Frisch's Big Boy	Drink Barq's Caffeine Free Root Beer Large 32 oz.	310	78	0	0.0
Beverages	Big Boy/Frisch's Big Boy	Drink Coca Cola Zero Mini 12 oz.	0	0	0	0.0
Beverages	Big Boy/Frisch's Big Boy	Drink Coca Cola Zero Medium 20 oz.	0	0	0	0.0
Beverages	Big Boy/Frisch's Big Boy	Drink Diet Coke Mini 12 oz.	0	0	0	0.0
Beverages	Big Boy/Frisch's Big Boy	Drink Coca Cola Mini 12 oz.	110	27	0	0.0
Beverages	Big Boy/Frisch's Big Boy	Drink Coca Cola Small 16 oz.	140	36	0	0.0
Beverages	Big Boy/Frisch's Big Boy	Drink Coca Cola Medium 20 oz.	180	45	0	0.0
Beverages	Big Boy/Frisch's Big Boy	Drink Coca Cola Large 32 oz.	290	71	0	0.0
Beverages	Big Boy/Frisch's Big Boy	Drink Hi-C Flashin Fruit Punch Mini 12 oz.	110	28	0	0.0
Beverages	Big Boy/Frisch's Big Boy	Drink Hi-C Flashin Fruit Punch Small 16 oz.	150	38	0	0.0
Beverages	Big Boy/Frisch's Big Boy	Drink Hi-C Flashin Fruit Punch Medium 20 oz.	190	47	0	0.0
Beverages	Big Boy/Frisch's Big Boy	Drink Hi-C Flashin Fruit Punch Large 32 oz.	300	76	0	0.0
Burgers	Big Boy/Frisch's Big Boy	Burger Primetime Southwest Veggie Burger	530	68	20	24.0
Entrees	Big Boy/Frisch's Big Boy	Dinner Crispy Chicken Tenders 5 piece no sides	950	64	48	55.0
Entrees	Big Boy/Frisch's Big Boy	Dinner Crispy Chicken Tenders 3 piece no sides	630	47	30	35.0
Entrees	Big Boy/Frisch's Big Boy	Dinner Italian Spaghetti no side	720	111	26	19.0
Appetizers & Sides	Big Boy/Frisch's Big Boy	Side Baked Potato Loaded	640	66	18	31.0
Appetizers & Sides	Big Boy/Frisch's Big Boy	Side Steamed Broccoli	25	5	2	0.0
Fried Potatoes	Big Boy/Frisch's Big Boy	Side Tater Tots Regular	490	40	2	37.0
Baked Goods	Big Boy/Frisch's Big Boy	Bread Garlic Toast	220	28	5	11.0
Desserts	Big Boy/Frisch's Big Boy	Dessert Ice Cream Vanilla 1 Scoop/A la mode	110	12	1	6.0
Desserts	Big Boy/Frisch's Big Boy	Dessert Sundae Chocolate	420	62	4	17.0
Desserts	Big Boy/Frisch's Big Boy	Dessert Sundae Hot Fudge	550	72	5	24.0
Desserts	Big Boy/Frisch's Big Boy	Dessert Sundae Strawberry	450	73	3	16.0
Desserts	Big Boy/Frisch's Big Boy	Dessert Mini Big Boy Sundae Chocolate	240	34	2	10.0
Desserts	Big Boy/Frisch's Big Boy	Dessert Mini Big Boy Sundae Hot Fudge	300	39	2	14.0
Desserts	Big Boy/Frisch's Big Boy	Dessert Mini Big Boy Sundae Strawberry	260	39	1	10.0
Sandwiches	Big Boy/Frisch's Big Boy	Wrap Buffalo Chicken with blue cheese	1080	61	39	73.0
Sandwiches	Big Boy/Frisch's Big Boy	Wrap Chicken Club Crispy	920	60	34	59.0
Sandwiches	Big Boy/Frisch's Big Boy	Wrap Turkey Club	670	44	33	40.0
Burgers	Big Boy/Frisch's Big Boy	Burger 1/4 Pound Cheeseburger	740	33	29	54.0

Burgers	Big Boy/Frisch's Big Boy	Burger Primetime Add On Fried Egg	110	0	6	9.0
Burgers	Big Boy/Frisch's Big Boy	Burger Primetime Classic Cheeseburger - Crispy Chicken Sub	1170	75	44	79.0
Burgers	Big Boy/Frisch's Big Boy	Burger Primetime Classic Cheeseburger - Grilled Chicken Sub	880	55	42	55.0
Burgers	Big Boy/Frisch's Big Boy	Burger Primetime Mushroom & Swiss Cheeseburger - Crispy Chicken Sub	1100	77	43	66.0
Burgers	Big Boy/Frisch's Big Boy	Burger Primetime Mushroom & Swiss Cheeseburger - Grilled Chicken Sub	800	57	40	42.0
Sandwiches	Big Boy/Frisch's Big Boy	Sandwich Grilled Chicken	560	32	33	32.0
Sandwiches	Big Boy/Frisch's Big Boy	Wrap Buffalo Chicken with ranch	1080	60	37	75.0
Sandwiches	Big Boy/Frisch's Big Boy	Wrap Chicken Club Grilled	700	44	30	45.0
Fried Potatoes	Big Boy/Frisch's Big Boy	Side French Fries Large	440	49	5	24.0
Fried Potatoes	Big Boy/Frisch's Big Boy	Side French Fries Regular	340	39	4	18.0
Fried Potatoes	Big Boy/Frisch's Big Boy	Side Tater Tots Large	690	57	3	52.0
Burgers	Big Boy/Frisch's Big Boy	Mini Cheeseburger	550	32	17	38.0
Sandwiches	Big Boy/Frisch's Big Boy	Mini Grilled Cheese	350	39	11	19.0
Burgers	Big Boy/Frisch's Big Boy	Mini Hamburger	510	31	15	35.0
Entrees	Big Boy/Frisch's Big Boy	Mini Meal Cheeseburger and Fries	890	71	21	57.0
Entrees	Big Boy/Frisch's Big Boy	Mini Meal Chicken Fingers and Fries	670	55	22	38.0
Entrees	Big Boy/Frisch's Big Boy	Mini Meal Chili and Spaghetti	330	42	16	10.0
Entrees	Big Boy/Frisch's Big Boy	Mini Meal Grilled Cheese and Fries	690	77	15	37.0
Entrees	Big Boy/Frisch's Big Boy	Mini Meal Hamburger and Fries	850	70	18	53.0
Entrees	Big Boy/Frisch's Big Boy	Mini Meal Italian Spaghetti	240	40	10	3.5
Entrees	Big Boy/Frisch's Big Boy	Mini Meal Mac and Cheese	450	55	20	17.0
Entrees	Big Boy/Frisch's Big Boy	Mini Meal Pancakes and Bacon	820	144	14	21.0
Entrees	Big Boy/Frisch's Big Boy	Mini Meal Pancakes and Sausage Links	830	143	13	23.0
Entrees	Big Boy/Frisch's Big Boy	Mini Meal Pancakes and Sausage Patty	950	145	16	34.0
Entrees	Big Boy/Frisch's Big Boy	Mini Meal Pancakes and Turkey Sausage Patty	830	144	17	20.0
Soup	Big Boy/Frisch's Big Boy	Soup Bean Cup Drive Thru 8 oz.	200	31	11	2.5
Soup	Big Boy/Frisch's Big Boy	Soup Bean Quart 32 oz.	790	125	45	11.0
Soup	Big Boy/Frisch's Big Boy	Soup Beef Barley, Cup, 6 oz.	210	22	18	4.0
Soup	Big Boy/Frisch's Big Boy	Soup Beef Barley Cup Drive Thru 8 oz.	280	29	24	5.0
Soup	Big Boy/Frisch's Big Boy	Soup Beef Barley Bowl 12 oz.	420	44	36	8.0
Soup	Big Boy/Frisch's Big Boy	Soup Beef Barley Quart 32 oz.	1130	117	97	22.0
Soup	Big Boy/Frisch's Big Boy	Soup Broccoli, Cup, 6 oz.	530	17	2	48.0
Soup	Big Boy/Frisch's Big Boy	Soup Broccoli Cup Drive Thru 8 oz.	700	22	3	63.0
Soup	Big Boy/Frisch's Big Boy	Soup Broccoli Bowl 12 oz.	1050	34	4	95.0
Soup	Big Boy/Frisch's Big Boy	Soup Broccoli Quart 32 oz.	2810	89	12	254.0

Soup	Big Boy/Frisch's Big Boy	Soup Cheddar Potato, Cup, 6 oz.	530	30	6	40.0
Soup	Big Boy/Frisch's Big Boy	Soup Cheddar Potato Cup Drive Thru 8 oz.	700	40	9	53.0
Soup	Big Boy/Frisch's Big Boy	Soup Cheddar Potato Bowl 12 oz.	1050	60	13	80.0
Soup	Big Boy/Frisch's Big Boy	Soup Cheddar Potato Quart 32 oz.	2800	160	34	214.0
Soup	Big Boy/Frisch's Big Boy	Soup Chicken Chili, Cup, 6 oz.	220	20	17	2.5
Soup	Big Boy/Frisch's Big Boy	Soup Chicken Chili Cup Drive Thru 8 oz.	290	27	22	3.5
Soup	Big Boy/Frisch's Big Boy	Soup Chicken Chili Bowl 12 oz.	440	40	34	5.0
Soup	Big Boy/Frisch's Big Boy	Soup Chicken Chili Quart 32 oz.	1160	106	90	13.0
Soup	Big Boy/Frisch's Big Boy	Soup Chicken Noodle Cup Drive Thru 8 oz.	190	19	12	7.0
Soup	Big Boy/Frisch's Big Boy	Soup Chicken Noodle Quart 32 oz.	750	76	49	26.0
Soup	Big Boy/Frisch's Big Boy	Soup Chicken Tortilla Cup Drive Thru 8 oz.	260	17	17	14.0
Soup	Big Boy/Frisch's Big Boy	Soup Chicken Tortilla Quart 32 oz.	1040	68	67	57.0
Soup	Big Boy/Frisch's Big Boy	Soup Chili Cup Dine In 6 oz.	300	18	19	16.0
Soup	Big Boy/Frisch's Big Boy	Soup Chili Cup Drive Thru 8 oz.	400	24	26	21.0
Soup	Big Boy/Frisch's Big Boy	Soup Chili Bowl 12 oz.	600	36	39	32.0
Soup	Big Boy/Frisch's Big Boy	Soup Chili Quart 32 oz.	1590	96	103	84.0
Soup	Big Boy/Frisch's Big Boy	Soup Italian Wedding, Cup, 6 oz.	230	21	11	11.0
Soup	Big Boy/Frisch's Big Boy	Soup Italian Wedding Cup Drive Thru 8 oz.	300	27	15	15.0
Soup	Big Boy/Frisch's Big Boy	Soup Italian Wedding Bowl 12 oz.	450	41	22	22.0
Soup	Big Boy/Frisch's Big Boy	Soup Italian Wedding Quart 32 oz.	1200	110	60	59.0
Soup	Big Boy/Frisch's Big Boy	Soup New England Clam Chowder, Cup, 6 oz.	280	13	5	22.0
Soup	Big Boy/Frisch's Big Boy	Soup New England Clam Chowder Cup Drive Thru 8 oz.	370	17	7	29.0
Soup	Big Boy/Frisch's Big Boy	Soup New England Clam Chowder Bowl 12 oz.	560	26	10	43.0
Soup	Big Boy/Frisch's Big Boy	Soup New England Clam Chowder Quart 32 oz.	1490	68	27	116.0
Soup	Big Boy/Frisch's Big Boy	Soup Potato Cup Dine In 6 oz.	550	31	4	43.0
Soup	Big Boy/Frisch's Big Boy	Soup Potato Cup Drive Thru 8 oz.	730	42	5	58.0
Soup	Big Boy/Frisch's Big Boy	Soup Potato Bowl 12 oz.	1100	63	8	87.0
Soup	Big Boy/Frisch's Big Boy	Soup Potato Quart 32 oz.	2940	167	21	231.0
Soup	Big Boy/Frisch's Big Boy	Soup Tomato Bisque, Cup, 6 oz.	290	25	3	18.0
Soup	Big Boy/Frisch's Big Boy	Soup Tomato Bisque Cup Drive Thru 8 oz.	390	34	4	24.0
Soup	Big Boy/Frisch's Big Boy	Soup Tomato Bisque Bowl 12 oz.	580	51	6	36.0
Soup	Big Boy/Frisch's Big Boy	Soup Tomato Bisque Quart 32 oz.	1540	135	15	97.0
Soup	Big Boy/Frisch's Big Boy	Soup Vegetable, Cup, 6 oz.	140	31	3	0.0
Soup	Big Boy/Frisch's Big Boy	Soup Vegetable Cup Drive Thru 8 oz.	190	41	4	0.5
Soup	Big Boy/Frisch's Big Boy	Soup Vegetable Bowl 12 oz.	280	61	6	1.0

Soup	Big Boy/Frisch's Big Boy	Soup Vegetable Quart 32 oz.	740	163	17	2.0
Salads	Big Boy/Frisch's Big Boy	Salad BLT Grilled Chicken no dressing	540	24	32	33.0
Salads	Big Boy/Frisch's Big Boy	Salad Buffalo Chicken no dressing	600	44	23	38.0
Salads	Big Boy/Frisch's Big Boy	Salad Cranberry Pecan Grilled Chicken no dressing	450	37	19	26.0
Entrees	Big Boy/Frisch's Big Boy	Dinner Crispy Chicken Italian no side	1110	102	55	55.0
Entrees	Big Boy/Frisch's Big Boy	Dinner Roast Beef no sides	420	34	37	15.0
Desserts	Big Boy/Frisch's Big Boy	Dessert Apple Pie Whole	4370	568	25	220.0
Desserts	Big Boy/Frisch's Big Boy	Dessert Cherry Pie Whole	3640	403	31	209.0
Desserts	Big Boy/Frisch's Big Boy	Dessert Coconut Cream Pie Whole	3490	351	30	219.0
Desserts	Big Boy/Frisch's Big Boy	Dessert Pecan Pie Whole	5020	588	41	279.0
Desserts	Big Boy/Frisch's Big Boy	Dessert Pumpkin Pie Slice	530	69	7	25.0
Desserts	Big Boy/Frisch's Big Boy	Dessert Pumpkin Pie Whole	3170	414	41	149.0
Desserts	Big Boy/Frisch's Big Boy	Dessert Apple Piebaby	590	89	3	25.0
Desserts	Big Boy/Frisch's Big Boy	Dessert Banana Cream Piebaby	610	70	5	34.0
Desserts	Big Boy/Frisch's Big Boy	Dessert Chocolate Cream Piebaby	600	64	5	35.0
Desserts	Big Boy/Frisch's Big Boy	Dessert Coconut Cream Piebaby	650	64	6	41.0
Desserts	Big Boy/Frisch's Big Boy	Dessert Key Lime Piebaby	580	77	3	28.0
Desserts	Big Boy/Frisch's Big Boy	Dessert Peanut Butter Piebaby	850	86	11	52.0
Desserts	Big Boy/Frisch's Big Boy	Dessert Strawberry Piebaby	590	93	3	23.0
Desserts	Big Boy/Frisch's Big Boy	Dessert Pumpkin Cheesecake Slice	460	52	8	22.0
Desserts	Big Boy/Frisch's Big Boy	Dessert Red Velvet Hot Fudge Cake	660	91	7	29.0
Desserts	Big Boy/Frisch's Big Boy	Dessert Pumpkin Hot Caramel Cake	640	98	6	26.0
Desserts	Big Boy/Frisch's Big Boy	Dessert Carrot Cake with Icing Slice	420	54	4	22.0
Desserts	Big Boy/Frisch's Big Boy	Dessert Hand-Dipped Milkshake Chocolate Large 32 oz.	1280	171	23	54.0
Desserts	Big Boy/Frisch's Big Boy	Dessert Hand-Dipped Milkshake Strawberry Large 32 oz.	1350	190	22	53.0
Desserts	Big Boy/Frisch's Big Boy	Dessert Hand-Dipped Milkshake Vanilla Large 32 oz.	1020	106	22	53.0
Desserts	Big Boy/Frisch's Big Boy	Dessert Mini Hand-Dipped Milkshake Chocolate 12 oz.	540	71	8	24.0
Desserts	Big Boy/Frisch's Big Boy	Dessert Mini Hand-Dipped Milkshake Strawberry 12 oz.	570	78	8	24.0
Desserts	Big Boy/Frisch's Big Boy	Dessert Mini Hand-Dipped Milkshake Vanilla 12 oz.	440	46	8	24.0
Entrees	Big Boy/Frisch's Big Boy	Breakfast Western Omelette Egg Substitute	430	13	41	24.0
Entrees	Big Boy/Frisch's Big Boy	Breakfast Spanish Omelette Egg Substitute	390	20	30	23.0
Entrees	Big Boy/Frisch's Big Boy	Breakfast Farmers Omelette	700	28	42	47.0
Entrees	Big Boy/Frisch's Big Boy	Breakfast Farmers Omelette Egg Substitute	580	31	43	33.0
Entrees	Big Boy/Frisch's Big Boy	Breakfast Ham and Cheese Omelette Egg Substitute	380	11	40	22.0
Sandwiches	Big Boy/Frisch's Big Boy	Breakfast Primetime Breakfast Sandwich with Bacon	600	46	22	38.0

Sandwiches	Big Boy/Frisch's Big Boy	Breakfast Primetime Breakfast Sandwich with Goetta	900	66	33	57.0
Sandwiches	Big Boy/Frisch's Big Boy	Breakfast Primetime Breakfast Sandwich with Ham	610	48	30	34.0
Sandwiches	Big Boy/Frisch's Big Boy	Breakfast Primetime Breakfast Sandwich with Sausage	940	49	31	69.0
Sandwiches	Big Boy/Frisch's Big Boy	Breakfast Sandwich Bacon and Egg on Rye Toast	560	31	20	40.0
Sandwiches	Big Boy/Frisch's Big Boy	Breakfast Sandwich Bacon and Egg on White Toast	620	39	21	42.0
Sandwiches	Big Boy/Frisch's Big Boy	Breakfast Sandwich Bacon and Egg on Whole Wheat Toast	630	42	21	43.0
Sandwiches	Big Boy/Frisch's Big Boy	Breakfast Sandwich Ham and Egg on Rye Toast	530	32	26	34.0
Sandwiches	Big Boy/Frisch's Big Boy	Breakfast Sandwich Ham and Egg on White Toast	590	41	27	36.0
Sandwiches	Big Boy/Frisch's Big Boy	Breakfast Sandwich Ham and Egg on Whole Wheat Toast	600	43	27	37.0
Sandwiches	Big Boy/Frisch's Big Boy	Breakfast Sandwich Sausage and Egg on Rye Toast	860	33	27	69.0
Sandwiches	Big Boy/Frisch's Big Boy	Breakfast Sandwich Sausage and Egg on White Toast	920	42	27	71.0
Sandwiches	Big Boy/Frisch's Big Boy	Breakfast Sandwich Sausage and Egg on Whole Wheat Toast	930	44	27	72.0
Sandwiches	Big Boy/Frisch's Big Boy	Breakfast Egg 'N Cheese Biscuit	430	36	14	26.0
Sandwiches	Big Boy/Frisch's Big Boy	Breakfast Biscuit with Bacon	350	35	10	18.0
Sandwiches	Big Boy/Frisch's Big Boy	Breakfast Biscuit with Sausage	480	36	12	31.0
Sandwiches	Big Boy/Frisch's Big Boy	Breakfast Biscuits 'N Gravy	840	84	15	48.0
Sandwiches	Big Boy/Frisch's Big Boy	Breakfast 1 Biscuit & Gravy	420	42	7	24.0
Entrees	Big Boy/Frisch's Big Boy	Breakfast One Egg Any Style	110	0	6	9.0
Entrees	Big Boy/Frisch's Big Boy	Breakfast French Toast 3 Triangles with butter and syrup	1000	154	12	38.0
Entrees	Big Boy/Frisch's Big Boy	Breakfast French Toast Single Triangle no butter or syrup	150	14	4	9.0
Entrees	Big Boy/Frisch's Big Boy	Breakfast French Toast Sticks with syrup	800	109	6	39.0
Entrees	Big Boy/Frisch's Big Boy	Breakfast Three Fluffy Pancakes with butter and syrup	840	156	13	18.0
Entrees	Big Boy/Frisch's Big Boy	Breakfast Two Fluffy Pancakes with butter and syrup	730	140	9	15.0
Entrees	Big Boy/Frisch's Big Boy	Breakfast Pancake Single no butter or syrup	100	17	4	2.0
Appetizers & Sides	Big Boy/Frisch's Big Boy	Breakfast Side Sausage Patties	400	4	14	36.0
Appetizers & Sides	Big Boy/Frisch's Big Boy	Breakfast Side Turkey Sausage Patties	160	2	16	9.0
Baked Goods	Big Boy/Frisch's Big Boy	Bread 2 Biscuits no butter	590	68	10	30.0
Baked Goods	Big Boy/Frisch's Big Boy	Bread English Muffin with butter	200	24	5	8.0
Baked Goods	Big Boy/Frisch's Big Boy	Bread Dinner Roll no butter	140	22	3	5.0
Baked Goods	Big Boy/Frisch's Big Boy	Bread Texas White Slice	150	26	5	2.5
Baked Goods	Big Boy/Frisch's Big Boy	Bread Texas Whole Wheat Slice	160	29	5	3.5
Baked Goods	Big Boy/Frisch's Big Boy	Bread Whole Wheat Slice	110	19	3	2.5
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Dipping Sauce Blue Cheese Dressing	210	3	3	20.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Dipping Sauce Buffalo Sauce	100	4	0	10.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Dipping Sauce Cocktail Sauce	60	14	1	0.0

Toppings & Ingredients	Big Boy/Frisch's Big Boy	Dipping Sauce Italian Meat Sauce	45	5	2	1.5
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Dipping Sauce Ranch Dressing	210	2	1	21.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Dipping Sauce Tartar Sauce	380	4	0	40.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Dressing Balsamic Vinaigrette 2 oz.	140	4	0	14.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Dressing Balsamic Vinaigrette 4 oz.	280	8	0	28.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Dressing Blue Cheese 2 oz.	210	3	3	20.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Dressing Blue Cheese 4 oz.	420	6	6	39.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Dressing French (Fat Free) 2 oz.	70	16	0	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Dressing French (Fat Free) 4 oz.	140	32	0	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Dressing Honey Mustard (Fat Free) 2 oz.	100	26	0	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Dressing Honey Mustard (Fat Free) 4 oz.	200	52	0	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Dressing Italian 2 oz.	30	4	0	1.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Dressing Italian 4 oz.	60	8	0	2.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Dressing Ranch 2 oz.	210	2	1	21.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Dressing Ranch 4 oz.	410	5	2	42.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Dressing Royal Cesar 2 oz.	240	2	2	24.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Dressing Royal Cesar 4 oz.	480	4	4	48.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Dressing Thousand Island 2 oz.	320	3	0	34.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Misc. Butter Packet	70	0	0	8.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Misc. Maple Syrup 4 oz.	430	107	0	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Misc. Provolone Cheese Slice	70	0	5	6.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Misc. Saltine Cracker Packet	25	4	0	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Misc. Side Sour Cream	240	4	4	20.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Misc. Sugar Free Jam Packet	10	3	0	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Misc. Swiss Cheese Slice	70	0	0	5.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Misc. Topping Strawberry	150	37	0	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Misc. American Cheese Slice	40	0	3	3.5
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Misc. Townhouse Cracker Packet	30	4	0	2.0
Beverages	Big Boy/Frisch's Big Boy	Drink Unsweetened Tea	0	1	0	0.0
Beverages	Big Boy/Frisch's Big Boy	Drink Diet Dr. Pepper Mini 12 oz.	0	0	0	0.0
Beverages	Big Boy/Frisch's Big Boy	Drink Diet Dr. Pepper Small 16 oz.	0	0	0	0.0
Beverages	Big Boy/Frisch's Big Boy	Drink Diet Dr. Pepper Medium 20 oz.	0	0	0	0.0
Beverages	Big Boy/Frisch's Big Boy	Drink Diet Dr. Pepper Large 32 oz.	0	0	0	0.0
Appetizers & Sides	Big Boy/Frisch's Big Boy	Bar Applesauce, 4 oz.	80	20	0	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Apricots, 1/2 cup	80	20	1	0.0



Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Baked Apples, 4 oz.	130	33	0	0.0
Appetizers & Sides	Big Boy/Frisch's Big Boy	Bar Bananas in Glaze, 2 oz.	110	29	0	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Flavored Yogurt Blueberry, 4 oz.	140	32	2	0.5
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Flavored Yogurt Cherry, 4 oz.	130	29	2	0.5
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Fruit Salad, 1/2 cup	40	9	0	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Honeydew, 1/2 cup	30	8	0	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Jello, 1/2 cup	5	0	1	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Mandarin Oranges, 1/2 cup	70	17	1	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Peaches, 1/2 cup	70	17	0	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Pears, 1/2 cup	80	19	0	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Pineapple, 1/2 cup	40	10	0	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Watermelon, 1/2 cup	25	6	0	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Bacon Bits, 1/2 oz.	70	0	4	5.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Beets, 1 oz.	20	4	0	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Broccoli Parmesan Salad, 4 oz.	130	10	4	9.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Cheddar Cheese Shredded, 1 oz.	110	0	6	9.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Chicken Salad, 4 oz.	210	3	15	15.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Cole Slaw, 4 oz.	190	11	1	16.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Craisins, 1 oz.	90	23	0	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Croutons, 1 oz.	120	20	3	3.5
Appetizers & Sides	Big Boy/Frisch's Big Boy	Bar Goldfish Crackers, 1 oz.	130	19	4	4.5
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Granola, 1 oz.	110	23	3	1.5
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Grape Tomatoes, 1 oz.	5	1	0	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Green Peas, 1 oz.	25	4	1	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Green Peppers, 1 oz.	5	1	0	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Ham Salad, 4 oz.	200	5	12	15.0
Entrees	Big Boy/Frisch's Big Boy	Bar Macaroni Salad, 4 oz.	190	23	4	9.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Oyster Crackers, 1 oz.	110	21	2	3.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Pepperoncini, 1 oz.	10	1	0	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Potato Salad, 4 oz.	150	24	3	5.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Red Onions, 1 oz.	10	3	0	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Salsa, 2 oz.	20	6	0	0.0
Appetizers & Sides	Big Boy/Frisch's Big Boy	Bar Seafood Salad, 4 oz.	200	9	4	16.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Shredded Carrots, 1 oz.	10	3	0	0.0
Appetizers & Sides	Big Boy/Frisch's Big Boy	Bar Southwest Pasta Salad, 4 oz.	260	30	5	13.0

Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Spinach Leaves, 2 cups	15	2	2	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Tortilla Strips, 1 oz.	110	12	2	6.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Townhouse Crackers, 5 crackers	80	9	0	5.0
Soup	Big Boy/Frisch's Big Boy	Bar Soup Chili, 6 oz.	300	18	19	16.0
Soup	Big Boy/Frisch's Big Boy	Bar Soup Potato, 6 oz.	550	31	4	43.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Biscuit, 1 biscuit	300	34	5	15.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Biscuit Quarters with Cinnamon Sugar, 1/4 biscuit	110	10	1	7.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Butter, 1 tablespoon	100	0	0	11.0
Appetizers & Sides	Big Boy/Frisch's Big Boy	Bar Cereal Cheerios, 1 container	100	20	3	2.0
Appetizers & Sides	Big Boy/Frisch's Big Boy	Bar Cereal Cocoa Puffs, 1 container	110	25	2	1.5
Appetizers & Sides	Big Boy/Frisch's Big Boy	Bar Cereal Lucky Charms, 1 container	110	23	2	1.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Cheese Sauce, 2 oz.	45	6	0	2.5
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Chicken Strips, 4 oz.	320	17	18	20.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Maple Syrup Diet, 2 oz.	20	8	0	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Maple Syrup, 2 oz.	210	53	0	0.0
Appetizers & Sides	Big Boy/Frisch's Big Boy	Bar French Toast Stick, 1 stick	120	16	1	7.0
Appetizers & Sides	Big Boy/Frisch's Big Boy	Bar French Toast Triangle, 1 triangle	150	14	4	9.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Fruit Topping Blueberry, 2 oz.	90	23	0	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Fruit Topping Cherry, 2 oz.	80	20	0	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Goetta, 2 oz.	180	10	8	12.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Grits, 1/2 cup	130	29	3	0.5
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Ham, 2 oz.	50	2	9	1.0
Fried Potatoes	Big Boy/Frisch's Big Boy	Bar Hashbrown Casserole, 4 oz.	290	31	4	18.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Honey, 1 tablespoon	60	17	0	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Jelly Packet, 1 packet	35	9	0	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Jelly Packet Sugar Free, 1 packet	10	3	0	0.0
Appetizers & Sides	Big Boy/Frisch's Big Boy	Bar Pancake Blueberry, 1 pancake	80	15	3	1.5
Appetizers & Sides	Big Boy/Frisch's Big Boy	Bar Pancake Chocolate Chip, 1 pancake	120	19	4	4.5
Appetizers & Sides	Big Boy/Frisch's Big Boy	Bar Pancake Plain, 1 pancake	70	12	3	1.5
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Powdered Sugar, 1 tablespoon	30	8	0	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Sausage Gravy, 4 oz.	130	8	2	9.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Sausage Link, 1 link	80	0	3	7.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Sausage Patty, 1 patty	200	2	7	18.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Scrambled Eggs, 2 oz.	70	1	5	4.5
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Smoked Sausage with Green Peppers and Onions, 4 oz.	130	7	5	9.0

Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Spicy Spuds, 4 oz. raw	220	23	3	14.0
Baked Goods	Big Boy/Frisch's Big Boy	Bar Sweet Bread Apple Cinnamon Coffee Cake, 1 slice	290	37	4	15.0
Baked Goods	Big Boy/Frisch's Big Boy	Bar Sweet Bread Apple Cinnamon Loaf, 1 slice	200	23	3	10.0
Baked Goods	Big Boy/Frisch's Big Boy	Bar Sweet Bread Apple Cinnamon Muffin, 1 muffin	100	12	1	5.0
Baked Goods	Big Boy/Frisch's Big Boy	Bar Sweet Bread Banana Nut Loaf, 1 slice	200	25	3	10.0
Baked Goods	Big Boy/Frisch's Big Boy	Bar Sweet Bread Banana Nut Muffin, 1 muffin	100	12	2	5.0
Baked Goods	Big Boy/Frisch's Big Boy	Bar Sweet Bread Blueberry Loaf, 1 slice	170	20	2	10.0
Baked Goods	Big Boy/Frisch's Big Boy	Bar Sweet Bread Blueberry Muffin, 1 muffin	90	10	1	5.0
Baked Goods	Big Boy/Frisch's Big Boy	Bar Sweet Bread Cinnamon Coffee Cake, 1 slice	320	40	5	16.0
Baked Goods	Big Boy/Frisch's Big Boy	Bar Sweet Bread Cinnamon Raisin Loaf, 1 slice	210	26	3	10.0
Baked Goods	Big Boy/Frisch's Big Boy	Bar Sweet Bread Cinnamon Raisin Muffin, 1 muffin	100	13	1	5.0
Baked Goods	Big Boy/Frisch's Big Boy	Bar Sweet Bread Lemon Crumb Cake, 1 slice	300	34	4	16.0
Baked Goods	Big Boy/Frisch's Big Boy	Bar Sweet Bread Orange Cranberry Loaf, 1 slice	190	25	3	9.0
Baked Goods	Big Boy/Frisch's Big Boy	Bar Sweet Bread Orange Cranberry Muffin, 1 muffin	100	12	1	4.5
Beverages	Big Boy/Frisch's Big Boy	Bar White Milk, 1 cup	130	13	8	5.0
Salads	Big Boy/Frisch's Big Boy	Salad BLT Crispy Chicken no dressing	750	39	37	47.0
Sandwiches	Big Boy/Frisch's Big Boy	Breakfast Egg 'N Cheese Biscuit with Sausage	640	38	21	44.0
Entrees	Big Boy/Frisch's Big Boy	Dinner Grilled Chicken Italian no side	860	82	53	36.0
Salads	Big Boy/Frisch's Big Boy	Salad Cranberry Pecan Crispy Chicken no dressing	660	53	23	40.0
Fried Potatoes	Big Boy/Frisch's Big Boy	Appetizer Chili Cheese Tots	730	48	17	53.0
Sandwiches	Big Boy/Frisch's Big Boy	Breakfast Egg 'N Cheese Biscuit with Bacon	470	37	17	28.0
Sandwiches	Big Boy/Frisch's Big Boy	Breakfast Egg 'N Cheese Biscuit with Ham	510	39	28	27.0
Baked Goods	Big Boy/Frisch's Big Boy	Bread White Slice	100	18	3	2.0
Burgers	Big Boy/Frisch's Big Boy	Burger 1/4 Pound Hamburger	660	31	24	47.0
Sandwiches	Big Boy/Frisch's Big Boy	Sandwich Buddie Boy	520	38	19	30.0
Appetizers & Sides	Big Boy/Frisch's Big Boy	Side Applesauce	120	30	0	0.0
Appetizers & Sides	Big Boy/Frisch's Big Boy	Side Baked Apples	210	54	0	0.0
Appetizers & Sides	Big Boy/Frisch's Big Boy	Side Carrots	150	11	0	11.0
Fried Potatoes	Big Boy/Frisch's Big Boy	Appetizer Chili Cheese Fries	680	57	19	40.0
Appetizers & Sides	Big Boy/Frisch's Big Boy	Appetizer Hand-Breaded Fried Mushrooms no sauce	370	25	7	29.0
Entrees	Big Boy/Frisch's Big Boy	Dinner Chili and Spaghetti no side	880	112	37	30.0
Entrees	Big Boy/Frisch's Big Boy	Dinner Crispy White Fish no sides	630	56	27	35.0
Desserts	Big Boy/Frisch's Big Boy	Dessert Brownie with Icing Slice	430	56	4	22.0
Desserts	Big Boy/Frisch's Big Boy	Dessert Cheesecake Slice with Blueberry Topping	580	62	8	31.0
Desserts	Big Boy/Frisch's Big Boy	Dessert Cheesecake Slice with Cherry Topping	570	59	9	31.0

Desserts	Big Boy/Frisch's Big Boy	Dessert Cheesecake Slice with Strawberry Topping	640	76	8	31.0
Beverages	Big Boy/Frisch's Big Boy	Dessert Hand-Dipped Milkshake Chocolate Medium 20 oz.	930	125	16	39.0
Beverages	Big Boy/Frisch's Big Boy	Dessert Hand-Dipped Milkshake Chocolate Small 16 oz.	720	94	12	32.0
Beverages	Big Boy/Frisch's Big Boy	Dessert Hand-Dipped Milkshake Strawberry Medium 20 oz.	980	139	15	38.0
Beverages	Big Boy/Frisch's Big Boy	Dessert Hand-Dipped Milkshake Strawberry Small 16 oz.	750	103	11	31.0
Beverages	Big Boy/Frisch's Big Boy	Dessert Hand-Dipped Milkshake Vanilla Medium 20 oz.	730	76	15	38.0
Beverages	Big Boy/Frisch's Big Boy	Dessert Hand-Dipped Milkshake Vanilla Small 16 oz.	590	61	11	31.0
Appetizers & Sides	Big Boy/Frisch's Big Boy	Breakfast Side Bacon	100	1	8	8.0
Fried Potatoes	Big Boy/Frisch's Big Boy	Breakfast Side Hashbrowns	150	17	2	9.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Misc. Jam Packet	35	9	0	0.0
Beverages	Big Boy/Frisch's Big Boy	Drink Coca Cola Zero Large 32 oz.	0	0	0	0.0
Beverages	Big Boy/Frisch's Big Boy	Drink Coca Cola Zero Small 16 oz.	0	0	0	0.0
Beverages	Big Boy/Frisch's Big Boy	Drink Diet Coke Large 32 oz.	0	0	0	0.0
Beverages	Big Boy/Frisch's Big Boy	Drink Diet Coke Medium 20 oz.	0	0	0	0.0
Beverages	Big Boy/Frisch's Big Boy	Drink Diet Coke Small 16 oz.	0	0	0	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Drink Flavoring Cherry Large 32 oz.	80	20	0	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Drink Flavoring Cherry Medium 20 oz.	60	15	0	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Drink Flavoring Cherry Mini 12 oz.	20	5	0	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Drink Flavoring Cherry Small 16 oz.	40	10	0	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Drink Flavoring Chocolate Medium 20 oz.	50	12	0	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Drink Flavoring Chocolate Small 16 oz.	35	8	0	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Drink Flavoring Strawberry Large 32 oz.	80	21	0	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Drink Flavoring Strawberry Mini 12 oz.	20	5	0	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Drink Flavoring Strawberry Small 16 oz.	40	10	0	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Drink Flavoring Vanilla Mini 12 oz.	20	5	0	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Drink Flavoring Vanilla Small 16 oz.	40	10	0	0.0
Beverages	Big Boy/Frisch's Big Boy	Drink Mello Yello Large 32 oz.	310	78	0	0.0
Beverages	Big Boy/Frisch's Big Boy	Drink Mello Yello Medium 20 oz.	190	49	0	0.0
Beverages	Big Boy/Frisch's Big Boy	Drink Mello Yello Small 16 oz.	150	39	0	0.0
Beverages	Big Boy/Frisch's Big Boy	Drink Sweet Tea Small 16 oz.	120	30	0	0.0
Beverages	Big Boy/Frisch's Big Boy	Drink White Milk Large 16 oz.	260	26	16	10.0
Beverages	Big Boy/Frisch's Big Boy	Drink White Milk Small 12 oz.	200	19	12	7.0
Salads	Big Boy/Frisch's Big Boy	Side Tossed Garden Salad no dressing	90	8	5	5.0
Soup	Big Boy/Frisch's Big Boy	Soup Chicken Tortilla Cup Dine In 6 oz.	200	13	13	11.0
Soup	Big Boy/Frisch's Big Boy	Soup Chicken Tortilla Bowl 12 oz.	390	26	25	21.0

Sandwiches	Big Boy/Frisch's Big Boy	Breakfast Biscuit with Ham	360	37	19	15.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Misc. Topping Blueberry	90	23	0	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Misc. Topping Cherry	80	20	0	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Drink Flavoring Chocolate Mini 12 oz.	15	4	0	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Drink Flavoring Chocolate Large 32 oz.	70	16	0	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Drink Flavoring Strawberry Medium 20 oz.	60	16	0	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Drink Flavoring Vanilla Medium 20 oz.	60	15	0	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Drink Flavoring Vanilla Large 32 oz.	80	20	0	0.0
Toppings & Ingredients	Big Boy/Frisch's Big Boy	Bar Dressing Cesar, 2 oz.	240	2	2	24.0
Soup	Big Boy/Frisch's Big Boy	Bar Soup Chicken Tortilla, 6 oz.	200	13	13	11.0
Appetizers & Sides	BJ's Restaurant & Brewhouse	Avocado Egg Rolls	950	109	14	54.0
Appetizers & Sides	BJ's Restaurant & Brewhouse	Ahi Poke	500	44	34	20.0
Appetizers & Sides	BJ's Restaurant & Brewhouse	Spinach and Artichoke Dip	1050	111	34	54.0
Appetizers & Sides	BJ's Restaurant & Brewhouse	Crispy Calamari	670	62	47	26.0
Appetizers & Sides	BJ's Restaurant & Brewhouse	Chicken Pot Stickers	400	59	18	11.0
Appetizers & Sides	BJ's Restaurant & Brewhouse	Mozzarella Sticks	810	76	33	39.0
Salads	BJ's Restaurant & Brewhouse	Fresh Mozzarella and Tomato Salad	260	11	14	18.0
Appetizers & Sides	BJ's Restaurant & Brewhouse	Baked Potato	590	70	9	28.0
Appetizers & Sides	BJ's Restaurant & Brewhouse	White Cheddar Mashed Potatoes	330	33	7	18.0
Appetizers & Sides	BJ's Restaurant & Brewhouse	Broccoli	40	6	3	0.0
Appetizers & Sides	BJ's Restaurant & Brewhouse	Kids Mashed Potatoes	250	25	5	14.0
Appetizers & Sides	BJ's Restaurant & Brewhouse	Rice Pilaf	230	39	5	6.0
Appetizers & Sides	BJ's Restaurant & Brewhouse	Kids Veggies and Dip	200	6	2	17.0
Beverages	BJ's Restaurant & Brewhouse	Root Beer	240	60	0	0.0
Beverages	BJ's Restaurant & Brewhouse	BJ's Lemonade	180	45	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Kids Milk	210	21	15	8.0
Beverages	BJ's Restaurant & Brewhouse	Kids Chocolate Milk	330	54	13	7.0
Beverages	BJ's Restaurant & Brewhouse	Kids Orange Juice	170	39	3	0.0
Beverages	BJ's Restaurant & Brewhouse	Kids Cranberry Juice	210	53	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Kids Apple Juice	180	44	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Berry Sweet Limeade	220	56	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Strawberry Lemonade	190	47	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Black Cherry Soda	190	47	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Orange Cream Soda	210	51	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Brisk Raspberry Iced Tea	80	21	0	0.0

Beverages	BJ's Restaurant & Brewhouse	Diet Pepsi	0	0	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Dr Pepper	140	34	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Hot Tea	0	0	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Milk	280	28	20	10.0
Beverages	BJ's Restaurant & Brewhouse	Mountain Dew	140	39	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Orange Twist	270	66	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Peachberry Iced Tea	150	38	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Pepsi	130	34	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Sparkling Raspberry Lemonade	240	61	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Sweet Tea	190	48	0	0.0
Beverages	BJ's Restaurant & Brewhouse	BJ's Brewhouse Blonde	200	16	3	0.0
Beverages	BJ's Restaurant & Brewhouse	BJ's LightSwitch Lager	140	9	3	0.0
Beverages	BJ's Restaurant & Brewhouse	BJ's Harvest Hefeweizen	210	11	4	0.0
Beverages	BJ's Restaurant & Brewhouse	BJ's HopStorm IPA	300	20	5	0.0
Beverages	BJ's Restaurant & Brewhouse	BJ's Piranha Pale Ale	250	17	5	0.0
Beverages	BJ's Restaurant & Brewhouse	BJ's Oasis Amber	160	5	3	0.0
Beverages	BJ's Restaurant & Brewhouse	BJ's Nutty Brownette	300	25	4	0.0
Beverages	BJ's Restaurant & Brewhouse	BJ's Jeremiah Red	290	21	4	0.0
Beverages	BJ's Restaurant & Brewhouse	BJ's PM Porter	270	22	4	0.0
Beverages	BJ's Restaurant & Brewhouse	BJ's Tatonka Stout	370	27	4	0.0
Beverages	BJ's Restaurant & Brewhouse	BJ's Berry Burst Cider	210	36	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Coffee	0	0	0	0.0
Burgers	BJ's Restaurant & Brewhouse	Sliders	800	81	48	30.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Turkey Burger	670	57	36	33.0
Burgers	BJ's Restaurant & Brewhouse	Barbeque Bison Burger	550	50	29	27.0
Burgers	BJ's Restaurant & Brewhouse	Crispy Jalapeno Burger with Fries	1430	105	55	87.0
Desserts	BJ's Restaurant & Brewhouse	Chocolate Chunk Pizookie	1170	177	17	45.0
Desserts	BJ's Restaurant & Brewhouse	Peanut Butter Pizookie	1240	140	22	67.0
Desserts	BJ's Restaurant & Brewhouse	White Chocolate Macadamia Nut Pizookie	1240	167	17	59.0
Desserts	BJ's Restaurant & Brewhouse	Triple Chocolate Pizookie	1220	162	15	62.0
Desserts	BJ's Restaurant & Brewhouse	Salted Caramel Pizookie	1380	204	16	56.0
Desserts	BJ's Restaurant & Brewhouse	Cookies 'n' Cream Pizookie	1250	162	16	60.0
Desserts	BJ's Restaurant & Brewhouse	Gluten-Free Chocolate Chip Pizookie	1210	170	15	52.0
Entrees	BJ's Restaurant & Brewhouse	Lemon Thyme Chicken	630	52	60	19.0
Entrees	BJ's Restaurant & Brewhouse	Cherry Chipotle Glazed Salmon	580	40	46	26.0

Entrees	BJ's Restaurant & Brewhouse	Parmesan-Crusted Chicken	1330	70	89	76.0
Entrees	BJ's Restaurant & Brewhouse	BJ's Brewhouse Blonde Fish 'N' Chips	1070	141	54	33.0
Entrees	BJ's Restaurant & Brewhouse	Fresh Atlantic Salmon (Blackened)	880	50	48	50.0
Entrees	BJ's Restaurant & Brewhouse	Fresh Atlantic Salmon (Oven-Roasted)	860	49	48	52.0
Entrees	BJ's Restaurant & Brewhouse	Chicken Tenders with Fries	1030	85	40	59.0
Entrees	BJ's Restaurant & Brewhouse	Lunch Lemon Thyme Chicken	490	39	45	16.0
Entrees	BJ's Restaurant & Brewhouse	Lunch Grilled Chicken Alfredo	830	62	38	48.0
Entrees	BJ's Restaurant & Brewhouse	Lunch Jumbo Spaghetti and Meatballs	850	89	29	43.0
Entrees	BJ's Restaurant & Brewhouse	Kids Mini Corn Dogs	470	36	14	29.0
Entrees	BJ's Restaurant & Brewhouse	Kids Mac and Cheese	490	68	17	16.0
Entrees	BJ's Restaurant & Brewhouse	Kids Pasta with Grilled Chicken	110	0	20	3.0
Entrees	BJ's Restaurant & Brewhouse	Kids Grilled Chicken	220	0	39	6.0
Fried Potatoes	BJ's Restaurant & Brewhouse	Kids Happy Face Potatoes	180	24	2	8.0
Pizza	BJ's Restaurant & Brewhouse	California Club Flatbread Pizza	110	10	5	6.0
Pizza	BJ's Restaurant & Brewhouse	Pepperoni Extreme Flatbread Pizza	110	10	4	6.0
Pizza	BJ's Restaurant & Brewhouse	Chicken Bacon Ranch Deep Dish Pizza, Mini	240	17	13	12.0
Pizza	BJ's Restaurant & Brewhouse	Chicken Bacon Ranch Deep Dish Pizza, Large	470	38	24	23.0
Pizza	BJ's Restaurant & Brewhouse	BJ's Favorite Deep Dish Pizza, Mini	180	18	7	9.0
Pizza	BJ's Restaurant & Brewhouse	BJ's Favorite Deep Dish Pizza, Large	360	39	13	16.0
Pizza	BJ's Restaurant & Brewhouse	Pepperoni Extreme Deep Dish Pizza, Mini	190	17	7	11.0
Pizza	BJ's Restaurant & Brewhouse	Pepperoni Extreme Deep Dish Pizza, Large	380	38	15	19.0
Pizza	BJ's Restaurant & Brewhouse	Gourmet Five Meat Deep Dish Pizza, Mini	240	18	11	14.0
Pizza	BJ's Restaurant & Brewhouse	Gourmet Five Meat Deep Dish Pizza, Large	400	39	17	20.0
Pizza	BJ's Restaurant & Brewhouse	BJ's Classic Combo Deep Dish Pizza, Mini	190	17	7	10.0
Pizza	BJ's Restaurant & Brewhouse	BJ's Classic Combo Deep Dish Pizza, Large	370	38	14	18.0
Pizza	BJ's Restaurant & Brewhouse	Buffalo Chicken Deep Dish Pizza, Mini	170	18	10	6.0
Pizza	BJ's Restaurant & Brewhouse	Buffalo Chicken Deep Dish Pizza, Large	340	40	19	11.0
Pizza	BJ's Restaurant & Brewhouse	Vegetarian Deep Dish Pizza, Mini	140	17	5	5.0
Pizza	BJ's Restaurant & Brewhouse	Vegetarian Deep Dish Pizza, Large	290	38	11	10.0
Pizza	BJ's Restaurant & Brewhouse	Great White Deep Dish Pizza, Mini	180	17	11	7.0
Pizza	BJ's Restaurant & Brewhouse	Great White Deep Dish Pizza, Large	370	38	20	15.0
Pizza	BJ's Restaurant & Brewhouse	Sweet Pig Deep Dish Pizza, Mini	150	20	6	5.0
Pizza	BJ's Restaurant & Brewhouse	Sweet Pig Deep Dish Pizza, Large	300	41	12	9.0
Pizza	BJ's Restaurant & Brewhouse	Barbeque Chicken Deep Dish Pizza, Mini	170	19	10	5.0
Pizza	BJ's Restaurant & Brewhouse	Barbeque Chicken Deep Dish Pizza, Large	340	42	19	10.0

Pizza	BJ's Restaurant & Brewhouse	Gluten-Free Thin Crust Cheese Pizza	130	14	4	6.0
Pizza	BJ's Restaurant & Brewhouse	Kids Pepperoni Pizza	680	66	26	34.0
Salads	BJ's Restaurant & Brewhouse	Barbeque Chicken Chopped Salad	930	64	54	47.0
Salads	BJ's Restaurant & Brewhouse	Caesar Salad	810	44	23	64.0
Salads	BJ's Restaurant & Brewhouse	Santa Fe Salad	1040	58	55	61.0
Salads	BJ's Restaurant & Brewhouse	Caesar Salad	340	21	10	25.0
Salads	BJ's Restaurant & Brewhouse	Wedge Salad	320	6	6	31.0
Salads	BJ's Restaurant & Brewhouse	Asian Chopped Salad	540	38	45	20.0
Salads	BJ's Restaurant & Brewhouse	Seared Ahi Salad	560	42	30	30.0
Sandwiches	BJ's Restaurant & Brewhouse	Mediterranean Chicken Pita Tacos	700	81	42	22.0
Soup	BJ's Restaurant & Brewhouse	Broccoli Cheddar Soup, Bowl	480	29	2	33.0
Soup	BJ's Restaurant & Brewhouse	Tuscan Tomato Bisque, Bowl	670	17	4	65.0
Soup	BJ's Restaurant & Brewhouse	Tuscan Tomato Bisque in a Sourdough Loaf	1590	201	33	71.0
Soup	BJ's Restaurant & Brewhouse	Broccoli Cheddar Soup in a Sourdough Loaf	1420	210	10	42.0
Soup	BJ's Restaurant & Brewhouse	Chicken Tortilla Soup, Bowl	280	30	4	12.0
Soup	BJ's Restaurant & Brewhouse	Pirahna Pale Ale Chili, Bowl	510	31	7	31.0
Soup	BJ's Restaurant & Brewhouse	Pirahna Pale Ale Chili in a Sourdough Loaf	1490	213	14	45.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Grilled Chicken	220	0	39	6.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Blackened Salmon	410	6	40	25.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Blackened Chicken	240	4	40	6.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Balsamic Vinaigrette	160	5	0	15.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Bleu Cheese Dressing	180	2	2	20.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Honey Mustard Dressing	240	8	0	24.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Italian Dressing	170	2	0	18.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Oil & Vinegar	210	5	0	21.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Ranch Dressing	170	2	0	17.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Thousand Island Dressing	200	6	0	20.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Cheddar Cheese	170	0	0	14.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Avocado	100	5	4	8.0
Sandwiches	BJ's Restaurant & Brewhouse	Fried Mahi-Mahi Tacos	980	121	33	39.0
Appetizers & Sides	BJ's Restaurant & Brewhouse	Root Beer Glazed Ribs	560	83	15	17.0
Appetizers & Sides	BJ's Restaurant & Brewhouse	Honey Sriracha Brussels Sprouts	160	23	9	4.0
Burgers	BJ's Restaurant & Brewhouse	Hickory Brisket and Bacon Burger with Fries	1620	124	76	90.0
Burgers	BJ's Restaurant & Brewhouse	Bacon-Guacamole Deluxe Burger with Fries	1420	102	60	85.0
Pizza	BJ's Restaurant & Brewhouse	Garlic Chicken Pesto	100	9	5	5.0



Pizza	BJ's Restaurant & Brewhouse	The Italian Market	120	9	5	6.0
Pizza	BJ's Restaurant & Brewhouse	The Spicy Pig	90	9	4	4.0
Entrees	BJ's Restaurant & Brewhouse	Fire-Roasted Barbacoa Chicken	520	44	51	15.0
Entrees	BJ's Restaurant & Brewhouse	Deep Dish Ziti with 1 Garlic Knot	1400	99	44	91.0
Appetizers & Sides	BJ's Restaurant & Brewhouse	Asparagus	30	4	2	0.0
Beverages	BJ's Restaurant & Brewhouse	Chocolate Milk	450	73	18	9.0
Beverages	BJ's Restaurant & Brewhouse	Hot Chocolate	160	25	1	6.0
Beverages	BJ's Restaurant & Brewhouse	Orange Cream Soda Float	540	85	7	19.0
Pizza	BJ's Restaurant & Brewhouse	Cheese and Tomato Deep Dish Pizza, Large	300	37	12	11.0
Pizza	BJ's Restaurant & Brewhouse	Cheese and Tomato Deep Dish Pizza, Mini	140	16	6	6.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Housemade Guacamole	90	5	4	8.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	BJ's Pirahna Pale Ale Chili	60	5	1	3.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Loaded Burger Patty	380	0	0	26.0
Beverages	BJ's Restaurant & Brewhouse	Shirley Temple	210	53	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Diet Dr Pepper	0	0	0	0.0
Desserts	BJ's Restaurant & Brewhouse	Monkey Bread Pizookie	1380	182	19	67.0
Entrees	BJ's Restaurant & Brewhouse	Spicy Peanut Chicken with Soba Noodles	940	74	40	52.0
Pizza	BJ's Restaurant & Brewhouse	Half California Club Flatbread Pizza	440	40	20	24.0
Pizza	BJ's Restaurant & Brewhouse	Half Pepperoni Extreme Flatbread Pizza	440	40	16	24.0
Sandwiches	BJ's Restaurant & Brewhouse	Hot Ham and Cheese with Fries	1020	85	38	57.0
Soup	BJ's Restaurant & Brewhouse	Chicken Tortilla Soup in a Sourdough Loaf	1320	216	13	29.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	BBQ Ranch Dressing	140	6	0	12.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Caesar Dressing	200	3	3	20.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Santa Fe Dressing	170	2	0	17.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Gluten-Free Bun	250	43	5	7.0
Appetizers & Sides	BJ's Restaurant & Brewhouse	Creamy Couscous Mac & Cheese	600	39	25	38.0
Appetizers & Sides	BJ's Restaurant & Brewhouse	Garlic Parmesan Knots	470	66	13	17.0
Appetizers & Sides	BJ's Restaurant & Brewhouse	Quinoa and Brown Rice Blend	280	49	8	5.0
Appetizers & Sides	BJ's Restaurant & Brewhouse	Blackened Shrimp	250	4	35	10.0
Baked Goods	BJ's Restaurant & Brewhouse	Kids Garlic Knot	110	16	3	4.0
Beverages	BJ's Restaurant & Brewhouse	Sunset Peach	0	0	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Decaf Coffee	0	0	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Kids BJ's Handcrafted Root Beer	210	51	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Kids Diet Dr Pepper	0	0	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Kids Diet Pepsi	0	0	0	0.0

Beverages	BJ's Restaurant & Brewhouse	Kids Dr Pepper	80	20	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Kids Lemonade	110	26	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Kids Mountain Dew	80	23	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Kids Pepsi	80	20	0	0.0
Burgers	BJ's Restaurant & Brewhouse	Sliders with Fries	1150	121	52	49.0
Desserts	BJ's Restaurant & Brewhouse	Ghirardelli Double Chocolate Chip Ice Cream (1 scoop)	220	29	3	12.0
Desserts	BJ's Restaurant & Brewhouse	Vanilla Bean Ice Cream (1 scoop)	210	28	3	10.0
Desserts	BJ's Restaurant & Brewhouse	Ghirardelli Double Chocolate Chip Ice Cream (2 scoops)	430	59	5	23.0
Desserts	BJ's Restaurant & Brewhouse	Vanilla Bean Ice Cream (2 scoops)	420	56	7	19.0
Desserts	BJ's Restaurant & Brewhouse	Mini Cookies 'n' Cream Pizookie	680	88	9	33.0
Desserts	BJ's Restaurant & Brewhouse	Mini Monkey Bread Pizookie	690	91	9	33.0
Desserts	BJ's Restaurant & Brewhouse	Mini Peanut Butter Pizookie	620	70	11	33.0
Desserts	BJ's Restaurant & Brewhouse	Mini Salted Caramel Pizookie	730	110	8	28.0
Desserts	BJ's Restaurant & Brewhouse	Mini Triple Chocolate Pizookie	610	81	7	31.0
Desserts	BJ's Restaurant & Brewhouse	Mini White Chocolate Pizookie	620	83	8	29.0
Entrees	BJ's Restaurant & Brewhouse	Barbacoa Cauliflower Pita Tacos	790	97	23	33.0
Salads	BJ's Restaurant & Brewhouse	Kale and Roasted Brussels Sprouts Salad with Blackened Salmon	830	59	50	44.0
Salads	BJ's Restaurant & Brewhouse	Kale and Roasted Brussels Sprouts Salad with Grilled Chicken	640	54	49	24.0
Entrees	BJ's Restaurant & Brewhouse	Prime Rib Dinner	1290	6	79	103.0
Entrees	BJ's Restaurant & Brewhouse	Double Bone-In Pork Chop	610	13	55	38.0
Pizza	BJ's Restaurant & Brewhouse	Kids Cheese Pizza	560	66	23	23.0
Fried Potatoes	BJ's Restaurant & Brewhouse	Sweet Potato Fries	330	52	2	12.0
Fried Potatoes	BJ's Restaurant & Brewhouse	Fries	350	40	4	19.0
Fried Potatoes	BJ's Restaurant & Brewhouse	Kids Fries	230	27	3	13.0
Appetizers & Sides	BJ's Restaurant & Brewhouse	Kids Sweet Potato Fries	220	35	1	8.0
Salads	BJ's Restaurant & Brewhouse	Caesar Salad with Blackened Salmon	1220	50	62	89.0
Salads	BJ's Restaurant & Brewhouse	Santa Fe Salad with Blackened Salmon	1210	59	55	81.0
Salads	BJ's Restaurant & Brewhouse	Santa Fe Salad with Flame Broiled Salmon	1190	54	55	81.0
Salads	BJ's Restaurant & Brewhouse	Santa Fe Salad with Grilled Chicken	1020	54	55	61.0
Sandwiches	BJ's Restaurant & Brewhouse	Classic Crispy Chicken Sandwich with Fries	1190	116	47	60.0
Sandwiches	BJ's Restaurant & Brewhouse	Classic Prime Rib Dip with Fries	1710	105	56	119.0
Sandwiches	BJ's Restaurant & Brewhouse	Half California Chicken Club Sandwich	830	66	39	44.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Lemon Pepper Sesame Dry Rub	0	0	0	0.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Sriracha Dry Rub	30	6	1	0.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Hot and Spicy Buffalo	20	4	1	0.0

Toppings & Ingredients	BJ's Restaurant & Brewhouse	BJ's Peppered BBQ	240	60	0	0.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Root Beer Glaze	250	62	0	0.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Cherry Chipotle Glaze	220	53	1	1.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	EXXXtra Hot 5 Pepper	30	6	1	0.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Nashville Hot Sauce	490	16	2	42.0
Appetizers & Sides	BJ's Restaurant & Brewhouse	BJ's Original Wings	820	8	51	63.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Large Topping Anchovies	15	0	2	1.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Large Topping Artichoke Hearts	15	2	1	0.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Large Topping Roasted Asparagus	5	1	0	0.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Large Topping Applewood Smoked Bacon	45	1	2	3.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Large Topping Black Olives	40	2	0	4.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Large Topping Fresh Basil	0	0	0	0.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Large Topping Roasted Garlic	5	1	0	0.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Large Topping Green Bell Peppers	5	1	0	0.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Large Topping Grilled Chicken	50	0	9	1.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Large Topping Jalapeños	0	0	0	0.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Large Topping Housemade Meatballs	130	3	6	10.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Large Topping Mushrooms	5	1	0	0.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Large Topping Pepperoni	36	0	1	3.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Large Topping Pineapple	25	6	0	0.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Large Topping Fire-Roasted Red Peppers	15	3	0	0.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Large Topping Italian Sausage	120	1	4	11.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Mini Topping Anchovies	10	0	1	0.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Mini Topping Artichoke Hearts	10	2	1	0.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Mini Topping Roasted Asparagus	5	1	0	0.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Mini Topping Applewood Smoked Bacon	25	0	1	2.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Mini Topping Black Olives	25	1	0	3.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Mini Topping Fresh Basil	0	0	0	0.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Mini Topping Roasted Garlic	0	0	0	0.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Mini Topping Green Bell Peppers	5	1	0	0.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Mini Topping Grilled Chicken	30	0	5	1.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Mini Topping Jalapenos	0	0	0	0.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Mini Topping Housemade Meatballs	80	2	4	6.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Mini Topping Mushrooms	5	0	0	0.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Honey Ginger Dressing	180	12	0	14.0

Toppings & Ingredients	BJ's Restaurant & Brewhouse	Rice Wine Vinaigrette	160	9	1	14.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Strawberry Vinaigrette	70	10	0	4.0
Appetizers & Sides	BJ's Restaurant & Brewhouse	Loaded Nachos with Chicken	2750	174	158	159.0
Appetizers & Sides	BJ's Restaurant & Brewhouse	Loaded Nachos with Pirahna Pale Ale Chili	2760	193	130	164.0
Entrees	BJ's Restaurant & Brewhouse	Pacific Poke Soba Noodles	610	72	41	16.0
Desserts	BJ's Restaurant & Brewhouse	Hot Fudge Brownie Pizookie	1140	129	15	64.0
Beverages	BJ's Restaurant & Brewhouse	BJ's Committed Double IPA	280	22	5	0.0
Appetizers & Sides	BJ's Restaurant & Brewhouse	Siiracha Queso Dip	1020	110	39	48.0
Appetizers & Sides	BJ's Restaurant & Brewhouse	Siiracha Queso Dip with Seared Hatch Chiles	950	112	38	41.0
Appetizers & Sides	BJ's Restaurant & Brewhouse	Bacon Jam	260	43	4	8.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Large Topping Smoked Ham	15	0	2	1.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Mini Topping Smoked Ham	10	0	1	1.0
Salads	BJ's Restaurant & Brewhouse	Kale and Roasted Brussels Sprouts Salad with Blackened Chicken	660	58	50	24.0
Salads	BJ's Restaurant & Brewhouse	Tri-Tip Wedge Salad	1300	68	53	91.0
Burgers	BJ's Restaurant & Brewhouse	Mushroom Swiss Burger with Fries	1600	102	59	105.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	American Cheese	170	0	0	13.0
Appetizers & Sides	BJ's Restaurant & Brewhouse	Bacon Jam	210	17	0	13.0
Sandwiches	BJ's Restaurant & Brewhouse	Brewhouse Philly with Fries	1460	110	63	86.0
Sandwiches	BJ's Restaurant & Brewhouse	California Chicken Club Sandwich with Fries	1310	91	73	69.0
Entrees	BJ's Restaurant & Brewhouse	Slow-Roasted Tri-Tip	590	48	49	22.0
Entrees	BJ's Restaurant & Brewhouse	Tri-Tip Combo with Chicken Breast	710	46	76	22.0
Entrees	BJ's Restaurant & Brewhouse	Tri-Tip Combo with Ribs	1070	90	61	50.0
Entrees	BJ's Restaurant & Brewhouse	Tri-Tip Combo with Shrimp Scampi	910	52	62	47.0
Appetizers & Sides	BJ's Restaurant & Brewhouse	Sauteed Green Beans	80	9	2	4.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Bleu Cheese Crumbles	150	2	9	12.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Grilled Onions	50	8	1	2.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Garlic Butter	50	0	0	6.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Sautéed Mushrooms	360	4	3	37.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Mushrooms + Onions	380	7	3	38.0
Sandwiches	BJ's Restaurant & Brewhouse	Cajun Shrimp Tacos	900	88	44	41.0
Entrees	BJ's Restaurant & Brewhouse	Italiano Vegetable Penne with 1 Garlic Knot	780	94	21	34.0
Entrees	BJ's Restaurant & Brewhouse	Italiano Vegetable Penne with Blackened Chicken	1020	98	61	40.0
Entrees	BJ's Restaurant & Brewhouse	Italiano Vegetable Penne with Grilled Chicken	1000	95	60	40.0
Soup	BJ's Restaurant & Brewhouse	Vegan Lentill Soup with Ancient Grains in a Sourdough Loaf	1280	221	41	24.0
Soup	BJ's Restaurant & Brewhouse	Vegan Lentil Soup with Ancient Grains, Bowl	300	42	13	9.0

Desserts	BJ's Restaurant & Brewhouse	Mini Gluten-Free Chocolate Chip Pizookie	610	85	8	26.0
Desserts	BJ's Restaurant & Brewhouse	Mini Hot Fudge Brownie Pizookie	630	72	8	35.0
Beverages	BJ's Restaurant & Brewhouse	Vanilla Cream Float	530	83	7	19.0
Beverages	BJ's Restaurant & Brewhouse	BJ's Handcrafted Ginger Beer (12 oz. bottle)	130	31	0	0.0
Beverages	BJ's Restaurant & Brewhouse	BJ's Handcrafted Ginger Beer (15 oz. glass)	130	31	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Roy Rogers	210	54	0	0.0
Appetizers & Sides	BJ's Restaurant & Brewhouse	Kids Apple Sauce	70	17	0	0.0
Entrees	BJ's Restaurant & Brewhouse	Kids Boneless Wings with Root Beer Glaze	570	50	33	26.0
Entrees	BJ's Restaurant & Brewhouse	Kids Boneless Wings with BJ's Peppered BBQ Sauce	570	50	33	26.0
Appetizers & Sides	BJ's Restaurant & Brewhouse	Kids Brown Rice & Quinoa	180	33	6	3.0
Desserts	BJ's Restaurant & Brewhouse	Kids Chocolate Chunk Pizookie	590	88	8	23.0
Desserts	BJ's Restaurant & Brewhouse	Kids Cookies 'n' Cream Pizookie	680	88	9	33.0
Sandwiches	BJ's Restaurant & Brewhouse	Kids Crispy Chicken Tender Taco	400	27	15	26.0
Sandwiches	BJ's Restaurant & Brewhouse	Kids Crispy Mahi-Mahi Taco	320	36	13	14.0
Desserts	BJ's Restaurant & Brewhouse	Kids Gluten-Free Chocolate Chip Pizookie	610	85	8	26.0
Sandwiches	BJ's Restaurant & Brewhouse	Kids Grilled Mahi-Mahi Taco	240	15	16	13.0
Desserts	BJ's Restaurant & Brewhouse	Kids' Hot Fudge Brownie Pizookie	630	72	8	35.0
Salads	BJ's Restaurant & Brewhouse	Kids House Salad	80	8	5	4.0
Desserts	BJ's Restaurant & Brewhouse	Kids Monkey Bread Pizookie	690	91	9	33.0
Entrees	BJ's Restaurant & Brewhouse	Kids Pasta - Fettuccini	240	48	8	1.0
Entrees	BJ's Restaurant & Brewhouse	Kids Pasta - Penne	170	31	5	2.0
Entrees	BJ's Restaurant & Brewhouse	Kids Pasta - Spaghetti	230	48	8	1.0
Entrees	BJ's Restaurant & Brewhouse	Kids Pasta with Marinara	70	9	2	3.0
Entrees	BJ's Restaurant & Brewhouse	Kids Pasta with Alfredo	310	7	6	29.0
Entrees	BJ's Restaurant & Brewhouse	Kids Pasta with Butter & Parmesan	210	0	1	22.0
Entrees	BJ's Restaurant & Brewhouse	Kids Pasta with Meatball	150	4	7	12.0
Desserts	BJ's Restaurant & Brewhouse	Kids Peanut Butter Pizookie	620	70	11	33.0
Beverages	BJ's Restaurant & Brewhouse	Kids Sierra Mist	80	20	0	0.0
Desserts	BJ's Restaurant & Brewhouse	Kids Salted Caramel Pizookie	730	110	8	28.0
Appetizers & Sides	BJ's Restaurant & Brewhouse	Kids Steamed Broccoli	40	6	3	0.0
Desserts	BJ's Restaurant & Brewhouse	Kids Triple Chocolate Pizookie	610	81	7	31.0
Desserts	BJ's Restaurant & Brewhouse	Kids White Chocolate Macadamia Nut Pizookie	620	83	8	29.0
Beverages	BJ's Restaurant & Brewhouse	Alabama Sunset	240	35	0	0.0
Beverages	BJ's Restaurant & Brewhouse	BJ's Brewhouse Margarita	180	18	0	0.0
Beverages	BJ's Restaurant & Brewhouse	BJ's Classic Mojito	290	41	0	0.0

Beverages	BJ's Restaurant & Brewhouse	Classic Bloody Mary	250	25	2	1.0
Beverages	BJ's Restaurant & Brewhouse	Handcrafted Margarita	220	21	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Lemon Berry Rita	230	33	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Pink Cadillac	200	23	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Sparkling Sangria	340	34	1	0.0
Beverages	BJ's Restaurant & Brewhouse	Spicy Bloody Mary	210	16	2	1.0
Beverages	BJ's Restaurant & Brewhouse	Strawberry Margarita	260	32	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Strawberry Mojito	250	32	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Strawberry Splash	410	57	0	3.0
Beverages	BJ's Restaurant & Brewhouse	Top Shelf Margarita	290	26	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Twisted Pineapple Margarita	230	25	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Ultimate Long Island	210	19	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Ultimate Patrón Margarita	260	24	0	0.0
Beverages	BJ's Restaurant & Brewhouse	White Peach Margarita	270	34	0	0.0
Desserts	BJ's Restaurant & Brewhouse	Sugar Cookie Pizookie	1160	162	13	51.0
Appetizers & Sides	BJ's Restaurant & Brewhouse	Garlic-Roasted Vegetables	250	11	4	21.0
Entrees	BJ's Restaurant & Brewhouse	BJ's Classic Rib-Eye	1080	5	106	67.0
Burgers	BJ's Restaurant & Brewhouse	BBQ Tri-Tip Sliders	940	117	48	28.0
Beverages	BJ's Restaurant & Brewhouse	Black Cherry Soda Float	530	82	7	19.0
Entrees	BJ's Restaurant & Brewhouse	\$6 Grilled Chicken Alfredo	680	58	36	34.0
Salads	BJ's Restaurant & Brewhouse	House Salad (No Dressing)	80	8	5	4.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Large Topping Extra BJ's Signature Five Cheese Blend	60	1	4	5.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Large Topping Onions	15	3	0	0.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Mini Topping Extra BJ's Signature Five Cheese Blend	30	0	2	2.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Mini Topping Onions	10	2	0	0.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Mini Topping Pepperoni	20	0	1	2.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Mini Topping Pineapple	15	4	0	0.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Mini Topping Fire-Roasted Red Peppers	10	2	0	0.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Mini Topping Italian Sausage	70	1	2	7.0
Pizza	BJ's Restaurant & Brewhouse	BJ's Brewhouse Classic	110	9	4	6.0
Burgers	BJ's Restaurant & Brewhouse	BJ's Bacon Cheeseburger with Fries	1350	98	59	80.0
Burgers	BJ's Restaurant & Brewhouse	Bistro Burger with Fries	1350	105	59	76.0
Burgers	BJ's Restaurant & Brewhouse	Classic Burger with Fries	1180	97	49	66.0
Entrees	BJ's Restaurant & Brewhouse	Baby Back Pork Ribs, Full Rack with Peppered BBQ	1300	119	50	68.0
Entrees	BJ's Restaurant & Brewhouse	Sauce Baby Back Pork Ribs, Half Rack with Peppered BBQ Sauce	710	74	25	34.0

Entrees	BJ's Restaurant & Brewhouse	\$6 Deep Dish Ziti	1200	79	40	79.0
Entrees	BJ's Restaurant & Brewhouse	\$6 Fire-Roasted Barbacoa Chicken	530	45	53	15.0
Entrees	BJ's Restaurant & Brewhouse	\$6 Jumbo Spaghetti and Meatballs	720	70	25	38.0
Entrees	BJ's Restaurant & Brewhouse	\$6 Spicy Peanut Chicken with Soba Noodles	860	74	29	49.0
Baked Goods	BJ's Restaurant & Brewhouse	Garlic Bread Knots (2 pieces)	220	32	6	8.0
Soup	BJ's Restaurant & Brewhouse	Clam Chowder in a Sourdough Loaf with Oyster Crackers	1470	219	10	42.0
Soup	BJ's Restaurant & Brewhouse	Clam Chowder with Oyster Crackers, Bowl	510	37	1	31.0
Beverages	BJ's Restaurant & Brewhouse	Root Beer Float	550	90	7	19.0
Beverages	BJ's Restaurant & Brewhouse	Lavender Lemonade	240	59	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Iced Tea	0	0	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Half Margherita Flatbread Pizza	400	40	20	20.0
Burgers	BJ's Restaurant & Brewhouse	Kids Mini Burgers	380	36	24	15.0
Entrees	BJ's Restaurant & Brewhouse	Kids Chicken Tenders with Ranch Dressing	470	31	27	26.0
Appetizers & Sides	BJ's Restaurant & Brewhouse	Kids Fresh Fruit	60	13	1	0.0
Beverages	BJ's Restaurant & Brewhouse	BJ's Enchantress Golden Pilsner	250	24	3	0.0
Appetizers & Sides	BJ's Restaurant & Brewhouse	Honey Sriracha Brussels Sprouts	220	31	11	6.0
Beverages	BJ's Restaurant & Brewhouse	Alabama Sunset, Take Out	1150	166	2	0.0
Beverages	BJ's Restaurant & Brewhouse	Handcrafted Margarita, Take Out	1240	107	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Sparkling Sangria, Take Out	1410	190	4	0.0
Beverages	BJ's Restaurant & Brewhouse	Fresh Strawberry Margarita	250	28	0	0.0
Appetizers & Sides	BJ's Restaurant & Brewhouse	Bacon Jam	210	17	6	13.0
Appetizers & Sides	BJ's Restaurant & Brewhouse	Ahi Poke Tacos	450	34	32	20.0
Appetizers & Sides	BJ's Restaurant & Brewhouse	Chicken Tenders	680	45	36	40.0
Appetizers & Sides	BJ's Restaurant & Brewhouse	Chips & Housemade Guacamole & Salsa	810	118	24	30.0
Appetizers & Sides	BJ's Restaurant & Brewhouse	Sriracha Queso Dip with Pirahna Pale Ale Chili	930	113	37	37.0
Appetizers & Sides	BJ's Restaurant & Brewhouse	Bone-In Wings,	760	31	52	49.0
Appetizers & Sides	BJ's Restaurant & Brewhouse	10 Piece Boneless Chicken Wings,	870	59	65	41.0
Appetizers & Sides	BJ's Restaurant & Brewhouse	1 Lb Bacon Jam Wings	1010	49	54	65.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Buffalo Garlic Parmesan	420	8	0	42.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Desert Gold Seasoning	665	128	12	12.0
Pizza	BJ's Restaurant & Brewhouse	Margherita Fresca Flatbread	100	10	5	5.0
Appetizers & Sides	BJ's Restaurant & Brewhouse	Fried Couscous Mac & Cheese Balls	910	62	32	59.0
Appetizers & Sides	BJ's Restaurant & Brewhouse	Garlic Knot Bruschetta Bites	390	46	9	19.0
Pizza	BJ's Restaurant & Brewhouse	Barbeque Chicken Deep Dish Pizza, Shareable	300	39	17	9.0
Pizza	BJ's Restaurant & Brewhouse	BJ's Classic Combo Deep Dish Pizza, Shareable	330	38	12	15.0

Pizza	BJ's Restaurant & Brewhouse	BJ's Favorite Deep Dish Pizza, Shareable	330	39	12	14.0
Pizza	BJ's Restaurant & Brewhouse	Buffalo Chicken Deep Dish Pizza, Shareable	300	38	17	9.0
Pizza	BJ's Restaurant & Brewhouse	Cheese and Tomato Deep Dish Pizza, Shareable	280	37	11	10.0
Pizza	BJ's Restaurant & Brewhouse	Chicken Bacon Ranch Deep Dish Pizza, Shareable	390	37	20	17.0
Pizza	BJ's Restaurant & Brewhouse	Gourmet Five Meat Deep Dish Pizza, Shareable	360	38	15	16.0
Pizza	BJ's Restaurant & Brewhouse	Great White Deep Dish Pizza, Shareable	320	37	17	11.0
Pizza	BJ's Restaurant & Brewhouse	Pepperoni Extreme Deep Dish Pizza, Shareable	320	37	12	14.0
Pizza	BJ's Restaurant & Brewhouse	Sweet Pig Deep Dish Pizza, Shareable	280	41	11	8.0
Pizza	BJ's Restaurant & Brewhouse	Vegetarian Deep Dish Pizza, Shareable	270	38	10	8.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Shareable Topping Anchovies	15	0	2	1.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Shareable Topping Artichoke Hearts	10	2	1	0.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Shareable Topping Roasted Asparagus	5	1	0	0.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Shareable Topping Applewood Smoked Bacon	35	0	2	3.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Shareable Topping Black Olives	35	1	0	3.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Shareable Topping Fresh Basil	0	0	0	0.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Shareable Topping Roasted Garlic	0	1	0	0.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Shareable Topping Green Bell Peppers	5	1	0	0.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Shareable Topping Grilled Chicken	40	0	7	1.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Shareable Topping Smoked Ham	10	0	2	1.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Shareable Topping Jalapeños	0	0	0	0.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Shareable Topping Housemade Meatballs	100	3	5	8.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Shareable Topping Extra BJ's Signature Five Cheese Blend	40	1	3	3.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Shareable Topping Mushrooms	5	0	0	0.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Shareable Topping Onions	10	3	0	0.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Shareable Topping Pepperoni	30	0	1	3.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Shareable Topping Pineapple	20	5	0	0.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Shareable Topping Fire-Roasted Red Peppers	15	3	0	0.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Shareable Topping Italian Sausage	100	1	3	9.0
Pizza	BJ's Restaurant & Brewhouse	Wild Mushroom and Bacon	110	10	4	6.0
Pizza	BJ's Restaurant & Brewhouse	Gluten Free BJ's Classic Combo Pizza	210	14	6	14.0
Pizza	BJ's Restaurant & Brewhouse	Gluten Free Barbeque Chicken Pizza	180	16	11	8.0
Pizza	BJ's Restaurant & Brewhouse	Gluten Free Buffalo Chicken Pizza	180	15	11	8.0
Pizza	BJ's Restaurant & Brewhouse	Gluten Free Chicken Bacon Ranch Pizza	270	15	15	16.0
Pizza	BJ's Restaurant & Brewhouse	Gluten Free Great White Pizza	200	14	12	10.0
Pizza	BJ's Restaurant & Brewhouse	Gluten Free Pepperoni Extreme Pizza	210	14	7	13.0



Pizza	BJ's Restaurant & Brewhouse	Gluten Free Sweet Pig Pizza	150	17	5	7.0
Pizza	BJ's Restaurant & Brewhouse	Gluten Free Vegetarian Pizza	140	15	4	7.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	with Anchovies	15	0	2	1.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	with Artichoke Hearts	10	2	1	0.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	with Roasted Asparagus	5	1	0	0.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	with Applewood Smoked Bacon	35	0	2	3.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	with Black Olives	35	1	0	3.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	with Fresh Basil	0	0	0	0.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	with Roasted Garlic	0	1	0	0.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	with Green Bell Peppers	5	1	0	0.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	with Grilled Chicken	40	0	7	1.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	with Smoked Ham	10	0	2	1.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	with Jalapenos	0	0	0	0.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	with Extra BJ's Signature Five Cheese Blend	40	1	3	3.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	with Mushrooms	5	0	0	0.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	with Onions	10	3	0	0.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	with Pepperoni	30	0	1	3.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	with Pineapple	20	5	0	0.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	with Fire-Roasted Red Peppers	15	3	0	0.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	with Italian Sausage	100	1	3	9.0
Entrees	BJ's Restaurant & Brewhouse	Cauliflower and Quinoa Power Bowl	530	66	16	23.0
Entrees	BJ's Restaurant & Brewhouse	Cauliflower and Quinoa Power Bowl with Blackened Chicken	770	71	56	28.0
Entrees	BJ's Restaurant & Brewhouse	Cauliflower and Quinoa Power Bowl with Blackened Salmon	940	72	56	48.0
Entrees	BJ's Restaurant & Brewhouse	Cauliflower and Quinoa Power Bowl with Shrimp	700	68	51	26.0
Entrees	BJ's Restaurant & Brewhouse	Cauliflower and Quinoa Power Bowl with Oven- Roasted Salmon	920	67	56	48.0
Entrees	BJ's Restaurant & Brewhouse	Cauliflower and Quinoa Power Bowl with Grilled Chicken	750	67	56	28.0
Entrees	BJ's Restaurant & Brewhouse	Cauliflower and Quinoa Power Bowl with Tri-Tip	1020	113	53	39.0
Salads	BJ's Restaurant & Brewhouse	Kale and Roasted Brussels Sprouts Salad	420	54	10	19.0
Salads	BJ's Restaurant & Brewhouse	Kale and Roasted Brussels Sprouts Salad with Blackened Shrimp	660	58	45	28.0
Salads	BJ's Restaurant & Brewhouse	Kale and Roasted Brussels Sprouts Salad with Grilled Shrimp	660	58	45	28.0
Salads	BJ's Restaurant & Brewhouse	Kale and Roasted Brussels Sprouts Salad with Oven- Roasted Salmon	800	54	49	44.0
Salads	BJ's Restaurant & Brewhouse	Caesar Salad with Blackened Chicken	1050	48	62	70.0
Salads	BJ's Restaurant & Brewhouse	Caesar Salad with Blackened Shrimp	1060	49	57	74.0
Salads	BJ's Restaurant & Brewhouse	Caesar Salad with Grilled Shrimp	1060	49	57	74.0
Salads	BJ's Restaurant & Brewhouse	Caesar Salad with Oven-Roasted Salmon	1200	44	62	89.0

Salads	BJ's Restaurant & Brewhouse	Caesar Salad with Grilled Chicken Honey-Crisp	1030	44	62	70.0
Salads	BJ's Restaurant & Brewhouse	Chicken Salad	1360	75	42	103.0
Salads	BJ's Restaurant & Brewhouse	Santa Fe Salad with Blackened Shrimp	1050	58	50	66.0
Salads	BJ's Restaurant & Brewhouse	Santa Fe Salad with Grilled Shrimp	1050	58	50	66.0
Burgers	BJ's Restaurant & Brewhouse	BJ's Smokehouse Burger with Fries	1370	114	60	74.0
Sandwiches	BJ's Restaurant & Brewhouse	Original Roast Beef Sandwich	730	53	60	30.0
Sandwiches	BJ's Restaurant & Brewhouse	Kickin' Chicken Sandwich with Fries	1350	125	48	73.0
Entrees	BJ's Restaurant & Brewhouse	Mandarin Orange-Glazed Pork Chop	760	32	58	44.0
Appetizers & Sides	BJ's Restaurant & Brewhouse	Loaded Baked Potato	990	72	33	60.0
Appetizers & Sides	BJ's Restaurant & Brewhouse	Loaded Mashed Potatoes	930	37	32	70.0
Toppings & Ingredients	BJ's Restaurant & Brewhouse	Oven-Roasted Salmon	390	0	40	25.0
Sandwiches	BJ's Restaurant & Brewhouse	Oven-Roasted Mahi-Mahi Tacos	860	86	39	39.0
Entrees	BJ's Restaurant & Brewhouse	New Orleans Jambalaya	1330	100	69	70.0
Entrees	BJ's Restaurant & Brewhouse	Grilled Chicken Alfredo with 1 Garlic Knot	1610	133	75	85.0
Entrees	BJ's Restaurant & Brewhouse	Italiano Vegetable Penne with Blackened Shrimp	1020	99	56	44.0
Entrees	BJ's Restaurant & Brewhouse	Italiano Vegetable Penne with Grilled Shrimp	1020	99	56	44.0
Entrees	BJ's Restaurant & Brewhouse	Jumbo Spaghetti and Meatballs with 1 Garlic Knot	1590	161	55	82.0
Entrees	BJ's Restaurant & Brewhouse	Shrimp Scampi Pasta with 1 Garlic Knot	1650	130	57	99.0
Soup	BJ's Restaurant & Brewhouse	Broccoli Cheddar Soup, Cup	310	19	1	21.0
Soup	BJ's Restaurant & Brewhouse	Chicken Tortilla Soup, Cup	200	21	3	9.0
Soup	BJ's Restaurant & Brewhouse	Chicken Tortilla Soup, Cup with lime wedge	210	22	3	9.0
Soup	BJ's Restaurant & Brewhouse	Clam Chowder, Cup	360	28	1	21.0
Soup	BJ's Restaurant & Brewhouse	Pirahna Pale Ale Chili, Cup	400	22	5	26.0
Soup	BJ's Restaurant & Brewhouse	Tuscan Tomato Bisque, Cup	450	13	3	44.0
Soup	BJ's Restaurant & Brewhouse	Vegan Lentil Soup with Ancient Grains, Cup	200	28	8	6.0
Desserts	BJ's Restaurant & Brewhouse	Made With Ghirardelli Strawberry Shortcake Pizookie	1140	160	12	50.0
Desserts	BJ's Restaurant & Brewhouse	Mini Chocolate Chunk Pizookie	590	88	8	23.0
Desserts	BJ's Restaurant & Brewhouse	Mini Sugar Cookie Pizookie	580	81	6	26.0
Desserts	BJ's Restaurant & Brewhouse	Mini Strawberry Shortcake Pizookie	620	87	7	27.0
Beverages	BJ's Restaurant & Brewhouse	Vanilla Cream Soda	190	47	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Frozen Berry Colada	495	103	1	10.0
Beverages	BJ's Restaurant & Brewhouse	Frozen Strawberry Limeade	340	83	1	0.0
Beverages	BJ's Restaurant & Brewhouse	Sierra Mist	130	33	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Sunset Peach Tea Lemonade	120	31	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Aperol Spritz	160	18	0	0.0

Beverages	BJ's Restaurant & Brewhouse	Bulleit Old Fashioned	170	6	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Cosmopolitan	150	15	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Crown Apple Arnold Palmer	190	18	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Frose	360	52	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Frosty Peach	340	60	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Irish Coffee	140	6	0	5.0
Beverages	BJ's Restaurant & Brewhouse	Ketel One Peach Bliss Tea	150	10	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Lemon Drop	180	13	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Malibu Tropical Mist	140	22	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Mango Mojito	290	42	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Margarita Flight	330	40	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Mojito Flight	350	54	0	0.0
Beverages	BJ's Restaurant & Brewhouse	New Amsterdam Peach Lemonade	170	17	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Pina Colada	360	47	0	5.0
Beverages	BJ's Restaurant & Brewhouse	Raspberry Rose-Rita	400	36	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Tito's American Mule	150	14	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Tito's Lavender Lemonade	200	27	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Tito's Strawberry Lemonade	170	20	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Tito's Strawberry Lemonade, Take Out	860	100	1	0.0
Beverages	BJ's Restaurant & Brewhouse	Tito's Strawberry Mule	180	20	1	0.0
Beverages	BJ's Restaurant & Brewhouse	Tito's Tropical Mule	150	18	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Tropical Mojito	240	43	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Twisted Lemonade + Tea Flight	270	30	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Ultimate Patron Margarita with Salt Rim	260	24	0	0.0
Beverages	BJ's Restaurant & Brewhouse	Ultimate Patron Margarita, Take Out	1740	167	3	1.0
Entrees	BJ's Restaurant & Brewhouse	Mediterranean Chicken Bowl	680	55	53	27.0
Salads	BJ's Restaurant & Brewhouse	Enlightened Spring Harvest Salad	490	44	8	32.0
Entrees	BJ's Restaurant & Brewhouse	Italian Chicken Parmesan with Spaghetti	900	87	54	37.0
Entrees	BJ's Restaurant & Brewhouse	Kids Oven-Roasted Shrimp	260	5	26	15.0
Desserts	BJ's Restaurant & Brewhouse	Kids Sundae	390	45	4	22.0
Entrees	Bob Evans	Macaroni & Cheese	250	25	11	12.0
Fried Potatoes	Bob Evans	Hashbrowns	200	28	2	12.0
Fried Potatoes	Bob Evans	Golden Brown Home Fries	200	23	3	11.0
Appetizers & Sides	Bob Evans	Fresh Steamed Broccoli (w/ Butter)	70	3	2	6.0
Appetizers & Sides	Bob Evans	Green Beans with Ham	30	4	2	1.5

Toppings & Ingredients	Bob Evans	Sausage Gravy (Cup)	220	14	8	16.0
Appetizers & Sides	Bob Evans	Bread and Celery Dressing	340	42	7	15.0
Desserts	Bob Evans	Chocolate Chunk Cookie	520	68	6	26.0
Beverages	Bob Evans	Caramel Mocha	270	46	2	9.0
Beverages	Bob Evans	Hot Chocolate	320	55	4	9.0
Beverages	Bob Evans	Orange Juice	210	51	0	0.0
Beverages	Bob Evans	Lemonade	120	29	0	0.0
Beverages	Bob Evans	Chocolate Milk (1%)	310	55	14	4.5
Beverages	Bob Evans	Milk (2%)	210	21	14	8.0
Desserts	Bob Evans	Double-Crust Apple Pie, Slice	600	82	4	28.0
Appetizers & Sides	Bob Evans	Hickory-Smoked Ham	100	2	17	2.5
Appetizers & Sides	Bob Evans	Turkey Sausage Links (2)	140	2	18	7.0
Beverages	Bob Evans	Arnold Palmer	45	12	0	0.0
Toppings & Ingredients	Bob Evans	Wildfire Ranch Dressing	80	6	0	6.0
Toppings & Ingredients	Bob Evans	Colonial Dressing	150	8	0	14.0
Entrees	Bob Evans	Double Blueberry Hotcakes	1090	203	17	23.0
Desserts	Bob Evans	Double-Crust Apple Pie, Whole	3200	492	24	168.0
Toppings & Ingredients	Bob Evans	French, Small	140	6	0	13.0
Entrees	Bob Evans	Little Piggy Hotcakes	450	83	8	9.0
Appetizers & Sides	Bob Evans	Mashed Potatoes with Chicken Gravy	210	19	3	14.0
Entrees	Bob Evans	Tic-Tac-Toast	550	84	10	20.0
Appetizers & Sides	Bob Evans	Green Beans w/ Ham	40	4	2	1.5
Beverages	Bob Evans	Strawberry Lemonade	120	29	0	0.0
Desserts	Bob Evans	Chocolate Peanut Butter Pie Topped With Reese's, Slice	640	69	8	42.0
Toppings & Ingredients	Bob Evans	Buffalo	60	1	0	6.0
Beverages	Bob Evans	Diet Pepsi	0	0	0	0.0
Beverages	Bob Evans	Mountain Dew	110	29	0	0.0
Beverages	Bob Evans	Mug Root Beer	100	26	0	0.0
Beverages	Bob Evans	Freshly Brewed Iced Tea - Sweet	70	20	0	0.0
Beverages	Bob Evans	Freshly Brewed Peach Iced Tea	150	39	0	0.0
Fried Potatoes	Bob Evans	Crispy French Fries	170	242	0	7.0
Appetizers & Sides	Bob Evans	Bob Evans Sausage Links (3)	320	1	15	29.0
Toppings & Ingredients	Bob Evans	Colonial, Large	310	15	0	27.0
Toppings & Ingredients	Bob Evans	French, Large	280	12	0	26.0
Toppings & Ingredients	Bob Evans	Buttermilk Ranch, Large	210	2	0	21.0

Beverages	Bob Evans	Sweet & Creamy Cappuccino Vanilla	280	47	2	10.0
Beverages	Bob Evans	Sweet & Creamy Cappuccino Caramel	290	50	2	10.0
Beverages	Bob Evans	Apple Juice	210	51	0	0.0
Beverages	Bob Evans	Freshly Brewed Iced Tea - Unsweetened	5	2	0	0.0
Beverages	Bob Evans	Pepsi-Cola	100	28	0	0.0
Toppings & Ingredients	Bob Evans	2 Scrambled Eggs	160	1	14	11.0
Entrees	Bob Evans	Double Chocolate Hotcakes	1120	199	18	27.0
Entrees	Bob Evans	Country Biscuit Breakfast	520	29	22	36.0
Appetizers & Sides	Bob Evans	Oatmeal	230	41	8	4.0
Entrees	Bob Evans	Down-Home Country Fried Steak	800	68	26	47.0
Entrees	Bob Evans	Great Alaskan Cod	640	39	32	39.0
Appetizers & Sides	Bob Evans	Broccoli (Buttered)	110	5	3	10.0
Appetizers & Sides	Bob Evans	Corn (Buttered)	170	20	3	10.0
Toppings & Ingredients	Bob Evans	Bob Evans Wildfire	50	13	0	0.0
Toppings & Ingredients	Bob Evans	Honey Mustard	120	5	0	11.0
Salads	Bob Evans	Farmhouse Garden Side Salad (No Dressing)	110	13	6	4.5
Entrees	Bob Evans	Chicken-N-Noodles Deep-Dish	570	55	14	22.0
Baked Goods	Bob Evans	Cinnabiscuits	700	124	8	21.0
Salads	Bob Evans	Cranberry Pecan Chicken Salad	920	55	47	59.0
Entrees	Bob Evans	L/I Farmers Breakfast	490	76	6	20.0
Toppings & Ingredients	Bob Evans	Sausage Link (1)	110	0	5	10.0
Entrees	Bob Evans	Plenty-O-Pancakes	700	129	11	16.0
Toppings & Ingredients	Bob Evans	Italian, Small	70	2	0	7.0
Entrees	Bob Evans	Fork-Tender Pot Roast	950	62	38	62.0
Entrees	Bob Evans	Sirloin Steak and Shrimp	710	39	53	36.0
Entrees	Bob Evans	Sirloin Steak	660	10	47	45.0
Entrees	Bob Evans	Grilled Chicken Breast	460	25	33	26.0
Toppings & Ingredients	Bob Evans	Onions (without oil)*	10	3	0	0.0
Appetizers & Sides	Bob Evans	Shredded Hash Browns	220	28	2	12.0
Baked Goods	Bob Evans	Biscuits (2) (with margarine)	520	53	7	31.0
Appetizers & Sides	Bob Evans	Bowl of Grits	390	25	3	32.0
Appetizers & Sides	Bob Evans	Homefries	250	24	3	17.0
Salads	Bob Evans	1/2 Grilled Chicken Cobb Salad (No Dressing)	250	7	26	13.0
Salads	Bob Evans	1/2 Cranberry Pecan Grilled Chicken Salad (No Dressing)	310	20	24	16.0
Salads	Bob Evans	1/2 Wildfire Grilled Chicken Salad (No Dressing)	260	25	20	9.0

Salads	Bob Evans	1/2 Wildfire Fried Chicken Salad (No Dressing)	410	40	18	20.0
Entrees	Bob Evans	1/2 Slow Roasted Pot Roast Dip	610	31	30	40.0
Toppings & Ingredients	Bob Evans	Bob Evans Sausage Links (2)	220	2	19	7.0
Appetizers & Sides	Bob Evans	Bob Evans Sausage Patties (2)	320	2	19	26.0
Entrees	Bob Evans	Brioche French Toast	810	142	16	20.0
Appetizers & Sides	Bob Evans	Hotcakes (Served w/ Butter & Syrup)	940	170	13	24.0
Baked Goods	Bob Evans	Biscuits (2) (with margarine)	520	53	7	31.0
Appetizers & Sides	Bob Evans	Banana Nut Bread	260	30	4	8.0
Entrees	Bob Evans	Three Meat & Cheese Omelet	1210	21	70	94.0
Entrees	Bob Evans	Western Omelet	650	11	40	50.0
Toppings & Ingredients	Bob Evans	Eggs	310	3	20	24.0
Toppings & Ingredients	Bob Evans	Egg Whites	80	1	19	0.0
Toppings & Ingredients	Bob Evans	American Cheese	110	1	5	9.0
Toppings & Ingredients	Bob Evans	Real Cheddar Cheese	90	0	5	8.0
Toppings & Ingredients	Bob Evans	Mushrooms	60	1	0	6.0
Toppings & Ingredients	Bob Evans	Real Provolone Cheese	70	0	5	6.0
Toppings & Ingredients	Bob Evans	Red & Green Bell Peppers (without oil)	5	1	0	0.0
Toppings & Ingredients	Bob Evans	Grill Oil - added to grilled vegetables	130	0	0	14.0
Entrees	Bob Evans	Everything Breakfast	1130	63	57	73.0
Entrees	Bob Evans	Sunshine Skillet	660	107	20	17.0
Entrees	Bob Evans	Buttermilk Hotcakes	1150	209	17	28.0
Appetizers & Sides	Bob Evans	Fresh-Cut Fruit	90	22	1	0.0
Sandwiches	Bob Evans	Farmhouse Chicken	530	41	20	32.0
Burgers	Bob Evans	Rise & Shine Burger	1200	98	46	70.0
Burgers	Bob Evans	Bacon Cheeseburger	720	40	40	44.0
Burgers	Bob Evans	Steakhouse Burger	870	47	42	57.0
Soup	Bob Evans	Cheddar Baked Potato, Cup	210	16	9	12.0
Soup	Bob Evans	Cheddar Baked Potato, Bowl	390	32	16	21.0
Soup	Bob Evans	Chicken-N-Noodles, Cup	150	13	7	7.0
Soup	Bob Evans	Chicken-N-Noodles, Bowl	290	26	14	15.0
Soup	Bob Evans	Hearty Beef Vegetable, Cup	120	18	7	2.5
Soup	Bob Evans	Hearty Beef Vegetable, Bowl	230	36	13	5.0
Toppings & Ingredients	Bob Evans	Blue Cheese, Large	280	4	2	30.0
Fried Potatoes	Bob Evans	Golden Brown Homefries	250	24	3	17.0
Appetizers & Sides	Bob Evans	Hash Browns	150	16	1	9.0

Baked Goods	Bob Evans	Dinner Rolls	380	50	8	17.0
Appetizers & Sides	Bob Evans	Garden Salad (No Dressing)	100	11	5	4.5
Baked Goods	Bob Evans	Dinner Rolls	380	50	8	17.0
Beverages	Bob Evans	Strawberry Citrus Splash Mimosa	310	58	2	0.0
Appetizers & Sides	Bob Evans	Bacon Slices (12)	110	0	8	9.0
Appetizers & Sides	Bob Evans	Blue Ribbon Bacon	390	24	22	23.0
Appetizers & Sides	Bob Evans	Bob Evans Sausage Patties	210	1	13	17.0
Appetizers & Sides	Bob Evans	Bob Evans Sausage Patties	160	1	10	13.0
Appetizers & Sides	Bob Evans	Bread and Celery Dressing	180	21	4	10.0
Appetizers & Sides	Bob Evans	Brioche French Toast (1) (with butter and syrup)	570	93	10	18.0
Appetizers & Sides	Bob Evans	Brioche French Toast (w/ Butter)	350	49	9	13.0
Appetizers & Sides	Bob Evans	Brioche French Toast (w/ Butter)	260	37	7	10.0
Appetizers & Sides	Bob Evans	Buttered Broccoli	110	5	3	10.0
Appetizers & Sides	Bob Evans	Buttered Corn	170	19	3	10.0
Appetizers & Sides	Bob Evans	Hardwood-Smoked Bacon	110	0	8	8.0
Appetizers & Sides	Bob Evans	Hardwood-Smoked Bacon	80	0	6	6.0
Appetizers & Sides	Bob Evans	Hardwood-Smoked Bacon (2)	130	0	9	9.0
Appetizers & Sides	Bob Evans	Hickory Smoked Ham	70	2	12	1.5
Appetizers & Sides	Bob Evans	Hickory-Smoked Ham	60	1	10	1.5
Appetizers & Sides	Bob Evans	Hickory-Smoked Ham	45	1	7	1.0
Appetizers & Sides	Bob Evans	Hickory-Smoked Ham (4)	60	1	10	1.5
Fried Potatoes	Bob Evans	Home Fries	200	23	3	11.0
Fried Potatoes	Bob Evans	Home Fries	230	17	2	18.0
Appetizers & Sides	Bob Evans	Hotcakes (w/ Butter)	490	78	8	16.0
Appetizers & Sides	Bob Evans	Hotcakes (w/ Butter)	370	58	6	12.0
Appetizers & Sides	Bob Evans	Mashed Potatoes and Chicken Gravy	210	19	3	13.0
Appetizers & Sides	Bob Evans	Pancake (1)	220	39	4	4.5
Appetizers & Sides	Bob Evans	Roasted Sweet Potatoes	190	27	2	9.0
Appetizers & Sides	Bob Evans	Roasted Sweet Potatoes	200	24	2	10.0
Appetizers & Sides	Bob Evans	Sausage Gravy	130	8	5	10.0
Appetizers & Sides	Bob Evans	Sausage Gravy & Biscuits	670	67	15	38.0
Appetizers & Sides	Bob Evans	Sausage Gravy and Biscuits	350	35	8	21.0
Appetizers & Sides	Bob Evans	Sausage Gravy and Biscuits (Bowl)	770	74	19	46.0
Appetizers & Sides	Bob Evans	Sausage Gravy and Biscuits (Cup)	660	67	15	38.0
Appetizers & Sides	Bob Evans	Sausage Patties	210	1	13	17.0

Appetizers & Sides	Bob Evans	Sausage Patties (8)	210	1	13	17.0
Appetizers & Sides	Bob Evans	Shredded Hash Browns	150	16	1	9.0
Appetizers & Sides	Bob Evans	Steamed Broccoli (w/ Butter)	70	3	2	6.0
Appetizers & Sides	Bob Evans	Turkey Sausage Links	100	1	12	4.5
Baked Goods	Bob Evans	Banana Nut Bread	270	31	4	9.0
Baked Goods	Bob Evans	Banana Nut Bread, Slice	260	30	4	8.0
Baked Goods	Bob Evans	Banana Nut Bread, Whole	1610	185	23	52.0
Baked Goods	Bob Evans	Banana Nut Farmer's Choice	1200	222	15	30.0
Baked Goods	Bob Evans	Banana Nut Hotcakes	1420	263	20	34.0
Baked Goods	Bob Evans	Biscuit	220	26	4	11.0
Baked Goods	Bob Evans	Biscuits	520	53	7	31.0
Baked Goods	Bob Evans	Biscuits (2)	440	53	7	22.0
Baked Goods	Bob Evans	Biscuits (6)	220	26	4	11.0
Baked Goods	Bob Evans	Dinner Roll	150	25	4	4.0
Baked Goods	Bob Evans	Pumpkin Bread	310	49	4	11.0
Baked Goods	Bob Evans	Pumpkin Bread, Whole	1840	293	27	67.0
Baked Goods	Bob Evans	Rolls	300	50	7	8.0
Beverages	Bob Evans	Apple Juice	160	26	0	0.0
Beverages	Bob Evans	Chocolate Milk (1%)	230	55	14	4.5
Beverages	Bob Evans	Milk (2%)	160	21	14	8.0
Beverages	Bob Evans	Mountain Dew	90	29	0	0.0
Beverages	Bob Evans	Mug Root Beer	80	26	0	0.0
Beverages	Bob Evans	Orange Juice	160	41	0	0.0
Beverages	Bob Evans	Original Sweet & Creamy Cappuccino	250	40	2	10.0
Beverages	Bob Evans	Pepsi-Cola	80	28	0	0.0
Beverages	Bob Evans	Sierra Mist	100	27	0	0.0
Beverages	Bob Evans	Sierra Mist	80	27	0	0.0
Beverages	Bob Evans	Strawberry Citrus Splash	200	48	2	0.0
Burgers	Bob Evans	Cheeseburger	590	52	32	29.0
Burgers	Bob Evans	Cheeseburger Sandwich Only	440	32	21	25.0
Desserts	Bob Evans	Apple Pie, Slice	600	82	4	28.0
Desserts	Bob Evans	Banana Bread	270	31	4	9.0
Desserts	Bob Evans	Chocolate Chip Cookies (4)	340	45	4	17.0
Desserts	Bob Evans	Chocolate Peanut Butter Pie Topped With Reese's, Whole	4010	411	40	252.0
Desserts	Bob Evans	Cookies	340	45	4	17.0



Desserts	Bob Evans	Holy Cow Chocolate Cake	610	86	8	29.0
Desserts	Bob Evans	Ice Cream Sundae	390	50	5	20.0
Desserts	Bob Evans	Kid Sundae	170	22	2	9.0
Desserts	Bob Evans	Peanut Butter Pie, Slice	640	69	8	42.0
Desserts	Bob Evans	Pecan Pie	670	102	8	26.0
Desserts	Bob Evans	Pecan Pie, Whole Pie	3900	603	45	150.0
Desserts	Bob Evans	Pumpkin Pie	510	73	7	24.0
Desserts	Bob Evans	Pumpkin Pie, Whole Pie	3000	438	43	146.0
Desserts	Bob Evans	Sundae	390	50	5	20.0
Desserts	Bob Evans	Triple Berry Pie, Slice	610	67	4	26.0
Desserts	Bob Evans	Triple Berry Pie, Whole Pie	3540	478	36	168.0
Entrees	Bob Evans	Avocado Veggie Protein Bowl	910	44	22	71.0
Entrees	Bob Evans	Banana Berry Farmer's Choice w/ Blueberry Pancakes (3) (w/ Butter and Syrup) and Banana	1010	188	13	25.0
Entrees	Bob Evans	Double Meat Protein Bowl	1020	36	41	78.0
Entrees	Bob Evans	Easter Celebration	1210	138	55	51.0
Entrees	Bob Evans	Fried Shrimp	350	65	18	2.5
Entrees	Bob Evans	Grilled to Perfection Chicken	270	2	55	4.0
Entrees	Bob Evans	Hand-Bread Chicken Breast	670	49	39	144.0
Entrees	Bob Evans	Hand-Breaded Fried Chicken Breasts	580	19	66	27.0
Entrees	Bob Evans	Hickory-Smoked Ham Steaks	440	39	6	24.0
Entrees	Bob Evans	Homestyle Fried Chicken Strips (3)	640	46	34	36.0
Entrees	Bob Evans	Honey Butter Chicken & Biscuit Dinner	940	58	70	48.0
Entrees	Bob Evans	Lemon Pepper Sole Fillet	550	41.5	20	36.0
Entrees	Bob Evans	Lemon Pepper Sole Fillets	380	25	28	18.0
Entrees	Bob Evans	Mini Sampler	260	26	4	16.0
Entrees	Bob Evans	Mushroom and Onion Chopped Steak	820	38	31	62.0
Entrees	Bob Evans	Sausage Gravy, Biscuits, Butter	520	46	9	35.0
Entrees	Bob Evans	Slow Roasted Turkey & Dressing	820	84	36	45.0
Entrees	Bob Evans	Smaller Portion Turkey & Dressing	710	70	23	38.0
Entrees	Bob Evans	Southwest Avocado Chicken Dinner	520	22	59	22.0
Entrees	Bob Evans	Southwest Avocado Omelet	800	15	39	65.0
Fried Potatoes	Bob Evans	French Fries	170	242	0	7.0
Fried Potatoes	Bob Evans	French Fries	330	47	0	14.0
Fried Potatoes	Bob Evans	Golden Home Fries	200	23	3	11.0
Salads	Bob Evans	1/2 Cranberry Pecan Fried Chicken Salad (No Dressing)	410	32	19	24.0

Salads	Bob Evans	Farmhouse Garden Salad	100	11	5	4.5
Sandwiches	Bob Evans	1/2 All American BLT	340	32	14	17.5
Sandwiches	Bob Evans	All American BLT	680	64	27	35.0
Sandwiches	Bob Evans	Double Cheese Pot Roast Dip	1090	56	60	68.0
Sandwiches	Bob Evans	Grilled Chicken Breast (1)	140	1	27	2.0
Sandwiches	Bob Evans	Homestyle Fried Chicken (1)	290	10	33	120.0
Sandwiches	Bob Evans	Thanksgiving Turkey Sandwich	800	94	37	31.0
Soup	Bob Evans	Beef Vegetable Soup	90	13	5	2.0
Soup	Bob Evans	Cheddar Baked Potato (Includes Saltine Crackers, Bacon)	240	19	10	13.0
Soup	Bob Evans	Cheddar Potato Soup	160	13	7	8.5
Soup	Bob Evans	Chicken and Noodle Soup, Saltine Crackers	150	13	7	7.0
Soup	Bob Evans	Chicken-N-Noodle (Includes Saltine Crackers)	170	15	9	9.0
Soup	Bob Evans	Chicken-N-Noodle Soup	110	10	6	6.0
Soup	Bob Evans	Chicken-N-Noodles (includes 2 Saltine Crackers)	150	13	7	7.0
Soup	Bob Evans	Hearty Beef Vegetable (Includes Saltine Crackers)	130	19	7	3.0
Toppings & Ingredients	Bob Evans	(1) Chicken Fillet, Biscuit, Honey, Butter	650	48	37	36.0
Toppings & Ingredients	Bob Evans	1 Egg White	30	0	6	0.0
Toppings & Ingredients	Bob Evans	1 Freshly Cracked Egg	130	0	6	12.0
Toppings & Ingredients	Bob Evans	1 Scrambled Egg	80	0	7	6.0
Toppings & Ingredients	Bob Evans	3 Egg Whites	90	1	19	0.0
Toppings & Ingredients	Bob Evans	3 Scrambled Eggs	240	2	22	16.0
Toppings & Ingredients	Bob Evans	Bacon (1)	55	0	4	4.0
Toppings & Ingredients	Bob Evans	Bacon (2)	130	0	9	9.0
Toppings & Ingredients	Bob Evans	Black Pepper Maple Honey	90	23	0	0.0
Toppings & Ingredients	Bob Evans	Blue Cheese	240	3	2	25.0
Toppings & Ingredients	Bob Evans	Breaded Chicken Breasts	590	59	40	21.0
Toppings & Ingredients	Bob Evans	Buttermilk Ranch	170	2	0	17.0
Toppings & Ingredients	Bob Evans	Chicken Breast Fillets, Biscuits, Butter	570	36	37	32.0
Toppings & Ingredients	Bob Evans	Chicken Strips Only	440	31	25	23.0
Toppings & Ingredients	Bob Evans	Colonial	260	13	0	23.0
Toppings & Ingredients	Bob Evans	Country Fried Steak, Country Gravy	540	38	20	33.0
Toppings & Ingredients	Bob Evans	Country Fried Steak, Country Gravy	550	41	21	34.0
Toppings & Ingredients	Bob Evans	French	240	10	0	21.0
Toppings & Ingredients	Bob Evans	Fried Chicken	150	10	8	8.0
Toppings & Ingredients	Bob Evans	Fried Chicken Strips	440	31	25	23.0

Toppings & Ingredients	Bob Evans	Fried Egg	130	0	6	12.0
Toppings & Ingredients	Bob Evans	Grilled Chicken	45	0	9	0.5
Toppings & Ingredients	Bob Evans	Grilled Chicken, Blue Cheese, Strawberries, Pecans, Salad Base	160	8	14	8.0
Toppings & Ingredients	Bob Evans	Grilled Chicken, Corn and Bean Salsa, Avocado, Lime Cream Sauce, Tomatoes, Tortilla Strips	240	10	29	10.0
Toppings & Ingredients	Bob Evans	Grilled Chicken, Salad Base, Blue Cheese Crumbles, Egg, Bacon, Tomatoes	140	5	16	7.0
Toppings & Ingredients	Bob Evans	Grilled Chicken, Wildfire BBQ Sauce	180	14	28	2.0
Toppings & Ingredients	Bob Evans	Honey	20	6	0	0.0
Toppings & Ingredients	Bob Evans	Honey Mustard, Large	240	10	0	22.0
Toppings & Ingredients	Bob Evans	Lite Berry	80	12	0	4.0
Toppings & Ingredients	Bob Evans	Pot Roast, Onions, Beef Gravy, Glazed Carrots	310	16	19	18.0
Toppings & Ingredients	Bob Evans	Ranch	210	2	0	21.0
Toppings & Ingredients	Bob Evans	Salad Base, Blue Cheese Crumbles, Bacon, Pecans, Cranberries	130	14	5	7.0
Toppings & Ingredients	Bob Evans	Salad Base, Cheddar Cheese, Croutons, Tomatoes	100	11	5	4.5
Toppings & Ingredients	Bob Evans	Salad Base, Cheddar Cheese, Tortilla Strips, Corn, Tomatoes, Wildfire Sauce	140	16	5	6.0
Toppings & Ingredients	Bob Evans	Sausage Gravy and Biscuits	570	61	12	32.0
Toppings & Ingredients	Bob Evans	Scrambled Egg	80	0.5	7	5.5
Toppings & Ingredients	Bob Evans	Sirloin Steak	390	3	44	20.0
Toppings & Ingredients	Bob Evans	Turkey Sausage Link (1)	70	1	9	3.5
Toppings & Ingredients	Bob Evans	Turkey, Bread and Celery Dressing, Cranberry Relish, Chicken Gravy	430	48	21	17.0
Salads	Bob Evans	Grilled Chicken Cobb Salad	510	14	51	27.0
Sandwiches	Bob Evans	Grilled Cheese Sandwich Only	280	26	10	15.0
Toppings & Ingredients	Bob Evans	Fried Chicken	410	32	19	24.0
Toppings & Ingredients	Bob Evans	Fried Chicken Tenders (2)	810	80	35	40.0
Toppings & Ingredients	Bob Evans	Grilled Chicken	260	25	20	9.0
Toppings & Ingredients	Bob Evans	Grilled Chicken	310	20	24	16.0
Toppings & Ingredients	Bob Evans	Grilled Chicken	250	7	26	13.0
Toppings & Ingredients	Bob Evans	Grilled Chicken Breast Halves (2)	510	50	40	18.0
Toppings & Ingredients	Bob Evans	Turkey, Mashed Potatoes with Chicken Gravy	330	22	17	20.0
Sandwiches	Bojangles	Bacon, Egg & Cheese Biscuit	510	40	28	27.0
Sandwiches	Bojangles	Cajun Filet Biscuit	570	57	23	27.0
Sandwiches	Bojangles	Country Ham Biscuit	380	38	14	20.0
Sandwiches	Bojangles	Sausage Biscuit	470	38	15	28.0
Sandwiches	Bojangles	Steak Biscuit	620	48	16	40.0
Fried Potatoes	Bojangles	Seasoned Fries, Small	360	39	3	21.0
Fried Potatoes	Bojangles	Bo Tato Rounds, Small	260	27	2	16.0

Baked Goods	Bojangles	Plain Biscuit	310	37	6	15.0
Baked Goods	Bojangles	Bo-Berry Biscuit	370	49	5	17.0
Salads	Bojangles	Chicken Supremes Salad	490	28	31	28.0
Salads	Bojangles	Garden Salad	120	3	7	9.0
Salads	Bojangles	Grilled Chicken Salad	270	4	31	14.0
Sandwiches	Bojangles	Country Ham & Egg Biscuit	460	38	20	25.0
Sandwiches	Bojangles	Sausage & Egg Biscuit	550	38	21	34.0
Sandwiches	Bojangles	Grilled Chicken Club Sandwich	690	39	46	39.0
Sandwiches	Bojangles	Grilled Chicken Sandwich	570	36	29	33.0
Entrees	Bojangles	2 Piece Supremes	580	59	23	28.0
Entrees	Bojangles	Gravy Biscuit	430	49	11	21.0
Entrees	Bojangles	Chicken Leg	520	50	16	29.0
Appetizers & Sides	Bojangles	Macaroni n Cheese, Individual	280	21	8	18.0
Appetizers & Sides	Bojangles	Macaroni n Cheese, Picnic	870	64	24	54.0
Fried Potatoes	Bojangles	Bo Tato Rounds, Medium	390	40	3	24.0
Fried Potatoes	Bojangles	Bo Tato Rounds, Picnic	650	67	5	40.0
Fried Potatoes	Bojangles	Seasoned Fries, Medium	450	49	4	26.0
Fried Potatoes	Bojangles	Seasoned Fries, Picnic	670	73	6	38.0
Appetizers & Sides	Bojangles	Bojangles Cajun Pintos, Individual	130	24	7	0.5
Appetizers & Sides	Bojangles	Bojangles Cajun Pintos, Picnic	420	81	22	2.0
Appetizers & Sides	Bojangles	Bojangles Dirty Rice, Individual	170	23	5	6.0
Appetizers & Sides	Bojangles	Bojangles Dirty Rice, Picnic	530	74	15	18.0
Appetizers & Sides	Bojangles	Cole Slaw, Individual	170	20	1	11.0
Appetizers & Sides	Bojangles	Cole Slaw, Picnic	580	65	4	35.0
Appetizers & Sides	Bojangles	Green Beans, Individual	20	5	1	0.0
Appetizers & Sides	Bojangles	Green Beans, Picnic	70	15	4	0.5
Appetizers & Sides	Bojangles	Mashed Potatoes n Gravy, Individual	120	18	4	3.0
Appetizers & Sides	Bojangles	Mashed Potatoes n Gravy, Picnic	410	69	13	9.0
Appetizers & Sides	Bojangles	Grits, Picnic	280	62	6	1.0
Desserts	Bojangles	Sweet Potato Pie	350	41	3	20.0
Beverages	Bojangles	Coffee (16oz)	5	0	0	0.0
Beverages	Bojangles	Diet Pepsi (16oz)	0	0	0	0.0
Beverages	Bojangles	Diet Pepsi (22oz)	0	0	0	0.0
Beverages	Bojangles	Diet Pepsi (32oz)	0	0	0	0.0
Beverages	Bojangles	Sweet Iced Tea (16oz)	170	45	0	0.0

Beverages	Bojangles	Sweet Iced Tea (22oz)	240	62	0	0.0
Beverages	Bojangles	Sweet Iced Tea (32oz)	350	90	0	0.0
Beverages	Bojangles	Unsweetened Iced Tea (16oz)	5	1	0	0.0
Beverages	Bojangles	Unsweetened Iced Tea (22oz)	5	2	0	0.0
Beverages	Bojangles	Unsweetened Iced Tea (32oz)	10	3	0	0.0
Beverages	Bojangles	Mountain Dew, 16oz	220	58	0	0.0
Beverages	Bojangles	Mountain Dew, 22oz	300	80	0	0.0
Beverages	Bojangles	Mountain Dew, 32oz	440	116	0	0.0
Beverages	Bojangles	Simply Orange	160	37	2	0.0
Beverages	Bojangles	Pepsi	0	56	0	0.0
Beverages	Bojangles	Pepsi (22oz)	280	77	0	0.0
Beverages	Bojangles	Pepsi (32oz)	400	112	0	0.0
Beverages	Bojangles	Tropicana Lemonade (16oz)	200	54	0	0.0
Beverages	Bojangles	Tropicana Lemonade (22oz)	280	75	0	0.0
Beverages	Bojangles	Tropicana Lemonade (32oz)	400	108	0	0.0
Beverages	Bojangles	Milk 1% Lowfat (White)	110	13	8	2.5
Beverages	Bojangles	Half Gallon Sweet Tea	700	181	0	0.0
Entrees	Bojangles	Mac 'N Cheese	610	63	15	33.0
Salads	Bojangles	Homestyle Tenders Salad	480	32	30	26.0
Salads	Bojangles	Roasted Chicken Bites Salad	470	13	51	23.0
Beverages	Bojangles	Coffee (20oz)	5	0	0	0.0
Beverages	Bojangles	Diet Mountain Dew (16oz)	0	0	0	0.0
Beverages	Bojangles	Diet Mountain Dew (22oz)	0	0	0	0.0
Beverages	Bojangles	Diet Mountain Dew (32oz)	0	0	0	0.0
Beverages	Bojangles	Dr Pepper (16oz)	190	52	0	0.0
Beverages	Bojangles	Dr Pepper (22oz)	260	72	0	0.0
Beverages	Bojangles	Dr Pepper (32oz)	380	104	0	0.0
Beverages	Bojangles	Milk 1% Lowfat (Chocolate)	160	27	8	2.5
Toppings & Ingredients	Bojangles	BBQ Sauce	100	25	0	0.0
Toppings & Ingredients	Bojangles	Bo's Special Sauce	270	6	0	28.0
Toppings & Ingredients	Bojangles	Honey Mustard Sauce	280	13	1	25.0
Toppings & Ingredients	Bojangles	Ranch Sauce	270	4	1	28.0
Baked Goods	Bojangles	Cinnamon Biscuit	490	57	6	27.0
Beverages	Bojangles	Half Gallon Unsweetened Tea	20	6	0	0.0
Appetizers & Sides	Bojangles	Grits, Individual	90	21	2	0.0

Baked Goods	Bojangles	Cinnamon Twist	380	38	3	24.0
Beverages	Bojangles	Cheerwine (16oz)	200	56	0	0.0
Beverages	Bojangles	Cheerwine (22oz)	280	77	0	0.0
Beverages	Bojangles	Cheerwine (32oz)	400	112	0	0.0
Beverages	Bojangles	Mug Root Beer (16oz)	200	52	0	0.0
Beverages	Bojangles	Mug Root Beer (22oz)	280	72	0	0.0
Beverages	Bojangles	Mug Root Beer (32oz)	400	104	0	0.0
Beverages	Bojangles	Tropicana Fruit Punch (16oz)	220	60	0	0.0
Beverages	Bojangles	Tropicana Fruit Punch (22oz)	300	83	0	0.0
Beverages	Bojangles	Tropicana Fruit Punch (32oz)	440	120	0	0.0
Beverages	Bojangles	Tropicana Pink Lemonade (16oz)	200	54	0	0.0
Beverages	Bojangles	Tropicana Pink Lemonade (22oz)	280	74	0	0.0
Beverages	Bojangles	Tropicana Pink Lemonade (32oz)	400	108	0	0.0
Entrees	Bojangles	2 Piece Homestyle Tenders	570	61	22	27.0
Sandwiches	Bojangles	Southern Filet Biscuit	550	54	23	27.0
Toppings & Ingredients	Bojangles	Add Egg	80	0	6	6.0
Toppings & Ingredients	Bojangles	Add American Cheese	40	1	2	3.5
Sandwiches	Bojangles	Old Fashioned Gravy Biscuit	410	47	7	22.0
Toppings & Ingredients	Bojangles	Add Pimento Cheese	170	2	5	16.0
Appetizers & Sides	Bojangles	Mashed Potatoes 'N Old Fashioned Gravy", Individual	110	17	2	4.0
Appetizers & Sides	Bojangles	Mashed Potatoes 'N Old Fashioned Gravy", Picnic	400	66	9	11.0
Appetizers & Sides	Bojangles	Mashed Potatoes 'N Brown Gravy", Individual	100	18	2	2.5
Appetizers & Sides	Bojangles	Mashed Potatoes 'N Brown Gravy", Picnic	370	69	7	7.0
Entrees	Bojangles	Chicken Rice Bowl (w/o biscuit)	780	86	48	27.0
Beverages	Bojangles	Sierra Mist, 16oz	200	54	0	0.0
Beverages	Bojangles	Sierra Mist, 22oz	280	74	0	0.0
Beverages	Bojangles	Sierra Mist, 32oz	400	108	0	0.0
Beverages	Bojangles	Mirinda Strawberry, 16oz	220	58	0	0.0
Beverages	Bojangles	Mirinda Strawberry, 22oz	300	80	0	0.0
Beverages	Bojangles	Mirinda Strawberry, 32oz	440	116	0	0.0
Entrees	Bojangles	Breast	540	24	41	29.0
Entrees	Bojangles	Leg	190	8	10	13.0
Entrees	Bojangles	Thigh	240	14	21	10.0
Beverages	Bojangles	Tropicana Twister Soda (16oz)	220	62	0	0.0
Beverages	Bojangles	Tropicana Twister Soda (22oz)	300	86	0	0.0

Beverages	Bojangles	Tropicana Twister Soda (32oz)	440	124	0	0.0
Sandwiches	Bojangles	Egg & Cheese Biscuit	430	39	13	25.0
Sandwiches	Bojangles	Bo's Chicken Sandwich	670	95	31	36.0
Entrees	Bojangles	Wing	150	8	10	8.0
Entrees	Bojangles	Supremes	500	33	32	25.0
Entrees	Bojangles	Homestyle Tenders	490	39	31	24.0
Entrees	Bojangles	Roasted Chicken Bites	350	9	44	14.0
Toppings & Ingredients	Bojangles	Ken's Buttermilk Ranch Dressing 1.5 oz	200	2	1	20.0
Toppings & Ingredients	Bojangles	Ken's Blue Cheese Dressing	230	2	1	24.0
Toppings & Ingredients	Bojangles	Ken's Fat Free Italian Dressing	15	5	0	0.0
Toppings & Ingredients	Bojangles	Ken's Honey Dijon Dressing	120	14	0	7.0
Toppings & Ingredients	Bojangles	Homestyle Cheese Garlic Croutons	60	9	1	2.0
Beverages	Bojangles	Bottled Water	0	0	0	0.0
Beverages	Bojangles	Southern Shock (16oz)	230	63	0	0.0
Beverages	Bojangles	Southern Shock (22oz)	310	86	0	0.0
Beverages	Bojangles	Southern Shock (32oz)	450	125	0	0.0
Appetizers & Sides	Bonefish Grill	Garlic Whipped Potatoes	190	22	3	10.0
Appetizers & Sides	Bonefish Grill	Jasmine Rice	200	37	3	4.5
Appetizers & Sides	Bonefish Grill	Calamari	1130	97	24	69.0
Beverages	Bonefish Grill	Espresso	45	7	1	1.5
Beverages	Bonefish Grill	Espresso Martini	170	21	0	1.0
Beverages	Bonefish Grill	100% Orange Juice with Ice	80	19	1	0.0
Desserts	Bonefish Grill	Macadamia Nut Brownie	1010	114	15	53.0
Entrees	Bonefish Grill	Lily's Chicken	510	13	67	22.0
Entrees	Bonefish Grill	Chilean Sea Bass, Regular	570	0	36	47.0
Entrees	Bonefish Grill	Grilled Rainbow Trout	450	0	63	22.0
Entrees	Bonefish Grill	Kids Fish Strips	130	3	13	7.0
Entrees	Bonefish Grill	Atlantic Salmon, Regular	380	0	45	23.0
Entrees	Bonefish Grill	Kids Mac & Cheese	350	53	13	10.0
Entrees	Bonefish Grill	Atlantic Salmon, Small	300	0	35	18.0
Entrees	Bonefish Grill	Popcorn Shrimp	220	11	14	13.0
Entrees	Bonefish Grill	Kids Grilled Chicken	120	0	24	2.0
Soup	Bonefish Grill	Corn Chowder + Lump Crab, Bowl	530	23	10	43.0
Soup	Bonefish Grill	Corn Chowder + Lump Crab, Cup	320	14	5	27.0

Toppings & Ingredients	Bonefish Grill	Lemon Butter	50	2	0	4.5
Toppings & Ingredients	Bonefish Grill	Mango Salsa	25	5	0	0.0
Toppings & Ingredients	Bonefish Grill	Pan Asian Sauce	60	7	1	4.0
Appetizers & Sides	Bonefish Grill	Maryland-Style Crab Cakes	520	12	28	41.0
Beverages	Bonefish Grill	Coke Zero with Ice	0	0	0	0.0
Beverages	Bonefish Grill	Diet Coke with Ice	0	0	0	0.0
Beverages	Bonefish Grill	Coke with Ice	100	27	0	0.0
Beverages	Bonefish Grill	Sprite with Ice	110	27	0	0.0
Beverages	Bonefish Grill	2% Milk	120	11	8	5.0
Appetizers & Sides	Bonefish Grill	Bang Bang Shrimp	730	29	30	56.0
Appetizers & Sides	Bonefish Grill	Mussels Josephine	1180	106	54	53.0
Salads	Bonefish Grill	House Salad: Entrée Salad with Citrus Herb Vinaigrette	390	21	8	32.0
Salads	Bonefish Grill	House Side Salad with Citrus Herb Vinaigrette	250	17	7	19.0
Salads	Bonefish Grill	Caesar Side Salad with Dressing	400	13	7	36.0
Salads	Bonefish Grill	Caesar Salad:Entrée Salad with Dressing	400	14	7	36.0
Toppings & Ingredients	Bonefish Grill	Add On: Chicken	230	0	46	4.5
Toppings & Ingredients	Bonefish Grill	Add On: Grilled Salmon	300	0	35	18.0
Toppings & Ingredients	Bonefish Grill	Add-On: Wood-Grilled Shrimp	110	1	20	3.5
Entrees	Bonefish Grill	Cod Imperial	410	9	40	23.0
Entrees	Bonefish Grill	Fish & Chips	1040	80	36	66.0
Toppings & Ingredients	Bonefish Grill	Add Bacon	90	0	6	7.0
Sandwiches	Bonefish Grill	Bang Bang Shrimp Tacos with Fries	1580	133	43	96.0
Appetizers & Sides	Bonefish Grill	Steamed Asparagus	45	4	2	3.0
Appetizers & Sides	Bonefish Grill	Coleslaw	150	8	1	13.0
Entrees	Bonefish Grill	Chicken Tenders	470	43	27	21.0
Beverages	Bonefish Grill	Barq's Root Beer with Ice	110	29	0	0.0
Beverages	Bonefish Grill	Dr. Pepper with Ice	100	26	0	0.0
Fried Potatoes	Bonefish Grill	Fries	510	59	7	28.0
Desserts	Bonefish Grill	Cranberry White Cookie	180	27	2	8.0
Desserts	Bonefish Grill	3 Cranberry White Cookies	540	81	6	23.0
Desserts	Bonefish Grill	6 Cranberry White Cookies	1090	163	12	45.0
Desserts	Bonefish Grill	Chocolate Chip Cookie	190	26	2	9.0
Desserts	Bonefish Grill	3 Chocolate Chip Cookies	560	79	7	27.0
Desserts	Bonefish Grill	6 Chocolate Chip Cookies	1120	159	14	53.0
Beverages	Bonefish Grill	Coffee	0	0	0	0.0



Beverages	Bonefish Grill	Hot Tea	0	1	0	0.0
Beverages	Bonefish Grill	Minute Maid Lemonade with Ice	100	25	0	0.0
Beverages	Bonefish Grill	Blue Moon Draft	210	17	2	0.0
Beverages	Bonefish Grill	Bud Light	110	7	1	0.0
Beverages	Bonefish Grill	Coors Light	110	5	0	0.0
Beverages	Bonefish Grill	Michelob Ultra	100	3	1	0.0
Beverages	Bonefish Grill	Miller Lite	100	3	0	0.0
Beverages	Bonefish Grill	Newcastle Brown Ale	150	13	2	0.0
Beverages	Bonefish Grill	Stella Artois	150	13	1	0.0
Beverages	Bonefish Grill	Bonefish Pomegranate Martini	260	38	0	0.0
Beverages	Bonefish Grill	Tropic Heat Martini	210	28	0	0.0
Beverages	Bonefish Grill	Coral Reef Punch	230	31	0	0.0
Beverages	Bonefish Grill	Smoked Old Fashioned	160	2	0	0.0
Beverages	Bonefish Grill	The Mule	160	20	0	0.0
Beverages	Bonefish Grill	Red Wine, Glass, 6 ounce	150	5	0	0.0
Beverages	Bonefish Grill	Rose Wine, Bottle, 750 ml	640	29	3	0.0
Beverages	Bonefish Grill	Rose Wine, Glass, 6 ounce	150	7	1	0.0
Beverages	Bonefish Grill	Sparkling Wine, Bottle, 750 ml	600	22	0	0.0
Beverages	Bonefish Grill	White Wine, Bottle, 750 ml	610	19	1	0.0
Beverages	Bonefish Grill	White Wine, Glass, 6 ounce	140	5	0	0.0
Beverages	Bonefish Grill	Red Wine, Bottle, 750 ml	630	19	1	0.0
Beverages	Bonefish Grill	Crushed Pineapple Martini	180	29	0	0.0
Entrees	Bonefish Grill	Fontina Pork Chop	790	14	62	49.0
Appetizers & Sides	Bonefish Grill	Garlic Whipped Potatoes	1140	131	18	61.0
Entrees	Bonefish Grill	The Angler's Sirloin Steak	210	1	39	5.0
Entrees	Bonefish Grill	Filet Mignon	260	0	44	9.0
Entrees	Bonefish Grill	Lily's Chicken	1530	35	189	72.0
Appetizers & Sides	Bonefish Grill	Jasmine Rice	1200	222	17	28.0
Sandwiches	Bonefish Grill	Bang Bang Shrimp Tacos	3310	275	118	189.0
Toppings & Ingredients	Bonefish Grill	Grilled Chicken	800	7	161	15.0
Toppings & Ingredients	Bonefish Grill	Grilled Salmon	1400	11	162	81.0
Salads	Bonefish Grill	House Salad	1170	60	21	101.0
Salads	Bonefish Grill	Florida Cobb Salad: With Wood-Grilled Chicken With Citrus Herb	760	23	65	49.0
Salads	Bonefish Grill	Florida Cobb Salad: With Wood-Grilled Shrimp With Citrus Herb	630	23	33	48.0
Sandwiches	Bonefish Grill	Blackened Baja Fish Tacos with Fries	1320	126	50	68.0

Burgers	Bonefish Grill	Half-Pound Beef Burger with French Fries	1410	109	58	82.0
Entrees	Bonefish Grill	Chicken Marsala	510	14	61	22.0
Entrees	Bonefish Grill	Mahi-Mahi & Shrimp	340	4	72	5.0
Entrees	Bonefish Grill	Sirloin & Crab Cake	560	11	59	32.0
Entrees	Bonefish Grill	Filet & Crab Cake	590	10	59	36.0
Entrees	Bonefish Grill	Filet & Lobster Tail	620	3	75	34.0
Appetizers & Sides	Bonefish Grill	Bacon Mac and Cheese	700	61	31	36.0
Appetizers & Sides	Bonefish Grill	Green Beans	50	8	2	2.5
Appetizers & Sides	Bonefish Grill	Steamed Broccoli	100	8	4	7.0
Appetizers & Sides	Bonefish Grill	Kids Steamed Broccoli	70	6	3	5.0
Appetizers & Sides	Bonefish Grill	Kids Side Green Beans	30	7	2	0.0
Entrees	Bonefish Grill	Grilled Mahi Mahi	910	11	209	6.0
Entrees	Bonefish Grill	Mahi Mahi & Shrimp	1270	19	269	16.0
Appetizers & Sides	Bonefish Grill	Broccoli	390	33	14	27.0
Appetizers & Sides	Bonefish Grill	Green Beans	210	30	7	10.0
Entrees	Bonefish Grill	Bacon Mac and Cheese	2090	182	92	109.0
Beverages	Bonefish Grill	1901 Dirty Martini	200	1	1	6.0
Beverages	Bonefish Grill	Corona	150	13	2	0.0
Appetizers & Sides	Bonefish Grill	Ahi Tuna Poke	650	73	36	24.0
Appetizers & Sides	Bonefish Grill	Tempura Crunch Sashimi Tuna	380	19	34	20.0
Appetizers & Sides	Bonefish Grill	Imperial Dip w Tortilla Strip	910	57	39	59.0
Appetizers & Sides	Bonefish Grill	Beef & Ginger Potstickers	610	53	19	36.0
Fried Potatoes	Bonefish Grill	BFG Fries	1280	121	24	78.0
Appetizers & Sides	Bonefish Grill	Bread and Pesto	480	60	12	20.0
Entrees	Bonefish Grill	Parmesan Crusted Rainbow Trout	850	17	64	56.0
Entrees	Bonefish Grill	Cold Water Lobster Tails	700	3	61	49.0
Entrees	Bonefish Grill	Bonefish Signature Pasta, Cajun Cream with Chicken	1080	130	84	21.0
Entrees	Bonefish Grill	Bonefish Signature Pasta, Cajun Cream with Salmon	1130	130	67	34.0
Entrees	Bonefish Grill	Bonefish Signature Pasta, Cajun Cream with Shrimp	940	131	51	20.0
Entrees	Bonefish Grill	Tuna Poke Bowl	610	89	36	13.0
Entrees	Bonefish Grill	Crispy Fried Shrimp with Fries	1190	110	44	64.0
Entrees	Bonefish Grill	Mahi-Mahi	230	3	52	1.5
Entrees	Bonefish Grill	Bone-In 12 oz Pork Chop	460	6	53	23.0
Entrees	Bonefish Grill	Wood-Grilled Chicken	230	0	48	4.5
Entrees	Bonefish Grill	Skewer: Shrimp and Scallop	290	5	49	9.0

Entrees	Bonefish Grill	Sirloin & Shrimp	350	2	64	9.0
Entrees	Bonefish Grill	Filet & Shrimp	380	1	64	13.0
Entrees	Bonefish Grill	Grilled Chicken & Shrimp	390	1	76	9.0
Toppings & Ingredients	Bonefish Grill	Lemon Caper Butter	70	2	0	6.0
Toppings & Ingredients	Bonefish Grill	Chimichurri Sauce	140	1	0	15.0
Appetizers & Sides	Bonefish Grill	Creamed Spinach	480	15	13	42.0
Desserts	Bonefish Grill	Classic Cheesecake with Melba Sauce	540	54	8	32.0
Desserts	Bonefish Grill	BFG Key Lime Cake Recipe	1210	152	10	66.0
Entrees	Bonefish Grill	Kids Grilled Shrimp	80	0	20	0.0
Appetizers & Sides	Bonefish Grill	Kids Side Steamed Spinach	20	3	2	0.0
Beverages	Bonefish Grill	Ginger Ale with Ice	90	23	0	0.0
Beverages	Bonefish Grill	Bud Light Draft	130	8	1	0.0
Beverages	Bonefish Grill	Samuel Adams Seasonal	180	15	2	0.0
Beverages	Bonefish Grill	Truly Hard Seltzer	100	2	0	0.0
Beverages	Bonefish Grill	Modelo	140	14	1	0.0
Beverages	Bonefish Grill	French 75	170	17	0	0.0
Beverages	Bonefish Grill	Strawberry Smash	170	13	0	0.0
Beverages	Bonefish Grill	Parker's Margarita	170	16	0	0.0
Beverages	Bonefish Grill	Sparkling Wine, Glass, 6 ounce	140	5	0	0.0
Beverages	Bonefish Grill	Blackberry Sangria	190	29	0	0.0
Beverages	Bonefish Grill	Signature Sparkling White Sangria	210	27	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Asian Zing, Signature Sauces, 6 Traditional Wings	90	21	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Caribbean Jerk, Signature Sauces, 6 Traditional Wings	80	13	0	2.5
Toppings & Ingredients	Buffalo Wild Wings	Honey BBQ, Signature Sauces, 6 Traditional Wings	70	17	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Hot, Signature Sauces, 6 Traditional Wings	45	2	0	4.0
Toppings & Ingredients	Buffalo Wild Wings	Jammin' Jalapeño, Signature Sauces, 6 Traditional Wings	90	20	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Mango Habanero, Signature Sauces, 6 Traditional Wings	70	18	0	0.5
Toppings & Ingredients	Buffalo Wild Wings	Medium, Signature Sauces, 6 Traditional Wings	30	1	0	3.0
Toppings & Ingredients	Buffalo Wild Wings	Mild, Signature Sauces, 6 Traditional Wings	50	1	0	4.5
Toppings & Ingredients	Buffalo Wild Wings	Parmesan Garlic, Signature Sauces, 6 Traditional Wings	130	3	1	13.0
Toppings & Ingredients	Buffalo Wild Wings	Spicy Garlic, Signature Sauces, 6 Traditional Wings	45	2	0	4.0
Toppings & Ingredients	Buffalo Wild Wings	Sweet BBQ, Signature Sauces, 6 Traditional Wings	50	12	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Teriyaki, Signature Sauces, 6 Traditional Wings	70	15	2	0.0
Toppings & Ingredients	Buffalo Wild Wings	Thai Curry, Signature Sauces, 6 Traditional Wings	150	4	1	14.0
Toppings & Ingredients	Buffalo Wild Wings	Original Buffalo, Signature Sauces, 6 Traditional Wings	110	1	0	12.0

Toppings & Ingredients	Buffalo Wild Wings	Wild, Signature Sauces, 6 Traditional Wings	50	3	0	4.0
Toppings & Ingredients	Buffalo Wild Wings	Asian Zing, Signature Sauces, 6 Boneless Wings	130	31	1	0.0
Toppings & Ingredients	Buffalo Wild Wings	Caribbean Jerk, Signature Sauces, 6 Boneless Wings	110	19	0	4.0
Toppings & Ingredients	Buffalo Wild Wings	Honey BBQ, Signature Sauces, 6 Boneless Wings	100	25	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Hot, Signature Sauces, 6 Boneless Wings	70	3	1	6.0
Toppings & Ingredients	Buffalo Wild Wings	Jammin' Jalapeño, Signature Sauces, 6 Boneless Wings	130	30	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Mango Habanero, Signature Sauces, 6 Boneless Wings	110	26	0	1.0
Toppings & Ingredients	Buffalo Wild Wings	Medium, Signature Sauces, 6 Boneless Wings	50	2	0	4.0
Toppings & Ingredients	Buffalo Wild Wings	Mild, Signature Sauces, 6 Boneless Wings	70	2	0	7.0
Toppings & Ingredients	Buffalo Wild Wings	Nashville Hot w/ Pickles, Signature Sauces, 6 Boneless Wings	60	4	1	5.0
Toppings & Ingredients	Buffalo Wild Wings	Parmesan Garlic, Signature Sauces, 6 Boneless Wings	190	5	2	19.0
Toppings & Ingredients	Buffalo Wild Wings	Spicy Garlic, Signature Sauces, 6 Boneless Wings	70	3	1	6.0
Toppings & Ingredients	Buffalo Wild Wings	Sweet BBQ, Signature Sauces, 6 Boneless Wings	70	17	1	0.0
Toppings & Ingredients	Buffalo Wild Wings	Teriyaki, Signature Sauces, 6 Boneless Wings	100	22	3	0.0
Toppings & Ingredients	Buffalo Wild Wings	Thai Curry, Signature Sauces, 6 Boneless Wings	220	6	1	22.0
Toppings & Ingredients	Buffalo Wild Wings	Original Buffalo, Signature Sauces, 6 Boneless Wings	170	2	0	18.0
Toppings & Ingredients	Buffalo Wild Wings	Wild, Signature Sauces, 6 Boneless Wings	70	4	0	6.0
Toppings & Ingredients	Buffalo Wild Wings	Buffalo Seasoning, Dry Seasonings, 6 Boneless Wings	5	1	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Desert Heat Seasoning, Dry Seasonings, 6 Boneless Wings	5	1	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Chipotle BBQ Seasoning, Dry Seasonings, 6 Boneless Wings	5	1	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Lemon Pepper Seasoning, Dry Seasonings, 6 Boneless Wings	5	1	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Salt & Vinegar Seasoning, Dry Seasonings, 6 Boneless Wings	5	1	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Asian Zing, Signature Sauces, 10 Boneless Wings	170	41	1	0.0
Toppings & Ingredients	Buffalo Wild Wings	Caribbean Jerk, Signature Sauces, 10 Boneless Wings	150	26	1	5.0
Toppings & Ingredients	Buffalo Wild Wings	Honey BBQ, Signature Sauces, 10 Boneless Wings	140	34	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Hot, Signature Sauces, 10 Boneless Wings	90	4	1	8.0
Toppings & Ingredients	Buffalo Wild Wings	Jammin' Jalapeño, Signature Sauces, 10 Boneless Wings	180	40	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Mango Habanero, Signature Sauces, 10 Boneless Wings	150	35	0	1.0
Toppings & Ingredients	Buffalo Wild Wings	Medium, Signature Sauces, 10 Boneless Wings	60	3	1	6.0
Toppings & Ingredients	Buffalo Wild Wings	Mild, Signature Sauces, 10 Boneless Wings	100	3	1	9.0
Toppings & Ingredients	Buffalo Wild Wings	Parmesan Garlic, Signature Sauces, 10 Boneless Wings	260	6	2	25.0
Toppings & Ingredients	Buffalo Wild Wings	Spicy Garlic, Signature Sauces, 10 Boneless Wings	90	4	1	8.0
Toppings & Ingredients	Buffalo Wild Wings	Sweet BBQ, Signature Sauces, 10 Boneless Wings	100	23	1	0.0
Toppings & Ingredients	Buffalo Wild Wings	Teriyaki, Signature Sauces, 10 Boneless Wings	130	30	4	0.0
Toppings & Ingredients	Buffalo Wild Wings	Thai Curry, Signature Sauces, 10 Boneless Wings	290	8	1	29.0

Toppings & Ingredients	Buffalo Wild Wings	Original Buffalo, Signature Sauces, 10 Boneless Wings	220	2	0	24.0
Toppings & Ingredients	Buffalo Wild Wings	Wild, Signature Sauces, 10 Boneless Wings	100	5	1	8.0
Toppings & Ingredients	Buffalo Wild Wings	Buffalo Seasoning, Dry Seasonings, 10 Boneless Wings	5	1	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Desert Heat Seasoning, Dry Seasonings, 10 Boneless Wings	10	2	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Chipotle BBQ Seasoning, Dry Seasonings, 10 Boneless Wings	10	2	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Lemon Pepper Seasoning, Dry Seasonings, 10 Boneless Wings	5	1	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Salt & Vinegar Seasoning, Dry Seasonings, 10 Boneless Wings	5	1	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Asian Zing, Signature Sauces, 15 Boneless Wings	260	62	1	0.5
Toppings & Ingredients	Buffalo Wild Wings	Caribbean Jerk, Signature Sauces, 15 Boneless Wings	230	39	1	8.0
Toppings & Ingredients	Buffalo Wild Wings	Honey BBQ, Signature Sauces, 15 Boneless Wings	200	50	1	0.0
Toppings & Ingredients	Buffalo Wild Wings	Hot, Signature Sauces, 15 Boneless Wings	140	6	1	12.0
Toppings & Ingredients	Buffalo Wild Wings	Jammin' Jalapeño, Signature Sauces, 15 Boneless Wings	270	60	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Mango Habanero, Signature Sauces, 15 Boneless Wings	220	53	1	1.5
Toppings & Ingredients	Buffalo Wild Wings	Medium, Signature Sauces, 15 Boneless Wings	100	4	1	8.0
Toppings & Ingredients	Buffalo Wild Wings	Mild, Signature Sauces, 15 Boneless Wings	150	4	1	14.0
Toppings & Ingredients	Buffalo Wild Wings	Parmesan Garlic, Signature Sauces, 15 Boneless Wings	390	9	3	38.0
Toppings & Ingredients	Buffalo Wild Wings	Spicy Garlic, Signature Sauces, 15 Boneless Wings	140	6	1	12.0
Toppings & Ingredients	Buffalo Wild Wings	Sweet BBQ, Signature Sauces, 15 Boneless Wings	150	35	1	0.0
Toppings & Ingredients	Buffalo Wild Wings	Teriyaki, Signature Sauces, 15 Boneless Wings	200	45	6	0.0
Toppings & Ingredients	Buffalo Wild Wings	Thai Curry, Signature Sauces, 15 Boneless Wings	440	11	2	43.0
Toppings & Ingredients	Buffalo Wild Wings	Original Buffalo, Signature Sauces, 15 Boneless Wings	330	3	1	36.0
Toppings & Ingredients	Buffalo Wild Wings	Wild, Signature Sauces, 15 Boneless Wings	150	8	1	12.0
Toppings & Ingredients	Buffalo Wild Wings	Buffalo Seasoning, Dry Seasonings, 15 Boneless Wings	10	2	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Desert Heat Seasoning, Dry Seasonings, 15 Boneless Wings	15	3	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Chipotle BBQ Seasoning, Dry Seasonings, 15 Boneless Wings	10	3	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Lemon Pepper Seasoning, Dry Seasonings, 15 Boneless Wings	5	2	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Salt & Vinegar Seasoning, Dry Seasonings, 15 Boneless Wings	10	2	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Asian Zing, Signature Sauces, 20 Boneless Wings	340	83	2	1.0
Toppings & Ingredients	Buffalo Wild Wings	Caribbean Jerk, Signature Sauces, 20 Boneless Wings	300	52	1	10.0
Toppings & Ingredients	Buffalo Wild Wings	Honey BBQ, Signature Sauces, 20 Boneless Wings	270	67	1	0.0
Toppings & Ingredients	Buffalo Wild Wings	Hot, Signature Sauces, 20 Boneless Wings	180	7	2	16.0
Toppings & Ingredients	Buffalo Wild Wings	Jammin' Jalapeño, Signature Sauces, 20 Boneless Wings	360	80	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Mango Habanero, Signature Sauces, 20 Boneless Wings	300	70	1	2.0
Toppings & Ingredients	Buffalo Wild Wings	Medium, Signature Sauces, 20 Boneless Wings	130	5	1	11.0
Toppings & Ingredients	Buffalo Wild Wings	Mild, Signature Sauces, 20 Boneless Wings	200	5	1	19.0

Toppings & Ingredients	Buffalo Wild Wings	Parmesan Garlic, Signature Sauces, 20 Boneless Wings	520	12	5	50.0
Toppings & Ingredients	Buffalo Wild Wings	Spicy Garlic, Signature Sauces, 20 Boneless Wings	180	8	2	16.0
Toppings & Ingredients	Buffalo Wild Wings	Sweet BBQ, Signature Sauces, 20 Boneless Wings	190	46	1	0.0
Toppings & Ingredients	Buffalo Wild Wings	Teriyaki, Signature Sauces, 20 Boneless Wings	270	60	8	0.0
Toppings & Ingredients	Buffalo Wild Wings	Thai Curry, Signature Sauces, 20 Boneless Wings	580	15	3	58.0
Toppings & Ingredients	Buffalo Wild Wings	Original Buffalo, Signature Sauces, 20 Boneless Wings	450	4	1	47.0
Toppings & Ingredients	Buffalo Wild Wings	Wild, Signature Sauces, 20 Boneless Wings	190	10	1	17.0
Entrees	Buffalo Wild Wings	Boneless and Traditional Wings Combo	1290	105	86	58.0
Appetizers & Sides	Buffalo Wild Wings	Celery Sticks	15	3	1	0.0
Toppings & Ingredients	Buffalo Wild Wings	Bleu Cheese Dressing - 2 fl oz	280	2	2	29.0
Toppings & Ingredients	Buffalo Wild Wings	Ranch Dressing - 2 fl oz	320	2	1	34.0
Toppings & Ingredients	Buffalo Wild Wings	Asian Zing - 2 fl oz	170	41	1	0.0
Toppings & Ingredients	Buffalo Wild Wings	Caribbean Jerk - 2 fl oz	150	26	1	5.0
Toppings & Ingredients	Buffalo Wild Wings	Honey BBQ - 2 fl oz	140	34	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Hot - 2 fl oz	90	4	1	8.0
Toppings & Ingredients	Buffalo Wild Wings	Jammin' Jalapeño - 2 fl oz	180	40	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Mango Habanero - 2 fl oz	150	35	0	1.0
Toppings & Ingredients	Buffalo Wild Wings	Medium - 2 fl oz	60	3	1	6.0
Toppings & Ingredients	Buffalo Wild Wings	Mild - 2 fl oz	100	3	1	9.0
Toppings & Ingredients	Buffalo Wild Wings	Nashville Hot - 2 fl oz	80	5	1	6.0
Toppings & Ingredients	Buffalo Wild Wings	Spicy Garlic - 2 fl oz	90	4	1	8.0
Toppings & Ingredients	Buffalo Wild Wings	Sweet BBQ - 2 fl oz	100	23	1	0.0
Toppings & Ingredients	Buffalo Wild Wings	Teriyaki - 2 fl oz	130	30	4	0.0
Toppings & Ingredients	Buffalo Wild Wings	Thai Curry - 2 fl oz	290	8	1	29.0
Toppings & Ingredients	Buffalo Wild Wings	Wild - 2 fl oz	100	5	1	8.0
Toppings & Ingredients	Buffalo Wild Wings	Buffalo Seasoning - 1 tsp	10	1	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Desert Heat Seasoning - 1 tsp	10	2	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Chipotle BBQ Seasoning - 1 tsp	5	1	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Lemon Pepper Seasoning - 1 tsp	5	1	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Salt & Vinegar Seasoning - 1 tsp	5	1	0	0.0
Appetizers & Sides	Buffalo Wild Wings	Cheddar Cheese Curds, with Southwestern Ranch Dressing	1490	43	63	119.0
Appetizers & Sides	Buffalo Wild Wings	Hatch Queso with Chips	1110	119	28	59.0
Appetizers & Sides	Buffalo Wild Wings	Fried Pickles, with Southwestern Ranch Dressing	850	58	8	65.0
Entrees	Buffalo Wild Wings	House Sampler	2480	208	82	149.0
Toppings & Ingredients	Buffalo Wild Wings	Add Bleu Cheese Dressing	280	2	2	29.0

Toppings & Ingredients	Buffalo Wild Wings	Add Ranch Dressing	320	2	1	34.0
Appetizers & Sides	Buffalo Wild Wings	Mozzarella Sticks, with Marinara	520	53	21	25.0
Sandwiches	Buffalo Wild Wings	Street Tacos	630	43	28	39.0
Appetizers & Sides	Buffalo Wild Wings	Ultimate Nachos	1760	184	48	95.0
Toppings & Ingredients	Buffalo Wild Wings	Chili	220	11	15	12.0
Burgers	Buffalo Wild Wings	All-American Cheeseburger	820	38	48	53.0
Burgers	Buffalo Wild Wings	Cheese Curd Bacon Burger	1210	50	68	83.0
Burgers	Buffalo Wild Wings	Southwestern Black Bean Burger	740	74	31	42.0
Toppings & Ingredients	Buffalo Wild Wings	Hamburger Patty	210	0	17	16.0
Toppings & Ingredients	Buffalo Wild Wings	Black Bean Burger Patty	200	31	18	6.0
Toppings & Ingredients	Buffalo Wild Wings	Grilled Chicken Breast	90	1	21	1.0
Toppings & Ingredients	Buffalo Wild Wings	Hand-Breaded Chicken Breast	310	20	24	15.0
Toppings & Ingredients	Buffalo Wild Wings	American Cheese	70	1	3	6.0
Toppings & Ingredients	Buffalo Wild Wings	Bleu Cheese Crumbles	50	0	3	4.0
Toppings & Ingredients	Buffalo Wild Wings	Cheddar Cheese	90	1	5	7.0
Toppings & Ingredients	Buffalo Wild Wings	Pepper Jack Cheese	80	0	5	6.0
Toppings & Ingredients	Buffalo Wild Wings	Swiss Cheese	80	0	6	7.0
Toppings & Ingredients	Buffalo Wild Wings	Ketchup - 1 Tbsp	20	5	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Yellow Mustard - 1 tsp	0	0	0	0.0
Sandwiches	Buffalo Wild Wings	Buffalo Ranch Chicken Sandwich	730	59	31	41.0
Sandwiches	Buffalo Wild Wings	Nashville Hot Chicken Sandwich	810	67	31	47.0
Sandwiches	Buffalo Wild Wings	Southern Chicken Sandwich	870	62	38	53.0
Appetizers & Sides	Buffalo Wild Wings	Cheddar Cheese Curds, with Southwestern Ranch Dressing	920	22	32	78.0
Fried Potatoes	Buffalo Wild Wings	French Fries, Regular	420	78	4	11.0
Appetizers & Sides	Buffalo Wild Wings	Mac & Cheese	510	54	17	26.0
Entrees	Buffalo Wild Wings	3 count Hand-Breaded Chicken Tenders	490	34	35	24.0
Entrees	Buffalo Wild Wings	5 ct Hand-Breaded Chicken Tenders	820	56	58	40.0
Entrees	Buffalo Wild Wings	3 count Naked Chicken Tenders	160	0	37	1.0
Entrees	Buffalo Wild Wings	5 count Naked Chicken Tenders	260	0	61	2.0
Toppings & Ingredients	Buffalo Wild Wings	Southwestern Ranch Dressing - 2 fl oz	340	2	1	37.0
Desserts	Buffalo Wild Wings	Chocolate Fudge Cake	780	115	11	33.0
Desserts	Buffalo Wild Wings	Loaded Ice Cream	490	71	6	21.0
Entrees	Buffalo Wild Wings	Boneless Wings	240	14	19	12.0
Burgers	Buffalo Wild Wings	Cheeseburger	470	34	27	25.0
Entrees	Buffalo Wild Wings	Hand-Breaded Chicken Tenders	330	23	23	16.0

Entrees	Buffalo Wild Wings	Traditional Wings	290	0	35	16.0
Appetizers & Sides	Buffalo Wild Wings	Mandarin Oranges	40	9	0	0.0
Appetizers & Sides	Buffalo Wild Wings	Hatch Queso with Chips	1100	117	28	59.0
Salads	Buffalo Wild Wings	Entree House Salad	100	10	6	5.0
Toppings & Ingredients	Buffalo Wild Wings	Add Crispy Chicken	240	14	19	12.0
Toppings & Ingredients	Buffalo Wild Wings	Add Grilled Chicken	90	1	21	1.0
Sandwiches	Buffalo Wild Wings	Breakfast Club Sandwich	1170	88	45	73.0
Entrees	Buffalo Wild Wings	Chicken & Waffles	1270	159	33	55.0
Beverages	Buffalo Wild Wings	Strawberry Lemonade	170	46	0	0.0
Beverages	Buffalo Wild Wings	Red Bull Sugar Free	10	3	0	0.0
Beverages	Buffalo Wild Wings	Diet Pepsi	0	0	0	0.0
Beverages	Buffalo Wild Wings	Dr Pepper	100	26	0	0.0
Beverages	Buffalo Wild Wings	Mug Root Beer	100	26	0	0.0
Beverages	Buffalo Wild Wings	Sierra Mist	100	26	0	0.0
Beverages	Buffalo Wild Wings	Mountain Dew	110	30	0	0.0
Beverages	Buffalo Wild Wings	Pepsi	100	28	0	0.0
Beverages	Buffalo Wild Wings	Coffee	0	0	0	0.0
Beverages	Buffalo Wild Wings	Sweet Tea	110	29	0	0.0
Beverages	Buffalo Wild Wings	Aquafina Bottled Water	0	0	0	0.0
Beverages	Buffalo Wild Wings	Old Fashioned	220	18	0	0.0
Beverages	Buffalo Wild Wings	House Margarita	230	27	0	0.0
Beverages	Buffalo Wild Wings	Platinum Margarita	220	24	0	0.0
Beverages	Buffalo Wild Wings	Spicy Passionfruit Margarita	270	37	0	0.0
Beverages	Buffalo Wild Wings	Red Sangria	270	43	0	0.0
Beverages	Buffalo Wild Wings	B-Dubs Bloody Mary	140	8	2	1.5
Beverages	Buffalo Wild Wings	Top Shelf Long Island Iced Tea	290	35	0	0.0
Beverages	Buffalo Wild Wings	Blue Hawaiian	260	35	0	2.5
Beverages	Buffalo Wild Wings	Passionfruit Mojito	220	57	0	0.0
Beverages	Buffalo Wild Wings	Prosecco	160	2	0	0.0
Beverages	Buffalo Wild Wings	Ecco Domani, Pinot Grigio - 6 fl oz	150	4	0	0.0
Beverages	Buffalo Wild Wings	Ecco Domani, Pinot Grigio - 9 fl oz	220	5	0	0.0
Beverages	Buffalo Wild Wings	Chateau St. Michelle, Chardonnay - 6fl oz	150	4	0	0.0
Beverages	Buffalo Wild Wings	Chateau St. Michelle, Chardonnay - 9 fl oz	220	6	0	0.0
Beverages	Buffalo Wild Wings	Darkhorse, Rose - 6 fl oz	150	7	1	0.0
Beverages	Buffalo Wild Wings	Darkhorse, Rose - 9 fl oz	230	10	1	0.0



Beverages	Buffalo Wild Wings	Mark West, Pinot Noir - 6fl oz	140	4	0	0.0
Beverages	Buffalo Wild Wings	Mark West, Pinot Noir - 9 fl oz	220	6	0	0.0
Appetizers & Sides	Buffalo Wild Wings	Chips & Salsa	1770	256	29	71.0
Salads	Buffalo Wild Wings	Caesar Salad with Caesar Dressing	1540	83	29	121.0
Fried Potatoes	Buffalo Wild Wings	Potato Wedges	2240	270	36	113.0
Entrees	Buffalo Wild Wings	Party Sampler	4250	332	67	297.0
Appetizers & Sides	Buffalo Wild Wings	Baked Mac & Cheese	3390	326	122	179.0
Sandwiches	Buffalo Wild Wings	Buffalo Ranch Chicken Wrap	860	71	35	49.0
Appetizers & Sides	Buffalo Wild Wings	Chips & Salsa	860	122	14	35.0
Appetizers & Sides	Buffalo Wild Wings	6 Count Boneless Wings, add Signature Sauce or Dry Seasoning	360	20	29	19.0
Toppings & Ingredients	Buffalo Wild Wings	Blazin' Carolina Reaper, Signature Sauces, 6 Boneless Wings	60	5	1	4.5
Toppings & Ingredients	Buffalo Wild Wings	Lemon Pepper, Signature Sauces, 6 Boneless Wings	270	3	0	28.0
Toppings & Ingredients	Buffalo Wild Wings	Orange Chicken, Signature Sauces, 6 Boneless Wings	90	22	1	0.0
Appetizers & Sides	Buffalo Wild Wings	10 Count Boneless Wings, Add Signature Sauce or Dry Seasoning	610	34	48	31.0
Toppings & Ingredients	Buffalo Wild Wings	Blazin' Carolina Reaper, Signature Sauces, 10 Boneless Wings	80	6	1	6.0
Toppings & Ingredients	Buffalo Wild Wings	Lemon Pepper, Signature Sauces, 10 Boneless Wings	360	3	0	38.0
Toppings & Ingredients	Buffalo Wild Wings	Nashville Hot w/ Pickles, Signature Sauces, 10 Boneless Wings	80	5	1	6.0
Toppings & Ingredients	Buffalo Wild Wings	Orange Chicken, Signature Sauces, 10 Boneless Wings	120	30	1	0.0
Entrees	Buffalo Wild Wings	15 Count Boneless Wings, Add Signature Sauce or Dry Seasoning	910	51	72	46.0
Toppings & Ingredients	Buffalo Wild Wings	Blazin' Carolina Reaper, Signature Sauces, 15 Boneless Wings	120	9	1	9.0
Toppings & Ingredients	Buffalo Wild Wings	Lemon Pepper, Signature Sauces, 15 Boneless Wings	530	5	0	57.0
Toppings & Ingredients	Buffalo Wild Wings	Nashville Hot w/ Pickles, Signature Sauces, 15 Boneless Wings	120	8	1	10.0
Toppings & Ingredients	Buffalo Wild Wings	Orange Chicken, Signature Sauces, 15 Boneless Wings	190	45	2	0.5
Entrees	Buffalo Wild Wings	20 Count Boneless Wings, Add Signature Sauce or Dry Seasoning	1210	68	96	62.0
Toppings & Ingredients	Buffalo Wild Wings	Blazin' Carolina Reaper, Signature Sauces, 20 Boneless Wings	160	12	1	11.0
Toppings & Ingredients	Buffalo Wild Wings	Lemon Pepper, Signature Sauces, 20 Boneless Wings	710	7	1	76.0
Toppings & Ingredients	Buffalo Wild Wings	Nashville Hot w/ Pickles, Signature Sauces, 20 Boneless Wings	160	11	1	13.0
Toppings & Ingredients	Buffalo Wild Wings	Orange Chicken, Signature Sauces, 20 Boneless Wings	250	59	2	0.5
Toppings & Ingredients	Buffalo Wild Wings	Buffalo Seasoning, Dry Seasonings, 20 Boneless Wings	15	2	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Chipotle BBQ Seasoning, Dry Seasonings, 20 Boneless Wings	15	3	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Desert Heat Seasoning, Dry Seasonings, 20 Boneless Wings	15	3	0	0.5
Toppings & Ingredients	Buffalo Wild Wings	Lemon Pepper Seasoning, Dry Seasonings, 20 Boneless Wings	5	2	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Salt & Vinegar Seasoning, Dry Seasonings, 20 Boneless Wings	10	2	0	0.0
Entrees	Buffalo Wild Wings	30 Count Boneless Wings, Add Signature Sauce or Dry Seasoning	1820	102	144	93.0
Toppings & Ingredients	Buffalo Wild Wings	Asian Zing, Signature Sauces, 30 Boneless Wings	520	124	2	1.5

Toppings & Ingredients	Buffalo Wild Wings	Blazin' Carolina Reaper, Signature Sauces, 30 Boneless Wings	230	18	2	17.0
Toppings & Ingredients	Buffalo Wild Wings	Caribbean Jerk, Signature Sauces, 30 Boneless Wings	450	77	2	15.0
Toppings & Ingredients	Buffalo Wild Wings	Honey BBQ, Signature Sauces, 30 Boneless Wings	410	101	1	0.0
Toppings & Ingredients	Buffalo Wild Wings	Hot, Signature Sauces, 30 Boneless Wings	270	11	2	24.0
Toppings & Ingredients	Buffalo Wild Wings	Jammin' Jalapeño, Signature Sauces, 30 Boneless Wings	540	120	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Lemon Pepper, Signature Sauces, 30 Boneless Wings	1070	10	1	114.0
Toppings & Ingredients	Buffalo Wild Wings	Mango Habanero, Signature Sauces, 30 Boneless Wings	450	106	1	3.0
Toppings & Ingredients	Buffalo Wild Wings	Medium, Signature Sauces, 30 Boneless Wings	190	8	2	17.0
Toppings & Ingredients	Buffalo Wild Wings	Mild, Signature Sauces, 30 Boneless Wings	290	8	2	28.0
Toppings & Ingredients	Buffalo Wild Wings	Nashville Hot w/ Pickles, Signature Sauces, 30 Boneless Wings	240	16	2	19.0
Toppings & Ingredients	Buffalo Wild Wings	Orange Chicken, Signature Sauces, 30 Boneless Wings	370	89	3	1.0
Toppings & Ingredients	Buffalo Wild Wings	Original Buffalo, Signature Sauces, 30 Boneless Wings	670	7	1	71.0
Toppings & Ingredients	Buffalo Wild Wings	Parmesan Garlic, Signature Sauces, 30 Boneless Wings	770	18	7	75.0
Toppings & Ingredients	Buffalo Wild Wings	Spicy Garlic, Signature Sauces, 30 Boneless Wings	270	11	3	24.0
Toppings & Ingredients	Buffalo Wild Wings	Sweet BBQ, Signature Sauces, 30 Boneless Wings	290	70	2	0.5
Toppings & Ingredients	Buffalo Wild Wings	Teriyaki, Signature Sauces, 30 Boneless Wings	400	90	11	0.0
Toppings & Ingredients	Buffalo Wild Wings	Thai Curry, Signature Sauces, 30 Boneless Wings	880	23	4	86.0
Toppings & Ingredients	Buffalo Wild Wings	Wild, Signature Sauces, 30 Boneless Wings	290	15	2	25.0
Toppings & Ingredients	Buffalo Wild Wings	Buffalo Seasoning, Dry Seasonings, 30 Boneless Wings	20	4	0	0.5
Toppings & Ingredients	Buffalo Wild Wings	Chipotle BBQ Seasoning, Dry Seasonings, 30 Boneless Wings	25	6	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Desert Heat Seasoning, Dry Seasonings, 30 Boneless Wings	30	6	1	1.0
Toppings & Ingredients	Buffalo Wild Wings	Lemon Pepper Seasoning, Dry Seasonings, 30 Boneless Wings	15	3	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Salt & Vinegar Seasoning, Dry Seasonings, 30 Boneless Wings	15	4	0	0.0
Appetizers & Sides	Buffalo Wild Wings	6 Count Traditional Wings, Add Signature Sauce or Dry Seasoning	430	0	53	24.0
Toppings & Ingredients	Buffalo Wild Wings	Blazin' Carolina Reaper, Signature Sauces, 6 Traditional Wings	40	3	0	3.0
Toppings & Ingredients	Buffalo Wild Wings	Lemon Pepper, Signature Sauces, 6 Traditional Wings	180	2	0	19.0
Toppings & Ingredients	Buffalo Wild Wings	Nashville Hot w/ Pickles, Signature Sauces, 6 Traditional Wings	40	3	0	3.0
Toppings & Ingredients	Buffalo Wild Wings	Orange Chicken, Signature Sauces, 6 Traditional Wings	60	15	1	0.0
Appetizers & Sides	Buffalo Wild Wings	10 Count Traditional Wings, Add Signature Sauce or Dry Seasoning	720	0	88	41.0
Toppings & Ingredients	Buffalo Wild Wings	Lemon Pepper, Signature Sauces, 10 Traditional Wings	270	3	0	28.0
Entrees	Buffalo Wild Wings	15 Count Traditional Wings, Add Signature Sauce or Dry Seasoning	1080	0	132	61.0
Toppings & Ingredients	Buffalo Wild Wings	Lemon Pepper, Signature Sauces, 15 Traditional Wings	360	4	0	38.0
Entrees	Buffalo Wild Wings	20 Count Traditional Wings, Add Signature Sauce or Dry Seasoning	1440	0	177	82.0
Toppings & Ingredients	Buffalo Wild Wings	Lemon Pepper, Signature Sauces, 20 Traditional Wings	530	5	0	57.0
Entrees	Buffalo Wild Wings	30 Count Traditional Wings, Add Signature Sauce or Dry Seasoning	2160	0	265	122.0

Toppings & Ingredients	Buffalo Wild Wings	Lemon Pepper, Signature Sauces, 30 Traditional Wings	710	7	1	76.0
Appetizers & Sides	Buffalo Wild Wings	Small Cauliflower Wings, Add Signature Sauce or Dry Seasoning	520	58	8	29.0
Toppings & Ingredients	Buffalo Wild Wings	Blazin' Carolina Reaper, Signature Sauces, Small Cauliflower Wings	80	6	2	6.0
Toppings & Ingredients	Buffalo Wild Wings	Honey BBQ, Signature Sauces, Small Cauliflower Wings	140	34	1	0.0
Toppings & Ingredients	Buffalo Wild Wings	Mango Habanero, Signature Sauces, Small Cauliflower Wings	150	35	1	1.0
Toppings & Ingredients	Buffalo Wild Wings	Orange Chicken, Signature Sauces, Small Cauliflower Wings	120	30	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Original Buffalo, Signature Sauces, Small Cauliflower Wings	220	2	1	24.0
Toppings & Ingredients	Buffalo Wild Wings	Parmesan Cheese, Signature Sauces, Small Cauliflower Wings	260	6	3	25.0
Toppings & Ingredients	Buffalo Wild Wings	Teriyaki, Signature Sauces, Small Cauliflower Wings	130	30	6	0.0
Toppings & Ingredients	Buffalo Wild Wings	Thai Curry, Signature Sauces, Small Cauliflower Wings	290	8	2	29.0
Toppings & Ingredients	Buffalo Wild Wings	Desert Heat Seasoning, Dry Seasonings, Small Cauliflower Wings	10	2	1	0.0
Entrees	Buffalo Wild Wings	Large Cauliflower Wings, Add Signature Sauce or Dry Seasoning	1040	116	16	57.0
Toppings & Ingredients	Buffalo Wild Wings	Parmesan Cheese, Signature Sauces, Large Cauliflower Wings	520	12	5	50.0
Toppings & Ingredients	Buffalo Wild Wings	Spicy Garlic, Signature Sauces, Large Cauliflower Wings	100	22	1	1.0
Toppings & Ingredients	Buffalo Wild Wings	Buffalo Seasoning, Dry Seasonings, Large Cauliflower Wings	10	2	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Desert Heat Seasoning, Dry Seasonings, Large Cauliflower Wings	15	4	0	1.0
Toppings & Ingredients	Buffalo Wild Wings	Lemon Pepper Seasoning, Dry Seasonings, Large Cauliflower Wings	10	2	0	0.0
Appetizers & Sides	Buffalo Wild Wings	Carrots	50	11	1	0.0
Toppings & Ingredients	Buffalo Wild Wings	Blazin' Carolina Reaper - 2 fl oz	80	6	1	6.0
Toppings & Ingredients	Buffalo Wild Wings	Lemon Pepper - 2 fl oz	360	3	0	38.0
Toppings & Ingredients	Buffalo Wild Wings	Orange Chicken - 2 fl oz	120	30	1	0.0
Toppings & Ingredients	Buffalo Wild Wings	Original Buffalo - 2 fl oz	220	2	0	24.0
Toppings & Ingredients	Buffalo Wild Wings	Parmesan Garlic - 2 fl oz	260	6	2	25.0
Appetizers & Sides	Buffalo Wild Wings	Asian Zing Cauliflower Wings	1020	103	9	63.0
Appetizers & Sides	Buffalo Wild Wings	Buffalo Chicken Tots	2110	147	57	144.0
Toppings & Ingredients	Buffalo Wild Wings	Make it Wild	25	1	0	2.0
Appetizers & Sides	Buffalo Wild Wings	Dirty Dubs Tots	1900	159	45	120.0
Appetizers & Sides	Buffalo Wild Wings	Everything Pretzel Knots, with New Belgium Fat Tire Beer Cheese and Honey Mustard	870	103	19	41.0
Toppings & Ingredients	Buffalo Wild Wings	Add Chili	440	21	30	24.0
Toppings & Ingredients	Buffalo Wild Wings	Add Brisket	260	2	24	17.0
Toppings & Ingredients	Buffalo Wild Wings	Add Chicken	120	1	21	4.0
Toppings & Ingredients	Buffalo Wild Wings	Add Guacamole	150	10	2	13.0
Burgers	Buffalo Wild Wings	Bacon Smashed Hatch Chile Burger	990	43	60	64.0
Burgers	Buffalo Wild Wings	BBQ Bacon Burger - at select locations	1090	58	57	70.0
Burgers	Buffalo Wild Wings	Smoked Brisket Burger	1020	44	61	66.0

Toppings & Ingredients	Buffalo Wild Wings	Sauteed White Onions	10	3	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Bacon	100	0	8	8.0
Toppings & Ingredients	Buffalo Wild Wings	Mayo - 1 Tbsp	120	1	0	13.0
Sandwiches	Buffalo Wild Wings	Brisket Tacos	610	53	33	30.0
Appetizers & Sides	Buffalo Wild Wings	Carrots & Celery, with Ranch Dressing	380	16	3	34.0
Fried Potatoes	Buffalo Wild Wings	French Fries, Large	840	155	7	22.0
Fried Potatoes	Buffalo Wild Wings	Tots, Regular	620	60	5	40.0
Fried Potatoes	Buffalo Wild Wings	Tots, Large	1240	120	10	80.0
Toppings & Ingredients	Buffalo Wild Wings	Cheddar Jack Cheese, Regular	110	1	7	9.0
Toppings & Ingredients	Buffalo Wild Wings	Cheddar Jack Cheese, Large	220	2	13	17.0
Toppings & Ingredients	Buffalo Wild Wings	Hatch Queso, Regular	110	4	6	8.0
Toppings & Ingredients	Buffalo Wild Wings	Hatch Queso, Large	220	8	12	16.0
Toppings & Ingredients	Buffalo Wild Wings	Chili, Regular	110	5	8	6.0
Toppings & Ingredients	Buffalo Wild Wings	Chili, Large	200	11	15	12.0
Toppings & Ingredients	Buffalo Wild Wings	Bacon, Regular	60	0	5	4.0
Toppings & Ingredients	Buffalo Wild Wings	Bacon, Large	120	1	9	8.0
Toppings & Ingredients	Buffalo Wild Wings	Buffalo Seasoning, Regular	5	1	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Buffalo Seasoning, Large	5	1	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Chipotle BBQ Seasoning, Regular	5	1	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Chipotle BBQ Seasoning, Large	5	1	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Desert Heat Seasoning, Regular	5	1	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Desert Heat Seasoning, Large	5	1	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Lemon Pepper Seasoning, Regular	0	0	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Lemon Pepper Seasoning, Large	5	1	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Salt & Vinegar Seasoning, Regular	0	0	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Salt & Vinegar Seasoning, Large	5	1	0	0.0
Salads	Buffalo Wild Wings	Chicken Caesar Salad with Caesar Dressing	780	30	33	59.0
Salads	Buffalo Wild Wings	Chopped Cobb Salad with Ranch Dressing	830	15	38	69.0
Toppings & Ingredients	Buffalo Wild Wings	Caesar Dressing - 2 fl oz	260	4	2	26.0
Desserts	Buffalo Wild Wings	Cheesecake with Caramel Sauce	690	56	12	46.0
Entrees	Buffalo Wild Wings	Breakfast Quesadilla, with Bacon	1430	108	62	83.0
Entrees	Buffalo Wild Wings	Breakfast Quesadilla, with Sausage	1460	113	52	91.0
Sandwiches	Buffalo Wild Wings	Biscuit Sandwich, with Bacon and American Cheese	950	90	30	53.0
Sandwiches	Buffalo Wild Wings	Biscuit Sandwich, with Bacon and Cheddar Cheese	970	90	32	55.0
Sandwiches	Buffalo Wild Wings	Biscuit Sandwich, with Sausage and American Cheese	1090	95	28	69.0

Sandwiches	Buffalo Wild Wings	Biscuit Sandwich, with Sausage and Cheddar Cheese	1110	95	30	70.0
Entrees	Buffalo Wild Wings	Breakfast Platter, with Bacon	1050	91	40	60.0
Entrees	Buffalo Wild Wings	Breakfast Platter, with Sausage	1330	102	36	90.0
Sandwiches	Buffalo Wild Wings	Breakfast Wrap, with Bacon	1330	114	45	77.0
Sandwiches	Buffalo Wild Wings	Breakfast Wrap, with Hand-Breaded Chicken	1430	124	52	80.0
Sandwiches	Buffalo Wild Wings	Breakfast Wrap, with Sausage	1510	119	46	96.0
Entrees	Buffalo Wild Wings	Omelet, with Bacon	810	53	35	50.0
Entrees	Buffalo Wild Wings	Omelet, with Chicken	880	54	59	48.0
Entrees	Buffalo Wild Wings	Omelet, with Sausage	990	58	36	69.0
Toppings & Ingredients	Buffalo Wild Wings	Add Salsa - 2 fl oz	25	6	1	0.0
Entrees	Buffalo Wild Wings	50 Count Boneless Wings	3030	170	240	155.0
Entrees	Buffalo Wild Wings	100 Count Boneless Wings	6070	340	479	310.0
Entrees	Buffalo Wild Wings	150 Count Boneless Wings	9100	509	719	465.0
Entrees	Buffalo Wild Wings	50 Count Traditional Wings	3600	0	442	204.0
Entrees	Buffalo Wild Wings	100 Count Traditional Wings	7200	0	883	408.0
Entrees	Buffalo Wild Wings	150 Count Traditional Wings	10800	0	1325	612.0
Entrees	Buffalo Wild Wings	Caullflower Wings	4180	465	64	229.0
Appetizers & Sides	Buffalo Wild Wings	Carrots and Celery Sticks	130	28	4	0.0
Toppings & Ingredients	Buffalo Wild Wings	Bleu Cheese Dressing - 8 fl oz	1130	9	8	117.0
Toppings & Ingredients	Buffalo Wild Wings	Ranch Dressing - 8 fl oz	1270	9	2	136.0
Appetizers & Sides	Buffalo Wild Wings	Pickles - 6 ea	5	1	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Asian Zing - 8 fl oz	690	166	3	1.5
Toppings & Ingredients	Buffalo Wild Wings	Blazin' Carolina Reaper - 8 fl oz	310	24	3	23.0
Toppings & Ingredients	Buffalo Wild Wings	Caribbean Jerk - 8 fl oz	600	103	3	21.0
Toppings & Ingredients	Buffalo Wild Wings	Honey BBQ - 8 fl oz	540	134	2	0.5
Toppings & Ingredients	Buffalo Wild Wings	Hot - 8 fl oz	370	15	3	32.0
Toppings & Ingredients	Buffalo Wild Wings	Jammin' Jalapeño - 8 fl oz	720	160	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Lemon Pepper - 8 fl oz	1420	13	1	152.0
Toppings & Ingredients	Buffalo Wild Wings	Mango Habanero - 8 fl oz	600	141	2	4.5
Toppings & Ingredients	Buffalo Wild Wings	Medium - 8 fl oz	260	10	3	22.0
Toppings & Ingredients	Buffalo Wild Wings	Mild - 8 fl oz	390	11	2	37.0
Toppings & Ingredients	Buffalo Wild Wings	Nashville Hot - 8 fl oz	320	21	2	25.0
Toppings & Ingredients	Buffalo Wild Wings	Orange Chicken - 8 fl oz	500	119	4	1.5
Toppings & Ingredients	Buffalo Wild Wings	Original Buffalo - 8 fl oz	890	9	2	95.0
Toppings & Ingredients	Buffalo Wild Wings	Parmesan Garlic - 8 fl oz	1030	24	9	101.0

Toppings & Ingredients	Buffalo Wild Wings	Spicy Garlic - 8 fl oz	370	15	3	32.0
Toppings & Ingredients	Buffalo Wild Wings	Sweet BBQ - 8 fl oz	390	93	3	0.5
Toppings & Ingredients	Buffalo Wild Wings	Teriyaki - 8 fl oz	540	120	15	0.0
Toppings & Ingredients	Buffalo Wild Wings	Thai Curry - 8 fl oz	1170	30	5	115.0
Toppings & Ingredients	Buffalo Wild Wings	Wild - 8 fl oz	390	20	3	33.0
Entrees	Buffalo Wild Wings	Hand-Breaded Chicken Tenders (25 ea)	4100	282	292	200.0
Entrees	Buffalo Wild Wings	Naked Chicken Tenders (25 ea)	1310	0	307	9.0
Entrees	Buffalo Wild Wings	Tenders Combo (25 ea)	2760	147	299	109.0
Toppings & Ingredients	Buffalo Wild Wings	Add Bacon Bits	460	4	37	33.0
Toppings & Ingredients	Buffalo Wild Wings	Add Cheddar Jack Cheese	650	5	40	52.0
Toppings & Ingredients	Buffalo Wild Wings	Add Hatch Queso	440	16	23	32.0
Desserts	Buffalo Wild Wings	Whole Cheesecake with Caramel Sauce	11110	923	193	738.0
Desserts	Buffalo Wild Wings	Whole Chocolate Fudge Cake	7420	1064	98	336.0
Beverages	Buffalo Wild Wings	Tropicana Lemonade	100	27	0	0.0
Beverages	Buffalo Wild Wings	Fresh-Brewed Lipton Unsweetened Iced Tea	0	1	0	0.0
Beverages	Buffalo Wild Wings	Lipton Brisk Iced Tea	70	18	0	0.0
Beverages	Buffalo Wild Wings	Tropicana Pink Lemonade	110	27	0	0.0
Beverages	Buffalo Wild Wings	Q Ginger Beer	80	19	0	0.0
Beverages	Buffalo Wild Wings	Q Tonic	40	10	0	0.0
Beverages	Buffalo Wild Wings	Q Club Soda	0	0	0	0.0
Beverages	Buffalo Wild Wings	B-Dubs Make it Wild Bloody Mary	140	8	2	1.0
Beverages	Buffalo Wild Wings	Deep Eddy Crush	200	32	0	0.0
Beverages	Buffalo Wild Wings	Pineapple Mojito	210	30	0	0.0
Beverages	Buffalo Wild Wings	Red Bull Sunrise	400	74	1	0.0
Beverages	Buffalo Wild Wings	Tito's Mule	180	12	0	0.0
Beverages	Buffalo Wild Wings	Josh Cellars, Cabernet Sauvignon - 6 fl oz	150	5	0	0.0
Beverages	Buffalo Wild Wings	Josh Cellars, Cabernet Sauvignon - 9 fl oz	220	7	0	0.0
Beverages	Buffalo Wild Wings	Pasmosa, Sangria	220	7	0	0.0
Appetizers & Sides	Buffalo Wild Wings	6 Count Traditional Wings (Flats Only), Add Signature Sauce or Dry Seasoning	410	0	46	25.0
Appetizers & Sides	Buffalo Wild Wings	6 Count Traditional Wings (Drums Only), Add Signature Sauce or Dry Seasoning	450	0	60	23.0
Toppings & Ingredients	Buffalo Wild Wings	Buffalo Seasoning, Dry Seasonings, 6 Traditional Wings	5	1	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Chipotle BBQ Seasoning, Dry Seasonings, 6 Traditional Wings	5	1	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Desert Heat Seasoning, Dry Seasonings, 6 Traditional Wings	5	1	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Lemon Pepper Seasoning, Dry Seasonings, 6 Traditional Wings	5	1	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Salt & Vinegar Seasoning, Dry Seasonings, 6 Traditional Wings	5	1	0	0.0

Appetizers & Sides	Buffalo Wild Wings	10 Count Traditional Wings (Flats Only), Add Signature Sauce or Dry Seasoning	680	0	77	42.0
Appetizers & Sides	Buffalo Wild Wings	10 Count Traditional Wings (Drums Only), Add Signature Sauce or Dry Seasoning	750	0	100	39.0
Toppings & Ingredients	Buffalo Wild Wings	Asian Zing, Signature Sauces, 10 Traditional Wings	130	31	1	0.0
Toppings & Ingredients	Buffalo Wild Wings	Blazin' Carolina Reaper, Signature Sauces, 10 Traditional Wings	60	5	1	4.5
Toppings & Ingredients	Buffalo Wild Wings	Caribbean Jerk, Signature Sauces, 10 Traditional Wings	110	19	0	4.0
Toppings & Ingredients	Buffalo Wild Wings	Honey BBQ, Signature Sauces, 10 Traditional Wings	100	25	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Hot, Signature Sauces, 10 Traditional Wings	70	3	1	6.0
Toppings & Ingredients	Buffalo Wild Wings	Jammin' Jalapeño, Signature Sauces, 10 Traditional Wings	130	30	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Mango Habanero, Signature Sauces, 10 Traditional Wings	110	26	0	1.0
Toppings & Ingredients	Buffalo Wild Wings	Medium, Signature Sauces, 10 Traditional Wings	50	2	0	4.0
Toppings & Ingredients	Buffalo Wild Wings	Mild, Signature Sauces, 10 Traditional Wings	70	2	0	7.0
Toppings & Ingredients	Buffalo Wild Wings	Nashville Hot w/ Pickles, Signature Sauces, 10 Traditional Wings	60	4	1	5.0
Toppings & Ingredients	Buffalo Wild Wings	Orange Chicken, Signature Sauces, 10 Traditional Wings	90	22	1	0.0
Toppings & Ingredients	Buffalo Wild Wings	Original Buffalo, Signature Sauces, 10 Traditional Wings	170	2	0	18.0
Toppings & Ingredients	Buffalo Wild Wings	Parmesan Garlic, Signature Sauces, 10 Traditional Wings	190	5	2	19.0
Toppings & Ingredients	Buffalo Wild Wings	Spicy Garlic, Signature Sauces, 10 Traditional Wings	70	3	1	6.0
Toppings & Ingredients	Buffalo Wild Wings	Sweet BBQ, Signature Sauces, 10 Traditional Wings	70	17	1	0.0
Toppings & Ingredients	Buffalo Wild Wings	Teriyaki, Signature Sauces, 10 Traditional Wings	100	22	3	0.0
Toppings & Ingredients	Buffalo Wild Wings	Thai Curry, Signature Sauces, 10 Traditional Wings	220	6	1	22.0
Toppings & Ingredients	Buffalo Wild Wings	Wild, Signature Sauces, 10 Traditional Wings	70	4	0	6.0
Toppings & Ingredients	Buffalo Wild Wings	Buffalo Seasoning, Dry Seasonings, 10 Traditional Wings	5	1	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Chipotle BBQ Seasoning, Dry Seasonings, 10 Traditional Wings	10	2	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Desert Heat Seasoning, Dry Seasonings, 10 Traditional Wings	10	2	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Lemon Pepper Seasoning, Dry Seasonings, 10 Traditional Wings	5	1	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Salt & Vinegar Seasoning, Dry Seasonings, 10 Traditional Wings	5	1	0	0.0
Entrees	Buffalo Wild Wings	15 Count Traditional Wings (Flats Only), Add Signature Sauce or Dry Seasoning	1020	0	115	63.0
Entrees	Buffalo Wild Wings	15 Count Traditional Wings (Drums Only), Add Signature Sauce or Dry Seasoning	1120	0	150	58.0
Toppings & Ingredients	Buffalo Wild Wings	Asian Zing, Signature Sauces, 15 Traditional Wings	170	41	1	0.0
Toppings & Ingredients	Buffalo Wild Wings	Blazin' Carolina Reaper, Signature Sauces, 15 Traditional Wings	80	6	1	6.0
Toppings & Ingredients	Buffalo Wild Wings	Caribbean Jerk, Signature Sauces, 15 Traditional Wings	150	26	1	5.0
Toppings & Ingredients	Buffalo Wild Wings	Honey BBQ, Signature Sauces, 15 Traditional Wings	140	34	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Hot, Signature Sauces, 15 Traditional Wings	90	4	1	8.0
Toppings & Ingredients	Buffalo Wild Wings	Jammin' Jalapeño, Signature Sauces, 15 Traditional Wings	180	40	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Mango Habanero, Signature Sauces, 15 Traditional Wings	150	35	0	1.0
Toppings & Ingredients	Buffalo Wild Wings	Medium, Signature Sauces, 15 Traditional Wings	60	3	1	6.0

Toppings & Ingredients	Buffalo Wild Wings	Mild, Signature Sauces, 15 Traditional Wings	100	3	1	9.0
Toppings & Ingredients	Buffalo Wild Wings	Nashville Hot w/ Pickles, Signature Sauces, 15 Traditional Wings	80	5	1	6.0
Toppings & Ingredients	Buffalo Wild Wings	Orange Chicken, Signature Sauces, 15 Traditional Wings	120	30	1	0.0
Toppings & Ingredients	Buffalo Wild Wings	Original Buffalo, Signature Sauces, 15 Traditional Wings	220	2	0	24.0
Toppings & Ingredients	Buffalo Wild Wings	Parmesan Garlic, Signature Sauces, 15 Traditional Wings	260	6	2	25.0
Toppings & Ingredients	Buffalo Wild Wings	Spicy Garlic, Signature Sauces, 15 Traditional Wings	90	4	1	8.0
Toppings & Ingredients	Buffalo Wild Wings	Sweet BBQ, Signature Sauces, 15 Traditional Wings	100	23	1	0.0
Toppings & Ingredients	Buffalo Wild Wings	Teriyaki, Signature Sauces, 15 Traditional Wings	130	30	4	0.0
Toppings & Ingredients	Buffalo Wild Wings	Thai Curry, Signature Sauces, 15 Traditional Wings	290	8	1	29.0
Toppings & Ingredients	Buffalo Wild Wings	Wild, Signature Sauces, 15 Traditional Wings	100	5	1	8.0
Toppings & Ingredients	Buffalo Wild Wings	Buffalo Seasoning, Dry Seasonings, 15 Traditional Wings	10	2	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Chipotle BBQ Seasoning, Dry Seasonings, 15 Traditional Wings	10	3	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Desert Heat Seasoning, Dry Seasonings, 15 Traditional Wings	15	3	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Lemon Pepper Seasoning, Dry Seasonings, 15 Traditional Wings	5	2	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Salt & Vinegar Seasoning, Dry Seasonings, 15 Traditional Wings	10	2	0	0.0
Entrees	Buffalo Wild Wings	20 Count Traditional Wings (Flats Only), Add Signature Sauce or Dry Seasoning	1370	0	154	84.0
Entrees	Buffalo Wild Wings	20 Count Traditional Wings (Drums Only), Add Signature Sauce or Dry Seasoning	1490	0	200	77.0
Toppings & Ingredients	Buffalo Wild Wings	Asian Zing, Signature Sauces, 20 Traditional Wings	260	62	1	0.5
Toppings & Ingredients	Buffalo Wild Wings	Blazin' Carolina Reaper, Signature Sauces, 20 Traditional Wings	120	9	1	9.0
Toppings & Ingredients	Buffalo Wild Wings	Caribbean Jerk, Signature Sauces, 20 Traditional Wings	230	39	1	8.0
Toppings & Ingredients	Buffalo Wild Wings	Honey BBQ, Signature Sauces, 20 Traditional Wings	200	50	1	0.0
Toppings & Ingredients	Buffalo Wild Wings	Hot, Signature Sauces, 20 Traditional Wings	140	6	1	12.0
Toppings & Ingredients	Buffalo Wild Wings	Jammin' Jalapeño, Signature Sauces, 20 Traditional Wings	270	60	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Mango Habanero, Signature Sauces, 20 Traditional Wings	220	53	1	1.5
Toppings & Ingredients	Buffalo Wild Wings	Medium, Signature Sauces, 20 Traditional Wings	100	4	1	8.0
Toppings & Ingredients	Buffalo Wild Wings	Mild, Signature Sauces, 20 Traditional Wings	150	4	1	14.0
Toppings & Ingredients	Buffalo Wild Wings	Nashville Hot w/ Pickles, Signature Sauces, 20 Traditional Wings	120	8	1	10.0
Toppings & Ingredients	Buffalo Wild Wings	Orange Chicken, Signature Sauces, 20 Traditional Wings	190	45	2	0.5
Toppings & Ingredients	Buffalo Wild Wings	Original Buffalo, Signature Sauces, 20 Traditional Wings	330	3	1	36.0
Toppings & Ingredients	Buffalo Wild Wings	Parmesan Garlic, Signature Sauces, 20 Traditional Wings	390	9	3	38.0
Toppings & Ingredients	Buffalo Wild Wings	Spicy Garlic, Signature Sauces, 20 Traditional Wings	140	6	1	12.0
Toppings & Ingredients	Buffalo Wild Wings	Sweet BBQ, Signature Sauces, 20 Traditional Wings	150	35	1	0.0
Toppings & Ingredients	Buffalo Wild Wings	Teriyaki, Signature Sauces, 20 Traditional Wings	200	45	6	0.0
Toppings & Ingredients	Buffalo Wild Wings	Thai Curry, Signature Sauces, 20 Traditional Wings	440	11	2	43.0
Toppings & Ingredients	Buffalo Wild Wings	Wild, Signature Sauces, 20 Traditional Wings	150	8	1	12.0



Toppings & Ingredients	Buffalo Wild Wings	Buffalo Seasoning, Dry Seasonings, 20 Traditional Wings	15	2	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Chipotle BBQ Seasoning, Dry Seasonings, 20 Traditional Wings	15	3	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Desert Heat Seasoning, Dry Seasonings, 20 Traditional Wings	15	3	0	0.5
Toppings & Ingredients	Buffalo Wild Wings	Lemon Pepper Seasoning, Dry Seasonings, 20 Traditional Wings	5	2	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Salt & Vinegar Seasoning, Dry Seasonings, 20 Traditional Wings	10	2	0	0.0
Entrees	Buffalo Wild Wings	30 Count Traditional Wings (Flats Only), Add Signature Sauce or Dry Seasoning	2050	0	230	125.0
Entrees	Buffalo Wild Wings	30 Count Traditional Wings (Drums Only), Add Signature Sauce or Dry Seasoning	2240	0	299	116.0
Toppings & Ingredients	Buffalo Wild Wings	Asian Zing, Signature Sauces, 30 Traditional Wings	260	62	1	0.5
Toppings & Ingredients	Buffalo Wild Wings	Blazin' Carolina Reaper, Signature Sauces, 30 Traditional Wings	160	12	1	11.0
Toppings & Ingredients	Buffalo Wild Wings	Caribbean Jerk, Signature Sauces, 30 Traditional Wings	230	39	1	8.0
Toppings & Ingredients	Buffalo Wild Wings	Honey BBQ, Signature Sauces, 30 Traditional Wings	200	50	1	0.0
Toppings & Ingredients	Buffalo Wild Wings	Hot, Signature Sauces, 30 Traditional Wings	140	6	1	12.0
Toppings & Ingredients	Buffalo Wild Wings	Jammin' Jalapeño, Signature Sauces, 30 Traditional Wings	270	60	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Mango Habanero, Signature Sauces, 30 Traditional Wings	220	53	1	1.5
Toppings & Ingredients	Buffalo Wild Wings	Medium, Signature Sauces, 30 Traditional Wings	100	4	1	8.0
Toppings & Ingredients	Buffalo Wild Wings	Mild, Signature Sauces, 30 Traditional Wings	150	4	1	14.0
Toppings & Ingredients	Buffalo Wild Wings	Nashville Hot w/ Pickles, Signature Sauces, 30 Traditional Wings	160	11	1	13.0
Toppings & Ingredients	Buffalo Wild Wings	Orange Chicken, Signature Sauces, 30 Traditional Wings	250	59	2	0.5
Toppings & Ingredients	Buffalo Wild Wings	Original Buffalo, Signature Sauces, 30 Traditional Wings	330	3	1	36.0
Toppings & Ingredients	Buffalo Wild Wings	Parmesan Garlic, Signature Sauces, 30 Traditional Wings	390	9	3	38.0
Toppings & Ingredients	Buffalo Wild Wings	Spicy Garlic, Signature Sauces, 30 Traditional Wings	140	6	1	12.0
Toppings & Ingredients	Buffalo Wild Wings	Sweet BBQ, Signature Sauces, 30 Traditional Wings	150	35	1	0.0
Toppings & Ingredients	Buffalo Wild Wings	Teriyaki, Signature Sauces, 30 Traditional Wings	200	45	6	0.0
Toppings & Ingredients	Buffalo Wild Wings	Thai Curry, Signature Sauces, 30 Traditional Wings	440	11	2	43.0
Toppings & Ingredients	Buffalo Wild Wings	Wild, Signature Sauces, 30 Traditional Wings	150	8	1	12.0
Toppings & Ingredients	Buffalo Wild Wings	Buffalo Seasoning, Dry Seasonings, 30 Traditional Wings	20	4	0	0.5
Toppings & Ingredients	Buffalo Wild Wings	Chipotle BBQ Seasoning, Dry Seasonings, 30 Traditional Wings	25	6	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Desert Heat Seasoning, Dry Seasonings, 30 Traditional Wings	30	6	1	1.0
Toppings & Ingredients	Buffalo Wild Wings	Lemon Pepper Seasoning, Dry Seasonings, 30 Traditional Wings	15	3	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Salt & Vinegar Seasoning, Dry Seasonings, 30 Traditional Wings	15	4	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Asian Zing, Signature Sauces, Small Cauliflower Wings	170	41	1	0.0
Toppings & Ingredients	Buffalo Wild Wings	Caribbean Jerk, Signature Sauces, Small Cauliflower Wings	150	26	1	5.0
Toppings & Ingredients	Buffalo Wild Wings	Hot, Signature Sauces, Small Cauliflower Wings	90	4	1	8.0
Toppings & Ingredients	Buffalo Wild Wings	Jammin' Jalapeño, Signature Sauces, Small Cauliflower Wings	180	40	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Lemon Pepper, Signature Sauces, Small Cauliflower Wings	360	3	0	38.0

Toppings & Ingredients	Buffalo Wild Wings	Medium, Signature Sauces, Small Cauliflower Wings	60	3	1	6.0
Toppings & Ingredients	Buffalo Wild Wings	Mild, Signature Sauces, Small Cauliflower Wings	100	3	1	9.0
Toppings & Ingredients	Buffalo Wild Wings	Nashville Hot w/ Pickles, Signature Sauces, Small Cauliflower Wings	80	5	1	6.0
Toppings & Ingredients	Buffalo Wild Wings	Spicy Garlic, Signature Sauces, Small Cauliflower Wings	90	4	1	8.0
Toppings & Ingredients	Buffalo Wild Wings	Sweet BBQ, Signature Sauces, Small Cauliflower Wings	100	23	1	0.0
Toppings & Ingredients	Buffalo Wild Wings	Wild, Signature Sauces, Small Cauliflower Wings	100	5	1	8.0
Toppings & Ingredients	Buffalo Wild Wings	Buffalo Seasoning, Dry Seasonings, Small Cauliflower Wings	5	1	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Chipotle BBQ Seasoning, Dry Seasonings, Small Cauliflower Wings	10	2	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Lemon Pepper Seasoning, Dry Seasonings, Small Cauliflower Wings	5	1	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Salt & Vinegar Seasoning, Dry Seasonings, Small Cauliflower Wings	5	1	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Asian Zing, Signature Sauces, Large Cauliflower Wings	340	83	2	1.0
Toppings & Ingredients	Buffalo Wild Wings	Blazin' Carolina Reaper, Signature Sauces, Large Cauliflower Wings	160	12	1	11.0
Toppings & Ingredients	Buffalo Wild Wings	Caribbean Jerk, Signature Sauces, Large Cauliflower Wings	300	52	1	10.0
Toppings & Ingredients	Buffalo Wild Wings	Honey BBQ, Signature Sauces, Large Cauliflower Wings	270	67	1	0.0
Toppings & Ingredients	Buffalo Wild Wings	Hot, Signature Sauces, Large Cauliflower Wings	180	7	2	16.0
Toppings & Ingredients	Buffalo Wild Wings	Jammin' Jalapeño, Signature Sauces, Large Cauliflower Wings	360	80	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Lemon Pepper, Signature Sauces, Large Cauliflower Wings	710	7	1	76.0
Toppings & Ingredients	Buffalo Wild Wings	Mango Habanero, Signature Sauces, Large Cauliflower Wings	300	70	1	2.0
Toppings & Ingredients	Buffalo Wild Wings	Medium, Signature Sauces, Large Cauliflower Wings	130	5	1	11.0
Toppings & Ingredients	Buffalo Wild Wings	Mild, Signature Sauces, Large Cauliflower Wings	200	5	1	19.0
Toppings & Ingredients	Buffalo Wild Wings	Nashville Hot w/ Pickles, Signature Sauces, Large Cauliflower Wings	160	11	1	13.0
Toppings & Ingredients	Buffalo Wild Wings	Orange Chicken, Signature Sauces, Large Cauliflower Wings	250	59	2	0.5
Toppings & Ingredients	Buffalo Wild Wings	Original Buffalo, Signature Sauces, Large Cauliflower Wings	450	4	1	47.0
Toppings & Ingredients	Buffalo Wild Wings	Sweet BBQ, Signature Sauces, Large Cauliflower Wings	190	46	1	0.0
Toppings & Ingredients	Buffalo Wild Wings	Teriyaki, Signature Sauces, Large Cauliflower Wings	270	60	8	0.0
Toppings & Ingredients	Buffalo Wild Wings	Thai Curry, Signature Sauces, Large Cauliflower Wings	580	15	3	58.0
Toppings & Ingredients	Buffalo Wild Wings	Wild, Signature Sauces, Large Cauliflower Wings	190	10	1	17.0
Toppings & Ingredients	Buffalo Wild Wings	Chipotle BBQ Seasoning, Dry Seasonings, Large Cauliflower Wings	15	3	0	0.0
Toppings & Ingredients	Buffalo Wild Wings	Salt & Vinegar Seasoning, Dry Seasonings, Large Cauliflower Wings	10	2	0	0.0
Appetizers & Sides	Buffalo Wild Wings	Chips & Dip Trio	1660	168	38	99.0
Appetizers & Sides	Buffalo Wild Wings	Chips & House-made Guacamole	1240	135	17	75.0
Toppings & Ingredients	Buffalo Wild Wings	Add Guacamole	80	5	1	7.0
Appetizers & Sides	Buffalo Wild Wings	Onion Rings, with Southwestern Ranch Dressing	1590	148	12	105.0
Appetizers & Sides	Buffalo Wild Wings	Mac & Cheese	510	54	17	26.0
Sandwiches	Buffalo Wild Wings	Buffalo Bird Dawg, 1 ea	460	43	20	24.0

Sandwiches	Buffalo Wild Wings	Honey BBQ Bird Dawg, 1 ea	580	72	20	23.0
Sandwiches	Buffalo Wild Wings	Loaded Bird Dawg, 1 ea	510	49	22	26.0
Pizza	Buffalo Wild Wings	Buffalo Boneless Bar Pizza	1370	80	56	91.0
Pizza	Buffalo Wild Wings	Honey BBQ Boneless Bar Pizza	1300	137	69	54.0
Burgers	Buffalo Wild Wings	All-American Bacon Cheeseburger - at select locations	930	38	56	61.0
Toppings & Ingredients	Buffalo Wild Wings	Smoked Brisket - 1 oz	90	1	8	6.0
Toppings & Ingredients	Buffalo Wild Wings	Guacamole	80	5	1	7.0
Sandwiches	Buffalo Wild Wings	Classic Chicken Sandwich	620	54	30	32.0
Sandwiches	Buffalo Wild Wings	Saucy Chicken Sandwich	500	53	30	19.0
Sandwiches	Buffalo Wild Wings	Classic Chicken Wrap with Pulled Chicken	680	57	56	25.0
Sandwiches	Buffalo Wild Wings	Classic Chicken Wrap with Boneless Wings	670	68	34	29.0
Toppings & Ingredients	Buffalo Wild Wings	Boneless Wings - 4 ea	240	14	19	12.0
Toppings & Ingredients	Buffalo Wild Wings	Pulled Chicken - 1 oz	35	0	6	1.5
Toppings & Ingredients	Buffalo Wild Wings	Smoked Brisket - 1 oz	90	1	8	6.0
Salads	Buffalo Wild Wings	Garden Side Salad	80	7	5	4.5
Appetizers & Sides	Buffalo Wild Wings	Onion Rings, with Southwestern Ranch Dressing, Regular	980	76	6	72.0
Appetizers & Sides	Buffalo Wild Wings	Onion Rings, with Southwestern Ranch Dressing, Large	1590	148	12	105.0
Fried Potatoes	Buffalo Wild Wings	Potato Wedges, Regular	370	45	6	19.0
Fried Potatoes	Buffalo Wild Wings	Potato Wedges, Large	750	90	12	38.0
Salads	Buffalo Wild Wings	Crispy Buffalo Chicken Salad with Bleu Cheese Dressing	910	36	35	70.0
Toppings & Ingredients	Buffalo Wild Wings	Vidalia Onion Vinaigrette - 2 fl oz	240	20	0	18.0
Appetizers & Sides	Buffalo Wild Wings	Carrots & Celery Sticks	35	8	1	0.0
Salads	Buffalo Wild Wings	House Side Salad	80	7	5	4.5
Sandwiches	Buffalo Wild Wings	Classic Chicken Wraps with Pulled Chicken	4050	341	206	149.0
Sandwiches	Buffalo Wild Wings	Classic Chicken Wraps with Boneless Wings (6 ea)	4030	410	206	174.0
Appetizers & Sides	Buffalo Wild Wings	Chili con Queso with Chips	3320	286	122	189.0
Appetizers & Sides	Buffalo Wild Wings	Chips & House-made Guacamole	2950	300	40	190.0
Appetizers & Sides	Buffalo Wild Wings	Everything Pretzel Knots, with New Belgium Fat Tire Beer Cheese and Honey Mustard	2100	224	46	112.0
Appetizers & Sides	Buffalo Wild Wings	Hatch Queso with Chips	2880	265	92	165.0
Beverages	Buffalo Wild Wings	Black Cherry Limeade	160	43	0	0.0
Beverages	Buffalo Wild Wings	Red Bull Watermelon Punch	290	73	1	0.0
Beverages	Buffalo Wild Wings	MTN DEW Legend	110	29	0	0.0
Beverages	Buffalo Wild Wings	Strawberry Bubly Sparkling Water	0	0	0	0.0
Beverages	Buffalo Wild Wings	Lime Bubly Sparkling Water	0	0	0	0.0
Beverages	Buffalo Wild Wings	Red Bull	110	28	0	0.0

Beverages	Buffalo Wild Wings	Red Bull Blue Edition (Blueberry)	110	29	0	0.0
Beverages	Buffalo Wild Wings	Red Bull Yellow Edition (Tropical)	120	29	0	0.0
Beverages	Buffalo Wild Wings	Red Bull Red Edition (Watermelon)	110	28	0	0.0
Beverages	Buffalo Wild Wings	Black Cherry Mezgarita	270	32	0	0.0
Beverages	Buffalo Wild Wings	Blue Long Island Iced Tea	220	26	0	0.0
Beverages	Buffalo Wild Wings	Buffalo Trace Old Fashioned - at select locations	220	18	0	0.0
Beverages	Buffalo Wild Wings	Classic Mojito	200	27	0	0.0
Beverages	Buffalo Wild Wings	Henry Hustle	270	47	0	0.0
Beverages	Buffalo Wild Wings	Legendary Long Island	260	33	0	0.0
Beverages	Buffalo Wild Wings	Modelo Michelada	140	16	1	0.0
Beverages	Buffalo Wild Wings	Spiked Lemonade	220	26	0	0.0
Beverages	Buffalo Wild Wings	Strawberry Margarita	260	34	0	0.0
Beverages	Buffalo Wild Wings	Truly Berry Cherry Limeade	180	23	0	0.0
Burgers	Burger King	Hamburger	240	26	13	10.0
Burgers	Burger King	Cheeseburger	280	27	15	13.0
Burgers	Burger King	Whopper Jr.	310	27	13	18.0
Sandwiches	Burger King	Spicy Crispy Chicken Jr. Sandwich	390	37	12	21.0
Sandwiches	Burger King	Original Chicken Sandwich	660	48	28	40.0
Sandwiches	Burger King	Crispy Chicken Sandwich	670	54	23	41.0
Sandwiches	Burger King	Bacon, Egg & Cheese Croissan'Wich	340	30	13	18.0
Sandwiches	Burger King	Sausage Biscuit Sandwich	430	30	11	30.0
Sandwiches	Burger King	Ham, Egg & Cheese Croissan'Wich	340	31	16	16.0
Sandwiches	Burger King	Bacon, Egg & Cheese Biscuit Sandwich	390	29	12	25.0
Sandwiches	Burger King	Sausage, Egg & Cheese Croissan'Wich	520	30	18	35.0
Sandwiches	Burger King	Ham, Egg & Cheese Biscuit Sandwich	370	29	13	23.0
Sandwiches	Burger King	Sausage, Egg & Cheese Biscuit Sandwich	520	29	18	37.0
Fried Potatoes	Burger King	Breakfast Sides, Hash Browns, Small	250	24	2	16.0
Appetizers & Sides	Burger King	Onion Rings, Medium	560	56	4	36.0
Appetizers & Sides	Burger King	Breakfast Sides, French Toast Sticks, 3	230	29	3	11.0
Entrees	Burger King	Breakfast Meals, French Toast Sticks, 5	380	49	6	18.0
Desserts	Burger King	Hershey's Sundae Pie	310	32	3	19.0
Burgers	Burger King	Bacon Cheeseburger	320	27	17	16.0
Burgers	Burger King	Bacon Double Cheeseburger	400	27	24	22.0
Entrees	Burger King	Pancakes & Sausage Platter	610	72	12	31.0
Desserts	Burger King	Soft Serve, Cone	140	24	3	4.0

Desserts	Burger King	Soft Serve, Cup	170	28	5	4.5
Beverages	Burger King	Diet Coke, 20oz Bottle	0	0	0	0.0
Beverages	Burger King	Coca-Cola, 20 oz Bottle	240	65	0	0.0
Beverages	Burger King	Sprite, 20oz Bottle	230	64	0	0.0
Beverages	Burger King	Fat Free Milk	90	13	9	0.0
Beverages	Burger King	Vanilla Shake	580	98	14	15.0
Beverages	Burger King	Strawberry Shake	640	113	14	15.0
Beverages	Burger King	Frozen Coke, Small	130	35	0	0.0
Sandwiches	Burger King	Chicken Jr. Sandwich	450	34	12	30.0
Entrees	Burger King	Nuggets, 4 Piece	220	23	8	11.0
Entrees	Burger King	Chicken Nuggets, 10 Piece	480	39	20	27.0
Entrees	Burger King	Chicken Nuggets, 20 Piece	910	66	39	54.0
Sandwiches	Burger King	Big Fish Sandwich	510	51	16	28.0
Beverages	Burger King	Capri Sun Apple Juice	80	20	0	0.0
Entrees	Burger King	Chicken Fries, 9 Piece	430	21	14	32.0
Appetizers & Sides	Burger King	Sides, Mott's Applesauce	50	13	0	0.0
Beverages	Burger King	Shake made w/ Oreo Cookies	720	118	16	20.0
Burgers	Burger King	Flame Grilled Burgers, Bacon King	1310	52	70	93.0
Sandwiches	Burger King	Egg-Normous Burrito	810	69	33	44.0
Sandwiches	Burger King	Fully Loaded Croissan'Wich (Bacon, Ham, Sausage)	570	32	27	37.0
Burgers	Burger King	Double Cheeseburger	390	27	23	21.0
Sandwiches	Burger King	Fully Loaded Buttermilk Biscuit Sandwich	610	31	28	42.0
Sandwiches	Burger King	BBQ Bacon Crispy Chicken Sandwich	790	60	28	49.0
Burgers	Burger King	Flame Grilled Burgers, Double Quarter Pound King	1070	53	65	67.0
Sandwiches	Burger King	Spicy Crispy Chicken Sandwich	700	57	25	42.0
Burgers	Burger King	Triple Whopper w/ Cheese	1300	52	76	89.0
Burgers	Burger King	Flame Grilled Burgers, Stacker King Single	790	49	40	49.0
Burgers	Burger King	Flame Grilled Burgers, Double Stacker King	1210	52	70	82.0
Entrees	Burger King	Spicy Nuggets, 4 Piece	210	11	8	15.0
Entrees	Burger King	Spicy Nuggets, 10 Piece	530	28	20	37.0
Entrees	Burger King	Spicy Nuggets, 20 Piece	1050	57	40	74.0
Fried Potatoes	Burger King	Classic Fries, Medium	380	53	5	17.0
Sandwiches	Burger King	Breakfast Burrito Jr.	370	27	15	23.0
Beverages	Burger King	BK Café, Small	0	0	0	0.0
Beverages	Burger King	Caramel Frappe, Small	300	50	7	8.0

Burgers	Burger King	Impossible Whopper	630	58	25	34.0
Sandwiches	Burger King	Sides, 1 Crispy Taco	170	19	5	9.0
Burgers	Burger King	Whopper	660	49	28	40.0
Sandwiches	Burger King	Bacon, Sausage, Egg & Cheese Biscuit Sandwich	770	35	35	56.0
Sandwiches	Burger King	Bacon, Sausage, Egg & Cheese Biscuit King Croissan'Wich	580	31	23	40.0
Sandwiches	Burger King	Breakfast Sandwiches, Breakfast Bacon King (Sausage)	640	44	27	40.0
Sandwiches	Burger King	Double Sausage, Egg & Cheese Biscuit Sandwich	910	35	39	69.0
Sandwiches	Burger King	Double Sausage, Egg & Cheese Croissan'Wich	790	32	33	59.0
Entrees	Burger King	Pancake Platter	440	71	5	16.0
Sandwiches	Burger King	Sausage, Egg & Cheese French Toast Sandwich	590	30	30	38.0
Burgers	Burger King	Build Your Own Sandwich, Whopper (Plain)	730	47	49	40.0
Burgers	Burger King	Double Whopper	900	49	48	58.0
Burgers	Burger King	Flame Grilled Burgers, Big King XL	1010	56	57	63.0
Burgers	Burger King	Flame Grilled Burgers, Double Steakhouse King	1160	57	58	710.0
Burgers	Burger King	Rodeo Burger	330	38	13	14.0
Burgers	Burger King	Texas Double Whopper	1880	58	110	136.0
Sandwiches	Burger King	BLT Chicken Jr. Sandwich	490	37	14	32.0
Entrees	Burger King	Chicken Nuggets, 8 Piece	340	21	16	22.0
Entrees	Burger King	Spicy Nuggets, 8 Piece	420	23	16	30.0
Appetizers & Sides	Burger King	Jalapeno Cheddar Bites, 4 Piece	160	17	4	9.0
Appetizers & Sides	Burger King	Mozzarella Sticks, 4 Piece	290	25	12	15.0
Beverages	Burger King	Bottled Nestle Pure Life Purified Water	0	0	0	0.0
Beverages	Burger King	Frozen Fanta Blue Raspberry, Small	190	53	0	0.0
Beverages	Burger King	Frozen Fanta Wild Cherry, Small	110	31	0	0.0
Beverages	Burger King	Iced Coffee Plain, Small	150	21	1	8.0
Beverages	Burger King	Simply Orange Juice	140	33	2	0.0
Beverages	Burger King	Value Barqs Root Beer	180	49	0	0.0
Beverages	Burger King	Value Coca-Cola	210	53	0	0.0
Beverages	Burger King	Value Coca-Cola Zero	0	0	0	0.0
Beverages	Burger King	Value Diet Barqs Root Beer	0	0	0	0.0
Beverages	Burger King	Value Diet Coke	0	0	0	0.0
Beverages	Burger King	Value Dr. Pepper	190	52	0	0.0
Beverages	Burger King	Value Fanta Orange	180	45	0	0.0
Beverages	Burger King	Value Hi-C Fruit Punch	5	1	0	0.0
Beverages	Burger King	Value Hi-C Pink Lemonade	180	47	0	0.0

Beverages	Burger King	Value Mello Yello	230	58	0	0.0
Beverages	Burger King	Value Powerade Zero	0	1	0	0.0
Beverages	Burger King	Value Sprite	200	49	0	0.0
Beverages	Burger King	Value Sprite Zero	0	0	0	0.0
Beverages	Burger King	Value Sweetened Iced Tea	100	19	0	0.0
Desserts	Burger King	Chocolate Fudge Sundae	270	47	6	7.0
Beverages	Burger King	Chocolate Mini Shake	370	61	7	89.0
Beverages	Burger King	Chocolate Shake	760	131	14	21.0
Beverages	Burger King	Chocolate Shake made w/ Oreo Cookies	680	118	13	18.0
Beverages	Burger King	Strawberry Mini Shake	350	58	7	88.0
Beverages	Burger King	Vanilla Mini Shake	370	61	7	87.0
Salads	Burger King	Crispy Chicken Garden Salad	870	35	27	71.0
Salads	Burger King	Side Garden Salad	320	5	5	32.0
Soup	California Pizza Kitchen	Sedona Tortilla (Bowl)	480	44	6	32.0
Soup	California Pizza Kitchen	Sedona Tortilla (Cup)	260	25	3	17.0
Soup	California Pizza Kitchen	Dakota Smashed Pea + Barley (Bowl)	340	66	23	0.0
Soup	California Pizza Kitchen	Dakota Smashed Pea + Barley (Cup)	170	33	11	0.0
Salads	California Pizza Kitchen	Waldorf Chicken Salad, full	1320	75	54	94.0
Salads	California Pizza Kitchen	Waldorf Chicken Salad, half	660	38	27	47.0
Salads	California Pizza Kitchen	Classic Caesar	180	8	5	14.0
Salads	California Pizza Kitchen	Roasted Veggie, full	700	55	11	53.0
Salads	California Pizza Kitchen	Roasted Veggie, half	410	30	6	32.0
Salads	California Pizza Kitchen	CPK Salad	200	6	2	19.0
Appetizers & Sides	California Pizza Kitchen	Spinach Artichoke Dip	1080	108	23	58.0
Appetizers & Sides	California Pizza Kitchen	Avocado Club Egg Rolls	1240	62	63	82.0
Entrees	California Pizza Kitchen	Lettuce Wraps with Chicken	620	41	33	35.0
Entrees	California Pizza Kitchen	Lettuce Wraps with Shrimp	500	47	22	24.0
Entrees	California Pizza Kitchen	Lettuce Wraps with Chicken & Shrimp	690	41	49	36.0
Entrees	California Pizza Kitchen	Chicken Tequila Fettuccine	1240	116	45	68.0
Entrees	California Pizza Kitchen	Kung Pao Spaghetti	890	112	28	37.0
Entrees	California Pizza Kitchen	Garlic Cream Fettuccine	1260	97	30	84.0
Entrees	California Pizza Kitchen	Bolognese Spaghetti	870	91	23	45.0
Entrees	California Pizza Kitchen	Chicken Piccata	1030	73	55	56.0
Entrees	California Pizza Kitchen	Fusilli Pasta w/ Olive Oil, Kids	480	58	11	23.0
Entrees	California Pizza Kitchen	Fusilli Pasta w/ Tomato, Kids	460	66	13	15.0

Entrees	California Pizza Kitchen	Fusilli Pasta w/ Alfredo, Kids	750	63	19	47.0
Entrees	California Pizza Kitchen	Curly Mac N' Cheese, Kids	820	66	21	53.0
Entrees	California Pizza Kitchen	Fusilli Pasta w/ Meat Sauce, Kids	550	67	21	22.0
Entrees	California Pizza Kitchen	Fusilli Pasta w/ Butter, Kids	460	59	11	20.0
Pizza	California Pizza Kitchen	Mushroom Pepperoni Sausage, 7"	680	85	29	23.0
Pizza	California Pizza Kitchen	Hawaiian, 7"	650	89	35	14.0
Pizza	California Pizza Kitchen	The Original BBQ Chicken	190	25	11	5.0
Pizza	California Pizza Kitchen	Pepperoni, 7"	620	83	24	18.0
Appetizers & Sides	California Pizza Kitchen	White Corn Guacamole with Chips	660	83	11	34.0
Appetizers & Sides	California Pizza Kitchen	Fresh Fruit	60	16	1	0.0
Desserts	California Pizza Kitchen	Belgian Chocolate Souffle Cake	680	64	8	48.0
Desserts	California Pizza Kitchen	Red Velvet Cake	960	120	8	54.0
Desserts	California Pizza Kitchen	Key Lime Pie	790	94	10	44.0
Desserts	California Pizza Kitchen	Butter Cake	1090	122	7	66.0
Desserts	California Pizza Kitchen	Brownie, Kids	470	75	5	22.0
Beverages	California Pizza Kitchen	Frozen Lemonade	180	46	0	0.0
Beverages	California Pizza Kitchen	Frozen Strawberry Lemonade	210	52	0	0.0
Beverages	California Pizza Kitchen	Frozen Peach Lemonade	180	45	0	0.0
Beverages	California Pizza Kitchen	Freshly Brewed Iced Tea w/ Strawberry	70	17	0	0.0
Beverages	California Pizza Kitchen	Freshly Brewed Iced Tea w/ Peach	70	18	0	0.0
Beverages	California Pizza Kitchen	Freshly Brewed Iced Tea w/ Raspberry	70	17	0	0.0
Beverages	California Pizza Kitchen	Freshly Brewed Iced Tea w/ Mango	80	20	0	0.0
Beverages	California Pizza Kitchen	San Pellegrino Sparkling	0	0	0	0.0
Beverages	California Pizza Kitchen	Coffee	0	0	0	0.0
Beverages	California Pizza Kitchen	Samuel Adams Boston Lager	270	28	2	0.0
Salads	California Pizza Kitchen	Italian Chopped, full	1010	24	48	82.0
Salads	California Pizza Kitchen	Italian Chopped, half	500	12	24	41.0
Pizza	California Pizza Kitchen	California Veggie	180	25	8	5.0
Entrees	California Pizza Kitchen	Shrimp Scampi Zucchini	480	30	27	26.0
Entrees	California Pizza Kitchen	Cedar Plank Salmon	650	35	52	34.0
Desserts	California Pizza Kitchen	Sundae, Kids	590	54	7	39.0
Salads	California Pizza Kitchen	Petite Wedge	270	5	6	26.0
Beverages	California Pizza Kitchen	Jacob's Creek Moscato, South Eastern Australia, bottle	600	65	0	0.0
Beverages	California Pizza Kitchen	Santa Margherita Pinot Grigio, Italy, bottle	550	1	1	0.0
Beverages	California Pizza Kitchen	Nobilo Sauvignon Blanc, Marlborough, New Zealand, bottle	550	3	0	0.0



Beverages	California Pizza Kitchen	Clos Du Bois Chardonnay, bottle	570	3	0	0.0
Beverages	California Pizza Kitchen	Kendall-Jackson Vintner's Reserve Chardonnay, California, bottle	660	20	1	0.0
Beverages	California Pizza Kitchen	Sonoma-Cutrer, Russian River Ranches Chardonnay, Sonoma Coast, bottle	630	13	0	0.0
Beverages	California Pizza Kitchen	La Crema Pinot Noir, Bottle	610	15	1	0.0
Beverages	California Pizza Kitchen	Acqua Panna	0	0	0	0.0
Beverages	California Pizza Kitchen	Seagram's Ginger Ale	80	22	0	0.0
Beverages	California Pizza Kitchen	Blue Moon Belgian White Ale	260	18	3	0.0
Beverages	California Pizza Kitchen	Barq's Root Beer	130	38	0	0.0
Beverages	California Pizza Kitchen	Cherry Coke	130	35	0	0.0
Beverages	California Pizza Kitchen	Coke Zero	0	0	0	0.0
Beverages	California Pizza Kitchen	Dr Pepper	130	33	0	0.0
Beverages	California Pizza Kitchen	Sprite	120	32	0	0.0
Beverages	California Pizza Kitchen	Fresca	0	1	0	0.0
Beverages	California Pizza Kitchen	Coca-Cola	120	33	0	0.0
Beverages	California Pizza Kitchen	Diet Coke	0	0	0	0.0
Beverages	California Pizza Kitchen	Jacob's Creek Moscato, South Eastern Australia, 6 oz	140	15	0	0.0
Beverages	California Pizza Kitchen	Santa Margherita Pinot Grigio, Italy, 6 oz	130	0	0	0.0
Beverages	California Pizza Kitchen	Nobilo Sauvignon Blanc, Marlborough, New Zealand, 6 oz	130	1	0	0.0
Beverages	California Pizza Kitchen	Clos Du Bois Chardonnay, 6 oz	140	1	0	0.0
Beverages	California Pizza Kitchen	Kendall-Jackson Vintner's Reserve Chardonnay, California, 6 oz	160	5	0	0.0
Beverages	California Pizza Kitchen	La Crema Pinot Noir, 6 oz	140	4	0	0.0
Beverages	California Pizza Kitchen	J. Lohr Seven Oaks Cabernet Sauvignon, Paso Robles, 6 oz	150	5	0	0.0
Beverages	California Pizza Kitchen	Sonoma-Cutrer, Russian River Ranches Chardonnay, Sonoma Coast, 6 oz	150	3	0	0.0
Beverages	California Pizza Kitchen	Jacob's Creek Moscato, South Eastern Australia, 9 oz	210	23	0	0.0
Beverages	California Pizza Kitchen	Santa Margherita Pinot Grigio, Italy, 9 oz	190	1	0	0.0
Beverages	California Pizza Kitchen	Nobilo Sauvignon Blanc, Marlborough, New Zealand, 9 oz	200	1	0	0.0
Beverages	California Pizza Kitchen	Clos Du Bois Chardonnay, 9 oz	200	1	0	0.0
Beverages	California Pizza Kitchen	Kendall-Jackson Vintner's Reserve Chardonnay, California, 9 oz	220	7	0	0.0
Beverages	California Pizza Kitchen	Sonoma-Cutrer, Russian River Ranches Chardonnay, Sonoma Coast, 9 oz	220	5	0	0.0
Beverages	California Pizza Kitchen	La Crema Pinot Noir, 9 oz	220	5	0	0.0
Beverages	California Pizza Kitchen	J. Lohr Seven Oaks Cabernet Sauvignon, Paso Robles, 9 oz	220	7	0	0.0
Beverages	California Pizza Kitchen	J. Lohr Seven Oaks Cabernet Sauvignon, Paso Robles, Bottle	620	19	1	0.0
Beverages	California Pizza Kitchen	Fresh Strawberry Mango Cooler	80	19	0	0.0
Beverages	California Pizza Kitchen	Fresh Agave Lime Margarita	170	20	0	0.0
Beverages	California Pizza Kitchen	Platinum Margarita w/ Chambord Float	210	24	0	0.0

Sandwiches	California Pizza Kitchen	California Club Sandwich w/ Chicken, full	1020	88	44	53.0
Sandwiches	California Pizza Kitchen	California Club Sandwich w/ Turkey, full	950	87	43	45.0
Sandwiches	California Pizza Kitchen	California Club Sandwich w/ Chicken, half	510	44	22	26.0
Sandwiches	California Pizza Kitchen	California Club Sandwich w/ Turkey, half	470	44	22	23.0
Beverages	California Pizza Kitchen	Francis Ford Coppola Diamond Collection Merlot, 6 oz	140	4	1	0.0
Beverages	California Pizza Kitchen	Francis Ford Coppola Diamond Collection Merlot California, 9 oz	210	6	1	0.0
Beverages	California Pizza Kitchen	Francis Ford Coppola Diamond Collection Merlot California, bottle	600	16	3	0.0
Beverages	California Pizza Kitchen	Francis Ford Coppola Bianco Pinot Grigio California, 6 oz	140	2	1	0.0
Beverages	California Pizza Kitchen	Francis Ford Coppola Bianco Pinot Grigio California, 9 oz	200	3	1	0.0
Beverages	California Pizza Kitchen	Francis Ford Coppola Bianco Pinot Grigio California, bottle	570	10	3	0.0
Beverages	California Pizza Kitchen	Kim Crawford Sauvignon Blanc, Marlborough, New Zealand, 6 oz	130	1	0	0.0
Beverages	California Pizza Kitchen	Kim Crawford Sauvignon Blanc, Marlborough, New Zealand, 9 oz	200	1	0	0.0
Beverages	California Pizza Kitchen	Kim Crawford Sauvignon Blanc, Marlborough, New Zealand, bottle	550	4	0	0.0
Beverages	California Pizza Kitchen	M. Chapoutier Belleruche Rose, Cotes Du Rhone, France, 6 oz	140	3	0	0.0
Beverages	California Pizza Kitchen	M. Chapoutier Belleruche Rose, Cotes Du Rhone, France, 9 oz	210	4	0	0.0
Beverages	California Pizza Kitchen	M. Chapoutier Belleruche Rose, Cotes Du Rhone, France, bottle	590	11	1	0.0
Beverages	California Pizza Kitchen	Mark West Pinot Noir, California, 6 oz	140	1	0	0.0
Beverages	California Pizza Kitchen	Mark West Pinot Noir, California, 9 oz	200	2	0	0.0
Beverages	California Pizza Kitchen	Mark West Pinot Noir, bottle	580	5	0	0.0
Pizza	California Pizza Kitchen	7" Mushroom Pepperoni Sausage Pizza	710	85	30	26.0
Sandwiches	California Pizza Kitchen	Oven-Roasted Turkey & Brie Sandwich, Half	460	48	25	17.0
Pizza	California Pizza Kitchen	7" Pepperoni Pizza	670	84	28	22.0
Beverages	California Pizza Kitchen	Samuel Adams Cold Snap	250	21	3	0.0
Beverages	California Pizza Kitchen	Samuel Adams Octoberfest	280	28	3	0.0
Beverages	California Pizza Kitchen	Samuel Adams Summer Ale	250	20	3	0.0
Beverages	California Pizza Kitchen	Samuel Adams Winter Lager	290	28	4	0.0
Salads	California Pizza Kitchen	Super Spinach + Quinoa	310	32	4	20.0
Salads	California Pizza Kitchen	The Mediterranean	230	11	5	19.0
Salads	California Pizza Kitchen	The Original BBQ, full	1180	78	55	74.0
Salads	California Pizza Kitchen	The Original BBQ, half	600	40	27	37.0
Pizza	California Pizza Kitchen	Original BBQ Chicken, 7"	670	92	34	16.0
Beverages	California Pizza Kitchen	Red-Berry	270	39	0	0.0
Beverages	California Pizza Kitchen	Sangria Flight	300	43	0	0.0
Beverages	California Pizza Kitchen	Moscow Mule	190	23	0	0.0
Beverages	California Pizza Kitchen	Platinum Margarita	170	19	0	0.0

Beverages	California Pizza Kitchen	Strawberry Lime Margarita	190	26	0	0.0
Beverages	California Pizza Kitchen	Beehive	290	43	0	0.0
Entrees	California Pizza Kitchen	Spicy Buffalo Cauliflower	720	49	11	54.0
Appetizers & Sides	California Pizza Kitchen	Szechwan Chicken Dumplings	340	45	19	8.0
Beverages	California Pizza Kitchen	Cucumber Reviver	70	19	0	0.0
Beverages	California Pizza Kitchen	CPK Peach Lemonade	180	46	0	0.0
Beverages	California Pizza Kitchen	CPK Mango Lemonade	190	48	0	0.0
Beverages	California Pizza Kitchen	CPK Strawberry Lemonade	180	45	0	0.0
Beverages	California Pizza Kitchen	CPK Raspberry Lemonade	180	45	0	0.0
Beverages	California Pizza Kitchen	La Marca Prosecco, Veneto, Italy, split	160	8	1	0.0
Beverages	California Pizza Kitchen	La Marca Prosecco, Veneto, Italy, bottle	630	32	4	0.0
Beverages	California Pizza Kitchen	Meiomi Pinot Noir, Monterey, Sonoma, Santa Barbara, 6 oz	140	1	0	0.0
Beverages	California Pizza Kitchen	Meiomi Pinot Noir, Monterey, Sonoma, Santa Barbara, 9 oz	220	1	0	0.0
Beverages	California Pizza Kitchen	Meiomi Pinot Noir, Monterey, Sonoma, Santa Barbara, bottle	600	4	0	0.0
Beverages	California Pizza Kitchen	Platinum Margarita w/ Apothic Red Wine Float	180	19	0	0.0
Entrees	California Pizza Kitchen	Jambalaya Linguini Fini	1230	94	58	71.0
Entrees	California Pizza Kitchen	Banh Mi Bowl	540	39	28	32.0
Entrees	California Pizza Kitchen	Santa Fe Bowl	640	43	32	41.0
Pizza	California Pizza Kitchen	The Works	210	24	9	9.0
Pizza	California Pizza Kitchen	Thai Chicken	210	26	11	7.0
Pizza	California Pizza Kitchen	Wild Mushroom	170	22	7	6.0
Pizza	California Pizza Kitchen	Hawaiian	180	24	11	4.5
Pizza	California Pizza Kitchen	Five Cheese + Fresh Tomato	200	22	10	8.0
Pizza	California Pizza Kitchen	Spicy Chipotle Chicken	220	24	11	10.0
Pizza	California Pizza Kitchen	Carne Asada	210	23	11	9.0
Pizza	California Pizza Kitchen	California Club	240	24	13	10.0
Pizza	California Pizza Kitchen	Pepperoni	190	22	8	7.0
Pizza	California Pizza Kitchen	Mushroom Pepperoni Sausage	200	23	9	8.0
Pizza	California Pizza Kitchen	Roasted Garlic Chicken	230	26	11	9.0
Pizza	California Pizza Kitchen	Sicilian	230	23	12	10.0
Pizza	California Pizza Kitchen	Tostada	190	27	7	7.0
Pizza	California Pizza Kitchen	Margherita	220	22	9	10.0
Pizza	California Pizza Kitchen	GF Original BBQ Chicken, 7"	180	17	10	7.0
Pizza	California Pizza Kitchen	GF Pepperoni, 7"	180	15	8	9.0
Pizza	California Pizza Kitchen	GF Mushroom Pepperoni Sausage, 7"	200	15	9	10.0

Pizza	California Pizza Kitchen	GF Margherita, 7"	220	15	9	12.0
Soup	California Pizza Kitchen	Tomato Basil Bisque (Bowl)	540	39	6	39.0
Soup	California Pizza Kitchen	Tomato Basil Bisque (Cup)	270	20	3	20.0
Beverages	California Pizza Kitchen	Sparkling Berry-Lemon	40	12	0	0.0
Entrees	California Pizza Kitchen	Tomato Basil Spaghetti	480	52	10	26.0
Entrees	California Pizza Kitchen	Tomato Basil Spaghetti w/ Goat Cheese	550	53	15	31.0
Appetizers & Sides	California Pizza Kitchen	Mexican Street Corn	440	53	13	21.0
Baked Goods	California Pizza Kitchen	Sourdough Baguette (2 slices)	130	26	4	0.0
Baked Goods	California Pizza Kitchen	1 Sourdough Baguette	1820	373	56	6.0
Toppings & Ingredients	California Pizza Kitchen	California Olive Oil with Mediterranean Herbs (½ fl oz)	110	0	0	13.0
Toppings & Ingredients	California Pizza Kitchen	California Olive Oil with Mediterranean Herbs (4 fl oz)	920	1	0	106.0
Entrees	California Pizza Kitchen	Lettuce Wraps with Chinese Vegetables	430	47	7	24.0
Burgers	California Pizza Kitchen	West Coast Burger "The WCB"	1980	124	60	136.0
Entrees	California Pizza Kitchen	Jambalaya Linguini Fini (NYC and Philadelphia only)	1220	93	57	71.0
Pizza	California Pizza Kitchen	GF Traditional Cheese, 7"	180	15	9	8.0
Pizza	California Pizza Kitchen	GF Original BBQ Chicken, Kids	490	52	26	17.0
Pizza	California Pizza Kitchen	GF Mushroom Pepperoni Sausage, Kids	520	47	22	24.0
Pizza	California Pizza Kitchen	GF Pepperoni, Kids	500	46	22	23.0
Pizza	California Pizza Kitchen	GF Traditional Cheese, Kids	460	48	20	18.0
Entrees	California Pizza Kitchen	Grilled Chicken Breast, Kids	220	1	30	10.0
Entrees	California Pizza Kitchen	Crispy Chicken, Kids	550	39	25	33.0
Pizza	California Pizza Kitchen	7" Original BBQ Chicken Pizza on Cauliflower Crust	560	54	31	22.0
Pizza	California Pizza Kitchen	7" Pepperoni Pizza on Cauliflower Crust	550	48	24	26.0
Pizza	California Pizza Kitchen	7" California Veggie Pizza on Cauliflower Crust	520	55	22	20.0
Pizza	California Pizza Kitchen	7" Mushroom Pepperoni Sausage Pizza on Cauliflower Crust	600	49	28	30.0
Sandwiches	California Pizza Kitchen	Oven-Roasted Turkey & Brie Sandwich, Full	910	96	49	35.0
Beverages	California Pizza Kitchen	Platinum Margarita w/ Cointreau Float	220	23	0	0.0
Beverages	California Pizza Kitchen	Passion Fruit Mango Iced Tea	0	0	0	0.0
Beverages	California Pizza Kitchen	CPK Lemonade	130	32	0	0.0
Beverages	California Pizza Kitchen	Freshly Brewed Iced Tea	0	0	0	0.0
Beverages	California Pizza Kitchen	Wine Flight	220	7	1	0.0
Beverages	California Pizza Kitchen	Robert Mondavi Cabernet Sauvignon, Monterey, 6 oz	150	5	0	0.0
Beverages	California Pizza Kitchen	Robert Mondavi Cabernet Sauvignon, Monterey, 9 oz	230	8	0	0.0
Beverages	California Pizza Kitchen	Robert Mondavi Cabernet Sauvignon, Monterey, bottle	650	23	0	0.0
Beverages	California Pizza Kitchen	Samuel Adams Rebel Ipa	290	24	3	0.0

Beverages	California Pizza Kitchen	Hand-Shaken Agave Mojito	200	27	0	0.0
Entrees	California Pizza Kitchen	Tomato Basil Spaghetti	950	104	20	52.0
Salads	California Pizza Kitchen	Crispy Artichoke Salad	350	11	9	31.0
Salads	California Pizza Kitchen	Caesar (Half; includes Caesar Dressing)	340	14	9	27.0
Salads	California Pizza Kitchen	Caesar (Full; includes Caesar Dressing)	530	27	17	40.0
Salads	California Pizza Kitchen	California Cobb (Half; includes Herb Ranch Dressing)	510	12	27	40.0
Salads	California Pizza Kitchen	California Cobb (Full; includes Herb Ranch Dressing)	1020	23	53	79.0
Salads	California Pizza Kitchen	Thai Crunch (Half; includes Lime Cilantro Dressing)	590	44	28	36.0
Salads	California Pizza Kitchen	Thai Crunch (Full; includes Lime Cilantro Dressing)	1180	88	55	73.0
Pizza	California Pizza Kitchen	Plant-Based BBQ Chicken	180	25	10	5.0
Pizza	California Pizza Kitchen	Original Crust: Plant-based BBQ Chicken, 7"	660	93	33	16.0
Pizza	California Pizza Kitchen	7" Plant-Based BBQ Chicken	650	91	33	16.0
Entrees	California Pizza Kitchen	Salmon with Pan-Roasted Seasonal Vegetables	890	34	49	64.0
Pizza	California Pizza Kitchen	7" California Club	820	87	40	31.0
Pizza	California Pizza Kitchen	7" California Veggie Pizza	640	93	26	16.0
Pizza	California Pizza Kitchen	7" Carne Asada	800	86	40	31.0
Pizza	California Pizza Kitchen	7" Five Cheese + Fresh Tomato	710	82	34	24.0
Pizza	California Pizza Kitchen	7" Hawaiian	650	89	35	14.0
Pizza	California Pizza Kitchen	7" Margherita	740	80	30	31.0
Pizza	California Pizza Kitchen	7" Roasted Garlic	790	92	36	28.0
Pizza	California Pizza Kitchen	7" Sicilian	760	83	39	31.0
Pizza	California Pizza Kitchen	7" Spicy Chipotle Chicken	760	88	35	29.0
Pizza	California Pizza Kitchen	7" Thai Chicken	790	100	36	26.0
Pizza	California Pizza Kitchen	7" The Original BBQ Chicken	680	93	35	16.0
Pizza	California Pizza Kitchen	7" Plant-Based BBQ Chicken	650	91	33	16.0
Pizza	California Pizza Kitchen	7" The Works	740	87	31	28.0
Pizza	California Pizza Kitchen	7" Tostada	620	94	23	20.0
Pizza	California Pizza Kitchen	7" Wild Mushroom	610	82	24	19.0
Entrees	California Pizza Kitchen	Bolognese Spaghetti	480	54	13	24.0
Sandwiches	California Pizza Kitchen	California Caprese, Half	520	44	17	32.0
Sandwiches	California Pizza Kitchen	California Caprese, Full	1050	88	34	65.0
Sandwiches	California Pizza Kitchen	Catalina Chicken, Half	660	62	28	34.0

Sandwiches	California Pizza Kitchen	Catalina Chicken, Full	1320	124	56	68.0
Salads	California Pizza Kitchen	Baja Crunch	310	23	8	23.0
Beverages	California Pizza Kitchen	Aperol Spritz	220	39	1	0.0
Beverages	California Pizza Kitchen	California Colada	200	33	0	0.0
Beverages	California Pizza Kitchen	CPK - Whiskey Stone	230	32	1	0.0
Beverages	California Pizza Kitchen	Oceanside	210	19	0	0.0
Beverages	California Pizza Kitchen	CPK - Pacific Thyme	110	28	1	0.0
Beverages	California Pizza Kitchen	Desert Pear Lemonade	260	64	0	0.0
Beverages	California Pizza Kitchen	Golden State	190	50	0	0.0
Beverages	California Pizza Kitchen	Strawberry Rosé	270	38	0	0.0
Beverages	California Pizza Kitchen	CPK - Norton Malbec, 6 oz	150	5	0	0.0
Beverages	California Pizza Kitchen	CPK - Norton Malbec, 9 oz	230	7	0	0.0
Beverages	California Pizza Kitchen	CPK - Norton Malbec, Bottle 750 ml	630	19	0	0.0
Beverages	California Pizza Kitchen	CPK - Pessimist Red Blend, 6 oz	150	5	0	0.0
Beverages	California Pizza Kitchen	CPK - Pessimist Red Blend, 9 oz	230	7	0	0.0
Beverages	California Pizza Kitchen	CPK - Pessimist Red Blend, Bottle 750 ml	630	19	0	0.0
Beverages	California Pizza Kitchen	Decoy Merlot, 6 oz	140	4	0	0.0
Beverages	California Pizza Kitchen	Decoy Merlot, bottle 750 ml	610	19	0	0.0
Beverages	California Pizza Kitchen	Decoy Merlot, 9 oz	220	7	0	0.0
Beverages	California Pizza Kitchen	Josh Cabernet Sauvignon, 6 oz	140	5	0	0.0
Beverages	California Pizza Kitchen	Josh Cabernet Sauvignon, bottle	610	10	0	0.0
Beverages	California Pizza Kitchen	Josh Cabernet Sauvignon, 9 oz	220	7	0	0.0
Beverages	California Pizza Kitchen	Blue Moon Belgian	170	14	3	0.0
Beverages	California Pizza Kitchen	Bud Light	110	7	1	0.0
Beverages	California Pizza Kitchen	Coors Light	100	5	1	0.0
Beverages	California Pizza Kitchen	Corona Extra	150	14	1	0.0
Beverages	California Pizza Kitchen	Dos Equis Lager	130	11	0	0.0
Beverages	California Pizza Kitchen	Lagunitas IPA	190	14	3	0.0
Beverages	California Pizza Kitchen	Miller Lite	100	3	1	0.0
Beverages	California Pizza Kitchen	Modelo Especial	150	4	1	0.0
Beverages	California Pizza Kitchen	Newcastle Brown Ale	140	13	1	0.0
Beverages	California Pizza Kitchen	Stella Artois	140	11	1	0.0
Beverages	California Pizza Kitchen	Athletic Brewing Company - Upside Dawn	45	12	0	0.0
Fried Potatoes	Captain D's	French Fries	330	28	3	22.0
Salads	Captain D's	Wild Alaskan Salmon Salad	340	11	38	16.0

Appetizers & Sides	Captain D's	Coleslaw	180	15	1	13.0
Appetizers & Sides	Captain D's	Green Beans	70	5	2	2.5
Appetizers & Sides	Captain D's	Okra	320	31	4	20.0
Toppings & Ingredients	Captain D's	Honey Mustard Dressing	160	4	0	16.0
Entrees	Captain D's	Batter Dipped Fish	230	11	10	15.0
Baked Goods	Captain D's	Hush Puppy	80	9	1	4.0
Sandwiches	Captain D's	The Captain Sandwich	1130	82	30	74.0
Entrees	Captain D's	Country-Style Fish	190	11	9	12.0
Appetizers & Sides	Captain D's	Baked Potato	210	48	6	0.0
Appetizers & Sides	Captain D's	Broccoli	20	4	2	0.0
Appetizers & Sides	Captain D's	Corn	180	37	5	1.5
Appetizers & Sides	Captain D's	Seasoned Rice	170	35	3	1.5
Toppings & Ingredients	Captain D's	Tartar Sauce	100	2	0	10.0
Desserts	Captain D's	Cheesecake	410	36	6	27.0
Baked Goods	Captain D's	Breadstick	150	22	3	5.0
Salads	Captain D's	Side Salad (no dressing)	20	4	1	0.0
Entrees	Captain D's	Breaded Flounder	240	10	15	15.0
Entrees	Captain D's	Southern-Style White Fish Fillet	560	26	27	37.0
Entrees	Captain D's	Wild Alaskan Salmon	240	3	31	10.0
Salads	Captain D's	Southern Style Breaded Chicken Salad	470	32	24	28.0
Appetizers & Sides	Captain D's	Jalapeno Poppers	510	40	6	36.0
Entrees	Captain D's	White Fish, Shrimp & Crab	940	52	36	64.0
Entrees	Captain D's	Deluxe Seafood Platter	1100	67	36	75.0
Entrees	Captain D's	Shrimp Skewers	210	3	24	6.0
Entrees	Captain D's	Seafood Feast	3870	211	150	262.0
Entrees	Captain D's	2 Pc Fish & Chicken	820	45	38	53.0
Appetizers & Sides	Captain D's	Mozzarella Sticks	380	26	16	24.0
Entrees	Captain D's	Southern-Style Fish Tenders	110	4	5	8.0
Entrees	Captain D's	Chicken Tender	180	11	9	11.0
Entrees	Captain D's	Grilled Shrimp Skewer	110	2	12	3.0
Entrees	Captain D's	Mac & Cheese	170	18	6	8.0
Appetizers & Sides	Captain D's	Loaded Baked Potato	400	49	18	15.0
Desserts	Captain D's	Funnel Cake Stix	320	30	2	20.0
Entrees	Captain D's	15 Pc Butterfly Shrimp	900	58	23	64.0
Salads	Captain D's	Skewer Shrimp Salad	300	10	30	11.0

Entrees	Captain D's	Grilled White Fish & Shrimp Skewer	290	4	37	11.0
Entrees	Captain D's	Kid's Southern-style Fish Tenders	220	8	11	15.0
Entrees	Captain D's	Kid's Popcorn Shrimp	240	24	8	14.0
Entrees	Captain D's	Kid's Grilled Fish Tenders	110	2	10	6.0
Toppings & Ingredients	Captain D's	D's Dippin' Sauce	140	3	0	14.0
Entrees	Captain D's	Lemon Pepper White Fish	180	1	25	8.0
Entrees	Captain D's	Blackened Tilapia	210	2	34	7.0
Salads	Captain D's	Grilled Tilapia Salad	320	10	41	13.0
Entrees	Captain D's	Supreme Sampler	1180	68	47	79.0
Entrees	Captain D's	Catfish Feast	780	33	33	56.0
Entrees	Captain D's	1 Pc Batter Dipped Fish	230	11	10	15.0
Entrees	Captain D's	Kid's Chicken Tenders	360	23	18	23.0
Appetizers & Sides	Captain D's	2 Pc Chicken	360	23	18	23.0
Appetizers & Sides	Captain D's	6 Pc Butterfly Shrimp	360	23	9	26.0
Sandwiches	Captain D's	The Giant Fish Sandwich	1010	59	25	73.0
Entrees	Captain D's	14 Pc Chicken Family Meal	2540	158	125	158.0
Entrees	Captain D's	Fish & Chicken Tenders Family Meal	2900	153	142	189.0
Entrees	Captain D's	4 Pc Chicken	730	45	36	45.0
Entrees	Captain D's	Fish & Shrimp	810	45	30	56.0
Toppings & Ingredients	Captain D's	Cracklins	70	7	1	4.0
Toppings & Ingredients	Captain D's	Fat-free Italian Dressing	10	2	0	0.0
Toppings & Ingredients	Captain D's	Ranch Dressing	110	1	1	12.0
Toppings & Ingredients	Captain D's	Thousand Island Dressing	120	5	0	11.0
Desserts	Captain D's	Cheesecake with Strawberry Topping	460	49	6	27.0
Sandwiches	Captain D's	Lobster Rolls	460	51	12	22.0
Burgers	Carl's Jr	Super Star with Cheese	920	59	48	56.0
Burgers	Carl's Jr	Western Bacon Cheeseburger	760	74	38	35.0
Burgers	Carl's Jr	Double Western Bacon Cheeseburger	1020	75	57	54.0
Burgers	Carl's Jr	Big Hamburger	480	56	25	18.0
Sandwiches	Carl's Jr	Charbroiled Chicken Club Sandwich	600	46	44	27.0
Sandwiches	Carl's Jr	Charbroiled Santa Fe Chicken Sandwich	550	45	36	25.0
Sandwiches	Carl's Jr	Charbroiled BBQ Chicken Sandwich	370	49	33	5.0
Sandwiches	Carl's Jr	Loaded Breakfast Burrito	760	46	33	48.0
Fried Potatoes	Carl's Jr	Natural-Cut French Fries- Small	300	39	3	15.0
Fried Potatoes	Carl's Jr	Natural-Cut French Fries- Medium	420	55	5	21.0



Fried Potatoes	Carls Jr	Natural-Cut French Fries- Large	460	59	5	22.0
Fried Potatoes	Carls Jr	Crisscut Fries	410	39	5	26.0
Fried Potatoes	Carls Jr	Hash Rounds Small	250	23	2	17.0
Appetizers & Sides	Carls Jr	Onion Rings	520	61	8	28.0
Desserts	Carls Jr	Chocolate Chip Cookie	200	26	2	10.0
Desserts	Carls Jr	Chocolate Cake	290	46	3	11.0
Desserts	Carls Jr	Strawberry Swirl Cheesecake	320	35	7	17.0
Sandwiches	Carls Jr	Bacon Egg & Cheese Biscuit	590	44	20	37.0
Sandwiches	Carls Jr	Big Country Breakfast Burrito	660	45	26	40.0
Burgers	Carls Jr	The Breakfast Burger	830	67	42	44.0
Sandwiches	Carls Jr	Sausage Egg & Cheese Biscuit	710	44	20	50.0
Burgers	Carls Jr	The Big Carl	920	56	47	58.0
Sandwiches	Carls Jr	Bean and Cheese Burrito	660	76	30	25.0
Entrees	Carls Jr	Biscuit 'N' Gravy	500	53	8	27.0
Entrees	Carls Jr	5 Piece - Hand-Breaded Chicken Tenders	440	21	41	21.0
Sandwiches	Carls Jr	Crunchy Beef Taco	210	16	11	12.0
Appetizers & Sides	Carls Jr	Chips	300	35	4	17.0
Beverages	Carls Jr	Hand-Scooped Ice-Cream Shakes- Vanilla Shake	700	86	12	35.0
Beverages	Carls Jr	Hand-Scooped Ice-Cream Shakes- Chocolate Shake	690	84	12	36.0
Beverages	Carls Jr	Hand-Scooped Ice-Cream Shakes- Strawberry Shake	690	83	12	35.0
Beverages	Carls Jr	Hand-Scooped Ice-Cream Shakes- OREO Cookie Shake	710	79	13	39.0
Fried Potatoes	Carls Jr	Hash Rounds Medium	360	34	3	24.0
Fried Potatoes	Carls Jr	Hash Rounds Large	510	47	4	34.0
Burgers	Carls Jr	The 1/3lb. Guacamole Bacon Thickburger	960	50	38	64.0
Sandwiches	Carls Jr	The Big Chicken Fillet Sandwich	680	56	33	36.0
Sandwiches	Carls Jr	The Bacon Swiss Crispy Chicken Fillet Sandwich	810	58	44	45.0
Sandwiches	Carls Jr	Monster Biscuit	850	46	31	61.0
Sandwiches	Carls Jr	Grilled Cheese Breakfast Sandwich- Sausage	840	77	41	45.0
Sandwiches	Carls Jr	Grilled Cheese Breakfast Sandwich- Bacon	740	77	42	33.0
Sandwiches	Carls Jr	Grilled Cheese Breakfast Sandwich- Ham	690	77	40	28.0
Sandwiches	Carls Jr	Steak and Egg Burrito	600	37	35	33.0
Appetizers & Sides	Carls Jr	Guacamole	100	5	1	8.0
Appetizers & Sides	Carls Jr	Super Nachos- Chicken	730	52	32	44.0
Appetizers & Sides	Carls Jr	Super Nachos- Beef	740	53	29	45.0
Appetizers & Sides	Carls Jr	Super Nachos- Steak	740	53	34	43.0

Beverages	Carls Jr	Coke de Mexico	150	39	0	0.0
Burgers	Carls Jr	California Classic Double Cheeseburger	560	38	21	39.0
Entrees	Carls Jr	4-Cheese Quesadilla	640	53	26	64.0
Entrees	Carls Jr	Chicken Quesadilla	780	56	46	40.0
Entrees	Carls Jr	Steak Quesadilla	790	56	50	39.0
Entrees	Carls Jr	Chicken Taquitos 3 piece	460	53	16	21.0
Entrees	Carls Jr	Chicken Taquitos 5 piece	300	33	11	15.0
Salads	Carls Jr	Charbroiled Chicken Salad	280	19	33	9.0
Salads	Carls Jr	Taco Salad- Beef	890	62	35	56.0
Salads	Carls Jr	Taco Salad- Chicken	870	60	40	53.0
Salads	Carls Jr	Taco Salad- Steak	880	60	44	52.0
Sandwiches	Carls Jr	The Green Burrito- Chicken	930	96	49	38.0
Sandwiches	Carls Jr	The Green Burrito- Steak	940	96	53	38.0
Sandwiches	Carls Jr	The Grilled Burrito- Chicken	830	88	46	31.0
Sandwiches	Carls Jr	The Grilled Burrito- Steak	840	88	46	31.0
Sandwiches	Carls Jr	The Grilled Burrito- Beef	840	90	42	35.0
Sandwiches	Carls Jr	Chicken Soft Taco	250	18	16	12.0
Burgers	Carls Jr	Double Cheeseburger	380	35	19	21.0
Burgers	Carls Jr	Double Cheeseburger & Spicy Chicken Sandwich All Star Meal	1280	131	36	71.0
Burgers	Carls Jr	Triple Cheeseburger & Spicy Chicken Sandwich All Star Meal	1430	136	45	83.0
Appetizers & Sides	Carls Jr	Fried Zucchini	330	34	4	20.0
Burgers	Carls Jr	Beyond Famous Star with Cheese	770	61	33	44.0
Burgers	Carls Jr	Jalapeno Double Cheeseburger	980	56	47	64.0
Burgers	Carls Jr	Beyond BBQ Cheeseburger- Single	790	81	35	37.0
Burgers	Carls Jr	Hamburger Kid's Meal ***	200	22	9	9.0
Burgers	Carls Jr	Cheeseburger Kid's Meal ***	220	22	10	11.0
Entrees	Carls Jr	2-piece Chicken Tender Kid's Meal ***	180	9	16	9.0
Entrees	Carls Jr	Chicken Stars Kid's Meal ***	180	13	9	10.0
Sandwiches	Carls Jr	Spicy Chicken Sandwich	490	43	14	29.0
Entrees	Carls Jr	6 Piece - Chicken Stars	270	19	14	15.0
Entrees	Carls Jr	9 Piece- Chicken Stars	410	29	21	23.0
Burgers	Carls Jr	The 1/3lb. Jalapeno Thickburger	830	53	35	54.0
Entrees	Carls Jr	French Toast Dips	500	74	9	19.0
Burgers	Carls Jr	Spicy Western Bacon Cheeseburger	920	71	47	50.0
Burgers	Carls Jr	Triple Western Bacon Cheeseburger	1380	80	85	81.0

Burgers	Carls Jr	Spicy Double Western Bacon Cheeseburger	1400	75	80	87.0
Sandwiches	Carls Jr	Beyond Sausage Egg & Cheese Biscuit	660	46	24	42.0
Burgers	Carls Jr	Jalapeno Cheeseburger	730	54	28	45.0
Burgers	Carls Jr	Beyond BBQ Cheeseburger- Double	1150	87	60	63.0
Burgers	Carls Jr	Spicy Beyond BBQ Cheeseburger	800	84	34	36.0
Burgers	Carls Jr	Double Spicy Beyond BBQ Cheeseburger	1130	90	56	60.0
Burgers	Carls Jr	Spicy Triple Western Bacon Cheeseburger	1380	80	85	81.0
Burgers	Carls Jr	The 1/3lb. Original Thickburger	820	56	39	51.0
Burgers	Carls Jr	2/3 lb. Monster Angus Thickburger	1290	53	76	89.0
Burgers	Carls Jr	Big Hamburger w/ Cheese	540	56	28	22.0
Sandwiches	Carls Jr	Fiery Chicken Sandwich	550	45	16	33.0
Appetizers & Sides	Carls Jr	6 piece - Jalapeno Poppers	470	42	9	29.0
Appetizers & Sides	Carls Jr	9 piece - Jalapeno Poppers	650	62	13	38.0
Fried Potatoes	Carls Jr	Natural-Cut French Fries- Kid's	240	31	3	12.0
Entrees	Carls Jr	Fiery Chicken Sandwich All Star Meal	1040	109	22	58.0
Sandwiches	Carls Jr	BRC Burrito	730	93	27	26.0
Sandwiches	Carls Jr	Crunchy Chicken Taco	210	15	13	10.0
Sandwiches	Carls Jr	Crunchy Steak Taco	210	15	15	10.0
Sandwiches	Carls Jr	Beef Soft Taco	260	19	14	14.0
Sandwiches	Carls Jr	Steak Soft Taco	260	18	18	12.0
Salads	Carls Jr	Taco Salad	730	57	20	47.0
Appetizers & Sides	Carls Jr	Super Nachos	670	51	23	41.0
Sandwiches	Carls Jr	Bacon, Egg, and Cheese Burrito	580	32	31	35.0
Salads	Carls Jr	Side Salad	140	15	6	7.0
Entrees	Carls Jr	3-Piece Hand Breaded Chicken Tenders All Star Meal	700	70	29	35.0
Appetizers & Sides	Carrabba's Italian Grill	Shrimp Scampi	990	87	32	51.0
Appetizers & Sides	Carrabba's Italian Grill	Garlic Mashed Potatoes	350	46	6	17.0
Appetizers & Sides	Carrabba's Italian Grill	Sauteed Broccoli	140	10	5	11.0
Desserts	Carrabba's Italian Grill	John Cole	630	69	7	38.0
Desserts	Carrabba's Italian Grill	Sogno Di Cioccolata, "Chocolate Dream"	1040	96	9	72.0
Desserts	Carrabba's Italian Grill	Tiramisu	1040	88	14	73.0
Entrees	Carrabba's Italian Grill	Veal Marsala	500	18	56	21.0
Entrees	Carrabba's Italian Grill	Chicken Parmesan	760	19	68	45.0
Entrees	Carrabba's Italian Grill	Carrabba's Italian Classics w/Fettuccine	1600	87	77	105.0
Entrees	Carrabba's Italian Grill	Chicken Bryan	490	12	54	25.0

Entrees	Carrabba's Italian Grill	Chicken Marsala	400	3	47	20.0
Entrees	Carrabba's Italian Grill	Pollo Rosa Maria	510	4	60	26.0
Entrees	Carrabba's Italian Grill	Lasagne	1050	68	57	60.0
Entrees	Carrabba's Italian Grill	Lobster Ravioli	710	70	23	38.0
Entrees	Carrabba's Italian Grill	Mezzaluna	730	62	33	38.0
Entrees	Carrabba's Italian Grill	Fettuccine Carrabba	2020	134	94	124.0
Entrees	Carrabba's Italian Grill	Fettuccine Weesie with Whole Grain Spaghetti	1980	138	74	139.0
Entrees	Carrabba's Italian Grill	Spaghetti with Pomodoro Sauce	730	130	24	12.0
Entrees	Carrabba's Italian Grill	Fettuccine Alfredo, Side	810	53	20	59.0
Entrees	Carrabba's Italian Grill	Kids Cheese Ravioli	240	30	11	9.0
Entrees	Carrabba's Italian Grill	Kids Chicken Fingers with Broccoli	630	70	37	24.0
Entrees	Carrabba's Italian Grill	Kids Spaghetti and Meatball	530	69	23	18.0
Salads	Carrabba's Italian Grill	Tomato Caprese with Fresh Burrata	450	15	15	38.0
Salads	Carrabba's Italian Grill	Side Caesar Salad	340	8	9	31.0
Salads	Carrabba's Italian Grill	Side House Salad	340	17	6	28.0
Salads	Carrabba's Italian Grill	Side Italian Salad	320	14	4	29.0
Salads	Carrabba's Italian Grill	Entree Salad:Caesar Salad With Chicken	770	14	45	59.0
Salads	Carrabba's Italian Grill	Entree Salad:Caesar Salad With Shrimp	710	18	27	60.0
Sandwiches	Carrabba's Italian Grill	Caprese Sandwich - No Chicken	510	44	23	26.0
Sandwiches	Carrabba's Italian Grill	Caprese Sandwich with Grilled Chicken	740	44	69	30.0
Sandwiches	Carrabba's Italian Grill	Chicken Parmesan Sandwich	570	48	41	22.0
Soup	Carrabba's Italian Grill	Minestrone Soup, Bowl	210	31	5	8.0
Soup	Carrabba's Italian Grill	Minestrone Soup, Cup	110	16	3	4.0
Soup	Carrabba's Italian Grill	Sausage & Lentil Soup, Bowl	430	37	24	22.0
Soup	Carrabba's Italian Grill	Sausage & Lentil Soup, Cup	220	19	12	11.0
Soup	Carrabba's Italian Grill	Mama Mandola's Sicilian Chicken Soup, Bowl	320	32	24	11.0
Soup	Carrabba's Italian Grill	Mama Mandola's Sicilian Chicken Soup, Cup	230	29	15	6.0
Entrees	Carrabba's Italian Grill	Shrimp and Scallop Linguine Alla Vodka	1070	120	49	35.0
Salads	Carrabba's Italian Grill	Johnny Rocco Salad--All Shrimp	570	15	35	43.0
Sandwiches	Carrabba's Italian Grill	Meatball Sandwich	730	54	40	38.0
Appetizers & Sides	Carrabba's Italian Grill	Mozzarella Marinara	1050	43	50	75.0
Entrees	Carrabba's Italian Grill	Meatballs and Ricotta	480	17	28	33.0
Entrees	Carrabba's Italian Grill	Tuscan-Grilled Chicken	320	0	64	6.0
Entrees	Carrabba's Italian Grill	Tuscan Grilled Pork Chop, One Chop	400	3	33	27.0
Entrees	Carrabba's Italian Grill	Tuscan Grilled Pork Chop, Two Chops	800	6	66	54.0

Appetizers & Sides	Carrabba's Italian Grill	Grilled Asparagus	45	5	3	2.5
Toppings & Ingredients	Carrabba's Italian Grill	Bryan Topping	210	9	4	17.0
Toppings & Ingredients	Carrabba's Italian Grill	Marsala Sauce Topping	170	3	2	16.0
Entrees	Carrabba's Italian Grill	Whole Grain Spaghetti with Meatballs	1230	155	61	48.0
Toppings & Ingredients	Carrabba's Italian Grill	Spicy Sicilian Butter Topping	100	1	0	11.0
Appetizers & Sides	Carrabba's Italian Grill	Zucchini Fritte	760	41	9	63.0
Entrees	Carrabba's Italian Grill	Rigatoni Campagnolo	1300	131	65	58.0
Entrees	Carrabba's Italian Grill	Fettuccine Weesie, Gluten Free	2020	165	53	134.0
Entrees	Carrabba's Italian Grill	Gluten Free Spaghetti with Pomodoro Sauce	860	172	17	12.0
Entrees	Carrabba's Italian Grill	Rigatoni Campagnolo with Gluten-Free Pasta	1480	175	61	59.0
Entrees	Carrabba's Italian Grill	Rigatoni Campagnolo with Whole Grain Spaghetti	1370	147	73	61.0
Desserts	Carrabba's Italian Grill	Strawberry Cheesecake	990	87	16	64.0
Entrees	Carrabba's Italian Grill	Chicken Trio	700	10	81	36.0
Entrees	Carrabba's Italian Grill	Spaghetti with Meatballs	1220	141	56	46.0
Entrees	Carrabba's Italian Grill	Linguine Positano	930	145	24	31.0
Entrees	Carrabba's Italian Grill	Fettuccine Weesie	2040	137	71	137.0
Entrees	Carrabba's Italian Grill	Linguine Pescatore	1000	155	68	13.0
Entrees	Carrabba's Italian Grill	Linguine Pescatore with Gluten-Free Pasta	1060	173	60	14.0
Entrees	Carrabba's Italian Grill	Linguine Pescatore with Whole Grain Pasta	950	146	72	16.0
Entrees	Carrabba's Italian Grill	Whole Grain Spaghetti with Pomodoro Sauce	740	144	29	14.0
Salads	Carrabba's Italian Grill	Entree Salad: Italian Salad with Shrimp	710	24	21	61.0
Salads	Carrabba's Italian Grill	Entree Salad: Italian Salad with Chicken	790	21	40	61.0
Desserts	Carrabba's Italian Grill	Cannoli Cake for Two	2170	227	26	132.0
Appetizers & Sides	Carrabba's Italian Grill	Penne Pomodoro	350	62	12	6.0
Appetizers & Sides	Carrabba's Italian Grill	Calamari with Marinara & Ricardo Sauce	1230	66	33	92.0
Appetizers & Sides	Carrabba's Italian Grill	Cozze in Bianco	390	29	22	20.0
Entrees	Carrabba's Italian Grill	Gluten Free Spaghetti with Meatballs	1340	182	49	46.0
Entrees	Carrabba's Italian Grill	Eggplant Parmesan	1230	122	46	64.0
Entrees	Carrabba's Italian Grill	Mahi Wulfe, 8oz	490	22	54	20.0
Entrees	Carrabba's Italian Grill	Spiedino Di Mare Shrimp & Scallops	480	26	25	31.0
Appetizers & Sides	Carrabba's Italian Grill	Sauteed Spinach	170	9	4	14.0
Desserts	Carrabba's Italian Grill	Traditional Cannoli	970	76	17	67.0
Beverages	Carrabba's Italian Grill	100% Apple Juice with Ice	80	20	0	0.0
Beverages	Carrabba's Italian Grill	100% Orange Juice with Ice	80	19	1	0.0
Beverages	Carrabba's Italian Grill	Hi-C Fruit Punch with Ice	90	26	0	0.0

Entrees	Carrabba's Italian Grill	Veal Piccata	410	17	39	19.0
Entrees	Carrabba's Italian Grill	Lunch Trio Mozzarella Marinara	520	21	25	38.0
Entrees	Carrabba's Italian Grill	Shrimp Scampi-Lunch	630	54	28	29.0
Appetizers & Sides	Carrabba's Italian Grill	Four-Cheese & Sausage Stuffed Mushrooms	290	8	15	23.0
Soup	Carrabba's Italian Grill	Tomato Basil Soup, Cup	190	13	3	15.0
Soup	Carrabba's Italian Grill	Tomato Basil Soup, Bowl	370	26	5	29.0
Entrees	Carrabba's Italian Grill	Simply Grilled Salmon	540	1	45	39.0
Toppings & Ingredients	Carrabba's Italian Grill	Ardente Topping	250	7	7	20.0
Entrees	Carrabba's Italian Grill	Tuscan Grilled Sirloin, 10 oz.	480	3	56	26.0
Entrees	Carrabba's Italian Grill	Tuscan Grilled Sirloin, 7oz.	350	3	39	19.0
Appetizers & Sides	Carrabba's Italian Grill	Parmesan Truffle Fries	750	79	13	43.0
Beverages	Carrabba's Italian Grill	Blackberry Sangria, Glass, 6 ounce	230	32	0	0.0
Beverages	Carrabba's Italian Grill	Blackberry Sangria, Glass, 9 ounce	340	45	0	0.0
Beverages	Carrabba's Italian Grill	Blackberry Sangria, Pitcher	970	131	1	0.0
Beverages	Carrabba's Italian Grill	Blue Moon	170	14	2	0.0
Appetizers & Sides	Carrabba's Italian Grill	Bread and Dipping Sauce Trio	1220	154	37	38.0
Beverages	Carrabba's Italian Grill	Bud Light	110	7	1	0.0
Beverages	Carrabba's Italian Grill	Cafe Latte	110	13	5	4.0
Beverages	Carrabba's Italian Grill	Cappuccino	90	12	4	3.0
Entrees	Carrabba's Italian Grill	Chicken Piccata	580	27	51	29.0
Appetizers & Sides	Carrabba's Italian Grill	Classic Combo	1070	44	63	72.0
Beverages	Carrabba's Italian Grill	Classic Red Sangria, Glass, 6 ounce	190	22	1	0.0
Beverages	Carrabba's Italian Grill	Classic Red Sangria, Glass, 9 ounce	280	30	1	0.0
Beverages	Carrabba's Italian Grill	Classic Red Sangria, Pitcher	1020	109	3	0.0
Beverages	Carrabba's Italian Grill	Coffee	0	0	0	0.0
Beverages	Carrabba's Italian Grill	Coke with Ice	80	23	0	0.0
Beverages	Carrabba's Italian Grill	Coors Light	100	5	1	0.0
Beverages	Carrabba's Italian Grill	Diet Coke with Ice	0	0	0	0.0
Beverages	Carrabba's Italian Grill	Dr. Pepper with Ice	90	23	0	0.0
Beverages	Carrabba's Italian Grill	Espresso	45	7	1	1.5
Beverages	Carrabba's Italian Grill	Flavored Tea, with Ice: Blackberry	40	10	0	0.0
Beverages	Carrabba's Italian Grill	Flavored Tea, with Ice: Desert Pear	40	10	0	0.0
Beverages	Carrabba's Italian Grill	Flavored Tea, with Ice: Mango	50	13	0	0.0
Beverages	Carrabba's Italian Grill	Flavored Tea, with Ice: Orange	45	11	0	0.0
Beverages	Carrabba's Italian Grill	Flavored Tea, with Ice: Peach	40	10	0	0.0

Beverages	Carrabba's Italian Grill	Flavored Tea, with Ice: Pomegranate	45	11	0	0.0
Beverages	Carrabba's Italian Grill	Flavored Tea, with Ice: Raspberry	50	13	0	0.0
Beverages	Carrabba's Italian Grill	Flavored Tea, with Ice: Strawberry	35	9	0	0.0
Beverages	Carrabba's Italian Grill	Flavored Tea, with Ice: White Peach	40	10	0	0.0
Entrees	Carrabba's Italian Grill	Gluten Free Spaghetti with Meat Sauce	990	166	26	25.0
Beverages	Carrabba's Italian Grill	Gold Peak Tea, Sweet with Ice	70	18	0	0.0
Beverages	Carrabba's Italian Grill	Gold Peak Tea, with Ice	0	0	0	0.0
Beverages	Carrabba's Italian Grill	Italian Old Fashioned	170	9	0	0.0
Salads	Carrabba's Italian Grill	Johnny Rocco Salad--All Scallops	570	17	30	44.0
Salads	Carrabba's Italian Grill	Johnny Rocco Salad--Shrimp & Scallops	550	16	31	42.0
Entrees	Carrabba's Italian Grill	Kids Grilled Chicken and Steamed Spinach	190	6	27	5.0
Entrees	Carrabba's Italian Grill	Kids Grilled Chicken Meal with Broccoli	200	11	29	5.0
Entrees	Carrabba's Italian Grill	Kids Grilled Shrimp and Steamed Broccoli	160	12	30	0.5
Entrees	Carrabba's Italian Grill	Kids Grilled Shrimp and Steamed Spinach	130	6	27	0.0
Entrees	Carrabba's Italian Grill	Kids Mac N' Cheese	410	56	16	13.0
Entrees	Carrabba's Italian Grill	Linguine Positano with Grilled Chicken	1160	145	70	35.0
Entrees	Carrabba's Italian Grill	Linguine Positano with Grilled Chicken and Gluten-Free Pasta	1230	163	62	36.0
Entrees	Carrabba's Italian Grill	Linguine Positano with Grilled Chicken and Whole Grain Spaghetti	1110	136	74	38.0
Entrees	Carrabba's Italian Grill	Linguine Positano with Grilled Shrimp	1030	148	39	33.0
Entrees	Carrabba's Italian Grill	Linguine Positano with Grilled Shrimp and Gluten-Free Pasta	1090	166	31	35.0
Entrees	Carrabba's Italian Grill	Linguine Positano with Grilled Shrimp and Whole Grain Spaghetti	980	139	43	36.0
Entrees	Carrabba's Italian Grill	Linguine Sostanza	1050	158	29	35.0
Beverages	Carrabba's Italian Grill	MICHELOB ULTRA	100	3	1	0.0
Beverages	Carrabba's Italian Grill	Minute Maid Lemonade with Ice	100	25	0	0.0
Beverages	Carrabba's Italian Grill	Peach Sangria, Glass, 6 ounce	220	22	0	0.0
Beverages	Carrabba's Italian Grill	Peach Sangria, Glass, 9 ounce	330	34	0	0.0
Beverages	Carrabba's Italian Grill	Peach Sangria, Pitcher	890	87	1	0.0
Beverages	Carrabba's Italian Grill	Pomegranate Martini	200	25	1	0.0
Beverages	Carrabba's Italian Grill	Raspberry Lemonade with Ice	160	41	0	0.0
Beverages	Carrabba's Italian Grill	Red Wine, Bottle, 750 ml	630	19	1	0.0
Beverages	Carrabba's Italian Grill	Red Wine, Glass, 6 ounce	150	5	0	0.0
Beverages	Carrabba's Italian Grill	Red Wine, Glass, 9 ounce	220	7	0	0.0
Entrees	Carrabba's Italian Grill	Rigatoni Alla Norma with Grilled Eggplant	770	134	25	15.0
Entrees	Carrabba's Italian Grill	Rigatoni Martino with Chicken	1610	125	95	80.0
Entrees	Carrabba's Italian Grill	Rigatoni Martino with Sausage	1650	127	69	96.0

Entrees	Carrabba's Italian Grill	Rigatoni Martino, no protein	1380	125	49	76.0
Beverages	Carrabba's Italian Grill	Rose Wine, Bottle, 750 ml	640	29	3	0.0
Beverages	Carrabba's Italian Grill	Rose Wine, Glass, 6 ounce	150	7	1	0.0
Beverages	Carrabba's Italian Grill	Rose Wine, Glass, 9 ounces	230	10	1	0.0
Entrees	Carrabba's Italian Grill	Salmon Capperi	760	9	51	57.0
Beverages	Carrabba's Italian Grill	Samuel Adams	180	0	0	0.0
Beverages	Carrabba's Italian Grill	Sangria Rita	240	31	0	0.0
Beverages	Carrabba's Italian Grill	Sangria Rita	240	31	0	0.0
Beverages	Carrabba's Italian Grill	Sicilian Prickly Pear Margarita	280	36	0	0.0
Entrees	Carrabba's Italian Grill	Spaghetti with Meat Sauce	870	124	33	25.0
Beverages	Carrabba's Italian Grill	Sparkling Wine, Bottle, 750 ml	600	22	0	0.0
Beverages	Carrabba's Italian Grill	Sparkling Wine, Glass, 6 ounce	140	5	0	0.0
Beverages	Carrabba's Italian Grill	Sparkling Tuscan Lemonade	190	24	0	0.0
Entrees	Carrabba's Italian Grill	Spiedino Di Mare All Scallops	480	27	23	31.0
Entrees	Carrabba's Italian Grill	Spiedino Di Mare All Shrimp	480	24	28	31.0
Beverages	Carrabba's Italian Grill	Sprite with Ice	90	23	0	0.0
Beverages	Carrabba's Italian Grill	Stella Artois	140	11	0	0.0
Beverages	Carrabba's Italian Grill	Strawberry Lemonade with Ice	140	37	0	0.0
Entrees	Carrabba's Italian Grill	The Johnny Trio w/10oz Sirloin	1180	41	100	65.0
Entrees	Carrabba's Italian Grill	The Johnny Trio w/7oz Sirloin	1040	41	83	58.0
Entrees	Carrabba's Italian Grill	Tuscan Grilled Filet, 9 oz.	610	6	48	43.0
Entrees	Carrabba's Italian Grill	Tuscan Grilled Ribeye, 16 oz.	860	5	91	52.0
Entrees	Carrabba's Italian Grill	Vegetarian Ravioli	670	65	24	35.0
Beverages	Carrabba's Italian Grill	White Wine, Bottle, 750 ml	610	19	1	0.0
Beverages	Carrabba's Italian Grill	White Wine, Glass, 6 ounce	140	5	0	0.0
Beverages	Carrabba's Italian Grill	White Wine, Glass, 9 ounce	220	7	0	0.0
Desserts	Casey's General Store	Fudge Brownie	460	72	4	19.0
Desserts	Casey's General Store	Caramel Chocolate Pecan Cookie	330	42	3	17.0
Desserts	Casey's General Store	Chocolate Chunk Cookie	320	42	3	15.0
Baked Goods	Casey's General Store	Plain Sugar Cookie	250	32	2	13.0
Sandwiches	Casey's General Store	Biscuits & Gravy	430	35.6	8	27.0
Sandwiches	Casey's General Store	Breaded Pork Sandwich	630	83	46	11.0
Baked Goods	Casey's General Store	Chocolate Cake	230	23	3	14.0
Pizza	Casey's General Store	Taco, Small	250	22.9	11	14.0
Pizza	Casey's General Store	Supreme, Small	250	20.6	13	14.0



Pizza	Casey's General Store	Meat Galore, Small	250	20	15	14.0
Pizza	Casey's General Store	Vegetable, Small	180	21.1	8	8.0
Sandwiches	Casey's General Store	Chicken Salad Croissant	650	47.3	18	43.0
Toppings & Ingredients	Casey's General Store	Caramel Icing	60	13.7	0	1.0
Toppings & Ingredients	Casey's General Store	Rainbow Sprinkles	20	3	0	0.5
Toppings & Ingredients	Casey's General Store	Powdered Sugar	20	4.7	0	0.0
Toppings & Ingredients	Casey's General Store	Peanuts	30	0.8	1.3	2.5
Baked Goods	Casey's General Store	Raspberry Bismark	260	38	4	10.0
Pizza	Casey's General Store	Vegetable Breakfast Pizza, Small	200	20	10	9.0
Desserts	Casey's General Store	Snickerdoodle Cookie	270	38	2	13.0
Toppings & Ingredients	Casey's General Store	White Icing	60	14.6	0	0.0
Desserts	Casey's General Store	Brownie Bites	680	101.3	8	75.0
Toppings & Ingredients	Casey's General Store	Caramel Syrup	80	21	0	0.0
Toppings & Ingredients	Casey's General Store	Hazelnut Syrup	90	22	0	0.0
Toppings & Ingredients	Casey's General Store	French Vanilla Syrup	80	20	0	0.0
Toppings & Ingredients	Casey's General Store	Irish Cream Single	30	4	0	1.5
Toppings & Ingredients	Casey's General Store	Hazelnut Single	30	3	0	1.5
Toppings & Ingredients	Casey's General Store	Casey's Crust, Small	90	18.2	3	0.5
Toppings & Ingredients	Casey's General Store	Pizza Sauce, Small/Gluten Free	5	0.5	0.1	0.0
Pizza	Casey's General Store	Pepperoni, Small	190	19.5	11	9.0
Toppings & Ingredients	Casey's General Store	Mild Sausage, Small	200	19.5	9	9.0
Toppings & Ingredients	Casey's General Store	Canadian Bacon, Small/Gluten Free	10	0.3	2	0.3
Toppings & Ingredients	Casey's General Store	Ham, Small/Gluten Free	15	0.5	3	0.4
Toppings & Ingredients	Casey's General Store	Bacon Crumbles, Small/Gluten Free	45	0.2	3	3.5
Toppings & Ingredients	Casey's General Store	Breakfast Sausage, Small/Gluten Free	15	0.3	2	0.5
Toppings & Ingredients	Casey's General Store	Green Peppers, Small/Gluten Free	0	0.2	0	0.0
Toppings & Ingredients	Casey's General Store	Mushrooms, Small/Gluten Free	0	0.2	0.1	0.0
Toppings & Ingredients	Casey's General Store	Onion, Small/Gluten Free	0	0.3	0	0.0
Toppings & Ingredients	Casey's General Store	Black Olive, Small/Gluten Free	5	0.2	0	0.5
Toppings & Ingredients	Casey's General Store	Pineapple, Small/Gluten Free	5	0.7	0	0.0
Toppings & Ingredients	Casey's General Store	Jalapenos, Small/Gluten Free	0	0.2	0	0.0
Toppings & Ingredients	Casey's General Store	Banana Peppers, Small/Gluten Free	0	0	0	0.0
Toppings & Ingredients	Casey's General Store	Tomatoes, Small/Gluten Free	0	0.2	0	0.0
Toppings & Ingredients	Casey's General Store	Casey's Crust, Medium	140	29.6	4	1.0
Toppings & Ingredients	Casey's General Store	Pizza Sauce, Medium	5	1.1	0.2	0.0

Toppings & Ingredients	Casey's General Store	Pepperoni, Medium	40	0.2	6	3.5
Toppings & Ingredients	Casey's General Store	Hot Sausage, Medium	60	0.3	3	6.0
Toppings & Ingredients	Casey's General Store	Mild Sausage, Medium	60	0.4	7	6.0
Toppings & Ingredients	Casey's General Store	Canadian Bacon, Medium	15	0.5	3	0.4
Toppings & Ingredients	Casey's General Store	Ham, Medium	25	0.8	4	0.5
Toppings & Ingredients	Casey's General Store	Bacon Crumbles, Medium	90	0.4	6	6.5
Pizza	Casey's General Store	Breakfast Sausage, Medium	45	0.3	2	4.0
Toppings & Ingredients	Casey's General Store	Green Peppers, Medium	0	0.4	0.1	0.0
Toppings & Ingredients	Casey's General Store	Mushrooms, Medium	5	0.4	0.2	0.0
Toppings & Ingredients	Casey's General Store	Onion, Medium	5	0.7	0	0.0
Toppings & Ingredients	Casey's General Store	Black Olive, Medium	10	0.3	0	1.0
Toppings & Ingredients	Casey's General Store	Pineapple, Medium	5	1.4	0	0.0
Toppings & Ingredients	Casey's General Store	Jalapenos, Medium	0	0.3	0	0.0
Toppings & Ingredients	Casey's General Store	Banana Peppers, Medium	0	0	0	0.0
Toppings & Ingredients	Casey's General Store	Tomatoes, Medium	0	0.3	0.1	0.0
Toppings & Ingredients	Casey's General Store	Casey's Crust, Large	100	20.5	3	0.5
Toppings & Ingredients	Casey's General Store	Pizza Sauce, Large	5	0.8	0.2	0.0
Pizza	Casey's General Store	Pepperoni, Large	25	0.1	3	2.0
Toppings & Ingredients	Casey's General Store	Hot Sausage, Large	50	0.2	2	4.5
Toppings & Ingredients	Casey's General Store	Mild Sausage, Large	50	0.3	2	4.5
Toppings & Ingredients	Casey's General Store	Canadian Bacon, Large	10	0.3	2	0.3
Toppings & Ingredients	Casey's General Store	Ham, Large	15	0.5	3	0.4
Toppings & Ingredients	Casey's General Store	Bacon Crumbles, Large	70	0.3	5	5.0
Toppings & Ingredients	Casey's General Store	Breakfast Sausage, Large	35	0.2	2	3.0
Toppings & Ingredients	Casey's General Store	Green Peppers, Large	0	0.3	0	0.0
Toppings & Ingredients	Casey's General Store	Mushrooms, Large	0	0.3	0.1	0.0
Toppings & Ingredients	Casey's General Store	Onion, Large	0	0.5	0	0.0
Toppings & Ingredients	Casey's General Store	Black Olive, Large	5	0.3	0	1.0
Toppings & Ingredients	Casey's General Store	Pineapple, Large	5	1.1	0	0.0
Toppings & Ingredients	Casey's General Store	Jalapenos, Large	0	0.3	0	0.0
Toppings & Ingredients	Casey's General Store	Banana Peppers, Large	0	0	0	0.0
Toppings & Ingredients	Casey's General Store	Tomatoes, Large	0	0.2	0	0.0
Toppings & Ingredients	Casey's General Store	Pizza Sauce, Flatbread	5	0.6	0.1	0.0
Toppings & Ingredients	Casey's General Store	Beef, Flatbread	35	0.1	2	3.0
Toppings & Ingredients	Casey's General Store	Canadian Bacon, Flatbread	10	0.3	1	0.2

Toppings & Ingredients	Casey's General Store	Ham, Flatbread	10	0.4	2	0.3
Toppings & Ingredients	Casey's General Store	Bacon Crumbles, Flatbread	50	0.2	4	3.5
Toppings & Ingredients	Casey's General Store	Breakfast Sausage, Flatbread	25	0.2	1	2.5
Toppings & Ingredients	Casey's General Store	Green Peppers, Flatbread	0	0.2	0	0.0
Toppings & Ingredients	Casey's General Store	Mushrooms, Flatbread	0	0.2	0.1	0.0
Toppings & Ingredients	Casey's General Store	Onion, Flatbread	0	0.4	0	0.0
Toppings & Ingredients	Casey's General Store	Black Olive, Flatbread	5	0.2	0	0.5
Toppings & Ingredients	Casey's General Store	Pineapple, Flatbread	5	0.8	0	0.0
Toppings & Ingredients	Casey's General Store	Jalapenos, Flatbread	0	0.2	0	0.0
Toppings & Ingredients	Casey's General Store	Banana Peppers, Flatbread	0	0	0	0.0
Toppings & Ingredients	Casey's General Store	Tomatoes, Flatbread	0	0.2	0	0.0
Pizza	Casey's General Store	Bacon Breakfast Pizza, Gluten Free	240	16	12	15.0
Pizza	Casey's General Store	Bacon Breakfast Pizza, Medium	390	32	20	20.0
Pizza	Casey's General Store	Bacon Breakfast Pizza, Large	280	23	15	15.0
Pizza	Casey's General Store	Bacon Breakfast Pizza, Flatbread	190	9	10	12.0
Pizza	Casey's General Store	Sausage Breakfast Pizza, Medium	360	32	17	19.0
Pizza	Casey's General Store	Sausage Breakfast Pizza, Large	270	23	13	14.0
Pizza	Casey's General Store	Vegetable Breakfast Pizza, Gluten Free	200	17	9	11.0
Pizza	Casey's General Store	Vegetable Breakfast Pizza, Medium	320	32	15	15.0
Pizza	Casey's General Store	Vegetable Breakfast Pizza, Large	230	23	11	11.0
Pizza	Casey's General Store	Vegetable Breakfast Pizza, Flatbread	150	9	8	9.0
Pizza	Casey's General Store	Chicken Bacon Ranch, Gluten Free	270	16.3	10	18.0
Pizza	Casey's General Store	Chicken Bacon Ranch, Medium	420	32.2	19	24.0
Pizza	Casey's General Store	Chicken Bacon Ranch, Large	300	22.3	14	17.0
Pizza	Casey's General Store	Chicken Bacon Ranch, Flatbread	200	8.9	10	13.0
Pizza	Casey's General Store	Meat Galore, Gluten Free	250	16.3	14	16.0
Pizza	Casey's General Store	Meat Galore, Medium	380	32.5	22	20.0
Pizza	Casey's General Store	Meat Galore, Large	270	22.6	15	14.0
Pizza	Casey's General Store	Meat Galore, Flatbread	180	9.1	11	11.0
Pizza	Casey's General Store	Supreme, Gluten Free	250	16.9	12	16.0
Pizza	Casey's General Store	Supreme, Medium	380	33.4	19	20.0
Pizza	Casey's General Store	Supreme, Large	270	23.2	14	14.0
Pizza	Casey's General Store	Supreme, Flatbread	180	9.5	9	12.0
Pizza	Casey's General Store	Taco, Gluten Free	250	19.2	10	15.0
Pizza	Casey's General Store	Taco, Medium	420	38.4	18	22.0

Pizza	Casey's General Store	Taco, Large	300	27.1	13	16.0
Pizza	Casey's General Store	Taco, Flatbread	200	12.4	9	13.0
Pizza	Casey's General Store	Vegetable, Gluten Free	180	17.4	7	9.0
Pizza	Casey's General Store	Vegetable, Medium	280	34.1	12	11.0
Pizza	Casey's General Store	Vegetable, Large	200	23.7	9	8.0
Pizza	Casey's General Store	Vegetable, Flatbread	120	9.9	6	7.0
Sandwiches	Casey's General Store	Crispy Chicken Sandwich	380	40	25	13.0
Toppings & Ingredients	Casey's General Store	Pizza Sauce Cup	30	6.3	1	0.2
Toppings & Ingredients	Casey's General Store	Cheese Sauce Cup	70	6.4	0.6	4.5
Sandwiches	Casey's General Store	Sausage, Egg, Cheese Biscuit	540	34	15	36.0
Sandwiches	Casey's General Store	Bacon, Egg, Cheese Croissant	370	28.7	13	22.0
Sandwiches	Casey's General Store	Sausage, Egg, Cheese, Croissant	490	29	16	34.0
Baked Goods	Casey's General Store	White Cake	330	30	4	21.0
Baked Goods	Casey's General Store	Long John	270	37	5	11.0
Baked Goods	Casey's General Store	Fried Cinnamon Bun	280	30	5	15.0
Toppings & Ingredients	Casey's General Store	Chocolate Icing (TH)	50	12.2	0.2	0.0
Toppings & Ingredients	Casey's General Store	Glaze (TH)	55	13.6	0.2	0.1
Beverages	Casey's General Store	Sugar Free French Vanilla Syrup	0	0	0	0.0
Desserts	Casey's General Store	Chocolate Ice Cream	180	21	3	6.0
Desserts	Casey's General Store	Vanilla Ice Cream	140	19	4	5.0
Desserts	Casey's General Store	Ice Cream Wafer	25	5	0	0.0
Toppings & Ingredients	Casey's General Store	White Bread	200	38.3	8	1.0
Toppings & Ingredients	Casey's General Store	Wheat Bread	200	37.4	8	2.5
Toppings & Ingredients	Casey's General Store	Zesty Parmesan	210	38.3	9	1.5
Toppings & Ingredients	Casey's General Store	Jalapeno Cheddar	250	38.9	11	5.5
Toppings & Ingredients	Casey's General Store	Harvest Grain	230	36	10	5.0
Toppings & Ingredients	Casey's General Store	Lettuce	25	5	3	0.0
Toppings & Ingredients	Casey's General Store	American Cheese	80	0.8	5	7.0
Toppings & Ingredients	Casey's General Store	Mild Cheddar Cheese	120	0	8	9.0
Toppings & Ingredients	Casey's General Store	Pepper Jack Cheese	110	1.5	8	8.0
Toppings & Ingredients	Casey's General Store	Provolone Cheese	110	1.5	8	8.0
Toppings & Ingredients	Casey's General Store	Swiss Cheese	110	1.5	8	8.0
Toppings & Ingredients	Casey's General Store	Ham	100	3.3	17	2.5
Toppings & Ingredients	Casey's General Store	Turkey	100	4.3	18	1.0
Toppings & Ingredients	Casey's General Store	Bacon	90	0.8	6	7.0

Toppings & Ingredients	Casey's General Store	Italian (Ham, Pepperoni, Salami)	160	3.4	13	12.0
Toppings & Ingredients	Casey's General Store	Cold Cut Combo (Ham, Pepperoni, Bologna, Salami)	194	3.5	11	16.0
Toppings & Ingredients	Casey's General Store	Turkey Club (Turkey, Bacon)	120	1.8	18	6.0
Toppings & Ingredients	Casey's General Store	Chicken Salad	320	7.3	12	27.0
Toppings & Ingredients	Casey's General Store	Lettuce, per 6"	5	0.7	0.4	0.0
Toppings & Ingredients	Casey's General Store	Lettuce, per salad	30	6.7	2	0.0
Toppings & Ingredients	Casey's General Store	Baby Spinach, per 6"	5	0.5	0.3	0.0
Toppings & Ingredients	Casey's General Store	Baby Spinach, per salad	15	2.5	2	0.0
Toppings & Ingredients	Casey's General Store	Tomato	5	1.1	0.2	0.0
Toppings & Ingredients	Casey's General Store	Pickle	0	0	0	0.0
Toppings & Ingredients	Casey's General Store	Black Olive	25	1	0	3.0
Toppings & Ingredients	Casey's General Store	Banana Pepper	5	0	0	0.0
Toppings & Ingredients	Casey's General Store	Jalapeno	5	1	0	0.0
Toppings & Ingredients	Casey's General Store	Ranch Sauce	130	1	0	14.0
Toppings & Ingredients	Casey's General Store	Chipotle Mayo	180	2	0	20.0
Toppings & Ingredients	Casey's General Store	Mayonnaise	200	0	0	22.0
Toppings & Ingredients	Casey's General Store	Honey Mustard	130	7	0	12.0
Toppings & Ingredients	Casey's General Store	Reduced Cal. Mayo	80	2	0	8.0
Toppings & Ingredients	Casey's General Store	BBQ Sauce	70	17	0	0.0
Toppings & Ingredients	Casey's General Store	Olive Oil	240	0	0	28.0
Toppings & Ingredients	Casey's General Store	Country French	190	13	0	16.0
Toppings & Ingredients	Casey's General Store	Balsamic	170	3	0	17.0
Toppings & Ingredients	Casey's General Store	Ranch Dressing	220	2	1	21.0
Toppings & Ingredients	Casey's General Store	Blue Cheese	230	2	1	24.0
Sandwiches	Casey's General Store	Harvest Grain Ham	450	4.1	25	12.0
Sandwiches	Casey's General Store	Harvest Grain Turkey	450	5	26	10.0
Pizza	Casey's General Store	Sausage Breakfast Pizza, Gluten Free	230	16	10	14.0
Pizza	Casey's General Store	Sausage Breakfast Pizza, Flatbread	180	9	9	12.0
Pizza	Casey's General Store	Bacon Breakfast Pizza, Small	260	20	14	14.0
Toppings & Ingredients	Casey's General Store	Beef, Large	45	0.1	2	4.0
Toppings & Ingredients	Casey's General Store	Beef, Medium	60	0.2	3	5.0
Toppings & Ingredients	Casey's General Store	Beef, Small/Gluten Free	30	0.1	1	2.5
Toppings & Ingredients	Casey's General Store	Spinach, Large	0	0.3	0.2	0.0
Baked Goods	Casey's General Store	Maple Pecan Danish with Glaze	400	43	4	24.0
Toppings & Ingredients	Casey's General Store	Spinach, Small/Gluten Free	0	0.2	0.1	0.0

Toppings & Ingredients	Casey's General Store	Spinach, Medium	5	0.3	0.2	0.0
Toppings & Ingredients	Casey's General Store	Spinach, Flatbread	0	0.2	0.1	0.0
Toppings & Ingredients	Casey's General Store	Crushed Red Pepper	5	1	0	0.0
Toppings & Ingredients	Casey's General Store	Golden Italian	170	3	0	17.0
Toppings & Ingredients	Casey's General Store	Parmesan Cheese Packet	15	1	1	1.0
Sandwiches	Casey's General Store	Italian Provolone Wrap	780	57.6	29	50.0
Sandwiches	Casey's General Store	MTO Ham & Swiss Sub	400	43.9	32	11.0
Sandwiches	Casey's General Store	MTO Italian Provolone Sub	460	42.9	28	20.0
Sandwiches	Casey's General Store	MTO Turkey & Cheddar Sub	420	43.3	34	11.0
Sandwiches	Casey's General Store	Signature Ham & Swiss Sub	420	38.6	32	15.0
Sandwiches	Casey's General Store	Signature Italian Provolone Sub	480	37.6	28	25.0
Sandwiches	Casey's General Store	Signature Turkey & Cheddar Sub	430	38	33	15.0
Sandwiches	Casey's General Store	Turkey Ranch Wrap	640	58	35	29.0
Toppings & Ingredients	Casey's General Store	Canadian Bacon, Small	180	19.6	9	7.0
Toppings & Ingredients	Casey's General Store	Pepperoni, Medium	290	31.7	17	13.0
Toppings & Ingredients	Casey's General Store	Mild Sausage, Medium	320	31.8	14	15.0
Toppings & Ingredients	Casey's General Store	Canadian Bacon, Medium	270	32	14	10.0
Pizza	Casey's General Store	Pepperoni, Large	210	22	12	9.0
Toppings & Ingredients	Casey's General Store	Mild Sausage, Large	230	22.2	10.5	11.0
Toppings & Ingredients	Casey's General Store	Canadian Bacon, Large	190	22.2	10	7.0
Pizza	Casey's General Store	LTO - Busch Light Beer Ultimate Breakfast Pizza, Small	210	20	11	10.0
Pizza	Casey's General Store	LTO - Busch Light Beer Ultimate Breakfast Pizza, Gluten Free	210	16	10	12.0
Pizza	Casey's General Store	LTO - Busch Light Beer Ultimate Breakfast Pizza, Medium	340	32	17	16.0
Pizza	Casey's General Store	LTO - Busch Light Beer Ultimate Breakfast Pizza, Large	260	23	14	13.0
Pizza	Casey's General Store	LTO - Busch Light Beer Ultimate Breakfast Pizza, Flatbread	170	9	9	10.0
Pizza	Casey's General Store	LTO - Busch Light Beer Ultimate Breakfast Pizza, Warmer Slice	520	45	27	25.0
Pizza	Casey's General Store	Bacon Breakfast Pizza, Warmer Slice	560	45	29	30.0
Pizza	Casey's General Store	Sausage Breakfast Pizza, Small	230	20	11	12.0
Pizza	Casey's General Store	Sausage Breakfast Pizza, Warmer Slice	540	45	26	29.0
Pizza	Casey's General Store	Vegetable Breakfast Pizza, Warmer Slice	470	45	22	22.0
Pizza	Casey's General Store	Cheese, Small	170	19	8	6.0
Pizza	Casey's General Store	Cheese, Gluten Free	160	16	7	8.0
Pizza	Casey's General Store	Cheese, Medium	250	32	11	9.0
Pizza	Casey's General Store	Cheese, Large	180	22	9	7.0
Pizza	Casey's General Store	Cheese, Flatbread	110	9	6	6.0

Pizza	Casey's General Store	Cheese, Warmer Slice	370	44	17	14.0
Pizza	Casey's General Store	Pepperoni, Gluten Free	190	15.8	10	11.0
Pizza	Casey's General Store	Pepperoni, Flatbread	130	8.7	8	8.0
Pizza	Casey's General Store	Pepperoni, Warmer Slice	420	44.1	24	19.0
Pizza	Casey's General Store	Mild Sausage, Gluten Free	190	15.8	8	11.0
Pizza	Casey's General Store	Mild Sausage, Flatbread	150	8.8	7	9.0
Pizza	Casey's General Store	Mild Sausage, Warmer Slice	460	44.4	21	23.0
Pizza	Casey's General Store	Beef, Small	190	19.4	9	9.0
Pizza	Casey's General Store	Beef, Gluten Free	190	15.7	8	11.0
Pizza	Casey's General Store	Beef, Medium	310	31.6	14	14.0
Pizza	Casey's General Store	Beef, Large	230	22.1	11	11.0
Pizza	Casey's General Store	Beef, Flatbread	150	8.7	7	9.0
Pizza	Casey's General Store	Beef, Warmer Slice	460	44.1	21	22.0
Pizza	Casey's General Store	Canadian Bacon, Gluten Free	170	15.9	8	9.0
Pizza	Casey's General Store	Canadian Bacon, Flatbread	120	8.8	7	6.0
Pizza	Casey's General Store	Canadian Bacon, Warmer Slice	390	44.5	21	15.0
Pizza	Casey's General Store	LTO - Jack-O'-Lantern	200	22	11	9.0
Pizza	Casey's General Store	BBQ Brisket, Small	250	22.1	12	12.0
Pizza	Casey's General Store	BBQ Brisket, Gluten Free	240	18.4	11	14.0
Pizza	Casey's General Store	BBQ Brisket, Medium	380	36.8	18	18.0
Pizza	Casey's General Store	BBQ Brisket, Large	270	25.9	12	13.0
Pizza	Casey's General Store	BBQ Brisket, Flatbread	180	11.6	9	11.0
Pizza	Casey's General Store	BBQ Brisket, Warmer Slice	540	51.8	25	26.0
Pizza	Casey's General Store	BBQ Chicken, Small	230	22.6	13	9.0
Pizza	Casey's General Store	BBQ Chicken, Gluten Free	220	18.9	12	11.0
Pizza	Casey's General Store	BBQ Chicken, Medium	350	36.2	19	15.0
Pizza	Casey's General Store	BBQ Chicken, Large	260	25.1	14	11.0
Pizza	Casey's General Store	BBQ Chicken, Flatbread	170	11	10	9.0
Pizza	Casey's General Store	BBQ Chicken, Warmer Slice	510	50.2	28	22.0
Pizza	Casey's General Store	Ultimate Hawaiian, Small	190	21.5	12	7.0
Pizza	Casey's General Store	Ultimate Hawaiian, Gluten Free	190	17.8	11	9.0
Pizza	Casey's General Store	Ultimate Hawaiian, Medium	300	35.5	18	10.0
Pizza	Casey's General Store	Ultimate Hawaiian, Large	220	24.9	13	8.0
Pizza	Casey's General Store	Ultimate Hawaiian, Flatbread	140	10.8	9	7.0
Pizza	Casey's General Store	Ultimate Hawaiian, Warmer Slice	440	49.9	26	16.0

Pizza	Casey's General Store	Chicken Bacon Ranch, Small	270	20	12	16.0
Pizza	Casey's General Store	Chicken Bacon Ranch, Warmer Slice	590	44.7	28	34.0
Pizza	Casey's General Store	Meat Galore, Warmer Slice	540	45.3	31	28.0
Pizza	Casey's General Store	Supreme, Warmer Slice	540	46.3	27	29.0
Pizza	Casey's General Store	Vegetable, Warmer Slice	410	47.3	18	17.0
Toppings & Ingredients	Casey's General Store	Gluten Free Crust	90	14.5	2	2.5
Toppings & Ingredients	Casey's General Store	Flatbread Crust	50	7.5	1	1.5
Toppings & Ingredients	Casey's General Store	Cheddar Cheese Sauce, Small/Gluten Free	5	0.5	0.1	0.4
Toppings & Ingredients	Casey's General Store	Cheddar Cheese Sauce, Medium	10	1.1	0.2	1.0
Toppings & Ingredients	Casey's General Store	Cheddar Cheese Sauce, Large	10	0.8	0.1	0.5
Toppings & Ingredients	Casey's General Store	Cheddar Cheese Sauce, Flatbread	5	0.6	0.1	0.4
Toppings & Ingredients	Casey's General Store	Sausage Gravy, Small/Gluten Free	5	0.2	0.2	0.5
Toppings & Ingredients	Casey's General Store	Sausage Gravy, Medium	15	0.3	0.3	1.0
Toppings & Ingredients	Casey's General Store	Sausage Gravy, Large	10	0.2	0.2	1.0
Toppings & Ingredients	Casey's General Store	Sausage Gravy, Flatbread	10	0.2	0.2	0.5
Toppings & Ingredients	Casey's General Store	Mozzarella Cheese, Small/Gluten Free	80	0.6	5	6.0
Toppings & Ingredients	Casey's General Store	Mozzarella Cheese, Medium	100	0.8	7	8.0
Toppings & Ingredients	Casey's General Store	Mozzarella Cheese, Large	80	0.6	6	6.0
Toppings & Ingredients	Casey's General Store	Mozzarella Cheese, Flatbread	60	0.5	4	5.0
Toppings & Ingredients	Casey's General Store	Pepperoni, Small/Gluten Free	25	0.2	4	2.5
Toppings & Ingredients	Casey's General Store	Pepperoni, Flatbread	15	0.1	3	1.5
Toppings & Ingredients	Casey's General Store	Mild Sausage, Small/Gluten Free	30	0.2	1	3.0
Toppings & Ingredients	Casey's General Store	Mild Sausage, Flatbread	35	0.2	2	3.0
Toppings & Ingredients	Casey's General Store	Hot Sausage, Small/Gluten Free	30	0.1	1	3.0
Toppings & Ingredients	Casey's General Store	Hot Sausage, Flatbread	35	0.2	1	3.5
Toppings & Ingredients	Casey's General Store	Grilled Chicken Strips, Small/Gluten Free	15	0.3	2	0.5
Toppings & Ingredients	Casey's General Store	Grilled Chicken Strips, Medium	30	0.7	3	1.5
Toppings & Ingredients	Casey's General Store	Grilled Chicken Strips, Large	20	0.5	3	1.0
Toppings & Ingredients	Casey's General Store	Grilled Chicken Strips, Flatbread	15	0.4	2	1.0
Entrees	Casey's General Store	NEW Mac & Cheese w/ Bacon - Limited Stores	310	17	17	20.0
Burgers	Casey's General Store	Cheeseburger	580	28	11	38.0
Burgers	Casey's General Store	Bacon Cheeseburger	630	28.7	14	42.0
Entrees	Casey's General Store	Chicken Tenders (TH)	440	36	36	16.0
Appetizers & Sides	Casey's General Store	Potato Cheese Bites (TH)	500	55.2	10	26.0
Appetizers & Sides	Casey's General Store	Popcorn Chicken (TH)	440	31.5	28	23.0



Appetizers & Sides	Casey's General Store	Bone-In Wings (TH)	140	11.3	6	8.0
Appetizers & Sides	Casey's General Store	Boneless Wings (TH)	70	5.6	6	3.0
Appetizers & Sides	Casey's General Store	MFS Cheesy Breadsticks	1000	112.3	40	45.0
Toppings & Ingredients	Casey's General Store	NEW Ranch Dip Cup	250	1.8	0.4	27.0
Toppings & Ingredients	Casey's General Store	NEW Bleu Cheese Dip Cup	230	1.7	0.5	24.0
Toppings & Ingredients	Casey's General Store	NEW Honey Mustard Dip Cup	190	9.2	0.3	17.0
Toppings & Ingredients	Casey's General Store	NEW BBQ Dip Cup	60	15.7	0.4	0.1
Toppings & Ingredients	Casey's General Store	NEW Buffalo Dip Cup	15	2.3	0.2	0.4
Toppings & Ingredients	Casey's General Store	NEW Garlic Parmesan Dip Cup	250	2	0.8	27.0
Toppings & Ingredients	Casey's General Store	NEW Boomerang Dip cup	250	2.4	0.4	27.0
Sandwiches	Casey's General Store	Bacon, Egg, Cheese Biscuit	420	33.7	13	24.0
Entrees	Casey's General Store	Loaded Breakfast Bowl (TH)	640	22.8	33	46.0
Sandwiches	Casey's General Store	Loaded Breakfast Burrito (TH)	830	53.8	38	50.0
Appetizers & Sides	Casey's General Store	Hashbrown (TH)	140	15	1	8.0
Entrees	Casey's General Store	Southwest Chicken Roll Tornado	170	24	6	6.0
Entrees	Casey's General Store	Sausage Egg Cheese Tornado	190	22	6	9.0
Entrees	Casey's General Store	Bacon Egg Cheese Tornado	180	22	6	7.0
Entrees	Casey's General Store	Cheesy Pepper Jack Tornado	200	23	6	9.0
Entrees	Casey's General Store	Supreme Omelet Tornado	190	22	6	9.0
Sandwiches	Casey's General Store	Hot Dog	290	2.1	10	27.0
Toppings & Ingredients	Casey's General Store	Bun	130	24	4	2.5
Appetizers & Sides	Casey's General Store	Pancake Sausage Corn Dog	200	17	7	10.0
Baked Goods	Casey's General Store	LTO Cherry Cake	340	31	3	22.0
Baked Goods	Casey's General Store	LTO Pumpkin Cake	270	37	4	11.0
Baked Goods	Casey's General Store	Yeast Ring (TH)	240	23.5	4	15.0
Baked Goods	Casey's General Store	Raspberry Cheese Flip with White Icing	400	57.7	5	17.0
Baked Goods	Casey's General Store	French Toast Fritter with Glaze	450	58.5	6	21.1
Baked Goods	Casey's General Store	Apple Fritter with Glaze	430	54.7	6	20.3
Baked Goods	Casey's General Store	Chocolate Cake Pop	190	30	3	8.0
Baked Goods	Casey's General Store	Vanilla Cake Pop	200	32	2	8.0
Baked Goods	Casey's General Store	Lemon Poppyseed Loaf Slice	650	74	7	37.0
Baked Goods	Casey's General Store	French Toast SnackBread	470	56	7	26.0
Baked Goods	Casey's General Store	Banana Choc Chip SnackBread	470	56	7	26.0
Baked Goods	Casey's General Store	Party Brookie	440	64	4	20.0
Baked Goods	Casey's General Store	Iced Sugar Cookie	300	43.7	2	13.0

Baked Goods	Casey's General Store	Iced Sugar Cookie with Rainbow Sprinkles	320	46.7	2	13.5
Baked Goods	Casey's General Store	Double Chocolate Chip Muffin	670	85	10	35.0
Baked Goods	Casey's General Store	Blueberry Crumb Muffin	620	77	9	31.0
Baked Goods	Casey's General Store	Mini Chocolate Chip Cookies (To Go Cup)	650	80	5	35.0
Baked Goods	Casey's General Store	Mini Chocolate Chip Cookies (Bulk)	1950	240	15	105.0
Desserts	Casey's General Store	Casey's Chow (To Go Cup)	490	86.9	8	15.1
Desserts	Casey's General Store	Casey's Chow (Bulk)	1720	304.3	27	52.9
Desserts	Casey's General Store	Peanut Butter Crispy Bites (To Go Cup)	560	77.3	11	24.0
Desserts	Casey's General Store	Peanut Butter Crispy Bites (Bulk)	1960	270.7	37	84.0
Beverages	Casey's General Store	Whole Bean & Coffee Um, Small	5	0	0.6	0.0
Beverages	Casey's General Store	Whole Bean & Coffee Um, Medium	5	0	0.8	0.0
Beverages	Casey's General Store	Whole Bean & Coffee Um, Large	5	0	0.9	0.0
Beverages	Casey's General Store	LTO Hershey's Smores Hot Chocolate, Small	240	54.7	1	2.0
Beverages	Casey's General Store	LTO Hershey's Smores Hot Chocolate, Medium	300	68.3	2	2.5
Beverages	Casey's General Store	LTO Hershey's Smores Hot Chocolate, Large	360	82	2	3.0
Beverages	Casey's General Store	LTO Pumpkin Pie Cappuccino, Small	240	56	1	2.0
Beverages	Casey's General Store	LTO Pumpkin Pie Cappuccino, Medium	300	70	2	2.5
Beverages	Casey's General Store	LTO Pumpkin Pie Cappuccino, Large	360	84	2	3.0
Beverages	Casey's General Store	LTO Butter Pecan Cappuccino, Small	240	57.3	1	2.0
Beverages	Casey's General Store	LTO Butter Pecan Cappuccino, Medium	300	71.7	2	2.5
Beverages	Casey's General Store	LTO Butter Pecan Cappuccino, Large	360	86	2	3.0
Beverages	Casey's General Store	English Toffee Cappuccino, Small	240	57.3	1	1.5
Beverages	Casey's General Store	English Toffee Cappuccino, Medium	300	71.7	2	1.5
Beverages	Casey's General Store	English Toffee Cappuccino, Large	360	86	2	2.0
Beverages	Casey's General Store	Caramel Macchiato Cappuccino, Small	240	57.3	1	2.0
Beverages	Casey's General Store	Caramel Macchiato Cappuccino, Medium	300	71.7	2	2.5
Beverages	Casey's General Store	Caramel Macchiato Cappuccino, Large	360	86	2	3.0
Beverages	Casey's General Store	Mocha Latte Cappuccino, Small	250	52	1	5.5
Beverages	Casey's General Store	Mocha Latte Cappuccino, Medium	320	65	2	6.5
Beverages	Casey's General Store	Mocha Latte Cappuccino, Large	380	78	2	8.0
Beverages	Casey's General Store	Supreme French Vanilla Cappuccino, Small	250	53.3	3	3.5
Beverages	Casey's General Store	Supreme French Vanilla Cappuccino, Medium	320	66.7	3	4.0
Beverages	Casey's General Store	Supreme French Vanilla Cappuccino, Large	380	80	4	5.0
Beverages	Casey's General Store	Fat Free French Vanilla Cappuccino, Small	240	56	2	0.0
Beverages	Casey's General Store	Fat Free French Vanilla Cappuccino, Medium	300	70	3	0.0

Beverages	Casey's General Store	Fat Free French Vanilla Cappuccino, Large	360	84	3	0.0
Beverages	Casey's General Store	White Chocolate Caramel Cappuccino, Small	350	56	1	2.5
Beverages	Casey's General Store	White Chocolate Caramel Cappuccino, Medium	320	70	2	3.5
Beverages	Casey's General Store	White Chocolate Caramel Cappuccino, Large	380	84	2	4.0
Beverages	Casey's General Store	Cold Brew Frappe, X-Small	320	60	14	4.0
Beverages	Casey's General Store	Cold Brew Frappe, Small	480	90	21	6.0
Beverages	Casey's General Store	Cold Brew Salted Caramel, X-Small	260	38	8	7.0
Beverages	Casey's General Store	Cold Brew Salted Caramel, Small	390	57	12	11.0
Beverages	Casey's General Store	Cold Brew Horchata, X-Small	360	48	14	14.0
Beverages	Casey's General Store	Cold Brew Horchata, Small	540	72	21	21.0
Beverages	Casey's General Store	Cold Brew Mocha, X-Small	280	50	14	4.0
Beverages	Casey's General Store	Cold Brew Mocha, Small	420	75	21	6.0
Beverages	Casey's General Store	Cold Brew Original, X-Small	260	44	6	6.0
Beverages	Casey's General Store	Cold Brew Original, Small	390	66	9	9.0
Beverages	Casey's General Store	Cold Brew French Vanilla, X-Small	300	50	14	4.0
Beverages	Casey's General Store	Cold Brew French Vanilla, Small	450	75	21	6.0
Toppings & Ingredients	Casey's General Store	Fr. Vanilla Bulk Creamer	35	6	0	1.5
Toppings & Ingredients	Casey's General Store	Half & Half Bulk Creamer	0	1	1	3.0
Toppings & Ingredients	Casey's General Store	French Vanilla Single	25	3	0	1.5
Toppings & Ingredients	Casey's General Store	Original Single	10	0	0	1.0
Beverages	Casey's General Store	Unsweet Tea, Medium	10	0	0	0.0
Beverages	Casey's General Store	Unsweet Tea, Large	15	0	0	0.0
Beverages	Casey's General Store	Unsweet Tea, Xlarge	20	0	0	0.0
Beverages	Casey's General Store	Sweet Tea, Medium	410	105	0	0.0
Beverages	Casey's General Store	Sweet Tea, Large	550	140	0	0.0
Beverages	Casey's General Store	Sweet Tea, Xlarge	720	182	0	0.0
Beverages	Casey's General Store	Peach Sweet Tea, Medium	340	82.5	0	0.0
Beverages	Casey's General Store	Peach Sweet Tea, Large	450	110	0	0.0
Beverages	Casey's General Store	Peach Sweet Tea, Xlarge	590	143	0	0.0
Beverages	Casey's General Store	Black Raspberry Sweet Tea, Medium	340	82.5	0	0.0
Beverages	Casey's General Store	Black Raspberry Sweet Tea, Large	450	110	0	0.0
Beverages	Casey's General Store	Black Raspberry Sweet Tea, Xlarge	590	143	0	0.0
Beverages	Casey's General Store	Strawberry Lemonade, Medium	400	102.5	0	0.0
Beverages	Casey's General Store	Strawberry Lemonade, Large	530	136.7	0	0.0
Beverages	Casey's General Store	Strawberry Lemonade, Xlarge	690	177.7	0	0.0

Beverages	Casey's General Store	Sweet Brew Lemonade, Medium	450	120	0	0.0
Beverages	Casey's General Store	Sweet Brew Lemonade, Large	600	160	0	0.0
Beverages	Casey's General Store	Sweet Brew Lemonade, Xlarge	780	208	0	0.0
Beverages	Casey's General Store	Diet Coke, Medium	0	0.4	0	0.0
Beverages	Casey's General Store	Diet Coke, Large	5	0.5	0	0.0
Beverages	Casey's General Store	Diet Coke, Xlarge	5	0.7	0	0.0
Beverages	Casey's General Store	Coke, Medium	370	101.3	0	0.0
Beverages	Casey's General Store	Coke, Large	500	135	0	0.0
Beverages	Casey's General Store	Coke, Xlarge	640	175.5	0	0.0
Beverages	Casey's General Store	Coke Zero, Medium	0	0	0	0.0
Beverages	Casey's General Store	Coke Zero, Large	0	0	0	0.0
Beverages	Casey's General Store	Coke Zero, Xlarge	0	0	0	0.0
Beverages	Casey's General Store	Cherry Coke, Medium	410	105	0	0.0
Beverages	Casey's General Store	Cherry Coke, Large	550	140	0	0.0
Beverages	Casey's General Store	Cherry Coke, Xlarge	720	182	0	0.0
Beverages	Casey's General Store	Sprite, Medium	330	90	0	0.0
Beverages	Casey's General Store	Sprite, Large	440	120	0	0.0
Beverages	Casey's General Store	Sprite, Xlarge	570	156	0	0.0
Beverages	Casey's General Store	Powerade Mountain Blast, Medium	230	60	0	0.0
Beverages	Casey's General Store	Powerade Mountain Blast, Large	300	80	0	0.0
Beverages	Casey's General Store	Powerade Mountain Blast, Xlarge	390	104	0	0.0
Beverages	Casey's General Store	Vitamon Water XXX, Medium	190	45	0	0.0
Beverages	Casey's General Store	Vitamon Water XXX, Large	250	60	0	0.0
Beverages	Casey's General Store	Vitamon Water XXX, Xlarge	330	78	0	0.0
Beverages	Casey's General Store	Diet Dr Pepper, Medium	0	0	0	0.0
Beverages	Casey's General Store	Diet Dr Pepper, Large	0	0	0	0.0
Beverages	Casey's General Store	Diet Dr Pepper, Xlarge	0	0	0	0.0
Beverages	Casey's General Store	Dr. Pepper, Medium	340	97.5	0	0.0
Beverages	Casey's General Store	Dr. Pepper, Large	450	130	0	0.0
Beverages	Casey's General Store	Dr. Pepper, Xlarge	590	169	0	0.0
Beverages	Casey's General Store	Sunkist, Medium	410	108.8	0	0.0
Beverages	Casey's General Store	Sunkist, Large	550	145	0	0.0
Beverages	Casey's General Store	Sunkist, Xlarge	720	188.5	0	0.0
Beverages	Casey's General Store	Dr Pepper Cream Soda, Medium	380	101.3	0	0.0
Beverages	Casey's General Store	Dr Pepper Cream Soda, Large	500	135	0	0.0

Beverages	Casey's General Store	Dr Pepper Cream Soda, Xlarge	650	175.5	0	0.0
Beverages	Casey's General Store	Diet Mt Dew, Medium	0	0	0	0.0
Beverages	Casey's General Store	Diet Mt Dew, Large	0	0	0	0.0
Beverages	Casey's General Store	Diet Mt Dew, Xlarge	0	0	0	0.0
Beverages	Casey's General Store	Diet Pepsi, Medium	0	0	0	0.0
Beverages	Casey's General Store	Diet Pepsi, Large	0	0	0	0.0
Beverages	Casey's General Store	Diet Pepsi, Xlarge	0	0	0	0.0
Beverages	Casey's General Store	Mtn Dew, Medium	430	110	0	0.0
Beverages	Casey's General Store	Mtn Dew, Large	570	146.7	0	0.0
Beverages	Casey's General Store	Mtn Dew, Xlarge	740	190.7	0	0.0
Beverages	Casey's General Store	Mtn Dew Code Red, Medium	430	115	0	0.0
Beverages	Casey's General Store	Mtn Dew Code Red, Large	570	153.3	0	0.0
Beverages	Casey's General Store	Mtn Dew Code Red, Xlarge	740	199.3	0	0.0
Beverages	Casey's General Store	Mug Root Beer, Medium	350	95	0	0.0
Beverages	Casey's General Store	Mug Root Beer, Large	470	126.7	0	0.0
Beverages	Casey's General Store	Mug Root Beer, Xlarge	610	164.7	0	0.0
Beverages	Casey's General Store	Pepsi, Medium	380	102.5	0	0.0
Beverages	Casey's General Store	Pepsi, Large	500	136.7	0	0.0
Beverages	Casey's General Store	Pepsi, Xlarge	650	177.7	0	0.0
Beverages	Casey's General Store	Wild Cherry Pepsi, Medium	400	105	0	0.0
Beverages	Casey's General Store	Wild Cherry Pepsi, Large	530	140	0	0.0
Beverages	Casey's General Store	Wild Cherry Pepsi, Xlarge	690	182	0	0.0
Beverages	Casey's General Store	Tropicana Lemonade, Medium	380	100	0	0.0
Beverages	Casey's General Store	Tropicana Lemonade, Large	500	133.3	0	0.0
Beverages	Casey's General Store	Tropicana Lemonade, Xlarge	650	173.3	0	0.0
Beverages	Casey's General Store	Mt Dew Spark, Medium	430	112.5	0	0.0
Beverages	Casey's General Store	Mt Dew Spark, Large	570	150	0	0.0
Beverages	Casey's General Store	Mt Dew Spark, Xlarge	740	195	0	0.0
Beverages	Casey's General Store	Mt Dew Goji Citrus Strawberry, Medium	250	67.5	0	0.0
Beverages	Casey's General Store	Mt Dew Goji Citrus Strawberry, Large	330	90	0	0.0
Beverages	Casey's General Store	Mt Dew Goji Citrus Strawberry, Xlarge	430	117	0	0.0
Beverages	Casey's General Store	Blue Raspberry FCB, X-Small	120	30	0	0.0
Beverages	Casey's General Store	Blue Raspberry FCB, Small	180	45	0	0.0
Beverages	Casey's General Store	Blue Raspberry FCB, Medium	230	56.3	0	0.0
Beverages	Casey's General Store	Blue Raspberry FCB, Large	300	75	0	0.0

Beverages	Casey's General Store	Blue Raspberry FCB, Xlarge	390	97.5	0	0.0
Beverages	Casey's General Store	Cherry FCB, X-Small	150	40	0	0.0
Beverages	Casey's General Store	Cherry FCB, Small	220	60	0	0.0
Beverages	Casey's General Store	Cherry FCB, Medium	280	75	0	0.0
Beverages	Casey's General Store	Cherry FCB, Large	370	100	0	0.0
Beverages	Casey's General Store	Cherry FCB, Xlarge	480	130	0	0.0
Beverages	Casey's General Store	Coca Cola FCB, X-Small	120	36	0	0.0
Beverages	Casey's General Store	Coca Cola FCB, Small	180	54	0	0.0
Beverages	Casey's General Store	Coca Cola FCB, Medium	230	67.5	0	0.0
Beverages	Casey's General Store	Coca Cola FCB, Large	300	90	0	0.0
Beverages	Casey's General Store	Coca Cola FCB, Xlarge	390	117	0	0.0
Beverages	Casey's General Store	Dr. Pepper FCB, X-Small	140	38	0	0.0
Beverages	Casey's General Store	Dr. Pepper FCB, Small	210	57	0	0.0
Beverages	Casey's General Store	Dr. Pepper FCB, Medium	260	71.3	0	0.0
Beverages	Casey's General Store	Dr. Pepper FCB, Large	350	95	0	0.0
Beverages	Casey's General Store	Dr. Pepper FCB, Xlarge	460	123.5	0	0.0
Beverages	Casey's General Store	Mountain Dew FCB, X-Small	120	32	0	0.0
Beverages	Casey's General Store	Mountain Dew FCB, Small	180	48	0	0.0
Beverages	Casey's General Store	Mountain Dew FCB, Medium	230	60	0	0.0
Beverages	Casey's General Store	Mountain Dew FCB, Large	300	80	0	0.0
Beverages	Casey's General Store	Mountain Dew FCB, Xlarge	390	104	0	0.0
Beverages	Casey's General Store	Jolly Rancher Watermelon, X-Small	120	30.7	0	0.0
Beverages	Casey's General Store	Jolly Rancher Watermelon, Small	180	46	0	0.0
Beverages	Casey's General Store	Jolly Rancher Watermelon, Medium	230	57.5	0	0.0
Beverages	Casey's General Store	Jolly Rancher Watermelon, Large	300	76.7	0	0.0
Beverages	Casey's General Store	Jolly Rancher Watermelon, Xlarge	390	99.7	0	0.0
Beverages	Casey's General Store	Jolly Rancher Mandarin Orange, X-Small	120	30.7	0	0.0
Beverages	Casey's General Store	Jolly Rancher Mandarin Orange, Small	180	46	0	0.0
Beverages	Casey's General Store	Jolly Rancher Mandarin Orange, Medium	230	57.5	0	0.0
Beverages	Casey's General Store	Jolly Rancher Mandarin Orange, Large	300	76.7	0	0.0
Beverages	Casey's General Store	Jolly Rancher Mandarin Orange, Xlarge	390	99.7	0	0.0
Beverages	Casey's General Store	Jolly Rancher Green Apple, X-Small	120	30.7	0	0.0
Beverages	Casey's General Store	Jolly Rancher Green Apple, Small	180	46	0	0.0
Beverages	Casey's General Store	Jolly Rancher Green Apple, Medium	230	57.5	0	0.0
Beverages	Casey's General Store	Jolly Rancher Green Apple, Large	300	76.7	0	0.0

Beverages	Casey's General Store	Jolly Rancher Green Apple, Xlarge	390	99.7	0	0.0
Beverages	Casey's General Store	Lemonade FUB, X-Small	210	50.1	0	0.1
Beverages	Casey's General Store	Lemonade FUB, Small	320	75.1	0	0.1
Beverages	Casey's General Store	Lemonade FUB, Medium	400	93.9	0	0.1
Beverages	Casey's General Store	Lemonade FUB, Large	530	125.2	0	0.2
Beverages	Casey's General Store	Lemonade FUB, Xlarge	690	162.7	0	0.2
Beverages	Casey's General Store	Berry Colada FUB, X-Small	220	53.5	0	0.0
Beverages	Casey's General Store	Berry Colada FUB, Small	330	80.2	0	0.0
Beverages	Casey's General Store	Berry Colada FUB, Medium	410	100.3	0	0.0
Beverages	Casey's General Store	Berry Colada FUB, Large	540	133.7	0	0.0
Beverages	Casey's General Store	Berry Colada FUB, Xlarge	710	173.8	0	0.0
Beverages	Casey's General Store	Key Lime FUB, X-Small	220	53.3	0	0.0
Beverages	Casey's General Store	Key Lime FUB, Small	330	80	0	0.0
Beverages	Casey's General Store	Key Lime FUB, Medium	420	100	0	0.0
Beverages	Casey's General Store	Key Lime FUB, Large	560	133.3	0	0.0
Beverages	Casey's General Store	Key Lime FUB, Xlarge	720	173.3	0	0.0
Beverages	Casey's General Store	Hurricane FUB, X-Small	220	54.2	0	0.0
Beverages	Casey's General Store	Hurricane FUB, Small	330	81.4	0	0.0
Beverages	Casey's General Store	Hurricane FUB, Medium	410	101.7	0	0.0
Beverages	Casey's General Store	Hurricane FUB, Large	550	135.6	0	0.0
Beverages	Casey's General Store	Hurricane FUB, Xlarge	720	176.3	0	0.0
Beverages	Casey's General Store	White Cherry Frost FUB, X-Small	220	54.1	0	0.0
Beverages	Casey's General Store	White Cherry Frost FUB, Small	330	81.1	0	0.0
Beverages	Casey's General Store	White Cherry Frost FUB, Medium	410	101.3	0	0.0
Beverages	Casey's General Store	White Cherry Frost FUB, Large	550	135.1	0	0.0
Beverages	Casey's General Store	White Cherry Frost FUB, Xlarge	720	175.7	0	0.0
Beverages	Casey's General Store	Blue Cotton Candy FUB, X-Small	220	54.8	0	0.0
Beverages	Casey's General Store	Blue Cotton Candy FUB, Small	330	82.2	0	0.0
Beverages	Casey's General Store	Blue Cotton Candy FUB, Medium	410	102.8	0	0.0
Beverages	Casey's General Store	Blue Cotton Candy FUB, Large	550	137.1	0	0.0
Beverages	Casey's General Store	Blue Cotton Candy FUB, Xlarge	720	178.2	0	0.0
Beverages	Casey's General Store	Peach FUB, X-Small	220	54.2	0	0.0
Beverages	Casey's General Store	Peach FUB, Small	330	81.3	0	0.0
Beverages	Casey's General Store	Peach FUB, Medium	410	101.6	0	0.0
Beverages	Casey's General Store	Peach FUB, Large	550	135.5	0	0.0

Beverages	Casey's General Store	Peach FUB, Xlarge	720	176.1	0	0.0
Beverages	Casey's General Store	Watermelon FUB, X-Small	220	54.6	0	0.0
Beverages	Casey's General Store	Watermelon FUB, Small	330	81.8	0	0.0
Beverages	Casey's General Store	Watermelon FUB, Medium	420	102.3	0	0.0
Beverages	Casey's General Store	Watermelon FUB, Large	560	136.4	0	0.0
Beverages	Casey's General Store	Watermelon FUB, Xlarge	720	177.3	0	0.0
Beverages	Casey's General Store	Mt Dew FCB, X-Small	120	32	0	0.0
Beverages	Casey's General Store	Mt Dew FCB, Small	180	48	0	0.0
Beverages	Casey's General Store	Mt Dew FCB, Medium	230	60	0	0.0
Beverages	Casey's General Store	Mt Dew FCB, Large	300	80	0	0.0
Beverages	Casey's General Store	Mt Dew FCB, Xlarge	390	104	0	0.0
Beverages	Casey's General Store	Lemonade FCB, X-Small	130	32	0	0.0
Beverages	Casey's General Store	Lemonade FCB, Small	190	48	0	0.0
Beverages	Casey's General Store	Lemonade FCB, Medium	240	60	0	0.0
Beverages	Casey's General Store	Lemonade FCB, Large	320	80	0	0.0
Beverages	Casey's General Store	Lemonade FCB, Xlarge	410	104	0	0.0
Toppings & Ingredients	Casey's General Store	Cherry Flavor Shot, X-Small	0	0.4	0	0.0
Toppings & Ingredients	Casey's General Store	Cherry Flavor Shot, Small	0	0.5	0	0.0
Toppings & Ingredients	Casey's General Store	Cherry Flavor Shot, Medium	0	0.7	0	0.0
Toppings & Ingredients	Casey's General Store	Cherry Flavor Shot, Large	0	0.9	0	0.0
Toppings & Ingredients	Casey's General Store	Cherry Flavor Shot, Xlarge	5	1.1	0	0.0
Toppings & Ingredients	Casey's General Store	Blue Raspberry Flavor Shot, X-Small	0	0.3	0	0.0
Toppings & Ingredients	Casey's General Store	Blue Raspberry Flavor Shot, Small	0	0.4	0	0.0
Toppings & Ingredients	Casey's General Store	Blue Raspberry Flavor Shot, Medium	0	0.5	0	0.0
Toppings & Ingredients	Casey's General Store	Blue Raspberry Flavor Shot, Large	0	0.7	0	0.0
Toppings & Ingredients	Casey's General Store	Blue Raspberry Flavor Shot, Xlarge	5	0.9	0	0.0
Toppings & Ingredients	Casey's General Store	Mango Flavor Shot, X-Small	0	0.4	0	0.0
Toppings & Ingredients	Casey's General Store	Mango Flavor Shot, Small	0	0.5	0	0.0
Toppings & Ingredients	Casey's General Store	Mango Flavor Shot, Medium	0	0.7	0	0.0
Toppings & Ingredients	Casey's General Store	Mango Flavor Shot, Large	0	0.9	0	0.0
Toppings & Ingredients	Casey's General Store	Mango Flavor Shot, Xlarge	5	1.1	0	0.0
Toppings & Ingredients	Casey's General Store	Strawberry Flavor Shot, X-Small	0	0.3	0	0.0
Toppings & Ingredients	Casey's General Store	Strawberry Flavor Shot, Small	0	0.4	0	0.0
Toppings & Ingredients	Casey's General Store	Strawberry Flavor Shot, Medium	0	0.5	0	0.0
Toppings & Ingredients	Casey's General Store	Strawberry Flavor Shot, Large	0	0.7	0	0.0



Toppings & Ingredients	Casey's General Store	Strawberry Flavor Shot, Xlarge	5	0.9	0	0.0
Toppings & Ingredients	Casey's General Store	White Wrap	280	50	8	5.0
Toppings & Ingredients	Casey's General Store	Grilled Chicken (TH)	100	2	18	2.0
Toppings & Ingredients	Casey's General Store	Onion	0	0.5	0	0.0
Toppings & Ingredients	Casey's General Store	Green Pepper	0	0	0	0.0
Toppings & Ingredients	Casey's General Store	Hot Sauce Packet	5	0.2	0	0.0
Toppings & Ingredients	Casey's General Store	Taco Sauce packet	5	1	0	0.0
Sandwiches	Casey's General Store	BBQ Ranch Chicken Bacon Wrap	830	71.2	30	47.0
Salads	Casey's General Store	Chef Salad (TH)	360	12.4	28	23.0
Salads	Casey's General Store	Grilled Chicken Salad (TH)	380	11.3	32	23.0
Sandwiches	Casey's General Store	Grilled Chicken Feta Wrap (TH)	910	55.4	41	55.0
Burgers	Checker's Drive-In/ Rally's	Big Buford	770	41	30	57.0
Burgers	Checker's Drive-In/ Rally's	Checker/Rallyburger	390	33	12	28.0
Sandwiches	Checker's Drive-In/ Rally's	Spicy Chicken Sandwich	580	38	15	49.0
Sandwiches	Checker's Drive-In/ Rally's	Crispy Fish Sandwich	460	51	14	23.0
Sandwiches	Checker's Drive-In/ Rally's	Deep Sea Double	670	73	25	33.0
Sandwiches	Checker's Drive-In/ Rally's	Grilled Hot Dog	310	25	11	18.0
Sandwiches	Checker's Drive-In/ Rally's	Chili Dog	360	28	13	21.0
Fried Potatoes	Checker's Drive-In/ Rally's	Fries - Small	390	49	5	19.0
Fried Potatoes	Checker's Drive-In/ Rally's	Fries - Large	590	74	8	29.0
Fried Potatoes	Checker's Drive-In/ Rally's	Fully Loaded Fries-Reg	870	46	14	62.0
Desserts	Checker's Drive-In/ Rally's	Apple Pie, 1	270	38	3	12.0
Burgers	Checker's Drive-In/ Rally's	Cheese Champ	530	40	18	37.0
Burgers	Checker's Drive-In/ Rally's	Double Checker/Rallyburger w/Cheese	570	34	21	43.0
Fried Potatoes	Checker's Drive-In/ Rally's	Fries - Medium	500	63	7	24.0
Beverages	Checker's Drive-In/ Rally's	Milkshake - Strawberry, 16 FO	350	57	7	10.0
Beverages	Checker's Drive-In/ Rally's	Milkshake - Strawberry, 32 FO	690	114	14	20.0
Beverages	Checker's Drive-In/ Rally's	Milkshake - Vanilla, 22 FO	390	57	9	13.0
Beverages	Checker's Drive-In/ Rally's	Milkshake - Chocolate, 22 FO	470	79	10	13.0
Beverages	Checker's Drive-In/ Rally's	Milkshake - Banana, 22 FO	460	77	9	13.0
Fried Potatoes	Checker's Drive-In/ Rally's	Cheese Chili Cheese Fries-Reg	540	43	7	37.0
Appetizers & Sides	Checker's Drive-In/ Rally's	Monsterella Stix, 6 pc. w/ 1 portion cup Marinara	420	29	18	25.0
Entrees	Checker's Drive-In/ Rally's	Chicken Bites and Fries Box	710	64	24	40.0
Sandwiches	Checker's Drive-In/ Rally's	Double Spicy Chicken	870	48	27	71.0
Fried Potatoes	Checker's Drive-In/ Rally's	Fries - Fry Lover's XL	910	115	12	45.0

Appetizers & Sides	Checker's Drive-In/ Rally's	Boneless Wings (Medium Buffalo) - 5PC	315	23	24	14.0
Appetizers & Sides	Checker's Drive-In/ Rally's	Boneless Wings (Angry Buffalo) - 5PC	320	23	24	14.0
Appetizers & Sides	Checker's Drive-In/ Rally's	Boneless Wings (Garlic Parmesan) - 5PC	470	23	25	31.0
Sandwiches	Checker's Drive-In/ Rally's	B.L.T.	470	30	17	42.0
Soup	Checker's Drive-In/ Rally's	Bowl of Chili, 12 FO	380	26	23	20.0
Toppings & Ingredients	Checker's Drive-In/ Rally's	Chili, 1 FO	30	2	2	1.5
Burgers	Checker's Drive-In/ Rally's	Baconzilla! Triple	1210	42	58	96.0
Appetizers & Sides	Checker's Drive-In/ Rally's	5 PC Classic Wings (Plain)	350	2	35	23.0
Appetizers & Sides	Checker's Drive-In/ Rally's	10 PC Classic Wings (Plain)	690	4	68	44.0
Appetizers & Sides	Checker's Drive-In/ Rally's	10 PC Classic Wings (Angry Buffalo)	710	6	69	45.0
Appetizers & Sides	Checker's Drive-In/ Rally's	10 PC Classic Wings (Garlic Parmesan)	1010	6	69	79.0
Appetizers & Sides	Checker's Drive-In/ Rally's	10 PC Classic Wings (Medium Buffalo)	700	5	69	45.0
Appetizers & Sides	Checker's Drive-In/ Rally's	20 PC Classic Wings (Plain)	1380	8	136	89.0
Appetizers & Sides	Checker's Drive-In/ Rally's	20 PC Classic Wings (Angry Buffalo)	1420	13	137	91.0
Appetizers & Sides	Checker's Drive-In/ Rally's	20 PC Classic Wings (Garlic Parmesan)	2040	13	139	158.0
Appetizers & Sides	Checker's Drive-In/ Rally's	20 PC Classic Wings (Medium Buffalo)	1410	10	137	91.0
Toppings & Ingredients	Checker's Drive-In/ Rally's	Frank's Buffalo Hot Sauce Dipper, 1 each PC	10	1	0	0.0
Toppings & Ingredients	Checker's Drive-In/ Rally's	Honey Mustard Dipper, 1 each PC	160	4	0	16.0
Beverages	Checker's Drive-In/ Rally's	Milkshake - Banana, 16 FO	350	58	7	10.0
Beverages	Checker's Drive-In/ Rally's	Milkshake - Banana, 32 FO	700	117	14	20.0
Beverages	Checker's Drive-In/ Rally's	Milkshake - Chocolate, 16 FO	380	64	8	11.0
Beverages	Checker's Drive-In/ Rally's	Milkshake - Chocolate, 32 FO	720	120	15	20.0
Beverages	Checker's Drive-In/ Rally's	Milkshake - Vanilla, 16 FO	290	44	7	10.0
Beverages	Checker's Drive-In/ Rally's	Milkshake - Vanilla, 32 FO	590	87	14	20.0
Desserts	Checker's Drive-In/ Rally's	Soft Serve - Vanilla	130	20	3	4.5
Burgers	Checker's Drive-In/ Rally's	Baconzilla!	960	41	46	75.0
Appetizers & Sides	Checker's Drive-In/ Rally's	Monsterella Stix, 4 pc. w/ 1 portion cup Marinara	280	20	12	17.0
Beverages	Checker's Drive-In/ Rally's	Milkshake - Strawberry, 22 FO	460	75	9	13.0
Toppings & Ingredients	Checker's Drive-In/ Rally's	BBQ Sauce Dipper, 1 each PC	60	15	0	0.0
Burgers	Checker's Drive-In/ Rally's	All American Cheeseburger	330	31	13	18.0
Burgers	Checker's Drive-In/ Rally's	Smoky BBQ Bacon Buford	910	41	44	66.0
Burgers	Checker's Drive-In/ Rally's	Smoky BBQ Bacon Buford Triple	1360	41	58	107.0
Burgers	Checker's Drive-In/ Rally's	Big Buford Triple	1010	41	42	78.0
Burgers	Checker's Drive-In/ Rally's	Fry Lover's Double	630	39	21	48.0
Sandwiches	Checker's Drive-In/ Rally's	Classic Mother Cruncher Chicken Sandwich	690	60	28	37.0

Sandwiches	Checker's Drive-In/ Rally's	Bacon BBQ Mother Cruncher Chicken Sandwich	1110	67	36	76.0
Entrees	Checker's Drive-In/ Rally's	Half Pound Chicken Bites and Fries Box	1150	89	46	67.0
Entrees	Checker's Drive-In/ Rally's	Fry-Seasoned Tender 3PC	410	33	27	20.0
Entrees	Checker's Drive-In/ Rally's	Fry-Seasoned Tender 5PC	680	54	44	33.0
Entrees	Checker's Drive-In/ Rally's	Fry-Seasoned Tender 8PC	1090	87	71	52.0
Appetizers & Sides	Checker's Drive-In/ Rally's	5 PC Classic Wings (Angry Buffalo)	360	3	35	23.0
Appetizers & Sides	Checker's Drive-In/ Rally's	5 PC Classic Wings (Medium Buffalo)	360	3	35	23.0
Appetizers & Sides	Checker's Drive-In/ Rally's	5 PC Classic Wings (Lemon Pepper)	350	2	31	20.0
Appetizers & Sides	Checker's Drive-In/ Rally's	5 PC Classic Wings (Garlic Parmesan)	510	3	35	40.0
Appetizers & Sides	Checker's Drive-In/ Rally's	5 PC Classic Wings (Sweet & Smoky BBQ)	430	19	35	23.0
Appetizers & Sides	Checker's Drive-In/ Rally's	10 PC Classic Wings (Lemon Pepper)	700	3	63	41.0
Appetizers & Sides	Checker's Drive-In/ Rally's	10 PC Classic Wings (Sweet & Smoky BBQ)	840	38	69	44.0
Appetizers & Sides	Checker's Drive-In/ Rally's	20 PC Classic Wings (Lemon Pepper)	1400	7	126	82.0
Appetizers & Sides	Checker's Drive-In/ Rally's	20 PC Classic Wings (Sweet & Smoky BBQ)	1690	76	138	89.0
Appetizers & Sides	Checker's Drive-In/ Rally's	Boneless Wings (Plain) - 5PC	310	22	24	14.0
Appetizers & Sides	Checker's Drive-In/ Rally's	Boneless Wings (Lemon Pepper) - 5PC	310	22	24	14.0
Appetizers & Sides	Checker's Drive-In/ Rally's	Boneless Wings (Sweet & Smoky BBQ) - 5PC	390	39	24	14.0
Appetizers & Sides	Checker's Drive-In/ Rally's	Boneless Wings (Plain) - 10PC	630	45	48	29.0
Appetizers & Sides	Checker's Drive-In/ Rally's	Boneless Wings (Angry Buffalo) - 10PC	645	47	48	29.0
Appetizers & Sides	Checker's Drive-In/ Rally's	Boneless Wings (Medium Buffalo) - 10PC	640	47	48	29.0
Appetizers & Sides	Checker's Drive-In/ Rally's	Boneless Wings (Lemon Pepper) - 10PC	630	45	48	29.0
Appetizers & Sides	Checker's Drive-In/ Rally's	Boneless Wings (Garlic Parmesan) - 10PC	870	47	50	55.0
Appetizers & Sides	Checker's Drive-In/ Rally's	Boneless Wings (Sweet & Smoky BBQ) - 10PC	750	71	48	29.0
Appetizers & Sides	Checker's Drive-In/ Rally's	Boneless Wings (Plain) - 20PC	1260	89	96	57.0
Appetizers & Sides	Checker's Drive-In/ Rally's	Boneless Wings (Angry Buffalo) - 20PC	1290	94	96	58.0
Appetizers & Sides	Checker's Drive-In/ Rally's	Boneless Wings (Medium Buffalo) - 20PC	1280	94	96	58.0
Appetizers & Sides	Checker's Drive-In/ Rally's	Boneless Wings (Lemon Pepper) - 20PC	1260	89	96	57.0
Appetizers & Sides	Checker's Drive-In/ Rally's	Boneless Wings (Garlic Parmesan) - 20PC	1870	94	100	110.0
Appetizers & Sides	Checker's Drive-In/ Rally's	Boneless Wings (Sweet & Smoky BBQ) - 20PC	1500	142	96	58.0
Burgers	Checker's Drive-In/ Rally's	Chili Cheeseburger	340	30	13	18.0
Burgers	Checker's Drive-In/ Rally's	Mushroom Swissburger	330	29	15	15.0
Burgers	Checker's Drive-In/ Rally's	Double Mushroom Swissburger	460	29	22	29.0
Entrees	Checker's Drive-In/ Rally's	Bacon Cheddar Crisp	390	31	16	21.0
Entrees	Checker's Drive-In/ Rally's	Bacon Cheddar Crisp Double	570	33	25	37.0
Entrees	Checker's Drive-In/ Rally's	10 PC Chicken Nuggets	500	28	24	32.0

Burgers	Checker's Drive-In/ Rally's	Olive Burger	440	33	12	33.0
Burgers	Checker's Drive-In/ Rally's	Double Olive Burger	570	33	18	44.0
Sandwiches	Checker's Drive-In/ Rally's	Beef Tacos (2)	550	35	25	35.0
Toppings & Ingredients	Checker's Drive-In/ Rally's	Angry Buffalo, 1 FO--wing sauce	10	1	0	0.0
Toppings & Ingredients	Checker's Drive-In/ Rally's	Sweet & Smoky BBQ Sauce, 1 FO--wing/burger sauce	80	17	0	0.0
Toppings & Ingredients	Checker's Drive-In/ Rally's	Medium Buffalo Sauce, 1 FO--wing sauce	5	1	0	0.0
Toppings & Ingredients	Checker's Drive-In/ Rally's	Parmesan Garlic, 1 FO--wing sauce	160	1	1	17.0
Toppings & Ingredients	Checker's Drive-In/ Rally's	Lemon Pepper Seasoning, .25oz--wing seasoning	0	0	0	0.0
Toppings & Ingredients	Checker's Drive-In/ Rally's	Ranch Dressing, 1FO--burger sauce	150	4	0	14.0
Toppings & Ingredients	Checker's Drive-In/ Rally's	Blue Cheese Dipping Sauce, 1 each PC	230	2	1	24.0
Toppings & Ingredients	Checker's Drive-In/ Rally's	Ranch Dipping Sauce Dipper, 1 each PC	210	2	1	23.0
Appetizers & Sides	Checker's Drive-In/ Rally's	Bacon, 2 Slices	70	1	4	6.0
Toppings & Ingredients	Checker's Drive-In/ Rally's	Cheese Sauce	35	2	0	2.5
Toppings & Ingredients	Checker's Drive-In/ Rally's	Grilled Onions	10	2	0	0.0
Desserts	Checker's Drive-In/ Rally's	Fudge Cheesecake Sundae	500	79	8	17.0
Desserts	Checker's Drive-In/ Rally's	Caramel Cheesecake Sundae	460	73	8	15.0
Desserts	Checker's Drive-In/ Rally's	Strawberry Cheesecake Sundae	470	77	8	15.0
Desserts	Checker's Drive-In/ Rally's	Wicked Strawberry Soft Serve Cone-Swirl	200	29	4	4.0
Desserts	Checker's Drive-In/ Rally's	Wicked Strawberry Soft Serve Cone-Classic	230	33	4	1.0
Toppings & Ingredients	Checker's Drive-In/ Rally's	Cake Cone	20	4	0	0.0
Toppings & Ingredients	Checker's Drive-In/ Rally's	Fudge Sundae Topping, 1 FO	90	17	1	2.5
Toppings & Ingredients	Checker's Drive-In/ Rally's	Strawberry Sundae Topping, 1.6 FO	60	16	0	0.0
Toppings & Ingredients	Checker's Drive-In/ Rally's	Caramel Sundae Topping, .5 FO	45	10	0	0.0
Toppings & Ingredients	Checker's Drive-In/ Rally's	Graham Sundae Topping, .6oz	60	15	0	0.0
Toppings & Ingredients	Checker's Drive-In/ Rally's	Cheesecake Filling, 1oz	80	6	1	6.0
Desserts	Checker's Drive-In/ Rally's	Funnel Cake Fries	370	38	2	23.0
Desserts	Checker's Drive-In/ Rally's	Brookie	380	48	5	18.0
Desserts	Checker's Drive-In/ Rally's	Brookie with Soft Serve	540	73	9	24.0
Beverages	Checker's Drive-In/ Rally's	Fanta Slushie - Fruit Punch, Regular 16 fl oz	220	55	0	0.0
Beverages	Checker's Drive-In/ Rally's	Fanta Slushie - Fruit Punch, Large 21 fl oz	300	76	0	0.0
Beverages	Checker's Drive-In/ Rally's	Fanta Slushie - Watermelon, Regular 16 fl oz	220	55	0	0.0
Beverages	Checker's Drive-In/ Rally's	Fanta Slushie - Watermelon, Large 21 fl oz	300	76	0	0.0
Beverages	Checker's Drive-In/ Rally's	Fanta Slushie - Blue Raspberry, Regular 16 fl oz	220	55	0	0.0
Beverages	Checker's Drive-In/ Rally's	Fanta Slushie - Blue Raspberry, Large 21 fl oz	300	76	0	0.0
Beverages	Checker's Drive-In/ Rally's	Big Surf Slushie (REG)	430	98	4	4.5

Beverages	Checker's Drive-In/ Rally's	Big Surf Slushie (LG)	500	115	4	4.5
Beverages	Checker's Drive-In/ Rally's	Dasani	0	0	0	0.0
Beverages	Checker's Drive-In/ Rally's	Barq's Root Beer Small 20	180	49	0	0.0
Beverages	Checker's Drive-In/ Rally's	Barq's Root Beer Medium 30	270	73	0	0.0
Beverages	Checker's Drive-In/ Rally's	Barq's Root Beer Large 37.5	330	91	0	0.0
Beverages	Checker's Drive-In/ Rally's	Cherry Coca-Cola Small 20	190	47	0	0.0
Beverages	Checker's Drive-In/ Rally's	Cherry Coca-Cola Medium 30	280	70	0	0.0
Beverages	Checker's Drive-In/ Rally's	Cherry Coca-Cola Large 37.5	350	88	0	0.0
Beverages	Checker's Drive-In/ Rally's	Coca-Cola High Yield Small 20	180	45	0	0.0
Beverages	Checker's Drive-In/ Rally's	Coca-Cola High Yield Medium 30	270	67	0	0.0
Beverages	Checker's Drive-In/ Rally's	Coca-Cola High Yield Large 37.5	340	84	0	0.0
Beverages	Checker's Drive-In/ Rally's	Diet Coke Small 20	0	0	0	0.0
Beverages	Checker's Drive-In/ Rally's	Diet Coke Medium 30	0	1	0	0.0
Beverages	Checker's Drive-In/ Rally's	Diet Coke Large 37.5	0	1	0	0.0
Beverages	Checker's Drive-In/ Rally's	Fanta Grape POM Small 20	180	44	0	0.0
Beverages	Checker's Drive-In/ Rally's	Fanta Grape POM Medium 30	270	66	0	0.0
Beverages	Checker's Drive-In/ Rally's	Fanta Grape POM Large 37.5	330	83	0	0.0
Beverages	Checker's Drive-In/ Rally's	Fanta Orange Small 20	180	45	0	0.0
Beverages	Checker's Drive-In/ Rally's	Fanta Orange Medium 30	270	68	0	0.0
Beverages	Checker's Drive-In/ Rally's	Fanta Orange Large 37.5	340	85	0	0.0
Beverages	Checker's Drive-In/ Rally's	Fanta Strawberry Small 20	190	48	0	0.0
Beverages	Checker's Drive-In/ Rally's	Fanta Strawberry Medium 30	290	72	0	0.0
Beverages	Checker's Drive-In/ Rally's	Fanta Strawberry Large 37.5	360	90	0	0.0
Beverages	Checker's Drive-In/ Rally's	Gold Peak Premium Unsweetened Tea Small 20	0	0	0	0.0
Beverages	Checker's Drive-In/ Rally's	Gold Peak Premium Unsweetened Tea Medium 30	0	0	0	0.0
Beverages	Checker's Drive-In/ Rally's	Gold Peak Premium Unsweetened Tea Large 37.5	0	0	0	0.0
Beverages	Checker's Drive-In/ Rally's	Gold Peak Southern Style Tea Small 20	170	42	0	0.0
Beverages	Checker's Drive-In/ Rally's	Gold Peak Southern Style Tea Medium 30	260	62	0	0.0
Beverages	Checker's Drive-In/ Rally's	Gold Peak Southern Style Tea Large 37.5	330	78	0	0.0
Beverages	Checker's Drive-In/ Rally's	Hi-C Flashin Fruit Punch Small 20	190	47	0	0.0
Beverages	Checker's Drive-In/ Rally's	Hi-C Flashin Fruit Punch Medium 30	280	71	0	0.0
Beverages	Checker's Drive-In/ Rally's	Hi-C Flashin Fruit Punch Large 37.5	350	89	0	0.0
Beverages	Checker's Drive-In/ Rally's	Hi-C Orange Lavaburst Small 20	190	47	0	0.0
Beverages	Checker's Drive-In/ Rally's	Hi-C Orange Lavaburst Medium 30	280	71	0	0.0
Beverages	Checker's Drive-In/ Rally's	Hi-C Orange Lavaburst Large 37.5	350	89	0	0.0

Beverages	Checker's Drive-In/ Rally's	Mello Yello Small 20	190	49	0	0.0
Beverages	Checker's Drive-In/ Rally's	Mello Yello Medium 30	290	73	0	0.0
Beverages	Checker's Drive-In/ Rally's	Mello Yello Large 37.5	360	91	0	0.0
Beverages	Checker's Drive-In/ Rally's	Minute Maid Lemonade(HFCS) Small 20	170	42	0	0.0
Beverages	Checker's Drive-In/ Rally's	Minute Maid Lemonade(HFCS) Medium 30	250	63	0	0.0
Beverages	Checker's Drive-In/ Rally's	Minute Maid Lemonade(HFCS) Large 37.5	310	79	0	0.0
Beverages	Checker's Drive-In/ Rally's	Pibb Xtra Small 20	170	42	0	0.0
Beverages	Checker's Drive-In/ Rally's	Pibb Xtra Medium 30	250	63	0	0.0
Beverages	Checker's Drive-In/ Rally's	Pibb Xtra Large 37.5	310	79	0	0.0
Beverages	Checker's Drive-In/ Rally's	POWERade Mountain Berry Blast Small 20	100	24	0	0.0
Beverages	Checker's Drive-In/ Rally's	POWERade Mountain Berry Blast Medium 30	150	37	0	0.0
Beverages	Checker's Drive-In/ Rally's	POWERade Mountain Berry Blast Large 37.5	190	46	0	0.0
Beverages	Checker's Drive-In/ Rally's	Sprite High Yield Small 20	170	42	0	0.0
Appetizers & Sides	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Santa Fe Spinach Dip	1300	98	41	85.0
Appetizers & Sides	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Chips & Homemade Queso	1030	84	30	62.0
Baked Goods	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Honey Butter Croissants (2)	440	40	7	28.0
Fried Potatoes	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Cheddar's Cheese Fries	2310	216	68	130.0
Toppings & Ingredients	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Ranch Dressing (3 fl. oz.)	370	4	2	39.0
Appetizers & Sides	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Wisconsin Cheese Bites	1200	49	52	89.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Cheddar's Trio Sampler	2360	139	106	154.0
Salads	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Grilled Chicken Pecan Salad	620	20	55	38.0
Toppings & Ingredients	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Honey Mustard Dressing (3 fl. oz.)	370	20	2	32.0
Salads	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Crispy Chicken Tender Salad	750	32	58	45.0
Salads	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Caesar Pasta Salad - Chicken	860	49	51	52.0
Salads	Cheddar's Casual Café / Cheddar's Scratch Kitchen	House Salad (Dressing not included)	140	9	7	9.0
Salads	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Caesar Salad	290	9	8	26.0
Toppings & Ingredients	Cheddar's Casual Café / Cheddar's Scratch Kitchen	(4) Grilled Shrimp (add on)	80	1	13	2.5
Toppings & Ingredients	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Blackened Salmon (add on)	260	1	26	15.0
Toppings & Ingredients	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Honey Mustard - 1.75 fl. oz.	210	12	1	19.0
Toppings & Ingredients	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Chunky Blue Cheese - 1.75 fl. oz.	280	2	3	29.0
Toppings & Ingredients	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Balsamic Vinaigrette - 1.75 fl. oz.	110	8	0	8.0
Toppings & Ingredients	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Thousand Island - 1.75 fl. oz.	260	9	0	24.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	5 oz. Grilled Salmon	440	33	29	20.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	5 oz. Grilled Salmon - Blackened	450	34	29	21.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	5 oz. Grilled Salmon - Bourbon Glazed	560	60	29	21.0

Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Lemon Pepper Chicken	520	35	68	12.0
Sandwiches	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Monte Cristo	1460	132	44	85.0
Sandwiches	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Buffalo Chicken Wrapper - Grilled	1520	83	91	92.0
Sandwiches	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Buffalo Chicken Wrapper - Fried	1830	109	83	120.0
Fried Potatoes	Cheddar's Casual Café / Cheddar's Scratch Kitchen	French Fries	460	61	6	22.0
Burgers	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Bacon Cheeseburger	1100	47	67	69.0
Burgers	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Smokehouse Burger	1040	77	57	55.0
Burgers	Cheddar's Casual Café / Cheddar's Scratch Kitchen	The Original Burger	740	45	46	41.0
Burgers	Cheddar's Casual Café / Cheddar's Scratch Kitchen	The Original Burger w/ Cheddar Cheese	830	46	51	48.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Grilled Chicken Alfredo	1550	103	66	98.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Chicken Tender Platter - Classic	1050	48	72	65.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Chicken Tender Platter - Buffalo	1180	43	72	79.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Chicken Tender Platter - Honey Hot	1250	84	72	70.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Homemade Chicken Pot Pie	940	59	60	51.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	New Orleans Pasta	1540	112	79	87.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Country Fried Steak	1030	76	48	60.0
Appetizers & Sides	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Idaho Mashed Potatoes	160	19	3	8.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Country Fried Chicken - Single	610	44	40	30.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Country Fried Chicken - Double	1030	64	74	53.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Chicken Tenders & Grilled Shrimp	1240	96	74	63.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	6 oz. Top Sirloin Steak & Grilled Shrimp	560	49	38	24.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Top Sirloin Steak & Ribs	1070	11	83	75.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Half Rack of Ribs & Grilled Shrimp	1120	59	76	62.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Half Rack of Ribs & Chicken Tenders	1540	45	104	104.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	14 oz. Ribeye Steak	890	6	78	61.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Grilled Salmon	590	33	44	30.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	8 oz. Grilled Salmon - Blackened	600	35	44	30.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	8 oz. Grilled Salmon - Bourbon Glazed	750	70	45	31.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Grilled Whitefish - Lemon Pepper	490	34	52	15.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Grilled Whitefish - Blackened	510	36	53	15.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Cornmeal Whitefish	1080	63	43	79.0
Appetizers & Sides	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Broccoli Cheese Casserole	220	16	9	14.0
Appetizers & Sides	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Loaded Baked Potato	430	51	10	22.0
Appetizers & Sides	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Buttered Off-The-Cob Corn	110	22	4	2.5
Appetizers & Sides	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Fresh Steamed Broccoli	100	6	3	8.0

Appetizers & Sides	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Seasoned Rice	150	26	2	4.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Kid's Chicken Tenders	630	18	44	42.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Kid's Grilled Cheese	420	35	13	24.0
Burgers	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Kid's Junior Burger	450	29	23	26.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Kid's Grilled Chicken	280	21	34	6.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Kid's BBQ Chicken	390	48	34	7.0
Desserts	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Cheddar's Legendary Monster Cookie	1390	157	16	77.0
Desserts	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Hot Fudge Cake Sundae	2510	351	23	116.0
Salads	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Chicken Caesar Salad, Gluten Friendly	640	13	43	47.0
Burgers	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Bacon Cheeseburger	750	6	59	54.0
Burgers	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Smokehouse Burger	700	34	48	40.0
Burgers	Cheddar's Casual Café / Cheddar's Scratch Kitchen	The Original Burger	400	4	37	26.0
Burgers	Cheddar's Casual Café / Cheddar's Scratch Kitchen	The Original Burger with Cheddar Cheese	490	5	42	33.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	6 oz. Top Sirloin Steak	250	0	22	18.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	House Smoked Baby Back Ribs (Half Rack)	1630	22	121	113.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	House Smoked Baby Back Ribs (Full Rack)	3260	44	243	227.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Lemon Pepper White Fish	490	34	52	15.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Top Sirloin Steak & Grilled Shrimp	450	21	37	23.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Hand-Crafted Lemonade - Traditional	120	30	1	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Hand-Crafted Lemonade - Raspberry	160	39	1	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Hand-Crafted Lemonade - Strawberry	180	44	1	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Iced Tea - Sweet	140	36	0	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Iced Tea - Peach	200	51	0	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Iced Tea - Raspberry	200	50	0	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Iced Tea - Strawberry	200	51	0	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Iced Tea - Mango	200	51	0	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Coca-Cola - 12 fl. oz.	140	39	0	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Coke Zero Sugar - 12 fl. oz.	0	0	0	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Diet Coke - 12 fl. oz.	0	0	0	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Dr. Pepper - 12 fl. oz.	150	40	0	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Diet Dr. Pepper - 12 fl. oz.	0	0	0	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Barq's Root Beer - 12 fl. oz.	160	45	0	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Fanta Orange - 12 fl. oz.	160	45	0	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Sprite - 12 fl. oz.	140	38	0	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Coffee	0	0	0	0.0



Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Kid's Milk, 2% - 8 fl. oz.	120	12	8	5.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Kid's Apple Juice - 8 fl. oz.	110	28	0	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Kid's Coca-Cola - 8 fl. oz.	90	26	0	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Kid's Coke Zero Sugar - 8 fl. oz.	0	0	0	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Kid's Diet Coke - 8 fl. oz.	0	0	0	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Kid's Dr. Pepper - 8 fl. oz.	100	26	0	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Kid's Diet Dr. Pepper - 8 fl. oz.	0	0	0	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Kid's Barq's Root Beer - 8 fl. oz.	110	30	0	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Kid's Fanta Orange - 8 fl. oz.	110	30	0	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Kid's Sprite - 8 fl. oz.	90	25	0	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Grande Top Shelf - Rocks	470	79	0	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Grande Top Shelf - Frozen	490	67	0	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Grande Top Shelf - Frozen Sangria Swirl	480	65	0	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Grande Top Shelf - Rocks Sangria Swirl	450	70	0	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Grande Top Shelf - Frozen Strawberry Swirl	540	85	0	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Grande Top Shelf - Rocks Strawberry Swirl	510	89	0	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Maui Margarita	470	79	0	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Texas Frozen Swirl - Strawberry	420	62	0	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Texas Frozen Swirl - Sangria	390	53	0	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Texas Margarita - Rocks	340	51	0	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Texas Margarita - Frozen	400	53	0	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Cheddar's Painkiller	350	49	2	4.5
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Island Tiki	230	35	0	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Presidente Sangria	170	28	0	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Texas Sweet Tea	230	32	0	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Cheddar's Long Island Iced Tea	230	30	0	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Sweet White / Blush, Bottle	640	29	3	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	White, 6 oz.	150	4	0	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Red, 6 oz.	160	5	0	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Beer, Light - 16 fl. oz.	140	8	1	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Beer, Light - 23 fl. oz.	200	11	2	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Beer, Regular - 12 fl. oz.	150	13	2	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Beer, Regular - 16 fl. oz.	200	17	2	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Beer, Regular - 23 fl. oz.	290	24	3	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Hard Cider - 12 fl. oz.	200	21	0	0.0

Baked Goods	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Honey Butter Croissants (6)	1310	119	21	85.0
Toppings & Ingredients	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Ranch Dressing - 8 fl. oz.	990	10	5	105.0
Toppings & Ingredients	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Honey Mustard Dressing - 8 fl. oz.	730	40	4	64.0
Toppings & Ingredients	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Chunky Blue Cheese Dressing - 8 fl. oz.	1280	8	12	134.0
Toppings & Ingredients	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Balsamic Vinaigrette - 8 fl. oz.	490	37	0	39.0
Toppings & Ingredients	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Honey Lime Dressing - 8 fl. oz.	1200	72	3	104.0
Toppings & Ingredients	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Thousand Island Dressing - 8 fl. oz.	1190	43	0	111.0
Fried Potatoes	Cheddar's Casual Café / Cheddar's Scratch Kitchen	French Fries	1850	243	25	86.0
Appetizers & Sides	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Mashed Potatoes	640	76	11	33.0
Appetizers & Sides	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Southern Green Beans	250	31	4	11.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Half Rack of Ribs & Grilled Shrimp	1010	32	75	62.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Hickory Smoked Baby Back Ribs (Full Rack)	1630	22	121	113.0
Appetizers & Sides	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Broccoli Cheese Casserole	890	64	34	54.0
Appetizers & Sides	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Loaded Baked Potato with Bacon	540	51	18	29.0
Appetizers & Sides	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Buttered Off-The-Cob Corn	440	90	15	9.0
Appetizers & Sides	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Fresh Steamed Broccoli	420	24	14	33.0
Appetizers & Sides	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Sweet Baby Carrots	150	35	2	0.0
Appetizers & Sides	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Seasoned Rice	620	105	9	16.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Gallon Iced Tea - Sweet	1470	381	0	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Gallon Iced Tea - Raspberry	1850	473	0	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Gallon Iced Tea - Strawberry	1890	485	0	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Gallon Iced Tea - Mango	1890	485	0	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	El Patron Margarita	230	21	0	0.0
Appetizers & Sides	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Coconut Shrimp (where available)	600	49	19	37.0
Salads	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Caesar Pasta Salad - Salmon	940	51	43	63.0
Sandwiches	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Buttermilk Fried Chicken Sandwich	940	64	48	55.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Chicken Tenders & Coconut Shrimp (where available)	1300	77	70	80.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Half Rack of Ribs & Coconut Shrimp (where available)	1250	49	73	83.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	6 oz. Top Sirloin Steak & Coconut Shrimp (where available)	690	38	35	44.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	6 oz. Top Sirloin & Chicken Tenders	980	34	66	65.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Hickory Smoked Baby Back Ribs (Half Rack)	810	11	61	57.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Grilled Shrimp Alfredo	1610	105	73	101.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Creamy Garlic Tilapia & Shrimp	600	32	54	29.0
Appetizers & Sides	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Cheese & Bacon Mashed Potatoes	350	20	16	23.0
Appetizers & Sides	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Cheese & Bacon Fries	650	62	19	36.0

Appetizers & Sides	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Red Beans & Rice	230	34	9	6.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Kid's Coconut Shrimp (where available)	440	38	13	26.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Kid's Penne Pasta Alfredo	700	55	16	46.0
Desserts	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Classic Cheesecake	760	85	12	42.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Watermelon Texas Frozen Swirl	430	65	0	0.0
Salads	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Salmon Caesar Salad, Gluten Friendly	720	13	36	59.0
Appetizers & Sides	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Side - Red Beans & Rice	230	34	9	6.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Classic Chicken Tender Bundle (sauce not included)	2590	110	225	139.0
Toppings & Ingredients	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Buffalo Sauce - 6 fl. oz.	230	13	1	19.0
Toppings & Ingredients	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Honey Mustard - 6 fl. oz.	730	40	4	64.0
Toppings & Ingredients	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Ranch - 6 fl. oz.	740	7	4	79.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Baby Back Ribs Bundle	3490	101	244	228.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Baby Back Ribs & Tenders Bundle	3570	142	238	226.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Grilled Salmon Bundle	2080	216	115	79.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Salmon & Tenders Bundle	2900	208	173	152.0
Appetizers & Sides	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Cheese & Bacon Fries	2600	247	77	143.0
Appetizers & Sides	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Cheese & Bacon Mashed Potatoes	1390	80	63	90.0
Appetizers & Sides	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Red Beans & Rice	920	135	35	24.0
Salads	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Family House Salad	560	40	31	33.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Gallon Lemonade	1320	316	13	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Gallon Lemonade - Strawberry	1690	417	13	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Gallon Lemonade - Raspberry	1690	415	15	0.0
Appetizers & Sides	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Buffalo Beer-Battered Fried Shrimp	810	51	21	58.0
Salads	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Salmon Strawberry Salad (where available)	530	21	38	34.0
Toppings & Ingredients	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Strawberry Vinaigrette Dressing (3 fl. oz.)	190	25	0	11.0
Soup	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Soup - Potato, cup	330	23	9	22.0
Soup	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Soup - Potato, bowl	570	42	14	38.0
Toppings & Ingredients	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Homemade Ranch - 1.75 fl. oz.	220	2	1	23.0
Toppings & Ingredients	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Strawberry Vinaigrette Dressing - 1.75 fl. oz. (where available)	110	15	0	6.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Lemon Pepper Chicken	520	35	68	12.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Dijon Chicken & Mushrooms	1060	60	71	59.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Key West Chicken & Shrimp	550	65	49	10.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Baja Chicken (where available)	470	54	43	8.0
Toppings & Ingredients	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Add Sautéed Mushrooms	100	4	1	9.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Chicken Tenders & Beer-Battered Fried Shrimp	1460	96	78	86.0

Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Half Rack of Ribs & Beer-Battered Fried Shrimp	1230	52	75	78.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	6 oz. Top Sirloin Steak & Beer-Battered Fried Shrimp	670	41	36	40.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	6 oz. Top Sirloin Steak & Ribs	1070	11	83	75.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	8 oz. Grilled Salmon	590	33	44	30.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Skirt Steak Churrasco (where available)	1050	84	61	52.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	St. Louis Ribs - Full Rack (where available)	880	27	61	57.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	St. Louis Ribs - Half Rack (where available)	1750	55	121	113.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Beer-Battered Fried Shrimp Platter	790	72	27	44.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Coconut Shrimp Platter (where available)	770	60	25	47.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Beer-Battered Fish Fillet (where available)	690	29	39	46.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Blackened Mahi Mahi (where available)	370	40	34	6.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	6 oz. Top Sirloin Steak	250	0	22	18.0
Appetizers & Sides	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Fried Plantains (where available)	260	56	2	3.0
Appetizers & Sides	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Black Beans & Rice (where available)	140	25	5	2.5
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Kid's Fried Shrimp	410	41	14	22.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Watermelon Vodkarita	250	43	0	0.0
Salads	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Grilled Chicken Pecan Salad, Gluten Friendly	620	20	55	38.0
Toppings & Ingredients	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Honey Mustard Dressing (3 fl. oz.), Gluten Friendly	370	20	2	32.0
Salads	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Salmon Strawberry Salad (where available), Gluten Friendly	530	21	38	34.0
Toppings & Ingredients	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Strawberry Vinaigrette Dressing (3 fl. oz.), Gluten Friendly	190	25	0	11.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	14 oz. Ribeye Steak	890	6	78	61.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Skirt Steak Churrasco (where available)	650	4	54	47.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	St. Louis Ribs - Full Rack (where available)	880	27	61	57.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	St. Louis Ribs - Half Rack (where available)	1750	55	121	113.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Key West Chicken & Shrimp	440	38	49	10.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Dijon Chicken & Mushrooms	1060	60	71	59.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Baja Chicken (where available)	470	54	43	8.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Blackened Mahi Mahi (where available)	370	40	34	6.0
Entrees	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Blackened Salmon	600	35	44	30.0
Appetizers & Sides	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Idaho Mashed Potatoes	160	19	3	8.0
Appetizers & Sides	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Cheese & Bacon Mashed Potatoes	350	20	16	23.0
Appetizers & Sides	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Fresh Steamed Broccoli	100	6	3	8.0
Appetizers & Sides	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Seasoned Rice	150	26	2	4.0
Appetizers & Sides	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Black Beans & Rice (where available)	140	25	5	2.5
Appetizers & Sides	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Black Beans & Rice (where available)	560	99	20	10.0

Toppings & Ingredients	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Strawberry Vinaigrette Dressing - 8 fl. oz. (where available)	510	66	0	29.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Classic Mule	130	13	0	0.0
Beverages	Cheddar's Casual Café / Cheddar's Scratch Kitchen	Coconut Pineapple Mule	160	27	0	0.0
Sandwiches	Chick Fil A	Chick-fil-A Chicken Sandwich	440	41	29	17.0
Sandwiches	Chick Fil A	Grilled Chicken Sandwich	380	43	28	12.0
Sandwiches	Chick Fil A	Grilled Chicken Club w/ Colby Jack	520	44	37	22.0
Sandwiches	Chick Fil A	Chick-fil-A Chicken Biscuit	460	45	19	23.0
Sandwiches	Chick Fil A	Bacon, Egg & Cheese Biscuit	420	38	15	23.0
Entrees	Chick Fil A	Chick-fil-A Nuggets, 12ct	380	16	40	17.0
Entrees	Chick Fil A	Chick-fil-A Chick-n-Strips, 4ct	410	22	39	19.0
Soup	Chick Fil A	Chicken Noodle Soup, Bowl	280	38	17	6.0
Fried Potatoes	Chick Fil A	Hash Browns	270	23	3	18.0
Baked Goods	Chick Fil A	Buttered Biscuit	290	37	4	15.0
Salads	Chick Fil A	Side Salad	470	16	7	42.0
Sandwiches	Chick Fil A	Chick-fil-A Chick-n-Minis, 4ct	360	41	20	13.0
Sandwiches	Chick Fil A	Chick-fil-A Deluxe Sandwich w/ American	500	44	32	22.0
Sandwiches	Chick Fil A	Sausage, Egg & Cheese Biscuit	610	38	22	42.0
Sandwiches	Chick Fil A	Spicy Deluxe Sandwich w/ Pepper Jack	550	47	33	25.0
Entrees	Chick Fil A	Chick-fil-A Chick-n-Strips, 3ct	310	16	29	14.0
Appetizers & Sides	Chick Fil A	Fruit Cup, Medium	60	15	1	0.0
Beverages	Chick Fil A	Chocolate Milkshake	590	90	12	22.0
Beverages	Chick Fil A	Cookies & Cream Milkshake	630	90	13	25.0
Beverages	Chick Fil A	Strawberry Milkshake	570	93	11	19.0
Beverages	Chick Fil A	Vanilla Milkshake	580	82	13	23.0
Beverages	Chick Fil A	Freshly-Brewed Iced Tea Sweetened, Small	70	19	0	0.0
Beverages	Chick Fil A	Freshly-Brewed Iced Tea Sweetened, Medium	120	31	0	0.0
Beverages	Chick Fil A	Freshly-Brewed Iced Tea Sweetened, Large	170	43	0	0.0
Beverages	Chick Fil A	Coca-Cola, Small	100	27	0	0.0
Beverages	Chick Fil A	Coca-Cola, Medium	140	40	0	0.0
Beverages	Chick Fil A	Coca-Cola, Large	230	64	0	0.0
Beverages	Chick Fil A	Dr Pepper, Small	140	36	0	0.0
Beverages	Chick Fil A	Dr Pepper, Large	270	71	0	0.0
Beverages	Chick Fil A	Dasani Bottled Water	0	0	0	0.0
Beverages	Chick Fil A	Simply Orange	160	34	2	0.0
Desserts	Chick Fil A	Chocolate Chunk Cookie	370	49	5	17.0

Beverages	Chick Fil A	1% Chocolate Milk	140	23	7	2.0
Salads	Chick Fil A	Cobb Salad w/ Nuggets	850	34	42	61.0
Beverages	Chick Fil A	Iced Coffee	150	30	5	2.5
Beverages	Chick Fil A	Iced Coffee, Vanilla	140	30	5	2.5
Entrees	Chick Fil A	Grilled Nuggets, 8ct	130	1	25	3.0
Entrees	Chick Fil A	Grilled Nuggets, 12ct	200	2	38	4.5
Beverages	Chick Fil A	Coffee	0	0	0	0.0
Beverages	Chick Fil A	Frosted Lemonade w/ Diet Lemonade	250	46	6	6.0
Beverages	Chick Fil A	Frosted Lemonade	330	65	6	6.0
Beverages	Chick Fil A	Frosted Coffee	250	43	6	6.0
Entrees	Chick Fil A	Chick-fil-A Chick-n-Strips, 2ct	200	11	19	9.0
Salads	Chick Fil A	Grilled Market Salad w/ Chick-fil-A Chick-n-Strips	750	57	36	43.0
Salads	Chick Fil A	Grilled Market Salad w/ Grilled Nuggets	570	41	32	32.0
Salads	Chick Fil A	Grilled Market Salad w/ No Chicken	440	40	7	29.0
Salads	Chick Fil A	Grilled Market Salad w/ Nuggets	690	51	34	40.0
Salads	Chick Fil A	Cobb Salad w/ Grilled Filet (Hot or Cold)	700	25	37	51.0
Salads	Chick Fil A	Cobb Salad w/ Grilled Nuggets	730	24	41	52.0
Salads	Chick Fil A	Cobb Salad w/ No Chicken	600	23	16	49.0
Salads	Chick Fil A	Spicy Southwest Salad w/ Chick-fil-A Chick-n-Strips	890	44	43	61.0
Salads	Chick Fil A	Spicy Southwest Salad w/ Grilled Nuggets	720	29	39	50.0
Salads	Chick Fil A	Spicy Southwest Salad w/ No Chicken	590	27	14	47.0
Salads	Chick Fil A	Spicy Southwest Salad w/ Nuggets	840	38	41	58.0
Salads	Chick Fil A	Spicy Southwest Salad w/ Spicy Grilled Filet (Cold)	690	29	33	49.0
Sandwiches	Chick Fil A	Egg White Grill	290	30	26	8.0
Beverages	Chick Fil A	Freshly Brewed Iced Tea Sweetened, Gallon	1540	398	1	0.0
Beverages	Chick Fil A	Freshly Brewed Iced Tea Unsweetened, Gallon	0	0	0	0.0
Desserts	Chick Fil A	Chick-fil-A Icecream Cone	180	32	4	4.0
Salads	Chick Fil A	Grilled Market Salad w/ Spicy Grilled Filet (Cold)	540	42	26	31.0
Salads	Chick Fil A	Cobb Salad w/ Spicy Grilled Filet (Cold)	710	25	36	51.0
Sandwiches	Chick Fil A	Bacon, Egg & Cheese Muffin	310	29	16	14.0
Sandwiches	Chick Fil A	Sausage, Egg & Cheese Muffin	500	30	23	33.0
Beverages	Chick Fil A	Dr Pepper, Medium	180	48	0	0.0
Beverages	Chick Fil A	Honest Kids Apple Juice	35	9	0	0.0
Beverages	Chick Fil A	1% Milk	90	10	7	2.0
Entrees	Chick Fil A	Chick-fil-A Nuggets, 8ct	250	11	27	11.0

Entrees	Chick Fil A	Chick-fil-A Nuggets, 30ct	950	41	100	43.0
Salads	Chick Fil A	Cobb Salad w/ Chick-fil-A Chick-n-Strips	910	40	45	63.0
Soup	Chick Fil A	Chicken Noodle Soup, Cup	170	25	10	4.0
Appetizers & Sides	Chick Fil A	Fruit Cup, Small	50	13	1	0.0
Appetizers & Sides	Chick Fil A	Waffle Potato Chips	220	25	3	13.0
Sandwiches	Chick Fil A	Hash Brown Scramble Burrito w/ Grilled Filet, no Hash Browns	500	34	34	25.0
Sandwiches	Chick Fil A	Hash Brown Scramble Burrito w/ Sausage, no Hash Browns	690	34	32	48.0
Sandwiches	Chick Fil A	Hash Brown Scramble Burrito w/ Nuggets, no Hash Browns	550	38	33	30.0
Sandwiches	Chick Fil A	Hash Brown Scramble Burrito w/ Grilled Filet	650	46	35	36.0
Sandwiches	Chick Fil A	Hash Brown Scramble Burrito w/ Nuggets	700	51	34	40.0
Sandwiches	Chick Fil A	Hash Brown Scramble Burrito w/ Sausage	720	46	28	47.0
Entrees	Chick Fil A	Hash Brown Scramble Bowl w/ Grilled Filet, no Hash Browns	260	2	29	16.0
Entrees	Chick Fil A	Hash Brown Scramble Bowl w/ Nuggets, no Hash Browns	320	7	28	20.0
Entrees	Chick Fil A	Hash Brown Scramble Bowl w/ Sausage, no Hash Browns	320	2	21	26.0
Entrees	Chick Fil A	Hash Brown Scramble Bowl w/ Grilled Filet	410	15	30	26.0
Fried Potatoes	Chick Fil A	Hash Brown Scramble Bowl w/ Nuggets	470	19	29	30.0
Entrees	Chick Fil A	Hash Brown Scramble Bowl w/ Sausage	480	15	23	37.0
Baked Goods	Chick Fil A	English Muffin	140	29	5	2.0
Entrees	Chick Fil A	Greek Yogurt w/ Granola	270	36	13	9.0
Entrees	Chick Fil A	Greek Yogurt w/ Cookie Crumbs	240	31	12	8.0
Beverages	Chick Fil A	Chick-fil-A Diet Lemonade, Small	30	8	0	0.0
Beverages	Chick Fil A	Chick-fil-A Diet Lemonade, Medium	50	14	0	0.0
Beverages	Chick Fil A	Chick-fil-A Diet Lemonade, Large	80	21	0	0.0
Beverages	Chick Fil A	Freshly-Brewed Iced Tea Unsweetened, Small	0	0	0	0.0
Beverages	Chick Fil A	Freshly-Brewed Iced Tea Unsweetened, Medium	0	0	0	0.0
Beverages	Chick Fil A	Freshly-Brewed Iced Tea Unsweetened, Large	0	0	0	0.0
Sandwiches	Chick Fil A	Spicy Chicken Sandwich	460	45	28	19.0
Sandwiches	Chick Fil A	Chick-fil-A Deluxe Sandwich w/ No Cheese	450	43	30	17.0
Sandwiches	Chick Fil A	Chick-fil-A Deluxe Sandwich w/ Colby Jack	530	44	35	24.0
Sandwiches	Chick Fil A	Chick-fil-A Deluxe Sandwich w/ Pepper Jack	520	44	34	24.0
Sandwiches	Chick Fil A	Spicy Deluxe Sandwich w/ No Cheese	470	47	29	19.0
Sandwiches	Chick Fil A	Spicy Deluxe Sandwich w/ American	520	47	31	23.0
Sandwiches	Chick Fil A	Spicy Deluxe Sandwich w/ Colby Jack	550	47	34	25.0
Sandwiches	Chick Fil A	Grilled Chicken Club w/ No Cheese	430	44	32	15.0
Sandwiches	Chick Fil A	Grilled Chicken Club w/ American	490	44	35	20.0

Sandwiches	Chick Fil A	Grilled Chicken Club w/ Pepper Jack	510	44	37	22.0
Desserts	Chick Fil A	Chocolate Chunk Cookie, 6 pack	370	49	5	17.0
Appetizers & Sides	Chick Fil A	Mac & Cheese, Small	270	17	12	17.0
Appetizers & Sides	Chick Fil A	Mac & Cheese, Medium	450	28	20	29.0
Appetizers & Sides	Chick Fil A	Buddy Fruits Apple Sauce	45	12	0	0.0
Beverages	Chick Fil A	Chick-fil-A Lemonade, Small	130	33	0	0.0
Beverages	Chick Fil A	Chick-fil-A Lemonade, Medium	220	58	0	0.0
Beverages	Chick Fil A	Chick-fil-A Lemonade, Large	300	78	0	0.0
Entrees	Chick Fil A	Chick-fil-A Nuggets, 5ct	160	7	17	7.0
Desserts	Chick Fil A	Chick-fil-A Icedream Cup	140	24	4	3.5
Salads	Chick Fil A	Spicy Southwest Salad w/ Spicy Filet	860	44	37	60.0
Salads	Chick Fil A	Grilled Market Salad w/ Chick-fil-A Filet	690	53	31	41.0
Salads	Chick Fil A	Grilled Market Salad w/ Spicy Filet	720	56	30	42.0
Salads	Chick Fil A	Cobb Salad w/ Spicy Filet	870	40	39	62.0
Entrees	Chick Fil A	Grilled Nuggets, 5ct	80	1	16	2.0
Sandwiches	Chick Fil A	Chick-fil-A Cool Wrap	660	32	43	45.0
Salads	Chick Fil A	Cobb Salad w/ Chick-fil-A Filet	850	36	40	61.0
Salads	Chick Fil A	Spicy Southwest Salad w/ Chick-fil-A Filet	840	40	38	59.0
Appetizers & Sides	Chick Fil A	Kale Crunch Side	120	8	3	9.0
Desserts	Chick Fil A	Chocolate Fudge Brownie	380	48	4	21.0
Beverages	Chick Fil A	Sunjoy (1/2 Sweet Tea, 1/2 Lemonade), Small	120	33	0	0.0
Beverages	Chick Fil A	Sunjoy (1/2 Sweet Tea, 1/2 Lemonade), Medium	170	45	0	0.0
Beverages	Chick Fil A	Sunjoy (1/2 Sweet Tea, 1/2 Lemonade), Large	260	70	0	0.0
Beverages	Chick Fil A	Sunjoy (1/2 Sweet Tea, 1/2 Diet Lemonade), Small	80	20	0	0.0
Beverages	Chick Fil A	Sunjoy (1/2 Sweet Tea, 1/2 Diet Lemonade), Medium	100	25	0	0.0
Beverages	Chick Fil A	Sunjoy (1/2 Sweet Tea, 1/2 Diet Lemonade), Large	140	38	0	0.0
Beverages	Chick Fil A	Sunjoy (1/2 Unsweet Tea, 1/2 Lemonade), Small	60	17	0	0.0
Beverages	Chick Fil A	Sunjoy (1/2 Unsweet Tea, 1/2 Lemonade), Medium	90	25	0	0.0
Beverages	Chick Fil A	Sunjoy (1/2 Unsweet Tea, 1/2 Lemonade), Large	140	39	0	0.0
Beverages	Chick Fil A	Sunjoy (1/2 Unsweet Tea, 1/2 Diet Lemonade), Small	15	4	0	0.0
Beverages	Chick Fil A	Sunjoy (1/2 Unsweet Tea, 1/2 Diet Lemonade), Medium	20	6	0	0.0
Beverages	Chick Fil A	Sunjoy (1/2 Unsweet Tea, 1/2 Diet Lemonade), Large	35	9	0	0.0
Beverages	Chick Fil A	Sunjoy (1/2 Sweet Tea, 1/2 Lemonade), Gallon	1830	496	0	0.0
Beverages	Chick Fil A	Sunjoy (1/2 Sweet Tea, 1/2 Diet Lemonade), Gallon	1030	270	1	1.0
Beverages	Chick Fil A	Sunjoy (1/2 Unsweet Tea, 1/2 Lemonade), Gallon	1040	291	0	0.0



Beverages	Chick Fil A	Sunjoy (1/2 Unsweet Tea, 1/2 Diet Lemonade), Gallon	240	65	1	1.0
Entrees	Chick Fil A	Hot Chick-fil-A Nuggets Tray, Small	30	1	3	1.5
Entrees	Chick Fil A	Hot Chick-fil-A Nuggets Tray, Medium	30	1	3	1.5
Entrees	Chick Fil A	Hot Chick-fil-A Nuggets Tray, Large	30	1	3	1.5
Entrees	Chick Fil A	Chilled Chick-fil-A Nuggets Tray, Small	30	1	3	1.5
Entrees	Chick Fil A	Chilled Chick-fil-A Nuggets Tray, Medium	30	1	3	1.5
Entrees	Chick Fil A	Chilled Chick-fil-A Nuggets Tray, Large	30	1	3	1.5
Entrees	Chick Fil A	Hot Chick-n-Strips Tray, Small	110	6	10	5.0
Entrees	Chick Fil A	Hot Chick-n-Strips Tray, Medium	110	6	10	5.0
Entrees	Chick Fil A	Hot Chick-n-Strips Tray, Large	110	6	10	5.0
Entrees	Chick Fil A	Chilled Chick-n-Strips Tray, Small	110	6	10	5.0
Entrees	Chick Fil A	Chilled Chick-n-Strips Tray, Medium	110	6	10	5.0
Entrees	Chick Fil A	Chilled Chick-n-Strips Tray, Large	110	6	10	5.0
Sandwiches	Chick Fil A	Chilled Grilled Chicken Sub Sandwich Tray, Small	220	24	18	6.0
Sandwiches	Chick Fil A	Chilled Grilled Chicken Sub Sandwich Tray, Medium	220	24	18	6.0
Sandwiches	Chick Fil A	Chilled Grilled Chicken Sub Sandwich Tray, Large	220	24	18	6.0
Sandwiches	Chick Fil A	Spicy Chilled Grilled Chicken Sub Sandwich Tray, Small	210	24	16	6.0
Sandwiches	Chick Fil A	Spicy Chilled Grilled Chicken Sub Sandwich Tray, Medium	210	24	16	6.0
Sandwiches	Chick Fil A	Spicy Chilled Grilled Chicken Sub Sandwich Tray, Large	210	24	16	6.0
Sandwiches	Chick Fil A	Chick-fil-A Cool Wrap Tray, Small	480	18	22	39.0
Sandwiches	Chick Fil A	Chick-fil-A Cool Wrap Tray, Medium	480	18	22	39.0
Sandwiches	Chick Fil A	Chick-fil-A Cool Wrap Tray, Large	480	18	22	39.0
Appetizers & Sides	Chick Fil A	Fruit Tray, Small	780	182	8	0.0
Appetizers & Sides	Chick Fil A	Fruit Tray, Large	1580	369	16	0.0
Appetizers & Sides	Chick Fil A	Mac & Cheese Tray, Small	4920	308	221	312.0
Appetizers & Sides	Chick Fil A	Mac & Cheese Tray, Large	9850	616	442	624.0
Salads	Chick Fil A	Garden Salad Tray, Small	350	27	20	19.0
Salads	Chick Fil A	Garden Salad Tray, Large	690	54	41	37.0
Appetizers & Sides	Chick Fil A	Kale Crunch Side Tray, Small	570	56	11	37.0
Appetizers & Sides	Chick Fil A	Kale Crunch Side Tray, Large	1260	125	24	81.0
Desserts	Chick Fil A	Chocolate Chunk Cookie Tray, Small	370	49	5	17.0
Desserts	Chick Fil A	Chocolate Chunk Cookie Tray, Large	370	49	5	17.0
Desserts	Chick Fil A	Chocolate Fudge Brownie Tray, Small	190	24	2	10.0
Desserts	Chick Fil A	Chocolate Fudge Brownie Tray, Large	190	24	2	10.0
Desserts	Chick Fil A	Chocolate Chunk Cookie and Chocolate Fudge Brownie Tray, Small	560	73	7	28.0

Desserts	Chick Fil A	Chocolate Chunk Cookie and Chocolate Fudge Brownie Tray, Large	560	73	7	28.0
Sandwiches	Chick Fil A	Spicy Chicken Biscuit	430	43	17	21.0
Sandwiches	Chick Fil A	Chick-fil-A Chick-n-Minis, 10ct	910	103	49	34.0
Sandwiches	Chick Fil A	Chick-fil-A Chick-n-Minis, 10ct Football-Shaped Tray	910	103	49	34.0
Sandwiches	Chick Fil A	Hash Brown Scramble Burrito w/ Spicy Chick-n-Strips	670	52	31	38.0
Sandwiches	Chick Fil A	Hash Brown Scramble Burrito w/ Spicy Chicken	690	51	33	40.0
Sandwiches	Chick Fil A	Hash Brown Scramble Burrito w/ Spicy Chick-n-Strips, no Hash Browns	570	40	32	31.0
Sandwiches	Chick Fil A	Hash Brown Scramble Burrito w/ Spicy Chicken, no Hash Browns	550	38	32	29.0
Entrees	Chick Fil A	Hash Brown Scramble Bowl w/ Spicy Chick-n-Strips	440	21	26	28.0
Entrees	Chick Fil A	Hash Brown Scramble Bowl w/ Spicy Chicken	460	19	28	30.0
Entrees	Chick Fil A	Hash Brown Scramble Bowl w/ Spicy Chick-n-Strips, no Hash Browns	320	10	27	19.0
Entrees	Chick Fil A	Hash Brown Scramble Bowl w/ Spicy Chicken, no Hash Browns	310	7	27	20.0
Sandwiches	Chick Fil A	Chicken, Egg & Cheese Biscuit	530	45	26	27.0
Sandwiches	Chick Fil A	Chicken, Egg & Cheese Muffin	420	37	27	19.0
Entrees	Chick Fil A	Chick-fil-A Nuggets, 30ct Football-Shaped Tray	950	41	100	43.0
Salads	Chick Fil A	Cobb Salad w/ Spicy Chick-n-Strips	860	36	42	60.0
Salads	Chick Fil A	Spicy Southwest Salad w/ Spicy Chick-fil-A Chick-n-Strips	850	40	41	58.0
Salads	Chick Fil A	Spicy Southwest Salad w/ Grilled Filet (Cold)	690	29	35	49.0
Salads	Chick Fil A	Spicy Southwest Salad w/ Grilled Filet (Warm)	690	29	35	49.0
Salads	Chick Fil A	Grilled Market Salad w/ Grilled Filet (Cold)	510	41	28	31.0
Salads	Chick Fil A	Grilled Market Salad w/ Spicy Chick-fil-A Chick-n-Strips	710	56	34	40.0
Salads	Chick Fil A	Grilled Market Salad w/ Grilled Filet (Warm)	550	42	28	31.0
Fried Potatoes	Chick Fil A	Chick-fil-A Waffle Potato Fries, Small	320	35	4	19.0
Fried Potatoes	Chick Fil A	Chick-fil-A Waffle Potato Fries, Medium	420	45	5	24.0
Fried Potatoes	Chick Fil A	Chick-fil-A Waffle Potato Fries, Large	600	65	7	35.0
Soup	Chick Fil A	Chicken Tortilla Soup, Cup	340	38	23	10.0
Soup	Chick Fil A	Chicken Tortilla Soup, Bowl	580	65	44	16.0
Entrees	Chick Fil A	5ct Nuggets Kid's Meal	160	7	17	7.0
Entrees	Chick Fil A	2ct Chick-n-Strips Kid's Meal	200	11	19	9.0
Entrees	Chick Fil A	5ct Grilled Nuggets Kid's Meal	80	1	16	2.0
Beverages	Chick Fil A	Iced Coffee, Large	0	0	0	0.0
Beverages	Chick Fil A	Iced Coffee, Vanilla, Large	180	32	6	3.0
Beverages	Chick Fil A	Chick-fil-A Lemonade, Gallon	2090	549	2	1.5
Beverages	Chick Fil A	Chick-fil-A Diet Lemonade, Gallon	460	126	2	1.5
Beverages	Chick Fil A	Chick-fil-A Lemonade (1/2 Lemonade, 1/2 Diet Lemonade), Gallon	1390	389	3	0.5

Beverages	Chick Fil A	Chick-fil-A Iced Tea (1/2 Sweet Tea, 1/2 Unsweet Tea), Gallon	790	205	0	0.0
Entrees	Chick Fil A	Spicy Grilled Chicken Bundle	410	42	33	13.0
Soup	Chili's	Chicken Enchilada - Bowl	410	24	20	26.0
Soup	Chili's	Chicken Enchilada - Cup	200	12	10	13.0
Soup	Chili's	Loaded Baked Potato - Bowl	430	25	17	30.0
Soup	Chili's	Loaded Baked Potato - Cup	220	12	8	15.0
Salads	Chili's	House Salad Side w/o Dressing	150	15	6	7.0
Salads	Chili's	Chili's House Salad w/o Dressing	280	29	12	14.0
Salads	Chili's	Quesadilla Explosion Salad	1290	80	56	84.0
Salads	Chili's	Boneless Buffalo Chicken Salad	1020	60	52	64.0
Entrees	Chili's	Classic Sirloin 10 oz	390	2	55	19.0
Entrees	Chili's	Cajun Pasta with Grilled Chicken	1200	110	62	57.0
Entrees	Chili's	Cajun Pasta with Seared Shrimp	1090	109	47	51.0
Entrees	Chili's	Crispy with Choice of Sauce	1390	127	55	74.0
Entrees	Chili's	Crispy Honey Chipotle	1830	200	57	92.0
Entrees	Chili's	Cheese Quesadilla	460	29	17	30.0
Entrees	Chili's	Margarita Grilled Chicken	630	68	52	16.0
Entrees	Chili's	Kraft Macaroni & Cheese	430	64	15	12.0
Entrees	Chili's	Classic Ribeye	630	0	67	40.0
Pizza	Chili's	Pizza - Cheese	500	34	17	33.0
Fried Potatoes	Chili's	Homestyle Fries	420	60	6	17.0
Appetizers & Sides	Chili's	Loaded Mashed Potatoes	350	33	10	20.0
Appetizers & Sides	Chili's	Side Steamed Broccoli	40	8	3	0.0
Appetizers & Sides	Chili's	Sweet Corn on the Cob	180	29	4	6.0
Appetizers & Sides	Chili's	Side Corn on the Cob	140	29	4	1.5
Appetizers & Sides	Chili's	Side Mandarin Oranges	70	17	1	0.0
Appetizers & Sides	Chili's	Side Mashed Potatoes	130	16	2	6.0
Toppings & Ingredients	Chili's	Add Avocado Slices	80	4	1	7.0
Appetizers & Sides	Chili's	Black Beans	120	20	7	1.0
Toppings & Ingredients	Chili's	Black Bean Patty	200	22	17	8.0
Toppings & Ingredients	Chili's	Cheese, American	70	1	3	5.0
Toppings & Ingredients	Chili's	Cheese, Cheddar	80	1	5	7.0
Toppings & Ingredients	Chili's	Ancho Chile Ranch (1.5 fl oz)	170	3	1	17.0
Toppings & Ingredients	Chili's	Avocado Ranch (1.5 fl oz)	140	3	1	14.0
Toppings & Ingredients	Chili's	Citrus Balsamic Vinaigrette (1.5 fl oz)	250	5	0	25.0

Toppings & Ingredients	Chili's	Honey Lime (1.5 fl oz)	200	12	1	17.0
Toppings & Ingredients	Chili's	Honey Mustard (1.5 fl oz)	200	10	1	18.0
Toppings & Ingredients	Chili's	Ranch (1.5 fl oz)	170	2	1	18.0
Toppings & Ingredients	Chili's	Gravy, Black Pepper 1.5 oz	30	3	0	2.0
Appetizers & Sides	Chili's	Fresh Guacamole - Small Side	110	6	1	9.0
Toppings & Ingredients	Chili's	Add 1.5 oz Honey Chipotle Sauce	140	35	0	0.0
Toppings & Ingredients	Chili's	Sour Cream	35	2	1	3.0
Desserts	Chili's	Cheesecake	720	73	11	43.0
Desserts	Chili's	Molten Chocolate Cake	1170	155	12	59.0
Beverages	Chili's	Chili's Premium Blend Coffee	0	0	0	0.0
Beverages	Chili's	Mango Regular Cup	80	23	0	0.0
Beverages	Chili's	Deep Eddy Strawberry Lemonade	280	40	0	0.0
Beverages	Chili's	Patron Margarita	290	43	0	0.0
Beverages	Chili's	El Nino Margarita	330	34	0	0.0
Beverages	Chili's	Tropical Sunrise Margarita	270	38	0	0.0
Beverages	Chili's	IBC Rootbeer Bottle	160	41	0	0.0
Beverages	Chili's	2% Milk - Kids	180	18	12	7.0
Toppings & Ingredients	Chili's	Santa Fe Chicken Salad w/Chicken	560	25	30	39.0
Entrees	Chili's	Classic Sirloin 6 oz	260	1	34	13.0
Sandwiches	Chili's	Buffalo Chicken Ranch Sandwich	980	84	46	51.0
Burgers	Chili's	Oldtimer with Cheese Burger	850	46	48	53.0
Toppings & Ingredients	Chili's	Bleu Cheese (1.5 fl oz)	250	1	1	27.0
Toppings & Ingredients	Chili's	Honey Lime Vinaigrette (1.5 fl oz)	140	5	0	13.0
Toppings & Ingredients	Chili's	Santa Fe (1.5 fl oz)	210	2	1	22.0
Toppings & Ingredients	Chili's	Thousand Island (1.5 fl oz)	200	6	0	19.0
Desserts	Chili's	Skillet Chocolate Chip Cookie	1210	177	15	50.0
Beverages	Chili's	Premium Long Island Iced Tea	290	32	0	0.0
Appetizers & Sides	Chili's	Classic Nachos - Beef	1370	55	89	89.0
Appetizers & Sides	Chili's	Classic Nachos	1110	55	54	75.0
Beverages	Chili's	2% Chocolate Milk - Kids	290	45	11	7.0
Beverages	Chili's	Blackberry Regular Cup	80	19	0	0.0
Pizza	Chili's	Pizza - Pepperoni	590	34	20	41.0
Sandwiches	Chili's	Bacon Avocado Chicken Sandwich	1140	75	78	60.0
Appetizers & Sides	Chili's	TD Boneless Wings - Buffalo	620	28	23	47.0
Appetizers & Sides	Chili's	Skillet Queso	210	7	11	16.0

Appetizers & Sides	Chili's	Southwestern Eggrolls	800	82	28	41.0
Appetizers & Sides	Chili's	Classic Nachos - Chicken	1310	55	91	82.0
Appetizers & Sides	Chili's	TD Fried Pickles	390	23	4	31.0
Appetizers & Sides	Chili's	Mexican Rice	160	27	3	4.5
Beverages	Chili's	Original Regular Cup	60	16	0	0.0
Beverages	Chili's	Mango Regular Cup	80	23	0	0.0
Beverages	Chili's	Strawberry Regular Cup	70	19	0	0.0
Burgers	Chili's	Double Burger	800	45	44	49.0
Burgers	Chili's	Burger Bites	410	35	23	20.0
Burgers	Chili's	Cheeseburger Bites	450	35	25	23.0
Entrees	Chili's	6 oz Sirloin with Grilled Avocado	340	13	38	17.0
Entrees	Chili's	Ancho Salmon	620	42	47	30.0
Toppings & Ingredients	Chili's	Seared Shrimp (1 portion)	60	1	11	2.0
Entrees	Chili's	Chipotle Chicken Fresh Mex Bowl	920	80	42	49.0
Fried Potatoes	Chili's	TX Cheese Fries - Half Order	1300	67	53	91.0
Fried Potatoes	Chili's	TX Cheese Fries - Full Order	1800	99	77	122.0
Sandwiches	Chili's	Chicken Bites	310	34	28	7.0
Toppings & Ingredients	Chili's	Fajita Peppers & Onions	180	20	3	11.0
Toppings & Ingredients	Chili's	Grilled Steak (1 portion)	200	2	27	9.0
Toppings & Ingredients	Chili's	Grilled Chicken (1 portion)	150	1	28	3.5
Toppings & Ingredients	Chili's	Fajita Toppings	260	7	15	20.0
Toppings & Ingredients	Chili's	Classic Beef Patty	470	0	36	37.0
Beverages	Chili's	Dasani Water	0	0	0	0.0
Beverages	Chili's	Coca-Cola	100	27	0	0.0
Beverages	Chili's	Dr. Pepper	100	26	0	0.0
Beverages	Chili's	Coca-Cola Zero	0	0	0	0.0
Beverages	Chili's	Diet Coke	0	0	0	0.0
Beverages	Chili's	Sprite	110	27	0	0.0
Beverages	Chili's	Tito's Punch	320	53	0	0.0
Beverages	Chili's	Patron Margarita - Mango	360	57	0	0.0
Beverages	Chili's	Patron Margarita - Strawberry	280	40	0	0.0
Beverages	Chili's	Presidente Margarita	240	24	0	0.0
Beverages	Chili's	Presidente Margarita - Mango	350	50	0	0.0
Beverages	Chili's	Presidente Margarita - Strawberry	280	34	0	0.0
Beverages	Chili's	Red Wine 6 fl oz	150	5	0	0.0

Beverages	Chili's	White Wine 6 fl oz	140	4	0	0.0
Appetizers & Sides	Chili's	TD Boneless Wings - Honey-Chipotle	660	63	23	36.0
Appetizers & Sides	Chili's	White Spinach Queso	1460	127	39	90.0
Sandwiches	Chili's	Sandwich Bacon Avocado Chicken	610	38	42	33.0
Entrees	Chili's	Quesadilla Bacon Ranch Chicken	1670	70	70	125.0
Toppings & Ingredients	Chili's	Ancho Chile Ranch (2 fl oz)	220	4	2	22.0
Toppings & Ingredients	Chili's	Avocado Ranch (2 fl oz)	190	4	1	19.0
Toppings & Ingredients	Chili's	Bleu Cheese (2 fl oz)	330	2	1	35.0
Toppings & Ingredients	Chili's	Citrus Balsamic Vinaigrette (2 fl oz)	330	7	0	33.0
Toppings & Ingredients	Chili's	Honey Lime (2 fl oz)	270	16	1	23.0
Toppings & Ingredients	Chili's	Honey Lime Vinaigrette (2 fl oz)	180	7	0	17.0
Toppings & Ingredients	Chili's	Ranch (2 fl oz)	230	3	2	23.0
Toppings & Ingredients	Chili's	Santa Fe (2 fl oz)	280	3	1	30.0
Burgers	Chili's	Big Mouth Bites	1210	77	65	72.0
Toppings & Ingredients	Chili's	Honey Mustard (2 fl oz)	270	14	1	24.0
Appetizers & Sides	Chili's	Roasted Street Corn	390	30	6	28.0
Beverages	Chili's	Angry Orchard 12 fl oz	190	25	0	0.0
Beverages	Chili's	Bud Light 10 fl oz	90	5	1	0.0
Beverages	Chili's	Bud Light 12 fl oz	110	7	1	0.0
Beverages	Chili's	Bud Light 16 fl oz	150	9	1	0.0
Beverages	Chili's	Bud Light 22 fl oz	200	12	2	0.0
Beverages	Chili's	Budweiser 12 fl oz	150	11	1	0.0
Beverages	Chili's	Coors Light 10 fl oz	80	4	0	0.0
Beverages	Chili's	Coors Light 12 fl oz	100	5	0	0.0
Beverages	Chili's	Coors Light 16 fl oz	140	7	0	0.0
Beverages	Chili's	Coors Light 22 fl oz	190	9	0	0.0
Beverages	Chili's	Corona Extra 12 fl oz	150	14	1	0.0
Beverages	Chili's	Dos Equis 10 fl oz	110	9	1	0.0
Beverages	Chili's	Dos Equis 12 fl oz	130	11	1	0.0
Beverages	Chili's	Dos Equis 16 fl oz	170	15	1	0.0
Beverages	Chili's	Dos Equis 22 fl oz	240	20	2	0.0
Beverages	Chili's	Heineken 12 fl oz	140	11	3	0.0
Beverages	Chili's	Michelob Ultra 10 fl oz	80	2	0	0.0
Beverages	Chili's	Michelob Ultra 12 fl oz	90	3	1	0.0
Beverages	Chili's	Michelob Ultra 16 fl oz	130	3	1	0.0

Beverages	Chili's	Michelob Ultra 22 fl oz	170	5	1	0.0
Beverages	Chili's	Miller Lite 10 fl oz	80	3	0	0.0
Beverages	Chili's	Miller Lite 12 fl oz	100	3	0	0.0
Beverages	Chili's	Miller Lite 16 fl oz	130	4	0	0.0
Beverages	Chili's	Miller Lite 22 fl oz	180	6	0	0.0
Beverages	Chili's	Modelo Especial 10 fl oz	120	11	1	0.0
Beverages	Chili's	Modelo Especial 16 fl oz	190	18	1	0.0
Beverages	Chili's	Modelo Especial 22 fl oz	260	25	2	0.0
Beverages	Chili's	Red Wine 9 fl oz	220	7	0	0.0
Beverages	Chili's	Sam Adams Boston Lager 10 fl oz	140	14	2	0.0
Beverages	Chili's	Sam Adams Boston Lager 16 fl oz	230	23	3	0.0
Beverages	Chili's	Sam Adams Boston Lager 22 fl oz	310	31	4	0.0
Beverages	Chili's	Stella Artois 10 fl oz	130	10	0	0.0
Beverages	Chili's	Stella Artois 16 fl oz	220	17	0	0.0
Beverages	Chili's	Stella Artois 22 fl oz	300	23	0	0.0
Beverages	Chili's	White Wine 9 fl oz	210	7	0	0.0
Desserts	Chili's	Mini Molten Chocolate Cake	670	95	7	31.0
Entrees	Chili's	Grilled Chicken Dippers	270	2	23	19.0
Entrees	Chili's	Honey-Chipotle BBQ - Full Rack	1520	47	98	106.0
Entrees	Chili's	Honey-Chipotle BBQ - Half Rack	760	23	49	53.0
Entrees	Chili's	House BBQ - Full Rack	1440	21	99	107.0
Entrees	Chili's	House BBQ - Half Rack	720	11	49	53.0
Entrees	Chili's	Jalapeno-Cheddar Smoked Sausage	380	4	21	31.0
Soup	Chili's	Clam Chowder - Bowl	320	18	11	24.0
Soup	Chili's	Clam Chowder - Cup	160	9	5	12.0
Toppings & Ingredients	Chili's	Add Applewood Smoked Bacon	70	0	5	6.0
Toppings & Ingredients	Chili's	Add 1.5 oz House BBQ Sauce	80	16	1	1.0
Toppings & Ingredients	Chili's	Add White Queso & Pico de Gallo	150	5	6	12.0
Appetizers & Sides	Chili's	Chips & Salsa	910	113	13	45.0
Appetizers & Sides	Chili's	Chips with Guacamole & Salsa	1140	128	16	66.0
Baked Goods	Chili's	Flour Tortillas (4 each)	360	58	9	10.0
Toppings & Ingredients	Chili's	Com Tortillas (4 each)	250	51	5	2.5
Beverages	Chili's	Curevo Blue Margarita	250	36	0	0.0
Beverages	Chili's	Coca-Cola	190	53	0	0.0
Beverages	Chili's	Coca-Cola Zero	0	0	0	0.0

Beverages	Chili's	Dr. Pepper	200	53	0	0.0
Beverages	Chili's	Minute Maid Regular Cup	110	31	0	0.0
Beverages	Chili's	Minute Maid Kid Cup	100	27	0	0.0
Beverages	Chili's	Minute Maid Togo Cup	200	55	0	0.0
Beverages	Chili's	Sprite	210	54	0	0.0
Beverages	Chili's	Kids - Blue Lagoon	120	31	0	0.0
Entrees	Chili's	Dry Rub - Full Rack	1480	30	99	107.0
Entrees	Chili's	Dry Rub - Half Rack	780	23	50	54.0
Entrees	Chili's	Fresh Mex Bowl Chipotle Shrimp	880	80	34	47.0
Entrees	Chili's	Cheesy Chicken Pasta	640	46	44	32.0
Appetizers & Sides	Chili's	Side Salad with Ranch	230	8	4	21.0
Toppings & Ingredients	Chili's	Santa Fe Chicken Salad w/Crispers	810	44	28	60.0
Sandwiches	Chili's	Black Bean & Veggie	1060	149	39	38.0
Appetizers & Sides	Chili's	Salsa 1.5 oz	10	3	0	0.0
Toppings & Ingredients	Chili's	Wing Sauce 1.5 oz	35	2	0	3.0
Appetizers & Sides	Chili's	Boneless Wings - House BBQ	1100	89	50	60.0
Appetizers & Sides	Chili's	Coleslaw	220	14	2	21.0
Beverages	Chili's	Captain's Castaway	240	49	0	0.0
Beverages	Chili's	Patron Margarita - Blackberry	310	44	0	0.0
Beverages	Chili's	Coca-Cola	110	30	0	0.0
Beverages	Chili's	Coca-Cola Zero	0	0	0	0.0
Beverages	Chili's	Diet Coke	0	0	0	0.0
Beverages	Chili's	Strawberry Regular Cup	130	37	0	0.0
Beverages	Chili's	Strawberry Kid Cup	120	33	0	0.0
Beverages	Chili's	Strawberry Togo Cup	240	65	0	0.0
Beverages	Chili's	Sprite	120	30	0	0.0
Beverages	Chili's	Original Togo Cup	100	28	0	0.0
Beverages	Chili's	Strawberry Togo Cup	120	33	0	0.0
Beverages	Chili's	Mango Togo Cup	150	41	0	0.0
Beverages	Chili's	Blackberry Togo Cup	80	19	0	0.0
Beverages	Chili's	Mango Togo Cup	150	41	0	0.0
Beverages	Chili's	Apple Juice Togo Cup/8 fl oz	120	29	0	0.0
Beverages	Chili's	Cranberry Juice Togo Cup/8 fl oz	120	30	0	0.0
Beverages	Chili's	Orange Juice Togo Cup/8 fl oz	110	27	2	0.0
Burgers	Chili's	Alex's Santa Fe Burger	920	49	49	61.0



Burgers	Chili's	Mushroom Swiss Burger	1000	48	50	68.0
Toppings & Ingredients	Chili's	Caesar (1.5 fl oz)	220	2	2	23.0
Toppings & Ingredients	Chili's	Caesar (2 fl oz)	290	3	2	31.0
Entrees	Chili's	Quesadilla Bacon Ranch Steak	1790	70	80	134.0
Entrees	Chili's	Ribs Dry Rub	780	23	50	54.0
Entrees	Chili's	Ribs Honey-Chipotle BBQ	760	23	49	53.0
Entrees	Chili's	Ribs House BBQ	720	11	49	53.0
Fried Potatoes	Chili's	TX Cheese Fries w/Chili - Full Order	2140	112	94	141.0
Fried Potatoes	Chili's	TX Cheese Fries w/Chili - Half Order	1470	74	62	101.0
Salads	Chili's	Caesar Salad Side	350	14	9	30.0
Salads	Chili's	Caesar Salad (LC)	180	7	4	15.0
Soup	Chili's	Southwest Chicken - Bowl	240	27	9	11.0
Soup	Chili's	Southwest Chicken - Cup	120	14	4	5.0
Soup	Chili's	The Original Chili - Bowl	600	28	27	35.0
Soup	Chili's	The Original Chili - Cup	300	14	14	17.0
Toppings & Ingredients	Chili's	Add The Original Chili	110	4	6	6.0
Appetizers & Sides	Chili's	Bone-In Wings - House BBQ	860	19	74	55.0
Entrees	Chili's	Tacos Spicy Shrimp	970	111	39	46.0
Entrees	Chili's	Tacos Spicy Shrimp	970	111	39	46.0
Fried Potatoes	Chili's	Homestyle Fries (LC)	210	30	3	8.0
Toppings & Ingredients	Chili's	BBQ Sauce House 1.5 oz	80	16	1	1.0
Appetizers & Sides	Chili's	Cheese, Pepper Jack	80	1	5	6.0
Toppings & Ingredients	Chili's	Cheese, Swiss	80	0	6	7.0
Beverages	Chili's	Heineken 00 12 fl oz	70	17	0	0.0
Beverages	Chili's	Craft Beer 3-5 % ABV 10 fl oz	110	11	0	0.0
Beverages	Chili's	Craft Beer 3-5 % ABV 16 fl oz	180	17	0	0.0
Beverages	Chili's	Craft Beer 3-5 % ABV 22 fl oz	240	24	0	0.0
Beverages	Chili's	Craft Beer 6-8 % ABV 10 fl oz	190	17	0	0.0
Beverages	Chili's	Craft Beer 6-8 % ABV 16 fl oz	300	27	0	0.0
Beverages	Chili's	Craft Beer 6-8 % ABV 22 fl oz	410	37	0	0.0
Beverages	Chili's	Sam Adams Cold Snap 10 fl oz	140	12	2	0.0
Beverages	Chili's	Sam Adams Cold Snap 16 fl oz	230	19	3	0.0
Beverages	Chili's	Sam Adams Cold Snap 22 fl oz	310	26	4	0.0
Beverages	Chili's	Sam Adams Octoberfest 10 fl oz	160	16	2	0.0
Beverages	Chili's	Sam Adams Octoberfest 16 fl oz	250	25	3	0.0

Beverages	Chili's	Sam Adams Octoberfest 22 fl oz	350	35	4	0.0
Beverages	Chili's	Sam Adams Summer Ale 10 fl oz	140	12	2	0.0
Beverages	Chili's	Sam Adams Summer Ale 16 fl oz	230	19	3	0.0
Beverages	Chili's	Sam Adams Summer Ale 22 fl oz	310	26	4	0.0
Beverages	Chili's	Sam Adams Winter Lager 10 fl oz	160	15	2	0.0
Beverages	Chili's	Sam Adams Winter Lager 16 fl oz	250	24	3	0.0
Beverages	Chili's	Sam Adams Winter Lager 22 fl oz	350	33	4	0.0
Beverages	Chili's	Grand Coconut Margarita	360	64	0	0.0
Beverages	Chili's	Jackberry Margarita	270	36	0	0.0
Beverages	Chili's	Dr. Pepper	110	30	0	0.0
Burgers	Chili's	Just Bacon Burger	1020	47	53	69.0
Burgers	Chili's	Queso Burger	930	51	49	60.0
Entrees	Chili's	Original Tempura w/Honey Mustard	1350	134	59	65.0
Toppings & Ingredients	Chili's	Add Guacamole	50	3	1	4.5
Appetizers & Sides	Chili's	Bone-In Wings - Honey Chipotle	1060	74	73	54.0
Appetizers & Sides	Chili's	Bone-In Wings - Buffalo	890	4	73	65.0
Appetizers & Sides	Chili's	Boneless Wings - Buffalo	1060	58	49	71.0
Appetizers & Sides	Chili's	Boneless Wings - Honey Chipotle	1200	126	48	57.0
Appetizers & Sides	Chili's	Fried Pickles	610	45	7	45.0
Burgers	Chili's	TD Big Mouth Bites	780	40	34	54.0
Appetizers & Sides	Chili's	TD Boneless Wings - House BBQ	600	43	24	37.0
Appetizers & Sides	Chili's	TD Original Chicken Crispers	610	36	37	36.0
Appetizers & Sides	Chili's	TD Southwestern Eggrolls	580	55	19	32.0
Entrees	Chili's	Crispy Crispers	570	21	24	43.0
Appetizers & Sides	Chili's	Side Celery with Ranch	170	3	1	18.0
Appetizers & Sides	Chili's	Side Homestyle Fries	210	30	3	8.0
Appetizers & Sides	Chili's	Tostada Chips with Salsa (LC)	910	113	13	45.0
Appetizers & Sides	Chili's	Asparagus	35	5	3	1.0
Entrees	Chili's	Crispers Honey Chipotle w/ Ranch	900	66	35	56.0
Entrees	Chili's	Crispers Original w/ Honey Mustard	610	36	37	36.0
Toppings & Ingredients	Chili's	Add Seared Shrimp - Full Order	60	1	11	2.0
Toppings & Ingredients	Chili's	Add Seared Shrimp - Half Order	30	0	6	1.0
Toppings & Ingredients	Chili's	Burger Bun, Buttered	260	41	7	8.0
Toppings & Ingredients	Chili's	Pickles	5	1	0	0.0
Toppings & Ingredients	Chili's	Add House-Made Ranch	450	6	3	47.0

Appetizers & Sides	Chili's	Fresh Guacamole - Large Side	200	12	3	18.0
Toppings & Ingredients	Chili's	Grilled Chicken	1120	127	77	34.0
Appetizers & Sides	Chili's	Add Skillet Queso	420	13	21	31.0
Appetizers & Sides	Chili's	Add White Spinach Queso	550	14	26	45.0
Beverages	Chili's	Blue Moon 10 fl oz	140	12	2	0.0
Beverages	Chili's	Blue Moon 16 fl oz	220	19	3	0.0
Beverages	Chili's	Blue Moon 22 fl oz	310	26	3	0.0
Appetizers & Sides	Chili's	Boneless Wings w/House BBQ	670	48	28	41.0
Beverages	Chili's	Stone IPA 12 fl oz	200	18	1	0.0
Beverages	Chili's	Bloody Mary or Maria	140	12	2	1.5
Beverages	Chili's	Dreamy Frose	330	38	1	0.0
Beverages	Chili's	Blush Wine 6 fl oz	170	10	0	0.0
Beverages	Chili's	Blush Wine 9 fl oz	250	16	1	0.0
Beverages	Chili's	Diet Coke	0	0	0	0.0
Toppings & Ingredients	Chili's	Add Sauted Mushrooms	60	3	1	4.5
Entrees	Chili's	Grilled Steak	1220	130	76	44.0
Appetizers & Sides	Chili's	TD Crispy Chicken Crispers w/o Sauc	590	28	34	38.0
Appetizers & Sides	Chili's	Quesadilla Brisket	1670	77	54	128.0
Appetizers & Sides	Chili's	Boneless Wings w/Honey Chipotle Sauce	730	67	27	40.0
Appetizers & Sides	Chili's	Boneless Wings w/Bufalo Sauce	620	33	27	42.0
Entrees	Chili's	Lunch Shrimp Fajitas w/o toppings	890	126	33	28.0
Entrees	Chili's	Brisket Quesadilla	730	35	25	54.0
Appetizers & Sides	Chili's	Steamed Broccoli	40	8	3	0.0
Beverages	Chili's	Corona Premier 12 fl oz	90	3	1	0.0
Beverages	Chili's	Truly's Strawberry Lemonade	100	3	0	0.0
Beverages	Chili's	House Mar-Go-Rita Frozen Classic	320	48	0	0.0
Beverages	Chili's	House Mar-Go-Rita Frozen Mango	400	71	0	0.0
Beverages	Chili's	House Mar-Go-Rita Frozen Strawberry	350	58	0	0.0
Beverages	Chili's	House Mar-Go-Rita Classic	190	24	0	0.0
Beverages	Chili's	House Mar-Go-Rita Mango	340	60	0	0.0
Beverages	Chili's	House Mar-Go-Rita Strawberry	230	35	0	0.0
Beverages	Chili's	Pineapple Juice Togo Cup/8 fl oz	130	30	1	0.0
Burgers	Chili's	Bacon Rancher Burger	1710	49	100	123.0
Burgers	Chili's	BBQ Brisket Burger	1270	61	65	88.0
Burgers	Chili's	Big Bacon BBQ Burger	1660	57	102	114.0

Burgers	Chili's	Chili's Secret Sauce Burger	970	51	46	65.0
Sandwiches	Chili's	Shrimp	950	126	44	30.0
Toppings & Ingredients	Chili's	Vegetable Black bean (1 portion)	240	24	17	11.0
Toppings & Ingredients	Chili's	Dip Trio - Choose 3	880	107	12	45.0
Toppings & Ingredients	Chili's	White Queso	290	8	11	23.0
Toppings & Ingredients	Chili's	Guacamole	120	7	2	10.0
Toppings & Ingredients	Chili's	Salsa	30	7	1	0.0
Toppings & Ingredients	Chili's	Ranch	450	6	3	47.0
Appetizers & Sides	Chili's	Fried Mozzarella	920	59	48	55.0
Appetizers & Sides	Chili's	TD Fried Mozzarella	630	42	33	37.0
Appetizers & Sides	Chili's	TD Honey-Chipotle Chicken Crispers	900	66	35	56.0
Appetizers & Sides	Chili's	Dip Duo	1360	119	16	92.0
Fried Potatoes	Chili's	White Queso Curly Fries	1000	76	19	70.0
Fried Potatoes	Chili's	Loaded Curly Fries	1090	77	27	75.0
Entrees	Chili's	Burger Bites & Curly Fries	1140	85	38	73.0
Entrees	Chili's	Chili's Philly & Curly Fries	1530	126	63	88.0
Fried Potatoes	Chili's	Side Curly Fries & Ranch	720	69	8	46.0
Desserts	Chili's	Grown-Up Molten	1230	155	12	59.0
Appetizers & Sides	Chili's	Bone-In Wings (8 ct)	610	0	72	36.0
Appetizers & Sides	Chili's	Bone-In Wings (4 ct)	300	0	36	18.0
Appetizers & Sides	Chili's	Boneless Wings (11 ct)	750	52	46	39.0
Appetizers & Sides	Chili's	Boneless Wings (5 ct)	350	24	22	18.0
Toppings & Ingredients	Chili's	Add 1.5 oz Apple BBQ Sauce	90	24	0	0.0
Toppings & Ingredients	Chili's	Add 1.5 oz Garlic Parmesan Sauce	130	4	2	12.0
Toppings & Ingredients	Chili's	Add 1.5 oz Buffalo Sauce	35	2	0	3.0
Toppings & Ingredients	Chili's	Add 1.5 oz Honey Sriracha	120	31	0	0.0
Toppings & Ingredients	Chili's	Add 1.5 oz Spicy Teriyaki	110	26	1	0.5
Toppings & Ingredients	Chili's	Add 1.5 oz Santa Fe Sauce	210	2	1	22.0
Toppings & Ingredients	Chili's	Add 1.5 oz Mango Habanero Sauce	60	13	0	0.0
Toppings & Ingredients	Chili's	Add 1.5 oz Bleu Cheese	250	1	1	27.0
Toppings & Ingredients	Chili's	Add 1.5 oz Ranch	170	2	1	18.0
Beverages	Chili's	PB&J Shot	90	8	0	0.0
Beverages	Chili's	Lemon Drop Shot	110	11	0	0.0
Beverages	Chili's	Green Tea Shot	120	16	0	0.0
Beverages	Chili's	Ranch Water	100	2	0	0.0

Beverages	Chili's	Maker's Mark Old Fashioned	160	8	0	0.0
Beverages	Chili's	Tequila Trifecta	230	31	0	0.0
Entrees	Chili's	10 oz Sirloin with Grilled Avocado	490	13	59	24.0
Entrees	Chili's	Cilantro-Lime Carne Asada	550	52	39	20.0
Entrees	Chili's	Lunch Chicken Fajitas w/o toppings	970	126	49	30.0
Entrees	Chili's	Quesadilla Bacon Ranch Chicken	1670	70	70	125.0
Salads	Chili's	Chili's Cesar Salad	490	25	16	37.0
Toppings & Ingredients	Chili's	Add Grilled Chicken	140	0	24	4.5
Toppings & Ingredients	Chili's	Add Ancho Salmon	380	5	41	22.0
Toppings & Ingredients	Chili's	Add Shrimp	60	1	11	2.0
Salads	Chili's	House Salad (LC) w/o Dressing	70	8	3	3.5
Toppings & Ingredients	Chili's	Thousand Island (2 fl oz)	270	9	1	26.0
Sandwiches	Chili's	Big Mouth Crispiest Chicken Sandwich	1040	90	45	56.0
Entrees	Chili's	Crispers Crispy w/o Sauce	590	28	34	38.0
Appetizers & Sides	Chili's	Garlic Toast	140	17	3	7.0
Toppings & Ingredients	Chili's	Add Fresh Guacamole	230	14	3	21.0
Toppings & Ingredients	Chipotle	Barbacoa	170	2	24	7.0
Toppings & Ingredients	Chipotle	Black Beans	130	22	8	1.5
Toppings & Ingredients	Chipotle	Carnitas	210	0	23	12.0
Toppings & Ingredients	Chipotle	Chicken	180	0	32	7.0
Toppings & Ingredients	Chipotle	Cilantro-Lime White Rice	210	40	4	4.0
Toppings & Ingredients	Chipotle	Fajita Vegetables	20	5	1	0.0
Toppings & Ingredients	Chipotle	Flour Tortilla (burrito)	320	50	8	9.0
Toppings & Ingredients	Chipotle	Fresh Tomato Salsa	25	4	0	0.0
Toppings & Ingredients	Chipotle	Tomatillo-Green Chili Salsa	15	4	0	0.0
Toppings & Ingredients	Chipotle	Guacamole (side)	230	8	2	22.0
Toppings & Ingredients	Chipotle	Pinto Beans	130	21	8	1.5
Toppings & Ingredients	Chipotle	Tomatillo-Red Chili Salsa	30	4	0	0.0
Toppings & Ingredients	Chipotle	Roasted Chili-Corn Salsa	80	16	3	1.5
Toppings & Ingredients	Chipotle	Romaine Lettuce (tacos)	5	1	0	0.0
Toppings & Ingredients	Chipotle	Sour Cream	110	2	2	9.0
Toppings & Ingredients	Chipotle	Steak	150	1	21	6.0
Toppings & Ingredients	Chipotle	Cilantro-Lime Brown Rice	210	36	4	6.0
Toppings & Ingredients	Chipotle	Sofritas	150	9	8	10.0
Appetizers & Sides	Chipotle	Chips (large)	810	110	11	38.0

Toppings & Ingredients	Chipotle	Guacamole (large)	460	16	4	44.0
Toppings & Ingredients	Chipotle	Cheese	110	1	6	8.0
Toppings & Ingredients	Chipotle	Queso Blanco (entrée)	120	4	5	9.0
Appetizers & Sides	Chipotle	Chips (regular)	540	73	7	25.0
Appetizers & Sides	Chipotle	Queso Blanco (side)	240	7	10	18.0
Toppings & Ingredients	Chipotle	Queso Blanco (large)	480	14	20	37.0
Toppings & Ingredients	Chipotle	Barbacoa	80	1	12	3.0
Toppings & Ingredients	Chipotle	Black Beans	100	16	6	1.0
Toppings & Ingredients	Chipotle	Carnitas	110	0	12	6.0
Toppings & Ingredients	Chipotle	Chicken	90	0	15	3.0
Toppings & Ingredients	Chipotle	Fajita Vegetables	5	1	0	0.0
Toppings & Ingredients	Chipotle	Fresh Tomato Salsa	15	1	0	0.0
Toppings & Ingredients	Chipotle	Guacamole	110	3	1	11.0
Toppings & Ingredients	Chipotle	Pinto Beans	100	15	6	1.0
Toppings & Ingredients	Chipotle	Sour Cream	60	1	1	5.0
Toppings & Ingredients	Chipotle	Sofritas	70	5	4	5.0
Toppings & Ingredients	Chipotle	Flour Tortilla (taco)	80	13	2	2.5
Toppings & Ingredients	Chipotle	Crispy Corn Tortilla	70	10	1	3.0
Toppings & Ingredients	Chipotle	Supergreens Mix (salad)	15	3	1	0.0
Toppings & Ingredients	Chipotle	Vinaigrette	220	18	1	16.0
Beverages	Chipotle	Barq's Root Beer, 22 fl oz	280	85	0	0.0
Beverages	Chipotle	Barq's Root Beer, 32 fl oz	430	120	0	0.0
Beverages	Chipotle	Coca-Cola, 22floz	260	70	0	0.0
Beverages	Chipotle	Coca-Cola, 32floz	380	105	0	0.0
Beverages	Chipotle	Coca-Cola Life, 22 fl oz	170	44	0	0.0
Beverages	Chipotle	Coca-Cola Life, 32 fl oz	250	64	0	0.0
Beverages	Chipotle	Coca-Cola Zero, 22fl oz	0	0	0	0.0
Beverages	Chipotle	Coca-Cola Zero, 32fl oz	0	0	0	0.0
Beverages	Chipotle	Diet Coke, 22 fl oz	0	0	0	0.0
Beverages	Chipotle	Diet Coke, 32 fl oz	0	0	0	0.0
Beverages	Chipotle	Diet Coke, Caffeine Free, 22 fl oz	0	0	0	0.0
Beverages	Chipotle	Pibb Xtra, 22 fl oz	260	70	0	0.0
Beverages	Chipotle	Pibb Xtra, 32 fl oz	380	105	0	0.0
Beverages	Chipotle	Sprite, 22 fl oz	260	70	0	0.0
Beverages	Chipotle	Sprite, 32 fl oz	380	105	0	0.0

Beverages	Chipotle	Fanta Orange, 22 fl oz	290	80	0	0.0
Beverages	Chipotle	Fanta Orange, 32 fl oz	430	120	0	0.0
Beverages	Chipotle	Minute Maid, 22 fl oz	280	75	0	0.0
Beverages	Chipotle	Minute Maid, 32 fl oz	400	110	0	0.0
Beverages	Chipotle	Powerade, 22 fl oz	280	75	0	0.0
Beverages	Chipotle	Powerade, 32 fl oz	400	110	0	0.0
Beverages	Chipotle	Mello Yello, 22 fl oz	290	80	0	0.0
Beverages	Chipotle	Mello Yello, 32 fl oz	420	116	0	0.0
Beverages	Chipotle	Lemonade, Blue, 22 fl oz	300	78	0	0.0
Beverages	Chipotle	Lemonade, Blue, 32 fl oz	440	113	0	0.0
Beverages	Chipotle	Mango Orange - Blue Sky, 22 fl oz	300	75	0	0.0
Beverages	Chipotle	Mango Orange - Blue Sky, 32 fl oz	430	109	0	0.0
Beverages	Chipotle	Maine Root Beer, 22 fl oz	170	40	0	0.0
Beverages	Chipotle	Maine Root Beer, 32 fl oz	240	90	0	0.0
Beverages	Chipotle	Chipotle Iced Tea, 22 fl oz	10	3	0	0.0
Beverages	Chipotle	Chipotle Iced Tea, 32 fl oz	15	4	0	0.0
Beverages	Chipotle	Chipotle Sweet Iced Tea, 22 fl oz	150	45	0	0.0
Beverages	Chipotle	Chipotle Sweet Iced Tea, 32 fl oz	220	65	0	0.0
Beverages	Chipotle	Tractor Berry Agua Fresca, 22 fl oz	200	50	0	0.0
Beverages	Chipotle	Tractor Berry Agua Fresca, 32 fl oz	290	72	0	0.0
Beverages	Chipotle	Tractor Hibiscus Lemonade, 22 fl oz	150	36	0	0.0
Beverages	Chipotle	Tractor Hibiscus Lemonade, 32 fl oz	210	53	0	0.0
Beverages	Chipotle	Tractor Lemonade, 22 fl oz	150	37	0	0.0
Beverages	Chipotle	Tractor Lemonade, 32 fl oz	220	54	0	0.0
Beverages	Chipotle	Tractor Mandarin Agua Fresca, 22 fl oz	190	47	0	0.0
Beverages	Chipotle	Tractor Mandarin Agua Fresca, 32 fl oz	280	69	0	0.0
Toppings & Ingredients	Chipotle	Flour Tortilla (taco)	170	27	5	5.0
Toppings & Ingredients	Chipotle	Flour Tortilla (quesadilla)	80	13	2	2.5
Toppings & Ingredients	Chipotle	Crispy Corn Tortilla	130	19	2	6.0
Toppings & Ingredients	Chipotle	Cilantro-Lime Brown Rice	110	18	2	3.0
Toppings & Ingredients	Chipotle	Cilantro-Lime White Rice	100	20	2	2.0
Toppings & Ingredients	Chipotle	Barbacoa (side)	20	0	3	1.0
Toppings & Ingredients	Chipotle	Chicken (side)	25	0	4	1.0
Toppings & Ingredients	Chipotle	Carnitas (side)	25	0	3	2.0
Toppings & Ingredients	Chipotle	Steak (side)	20	0	3	1.0

Toppings & Ingredients	Chipotle	Sofritas (side)	15	1	1	1.0
Toppings & Ingredients	Chipotle	Roasted Chili-Corn Salsa	40	9	1	1.0
Toppings & Ingredients	Chipotle	Tomatillo-Green Chili Salsa	15	4	0	0.0
Toppings & Ingredients	Chipotle	Tomatillo-Red Chili Salsa	30	4	0	0.0
Toppings & Ingredients	Chipotle	Cheese	110	1	6	8.0
Toppings & Ingredients	Chipotle	Romaine Lettuce	5	1	0	0.0
Appetizers & Sides	Chipotle	Mandarins	35	9	1	0.0
Appetizers & Sides	Chipotle	Blueberries	20	5	1	0.0
Appetizers & Sides	Chipotle	Valencia Oranges	80	19	1	0.0
Appetizers & Sides	Chipotle	Chips	140	18	2	6.0
Beverages	Chipotle	Pepsi, 22 fl oz	280	77	0	0.0
Beverages	Chipotle	Pepsi, 32 fl oz	400	112	0	0.0
Beverages	Chipotle	Diet Pepsi, 22 fl oz	0	0	0	0.0
Beverages	Chipotle	Diet Pepsi, 32 fl oz	0	0	0	0.0
Beverages	Chipotle	Mountain Dew, 22 fl oz	300	80	0	0.0
Beverages	Chipotle	Mountain Dew, 32 fl oz	440	116	0	0.0
Beverages	Chipotle	Diet Mountain Dew, 22 fl oz	0	0	0	0.0
Beverages	Chipotle	Diet Mountain Dew, 32 fl oz	0	0	0	0.0
Beverages	Chipotle	Tropicana Lemonade, 22 fl oz	280	74	0	0.0
Beverages	Chipotle	Tropicana Lemonade, 32 fl oz	400	108	0	0.0
Beverages	Chipotle	Sierra Mist, 22 fl oz	280	74	0	0.0
Beverages	Chipotle	Sierra Mist, 32 fl oz	400	108	0	0.0
Beverages	Chipotle	Mug Root Beer, 22 fl oz	280	72	0	0.0
Beverages	Chipotle	Mug Root Beer, 32 fl oz	400	104	0	0.0
Beverages	Chipotle	Lipton Raspberry Brisk Iced Tea, 22 fl oz	220	58	0	0.0
Beverages	Chipotle	Lipton Raspberry Brisk Iced Tea, 32 fl oz	320	84	0	0.0
Beverages	Chipotle	Dr. Pepper, 22 fl oz	280	73	0	0.0
Beverages	Chipotle	Dr. Pepper, 32 fl oz	400	106	0	0.0
Beverages	Chipotle	Diet Dr. Pepper, 22 fl oz	0	0	0	0.0
Beverages	Chipotle	Diet Dr. Pepper, 32 fl oz	0	0	0	0.0
Beverages	Chipotle	Crush Orange, 22 fl oz	300	79	0	0.0
Beverages	Chipotle	Crush Orange, 32 fl oz	430	115	0	0.0
Beverages	Chipotle	Sobe Yumberry Pomegranate, 22 fl oz	0	0	0	0.0
Beverages	Chipotle	Sobe Yumberry Pomegranate, 32 fl oz	0	0	0	0.0
Baked Goods	Chuck E. Cheese	Cheesy Bread	140	15	5	6.0



Desserts	Chuck E. Cheese	Chocolate Sheet	270	41	2	11.0
Pizza	Chuck E. Cheese	Supreme, Medium	190	19	8	9.0
Pizza	Chuck E. Cheese	Supreme, Large	220	21	9	11.0
Pizza	Chuck E. Cheese	Veggie, Medium	160	19	7	6.0
Pizza	Chuck E. Cheese	Veggie, Large	180	21	7	7.0
Pizza	Chuck E. Cheese	5 Meat, Medium	210	18	10	10.0
Pizza	Chuck E. Cheese	5 Meat, Large	240	21	11	12.0
Pizza	Chuck E. Cheese	Supreme, X-Large	210	20	9	10.0
Pizza	Chuck E. Cheese	5 Meat, X-Large	230	19	11	11.0
Pizza	Chuck E. Cheese	Veggie, X-Large	170	20	7	7.0
Appetizers & Sides	Chuck E. Cheese	Wings Plain, Small Boneless	410	40	39	17.0
Desserts	Chuck E. Cheese	Cookie N Cream Bar	230	32	4	11.0
Desserts	Chuck E. Cheese	Strawberry Shortcake Bar	190	26	2	9.0
Desserts	Chuck E. Cheese	Cookie N Cream Cone	230	32	3	10.0
Desserts	Chuck E. Cheese	Chocolate Ice Cream Cup	130	17	2	6.0
Desserts	Chuck E. Cheese	Vanilla Ice Cream Cup	130	16	2	7.0
Desserts	Chuck E. Cheese	Big Bopper Sandwich	450	64	6	20.0
Desserts	Chuck E. Cheese	Rainbow Push-Up	80	19	0	0.0
Desserts	Chuck E. Cheese	Red, White, & Blue Bomb Pop	80	21	0	0.0
Desserts	Chuck E. Cheese	White Sheet	280	42	2	12.0
Desserts	Chuck E. Cheese	Giant Warm Cookie	200	28	2	9.0
Appetizers & Sides	Chuck E. Cheese	Macaroni Salad	240	21	4	14.0
Toppings & Ingredients	Chuck E. Cheese	Blue Cheese	90	0	0	9.0
Toppings & Ingredients	Chuck E. Cheese	Lite Ranch	35	1	0	3.5
Toppings & Ingredients	Chuck E. Cheese	Thousand Island	60	2	0	6.0
Toppings & Ingredients	Chuck E. Cheese	Balsamic Vinaigrette	60	1	0	6.0
Appetizers & Sides	Chuck E. Cheese	with BBQ Sauce	530	70	39	18.0
Appetizers & Sides	Chuck E. Cheese	with Buffalo Sauce	460	43	39	22.0
Appetizers & Sides	Chuck E. Cheese	with Sweet Chili Sauce	540	71	39	18.0
Appetizers & Sides	Chuck E. Cheese	with BBQ Sauce	680	43	52	33.0
Appetizers & Sides	Chuck E. Cheese	with Buffalo Sauce	600	16	52	37.0
Appetizers & Sides	Chuck E. Cheese	with Sweet Chili Sauce	680	44	52	34.0
Appetizers & Sides	Chuck E. Cheese	Wings Plain, Small Traditional	550	13	51	33.0
Desserts	Chuck E. Cheese	Banana Split Dippin' Dots, Large	320	40	6	15.0
Desserts	Chuck E. Cheese	Banana Split Dippin' Dots, Mega Super Star	140	17	2	7.0

Desserts	Chuck E. Cheese	Banana Split Dippin' Dots, Small	200	25	4	10.0
Desserts	Chuck E. Cheese	Cookies N Cream Dippin' Dots, Large	380	48	6	19.0
Desserts	Chuck E. Cheese	Cookies N Cream Dippin' Dots, Mega Super Star	170	21	3	8.0
Desserts	Chuck E. Cheese	Cookies N Cream Dippin' Dots, Small	240	30	4	12.0
Desserts	Chuck E. Cheese	Rainbow Ice Dippin' Dots, Small	130	33	0	0.0
Pizza	Chuck E. Cheese	5 Meat, Individual	130	12	7	7.0
Pizza	Chuck E. Cheese	Supreme, Individual	130	12	5	6.0
Pizza	Chuck E. Cheese	Veggie, Individual	100	12	4	4.0
Toppings & Ingredients	Chuck E. Cheese	Bacon Bits	60	0	5	4.0
Toppings & Ingredients	Chuck E. Cheese	Bacon, Individual	20	0	2	1.5
Toppings & Ingredients	Chuck E. Cheese	BBQ Sauce	90	22	1	0.0
Toppings & Ingredients	Chuck E. Cheese	Beef, Individual	15	0	1	1.0
Toppings & Ingredients	Chuck E. Cheese	Beef, Large	25	0	1	2.0
Toppings & Ingredients	Chuck E. Cheese	Beef, Medium	20	0	1	2.0
Toppings & Ingredients	Chuck E. Cheese	Beef, X-Large	25	0	1	2.0
Toppings & Ingredients	Chuck E. Cheese	Beets	35	8	1	0.0
Toppings & Ingredients	Chuck E. Cheese	Black Olives	15	0	0	1.5
Toppings & Ingredients	Chuck E. Cheese	Black Olives, Individual	10	0	0	1.0
Toppings & Ingredients	Chuck E. Cheese	Black Olives, Large	10	0	0	1.0
Toppings & Ingredients	Chuck E. Cheese	Black Olives, Medium	10	0	0	1.0
Toppings & Ingredients	Chuck E. Cheese	Black Olives, X-Large	10	0	0	1.0
Toppings & Ingredients	Chuck E. Cheese	Blue Cheese Dressing	260	1	1	28.0
Toppings & Ingredients	Chuck E. Cheese	Broccoli	5	1	0	0.0
Toppings & Ingredients	Chuck E. Cheese	Buffalo Sauce	35	2	0	3.0
Toppings & Ingredients	Chuck E. Cheese	Cantaloupe	10	2	0	0.0
Toppings & Ingredients	Chuck E. Cheese	Carrots	45	11	1	0.0
Toppings & Ingredients	Chuck E. Cheese	Cauliflower	5	1	0	0.0
Toppings & Ingredients	Chuck E. Cheese	Chicken, Individual	5	0	1	0.0
Toppings & Ingredients	Chuck E. Cheese	Chicken, Large	10	0	2	0.0
Toppings & Ingredients	Chuck E. Cheese	Chicken, Medium	10	0	2	0.0
Toppings & Ingredients	Chuck E. Cheese	Chicken, X-Large	10	0	2	0.0
Toppings & Ingredients	Chuck E. Cheese	Cottage Cheese	110	5	12	5.0
Toppings & Ingredients	Chuck E. Cheese	Cucumbers	0	1	0	0.0
Toppings & Ingredients	Chuck E. Cheese	Eggs	70	0	6	4.0
Toppings & Ingredients	Chuck E. Cheese	Green Peppers	5	1	0	0.0

Toppings & Ingredients	Chuck E. Cheese	Green Peppers	0	0	0	0.0
Toppings & Ingredients	Chuck E. Cheese	Jalapenos	0	0	0	0.0
Toppings & Ingredients	Chuck E. Cheese	Jalapenos, Individual	0	0	0	0.0
Toppings & Ingredients	Chuck E. Cheese	Jalapenos, Large	0	0	0	0.0
Toppings & Ingredients	Chuck E. Cheese	Jalapenos, Medium	0	0	0	0.0
Toppings & Ingredients	Chuck E. Cheese	Jalapenos, X-Large	0	0	0	0.0
Toppings & Ingredients	Chuck E. Cheese	Lettuce Mix	10	2	1	0.0
Toppings & Ingredients	Chuck E. Cheese	Lite Ranch Dressing	290	6	2	29.0
Toppings & Ingredients	Chuck E. Cheese	Mozzarella, Individual	30	0	2	2.5
Toppings & Ingredients	Chuck E. Cheese	Mozzarella, Large	60	0	4	4.5
Toppings & Ingredients	Chuck E. Cheese	Mozzarella, Medium	50	0	3	4.0
Toppings & Ingredients	Chuck E. Cheese	Mozzarella, X-Large	50	0	4	4.0
Toppings & Ingredients	Chuck E. Cheese	Mushrooms	5	0	0	0.0
Toppings & Ingredients	Chuck E. Cheese	Mushrooms	0	0	0	0.0
Toppings & Ingredients	Chuck E. Cheese	Oranges	5	1	0	0.0
Toppings & Ingredients	Chuck E. Cheese	Parmesan Cheese	35	0	2	2.5
Toppings & Ingredients	Chuck E. Cheese	Pepperoni, Individual	15	0	1	1.5
Toppings & Ingredients	Chuck E. Cheese	Pepperoni, Medium	25	0	1	2.0
Toppings & Ingredients	Chuck E. Cheese	Pepperoni, X-Large	25	0	1	2.0
Toppings & Ingredients	Chuck E. Cheese	Pineapple, Individual	5	1	0	0.0
Toppings & Ingredients	Chuck E. Cheese	Pineapple, X-Large, Large, Medium	5	1	0	0.0
Desserts	Chuck E. Cheese	Rainbow Ice Dippin' Dots, Large	210	52	0	0.0
Desserts	Chuck E. Cheese	Rainbow Ice Dippin' Dots, Mega Super Star	90	23	0	0.0
Toppings & Ingredients	Chuck E. Cheese	Red Onion	5	1	0	0.0
Toppings & Ingredients	Chuck E. Cheese	Red Onion, Individual, Medium	0	0	0	0.0
Toppings & Ingredients	Chuck E. Cheese	Red, Individual	0	0	0	0.0
Toppings & Ingredients	Chuck E. Cheese	Red, Large	5	1	0	0.0
Toppings & Ingredients	Chuck E. Cheese	Red, Medium & X-Large	5	1	0	0.0
Toppings & Ingredients	Chuck E. Cheese	Romaine Lettuce	10	2	1	0.0
Toppings & Ingredients	Chuck E. Cheese	Sausage, Individual	15	0	1	1.5
Toppings & Ingredients	Chuck E. Cheese	Sausage, Large	30	0	1	2.5
Toppings & Ingredients	Chuck E. Cheese	Sausage, Medium	25	0	1	2.0
Toppings & Ingredients	Chuck E. Cheese	Sausage, X-Large	25	0	1	2.5
Toppings & Ingredients	Chuck E. Cheese	Spinach	5	1	1	0.0
Toppings & Ingredients	Chuck E. Cheese	Strawberries	10	2	0	0.0

Toppings & Ingredients	Chuck E. Cheese	Stuffed Crust, Large	180	24	6	6.0
Toppings & Ingredients	Chuck E. Cheese	Stuffed Crust, Medium	170	23	6	6.0
Toppings & Ingredients	Chuck E. Cheese	Stuffed Crust, X-Large	140	18	5	6.0
Toppings & Ingredients	Chuck E. Cheese	Sunflower Seeds	50	2	2	4.5
Toppings & Ingredients	Chuck E. Cheese	Tomato	0	0	0	0.0
Toppings & Ingredients	Chuck E. Cheese	Individual (with garlic margarine on crust)	60	11	2	1.0
Toppings & Ingredients	Chuck E. Cheese	Large (with garlic margarine on crust)	110	19	3	2.0
Toppings & Ingredients	Chuck E. Cheese	Medium (with garlic margarine on crust)	100	17	3	1.5
Toppings & Ingredients	Chuck E. Cheese	X-Large (with garlic margarine on crust)	100	18	3	2.0
Toppings & Ingredients	Chuck E. Cheese	Individual (no garlic margarine on crust)	60	11	2	0.5
Toppings & Ingredients	Chuck E. Cheese	Large (no garlic margarine on crust)	100	19	3	1.0
Toppings & Ingredients	Chuck E. Cheese	Medium (no garlic margarine on crust)	90	17	3	1.0
Toppings & Ingredients	Chuck E. Cheese	X-Large (no garlic margarine on crust)	90	18	3	1.0
Toppings & Ingredients	Chuck E. Cheese	Watermelon	10	2	0	0.0
Toppings & Ingredients	Chuck E. Cheese	Yellow Squash	0	0	0	0.0
Toppings & Ingredients	Chuck E. Cheese	Zucchini	0	0	0	0.0
Toppings & Ingredients	Chuck E. Cheese	Ketchup	60	14	1	0.0
Toppings & Ingredients	Chuck E. Cheese	Extra Mozzarella, Individual	20	0	2	1.5
Toppings & Ingredients	Chuck E. Cheese	Extra Mozzarella, Large	35	0	2	2.5
Toppings & Ingredients	Chuck E. Cheese	Extra Mozzarella, Medium	30	0	2	2.5
Toppings & Ingredients	Chuck E. Cheese	Extra Mozzarella, X-Large	35	0	2	2.5
Toppings & Ingredients	Chuck E. Cheese	Smart Flour Gluten Free Crust, Individual	45	9	0	1.0
Fried Potatoes	Chuck E. Cheese	French Fries	420	67	8	13.0
Desserts	Chuck E. Cheese	Strawberry Fruit Bar	130	32	0	0.0
Toppings & Ingredients	Chuck E. Cheese	Lite Ranch Dressing	110	2	1	11.0
Desserts	Chuck E. Cheese	Unicorn Churros	487	62	5	25.0
Appetizers & Sides	Chuck E. Cheese	Wings Plain, Medium Boneless	820	79	77	35.0
Toppings & Ingredients	Chuck E. Cheese	Wings Plain, Large Boneless	1230	119	116	52.0
Appetizers & Sides	Chuck E. Cheese	with Sweet Chili Sauce	1620	212	117	55.0
Appetizers & Sides	Chuck E. Cheese	with Sweet Chili Sauce	2150	282	156	74.0
Appetizers & Sides	Chuck E. Cheese	Wings Plain, XL Boneless	1640	159	154	70.0
Appetizers & Sides	Chuck E. Cheese	Wings Plain, Medium Traditional	1110	27	103	66.0
Appetizers & Sides	Chuck E. Cheese	with Sweet Chili Sauce	1360	88	104	68.0
Appetizers & Sides	Chuck E. Cheese	Wings Plain, Large Traditional	1660	40	154	99.0
Appetizers & Sides	Chuck E. Cheese	with Sweet Chili Sauce	2040	132	156	102.0

Appetizers & Sides	Chuck E. Cheese	with Sweet Chili Sauce	2730	176	207	136.0
Appetizers & Sides	Chuck E. Cheese	Wings Plain, XL Traditional	2210	53	205	132.0
Appetizers & Sides	Chuck E. Cheese	Mandarin Oranges	60	18	1	0.0
Desserts	Chuck E. Cheese	Big Vanilla Ice Cream Sandwich	240	40	4	7.0
Toppings & Ingredients	Chuck E. Cheese	Caesar	60	1	0	6.0
Toppings & Ingredients	Chuck E. Cheese	Red Pizza Sauce	15	3	1	0.0
Toppings & Ingredients	Chuck E. Cheese	Sweet Chili Sauce	130	31	1	1.0
Toppings & Ingredients	Chuck E. Cheese	Canadian Bacon, Individual	5	0	1	0.0
Toppings & Ingredients	Chuck E. Cheese	Canadian Bacon, Medium	5	0	1	0.0
Toppings & Ingredients	Chuck E. Cheese	Canadian Bacon, X-Large	5	0	1	0.0
Toppings & Ingredients	Chuck E. Cheese	Carrots	45	11	1	0.0
Toppings & Ingredients	Chuck E. Cheese	Strawberry Jello Parfait	5	1	0	0.0
Toppings & Ingredients	Chuck E. Cheese	Barbie	15	4	0	0.0
Toppings & Ingredients	Chuck E. Cheese	Batman	15	4	0	0.0
Toppings & Ingredients	Chuck E. Cheese	Bacon, Large	25	0	2	2.0
Toppings & Ingredients	Chuck E. Cheese	Bacon, Medium	25	0	2	1.5
Toppings & Ingredients	Chuck E. Cheese	Bacon, X-Large	20	0	2	1.5
Toppings & Ingredients	Chuck E. Cheese	Canadian Bacon, Large	5	0	1	0.0
Toppings & Ingredients	Chuck E. Cheese	Pepperoni, Large	25	0	1	2.5
Toppings & Ingredients	Chuck E. Cheese	Red Onion, Large, Xlarge	0	1	0	0.0
Appetizers & Sides	Chuck E. Cheese	Rotini Pasta Salad	140	15	3	7.0
Toppings & Ingredients	Chuck E. Cheese	Cheddar Cheese	25	0	2	2.0
Toppings & Ingredients	Chuck E. Cheese	Crackers	30	4	0	1.5
Toppings & Ingredients	Chuck E. Cheese	Cranberries	35	9	0	0.0
Toppings & Ingredients	Chuck E. Cheese	Croutons	15	2	0	0.5
Toppings & Ingredients	Chuck E. Cheese	Garlic Sesame Sticks	80	7	1	5.0
Toppings & Ingredients	Chuck E. Cheese	Grape Tomatoes	5	1	0	0.0
Toppings & Ingredients	Chuck E. Cheese	Grapes	10	3	0	0.0
Toppings & Ingredients	Chuck E. Cheese	Honeydew	10	3	0	0.0
Toppings & Ingredients	Chuck E. Cheese	Potato Salad - Diced w/Egg	70	8	1	3.5
Toppings & Ingredients	Chuck E. Cheese	Potato Salad - Red Skin	80	7	1	5.0
Toppings & Ingredients	Chuck E. Cheese	Turkey	30	0	2	2.5
Toppings & Ingredients	Chuck E. Cheese	Buttermilk Ranch	60	1	0	6.0
Toppings & Ingredients	Chuck E. Cheese	Lite Northern Italian	25	1	0	2.5
Toppings & Ingredients	Chuck E. Cheese	Olive Oil	40	0	0	4.5

Toppings & Ingredients	Chuck E. Cheese	Red Wine Vinegar	0	0	0	0.0
Desserts	Chuck E. Cheese	Brownie Batter Dippin' Dots, Large	380	50	6	19.0
Desserts	Chuck E. Cheese	Brownie Batter Dippin' Dots, Mega Super Star	170	22	3	8.0
Desserts	Chuck E. Cheese	Brownie Batter Dippin' Dots, Small	240	31	4	12.0
Desserts	Chuck E. Cheese	Chocolate 8"	210	31	2	8.0
Desserts	Chuck E. Cheese	White 8"	210	32	1	9.0
Toppings & Ingredients	Chuck E. Cheese	Chuck E. Cheese	15	4	0	0.0
Toppings & Ingredients	Chuck E. Cheese	Hello Kitty	15	4	0	0.0
Toppings & Ingredients	Chuck E. Cheese	Paw Patrol	15	4	0	0.0
Toppings & Ingredients	Chuck E. Cheese	PJ Masks	15	4	0	0.0
Appetizers & Sides	Chuck E. Cheese	Celery	20	4	1	0.0
Toppings & Ingredients	Chuck E. Cheese	Blue Cheese Dressing	260	1	1	28.0
Appetizers & Sides	Chuck E. Cheese	Celery	5	1	0	0.0
Appetizers & Sides	Chuck E. Cheese	Celery	15	2	1	0.0
Appetizers & Sides	Chuck E. Cheese	Celery	25	5	1	0.0
Toppings & Ingredients	Chuck E. Cheese	Fresh Spinach	0	0	0	0.0
Desserts	Chuck E. Cheese	Cotton Candy, Blue	5	1	0	0.0
Desserts	Chuck E. Cheese	Cotton Candy, Green	5	1	0	0.0
Desserts	Chuck E. Cheese	Cotton Candy, Pink	5	1	0	0.0
Appetizers & Sides	Chuck E. Cheese	with BBQ Sauce	1070	139	79	35.0
Appetizers & Sides	Chuck E. Cheese	with Buffalo Sauce	910	85	78	43.0
Appetizers & Sides	Chuck E. Cheese	with Sweet Chili Sauce	1080	141	78	37.0
Appetizers & Sides	Chuck E. Cheese	Blue Cheese Dressing	260	1	1	28.0
Appetizers & Sides	Chuck E. Cheese	with BBQ Sauce	1600	209	118	53.0
Appetizers & Sides	Chuck E. Cheese	with Buffalo Sauce	1370	128	117	65.0
Toppings & Ingredients	Chuck E. Cheese	Blue Cheese Dressing	690	3	3	75.0
Appetizers & Sides	Chuck E. Cheese	with BBQ Sauce	2130	279	157	71.0
Appetizers & Sides	Chuck E. Cheese	with Buffalo Sauce	1830	171	156	86.0
Toppings & Ingredients	Chuck E. Cheese	Blue Cheese Dressing	690	3	3	75.0
Toppings & Ingredients	Chuck E. Cheese	Blue Cheese Dressing	260	1	1	28.0
Appetizers & Sides	Chuck E. Cheese	with BBQ Sauce	1350	86	104	66.0
Appetizers & Sides	Chuck E. Cheese	with Buffalo Sauce	1200	33	103	74.0
Toppings & Ingredients	Chuck E. Cheese	Blue Cheese Dressing	260	1	1	28.0
Appetizers & Sides	Chuck E. Cheese	with BBQ Sauce	2030	130	156	99.0
Appetizers & Sides	Chuck E. Cheese	with Buffalo Sauce	1800	49	155	111.0

Toppings & Ingredients	Chuck E. Cheese	Blue Cheese Dressing	690	3	3	75.0
Appetizers & Sides	Chuck E. Cheese	with BBQ Sauce	2700	173	208	132.0
Appetizers & Sides	Chuck E. Cheese	with Buffalo Sauce	2400	65	207	148.0
Toppings & Ingredients	Chuck E. Cheese	Blue Cheese Dressing	690	3	3	75.0
Appetizers & Sides	Church's Chicken	Original Wing	290	8	24	18.0
Entrees	Church's Chicken	Original Leg	150	6	12	8.0
Entrees	Church's Chicken	Original Thigh	360	12	18	27.0
Entrees	Church's Chicken	Original Breast	250	9	23	14.0
Appetizers & Sides	Church's Chicken	Spicy Wing	350	19	25	20.0
Entrees	Church's Chicken	Spicy Leg	160	9	13	9.0
Entrees	Church's Chicken	Spicy Thigh	380	21	17	25.0
Entrees	Church's Chicken	Spicy Breast	280	12	22	17.0
Appetizers & Sides	Church's Chicken	Mashed Potatoes & Gravy, Regular	110	24	2	1.0
Appetizers & Sides	Church's Chicken	Cole Slaw, Regular	170	16	1	11.0
Appetizers & Sides	Church's Chicken	Jalapeno Pepper	5	1	0	0.0
Appetizers & Sides	Church's Chicken	Spicy Rice, Regular	230	21	7	14.0
Appetizers & Sides	Church's Chicken	Jalapeno Cheese Bombers, 4	220	24	6	11.0
Toppings & Ingredients	Church's Chicken	Ranch Sauce	140	2	0	15.0
Toppings & Ingredients	Church's Chicken	Ketchup	10	2	0	0.0
Baked Goods	Church's Chicken	Honey-Butter Biscuit ™	230	25	3	15.0
Desserts	Church's Chicken	Apple Pie	270	37	3	13.0
Sandwiches	Church's Chicken	Chicken Sandwich Original	651.1	53.4	31.79	34.5
Sandwiches	Church's Chicken	Chicken Sandwich Spicy	620.1	54.3	32.04	30.52
Entrees	Church's Chicken	Chicken Fried Steak With Gravy	640	37	17	47.0
Appetizers & Sides	Church's Chicken	Corn, Regular	190	34	5	6.0
Beverages	Church's Chicken	Coke, Regular	290	80	0	0.0
Beverages	Church's Chicken	Coke, Large	400	109	0	0.0
Beverages	Church's Chicken	Sprite, Regular	290	77	0	0.0
Beverages	Church's Chicken	Sprite , Large	390	105	0	0.0
Beverages	Church's Chicken	Hi-C Pink Lemonade, Regular	290	79	0	0.0
Beverages	Church's Chicken	Hi-C Pink Lemonade, Large	390	107	0	0.0
Beverages	Church's Chicken	Fanta Apple , Regular	340	86	0	0.0
Beverages	Church's Chicken	Fanta Apple , Large	460	121	0	0.0
Beverages	Church's Chicken	Fanta Strawberry , Regular	340	92	0	0.0
Beverages	Church's Chicken	Fanta Strawberry , Large	460	125	0	0.0

Beverages	Church's Chicken	Minute Maid Lemonade , Regular	290	79	0	0.0
Beverages	Church's Chicken	Minute Maid Lemonade , Large	390	108	0	0.0
Beverages	Church's Chicken	Church'S Southern Sweet Tea, Regular	190	48	0	0.0
Beverages	Church's Chicken	Church'S Southern Sweet Tea , Large	270	68	0	0.0
Entrees	Church's Chicken	Baked Macaroni & Cheese, Regular	210	19	9	12.0
Appetizers & Sides	Church's Chicken	Okra, Regular	260	30	3	15.0
Toppings & Ingredients	Church's Chicken	Honey Bbq Sauce	45	11	0	0.0
Appetizers & Sides	Church's Chicken	Mashed Potatoes & Gravy, Large	320	71	6	3.5
Appetizers & Sides	Church's Chicken	Corn, Large	370	69	10	12.0
Appetizers & Sides	Church's Chicken	Cole Slaw, Large	500	49	3	34.0
Appetizers & Sides	Church's Chicken	Okra, Large	740	84	9	41.0
Appetizers & Sides	Church's Chicken	Spicy Rice, Large	700	62	21	41.0
Baked Goods	Church's Chicken	Dinner Rolls	60	11	2	1.0
Beverages	Church's Chicken	Fanta Orange , Regular	310	86	0	0.0
Beverages	Church's Chicken	Fanta Orange, Large	430	117	0	0.0
Beverages	Church's Chicken	Barq'S Root Beer, Regular	330	90	0	0.0
Beverages	Church's Chicken	Barq'S Root Beer, Large	450	122	0	0.0
Beverages	Church's Chicken	Hi-C Fruit Punch, Regular	310	85	0	0.0
Beverages	Church's Chicken	Hi-C Fruit Punch , Large	420	115	0	0.0
Beverages	Church's Chicken	Dr Pepper, Regular	280	73	0	0.0
Beverages	Church's Chicken	Dr Pepper, Large	380	99	0	0.0
Beverages	Church's Chicken	Fanta Cherry , Regular	320	84	0	0.0
Beverages	Church's Chicken	Fanta Cherry, Large	430	115	0	0.0
Entrees	Church's Chicken	Baked Macaroni & Cheese, Large	640	57	26	36.0
Fried Potatoes	Church's Chicken	French Fries, Large	570	80	7	24.0
Fried Potatoes	Church's Chicken	French Fries, Regular	210	29	3	9.0
Toppings & Ingredients	Church's Chicken	Honey Sauce	80	20	0	0.0
Toppings & Ingredients	Church's Chicken	White Gravy, Large	250	36	2	11.0
Appetizers & Sides	Church's Chicken	Jalapeño Cheese Bombers, 8	440	48	11	22.0
Appetizers & Sides	Church's Chicken	Bacon (2 Slices)	100	0	6	9.0
Appetizers & Sides	Church's Chicken	Grits	140	23	2	5.0
Appetizers & Sides	Church's Chicken	Platter Eggs	330	1	14	31.0
Baked Goods	Church's Chicken	Cinnamon Swirl	720	111	8	28.0
Beverages	Church's Chicken	Cherry Coke, Large	420	114	0	0.0
Beverages	Church's Chicken	Cherry Coke, Regular	310	84	0	0.0



Beverages	Church's Chicken	Coffee	0	0	0	0.0
Beverages	Church's Chicken	Diet Dr Pepper, Large	0	0	0	0.0
Beverages	Church's Chicken	Diet Dr Pepper, Regular	0	0	0	0.0
Beverages	Church's Chicken	Fanta Grape, Large	460	122	0	0.0
Beverages	Church's Chicken	Fanta Grape , Regular	340	90	0	0.0
Beverages	Church's Chicken	Fuze Peach Tea , Large	240	70	0	0.0
Beverages	Church's Chicken	Fuze Peach Tea, Regular	170	45	0	0.0
Beverages	Church's Chicken	Fuze Raspberry Tea, Large	240	63	0	0.0
Beverages	Church's Chicken	Fuze Raspberry Tea , Regular	170	46	0	0.0
Beverages	Church's Chicken	Fuze Sweet Tea W/Lemon, Large	320	84	0	0.0
Beverages	Church's Chicken	Fuze Sweet Tea W/Lemon, Regular	230	62	0	0.0
Beverages	Church's Chicken	Fuze Sweet Tea, Large	240	62	0	0.0
Beverages	Church's Chicken	Fuze Sweet Tea , Regular	170	46	0	0.0
Beverages	Church's Chicken	Gold Peak Peach Tea, Large	240	63	0	0.0
Beverages	Church's Chicken	Gold Peak Peach Tea , Regular	180	46	0	0.0
Beverages	Church's Chicken	Gold Peak South Sweet Tea, Large	390	99	0	0.0
Beverages	Church's Chicken	Gold Peak South Sweet Tea , Regular	290	72	0	0.0
Beverages	Church's Chicken	Gold Peak Sweet Black Tea , Large	310	84	0	0.0
Beverages	Church's Chicken	Gold Peak Sweet Black Tea, Regular	230	62	0	0.0
Beverages	Church's Chicken	Gold Peak Unsweet Black Tea, Large	0	0	0	0.0
Beverages	Church's Chicken	Gold Peak Unsweet Black Tea , Regular	0	0	0	0.0
Beverages	Church's Chicken	Mello Yello, Large	430	115	0	0.0
Beverages	Church's Chicken	Mello Yello, Regular	320	84	0	0.0
Beverages	Church's Chicken	Milk - 2%	120	12	8	5.0
Beverages	Church's Chicken	Minute Maid Lemonade Light , Large	20	5	0	0.0
Beverages	Church's Chicken	Minute Maid Lemonade Light, Regular	10	4	0	0.0
Beverages	Church's Chicken	Mountain Berry Blast Powerade, Large	230	60	0	0.0
Beverages	Church's Chicken	Mountain Berry Blast Powerade , Regular	170	44	0	0.0
Beverages	Church's Chicken	Orange Juice	170	39	3	0.0
Beverages	Church's Chicken	Pibb Xtra , Large	390	108	0	0.0
Beverages	Church's Chicken	Pibb Xtra, Regular	290	77	0	0.0
Beverages	Church's Chicken	Red Flash, Large	390	108	0	0.0
Beverages	Church's Chicken	Red Flash, Regular	290	77	0	0.0
Beverages	Church's Chicken	Church'S Unsweetened Tea, Large	0	0	0	0.0
Beverages	Church's Chicken	Church'S Unsweetened Tea , Regular	0	0	0	0.0

Burgers	Church's Chicken	Cheeseburger	590	28	30	40.0
Burgers	Church's Chicken	Hamburger	530	26	27	35.0
Fried Potatoes	Church's Chicken	Hashrounds	210	18	2	14.0
Sandwiches	Church's Chicken	Bacon, Egg & Cheese Biscuit	550	31	21	40.0
Sandwiches	Church's Chicken	Breakfast Biscuit	240	30	5	11.0
Sandwiches	Church's Chicken	Chicken Biscuit	380	39	17	19.0
Sandwiches	Church's Chicken	Cob Sandwich	810	50	25	55.0
Sandwiches	Church's Chicken	Sausage & Gravy Biscuit	400	39	9	23.0
Sandwiches	Church's Chicken	Sausage, Egg & Cheese Biscuit	650	32	22	49.0
Sandwiches	Church's Chicken	Steak Biscuit	450	41	12	26.0
Beverages	Church's Chicken	Barrilitos Mango Lime , Regular	156	40	0	0.0
Beverages	Church's Chicken	Barrilitos Mango Lime , Large	213	55	0	0.0
Entrees	Church's Chicken	Tender - Original	110	6	8	6.0
Entrees	Church's Chicken	Tender - Spicy	130	9	9	6.0
Fried Potatoes	Church's Chicken	French Fries Alternate, Regular	200	29	2	8.0
Fried Potatoes	Church's Chicken	French Fries Alternate, Large	556	80	6	23.0
Toppings & Ingredients	Church's Chicken	Creamy Jalapeño Sauce	120	2	0	13.0
Desserts	Ci Ci's	Apple Dessert Pizza	130	24	2	3.0
Desserts	Ci Ci's	Brownies	140	21	2	6.0
Baked Goods	Ci Ci's	Cinnamon Rolls	130	20	2	4.5
Desserts	Ci Ci's	Bavarian Dessert Pizza	130	23	2	2.5
Toppings & Ingredients	Ci Ci's	Pasta Salad	210	28	5	9.0
Soup	Ci Ci's	Soup	90	13	5	2.5
Pizza	Ci Ci's	Spinach Alfredo Flatbread	140	14	5	7.0
Pizza	Ci Ci's	Chicken Bacon Club Flatbread	150	14	7	7.0
Pizza	Ci Ci's	Honey BBQ Chicken Flatbread	140	19	6	4.5
Pizza	Ci Ci's	Pepperoni Stuffed Crust	200	21	9	8.0
Pizza	Ci Ci's	Cheese Stuffed Crust	180	21	9	7.0
Pizza	Ci Ci's	Pepperoni, Large 14"	200	23	8	8.0
Pizza	Ci Ci's	Meat Eater, Large 14"	200	23	9	9.0
Pizza	Ci Ci's	Veggie, Large 14"	180	24	7	6.0
Pizza	Ci Ci's	Pepperoni & Beef, Large 14"	220	24	10	10.0
Pizza	Ci Ci's	Spinach Alfredo, Large 14"	160	22	6	5.0
Pizza	Ci Ci's	Mac & Cheese, Large 14"	190	31	7	4.5
Pizza	Ci Ci's	Zesty Pepperoni, Large 14"	180	22	7	8.0

Pizza	CI CI's	Zesty Ham & Cheddar, Large 14"	180	22	7	7.0
Pizza	CI CI's	Supreme, Large 14"	200	24	9	8.0
Pizza	CI CI's	Pepperoni & Jalapeño, Large 14"	200	23	8	8.0
Pizza	CI CI's	Alfredo, Large 14"	160	22	5	5.0
Pizza	CI CI's	BBQ Pork, Large 14"	200	27	8	7.0
Pizza	CI CI's	Buffalo Chicken, Large 14"	190	23	8	7.0
Pizza	CI CI's	Zesty Veggie, Large 14"	160	23	5	4.5
Pizza	CI CI's	Hawaiian, Large 14"	180	24	8	6.0
Pizza	CI CI's	Pepperoni, Medium 12"	160	18	7	7.0
Pizza	CI CI's	Meat Eater, Medium 12"	150	18	7	6.0
Pizza	CI CI's	Veggie, Medium 12"	130	18	6	4.5
Pizza	CI CI's	Pepperoni & Beef, Medium 12"	160	18	7	7.0
Pizza	CI CI's	Spinach Alfredo, Medium 12"	120	17	4	4.5
Pizza	CI CI's	Mac & Cheese, Medium 12"	140	23	5	3.0
Pizza	CI CI's	Zesty Pepperoni, Medium 12"	140	17	5	6.0
Pizza	CI CI's	Zesty Ham & Cheddar, Medium 12"	130	17	5	5.0
Pizza	CI CI's	Supreme, Medium 12"	150	18	6	6.0
Pizza	CI CI's	Pepperoni & Jalapeño, Medium 12"	150	18	6	6.0
Pizza	CI CI's	Alfredo, Medium 12"	120	16	4	4.0
Pizza	CI CI's	BBQ Pork, Medium 12"	150	20	6	5.0
Pizza	CI CI's	Buffalo Chicken, Medium 12"	140	17	6	5.0
Pizza	CI CI's	Zesty Veggie, Medium 12"	120	17	4	3.5
Pizza	CI CI's	Hawaiian, Medium 12"	140	18	6	4.5
Pizza	CI CI's	Deep Dish Pepperoni	160	21	6	6.0
Pizza	CI CI's	Deep Dish Meat Eater	170	21	7	6.0
Pizza	CI CI's	Deep Dish Cheese	160	21	6	6.0
Toppings & Ingredients	CI CI's	Traditional Round: Personal 9" (6 slices/Pizza)	80	15	3	1.0
Toppings & Ingredients	CI CI's	Traditional Round: Medium 12" (10 slices/Pizza)	80	16	3	1.0
Toppings & Ingredients	CI CI's	Flatbread (10 slices/Pizza)	70	12	2	1.5
Toppings & Ingredients	CI CI's	Stuffed Crust	140	20	6	3.5
Toppings & Ingredients	CI CI's	Traditional Round - Large 14" (10 slices/Pizza)	110	21	4	1.0
Toppings & Ingredients	CI CI's	Deep Dish (6 slices/Pizza)	110	19	4	1.5
Toppings & Ingredients	CI CI's	Red Tomato	10	2	1	0.0
Toppings & Ingredients	CI CI's	Alfredo	50	2	1	5.0
Toppings & Ingredients	CI CI's	Creamy Buffalo	35	2	0	3.0

Toppings & Ingredients	CI CI's	Mac & Cheese	25	4	1	1.0
Toppings & Ingredients	CI CI's	Zesty	45	2	0	4.0
Toppings & Ingredients	CI CI's	Honey BBQ	50	13	0	0.0
Toppings & Ingredients	CI CI's	Pizza Cheese	90	2	6	7.0
Toppings & Ingredients	CI CI's	Cheddar Cheese	110	1	7	9.0
Toppings & Ingredients	CI CI's	Anchovies	250	0	28	18.0
Toppings & Ingredients	CI CI's	Bacon	140	0	12	10.0
Toppings & Ingredients	CI CI's	Chicken	30	0	6	0.5
Toppings & Ingredients	CI CI's	Pepperoni	130	1	6	13.0
Toppings & Ingredients	CI CI's	Sausage	70	3	5	4.5
Toppings & Ingredients	CI CI's	Beef	90	2	5	7.0
Toppings & Ingredients	CI CI's	Ham	30	1	4	1.0
Toppings & Ingredients	CI CI's	Pork	60	1	6	3.5
Toppings & Ingredients	CI CI's	Black Olives	35	0	0	3.5
Toppings & Ingredients	CI CI's	Diced Tomatoes	5	2	0	0.0
Toppings & Ingredients	CI CI's	Jalapeno Peppers	5	1	0	0.0
Toppings & Ingredients	CI CI's	Pineapple	5	1	0	0.0
Toppings & Ingredients	CI CI's	Green Peppers	5	1	1	0.0
Toppings & Ingredients	CI CI's	Mushrooms	15	4	0	0.0
Toppings & Ingredients	CI CI's	Red Onions	10	3	0	0.0
Appetizers & Sides	CI CI's	Traditional Bone-In Wing, Naked, No Sauce	70	0	7	4.5
Appetizers & Sides	CI CI's	Traditional Bone-In Wing, Hot Buffalo	70	0	7	4.5
Appetizers & Sides	CI CI's	Traditional Bone-In Wing, Mild Buffalo	80	0	7	5.0
Appetizers & Sides	CI CI's	Traditional Bone-In Wing, Garlic Parmesan	100	0	7	7.0
Appetizers & Sides	CI CI's	Traditional Bone-In Wing, BBQ	80	2	7	4.5
Appetizers & Sides	CI CI's	Boneless Wing, Naked, No Sauce	60	5	5	2.0
Appetizers & Sides	CI CI's	Boneless Wing, Hot Buffalo	60	6	5	2.0
Appetizers & Sides	CI CI's	Boneless Wing, Mild Buffalo	70	5	5	2.5
Appetizers & Sides	CI CI's	Boneless Wing, Garlic Parmesan	80	6	5	5.0
Appetizers & Sides	CI CI's	Boneless Wing, BBQ	70	8	5	2.0
Appetizers & Sides	CI CI's	Garlic Cheesy Bread	70	9	2	3.0
Appetizers & Sides	CI CI's	Pasta	270	50	9	4.0
Toppings & Ingredients	CI CI's	Marinara Sauce	30	6	1	0.0
Toppings & Ingredients	CI CI's	Alfredo Sauce	90	3	2	8.0
Toppings & Ingredients	CI CI's	Salad Mix, 3 Part	15	3	1	0.0

Toppings & Ingredients	CI CI's	Salad Mix, 4 Part	15	3	1	0.0
Toppings & Ingredients	CI CI's	Croutons	120	20	4	4.0
Toppings & Ingredients	CI CI's	Black Olives	35	0	0	3.5
Toppings & Ingredients	CI CI's	Green Olives	50	2	0	4.5
Toppings & Ingredients	CI CI's	Saltine Crackers	45	8	1	1.5
Toppings & Ingredients	CI CI's	Imitation Bacon Bits	110	8	11	5.0
Toppings & Ingredients	CI CI's	Jalapeno Peppers	5	1	0	0.0
Toppings & Ingredients	CI CI's	Red Onions, Sliced	10	3	0	0.0
Toppings & Ingredients	CI CI's	Green Bell Peppers, Sliced	5	1	0	0.0
Toppings & Ingredients	CI CI's	Banana Peppers	5	0	0	0.0
Toppings & Ingredients	CI CI's	Mushrooms, Sliced	5	1	1	0.0
Toppings & Ingredients	CI CI's	Baby Spinach, Fresh	0	4	2	0.0
Toppings & Ingredients	CI CI's	Carrots, Baby or Shredded	10	8	1	0.0
Toppings & Ingredients	CI CI's	Pickle, Sliced	0	0	0	0.0
Toppings & Ingredients	CI CI's	Tomatoes, Grape or Cherry	5	1	0	0.0
Toppings & Ingredients	CI CI's	Radishes, Sliced	5	1	0	0.0
Toppings & Ingredients	CI CI's	Pineapple	15	4	0	0.0
Toppings & Ingredients	CI CI's	Cheddar Cheese	110	1	7	9.0
Toppings & Ingredients	CI CI's	Beets, Sliced	10	2	0	0.0
Toppings & Ingredients	CI CI's	Garbanzo Beans	30	4	1	0.0
Toppings & Ingredients	CI CI's	Sunflower Seeds	180	6	7	14.0
Toppings & Ingredients	CI CI's	French Dressing	330	14	0	30.0
Toppings & Ingredients	CI CI's	Catalina French Dressing	400	28	0	31.0
Toppings & Ingredients	CI CI's	Blue Cheese	440	3	3	50.0
Toppings & Ingredients	CI CI's	Ranch	330	3	0	33.0
Toppings & Ingredients	CI CI's	Lite Italian	45	6	0	3.0
Toppings & Ingredients	CI CI's	Lite Ranch	240	3	0	27.0
Toppings & Ingredients	CI CI's	1000 Island	380	12	0	38.0
Toppings & Ingredients	CI CI's	Signature Italian	250	8	3	25.0
Beverages	CI CI's	Barq's Root Beer, 12 fl oz	160	44	0	0.0
Beverages	CI CI's	Barq's Root Beer, 16 fl oz	240	65	0	0.0
Beverages	CI CI's	Barq's Root Beer, 32 fl oz	430	116	0	0.0
Beverages	CI CI's	Cherry Coca-Cola, 12 fl oz	170	42	0	0.0
Beverages	CI CI's	Cherry Coca-Cola, 18 fl oz	250	63	0	0.0
Beverages	CI CI's	Cherry Coca-Cola, 32 fl oz	450	112	0	0.0

Beverages	Ci Ci's	Coca-Cola, 12 fl oz	160	40	0	0.0
Beverages	Ci Ci's	Coca-Cola, 18 fl oz	240	60	0	0.0
Beverages	Ci Ci's	Coca-Cola, 32 fl oz	430	107	0	0.0
Beverages	Ci Ci's	Diet Coke, 12 fl oz	0	0	0	0.0
Beverages	Ci Ci's	Diet Coke, 18 fl oz	0	0	0	0.0
Beverages	Ci Ci's	Diet Coke, 32 fl oz	0	1	0	0.0
Beverages	Ci Ci's	Fanta Apple, 12 fl oz	180	44	0	0.0
Beverages	Ci Ci's	Fanta Apple, 18 fl oz	270	66	0	0.0
Beverages	Ci Ci's	Fanta Apple, 32 fl oz	470	118	0	0.0
Beverages	Ci Ci's	Fanta Orange, 12 fl oz	170	44	0	0.0
Beverages	Ci Ci's	Fanta Orange, 18 fl oz	260	65	0	0.0
Beverages	Ci Ci's	Fanta Orange, 32 fl oz	460	116	0	0.0
Beverages	Ci Ci's	Gold Peak Peach Tea, 12 fl oz	90	23	0	0.0
Beverages	Ci Ci's	Gold Peak Peach Tea, 18 fl oz	140	34	0	0.0
Beverages	Ci Ci's	Gold Peak Peach Tea, 32 fl oz	250	61	0	0.0
Beverages	Ci Ci's	Gold Peak Premium Unsweetened Tea (RTD), 12 fl oz	0	0	0	0.0
Beverages	Ci Ci's	Gold Peak Premium Unsweetened Tea (RTD), 18 fl oz	0	0	0	0.0
Beverages	Ci Ci's	Gold Peak Premium Unsweetened Tea (RTD), 32 fl oz	0	0	0	0.0
Beverages	Ci Ci's	Cicis Brewed Tea (No Ice), 12 fl oz	0	0	0	0.0
Beverages	Ci Ci's	Cicis Brewed Tea (No Ice), 18 fl oz	0	0	0	0.0
Beverages	Ci Ci's	Cicis Brewed Tea (No Ice), 32 fl oz	0	0	0	0.0
Beverages	Ci Ci's	Gold Peak Raspberry Tea, 12 fl oz	90	23	0	0.0
Beverages	Ci Ci's	Gold Peak Raspberry Tea, 18 fl oz	140	34	0	0.0
Beverages	Ci Ci's	Gold Peak Raspberry Tea, 32 fl oz	240	61	0	0.0
Beverages	Ci Ci's	Gold Peak Sweetened Black Tea (RTD), 12 fl oz	120	31	0	0.0
Beverages	Ci Ci's	Gold Peak Sweetened Black Tea (RTD), 18 fl oz	190	47	0	0.0
Beverages	Ci Ci's	Gold Peak Sweetened Black Tea (RTD), 32 fl oz	330	83	0	0.0
Beverages	Ci Ci's	Cicis Brewed Sweet Tea (No Ice), 12 fl oz	260	66	0	0.0
Beverages	Ci Ci's	Cicis Brewed Sweet Tea (No Ice), 18 fl oz	390	99	0	0.0
Beverages	Ci Ci's	Cicis Brewed Sweet Tea (No Ice), 32 fl oz	700	175	0	0.0
Beverages	Ci Ci's	Mello Yello, 12 fl oz	170	44	0	0.0
Beverages	Ci Ci's	Mello Yello, 18 fl oz	260	65	0	0.0
Beverages	Ci Ci's	Mello Yello, 32 fl oz	460	116	0	0.0
Beverages	Ci Ci's	Minute Maid Premium Lemonade (HFCS), 12 fl oz	150	38	0	0.0
Beverages	Ci Ci's	Minute Maid Premium Lemonade (HFCS), 18 fl oz	220	57	0	0.0

Beverages	CI CI's	Minute Maid Premium Lemonade (HFCS), 32 fl oz	400	101	0	0.0
Beverages	CI CI's	Powerade Mountain Berry Blast, 12 fl oz	90	22	0	0.0
Beverages	CI CI's	Powerade Mountain Berry Blast, 18 fl oz	140	33	0	0.0
Beverages	CI CI's	Powerade Mountain Berry Blast, 32 fl oz	240	58	0	0.0
Beverages	CI CI's	Sprite, 12 fl oz	150	38	0	0.0
Beverages	CI CI's	Sprite, 18 fl oz	230	57	0	0.0
Beverages	CI CI's	Sprite, 32 fl oz	400	101	0	0.0
Beverages	CI CI's	Hawaiian Punch Fruit Juicy Red, 12 fl oz	170	45	0	0.0
Beverages	CI CI's	Hawaiian Punch Fruit Juicy Red, 18 fl oz	250	68	0	0.0
Beverages	CI CI's	Hawaiian Punch Fruit Juicy Red, 32 fl oz	450	120	0	0.0
Beverages	CI CI's	Dr Pepper, Fountain, 12 fl oz	140	39	0	0.0
Beverages	CI CI's	Dr Pepper, Fountain, 18 fl oz	220	59	0	0.0
Beverages	CI CI's	Dr Pepper, Fountain, 32 fl oz	380	104	0	0.0
Beverages	CI CI's	Canada Dry Ginger Ale, 12 fl oz	140	36	0	0.0
Beverages	CI CI's	Canada Dry Ginger Ale, 18 fl oz	200	54	0	0.0
Beverages	CI CI's	Canada Dry Ginger Ale, 32 fl oz	360	96	0	0.0
Beverages	CI CI's	Diet Dr Pepper, 12 fl oz	0	0	0	0.0
Beverages	CI CI's	Diet Dr Pepper, 18 fl oz	0	0	0	0.0
Toppings & Ingredients	Cracker Barrel	Thick-Sliced Bacon: three slices	210	0	14	17.0
Toppings & Ingredients	Cracker Barrel	Smoked Sausage Patties: two  patties	240	2	13	19.0
Entrees	Cracker Barrel	Old Timer's Breakfast: two eggs	150	2	14	10.0
Appetizers & Sides	Cracker Barrel	Hashbrown Casserole	190	24	5	8.0
Entrees	Cracker Barrel	Grandpa's Country Fried Breakfast: two eggs	150	2	14	10.0
Toppings & Ingredients	Cracker Barrel	Country Fried Steak with Sawmill  Gravy	600	50	37	28.0
Entrees	Cracker Barrel	The Cracker Barrel's Country Boy Breakfast: three eggs	210	2	19	22.0
Toppings & Ingredients	Cracker Barrel	Sirloin Steak	350	1	49	17.0
Toppings & Ingredients	Cracker Barrel	Sugar Cured Ham (4 oz.)	220	1	18	15.0
Toppings & Ingredients	Cracker Barrel	Country Ham (4 oz.)	270	6	33	13.0
Toppings & Ingredients	Cracker Barrel	Hamburger Steak seasoned with  garlic butter	440	1	36	31.0
Toppings & Ingredients	Cracker Barrel	Biscuit: each	160	23	3	6.0
Toppings & Ingredients	Cracker Barrel	Real Butter: each	35	0	0	4.0

Toppings & Ingredients	Cracker Barrel	Best Preserves n' Jam: each	40	12	0	0.0
Entrees	Cracker Barrel	Wild Maine Blueberry Pancakes: three pancakes with butter	760	118	9	29.0
Toppings & Ingredients	Cracker Barrel	Our Blueberry Syrup	200	50	0	0.0
Entrees	Cracker Barrel	Buttermilk Pancakes with Fruit Topping: three pancakes	630	111	9	16.0
Toppings & Ingredients	Cracker Barrel	Country Peach n' Real Whipped Cream	280	53	0	9.0
Toppings & Ingredients	Cracker Barrel	Cinnamon Spiced Apple n' Real Whipped Cream	390	72	1	11.0
Entrees	Cracker Barrel	Momma's Pancake Breakfast: three pancakes with butter and and two eggs	880	113	23	38.0
Entrees	Cracker Barrel	Momma's French Toast Breakfast: eight halves with butter and two eggs	1130	107	38	65.0
Entrees	Cracker Barrel	Buttermilk Pancakes with 100% Pure Natural Syrup: three pancakes with butter	740	111	9	29.0
Entrees	Cracker Barrel	Pecan Pancakes: three pancakes with butter	1130	119	15	70.0
Toppings & Ingredients	Cracker Barrel	100% Pure Natural Syrup	150	39	0	0.0
Toppings & Ingredients	Cracker Barrel	Sugar Free Syrup	10	4	0	0.0
Sandwiches	Cracker Barrel	Egg Sandwich: two eggs, sourdough bread, tomato, Duke's Mayonnaise	470	44	20	26.0
Appetizers & Sides	Cracker Barrel	Sourdough: one slice	110	21	3	2.0
Toppings & Ingredients	Cracker Barrel	Egg Whites: 2 each	60	2	11	0.0
Toppings & Ingredients	Cracker Barrel	Fresh Seasonal Fruit	70	18	1	0.0
Toppings & Ingredients	Cracker Barrel	Country Ham (8 oz.)	540	12	66	26.0
Appetizers & Sides	Cracker Barrel	Thick-Sliced Bacon: two slices	140	0	9	11.0
Sandwiches	Cracker Barrel	Country Ham Biscuit	290	26	20	12.0
Sandwiches	Cracker Barrel	Smoked Sausage Biscuit	280	24	10	16.0
Sandwiches	Cracker Barrel	Thick-sliced Bacon Biscuit	230	23	8	12.0
Entrees	Cracker Barrel	Biscuits n' Gravy with Bacon or Sausage: three biscuits and sawmill gravy	710	86	17	34.0
Appetizers & Sides	Cracker Barrel	Loaded Hashbrown Casserole	350	25	15	21.0
Entrees	Cracker Barrel	Wednesday, Broccoli Cheddar Chicken	690	35	40	44.0
Entrees	Cracker Barrel	Thursday, Turkey n' Dressing	820	90	45	31.0
Salads	Cracker Barrel	Country House Salad: with grilled chicken	350	20	28	17.0
Sandwiches	Cracker Barrel	Sunday Homestyle Chicken Breast	1180	106	55	60.0
Toppings & Ingredients	Cracker Barrel	Smoky Southern Grilled Chicken Breast	470	22	46	21.0
Burgers	Cracker Barrel	The Barrel Cheeseburger	990	56	56	60.0
Entrees	Cracker Barrel	Chicken n' Dumplings	450	52	40	9.0
Entrees	Cracker Barrel	Meatloaf	520	17	35	35.0



Entrees	Cracker Barrel	Roast Beef	480	10	45	29.0
Entrees	Cracker Barrel	Country Fried Steak: with sawmill gravy	600	50	37	28.0
Entrees	Cracker Barrel	Chicken Fried Chicken: Sunday Homestyle Chicken Breasts with sawmill gravy	1140	70	74	60.0
Salads	Cracker Barrel	House Salad	260	18	12	15.0
Entrees	Cracker Barrel	Grilled Sirloin Steak	350	1	49	17.0
Entrees	Cracker Barrel	Spicy Grilled Catfish	260	2	38	11.0
Entrees	Cracker Barrel	Fried Catfish: with hushpuppies and tartar sauce	810	35	38	57.0
Entrees	Cracker Barrel	Country Fried Shrimp: with hushpuppies and cocktail sauce	900	121	22	36.0
Toppings & Ingredients	Cracker Barrel	Cider BBQ Sauce	80	18	0	1.0
Entrees	Cracker Barrel	Sugar Cured Ham (8 oz.)	440	2	36	29.0
Toppings & Ingredients	Cracker Barrel	U.S. Farm-Raised Catfish Fillet:  fried	400	9	18	32.0
Entrees	Cracker Barrel	Southern Fried Chicken	1640	78	108	100.0
Entrees	Cracker Barrel	Sunday Homestyle Chicken	1060	64	71	58.0
Appetizers & Sides	Cracker Barrel	Bowl of Pinto Beans	470	73	32	6.0
Appetizers & Sides	Cracker Barrel	Bowl of Turnip Greens	250	16	24	10.0
Appetizers & Sides	Cracker Barrel	Beans n' Greens	410	51	32	9.0
Appetizers & Sides	Cracker Barrel	Breaded Fried Okra	250	38	3	9.0
Appetizers & Sides	Cracker Barrel	Cole Slaw	250	14	0	21.0
Appetizers & Sides	Cracker Barrel	Cornbread Dressing (served with Turkey n' Dressing)	310	33	5	18.0
Appetizers & Sides	Cracker Barrel	Dumplings	210	36	5	6.0
Appetizers & Sides	Cracker Barrel	Steamed Broccoli	40	6	4	0.0
Appetizers & Sides	Cracker Barrel	Macaroni n' Cheese	270	23	10	16.0
Appetizers & Sides	Cracker Barrel	Mashed Potatoes	200	25	3	9.0
Toppings & Ingredients	Cracker Barrel	Sawmill Gravy	40	3	1	2.5
Appetizers & Sides	Cracker Barrel	Sweet Potato Casserole (served with Turkey n' Dressing)	190	36	2	4.0
Soup	Cracker Barrel	Beef n' Noodle, Cup	120	11	10	4.5
Soup	Cracker Barrel	Beef n' Noodle, Bowl	240	22	19	9.0
Soup	Cracker Barrel	Chicken Noodle, Cup	100	10	7	4.0
Soup	Cracker Barrel	Chicken Noodle, Bowl	210	21	13	8.0
Soup	Cracker Barrel	Chili, Cup	190	21	13	6.0
Soup	Cracker Barrel	Chili, Bowl	390	43	26	13.0
Soup	Cracker Barrel	Clam Chowder, Cup	440	27	14	32.0
Soup	Cracker Barrel	Clam Chowder, Bowl	880	54	27	65.0
Soup	Cracker Barrel	Potato, Cup	110	19	3	2.0

Soup	Cracker Barrel	Potato, Bowl	210	36	7	4.0
Soup	Cracker Barrel	Turkey Noodle, Cup	120	12	16	1.5
Soup	Cracker Barrel	Turkey Noodle, Bowl	250	24	32	2.5
Soup	Cracker Barrel	Vegetable, Cup	80	16	3	1.0
Soup	Cracker Barrel	Vegetable, Bowl	170	33	6	2.0
Toppings & Ingredients	Cracker Barrel	Balsamic Herb Vinaigrette	170	13	0	13.0
Toppings & Ingredients	Cracker Barrel	Blue Cheese Dressing	310	3	3	32.0
Toppings & Ingredients	Cracker Barrel	Buttermilk Ranch	240	3	1	25.0
Toppings & Ingredients	Cracker Barrel	Balsamic Herb Vinaigrette	140	11	0	11.0
Toppings & Ingredients	Cracker Barrel	Blue Cheese Dressing	250	2	2	26.0
Appetizers & Sides	Cracker Barrel	Multigrain: one slice	100	19	3	2.0
Appetizers & Sides	Cracker Barrel	White: one slice	70	14	2	1.0
Toppings & Ingredients	Cracker Barrel	Bacon Pieces: 0.5 oz.	70	0	5	6.0
Toppings & Ingredients	Cracker Barrel	Sour Cream: 1 oz.	60	1	1	5.0
Toppings & Ingredients	Cracker Barrel	BBQ: 2 oz.	80	18	0	1.0
Toppings & Ingredients	Cracker Barrel	Cocktail Sauce: 1 oz.	35	8	0	0.0
Toppings & Ingredients	Cracker Barrel	Cranberry Sauce: 1 oz.	45	11	0	0.0
Toppings & Ingredients	Cracker Barrel	Tartar Sauce: 1 oz.	140	2	0	14.0
Entrees	Cracker Barrel	Mmmm Mac n' Cheese	540	45	19	31.0
Beverages	Cracker Barrel	Apple Juice	100	26	0	0.0
Beverages	Cracker Barrel	Skim Milk	90	13	8	0.0
Beverages	Cracker Barrel	Whole Milk	150	12	8	8.0
Beverages	Cracker Barrel	Reduced Fat Milk	130	12	8	5.0
Beverages	Cracker Barrel	Chocolate Milk	230	30	9	9.0
Beverages	Cracker Barrel	Unsweet Iced Tea	0	1	0	0.0
Beverages	Cracker Barrel	Diet Coke	0	0	0	0.0
Beverages	Cracker Barrel	Coca-Cola Classic	140	39	0	0.0
Beverages	Cracker Barrel	Mello Yello	170	47	0	0.0
Beverages	Cracker Barrel	Sprite	170	43	0	0.0
Beverages	Cracker Barrel	Coffee	0	0	0	0.0
Beverages	Cracker Barrel	Plain Latte, Iced	90	8	6	3.5
Beverages	Cracker Barrel	Plain Latte, Hot	140	13	9	5.0
Beverages	Cracker Barrel	Vanilla Latte, Iced	190	28	5	6.0
Beverages	Cracker Barrel	Vanilla Latte, Hot	230	32	7	8.0
Beverages	Cracker Barrel	Caramel Latte, Iced	210	31	5	6.0

Beverages	Cracker Barrel	Caramel Latte, Hot	250	35	7	8.0
Beverages	Cracker Barrel	Mocha, Iced	260	43	6	7.0
Beverages	Cracker Barrel	Mocha, Hot	310	47	9	9.0
Beverages	Cracker Barrel	Apple Juice	210	51	0	0.0
Beverages	Cracker Barrel	Reduced Fat Milk	260	24	16	10.0
Beverages	Cracker Barrel	Whole Milk	300	24	16	16.0
Beverages	Cracker Barrel	Chocolate Milk	460	61	17	17.0
Beverages	Cracker Barrel	Hot Tea	0	0	0	0.0
Beverages	Cracker Barrel	Lemonade	230	55	2	0.0
Beverages	Cracker Barrel	Stewart's Root Beer	210	55	0	0.0
Beverages	Cracker Barrel	Diet Coke	0	0	0	0.0
Beverages	Cracker Barrel	Coca-Cola Classic	190	52	0	0.0
Beverages	Cracker Barrel	Mello Yello	230	63	0	0.0
Beverages	Cracker Barrel	Sprite	220	58	0	0.0
Beverages	Cracker Barrel	Hot Chocolate: with chocolate whipped cream	380	64	9	11.0
Desserts	Cracker Barrel	Peach Cobbler: with one scoop ice cream	490	72	5	20.0
Desserts	Cracker Barrel	Double Fudge Coca-Cola Cake: with one scoop ice cream	790	115	9	33.0
Entrees	Cracker Barrel	Cracker Barrel Sampler: Chicken n' Dumplins and Meatloaf	860	58	63	41.0
Entrees	Cracker Barrel	Grilled Chicken Tenders	270	5	48	7.0
Appetizers & Sides	Cracker Barrel	Hashbrown Casserole Tots	280	28	5	17.0
Toppings & Ingredients	Cracker Barrel	100% Pure Natural Syrup	110	29	0	0.0
Sandwiches	Cracker Barrel	Smoked Sausage n' Biscuit	280	24	10	16.0
Sandwiches	Cracker Barrel	Bacon n' Biscuit	230	23	8	12.0
Appetizers & Sides	Cracker Barrel	Loaded Hashbrown Casserole Tots	610	42	19	40.0
Appetizers & Sides	Cracker Barrel	Loaded Baked Sweet Potato	620	96	6	25.0
Entrees	Cracker Barrel	Monday, Chicken n' Dumplins	450	52	40	9.0
Appetizers & Sides	Cracker Barrel	Bacon Macaroni n' Cheese	380	28	13	24.0
Appetizers & Sides	Cracker Barrel	Pinto Beans	140	21	10	2.0
Appetizers & Sides	Cracker Barrel	Turnip Greens	100	6	10	4.0
Entrees	Cracker Barrel	Chicken Pot Pie	960	82	35	55.0
Appetizers & Sides	Cracker Barrel	One Buttermilk Biscuit	160	23	3	6.0
Desserts	Cracker Barrel	Biscuit Beignets	490	56	7	26.0
Toppings & Ingredients	Cracker Barrel	Butter Pecan Sauce	210	37	0	7.0
Entrees	Cracker Barrel	Tuesday, Meatloaf	520	17	35	35.0
Entrees	Cracker Barrel	Saturday, Southern Fried Pork Chops	1040	43	53	72.0

Entrees	Cracker Barrel	Sunday, Pot Roast Supper	550	40	52	20.0
Entrees	Cracker Barrel	Hand-breaded Fried Chicken Tenders	600	26	57	30.0
Toppings & Ingredients	Cracker Barrel	Dill Pickle Ranch	250	2	2	27.0
Entrees	Cracker Barrel	Maple Bacon Grilled Chicken	850	35	82	43.0
Toppings & Ingredients	Cracker Barrel	Smothered with Sautéed Onions and Gravy	50	8	2	1.5
Appetizers & Sides	Cracker Barrel	Steak Fries	340	51	5	13.0
Appetizers & Sides	Cracker Barrel	Loaded Baked Potato	520	28	15	39.0
Toppings & Ingredients	Cracker Barrel	Sunday Homestyle Chicken Breast	850	52	53	47.0
Soup	Cracker Barrel	Pot Roast Soup, Cup	100	8	7	5.0
Soup	Cracker Barrel	Pot Roast Soup, Bowl	200	17	13	10.0
Toppings & Ingredients	Cracker Barrel	Dill Pickle Ranch	320	2	2	34.0
Appetizers & Sides	Cracker Barrel	Combread: each	210	24	5	11.0
Entrees	Cracker Barrel	Mini Confetti Pancakes	350	64	5	8.0
Entrees	Cracker Barrel	Mini Pancakes	320	58	5	8.0
Toppings & Ingredients	Cracker Barrel	One Scrambled egg	70	1	6	7.0
Entrees	Cracker Barrel	Cereal: Fruity Cereal	170	38	1	10.0
Appetizers & Sides	Cracker Barrel	Kid's Milk Straw	20	4	0	0.0
Burgers	Cracker Barrel	Lil' Barrel Cheeseburgers: two mini cheeseburgers	580	37	34	33.0
Entrees	Cracker Barrel	Grilled Cheese Sandwich	480	43	14	28.0
Entrees	Cracker Barrel	Crispy Rockin' Shrimp: fried shrimp, hushpuppy, cocktail sauce, and steak fries	710	91	20	29.0
Beverages	Cracker Barrel	Sweet Iced Tea	100	26	0	0.0
Beverages	Cracker Barrel	Peach Iced Tea	240	59	0	0.0
Beverages	Cracker Barrel	Coca-Cola Zero Sugar	0	0	0	0.0
Beverages	Cracker Barrel	Coca-Cola Cherry	210	58	0	0.0
Beverages	Cracker Barrel	Coca-Cola Zero Sugar	0	0	0	0.0
Beverages	Cracker Barrel	Coca-Cola Cherry	280	77	0	0.0
Beverages	Cracker Barrel	Seagram's Ginger Ale	170	43	0	0.0
Toppings & Ingredients	Cracker Barrel	Biscuits n' Gravy	560	63	14	28.0
Toppings & Ingredients	Cracker Barrel	Sunday Homestyle Chicken with Sawmill Gravy	610	38	38	34.0
Toppings & Ingredients	Cracker Barrel	Sugar Cured Ham (8 oz.)	440	2	36	29.0
Entrees	Cracker Barrel	Build Your Own Homestyle Breakfast : two eggs	150	2	14	10.0

		Meat Sampling with Sugar Cured				
Toppings & Ingredients	Cracker Barrel	Ham	280	3	23	19.0
Toppings & Ingredients	Cracker Barrel	Meat Sampling with Country Ham	320	4	28	22.0
Toppings & Ingredients	Cracker Barrel	Fried Sunday Homestyle Chicken	530	32	36	29.0
Entrees	Cracker Barrel	Grilled Chicken Tenders	140	2	24	3.5
Toppings & Ingredients	Cracker Barrel	Spicy Chicken Sausage	220	2	21	15.0
Toppings & Ingredients	Cracker Barrel	Impossible Sausage Made from Plants	210	9	12	14.0
Entrees	Cracker Barrel	Stuffed Cheesecake Pancake Breakfast: two eggs, two pancakes, cream cheese filling, seasonal fruit, powdered sugar, and strawberry syrup	1250	152	27	54.0
Entrees	Cracker Barrel	Grandma's Sampler: two eggs	150	2	14	10.0
Toppings & Ingredients	Cracker Barrel	Pancakes: 2 each	530	74	6	23.0
Toppings & Ingredients	Cracker Barrel	French Toast: 4 halves	670	54	12	47.0
Entrees	Cracker Barrel	French Toast: eight halves with butter	990	105	25	55.0
Toppings & Ingredients	Cracker Barrel	Strawberry Syrup	180	44	0	0.0
Toppings & Ingredients	Cracker Barrel	Fresh Strawberries	25	7	1	0.0
Toppings & Ingredients	Cracker Barrel	Chocolate Whipped Cream	50	7	0	3.5
Entrees	Cracker Barrel	Sugar Cured Ham Sampler (2 oz.)	90	2	12	3.5
Entrees	Cracker Barrel	Country Ham Sampler (2 oz.)	140	3	16	6.0
Sandwiches	Cracker Barrel	Sugar Cured Ham Biscuit	250	25	15	10.0
Sandwiches	Cracker Barrel	Impossible Made From Plants Sausage Biscuit	260	27	9	13.0
Toppings & Ingredients	Cracker Barrel	American Cheese: two slices	140	1	7	12.0
Toppings & Ingredients	Cracker Barrel	Tomato Slices	5	1	0	0.0
Appetizers & Sides	Cracker Barrel	Two Buttermilk Pancakes: with one scoop whipped butter	530	74	6	23.0
Toppings & Ingredients	Cracker Barrel	Sawmill Gravy: 6 oz.	240	18	7	16.0
Toppings & Ingredients	Cracker Barrel	Sawmill Gravy: 10 oz.	400	30	12	26.0
Entrees	Cracker Barrel	Cod Fillets: 4 pieces with tartar sauce	730	70	45	29.0
Entrees	Cracker Barrel	Country Ham (8 oz.)	540	12	66	26.0
Toppings & Ingredients	Cracker Barrel	Country Fried Shrimp: half portion	320	34	14	14.0
Toppings & Ingredients	Cracker Barrel	Hand-breaded Chicken Tenders: half portion	300	13	29	15.0
Toppings & Ingredients	Cracker Barrel	Grilled Chicken Tenders: half portion	140	2	24	3.5
Entrees	Cracker Barrel	Sweet n' Smoky Glazed Tenders: 6 tenders tossed with Maple Bacon Glaze	850	56	67	42.0
Entrees	Cracker Barrel	Lemon Pepper Grilled Rainbow Trout: 2 fillets	330	6	43	14.0
Appetizers & Sides	Cracker Barrel	Country Green Beans	60	7	1	3.0
Appetizers & Sides	Cracker Barrel	Sweet Whole Baby Carrots	90	18	1	1.0
Appetizers & Sides	Cracker Barrel	Whole Kernel Corn	180	26	3	8.0
Appetizers & Sides	Cracker Barrel	Loaded Mashed Potatoes	320	25	11	20.0

Sandwiches	Cracker Barrel	Smoky Southern Grilled Chicken Breast	800	77	48	33.0
Entrees	Cracker Barrel	Tuesday, Meatloaf	460	33	35	27.0
Appetizers & Sides	Cracker Barrel	Crackers: 2 packs	70	12	0	2.0
Entrees	Cracker Barrel	Grilled Chicken Tenderloins: three tenders	140	2	24	3.5
Entrees	Cracker Barrel	Fried Chicken Tenderloins: three tenders	300	13	29	15.0
Beverages	Cracker Barrel	100% Premium Orange	110	26	2	0.0
Beverages	Cracker Barrel	Peach Tea	210	51	0	0.0
Beverages	Cracker Barrel	Southern Half n' Half	100	24	1	0.0
Beverages	Cracker Barrel	Seagram's Ginger Ale	120	32	0	0.0
Beverages	Cracker Barrel	100% Premium Orange Juice	220	52	4	0.0
Beverages	Cracker Barrel	Skim Milk	180	26	16	0.0
Beverages	Cracker Barrel	Sweet Iced Tea	130	34	0	0.0
Beverages	Cracker Barrel	Southern Half n' Half	200	48	1	0.0
Beverages	Cracker Barrel	Bud Light	100	5	1	0.0
Beverages	Cracker Barrel	Miller Lite	100	3	1	0.0
Beverages	Cracker Barrel	Michelob Ultra	100	3	1	0.0
Beverages	Cracker Barrel	Pabst Blue Ribbon	150	12	1	0.0
Beverages	Cracker Barrel	Budweiser	150	11	1	0.0
Beverages	Cracker Barrel	Blue Moon	170	14	1	0.0
Beverages	Cracker Barrel	Gambino Sparkling Wine: 187 mL bottle	120	2	1	0.0
Beverages	Cracker Barrel	Roscato Moscato: 250 mL can	200	0	0	0.0
Beverages	Cracker Barrel	Beso Del Sol Sangria: 5 fl. oz.	140	12	0	0.0
Beverages	Cracker Barrel	Sutter Home Chardonnay: 187 mL bottle	150	5	0	0.0
Beverages	Cracker Barrel	Roscato Sweet Red: 250 mL can	200	0	0	0.0
Beverages	Cracker Barrel	Orange Mimosa	150	8	1	0.0
Beverages	Cracker Barrel	Strawberry Mimosa	260	38	1	0.0
Beverages	Cracker Barrel	Peach Mimosa	240	30	1	0.0
Beverages	Cracker Barrel	Beso Del Sol Sangria: 5 fl. oz.	140	12	0	0.0
Burgers	Culver's	ButterBurger The Original, Double	560	38	34	30.0
Burgers	Culver's	ButterBurger The Original, Single	390	38	20	17.0
Burgers	Culver's	ButterBurger The Original, Triple	730	38	48	43.0
Burgers	Culver's	ButterBurger Cheese, Double	700	40	40	42.0
Burgers	Culver's	ButterBurger Cheese, Single	460	39	23	23.0
Burgers	Culver's	ButterBurger Cheese, Triple	940	41	57	61.0
Burgers	Culver's	Mushroom & Swiss Butterburger, Double	780	42	47	47.0

Burgers	Culver's	Mushroom & Swiss Butterburger, Single	500	40	23	26.0
Burgers	Culver's	Mushroom & Swiss Butterburger, Triple	1060	44	68	68.0
Burgers	Culver's	Sourdough Melt, Double	740	42	45	45.0
Burgers	Culver's	Sourdough Melt, Single	490	42	26	25.0
Burgers	Culver's	Sourdough Melt, Triple	1010	47	64	65.0
Burgers	Culver's	The Culver's Bacon Deluxe, Double	850	41	43	56.0
Burgers	Culver's	The Culver's Bacon Deluxe, Single	610	40	26	38.0
Burgers	Culver's	The Culver's Bacon Deluxe, Triple	1090	42	60	76.0
Burgers	Culver's	The Culver's Deluxe, Double	810	42	40	53.0
Burgers	Culver's	The Culver's Deluxe, Single	570	41	23	34.0
Burgers	Culver's	The Culver's Deluxe, Triple	1050	43	57	72.0
Burgers	Culver's	Wisconsin Swiss Melt, Double	720	40	47	43.0
Burgers	Culver's	Wisconsin Swiss Melt, Single	470	39	27	24.0
Burgers	Culver's	Wisconsin Swiss Melt, Triple	990	46	67	62.0
Sandwiches	Culver's	Crispy Chicken Sandwich	460	56	25	14.0
Sandwiches	Culver's	Grilled Chicken Sandwich	390	40	41	8.0
Sandwiches	Culver's	North Atlantic Cod Filet Sandwich	600	50	26	34.0
Entrees	Culver's	Corn Dog	240	23	6	14.0
Sandwiches	Culver's	Grilled Reuben Melt	660	43	37	38.0
Sandwiches	Culver's	Beef Pot Roast Sandwich	410	40	31	13.0
Sandwiches	Culver's	Grilled Cheese on Sourdough	360	39	13	17.0
Entrees	Culver's	4 Chicken Tenders, Original	540	42	40	24.0
Entrees	Culver's	2 Chicken Tenders, Original	270	21	20	12.0
Soup	Culver's	Boston Clam Chowder	260	27	12	11.0
Soup	Culver's	Broccoli Cheese	220	17	10	12.0
Soup	Culver's	Chicken Noodle	100	15	6	2.0
Soup	Culver's	Potato w/ Bacon	240	28	9	10.0
Soup	Culver's	Stuffed Green Pepper	140	24	5	2.0
Soup	Culver's	Tomato Florentine	110	22	4	1.0
Soup	Culver's	Vegetable Beef Soup	160	22	8	4.0
Soup	Culver's	Wild and Brown Rice w/ Chicken	270	26	10	14.0
Soup	Culver's	George's Chili Supreme	385	27	20	20.0
Fried Potatoes	Culver's	Chili Cheddar Fries	690	80	19	32.0
Fried Potatoes	Culver's	Crinkle Cut Fries, Small	240	35	4	9.0
Fried Potatoes	Culver's	Crinkle Cut Fries, Large	460	68	7	18.0

Salads	Culver's	Chicken Cashew Salad w/ Grilled Chicken	450	13	46	24.0
Salads	Culver's	Side Salad	50	5	2	2.0
Appetizers & Sides	Culver's	Wisconsin Cheese Curds	510	51	20	25.0
Appetizers & Sides	Culver's	Onion Rings	400	44	6	22.0
Toppings & Ingredients	Culver's	Ranch Dressing	180	2	1	19.0
Toppings & Ingredients	Culver's	Honey Mustard Dressing	130	20	0	6.0
Toppings & Ingredients	Culver's	Horseradish Sauce	60	2	0	6.0
Toppings & Ingredients	Culver's	Shrimp Cocktail Sauce	50	12	1	0.0
Entrees	Culver's	2 Piece North Atlantic Cod Dinner	920	42	37	68.0
Entrees	Culver's	3 Piece North Atlantic Cod Dinner	1130	51	53	80.0
Entrees	Culver's	Beef Pot Roast Dinner	490	46	32	16.0
Entrees	Culver's	Chopped Steak Dinner	600	32	33	36.0
Salads	Culver's	Cranberry Bacon Bleu Salad w/ Grilled Chicken	360	14	44	14.0
Salads	Culver's	Garden Fresco Salad w/ Grilled Chicken	350	15	44	14.0
Entrees	Culver's	10 Piece Butterfly Jumbo Shrimp Dinner	750	83	25	34.0
Entrees	Culver's	6 Piece Butterfly Jumbo Shrimp Dinner	530	63	17	22.0
Appetizers & Sides	Culver's	Coleslaw, Large	600	44	3	48.0
Appetizers & Sides	Culver's	Mashed Potatoes & Gravy, Large	400	72	10	8.0
Desserts	Culver's	Banana Split, 2 Scoop	1090	122	15	61.0
Desserts	Culver's	Banana Split, 3 Scoop	1380	166	19	74.0
Desserts	Culver's	Caramel Cashew, 1 Scoop	600	67	10	33.0
Desserts	Culver's	Caramel Cashew, 2 Scoop	1000	121	16	52.0
Desserts	Culver's	Caramel Cashew, 3 Scoop	1150	137	19	62.0
Desserts	Culver's	Chocolate Cake Cone, 1 Scoop	300	40	6	14.0
Desserts	Culver's	Chocolate Cake Cone, 2 Scoop	560	73	11	28.0
Desserts	Culver's	Chocolate Cake Cone, 3 Scoop	700	90	14	35.0
Desserts	Culver's	Chocolate, Dish, 1 Scoop	280	35	6	14.0
Desserts	Culver's	Chocolate, Dish, 2 Scoop	540	68	11	28.0
Desserts	Culver's	Chocolate, Dish, 3 Scoop	680	85	14	35.0
Desserts	Culver's	Chocolate, Waffle Cone, 1 Scoop	390	60	8	14.0
Desserts	Culver's	Chocolate, Waffle Cone, 2 Scoop	650	93	13	28.0
Desserts	Culver's	Chocolate, Waffle Cone, 3 Scoop	790	110	16	36.0
Beverages	Culver's	Mint Concrete Mixer made w/ Oreo, Medium	960	116	14	50.0
Beverages	Culver's	Mint Concrete Mixer made w/ Oreo, Mini	470	57	7	24.0
Beverages	Culver's	Mint Concrete Mixer made w/ Oreo, Small	750	85	12	41.0



Beverages	Culver's	Mint Concrete Mixer made w/ Oreo, Large	1410	170	20	72.0
Desserts	Culver's	Turtle Sundae, 1 Scoop	640	60	8	41.0
Desserts	Culver's	Turtle Sundae, 2 Scoop	1040	111	14	61.0
Desserts	Culver's	Turtle Sundae, 3 Scoop	1190	127	17	71.0
Desserts	Culver's	Vanilla Cake Cone, 1 Scoop	330	36	5	18.0
Desserts	Culver's	Vanilla Cake Cone, 2 Scoop	610	64	10	35.0
Desserts	Culver's	Vanilla Cake Cone, 3 Scoop	760	80	13	45.0
Desserts	Culver's	Vanilla, Dish, 2 Scoop	590	59	10	35.0
Desserts	Culver's	Vanilla, Dish, 3 Scoop	740	75	13	45.0
Beverages	Culver's	Chocolate Malt, Small	650	80	10	32.0
Beverages	Culver's	Chocolate Malt, Medium	850	114	12	38.0
Beverages	Culver's	Chocolate Malt, Large	1130	156	17	49.0
Beverages	Culver's	Chocolate Shake, Small	630	76	10	32.0
Beverages	Culver's	Chocolate Shake, Medium	820	108	12	38.0
Beverages	Culver's	Chocolate Shake, Large	1080	147	16	49.0
Beverages	Culver's	Culver's Root Beer Float, Small	400	61	5	17.0
Beverages	Culver's	Culver's Root Beer Float, Medium	440	72	5	17.0
Beverages	Culver's	Culver's Root Beer Float, Large	530	91	6	18.0
Beverages	Culver's	Vanilla Malt, Small	600	62	12	35.0
Beverages	Culver's	Vanilla Malt, Medium	760	79	15	44.0
Beverages	Culver's	Vanilla Malt, Large	1240	128	25	72.0
Beverages	Culver's	Vanilla Shake, Small	580	58	12	35.0
Beverages	Culver's	Vanilla Shake, Medium	730	73	15	44.0
Beverages	Culver's	Vanilla Shake, Large	1190	119	24	71.0
Soup	Culver's	George's Chili	300	26	17	13.0
Toppings & Ingredients	Culver's	Chocolate Syrup	90	22	0	0.0
Toppings & Ingredients	Culver's	Hot Caramel	120	26	1	2.0
Toppings & Ingredients	Culver's	Hot Fudge	120	21	1	4.0
Toppings & Ingredients	Culver's	Ketchup Packet, Dip & Squeeze	30	8	0	0.0
Toppings & Ingredients	Culver's	Cashew	160	8	4	13.0
Appetizers & Sides	Culver's	Mashed Potatoes	110	23	4	0.0
Toppings & Ingredients	Culver's	Chocolate Chip Cookie Dough	120	18	1	5.0
Toppings & Ingredients	Culver's	Oreo Cookie Crumbs	90	14	1	4.0
Desserts	Culver's	Vanilla, Waffle Cone, 1 Scoop	420	56	7	18.0
Desserts	Culver's	Vanilla, Waffle Cone, 2 Scoop	700	84	12	36.0

Desserts	Culver's	Vanilla, Waffle Cone, 3 Scoop	850	100	15	46.0
Toppings & Ingredients	Culver's	Reese's Peanut Butter Cups	140	16	3	8.0
Desserts	Culver's	Vanilla Concrete Mixer made w/ Cookie Dough, Small	770	83	12	44.0
Desserts	Culver's	Vanilla Concrete Mixer made w/ Cookie Dough, Medium	1010	113	15	56.0
Desserts	Culver's	Vanilla Concrete Mixer made w/ Cookie Dough, Large	1480	166	22	82.0
Desserts	Culver's	Vanilla Concrete Mixer made w/ Cookie Dough, Mini	490	55	7	27.0
Appetizers & Sides	Culver's	Mott's Applesauce	50	12	0	0.0
Beverages	Culver's	Fresh Brewed Tea, Medium	0	0	0	0.0
Beverages	Culver's	Tropicana Light Lemonade, Medium	10	0	0	0.0
Beverages	Culver's	Fresh Brewed Tea, Small	0	0	0	0.0
Beverages	Culver's	Fresh Brewed Tea, Large	0	0	0	0.0
Beverages	Culver's	Tropicana Light Lemonade, Small	10	0	0	0.0
Beverages	Culver's	Tropicana Light Lemonade, Large	15	1	0	0.0
Beverages	Culver's	Fresh Brewed Sweet Tea, Medium	180	46	0	0.0
Beverages	Culver's	Fresh Brewed Sweet Tea, Small	130	33	0	0.0
Beverages	Culver's	Fresh Brewed Sweet Tea, Large	260	67	0	0.0
Beverages	Culver's	Culver's Root Beer, Medium	300	81	0	0.0
Beverages	Culver's	Culver's Root Beer, Small	220	59	0	0.0
Beverages	Culver's	Culver's Root Beer, Large	430	118	0	0.0
Beverages	Culver's	Wild Cherry Pepsi, Medium	280	77	0	0.0
Beverages	Culver's	Wild Cherry Pepsi, Small	210	56	0	0.0
Beverages	Culver's	Wild Cherry Pepsi, Large	410	115	0	0.0
Beverages	Culver's	1% Low Fat Chocolate Milk	160	27	8	2.0
Beverages	Culver's	Mountain Dew, Medium	300	80	0	0.0
Beverages	Culver's	Mountain Dew, Small	220	59	0	0.0
Beverages	Culver's	Mountain Dew, Large	430	117	0	0.0
Beverages	Culver's	Diet Pepsi, Medium	0	0	0	0.0
Beverages	Culver's	Dr Pepper, Medium	260	72	0	0.0
Beverages	Culver's	Diet Pepsi, Small	0	0	0	0.0
Beverages	Culver's	Diet Pepsi, Large	0	0	0	0.0
Beverages	Culver's	Pepsi, Medium	280	76	0	0.0
Beverages	Culver's	Pepsi, Small	200	55	0	0.0
Beverages	Culver's	Pepsi, Large	410	110	0	0.0
Desserts	Culver's	Chocolate Concrete Mixer made w/ Reese's, Medium	980	116	19	51.0
Desserts	Culver's	Chocolate Concrete Mixer made w/ Reese's, Small	730	87	14	38.0

Desserts	Culver's	Chocolate Concrete Mixer made w/ Reese's, Large	1440	170	28	75.0
Desserts	Culver's	Chocolate Concrete Mixer made w/ Reese's, Mini	480	57	9	25.0
Desserts	Culver's	Vanilla Concrete Mixer made w/ Reese's, Small	790	81	14	47.0
Desserts	Culver's	Vanilla Concrete Mixer made w/ Reese's, Medium	1050	109	19	62.0
Desserts	Culver's	Vanilla Concrete Mixer made w/ Reese's, Large	1540	160	28	91.0
Desserts	Culver's	Vanilla Concrete Mixer made w/ Reese's, Mini	510	53	9	30.0
Beverages	Culver's	Lemon Ice Cooler, Medium	350	87	0	0.0
Beverages	Culver's	Lemon Ice Cooler, Small	240	59	0	0.0
Beverages	Culver's	Lemon Ice Cooler, Large	460	112	0	0.0
Desserts	Culver's	Lemon Ice, 2 Scoop	270	67	0	0.0
Desserts	Culver's	Lemon Ice, 3 Scoop	360	88	0	0.0
Desserts	Culver's	Lemon Ice, 1 Scoop	200	49	0	0.0
Toppings & Ingredients	Culver's	Brownie Pieces	110	17	2	5.0
Toppings & Ingredients	Culver's	Snickers Candy Bar Pieces	130	17	2	6.0
Toppings & Ingredients	Culver's	M&M Minis	140	20	2	6.0
Toppings & Ingredients	Culver's	Salted Caramel	120	25	1	2.0
Toppings & Ingredients	Culver's	Andres Crème de Menthe Thins	120	12	1	7.0
Toppings & Ingredients	Culver's	Sprinkles, Blue and White	100	21	0	2.0
Toppings & Ingredients	Culver's	Heath Toffee Chunks	150	17	1	9.0
Toppings & Ingredients	Culver's	Mango Fruit Infusion	60	16	0	0.0
Toppings & Ingredients	Culver's	Marshmallow Crème	100	26	0	0.0
Toppings & Ingredients	Culver's	Malt Vinegar	9	0	0	0.0
Toppings & Ingredients	Culver's	Peanut Butter	200	7	7	18.0
Toppings & Ingredients	Culver's	Butterfinger	140	20	3	6.0
Toppings & Ingredients	Culver's	Pecan Halves	200	3	2	20.0
Toppings & Ingredients	Culver's	Blackberries	40	10	0	0.0
Toppings & Ingredients	Culver's	Blueberries	40	10	0	0.0
Toppings & Ingredients	Culver's	Peaches	35	9	0	0.0
Beverages	Culver's	Lemon Ice Smoothie, Medium	480	85	4	14.0
Beverages	Culver's	Lemon Ice Smoothie, Small	390	64	4	13.0
Beverages	Culver's	Lemon Ice Smoothie, Large	580	110	4	13.0
Beverages	Culver's	Strawberry Shake, Small	590	66	10	32.0
Beverages	Culver's	Strawberry Shake, Medium	730	86	12	38.0
Beverages	Culver's	Strawberry Shake, Large	950	114	16	49.0
Beverages	Culver's	Mint Shake, Small	640	79	10	32.0

Beverages	Culver's	Mint Shake, Medium	840	114	12	38.0
Beverages	Culver's	Mint Shake, Large	1110	156	16	49.0
Beverages	Culver's	Strawberry Malt, Small	600	68	10	32.0
Beverages	Culver's	Strawberry Malt, Medium	760	92	12	38.0
Beverages	Culver's	Strawberry Malt, Large	1000	124	17	49.0
Desserts	Culver's	Vanilla Concrete Mixer made w/ Oreo, Mini	460	51	7	26.0
Desserts	Culver's	Vanilla Concrete Mixer made w/ Oreo, Small	740	79	12	42.0
Desserts	Culver's	Vanilla Concrete Mixer made w/ Oreo, Medium	950	105	15	53.0
Desserts	Culver's	Vanilla Concrete Mixer made w/ Oreo, Large	1390	154	22	78.0
Desserts	Culver's	Chocolate Concrete Mixer made w/ Oreo, Mini	430	55	7	20.0
Desserts	Culver's	Chocolate Concrete Mixer made w/ Oreo, Small	680	85	12	33.0
Desserts	Culver's	Chocolate Concrete Mixer made w/ Oreo, Medium	880	112	15	42.0
Desserts	Culver's	Chocolate Concrete Mixer made w/ Oreo, Large	1290	164	22	62.0
Beverages	Culver's	Salted Caramel Concrete Mixer made w/ Cookie Dough, Mini	610	84	8	27.0
Beverages	Culver's	Salted Caramel Concrete Mixer made w/ Cookie Dough, Small	890	112	13	44.0
Beverages	Culver's	Salted Caramel Concrete Mixer made w/ Cookie Dough, Medium	1130	145	16	54.0
Beverages	Culver's	Salted Caramel Concrete Mixer made w/ Cookie Dough, Large	1600	202	23	78.0
Toppings & Ingredients	Culver's	Mayonnaise Packet	80	1	0	8.0
Toppings & Ingredients	Culver's	Crème de Menthe	100	25	0	0.0
Toppings & Ingredients	Culver's	Bananas	50	12	1	0.0
Toppings & Ingredients	Culver's	Whipped Topping	15	1	0	1.0
Toppings & Ingredients	Culver's	Raspberries	40	9	0	0.0
Desserts	Culver's	Vanilla, Dish, 1 Scoop	310	31	5	18.0
Beverages	Culver's	1% Milk	110	13	8	2.0
Toppings & Ingredients	Culver's	Wild Cherries	80	19	0	0.0
Appetizers & Sides	Culver's	Wisconsin Cheese Curds, Large	1020	102	40	50.0
Appetizers & Sides	Culver's	Onion Rings, Large	800	88	12	44.0
Toppings & Ingredients	Culver's	Wisconsin Cheddar Cheese Sauce	130	3	6	10.0
Sandwiches	Culver's	Spicy Crispy Chicken Sandwich	490	57	25	17.0
Appetizers & Sides	Culver's	Steamed Broccoli	40	7	3	0.0
Baked Goods	Culver's	Dinner Roll & Butter Packet	150	21	4	4.0
Baked Goods	Culver's	Hoagie Bun, Buttered	225	39	7	5.0
Baked Goods	Culver's	Rye Bread, Buttered	200	33	7	5.0
Baked Goods	Culver's	Sourdough Bread, Buttered	220	37	7	5.0
Toppings & Ingredients	Culver's	Yellow Mustard Packet	0	0	0	0.0

Beverages	Culver's	Bottled Water	0	0	0	0.0
Beverages	Culver's	Coffee	0	0	0	0.0
Beverages	Culver's	Culver's Diet Root Beer, Small	0	0	0	0.0
Beverages	Culver's	Culver's Diet Root Beer, Medium	0	0	0	0.0
Beverages	Culver's	Culver's Diet Root Beer, Large	0	0	0	0.0
Beverages	Culver's	Diet Dr Pepper, Small	0	0	0	0.0
Beverages	Culver's	Diet Dr Pepper, Medium	0	0	0	0.0
Beverages	Culver's	Diet Dr Pepper, Large	0	0	0	0.0
Beverages	Culver's	Diet Mountain Dew, Small	5	1	0	0.0
Beverages	Culver's	Diet Mountain Dew, Medium	10	1	0	0.0
Beverages	Culver's	Diet Mountain Dew, Large	15	1	0	0.0
Beverages	Culver's	Dr Pepper, Small	190	52	0	0.0
Beverages	Culver's	Dr Pepper, Large	380	104	0	0.0
Beverages	Culver's	Mott's Apple Juice	100	24	0	0.0
Beverages	Culver's	Sierra Mist, Small	200	54	0	0.0
Beverages	Culver's	Sierra Mist, Medium	280	74	0	0.0
Beverages	Culver's	Sierra Mist, Large	410	108	0	0.0
Beverages	Culver's	Tropicana Fruit Punch, Small	230	60	0	0.0
Beverages	Culver's	Tropicana Fruit Punch, Medium	310	83	0	0.0
Beverages	Culver's	Tropicana Fruit Punch, Large	450	120	0	0.0
Toppings & Ingredients	Culver's	American Cheese Slice	70	5	3	6.0
Toppings & Ingredients	Culver's	Bacon	45	7	3	4.0
Toppings & Ingredients	Culver's	Cheddar Cheese Slice	160	0	10	14.0
Toppings & Ingredients	Culver's	Swiss Cheese Slice	160	2	12	12.0
Beverages	Culver's	Salted Caramel Concrete Mixer made w/ Reese's, Medium	1150	143	18	57.0
Beverages	Culver's	Salted Caramel Concrete Mixer made w/ Reese's, Small	900	110	14	45.0
Beverages	Culver's	Salted Caramel Concrete Mixer made w/ Reese's, Mini	620	82	9	28.0
Beverages	Culver's	Salted Caramel Concrete Mixer made w/ Reese's, Large	1630	198	26	83.0
Beverages	Culver's	Salted Caramel Concrete Mixer made w/ Brownie, Mini	605	83	8	27.0
Toppings & Ingredients	Culver's	Tartar Sauce	360	3	1	39.0
Desserts	Culver's	Vanilla Concrete Mixer made w/ Heath, Small	800	82	12	48.0
Desserts	Culver's	Vanilla Concrete Mixer made w/ Heath, Mini	520	54	7	31.0
Desserts	Culver's	Vanilla Concrete Mixer made w/ Heath, Medium	1070	111	15	64.0
Desserts	Culver's	Vanilla Concrete Mixer made w/ Heath, Large	1570	163	22	94.0
Beverages	Culver's	Salted Caramel Concrete Mixer made w/ Brownie, Small	590	111	14	44.0

Beverages	Culver's	Salted Caramel Concrete Mixer made w/ Brownie, Medium	1120	144	17	54.0
Beverages	Culver's	Salted Caramel Concrete Mixer made w/ Brownie, Large	1590	200	24	78.0
Baked Goods	Culver's	Kaiser Bun, Buttered	220	38	6	4.0
Beverages	Culver's	Fresh Brewed Sweet Tea, Medium (Southern)	270	68	0	0.0
Beverages	Culver's	Fresh Brewed Sweet Tea, Small (Southern)	190	50	0	0.0
Beverages	Culver's	Fresh Brewed Sweet Tea, Large (Southern)	390	100	0	0.0
Entrees	Culver's	6 Piece Butterfly Jumbo Shrimp Basket	380	42	13	18.0
Entrees	Culver's	10 Piece Butterfly Jumbo Shrimp Basket	600	62	21	30.0
Burgers	Culver's	Harvest Veggie Burger	590	72	19	25.0
Toppings & Ingredients	Culver's	Culver's Vinaigrette	130	3	0	13.0
Beverages	Culver's	Peanut Butter Shake, Small	740	61	17	50.0
Beverages	Culver's	Peanut Butter Shake, Medium	1040	78	26	74.0
Beverages	Culver's	Peanut Butter Shake, Large	1410	102	37	103.0
Desserts	Culver's	Vanilla Concrete Mixer made w/ Butterfinger, Mini	510	57	9	28.0
Desserts	Culver's	Vanilla Concrete Mixer made w/ Butterfinger, Small	790	85	14	44.0
Desserts	Culver's	Vanilla Concrete Mixer made w/ Butterfinger, Medium	1050	117	19	57.0
Desserts	Culver's	Vanilla Concrete Mixer made w/ Butterfinger, Large	1540	172	28	84.0
Toppings & Ingredients	Culver's	Dove Chocolate Pieces	120	13	1	7.0
Toppings & Ingredients	Culver's	Espresso	2	0	0	0.0
Toppings & Ingredients	Culver's	Granola Clusters	55	12	1	1.0
Toppings & Ingredients	Culver's	Maraschino Cherries	10	2	0	0.0
Toppings & Ingredients	Culver's	Strawberries	40	10	0	0.0
Toppings & Ingredients	Culver's	Sugar Cookies	140	20	1	6.0
Sandwiches	Culver's	Pork Loin Sandwich	630	72	18	25.0
Appetizers & Sides	Culver's	Coleslaw, Medium	200	15	1	16.0
Fried Potatoes	Culver's	Crinkle Cut Fries, Medium	360	53	6	14.0
Appetizers & Sides	Culver's	Mashed Potatoes & Gravy, Medium	130	25	4	1.0
Salads	Culver's	Strawberry Fields Salad w/ Grilled Chicken	390	9	40	22.0
Toppings & Ingredients	Culver's	Ken's Blue Cheese Dressing	200	2	1	21.0
Toppings & Ingredients	Culver's	Ken's Country French Dressing	190	13	0	15.0
Toppings & Ingredients	Culver's	Ken's Raspberry Vinaigrette Dressing	50	12	0	0.0
Baked Goods	Culver's	Rotella's Gluten Free Bun	210	40	5	0.0
Toppings & Ingredients	Culver's	Frank's RedHot Buffalo Dipping Sauce	5	1	0	0.0
Toppings & Ingredients	Culver's	Sweet Baby Ray's BBQ Sauce	110	28	1	0.0
Beverages	Culver's	Salted Caramel Shake, Small	660	79	11	34.0

Beverages	Culver's	Salted Caramel Shake, Medium	880	114	14	41.0
Beverages	Culver's	Salted Caramel Shake, Large	1170	156	19	53.0
Desserts	Culver's	Create Your Own Chocolate Custard Concrete Mixer, Mini	340	43	7	17.0
Desserts	Culver's	Create Your Own Chocolate Custard Concrete Mixer, Small	590	74	12	30.0
Desserts	Culver's	Create Your Own Chocolate Custard Concrete Mixer, Medium	700	88	15	36.0
Desserts	Culver's	Create Your Own Chocolate Custard Concrete Mixer, Large	1030	128	21	52.0
Desserts	Culver's	Create Your Own Vanilla Concrete Mixer, Mini	370	37	6	22.0
Desserts	Culver's	Create Your Own Vanilla Concrete Mixer, Small	650	65	11	39.0
Desserts	Culver's	Create Your Own Vanilla Concrete Mixer, Medium	770	77	13	46.0
Desserts	Culver's	Create Your Own Vanilla Concrete Mixer, Large	1120	112	19	67.0
Toppings & Ingredients	Culver's	Eli's Butter Cake Pieces	90	13	1	4.0
Toppings & Ingredients	Culver's	Eli's Cheesecake Pieces	100	11	1	6.0
Toppings & Ingredients	Culver's	Eli's Chocolate Cake Pieces	100	11	1	6.0
Desserts	Dairy Queen	Banana Split	520	94	9	14.0
Desserts	Dairy Queen	Butterfinger Blizzard - Large	970	142	24	34.0
Desserts	Dairy Queen	Butterfinger Blizzard - Medium	730	107	18	26.0
Desserts	Dairy Queen	Butterfinger Blizzard - Mini	350	52	9	12.0
Desserts	Dairy Queen	Butterfinger Blizzard - Small	520	76	13	18.0
Desserts	Dairy Queen	Chocolate Cone - Kids'	160	25	4	5.0
Desserts	Dairy Queen	Chocolate Cone - Large	480	73	12	15.0
Desserts	Dairy Queen	Chocolate Cone - Medium	340	52	8	10.0
Desserts	Dairy Queen	Chocolate Cone - Small	240	36	6	7.0
Desserts	Dairy Queen	Chocolate Chip Cookie Dough Blizzard -Large	1340	195	22	53.0
Desserts	Dairy Queen	Chocolate Chip Cookie Dough Blizzard - Medium	1030	151	17	41.0
Desserts	Dairy Queen	Chocolate Chip Cookie Dough Blizzard -Mini	420	61	8	16.0
Desserts	Dairy Queen	Chocolate Chip Cookie Dough Blizzard - Small	710	104	12	28.0
Desserts	Dairy Queen	Dipped Cone, Chocolate - Kids'	200	28	4	9.0
Desserts	Dairy Queen	Dipped Cone, Chocolate - Large	640	81	13	30.0
Desserts	Dairy Queen	Dipped Cone, Chocolate - Medium	460	58	9	22.0
Desserts	Dairy Queen	Dipped Cone, Chocolate - Small	320	40	6	15.0
Desserts	Dairy Queen	Caramel Sundae - Large	600	102	12	16.0
Desserts	Dairy Queen	Caramel Sundae - Medium	430	73	9	11.0
Desserts	Dairy Queen	Caramel Sundae - Small	300	50	6	8.0
Desserts	Dairy Queen	Chocolate Sundae - Large	560	97	12	14.0
Desserts	Dairy Queen	Chocolate Sundae - Medium	400	70	8	10.0

Desserts	Dairy Queen	Chocolate Sundae - Small	270	48	6	7.0
Desserts	Dairy Queen	Hot Fudge Sundae - Large	610	93	13	21.0
Desserts	Dairy Queen	Hot Fudge Sundae - Medium	430	66	9	15.0
Desserts	Dairy Queen	Hot Fudge Sundae - Small	300	46	6	10.0
Desserts	Dairy Queen	Pineapple Sundae - Large	480	77	12	14.0
Desserts	Dairy Queen	Pineapple Sundae - Medium	330	54	8	10.0
Desserts	Dairy Queen	Pineapple Sundae - Small	230	38	6	7.0
Desserts	Dairy Queen	Strawberry Sundae - Large	490	80	12	14.0
Desserts	Dairy Queen	Strawberry Sundae - Medium	340	56	8	10.0
Desserts	Dairy Queen	Strawberry Sundae - Small	240	39	6	7.0
Desserts	Dairy Queen	Heath Blizzard - Large	1150	159	20	50.0
Desserts	Dairy Queen	Heath Blizzard - Medium	860	119	16	37.0
Desserts	Dairy Queen	Heath Blizzard - Mini	370	53	8	15.0
Desserts	Dairy Queen	Heath Blizzard - Small	600	84	11	25.0
Desserts	Dairy Queen	OREO Cookie Blizzard - Large	1140	169	21	44.0
Desserts	Dairy Queen	OREO Cookie Blizzard - Medium	790	117	14	31.0
Desserts	Dairy Queen	OREO Cookie Blizzard - Small	620	91	12	24.0
Desserts	Dairy Queen	Peanut Buster Parfait	710	95	17	31.0
Desserts	Dairy Queen	Reese's Peanut Butter Cups Blizzard - Large	1000	136	25	42.0
Desserts	Dairy Queen	Reese's Peanut Butter Cups Blizzard - Medium	750	102	19	31.0
Desserts	Dairy Queen	Reese's Peanut Butter Cups Blizzard -Mini	360	50	9	14.0
Desserts	Dairy Queen	Reese's Peanut Butter Cups Blizzard -Small	570	79	15	23.0
Desserts	Dairy Queen	Peanut Butter Sundae - Large	780	79	18	44.0
Desserts	Dairy Queen	Peanut Butter Sundae - Medium	560	56	13	32.0
Desserts	Dairy Queen	Peanut Butter Sundae - Small	380	39	9	22.0
Desserts	Dairy Queen	Turtle Pecan Cluster Blizzard - Large	1370	165	24	71.0
Desserts	Dairy Queen	Turtle Pecan Cluster Blizzard - Medium	1020	123	18	52.0
Desserts	Dairy Queen	Turtle Pecan Cluster Blizzard - Mini	430	51	8	22.0
Desserts	Dairy Queen	Turtle Pecan Cluster Blizzard - Small	680	84	14	34.0
Desserts	Dairy Queen	Vanilla Cone - Kids'	160	25	4	4.5
Desserts	Dairy Queen	Vanilla Cone - Large	450	71	12	14.0
Desserts	Dairy Queen	Vanilla Cone - Medium	320	50	8	10.0
Desserts	Dairy Queen	Vanilla Cone - Small	220	34	6	7.0
Beverages	Dairy Queen	Banana Shake - Large	750	109	21	27.0
Beverages	Dairy Queen	Banana Shake - Medium	590	83	16	22.0



Beverages	Dairy Queen	Banana Shake - Small	470	64	13	19.0
Beverages	Dairy Queen	Caramel Shake - Large	980	154	22	31.0
Beverages	Dairy Queen	Caramel Shake - Medium	750	115	17	25.0
Beverages	Dairy Queen	Caramel Shake - Small	550	79	13	20.0
Beverages	Dairy Queen	Chocolate Shake - Large	920	147	21	28.0
Beverages	Dairy Queen	Chocolate Shake - Medium	710	110	16	23.0
Beverages	Dairy Queen	Chocolate Shake - Small	530	77	13	19.0
Beverages	Dairy Queen	Hot Fudge Shake - Large	990	140	23	38.0
Beverages	Dairy Queen	Hot Fudge Shake - Medium	750	105	17	30.0
Beverages	Dairy Queen	Hot Fudge Shake - Small	550	75	13	22.0
Beverages	Dairy Queen	Peanut Butter Shake - Large	1250	119	30	72.0
Beverages	Dairy Queen	Peanut Butter Shake - Medium	930	91	22	53.0
Beverages	Dairy Queen	Strawberry Shake - Large	800	120	21	27.0
Beverages	Dairy Queen	Strawberry Shake - Medium	630	92	16	23.0
Beverages	Dairy Queen	Peanut Butter Shake - Small	640	67	16	34.0
Beverages	Dairy Queen	Strawberry Shake - Small	490	68	13	19.0
Beverages	Dairy Queen	Vanilla Shake - Large	860	127	22	29.0
Beverages	Dairy Queen	Vanilla Shake - Medium	660	97	16	23.0
Beverages	Dairy Queen	Vanilla Shake - Small	520	73	13	19.0
Beverages	Dairy Queen	Caramel MooLatte - Large	780	135	13	21.0
Beverages	Dairy Queen	Caramel MooLatte - Medium	620	103	10	18.0
Beverages	Dairy Queen	Caramel MooLatte - Small	490	81	8	15.0
Beverages	Dairy Queen	Vanilla MooLatte - Large	700	121	12	19.0
Beverages	Dairy Queen	Vanilla MooLatte - Medium	560	93	9	17.0
Beverages	Dairy Queen	Vanilla MooLatte - Small	450	74	7	14.0
Beverages	Dairy Queen	Mocha MooLatte - Large	780	121	14	29.0
Beverages	Dairy Queen	Mocha MooLatte - Medium	620	94	11	23.0
Beverages	Dairy Queen	Mocha MooLatte - Small	500	76	9	18.0
Appetizers & Sides	Dairy Queen	Chicken Strips (2)	240	19	15	12.0
Beverages	Dairy Queen	Mango Pineapple Smoothie - Large	420	96	8	0.0
Beverages	Dairy Queen	Mango Pineapple Smoothie - Medium	330	77	6	0.0
Beverages	Dairy Queen	Mango Pineapple Smoothie - Small	250	59	4	0.0
Beverages	Dairy Queen	Strawberry Banana Smoothie - Large	440	103	8	0.0
Beverages	Dairy Queen	Strawberry Banana Smoothie - Medium	350	83	6	0.0
Beverages	Dairy Queen	Strawberry Banana Smoothie - Small	260	62	4	0.0

Beverages	Dairy Queen	Tripleberry Smoothie - Large	460	107	8	0.0
Beverages	Dairy Queen	Tripleberry Smoothie - Medium	370	87	6	0.0
Beverages	Dairy Queen	Tripleberry Smoothie - Small	280	66	4	0.0
Beverages	Dairy Queen	Orange Julius - Small	200	50	1	0.0
Beverages	Dairy Queen	Orange Julius - Medium	260	65	1	0.0
Beverages	Dairy Queen	Orange Julius - Large	400	99	2	0.0
Beverages	Dairy Queen	Strawberry Banana Julius - Small	330	71	1	4.5
Beverages	Dairy Queen	Strawberry Banana Julius - Medium	460	99	2	7.0
Beverages	Dairy Queen	Strawberry Banana Julius - Large	670	146	3	9.0
Beverages	Dairy Queen	Misty Slush - Small	200	50	0	0.0
Beverages	Dairy Queen	Misty Slush - Medium	260	65	0	0.0
Beverages	Dairy Queen	Misty Slush - Large	340	86	0	0.0
Toppings & Ingredients	Dairy Queen	Make It A Malt Adds - Small	60	12	1	0.5
Toppings & Ingredients	Dairy Queen	Make It A Malt Adds - Medium	80	18	1	1.0
Toppings & Ingredients	Dairy Queen	Make It A Malt Adds - Large	110	23	2	1.0
Toppings & Ingredients	Dairy Queen	Add A Banana - Small	25	7	0	0.0
Toppings & Ingredients	Dairy Queen	Add A Banana - Medium	40	10	0	0.0
Toppings & Ingredients	Dairy Queen	Add A Banana - Large	50	13	1	0.0
Toppings & Ingredients	Dairy Queen	Antioxidant Boost	20	5	0	0.0
Toppings & Ingredients	Dairy Queen	Energy Boost	20	5	0	0.0
Toppings & Ingredients	Dairy Queen	Vitamin C Boost	5	5	0	0.0
Toppings & Ingredients	Dairy Queen	Protein Boost	50	0	12	0.0
Desserts	Dairy Queen	Royal New York Cheesecake Blizzard Filled with Strawberry - Large	1350	177	25	61.0
Desserts	Dairy Queen	Royal New York Cheesecake Blizzard Filled with Strawberry - Medium	1040	140	19	46.0
Desserts	Dairy Queen	Royal New York Cheesecake Blizzard Filled with Strawberry - Mini	450	65	8	18.0
Desserts	Dairy Queen	Royal New York Cheesecake Blizzard Filled with Strawberry - Small	750	102	14	32.0
Desserts	Dairy Queen	Choco Brownie Extreme Blizzard - Large	1120	154	22	52.0
Desserts	Dairy Queen	Choco Brownie Extreme Blizzard -Medium	810	111	16	36.0
Beverages	Dairy Queen	Mango Pineapple Smoothie - XLarge	590	136	10	0.0
Beverages	Dairy Queen	Strawberry Banana Smoothie - XLarge	620	144	11	0.5
Beverages	Dairy Queen	Tripleberry Smoothie - XLarge	660	153	10	0.0
Desserts	Dairy Queen	CC1 - Swirl with Bright Quins Cupcake	450	63	8	18.0
Desserts	Dairy Queen	CC2 - Blue Striped Swirl Cupcake	440	64	8	18.0
Toppings & Ingredients	Dairy Queen	Add A Banana - XLarge	74	17	1	0.0
Desserts	Dairy Queen	Snickers Blizzard - Mini	350	53	8	12.0

Desserts	Dairy Queen	Snickers Blizzard - Small	610	92	14	20.0
Desserts	Dairy Queen	Snickers Blizzard - Medium	800	120	19	28.0
Desserts	Dairy Queen	Snickers Blizzard - Large	1060	162	24	36.0
Beverages	Dairy Queen	Misty Freeze - Small	360	62	8	10.0
Beverages	Dairy Queen	Misty Freeze - Medium	450	77	10	12.0
Beverages	Dairy Queen	Misty Freeze - Large	590	102	12	15.0
Desserts	Dairy Queen	Brownie and OREO Cupfection	720	122	10	23.0
Desserts	Dairy Queen	Dipped Cone, Cherry - Small	320	40	6	15.0
Desserts	Dairy Queen	Dipped Cone, Cherry - Medium	460	58	8	22.0
Desserts	Dairy Queen	Dipped Cone, Cherry - Large	650	82	12	30.0
Beverages	Dairy Queen	Mango Misty Slush - Small	230	57	0	0.0
Beverages	Dairy Queen	Mango Misty Slush - Medium	290	74	0	0.0
Beverages	Dairy Queen	Mango Misty Slush - Large	390	99	0	0.0
Beverages	Dairy Queen	Mango Misty Freeze - Small	390	69	8	10.0
Beverages	Dairy Queen	Mango Misty Freeze - Medium	490	86	10	12.0
Beverages	Dairy Queen	Mango Misty Freeze - Large	640	115	12	15.0
Desserts	Dairy Queen	M&M's Chocolate Candy Blizzard - Large	1100	173	22	36.0
Desserts	Dairy Queen	M&M's Chocolate Candy Blizzard - Medium	800	124	16	27.0
Desserts	Dairy Queen	M&M's Chocolate Candy Blizzard -Small	630	99	13	21.0
Desserts	Dairy Queen	M&M's Chocolate Candy Blizzard -Mini	370	58	8	12.0
Desserts	Dairy Queen	OREO Cookie Blizzard - Mini	380	56	8	14.0
Toppings & Ingredients	Dairy Queen	American Cheese	50	1	2	4.0
Toppings & Ingredients	Dairy Queen	Pepper Jack Cheese	50	0	3	4.5
Toppings & Ingredients	Dairy Queen	Shredded Cheese	60	1	3	4.5
Toppings & Ingredients	Dairy Queen	Swiss Cheese	60	0	4	4.5
Appetizers & Sides	Dairy Queen	Bacon (3)	390	1	20	35.0
Appetizers & Sides	Dairy Queen	Biscuit	250	17	2	12.0
Entrees	Dairy Queen	Biscuit and Gravy Dunkers	390	37	6	23.0
Sandwiches	Dairy Queen	Biscuit Sandwich with Bacon	420	19	14	26.0
Sandwiches	Dairy Queen	Biscuit Sandwich with Ham	350	19	13	18.0
Sandwiches	Dairy Queen	Biscuit Sandwich with Sausage	410	18	13	25.0
Entrees	Dairy Queen	Biscuits & Gravy	680	51	7	37.0
Appetizers & Sides	Dairy Queen	Biscuits & Gravy (1/2 Order)	340	25	3	18.0
Entrees	Dairy Queen	Breakfast Bowl – Gravy	830	42	30	59.0
Sandwiches	Dairy Queen	Breakfast Bowl – Salsa	780	39	29	56.0

Sandwiches	Dairy Queen	Chicken & Gravy Biscuit Sandwich	500	37	17	24.0
Sandwiches	Dairy Queen	Chicken and Gravy Burrito	320	31	15	15.0
Sandwiches	Dairy Queen	Classic Breakfast Burrito with Bacon	340	30	11	19.0
Sandwiches	Dairy Queen	Classic Breakfast Burrito with Ham	290	30	10	14.0
Sandwiches	Dairy Queen	Classic Breakfast Burrito with Sausage	320	30	10	18.0
Beverages	Dairy Queen	Coffee - 12 oz	5	0	0	0.0
Beverages	Dairy Queen	Coffee - 16 oz	5	0	1	0.0
Entrees	Dairy Queen	Country Platter with Bacon	1150	55	39	73.0
Entrees	Dairy Queen	Country Platter with Ham	860	60	28	42.0
Entrees	Dairy Queen	Country Platter with Sausage	1080	59	32	66.0
Toppings & Ingredients	Dairy Queen	Eggs (2)	150	2	12	9.0
Toppings & Ingredients	Dairy Queen	Ham (2)	60	2	9	2.0
Appetizers & Sides	Dairy Queen	Hash Browns	180	18	1	12.0
Baked Goods	Dairy Queen	Lil' Donuts	290	37	3	14.0
Beverages	Dairy Queen	Milk - 12 oz	220	21	15	9.0
Beverages	Dairy Queen	Milk - 16 oz	280	27	18	11.0
Beverages	Dairy Queen	Orange Juice Bottle	190	44	3	0.0
Entrees	Dairy Queen	Pancake Platter with Bacon	730	60	29	42.0
Entrees	Dairy Queen	Pancake Platter with Ham	390	61	18	9.0
Entrees	Dairy Queen	Pancake Platter with Sausage	520	60	17	24.0
Entrees	Dairy Queen	Pancakes (3)	260	46	7	5.0
Sandwiches	Dairy Queen	Sausage Biscuit Twin Pak	690	34	13	42.0
Appetizers & Sides	Dairy Queen	Sausages (2)	190	0	8	17.0
Entrees	Dairy Queen	Steak Fingers (2)	230	15	8	15.0
Desserts	Dairy Queen	Caramel Drumstick Blizzard - Mini	470	56	9	23.0
Desserts	Dairy Queen	Caramel Drumstick Blizzard - Small	770	96	16	36.0
Desserts	Dairy Queen	Caramel Drumstick Blizzard - Large	1590	196	31	78.0
Desserts	Dairy Queen	Caramel Drumstick Blizzard - Medium	2530	301	58	136.0
Desserts	Dairy Queen	Fruity Blast Dipped Cone - Kids	210	28	4	9.0
Desserts	Dairy Queen	Fruity Blast Dipped Cone - Small	320	40	6	15.0
Desserts	Dairy Queen	Fruity Blast Dipped Cone - Medium	460	59	8	22.0
Desserts	Dairy Queen	Fruity Blast Dipped Cone - Large	640	82	12	30.0
Desserts	Dairy Queen	Mint Brownie Blizzard - Mini	370	56	8	14.0
Desserts	Dairy Queen	Mint Brownie Blizzard - Small	680	101	13	26.0
Desserts	Dairy Queen	Mint Brownie Blizzard - Medium	910	137	18	35.0

Desserts	Dairy Queen	Mint Brownie Blizzard - Large	1180	177	23	45.0
Beverages	Dairy Queen	Pink Punch Misty Freeze - Small	380	66	8	10.0
Beverages	Dairy Queen	Pink Punch Misty Freeze - Medium	480	82	10	12.0
Beverages	Dairy Queen	Pink Punch Misty Freeze - Large	620	110	12	15.0
Beverages	Dairy Queen	Pink Punch Misty Slush - Small	220	54	0	0.2
Beverages	Dairy Queen	Pink Punch Misty Slush - Medium	280	70	0	0.2
Beverages	Dairy Queen	Pink Punch Misty Slush - Large	380	94	0	0.3
Beverages	Dairy Queen	Poolside Punch Twisty Misty - Small	200	51	0	0.1
Beverages	Dairy Queen	Poolside Punch Twisty Misty - Medium	280	70	0	0.2
Beverages	Dairy Queen	Poolside Punch Twisty Misty - Large	380	96	0	0.2
Entrees	Dairy Queen	Popcom Shrimp Basket	700	88	18	31.0
Desserts	Dairy Queen	Reese's Take Five Blizzard - Mini	430	56	11	18.0
Desserts	Dairy Queen	Reese's Take Five Blizzard - Small	770	99	21	34.0
Desserts	Dairy Queen	Reese's Take Five Blizzard - Medium	1120	145	29	49.0
Desserts	Dairy Queen	Reese's Take Five Blizzard - Large	1510	198	39	66.0
Desserts	Dairy Queen	S'mores Shake - Small	640	77	12	32.0
Desserts	Dairy Queen	S'mores Shake - Medium	910	103	15	49.0
Desserts	Dairy Queen	S'mores Shake - Large	1230	142	19	66.0
Desserts	Dairy Queen	Caramel Fudge Cheesecake Blizzard - Mini	370	54	8	14.0
Desserts	Dairy Queen	Caramel Fudge Cheesecake Blizzard - Small	660	94	14	26.0
Desserts	Dairy Queen	Caramel Fudge Cheesecake Blizzard - Medium	930	134	18	36.0
Desserts	Dairy Queen	Caramel Fudge Cheesecake Blizzard - Large	1240	180	24	47.0
Desserts	Dairy Queen	Choco Brownie Extreme Blizzard - Mini	400	56	9	17.0
Desserts	Dairy Queen	Choco Brownie Extreme Blizzard - Small	620	86	12	28.0
Desserts	Dairy Queen	Cotton Candy Blizzard - Mini	390	55	7	16.0
Desserts	Dairy Queen	Cotton Candy Blizzard - Small	610	91	13	22.0
Desserts	Dairy Queen	Cotton Candy Blizzard - Medium	870	127	16	33.0
Desserts	Dairy Queen	Cotton Candy Blizzard - Large	1150	166	21	45.0
Desserts	Dairy Queen	Girl Scout Thin Mints Cookie Blizzard - Mini	370	56	8	13.0
Desserts	Dairy Queen	Girl Scout Thin Mints Cookie Blizzard - Small	660	100	14	23.0
Desserts	Dairy Queen	Girl Scout Thin Mints Cookie Blizzard - Medium	900	137	18	32.0
Desserts	Dairy Queen	Girl Scout Thin Mints Cookie Blizzard - Large	1170	177	23	41.0
Desserts	Dairy Queen	Nestle Drumstick with Peanuts Blizzard - Mini	420	47	9	22.0
Desserts	Dairy Queen	Nestle Drumstick with Peanuts Blizzard - Small	710	83	16	35.0
Desserts	Dairy Queen	Nestle Drumstick with Peanuts Blizzard - Medium	1050	118	22	55.0

Desserts	Dairy Queen	Nestle Drumstick with Peanuts Blizzard -Large	1410	156	30	75.0
Desserts	Dairy Queen	OREO Dirt Pie Blizzard - Mini	460	66	9	19.0
Desserts	Dairy Queen	OREO Dirt Pie Blizzard - Small	810	116	15	33.0
Desserts	Dairy Queen	OREO Dirt Pie Blizzard - Large	1520	217	26	63.0
Desserts	Dairy Queen	OREO Dirt Pie Blizzard - Medium	2380	327	41	95.0
Desserts	Dairy Queen	Royal Ultimate Choco Brownie Blizzard Filled with Fudge - Mini	480	68	9	21.0
Desserts	Dairy Queen	Royal Ultimate Choco Brownie Blizzard Filled with Fudge - Small	770	107	14	34.0
Desserts	Dairy Queen	Royal Ultimate Choco Brownie Blizzard Filled with Fudge - Medium	1040	146	19	45.0
Desserts	Dairy Queen	Royal Ultimate Choco Brownie Blizzard Filled with Fudge - Large	1340	186	25	60.0
Desserts	Dairy Queen	Very Cherry Chip Blizzard - Mini	320	48	7	11.0
Desserts	Dairy Queen	Very Cherry Chip Blizzard - Small	550	84	12	19.0
Desserts	Dairy Queen	Very Cherry Chip Blizzard - Medium	730	113	16	25.0
Desserts	Dairy Queen	Very Cherry Chip Blizzard - Large	920	143	20	32.0
Desserts	Dairy Queen	Triple Chocolate Brownie Dessert	540	74	8	25.0
Toppings & Ingredients	Dairy Queen	Add DQ Sprinkles	35	6	0	1.5
Desserts	Dairy Queen	Dipped Cone, Cherry - Kids'	210	28	4	9.0
Beverages	Dairy Queen	Blueberry Mango Twist Premium Fruit Smoothie - Small	270	63	4	0.2
Beverages	Dairy Queen	Blueberry Mango Twist Premium Fruit Smoothie - Medium	380	91	4	0.2
Beverages	Dairy Queen	Blueberry Mango Twist Premium Fruit Smoothie - Large	490	115	6	0.3
Beverages	Dairy Queen	Blueberry Mango Twist Premium Fruit Smoothie - Extra Large	660	154	8	0.4
Beverages	Dairy Queen	Blueberry Mango Twist Julius Original -Small	340	85	1	0.2
Beverages	Dairy Queen	Blueberry Mango Twist Julius Original - Medium	490	121	1	0.3
Beverages	Dairy Queen	Blueberry Mango Twist Julius Original - Large	720	177	2	0.5
Beverages	Dairy Queen	Tripleberry Julius - Small	340	74	1	4.5
Beverages	Dairy Queen	Tripleberry Julius - Medium	470	101	2	7.0
Beverages	Dairy Queen	Tripleberry Julius - Large	680	147	3	9.0
Toppings & Ingredients	Dairy Queen	Add A Banana - XLarge	74	2	1	0.0
Burgers	Del Taco	Double Del Cheeseburger	690	35	30	47.0
Burgers	Del Taco	Bacon Double Del Cheeseburger	760	35	37	51.0
Sandwiches	Del Taco	Breakfast Burrito (Egg & Cheese)	390	36	16	17.0
Fried Potatoes	Del Taco	Crinkle Cut Fries (Small)	160	17	2	10.0
Fried Potatoes	Del Taco	Crinkle Cut Fries (Medium)	320	34	4	19.0
Fried Potatoes	Del Taco	Crinkle Cut Fries (Macho)	410	43	5	25.0
Fried Potatoes	Del Taco	Chili Cheddar Fries	570	42	15	35.0
Fried Potatoes	Del Taco	Deluxe Chili Cheddar Fries	610	44	16	37.0

Fried Potatoes	Del Taco	Hashbrown Sticks (5 Pc.)	230	18	0	17.0
Sandwiches	Del Taco	Del Beef Burrito	490	39	25	23.0
Sandwiches	Del Taco	Classic Grilled Chicken Burrito	520	39	19	32.0
Sandwiches	Del Taco	8 Layer Veggie Burrito	530	71	17	18.0
Sandwiches	Del Taco	Bean & Cheese Burrito (Red)	460	68	19	10.0
Sandwiches	Del Taco	Del Combo Burrito	470	54	22	17.0
Sandwiches	Del Taco	Bean & Cheese Burrito (Green)	440	69	19	10.0
Sandwiches	Del Taco	Spicy Grilled Chicken Burrito	520	68	25	16.0
Sandwiches	Del Taco	Epic Combo Burrito (formerly Macho Combo Burrito)	920	91	44	39.0
Sandwiches	Del Taco	Grilled Chicken Taco	210	15	11	12.0
Sandwiches	Del Taco	Beer Battered Crispy Fish Taco	200	20	6	11.0
Entrees	Del Taco	Cheddar Quesadilla	480	35	22	27.0
Entrees	Del Taco	Chicken Cheddar Quesadilla	540	36	29	30.0
Desserts	Del Taco	Caramel Cheesecake Bites (2 Pc.)	410	48	7	23.0
Beverages	Del Taco	Barq's Root Beer (Small)	200	55	0	0.0
Beverages	Del Taco	Prima Java Hot Coffee	10	2	0	0.0
Sandwiches	Del Taco	Breakfast Burrito (Bacon)	520	37	29	26.0
Burgers	Del Taco	Del Cheeseburger	470	34	17	28.0
Beverages	Del Taco	Bottled Water	0	0	0	0.0
Sandwiches	Del Taco	Epic Scrambler (Carne Asada)	940	74	38	51.0
Sandwiches	Del Taco	Epic Scrambler (Bacon)	990	71	34	58.0
Sandwiches	Del Taco	Crunchtada Tostada	330	41	12	14.0
Fried Potatoes	Del Taco	Carne Asada Fries	760	46	21	56.0
Sandwiches	Del Taco	The Del Taco (Crunchy)	310	14	17	20.0
Sandwiches	Del Taco	The Del Taco (Soft)	300	16	18	18.0
Appetizers & Sides	Del Taco	Chips & Queso Dip (Snack-sized)	290	28	6	18.0
Appetizers & Sides	Del Taco	Chips & Queso Dip (Regular-sized)	640	59	14	40.0
Desserts	Del Taco	Mini Shake (Chocolate)	270	50	7	5.0
Desserts	Del Taco	Large Shake (Chocolate)	880	165	22	13.0
Beverages	Del Taco	Simply Orange	160	37	2	0.0
Desserts	Del Taco	Mini Shake (Strawberry)	260	48	7	4.0
Desserts	Del Taco	Large Shake (Strawberry)	820	153	21	13.0
Desserts	Del Taco	Mini Shake (Vanilla)	240	43	7	5.0
Desserts	Del Taco	Large Shake (Vanilla)	730	131	21	13.0
Beverages	Del Taco	Prima Java Iced Coffee (Large)	250	50	5	4.0

Burgers	Del Taco	Kids' Hamburger	330	34	13	15.0
Desserts	Del Taco	Caramel Cheesecake Bites (4 Pc.)	820	96	14	47.0
Sandwiches	Del Taco	Breakfast Roller (Bacon)	290	24	15	14.0
Sandwiches	Del Taco	Breakfast Burrito (Carne Asada)	460	39	25	20.0
Sandwiches	Del Taco	Breakfast Roller (Egg & Cheese)	250	24	10	12.0
Baked Goods	Del Taco	Donut Bites (4 Pc.)	240	22	3	16.0
Appetizers & Sides	Del Taco	Queso Loaded Nachos (Carne Asada)	550	51	23	28.0
Appetizers & Sides	Del Taco	Queso Loaded Nachos (Grilled Chicken)	540	51	22	28.0
Appetizers & Sides	Del Taco	Queso Loaded Nachos (Seasoned Beef)	590	51	23	33.0
Sandwiches	Del Taco	Beyond Taco (Crunchy)	290	17	15	18.0
Fried Potatoes	Del Taco	Queso Loaded Fries	660	46	21	44.0
Sandwiches	Del Taco	Breakfast Toasted Wrap (Egg & Cheese)	330	33	11	18.0
Sandwiches	Del Taco	Breakfast Toasted Wrap (Bacon)	410	33	17	23.0
Sandwiches	Del Taco	Breakfast Toasted Wrap (Carne Asada)	410	35	19	21.0
Desserts	Del Taco	Mini Cinnamon Churros (2 Pc.)	200	25	1	10.0
Sandwiches	Del Taco	Epic Loaded Queso Burrito (Grilled Chicken)	860	74	43	45.0
Sandwiches	Del Taco	Beyond Taco (Soft)	290	19	16	16.0
Sandwiches	Del Taco	Beyond Guacamole Taco (Crunchy)	190	18	8	10.0
Sandwiches	Del Taco	Beyond Guacamole Taco (Soft)	190	21	9	8.0
Sandwiches	Del Taco	Habanero Crispy Chicken Taco	240	18	9	14.0
Sandwiches	Del Taco	Ranch Crispy Chicken Taco	230	18	10	13.0
Sandwiches	Del Taco	SQT - Grilled Chicken Taco	320	29	17	14.0
Sandwiches	Del Taco	SQT - Grilled Chicken & Guac'd Up Taco	350	31	18	17.0
Sandwiches	Del Taco	SQT - Carne Asada Taco	330	30	18	14.0
Sandwiches	Del Taco	SQT - Carne Asada & Guac'd Up Taco	360	32	19	17.0
Sandwiches	Del Taco	SQT - Crispy Chicken Taco	450	35	21	24.0
Sandwiches	Del Taco	SQT - Crispy Chicken & Guac'd Up Taco	480	37	22	26.0
Sandwiches	Del Taco	Epic Beyond Fresh Guacamole Burrito (Beyond Meat)	810	92	43	32.0
Sandwiches	Del Taco	Epic Loaded Queso Burrito (Carne Asada)	890	76	47	45.0
Sandwiches	Del Taco	Epic Beyond Loaded Queso Burrito (Beyond Meat)	960	78	48	51.0
Sandwiches	Del Taco	Epic Cali Bacon Burrito (Grilled Chicken)	1020	72	46	60.0
Sandwiches	Del Taco	Epic Cali Bacon Burrito (Carne Asada)	1050	73	51	60.0
Sandwiches	Del Taco	Epic Beyond Cali Bacon Burrito (Beyond Meat)	1090	81	42	64.0
Sandwiches	Del Taco	Epic Crispy Chicken & Guac Burrito	880	80	28	50.0
Entrees	Del Taco	3 Pc. Crispy Chicken & Fries Box (Ranch Dipping Sauce)	690	33	21	53.0



Entrees	Del Taco	3 Pc. Crispy Chicken & Fries Box (Habanero Dipping Sauce)	750	32	19	61.0
Entrees	Del Taco	3 Pc. Crispy Chicken & Fries Box (Chipotle Dipping Sauce)	700	32	19	55.0
Appetizers & Sides	Del Taco	3 Layer Queso Nachos	330	44	10	15.0
Appetizers & Sides	Del Taco	Chips & Fresh House-made Guac (Snack-sized)	170	18	2	11.0
Appetizers & Sides	Del Taco	Chips & Fresh House-made Guac (Regular-sized)	340	36	5	22.0
Desserts	Del Taco	Regular Shake (Vanilla)	480	85	14	9.0
Desserts	Del Taco	Regular Shake (Chocolate)	550	102	14	9.0
Desserts	Del Taco	Regular Shake (Strawberry)	520	96	14	9.0
Sandwiches	Del Taco	Epic Fresh Guacamole Burrito (Grilled Chicken)	720	88	37	25.0
Sandwiches	Del Taco	Epic Fresh Guacamole Burrito (Carne Asada)	750	89	41	25.0
Burgers	Del Taco	Kids' Cheeseburger	400	35	17	21.0
Beverages	Del Taco	Prima Java Iced Coffee (Regular)	150	29	3	2.0
Sandwiches	Del Taco	Carne Asada Tacos Del Carbon	120	14	10	3.5
Sandwiches	Del Taco	Carne Asada Taco Del Carbon Guac'd Up	140	15	10	4.5
Sandwiches	Del Taco	Chicken Taco Del Carbon	110	13	9	3.5
Sandwiches	Del Taco	Chicken Taco Del Carbon Guac'd Up	130	14	9	4.5
Sandwiches	Del Taco	Chipotle Crispy Chicken Taco	240	18	9	13.0
Sandwiches	Del Taco	Chipotle Crispy Chicken Guac'd Up Taco	250	19	10	15.0
Sandwiches	Del Taco	Habanero Crispy Chicken Guac'd Up Taco	260	19	10	15.0
Sandwiches	Del Taco	Ranch Crispy Chicken Guac'd Up Taco	250	19	10	14.0
Sandwiches	Del Taco	Snack Taco (Crunchy)	120	8	6	7.0
Sandwiches	Del Taco	Snack Taco (Soft)	150	14	7	7.0
Sandwiches	Del Taco	Carne Asada Cheddar Quesadilla	550	37	31	30.0
Sandwiches	Del Taco	Snack Queso Quesadilla	230	27	8	9.0
Salads	Del Taco	Taco Salad with Fresh Guac (Seasoned Beef)	500	23	27	33.0
Salads	Del Taco	Taco Salad with Fresh Guac (Carne Asada)	440	23	29	26.0
Salads	Del Taco	Taco Salad with Fresh Guac (Grilled Chicken)	420	22	26	26.0
Salads	Del Taco	Taco Salad with Fresh Guac (Beyond Meat)	460	29	24	29.0
Appetizers & Sides	Del Taco	Queso Loaded Nachos (Beyond Meat)	1000	105	38	50.0
Sandwiches	Del Taco	Beyond 8 Layer Burrito (Beyond Meat)	540	60	26	20.0
Sandwiches	Del Taco	Chicken Cheddar Roller (Chipotle)	280	30	13	12.0
Sandwiches	Del Taco	Chicken Cheddar Roller (Original)	250	30	13	9.0
Sandwiches	Del Taco	Chicken Cheddar Roller (Ranch)	270	30	13	12.0
Sandwiches	Del Taco	Chicken BLT Torta	780	61	46	41.0
Sandwiches	Del Taco	Crispy Chicken & Guac Torta	760	69	29	42.0

Sandwiches	Del Taco	Came Asada & Queso Torta	570	59	35	22.0
Sandwiches	Del Taco	Snack Queso Quesadilla	230	27	8	9.0
Sandwiches	Del Taco	Snack Taco (Crunchy)	120	8	6	7.0
Sandwiches	Del Taco	Snack Taco (Soft)	150	14	7	7.0
Desserts	Del Taco	Strawberry Piñata Shake made with M&M'S Candies - Mini	390	68	8	9.0
Desserts	Del Taco	Strawberry Piñata Shake made with M&M'S Candies - Regular	660	117	15	14.0
Desserts	Del Taco	Strawberry Piñata Shake made with M&M'S Candies - Large	1090	194	24	24.0
Beverages	Del Taco	Real Strawberry Lemonade (Small)	40	11	0	0.0
Beverages	Del Taco	Real Strawberry Lemonade (Medium)	90	22	0	0.0
Beverages	Del Taco	Real Strawberry Lemonade (Macho)	130	33	0	0.0
Beverages	Del Taco	Real Strawberry Sprite (Small)	70	17	0	0.0
Beverages	Del Taco	Real Strawberry Sprite (Medium)	130	34	0	0.0
Beverages	Del Taco	Real Strawberry Sprite (Macho)	190	50	0	0.0
Beverages	Del Taco	Gold Peak Iced Tea (Small)	0	0	0	0.0
Beverages	Del Taco	Gold Peak Iced Tea (Medium)	0	0	0	0.0
Beverages	Del Taco	Gold Peak Iced Tea (Macho)	0	0	0	0.0
Beverages	Del Taco	Barq's Root Beer (Medium)	300	82	0	0.0
Beverages	Del Taco	Barq's Root Beer (Macho)	400	109	0	0.0
Beverages	Del Taco	Coca-Cola Cherry (Small)	190	52	0	0.0
Beverages	Del Taco	Coca-Cola Cherry (Medium)	290	79	0	0.0
Beverages	Del Taco	Coca-Cola Cherry (Macho)	380	105	0	0.0
Beverages	Del Taco	Coca-Cola ZeroSugar (Small)	0	0	0	0.0
Beverages	Del Taco	Coca-Cola ZeroSugar (Medium)	0	0	0	0.0
Beverages	Del Taco	Coca-Cola ZeroSugar (Macho)	0	0	0	0.0
Beverages	Del Taco	Coca-Cola (Small)	180	50	0	0.0
Beverages	Del Taco	Coca-Cola (Medium)	280	75	0	0.0
Beverages	Del Taco	Coca-Cola (Macho)	370	100	0	0.0
Beverages	Del Taco	Diet Coke (Small)	0	0	0	0.0
Beverages	Del Taco	Diet Coke (Medium)	0	1	0	0.0
Beverages	Del Taco	Diet Coke (Macho)	0	1	0	0.0
Beverages	Del Taco	Dr Pepper (Small)	170	49	0	0.0
Beverages	Del Taco	Dr Pepper (Medium)	230	65	0	0.0
Beverages	Del Taco	Dr Pepper (Macho)	340	98	0	0.0
Beverages	Del Taco	Fanta Orange (Small)	200	55	0	0.0
Beverages	Del Taco	Fanta Orange (Medium)	300	82	0	0.0

Beverages	Del Taco	Fanta Orange (Macho)	400	109	0	0.0
Beverages	Del Taco	Fuze Raspberry Tea (Small)	110	29	0	0.0
Beverages	Del Taco	Fuze Raspberry Tea (Medium)	160	43	0	0.0
Beverages	Del Taco	Fuze Raspberry Tea (Macho)	210	57	0	0.0
Beverages	Del Taco	Hi-C Flashin' Fruit Punch (Small)	190	53	0	0.0
Beverages	Del Taco	Hi-C Flashin' Fruit Punch (Medium)	290	79	0	0.0
Beverages	Del Taco	Hi-C Flashin' Fruit Punch (Macho)	390	106	0	0.0
Beverages	Del Taco	Minute Maid ZeroSugar Lemonade (Small)	10	2	0	0.0
Beverages	Del Taco	Minute Maid ZeroSugar Lemonade (Medium)	10	4	0	0.0
Beverages	Del Taco	Minute Maid ZeroSugar Lemonade (Macho)	15	5	0	0.0
Beverages	Del Taco	POWERADE Mountain Berry Blast (Small)	100	27	0	0.0
Beverages	Del Taco	POWERADE Mountain Berry Blast (Medium)	160	41	0	0.0
Beverages	Del Taco	POWERADE Mountain Berry Blast (Macho)	210	55	0	0.0
Beverages	Del Taco	Sprite (Small)	180	48	0	0.0
Beverages	Del Taco	Sprite (Medium)	270	72	0	0.0
Beverages	Del Taco	Sprite (Macho)	360	97	0	0.0
Baked Goods	Denny's	English Muffin w/o margarine	140	29	5	4.0
Baked Goods	Denny's	Tortillas, Flour (3)	260	40	7	8.0
Soup	Denny's	Chicken Noodle Soup - bowl	390	43	21	15.0
Soup	Denny's	Loaded Baked Potato Soup - bowl	440	32	12	29.0
Soup	Denny's	Vegetable Beef Soup - bowl	310	40	16	16.0
Salads	Denny's	Garden Side Salad (add dressing choice)	170	16	8	9.0
Burgers	Denny's	Double Cheeseburger (add cheese & side choices)	920	49	61	52.0
Sandwiches	Denny's	The Super Bird (add side choice)	760	69	49	33.0
Entrees	Denny's	55+ Grilled Cheese Sandwich & Soup (add soup choice)	440	39	14	25.0
Entrees	Denny's	Country-Fried Steak & Eggs w/ gravy, hash browns & white toast (add egg choice)	810	82	22	43.0
Entrees	Denny's	Moons Over My Hammy w/ hash browns	1040	90	47	54.0
Entrees	Denny's	T-Bone Steak & Eggs w/ hash browns & white toast (add egg choice)	910	55	59	49.0
Appetizers & Sides	Denny's	Pancakes, Buttermilk w/ margarine	480	77	10	13.0
Entrees	Denny's	Fit Slam	450	59	27	12.0
Entrees	Denny's	French Toast Slam (add egg choice)	830	52	30	55.0
Sandwiches	Denny's	The Grand Slamwich w/ hash browns	1300	94	52	79.0
Entrees	Denny's	Santa Fe Sizzlin' Skillet (add egg choice)	770	38	27	58.0
Appetizers & Sides	Denny's	Mozzarella Cheese Sticks (add sauce choice)	350	35	16	16.0
Appetizers & Sides	Denny's	Zesty Nachos	1660	170	44	106.0

Appetizers & Sides	Denny's	Zesty Nachos, Half Order	870	69	25	55.0
Entrees	Denny's	55+ Scrambled Eggs & Cheddar Breakfast	1010	80	41	58.0
Entrees	Denny's	55+ Starter (add egg & meat choices)	420	54	7	18.0
Fried Potatoes	Denny's	Hash Browns	180	24	1	8.0
Fried Potatoes	Denny's	Cheddar Cheese Hash Browns	250	24	6	14.0
Fried Potatoes	Denny's	Seasoned Fries	490	57	7	26.0
Appetizers & Sides	Denny's	Bacon Strips	100	1	7	8.0
Toppings & Ingredients	Denny's	Egg Whites (2)	80	1	13	1.0
Appetizers & Sides	Denny's	Grilled Ham Slice	120	7	14	4.0
Appetizers & Sides	Denny's	Sausage Links	160	0	6	15.0
Appetizers & Sides	Denny's	Seasonal Fruit	100	25	1	0.0
Appetizers & Sides	Denny's	Turkey Bacon Strips	70	1	7	4.0
Appetizers & Sides	Denny's	Bacon Strips	210	2	14	16.0
Appetizers & Sides	Denny's	Sausage Links	320	0	11	30.0
Appetizers & Sides	Denny's	Turkey Bacon Strips (4)	140	2	15	8.0
Toppings & Ingredients	Denny's	BBQ Sauce, 1.5 oz	90	23	0	0.0
Toppings & Ingredients	Denny's	Pico de Gallo	15	3	1	0.0
Toppings & Ingredients	Denny's	Sour Cream	45	1	1	4.0
Toppings & Ingredients	Denny's	Whipped Margarine	40	0	0	4.5
Toppings & Ingredients	Denny's	Croutons	70	11	2	2.5
Desserts	Denny's	Caramel Apple Pie Crisp	830	142	7	27.0
Desserts	Denny's	New York Style Cheesecake Plain	490	42	9	32.0
Beverages	Denny's	Chocolate Milk (reduced fat)	290	46	16	4.5
Beverages	Denny's	Hot Chocolate	190	37	2	3.0
Beverages	Denny's	2% Milk	230	22	15	9.0
Beverages	Denny's	Strawberry Lemonade	210	55	0	0.0
Entrees	Denny's	Jr. Cheeseburger (add side)	470	34	27	25.0
Entrees	Denny's	Philly Cheesesteak Omelette w/ hash browns & white toast	1130	63	54	71.0
Beverages	Denny's	FUZE Raspberry Tea	110	28	0	0.0
Entrees	Denny's	Ultimate Omelette w/ hash browns & white toast	1140	63	44	77.0
Toppings & Ingredients	Denny's	100% Beef Patty	320	0	26	24.0
Toppings & Ingredients	Denny's	Grilled Seasoned Chicken Breast	200	1	29	9.0
Toppings & Ingredients	Denny's	Swiss Cheese	80	0	6	6.0
Toppings & Ingredients	Denny's	American Cheese	80	1	4	7.0
Toppings & Ingredients	Denny's	Lettuce	5	1	0	0.0

Toppings & Ingredients	Denny's	Cheddar Cheese	80	0	5	6.0
Toppings & Ingredients	Denny's	Tomato	5	2	0	0.0
Toppings & Ingredients	Denny's	Red Onions	5	2	0	0.0
Toppings & Ingredients	Denny's	Pickles	0	0	0	0.0
Toppings & Ingredients	Denny's	Jalapeños	5	1	0	0.0
Toppings & Ingredients	Denny's	Mayo	100	0	0	11.0
Toppings & Ingredients	Denny's	BBQ Sauce	60	15	0	0.0
Toppings & Ingredients	Denny's	Sautéed Mushrooms	50	1	1	6.0
Burgers	Denny's	Bacon Avocado Cheeseburger (add side choice)	1020	54	48	69.0
Soup	Denny's	Chicken Noodle Soup - cup	260	28	14	10.0
Soup	Denny's	Loaded Baked Potato Soup - cup	340	22	10	23.0
Soup	Denny's	Vegetable Beef Soup - cup	200	27	11	11.0
Toppings & Ingredients	Denny's	Maple-Flavored Syrup	220	54	0	0.0
Toppings & Ingredients	Denny's	Maple-Flavored Syrup, Sugar-Free	15	6	0	0.0
Appetizers & Sides	Denny's	Stack of Buttermilk Pancakes	480	77	10	13.0
Entrees	Denny's	Jr. Mac & Cheese (add side)	300	44	10	9.0
Appetizers & Sides	Denny's	Whole Grain Rice	240	48	6	2.5
Beverages	Denny's	Ruby Red Grapefruit Juice	240	60	2	0.0
Beverages	Denny's	Lemonade Iced Tea	80	21	0	0.0
Beverages	Denny's	Mango Lemonade	210	57	0	0.0
Toppings & Ingredients	Denny's	Tomato	90	19	4	0.0
Toppings & Ingredients	Denny's	Egg White (1)	40	0	7	0.0
Burgers	Denny's	Bourbon Bacon Burger (add side choice)	880	62	48	50.0
Entrees	Denny's	Slice of French Toast	320	26	9	19.0
Entrees	Denny's	Loaded Veggie Omelette w/ hash browns & white toast	920	63	36	56.0
Entrees	Denny's	Bourbon Chicken Sizzlin' Skillet	910	71	65	43.0
Toppings & Ingredients	Denny's	Bourbon Sauce	110	26	0	0.0
Sandwiches	Denny's	Call Club Sandwich (add side choice)	890	59	44	55.0
Entrees	Denny's	Country-Fried Steak w/ gravy & dinner bread (add side choices)	960	78	35	56.0
Entrees	Denny's	Crazy Spicy Sizzlin' Skillet (add optional egg choice)	1040	48	59	69.0
Beverages	Denny's	Iced Tea (Sweet)	160	40	0	0.0
Beverages	Denny's	Iced Tea (Unsweet)	5	1	0	0.0
Desserts	Denny's	Jr. Ice Cream: Chocolate	270	30	5	15.0
Desserts	Denny's	Jr. Ice Cream: Strawberry	230	32	3	12.0
Desserts	Denny's	Jr. Ice Cream: Vanilla	250	27	3	15.0

Beverages	Denny's	Chocolate Milk Shake	870	111	17	43.0
Beverages	Denny's	OREO Milk Shake	1050	125	15	56.0
Beverages	Denny's	Strawberry Milk Shake	780	114	12	34.0
Beverages	Denny's	Vanilla Milk Shake	800	97	12	43.0
Burgers	Denny's	Slamburger (add egg & side choices)	840	58	45	47.0
Baked Goods	Denny's	English Muffin w/ margarine	190	29	5	6.0
Baked Goods	Denny's	Gluten Free English Muffin w/o margarine	180	36	4	1.5
Baked Goods	Denny's	Gluten Free English Muffin w/ margarine	210	36	4	6.0
Appetizers & Sides	Denny's	Buttermilk Biscuits	470	54	8	26.0
Toppings & Ingredients	Denny's	Brioche Bun	250	44	7	5.0
Toppings & Ingredients	Denny's	Caramelized Onions	70	2	0	7.0
Appetizers & Sides	Denny's	Garlic Toast / Dinner Bread	190	25	6	7.0
Desserts	Denny's	New York Style Cheesecake w/ Strawberry Topping & Whipped Cream	560	57	9	33.0
Toppings & Ingredients	Denny's	Balsamic Vinaigrette, Low-Fat, 1.5 oz	60	11	0	2.0
Toppings & Ingredients	Denny's	Balsamic Vinaigrette, Low-Fat, 3 oz	130	23	0	4.0
Toppings & Ingredients	Denny's	Blue Cheese Dressing, 1.5 oz	150	2	2	16.0
Toppings & Ingredients	Denny's	Blue Cheese Dressing, 3 oz	310	3	3	32.0
Toppings & Ingredients	Denny's	Brown Gravy	10	2	0	0.0
Toppings & Ingredients	Denny's	Country Gravy	20	2	0	1.5
Toppings & Ingredients	Denny's	Italian Dressing, Fat-Free, 1.5 oz	20	4	0	0.0
Toppings & Ingredients	Denny's	Italian Dressing, Fat-Free, 3 oz	40	8	0	0.5
Toppings & Ingredients	Denny's	Ranch Dressing, 1.5 oz	200	1	0	21.0
Toppings & Ingredients	Denny's	Ranch Dressing, 3 oz	390	2	0	42.0
Toppings & Ingredients	Denny's	French Dressing, 1.5 oz	130	14	0	8.0
Toppings & Ingredients	Denny's	French Dressing, 3 oz	260	28	1	17.0
Toppings & Ingredients	Denny's	Honey Mustard Dressing, 1.5 oz	190	12	0	15.0
Toppings & Ingredients	Denny's	Honey Mustard Dressing, 3 oz	370	24	1	31.0
Toppings & Ingredients	Denny's	Thousand Island Dressing, 1.5oz	180	7	0	16.0
Toppings & Ingredients	Denny's	Thousand Island Dressing, 3 oz	350	15	1	33.0
Toppings & Ingredients	Denny's	Tomato Sauce	25	3	1	1.0
Beverages	Denny's	Apple Juice	210	52	1	0.0
Toppings & Ingredients	Denny's	Vanilla Flavor Shot	80	21	0	0.0
Toppings & Ingredients	Denny's	Cream Cheese Icing	150	28	0	4.0
Toppings & Ingredients	Denny's	Creamer - Hazelnut or French Vanilla	30	5	0	1.0
Baked Goods	Denny's	Toast, White, w/ margarine	240	31	5	10.0

Baked Goods	Denny's	Toast, White, w/o margarine	160	31	5	1.5
Toppings & Ingredients	Denny's	Egg, Fried / Basted (1)	90	0	6	8.0
Toppings & Ingredients	Denny's	Egg, Boiled (1)	60	0	6	4.0
Toppings & Ingredients	Denny's	Egg, Scrambled (1)	110	1	7	9.0
Toppings & Ingredients	Denny's	Eggs, Fried / Basted (2)	190	1	11	16.0
Toppings & Ingredients	Denny's	Eggs, Boiled (2)	130	1	11	8.0
Toppings & Ingredients	Denny's	Eggs, Scrambled (2)	220	1	14	17.0
Toppings & Ingredients	Denny's	Buffalo Sauce	110	1	0	12.0
Toppings & Ingredients	Denny's	Wild Alaska Salmon	350	2	32	23.0
Beverages	Denny's	Barq's Root Beer	200	55	0	0.0
Beverages	Denny's	Coca-Cola	180	49	0	0.0
Beverages	Denny's	Diet Coke	0	0	0	0.0
Beverages	Denny's	Dr Pepper	140	39	0	0.0
Beverages	Denny's	Fanta Orange	190	52	0	0.0
Beverages	Denny's	Hi-C Fruit Punch	190	52	0	0.0
Beverages	Denny's	Sprite	170	47	0	0.0
Entrees	Denny's	Cinnamon Roll Pancake Breakfast w/ cream cheese icing (add hash browns, egg & meat choices)	1100	207	10	26.0
Desserts	Denny's	Jr. Milk Shake: OREO Blender Blaster	760	90	11	41.0
Beverages	Denny's	2% Milk	150	15	10	6.0
Beverages	Denny's	Chocolate Milk (reduced fat)	190	31	11	3.0
Entrees	Denny's	Choconana Pancake Breakfast (add hash browns, egg & meat choices)	830	149	14	25.0
Entrees	Denny's	Hearty 9-Grain Pancake Breakfast (add hash browns, egg & meat choices)	410	68	10	11.0
Salads	Denny's	House Salad (add dressing choice)	190	19	9	9.0
Salads	Denny's	Cobb Salad (add dressing choice)	480	23	22	34.0
Entrees	Denny's	Double Berry Banana Pancake Breakfast (add hash browns, egg & meat choices)	490	97	11	7.0
Entrees	Denny's	Omelette, Egg White, Plain	110	1	20	1.5
Entrees	Denny's	Omelette, Plain	340	2	21	26.0
Toppings & Ingredients	Denny's	Pepper Jack Queso	100	5	3	7.0
Appetizers & Sides	Denny's	Chorizo Sausage	330	4	17	27.0
Appetizers & Sides	Denny's	Sausage	180	0	6	17.0
Toppings & Ingredients	Denny's	Tomatoes	10	2	0	0.0
Toppings & Ingredients	Denny's	Fire-Roasted Bell Peppers & Onions	70	4	0	6.0
Toppings & Ingredients	Denny's	Fresh Spinach	5	0	0	0.0
Appetizers & Sides	Denny's	Grilled Chicken	200	1	29	9.0
Toppings & Ingredients	Denny's	Prime Rib	140	2	14	8.0

Baked Goods	Denny's	Buttermilk Biscuit	240	27	4	13.0
Appetizers & Sides	Denny's	Pancakes, Hearty 9-Grain	410	68	10	11.0
Entrees	Denny's	Berry Vanilla One Crepe À La Carte	270	36	4	12.0
Entrees	Denny's	Berry Vanilla Two Crepes À La Carte	530	73	7	24.0
Appetizers & Sides	Denny's	Boneless Chicken Wings w/ BBQ Sauce (add dipping sauce choice)	750	71	35	36.0
Appetizers & Sides	Denny's	Boneless Chicken Wings w/ Buffalo Sauce (add dipping sauce choice)	770	42	34	52.0
Appetizers & Sides	Denny's	Beer-Battered Onion Rings (add sauce choice)	400	35	4	27.0
Appetizers & Sides	Denny's	Boneless Buffalo Wings (add sauce choice)	460	22	17	34.0
Fried Potatoes	Denny's	Wavy-Cut Fries	400	46	4	22.0
Appetizers & Sides	Denny's	Premium Chicken Tenders (add sauce choice)	680	38	45	40.0
Appetizers & Sides	Denny's	Premium Chicken Tenders	410	23	27	24.0
Beverages	Denny's	Tropical Green Smoothie	340	86	4	0.5
Beverages	Denny's	Appley Ever After Honest Kids Organic Juice Box	35	9	0	0.0
Entrees	Denny's	Berry Vanilla One Crepe Breakfast w/ hash browns (add egg & meat choices)	440	60	5	20.0
Desserts	Denny's	Jr. Milk Shake: Chocolate	680	89	12	32.0
Desserts	Denny's	Jr. Milk Shake: Strawberry	550	77	9	26.0
Desserts	Denny's	Jr. Milk Shake: Vanilla	620	78	9	32.0
Toppings & Ingredients	Denny's	Bacon Strip & Sausage Link	130	1	6	12.0
Fried Potatoes	Denny's	Hash Browns	90	11	1	4.0
Toppings & Ingredients	Denny's	Silver Dollar Pancakes	220	29	4	9.0
Toppings & Ingredients	Denny's	Toast, White, w/ margarine	120	15	3	5.0
Entrees	Denny's	Jr. Birthday Cake Pancakes (add side)	330	60	5	8.0
Entrees	Denny's	Jr. Chocolate Chip Pancakes (add side)	220	38	4	6.0
Entrees	Denny's	Jr. Premium Chicken Tenders (add dipping sauce & side)	270	15	18	16.0
Toppings & Ingredients	Denny's	Add a Chicken Tender	140	8	9	8.0
Appetizers & Sides	Denny's	Fresh Banana Slices	110	27	1	0.0
Appetizers & Sides	Denny's	Goldfish Crackers	120	17	3	4.0
Appetizers & Sides	Denny's	Grapes	60	14	1	0.0
Salads	Denny's	Jr. Garden Salad (add dressing choice)	80	13	2	2.5
Appetizers & Sides	Denny's	Beer-Battered Onion Rings	400	35	4	27.0
Toppings & Ingredients	Denny's	Beyond Burger Patty	270	7	20	19.0
Entrees	Denny's	Cinnamon Roll Pancakes Breakfast w/ salted caramel (add hash browns, egg & meat choices)	970	185	11	21.0
Appetizers & Sides	Denny's	Red-Skinned Potatoes	250	30	4	13.0
Beverages	Denny's	Lemonade	150	40	0	0.0
Beverages	Denny's	Orange Juice	210	51	3	0.0



Beverages	Denny's	Lemonade	100	26	0	0.0
Beverages	Denny's	Orange Juice	140	34	2	0.0
Toppings & Ingredients	Denny's	BBQ Sauce, 3 oz	90	23	0	0.0
Entrees	Denny's	All-American Slam w/ hash browns & white toast	1170	57	50	80.0
Entrees	Denny's	Lumberjack Slam w/ hash browns & white toast (add egg choice)	1270	135	44	59.0
Appetizers & Sides	Denny's	Fresh Vegetable Medley	70	6	2	5.0
Appetizers & Sides	Denny's	Herb Glazed Corn	300	30	6	18.0
Appetizers & Sides	Denny's	Red Rustic Mashed Potatoes (add optional gravy choice)	250	32	5	11.0
Desserts	Denny's	Lava Cookie Skillet	820	108	10	40.0
Beverages	Denny's	Coffee	0	0	0	0.0
Beverages	Denny's	Hot Tea / Herbal Tea	0	0	0	0.0
Beverages	Denny's	Mango Smoothie	340	86	3	0.0
Beverages	Denny's	Strawberry Banana Smoothie	330	82	4	0.5
Beverages	Denny's	Coca-Cola Zero Sugar	0	0	0	0.0
Beverages	Denny's	Mello Yello	190	49	0	0.0
Beverages	Denny's	Jr. Mango Smoothie	190	50	2	0.0
Beverages	Denny's	Jr. Strawberry Banana Smoothie	190	48	2	0.0
Beverages	Denny's	Soft Drinks	0-120	0-33	0	0.0
Entrees	Denny's	Berry Vanilla Two Crepe Breakfast w/ hash browns (add egg & meat choices)	710	96	9	32.0
Entrees	Denny's	Mile High Denver Omelette w/ hash browns & white toast	1090	69	51	67.0
Toppings & Ingredients	Denny's	Fresh Avocado	90	5	1	8.0
Toppings & Ingredients	Denny's	Ham	120	7	14	4.0
Toppings & Ingredients	Denny's	Turkey Bacon Strips	70	1	7	4.0
Entrees	Denny's	Chicken Biscuit & Gravy Bowl (add egg choice)	1040	85	41	62.0
Entrees	Denny's	Classic Benny Breakfast w/ hash browns	730	64	32	37.0
Entrees	Denny's	Southwestern Benny Breakfast w/ hash browns	950	65	36	60.0
Appetizers & Sides	Denny's	Biscuit & Gravy	330	32	6	20.0
Toppings & Ingredients	Denny's	Fresh Avocado	90	5	1	8.0
Appetizers & Sides	Denny's	Boneless Chicken Wings w/ Nashville Hot Sauce (add dipping sauce choice)	720	52	35	42.0
Appetizers & Sides	Denny's	Mozzarella Cheese Sticks (add sauce choice)	690	70	32	32.0
Desserts	Denny's	Double Chocolate Pancake Puppies	690	109	6	28.0
Desserts	Denny's	Double Chocolate Pancake Puppies	1050	162	9	45.0
Sandwiches	Denny's	Diner Classic Patty Melt (add side choice)	1100	73	46	70.0
Sandwiches	Denny's	Nashville Hot Chicken Melt (add side choice)	1250	95	48	76.0
Sandwiches	Denny's	The Big Dipper Melt (add side choice)	1080	73	63	59.0

Burgers	Denny's	Double Bacon Avocado Cheeseburger (add side choice)	1420	54	79	99.0
Burgers	Denny's	Double Bourbon Bacon Burger (add side choice)	1290	62	79	80.0
Burgers	Denny's	Single Cheeseburger (add cheese & side choices)	590	49	35	29.0
Burgers	Denny's	Flamin' 5-Pepper Burger (add side choice)	1000	53	47	66.0
Burgers	Denny's	Double Flamin' 5-Pepper Burger (add side choice)	1400	53	78	97.0
Burgers	Denny's	Double Slamburger (add egg & side choices)	1240	59	76	77.0
Toppings & Ingredients	Denny's	Aged White Cheddar Cheese	80	0	5	7.0
Toppings & Ingredients	Denny's	Diner Q Sauce	150	6	0	14.0
Toppings & Ingredients	Denny's	Fresh Avocado	90	5	1	8.0
Toppings & Ingredients	Denny's	Fried Chicken Breast	410	18	27	26.0
Entrees	Denny's	Mama D's Pot Roast Bowl w/ dinner bread	870	79	56	36.0
Entrees	Denny's	Plate Lickin' Chicken Fried Chicken w/ dinner bread (add side choices)	1070	68	60	62.0
Entrees	Denny's	Premium Chicken Tenders w/ dinner bread (add side & sauce choices)	860	63	51	47.0
Entrees	Denny's	Sirloin Steak w/ dinner bread (add side choices)	530	27	49	25.0
Entrees	Denny's	T-Bone Steak w/ dinner bread (add side choices)	680	26	57	38.0
Entrees	Denny's	Wild Alaska Salmon w/ dinner bread (add side choices)	540	27	37	31.0
Appetizers & Sides	Denny's	Fresh Vegetable Medley	70	6	2	5.0
Appetizers & Sides	Denny's	Red Rustic Mashed Potatoes (add optional gravy choice)	250	32	5	11.0
Appetizers & Sides	Denny's	Herb Glazed Corn	300	30	6	18.0
Entrees	Denny's	55+ Country-Fried Steak w/ gravy & dinner bread (add side choices)	580	53	21	32.0
Entrees	Denny's	55+ Omelette w/ hash browns & white toast	900	60	34	57.0
Entrees	Denny's	55+ Wild Alaska Salmon w/ dinner bread (add side choices)	540	27	37	31.0
Toppings & Ingredients	Denny's	Diner Q Sauce	220	9	0	21.0
Toppings & Ingredients	Denny's	Nashville Hot Sauce	70	9	0	4.5
Desserts	Dickey's Barbeque	Chocolate Chunk Cookie, 1 Cookie	300	44	4	14.0
Desserts	Dickey's Barbeque	Blondie Brownie, 1 Serving	400	56	5	18.0
Entrees	Dickey's Barbeque	Two Meat Plate, Choose Two Meats & Two Sides, 1 Serving	174	27	4	6.2
Entrees	Dickey's Barbeque	Three Meat Plate, Choose Three Meats & Two Sides, 1 Serving	174	27	4	6.2
Entrees	Dickey's Barbeque	Plate, Choose One Meat & Two Sides (1 Serving), Kids	174	27	4	6.2
Entrees	Dickey's Barbeque	Pork Rib Plate, Choose Two Sides, 1 Serving	1133	63	52	73.0
Entrees	Dickey's Barbeque	Slider (1 Serving), Kids	174	27	4	6.2
Sandwiches	Dickey's Barbeque	Chicken & Cheese Taco, 1 Serving	146	15	8.4	5.7
Toppings & Ingredients	Dickey's Barbeque	Pickles, 1 Serving	1.4	0.2	0	0.0
Entrees	Dickey's Barbeque	Chicken Nuggets (1 Serving), Kids	512	44	25	26.0
Appetizers & Sides	Dickey's Barbeque	Creamed Spinach, Individual, 1 Serving	155	7.4	5.8	11.0

Appetizers & Sides	Dickey's Barbeque	Mac & Cheese, Individual, 1 Serving	96	9.6	8.6	5.5
Appetizers & Sides	Dickey's Barbeque	Baked Potato Casserole, Individual, 1 Serving	147	18	3.7	6.7
Appetizers & Sides	Dickey's Barbeque	Green Beans, Individual, 1 Serving	43	5.7	0.9	2.4
Appetizers & Sides	Dickey's Barbeque	Potato Salad, Individual, 1 Serving	130	23	2.4	3.2
Appetizers & Sides	Dickey's Barbeque	Cabbage Slaw, Individual, 1 Serving	143	14	1.1	8.9
Appetizers & Sides	Dickey's Barbeque	Jalapeno Beans, Individual, 1 Serving	113	20	7	0.4
Salads	Dickey's Barbeque	Caesar Salad, 1 Serving	133	5.8	2.2	11.0
Desserts	Dickey's Barbeque	Pecan Pie, 1 Serving	520	70	5	25.0
Entrees	Dickey's Barbeque	One Meat Plate, Choose One Meat & Two Sides, 1 Serving	174	27	4	6.2
Sandwiches	Dickey's Barbeque	Slider, 1 Serving	174	27	4	6.2
Sandwiches	Dickey's Barbeque	Barbecue Ranch Bird Sandwich, 1 Serving	572	53	31	25.0
Sandwiches	Dickey's Barbeque	Brisket Double Cheese Sandwich, 1 Serving	656	40	36	39.0
Sandwiches	Dickey's Barbeque	Carolina Style Sandwich, 1 Serving	343	48	6.8	13.0
Sandwiches	Dickey's Barbeque	Kickin' Buffalo Chicken Sandwich, 1 Serving	535	49	32	22.0
Sandwiches	Dickey's Barbeque	Texas Hot Style Sandwich, 1 Serving	271	41	6.2	8.4
Sandwiches	Dickey's Barbeque	Wild Westerner Sandwich, 1 Serving	865	59	41	50.0
Entrees	Dickey's Barbeque	Friday Deal of The Day, 3 Rib Plate, 1 Serving	776	66	31	43.0
Entrees	Dickey's Barbeque	Monday Deal of The Day, Jalapeno Cheddar Kielbasa, 1 Serving	878	57	31	57.0
Entrees	Dickey's Barbeque	Saturday Deal of The Day, Chopped Brisket, 1 Serving	749	57	40	39.0
Entrees	Dickey's Barbeque	Thursday Deal of The Day, Smoked Chicken Breast, 1 Serving	419	43	35	12.0
Sandwiches	Dickey's Barbeque	Tuesday Deal of The Day, Westerner Sandwich, 1 Serving	909	64	46	51.0
Sandwiches	Dickey's Barbeque	Wednesday Deal of The Day, Pulled Pork Sandwich, 1 Serving	596	60	29	26.0
Sandwiches	Dickey's Barbeque	Burnt Ends Sandwich, 1 Serving	367	46	11	15.0
Sandwiches	Dickey's Barbeque	Classic Sandwich, 1 Serving	241	35	6	8.1
Sandwiches	Dickey's Barbeque	Classic Sandwich w/ Cheese, 1 Serving	321	35	11	15.0
Sandwiches	Dickey's Barbeque	Cuban Sandwich, 1 Serving	764	53	37	43.0
Sandwiches	Dickey's Barbeque	Pit Dip Sandwich, 1 Serving	730	57	36	39.0
Sandwiches	Dickey's Barbeque	Sweet Kings Hawaiian Pulled Pork Sandwich, 1 Serving	581	58	27	27.0
Entrees	Dickey's Barbeque	Westerner, Choose Two Meats, 1 Serving	301	48	9	7.6
Appetizers & Sides	Dickey's Barbeque	Sides For Meat Plates, 1 Serving	0	0	0	0.0
Entrees	Dickey's Barbeque	Classic Family Pack, 1 Serving	729	62	35	37.0
Entrees	Dickey's Barbeque	Classic Family Pack, 6 Servings	4377	373	212	222.0
Entrees	Dickey's Barbeque	Classic Sandwich Party Pack, 1 Serving	605	79	12	26.0
Entrees	Dickey's Barbeque	Classic Sandwich Party Pack, 12 Servings	7256	953	150	307.0
Appetizers & Sides	Dickey's Barbeque	Extra Large Sides, 1 Serving	0	0	0	0.0

Entrees	Dickey's Barbeque	Family Pack, 1 Serving	238	42	4.3	6.2
Entrees	Dickey's Barbeque	Family Pack, 6 Servings	1427	250	26	37.0
Entrees	Dickey's Barbeque	Family Pack, Extra Large, 1 Serving	225	39	4.3	6.2
Entrees	Dickey's Barbeque	Family Pack, Extra Large, 8 Servings	1803	310	34	50.0
Entrees	Dickey's Barbeque	Party Pack, 1 Serving	1144	133	42	47.0
Entrees	Dickey's Barbeque	Party Pack, 12 Servings	13734	1597	498	562.0
Entrees	Dickey's Barbeque	Picnic Pack, 1 Serving	233	41	4.3	6.2
Entrees	Dickey's Barbeque	Picnic Pack, 4 Servings	932	162	17	25.0
Entrees	Dickey's Barbeque	Sliced Turkey Holiday Pack, 1 Serving	737	81	36	30.0
Entrees	Dickey's Barbeque	Sliced Turkey Holiday Pack, 12 Servings	8848	971	428	365.0
Entrees	Dickey's Barbeque	Texas Brisket Party Pack, Choose Three Sides, 1 Serving	640	47	32	35.0
Entrees	Dickey's Barbeque	Texas Brisket Party Pack, Choose Three Sides, 12 Servings	7680	563	386	420.0
Entrees	Dickey's Barbeque	Wing Family Pack, Choose Two Different Sauces or Rubs, 1 Serving	661	72	20	31.0
Entrees	Dickey's Barbeque	Wing Family Pack, Choose Two Different Sauces or Rubs, 6 Servings	3968	432	122	188.0
Entrees	Dickey's Barbeque	Wings & Ribs Party Pack, 1 Serving	909	77	35	54.0
Entrees	Dickey's Barbeque	Wings & Ribs Party Pack, 12 Servings	10914	922	416	653.0
Entrees	Dickey's Barbeque	12 Piece Rib Platter, 1 Serving	1869	61	97	133.0
Entrees	Dickey's Barbeque	18 Piece Rib Platter, 1 Serving	2804	91	145	200.0
Entrees	Dickey's Barbeque	24 Piece Rib Platter, 1 Serving	3736	121	193	267.0
Entrees	Dickey's Barbeque	24 Piece Rib Platter, Choose Two Different Sauces or Rubs, 1 Serving	3736	121	193	267.0
Entrees	Dickey's Barbeque	6 Piece Rib Platter, 1 Serving	935	30	48	67.0
Entrees	Dickey's Barbeque	9 Piece Rib Platter, 1 Serving	1402	46	72	100.0
Entrees	Dickey's Barbeque	Smoked Chicken Wings, 12, Choose Two Different Sauces or Rubs, 1 Serving	853	9.1	34	73.0
Entrees	Dickey's Barbeque	Smoked Chicken Wings, 18, Choose Two Different Sauces or Rubs, 1 Serving	1059	9.6	51	88.0
Entrees	Dickey's Barbeque	Smoked Chicken Wings, 24, Choose Two Different Sauces or Rubs, 1 Serving	1703	18	67	147.0
Entrees	Dickey's Barbeque	Smoked Chicken Wings, 6, Choose Two Different Sauces or Rubs, 1 Serving	426	4.5	17	37.0
Entrees	Dickey's Barbeque	Smoked Chicken Wings, 9, Choose Two Different Sauces or Rubs, 1 Serving	530	4.8	25	44.0
Entrees	Dickey's Barbeque	Brisket & Mac Stack, 1 Serving	479	20	38	33.0
Entrees	Dickey's Barbeque	Buffalo Chicken Mac Stack, 1 Serving	337	27	38	14.0
Entrees	Dickey's Barbeque	Fritos Chili Pie Stack, 1 Serving	620	48	23	37.0
Entrees	Dickey's Barbeque	Texas Frito Pie Stack, 1 Serving	932	88	36	45.0
Appetizers & Sides	Dickey's Barbeque	Baked Beans, Extra Large, 1 Serving	187	37	5.3	0.0
Appetizers & Sides	Dickey's Barbeque	Baked Beans, Extra Large, 18 Servings	3360	672	96	0.0
Appetizers & Sides	Dickey's Barbeque	Baked Beans, Individual, 1 Serving	140	28	4	0.0
Appetizers & Sides	Dickey's Barbeque	Baked Beans, Large, 1 Serving	140	28	4	0.0

Appetizers & Sides	Dickey's Barbeque	Baked Beans, Large, 12 Servings	1680	336	48	0.0
Appetizers & Sides	Dickey's Barbeque	Baked Beans, Medium, 1 Serving	146	29	4.2	0.0
Appetizers & Sides	Dickey's Barbeque	Baked Beans, Medium, 3 Servings	438	88	13	0.0
Appetizers & Sides	Dickey's Barbeque	Baked Potato Casserole, Extra Large, 1 Serving	367	44	9.2	17.0
Appetizers & Sides	Dickey's Barbeque	Baked Potato Casserole, Extra Large, 18 Servings	6604	795	165	300.0
Appetizers & Sides	Dickey's Barbeque	Baked Potato Casserole, Large, 1 Serving	147	18	3.7	6.7
Appetizers & Sides	Dickey's Barbeque	Baked Potato Casserole, Large, 12 Servings	1761	212	44	80.0
Appetizers & Sides	Dickey's Barbeque	Baked Potato Casserole, Medium, 1 Serving	153	18	3.8	6.9
Appetizers & Sides	Dickey's Barbeque	Baked Potato Casserole, Medium, 3 Servings	459	55	11	21.0
Appetizers & Sides	Dickey's Barbeque	Brisket Chili Mac, 1 Serving	102	9.4	8.3	5.7
Appetizers & Sides	Dickey's Barbeque	Brisket Chili Mac, Medium, 1 Serving	271	24	22	15.0
Appetizers & Sides	Dickey's Barbeque	Brisket Chili, Extra Large, 1 Serving	2440	174	153	122.0
Appetizers & Sides	Dickey's Barbeque	Brisket Chili, Individual, 1 Serving	122	8.7	7.6	6.1
Appetizers & Sides	Dickey's Barbeque	Brisket Chili, Large, 1 Serving	1464	104	92	73.0
Appetizers & Sides	Dickey's Barbeque	Brisket Chili, Medium, 1 Serving	366	26	23	18.0
Appetizers & Sides	Dickey's Barbeque	Cabbage Slaw, Extra Large, 1 Serving	178	17	1.4	11.0
Appetizers & Sides	Dickey's Barbeque	Cabbage Slaw, Extra Large, 18 Servings	3210	308	25	201.0
Appetizers & Sides	Dickey's Barbeque	Cabbage Slaw, Large, 1 Serving	143	14	1.1	8.9
Appetizers & Sides	Dickey's Barbeque	Cabbage Slaw, Large, 12 Servings	1712	164	14	107.0
Appetizers & Sides	Dickey's Barbeque	Cabbage Slaw, Medium, 1 Serving	149	14	1.2	9.3
Appetizers & Sides	Dickey's Barbeque	Cabbage Slaw, Medium, 3 Servings	446	43	3.5	28.0
Appetizers & Sides	Dickey's Barbeque	Creamed Spinach, Extra Large, 1 Serving	451	21	17	33.0
Appetizers & Sides	Dickey's Barbeque	Creamed Spinach, Extra Large, 18 Servings	8114	387	303	595.0
Appetizers & Sides	Dickey's Barbeque	Creamed Spinach, Large, 1 Serving	155	7.4	5.8	11.0
Appetizers & Sides	Dickey's Barbeque	Creamed Spinach, Large, 12 Servings	1855	88	69	136.0
Appetizers & Sides	Dickey's Barbeque	Creamed Spinach, Medium, 1 Serving	161	7.7	6	12.0
Appetizers & Sides	Dickey's Barbeque	Creamed Spinach, Medium, 3 Servings	483	23	18	35.0
Appetizers & Sides	Dickey's Barbeque	Fried Okra, Extra Large, 1 Serving	101	26	3.5	2.8
Appetizers & Sides	Dickey's Barbeque	Fried Okra, Extra Large, 18 Servings	1821	476	62	51.0
Appetizers & Sides	Dickey's Barbeque	Fried Okra, Individual, 1 Serving	101	26	3.5	2.8
Appetizers & Sides	Dickey's Barbeque	Fried Okra, Large, 1 Serving	101	26	3.5	2.8
Appetizers & Sides	Dickey's Barbeque	Fried Okra, Large, 12 Servings	1214	318	41	34.0
Appetizers & Sides	Dickey's Barbeque	Fried Okra, Medium, 1 Serving	105	28	3.6	3.0
Appetizers & Sides	Dickey's Barbeque	Fried Okra, Medium, 3 Servings	316	83	11	8.9
Appetizers & Sides	Dickey's Barbeque	Green Beans, Extra Large, 1 Serving	43	5.7	0.9	2.4

Appetizers & Sides	Dickey's Barbeque	Green Beans, Extra Large, 18 Servings	765	102	17	43.0
Appetizers & Sides	Dickey's Barbeque	Green Beans, Large, 1 Serving	43	5.7	0.9	2.4
Appetizers & Sides	Dickey's Barbeque	Green Beans, Large, 12 Servings	510	68	11	28.0
Appetizers & Sides	Dickey's Barbeque	Green Beans, Medium, 1 Serving	44	5.9	1	2.5
Appetizers & Sides	Dickey's Barbeque	Green Beans, Medium, 3 Servings	133	18	3	7.4
Appetizers & Sides	Dickey's Barbeque	Jalapeno Beans, Extra Large, 1 Serving	151	27	9.3	0.6
Appetizers & Sides	Dickey's Barbeque	Jalapeno Beans, Extra Large, 18 Servings	2722	482	167	10.0
Appetizers & Sides	Dickey's Barbeque	Jalapeno Beans, Large, 1 Serving	113	20	7	0.4
Appetizers & Sides	Dickey's Barbeque	Jalapeno Beans, Large, 12 Servings	1361	241	84	5.2
Appetizers & Sides	Dickey's Barbeque	Jalapeno Beans, Medium, 1 Serving	118	21	7.3	0.5
Appetizers & Sides	Dickey's Barbeque	Jalapeno Beans, Medium, 3 Servings	354	63	22	1.4
Appetizers & Sides	Dickey's Barbeque	Mac & Cheese, Extra Large, 1 Serving	239	24	21	14.0
Appetizers & Sides	Dickey's Barbeque	Mac & Cheese, Extra Large, 18 Servings	4309	431	386	249.0
Appetizers & Sides	Dickey's Barbeque	Mac & Cheese, Large, 1 Serving	96	9.6	8.6	5.5
Appetizers & Sides	Dickey's Barbeque	Mac & Cheese, Large, 12 Servings	1149	115	103	67.0
Appetizers & Sides	Dickey's Barbeque	Mac & Cheese, Medium, 1 Serving	100	10	8.9	5.8
Appetizers & Sides	Dickey's Barbeque	Mac & Cheese, Medium, 3 Servings	299	30	27	17.0
Appetizers & Sides	Dickey's Barbeque	Onion Tanglers, Extra Large, 1 Serving	381	36	4	25.0
Appetizers & Sides	Dickey's Barbeque	Onion Tanglers, Extra Large, 18 Servings	6858	650	72	449.0
Appetizers & Sides	Dickey's Barbeque	Onion Tanglers, Individual, 1 Serving	381	36	4	25.0
Appetizers & Sides	Dickey's Barbeque	Onion Tanglers, Large, 1 Serving	381	36	4	25.0
Appetizers & Sides	Dickey's Barbeque	Onion Tanglers, Large, 12 Servings	4572	433	48	299.0
Appetizers & Sides	Dickey's Barbeque	Onion Tanglers, Medium, 1 Serving	397	38	4.2	26.0
Appetizers & Sides	Dickey's Barbeque	Onion Tanglers, Medium, 3 Servings	1191	113	13	78.0
Appetizers & Sides	Dickey's Barbeque	Potato Salad, Extra Large, 1 Serving	216	38	4	5.4
Appetizers & Sides	Dickey's Barbeque	Potato Salad, Extra Large, 18 Servings	3888	680	73	97.0
Appetizers & Sides	Dickey's Barbeque	Potato Salad, Large, 1 Serving	130	23	2.4	3.2
Appetizers & Sides	Dickey's Barbeque	Potato Salad, Large, 12 Servings	1555	272	29	39.0
Appetizers & Sides	Dickey's Barbeque	Potato Salad, Medium, 1 Serving	135	24	2.5	3.4
Appetizers & Sides	Dickey's Barbeque	Potato Salad, Medium, 3 Servings	405	71	7.6	10.0
Appetizers & Sides	Dickey's Barbeque	Texas Sweet Corn, 1 Serving	124	15	3.4	5.7
Beverages	Dickey's Barbeque	Barq's Root Beer (16 fl Oz)	133	36	0	0.0
Beverages	Dickey's Barbeque	Barq's Root Beer (32 fl Oz)	266	72	0	0.0
Beverages	Dickey's Barbeque	Coke (16 fl Oz)	119	32	0	0.0
Beverages	Dickey's Barbeque	Coke (32 fl Oz)	238	65	0	0.0

Beverages	Dickey's Barbeque	Coke Zero (16 fl Oz)	0.8	0.1	0	0.0
Beverages	Dickey's Barbeque	Coke Zero (32 fl Oz)	1.7	0.2	0	0.0
Beverages	Dickey's Barbeque	Diet Coke (16 fl Oz)	0	0	0	0.0
Beverages	Dickey's Barbeque	Diet Coke (32 fl Oz)	0	0	0	0.0
Beverages	Dickey's Barbeque	Dr Pepper (16 fl Oz)	132	32	0	0.0
Beverages	Dickey's Barbeque	Dr Pepper (32 fl Oz)	264	65	0	0.0
Beverages	Dickey's Barbeque	Fanta Orange Soda (16 fl Oz)	141	35	0	0.0
Beverages	Dickey's Barbeque	Fanta Orange Soda (32 fl Oz)	282	70	0	0.0
Beverages	Dickey's Barbeque	Hi-c Fruit Punch (16 fl Oz)	125	34	0	0.0
Beverages	Dickey's Barbeque	Hi-c Fruit Punch (32 fl Oz)	250	67	0	0.0
Beverages	Dickey's Barbeque	Iced Tea (16 fl Oz)	0	0	0	0.0
Beverages	Dickey's Barbeque	Iced Tea (32 fl Oz)	0	0	0	0.0
Beverages	Dickey's Barbeque	Lemonade (16 fl Oz)	44	11	0	0.0
Beverages	Dickey's Barbeque	Lemonade (32 fl Oz)	88	22	0	0.0
Beverages	Dickey's Barbeque	Sprite (16 fl Oz)	116	31	0	0.0
Beverages	Dickey's Barbeque	Sprite (32 fl Oz)	233	62	0	0.0
Beverages	Dickey's Barbeque	Sweet Tea (16 fl Oz)	117	29	0	0.0
Beverages	Dickey's Barbeque	Sweet Tea (32 fl Oz)	233	58	0	0.0
Desserts	Dickey's Barbeque	Caramel Crunch Brownie, 1 Serving	350	47	5	15.0
Desserts	Dickey's Barbeque	Ice Cream, 1 Serving	168	35	0	3.3
Entrees	Dickey's Barbeque	Meats, 1 Lb, 1 Pound	0	0	0	0.0
Entrees	Dickey's Barbeque	Meats, 1/2 Lb (0.5 Pounds)	0	0	0	0.0
Entrees	Dickey's Barbeque	Meats, 1/4 Lb, 1 Serving	0	0	0	0.0
Entrees	Dickey's Barbeque	Meats, 3/4 Lb (0.75 Pounds)	0	0	0	0.0
Appetizers & Sides	Dickey's Barbeque	Add A Rib, 1 Rib	155	5	8	11.0
Toppings & Ingredients	Dickey's Barbeque	Barbecue Sauces (2 fl Oz)	0	0	0	0.0
Toppings & Ingredients	Dickey's Barbeque	Barbecue Sauces (4 fl Oz)	0	0	0	0.0
Toppings & Ingredients	Dickey's Barbeque	Buffalo Barbecue Sauce, 2 oz	15	1.4	0.4	0.9
Toppings & Ingredients	Dickey's Barbeque	Buffalo Barbecue Sauce (4.5 Oz)	34	3.1	0.8	2.0
Toppings & Ingredients	Dickey's Barbeque	Buffalo Barbecue Sauce, 15 oz	112	10	2.7	6.7
Toppings & Ingredients	Dickey's Barbeque	Buffalo Hot Barbecue Sauce, 2 oz	19	1.9	0.4	1.0
Toppings & Ingredients	Dickey's Barbeque	Buffalo Hot Barbecue Sauce (4.5 Oz)	43	4.3	0.9	2.3
Toppings & Ingredients	Dickey's Barbeque	Buffalo Hot Barbecue Sauce, 15 oz	142	14	3	7.7
Appetizers & Sides	Dickey's Barbeque	Cabbage Slaw, 1 Serving	71	6.8	0.6	4.5
Toppings & Ingredients	Dickey's Barbeque	Carolina Barbecue Sauce, 2 oz	41	8.8	0.3	0.3

Toppings & Ingredients	Dickey's Barbeque	Carolina Barbecue Sauce (4.5 Oz)	93	20	0.8	0.6
Toppings & Ingredients	Dickey's Barbeque	Carolina Barbecue Sauce, 15 oz	310	66	2.6	1.9
Toppings & Ingredients	Dickey's Barbeque	Cheddar Cheese, 1 Slice	80	0	5	7.0
Toppings & Ingredients	Dickey's Barbeque	Fresh Onions, 1 Serving	16	3.6	0.3	0.0
Toppings & Ingredients	Dickey's Barbeque	Original Barbecue Sauce, 2 oz	49	11	0	0.0
Toppings & Ingredients	Dickey's Barbeque	Original Barbecue Sauce (4.5 Oz)	109	26	0	0.0
Toppings & Ingredients	Dickey's Barbeque	Original Barbecue Sauce, 15 oz	364	85	0	0.0
Toppings & Ingredients	Dickey's Barbeque	Pickled Jalapenos, 1 Serving	10	2	0	0.0
Toppings & Ingredients	Dickey's Barbeque	Spicy Barbecue Sauce, 2 oz	54	12	0.1	0.1
Toppings & Ingredients	Dickey's Barbeque	Spicy Barbecue Sauce (4.5 Oz)	122	28	0.1	0.3
Toppings & Ingredients	Dickey's Barbeque	Spicy Barbecue Sauce, 15 oz	408	92	0.4	1.0
Toppings & Ingredients	Dickey's Barbeque	Sweet Barbecue Sauce, 2 oz	89	22	0	0.0
Toppings & Ingredients	Dickey's Barbeque	Sweet Barbecue Sauce (4.5 Oz)	201	48	0	0.0
Toppings & Ingredients	Dickey's Barbeque	Sweet Barbecue Sauce, 15 oz	670	162	0	0.0
Toppings & Ingredients	Dickey's Barbeque	Texas Hot Barbecue Sauce, 2 oz	37	7.4	0.2	0.5
Toppings & Ingredients	Dickey's Barbeque	Texas Hot Barbecue Sauce (4.5 Oz)	83	17	0.5	1.1
Toppings & Ingredients	Dickey's Barbeque	Texas Hot Barbecue Sauce, 15 oz	276	55	1.8	3.6
Entrees	Dickey's Barbeque	Classic Sandwich Plate, Choose One Meat & Two Sides, 1 Serving	0	0	0	0.0
Entrees	Dickey's Barbeque	Westemer Sandwich Plate, Choose Two Meats & Two Sides, 1 Serving	301	48	9	7.6
Sandwiches	Dickey's Barbeque	Beef & Cheese Taco, 1 Serving	175	14	8.5	9.3
Entrees	Dickey's Barbeque	Baker w/ Brisket, 1 Serving	919	86	34	47.0
Entrees	Dickey's Barbeque	Brisket Chili Baker, 1 Serving	796	92	24	35.0
Entrees	Dickey's Barbeque	Buffalo Chicken Baker, 1 Serving	811	91	33	33.0
Entrees	Dickey's Barbeque	Chicken, Spinach & Cheese Baker, 1 Serving	739	96	38	23.0
Entrees	Dickey's Barbeque	Giant Stuffed Baker, 1 Serving	824	86	30	38.0
Entrees	Dickey's Barbeque	Giant Stuffed Baker w/ Meat, 1 Serving	869	96	30	38.0
Entrees	Dickey's Barbeque	Loaded Baker w/ Bacon, 1 Serving	824	86	30	38.0
Entrees	Dickey's Barbeque	Pork & Beans Baker, 1 Serving	1010	115	37	42.0
Entrees	Dickey's Barbeque	Pork & Tangler Baker, 1 Serving	1136	121	35	56.0
Salads	Dickey's Barbeque	Chicken Caesar Salad, 1 Serving	622	49	25	36.0
Desserts	Dickey's Barbeque	Birthday Cake Crispy Treat, 1 Serving	250	48	2	5.0
Sandwiches	Dickey's Barbeque	Brisket Chili Walking Taco, 1 Serving	904	72	24	57.0
Entrees	Dickey's Barbeque	Dickey's 80th Anniversary Combo Meal, 1 Serving	712	85	28	28.0
Appetizers & Sides	Dickey's Barbeque	Poblano Queso, 1 Serving	189	9.4	7.6	13.0
Fried Potatoes	Dickey's Barbeque	Hand Cut Fries, Large, 1 Serving	478	91	7.8	10.0



Fried Potatoes	Dickey's Barbeque	Hand Cut Fries, Regular, 1 Serving	239	45	3.9	5.1
Beverages	Dickey's Barbeque	Chocolate Handspun Milkshake, 1 Milkshake	928	127	19	42.0
Beverages	Dickey's Barbeque	Strawberry Handspun Milkshake, 1 Milkshake	932	125	19	42.0
Beverages	Dickey's Barbeque	Vanilla Handspun Milkshake, 1 Milkshake	804	93	21	44.0
Toppings & Ingredients	Domino's	16" Extra Large Brooklyn Crust	150	27	5	2.0
Toppings & Ingredients	Domino's	14" Large Brooklyn Crust	120	22	4	1.5
Toppings & Ingredients	Domino's	16" Extra Large Hand Tossed Crust	210	39	7	3.0
Toppings & Ingredients	Domino's	Hand Tossed Crust, 6" Personal	160	30	5	2.0
Toppings & Ingredients	Domino's	12" Medium Hand Tossed Crust	110	21	4	1.5
Toppings & Ingredients	Domino's	10" Small Gluten Free Crust	160	30	2	1.5
Pizza	Domino's	Buffalo Chicken, Hand Tossed Crust, Extra Large	450	44	20	20.0
Pizza	Domino's	Buffalo Chicken, Hand Tossed Crust, Large	350	33	15	16.0
Pizza	Domino's	Buffalo Chicken, Hand Tossed Crust, Medium	410	38	19	20.0
Pizza	Domino's	Buffalo Chicken, Hand Tossed Crust, Small	370	37	16	17.0
Pizza	Domino's	Cali Chicken Bacon Ranch, Hand Tossed Crust, Extra Large	530	44	22	29.0
Pizza	Domino's	Cali Chicken Bacon Ranch, Hand Tossed Crust, Large	410	33	16	23.0
Pizza	Domino's	Cali Chicken Bacon Ranch, Hand Tossed Crust, Medium	480	37	19	27.0
Pizza	Domino's	Cali Chicken Bacon Ranch, Hand Tossed Crust, Small	420	36	17	22.0
Pizza	Domino's	Deluxe, Hand Tossed Crust, Extra Large	410	46	16	18.0
Pizza	Domino's	Deluxe, Hand Tossed Crust, Large	310	35	12	13.0
Pizza	Domino's	Deluxe, Hand Tossed Crust, Medium	360	39	14	16.0
Pizza	Domino's	Deluxe, Hand Tossed Crust, Small	330	38	13	14.0
Pizza	Domino's	ExtravaganZZa, Hand Tossed Crust, Extra Large	510	47	22	25.0
Pizza	Domino's	ExtravaganZZa, Hand Tossed Crust, Large	390	36	16	19.0
Pizza	Domino's	ExtravaganZZa, Hand Tossed Crust, Medium	440	40	19	22.0
Pizza	Domino's	ExtravaganZZa, Hand Tossed Crust, Small	410	39	17	20.0
Pizza	Domino's	Honolulu Hawaiian, Hand Tossed Crust, Extra Large	430	46	19	18.0
Pizza	Domino's	Honolulu Hawaiian, Hand Tossed Crust, Large	330	35	14	14.0
Pizza	Domino's	Honolulu Hawaiian, Hand Tossed Crust, Medium	380	40	17	17.0
Pizza	Domino's	Honolulu Hawaiian, Hand Tossed Crust, Small	360	38	15	15.0
Pizza	Domino's	MeatZZa, Hand Tossed Crust, Extra Large	490	45	21	24.0
Pizza	Domino's	MeatZZa, Hand Tossed Crust, Large	370	34	16	18.0
Pizza	Domino's	MeatZZa, Hand Tossed Crust, Medium	430	38	18	21.0
Pizza	Domino's	MeatZZa, Hand Tossed Crust, Small	400	38	16	19.0
Pizza	Domino's	Memphis BBQ Chicken, Hand Tossed Crust, Extra Large	460	51	20	19.0

Pizza	Domino's	Memphis BBQ Chicken, Hand Tossed Crust, Large	350	39	15	14.0
Pizza	Domino's	Memphis BBQ Chicken, Hand Tossed Crust, Medium	410	44	18	17.0
Pizza	Domino's	Memphis BBQ Chicken, Hand Tossed Crust, Small	360	41	16	15.0
Pizza	Domino's	Pacific Veggie, Hand Tossed Crust, Extra Large	400	46	16	16.0
Pizza	Domino's	Pacific Veggie, Hand Tossed Crust, Large	310	35	12	13.0
Pizza	Domino's	Pacific Veggie, Hand Tossed Crust, Medium	350	39	14	15.0
Pizza	Domino's	Pacific Veggie, Hand Tossed Crust, Small	330	38	13	13.0
Pizza	Domino's	Philly Cheese Steak, Hand Tossed Crust, Extra Large	400	43	17	17.0
Pizza	Domino's	Philly Cheese Steak, Hand Tossed Crust, Large	310	33	13	13.0
Pizza	Domino's	Philly Cheese Steak, Hand Tossed Crust, Medium	370	37	15	16.0
Pizza	Domino's	Philly Cheese Steak, Hand Tossed Crust, Small	340	36	14	15.0
Pizza	Domino's	Spinach & Feta, Hand Tossed Crust, Extra Large	420	43	17	19.0
Pizza	Domino's	Spinach & Feta, Hand Tossed Crust, Large	320	33	13	15.0
Pizza	Domino's	Spinach & Feta, Hand Tossed Crust, Medium	370	37	15	17.0
Pizza	Domino's	Spinach & Feta, Hand Tossed Crust, Small	340	36	14	15.0
Pizza	Domino's	Ultimate Pepperoni, Hand Tossed Crust, Extra Large	480	45	20	24.0
Pizza	Domino's	Ultimate Pepperoni, Hand Tossed Crust, Large	370	34	15	18.0
Pizza	Domino's	Ultimate Pepperoni, Hand Tossed Crust, Medium	420	38	18	22.0
Pizza	Domino's	Ultimate Pepperoni, Hand Tossed Crust, Small	390	37	16	19.0
Pizza	Domino's	Wisconsin 6 Cheese, Hand Tossed Crust, Extra Large	440	46	19	20.0
Pizza	Domino's	Wisconsin 6 Cheese, Hand Tossed Crust, Large	340	35	15	15.0
Pizza	Domino's	Wisconsin 6 Cheese, Hand Tossed Crust, Medium	390	39	17	18.0
Pizza	Domino's	Wisconsin 6 Cheese, Hand Tossed Crust, Small	340	38	14	14.0
Toppings & Ingredients	Domino's	10" Small Hand Tossed Crust	240	44	8	3.0
Toppings & Ingredients	Domino's	Pizza Sauce, 10" Small Hand Tossed Crust	15	3	1	0.0
Toppings & Ingredients	Domino's	Alfredo Sauce, 10" Small Hand Tossed Crust	35	1	1	3.0
Toppings & Ingredients	Domino's	Garlic Parm (White Sauce), 10" Small Hand Tossed Crust	70	1	0	7.0
Toppings & Ingredients	Domino's	Hearty Marinara, 6" Personal Hand Tossed	10	2	0	0.0
Toppings & Ingredients	Domino's	Regular Cheese, 10" Small Hand Tossed Crust	90	2	5	7.0
Toppings & Ingredients	Domino's	Light Cheese, 10" Small Hand Tossed Crust	100	2	6	7.0
Toppings & Ingredients	Domino's	American Cheese, 10" Small Hand Tossed Crust	70	1	3	6.0
Toppings & Ingredients	Domino's	Bacon, 10" Small Hand Tossed Crust	100	1	6	7.0
Toppings & Ingredients	Domino's	Beef, 10" Small Hand Tossed Crust	80	0	4	7.0
Toppings & Ingredients	Domino's	Black Olives, 12" Medium Hand Tossed	15	0	0	1.0
Toppings & Ingredients	Domino's	Cheddar Cheese, 10" Small Hand Tossed Crust	40	1	2	3.0

Toppings & Ingredients	Domino's	Feta Cheese, 10" Small Hand Tossed Crust	25	1	1	2.0
Toppings & Ingredients	Domino's	Green Peppers, 12" Medium Hand Tossed	0	0	0	0.0
Toppings & Ingredients	Domino's	Ham, 10" Small Hand Tossed Crust	20	0	2	1.0
Toppings & Ingredients	Domino's	Jalapeno Peppers, 12" Medium Hand Tossed	0	0	0	0.0
Toppings & Ingredients	Domino's	Mushrooms, 10" Small Hand Tossed Crust	5	1	1	0.0
Toppings & Ingredients	Domino's	Onions, 12" Medium Hand Tossed	5	1	0	0.0
Toppings & Ingredients	Domino's	Pepperoni, 10" Small Hand Tossed Crust	50	0	2	4.5
Toppings & Ingredients	Domino's	Philly Steak, 10" Small Hand Tossed Crust	30	1	3	1.5
Toppings & Ingredients	Domino's	Pineapple, 10" Small Hand Tossed Crust	15	4	0	0.0
Toppings & Ingredients	Domino's	Shredded Provolone Cheese, 10" Small Hand Tossed Crust	35	0	2	2.5
Toppings & Ingredients	Domino's	Roasted Red Peppers, 12" Medium Hand Tossed	0	0	0	0.0
Toppings & Ingredients	Domino's	Salami, 10" Small Hand Tossed Crust	50	0	3	4.0
Toppings & Ingredients	Domino's	Shredded Parmesan Asiago, 10" Small Hand Tossed Crust	35	0	3	2.5
Toppings & Ingredients	Domino's	Spinach, 10" Small Hand Tossed Crust	5	1	0	0.0
Toppings & Ingredients	Domino's	Diced Tomatoes, 10" Small Hand Tossed Crust	5	1	0	0.0
Toppings & Ingredients	Domino's	Anchovies, 10" Small Hand Tossed Crust	10	0	2	0.0
Toppings & Ingredients	Domino's	Chorizo, 10" Small Hand Tossed Crust	50	0	4	4.0
Toppings & Ingredients	Domino's	Garlic, 12" Medium Hand Tossed	5	1	0	0.0
Toppings & Ingredients	Domino's	Green Chile Peppers, 12" Medium Hand Tossed	0	0	0	0.0
Toppings & Ingredients	Domino's	Green Olives, 12" Medium Hand Tossed	10	0	0	1.0
Toppings & Ingredients	Domino's	Pizza Sauce, 14" Large Hand Tossed & Crunchy Thin Crust	10	2	0	0.0
Toppings & Ingredients	Domino's	Alfredo Sauce, 12" Medium Hand Tossed	25	1	0	2.5
Toppings & Ingredients	Domino's	Garlic Parm (White Sauce), 12" Medium Hand Tossed	50	1	0	5.0
Toppings & Ingredients	Domino's	Regular Cheese, 14" Large Hand Tossed & Crunchy Thin Crust	70	1	4	5.0
Toppings & Ingredients	Domino's	Light Cheese, 14" Large Hand Tossed & Crunchy Thin Crust	50	1	3	3.5
Toppings & Ingredients	Domino's	American Cheese, 10" Small Crunchy Thin Crust	60	1	2	4.5
Toppings & Ingredients	Domino's	Bacon, 8" Extra Small Hand Tossed	70	0	4	6.0
Toppings & Ingredients	Domino's	Beef, 14" Large Hand Tossed & Crunchy Thin Crust	60	0	3	5.0
Toppings & Ingredients	Domino's	Black Olives, 14" Large Hand Tossed & Crunchy Thin Crust	20	1	0	1.5
Toppings & Ingredients	Domino's	Feta Cheese, 14" Large Hand Tossed & Crunchy Thin Crust	20	1	1	1.5
Toppings & Ingredients	Domino's	Green Peppers, 14" Large Hand Tossed & Crunchy Thin Crust	0	0	0	0.0
Toppings & Ingredients	Domino's	Ham, 14" Large Hand Tossed & Crunchy Thin Crust	15	0	2	0.5
Toppings & Ingredients	Domino's	Jalapeno Peppers, 14" Large Hand Tossed & Crunchy Thin Crust	5	1	0	0.0
Toppings & Ingredients	Domino's	Mushrooms, 14" Large Hand Tossed & Crunchy Thin Crust	5	1	1	0.0
Toppings & Ingredients	Domino's	Onions, 14" Large Hand Tossed & Crunchy Thin Crust	5	1	0	0.0

Toppings & Ingredients	Domino's	Pepperoni, 14" Large Hand Tossed & Crunchy Thin Crust	40	0	2	3.5
Toppings & Ingredients	Domino's	Philly Steak, 8" Extra Small Hand Tossed	20	1	2	1.0
Toppings & Ingredients	Domino's	Pineapple, 14" Large Hand Tossed & Crunchy Thin Crust	15	3	0	0.0
Toppings & Ingredients	Domino's	Shredded Provolone Cheese, 12" Medium Hand Tossed	25	0	1	2.0
Toppings & Ingredients	Domino's	Roasted Red Peppers, 14" Large Hand Tossed & Crunchy Thin Crust	5	1	0	0.0
Toppings & Ingredients	Domino's	Salami, 14" Large Hand Tossed & Crunchy Thin Crust	35	0	2	3.0
Toppings & Ingredients	Domino's	Shredded Parmesan Asiago, 14" Large Hand Tossed & Crunchy Thin Crust	25	0	2	2.0
Toppings & Ingredients	Domino's	Spinach, 14" Large Hand Tossed & Crunchy Thin Crust	0	0	0	0.0
Toppings & Ingredients	Domino's	Diced Tomatoes, 14" Large Hand Tossed & Crunchy Thin Crust	5	1	0	0.0
Toppings & Ingredients	Domino's	Chorizo, 14" Large Hand Tossed & Crunchy Thin Crust	40	0	3	3.0
Toppings & Ingredients	Domino's	Garlic, 10" Small Crunchy Thin Crust	5	2	0	0.0
Toppings & Ingredients	Domino's	Green Chile Peppers, 14" Large Hand Tossed & Crunchy Thin Crust	0	1	0	0.0
Toppings & Ingredients	Domino's	Green Olives, 14" Large Hand Tossed & Crunchy Thin Crust	20	1	0	1.5
Toppings & Ingredients	Domino's	Pizza Sauce, 12" Medium Hand Tossed	10	2	0	0.0
Toppings & Ingredients	Domino's	Hearty Marinara, 12" Medium Hand Tossed	10	2	0	0.0
Toppings & Ingredients	Domino's	Regular Cheese, 12" Medium Hand Tossed	70	1	4	5.0
Toppings & Ingredients	Domino's	Regular Cheese, 12" Medium Hand Tossed	50	1	3	3.5
Toppings & Ingredients	Domino's	American Cheese, 12" Medium Pan	40	1	2	3.0
Toppings & Ingredients	Domino's	Bacon, 12" Medium Hand Tossed	45	0	3	3.5
Toppings & Ingredients	Domino's	Beef, 12" Medium Hand Tossed	40	0	2	3.5
Toppings & Ingredients	Domino's	Feta Cheese, 12" Medium Hand Tossed	15	0	1	1.0
Toppings & Ingredients	Domino's	Ham, 12" Medium Hand Tossed	10	0	1	0.5
Toppings & Ingredients	Domino's	Pepperoni, 12" Medium Hand Tossed	30	0	1	2.5
Toppings & Ingredients	Domino's	Philly Steak, 12" Medium Hand Tossed	15	0	1	0.5
Toppings & Ingredients	Domino's	Pineapple, 12" Medium Hand Tossed	10	2	0	0.0
Toppings & Ingredients	Domino's	Salami, 12" Medium Hand Tossed	30	0	1	2.5
Toppings & Ingredients	Domino's	Shredded Parmesan Asiago, 12" Medium Hand Tossed	20	0	2	1.5
Toppings & Ingredients	Domino's	Spinach, 12" Medium Hand Tossed	0	0	0	0.0
Toppings & Ingredients	Domino's	Diced Tomatoes, 12" Medium Hand Tossed	5	1	0	0.0
Toppings & Ingredients	Domino's	Chorizo, 12" Medium Hand Tossed	30	0	2	2.0
Toppings & Ingredients	Domino's	Pizza Sauce, 12" Medium Crunchy Thin Crust	15	3	1	0.0
Toppings & Ingredients	Domino's	Alfredo Sauce, 12" Medium Crunchy Thin Crust	50	1	1	4.5
Toppings & Ingredients	Domino's	Garlic Parm (White Sauce), 12" Medium Crunchy Thin Crust	100	1	1	11.0
Toppings & Ingredients	Domino's	Hearty Marinara, 12" Medium Crunchy Thin Crust	20	4	1	0.0
Toppings & Ingredients	Domino's	Regular Cheese, 12" Medium Crunchy Thin Crust	150	3	9	11.0

Toppings & Ingredients	Domino's	Regular Cheese, 12" Medium Crunchy Thin Crust	100	2	6	7.0
Toppings & Ingredients	Domino's	Extra Cheese, 12" Medium Crunchy Thin Crust	150	3	9	11.0
Toppings & Ingredients	Domino's	Alfredo Sauce, 10" Small Gluten Free	35	1	1	3.0
Toppings & Ingredients	Domino's	Garlic Parm (White Sauce), 14" Large Hand Tossed & Crunchy Thin Crust	70	1	0	7.0
Toppings & Ingredients	Domino's	Regular Cheese, 14" Large Hand Tossed & Crunchy Thin Crust	100	2	6	7.0
Toppings & Ingredients	Domino's	Pizza Sauce, 10" Small Gluten Free	15	3	1	0.0
Toppings & Ingredients	Domino's	Alfredo Sauce, 16" Extra Large Hand Tossed	40	1	1	4.0
Toppings & Ingredients	Domino's	Hearty Marinara, 10" Small Gluten Free	20	3	1	0.0
Toppings & Ingredients	Domino's	Alfredo Sauce, 14" Large Brooklyn	45	1	1	4.0
Toppings & Ingredients	Domino's	Regular Cheese, 14" Large Brooklyn	110	2	6	9.0
Toppings & Ingredients	Domino's	Light Cheese, 14" Large Brooklyn	100	1	6	8.0
Toppings & Ingredients	Domino's	Extra Cheese, 14" Large Brooklyn	140	2	8	10.0
Toppings & Ingredients	Domino's	Double Cheese, 14" Large Brooklyn	160	3	9	12.0
Toppings & Ingredients	Domino's	American Cheese, 14" Large Brooklyn	60	1	3	5.0
Toppings & Ingredients	Domino's	Bacon, 14" Large Brooklyn	90	1	5	6.0
Toppings & Ingredients	Domino's	Beef, 10" Small Gluten Free	80	0	4	7.0
Toppings & Ingredients	Domino's	Mushrooms, 10" Small Gluten Free	5	1	1	0.0
Toppings & Ingredients	Domino's	Philly Steak, 14" Large Brooklyn	25	1	2	1.5
Toppings & Ingredients	Domino's	Pineapple, 10" Small Gluten Free	15	4	0	0.0
Toppings & Ingredients	Domino's	Shredded Provolone Cheese, 14" Large Brooklyn	45	1	2	3.5
Toppings & Ingredients	Domino's	Salami, 10" Small Gluten Free	50	0	3	4.0
Toppings & Ingredients	Domino's	Shredded Parmesan Asiago, 10" Small Gluten Free	35	0	3	2.5
Toppings & Ingredients	Domino's	Diced Tomatoes, 10" Small Gluten Free	5	1	0	0.0
Toppings & Ingredients	Domino's	Anchovies, 10" Small Gluten Free	10	0	2	0.0
Toppings & Ingredients	Domino's	Chorizo, 10" Small Gluten Free	50	0	4	4.0
Toppings & Ingredients	Domino's	Garlic, 14" Large Brooklyn	10	2	0	0.0
Toppings & Ingredients	Domino's	Pizza Sauce, 16" Extra Large Brooklyn	20	4	1	0.0
Toppings & Ingredients	Domino's	Alfredo Sauce, 16" Extra Large Brooklyn	60	2	1	5.0
Toppings & Ingredients	Domino's	Garlic Parm (White Sauce), 16" Extra Large Brooklyn	120	1	1	12.0
Toppings & Ingredients	Domino's	Hearty Marinara, 16" Extra Large Brooklyn	25	5	1	0.0
Toppings & Ingredients	Domino's	Regular Cheese, 16" Extra Large Brooklyn	150	2	9	12.0
Toppings & Ingredients	Domino's	Light Cheese, 16" Extra Large Brooklyn	140	2	8	11.0
Toppings & Ingredients	Domino's	Extra Cheese, 16" Extra Large Brooklyn	180	3	10	14.0
Toppings & Ingredients	Domino's	Double Cheese, 16" Extra Large Brooklyn	210	3	12	16.0
Toppings & Ingredients	Domino's	Bacon, 16" Extra Large Brooklyn	120	1	7	9.0

Toppings & Ingredients	Domino's	Beef, 16" Extra Large Brooklyn	100	0	5	8.0
Toppings & Ingredients	Domino's	Black Olives, 16" Extra Large Brooklyn	35	1	0	3.0
Toppings & Ingredients	Domino's	Cheddar Cheese, 16" Extra Large Brooklyn	70	1	4	5.0
Toppings & Ingredients	Domino's	Feta Cheese, 16" Extra Large Brooklyn	30	1	2	2.5
Toppings & Ingredients	Domino's	Green Peppers, 16" Extra Large Brooklyn	5	1	0	0.0
Toppings & Ingredients	Domino's	Ham, 16" Extra Large Brooklyn	25	0	3	1.5
Toppings & Ingredients	Domino's	Jalapeno Peppers, 16" Extra Large Brooklyn	5	1	0	0.0
Toppings & Ingredients	Domino's	Mushrooms, 16" Extra Large Brooklyn	5	1	1	0.0
Toppings & Ingredients	Domino's	Onions, 16" Extra Large Brooklyn	10	2	0	0.0
Toppings & Ingredients	Domino's	Pepperoni, 16" Extra Large Brooklyn	70	0	3	6.0
Toppings & Ingredients	Domino's	Pineapple, 16" Extra Large Brooklyn	20	5	0	0.0
Toppings & Ingredients	Domino's	Roasted Red Peppers, 16" Extra Large Brooklyn	5	1	0	0.0
Toppings & Ingredients	Domino's	Salami, 16" Extra Large Brooklyn	60	0	3	5.0
Toppings & Ingredients	Domino's	Shredded Parmesan Asiago, 16" Extra Large Brooklyn	45	0	4	3.5
Toppings & Ingredients	Domino's	Spinach, 16" Extra Large Brooklyn	5	0	0	0.0
Toppings & Ingredients	Domino's	Diced Tomatoes, 16" Extra Large Brooklyn	5	1	0	0.0
Toppings & Ingredients	Domino's	Chorizo, 16" Extra Large Brooklyn	70	1	5	5.0
Toppings & Ingredients	Domino's	Green Chile Peppers, 16" Extra Large Brooklyn	5	1	0	0.0
Toppings & Ingredients	Domino's	Green Olives, 16" Extra Large Brooklyn	30	1	0	3.0
Toppings & Ingredients	Domino's	Alfredo Sauce, 6" Personal Hand Tossed	25	1	0	2.0
Toppings & Ingredients	Domino's	American Cheese, 16" Extra Large Hand Tossed	60	1	3	5.0
Toppings & Ingredients	Domino's	American Cheese, 14" Large Hand Tossed & Crunchy Thin Crust	50	1	2	4.0
Toppings & Ingredients	Domino's	American Cheese, 12" Medium Crunchy Thin Crust	80	2	4	6.0
Toppings & Ingredients	Domino's	American Cheese, 6" Personal Hand Tossed	30	1	1	2.0
Toppings & Ingredients	Domino's	American Cheese, 10" Small Gluten Free	70	1	3	6.0
Toppings & Ingredients	Domino's	Anchovies, 12" Medium Crunchy Thin Crust	15	0	3	0.0
Toppings & Ingredients	Domino's	Bacon, 14" Large Hand Tossed & Crunchy Thin Crust	70	0	4	5.0
Toppings & Ingredients	Domino's	Bacon, 6" Personal Hand Tossed	35	0	2	3.0
Toppings & Ingredients	Domino's	Bacon, 10" Small Gluten Free	100	1	6	7.0
Toppings & Ingredients	Domino's	Beef, 12" Medium Crunchy Thin Crust	80	0	4	7.0
Toppings & Ingredients	Domino's	Black Olives, 10" Small Gluten Free	25	1	0	2.0
Toppings & Ingredients	Domino's	Black Olives, 6" Personal Hand Tossed	5	0	0	0.0
Toppings & Ingredients	Domino's	Cheddar Cheese, 14" Large Brooklyn	45	1	3	4.0
Toppings & Ingredients	Domino's	Cheddar Cheese, 14" Large Hand Tossed & Crunchy Thin Crust	35	1	2	3.0
Toppings & Ingredients	Domino's	Cheddar Cheese, 10" Small Gluten Free	40	1	2	3.0

Toppings & Ingredients	Domino's	Chorizo, 8" Extra Small Hand Tossed	50	0	4	3.5
Toppings & Ingredients	Domino's	Chorizo, 12" Medium Crunchy Thin Crust	60	0	4	4.0
Toppings & Ingredients	Domino's	Chorizo, 6" Personal Hand Tossed	15	0	1	1.0
Toppings & Ingredients	Domino's	14" Large Crunchy Thin Crust	100	13	2	4.0
Toppings & Ingredients	Domino's	12" Medium Crunchy Thin Crust	150	20	3	6.0
Toppings & Ingredients	Domino's	Diced Tomatoes, 8" Extra Small Hand Tossed	5	1	0	0.0
Toppings & Ingredients	Domino's	Diced Tomatoes, 12" Medium Crunchy Thin Crust	5	1	0	0.0
Toppings & Ingredients	Domino's	Diced Tomatoes, 6" Personal Hand Tossed	0	0	0	0.0
Toppings & Ingredients	Domino's	Extra Cheese, 10" Small Gluten Free	180	4	11	13.0
Toppings & Ingredients	Domino's	Feta Cheese, 16" Extra Large Hand Tossed	25	1	1	2.0
Toppings & Ingredients	Domino's	Feta Cheese, 12" Medium Crunchy Thin Crust	30	1	1	2.0
Toppings & Ingredients	Domino's	Feta Cheese, 6" Personal Hand Tossed	10	0	0	0.5
Toppings & Ingredients	Domino's	Feta Cheese, 10" Small Gluten Free	25	1	1	2.0
Toppings & Ingredients	Domino's	Garlic Parm (White Sauce), 6" Personal Hand Tossed	50	0	0	5.0
Toppings & Ingredients	Domino's	Garlic Parm (White Sauce), 16" Extra Large Hand Tossed	90	1	1	9.0
Toppings & Ingredients	Domino's	Garlic, 10" Small Gluten Free	10	2	0	0.0
Toppings & Ingredients	Domino's	Garlic, 14" Large Hand Tossed & Crunchy Thin Crust	5	1	0	0.0
Toppings & Ingredients	Domino's	Garlic, 6" Personal Hand Tossed	5	1	0	0.0
Toppings & Ingredients	Domino's	Green Chile Peppers, 10" Small Gluten Free	5	1	0	0.0
Toppings & Ingredients	Domino's	Green Chile Peppers, 6" Personal Hand Tossed	0	0	0	0.0
Toppings & Ingredients	Domino's	Green Olives, 6" Personal Hand Tossed	5	0	0	0.0
Toppings & Ingredients	Domino's	Green Olives, 10" Small Gluten Free	25	1	0	2.0
Toppings & Ingredients	Domino's	Green Peppers, 10" Small Gluten Free	5	1	0	0.0
Toppings & Ingredients	Domino's	Green Peppers, 6" Personal Hand Tossed	0	0	0	0.0
Toppings & Ingredients	Domino's	Ham, 8" Extra Small Hand Tossed	20	0	2	1.0
Toppings & Ingredients	Domino's	Ham, 12" Medium Crunchy Thin Crust	25	0	3	1.0
Toppings & Ingredients	Domino's	Ham, 6" Personal Hand Tossed	10	0	1	0.5
Toppings & Ingredients	Domino's	Ham, 10" Small Gluten Free	20	0	2	1.0
Toppings & Ingredients	Domino's	Hand Tossed Crust, 8" Extra Small	230	41	7	3.0
Toppings & Ingredients	Domino's	Jalapeno Peppers, 6" Personal Hand Tossed	0	0	0	0.0
Toppings & Ingredients	Domino's	Jalapeno Peppers, 10" Small Gluten Free	5	1	0	0.0
Toppings & Ingredients	Domino's	Light Cheese, 8" Extra Small Hand Tossed Crust	70	1	4	5.0
Toppings & Ingredients	Domino's	Light Cheese, 10" Small Gluten Free	70	1	4	4.5
Toppings & Ingredients	Domino's	Mushrooms, 8" Extra Small Hand Tossed	5	1	1	0.0
Toppings & Ingredients	Domino's	Mushrooms, 12" Medium Crunchy Thin Crust	5	1	1	0.0

Toppings & Ingredients	Domino's	Mushrooms, 6" Personal Hand Tossed	0	0	0	0.0
Toppings & Ingredients	Domino's	Onions, 8" Extra Small Hand Tossed	5	1	0	0.0
Toppings & Ingredients	Domino's	Onions, 6" Personal Hand Tossed	0	0	0	0.0
Toppings & Ingredients	Domino's	12" Medium Pan Crust	190	26	5	8.0
Toppings & Ingredients	Domino's	Pepperoni, 8" Extra Small Hand Tossed	50	0	2	4.5
Toppings & Ingredients	Domino's	Pepperoni, 12" Medium Crunchy Thin Crust	60	0	3	5.0
Toppings & Ingredients	Domino's	Pepperoni, 6" Personal Hand Tossed	30	0	1	3.0
Toppings & Ingredients	Domino's	Pepperoni, 10" Small Gluten Free	50	0	2	4.5
Toppings & Ingredients	Domino's	Philly Steak, 14" Large Hand Tossed & Crunchy Thin Crust	20	1	2	1.0
Toppings & Ingredients	Domino's	Philly Steak, 10" Small Gluten Free	30	1	3	1.5
Toppings & Ingredients	Domino's	Pineapple, 16" Extra Large Hand Tossed	15	4	0	0.0
Toppings & Ingredients	Domino's	Pineapple, 8" Extra Small Hand Tossed	15	4	0	0.0
Toppings & Ingredients	Domino's	Pineapple, 12" Medium Crunchy Thin Crust	20	4	0	0.0
Toppings & Ingredients	Domino's	Pineapple, 6" Personal Hand Tossed	5	1	0	0.0
Toppings & Ingredients	Domino's	Shredded Provolone Cheese, 14" Large Hand Tossed & Crunchy Thin Crust	30	0	2	2.5
Toppings & Ingredients	Domino's	Shredded Provolone Cheese, 12" Medium Crunchy Thin Crust	50	1	3	4.0
Toppings & Ingredients	Domino's	Shredded Provolone Cheese, 6" Personal Hand Tossed	10	0	1	1.0
Toppings & Ingredients	Domino's	Shredded Provolone Cheese, 10" Small Gluten Free	35	0	2	2.5
Toppings & Ingredients	Domino's	Regular Cheese, 10" Small Gluten Free	130	3	8	9.0
Toppings & Ingredients	Domino's	Regular Cheese, 6" Personal Hand Tossed	70	1	4	5.0
Toppings & Ingredients	Domino's	Roasted Red Peppers, 10" Small Gluten Free	5	1	0	0.0
Toppings & Ingredients	Domino's	Roasted Red Peppers, 6" Personal Hand Tossed	0	0	0	0.0
Toppings & Ingredients	Domino's	Salami, 16" Extra Large Hand Tossed	45	0	2	4.0
Toppings & Ingredients	Domino's	Salami, 12" Medium Crunchy Thin Crust	60	0	3	4.5
Toppings & Ingredients	Domino's	Salami, 6" Personal Hand Tossed	20	0	1	1.5
Toppings & Ingredients	Domino's	Shredded Parmesan Asiago, 16" Extra Large Hand Tossed	35	0	3	2.5
Toppings & Ingredients	Domino's	Shredded Parmesan Asiago, 12" Medium Crunchy Thin Crust	40	0	3	3.0
Toppings & Ingredients	Domino's	Shredded Parmesan Asiago, 6" Personal Hand Tossed	10	0	1	1.0
Toppings & Ingredients	Domino's	Spinach, 8" Extra Small Hand Tossed	5	1	0	0.0
Toppings & Ingredients	Domino's	Spinach, 6" Personal Hand Tossed	0	0	0	0.0
Toppings & Ingredients	Domino's	Extra Cheese, 10" Small Gluten Free	130	3	8	9.0
Toppings & Ingredients	Domino's	Pizza Sauce, 12" Medium Pan	5	1	0	0.0
Toppings & Ingredients	Domino's	Hearty Marinara, 12" Medium Pan	5	1	0	0.0
Toppings & Ingredients	Domino's	Regular Cheese, 12" Medium Pan	100	1	5	7.0
Toppings & Ingredients	Domino's	Light Cheese, 12" Medium Pan	70	1	4	6.0



Toppings & Ingredients	Domino's	Regular Cheese, 12" Medium Pan	80	1	4	6.0
Toppings & Ingredients	Domino's	Spinach, 14" Large Brooklyn	0	0	0	0.0
Toppings & Ingredients	Domino's	Regular Cheese, 6" Personal Hand Tossed	45	1	3	3.5
Toppings & Ingredients	Domino's	Extra Cheese, 6" Personal Hand Tossed	80	2	5	6.0
Toppings & Ingredients	Domino's	Cheddar Cheese, 6" Personal Hand Tossed	10	0	1	1.0
Toppings & Ingredients	Domino's	Premium Chicken, 6" Personal Hand Tossed	15	0	2	0.0
Toppings & Ingredients	Domino's	Banana Peppers, 6" Personal Hand Tossed	0	0	0	0.0
Toppings & Ingredients	Domino's	Italian Sausage, 6" Personal Hand Tossed	30	0	1	2.5
Toppings & Ingredients	Domino's	Pizza Sauce, 8" Extra Small Hand Tossed Crust	10	2	0	0.0
Toppings & Ingredients	Domino's	Alfredo Sauce, 8" Extra Small Hand Tossed Crust	35	1	1	3.0
Toppings & Ingredients	Domino's	Garlic Parm (White Sauce), 8" Extra Small Hand Tossed Crust	70	1	0	7.0
Toppings & Ingredients	Domino's	Hearty Marinara, 8" Extra Small Hand Tossed Crust	15	3	0	0.0
Toppings & Ingredients	Domino's	Regular Cheese, 8" Extra Small Hand Tossed Crust	70	1	4	5.0
Toppings & Ingredients	Domino's	Light Cheese, 6" Personal Hand Tossed	40	1	2	3.0
Toppings & Ingredients	Domino's	Extra Cheese, 8" Extra Small Hand Tossed Crust	100	2	6	7.0
Toppings & Ingredients	Domino's	Double Cheese, 8" Extra Small Hand Tossed	140	3	8	10.0
Toppings & Ingredients	Domino's	Black Olives, 8" Extra Small Hand Tossed	25	1	0	2.0
Toppings & Ingredients	Domino's	Cheddar Cheese, 8" Extra Small Hand Tossed	30	1	2	2.5
Toppings & Ingredients	Domino's	Premium Chicken, 8" Extra Small Hand Tossed	30	1	4	1.0
Toppings & Ingredients	Domino's	Feta Cheese, 8" Extra Small Hand Tossed	20	1	1	1.5
Toppings & Ingredients	Domino's	Green Peppers, 8" Extra Small Hand Tossed	5	1	0	0.0
Toppings & Ingredients	Domino's	Banana Peppers, 8" Extra Small Hand Tossed	5	1	0	0.0
Toppings & Ingredients	Domino's	Jalapeno Peppers, 8" Extra Small Hand Tossed	5	1	0	0.0
Toppings & Ingredients	Domino's	Shredded Provolone Cheese, 8" Extra Small Hand Tossed	25	0	1	2.0
Toppings & Ingredients	Domino's	Roasted Red Peppers, 8" Extra Small Hand Tossed	5	1	0	0.0
Toppings & Ingredients	Domino's	Salami, 8" Extra Small Hand Tossed	35	0	2	3.0
Toppings & Ingredients	Domino's	Italian Sausage, 8" Extra Small Hand Tossed	80	0	3	8.0
Toppings & Ingredients	Domino's	Shredded Parmesan Asiago, 8" Extra Small Hand Tossed	25	0	2	2.0
Toppings & Ingredients	Domino's	Anchovies, 8" Extra Small Hand Tossed	15	0	3	0.0
Toppings & Ingredients	Domino's	Garlic, 8" Extra Small Hand Tossed	10	2	0	0.0
Toppings & Ingredients	Domino's	Green Chile Peppers, 8" Extra Small Hand Tossed	5	1	0	0.0
Toppings & Ingredients	Domino's	Green Olives, 8" Extra Small Hand Tossed	25	1	0	2.0
Toppings & Ingredients	Domino's	Extra Cheese, 10" Small Hand Tossed Crust	130	3	8	9.0
Toppings & Ingredients	Domino's	Premium Chicken, 10" Small Hand Tossed Crust	35	1	5	1.0
Toppings & Ingredients	Domino's	Banana Peppers, 10" Small Hand Tossed Crust	5	1	0	0.0

Toppings & Ingredients	Domino's	Garlic Parm (White Sauce), 10" Small Gluten Free	70	1	0	7.0
Toppings & Ingredients	Domino's	Regular Cheese, 10" Small Gluten Free	90	2	5	7.0
Toppings & Ingredients	Domino's	Premium Chicken, 10" Small Gluten Free	35	1	5	1.0
Toppings & Ingredients	Domino's	Banana Peppers, 10" Small Gluten Free	5	1	0	0.0
Toppings & Ingredients	Domino's	Italian Sausage, 10" Small Gluten Free	90	0	3	9.0
Toppings & Ingredients	Domino's	10" Small Crunchy Thin Crust	110	15	2	4.5
Toppings & Ingredients	Domino's	Garlic Parm (White Sauce), 10" Small Crunchy Thin Crust	50	1	0	5.0
Toppings & Ingredients	Domino's	Hearty Marinara, 10" Small Crunchy Thin Crust	15	3	0	0.0
Toppings & Ingredients	Domino's	Extra Cheese, 10" Small Crunchy Thin Crust	100	2	6	7.0
Toppings & Ingredients	Domino's	Cheddar Cheese, 10" Small Crunchy Thin Crust	30	1	2	2.5
Toppings & Ingredients	Domino's	Premium Chicken, 10" Small Crunchy Thin Crust	25	1	4	1.0
Toppings & Ingredients	Domino's	Green Peppers, 10" Small Crunchy Thin Crust	0	0	0	0.0
Toppings & Ingredients	Domino's	Banana Peppers, 10" Small Crunchy Thin Crust	0	1	0	0.0
Toppings & Ingredients	Domino's	Jalapeno Peppers, 10" Small Crunchy Thin Crust	5	1	0	0.0
Toppings & Ingredients	Domino's	Shredded Provolone Cheese, 10" Small Crunchy Thin Crust	25	0	1	2.0
Toppings & Ingredients	Domino's	Roasted Red Peppers, 10" Small Crunchy Thin Crust	5	1	0	0.0
Toppings & Ingredients	Domino's	Italian Sausage, 10" Small Crunchy Thin Crust	70	0	2	7.0
Toppings & Ingredients	Domino's	Shredded Parmesan Asiago, 10" Small Crunchy Thin Crust	25	0	2	2.0
Toppings & Ingredients	Domino's	Diced Tomatoes, 10" Small Crunchy Thin Crust	5	1	0	0.0
Toppings & Ingredients	Domino's	Anchovies, 10" Small Crunchy Thin Crust	5	0	1	0.0
Toppings & Ingredients	Domino's	Chorizo, 10" Small Crunchy Thin Crust	40	0	3	3.0
Toppings & Ingredients	Domino's	Green Chile Peppers, 10" Small Crunchy Thin Crust	0	1	0	0.0
Toppings & Ingredients	Domino's	Green Olives, 10" Small Crunchy Thin Crust	20	1	0	1.5
Toppings & Ingredients	Domino's	Premium Chicken, 12" Medium Hand Tossed	20	0	2	0.5
Toppings & Ingredients	Domino's	Banana Peppers, 12" Medium Hand Tossed	0	0	0	0.0
Toppings & Ingredients	Domino's	Italian Sausage, 12" Medium Hand Tossed	50	0	2	4.5
Toppings & Ingredients	Domino's	Premium Chicken, 12" Medium Crunchy Thin Crust	40	1	5	1.0
Toppings & Ingredients	Domino's	Banana Peppers, 12" Medium Crunchy Thin Crust	5	1	0	0.0
Toppings & Ingredients	Domino's	Extra Cheese, 12" Medium Pan	100	1	5	7.0
Toppings & Ingredients	Domino's	Premium Chicken, 12" Medium Pan	20	0	2	0.5
Toppings & Ingredients	Domino's	Banana Peppers, 12" Medium Pan	0	0	0	0.0
Toppings & Ingredients	Domino's	Italian Sausage, 12" Medium Pan	50	0	2	4.5
Toppings & Ingredients	Domino's	Extra Cheese, 14" Large Hand Tossed & Crunchy Thin Crust	100	2	6	7.0
Toppings & Ingredients	Domino's	Premium Chicken, 14" Large Hand Tossed & Crunchy Thin Crust	25	1	4	1.0
Toppings & Ingredients	Domino's	Banana Peppers, 14" Large Hand Tossed & Crunchy Thin Crust	0	1	0	0.0

Toppings & Ingredients	Domino's	Premium Chicken, 14" Large Brooklyn	35	1	5	1.0
Toppings & Ingredients	Domino's	Banana Peppers, 14" Large Brooklyn	5	1	0	0.0
Toppings & Ingredients	Domino's	Bacon, 16" Extra Large Hand Tossed	90	1	5	7.0
Toppings & Ingredients	Domino's	Beef, 16" Extra Large Hand Tossed	70	0	4	6.0
Toppings & Ingredients	Domino's	Black Olives, 16" Extra Large Hand Tossed	25	1	0	2.0
Toppings & Ingredients	Domino's	Premium Chicken, 16" Extra Large Hand Tossed	35	1	5	1.0
Toppings & Ingredients	Domino's	Green Peppers, 16" Extra Large Hand Tossed	5	1	0	0.0
Toppings & Ingredients	Domino's	Ham, 16" Extra Large Hand Tossed	20	0	2	1.0
Toppings & Ingredients	Domino's	Banana Peppers, 16" Extra Large Hand Tossed	5	1	0	0.0
Toppings & Ingredients	Domino's	Onions, 16" Extra Large Hand Tossed	5	1	0	0.0
Toppings & Ingredients	Domino's	Pepperoni, 16" Extra Large Hand Tossed	50	0	2	5.0
Toppings & Ingredients	Domino's	Philly Steak, 16" Extra Large Hand Tossed	25	1	3	1.5
Toppings & Ingredients	Domino's	Roasted Red Peppers, 16" Extra Large Hand Tossed	5	1	0	0.0
Toppings & Ingredients	Domino's	Italian Sausage, 16" Extra Large Hand Tossed	90	0	3	9.0
Toppings & Ingredients	Domino's	Anchovies, 16" Extra Large Hand Tossed	5	0	1	0.0
Toppings & Ingredients	Domino's	Chorizo, 16" Extra Large Hand Tossed	50	0	4	4.0
Toppings & Ingredients	Domino's	Green Chile Peppers, 16" Extra Large Hand Tossed	5	1	0	0.0
Toppings & Ingredients	Domino's	Green Olives, 16" Extra Large Hand Tossed	25	1	0	2.0
Toppings & Ingredients	Domino's	Premium Chicken, 16" Extra Large Brooklyn	45	1	6	1.5
Toppings & Ingredients	Domino's	Banana Peppers, 16" Extra Large Brooklyn	5	1	0	0.0
Sandwiches	Domino's	Classic Hoagie	430	40	21	20.0
Sandwiches	Domino's	Bacon Cheddar Hoagie	520	48	24	26.0
Sandwiches	Domino's	Buffalo Ranch Hoagie	530	39	23	30.0
Sandwiches	Domino's	Mushroom Delight Hoagie	430	39	21	21.0
Sandwiches	Domino's	Zesty Hoagie	460	40	22	23.0
Pizza	Domino's	Ham & Bacon Breakfast Pizza, 12" Medium Hand Tossed	260	22	12	12.0
Toppings & Ingredients	Domino's	Pizza Sauce, 6" Personal Hand Tossed	5	2	0	0.0
Toppings & Ingredients	Domino's	Hearty Marinara, 10" Small Hand Tossed Crust	20	3	1	0.0
Toppings & Ingredients	Domino's	Roasted Red Peppers, 10" Small Hand Tossed Crust	5	1	0	0.0
Toppings & Ingredients	Domino's	American Cheese, 12" Medium Hand Tossed	40	1	2	3.0
Toppings & Ingredients	Domino's	Regular Cheese, 8" Extra Small Hand Tossed Crust	100	2	6	7.0
Toppings & Ingredients	Domino's	Honey BBQ, 12" Medium Crunchy Thin Crust	35	8	0	0.0
Toppings & Ingredients	Domino's	Ranch, 12" Medium Crunchy Thin Crust	110	1	0	11.0
Toppings & Ingredients	Domino's	Extra Cheese, 12" Medium Crunchy Thin Crust	200	4	12	14.0
Toppings & Ingredients	Domino's	Bacon, 12" Medium Crunchy Thin Crust	90	1	5	7.0

Toppings & Ingredients	Domino's	Philly Steak, 12" Medium Crunchy Thin Crust	25	1	3	1.5
Toppings & Ingredients	Domino's	Pizza Sauce, 10" Small Crunchy Thin Crust	10	2	0	0.0
Toppings & Ingredients	Domino's	Alfredo Sauce, 10" Small Crunchy Thin Crust	25	1	0	2.5
Toppings & Ingredients	Domino's	Honey BBQ, 10" Small Crunchy Thin Crust	20	5	0	0.0
Toppings & Ingredients	Domino's	Ranch, 10" Small Crunchy Thin Crust	50	1	0	6.0
Toppings & Ingredients	Domino's	Light Cheese, 10" Small Crunchy Thin Crust	70	1	4	5.0
Toppings & Ingredients	Domino's	Double Cheese, 10" Small Crunchy Thin Crust	140	3	8	10.0
Toppings & Ingredients	Domino's	Light Cheese, 10" Small Crunchy Thin Crust	50	1	3	3.5
Toppings & Ingredients	Domino's	Double Cheese, 10" Small Crunchy Thin Crust	140	3	8	10.0
Toppings & Ingredients	Domino's	Beef, 10" Small Crunchy Thin Crust	60	0	3	5.0
Toppings & Ingredients	Domino's	Black Olives, 10" Small Crunchy Thin Crust	20	1	0	1.5
Toppings & Ingredients	Domino's	Feta Cheese, 10" Small Crunchy Thin Crust	20	1	1	1.5
Toppings & Ingredients	Domino's	Ham, 10" Small Crunchy Thin Crust	15	0	2	0.5
Toppings & Ingredients	Domino's	Mushrooms, 10" Small Crunchy Thin Crust	5	1	1	0.0
Toppings & Ingredients	Domino's	Onions, 10" Small Crunchy Thin Crust	5	1	0	0.0
Toppings & Ingredients	Domino's	Pepperoni, 10" Small Crunchy Thin Crust	40	0	2	3.5
Toppings & Ingredients	Domino's	Pineapple, 10" Small Crunchy Thin Crust	15	3	0	0.0
Toppings & Ingredients	Domino's	Salami, 10" Small Crunchy Thin Crust	35	0	2	3.0
Toppings & Ingredients	Domino's	Spinach, 10" Small Crunchy Thin Crust	0	0	0	0.0
Toppings & Ingredients	Domino's	Hot Buffalo Sauce, 8" Extra Small Hand Tossed	5	0	0	0.0
Toppings & Ingredients	Domino's	Hot Buffalo Sauce, 10" Small Hand Tossed Crust	5	0	0	0.0
Toppings & Ingredients	Domino's	Extra Cheese, 8" Extra Small Hand Tossed Crust	140	3	8	10.0
Toppings & Ingredients	Domino's	Regular Cheese, 10" Small Hand Tossed Crust	130	3	8	9.0
Toppings & Ingredients	Domino's	Extra Cheese, 10" Small Hand Tossed Crust	180	4	11	13.0
Toppings & Ingredients	Domino's	Light Cheese, 10" Small Hand Tossed Crust	70	1	4	4.5
Toppings & Ingredients	Domino's	American Cheese, 8" Extra Small Hand Tossed	60	1	2	4.5
Toppings & Ingredients	Domino's	Beef, 8" Extra Small Hand Tossed	70	0	3	6.0
Toppings & Ingredients	Domino's	Italian Sausage, 10" Small Hand Tossed Crust	90	0	3	9.0
Toppings & Ingredients	Domino's	Fresh Diced Tomatoes, 10" Small Hand Tossed Crust	5	1	0	0.0
Toppings & Ingredients	Domino's	Alfredo Sauce, 14" Large Hand Tossed & Crunchy Thin Crust	35	1	1	3.0
Toppings & Ingredients	Domino's	Hot Buffalo Sauce, 14" Large Hand Tossed & Crunchy Thin Crust	0	0	0	0.0
Toppings & Ingredients	Domino's	Hearty Marinara, 14" Large Hand Tossed & Crunchy Thin Crust	15	3	0	0.0
Toppings & Ingredients	Domino's	Regular Cheese, 10" Small Crunchy Thin Crust	100	2	6	7.0
Toppings & Ingredients	Domino's	Regular Cheese, 10" Small Crunchy Thin Crust	70	1	4	5.0
Toppings & Ingredients	Domino's	Extra Cheese, 10" Small Crunchy Thin Crust	140	3	8	10.0

Toppings & Ingredients	Domino's	Italian Sausage, 14" Large Hand Tossed & Crunchy Thin Crust	70	0	2	7.0
Toppings & Ingredients	Domino's	Fresh Diced Tomatoes, 14" Large Hand Tossed & Crunchy Thin Crust	5	1	0	0.0
Toppings & Ingredients	Domino's	Hot Buffalo Sauce, 10" Small Crunchy Thin Crust	5	0	0	0.0
Toppings & Ingredients	Domino's	Hot Buffalo Sauce, 12" Medium Hand Tossed	0	0	0	0.0
Toppings & Ingredients	Domino's	Extra Cheese, 12" Medium Hand Tossed	100	2	6	7.0
Toppings & Ingredients	Domino's	Double Cheese, 12" Medium Hand Tossed	100	2	6	7.0
Toppings & Ingredients	Domino's	Extra Cheese, 12" Medium Hand Tossed	70	1	4	5.0
Toppings & Ingredients	Domino's	Double Cheese, 12" Medium Hand Tossed	100	2	6	7.0
Toppings & Ingredients	Domino's	Light Cheese, 12" Medium Hand Tossed	50	1	3	4.0
Toppings & Ingredients	Domino's	Light Cheese, 12" Medium Hand Tossed	35	1	2	2.5
Toppings & Ingredients	Domino's	Bacon, 12" Medium Hand Tossed	20	0	2	1.5
Toppings & Ingredients	Domino's	Hot Buffalo Sauce, 12" Medium Crunchy Thin Crust	5	0	0	0.0
Toppings & Ingredients	Domino's	Light Cheese, 12" Medium Crunchy Thin Crust	110	2	6	8.0
Toppings & Ingredients	Domino's	Light Cheese, 12" Medium Crunchy Thin Crust	70	1	4	5.0
Toppings & Ingredients	Domino's	Double Cheese, 12" Medium Crunchy Thin Crust	200	4	12	14.0
Toppings & Ingredients	Domino's	Light Cheese, 14" Large Hand Tossed & Crunchy Thin Crust	80	1	4	6.0
Toppings & Ingredients	Domino's	Cheddar Cheese, 12" Medium Crunchy Thin Crust	60	1	3	4.5
Toppings & Ingredients	Domino's	Italian Sausage, 12" Medium Crunchy Thin Crust	100	0	3	9.0
Toppings & Ingredients	Domino's	Fresh Diced Tomatoes, 12" Medium Crunchy Thin Crust	5	1	0	0.0
Toppings & Ingredients	Domino's	Double Cheese, 12" Medium Pan	110	2	6	8.0
Toppings & Ingredients	Domino's	Hot Buffalo Sauce, 16" Extra Large Hand Tossed	5	0	0	0.0
Toppings & Ingredients	Domino's	Honey BBQ, 16" Extra Large Hand Tossed	30	8	0	0.0
Toppings & Ingredients	Domino's	BBQ Chicken Topping, 16" Extra Large Hand Tossed	30	3	3	0.0
Toppings & Ingredients	Domino's	Regular Cheese, 16" Extra Large Hand Tossed	130	3	8	10.0
Toppings & Ingredients	Domino's	Regular Cheese, 16" Extra Large Hand Tossed	90	2	5	6.0
Toppings & Ingredients	Domino's	Light Cheese, 16" Extra Large Hand Tossed	100	2	6	7.0
Toppings & Ingredients	Domino's	Light Cheese, 16" Extra Large Hand Tossed	60	1	4	4.5
Toppings & Ingredients	Domino's	Extra Cheese, 16" Extra Large Hand Tossed	180	3	10	13.0
Toppings & Ingredients	Domino's	Extra Cheese, 16" Extra Large Hand Tossed	130	3	8	10.0
Toppings & Ingredients	Domino's	Cheddar Cheese, 16" Extra Large Hand Tossed	50	1	3	4.0
Toppings & Ingredients	Domino's	Shredded Provolone Cheese, 16" Extra Large Hand Tossed	45	1	2	3.5
Toppings & Ingredients	Domino's	Double Cheese, 16" Extra Large Hand Tossed	180	3	10	13.0
Toppings & Ingredients	Domino's	Mushrooms, 16" Extra Large Hand Tossed	5	1	1	0.0
Toppings & Ingredients	Domino's	Ranch, 16" Extra Large Hand Tossed	90	1	0	9.0
Toppings & Ingredients	Domino's	Spinach, 16" Extra Large Hand Tossed	0	0	0	0.0

Toppings & Ingredients	Domino's	Diced Tomatoes, 16" Extra Large Hand Tossed	5	1	0	0.0
Toppings & Ingredients	Domino's	Fresh Diced Tomatoes, 16" Extra Large Hand Tossed	5	1	0	0.0
Toppings & Ingredients	Domino's	Fresh Sliced Tomatoes, 16" Extra Large Hand Tossed	5	1	0	0.0
Toppings & Ingredients	Domino's	Italian Sausage, 14" Large Brooklyn	90	0	3	9.0
Toppings & Ingredients	Domino's	Italian Sausage, 16" Extra Large Brooklyn	120	0	4	11.0
Toppings & Ingredients	Domino's	Beef, 6" Personal Hand Tossed	25	0	1	2.0
Toppings & Ingredients	Domino's	BBQ Chicken Topping, 12" Medium Crunchy Thin Crust	30	4	3	0.0
Toppings & Ingredients	Domino's	Fresh Sliced Tomatoes, 12" Medium Crunchy Thin Crust	10	2	0	0.0
Toppings & Ingredients	Domino's	Fresh Diced Tomatoes, 6" Personal Hand Tossed	0	0	0	0.0
Toppings & Ingredients	Domino's	Light Cheese, 10" Small Gluten Free	100	2	6	7.0
Toppings & Ingredients	Domino's	Hot Buffalo Sauce, 12" Medium Pan	0	0	0	0.0
Toppings & Ingredients	Domino's	Extra Cheese, 12" Medium Pan	110	2	6	8.0
Toppings & Ingredients	Domino's	Double Cheese, 6" Personal Hand Tossed	100	2	6	7.0
Toppings & Ingredients	Domino's	Hot Buffalo Sauce, 6" Personal Hand Tossed	5	0	0	0.0
Toppings & Ingredients	Domino's	Double Cheese, 10" Small Hand Tossed	180	4	11	13.0
Toppings & Ingredients	Domino's	Hot Buffalo Sauce, 16" Extra Large Brooklyn	5	0	0	0.0
Toppings & Ingredients	Domino's	Fresh Diced Tomatoes, 10" Small Crunchy Thin Crust	5	1	0	0.0
Toppings & Ingredients	Domino's	Extra Cheese, 14" Large Hand Tossed & Crunchy Thin Crust	140	3	8	10.0
Toppings & Ingredients	Domino's	Double Cheese, 14" Large Hand Tossed & Crunchy Thin Crust	140	3	8	10.0
Toppings & Ingredients	Domino's	Philly Steak, 16" Extra Large Brooklyn	35	1	3	2.0
Toppings & Ingredients	Domino's	Hoagie Bun	190	34	7	3.0
Toppings & Ingredients	Domino's	Hoagie Beef Patty	140	2	10	10.0
Toppings & Ingredients	Domino's	Pizza Sauce (Robust Inspired Tomato Sauce), Hoagies	10	2	0	0.0
Toppings & Ingredients	Domino's	Ranch, Hoagies	100	1	1	11.0
Toppings & Ingredients	Domino's	Honey BBQ, Hoagies	40	10	0	0.0
Toppings & Ingredients	Domino's	Hot Buffalo, Hoagies	10	1	0	0.0
Toppings & Ingredients	Domino's	Mushroom Sauce, Hoagies	10	2	0	0.0
Toppings & Ingredients	Domino's	Pizza Sauce (Robust Inspired Tomato Sauce), Hoagies	5	2	0	0.0
Toppings & Ingredients	Domino's	Ranch, Hoagies	70	1	0	7.0
Toppings & Ingredients	Domino's	Honey BBQ, Hoagies	25	7	0	0.0
Toppings & Ingredients	Domino's	Hot Buffalo, Hoagies	5	1	0	0.0
Toppings & Ingredients	Domino's	Mushroom Sauce, Hoagies	5	1	0	0.0
Toppings & Ingredients	Domino's	Pizza Cheese, Hoagies	60	1	3	4.0
Toppings & Ingredients	Domino's	Garlic Oil Blend, Hoagies	25	0	0	3.0
Toppings & Ingredients	Domino's	American Cheese, Hoagies	60	1	3	4.0

Toppings & Ingredients	Domino's	Anchovies, Hoagies	15	0	3	0.0
Toppings & Ingredients	Domino's	Bacon, Hoagies	35	0	2	2.5
Toppings & Ingredients	Domino's	Black Olives, Hoagies	15	0	0	1.0
Toppings & Ingredients	Domino's	Cheddar Cheese, Hoagies	40	1	2	3.5
Toppings & Ingredients	Domino's	Green Peppers, Hoagies	0	0	0	0.0
Toppings & Ingredients	Domino's	Green Olives, Hoagies	10	0	0	1.0
Toppings & Ingredients	Domino's	Ham, Hoagies	10	0	1	0.0
Toppings & Ingredients	Domino's	Banana Peppers, Hoagies	0	0	0	0.0
Toppings & Ingredients	Domino's	Jalapeno Peppers, Hoagies	0	0	0	0.0
Toppings & Ingredients	Domino's	Mushrooms, Hoagies	0	0	0	0.0
Toppings & Ingredients	Domino's	Onions, Hoagies	5	1	0	0.0
Toppings & Ingredients	Domino's	Pepperoni, Hoagies	25	0	1	2.0
Toppings & Ingredients	Domino's	Pickles, Hoagies	0	0	0	0.0
Toppings & Ingredients	Domino's	Pineapple, Hoagies	5	1	0	0.0
Toppings & Ingredients	Domino's	Shredded Provolone Cheese, Hoagies	25	0	1	2.0
Toppings & Ingredients	Domino's	Roasted Red Peppers, Hoagies	0	0	0	0.0
Toppings & Ingredients	Domino's	Salami, Hoagies	20	0	1	1.5
Toppings & Ingredients	Domino's	Shredded Parmesan Asiago, Hoagies	25	0	2	2.0
Toppings & Ingredients	Domino's	Diced Tomatoes, Hoagies	0	0	0	0.0
Toppings & Ingredients	Domino's	American Cheese, Hoagies	60	1	3	4.0
Toppings & Ingredients	Domino's	Anchovies, Hoagies	15	0	3	0.0
Toppings & Ingredients	Domino's	Bacon, Hoagies	15	0	1	1.5
Toppings & Ingredients	Domino's	Black Olives, Hoagies	5	0	0	0.5
Toppings & Ingredients	Domino's	Cheddar Cheese, Hoagies	40	1	2	3.5
Toppings & Ingredients	Domino's	Green Peppers, Hoagies	0	0	0	0.0
Toppings & Ingredients	Domino's	Green Olives, Hoagies	5	0	0	0.5
Toppings & Ingredients	Domino's	Ham, Hoagies	5	0	1	0.0
Toppings & Ingredients	Domino's	Banana Peppers, Hoagies	0	0	0	0.0
Toppings & Ingredients	Domino's	Jalapeno Peppers, Hoagies	0	0	0	0.0
Toppings & Ingredients	Domino's	Mushrooms, Hoagies	0	0	0	0.0
Toppings & Ingredients	Domino's	Onions, Hoagies	0	0	0	0.0
Toppings & Ingredients	Domino's	Pepperoni, Hoagies	15	0	1	1.5
Toppings & Ingredients	Domino's	Pickles, Hoagies	0	0	0	0.0
Toppings & Ingredients	Domino's	Pineapple, Hoagies	5	1	0	0.0
Toppings & Ingredients	Domino's	Shredded Provolone Cheese, Hoagies	15	0	1	1.0

Toppings & Ingredients	Domino's	Roasted Red Peppers, Hoagies	0	0	0	0.0
Toppings & Ingredients	Domino's	Salami, Hoagies	20	0	1	1.5
Toppings & Ingredients	Domino's	Shredded Parmesan Asiago, Hoagies	15	0	1	1.0
Toppings & Ingredients	Domino's	Diced Tomatoes, Hoagies	0	0	0	0.0
Toppings & Ingredients	Domino's	Honey BBQ, 6" Personal Hand Tossed	20	5	0	0.0
Toppings & Ingredients	Domino's	Ranch, 6" Personal Hand Tossed	50	1	0	5.0
Toppings & Ingredients	Domino's	Philly Steak, 6" Personal Hand Tossed	15	1	1	1.0
Toppings & Ingredients	Domino's	BBQ Chicken Topping, 6" Personal Hand Tossed	10	1	1	0.0
Toppings & Ingredients	Domino's	Honey BBQ, 8" Extra Small Hand Tossed Crust	25	7	0	0.0
Toppings & Ingredients	Domino's	Ranch, 8" Extra Small Hand Tossed Crust	70	1	0	7.0
Toppings & Ingredients	Domino's	BBQ Chicken Topping, 8" Extra Small Hand Tossed	25	3	2	0.0
Toppings & Ingredients	Domino's	Honey BBQ, 10" Small Hand Tossed Crust	25	7	0	0.0
Toppings & Ingredients	Domino's	Ranch, 10" Small Hand Tossed Crust	70	1	0	7.0
Toppings & Ingredients	Domino's	Jalapeno Peppers, 10" Small Hand Tossed Crust	5	1	0	0.0
Toppings & Ingredients	Domino's	Onions, 10" Small Hand Tossed Crust	5	1	0	0.0
Toppings & Ingredients	Domino's	BBQ Chicken Topping, 10" Small Hand Tossed Crust	30	3	3	0.0
Toppings & Ingredients	Domino's	Fresh Sliced Tomatoes, 10" Small Hand Tossed Crust	5	2	0	0.0
Toppings & Ingredients	Domino's	Garlic, 10" Small Hand Tossed Crust	10	2	0	0.0
Toppings & Ingredients	Domino's	Honey BBQ, 10" Small Gluten Free	25	7	0	0.0
Toppings & Ingredients	Domino's	Ranch, 10" Small Gluten Free	70	1	0	7.0
Toppings & Ingredients	Domino's	Hot Buffalo Sauce, 10" Small Gluten Free	5	0	0	0.0
Toppings & Ingredients	Domino's	BBQ Chicken Topping, 10" Small Gluten Free	30	3	3	0.0
Toppings & Ingredients	Domino's	Fresh Diced Tomatoes, 10" Small Gluten Free	5	1	0	0.0
Toppings & Ingredients	Domino's	Fresh Sliced Tomatoes, 10" Small Gluten Free	5	2	0	0.0
Toppings & Ingredients	Domino's	BBQ Chicken Topping, 10" Small Crunchy Thin Crust	20	3	2	0.0
Toppings & Ingredients	Domino's	Fresh Sliced Tomatoes, 10" Small Crunchy Thin Crust	5	1	0	0.0
Toppings & Ingredients	Domino's	Honey BBQ, 12" Medium Hand Tossed	15	4	0	0.0
Toppings & Ingredients	Domino's	Ranch, 12" Medium Hand Tossed	50	1	0	6.0
Toppings & Ingredients	Domino's	Cheddar Cheese, 12" Medium Hand Tossed	30	1	2	2.5
Toppings & Ingredients	Domino's	Mushrooms, 12" Medium Hand Tossed	5	0	0	0.0
Toppings & Ingredients	Domino's	Anchovies, 12" Medium Hand Tossed	5	0	1	0.0
Toppings & Ingredients	Domino's	BBQ Chicken Topping, 12" Medium Hand Tossed	15	2	1	0.0
Toppings & Ingredients	Domino's	Fresh Diced Tomatoes, 12" Medium Hand Tossed	0	0	0	0.0
Toppings & Ingredients	Domino's	Fresh Sliced Tomatoes, 12" Medium Hand Tossed	5	1	0	0.0
Toppings & Ingredients	Domino's	Honey BBQ, 12" Medium Pan	15	4	0	0.0



Toppings & Ingredients	Domino's	Ranch, 12" Medium Pan	50	1	0	6.0
Toppings & Ingredients	Domino's	Black Olives, 12" Medium Pan	15	0	0	1.0
Toppings & Ingredients	Domino's	Cheddar Cheese, 12" Medium Pan	30	1	2	2.5
Toppings & Ingredients	Domino's	BBQ Chicken Topping, 12" Medium Pan	15	2	1	0.0
Toppings & Ingredients	Domino's	Fresh Diced Tomatoes, 12" Medium Pan	0	0	0	0.0
Toppings & Ingredients	Domino's	Fresh Sliced Tomatoes, 12" Medium Pan	5	1	0	0.0
Toppings & Ingredients	Domino's	Honey BBQ, 14" Large Hand Tossed & Crunchy Thin Crust	25	6	0	0.0
Toppings & Ingredients	Domino's	Ranch, 14" Large Hand Tossed & Crunchy Thin Crust	70	1	0	7.0
Toppings & Ingredients	Domino's	Anchovies, 14" Large Hand Tossed & Crunchy Thin Crust	5	0	1	0.0
Toppings & Ingredients	Domino's	BBQ Chicken Topping, 14" Large Hand Tossed & Crunchy Thin Crust	20	3	2	0.0
Toppings & Ingredients	Domino's	Fresh Sliced Tomatoes, 14" Large Hand Tossed & Crunchy Thin Crust	5	1	0	0.0
Toppings & Ingredients	Domino's	Honey BBQ, 14" Large Brooklyn	30	8	0	0.0
Toppings & Ingredients	Domino's	Ranch, 14" Large Brooklyn	90	1	0	10.0
Toppings & Ingredients	Domino's	Hot Buffalo Sauce, 14" Large Brooklyn	5	0	0	0.0
Toppings & Ingredients	Domino's	BBQ Chicken Topping, 14" Large Brooklyn	30	3	3	0.0
Toppings & Ingredients	Domino's	Fresh Diced Tomatoes, 14" Large Brooklyn	5	1	0	0.0
Toppings & Ingredients	Domino's	Fresh Sliced Tomatoes, 14" Large Brooklyn	5	1	0	0.0
Toppings & Ingredients	Domino's	Honey BBQ, 16" Extra Large Brooklyn	40	10	0	0.0
Toppings & Ingredients	Domino's	Ranch, 16" Extra Large Brooklyn	120	1	0	12.0
Toppings & Ingredients	Domino's	Shredded Provolone Cheese, 16" Extra Large Brooklyn	60	1	3	4.5
Toppings & Ingredients	Domino's	BBQ Chicken Topping, 16" Extra Large Brooklyn	35	4	3	0.5
Toppings & Ingredients	Domino's	Fresh Sliced Tomatoes, 16" Extra Large Brooklyn	10	2	0	0.0
Pizza	Domino's	Cheeseburger, Hand Tossed Crust, Small	400	38	16	20.0
Pizza	Domino's	Cheeseburger, Hand Tossed Crust, Medium	450	40	18	24.0
Pizza	Domino's	Cheeseburger, Hand Tossed Crust, Large	380	35	15	19.0
Pizza	Domino's	Cheeseburger, Hand Tossed Crust, Extra Large	490	46	20	24.0
Pizza	Domino's	Chicken Taco, Hand Tossed Crust, Small	380	37	16	17.0
Pizza	Domino's	Chicken Taco, Hand Tossed Crust, Medium	420	38	19	20.0
Pizza	Domino's	Chicken Taco, Hand Tossed Crust, Large	350	34	16	16.0
Pizza	Domino's	Chicken Taco, Hand Tossed Crust, Extra Large	450	45	20	20.0
Toppings & Ingredients	Domino's	Breakfast Pizza Base, 12" Medium Hand Tossed	200	22	9	7.0
Toppings & Ingredients	Domino's	Ham, 12" Medium Hand Tossed	5	0	1	0.0
Pizza	Domino's	Ham & Bacon Breakfast Pizza, 14" Large Hand Tossed	330	32	16	15.0
Toppings & Ingredients	Domino's	Breakfast Pizza Base, 14" Large Hand Tossed	300	32	13	13.0
Toppings & Ingredients	Domino's	Bacon, 14" Large Hand Tossed	20	0	2	1.5

Toppings & Ingredients	Domino's	Ham, 14" Large Hand Tossed	10	0	1	0.0
Pizza	Domino's	12" Medium Hand Tossed Breakfast Pizza	240	23	12	11.0
Toppings & Ingredients	Domino's	Breakfast Pizza Base, 12" Medium Hand Tossed	230	22	9	10.0
Toppings & Ingredients	Domino's	Ham, 12" Medium Hand Tossed	10	0	1	0.0
Toppings & Ingredients	Domino's	Green Peppers, 12" Medium Hand Tossed	0	0	0	0.0
Toppings & Ingredients	Domino's	Onions, 12" Medium Hand Tossed	0	0	0	0.0
Toppings & Ingredients	Domino's	Roasted Red Peppers, 12" Medium Hand Tossed	0	0	0	0.0
Toppings & Ingredients	Domino's	Garlic Oil Blend (on crust), 12" Medium Hand Tossed	10	0	0	1.0
Pizza	Domino's	Breakfast Pizza, 14" Large Hand Tossed	330	33	16	14.0
Toppings & Ingredients	Domino's	Breakfast Pizza Base, 14" Large Hand Tossed	270	31	13	10.0
Toppings & Ingredients	Domino's	Bacon, 14" Large Hand Tossed	30	0	2	2.0
Toppings & Ingredients	Domino's	Green Peppers, 14" Large Hand Tossed	0	0	0	0.0
Toppings & Ingredients	Domino's	Onions, 14" Large Hand Tossed	0	0	0	0.0
Toppings & Ingredients	Domino's	Roasted Red Peppers, 14" Large Hand Tossed	0	0	0	0.0
Toppings & Ingredients	Domino's	Garlic Oil Blend (on crust), 14" Large Hand Tossed	15	0	0	1.5
Appetizers & Sides	Domino's	Plain Wings (No sauce)	250	8	14	20.0
Toppings & Ingredients	Domino's	Light Cheese, 6" Personal Hand Tossed	50	1	3	3.5
Toppings & Ingredients	Domino's	Extra Cheese, 6" Personal Hand Tossed	100	2	6	7.0
Toppings & Ingredients	Domino's	Double Cheese, 6" Personal Hand Tossed	100	2	6	7.0
Toppings & Ingredients	Domino's	Anchovies, 6" Personal Hand Tossed	15	0	3	0.0
Toppings & Ingredients	Domino's	Black Olives, 10" Small Hand Tossed Crust	25	1	0	2.0
Toppings & Ingredients	Domino's	Green Peppers, 10" Small Hand Tossed Crust	5	1	0	0.0
Toppings & Ingredients	Domino's	Fresh Diced Tomatoes, 8" Extra Small Hand Tossed	5	1	0	0.0
Toppings & Ingredients	Domino's	Mushrooms, 12" Medium Pan	5	0	0	0.0
Toppings & Ingredients	Domino's	Double Cheese, 10" Small Gluten Free	180	4	11	13.0
Toppings & Ingredients	Domino's	Green Chile Peppers, 10" Small Hand Tossed Crust	5	1	0	0.0
Toppings & Ingredients	Domino's	Green Olives, 10" Small Hand Tossed Crust	25	1	0	2.0
Toppings & Ingredients	Domino's	Spinach, 12" Medium Crunchy Thin Crust	0	0	0	0.0
Toppings & Ingredients	Domino's	Garlic, 16" Extra Large Hand Tossed	10	2	0	0.0
Toppings & Ingredients	Domino's	Anchovies, 12" Medium Pan	5	0	1	0.0
Toppings & Ingredients	Domino's	Garlic Parm (White Sauce), 14" Large Brooklyn	90	1	1	10.0
Toppings & Ingredients	Domino's	Jalapeno Peppers, 16" Extra Large Hand Tossed	5	1	0	0.0
Toppings & Ingredients	Domino's	Fresh Diced Tomatoes, 16" Extra Large Brooklyn	5	1	0	0.0
Toppings & Ingredients	Domino's	Bacon, 12" Medium Hand Tossed	20	0	2	1.5
Baked Goods	Domino's	Garlic Bread Twists	220	27	5	11.0

Baked Goods	Domino's	Parmesan Bread Twists	230	27	5	11.0
Appetizers & Sides	Domino's	Stuffed Cheesy Bread	150	16	6	7.0
Appetizers & Sides	Domino's	Spinach & Feta Stuffed Cheesy Bread	160	16	6	7.0
Appetizers & Sides	Domino's	Jalapeno Bacon Stuffed Cheesy Bread	170	16	7	8.0
Baked Goods	Domino's	Parmesan Bread Bites	220	27	5	10.0
Entrees	Domino's	Boneless Chicken	170	18	9	7.0
Appetizers & Sides	Domino's	Honey BBQ Wings	310	22	15	20.0
Appetizers & Sides	Domino's	Hot Buffalo Wings	260	9	15	20.0
Appetizers & Sides	Domino's	Mild Buffalo Wings	260	10	15	20.0
Appetizers & Sides	Domino's	Garlic Parmesan Wings	390	10	15	34.0
Appetizers & Sides	Domino's	Sweet Mango Habanero Wings	310	21	15	20.0
Entrees	Domino's	Classic Hot Buffalo Specialty Chicken	190	14	9	11.0
Entrees	Domino's	Crispy Bacon & Tomato Specialty Chicken	260	14	11	18.0
Entrees	Domino's	Spicy Jalapeno & Pineapple Specialty Chicken	190	21	9	8.0
Entrees	Domino's	Sweet BBQ Bacon Specialty Chicken	220	20	11	10.0
Desserts	Domino's	Chocolate Lava Crunch Cake	360	46	4	19.0
Desserts	Domino's	Marbled Cookie Brownie	200	26	2	10.0
Desserts	Domino's	Dipped Chocolate Chunk Cookie	360	55	3	19.0
Desserts	Domino's	Cinnamon Bread Twists	250	31	5	12.0
Toppings & Ingredients	Domino's	Honey BBQ Dipping Cup	70	17	0	0.0
Toppings & Ingredients	Domino's	Blue Cheese Dipping Cup	200	2	1	21.0
Toppings & Ingredients	Domino's	Garlic Dipping Cup	250	0	0	28.0
Toppings & Ingredients	Domino's	Hot Buffalo Dipping Cup	15	1	0	1.0
Toppings & Ingredients	Domino's	Marinara Dipping Cup	30	6	0	0.0
Toppings & Ingredients	Domino's	Ranch Dipping Cup	160	1	0	17.0
Toppings & Ingredients	Domino's	Sweet Icing Dipping Cup	220	52	0	4.0
Toppings & Ingredients	Domino's	Sweet Mango Habanero Dipping Cup	70	17	0	0.0
Toppings & Ingredients	Domino's	Nacho Cheese Dipping Cup	120	5	6	8.0
Toppings & Ingredients	Domino's	Apple Dip	60	14	0	0.0
Toppings & Ingredients	Domino's	Cheesy Marinara Dip	70	4	3	4.5
Toppings & Ingredients	Domino's	5-Cheese Dip	130	3	6	10.0
Sandwiches	Domino's	Buffalo Chicken Sandwich	420	37	20	21.0
Sandwiches	Domino's	Chicken Bacon Ranch Sandwich	440	35	22	22.0
Sandwiches	Domino's	Chicken Parm Sandwich	380	36	24	15.0
Sandwiches	Domino's	Italian Sandwich	410	35	21	20.0

Sandwiches	Domino's	Mediterranean Veggie Sandwich	350	38	16	15.0
Sandwiches	Domino's	Philly Cheese Steak Sandwich	360	37	19	15.0
Sandwiches	Domino's	Sweet & Spicy Chicken Habanero Sandwich	400	42	22	16.0
Toppings & Ingredients	Domino's	Extra Chicken	70	1	5	5.0
Toppings & Ingredients	Domino's	Extra Italian Meat	80	0	4	7.0
Toppings & Ingredients	Domino's	Extra Philly Steak	50	1	2	4.0
Toppings & Ingredients	Domino's	Extra Cheese	20	0	1	1.5
Entrees	Domino's	Italian Sausage Marinara, 1/2 Bread Bowl	740	96	24	28.0
Entrees	Domino's	Italian Sausage Marinara, Dish	700	68	27	36.0
Entrees	Domino's	Chicken Alfredo, 1/2 Bread Bowl	690	92	23	25.0
Entrees	Domino's	Chicken Alfredo, Dish	600	60	25	29.0
Entrees	Domino's	Chicken Carbonara, 1/2 Bread Bowl	730	93	26	28.0
Entrees	Domino's	Chicken Carbonara, Dish	690	63	30	34.0
Entrees	Domino's	Pasta Primavera, 1/2 Bread Bowl	660	92	18	23.0
Entrees	Domino's	Pasta Primavera, Dish	530	62	15	26.0
Salads	Domino's	Classic Garden Salad	80	8	3	4.0
Salads	Domino's	Chicken Caesar Salad	220	14	18	8.0
Toppings & Ingredients	Domino's	Marzetti Garden Ranch Dressing	220	2	1	24.0
Toppings & Ingredients	Domino's	Marzetti Cardini Caesar Dressing	230	0	1	25.0
Toppings & Ingredients	Domino's	Marzetti Golden Italian Dressing	140	4	0	14.0
Toppings & Ingredients	Domino's	Marzetti Balsamic Vinaigrette Dressing	130	4	0	12.0
Toppings & Ingredients	Domino's	Ken's Ranch Dressing	190	2	1	20.0
Toppings & Ingredients	Domino's	Ken's Caesar Dressing	210	1	1	23.0
Toppings & Ingredients	Domino's	Ken's Golden Italian Dressing	160	3	0	17.0
Toppings & Ingredients	Domino's	Ken's Lite Balsamic with Olive Oil	100	5	0	8.0
Sandwiches	Dunkin' Donuts	Bacon, Egg and Cheese on a Plain Bagel	520	67	23	18.0
Sandwiches	Dunkin' Donuts	Sausage, Egg and Cheese on a Plain Bagel	680	68	26	34.0
Sandwiches	Dunkin' Donuts	Sausage, Egg and Cheese on Croissant	720	42	21	52.0
Baked Goods	Dunkin' Donuts	Plain Bagel	300	64	11	1.0
Baked Goods	Dunkin' Donuts	Sesame Seed Bagel	350	64	12	5.0
Baked Goods	Dunkin' Donuts	Multigrain Bagel	380	63	15	8.0
Baked Goods	Dunkin' Donuts	Everything Bagel	340	67	12	3.0
Baked Goods	Dunkin' Donuts	Cinnamon Raisin Bagel	320	67	11	1.0
Baked Goods	Dunkin' Donuts	Plain Croissant	340	37	6	19.0
Baked Goods	Dunkin' Donuts	English Muffin	190	35	6	2.0

Baked Goods	Dunkin' Donuts	Blueberry Muffin	460	77	6	15.0
Baked Goods	Dunkin' Donuts	Chocolate Chip Muffin	550	85	7	21.0
Baked Goods	Dunkin' Donuts	Coffee Cake Muffin	590	88	7	24.0
Baked Goods	Dunkin' Donuts	Corn Muffin	460	73	7	16.0
Baked Goods	Dunkin' Donuts	Apple Crumb Donut	290	44	5	11.0
Baked Goods	Dunkin' Donuts	Apple 'n Spice Donut	230	31	4	10.0
Baked Goods	Dunkin' Donuts	Bavarian Kreme Donut	240	31	4	11.0
Baked Goods	Dunkin' Donuts	Boston Kreme Donut	270	39	5	11.0
Baked Goods	Dunkin' Donuts	Chocolate Frosted Donut	260	34	4	11.0
Baked Goods	Dunkin' Donuts	Glazed Donut	240	33	4	11.0
Baked Goods	Dunkin' Donuts	Jelly Donut	250	36	4	10.0
Baked Goods	Dunkin' Donuts	Apple Fritter	470	47	6	28.0
Baked Goods	Dunkin' Donuts	Coffee Roll	390	48	7	19.0
Baked Goods	Dunkin' Donuts	Éclair	370	50	6	16.0
Baked Goods	Dunkin' Donuts	French Cruller	230	21	3	14.0
Baked Goods	Dunkin' Donuts	Glazed Munchkins	60	7	1	3.0
Baked Goods	Dunkin' Donuts	Jelly Munchkins	60	8	1	3.0
Baked Goods	Dunkin' Donuts	Jelly Stick	500	57	4	30.0
Baked Goods	Dunkin' Donuts	Maple Frosted Donut	260	35	4	11.0
Baked Goods	Dunkin' Donuts	Plain Stick	420	36	4	30.0
Baked Goods	Dunkin' Donuts	Strawberry Frosted Donut	260	35	4	11.0
Baked Goods	Dunkin' Donuts	Sugared Donut	210	24	4	11.0
Baked Goods	Dunkin' Donuts	Vanilla Crème Donut	300	37	4	15.0
Baked Goods	Dunkin' Donuts	White Cheddar Bagel Twist	390	64	16	8.0
Sandwiches	Dunkin' Donuts	Chicken Biscuit	460	46	21	22.0
Sandwiches	Dunkin' Donuts	Sausage, Egg and Cheese on English Muffin	560	40	21	35.0
Beverages	Dunkin' Donuts	Mocha Swirl Iced Latte with Skim Milk, Small	170	35	7	0.5
Beverages	Dunkin' Donuts	Mocha Swirl Iced Latte with Skim Milk, Medium	250	52	10	1.0
Beverages	Dunkin' Donuts	Mocha Swirl Iced Latte with Whole Milk, Medium	330	52	10	10.0
Beverages	Dunkin' Donuts	Mocha Swirl Iced Latte with Skim Milk, Large	340	70	14	1.0
Beverages	Dunkin' Donuts	Mocha Swirl Iced Latte with Whole Milk, Large	440	69	13	13.0
Beverages	Dunkin' Donuts	Strawberry Coolatta, Small	240	57	0	0.0
Beverages	Dunkin' Donuts	Strawberry Coolatta, Large	470	115	0	0.0
Beverages	Dunkin' Donuts	Strawberry Coolatta, Medium	350	86	0	0.0
Beverages	Dunkin' Donuts	Vanilla Bean Coolatta, Small	390	86	5	3.0

Beverages	Dunkin' Donuts	Vanilla Bean Coolatta, Medium	590	129	7	4.5
Beverages	Dunkin' Donuts	Vanilla Bean Coolatta, Large	790	172	10	6.0
Beverages	Dunkin' Donuts	Hot Coffee with Cream, Small	60	1	1	6.0
Beverages	Dunkin' Donuts	Hot Coffee with Skim Milk, Small	15	2	1	0.0
Beverages	Dunkin' Donuts	Hot Coffee with Cream, Medium	90	1	2	9.0
Beverages	Dunkin' Donuts	Hot Coffee with Skim Milk, Medium	20	2	2	0.0
Beverages	Dunkin' Donuts	Hot Coffee with Cream, Large	120	2	2	12.0
Beverages	Dunkin' Donuts	Hot Coffee with Skim Milk, Large	25	3	3	0.0
Beverages	Dunkin' Donuts	Hot Coffee with Cream and Sugar, Small	130	18	1	6.0
Beverages	Dunkin' Donuts	Hot Coffee with Skim Milk and Sugar, Small	80	19	1	0.0
Sandwiches	Dunkin' Donuts	Bacon, Egg and Cheese Wake-Up Wrap	220	15	10	13.0
Sandwiches	Dunkin' Donuts	Sausage, Egg and Cheese Wake-Up Wrap	290	15	10	21.0
Beverages	Dunkin' Donuts	Hot Coffee, Extra Large	5	0	1	0.0
Beverages	Dunkin' Donuts	Mocha Swirl Iced Coffee with Cream, Large	330	52	4	12.0
Beverages	Dunkin' Donuts	Mocha Swirl Iced Coffee with Cream, Medium	240	39	3	9.0
Beverages	Dunkin' Donuts	Mocha Swirl Iced Coffee with Cream, Small	160	26	2	6.0
Beverages	Dunkin' Donuts	Hot Latte with Whole Milk, Small	120	9	6	6.0
Sandwiches	Dunkin' Donuts	Bacon, Egg and Cheese on Croissant	560	41	18	36.0
Sandwiches	Dunkin' Donuts	Bacon, Egg and Cheese on English Muffin	400	39	18	19.0
Sandwiches	Dunkin' Donuts	Egg and Cheese on a Plain Bagel	460	66	19	13.0
Sandwiches	Dunkin' Donuts	Egg and Cheese on Croissant	500	40	15	31.0
Sandwiches	Dunkin' Donuts	Egg and Cheese on English Muffin	340	38	14	15.0
Beverages	Dunkin' Donuts	Iced Tea Unsweetened, Small	5	1	0	0.0
Beverages	Dunkin' Donuts	Iced Tea Unsweetened, Large	5	2	0	0.0
Beverages	Dunkin' Donuts	Iced Tea Unsweetened, Medium	5	1	0	0.0
Beverages	Dunkin' Donuts	Cappuccino with Whole Milk, Small	80	7	4	4.0
Beverages	Dunkin' Donuts	Cappuccino with Whole Milk and Sugar, Small	150	24	4	4.0
Beverages	Dunkin' Donuts	Iced Latte with Skim Milk, Small	70	10	6	0.0
Beverages	Dunkin' Donuts	Iced Latte with Skim Milk, Medium	100	15	9	0.0
Beverages	Dunkin' Donuts	Iced Latte with Skim Milk, Large	130	20	12	0.0
Beverages	Dunkin' Donuts	Iced Latte with Whole Milk, Small	120	9	6	6.0
Beverages	Dunkin' Donuts	Iced Latte with Whole Milk, Medium	170	14	9	9.0
Beverages	Dunkin' Donuts	Iced Latte with Whole Milk, Large	230	19	12	12.0
Beverages	Dunkin' Donuts	Hot Coffee with Sugar, Small	70	17	0	0.0
Beverages	Dunkin' Donuts	Iced Coffee, Large	5	0	1	0.0

Beverages	Dunkin' Donuts	Iced Coffee, Medium	5	0	0	0.0
Beverages	Dunkin' Donuts	Iced Coffee, Small	5	0	0	0.0
Beverages	Dunkin' Donuts	Iced Coffee with Cream, Small	60	1	1	6.0
Beverages	Dunkin' Donuts	Iced Coffee with Cream and Sugar- Small	130	18	1	6.0
Beverages	Dunkin' Donuts	Iced Coffee with Whole Milk, Small	20	1	1	1.0
Beverages	Dunkin' Donuts	Iced Coffee with Whole Milk and Sugar, Small	90	19	1	1.0
Beverages	Dunkin' Donuts	Iced Coffee with Skim Milk, Small	15	2	1	0.0
Beverages	Dunkin' Donuts	Iced Coffee with Skim Milk and Sugar, Small	80	19	1	0.0
Beverages	Dunkin' Donuts	Iced Coffee with Sugar, Small	70	17	0	0.0
Toppings & Ingredients	Dunkin' Donuts	Classic Plain Cream Cheese Spread	120	3	2	12.0
Beverages	Dunkin' Donuts	Hot Latte with Whole Milk and Sugar, Small	180	27	6	6.0
Beverages	Dunkin' Donuts	Mocha Swirl Hot Latte with Whole Milk, Small	220	35	7	6.0
Beverages	Dunkin' Donuts	Original Hot Chocolate, Large	460	82	4	14.0
Beverages	Dunkin' Donuts	Original Hot Chocolate, Medium	330	59	3	10.0
Beverages	Dunkin' Donuts	Original Hot Chocolate, Small	220	40	2	7.0
Beverages	Dunkin' Donuts	Original Hot Chocolate, Extra Large	500	89	4	15.0
Beverages	Dunkin' Donuts	Iced Tea Unsweetened Raspberry Flavored, Small	10	3	0	0.0
Beverages	Dunkin' Donuts	Iced Tea Sweetened Raspberry Flavored, Small	80	19	0	0.0
Beverages	Dunkin' Donuts	Sweet Tea, Small	150	40	0	0.0
Beverages	Dunkin' Donuts	Iced Tea Sweetened, Small	70	17	0	0.0
Beverages	Dunkin' Donuts	Mocha Swirl Iced Latte with Whole Milk, Small	220	35	7	6.0
Beverages	Dunkin' Donuts	Hot Coffee with Cream and Sugar- Medium	190	27	2	9.0
Beverages	Dunkin' Donuts	Hot Coffee with Skim Milk and Sugar, Medium	120	28	2	0.0
Beverages	Dunkin' Donuts	Hot Coffee with Sugar, Large	140	35	1	0.0
Beverages	Dunkin' Donuts	Hot Coffee with Cream and Sugar- Large	260	37	2	12.0
Beverages	Dunkin' Donuts	Hot Coffee with Skim Milk and Sugar, Large	160	38	3	0.0
Beverages	Dunkin' Donuts	Hot Coffee with Cream, Extra Large	150	2	3	15.0
Beverages	Dunkin' Donuts	Hot Coffee with Skim Milk, Extra Large	30	4	3	0.0
Beverages	Dunkin' Donuts	Hot Coffee with Cream and Sugar- Extra Large	320	46	3	15.0
Beverages	Dunkin' Donuts	Hot Coffee with Skim Milk and Sugar, Extra Large	200	47	3	0.0
Beverages	Dunkin' Donuts	Hot Coffee with Sugar, Extra Large	170	44	1	0.0
Baked Goods	Dunkin' Donuts	Chocolate Frosted with Sprinkles Donut	270	36	4	12.0
Beverages	Dunkin' Donuts	Hot Latte with Skim Milk, Small	70	10	6	0.0
Beverages	Dunkin' Donuts	Hot Latte with Skim Milk and Sugar, Small	130	27	6	0.0
Beverages	Dunkin' Donuts	Hot Latte with Skim Milk, Medium	100	15	9	0.0

Beverages	Dunkin' Donuts	Hot Latte with Whole Milk, Medium	170	14	9	9.0
Beverages	Dunkin' Donuts	Hot Latte with Whole Milk and Sugar, Medium	270	40	9	9.0
Beverages	Dunkin' Donuts	Hot Latte with Skim Milk and Sugar, Medium	200	41	9	0.0
Beverages	Dunkin' Donuts	Hot Latte with Skim Milk and Sugar, Large	270	54	12	0.0
Beverages	Dunkin' Donuts	Hot Latte with Whole Milk, Large	230	19	12	12.0
Beverages	Dunkin' Donuts	Hot Latte with Skim Milk, Large	130	20	12	0.0
Beverages	Dunkin' Donuts	Hot Latte with Whole Milk and Sugar, Large	370	54	12	12.0
Beverages	Dunkin' Donuts	Mocha Swirl Hot Latte with Whole Milk, Medium	330	52	10	10.0
Beverages	Dunkin' Donuts	Mocha Swirl Hot Latte with Whole Milk, Large	440	69	13	13.0
Beverages	Dunkin' Donuts	Mocha Swirl Hot Latte with Skim Milk, Small	170	35	7	0.5
Beverages	Dunkin' Donuts	Mocha Swirl Hot Latte with Skim Milk, Medium	250	52	10	1.0
Beverages	Dunkin' Donuts	Mocha Swirl Hot Latte with Skim Milk, Large	340	70	14	1.0
Beverages	Dunkin' Donuts	Iced Latte with Skim Milk and Sugar, Small	130	27	6	0.0
Beverages	Dunkin' Donuts	Iced Latte with Whole Milk and Sugar, Small	180	27	6	6.0
Beverages	Dunkin' Donuts	Sweet Tea, Large	310	79	0	0.0
Beverages	Dunkin' Donuts	Iced Tea Sweetened Raspberry Flavored, Medium	110	29	0	0.0
Beverages	Dunkin' Donuts	Iced Tea Sweetened Raspberry Flavored, Large	150	38	0	0.0
Beverages	Dunkin' Donuts	Iced Tea Unsweetened Raspberry Flavored, Medium	15	4	0	0.0
Beverages	Dunkin' Donuts	Iced Tea Unsweetened Raspberry Flavored, Large	20	5	0	0.0
Beverages	Dunkin' Donuts	Iced Coffee with Cream, Medium	90	1	2	9.0
Beverages	Dunkin' Donuts	Iced Coffee with Skim Milk, Medium	20	2	2	0.0
Beverages	Dunkin' Donuts	Iced Coffee with Whole Milk, Medium	30	2	2	1.5
Beverages	Dunkin' Donuts	Iced Coffee with Cream, Large	120	2	2	12.0
Beverages	Dunkin' Donuts	Iced Coffee with Skim Milk, Large	25	3	3	0.0
Beverages	Dunkin' Donuts	Iced Coffee with Whole Milk, Large	40	3	3	2.0
Beverages	Dunkin' Donuts	Iced Coffee with Sugar, Large	140	35	1	0.0
Beverages	Dunkin' Donuts	Iced Coffee with Cream and Sugar- Large	260	37	2	12.0
Beverages	Dunkin' Donuts	Iced Coffee with Skim Milk and Sugar, Large	160	38	3	0.0
Beverages	Dunkin' Donuts	Iced Coffee with Whole Milk and Sugar, Large	180	38	3	2.0
Baked Goods	Dunkin' Donuts	Glazed Strawberry Donut	280	44	4	10.0
Baked Goods	Dunkin' Donuts	Maple Crème Donut	290	38	4	14.0
Baked Goods	Dunkin' Donuts	Butternut Donut	430	57	4	21.0
Sandwiches	Dunkin' Donuts	Turkey Sausage Wake Up Wrap	240	15	11	15.0
Baked Goods	Dunkin' Donuts	Sour Cream Donut	360	49	4	17.0
Beverages	Dunkin' Donuts	Cappuccino with Whole Milk, Medium	120	10	6	6.0



Beverages	Dunkin' Donuts	Cappuccino with Whole Milk, Large	160	13	8	8.0
Beverages	Dunkin' Donuts	Cappuccino with Whole Milk and Sugar, Medium	220	36	6	6.0
Beverages	Dunkin' Donuts	Cappuccino with Whole Milk and Sugar, Large	290	48	8	8.0
Beverages	Dunkin' Donuts	Hot Coffee with AlmondMilk, Small	15	2	0	0.0
Beverages	Dunkin' Donuts	Hot Coffee with AlmondMilk, Medium	25	4	1	0.5
Beverages	Dunkin' Donuts	Hot Coffee with AlmondMilk, Large	35	5	1	1.0
Beverages	Dunkin' Donuts	Hot Coffee with AlmondMilk, Extra Large	45	7	1	1.5
Beverages	Dunkin' Donuts	French Vanilla Swirl Hot Coffee, Small	110	26	2	0.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Hot Coffee, Medium	170	38	2	0.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Hot Coffee, Large	220	51	3	0.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Hot Coffee, Extra Large	280	64	4	0.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Hot Coffee with Cream, Small	170	26	2	6.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Hot Coffee with Cream, Medium	250	40	4	9.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Hot Coffee with Cream, Large	340	53	5	12.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Hot Coffee with Cream, Extra Large	420	66	6	15.0
Beverages	Dunkin' Donuts	Hot Latte with AlmondMilk, Small	70	11	1	2.0
Beverages	Dunkin' Donuts	Hot Latte with AlmondMilk, Medium	100	17	1	3.0
Beverages	Dunkin' Donuts	Hot Latte with AlmondMilk, Large	130	23	2	3.5
Beverages	Dunkin' Donuts	French Vanilla Swirl Hot Latte with Skim Milk, Small	170	35	7	0.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Hot Latte with Skim Milk, Medium	260	53	11	0.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Hot Latte with Skim Milk, Large	350	71	15	0.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Hot Latte with Whole Milk, Small	220	35	7	6.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Hot Latte with Whole Milk, Medium	330	52	11	9.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Hot Latte with Whole Milk, Large	450	70	14	12.0
Beverages	Dunkin' Donuts	Iced Tea Sweetened, Large	140	35	0	0.0
Beverages	Dunkin' Donuts	Iced Tea Sweetened Blueberry Flavored Tea, Small	80	19	0	0.0
Beverages	Dunkin' Donuts	Iced Tea Sweetened Blueberry Flavored Tea, Medium	110	28	0	0.0
Beverages	Dunkin' Donuts	Iced Tea Sweetened Blueberry Flavored Tea, Large	150	38	0	0.0
Beverages	Dunkin' Donuts	Iced Tea Unsweetened Blueberry Flavored Tea, Small	10	2	0	0.0
Beverages	Dunkin' Donuts	Iced Tea Unsweetened Blueberry Flavored Tea, Medium	15	3	0	0.0
Beverages	Dunkin' Donuts	Iced Tea Unsweetened Blueberry Flavored Tea, Large	20	5	0	0.0
Beverages	Dunkin' Donuts	Iced Green Tea Sweetened, Small	70	16	1	0.0
Beverages	Dunkin' Donuts	Iced Green Tea Sweetened, Medium	100	25	1	0.0
Beverages	Dunkin' Donuts	Iced Green Tea Sweetened, Large	140	33	1	0.0
Beverages	Dunkin' Donuts	Iced Green Tea Unsweetened, Small	5	0	1	0.0

Beverages	Dunkin' Donuts	Iced Green Tea Unsweetened, Medium	5	0	1	0.0
Beverages	Dunkin' Donuts	Iced Green Tea Unsweetened, Large	5	0	1	0.0
Beverages	Dunkin' Donuts	Iced Coffee with Sugar, Medium	110	26	0	0.0
Beverages	Dunkin' Donuts	Iced Coffee with Cream and Sugar, Medium	190	27	2	9.0
Beverages	Dunkin' Donuts	Iced Coffee with Skim Milk and Sugar, Medium	120	28	2	0.0
Beverages	Dunkin' Donuts	Iced Coffee with Whole Milk and Sugar, Medium	130	28	2	1.5
Beverages	Dunkin' Donuts	Iced Coffee with AlmondMilk, Small	15	2	0	0.0
Beverages	Dunkin' Donuts	Iced Coffee with AlmondMilk, Medium	25	4	1	0.5
Beverages	Dunkin' Donuts	Iced Coffee with AlmondMilk, Large	35	5	1	1.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Iced Coffee, Small	110	26	2	0.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Iced Coffee, Medium	170	38	2	0.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Iced Coffee, Large	220	51	3	0.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Iced Coffee with Cream, Small	170	26	2	6.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Iced Coffee with Cream, Medium	250	40	4	9.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Iced Coffee with Cream, Large	340	53	5	12.0
Beverages	Dunkin' Donuts	Iced Latte with AlmondMilk, Small	70	11	1	2.0
Beverages	Dunkin' Donuts	Iced Latte with AlmondMilk, Medium	100	17	1	3.0
Beverages	Dunkin' Donuts	Iced Latte with AlmondMilk, Large	130	23	2	3.5
Beverages	Dunkin' Donuts	Iced Latte with Skim Milk and Sugar, Medium	200	41	9	0.0
Beverages	Dunkin' Donuts	Iced Latte with Skim Milk and Sugar, Large	270	54	12	0.0
Beverages	Dunkin' Donuts	Iced Latte with Whole Milk and Sugar, Medium	270	40	9	9.0
Beverages	Dunkin' Donuts	Iced Latte with Whole Milk and Sugar, Large	370	54	12	12.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Iced Latte with Skim Milk, Small	170	35	7	0.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Iced Latte with Skim Milk, Medium	260	53	11	0.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Iced Latte with Skim Milk, Large	350	71	15	0.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Iced Latte with Whole Milk, Small	220	35	7	6.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Iced Latte with Whole Milk, Medium	330	52	11	9.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Iced Latte with Whole Milk, Large	450	70	14	12.0
Beverages	Dunkin' Donuts	Sweet Tea Blueberry Flavored, Large	330	86	0	0.0
Beverages	Dunkin' Donuts	Sweet Tea Blueberry Flavored, Medium	250	64	0	0.0
Beverages	Dunkin' Donuts	Sweet Tea Blueberry Flavored, Small	170	43	0	0.0
Beverages	Dunkin' Donuts	Sweet Tea Raspberry Flavored, Large	330	86	0	0.0
Beverages	Dunkin' Donuts	Sweet Tea Raspberry Flavored, Medium	250	65	0	0.0
Beverages	Dunkin' Donuts	Sweet Tea Raspberry Flavored, Small	170	43	0	0.0
Baked Goods	Dunkin' Donuts	Apple Stick	470	50	4	30.0

Baked Goods	Dunkin' Donuts	Chocolate Butternut Donut	450	57	4	24.0
Baked Goods	Dunkin' Donuts	Chocolate Crème Donut	290	36	5	14.0
Baked Goods	Dunkin' Donuts	Chocolate Dipped French Cruller	280	33	3	15.0
Baked Goods	Dunkin' Donuts	Chocolate Headlight Donut	310	41	5	14.0
Baked Goods	Dunkin' Donuts	Chocolate Long John	320	41	6	15.0
Baked Goods	Dunkin' Donuts	Cinnamon Donut	330	34	4	20.0
Baked Goods	Dunkin' Donuts	Cinnamon Munchkins	60	6	1	3.5
Baked Goods	Dunkin' Donuts	Coconut Donut	410	50	4	21.0
Baked Goods	Dunkin' Donuts	Double Chocolate Donut	380	41	4	23.0
Baked Goods	Dunkin' Donuts	Frosted Vanilla Crème Donut	330	44	5	16.0
Baked Goods	Dunkin' Donuts	Glazed Blueberry Donut	350	44	4	18.0
Baked Goods	Dunkin' Donuts	Glazed Blueberry Munchkins	60	9	1	2.5
Baked Goods	Dunkin' Donuts	Glazed Chocolate Donut	370	41	4	23.0
Baked Goods	Dunkin' Donuts	Glazed Chocolate Munchkins	60	8	1	3.5
Baked Goods	Dunkin' Donuts	Glazed Chocolate Stick	410	42	4	25.0
Baked Goods	Dunkin' Donuts	Glazed Jelly Stick	540	66	4	30.0
Baked Goods	Dunkin' Donuts	Glazed Old Fashioned Munchkins	70	8	1	3.0
Baked Goods	Dunkin' Donuts	Glazed Stick	470	48	4	30.0
Baked Goods	Dunkin' Donuts	Kolache	390	31	15	23.0
Beverages	Dunkin' Donuts	Mocha Swirl Hot Coffee, Extra Large	260	63	3	1.0
Beverages	Dunkin' Donuts	Mocha Swirl Hot Coffee, Large	210	50	2	1.0
Beverages	Dunkin' Donuts	Mocha Swirl Hot Coffee, Medium	160	38	2	0.5
Beverages	Dunkin' Donuts	Mocha Swirl Hot Coffee, Small	110	25	1	0.0
Beverages	Dunkin' Donuts	Mocha Swirl Hot Coffee with Cream, Extra Large	410	65	5	15.0
Beverages	Dunkin' Donuts	Mocha Swirl Hot Coffee with Cream, Large	330	52	4	12.0
Beverages	Dunkin' Donuts	Mocha Swirl Hot Coffee with Cream, Medium	240	39	3	9.0
Beverages	Dunkin' Donuts	Mocha Swirl Hot Coffee with Cream, Small	160	26	2	6.0
Baked Goods	Dunkin' Donuts	Bismark	480	63	6	22.0
Baked Goods	Dunkin' Donuts	Cinnamon Stick	430	39	4	30.0
Baked Goods	Dunkin' Donuts	Lemon Donut	230	31	4	10.0
Baked Goods	Dunkin' Donuts	Lemon Stick	480	50	4	30.0
Baked Goods	Dunkin' Donuts	Maple Vanilla Crème Donut	330	45	4	15.0
Baked Goods	Dunkin' Donuts	Peanut Donut	470	50	8	27.0
Baked Goods	Dunkin' Donuts	Powdered Donut	330	34	4	20.0
Baked Goods	Dunkin' Donuts	Powdered Stick	440	42	4	30.0

Baked Goods	Dunkin' Donuts	Strawberry Frosted with Sprinkles Donut	270	37	4	12.0
Baked Goods	Dunkin' Donuts	Sugared Stick	430	39	4	30.0
Baked Goods	Dunkin' Donuts	Taillight Donut	320	41	4	15.0
Baked Goods	Dunkin' Donuts	Toasted Coconut Donut	430	52	5	22.0
Baked Goods	Dunkin' Donuts	Vanilla Headlight Donut	310	41	4	15.0
Baked Goods	Dunkin' Donuts	Vanilla Long John	320	42	5	15.0
Beverages	Dunkin' Donuts	Caramel Swirl Hot Macchiato with Skim Milk, Large	310	66	11	0.0
Beverages	Dunkin' Donuts	Caramel Swirl Hot Macchiato with Skim Milk, Medium	240	49	8	0.0
Beverages	Dunkin' Donuts	Caramel Swirl Hot Macchiato with Skim Milk, Small	160	33	6	0.0
Beverages	Dunkin' Donuts	Caramel Swirl Hot Macchiato with Whole Milk, Large	380	65	11	8.0
Beverages	Dunkin' Donuts	Caramel Swirl Hot Macchiato with Whole Milk, Medium	290	49	8	6.0
Beverages	Dunkin' Donuts	Caramel Swirl Hot Macchiato with Whole Milk, Small	190	33	5	4.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Hot Macchiato with Skim Milk, Large	310	65	11	0.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Hot Macchiato with Skim Milk, Medium	230	49	8	0.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Hot Macchiato with Skim Milk, Small	160	33	5	0.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Hot Macchiato with Whole Milk, Large	380	65	10	8.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Hot Macchiato with Whole Milk, Medium	280	49	8	6.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Hot Macchiato with Whole Milk, Small	190	33	5	4.0
Beverages	Dunkin' Donuts	Hot Macchiato with Skim Milk, Large	90	14	8	0.0
Beverages	Dunkin' Donuts	Hot Macchiato with Skim Milk, Medium	70	11	6	0.0
Beverages	Dunkin' Donuts	Hot Macchiato with Skim Milk, Small	50	7	4	0.0
Beverages	Dunkin' Donuts	Hot Macchiato with Whole Milk, Large	160	14	8	8.0
Beverages	Dunkin' Donuts	Hot Macchiato with Whole Milk, Medium	120	10	6	6.0
Beverages	Dunkin' Donuts	Hot Macchiato with Whole Milk, Small	80	7	4	4.0
Beverages	Dunkin' Donuts	Mocha Swirl Hot Macchiato with Skim Milk, Large	300	65	10	1.0
Beverages	Dunkin' Donuts	Mocha Swirl Hot Macchiato with Skim Milk, Medium	230	49	7	1.0
Beverages	Dunkin' Donuts	Mocha Swirl Hot Macchiato with Skim Milk, Small	150	33	5	0.5
Beverages	Dunkin' Donuts	Mocha Swirl Hot Macchiato with Whole Milk, Large	370	64	9	9.0
Beverages	Dunkin' Donuts	Mocha Swirl Hot Macchiato with Whole Milk, Medium	280	48	7	7.0
Beverages	Dunkin' Donuts	Mocha Swirl Hot Macchiato with Whole Milk, Small	180	32	5	4.5
Beverages	Dunkin' Donuts	Caramel Swirl Iced Macchiato with Skim Milk, Large	310	66	11	0.0
Beverages	Dunkin' Donuts	Caramel Swirl Iced Macchiato with Skim Milk, Medium	240	49	8	0.0
Beverages	Dunkin' Donuts	Caramel Swirl Iced Macchiato with Skim Milk, Small	160	33	6	0.0
Beverages	Dunkin' Donuts	Caramel Swirl Iced Macchiato with Whole Milk, Large	380	65	11	8.0
Beverages	Dunkin' Donuts	Caramel Swirl Iced Macchiato with Whole Milk, Medium	290	49	8	6.0

Beverages	Dunkin' Donuts	Caramel Swirl Iced Macchiato with Whole Milk, Small	190	33	5	4.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Iced Macchiato with Skim Milk, Large	310	65	11	0.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Iced Macchiato with Skim Milk, Medium	230	49	8	0.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Iced Macchiato with Skim Milk, Small	160	33	5	0.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Iced Macchiato with Whole Milk, Large	380	65	10	8.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Iced Macchiato with Whole Milk, Medium	280	49	8	6.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Iced Macchiato with Whole Milk, Small	190	33	5	4.0
Beverages	Dunkin' Donuts	Iced Macchiato with Skim Milk, Large	90	14	8	0.0
Beverages	Dunkin' Donuts	Iced Macchiato with Skim Milk, Medium	70	11	6	0.0
Beverages	Dunkin' Donuts	Iced Macchiato with Skim Milk, Small	50	7	4	0.0
Beverages	Dunkin' Donuts	Iced Macchiato with Whole Milk, Large	160	14	8	8.0
Beverages	Dunkin' Donuts	Iced Macchiato with Whole Milk, Medium	120	10	6	6.0
Beverages	Dunkin' Donuts	Iced Macchiato with Whole Milk, Small	80	7	4	4.0
Beverages	Dunkin' Donuts	Mocha Swirl Iced Macchiato with Skim Milk, Large	300	65	10	1.0
Beverages	Dunkin' Donuts	Mocha Swirl Iced Macchiato with Skim Milk, Medium	230	49	7	1.0
Beverages	Dunkin' Donuts	Mocha Swirl Iced Macchiato with Skim Milk, Small	150	33	5	0.5
Beverages	Dunkin' Donuts	Mocha Swirl Iced Macchiato with Whole Milk, Large	370	64	9	9.0
Beverages	Dunkin' Donuts	Mocha Swirl Iced Macchiato with Whole Milk, Medium	280	48	7	7.0
Beverages	Dunkin' Donuts	Mocha Swirl Iced Macchiato with Whole Milk, Small	180	32	5	4.5
Baked Goods	Dunkin' Donuts	Old Fashioned Munchkins	50	6	1	3.0
Baked Goods	Dunkin' Donuts	Powdered Munchkins	60	7	1	3.5
Beverages	Dunkin' Donuts	Frozen Chocolate, Medium	690	134	7	15.0
Beverages	Dunkin' Donuts	Frozen Chocolate, Large	890	175	10	18.0
Beverages	Dunkin' Donuts	Americano, Small	5	1	0	0.0
Beverages	Dunkin' Donuts	Americano, Medium	10	2	0	0.0
Beverages	Dunkin' Donuts	Americano, Large	10	2	0	0.0
Beverages	Dunkin' Donuts	Caramel Swirl Hot Coffee with Cream, Small	170	27	3	6.0
Beverages	Dunkin' Donuts	Caramel Swirl Hot Coffee with Cream, Medium	260	40	4	9.0
Beverages	Dunkin' Donuts	Caramel Swirl Hot Coffee with Cream, Large	340	53	5	12.0
Beverages	Dunkin' Donuts	Caramel Swirl Hot Coffee with Cream, Extra Large	420	67	6	15.0
Beverages	Dunkin' Donuts	Caramel Swirl Hot Latte with Skim Milk, Small	180	36	8	0.0
Beverages	Dunkin' Donuts	Caramel Swirl Hot Latte with Skim Milk, Medium	260	53	11	0.0
Beverages	Dunkin' Donuts	Caramel Swirl Hot Latte with Skim Milk, Large	350	71	15	0.0
Beverages	Dunkin' Donuts	Caramel Swirl Hot Latte with Whole Milk, Small	230	35	7	6.0
Beverages	Dunkin' Donuts	Caramel Swirl Hot Latte with Whole Milk, Medium	340	53	11	9.0

Beverages	Dunkin' Donuts	Caramel Swirl Hot Latte with Whole Milk, Large	450	70	14	12.0
Beverages	Dunkin' Donuts	Cold Brew Coffee, Small	5	0	0	0.0
Beverages	Dunkin' Donuts	Cold Brew Coffee, Medium	5	0	0	0.0
Beverages	Dunkin' Donuts	Cold Brew Coffee, Large	5	0	1	0.0
Beverages	Dunkin' Donuts	Cold Brew Coffee with Cream, Small	60	1	1	6.0
Beverages	Dunkin' Donuts	Cold Brew Coffee with Cream, Medium	90	1	2	9.0
Beverages	Dunkin' Donuts	Cold Brew Coffee with Cream, Large	120	2	2	12.0
Beverages	Dunkin' Donuts	Caramel Swirl Iced Coffee, Small	110	26	2	0.0
Beverages	Dunkin' Donuts	Caramel Swirl Iced Coffee, Medium	170	39	3	0.0
Beverages	Dunkin' Donuts	Caramel Swirl Iced Coffee, Large	230	52	3	0.0
Beverages	Dunkin' Donuts	Caramel Swirl Iced Coffee with Cream, Small	170	27	3	6.0
Beverages	Dunkin' Donuts	Caramel Swirl Iced Coffee with Cream, Medium	260	40	4	9.0
Beverages	Dunkin' Donuts	Caramel Swirl Iced Coffee with Cream, Large	340	53	5	12.0
Beverages	Dunkin' Donuts	Caramel Swirl Iced Latte with Skim Milk, Small	180	36	8	0.0
Beverages	Dunkin' Donuts	Caramel Swirl Iced Latte with Skim Milk, Medium	260	53	11	0.0
Beverages	Dunkin' Donuts	Caramel Swirl Iced Latte with Skim Milk, Large	350	71	15	0.0
Beverages	Dunkin' Donuts	Caramel Swirl Iced Latte with Whole Milk, Small	230	35	7	6.0
Beverages	Dunkin' Donuts	Caramel Swirl Iced Latte with Whole Milk, Medium	340	53	11	9.0
Beverages	Dunkin' Donuts	Caramel Swirl Iced Latte with Whole Milk, Large	450	70	14	12.0
Beverages	Dunkin' Donuts	Cold Brew Coffee with Cream and Sugar, Small	130	18	1	6.0
Beverages	Dunkin' Donuts	Cold Brew Coffee with Cream and Sugar, Medium	190	27	2	9.0
Beverages	Dunkin' Donuts	Blue Raspberry Coolatta, Small	230	56	0	0.0
Beverages	Dunkin' Donuts	Cold Brew Coffee with Cream and Sugar, Large	260	37	2	12.0
Beverages	Dunkin' Donuts	Strawberry Coolatta Float	420	68	11	12.0
Beverages	Dunkin' Donuts	Strawberry Dunkin' Energy Punch Powered by Monster Energy	430	106	0	0.0
Beverages	Dunkin' Donuts	Blue Raspberry Coolatta, Medium	350	84	0	0.0
Beverages	Dunkin' Donuts	Blue Raspberry Dunkin' Energy Punch Powered by Monster Energy	420	102	0	0.0
Beverages	Dunkin' Donuts	Mocha Swirl Frozen Coffee with Skim Milk, Small	460	99	5	5.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Frozen Coffee with Whole Milk, Small	490	99	6	8.0
Beverages	Dunkin' Donuts	Mocha Swirl Frozen Coffee with Whole Milk, Small	480	98	5	8.0
Beverages	Dunkin' Donuts	Extra Thick Shake, Coffee	460	55	18	19.0
Beverages	Dunkin' Donuts	Extra Thick Shake, Vanilla	450	54	18	19.0
Beverages	Dunkin' Donuts	Blue Raspberry Coolatta, Large	460	112	0	0.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Frozen Coffee with Cream, Small	610	97	6	22.0
Beverages	Dunkin' Donuts	Mocha Swirl Frozen Coffee with Cream, Small	600	97	5	22.0

Beverages	Dunkin' Donuts	French Vanilla Swirl Frozen Coffee with Skim Milk, Medium	640	141	9	4.5
Beverages	Dunkin' Donuts	Mocha Swirl Frozen Coffee with Skim Milk, Medium	630	140	8	5.0
Beverages	Dunkin' Donuts	Extra Thick Shake, Chocolate	610	92	19	20.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Frozen Coffee with Whole Milk, Medium	680	141	8	9.0
Beverages	Dunkin' Donuts	Mocha Swirl Frozen Coffee with Whole Milk, Medium	670	140	7	10.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Frozen Coffee with Skim Milk, Large	830	184	11	5.0
Beverages	Dunkin' Donuts	Mocha Swirl Frozen Coffee with Skim Milk, Large	820	183	10	6.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Frozen Coffee with Cream, Medium	860	138	8	31.0
Beverages	Dunkin' Donuts	Mocha Swirl Frozen Coffee with Cream, Medium	850	137	7	31.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Frozen Coffee with Whole Milk, Large	880	183	11	11.0
Beverages	Dunkin' Donuts	Mocha Swirl Frozen Coffee with Whole Milk, Large	870	183	9	12.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Frozen Coffee with Cream, Large	1110	180	10	40.0
Beverages	Dunkin' Donuts	Mocha Swirl Frozen Coffee with Cream, Large	1100	179	9	41.0
Baked Goods	Dunkin' Donuts	Crème Delight Donut	330	44	5	16.0
Desserts	Dunkin' Donuts	New Yorker Donut	330	44	5	16.0
Sandwiches	Dunkin' Donuts	Kosher Egg and Cheese Wake Up Wrap	170	14	7	10.0
Sandwiches	Dunkin' Donuts	Egg and Cheese Wake-Up Wrap	180	14	7	10.0
Sandwiches	Dunkin' Donuts	Kosher Veggie Sausage Wake-Up Wrap	210	16	11	11.0
Sandwiches	Dunkin' Donuts	Kosher Veggie Bacon Wake-Up Wrap	200	15	8	12.0
Sandwiches	Dunkin' Donuts	Kosher Egg and Cheese on an English Muffin	340	38	14	14.0
Sandwiches	Dunkin' Donuts	Kosher Grilled Cheese	420	36	17	23.0
Sandwiches	Dunkin' Donuts	Kosher Tuna Salad on a Plain Bagel	510	64	24	17.0
Sandwiches	Dunkin' Donuts	Turkey Sausage Sandwich on English Muffin	470	39	23	25.0
Sandwiches	Dunkin' Donuts	Kosher Grilled Cheese with Veggie Bacon	480	38	19	27.0
Sandwiches	Dunkin' Donuts	Kosher Veggie Bacon Egg and Cheese on a Plain Bagel	510	68	21	17.0
Sandwiches	Dunkin' Donuts	Kosher Tuna Melt on a Croissant	630	38	24	42.0
Sandwiches	Dunkin' Donuts	Kosher Veggie Sausage Egg and Cheese on a Croissant	570	44	23	33.0
Sandwiches	Dunkin' Donuts	Spam Breakfast Sandwich	630	41	20	42.0
Sandwiches	Dunkin' Donuts	Double Sausage Breakfast Sandwich	900	70	33	54.0
Toppings & Ingredients	Dunkin' Donuts	Garden Veggie Cream Cheese Spread	100	2	2	10.0
Toppings & Ingredients	Dunkin' Donuts	Strawberry Cream Cheese Spread	130	9	2	10.0
Toppings & Ingredients	Dunkin' Donuts	Soft Serve Cone	260	35	9	9.0
Toppings & Ingredients	Dunkin' Donuts	M&M's Mix-In	650	88	16	27.0
Toppings & Ingredients	Dunkin' Donuts	OREO Mix-In	510	70	14	21.0
Toppings & Ingredients	Dunkin' Donuts	Butter Packet	35	0	0	4.0

Toppings & Ingredients	Dunkin' Donuts	Butter Spread with Canola Oil	100	0	0	11.0
Baked Goods	Dunkin' Donuts	French Apple Donut	270	40	4	10.0
Baked Goods	Dunkin' Donuts	Indy Crème Donut	330	44	5	16.0
Baked Goods	Dunkin' Donuts	Apple Streusel Donut	310	46	5	12.0
Baked Goods	Dunkin' Donuts	Chocolate Coconut Donut	430	50	4	25.0
Baked Goods	Dunkin' Donuts	Chocolate Crème Stick	460	58	6	23.0
Baked Goods	Dunkin' Donuts	Chocolate Frosted Cake Donut	360	41	4	20.0
Baked Goods	Dunkin' Donuts	Glazed Jelly Donut	280	44	4	10.0
Baked Goods	Dunkin' Donuts	Glazed Lemon Donut	270	40	4	10.0
Baked Goods	Dunkin' Donuts	Guava Donut	240	32	4	10.0
Baked Goods	Dunkin' Donuts	Maple Crème Stick	460	59	5	22.0
Baked Goods	Dunkin' Donuts	Old Fashioned Donut	310	30	4	19.0
Baked Goods	Dunkin' Donuts	Vanilla Frosted Donut	260	34	4	11.0
Baked Goods	Dunkin' Donuts	Vanilla Frosted Sprinkles Donut	270	37	4	11.0
Beverages	Dunkin' Donuts	Iced Americano, Large	10	2	0	0.0
Beverages	Dunkin' Donuts	Iced Americano, Medium	10	2	0	0.0
Beverages	Dunkin' Donuts	Iced Americano, Small	5	1	0	0.0
Sandwiches	Dunkin' Donuts	Biscuit, Bacon, Egg and Cheese	490	35	17	31.0
Sandwiches	Dunkin' Donuts	Sausage Biscuit	490	32	13	34.0
Sandwiches	Dunkin' Donuts	Grilled Cheese	480	54	21	20.0
Baked Goods	Dunkin' Donuts	Marble Frosted Donut	270	37	4	11.0
Beverages	Dunkin' Donuts	Caramel Swirl Frozen Chocolate, Large	900	176	11	17.0
Beverages	Dunkin' Donuts	Caramel Swirl Frozen Chocolate, Medium	700	135	9	14.0
Beverages	Dunkin' Donuts	Caramel Swirl Frozen Chocolate, Small	500	95	6	11.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Frozen Chocolate, Large	900	175	11	17.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Frozen Chocolate, Medium	700	135	9	14.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Frozen Chocolate, Small	500	95	6	11.0
Beverages	Dunkin' Donuts	Frozen Coffee with Cream, Large	780	113	7	35.0
Beverages	Dunkin' Donuts	Frozen Coffee with Cream, Medium	590	85	5	26.0
Beverages	Dunkin' Donuts	Frozen Coffee with Cream, Small	390	57	3	17.0
Beverages	Dunkin' Donuts	Frozen Coffee with Skim Milk, Large	500	117	8	0.0
Beverages	Dunkin' Donuts	Frozen Coffee with Skim Milk, Medium	370	88	6	0.0
Beverages	Dunkin' Donuts	Frozen Coffee with Skim Milk, Small	250	59	4	0.0
Beverages	Dunkin' Donuts	Frozen Coffee with Whole Milk, Large	550	117	7	6.0
Beverages	Dunkin' Donuts	Frozen Coffee with Whole Milk, Medium	410	88	5	4.5



Beverages	Dunkin' Donuts	Frozen Coffee with Whole Milk, Small	270	58	4	3.0
Beverages	Dunkin' Donuts	Caramel Swirl Hot Cappuccino with Skim Milk, Large	310	65	11	0.0
Beverages	Dunkin' Donuts	Caramel Swirl Hot Cappuccino with Skim Milk, Medium	230	49	8	0.0
Beverages	Dunkin' Donuts	Caramel Swirl Hot Cappuccino with Skim Milk, Small	160	33	6	0.0
Beverages	Dunkin' Donuts	Caramel Swirl Hot Cappuccino with Whole Milk, Large	380	65	11	8.0
Beverages	Dunkin' Donuts	Caramel Swirl Hot Cappuccino with Whole Milk, Medium	280	48	8	6.0
Beverages	Dunkin' Donuts	Caramel Swirl Hot Cappuccino with Whole Milk, Small	190	32	5	4.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Hot Cappuccino with Skim Milk, Large	310	65	11	0.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Hot Cappuccino with Skim Milk, Medium	230	48	8	0.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Hot Cappuccino with Skim Milk, Small	150	32	5	0.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Hot Cappuccino with Whole Milk, Large	370	64	10	8.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Hot Cappuccino with Whole Milk, Medium	280	48	8	6.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Hot Cappuccino with Whole Milk, Small	190	32	5	4.0
Beverages	Dunkin' Donuts	Mocha Swirl Hot Cappuccino with Skim Milk, Large	300	64	10	1.0
Beverages	Dunkin' Donuts	Mocha Swirl Hot Cappuccino with Skim Milk, Medium	220	48	7	1.0
Beverages	Dunkin' Donuts	Mocha Swirl Hot Cappuccino with Skim Milk, Small	150	32	5	0.5
Beverages	Dunkin' Donuts	Mocha Swirl Hot Cappuccino with Whole Milk, Large	360	63	9	9.0
Beverages	Dunkin' Donuts	Mocha Swirl Hot Cappuccino with Whole Milk, Medium	270	48	7	7.0
Beverages	Dunkin' Donuts	Mocha Swirl Hot Cappuccino with Whole Milk, Small	180	32	5	4.5
Beverages	Dunkin' Donuts	Hot Chocolate with Espresso Shot- Large	400	71	3	12.0
Beverages	Dunkin' Donuts	Hot Chocolate with Espresso Shot- Medium	280	51	2	9.0
Beverages	Dunkin' Donuts	Hot Chocolate with Espresso Shot- Small	190	35	2	6.0
Beverages	Dunkin' Donuts	Hot Coffee, Small	5	0	0	0.0
Beverages	Dunkin' Donuts	Hot Coffee, Medium	5	0	1	0.0
Beverages	Dunkin' Donuts	Hot Coffee, Large	5	0	1	0.0
Beverages	Dunkin' Donuts	Hot Coffee with Whole Milk, Extra Large	50	4	3	2.5
Beverages	Dunkin' Donuts	Hot Coffee with Whole Milk, Large	40	3	2	2.0
Beverages	Dunkin' Donuts	Hot Coffee with Whole Milk, Medium	30	2	2	1.5
Beverages	Dunkin' Donuts	Hot Coffee with Whole Milk, Small	20	1	1	1.0
Beverages	Dunkin' Donuts	Hot Coffee with Whole Milk and Sugar, Small	90	19	1	1.0
Beverages	Dunkin' Donuts	Hot Coffee with Whole Milk and Sugar, Medium	130	28	2	1.5
Beverages	Dunkin' Donuts	Hot Coffee with Whole Milk and Sugar, Large	190	42	2	2.0
Beverages	Dunkin' Donuts	Hot Coffee with Whole Milk and Sugar, Extra Large	220	47	3	2.5
Beverages	Dunkin' Donuts	Caramel Swirl Iced Cappuccino with Skim Milk, Large	310	65	11	0.0
Beverages	Dunkin' Donuts	Caramel Swirl Iced Cappuccino with Skim Milk, Medium	230	49	8	0.0

Beverages	Dunkin' Donuts	Caramel Swirl Iced Cappuccino with Skim Milk, Small	160	33	6	0.0
Beverages	Dunkin' Donuts	Caramel Swirl Iced Cappuccino with Whole Milk, Large	380	65	11	8.0
Beverages	Dunkin' Donuts	Caramel Swirl Iced Cappuccino with Whole Milk, Medium	280	48	8	6.0
Beverages	Dunkin' Donuts	Caramel Swirl Iced Cappuccino with Whole Milk, Small	190	32	5	4.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Iced Cappuccino with Skim Milk, Large	310	65	11	0.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Iced Cappuccino with Skim Milk, Medium	230	48	8	0.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Iced Cappuccino with Skim Milk, Small	150	32	5	0.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Iced Cappuccino with Whole Milk, Large	370	64	10	8.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Iced Cappuccino with Whole Milk, Medium	280	48	8	6.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Iced Cappuccino with Whole Milk, Small	190	32	5	4.0
Beverages	Dunkin' Donuts	Mocha Swirl Iced Cappuccino with Skim Milk, Large	300	64	10	1.0
Beverages	Dunkin' Donuts	Mocha Swirl Iced Cappuccino with Skim Milk, Medium	220	48	7	1.0
Beverages	Dunkin' Donuts	Mocha Swirl Iced Cappuccino with Skim Milk, Small	150	32	5	0.5
Beverages	Dunkin' Donuts	Mocha Swirl Iced Cappuccino with Whole Milk, Large	360	63	9	9.0
Beverages	Dunkin' Donuts	Mocha Swirl Iced Cappuccino with Whole Milk, Medium	270	48	7	7.0
Beverages	Dunkin' Donuts	Mocha Swirl Iced Cappuccino with Whole Milk, Small	180	32	5	4.5
Sandwiches	Dunkin' Donuts	Kosher Dunkin' Double Veggie Sausage Sandwich	600	74	37	18.0
Sandwiches	Dunkin' Donuts	Chicken Croissant Sandwich	650	55	28	36.0
Beverages	Dunkin' Donuts	Box 'O Joe	5	0	0	0.0
Beverages	Dunkin' Donuts	Café Au Lait with Skim Milk, Large	90	12	9	0.0
Beverages	Dunkin' Donuts	Café Au Lait with Skim Milk, Medium	70	9	7	0.0
Beverages	Dunkin' Donuts	Café Au Lait with Skim Milk, Small	45	6	4	0.0
Beverages	Dunkin' Donuts	Café Au Lait with Whole Milk, Large	150	12	8	8.0
Beverages	Dunkin' Donuts	Box 'O Joe(R) Hot Chocolate	220	40	2	7.0
Beverages	Dunkin' Donuts	Café Au Lait with Whole Milk, Small	80	6	4	4.0
Beverages	Dunkin' Donuts	Café con Leche, Large	340	47	12	12.0
Beverages	Dunkin' Donuts	Café con Leche, Medium	250	35	9	9.0
Beverages	Dunkin' Donuts	Café con Leche, Small	170	23	6	6.0
Beverages	Dunkin' Donuts	Café Au Lait with Whole Milk, Medium	110	9	6	6.0
Beverages	Dunkin' Donuts	Cappuccino with Skim Milk, Medium	70	10	6	0.0
Beverages	Dunkin' Donuts	Cappuccino with Skim Milk, Small	45	7	4	0.0
Beverages	Dunkin' Donuts	Cappuccino with Skim Milk and Sugar, Large	230	48	8	0.0
Beverages	Dunkin' Donuts	Cappuccino with Skim Milk and Sugar, Medium	170	36	6	0.0
Beverages	Dunkin' Donuts	Cappuccino with Skim Milk, Large	90	13	8	0.0
Beverages	Dunkin' Donuts	Caramel Craze Signature Iced Latte with Skim Milk, Large	430	79	16	6.0

Beverages	Dunkin' Donuts	Caramel Craze Signature Hot Latte with Skim Milk, Medium	340	61	12	5.0
Beverages	Dunkin' Donuts	Caramel Craze Signature Hot Latte with Skim Milk, Small	250	43	8	5.0
Beverages	Dunkin' Donuts	Caramel Craze Signature Hot Latte with Whole Milk, Large	530	79	15	17.0
Beverages	Dunkin' Donuts	Cappuccino with Skim Milk and Sugar, Small	110	24	4	0.0
Beverages	Dunkin' Donuts	Caramel Craze Signature Hot Latte with Skim Milk, Large	440	80	16	6.0
Beverages	Dunkin' Donuts	Caramel Craze Signature Iced Latte with Skim Milk, Medium	340	61	12	5.0
Beverages	Dunkin' Donuts	Caramel Craze Signature Iced Latte with Skim Milk, Small	250	43	8	5.0
Beverages	Dunkin' Donuts	Caramel Craze Signature Hot Latte with Whole Milk, Medium	410	61	11	14.0
Beverages	Dunkin' Donuts	Caramel Craze Signature Hot Latte with Whole Milk, Small	300	43	8	11.0
Beverages	Dunkin' Donuts	Caramel Craze Signature Iced Latte with Whole Milk, Small	300	43	8	11.0
Beverages	Dunkin' Donuts	Caramel Swirl Hot Coffee with Black, Extra Large	280	64	4	0.0
Beverages	Dunkin' Donuts	Caramel Swirl Hot Coffee with Black, Large	230	52	3	0.0
Beverages	Dunkin' Donuts	Caramel Craze Signature Iced Latte with Whole Milk, Large	530	79	15	17.0
Beverages	Dunkin' Donuts	Caramel Craze Signature Iced Latte with Whole Milk, Medium	410	61	11	14.0
Beverages	Dunkin' Donuts	Chai Hot Latte with Skim Milk- Large	290	58	13	0.5
Beverages	Dunkin' Donuts	Chai Hot Latte with Skim Milk- Medium	220	44	10	0.0
Beverages	Dunkin' Donuts	Chai Hot Latte with Skim Milk- Small	150	29	7	0.0
Beverages	Dunkin' Donuts	Caramel Swirl Hot Coffee with Black, Medium	170	39	3	0.0
Beverages	Dunkin' Donuts	Caramel Swirl Hot Coffee with Black, Small	110	26	2	0.0
Beverages	Dunkin' Donuts	Cortadillo	80	16	1	1.0
Beverages	Dunkin' Donuts	Frozen Chai Latte, Large	690	132	12	12.0
Beverages	Dunkin' Donuts	Frozen Chai Latte, Medium	520	99	9	9.0
Beverages	Dunkin' Donuts	Frozen Chai Latte, Small	350	66	6	6.0
Beverages	Dunkin' Donuts	Frozen Coffee Float	360	50	8	15.0
Beverages	Dunkin' Donuts	Mocha Swirl Iced Coffee Large	210	50	2	1.0
Beverages	Dunkin' Donuts	Mocha Swirl Iced Coffee Medium	160	38	2	0.5
Beverages	Dunkin' Donuts	Mocha Swirl Iced Coffee Small	110	25	1	0.0
Beverages	Dunkin' Donuts	Nitro Cold Brew Coffee, Small	5	0	0	0.0
Baked Goods	Dunkin' Donuts	#ALLCAPS Donut	270	37	4	11.0
Beverages	Dunkin' Donuts	Chai Iced Latte with Skim Milk- Large	290	58	13	0.5
Beverages	Dunkin' Donuts	Chai Iced Latte with Skim Milk- Medium	220	44	10	0.0
Beverages	Dunkin' Donuts	Chai Iced Latte with Skim Milk- Small	150	29	7	0.0
Beverages	Dunkin' Donuts	Chai Iced Latte with Whole Milk- Large	390	57	12	12.0
Beverages	Dunkin' Donuts	Chai Iced Latte with Whole Milk- Medium	290	43	9	9.0
Beverages	Dunkin' Donuts	Chai Iced Latte with Whole Milk- Small	200	29	6	6.0

Beverages	Dunkin' Donuts	Cocoa Mocha Signature Hot Latte with Skim Milk, Large	420	79	15	6.0
Beverages	Dunkin' Donuts	Cocoa Mocha Signature Hot Latte with Skim Milk, Medium	330	61	11	6.0
Beverages	Dunkin' Donuts	Cocoa Mocha Signature Hot Latte with Skim Milk, Small	250	43	8	5.0
Beverages	Dunkin' Donuts	Cocoa Mocha Signature Hot Latte with Whole Milk, Large	520	78	14	18.0
Beverages	Dunkin' Donuts	Cocoa Mocha Signature Hot Latte with Whole Milk, Medium	400	60	10	14.0
Beverages	Dunkin' Donuts	Cocoa Mocha Signature Hot Latte with Whole Milk, Small	300	43	7	11.0
Beverages	Dunkin' Donuts	Cocoa Mocha Signature Iced Latte with Skim Milk, Large	420	78	15	6.0
Beverages	Dunkin' Donuts	Cocoa Mocha Signature Iced Latte with Skim Milk, Medium	330	60	11	6.0
Beverages	Dunkin' Donuts	Cocoa Mocha Signature Iced Latte with Skim Milk, Small	250	43	8	5.0
Beverages	Dunkin' Donuts	Cocoa Mocha Signature Iced Latte with Whole Milk, Large	520	77	14	18.0
Beverages	Dunkin' Donuts	Cocoa Mocha Signature Iced Latte with Whole Milk, Medium	400	60	10	14.0
Beverages	Dunkin' Donuts	Cocoa Mocha Signature Iced Latte with Whole Milk, Small	300	42	7	11.0
Beverages	Dunkin' Donuts	Hot Macchiato with Skim Milk and Sugar, Large	230	49	8	0.0
Beverages	Dunkin' Donuts	Hot Macchiato with Skim Milk and Sugar, Medium	170	37	6	0.0
Beverages	Dunkin' Donuts	Hot Macchiato with Skim Milk and Sugar, Small	120	25	4	0.0
Beverages	Dunkin' Donuts	Hot Macchiato with Whole Milk and Sugar, Large	290	49	8	8.0
Beverages	Dunkin' Donuts	Hot Macchiato with Whole Milk and Sugar, Medium	220	37	6	6.0
Beverages	Dunkin' Donuts	Hot Macchiato with Whole Milk and Sugar, Small	150	25	4	4.0
Beverages	Dunkin' Donuts	Iced Café Au Lait with Skim Milk- Large	90	12	9	0.0
Beverages	Dunkin' Donuts	Iced Café Au Lait with Skim Milk- Medium	60	9	6	0.0
Beverages	Dunkin' Donuts	Iced Café Au Lait with Skim Milk- Small	45	6	4	0.0
Beverages	Dunkin' Donuts	Iced Café Au Lait with Whole Milk- Large	150	12	8	8.0
Beverages	Dunkin' Donuts	Iced Café Au Lait with Whole Milk- Medium	110	9	6	6.0
Beverages	Dunkin' Donuts	Iced Café Au Lait with Whole Milk- Small	80	6	4	4.0
Beverages	Dunkin' Donuts	Iced Cappuccino with Skim Milk, Large	90	13	8	0.0
Beverages	Dunkin' Donuts	Iced Cappuccino with Skim Milk, Medium	70	10	6	0.0
Beverages	Dunkin' Donuts	Iced Cappuccino with Skim Milk, Small	45	7	4	0.0
Beverages	Dunkin' Donuts	Iced Cappuccino with Skim Milk and Sugar, Large	230	48	8	0.0
Beverages	Dunkin' Donuts	Iced Cappuccino with Skim Milk and Sugar, Medium	170	36	6	0.0
Beverages	Dunkin' Donuts	Iced Cappuccino with Skim Milk and Sugar, Small	110	24	4	0.0
Beverages	Dunkin' Donuts	Iced Cappuccino with Whole Milk- Large	160	13	8	8.0
Beverages	Dunkin' Donuts	Iced Cappuccino with Whole Milk- Medium	120	10	6	6.0
Beverages	Dunkin' Donuts	Iced Cappuccino with Whole Milk- Small	80	7	4	4.0
Beverages	Dunkin' Donuts	Iced Cappuccino with Whole Milk and Sugar, Large	290	48	8	8.0
Beverages	Dunkin' Donuts	Iced Cappuccino with Whole Milk and Sugar, Medium	220	36	6	6.0

Beverages	Dunkin' Donuts	Iced Cappuccino with Whole Milk and Sugar, Small	150	24	4	4.0
Beverages	Dunkin' Donuts	Iced Macchiato with Skim Milk and Sugar, Large	230	49	8	0.0
Beverages	Dunkin' Donuts	Iced Macchiato with Skim Milk and Sugar, Medium	170	37	6	0.0
Beverages	Dunkin' Donuts	Iced Macchiato with Skim Milk and Sugar, Small	120	25	4	0.0
Beverages	Dunkin' Donuts	Iced Macchiato with Whole Milk and Sugar, Small	150	25	4	4.0
Beverages	Dunkin' Donuts	Iced Macchiato with Whole Milk and Sugar, Large	290	49	8	8.0
Beverages	Dunkin' Donuts	Iced Macchiato with Whole Milk and Sugar- Medium	220	37	6	6.0
Baked Goods	Dunkin' Donuts	Maple Long John Donut	320	42	5	15.0
Beverages	Dunkin' Donuts	Hot Coffee with Sugar, Medium	110	26	1	0.0
Beverages	Dunkin' Donuts	Iced Tea Sweetened, Medium	100	26	0	0.0
Beverages	Dunkin' Donuts	Chai Hot Latte with Whole Milk- Large	390	57	12	12.0
Beverages	Dunkin' Donuts	Chai Hot Latte with Whole Milk- Small	200	29	6	6.0
Beverages	Dunkin' Donuts	Matcha Hot Latte with Whole Milk- Small	170	22	7	6.0
Beverages	Dunkin' Donuts	Matcha Iced Latte with Skim Milk- Small	120	23	7	0.0
Beverages	Dunkin' Donuts	Matcha Iced Latte with Skim Milk- Medium	180	34	11	0.0
Beverages	Dunkin' Donuts	Matcha Iced Latte with Skim Milk- Large	240	45	14	0.0
Beverages	Dunkin' Donuts	Matcha Iced Latte with Whole Milk, Small	170	22	7	6.0
Beverages	Dunkin' Donuts	Matcha Iced Latte with Whole Milk, Medium	250	33	10	9.0
Beverages	Dunkin' Donuts	Matcha Iced Latte with Whole Milk, Large	340	44	13	12.0
Baked Goods	Dunkin' Donuts	Chocolate Frosted with Chocolate Sprinkles Donut	270	36	5	12.0
Beverages	Dunkin' Donuts	Matcha Hot Latte with Skim Milk- Small	120	23	7	0.0
Beverages	Dunkin' Donuts	Matcha Hot Latte with Skim Milk- Medium	180	34	11	0.0
Beverages	Dunkin' Donuts	Chai Hot Latte with Whole Milk- Medium	290	43	9	9.0
Beverages	Dunkin' Donuts	Matcha Hot Latte with Whole Milk- Medium	250	33	10	9.0
Beverages	Dunkin' Donuts	Matcha Hot Latte with Whole Milk- Large	340	44	13	12.0
Beverages	Dunkin' Donuts	Matcha Hot Latte with Skim Milk- Large	240	45	14	0.0
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Frozen Coffee with Cream, Large	1100	176	11	40.0
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Frozen Coffee with Cream, Medium	850	135	8	31.0
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Frozen Coffee with Cream, Small	600	95	6	22.0
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Frozen Coffee with Skim Milk, Large	820	180	12	6.0
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Frozen Coffee with Skim Milk, Medium	630	138	9	5.0
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Frozen Coffee with Skim Milk, Small	460	97	6	5.0
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Frozen Coffee with Whole Milk, Large	870	180	11	11.0
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Frozen Coffee with Whole Milk, Medium	670	138	9	9.0
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Frozen Coffee with Whole Milk, Small	480	97	6	8.0

Beverages	Dunkin' Donuts	Pumpkin Swirl Hot Coffee with Black, Small	110	25	2	0.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Hot Coffee with Cream, Small	170	26	3	6.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Hot Coffee with Black, Medium	170	37	3	0.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Hot Coffee with Cream, Medium	250	38	4	9.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Hot Coffee with Black, Extra Large	280	62	5	0.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Hot Coffee with Black, Large	220	49	4	0.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Hot Coffee with Cream, Extra Large	420	64	7	15.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Hot Coffee with Cream, Large	340	51	6	12.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Hot Macchiato with Skim Milk, Small	160	32	6	0.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Hot Macchiato with Skim Milk, Medium	230	48	9	0.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Hot Macchiato with Skim Milk, Large	310	64	12	0.5
Beverages	Dunkin' Donuts	Pumpkin Swirl Hot Macchiato with Whole Milk, Small	190	32	6	4.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Hot Macchiato with Whole Milk, Medium	280	47	8	6.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Hot Macchiato with Whole Milk, Large	380	63	11	8.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Hot Latte with Skim Milk, Small	170	35	8	0.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Iced Latte with Skim Milk, Small	170	35	8	0.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Hot Latte with Skim Milk, Medium	260	52	12	0.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Iced Latte with Skim Milk, Medium	260	52	12	0.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Hot Latte with Skim Milk, Large	350	69	16	0.5
Beverages	Dunkin' Donuts	Pumpkin Swirl Iced Latte with Skim Milk, Large	350	69	16	0.5
Beverages	Dunkin' Donuts	Pumpkin Swirl Hot Latte with Whole Milk, Small	220	34	7	6.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Hot Latte with Whole Milk, Medium	330	51	11	9.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Iced Latte with Whole Milk, Medium	330	51	11	9.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Hot Latte with Whole Milk, Large	450	68	15	12.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Iced Latte with Whole Milk, Large	450	68	15	12.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Iced Coffee with Black, Small	110	25	2	0.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Iced Coffee with Cream, Small	170	26	3	6.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Iced Coffee with Black, Medium	170	37	3	0.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Iced Coffee with Cream, Medium	250	38	4	9.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Iced Coffee with Black, Large	220	49	4	0.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Iced Coffee with Cream, Large	340	51	6	12.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Iced Macchiato with Skim Milk, Small	160	32	6	0.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Iced Macchiato with Skim Milk, Medium	230	48	9	0.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Iced Macchiato with Skim Milk, Large	310	64	12	0.5
Beverages	Dunkin' Donuts	Pumpkin Swirl Iced Macchiato with Whole Milk, Small	190	32	6	4.0

Beverages	Dunkin' Donuts	Pumpkin Swirl Iced Macchiato with Whole Milk, Medium	280	47	8	6.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Iced Macchiato with Whole Milk, Large	380	63	11	8.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Iced Latte with Whole Milk, Small	220	34	7	6.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Frozen Coffee with Cream, Large	1160	190	11	40.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Frozen Coffee with Cream, Small	630	102	6	22.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Frozen Coffee with Skim Milk, Large	880	194	12	5.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Frozen Coffee with Whole Milk, Medium	720	149	9	9.0
Beverages	Dunkin' Donuts	Hot Coffee with Oatmilk, Extra Large	60	10	1	1.5
Beverages	Dunkin' Donuts	Hot Coffee with Oatmilk, Large	45	8	1	1.5
Beverages	Dunkin' Donuts	Hot Coffee with Oatmilk, Medium	30	5	1	1.0
Beverages	Dunkin' Donuts	Hot Coffee with Oatmilk, Small	15	3	1	0.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Frozen Chocolate, Medium	700	133	9	14.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Frozen Chocolate, Small	500	94	6	11.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Frozen Coffee with Cream, Medium	890	146	8	31.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Frozen Coffee with Skim Milk, Medium	680	149	9	5.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Frozen Coffee with Skim Milk, Small	490	104	6	4.5
Beverages	Dunkin' Donuts	Pumpkin Swirl Frozen Coffee with Whole Milk, Large	930	194	11	11.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Frozen Coffee with Whole Milk, Small	510	104	6	8.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Iced Cappuccino with Skim Milk, Large	310	63	12	0.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Iced Cappuccino with Skim Milk, Medium	230	47	9	0.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Iced Cappuccino with Skim Milk, Small	150	31	6	0.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Iced Cappuccino with Whole Milk, Large	370	63	11	8.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Iced Cappuccino with Whole Milk, Medium	280	47	8	6.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Iced Cappuccino with Whole Milk, Small	190	31	6	4.0
Toppings & Ingredients	Dunkin' Donuts	Avocado Spread	80	4	1	7.0
Entrees	Dunkin' Donuts	Avocado Toast	240	34	6	11.0
Entrees	Dunkin' Donuts	Bacon Topped Avocado Toast	290	32	10	14.0
Beverages	Dunkin' Donuts	Cold Brew with Sweet Cold Foam and Cream, Large	230	20	3	16.0
Beverages	Dunkin' Donuts	Cold Brew with Sweet Cold Foam and Cream, Medium	170	14	2	11.0
Beverages	Dunkin' Donuts	Cold Brew with Sweet Cold Foam and Cream, Small	140	13	2	8.0
Beverages	Dunkin' Donuts	Cold Brew with Sweet Cold Foam, Black, Large	120	18	2	4.0
Beverages	Dunkin' Donuts	Cold Brew with Sweet Cold Foam, Black, Medium	80	12	1	3.0
Beverages	Dunkin' Donuts	Cold Brew with Sweet Cold Foam, Black, Small	80	12	1	2.5
Beverages	Dunkin' Donuts	Nitro Cold Brew with Sweet Cold Foam, Small	80	12	1	3.0
Beverages	Dunkin' Donuts	Pumpkin Cream Cold Brew with Cream, Large	310	43	3	14.0

Beverages	Dunkin' Donuts	Pumpkin Cream Cold Brew with Cream, Medium	230	32	2	11.0
Beverages	Dunkin' Donuts	Pumpkin Cream Cold Brew with Cream, Small	170	23	2	8.0
Beverages	Dunkin' Donuts	Pumpkin Cream Cold Brew, Black- Large	200	41	1	3.0
Beverages	Dunkin' Donuts	Pumpkin Cream Cold Brew, Black- Medium	150	31	1	2.0
Beverages	Dunkin' Donuts	Pumpkin Cream Cold Brew, Black- Small	110	22	1	2.0
Beverages	Dunkin' Donuts	The Charli Cold Foam, Large	340	70	4	4.0
Beverages	Dunkin' Donuts	The Charli Cold Foam, Medium	250	52	3	3.0
Beverages	Dunkin' Donuts	The Charli Cold Foam, Small	190	39	2	2.5
Beverages	Dunkin' Donuts	Vanilla Cold Brew with Sweet Cold Foam, Large	130	19	2	4.0
Beverages	Dunkin' Donuts	Vanilla Cold Brew with Sweet Cold Foam, Medium	90	13	1	3.0
Beverages	Dunkin' Donuts	Vanilla Cold Brew with Sweet Cold Foam, Small	80	13	1	2.5
Sandwiches	Dunkin' Donuts	Chicken, Bacon & Cheese Croissant Stuffer	330	29	14	18.0
Baked Goods	Dunkin' Donuts	Pumpkin Donut	380	41	3	22.0
Baked Goods	Dunkin' Donuts	Spider Donut	320	44	5	14.0
Baked Goods	Dunkin' Donuts	Forever New England Donut	270	37	4	12.0
Baked Goods	Dunkin' Donuts	Inter Miami Donut	270	37	4	11.0
Baked Goods	Dunkin' Donuts	Pittsburgh Crème Donut	350	47	5	16.0
Baked Goods	Dunkin' Donuts	Poe's Purple Donut	270	37	4	11.0
Baked Goods	Dunkin' Donuts	Raven's Flock Donut	350	47	5	16.0
Baked Goods	Dunkin' Donuts	TN Titans Donut	270	37	4	12.0
Beverages	Dunkin' Donuts	Peach Passion Fruit Dunkin' Refresher, Large	180	43	1	0.0
Beverages	Dunkin' Donuts	Peach Passion Fruit Dunkin' Refresher, Medium	130	32	1	0.0
Beverages	Dunkin' Donuts	Peach Passion Fruit Dunkin' Refresher, Small	90	21	0	0.0
Beverages	Dunkin' Donuts	Strawberry Dragonfruit Dunkin' Refresher, Large	170	39	1	0.0
Beverages	Dunkin' Donuts	Strawberry Dragonfruit Dunkin' Refresher, Medium	130	29	1	0.0
Beverages	Dunkin' Donuts	Strawberry Dragonfruit Dunkin' Refresher, Small	80	19	0	0.0
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Frozen Chocolate, Large	890	172	12	18.0
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Frozen Chocolate, Medium	690	132	9	14.0
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Frozen Chocolate, Small	490	93	6	11.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Frozen Chocolate, Large	900	173	12	18.0
Beverages	Dunkin' Donuts	Frozen Matcha Latte with Skim Milk, Large	480	111	8	0.0
Beverages	Dunkin' Donuts	Frozen Matcha Latte with Skim Milk, Medium	360	83	6	0.0
Beverages	Dunkin' Donuts	Frozen Matcha Latte with Skim Milk, Small	240	55	4	0.0
Beverages	Dunkin' Donuts	Frozen Matcha Latte with Whole Milk, Large	530	110	8	6.0
Beverages	Dunkin' Donuts	Frozen Matcha Latte with Whole Milk, Medium	390	83	6	4.5



Beverages	Dunkin' Donuts	Frozen Matcha Latte with Whole Milk, Small	260	55	4	3.0
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Hot Cappuccino with Skim Milk, Large	300	62	12	0.5
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Hot Cappuccino with Skim Milk, Medium	220	46	9	0.0
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Hot Cappuccino with Skim Milk, Small	150	31	6	0.0
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Hot Cappuccino with Whole Milk, Large	360	61	11	8.0
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Hot Cappuccino with Whole Milk, Medium	270	46	8	6.0
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Hot Cappuccino with Whole Milk, Small	180	31	6	4.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Hot Cappuccino with Skim Milk, Large	310	63	12	0.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Hot Cappuccino with Skim Milk, Medium	230	47	9	0.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Hot Cappuccino with Skim Milk, Small	150	31	6	0.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Hot Cappuccino with Whole Milk, Large	370	63	11	8.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Hot Cappuccino with Whole Milk, Medium	280	47	8	6.0
Beverages	Dunkin' Donuts	Pumpkin Swirl Hot Cappuccino with Whole Milk, Small	190	31	6	4.0
Beverages	Dunkin' Donuts	Hot Coffee with Coconutmilk, Extra Large	25	1	1	2.0
Beverages	Dunkin' Donuts	Hot Coffee with Coconutmilk, Large	20	1	1	1.5
Beverages	Dunkin' Donuts	Hot Coffee with Coconutmilk, Medium	15	0	1	1.0
Beverages	Dunkin' Donuts	Hot Coffee with Coconutmilk, Small	10	0	0	0.5
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Hot Coffee with Black, Extra Large	270	60	5	0.0
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Hot Coffee with Black, Large	210	48	4	0.0
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Hot Coffee with Black, Medium	160	36	3	0.0
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Hot Coffee with Black, Small	110	24	2	0.0
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Hot Coffee with Cream, Extra Large	410	62	7	15.0
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Hot Coffee with Cream, Large	330	50	6	12.0
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Hot Coffee with Cream, Medium	250	37	4	9.0
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Hot Coffee with Cream, Small	160	25	3	6.0
Beverages	Dunkin' Donuts	Hot Latte with Coconutmilk, Large	70	4	1	6.0
Beverages	Dunkin' Donuts	Hot Latte with Coconutmilk, Medium	50	3	1	4.5
Beverages	Dunkin' Donuts	Hot Latte with Coconutmilk, Small	35	2	0	3.0
Beverages	Dunkin' Donuts	Hot Latte with Oatmilk, Large	180	32	3	5.0
Beverages	Dunkin' Donuts	Hot Latte with Oatmilk, Medium	130	24	2	4.0
Beverages	Dunkin' Donuts	Hot Latte with Oatmilk, Small	90	16	1	2.5
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Hot Latte with Skim Milk, Large	340	68	16	0.5
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Hot Latte with Skim Milk, Medium	260	51	12	0.5
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Hot Latte with Skim Milk, Small	170	34	8	0.0
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Hot Latte with Whole Milk, Large	440	67	15	12.0

Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Hot Latte with Whole Milk, Medium	330	50	11	9.0
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Hot Latte with Whole Milk, Small	220	34	8	6.0
Beverages	Dunkin' Donuts	Pumpkin Chai Hot Latte, Large	420	62	14	12.0
Beverages	Dunkin' Donuts	Pumpkin Chai Hot Latte, Medium	310	47	10	9.0
Beverages	Dunkin' Donuts	Pumpkin Chai Hot Latte, Small	210	31	7	6.0
Beverages	Dunkin' Donuts	Signature Pumpkin Spice Hot Latte with Skim Milk, Large	440	78	16	6.0
Beverages	Dunkin' Donuts	Signature Pumpkin Spice Hot Latte with Skim Milk, Medium	340	60	12	5.0
Beverages	Dunkin' Donuts	Signature Pumpkin Spice Hot Latte with Skim Milk, Small	250	43	8	5.0
Beverages	Dunkin' Donuts	Signature Pumpkin Spice Hot Latte with Whole Milk, Large	540	77	16	17.0
Beverages	Dunkin' Donuts	Signature Pumpkin Spice Hot Latte with Whole Milk, Medium	420	59	12	14.0
Beverages	Dunkin' Donuts	Signature Pumpkin Spice Hot Latte with Whole Milk, Small	300	42	8	11.0
Beverages	Dunkin' Donuts	Hot Macchiato with Coconutmilk, Large	50	3	1	4.0
Beverages	Dunkin' Donuts	Hot Macchiato with Coconutmilk, Medium	40	3	0	3.0
Beverages	Dunkin' Donuts	Hot Macchiato with Coconutmilk, Small	30	2	0	2.0
Beverages	Dunkin' Donuts	Hot Macchiato with Oatmilk, Large	120	23	2	3.5
Beverages	Dunkin' Donuts	Hot Macchiato with Oatmilk, Medium	90	17	2	2.5
Beverages	Dunkin' Donuts	Hot Macchiato with Oatmilk, Small	60	12	1	2.0
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Hot Macchiato with Skim Milk, Large	300	62	12	0.5
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Hot Macchiato with Skim Milk, Medium	230	47	9	0.5
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Hot Macchiato with Skim Milk, Small	150	32	6	0.0
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Hot Macchiato with Whole Milk, Medium	280	47	8	6.0
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Hot Macchiato with Whole Milk, Large	370	62	11	8.0
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Hot Macchiato with Whole Milk, Small	190	31	6	4.0
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Iced Cappuccino with Skim Milk, Large	300	62	12	0.5
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Iced Cappuccino with Skim Milk, Medium	220	46	9	0.0
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Iced Cappuccino with Skim Milk, Small	150	31	6	0.0
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Iced Cappuccino with Whole Milk, Large	360	61	11	8.0
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Iced Cappuccino with Whole Milk, Medium	270	46	8	6.0
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Iced Cappuccino with Whole Milk, Small	180	31	6	4.0
Beverages	Dunkin' Donuts	Iced Coffee with Coconutmilk, Large	20	1	1	1.5
Beverages	Dunkin' Donuts	Iced Coffee with Coconutmilk, Medium	15	0	1	1.0
Beverages	Dunkin' Donuts	Iced Coffee with Coconutmilk, Small	10	0	0	0.5
Beverages	Dunkin' Donuts	Iced Coffee with Oatmilk, Large	45	8	1	1.5
Beverages	Dunkin' Donuts	Iced Coffee with Oatmilk, Medium	30	5	1	1.0
Beverages	Dunkin' Donuts	Iced Coffee with Oatmilk, Small	15	3	1	0.0

Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Iced Coffee with Black, Large	210	48	4	0.0
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Iced Coffee with Black, Medium	160	36	3	0.0
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Iced Coffee with Black, Small	110	24	2	0.0
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Iced Coffee with Cream, Large	330	50	6	12.0
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Iced Coffee with Cream, Medium	250	37	4	9.0
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Iced Coffee with Cream, Small	160	25	3	6.0
Beverages	Dunkin' Donuts	Almondmilk Iced Matcha Latte, Large	230	48	3	3.5
Beverages	Dunkin' Donuts	Almondmilk Iced Matcha Latte, Medium	180	36	3	2.5
Beverages	Dunkin' Donuts	Almondmilk Iced Matcha Latte, Small	120	24	2	2.0
Beverages	Dunkin' Donuts	Iced Latte with Coconutmilk, Large	70	4	1	6.0
Beverages	Dunkin' Donuts	Iced Latte with Coconutmilk, Medium	50	3	1	4.5
Beverages	Dunkin' Donuts	Iced Latte with Coconutmilk, Small	35	2	0	3.0
Beverages	Dunkin' Donuts	Iced Latte with Oatmilk, Large	180	32	3	5.0
Beverages	Dunkin' Donuts	Iced Latte with Oatmilk, Medium	130	24	2	4.0
Beverages	Dunkin' Donuts	Iced Latte with Oatmilk, Small	90	16	1	2.5
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Iced Latte with Skim Milk, Large	340	68	16	0.5
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Iced Latte with Skim Milk, Medium	260	51	12	0.5
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Iced Latte with Skim Milk, Small	170	34	8	0.0
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Iced Latte with Whole Milk, Large	440	67	15	12.0
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Iced Latte with Whole Milk, Medium	330	50	11	9.0
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Iced Latte with Whole Milk, Small	220	34	8	6.0
Beverages	Dunkin' Donuts	Signature Pumpkin Spice Iced Latte with Skim Milk, Large	440	78	16	6.0
Beverages	Dunkin' Donuts	Signature Pumpkin Spice Iced Latte with Skim Milk, Medium	340	60	12	5.0
Beverages	Dunkin' Donuts	Signature Pumpkin Spice Iced Latte with Skim Milk, Small	250	43	8	5.0
Beverages	Dunkin' Donuts	Signature Pumpkin Spice Iced Latte with Whole Milk, Large	540	77	16	17.0
Beverages	Dunkin' Donuts	Signature Pumpkin Spice Iced Latte with Whole Milk, Medium	420	59	12	14.0
Beverages	Dunkin' Donuts	Signature Pumpkin Spice Iced Latte with Whole Milk, Small	300	42	8	11.0
Beverages	Dunkin' Donuts	Iced Macchiato with Coconutmilk, Large	50	3	1	4.0
Beverages	Dunkin' Donuts	Iced Macchiato with Coconutmilk- Medium	40	3	0	3.0
Beverages	Dunkin' Donuts	Iced Macchiato with Coconutmilk- Small	30	2	0	2.0
Beverages	Dunkin' Donuts	Iced Macchiato with Oatmilk, Large	120	23	2	3.5
Beverages	Dunkin' Donuts	Iced Macchiato with Oatmilk, Medium	90	17	2	2.5
Beverages	Dunkin' Donuts	Iced Macchiato with Oatmilk, Small	60	12	1	2.0
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Iced Macchiato with Skim Milk, Large	300	62	12	0.5
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Iced Macchiato with Skim Milk, Medium	230	47	9	0.5

Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Iced Macchiato with Skim Milk, Small	150	32	6	0.0
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Iced Macchiato with Whole Milk, Large	370	62	11	8.0
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Iced Macchiato with Whole Milk, Medium	280	47	8	6.0
Beverages	Dunkin' Donuts	Peanut Butter Cup Swirl Iced Macchiato with Whole Milk, Small	190	31	6	4.0
Sandwiches	Dunkin' Donuts	Kosher Maple Sugar Bacon Breakfast Sandwich	670	50	21	43.0
Sandwiches	Dunkin' Donuts	Kosher Maple Sugar Bacon Wake- Up Wrap	250	17	11	16.0
Sandwiches	Dunkin' Donuts	Kosher Sourdough Breakfast Sandwich	660	61	29	34.0
Baked Goods	Dunkin' Donuts	Pumpkin Muffin	550	77	6	24.0
Baked Goods	Dunkin' Donuts	Pumpkin Munchkins	70	8	1	4.0
Sandwiches	Dunkin' Donuts	Maple Sugar Bacon Breakfast	650	46	23	41.0
Sandwiches	Dunkin' Donuts	Sourdough Breakfast Sandwich	650	58	31	32.0
Appetizers & Sides	Dunkin' Donuts	Maple Sugar Snacking Bacon	190	10	10	12.0
Entrees	Dunkin' Donuts	Stuffed Bagel Minis, Everything	260	34	8	12.0
Entrees	Dunkin' Donuts	Stuffed Bagel Minis, Plain	240	32	7	10.0
Entrees	Dunkin' Donuts	Avocado & Roasted Tomato Toast	260	37	7	10.0
Beverages	Dunkin' Donuts	Caramel Cold Brew with Sweet Cold Foam, Large	340	70	4	4.0
Beverages	Dunkin' Donuts	Caramel Cold Brew with Sweet Cold Foam, Medium	240	51	3	3.0
Beverages	Dunkin' Donuts	Caramel Cold Brew with Sweet Cold Foam, Small	190	38	2	2.5
Beverages	Dunkin' Donuts	Coconut Almondmilk Cold Brew, Large	45	6	1	1.0
Beverages	Dunkin' Donuts	Coconut Almondmilk Cold Brew, Medium	30	4	1	0.5
Beverages	Dunkin' Donuts	Coconut Almondmilk Cold Brew, Small	15	2	0	0.0
Beverages	Dunkin' Donuts	Cold Brew Coffee with Oatmilk, Large	50	8	1	1.5
Beverages	Dunkin' Donuts	Cold Brew Coffee with Oatmilk, Medium	30	5	1	1.0
Beverages	Dunkin' Donuts	Cold Brew Coffee with Oatmilk, Small	15	3	1	0.0
Beverages	Dunkin' Donuts	Mocha Blueberry Cold Brew Cold Foam, Large	330	69	3	5.0
Beverages	Dunkin' Donuts	Mocha Blueberry Cold Brew Cold Foam, Medium	240	51	2	3.5
Beverages	Dunkin' Donuts	Mocha Blueberry Cold Brew Cold Foam, Small	190	38	2	3.0
Beverages	Dunkin' Donuts	Mocha Cold Brew with Sweet Cold Foam, Large	320	69	3	5.0
Beverages	Dunkin' Donuts	Mocha Cold Brew with Sweet Cold Foam, Medium	230	50	2	3.5
Beverages	Dunkin' Donuts	Mocha Cold Brew with Sweet Cold Foam, Small	180	37	2	3.0
Beverages	Dunkin' Donuts	Vanilla Cream Cold Brew, Large	130	2	2	12.0
Beverages	Dunkin' Donuts	Vanilla Cream Cold Brew, Medium	100	2	2	9.0
Beverages	Dunkin' Donuts	Vanilla Cream Cold Brew, Small	60	1	1	6.0
Baked Goods	Dunkin' Donuts	Dunk O Lantern Donut	360	45	4	18.0
Baked Goods	Dunkin' Donuts	Pumpkin Shaped Boston Kremling Donut	300	39	4	14.0

Baked Goods	Dunkin' Donuts	Pumpkin Shaped Jelly Donut	270	36	4	13.0
Baked Goods	Dunkin' Donuts	Pumpkin Shaped Vanilla Crème Donut	320	37	4	18.0
Baked Goods	Dunkin' Donuts	Da Bears Donut	350	47	5	16.0
Baked Goods	Dunkin' Donuts	Go Canes Donut	270	37	4	12.0
Baked Goods	Dunkin' Donuts	Go Owls Donut	270	37	4	12.0
Baked Goods	Dunkin' Donuts	Gold Joy Donut	310	41	5	14.0
Baked Goods	Dunkin' Donuts	Jaguars Hall of Fame Donut	270	37	4	12.0
Baked Goods	Dunkin' Donuts	Make-A-Wish Donut	280	41	4	12.0
Baked Goods	Dunkin' Donuts	Raise the Flags Donut	270	37	4	12.0
Baked Goods	Dunkin' Donuts	Roll Tide Donut	270	37	4	12.0
Baked Goods	Dunkin' Donuts	TN Vols Donut	270	37	4	12.0
Baked Goods	Dunkin' Donuts	UGA Donut	270	37	4	12.0
Beverages	Dunkin' Donuts	Blood Orange Dunkin' Coconut Refresher, Large	230	44	1	6.0
Beverages	Dunkin' Donuts	Blood Orange Dunkin' Coconut Refresher, Medium	170	33	1	4.5
Beverages	Dunkin' Donuts	Blood Orange Dunkin' Coconut Refresher, Small	120	22	0	3.0
Beverages	Dunkin' Donuts	Blood Orange Dunkin' Refresher, Large	170	42	1	0.0
Beverages	Dunkin' Donuts	Blood Orange Dunkin' Refresher, Medium	130	32	1	0.0
Beverages	Dunkin' Donuts	Blood Orange Dunkin' Refresher, Small	90	21	0	0.0
Beverages	Dunkin' Donuts	Nutty Pumpkin Hot Coffee, Extra Large	430	65	7	15.0
Beverages	Dunkin' Donuts	Nutty Pumpkin Hot Coffee, Large	350	52	5	12.0
Beverages	Dunkin' Donuts	Nutty Pumpkin Hot Coffee, Medium	260	39	4	9.0
Beverages	Dunkin' Donuts	Nutty Pumpkin Hot Coffee, Small	170	26	3	6.0
Appetizers & Sides	Dunkin' Donuts	Hummus & Roasted Tomato Toast	300	39	8	13.0
Appetizers & Sides	Dunkin' Donuts	Hummus Toast	250	33	7	11.0
Beverages	Dunkin' Donuts	Nutty Pumpkin Iced Coffee, Large	350	52	6	12.0
Beverages	Dunkin' Donuts	Nutty Pumpkin Iced Coffee, Medium	260	39	4	9.0
Beverages	Dunkin' Donuts	Nutty Pumpkin Iced Coffee, Small	170	26	3	6.0
Beverages	Dunkin' Donuts	Caramel Coconutmilk Iced Latte, Large	290	55	4	6.0
Beverages	Dunkin' Donuts	Caramel Coconutmilk Iced Latte, Medium	220	41	3	4.5
Beverages	Dunkin' Donuts	Caramel Coconutmilk Iced Latte, Small	140	28	2	3.0
Beverages	Dunkin' Donuts	Iced Chai Latte with Pumpkin Cold Foam, Large	450	64	13	15.0
Beverages	Dunkin' Donuts	Iced Chai Latte with Pumpkin Cold Foam, Medium	330	48	10	11.0
Beverages	Dunkin' Donuts	Iced Chai Latte with Pumpkin Cold Foam, Small	240	33	7	8.0
Beverages	Dunkin' Donuts	Mocha Hazelnut Iced Latte, Large	450	70	13	13.0
Beverages	Dunkin' Donuts	Mocha Hazelnut Iced Latte, Medium	330	52	10	10.0

Beverages	Dunkin' Donuts	Mocha Hazelnut Iced Latte, Small	220	35	7	6.0
Beverages	Dunkin' Donuts	Pecan Vanilla Iced Latte, Large	450	70	15	12.0
Beverages	Dunkin' Donuts	Pecan Vanilla Iced Latte, Medium	340	52	11	9.0
Beverages	Dunkin' Donuts	Pecan Vanilla Iced Latte, Small	230	35	7	6.0
Beverages	Dunkin' Donuts	Vanilla Blueberry Iced Latte, Large	460	71	14	12.0
Beverages	Dunkin' Donuts	Vanilla Blueberry Iced Latte, Medium	340	53	11	9.0
Beverages	Dunkin' Donuts	Vanilla Blueberry Iced Latte, Small	230	35	7	6.0
Beverages	Dunkin' Donuts	Vanilla Brown Sugar Cinnamon Iced Latte, Large	380	54	12	12.0
Beverages	Dunkin' Donuts	Vanilla Brown Sugar Cinnamon Iced Latte, Medium	280	40	9	9.0
Beverages	Dunkin' Donuts	Vanilla Brown Sugar Cinnamon Iced Latte, Small	190	27	6	6.0
Beverages	Dunkin' Donuts	Peach Passion Fruit Dunkin' Coconut Refresher, Large	230	45	1	6.0
Beverages	Dunkin' Donuts	Peach Passion Fruit Dunkin' Coconut Refresher, Medium	180	34	1	4.5
Beverages	Dunkin' Donuts	Peach Passion Fruit Dunkin' Coconut Refresher, Small	120	23	0	3.0
Beverages	Dunkin' Donuts	Strawberry Dragonfruit Dunkin' Coconut Refresher, Large	230	41	1	6.0
Beverages	Dunkin' Donuts	Strawberry Dragonfruit Dunkin' Coconut Refresher, Medium	170	31	1	4.5
Beverages	Dunkin' Donuts	Strawberry Dragonfruit Dunkin' Coconut Refresher, Small	110	20	0	3.0
Beverages	Dunkin' Donuts	Frozen Chocolate, Small	490	94	5	11.0
Beverages	Dunkin' Donuts	Caramel Swirl Frozen Coffee with Cream, Large	1120	180	10	40.0
Beverages	Dunkin' Donuts	Caramel Swirl Frozen Coffee with Cream, Medium	860	139	8	31.0
Beverages	Dunkin' Donuts	Caramel Swirl Frozen Coffee with Cream, Small	610	97	6	22.0
Beverages	Dunkin' Donuts	Caramel Swirl Frozen Coffee with Skim Milk, Large	830	184	11	5.0
Beverages	Dunkin' Donuts	Caramel Swirl Frozen Coffee with Skim Milk, Medium	650	142	9	4.5
Beverages	Dunkin' Donuts	Caramel Swirl Frozen Coffee with Skim Milk, Small	470	99	6	4.5
Beverages	Dunkin' Donuts	Caramel Swirl Frozen Coffee with Whole Milk, Large	880	184	11	11.0
Beverages	Dunkin' Donuts	Caramel Swirl Frozen Coffee with Whole Milk, Medium	680	141	8	9.0
Beverages	Dunkin' Donuts	Caramel Swirl Frozen Coffee with Whole Milk, Small	490	99	6	8.0
Beverages	Dunkin' Donuts	French Vanilla Swirl Frozen Coffee with Skim Milk, Small	460	99	6	4.5
Fried Potatoes	Dunkin' Donuts	Hash Browns	110	13	1	6.0
Beverages	Dunkin' Donuts	Espresso with Sugar	60	15	0	0.0
Beverages	Dunkin' Donuts	Hot Espresso	5	1	0	0.0
Beverages	Dunkin' Donuts	Sweet Tea, Medium	230	60	0	0.0
Entrees	Dunkin' Donuts	Bacon & Cheddar Omelet Bites	280	7	17	19.0
Sandwiches	Dunkin' Donuts	Maple Sugar Bacon Wake-Up	280	18	13	17.0
Sandwiches	Dunkin' Donuts	Tomato Pesto Grilled Cheese	520	60	20	22.0
Baked Goods	Dunkin' Donuts	Biscuit	270	32	5	14.0

Sandwiches	Einstein Bros	Tasty Turkey on Asiago Bagel	510	67	30	15.0
Pizza	Einstein Bros	Pizza Bagel, Pepperoni	560	61	28	22.0
Pizza	Einstein Bros	Pizza Bagel, Cheese	460	61	25	13.0
Toppings & Ingredients	Einstein Bros	Honey Almond Reduced Fat	120	10	2	9.0
Toppings & Ingredients	Einstein Bros	Jalapeno Salsa Reduced Fat	100	5	2	9.0
Toppings & Ingredients	Einstein Bros	Plain Reduced Fat	100	5	2	9.0
Toppings & Ingredients	Einstein Bros	Strawberry Reduced Fat	120	9	1	9.0
Baked Goods	Einstein Bros	Asiago Cheese	300	54	13	3.5
Baked Goods	Einstein Bros	Blueberry	280	60	9	1.0
Baked Goods	Einstein Bros	Chocolate Chip	280	56	10	3.0
Baked Goods	Einstein Bros	Cinnamon Raisin	280	59	10	1.0
Baked Goods	Einstein Bros	Cinnamon Sugar	300	61	10	2.0
Baked Goods	Einstein Bros	Cranberry	310	59	9	3.5
Baked Goods	Einstein Bros	Everything	280	57	11	1.0
Baked Goods	Einstein Bros	Honey Whole Wheat	280	51	12	3.0
Baked Goods	Einstein Bros	Onion	280	58	10	0.5
Baked Goods	Einstein Bros	Plain	270	56	10	0.5
Baked Goods	Einstein Bros	Poppy Seed	280	56	11	2.0
Baked Goods	Einstein Bros	Power Protein Bagel	310	59	11	4.0
Baked Goods	Einstein Bros	Pumpernickel	270	55	10	1.0
Baked Goods	Einstein Bros	Sesame Seed	290	56	11	2.0
Baked Goods	Einstein Bros	Green Chile	390	55	18	11.0
Baked Goods	Einstein Bros	Spinach Florentine	370	52	14	11.0
Baked Goods	Einstein Bros	Six-Cheese	360	51	16	10.0
Baked Goods	Einstein Bros	Muffin, Blueberry	440	53	5	23.0
Desserts	Einstein Bros	Coffee Cake, Chocolate Chip	530	78	4	24.0
Baked Goods	Einstein Bros	Garlic	280	57	11	1.5
Sandwiches	Einstein Bros	Applewood Bacon & Cheddar	450	58	25	16.0
Sandwiches	Einstein Bros	Cheddar Cheese	400	57	20	11.0
Sandwiches	Einstein Bros	Ham & Swiss	450	59	26	12.0
Sandwiches	Einstein Bros	Turkey Sausage & Cheddar	490	57	27	17.0
Sandwiches	Einstein Bros	Turkey, Bacon & Avocado on Plain Bagel	630	69	30	27.0
Baked Goods	Einstein Bros	Apple Cinnamon	420	78	9	7.0
Baked Goods	Einstein Bros	Pretzel	260	54	10	0.5
Sandwiches	Einstein Bros	Santa Fe Sandwich	580	59	31	24.0

Toppings & Ingredients	Einstein Bros	Onion and Chive	110	4	2	10.0
Toppings & Ingredients	Einstein Bros	Plain	120	2	2	12.0
Toppings & Ingredients	Einstein Bros	Smoked Salmon	110	3	3	10.0
Baked Goods	Einstein Bros	Jalapeno Cheddar	330	51	13	8.0
Toppings & Ingredients	Einstein Bros	Garden Veggie Reduced Fat	100	5	2	9.0
Toppings & Ingredients	Einstein Bros	Honey	90	23	0	0.0
Baked Goods	Einstein Bros	Potato Roll	270	50	9	3.5
Sandwiches	Einstein Bros	Farmhouse	690	65	35	32.0
Baked Goods	Einstein Bros	Flour Tortilla	290	50	9	7.0
Sandwiches	Einstein Bros	Tasty Turkey on Asiago Bagel	510	64	29	15.0
Baked Goods	Einstein Bros	French Toast	380	70	10	7.0
Sandwiches	Einstein Bros	Cheddar Cheese	420	59	19	13.0
Sandwiches	Einstein Bros	Chorizo Sunrise	790	64	34	46.0
Sandwiches	Einstein Bros	Turkey, Bacon & Avocado on Ciabatta	580	54	26	28.0
Appetizers & Sides	Einstein Bros	Avocado Toast	380	63	11	9.0
Appetizers & Sides	Einstein Bros	Avocado Toast, License Locations Only	410	62	12	13.0
Baked Goods	Einstein Bros	Ancient Grain	290	50	13	5.0
Baked Goods	Einstein Bros	Cheesy Hash Brown Bagel	390	59	13	11.0
Sandwiches	Einstein Bros	Applewood Bacon & Cheddar	550	58	31	21.0
Sandwiches	Einstein Bros	Applewood Bacon & Cheddar	470	59	22	17.0
Sandwiches	Einstein Bros	Cheddar Cheese	480	57	26	16.0
Sandwiches	Einstein Bros	Cheddar Cheese	360	56	20	6.0
Sandwiches	Einstein Bros	Pizza Bagel Cheese	450	62	24	14.0
Sandwiches	Einstein Bros	Chorizo Sunrise	870	64	40	51.0
Sandwiches	Einstein Bros	Chorizo Sunrise	750	63	34	41.0
Sandwiches	Einstein Bros	Farmhouse	770	66	41	38.0
Sandwiches	Einstein Bros	Farmhouse	650	65	34	27.0
Sandwiches	Einstein Bros	Ham & Swiss	530	59	33	17.0
Sandwiches	Einstein Bros	Ham & Swiss	400	58	26	7.0
Sandwiches	Einstein Bros	Ham & Swiss	470	60	28	14.0
Sandwiches	Einstein Bros	Pizza Bagel Pepperoni	540	62	28	23.0
Sandwiches	Einstein Bros	Santa Fe Sandwich	660	60	37	29.0
Sandwiches	Einstein Bros	Santa Fe Sandwich	540	59	31	19.0
Sandwiches	Einstein Bros	Turkey Sausage & Cheddar	570	58	33	22.0
Sandwiches	Einstein Bros	Turkey Sausage & Cheddar	490	60	26	17.0



Soup	Einstein Bros	Broccoli Cheese, 12 oz	330	20	6	24.0
Soup	Einstein Bros	Broccoli Cheese, 16 oz	430	27	8	32.0
Soup	Einstein Bros	Broccoli Cheese, 8 oz	230	14	5	17.0
Soup	Einstein Bros	Chicken Noodle, 12 oz	160	18	12	4.0
Soup	Einstein Bros	Chicken Noodle, 16 oz	210	24	16	5.0
Soup	Einstein Bros	Chicken Noodle, 8 oz	110	12	8	2.5
Soup	Einstein Bros	Vegetarian Chile, 12 oz	230	42	9	3.0
Soup	Einstein Bros	Vegetarian Chile, 16 oz	310	56	12	4.0
Soup	Einstein Bros	Vegetarian Chile, 8 oz	160	28	6	2.0
Toppings & Ingredients	Einstein Bros	Country Pepper Shmear	60	3	1	5.0
Toppings & Ingredients	Einstein Bros	Natural Peanut Butter	240	10	9	21.0
Toppings & Ingredients	Einstein Bros	Pickle Spear	0	0	0	0.0
Toppings & Ingredients	Einstein Bros	1 Egg White	35	1	6	1.0
Toppings & Ingredients	Einstein Bros	2 Egg White	70	1	12	1.5
Toppings & Ingredients	Einstein Bros	Fried Egg Patty	90	1	5	8.0
Toppings & Ingredients	Einstein Bros	Cheddar 1 Slice	60	0	3	4.5
Toppings & Ingredients	Einstein Bros	Swiss 1 Slice	60	0	4	4.5
Toppings & Ingredients	Einstein Bros	Bacon	70	1	5	5.0
Toppings & Ingredients	Einstein Bros	Chorizo Sausage Patty	160	1	5	16.0
Toppings & Ingredients	Einstein Bros	Ham, Breakfast	45	2	6	1.0
Toppings & Ingredients	Einstein Bros	Ham, Lunch	90	4	12	2.5
Toppings & Ingredients	Einstein Bros	Pepperoni Slices	90	1	3	9.0
Toppings & Ingredients	Einstein Bros	Turkey, Lunch	90	5	14	1.0
Toppings & Ingredients	Einstein Bros	Turkey Sausage Patty	80	0	7	6.0
Toppings & Ingredients	Einstein Bros	Chipotle Salsa	5	1	0	0.0
Toppings & Ingredients	Einstein Bros	Spicy Brown Mustard	15	0	0	0.0
Toppings & Ingredients	Einstein Bros	Roasted Tomato Spread	80	1	0	8.0
Toppings & Ingredients	Einstein Bros	Avocado	50	3	1	4.0
Toppings & Ingredients	Einstein Bros	Capers	0	0	0	0.0
Toppings & Ingredients	Einstein Bros	Cucumber	5	1	0	0.0
Toppings & Ingredients	Einstein Bros	Leaf Lettuce	0	0	0	0.0
Toppings & Ingredients	Einstein Bros	Red Onion	5	1	0	0.0
Toppings & Ingredients	Einstein Bros	Spinach	5	1	0	0.0
Toppings & Ingredients	Einstein Bros	Tomato	10	2	0	0.0
Sandwiches	Einstein Bros	Farmhouse	680	64	35	32.0

Toppings & Ingredients	Einstein Bros	Lox	120	1	12	8.0
Sandwiches	Einstein Bros	All-Nighter	880	64	36	55.0
Sandwiches	Einstein Bros	Bacon Avocado Tomato Thin	440	47	19	19.0
Sandwiches	Einstein Bros	Bacon Avocado Tomato Thin	400	47	17	17.0
Sandwiches	Einstein Bros	Big Bro's Burrito	1200	90	50	74.0
Sandwiches	Einstein Bros	Chicken Salad on Plain Bagel	520	62	31	17.0
Sandwiches	Einstein Bros	Nova Lox on Plain Bagel	500	64	23	17.0
Sandwiches	Einstein Bros	Turkey & Cheddar on Plain Bagel	550	65	28	19.0
Sandwiches	Einstein Bros	Albuquerque Turkey	680	60	40	30.0
Sandwiches	Einstein Bros	Chicken and Pepperoni	680	50	47	35.0
Fried Potatoes	Einstein Bros	Twice Baked Hash Brown	170	11	7	11.0
Sandwiches	Einstein Bros	Turkey & Cheddar on Plain Bagel	540	64	28	19.0
Baked Goods	Einstein Bros	Cinnamon Raisin	290	61	10	1.0
Baked Goods	Einstein Bros	Cranberry	310	60	10	4.0
Baked Goods	Einstein Bros	Everything	280	58	10	1.5
Baked Goods	Einstein Bros	Honey Whole Wheat	290	52	12	3.5
Baked Goods	Einstein Bros	Plain	280	58	10	1.0
Baked Goods	Einstein Bros	Sesame Seed	280	56	11	2.0
Baked Goods	Einstein Bros	Asiago Cheese	310	57	13	2.5
Baked Goods	Einstein Bros	Blueberry	280	59	10	1.0
Baked Goods	Einstein Bros	Chocolate Chip	290	58	10	2.5
Baked Goods	Einstein Bros	French Toast	320	60	10	4.5
Baked Goods	Einstein Bros	Ancient Grain Thin	190	35	9	2.5
Baked Goods	Einstein Bros	Everything Thin	200	41	8	1.0
Baked Goods	Einstein Bros	Honey Whole Wheat Thin	200	37	9	2.5
Baked Goods	Einstein Bros	Plain Thin	200	41	7	0.0
Toppings & Ingredients	Einstein Bros	Garlic and Herb	110	5	2	9.0
Toppings & Ingredients	Einstein Bros	Butter Blend	110	0	0	12.0
Toppings & Ingredients	Einstein Bros	Natural Strawberry Jam	60	16	0	0.0
Toppings & Ingredients	Einstein Bros	Peanut Butter and Jam	320	29	9	20.0
Toppings & Ingredients	Einstein Bros	1 Cage Free Egg	80	1	6	6.0
Toppings & Ingredients	Einstein Bros	2 Cage Free Eggs	160	2	13	11.0
Toppings & Ingredients	Einstein Bros	American 1 Slice	50	1	2	4.5
Toppings & Ingredients	Einstein Bros	Double Egg Mayo	100	0	0	12.0
Sandwiches	Einstein Bros	Garden Avocado	500	64	18	19.0

Sandwiches	Einstein Bros	Garden Avocado	580	65	24	25.0
Sandwiches	Einstein Bros	Garden Avocado	450	63	18	14.0
Sandwiches	Einstein Bros	All-Nighter	900	65	32	58.0
Sandwiches	Einstein Bros	Garden Avocado	510	65	16	21.0
Sandwiches	Einstein Bros	Santa Fe on Asiago Thin	420	42	26	16.0
Sandwiches	Einstein Bros	Avocado Veg Out on Sesame	410	66	14	11.0
Sandwiches	Einstein Bros	Ham & Swiss on Plain Bagel	540	63	27	20.0
Sandwiches	Einstein Bros	Nova Lox on Plain Bagel	520	61	24	20.0
Sandwiches	Einstein Bros	Avocado Veg Out	410	67	14	11.0
Sandwiches	Einstein Bros	Ham & Swiss on Plain Bagel	560	63	32	20.0
Sandwiches	Einstein Bros	California Turkey Wrap	640	65	28	29.0
Sandwiches	Einstein Bros	Cheesy Veggie Melt	610	50	24	37.0
Sandwiches	Einstein Bros	Spicy Chicken Ciabatta	620	54	42	27.0
Appetizers & Sides	Einstein Bros	Sea Salt Potato Chips	150	17	2	9.0
Beverages	Einstein Bros	Americano, Hot, 12 fl oz	5	0	2	0.0
Beverages	Einstein Bros	Americano, Hot, 16 fl oz	5	0	2	0.0
Beverages	Einstein Bros	Americano, Hot, 20 fl oz	10	0	3	0.0
Beverages	Einstein Bros	Cappuccino, Hot, 12 fl oz	110	10	9	4.0
Beverages	Einstein Bros	Cappuccino, Hot, 16 fl oz	140	13	11	5.0
Beverages	Einstein Bros	Cappuccino, Hot, 20 fl oz	170	15	14	6.0
Beverages	Einstein Bros	Chai Tea Latte, Hot, 12 fl oz	170	26	7	4.0
Beverages	Einstein Bros	Chai Tea Latte, Hot, 16 fl oz	230	35	9	5.0
Beverages	Einstein Bros	Chai Tea Latte, Hot, 20 fl oz	280	43	11	6.0
Beverages	Einstein Bros	Chai Tea Latte, Iced, 16 fl oz	140	23	5	3.0
Beverages	Einstein Bros	Chai Tea Latte, Iced, 24 fl oz	250	41	9	5.0
Beverages	Einstein Bros	Latte, Hot, 12 fl oz	110	10	9	4.0
Beverages	Einstein Bros	Latte, Iced, 16 fl oz	80	7	7	3.0
Beverages	Einstein Bros	Latte, Iced, 24 fl oz	140	13	12	5.0
Beverages	Einstein Bros	Mocha, Hot, 12 fl oz	270	46	10	6.0
Beverages	Einstein Bros	Mocha, Hot, 16 fl oz	350	61	13	8.0
Beverages	Einstein Bros	Mocha, Hot, 20 fl oz	420	75	16	9.0
Beverages	Einstein Bros	Mocha, Iced, 16 fl oz	240	44	8	5.0
Beverages	Einstein Bros	Mocha, Iced, 24 fl oz	390	72	14	8.0
Beverages	Einstein Bros	Caramel Macchiato, Hot, 12 fl oz	290	49	11	5.0
Beverages	Einstein Bros	Caramel Macchiato, Hot, 16 fl oz	370	64	14	7.0

Beverages	Einstein Bros	Caramel Macchiato, Hot, 20 fl oz	450	79	17	8.0
Beverages	Einstein Bros	Caramel Macchiato, Iced, 16 fl oz	260	46	10	4.0
Beverages	Einstein Bros	Caramel Macchiato, Iced, 24 fl oz	420	76	15	7.0
Beverages	Einstein Bros	Classic Cold Brew, 16 fl oz	0	0	0	0.0
Beverages	Einstein Bros	Classic Cold Brew, 24 fl oz	0	0	0	0.0
Beverages	Einstein Bros	Caramel Cream Cold Brew, 16 fl oz	210	36	4	7.0
Beverages	Einstein Bros	Caramel Cream Cold Brew, 24 fl oz	360	60	6	11.0
Beverages	Einstein Bros	Chocolate Cream Cold Brew, 16 fl oz	200	33	3	7.0
Beverages	Einstein Bros	Chocolate Cream Cold Brew, 24 fl oz	340	56	5	13.0
Beverages	Einstein Bros	Vanilla Cream Cold Brew, 16 fl oz	180	29	2	7.0
Beverages	Einstein Bros	Vanilla Cream Cold Brew, 24 fl oz	310	48	3	11.0
Beverages	Einstein Bros	Caramel Cold Brew Shake, 16 fl oz	390	76	7	6.0
Beverages	Einstein Bros	Caramel Cold Brew Shake, 24 fl oz	620	120	11	9.0
Beverages	Einstein Bros	Caramel Cold Brew Shake Coffee Free, 16 fl oz	390	76	7	6.0
Beverages	Einstein Bros	Caramel Cold Brew Shake Coffee Free, 24 fl oz	610	120	11	9.0
Beverages	Einstein Bros	Chocolate Cold Brew Shake, 16 fl oz	380	74	6	7.0
Beverages	Einstein Bros	Chocolate Cold Brew Shake, 24 fl oz	590	117	10	10.0
Beverages	Einstein Bros	Chocolate Cold Brew Shake Coffee Free, 16 fl oz	380	75	6	7.0
Beverages	Einstein Bros	Chocolate Cold Brew Shake Coffee Free, 24 fl oz	590	116	10	10.0
Beverages	Einstein Bros	Classic Cold Brew Shake, 16 fl oz	280	46	6	7.0
Beverages	Einstein Bros	Classic Cold Brew Shake, 24 fl oz	450	74	10	11.0
Beverages	Einstein Bros	Classic Cold Brew Shake Coffee Free, 16 fl oz	280	45	6	7.0
Beverages	Einstein Bros	Classic Cold Brew Shake Coffee Free, 24 fl oz	440	74	9	11.0
Beverages	Einstein Bros	Vanilla Cold Brew Shake, 16 fl oz	350	65	5	6.0
Beverages	Einstein Bros	Vanilla Cold Brew Shake, 24 fl oz	540	104	8	9.0
Beverages	Einstein Bros	Vanilla Cold Brew Shake Coffee Free, 16 fl oz	350	65	5	6.0
Beverages	Einstein Bros	Vanilla Cold Brew Shake Coffee Free, 24 fl oz	540	104	8	9.0
Beverages	Einstein Bros	Hot Chocolate, 12 fl oz	300	50	11	8.0
Beverages	Einstein Bros	Hot Chocolate, 16 fl oz	400	67	15	10.0
Beverages	Einstein Bros	Hot Chocolate, 20 fl oz	490	82	18	12.0
Beverages	Einstein Bros	Strawberry Banana Smoothie, 16 fl oz	280	67	1	0.0
Beverages	Einstein Bros	Strawberry Banana Smoothie, 24 fl oz	370	89	2	0.0
Baked Goods	Einstein Bros	Jalapeno Bacon	350	60	14	6.0
Toppings & Ingredients	Einstein Bros	Brisket	150	0	11	11.0
Sandwiches	Einstein Bros	Applewood Bacon & Cheddar	430	57	25	11.0

Sandwiches	Einstein Bros	Turkey Sausage & Cheddar	450	56	26	12.0
Sandwiches	Einstein Bros	Smokehouse	820	55	36	51.0
Sandwiches	Einstein Bros	Smokehouse	900	56	42	57.0
Sandwiches	Einstein Bros	Burrito	1000	75	43	59.0
Sandwiches	Einstein Bros	Southwest Egg White	400	45	24	14.0
Desserts	Einstein Bros	Cookie, Heavenly Chocolate Chip	470	62	5	23.0
Baked Goods	Einstein Bros	Party Bagel, Chocolate Birthday Cake	590	74	6	31.0
Baked Goods	Einstein Bros	Party Bagel, Churro	570	66	6	32.0
Baked Goods	Einstein Bros	Pastry, Greek Cherry Yogurt	360	41	7	18.0
Beverages	Einstein Bros	Latte, Hot, 16 fl oz	140	13	11	5.0
Beverages	Einstein Bros	Latte, Hot, 20 fl oz	170	15	14	6.0
Entrees	El Pollo Loco	Chicken Leg	110	0	11	7.0
Entrees	El Pollo Loco	Chicken Thigh	200	2	21	12.0
Appetizers & Sides	El Pollo Loco	Chicken Wing	70	0	10	3.0
Entrees	El Pollo Loco	Chicken Breast	200	0	34	8.0
Entrees	El Pollo Loco	Original Pollo Bowl, Chicken	580	83	40	10.0
Soup	El Pollo Loco	Chicken Tortilla Soup (small)	240	19	23	9.0
Sandwiches	El Pollo Loco	BRC Burrito	410	63	13	11.0
Sandwiches	El Pollo Loco	Chicken Tacos al Carbon	510	50	46	15.0
Toppings & Ingredients	El Pollo Loco	House Salsa (Mild)	5	2	0	0.0
Toppings & Ingredients	El Pollo Loco	Pico de Gallo (Medium)	10	2	0	0.0
Toppings & Ingredients	El Pollo Loco	Avocado Salsa (Hot)	20	1	0	1.5
Toppings & Ingredients	El Pollo Loco	Sour Cream	80	1	1	7.0
Toppings & Ingredients	El Pollo Loco	Jalapeno Hot Sauce (packet)	5	1	0	0.0
Appetizers & Sides	El Pollo Loco	Tortilla Chips (side)	200	22	2	11.0
Soup	El Pollo Loco	Chicken Tortilla Soup (large)	440	34	39	17.0
Appetizers & Sides	El Pollo Loco	Coleslaw	130	9	1	10.0
Appetizers & Sides	El Pollo Loco	Pinto Beans (small)	140	25	9	0.5
Appetizers & Sides	El Pollo Loco	Rice	160	33	3	1.5
Toppings & Ingredients	El Pollo Loco	Salsa Roja (Fiery)	15	2	0	0.0
Beverages	El Pollo Loco	Dr Pepper, Large	290	88	0	0.0
Beverages	El Pollo Loco	Fuze Sweetened Raspberry Iced Tea, Large	170	45	0	0.0
Beverages	El Pollo Loco	Coca Cola, Large	270	73	0	0.0
Beverages	El Pollo Loco	Diet Coke, Large	0	0	0	0.0
Salads	El Pollo Loco	Loco Side Salad	170	8	3	14.0

Beverages	El Pollo Loco	Cherry Coke, Large	280	76	0	0.0
Beverages	El Pollo Loco	Fanta Orange, Large	250	70	0	0.0
Appetizers & Sides	El Pollo Loco	Broccoli	30	6	2	0.0
Entrees	El Pollo Loco	Chicken Legs (2)	220	0	22	15.0
Entrees	El Pollo Loco	Grande Avocado Chicken Bowl	790	90	49	27.0
Appetizers & Sides	El Pollo Loco	Chips & Guac (regular)	990	98	12	63.0
Sandwiches	El Pollo Loco	Chipotle Chicken Avocado Burrito	940	84	61	40.0
Appetizers & Sides	El Pollo Loco	Chips & Queso (small)	540	45	11	36.0
Toppings & Ingredients	El Pollo Loco	Creamy Cilantro Dressing	310	2	1	33.0
Beverages	El Pollo Loco	Barq's Root Beer, Large	310	83	0	0.0
Beverages	El Pollo Loco	Diet Dr Pepper, Large	0	0	0	0.0
Appetizers & Sides	El Pollo Loco	Guacamole (side)	110	8	2	10.0
Appetizers & Sides	El Pollo Loco	Queso (side)	160	3	7	14.0
Appetizers & Sides	El Pollo Loco	Chips & Guac (small)	490	49	6	32.0
Appetizers & Sides	El Pollo Loco	Chips & Queso (regular)	1080	90	22	71.0
Beverages	El Pollo Loco	Diet Dr Pepper, Regular	0	0	0	0.0
Beverages	El Pollo Loco	Barq's Root Beer, Regular	200	54	0	0.0
Toppings & Ingredients	El Pollo Loco	6" Flour Tortillas (2)	190	30	4	5.0
Beverages	El Pollo Loco	Fuze Sweetened Raspberry Iced Tea, Regular	110	29	0	0.0
Beverages	El Pollo Loco	Dr Pepper, Regular	190	58	0	0.0
Sandwiches	El Pollo Loco	Chicken Tinga Burrito	780	87	42	30.0
Desserts	El Pollo Loco	Churro	150	15	1	9.0
Desserts	El Pollo Loco	2 Churros	300	31	3	18.0
Toppings & Ingredients	El Pollo Loco	Mexican Vinaigrette	400	4	1	44.0
Beverages	El Pollo Loco	Cherry Coke, Regular	180	49	0	0.0
Beverages	El Pollo Loco	Coca Cola, Regular	180	48	0	0.0
Beverages	El Pollo Loco	Diet Coke, Regular	0	0	0	0.0
Beverages	El Pollo Loco	Fanta Orange, Regular	160	45	0	0.0
Entrees	El Pollo Loco	2 piece Leg and Thigh	310	2	32	19.0
Entrees	El Pollo Loco	2 piece Breast and Wing	270	0	44	11.0
Entrees	El Pollo Loco	3 piece Leg and Thigh	500	4	52	31.0
Entrees	El Pollo Loco	3 piece Breast and Wing	480	0	78	19.0
Soup	El Pollo Loco	Tortilla Soup	250	19	23	9.0
Salads	El Pollo Loco	Avocado Loco Side Salad	210	11	3	18.0
Appetizers & Sides	El Pollo Loco	Mashed Potatoes w/ Gravy	100	20	3	1.5

Appetizers & Sides	El Pollo Loco	Macaroni & Cheese	310	24	9	19.0
Appetizers & Sides	El Pollo Loco	Corn	160	24	4	5.0
Salads	El Pollo Loco	Double Chicken Avocado Salad	350	12	51	12.0
Sandwiches	El Pollo Loco	Keto Burrito	510	30	52	29.0
Entrees	El Pollo Loco	Original Pollo Bowl	580	83	40	10.0
Entrees	El Pollo Loco	Double Chicken Bowl	930	87	74	33.0
Sandwiches	El Pollo Loco	Queso Blanco Burrito	870	83	58	35.0
Sandwiches	El Pollo Loco	Avocado Burrito	920	69	60	46.0
Sandwiches	El Pollo Loco	Classic Chicken Burrito	480	66	25	13.0
Salads	El Pollo Loco	Classic Tostada Salad	830	79	40	39.0
Salads	El Pollo Loco	Double Chicken Tostada Salad	990	82	64	46.0
Sandwiches	El Pollo Loco	Taco al Carbon	170	17	15	5.0
Sandwiches	El Pollo Loco	Chicken Avocado Taco	340	18	24	19.0
Entrees	El Pollo Loco	Shredded Chicken Quesadilla	500	40	30	24.0
Entrees	El Pollo Loco	Shredded Chicken Nachos	1060	92	33	63.0
Toppings & Ingredients	El Pollo Loco	6" Corn Tortillas (2)	100	20	2	1.0
Beverages	El Pollo Loco	Gold Peak Fresh Brewed Sweetened Iced Tea, Regular	130	33	0	0.0
Beverages	El Pollo Loco	Gold Peak Fresh Brewed Sweetened Iced Tea, Large	210	51	0	0.0
Entrees	Famous Dave's	Sweetwater Catfish Fingers with Remoulade	720	31	32	52.0
Appetizers & Sides	Famous Dave's	Onion Strings with Remoulade	1510	79	12	127.0
Appetizers & Sides	Famous Dave's	Wilbur Beans	210	32	9	5.0
Appetizers & Sides	Famous Dave's	Creamy Coleslaw	120	14	1	7.0
Appetizers & Sides	Famous Dave's	Memphis-Style (Creamy Coleslaw)	40	4	0	2.0
Appetizers & Sides	Famous Dave's	Potato Salad	130	18	3	5.0
Appetizers & Sides	Famous Dave's	Garlic Red-Skin Mashed Potatoes	140	21	3	5.0
Appetizers & Sides	Famous Dave's	Sweet Corn	160	23	5	5.0
Appetizers & Sides	Famous Dave's	Corn Muffin	260	40	4	10.0
Burgers	Famous Dave's	Ultimate Burger	1240	70	78	78.0
Burgers	Famous Dave's	Dave's Favorite Burger	1100	58	67	72.0
Entrees	Famous Dave's	Kid's Cheeseburger	560	40	29	32.0
Desserts	Famous Dave's	Dave's Award-Winning Bread Pudding with Vanilla Ice Cream	1330	150	22	74.0
Desserts	Famous Dave's	Down Home Banana Pudding	1100	193	15	31.0
Appetizers & Sides	Famous Dave's	Dave's Cheesy Mac & Cheese	280	34	12	11.0
Entrees	Famous Dave's	All-American BBQ Feast with Texas Beef Brisket	8390	623	488	441.0
Entrees	Famous Dave's	All-American BBQ Feast with Georgia Chopped Pork	8450	625	483	448.0

Entrees	Famous Dave's	Feast For 2 with Texas Beef Brisket, Full	7140	573	417	354.0
Entrees	Famous Dave's	Feast For 2 with Georgia Chopped Pork	4610	350	261	243.0
Entrees	Famous Dave's	Half Baby, Memphis-style with Herbs and Spices and Vinegar	620	0	53	45.0
Entrees	Famous Dave's	Sweetwater Catfish Fingers with Remoulade (4 ea)	570	21	21	44.0
Entrees	Famous Dave's	Texas Beef Brisket with Texas Toast (4 oz)	490	26	40	26.0
Entrees	Famous Dave's	Georgia Chopped Pork with Texas Toast (4 oz)	530	29	37	30.0
Entrees	Famous Dave's	Loaded Baked Potato	640	66	20	33.0
Entrees	Famous Dave's	Kid's Rib Dinner	320	4	24	23.0
Fried Potatoes	Famous Dave's	Famous Fries	370	52	5	16.0
Sandwiches	Famous Dave's	BBQ Sandwich with Georgia Chopped Pork	640	51	40	32.0
Sandwiches	Famous Dave's	BBQ Sandwich with Texas Beef Brisket	600	48	43	28.0
Sandwiches	Famous Dave's	Cajun Chicken Sandwich	1190	76	46	78.0
Toppings & Ingredients	Famous Dave's	Honey BBQ Dressing	150	16	0	10.0
Salads	Famous Dave's	Garden Side Salad	100	10	2	6.0
Toppings & Ingredients	Famous Dave's	Wilbur's Revenge	50	11	0	0.0
Entrees	Famous Dave's	St. Louis-Style Spareribs (3 ea)	480	7	35	34.0
Entrees	Famous Dave's	Southside Rib Tips	1540	27	139	98.0
Toppings & Ingredients	Famous Dave's	Georgia Mustard	40	9	1	0.0
Toppings & Ingredients	Famous Dave's	Texas Pit	80	19	1	0.5
Toppings & Ingredients	Famous Dave's	Sweet & Zesty	140	33	1	0.0
Toppings & Ingredients	Famous Dave's	Devil's Spit	110	24	1	0.5
Toppings & Ingredients	Famous Dave's	Southside BBQ Sauce	130	20	1	6.0
Beverages	Famous Dave's	Fresh-Brewed Iced Tea	0	0	0	0.0
Beverages	Famous Dave's	Tropicana Lemonade	170	42	0	0.0
Beverages	Famous Dave's	Mug Root Beer	170	43	0	0.0
Beverages	Famous Dave's	Mountain Dew	180	46	0	0.0
Beverages	Famous Dave's	Sierra Mist	160	39	0	0.0
Beverages	Famous Dave's	Dr. Pepper	160	40	0	0.0
Beverages	Famous Dave's	Pepsi	160	41	0	0.0
Entrees	Famous Dave's	Country-Roasted Chicken (1/4 ea)	450	1	50	27.0
Appetizers & Sides	Famous Dave's	Cheese Curds with Dave's Ranch & Sassy Sauce	1260	43	43	103.0
Entrees	Famous Dave's	Hand-Breaded Crispy Chicken Strips	380	22	40	15.0
Entrees	Famous Dave's	Kid's Hand-Breaded Crispy Chicken Strips	290	17	30	11.0
Toppings & Ingredients	Famous Dave's	Hand-Breaded Chicken	190	11	20	7.0
Appetizers & Sides	Famous Dave's	Brussels Sprouts	160	9	8	11.0



Appetizers & Sides	Famous Dave's	Dave's Sampler Platter	2720	113	154	183.0
Entrees	Famous Dave's	BBQ Stuffed Baked Potato	640	66	20	33.0
Appetizers & Sides	Famous Dave's	Burnt Ends with Onion Strings	940	56	49	57.0
Toppings & Ingredients	Famous Dave's	Bullalo Sauce	50	6	0	3.5
Toppings & Ingredients	Famous Dave's	Rich & Sassy	60	15	0	0.0
Toppings & Ingredients	Famous Dave's	Devil's Spit	50	12	1	0.0
Appetizers & Sides	Famous Dave's	Deviled Eggs (at select locations)	490	29	19	33.0
Appetizers & Sides	Famous Dave's	Farmhouse Boneless Wings - 1/2 lb (wings only)	480	28	49	19.0
Toppings & Ingredients	Famous Dave's	Bullalo Sauce	110	12	0	7.0
Toppings & Ingredients	Famous Dave's	Rich & Sassy	130	30	1	0.5
Toppings & Ingredients	Famous Dave's	Wilbur's Revenge	100	23	1	0.5
Appetizers & Sides	Famous Dave's	Farmhouse Boneless Wings - 1 lb (wings only)	960	55	98	39.0
Toppings & Ingredients	Famous Dave's	Bullalo Sauce	220	23	0	15.0
Toppings & Ingredients	Famous Dave's	Rich & Sassy	250	59	1	1.5
Toppings & Ingredients	Famous Dave's	Devil's Spit	220	48	3	1.5
Toppings & Ingredients	Famous Dave's	Wilbur's Revenge	190	46	1	1.5
Entrees	Famous Dave's	Farmhouse Platter w/ Boneless Wings (available at select locations)	3540	198	110	257.0
Toppings & Ingredients	Famous Dave's	Bullalo Sauce	80	9	0	6.0
Toppings & Ingredients	Famous Dave's	Rich & Sassy	90	22	1	0.5
Toppings & Ingredients	Famous Dave's	Devil's Spit	80	18	1	0.5
Toppings & Ingredients	Famous Dave's	Wilbur's Revenge	70	17	1	0.5
Entrees	Famous Dave's	Farmhouse Platter w/ Traditional Wings (available at select locations)	3420	170	96	262.0
Appetizers & Sides	Famous Dave's	Farmhouse Traditional Wings - 1/2 lb (wings only)	360	0	35	24.0
Entrees	Famous Dave's	Farmhouse Traditional Wings - 1 lb (wings only)	720	0	70	48.0
Appetizers & Sides	Famous Dave's	Fried Green Tomatoes with Comeback Sauce (available at select locations)	1080	76	10	82.0
Appetizers & Sides	Famous Dave's	Fried Pickles with Comeback Sauce	860	97	12	47.0
Appetizers & Sides	Famous Dave's	Grilled Shrimp Skewers (available at select locations)	220	27	25	2.5
Sandwiches	Famous Dave's	Stack of Chicken Sliders (available at select locations)	1170	133	44	52.0
Sandwiches	Famous Dave's	Stack of Beef Sliders (available at select locations)	1120	108	49	57.0
Entrees	Famous Dave's	Traditional Wing Basket (wings only)	630	0	62	42.0
Appetizers & Sides	Famous Dave's	Celery Sticks	10	2	0	0.0
Entrees	Famous Dave's	Alfredo Pasta (available at select locations)	760	76	25	39.0
Toppings & Ingredients	Famous Dave's	Georgia Chopped Pork	360	5	34	23.0
Toppings & Ingredients	Famous Dave's	Texas Beef Brisket	330	4	37	18.0
Toppings & Ingredients	Famous Dave's	BBQ Pulled Chicken	240	17	20	11.0

Toppings & Ingredients	Famous Dave's	Georgia Chopped Pork	190	4	17	11.0
Toppings & Ingredients	Famous Dave's	Texas Beef Brisket	180	4	18	9.0
Toppings & Ingredients	Famous Dave's	BBQ Pulled Chicken	110	7	10	5.0
Salads	Famous Dave's	Caesar Salad with Caesar Dressing and Choice of Meat (available at select locations)	470	20	9	39.0
Toppings & Ingredients	Famous Dave's	Grilled Shrimp Skewers	150	9	23	2.0
Toppings & Ingredients	Famous Dave's	Grilled Skirt Steak	370	1	37	23.0
Salads	Famous Dave's	Chicken Caesar Salad with Caesar Dressing	640	23	46	41.0
Soup	Famous Dave's	Dave's Award-Winning Chili	620	41	31	36.0
Salads	Famous Dave's	Dave's Sassy BBQ Salad	310	16	15	21.0
Toppings & Ingredients	Famous Dave's	Honey BBQ Dressing	210	21	0	14.0
Toppings & Ingredients	Famous Dave's	Bacon Bleu Cheese Dressing (available at select locations)	290	6	3	28.0
Toppings & Ingredients	Famous Dave's	Grilled Chicken	110	2	25	1.5
Appetizers & Sides	Famous Dave's	1 bone, Sauced with Rich & Sassy	160	2	12	11.0
Appetizers & Sides	Famous Dave's	4 bones, Sauced with Rich & Sassy	640	9	47	46.0
Appetizers & Sides	Famous Dave's	6 bones, Sauced with Rich & Sassy	960	13	71	69.0
Appetizers & Sides	Famous Dave's	9 bones, Sauced with Rich & Sassy	1430	20	106	103.0
Appetizers & Sides	Famous Dave's	12 bones, Sauced with Rich & Sassy	1910	26	142	138.0
Appetizers & Sides	Famous Dave's	4 bones, Naked	580	1	54	40.0
Appetizers & Sides	Famous Dave's	6 bones, Naked	880	2	81	60.0
Appetizers & Sides	Famous Dave's	9 bones, Naked	1310	3	122	90.0
Appetizers & Sides	Famous Dave's	12 bones, Naked	1750	4	163	120.0
Entrees	Famous Dave's	Half Baby, Original-style with Dave's Rib Rub and Sweet & Zesty	560	7	50	37.0
Entrees	Famous Dave's	Big Baby, Original-style with Dave's Rib Rub and Sweet & Zesty	1120	14	100	74.0
Entrees	Famous Dave's	Big Baby, Memphis-style with Herbs and Spices and Vinegar	1230	0	107	90.0
Entrees	Famous Dave's	Skirt Steak with Onion Strings (available at select locations)	1060	79	47	61.0
Entrees	Famous Dave's	Country Fried Pork Chop (available at select locations)	860	76	52	40.0
Entrees	Famous Dave's	Grilled Chicken Breast (available at select locations)	640	64	57	19.0
Entrees	Famous Dave's	Cedar Plank Salmon (available at select locations)	830	70	42	41.0
Entrees	Famous Dave's	Skirt Steak & Shrimp (available at select locations)	1020	88	52	51.0
Entrees	Famous Dave's	Skirt Steak & Chicken (available at select locations)	990	80	53	51.0
Entrees	Famous Dave's	Skirt Steak & Ribs (available at select locations)	1350	85	64	84.0
Entrees	Famous Dave's	Chicken & Shrimp (available at select locations)	670	72	55	19.0
Entrees	Famous Dave's	Feast For 2 with Texas Beef Brisket	4570	347	264	238.0
Toppings & Ingredients	Famous Dave's	Beef Burger, For Build Your Own Burger or Sandwich	670	42	40	39.0
Toppings & Ingredients	Famous Dave's	Grilled Chicken Breast Sandwich, For Build Your Own Burger or Sandwich	380	43	31	11.0

Toppings & Ingredients	Famous Dave's	Hand-Breaded Chicken Sandwich, For Build Your Own Burger or Sandwich	490	50	32	19.0
Toppings & Ingredients	Famous Dave's	Beyond Meat Burger, For Build Your Own Burger or Sandwich	540	47	26	30.0
Toppings & Ingredients	Famous Dave's	Georgia Chopped Pork Sandwich, For Build Your Own Burger or Sandwich	730	51	49	38.0
Toppings & Ingredients	Famous Dave's	Texas Beef Brisket Sandwich, For Build Your Own Burger or Sandwich	690	49	52	33.0
Toppings & Ingredients	Famous Dave's	BBQ Pulled Chicken Sandwich, For Build Your Own Burger or Sandwich	580	66	31	23.0
Toppings & Ingredients	Famous Dave's	Lettuce, For Build Your Own Burger or Sandwich	0	0	0	0.0
Toppings & Ingredients	Famous Dave's	Tomato, For Build Your Own Burger or Sandwich	5	1	0	0.0
Toppings & Ingredients	Famous Dave's	Red Onion, For Build Your Own Burger or Sandwich	5	1	0	0.0
Toppings & Ingredients	Famous Dave's	Jalapenos, For Build Your Own Burger or Sandwich	0	0	0	0.0
Toppings & Ingredients	Famous Dave's	Spicy Hell-Fire Pickles, For Build Your Own Burger or Sandwich	25	7	0	0.0
Toppings & Ingredients	Famous Dave's	American Cheese, For Build Your Own Burger or Sandwich	130	1	7	12.0
Toppings & Ingredients	Famous Dave's	Monterey Jack Cheese, For Build Your Own Burger or Sandwich	210	0	14	17.0
Toppings & Ingredients	Famous Dave's	Cheddar Cheese, For Build Your Own Burger or Sandwich	230	2	13	19.0
Toppings & Ingredients	Famous Dave's	Pepper-Jack Cheese, For Build Your Own Burger or Sandwich	180	0	10	14.0
Toppings & Ingredients	Famous Dave's	Comeback Sauce, For Build Your Own Burger or Sandwich	150	3	0	15.0
Appetizers & Sides	Famous Dave's	Dave's Cheesy Mac & Cheese	60	8	3	2.5
Toppings & Ingredients	Famous Dave's	Candied Bacon (available at select locations)	270	22	13	16.0
Toppings & Ingredients	Famous Dave's	Onion Strings (available at select locations)	410	26	4	32.0
Toppings & Ingredients	Famous Dave's	Texas Beef Brisket	160	1	18	9.0
Toppings & Ingredients	Famous Dave's	Georgia Chopped Pork	170	1	17	11.0
Toppings & Ingredients	Famous Dave's	Smoked Bacon	160	0	13	16.0
Toppings & Ingredients	Famous Dave's	Hot Link Sausage (available at select locations)	590	6	26	52.0
Toppings & Ingredients	Famous Dave's	Cheese Curds	300	13	14	20.0
Sandwiches	Famous Dave's	Iris' Comeback Chicken Sandwich	620	51	32	33.0
Toppings & Ingredients	Famous Dave's	Add Comeback Sauce	250	6	0	28.0
Salads	Famous Dave's	Farmhouse Side Salad (available at select locations)	310	11	16	24.0
Toppings & Ingredients	Famous Dave's	Ranch Dressing	220	2	1	23.0
Toppings & Ingredients	Famous Dave's	Bleu Cheese Dressing	240	1	2	25.0
Toppings & Ingredients	Famous Dave's	Italian Dressing	20	4	0	0.0
Toppings & Ingredients	Famous Dave's	Honey Mustard Dressing	220	10	0	21.0
Appetizers & Sides	Famous Dave's	Fresh-Steamed Broccoli	60	6	2	3.5
Desserts	Famous Dave's	Peach Cobbler (available at select locations)	560	77	4	27.0
Appetizers & Sides	Famous Dave's	Sweet Potato Soufflé	350	54	2	14.0
Appetizers & Sides	Famous Dave's	Watermelon (available at select locations)	70	18	1	0.0
Entrees	Famous Dave's	BBQ Pulled Chicken with Texas Toast (4 oz)	390	37	23	18.0

Entrees	Famous Dave's	BBQ Roasted Chicken (1/4 ea)	580	31	51	28.0
Entrees	Famous Dave's	Burnt Ends (6 oz)	480	17	45	25.0
Entrees	Famous Dave's	Cedar Plank Salmon (1 ea)	420	9	35	25.0
Entrees	Famous Dave's	Jalapeno Cheddar Sausage (1 ea)	420	2	21	36.0
Appetizers & Sides	Famous Dave's	Shrimp Skewer (available at select locations)	150	9	23	2.0
Salads	Famous Dave's	Caesar Side Salad with Caesar Dressing	220	11	4	18.0
Soup	Famous Dave's	Dave's Award-Winning Chili	460	29	23	28.0
Salads	Famous Dave's	Dave's Sassy BBQ Salad with Honey BBQ Dressing	150	10	6	11.0
Toppings & Ingredients	Famous Dave's	Honey BBQ Dressing	100	11	0	7.0
Toppings & Ingredients	Famous Dave's	Bacon Bleu Cheese Dressing (available at select locations)	150	3	1	14.0
Toppings & Ingredients	Famous Dave's	Texas Beef Brisket	170	3	18	9.0
Toppings & Ingredients	Famous Dave's	BBQ Pulled Chicken	140	14	10	5.0
Toppings & Ingredients	Famous Dave's	Grilled Chicken	60	1	12	0.5
Toppings & Ingredients	Famous Dave's	Grilled Shrimp Skewers (available at select locations)	70	5	12	1.0
Toppings & Ingredients	Famous Dave's	Grilled Skirt Steak (available at select locations)	180	1	19	12.0
Burgers	Famous Dave's	Double Stack Cheese Burger with Cheddar (available at select locations)	1020	43	62	68.0
Salads	Famous Dave's	Farmhouse Fresh Garden Salad (available at select locations)	310	11	16	24.0
Toppings & Ingredients	Famous Dave's	Fat Free Italian Dressing	20	4	0	0.0
Toppings & Ingredients	Famous Dave's	Skirt Steak (available at select locations)	180	1	19	12.0
Entrees	Famous Dave's	Kid's Mac & Cheese	300	44	10	9.0
Desserts	Famous Dave's	Apple Crisp with Vanilla Ice Cream	520	78	5	22.0
Desserts	Famous Dave's	Chocolate Cookies and Cream Cake	1060	152	10	46.0
Desserts	Famous Dave's	Add a scoop of vanilla ice cream	90	10	2	5.0
Desserts	Famous Dave's	Lemon Cream Cake with Triple Berry Sauce	1100	159	10	47.0
Desserts	Famous Dave's	NY Cheesecake	910	90	13	55.0
Desserts	Famous Dave's	Peach Cobbler (available at select locations)	1100	153	8	53.0
Beverages	Famous Dave's	Diet Pepsi	0	0	0	0.0
Toppings & Ingredients	Famous Dave's	Blackberry BBQ Sauce	130	33	1	0.0
Toppings & Ingredients	Famous Dave's	Comeback Sauce	250	6	0	28.0
Toppings & Ingredients	Famous Dave's	Remoulade Sauce	340	1	0	40.0
Toppings & Ingredients	Famous Dave's	Spicy Pickle Tartar Sauce	290	4	0	30.0
Toppings & Ingredients	Famous Dave's	White BBQ Sauce	360	6	0	36.0
Toppings & Ingredients	Famous Dave's	Caesar Dressing	170	3	2	16.0
Toppings & Ingredients	Famous Dave's	Honey Mustard Dressing	220	10	0	21.0
Toppings & Ingredients	Famous Dave's	Ranch & Sassy	200	6	1	19.0

Toppings & Ingredients	Famous Dave's	Bleu Cheese Dressing	240	1	2	25.0
Toppings & Ingredients	Famous Dave's	Hand-Breaded Chicken	290	17	30	11.0
Entrees	Famous Dave's	Hand-Breaded Chicken Strips (3 ea)	290	17	30	11.0
Entrees	Famous Dave's	Southside Rib Tips with Pickled Onions and Hellfire Pickles (6 oz)	640	22	52	38.0
Entrees	Famous Dave's	Feast For 2 with Texas Beef Brisket, Half	4130	342	229	206.0
Entrees	Famous Dave's	Southside Rib Tips with Pickled Onions and Hellfire Pickles (6 oz)	640	22	52	38.0
Entrees	Famous Dave's	Sweetwater Catfish Fingers with Remoulade (4 ea)	570	21	21	44.0
Sandwiches	Famous Dave's	BBQ Sandwich with BBQ Pulled Chicken	630	63	33	29.0
Salads	Famous Dave's	Garden Side Salad	100	10	2	6.0
Entrees	Famous Dave's	Grilled Chicken Breast (available at select locations)	110	2	25	1.5
Appetizers & Sides	Firehouse Subs	Pickle Spear	5	1	0	0.0
Beverages	Firehouse Subs	Barq's Root Beer	170	45	0	0.0
Beverages	Firehouse Subs	Caffeine Free Diet Coke	0	0	0	0.0
Beverages	Firehouse Subs	Caffeine Free Diet Coke w/ Orange	0	0	0	0.0
Beverages	Firehouse Subs	Caffeine Free Diet Coke w/ Lime	0	0	0	0.0
Beverages	Firehouse Subs	Caffeine Free Diet Coke w/ Raspberry	0	0	0	0.0
Beverages	Firehouse Subs	Caffeine Free Diet Coke w/ Vanilla	0	0	0	0.0
Beverages	Firehouse Subs	Coca-cola	150	40	0	0.0
Beverages	Firehouse Subs	Coke w/ Orange	150	42	0	0.0
Beverages	Firehouse Subs	Coke w/ Cherry	160	42	0	0.0
Beverages	Firehouse Subs	Coke w/ Lime	160	42	0	0.0
Beverages	Firehouse Subs	Coke w/ Raspberry	160	42	0	0.0
Beverages	Firehouse Subs	Coke w/ Vanilla	160	42	0	0.0
Beverages	Firehouse Subs	Coke Zero w/ Cherry	0	0	0	0.0
Beverages	Firehouse Subs	Coke Zero w/ Vanilla	0	0	0	0.0
Beverages	Firehouse Subs	Diet Coke	0	0	0	0.0
Beverages	Firehouse Subs	Fanta Orange	160	45	0	0.0
Beverages	Firehouse Subs	Fanta Cherry	170	44	0	0.0
Beverages	Firehouse Subs	Fanta Lime	170	44	0	0.0
Beverages	Firehouse Subs	Fanta Raspberry	170	44	0	0.0
Beverages	Firehouse Subs	Fanta Fruit Punch	170	44	0	0.0
Beverages	Firehouse Subs	Fanta Strawberry	170	44	0	0.0
Beverages	Firehouse Subs	Fanta Grape	170	44	0	0.0
Beverages	Firehouse Subs	Fanta Peach	170	45	0	0.0
Beverages	Firehouse Subs	Fanta Zero Cherry	0	0	0	0.0

Beverages	Firehouse Subs	Fanta Zero Lime	5	0	0	0.0
Beverages	Firehouse Subs	Fanta Zero Raspberry	0	0	0	0.0
Beverages	Firehouse Subs	Fanta Zero Fruit Punch	5	0	0	0.0
Beverages	Firehouse Subs	Fanta Zero Strawberry	5	0	0	0.0
Beverages	Firehouse Subs	Fanta Zero Grape	0	0	0	0.0
Beverages	Firehouse Subs	Fanta Zero Peach	0	0	0	0.0
Beverages	Firehouse Subs	Hi-c Orange	170	45	0	0.0
Beverages	Firehouse Subs	Hi-c Cherry	180	45	0	0.0
Beverages	Firehouse Subs	Hi-c Raspberry	180	45	0	0.0
Beverages	Firehouse Subs	Hi-c Fruit Punch	180	45	0	0.0
Beverages	Firehouse Subs	Hi-c Strawberry	180	45	0	0.0
Beverages	Firehouse Subs	Hi-c Grape	180	45	0	0.0
Beverages	Firehouse Subs	Minute Maid Lemonade	160	42	0	0.0
Beverages	Firehouse Subs	Minute Maid Lemonade w/ Orange	160	42	0	0.0
Beverages	Firehouse Subs	Minute Maid Lemonade w/ Raspberry	160	42	0	0.0
Beverages	Firehouse Subs	Minute Maid Lemonade w/ Strawberry	160	42	0	0.0
Beverages	Firehouse Subs	Minute Maid Light Lemonade	10	2	0	0.0
Beverages	Firehouse Subs	Minute Maid Light Lemonade w/ Orange	10	2	0	0.0
Beverages	Firehouse Subs	Minute Maid Light Lemonade w/ Raspberry	10	2	0	0.0
Beverages	Firehouse Subs	Minute Maid Light Lemonade w/ Strawberry	10	2	0	0.0
Beverages	Firehouse Subs	Sprite	150	39	0	0.0
Beverages	Firehouse Subs	Sprite Zero	5	0	0	0.0
Beverages	Firehouse Subs	Sprite Zero w/ Cherry	5	0	0	0.0
Beverages	Firehouse Subs	Sprite Zero w/ Grape	5	0	0	0.0
Beverages	Firehouse Subs	Sprite Zero w/ Peach	5	0	0	0.0
Beverages	Firehouse Subs	Sprite Zero w/ Raspberry	10	0	0	0.0
Beverages	Firehouse Subs	Sprite Zero w/ Strawberry	5	0	0	0.0
Desserts	Firehouse Subs	Chocolate Chip Cookie	310	44	4	15.0
Desserts	Firehouse Subs	Lemon Cookie	330	43	4	16.0
Desserts	Firehouse Subs	Brownie	430	61	4	20.0
Sandwiches	Firehouse Subs	Club on a Sub, Medium	770	63	40	40.0
Sandwiches	Firehouse Subs	Club on a Sub, Large	1370	110	79	72.0
Sandwiches	Firehouse Subs	Engineer, Medium	690	60	38	35.0
Sandwiches	Firehouse Subs	Engineer, Large	1100	101	68	54.0
Sandwiches	Firehouse Subs	Hero, Medium	800	64	48	38.0

Sandwiches	Firehouse Subs	Hero, Large	1200	108	68	57.0
Sandwiches	Firehouse Subs	Hook & Ladder, Medium	720	63	36	36.0
Sandwiches	Firehouse Subs	Hook & Ladder, Large	1130	103	62	56.0
Sandwiches	Firehouse Subs	Italian, Medium	940	65	39	58.0
Sandwiches	Firehouse Subs	Italian, Large	1450	118	69	81.0
Sandwiches	Firehouse Subs	Meatball, Medium *contains Gluten	830	59	37	51.0
Sandwiches	Firehouse Subs	Meatball, Large	1310	97	58	80.0
Sandwiches	Firehouse Subs	Smokehouse Beef & Cheddar Brisket, Medium	890	59	31	59.0
Sandwiches	Firehouse Subs	Smokehouse Beef & Cheddar Brisket, Large	1500	97	55	102.0
Sandwiches	Firehouse Subs	Steak & Cheese, Medium	830	53	38	51.0
Sandwiches	Firehouse Subs	Steak & Cheese, Large	1380	91	69	83.0
Sandwiches	Firehouse Subs	New York Steamer, Medium	720	48	40	40.0
Sandwiches	Firehouse Subs	Turkey Bacon Ranch, Medium	830	61	40	48.0
Sandwiches	Firehouse Subs	Turkey Bacon Ranch, Large	1440	103	80	83.0
Soup	Firehouse Subs	Chili, 10 oz	300	22	18	15.0
Salads	Firehouse Subs	Firehouse Chopped Salad, No Meat	130	11	10	6.0
Sandwiches	Firehouse Subs	New York Steamer, Large	1180	82	74	64.0
Salads	Firehouse Subs	Italian Chopped Salad w/ Grilled Chicken Salad	410	14	39	22.0
Sandwiches	Firehouse Subs	Grilled Cheese, Kids	440	32	12	27.0
Sandwiches	Firehouse Subs	Roast Beef, Kids	250	22	20	7.0
Sandwiches	Firehouse Subs	Meatball, Kids	360	27	16	21.0
Beverages	Firehouse Subs	Diet Barq's Root Beer	0	0	0	0.0
Beverages	Firehouse Subs	Diet Coke w/ Cherry	0	0	0	0.0
Beverages	Firehouse Subs	Diet Coke w/ Lime	0	0	0	0.0
Beverages	Firehouse Subs	Diet Coke w/ Orange	0	0	0	0.0
Beverages	Firehouse Subs	Diet Coke w/ Raspberry	0	0	0	0.0
Beverages	Firehouse Subs	Diet Coke w/ Vanilla	0	0	0	0.0
Beverages	Firehouse Subs	Pibb Xtra	150	39	0	0.0
Beverages	Firehouse Subs	Pibb Zero	0	0	0	0.0
Beverages	Firehouse Subs	Sprite w/ Cherry	150	39	0	0.0
Beverages	Firehouse Subs	Sprite w/ Grape	150	39	0	0.0
Beverages	Firehouse Subs	Sprite w/ Peach	150	39	0	0.0
Beverages	Firehouse Subs	Sprite w/ Raspberry	150	39	0	0.0
Beverages	Firehouse Subs	Sprite w/ Strawberry	150	39	0	0.0
Salads	Firehouse Subs	Firehouse Chopped Salad w/ Grilled Chicken	380	14	57	10.0

Salads	Firehouse Subs	Firehouse Chopped Salad w/ Ham	310	27	31	10.0
Salads	Firehouse Subs	Firehouse Chopped Salad w/ Turkey	220	15	29	7.0
Toppings & Ingredients	Firehouse Subs	Balsamic Dressing	110	7	0	9.0
Toppings & Ingredients	Firehouse Subs	Light Italian Dressing	90	2	0	9.0
Toppings & Ingredients	Firehouse Subs	Peppercom Ranch	190	4	2	17.0
Appetizers & Sides	Firehouse Subs	Crunchy Cheetos	310	26	3	21.0
Appetizers & Sides	Firehouse Subs	Doritos Cool Ranch	260	31	3	13.0
Appetizers & Sides	Firehouse Subs	Doritos Nacho Cheese	240	28	3	14.0
Appetizers & Sides	Firehouse Subs	Fritos	320	32	3	20.0
Appetizers & Sides	Firehouse Subs	Funyuns	160	20	2	8.0
Toppings & Ingredients	Firehouse Subs	Honey Mustard Dressing	300	15	2	28.0
Appetizers & Sides	Firehouse Subs	Lay's Kettle Cooked 40% Less Fat Jalapeno Cheddar	190	26	3	8.0
Appetizers & Sides	Firehouse Subs	Lay's Kettle Cooked 40% Less Fat Original	190	27	3	8.0
Appetizers & Sides	Firehouse Subs	Lay's Original	240	23	3	16.0
Appetizers & Sides	Firehouse Subs	Lay's Sour Cream & Onion	240	23	3	15.0
Appetizers & Sides	Firehouse Subs	Miss Vickie's Hand Picked Jalapeno	210	22	3	12.0
Appetizers & Sides	Firehouse Subs	Miss Vickie's Sea Salt & Vinegar	210	23	2	12.0
Appetizers & Sides	Firehouse Subs	Miss Vickie's Simply Sea Salt Original	210	22	3	13.0
Appetizers & Sides	Firehouse Subs	Miss Vickie's Smokehouse BBQ	210	23	3	12.0
Appetizers & Sides	Firehouse Subs	Oven Baked Lay's BBQ	140	24	2	3.5
Appetizers & Sides	Firehouse Subs	Oven Baked Lay's Regular	130	26	2	2.0
Appetizers & Sides	Firehouse Subs	Oven Baked Ruffles Cheddar & Sour Cream	130	24	2	4.0
Desserts	Firehouse Subs	Rice Krispies Treat	45	9	0	1.0
Appetizers & Sides	Firehouse Subs	Sunchips Harvest Cheddar	210	29	3	10.0
Beverages	Firehouse Subs	Dasani w/ Cherry	0	0	0	0.0
Beverages	Firehouse Subs	Dasani w/ Grape	0	0	0	0.0
Beverages	Firehouse Subs	Dasani w/ Lemon	0	0	0	0.0
Beverages	Firehouse Subs	Dasani w/ Lime	0	0	0	0.0
Beverages	Firehouse Subs	Dasani w/ Orange	0	0	0	0.0
Beverages	Firehouse Subs	Dasani w/ Peach	0	0	0	0.0
Beverages	Firehouse Subs	Dasani w/ Raspberry	0	0	0	0.0
Beverages	Firehouse Subs	Dasani w/ Strawberry	0	0	0	0.0
Beverages	Firehouse Subs	Sweet Tea	160	40	0	0.0
Beverages	Firehouse Subs	Caffeine Free Diet Coke w/ Cherry	0	0	0	0.0
Beverages	Firehouse Subs	Coke Zero	0	0	0	0.0



Beverages	Firehouse Subs	Barq's Root Beer w/ Vanilla	300	82	0	0.0
Beverages	Firehouse Subs	Barq's Root Beer w/ Vanilla	440	120	0	0.0
Beverages	Firehouse Subs	Barq's Root Beer w/ Vanilla	610	165	0	0.0
Beverages	Firehouse Subs	Barq's Root Beer	300	82	0	0.0
Beverages	Firehouse Subs	Barq's Root Beer	440	120	0	0.0
Beverages	Firehouse Subs	Barq's Root Beer	610	165	0	0.0
Beverages	Firehouse Subs	Caffeine Free Diet Coke w/ Cherry Vanilla	0	0	0	0.0
Beverages	Firehouse Subs	Caffeine Free Diet Coke w/ Cherry Vanilla	5	0	0	0.0
Beverages	Firehouse Subs	Caffeine Free Diet Coke w/ Cherry Vanilla	10	0	0	0.0
Beverages	Firehouse Subs	Caffeine Free Diet Coke w/ Cherry	5	0	0	0.0
Beverages	Firehouse Subs	Caffeine Free Diet Coke w/ Cherry	10	0	0	0.0
Beverages	Firehouse Subs	Caffeine Free Diet Coke w/ Lemon	0	0	0	0.0
Beverages	Firehouse Subs	Caffeine Free Diet Coke w/ Lemon	0	0	0	0.0
Beverages	Firehouse Subs	Caffeine Free Diet Coke w/ Lemon	0	0	0	0.0
Beverages	Firehouse Subs	Caffeine Free Diet Coke w/ Lime	10	0	0	0.0
Beverages	Firehouse Subs	Caffeine Free Diet Coke w/ Lime	10	0	0	0.0
Beverages	Firehouse Subs	Caffeine Free Diet Coke w/ Orange	0	0	0	0.0
Beverages	Firehouse Subs	Caffeine Free Diet Coke w/ Raspberry	5	0	0	0.0
Beverages	Firehouse Subs	Caffeine Free Diet Coke w/ Vanilla	5	0	0	0.0
Beverages	Firehouse Subs	Caffeine Free Diet Coke w/ Vanilla	10	0	0	0.0
Beverages	Firehouse Subs	Caffeine Free Diet Coke	0	0	0	0.0
Beverages	Firehouse Subs	Caffeine Free Diet Coke	0	0	0	0.0
Beverages	Firehouse Subs	Coca-cola	270	73	0	0.0
Beverages	Firehouse Subs	Coca-cola	390	106	0	0.0
Beverages	Firehouse Subs	Coca-cola	540	146	0	0.0
Beverages	Firehouse Subs	Coke w/ Cherry Vanilla	160	42	0	0.0
Beverages	Firehouse Subs	Coke w/ Cherry Vanilla	280	77	0	0.0
Beverages	Firehouse Subs	Coke w/ Cherry Vanilla	410	112	0	0.0
Beverages	Firehouse Subs	Coke w/ Cherry Vanilla	570	153	0	0.0
Beverages	Firehouse Subs	Coke w/ Cherry	290	77	0	0.0
Beverages	Firehouse Subs	Coke w/ Cherry	420	112	0	0.0
Beverages	Firehouse Subs	Coke w/ Cherry	570	153	0	0.0
Beverages	Firehouse Subs	Coke w/ Lemon	150	42	0	0.0
Beverages	Firehouse Subs	Coke w/ Lemon	280	77	0	0.0
Beverages	Firehouse Subs	Coke w/ Lemon	410	112	0	0.0

Beverages	Firehouse Subs	Coke w/ Lemon	560	154	0	0.0
Beverages	Firehouse Subs	Coke w/ Lime	290	77	0	0.0
Beverages	Firehouse Subs	Coke w/ Lime	420	112	0	0.0
Beverages	Firehouse Subs	Coke w/ Lime	580	153	0	0.0
Beverages	Firehouse Subs	Coke w/ Orange	280	77	0	0.0
Beverages	Firehouse Subs	Coke w/ Orange	410	112	0	0.0
Beverages	Firehouse Subs	Coke w/ Orange	560	154	0	0.0
Beverages	Firehouse Subs	Coke w/ Raspberry	280	77	0	0.0
Beverages	Firehouse Subs	Coke w/ Raspberry	410	112	0	0.0
Beverages	Firehouse Subs	Coke w/ Raspberry	570	153	0	0.0
Beverages	Firehouse Subs	Coke w/ Vanilla	290	77	0	0.0
Beverages	Firehouse Subs	Coke w/ Vanilla	420	112	0	0.0
Beverages	Firehouse Subs	Coke w/ Vanilla	570	153	0	0.0
Beverages	Firehouse Subs	Coke Zero w/ Cherry Vanilla	0	0	0	0.0
Beverages	Firehouse Subs	Coke Zero w/ Cherry Vanilla	5	0	0	0.0
Beverages	Firehouse Subs	Coke Zero w/ Cherry Vanilla	10	0	0	0.0
Beverages	Firehouse Subs	Coke Zero w/ Cherry Vanilla	10	0	0	0.0
Beverages	Firehouse Subs	Coke Zero w/ Cherry	5	0	0	0.0
Beverages	Firehouse Subs	Coke Zero w/ Cherry	10	0	0	0.0
Beverages	Firehouse Subs	Coke Zero w/ Cherry	10	0	0	0.0
Beverages	Firehouse Subs	Coke Zero w/ Lemon	0	0	0	0.0
Beverages	Firehouse Subs	Coke Zero w/ Lemon	0	0	0	0.0
Beverages	Firehouse Subs	Coke Zero w/ Lemon	0	0	0	0.0
Beverages	Firehouse Subs	Coke Zero w/ Lime	0	0	0	0.0
Beverages	Firehouse Subs	Coke Zero w/ Lime	10	0	0	0.0
Beverages	Firehouse Subs	Coke Zero w/ Lime	10	0	0	0.0
Beverages	Firehouse Subs	Coke Zero w/ Lime	15	0	0	0.0
Beverages	Firehouse Subs	Coke Zero w/ Orange	0	0	0	0.0
Beverages	Firehouse Subs	Coke Zero w/ Orange	0	0	0	0.0
Beverages	Firehouse Subs	Coke Zero w/ Orange	0	0	0	0.0
Beverages	Firehouse Subs	Coke Zero w/ Raspberry	0	0	0	0.0
Beverages	Firehouse Subs	Coke Zero w/ Raspberry	0	0	0	0.0
Beverages	Firehouse Subs	Coke Zero w/ Raspberry	5	0	0	0.0
Beverages	Firehouse Subs	Coke Zero w/ Raspberry	10	0	0	0.0
Beverages	Firehouse Subs	Coke Zero w/ Vanilla	5	0	0	0.0

Beverages	Firehouse Subs	Coke Zero w/ Vanilla	10	0	0	0.0
Beverages	Firehouse Subs	Coke Zero w/ Vanilla	15	0	0	0.0
Beverages	Firehouse Subs	Coke Zero	0	0	0	0.0
Beverages	Firehouse Subs	Coke Zero	0	0	0	0.0
Beverages	Firehouse Subs	Coke Zero	0	0	0	0.0
Beverages	Firehouse Subs	Dasani Sparkling Lemon Lime Seltzer Water	0	0	0	0.0
Beverages	Firehouse Subs	Dasani Sparkling Lemon Lime Seltzer Water	5	0	0	0.0
Beverages	Firehouse Subs	Dasani Sparkling Lemon Lime Seltzer Water	10	0	0	0.0
Beverages	Firehouse Subs	Dasani Sparkling Lemon Lime Seltzer Water	15	0	0	0.0
Beverages	Firehouse Subs	Dasani Sparkling Seltzer Water	0	0	0	0.0
Beverages	Firehouse Subs	Dasani Sparkling Seltzer Water	0	0	0	0.0
Beverages	Firehouse Subs	Dasani Sparkling Seltzer Water	0	0	0	0.0
Beverages	Firehouse Subs	Dasani Sparkling Seltzer Water	0	0	0	0.0
Beverages	Firehouse Subs	Dasani w/ Cherry	5	1	0	0.0
Beverages	Firehouse Subs	Dasani w/ Cherry	10	2	0	0.0
Beverages	Firehouse Subs	Dasani w/ Grape	5	1	0	0.0
Beverages	Firehouse Subs	Dasani w/ Grape	10	2	0	0.0
Beverages	Firehouse Subs	Dasani w/ Lemon	0	1	0	0.0
Beverages	Firehouse Subs	Dasani w/ Lemon	0	2	0	0.0
Beverages	Firehouse Subs	Dasani w/ Lime	5	1	0	0.0
Beverages	Firehouse Subs	Dasani w/ Lime	10	2	0	0.0
Beverages	Firehouse Subs	Dasani w/ Orange	0	1	0	0.0
Beverages	Firehouse Subs	Dasani w/ Orange	0	2	0	0.0
Beverages	Firehouse Subs	Dasani w/ Peach	10	1	0	0.0
Beverages	Firehouse Subs	Dasani w/ Peach	10	2	0	0.0
Beverages	Firehouse Subs	Dasani w/ Raspberry	5	1	0	0.0
Beverages	Firehouse Subs	Dasani w/ Raspberry	10	2	0	0.0
Beverages	Firehouse Subs	Dasani w/ Strawberry	5	1	0	0.0
Beverages	Firehouse Subs	Dasani w/ Strawberry	10	2	0	0.0
Beverages	Firehouse Subs	Diet Barq's Root Beer w/ Vanilla	0	0	0	0.0
Beverages	Firehouse Subs	Diet Barq's Root Beer w/ Vanilla	0	0	0	0.0
Beverages	Firehouse Subs	Diet Barq's Root Beer	0	0	0	0.0
Beverages	Firehouse Subs	Diet Coke w/ Cherry Vanilla	0	0	0	0.0
Beverages	Firehouse Subs	Diet Coke w/ Cherry Vanilla	5	0	0	0.0
Beverages	Firehouse Subs	Diet Coke w/ Cherry Vanilla	10	0	0	0.0

Beverages	Firehouse Subs	Diet Coke w/ Cherry	5	0	0	0.0
Beverages	Firehouse Subs	Diet Coke w/ Cherry	10	0	0	0.0
Beverages	Firehouse Subs	Diet Coke w/ Lemon	0	0	0	0.0
Beverages	Firehouse Subs	Diet Coke w/ Lemon	0	0	0	0.0
Beverages	Firehouse Subs	Diet Coke w/ Lemon	0	0	0	0.0
Beverages	Firehouse Subs	Diet Coke w/ Lime	10	0	0	0.0
Beverages	Firehouse Subs	Diet Coke w/ Lime	10	0	0	0.0
Beverages	Firehouse Subs	Diet Coke w/ Orange	0	0	0	0.0
Beverages	Firehouse Subs	Diet Coke w/ Raspberry	5	0	0	0.0
Beverages	Firehouse Subs	Diet Coke w/ Vanilla	5	0	0	0.0
Beverages	Firehouse Subs	Diet Coke w/ Vanilla	10	0	0	0.0
Beverages	Firehouse Subs	Diet Coke	0	0	0	0.0
Beverages	Firehouse Subs	Diet Coke	0	0	0	0.0
Beverages	Firehouse Subs	Diet Seagram's Ginger Ale w/ Cherry	10	1	0	0.0
Beverages	Firehouse Subs	Diet Seagram's Ginger Ale w/ Cherry	15	1	0	0.0
Beverages	Firehouse Subs	Diet Seagram's Ginger Ale w/ Cherry	20	2	0	0.0
Beverages	Firehouse Subs	Diet Seagram's Ginger Ale w/ Lime	15	1	0	0.0
Beverages	Firehouse Subs	Diet Seagram's Ginger Ale w/ Lime	20	1	0	0.0
Beverages	Firehouse Subs	Diet Seagram's Ginger Ale w/ Lime	25	2	0	0.0
Beverages	Firehouse Subs	Diet Seagram's Ginger Ale w/ Orange	10	1	0	0.0
Beverages	Firehouse Subs	Diet Seagram's Ginger Ale w/ Orange	15	2	0	0.0
Beverages	Firehouse Subs	Diet Seagram's Ginger Ale w/ Orange	15	2	0	0.0
Beverages	Firehouse Subs	Diet Seagram's Ginger Ale w/ Raspberry	10	1	0	0.0
Beverages	Firehouse Subs	Diet Seagram's Ginger Ale w/ Raspberry	15	1	0	0.0
Beverages	Firehouse Subs	Diet Seagram's Ginger Ale w/ Raspberry	20	2	0	0.0
Beverages	Firehouse Subs	Diet Seagram's Ginger Ale w/ Vanilla	10	1	0	0.0
Beverages	Firehouse Subs	Diet Seagram's Ginger Ale w/ Vanilla	15	1	0	0.0
Beverages	Firehouse Subs	Diet Seagram's Ginger Ale w/ Vanilla	20	2	0	0.0
Beverages	Firehouse Subs	Diet Seagram's Ginger Ale	10	1	0	0.0
Beverages	Firehouse Subs	Diet Seagram's Ginger Ale	10	1	0	0.0
Beverages	Firehouse Subs	Diet Seagram's Ginger Ale	15	2	0	0.0
Beverages	Firehouse Subs	Fanta Cherry	300	82	0	0.0
Beverages	Firehouse Subs	Fanta Cherry	440	119	0	0.0
Beverages	Firehouse Subs	Fanta Cherry	610	163	0	0.0
Beverages	Firehouse Subs	Fanta Fruit Punch	310	82	0	0.0

Beverages	Firehouse Subs	Fanta Fruit Punch	450	119	0	0.0
Beverages	Firehouse Subs	Fanta Fruit Punch	620	163	0	0.0
Beverages	Firehouse Subs	Fanta Grape	310	82	0	0.0
Beverages	Firehouse Subs	Fanta Grape	450	119	0	0.0
Beverages	Firehouse Subs	Fanta Grape	610	163	0	0.0
Beverages	Firehouse Subs	Fanta Lime	310	82	0	0.0
Beverages	Firehouse Subs	Fanta Lime	450	119	0	0.0
Beverages	Firehouse Subs	Fanta Lime	610	163	0	0.0
Beverages	Firehouse Subs	Fanta Orange	300	82	0	0.0
Beverages	Firehouse Subs	Fanta Orange	440	119	0	0.0
Beverages	Firehouse Subs	Fanta Orange	600	163	0	0.0
Beverages	Firehouse Subs	Fanta Peach	310	82	0	0.0
Beverages	Firehouse Subs	Fanta Peach	450	119	0	0.0
Beverages	Firehouse Subs	Fanta Peach	610	163	0	0.0
Beverages	Firehouse Subs	Fanta Raspberry	310	82	0	0.0
Beverages	Firehouse Subs	Fanta Raspberry	450	119	0	0.0
Beverages	Firehouse Subs	Fanta Raspberry	610	163	0	0.0
Beverages	Firehouse Subs	Fanta Strawberry	310	82	0	0.0
Beverages	Firehouse Subs	Fanta Strawberry	450	119	0	0.0
Beverages	Firehouse Subs	Fanta Strawberry	620	163	0	0.0
Beverages	Firehouse Subs	Fanta Vanilla (specialty)	170	44	0	0.0
Beverages	Firehouse Subs	Fanta Vanilla (specialty)	300	82	0	0.0
Beverages	Firehouse Subs	Fanta Vanilla (specialty)	440	119	0	0.0
Beverages	Firehouse Subs	Fanta Vanilla (specialty)	610	163	0	0.0
Beverages	Firehouse Subs	Fanta Zero Cherry	10	1	0	0.0
Beverages	Firehouse Subs	Fanta Zero Cherry	10	2	0	0.0
Beverages	Firehouse Subs	Fanta Zero Fruit Punch	20	1	0	0.0
Beverages	Firehouse Subs	Fanta Zero Fruit Punch	25	2	0	0.0
Beverages	Firehouse Subs	Fanta Zero Grape	10	1	0	0.0
Beverages	Firehouse Subs	Fanta Zero Grape	15	2	0	0.0
Beverages	Firehouse Subs	Fanta Zero Lime	15	1	0	0.0
Beverages	Firehouse Subs	Fanta Zero Lime	20	2	0	0.0
Beverages	Firehouse Subs	Fanta Zero Orange	5	1	0	0.0
Beverages	Firehouse Subs	Fanta Zero Orange	5	2	0	0.0
Beverages	Firehouse Subs	Fanta Zero Peach	15	1	0	0.0

Beverages	Firehouse Subs	Fanta Zero Peach	15	2	0	0.0
Beverages	Firehouse Subs	Fanta Zero Raspberry	10	1	0	0.0
Beverages	Firehouse Subs	Fanta Zero Raspberry	15	2	0	0.0
Beverages	Firehouse Subs	Fanta Zero Strawberry	15	1	0	0.0
Beverages	Firehouse Subs	Fanta Zero Strawberry	25	2	0	0.0
Beverages	Firehouse Subs	Cherry Lime-aid Light	220	44	0	0.0
Beverages	Firehouse Subs	Cherry Lime-aid Light	320	64	0	0.0
Beverages	Firehouse Subs	Cherry Lime-aid Light	440	88	0	0.0
Beverages	Firehouse Subs	Cherry Lime-aid	330	88	0	0.0
Beverages	Firehouse Subs	Cherry Lime-aid	480	128	0	0.0
Beverages	Firehouse Subs	Cherry Lime-aid	660	176	0	0.0
Beverages	Firehouse Subs	Fruitwater Fizzy Cherry-lime	5	0	0	0.0
Beverages	Firehouse Subs	Fruitwater Fizzy Cherry-lime	20	1	0	0.0
Beverages	Firehouse Subs	Fruitwater Fizzy Cherry-lime	25	2	0	0.0
Beverages	Firehouse Subs	Fruitwater Fizzy Lemonade	0	1	0	0.0
Beverages	Firehouse Subs	Fruitwater Fizzy Lemonade	5	2	0	0.0
Beverages	Firehouse Subs	Fruitwater Fizzy Lemon-lime	15	1	0	0.0
Beverages	Firehouse Subs	Fruitwater Fizzy Lemon-lime	20	2	0	0.0
Beverages	Firehouse Subs	Fruitwater Fizzy Mixed Berry	10	0	0	0.0
Beverages	Firehouse Subs	Fruitwater Fizzy Mixed Berry	20	1	0	0.0
Beverages	Firehouse Subs	Fruitwater Fizzy Mixed Berry	30	2	0	0.0
Beverages	Firehouse Subs	Fruitwater Fizzy Peach Lemonade	5	1	0	0.0
Beverages	Firehouse Subs	Fruitwater Fizzy Peach Lemonade	10	2	0	0.0
Beverages	Firehouse Subs	Fruitwater Fizzy Strawberry Lemonade	10	1	0	0.0
Beverages	Firehouse Subs	Fruitwater Fizzy Strawberry Lemonade	10	2	0	0.0
Beverages	Firehouse Subs	Fuze Diet Lemon Tea	0	0	0	0.0
Beverages	Firehouse Subs	Fuze Diet Lemon Tea	10	0	0	0.0
Beverages	Firehouse Subs	Fuze Diet Lemon Tea	15	0	0	0.0
Beverages	Firehouse Subs	Fuze Diet Lemon Tea	15	0	0	0.0
Beverages	Firehouse Subs	Fuze Diet Peach Tea	5	0	0	0.0
Beverages	Firehouse Subs	Fuze Diet Peach Tea	10	0	0	0.0
Beverages	Firehouse Subs	Fuze Diet Peach Tea	15	0	0	0.0
Beverages	Firehouse Subs	Fuze Diet Peach Tea	20	0	0	0.0
Beverages	Firehouse Subs	Fuze Diet Raspberry Peach Tea	5	0	0	0.0
Beverages	Firehouse Subs	Fuze Diet Raspberry Peach Tea	10	0	0	0.0

Beverages	Firehouse Subs	Fuze Diet Raspberry Peach Tea	15	0	0	0.0
Beverages	Firehouse Subs	Fuze Diet Raspberry Peach Tea	20	0	0	0.0
Beverages	Firehouse Subs	Fuze Diet Raspberry Tea	0	0	0	0.0
Beverages	Firehouse Subs	Fuze Diet Raspberry Tea	10	0	0	0.0
Beverages	Firehouse Subs	Fuze Diet Raspberry Tea	15	0	0	0.0
Beverages	Firehouse Subs	Fuze Diet Raspberry Tea	15	0	0	0.0
Beverages	Firehouse Subs	Fuze Diet Strawberry Tea	0	0	0	0.0
Beverages	Firehouse Subs	Fuze Diet Strawberry Tea	10	0	0	0.0
Beverages	Firehouse Subs	Fuze Diet Strawberry Tea	15	0	0	0.0
Beverages	Firehouse Subs	Fuze Diet Strawberry Tea	15	0	0	0.0
Beverages	Firehouse Subs	Fuze Diet Tea	0	0	0	0.0
Beverages	Firehouse Subs	Fuze Diet Tea	5	0	0	0.0
Beverages	Firehouse Subs	Fuze Diet Tea	10	0	0	0.0
Beverages	Firehouse Subs	Fuze Diet Tea	10	0	0	0.0
Beverages	Firehouse Subs	Fuze Lemon Tea	130	34	0	0.0
Beverages	Firehouse Subs	Fuze Lemon Tea	230	62	0	0.0
Beverages	Firehouse Subs	Fuze Lemon Tea	340	90	0	0.0
Beverages	Firehouse Subs	Fuze Lemon Tea	460	124	0	0.0
Beverages	Firehouse Subs	Fuze Peach Tea	130	34	0	0.0
Beverages	Firehouse Subs	Fuze Peach Tea	240	62	0	0.0
Beverages	Firehouse Subs	Fuze Peach Tea	340	90	0	0.0
Beverages	Firehouse Subs	Fuze Peach Tea	470	124	0	0.0
Beverages	Firehouse Subs	Fuze Raspberry Peach Tea	130	34	0	0.0
Beverages	Firehouse Subs	Fuze Raspberry Peach Tea	240	62	0	0.0
Beverages	Firehouse Subs	Fuze Raspberry Peach Tea	340	90	0	0.0
Beverages	Firehouse Subs	Fuze Raspberry Tea	130	34	0	0.0
Beverages	Firehouse Subs	Fuze Raspberry Tea	230	62	0	0.0
Beverages	Firehouse Subs	Fuze Raspberry Tea	340	90	0	0.0
Beverages	Firehouse Subs	Fuze Raspberry Tea	470	124	0	0.0
Beverages	Firehouse Subs	Fuze Strawberry Tea	130	34	0	0.0
Beverages	Firehouse Subs	Fuze Strawberry Tea	230	62	0	0.0
Beverages	Firehouse Subs	Fuze Strawberry Tea	340	90	0	0.0
Beverages	Firehouse Subs	Fuze Strawberry Tea	470	124	0	0.0
Beverages	Firehouse Subs	Fuze Sweet Tea	130	34	0	0.0
Beverages	Firehouse Subs	Fuze Sweet Tea	230	62	0	0.0

Beverages	Firehouse Subs	Fuze Sweet Tea	340	90	0	0.0
Beverages	Firehouse Subs	Fuze Sweet Tea	460	124	0	0.0
Beverages	Firehouse Subs	Fuze Unsweetened Tea	0	0	0	0.0
Beverages	Firehouse Subs	Fuze Unsweetened Tea	5	0	0	0.0
Beverages	Firehouse Subs	Fuze Unsweetened Tea	10	0	0	0.0
Beverages	Firehouse Subs	Fuze Unsweetened Tea	10	0	0	0.0
Beverages	Firehouse Subs	Hi-c Lemon	170	45	0	0.0
Beverages	Firehouse Subs	Hi-c Orange Vanilla	170	45	0	0.0
Beverages	Firehouse Subs	Hi-c Raspberry Lime	180	45	0	0.0
Beverages	Firehouse Subs	Hi-c Cherry	320	83	0	0.0
Beverages	Firehouse Subs	Hi-c Cherry	470	121	0	0.0
Beverages	Firehouse Subs	Hi-c Cherry	640	166	0	0.0
Beverages	Firehouse Subs	Hi-c Fruit Punch	330	83	0	0.0
Beverages	Firehouse Subs	Hi-c Fruit Punch	480	121	0	0.0
Beverages	Firehouse Subs	Hi-c Fruit Punch	660	166	0	0.0
Beverages	Firehouse Subs	Hi-c Grape	320	83	0	0.0
Beverages	Firehouse Subs	Hi-c Grape	470	121	0	0.0
Beverages	Firehouse Subs	Hi-c Grape	650	166	0	0.0
Beverages	Firehouse Subs	Hi-c Lemon	320	83	0	0.0
Beverages	Firehouse Subs	Hi-c Lemon	460	121	0	0.0
Beverages	Firehouse Subs	Hi-c Lemon	630	167	0	0.0
Beverages	Firehouse Subs	Hi-c Orange Vanilla	320	83	0	0.0
Beverages	Firehouse Subs	Hi-c Orange Vanilla	470	121	0	0.0
Beverages	Firehouse Subs	Hi-c Orange Vanilla	640	166	0	0.0
Beverages	Firehouse Subs	Hi-c Orange	320	83	0	0.0
Beverages	Firehouse Subs	Hi-c Orange	460	121	0	0.0
Beverages	Firehouse Subs	Hi-c Orange	640	167	0	0.0
Beverages	Firehouse Subs	Hi-c Raspberry Lime	330	83	0	0.0
Beverages	Firehouse Subs	Hi-c Raspberry Lime	480	121	0	0.0
Beverages	Firehouse Subs	Hi-c Raspberry Lime	650	166	0	0.0
Beverages	Firehouse Subs	Hi-c Raspberry	320	83	0	0.0
Beverages	Firehouse Subs	Hi-c Raspberry	470	121	0	0.0
Beverages	Firehouse Subs	Hi-c Raspberry	650	166	0	0.0
Beverages	Firehouse Subs	Hi-c Strawberry	320	83	0	0.0
Beverages	Firehouse Subs	Hi-c Strawberry	470	121	0	0.0



Beverages	Firehouse Subs	Hi-c Strawberry	650	166	0	0.0
Beverages	Firehouse Subs	Mello Yello Cherry	130	34	0	0.0
Beverages	Firehouse Subs	Mello Yello Cherry	230	63	0	0.0
Beverages	Firehouse Subs	Mello Yello Cherry	340	91	0	0.0
Beverages	Firehouse Subs	Mello Yello Cherry	470	126	0	0.0
Beverages	Firehouse Subs	Mello Yello Fruit Punch	130	34	0	0.0
Beverages	Firehouse Subs	Mello Yello Fruit Punch	240	63	0	0.0
Beverages	Firehouse Subs	Mello Yello Fruit Punch	350	91	0	0.0
Beverages	Firehouse Subs	Mello Yello Fruit Punch	480	126	0	0.0
Beverages	Firehouse Subs	Mello Yello Grape	130	34	0	0.0
Beverages	Firehouse Subs	Mello Yello Grape	230	63	0	0.0
Beverages	Firehouse Subs	Mello Yello Grape	340	91	0	0.0
Beverages	Firehouse Subs	Mello Yello Grape	470	126	0	0.0
Beverages	Firehouse Subs	Mello Yello Orange	120	33	0	0.0
Beverages	Firehouse Subs	Mello Yello Orange	230	61	0	0.0
Beverages	Firehouse Subs	Mello Yello Orange	330	89	0	0.0
Beverages	Firehouse Subs	Mello Yello Orange	450	122	0	0.0
Beverages	Firehouse Subs	Mello Yello Peach	130	34	0	0.0
Beverages	Firehouse Subs	Mello Yello Peach	230	63	0	0.0
Beverages	Firehouse Subs	Mello Yello Peach	340	91	0	0.0
Beverages	Firehouse Subs	Mello Yello Peach	470	126	0	0.0
Beverages	Firehouse Subs	Mello Yello Raspberry	130	34	0	0.0
Beverages	Firehouse Subs	Mello Yello Raspberry	230	63	0	0.0
Beverages	Firehouse Subs	Mello Yello Raspberry	340	91	0	0.0
Beverages	Firehouse Subs	Mello Yello Raspberry	470	126	0	0.0
Beverages	Firehouse Subs	Mello Yello w/ Strawberry Peach (specialty)	130	34	0	0.0
Beverages	Firehouse Subs	Mello Yello w/ Strawberry Peach (specialty)	240	62	0	0.0
Beverages	Firehouse Subs	Mello Yello Strawberry	130	34	0	0.0
Beverages	Firehouse Subs	Mello Yello Strawberry	240	63	0	0.0
Beverages	Firehouse Subs	Mello Yello Strawberry	340	91	0	0.0
Beverages	Firehouse Subs	Mello Yello Strawberry	470	126	0	0.0
Beverages	Firehouse Subs	Mello Yello Zero Cherry	10	1	0	0.0
Beverages	Firehouse Subs	Mello Yello Zero Cherry	10	2	0	0.0
Beverages	Firehouse Subs	Mello Yello Zero Fruit Punch	15	1	0	0.0
Beverages	Firehouse Subs	Mello Yello Zero Fruit Punch	20	2	0	0.0

Beverages	Firehouse Subs	Mello Yello Zero Grape	10	1	0	0.0
Beverages	Firehouse Subs	Mello Yello Zero Grape	10	2	0	0.0
Beverages	Firehouse Subs	Mello Yello Zero Orange	0	1	0	0.0
Beverages	Firehouse Subs	Mello Yello Zero Orange	5	1	0	0.0
Beverages	Firehouse Subs	Mello Yello Zero Orange	5	2	0	0.0
Beverages	Firehouse Subs	Mello Yello Zero Peach	10	1	0	0.0
Beverages	Firehouse Subs	Mello Yello Zero Peach	10	2	0	0.0
Beverages	Firehouse Subs	Mello Yello Zero Raspberry	10	1	0	0.0
Beverages	Firehouse Subs	Mello Yello Zero Raspberry	10	2	0	0.0
Beverages	Firehouse Subs	Mello Yello w/ Strawberry Peach (specialty)	470	124	0	0.0
Beverages	Firehouse Subs	Mello Yello Zero Strawberry	10	1	0	0.0
Beverages	Firehouse Subs	Mello Yello Zero Strawberry	10	2	0	0.0
Beverages	Firehouse Subs	Mello Yello Zero	0	1	0	0.0
Beverages	Firehouse Subs	Mello Yello Zero	5	2	0	0.0
Beverages	Firehouse Subs	Mello Yello	130	34	0	0.0
Beverages	Firehouse Subs	Mello Yello	230	63	0	0.0
Beverages	Firehouse Subs	Mello Yello	340	91	0	0.0
Beverages	Firehouse Subs	Mello Yello	470	126	0	0.0
Beverages	Firehouse Subs	Minute Maid Lemonade w/ Lime	160	42	0	0.0
Beverages	Firehouse Subs	Minute Maid Lemonade w/ Lime	300	77	0	0.0
Beverages	Firehouse Subs	Minute Maid Lemonade w/ Lime	440	111	0	0.0
Beverages	Firehouse Subs	Minute Maid Lemonade w/ Lime	600	153	0	0.0
Beverages	Firehouse Subs	Minute Maid Lemonade w/ Orange	290	77	0	0.0
Beverages	Firehouse Subs	Minute Maid Lemonade w/ Orange	430	111	0	0.0
Beverages	Firehouse Subs	Minute Maid Lemonade w/ Orange	590	153	0	0.0
Beverages	Firehouse Subs	Minute Maid Lemonade w/ Peach	160	42	0	0.0
Beverages	Firehouse Subs	Minute Maid Lemonade w/ Peach	300	77	0	0.0
Beverages	Firehouse Subs	Minute Maid Lemonade w/ Peach	430	111	0	0.0
Beverages	Firehouse Subs	Minute Maid Lemonade w/ Peach	600	153	0	0.0
Beverages	Firehouse Subs	Minute Maid Lemonade w/ Raspberry	300	77	0	0.0
Beverages	Firehouse Subs	Minute Maid Lemonade w/ Raspberry	430	111	0	0.0
Beverages	Firehouse Subs	Minute Maid Lemonade w/ Raspberry	600	153	0	0.0
Beverages	Firehouse Subs	Minute Maid Lemonade w/ Strawberry	300	77	0	0.0
Beverages	Firehouse Subs	Minute Maid Lemonade w/ Strawberry	440	111	0	0.0
Beverages	Firehouse Subs	Minute Maid Lemonade w/ Strawberry	600	153	0	0.0

Beverages	Firehouse Subs	Minute Maid Lemonade	290	77	0	0.0
Beverages	Firehouse Subs	Minute Maid Lemonade	430	111	0	0.0
Beverages	Firehouse Subs	Minute Maid Lemonade	590	153	0	0.0
Beverages	Firehouse Subs	Minute Maid Light Lemonade w/ Lime	10	2	0	0.0
Beverages	Firehouse Subs	Minute Maid Light Lemonade w/ Lime	20	3	0	0.0
Beverages	Firehouse Subs	Minute Maid Light Lemonade w/ Lime	25	5	0	0.0
Beverages	Firehouse Subs	Minute Maid Light Lemonade w/ Lime	35	7	0	0.0
Beverages	Firehouse Subs	Minute Maid Light Lemonade w/ Orange	15	4	0	0.0
Beverages	Firehouse Subs	Minute Maid Light Lemonade w/ Orange	20	5	0	0.0
Beverages	Firehouse Subs	Minute Maid Light Lemonade w/ Orange	30	7	0	0.0
Beverages	Firehouse Subs	Minute Maid Light Lemonade w/ Peach	10	2	0	0.0
Beverages	Firehouse Subs	Minute Maid Light Lemonade w/ Peach	20	3	0	0.0
Beverages	Firehouse Subs	Minute Maid Light Lemonade w/ Peach	25	5	0	0.0
Beverages	Firehouse Subs	Minute Maid Light Lemonade w/ Peach	35	7	0	0.0
Beverages	Firehouse Subs	Minute Maid Light Lemonade w/ Raspberry	20	3	0	0.0
Beverages	Firehouse Subs	Minute Maid Light Lemonade w/ Raspberry	25	5	0	0.0
Beverages	Firehouse Subs	Minute Maid Light Lemonade w/ Raspberry	35	7	0	0.0
Beverages	Firehouse Subs	Minute Maid Light Lemonade w/ Strawberry	25	3	0	0.0
Beverages	Firehouse Subs	Minute Maid Light Lemonade w/ Strawberry	35	5	0	0.0
Beverages	Firehouse Subs	Minute Maid Light Lemonade w/ Strawberry	45	7	0	0.0
Beverages	Firehouse Subs	Minute Maid Light Lemonade	15	3	0	0.0
Beverages	Firehouse Subs	Minute Maid Light Lemonade	20	5	0	0.0
Beverages	Firehouse Subs	Minute Maid Light Lemonade	30	7	0	0.0
Beverages	Firehouse Subs	Minute Maid Light Pink Lemonade	10	2	0	0.0
Beverages	Firehouse Subs	Minute Maid Light Pink Lemonade	15	3	0	0.0
Beverages	Firehouse Subs	Minute Maid Light Pink Lemonade	25	5	0	0.0
Beverages	Firehouse Subs	Minute Maid Light Pink Lemonade	30	7	0	0.0
Beverages	Firehouse Subs	Minute Maid Pink Lemonade	160	42	0	0.0
Beverages	Firehouse Subs	Minute Maid Pink Lemonade	300	77	0	0.0
Beverages	Firehouse Subs	Minute Maid Pink Lemonade	430	111	0	0.0
Beverages	Firehouse Subs	Minute Maid Pink Lemonade	590	153	0	0.0
Beverages	Firehouse Subs	Pibb Xtra Cherry Vanilla	150	39	0	0.0
Beverages	Firehouse Subs	Pibb Xtra Cherry Vanilla	270	71	0	0.0
Beverages	Firehouse Subs	Pibb Xtra Cherry Vanilla	400	104	0	0.0
Beverages	Firehouse Subs	Pibb Xtra Cherry Vanilla	550	143	0	0.0

Beverages	Firehouse Subs	Pibb Xtra Cherry	150	39	0	0.0
Beverages	Firehouse Subs	Pibb Xtra Cherry	270	71	0	0.0
Beverages	Firehouse Subs	Pibb Xtra Cherry	390	104	0	0.0
Beverages	Firehouse Subs	Pibb Xtra Cherry	540	143	0	0.0
Beverages	Firehouse Subs	Pibb Xtra Raspberry Vanilla	150	39	0	0.0
Beverages	Firehouse Subs	Pibb Xtra Raspberry Vanilla	270	71	0	0.0
Beverages	Firehouse Subs	Pibb Xtra Raspberry Vanilla	400	104	0	0.0
Beverages	Firehouse Subs	Pibb Xtra Raspberry Vanilla	550	143	0	0.0
Beverages	Firehouse Subs	Pibb Xtra Raspberry	150	39	0	0.0
Beverages	Firehouse Subs	Pibb Xtra Raspberry	270	71	0	0.0
Beverages	Firehouse Subs	Pibb Xtra Raspberry	390	104	0	0.0
Beverages	Firehouse Subs	Pibb Xtra Raspberry	540	143	0	0.0
Beverages	Firehouse Subs	Pibb Xtra Vanilla	150	39	0	0.0
Beverages	Firehouse Subs	Pibb Xtra Vanilla	270	71	0	0.0
Beverages	Firehouse Subs	Pibb Xtra Vanilla	400	104	0	0.0
Beverages	Firehouse Subs	Pibb Xtra Vanilla	540	143	0	0.0
Beverages	Firehouse Subs	Pibb Xtra	270	71	0	0.0
Beverages	Firehouse Subs	Pibb Xtra	390	104	0	0.0
Beverages	Firehouse Subs	Pibb Xtra	530	143	0	0.0
Beverages	Firehouse Subs	Pibb Zero Cherry Vanilla	15	0	0	0.0
Beverages	Firehouse Subs	Pibb Zero Cherry Vanilla	20	0	0	0.0
Beverages	Firehouse Subs	Pibb Zero Cherry	10	0	0	0.0
Beverages	Firehouse Subs	Pibb Zero Cherry	15	0	0	0.0
Beverages	Firehouse Subs	Pibb Zero Raspberry Vanilla	15	0	0	0.0
Beverages	Firehouse Subs	Pibb Zero Raspberry Vanilla	20	0	0	0.0
Beverages	Firehouse Subs	Pibb Zero Raspberry	10	0	0	0.0
Beverages	Firehouse Subs	Pibb Zero Raspberry	15	0	0	0.0
Beverages	Firehouse Subs	Pibb Zero Vanilla	10	0	0	0.0
Beverages	Firehouse Subs	Pibb Zero Vanilla	15	0	0	0.0
Beverages	Firehouse Subs	Pibb Zero	5	0	0	0.0
Beverages	Firehouse Subs	Pibb Zero	10	0	0	0.0
Beverages	Firehouse Subs	Powerade Cherry	100	25	0	0.0
Beverages	Firehouse Subs	Powerade Cherry	180	46	0	0.0
Beverages	Firehouse Subs	Powerade Cherry	260	67	0	0.0
Beverages	Firehouse Subs	Powerade Cherry	350	93	0	0.0

Beverages	Firehouse Subs	Powerade Fruit Punch	100	25	0	0.0
Beverages	Firehouse Subs	Powerade Fruit Punch	180	46	0	0.0
Beverages	Firehouse Subs	Powerade Fruit Punch	260	67	0	0.0
Beverages	Firehouse Subs	Powerade Fruit Punch	360	93	0	0.0
Beverages	Firehouse Subs	Powerade Grape	100	25	0	0.0
Beverages	Firehouse Subs	Powerade Grape	180	46	0	0.0
Beverages	Firehouse Subs	Powerade Grape	260	67	0	0.0
Beverages	Firehouse Subs	Powerade Grape	350	93	0	0.0
Beverages	Firehouse Subs	Powerade Lemon	100	25	0	0.0
Beverages	Firehouse Subs	Powerade Lemon	170	46	0	0.0
Beverages	Firehouse Subs	Powerade Lemon	250	67	0	0.0
Beverages	Firehouse Subs	Powerade Lemon	350	93	0	0.0
Beverages	Firehouse Subs	Powerade Lime	100	25	0	0.0
Beverages	Firehouse Subs	Powerade Lime	180	46	0	0.0
Beverages	Firehouse Subs	Powerade Lime	260	67	0	0.0
Beverages	Firehouse Subs	Powerade Lime	350	93	0	0.0
Beverages	Firehouse Subs	Powerade Orange	100	25	0	0.0
Beverages	Firehouse Subs	Powerade Orange	170	46	0	0.0
Beverages	Firehouse Subs	Powerade Orange	250	67	0	0.0
Beverages	Firehouse Subs	Powerade Orange	350	93	0	0.0
Beverages	Firehouse Subs	Powerade Raspberry	100	25	0	0.0
Beverages	Firehouse Subs	Powerade Raspberry	180	46	0	0.0
Beverages	Firehouse Subs	Powerade Raspberry	260	67	0	0.0
Beverages	Firehouse Subs	Powerade Raspberry	350	93	0	0.0
Beverages	Firehouse Subs	Powerade Strawberry	100	25	0	0.0
Beverages	Firehouse Subs	Powerade Strawberry	180	46	0	0.0
Beverages	Firehouse Subs	Powerade Strawberry	260	67	0	0.0
Beverages	Firehouse Subs	Powerade Strawberry	360	93	0	0.0
Beverages	Firehouse Subs	Powerade Zero Cherry	10	2	0	0.0
Beverages	Firehouse Subs	Powerade Zero Cherry	10	2	0	0.0
Beverages	Firehouse Subs	Powerade Zero Cherry	15	3	0	0.0
Beverages	Firehouse Subs	Powerade Zero Fruit Punch	10	2	0	0.0
Beverages	Firehouse Subs	Powerade Zero Fruit Punch	20	2	0	0.0
Beverages	Firehouse Subs	Powerade Zero Fruit Punch	25	3	0	0.0
Beverages	Firehouse Subs	Powerade Zero Grape	5	2	0	0.0

Beverages	Firehouse Subs	Powerade Zero Grape	10	2	0	0.0
Beverages	Firehouse Subs	Powerade Zero Grape	15	3	0	0.0
Beverages	Firehouse Subs	Powerade Zero Lemon	5	2	0	0.0
Beverages	Firehouse Subs	Powerade Zero Lemon	5	3	0	0.0
Beverages	Firehouse Subs	Powerade Zero Lemon	10	3	0	0.0
Beverages	Firehouse Subs	Powerade Zero Lime	10	2	0	0.0
Beverages	Firehouse Subs	Powerade Zero Lime	10	2	0	0.0
Beverages	Firehouse Subs	Powerade Zero Lime	15	3	0	0.0
Beverages	Firehouse Subs	Powerade Zero Orange	5	2	0	0.0
Beverages	Firehouse Subs	Powerade Zero Orange	10	3	0	0.0
Beverages	Firehouse Subs	Powerade Zero Orange	10	3	0	0.0
Beverages	Firehouse Subs	Powerade Zero Raspberry	10	2	0	0.0
Beverages	Firehouse Subs	Powerade Zero Raspberry	10	2	0	0.0
Beverages	Firehouse Subs	Powerade Zero Raspberry	15	3	0	0.0
Beverages	Firehouse Subs	Powerade Zero Strawberry	10	2	0	0.0
Beverages	Firehouse Subs	Powerade Zero Strawberry	10	2	0	0.0
Beverages	Firehouse Subs	Powerade Zero Strawberry	15	3	0	0.0
Beverages	Firehouse Subs	Seagram's Ginger Ale w/ Cherry	100	26	0	0.0
Beverages	Firehouse Subs	Seagram's Ginger Ale w/ Cherry	180	48	0	0.0
Beverages	Firehouse Subs	Seagram's Ginger Ale w/ Cherry	270	69	0	0.0
Beverages	Firehouse Subs	Seagram's Ginger Ale w/ Cherry	370	95	0	0.0
Beverages	Firehouse Subs	Seagram's Ginger Ale w/ Lime	100	26	0	0.0
Beverages	Firehouse Subs	Seagram's Ginger Ale w/ Lime	190	48	0	0.0
Beverages	Firehouse Subs	Seagram's Ginger Ale w/ Lime	270	69	0	0.0
Beverages	Firehouse Subs	Seagram's Ginger Ale w/ Lime	370	95	0	0.0
Beverages	Firehouse Subs	Seagram's Ginger Ale w/ Orange	100	26	0	0.0
Beverages	Firehouse Subs	Seagram's Ginger Ale w/ Orange	180	48	0	0.0
Beverages	Firehouse Subs	Seagram's Ginger Ale w/ Orange	270	69	0	0.0
Beverages	Firehouse Subs	Seagram's Ginger Ale w/ Orange	360	95	0	0.0
Beverages	Firehouse Subs	Seagram's Ginger Ale w/ Raspberry	100	26	0	0.0
Beverages	Firehouse Subs	Seagram's Ginger Ale w/ Raspberry	180	48	0	0.0
Beverages	Firehouse Subs	Seagram's Ginger Ale w/ Raspberry	270	69	0	0.0
Beverages	Firehouse Subs	Seagram's Ginger Ale w/ Raspberry	370	95	0	0.0
Beverages	Firehouse Subs	Seagram's Ginger Ale w/ Vanilla	100	26	0	0.0
Beverages	Firehouse Subs	Seagram's Ginger Ale w/ Vanilla	180	48	0	0.0

Beverages	Firehouse Subs	Seagram's Ginger Ale w/ Vanilla	270	69	0	0.0
Beverages	Firehouse Subs	Seagram's Ginger Ale w/ Vanilla	370	95	0	0.0
Beverages	Firehouse Subs	Seagram's Ginger Ale	100	26	0	0.0
Beverages	Firehouse Subs	Seagram's Ginger Ale	180	48	0	0.0
Beverages	Firehouse Subs	Seagram's Ginger Ale	260	69	0	0.0
Beverages	Firehouse Subs	Seagram's Ginger Ale	360	95	0	0.0
Beverages	Firehouse Subs	Sprite w/ Cherry	270	71	0	0.0
Beverages	Firehouse Subs	Sprite w/ Cherry	390	103	0	0.0
Beverages	Firehouse Subs	Sprite w/ Cherry	540	141	0	0.0
Beverages	Firehouse Subs	Sprite w/ Grape	270	71	0	0.0
Beverages	Firehouse Subs	Sprite w/ Grape	390	103	0	0.0
Beverages	Firehouse Subs	Sprite w/ Grape	540	141	0	0.0
Beverages	Firehouse Subs	Sprite w/ Orange	150	39	0	0.0
Beverages	Firehouse Subs	Sprite w/ Orange	270	71	0	0.0
Beverages	Firehouse Subs	Sprite w/ Orange	390	103	0	0.0
Beverages	Firehouse Subs	Sprite w/ Orange	530	142	0	0.0
Beverages	Firehouse Subs	Sprite w/ Peach Vanilla (specialty)	150	39	0	0.0
Beverages	Firehouse Subs	Sprite w/ Peach Vanilla (specialty)	270	71	0	0.0
Beverages	Firehouse Subs	Sprite w/ Peach Vanilla (specialty)	400	103	0	0.0
Beverages	Firehouse Subs	Sprite w/ Peach Vanilla (specialty)	550	141	0	0.0
Beverages	Firehouse Subs	Sprite w/ Peach	270	71	0	0.0
Beverages	Firehouse Subs	Sprite w/ Peach	390	103	0	0.0
Beverages	Firehouse Subs	Sprite w/ Peach	540	141	0	0.0
Beverages	Firehouse Subs	Sprite w/ Raspberry	270	71	0	0.0
Beverages	Firehouse Subs	Sprite w/ Raspberry	400	103	0	0.0
Beverages	Firehouse Subs	Sprite w/ Raspberry	540	141	0	0.0
Beverages	Firehouse Subs	Sprite w/ Strawberry	270	71	0	0.0
Beverages	Firehouse Subs	Sprite w/ Strawberry	390	103	0	0.0
Beverages	Firehouse Subs	Sprite w/ Strawberry	540	141	0	0.0
Beverages	Firehouse Subs	Sprite w/ Vanilla	150	39	0	0.0
Beverages	Firehouse Subs	Sprite w/ Vanilla	270	71	0	0.0
Beverages	Firehouse Subs	Sprite w/ Vanilla	390	103	0	0.0
Beverages	Firehouse Subs	Sprite w/ Vanilla	540	141	0	0.0
Beverages	Firehouse Subs	Sprite Zero w/ Cherry	20	1	0	0.0
Beverages	Firehouse Subs	Sprite Zero w/ Cherry	25	2	0	0.0

Beverages	Firehouse Subs	Sprite Zero w/ Grape	20	1	0	0.0
Beverages	Firehouse Subs	Sprite Zero w/ Grape	25	2	0	0.0
Beverages	Firehouse Subs	Sprite Zero w/ Orange	5	0	0	0.0
Beverages	Firehouse Subs	Sprite Zero w/ Orange	15	1	0	0.0
Beverages	Firehouse Subs	Sprite Zero w/ Orange	20	2	0	0.0
Beverages	Firehouse Subs	Sprite Zero w/ Peach Vanilla (specialty)	10	0	0	0.0
Beverages	Firehouse Subs	Sprite Zero w/ Peach Vanilla (specialty)	25	1	0	0.0
Beverages	Firehouse Subs	Sprite Zero w/ Peach Vanilla (specialty)	35	2	0	0.0
Beverages	Firehouse Subs	Sprite Zero w/ Peach	20	1	0	0.0
Beverages	Firehouse Subs	Sprite Zero w/ Peach	25	2	0	0.0
Beverages	Firehouse Subs	Sprite Zero w/ Raspberry	25	1	0	0.0
Beverages	Firehouse Subs	Sprite Zero w/ Raspberry	30	2	0	0.0
Beverages	Firehouse Subs	Sprite Zero w/ Strawberry	20	1	0	0.0
Beverages	Firehouse Subs	Sprite Zero w/ Strawberry	25	2	0	0.0
Beverages	Firehouse Subs	Sprite Zero w/ Vanilla	5	0	0	0.0
Beverages	Firehouse Subs	Sprite Zero w/ Vanilla	20	1	0	0.0
Beverages	Firehouse Subs	Sprite Zero w/ Vanilla	25	2	0	0.0
Beverages	Firehouse Subs	Sprite Zero	15	1	0	0.0
Beverages	Firehouse Subs	Sprite Zero	20	2	0	0.0
Beverages	Firehouse Subs	Sprite	270	71	0	0.0
Beverages	Firehouse Subs	Sprite	390	103	0	0.0
Beverages	Firehouse Subs	Sprite	530	141	0	0.0
Beverages	Firehouse Subs	Sweet Tea	290	74	0	0.0
Beverages	Firehouse Subs	Sweet Tea	420	108	0	0.0
Beverages	Firehouse Subs	Sweet Tea	580	148	0	0.0
Beverages	Firehouse Subs	Unsweet Tea	5	1	0	0.0
Beverages	Firehouse Subs	Unsweet Tea	5	1	0	0.0
Beverages	Firehouse Subs	Unsweet Tea	10	2	0	0.0
Beverages	Firehouse Subs	Vitaminwater Lemonade-c	70	20	0	0.0
Beverages	Firehouse Subs	Vitaminwater Lemonade-c	130	36	0	0.0
Beverages	Firehouse Subs	Vitaminwater Lemonade-c	200	52	0	0.0
Beverages	Firehouse Subs	Vitaminwater Lemonade-c	270	72	0	0.0
Beverages	Firehouse Subs	Vitaminwater Orangeade-c	70	19	0	0.0
Beverages	Firehouse Subs	Vitaminwater Orangeade-c	130	35	0	0.0
Beverages	Firehouse Subs	Vitaminwater Orangeade-c	190	51	0	0.0



Beverages	Firehouse Subs	Vitaminwater Orangeade-c	260	70	0	0.0
Beverages	Firehouse Subs	Vitaminwater Pink Squeezed	70	19	0	0.0
Beverages	Firehouse Subs	Vitaminwater Pink Squeezed	130	35	0	0.0
Beverages	Firehouse Subs	Vitaminwater Pink Squeezed	200	51	0	0.0
Beverages	Firehouse Subs	Vitaminwater Pink Squeezed	270	71	0	0.0
Beverages	Firehouse Subs	Vitaminwater Tropical-c	70	19	0	0.0
Beverages	Firehouse Subs	Vitaminwater Tropical-c	130	34	0	0.0
Beverages	Firehouse Subs	Vitaminwater Tropical-c	190	49	0	0.0
Beverages	Firehouse Subs	Vitaminwater Tropical-c	260	68	0	0.0
Sandwiches	Firehouse Subs	Club on a Sub, Small	390	32	20	20.0
Sandwiches	Firehouse Subs	Engineer, Small	350	30	19	18.0
Sandwiches	Firehouse Subs	Hero, Small	400	33	24	19.0
Sandwiches	Firehouse Subs	Hook & Ladder, Small	360	32	18	18.0
Sandwiches	Firehouse Subs	Italian, Small	470	33	20	29.0
Sandwiches	Firehouse Subs	Meatball, Small	460	30	21	29.0
Sandwiches	Firehouse Subs	New York Steamer, Small	360	24	20	20.0
Sandwiches	Firehouse Subs	Smokehouse Beef & Cheddar Brisket, Small	450	30	15	30.0
Sandwiches	Firehouse Subs	Steak & Cheese, Small	410	27	19	25.0
Sandwiches	Firehouse Subs	Sweet & Spicy Meatball, Large	1380	118	59	79.0
Sandwiches	Firehouse Subs	Sweet & Spicy Meatball, Medium	880	76	37	50.0
Sandwiches	Firehouse Subs	Sweet & Spicy Meatball, Small	480	39	21	29.0
Sandwiches	Firehouse Subs	Turkey Bacon Ranch, Small	420	32	20	24.0
Soup	Firehouse Subs	Broccoli & Cheese Soup, 10 oz	340	12	11	28.0
Soup	Firehouse Subs	Chicken Noodle Soup, 10 oz	120	18	8	2.0
Toppings & Ingredients	Firehouse Subs	Oil & Vinegar	250	0	0	28.0
Sandwiches	Firehouse Subs	Cajun Chicken, Large	1170	92	83	55.0
Sandwiches	Firehouse Subs	Cajun Chicken, Medium	710	54	45	35.0
Sandwiches	Firehouse Subs	Cajun Chicken, Small	360	28	23	18.0
Sandwiches	Firehouse Subs	Chicken Gyo Hero, Large	1310	95	83	68.0
Sandwiches	Firehouse Subs	Chicken Gyo Hero, Medium	810	58	45	44.0
Sandwiches	Firehouse Subs	Chicken Gyo Hero, Small	400	29	22	22.0
Sandwiches	Firehouse Subs	Everything Hook & Ladder	820	79	40	36.0
Sandwiches	Firehouse Subs	Jamaican Jerk Turkey, Large	1140	111	62	55.0
Sandwiches	Firehouse Subs	Jamaican Jerk Turkey, Medium	720	68	34	36.0
Sandwiches	Firehouse Subs	Jamaican Jerk Turkey, Small	360	34	17	18.0

Sandwiches	Firehouse Subs	King's Hawaiian Pork & Slaw Sandwich	1120	79	47	71.0
Sandwiches	Firehouse Subs	Spicy Cajun Chicken, Large	1160	90	81	56.0
Sandwiches	Firehouse Subs	Spicy Cajun Chicken, Medium	710	53	43	36.0
Sandwiches	Firehouse Subs	Spicy Cajun Chicken, Small	360	27	22	18.0
Sandwiches	Firehouse Subs	Chicken Breast, Large	1170	93	78	56.0
Sandwiches	Firehouse Subs	Chicken Breast, Medium	720	56	43	36.0
Sandwiches	Firehouse Subs	Chicken Breast, Small	370	29	23	18.0
Sandwiches	Firehouse Subs	Corned Beef, Large	1130	89	68	58.0
Sandwiches	Firehouse Subs	Corned Beef, Medium	740	54	45	39.0
Sandwiches	Firehouse Subs	Corned Beef, Small	370	27	23	19.0
Sandwiches	Firehouse Subs	Ham, Large	1160	114	56	57.0
Sandwiches	Firehouse Subs	Ham, Medium	760	70	37	38.0
Sandwiches	Firehouse Subs	Ham, Small	380	36	19	19.0
Sandwiches	Firehouse Subs	Pastrami, Large	1100	92	59	57.0
Sandwiches	Firehouse Subs	Pastrami, Medium	720	56	39	38.0
Sandwiches	Firehouse Subs	Pastrami, Small	360	28	20	19.0
Sandwiches	Firehouse Subs	Roast Beef, Large	1130	89	62	55.0
Sandwiches	Firehouse Subs	Roast Beef, Medium	740	54	41	37.0
Sandwiches	Firehouse Subs	Roast Beef, Small	370	27	21	18.0
Sandwiches	Firehouse Subs	Turkey, Large	1030	96	55	53.0
Sandwiches	Firehouse Subs	Turkey, Medium	680	58	36	35.0
Sandwiches	Firehouse Subs	Turkey, Small	340	30	18	17.0
Sandwiches	Firehouse Subs	Veggie, Large	1060	96	34	63.0
Sandwiches	Firehouse Subs	Veggie, Medium	720	58	24	45.0
Sandwiches	Firehouse Subs	Veggie, Small	360	30	12	22.0
Sandwiches	Firehouse Subs	Tuna, Large	1540	103	71	97.0
Sandwiches	Firehouse Subs	Tuna, Medium	910	61	39	57.0
Sandwiches	Firehouse Subs	Tuna, Small	460	31	20	28.0
Salads	Firehouse Subs	Chopped Hook & Ladder Salad	260	21	30	8.0
Salads	Firehouse Subs	Firehouse Chopped Side Salad	60	5	5	3.0
Toppings & Ingredients	Firehouse Subs	Banana Peppers	0	0	0	0.0
Toppings & Ingredients	Firehouse Subs	Jalapeno Peppers	0	0	0	0.0
Toppings & Ingredients	Firehouse Subs	Italian Dressing	170	8	0	15.0
Soup	Firehouse Subs	Chicken & Dumpling Soup, 6 oz	120	10	5	7.0
Soup	Firehouse Subs	Chicken & Dumpling Soup, 10 oz	190	17	8	11.0

Soup	Firehouse Subs	Chili, 6 oz	180	13	11	9.0
Soup	Firehouse Subs	Loaded Potato Soup, 6 oz	240	15	5	18.0
Soup	Firehouse Subs	Loaded Potato Soup, 10 oz	380	23	9	29.0
Appetizers & Sides	Firehouse Subs	5-cheese Mac & Cheese	380	33	17	20.0
Appetizers & Sides	Firehouse Subs	Chili	180	13	11	9.0
Desserts	Firehouse Subs	Chocolate Mint Cookie	310	43	4	15.0
Desserts	Firehouse Subs	Oatmeal Raisin Cookie	290	45	4	11.0
Sandwiches	Firehouse Subs	Ham Sub, Kids	260	30	18	8.0
Sandwiches	Firehouse Subs	Turkey Sub, Kids	220	24	17	6.0
Entrees	Firehouse Subs	Boxed Lunch, Chicken	520	56	37	18.0
Entrees	Firehouse Subs	Boxed Lunch, Corned Beef	550	54	35	22.0
Entrees	Firehouse Subs	Boxed Lunch, Ham	560	70	37	17.0
Entrees	Firehouse Subs	Boxed Lunch, Pastrami	510	56	33	18.0
Entrees	Firehouse Subs	Boxed Lunch, Roast Beef	530	54	39	17.0
Entrees	Firehouse Subs	Boxed Lunch, Turkey	490	58	37	15.0
Entrees	Firehouse Subs	Boxed Lunch, Veggie	520	58	25	23.0
Baked Goods	Firehouse Subs	Large Garlic Bread	670	72	13	36.0
Toppings & Ingredients	Firehouse Subs	Large Wheat Sub Roll	390	73	14	4.5
Toppings & Ingredients	Firehouse Subs	Large White Sub Roll	380	73	13	5.0
Toppings & Ingredients	Firehouse Subs	Cheddar Cheese	170	2	11	14.0
Toppings & Ingredients	Firehouse Subs	Feta Cheese	110	0	8	8.0
Toppings & Ingredients	Firehouse Subs	Monterey Jack Cheese	150	0	11	12.0
Toppings & Ingredients	Firehouse Subs	Pepper Jack Cheese	150	0	9	14.0
Toppings & Ingredients	Firehouse Subs	Provolone Cheese	150	2	11	12.0
Toppings & Ingredients	Firehouse Subs	Swiss Cheese	150	2	12	12.0
Toppings & Ingredients	Firehouse Subs	Chicken Breast	260	10	46	4.0
Toppings & Ingredients	Firehouse Subs	Meatballs	720	13	32	61.0
Toppings & Ingredients	Firehouse Subs	Oven Roasted Chicken	320	5	59	6.0
Toppings & Ingredients	Firehouse Subs	Pepperoni	100	0	5	9.0
Toppings & Ingredients	Firehouse Subs	Pulled Pork	210	0	16	16.0
Toppings & Ingredients	Firehouse Subs	Sauteed Usda Choice Steak	530	8	45	32.0
Toppings & Ingredients	Firehouse Subs	Smoked Honey Ham	270	24	30	6.0
Toppings & Ingredients	Firehouse Subs	Smoked Turkey Breast Roast	150	6	29	2.0
Toppings & Ingredients	Firehouse Subs	Tuna Salad	660	13	45	46.0
Toppings & Ingredients	Firehouse Subs	Usda Choice Beef Brisket	430	0	24	37.0

Toppings & Ingredients	Firehouse Subs	Usda Choice Corned Beef Brisket	240	0	42	8.0
Toppings & Ingredients	Firehouse Subs	Usda Choice Pastrami	210	3	33	6.0
Toppings & Ingredients	Firehouse Subs	Usda Choice Roast Beef	240	0	36	4.5
Toppings & Ingredients	Firehouse Subs	Au Jus Bell Peppers	0	1	0	0.0
Toppings & Ingredients	Firehouse Subs	Au Jus Mushrooms	10	2	1	0.0
Toppings & Ingredients	Firehouse Subs	Au Jus Onions	5	2	0	0.0
Toppings & Ingredients	Firehouse Subs	Avocado	160	9	2	15.0
Toppings & Ingredients	Firehouse Subs	Black Olives	50	1	0	5.0
Toppings & Ingredients	Firehouse Subs	Cherry Pepper Rings	10	2	0	0.0
Toppings & Ingredients	Firehouse Subs	Chopped Green Peppers	5	1	0	0.0
Toppings & Ingredients	Firehouse Subs	Chopped Pickle Spear	15	3	0	0.0
Toppings & Ingredients	Firehouse Subs	Iceberg Lettuce	15	2	1	0.0
Toppings & Ingredients	Firehouse Subs	Sliced Pepperoncini	15	3	0	0.0
Toppings & Ingredients	Firehouse Subs	Balsamic Dressing	50	3	0	4.0
Toppings & Ingredients	Firehouse Subs	Cajun Mayo	290	5	0	32.0
Toppings & Ingredients	Firehouse Subs	Cajun Seasoning	10	2	0	0.0
Toppings & Ingredients	Firehouse Subs	Captain Sorensen's Datil Pepper Hot Sauce	40	11	0	0.0
Toppings & Ingredients	Firehouse Subs	Cream Cheese	110	2	0	10.0
Toppings & Ingredients	Firehouse Subs	Garlic Blend	310	3	0	32.0
Toppings & Ingredients	Firehouse Subs	Italian Salad Dressing	45	2	0	4.0
Toppings & Ingredients	Firehouse Subs	Jerk Mustard	80	18	0	0.0
Toppings & Ingredients	Firehouse Subs	Light Mayonnaise	110	2	0	11.0
Toppings & Ingredients	Firehouse Subs	Marinara Sauce	40	9	2	0.5
Toppings & Ingredients	Firehouse Subs	Mayonnaise	300	3	0	33.0
Toppings & Ingredients	Firehouse Subs	Peppercorn Ranch Dressing	140	3	1	13.0
Toppings & Ingredients	Firehouse Subs	Spicy Mustard	0	0	0	0.0
Toppings & Ingredients	Firehouse Subs	Sriracha Sauce	30	6	0	0.0
Toppings & Ingredients	Firehouse Subs	Sweet Baby Ray's BBQ Sauce	80	20	0	0.0
Toppings & Ingredients	Firehouse Subs	Sweet Mustard	50	12	0	0.0
Toppings & Ingredients	Firehouse Subs	Zesty Pepperoncini Tzatziki Spread	470	10	0	49.0
Toppings & Ingredients	Firehouse Subs	Banana Peppers	0	0	0	0.0
Toppings & Ingredients	Firehouse Subs	Black Olives Add-on	50	1	0	5.0
Toppings & Ingredients	Firehouse Subs	Jalapeno Peppers	0	0	0	0.0
Toppings & Ingredients	Firehouse Subs	Oil & Vinegar Dressing	60	0	0	7.0
Baked Goods	Firehouse Subs	Everything Hoagie Roll	400	62	12	10.0

Baked Goods	Firehouse Subs	Gluten Free Ciabatta Roll	190	40	3	2.5
Toppings & Ingredients	Firehouse Subs	King's Hawaiian Sandwich Roll	380	59	19	9.0
Baked Goods	Firehouse Subs	Medium Garlic Bread	440	48	8	23.0
Toppings & Ingredients	Firehouse Subs	Medium Wheat Sub Roll	240	45	9	3.0
Toppings & Ingredients	Firehouse Subs	Medium White Sub Roll	240	43	8	3.0
Toppings & Ingredients	Firehouse Subs	Cheddar Cheese	110	1	7	9.0
Toppings & Ingredients	Firehouse Subs	Feta Cheese	70	0	5	5.0
Toppings & Ingredients	Firehouse Subs	Monterey Jack Cheese	100	0	7	8.0
Toppings & Ingredients	Firehouse Subs	Pepper Jack Cheese	100	0	6	9.0
Toppings & Ingredients	Firehouse Subs	Provolone Cheese	100	1	7	8.0
Toppings & Ingredients	Firehouse Subs	Swiss Cheese	100	1	8	8.0
Toppings & Ingredients	Firehouse Subs	Chicken Breast	130	5	23	2.0
Toppings & Ingredients	Firehouse Subs	Meatballs	450	8	20	38.0
Toppings & Ingredients	Firehouse Subs	Oven Roasted Chicken	160	2	30	3.0
Toppings & Ingredients	Firehouse Subs	Pepper Bacon	50	0	4	4.0
Toppings & Ingredients	Firehouse Subs	Pulled Pork	280	0	21	21.0
Toppings & Ingredients	Firehouse Subs	Sauteed Usda Choice Steak	260	4	22	16.0
Toppings & Ingredients	Firehouse Subs	Smoked Honey Ham	180	16	20	4.0
Toppings & Ingredients	Firehouse Subs	Smoked Turkey Breast Roast	100	4	19	1.5
Toppings & Ingredients	Firehouse Subs	Tuna Salad	330	7	23	23.0
Toppings & Ingredients	Firehouse Subs	Usda Choice Beef Brisket	280	0	16	25.0
Toppings & Ingredients	Firehouse Subs	Usda Choice Corned Beef Brisket	160	0	28	5.0
Toppings & Ingredients	Firehouse Subs	Usda Choice Pastrami	140	2	22	4.0
Toppings & Ingredients	Firehouse Subs	Usda Choice Roast Beef	160	0	24	3.0
Toppings & Ingredients	Firehouse Subs	Au Jus Onions	5	1	0	0.0
Toppings & Ingredients	Firehouse Subs	Avocado	80	4	1	7.0
Toppings & Ingredients	Firehouse Subs	Cherry Pepper Rings	5	1	0	0.0
Toppings & Ingredients	Firehouse Subs	Chopped Pickle Spear	5	1	0	0.0
Toppings & Ingredients	Firehouse Subs	Onion	10	2	0	0.0
Toppings & Ingredients	Firehouse Subs	Sliced Pepperoncini	10	2	0	0.0
Toppings & Ingredients	Firehouse Subs	Balsamic Dressing	30	2	0	2.5
Toppings & Ingredients	Firehouse Subs	Cajun Mayo	190	3	0	21.0
Toppings & Ingredients	Firehouse Subs	Cajun Seasoning	10	2	0	0.0
Toppings & Ingredients	Firehouse Subs	Captain Sorensen's Datil Pepper Hot Sauce	30	8	0	0.0
Toppings & Ingredients	Firehouse Subs	Cream Cheese	70	1	0	7.0

Toppings & Ingredients	Firehouse Subs	Garlic Blend	200	2	0	21.0
Toppings & Ingredients	Firehouse Subs	Italian Salad Dressing	30	1	0	2.5
Toppings & Ingredients	Firehouse Subs	Jerk Mustard	50	12	0	0.0
Toppings & Ingredients	Firehouse Subs	Light Mayonnaise	70	1	0	7.0
Toppings & Ingredients	Firehouse Subs	Marinara Sauce	25	6	1	0.0
Toppings & Ingredients	Firehouse Subs	Mayonnaise	200	2	0	22.0
Toppings & Ingredients	Firehouse Subs	Spicy Mustard	0	0	0	0.0
Toppings & Ingredients	Firehouse Subs	Sriracha Sauce	20	4	0	0.0
Toppings & Ingredients	Firehouse Subs	Sweet Baby Ray's BBQ Sauce	50	13	0	0.0
Toppings & Ingredients	Firehouse Subs	Zesty Pepperoncini Tzatziki Spread	310	7	0	33.0
Toppings & Ingredients	Firehouse Subs	Oil & Vinegar Dressing	40	0	0	4.5
Baked Goods	Firehouse Subs	Medium Garlic Bread	220	24	4	12.0
Toppings & Ingredients	Firehouse Subs	Feta Cheese	35	0	3	2.5
Toppings & Ingredients	Firehouse Subs	Monterey Jack Cheese	50	0	4	4.0
Toppings & Ingredients	Firehouse Subs	Pepper Jack Cheese	50	0	3	4.5
Toppings & Ingredients	Firehouse Subs	Chicken Breast	70	3	12	1.0
Toppings & Ingredients	Firehouse Subs	Meatballs	230	4	10	19.0
Toppings & Ingredients	Firehouse Subs	Oven Roasted Chicken	80	1	15	1.5
Toppings & Ingredients	Firehouse Subs	Pepper Bacon	25	0	2	2.0
Toppings & Ingredients	Firehouse Subs	Pepperoni	50	0	2	4.5
Toppings & Ingredients	Firehouse Subs	Pulled Pork	210	0	16	16.0
Toppings & Ingredients	Firehouse Subs	Salami	60	0	4	5.0
Toppings & Ingredients	Firehouse Subs	Sauteed Usda Choice Steak	130	2	11	8.0
Toppings & Ingredients	Firehouse Subs	Smoked Honey Ham	90	8	10	2.0
Toppings & Ingredients	Firehouse Subs	Smoked Turkey Breast Roast	50	2	10	0.5
Toppings & Ingredients	Firehouse Subs	Tuna Salad	160	3	11	12.0
Toppings & Ingredients	Firehouse Subs	Usda Choice Beef Brisket	140	0	8	12.0
Toppings & Ingredients	Firehouse Subs	Usda Choice Corned Beef Brisket	80	0	14	2.5
Toppings & Ingredients	Firehouse Subs	Usda Choice Pastrami	70	1	11	2.0
Toppings & Ingredients	Firehouse Subs	Usda Choice Roast Beef	80	0	12	1.5
Toppings & Ingredients	Firehouse Subs	Au Jus Bell Peppers	0	0	0	0.0
Toppings & Ingredients	Firehouse Subs	Au Jus Mushrooms	0	0	0	0.0
Toppings & Ingredients	Firehouse Subs	Chopped Pickle Spear	5	1	0	0.0
Toppings & Ingredients	Firehouse Subs	Coleslaw	70	5	0	6.0
Toppings & Ingredients	Firehouse Subs	Cucumber	0	0	0	0.0

Toppings & Ingredients	Firehouse Subs	Onion	0	1	0	0.0
Toppings & Ingredients	Firehouse Subs	Sliced Pepperoncini	5	1	0	0.0
Toppings & Ingredients	Firehouse Subs	Tomato	5	2	0	0.0
Toppings & Ingredients	Firehouse Subs	Balsamic Dressing	15	1	0	1.5
Toppings & Ingredients	Firehouse Subs	Cajun Mayo	100	2	0	11.0
Toppings & Ingredients	Firehouse Subs	Cajun Seasoning	5	1	0	0.0
Toppings & Ingredients	Firehouse Subs	Captain Sorensen's Datil Pepper Hot Sauce	15	4	0	0.0
Toppings & Ingredients	Firehouse Subs	Garlic Blend	100	1	0	11.0
Toppings & Ingredients	Firehouse Subs	Honey Mustard	40	2	0	3.5
Toppings & Ingredients	Firehouse Subs	Italian Seasoning	10	0	0	0.0
Toppings & Ingredients	Firehouse Subs	Jerk Mustard	25	6	0	0.0
Toppings & Ingredients	Firehouse Subs	Mayonnaise	100	1	0	11.0
Toppings & Ingredients	Firehouse Subs	Spicy Mustard	0	0	0	0.0
Toppings & Ingredients	Firehouse Subs	Sriracha Sauce	10	2	0	0.0
Toppings & Ingredients	Firehouse Subs	Sweet Baby Ray's BBQ Sauce	25	7	0	0.0
Toppings & Ingredients	Firehouse Subs	Sweet Mustard	50	12	0	0.0
Toppings & Ingredients	Firehouse Subs	Zesty Pepperoncini Tzatziki Spread	160	3	0	16.0
Toppings & Ingredients	Firehouse Subs	Oil & Vinegar Dressing	20	0	0	2.0
Beverages	Firehouse Subs	Cherry Lime-aid	180	48	0	0.0
Beverages	Firehouse Subs	Cherry Lime-aid Light	120	24	0	0.0
Beverages	Firehouse Subs	Cherry Lime-aid Light Sparkling	120	24	0	0.0
Beverages	Firehouse Subs	Cherry Lime-aid Sparkling	180	48	0	0.0
Beverages	Firehouse Subs	Cherry Lime-aid Zero Sugar	0	0	0	0.0
Beverages	Firehouse Subs	Cherry Lime-aid Zero Sugar Sparkling	0	0	0	0.0
Beverages	Firehouse Subs	Diet Fanta Vanilla (specialty)	0	0	0	0.0
Beverages	Firehouse Subs	Pibb Zero Cherry	0	0	0	0.0
Beverages	Firehouse Subs	Pibb Zero Cherry Vanilla	5	0	0	0.0
Beverages	Firehouse Subs	Pibb Zero Raspberry	5	0	0	0.0
Beverages	Firehouse Subs	Pibb Zero Raspberry Vanilla	10	0	0	0.0
Beverages	Firehouse Subs	Pibb Zero Vanilla	5	0	0	0.0
Beverages	Firehouse Subs	Cherry Lime-aid Light Sparkling	220	44	0	0.0
Beverages	Firehouse Subs	Cherry Lime-aid Sparkling	330	88	0	0.0
Beverages	Firehouse Subs	Cherry Lime-aid Zero Sugar	5	0	0	0.0
Beverages	Firehouse Subs	Cherry Lime-aid Zero Sugar Sparkling	5	0	0	0.0
Beverages	Firehouse Subs	Diet Fanta Vanilla (specialty)	5	0	0	0.0

Beverages	Firehouse Subs	Cherry Lime-aid Light Sparkling	320	64	0	0.0
Beverages	Firehouse Subs	Cherry Lime-aid Sparkling	480	128	0	0.0
Beverages	Firehouse Subs	Cherry Lime-aid Zero Sugar	10	0	0	0.0
Beverages	Firehouse Subs	Cherry Lime-aid Zero Sugar Sparkling	10	0	0	0.0
Beverages	Firehouse Subs	Diet Fanta Vanilla (specialty)	10	0	0	0.0
Beverages	Firehouse Subs	Diet Mello Yello w/ Strawberry Peach (specialty)	15	1	0	0.0
Beverages	Firehouse Subs	Mello Yello w/ Strawberry Peach (specialty)	340	90	0	0.0
Beverages	Firehouse Subs	Cherry Lime-aid Light Sparkling	440	88	0	0.0
Beverages	Firehouse Subs	Cherry Lime-aid Sparkling	660	176	0	0.0
Beverages	Firehouse Subs	Diet Fanta Vanilla (specialty)	10	0	0	0.0
Beverages	Firehouse Subs	Diet Mello Yello w/ Strawberry Peach (specialty)	20	2	0	0.0
Beverages	Firehouse Subs	1% Chocolate Milk	150	26	7	2.5
Beverages	Firehouse Subs	1% Milk	90	10	7	2.0
Beverages	Firehouse Subs	Apple Juice	100	24	0	0.0
Toppings & Ingredients	Firehouse Subs	Medium White Sub Roll	120	22	4	1.5
Toppings & Ingredients	Firehouse Subs	Medium Wheat Sub Roll	120	23	5	1.5
Fried Potatoes	Five Guys	Fries, Regular	950	131	15	41.0
Fried Potatoes	Five Guys	Fries, Large	1310	181	20	57.0
Toppings & Ingredients	Five Guys	Toppings, A.1. Original Steak Sauce	15	3	0	0.0
Toppings & Ingredients	Five Guys	Toppings, Hot Sauce	0	0	0	0.0
Toppings & Ingredients	Five Guys	Meat, Bacon	80	0	4	7.0
Toppings & Ingredients	Five Guys	Toppings, Grilled Mushrooms	20	1	0	0.0
Toppings & Ingredients	Five Guys	Toppings, Green Peppers	0	1	0	0.0
Toppings & Ingredients	Five Guys	Toppings, Grilled Onions	10	2	0	0.0
Toppings & Ingredients	Five Guys	Toppings, Lettuce	0	1	0	0.0
Toppings & Ingredients	Five Guys	Toppings, Mayonnaise	110	0	0	11.0
Toppings & Ingredients	Five Guys	Toppings, Ketchup	30	5	0	0.0
Toppings & Ingredients	Five Guys	Toppings, Mustard	0	0	0	0.0
Toppings & Ingredients	Five Guys	Toppings, Relish	15	4	0	0.0
Toppings & Ingredients	Five Guys	Toppings, Pickles	0	1	0	0.0
Fried Potatoes	Five Guys	Fries, Little	530	72	8	23.0
Toppings & Ingredients	Five Guys	Meat, Hamburger Patty	300	0	16	17.0
Toppings & Ingredients	Five Guys	Meat, Hot Dog	280	1	11	26.0
Toppings & Ingredients	Five Guys	Bun	240	39	7	9.0
Toppings & Ingredients	Five Guys	Mix-ins, Coffee	10	0	0	0.0



Toppings & Ingredients	Five Guys	Mix-ins, Oreo Creme	360	27	0	28.0
Toppings & Ingredients	Five Guys	Mix-ins, Salted Caramel	170	41	1	1.0
Toppings & Ingredients	Five Guys	Mix-ins, Dark Vanilla Syrup	80	19	0	0.0
Toppings & Ingredients	Five Guys	Mix-ins, Chocolate	160	32	2	4.0
Toppings & Ingredients	Five Guys	Mix-ins, Strawberry	80	0	0	0.0
Toppings & Ingredients	Five Guys	Mix-ins, Oreo Cookie Pieces	260	40	2	10.0
Toppings & Ingredients	Five Guys	Mix-ins, Peanut Butter	340	13	13	29.0
Toppings & Ingredients	Five Guys	Mix-ins, Cherry	160	39	0	0.0
Toppings & Ingredients	Five Guys	Mix-ins, Banana	120	28	0	0.0
Toppings & Ingredients	Five Guys	Mix-ins, Malted Milk	240	40	5	5.0
Toppings & Ingredients	Five Guys	Milkshakes, Whipped Cream	20	1	0	1.5
Beverages	Five Guys	Milkshakes, Five Guys Shake Base	670	84	13	32.0
Toppings & Ingredients	Five Guys	Mix-ins, Bacon	80	0	4	7.0
Baked Goods	Golden Corral	Skillet Cornbread	150	23	3	5.0
Baked Goods	Golden Corral	Texas Toast	190	22	3	10.0
Baked Goods	Golden Corral	Jalapeno Corn Muffins	240	26	5	13.0
Baked Goods	Golden Corral	Buttermilk Biscuit, 1 ea	230	24	4	14.0
Baked Goods	Golden Corral	Hushpuppies	240	30	3	13.0
Soup	Golden Corral	Broccoli and Cheese Soup	190	13	8	12.0
Soup	Golden Corral	Chicken Noodle Soup	80	12	6	1.5
Soup	Golden Corral	Clam Chowder	160	18	8	5.0
Soup	Golden Corral	Vegetable Beef Soup	80	14	4	1.0
Salads	Golden Corral	Broccoli Salad	110	9	2	8.0
Salads	Golden Corral	Caesar Salad	110	8	3	8.0
Salads	Golden Corral	Tomato and Onion Salad	40	5	1	2.0
Sandwiches	Golden Corral	Mini Hot Dog	160	17	5	8.0
Sandwiches	Golden Corral	Chicken Bistro Melt	320	21	18	17.0
Sandwiches	Golden Corral	Mini BBQ Brisket Sandwich	150	18	4	7.0
Sandwiches	Golden Corral	Turkey Bistro Sandwich with Bacon	350	19	23	19.0
Sandwiches	Golden Corral	Ham and Cheese Bistro Melt	310	19	14	18.0
Burgers	Golden Corral	Patty Melt	460	41	20	23.0
Entrees	Golden Corral	Mongolian Beef	290	24	25	11.0
Entrees	Golden Corral	Rotisserie Chicken	310	1	43	15.0
Entrees	Golden Corral	Salmon Lemonata	140	2	8	10.0
Entrees	Golden Corral	Carved Salmon	130	1	15	6.0

Entrees	Golden Corral	Buffalo Shrimp	220	25	10	9.0
Entrees	Golden Corral	Smoked Cajun Sausage	320	0	11	30.0
Entrees	Golden Corral	Cheese Enchiladas	240	10	10	17.0
Entrees	Golden Corral	Chicken Parmesan	240	16	17	11.0
Entrees	Golden Corral	Chicken Pot Pie	150	13	5	8.0
Entrees	Golden Corral	Orange Chicken	360	35	24	14.0
Entrees	Golden Corral	Tamales	120	9	3	8.0
Entrees	Golden Corral	Teriyaki Beef	240	22	19	8.0
Entrees	Golden Corral	Carved Turkey - Dark Meat	180	0	23	9.0
Entrees	Golden Corral	Carved Turkey - White Meat	170	0	24	7.0
Toppings & Ingredients	Golden Corral	Zucchini, Tempura Battered	150	17	1	8.0
Entrees	Golden Corral	Blueberry Pancakes	80	10	2	4.0
Entrees	Golden Corral	Cheese Grits	170	16	7	9.0
Entrees	Golden Corral	Chocolate Chip Pancakes	150	18	2	8.0
Entrees	Golden Corral	Banana Nut French Toast	280	48	6	10.0
Entrees	Golden Corral	French Toast	220	30	8	8.0
Entrees	Golden Corral	Grits	110	19	2	2.5
Entrees	Golden Corral	Mini Bacon and Cheese Quiche	250	15	7	18.0
Entrees	Golden Corral	Pancakes	80	9	2	4.0
Appetizers & Sides	Golden Corral	Scrambled Eggs	180	2	11	14.0
Entrees	Golden Corral	Spinach Quiche	240	14	6	18.0
Entrees	Golden Corral	Waffles	120	22	2	2.5
Entrees	Golden Corral	Spicy Pagoda Chicken	240	21	17	10.0
Appetizers & Sides	Golden Corral	Spinach Artichoke Dip	90	7	3	6.0
Toppings & Ingredients	Golden Corral	Squash, Tempura Battered	150	17	1	8.0
Entrees	Golden Corral	Baby Back Pork Ribs	190	3	15	13.0
Entrees	Golden Corral	Hand-breaded Chicken Tenders	150	8	13	7.0
Entrees	Golden Corral	Clam Strips	140	12	3	9.0
Appetizers & Sides	Golden Corral	Breaded Chicken Wings	280	7	18	19.0
Entrees	Golden Corral	Golden Delicious Shrimp	210	23	9	9.0
Entrees	Golden Corral	Honey Sesame Chicken	350	25	27	16.0
Entrees	Golden Corral	Italian Sausage	200	0	14	15.0
Entrees	Golden Corral	Lo Mein	200	32	4	6.0
Entrees	Golden Corral	Chicken Strips	80	0	17	1.0
Entrees	Golden Corral	Smothered Chopped Steaks	290	4	27	18.0

Entrees	Golden Corral	Southern Style Pork Chops	230	8	13	16.0
Entrees	Golden Corral	Baked Spaghetti	160	9	9	10.0
Entrees	Golden Corral	Spaghetti Noodles	150	24	4	4.5
Entrees	Golden Corral	Shrimp Topped Baked Fish with Lemon Herb Butter Sauce	120	1	8	9.0
Entrees	Golden Corral	Baked Florentine Fish	170	1	14	12.0
Entrees	Golden Corral	Beef Enchiladas	200	11	11	12.0
Entrees	Golden Corral	Beef Quesadillas	130	9	5	9.0
Entrees	Golden Corral	Bone-in Catfish	210	7	14	14.0
Entrees	Golden Corral	BBQ Pork Ribs, Boneless	120	3	10	7.0
Entrees	Golden Corral	Bourbon Street Chicken	170	4	19	9.0
Entrees	Golden Corral	Catfish Fillets	200	10	16	11.0
Entrees	Golden Corral	Machaca Beef	140	2	15	8.0
Entrees	Golden Corral	Chicken Machaca	120	2	15	6.0
Entrees	Golden Corral	Mandarin Orange Pork	360	26	24	18.0
Entrees	Golden Corral	Penne Pasta	200	40	7	2.0
Entrees	Golden Corral	Popcorn Shrimp	130	14	5	6.0
Entrees	Golden Corral	Sweet and Sour Chicken	240	21	17	10.0
Entrees	Golden Corral	Sweet and Sour Pork	220	18	14	11.0
Pizza	Golden Corral	Cheese Pizza	210	26	9	7.0
Pizza	Golden Corral	Pepperoni Pizza	250	26	11	11.0
Pizza	Golden Corral	Breakfast Pizza	400	25	20	24.0
Pizza	Golden Corral	Sausage Pizza	270	26	11	13.0
Fried Potatoes	Golden Corral	Fries, Steakhouse	170	14	1	12.0
Appetizers & Sides	Golden Corral	Rice Pilaf	130	18	2	4.5
Toppings & Ingredients	Golden Corral	Red Grapes	15	4	0	0.0
Toppings & Ingredients	Golden Corral	Sliced Ham	120	4	15	4.0
Appetizers & Sides	Golden Corral	Okra, Fried	110	10	1	7.0
Appetizers & Sides	Golden Corral	Broccoli and Rice Casserole	130	16	4	6.0
Appetizers & Sides	Golden Corral	Mexican Rice	140	18	2	7.0
Appetizers & Sides	Golden Corral	Tortilla Chips	120	12	1	8.0
Appetizers & Sides	Golden Corral	White Rice	120	17	2	4.5
Appetizers & Sides	Golden Corral	Baked Potatoes	160	37	4	0.0
Appetizers & Sides	Golden Corral	Baked Sweet Potatoes	110	26	2	0.0
Appetizers & Sides	Golden Corral	Deviled Eggs	70	1	3	5.0
Toppings & Ingredients	Golden Corral	Fruit Cocktail	70	18	0	0.0

Toppings & Ingredients	Golden Corral	Fresh Grapefruit	60	16	1	0.0
Toppings & Ingredients	Golden Corral	Green Grapes	35	9	0	0.0
Toppings & Ingredients	Golden Corral	Kiwi	50	13	1	0.0
Entrees	Golden Corral	Macaroni Salad	280	41	5	11.0
Appetizers & Sides	Golden Corral	Marinated Mushroom Salad	80	5	1	6.0
Entrees	Golden Corral	Corned Beef Hash	230	14	11	15.0
Fried Potatoes	Golden Corral	Hashbrown Casserole	100	14	3	3.5
Entrees	Golden Corral	Mini Spinach Quiche	230	15	5	17.0
Appetizers & Sides	Golden Corral	Sausage Links	120	1	5	11.0
Fried Potatoes	Golden Corral	Skillet Hashbrowns	220	13	1	19.0
Appetizers & Sides	Golden Corral	Creamed Spinach	170	10	5	12.0
Appetizers & Sides	Golden Corral	Corn-on-the-Cob	70	13	2	0.5
Fried Potatoes	Golden Corral	Potatoes, Fried Cubed	160	19	2	9.0
Entrees	Golden Corral	Green Bean Casserole	80	8	1	5.0
Appetizers & Sides	Golden Corral	Italian Vegetable Medley	60	4	1	5.0
Toppings & Ingredients	Golden Corral	Cantaloupe	25	7	1	0.0
Appetizers & Sides	Golden Corral	Carrot Raisin Salad	110	11	1	7.0
Appetizers & Sides	Golden Corral	Bacon	60	0	4	4.5
Entrees	Golden Corral	Bacon Quiche	290	15	10	21.0
Entrees	Golden Corral	Smokey Cheese Potato Bake	160	14	8	8.0
Appetizers & Sides	Golden Corral	Black-eyed Peas, Southern Style	170	20	8	7.0
Toppings & Ingredients	Golden Corral	Northern Beans, Southern Style	170	24	11	4.0
Toppings & Ingredients	Golden Corral	Pinto Beans, Southern Style	200	29	12	4.0
Entrees	Golden Corral	Sweet Potato Casserole	210	41	2	3.5
Appetizers & Sides	Golden Corral	Pagoda Rice	150	21	3	6.0
Appetizers & Sides	Golden Corral	Asian Stir Fry Vegetables	120	22	3	2.5
Toppings & Ingredients	Golden Corral	Peas, Steamed	110	11	4	4.5
Appetizers & Sides	Golden Corral	Potato Chips, Homemade	120	6	1	10.0
Appetizers & Sides	Golden Corral	Potato Chips, Homemade BBQ	120	6	1	10.0
Toppings & Ingredients	Golden Corral	Red Bliss Potatoes	80	13	2	2.0
Toppings & Ingredients	Golden Corral	Refried Beans	160	10	3	12.0
Appetizers & Sides	Golden Corral	Stuffed Peppers	280	13	15	18.0
Toppings & Ingredients	Golden Corral	Whipped Topping	25	2	0	2.0
Toppings & Ingredients	Golden Corral	Alfredo Sauce	150	3	3	14.0
Toppings & Ingredients	Golden Corral	Green Peppers	5	1	0	0.0

Toppings & Ingredients	Golden Corral	Guacamole	70	5	1	7.0
Toppings & Ingredients	Golden Corral	Honey Butter	80	3	0	8.0
Toppings & Ingredients	Golden Corral	Honey Mustard Dressing	130	7	0	11.0
Toppings & Ingredients	Golden Corral	Iceberg Lettuce	10	2	1	0.0
Toppings & Ingredients	Golden Corral	Sliced Jalapenos	10	2	0	0.0
Appetizers & Sides	Golden Corral	Broccoli, Steamed	25	6	2	0.0
Toppings & Ingredients	Golden Corral	Brown Gravy	20	4	0	0.0
Toppings & Ingredients	Golden Corral	Mushroom Gravy	20	4	0	0.0
Appetizers & Sides	Golden Corral	Brussels Sprouts with Lemon Herb Butter Sauce	100	4	2	8.0
Appetizers & Sides	Golden Corral	Cauliflower, Steamed	20	3	1	0.0
Toppings & Ingredients	Golden Corral	Cheese Sauce	100	3	3	8.0
Appetizers & Sides	Golden Corral	Onions and Peppers, Sauteed	30	4	1	1.5
Toppings & Ingredients	Golden Corral	Taco Meat	110	2	7	8.0
Toppings & Ingredients	Golden Corral	Taco Shells	50	7	1	2.0
Toppings & Ingredients	Golden Corral	Turnip Greens	60	4	2	3.0
Desserts	Golden Corral	Chocolate Chips	140	18	0	8.0
Toppings & Ingredients	Golden Corral	Chocolate Syrup	70	17	0	0.0
Toppings & Ingredients	Golden Corral	Hot Fudge	90	15	1	3.0
Toppings & Ingredients	Golden Corral	Oyster Crackers	60	10	2	1.5
Toppings & Ingredients	Golden Corral	Saltines	25	4	1	0.5
Toppings & Ingredients	Golden Corral	Cucumbers	5	1	0	0.0
Toppings & Ingredients	Golden Corral	Onions	5	1	0	0.0
Appetizers & Sides	Golden Corral	Egg Salad	200	3	8	17.0
Toppings & Ingredients	Golden Corral	Diced Eggs	50	0	4	3.5
Toppings & Ingredients	Golden Corral	Ranch Fat Free Dressing	35	9	0	0.0
Toppings & Ingredients	Golden Corral	Thousand Island Fat Free Dressing	40	10	0	0.0
Toppings & Ingredients	Golden Corral	Carrots	10	3	0	0.0
Toppings & Ingredients	Golden Corral	Lemon Wedges	5	1	0	0.0
Toppings & Ingredients	Golden Corral	Lite Olive Oil Vinaigrette	70	3	0	6.0
Toppings & Ingredients	Golden Corral	Mandarin Oranges	30	7	0	0.0
Toppings & Ingredients	Golden Corral	Honeydew Melon	30	8	0	0.0
Toppings & Ingredients	Golden Corral	Mushrooms	5	1	0	0.0
Toppings & Ingredients	Golden Corral	Onion Rings	150	10	2	11.0
Toppings & Ingredients	Golden Corral	Orange Slices	40	11	1	0.0
Toppings & Ingredients	Golden Corral	Peaches	70	17	0	0.0

Toppings & Ingredients	Golden Corral	Chopped Peanuts	110	4	4	9.0
Toppings & Ingredients	Golden Corral	Pecan Pralines	70	7	0	4.5
Toppings & Ingredients	Golden Corral	Dill Pickle Spears	0	0	0	0.0
Toppings & Ingredients	Golden Corral	Pico de Gallo	15	3	1	0.0
Toppings & Ingredients	Golden Corral	Cherry Topping	50	12	0	0.0
Toppings & Ingredients	Golden Corral	Maple Syrup	120	30	0	0.0
Toppings & Ingredients	Golden Corral	Sausage Gravy	80	4	2	7.0
Toppings & Ingredients	Golden Corral	Strawberry Topping	40	10	0	0.0
Desserts	Golden Corral	Candy Corn	70	16	0	0.0
Desserts	Golden Corral	Gummy Bears	90	19	2	0.0
Toppings & Ingredients	Golden Corral	Hot Caramel	90	20	1	1.0
Desserts	Golden Corral	Marshmallows	70	17	0	0.0
Appetizers & Sides	Golden Corral	Corn, Steamed	130	19	3	6.0
Toppings & Ingredients	Golden Corral	Green Beans	35	4	1	1.5
Toppings & Ingredients	Golden Corral	Italian Red Sauce	40	3	1	3.0
Toppings & Ingredients	Golden Corral	Machaca Beans	90	15	5	0.0
Toppings & Ingredients	Golden Corral	Beets	20	4	1	0.0
Toppings & Ingredients	Golden Corral	Pickled Beets	60	14	0	0.0
Toppings & Ingredients	Golden Corral	Blue Cheese Dressing	150	1	1	16.0
Toppings & Ingredients	Golden Corral	Blue Cheese Crumbles	50	0	3	4.0
Toppings & Ingredients	Golden Corral	Caesar Dressing	150	2	1	15.0
Toppings & Ingredients	Golden Corral	Cauliflower	5	1	1	0.0
Toppings & Ingredients	Golden Corral	Celery Sticks	5	1	0	0.0
Toppings & Ingredients	Golden Corral	Pepperjack Cheese	170	0	12	13.0
Toppings & Ingredients	Golden Corral	Cheddar Cheese	60	0	4	4.5
Toppings & Ingredients	Golden Corral	Cherry Tomatoes	15	3	1	0.0
Salads	Golden Corral	Chicken Salad	250	3	12	22.0
Toppings & Ingredients	Golden Corral	Cocktail Sauce	35	7	1	0.5
Toppings & Ingredients	Golden Corral	Cottage Cheese	90	5	12	2.5
Toppings & Ingredients	Golden Corral	Dried Cranberries	60	17	0	0.0
Toppings & Ingredients	Golden Corral	Pineapple	40	11	0	0.0
Toppings & Ingredients	Golden Corral	Pineapple Tidbits	40	10	0	0.0
Toppings & Ingredients	Golden Corral	Radishes	5	1	0	0.0
Toppings & Ingredients	Golden Corral	Raisins	60	16	1	0.0
Toppings & Ingredients	Golden Corral	Ranch Dressing	110	2	1	12.0

Toppings & Ingredients	Golden Corral	Rice Noodles	35	5	1	1.0
Toppings & Ingredients	Golden Corral	Roasted Peppers	90	5	1	8.0
Toppings & Ingredients	Golden Corral	Romaine Lettuce	10	2	1	0.0
Toppings & Ingredients	Golden Corral	Salsa	10	2	0	0.0
Appetizers & Sides	Golden Corral	Seafood Salad	110	8	6	6.0
Toppings & Ingredients	Golden Corral	Peach Topping	35	10	0	0.0
Toppings & Ingredients	Golden Corral	Parmesan Cheese	45	0	3	4.0
Toppings & Ingredients	Golden Corral	Sour Cream	60	1	1	6.0
Toppings & Ingredients	Golden Corral	Soy Nuts	50	4	5	2.5
Toppings & Ingredients	Golden Corral	Spinach	15	2	1	0.0
Entrees	Golden Corral	Sirloin Steak Strips	130	1	14	8.0
Toppings & Ingredients	Golden Corral	Strawberries	20	5	0	0.0
Toppings & Ingredients	Golden Corral	Sunflower Seeds	90	4	3	8.0
Toppings & Ingredients	Golden Corral	Tartar Sauce	150	1	0	16.0
Toppings & Ingredients	Golden Corral	Thousand Island Dressing	140	6	0	13.0
Toppings & Ingredients	Golden Corral	Pineapple Topping	35	8	0	0.0
Toppings & Ingredients	Golden Corral	Tomato Wedges	15	3	1	0.0
Toppings & Ingredients	Golden Corral	Diced Tomatoes	10	2	0	0.0
Appetizers & Sides	Golden Corral	Tuna Salad	190	4	16	12.0
Toppings & Ingredients	Golden Corral	Red Wine Vinegar	5	0	0	0.0
Toppings & Ingredients	Golden Corral	Whipped Margarine	70	0	0	8.0
Toppings & Ingredients	Golden Corral	Zucchini	10	2	1	0.0
Toppings & Ingredients	Golden Corral	Apple Topping	45	12	0	0.0
Baked Goods	Golden Corral	Bruschetta Bread	130	11	2	8.0
Entrees	Golden Corral	Oriental Pepper Beef	290	24	24	11.0
Toppings & Ingredients	Golden Corral	Pepperoni	50	0	2	4.5
Sandwiches	Golden Corral	Philly Steak Sandwich	360	21	21	20.0
Toppings & Ingredients	Golden Corral	Poultry Gravy	20	4	0	0.5
Toppings & Ingredients	Golden Corral	Queso Cheese Sauce	70	3	2	6.0
Toppings & Ingredients	Golden Corral	Sliced Almonds	70	2	2	6.0
Toppings & Ingredients	Golden Corral	Apples	15	4	0	0.0
Toppings & Ingredients	Golden Corral	Artichoke Hearts	10	2	1	0.0
Toppings & Ingredients	Golden Corral	Ginger Dressing	120	4	0	12.0
Toppings & Ingredients	Golden Corral	Bacon Dressing	150	5	0	14.0
Toppings & Ingredients	Golden Corral	Bacon Bits	50	0	5	3.5

Toppings & Ingredients	Golden Corral	Balsamic Vinaigrette	20	5	0	0.0
Toppings & Ingredients	Golden Corral	Bananas	90	23	1	0.0
Desserts	Golden Corral	Mint Chocolate Chip Ice Cream	140	17	2	7.0
Desserts	Golden Corral	Peach Cobbler	170	30	1	5.0
Desserts	Golden Corral	Peanut Butter Cookies	60	7	1	3.5
Desserts	Golden Corral	Pecan Pie	410	56	4	20.0
Desserts	Golden Corral	Pumpkin Pie	300	46	5	11.0
Desserts	Golden Corral	Rainbow Sherbet	110	23	1	1.5
Desserts	Golden Corral	Red Velvet Cake	230	29	2	12.0
Desserts	Golden Corral	Rice Krispies, Treats	40	8	0	1.0
Desserts	Golden Corral	Snackums	30	5	0	1.0
Desserts	Golden Corral	Strawberry Shortcake	130	22	1	4.5
Desserts	Golden Corral	Chocolate Cookie - Sugar Free	70	12	1	3.5
Desserts	Golden Corral	Red Gelatin - Sugar Free	5	0	1	0.0
Desserts	Golden Corral	Vanilla Cake - Sugar Free	130	17	1	8.0
Desserts	Golden Corral	Truffles with Peanuts	240	40	4	9.0
Desserts	Golden Corral	Truffles with Sprinkles	240	41	3	8.0
Desserts	Golden Corral	Ice Cream - Soft Serve Vanilla (1/2 Cup), A La Mode	110	22	1	2.0
Desserts	Golden Corral	Carrot Cake	250	34	2	12.0
Desserts	Golden Corral	Cherry Cobbler	200	37	2	5.0
Desserts	Golden Corral	Cherry Pie	260	40	2	10.0
Desserts	Golden Corral	Chocolate Fountain	210	20	1	15.0
Desserts	Golden Corral	Molten Volcano Cake	270	54	2	7.0
Desserts	Golden Corral	Chocolate Soft Serve	100	20	1	2.0
Desserts	Golden Corral	Chocolate White Chip Cookies	60	8	1	3.0
Desserts	Golden Corral	Coconut Cookies	70	10	1	3.5
Desserts	Golden Corral	Coconut Macaroon Cookies	100	13	1	5.0
Desserts	Golden Corral	Cookies and Cream Ice Cream	140	18	2	7.0
Desserts	Golden Corral	Chocolate Cupcakes	190	28	2	9.0
Desserts	Golden Corral	Vanilla Cupcakes	210	31	1	10.0
Desserts	Golden Corral	Jellybeans	110	27	0	0.0
Desserts	Golden Corral	Lemon Bars	170	31	2	4.5
Desserts	Golden Corral	Lemon Cake	120	23	1	3.5
Desserts	Golden Corral	Chocolate Chess Pie	380	49	3	19.0
Desserts	Golden Corral	Chocolate Chip Cookies	60	8	1	3.0



Desserts	Golden Corral	German Chocolate Crisp Bars	270	36	2	13.0
Desserts	Golden Corral	German Chocolate Cake	210	29	2	11.0
Baked Goods	Golden Corral	Banana Nut Bread	190	40	2	4.0
Desserts	Golden Corral	Apple Cobbler	180	34	1	5.0
Desserts	Golden Corral	Apple Pie	330	49	5	13.0
Desserts	Golden Corral	Banana Pudding	240	35	2	10.0
Desserts	Golden Corral	Bread Pudding	270	40	4	10.0
Desserts	Golden Corral	Butter Pecan Ice Cream	150	15	2	9.0
Desserts	Golden Corral	Chocolate Pudding - No Sugar Added	120	16	3	4.5
Desserts	Golden Corral	Peach Pie - No Sugar Added	330	36	5	21.0
Desserts	Golden Corral	Oatmeal Cookies	70	11	1	3.0
Desserts	Golden Corral	Cotton Candy	110	25	0	0.0
Toppings & Ingredients	Golden Corral	Au Jus Gravy	30	2	0	2.5
Appetizers & Sides	Golden Corral	Bourbon Street Chicken Wings	240	10	17	15.0
Appetizers & Sides	Golden Corral	Grilled Corn-on-the-Cob	100	14	2	4.0
Appetizers & Sides	Golden Corral	Fried Green Tomatoes	180	18	2	11.0
Toppings & Ingredients	Golden Corral	Ranch Style Beans	130	21	6	2.5
Appetizers & Sides	Golden Corral	Black-eyed Peas	100	14	5	2.5
Toppings & Ingredients	Golden Corral	Northern Beans, Seasoned	110	15	6	2.5
Toppings & Ingredients	Golden Corral	Pinto Beans, Seasoned	110	15	6	2.5
Toppings & Ingredients	Golden Corral	Lima Beans, Kettle Cooked	160	24	9	3.0
Salads	Golden Corral	Chicken Salad, Southern Style	290	8	12	24.0
Toppings & Ingredients	Golden Corral	Squash	10	2	1	0.0
Appetizers & Sides	Golden Corral	Turkey Sausage	80	1	8	5.0
Beverages	Golden Corral	Jamaica 12 oz	150	38	0	0.0
Beverages	Golden Corral	Barq's Root Beer, 12 oz	160	44	0	0.0
Beverages	Golden Corral	Gold Peak Tea, Sweetened, 12 oz	130	33	0	0.0
Beverages	Golden Corral	Gold Peak Tea, Unsweetened, 12 oz	0	0	0	0.0
Desserts	Golden Corral	Mocha Cake - No Sugar Added	200	33	3	11.0
Desserts	Golden Corral	Pistachio Pudding - No Sugar Added	90	10	3	4.0
Desserts	Golden Corral	Pineapple Supreme Cake	240	36	1	11.0
Desserts	Golden Corral	Strawberry Supreme Cake	240	36	1	11.0
Toppings & Ingredients	Golden Corral	Yogurt Covered Raisins	70	10	0	4.0
Desserts	Golden Corral	Sliced Candy Oranges	170	42	0	0.0
Toppings & Ingredients	Golden Corral	Chocolate Covered Raisins	110	15	1	6.0

Appetizers & Sides	Golden Corral	Cabbage, Kettle Cooked	45	4	2	2.5
Entrees	Golden Corral	Carrot Souffle	180	25	2	8.0
Entrees	Golden Corral	Mini Chicken Pot Pie	400	34	13	24.0
Entrees	Golden Corral	Pork Fillets	250	1	22	17.0
Entrees	Golden Corral	Pork Steaks	250	17	17	13.0
Entrees	Golden Corral	Salisbury Steak	130	7	8	8.0
Entrees	Golden Corral	Split Smoked Sausage	240	1	11	21.0
Entrees	Golden Corral	Sweet Corn Pudding	340	50	4	14.0
Toppings & Ingredients	Golden Corral	Zucchini, Sauteed	60	3	1	5.0
Entrees	Golden Corral	Hominy	100	14	1	4.5
Entrees	Golden Corral	Chicken Fried Steak	150	10	7	8.0
Salads	Golden Corral	Broccoli Salad, Southern Style	170	10	1	15.0
Soup	Golden Corral	Green Chili Stew	230	13	18	11.0
Soup	Golden Corral	Tomato Soup	170	27	5	4.0
Toppings & Ingredients	Golden Corral	Sauerkraut	15	4	1	0.0
Toppings & Ingredients	Golden Corral	Sprinkles	140	24	0	5.0
Entrees	Golden Corral	Baked Fish with Piccata Sauce	150	2	14	10.0
Entrees	Golden Corral	Baked Fish	150	1	20	8.0
Desserts	Golden Corral	Mini Fruit Pie	220	31	1	9.0
Baked Goods	Golden Corral	Garlic Cheese Biscuits	260	21	6	17.0
Baked Goods	Golden Corral	Garlic Cheese Knots	180	26	5	7.0
Toppings & Ingredients	Golden Corral	Grapefruit Sections	30	7	1	0.0
Entrees	Golden Corral	Grilled Chopped Steaks	290	2	25	20.0
Toppings & Ingredients	Golden Corral	Dried Onions	45	3	0	3.5
Toppings & Ingredients	Golden Corral	Papaya	15	4	0	0.0
Entrees	Golden Corral	Pasta Salad	150	20	4	6.0
Entrees	Golden Corral	Linguini	260	40	7	7.0
Entrees	Golden Corral	Linguini with Lemon Butter Sauce	270	22	6	16.0
Baked Goods	Golden Corral	Mini Yeast Rolls	80	16	2	0.5
Baked Goods	Golden Corral	Yeast Roll	170	32	5	3.0
Desserts	Golden Corral	Mini Pumpkin Cupcakes	110	16	1	6.0
Baked Goods	Golden Corral	Corn Muffins	220	39	4	5.0
Desserts	Golden Corral	Billionaire's Pie	260	24	2	17.0
Desserts	Golden Corral	Peanut Butter Fudge Tart	180	26	2	8.0
Appetizers & Sides	Golden Corral	Down Home Fried Bacon	130	4	4	10.0

Sandwiches	Golden Corral	Chorizo and Egg Burrito	310	22	16	18.0
Sandwiches	Golden Corral	Sausage and Egg Burrito	320	22	16	19.0
Entrees	Golden Corral	Strawberry Cheesecake French Toast	210	26	5	19.0
Baked Goods	Golden Corral	Blueberry Muffins	330	54	3	14.0
Toppings & Ingredients	Golden Corral	Brown Sugar	50	14	0	0.0
Toppings & Ingredients	Golden Corral	Blueberry Syrup	120	28	0	0.0
Toppings & Ingredients	Golden Corral	Pecan Syrup	80	20	0	0.0
Toppings & Ingredients	Golden Corral	Strawberry Syrup	90	26	0	0.0
Entrees	Golden Corral	BBQ Beef	120	0	18	5.0
Appetizers & Sides	Golden Corral	BBQ Baked Beans	160	35	5	1.0
Toppings & Ingredients	Golden Corral	Spinach, Sautéed Fresh	110	3	2	10.0
Toppings & Ingredients	Golden Corral	Squash Medley	45	4	1	3.0
Entrees	Golden Corral	Turkey Slices with Poultry Gravy	90	3	11	4.5
Entrees	Golden Corral	Carved Turkey Breast	110	2	15	6.0
Toppings & Ingredients	Golden Corral	Tump Greens, Kettle Cooked	70	8	3	3.0
Entrees	Golden Corral	Beef Pot Pie	190	15	11	10.0
Entrees	Golden Corral	Chicken Piccata	220	6	19	13.0
Entrees	Golden Corral	Chicken Enchiladas	190	11	11	11.0
Entrees	Golden Corral	Fried Chicken Livers	230	9	21	12.0
Appetizers & Sides	Golden Corral	Collards, Kettle Cooked	80	9	4	3.0
Entrees	Golden Corral	Glazed Ham	130	10	13	3.5
Toppings & Ingredients	Golden Corral	Spinach	50	5	4	3.0
Toppings & Ingredients	Golden Corral	White Gravy	40	5	0	2.5
Appetizers & Sides	Golden Corral	Macaroni and Cheese	180	19	5	10.0
Toppings & Ingredients	Golden Corral	Sautéed Mushrooms	60	3	2	5.0
Fried Potatoes	Golden Corral	Potatoes, French Fried	130	11	1	9.0
Appetizers & Sides	Golden Corral	Scalloped Potatoes	160	17	5	8.0
Appetizers & Sides	Golden Corral	Yellow Rice	130	19	2	4.0
Soup	Golden Corral	Cajun Chicken Soup	70	10	5	1.0
Toppings & Ingredients	Golden Corral	Captain's Wafers	140	18	2	5.0
Toppings & Ingredients	Golden Corral	Margarine	100	0	0	11.0
Soup	Golden Corral	Pork Posole	130	13	6	5.0
Toppings & Ingredients	Golden Corral	Blueberries	20	5	0	0.0
Toppings & Ingredients	Golden Corral	Chickpeas	60	9	3	1.0
Toppings & Ingredients	Golden Corral	Broccoli	5	1	1	0.0

Toppings & Ingredients	Golden Corral	Kidney Beans	50	8	4	0.0
Toppings & Ingredients	Golden Corral	Balsamic Vinegar	15	3	0	0.0
Toppings & Ingredients	Golden Corral	Catalina Dressing	120	7	0	11.0
Toppings & Ingredients	Golden Corral	Catalina Fat Free Dressing	40	10	0	0.0
Toppings & Ingredients	Golden Corral	Croutons	20	4	1	0.5
Toppings & Ingredients	Golden Corral	Mango	25	6	0	0.0
Toppings & Ingredients	Golden Corral	Pepperoncinis	10	2	0	0.0
Toppings & Ingredients	Golden Corral	Kidney Bean Salad	180	16	5	10.0
Salads	Golden Corral	Marinated Garden Salad	90	7	1	6.0
Appetizers & Sides	Golden Corral	Pea Salad	220	16	7	14.0
Toppings & Ingredients	Golden Corral	Sesame Sticks	120	10	2	8.0
Desserts	Golden Corral	Frozen Vanilla Yogurt-No Sugar Added	70	14	4	0.0
Desserts	Golden Corral	Peanut Butter Ice Cream - No Sugar Added	130	18	3	7.0
Desserts	Golden Corral	Orange Sherbet	110	27	1	1.0
Toppings & Ingredients	Golden Corral	Lima Beans, Southern Style	180	26	11	4.0
Salads	Golden Corral	Apple Salad	170	30	1	6.0
Entrees	Golden Corral	Grilled Ham Steaks	110	5	11	4.5
Appetizers & Sides	Golden Corral	BBQ Chicken Wings	250	11	17	15.0
Entrees	Golden Corral	BBQ Pork Ribs	220	5	23	12.0
Sandwiches	Golden Corral	Mini BBQ Pork Sandwich	240	21	14	11.0
Toppings & Ingredients	Golden Corral	BBQ Sauce	35	9	0	0.0
Appetizers & Sides	Golden Corral	Creamed Chipped Beef	170	8	7	12.0
Salads	Golden Corral	Beet and Onion Salad	50	11	1	0.0
Salads	Golden Corral	BLT Salad	80	4	3	6.0
Appetizers & Sides	Golden Corral	Brussels Sprouts	80	4	3	6.0
Desserts	Golden Corral	Caramel Pecan Shooter	240	38	1	10.0
Desserts	Golden Corral	Cinnamon Spice Shooter	160	22	0	8.0
Toppings & Ingredients	Golden Corral	Cranberry Sauce	60	13	0	0.0
Entrees	Golden Corral	Fried Breaded Fish	90	4	8	5.0
Toppings & Ingredients	Golden Corral	Whole Eggs	80	1	6	5.0
Entrees	Golden Corral	Italian Meatballs with Marinara	190	12	12	15.0
Appetizers & Sides	Golden Corral	Onion Rings, Fresh Battered	140	17	1	7.0
Toppings & Ingredients	Golden Corral	Olive Oil	120	0	0	14.0
Toppings & Ingredients	Golden Corral	Vegetable Oil	120	0	0	14.0
Toppings & Ingredients	Golden Corral	Black Olives	40	2	0	4.0

Toppings & Ingredients	Golden Corral	Green Olives	50	0	1	4.0
Desserts	Golden Corral	Peanut Butter Shooter	280	25	9	18.0
Toppings & Ingredients	Golden Corral	Pecan Pieces	90	2	1	10.0
Toppings & Ingredients	Golden Corral	Cherry Peppers	10	2	0	0.0
Toppings & Ingredients	Golden Corral	Sweet Pickle Chips	30	7	0	0.0
Desserts	Golden Corral	Strawberry Shortcake Shooter	110	23	0	2.0
Salads	Golden Corral	Strawberry Spinach Salad	40	5	2	2.5
Salads	Golden Corral	Summer Salad	70	5	1	5.0
Appetizers & Sides	Golden Corral	Three Bean Salad	90	19	2	0.5
Toppings & Ingredients	Golden Corral	Water Chestnuts	20	5	1	0.0
Toppings & Ingredients	Golden Corral	Watermelon	10	3	0	0.0
Toppings & Ingredients	Golden Corral	Baby Carrots	20	4	0	0.0
Appetizers & Sides	Golden Corral	Applesauce	90	23	0	0.0
Toppings & Ingredients	Golden Corral	Baby Lima Beans	150	19	6	5.0
Appetizers & Sides	Golden Corral	Cabbage	60	4	1	5.0
Appetizers & Sides	Golden Corral	Cheddar Stuffed Potatoes	230	35	8	7.0
Appetizers & Sides	Golden Corral	Ranch Potatoes	150	21	3	7.0
Appetizers & Sides	Golden Corral	Spring Rolls	160	20	6	9.0
Toppings & Ingredients	Golden Corral	Squash, Yellow, Sauteed	60	4	1	5.0
Baked Goods	Golden Corral	Cinnamon Rolls	210	33	3	7.0
Baked Goods	Golden Corral	Glazed Donuts	170	24	2	7.0
Baked Goods	Golden Corral	Mini Blueberry Muffins	120	19	1	5.0
Beverages	Golden Corral	Milk	140	14	10	5.0
Beverages	Golden Corral	Chocolate Milk	200	34	10	2.5
Desserts	Golden Corral	Chocolate Sprinkle Cookies	70	10	1	3.0
Desserts	Golden Corral	Chocolate Crinkle Cookies	70	9	1	2.5
Desserts	Golden Corral	Cocoa Sugar Cookies	60	8	1	2.5
Desserts	Golden Corral	Coconut Meringue Pie	280	39	3	12.0
Desserts	Golden Corral	Gingerbread Cookies	60	11	1	2.5
Desserts	Golden Corral	Rainbow Cookies	70	11	1	2.5
Desserts	Golden Corral	Snickerdoodles	70	11	1	2.0
Desserts	Golden Corral	Strawberry Cheesecake	210	14	3	35.0
Desserts	Golden Corral	Strawberry Ice Cream	120	16	2	6.0
Desserts	Golden Corral	Pistachio Cake - Sugar Free	100	15	1	6.0
Desserts	Golden Corral	Turtle Cheesecake	240	18	3	35.0

Entrees	Golden Corral	Carne Guisada	140	4	17	6.0
Entrees	Golden Corral	Cocoa Krispies Cereal	120	28	1	1.0
Entrees	Golden Corral	Corn Pops Cereal	80	19	1	0.0
Entrees	Golden Corral	Frosted Flakes Cereal	100	25	1	0.0
Entrees	Golden Corral	Fruit Loops Cereal	80	18	1	0.5
Entrees	Golden Corral	Raisin Bran Cereal	110	27	3	0.5
Entrees	Golden Corral	Rice Krispies Cereal	130	29	2	0.0
Entrees	Golden Corral	Grilled Chicken Livers	210	23	18	4.5
Entrees	Golden Corral	Italian Sausage with Onions and Peppers	190	2	9	16.0
Entrees	Golden Corral	Philly Cheesesteak Meatballs	180	9	12	15.0
Entrees	Golden Corral	Swedish Meatballs	160	9	11	13.0
Entrees	Golden Corral	Breaded Ravioli	370	36	8	22.0
Entrees	Golden Corral	Smoked Sausage with Sauerkraut	210	10	7	16.0
Entrees	Golden Corral	Sausage Patties	80	0	5	7.0
Entrees	Golden Corral	Turkey Pot Pie	160	14	8	8.0
Fried Potatoes	Golden Corral	Sweet Potato Fries	170	17	1	11.0
Fried Potatoes	Golden Corral	Tater Tots	170	15	2	11.0
Fried Potatoes	Golden Corral	Fries, Seasoned Wedge	190	21	3	12.0
Appetizers & Sides	Golden Corral	Potato Salad	230	14	4	18.0
Sandwiches	Golden Corral	Buffalo Chicken Sandwich	200	21	9	9.0
Sandwiches	Golden Corral	Mini Corn Dogs	240	22	9	13.0
Sandwiches	Golden Corral	Mini Chicken Sandwich	200	20	9	9.0
Soup	Golden Corral	Okra and Tomato Stew	60	7	1	2.5
Toppings & Ingredients	Golden Corral	French Dressing	130	6	0	12.0
Toppings & Ingredients	Golden Corral	Diced Ham	110	4	14	4.0
Toppings & Ingredients	Golden Corral	Honey	35	10	0	0.0
Toppings & Ingredients	Golden Corral	Lettuce Wedge	10	2	1	0.0
Toppings & Ingredients	Golden Corral	Lime	5	1	0	0.0
Toppings & Ingredients	Golden Corral	Mini Marshmallows	20	5	0	0.0
Toppings & Ingredients	Golden Corral	Pears	80	19	0	0.0
Toppings & Ingredients	Golden Corral	Mozzarella Cheese	110	1	7	8.0
Toppings & Ingredients	Golden Corral	Sugar-free Syrup	15	6	0	0.0
Appetizers & Sides	Golden Corral	Boneless Buffalo Chicken Wings	180	7	18	8.0
Appetizers & Sides	Golden Corral	Campfire Vegetable Medley	90	9	2	5.0
Appetizers & Sides	Golden Corral	Charro Beans	100	16	5	2.5

Appetizers & Sides	Golden Corral	Cinnamon Apples	80	15	0	2.5
Appetizers & Sides	Golden Corral	Diced Sauteed Green Peppers	50	2	0	5.0
Appetizers & Sides	Golden Corral	Diced Sauteed Onions	70	5	1	6.0
Appetizers & Sides	Golden Corral	Corn-on-the-Cob, Fresh	50	9	2	2.0
Appetizers & Sides	Golden Corral	Fried Jalapenos	20	2	0	1.5
Appetizers & Sides	Golden Corral	Fried Pickles	160	16	2	9.0
Appetizers & Sides	Golden Corral	Plantains, Fried	150	23	1	6.0
Appetizers & Sides	Golden Corral	Mashed Potatoes, Garlic	200	16	2	15.0
Appetizers & Sides	Golden Corral	Green Chilies	10	2	0	0.0
Appetizers & Sides	Golden Corral	Grilled Street Corn	170	13	5	11.0
Appetizers & Sides	Golden Corral	Homestyle Stuffing	110	15	2	5.0
Appetizers & Sides	Golden Corral	Louisiana-style Dirty Rice	150	15	3	8.0
Appetizers & Sides	Golden Corral	Red Bliss Potatoes, Roasted	140	12	2	9.0
Appetizers & Sides	Golden Corral	Collard Greens, Seasoned	35	4	1	1.0
Appetizers & Sides	Golden Corral	Skillet Potatoes and Onions	120	19	2	3.5
Appetizers & Sides	Golden Corral	Skillet Vegetables	90	5	1	8.0
Appetizers & Sides	Golden Corral	Asparagus, Steamed	80	2	2	7.0
Appetizers & Sides	Golden Corral	Steamed Carrots	80	8	1	6.0
Appetizers & Sides	Golden Corral	Stewed Tomatoes	30	6	2	0.0
Appetizers & Sides	Golden Corral	Vegetable Trio	30	6	2	0.0
Appetizers & Sides	Golden Corral	Vegetable Trio with Lemon Butter Herb Sauce	90	5	1	7.0
Baked Goods	Golden Corral	Chocolate Chip Muffins	430	65	3	19.0
Baked Goods	Golden Corral	Flour Tortillas	100	15	2	3.0
Baked Goods	Golden Corral	Garlic Cheese Sticks	120	14	5	5.0
Baked Goods	Golden Corral	Mini Chocolate Chip Muffins	150	23	1	7.0
Beverages	Golden Corral	Apple Juice	110	28	0	0.0
Beverages	Golden Corral	Coca Cola, 12 oz	150	40	0	0.0
Beverages	Golden Corral	Coca Cola Cherry, 12 oz	150	42	0	0.0
Beverages	Golden Corral	Coca Cola Zero Sugar, 12 oz	0	0	0	0.0
Beverages	Golden Corral	Coffee	0	0	0	0.0
Beverages	Golden Corral	Cranberry Juice	110	28	0	0.0
Beverages	Golden Corral	Diet Coke, 12 oz	0	0	0	0.0
Beverages	Golden Corral	Diet Dr. Pepper, 12 oz	0	0	0	0.0
Beverages	Golden Corral	Dr. Pepper, 12 oz	140	39	0	0.0
Beverages	Golden Corral	Fanta Orange, 12 oz	150	40	0	0.0

Beverages	Golden Corral	Fanta Strawberry, 12 oz	160	43	0	0.0
Beverages	Golden Corral	Fuze Raspberry Tea, 12 oz	80	23	0	0.0
Beverages	Golden Corral	Glaceau Vitamin Water, 12 oz	70	19	0	0.0
Beverages	Golden Corral	Grapefruit Juice	110	28	0	0.0
Beverages	Golden Corral	Hi-C Flashin Fruit Punch, 12 oz	150	42	0	0.0
Beverages	Golden Corral	Hi-C Poppin Pink Lemonade, 12 oz	130	37	0	0.0
Beverages	Golden Corral	Hot Chocolate	80	16	0	2.5
Beverages	Golden Corral	Hot Tea	0	1	0	0.0
Beverages	Golden Corral	Minute Maid Lemonade, 12 oz	140	38	0	0.0
Beverages	Golden Corral	Minute Maid Light Lemonade, 12 oz	5	2	0	0.0
Beverages	Golden Corral	Orange Guava Juice	110	30	0	0.0
Beverages	Golden Corral	Orange Juice	110	27	2	0.0
Beverages	Golden Corral	Powerade Mountain Berry Blast, 12 oz	80	22	0	0.0
Beverages	Golden Corral	Seagram's Ginger Ale, 12 oz	130	35	0	0.0
Beverages	Golden Corral	Sprite, 12 oz	140	37	0	0.0
Beverages	Golden Corral	Tomato Juice	50	10	2	0.0
Desserts	Golden Corral	Berry Cheese Blintz	250	25	3	25.0
Desserts	Golden Corral	Blueberry Pie - No Sugar Added	280	49	5	8.0
Desserts	Golden Corral	Chocolate Cake with Cherries	160	23	1	8.0
Desserts	Golden Corral	Chocolate Cake with Chocolate Chips	210	29	1	11.0
Desserts	Golden Corral	Chocolate Chip Cookie Crumbles	80	11	1	4.0
Desserts	Golden Corral	Chocolate Cookie Crumbles	60	9	1	2.0
Desserts	Golden Corral	Cinnamon Imperials	25	6	0	0.0
Desserts	Golden Corral	Coconut Cherry Macaroon Cookies	110	15	1	5.0
Desserts	Golden Corral	Cookies 'n' Cream	70	7	0	5.0
Desserts	Golden Corral	Fruit Shaped Candy	60	15	0	0.0
Desserts	Golden Corral	Fudgy Brownies	160	22	3	7.0
Desserts	Golden Corral	German Chocolate Brownies	160	21	3	7.0
Desserts	Golden Corral	Ice Cream Cones	20	4	0	0.0
Desserts	Golden Corral	Large Marshmallows	70	18	0	0.0
Desserts	Golden Corral	Lemon Gelatin	60	13	1	0.5
Desserts	Golden Corral	Lemon Meringue Pie	270	50	2	7.0
Desserts	Golden Corral	Mini Chocolate Cupcakes	100	15	1	5.0
Desserts	Golden Corral	Mini Gummy Bears	15	4	0	0.0
Desserts	Golden Corral	Mini Vanilla Cupcakes	110	16	1	5.0



Desserts	Golden Corral	Banana Pecan Oatmeal Cookies - No Sugar Added	100	17	2	4.0
Desserts	Golden Corral	Peanut Butter Cookie Crumbles	80	10	1	5.0
Desserts	Golden Corral	Red Velvet Mini Cupcakes	120	14	1	6.0
Toppings & Ingredients	Golden Corral	Rice Krispies, Cereal Topping	30	6	0	0.0
Desserts	Golden Corral	Sour Worms	80	18	1	0.0
Desserts	Golden Corral	Sugar Cookie	60	9	1	2.0
Desserts	Golden Corral	Toasted Coconut	60	4	1	4.5
Desserts	Golden Corral	Vanilla Wafer Crumbles	80	11	1	4.0
Entrees	Golden Corral	Apple Pecan-topped Waffle	200	30	3	13.0
Entrees	Golden Corral	Asian Beef	110	10	9	3.5
Entrees	Golden Corral	Baked BBQ Chicken Legs	140	5	16	7.0
Entrees	Golden Corral	Baked Fish with Lemon Herb Sauce	150	1	7	13.0
Entrees	Golden Corral	Baked Honey Teriyaki Chicken Legs	150	7	16	7.0
Entrees	Golden Corral	Baked Mandarin Orange Chicken Legs	150	7	16	7.0
Entrees	Golden Corral	Baked Teriyaki Chicken Legs	150	7	16	7.0
Entrees	Golden Corral	Barbacoa	270	0	18	23.0
Entrees	Golden Corral	BBQ Chicken Breasts (Baked Bone-In)	350	5	55	12.0
Entrees	Golden Corral	BBQ Chicken Legs	150	4	18	7.0
Entrees	Golden Corral	BBQ Chicken Thighs (Baked Bone-In)	350	6	28	24.0
Entrees	Golden Corral	BBQ Pork	170	5	18	8.0
Entrees	Golden Corral	Beef Liver and Onions	220	9	23	10.0
Entrees	Golden Corral	BBQ Beef Ribs, Boneless	200	9	23	8.0
Entrees	Golden Corral	Breaded Flounder	120	11	10	4.5
Entrees	Golden Corral	Buttered Noodles	200	25	5	9.0
Entrees	Golden Corral	Butterfly Shrimp	210	21	10	9.0
Entrees	Golden Corral	Chicken Cacciatore	280	6	23	18.0
Entrees	Golden Corral	Chicken Gizzards	160	10	9	10.0
Entrees	Golden Corral	Chicken Lemonata	140	4	15	6.0
Sandwiches	Golden Corral	Chicken Stuffed Burritos	300	18	17	18.0
Entrees	Golden Corral	Chorizo and Eggs	200	2	13	16.0
Entrees	Golden Corral	Country Style Steak	180	8	10	12.0
Entrees	Golden Corral	Egg and Sausage Casserole	240	11	14	16.0
Entrees	Golden Corral	Eggs Benedict	320	15	9	23.0
Entrees	Golden Corral	Fatback	180	1	6	17.0
Entrees	Golden Corral	Fried Catfish	180	12	10	10.0

Entrees	Golden Corral	Garlic Herb Butter Sirloin	140	1	14	9.0
Entrees	Golden Corral	Golden Roasted Chicken (Dark Meat)	160	0	19	9.0
Entrees	Golden Corral	Golden Roasted Chicken (White Meat)	140	0	22	6.0
Entrees	Golden Corral	Grilled BBQ Chicken	140	12	17	2.5
Entrees	Golden Corral	Grilled Cajun Sausage with Apples	210	5	6	18.0
Sandwiches	Golden Corral	Grilled Chicken and Avocado Sandwich	290	21	14	16.0
Entrees	Golden Corral	Grilled Hickory Bourbon Chicken	260	30	21	6.0
Entrees	Golden Corral	Grilled Honey Teriyaki Chicken Breast	200	18	24	3.0
Entrees	Golden Corral	Grilled Mandarin Orange Chicken	170	21	17	2.5
Entrees	Golden Corral	Grilled Sweet Buffalo Chicken	190	23	18	3.0
Entrees	Golden Corral	Grilled Teriyaki Chicken	170	18	18	2.5
Sandwiches	Golden Corral	Grilled Turkey and Cheese Sandwich	350	22	20	19.0
Entrees	Golden Corral	Hickory Bourbon Chicken Legs	170	9	18	7.0
Entrees	Golden Corral	Honey Chipotle Grilled Shrimp Skewer	140	4	16	6.0
Entrees	Golden Corral	Honey Teriyaki Carved Sirloin	130	2	22	4.0
Entrees	Golden Corral	Honey Teriyaki Chicken Breasts (Baked Bone-in)	360	7	55	12.0
Entrees	Golden Corral	Honey Teriyaki Chicken Thighs	360	8	28	24.0
Entrees	Golden Corral	Honey Teriyaki Pineapple Chicken Legs	160	7	18	7.0
Entrees	Golden Corral	Hot Buffalo Chicken Legs	150	2	18	7.0
Appetizers & Sides	Golden Corral	Hot Buffalo Chicken Wings	180	1	16	12.0
Entrees	Golden Corral	Made-to-Order Eggs	130	1	6	11.0
Entrees	Golden Corral	Mandarin Orange Chicken Breasts (Baked Bone-in)	360	7	55	12.0
Entrees	Golden Corral	Mandarin Orange Chicken Thighs (Baked Bone-in)	360	9	27	24.0
Entrees	Golden Corral	Mandarin Orange Shrimp	200	28	7	7.0
Entrees	Golden Corral	Menudo	90	11	7	3.5
Entrees	Golden Corral	Mild Buffalo Chicken Legs	150	2	18	7.0
Entrees	Golden Corral	Mild Buffalo Chicken Wings	180	1	16	12.0
Entrees	Golden Corral	Mini Bacon Steakburger	290	16	19	16.0
Burgers	Golden Corral	Mini Steakburger	260	16	17	14.0
Entrees	Golden Corral	Oatmeal	120	21	4	2.5
Entrees	Golden Corral	Omelet	260	3	12	23.0
Entrees	Golden Corral	Peach-topped Waffle	190	29	3	13.0
Entrees	Golden Corral	Pork Enchiladas	210	11	12	13.0
Entrees	Golden Corral	Pork Liver Mush	120	9	5	8.0
Entrees	Golden Corral	Pork Machaca	170	2	18	10.0

Entrees	Golden Corral	Pork Pot Roast	200	5	17	12.0
Entrees	Golden Corral	Pork Quesadillas	140	9	6	9.0
Entrees	Golden Corral	Portobello Mushroom Carved Sirloin	150	0	16	10.0
Entrees	Golden Corral	Prime Rib	280	1	18	22.0
Entrees	Golden Corral	Pulled BBQ Chicken	110	10	14	1.5
Entrees	Golden Corral	Roast Beef Stackers	480	33	27	27.0
Entrees	Golden Corral	San Francisco Chicken	370	31	21	18.0
Entrees	Golden Corral	Sausage and Egg Skillet	240	8	10	19.0
Entrees	Golden Corral	Sausage Crumbles	120	1	4	11.0
Entrees	Golden Corral	Sausage Skillet	270	11	7	21.0
Entrees	Golden Corral	Shepherd's Pie	350	21	19	22.0
Entrees	Golden Corral	Smoked BBQ Pork	210	0	25	12.0
Entrees	Golden Corral	Smoked BBQ Sausage	230	8	8	19.0
Entrees	Golden Corral	Smoked BBQ Turkey Breast	120	3	19	4.0
Entrees	Golden Corral	Smoked Beef Short Ribs	340	0	25	27.0
Entrees	Golden Corral	Smoked Chicken (Dark Meat)	170	0	18	11.0
Entrees	Golden Corral	Smoked Chicken (White Meat)	150	0	23	6.0
Entrees	Golden Corral	Smoked Pork Spare Ribs	310	0	16	27.0
Entrees	Golden Corral	Smoked Sausage	180	3	6	16.0
Entrees	Golden Corral	Smoked Sausage with Onions and Peppers	220	4	8	19.0
Entrees	Golden Corral	Smoked Texas BBQ Beef	250	0	25	17.0
Entrees	Golden Corral	Smokehouse Boneless Beef Ribs	210	12	23	8.0
Entrees	Golden Corral	Smokey Garlic Grilled Shrimp Skewer	160	1	16	10.0
Entrees	Golden Corral	Spicy Garlic Chicken Legs	140	1	18	7.0
Entrees	Golden Corral	Spicy Garlic Wings	180	1	16	12.0
Entrees	Golden Corral	Spicy Pagoda Pork	260	20	15	13.0
Entrees	Golden Corral	Spicy Ranch Chicken Breast	280	3	33	15.0
Entrees	Golden Corral	Stromboli	240	25	12	10.0
Entrees	Golden Corral	Sweet Buffalo Chicken Thighs	400	6	36	26.0
Entrees	Golden Corral	Tempura-battered Chicken Tenders	250	18	16	13.0
Entrees	Golden Corral	Tempura Battered Fish	150	9	11	8.0
Entrees	Golden Corral	Teriyaki Chicken Breasts (Baked Bone-in)	350	7	55	12.0
Entrees	Golden Corral	Teriyaki Chicken Thighs (Baked Bone-in)	360	8	28	24.0
Entrees	Golden Corral	Turkey Stackers	400	33	20	21.0
Entrees	Golden Corral	Turkey with Stuffing	110	10	6	5.0

Entrees	Golden Corral	Chicken Fried Chicken	270	14	21	14.0
Fried Potatoes	Golden Corral	Cottage Fries	290	36	4	15.0
Fried Potatoes	Golden Corral	Home Fries	110	18	2	3.0
Pizza	Golden Corral	Basil Parmesan Flatbread	70	6	2	4.0
Pizza	Golden Corral	Fresh Tomato Pizza	240	26	10	11.0
Salads	Golden Corral	Fruit Salad	35	9	1	0.0
Salads	Golden Corral	Lettuce	10	2	1	0.0
Sandwiches	Golden Corral	Grilled Cheese Sandwich	230	19	6	14.0
Sandwiches	Golden Corral	Hot Dogs with Onions & Peppers	310	21	9	22.0
Soup	Golden Corral	Potato Soup with Bacon	200	22	7	9.0
Soup	Golden Corral	Shrimp Jambalaya	210	8	21	11.0
Soup	Golden Corral	Timberline Chili	230	26	15	9.0
Toppings & Ingredients	Golden Corral	Jelly, Reduced Sugar	10	3	0	0.0
Toppings & Ingredients	Golden Corral	Sriracha Ranch Dressing	100	1	1	11.0
Toppings & Ingredients	Golden Corral	White Queso Cheese Sauce	80	2	2	7.0
Burgers	Golden Corral	6 oz Cheeseburger	580	33	36	33.0
Entrees	Golden Corral	Bacon Wrapped Sirloin Filet	190	1	20	12.0
Entrees	Golden Corral	Buffalo Meatballs	210	15	15	15.0
Entrees	Golden Corral	Chicken Fried Steak, made from scratch	230	31	14	6.0
Entrees	Golden Corral	Chuck Tips	140	0	21	5.0
Entrees	Golden Corral	Garlic Parmesan Sirloin	130	1	20	5.0
Entrees	Golden Corral	Lasagna	220	20	13	11.0
Entrees	Golden Corral	Lemon Rosemary Sirloin	180	1	18	12.0
Entrees	Golden Corral	Ribeye	170	0	23	9.0
Entrees	Golden Corral	Roast Beef (beef flat)	180	1	22	10.0
Entrees	Golden Corral	Roast Beef (inside round)	110	0	19	3.0
Entrees	Golden Corral	Sirloin Steak	130	1	14	8.0
Entrees	Golden Corral	Sirloin Tips	170	0	23	8.0
Entrees	Golden Corral	Smoked Brisket	230	0	21	17.0
Sandwiches	Golden Corral	Smokehouse Beef Flatbread	170	10	10	10.0
Entrees	Golden Corral	Steak Fajitas	60	6	3	2.5
Entrees	Golden Corral	Taquitos	260	28	6	14.0
Entrees	Golden Corral	Teriyaki Sirloin	200	3	17	13.0
Beverages	Golden Corral	Barq's Root Beer, 16 oz	210	58	0	0.0
Beverages	Golden Corral	Barq's Root Beer, 32 oz	430	116	0	0.0

Beverages	Golden Corral	Coca Cola Cherry, 16 oz	210	56	0	0.0
Beverages	Golden Corral	Coca Cola Cherry, 32 oz	410	112	0	0.0
Beverages	Golden Corral	Coca Cola Zero Sugar, 16 oz	0	0	0	0.0
Beverages	Golden Corral	Coca Cola Zero Sugar, 32 oz	0	0	0	0.0
Beverages	Golden Corral	Coca Cola, 16 oz	200	53	0	0.0
Beverages	Golden Corral	Coca Cola, 32 oz	390	107	0	0.0
Beverages	Golden Corral	Diet Coke, 16 oz	0	0	0	0.0
Beverages	Golden Corral	Diet Coke, 32 oz	0	0	0	0.0
Beverages	Golden Corral	Diet Dr. Pepper, 16 oz	0	0	0	0.0
Beverages	Golden Corral	Diet Dr. Pepper, 32 oz	0	0	0	0.0
Beverages	Golden Corral	Dr. Pepper, 16 oz	180	52	0	0.0
Beverages	Golden Corral	Dr. Pepper, 32 oz	360	104	0	0.0
Beverages	Golden Corral	Fanta Orange, 16 oz	200	54	0	0.0
Beverages	Golden Corral	Fanta Orange, 32 oz	390	108	0	0.0
Beverages	Golden Corral	Fanta Strawberry, 16 oz	210	57	0	0.0
Beverages	Golden Corral	Fanta Strawberry, 32 oz	420	115	0	0.0
Beverages	Golden Corral	Fuze Raspberry Tea, 16 oz	110	31	0	0.0
Beverages	Golden Corral	Fuze Raspberry Tea, 32 oz	220	61	0	0.0
Beverages	Golden Corral	Glaceau Vitamin Water, 16 oz	90	26	0	0.0
Beverages	Golden Corral	Glaceau Vitamin Water, 32 oz	190	51	0	0.0
Beverages	Golden Corral	Gold Peak Tea, Sweetened, 16 oz	170	44	0	0.0
Beverages	Golden Corral	Gold Peak Tea, Sweetened, 32 oz	340	88	0	0.0
Beverages	Golden Corral	Gold Peak Tea, Unsweetened, 16 oz	0	0	0	0.0
Beverages	Golden Corral	Gold Peak Tea, Unsweetened, 32 oz	10	3	0	0.0
Beverages	Golden Corral	Hi-C Flashin Fruit Punch, 16 oz	210	57	0	0.0
Beverages	Golden Corral	Hi-C Flashin Fruit Punch, 32 oz	410	113	0	0.0
Beverages	Golden Corral	Hi-C Poppin Pink Lemonade, 16 oz	180	49	0	0.0
Beverages	Golden Corral	Hi-C Poppin Pink Lemonade, 32 oz	360	98	0	0.0
Beverages	Golden Corral	Horchata 16 oz	310	58	6	6.0
Beverages	Golden Corral	Horchata 32 oz	620	115	12	12.0
Beverages	Golden Corral	Jamaica 16 oz	200	50	0	0.0
Beverages	Golden Corral	Jamaica 32 oz	400	100	0	0.0
Beverages	Golden Corral	Minute Maid Lemonade, 16 oz	180	50	0	0.0
Beverages	Golden Corral	Minute Maid Lemonade, 32 oz	360	101	0	0.0
Beverages	Golden Corral	Minute Maid Light Lemonade, 16 oz	10	3	0	0.0

Beverages	Golden Corral	Minute Maid Light Lemonade, 32 oz	15	5	0	0.0
Beverages	Golden Corral	Powerade Mountain Berry Blast, 16 oz	110	29	0	0.0
Beverages	Golden Corral	Powerade Mountain Berry Blast, 32 oz	220	58	0	0.0
Beverages	Golden Corral	Seagram's Ginger Ale, 16 oz	170	47	0	0.0
Beverages	Golden Corral	Seagram's Ginger Ale, 32 oz	340	94	0	0.0
Beverages	Golden Corral	Sprite, 16 oz	180	49	0	0.0
Beverages	Golden Corral	Sprite, 32 oz	360	98	0	0.0
Beverages	Golden Corral	Mello Yello 12 oz	160	44	0	0.0
Beverages	Golden Corral	Mello Yello 16 oz	210	58	0	0.0
Beverages	Golden Corral	Mello Yello 32 oz	420	116	0	0.0
Baked Goods	Golden Corral	Caramel Pecan Sticky Rolls	310	52	4	9.0
Sandwiches	Golden Corral	Smokehouse Pork Flatbread	120	10	8	6.0
Entrees	Golden Corral	Apple-topped Waffle	190	30	3	13.0
Entrees	Golden Corral	Berry Berry Waffle	240	33	4	23.0
Entrees	Golden Corral	Crabmeat, Surimi	25	2	1	1.0
Entrees	Golden Corral	Egg and Sausage Breakfast Skillet	130	7	8	8.0
Appetizers & Sides	Golden Corral	Boneless BBQ Chicken Wings	180	13	20	6.0
Appetizers & Sides	Golden Corral	Boneless Franks Red Hot Chicken Wings	180	6	22	7.0
Appetizers & Sides	Golden Corral	Boneless Nashville Chicken Wings	190	13	19	6.0
Appetizers & Sides	Golden Corral	Buffalo Wings with Frank's RedHot Sauce	180	0	16	12.0
Entrees	Golden Corral	Chicken and Noodle Dumplings	210	25	13	7.0
Entrees	Golden Corral	Chicken Fajitas	60	5	6	1.5
Entrees	Golden Corral	Fried Chicken	240	6	19	15.0
Appetizers & Sides	Golden Corral	Fried Chicken Legs	200	3	18	12.0
Appetizers & Sides	Golden Corral	Honey Sesame Glazed Wings	200	4	16	13.0
Entrees	Golden Corral	Lemon Herb Chicken	190	12	14	9.0
Entrees	Golden Corral	Nashville Hot Fried Chicken Thighs	520	42	20	29.0
Entrees	Golden Corral	Pulled Chicken in Poultry Gravy	80	3	14	2.0
Appetizers & Sides	Golden Corral	Smoked BBQ Wings	180	2	17	11.0
Entrees	Golden Corral	Smothered Grilled Chicken	200	2	27	10.0
Desserts	Golden Corral	Chocolate and Vanilla Swirl Soft Serve	100	21	1	2.0
Desserts	Golden Corral	Coconut Cake	260	35	2	14.0
Desserts	Golden Corral	Grilled Peach Cobbler	100	22	0	1.5
Appetizers & Sides	Golden Corral	Low-Fat Strawberry Yogurt	120	22	2	2.5
Desserts	Golden Corral	Mini Chocolate Chess Pie	340	40	3	18.0

Desserts	Golden Corral	Non-Fat Birthday Cake Yogurt	100	22	3	0.0
Desserts	Golden Corral	Non-Fat Cheesecake Yogurt	110	26	2	0.0
Desserts	Golden Corral	Sweet Potato Pie	340	46	4	16.0
Desserts	Golden Corral	Vanilla Pound Cake with Chocolate Frosting and Sprinkles	260	40	2	12.0
Sandwiches	Golden Corral	Fish Taco, Crispy	360	35	11	19.0
Entrees	Golden Corral	Shrimp Fajitas	70	3	7	3.5
Entrees	Golden Corral	BBQ Pork Loin	170	9	17	7.0
Entrees	Golden Corral	Cajun Double Smoked Sausage	240	2	12	21.0
Entrees	Golden Corral	Country Rope Sausage	180	0	12	15.0
Entrees	Golden Corral	Grilled BBQ Pork	230	3	21	15.0
Entrees	Golden Corral	Grilled BBQ Pork Loin	140	3	18	7.0
Entrees	Golden Corral	Grilled BBQ Pork Steaks	210	5	17	13.0
Entrees	Golden Corral	Grilled Hickory Bourbon Pork	250	7	21	15.0
Entrees	Golden Corral	Grilled Hickory Bourbon Pork Loin	160	7	18	6.0
Entrees	Golden Corral	Grilled Hickory Bourbon Pork Steaks	220	9	17	13.0
Entrees	Golden Corral	Grilled Teriyaki Pineapple Pork	240	5	21	15.0
Entrees	Golden Corral	Grilled Teriyaki Pineapple Pork Loin	150	5	18	6.0
Entrees	Golden Corral	Grilled Teriyaki Pineapple Pork Steaks	220	7	17	13.0
Entrees	Golden Corral	Grilled Teriyaki Pork	240	5	21	15.0
Entrees	Golden Corral	Grilled Teriyaki Pork Loin	150	5	18	6.0
Entrees	Golden Corral	Grilled Teriyaki Pork Steaks	210	6	17	13.0
Entrees	Golden Corral	Pork Loin	140	1	17	7.0
Entrees	Golden Corral	Pork Loin with Poultry Gravy	150	3	17	8.0
Entrees	Golden Corral	Smoked Pitt Ham	110	1	14	6.0
Entrees	Golden Corral	Smokehouse Baby Back Ribs	300	3	33	17.0
Toppings & Ingredients	Golden Corral	Lemon Vinaigrette	110	5	0	11.0
Toppings & Ingredients	Golden Corral	White Balsamic Vinaigrette	130	5	0	12.0
Appetizers & Sides	Golden Corral	Coleslaw	80	7	1	6.0
Toppings & Ingredients	Golden Corral	Diced Onions	15	4	0	0.0
Toppings & Ingredients	Golden Corral	Dill Pickles	0	0	0	0.0
Toppings & Ingredients	Golden Corral	Fresh Onion Strips	10	3	0	0.0
Salads	Golden Corral	Marinated Vegetable Salad	35	3	1	2.0
Toppings & Ingredients	Golden Corral	Spring Lettuce Mix	5	1	0	0.0
Toppings & Ingredients	Golden Corral	Tomato Slices	5	1	0	0.0
Toppings & Ingredients	Golden Corral	Horseradish Sauce	100	2	0	10.0

Toppings & Ingredients	Golden Corral	Sauce, Portobello Mushroom	30	2	1	1.5
Appetizers & Sides	Golden Corral	Macaroni and Cheese, Down Home	260	14	13	17.0
Toppings & Ingredients	Golden Corral	Sauteed Onions, 1/4cup	70	5	1	6.0
Appetizers & Sides	Golden Corral	Smokehouse Macaroni and Cheese	290	13	15	20.0
Soup	Golden Corral	Brunswick Stew	130	18	9	2.5
Soup	Golden Corral	Chicken Tortilla Soup	90	8	4	4.5
Appetizers & Sides	Golden Corral	Black Beans, Seasoned	180	26	8	5.0
Appetizers & Sides	Golden Corral	Fried Mushrooms	160	17	4	9.0
Appetizers & Sides	Golden Corral	Green Beans, Fresh	70	3	1	6.0
Appetizers & Sides	Golden Corral	Sauteed Sliced Mushrooms	60	3	2	5.0
Appetizers & Sides	Golden Corral	Savory Dill Vegetables	80	7	2	5.0
Entrees	Golden Corral	Meatloaf	200	10	13	11.0
Entrees	Golden Corral	Pot Roast	150	8	15	7.0
Entrees	Golden Corral	Popcorn Shrimp (1/4 cup)	90	9	3	4.0
Baked Goods	Golden Corral	Buttermilk Biscuits, 2 ea	470	48	8	28.0
Entrees	Golden Corral	Salmon Lemonata	270	4	16	21.0
Appetizers & Sides	Golden Corral	Spinach Artichoke Dip (8 oz)	350	26	12	22.0
Entrees	Golden Corral	Hand-breaded Chicken Tenders	220	10	18	11.0
Entrees	Golden Corral	Bourbon Street Chicken Bowl	400	30	29	18.0
Entrees	Golden Corral	Bourbon Street Chicken Burrito	570	39	32	30.0
Entrees	Golden Corral	Bourbon Street Chicken with Rice	470	26	41	22.0
Appetizers & Sides	Golden Corral	Tortilla Chips	310	41	3	15.0
Appetizers & Sides	Golden Corral	Sausage Links (side)	230	1	9	21.0
Entrees	Golden Corral	Sweet Potato Casserole (8oz Side)	420	82	5	7.0
Appetizers & Sides	Golden Corral	Potato Chips, Homemade Seasoned	120	6	1	10.0
Toppings & Ingredients	Golden Corral	Honey Butter Cup	50	3	0	4.5
Beverages	Golden Corral	Pina Colada	380	38	0	12.0
Toppings & Ingredients	Golden Corral	Ranch Dressing	100	1	1	11.0
Desserts	Golden Corral	Chocolate Fudge	130	22	0	4.5
Appetizers & Sides	Golden Corral	Turkey Sausage (side)	160	2	16	10.0
Appetizers & Sides	Golden Corral	Turkey Sausage (4 ea)	320	4	32	20.0
Entrees	Golden Corral	Blueberry Pancakes, 6 ea	500	60	11	24.0
Entrees	Golden Corral	Chocolate Chip Pancakes, 6 ea	890	108	11	48.0
Toppings & Ingredients	Golden Corral	Strawberry Cheesecake Topping for French Toast	600	63	8	90.0
Entrees	Golden Corral	Grilled Chicken Breast	430	0	83	11.0



Entrees	Golden Corral	Fried Breaded Fish (3 pc)	270	11	23	14.0
Desserts	Golden Corral	Fudgy Brownies	510	71	9	23.0
Entrees	Golden Corral	Double Smoked Cajun Sausage (w/Onions and Peppers)	250	3	12	21.0
Entrees	Golden Corral	Buffalo Fried Chicken	1340	43	106	82.0
Salads	Golden Corral	Chicken Cobb Salad (fried)	680	25	48	44.0
Sandwiches	Golden Corral	Fried Chicken Sandwich	680	44	22	47.0
Entrees	Golden Corral	Honey Dipped Fried Chicken	2470	358	105	81.0
Entrees	Golden Corral	Ranch Fried Chicken - Homeward	1410	41	114	88.0
Burgers	Golden Corral	4 oz Cheeseburger	530	42	28	27.0
Burgers	Golden Corral	8 oz Cheeseburger	720	42	47	39.0
Entrees	Golden Corral	Sirloin Steak, 8 oz	340	2	38	20.0
Appetizers & Sides	Golden Corral	Sauteed Sliced Mushrooms (1/4 cup)	30	2	1	2.5
Entrees	Golden Corral	Braised Beef & Vegetable Bowl	610	33	38	37.0
Sandwiches	Golden Corral	Braised Beef Sandwich	430	3	32	32.0
Entrees	Golden Corral	Braised Beef w/ Vegetables & Gravy (Pot Roast)	360	9	48	14.0
Entrees	Golden Corral	Meatloaf (All Beef)	220	10	13	14.0
Entrees	Golden Corral	Meatloaf, Homeward All Beef	420	19	26	26.0
Entrees	Golden Corral	Philly Cheese Braised Beef Sandwich	560	47	39	24.0
Entrees	Golden Corral	Picadillo	250	10	19	14.0
Entrees	Golden Corral	Ropa Vieja	480	19	37	26.0
Entrees	Golden Corral	Sirloin Steak, 12 oz	480	3	55	27.0
Entrees	Golden Corral	Slow-Smoked Sirloin	130	1	19	6.0
Beverages	Golden Corral	Frose (Bronx)	430	99	0	0.0
Beverages	Golden Corral	Frozen Strawberry Drink	210	56	0	0.0
Beverages	Golden Corral	Horchata 12 oz	230	43	5	4.5
Beverages	Golden Corral	Icee, Black Cherry	60	17	0	0.0
Beverages	Golden Corral	Icee, Master Chili Cherry Limeade	70	18	0	0.0
Beverages	Golden Corral	Icee, Orange	70	18	0	0.0
Beverages	Golden Corral	Icee, Watermelon	70	18	0	0.0
Beverages	Golden Corral	Margarita	300	44	0	0.0
Beverages	Golden Corral	Margarita (Bronx)	500	100	0	0.0
Beverages	Golden Corral	Pina Colada (Bronx)	350	44	0	9.0
Beverages	Golden Corral	Sangria (Bronx)	280	46	0	0.0
Beverages	Golden Corral	Strawberry Frose	230	43	0	0.0
Pizza	Golden Corral	Cheese Pizza (Whole Pie)	1670	207	74	60.0

Baked Goods	Golden Corral	Skillet Cornbread - Homeward	1230	123	12	78.0
Entrees	Golden Corral	French Toast, 3 slices	610	91	23	18.0
Entrees	Golden Corral	Pancakes, 3 ea	240	27	6	12.0
Entrees	Golden Corral	Pancakes, 6 ea	470	54	11	24.0
Entrees	Golden Corral	Steak and Eggs	530	6	42	38.0
Toppings & Ingredients	Golden Corral	Strawberry Topping (for French Toast and Pancakes)	120	30	0	0.0
Appetizers & Sides	Golden Corral	Toast, 1 slice	100	19	3	1.0
Entrees	Golden Corral	Arroz Imperial	140	14	7	6.0
Appetizers & Sides	Golden Corral	Chicken - Wings Mango Habanero (10 pc portion)	370	12	29	22.0
Entrees	Golden Corral	Chicken and Waffle Bowl	620	99	16	16.0
Entrees	Golden Corral	Chicken and Waffles	750	39	53	42.0
Salads	Golden Corral	Chicken Cobb Salad (grilled)	650	17	59	40.0
Appetizers & Sides	Golden Corral	Chicken Wings (10 pc portion)	400	0	36	27.0
Appetizers & Sides	Golden Corral	Chicken Wings (5 pc portion)	160	0	14	11.0
Appetizers & Sides	Golden Corral	Chicken Wings - Asian Zing (10 pc portion)	400	19	29	22.0
Appetizers & Sides	Golden Corral	Chicken Wings - Asian Zing (5 pc portion)	240	19	14	11.0
Appetizers & Sides	Golden Corral	Chicken Wings - BBQ (10 pc portion)	360	10	29	22.0
Appetizers & Sides	Golden Corral	Chicken Wings - BBQ (5 pc portion)	200	10	15	11.0
Appetizers & Sides	Golden Corral	Chicken Wings - Hot (10 pc portion)	330	1	29	22.0
Appetizers & Sides	Golden Corral	Chicken Wings - HOT (5 pc portion)	170	1	15	11.0
Appetizers & Sides	Golden Corral	Chicken Wings - Mango Habanero (5 pc portion)	210	12	14	11.0
Entrees	Golden Corral	Fried Chicken - Piece Variety (3 pc portion)	950	26	77	60.0
Entrees	Golden Corral	Korean Style Fried Chicken - Homeward	1950	185	111	81.0
Entrees	Golden Corral	Mac and Cheese Buffalo Chicken Bowl	510	31	24	31.0
Entrees	Golden Corral	Mac and Cheese Nashville Chicken Bowl	540	34	21	35.0
Entrees	Golden Corral	Nashville Fried Chicken - Homeward	2900	85	112	245.0
Entrees	Golden Corral	Nashville Fried Chicken Sandwich	870	55	23	63.0
Entrees	Golden Corral	Roasted Grilled Bone-in Chicken	160	1	20	9.0
Desserts	Golden Corral	Banana Pudding, 10 oz	600	88	5	25.0
Desserts	Golden Corral	Banana Pudding - Homeward	360	53	3	15.0
Desserts	Golden Corral	Bread Pudding (9.5 oz)	650	98	10	25.0
Desserts	Golden Corral	Carrot Cake - Homeward	500	67	3	25.0
Desserts	Golden Corral	Chocolate Chip Cookies (2 ea)	120	16	2	6.0
Desserts	Golden Corral	Coconut Tres Leche Cake	350	46	4	19.0
Desserts	Golden Corral	Flan	420	67	12	12.0

Desserts	Golden Corral	No Bake Cheesecake	190	30	5	6.0
Desserts	Golden Corral	Skillet Bread Pudding - Homeward	840	127	12	32.0
Desserts	Golden Corral	Strawberry Cake	230	38	2	9.0
Desserts	Golden Corral	Vanilla Pound Cake with Chocolate Frosting and Chocolate Chip Morsels	350	51	3	17.0
Desserts	Golden Corral	Breaded Oysters	180	16	7	10.0
Entrees	Golden Corral	Shrimp and Grits	390	40	36	8.0
Entrees	Golden Corral	Shrimp Platter	1380	161	64	52.0
Appetizers & Sides	Golden Corral	Bacon (side)	400	0	25	30.0
Entrees	Golden Corral	BBQ Pork Ribs (Full Rack)	2360	46	192	156.0
Entrees	Golden Corral	BBQ Pork Ribs (Half Rack)	1210	23	96	82.0
Entrees	Golden Corral	Brown Sugar St. Louis Ribs	500	12	28	37.0
Entrees	Golden Corral	Cajun Sausage Hash	110	5	3	8.0
Entrees	Golden Corral	Country Style BBQ Boneless Ribs with KC Masterpiece Hickory	230	7	19	14.0
Entrees	Golden Corral	Mac and Cheese Smoked Pork Bowl	560	41	36	28.0
Entrees	Golden Corral	Pork Burnt Ends with KC Masterpiece Original BBQ sauce	180	5	12	13.0
Entrees	Golden Corral	Smoked Baby Back Ribs with KC Masterpiece Kentucky Bourbon BBQ	220	8	22	11.0
Entrees	Golden Corral	Smoked Back Ends and Pieces with KC Masterpiece Kentucky	220	8	22	11.0
Sandwiches	Golden Corral	Smoked Pulled Pork Sandwich with BBQ Sauce	520	54	37	17.0
Entrees	Golden Corral	Smoked Pulled Pork with BBQ Sauce	280	10	30	14.0
Salads	Golden Corral	Buffalo Lettuce Wedge	550	15	24	44.0
Toppings & Ingredients	Golden Corral	Shrimp (Salad Topping)	20	0	5	0.0
Sandwiches	Golden Corral	Meatloaf Sandwich	440	47	18	21.0
Sandwiches	Golden Corral	Meatloaf Sandwich All Beef	460	47	18	23.0
Sandwiches	Golden Corral	Sandwich, Pulled Pork	450	47	23	20.0
Sandwiches	Golden Corral	Smokehouse/Farm House Chicken Sandwich	630	42	26	40.0
Toppings & Ingredients	Golden Corral	Brown Gravy (side)	40	8	1	1.0
Toppings & Ingredients	Golden Corral	Brown Gravy (topping)	20	4	0	0.0
Toppings & Ingredients	Golden Corral	Butter PC	35	0	0	4.0
Toppings & Ingredients	Golden Corral	Italian Red Sauce with Ground Beef	190	11	8	13.0
Toppings & Ingredients	Golden Corral	Ketchup Packets	10	3	0	0.0
Toppings & Ingredients	Golden Corral	Mayonnaise Packets	80	1	0	8.0
Toppings & Ingredients	Golden Corral	Mustard Packets	5	0	0	0.0
Toppings & Ingredients	Golden Corral	Smokehouse BBQ Sauce	45	12	0	0.0
Toppings & Ingredients	Golden Corral	Spicy BBQ Sauce	70	16	0	0.0
Toppings & Ingredients	Golden Corral	Sweet BBQ Sauce	70	17	0	0.0

Appetizers & Sides	Golden Corral	Arroz Con Leche	340	64	7	6.0
Appetizers & Sides	Golden Corral	Cheddar and Roasted Garlic Mashed Potatoes (16 oz Side)	840	55	13	63.0
Appetizers & Sides	Golden Corral	Cheddar and Roasted Garlic Mashed Potatoes (32 oz Side)	1670	111	25	127.0
Appetizers & Sides	Golden Corral	Golden Bite	210	18	5	13.0
Appetizers & Sides	Golden Corral	Mac-n-Cheese Fritters	550	42	12	36.0
Appetizers & Sides	Golden Corral	Macaroni and Cheese (8 oz Side)	330	33	10	18.0
Appetizers & Sides	Golden Corral	Macaroni and Cheese (16 oz Side)	660	67	20	36.0
Appetizers & Sides	Golden Corral	Macaroni and Cheese (32 oz Side)	1320	133	39	71.0
Appetizers & Sides	Golden Corral	Mashed Potatoes (16 oz Side)	870	67	10	66.0
Appetizers & Sides	Golden Corral	Mashed Potatoes (8 oz Side)	440	33	5	33.0
Appetizers & Sides	Golden Corral	Okra - Fried (5.2 oz)	290	31	3	16.0
Appetizers & Sides	Golden Corral	Roasted Corn on the Cobb	380	43	8	20.0
Appetizers & Sides	Golden Corral	Roasted Spiced Sweet Potatoes (16 oz)	450	57	5	25.0
Appetizers & Sides	Golden Corral	Roasted Spiced Sweet Potatoes (32 oz)	910	113	9	49.0
Fried Potatoes	Golden Corral	Steakhouse Fries (16 oz side)	280	29	3	16.0
Appetizers & Sides	Golden Corral	Sweet Corn Pudding (16 oz side)	1350	200	15	55.0
Appetizers & Sides	Golden Corral	Sweet Corn Pudding (8 oz side)	680	100	8	28.0
Appetizers & Sides	Golden Corral	Sweet Potato Casserole (16oz Side)	830	165	10	14.0
Appetizers & Sides	Golden Corral	Vegetable and Rice Casserole	140	17	3	6.0
Appetizers & Sides	Golden Corral	White Rice (16 oz Side)	480	69	7	17.0
Appetizers & Sides	Golden Corral	White Rice (8 oz Side)	240	35	4	9.0
Soup	Golden Corral	Tomato Basil Soup	220	25	5	11.0
Sandwiches	Golden Corral	Avocado Egg and Cheese Sandwich	390	37	21	17.0
Appetizers & Sides	Golden Corral	Bacon (4 ea)	210	0	11	19.0
Entrees	Golden Corral	Biscuits and Gravy To Go	820	86	13	49.0
Entrees	Golden Corral	Breakfast Feast-with Bacon	2930	324	94	143.0
Entrees	Golden Corral	Breakfast Feast-with Sausage Links	3430	328	109	189.0
Entrees	Golden Corral	Breakfast Feast-with Sausage Patty	3110	324	109	160.0
Entrees	Golden Corral	Breakfast Feast-with Turkey Sausage	3150	332	137	145.0
Entrees	Golden Corral	Classic Breakfast Combo - Bacon and Biscuit	610	32	24	44.0
Entrees	Golden Corral	Classic Breakfast Combo - Bacon and Pancake	730	81	24	36.0
Entrees	Golden Corral	Classic Breakfast Combo - Sausage Link and Biscuit	740	33	28	56.0
Entrees	Golden Corral	Classic Breakfast Combo - Sausage Links and Pancake	860	82	27	47.0
Entrees	Golden Corral	Classic Breakfast Combo - Sausage Patty and Biscuit	660	32	28	48.0
Entrees	Golden Corral	Classic Breakfast Combo - Sausage Patty and Pancake	780	81	27	40.0

Entrees	Golden Corral	Classic Breakfast Combo - Turkey Sausage and Biscuit	670	34	35	45.0
Appetizers & Sides	Golden Corral	Fresh Fruit - 8 ounces	100	24	2	0.0
Entrees	Golden Corral	Sausage Breakfast Bowl w/ Grits	530	31	26	34.0
Entrees	Golden Corral	Sausage Breakfast Bowl w/ Hash Browns	670	22	24	55.0
Entrees	Golden Corral	Sausage Breakfast Bowl w/ Tots	530	19	24	40.0
Appetizers & Sides	Golden Corral	Sausage Link (4 ea)	460	2	18	42.0
Appetizers & Sides	Golden Corral	Sausage Patty (4 ea)	300	0	18	27.0
Entrees	Golden Corral	Southwest Breakfast Bowl w/ Tots	500	23	19	37.0
Entrees	Golden Corral	Southwest Breakfast Bowl w/grits	510	35	21	32.0
Entrees	Golden Corral	Southwest Breakfast Bowl w/Hash Browns	650	26	19	53.0
Sandwiches	Golden Corral	Southwest Breakfast Burrito	510	34	20	30.0
Entrees	Golden Corral	Two Egg Breakfast - Bacon and Grits	450	23	22	30.0
Entrees	Golden Corral	Two Egg Breakfast - Bacon and Hashbrowns	450	23	22	30.0
Entrees	Golden Corral	Two Egg Breakfast - Sausage Links and Grits	570	24	26	42.0
Entrees	Golden Corral	Two Egg Breakfast - Sausage Links and Hashbrowns	680	17	24	58.0
Entrees	Golden Corral	Two Egg Breakfast - Sausage Patty and Grits	490	23	26	34.0
Entrees	Golden Corral	Two Egg Breakfast - Sausage Patty and Hashbrowns	600	16	24	51.0
Entrees	Golden Corral	Two Egg Breakfast - Turkey Sausage and Grits	500	25	33	31.0
Entrees	Golden Corral	Two Egg Breakfast - Turkey Sausage and Hash Browns	610	18	31	47.0
Appetizers & Sides	Golden Corral	Collard Greens - Seasoned (16 oz side)	140	16	4	4.0
Appetizers & Sides	Golden Corral	Corn - Steamed (16 oz side)	460	65	9	20.0
Appetizers & Sides	Golden Corral	Corn - Steamed (8 oz side)	230	32	5	10.0
Appetizers & Sides	Golden Corral	Green Beans - Fresh (16 oz side)	270	17	4	23.0
Appetizers & Sides	Golden Corral	Green Beans - Fresh (32 oz side)	1010	62	15	84.0
Appetizers & Sides	Golden Corral	Green Beans - Fresh (8 oz side)	170	8	2	15.0
Appetizers & Sides	Golden Corral	Grilled Cajun Corn on the Cobb	190	22	4	10.0
Burgers	Golden Corral	Veggie Burger	350	55	12	9.0
Appetizers & Sides	Golden Corral	Buffalo Wings	250	0	16	20.0
Entrees	Golden Corral	Chicken Quesadillas	130	9	5	8.0
Entrees	Golden Corral	Hickory Bourbon Chicken Wings	260	15	16	15.0
Entrees	Golden Corral	Honey Teriyaki Pineapple Chicken Wings	260	14	17	15.0
Entrees	Golden Corral	Mandarin Orange Chicken Wings	260	13	16	15.0
Entrees	Golden Corral	Nashville Wings	340	4	17	29.0
Entrees	Golden Corral	Spicy BBQ Wings	250	11	17	15.0
Entrees	Golden Corral	Spicy Garlic Wings	220	3	17	15.0

Entrees	Golden Corral	Grilled Seafood Cakes	190	9	5	15.0
Appetizers & Sides	Golden Corral	Red Beans and Sausage	270	28	14	11.0
Toppings & Ingredients	Golden Corral	Grape Jelly PC	35	9	0	0.0
Toppings & Ingredients	Golden Corral	Strawberry Jelly PC	35	9	0	0.0
Appetizers & Sides	Golden Corral	Mashed Potatoes	200	16	2	15.0
Toppings & Ingredients	Golden Corral	Jalapenos - Sliced Fresh (1/4 cup)	10	0	0	0.0
Burgers	Hardee's	Original Thickburger	820	56	39	51.0
Burgers	Hardee's	Mushroom & Swiss Thickburger	620	52	31	33.0
Burgers	Hardee's	Bacon Cheese Thickburger	790	54	38	49.0
Sandwiches	Hardee's	Charbroiled Chicken Club Sandwich	650	53	43	29.0
Sandwiches	Hardee's	Big Roast Beef	500	49	30	22.0
Sandwiches	Hardee's	Big Hot Ham 'N' Cheese	530	51	34	20.0
Sandwiches	Hardee's	Sausage & Egg Biscuit	700	44	19	50.0
Sandwiches	Hardee's	Country Ham Biscuit	510	42	16	32.0
Sandwiches	Hardee's	Bacon Egg & Cheese Biscuit	620	44	20	40.0
Sandwiches	Hardee's	Loaded Omelet Biscuit	630	46	19	41.0
Sandwiches	Hardee's	Monster Biscuit	890	45	35	63.0
Sandwiches	Hardee's	Frisco Breakfast Sandwich	430	42	24	19.0
Sandwiches	Hardee's	Loaded Breakfast Burrito	580	46	30	30.0
Fried Potatoes	Hardee's	Natural-Cut French Fries- Kids	240	31	3	12.0
Fried Potatoes	Hardee's	Natural-Cut French Fries- Small	300	39	3	15.0
Fried Potatoes	Hardee's	Natural-Cut French Fries- Medium	420	55	5	21.0
Fried Potatoes	Hardee's	Natural-Cut French Fries- Large	460	59	5	22.0
Fried Potatoes	Hardee's	Crispy Curls - Small	310	39	4	15.0
Fried Potatoes	Hardee's	Crispy Curls - Medium	420	53	5	21.0
Fried Potatoes	Hardee's	Crispy Curls - Large	460	58	6	23.0
Fried Potatoes	Hardee's	Hash Rounds Small	240	21	2	14.0
Fried Potatoes	Hardee's	Hash Rounds Medium	370	33	3	22.0
Fried Potatoes	Hardee's	Hash Rounds Large	490	43	4	29.0
Salads	Hardee's	Side Salad	120	7	7	7.0
Baked Goods	Hardee's	Apple Turnover	270	35	3	13.0
Sandwiches	Hardee's	Country Fried Steak Biscuit	650	49	14	44.0
Burgers	Hardee's	Double Cheeseburger	530	56	25	26.0
Sandwiches	Hardee's	Jumbo Chili Dog	390	23	15	26.0
Entrees	Hardee's	10 Piece - Hand-Breaded Chicken Tenders Box	880	42	82	42.0

Entrees	Hardee's	20 Piece - Hand-Breaded Chicken Tenders Box	1760	84	164	84.0
Entrees	Hardee's	Hardee Breakfast Platter with Bacon	1050	76	31	68.0
Desserts	Hardee's	Chocolate Chip Cookie	200	26	2	10.0
Beverages	Hardee's	Hand-Scooped Ice-Cream Shakes- Chocolate Shake	690	84	12	36.0
Beverages	Hardee's	Hand-Scooped Ice-Cream Shakes- Vanilla Shake	700	86	12	35.0
Beverages	Hardee's	Hand-Scooped Ice-Cream Shakes- Strawberry Shake	690	83	12	35.0
Entrees	Hardee's	3 Piece - Hand-Breaded Chicken Tenders	260	13	25	13.0
Entrees	Hardee's	5 Piece - Hand-Breaded Chicken Tenders	440	21	41	21.0
Sandwiches	Hardee's	Chicken Soft Taco	200	17	16	8.0
Entrees	Hardee's	Chicken Quesadilla	640	43	39	34.0
Entrees	Hardee's	Cheese Quesadilla	550	40	25	32.0
Salads	Hardee's	Beef Taco Salad	920	72	35	56.0
Salads	Hardee's	Chicken Taco Salad	940	73	49	49.0
Appetizers & Sides	Hardee's	Chips & Salsa	310	37	4	17.0
Sandwiches	Hardee's	Big Chicken Fillet Sandwich	590	61	21	29.0
Sandwiches	Hardee's	Chicken Grilled Burrito	630	70	36	23.0
Entrees	Hardee's	Chicken Bowl	430	55	27	11.0
Sandwiches	Hardee's	Beef Grilled Burrito	850	90	41	35.0
Entrees	Hardee's	3 Piece Chicken Tenders All Star Meal	700	70	29	35.0
Sandwiches	Hardee's	Pork Chop 'N' Gravy Biscuit	550	48	13	34.0
Entrees	Hardee's	2 Hot Ham 'N' Cheese All Star Meal	1010	114	39	44.0
Burgers	Hardee's	Single Slider	210	21	10	11.0
Burgers	Hardee's	Double Slider	360	22	19	24.0
Burgers	Hardee's	Original Beyond Thickburger	780	61	33	46.0
Entrees	Hardee's	Hamburger Kid's Meal	480	54	24	18.0
Entrees	Hardee's	Cheeseburger Kid's Meal	530	55	27	22.0
Entrees	Hardee's	2-piece Chicken Tender Kid's Meal	180	9	16	9.0
Entrees	Hardee's	Hot Dog Kids Meal,does not include drink	650	60	16	38.0
Sandwiches	Hardee's	Beyond Sausage & Egg Biscuit	600	47	25	35.0
Sandwiches	Hardee's	Beyond Sausage Burrito	730	51	36	41.0
Burgers	Hardee's	Small Cheeseburger	300	33	13	14.0
Burgers	Hardee's	Small Hamburger	250	32	11	9.0
Sandwiches	Hardee's	Chicken Fillet Biscuit	660	50	19	43.0
Entrees	Hardee's	Grits	100	17	2	3.0
Baked Goods	Hardee's	Made from Scratch Biscuit	440	41	6	28.0

Baked Goods	Hardee's	Cinnamon 'N' Raisin Biscuit	320	46	3	14.0
Entrees	Hardee's	Low Carb Breakfast Bowl	760	0	33	68.0
Burgers	Hardee's	Frisco Thickburger	760	43	38	50.0
Sandwiches	Hardee's	Bacon Sunrise Croissant	420	29	18	26.0
Sandwiches	Hardee's	Sausage Sunrise Croissant	550	30	18	40.0
Entrees	Hardee's	15 Piece - Hand-Breaded Chicken Tenders Box	1320	63	123	63.0
Sandwiches	Hardee's	Beef Soft Taco	210	17	11	11.0
Sandwiches	Hardee's	Hard Shell Chicken Taco	210	14	16	9.0
Toppings & Ingredients	Hardee's	Sour Cream	50	3	2	3.5
Appetizers & Sides	Hardee's	Beans	140	24	8	1.5
Appetizers & Sides	Hardee's	Rice	200	40	4	2.5
Entrees	Hardee's	Biscuit 'N' Gravy	600	54	10	38.0
Sandwiches	Hardee's	Bean, Rice & Cheese Burrito	540	67	21	21.0
Entrees	Hardee's	Double Cheeseburger & Spicy Chicken Sandwich	1280	131	36	71.0
Entrees	Hardee's	Double Cheeseburger & Jumbo Hot Dog	1160	111	36	64.0
Entrees	Hardee's	Hardee Breakfast Platter with Country Ham	990	75	32	61.0
Entrees	Hardee's	Hardee Breakfast Platter with Sausage	1150	76	30	79.0
Entrees	Hardee's	Hardee Breakfast Platter with Smoked Sausage	1000	56	25	26.0
Sandwiches	Hardee's	Sausage Biscuit	630	42	13	45.0
Sandwiches	Hardee's	Smoked Sausage Egg & Cheese Biscuit	700	45	23	48.0
Burgers	Hardee's	Double Western Bacon Cheeseburger	1060	81	58	57.0
Burgers	Hardee's	Double Original Beyond Thickburger	1110	66	56	70.0
Sandwiches	Hardee's	Southwest Omelet Biscuit	660	42	20	45.0
Sandwiches	Hardee's	Southwest Omelet Burrito	690	44	35	41.0
Entrees	Hardee's	Hardee Breakfast Platter with Country Steak	970	62	24	60.0
Entrees	Hardee's	Hardee Breakfast Platter with Chicken Fillet	980	63	29	58.0
Entrees	Hardee's	Hardee Breakfast Platter with Pork Chop	990	66	33	56.0
Entrees	Hardee's	Loaded Hash Round Bowl	510	30	16	36.0
Appetizers & Sides	Hardee's	Side of Gravy	160	13	3	11.0
Baked Goods	Hardee's	2 Cinnamon 'N' Raisin Biscuits	640	92	6	28.0
Burgers	Hardee's	Monster Double Thickburger	1400	53	86	97.0
Burgers	Hardee's	Famous Star with Cheese	660	55	28	37.0
Burgers	Hardee's	Super Star with Cheese	920	59	48	56.0
Burgers	Hardee's	Western Bacon Cheeseburger	810	80	38	38.0
Burgers	Hardee's	The Big Hardee	920	55	47	58.0



Burgers	Hardee's	Big Cheeseburger	540	56	28	23.0
Sandwiches	Hardee's	Monster Roast Beef	870	52	54	33.0
Appetizers & Sides	Hardee's	Onion Rings	670	77	10	35.0
Entrees	Hardee's	Beef Bowl	500	55	27	19.0
Sandwiches	Hardee's	Beyond Sausage Biscuit	480	44	16	26.0
Sandwiches	Hardee's	Ham Sunrise Croissant	390	29	18	23.0
Sandwiches	Hardee's	Hard Shell Beef Taco	170	13	11	12.0
Entrees	Hardee's	Beef Super Nachos	560	57	17	29.0
Entrees	Hardee's	Chicken Super Nachos	570	57	25	27.0
Appetizers & Sides	Hooter's	Boneless Wings - 50 Pc	3000	111	233	102.0
Appetizers & Sides	Hooter's	Naked Wings - 6 Pc	540	2	67	31.0
Appetizers & Sides	Hooter's	Snow Crab Legs with Butter	530	2	25	48.0
Sandwiches	Hooter's	Baja Fish Tacos - Fried	870	77	27	49.0
Sandwiches	Hooter's	Baja Fish Tacos - Grilled	880	60	30	56.0
Appetizers & Sides	Hooter's	Boneless Wings - 10 Pc	600	22	47	20.0
Appetizers & Sides	Hooter's	Hooters Original Buffalo Platter	1010	45	86	54.0
Appetizers & Sides	Hooter's	Hooters Original Buffalo Shrimp- 12 Pc	410	25	29	22.0
Appetizers & Sides	Hooter's	Hooters Original Buffalo Shrimp- 24 Pc	810	49	58	43.0
Desserts	Hooter's	Caramel Fudge Cheesecake	910	109	13	48.0
Desserts	Hooter's	Chocolate Mousse Cake	910	128	10	45.0
Entrees	Hooter's	Fish & Chips with Tartar Sauce add Choice of Fries	720	33	31	52.0
Desserts	Hooter's	Key Lime Pie	700	106	12	26.0
Fried Potatoes	Hooter's	Lots a Tots	1430	110	25	99.0
Sandwiches	Hooter's	Philly Cheesesteak, Beef	930	51	54	57.0
Sandwiches	Hooter's	Philly Cheese Steak, Chicken	790	52	72	34.0
Salads	Hooter's	Side Caesar Salad	240	13	5	19.0
Sandwiches	Hooter's	Smothered Chicken Sandwich	760	46	70	33.0
Entrees	Hooter's	Steamed Shrimp with Cocktail Sauce and Butter, 1 Pound	670	14	46	50.0
Entrees	Hooter's	Steamed Shrimp with Cocktail Sauce and Butter, 1/2 Pound	360	13	24	25.0
Appetizers & Sides	Hooter's	Tex Mex Nachos	1470	144	37	83.0
Burgers	Hooter's	Twisted Texas Melt	1020	61	41	69.0
Burgers	Hooter's	Western BBQ Burger	940	58	40	61.0
Toppings & Ingredients	Hooter's	Bleu Cheese Crumbles	100	1	6	8.0
Appetizers & Sides	Hooter's	Chips & Queso	1200	124	23	67.0
Appetizers & Sides	Hooter's	10 Naked Wings	900	4	112	51.0

Appetizers & Sides	Hooter's	15 Naked Wings	1350	6	169	77.0
Appetizers & Sides	Hooter's	20 Naked Wings	1800	7	225	103.0
Appetizers & Sides	Hooter's	50 Naked Wings	4500	18	562	257.0
Appetizers & Sides	Hooter's	Daytona Beach Style Wings, 10 Piece	1500	106	68	75.0
Appetizers & Sides	Hooter's	Daytona Beach Style Wings, 15 Piece	1650	143	100	111.0
Appetizers & Sides	Hooter's	Daytona Beach Style Wings, 20 Piece	3000	203	136	149.0
Appetizers & Sides	Hooter's	Daytona Beach Style Wings, 6 Piece	660	65	41	45.0
Sandwiches	Hooter's	Philly Cheesesteak Texas Style	830	66	46	42.0
Appetizers & Sides	Hooter's	Mozzarella Sticks with Marinara Sauce	520	48	24	25.0
Appetizers & Sides	Hooter's	Boneless Wings - 8 Pc	480	13	28	12.0
Appetizers & Sides	Hooter's	Boneless Wings - 16 Pc	960	33	70	31.0
Appetizers & Sides	Hooter's	Boneless Wings - 22 Pc	1320	45	93	41.0
Appetizers & Sides	Hooter's	Smoked Wings, 6 Piece	360	8	31	22.0
Appetizers & Sides	Hooter's	Smoked Wings, 10 Piece	600	13	51	36.0
Appetizers & Sides	Hooter's	Smoked Wings, 15 Piece	900	20	76	55.0
Appetizers & Sides	Hooter's	Smoked Wings, 20 Piece	1200	27	255	73.0
Appetizers & Sides	Hooter's	Smoked Wings, 50 Piece	3000	67	255	182.0
Appetizers & Sides	Hooter's	Original Hooters Style Bone In- 6 Pc	840	45	44	51.0
Appetizers & Sides	Hooter's	Original Hooters Style Bone In- 10 Pc	1400	74	74	86.0
Appetizers & Sides	Hooter's	Original Hooters Style Bone In- 15 Pc	2100	112	111	129.0
Appetizers & Sides	Hooter's	Original Hooters Style Bone In- 20 Pc	2800	149	148	172.0
Appetizers & Sides	Hooter's	Original Hooters Style Bone In- 50 Pc	7000	370	369	429.0
Appetizers & Sides	Hooter's	Roasted Wings, 6 Piece	360	6	30	21.0
Appetizers & Sides	Hooter's	Roasted Wings, 10 Piece	600	10	50	50.0
Appetizers & Sides	Hooter's	Roasted Wings, 15 Piece	900	15	75	52.5
Appetizers & Sides	Hooter's	Roasted Wings, 20 Piece	1200	20	100	70.0
Appetizers & Sides	Hooter's	Roasted Wings, 50 Piece	3000	50	250	250.0
Toppings & Ingredients	Hooter's	3 Mile Island Sauce	20	4	0	0.0
Toppings & Ingredients	Hooter's	Buffalo Sauce Hot	80	4	0	8.0
Toppings & Ingredients	Hooter's	Buffalo Sauce Medium	140	4	0	14.0
Toppings & Ingredients	Hooter's	Buffalo Sauce Mild	240	0	0	20.0
Toppings & Ingredients	Hooter's	BBQ Sauce	100	24	0	0.0
Toppings & Ingredients	Hooter's	Cajun Sauce	5	1	0	0.0
Toppings & Ingredients	Hooter's	Chipotle Honey Sauce	160	24	0	6.0
Toppings & Ingredients	Hooter's	Daytona Beach Sauce	100	24	0	0.0

Toppings & Ingredients	Hooter's	General Tso's Sauce	140	37	0	0.0
Toppings & Ingredients	Hooter's	Parmesan Garlic Sauce	240	4	0	24.0
Toppings & Ingredients	Hooter's	Samurai Teriyaki Sauce	160	41	0	0.0
Toppings & Ingredients	Hooter's	Spicy Garlic Sauce	320	4	0	32.0
Toppings & Ingredients	Hooter's	Honey Sriracha Sauce	160	41	0	0.0
Toppings & Ingredients	Hooter's	Caribbean Jerk Dry Rub	0	5	0	0.0
Toppings & Ingredients	Hooter's	Chesapeake Dry Rub	0	0	0	0.0
Toppings & Ingredients	Hooter's	Garlic Habanero Dry Rub	10	1	0	0.0
Toppings & Ingredients	Hooter's	Lemon Pepper Dry Rub	410	0	0	46.0
Toppings & Ingredients	Hooter's	Texas BBQ Dry Rub	10	2	0	0.0
Sandwiches	Hooter's	Big Fish, Fried	1220	85	46	79.0
Sandwiches	Hooter's	Big Fish, Grilled	1090	56	53	74.0
Toppings & Ingredients	Hooter's	Ground Beef (2-4 oz)	400	1	22	35.0
Toppings & Ingredients	Hooter's	Ground Beef Build a Triple (3-4 oz)	610	2	33	52.0
Toppings & Ingredients	Hooter's	Grilled Chicken Breast	290	2	51	9.0
Toppings & Ingredients	Hooter's	Crispy Chicken Breast	400	27	33	18.0
Baked Goods	Hooter's	Brioche Bun	260	40	7	9.0
Toppings & Ingredients	Hooter's	Lettuce	5	1	0	0.0
Toppings & Ingredients	Hooter's	Onion	5	2	0	0.0
Toppings & Ingredients	Hooter's	Tomato	5	1	0	0.0
Sandwiches	Hooter's	Hooters Original Buffalo Chicken Tacos, Fried	720	68	49	26.0
Sandwiches	Hooter's	Baja Shrimp Tacos	670	58	17	40.0
Salads	Hooter's	Chicken Caesar Salad, Fried	770	45	46	47.0
Salads	Hooter's	Chicken Caesar Salad, Grilled	410	23	13	31.0
Salads	Hooter's	Chicken Caesar, Hold The Chicken	380	23	9	29.0
Salads	Hooter's	Chicken Garden Salad, Fried	710	40	53	38.0
Salads	Hooter's	Chicken Garden Salad, Grilled	540	20	40	33.0
Salads	Hooter's	Chicken Garden Salad, Hold The Chicken	320	18	16	21.0
Toppings & Ingredients	Hooter's	Honey Dijon	240	12	1	22.0
Toppings & Ingredients	Hooter's	Lite Italian	35	4	0	1.5
Toppings & Ingredients	Hooter's	Balsamic Vinaigrette	190	14	0	15.0
Toppings & Ingredients	Hooter's	Bleu Cheese Dressing	200	2	2	20.0
Toppings & Ingredients	Hooter's	Caesar	260	8	3	24.0
Toppings & Ingredients	Hooter's	Honey Dijon	480	24	1	44.0
Desserts	Hooter's	Chocolate Brownie Dessert Shooter	220	27	2	13.0

Desserts	Hooter's	Heath Bar Dessert Shooter	260	31	2	15.0
Desserts	Hooter's	Peanut Butter Dessert Shooter	330	35	5	19.0
Beverages	Hooter's	Coffee	0	0	0	0.0
Beverages	Hooter's	Iced Tea - Sweet	330	85	0	0.0
Beverages	Hooter's	Iced Tea - Unsweet	5	2	0	0.0
Beverages	Hooter's	Lemonade	270	66	2	0.0
Beverages	Hooter's	Diet Pepsi	0	0	0	0.0
Beverages	Hooter's	Dr Pepper	230	59	0	0.0
Beverages	Hooter's	Mt. Dew	260	69	0	0.0
Beverages	Hooter's	Mug Root Beer	230	64	0	0.0
Beverages	Hooter's	Pepsi	230	62	0	0.0
Beverages	Hooter's	Sugar Free Red Bull (8.4 fl can)	5	3	0	0.0
Beverages	Hooter's	Coconut Berry , Original, Tangerine, Tropical Fruit Red Bull (8.4 fl can)	110	28	0	0.0
Beverages	Hooter's	Michelob Ultra	100	3	1	0.0
Beverages	Hooter's	Skinny Rita	190	27	0	0.0
Beverages	Hooter's	3 Mile Island Bloody Mary	170	9	3	4.0
Beverages	Hooter's	American Mule	170	24	0	0.0
Beverages	Hooter's	Beach Retreat	290	60	0	0.0
Beverages	Hooter's	Berry Iced Tea Aka Blackberry Long Island Iced Tea	360	66	0	0.0
Beverages	Hooter's	Hoot Punch	220	39	0	0.0
Beverages	Hooter's	Hooterade- Blue	220	27	0	0.0
Beverages	Hooter's	Hooterade- Mango	200	28	0	0.0
Beverages	Hooter's	Hooterade- Orange	280	40	0	0.0
Beverages	Hooter's	Hurricane	240	23	0	0.0
Beverages	Hooter's	Jack's Whiskey Mai Tai	330	49	0	0.0
Beverages	Hooter's	Kryptonite Cooler	230	39	0	0.0
Beverages	Hooter's	Manhattan	180	5	0	0.0
Beverages	Hooter's	Moonshine Long Island Iced Tea	370	56	0	0.0
Beverages	Hooter's	Old Fashioned	190	14	0	0.0
Beverages	Hooter's	Southern Comfort Black 80 'n Cola	130	14	0	0.0
Beverages	Hooter's	Summer Fling	300	60	0	0.0
Beverages	Hooter's	The Long Island Iced Tea	360	56	0	0.0
Beverages	Hooter's	Tropical Long Iced Tea	380	70	0	0.0
Beverages	Hooter's	Whiskey Long Island Iced Tea	360	56	0	0.0
Beverages	Hooter's	Whiskey Sour	250	24	0	0.0

Beverages	Hooter's	Rita Gone Wild, Blackberry Frozen	490	91	0	0.0
Beverages	Hooter's	Rita Gone Wild, Blackberry Rocks	490	91	0	0.0
Beverages	Hooter's	Rita Gone Wild, Mango Frozen	470	85	0	0.0
Beverages	Hooter's	Rita Gone Wild, Mango Rocks	470	85	0	0.0
Beverages	Hooter's	Rita Gone Wild - Passion Fruit Rocks	510	94	0	0.0
Beverages	Hooter's	Rita Gone Wild, Peach Frozen	470	85	0	0.0
Beverages	Hooter's	Rita Gone Wild, Peach Rocks	470	85	0	0.0
Beverages	Hooter's	Rita Gone Wild, Strawberry Frozen	470	84	0	0.0
Beverages	Hooter's	Rita Gone Wild, Strawberry Rocks	470	84	0	0.0
Beverages	Hooter's	Sweet Heat Margarita	170	18	0	0.0
Beverages	Hooter's	The Legendary Rita Frozen	470	98	0	0.0
Beverages	Hooter's	The Legendary Rita Rocks	470	98	0	0.0
Beverages	Hooter's	Watermelon Rita	380	61	0	0.0
Beverages	Hooter's	Cherry Bomb	150	17	0	0.0
Beverages	Hooter's	Jager Bomb	170	24	0	0.0
Beverages	Hooter's	merica	140	0	0	0.0
Beverages	Hooter's	Purple Hooter	170	16	0	0.0
Beverages	Hooter's	Royal Flush	140	18	0	0.0
Beverages	Hooter's	Soco 'n Lime	80	1	0	0.0
Beverages	Hooter's	Tequila Time	130	0	0	0.0
Beverages	Hooter's	Tuaca Lemon Drop	130	15	0	0.0
Beverages	Hooter's	Vegas Bomb	120	16	0	0.0
Beverages	Hooter's	Cabemet Sauvignon, Glass	150	5	0	0.0
Beverages	Hooter's	Chardonnay, Glass	150	4	0	0.0
Beverages	Hooter's	Merlot, Glass	150	4	0	0.0
Beverages	Hooter's	Moscato, Glass	150	9	0	0.0
Beverages	Hooter's	Pinot Grigio- Glass	150	4	0	0.0
Beverages	Hooter's	Sangria, Orange Pride	260	39	0	0.0
Sandwiches	Hooter's	Hooters Original Buffalo Chicken Tacos, Grilled	480	54	34	12.0
Toppings & Ingredients	Hooter's	Lite Italian	70	9	0	3.0
Beverages	Hooter's	Milk	150	15	10	6.0
Beverages	Hooter's	Allagash White - 14 FL	160	12	2	0.0
Beverages	Hooter's	Allagash White - 16 FL	190	14	2	0.0
Beverages	Hooter's	Allagash White, Big Daddy	300	23	3	0.0
Beverages	Hooter's	Allagash White, Pitcher	770	57	9	0.0

Beverages	Hooter's	Bell's Two Hearted - 14 FL	210	17	2	0.0
Beverages	Hooter's	Bell's Two Hearted - 16 FL	250	19	3	0.0
Beverages	Hooter's	Bell's Two Hearted, Big Daddy	410	32	4	0.0
Beverages	Hooter's	Bell's Two Hearted, Pitcher	1020	81	11	0.0
Beverages	Hooter's	Blue Moon Belgian White - 14 FL	170	14	2	0.0
Beverages	Hooter's	Blue Moon Belgian White - 16 FL	200	16	2	0.0
Beverages	Hooter's	Blue Moon Belgian White, Big Daddy	320	27	4	0.0
Beverages	Hooter's	Blue Moon Belgian White - Pitcher	810	68	9	0.0
Beverages	Hooter's	Bud Light - 14 FL	110	7	1	0.0
Beverages	Hooter's	Bud Light - 16 FL	130	8	1	0.0
Beverages	Hooter's	Bud Light - Big Daddy	210	13	2	0.0
Beverages	Hooter's	Bud Light - Pitcher	530	32	4	0.0
Beverages	Hooter's	Budweiser - 14 FL	150	11	1	0.0
Beverages	Hooter's	Budweiser - 16 FL	170	12	2	0.0
Beverages	Hooter's	Budweiser - Big Daddy	280	20	2	0.0
Beverages	Hooter's	Budweiser - Pitcher	700	51	6	0.0
Beverages	Hooter's	Coors Light - 14 FL	100	5	1	0.0
Beverages	Hooter's	Coors Light - 16 FL	120	6	1	0.0
Beverages	Hooter's	Coors Light - Big Daddy	200	10	2	0.0
Beverages	Hooter's	Coors Light - Pitcher	490	24	5	0.0
Beverages	Hooter's	Corona Light - 14 FL	100	5	1	0.0
Beverages	Hooter's	Corona Light - 16 FL	120	6	1	0.0
Beverages	Hooter's	Corona Light - Big Daddy	190	10	2	0.0
Beverages	Hooter's	Corona Light - Pitcher	480	24	4	0.0
Beverages	Hooter's	Creature Comforts Bibo - 14 FL	150	2	2	2.0
Beverages	Hooter's	Creature Comforts Bibo - 16 FL	180	2	2	2.5
Beverages	Hooter's	Creature Comforts Bibo - Big Daddy	290	4	4	4.0
Beverages	Hooter's	Creature Comforts Bibo - Pitcher	740	10	10	10.0
Beverages	Hooter's	Creature Comforts Tropicalia - 14 FL	200	2	2	2.0
Beverages	Hooter's	Creature Comforts Tropicalia - 16 FL	230	2	2	2.5
Beverages	Hooter's	Creature Comforts Tropicalia - Big Daddy	380	4	4	4.0
Beverages	Hooter's	Creature Comforts Tropicalia - Pitcher	950	10	10	10.0
Beverages	Hooter's	Dos Equis Ambar, 14 FI	150	14	1	0.0
Beverages	Hooter's	Dos Equis Ambar, 16 FI	170	16	1	0.0
Beverages	Hooter's	Dos Equis Ambar, Big Daddy	280	27	2	0.0

Beverages	Hooter's	Dos Equis Ambar, Pitcher	710	68	5	0.0
Beverages	Hooter's	Dos Equis Lager Especial, 14 FI	130	11	1	0.0
Beverages	Hooter's	Dos Equis Lager Especial, 16 FI	150	13	1	0.0
Beverages	Hooter's	Dos Equis Lager Especial, Big Daddy	250	21	2	0.0
Beverages	Hooter's	Dos Equis Lager Especial, Pitcher	630	53	5	0.0
Beverages	Hooter's	Elysian Space Dust Ipa, 14 FI	230	15	3	0.0
Beverages	Hooter's	Elysian Space Dust Ipa, 16 FI	270	18	4	0.0
Beverages	Hooter's	Elysian Space Dust Ipa, Big Daddy	440	29	6	0.0
Beverages	Hooter's	Elysian Space Dust Ipa, Pitcher	1110	73	15	0.0
Beverages	Hooter's	Foothills Jade Ipa, 14 FI	220	16	3	0.0
Beverages	Hooter's	Foothills Jade Ipa, 16 FI	260	18	4	0.0
Beverages	Hooter's	Foothills Jade Ipa, Big Daddy	430	30	6	0.0
Beverages	Hooter's	Foothills Jade Ipa, Pitcher	1080	75	15	0.0
Beverages	Hooter's	Goose Ipa, 14 FI	210	21	2	0.0
Beverages	Hooter's	Goose Ipa, 16 FI	240	25	2	0.0
Beverages	Hooter's	Goose Ipa, Big Daddy	400	40	4	0.0
Beverages	Hooter's	Goose Ipa, Pitcher	1010	102	10	0.0
Beverages	Hooter's	Goose Island 312 Urban Wheat, 14 FI	140	12	2	0.0
Beverages	Hooter's	Goose Island 312 Urban Wheat, 16 FI	160	14	2	0.0
Beverages	Hooter's	Goose Island 312 Urban Wheat, Big Daddy	260	23	4	0.0
Beverages	Hooter's	Goose Island 312 Urban Wheat, Pitcher	650	58	10	0.0
Beverages	Hooter's	Guinness Draught, 14 FI	130	10	1	0.0
Beverages	Hooter's	Guinness Draught, 16 FI	150	11	1	0.0
Beverages	Hooter's	Guinness Draught, Big Daddy	240	18	2	0.0
Beverages	Hooter's	Guinness Draught, Pitcher	600	46	5	0.0
Beverages	Hooter's	Heineken, 14 FI	140	11	1	0.0
Beverages	Hooter's	Heineken, 16 FI	170	13	1	0.0
Beverages	Hooter's	Heineken, Big Daddy	270	21	2	0.0
Beverages	Hooter's	Heineken, Pitcher	690	53	5	0.0
Beverages	Hooter's	Jekyll Cooter Brown, 14 FI	200	17	2	0.0
Beverages	Hooter's	Jekyll Cooter Brown, 16 FI	230	20	2	0.0
Beverages	Hooter's	Jekyll Cooter Brown, Big Daddy	380	33	4	0.0
Beverages	Hooter's	Jekyll Cooter Brown, Pitcher	970	82	10	0.0
Beverages	Hooter's	Jekyll Hop Dang Diggity Southern Ipa, 14 FI	200	13	3	0.0
Beverages	Hooter's	Jekyll Hop Dang Diggity Southern Ipa, 16 FI	230	15	4	0.0

Beverages	Hooter's	Jekyll Hop Dang Diggity Southern Ipa, Big Daddy	380	25	6	0.0
Beverages	Hooter's	Jekyll Hop Dang Diggity Southern Ipa, Pitcher	970	63	15	0.0
Beverages	Hooter's	Lagunitas A Little Sumpin' Sumpin', 14 Fl	230	17	3	0.0
Beverages	Hooter's	Lagunitas A Little Sumpin' Sumpin', 16 Fl	270	20	4	0.0
Beverages	Hooter's	Lagunitas A Little Sumpin' Sumpin', Big Daddy	440	33	6	0.0
Beverages	Hooter's	Lagunitas A Little Sumpin' Sumpin', Pitcher	1110	82	15	0.0
Beverages	Hooter's	Lagunitas Ipa, 14 Fl	190	14	3	0.0
Beverages	Hooter's	Lagunitas Ipa, 16 Fl	220	17	3	0.0
Beverages	Hooter's	Lagunitas Ipa, Big Daddy	360	27	5	0.0
Beverages	Hooter's	Lagunitas Ipa, Pitcher	920	69	13	0.0
Beverages	Hooter's	Leinenkugel Summer Shandy, 14 Fl	130	12	1	0.0
Beverages	Hooter's	Leinenkugel Summer Shandy, 16 Fl	160	14	1	0.0
Beverages	Hooter's	Leinenkugel Summer Shandy, Big Daddy	260	23	2	0.0
Beverages	Hooter's	Leinenkugel Summer Shandy, Pitcher	650	58	6	0.0
Beverages	Hooter's	Michelob Ultra, 14 Fl	100	3	1	0.0
Beverages	Hooter's	Michelob Ultra, 16 Fl	110	3	1	0.0
Beverages	Hooter's	Michelob Ultra, Big Daddy	180	5	1	0.0
Beverages	Hooter's	Michelob Ultra, Pitcher	460	13	3	0.0
Beverages	Hooter's	Miller Lite, 14 Fl	100	3	1	0.0
Beverages	Hooter's	Miller Lite, 16 Fl	110	4	1	0.0
Beverages	Hooter's	Miller Lite 25/23 Fl Big Pour Daddy	180	6	2	0.0
Beverages	Hooter's	Miller Lite, Pitcher	460	15	5	0.0
Beverages	Hooter's	Modelo Especial, 14 Fl	140	14	1	0.0
Beverages	Hooter's	Modelo Especial, 16 Fl	170	16	1	0.0
Beverages	Hooter's	Modelo Especial, Big Daddy	270	26	2	0.0
Beverages	Hooter's	Modelo Especial, Pitcher	690	66	5	0.0
Beverages	Hooter's	Monday Night Drafty Kilt Scotch, 14 Fl	240	25	0	0.0
Beverages	Hooter's	Monday Night Drafty Kilt Scotch, 16 Fl	280	29	0	0.0
Beverages	Hooter's	Monday Night Drafty Kilt Scotch, Big Daddy	460	48	0	0.0
Beverages	Hooter's	Monday Night Drafty Kilt Scotch, Pitcher	1160	121	0	0.0
Beverages	Hooter's	Red Hare Brewing Long Day Lager, 14 Fl	150	10	2	0.0
Beverages	Hooter's	Red Hare Brewing Long Day Lager, 16 Fl	170	12	2	0.0
Beverages	Hooter's	Red Hare Brewing Long Day Lager, Big Daddy	290	19	4	0.0
Beverages	Hooter's	Red Hare Brewing Long Day Lager, Pitcher	720	48	10	0.0
Beverages	Hooter's	Sam 76, 14 Fl	130	2	1	0.0



Beverages	Hooter's	Sam '76, 16 Fl	150	2	1	0.0
Beverages	Hooter's	Sam '76 25/23 Fl Big Pour Daddy	250	4	2	0.0
Beverages	Hooter's	Sam '76, Pitcher	630	10	5	0.0
Beverages	Hooter's	Samuel Adams Boston Lager, 14 Fl	170	17	2	0.0
Beverages	Hooter's	Samuel Adams Boston Lager, 16 Fl	200	20	2	0.0
Beverages	Hooter's	Samuel Adams Boston Lager, Big Daddy	330	33	4	0.0
Beverages	Hooter's	Samuel Adams Boston Lager, Pitcher	820	82	10	0.0
Beverages	Hooter's	Scofflaw Basement Ipa, 14 Fl	250	24	2	0.0
Beverages	Hooter's	Scofflaw Basement Ipa, 16 Fl	290	28	2	0.0
Beverages	Hooter's	Scofflaw Basement Ipa, Big Daddy	470	45	3	0.0
Beverages	Hooter's	Scofflaw Basement Ipa, Pitcher	1180	114	8	0.0
Beverages	Hooter's	Scofflaw Pog Basement, 14 Fl	240	25	2	0.0
Beverages	Hooter's	Scofflaw Pog Basement, 16 Fl	280	29	2	0.0
Beverages	Hooter's	Scofflaw Pog Basement, Big Daddy	460	48	3	0.0
Beverages	Hooter's	Scofflaw Pog Basement, Pitcher	1160	122	9	0.0
Beverages	Hooter's	Stella Artois, 14 Fl	150	12	0	0.0
Beverages	Hooter's	Stella Artois, 16 Fl	180	14	0	0.0
Beverages	Hooter's	Stella Artois, Big Daddy	290	22	0	0.0
Beverages	Hooter's	Stella Artois, Pitcher	730	56	0	0.0
Beverages	Hooter's	Sweetwater 420, 14 Fl	180	12	2	0.0
Beverages	Hooter's	Sweetwater 420, 16 Fl	210	14	2	0.0
Beverages	Hooter's	Sweetwater 420, Big Daddy	340	23	4	0.0
Beverages	Hooter's	Sweetwater 420, Pitcher	860	58	10	0.0
Beverages	Hooter's	Sweetwater 420 Strain G13, 14 Fl	180	12	2	0.0
Beverages	Hooter's	Sweetwater 420 Strain G13, 16 Fl	210	14	2	0.0
Beverages	Hooter's	Sweetwater 420 Strain G13 25/23 Fl Pour, Big Daddy	350	23	4	0.0
Beverages	Hooter's	Sweetwater 420 Strain G13, Pitcher	870	58	10	0.0
Beverages	Hooter's	Sweetwater 420 Strain Mango Kush Wheat Ale, 14 Fl	150	9	2	1.0
Beverages	Hooter's	Sweetwater 420 Strain Mango Kush Wheat Ale, 16 Fl	180	11	2	1.0
Beverages	Hooter's	Sweetwater 420 Strain Mango Kush Wheat Ale, Big Daddy	290	17	4	2.0
Beverages	Hooter's	Sweetwater 420 Strain Mango Kush Wheat Ale, Pitcher	730	44	10	5.0
Beverages	Hooter's	Sweetwater Blue, 14 Fl	180	12	2	0.0
Beverages	Hooter's	Sweetwater Blue, 16 Fl	210	14	2	0.0
Beverages	Hooter's	Sweetwater Blue, Big Daddy	340	23	4	0.0
Beverages	Hooter's	Sweetwater Blue 60/58 Fl Pour, Pitcher	860	58	10	0.0

Beverages	Hooter's	Sweetwater Ipa, 14 Fl	180	12	2	0.0
Beverages	Hooter's	Sweetwater Ipa, 16 Fl	210	14	2	0.0
Beverages	Hooter's	Sweetwater Ipa, Big Daddy	340	23	4	0.0
Beverages	Hooter's	Sweetwater Ipa, Pitcher	860	58	10	0.0
Beverages	Hooter's	Terrapin Hopsecutioner, 14 Fl	210	15	2	0.0
Beverages	Hooter's	Terrapin Hopsecutioner, 16 Fl	250	18	2	0.0
Beverages	Hooter's	Terrapin Hopsecutioner, Big Daddy	400	30	4	0.0
Beverages	Hooter's	Terrapin Hopsecutioner, Pitcher	1020	74	10	0.0
Beverages	Hooter's	Yuengling Golden Pilsner, 16 Fl	160	11	1	0.0
Beverages	Hooter's	Yuengling Golden Pilsner, Big Daddy	260	17	2	0.0
Beverages	Hooter's	Yuengling Golden Pilsner, Pitcher	650	44	4	0.0
Beverages	Hooter's	Yuengling Traditional Lager, 16 Fl	160	14	1	0.0
Beverages	Hooter's	Yuengling Traditional Lager, Big Daddy	270	23	2	0.0
Beverages	Hooter's	Yuengling Traditional Lager, Pitcher	680	58	4	0.0
Beverages	Hooter's	Allagash White	160	12	2	0.0
Beverages	Hooter's	Amstel Light	90	5	2	0.0
Beverages	Hooter's	Angry Orchard Crisp Apple Cider	190	25	0	0.0
Beverages	Hooter's	Bell's Two Hearted	210	17	2	0.0
Beverages	Hooter's	Blue Moon Belgian White	170	14	2	0.0
Beverages	Hooter's	Bud Light	110	7	1	0.0
Beverages	Hooter's	Bud Light 16 Fl	150	9	1	0.0
Beverages	Hooter's	Bud Light Lime	120	8	1	0.0
Beverages	Hooter's	Bud Light Orange	140	14	1	0.0
Beverages	Hooter's	Budweiser	150	11	1	0.0
Beverages	Hooter's	Budweiser 16 Fl	190	14	2	0.0
Beverages	Hooter's	Budweiser Copper Lager	200	16	3	0.0
Beverages	Hooter's	Budweiser Freedom Reserve	170	15	2	0.0
Beverages	Hooter's	Coors Light	100	5	1	0.0
Beverages	Hooter's	Corona Extra	150	14	1	0.0
Beverages	Hooter's	Corona Light	100	5	1	0.0
Beverages	Hooter's	Creature Comforts Bibo	150	2	2	2.0
Beverages	Hooter's	Creature Comforts Tropicalia	200	2	2	2.0
Beverages	Hooter's	Dos Equis Ambar	150	14	1	0.0
Beverages	Hooter's	Dos Equis Lager Especial	130	11	1	0.0
Beverages	Hooter's	Elysian Space Dust Ipa	230	15	3	0.0

Beverages	Hooter's	Foothills Jade Ipa	220	16	3	0.0
Beverages	Hooter's	Goose Ipa	210	21	2	0.0
Beverages	Hooter's	Goose Island 312 Urban Wheat	140	12	2	0.0
Beverages	Hooter's	Guinness Draught 16 Fl Can	170	13	1	0.0
Beverages	Hooter's	Heineken 0.0 Na	70	16	0	0.0
Beverages	Hooter's	Heineken	140	11	1	0.0
Beverages	Hooter's	Heineken Light	100	0	1	3.5
Beverages	Hooter's	Henry's Sparkling Lemon Lime Can	90	2	0	0.0
Beverages	Hooter's	Henry's Sparkling Strawberry Kiwi Can	90	2	0	0.0
Beverages	Hooter's	Jekyll Cooter Brown	200	17	2	0.0
Beverages	Hooter's	Jekyll Hop Dang Diggity Southern Ipa	200	13	3	0.0
Beverages	Hooter's	Lagunitas A Little Sumpin' Sumpin'	230	17	3	0.0
Beverages	Hooter's	Lagunitas Ipa	190	14	3	0.0
Beverages	Hooter's	Michelob Ultra Pure Gold	90	3	1	0.0
Beverages	Hooter's	Miller Lite	100	3	1	0.0
Beverages	Hooter's	Modelo Especial	140	14	1	0.0
Beverages	Hooter's	Modelo Especial Chelada 24 Fl Can	290	35	3	0.0
Beverages	Hooter's	Modelo Negra	160	15	1	0.0
Beverages	Hooter's	Monday Night Drafty Kilt Scotch	240	25	0	0.0
Beverages	Hooter's	O'doul's	70	13	1	0.0
Beverages	Hooter's	Omission Pale Ale	180	15	2	0.0
Beverages	Hooter's	Red Hare Brewing Long Day Lager	150	10	2	0.0
Beverages	Hooter's	Sam '76	130	2	1	0.0
Beverages	Hooter's	Samuel Adams Boston Lager	170	17	2	0.0
Beverages	Hooter's	Scofflaw Basement Ipa	250	24	2	0.0
Beverages	Hooter's	Scofflaw Pog Basement	240	25	2	0.0
Beverages	Hooter's	Shock Top Belgian White	170	15	2	0.0
Beverages	Hooter's	Stella Artois	150	12	0	0.0
Beverages	Hooter's	Sweetwater 420	180	12	2	0.0
Beverages	Hooter's	Sweetwater 420 Strain G13	180	12	2	0.0
Beverages	Hooter's	Sweetwater Blue	180	12	2	0.0
Beverages	Hooter's	Sweetwater Ipa	180	12	2	0.0
Beverages	Hooter's	Tecate	140	13	1	0.0
Beverages	Hooter's	Tecate Light	110	7	1	0.0
Beverages	Hooter's	Terrapin Hopsecutioner	210	15	2	0.0

Beverages	Hooter's	Woodchuck Gumption	220	26	0	0.0
Beverages	Hooter's	Yuengling Traditional Lager	140	12	1	0.0
Beverages	Hooter's	Rita Gone Wild, Passion Fruit, Frozen	510	94	0	0.0
Beverages	Hooter's	Fireberry Bomb	120	20	0	0.0
Beverages	Hooter's	Pina Colada	330	64	0	1.5
Beverages	Hooter's	Cabernet Sauvignon, 20 fl oz	490	15	0	0.0
Beverages	Hooter's	Chardonnay, 20 fl oz	490	13	0	0.0
Beverages	Hooter's	Merlot, 20 fl oz	490	15	0	0.0
Beverages	Hooter's	Moscato, 20 fl oz	490	31	0	0.0
Beverages	Hooter's	Pinot Grigio, 20 fl oz	490	12	0	0.0
Beverages	Hooter's	White Zinfandel, 6 fl oz	150	7	1	0.0
Beverages	Hooter's	White Zinfandel, 20 fl oz	500	23	2	0.0
Appetizers & Sides	Hooter's	Chips & Queso w/ Chili	1300	132	30	73.0
Appetizers & Sides	Hooter's	Hooters Original Fried Pickles w/ Remoulade Sauce	1180	82	11	90.0
Appetizers & Sides	Hooter's	Fried Jalapenos w/ Remoulade Sauce	1230	76	10	99.0
Sandwiches	Hooter's	Buffalo Chicken w/o Choice of Sauce Slider, 4	990	99	46	47.0
Burgers	Hooter's	Cheeseburger Slider, 4	1150	77	44	76.0
Appetizers & Sides	Hooter's	Tex Mex Nachos w/ Grilled Chicken	1570	132	77	82.0
Toppings & Ingredients	Hooter's	Ranch Dressing	200	3	1	21.0
Toppings & Ingredients	Hooter's	Remoulade Sauce	430	7	2	44.0
Salads	Hooter's	Chicken Caesar Salad, Grilled Shrimp	480	24	18	36.0
Salads	Hooter's	Chicken Garden Salad, Grilled Shrimp	420	19	24	28.0
Salads	Hooter's	Hooters Original Buffalo Chicken Salad, Fried	530	30	45	26.0
Salads	Hooter's	Hooters Original Buffalo Chicken Salad , Grilled	350	11	32	20.0
Salads	Hooter's	Hooters Original Buffalo Chicken Salad, Grilled Shrimp	230	9	16	16.0
Toppings & Ingredients	Hooter's	Bleu Cheese	300	3	3	30.0
Toppings & Ingredients	Hooter's	Ranch Dressing	300	4	2	31.0
Appetizers & Sides	Hooter's	Add Fried Shrimp without Choice of Sauce	200	11	14	11.0
Appetizers & Sides	Hooter's	Raw Oysters with Cocktail Sauce, Horseradish and Saltines	330	47	16	7.0
Appetizers & Sides	Hooter's	Daytona Beach Style Wings, 50 Piece	5500	468	337	372.0
Salads	Hooter's	Side Garden Salad, Add Choice of Dressing	160	9	8	10.0
Toppings & Ingredients	Hooter's	Balsamic Vinaigrette	90	7	0	7.0
Toppings & Ingredients	Hooter's	Bleu Cheese	150	1	1	15.0
Toppings & Ingredients	Hooter's	Ranch	150	2	1	15.0
Sandwiches	Hooter's	Hooters Original Buffalo Chicken Sandwich, Fried	670	68	40	27.0

Sandwiches	Hooter's	Hooters Original Buffalo Chicken Sandwich, Grilled	560	43	59	18.0
Toppings & Ingredients	Hooter's	Ground Beef Build a Home Run (4-4 oz)	810	3	44	69.0
Baked Goods	Hooter's	Texas Toast	270	43	7	8.0
Toppings & Ingredients	Hooter's	American Sliced	140	1	7	12.0
Toppings & Ingredients	Hooter's	Cheddar Sliced	230	2	13	19.0
Toppings & Ingredients	Hooter's	Pepper Jack Sliced	160	1	10	13.0
Toppings & Ingredients	Hooter's	Provolone Sliced	150	1	11	11.0
Toppings & Ingredients	Hooter's	Swiss Sliced	170	1	11	13.0
Toppings & Ingredients	Hooter's	3 Mile Island	10	2	0	0.0
Toppings & Ingredients	Hooter's	Buffalo Hot	40	2	0	4.0
Toppings & Ingredients	Hooter's	Buffalo Medium	70	2	0	7.0
Toppings & Ingredients	Hooter's	Buffalo Mild	120	0	0	10.0
Toppings & Ingredients	Hooter's	BBQ	50	12	0	0.0
Toppings & Ingredients	Hooter's	Cajun	30	7	1	0.5
Toppings & Ingredients	Hooter's	Chipotle Honey	80	12	0	3.0
Toppings & Ingredients	Hooter's	Daytona Beach	50	12	0	0.0
Toppings & Ingredients	Hooter's	General Tso's	70	18	0	0.0
Toppings & Ingredients	Hooter's	Honey Sriracha	80	20	0	0.0
Toppings & Ingredients	Hooter's	Parmesan Garlic	120	2	0	12.0
Toppings & Ingredients	Hooter's	Samurai Teriyaki	80	20	0	0.0
Toppings & Ingredients	Hooter's	Spicy Garlic	160	2	0	16.0
Toppings & Ingredients	Hooter's	Bacon	70	0	5	6.0
Toppings & Ingredients	Hooter's	Chili	100	8	6	5.0
Toppings & Ingredients	Hooter's	Pickled Jalapenos	0	1	0	0.0
Toppings & Ingredients	Hooter's	Sautéed Green Peppers	20	1	0	1.5
Toppings & Ingredients	Hooter's	Sautéed Mushrooms	15	1	1	1.0
Toppings & Ingredients	Hooter's	Sautéed Onions	20	1	0	1.5
Soup	Hooter's	Hooters Chili with Saltines	390	35	21	18.0
Fried Potatoes	Hooter's	Side - Curly Fries	500	62	7	25.0
Appetizers & Sides	Hooter's	Onion Rings	460	40	3	30.0
Salads	Hooter's	Side Salad - Garden without Dressing	160	9	8	10.0
Fried Potatoes	Hooter's	Side - Tots	570	52	5	38.0
Desserts	Hooter's	Caramel Latte Dessert Shooter	200	24	1	11.0
Desserts	Hooter's	Strawberry Dessert Shooter	260	30	3	15.0
Beverages	Hooter's	Diet Pepsi - Kids	0	0	0	0.0

Beverages	Hooter's	Dr Pepper - Kids	110	28	0	0.0
Beverages	Hooter's	Mist Twist	220	59	0	0.0
Beverages	Hooter's	Mist Twist - Kids	100	28	0	0.0
Beverages	Hooter's	Mt. Dew - Kids	120	33	0	0.0
Beverages	Hooter's	Mug Root Beer - Kids	110	30	0	0.0
Beverages	Hooter's	Pepsi - Kids	110	29	0	0.0
Beverages	Hooter's	Iced Tea - Sweet - Kids	190	50	0	0.0
Beverages	Hooter's	Iced Tea Unsweet - Kids	5	1	0	0.0
Beverages	Hooter's	Lemonade - Kids	130	31	1	0.0
Beverages	Hooter's	Blackberry	100	25	0	0.0
Beverages	Hooter's	Mango	50	13	0	0.0
Beverages	Hooter's	Passion Fruit	50	12	0	0.0
Beverages	Hooter's	Peach	50	13	0	0.0
Beverages	Hooter's	Strawberry	50	12	0	0.0
Beverages	Hooter's	Rita Gone Wild, Frozen	450	79	0	0.0
Beverages	Hooter's	Rita Gone Wild, Rocks	450	79	0	0.0
Appetizers & Sides	Hooter's	Cheese & Pretzels	1100	149	38	39.0
Fried Potatoes	Hooter's	Add Waffle Fries	470	40	4	33.0
Appetizers & Sides	Hooter's	Celery (5)	5	1	0	0.0
Entrees	Hooter's	Shrimp Platter with Cocktail Sauce, add Choice of Fries	450	34	30	22.0
Appetizers & Sides	Hooter's	4 Chicken Tenders	560	20	61	27.0
Appetizers & Sides	Hooter's	5 Chicken Tenders	700	25	77	33.0
Appetizers & Sides	Hooter's	6 Chicken Tenders	850	30	92	40.0
Appetizers & Sides	Hooter's	3 Tenders	420	15	46	20.0
Appetizers & Sides	Hooter's	5 Bone-In Wings	700	37	37	43.0
Appetizers & Sides	Hooter's	5 Boneless Wings	300	11	24	10.0
Fried Potatoes	Hooter's	Side - Waffle Fries	470	40	4	33.0
Toppings & Ingredients	Hooter's	Caesar	130	4	1	12.0
Sandwiches	Hooter's	Chicken Tender Sandwich, Add Choice of Sauce	1020	64	80	50.0
Toppings & Ingredients	Hooter's	Diced Tomatoes	10	2	0	0.0
Toppings & Ingredients	Hooter's	Pickles	5	1	0	0.0
Toppings & Ingredients	Hooter's	Cheese Sauce	200	9	8	14.0
Fried Potatoes	Hooter's	Chili Cheese Fries with Curly Fries	1100	123	24	57.0
Fried Potatoes	Hooter's	Chili Cheese Fries with Waffle Fries	1060	85	18	73.0
Toppings & Ingredients	Hooter's	Cheese Sauce	150	7	6	11.0

Fried Potatoes	Hooter's	Waffle Fries	470	40	4	33.0
Baked Goods	IHOP	Garlic Bread	150	15	3	8.0
Sandwiches	IHOP	Philly Cheese Steak Stack	820	55	47	47.0
Entrees	IHOP	(3) New York Cheesecake Pancakes	690	98	17	26.0
Entrees	IHOP	(3) Double Blueberry Pancakes	490	83	13	12.0
Entrees	IHOP	Loco Moco	850	106	37	31.0
Entrees	IHOP	Strawberry Banana French Toast	960	144	24	34.0
Entrees	IHOP	Belgian Waffle	570	60	9	33.0
Entrees	IHOP	55+ 2 x 2 x 2	320	39	9	15.0
Appetizers & Sides	IHOP	Appetizer Sampler	1460	137	60	75.0
Appetizers & Sides	IHOP	Mozza Sticks	640	56	30	33.0
Entrees	IHOP	55+ Breakfast Sampler	600	41	17	41.0
Entrees	IHOP	55+ Rise 'N Shine	220	20	2	14.0
Entrees	IHOP	Chicken Fajita Omelette	900	21	74	58.0
Entrees	IHOP	(3) Original Buttermilk Pancakes	450	59	13	18.0
Entrees	IHOP	Breakfast Sampler	910	63	32	59.0
Entrees	IHOP	T-Bone Steak & Eggs (10 oz)	740	59	62	28.0
Entrees	IHOP	T-Bone Steak & Eggs (12 oz)	830	60	67	37.0
Entrees	IHOP	Sirloin Tips & Eggs	1020	79	52	56.0
Entrees	IHOP	Smokehouse Combo	1030	63	27	74.0
Entrees	IHOP	Split Decision Breakfast	1120	95	31	69.0
Entrees	IHOP	Eggs Benedict	870	60	39	52.0
Entrees	IHOP	Huevos Rancheros	670	64	23	35.0
Entrees	IHOP	(4) Double Blueberry Pancakes	620	104	17	15.0
Entrees	IHOP	(4) New York Cheesecake Pancakes	890	126	22	33.0
Entrees	IHOP	(4) Strawberry Banana Pancakes	680	119	19	15.0
Entrees	IHOP	(5) Original Buttermilk Pancakes	690	98	21	24.0
Entrees	IHOP	Sirloin Steak Tips	480	19	41	27.0
Entrees	IHOP	Swedish Crepes	610	70	16	30.0
Entrees	IHOP	Big Steak Omelette	1040	39	65	69.0
Entrees	IHOP	Bacon Temptation Omelette	1190	20	72	90.0
Entrees	IHOP	Spinach & Mushroom Omelette	910	23	46	71.0
Entrees	IHOP	Colorado Omelette	1270	18	74	100.0
Fried Potatoes	IHOP	French Fries	320	42	5	15.0
Fried Potatoes	IHOP	Hash Brown	220	20	2	14.0

Appetizers & Sides	IHOP	Pork Sausage Link (4)	420	1	10	42.0
Appetizers & Sides	IHOP	Bacon (4)	200	1	12	17.0
Appetizers & Sides	IHOP	Turkey Bacon (4)	120	1	10	9.0
Appetizers & Sides	IHOP	Onion Rings	570	65	7	31.0
Entrees	IHOP	(3) Strawberry Banana Pancakes	530	94	14	12.0
Appetizers & Sides	IHOP	Flour Tortilla	290	48	8	8.0
Toppings & Ingredients	IHOP	American Cheese	100	2	5	8.0
Toppings & Ingredients	IHOP	Diced Ham	35	1	5	1.0
Beverages	IHOP	Apple Juice (Regular)	110	27	0	0.0
Beverages	IHOP	Apple Juice (Kids)	130	33	0	0.0
Beverages	IHOP	Apple Juice (16 fl oz)	180	44	0	0.0
Beverages	IHOP	Pibb Extra (Large)	120	33	0	0.0
Beverages	IHOP	Sprite (Large)	120	32	0	0.0
Beverages	IHOP	Tomato Juice (Regular)	50	9	2	0.0
Beverages	IHOP	Tomato Juice (Kids)	60	12	3	0.0
Beverages	IHOP	Tomato Juice (Large)	80	16	4	0.0
Beverages	IHOP	Cherry Coke (Large)	130	35	0	0.0
Beverages	IHOP	Coca Cola (Large)	120	33	0	0.0
Beverages	IHOP	Coke Zero (Large)	0	0	0	0.0
Beverages	IHOP	Diet Coke (Large)	0	0	0	0.0
Beverages	IHOP	Diet Pepsi (Large)	0	0	0	0.0
Beverages	IHOP	2% Milk (Regular)	130	12	9	5.0
Beverages	IHOP	2% Milk (Kids)	160	15	11	6.0
Beverages	IHOP	2% Milk (16 fl oz)	210	20	14	8.0
Beverages	IHOP	Chocolate Milk (Regular)	220	36	8	5.0
Beverages	IHOP	Chocolate Milk (Kids)	270	44	10	6.0
Beverages	IHOP	Chocolate Milk (Large)	360	59	13	8.0
Beverages	IHOP	Strawberry Milkshake	590	69	11	32.0
Beverages	IHOP	Vanilla Milkshake	600	71	11	32.0
Beverages	IHOP	Hot Chocolate (Regular)	120	24	1	3.0
Beverages	IHOP	Barq's Root Beer (Large)	130	38	0	0.0
Beverages	IHOP	Fruit Punch, Hi-C (Large)	140	36	0	0.0
Beverages	IHOP	Mountain Dew (Large)	140	38	0	0.0
Beverages	IHOP	Mug Root Beer (Large)	130	36	0	0.0
Beverages	IHOP	Pepsi (Large)	130	34	0	0.0



Beverages	IHOP	Wild Cherry Pepsi (Large)	130	35	0	0.0
Beverages	IHOP	Sierra Mist (Large)	120	31	0	0.0
Beverages	IHOP	Fruit Punch, Tropicana (Large)	140	38	0	0.0
Beverages	IHOP	Dr. Pepper (Large)	130	33	0	0.0
Beverages	IHOP	Brisk Raspberry Iced Tea (Large)	60	16	0	0.0
Entrees	IHOP	55+ French Toast	490	54	11	25.0
Entrees	IHOP	Chicken & Waffles	1030	93	42	54.0
Appetizers & Sides	IHOP	Turkey Sausage Link (2)	90	0	8	7.0
Appetizers & Sides	IHOP	Buttered Toast with Jam - Whole Wheat	340	52	10	11.0
Appetizers & Sides	IHOP	Buttered Toast with Jam - Wheatberry	350	58	7	11.0
Appetizers & Sides	IHOP	Buttered Toast with Jam - Sourdough	170	30	4	4.5
Appetizers & Sides	IHOP	Buttered Toast with Jam - White	250	43	5	7.0
Beverages	IHOP	Manzanita Sol (Large)	130	35	0	0.0
Entrees	IHOP	Grits	120	27	3	0.0
Toppings & Ingredients	IHOP	Pepper Jack Cheese	160	1	10	13.0
Appetizers & Sides	IHOP	(4) Slices of Spam	340	3	16	29.0
Entrees	IHOP	T-Bone Steak (10 oz)	290	0	49	11.0
Entrees	IHOP	Migas	1030	44	39	78.0
Entrees	IHOP	Strawberries & Cream Crepes	700	96	17	29.0
Entrees	IHOP	Pot Roast	360	11	35	20.0
Entrees	IHOP	55+ Buttermilk Pancakes	450	59	13	18.0
Entrees	IHOP	Jr. Chicken & Waffles	550	47	21	31.0
Toppings & Ingredients	IHOP	2 Fried Eggs	120	4	12	6.0
Toppings & Ingredients	IHOP	2 Scrambled Eggs	220	1	14	17.0
Toppings & Ingredients	IHOP	3 Fried Eggs	180	6	18	9.0
Toppings & Ingredients	IHOP	3 Scrambled Eggs	320	2	21	26.0
Toppings & Ingredients	IHOP	Avocado	80	4	1	7.0
Toppings & Ingredients	IHOP	Fried Egg	60	2	6	3.0
Toppings & Ingredients	IHOP	Poached Egg	60	0	6	4.0
Entrees	IHOP	Silver 5	420	35	17	24.0
Beverages	IHOP	Sobe Yumberry Pomegranate Life Water (Large)	0	0	0	0.0
Entrees	IHOP	2 x 2 x 2	320	39	9	15.0
Entrees	IHOP	Quick 2-Egg Breakfast	220	20	2	14.0
Beverages	IHOP	Hot Tea - English Breakfast	0	1	0	0.0
Beverages	IHOP	Hot Tea - Golden Chamomile	0	0	0	0.0

Beverages	IHOP	Brisk Raspberry Iced Tea (X-Large)	110	29	0	0.0
Beverages	IHOP	Barq's Root Beer (X-Large)	240	68	0	0.0
Beverages	IHOP	Cherry Coke (X-Large)	230	63	0	0.0
Beverages	IHOP	Coca Cola (X-Large)	210	59	0	0.0
Beverages	IHOP	Coke Zero (X-Large)	0	0	0	0.0
Beverages	IHOP	Diet Coke (X-Large)	0	0	0	0.0
Beverages	IHOP	Diet Pepsi (X-Large)	0	0	0	0.0
Beverages	IHOP	Dr. Pepper (X-Large)	230	59	0	0.0
Beverages	IHOP	Orange Fanta (X-Large)	240	66	0	0.0
Beverages	IHOP	Fruit Punch, Hi-C (X-Large)	250	64	0	0.0
Beverages	IHOP	Manzanita Sol (X-Large)	240	63	0	0.0
Beverages	IHOP	Mountain Dew (X-Large)	260	69	0	0.0
Beverages	IHOP	Mug Root Beer (X-Large)	240	65	0	0.0
Beverages	IHOP	Wild Cherry Pepsi (X-Large)	240	63	0	0.0
Beverages	IHOP	Pepsi (X-Large)	230	62	0	0.0
Beverages	IHOP	Pibb Extra (X-Large)	210	59	0	0.0
Beverages	IHOP	Sierra Mist (X-Large)	210	56	0	0.0
Beverages	IHOP	Sobe Yumberry Pomegranate Life Water (X- Large)	0	0	0	0.0
Beverages	IHOP	Sprite (X-Large)	210	57	0	0.0
Beverages	IHOP	Fruit Punch, Tropicana (X-Large)	250	68	0	0.0
Entrees	IHOP	(3) Cinn-a-Stack Pancakes	680	107	13	23.0
Entrees	IHOP	(3) Cupcake Pancakes	650	108	13	19.0
Entrees	IHOP	(4) Cinn-a-Stack Pancakes	870	136	17	29.0
Entrees	IHOP	(4) Cupcake Pancakes	820	135	17	23.0
Entrees	IHOP	Jr. Cupcake Pancake Combo	570	58	17	30.0
Entrees	IHOP	Spicy Poblano Omelette	1010	28	56	76.0
Salads	IHOP	Chicken & Veggie Salad with Grilled Chicken	630	33	40	40.0
Salads	IHOP	House Salad (without dressing)	30	7	2	0.0
Entrees	IHOP	(4) Mexican Tres Leches Pancakes	690	98	19	25.0
Entrees	IHOP	Buttermilk Biscuit & Gravy with Country Gravy	1210	88	20	86.0
Entrees	IHOP	Country Fried Steak & Eggs with Sausage Gravy	1400	111	44	87.0
Burgers	IHOP	The Classic	780	45	32	53.0
Burgers	IHOP	The Classic with Bacon	880	46	38	61.0
Burgers	IHOP	Big Brunch	920	44	43	64.0
Burgers	IHOP	Cowboy BBQ	1070	80	41	65.0

Burgers	IHOP	Jalapeno Kick	1110	46	41	85.0
Appetizers & Sides	IHOP	Grilled Buttermilk Biscuit	450	50	6	25.0
Sandwiches	IHOP	55+ BLT	390	27	14	25.0
Entrees	IHOP	55+ Grilled Chicken Dinner	160	1	34	3.0
Entrees	IHOP	55+ Roasted Turkey Dinner	340	31	30	11.0
Entrees	IHOP	(4) Gluten Friendly Pancakes	550	77	9	23.0
Entrees	IHOP	(4) Chocolate Chip Pancakes (with Buttermilk)	750	120	19	25.0
Entrees	IHOP	Build Your Combo - Chocolate Chip Pancakes (with Buttermilk)	660	91	12	29.0
Entrees	IHOP	Build Your Combo - Chocolate Chocolate Chip Pancakes	660	92	13	29.0
Entrees	IHOP	Build Your Combo - Cinn-a-Stack Pancakes	720	99	11	31.0
Entrees	IHOP	Build Your Combo - Cupcake Pancakes	710	102	11	28.0
Entrees	IHOP	Build Your Combo - Double Blueberry Pancakes	580	82	11	23.0
Entrees	IHOP	Build Your Combo - Gluten-Friendly Pancakes	530	58	7	30.0
Entrees	IHOP	Build Your Combo - Mexican Tres Leches Pancakes	600	73	12	28.0
Entrees	IHOP	Build Your Combo - New York Cheesecake Pancakes	700	89	14	32.0
Entrees	IHOP	Build Your Combo - Original Buttermilk Pancakes	540	59	11	29.0
Entrees	IHOP	Build Your Combo - Strawberry Banana Pancakes	600	89	12	23.0
Entrees	IHOP	Buttermilk Biscuit & Gravy with Sausage Gravy	1320	91	22	96.0
Entrees	IHOP	Chicken & Pancakes	900	92	46	39.0
Entrees	IHOP	Avocado Toast	580	49	11	42.0
Entrees	IHOP	Machaca	1110	44	50	82.0
Entrees	IHOP	Build Your Waffle Combo	570	60	9	33.0
Entrees	IHOP	Build Your Waffle Combo - Gluten-Friendly	430	58	7	19.0
Entrees	IHOP	Build Your Combo - Classic French Toast	700	74	14	39.0
Entrees	IHOP	Build Your Combo - Strawberry Banana French Toast	700	92	14	31.0
Entrees	IHOP	Build Your Combo - Strawberries & Cream Crepes	580	68	11	30.0
Entrees	IHOP	Build Your Combo - Swedish Crepes	570	58	10	33.0
Entrees	IHOP	Country Fried Steak & Eggs with Country Gravy	1330	109	42	81.0
Appetizers & Sides	IHOP	Scrapple	290	16	18	18.0
Entrees	IHOP	Omelette	400	8	28	28.0
Toppings & Ingredients	IHOP	Shredded Cheddar Cheese	230	2	13	18.0
Toppings & Ingredients	IHOP	Shredded Cheese Blend	220	2	13	17.0
Toppings & Ingredients	IHOP	Diced Bacon	80	0	6	7.0
Entrees	IHOP	Buttermilk Crispy Chicken Dinner with Country Gravy	630	47	43	30.0
Entrees	IHOP	Buttermilk Crispy Chicken Dinner with Sausage Gravy	700	49	45	36.0

Appetizers & Sides	IHOP	Red Skin Mashed Potatoes	240	30	5	13.0
Fried Potatoes	IHOP	Seasoned Fries	320	42	5	15.0
Burgers	IHOP	All-Natural Black Angus Jr. Cheeseburger	750	53	31	46.0
Entrees	IHOP	Funny Face Pancake with Buttermilk Pancake	540	36	18	37.0
Entrees	IHOP	Funny Face Pancake with Chocolate Pancake	550	37	18	37.0
Beverages	IHOP	Cranberry Juice (Kids)	140	38	0	0.0
Beverages	IHOP	1% Milk	100	12	8	2.5
Beverages	IHOP	OREO Cookie Milkshake	760	90	13	40.0
Appetizers & Sides	IHOP	Oatmeal	210	41	6	3.5
Appetizers & Sides	IHOP	(2) Slices of Spam	170	2	8	14.0
Entrees	IHOP	(3) Chocolate Chip Pancakes with Buttermilk	600	95	14	19.0
Entrees	IHOP	(3) Mexican Tres Leches Pancakes	540	76	14	20.0
Toppings & Ingredients	IHOP	Rosette Whipped Topping	25	1	0	2.0
Toppings & Ingredients	IHOP	Whipped Butter	70	0	0	8.0
Appetizers & Sides	IHOP	Ham (2)	60	2	10	1.5
Appetizers & Sides	IHOP	Ham (4)	120	5	20	2.5
Appetizers & Sides	IHOP	Buttered Toast with Jam - Rye Bread	320	55	7	8.0
Baked Goods	IHOP	Rye Bread	200	36	6	2.5
Baked Goods	IHOP	Sourdough	110	21	4	1.0
Baked Goods	IHOP	Wheatberry Bread	210	40	7	3.0
Baked Goods	IHOP	White Bread	130	25	4	1.5
Baked Goods	IHOP	Whole Wheat Bread	200	34	10	3.0
Toppings & Ingredients	IHOP	IHOP Sauce	170	5	0	16.0
Beverages	IHOP	International House Roast Coffee	0	0	0	0.0
Beverages	IHOP	International House Roast Decaf Coffee	0	0	0	0.0
Beverages	IHOP	Hot Chocolate (Large)	300	56	2	8.0
Beverages	IHOP	Cranberry Juice (Regular)	120	31	0	0.0
Beverages	IHOP	Cranberry Juice (Large)	190	51	0	0.0
Beverages	IHOP	Hot Tea - Decaf	0	1	0	0.0
Appetizers & Sides	IHOP	Buttermilk Crispy Chicken Strips & Fries	890	83	46	41.0
Entrees	IHOP	(4) Chocolate Chocolate Chip Pancakes	770	123	21	25.0
Sandwiches	IHOP	Ham & Egg Melt	780	59	41	44.0
Entrees	IHOP	(3) Crispy Chicken Strips (no sauce)	340	25	25	16.0
Entrees	IHOP	Macaroni & Cheese	360	58	11	9.0
Appetizers & Sides	IHOP	Slice of Ham	120	5	20	2.5

Toppings & Ingredients	IHOP	Blueberry Syrup	110	27	0	0.0
Toppings & Ingredients	IHOP	Butter Pecan Syrup	110	27	0	0.0
Toppings & Ingredients	IHOP	Old-Fashioned Syrup	110	28	0	0.0
Toppings & Ingredients	IHOP	Strawberry Syrup	100	26	0	0.0
Beverages	IHOP	Kid's Hot Chocolate	120	24	1	3.0
Entrees	IHOP	Cheese Blintzes with Strawberry Preserves	1090	118	27	54.0
Entrees	IHOP	Cheese Blintzes with Glazed Strawberries	900	71	27	54.0
Toppings & Ingredients	IHOP	Scrambled Egg White	30	0	6	1.0
Entrees	IHOP	The Classic Bowl with Bacon	850	30	41	63.0
Sandwiches	IHOP	The Classic Burrito with Bacon	1140	77	49	71.0
Entrees	IHOP	(3) Chocolate Chocolate Chip Pancakes	610	98	16	20.0
Entrees	IHOP	(1) Classic Cheeseburger with Fries for Burger Family Feast	1240	97	38	78.0
Entrees	IHOP	(1) Classic Crispy Chicken Sandwich with Fries for Burger Family Feast	1200	113	36	67.0
Toppings & Ingredients	IHOP	Add Bacon to Burger or Sandwich Family Feast	400	2	24	33.0
Entrees	IHOP	Breakfast Family Feast with French Toast	5340	424	155	337.0
Entrees	IHOP	Breakfast Family Feast with Pancakes	4690	365	144	296.0
Entrees	IHOP	Breakfast Family Feast with Waffles	5200	389	138	344.0
Entrees	IHOP	Pancake Creations Family Feast	3510	364	100	184.0
Toppings & Ingredients	IHOP	Add Cheese to Eggs	900	7	53	73.0
Toppings & Ingredients	IHOP	Meat Choice - Bacon Slices	400	2	24	33.0
Toppings & Ingredients	IHOP	Meat Choice - Pork Sausage Links	850	3	20	85.0
Toppings & Ingredients	IHOP	Topping Choice - Blueberry Compote	240	61	0	0.0
Toppings & Ingredients	IHOP	Topping Choice - Cheesecake Bites	390	41	6	23.0
Toppings & Ingredients	IHOP	Topping Choice - Chocolate Chips	530	76	5	30.0
Toppings & Ingredients	IHOP	Topping Choice - Chocolate Sauce	460	111	2	1.0
Toppings & Ingredients	IHOP	Topping Choice - Vanilla Sauce	320	27	2	23.0
Beverages	IHOP	2% Chocolate Milk (16 fl oz)	360	59	13	8.0
Beverages	IHOP	Coffee (16 fl oz)	0	0	0	0.0
Beverages	IHOP	Decaf Coffee (16 fl oz)	0	0	0	0.0
Beverages	IHOP	Orange Juice (16 fl oz)	190	48	2	0.0
Entrees	IHOP	(3) Crispy Chicken Strips with BBQ Sauce	440	47	26	16.0
Entrees	IHOP	(3) Crispy Chicken Strips with Buffalo Sauce	350	26	25	17.0
Desserts	IHOP	Pancake Sundae	410	61	10	14.0
Entrees	IHOP	Cheese Blintzes with Blueberry Compote	920	77	27	54.0
Toppings & Ingredients	IHOP	Sauteed Green Peppers & Onions	70	2	0	7.0

Toppings & Ingredients	IHOP	Sauteed Mushrooms	70	2	2	7.0
Toppings & Ingredients	IHOP	Fire Roasted Poblano Salsa	15	3	0	0.0
Entrees	IHOP	New Mexico Chicken Bowl	860	67	45	46.0
Sandwiches	IHOP	New Mexico Chicken Burrito	1150	115	53	54.0
Entrees	IHOP	Southwest Chicken Bowl	1080	42	56	77.0
Sandwiches	IHOP	Southwest Chicken Burrito	1370	90	64	85.0
Entrees	IHOP	Spicy Shredded Beef Bowl	800	65	44	41.0
Sandwiches	IHOP	Spicy Shredded Beef Burrito	1100	113	52	49.0
Entrees	IHOP	The Classic Bowl with Sausage	900	29	35	71.0
Sandwiches	IHOP	The Classic Burrito with Sausage	1190	77	42	79.0
Sandwiches	IHOP	Big Brunch with Crispy Chicken	890	61	42	53.0
Sandwiches	IHOP	Big Brunch with Grilled Chicken	770	44	54	43.0
Sandwiches	IHOP	Cowboy BBQ with Crispy Chicken	1030	97	39	54.0
Sandwiches	IHOP	Cowboy BBQ with Grilled Chicken	920	80	51	44.0
Sandwiches	IHOP	Jalapeno Kick with Crispy Chicken	1070	62	39	74.0
Sandwiches	IHOP	Jalapeno Kick with Grilled Chicken	960	46	52	64.0
Sandwiches	IHOP	The Classic with Bacon and Crispy Chicken	850	62	37	50.0
Sandwiches	IHOP	The Classic with Bacon and Grilled Chicken	730	45	49	40.0
Sandwiches	IHOP	The Classic with Crispy Chicken	740	62	30	42.0
Sandwiches	IHOP	The Classic with Grilled Chicken	630	45	43	32.0
Salads	IHOP	Chicken & Veggie Salad with Crispy Chicken	810	56	31	54.0
Toppings & Ingredients	IHOP	Balsamic Vinaigrette	160	6	0	15.0
Entrees	IHOP	Roasted Turkey Breast	410	31	44	13.0
Appetizers & Sides	IHOP	Rice & Barley Medley	240	49	5	1.5
Beverages	IHOP	Orange Juice (Kids)	140	36	2	0.0
Appetizers & Sides	IHOP	Buttered English Muffin	180	28	5	5.0
Appetizers & Sides	IHOP	Corn Tortilla	110	23	2	1.5
Appetizers & Sides	IHOP	Crispy Breakfast Potatoes	280	37	5	13.0
Appetizers & Sides	IHOP	2 Hardboiled Eggs	160	1	13	11.0
Appetizers & Sides	IHOP	3 Hardboiled Eggs	230	2	19	16.0
Appetizers & Sides	IHOP	3 Scrambled Egg Whites	100	1	17	2.5
Beverages	IHOP	Orange Juice (Large)	190	48	2	0.0
Beverages	IHOP	Orange Juice (Regular)	120	29	1	0.0
Beverages	IHOP	Lemonade (Large)	140	36	0	0.0
Beverages	IHOP	Lemonade (30 fl oz)	250	64	0	0.0

Entrees	IHOP	Macaroni & Cheese	340	32	11	19.0
Entrees	IHOP	Family Dinner Feast with French Fries, Mac N Cheese & Salad	4620	443	182	236.0
Beverages	IHOP	Sweeter Tea (30 fl oz)	370	96	0	0.0
Beverages	IHOP	Unsweetened Iced Tea (30 fl oz)	10	2	0	0.0
Sandwiches	IHOP	Classic Breakfast Sandwich	700	40	28	48.0
Entrees	IHOP	Ham & Cheese Omelette with (3) Buttermilk Pancakes	1360	79	71	84.0
Entrees	IHOP	Rooty Tooty Combo with Blueberry Compote	330	54	9	9.0
Entrees	IHOP	Rooty Tooty Combo with Cinnamon Apples	460	86	9	9.0
Entrees	IHOP	Rooty Tooty Combo with Glazed Strawberries	320	53	9	9.0
Entrees	IHOP	Rooty Tooty Combo with Wildberry Compote	350	59	9	9.0
Entrees	IHOP	(4) Lemon Ricotta Wildberry Protein Pancakes	800	109	40	24.0
Entrees	IHOP	(4) Protein Power Pancakes	660	70	37	26.0
Entrees	IHOP	(4) Strawberry Banana Protein Pancakes	740	109	38	18.0
Entrees	IHOP	Build Your Combo - Lemon Mixed Berry Crepes	550	65	11	28.0
Entrees	IHOP	Build Your Combo - Lemon Ricotta Wildberry Protein Pancakes	720	90	24	29.0
Entrees	IHOP	Build Your Combo - Protein Power Pancakes	580	55	21	31.0
Entrees	IHOP	Build Your Combo - Strawberry Banana Protein Pancakes	620	83	22	23.0
Entrees	IHOP	Lemon Ricotta Mixed Berry Crepes	610	82	16	25.0
Entrees	IHOP	Gluten-Friendly Belgian Waffle	430	58	7	19.0
Entrees	IHOP	Build Your Combo - Lemon Ricotta Mixed Berry French Toast	820	106	17	37.0
Entrees	IHOP	Classic French Toast	900	108	23	42.0
Entrees	IHOP	Lemon Ricotta Mixed Berry French Toast	1020	140	26	40.0
Entrees	IHOP	Chicken Fried Chicken & Eggs with Country Gravy	850	83	32	44.0
Entrees	IHOP	Plant-Based Power Sausage Combo	400	37	26	18.0
Toppings & Ingredients	IHOP	Whole Milk Cheese	210	1	13	16.0
Toppings & Ingredients	IHOP	Sauteed Spinach	80	2	2	7.0
Appetizers & Sides	IHOP	Buttermilk Crispy Chicken Strips & Fries with BBQ Sauce	1080	127	48	42.0
Appetizers & Sides	IHOP	Buttermilk Crispy Chicken Strips & Fries with Buffalo Sauce	910	86	47	43.0
Appetizers & Sides	IHOP	Chicken Quesadilla	1030	60	51	65.0
Appetizers & Sides	IHOP	Jalapeno & Cheese Bites	560	50	10	35.0
Sandwiches	IHOP	Buffalo Chicken Melt	1230	87	54	74.0
Sandwiches	IHOP	Cali Roasted Turkey Melt	1110	63	61	70.0
Entrees	IHOP	Salisbury Steak	680	11	35	56.0
Entrees	IHOP	Salmon	250	2	35	12.0

Appetizers & Sides	IHOP	(2) Original Buttermilk Pancakes	320	39	9	15.0
Appetizers & Sides	IHOP	Bacon Mac & Cheese	430	32	17	26.0
Appetizers & Sides	IHOP	Broccoli with Garlic Butter	90	5	3	7.0
Appetizers & Sides	IHOP	Loaded Mashed Potatoes	400	31	14	26.0
Appetizers & Sides	IHOP	Yellow & Green Beans with Garlic Butter	100	9	2	7.0
Appetizers & Sides	IHOP	Applesauce	50	14	0	0.0
Entrees	IHOP	Jr. Chicken Strips Dinner with Applesauce	440	31	17	27.0
Entrees	IHOP	Jr. Chicken Strips Dinner with Fries	710	60	23	42.0
Sandwiches	IHOP	55+ Roasted Turkey Sandwich	770	55	46	41.0
Entrees	IHOP	55+ Crispy Chicken Strips Dinner	340	25	25	16.0
Appetizers & Sides	IHOP	Plant-Based Sausage	240	11	13	16.0
Entrees	IHOP	(3) Lemon Ricotta Wildberry Protein Pancakes	650	90	31	19.0
Entrees	IHOP	(3) Strawberry Banana Protein Pancakes	570	86	29	14.0
Entrees	IHOP	(2) Protein Power Pancakes	360	35	18	17.0
Baked Goods	IHOP	Multigrain Bread	160	26	6	3.5
Appetizers & Sides	IHOP	Buttered Toast with Jam - Multigrain	210	35	6	6.0
Baked Goods	IHOP	Multigrain Bread	160	26	6	3.5
Beverages	IHOP	Iced Cold Brew (16 fl oz)	0	0	0	0.0
Beverages	IHOP	Iced Cold Brew (30 fl oz)	0	0	0	0.0
Beverages	IHOP	Freshly Brewed Iced Tea (Large)	5	2	0	0.0
Beverages	IHOP	Freshly Brewed Iced Tea (X-Large)	10	2	0	0.0
Beverages	IHOP	Hot Tea - Green	0	0	1	0.0
Beverages	IHOP	Lemonade Iced Tea (Large)	70	19	0	0.0
Beverages	IHOP	Lemonade Iced Tea (X-Large)	130	34	0	0.0
Beverages	IHOP	Sweeter Tea (Large)	210	54	0	0.0
Beverages	IHOP	Sweeter Tea (X-Large)	370	94	0	0.0
Beverages	IHOP	Sweet Tea (Large)	170	44	0	0.0
Beverages	IHOP	Sweet Tea (X-Large)	300	78	0	0.0
Beverages	IHOP	Blue Raspberry Lemonade Splasher (16 fl oz)	180	46	0	0.0
Beverages	IHOP	Blue Raspberry Lemonade Splasher (30 fl oz)	230	58	1	0.0
Beverages	IHOP	Mango Lemonade Splasher (16 fl oz)	190	48	0	0.0
Beverages	IHOP	Mango Lemonade Splasher (30 fl oz)	250	62	0	0.0
Beverages	IHOP	Wildberry Lemonade Splasher (16 fl oz)	190	47	0	0.0
Beverages	IHOP	Wildberry Lemonade Splasher (30 fl oz)	240	60	0	0.0
Beverages	IHOP	Orange Fanta (Large)	130	37	0	0.0



Beverages	IHOP	Orange Twister (Large)	160	43	0	0.0
Beverages	IHOP	Orange Twister (X-Large)	290	78	0	0.0
Beverages	IHOP	Chocolate Milkshake	680	90	12	32.0
Burgers	In-N-Out	Hamburger w/ Onion	390	39	16	19.0
Burgers	In-N-Out	Cheeseburger w/ Onion	480	39	22	27.0
Burgers	In-N-Out	Double-double w/ Onion	670	39	37	41.0
Fried Potatoes	In-N-Out	French Fries	370	52	6	15.0
Beverages	In-N-Out	Chocolate Shake	580	84	10	28.0
Beverages	In-N-Out	Vanilla Shake	570	65	10	30.0
Beverages	In-N-Out	Strawberry Shake	590	114	8	24.0
Beverages	In-N-Out	Coffee	0	0	0	0.0
Beverages	In-N-Out	Milk	180	18	12	6.0
Beverages	In-N-Out	Hot Cocoa	130	26	2	3.0
Beverages	In-N-Out	Hot Cocoa w/ Marshmallows	150	32	2	3.0
Burgers	In-N-Out	Hamburger w/ Onion, Mustard & Ketchup (instead Of Spread)	310	41	16	10.0
Burgers	In-N-Out	Hamburger w/ Onion, Protein Style (bun Replaced w/ Lettuce)	240	11	13	17.0
Burgers	In-N-Out	Cheeseburger w/ Onion, Mustard & Ketchup (instead Of Spread)	400	41	22	18.0
Burgers	In-N-Out	Cheeseburger w/ Onion, Protein Style (bun Replaced w/ Lettuce)	330	11	18	25.0
Burgers	In-N-Out	Double-double w/ Onion, Mustard & Ketchup (instead Of Spread)	590	41	37	32.0
Burgers	In-N-Out	Double-double w/ Onion, Protein Style (bun Replaced w/ Lettuce)	520	11	33	39.0
Beverages	In-N-Out	7up w/ Ice), Large	260	64	0	0.0
Beverages	In-N-Out	7up w/ Ice), Medium	180	43	0	0.0
Beverages	In-N-Out	7up w/ Ice), Small	130	32	0	0.0
Beverages	In-N-Out	7up w/ Ice), X-Large	340	84	0	0.0
Beverages	In-N-Out	7up (without Ice), Large	350	87	0	0.0
Beverages	In-N-Out	7up (without Ice), Medium	240	58	0	0.0
Beverages	In-N-Out	7up (without Ice), Small	160	40	0	0.0
Beverages	In-N-Out	7up (without Ice), X-Large	490	121	0	0.0
Beverages	In-N-Out	Barq's Caffeine Free Root Beer w/ Ice), Large	300	81	0	0.0
Beverages	In-N-Out	Barq's Caffeine Free Root Beer w/ Ice), Medium	210	56	0	0.0
Beverages	In-N-Out	Barq's Caffeine Free Root Beer w/ Ice), Small	150	39	0	0.0
Beverages	In-N-Out	Barq's Caffeine Free Root Beer w/ Ice), X-Large	400	107	0	0.0
Beverages	In-N-Out	Barq's Caffeine Free Root Beer (without Ice), Large	420	113	0	0.0
Beverages	In-N-Out	Barq's Caffeine Free Root Beer (without Ice), Medium	280	75	0	0.0
Beverages	In-N-Out	Barq's Caffeine Free Root Beer (without Ice), Small	190	53	0	0.0

Beverages	In-N-Out	Barq's Caffeine Free Root Beer (without Ice), X-Large	580	158	0	0.0
Beverages	In-N-Out	Barq's Root Beer w/ Ice), Large	300	81	0	0.0
Beverages	In-N-Out	Barq's Root Beer w/ Ice), Medium	210	56	0	0.0
Beverages	In-N-Out	Barq's Root Beer w/ Ice), Small	150	39	0	0.0
Beverages	In-N-Out	Barq's Root Beer w/ Ice), X-Large	400	107	0	0.0
Beverages	In-N-Out	Barq's Root Beer (without Ice), Large	420	113	0	0.0
Beverages	In-N-Out	Barq's Root Beer (without Ice), Medium	280	75	0	0.0
Beverages	In-N-Out	Barq's Root Beer (without Ice), Small	190	53	0	0.0
Beverages	In-N-Out	Barq's Root Beer (without Ice), X-Large	580	158	0	0.0
Beverages	In-N-Out	Coca-cola w/ Ice), Large	270	73	0	0.0
Beverages	In-N-Out	Coca-cola w/ Ice), Medium	190	51	0	0.0
Beverages	In-N-Out	Coca-cola w/ Ice), Small	130	35	0	0.0
Beverages	In-N-Out	Coca-cola w/ Ice), X-Large	350	96	0	0.0
Beverages	In-N-Out	Coca-cola (without Ice), Large	370	101	0	0.0
Beverages	In-N-Out	Coca-cola (without Ice), Medium	250	68	0	0.0
Beverages	In-N-Out	Coca-cola (without Ice), Small	170	47	0	0.0
Beverages	In-N-Out	Coca-cola (without Ice), X-Large	520	142	0	0.0
Beverages	In-N-Out	Diet Coke w/ Ice), Large	0	0	0	0.0
Beverages	In-N-Out	Diet Coke w/ Ice), Medium	0	0	0	0.0
Beverages	In-N-Out	Diet Coke w/ Ice), Small	0	0	0	0.0
Beverages	In-N-Out	Diet Coke w/ Ice), X-Large	0	0	0	0.0
Beverages	In-N-Out	Diet Coke (without Ice), Large	0	0	0	0.0
Beverages	In-N-Out	Diet Coke (without Ice), Medium	0	0	0	0.0
Beverages	In-N-Out	Diet Coke (without Ice), Small	0	0	0	0.0
Beverages	In-N-Out	Dr Pepper w/ Ice), Large	260	72	0	0.0
Beverages	In-N-Out	Dr Pepper w/ Ice), Medium	180	49	0	0.0
Beverages	In-N-Out	Dr Pepper w/ Ice), Small	130	36	0	0.0
Beverages	In-N-Out	Dr Pepper w/ Ice), X-Large	350	94	0	0.0
Beverages	In-N-Out	Dr Pepper (without Ice), Large	360	98	0	0.0
Beverages	In-N-Out	Dr Pepper (without Ice), Medium	240	65	0	0.0
Beverages	In-N-Out	Dr Pepper (without Ice), Small	170	46	0	0.0
Beverages	In-N-Out	Dr Pepper (without Ice), X-Large	500	137	0	0.0
Beverages	In-N-Out	Minute Maid Light Lemonade w/ Ice), Large	15	3	0	0.0
Beverages	In-N-Out	Minute Maid Light Lemonade w/ Ice), Medium	10	2	0	0.0
Beverages	In-N-Out	Minute Maid Light Lemonade w/ Ice), Small	5	1	0	0.0

Beverages	In-N-Out	Minute Maid Light Lemonade w/ Ice), X-Large	20	4	0	0.0
Beverages	In-N-Out	Minute Maid Light Lemonade (without Ice), Large	20	4	0	0.0
Beverages	In-N-Out	Minute Maid Light Lemonade (without Ice), Medium	15	3	0	0.0
Beverages	In-N-Out	Minute Maid Light Lemonade (without Ice), Small	10	2	0	0.0
Beverages	In-N-Out	Minute Maid Light Lemonade (without Ice), X-Large	25	5	0	0.0
Beverages	In-N-Out	Pink Lemonade w/ Ice), Large	300	75	0	0.0
Beverages	In-N-Out	Pink Lemonade w/ Ice), Medium	210	52	0	0.0
Beverages	In-N-Out	Pink Lemonade w/ Ice), Small	140	37	0	0.0
Beverages	In-N-Out	Pink Lemonade w/ Ice), X-Large	390	100	0	0.0
Beverages	In-N-Out	Pink Lemonade (without Ice), Large	410	105	0	0.0
Beverages	In-N-Out	Pink Lemonade (without Ice), Medium	270	70	0	0.0
Beverages	In-N-Out	Pink Lemonade (without Ice), Small	190	49	0	0.0
Beverages	In-N-Out	Pink Lemonade (without Ice), X-Large	570	147	0	0.0
Beverages	In-N-Out	Sweet Tea w/ Ice), Large	180	47	0	0.0
Beverages	In-N-Out	Sweet Tea w/ Ice), Medium	120	32	0	0.0
Beverages	In-N-Out	Sweet Tea w/ Ice), Small	90	22	0	0.0
Beverages	In-N-Out	Sweet Tea w/ Ice), X-Large	260	66	0	0.0
Beverages	In-N-Out	Sweet Tea (without Ice), Large	410	105	0	0.0
Beverages	In-N-Out	Sweet Tea (without Ice), Medium	270	70	0	0.0
Beverages	In-N-Out	Sweet Tea (without Ice), Small	190	49	0	0.0
Beverages	In-N-Out	Sweet Tea (without Ice), X-Large	580	147	0	0.0
Burgers	Jack in the Box	Hamburger	330	30	13	18.0
Burgers	Jack in the Box	Jumbo Jack	520	32	23	33.0
Burgers	Jack in the Box	Cheeseburger	370	30	16	21.0
Burgers	Jack in the Box	Jr. Bacon Cheeseburger	470	30	18	31.0
Burgers	Jack in the Box	Sourdough Jack	700	39	35	45.0
Burgers	Jack in the Box	Jumbo Jack Cheeseburger	600	33	28	40.0
Burgers	Jack in the Box	Ultimate Cheeseburger	840	31	47	59.0
Burgers	Jack in the Box	Bacon Ultimate Cheeseburger	930	32	55	65.0
Sandwiches	Jack in the Box	Chicken Sandwich	510	40	15	32.0
Sandwiches	Jack in the Box	Chicken Sandwich with Bacon	550	40	20	35.0
Sandwiches	Jack in the Box	Chicken Fajita Pita made with Whole Grain (no salsa)	320	34	27	9.0
Sandwiches	Jack in the Box	Sourdough Grilled Chicken Club	580	38	39	30.0
Sandwiches	Jack in the Box	Jack's Spicy Chicken	680	55	31	38.0
Sandwiches	Jack in the Box	Homestyle Ranch Chicken Club	760	65	40	39.0

Sandwiches	Jack in the Box	Jack's Spicy Chicken with Cheese	760	56	36	44.0
Sandwiches	Jack in the Box	Grilled Cheese Sandwich	330	34	11	16.0
Sandwiches	Jack in the Box	Bacon Breakfast Jack	380	30	17	21.0
Sandwiches	Jack in the Box	Breakfast Jack	350	30	16	18.0
Sandwiches	Jack in the Box	Sausage Biscuit	430	26	11	29.0
Sandwiches	Jack in the Box	Bacon, Egg & Cheese Biscuit	410	26	16	25.0
Sandwiches	Jack in the Box	Supreme Croissant	370	28	18	21.0
Sandwiches	Jack in the Box	Sourdough Breakfast Sandwich	410	35	20	21.0
Sandwiches	Jack in the Box	Sausage Croissant	480	28	18	33.0
Sandwiches	Jack in the Box	Extreme Sausage Sandwich	650	29	25	49.0
Sandwiches	Jack in the Box	Sausage, Egg & Cheese Biscuit	530	27	18	38.0
Sandwiches	Jack in the Box	Ultimate Breakfast Sandwich	520	30	31	31.0
Fried Potatoes	Jack in the Box	Seasoned Curly Fries (Small)	280	30	3	16.0
Fried Potatoes	Jack in the Box	Seasoned Curly Fries (Medium)	430	46	5	25.0
Fried Potatoes	Jack in the Box	Seasoned Curly Fries (Large)	480	52	6	28.0
Salads	Jack in the Box	Side Salad	20	4	1	0.0
Appetizers & Sides	Jack in the Box	Stuffed Jalapeños (3 pc.)	220	21	6	12.0
Appetizers & Sides	Jack in the Box	Stuffed Jalapeños (7 pc.)	510	49	14	29.0
Appetizers & Sides	Jack in the Box	Panko Onion Rings	440	52	6	24.0
Appetizers & Sides	Jack in the Box	Egg Roll (1 pc.)	210	20	7	12.0
Appetizers & Sides	Jack in the Box	Egg Roll (3 pc.)	570	60	21	30.0
Toppings & Ingredients	Jack in the Box	Creamy Southwest Dressing	190	3	1	19.0
Toppings & Ingredients	Jack in the Box	Low Fat Balsamic Vinaigrette Dressing	25	3	0	1.5
Toppings & Ingredients	Jack in the Box	Frank's Red Hot Buffalo Dipping Sauce	10	1	0	0.0
Toppings & Ingredients	Jack in the Box	Honey Mustard Dipping Sauce	60	10	0	2.0
Toppings & Ingredients	Jack in the Box	Sweet N Sour Dipping Sauce	40	10	0	0.0
Baked Goods	Jack in the Box	Mini Churros (5 pc.)	350	42	4	18.0
Desserts	Jack in the Box	Chocolate Overload Cake	300	57	4	7.0
Toppings & Ingredients	Jack in the Box	Spicy Corn Sticks	60	8	1	2.5
Sandwiches	Jack in the Box	Chicken Fajita Pita made with Whole Grain (with salsa)	330	35	27	9.0
Sandwiches	Jack in the Box	Tacos, Regular (2 Tacos)	340	33	12	19.0
Entrees	Jack in the Box	Jumbo Breakfast Platter with Bacon	540	47	23	29.0
Entrees	Jack in the Box	Jumbo Breakfast Platter with Sausage	620	47	21	39.0
Entrees	Jack in the Box	Mini Pancakes (8 pc.)	140	28	4	1.5
Fried Potatoes	Jack in the Box	French Fries (Medium)	430	58	5	20.0

Fried Potatoes	Jack in the Box	French Fries (Small)	300	40	3	14.0
Fried Potatoes	Jack in the Box	Seasoned Curly Fries (Kid's)	200	21	2	11.0
Toppings & Ingredients	Jack in the Box	Gourmet Seasoned Croutons	70	9	1	3.0
Desserts	Jack in the Box	New York Style Cheesecake	310	32	7	17.0
Entrees	Jack in the Box	Chicken Teriyaki Bowl	630	109	34	6.0
Fried Potatoes	Jack in the Box	Hash Browns	190	17	2	13.0
Fried Potatoes	Jack in the Box	French Fries (Large)	550	75	6	25.0
Burgers	Jack in the Box	Jr. Jumbo Jack	400	31	14	25.0
Entrees	Jack in the Box	Chicken Nuggets (5 pc.)	240	13	9	17.0
Entrees	Jack in the Box	Chicken Nuggets (10 pc.)	480	26	19	33.0
Sandwiches	Jack in the Box	Loaded Breakfast Sandwich	710	36	36	47.0
Burgers	Jack in the Box	Jr. Jumbo Jack Cheeseburger	440	31	16	29.0
Salads	Jack in the Box	Southwest Chicken Salad with Grilled Chicken	340	28	29	14.0
Salads	Jack in the Box	Southwest Chicken Salad with Crispy Chicken Strips	530	45	34	26.0
Sandwiches	Jack in the Box	Spicy Chicken Biscuit	660	53	29	36.0
Burgers	Jack in the Box	Stacked Grilled Cheese Burger Munchie Meal	1870	211	55	92.0
Entrees	Jack in the Box	Chick-N-Tater Melt Munchie Meal	1940	215	43	103.0
Fried Potatoes	Jack in the Box	French Fries (Kid's)	220	30	2	10.0
Fried Potatoes	Jack in the Box	Halfsies (a la carte)	390	46	5	21.0
Sandwiches	Jack in the Box	Taco, Regular (1 Taco)	170	16	6	9.0
Sandwiches	Jack in the Box	Grande Sausage Breakfast Burrito (with salsa)	1070	70	36	72.0
Sandwiches	Jack in the Box	Meat Lovers Breakfast Burrito (with salsa)	810	50	40	51.0
Toppings & Ingredients	Jack in the Box	Ranch Dressing	250	5	1	25.0
Burgers	Jack in the Box	Double Jack	830	33	46	58.0
Burgers	Jack in the Box	Classic Buttery Jack	790	51	33	51.0
Burgers	Jack in the Box	Bacon & Swiss Buttery Jack	810	48	38	53.0
Entrees	Jack in the Box	Spicy Nacho Chicken Munchie Meal	1940	231	53	93.0
Sandwiches	Jack in the Box	Grande Sausage Breakfast Burrito (no salsa)	1060	69	35	71.0
Sandwiches	Jack in the Box	Meat Lovers Breakfast Burrito (no salsa)	790	48	39	50.0
Fried Potatoes	Jack in the Box	Halfsies (in Munchie Meal)	450	53	5	24.0
Entrees	Jack in the Box	Sriracha Curly Fry Burger Munchie Meal	1720	196	44	87.0
Sandwiches	Jack in the Box	Sausage Breakfast Jack	500	30	19	34.0
Entrees	Jack in the Box	Crispy Chicken Strips (4 pc.)	620	42	44	31.0
Beverages	Jack in the Box	Shake, OREO Cookie with Whipped Topping 16 fl. oz.	690	100	13	28.0
Beverages	Jack in the Box	Shake, OREO Cookie with Whipped Topping - 24 fl. oz.	990	145	19	39.0

Beverages	Jack in the Box	Shake, Chocolate with Whipped Topping - 16 fl. oz.	680	107	13	23.0
Beverages	Jack in the Box	Shake, Chocolate with Whipped Topping - 24 fl. oz.	970	155	19	32.0
Beverages	Jack in the Box	Shake, Vanilla with Whipped Topping - 16 fl. oz.	580	83	12	23.0
Beverages	Jack in the Box	Shake, Vanilla with Whipped Topping - 24 fl. oz.	830	149	17	32.0
Beverages	Jack in the Box	Shake, Strawberry with Whipped Topping - 16 fl. oz.	650	100	12	23.0
Beverages	Jack in the Box	Shake, Strawberry with Whipped Topping - 24 fl. oz.	930	145	17	32.0
Sandwiches	Jack in the Box	Fish Sandwich (seasonal)	450	47	16	23.0
Baked Goods	Jack in the Box	Biscuit (a la carte)	260	25	5	14.0
Sandwiches	Jack in the Box	Grilled Sourdough Swiss Sandwich	580	36	36	34.0
Toppings & Ingredients	Jack in the Box	American Cheese	40	0	2	3.5
Toppings & Ingredients	Jack in the Box	Real Swiss Cheese	70	0	5	6.0
Toppings & Ingredients	Jack in the Box	Swiss Style Cheese	40	1	2	3.0
Toppings & Ingredients	Jack in the Box	Barbecue Dipping Sauce	40	10	0	0.0
Toppings & Ingredients	Jack in the Box	Buttermilk House Dipping Sauce	110	2	0	11.0
Toppings & Ingredients	Jack in the Box	Pancake Syrup	120	31	0	0.0
Toppings & Ingredients	Jack in the Box	Teriyaki Dipping Sauce	50	11	1	1.0
Toppings & Ingredients	Jack in the Box	Creamy Bacon Mayo (0.68 oz.)	120	1	1	13.0
Toppings & Ingredients	Jack in the Box	Creamy Ranch Sauce (0.61 oz.)	90	1	0	10.0
Toppings & Ingredients	Jack in the Box	Creamy Sriracha Sauce (0.78 oz.)	120	1	0	13.0
Toppings & Ingredients	Jack in the Box	Garlic Herb Butter (0.50 oz.)	90	0	0	10.0
Toppings & Ingredients	Jack in the Box	Ketchup (0.57 oz.)	20	5	0	0.0
Toppings & Ingredients	Jack in the Box	Mustard (0.19 oz.)	5	0	0	0.0
Toppings & Ingredients	Jack in the Box	Tartar Sauce (0.78 oz.) (Seasonal)	80	4	0	7.0
Toppings & Ingredients	Jack in the Box	Fire Roasted Salsa (1 fl. oz.)	10	2	0	0.0
Toppings & Ingredients	Jack in the Box	French's Mustard (1 packet)	5	0	0	0.0
Toppings & Ingredients	Jack in the Box	Grape Jelly (1 packet)	35	9	0	0.0
Toppings & Ingredients	Jack in the Box	Grilled Onions (0.71 oz.)	10	2	0	0.0
Toppings & Ingredients	Jack in the Box	Hot Taco Sauce (1 packet)	0	0	0	0.0
Toppings & Ingredients	Jack in the Box	Ketchup (1 packet)	10	3	0	0.0
Toppings & Ingredients	Jack in the Box	Kikkoman Soy Sauce (1 packet)	5	0	1	0.0
Toppings & Ingredients	Jack in the Box	Secret Sauce (1 packet)	30	3	0	2.0
Toppings & Ingredients	Jack in the Box	Sour Cream (1 packet)	60	2	1	5.0
Toppings & Ingredients	Jack in the Box	Strawberry Jam (1 packet)	40	10	0	0.0
Salads	Jack in the Box	Chicken Club Salad with Crispy Chicken Strips	540	29	37	31.0
Salads	Jack in the Box	Chicken Club Salad with Grilled Chicken	220	13	25	8.0

Appetizers & Sides	Jack in the Box	Tree Top Apple Sauce Pouch	45	10	0	0.0
Sandwiches	Jack in the Box	Taco, Tiny (15 pc.)	530	61	16	24.0
Salads	Jack in the Box	Grilled Chicken Salad	220	14	23	9.0
Sandwiches	Jack in the Box	The Cluck Sandwich	740	65	32	40.0
Entrees	Jack in the Box	Crispy Chicken Strips (6 pc.)	930	63	65	46.0
Salads	Jack in the Box	Chicken Club Salad with Julienne Chicken	350	10	39	18.0
Salads	Jack in the Box	Grilled Chicken Salad with Crispy Chicken Strips	420	31	28	21.0
Salads	Jack in the Box	Grilled Chicken Salad with Julienne Chicken	230	12	23	8.0
Appetizers & Sides	Jack in the Box	Bacon Nachos Tacos	510	35	20	32.0
Toppings & Ingredients	Jack in the Box	Creamy Avocado Lime Dipping Sauce	110	1	0	12.0
Toppings & Ingredients	Jack in the Box	Mayonnaise Packet (1 packet)	90	0	0	10.0
Toppings & Ingredients	Jack in the Box	Gold-n-Sweet Spread (1 cup)	20	0	0	2.5
Entrees	Jack in the Box	Crispy Chicken Strips (4 pc.)	310	21	22	15.0
Sandwiches	Jack in the Box	Chicken Sandwich	510	42	15	31.0
Sandwiches	Jack in the Box	Deluxe Fish Sandwich (seasonal)	710	65	31	36.0
Salads	Jack in the Box	Grilled Chicken Salad with Grilled Chicken	220	14	23	9.0
Salads	Jack in the Box	Southwest Chicken Salad with Julienne Chicken	340	28	29	13.0
Fried Potatoes	Jack in the Box	Bacon Cheddar Fries	580	54	15	34.0
Sandwiches	Jack in the Box	Taco, Tiny (Sauced & Loaded)	680	67	21	36.0
Toppings & Ingredients	Jack in the Box	Jack's Good Good Dipping Cup	110	3	0	11.0
Toppings & Ingredients	Jack in the Box	Mayonnaise (0.25 oz.)	80	0	0	9.0
Baked Goods	Jamba Juice	Cheddar Tomato Twist	250	41	9	6.0
Entrees	Jamba Juice	Belgian Waffle	310	39	5	15.0
Beverages	Jamba Juice	Strawberries Gone Bananas	150	36	1	0.0
Beverages	Jamba Juice	Blueberry Strawberry Blast-off	190	46	1	0.0
Beverages	Jamba Juice	Acai Super-antioxidant, Medium	330	67	6	4.0
Beverages	Jamba Juice	Acai Super-antioxidant, Small	330	67	6	4.0
Beverages	Jamba Juice	Acai Super-antioxidant, Large	330	67	6	4.0
Beverages	Jamba Juice	Pomegranate Paradise, Medium	210	53	2	0.0
Beverages	Jamba Juice	Pomegranate Paradise, Small	210	53	2	0.0
Beverages	Jamba Juice	Pomegranate Paradise, Large	210	53	2	0.0
Beverages	Jamba Juice	Strawberry Surf Rider, Small	240	57	1	1.0
Beverages	Jamba Juice	Strawberry Surf Rider, Medium	240	57	1	1.0
Beverages	Jamba Juice	Strawberry Surf Rider, Large	240	57	1	1.0
Beverages	Jamba Juice	Orange-c Booster, Medium	230	52	2	1.5

Beverages	Jamba Juice	Orange-c Booster, Small	230	52	2	1.5
Beverages	Jamba Juice	Orange-c Booster, Large	230	52	2	1.5
Beverages	Jamba Juice	Peach Perfection, Medium	200	51	2	0.0
Beverages	Jamba Juice	Strawberry Whirl, Medium	200	49	2	0.0
Beverages	Jamba Juice	Matcha Green Tea Blast, Medium	260	56	8	0.0
Beverages	Jamba Juice	Caribbean Passion, Medium	250	60	2	1.0
Beverages	Jamba Juice	Strawberries Wild, Medium	230	56	3	5.0
Beverages	Jamba Juice	Peach Perfection, Small	200	51	2	0.0
Beverages	Jamba Juice	Peach Perfection, Large	200	51	2	0.0
Beverages	Jamba Juice	Strawberry Whirl, Small	200	49	2	0.0
Beverages	Jamba Juice	Strawberry Whirl, Large 28 Oz	200	49	2	0.0
Beverages	Jamba Juice	Matcha Green Tea Blast, Small	260	56	8	0.0
Beverages	Jamba Juice	Caribbean Passion, Small	250	60	2	1.0
Beverages	Jamba Juice	Caribbean Passion, Large	250	60	2	1.0
Beverages	Jamba Juice	Strawberries Wild, Small	230	56	3	5.0
Beverages	Jamba Juice	Strawberries Wild, Large	230	56	3	5.0
Beverages	Jamba Juice	Orange Dream Machine, Medium	300	61	5	1.5
Beverages	Jamba Juice	Orange Dream Machine, Small	300	61	5	1.5
Beverages	Jamba Juice	Peanut Butter Moo'd, Medium	450	77	14	10.0
Beverages	Jamba Juice	Aloha Pineapple, Medium	270	59	6	1.0
Beverages	Jamba Juice	Peanut Butter Moo'd, Small	450	77	14	10.0
Beverages	Jamba Juice	Aloha Pineapple, Large	270	59	6	1.0
Beverages	Jamba Juice	Aloha Pineapple, Small	270	59	6	1.0
Beverages	Jamba Juice	Mango-a-go-go, Medium	290	70	1	1.0
Beverages	Jamba Juice	Mega Mango, Medium	190	46	2	0.5
Beverages	Jamba Juice	Mango-a-go-go, Small	290	70	1	1.0
Beverages	Jamba Juice	Mango-a-go-go, Large	290	70	1	1.0
Beverages	Jamba Juice	Mega Mango, Small	190	46	2	0.5
Beverages	Jamba Juice	Mega Mango, Large	190	46	2	0.5
Beverages	Jamba Juice	Razzmatazz, Medium	260	62	1	1.0
Beverages	Jamba Juice	Razzmatazz, Small	260	62	1	1.0
Beverages	Jamba Juice	Razzmatazz, Large	260	62	1	1.0
Beverages	Jamba Juice	Pb Chocolate Love, Medium	430	68	15	14.0
Beverages	Jamba Juice	Pb Chocolate Love, Small	430	68	15	14.0
Beverages	Jamba Juice	Pb Chocolate Love, Large	430	68	15	14.0



Beverages	Jamba Juice	Matcha Green Tea Blast, Large	260	56	8	0.0
Beverages	Jamba Juice	Orange Dream Machine, Large	300	61	5	1.5
Beverages	Jamba Juice	Purely Orange, Small	220	52	3	1.0
Beverages	Jamba Juice	Purely Orange, Large	220	52	3	1.0
Beverages	Jamba Juice	Purely Carrot, Small	180	42	4	1.0
Beverages	Jamba Juice	Purely Carrot, Large	180	42	4	1.0
Beverages	Jamba Juice	Orange Carrot Twist, Small	200	48	4	1.0
Beverages	Jamba Juice	Orange Carrot Twist, Large	200	48	4	1.0
Entrees	Jamba Juice	Oatmeal	170	31	6	2.5
Entrees	Jamba Juice	Acai Primo	520	103	8	11.0
Entrees	Jamba Juice	Chunky Strawberry	610	96	21	18.0
Entrees	Jamba Juice	Island Pitaya	500	105	7	8.0
Beverages	Jamba Juice	Purely Orange, Medium	220	52	3	1.0
Beverages	Jamba Juice	Purely Carrot, Medium	180	42	4	1.0
Beverages	Jamba Juice	Orange Carrot Twist, Medium	200	48	4	1.0
Beverages	Jamba Juice	Greens 'n Ginger, Small	230	56	4	1.0
Beverages	Jamba Juice	Greens 'n Ginger, Medium	230	56	4	1.0
Beverages	Jamba Juice	Greens 'n Ginger, Large	230	56	4	1.0
Beverages	Jamba Juice	Peanut Butter Moo'd, Large	450	77	14	10.0
Beverages	Jamba Juice	Apple 'n Greens, Large	250	58	5	1.0
Beverages	Jamba Juice	Apple 'n Greens, Medium	250	58	5	1.0
Beverages	Jamba Juice	Apple 'n Greens, Small	250	58	5	1.0
Beverages	Jamba Juice	Pb & Banana Protein (whey), Large	560	53	42	23.0
Beverages	Jamba Juice	Pb & Banana Protein (whey), Small	560	53	42	23.0
Beverages	Jamba Juice	Protein Berry Workout (whey), Large	300	51	20	2.0
Beverages	Jamba Juice	Protein Berry Workout (whey), Medium	300	51	20	2.0
Beverages	Jamba Juice	Protein Berry Workout (whey), Small	300	51	20	2.0
Beverages	Jamba Juice	Vanilla Blue Sky	320	60	5	9.0
Beverages	Jamba Juice	Wheatgrass, Small	10	1	1	0.0
Beverages	Jamba Juice	Wheatgrass, Large	10	1	1	0.0
Beverages	Jamba Juice	Ginger Lemon Cayenne	15	4	1	0.0
Beverages	Jamba Juice	Ginger Orange Cayenne	25	6	1	0.0
Beverages	Jamba Juice	White Gummi, Small	310	70	2	2.5
Beverages	Jamba Juice	White Gummi, Medium	310	70	2	2.5
Beverages	Jamba Juice	White Gummi, Large	310	70	2	2.5

Beverages	Jamba Juice	Smooth Talkin' Mango, Small	260	51	4	0.5
Beverages	Jamba Juice	Smooth Talkin' Mango, Medium	260	51	4	0.5
Beverages	Jamba Juice	Smooth Talkin' Mango, Large	260	51	4	0.5
Beverages	Jamba Juice	Vanilla Blue Sky, Small	200	43	2	4.5
Beverages	Jamba Juice	Vanilla Blue Sky, Medium	200	43	2	4.5
Beverages	Jamba Juice	Vanilla Blue Sky, Large	200	43	2	4.5
Beverages	Jamba Juice	Watermelon Breeze (classic), Small	300	72	2	1.0
Beverages	Jamba Juice	Watermelon Breeze (classic), Medium	300	72	2	1.0
Beverages	Jamba Juice	Watermelon Breeze (classic), Large	300	72	2	1.0
Baked Goods	Jamba Juice	Savory Pretzel	420	69	12	11.0
Sandwiches	Jamba Juice	Classic Sausage, Egg & Cheese	320	14	12	23.0
Sandwiches	Jamba Juice	Impossible	220	16	11	12.0
Sandwiches	Jamba Juice	Spring Veggie	200	8	10	14.0
Beverages	Jamba Juice	Pumpkin Smash (classic), Large	290	58	8	2.5
Beverages	Jamba Juice	Pumpkin Smash (classic), Medium	290	58	8	2.5
Beverages	Jamba Juice	Pumpkin Smash (classic), Small	290	58	8	2.5
Beverages	Jamba Juice	Pumpkin Smash (plant-based), Large	380	60	4	15.0
Beverages	Jamba Juice	Pumpkin Smash (plant-based), Medium	380	60	4	15.0
Beverages	Jamba Juice	Pumpkin Smash (plant-based), Small	380	60	4	15.0
Beverages	Jamba Juice	Pb & Banana Protein (whey), Medium	560	53	42	23.0
Beverages	Jamba Juice	Cucumber Orange Cooler, Large	190	46	3	1.0
Beverages	Jamba Juice	Cucumber Orange Cooler, Medium	190	46	3	1.0
Beverages	Jamba Juice	Cucumber Orange Cooler, Small	190	46	3	1.0
Beverages	Jamba Juice	Great Greens, Large	140	33	4	1.0
Beverages	Jamba Juice	Great Greens, Medium	140	33	4	1.0
Beverages	Jamba Juice	Great Greens, Small	140	33	4	1.0
Beverages	Jamba Juice	Orange Supreme, Large	240	59	3	1.0
Beverages	Jamba Juice	Orange Supreme, Medium	240	59	3	1.0
Beverages	Jamba Juice	Orange Supreme, Small	240	59	3	1.0
Beverages	Jamba Juice	Veggie Vitality, Large	190	44	4	1.0
Beverages	Jamba Juice	Veggie Vitality, Medium	190	44	4	1.0
Beverages	Jamba Juice	Veggie Vitality, Small	190	44	4	1.0
Sandwiches	Jamba Juice	Turkey Sausage Wrap	320	30	17	15.0
Beverages	Jamba Juice	Merry Orange Cranberry, Large	410	85	1	7.0
Beverages	Jamba Juice	Merry Orange Cranberry, Medium	410	85	1	7.0

Beverages	Jamba Juice	Merry Orange Cranberry, Small	410	85	1	7.0
Beverages	Jamba Juice	Watermelon Breeze (plant-based), Large	330	69	2	6.0
Beverages	Jamba Juice	Watermelon Breeze (plant-based), Medium	330	69	2	6.0
Beverages	Jamba Juice	Watermelon Breeze (plant-based), Small	330	69	2	6.0
Beverages	Jamba Juice	The Go Getter, Large	260	57	7	1.5
Beverages	Jamba Juice	The Go Getter, Medium	260	57	7	1.5
Beverages	Jamba Juice	The Go Getter, Small	260	57	7	1.5
Beverages	Jamba Juice	Pb & Banana Protein (soy), Large	460	43	34	22.0
Beverages	Jamba Juice	Pb & Banana Protein (soy), Medium	460	43	34	22.0
Beverages	Jamba Juice	Pb & Banana Protein (soy), Small	460	43	34	22.0
Beverages	Jamba Juice	Protein Berry Workout (soy), Large	300	57	16	1.0
Beverages	Jamba Juice	Protein Berry Workout (soy), Medium	300	57	16	1.0
Beverages	Jamba Juice	Protein Berry Workout (soy), Small	300	57	16	1.0
Desserts	Jimmy John's	Oatmeal Raisin Cookie	370	57	6	13.0
Appetizers & Sides	Jimmy John's	BBQ Jimmy Chips	290	34	3	16.0
Appetizers & Sides	Jimmy John's	Jalapeno Jimmy Chips	290	33	3	17.0
Appetizers & Sides	Jimmy John's	Regular Jimmy Chips	300	33	3	18.0
Appetizers & Sides	Jimmy John's	Salt & Vinegar Jimmy Chips	290	33	3	17.0
Beverages	Jimmy John's	Coca-Cola, 22 fl oz	280	73	0	0.0
Beverages	Jimmy John's	Diet Coke, 22 fl oz	0	1	0	0.0
Beverages	Jimmy John's	Sprite, 30 fl oz	350	91	0	0.0
Appetizers & Sides	Jimmy John's	Jumbo Kosher Dill Pickle	20	3	1	0.0
Beverages	Jimmy John's	Dr Pepper, 22 fl oz	280	74	0	0.0
Beverages	Jimmy John's	Dr Pepper, 30 fl oz	380	101	0	0.0
Beverages	Jimmy John's	Sprite, 22 fl oz	260	67	0	0.0
Sandwiches	Jimmy John's	#8 Bill Club, Unwich	460	7	37	31.0
Sandwiches	Jimmy John's	#14 Bootlegger Club, Unwich	330	5	31	20.0
Beverages	Jimmy John's	Caffeine Free Diet Coke, 22 fl oz	0	0	0	0.0
Beverages	Jimmy John's	Coca-Cola Zero Sugar, 22 fl oz	0	0	0	0.0
Beverages	Jimmy John's	Sprite Zero, 22 fl oz	5	0	0	0.0
Beverages	Jimmy John's	Minute Made Lemonade, 22 fl oz	270	69	0	0.0
Beverages	Jimmy John's	Minute Maid Light Lemonade, 22 fl oz	10	4	0	0.0
Beverages	Jimmy John's	Diet Dr Pepper, 22 fl oz	0	0	0	0.0
Beverages	Jimmy John's	Barq's Root Beer, 22 fl oz	310	80	0	0.0
Beverages	Jimmy John's	Mello Yello, 22 fl oz	300	80	0	0.0

Beverages	Jimmy John's	Lipton Iced Tea (Unsweetened), 22 fl oz	0	0	0	0.0
Beverages	Jimmy John's	Lipton Iced Tea (Sweet), 22 fl oz	270	60	0	0.0
Beverages	Jimmy John's	Powerade Mountain Blast, 22 fl oz	160	40	0	0.0
Beverages	Jimmy John's	Hi-C Flashin' Fruit Punch, 22 fl oz	280	78	0	0.0
Beverages	Jimmy John's	Fanta Orange, 22 fl oz	280	74	0	0.0
Beverages	Jimmy John's	Fanta Strawberry, 22 fl oz	300	79	0	0.0
Beverages	Jimmy John's	Fanta Cherry, 22 fl oz	220	57	0	0.0
Beverages	Jimmy John's	Fuze Raspberry Tea, 22 fl oz	160	41	0	0.0
Beverages	Jimmy John's	Fuze Sweet Tea, 22 fl oz	160	41	0	0.0
Beverages	Jimmy John's	Barq's Red Cream Soda, 22 fl oz	320	82	0	0.0
Beverages	Jimmy John's	Pibb Xtra, 22 fl oz	270	69	0	0.0
Beverages	Jimmy John's	Hi-C Poppin' Pink Lemonade, 22 fl oz	260	65	0	0.0
Beverages	Jimmy John's	Powerade Fruit Punch, 22 fl oz	160	39	0	0.0
Beverages	Jimmy John's	Glaceau Vitaminwater XXX, 22 fl oz	140	34	0	0.0
Beverages	Jimmy John's	Coca-Cola, 30 fl oz	380	100	0	0.0
Beverages	Jimmy John's	Coca-Cola, 32 fl oz	410	107	0	0.0
Beverages	Jimmy John's	Diet Coke, 30 fl oz	0	1	0	0.0
Beverages	Jimmy John's	Diet Coke, 32 fl oz	0	1	0	0.0
Beverages	Jimmy John's	Caffeine Free Diet Coke, 30 fl oz	0	0	0	0.0
Beverages	Jimmy John's	Coca-Cola Zero Sugar, 30 fl oz	0	0	0	0.0
Beverages	Jimmy John's	Coca-Cola Zero Sugar, 32 fl oz	0	0	0	0.0
Beverages	Jimmy John's	Sprite, 32 fl oz	380	97	0	0.0
Beverages	Jimmy John's	Sprite Zero, 30 fl oz	10	0	0	0.0
Beverages	Jimmy John's	Sprite Zero, 32 fl oz	10	0	0	0.0
Beverages	Jimmy John's	Minute Made Lemonade, 30 fl oz	370	94	0	0.0
Beverages	Jimmy John's	Minute Made Lemonade, 32 fl oz	400	100	0	0.0
Beverages	Jimmy John's	Minute Maid Light Lemonade, 30 fl oz	15	5	0	0.0
Beverages	Jimmy John's	Minute Maid Light Lemonade, 32 fl oz	15	5	0	0.0
Beverages	Jimmy John's	Dr Pepper, 32 fl oz	410	108	0	0.0
Beverages	Jimmy John's	Diet Dr Pepper, 30 fl oz	0	0	0	0.0
Beverages	Jimmy John's	Diet Dr Pepper, 32 fl oz	0	0	0	0.0
Beverages	Jimmy John's	Barq's Root Beer, 30 fl oz	420	109	0	0.0
Beverages	Jimmy John's	Barq's Root Beer, 32 fl oz	440	116	0	0.0
Beverages	Jimmy John's	Mello Yello, 30 fl oz	410	109	0	0.0
Beverages	Jimmy John's	Mello Yello, 32 fl oz	440	116	0	0.0

Beverages	Jimmy John's	Lipton Iced Tea (Unsweetened), 30 fl oz	0	0	0	0.0
Beverages	Jimmy John's	Lipton Iced Tea (Unsweetened), 32 fl oz	0	0	0	0.0
Beverages	Jimmy John's	Lipton Iced Tea (Sweet), 30 fl oz	370	94	0	0.0
Beverages	Jimmy John's	Lipton Iced Tea (Sweet), 32 fl oz	400	100	0	0.0
Beverages	Jimmy John's	Powerade Mountain Blast, 30 fl oz	220	55	0	0.0
Beverages	Jimmy John's	Powerade Mountain Blast, 32 fl oz	230	58	0	0.0
Beverages	Jimmy John's	Hi-C Flashin' Fruit Punch, 30 fl oz	390	106	0	0.0
Beverages	Jimmy John's	Hi-C Flashin' Fruit Punch, 32 fl oz	410	113	0	0.0
Beverages	Jimmy John's	Fanta Orange, 30 fl oz	380	101	0	0.0
Beverages	Jimmy John's	Fanta Orange, 32 fl oz	410	108	0	0.0
Beverages	Jimmy John's	Fanta Grape, 30 fl oz	380	98	0	0.0
Beverages	Jimmy John's	Fanta Grape, 32 fl oz	410	104	0	0.0
Beverages	Jimmy John's	Fanta Strawberry, 30 fl oz	410	107	0	0.0
Beverages	Jimmy John's	Fanta Strawberry, 32 fl oz	440	115	0	0.0
Beverages	Jimmy John's	Fanta Cherry, 30 fl oz	300	77	0	0.0
Beverages	Jimmy John's	Fanta Cherry, 32 fl oz	320	82	0	0.0
Beverages	Jimmy John's	Fuze Unsweet Tea, 30 fl oz	5	0	0	0.0
Beverages	Jimmy John's	Fuze Unsweet Tea, 32 fl oz	5	1	0	0.0
Beverages	Jimmy John's	Fuze Raspberry Tea, 30 fl oz	220	56	0	0.0
Beverages	Jimmy John's	Fuze Raspberry Tea, 32 fl oz	230	59	0	0.0
Beverages	Jimmy John's	Fuze Sweet Tea, 30 fl oz	220	56	0	0.0
Beverages	Jimmy John's	Fuze Sweet Tea, 32 fl oz	230	60	0	0.0
Beverages	Jimmy John's	Barq's Red Cream Soda, 30 fl oz	440	112	0	0.0
Beverages	Jimmy John's	Barq's Red Cream Soda, 32 fl oz	460	119	0	0.0
Beverages	Jimmy John's	Pibb Xtra, 30 fl oz	360	95	0	0.0
Beverages	Jimmy John's	Pibb Xtra, 32 fl oz	390	101	0	0.0
Beverages	Jimmy John's	Hi-C Poppin' Pink Lemonade, 30 fl oz	350	88	0	0.0
Beverages	Jimmy John's	Hi-C Poppin' Pink Lemonade, 32 fl oz	370	94	0	0.0
Beverages	Jimmy John's	Powerade Fruit Punch, 30 fl oz	210	53	0	0.0
Beverages	Jimmy John's	Powerade Fruit Punch, 32 fl oz	230	57	0	0.0
Beverages	Jimmy John's	Glaceau Vitaminwater XXX, 30 fl oz	180	47	0	0.0
Beverages	Jimmy John's	Glaceau Vitaminwater XXX, 32 fl oz	200	50	0	0.0
Sandwiches	Jimmy John's	Little John 1	300	25	15	15.0
Sandwiches	Jimmy John's	Little John 2	250	24	13	11.0
Sandwiches	Jimmy John's	Little John 3	250	26	10	11.0

Sandwiches	Jimmy John's	Little John 4	240	24	12	10.0
Sandwiches	Jimmy John's	Little John 5	290	26	16	13.0
Sandwiches	Jimmy John's	Little John 6	340	25	13	20.0
Sandwiches	Jimmy John's	Little John BLT	300	24	12	16.0
Sandwiches	Jimmy John's	Slim 1, Unwich	190	4	20	11.0
Sandwiches	Jimmy John's	Slim 3, Unwich	250	5	11	20.0
Sandwiches	Jimmy John's	Slim 4, Unwich	70	2	14	0.5
Sandwiches	Jimmy John's	Slim 5, Unwich	280	3	22	20.0
Sandwiches	Jimmy John's	Slim 6, Unwich	240	2	17	19.0
Sandwiches	Jimmy John's	#1 The Pepe, Unwich	370	7	21	28.0
Sandwiches	Jimmy John's	#2 Big John, Unwich	270	4	17	20.0
Sandwiches	Jimmy John's	#3 Totally Tuna, Unwich	270	9	12	21.0
Sandwiches	Jimmy John's	#4 Turkey Tom, Unwich	250	5	15	17.0
Sandwiches	Jimmy John's	#5 Vito, Unwich	350	9	23	25.0
Sandwiches	Jimmy John's	#6 The Veggie, Unwich	440	7	18	38.0
Sandwiches	Jimmy John's	J.J.B.L.T., Unwich	360	4	15	31.0
Sandwiches	Jimmy John's	#7 Spicy East Coast Italian, Unwich	740	11	45	57.0
Sandwiches	Jimmy John's	#9 Italian Night Club, Unwich	580	11	35	44.0
Sandwiches	Jimmy John's	#10 Hunters Club, Unwich	480	5	42	32.0
Sandwiches	Jimmy John's	#11 Country Club, Unwich	430	8	35	28.0
Sandwiches	Jimmy John's	#12 Beach Club, Unwich	510	9	32	38.0
Sandwiches	Jimmy John's	#13 Jimmy Cubano, Unwich	490	5	30	37.0
Sandwiches	Jimmy John's	#15 Club Tuna, Unwich	500	10	29	40.0
Sandwiches	Jimmy John's	#16 Club Lulu, Unwich	340	5	22	24.0
Sandwiches	Jimmy John's	The J.J. Gargantuan, Unwich	730	12	65	47.0
Sandwiches	Jimmy John's	Slim 1, Thick Sliced Wheat	560	60	36	19.0
Sandwiches	Jimmy John's	Slim 2, Thick Sliced Wheat	460	57	33	11.0
Sandwiches	Jimmy John's	Slim 3, Thick Sliced Wheat	610	61	27	29.0
Sandwiches	Jimmy John's	Slim 4, Thick Sliced Wheat	430	59	30	9.0
Sandwiches	Jimmy John's	Slim 5, Thick Sliced Wheat	650	60	38	25.0
Sandwiches	Jimmy John's	Slim 6, Thick Sliced Wheat	600	59	33	27.0
Sandwiches	Jimmy John's	#1 The Pepe, Thick Sliced Wheat	730	64	37	36.0
Sandwiches	Jimmy John's	#2 Big John, Thick Sliced Wheat	640	61	33	28.0
Sandwiches	Jimmy John's	#3 Totally Tuna, Thick Sliced Wheat	630	65	28	29.0
Sandwiches	Jimmy John's	#4 Turkey Tom, Thick Sliced Wheat	610	62	31	25.0

Sandwiches	Jimmy John's	#5 Vito, Thick Sliced Wheat	710	65	39	34.0
Sandwiches	Jimmy John's	#6 The Veggie, Thick Sliced Wheat	810	64	34	46.0
Sandwiches	Jimmy John's	J.J.B.L.T., Thick Sliced Wheat	730	61	31	39.0
Sandwiches	Jimmy John's	#7 Spicy East Coast Italian, Thick Sliced Wheat	1110	68	61	65.0
Sandwiches	Jimmy John's	#8 Bill Club, Thick Sliced Wheat	830	64	53	39.0
Sandwiches	Jimmy John's	#9 Italian Night Club, Thick Sliced Wheat	950	67	51	52.0
Sandwiches	Jimmy John's	#10 Hunters Club, Thick Sliced Wheat	840	61	58	40.0
Sandwiches	Jimmy John's	#11 Country Club, Thick Sliced Wheat	800	65	51	37.0
Sandwiches	Jimmy John's	#12 Beach Club, Thick Sliced Wheat	870	65	48	46.0
Sandwiches	Jimmy John's	#13 Jimmy Cubano, Thick Sliced Wheat	850	61	46	45.0
Sandwiches	Jimmy John's	#14 Bootlegger Club, Thick Sliced Wheat	700	62	47	29.0
Sandwiches	Jimmy John's	#15 Club Tuna, Thick Sliced Wheat	870	66	45	48.0
Sandwiches	Jimmy John's	#16 Club Lulu, Thick Sliced Wheat	700	62	38	32.0
Sandwiches	Jimmy John's	#17 Ultimate Porker, Thick Sliced Wheat	710	63	36	33.0
Sandwiches	Jimmy John's	The J.J. Gargantuan, Thick Sliced Wheat	1100	69	81	55.0
Sandwiches	Jimmy John's	Slim 1, 8" French Bread	540	69	33	13.0
Sandwiches	Jimmy John's	Slim 2, 8" French Bread	440	66	30	5.0
Sandwiches	Jimmy John's	Slim 3, 8" French Bread	600	70	24	23.0
Sandwiches	Jimmy John's	Slim 4, 8" French Bread	420	68	27	3.0
Sandwiches	Jimmy John's	Slim 5, 8" French Bread	630	69	35	23.0
Sandwiches	Jimmy John's	Slim 6, 8" French Bread	590	68	30	21.0
Sandwiches	Jimmy John's	#1 The Pepe, 8" French Bread	600	50	29	29.0
Sandwiches	Jimmy John's	#2 Big John, 8" French Bread	500	47	26	21.0
Sandwiches	Jimmy John's	#3 Totally Tuna, 8" French Bread	500	51	21	22.0
Sandwiches	Jimmy John's	#4 Turkey Tom, 8" French Bread	480	48	23	19.0
Sandwiches	Jimmy John's	#5 Vito, 8" French Bread	580	51	32	27.0
Sandwiches	Jimmy John's	#6 The Veggie, 8" French Bread	670	50	27	39.0
Sandwiches	Jimmy John's	J.J.B.L.T., 8" French Bread	590	47	24	32.0
Sandwiches	Jimmy John's	#7 Spicy East Coast Italian, 8" French Bread	970	54	54	59.0
Sandwiches	Jimmy John's	#8 Bill Club, 8" French Bread	810	73	50	33.0
Sandwiches	Jimmy John's	#9 Italian Night Club, 8" French Bread	930	77	48	46.0
Sandwiches	Jimmy John's	#10 Hunters Club, 8" French Bread	830	70	55	34.0
Sandwiches	Jimmy John's	#11 Country Club, 8" French Bread	780	74	48	31.0
Sandwiches	Jimmy John's	#12 Beach Club, 8" French Bread	860	74	45	40.0
Sandwiches	Jimmy John's	#13 Jimmy Cubano, 8" French Bread	720	47	38	38.0

Sandwiches	Jimmy John's	#14 Bootlegger Club, 8" French Bread	680	71	44	23.0
Sandwiches	Jimmy John's	#15 Club Tuna, 8" French Bread	850	75	42	42.0
Sandwiches	Jimmy John's	#16 Club Lulu, 8" French Bread	690	71	35	26.0
Sandwiches	Jimmy John's	#17 Ultimate Porker, 8" French Bread	690	72	33	28.0
Sandwiches	Jimmy John's	The J.J. Gargantuan, 8" French Bread	1080	78	78	49.0
Sandwiches	Jimmy John's	Slim 1, 16" French Bread	1080	139	66	27.0
Sandwiches	Jimmy John's	Slim 2, 16" French Bread	880	133	59	11.0
Sandwiches	Jimmy John's	Slim 3, 16" French Bread	1200	141	49	45.0
Sandwiches	Jimmy John's	Slim 4, 16" French Bread	830	135	64	6.0
Sandwiches	Jimmy John's	Slim 5, 16" French Bread	1260	138	71	45.0
Sandwiches	Jimmy John's	Slim 6, 16" French Bread	1180	135	60	42.0
Sandwiches	Jimmy John's	#1 The Pepe, 16" French Bread	1200	100	59	58.0
Sandwiches	Jimmy John's	#2 Big John, 16" French Bread	1000	94	52	42.0
Sandwiches	Jimmy John's	#3 Totally Tuna, 16" French Bread	990	103	41	44.0
Sandwiches	Jimmy John's	#4 Turkey Tom, 16" French Bread	950	96	47	37.0
Sandwiches	Jimmy John's	#5 Vito, 16" French Bread	1150	103	64	54.0
Sandwiches	Jimmy John's	#6 The Veggie, 16" French Bread	1350	100	53	78.0
Sandwiches	Jimmy John's	J.J.B.L.T., 16" French Bread	1190	94	47	64.0
Sandwiches	Jimmy John's	#7 Spicy East Coast Italian, 16" French Bread	1940	108	108	117.0
Sandwiches	Jimmy John's	#8 Bill Club, 16" French Bread	1630	145	100	66.0
Sandwiches	Jimmy John's	#9 Italian Night Club, 16" French Bread	1860	153	96	91.0
Sandwiches	Jimmy John's	#10 Hunters Club, 16" French Bread	1650	141	110	69.0
Sandwiches	Jimmy John's	#11 Country Club, 16" French Bread	1570	148	95	61.0
Sandwiches	Jimmy John's	#12 Beach Club, 16" French Bread	1710	149	90	81.0
Sandwiches	Jimmy John's	#13 Jimmy Cubano, 16" French Bread	1440	95	76	77.0
Sandwiches	Jimmy John's	#14 Bootlegger Club, 16" French Bread	1370	142	88	45.0
Sandwiches	Jimmy John's	#15 Club Tuna, 16" French Bread	1710	151	84	83.0
Sandwiches	Jimmy John's	#16 Club Lulu, 16" French Bread	1370	142	70	53.0
Sandwiches	Jimmy John's	#17 Ultimate Porker, 16" French Bread	1390	144	65	55.0
Sandwiches	Jimmy John's	The J.J. Gargantuan, 16" French Bread	2160	156	56	99.0
Appetizers & Sides	Jimmy John's	Thinny Chips	260	39	4	11.0
Baked Goods	Jimmy John's	French Bread TBO, 8"	230	44	9	1.5
Baked Goods	Jimmy John's	French Bread TBO, 16"	470	87	17	3.0
Baked Goods	Jimmy John's	French Bread LBI, 8"	350	66	13	2.0
Baked Goods	Jimmy John's	French Bread LBI, 16"	710	133	27	4.5



Baked Goods	Jimmy John's	Thick Sliced Wheat	370	57	16	8.0
Baked Goods	Jimmy John's	Little John French TBO	0	22	4	0.5
Baked Goods	Jimmy John's	Little John French LBI	200	37	7	1.0
Beverages	Jimmy John's	Cherry Coca-Cola, 22 fl oz	290	77	0	0.0
Beverages	Jimmy John's	Cherry Coca-Cola, 30 fl oz	400	105	0	0.0
Beverages	Jimmy John's	Cherry Coca-Cola, 32 fl oz	430	112	0	0.0
Toppings & Ingredients	Jimmy John's	Ham, Regular, LJ	35	1	6	1.0
Toppings & Ingredients	Jimmy John's	Ham, Xtra, LJ	70	2	11	1.5
Toppings & Ingredients	Jimmy John's	Roast Beef, EZ, LJ	20	0	4	1.0
Toppings & Ingredients	Jimmy John's	Roast Beef, Regular, LJ	45	0	8	1.5
Toppings & Ingredients	Jimmy John's	Roast Beef, Xtra, LJ	90	0	16	3.0
Toppings & Ingredients	Jimmy John's	Turkey Breast, EZ, LJ	15	0	3	0.0
Toppings & Ingredients	Jimmy John's	Turkey Breast, Xtra, LJ	60	1	14	0.5
Toppings & Ingredients	Jimmy John's	Salami & Capocollo, EZ, LJ	40	0	3	2.5
Toppings & Ingredients	Jimmy John's	Salami & Capocollo, Xtra, LJ	160	2	14	11.0
Toppings & Ingredients	Jimmy John's	Salami, EZ, LJ	25	0	2	1.5
Toppings & Ingredients	Jimmy John's	Salami, Xtra, LJ	100	1	8	7.0
Toppings & Ingredients	Jimmy John's	Tuna Salad, Regular, LJ	120	2	6	10.0
Toppings & Ingredients	Jimmy John's	Tuna Salad, Xtra, LJ	240	4	11	20.0
Toppings & Ingredients	Jimmy John's	Bacon, EZ, LJ	60	0	5	4.5
Toppings & Ingredients	Jimmy John's	Bacon, Regular, LJ	90	0	7	7.0
Toppings & Ingredients	Jimmy John's	Bacon, Xtra, LJ	180	0	14	14.0
Toppings & Ingredients	Jimmy John's	Provolone Cheese, EZ, LJ	30	0	2	2.5
Toppings & Ingredients	Jimmy John's	Provolone Cheese, Regular, LJ	60	0	4	4.5
Toppings & Ingredients	Jimmy John's	Jimmy Mustard, EZ, LJ	0	0	0	0.0
Toppings & Ingredients	Jimmy John's	Jimmy Mustard, Regular, LJ	5	0	0	0.0
Toppings & Ingredients	Jimmy John's	Jimmy Mustard, Xtra, LJ	10	0	0	0.0
Toppings & Ingredients	Jimmy John's	Grey Poupon, EZ, LJ	0	0	0	0.0
Toppings & Ingredients	Jimmy John's	Grey Poupon, Regular, LJ	0	0	0	0.0
Toppings & Ingredients	Jimmy John's	Grey Poupon, Xtra, LJ	5	0	0	0.0
Toppings & Ingredients	Jimmy John's	Mayo, EZ, LJ	45	0	0	4.5
Toppings & Ingredients	Jimmy John's	Mayo, Regular, LJ	90	0	0	9.0
Toppings & Ingredients	Jimmy John's	Mayo, Xtra, LJ	110	0	0	11.0
Toppings & Ingredients	Jimmy John's	Oil & Vinegar, EZ, LJ	10	0	0	1.0
Toppings & Ingredients	Jimmy John's	Oil & Vinegar, Regular, LJ	20	0	0	2.5

Toppings & Ingredients	Jimmy John's	Oil & Vinegar, Xtra, LJ	40	0	0	5.0
Toppings & Ingredients	Jimmy John's	Oregano-Basil, EZ, LJ	0	0	0	0.0
Toppings & Ingredients	Jimmy John's	Oregano-Basil, Regular, LJ	0	0	0	0.0
Toppings & Ingredients	Jimmy John's	Sliced Pickles, EZ, LJ	0	0	0	0.0
Toppings & Ingredients	Jimmy John's	Sliced Pickles, Regular, LJ	0	0	0	0.0
Toppings & Ingredients	Jimmy John's	Sliced Pickles, Xtra, LJ	0	0	0	0.0
Toppings & Ingredients	Jimmy John's	Onion, EZ, LJ	0	0	0	0.0
Toppings & Ingredients	Jimmy John's	Onion, Xtra, LJ	5	2	0	0.0
Toppings & Ingredients	Jimmy John's	Jimmy Peppers, EZ, LJ	0	0	0	0.0
Toppings & Ingredients	Jimmy John's	Jimmy Peppers, Regular, LJ	0	0	0	0.0
Toppings & Ingredients	Jimmy John's	Cucumber, EZ, LJ	0	0	0	0.0
Toppings & Ingredients	Jimmy John's	Cucumber, Regular, LJ	0	0	0	0.0
Toppings & Ingredients	Jimmy John's	Tomato, EZ, LJ	0	0	0	0.0
Toppings & Ingredients	Jimmy John's	Tomato, Xtra, LJ	10	2	0	0.0
Toppings & Ingredients	Jimmy John's	Lettuce, EZ, LJ	0	0	0	0.0
Toppings & Ingredients	Jimmy John's	Ham, EZ, 8"	35	1	6	1.0
Toppings & Ingredients	Jimmy John's	Ham, Regular, 8"	70	2	11	1.5
Toppings & Ingredients	Jimmy John's	Ham, Xtra, 8"	140	5	23	3.5
Toppings & Ingredients	Jimmy John's	Roast Beef, EZ, 8"	45	0	8	1.5
Toppings & Ingredients	Jimmy John's	Roast Beef, Regular, 8"	90	0	16	3.0
Toppings & Ingredients	Jimmy John's	Roast Beef, Xtra, 8"	180	0	32	6.0
Toppings & Ingredients	Jimmy John's	Turkey Breast, Regular, 8"	60	1	14	0.5
Toppings & Ingredients	Jimmy John's	Turkey Breast, Xtra, 8"	120	2	27	1.0
Toppings & Ingredients	Jimmy John's	Salami & Capocollo, Regular, 8"	160	2	14	11.0
Toppings & Ingredients	Jimmy John's	Salami & Capocollo, Xtra, 8"	320	3	27	22.0
Toppings & Ingredients	Jimmy John's	Salami, Regular, 8"	100	1	8	7.0
Toppings & Ingredients	Jimmy John's	Salami, Xtra, 8"	190	2	16	14.0
Toppings & Ingredients	Jimmy John's	Tuna Salad, EZ, 8"	120	2	6	10.0
Toppings & Ingredients	Jimmy John's	Tuna Salad, Regular, 8"	240	4	11	20.0
Toppings & Ingredients	Jimmy John's	Tuna Salad, Xtra, 8"	490	8	22	41.0
Toppings & Ingredients	Jimmy John's	Bacon, EZ, 8"	60	0	5	4.5
Toppings & Ingredients	Jimmy John's	Bacon, Regular, 8"	90	0	7	7.0
Toppings & Ingredients	Jimmy John's	Bacon, Xtra, 8"	180	0	14	14.0
Toppings & Ingredients	Jimmy John's	Provolone Cheese, EZ, 8"	60	0	4	4.5
Toppings & Ingredients	Jimmy John's	Provolone Cheese, Xtra, 8"	240	1	16	19.0

Toppings & Ingredients	Jimmy John's	Yellow Mustard	5	0	0	0.0
Toppings & Ingredients	Jimmy John's	Jimmy Mustard, EZ, 8"	5	0	0	0.0
Toppings & Ingredients	Jimmy John's	Jimmy Mustard, Regular, 8"	10	0	0	0.0
Toppings & Ingredients	Jimmy John's	Jimmy Mustard, Xtra, 8"	20	0	0	0.0
Toppings & Ingredients	Jimmy John's	Grey Poupon, EZ, 8"	0	0	0	0.0
Toppings & Ingredients	Jimmy John's	Grey Poupon, Regular, 8"	5	0	0	0.0
Toppings & Ingredients	Jimmy John's	Grey Poupon, Xtra, 8"	10	0	0	0.0
Toppings & Ingredients	Jimmy John's	Mayo, EZ, 8"	110	0	0	11.0
Toppings & Ingredients	Jimmy John's	Mayo, Regular, 8"	160	0	0	16.0
Toppings & Ingredients	Jimmy John's	Mayo, Xtra, 8"	280	0	0	28.0
Toppings & Ingredients	Jimmy John's	Oil & Vinegar, EZ, 8"	20	0	0	2.5
Toppings & Ingredients	Jimmy John's	Oil & Vinegar, Regular, 8"	40	0	0	5.0
Toppings & Ingredients	Jimmy John's	Oil & Vinegar, Xtra, 8"	80	0	0	10.0
Toppings & Ingredients	Jimmy John's	Oregano-Basil, EZ, 8"	0	0	0	0.0
Toppings & Ingredients	Jimmy John's	Oregano-Basil, Xtra, 8"	0	1	0	0.0
Toppings & Ingredients	Jimmy John's	Sliced Pickles, EZ, 8"	0	0	0	0.0
Toppings & Ingredients	Jimmy John's	Sliced Pickles, Regular, 8"	0	0	0	0.0
Toppings & Ingredients	Jimmy John's	Onion, Regular, 8"	5	2	0	0.0
Toppings & Ingredients	Jimmy John's	Onion, Xtra, 8"	15	3	0	0.0
Toppings & Ingredients	Jimmy John's	Jimmy Peppers, EZ, 8"	0	0	0	0.0
Toppings & Ingredients	Jimmy John's	Jimmy Peppers, Xtra, 8"	5	1	0	0.0
Toppings & Ingredients	Jimmy John's	Cucumber, EZ, 8"	0	0	0	0.0
Toppings & Ingredients	Jimmy John's	Cucumber, Xtra, 8"	0	1	0	0.0
Toppings & Ingredients	Jimmy John's	Tomato, Regular, 8"	10	2	0	0.0
Toppings & Ingredients	Jimmy John's	Lettuce, Regular, 8"	5	1	0	0.0
Toppings & Ingredients	Jimmy John's	Ham, EZ, 16"	70	2	11	1.5
Toppings & Ingredients	Jimmy John's	Ham, Regular, 16"	140	5	23	3.5
Toppings & Ingredients	Jimmy John's	Ham, Xtra, 16"	270	9	46	7.0
Toppings & Ingredients	Jimmy John's	Roast Beef, EZ, 16"	90	0	16	3.0
Toppings & Ingredients	Jimmy John's	Roast Beef, Regular, 16"	180	0	32	6.0
Toppings & Ingredients	Jimmy John's	Roast Beef, Xtra, 16"	350	0	65	13.0
Toppings & Ingredients	Jimmy John's	Turkey Breast, EZ, 16"	60	1	14	0.5
Toppings & Ingredients	Jimmy John's	Turkey Breast, Regular, 16"	120	2	27	1.0
Toppings & Ingredients	Jimmy John's	Turkey Breast, Xtra, 16"	250	5	55	2.5
Toppings & Ingredients	Jimmy John's	Salami & Capocollo, EZ, 16"	160	2	14	11.0

Toppings & Ingredients	Jimmy John's	Salami & Capocollo, Regular, 16"	320	3	27	22.0
Toppings & Ingredients	Jimmy John's	Salami & Capocollo, Xtra, 16"	640	7	55	43.0
Toppings & Ingredients	Jimmy John's	Salami, EZ, 16"	100	1	8	7.0
Toppings & Ingredients	Jimmy John's	Salami, Regular, 16"	190	2	16	14.0
Toppings & Ingredients	Jimmy John's	Salami, Xtra, 16"	390	5	32	27.0
Toppings & Ingredients	Jimmy John's	Tuna Salad, EZ, 16"	240	4	11	20.0
Toppings & Ingredients	Jimmy John's	Tuna Salad, Regular, 16"	490	8	22	41.0
Toppings & Ingredients	Jimmy John's	Tuna Salad, Xtra, 16"	980	15	44	82.0
Toppings & Ingredients	Jimmy John's	Bacon, EZ, 16"	120	0	9	9.0
Toppings & Ingredients	Jimmy John's	Bacon, Regular, 16"	180	0	14	14.0
Toppings & Ingredients	Jimmy John's	Bacon, Xtra, 16"	360	0	28	28.0
Toppings & Ingredients	Jimmy John's	Provolone Cheese, Regular, 16"	240	1	16	19.0
Toppings & Ingredients	Jimmy John's	Provolone Cheese, Xtra, 16"	470	2	33	38.0
Toppings & Ingredients	Jimmy John's	Jimmy Mustard, EZ, 16"	10	0	0	0.0
Toppings & Ingredients	Jimmy John's	Jimmy Mustard, Regular, 16"	20	0	0	0.0
Toppings & Ingredients	Jimmy John's	Jimmy Mustard, Xtra, 16"	40	0	0	0.0
Toppings & Ingredients	Jimmy John's	Grey Poupon, EZ, 16"	5	0	0	0.0
Toppings & Ingredients	Jimmy John's	Grey Poupon, Regular, 16"	10	0	0	0.0
Toppings & Ingredients	Jimmy John's	Grey Poupon, Xtra, 16"	20	0	0	0.0
Toppings & Ingredients	Jimmy John's	Mayo, EZ, 16"	230	0	0	23.0
Toppings & Ingredients	Jimmy John's	Mayo, Regular, 16"	330	0	0	33.0
Toppings & Ingredients	Jimmy John's	Mayo, Xtra, 16"	560	0	0	56.0
Toppings & Ingredients	Jimmy John's	Oil & Vinegar, EZ, 16"	40	0	0	5.0
Toppings & Ingredients	Jimmy John's	Oil & Vinegar, Regular, 16"	80	0	0	10.0
Toppings & Ingredients	Jimmy John's	Oil & Vinegar, Xtra, 16"	170	0	0	19.0
Toppings & Ingredients	Jimmy John's	Oregano-Basil, Regular, 16"	0	1	0	0.0
Toppings & Ingredients	Jimmy John's	Oregano-Basil, Xtra, 16"	10	2	0	0.0
Toppings & Ingredients	Jimmy John's	Sliced Pickles, EZ, 16"	0	0	0	0.0
Toppings & Ingredients	Jimmy John's	Sliced Pickles, Xtra, 16"	10	2	0	0.0
Toppings & Ingredients	Jimmy John's	Onion, EZ, 16"	5	2	0	0.0
Toppings & Ingredients	Jimmy John's	Onion, Regular, 16"	15	3	0	0.0
Toppings & Ingredients	Jimmy John's	Jimmy Peppers, Regular, 16"	5	1	0	0.0
Toppings & Ingredients	Jimmy John's	Jimmy Peppers, Xtra, 16"	10	2	0	0.0
Toppings & Ingredients	Jimmy John's	Cucumber, Regular, 16"	0	1	0	0.0
Toppings & Ingredients	Jimmy John's	Cucumber, Xtra, 16"	10	2	0	0.0

Toppings & Ingredients	Jimmy John's	Tomato, EZ, 16"	10	2	0	0.0
Toppings & Ingredients	Jimmy John's	Tomato, Xtra, 16"	35	7	2	0.0
Toppings & Ingredients	Jimmy John's	Lettuce, EZ, 16"	5	1	0	0.0
Sandwiches	Jimmy John's	#17 Ultimate Porker, Unwich	340	6	20	25.0
Toppings & Ingredients	Jimmy John's	Avocado Spread, Xtra, 16"	90	6	2	8.0
Desserts	Jimmy John's	Chocolate Chip Cookie	410	56	5	19.0
Toppings & Ingredients	Jimmy John's	Side of Avocado Spread	70	4	1	6.0
Toppings & Ingredients	Jimmy John's	Avocado Spread, EZ, LJ	5	0	0	0.0
Toppings & Ingredients	Jimmy John's	Avocado Spread, Xtra, LJ	20	2	0	2.0
Toppings & Ingredients	Jimmy John's	Lettuce, Xtra, LJ	5	1	0	0.0
Toppings & Ingredients	Jimmy John's	Avocado Spread, Regular, 8"	20	2	0	2.0
Toppings & Ingredients	Jimmy John's	Avocado Spread, EZ, 16"	20	2	0	2.0
Toppings & Ingredients	Jimmy John's	Lettuce, Xtra, 16"	30	6	2	0.0
Beverages	Jimmy John's	Fanta Grape, 22 fl oz	280	72	0	0.0
Beverages	Jimmy John's	Fuze Unsweet Tea, 22 fl oz	0	0	0	0.0
Beverages	Jimmy John's	Caffeine Free Diet Coke, 32 fl oz	0	1	0	0.0
Toppings & Ingredients	Jimmy John's	Capocollo, EZ, LJ	15	0	1	1.0
Toppings & Ingredients	Jimmy John's	Capocollo, EZ, 8"	30	0	3	2.0
Toppings & Ingredients	Jimmy John's	Capocollo, Regular, LJ	30	0	3	2.0
Toppings & Ingredients	Jimmy John's	Capocollo, Regular, 16"	130	1	11	8.0
Toppings & Ingredients	Jimmy John's	Capocollo, Xtra, 8"	130	1	11	8.0
Toppings & Ingredients	Jimmy John's	Capocollo, Xtra, 16"	250	2	23	16.0
Sandwiches	Jimmy John's	BBQ Ranch Chicken Crunch, Unwich	530	22	28	36.0
Sandwiches	Jimmy John's	BBQ Ranch Chicken Crunch, 8" French Bread	760	65	36	37.0
Sandwiches	Jimmy John's	BBQ Ranch Chicken Crunch, Thick Sliced Wheat	900	78	44	44.0
Sandwiches	Jimmy John's	BBQ Ranch Chicken Crunch, Wrap	840	73	34	45.0
Sandwiches	Jimmy John's	BBQ Ranch Chicken Crunch, 16" French Bread	1520	129	72	74.0
Toppings & Ingredients	Jimmy John's	Garlic Herb Tortilla	300	47	9	9.0
Toppings & Ingredients	Jimmy John's	All Natural Chicken, Regular, 8"	110	1	18	3.5
Toppings & Ingredients	Jimmy John's	All Natural Chicken, Xtra, 8"	220	2	36	7.0
Toppings & Ingredients	Jimmy John's	Sliced Cheddar Cheese, EZ, 8"	70	0	4	6.0
Toppings & Ingredients	Jimmy John's	Sliced Cheddar Cheese, Regular, 8"	140	0	8	12.0
Toppings & Ingredients	Jimmy John's	Sliced Cheddar Cheese, Xtra, 8"	280	0	16	24.0
Toppings & Ingredients	Jimmy John's	BBQ Ranch, EZ, 8"	40	4	0	2.0
Toppings & Ingredients	Jimmy John's	BBQ Ranch, Regular, 8"	80	8	0	4.5

Toppings & Ingredients	Jimmy John's	BBQ Ranch, Xtra, 8"	150	17	0	9.0
Toppings & Ingredients	Jimmy John's	Crispy Seasoned Tortilla Strips, EZ, 8"	35	4	0	2.0
Toppings & Ingredients	Jimmy John's	Crispy Seasoned Tortilla Strips, Regular, 8"	70	8	0	4.0
Toppings & Ingredients	Jimmy John's	Crispy Seasoned Tortilla Strips, Xtra, 8"	140	16	0	8.0
Toppings & Ingredients	Jimmy John's	All Natural Chicken, EZ, 16"	110	1	18	3.5
Toppings & Ingredients	Jimmy John's	All Natural Chicken, Regular, 16"	220	2	36	7.0
Toppings & Ingredients	Jimmy John's	All Natural Chicken, Xtra, 16"	440	4	73	15.0
Toppings & Ingredients	Jimmy John's	Sliced Cheddar Cheese, EZ, 16"	140	0	8	12.0
Toppings & Ingredients	Jimmy John's	Sliced Cheddar Cheese, Regular, 16"	280	0	16	24.0
Toppings & Ingredients	Jimmy John's	Sliced Cheddar Cheese, Xtra, 16"	560	0	32	48.0
Toppings & Ingredients	Jimmy John's	BBQ Ranch, EZ, 16"	80	8	0	4.5
Toppings & Ingredients	Jimmy John's	BBQ Ranch, Regular, 16"	150	17	0	9.0
Toppings & Ingredients	Jimmy John's	Crispy Seasoned Tortilla Strips, EZ, 16"	70	8	0	4.0
Toppings & Ingredients	Jimmy John's	Crispy Seasoned Tortilla Strips, Regular, 16"	140	16	0	8.0
Toppings & Ingredients	Jimmy John's	Crispy Seasoned Tortilla Strips, Xtra, 16"	280	32	0	16.0
Entrees	KFC	Original Recipe Chicken Breast	390	11	39	21.0
Entrees	KFC	Original Recipe Chicken Drumstick	130	4	12	8.0
Entrees	KFC	Original Recipe Chicken Thigh	280	8	19	19.0
Entrees	KFC	Extra Crispy Chicken Breast	530	18	35	35.0
Entrees	KFC	Extra Crispy Chicken Drumstick	170	5	10	12.0
Entrees	KFC	Extra Crispy Chicken Thigh	330	9	22	23.0
Entrees	KFC	Popcorn Nuggets - Large	620	39	27	39.0
Entrees	KFC	Popcorn Nuggets - Kids	290	19	13	19.0
Entrees	KFC	Chicken Pot Pie	720	60	26	41.0
Entrees	KFC	KFC Famous Bowl	740	81	26	35.0
Appetizers & Sides	KFC	Mashed Potatoes With Gravy	130	20	3	4.5
Salads	KFC	Caesar Side Salad	40	2	3	2.0
Salads	KFC	House Side Salad	15	3	1	0.0
Appetizers & Sides	KFC	Green Beans	25	5	1	0.0
Appetizers & Sides	KFC	Corn on the Cob	70	17	2	0.5
Appetizers & Sides	KFC	Coleslaw	170	14	1	12.0
Appetizers & Sides	KFC	Sweet Kernel Corn	70	16	2	0.5
Appetizers & Sides	KFC	Macaroni & Cheese	140	17	5	6.0
Baked Goods	KFC	Biscuit	180	22	4	8.0
Baked Goods	KFC	KFC Combread Muffin	210	28	3	9.0

Desserts	KFC	Chocolate Chip Cookie	120	18	1	6.0
Baked Goods	KFC	Apple Turnover	230	32	2	10.0
Toppings & Ingredients	KFC	Parmesan Garlic Croutons	60	8	2	3.0
Sandwiches	KFC	Crispy Twister	630	53	28	34.0
Appetizers & Sides	KFC	Mashed Potatoes	110	17	2	3.5
Entrees	KFC	Kentucky Grilled Chicken Breast	210	0	38	7.0
Entrees	KFC	Kentucky Grilled Chicken Drumstick	80	0	11	4.0
Entrees	KFC	Kentucky Grilled Chicken Thigh	150	0	17	9.0
Entrees	KFC	KFC Famous Bowl - Snack Size	270	27	11	14.0
Entrees	KFC	Spicy Crispy Chicken Breast	350	11	30	20.0
Entrees	KFC	Spicy Crispy Chicken Drumstick	130	5	9	8.0
Entrees	KFC	Spicy Crispy Chicken Thigh	270	10	13	20.0
Appetizers & Sides	KFC	BBQ Baked Beans	190	34	11	1.0
Toppings & Ingredients	KFC	Colonel's Buttery Spread	35	0	0	4.0
Toppings & Ingredients	KFC	Heinz Buttermilk Dressing	160	1	0	17.0
Toppings & Ingredients	KFC	Hidden Valley The Original Ranch Fat Free Dressing	35	8	1	0.0
Toppings & Ingredients	KFC	Honey Mustard - Dipping Sauce Cup	110	6	0	9.0
Toppings & Ingredients	KFC	Honey Sauce Packet	30	8	0	0.0
Toppings & Ingredients	KFC	KFC Creamy Parmesan Caesar Dressing	260	4	2	26.0
Toppings & Ingredients	KFC	Marzetti Light Italian Dressing	15	2	0	0.5
Beverages	KFC	Pepsi (16 fl oz)	200	55	0	0.0
Beverages	KFC	Pepsi (20 fl oz)	250	69	0	0.0
Beverages	KFC	Pepsi (30 fl oz)	380	104	0	0.0
Beverages	KFC	Diet Pepsi (16 fl oz)	0	0	0	0.0
Beverages	KFC	Diet Pepsi (20 fl oz)	0	0	0	0.0
Beverages	KFC	Diet Pepsi (30 fl oz)	0	0	0	0.0
Beverages	KFC	Wild Cherry Pepsi (12 fl oz)	160	42	0	0.0
Beverages	KFC	Miranda Strawberry (16 fl oz)	220	58	0	0.0
Beverages	KFC	Miranda Strawberry (20 fl oz)	270	73	0	0.0
Beverages	KFC	Miranda Strawberry (30 fl oz)	410	109	0	0.0
Beverages	KFC	Manzanita Sol (16 fl oz)	210	57	0	0.0
Beverages	KFC	Manzanita Sol (20 fl oz)	260	71	0	0.0
Beverages	KFC	Manzanita Sol (30 fl oz)	400	106	0	0.0
Beverages	KFC	Lipton Brisk Unsweetened No Lemon Iced Tea (16 fl oz)	0	0	0	0.0
Beverages	KFC	Lipton Brisk Unsweetened No Lemon Iced Tea (20 fl oz)	0	0	0	0.0

Beverages	KFC	Lipton Brisk Unsweetened No Lemon Iced Tea (30 fl oz)	0	0	0	0.0
Beverages	KFC	Lipton Brisk Sweet Iced Tea (16 fl oz)	110	29	0	0.0
Beverages	KFC	Lipton Brisk Sweet Iced Tea (20 fl oz)	130	36	0	0.0
Beverages	KFC	Lipton Brisk Sweet Iced Tea (30 fl oz)	200	54	0	0.0
Beverages	KFC	Lipton Brisk No Calorie Peach Iced Green Tea (16 fl oz)	0	0	0	0.0
Beverages	KFC	Lipton Brisk No Calorie Peach Iced Green Tea (20 fl oz)	5	0	0	0.0
Beverages	KFC	Lipton Brisk No Calorie Peach Iced Green Tea (30 fl oz)	10	0	0	0.0
Beverages	KFC	Lipton Brisk Raspberry Tea (16 fl oz)	100	26	0	0.0
Beverages	KFC	Lipton Brisk Raspberry Tea (20 fl oz)	130	33	0	0.0
Beverages	KFC	Lipton Brisk Raspberry Tea (30 fl oz)	190	49	0	0.0
Beverages	KFC	Mountain Dew (16 fl oz)	220	59	0	0.0
Beverages	KFC	Mountain Dew (20 fl oz)	270	73	0	0.0
Beverages	KFC	Mountain Dew (30 fl oz)	410	110	0	0.0
Beverages	KFC	Diet Mountain Dew (16 fl oz)	5	1	0	0.0
Beverages	KFC	Diet Mountain Dew (20 fl oz)	10	1	0	0.0
Beverages	KFC	Diet Mountain Dew (30 fl oz)	10	1	0	0.0
Beverages	KFC	Code Red Mountain Dew (16 fl oz)	230	62	0	0.0
Beverages	KFC	Code Red Mountain Dew (20 fl oz)	290	77	0	0.0
Beverages	KFC	Code Red Mountain Dew (30 fl oz)	430	116	0	0.0
Beverages	KFC	Tropicana Light Lemonade (16 fl oz)	10	0	0	0.0
Beverages	KFC	Tropicana Light Lemonade (20 fl oz)	10	0	0	0.0
Beverages	KFC	Tropicana Light Lemonade (30 fl oz)	15	1	0	0.0
Beverages	KFC	Tropicana Fruit Punch (16 fl oz)	230	60	0	0.0
Beverages	KFC	Tropicana Fruit Punch (20 fl oz)	280	75	0	0.0
Beverages	KFC	Tropicana Fruit Punch (30 fl oz)	420	113	0	0.0
Beverages	KFC	Mug Root Beer (16 fl oz)	190	52	0	0.0
Beverages	KFC	Mug Root Beer (20 fl oz)	240	65	0	0.0
Beverages	KFC	Mug Root Beer (30 fl oz)	360	98	0	0.0
Beverages	KFC	Dr Pepper (16 fl oz)	190	52	0	0.0
Beverages	KFC	Dr Pepper (20 fl oz)	240	65	0	0.0
Beverages	KFC	Dr Pepper (30 fl oz)	360	98	0	0.0
Beverages	KFC	Diet Dr Pepper (16 fl oz)	0	0	0	0.0
Beverages	KFC	Diet Dr Pepper (20 fl oz)	0	0	0	0.0
Beverages	KFC	Diet Dr Pepper (30 fl oz)	0	0	0	0.0
Beverages	KFC	7UP (16 fl oz)	190	46	0	0.0



Beverages	KFC	7UP (20 fl oz)	240	58	0	0.0
Beverages	KFC	7UP (30 fl oz)	350	87	0	0.0
Sandwiches	KFC	Chicken Littles	300	27	14	15.0
Desserts	KFC	Café Valley Lemon Cake (1 Slice)	220	30	2	10.0
Beverages	KFC	Lipton Brisk Lemon Tea (20 fl oz)	140	36	0	0.0
Beverages	KFC	Lipton Brisk Lemon Tea (30 fl oz)	210	55	0	0.0
Beverages	KFC	Lipton Brisk Lemon Tea (16 fl oz)	110	29	0	0.0
Beverages	KFC	Chocolate Milk 1%	150	26	7	2.5
Beverages	KFC	Milk 1%	90	10	7	2.0
Desserts	KFC	Café Valley Chocolate Chip Cake (1 Slice)	300	39	4	15.0
Desserts	KFC	Café Valley Mini Lemon Cake	300	43	3	13.0
Entrees	KFC	Extra Crispy Tender (each)	140	8	10	7.0
Appetizers & Sides	KFC	Original Recipe Chicken Whole Wing	130	3	10	8.0
Appetizers & Sides	KFC	Extra Crispy Chicken Whole Wing	170	5	10	13.0
Appetizers & Sides	KFC	Kentucky Grilled Chicken Whole Wing	70	0	9	3.0
Appetizers & Sides	KFC	Spicy Crispy Chicken Whole Wing	120	5	7	8.0
Beverages	KFC	Pepsi (12 fl oz)	150	41	0	0.0
Beverages	KFC	Sobe Lifewater Yumberry Pomegranate (12 fl oz)	0	0	0	0.0
Beverages	KFC	Sobe Lifewater Yumberry Pomegranate (16 fl oz)	0	0	0	0.0
Beverages	KFC	Sobe Lifewater Yumberry Pomegranate (20 fl oz)	0	0	0	0.0
Beverages	KFC	Sobe Lifewater Yumberry Pomegranate (30 fl oz)	5	1	0	0.0
Appetizers & Sides	KFC	Sweet Kernel Corn (Family)	280	67	10	2.5
Beverages	KFC	Tropicana Fruit Punch (12 fl oz)	170	45	0	0.0
Beverages	KFC	Tropicana Light Lemonade (12 fl oz)	5	0	0	0.0
Appetizers & Sides	KFC	BBQ Baked Beans (Family)	830	148	47	5.0
Beverages	KFC	7UP (12 fl oz)	140	35	0	0.0
Beverages	KFC	Code Red Mountain Dew (12 fl oz)	170	46	0	0.0
Appetizers & Sides	KFC	Coleslaw (Family)	640	54	4	46.0
Appetizers & Sides	KFC	Corn on the Cob (Family)	280	67	9	2.0
Beverages	KFC	Diet Dr Pepper (12 fl oz)	0	0	0	0.0
Beverages	KFC	Diet Mountain Dew (12 fl oz)	0	1	0	0.0
Beverages	KFC	Diet Pepsi (12 fl oz)	0	0	0	0.0
Beverages	KFC	Diet Pepsi Wild Cherry Pepsi (12 fl oz)	0	0	0	0.0
Beverages	KFC	Diet Pepsi Wild Cherry Pepsi (16 fl oz)	0	0	0	0.0
Beverages	KFC	Diet Pepsi Wild Cherry Pepsi (20 fl oz)	0	0	0	0.0

Beverages	KFC	Diet Pepsi Wild Cherry Pepsi (30 fl oz)	0	0	0	0.0
Beverages	KFC	Dr Pepper (12 fl oz)	140	39	0	0.0
Appetizers & Sides	KFC	Green Beans (Family)	80	15	4	0.0
Beverages	KFC	Lipton Brisk Lemon Tea (12 fl oz)	80	22	0	0.0
Beverages	KFC	Lipton Brisk No Calorie Peach Iced Green Tea (12 fl oz)	0	0	0	0.0
Beverages	KFC	Lipton Brisk Raspberry Tea (12 fl oz)	80	20	0	0.0
Beverages	KFC	Lipton Brisk Sweet Iced Tea (12 fl oz)	80	22	0	0.0
Beverages	KFC	Lipton Brisk Unsweetened No Lemon Iced Tea (12 fl oz)	0	0	0	0.0
Appetizers & Sides	KFC	Macaroni & Cheese (Family)	540	66	18	23.0
Beverages	KFC	Manzanita Sol (12 fl oz)	160	42	0	0.0
Appetizers & Sides	KFC	Mashed Potatoes With Gravy (Family)	590	88	12	21.0
Appetizers & Sides	KFC	Mashed Potatoes (Family)	460	72	9	15.0
Beverages	KFC	Miranda Strawberry (12 fl oz)	160	44	0	0.0
Beverages	KFC	Mountain Dew (12 fl oz)	160	44	0	0.0
Beverages	KFC	Mug Root Beer (12 fl oz)	140	39	0	0.0
Beverages	KFC	Classic Lemonade (1/2 Gallon)	880	234	0	0.0
Beverages	KFC	Classic Lemonade (20 fl oz)	140	39	0	0.0
Beverages	KFC	Strawberry Lemonade (1/2 Gallon)	950	270	0	0.0
Beverages	KFC	Strawberry Lemonade (20 fl oz)	170	45	0	0.0
Appetizers & Sides	KFC	Musselman's Applesauce	45	12	0	0.0
Beverages	KFC	Tropicana Pink Lemonade (30 fl oz)	390	100	0	0.0
Beverages	KFC	Tropicana Pink Lemonade (20 fl oz)	260	67	0	0.0
Beverages	KFC	Tropicana Pink Lemonade (16 fl oz)	210	53	0	0.0
Beverages	KFC	Tropicana Pink Lemonade (12 fl oz)	150	40	0	0.0
Beverages	KFC	Pepsi Zero Sugar (30 fl oz)	0	1	0	0.0
Beverages	KFC	Pepsi Zero Sugar (20 fl oz)	0	0	0	0.0
Beverages	KFC	Pepsi Zero Sugar (16 fl oz)	0	0	0	0.0
Beverages	KFC	Pepsi Zero Sugar (12 fl oz)	0	0	0	0.0
Desserts	KFC	Café Valley Mini Chocolate Chip Cake	300	49	3	12.0
Entrees	KFC	Nashville Hot Extra Crispy Tender (each)	220	9	10	16.0
Sandwiches	KFC	Chicken Littles - Nashville Hot	340	27	14	19.0
Toppings & Ingredients	KFC	Strawberry Jam Packet	35	9	0	0.0
Toppings & Ingredients	KFC	Lemon Juice Packet	5	1	0	0.0
Toppings & Ingredients	KFC	Ketchup	30	8	0	0.0
Toppings & Ingredients	KFC	Grape Jelly Packet	35	9	0	0.0

Entrees	KFC	Nashville Hot Extra Crispy Chicken Breast	770	21	35	60.0
Entrees	KFC	Nashville Hot Extra Crispy Chicken Drumstick	250	6	11	21.0
Entrees	KFC	Nashville Hot Extra Crispy Chicken Thigh	500	11	22	40.0
Entrees	KFC	Nashville Hot Extra Crispy Chicken Whole Wing	290	6	10	25.0
Entrees	KFC	Nashville Hot Kentucky Grilled Chicken Breast	260	1	38	12.0
Entrees	KFC	Nashville Hot Kentucky Grilled Chicken Drumstick	100	0	11	6.0
Entrees	KFC	Nashville Hot Kentucky Grilled Chicken Thigh	180	0	17	12.0
Entrees	KFC	Nashville Hot Kentucky Grilled Chicken Whole Wing	90	1	9	6.0
Entrees	KFC	Nashville Hot Spicy Crispy Chicken Breast	540	14	31	40.0
Entrees	KFC	Nashville Hot Spicy Crispy Chicken Drumstick	190	6	9	14.0
Entrees	KFC	Nashville Hot Spicy Crispy Chicken Thigh	390	12	13	32.0
Appetizers & Sides	KFC	Nashville Hot Spicy Crispy Chicken Whole Wing	180	5	8	15.0
Appetizers & Sides	KFC	Macaroni Salad	140	14	1	8.0
Appetizers & Sides	KFC	Potato Salad	340	19	2	28.0
Appetizers & Sides	KFC	Macaroni Salad (Family)	480	50	3	28.0
Appetizers & Sides	KFC	Potato Salad (Family)	1200	65	8	98.0
Beverages	KFC	Diet Mist Twst (12 fl oz)	0	0	0	0.0
Beverages	KFC	Diet Mist Twst (16 fl oz)	0	0	0	0.0
Beverages	KFC	Diet Mist Twst (20 fl oz)	0	0	0	0.0
Beverages	KFC	Diet Mist Twst (30 fl oz)	5	0	0	0.0
Beverages	KFC	Mist Twst (12 fl oz)	150	41	0	0.0
Beverages	KFC	Mist Twst (16 fl oz)	200	54	0	0.0
Beverages	KFC	Mist Twst (20 fl oz)	260	68	0	0.0
Beverages	KFC	Mist Twst (30 fl oz)	380	101	0	0.0
Entrees	KFC	Kentucky Fried Wings - Unsauced	80	3	5	6.0
Entrees	KFC	Kentucky Fried Wings - Buffalo	100	3	5	7.0
Entrees	KFC	Kentucky Fried Wings - Honey BBQ	100	8	5	6.0
Entrees	KFC	Kentucky Fried Wings - Nashville Hot	130	4	5	11.0
Sandwiches	KFC	Chicken Littles - Buffalo	310	27	14	17.0
Sandwiches	KFC	Chicken Littles - Honey BBQ	320	31	14	15.0
Beverages	KFC	Capri Sun 100% Juice Fruit Punch	80	21	0	0.0
Beverages	KFC	MNT DEW Sweet Lightning (20 fl oz)	120	32	0	0.0
Toppings & Ingredients	KFC	BBQ - Dipping Sauce Cup	45	11	0	0.0
Beverages	KFC	Wild Cherry Pepsi (16 fl oz)	210	56	0	0.0
Beverages	KFC	Wild Cherry Pepsi (20 fl oz)	260	70	0	0.0

Beverages	KFC	Wild Cherry Pepsi (30 fl oz)	390	105	0	0.0
Beverages	KFC	Tropicana Twister Orange (16 fl oz)	230	61	0	0.0
Beverages	KFC	Tropicana Twister Orange (20 fl oz)	290	76	0	0.0
Beverages	KFC	Tropicana Twister Orange (30 fl oz)	430	115	0	0.0
Beverages	KFC	Tropicana Twister Orange (12 fl oz)	170	46	0	0.0
Fried Potatoes	KFC	Secret Recipe Fries	320	41	5	15.0
Fried Potatoes	KFC	Secret Recipe Fries (Family)	840	108	13	40.0
Sandwiches	KFC	Classic Chicken Sandwich	650	49	34	35.0
Sandwiches	KFC	Spicy Chicken Sandwich	620	49	34	33.0
Toppings & Ingredients	KFC	KFC Sauce - Dipping Sauce Cup	90	5	0	8.0
Entrees	KFC	Beyond Fried Chicken Nuggets	80	5	6	4.5
Toppings & Ingredients	KFC	Buffalo Ranch - Dipping Sauce Cup	120	2	1	13.0
Toppings & Ingredients	KFC	Ranch - Dipping Sauce Cup	130	2	0	14.0
Baked Goods	Krispy Kreme	Apple fritter	250	42	3	19.0
Baked Goods	Krispy Kreme	Chocolate Iced Cake Doughnut	340	40	3	19.0
Baked Goods	Krispy Kreme	Chocolate Iced Custard Filled Doughnut	300	37	4	15.0
Baked Goods	Krispy Kreme	Chocolate Iced Glazed Doughnut	240	33	3	11.0
Baked Goods	Krispy Kreme	Chocolate Iced Glazed Cruller Doughnut	290	37	2	15.0
Baked Goods	Krispy Kreme	Chocolate Iced Doughnut w/ Kreme Filling	350	41	4	19.0
Baked Goods	Krispy Kreme	Chocolate Iced Raspberry Filled Doughnut Swirl	310	41	4	15.0
Baked Goods	Krispy Kreme	Cinnamon Apple Filled Doughnut	270	31	4	15.0
Baked Goods	Krispy Kreme	Glazed Cinnamon Bun Doughnut	270	29	4	16.0
Baked Goods	Krispy Kreme	Glazed Chocolate Cake Doughnut	280	36	2	14.0
Baked Goods	Krispy Kreme	Glazed Cruller Cake Doughnut	240	25	2	15.0
Baked Goods	Krispy Kreme	Glazed w/ Kreme Filling Doughnut	350	40	4	19.0
Baked Goods	Krispy Kreme	Glazed Lemon Filled Doughnut	290	37	4	15.0
Baked Goods	Krispy Kreme	Glazed Raspberry Filled Doughnut	300	38	4	15.0
Beverages	Krispy Kreme	Mini Chocolate Iced Glazed Doughnut	120	19	1	5.0
Beverages	Krispy Kreme	Mini Original Glazed Doughnut	90	11	1	4.5
Baked Goods	Krispy Kreme	Powdered Cake Doughnut	310	32	3	19.0
Baked Goods	Krispy Kreme	Powdered Strawberry Filled Doughnut	270	30	4	15.0
Beverages	Krispy Kreme	Ghirardelli Hot Chocolate, 12 fl oz	410	63	15	12.0
Beverages	Krispy Kreme	Cappuccino, 12 fl oz	120	12	8	4.0
Beverages	Krispy Kreme	Cappuccino, 16 fl oz	150	15	10	5.0
Beverages	Krispy Kreme	Cappuccino, 20 fl oz	190	20	13	7.0

Beverages	Krispy Kreme	Iced Latte, 12 fl oz	90	9	6	3.5
Beverages	Krispy Kreme	Iced Latte, 16 fl oz	110	11	7	4.0
Beverages	Krispy Kreme	Iced Latte, 20 fl oz	130	14	9	4.5
Beverages	Krispy Kreme	Mocha Latte, 12 fl oz	300	45	12	9.0
Beverages	Krispy Kreme	Mocha Latte, 16 fl oz	400	62	15	11.0
Beverages	Krispy Kreme	Mocha Latte, 20 fl oz	490	79	18	13.0
Beverages	Krispy Kreme	Iced Mocha, 12 fl oz	280	41	8	10.0
Beverages	Krispy Kreme	Iced Mocha, 16 fl oz	340	54	10	11.0
Beverages	Krispy Kreme	Iced Mocha, 20 fl oz	430	72	12	13.0
Beverages	Krispy Kreme	Iced Caramel Latte, 12 fl oz	320	48	8	10.0
Beverages	Krispy Kreme	Iced Caramel Latte, 16 fl oz	400	67	9	11.0
Beverages	Krispy Kreme	Iced Caramel Latte, 20 fl oz	500	86	11	12.0
Beverages	Krispy Kreme	Vanilla Latte, 12 fl oz	220	32	11	5.0
Beverages	Krispy Kreme	Vanilla Latte, 16 fl oz	290	45	13	7.0
Beverages	Krispy Kreme	Vanilla Latte, 20 fl oz	360	56	16	8.0
Beverages	Krispy Kreme	Iced Vanilla Latte, 12 fl oz	160	26	6	3.5
Beverages	Krispy Kreme	Iced Vanilla Latte, 16 fl oz	210	36	7	4.0
Beverages	Krispy Kreme	Iced Vanilla Latte, 20 fl oz	270	47	9	4.5
Beverages	Krispy Kreme	Iced Caramel Mocha Latte, 12 fl oz	250	33	8	10.0
Beverages	Krispy Kreme	Iced Caramel Mocha Latte, 16 fl oz	300	44	9	11.0
Beverages	Krispy Kreme	Iced Caramel Mocha Latte, 20 fl oz	370	55	11	12.0
Baked Goods	Krispy Kreme	Cinnamon Sugar Doughnut	190	21	3	11.0
Beverages	Krispy Kreme	Lemonade Chiller, 16 fl oz	280	73	0	0.0
Beverages	Krispy Kreme	Frozen Vanilla Latte, 12 fl oz	300	41	4	14.0
Beverages	Krispy Kreme	Frozen Vanilla Latte, 16 fl oz	210	36	7	4.0
Beverages	Krispy Kreme	Frozen Vanilla Latte, 20 fl oz	270	47	9	4.5
Baked Goods	Krispy Kreme	Double Dark Chocolate Doughnut	370	46	4	20.0
Baked Goods	Krispy Kreme	Powdered Cinnamon Cake Doughnut	310	32	3	19.0
Beverages	Krispy Kreme	Frozen Caramel Latte, 12 fl oz	310	43	4	14.0
Beverages	Krispy Kreme	Frozen Caramel Latte, 16 fl oz	420	62	5	17.0
Beverages	Krispy Kreme	Frozen Caramel Latte, 20 fl oz	520	80	6	20.0
Baked Goods	Krispy Kreme	New York Cheesecake Doughnut	350	40	5	19.0
Beverages	Krispy Kreme	Caramel Latte, 12 fl oz	340	52	12	9.0
Beverages	Krispy Kreme	Caramel Latte, 16 fl oz	450	73	14	11.0
Beverages	Krispy Kreme	Caramel Latte, 20 fl oz	560	94	17	13.0

Beverages	Krispy Kreme	Caramel Iced Coffee, 12 fl oz	180	37	3	2.0
Beverages	Krispy Kreme	Caramel Iced Coffee, 16 fl oz	260	54	4	2.5
Beverages	Krispy Kreme	Caramel Iced Coffee, 20 fl oz	330	71	5	3.0
Beverages	Krispy Kreme	Ghirardelli Hot Chocolate, 16 fl oz	490	76	18	14.0
Beverages	Krispy Kreme	Ghirardelli Hot Chocolate, 20 fl oz	610	99	22	17.0
Beverages	Krispy Kreme	Iced Coffee, 12 fl oz	35	3	3	1.0
Beverages	Krispy Kreme	Iced Coffee, 16 fl oz	45	4	3	1.5
Beverages	Krispy Kreme	Iced Coffee, 20 fl oz	50	5	4	2.0
Beverages	Krispy Kreme	Strawberry Chiller, 12 fl oz	200	51	0	0.0
Beverages	Krispy Kreme	Caramel Mocha Latte, 12 fl oz	270	37	11	9.0
Beverages	Krispy Kreme	Caramel Mocha Latte, 16 fl oz	350	50	14	10.0
Beverages	Krispy Kreme	Caramel Mocha Latte, 20 fl oz	480	75	17	12.0
Baked Goods	Krispy Kreme	Original Filled Original Kreme Doughnut	280	34	3	15.0
Baked Goods	Krispy Kreme	Original Filled Chocolate Kreme Doughnut	280	34	3	15.0
Baked Goods	Krispy Kreme	Oreo Cookies And Kreme Doughnut	400	49	4	21.0
Baked Goods	Krispy Kreme	Glazed Chocolate Cake Doughnut Hole, 10 ct	440	67	5	18.0
Baked Goods	Krispy Kreme	Glazed Chocolate Cake Doughnut Hole, 24 ct	1060	161	13	43.0
Baked Goods	Krispy Kreme	Original Glazed Doughnut Hole, 10 ct	430	51	5	23.0
Baked Goods	Krispy Kreme	Original Glazed Doughnut Hole, 24 ct	1040	122	12	56.0
Beverages	Krispy Kreme	Caramel Iced Coffee, 32 fl oz	490	106	6	4.5
Baked Goods	Krispy Kreme	Chocolate Iced Glazed Doughnut w/ Halloween Sprinkles	260	36	3	11.0
Beverages	Krispy Kreme	Mini Chocolate Iced Doughnut w/ Halloween Sprinkles	100	36	3	11.0
Baked Goods	Krispy Kreme	Original Glazed Doughnut	190	22	3	11.0
Baked Goods	Krispy Kreme	Cake Batter Doughnut	350	45	4	18.0
Baked Goods	Krispy Kreme	Traditional Cake Doughnut	290	29	3	18.0
Baked Goods	Krispy Kreme	Cinnamon Twist Doughnut	210	26	3	11.0
Baked Goods	Krispy Kreme	Dulce de Leche Filled Doughnut	300	35	4	16.0
Baked Goods	Krispy Kreme	Glazed Cinnamon Doughnut	220	29	3	11.0
Beverages	Krispy Kreme	Maple Iced Glazed Doughnut	240	34	3	11.0
Baked Goods	Krispy Kreme	Powdered Lemon Kreme Filled Doughnut	290	32	4	17.0
Baked Goods	Krispy Kreme	Powdered Strawberry Kreme Filled Doughnut	300	32	4	17.0
Baked Goods	Krispy Kreme	Strawberry Iced Glazed Doughnut	240	33	3	11.0
Beverages	Krispy Kreme	Pumpkin Spice Latte w/ 2% Milk, 12 fl oz	310	46	12	9.0
Beverages	Krispy Kreme	Pumpkin Spice Latte w/ 2% Milk, 16 fl oz	400	64	15	10.0
Beverages	Krispy Kreme	Pumpkin Spice Latte w/ 2% Milk, 20 fl oz	500	82	18	11.0

Beverages	Krispy Kreme	Iced Pumpkin Spice Latte w/ 2% Milk, 12 fl oz	280	42	8	10.0
Beverages	Krispy Kreme	Iced Pumpkin Spice Latte w/ 2% Milk, 16 fl oz	360	58	10	10.0
Beverages	Krispy Kreme	Iced Pumpkin Spice Latte w/ 2% Milk, 20 fl oz	440	75	12	11.0
Beverages	Krispy Kreme	Frozen Pumpkin Spice Latte, 12 fl oz	450	71	6	17.0
Beverages	Krispy Kreme	Frozen Pumpkin Spice Latte, 16 fl oz	540	89	7	18.0
Beverages	Krispy Kreme	Frozen Pumpkin Spice Latte, 20 fl oz	680	115	8	22.0
Beverages	Krispy Kreme	Iced Coffee, 32 fl oz	60	6	5	2.0
Beverages	Krispy Kreme	Original Glazed Iced Coffee, 12 fl oz	80	15	2	1.0
Beverages	Krispy Kreme	Original Glazed Iced Coffee, 16 fl oz	110	21	2	1.0
Beverages	Krispy Kreme	Original Glazed Iced Coffee, 20 fl oz	140	28	3	1.5
Beverages	Krispy Kreme	Original Glazed Iced Coffee	220	44	5	2.0
Beverages	Krispy Kreme	Frozen Original Glazed Latte, 12 fl oz	230	38	3	8.0
Beverages	Krispy Kreme	Frozen Original Glazed Latte, 16 fl oz	330	56	4	10.0
Beverages	Krispy Kreme	Frozen Original Glazed Latte, 20 fl oz	430	75	4	13.0
Beverages	Krispy Kreme	Americano, 12 fl oz	0	0	0	0.0
Beverages	Krispy Kreme	Americano, 16 fl oz	0	0	0	0.0
Beverages	Krispy Kreme	Americano, 20 fl oz	0	0	0	0.0
Baked Goods	Krispy Kreme	Boo Batter Doughnut	430	60	4	20.0
Beverages	Krispy Kreme	Cake Batter Shake, 16 fl oz	840	119	10	37.0
Beverages	Krispy Kreme	Oat "Milk" Style Cappuccino, 12 fl oz	120	18	2	5.0
Beverages	Krispy Kreme	Oat "Milk" Style Cappuccino, 16 fl oz	150	22	2	6.0
Beverages	Krispy Kreme	Oat "Milk" Style Cappuccino, 20 fl oz	200	29	3	8.0
Beverages	Krispy Kreme	Caramel Latte w/ Skim Milk, 12 fl oz	300	53	12	4.5
Beverages	Krispy Kreme	Caramel Latte w/ Skim Milk, 16 fl oz	400	74	15	5.0
Beverages	Krispy Kreme	Caramel Latte w/ Skim Milk, 20 fl oz	500	95	17	6.0
Beverages	Krispy Kreme	Caramel Oat "Milk" Style Latte, 12 fl oz	360	62	3	12.0
Beverages	Krispy Kreme	Caramel Oat "Milk" Style Latte, 16 fl oz	480	85	4	14.0
Beverages	Krispy Kreme	Caramel Oat "Milk" Style Latte, 20 fl oz	600	109	5	16.0
Beverages	Krispy Kreme	Caramel Mocha w/ Skim Milk, 12 fl oz	230	37	11	4.0
Beverages	Krispy Kreme	Caramel Mocha w/ Skim Milk, 16 fl oz	300	50	14	4.5
Beverages	Krispy Kreme	Caramel Mocha w/ Skim Milk, 20 fl oz	420	76	17	5.0
Beverages	Krispy Kreme	Caramel Mocha Oat "Milk" Style Latte, 12 fl oz	320	51	3	12.0
Beverages	Krispy Kreme	Caramel Mocha Oat "Milk" Style Latte, 16 fl oz	410	69	4	14.0
Beverages	Krispy Kreme	Caramel Mocha Oat "Milk" Style Latte, 20 fl oz	500	87	5	16.0
Baked Goods	Krispy Kreme	Chocolate Glazed Doughnut	210	25	3	12.0

Desserts	Krispy Kreme	Chocolate Iced Cone	430	54	8	21.0
Beverages	Krispy Kreme	Chocolate Iced Shake, 16 fl oz	520	64	11	26.0
Beverages	Krispy Kreme	Classic Blend Coffee, 12 fl oz	0	0	0	0.0
Beverages	Krispy Kreme	Classic Blend Coffee, 16 fl oz	0	0	0	0.0
Beverages	Krispy Kreme	Coffee & Kreme Shake, 16 fl oz	560	75	10	24.0
Beverages	Krispy Kreme	Cookies & Kreme Shake, 16 fl oz	610	70	13	32.0
Beverages	Krispy Kreme	Decaffeinated Classic Blend Coffee, 12 fl oz	0	0	0	0.0
Beverages	Krispy Kreme	Decaffeinated Classic Blend Coffee, 16 fl oz	0	0	0	0.0
Beverages	Krispy Kreme	Espresso, Single	0	0	0	0.0
Beverages	Krispy Kreme	Espresso, Double	0	0	0	0.0
Beverages	Krispy Kreme	Espresso, Triple	0	0	0	0.0
Beverages	Krispy Kreme	Espresso, Quad	0	0	0	0.0
Beverages	Krispy Kreme	Freaky Frozen Chiller, 12 fl oz	310	78	0	0.0
Beverages	Krispy Kreme	Freaky Frozen Chiller, 16 fl oz	360	91	0	0.0
Beverages	Krispy Kreme	Freaky Frozen Chiller, 20 fl oz	410	104	0	0.0
Baked Goods	Krispy Kreme	Glazed Blueberry Doughnut	300	40	2	15.0
Baked Goods	Krispy Kreme	Glazed Pumpkin Spice Cake Doughnut	290	39	2	14.0
Baked Goods	Krispy Kreme	Glazed Sour Cream Cake Doughnut	300	40	2	15.0
Baked Goods	Krispy Kreme	Glazed Traditional Cake Doughnut Hole	45	7	0	2.0
Baked Goods	Krispy Kreme	Glazed Traditional Cake Doughnut Hole, 10 ct	470	69	5	19.0
Baked Goods	Krispy Kreme	Glazed Traditional Cake Doughnut Hole, 24 ct	1120	167	12	46.0
Beverages	Krispy Kreme	Iced Latte w/ Skim Milk, 12 fl oz	70	9	6	0.0
Beverages	Krispy Kreme	Iced Latte w/ Skim Milk, 16 fl oz	80	11	7	0.5
Beverages	Krispy Kreme	Iced Latte w/ Skim Milk, 20 fl oz	100	14	9	0.5
Beverages	Krispy Kreme	Iced Latte w/ Oat "Milk", 12 fl oz	90	14	1	4.0
Beverages	Krispy Kreme	Iced Latte w/ Oat "Milk", 16 fl oz	100	15	1	4.5
Beverages	Krispy Kreme	Iced Latte w/ Oat "Milk", 20 fl oz	130	20	2	6.0
Beverages	Krispy Kreme	Iced Mocha w/ Skim Milk, 12 fl oz	260	41	8	8.0
Beverages	Krispy Kreme	Iced Mocha w/ Skim Milk, 16 fl oz	320	56	10	8.0
Beverages	Krispy Kreme	Iced Mocha w/ Skim Milk, 20 fl oz	390	72	12	9.0
Beverages	Krispy Kreme	Iced Mocha w/ Oat "Milk", 12 fl oz	270	45	3	10.0
Beverages	Krispy Kreme	Iced Mocha w/ Oat "Milk", 16 fl oz	330	58	4	11.0
Beverages	Krispy Kreme	Iced Mocha w/ Oat "Milk", 20 fl oz	400	74	4	12.0
Beverages	Krispy Kreme	Iced Pumpkin Spice Latte w/ Skim Milk, 12 fl oz	260	42	8	7.0
Beverages	Krispy Kreme	Iced Pumpkin Spice Latte w/ Skim Milk, 16 fl oz	330	58	10	7.0



Beverages	Krispy Kreme	Iced Pumpkin Spice Latte w/ Skim Milk, 20 fl oz	400	75	12	7.0
Beverages	Krispy Kreme	Iced Vanilla Latte w/ Skim Milk, 12 fl oz	140	26	6	0.0
Beverages	Krispy Kreme	Iced Vanilla Latte w/ Skim Milk, 16 fl oz	180	36	7	0.5
Beverages	Krispy Kreme	Iced Vanilla Latte w/ Skim Milk, 20 fl oz	230	47	9	0.5
Beverages	Krispy Kreme	Iced Vanilla Latte w/ Oat "Milk", 12 fl oz	150	29	1	3.5
Beverages	Krispy Kreme	Iced Vanilla Latte w/ Oat "Milk", 16 fl oz	190	38	1	3.5
Beverages	Krispy Kreme	Iced Vanilla Latte w/ Oat "Milk", 20 fl oz	250	51	2	4.5
Beverages	Krispy Kreme	Lemon Filled Shake, 16 fl oz	590	74	10	28.0
Beverages	Krispy Kreme	Lemonade Chiller, 12 fl oz	210	54	0	0.0
Beverages	Krispy Kreme	Lemonade Chiller, 20 fl oz	350	91	0	0.0
Beverages	Krispy Kreme	Strawberry Chiller, 16 fl oz	270	69	0	0.0
Beverages	Krispy Kreme	Strawberry Chiller, 20 fl oz	330	85	0	0.0
Beverages	Krispy Kreme	Blended Lemonade Chiller, 12 fl oz	320	83	0	0.0
Beverages	Krispy Kreme	Blended Lemonade Chiller, 16 fl oz	410	106	0	0.0
Beverages	Krispy Kreme	Blended Lemonade Chiller, 20 fl oz	470	122	0	0.0
Beverages	Krispy Kreme	Blended Strawberry Chiller, 12 fl oz	300	78	0	0.0
Beverages	Krispy Kreme	Blended Strawberry Chiller, 16 fl oz	390	100	0	0.0
Beverages	Krispy Kreme	Blended Strawberry Chiller, 20 fl oz	450	115	0	0.0
Beverages	Krispy Kreme	Mini Chocolate Iced Glazed Doughnut w/ Rainbow Sprinkles	130	20	1	5.0
Beverages	Krispy Kreme	Mini Neon Orange Iced Doughnut w/ Halloween Sprinkles	110	16	1	4.0
Beverages	Krispy Kreme	Mini Strawberry Iced Glazed w/ Rainbow Sprinkles	130	20	1	5.0
Beverages	Krispy Kreme	Mocha Latte w/ Skim Milk, 12 fl oz	260	45	12	5.0
Beverages	Krispy Kreme	Mocha Latte w/ Skim Milk, 16 fl oz	380	64	16	9.0
Beverages	Krispy Kreme	Mocha Latte w/ Skim Milk, 20 fl oz	430	80	18	6.0
Beverages	Krispy Kreme	Mocha Latte w/ Oat "Milk", 12 fl oz	320	52	4	12.0
Beverages	Krispy Kreme	Mocha Latte w/ Oat "Milk", 16 fl oz	410	70	5	14.0
Beverages	Krispy Kreme	Mocha Latte w/ Oat "Milk", 20 fl oz	500	89	6	17.0
Toppings & Ingredients	Krispy Kreme	Extra Pump, Caramel Sauce Hot/Iced	80	18	0	0.0
Toppings & Ingredients	Krispy Kreme	Extra Pump, Caramel Mocha Sauce hot/ Iced	50	12	0	0.0
Toppings & Ingredients	Krispy Kreme	Extra Caramel Drizzle	25	6	0	0.0
Toppings & Ingredients	Krispy Kreme	Extra Pump, Caramel Mocha Sauce Frozen	35	8	0	0.0
Toppings & Ingredients	Krispy Kreme	Extra Pump, Chocolate Sauce Hot/Iced	50	13	0	0.0
Toppings & Ingredients	Krispy Kreme	Extra Pump, Chocolate Sauce Frozen	35	8	0	0.0
Toppings & Ingredients	Krispy Kreme	Extra Chocolate Sauce Drizzle	20	5	0	0.0
Toppings & Ingredients	Krispy Kreme	Extra Shot, Hazelnut Syrup	45	11	0	0.0

Toppings & Ingredients	Krispy Kreme	Extra Pump, Original Glazed Doughnut Syrup	35	8	0	0.0
Toppings & Ingredients	Krispy Kreme	Extra Pump, Vanilla Syrup	35	9	0	0.0
Baked Goods	Krispy Kreme	Neon Orange Sprinkled Doughnut	250	36	3	11.0
Baked Goods	Krispy Kreme	Original Glazed Cinnamon Roll	280	42	4	11.0
Desserts	Krispy Kreme	Original Glazed Cone	360	50	7	15.0
Beverages	Krispy Kreme	Original Glazed Shake, 16 fl oz	600	62	13	33.0
Beverages	Krispy Kreme	Pumpkin Spice Iced Coffee, 12 fl oz	140	30	3	1.0
Beverages	Krispy Kreme	Pumpkin Spice Iced Coffee, 16 fl oz	200	44	4	1.5
Beverages	Krispy Kreme	Pumpkin Spice Iced Coffee, 20 fl oz	260	57	5	1.5
Beverages	Krispy Kreme	Pumpkin Spice Latte w/ Skim Milk, 12 fl oz	270	46	12	4.0
Beverages	Krispy Kreme	Pumpkin Spice Latte w/ Skim Milk, 16 fl oz	350	65	15	4.0
Beverages	Krispy Kreme	Pumpkin Spice Latte w/ Skim Milk, 20 fl oz	440	82	18	4.5
Baked Goods	Krispy Kreme	Reese's Peanut Butter Doughnut	410	0	0	25.0
Baked Goods	Krispy Kreme	Scaredy Cat Doughnut	430	54	4	22.0
Baked Goods	Krispy Kreme	Scaredy Bat Doughnut	440	56	4	22.0
Baked Goods	Krispy Kreme	Spooky Spider Doughnut	290	42	3	12.0
Baked Goods	Krispy Kreme	Strawberry Iced Glazed Doughnut w/ Rainbow Sprinkles	260	36	3	12.0
Desserts	Krispy Kreme	Strawberry Iced Sprinkled Cone	450	57	8	21.0
Beverages	Krispy Kreme	Strawberry Iced Sprinkled Shake, 16 fl oz	560	73	10	25.0
Beverages	Krispy Kreme	Vanilla Latte w/ Skim Milk, 12 fl oz	180	32	11	0.5
Beverages	Krispy Kreme	Vanilla Latte w/ Skim Milk, 16 fl oz	240	45	13	1.0
Beverages	Krispy Kreme	Vanilla Latte w/ Skim Milk, 20 fl oz	300	57	16	1.0
Beverages	Krispy Kreme	Vanilla Latte w/ Oat "Milk", 12 fl oz	230	41	2	7.0
Beverages	Krispy Kreme	Vanilla Latte w/ Oat "Milk", 16 fl oz	300	56	3	8.0
Beverages	Krispy Kreme	Vanilla Latte w/ Oat "Milk", 20 fl oz	380	70	3	10.0
Burgers	Krystal	Krystal	130	15	6	6.0
Burgers	Krystal	Cheese Krystal	150	16	8	8.0
Burgers	Krystal	1 Double Krystal	190	16	10	11.0
Sandwiches	Krystal	Corn Pup	290	18	5	21.0
Sandwiches	Krystal	Chili Cheese Pup	300	16	14	20.0
Sandwiches	Krystal	Chik Biscuit	380	36	12	21.0
Sandwiches	Krystal	Bacon, Egg & Cheese Biscuit	380	28	13	23.0
Fried Potatoes	Krystal	Chili Cheese Loaded Fries	670	40	25	47.0
Baked Goods	Krystal	Apple Turnover	290	31	3	18.0
Entrees	Krystal	Scrambler w/ Sausage	340	16	14	24.0

Soup	Krystal	Chili	300	17	15	20.0
Sandwiches	Krystal	Sausage, Egg & Cheese Biscuit	410	28	11	29.0
Entrees	Krystal	Scrambler w/ Bacon	300	17	16	19.0
Fried Potatoes	Krystal	French Fries, Small	140	14	2	9.0
Fried Potatoes	Krystal	French Fries, Large	300	30	3	19.0
Beverages	Krystal	Icee, Cherry	160	40	0	0.0
Beverages	Krystal	Icee, Coke	120	24	0	0.0
Beverages	Krystal	Coke, Small	210	54	0	0.0
Beverages	Krystal	Coke, Medium	270	67	0	0.0
Beverages	Krystal	Coke, Large	400	100	0	0.0
Beverages	Krystal	Diet Coke, Medium	0	1	0	0.0
Beverages	Krystal	Diet Coke, Large	0	1	0	0.0
Beverages	Krystal	Sprite, Small	200	50	0	0.0
Beverages	Krystal	Sprite, Medium	250	62	0	0.0
Beverages	Krystal	Sprite, Large	380	93	0	0.0
Beverages	Krystal	Dr Pepper, Small	200	53	0	0.0
Beverages	Krystal	Dr Pepper, Medium	250	66	0	0.0
Beverages	Krystal	Dr Pepper, Large	380	99	0	0.0
Burgers	Krystal	12 Krystals	1540	186	75	70.0
Burgers	Krystal	24 Krystals	3080	372	151	140.0
Desserts	Krystal	Sundae, Chocolate	310	57	6	8.0
Desserts	Krystal	Sundae, Oreo	350	54	6	13.0
Desserts	Krystal	Soft Serve Cone	260	40	6	8.0
Desserts	Krystal	Sundae, Strawberry	310	58	5	7.0
Entrees	Krystal	Low Carb Scramblers w/ Bacon	300	3	20	23.0
Entrees	Krystal	Low Carb Scramblers w/ Sausage	360	2	16	34.0
Fried Potatoes	Krystal	Junkyard Loaded Fries	800	42	28	59.0
Sandwiches	Krystal	2 Sunrisers	410	16	19	32.0
Beverages	Krystal	Fanta Strawberry, Small	230	57	0	0.0
Beverages	Krystal	Fanta Strawberry, Medium	290	72	0	0.0
Beverages	Krystal	Fanta Strawberry, Large	430	107	0	0.0
Beverages	Krystal	Barqs Root Beer, Small	230	58	0	0.0
Beverages	Krystal	Barqs Root Beer, Medium	290	73	0	0.0
Beverages	Krystal	Barqs Root Beer, Large	440	109	0	0.0
Appetizers & Sides	Krystal	Add Grits	210	36	4	5.0

Appetizers & Sides	Krystal	Add Tots	270	235	2	19.0
Beverages	Krystal	Add Coffee	5	0	0	0.0
Beverages	Krystal	Coffee	5	0	0	0.0
Beverages	Krystal	Milk	150	18	12	3.5
Appetizers & Sides	Krystal	Side of Grits	210	36	4	5.0
Appetizers & Sides	Krystal	Side of Tots	270	235	2	19.0
Entrees	Krystal	1 Double Krystal w/ Cheese	240	16	12	15.0
Entrees	Krystal	4 Chik Nuggets	240	8	10	19.0
Toppings & Ingredients	Krystal	Honey Mustard	130	4	0	12.0
Toppings & Ingredients	Krystal	Ranch	130	1	0	13.0
Toppings & Ingredients	Krystal	Sweet & Sour	50	13	0	0.0
Toppings & Ingredients	Krystal	Sweet Baby Rays BBQ	70	18	0	0.0
Entrees	Krystal	Classic Pup	170	14	6	10.0
Entrees	Krystal	6 Cheese Krystals & 6 Chiks	2610	233	119	146.0
Entrees	Krystal	12 Spicy Wings	1170	36	54	90.0
Burgers	Krystal	12 Cheese Krystals	1840	191	90	95.0
Entrees	Krystal	4 Pc Chick Nuggets	240	8	10	19.0
Sandwiches	Krystal	Chik	280	23	12	16.0
Beverages	Krystal	Sprite Slushie, Fruit Punch	290	71	0	0.0
Beverages	Krystal	Sprite Slushie, Grape	290	71	0	0.0
Beverages	Krystal	Sprite Slushie, Lemonade	290	77	0	0.0
Appetizers & Sides	Krystal	Bacon	35	1	3	2.5
Fried Potatoes	Krystal	Bacon Cheddar Ranch Loaded Fries	700	46	17	51.0
Fried Potatoes	Krystal	Bacon Cheddar Ranch Loaded Tots	770	430	16	58.0
Fried Potatoes	Krystal	Chili Cheese Loaded Tots	690	433	15	49.0
Fried Potatoes	Krystal	Junkyard Loaded Tots	810	434	18	60.0
Fried Potatoes	Krystal	Tots, Small	270	235	2	19.0
Fried Potatoes	Krystal	Tots, Large	390	336	3	27.0
Beverages	Krystal	Chocolate Hand-Spun Milkshake, Regular	650	114	14	18.0
Beverages	Krystal	Chocolate Hand-Spun Milkshake, Large	910	161	20	24.0
Beverages	Krystal	Handspun Oreo Milkshake, Regular	650	101	13	22.0
Beverages	Krystal	Handspun Oreo Milkshake, Large	1010	159	20	33.0
Beverages	Krystal	Handspun Strawberry Milk Shake, Regular	560	92	12	17.0
Beverages	Krystal	Handspun Strawberry Milk Shake, Large	770	128	17	22.0
Beverages	Krystal	Handspun Vanilla Milkshake, Regular	510	80	12	17.0

Beverages	Krystal	Handspun Vanilla Milkshake, Large	730	117	18	22.0
Beverages	Krystal	Barqs Root Beer, Roadie	640	160	0	0.0
Beverages	Krystal	Coke, Roadie	590	147	0	0.0
Beverages	Krystal	Coke Zero, Small	0	0	0	0.0
Beverages	Krystal	Coke Zero, Medium	0	0	0	0.0
Beverages	Krystal	Coke Zero, Large	0	0	0	0.0
Beverages	Krystal	Coke Zero, Roadie	0	1	0	0.0
Beverages	Krystal	Diet Coke, Roadie	0	1	0	0.0
Beverages	Krystal	Dr Pepper, Roadie	550	145	0	0.0
Beverages	Krystal	Fanta Cherry, Small	170	41	0	0.0
Beverages	Krystal	Fanta Cherry, Medium	210	51	0	0.0
Beverages	Krystal	Fanta Cherry, Large	320	77	0	0.0
Beverages	Krystal	Fanta Cherry, Roadie	470	113	0	0.0
Beverages	Krystal	Fanta Orange, Small	210	54	0	0.0
Beverages	Krystal	Fanta Orange, Medium	270	67	0	0.0
Beverages	Krystal	Fanta Orange, Large	400	101	0	0.0
Beverages	Krystal	Fanta Orange, Roadie	590	148	0	0.0
Beverages	Krystal	Fanta Strawberry, Roadie	630	157	0	0.0
Beverages	Krystal	Hi-c Flashin Fruit Punch, Small	210	57	0	0.0
Beverages	Krystal	Hi-c Flashin Fruit Punch, Medium	260	71	0	0.0
Beverages	Krystal	Hi-c Flashin Fruit Punch, Large	390	106	0	0.0
Beverages	Krystal	Hi-c Flashin Fruit Punch, Roadie	570	155	0	0.0
Beverages	Krystal	Minute Maid Lemonade, Small	210	50	0	0.0
Beverages	Krystal	Minute Maid Lemonade, Medium	260	63	0	0.0
Beverages	Krystal	Minute Maid Lemonade, Large	390	94	0	0.0
Beverages	Krystal	Minute Maid Lemonade, Roadie	570	138	0	0.0
Beverages	Krystal	Powerade Mountain Berry Blast, Small	120	29	0	0.0
Beverages	Krystal	Powerade Mountain Berry Blast, Medium	150	37	0	0.0
Beverages	Krystal	Powerade Mountain Berry Blast, Large	230	55	0	0.0
Beverages	Krystal	Powerade Mountain Berry Blast, Roadie	330	80	0	0.0
Beverages	Krystal	Sprite, Roadie	560	137	0	0.0
Burgers	Krystal	24 Cheese Krystals	3080	372	151	140.0
Entrees	Krystal	3 Egg Breakfast Plate, Eggs, Bacon & Biscuit	480	29	23	30.0
Entrees	Krystal	3 Egg Breakfast Plate, Eggs, Sausage & Biscuit	520	28	21	36.0
Beverages	Krystal	Orange Juice	140	34	3	0.0

Burgers	Krystal	1 Bacon Cheese Krystal	190	16	10	10.0
Fried Potatoes	Krystal	Side Loaded Fries, Chili Cheese	670	40	25	47.0
Entrees	Krystal	10 Chik Nuggets	600	20	26	47.0
Burgers	Krystal	Bacon Cheese Krystal	190	16	10	10.0
Fried Potatoes	Krystal	French Fries, Medium	240	24	3	15.0
Fried Potatoes	Krystal	Tots, Medium	330	287	3	23.0
Pizza	Little Caesar's	Cheese, Large Classic	1950	248	95	65.0
Pizza	Little Caesar's	Pepperoni, Large Classic	2300	25	109	97.0
Pizza	Little Caesar's	Ultimate Supreme, Large Specialty	2510	259	118	113.0
Pizza	Little Caesar's	3 Meat Treat, Large Specialty	2870	252	135	148.0
Pizza	Little Caesar's	Veggie, Large Specialty	2240	267	100	84.0
Toppings & Ingredients	Little Caesar's	Crazy Sauce	30	7	1	0.0
Toppings & Ingredients	Little Caesar's	Ranch	230	4	2	23.0
Toppings & Ingredients	Little Caesar's	Buffalo Ranch	230	4	1	23.0
Toppings & Ingredients	Little Caesar's	Butter Garlic Flavor	370	0	0	42.0
Baked Goods	Little Caesar's	Crazy Bread	800	128	25	22.0
Baked Goods	Little Caesar's	Italian Cheese Bread	1340	135	59	54.0
Toppings & Ingredients	Little Caesar's	Cheezy Jalapeno	210	3	1	21.0
Baked Goods	Little Caesar's	Crazy Combo	840	135	26	22.0
Appetizers & Sides	Little Caesar's	Oven Roasted	510	3	47	35.0
Appetizers & Sides	Little Caesar's	BBQ	620	32	48	35.0
Appetizers & Sides	Little Caesar's	Garlic Parmesan	670	5	49	51.0
Baked Goods	Little Caesar's	Pepperoni Cheese Bread	1520	155	66	71.0
Baked Goods	Little Caesar's	Zesty Cheese Bread	1490	158	55	71.0
Pizza	Little Caesar's	Pepperoni, Thin Crust	2130	148	94	128.0
Pizza	Little Caesar's	Stuffed Crust Pepperoni, Large Specialty	2980	259	144	153.0
Toppings & Ingredients	Little Caesar's	Pepperoni, Custom Round	420	2	13	32.0
Toppings & Ingredients	Little Caesar's	Italian Sausage, Custom Round	430	2	19	38.0
Toppings & Ingredients	Little Caesar's	Green Peppers, Custom Round	20	4	1	0.0
Toppings & Ingredients	Little Caesar's	Mushrooms, Canned, Custom Round	40	7	2	0.0
Toppings & Ingredients	Little Caesar's	Mushrooms, Fresh, Custom Round	35	5	5	0.5
Toppings & Ingredients	Little Caesar's	Black Olives, Custom Round	280	4	1	24.0
Toppings & Ingredients	Little Caesar's	Jalapeno Peppers, Custom Round	80	4	0	6.0
Toppings & Ingredients	Little Caesar's	Mild Banana Peppers, Custom Round	50	7	0	0.0
Toppings & Ingredients	Little Caesar's	Pineapple, Custom Round	90	22	0	0.0

Toppings & Ingredients	Little Caesar's	Extra Cheese, Custom Round	270	4	21	19.0
Pizza	Little Caesar's	5 Meat Feast, Large Specialty	2830	252	140	142.0
Pizza	Little Caesar's	Cheese, Large ExtraMostBestest	2220	252	117	84.0
Pizza	Little Caesar's	Pepperoni, Large ExtraMostBestest	2500	252	122	113.0
Pizza	Little Caesar's	Cheese, Thin Crust	1980	150	99	109.0
Toppings & Ingredients	Little Caesar's	Bacon, Custom Round	380	0	16	35.0
Pizza	Little Caesar's	Italian Sausage, Large ExtraMostBestest	2660	252	129	128.0
Pizza	Little Caesar's	Italian Sausage, Large Classic	2270	255	111	91.0
Pizza	Little Caesar's	Seasoned Beef, Large ExtraMostBestest	2550	250	126	117.0
Pizza	Little Caesar's	Hula Hawaiian, Large Specialty	2180	272	121	70.0
Pizza	Little Caesar's	Slices-N-Stix, Large Specialty	3000	264	162	145.0
Pizza	Little Caesar's	Seasoned Beef, Large Classic	2190	254	108	84.0
Appetizers & Sides	Little Caesar's	Stuffed Crazy Bread	980	126	36	38.0
Toppings & Ingredients	Little Caesar's	Cheddar Cheese Sauce	110	7	4	8.0
Toppings & Ingredients	Little Caesar's	Add Stuffed Crust to Any Round Pizza	560	8	29	46.0
Toppings & Ingredients	Little Caesar's	Zap Pack	0	1	1	0.0
Toppings & Ingredients	Little Caesar's	Parmesan Cheese Packet	15	0	0	1.0
Toppings & Ingredients	Little Caesar's	Base Pizza, Custom Round	1950	248	95	65.0
Toppings & Ingredients	Little Caesar's	Seasoned Beef, Custom Round	330	1	16	28.0
Toppings & Ingredients	Little Caesar's	Smoky Ham, Custom Round	140	3	26	4.5
Toppings & Ingredients	Little Caesar's	Onions, Custom Round	35	8	1	0.0
Toppings & Ingredients	Little Caesar's	Fresh Mozzarella, Custom Round	200	5	15	15.0
Pizza	Little Caesar's	Pepperoni, Detroit-Style Deep Dish	2770	319	129	111.0
Pizza	Little Caesar's	Cheese, Detroit-Style Deep Dish	2500	317	118	85.0
Pizza	Little Caesar's	Italian Sausage, Detroit-Style Deep Dish	2820	319	133	114.0
Pizza	Little Caesar's	Seasoned Beef, Detroit-Style Deep Dish	2750	318	130	107.0
Pizza	Little Caesar's	Ultimate Supreme, Detroit-Style Deep Dish Specialty	3050	332	141	130.0
Pizza	Little Caesar's	3 Meat Treat, Detroit-Style Deep Dish Specialty	3480	321	159	175.0
Pizza	Little Caesar's	Hula Hawaiian, Detroit-Style Deep Dish Specialty	2690	341	137	88.0
Pizza	Little Caesar's	Veggie, Detroit-Style Deep Dish Specialty	2730	333	123	99.0
Pizza	Little Caesar's	5 Meat Feast, Detroit-Style Deep Dish Specialty	3500	322	171	172.0
Desserts	Little Caesar's	Cookie Dough Brownie Made w/ M&Ms	840	96	12	44.0
Desserts	Little Caesar's	Cookie Dough Brownie Made w/ Twix	800	120	8	44.0
Appetizers & Sides	Little Caesar's	Buffalo	510	3	47	35.0
Toppings & Ingredients	Little Caesar's	Add Stuffed Crust to Any Detroit-Style Deep Dish	530	9	33	40.0

Toppings & Ingredients	Little Caesar's	Base Pizza, Custom Detroit-Style Deep Dish	2770	317	118	85.0
Toppings & Ingredients	Little Caesar's	Pepperoni, Custom Detroit-Style Deep Dish	280	2	11	26.0
Toppings & Ingredients	Little Caesar's	Bacon, Custom Detroit-Style Deep Dish	380	0	16	35.0
Toppings & Ingredients	Little Caesar's	Seasoned Beef, Custom Detroit-Style Deep Dish	250	1	12	22.0
Toppings & Ingredients	Little Caesar's	Italian Sausage, Custom Detroit-Style Deep Dish	330	2	15	29.0
Toppings & Ingredients	Little Caesar's	Smoky Ham, Custom Detroit-Style Deep Dish	110	2	11	3.0
Toppings & Ingredients	Little Caesar's	Green Peppers, Custom Detroit-Style Deep Dish	15	3	1	0.0
Toppings & Ingredients	Little Caesar's	Onions, Custom Detroit-Style Deep Dish	25	6	1	0.0
Toppings & Ingredients	Little Caesar's	Mushrooms, Canned, Custom Detroit-Style Deep Dish	40	7	2	0.0
Toppings & Ingredients	Little Caesar's	Mushrooms, Fresh, Custom Detroit-Style Deep Dish	35	5	5	0.5
Toppings & Ingredients	Little Caesar's	Black Olives, Custom Detroit-Style Deep Dish	210	3	1	17.0
Toppings & Ingredients	Little Caesar's	Jalapeno Peppers, Custom Detroit-Style Deep Dish	60	3	0	4.5
Toppings & Ingredients	Little Caesar's	Mild Banana Peppers, Custom Detroit-Style Deep Dish	35	5	0	0.0
Toppings & Ingredients	Little Caesar's	Pineapple, Custom Detroit-Style Deep Dish	90	22	0	0.0
Toppings & Ingredients	Little Caesar's	Extra Cheese, Custom Detroit-Style Deep Dish	270	4	21	19.0
Toppings & Ingredients	Little Caesar's	Fresh Mozzarella, Custom Detroit-Style Deep Dish	200	2	15	15.0
Soup	Long John Silver's	Broccoli Cheese Soup	220	8	5	18.0
Fried Potatoes	Long John Silver's	Fries	350	44	4	17.0
Appetizers & Sides	Long John Silver's	Cole Slaw	170	18	1	11.0
Appetizers & Sides	Long John Silver's	Rice	180	37	4	1.0
Entrees	Long John Silver's	Battered Shrimp	100	5	6	7.0
Entrees	Long John Silver's	Popcom Shrimp*	210	24	8	9.0
Entrees	Long John Silver's	Breaded Clam Strips*	340	35	10	20.0
Appetizers & Sides	Long John Silver's	Crumbles	170	13	1	12.0
Toppings & Ingredients	Long John Silver's	Cocktail Sauce	20	4	1	0.0
Toppings & Ingredients	Long John Silver's	Louisiana Hot Sauce	0	0	0	0.0
Toppings & Ingredients	Long John Silver's	Ketchup	30	8	0	0.0
Toppings & Ingredients	Long John Silver's	Malt Vinegar	0	0	0	0.0
Sandwiches	Long John Silver's	Baja Fish Taco	410	40	13	21.0
Entrees	Long John Silver's	Battered Alaskan Pollock	200	16	10	10.0
Appetizers & Sides	Long John Silver's	Breaded Mozzarella Sticks	370	24	15	23.0
Appetizers & Sides	Long John Silver's	Broccoli & Cheese Bites (Veggie Bites)	310	18	5	24.0
Appetizers & Sides	Long John Silver's	Jalapeno & Cheddar Bites (Veggie Bites)	240	18	6	16.0
Appetizers & Sides	Long John Silver's	Corn Kernels	160	19	3	8.0
Toppings & Ingredients	Long John Silver's	Honey Mustard	60	2	0	6.0



Toppings & Ingredients	Long John Silver's	Jalapeno Peppers	15	2	1	0.0
Toppings & Ingredients	Long John Silver's	Marinara	15	4	1	0.0
Toppings & Ingredients	Long John Silver's	Creamy Ranch	50	1	0	6.0
Toppings & Ingredients	Long John Silver's	Sweet & Sour Sauce	45	12	0	0.0
Desserts	Long John Silver's	Chocolate Cream Pie	280	28	3	17.0
Beverages	Long John Silver's	Sierra Mist, Kids	150	40	0	0.0
Beverages	Long John Silver's	Sierra Mist, Small	250	67	0	0.0
Beverages	Long John Silver's	Sierra Mist, Medium	400	108	0	0.0
Beverages	Long John Silver's	Sierra Mist, Large	500	135	0	0.0
Beverages	Long John Silver's	Tropicana Lemonade, Kids	150	41	0	0.0
Beverages	Long John Silver's	Tropicana Lemonade, Small	250	68	0	0.0
Beverages	Long John Silver's	Tropicana Lemonade, Medium	400	108	0	0.0
Beverages	Long John Silver's	Tropicana Lemonade, Large	500	135	0	0.0
Beverages	Long John Silver's	Wild Cherry Pepsi, Kids	150	42	0	0.0
Beverages	Long John Silver's	Wild Cherry Pepsi, Small	250	70	0	0.0
Beverages	Long John Silver's	Wild Cherry Pepsi, Medium	400	112	0	0.0
Beverages	Long John Silver's	Wild Cherry Pepsi, Large	500	140	0	0.0
Beverages	Long John Silver's	Diet Pepsi, Kids	0	0	0	0.0
Beverages	Long John Silver's	Diet Pepsi, Small	0	0	0	0.0
Beverages	Long John Silver's	Diet Pepsi, Medium	0	0	0	0.0
Beverages	Long John Silver's	Diet Pepsi, Large	0	0	0	0.0
Beverages	Long John Silver's	Diet Mountain Dew, Kids	0	0	0	0.0
Beverages	Long John Silver's	Diet Mountain Dew, Small	0	0	0	0.0
Beverages	Long John Silver's	Diet Mountain Dew, Medium	0	0	0	0.0
Beverages	Long John Silver's	Diet Mountain Dew, Large	0	0	0	0.0
Beverages	Long John Silver's	Pepsi, Small	250	70	0	0.0
Beverages	Long John Silver's	Pepsi, Medium	400	112	0	0.0
Beverages	Long John Silver's	Pepsi, Large	500	140	0	0.0
Beverages	Long John Silver's	Mountain Dew, Kids	160	43	0	0.0
Entrees	Long John Silver's	Chicken Tender	150	11	10	7.0
Toppings & Ingredients	Long John Silver's	Sweet & Zesty Asian Sauce	45	11	0	0.0
Toppings & Ingredients	Long John Silver's	Creamy Garlic Butter Sauce	101	1	0	11.0
Appetizers & Sides	Long John Silver's	Onion Rings (Battered)	480	39	3	35.0
Baked Goods	Long John Silver's	Hushpuppies	150	19	3	7.0
Soup	Long John Silver's	Clam Chowder Soup	230	16	9	16.0

Appetizers & Sides	Long John Silver's	Baked Potato	297	67	6	0.0
Entrees	Long John Silver's	Battered Alaskan Cod	190	9	15	11.0
Beverages	Long John Silver's	Silver's Tea (unsweetened), Medium	0	0	0	0.0
Beverages	Long John Silver's	Silver's Tea (unsweetened), Small	0	0	0	0.0
Beverages	Long John Silver's	Silver's Tea (unsweetened), Large	0	0	0	0.0
Beverages	Long John Silver's	Silver's Tea (sweetened), Medium	340	87	0	0.0
Beverages	Long John Silver's	Silver's Tea (unsweetened), Kids	0	0	0	0.0
Beverages	Long John Silver's	Silver's Tea (sweetened), Small	210	54	0	0.0
Beverages	Long John Silver's	Silver's Tea (sweetened), Large	420	108	0	0.0
Beverages	Long John Silver's	Silver's Tea (sweetened), Kids	130	32	0	0.0
Entrees	Long John Silver's	Baked Alaskan Cod	160	1	36	1.0
Entrees	Long John Silver's	Baked Shrimp	25	0	5	0.0
Appetizers & Sides	Long John Silver's	Macaroni & Cheese	150	19	6	6.0
Sandwiches	Long John Silver's	Fish Sandwich	400	44	14	16.0
Toppings & Ingredients	Long John Silver's	Tartar Sauce	40	3	0	4.0
Desserts	Long John Silver's	Chocolate Chip Cookie	190	22	2	11.0
Beverages	Long John Silver's	Tropicana Fruit Punch, Kids	160	45	0	0.0
Beverages	Long John Silver's	Tropicana Fruit Punch, Small	270	75	0	0.0
Beverages	Long John Silver's	Tropicana Fruit Punch, Medium	440	120	0	0.0
Beverages	Long John Silver's	Tropicana Fruit Punch, Large	550	150	0	0.0
Beverages	Long John Silver's	Mountain Dew, Small	270	72	0	0.0
Beverages	Long John Silver's	Mountain Dew, Medium	440	116	0	0.0
Beverages	Long John Silver's	Mountain Dew, Large	550	145	0	0.0
Entrees	Long John Silver's	Lobster-Stuffed Crab Cake	280	26	10	15.0
Sandwiches	Long John Silver's	Southwest Battered Fish Taco	390	41	13	21.0
Sandwiches	Long John Silver's	Sweet Chili Battered Fish Taco	380	42	13	21.0
Toppings & Ingredients	Long John Silver's	BBQ	40	10	0	0.0
Appetizers & Sides	Long John Silver's	Green Beans	25	4	1	0.0
Appetizers & Sides	Long John Silver's	Mott's Apple Sauce	70	18	0	0.0
Desserts	Long John Silver's	Strawberry Swirl Cheesecake	320	35	7	17.0
Beverages	Long John Silver's	Lipton Raspberry Tea, Kids	120	31	0	0.0
Beverages	Long John Silver's	Lipton Raspberry Tea, Small	200	52	0	0.0
Beverages	Long John Silver's	Lipton Raspberry Tea, Medium	320	84	0	0.0
Beverages	Long John Silver's	Lipton Raspberry Tea, Large	400	105	0	0.0
Beverages	Long John Silver's	Mott's Apple juice	60	15	0	0.0

Beverages	Long John Silver's	Tropicana Twister Orange, Kids	170	47	0	0.0
Beverages	Long John Silver's	Tropicana Twister Orange, Large	550	155	0	0.0
Beverages	Long John Silver's	Tropicana Twister Orange, Medium	440	124	0	0.0
Beverages	Long John Silver's	Tropicana Twister Orange, Small	280	78	0	0.0
Entrees	Long John Silver's	Baja Grilled Salmon Bowl	410	45	26	15.0
Sandwiches	Long John Silver's	Baja Grilled Salmon Taco	210	23	13	9.0
Entrees	Long John Silver's	Baja Grilled Shrimp Bowl	410	48	20	16.0
Sandwiches	Long John Silver's	Baja Grilled Shrimp Taco	210	21	12	10.0
Entrees	Long John Silver's	Seasoned Grilled Salmon Rice Bowl	360	45	21	8.0
Sandwiches	Long John Silver's	Seasoned Grilled Salmon Taco	180	21	16	4.0
Entrees	Long John Silver's	Seasoned Grilled Shrimp Rice Bowl	360	47	21	8.0
Sandwiches	Long John Silver's	Seasoned Grilled Shrimp Taco	180	23	12	5.0
Entrees	Long John Silver's	Southwest Grilled Salmon Rice Bowl	420	45	26	15.0
Sandwiches	Long John Silver's	Southwest Grilled Salmon Taco	220	23	13	9.0
Entrees	Long John Silver's	Southwest Grilled Shrimp Rice Bowl	420	48	20	16.0
Sandwiches	Long John Silver's	Southwest Grilled Shrimp Taco	220	21	12	10.0
Entrees	Long John Silver's	Sweet Chili Grilled Salmon Bowl	370	48	26	9.0
Sandwiches	Long John Silver's	Sweet Chili Grilled Salmon Taco	190	22	16	5.0
Entrees	Long John Silver's	Sweet Chili Grilled Shrimp Rice Bowl	390	51	21	11.0
Sandwiches	Long John Silver's	Sweet Chili Grilled Shrimp Taco	200	26	11	6.0
Toppings & Ingredients	Long John Silver's	Lemon Juice	0	0	0	0.0
Beverages	Long John Silver's	Pepsi, Kids	150	42	0	0.0
Beverages	Long John Silver's	Dr. Pepper, Kids	150	40	0	0.0
Beverages	Long John Silver's	Dr. Pepper, Small	250	67	0	0.0
Beverages	Long John Silver's	Dr. Pepper, Medium	400	108	0	0.0
Beverages	Long John Silver's	Dr. Pepper, Large	500	135	0	0.0
Baked Goods	Longhorn Steakhouse	Honey Wheat Bread (Full Loaf)	480	88	16	7.0
Soup	Longhorn Steakhouse	French Onion Soup ■ Bowl	480	20	30	31.0
Soup	Longhorn Steakhouse	Shrimp & Lobster Chowder ■ Bowl	250	23	10	15.0
Salads	Longhorn Steakhouse	Grilled Chicken & Strawberry Lunch Salad with Vinaigrette	280	28	20	11.0
Salads	Longhorn Steakhouse	Mixed Greens Salad	140	13	6	8.0
Salads	Longhorn Steakhouse	Caesar Side Salad with Caesar Dressing	250	12	6	19.0
Salads	Longhorn Steakhouse	Strawberry & Pecan Salad with dressing	190	28	4	8.0
Salads	Longhorn Steakhouse	Grilled Chicken & Strawberry Salad with Vinaigrette	530	52	43	19.0
Salads	Longhorn Steakhouse	7■Pepper Sirloin Salad	490	22	45	26.0

Entrees	Longhorn Steakhouse	Renegade Sirloin 8 oz.	390	2	51	16.0
Entrees	Longhorn Steakhouse	Parmesan Crusted Chicken 12 oz	1120	24	102	69.0
Toppings & Ingredients	Longhorn Steakhouse	Lobster Tail (where available)	90	0	14	3.0
Toppings & Ingredients	Longhorn Steakhouse	Grilled Shrimp	80	1	15	1.5
Entrees	Longhorn Steakhouse	Kraft Macaroni & Cheese	310	45	11	9.0
Entrees	Longhorn Steakhouse	Chop Steak	640	13	44	46.0
Entrees	Longhorn Steakhouse	Flo's Filet 6 oz. with Lobster Tail	420	2	51	18.0
Entrees	Longhorn Steakhouse	Baby Back Ribs Half Rack	820	16	62	56.0
Entrees	Longhorn Steakhouse	Baby Back Ribs Full Rack	1270	25	96	87.0
Entrees	Longhorn Steakhouse	Cowboy Pork Chops	680	0	87	32.0
Entrees	Longhorn Steakhouse	Steakhouse Mac & Cheese	610	43	26	37.0
Entrees	Longhorn Steakhouse	Parmesan Crusted Chicken 9 oz	650	12	68	36.0
Entrees	Longhorn Steakhouse	LongHorn Steak Tips (where available)	520	15	53	27.0
Entrees	Longhorn Steakhouse	Renegade Sirloin 6 oz.	320	2	36	15.0
Entrees	Longhorn Steakhouse	Chicken Tenders	270	12	23	14.0
Entrees	Longhorn Steakhouse	Grilled Chicken Tenders	140	0	26	3.5
Entrees	Longhorn Steakhouse	LongHorn Salmon 10 oz.	430	3	47	23.0
Entrees	Longhorn Steakhouse	LongHorn Churrasco Steak w/Plantains (where available)	840	47	49	52.0
Fried Potatoes	Longhorn Steakhouse	Seasoned French Fries	500	67	6	23.0
Appetizers & Sides	Longhorn Steakhouse	Fresh Fruit ■ Oranges	20	5	0	0.0
Appetizers & Sides	Longhorn Steakhouse	Seasoned Rice Pilaf	230	41	3	6.0
Appetizers & Sides	Longhorn Steakhouse	Mashed Potatoes	340	37	5	19.0
Appetizers & Sides	Longhorn Steakhouse	Loaded Idaho Baked Potato	470	65	11	20.0
Appetizers & Sides	Longhorn Steakhouse	Sweet Potato with Cinnamon Sugar & Butter	380	62	5	14.0
Toppings & Ingredients	Longhorn Steakhouse	Add Butter	120	0	0	13.0
Toppings & Ingredients	Longhorn Steakhouse	Blue Cheese 3 oz.	350	6	4	34.0
Desserts	Longhorn Steakhouse	Chocolate Stampede (Serves 2 ■ where available)	2460	289	28	132.0
Beverages	Longhorn Steakhouse	Kid's Fountain Drink	110	29	■	0.0
Beverages	Longhorn Steakhouse	1% Milk Chug	110	13	9	2.5
Beverages	Longhorn Steakhouse	Coffee	0	0	0	0.0
Beverages	Longhorn Steakhouse	Unsweetened Tea	0	1	0	0.0
Beverages	Longhorn Steakhouse	Milk	150	15	10	6.0
Beverages	Longhorn Steakhouse	Minute Maid Lemonade	100	26	0	0.0
Beverages	Longhorn Steakhouse	Strawberry Lemonade	200	50	0	0.0
Beverages	Longhorn Steakhouse	Blazing Berry Sangria	240	34	0	0.0

Beverages	Longhorn Steakhouse	White Peach Sangria	260	38	0	0.0
Beverages	Longhorn Steakhouse	White ■ Glass	150	4	0	0.0
Beverages	Longhorn Steakhouse	Light Draft Beer 16 oz.	140	8	0	0.0
Beverages	Longhorn Steakhouse	Chocolate Milk	220	38	10	3.5
Beverages	Longhorn Steakhouse	White ■ LongPour	220	6	0	0.0
Desserts	Longhorn Steakhouse	Molten Lava Cake (where available)	1150	157	15	53.0
Entrees	Longhorn Steakhouse	Flo's Filet 6 oz.	330	2	37	15.0
Appetizers & Sides	Longhorn Steakhouse	Wild West Shrimp	970	65	39	62.0
Appetizers & Sides	Longhorn Steakhouse	Texas Tonion	1180	126	15	69.0
Appetizers & Sides	Longhorn Steakhouse	Fresh Steamed Broccoli	90	7	4	4.0
Beverages	Longhorn Steakhouse	Raspberry Iced Tea	50	13	0	0.0
Beverages	Longhorn Steakhouse	Juices (Cranberry)	120	30	0	0.0
Beverages	Longhorn Steakhouse	Red ■ Glass	160	5	0	0.0
Beverages	Longhorn Steakhouse	Red ■ LongPour	230	8	0	0.0
Entrees	Longhorn Steakhouse	Hand■Breaded Chicken Tenders (9 tenders)	620	28	53	33.0
Appetizers & Sides	Longhorn Steakhouse	Spicy Chicken Bites (where available)	740	53	43	39.0
Entrees	Longhorn Steakhouse	Renegade Sirloin 6 oz. with Redrock Grilled Shrimp	480	4	66	18.0
Entrees	Longhorn Steakhouse	Hand■Breaded Chicken Tenders (6 tenders)	420	19	36	22.0
Sandwiches	Longhorn Steakhouse	Firecracker Chicken Wraps	720	62	28	42.0
Salads	Longhorn Steakhouse	LongHorn Caesar Salad with Chicken	670	24	46	43.0
Beverages	Longhorn Steakhouse	Moscow Mule	220	34	0	0.0
Beverages	Longhorn Steakhouse	Regular Bottle Beer 12 oz.	150	12	0	0.0
Beverages	Longhorn Steakhouse	Regular Draft Beer 16 oz.	200	16	0	0.0
Soup	Longhorn Steakhouse	Shrimp & Lobster Chowder ■ Cup	190	17	8	11.0
Soup	Longhorn Steakhouse	French Onion Soup ■ Cup	170	13	8	10.0
Beverages	Longhorn Steakhouse	Raspberry Lemonade	170	41	1	0.0
Toppings & Ingredients	Longhorn Steakhouse	Butter Sauce	210	2	0	22.0
Entrees	Longhorn Steakhouse	Chicken Fried Steak (where available)	450	24	30	26.0
Appetizers & Sides	Longhorn Steakhouse	Plain Idaho Baked Potato	290	64	8	2.0
Toppings & Ingredients	Longhorn Steakhouse	Parmesan Cheese Crust	390	12	17	30.0
Appetizers & Sides	Longhorn Steakhouse	Spicy Chicken Bites ■ Larger Portion (where available)	920	66	54	49.0
Appetizers & Sides	Longhorn Steakhouse	Texas Brisket Queso (where available)	1070	19	50	89.0
Appetizers & Sides	Longhorn Steakhouse	Crispy Texas Okra (where available)	310	28	5	19.0
Entrees	Longhorn Steakhouse	Ribeye 12 oz.	810	4	66	54.0
Entrees	Longhorn Steakhouse	New York Strip/Kansas City Strip 12 oz.	630	1	72	33.0

Entrees	Longhorn Steakhouse	Chicken Fried Chicken (where available)	400	21	35	20.0
Sandwiches	Longhorn Steakhouse	Crispy Buttermilk Chicken Sandwich 6 oz.	920	66	43	55.0
Soup	Longhorn Steakhouse	Loaded Potato Soup ■ Bowl	380	21	15	27.0
Soup	Longhorn Steakhouse	Loaded Potato Soup ■ Cup	270	16	10	19.0
Toppings & Ingredients	Longhorn Steakhouse	Honey Mustard 1.5 oz.	240	8	0	23.0
Appetizers & Sides	Longhorn Steakhouse	Seasoned Steakhouse Wings	460	0	53	28.0
Beverages	Longhorn Steakhouse	Cider Bottle	200	21	0	0.0
Beverages	Longhorn Steakhouse	Dr Pepper (where available)	100	27	0	0.0
Beverages	Longhorn Steakhouse	Light Draft Beer 20 oz.	170	10	1	0.0
Beverages	Longhorn Steakhouse	Mango LongPour Margarita	630	118	0	0.0
Beverages	Longhorn Steakhouse	Mango Margarita	410	74	0	0.0
Beverages	Longhorn Steakhouse	Regular Draft Beer 20 oz.	250	20	0	0.0
Beverages	Longhorn Steakhouse	Strawberry LongPour Margarita	460	76	0	0.0
Beverages	Longhorn Steakhouse	The Perfect LongPour Margarita	410	64	0	0.0
Entrees	Longhorn Steakhouse	USDA Prime Delmonico 16 oz. (where available)	1100	3	88	73.0
Entrees	Longhorn Steakhouse	Chicken Fried Steak (where available)	890	48	60	51.0
Entrees	Longhorn Steakhouse	Nolan Ryan Beef Chicken Fried Steak (where available)	450	24	30	26.0
Entrees	Longhorn Steakhouse	Nolan Ryan Beef Chicken Fried Steak (where available)	890	48	60	51.0
Toppings & Ingredients	Longhorn Steakhouse	Blue Cheese 1.5 oz.	180	3	2	17.0
Toppings & Ingredients	Longhorn Steakhouse	BBQ Sauce	110	26	0	0.0
Toppings & Ingredients	Longhorn Steakhouse	Buffalo Sauce	90	3	0	8.0
Toppings & Ingredients	Longhorn Steakhouse	Honey Mustard 3 oz.	480	15	0	45.0
Toppings & Ingredients	Longhorn Steakhouse	Gravy	160	18	1	9.0
Toppings & Ingredients	Longhorn Steakhouse	White Balsamic Vinaigrette 1.5 oz. (where available)	200	6	0	20.0
Toppings & Ingredients	Longhorn Steakhouse	White Balsamic Vinaigrette 3 oz. (where available)	390	12	0	39.0
Toppings & Ingredients	Longhorn Steakhouse	Ranch 3 oz.	460	4	2	49.0
Appetizers & Sides	Longhorn Steakhouse	Chips (where available)	600	76	8	30.0
Beverages	Longhorn Steakhouse	Tito's Texas Tea	240	35	0	0.0
Beverages	Longhorn Steakhouse	Texas Margarita	200	28	0	0.0
Entrees	Longhorn Steakhouse	Fire■Grilled T■Bone 18 oz.	1130	1	123	62.0
Entrees	Longhorn Steakhouse	The LongHom 22 oz.	1280	1	150	67.0
Appetizers & Sides	Longhorn Steakhouse	Plain Sweet Potato	240	55	5	0.0
Desserts	Longhorn Steakhouse	Strawberries & Cream Shortcake	640	74	7	37.0
Appetizers & Sides	Longhorn Steakhouse	Surf & Surf Dip (where available)	730	12	35	60.0
Appetizers & Sides	Longhorn Steakhouse	Flatbread (where available)	920	99	19	49.0

Beverages	Longhorn Steakhouse	Jack & Coke	130	13	0	0.0
Beverages	Longhorn Steakhouse	Light Draft/Bottle Beer 12 oz.	100	6	0	0.0
Beverages	Longhorn Steakhouse	Peach Iced Tea	50	14	0	0.0
Beverages	Longhorn Steakhouse	Sweet Tea	130	33	0	0.0
Beverages	Longhorn Steakhouse	Bottled Water	0	0	0	0.0
Salads	Longhorn Steakhouse	7■Pepper Sirloin Lunch Salad	250	11	23	13.0
Entrees	Longhorn Steakhouse	Redrock Grilled Shrimp 8 ct.	160	2	30	3.0
Appetizers & Sides	Longhorn Steakhouse	Rice	230	41	3	6.0
Entrees	Longhorn Steakhouse	LongHorn Steak Tips (where available)	620	15	64	34.0
Entrees	Longhorn Steakhouse	Redrock Grilled Shrimp 12 ct.	240	3	46	4.5
Entrees	Longhorn Steakhouse	Chicken Fried Chicken (where available)	800	42	70	39.0
Burgers	Longhorn Steakhouse	Cheeseburger	680	40	47	36.0
Desserts	Longhorn Steakhouse	Praline Cheesecake (where available)	990	100	13	59.0
Appetizers & Sides	Longhorn Steakhouse	Fried Okra (where available)	310	28	5	19.0
Burgers	Longhorn Steakhouse	The LH Burger	980	46	54	63.0
Toppings & Ingredients	Longhorn Steakhouse	Sweet Chili Ginger Sauce	430	32	1	33.0
Appetizers & Sides	Longhorn Steakhouse	Fresh Steamed Asparagus	130	9	8	7.0
Toppings & Ingredients	Longhorn Steakhouse	Avocado■Lime Sauce	220	3	1	23.0
Toppings & Ingredients	Longhorn Steakhouse	Grilled Mushrooms Only	150	9	6	12.0
Soup	Longhorn Steakhouse	Southwest Chicken Tortilla Soup ■ Cup (where available)	250	17	12	14.0
Soup	Longhorn Steakhouse	Southwest Chicken Tortilla Soup ■ Bowl (where available)	330	22	16	18.0
Toppings & Ingredients	Longhorn Steakhouse	Egg (where available)	25	0	2	2.0
Salads	Longhorn Steakhouse	Crispy Buttermilk Chicken Cobb Salad (where available)	910	37	58	60.0
Beverages	Longhorn Steakhouse	Strawberry Margarita	310	52	0	0.0
Beverages	Longhorn Steakhouse	Don Julio Margarita	350	49	0	0.0
Beverages	Longhorn Steakhouse	Hurricane (where available)	280	26	0	0.0
Beverages	Longhorn Steakhouse	House Golden Ale 16 oz.	200	16	0	0.0
Beverages	Longhorn Steakhouse	House Golden Ale 20 oz.	250	20	0	0.0
Beverages	Longhorn Steakhouse	Diet Coke/Coke Zero Sugar	0	0	0	0.0
Beverages	Longhorn Steakhouse	Juices (Orange, Apple)	110	27	2	0.0
Sandwiches	Longhorn Steakhouse	Maverick Ribeye Sandwich	1050	60	63	62.0
Entrees	Longhorn Steakhouse	Flo's Filet 9 oz.	450	3	56	19.0
Entrees	Longhorn Steakhouse	Outlaw Ribeye 20 oz.	1250	2	94	87.0
Appetizers & Sides	Longhorn Steakhouse	Crispy Brussels Sprouts	310	27	5	23.0
Toppings & Ingredients	Longhorn Steakhouse	Bacon (Strip)	130	0	7	12.0

Appetizers & Sides	Longhorn Steakhouse	White Cheddar Stuffed Mushrooms	730	14	33	60.0
Appetizers & Sides	Longhorn Steakhouse	Texas Brisket Nachos (where available)	2040	149	64	130.0
Appetizers & Sides	Longhorn Steakhouse	Parmesan Crusted Spinach Dip (where available)	770	21	28	62.0
Appetizers & Sides	Longhorn Steakhouse	Flatbread Chips (where available)	710	76	15	38.0
Salads	Longhorn Steakhouse	Farm Fresh Field Greens with Crispy Chicken Tenders	650	41	46	35.0
Salads	Longhorn Steakhouse	Farm Fresh Field Greens with Salmon	530	23	43	29.0
Salads	Longhorn Steakhouse	LongHorn Caesar Salad with Salmon	800	26	45	55.0
Beverages	Longhorn Steakhouse	LongHorn Old Fashioned (with Rackhouse Small Batch 9 yr. Bourbon by Knob Creek)	250	19	0	0.0
Burgers	Longhorn Steakhouse	Half Pound Steakhouse CheeseBurger	850	45	48	51.0
Entrees	Longhorn Steakhouse	LongHorn Salmon 7 oz.	300	2	33	16.0
Entrees	Longhorn Steakhouse	Flo's Filet 6 oz. with Redrock Grilled Shrimp	490	4	68	18.0
Appetizers & Sides	Longhorn Steakhouse	Fire Grilled Corn On The Cob	300	42	12	9.0
Desserts	Longhorn Steakhouse	Triple Chocolate Cheesecake	1020	104	14	63.0
Desserts	Longhorn Steakhouse	THE Cheesecake (where available)	1270	117	18	82.0
Entrees	Longhorn Steakhouse	Kid's Sirloin Steak	320	2	36	15.0
Burgers	McDonald's	Hamburger	250	31	12	9.0
Burgers	McDonald's	Cheeseburger	300	33	15	12.0
Burgers	McDonald's	Double Cheeseburger	440	34	25	23.0
Burgers	McDonald's	Quarter Pounder with Cheese	510	40	29	26.0
Burgers	McDonald's	Big Mac	540	45	25	29.0
Burgers	McDonald's	Double Quarter Pounder with Cheese	740	40	48	42.0
Sandwiches	McDonald's	McChicken	360	40	14	16.0
Sandwiches	McDonald's	Filet-O-Fish	380	38	15	18.0
Sandwiches	McDonald's	Egg McMuffin	300	30	18	12.0
Sandwiches	McDonald's	Sausage McMuffin with Egg	450	30	21	27.0
Sandwiches	McDonald's	Sausage Burrito	300	26	12	16.0
Fried Potatoes	McDonald's	Small French Fries	230	29	3	11.0
Fried Potatoes	McDonald's	Medium French Fries	380	48	4	19.0
Fried Potatoes	McDonald's	Large French Fries	500	63	6	25.0
Desserts	McDonald's	Chocolate Chip Cookie	160	21	2	8.0
Desserts	McDonald's	Baked Hot Apple Pie	250	32	2	13.0
Entrees	McDonald's	Hotcakes and Sausage	520	61	15	24.0
Sandwiches	McDonald's	Sausage, Egg & Cheese McGriddles	560	48	20	32.0
Sandwiches	McDonald's	Bacon, Egg & Cheese McGriddles	420	48	15	18.0
Sandwiches	McDonald's	Sausage McGriddles	420	44	11	22.0



Entrees	McDonald's	Hotcakes	350	60	8	9.0
Fried Potatoes	McDonald's	Hash Brown	150	15	1	9.0
Sandwiches	McDonald's	Bacon, Egg & Cheese Bagel	560	56	24	27.0
Burgers	McDonald's	McDouble	390	33	22	19.0
Entrees	McDonald's	Fruit & Maple Oatmeal	290	57	5	4.5
Desserts	McDonald's	Kiddie Cone	45	8	1	1.0
Desserts	McDonald's	Hot Caramel Sundae	340	60	7	8.0
Beverages	McDonald's	1% Low Fat Milk Jug	100	12	8	2.5
Beverages	McDonald's	Coca-Cola Classic (Small)	150	40	0	0.0
Beverages	McDonald's	Diet Coke (Small)	0	0	0	0.0
Beverages	McDonald's	Sprite (Small)	150	39	0	0.0
Beverages	McDonald's	Iced Tea (Small)	0	0	0	0.0
Beverages	McDonald's	Sweet Tea (Medium)	180	45	1	0.0
Beverages	McDonald's	Coca-Cola Classic (Child)	110	29	0	0.0
Beverages	McDonald's	Coca-Cola Classic (Large)	310	86	0	0.0
Beverages	McDonald's	Coca-Cola Classic (Medium)	210	58	0	0.0
Beverages	McDonald's	Diet Coke (Child)	0	0	0	0.0
Beverages	McDonald's	Diet Coke (Large)	0	0	0	0.0
Beverages	McDonald's	Diet Coke (Medium)	0	0	0	0.0
Beverages	McDonald's	Iced Tea (Child)	0	0	0	0.0
Beverages	McDonald's	Iced Tea (Large)	0	1	0	0.0
Beverages	McDonald's	Iced Tea (Medium)	0	0	0	0.0
Beverages	McDonald's	Sweet Tea (Child)	110	27	0	0.0
Beverages	McDonald's	Sprite (Child)	110	28	0	0.0
Beverages	McDonald's	Sprite (Large)	310	83	0	0.0
Beverages	McDonald's	Sprite (Medium)	210	56	0	0.0
Beverages	McDonald's	Sweet Tea (Large)	280	69	1	0.0
Beverages	McDonald's	Sweet Tea (Small)	150	36	1	0.0
Beverages	McDonald's	Strawberry Banana Smoothie (Small)	210	49	2	0.5
Beverages	McDonald's	Strawberry Banana Smoothie (Large)	330	77	3	1.0
Beverages	McDonald's	Latte (Small)	150	11	8	8.0
Beverages	McDonald's	Frappe Mocha (Medium)	560	78	8	24.0
Beverages	McDonald's	Frappe Caramel (Large)	680	94	10	29.0
Beverages	McDonald's	Frappe Mocha (Small)	450	62	7	20.0
Beverages	McDonald's	Frappe Mocha (Large)	680	96	10	28.0

Beverages	McDonald's	Mocha (Small)	280	40	6	11.0
Beverages	McDonald's	Frappe Caramel (Small)	450	61	6	20.0
Desserts	McDonald's	Hot Fudge Sundae	330	54	8	10.0
Beverages	McDonald's	Caramel Mocha (Small)	250	33	7	11.0
Beverages	McDonald's	Cappuccino (Large)	180	13	9	10.0
Beverages	McDonald's	Cappuccino (Medium)	140	11	8	8.0
Beverages	McDonald's	Cappuccino (Small)	120	9	6	7.0
Beverages	McDonald's	Caramel Cappuccino (Large)	290	49	8	8.0
Beverages	McDonald's	Caramel Cappuccino (Medium)	240	41	6	6.0
Beverages	McDonald's	Caramel Cappuccino (Small)	200	32	5	5.0
Beverages	McDonald's	Caramel Latte (Large)	330	52	9	9.0
Beverages	McDonald's	Caramel Latte (Medium)	280	43	8	8.0
Beverages	McDonald's	Caramel Latte (Small)	230	35	7	7.0
Beverages	McDonald's	Iced Latte (Small)	80	6	4	4.5
Entrees	McDonald's	Chicken McNuggets (4 piece)	190	12	9	12.0
Beverages	McDonald's	Iced Mocha (Medium)	310	42	7	13.0
Beverages	McDonald's	Caramel Mocha (Medium)	290	39	8	12.0
Beverages	McDonald's	Caramel Mocha (Large)	360	47	10	14.0
Beverages	McDonald's	Iced Latte (Medium)	100	8	6	6.0
Beverages	McDonald's	Iced Latte (Large)	140	10	7	8.0
Beverages	McDonald's	Iced Caramel Latte (Small)	160	29	3	3.0
Beverages	McDonald's	Iced Caramel Latte (Medium)	180	31	4	4.5
Beverages	McDonald's	Iced Caramel Latte (Large)	230	40	6	6.0
Beverages	McDonald's	Frappe Caramel (Medium)	550	76	8	24.0
Beverages	McDonald's	Hot Chocolate (Medium)	380	53	10	15.0
Beverages	McDonald's	Hot Chocolate (Large)	460	63	13	18.0
Beverages	McDonald's	Hot Chocolate (Small)	300	41	8	12.0
Entrees	McDonald's	Chicken McNuggets (10 piece)	470	30	22	30.0
Entrees	McDonald's	Chicken McNuggets (6 piece)	280	18	13	18.0
Beverages	McDonald's	Iced Coffee-- Regular (Small)	140	22	1	5.0
Beverages	McDonald's	Iced Caramel Mocha (Small)	240	29	6	12.0
Sandwiches	McDonald's	Sausage McMuffin	370	29	14	22.0
Beverages	McDonald's	Iced Coffee-- Caramel (Small)	130	21	1	5.0
Beverages	McDonald's	1% Low Fat Chocolate Milk Jug	170	26	9	3.0
Beverages	McDonald's	Iced Coffee-- Caramel (Large)	270	41	2	11.0

Beverages	McDonald's	Iced Coffee-- Caramel (Medium)	190	27	2	8.0
Beverages	McDonald's	Latte (Medium)	180	13	10	10.0
Burgers	McDonald's	Big N' Tasty	460	37	24	24.0
Burgers	McDonald's	Big N' Tasty with Cheese	510	38	27	28.0
Burgers	McDonald's	Angus Bacon & Cheese	790	63	45	39.0
Burgers	McDonald's	Angus Deluxe	750	61	40	39.0
Burgers	McDonald's	Angus Mushroom & Swiss	770	59	44	40.0
Sandwiches	McDonald's	McRib	500	44	22	26.0
Sandwiches	McDonald's	Premium Grilled Chicken Classic Sandwich	360	41	27	9.0
Sandwiches	McDonald's	Premium Crispy Chicken Classic Sandwich	510	56	24	22.0
Sandwiches	McDonald's	Premium Grilled Chicken Club Sandwich	460	43	35	17.0
Sandwiches	McDonald's	Premium Crispy Chicken Club Sandwich	620	57	31	29.0
Sandwiches	McDonald's	Premium Grilled Chicken Ranch BLT Sandwich	380	41	31	10.0
Sandwiches	McDonald's	Premium Crispy Chicken Ranch BLT Sandwich	540	56	27	23.0
Sandwiches	McDonald's	Southern Style Crispy Chicken Sandwich	400	39	24	17.0
Sandwiches	McDonald's	Ranch Snack Wrap (Crispy)	340	33	14	17.0
Sandwiches	McDonald's	Ranch Snack Wrap (Grilled)	270	26	18	10.0
Sandwiches	McDonald's	Honey Mustard Snack Wrap (Crispy)	330	34	14	16.0
Sandwiches	McDonald's	Honey Mustard Snack Wrap (Grilled)	260	27	18	9.0
Sandwiches	McDonald's	Chipotle BBQ Snack Wrap (Crispy)	330	35	14	15.0
Sandwiches	McDonald's	Chipotle BBQ Snack Wrap (Grilled)	260	28	18	9.0
Sandwiches	McDonald's	Angus Bacon & Cheese Snack Wrap	390	28	21	21.0
Sandwiches	McDonald's	Angus Chipotle BBQ Bacon	800	66	45	39.0
Sandwiches	McDonald's	Angus Chipotle BBQ Bacon Snack Wrap	400	30	21	22.0
Sandwiches	McDonald's	Angus Deluxe Snack Wrap	410	27	20	25.0
Sandwiches	McDonald's	Angus Mushroom & Swiss Snack Wrap	430	27	22	26.0
Sandwiches	McDonald's	Mac Snack Wrap	330	26	15	19.0
Toppings & Ingredients	McDonald's	Ketchup Packet	15	3	0	0.0
Toppings & Ingredients	McDonald's	Salt Packet	0	0	0	0.0
Toppings & Ingredients	McDonald's	Barbeque Sauce	50	12	0	0.0
Toppings & Ingredients	McDonald's	Honey	50	12	0	0.0
Toppings & Ingredients	McDonald's	Hot Mustard Sauce	60	9	1	2.5
Toppings & Ingredients	McDonald's	Sweet 'N Sour Sauce	50	12	0	0.0
Entrees	McDonald's	Chicken Selects Premium Breast Strips (3 pc)	400	23	23	24.0
Entrees	McDonald's	Chicken Selects Premium Breast Strips (5 pc)	660	39	38	40.0

Toppings & Ingredients	McDonald's	Spicy Buffalo Sauce	60	1	0	6.0
Toppings & Ingredients	McDonald's	Creamy Ranch Sauce	170	2	0	18.0
Toppings & Ingredients	McDonald's	Tangy Honey Mustard Sauce	60	10	0	2.0
Toppings & Ingredients	McDonald's	Southwestern Chipotle Barbeque Sauce	60	15	0	0.0
Salads	McDonald's	Premium Southwest Salad with Grilled Chicken	320	30	30	9.0
Salads	McDonald's	Premium Southwest Salad with Crispy Chicken	430	38	26	20.0
Salads	McDonald's	Premium Southwest Salad (without chicken)	140	20	6	4.5
Salads	McDonald's	Premium Bacon Ranch Salad with Grilled Chicken	260	12	33	9.0
Salads	McDonald's	Premium Bacon Ranch Salad with Crispy Chicken	370	20	29	20.0
Salads	McDonald's	Premium Bacon Ranch Salad (without chicken)	140	10	9	7.0
Salads	McDonald's	Premium Caesar Salad with Grilled Chicken	220	12	30	6.0
Salads	McDonald's	Premium Caesar Salad with Crispy Chicken	330	20	26	17.0
Salads	McDonald's	Premium Caesar Salad (without chicken)	90	9	7	4.0
Salads	McDonald's	Side Salad	20	4	1	0.0
Toppings & Ingredients	McDonald's	Butter Garlic Croutons	60	10	2	1.5
Salads	McDonald's	Snack Size Fruit & Walnut Salad	210	31	4	8.0
Toppings & Ingredients	McDonald's	Newman's Own Creamy Southwest Dressing	100	11	1	6.0
Toppings & Ingredients	McDonald's	Newman's Own Creamy Caesar Dressing	190	4	2	18.0
Toppings & Ingredients	McDonald's	Newman's Own Low Fat Balsamic Vinaigrette	40	4	0	3.0
Toppings & Ingredients	McDonald's	Newman's Own Low Fat Family Recipe Italian Dressing	60	8	1	2.5
Toppings & Ingredients	McDonald's	Newman's Own Ranch Dressing	170	9	1	15.0
Baked Goods	McDonald's	English Muffin	160	27	5	3.0
Sandwiches	McDonald's	Bacon, Egg & Cheese Biscuit (Regular Size Biscuit)	420	37	15	23.0
Sandwiches	McDonald's	Bacon, Egg & Cheese Biscuit (Large Size Biscuit)	480	43	15	27.0
Sandwiches	McDonald's	Sausage Biscuit with Egg (Regular Size Biscuit)	510	36	18	33.0
Sandwiches	McDonald's	Sausage Biscuit with Egg (Large Size Biscuit)	570	42	18	37.0
Sandwiches	McDonald's	Sausage Biscuit (Regular Size Biscuit)	430	34	11	27.0
Sandwiches	McDonald's	Sausage Biscuit (Large Size Biscuit)	480	39	11	31.0
Sandwiches	McDonald's	Southern Style Chicken Biscuit (Regular Size Biscuit)	410	41	17	20.0
Sandwiches	McDonald's	Southern Style Chicken Biscuit (Large Size Biscuit)	470	46	17	24.0
Sandwiches	McDonald's	Steak, Egg & Cheese Bagel	660	56	33	33.0
Sandwiches	McDonald's	Big Breakfast (Regular Size Biscuit)	740	51	28	48.0
Sandwiches	McDonald's	Big Breakfast (Large Size Biscuit)	800	56	28	52.0
Sandwiches	McDonald's	Big Breakfast with Hotcakes (Regular Size Biscuit)	1090	111	36	56.0
Sandwiches	McDonald's	Big Breakfast with Hotcakes (Large Size Biscuit)	1150	116	36	60.0

Sandwiches	McDonald's	McSkillet™ Burrito with Sausage	610	44	27	36.0
Toppings & Ingredients	McDonald's	Hotcake Syrup	180	45	0	0.0
Toppings & Ingredients	McDonald's	Whipped Margarine (1 pat)	40	0	0	4.5
Toppings & Ingredients	McDonald's	Grape Jam	35	9	0	0.0
Toppings & Ingredients	McDonald's	Strawberry Preserves	35	9	0	0.0
Entrees	McDonald's	Fruit & Maple Oatmeal without Brown Sugar	260	48	5	4.5
Desserts	McDonald's	Fruit 'n Yogurt Parfait (7 oz)	160	31	4	2.0
Toppings & Ingredients	McDonald's	Low Fat Caramel Dip	70	15	0	0.5
Desserts	McDonald's	Vanilla Reduced Fat Ice Cream Cone	150	24	4	3.5
Desserts	McDonald's	Strawberry Sundae	280	49	6	6.0
Toppings & Ingredients	McDonald's	Peanuts (for Sundaes)	45	2	2	3.5
Desserts	McDonald's	McFlurry with M&M'S Candies (12 fl oz cup)	710	105	15	25.0
Desserts	McDonald's	McFlurry with OREO Cookies (12 fl oz cup)	580	89	13	19.0
Desserts	McDonald's	Cinnamon Melts	460	66	6	19.0
Desserts	McDonald's	McDonaldland Cookies	260	43	4	8.0
Desserts	McDonald's	Oatmeal Raisin Cookie	150	22	2	6.0
Desserts	McDonald's	Sugar Cookie	160	21	2	7.0
Appetizers & Sides	McDonald's	Apple Dippers with Low Fat Caramel Dip	100	23	0	0.5
Beverages	McDonald's	Chocolate McCafé Shake (12 fl oz cup)	580	94	11	17.0
Beverages	McDonald's	Chocolate McCafé Shake (16 fl oz cup)	720	119	15	20.0
Beverages	McDonald's	Chocolate McCafé Shake (22 fl oz cup)	880	147	18	24.0
Beverages	McDonald's	Chocolate Triple Thick Shake (12 fl oz cup)	440	76	10	10.0
Beverages	McDonald's	Chocolate Triple Thick Shake (16 fl oz cup)	580	102	13	14.0
Beverages	McDonald's	Chocolate Triple Thick Shake (21 fl oz cup)	770	134	18	18.0
Beverages	McDonald's	Chocolate Triple Thick Shake (32 fl oz cup)	1160	203	27	27.0
Desserts	McDonald's	Snack Size McFlurry with M&M'S Candies	430	64	9	16.0
Desserts	McDonald's	Snack Size McFlurry with OREO Cookies	340	53	8	12.0
Beverages	McDonald's	Strawberry McCafé Shake (12 fl oz cup)	570	92	11	17.0
Beverages	McDonald's	Strawberry McCafé Shake (16 fl oz cup)	710	116	14	20.0
Beverages	McDonald's	Strawberry McCafé Shake (22 fl oz cup)	860	144	18	24.0
Beverages	McDonald's	Strawberry Triple Thick Shake (12 fl oz cup)	420	73	10	10.0
Beverages	McDonald's	Strawberry Triple Thick Shake (16 fl oz cup)	560	97	13	13.0
Beverages	McDonald's	Strawberry Triple Thick Shake (21 fl oz cup)	740	128	17	18.0
Beverages	McDonald's	Strawberry Triple Thick Shake (32 fl oz cup)	1110	194	25	26.0
Beverages	McDonald's	Vanilla McCafé Shake (12 fl oz cup)	540	88	10	16.0

Beverages	McDonald's	Vanilla McCafé Shake (16 fl oz cup)	680	111	14	20.0
Beverages	McDonald's	Vanilla McCafé Shake (22 fl oz cup)	830	138	17	24.0
Beverages	McDonald's	Vanilla Triple Thick Shake (32 fl oz cup)	1110	193	25	26.0
Beverages	McDonald's	Vanilla Triple Thick Shake (12 fl oz cup)	420	72	9	10.0
Beverages	McDonald's	Vanilla Triple Thick Shake (16 fl oz cup)	550	96	13	13.0
Beverages	McDonald's	Vanilla Triple Thick Shake (21 fl oz cup)	740	128	17	18.0
Beverages	McDonald's	Minute Maid 100% Apple Juice Box	100	23	0	0.0
Beverages	McDonald's	Dasani Water	0	0	0	0.0
Beverages	McDonald's	Minute Maid Orange Juice (Small)	150	30	2	0.0
Beverages	McDonald's	Minute Maid Orange Juice (Medium)	190	39	3	0.0
Beverages	McDonald's	Minute Maid Orange Juice (Large)	280	58	4	0.0
Beverages	McDonald's	Hi-C Orange Lavaburst (Child)	120	32	0	0.0
Beverages	McDonald's	Hi-C Orange Lavaburst (Small)	160	44	0	0.0
Beverages	McDonald's	Hi-C Orange Lavaburst (Medium)	240	64	0	0.0
Beverages	McDonald's	Hi-C Orange Lavaburst (Large)	350	94	0	0.0
Beverages	McDonald's	POWERAde Mountain Blast (Child)	70	20	0	0.0
Beverages	McDonald's	POWERAde Mountain Blast (Small)	100	27	0	0.0
Beverages	McDonald's	POWERAde Mountain Blast (Medium)	150	39	0	0.0
Beverages	McDonald's	POWERAde Mountain Blast (Large)	220	58	0	0.0
Beverages	McDonald's	Coffee (Small)	0	0	0	0.0
Beverages	McDonald's	Coffee (Large)	0	0	0	0.0
Toppings & Ingredients	McDonald's	Coffee Cream	20	0	0	2.0
Toppings & Ingredients	McDonald's	Sugar Packet	15	4	0	0.0
Toppings & Ingredients	McDonald's	EQUAL 0 Calorie Sweetener	0	1	0	0.0
Toppings & Ingredients	McDonald's	SPLENDA No Calorie Sweetener	0	1	0	0.0
Beverages	McDonald's	Iced Coffee-- Hazelnut (Small)	130	21	1	5.0
Beverages	McDonald's	Iced Coffee-- Hazelnut (Medium)	190	29	2	8.0
Beverages	McDonald's	Iced Coffee-- Hazelnut (Large)	270	43	2	11.0
Beverages	McDonald's	Iced Coffee-- Regular (Medium)	200	30	2	8.0
Beverages	McDonald's	Iced Coffee-- Regular (Large)	280	45	2	11.0
Beverages	McDonald's	Iced Coffee-- Vanilla (Small)	130	21	1	5.0
Beverages	McDonald's	Iced Coffee-- Vanilla (Medium)	190	29	2	8.0
Beverages	McDonald's	Iced Coffee-- Vanilla (Large)	270	43	2	11.0
Beverages	McDonald's	Iced Coffee with Sugar Free Vanilla Syrup (Small)	60	8	1	5.0
Beverages	McDonald's	Iced Coffee with Sugar Free Vanilla Syrup (Medium)	90	11	2	8.0

Beverages	McDonald's	Iced Coffee with Sugar Free Vanilla Syrup (Large)	120	16	2	11.0
Beverages	McDonald's	Nonfat Cappuccino (Small)	60	9	6	0.0
Beverages	McDonald's	Nonfat Cappuccino (Medium)	80	12	8	0.0
Beverages	McDonald's	Nonfat Cappuccino (Large)	90	13	9	0.0
Beverages	McDonald's	Nonfat Latte (Small)	90	13	9	0.0
Beverages	McDonald's	Nonfat Latte (Medium)	110	15	10	0.0
Beverages	McDonald's	Nonfat Latte (Large)	120	18	12	0.0
Beverages	McDonald's	Nonfat Caramel Cappuccino (Small)	150	33	5	0.0
Beverages	McDonald's	Nonfat Caramel Cappuccino (Medium)	190	41	6	0.0
Beverages	McDonald's	Nonfat Caramel Cappuccino (Large)	230	49	7	0.0
Beverages	McDonald's	Nonfat Caramel Latte (Small)	170	36	7	0.0
Beverages	McDonald's	Nonfat Caramel Latte (Medium)	220	45	9	0.0
Beverages	McDonald's	Nonfat Caramel Latte (Large)	260	53	10	0.0
Beverages	McDonald's	Nonfat Hazelnut Cappuccino (Small)	150	34	5	0.0
Beverages	McDonald's	Nonfat Hazelnut Cappuccino (Medium)	190	43	6	0.0
Beverages	McDonald's	Nonfat Hazelnut Cappuccino (Large)	230	51	7	0.0
Beverages	McDonald's	Nonfat Hazelnut Latte (Small)	180	37	7	0.0
Beverages	McDonald's	Nonfat Hazelnut Latte (Medium)	220	46	9	0.0
Beverages	McDonald's	Nonfat Hazelnut Latte (Large)	260	55	10	0.0
Beverages	McDonald's	Nonfat Vanilla Cappuccino (Small)	150	34	5	0.0
Beverages	McDonald's	Nonfat Vanilla Cappuccino (Medium)	190	42	6	0.0
Beverages	McDonald's	Nonfat Vanilla Cappuccino (Large)	230	51	7	0.0
Beverages	McDonald's	Nonfat Vanilla Latte (Small)	180	37	7	0.0
Beverages	McDonald's	Nonfat Vanilla Latte (Medium)	220	46	9	0.0
Beverages	McDonald's	Nonfat Vanilla Latte (Large)	260	55	10	0.0
Beverages	McDonald's	Nonfat Cappuccino with Sugar Free Vanilla Syrup (Small)	50	15	5	0.0
Beverages	McDonald's	Nonfat Cappuccino with Sugar Free Vanilla Syrup (Medium)	70	19	7	0.0
Beverages	McDonald's	Nonfat Cappuccino with Sugar Free Vanilla Syrup (Large)	80	22	8	0.0
Beverages	McDonald's	Nonfat Latte with Sugar Free Vanilla Syrup (Small)	80	18	7	0.0
Beverages	McDonald's	Nonfat Latte with Sugar Free Vanilla Syrup (Medium)	90	22	9	0.0
Beverages	McDonald's	Nonfat Latte with Sugar Free Vanilla Syrup (Large)	110	27	11	0.0
Beverages	McDonald's	Mocha with Nonfat Milk (Small)	240	41	7	5.0
Beverages	McDonald's	Mocha with Nonfat Milk (Medium)	280	50	8	6.0
Beverages	McDonald's	Mocha with Nonfat Milk (Large)	330	58	10	6.0
Beverages	McDonald's	Hot Chocolate with Nonfat Milk (Small)	250	43	8	5.0

Beverages	McDonald's	Hot Chocolate with Nonfat Milk (Medium)	310	55	11	6.0
Beverages	McDonald's	Hot Chocolate with Nonfat Milk (Large)	390	68	16	6.0
Beverages	McDonald's	Iced Nonfat Latte (Small)	50	7	5	0.0
Beverages	McDonald's	Iced Nonfat Latte (Medium)	60	9	6	0.0
Beverages	McDonald's	Iced Nonfat Latte (Large)	70	11	7	0.0
Beverages	McDonald's	Iced Nonfat Caramel Latte (Small)	140	30	3	0.0
Beverages	McDonald's	Iced Nonfat Caramel Latte (Medium)	150	32	5	0.0
Beverages	McDonald's	Iced Nonfat Caramel Latte (Large)	190	40	6	0.0
Beverages	McDonald's	Iced Nonfat Hazelnut Latte (Small)	140	32	3	0.0
Beverages	McDonald's	Iced Nonfat Hazelnut Latte (Medium)	150	33	5	0.0
Beverages	McDonald's	Iced Nonfat Hazelnut Latte (Large)	190	42	6	0.0
Beverages	McDonald's	Iced Nonfat Vanilla Latte (Small)	140	31	3	0.0
Beverages	McDonald's	Iced Nonfat Vanilla Latte (Medium)	150	33	5	0.0
Beverages	McDonald's	Iced Nonfat Vanilla Latte (Large)	190	41	6	0.0
Beverages	McDonald's	Iced Nonfat Latte with Sugar Free Vanilla Syrup (Small)	40	13	4	0.0
Beverages	McDonald's	Iced Nonfat Latte with Sugar Free Vanilla Syrup (Medium)	50	14	5	0.0
Beverages	McDonald's	Iced Nonfat Latte with Sugar Free Vanilla Syrup (Large)	60	19	6	0.0
Beverages	McDonald's	Iced Mocha with Nonfat Milk (Medium)	270	43	7	8.0
Beverages	McDonald's	Iced Nonfat Caramel Mocha (Large)	300	49	11	6.0
Beverages	McDonald's	Iced Nonfat Caramel Mocha (Medium)	240	37	9	6.0
Beverages	McDonald's	Iced Nonfat Caramel Mocha (Small)	200	29	6	6.0
Beverages	McDonald's	Nonfat Caramel Mocha (Large)	280	49	12	4.0
Beverages	McDonald's	Nonfat Caramel Mocha (Medium)	240	41	9	4.0
Beverages	McDonald's	Nonfat Caramel Mocha (Small)	200	34	8	4.0
Beverages	McDonald's	Latte (Large)	210	16	11	11.0
Beverages	McDonald's	Hazelnut Cappuccino (Small)	200	34	5	5.0
Beverages	McDonald's	Hazelnut Cappuccino (Medium)	240	42	6	6.0
Beverages	McDonald's	Hazelnut Cappuccino (Large)	290	51	7	8.0
Beverages	McDonald's	Hazelnut Latte (Small)	230	36	7	7.0
Beverages	McDonald's	Hazelnut Latte (Medium)	280	45	8	8.0
Beverages	McDonald's	Hazelnut Latte (Large)	330	53	9	9.0
Beverages	McDonald's	Vanilla Cappuccino (Small)	200	34	5	5.0
Beverages	McDonald's	Vanilla Cappuccino (Medium)	240	42	6	6.0
Beverages	McDonald's	Vanilla Cappuccino (Large)	290	51	7	8.0
Beverages	McDonald's	Vanilla Latte (Small)	230	36	7	7.0



Beverages	McDonald's	Vanilla Latte (Medium)	280	44	8	8.0
Beverages	McDonald's	Vanilla Latte (Large)	330	53	9	9.0
Beverages	McDonald's	Cappuccino with Sugar Free Vanilla Syrup (Small)	100	15	5	5.0
Beverages	McDonald's	Cappuccino with Sugar Free Vanilla Syrup (Medium)	120	18	6	6.0
Beverages	McDonald's	Cappuccino with Sugar Free Vanilla Syrup (Large)	150	22	8	8.0
Beverages	McDonald's	Latte with Sugar Free Vanilla Syrup (Small)	130	17	7	7.0
Beverages	McDonald's	Latte with Sugar Free Vanilla Syrup (Medium)	160	21	8	8.0
Beverages	McDonald's	Latte with Sugar Free Vanilla Syrup (Large)	180	25	10	10.0
Beverages	McDonald's	Mocha (Medium)	330	48	7	12.0
Beverages	McDonald's	Mocha (Large)	400	58	10	14.0
Beverages	McDonald's	Iced Hazelnut Latte (Small)	160	31	3	3.0
Beverages	McDonald's	Iced Hazelnut Latte (Medium)	180	33	4	4.5
Beverages	McDonald's	Iced Hazelnut Latte (Large)	230	41	6	6.0
Beverages	McDonald's	Iced Vanilla Latte (Small)	160	31	3	3.0
Beverages	McDonald's	Iced Vanilla Latte (Medium)	190	33	5	4.5
Beverages	McDonald's	Iced Vanilla Latte (Large)	230	41	6	6.0
Beverages	McDonald's	Iced Latte with Sugar Free Vanilla Syrup (Small)	60	12	3	3.0
Beverages	McDonald's	Iced Latte with Sugar Free Vanilla Syrup (Medium)	90	14	5	5.0
Beverages	McDonald's	Iced Latte with Sugar Free Vanilla Syrup (Large)	110	19	6	6.0
Beverages	McDonald's	Iced Caramel Mocha (Large)	380	48	10	16.0
Beverages	McDonald's	Iced Caramel Mocha (Medium)	300	36	8	14.0
Beverages	McDonald's	Strawberry Banana Smoothie (Medium)	260	60	2	1.0
Beverages	McDonald's	Wild Berry Smoothie (Large)	320	75	3	1.0
Beverages	McDonald's	Wild Berry Smoothie (Medium)	260	60	3	1.0
Beverages	McDonald's	Wild Berry Smoothie (Small)	210	48	2	0.5
Appetizers & Sides	Moe's Southwest Grill	Chips	390	48	5	21.0
Appetizers & Sides	Moe's Southwest Grill	Bowl of Guacamole	308	24	7	30.0
Toppings & Ingredients	Moe's Southwest Grill	12" Flour Tortilla	310	51	8	8.0
Baked Goods	Moe's Southwest Grill	10" Flour Tortilla	200	32	5	5.0
Soup	Moe's Southwest Grill	Bowl of Baja Enchilada Soup	280	17	13	19.0
Toppings & Ingredients	Moe's Southwest Grill	12" Whole Grain Tortilla	300	48	9	8.0
Toppings & Ingredients	Moe's Southwest Grill	Adobo Chicken, Regular	148	4	38	16.0
Toppings & Ingredients	Moe's Southwest Grill	Pork Carnitas, Regular	131	2	34	16.0
Toppings & Ingredients	Moe's Southwest Grill	Ground Beef, Regular	124	10	22	14.0
Toppings & Ingredients	Moe's Southwest Grill	Organic Tofu, Regular	108	4	20	16.0

Toppings & Ingredients	Moe's Southwest Grill	Fish, Regular	106	2	40	8.0
Toppings & Ingredients	Moe's Southwest Grill	Black Beans	129	22	8	2.0
Toppings & Ingredients	Moe's Southwest Grill	Pinto Beans	120	21	8	1.0
Toppings & Ingredients	Moe's Southwest Grill	Seasoned Rice	150	33	3	1.0
Toppings & Ingredients	Moe's Southwest Grill	Queso	136	6	6	11.0
Toppings & Ingredients	Moe's Southwest Grill	Sour Cream	68	2	2	6.0
Toppings & Ingredients	Moe's Southwest Grill	Shredded Lettuce	5	1	1	0.0
Toppings & Ingredients	Moe's Southwest Grill	Black Olives	37	2	0	4.0
Toppings & Ingredients	Moe's Southwest Grill	Pickled Jalapenos	5	1	0	0.0
Toppings & Ingredients	Moe's Southwest Grill	Chipotle Ranch	71	1	1	8.0
Toppings & Ingredients	Moe's Southwest Grill	Grilled Peppers	17	2	1	1.0
Toppings & Ingredients	Moe's Southwest Grill	Diced Tomatoes	13	3	1	0.0
Toppings & Ingredients	Moe's Southwest Grill	Fresh Jalapenos	3	1	0	0.0
Toppings & Ingredients	Moe's Southwest Grill	Shredded Cheese	121	2	8	10.0
Toppings & Ingredients	Moe's Southwest Grill	Guacamole	53	4	1	5.0
Toppings & Ingredients	Moe's Southwest Grill	Pico De Gallo	16	4	1	1.0
Toppings & Ingredients	Moe's Southwest Grill	Grilled Mushrooms	25	2	1	2.0
Toppings & Ingredients	Moe's Southwest Grill	Diced Cucumbers	4	1	1	0.0
Toppings & Ingredients	Moe's Southwest Grill	Bacon Pieces	99	1	10	7.0
Toppings & Ingredients	Moe's Southwest Grill	Grilled Onions	23	3	1	2.0
Toppings & Ingredients	Moe's Southwest Grill	Corn Pico	39	7	1	2.0
Toppings & Ingredients	Moe's Southwest Grill	Chopped Cilantro	1	0	0	0.0
Toppings & Ingredients	Moe's Southwest Grill	Diced Onions	2	2	0	0.0
Toppings & Ingredients	Moe's Southwest Grill	Pork Carnitas, Regular	50	2	14	8.0
Toppings & Ingredients	Moe's Southwest Grill	Fish, Regular	38	2	22	6.0
Toppings & Ingredients	Moe's Southwest Grill	Queso	96	5	5	8.0
Toppings & Ingredients	Moe's Southwest Grill	Black Beans	83	14	6	2.0
Toppings & Ingredients	Moe's Southwest Grill	Pinto Beans	77	14	6	1.0
Toppings & Ingredients	Moe's Southwest Grill	Sour Cream	34	1	1	3.0
Toppings & Ingredients	Moe's Southwest Grill	Shredded Lettuce	3	1	1	0.0
Toppings & Ingredients	Moe's Southwest Grill	Black Olives	22	2	0	3.0
Toppings & Ingredients	Moe's Southwest Grill	Pickled Jalapenos	3	1	0	0.0
Toppings & Ingredients	Moe's Southwest Grill	Chipotle Ranch	43	1	1	5.0
Toppings & Ingredients	Moe's Southwest Grill	Grilled Peppers	10	2	1	1.0
Appetizers & Sides	Moe's Southwest Grill	Cup of Queso	568	26	26	46.0

Toppings & Ingredients	Moe's Southwest Grill	Shredded Cheese	66	1	5	6.0
Toppings & Ingredients	Moe's Southwest Grill	Guacamole	31	3	1	3.0
Toppings & Ingredients	Moe's Southwest Grill	Pico De Gallo	10	3	1	1.0
Toppings & Ingredients	Moe's Southwest Grill	Grilled Mushrooms	15	2	1	2.0
Toppings & Ingredients	Moe's Southwest Grill	Diced Cucumbers	3	1	1	0.0
Toppings & Ingredients	Moe's Southwest Grill	Bacon Pieces	62	1	7	5.0
Toppings & Ingredients	Moe's Southwest Grill	Grilled Onions	14	2	1	2.0
Toppings & Ingredients	Moe's Southwest Grill	Corn Pico	23	4	1	1.0
Toppings & Ingredients	Moe's Southwest Grill	Diced Tomatoes	8	2	1	0.0
Toppings & Ingredients	Moe's Southwest Grill	Shredded Cheese	242	4	16	20.0
Appetizers & Sides	Moe's Southwest Grill	Chips	693	86	9	38.0
Toppings & Ingredients	Moe's Southwest Grill	Salad Bowl	455	34	7	33.0
Appetizers & Sides	Moe's Southwest Grill	Cup of Guacamole	238	18	5	23.0
Toppings & Ingredients	Moe's Southwest Grill	El Guapo	9	2	1	0.0
Toppings & Ingredients	Moe's Southwest Grill	Tomatillo	8	2	1	1.0
Toppings & Ingredients	Moe's Southwest Grill	Southwest Vinaigrette	77	2	0	8.0
Appetizers & Sides	Moe's Southwest Grill	Bowl of Queso	848	39	39	69.0
Toppings & Ingredients	Moe's Southwest Grill	Kaiser	10	3	1	0.0
Toppings & Ingredients	Moe's Southwest Grill	Hard Rock & Roll Hot Sauce	6	1	1	1.0
Toppings & Ingredients	Moe's Southwest Grill	Chopped Romaine	17	2	2	0.0
Toppings & Ingredients	Moe's Southwest Grill	Southwest Slaw	17	1	1	2.0
Toppings & Ingredients	Moe's Southwest Grill	Queso	272	12	12	22.0
Toppings & Ingredients	Moe's Southwest Grill	Ground Beef, Regular	85	8	18	10.0
Toppings & Ingredients	Moe's Southwest Grill	Adobo Chicken, Double	296	8	76	32.0
Toppings & Ingredients	Moe's Southwest Grill	Pork Carnitas, Double	262	4	68	32.0
Toppings & Ingredients	Moe's Southwest Grill	Organic Tofu, Double	216	8	40	32.0
Toppings & Ingredients	Moe's Southwest Grill	Fish, Double	212	4	80	16.0
Toppings & Ingredients	Moe's Southwest Grill	Ground Beef, Double	248	20	44	28.0
Toppings & Ingredients	Moe's Southwest Grill	Lime Wedge	3	1	0	0.0
Toppings & Ingredients	Moe's Southwest Grill	Ground Beef, Double	170	16	36	20.0
Toppings & Ingredients	Moe's Southwest Grill	Southwest Vinaigrette	52	2	0	6.0
Toppings & Ingredients	Moe's Southwest Grill	Fresh Jalapenos	2	1	0	0.0
Toppings & Ingredients	Moe's Southwest Grill	Pork Carnitas, Double	100	4	28	16.0
Toppings & Ingredients	Moe's Southwest Grill	Cilantro Lime Rice	169	33	4	3.0
Toppings & Ingredients	Moe's Southwest Grill	Southwest Vinaigrette	205	5	1	21.0

Toppings & Ingredients	Moe's Southwest Grill	Chipotle Ranch	241	3	1	26.0
Baked Goods	Moe's Southwest Grill	5.5" Corn Tortilla	53	11	1	1.0
Toppings & Ingredients	Moe's Southwest Grill	Shredded Cabbage	4	1	1	0.0
Toppings & Ingredients	Moe's Southwest Grill	Avocado Lime Crema	11	0	0	0.0
Toppings & Ingredients	Moe's Southwest Grill	Queso Fresco	20	0	0	2.0
Soup	Moe's Southwest Grill	Cup of Black Bean Queso	636	38	31	49.0
Soup	Moe's Southwest Grill	Cup of Spicy Queso	626	29	34	51.0
Toppings & Ingredients	Moe's Southwest Grill	Space B'green Us	27	2	0	2.0
Toppings & Ingredients	Moe's Southwest Grill	Pickled Red Onions	4	1	1	0.0
Toppings & Ingredients	Moe's Southwest Grill	Quinoa	360	60	12	12.0
Toppings & Ingredients	Moe's Southwest Grill	Steak, Double	90	4	20	8.0
Toppings & Ingredients	Moe's Southwest Grill	Mojo Chicken, Regular	100	4	12	16.0
Toppings & Ingredients	Moe's Southwest Grill	Mojo Chicken, Double	200	8	24	32.0
Toppings & Ingredients	Moe's Southwest Grill	Quinoa	84	14	3	2.8
Toppings & Ingredients	Moe's Southwest Grill	Steak, Double	208	12	60	20.0
Desserts	Moe's Southwest Grill	Cinnamon Chips	439	49	7	25.0
Desserts	Moe's Southwest Grill	Brownie	200	26	2	10.0
Desserts	Moe's Southwest Grill	Snickerdoodle Cookie	170	22	2	8.0
Desserts	Moe's Southwest Grill	Oatmeal Raisin Cookie	150	23	3	6.0
Desserts	Moe's Southwest Grill	Chocolate Chunk Cookie	160	23	2	8.0
Toppings & Ingredients	Moe's Southwest Grill	Tres Jalapeno	15	2	1	0.0
Appetizers & Sides	Moe's Southwest Grill	Side of Quinoa	30	5	1	1.0
Toppings & Ingredients	Moe's Southwest Grill	Chicken, Double	112	8	32	16.0
Toppings & Ingredients	Moe's Southwest Grill	Chicken, Regular	56	4	16	8.0
Toppings & Ingredients	Moe's Southwest Grill	Shredded Cheese	132	2	10	12.0
Toppings & Ingredients	Moe's Southwest Grill	Chopped Cilantro	1	0	0	0.0
Toppings & Ingredients	Moe's Southwest Grill	Fish, Double	76	4	44	12.0
Toppings & Ingredients	Moe's Southwest Grill	(2) 6" Corn Tortillas	130	16	2	8.0
Baked Goods	Moe's Southwest Grill	5.5" Flour Tortilla	89	14	2	2.0
Baked Goods	Moe's Southwest Grill	5.5" Crispy Corn Tortilla	50	8	1	2.0
Soup	Moe's Southwest Grill	Cup of Chili Con Queso	645	31.5	33.5	50.5
Toppings & Ingredients	Moe's Southwest Grill	White Meat Chicken, Regular	130	0	46	8.0
Toppings & Ingredients	Moe's Southwest Grill	White Meat Chicken, Double	260	0	92	16.0
Toppings & Ingredients	Moe's Southwest Grill	Seasoned Rice	300	66	6	2.0
Toppings & Ingredients	Moe's Southwest Grill	Cilantro Lime Rice	338	66	8	3.0

Toppings & Ingredients	Moe's Southwest Grill	Queso	144	8	8	12.0
Toppings & Ingredients	Moe's Southwest Grill	Steak, Regular	45	2	10	4.0
Toppings & Ingredients	Moe's Southwest Grill	Tofu, Regular	43	4	10	8.0
Toppings & Ingredients	Moe's Southwest Grill	Tofu, Double	86	8	20	16.0
Toppings & Ingredients	Moe's Southwest Grill	White Meat Chicken, Regular	57	0	20	4.0
Toppings & Ingredients	Moe's Southwest Grill	White Meat Chicken, Double	114	0	40	8.0
Toppings & Ingredients	Moe's Southwest Grill	Adobo Chicken	17	2	2	0.0
Toppings & Ingredients	Moe's Southwest Grill	Steak, Regular	104	6	30	10.0
Baked Goods	O'Charley's	Unsliceably Soft Yeast Roll	130	25	4	2.0
Soup	O'Charley's	Chicken Harvest Soup	210	20	2	13.0
Soup	O'Charley's	Chicken Tortilla Soup	190	20	13	7.0
Salads	O'Charley's	California Chicken Salad, Full	1020	71	38	67.0
Salads	O'Charley's	Southern Pecan Chicken Tender Salad, Full	1550	95	50	106.0
Salads	O'Charley's	Southern Fried Chicken Salad	1550	48	82	110.0
Burgers	O'Charley's	Classic Cheeseburger (No Side)	930	47	42	61.0
Burgers	O'Charley's	Cheeseburger, Kids (No Side)	450	23	19	30.0
Entrees	O'Charley's	Mini Corn Dogs, Kids (No Sides)	480	27	11	37.0
Entrees	O'Charley's	Grilled Top Sirloin, 12 oz. (No Side)	530	1	50	36.0
Entrees	O'Charley's	Grilled Top Sirloin, 6 oz. (No Side)	270	0	25	18.0
Entrees	O'Charley's	Steak & Chicken Tenders, 6-oz. (no sides)	1030	26	68	67.0
Entrees	O'Charley's	Steak & Grilled Atlantic Salmon, 6-oz. (no sides)	750	5	73	33.0
Entrees	O'Charley's	Filet Mignon With Garlic Butter (No Side)	580	1	38	47.0
Entrees	O'Charley's	Hand Battered Fish n' Chips	1420	85	57	92.0
Entrees	O'Charley's	Chicken Tenders, Kids (No Side)	340	12	29	16.0
Entrees	O'Charley's	Jr. Macaroni and Cheese	320	47	15	22.0
Entrees	O'Charley's	Jr. Waffle	1030	120	11	58.0
Entrees	O'Charley's	Overloaded Brunch Platter	1430	112	55	92.0
Entrees	O'Charley's	Slow Roasted Prime Rib, 16 oz. (No Side)	1460	4	82	120.0
Appetizers & Sides	O'Charley's	Eggs to Order, 2 Ea. Side	290	1	14	25.0
Entrees	O'Charley's	Ultimate Omelet w/White Toast	1330	98	59	76.0
Fried Potatoes	O'Charley's	French Fries, 6 oz.	400	40	4	24.0
Fried Potatoes	O'Charley's	French Fries, Kids	230	23	2	14.0
Fried Potatoes	O'Charley's	Sweet Potato Fries, 1 Portion	280	27	3	19.0
Appetizers & Sides	O'Charley's	Three Strips Of Applewood-Smoked Bacon, 3 Sl., Side	90	0	6	8.0
Appetizers & Sides	O'Charley's	Baked Potato, 1 Each	200	50	8	1.0

Appetizers & Sides	O'Charley's	Broccoli, 5 oz.	110	6	3	8.0
Appetizers & Sides	O'Charley's	Grilled Asparagus, 1 Portion	60	3	2	5.0
Appetizers & Sides	O'Charley's	Loaded Baked Potato, 1 Portion	490	53	17	27.0
Appetizers & Sides	O'Charley's	Seasoned Rice Pilaf, 1 Portion	160	27	3	4.0
Appetizers & Sides	O'Charley's	Bacon Smashed Potatoes	350	44	8	16.0
Toppings & Ingredients	O'Charley's	Balsamic Vinaigrette, 2 oz.	280	12	0	26.0
Toppings & Ingredients	O'Charley's	Dressing, Bleu Cheese, 2 oz.	300	2	2	32.0
Toppings & Ingredients	O'Charley's	Dressing, Honey Mustard, 2 oz.	340	10	0	34.0
Toppings & Ingredients	O'Charley's	Dressing, Light Ranch, 2 oz.	70	4	2	5.0
Toppings & Ingredients	O'Charley's	Dressing, Ranch, 2 oz.	220	4	2	22.0
Toppings & Ingredients	O'Charley's	Dressing, Thousand Island, 2 oz.	240	6	2	22.0
Desserts	O'Charley's	Ooey Goey Caramel Pie, Slice	640	76	7	39.0
Salads	O'Charley's	California Chicken Salad, Half	660	40	33	43.0
Entrees	O'Charley's	Santa Fe Tilapia (w/Rice Pilaf)	430	33	46	14.0
Soup	O'Charley's	Cream of Tomato Basil Soup	580	18	6	58.0
Salads	O'Charley's	Southern Fried Chicken Salad, Half	900	31	72	49.0
Burgers	O'Charley's	Hamburger, Kids (No Cheese, No Side)	370	23	14	24.0
Desserts	O'Charley's	Southern Pecan Pie, Slice	730	78	7	45.0
Desserts	O'Charley's	Country Apple Pie, Slice	630	77	3	35.0
Desserts	O'Charley's	French Silk Pie, Slice	580	49	5	43.0
Sandwiches	O'Charley's	Classic French Dip (No Side)	1020	79	66	44.0
Appetizers & Sides	O'Charley's	Top Shelf Combination Appetizer	1880	74	88	132.0
Appetizers & Sides	O'Charley's	Spicy Jack Cheese Wedges	720	44	24	48.0
Appetizers & Sides	O'Charley's	Ham Steak, Side	120	2	20	3.0
Appetizers & Sides	O'Charley's	Applesauce, 1 Portion	50	13	0	0.0
Appetizers & Sides	O'Charley's	Carrot Sticks with Ranch Dressing	200	11	2	17.0
Appetizers & Sides	O'Charley's	Mandarin Orange Slices	60	15	1	0.0
Baked Goods	O'Charley's	Wheat Toast, 1 Sl.	220	27	5	9.0
Baked Goods	O'Charley's	White Toast, 1 Sl.	220	29	2	9.0
Desserts	O'Charley's	Southern Pecan Pie, Whole	3840	444	42	210.0
Desserts	O'Charley's	Ooey Goey Caramel Pie, Whole	4320	588	58	217.0
Desserts	O'Charley's	Country Apple Pie, Whole	3190	437	18	150.0
Desserts	O'Charley's	French Silk Pie, Whole	4050	314	30	318.0
Entrees	O'Charley's	New Orleans Cajun Chicken Pasta	1170	99	53	61.0
Appetizers & Sides	O'Charley's	O'Charley's Chicken Tenders Appetizer, Buffalo	1080	34	74	64.0

Appetizers & Sides	O'Charley's	O'Charley's Chicken Tender Appetizer, Chipotle	1160	107	80	40.0
Appetizers & Sides	O'Charley's	O'Charley's Famous Chicken Tenders Appetizer, Original	1100	37	72	65.0
Entrees	O'Charley's	Slow Roasted Prime Rib, 8 oz. (No Side)	830	3	41	70.0
Entrees	O'Charley's	Cedar-Planked Salmon (No Side)	470	2	50	28.0
Entrees	O'Charley's	Hand-Breaded Catfish Dinner w/Fries & Coleslaw	1720	103	43	124.0
Entrees	O'Charley's	Classic Eggs Benedict	1030	72	38	64.0
Entrees	O'Charley's	Ultimate Omelet w/Wheat Bread	1330	95	62	76.0
Entrees	O'Charley's	Strawberry Waffle Combo, with Bacon	1420	130	31	88.0
Entrees	O'Charley's	Strawberry Waffle Combo, with Ham Steak	1450	132	45	83.0
Entrees	O'Charley's	Southern Pecan Waffle Combo, with Bacon	1620	130	34	109.0
Entrees	O'Charley's	Southern Pecan Waffle Combo, with Ham Steak	1650	132	48	104.0
Entrees	O'Charley's	Belgian Waffle Combo, with Ham Steak	1430	128	45	83.0
Entrees	O'Charley's	Belgian Waffle Combo, with Bacon	1400	126	31	88.0
Entrees	O'Charley's	Grilled Chicken Breast, Kids (No Side)	160	3	27	5.0
Fried Potatoes	O'Charley's	Parmesan Brunch Potatoes, 6 oz.	440	41	6	26.0
Salads	O'Charley's	Classic Cobb Salad	1140	36	50	92.0
Salads	O'Charley's	Southern Pecan Chicken Tender Salad, Half	1200	65	45	82.0
Sandwiches	O'Charley's	Grilled Cheese, Kids (No Side)	550	52	20	26.0
Toppings & Ingredients	O'Charley's	Avocado, Salad Add-On	80	4	1	7.0
Toppings & Ingredients	O'Charley's	Balsamic Vinaigrette, 3 oz.	420	18	0	39.0
Toppings & Ingredients	O'Charley's	Dressing, Bleu Cheese, 3 oz.	450	3	3	48.0
Toppings & Ingredients	O'Charley's	Dressing, Honey Mustard, 3 oz.	510	15	0	51.0
Toppings & Ingredients	O'Charley's	Dressing, Light Ranch, 3 oz.	100	6	3	7.0
Toppings & Ingredients	O'Charley's	Dressing, Ranch, 3 oz.	330	6	3	33.0
Toppings & Ingredients	O'Charley's	Dressing, Thousand Island, 3 oz.	360	9	3	33.0
Soup	O'Charley's	Loaded Potato Soup	470	44	12	27.0
Entrees	O'Charley's	Ribeye Steak 10 oz. (No Side)	720	1	53	56.0
Appetizers & Sides	O'Charley's	Loaded Potato Skins	1400	44	62	109.0
Appetizers & Sides	O'Charley's	Crispy Pickle Chips	690	56	8	47.0
Entrees	O'Charley's	Grilled Chicken Bowl	680	46	37	41.0
Entrees	O'Charley's	Corneal Breaded Catfish w/ Fries & Coleslaw	1380	74	40	101.0
Entrees	O'Charley's	Grilled Salmon Bowl	990	44	49	70.0
Appetizers & Sides	O'Charley's	Coleslaw, 1 Por.	200	12	2	15.0
Salads	O'Charley's	House (No Dressing), Side	150	19	7	7.0
Salads	O'Charley's	California Chicken Salad, Platter	4120	291	152	268.0

Entrees	O'Charley's	Chopped Steak	1100	49	55	95.0
Sandwiches	O'Charley's	Crispy Chicken Tacos (No Side)	980	82	47	46.0
Sandwiches	O'Charley's	Fish Tacos (No Side)	1090	102	44	54.0
Sandwiches	O'Charley's	Nashville Hot Chicken Tacos (No Side)	1230	81	50	73.0
Desserts	O'Charley's	Strawberry Cheesecake	710	71	9	46.0
Desserts	O'Charley's	Bananas Foster Cheesecake	970	110	12	58.0
Appetizers & Sides	O'Charley's	Smashed Potatoes	160	24	3	15.0
Entrees	O'Charley's	O'Charley's Famous Chicken Tenders Dinner, Nashville Hot (No Side)	1260	44	67	87.0
Entrees	O'Charley's	O'Charley's Chicken Tender Dinner, Buffalo (No Side)	1070	31	74	64.0
Entrees	O'Charley's	O'Charley's Chicken Tender Dinner (No Side)	1100	37	72	65.0
Entrees	O'Charley's	O'Charley's Chicken Tender Dinner, Chipotle (No Side)	1040	77	77	40.0
Entrees	O'Charley's	Steak, 6 oz. & Half Portion Baby Back Ribs (No Side)	890	48	59	49.0
Entrees	O'Charley's	Buttermilk Fried Shrimp Dinner (No Side)	740	56	25	49.0
Entrees	O'Charley's	Fresh Atlantic Grilled Salmon Blackened, 6 oz. (No Side)	340	3	34	21.0
Entrees	O'Charley's	Fresh Atlantic Grilled Salmon Chipotle, 6 oz. (No Side)	460	32	37	21.0
Entrees	O'Charley's	Fresh Atlantic Grilled Salmon Blackened, 9 oz. (No Side)	500	3	51	31.0
Entrees	O'Charley's	Fresh Atlantic Grilled Salmon Chipotle, 9 oz. (No Side)	620	32	54	31.0
Entrees	O'Charley's	Rib-Eye Steak (No Side)	840	1	46	71.0
Entrees	O'Charley's	Louisiana Sirloin (No Side)	600	3	50	43.0
Entrees	O'Charley's	O'Charley's Baby Back Ribs, (No Side)	1220	95	67	62.0
Entrees	O'Charley's	O'Charley's Baby Back Ribs, Nashville Hot (No Side)	1540	63	70	110.0
Entrees	O'Charley's	O'Charley's Baby Back Ribs, Carolina Gold (No Side)	1220	96	67	62.0
Entrees	O'Charley's	Bacon And Bourbon Glazed Filet (No Side)	640	28	42	42.0
Burgers	O'Charley's	Better Cheddar Bacon Burger (No Side)	1000	49	46	68.0
Sandwiches	O'Charley's	Chicken Sandwich, Carolina BBQ (no side)	650	74	41	22.0
Entrees	O'Charley's	Grilled Chicken Salad, Kids (No Side)	240	19	23	9.0
Entrees	O'Charley's	Fresh Atlantic Grilled Salmon Bourbon, 6 oz. (No Side)	430	29	34	21.0
Entrees	O'Charley's	Fresh Atlantic Grilled Salmon Bourbon, 9 oz. (No Side)	590	29	51	31.0
Desserts	O'Charley's	Brownie Lover's Brownie	1650	227	24	77.0
Entrees	O'Charley's	Honey-Drizzled Southern Fried Chicken	430	18	30	25.0
Appetizers & Sides	O'Charley's	Spinach & Artichoke Dip	710	77	18	34.0
Appetizers & Sides	O'Charley's	O'Charley's Fried Green Tomatoes	610	92	8	23.0
Entrees	O'Charley's	Savannah Scramble w/ Wheat Toast	1520	92	65	97.0
Entrees	O'Charley's	Savannah Scramble w/ White Toast	1520	94	62	97.0
Sandwiches	O'Charley's	Deconstructed Breakfast Taco	1480	101	74	85.0



Entrees	O'Charley's	Country Sausage Scramble w/ Wheat Toast	1780	81	79	125.0
Entrees	O'Charley's	Country Sausage Scramble w/ White Toast	1780	83	76	125.0
Sandwiches	O'Charley's	Nashville Hot Chicken Sandwich with French Fries	2000	119	47	101.0
Entrees	O'Charley's	Garlic Shrimp Pasta	950	104	37	43.0
Appetizers & Sides	O'Charley's	Chips & Spicy White Queso	520	31	16	38.0
Appetizers & Sides	O'Charley's	Nashville Hot Deviled Eggs	720	24	18	61.0
Appetizers & Sides	O'Charley's	Mashed Sweet Potatoes	180	35	3	3.5
Appetizers & Sides	O'Charley's	Mac & Cheese	450	47	15	22.0
Appetizers & Sides	O'Charley's	Classic Bleu Cheese Wedge	580	10	13	57.0
Desserts	O'Charley's	Double-Crust Cherry Pie, Slice	600	69	4	35.0
Desserts	O'Charley's	Goo Goo Crunch	1450	155	17	93.0
Desserts	O'Charley's	Double-Crust Cherry Pie, Whole	3030	398	23	149.0
Entrees	O'Charley's	Slow Roasted Prime Rib, 12 oz. (No Side)	1140	3	61	95.0
Entrees	O'Charley's	Cinnamon French Toast w/ Ham	1140	138	49	42.0
Entrees	O'Charley's	Chicken Tenders & Fries	1410	74	68	85.0
Entrees	O'Charley's	Peach Chutney Chicken (no side)	470	69	31	8.0
Entrees	O'Charley's	Nashville Fried Chicken, 5 oz. Breast	660	24	32	48.0
Entrees	O'Charley's	Low Country Shrimp with Rice	520	39	20	31.0
Entrees	O'Charley's	Cinnamon French Toast w/ Bacon	1100	136	35	46.0
Entrees	O'Charley's	Kids Steak Tips w/ French Fries	540	24	19	40.0
Entrees	O'Charley's	Strawberries & Cream French Toast w/ Bacon	950	108	37	41.0
Entrees	O'Charley's	Strawberries & Cream French Toast w/ Ham	980	110	51	37.0
Entrees	O'Charley's	Bananas Foster French Toast w/ Bacon	1100	137	38	48.0
Entrees	O'Charley's	Bananas Foster French Toast w/ Ham	1140	139	58	43.0
Salads	O'Charley's	Steakhouse Wedge Salad with Chicken	750	17	39	60.0
Salads	O'Charley's	Steakhouse Wedge Salad with Salmon	910	15	46	73.0
Salads	O'Charley's	Steakhouse Wedge Salad with Steak	930	15	44	78.0
Entrees	O'Charley's	Ribs & Chicken Tenders, Carolina (no sides)	910	80	55	37.0
Entrees	O'Charley's	Ribs & Chicken Tenders, Chipotle (no sides)	1030	108	63	37.0
Entrees	O'Charley's	Ribs & Chicken Tenders, Nash Hot (no sides)	1230	42	58	87.0
Entrees	O'Charley's	Seafood Platter	1950	141	71	121.0
Entrees	O'Charley's	Ribs & Chicken Tenders, BBQ (no sides)	950	84	55	37.0
Entrees	O'Charley's	Whiskey Chicken Pasta	1210	108	53	63.0
Entrees	O'Charley's	Chicken Parmesan	1320	122	66	64.0
Salads	O'Charley's	Sonoma Chicken Salad	890	78	43	46.0

Desserts	O'Charley's	Frozen Strawberry Lemonade Pie, Slice	650	112	6	22.0
Desserts	O'Charley's	Frozen Strawberry Lemonade Pie, Whole	3900	671	37	134.0
Pizza	O'Charley's	Cheese Pizza, Kids	460	62	22	13.0
Entrees	O'Charley's	Jr. Brunch with Wheat Toast	750	73	15	43.0
Entrees	O'Charley's	Jr. Brunch with White Toast	750	75	12	43.0
Entrees	O'Charley's	O'Charley's BBQ Ribs, Platter	4960	381	269	249.0
Sandwiches	O'Charley's	Club Sandwich (No Side)	950	91	46	85.0
Sandwiches	O'Charley's	Club Sandwich, Half (no soup or salad)	800	49	23	55.0
Entrees	O'Charley's	Veggie Omelet	1180	47	44	65.0
Entrees	O'Charley's	Jr. Shrimp (No Side)	400	23	15	29.0
Appetizers & Sides	O'Charley's	O'Charley's Famous Chicken Tenders Appetizer, Nashville Hot	1260	44	67	87.0
Entrees	O'Charley's	Chicken Pot Pie	1310	90	31	89.0
Toppings & Ingredients	O'Charley's	Chicken Breast, Burger Substitute	160	3	27	5.0
Entrees	O'Charley's	BBQ Ribs, Kids (No Side)	390	41	17	16.0
Baked Goods	Olive Garden	Breadstick with garlic topping (1 ea.)	140	25	4	2.5
Soup	Olive Garden	Chicken & Gnocchi Soup	230	22	11	12.0
Soup	Olive Garden	Minestrone Soup	110	17	5	1.0
Soup	Olive Garden	Pasta Fagioli Soup	150	16	8	5.0
Soup	Olive Garden	Zuppa Toscana Soup	220	15	7	15.0
Salads	Olive Garden	Salad with Signature Italian Dressing	150	13	3	10.0
Salads	Olive Garden	Salad without Dressing	70	11	2	2.0
Entrees	Olive Garden	Cheese Ravioli with Marinara Sauce	750	63	41	38.0
Entrees	Olive Garden	Cheese Ravioli with Meat Sauce	860	65	50	46.0
Entrees	Olive Garden	Eggplant Parmigiana	1070	108	35	58.0
Entrees	Olive Garden	Fettuccine Alfredo	1310	95	30	90.0
Entrees	Olive Garden	Five Cheese Ziti al Forno	1170	98	46	69.0
Entrees	Olive Garden	Lasagna Classico	940	61	54	55.0
Entrees	Olive Garden	Lasagna Classico, Lunch-Sized Favorites	500	33	29	30.0
Entrees	Olive Garden	Tour of Italy	1550	99	72	97.0
Entrees	Olive Garden	Chicken Parmigiana	1020	80	64	51.0
Entrees	Olive Garden	Chicken & Shrimp Carbonara	1390	75	64	94.0
Entrees	Olive Garden	Chicken Scampi	1260	105	49	72.0
Toppings & Ingredients	Olive Garden	Meatball, Create Your Own Pasta, Kids	160	2	8	13.0
Toppings & Ingredients	Olive Garden	Shrimp, Create Your Own Pasta, Kids	45	0	10	0.0
Toppings & Ingredients	Olive Garden	Fettuccine, Create Your Own Pasta, Kids	220	42	7	1.5

Toppings & Ingredients	Olive Garden	Small Shells, Create Your Own Pasta, Kids	210	42	7	2.0
Toppings & Ingredients	Olive Garden	Spaghetti, Create Your Own Pasta, Kids	170	33	6	1.5
Appetizers & Sides	Olive Garden	Calamari	670	48	24	42.0
Appetizers & Sides	Olive Garden	Lasagna Fritta	1130	75	39	76.0
Toppings & Ingredients	Olive Garden	Alfredo Sauce, Create Your Own Pasta, Kids	440	5	8	43.0
Toppings & Ingredients	Olive Garden	Meat Sauce, Create Your Own Pasta, Kids	110	7	5	7.0
Toppings & Ingredients	Olive Garden	Tomato Sauce, Create Your Own Pasta, Kids	80	8	1	5.0
Entrees	Olive Garden	Cheese Ravioli	340	33	17	16.0
Entrees	Olive Garden	Chicken Fingers & Pasta	400	42	24	16.0
Entrees	Olive Garden	Macaroni & Cheese	360	45	16	14.0
Toppings & Ingredients	Olive Garden	Five Cheese Marinara	200	9	5	17.0
Entrees	Olive Garden	Herb-Grilled Salmon	490	8	45	33.0
Pizza	Olive Garden	Cheese Pizza	400	54	17	13.0
Appetizers & Sides	Olive Garden	Grapes	40	11	0	0.0
Appetizers & Sides	Olive Garden	Steamed Broccoli, Kids	35	7	4	0.0
Toppings & Ingredients	Olive Garden	Alfredo	440	5	8	43.0
Toppings & Ingredients	Olive Garden	Marinara	70	8	2	4.5
Desserts	Olive Garden	Black Tie Mousse Cake	750	76	9	50.0
Desserts	Olive Garden	Tiramisu	470	54	6	27.0
Beverages	Olive Garden	Diet Coke	0	0	0	0.0
Beverages	Olive Garden	Dr. Pepper	150	41	0	0.0
Beverages	Olive Garden	Sprite	140	38	0	0.0
Beverages	Olive Garden	Iced Tea, Bellini Peach-Raspberry	80	18	0	0.0
Beverages	Olive Garden	Lemonade, Raspberry	160	45	0	0.0
Beverages	Olive Garden	Berry Sangria (Glass)	210	30	0	0.0
Beverages	Olive Garden	Berry Sangria (Pitcher)	870	126	1	0.0
Beverages	Olive Garden	Cappuccino	150	13	9	6.0
Beverages	Olive Garden	Light Draft (16 oz)	140	6	1	0.0
Beverages	Olive Garden	Lavazza Espresso	60	6	5	1.5
Beverages	Olive Garden	Milk, 1%	100	12	8	2.5
Beverages	Olive Garden	Chocolate Milk, 1%	180	31	8	2.5
Beverages	Olive Garden	Juice, Apple	170	42	0	0.0
Beverages	Olive Garden	Juice, Cranberry	180	45	0	0.0
Beverages	Olive Garden	Juice, Orange	180	40	3	0.0
Beverages	Olive Garden	Raspberry Lemonade	110	30	0	0.0

Beverages	Olive Garden	Juice, Apple	210	53	0	0.0
Beverages	Olive Garden	Juice, Cranberry	230	56	0	0.0
Beverages	Olive Garden	Juice, Orange	230	51	4	0.0
Beverages	Olive Garden	Juice, Pineapple	250	60	2	0.5
Entrees	Olive Garden	Shrimp Alfredo	1450	96	63	91.0
Beverages	Olive Garden	Limonata, Strawberry-Passion Fruit	180	48	0	0.0
Beverages	Olive Garden	Coke Zero	0	0	0	0.0
Beverages	Olive Garden	Bottle, Angry Orchard Hard Cider	220	31	0	0.0
Toppings & Ingredients	Olive Garden	Gluten-Free Rotini	380	77	9	3.5
Toppings & Ingredients	Olive Garden	Meatballs (3)	480	7	23	40.0
Toppings & Ingredients	Olive Garden	Italian Sausage (2 Links)	470	2	27	39.0
Toppings & Ingredients	Olive Garden	Shrimp	150	1	33	1.0
Toppings & Ingredients	Olive Garden	Crispy Chicken Fritta	240	14	20	12.0
Toppings & Ingredients	Olive Garden	Five Cheese Marinara	400	17	11	33.0
Toppings & Ingredients	Olive Garden	Rigatoni	440	83	14	6.0
Toppings & Ingredients	Olive Garden	Meat Sauce	300	19	14	19.0
Toppings & Ingredients	Olive Garden	Spaghetti	340	67	12	3.5
Toppings & Ingredients	Olive Garden	Add Spicy Ranch	240	2	1	26.0
Toppings & Ingredients	Olive Garden	Alfredo (Large)	870	11	15	87.0
Toppings & Ingredients	Olive Garden	Five Cheese Marinara (Large)	400	17	11	33.0
Toppings & Ingredients	Olive Garden	Marinara (Large)	150	17	4	9.0
Appetizers & Sides	Olive Garden	Spinach-Artichoke Dip with flatbread crisps	1160	75	33	81.0
Appetizers & Sides	Olive Garden	Stuffed Ziti Fritta	500	40	27	26.0
Toppings & Ingredients	Olive Garden	Add Alfredo	220	3	4	22.0
Appetizers & Sides	Olive Garden	Toasted Ravioli	650	71	25	30.0
Toppings & Ingredients	Olive Garden	Italian Dressing	80	2	0	8.0
Entrees	Olive Garden	Cheese Ravioli with Marinara Sauce, Lunch-Sized Favorites	440	38	25	22.0
Entrees	Olive Garden	Cheese Ravioli with Meat Sauce, Lunch-Sized Favorites	500	39	29	26.0
Entrees	Olive Garden	Chicken Parmigiana, Lunch-Sized Favorites	630	61	36	29.0
Entrees	Olive Garden	Eggplant Parmigiana, Lunch-Sized Favorites	660	75	21	32.0
Entrees	Olive Garden	Fettuccine Alfredo, Lunch-Sized Favorites	650	47	15	45.0
Entrees	Olive Garden	Five Cheese Ziti al Forno, Lunch-Sized Favorites	630	57	24	35.0
Entrees	Olive Garden	Shrimp Scampi, Lunch-Sized Favorites	480	53	20	19.0
Entrees	Olive Garden	Spaghetti with Marinara Sauce, Lunch-Sized Favorites	290	50	9	6.0
Entrees	Olive Garden	Spaghetti with Meat Sauce, Lunch-Sized Favorites	360	51	14	12.0

Entrees	Olive Garden	Spaghetti with Meat Sauce & Meatballs, Lunch-Sized Favorites	680	56	30	38.0
Entrees	Olive Garden	Giant Cheese Stuffed Shells	1120	88	44	68.0
Desserts	Olive Garden	Pumpkin Cheesecake	790	70	13	51.0
Baked Goods	Olive Garden	Warm Italian Doughnuts	810	119	20	28.0
Baked Goods	Olive Garden	Add Chocolate Sauce	220	48	2	3.0
Baked Goods	Olive Garden	Add Raspberry Sauce	210	51	0	0.0
Entrees	Olive Garden	Spaghetti with Tomato Sauce, Kids	180	30	5	4.5
Beverages	Olive Garden	Smoothie, Peach	190	49	0	0.0
Entrees	Olive Garden	Grilled Chicken Parmigiana with Rotini & Marinara	810	59	75	33.0
Entrees	Olive Garden	Herb-Grilled Salmon	490	8	45	33.0
Entrees	Olive Garden	Herb-Grilled Salmon Coho (Regional)	400	8	50	19.0
Entrees	Olive Garden	Kids Grilled Chicken with Rotini Pasta & Marinara	430	58	33	9.0
Entrees	Olive Garden	Rotini Pasta with Marinara	530	94	13	12.0
Salads	Olive Garden	Salad without Croutons	110	7	2	8.0
Beverages	Olive Garden	Reds - Glass	160	5	0	0.0
Beverages	Olive Garden	Reds - Grande Pour	230	8	0	0.0
Beverages	Olive Garden	Whites And Rosé - Grande Pour	220	6	0	0.0
Beverages	Olive Garden	Bottle, Regular	150	11	1	0.0
Beverages	Olive Garden	Amaretto Sour	260	44	0	0.0
Beverages	Olive Garden	Blue Amalfi	210	23	0	0.0
Beverages	Olive Garden	Italian Rum Punch	320	48	0	0.0
Beverages	Olive Garden	Iced Tea, Mango-Strawberry	100	24	0	0.0
Beverages	Olive Garden	Lemonade, Classic	170	43	0	0.0
Beverages	Olive Garden	Minute Maid Lemonade	170	43	0	0.0
Beverages	Olive Garden	Juice, Grapefruit	190	42	4	0.0
Beverages	Olive Garden	Juice, Tomato	90	19	4	0.0
Beverages	Olive Garden	Juice, Pineapple	200	48	1	0.0
Appetizers & Sides	Olive Garden	Fried Mozzarella	800	57	33	49.0
Entrees	Olive Garden	Kids Rotini Pasta with Meat Sauce	340	48	12	11.0
Entrees	Olive Garden	Shrimp Scampi	510	54	29	20.0
Beverages	Olive Garden	Iced Coffee - Caramel	250	40	7	7.0
Beverages	Olive Garden	Iced Coffee - Traditional	210	29	7	7.0
Beverages	Olive Garden	Iced Coffee - Vanilla	240	38	7	7.0
Entrees	Olive Garden	Grilled Chicken Margherita	540	14	65	27.0
Toppings & Ingredients	Olive Garden	Marinara	150	17	4	9.0

Fried Potatoes	Olive Garden	French Fries, Kids	240	31	4	12.0
Soup	Olive Garden	Stellini Soup (Regional)	200	22	9	7.0
Toppings & Ingredients	Olive Garden	Angel Hair	350	67	12	2.5
Toppings & Ingredients	Olive Garden	Add Pepperoni	60	0	2	5.0
Beverages	Olive Garden	Coke	140	39	0	0.0
Beverages	Olive Garden	Green Apple Moscato Sangria (Glass)	200	39	0	0.0
Beverages	Olive Garden	Green Apple Moscato Sangria (Pitcher)	830	161	2	0.0
Entrees	Olive Garden	Seafood Alfredo	1430	97	56	91.0
Toppings & Ingredients	Olive Garden	Low-Fat Italian Dressing	30	2	0	2.0
Toppings & Ingredients	Olive Garden	Creamy Mushroom Sauce	860	13	10	87.0
Desserts	Olive Garden	Chocolate Brownie Lasagna	910	144	13	52.0
Entrees	Olive Garden	Rotini Pasta with Meat Sauce	680	96	23	22.0
Beverages	Olive Garden	Watermelon Moscato Sangria (Glass)	180	34	0	0.0
Beverages	Olive Garden	Spiked Strawberry Lemonade	160	21	0	0.0
Entrees	Olive Garden	Herb-Grilled Salmon Coho (Regional)	400	8	50	19.0
Soup	Olive Garden	Zuppa Toscana Soup (U.S. only)	220	15	7	15.0
Beverages	Olive Garden	Whites And Rosé - Glass	150	4	0	0.0
Beverages	Olive Garden	Light Draft (22 oz)	190	8	2	0.0
Beverages	Olive Garden	Regular Draft (16 oz)	230	16	3	0.0
Beverages	Olive Garden	Regular Draft (22 oz)	310	22	4	0.0
Appetizers & Sides	Olive Garden	Shrimp Fritto Misto	1280	101	41	79.0
Appetizers & Sides	Olive Garden	Meatballs Parmigiana	1040	27	51	83.0
Baked Goods	Olive Garden	Breadstick, plain (no garlic topping, 1 ea.)	130	25	4	1.0
Entrees	Olive Garden	Chicken Alfredo	1570	96	81	95.0
Entrees	Olive Garden	Chicken Marsala Fettuccine	1380	112	55	75.0
Entrees	Olive Garden	Chicken Tortelloni Alfredo	1980	95	112	131.0
Entrees	Olive Garden	Ravioli Carbonara	1390	63	53	104.0
Entrees	Olive Garden	Spaghetti with Meat Sauce	640	85	26	22.0
Entrees	Olive Garden	Spaghetti with Meat Sauce & Meatballs (3)	1120	92	49	62.0
Entrees	Olive Garden	Spaghetti with Meat Sauce & Sausage (2)	1110	87	52	62.0
Entrees	Olive Garden	6 oz. Sirloin	980	49	57	62.0
Desserts	Olive Garden	Sicilian Cheesecake with Strawberry Topping	730	78	12	42.0
Desserts	Olive Garden	Strawberry Cream Cake	540	69	9	26.0
Beverages	Olive Garden	Smoothie, Strawberry	220	60	0	0.0
Entrees	Olive Garden	6 oz. Tuscan Sirloin	360	9	46	18.0

Beverages	Olive Garden	Coffee	0	0	0	0.0
Beverages	Olive Garden	Italian Bottled Water	0	0	0	0.0
Entrees	Olive Garden	Kids Rotini Pasta with Marinara	260	47	6	6.0
Appetizers & Sides	On The Border	Border Sampler	2160	120	91	147.0
Appetizers & Sides	On The Border	Chips & Salsa	910	117	11	45.0
Appetizers & Sides	On The Border	Guacamole without Chip Basket	270	15	3	24.0
Appetizers & Sides	On The Border	Guacamole Live! without Chip Basket	750	42	10	68.0
Toppings & Ingredients	On The Border	Signature Queso without Chip Basket	480	18	25	35.0
Appetizers & Sides	On The Border	Side – Black Beans	210	36	11	1.5
Appetizers & Sides	On The Border	Side – Mexican Rice	220	39	4	5.0
Appetizers & Sides	On The Border	Side – Refried Beans	220	30	10	7.0
Beverages	On The Border	Diet Coke	0	0	0	0.0
Beverages	On The Border	Coke Zero	0	0	0	0.0
Beverages	On The Border	Dr Pepper	140	36	0	0.0
Beverages	On The Border	Sprite	150	37	0	0.0
Beverages	On The Border	Strawberry Lemonade	220	56	0	0.0
Beverages	On The Border	Minute Maid Lemonade	150	40	0	0.0
Beverages	On The Border	Flavored Iced Tea – Peach	70	17	0	0.0
Beverages	On The Border	Flavored Iced Tea – Mango	70	18	0	0.0
Desserts	On The Border	Border Brownie Sundae	1340	164	16	69.0
Desserts	On The Border	Sopapillas	1330	221	17	46.0
Desserts	On The Border	Sopapillas with Chocolate Sauce (2)	540	86	7	19.0
Desserts	On The Border	Sopapillas with Honey (2)	620	113	6	18.0
Desserts	On The Border	Ice Cream Sundae with Chocolate Syrup	260	44	3	9.0
Entrees	On The Border	Grilled Queso Chicken	710	56	48	35.0
Sandwiches	On The Border	Monterey Ranch Chicken	720	14	57	51.0
Entrees	On The Border	Ranchiladas	1050	40	67	69.0
Entrees	On The Border	Classic Chimichanga without Sauce – Shredded Chicken Tinga	850	52	51	47.0
Entrees	On The Border	Border's Best Lunch Fajitas – Chicken	290	10	29	16.0
Entrees	On The Border	Border's Best Lunch Fajitas – Steak	370	9	25	26.0
Salads	On The Border	House Salad without Dressing	210	23	5	11.0
Salads	On The Border	Fajita Salad – Chicken	410	27	34	21.0
Salads	On The Border	Fajita Salad – Steak	490	26	29	31.0
Sandwiches	On The Border	Dos XX Fish with Creamy Red Chile Sauce	400	31	13	25.0
Sandwiches	On The Border	Shredded Chicken Tinga – Soft Taco	190	18	12	7.0

Soup	On The Border	Chicken Tortilla Soup- Cup	320	23	17	18.0
Appetizers & Sides	On The Border	Guacamole	50	3	1	5.0
Toppings & Ingredients	On The Border	Mixed Cheese	110	1	7	9.0
Toppings & Ingredients	On The Border	Pico de Gallo	10	1	0	0.5
Toppings & Ingredients	On The Border	Sour Cream	60	1	1	5.0
Toppings & Ingredients	On The Border	Chile con Carne	110	8	6	5.0
Toppings & Ingredients	On The Border	Sour Cream Sauce	80	5	1	6.0
Toppings & Ingredients	On The Border	Ranch	230	2	1	24.0
Toppings & Ingredients	On The Border	Smoked Jalapeño Vinaigrette	120	9	0	10.0
Beverages	On The Border	Strawberry Lemonade	140	37	0	0.0
Beverages	On The Border	Soft Drink – Coke	80	23	0	0.0
Beverages	On The Border	Soft Drink – Diet Coke	0	0	0	0.0
Beverages	On The Border	Soft Drink – Dr Pepper	90	23	0	0.0
Beverages	On The Border	Soft Drink – Sprite	90	23	0	0.0
Sandwiches	On The Border	Carnitas	710	25	44	51.0
Entrees	On The Border	Lunch Size Quesadilla – Brisket	680	33	28	49.0
Sandwiches	On The Border	Empanadas –Shredded Chicken Tinga With Queso	1120	77	40	71.0
Sandwiches	On The Border	Empanadas –Seasoned Ground Beef With Queso	1130	80	40	71.0
Sandwiches	On The Border	Dos XX Fish Tacos (2)	1040	64	26	76.0
Sandwiches	On The Border	Dos XX Fish Tacos (3)	1440	95	39	101.0
Sandwiches	On The Border	Southwest Chicken Tacos (2)	1200	52	41	92.0
Sandwiches	On The Border	Southwest Chicken Tacos (3)	1670	77	61	124.0
Sandwiches	On The Border	Shredded Chicken Tinga – Crispy	200	15	11	10.0
Sandwiches	On The Border	Seasoned Ground Beef – Soft	240	19	14	11.0
Sandwiches	On The Border	Classic Burrito without Sauce – Seasoned Ground Beef	850	56	51	44.0
Sandwiches	On The Border	Border Smart Chicken Fajitas	630	78	44	18.0
Sandwiches	On The Border	Seasoned Ground Beef – Crispy	250	16	13	14.0
Toppings & Ingredients	On The Border	Signature Queso	180	7	10	13.0
Appetizers & Sides	On The Border	Stacked Nachos	2050	145	77	128.0
Entrees	On The Border	Lunch Size Quesadilla – Chicken	680	33	29	49.0
Entrees	On The Border	Lunch Size Quesadilla – Steak	720	32	28	54.0
Beverages	On The Border	Juice – Apple	100	25	0	0.0
Beverages	On The Border	Soft Drink – Coke Zero	0	0	0	0.0
Beverages	On The Border	Juice – Cranberry	120	30	0	0.0
Beverages	On The Border	Juice – Orange	140	33	3	0.0



Appetizers & Sides	On The Border	Avocado Slices (3)	60	3	1	6.0
Desserts	On The Border	Mini Sopapillas with Honey	310	57	3	9.0
Entrees	On The Border	Big Kid Nachos – Seasoned Ground Beef	740	44	35	47.0
Entrees	On The Border	Big Kid Nachos – Fajita Chicken	700	42	36	44.0
Toppings & Ingredients	On The Border	Grilled Shrimp Skewer (3 Shrimp)	50	1	7	4.5
Appetizers & Sides	On The Border	Firecracker Stuffed Jalapeños with Queso	920	49	43	61.0
Entrees	On The Border	Carne Asada	1030	53	40	71.0
Beverages	On The Border	Coffee	0	0	0	0.0
Sandwiches	On The Border	Border Queso Beef Enchilada – Seasoned Ground Beef	470	36	26	24.0
Beverages	On The Border	1800 Mercedes	280	34	0	0.0
Beverages	On The Border	Borderita	340	43	0	0.0
Beverages	On The Border	The Perfect Patrón	250	34	0	0.0
Beverages	On The Border	House (Grande)	260	26	0	0.0
Beverages	On The Border	House (Regular)	200	20	0	0.0
Beverages	On The Border	Mango Tango (Grande)	270	45	0	0.0
Beverages	On The Border	Mango Tango (Regular)	210	34	0	0.0
Beverages	On The Border	Strawbrrita (Grande)	330	58	1	0.0
Beverages	On The Border	Strawbrrita (Regular)	250	43	0	0.0
Beverages	On The Border	Bohemia	150	14	1	0.0
Beverages	On The Border	Corona Extra	150	14	1	0.0
Beverages	On The Border	Corona Light	100	5	1	0.0
Beverages	On The Border	Heineken	140	12	2	0.0
Beverages	On The Border	Modelo Especial	140	14	1	0.0
Beverages	On The Border	Modelo Negra	160	15	1	0.0
Beverages	On The Border	Pacifico	140	14	1	0.0
Beverages	On The Border	Tecate	140	14	1	0.0
Beverages	On The Border	Angry Orchard Hard Cider	190	25	0	0.0
Beverages	On The Border	Blue Moon	170	14	2	0.0
Beverages	On The Border	Bud Light	110	7	1	0.0
Beverages	On The Border	Budweiser	150	11	1	0.0
Beverages	On The Border	Coors Light	100	5	1	0.0
Beverages	On The Border	Miller Lite	100	3	1	0.0
Beverages	On The Border	Dos Equis Amber (Regular)	130	13	1	0.0
Beverages	On The Border	Dos Equis Lager (Grande)	200	17	2	0.0
Beverages	On The Border	Dos Equis Lager (Regular)	120	10	1	0.0

Beverages	On The Border	Tito's Limeade Fresca	280	41	0	0.0
Toppings & Ingredients	On The Border	Queso de Espinaca without Chip Basket	590	14	30	48.0
Appetizers & Sides	On The Border	Avocado Fries	1080	77	11	84.0
Entrees	On The Border	Chicken Flautas	590	36	26	38.0
Toppings & Ingredients	On The Border	Lime Vinaigrette	140	10	0	12.0
Sandwiches	On The Border	Grilled Shrimp	540	17	24	47.0
Sandwiches	On The Border	Veggie Burrito without Sauce with Cilantro Lime Rice & Black Beans	980	126	38	36.0
Entrees	On The Border	Veggie Chimichanga without Sauce with Cilantro Lime Rice & Black Beans	1120	126	38	52.0
Toppings & Ingredients	On The Border	Red Chile Sauce	30	6	1	0.5
Beverages	On The Border	Juice – Grapefruit	50	12	1	0.0
Beverages	On The Border	Juice – Pineapple	80	20	1	0.0
Beverages	On The Border	Juice – Tomato	30	6	1	0.0
Beverages	On The Border	Iced Tea – Sweet	110	27	0	0.0
Beverages	On The Border	Iced Tea – Unsweet	0	0	0	0.0
Beverages	On The Border	Blue Raspberry Border Blast	390	95	0	0.0
Beverages	On The Border	Cherry Border Blast	470	120	0	0.0
Beverages	On The Border	Blue Moon (Grande)	260	22	3	0.0
Beverages	On The Border	Blue Moon (Regular)	150	13	2	0.0
Beverages	On The Border	Bud Light (Grande)	170	10	1	0.0
Beverages	On The Border	Bud Light (Regular)	100	6	1	0.0
Beverages	On The Border	Coors Light (Grande)	160	8	2	0.0
Beverages	On The Border	Coors Light (Regular)	90	5	1	0.0
Beverages	On The Border	Dogfish Head 60 Minute IPA (Grande)	290	26	3	0.0
Beverages	On The Border	Dogfish Head 60 Minute IPA (Regular)	170	16	2	0.0
Beverages	On The Border	Leinenkugel Shandy Grapefruit (Grande)	230	24	2	0.0
Beverages	On The Border	Leinenkugel Shandy Grapefruit (Regular)	140	14	1	0.0
Beverages	On The Border	Leinenkugel Shandy Harvest Patch (Grande)	220	23	2	0.0
Beverages	On The Border	Leinenkugel Shandy Harvest Patch (Regular)	130	14	1	0.0
Beverages	On The Border	Leinenkugel Shandy Lemon Berry (Grande)	250	29	2	0.0
Beverages	On The Border	Leinenkugel Shandy Lemon Berry (Regular)	150	17	1	0.0
Beverages	On The Border	Leinenkugel Shandy Orange (Grande)	210	20	2	0.0
Beverages	On The Border	Leinenkugel Shandy Orange (Regular)	130	12	1	0.0
Beverages	On The Border	Leinenkugel Shandy Summer (Grande)	210	18	2	0.0
Beverages	On The Border	Leinenkugel Shandy Summer (Regular)	120	11	1	0.0
Beverages	On The Border	Michelob Ultra (Grande)	150	4	1	0.0

Beverages	On The Border	Michelob Ultra (Regular)	90	2	1	0.0
Beverages	On The Border	Miller Lite (Grande)	150	5	2	0.0
Beverages	On The Border	Miller Lite (Regular)	90	3	1	0.0
Beverages	On The Border	Modelo Especial (Grande)	220	21	2	0.0
Beverages	On The Border	Modelo Especial (Regular)	130	13	1	0.0
Beverages	On The Border	Sam Adams Boston Lager (Grande)	270	27	0	0.0
Beverages	On The Border	Sam Adams Boston Lager (Regular)	160	16	0	0.0
Beverages	On The Border	Shiner Bock (Grande)	220	19	2	0.0
Beverages	On The Border	Shiner Bock (Regular)	130	11	1	0.0
Beverages	On The Border	Corona Premium	90	3	1	0.0
Beverages	On The Border	Heineken 0.0 (Non-Alcoholic Beer)	70	16	0	0.0
Beverages	On The Border	Sol	140	12	0	0.0
Beverages	On The Border	Dos Equis Ambar	150	14	1	0.0
Beverages	On The Border	Dos Equis Lager	130	11	1	0.0
Beverages	On The Border	Michelob Ultra	100	3	1	0.0
Beverages	On The Border	Juice – Cranberry	90	21	0	0.0
Beverages	On The Border	Juice – Orange	160	37	3	0.0
Beverages	On The Border	Juice – Apple	70	18	0	0.0
Appetizers & Sides	On The Border	Grande Fajita Nachos – Fajita Chicken	1480	74	85	94.0
Appetizers & Sides	On The Border	Grande Fajita Nachos – Fajita Steak	1600	72	81	108.0
Salads	On The Border	Grande Taco Salad – Shredded Chicken Tinga	750	65	38	38.0
Salads	On The Border	Grande Taco Salad – Seasoned Ground Beef	820	68	37	44.0
Appetizers & Sides	On The Border	Stacked Nachos	2050	145	77	128.0
Appetizers & Sides	On The Border	Cilantro Lime Rice	180	37	3	2.0
Appetizers & Sides	On The Border	Guac/Queso Duo without Chip Basket	560	26	19	46.0
Desserts	On The Border	Ice Cream Sundae with Strawberry Purée	220	34	3	9.0
Toppings & Ingredients	On The Border	Border Style without Chip Basket	260	17	13	17.0
Toppings & Ingredients	On The Border	Primo Style without Chip Basket	590	21	31	43.0
Entrees	On The Border	Empanadas – Shredded Chicken with Queso	490	32	18	31.0
Entrees	On The Border	Classic Chimichanga without Sauce – Fajita Chicken	840	50	54	47.0
Entrees	On The Border	Classic Chimichanga without Sauce – Seasoned Ground Beef	970	56	51	57.0
Sandwiches	On The Border	The Big Bordurrito – Fajita Chicken	1890	167	70	106.0
Entrees	On The Border	Seasoned Ground Beef with Chile con Carne	270	19	16	14.0
Sandwiches	On The Border	Quesadillas – Fajita Steak	1270	59	50	93.0
Sandwiches	On The Border	Quesadillas – Fajita Chicken	1210	60	51	86.0

Sandwiches	On The Border	Quesadillas – Brisket	1310	77	54	88.0
Beverages	On The Border	Strawberry Shaker Margarita	420	73	0	0.0
Beverages	On The Border	Skinny 'Rita	190	24	0	0.0
Beverages	On The Border	Barrel Aged 'Rita	350	41	1	0.0
Beverages	On The Border	Blue Lagoon (Regular)	300	37	0	0.0
Beverages	On The Border	Blue Lagoon (Grande)	420	53	0	0.0
Beverages	On The Border	Sangria Swirl (Regular)	230	29	0	0.0
Beverages	On The Border	Sangria Swirl (Grande)	350	45	0	0.0
Beverages	On The Border	Coronarita	390	49	1	0.0
Beverages	On The Border	Primo Long Island	260	29	0	0.0
Beverages	On The Border	Pineapple Rum Punch	260	38	0	0.0
Sandwiches	On The Border	Grilled Chicken	370	16	38	19.0
Sandwiches	On The Border	Grilled Steak	520	14	37	35.0
Sandwiches	On The Border	The Big Bordurrito– Fajita Steak	2010	165	66	120.0
Desserts	On The Border	Caramel Swirl Cheesecake	640	66	9	37.0
Beverages	On The Border	Pineapple	320	44	1	0.5
Beverages	On The Border	Pineapple – Spicy	320	45	1	0.5
Beverages	On The Border	House (Regular)	220	30	0	0.0
Beverages	On The Border	House (Grande)	340	46	0	0.0
Beverages	On The Border	Mango Tango (Regular)	260	45	0	0.0
Beverages	On The Border	Mango Tango (Grande)	390	66	0	0.0
Beverages	On The Border	Strawbrrita (Regular)	300	54	0	0.0
Beverages	On The Border	Strawbrrita (Grande)	440	79	1	0.0
Appetizers & Sides	On The Border	Melted Queso Fundido	1320	50	67	91.0
Entrees	On The Border	Chicken Flauta with Queso	320	19	15	22.0
Toppings & Ingredients	On The Border	Com Tortillas (1)	60	12	1	0.5
Toppings & Ingredients	On The Border	Homemade Flour Tortillas (1)	100	15	2	3.0
Toppings & Ingredients	On The Border	Shredded Lettuce	5	1	0	0.0
Sandwiches	On The Border	Brisket Taco	430	29	22	25.0
Sandwiches	On The Border	Southwest Chicken Taco	480	25	20	33.0
Sandwiches	On The Border	Veggie – Crispy	180	16	4	11.0
Sandwiches	On The Border	Veggie – Soft	170	19	5	8.0
Entrees	On The Border	Cheese Quesadilla with Sour Cream & Red Chile-Tomatillo Salsa	810	35	25	63.0
Entrees	On The Border	Flautas (3) with Queso	800	52	43	46.0
Appetizers & Sides	On The Border	Firecracker Jalapeños (4) with Queso	620	33	29	42.0

Entrees	On The Border	Queso Sampler with Chips	580	49	19	36.0
Entrees	On The Border	Stacked Nachos – Seasoned Ground Beef	830	50	36	54.0
Entrees	On The Border	Stacked Nachos – Shredded Chicken Tinga	800	49	37	51.0
Sandwiches	On The Border	Primo Tacos – Brisket (5)	2010	178	90	101.0
Sandwiches	On The Border	Primo Tacos – Southwest Chicken (5)	2620	127	84	198.0
Appetizers & Sides	On The Border	Beans – Black	600	106	33	5.0
Appetizers & Sides	On The Border	Beans – Refried	650	87	30	20.0
Appetizers & Sides	On The Border	Chips & Salsa	1660	225	24	77.0
Appetizers & Sides	On The Border	Rice – Mexican*	840	148	15	21.0
Entrees	On The Border	Grilled Chicken with Onions, Peppers, Tortillas, Pico, Sour Cream	2450	234	169	92.0
Entrees	On The Border	Grilled Steak & Chicken Combo with Onions, Peppers, Tortillas, Pico, Sour Cream	2690	231	162	120.0
Entrees	On The Border	Grilled Steak with Onions, Peppers, Tortillas, Pico, Sour Cream	2930	227	155	148.0
Toppings & Ingredients	On The Border	Mixed Cheese for Fajitas	270	1	16	22.0
Toppings & Ingredients	On The Border	Guacamole for Fajitas	360	18	4	33.0
Entrees	On The Border	Cheese with Chile con Carne (5)	1600	84	78	106.0
Entrees	On The Border	Seasoned Ground Beef with Chile con Carne (5)	1340	95	78	68.0
Entrees	On The Border	Shredded Chicken Tinga with Sour Cream Sauce (5)	1010	79	55	50.0
Salads	On The Border	House Salad without Dressing	430	48	10	23.0
Toppings & Ingredients	On The Border	Lime Vinaigrette	280	20	0	24.0
Toppings & Ingredients	On The Border	Ranch	460	5	3	48.0
Toppings & Ingredients	On The Border	Salsa	40	9	2	0.0
Toppings & Ingredients	On The Border	Smoked Jalapeño Vinaigrette	230	18	0	19.0
Toppings & Ingredients	On The Border	ADD Queso to any Meal	1910	73	102	139.0
Desserts	On The Border	ADD Sopapillas to any Meal	1730	299	20	55.0
Beverages	On The Border	Diamante	270	21	0	0.0
Beverages	On The Border	Pineapple – Smoky	320	44	1	0.5
Beverages	On The Border	Mangonada	370	61	0	0.0
Beverages	On The Border	Skyrita	300	31	1	0.0
Beverages	On The Border	Corona Extra (Grande)	230	22	2	0.0
Beverages	On The Border	Corona Extra (Regular)	140	13	1	0.0
Beverages	On The Border	Dos Equis Amber (Grande)	230	22	2	0.0
Beverages	On The Border	Heineken (Grande)	220	19	3	0.0
Beverages	On The Border	Heineken (Regular)	130	11	2	0.0
Beverages	On The Border	VooDoo Ranger Juicy Haze IPA (Grande)	310	23	3	0.0
Beverages	On The Border	VooDoo Ranger Juicy Haze IPA (Regular)	180	14	2	0.0

Beverages	On The Border	Blackberry Smash	240	25	0	0.0
Beverages	On The Border	Cherry Lime Rum 'Rita	270	37	0	0.0
Beverages	On The Border	Maker's 'Rita	270	33	0	0.0
Beverages	On The Border	Mojito Clásico	280	41	0	0.0
Beverages	On The Border	Peach Vodka 'Rita	340	59	0	0.0
Beverages	On The Border	Ranch Water	150	4	0	0.0
Beverages	On The Border	Red Sangria (Glass)	150	14	0	0.0
Beverages	On The Border	Red Sangria (Pitcher)	750	66	1	0.0
Beverages	On The Border	Kim Crawford, Sauvignon Blanc	140	4	0	0.0
Beverages	On The Border	Meiomi, Pinot Noir	140	4	0	0.0
Beverages	On The Border	Robert Mondavi Private Selection, Chardonnay	150	4	0	0.0
Beverages	On The Border	Robert Mondavi, Cabernet	150	5	0	0.0
Beverages	On The Border	Ruffino, Pinot Grigio	150	4	0	0.0
Appetizers & Sides	On The Border	Crispy Honey Chipotle Shrimp with Spicy Avocado Ranch	810	79	29	50.0
Appetizers & Sides	On The Border	Grande Nachos – Bean & Cheese Nachos	1340	81	56	89.0
Sandwiches	On The Border	Quesadillas – Chorizo	1560	57	51	124.0
Sandwiches	On The Border	Quesadillas – Veggie	1180	64	37	87.0
Fried Potatoes	On The Border	Texas Queso Fries	1310	92	50	83.0
Toppings & Ingredients	On The Border	House-Made Salsa	20	5	1	0.0
Toppings & Ingredients	On The Border	Spicy Avocado Ranch	170	3	1	18.0
Entrees	On The Border	Grilled Portobello Border Bowl	580	94	20	15.0
Entrees	On The Border	Grilled Shrimp Border Bowl	670	91	33	24.0
Entrees	On The Border	Grilled Steak Border Bowl	750	91	36	28.0
Sandwiches	On The Border	Classic Burrito without Sauce – Fajita Chicken	710	50	54	33.0
Sandwiches	On The Border	Classic Burrito without Sauce – Fajita Steak	850	49	50	49.0
Sandwiches	On The Border	Classic Burrito without Sauce – Shredded Chicken Tinga	730	52	51	33.0
Entrees	On The Border	Classic Chimichanga without Sauce – Fajita Steak	970	49	50	62.0
Toppings & Ingredients	On The Border	Salsa Verde	35	7	1	1.0
Toppings & Ingredients	On The Border	New Mexico	710	46	32	45.0
Entrees	On The Border	Tres Cheese Enchiladas	1340	127	64	65.0
Entrees	On The Border	Cheese Chile Relleno with Salsa Verde	510	31	22	33.0
Entrees	On The Border	Chicken Tomatillo Tamale with Salsa Verde	160	15	8	7.0
Entrees	On The Border	Chicken Tomatillo Tamale with Sour Cream Sauce	180	15	8	10.0
Entrees	On The Border	Empanadas –Seasoned Ground Beef with Queso	490	34	18	31.0
Entrees	On The Border	Carnitas with Salsa Verde	270	18	14	16.0

Entrees	On The Border	Cheese with Chile con Carne	320	17	16	21.0
Entrees	On The Border	Shredded Chicken Tinga with Salsa Verde	180	17	11	7.0
Entrees	On The Border	Shredded Chicken Tinga with Sour Cream Sauce	200	16	11	10.0
Sandwiches	On The Border	Shredded Chicken Tinga – Soft	190	18	12	7.0
Burgers	On The Border	Classic Cheeseburger	1050	50	38	78.0
Burgers	On The Border	Loaded Queso Burger	1110	57	42	81.0
Sandwiches	On The Border	Monterey Ranch Chicken Torta	1250	82	58	78.0
Sandwiches	On The Border	Queso Steak Torta	1150	82	45	71.0
Appetizers & Sides	On The Border	Side – Fries (5 oz) and Ketchup	420	65	5	15.0
Sandwiches	On The Border	Portobello & Vegetables	260	24	6	17.0
Sandwiches	On The Border	Grande Fajita	890	26	54	68.0
Sandwiches	On The Border	Smokehouse	1370	49	87	96.0
Toppings & Ingredients	On The Border	Add-on Chipotle Ribs	290	5	23	19.0
Toppings & Ingredients	On The Border	Add-on Jalapeño Sausage	300	2	14	28.0
Entrees	On The Border	Mexican Grilled Chicken	480	51	33	18.0
Sandwiches	On The Border	Al Pastor Tacos (2)	560	52	26	28.0
Sandwiches	On The Border	Al Pastor Tacos (3)	840	78	39	42.0
Sandwiches	On The Border	Birria Quesa Tacos with Consommé (2)	750	44	29	51.0
Sandwiches	On The Border	Birria Quesa Tacos with Consommé (3)	1130	65	43	76.0
Sandwiches	On The Border	Brisket Tacos (2)	930	72	44	51.0
Sandwiches	On The Border	Brisket Tacos (3)	1360	101	66	75.0
Sandwiches	On The Border	Honey-Chipotle Shrimp Tacos (2)	660	76	23	33.0
Sandwiches	On The Border	Honey-Chipotle Shrimp Tacos (3)	980	113	35	50.0
Sandwiches	On The Border	Tacos al Carbon – Fajita Chicken (2)	690	37	35	47.0
Sandwiches	On The Border	Tacos al Carbon – Fajita Chicken (3)	990	52	52	67.0
Sandwiches	On The Border	Tacos al Carbon – Fajita Steak (2)	790	35	32	58.0
Sandwiches	On The Border	Tacos al Carbon – Fajita Steak (3)	1140	49	47	85.0
Sandwiches	On The Border	Lunch Burrito – Seasoned Ground Beef listed without sauce	630	53	34	29.0
Sandwiches	On The Border	Lunch Burrito – Shredded Chicken Tinga				
		listed without sauce	550	50	35	22.0
Entrees	On The Border	Lunch Chimichanga – Seasoned Ground Beef				
		listed without sauce	750	53	34	43.0
Entrees	On The Border	Lunch Chimichanga – Shredded Chicken Tinga				
		listed without sauce	670	50	35	36.0

Toppings & Ingredients	On The Border	Salsa Verde	35	7	1	1.0
Entrees	On The Border	Lunch Size Quesadilla – Cheese	590	28	18	45.0
Entrees	On The Border	Lunch Size Quesadilla – Spicy Chorizo	780	31	26	61.0
Entrees	On The Border	Lunch Size Quesadilla – Veggie	650	34	19	49.0
Appetizers & Sides	On The Border	Fries (6 oz) and Ketchup	490	74	6	18.0
Appetizers & Sides	On The Border	Sautéed Vegetables	90	7	2	7.0
Toppings & Ingredients	On The Border	Honey-Chipotle Sauce	45	12	1	0.0
Toppings & Ingredients	On The Border	House-made Salsa	25	6	1	0.0
Toppings & Ingredients	On The Border	Jalapeño-BBQ Sauce	140	30	1	2.0
Toppings & Ingredients	On The Border	Lime-Cilantro Chimichurri	270	6	1	28.0
Toppings & Ingredients	On The Border	Roasted Red Chile-Tomatillo Salsa	30	6	1	0.5
Toppings & Ingredients	On The Border	Salsa Verde	35	7	1	1.0
Toppings & Ingredients	On The Border	Spicy Avocado Ranch	260	5	2	26.0
Desserts	On The Border	Strawberry Cheesecake Chimis	1010	95	14	62.0
Desserts	On The Border	Tres Leches Cake	750	93	14	37.0
Beverages	On The Border	Diet Dr Pepper	0	0	0	0.0
Beverages	On The Border	Fanta Orange	150	40	0	0.0
Beverages	On The Border	Milk 2%	170	16	11	7.0
Entrees	On The Border	Border Chicken Strips with Fries & Ketchup	1060	104	38	54.0
Entrees	On The Border	Cheese Quesadilla with Fries & Ketchup	1280	99	35	82.0
Entrees	On The Border	Cheese Quesadilla with Fajita Chicken, Fries & Ketchup	1350	100	46	84.0
Burgers	On The Border	Cheeseburger with Fries & Ketchup	980	106	27	50.0
Entrees	On The Border	Corn Dog with Fries & Ketchup	650	87	10	29.0
Entrees	On The Border	Cheese Enchilada with Chile con Carne	760	86	29	33.0
Entrees	On The Border	Seasoned Ground Beef Enchilada with Chile con Carne	700	88	29	25.0
Entrees	On The Border	Shredded Chicken Tinga Enchilada with Sour Cream Sauce	650	85	27	22.0
Sandwiches	On The Border	Grilled Cheese Sandwich with Fries & Ketchup	880	95	21	45.0
Sandwiches	On The Border	Grilled Fajita Chicken Soft Taco with Mexican rice* & refried beans	680	87	33	23.0
Sandwiches	On The Border	Seasoned Ground Beef Kid Tacos	930	100	39	40.0
Sandwiches	On The Border	Shredded Chicken Kid Tacos	850	97	39	33.0
Appetizers & Sides	On The Border	Side – Fries & Ketchup	420	65	5	15.0
Appetizers & Sides	On The Border	Side – Refried Beans without Garnish	210	30	10	6.0
Beverages	On The Border	Milk 2%	150	15	10	6.0
Beverages	On The Border	Soft Drink – Diet Dr Pepper	0	0	0	0.0
Beverages	On The Border	Soft Drink – Fanta Orange	90	26	0	0.0



Beverages	On The Border	Soft Drink – Minute Maid Lemonade	100	25	0	0.0
Beverages	On The Border	Coconut Paleta 'Rita	570	90	2	6.0
Desserts	On The Border	House-made Strawberry Pineapple Paleta	110	28	1	0.0
Desserts	On The Border	Strawberry Cheesecake Chimis	1010	95	14	62.0
Beverages	On The Border	Summer Cowboy 'Rita	410	66	0	0.0
Beverages	On The Border	Kim Crawford – Sauvignon Blanc	150	–	0	0.0
Beverages	On The Border	Meomi – Pinot Noir	150	–	0	0.0
Beverages	On The Border	Robert Mondavi Private Selection – Cabernet Sauvignon	150	5	0	0.0
Beverages	On The Border	Robert Mondavi Private Selection – Chardonnay	150	4	0	0.0
Beverages	On The Border	Ruffino Lumina – Pinot Grigio	150	4	0	0.0
Entrees	On The Border	Grilled Queso Panela	1340	77	63	90.0
Entrees	On The Border	Honey-Chipotle Grilled Fajitas	740	52	42	42.0
Entrees	On The Border	Mexican Surf & Turf	780	57	54	41.0
Sandwiches	On The Border	Mesquite-Smoked Jalapeño Sausage Tacos  listed without Mexican rice & beans (2)	900	75	27	56.0
Sandwiches	On The Border	Mesquite-Smoked Jalapeño Sausage Tacos  listed without Mexican rice & beans (3)	1310	104	40	84.0
Pizza	On The Border	Honey-Chipotle Chicken Mexican Grilled Pizza	1000	60	59	57.0
Pizza	On The Border	Spicy Chorizo Mexican Grilled Pizza	1210	57	56	80.0
Burgers	On The Border	Smokehouse Burger	1500	64	58	115.0
Appetizers & Sides	On The Border	Side — Fries (5 oz) and Ketchup	420	65	5	15.0
Toppings & Ingredients	On The Border	Add-on Jalapeño Sausage	150	1	7	14.0
Pizza	On The Border	Half Mexican Grilled Pizza – Honey-Chipotle Chicken	520	30	32	29.0
Pizza	On The Border	Half Mexican Grilled Pizza – Spicy Chorizo	540	28	24	34.0
Entrees	On The Border	Half Torta – Monterey Ranch Chicken	750	46	31	50.0
Entrees	On The Border	Half Torta – Queso Steak	700	46	24	46.0
Entrees	On The Border	Chicken Fajita (Lunch Portion)	290	10	29	16.0
Desserts	On The Border	Brownie Sundae for one	620	76	7	32.0
Entrees	On The Border	Carnitas w/ Salsa Verde	270	18	14	16.0
Entrees	On The Border	Cheese with Chile con Carne (1)	320	17	16	21.0
Entrees	On The Border	Shredded Chicken Tinga with Salsa Verde (1)	180	17	11	7.0
Entrees	On The Border	Shredded Chicken Tinga with Sour Cream Sauce (1)	200	16	11	10.0
Sandwiches	On The Border	Crispy Tacos (3) – Seasoned Ground Beef	740	47	38	42.0
Sandwiches	On The Border	Crispy Tacos (3) – Shredded Chicken Tinga	630	43	38	32.0

Sandwiches	On The Border	Crispy Tacos – Chicken Tinga (5)	980	73	54	52.0
Sandwiches	On The Border	Crispy Tacos – Seasoned Ground Beef (5)	1240	80	64	71.0
Sandwiches	On The Border	Soft Tacos – Chicken Tinga (5)	940	88	58	36.0
Sandwiches	On The Border	Soft Tacos – Seasoned Ground Beef (5)	1200	96	68	55.0
Entrees	On The Border	Camitas with Salsa Verde (5)	1340	92	69	80.0
Entrees	On The Border	Cheese with Red Chile-Tomatillo Sauce Vegetarian Version (5)	1600	89	83	102.0
Entrees	On The Border	Shredded Chicken Tinga with Salsa Verde (5)	890	83	55	37.0
Entrees	On The Border	Small – King Ranch Mexican Casserole only	2300	172	130	122.0
Entrees	On The Border	Small – Veggie Mexican Casserole with Roasted Red Chile-Tomatillo Salsa only	2090	214	89	104.0
Entrees	On The Border	Camitas with Onions, Peppers, Tortillas, Pico, Sour Cream	2890	249	130	152.0
Toppings & Ingredients	On The Border	Signature Queso for Build Your Own Taco Kit and Primo Taco Kit	480	18	25	35.0
Appetizers & Sides	On The Border	Rice – Cilantro Lime	670	137	12	7.0
Toppings & Ingredients	On The Border	Spicy Avocado Ranch	340	6	3	35.0
Soup	Outback Steakhouse	Baked Potato Soup, cup	300	24	8	19.0
Soup	Outback Steakhouse	Baked Potato Soup, bowl	540	48	12	34.0
Soup	Outback Steakhouse	French Onion Soup	420	21	19	29.0
Salads	Outback Steakhouse	Aussie Cobb Crispy Chicken	860	46	53	51.0
Salads	Outback Steakhouse	Blue Cheese Pecan Chopped Salad with Dressing	590	27	11	49.0
Burgers	Outback Steakhouse	The Bloomin' Burger	970	70	46	57.0
Entrees	Outback Steakhouse	Grilled Chicken on the Barbie	360	17	55	7.0
Entrees	Outback Steakhouse	Filet 6 oz and Lobster Tail	700	2	69	43.0
Entrees	Outback Steakhouse	Sirloin 6 oz and 4 Coconut Shrimp	730	43	57	37.0
Entrees	Outback Steakhouse	Sirloin 9 oz and 4 Coconut Shrimp	850	771	80	41.0
Entrees	Outback Steakhouse	Lobster Tails	490	1	53	28.0
Entrees	Outback Steakhouse	Victoria's Filet Mignon 6 oz	380	1	47	19.0
Entrees	Outback Steakhouse	Melbourne Porterhouse 22 oz	860	8	80	57.0
Entrees	Outback Steakhouse	Kid Chicken Fingers	480	33	29	25.0
Entrees	Outback Steakhouse	Kid Mac And Cheese -	510	65	20	19.0
Entrees	Outback Steakhouse	Kid Sirloin 5 Oz	180	0	32	6.0
Fried Potatoes	Outback Steakhouse	Aussie Fries	500	67	7	23.0
Appetizers & Sides	Outback Steakhouse	Bloomin' Onion	1620	107	15	126.0
Appetizers & Sides	Outback Steakhouse	Asparagus	60	6	3	2.5
Appetizers & Sides	Outback Steakhouse	Baked Potato with everything	440	58	13	17.0
Appetizers & Sides	Outback Steakhouse	Broccoli	140	12	5	9.0
Toppings & Ingredients	Outback Steakhouse	Add on Sauteed Shrooms	130	10	7	6.0

Desserts	Outback Steakhouse	Chocolate Thunder From Down Under	1520	142	18	105.0
Appetizers & Sides	Outback Steakhouse	Baked Sweet Potato with everything	410	72	5	11.0
Appetizers & Sides	Outback Steakhouse	Gold Coast Coconut Shrimp	520	49	31	21.0
Desserts	Outback Steakhouse	Kid Ice Cream 1 Scoop	120	13	2	6.0
Salads	Outback Steakhouse	Brisbane Caesar Salad with Dressing and Grilled Chicken	640	13	58	39.0
Salads	Outback Steakhouse	Brisbane Caesar Salad with Dressing and Shrimp	160	2	26	4.0
Salads	Outback Steakhouse	Steakhouse Salad	1170	47	46	87.0
Salads	Outback Steakhouse	Aussie Cobb	400	13	25	27.0
Salads	Outback Steakhouse	Brisbane Caesar Salad with Dressing and No Protein	380	12	8	34.0
Entrees	Outback Steakhouse	Classic Prime Rib 12 oz	1330	0	87	109.0
Toppings & Ingredients	Outback Steakhouse	Add 1 Lobster Tail	340	1	27	25.0
Sandwiches	Outback Steakhouse	Sweet Chook O' Mine Sandwich	880	56	48	53.0
Beverages	Outback Steakhouse	Stella Artois, Bottle, 12 oz	150	13	1	0.0
Beverages	Outback Steakhouse	Heineken, Bottle, 12 oz	140	0	0	0.0
Beverages	Outback Steakhouse	Down Under Sauza Gold Coast 'Rita, Rocks	130	9	0	0.0
Beverages	Outback Steakhouse	Sauza Gold Coast Rita, Rocks	130	9	0	0.0
Beverages	Outback Steakhouse	Top Shelf 'Rita, Straight Up/Rocks	230	25	0	0.0
Beverages	Outback Steakhouse	Old & New Fashioned - Jack Daniel's Tennessee Honey Whiskey	200	23	0	0.0
Beverages	Outback Steakhouse	Old & New Fashioned - Maker's Mark	260	23	0	0.0
Beverages	Outback Steakhouse	Water, San Pellegrino	0	0	0	0.0
Salads	Outback Steakhouse	Caesar Salad with Caesar Dressing	270	7	6	25.0
Toppings & Ingredients	Outback Steakhouse	Blue Cheese Vinaigrette	260	8	2	23.0
Toppings & Ingredients	Outback Steakhouse	Caesar Dressing	200	2	3	21.0
Toppings & Ingredients	Outback Steakhouse	Light Balsamic Dressing	80	8	0	5.0
Toppings & Ingredients	Outback Steakhouse	Mustard Vinaigrette	220	4	0	22.0
Toppings & Ingredients	Outback Steakhouse	Thousand Island Dressing	250	6	0	25.0
Salads	Outback Steakhouse	House Salad--No Dressing	120	8	5	7.0
Salads	Outback Steakhouse	Aussie Cobb Grilled Chicken	160	0	31	3.5
Entrees	Outback Steakhouse	Outback Center Cut Sirloin 8 oz	450	1	60	23.0
Entrees	Outback Steakhouse	Outback Center-Cut Sirloin 11 oz	600	1	86	28.0
Entrees	Outback Steakhouse	Ribeye 12 oz	900	1	58	72.0
Entrees	Outback Steakhouse	Classic Prime Rib 24 oz	2660	0	175	217.0
Entrees	Outback Steakhouse	Victoria's Filet Mignon 8 oz	530	1	62	29.0
Entrees	Outback Steakhouse	Sirloin 6 oz and 4 Grilled Shrimp on the Barbie	880	33	64	55.0
Entrees	Outback Steakhouse	Sirloin 8 oz and 4 Coconut Shrimp	810	43	72	40.0

Entrees	Outback Steakhouse	Sirloin 8 oz and 4 Grilled Shrimp on the Barbie	960	33	79	58.0
Entrees	Outback Steakhouse	Sirloin 9 oz and 4 Grilled Shrimp on the Barbie	1000	761	87	59.0
Entrees	Outback Steakhouse	Filet 8 oz and Lobster Tail	850	2	84	53.0
Entrees	Outback Steakhouse	Filet 9 oz and Lobster Tail	910	2	92	56.0
Toppings & Ingredients	Outback Steakhouse	Add 4 Grilled Shrimp on the Barbie	510	31	19	35.0
Appetizers & Sides	Outback Steakhouse	Fresh Mixed Veggies	150	16	4	9.0
Appetizers & Sides	Outback Steakhouse	Green Beans	130	10	2	11.0
Toppings & Ingredients	Outback Steakhouse	Add 2 Bacon Strips	60	0	4	5.0
Toppings & Ingredients	Outback Steakhouse	Add 2 Slices Cheddar Cheese	170	0	11	14.0
Toppings & Ingredients	Outback Steakhouse	Add 2 Slices Provolone Cheese	200	1	15	15.0
Burgers	Outback Steakhouse	The Outbacker Burger with No Cheese or Bacon	660	41	37	39.0
Entrees	Outback Steakhouse	Alice Springs Chicken 5 oz	440	9	42	27.0
Entrees	Outback Steakhouse	Bloomin' Fried Chicken	920	33	55	63.0
Beverages	Outback Steakhouse	Bottled Water	0	0	0	0.0
Appetizers & Sides	Outback Steakhouse	Side Broccoli No Butter	70	13	6	0.5
Beverages	Outback Steakhouse	Coke-a-Cola, with Ice	170	47	0	0.0
Beverages	Outback Steakhouse	Diet Coke, with Ice	0	0	0	0.0
Beverages	Outback Steakhouse	Dr Pepper, with Ice	100	28	0	0.0
Beverages	Outback Steakhouse	Gold Peak Tea, Sweet, with Ice	70	17	0	0.0
Beverages	Outback Steakhouse	Gold Peak Tea, Unsweet, with Ice	0	0	0	0.0
Beverages	Outback Steakhouse	Minute Maid Country Style Lemonade, with Ice	140	35	0	0.0
Beverages	Outback Steakhouse	Sprite, with ice	110	29	0	0.0
Beverages	Outback Steakhouse	Blonde Ale Brewed By Golden Road Brewing (bloomin' Blonde Ale), Big Bloke	250	21	3	0.0
Beverages	Outback Steakhouse	Blonde Ale Brewed By Golden Road Brewing (bloomin' Blonde Ale), Middy	190	16	2	0.0
Beverages	Outback Steakhouse	Bloomin' Blonde, Big Bloke	250	21	3	0.0
Beverages	Outback Steakhouse	Bloomin' Blonde, Middy	190	16	2	0.0
Beverages	Outback Steakhouse	Bud Light, Big Bloke	170	10	1	0.0
Beverages	Outback Steakhouse	Bud Light, Middy	130	8	1	0.0
Beverages	Outback Steakhouse	Budweiser, Bottle, 12 oz	140	10	1	0.0
Beverages	Outback Steakhouse	Foster's Lager, Middy	210	17	2	0.0
Beverages	Outback Steakhouse	Kona Island Lager, Big Bloke	230	19	2	0.0
Beverages	Outback Steakhouse	Kona Island Lager, Bottle, 12 oz	140	11	2	0.0
Beverages	Outback Steakhouse	Kona Island Lager, Middy	180	15	2	0.0
Beverages	Outback Steakhouse	Lagunitas IPA, Bottle, 12 oz	190	14	3	0.0
Beverages	Outback Steakhouse	Lindemans Framboise Lambic, Bottle, 12 oz	230	34	0	0.0

Beverages	Outback Steakhouse	Magic Hat #9, Bottle, 12 oz	150	12	2	0.0
Beverages	Outback Steakhouse	Samuel Adams Seasonal (Octoberfest), Middy	300	29	3	0.0
Beverages	Outback Steakhouse	Samuel Adams Seasonal (Summer Ale), Big Bloke	260	22	4	0.0
Beverages	Outback Steakhouse	Samuel Adams Seasonal (Summer Ale), Bottle, 12 oz	170	14	2	0.0
Beverages	Outback Steakhouse	Samuel Adams Seasonal (Summer Ale), Middy	200	16	3	0.0
Beverages	Outback Steakhouse	Samuel Adams Seasonal (Winter Lager), Big Bloke	310	29	4	0.0
Beverages	Outback Steakhouse	Samuel Adams Seasonal (Winter Lager), Bottle, 12 oz	190	19	2	0.0
Beverages	Outback Steakhouse	Samuel Adams Seasonal (Winter Lager), Middy	230	22	3	0.0
Beverages	Outback Steakhouse	Shock Top Belgian White, Big Bloke	260	23	3	0.0
Beverages	Outback Steakhouse	Shock Top Belgian White, Bottle, 12 oz	170	15	2	0.0
Beverages	Outback Steakhouse	Shock Top Belgian White, Middy	200	18	3	0.0
Beverages	Outback Steakhouse	Sierra Nevada Pale Ale, Bottle, 12 oz	150	12	2	0.0
Beverages	Outback Steakhouse	Stella Artois, Big Bloke	210	17	2	0.0
Beverages	Outback Steakhouse	Stella Artois, Middy Chalice, 15 oz	160	13	1	0.0
Beverages	Outback Steakhouse	Summit EPA, Big Bloke	230	19	2	0.0
Beverages	Outback Steakhouse	Summit EPA, Middy	180	15	2	0.0
Beverages	Outback Steakhouse	Summit Saga IPA, Big Bloke	310	1	5	0.0
Beverages	Outback Steakhouse	Summit Saga IPA, Middy	240	1	4	0.0
Beverages	Outback Steakhouse	Surley Furious IRA, Big Bloke	310	1	5	0.0
Beverages	Outback Steakhouse	Surley Furious IRA, Middy	240	1	4	0.0
Beverages	Outback Steakhouse	Sweetwater Pale Ale, Big Bloke	230	19	2	0.0
Beverages	Outback Steakhouse	Sweetwater Pale Ale, Middy	180	15	2	0.0
Beverages	Outback Steakhouse	Yuengling, Bottle, 12 oz	150	12	2	0.0
Beverages	Outback Steakhouse	Red Wine, 6 oz	150	5	0	0.0
Beverages	Outback Steakhouse	Red Wine, 9 oz	230	7	0	0.0
Beverages	Outback Steakhouse	Sparkling Wine, 6 oz	150	5	0	0.0
Beverages	Outback Steakhouse	Sparkling Wine, Bottle	600	20	0	0.0
Beverages	Outback Steakhouse	White Wine, 6 oz	150	5	0	0.0
Beverages	Outback Steakhouse	White Wine, 9 oz	230	7	0	0.0
Beverages	Outback Steakhouse	Black Cherry Peach Mojito	210	27	0	0.0
Beverages	Outback Steakhouse	Classic Lime 'Rita	210	22	0	0.0
Beverages	Outback Steakhouse	Classic Mojito with Bacardi Superior Light Rum	200	15	0	0.0
Beverages	Outback Steakhouse	Classic Mojito with Sailor Jerry Spiced Rum	210	15	0	0.0
Beverages	Outback Steakhouse	Corona 'Rita	210	22	1	0.0
Beverages	Outback Steakhouse	Down Under 'Rita - Frozen	300	40	0	0.0

Beverages	Outback Steakhouse	Down Under 'Rita - Rocks/Straight-Up	230	19	0	0.0
Beverages	Outback Steakhouse	Down Under Sauza Agave Margarita	290	32	0	0.0
Beverages	Outback Steakhouse	Hawaiian Style 'Rita	220	10	0	0.0
Beverages	Outback Steakhouse	Mango Passion Fruit 'Rita	260	43	0	0.0
Beverages	Outback Steakhouse	Mojito Bacardi Limon with Classic Lime	210	21	0	0.0
Beverages	Outback Steakhouse	Mojito Bacardi Limon with Strawberry	130	17	0	0.0
Beverages	Outback Steakhouse	Mojito Bacardi Superior Light Rum with Classic Lime	210	19	0	0.0
Beverages	Outback Steakhouse	Mojito Sailor Jerry Spiced Rum with Classic Lime	220	19	0	0.0
Beverages	Outback Steakhouse	No Rules 'Rita, Rocks	230	27	0	0.0
Beverages	Outback Steakhouse	Rita Trio	290	40	0	0.0
Beverages	Outback Steakhouse	Sauza Agave Margarita	180	29	0	0.0
Beverages	Outback Steakhouse	Strawberry Kiwi Rita	250	30	0	0.0
Beverages	Outback Steakhouse	The Gold Coast 'Rita - Frozen	540	109	0	0.0
Beverages	Outback Steakhouse	The Gold Coast 'Rita - Frozen (Strawberry)	350	72	0	0.0
Beverages	Outback Steakhouse	The Gold Coast 'Rita - Rocks	190	24	0	0.0
Beverages	Outback Steakhouse	The Gold Coast 'Rita - Rocks (Strawberry)	250	43	0	0.0
Beverages	Outback Steakhouse	The Grand 'Rita, Rocks	230	28	0	0.0
Beverages	Outback Steakhouse	Aussie Rum Punch	190	33	0	0.0
Beverages	Outback Steakhouse	Boozy Cherry Limeade Cocktail	110	27	0	0.0
Beverages	Outback Steakhouse	Boozy Root Beer Float	550	29	4	15.0
Beverages	Outback Steakhouse	Classic Steakhouse Martini (Absolut) - Rocks/Straight-Up	170	0	0	3.0
Beverages	Outback Steakhouse	Classic Steakhouse Martini (Grey Goose) - Rocks/Straight-Up	170	0	0	3.0
Beverages	Outback Steakhouse	Classic Steakhouse Martini (Kettle One) - Rocks/Straight-Up	170	0	0	3.0
Beverages	Outback Steakhouse	Classic Steakhouse Martini (Stoll) - Rocks/Straight-Up	170	0	0	3.0
Beverages	Outback Steakhouse	Classic Steakhouse Martini (Tito's) - Rocks/Straight-Up	170	0	0	3.0
Beverages	Outback Steakhouse	Espresso Infused Vodka and White Chocolate Martini (Regional)	100	10	0	0.0
Beverages	Outback Steakhouse	Fair Dinkum Daiquiri	170	24	0	0.0
Beverages	Outback Steakhouse	Fully Loaded Bloody Mary (Absolut)	150	9	1	3.0
Beverages	Outback Steakhouse	Fully Loaded Bloody Mary (Tito's)	150	9	1	3.0
Beverages	Outback Steakhouse	Grand Marier Straight Up (Regional)	160	14	0	0.0
Beverages	Outback Steakhouse	Hypnotic Breeze Martini	200	22	1	6.0
Beverages	Outback Steakhouse	Jack Dundee Tea	380	59	0	0.0
Beverages	Outback Steakhouse	Jameson and Ginger	130	12	0	0.0
Beverages	Outback Steakhouse	Key Lime Pie Martini	320	50	1	4.5
Beverages	Outback Steakhouse	Lava Flow	740	131	2	20.0

Beverages	Outback Steakhouse	Lolly Sour Apple Martini	360	56	0	0.0
Beverages	Outback Steakhouse	Lychee Martini	180	24	2	12.0
Beverages	Outback Steakhouse	Outback Manhattan	180	4	0	0.0
Beverages	Outback Steakhouse	Pina Colada (Bacardi Rock Coconut Rum)	490	78	2	12.0
Beverages	Outback Steakhouse	Pina Colada (Malibu Coconut Rum)	480	81	2	12.0
Beverages	Outback Steakhouse	Pina Colada (with extra shot of Sailor Jerry Rum)	500	80	2	12.0
Beverages	Outback Steakhouse	Pina Colada with extra shot of Sailor Jerry Rum (Bacardi Rock Coconut	530	78	2	12.0
Beverages	Outback Steakhouse	Pineapple Ginger Collision	170	18	1	0.0
Beverages	Outback Steakhouse	Ruby Mango Lemonade Cocktail	210	38	0	0.0
Beverages	Outback Steakhouse	Spiked Red Bull with Finlandia Raspberry Vodka	140	15	0	0.0
Beverages	Outback Steakhouse	Spiked Red Bull with Finlandia Raspberry Vodka - with Sugar Free Red	90	3	0	0.0
Beverages	Outback Steakhouse	Spiked Red Bull with Kettle One	140	14	0	0.0
Beverages	Outback Steakhouse	Spiked Red Bull with Kettle One - with Sugar Free Red Bull	90	2	0	0.0
Beverages	Outback Steakhouse	Strawberry Rose Sangria	90	19	0	0.0
Beverages	Outback Steakhouse	Strawberry Smash-Tini	240	32	0	0.0
Beverages	Outback Steakhouse	Sydney's Cosmo	260	30	0	0.0
Beverages	Outback Steakhouse	Sydney's Cosmo with Skinnygirl Bare Naked Vodka	240	30	0	0.0
Beverages	Outback Steakhouse	The Ultimate "Dirty" Martini	190	0	0	6.0
Beverages	Outback Steakhouse	The Wallaby Darned	220	49	0	0.0
Beverages	Outback Steakhouse	The Wallaby Darned, Aussie style	260	49	0	0.0
Beverages	Outback Steakhouse	The Wallaby Darned, Chambord Float	250	53	0	0.0
Beverages	Outback Steakhouse	The Wallaby Darned, Down Under Style	230	49	0	0.0
Beverages	Outback Steakhouse	Tiki Bandit	240	35	0	0.0
Beverages	Outback Steakhouse	Tito's Cucumber Lemonade	160	17	0	0.0
Beverages	Outback Steakhouse	Top Shelf Long Island Iced Tea	190	16	0	0.0
Beverages	Outback Steakhouse	Tropical Reef Martini	390	62	0	0.0
Beverages	Outback Steakhouse	Tropical Relief Martini	230	35	0	0.0
Beverages	Outback Steakhouse	Watermelon Hunch Punch	200	47	1	0.0
Entrees	Outback Steakhouse	Chicken On The Barbie 5 oz	240	17	31	4.5
Beverages	Outback Steakhouse	Coors Light, Bottle, 12 oz	100	5	0.0	0.0
Beverages	Outback Steakhouse	Blue Moon Belgian White, Bottle, 12 oz	170	14	2.0	0.0
Beverages	Outback Steakhouse	Corona Extra, Bottle, 12 oz	150	12	2.0	0.0
Beverages	Outback Steakhouse	Foster's 25.4 oz, Oil Can	290	24	3.0	0.0
Beverages	Outback Steakhouse	Dos Equis Lager XX, Bottle, 12 oz	150	12	2.0	0.0
Beverages	Outback Steakhouse	Angry Orchard Crisp Apple Hard Cider, Bottle, 12 oz	200	29	0.0	0.0

Beverages	Outback Steakhouse	Gold Peak Coffee	0	0	0.0	0.0
Appetizers & Sides	Outback Steakhouse	Steakhouse Mac & Cheese	850	67	29.0	51.0
Desserts	Outback Steakhouse	Carrot Cake	1290	174	10.0	68.0
Beverages	Outback Steakhouse	Kid Apple Juice	90	23	0.0	0.0
Beverages	Outback Steakhouse	Kid Orange Juice	90	21	2.0	0.0
Beverages	Outback Steakhouse	Foster's Lager, Big Bloke	270	22	3.0	0.0
Beverages	Outback Steakhouse	Huckleberry Hooch Moonshine Cocktail - Individual	150	33	0.0	0.0
Entrees	Outback Steakhouse	Classic Prime Rib 16 oz	1770	0	116.0	145.0
Appetizers & Sides	Outback Steakhouse	Homestyle Mashed Potatoes	240	21	5.0	15.0
Appetizers & Sides	Outback Steakhouse	Steakhouse Mac & Cheese Bites	770	47	24.0	54.0
Beverages	Outback Steakhouse	Strawberry Ginger Smash	170	23	0.0	0.0
Desserts	Outback Steakhouse	Cheesecake W/ Raspberry Sauce	1040	105	17.0	62.0
Desserts	Outback Steakhouse	Cheesecake W/ Chocolate Sauce	1080	92	17.0	73.0
Appetizers & Sides	Outback Steakhouse	Kookaburra Wings Hot	1360	71	54.0	94.0
Appetizers & Sides	Outback Steakhouse	Kookaburra Wings Medium	1420	72	55.0	101.0
Appetizers & Sides	Outback Steakhouse	Kookaburra Wings Mild	1370	71	54.0	95.0
Entrees	Outback Steakhouse	Outback Center-Cut Sirloin 6 oz	370	1	46.0	20.0
Beverages	Outback Steakhouse	Cucumber Infused Lemonade (Regional)	160	17	0.0	0.0
Appetizers & Sides	Outback Steakhouse	Aussie Cheese Fries	2620	153	89.0	182.0
Appetizers & Sides	Outback Steakhouse	Grilled Shrimp on the Barbie	750	33	33.0	54.0
Appetizers & Sides	Outback Steakhouse	Sydney 'Shrooms	1370	64	17.0	113.0
Appetizers & Sides	Outback Steakhouse	Bloomin' Fried Shrimp	990	53	45.0	66.0
Appetizers & Sides	Outback Steakhouse	Seared Peppered Ahi	460	20	31.0	28.0
Appetizers & Sides	Outback Steakhouse	Three Cheese Steak Dip	1460	85	28.0	113.0
Appetizers & Sides	Outback Steakhouse	Table Bread and Butter	340	51	10.0	12.0
Soup	Outback Steakhouse	Creamy Onion Soup, cup	270	13	7.0	21.0
Soup	Outback Steakhouse	Creamy Onion Soup, bowl	500	26	11.0	38.0
Soup	Outback Steakhouse	Cream of Broccoli Soup, cup	180	11	4.0	13.0
Soup	Outback Steakhouse	Cream of Broccoli Soup, bowl	350	22	7.0	26.0
Soup	Outback Steakhouse	Tasmanian Chili Crock	370	13	23.0	25.0
Soup	Outback Steakhouse	Tasmanian Chili, cup	200	7	13.0	14.0
Salads	Outback Steakhouse	Strawberry Salad--side salad with dressing	390	21	7.0	31.0
Entrees	Outback Steakhouse	Ribeye 15 oz	1110	1	73.0	88.0
Entrees	Outback Steakhouse	Outback-Style Prime Rib w/au jus and creamy horseradish 12 oz	1520	9	91.0	124.0
Entrees	Outback Steakhouse	Outback-Style Prime Rib w/au jus and creamy horseradish 16 oz	1960	9	120.0	160.0



Entrees	Outback Steakhouse	Bone In Ribeye 18 oz	710	0	75.0	45.0
Entrees	Outback Steakhouse	Bone in NY Strip 16 oz	710	2	104.0	29.0
Toppings & Ingredients	Outback Steakhouse	Add 4 Coconut Shrimp	360	41	12.0	17.0
Toppings & Ingredients	Outback Steakhouse	Add on Toowoomba topping	330	7	18.0	25.0
Toppings & Ingredients	Outback Steakhouse	Grilled Onions	110	17	2.0	4.0
Entrees	Outback Steakhouse	Sirloin 6 oz and 1/2 rack of ribs	1840	49	155.0	114.5
Entrees	Outback Steakhouse	Sirloin 6 oz and 5 oz Grilled Chicken	610	19	76.0	24.5
Entrees	Outback Steakhouse	Sirloin 8 oz and 1/2 rack of ribs	1920	49	170.0	117.5
Entrees	Outback Steakhouse	Sirloin 8 oz and 5 oz Grilled Chicken	690	19	91.0	27.5
Entrees	Outback Steakhouse	Sirloin 9 oz and 5oz Grilled Chicken	730	747	99.0	28.5
Entrees	Outback Steakhouse	Sirloin 9 oz and 1/2 rack of ribs	1960	47.5	177.5	118.5
Entrees	Outback Steakhouse	Sirloin 11 oz and 1/2 rack of ribs	2070	47.5	195.5	122.5
Entrees	Outback Steakhouse	Sirloin 12 oz and 1/2 rack of ribs	2100	47.5	201.5	123.5
Entrees	Outback Steakhouse	Ribeye 12 oz and 4 Grilled Shrimp on the Barbie	1140	31	86.0	75.0
Entrees	Outback Steakhouse	Ribeye 12 oz and 4 Coconut Shrimp	990	41	78.0	57.0
Entrees	Outback Steakhouse	Ribeye 15 oz and 4 Grilled Shrimp on the Barbie	1310	31	104.0	86.0
Entrees	Outback Steakhouse	Ribeye 15 oz and 4 Coconut Shrimp	1160	41	96.0	68.0
Appetizers & Sides	Outback Steakhouse	Seasonal Veggies	140	14	3.0	9.0
Appetizers & Sides	Outback Steakhouse	Seasoned Rice	290	53	6.0	6.0
Appetizers & Sides	Outback Steakhouse	Loaded Mashed Potatoes	320	22	11.0	22.0
Appetizers & Sides	Outback Steakhouse	Creamed Spinach	570	23	15.0	45.0
Entrees	Outback Steakhouse	2 Caramel Mustard Glazed Pork Chops	820	18	96.0	37.0
Entrees	Outback Steakhouse	Outback Ribs-Full Rack	2940	93	219.0	189.0
Entrees	Outback Steakhouse	Outback Ribs--1/2 Rack	1530	61	110.0	95.0
Entrees	Outback Steakhouse	Drover's Ribs & Chicken	1850	72	165.0	100.0
Entrees	Outback Steakhouse	Hand Breaded Chicken Tenders	1020	67	49.0	62.0
Entrees	Outback Steakhouse	Queensland Pasta with Chicken and Shrimp	1150	93	73.0	49.0
Entrees	Outback Steakhouse	Kingsland Pasta Steak and Shrimp	1390	94	72.0	76.0
Entrees	Outback Steakhouse	Alice Springs Chicken	770	16	72.0	47.0
Entrees	Outback Steakhouse	Toowoomba Salmon	760	7	61.0	53.0
Entrees	Outback Steakhouse	Perfectly Grilled Salmon	600	3	43.0	46.0
Entrees	Outback Steakhouse	Grilled Shrimp on the Barbie	650	8	54.0	44.0
Sandwiches	Outback Steakhouse	Bloomin' Fried Chicken Sandwich	710	56	33.0	40.0
Sandwiches	Outback Steakhouse	Prime Rib Sandwich - Lunch	1820	93	76.0	127.0
Sandwiches	Outback Steakhouse	Chicken BBQ Swiss Bacon Sandwich - OBS	610	48	47.0	26.0

Salads	Outback Steakhouse	Strawberry Salad Entree--Grilled Chicken with dressing	950	41	50.0	66.0
Salads	Outback Steakhouse	Strawberry Salad Entree--Fried Chicken with dressing	1170	69	39.0	83.0
Toppings & Ingredients	Outback Steakhouse	Add Ranch Dressing 2 oz	280	2	1.0	30.0
Toppings & Ingredients	Outback Steakhouse	Add Blue Cheese Dressing 2 oz	340	1	3.0	35.0
Toppings & Ingredients	Outback Steakhouse	Add Caesar Dressing 2 oz	270	2	4.0	28.0
Toppings & Ingredients	Outback Steakhouse	Add Mustard Vinaigrette Dressing 2 oz	290	6	0.0	30.0
Toppings & Ingredients	Outback Steakhouse	Add Light Balsamic Vinaigrette 2 oz	100	10	0.0	6.0
Toppings & Ingredients	Outback Steakhouse	Add Oil & Balsamic Dressing 2 oz	280	6	0.0	28.0
Toppings & Ingredients	Outback Steakhouse	Add Blue Cheese Vinaigrette 2 oz	340	10	2.0	31.0
Entrees	Outback Steakhouse	Grilled Shrimp On The Barbie 6 Each	710	32	26.0	54.0
Entrees	Outback Steakhouse	6 Coconut Shrimp	500	50	17.0	26.0
Sandwiches	Outback Steakhouse	Bloomin Fried Chicken--Lunch	680	18	28.0	55.0
Sandwiches	Outback Steakhouse	Prime Rib Sandwich - Lunch	950	50	40.0	66.0
Desserts	Outback Steakhouse	Butter Cake	840	98	10.0	47.0
Desserts	Outback Steakhouse	Salted Caramel Cookie	930	132	10.0	42.0
Desserts	Outback Steakhouse	Thunder & Lightning	1920	870	24.0	126.0
Desserts	Outback Steakhouse	Chocolate Tower	710	12	0.0	37.0
Desserts	Outback Steakhouse	Ice Cream 1 Scoop	300	33	5.0	16.0
Burgers	Outback Steakhouse	Kid Burger	540	35	27.0	32.0
Entrees	Outback Steakhouse	Kid Grilled Chicken On The Barbie	160	0	31.0	3.5
Fried Potatoes	Outback Steakhouse	Kid French Fries	500	67	7.0	23.0
Desserts	Outback Steakhouse	Kid Sundae No Topping	120	14	2.0	6.0
Beverages	Outback Steakhouse	Coke Zero, with Ice	0	0	0.0	0.0
Beverages	Outback Steakhouse	Hi-C, with Ice	110	30	0.0	0.0
Beverages	Outback Steakhouse	Water, Aqua Panna	0	0	0.0	0.0
Beverages	Outback Steakhouse	Aussie Palmer	60	17	0.0	0.0
Beverages	Outback Steakhouse	Heineken 0.0	130	10	0.0	0.0
Beverages	Outback Steakhouse	Miller Light, Bottle, 12 oz	100	3	0.0	0.0
Beverages	Outback Steakhouse	Modelo Especial, Big Bloke	150	12	2.0	0.0
Beverages	Outback Steakhouse	Modelo Especial, Bottle, 12 oz	180	15	2.0	0.0
Beverages	Outback Steakhouse	Modelo Especial, Middy	230	19	2.0	0.0
Beverages	Outback Steakhouse	New Belgium Fat Tire Amber Ale, Big Bloke	230	19	2.0	0.0
Beverages	Outback Steakhouse	New Belgium Fat Tire Amber Ale, Bottle, 12 oz	150	12	2.0	0.0
Beverages	Outback Steakhouse	New Belgium Fat Tire Amber Ale, Middy	180	15	2.0	0.0
Beverages	Outback Steakhouse	Newcastle Brown Ale, Bottle, 12 oz	150	12	2.0	0.0

Beverages	Outback Steakhouse	O'Doul's Amber, Bottle, 12 oz	90	18	2.0	0.0
Beverages	Outback Steakhouse	Omission Lager, Bottle, 12 oz	150	12	2.0	0.0
Beverages	Outback Steakhouse	Omission Pale Ale, Bottle, 12 oz	170	13	2.0	0.0
Beverages	Outback Steakhouse	Rebel IPA, Can, 16 oz	260	20	3.0	0.0
Beverages	Outback Steakhouse	Redbridge (Gluten-free), Bottle, 12 oz	130	14	0.0	0.0
Beverages	Outback Steakhouse	Rogue Chocolate Stout, Bottle, 22 oz	360	2	6.0	0.0
Beverages	Outback Steakhouse	Rogue Hazelnut Brown Nectar, Big Bloke	300	25	5.0	0.0
Beverages	Outback Steakhouse	Rogue Hazelnut Brown Nectar, Bottle, 12 oz	190	16	3.0	0.0
Beverages	Outback Steakhouse	Rogue Hazelnut Brown Nectar, Middy	230	19	4.0	0.0
Beverages	Outback Steakhouse	Samuel Adams 76, Can, 16 oz.	200	16	2.0	0.0
Beverages	Outback Steakhouse	Samuel Adams Boston Lager, Big Bloke	270	27	3.0	0.0
Beverages	Outback Steakhouse	Samuel Adams Boston Lager, Bottle, 12 oz	170	17	2.0	0.0
Beverages	Outback Steakhouse	Samuel Adams Boston Lager, Middy	210	21	2.0	0.0
Beverages	Outback Steakhouse	Samuel Adams New England IPA, Can, 16 oz	260	20	3.0	0.0
Beverages	Outback Steakhouse	Samuel Adams Nitro Coffee Stout, Can, 16 oz	260	1	4.0	0.0
Beverages	Outback Steakhouse	Samuel Adams Rebel IPA, Bottle, 12 oz	200	15	2.0	0.0
Beverages	Outback Steakhouse	Samuel Adams Seasonal (Cold Snap), Big Bloke	260	22	4.0	0.0
Beverages	Outback Steakhouse	Samuel Adams Seasonal (Cold Snap), Bottle, 12 oz	170	14	2.0	0.0
Beverages	Outback Steakhouse	Samuel Adams Seasonal (Cold Snap), Middy	200	16	3.0	0.0
Beverages	Outback Steakhouse	Samuel Adams Seasonal (Octoberfest), Big Bloke	190	19	2.0	0.0
Beverages	Outback Steakhouse	Samuel Adams Seasonal (Octoberfest), Bottle, 12 oz	230	22	2.0	0.0
Beverages	Outback Steakhouse	White Claw	100	2	0.0	0.0
Beverages	Outback Steakhouse	Boomarita 7 oz	240	30	0.0	0.0
Beverages	Outback Steakhouse	Boomarita 9 oz	290	33	0.0	0.0
Beverages	Outback Steakhouse	Blueberry Lavender Lemonade	220	37	0.0	0.0
Beverages	Outback Steakhouse	Boozy Cherry Limeade Cocktail -OBS	110	27	0.0	0.0
Beverages	Outback Steakhouse	Strawberry Peach Sangria - Individual	270	41	0.0	0.0
Appetizers & Sides	Panda Express	Fried Rice	520	85	11.0	16.0
Appetizers & Sides	Panda Express	White Steamed Rice	380	87	7.0	0.0
Entrees	Panda Express	Eggplant Tofu Spicy	340	23	7.0	24.0
Entrees	Panda Express	Black Pepper Chicken Wok Smart &,e  300 Calories or Less & At Least 8g of Protein	280	15	13.0	19.0
Entrees	Panda Express	Kung Pao Chicken Spicy Wok Smart &,e  300 Calories or Less & At Least 8g of Protein	290	14	16.0	19.0
Entrees	Panda Express	Mushroom Chicken Wok Smart &,e  300 Calories or Less & At Least 8g of Protein	220	10	13.0	14.0
Entrees	Panda Express	Orange Chicken	490	51	25.0	23.0
Entrees	Panda Express	Potato Chicken Wok Smart &,e  300 Calories or Less & At Least 8g of Protein	190	18	8.0	10.0

Entrees	Panda Express	Sweet & Sour Chicken Breast Wok Smart &,e  300 Calories or Less & At Least 8g of Protein	300	40	10.0	12.0
Entrees	Panda Express	String Bean Chicken Breast Wok Smart &,e  300 Calories or Less & At Least 8g of Protein	190	13	14.0	9.0
Entrees	Panda Express	Beijing Beef Spicy	470	46	13.0	26.0
Entrees	Panda Express	Broccoli Beef Wok Smart &,e  300 Calories or Less & At Least 8g of Protein	150	13	9.0	7.0
Appetizers & Sides	Panda Express	Chicken Egg Roll, 1 Roll	200	20	6.0	10.0
Appetizers & Sides	Panda Express	Chicken Potsticker, 3 Pcs	160	20	6.0	6.0
Appetizers & Sides	Panda Express	Cream Cheese Rangoon, 3 Pcs	190	24	5.0	8.0
Appetizers & Sides	Panda Express	Vegetable Spring Roll, 2 Rolls	190	27	3.0	8.0
Soup	Panda Express	Hot & Sour Soup, Cup Spicy	120	14	7.0	5.0
Toppings & Ingredients	Panda Express	Sweet & Sour Sauce	70	21	0.0	0.0
Desserts	Panda Express	Fortune Cookie	20	5	0.0	0.0
Entrees	Panda Express	Honey Walnut Shrimp	360	35	13.0	23.0
Entrees	Panda Express	Sweetfire Chicken Breast Spicy	380	47	13.0	15.0
Beverages	Panda Express	Dr Pepper, Large	500	137	0.0	0.0
Beverages	Panda Express	Dr Pepper, Medium	360	98	0.0	0.0
Beverages	Panda Express	Dr Pepper, Small	260	72	0.0	0.0
Beverages	Panda Express	Dr Pepper, Kids	140	39	0.0	0.0
Desserts	Panda Express	Chocolate Chunk Cookie	160	25	2.0	7.0
Entrees	Panda Express	Shanghai Angus Steak	310	17	19.0	19.0
Entrees	Panda Express	Grilled Teriyaki Chicken Wok Smart &,e  300 Calories or Less & At Least 8g of Protein	300	8	36.0	13.0
Toppings & Ingredients	Panda Express	Teriyaki Sauce	70	16	0.0	0.0
Toppings & Ingredients	Panda Express	Chili Sauce	10	2	0.0	0.0
Toppings & Ingredients	Panda Express	Soy Sauce	5	0	0.0	0.0
Toppings & Ingredients	Panda Express	Potsticker Sauce	10	3	0.0	0.0
Toppings & Ingredients	Panda Express	Hot Mustard	10	0	0.0	1.0
Toppings & Ingredients	Panda Express	Plum Sauce	15	3	0.0	0.0
Appetizers & Sides	Panda Express	Brown Steamed Rice, Kid's Meal	310	64	7.0	3.0
Appetizers & Sides	Panda Express	White Steamed Rice, Kid's Meal	240	54	5.0	0.0
Appetizers & Sides	Panda Express	Brown Steamed Rice	420	86	9.0	4.0
Appetizers & Sides	Panda Express	Fried Rice, Kid's Meal	350	57	7.0	10.0
Entrees	Panda Express	Sweetfire Chicken Breast, Kid's Meal Spicy	280	35	10.0	12.0
Entrees	Panda Express	Sweet & Sour Chicken Breast, Kid's Meal	270	35	9.0	10.0
Entrees	Panda Express	String Bean Chicken Breast, Kid's Meal	140	10	11.0	7.0
Entrees	Panda Express	Grilled Teriyaki Chicken, Kid's Meal	180	5	22.0	8.0
Entrees	Panda Express	Kung Pao Chicken, Kid's Meal Spicy	200	10	11.0	14.0

Entrees	Panda Express	Eggplant Tofu, Kid's Meal Spicy	250	17	5.0	18.0
Entrees	Panda Express	Grilled Asian Chicken, Kid's Meal	180	5	22.0	8.0
Entrees	Panda Express	Black Pepper Chicken, Kid's Meal	200	11	10.0	14.0
Entrees	Panda Express	Beijing Beef, Kid's Meal Spicy	350	34	10.0	20.0
Entrees	Panda Express	Honey Walnut Shrimp, Kid's Meal	200	14	7.0	13.0
Entrees	Panda Express	Teriyaki Chicken, Kid's Meal	180	5	22.0	8.0
Entrees	Panda Express	Mushroom Chicken, Kid's Meal	170	8	10.0	11.0
Entrees	Panda Express	Grilled Asian Chicken Wok Smart &,e] 300 Calories or Less & At Least 8g of Protein	300	8	36.0	13.0
Entrees	Panda Express	Orange Chicken, Kid's Meal	370	38	19.0	17.0
Entrees	Panda Express	Potato Chicken, Kid's Meal	140	15	0.0	8.0
Entrees	Panda Express	Asian Chicken, Kid's Meal	180	5	22.0	8.0
Entrees	Panda Express	Broccoli Beef, Kid's Meal	110	10	7.0	6.0
Entrees	Panda Express	Teriyaki Chicken	340	14	41.0	13.0
Entrees	Panda Express	Chow Mein, Kid's Meal	280	36	7.0	12.0
Entrees	Panda Express	Asian Chicken	340	14	41.0	13.0
Appetizers & Sides	Panda Express	Chow Fun	410	73	9.0	9.0
Entrees	Panda Express	Golden Treasure Shrimp	360	35	14.0	18.0
Entrees	Panda Express	Steamed Ginger Fish Wok Smart &,e] 300 Calories or Less & At Least 8g of Protein	200	8	15.0	12.0
Appetizers & Sides	Panda Express	Chow Fun, Kid's Meal	300	53	6.0	6.0
Entrees	Panda Express	Golden Treasure Shrimp, Kid's Meal	210	20	8.0	10.0
Entrees	Panda Express	Steamed Ginger Fish, Kid's Meal	70	3	5.0	4.0
Soup	Panda Express	Hot & Sour Soup, Bowl Spicy Wok Smart &,e] 300 Calories or Less & At Least 8g of Protein	170	20	10.0	6.0
Entrees	Panda Express	Chow Mein	510	80	13.0	20.0
Appetizers & Sides	Panda Express	Super Greens	90	10	6.0	3.0
Entrees	Panda Express	Super Greens Entree	45	5	3.0	2.0
Appetizers & Sides	Panda Express	Super Greens, Kid's Meal	60	7	4.0	2.0
Entrees	Panda Express	Super Greens, Kid's Meal Entree	30	4	2.0	1.0
Entrees	Panda Express	Honey Sesame Chicken Breast	420	40	16.0	22.0
Entrees	Panda Express	Crispy Almond Chicken Breast, Kid's Meal	360	29	17.0	18.0
Entrees	Panda Express	Crispy Almond Chicken Breast	470	39	23.0	24.0
Entrees	Panda Express	Honey Sesame Chicken Breast, Kid's Meal	320	30	12.0	17.0
Entrees	Panda Express	Wok-seared Steak & Shrimp Wok Smart &,e] 300 Calories or Less & At Least 8g of Protein	240	21	23.0	7.0
Entrees	Panda Express	Wok-seared Steak & Shrimp, Kid's Meal Wok Smart &,e] 300 Calories or Less & At Least 8g of Protein	180	16	17.0	5.0
Entrees	Panda Express	Black Pepper Angus Steak Kids	140	9	15.0	5.0
Entrees	Panda Express	Black Pepper Angus Steak Entree	180	10	19.0	7.0

Entrees	Panda Express	Shanghai Angus Steak, Kid's Meal	230	13	14.0	14.0
Entrees	Panda Express	Firecracker Shrimp Entree	110	7	11.0	3.5
Entrees	Panda Express	Firecracker Shrimp Kids	80	5	9.0	3.0
Beverages	Panda Express	Barq's Root Beer, Large	560	153	0.0	0.0
Beverages	Panda Express	Barq's Root Beer, Small	290	80	0.0	0.0
Beverages	Panda Express	Barq's Root Beer, Kids	160	44	0.0	0.0
Beverages	Panda Express	Black Tea, Large	10	3	0.0	0.0
Beverages	Panda Express	Black Tea, Medium	10	3	0.0	0.0
Beverages	Panda Express	Black Tea, Small	5	2	0.0	0.0
Beverages	Panda Express	Black Tea, Kids	5	1	0.0	0.0
Beverages	Panda Express	Cherry Coca-cola, Large	540	147	0.0	0.0
Beverages	Panda Express	Cherry Coca-cola, Medium	380	105	0.0	0.0
Beverages	Panda Express	Cherry Coca-cola, Small	280	77	0.0	0.0
Beverages	Panda Express	Cherry Coca-cola, Kids	150	42	0.0	0.0
Beverages	Panda Express	Coca-cola, Large	510	140	0.0	0.0
Beverages	Panda Express	Coca-cola, Medium	370	100	0.0	0.0
Beverages	Panda Express	Coca-cola, Small	270	73	0.0	0.0
Beverages	Panda Express	Coca-cola, Kids	150	40	0.0	0.0
Beverages	Panda Express	Coca-cola Zero Sugar, Large	0	1	0.0	0.0
Beverages	Panda Express	Coca-cola Zero Sugar, Medium	0	0	0.0	0.0
Beverages	Panda Express	Coca-cola Zero Sugar, Small	0	0	0.0	0.0
Beverages	Panda Express	Coca-cola Zero Sugar, Kids	0	0	0.0	0.0
Beverages	Panda Express	Diet Coke, Large	0	1	0.0	0.0
Beverages	Panda Express	Diet Coke, Medium	0	1	0.0	0.0
Beverages	Panda Express	Diet Coke, Small	0	1	0.0	0.0
Beverages	Panda Express	Diet Coke, Kids	0	0	0.0	0.0
Beverages	Panda Express	Fanta Fruit Punch, Large	530	145	0.0	0.0
Beverages	Panda Express	Fanta Fruit Punch, Medium	380	104	0.0	0.0
Beverages	Panda Express	Fanta Fruit Punch, Small	280	76	0.0	0.0
Beverages	Panda Express	Fanta Fruit Punch, Kids	150	42	0.0	0.0
Beverages	Panda Express	Fanta Orange, Large	520	142	0.0	0.0
Beverages	Panda Express	Fanta Orange, Medium	370	101	0.0	0.0
Beverages	Panda Express	Fanta Orange, Kids	150	40	0.0	0.0
Beverages	Panda Express	Fanta Orange (pr Only), Large	570	147	0.0	0.0
Beverages	Panda Express	Fanta Orange (pr Only), Medium	410	105	0.0	0.0

Beverages	Panda Express	Fanta Orange (pr Only), Small	300	77	0.0	0.0
Beverages	Panda Express	Fanta Orange (pr Only), Kids	160	42	0.0	0.0
Beverages	Panda Express	Fanta Orange, Small	270	74	0.0	0.0
Beverages	Panda Express	Fanta Strawberry, Large	550	150	0.0	0.0
Beverages	Panda Express	Fanta Strawberry, Medium	390	107	0.0	0.0
Beverages	Panda Express	Fanta Strawberry, Small	290	79	0.0	0.0
Beverages	Panda Express	Fanta Strawberry, Kids	160	43	0.0	0.0
Beverages	Panda Express	Fanta Strawberry (tx Only), Large	570	155	0.0	0.0
Beverages	Panda Express	Fanta Strawberry (tx Only), Medium	410	111	0.0	0.0
Beverages	Panda Express	Fanta Strawberry (tx Only), Small	300	81	0.0	0.0
Beverages	Panda Express	Fanta Strawberry (tx Only), Kids	160	44	0.0	0.0
Beverages	Panda Express	Fuze Lemon Black Tea, Large	300	78	0.0	0.0
Beverages	Panda Express	Fuze Lemon Black Tea, Medium	210	56	0.0	0.0
Beverages	Panda Express	Fuze Lemon Black Tea, Small	150	41	0.0	0.0
Beverages	Panda Express	Fuze Lemon Black Tea, Kids	80	22	0.0	0.0
Beverages	Panda Express	Fuze Raspberry Tea, Large	300	78	0.0	0.0
Beverages	Panda Express	Fuze Raspberry Tea, Medium	210	56	0.0	0.0
Beverages	Panda Express	Fuze Raspberry Tea, Small	150	41	0.0	0.0
Beverages	Panda Express	Fuze Raspberry Tea, Kids	80	22	0.0	0.0
Beverages	Panda Express	Glaceau Vitaminwater Squeezed Zero, Large	10	3	0.0	0.0
Beverages	Panda Express	Glaceau Vitaminwater Squeezed Zero, Medium	5	2	0.0	0.0
Beverages	Panda Express	Glaceau Vitaminwater Squeezed Zero, Small	5	2	0.0	0.0
Beverages	Panda Express	Glaceau Vitaminwater Squeezed Zero, Kids	0	1	0.0	0.0
Beverages	Panda Express	Gold Peak Premium Unsweetened Tea, Large	0	0	0.0	0.0
Beverages	Panda Express	Gold Peak Premium Unsweetened Tea, Medium	0	0	0.0	0.0
Beverages	Panda Express	Gold Peak Premium Unsweetened Tea, Small	0	0	0.0	0.0
Beverages	Panda Express	Gold Peak Premium Unsweetened Tea, Kids	0	0	0.0	0.0
Beverages	Panda Express	Hi-c Flashin Fruit Punch, Large	540	148	0.0	0.0
Beverages	Panda Express	Hi-c Flashin Fruit Punch, Medium	390	106	0.0	0.0
Beverages	Panda Express	Hi-c Flashin Fruit Punch, Small	280	78	0.0	0.0
Beverages	Panda Express	Hi-c Flashin Fruit Punch, Kids	150	42	0.0	0.0
Beverages	Panda Express	Lemon Green Tea, Large	15	0	3.0	0.0
Beverages	Panda Express	Lemon Green Tea, Medium	10	0	2.0	0.0
Beverages	Panda Express	Lemon Green Tea, Small	10	0	1.0	0.0
Beverages	Panda Express	Minute Maid Lemonade, Large	550	138	0.0	0.0

Beverages	Panda Express	Minute Maid Lemonade, Medium	390	99	0.0	0.0
Beverages	Panda Express	Minute Maid Lemonade, Small	290	72	0.0	0.0
Beverages	Panda Express	Minute Maid Lemonade, Kids	160	39	0.0	0.0
Beverages	Panda Express	Minute Maid Light Lemonade, Kids	5	2	0.0	0.0
Beverages	Panda Express	Minute Maid Light Lemonade, Large	20	7	0.0	0.0
Beverages	Panda Express	Minute Maid Light Lemonade, Medium	15	5	0.0	0.0
Beverages	Panda Express	Minute Maid Light Lemonade, Small	10	4	0.0	0.0
Beverages	Panda Express	Passionfruit Mango Black Tea, Large	15	4	0.0	0.0
Beverages	Panda Express	Passionfruit Mango Black Tea, Medium	10	3	0.0	0.0
Beverages	Panda Express	Passionfruit Mango Black Tea, Small	5	2	0.0	0.0
Beverages	Panda Express	Passionfruit Mango Black Tea, Kids	5	1	0.0	0.0
Beverages	Panda Express	Powerade Fruit Punch, Large	280	75	0.0	0.0
Beverages	Panda Express	Powerade Fruit Punch, Medium	200	53	0.0	0.0
Beverages	Panda Express	Powerade Fruit Punch, Small	150	39	0.0	0.0
Beverages	Panda Express	Powerade Fruit Punch, Kids	80	21	0.0	0.0
Beverages	Panda Express	Powerade Mountain Berry Blast, Large	290	77	0.0	0.0
Beverages	Panda Express	Powerade Mountain Berry Blast, Medium	210	55	0.0	0.0
Beverages	Panda Express	Powerade Mountain Berry Blast, Small	150	40	0.0	0.0
Beverages	Panda Express	Powerade Mountain Berry Blast, Kids	80	22	0.0	0.0
Beverages	Panda Express	Seagram's Ginger Ale, Large	450	121	0.0	0.0
Beverages	Panda Express	Seagram's Ginger Ale, Medium	320	87	0.0	0.0
Beverages	Panda Express	Seagram's Ginger Ale, Small	240	64	0.0	0.0
Beverages	Panda Express	Seagram's Ginger Ale, Kids	130	35	0.0	0.0
Beverages	Panda Express	Sprite, Large	470	129	0.0	0.0
Beverages	Panda Express	Sprite, Medium	340	92	0.0	0.0
Beverages	Panda Express	Sprite, Small	250	68	0.0	0.0
Beverages	Panda Express	Sprite, Kids	140	37	0.0	0.0
Beverages	Panda Express	Sprite Zero, Large	10	0	0.0	0.0
Beverages	Panda Express	Sprite Zero, Medium	5	0	0.0	0.0
Beverages	Panda Express	Sprite Zero, Small	5	0	0.0	0.0
Beverages	Panda Express	Sprite Zero, Kids	0	0	0.0	0.0
Beverages	Panda Express	Sweet Tea, Large	510	129	0.0	0.0
Beverages	Panda Express	Sweet Tea, Medium	410	103	0.0	0.0
Beverages	Panda Express	Sweet Tea, Small	280	71	0.0	0.0
Beverages	Panda Express	Sweet Tea, Kids	150	39	0.0	0.0



Sandwiches	Panera Bread	Bacon, Egg & Cheese on Artisan Ciabatta	420	40	22.0	19.0
Soup	Panera Bread	Broccoli Cheddar - Cup	230	16	8.0	15.0
Soup	Panera Bread	Broccoli Cheddar - Bowl	370	25	13.0	24.0
Soup	Panera Bread	Cream of Chicken & Wild Rice - Cup	180	18	6.0	10.0
Soup	Panera Bread	Cream of Chicken & Wild Rice - Bowl	260	27	10.0	16.0
Salads	Panera Bread	Fuji Apple with Chicken Salad- Whole	560	38	27.0	34.0
Salads	Panera Bread	Fuji Apple with Chicken Salad- Half	280	19	14.0	17.0
Salads	Panera Bread	Caesar Salad with Chicken - Half	220	11	15.0	14.0
Salads	Panera Bread	Caesar Salad- Whole	330	18	10.0	25.0
Salads	Panera Bread	Greek Salad- Half	200	8	4.0	18.0
Salads	Panera Bread	Caesar Salad- Half	170	9	5.0	13.0
Salads	Panera Bread	Greek Salad- Whole	400	16	8.0	35.0
Baked Goods	Panera Bread	Classic Sourdough Loaf	150	31	6.0	0.0
Baked Goods	Panera Bread	French Baguette	150	30	5.0	0.0
Baked Goods	Panera Bread	Plain Bagel	280	62	10.0	1.0
Baked Goods	Panera Bread	Asiago Cheese Bagel	310	63	12.0	3.0
Baked Goods	Panera Bread	Everything Bagel	300	63	11.0	1.5
Baked Goods	Panera Bread	Sesame Bagel	300	63	11.0	2.5
Baked Goods	Panera Bread	Blueberry Bagel	290	66	10.0	1.0
Baked Goods	Panera Bread	Chocolate Chip Bagel	330	64	10.0	6.0
Baked Goods	Panera Bread	Cinnamon Crunch Bagel	420	84	9.0	7.0
Baked Goods	Panera Bread	Scone - Orange	550	80	9.0	20.0
Baked Goods	Panera Bread	Muffin - Chocolate Chip	330	51	5.0	13.0
Baked Goods	Panera Bread	Muffin - Pumpkin	560	78	8.0	24.0
Entrees	Panera Bread	Souffle - Four Cheese	470	36	14.0	30.0
Entrees	Panera Bread	Souffle - Spinach & Artichoke	530	37	18.0	35.0
Entrees	Panera Bread	Souffle - Spinach & Bacon	550	36	19.0	37.0
Baked Goods	Panera Bread	Asiago Cheese Focaccia	150	24	6.0	3.0
Baked Goods	Panera Bread	Sourdough Bread Bowl	670	130	27.0	4.5
Baked Goods	Panera Bread	Pastry - Pecan Braid	500	51	8.0	30.0
Desserts	Panera Bread	Cookie - Chocolate Chipper	390	52	4.0	19.0
Baked Goods	Panera Bread	Pastry - Bear Claw	500	65	10.0	23.0
Baked Goods	Panera Bread	Pastry - Pastry Ring	210	29	3.0	9.0
Baked Goods	Panera Bread	Muffin - Cranberry Orange	530	82	7.0	19.0
Appetizers & Sides	Panera Bread	Side - Apple	80	22	0.0	0.0

Desserts	Panera Bread	Cookie - Candy	480	68	4.0	22.0
Beverages	Panera Bread	Chai Tea Latte - 16 fl oz	290	49	10.0	6.0
Beverages	Panera Bread	Kids Organic Apple juice	110	28	0.0	0.0
Salads	Panera Bread	Green Goddess Cobb Salad with Chicken - Whole	500	27	36.0	29.0
Soup	Panera Bread	Bistro French Onion - Bowl	310	35	12.0	13.0
Soup	Panera Bread	Bistro French Onion - Cup	190	21	8.0	8.0
Soup	Panera Bread	Turkey Chili with Beans - Bowl	300	31	21.0	10.0
Soup	Panera Bread	Turkey Chili with Beans - Cup	200	20	14.0	7.0
Baked Goods	Panera Bread	Sprouted Grain Bagel Flat	180	34	7.0	2.0
Beverages	Panera Bread	Bottled Water	0	0	0.0	0.0
Baked Goods	Panera Bread	Muffin - Blueberry	510	79	7.0	18.0
Beverages	Panera Bread	Green Passion Smoothie - 16 fl oz	260	59	2.0	1.5
Beverages	Panera Bread	Iced Caffé Latte - 20 fl oz	160	16	11.0	6.0
Beverages	Panera Bread	Iced Caramel Latte - 20 fl oz	440	63	13.0	15.0
Beverages	Panera Bread	Hazelnut Flavored Coffee - 16 fl oz	20	3	1.0	0.0
Beverages	Panera Bread	Caffé Latte - 16 fl oz	130	13	9.0	5.0
Beverages	Panera Bread	Chocolate Latte - 16 fl oz	370	60	12.0	10.0
Beverages	Panera Bread	Cappuccino - 16 fl oz	130	13	9.0	5.0
Beverages	Panera Bread	Caramel Latte - 16 fl oz	410	60	11.0	13.0
Desserts	Panera Bread	Cookie - Oatmeal Raisin with Berries	350	55	4.0	13.0
Baked Goods	Panera Bread	Cookie - Kitchen Sink	820	99	8.0	44.0
Sandwiches	Panera Bread	Chipotle Chicken Avocado Melt on Black Pepper Focaccia - Whole	940	80	46.0	49.0
Sandwiches	Panera Bread	Tuna Salad on Black Pepper Focaccia - Whole	740	77	35.0	32.0
Appetizers & Sides	Panera Bread	Banana	90	23	1.0	0.0
Baked Goods	Panera Bread	Brioche Roll	220	31	8.0	7.0
Beverages	Panera Bread	Peach & Blueberry Smoothie with Almond Milk - 16 floz	220	49	2.0	2.0
Beverages	Panera Bread	Strawberry Smoothie with Greek Yogurt - 16 fl oz	280	46	12.0	5.0
Beverages	Panera Bread	Strawberry Banana Smoothie with Greek Yogurt - 16 floz	250	52	7.0	3.0
Beverages	Panera Bread	Mango Smoothie with Greek Yogurt - 16 fl oz	300	51	13.0	5.0
Baked Goods	Panera Bread	Cookie - Lemon Drop Flavored	440	60	5.0	20.0
Appetizers & Sides	Panera Bread	Greek Yogurt with Mixed Berries	240	27	15.0	8.0
Salads	Panera Bread	Asian Sesame with Chicken Salad - Whole	410	29	27.0	22.0
Sandwiches	Panera Bread	Bacon, Egg & Cheese on Brioche	450	32	23.0	25.0
Sandwiches	Panera Bread	Sausage, Egg & Cheese on Brioche	590	32	26.0	39.0
Sandwiches	Panera Bread	Egg & Cheese on Brioche	380	32	19.0	19.0

Soup	Panera Bread	Vegetarian Autumn Squash Soup - Cup	210	27	5.0	11.0
Sandwiches	Panera Bread	Bacon, Scrambled Egg & Cheese on Brioche	470	33	24.0	26.0
Sandwiches	Panera Bread	Scrambled Egg & Cheese on Brioche	400	32	21.0	21.0
Sandwiches	Panera Bread	Sausage, Scrambled Egg & Cheese on Brioche	610	33	28.0	41.0
Toppings & Ingredients	Panera Bread	Espresso	10	2	1.0	0.0
Baked Goods	Panera Bread	Artisan Ciabatta	150	30	6.0	1.5
Baked Goods	Panera Bread	Black Pepper Focaccia	140	26	5.0	2.0
Sandwiches	Panera Bread	Avocado, Egg White, Spinach & Cheese on Sprouted Grain Bagel Flat	350	39	19.0	14.0
Beverages	Panera Bread	Decaf Coffee - 20 fl oz	25	5	1.0	0.0
Beverages	Panera Bread	Frozen Caramel Cold Brew - 16 fl oz	490	80	5.0	17.0
Beverages	Panera Bread	Frozen Chocolate Cold Brew - 16 fl oz	450	79	6.0	13.0
Beverages	Panera Bread	Iced Madagascar Vanilla Latte - 20 fl oz	290	36	12.0	10.0
Beverages	Panera Bread	Madagascar Vanilla Cream Cold Brew Coffee - 16 fl oz	190	22	3.0	11.0
Entrees	Panera Bread	Baja Bowl with Chicken	740	83	27.0	35.0
Entrees	Panera Bread	Mediterranean Bowl	590	66	16.0	31.0
Entrees	Panera Bread	Mediterranean Bowl with Chicken	640	68	26.0	32.0
Toppings & Ingredients	Panera Bread	Plain Cream Cheese Spread - 1.75 oz	150	3	3.0	15.0
Toppings & Ingredients	Panera Bread	Plain Cream Cheese Spread - 8 oz	90	2	2.0	9.0
Desserts	Panera Bread	Brownie	470	69	7.0	18.0
Baked Goods	Panera Bread	Pastry - Chocolate Croissant	400	42	7.0	23.0
Baked Goods	Panera Bread	Pastry - Croissant	270	28	5.0	15.0
Baked Goods	Panera Bread	Pastry - Vanilla Flavored Cinnamon Roll	620	106	9.0	18.0
Appetizers & Sides	Panera Bread	Seasonal Fruit Cup	60	17	1.0	0.0
Beverages	Panera Bread	Agave Lemonade - 20 fl oz	200	48	0.0	0.0
Salads	Panera Bread	BBQ Chicken Salad - Whole	490	45	29.0	23.0
Soup	Panera Bread	Vegetarian Autumn Squash Soup - Group	760	96	19.0	38.0
Pizza	Panera Bread	Pepperoni Flatbread Pizza	1030	94	45.0	51.0
Pizza	Panera Bread	Chipotle Chicken & Bacon Flatbread Pizza	1020	96	43.0	49.0
Pizza	Panera Bread	Margherita Flatbread Pizza	870	96	35.0	37.0
Pizza	Panera Bread	Cheese Flatbread Pizza	910	94	40.0	40.0
Sandwiches	Panera Bread	Smokehouse BBQ Chicken on Classic White Miche -Whole	760	81	45.0	29.0
Sandwiches	Panera Bread	Napa Almond Chicken Salad on Country Rustic Sourdough - Whole	640	78	25.0	25.0
Entrees	Panera Bread	Teriyaki Chicken & Broccoli Bowl	740	84	38.0	28.0
Entrees	Panera Bread	Baja Bowl	690	82	18.0	34.0
Soup	Panera Bread	Turkey Chili - Group	700	72	49.0	24.0

Baked Goods	Panera Bread	White Whole Grain Loaf	130	25	6.0	0.5
Beverages	Panera Bread	Signature Hot Chocolate - 16 fl oz	430	73	12.0	11.0
Beverages	Panera Bread	Cold Brew Coffee - 16 fl oz	10	2	1.0	0.0
Beverages	Panera Bread	Madagascar Vanilla Almond Cold Brew Coffee - 16 fl oz	90	18	1.0	1.5
Beverages	Panera Bread	Americano - 16 fl oz	10	2	1.0	0.0
Baked Goods	Panera Bread	Cherry Vanilla Bagel	350	78	10.0	4.5
Baked Goods	Panera Bread	Cinnamon Swirl & Raisin Bagel	310	68	10.0	1.5
Baked Goods	Panera Bread	Jalapeno Cheddar Bagel	300	56	13.0	3.0
Baked Goods	Panera Bread	Poppyseed Bagel	300	63	11.0	2.0
Baked Goods	Panera Bread	Salt Bagel	280	62	10.0	1.0
Baked Goods	Panera Bread	Classic White Miche	160	27	6.0	4.0
Baked Goods	Panera Bread	Country Rustic Sourdough XL Loaf	130	28	5.0	0.0
Baked Goods	Panera Bread	Tomato Basil Miche	130	27	5.0	0.0
Baked Goods	Panera Bread	Whole Grain Lahvash	150	27	9.0	2.5
Sandwiches	Panera Bread	Bacon, Scrambled Egg & Cheese on Artisan Ciabatta	440	40	24.0	21.0
Baked Goods	Panera Bread	Breakfast Portion - Artisan Ciabatta	200	38	7.0	2.0
Toppings & Ingredients	Panera Bread	Chipotle Aioli Sauce for Breakfast Sandwiches	45	0	0.0	4.5
Sandwiches	Panera Bread	Chipotle Chicken, Egg & Avocado on Artisan Ciabatta	530	43	26.0	29.0
Sandwiches	Panera Bread	Chipotle Chicken, Scrambled Egg & Avocado on Artisan Ciabatta	550	44	27.0	30.0
Sandwiches	Panera Bread	Egg & Cheese on Artisan Ciabatta	360	40	19.0	14.0
Toppings & Ingredients	Panera Bread	Egg Whites	30	1	6.0	0.0
Toppings & Ingredients	Panera Bread	Garlic Aioli Sauce for Breakfast Sandwiches	50	0	0.0	5.0
Toppings & Ingredients	Panera Bread	Over Easy Egg	70	0	6.0	5.0
Sandwiches	Panera Bread	Sausage, Egg & Cheese on Asiago Bagel	770	60	29.0	47.0
Sandwiches	Panera Bread	Sausage, Egg & Cheese on Artisan Ciabatta	570	40	26.0	34.0
Sandwiches	Panera Bread	Sausage, Scrambled Egg & Cheese on Artisan Ciabatta	590	40	27.0	35.0
Sandwiches	Panera Bread	Sausage, Scrambled Egg & Cheese on Asiago Bagel	790	61	30.0	48.0
Toppings & Ingredients	Panera Bread	Scrambled Egg	90	1	8.0	7.0
Sandwiches	Panera Bread	Scrambled Egg & Cheese on Artisan Ciabatta	380	40	20.0	16.0
Entrees	Panera Bread	Steel Cut Oatmeal with Strawberries, Pecans & Cinnamon Crunch Topping	370	52	8.0	15.0
Toppings & Ingredients	Panera Bread	Apple Cider Vinegar BBQ Sauce	20	4	0.0	0.0
Toppings & Ingredients	Panera Bread	Dressing - Asian Sesame Vinaigrette - Half	45	2	0.0	4.0
Toppings & Ingredients	Panera Bread	Dressing - Asian Sesame Vinaigrette - Whole	90	4	0.0	8.0
Toppings & Ingredients	Panera Bread	Dressing - BBQ Ranch - Half	70	2	0.0	7.0
Toppings & Ingredients	Panera Bread	Dressing - BBQ Ranch - Whole	140	5	1.0	13.0

Toppings & Ingredients	Panera Bread	Buffalo Sauce - Sandwich Portion	10	1	0.0	1.0
Toppings & Ingredients	Panera Bread	Dressing - Caesar - Half	90	1	0.0	9.0
Toppings & Ingredients	Panera Bread	Dressing - Caesar - Whole	170	2	1.0	18.0
Toppings & Ingredients	Panera Bread	Chipotle Sauce	100	2	0.0	10.0
Toppings & Ingredients	Panera Bread	Garlic Aioli - Sandwich Portion	110	0	0.0	12.0
Toppings & Ingredients	Panera Bread	Dressing - Greek Dressing - Half	110	0	0.0	12.0
Toppings & Ingredients	Panera Bread	Dressing - Greek Dressing - Whole	230	1	0.0	25.0
Toppings & Ingredients	Panera Bread	Dressing - Green Goddess - Half	45	2	1.0	3.5
Toppings & Ingredients	Panera Bread	Dressing - Green Goddess - Whole	90	4	2.0	7.0
Toppings & Ingredients	Panera Bread	Horseradish Sauce	100	1	0.0	11.0
Toppings & Ingredients	Panera Bread	Hummus	60	5	2.0	4.5
Toppings & Ingredients	Panera Bread	Lemon Tahini Dressing	70	2	1.0	7.0
Toppings & Ingredients	Panera Bread	Mayonnaise	130	0	0.0	14.0
Toppings & Ingredients	Panera Bread	Salsa Verde	90	1	0.0	10.0
Toppings & Ingredients	Panera Bread	Signature Sauce	90	4	0.0	8.0
Toppings & Ingredients	Panera Bread	Spicy Brown Mustard	10	1	0.0	0.0
Toppings & Ingredients	Panera Bread	Dressing - Tangerine Soy Ginger - Half	80	4	0.0	7.0
Toppings & Ingredients	Panera Bread	Dressing - Tangerine Soy Ginger - Whole	160	9	1.0	14.0
Toppings & Ingredients	Panera Bread	Teriyaki Sauce	120	26	2.0	1.0
Toppings & Ingredients	Panera Bread	Dressing - White Balsamic Vinaigrette flavored with Apple - Half	80	5	0.0	6.0
Toppings & Ingredients	Panera Bread	Dressing - White Balsamic Vinaigrette flavored with Apple - Whole	160	11	0.0	13.0
Beverages	Panera Bread	100% Colombian Dark Roast Coffee - 16 fl oz	15	3	1.0	0.0
Beverages	Panera Bread	100% Colombian Dark Roast Coffee - 20 fl oz	15	3	1.0	0.0
Beverages	Panera Bread	100% Colombian Dark Roast Coffee - Group	100	20	7.0	0.0
Beverages	Panera Bread	100% Colombian Dark Roast Coffee - 12 fl oz	10	2	1.0	0.0
Toppings & Ingredients	Panera Bread	Additional Shot of Bittersweet Chocolate Sauce	50	13	1.0	0.0
Toppings & Ingredients	Panera Bread	Additional Shot of Caramel Syrup	60	13	0.0	1.5
Toppings & Ingredients	Panera Bread	Additional Shot of Cinnamon Bark Flavored Syrup	25	6	0.0	0.0
Toppings & Ingredients	Panera Bread	Additional Shot of Espresso	5	1	0.0	0.0
Toppings & Ingredients	Panera Bread	Additional Shot of Espresso Decaf	5	1	0.0	0.0
Toppings & Ingredients	Panera Bread	Additional Shot of Madagascar Vanilla Syrup	20	5	0.0	0.0
Beverages	Panera Bread	Agave Lemonade - 30 fl oz	300	73	0.0	0.0
Beverages	Panera Bread	Agave Lemonade - Serves 5 - Group	630	155	1.0	1.0
Beverages	Panera Bread	AHA Blueberry Pomegranate Sparkling Water- 12 fl oz can	0	0	0.0	0.0
Beverages	Panera Bread	AHA Lime Watermelon Sparkling Water- 12 fl oz can	0	0	0.0	0.0

Beverages	Panera Bread	Black Tea - Serves 5 - Group	40	0	8.0	0.0
Beverages	Panera Bread	Blackberry Sage Tea	0	0	0.0	0.0
Beverages	Panera Bread	Bottled Passionfruit Papaya Flavored Green Tea	130	31	0.0	0.0
Beverages	Panera Bread	British Breakfast Tea - 8 fl oz	0	0	0.0	0.0
Beverages	Panera Bread	Bubly Sparkling Water 12 fl oz Can- Lemon	0	0	0.0	0.0
Beverages	Panera Bread	Bubly Sparkling Water 12 fl oz - Lime	0	0	0.0	0.0
Beverages	Panera Bread	Cafe Blend Light Roast Coffee - Group	140	25	7.0	0.0
Beverages	Panera Bread	Cafe Blend Light Roast Coffee - 16 fl oz	20	3	1.0	0.0
Beverages	Panera Bread	Cafe Blend Light Roast Coffee - 20 fl oz	25	4	1.0	0.0
Beverages	Panera Bread	Cafe Blend Light Roast Coffee- 12 fl oz	15	2	1.0	0.0
Beverages	Panera Bread	Caffe Latte - 20 fl oz	160	16	11.0	6.0
Beverages	Panera Bread	Caffeine Free Diet Pepsi - 20 fl oz	0	0	0.0	0.0
Beverages	Panera Bread	Caffeine Free Diet Pepsi - 30 fl oz	0	0	0.0	0.0
Beverages	Panera Bread	Canada Dry Ginger Ale - 20 fl oz	230	60	0.0	0.0
Beverages	Panera Bread	Canada Dry Ginger Ale - 30 fl oz	340	90	0.0	0.0
Beverages	Panera Bread	Cappuccino - 20 fl oz	160	16	11.0	6.0
Beverages	Panera Bread	Caramel Latte - 20 fl oz	500	76	13.0	16.0
Beverages	Panera Bread	Chai Tea Latte - 20 fl oz	370	63	12.0	7.0
Beverages	Panera Bread	Chocolate Latte - 20 fl oz	420	67	14.0	11.0
Beverages	Panera Bread	Cinnamon Crunch Latte - 16 fl oz	270	37	10.0	9.0
Beverages	Panera Bread	Cinnamon Crunch Latte - 20 fl oz	330	46	12.0	10.0
Beverages	Panera Bread	Cinnamon Plum Tea - 8 fl oz	0	0	0.0	0.0
Toppings & Ingredients	Panera Bread	1 pump of Cane Sugar Syrup	20	5	0.0	0.0
Beverages	Panera Bread	Coke - 20 fl oz	240	67	0.0	0.0
Beverages	Panera Bread	Coke - 30 fl oz	370	100	0.0	0.0
Beverages	Panera Bread	Coca-Cola 20 fl oz	240	65	0.0	0.0
Beverages	Panera Bread	Coke Zero - 20 fl oz	0	0	0.0	0.0
Beverages	Panera Bread	Coke Zero - 20 fl oz bottle	0	0	0.0	0.0
Beverages	Panera Bread	Coke Zero - 30 fl oz	0	0	0.0	0.0
Beverages	Panera Bread	Cold Brew Coffee - 20 fl oz	15	3	1.0	0.0
Beverages	Panera Bread	Dasani Lemon - 12 fl oz can	0	0	0.0	0.0
Beverages	Panera Bread	Dasani Lime - 12 fl oz can	0	0	0.0	0.0
Beverages	Panera Bread	Decaf Coffee - 12 fl oz	15	3	0.0	0.0
Beverages	Panera Bread	Decaf Coffee - Group	140	32	4.0	0.0
Beverages	Panera Bread	Decaf Coffee - 16 fl oz	20	4	0.0	0.0

Beverages	Panera Bread	Diet Coke - 20 fl oz	0	0	0.0	0.0
Beverages	Panera Bread	Diet Coke - 30 fl oz	0	0	0.0	0.0
Beverages	Panera Bread	20 oz Diet Coke Bottle	0	0	0.0	0.0
Beverages	Panera Bread	Diet Dr. Pepper - 20 fl oz	0	0	0.0	0.0
Beverages	Panera Bread	Diet Dr. Pepper - 30 fl oz	0	0	0.0	0.0
Beverages	Panera Bread	Diet Mountain Dew - 20 fl oz	10	1	0.0	0.0
Beverages	Panera Bread	Diet Mountain Dew - 30 fl oz	10	1	0.0	0.0
Beverages	Panera Bread	Diet Mountain Dew - 12 fl oz can	0	0	0.0	0.0
Beverages	Panera Bread	Diet Pepsi - 12 fl oz can	0	0	0.0	0.0
Beverages	Panera Bread	Diet Pepsi - 20 fl oz	0	0	0.0	0.0
Beverages	Panera Bread	Diet Pepsi - 20 fl oz bottle	0	0	0.0	0.0
Beverages	Panera Bread	Diet Pepsi - 30 fl oz	0	0	0.0	0.0
Beverages	Panera Bread	Dr Pepper - 20 fl oz bottle	250	66	0.0	0.0
Beverages	Panera Bread	Dr. Pepper - 20 fl oz	240	65	0.0	0.0
Beverages	Panera Bread	Dr. Pepper - 30 fl oz	360	98	0.0	0.0
Beverages	Panera Bread	Drive Thru - Agave Lemonade - 20 fl oz	120	30	0.0	0.0
Beverages	Panera Bread	Drive Thru - Agave Lemonade - 30 fl oz	180	45	0.0	0.0
Beverages	Panera Bread	Drive Thru - Caffeine Free Diet Pepsi - 20 fl oz	0	0	0.0	0.0
Beverages	Panera Bread	Drive Thru - Caffeine Free Diet Pepsi - 30 fl oz	0	0	0.0	0.0
Beverages	Panera Bread	Drive Thru - Canada Dry Ginger Ale - 20 fl oz	140	38	0.0	0.0
Beverages	Panera Bread	Drive Thru - Canada Dry Ginger Ale - 30 fl oz	210	57	0.0	0.0
Beverages	Panera Bread	Drive Thru - Coke - 20 fl oz	150	42	0.0	0.0
Beverages	Panera Bread	Drive Thru - Coke - 30 fl oz	230	63	0.0	0.0
Beverages	Panera Bread	Drive Thru - Coke Zero - 20 fl oz	0	0	0.0	0.0
Beverages	Panera Bread	Drive Thru - Coke Zero - 30 fl oz	0	0	0.0	0.0
Beverages	Panera Bread	Drive Thru - Diet Coke - 20 fl oz	0	0	0.0	0.0
Beverages	Panera Bread	Drive Thru - Diet Coke - 30 fl oz	0	0	0.0	0.0
Beverages	Panera Bread	Drive Thru - Diet Dr. Pepper - 20 fl oz	0	0	0.0	0.0
Beverages	Panera Bread	Drive Thru - Diet Dr. Pepper - 30 fl oz	0	0	0.0	0.0
Beverages	Panera Bread	Drive Thru - Diet Mountain Dew - 20 fl oz	0	1	0.0	0.0
Beverages	Panera Bread	Drive Thru - Diet Mountain Dew - 30 fl oz	5	1	0.0	0.0
Beverages	Panera Bread	Drive Thru - Diet Pepsi - 20 fl oz	0	0	0.0	0.0
Beverages	Panera Bread	Drive Thru - Diet Pepsi - 30 fl oz	0	0	0.0	0.0
Beverages	Panera Bread	Drive Thru - Dr. Pepper - 20 fl oz	150	41	0.0	0.0
Beverages	Panera Bread	Drive Thru - Dr. Pepper - 30 fl oz	220	61	0.0	0.0

Beverages	Panera Bread	Drive Thru - Fanta Orange - 20 fl oz	160	42	0.0	0.0
Beverages	Panera Bread	Drive Thru - Fanta Orange - 30 fl oz	230	63	0.0	0.0
Beverages	Panera Bread	Drive Thru - Fuji Apple Cranberry Flavored Charged Lemonade - 20 fl oz	170	43	0.0	0.0
Beverages	Panera Bread	Drive Thru - Fuji Apple Cranberry Flavored Charged Lemonade - 30 fl oz	260	64	0.0	0.0
Beverages	Panera Bread	Drive Thru - Lipton Brisk Raspberry Tea - 20 fl oz	70	19	0.0	0.0
Beverages	Panera Bread	Drive Thru - Lipton Brisk Raspberry Tea - 30 fl oz	110	28	0.0	0.0
Beverages	Panera Bread	Drive Thru - Mango Yuzu Citrus Flavored Charged Lemonade - 30 fl oz	320	78	0.0	0.0
Beverages	Panera Bread	Drive Thru - Mango Yuzu Citrus Flavored Charged Lemonade - 20 fl oz	210	52	0.0	0.0
Beverages	Panera Bread	Drive Thru - Mist Twist - 20 fl oz	160	42	0.0	0.0
Beverages	Panera Bread	Drive Thru - Mist Twist - 30 fl oz	240	63	0.0	0.0
Beverages	Panera Bread	Drive Thru - Mountain Dew - 20 fl oz	180	46	0.0	0.0
Beverages	Panera Bread	Drive Thru - Mountain Dew - 30 fl oz	260	69	0.0	0.0
Beverages	Panera Bread	Drive Thru - Mug Root Beer - 20 fl oz	150	40	0.0	0.0
Beverages	Panera Bread	Drive Thru - Mug Root Beer - 30 fl oz	230	60	0.0	0.0
Beverages	Panera Bread	Drive Thru - Passion Papaya Flavored Green Tea - 20 floz	90	23	0.0	0.0
Beverages	Panera Bread	Drive Thru - Passion Papaya Flavored Green Tea - 30 floz	130	32	0.0	0.0
Beverages	Panera Bread	Drive Thru - Pepsi - 20 fl oz	160	43	0.0	0.0
Beverages	Panera Bread	Drive Thru - Pepsi - 30 fl oz	240	65	0.0	0.0
Beverages	Panera Bread	Drive Thru - Pibb Xtra - 20 fl oz	150	39	0.0	0.0
Beverages	Panera Bread	Drive Thru - Pibb Xtra - 30 fl oz	230	58	0.0	0.0
Beverages	Panera Bread	Drive Thru - Powerade Mountain Blast - 20 fl oz	90	23	0.0	0.0
Beverages	Panera Bread	Drive Thru - Powerade Mountain Blast - 30 Fl oz	130	35	0.0	0.0
Beverages	Panera Bread	Drive Thru - SoBe Life Water Yumberry Pomegranate -20 fl oz	0	0	0.0	0.0
Beverages	Panera Bread	Drive Thru - SoBe Life Water Yumberry Pomegranate -30 fl oz	0	0	0.0	0.0
Beverages	Panera Bread	Drive Thru - Sprite - 20 fl oz	140	38	0.0	0.0
Beverages	Panera Bread	Drive Thru - Sprite - 30 fl oz	210	57	0.0	0.0
Beverages	Panera Bread	Drive Thru - Strawberry Lemon Mint Flavored Charged Lemonade - 20 fl oz	170	43	0.0	0.0
Beverages	Panera Bread	Drive Thru - Strawberry Lemon Mint Flavored Charged Lemonade - 30 fl oz	260	64	0.0	0.0
Beverages	Panera Bread	Drive Thru - Sweet Tea - 20 fl oz	80	18	2.0	0.0
Beverages	Panera Bread	Drive Thru - Sweet Tea - 30 fl oz	110	25	2.0	0.0
Beverages	Panera Bread	Drive Thru - Tropicana Fruit Punch - 20 fl oz	180	47	0.0	0.0
Beverages	Panera Bread	Drive Thru - Tropicana Fruit Punch - 30 fl oz	270	71	0.0	0.0
Beverages	Panera Bread	Drive Thru - Tropicana Lemonade - 20 fl oz	160	42	0.0	0.0
Beverages	Panera Bread	Drive Thru - Tropicana Lemonade - 30 fl oz	240	62	0.0	0.0
Beverages	Panera Bread	Drive Thru - Tropicana Light Lemonade - 20 fl oz	5	0	0.0	0.0



Beverages	Panera Bread	Drive Thru - Tropicana Light Lemonade - 30 fl oz	10	0	0.0	0.0
Beverages	Panera Bread	Drive Thru - Unsweetened Black Tea - 20 fl oz	10	0	2.0	0.0
Beverages	Panera Bread	Drive Thru - Unsweetened Black Tea - 30 fl oz	10	0	2.0	0.0
Beverages	Panera Bread	Drive Thru - Wild Cherry Pepsi 20 fl oz	160	44	0.0	0.0
Beverages	Panera Bread	Drive Thru - Wild Cherry Pepsi 30 fl oz	240	66	0.0	0.0
Beverages	Panera Bread	Drive-Thru - Lime Bubly Sparkling Water - 20 fl oz	0	0	0.0	0.0
Beverages	Panera Bread	Drive-Thru - Lime Bubly Sparkling Water - 30 fl oz	5	0	0.0	0.0
Beverages	Panera Bread	Earl Greyer Tea - 8 fl oz	0	0	0.0	0.0
Beverages	Panera Bread	Fanta Orange - 20 fl oz	250	66	0.0	0.0
Beverages	Panera Bread	Fanta Orange - 30 fl oz	370	99	0.0	0.0
Beverages	Panera Bread	Fuji Apple Cranberry Flavored Charged Lemonade - 20fl oz	290	70	0.0	0.0
Beverages	Panera Bread	Fuji Apple Cranberry Flavored Charged Lemonade - 30fl oz	430	106	1.0	0.5
Beverages	Panera Bread	Ginger Peach Tea - 8 fl oz	0	0	0.0	0.0
Beverages	Panera Bread	Gold Peak Unsweetened Iced Tea - 18.5 fl oz	0	0	0.0	0.0
Beverages	Panera Bread	Hazelnut Coffee - Group	140	24	10.0	0.0
Beverages	Panera Bread	Hazelnut Flavored Coffee - 12 fl oz	15	2	1.0	0.0
Beverages	Panera Bread	Hazelnut Flavored Coffee - 20 fl oz	25	4	2.0	0.0
Beverages	Panera Bread	Honest Berry Hibiscus Iced Tea - 16.9 fl oz bottle	100	26	0.0	0.0
Beverages	Panera Bread	Honey Ginseng Green Tea - 8 fl oz	0	0	0.0	0.0
Beverages	Panera Bread	Iced 100% Colombian Dark Roast Coffee - 20 fl oz	10	2	1.0	0.0
Beverages	Panera Bread	Iced 100% Colombian Dark Roast Coffee - 20 fl oz - no ice	15	3	1.0	0.0
Beverages	Panera Bread	Iced 100% Colombian Dark Roast Coffee - 30 fl oz	15	3	1.0	0.0
Beverages	Panera Bread	Iced 100% Colombian Dark Roast Coffee - 30 fl oz - no ice	25	5	2.0	0.0
Beverages	Panera Bread	Iced 100% Colombian Dark Roast Coffee- 16 fl oz	10	2	1.0	0.0
Beverages	Panera Bread	Iced Chai Tea Latte - 20 fl oz	290	49	10.0	6.0
Beverages	Panera Bread	Iced Chocolate Latte - 20 fl oz	400	62	14.0	11.0
Beverages	Panera Bread	Iced Cinnamon Crunch Latte - 20 fl oz	300	40	12.0	10.0
Beverages	Panera Bread	Kids Organic Chocolate Milk	150	23	8.0	2.5
Beverages	Panera Bread	Kids Organic White Milk	110	13	8.0	2.5
Beverages	Panera Bread	Lime Bubly Sparkling Water - 20 fl oz	0	0	0.0	0.0
Beverages	Panera Bread	Lime Bubly Sparkling Water - 30 fl oz	5	0	0.0	0.0
Beverages	Panera Bread	Lipton Brisk Raspberry Tea - 20 fl oz	120	30	0.0	0.0
Beverages	Panera Bread	Lipton Brisk Raspberry Tea - 30 fl oz	170	45	0.0	0.0
Beverages	Panera Bread	Madagascar Vanilla Almond Cold Brew Coffee - 20 fl oz	120	24	1.0	1.5
Beverages	Panera Bread	Madagascar Vanilla Cream Cold Brew Coffee - 20 fl oz	260	29	4.0	14.0

Beverages	Panera Bread	Madagascar Vanilla Latte - 16 fl oz	260	33	10.0	9.0
Beverages	Panera Bread	Madagascar Vanilla Latte - 20 fl oz	310	41	12.0	10.0
Beverages	Panera Bread	Mango Ceylon Tea - 8 fl oz	0	0	0.0	0.0
Beverages	Panera Bread	Mango Yuzu Citrus Flavored Charged Lemonade - 20 floz	350	86	0.0	0.0
Beverages	Panera Bread	Mango Yuzu Citrus Flavored Charged Lemonade - 30 floz	530	130	1.0	0.5
Beverages	Panera Bread	Minute Maid Orange Juice - 12 fl oz bottle	220	51	0.0	0.0
Beverages	Panera Bread	Mist Twist - 20 fl oz	260	68	0.0	0.0
Beverages	Panera Bread	Mist Twist - 30 fl oz	380	101	0.0	0.0
Beverages	Panera Bread	Mountain Dew - 12 fl oz can	170	46	0.0	0.0
Beverages	Panera Bread	Mountain Dew - 20 fl oz	280	73	0.0	0.0
Beverages	Panera Bread	Mountain Dew- 20 fl oz bottle	290	77	0.0	0.0
Beverages	Panera Bread	Mountain Dew - 30 fl oz	420	110	0.0	0.0
Beverages	Panera Bread	Mug Root Beer - 20 fl oz	240	64	0.0	0.0
Beverages	Panera Bread	Mug Root Beer - 30 fl oz	360	96	0.0	0.0
Beverages	Panera Bread	Orange Ginger Mint Tea - 8 fl oz	0	0	0.0	0.0
Beverages	Panera Bread	Passion Papaya Flavored Green Tea - 20 fl oz	140	34	0.0	0.0
Beverages	Panera Bread	Passion Papaya Flavored Green Tea - 30 fl oz	210	52	0.0	0.0
Beverages	Panera Bread	Passion Papaya Flavored Green Tea - Serves 5 - Group	440	110	0.0	0.0
Beverages	Panera Bread	Pepsi - 20 fl oz	250	69	0.0	0.0
Beverages	Panera Bread	Pepsi - 20 fl oz bottle	250	69	0.0	0.0
Beverages	Panera Bread	Pepsi - 30 fl oz	380	103	0.0	0.0
Beverages	Panera Bread	Pepsi 12 fl oz can	150	41	0.0	0.0
Beverages	Panera Bread	Pibb Xtra - 20 fl oz	240	61	0.0	0.0
Beverages	Panera Bread	Pibb Xtra - 30 fl oz	370	92	0.0	0.0
Beverages	Panera Bread	Powerade Mountain Blast - 20 fl oz	140	37	0.0	0.0
Beverages	Panera Bread	Powerade Mountain Blast - 30 Fl oz	210	55	0.0	0.0
Beverages	Panera Bread	Premium OJ 11.5 fl oz	160	37	2.0	0.0
Beverages	Panera Bread	Sierra mist 12 fl oz Can	150	40	0.0	0.0
Beverages	Panera Bread	Sierra Mist 20 fl oz bottle	240	61	0.0	0.0
Beverages	Panera Bread	Signature Hot Chocolate - 20 fl oz	550	96	15.0	12.0
Beverages	Panera Bread	SoBe Life Water Yumberry Pomegranate - 20 fl oz	0	0	0.0	0.0
Beverages	Panera Bread	SoBe Life Water Yumberry Pomegranate - 30 fl oz	5	1	0.0	0.0
Beverages	Panera Bread	Sprite - 20 fl oz	230	61	0.0	0.0
Beverages	Panera Bread	Sprite - 30 fl oz	340	91	0.0	0.0
Beverages	Panera Bread	Sprite 20 fl oz Bottle	230	64	0.0	0.0

Beverages	Panera Bread	Sprite Zero - 20 fl oz bottle	0	1	0.0	0.0
Beverages	Panera Bread	Strawberry Lemon Mint Flavored Charged Lemonade -20 fl oz	280	70	0.0	0.0
Beverages	Panera Bread	Strawberry Lemon Mint Flavored Charged Lemonade -30 fl oz	430	105	1.0	0.5
Beverages	Panera Bread	Substitute Almond Milk - 8 fl oz	40	2	1.0	3.5
Beverages	Panera Bread	Substitute Skim Milk - 4 fl oz	40	6	4.0	0.0
Beverages	Panera Bread	Substitute Skim Milk - 8 fl oz	80	12	8.0	0.0
Beverages	Panera Bread	Sweet Tea - Serves 5- Group	360	82	7.0	0.0
Beverages	Panera Bread	Sweet Tea 20 fl oz	110	27	1.0	0.0
Beverages	Panera Bread	Sweet Tea 30 fl oz	150	36	2.0	0.0
Beverages	Panera Bread	Tropicana Fruit Punch - 20 fl oz	280	75	0.0	0.0
Beverages	Panera Bread	Tropicana Fruit Punch - 30 fl oz	420	113	0.0	0.0
Beverages	Panera Bread	Tropicana Lemonade - 20 fl oz	250	67	0.0	0.0
Beverages	Panera Bread	Tropicana Lemonade - 30 fl oz	380	100	0.0	0.0
Beverages	Panera Bread	Tropicana Light Lemonade - 20 fl oz	10	0	0.0	0.0
Beverages	Panera Bread	Tropicana Light Lemonade - 30 fl oz	15	0	0.0	0.0
Beverages	Panera Bread	Unsweetened Black Tea - 20 fl oz	10	0	2.0	0.0
Beverages	Panera Bread	Unsweetened Black Tea - 30 fl oz	20	0	4.0	0.0
Beverages	Panera Bread	Wild Cherry Pepsi 20 fl oz	260	70	0.0	0.0
Beverages	Panera Bread	Wild Cherry Pepsi 30 fl oz	390	106	0.0	0.0
Entrees	Panera Bread	Broccoli Cheddar Mac & Cheese - Bread Bowl	1040	157	39.0	28.0
Entrees	Panera Bread	Broccoli Cheddar Mac & Cheese - Large	740	53	25.0	48.0
Entrees	Panera Bread	Broccoli Cheddar Mac & Cheese - Small	370	26	12.0	24.0
Entrees	Panera Bread	Mac & Cheese - Bread Bowl	1150	164	43.0	36.0
Entrees	Panera Bread	Mac & Cheese - Large	960	67	32.0	64.0
Entrees	Panera Bread	Mac & Cheese- Small	480	34	16.0	32.0
Pizza	Panera Bread	Sausage & Pepperoni Flatbread Pizza	960	94	44.0	43.0
Sandwiches	Panera Bread	Kids Deli Turkey on White Whole Grain	290	30	21.0	9.0
Sandwiches	Panera Bread	Kids Grilled Cheese on White Whole Grain	230	29	11.0	8.0
Appetizers & Sides	Panera Bread	Kids Stonyfield Organic Low Fat Mixed Berry Yogurt Squeezers	50	8	2.0	1.0
Appetizers & Sides	Panera Bread	Kids Stonyfield Organic Low Fat Strawberry Yogurt Squeezers	50	8	2.0	1.0
Baked Goods	Panera Bread	Scone - Blueberry	460	65	8.0	19.0
Baked Goods	Panera Bread	Muffin - Chocolate Chip	670	101	9.0	25.0
Desserts	Panera Bread	Dozen Chocolate Chipper Cookies	390	52	4.0	19.0
Desserts	Panera Bread	Dozen Mixed Cookies	4850	684	46.0	216.0
Baked Goods	Panera Bread	Mini Bear Claw	160	20	3.0	8.0

Baked Goods	Panera Bread	Mini Scone -Blueberry	150	21	3.0	6.0
Desserts	Panera Bread	Mini - Brownie	120	17	2.0	4.5
Desserts	Panera Bread	Mini Cookie - Candy	130	18	1.0	6.0
Desserts	Panera Bread	Mini Cinnamon Roll	310	53	4.0	9.0
Baked Goods	Panera Bread	Mini Muffin - Cranberry Orange	80	13	1.0	3.0
Desserts	Panera Bread	Mini Cookie - Lemon Drop Flavored	110	15	1.0	5.0
Desserts	Panera Bread	Mini Cookie - Oatmeal Raisin with Berries	90	14	1.0	3.0
Baked Goods	Panera Bread	Mini Scone - Orange	180	27	3.0	7.0
Baked Goods	Panera Bread	Mini Pecan Braid	140	17	2.0	7.0
Desserts	Panera Bread	Cookie - Petite Chocolate Chipper	100	13	1.0	4.5
Desserts	Panera Bread	Cookie - Pumpkin Shaped Shortbread	450	62	4.0	21.0
Desserts	Panera Bread	Seasonal Cookie- Mitten Shaped	430	55	4.0	21.0
Salads	Panera Bread	Asian Sesame with Chicken Salad - Half	200	15	13.0	11.0
Salads	Panera Bread	BBQ Chicken Salad - Half	250	23	14.0	12.0
Salads	Panera Bread	BBQ Salad - Half	190	21	5.0	11.0
Salads	Panera Bread	BBQ Salad - Whole	390	42	10.0	21.0
Toppings & Ingredients	Panera Bread	Buffalo Sauce - Sandwich Portion	15	1	0.1	1.0
Salads	Panera Bread	Caesar Salad with Chicken - Whole	440	21	29.0	27.0
Salads	Panera Bread	Citrus Asian Crunch Salad - Half	220	22	5.0	12.0
Salads	Panera Bread	Citrus Asian Crunch Salad - Whole	430	44	10.0	25.0
Salads	Panera Bread	Citrus Asian Crunch Salad with Chicken - Half	300	23	18.0	16.0
Salads	Panera Bread	Citrus Asian Crunch Salad with Chicken - Whole	600	46	36.0	33.0
Salads	Panera Bread	Green Goddess Cobb Salad with Chicken - Half	250	14	18.0	14.0
Sandwiches	Panera Bread	Avocado Sandwich - Half	210	37	7.0	5.0
Sandwiches	Panera Bread	Avocado Sandwich - Whole	210	37	7.0	5.0
Sandwiches	Panera Bread	Bacon Turkey Bravo on Tomato Basil - Half	500	52	27.0	20.0
Sandwiches	Panera Bread	Bacon Turkey Bravo on Tomato Basil - Whole	1000	104	53.0	41.0
Sandwiches	Panera Bread	Chipotle Chicken Avocado Melt on Black Pepper Focaccia Round - Half	470	40	23.0	25.0
Sandwiches	Panera Bread	Classic Grilled Cheese on Classic White Miche - Half	440	34	19.0	26.0
Sandwiches	Panera Bread	Classic Grilled Cheese on Classic White Miche - Whole	880	68	37.0	51.0
Sandwiches	Panera Bread	Deli Turkey on Country Rustic Sourdough - Whole	600	73	35.0	19.0
Sandwiches	Panera Bread	Deli Turkey on Country Rustic Sourdough- Half	300	36	17.0	10.0
Sandwiches	Panera Bread	Frontega Chicken Panini on Black Pepper Focaccia -Half	420	39	22.0	19.0
Sandwiches	Panera Bread	Frontega Chicken Panini on Black Pepper Focaccia -Whole	830	79	43.0	38.0
Sandwiches	Panera Bread	Grilled Mac & Cheese on Classic White Miche - Half	440	44	18.0	21.0

Sandwiches	Panera Bread	Grilled Mac & Cheese on Classic White Miche - Whole	870	88	36.0	42.0
Sandwiches	Panera Bread	Mediterranean Veggie on Tomato Basil - Half	320	54	11.0	7.0
Sandwiches	Panera Bread	Mediterranean Veggie on Tomato Basil - Whole	640	108	23.0	14.0
Sandwiches	Panera Bread	Napa Almond Chicken Salad on Country Rustic Sourdough - Half	320	39	13.0	13.0
Sandwiches	Panera Bread	Roasted Turkey & Avocado BLT on Country Rustic Sourdough - Half	470	37	22.0	27.0
Sandwiches	Panera Bread	Roasted Turkey & Avocado BLT on Country Rustic Sourdough - Whole	940	73	44.0	53.0
Sandwiches	Panera Bread	Smokehouse BBQ Chicken on Classic White Miche -Half	380	41	22.0	14.0
Sandwiches	Panera Bread	Steak & White Cheddar Panini on Artisan Ciabatta -Half	470	43	23.0	23.0
Sandwiches	Panera Bread	Steak & White Cheddar Panini on Artisan Ciabatta -Whole	940	87	47.0	45.0
Sandwiches	Panera Bread	The Chef's Chicken Sandwich - The Signature Take on Brioche	570	37	40.0	29.0
Sandwiches	Panera Bread	The Chef's Chicken Sandwich - The Spicy Take on Brioche	580	41	37.0	30.0
Sandwiches	Panera Bread	Tuna Salad on Black Pepper Focaccia - Half	370	38	18.0	16.0
Appetizers & Sides	Panera Bread	Side Portion - French Baguette	180	36	7.0	0.5
Appetizers & Sides	Panera Bread	Kettle Cooked Chips	140	18	2.0	7.0
Appetizers & Sides	Panera Bread	Side - Pickle Spear	5	1	0.0	0.0
Salads	Panera Bread	Tomato Basil Cucumber Salad	90	9	1.0	6.0
Soup	Panera Bread	Bistro French Onion - Bread Bowl	850	151	35.0	12.0
Soup	Panera Bread	Broccoli Cheddar - Bread Bowl	900	146	35.0	20.0
Soup	Panera Bread	Cream of Chicken & Wild Rice - Bread Bowl	840	148	33.0	15.0
Soup	Panera Bread	Homestyle Chicken Noodle Soup - Bowl	100	13	9.0	1.0
Soup	Panera Bread	Homestyle Chicken Noodle Soup - Bread Bowl	780	148	35.0	5.0
Soup	Panera Bread	Homestyle Chicken Noodle Soup - Cup	60	8	6.0	0.5
Soup	Panera Bread	Thai Chicken Soup - Bowl	230	16	11.0	14.0
Soup	Panera Bread	Thai Chicken Soup - Group	540	37	25.0	32.0
Soup	Panera Bread	Thai Chicken Soup - Bread Bowl	820	141	34.0	14.0
Soup	Panera Bread	Thai Style Chicken Soup - Cup	160	11	7.0	9.0
Soup	Panera Bread	Turkey Chili with Beans - Bread Bowl	870	151	41.0	11.0
Soup	Panera Bread	Ten Vegetable Soup - Bowl	100	15	5.0	2.0
Soup	Panera Bread	Ten Vegetable Soup - Bread Bowl	730	140	30.0	6.0
Soup	Panera Bread	Ten Vegetable Soup - Cup	60	10	3.0	1.0
Soup	Panera Bread	Vegetarian Autumn Squash Soup - Bowl	330	41	8.0	16.0
Soup	Panera Bread	Vegetarian Autumn Squash Soup - Bread Bowl	880	158	32.0	15.0
Soup	Panera Bread	Vegetarian Creamy Tomato - Bread Bowl	910	154	31.0	19.0
Soup	Panera Bread	Vegetarian Creamy Tomato - Bowl	350	34	5.0	21.0
Soup	Panera Bread	Vegetarian Creamy Tomato - Cup	240	24	4.0	14.0

Toppings & Ingredients	Panera Bread	Reduced Fat Chive & Onion Cream Cheese Spread -1.75 oz	130	2	6.0	10.0
Toppings & Ingredients	Panera Bread	Reduced Fat Chive & Onion Cream Cheese Spread - 8oz	80	1	3.0	6.0
Toppings & Ingredients	Panera Bread	Reduced Fat Honey Walnut Cream Cheese Spread -1.75 oz	130	8	3.0	10.0
Toppings & Ingredients	Panera Bread	Reduced Fat Honey Walnut Cream Cheese Spread - 8oz	80	5	2.0	6.0
Pizza	Papa John's	Tuscan Six Cheese Pizza, Original Crust Small	220	26	9.0	8.0
Pizza	Papa John's	Sausage Pizza, Original Crust Small	220	25	8.0	10.0
Pizza	Papa John's	Cheese Pizza, Original Crust Medium Pizza	210	27	8.0	7.0
Pizza	Papa John's	Garden Fresh Pizza, Original Crust Small	190	26	7.0	6.0
Pizza	Papa John's	Tuscan Six Cheese Pizza, Original Crust Medium	230	27	10.0	9.0
Pizza	Papa John's	Sausage Pizza, Original Crust Medium	240	27	8.0	11.0
Pizza	Papa John's	The Meats Pizza, Original Crust Small	250	26	10.0	12.0
Pizza	Papa John's	Cheese Pizza, Thin Crust Pizza	210	20	8.0	11.0
Pizza	Papa John's	Tuscan Six Cheese Pizza, Thin Crust	250	20	11.0	13.0
Pizza	Papa John's	Sausage Pizza, Thin Crust	260	20	9.0	16.0
Pizza	Papa John's	The Meats Pizza, Original Crust Medium	260	27	11.0	11.0
Pizza	Papa John's	BBQ Chicken Bacon Pizza, Original Crust Small	230	30	10.0	7.0
Pizza	Papa John's	The Meats Pizza, Thin Crust	300	20	13.0	19.0
Pizza	Papa John's	BBQ Chicken Bacon Pizza, Original Crust Medium	240	32	11.0	8.0
Pizza	Papa John's	The Works Pizza, Original Crust Small	230	26	9.0	9.0
Pizza	Papa John's	Hawaiian BBQ Chicken Pizza, Original Crust Small	230	31	10.0	7.0
Pizza	Papa John's	The Works Pizza, Original Crust Medium	230	27	9.0	9.0
Pizza	Papa John's	Garden Fresh Pizza, Original Crust Medium	200	27	7.0	7.0
Pizza	Papa John's	BBQ Chicken Bacon Pizza, Thin Crust	270	27	13.0	12.0
Pizza	Papa John's	Hawaiian BBQ Chicken Pizza, Original Crust Medium	250	33	11.0	8.0
Pizza	Papa John's	The Works Pizza, Thin Crust	270	21	11.0	15.0
Pizza	Papa John's	Garden Fresh Pizza, Thin Crust	210	21	8.0	10.0
Pizza	Papa John's	Hawaiian BBQ Chicken Pizza, Thin Crust	280	29	13.0	12.0
Pizza	Papa John's	Tuscan Six Cheese Pizza, Original Crust Large	320	38	14.0	12.0
Pizza	Papa John's	Sausage Pizza, Original Crust Large	330	38	12.0	14.0
Pizza	Papa John's	Tuscan Six Cheese Pizza, Original Crust Extra Large	330	40	14.0	12.0
Pizza	Papa John's	The Meats Pizza, Original Crust Large	380	38	15.0	17.0
Pizza	Papa John's	Sausage Pizza, Original Crust Extra Large	340	40	12.0	15.0
Pizza	Papa John's	BBQ Chicken Bacon Pizza, Original Crust Large	340	45	16.0	11.0
Pizza	Papa John's	The Meats Pizza, Original Crust Extra Large	410	41	17.0	19.0
Pizza	Papa John's	The Works Pizza, Original Crust Large	340	39	13.0	14.0

Pizza	Papa John's	Garden Fresh Pizza, Original Crust Large	280	39	10.0	9.0
Pizza	Papa John's	BBQ Chicken Bacon Pizza, Original Crust Extra Large	360	48	16.0	11.0
Pizza	Papa John's	Hawaiian BBQ Chicken Pizza, Original Crust Large	360	47	17.0	11.0
Pizza	Papa John's	Garden Fresh Pizza, Original Crust Extra Large	300	41	11.0	9.0
Pizza	Papa John's	Hawaiian BBQ Chicken Pizza, Original Crust Extra Large	370	50	16.0	11.0
Pizza	Papa John's	The Works Pizza, Original Crust Extra Large	360	41	14.0	15.0
Pizza	Papa John's	BBQ Chicken Bacon Pizza, Original Crust Pizza For One	240	30	12.0	8.0
Pizza	Papa John's	Garden Fresh Pizza, Original Crust Pizza For One	190	26	7.0	6.0
Pizza	Papa John's	Sausage Pizza, Original Crust Pizza For One	230	25	8.0	10.0
Pizza	Papa John's	The Meats Pizza, Original Crust Pizza For One	260	26	11.0	12.0
Pizza	Papa John's	The Works Pizza, Original Crust Pizza For One	230	26	9.0	10.0
Pizza	Papa John's	Tuscan Six Cheese Pizza, Original Crust Pizza For One	220	25	10.0	9.0
Pizza	Papa John's	Hawaiian BBQ Chicken Pizza, Original Crust Pizza For One	250	32	12.0	8.0
Pizza	Papa John's	BBQ Chicken Bacon Pizza, Gluten Free	340	42	13.0	12.0
Pizza	Papa John's	Garden Fresh Pizza, Gluten Free	280	37	10.0	10.0
Pizza	Papa John's	Hawaiian BBQ Chicken Pizza, Gluten Free	340	44	13.0	12.0
Pizza	Papa John's	Sausage Pizza, Gluten Free	340	36	11.0	16.0
Pizza	Papa John's	The Meats Pizza, Gluten Free	340	36	13.0	15.0
Pizza	Papa John's	Tuscan Six Cheese Pizza, Gluten Free	310	36	12.0	13.0
Pizza	Papa John's	Ultimate Pepperoni Pizza, Gluten Free	180	16	7.0	10.0
Pizza	Papa John's	Ultimate Pepperoni Pizza, Original Crust Extra Large	370	40	14.0	16.0
Pizza	Papa John's	Ultimate Pepperoni Pizza, Original Crust Large	360	38	14.0	16.0
Pizza	Papa John's	Ultimate Pepperoni Pizza, Original Crust Medium	250	27	10.0	11.0
Pizza	Papa John's	Ultimate Pepperoni Pizza, Original Crust Pizza For One	250	26	10.0	12.0
Pizza	Papa John's	Ultimate Pepperoni Pizza, Original Crust Small	240	26	9.0	10.0
Pizza	Papa John's	Ultimate Pepperoni Pizza, Thin Crust	290	20	12.0	17.0
Pizza	Papa John's	Pepperoni Pizza, Sausage & Six Cheese Pizza, Original Crust Pizza For One	280	24	11.0	15.0
Pizza	Papa John's	Pepperoni Pizza, Sausage & Six Cheese Pizza, Original Crust Small	260	24	11.0	13.0
Pizza	Papa John's	Pepperoni Pizza, Sausage & Six Cheese Pizza, Original Crust Medium	280	25	11.0	14.0
Pizza	Papa John's	Pepperoni Pizza, Sausage & Six Cheese Pizza, Original Crust Large	390	36	16.0	20.0
Pizza	Papa John's	Pepperoni Pizza, Sausage & Six Cheese Pizza, Original Crust Extra Large	410	38	16.0	21.0
Pizza	Papa John's	Pepperoni Pizza, Sausage & Six Cheese Pizza, Thin Crust	320	18	13.0	22.0
Pizza	Papa John's	The Works Pizza, Gluten Free	320	37	12.0	13.0
Pizza	Papa John's	Extra Cheesy Alfredo Pizza, Original Crust Small	210	25	9.0	9.0
Pizza	Papa John's	Extra Cheesy Alfredo Pizza, Original Crust Medium	230	26	10.0	10.0

Pizza	Papa John's	Extra Cheesy Alfredo Pizza, Original Crust Large	320	37	13.0	13.0
Pizza	Papa John's	Extra Cheesy Alfredo Pizza, Original Crust Extra Large	330	39	13.0	13.0
Pizza	Papa John's	Extra Cheesy Alfredo Pizza, Gluten Free	180	18	7.0	9.0
Pizza	Papa John's	Extra Cheesy Alfredo Pizza, Thin Crust	130	19	11.0	14.0
Pizza	Papa John's	Fresh Spinach & Tomato Alfredo Pizza, Original Crust Small	190	26	7.0	6.0
Pizza	Papa John's	Fresh Spinach & Tomato Alfredo Pizza, Original Crust Medium	200	27	7.0	7.0
Pizza	Papa John's	Fresh Spinach & Tomato Alfredo Pizza, Original Crust Large	280	39	10.0	10.0
Pizza	Papa John's	Fresh Spinach & Tomato Alfredo Pizza, Original Crust Extra Large	300	41	11.0	10.0
Pizza	Papa John's	Fresh Spinach & Tomato Alfredo Pizza, Thin Crust	210	21	8.0	11.0
Pizza	Papa John's	Zesty Italian Trio Pizza, Original Crust Small	240	25	9.0	11.0
Pizza	Papa John's	Zesty Italian Trio Pizza, Original Crust Medium	260	27	10.0	12.0
Pizza	Papa John's	Zesty Italian Trio Pizza, Original Crust Large	370	38	14.0	17.0
Pizza	Papa John's	Zesty Italian Trio Pizza, Original Crust Extra Large	390	40	15.0	18.0
Pizza	Papa John's	Zesty Italian Trio Pizza, Thin Crust	300	20	12.0	19.0
Pizza	Papa John's	Super Hawaiian Pizza, Original Crust Small	230	27	10.0	8.0
Pizza	Papa John's	Super Hawaiian Pizza, Original Crust Medium	230	28	10.0	9.0
Pizza	Papa John's	Super Hawaiian Pizza, Original Crust Large	340	40	15.0	13.0
Pizza	Papa John's	Super Hawaiian Pizza, Original Crust Extra Large	360	42	16.0	13.0
Pizza	Papa John's	Super Hawaiian Pizza, Gluten Free	170	17	8.0	8.0
Pizza	Papa John's	Super Hawaiian for Thin Crust Pizza	260	22	12.0	14.0
Pizza	Papa John's	Philly Cheesesteak Pizza, Original Crust Small	220	26	10.0	8.0
Pizza	Papa John's	Philly Cheesesteak Pizza, Original Crust Medium	230	27	11.0	9.0
Pizza	Papa John's	Philly Cheesesteak Pizza, Original Crust Large	330	38	16.0	12.0
Pizza	Papa John's	Philly Cheesesteak Pizza, Original Crust Extra Large	350	40	16.0	13.0
Pizza	Papa John's	Philly Cheesesteak Pizza, Thin Crust	260	20	13.0	14.0
Pizza	Papa John's	Philly Cheesesteak Pizza, Gluten Free	160	16	8.0	8.0
Pizza	Papa John's	Meatball Pepperoni Pizza, Original Crust Small	230	26	10.0	10.0
Pizza	Papa John's	Meatball Pepperoni Pizza, Original Crust Medium	240	27	10.0	10.0
Pizza	Papa John's	Meatball Pepperoni Pizza, Original Crust Large	360	38	15.0	15.0
Pizza	Papa John's	Meatball Pepperoni Pizza, Original Crust Extra Large	370	41	15.0	16.0
Pizza	Papa John's	Meatball Pepperoni Pizza, Thin Crust	280	20	12.0	17.0
Pizza	Papa John's	Fiery Buffalo Chicken Pizza, Original Crust Small	220	26	10.0	8.0
Pizza	Papa John's	Fiery Buffalo Chicken Pizza, Original Crust Medium	230	27	11.0	9.0
Pizza	Papa John's	Fiery Buffalo Chicken Pizza, Original Crust Large	330	38	16.0	12.0
Pizza	Papa John's	Fiery Buffalo Chicken Pizza, Original Crust Extra Large	350	40	16.0	13.0



Pizza	Papa John's	Fiery Buffalo Chicken Pizza, Thin Crust	260	20	13.0	14.0
Pizza	Papa John's	Fiery Buffalo Chicken for Gluten Free Pizza	160	16	8.0	8.0
Pizza	Papa John's	Meatball Pepperoni Pizza, Original Crust Pizza For One	240	26	10.0	10.0
Pizza	Papa John's	Cheese Pizza, Epic Stuffed Crust	360	40	15.0	14.0
Pizza	Papa John's	Pepperoni Pizza, Epic Stuffed Crust	390	40	16.0	17.0
Pizza	Papa John's	Sausage Pizza, Epic Stuffed Crust	400	40	16.0	19.0
Pizza	Papa John's	BBQ Chicken Bacon Pizza, Epic Stuffed Crust Pizza	400	45	20.0	15.0
Pizza	Papa John's	Extra Cheesy Alfredo Pizza, Original Crust Pizza For One	220	24	9.0	9.0
Pizza	Papa John's	Extra Cheesy Alfredo Pizza, Epic Stuffed Crust	390	39	18.0	18.0
Pizza	Papa John's	Fiery Buffalo Chicken Pizza, Original Crust Pizza For One	230	26	12.0	9.0
Pizza	Papa John's	Fiery Buffalo Chicken Pizza, Epic Stuffed Crust	390	40	20.0	16.0
Pizza	Papa John's	Fresh Spinach & Tomato Alfredo Pizza, Original Crust Pizza For One	190	26	7.0	7.0
Pizza	Papa John's	Fresh Spinach & Tomato Alfredo Pizza, Epic Stuffed Crust	350	39	15.0	14.0
Pizza	Papa John's	Fresh Spinach & Tomato Alfredo Pizza, Gluten Free	280	37	10.0	10.0
Pizza	Papa John's	Garden Fresh Pizza, Epic Stuffed Crust	350	41	15.0	14.0
Pizza	Papa John's	Hawaiian BBQ Chicken Pizza, Epic Stuffed Crust	410	47	21.0	15.0
Pizza	Papa John's	Meatball Pepperoni, Epic Stuffed Crust Pizza	430	41	19.0	20.0
Pizza	Papa John's	Meatball Pepperoni Pizza, Gluten Free	180	16	8.0	10.0
Pizza	Papa John's	Pepperoni Pizza, Sausage & Six Cheese Pizza, Epic Stuffed Crust	480	40	20.0	26.0
Pizza	Papa John's	Philly Cheesesteak Pizza, Original Crust Pizza For One	230	26	12.0	9.0
Pizza	Papa John's	Philly Cheesesteak Pizza, Epic Stuffed Crust	430	40	19.0	21.0
Pizza	Papa John's	Super Hawaiian Pizza, Original Crust Pizza For One	230	27	10.0	9.0
Pizza	Papa John's	Super Hawaiian Pizza, Epic Stuffed Crust	400	42	19.0	17.0
Pizza	Papa John's	The Meats Pizza, Epic Stuffed Crust	440	40	20.0	22.0
Pizza	Papa John's	The Works Pizza, Epic Stuffed Crust	410	41	18.0	19.0
Pizza	Papa John's	Tuscan Six Cheese Pizza, Epic Stuffed Crust	390	40	18.0	17.0
Pizza	Papa John's	Ultimate Pepperoni Pizza, Epic Stuffed Crust	410	40	17.0	20.0
Pizza	Papa John's	Zesty Italian Trio Pizza, Original Crust Pizza For One	250	25	10.0	11.0
Pizza	Papa John's	Zesty Italian Trio Pizza, Epic Stuffed Crust	440	41	19.0	22.0
Pizza	Papa John's	Zesty Italian Trio Pizza, Gluten Free	180	16	7.0	11.0
Appetizers & Sides	Papa John's	6-Cheese Cheesesticks, 10"	110	11	4.0	5.0
Appetizers & Sides	Papa John's	6-Cheese Cheesesticks, 12"	130	13	5.0	6.0
Appetizers & Sides	Papa John's	Bacon Cheddarsticks, 10"	120	11	5.0	6.0
Appetizers & Sides	Papa John's	Bacon Cheddarsticks, 12"	140	13	6.0	7.0
Appetizers & Sides	Papa John's	Bacon Cheesesticks, 10"	110	11	4.0	5.0

Appetizers & Sides	Papa John's	Bacon Cheesesticks, 12"	130	13	5.0	6.0
Appetizers & Sides	Papa John's	Bacon Green Chile Cheesesticks, 10"	110	11	4.0	5.0
Appetizers & Sides	Papa John's	Bacon Green Chile Cheesesticks, 12"	130	13	5.0	7.0
Appetizers & Sides	Papa John's	Bacon Jalapeno Cheesesticks, 10"	110	11	4.0	5.0
Appetizers & Sides	Papa John's	Bacon Jalapeno Cheesesticks, 12"	130	13	5.0	6.0
Sandwiches	Papa John's	BBQ Bacon Hoagie	510	46	27.0	23.0
Entrees	Papa John's	BBQ Chicken Calzone	320	38	15.0	12.0
Appetizers & Sides	Papa John's	BBQ Wings, 8 Wings	880	20	67.0	57.0
Appetizers & Sides	Papa John's	BBQ Wings, 16 Wings	1750	40	134.0	114.0
Appetizers & Sides	Papa John's	BBQ Wings, 24 Wings	2630	60	200.0	170.0
Appetizers & Sides	Papa John's	BBQ Wings, 32 Wings	3500	80	267.0	227.0
Appetizers & Sides	Papa John's	BBQ Wings, 50 Wings	5470	125	418.0	355.0
Appetizers & Sides	Papa John's	Breadsticks, 12"	130	24	4.0	2.0
Appetizers & Sides	Papa John's	Breadsticks, 14"	150	27	4.0	2.0
Sandwiches	Papa John's	Buffalo Chicken Hoagie	750	75	64.0	23.0
Appetizers & Sides	Papa John's	Cheesesticks, 10"	90	10	3.0	4.0
Appetizers & Sides	Papa John's	Cheesesticks, 12"	110	13	4.0	5.0
Appetizers & Sides	Papa John's	Garlic Knots	110	14	2.0	4.5
Appetizers & Sides	Papa John's	Garlic Parmesan Breadsticks, 12"	160	24	4.0	5.0
Appetizers & Sides	Papa John's	Garlic Parmesan Breadsticks, 14"	170	27	4.0	5.0
Appetizers & Sides	Papa John's	Garlic Parmesan Cheesesticks, 10"	90	10	3.0	4.0
Appetizers & Sides	Papa John's	Garlic Parmesan Cheesesticks, 12"	110	13	4.0	5.0
Appetizers & Sides	Papa John's	Garlic Parmesan Wings, 8 Wings	1040	6	68.0	81.0
Appetizers & Sides	Papa John's	Garlic Parmesan Wings, 16 Wings	2080	11	137.0	162.0
Appetizers & Sides	Papa John's	Garlic Parmesan Wings, 24 Wings	3120	17	205.0	243.0
Appetizers & Sides	Papa John's	Garlic Parmesan Wings, 32 Wings	4160	23	273.0	324.0
Appetizers & Sides	Papa John's	Garlic Parmesan Wings, 50 Wings	6500	35	427.0	507.0
Appetizers & Sides	Papa John's	Green Chile Cheesesticks, 10"	90	11	3.0	4.0
Appetizers & Sides	Papa John's	Green Chile Cheesesticks, 12"	110	13	4.0	5.0
Entrees	Papa John's	Hawaiian Calzone	300	39	12.0	10.0
Appetizers & Sides	Papa John's	Honey Chipotle Wings, 8 Wings	900	27	67.0	57.0
Appetizers & Sides	Papa John's	Honey Chipotle Wings, 16 Wings	1800	55	133.0	113.0
Appetizers & Sides	Papa John's	Honey Chipotle Wings, 24 Wings	2710	82	200.0	170.0
Appetizers & Sides	Papa John's	Honey Chipotle Wings, 32 Wings	3610	109	267.0	227.0
Appetizers & Sides	Papa John's	Honey Chipotle Wings, 50 Wings	5640	171	417.0	354.0

Appetizers & Sides	Papa John's	Jalapeno Cheesesticks, 10"	90	11	3.0	4.0
Appetizers & Sides	Papa John's	Jalapeno Cheesesticks, 12"	110	13	4.0	5.0
Appetizers & Sides	Papa John's	Jalapeno Popper Rolls	60	9	2.0	2.0
Entrees	Papa John's	Meat Calzone	340	37	14.0	15.0
Appetizers & Sides	Papa John's	Mozzarella Sticks	80	5	4.0	5.0
Sandwiches	Papa John's	Mushroom Hoagie	850	76	47.0	39.0
Appetizers & Sides	Papa John's	Chicken Poppers, 5 Pieces	270	21	16.0	10.0
Appetizers & Sides	Papa John's	Chicken Poppers, 6 Pieces	320	25	20.0	13.0
Appetizers & Sides	Papa John's	Chicken Poppers, 9 Pieces	480	38	29.0	19.0
Appetizers & Sides	Papa John's	Chicken Poppers, 10 Pieces	530	42	33.0	21.0
Appetizers & Sides	Papa John's	Chicken Poppers, 15 Pieces	800	64	49.0	31.0
Appetizers & Sides	Papa John's	Chicken Poppers, 30 Pieces	1560	125	96.0	61.0
Appetizers & Sides	Papa John's	Chicken Poppers, 45 Pieces	2390	191	147.0	94.0
Appetizers & Sides	Papa John's	Chicken Poppers, 60 Pieces	3180	255	196.0	125.0
Salads	Papa John's	Papa's Garden Salad	120	10	6.0	7.0
Appetizers & Sides	Papa John's	Pepperoni Rolls	120	12	4.0	6.0
Sandwiches	Papa John's	Pizza Sauce Hoagie	880	79	48.0	40.0
Entrees	Papa John's	Seven Cheese Calzone	350	37	16.0	15.0
Appetizers & Sides	Papa John's	Spicy Buffalo Wings, 8 Wings	840	8	67.0	58.0
Appetizers & Sides	Papa John's	Spicy Buffalo Wings, 16 Wings	1670	16	133.0	115.0
Appetizers & Sides	Papa John's	Spicy Buffalo Wings, 24 Wings	2510	24	200.0	173.0
Appetizers & Sides	Papa John's	Spicy Buffalo Wings, 32 Wings	3340	33	267.0	231.0
Appetizers & Sides	Papa John's	Spicy Buffalo Wings, 50 Wings	5220	51	417.0	360.0
Entrees	Papa John's	Spicy Italian Calzone	330	37	12.0	14.0
Appetizers & Sides	Papa John's	Unsauced Roasted Wings, 8 Wings	810	4	66.0	57.0
Appetizers & Sides	Papa John's	Unsauced Roasted Wings, 16 Wings	1620	8	133.0	113.0
Appetizers & Sides	Papa John's	Unsauced Roasted Wings, 24 Wings	2430	12	199.0	170.0
Appetizers & Sides	Papa John's	Unsauced Roasted Wings, 32 Wings	3240	16	265.0	226.0
Appetizers & Sides	Papa John's	Unsauced Roasted Wings, 50 Wings	5060	25	415.0	353.0
Entrees	Papa John's	Veggie Calzone	290	38	11.0	10.0
Sandwiches	Papa John's	Zesty Italian Hoagie	980	81	51.0	49.0
Toppings & Ingredients	Papa John's	Dipping Sauce, BBQ Sauce	45	11	0.0	0.0
Toppings & Ingredients	Papa John's	Dipping Sauce, Blue Cheese	160	1	1.0	16.0
Toppings & Ingredients	Papa John's	Dipping Sauce, Buffalo Sauce	15	3	0.0	0.5
Toppings & Ingredients	Papa John's	Dipping Sauce, Cheese Sauce	40	2	1.0	3.5

Toppings & Ingredients	Papa John's	Dipping Sauce, Honey Mustard	150	5	0.0	15.0
Toppings & Ingredients	Papa John's	Dipping Sauce, Pizza Sauce	20	3	0.0	1.0
Toppings & Ingredients	Papa John's	Dipping Sauce, Ranch Sauce	100	2	1.0	10.0
Toppings & Ingredients	Papa John's	Dipping Sauce, Special Garlic	150	0	0.0	17.0
Toppings & Ingredients	Papa John's	Extra Anchovies	30	0	4.0	1.5
Toppings & Ingredients	Papa John's	Extra Banana Peppers	5	1	0.0	0.0
Toppings & Ingredients	Papa John's	Extra Jalapeno Peppers	5	1	0.0	0.0
Toppings & Ingredients	Papa John's	Extra Parmesan Cheese	190	26	2.0	9.0
Toppings & Ingredients	Papa John's	Extra Pepperoncinis	0	0	0.0	0.0
Toppings & Ingredients	Papa John's	Extra Special Seasonings	5	1	0.0	0.0
Entrees	Papa John's	Chicken Alfredo Papa Bowl	880	24	46.0	68.0
Entrees	Papa John's	Garden Veggie Papa Bowl	380	21	22.0	24.0
Entrees	Papa John's	Italian Meats Trio Papa Bowl	960	83	71.0	38.0
Sandwiches	Papa John's	Grilled BBQ Chicken & Bacon Papadia	840	85	60.0	28.0
Sandwiches	Papa John's	Grilled Buffalo Chicken Papadia	920	80	63.0	39.0
Sandwiches	Papa John's	Italian Papadia	940	76	38.0	53.0
Sandwiches	Papa John's	Meatball Pepperoni Papadia	940	79	42.0	49.0
Sandwiches	Papa John's	Parmesan Crusted BBQ Chicken Bacon Pizza Papadia	960	83	71.0	38.0
Sandwiches	Papa John's	Parmesan Crusted Grilled Buffalo Chicken Papadia	1050	80	74.0	48.0
Sandwiches	Papa John's	Parmesan Crusted Italian Papadia	1070	76	49.0	62.0
Sandwiches	Papa John's	Parmesan Crusted Meatball Pepperoni Papadia	1060	79	53.0	59.0
Sandwiches	Papa John's	Parmesan Crusted Philly Cheesesteak Papadia	930	78	51.0	45.0
Sandwiches	Papa John's	Philly Cheesesteak Papadia	810	80	40.0	35.0
Toppings & Ingredients	Papa John's	Alfredo Sauce for Gluten Free, Medium, Small Pizza	10	0	0.0	1.0
Toppings & Ingredients	Papa John's	Alfredo Sauce for Original Crust Extra Large Pizza	15	0	0.0	1.5
Toppings & Ingredients	Papa John's	Alfredo Sauce for Original Crust Large Pizza, Pizza For One, Thin Crust	15	0	0.0	1.0
Toppings & Ingredients	Papa John's	BBQ Sauce for Gluten Free Pizza	25	5	0.0	0.0
Toppings & Ingredients	Papa John's	BBQ Sauce for Original Crust Extra Large Pizza	35	9	0.0	0.0
Toppings & Ingredients	Papa John's	BBQ Sauce for Original Crust Large Pizza, Thin Crust	35	8	0.0	0.0
Toppings & Ingredients	Papa John's	BBQ Sauce for Original Crust Medium Pizza	25	6	0.0	0.0
Toppings & Ingredients	Papa John's	BBQ Sauce for Original Crust Pizza For One	25	6	0.0	0.0
Toppings & Ingredients	Papa John's	BBQ Sauce for Original Crust Small Pizza	20	5	0.0	0.0
Toppings & Ingredients	Papa John's	Cheese for Original Crust Extra Large, Large Pizza	70	1	4.0	5.0
Toppings & Ingredients	Papa John's	Cheese for Original Crust Medium Pizza	50	1	3.0	4.0
Toppings & Ingredients	Papa John's	Cheese for Original Crust Small Pizza	45	1	3.0	3.5

Toppings & Ingredients	Papa John's	Extra BBQ Sauce for Gluten Free Pizza	35	8	0.0	0.0
Toppings & Ingredients	Papa John's	Extra BBQ Sauce for Original Crust Extra Large, Large Pizza, Thin Crust	45	11	0.0	0.0
Toppings & Ingredients	Papa John's	Extra BBQ Sauce for Original Crust Medium, Small Pizza	35	8	0.0	0.0
Toppings & Ingredients	Papa John's	Extra BBQ Sauce for Original Crust Pizza For One	30	8	0.0	0.0
Toppings & Ingredients	Papa John's	Extra Cheese for Original Crust Extra Large Pizza	80	2	5.0	6.0
Toppings & Ingredients	Papa John's	Extra Cheese for Original Crust Large Pizza	90	2	5.0	6.0
Toppings & Ingredients	Papa John's	Extra Cheese for Original Crust Medium Pizza, Pizza For One	70	1	4.0	5.0
Toppings & Ingredients	Papa John's	Extra Cheese for Original Crust Small Pizza	60	1	4.0	4.5
Toppings & Ingredients	Papa John's	Gluten Free (Crust Only)	90	17	2.0	2.5
Toppings & Ingredients	Papa John's	Jalapeno for Original Crust Extra Large Pizza	0	0	0.0	0.0
Toppings & Ingredients	Papa John's	Light BBQ Sauce for Original Crust Extra Large Pizza	20	5	0.0	0.0
Toppings & Ingredients	Papa John's	Light BBQ Sauce for Original Crust Large Pizza, Thin Crust	15	4	0.0	0.0
Toppings & Ingredients	Papa John's	Light BBQ Sauce for Original Crust Medium Pizza	10	3	0.0	0.0
Toppings & Ingredients	Papa John's	Light BBQ Sauce for Original Crust Pizza For One	10	3	0.0	0.0
Toppings & Ingredients	Papa John's	Light Cheese for Original Crust Extra Large Pizza	50	1	3.0	4.0
Toppings & Ingredients	Papa John's	Light Cheese for Original Crust Large Pizza	50	1	3.0	4.0
Toppings & Ingredients	Papa John's	Light Cheese for Original Crust Medium, Small Pizza	35	1	2.0	2.5
Toppings & Ingredients	Papa John's	Light Original Sauce for Gluten Free Pizza	5	1	0.0	0.0
Toppings & Ingredients	Papa John's	Light Original Sauce for Original Crust Extra Large Pizza	10	2	0.0	0.0
Toppings & Ingredients	Papa John's	Light Original Sauce for Original Crust Large Pizza	10	2	0.0	0.0
Toppings & Ingredients	Papa John's	Light Original Sauce for Original Crust Medium, Small Pizza	5	1	0.0	0.0
Toppings & Ingredients	Papa John's	Light Original Sauce for Original Crust Pizza For One	5	1	0.0	0.0
Toppings & Ingredients	Papa John's	Light Original Sauce for Thin Crust Pizza	10	2	0.0	0.0
Toppings & Ingredients	Papa John's	Meatball for Gluten Free, Medium Original Crust Pizza	25	0	2.0	2.0
Toppings & Ingredients	Papa John's	Meatball for Original Crust Extra Large Pizza	40	1	3.0	3.0
Toppings & Ingredients	Papa John's	Meatball for Original Crust Large Pizza, Thin Crust	40	1	2.0	3.0
Toppings & Ingredients	Papa John's	Meatball for Original Crust Pizza For One	20	0	1.0	1.5
Toppings & Ingredients	Papa John's	Meatball for Original Crust Small Pizza	25	0	2.0	2.0
Toppings & Ingredients	Papa John's	Original Crust, Extra Large (Crust Only)	200	36	6.0	3.0
Toppings & Ingredients	Papa John's	Original Crust, Large (Crust Only)	190	34	5.0	2.5
Toppings & Ingredients	Papa John's	Original Crust, Medium (Crust Only)	130	24	4.0	2.0
Toppings & Ingredients	Papa John's	Original Crust, Pizza For One (Crust Only)	120	23	3.0	2.0
Toppings & Ingredients	Papa John's	Original Crust, Small (Crust Only)	130	23	4.0	2.0
Toppings & Ingredients	Papa John's	Original Sauce-Extra for Gluten Free, Small Original Crust Pizza	15	2	0.0	0.0
Toppings & Ingredients	Papa John's	Original Sauce-Extra for Original Crust Extra Large, Large Pizza	20	3	0.0	0.5

Toppings & Ingredients	Papa John's	Original Sauce-Extra for Original Crust Medium Pizza	15	2	0.0	0.5
Toppings & Ingredients	Papa John's	Original Sauce-Extra for Original Crust Pizza For One	15	2	0.0	0.5
Toppings & Ingredients	Papa John's	Original Sauce-Extra for Thin Crust Pizza	20	3	0.0	0.5
Toppings & Ingredients	Papa John's	Parmesan Romano for Gluten Free, Original Crust Small Pizza	15	0	1.0	1.0
Toppings & Ingredients	Papa John's	Parmesan Romano for Original Crust Extra Large, Large Pizza, Thin Crust	20	0	2.0	1.5
Toppings & Ingredients	Papa John's	Parmesan Romano for Original Crust Medium Pizza	15	0	1.0	1.0
Toppings & Ingredients	Papa John's	Parmesan Romano for Original Crust Pizza For One	15	0	1.0	1.0
Toppings & Ingredients	Papa John's	Salami for Original Crust Extra Large Pizza	45	1	2.0	4.0
Toppings & Ingredients	Papa John's	Salami for Original Crust Large Pizza, Thin Crust	40	1	2.0	3.5
Toppings & Ingredients	Papa John's	Salami for Original Crust Medium Pizza	35	0	2.0	3.0
Toppings & Ingredients	Papa John's	Salami for Original Crust Pizza For One, Small, Gluten Free	25	0	1.0	2.5
Toppings & Ingredients	Papa John's	Sausage for Gluten Free Pizza, Original Crust Small	40	0	1.0	4.0
Toppings & Ingredients	Papa John's	Sausage for Original Crust Extra Large, Large Pizza, Thin Crust	60	0	2.0	6.0
Toppings & Ingredients	Papa John's	Sausage for Original Crust Medium Pizza	45	0	1.0	4.5
Toppings & Ingredients	Papa John's	Sausage for Original Crust Pizza For One	45	0	1.0	4.5
Toppings & Ingredients	Papa John's	Spinach for Original Crust Extra Large, Large Pizza, Thin Crust	0	0	0.0	0.0
Toppings & Ingredients	Papa John's	Steak for Gluten Free, Original Crust Small Pizza	35	0	3.0	2.0
Toppings & Ingredients	Papa John's	Steak for Original Crust Extra Large, Large Pizza, Thin Crust	50	1	5.0	3.0
Toppings & Ingredients	Papa John's	Steak for Original Crust Medium Pizza	40	0	4.0	2.0
Toppings & Ingredients	Papa John's	Steak for Original Crust Pizza For One	25	0	3.0	1.5
Toppings & Ingredients	Papa John's	Thin Crust (Crust Only)	110	16	3.0	4.0
Pizza	Papa Murphy's	Chicago-style Stuffed Pizza, Family Slice	440	49	12.0	18.0
Pizza	Papa Murphy's	Chicken Bacon Stuffed Pizza, Family Slice	420	49	13.0	16.0
Pizza	Papa Murphy's	Big Murphy's Stuffed Pizza, Family Slice	440	50	12.0	18.0
Pizza	Papa Murphy's	5-meat Stuffed Pizza, Family Slice	440	49	13.0	18.0
Pizza	Papa Murphy's	Chicago-style Stuffed Pizza, Large Slice	470	56	12.0	18.0
Pizza	Papa Murphy's	Chicken Bacon Stuffed Pizza, Large Slice	460	55	13.0	16.0
Pizza	Papa Murphy's	Big Murphy's Stuffed Pizza, Large Slice	470	56	11.0	18.0
Pizza	Papa Murphy's	5-meat Stuffed Pizza, Large Slice	480	55	12.0	18.0
Pizza	Papa Murphy's	Pepperoni, Family Slice	290	29	9.0	13.0
Pizza	Papa Murphy's	Hawaiian, Family Slice	270	32	9.0	9.0
Pizza	Papa Murphy's	All Meat, Family Slice	340	30	12.0	17.0
Pizza	Papa Murphy's	Cowboy, Family Slice	360	31	13.0	18.0
Pizza	Papa Murphy's	Murphy's Combo, Family Slice	340	31	11.0	17.0
Pizza	Papa Murphy's	Garden Veggie, Family Slice	260	31	7.0	10.0

Pizza	Papa Murphy's	Papa's Favorite, Family Slice	340	31	11.0	17.0
Pizza	Papa Murphy's	Herb Chicken Mediterranean, Family Slice	320	34	12.0	13.0
Pizza	Papa Murphy's	Chicken Garlic, Family Slice	310	29	13.0	14.0
Pizza	Papa Murphy's	Gourmet Vegetarian, Family Slice	300	30	10.0	14.0
Pizza	Papa Murphy's	Pepperoni, Large Slice	330	33	10.0	15.0
Pizza	Papa Murphy's	Hawaiian, Large Slice	300	36	10.0	11.0
Pizza	Papa Murphy's	All Meat, Large Slice	390	33	14.0	19.0
Pizza	Papa Murphy's	Cowboy, Large Slice	400	35	14.0	21.0
Pizza	Papa Murphy's	Murphy's Combo, Large Slice	390	35	13.0	20.0
Pizza	Papa Murphy's	Garden Veggie, Large Slice	300	35	9.0	12.0
Pizza	Papa Murphy's	Papa's Favorite, Large Slice	390	35	13.0	20.0
Pizza	Papa Murphy's	Herb Chicken Mediterranean, Large Slice	360	38	14.0	15.0
Pizza	Papa Murphy's	Chicken Garlic, Large Slice	350	33	15.0	16.0
Pizza	Papa Murphy's	Gourmet Vegetarian, Large Slice	340	34	11.0	16.0
Pizza	Papa Murphy's	Pepperoni, Medium Slice	240	24	7.0	11.0
Pizza	Papa Murphy's	Hawaiian, Medium Slice	220	26	7.0	8.0
Pizza	Papa Murphy's	All Meat, Medium Slice	270	24	10.0	14.0
Pizza	Papa Murphy's	Cowboy, Medium Slice	290	25	10.0	15.0
Pizza	Papa Murphy's	Murphy's Combo, Medium Slice	280	25	9.0	15.0
Pizza	Papa Murphy's	Garden Veggie, Medium Slice	220	26	6.0	9.0
Pizza	Papa Murphy's	Papa's Favorite, Medium Slice	280	26	9.0	14.0
Pizza	Papa Murphy's	Herb Chicken Mediterranean, Medium Slice	260	27	10.0	11.0
Pizza	Papa Murphy's	Chicken Garlic, Medium Slice	260	24	11.0	11.0
Pizza	Papa Murphy's	Gourmet Vegetarian, Medium Slice	250	25	8.0	12.0
Pizza	Papa Murphy's	Pepperoni, Thin Large Slice	190	16	9.0	10.0
Pizza	Papa Murphy's	Hawaiian, Thin Large Slice	180	19	9.0	7.0
Pizza	Papa Murphy's	All Meat, Thin Large Slice	230	17	12.0	13.0
Pizza	Papa Murphy's	Cowboy, Thin Large Slice	250	18	12.0	15.0
Pizza	Papa Murphy's	Murphy's Combo, Thin Large Slice	230	18	11.0	13.0
Pizza	Papa Murphy's	Garden Veggie, Thin Large Slice	180	18	8.0	8.0
Pizza	Papa Murphy's	Papa's Favorite, Thin Large Slice	240	18	11.0	13.0
Pizza	Papa Murphy's	Herb Chicken Mediterranean, Thin Large Slice	220	20	12.0	10.0
Pizza	Papa Murphy's	Chicken Bacon Artichoke, Thin Large Slice	230	17	14.0	12.0
Pizza	Papa Murphy's	Chicken Garlic, Thin Large Slice	210	17	12.0	11.0
Pizza	Papa Murphy's	Gourmet Vegetarian, Thin Large Slice	200	17	10.0	11.0

Baked Goods	Papa Murphy's	Classic Cheesy Bread (2 Slices of 16)	220	32	7.0	7.0
Desserts	Papa Murphy's	Cinnamon Wheel (2 Slices of 16)	250	42	5.0	7.0
Pizza	Papa Murphy's	All Meat, Thin Family Slice	230	18	12.0	13.0
Pizza	Papa Murphy's	Cowboy, Thin Family Slice	240	19	12.0	14.0
Pizza	Papa Murphy's	Chicken Bacon Artichoke, Thin Family Slice	220	18	13.0	11.0
Pizza	Papa Murphy's	Chicken Garlic, Thin Family Slice	210	17	12.0	10.0
Pizza	Papa Murphy's	Gourmet Vegetarian, Thin Family Slice	200	18	10.0	10.0
Pizza	Papa Murphy's	Hawaiian, Thin Family Slice	180	20	9.0	7.0
Pizza	Papa Murphy's	Herb Chicken Mediterranean, Thin Family Slice	210	21	11.0	9.0
Pizza	Papa Murphy's	Murphy's Combo, Thin Family Slice	230	19	11.0	13.0
Pizza	Papa Murphy's	Papa's Favorite, Thin Family Slice	230	20	11.0	13.0
Pizza	Papa Murphy's	Pepperoni, Thin Family Slice	210	18	10.0	12.0
Pizza	Papa Murphy's	Garden Veggie, Thin Family Slice	170	20	8.0	8.0
Toppings & Ingredients	Papa Murphy's	Buttermilk Ranch Dressing	120	2	0.0	12.0
Toppings & Ingredients	Papa Murphy's	Caesar Salad Dressing	140	1	1.0	15.0
Desserts	Papa Murphy's	Cream Cheese Frosting (1/8th of Cup)	45	4	0.0	3.0
Toppings & Ingredients	Papa Murphy's	Low Calorie Italian Dressing	15	1	0.0	0.5
Toppings & Ingredients	Papa Murphy's	Marinara Sauce	80	13	1.0	3.0
Salads	Papa Murphy's	Caesar Salad	100	7	8.0	5.0
Pizza	Papa Murphy's	Thai Chicken, Family Slice	330	39	13.0	12.0
Pizza	Papa Murphy's	Thai Chicken, Large Slice	370	43	14.0	13.0
Pizza	Papa Murphy's	Thai Chicken, Medium Slice	270	32	10.0	10.0
Pizza	Papa Murphy's	Thai Chicken, Thin Family Slice	220	24	12.0	8.0
Pizza	Papa Murphy's	Thai Chicken, Thin Large Slice	230	25	12.0	9.0
Baked Goods	Papa Murphy's	Classic Cheesy Bread	1760	252	54.0	57.0
Baked Goods	Papa Murphy's	Cinnamon Wheel	2000	336	40.0	53.0
Pizza	Papa Murphy's	Mini Murph, Cheese	510	63	22.0	19.0
Pizza	Papa Murphy's	Mini Murph, Pepperoni	590	63	26.0	26.0
Salads	Papa Murphy's	Garden Salad	190	13	10.0	11.0
Salads	Papa Murphy's	Club Salad	270	12	23.0	16.0
Salads	Papa Murphy's	Italian Salad	270	11	13.0	19.0
Salads	Papa Murphy's	Chicken Caesar Salad	190	8	25.0	6.0
Salads	Papa Murphy's	Mediterranean Salad	320	23	14.0	17.0
Pizza	Papa Murphy's	Bacon Cheeseburger, Thin Family Slice	240	19	12.0	13.0
Pizza	Papa Murphy's	Bacon Cheeseburger, Thin Large Slice	250	18	13.0	14.0



Baked Goods	Papa Murphy's	Thick 'n' Cheesy Homebaked Bread	1670	184	61.0	75.0
Pizza	Papa Murphy's	Chicken Bacon Artichoke, Large Slice	380	34	17.0	17.0
Pizza	Papa Murphy's	Chicken Bacon Artichoke, Family Slice	330	30	15.0	15.0
Pizza	Papa Murphy's	Chicken Bacon Artichoke, Medium Slice	270	25	12.0	13.0
Pizza	Papa Murphy's	Tuscan Chicken & Sausage, Thin Family Slice	210	16	12.0	11.0
Pizza	Papa Murphy's	Tuscan Chicken & Sausage, Thin Large Slice	230	17	13.0	12.0
Desserts	Papa Murphy's	Chocolate Chip Cookie (1 Slice of 8)	170	34	2.0	11.0
Toppings & Ingredients	Papa Murphy's	Cream Cheese Frosting	370	35	3.0	25.0
Baked Goods	Papa Murphy's	Scratch-made 5 Cheese Bread (1 Slice of 8)	210	23	8.0	9.0
Salads	Papa Murphy's	Chicken Bacon Artichoke Salad	330	11	34.0	17.0
Pizza	Papa Murphy's	Bacon Cheeseburger, Family Slice	360	32	13.0	18.0
Pizza	Papa Murphy's	BBQ Chicken, Family Slice	330	36	14.0	13.0
Pizza	Papa Murphy's	Chicken Alfredo, Family Slice	270	28	12.0	11.0
Pizza	Papa Murphy's	Fiesta Chicken, Family Slice	330	32	13.0	15.0
Pizza	Papa Murphy's	Frito Outlaw, Family Slice	350	33	10.0	17.0
Pizza	Papa Murphy's	Rancher, Family Slice	310	30	11.0	14.0
Pizza	Papa Murphy's	Taco Grande, Family Slice	340	32	12.0	16.0
Pizza	Papa Murphy's	Tuscan Chicken & Sausage, Family Slice	330	30	13.0	15.0
Pizza	Papa Murphy's	Xlry, Family Slice	210	21	11.0	11.0
Pizza	Papa Murphy's	Bacon Cheeseburger, Large Slice	410	35	15.0	20.0
Pizza	Papa Murphy's	BBQ Chicken, Large Slice	370	40	16.0	14.0
Pizza	Papa Murphy's	Chicken Alfredo, Large Slice	310	32	14.0	12.0
Pizza	Papa Murphy's	Fiesta Chicken, Large Slice	370	36	14.0	17.0
Pizza	Papa Murphy's	Frito Outlaw, Large Slice	390	37	11.0	19.0
Pizza	Papa Murphy's	Rancher, Large Slice	350	34	12.0	16.0
Pizza	Papa Murphy's	Taco Grande, Large Slice	380	36	14.0	18.0
Pizza	Papa Murphy's	Tuscan Chicken & Sausage, Large Slice	370	34	15.0	17.0
Pizza	Papa Murphy's	Bacon Cheeseburger, Medium Slice	290	26	11.0	14.0
Pizza	Papa Murphy's	BBQ Chicken, Medium Slice	270	29	11.0	11.0
Pizza	Papa Murphy's	Chicken Alfredo, Medium Slice	220	23	10.0	9.0
Pizza	Papa Murphy's	Fiesta Chicken, Medium Slice	270	26	10.0	13.0
Pizza	Papa Murphy's	Frito Outlaw, Medium Slice	280	27	9.0	14.0
Pizza	Papa Murphy's	Rancher, Medium Slice	250	25	9.0	12.0
Pizza	Papa Murphy's	Taco Grande, Medium Slice	280	26	10.0	13.0
Pizza	Papa Murphy's	Tuscan Chicken & Sausage, Medium Slice	270	24	11.0	13.0

Pizza	Papa Murphy's	Bacon Cheeseburger, Crustless Slice	180	4	11.0	13.0
Pizza	Papa Murphy's	BBQ Chicken, Crustless Slice	150	7	11.0	9.0
Pizza	Papa Murphy's	Chicken Alfredo, Crustless Slice	110	2	10.0	7.0
Pizza	Papa Murphy's	Chicken Bacon Artichoke, Crustless Slice	150	3	11.0	11.0
Pizza	Papa Murphy's	Chicken Garlic, Crustless Slice	140	3	10.0	10.0
Pizza	Papa Murphy's	Cowboy, Crustless Slice	180	4	10.0	14.0
Pizza	Papa Murphy's	Fiesta Chicken, Crustless Slice	150	4	10.0	11.0
Pizza	Papa Murphy's	Frito Outlaw, Crustless Slice	170	5	8.0	13.0
Pizza	Papa Murphy's	Garden Veggie, Crustless Slice	100	4	6.0	7.0
Pizza	Papa Murphy's	Gourmet Vegetarian, Crustless Slice	130	3	8.0	10.0
Pizza	Papa Murphy's	Hawaiian, Crustless Slice	110	5	7.0	7.0
Pizza	Papa Murphy's	Herb Chicken Mediterranean, Crustless Slice	140	6	10.0	9.0
Pizza	Papa Murphy's	Murphy's Combo, Crustless Slice	170	4	9.0	13.0
Pizza	Papa Murphy's	Papa's Favorite, Crustless Slice	160	4	9.0	13.0
Pizza	Papa Murphy's	Pepperoni, Crustless Slice	110	2	7.0	9.0
Pizza	Papa Murphy's	Rancher, Crustless Slice	140	3	9.0	10.0
Pizza	Papa Murphy's	Thai Chicken, Crustless Slice	150	11	10.0	8.0
Pizza	Papa Murphy's	Tuscan Chicken & Sausage, Crustless Slice	150	3	11.0	11.0
Pizza	Papa Murphy's	BBQ Chicken, Thin Family Slice	220	22	13.0	9.0
Pizza	Papa Murphy's	Chicken Alfredo, Thin Family Slice	180	17	12.0	8.0
Pizza	Papa Murphy's	Fiesta Chicken, Thin Family Slice	180	18	9.0	9.0
Pizza	Papa Murphy's	Frito Outlaw, Thin Family Slice	230	20	10.0	13.0
Pizza	Papa Murphy's	Rancher, Thin Family Slice	210	19	11.0	10.0
Pizza	Papa Murphy's	Taco Grande, Thin Family Slice	230	20	11.0	12.0
Pizza	Papa Murphy's	BBQ Chicken, Thin Large Slice	230	21	13.0	10.0
Pizza	Papa Murphy's	Chicken Alfredo, Thin Large Slice	180	16	12.0	8.0
Pizza	Papa Murphy's	Fiesta Chicken, Thin Large Slice	230	18	12.0	12.0
Pizza	Papa Murphy's	Frito Outlaw, Thin Large Slice	240	19	11.0	14.0
Pizza	Papa Murphy's	Rancher, Thin Large Slice	210	17	11.0	11.0
Pizza	Papa Murphy's	Taco Grande, Thin Large Slice	230	19	12.0	12.0
Toppings & Ingredients	Papa Murphy's	Balsamic Vinaigrette	70	2	0.0	7.0
Toppings & Ingredients	Papa Murphy's	Bleu Cheese Dressing	150	1	100.0	16.0
Toppings & Ingredients	Papa Murphy's	Croutons	90	11	2.0	3.5
Desserts	Papa Murphy's	S'mores Dessert Bar	130	25	2.0	7.0
Pizza	Papa Murphy's	All Meat, Crustless Slice	160	3	10.0	12.0

Desserts	Papa Murphy's	Chocolate Chip Cookie	1390	271	19.0	88.0
Toppings & Ingredients	Papa Murphy's	1000 Island Dressing	120	3	0.0	13.0
Appetizers & Sides	Perkins	Applesauce	40	9	0.0	0.0
Appetizers & Sides	Perkins	Applewood Smoked Bacon, 4 Slices	140	0	8.0	12.0
Appetizers & Sides	Perkins	Sausage, Links, 4	460	2	12.0	44.0
Appetizers & Sides	Perkins	Sausage, Patties, 2	380	1	12.0	38.0
Toppings & Ingredients	Perkins	Spinach, Fresh	10	1	1.0	0.0
Appetizers & Sides	Perkins	Mozzasticks w/ Marinara For Pick 3/4	400	29	17.0	25.0
Appetizers & Sides	Perkins	Onion Rings w/ Chipotle Ranch For Pick 3/4	470	39	4.0	26.0
Appetizers & Sides	Perkins	Baked Potato	250	42	6.0	7.0
Appetizers & Sides	Perkins	Buttered Corn	120	17	3.0	4.0
Appetizers & Sides	Perkins	Mashed Potatoes & Gravy	210	35	5.0	5.0
Appetizers & Sides	Perkins	Sauteed Spinach	70	4	4.0	3.5
Baked Goods	Perkins	Buttered White Toast	260	34	7.0	11.0
Appetizers & Sides	Perkins	Biscuits, 2	600	68	12.0	31.0
Baked Goods	Perkins	Muffin, Apple Cinnamon	580	76	7.0	27.0
Baked Goods	Perkins	Muffin, Banana Nut	740	85	11.0	41.0
Baked Goods	Perkins	Chocolate Chocolate Chip Mammoth Muffin	670	88	10.0	31.0
Baked Goods	Perkins	Sweet Sticky Bun	740	98	11.0	36.0
Baked Goods	Perkins	Toast, Whole Wheat, 2 Slices	260	38	12.0	8.0
Baked Goods	Perkins	Muffin, Blueberry	600	81	10.0	27.0
Baked Goods	Perkins	Raspberry & Cream Muffin	600	81	10.0	26.0
Beverages	Perkins	Milk, 2% White, Small	210	20	14.0	8.0
Beverages	Perkins	Cherry Coke, Kids	160	42	0.0	0.0
Beverages	Perkins	Coca Cola, Kids	150	39	0.0	0.0
Beverages	Perkins	Coffee	0	0	0.0	0.0
Beverages	Perkins	Diet Coke, Kids	0	0	0.0	0.0
Beverages	Perkins	Hot Tea	10	2	0.0	0.0
Beverages	Perkins	Iced Tea	10	2	0.0	0.0
Beverages	Perkins	Juice, Apple Small	180	45	0.0	0.0
Beverages	Perkins	Juice, Orange Small	160	38	3.0	0.0
Beverages	Perkins	Juice, Tomato Small	70	15	3.0	0.0
Beverages	Perkins	Lemonade, Kids	150	38	0.0	0.0
Beverages	Perkins	Chocolate Milk, Small	240	47	12.0	0.0
Beverages	Perkins	Raspberry Iced Tea	130	34	0.0	0.0

Beverages	Perkins	Root Beer, Kids	170	43	0.0	0.0
Beverages	Perkins	Sprite, Kids	150	38	0.0	0.0
Beverages	Perkins	Malt, Strawberry	930	110	12.0	50.0
Beverages	Perkins	Malt, Vanilla	910	105	12.0	50.0
Beverages	Perkins	Malt, Chocolate	1000	127	12.0	50.0
Beverages	Perkins	Shake, Chocolate	970	122	11.0	49.0
Beverages	Perkins	Shake, Strawberry	900	105	11.0	49.0
Beverages	Perkins	Shake, Vanilla	880	100	11.0	49.0
Burgers	Perkins	Kids' Classic Cheeseburger	610	41	30.0	32.0
Baked Goods	Perkins	Cinnamon Roll	660	90	9.0	30.0
Desserts	Perkins	Crazy Cookie	310	36	3.0	17.0
Desserts	Perkins	Chocolate Walnut Brownie	560	76	6.0	27.0
Desserts	Perkins	Eclair	500	87	3.0	16.0
Desserts	Perkins	Fudge Brownie Supreme	860	111	8.0	43.0
Desserts	Perkins	Ice Cream, One Scoop	210	22	2.0	13.0
Desserts	Perkins	Ice Cream, Two Scoops	420	44	4.0	25.0
Desserts	Perkins	Kids' Treats, Chocolate Chip Cookie	310	30	3.0	20.0
Desserts	Perkins	Kids' Treats, Sugar Cookie	310	42	3.0	14.0
Desserts	Perkins	Banana Cream Pie, Slice	650	62	2.0	43.0
Desserts	Perkins	Chocolate French Silk Pie, Slice	730	63	6.0	52.0
Desserts	Perkins	Coconut Cream Pie, Slice	610	57	7.0	38.0
Desserts	Perkins	Apple Pie, No Sugar Added, Slice	370	52	5.0	15.0
Desserts	Perkins	Caramel Apple Pie, Slice	500	68	6.0	22.0
Desserts	Perkins	Cherry Pie, Slice	580	75	8.0	27.0
Desserts	Perkins	Lemon Meringue Pie, Slice	530	90	6.0	17.0
Desserts	Perkins	Southern Pecan Pie, Slice	670	86	7.0	33.0
Desserts	Perkins	Homestyle Apple Pie, Slice	570	76	5.0	27.0
Desserts	Perkins	Wildberry Pie, No Sugar Added, Slice	470	50	5.0	27.0
Entrees	Perkins	Classic Eggs Benedict	660	61	34.0	31.0
Appetizers & Sides	Perkins	Oatmeal	340	57	8.0	9.0
Entrees	Perkins	Southern Fried Chicken Biscuit Breakfast	1370	110	56.0	78.0
Entrees	Perkins	Grilled Salmon Dinner	430	2	40.0	29.0
Entrees	Perkins	Chicken Strips Dinner	800	59	44.0	43.0
Entrees	Perkins	Country Fried Steak Dinner	600	45	26.0	34.0
Entrees	Perkins	Macaroni & Cheese	340	32	13.0	18.0

Entrees	Perkins	55 Plus One Egg Benedict	400	40	17.0	20.0
Entrees	Perkins	Kids' Mac & Cheese	340	32	13.0	18.0
Entrees	Perkins	Kids' Perky Bear Pancakes	330	37	4.0	19.0
Entrees	Perkins	Kids' Rainbow Pancake Breakfast	290	40	4.0	12.0
Entrees	Perkins	Brioche French Toast Platter	730	68	38.0	33.0
Entrees	Perkins	Brioche French Toast, 3 Slices	840	93	39.0	35.0
Fried Potatoes	Perkins	Hash Browns	210	22	3.0	13.0
Fried Potatoes	Perkins	French Fries	570	56	6.0	36.0
Salads	Perkins	Honey Mustard Chicken Crunch Salad	980	63	44.0	63.0
Sandwiches	Perkins	Kids' Grilled Cheese Sandwich	460	36	16.0	29.0
Sandwiches	Perkins	BLT Sandwich, Half	210	1	6.0	20.0
Soup	Perkins	Chicken Noodle Soup, Bowl	260	37	11.0	6.0
Soup	Perkins	Chicken Noodle Soup, Cup	150	21	7.0	3.5
Toppings & Ingredients	Perkins	Diced Ham	140	2	7.0	11.0
Toppings & Ingredients	Perkins	Pancake Syrup, 2 oz	140	35	0.0	0.0
Toppings & Ingredients	Perkins	Bacon, Applewood Smoked	35	0	2.0	3.0
Toppings & Ingredients	Perkins	Cheese, Swiss	110	1	7.0	8.0
Toppings & Ingredients	Perkins	Glazed Blueberries, 6 oz	200	51	0.0	0.0
Toppings & Ingredients	Perkins	Glazed Strawberries, 6 oz	140	36	0.0	0.0
Toppings & Ingredients	Perkins	Hollandaise Sauce	110	9	1.0	8.0
Toppings & Ingredients	Perkins	Apricot Syrup, 2 oz	120	30	0.0	0.0
Toppings & Ingredients	Perkins	Sugar Free Pancake Syrup, 2 oz	20	6	0.0	0.0
Toppings & Ingredients	Perkins	Blue Cheese Dressing, 3 Fluid oz	400	3	3.0	43.0
Toppings & Ingredients	Perkins	Fat Free Italian Dressing, 3 Fluid oz	25	8	0.0	0.0
Toppings & Ingredients	Perkins	French Dressing, 3 Fluid oz	350	25	0.0	28.0
Toppings & Ingredients	Perkins	Honey Mustard Dressing, 3 Fluid oz	380	20	3.0	33.0
Toppings & Ingredients	Perkins	Ranch Dressing, 3 Fluid oz	250	3	0.0	28.0
Toppings & Ingredients	Perkins	Thousand Island Dressing, 3 Fluid oz	280	10	0.0	28.0
Toppings & Ingredients	Perkins	BBQ Sauce	45	11	0.0	0.0
Toppings & Ingredients	Perkins	Cheese, Parmesan, Grated	120	1	10.0	8.0
Toppings & Ingredients	Perkins	Buffalo Hot Sauce	5	1	0.0	0.0
Toppings & Ingredients	Perkins	Cheese, American, 2 Slices	170	2	9.0	14.0
Toppings & Ingredients	Perkins	Cheese, Pepper Jack, Shredded	100	1	7.0	8.0
Toppings & Ingredients	Perkins	Cheese, Parmesan, Shredded	110	1	9.0	8.0
Toppings & Ingredients	Perkins	Cheese, Pepper Jack, 2 Slices	150	0	11.0	12.0

Toppings & Ingredients	Perkins	Cheese, Swiss, 2 Slices	170	2	11.0	12.0
Toppings & Ingredients	Perkins	Ketchup	10	2	0.0	0.0
Toppings & Ingredients	Perkins	Mayonnaise	200	0	0.0	22.0
Toppings & Ingredients	Perkins	Mustard	5	0	0.0	0.5
Toppings & Ingredients	Perkins	Salsa, Medium	10	2	0.0	0.0
Toppings & Ingredients	Perkins	Steak Sauce	25	6	0.0	0.0
Toppings & Ingredients	Perkins	Tartar Sauce	100	5	0.0	9.0
Toppings & Ingredients	Perkins	Ham, Diced	80	1	4.0	6.0
Appetizers & Sides	Perkins	Pork Sausage, 2 Links	240	1	6.0	24.0
Appetizers & Sides	Perkins	Applewood Smoked Bacon, 2 Slices	70	0	4.0	6.0
Appetizers & Sides	Perkins	Option Mashed Potatoes & Gravy	210	35	5.0	5.0
Appetizers & Sides	Perkins	Option Broccoli, 4 oz	35	5	4.0	0.0
Baked Goods	Perkins	Cranberry Orange Mammoth Muffin	530	75	10.0	20.0
Beverages	Perkins	Sweet Tea	100	24	0.0	0.0
Entrees	Perkins	Granny's Country Omelet	640	34	36.0	41.0
Entrees	Perkins	The Everything Omelet	550	14	37.0	40.0
Entrees	Perkins	Belgian Waffle	410	49	7.0	21.0
Entrees	Perkins	3 Potato Pancakes	490	46	11.0	30.0
Entrees	Perkins	Belgian Waffle Platter	570	51	19.0	33.0
Entrees	Perkins	Brioche French Toast, 2 Slices	590	63	26.0	26.0
Entrees	Perkins	Meatloaf Dinner w/ Vegetable Option	830	61	38.0	47.0
Entrees	Perkins	Country Fried Steak & Eggs	770	47	38.0	47.0
Entrees	Perkins	Country Sausage Biscuit Breakfast	1360	85	44.0	69.0
Entrees	Perkins	Twice As Nice Breakfast	740	90	23.0	31.0
Entrees	Perkins	Kids' Brioche French Toast	330	33	13.0	17.0
Entrees	Perkins	Fabulous Five	170	1	10.0	14.0
Entrees	Perkins	Double Catch	1370	126	34.0	82.0
Entrees	Perkins	Farmer's Omelet	660	8	39.0	54.0
Entrees	Perkins	Kids' Silver Dollar Pancake Short-stack	200	24	3.0	11.0
Entrees	Perkins	Tremendous Twelve	870	89	29.0	43.0
Fried Potatoes	Perkins	Option French Fries, 4 oz	320	31	3.0	20.0
Sandwiches	Perkins	Chicken Strips Melt	1190	88	54.0	70.0
Soup	Perkins	Tomato Basil Soup, Bowl	460	46	7.0	26.0
Soup	Perkins	Tomato Basil Soup, Cup	280	27	4.0	17.0
Toppings & Ingredients	Perkins	Fresh Spinach	20	2	2.0	0.0

Toppings & Ingredients	Perkins	Twinberry Syrup, 2 oz	120	31	0.0	0.0
Toppings & Ingredients	Perkins	White Balsamic Dressing, 3 Fluid oz	180	8	0.0	15.0
Appetizers & Sides	Perkins	Green Beans & Bacon	45	4	2.0	2.5
Appetizers & Sides	Perkins	Pick 3 Sampler	1630	121	57.0	95.0
Appetizers & Sides	Perkins	Onion Rings, Substitute	500	54	7.0	17.0
Appetizers & Sides	Perkins	Fried Pickles	790	53	8.0	61.0
Desserts	Perkins	Peanut Butter Silk Pie, Slice	890	68	12.0	63.0
Entrees	Perkins	Turkey & Dressing Dinner	400	21	38.0	17.0
Toppings & Ingredients	Perkins	Add-on Breaded Fantail Shrimp, Fried, 4 Shrimp	270	41	10.0	7.0
Entrees	Perkins	Fish 'n Chips w/ Garden Salad	1380	108	38.0	88.0
Sandwiches	Perkins	Chicken Strips Melt, Half	670	46	32.0	40.0
Entrees	Perkins	55+ Potato Pancakes	460	44	10.0	28.0
Salads	Perkins	Garden Salad	110	13	5.0	4.5
Toppings & Ingredients	Perkins	Three Large Fresh Eggs	200	3	18.0	14.0
Toppings & Ingredients	Perkins	Two Large Fresh Eggs, Any Style	170	2	12.0	13.0
Toppings & Ingredients	Perkins	Tomatoes, Diced	5	1	0.0	0.0
Entrees	Perkins	3 Blueberry Pancakes	520	73	8.0	21.0
Entrees	Perkins	3 Buttermilk Short Stack Pancakes	490	66	8.0	21.0
Beverages	Perkins	Alaskan Amber	180	20	0.0	0.0
Beverages	Perkins	Alexander Keith's	150	11	0.0	0.0
Beverages	Perkins	Amberbock	170	15	1.0	0.0
Beverages	Perkins	Juice, Apple Large	280	73	0.0	0.0
Beverages	Perkins	Arthur Guinness	130	10	0.0	0.0
Appetizers & Sides	Perkins	Grilled Asparagus	45	2	1.0	3.5
Toppings & Ingredients	Perkins	Avocado	100	6	2.0	9.0
Beverages	Perkins	Bella Sera Pinot Grigio	100	0	0.0	0.0
Beverages	Perkins	Beringer White Zinfandel	100	5	0.0	0.0
Beverages	Perkins	Blue Moon	160	13	2.0	0.0
Beverages	Perkins	Boulevard Wheat	130	17	0.0	0.0
Beverages	Perkins	Brownstone Chardonnay	120	4	0.0	0.0
Beverages	Perkins	Brownstone Merlot	120	4	0.0	0.0
Beverages	Perkins	Brownstone Pinot Grigio	120	3	0.0	0.0
Beverages	Perkins	Brownstone Syrah	120	4	0.0	0.0
Beverages	Perkins	Brownstone White Zinfandel	110	5	0.0	0.0
Beverages	Perkins	Brownstone Moscato	130	12	0.0	0.0

Beverages	Perkins	Bud Light	110	7	1.0	0.0
Beverages	Perkins	Budweiser	150	11	1.0	0.0
Beverages	Perkins	Cabernet	120	5	0.0	0.0
Beverages	Perkins	Cedar Creek Pinot Gris	120	3	0.0	0.0
Beverages	Perkins	Chardonnay	120	4	0.0	0.0
Beverages	Perkins	Cherry Coke, Large	210	56	0.0	0.0
Burgers	Perkins	The Classic Burger	710	48	40.0	40.0
Burgers	Perkins	The Classic Cheeseburger	870	48	50.0	54.0
Beverages	Perkins	Coca Cola, Large	200	52	0.0	0.0
Beverages	Perkins	Coors Banquet	150	11	1.0	0.0
Beverages	Perkins	Coors Light	100	11	0.0	0.0
Beverages	Perkins	Copa Chardonnay	150	10	0.0	0.0
Beverages	Perkins	Copa Merlot	120	4	0.0	0.0
Beverages	Perkins	Copa Pinot	120	4	0.0	0.0
Beverages	Perkins	Copa Zinfandel	130	4	0.0	0.0
Beverages	Perkins	Copper Moon Sauvignon Blanc	120	3	0.0	0.0
Beverages	Perkins	Juice, Cranberry Small	170	43	0.0	0.0
Beverages	Perkins	Diet Coke, Large	0	0	0.0	0.0
Toppings & Ingredients	Perkins	Egg Whites, 3	110	2	15.0	3.5
Beverages	Perkins	Fat Tire	160	14	0.0	0.0
Beverages	Perkins	Gallo Cabernet	110	1	0.0	0.0
Beverages	Perkins	Gallo Chardonnay	100	1	0.0	0.0
Beverages	Perkins	Gallo Merlot	110	5	0.0	0.0
Beverages	Perkins	Gallo White Zinfandel	130	0	0.0	0.0
Beverages	Perkins	Gerwurtztraminer	130	7	0.0	0.0
Entrees	Perkins	Grilled Garlic Tilapia & Shrimp Dinner	580	57	35.0	24.0
Entrees	Perkins	Grilled Cajun Tilapia & Shrimp	490	57	35.0	14.0
Appetizers & Sides	Perkins	Grits	150	33	3.0	0.0
Beverages	Perkins	Heineken	150	12	2.0	0.0
Toppings & Ingredients	Perkins	Honey Mustard Dressing For Appetizers	290	15	2.0	25.0
Beverages	Perkins	India Pale Ale	150	11	0.0	0.0
Beverages	Perkins	Jackson Triggs Merlot	120	10	0.0	0.0
Beverages	Perkins	Jackson Triggs Malbec	120	10	0.0	0.0
Beverages	Perkins	Jackson Triggs Sauvignon Blanc	120	3	0.0	0.0
Toppings & Ingredients	Perkins	Jalapeno Peppers	5	1	0.0	0.0



Entrees	Perkins	Kids' Chicken Strips	630	43	27.0	39.0
Beverages	Perkins	Labatt Blue Light	110	8	0.0	0.0
Beverages	Perkins	Labatt Blue	150	5	0.0	0.0
Beverages	Perkins	Leinenkugel Honey Weiss	150	12	2.0	0.0
Beverages	Perkins	Lemonade, Large	190	50	0.0	0.0
Beverages	Perkins	Mello Yello	170	47	0.0	0.0
Beverages	Perkins	Merlot	120	4	0.0	0.0
Beverages	Perkins	Michelob Golden Draft Light	110	7	1.0	0.0
Beverages	Perkins	Michelob Light	120	9	1.0	0.0
Beverages	Perkins	Michelob Ultra	100	3	1.0	0.0
Beverages	Perkins	Michelob	160	13	0.0	0.0
Beverages	Perkins	Miller Genuine Draft	140	13	1.0	0.0
Beverages	Perkins	Miller High Life	140	13	1.0	0.0
Beverages	Perkins	Molson Canadian Ale	150	11	1.0	0.0
Beverages	Perkins	Molson Old Style Pilsner	150	10	0.0	0.0
Beverages	Perkins	Moosehead	140	11	0.0	0.0
Beverages	Perkins	Moscato	130	12	0.0	0.0
Beverages	Perkins	Mott's Clamato Caesar	170	40	2.0	1.0
Beverages	Perkins	Naked Grape Chardonnay	120	1	0.0	0.0
Beverages	Perkins	New Castle Brown Ale	140	13	1.0	0.0
Beverages	Perkins	O'dou's	90	18	2.0	0.0
Appetizers & Sides	Perkins	Option Buttered Corn, 4 oz	120	17	3.0	5.0
Beverages	Perkins	Juice, Orange Large	260	61	5.0	0.0
Beverages	Perkins	Pasqua Pinot Grigio Italy	110	2	0.0	0.0
Beverages	Perkins	Peller Estates Shiraz	120	3	0.0	0.0
Beverages	Perkins	Pinot Grigio	120	3	0.0	0.0
Fried Potatoes	Perkins	Tots, Side	470	47	5.0	28.0
Beverages	Perkins	Quails Gate Pinot Noir	150	5	0.0	0.0
Toppings & Ingredients	Perkins	Ranch Dressing For Appetizers	190	2	0.0	21.0
Beverages	Perkins	Red Wine Blend	120	4	0.0	0.0
Beverages	Perkins	Rickard's Red Beer	160	11	0.0	0.0
Beverages	Perkins	Riesling	120	6	0.0	0.0
Beverages	Perkins	Rolling Rock	130	10	1.0	0.0
Beverages	Perkins	Root Beer, Large	220	57	0.0	0.0
Beverages	Perkins	Sam Adams Boston Lager	170	18	2.0	0.0

Beverages	Perkins	Santa Carolina Cabemet-chile	120	5	0.0	0.0
Beverages	Perkins	Santa Carolina Chardonnay-chile	120	5	0.0	0.0
Beverages	Perkins	Santa Carolina Merlot-chile	120	4	0.0	0.0
Beverages	Perkins	Santa Carolina Shiraz-chile	130	4	0.0	0.0
Beverages	Perkins	Sauvignon Blanc	120	3	0.0	0.0
Beverages	Perkins	Sawmill Creek Chardonnay	110	0	0.0	0.0
Beverages	Perkins	Sawmill Creek Merlot	120	0	0.0	0.0
Baked Goods	Perkins	Buttered Sourdough Toast	340	58	10.0	8.0
Beverages	Perkins	Spotted Cow	150	13	0.0	0.0
Beverages	Perkins	Sprite, Large	200	51	0.0	0.0
Beverages	Perkins	Stella	170	21	1.0	0.0
Entrees	Perkins	Strawberry & Cream Cheese Crispers	310	32	5.0	18.0
Beverages	Perkins	Juice, Tomato Large	110	23	5.0	0.0
Appetizers & Sides	Perkins	Turkey Bacon, 4 Slices	100	0	8.0	6.0
Toppings & Ingredients	Perkins	Onions, Yellow	10	3	0.0	0.0
Beverages	Perkins	Yuengling	130	10	1.0	0.0
Beverages	Perkins	Corona Extra	150	13	0.0	0.0
Appetizers & Sides	Perkins	Sausage, Smoked	380	8	12.0	34.0
Appetizers & Sides	Perkins	Turkey Bacon, 2 Slices	50	0	4.0	3.0
Baked Goods	Perkins	Bagel	260	49	6.0	4.0
Baked Goods	Perkins	Bagel & Cream Cheese	630	51	14.0	41.0
Baked Goods	Perkins	Buttered Wheat Toast	260	40	12.0	8.0
Beverages	Perkins	Mango Smoothie	200	49	1.0	1.0
Beverages	Perkins	Pomegranate Berry Smoothie	100	24	1.0	1.0
Beverages	Perkins	Strawberry Smoothie	190	47	1.0	1.0
Beverages	Perkins	Milk, 2% White, Large	340	34	23.0	13.0
Beverages	Perkins	Chocolate Milk, Large	400	78	20.0	0.0
Beverages	Perkins	Coffee, Decaffeinated	0	0	0.0	0.0
Beverages	Perkins	Fat Free Chocolate Milk	240	47	12.0	0.0
Beverages	Perkins	Spring Water	0	0	0.0	0.0
Desserts	Perkins	Key Lime Pie, Slice	590	76	8.0	28.0
Desserts	Perkins	Oatmeal Cranberry Cookie	290	45	3.0	22.0
Entrees	Perkins	Corned Beef Hash & Eggs	520	22	30.0	35.0
Entrees	Perkins	Creamed Chipped Beef	300	18	18.0	18.0
Entrees	Perkins	55 Plus Brioche French Toast Breakfast, 2 Pieces	590	63	26.0	26.0

Entrees	Perkins	Kids' Egg, Hash Browns & Toast	330	40	13.0	13.0
Entrees	Perkins	Magnificent Seven	720	68	24.0	39.0
Fried Potatoes	Perkins	2 Potato Pancakes	280	27	7.0	17.0
Sandwiches	Perkins	Country Club Melt	940	64	54.0	52.0
Sandwiches	Perkins	Reuben Melt	1000	79	56.0	50.0
Soup	Perkins	Option Chicken Noodle Soup 6 oz	70	8	5.0	2.0
Soup	Perkins	Option Tomato Basil Soup 6 oz	200	14	2.0	15.0
Toppings & Ingredients	Perkins	Blue Cheese Dressing, 2 Fluid oz	270	2	2.0	28.0
Toppings & Ingredients	Perkins	Fat Free Italian Dressing, 2 Fluid oz	15	5	0.0	0.0
Toppings & Ingredients	Perkins	French Dressing, 2 Fluid oz	230	17	0.0	18.0
Toppings & Ingredients	Perkins	Honey Mustard Dressing, 2 Fluid oz	250	13	2.0	22.0
Toppings & Ingredients	Perkins	Ranch Dressing, 2 Fluid oz	170	2	0.0	18.0
Toppings & Ingredients	Perkins	Thousand Island Dressing, 2 Fluid oz	180	7	0.0	18.0
Toppings & Ingredients	Perkins	White Balsamic Dressing, 2 Fluid oz	120	5	0.0	10.0
Toppings & Ingredients	Perkins	Gravy, Cream	50	6	0.0	2.5
Appetizers & Sides	Perkins	Herb Rice Pilaf	270	50	6.0	6.0
Appetizers & Sides	Perkins	Fried Pickles w/ Ranch For Pick 3/4	490	27	4.0	41.0
Appetizers & Sides	Perkins	Mozzasticks	520	37	22.0	32.0
Baked Goods	Perkins	English Muffin	180	28	5.0	6.0
Baked Goods	Perkins	Lemon Poppy Seed Muffin	700	97	10.0	30.0
Appetizers & Sides	Perkins	Option White Toast	130	17	4.0	5.0
Appetizers & Sides	Perkins	Turkey Sausage Patty, 2	210	2	12.0	16.0
Entrees	Perkins	Build Your Own Omelet	230	3	18.0	17.0
Entrees	Perkins	French Toast Platter	570	53	31.0	27.0
Entrees	Perkins	French Toast, 3 Slices	440	51	19.0	18.0
Fried Potatoes	Perkins	Crispy Fries	570	55	6.0	36.0
Appetizers & Sides	Perkins	Option Breakfast Potatoes	170	18	2.0	10.0
Fried Potatoes	Perkins	Option Tots	200	20	2.0	12.0
Soup	Perkins	Loaded Potato Soup, Bowl	460	46	9.0	26.0
Soup	Perkins	Loaded Potato Soup, Cup	280	27	5.0	17.0
Toppings & Ingredients	Perkins	Candied Jalapenos	30	7	0.0	0.0
Toppings & Ingredients	Perkins	Caramelized Red Onions	20	3	0.0	1.0
Toppings & Ingredients	Perkins	Add-on Crimini Mushrooms	45	3	2.0	3.5
Toppings & Ingredients	Perkins	55 Plus Strawberry Topping	170	46	0.0	0.0
Entrees	Perkins	Meat 'n Potatoes Omelet	1030	35	47.0	79.0

Toppings & Ingredients	Perkins	Turkey Sausage	120	1	6.0	10.0
Entrees	Perkins	Country Biscuit & Eggs Breakfast	890	70	28.0	56.0
Entrees	Perkins	Triple Egg Dare Ya	1330	97	54.0	79.0
Entrees	Perkins	California Avocado Benedict	970	78	36.0	61.0
Entrees	Perkins	Everything Skillet	950	59	36.0	63.0
Entrees	Perkins	Spinach & Mushroom Skillet	700	68	23.0	35.0
Appetizers & Sides	Perkins	Onion Rings	880	77	9.0	45.0
Burgers	Perkins	The Breakfast Burger	1070	56	62.0	69.0
Sandwiches	Perkins	Triple Decker Club	600	3	32.0	49.0
Entrees	Perkins	Grilled Pork Chop Dinner	560	8	58.0	32.0
Entrees	Perkins	Shrimp Bacon Broccoli Pasta	950	74	31.0	59.0
Entrees	Perkins	Hibachi Fried Chicken Skillet	780	103	29.0	29.0
Entrees	Perkins	Hibachi Grilled Shrimp Skillet	610	85	24.0	20.0
Appetizers & Sides	Perkins	Option Bacon 2 Slices	70	0	4.0	6.0
Baked Goods	Perkins	Pumpkin Doughnut Mammoth Muffin	700	91	10.0	33.0
Desserts	Perkins	Mini Chocolate Chip Cookie	160	15	2.0	10.0
Desserts	Perkins	Mini Oatmeal Cranberry Cookie	150	23	2.0	11.0
Desserts	Perkins	Mini Sugar Cookie	160	22	2.0	7.0
Desserts	Perkins	Pumpkin Pie W/whipped Cream, Slice	550	66	8.0	28.0
Desserts	Perkins	Pumpkin Pie, Slice	400	60	8.0	15.0
Desserts	Perkins	Heath Crunch Cheesecake Pie	680	57	5.0	47.0
Entrees	Perkins	Steak & Peppers Skillet w/ Breakfast Potatoes	820	58	44.0	45.0
Desserts	Perkins	2 Chocolate Chip Cookies	620	60	6.0	40.0
Desserts	Perkins	Ice Cream Sundae, Strawberry, Two Scoops	480	62	3.0	24.0
Desserts	Perkins	Ice Cream Sundae, Hot Fudge, Two Scoops	560	64	4.0	32.0
Appetizers & Sides	Perkins	Scrapple	300	10	10.0	24.0
Appetizers & Sides	Perkins	Corned Beef Hash, Side	350	20	18.0	22.0
Appetizers & Sides	Perkins	Pork Roll, 2 Pieces	180	1	9.0	16.0
Toppings & Ingredients	Perkins	Salsa, Medium	10	2	0.0	0.0
Appetizers & Sides	Perkins	Pork Roll, 3 Pieces	270	2	14.0	24.0
Appetizers & Sides	Perkins	Pork Roll, 4 Pieces	360	2	18.0	32.0
Entrees	Perkins	3 Blueberry Pancakes	510	71	8.0	21.0
Toppings & Ingredients	Perkins	Egg Beaters Exchange, 3 Eggs	100	2	15.0	3.5
Toppings & Ingredients	Perkins	Egg Beaters Exchange, 2 Eggs	80	2	10.0	3.5
Beverages	Perkins	Coca-cola Zero	0	0	0.0	0.0

Beverages	Perkins	Coca-cola Zero Vanilla	0	0	0.0	0.0
Beverages	Perkins	Coca-cola Zero Raspberry	0	0	0.0	0.0
Beverages	Perkins	Coca-cola Zero Orange	0	0	0.0	0.0
Beverages	Perkins	Coca-cola Zero Orange Vanilla	0	0	0.0	0.0
Beverages	Perkins	Coca-cola Zero Lime	0	0	0.0	0.0
Beverages	Perkins	Coca-cola Zero Lemon	0	0	0.0	0.0
Beverages	Perkins	Coca-cola Zero Cherry	0	0	0.0	0.0
Beverages	Perkins	Coca-cola Zero Cherry Vanilla	0	0	0.0	0.0
Beverages	Perkins	Coca-cola Vanilla	210	56	0.0	0.0
Beverages	Perkins	Coca-cola Raspberry	210	56	0.0	0.0
Beverages	Perkins	Coca-cola Orange	210	56	0.0	0.0
Beverages	Perkins	Coca-cola Orange Vanilla	210	56	0.0	0.0
Beverages	Perkins	Coca-cola Lemon	210	55	0.0	0.0
Beverages	Perkins	Coca-cola Cherry Vanilla	210	44	0.0	0.0
Beverages	Perkins	Caffeine Free Diet Vanilla Coke	0	0	0.0	0.0
Beverages	Perkins	Caffeine Free Diet Raspberry Coke	0	0	0.0	0.0
Beverages	Perkins	Caffeine Free Diet Orange Coke	0	0	0.0	0.0
Beverages	Perkins	Caffeine Free Diet Ginger Lime Coke	5	1	0.0	0.0
Beverages	Perkins	Caffeine Free Diet Ginger Lemon Coke	0	0	0.0	0.0
Beverages	Perkins	Caffeine Free Diet Coke	0	0	0.0	0.0
Beverages	Perkins	Caffeine Free Diet Cherry Vanilla Coke	0	0	0.0	0.0
Beverages	Perkins	Caffeine Free Diet Cherry Coke	0	0	0.0	0.0
Beverages	Perkins	Barq's Vanilla Creme Soda	200	53	0.0	0.0
Beverages	Perkins	Barq's Strawberry Creme Soda	180	48	0.0	0.0
Beverages	Perkins	Barq's Root Beer	210	58	0.0	0.0
Beverages	Perkins	Barq's Root Beer Vanilla	210	58	0.0	0.0
Beverages	Perkins	Barq's Peach Creme Soda	180	48	0.0	0.0
Beverages	Perkins	Barq's Orange Creme Soda	180	48	0.0	0.0
Beverages	Perkins	Barq's Diet Vanilla Creme Soda	5	1	0.0	0.0
Beverages	Perkins	Barq's Diet Strawberry Creme Soda	5	1	0.0	0.0
Beverages	Perkins	Barq's Diet Root Beer	0	0	0.0	0.0
Beverages	Perkins	Barq's Diet Peach Creme Soda	5	11	0.0	0.0
Beverages	Perkins	Barq's Diet Orange Creme Soda	5	1	0.0	0.0
Beverages	Perkins	Coca-cola Cherry	210	56	0.0	0.0
Beverages	Perkins	Fuze Diet Lemon Iced Tea	5	1	0.0	0.0

Beverages	Perkins	Fuze Diet Iced Tea	0	0	0.0	0.0
Beverages	Perkins	Fanta Zero Strawberry	5	1	0.0	0.0
Beverages	Perkins	Fanta Zero Raspberry	5	1	0.0	0.0
Beverages	Perkins	Fanta Zero Peach	5	1	0.0	0.0
Beverages	Perkins	Fanta Zero Orange	5	1	0.0	0.0
Beverages	Perkins	Fanta Zero Lime	5	1	0.0	0.0
Beverages	Perkins	Fanta Zero Grape	5	1	0.0	0.0
Beverages	Perkins	Fanta Zero Fruit Punch	5	1	0.0	0.0
Beverages	Perkins	Fanta Zero Cherry	5	1	0.0	0.0
Beverages	Perkins	Fanta Strawberry	210	56	0.0	0.0
Beverages	Perkins	Fanta Raspberry	210	56	0.0	0.0
Beverages	Perkins	Fanta Peach	170	56	0.0	0.0
Beverages	Perkins	Fanta Orange	210	56	0.0	0.0
Beverages	Perkins	Fanta Lime	210	56	0.0	0.0
Beverages	Perkins	Fanta Grape	210	56	0.0	0.0
Beverages	Perkins	Fanta Fruit Punch	210	56	0.0	0.0
Beverages	Perkins	Fanta Cherry	210	56	0.0	0.0
Beverages	Perkins	Diet Vanilla Coke	0	0	0.0	0.0
Beverages	Perkins	Diet Raspberry Coke	0	0	0.0	0.0
Beverages	Perkins	Diet Orange Coke	0	0	0.0	0.0
Beverages	Perkins	Diet Lemon Coke	0	0	0.0	0.0
Beverages	Perkins	Diet Ginger Lime Coke	5	1	0.0	0.0
Beverages	Perkins	Diet Ginger Lemon Coke	0	0	0.0	0.0
Beverages	Perkins	Diet Cherry Vanilla Coke	0	0	0.0	0.0
Beverages	Perkins	Diet Cherry Coke	0	0	0.0	0.0
Beverages	Perkins	Minute Maid Lemonade	210	54	0.0	0.0
Beverages	Perkins	Minute Maid Grape	250	64	0.0	0.0
Beverages	Perkins	Minute Maid Fruit Punch	260	64	0.0	0.0
Beverages	Perkins	Minute Maid Cherry Limeade	250	64	0.0	0.0
Beverages	Perkins	Mello Yello Zero	0	0	0.0	0.0
Beverages	Perkins	Mello Yello Zero Strawberry Orange	0	0	0.0	0.0
Beverages	Perkins	Mello Yello Zero Raspberry Peach	5	1	0.0	0.0
Beverages	Perkins	Mello Yello Zero Peach	0	0	0.0	0.0
Beverages	Perkins	Mello Yello Zero Orange	0	0	0.0	0.0
Beverages	Perkins	Mello Yello Zero Limeade	10	2	0.0	0.0

Beverages	Perkins	Mello Yello Zero Cherry	0	0	0.0	0.0
Beverages	Perkins	Mello Yello Peach	170	46	0.0	0.0
Beverages	Perkins	Mello Yello Orange	170	46	0.0	0.0
Beverages	Perkins	Mello Yello Limeade	180	46	0.0	0.0
Beverages	Perkins	Mello Yello Cherry	170	46	0.0	0.0
Beverages	Perkins	Mello Yello Freestyle	170	46	0.0	0.0
Beverages	Perkins	Hi-c Strawberry	220	56	0.0	0.0
Beverages	Perkins	Hi-c Raspberry	220	56	0.0	0.0
Beverages	Perkins	Hi-c Raspberry Lime	220	56	0.0	0.0
Beverages	Perkins	Hi-c Orange	210	56	0.0	0.0
Beverages	Perkins	Hi-c Orange Vanilla	220	56	0.0	0.0
Beverages	Perkins	Hi-c Grape	220	56	0.0	0.0
Beverages	Perkins	Hi-c Fruit Punch	220	56	0.0	0.0
Beverages	Perkins	Hi-c Cherry	220	56	0.0	0.0
Beverages	Perkins	Fuze Sweet Iced Tea	170	45	0.0	0.0
Beverages	Perkins	Fuze Strawberry Iced Tea	170	45	0.0	0.0
Beverages	Perkins	Fuze Diet Raspberry Peach Iced Tea	5	1	0.0	0.0
Beverages	Perkins	Fuze Raspberry Iced Tea	170	45	0.0	0.0
Beverages	Perkins	Fuze Peach Iced Tea	170	45	0.0	0.0
Beverages	Perkins	Fuze Lemon Iced Tea	170	45	0.0	0.0
Beverages	Perkins	Fuze Iced Tea w/ Lemonade	190	50	0.0	0.0
Beverages	Perkins	Fuze Diet Strawberry Iced Tea	5	1	0.0	0.0
Beverages	Perkins	Fuze Diet Raspberry Iced Tea	5	1	0.0	0.0
Beverages	Perkins	Fuze Diet Peach Iced Tea	5	1	0.0	0.0
Beverages	Perkins	Fuze Diet Lemonade Iced Tea	5	1	0.0	0.0
Beverages	Perkins	Pibb Zero	0	0	0.0	0.0
Beverages	Perkins	Pibb Zero Vanilla	10	2	0.0	0.0
Beverages	Perkins	Pibb Zero Strawberry	10	2	0.0	0.0
Beverages	Perkins	Pibb Zero Cherry	5	1	0.0	0.0
Beverages	Perkins	Pibb Zero Cherry Vanilla	10	2	0.0	0.0
Beverages	Perkins	Pibb Xtra	190	50	0.0	0.0
Beverages	Perkins	Pibb Xtra Vanilla	190	50	0.0	0.0
Beverages	Perkins	Pibb Xtra Strawberry	190	50	0.0	0.0
Beverages	Perkins	Pibb Xtra Raspberry	190	50	0.0	0.0
Beverages	Perkins	Pibb Xtra Raspberry Vanilla	190	50	0.0	0.0

Beverages	Perkins	Pibb Xtra Cherry	190	50	0.0	0.0
Beverages	Perkins	Pibb Xtra Cherry Vanilla	190	50	0.0	0.0
Beverages	Perkins	Minute Maid Strawberry Lemonade	210	54	0.0	0.0
Beverages	Perkins	Minute Maid Raspberry Lemonade	210	54	0.0	0.0
Beverages	Perkins	Minute Maid Pink Lemonade	210	54	0.0	0.0
Beverages	Perkins	Minute Maid Peach	250	64	0.0	0.0
Beverages	Perkins	Minute Maid Peach Lemonade	210	54	0.0	0.0
Beverages	Perkins	Minute Maid Orange	250	64	0.0	0.0
Beverages	Perkins	Minute Maid Orange Lemonade	210	55	0.0	0.0
Beverages	Perkins	Minute Maid Mixed Berry	250	64	0.0	0.0
Beverages	Perkins	Minute Maid Light Lemonade	10	3	0.0	0.0
Beverages	Perkins	Minute Maid Light Lemonade Strawberry	15	3	0.0	0.0
Beverages	Perkins	Minute Maid Light Lemonade Raspberry	15	3	0.0	0.0
Beverages	Perkins	Minute Maid Light Lemonade Peach	15	3	0.0	0.0
Beverages	Perkins	Minute Maid Light Lemonade Lemon Lime	15	3	0.0	0.0
Beverages	Perkins	Minute Maid Light Grape	15	3	0.0	0.0
Beverages	Perkins	Minute Maid Light Fruit Punch	20	4	0.0	0.0
Beverages	Perkins	Minute Maid Light Cherry Limeade	15	3	0.0	0.0
Beverages	Perkins	Sprite Zero	5	1	0.0	0.0
Beverages	Perkins	Sprite Zero Vanilla	10	2	0.0	0.0
Beverages	Perkins	Sprite Zero Strawberry	10	2	0.0	0.0
Beverages	Perkins	Sprite Zero Raspberry	10	2	0.0	0.0
Beverages	Perkins	Sprite Zero Peach	10	2	0.0	0.0
Beverages	Perkins	Sprite Zero Orange	5	1	0.0	0.0
Beverages	Perkins	Sprite Zero Grape	10	2	0.0	0.0
Beverages	Perkins	Sprite Zero Cherry	10	2	0.0	0.0
Beverages	Perkins	Sprite Vanilla	190	45	0.0	0.0
Beverages	Perkins	Sprite Strawberry	190	49	0.0	0.0
Beverages	Perkins	Sprite Raspberry	190	49	0.0	0.0
Beverages	Perkins	Sprite Peach	190	49	0.0	0.0
Beverages	Perkins	Sprite Orange	180	49	0.0	0.0
Beverages	Perkins	Sprite Grape	200	52	0.0	0.0
Beverages	Perkins	Sprite Cherry	200	52	0.0	0.0
Beverages	Perkins	Seagram's Ginger Ale	170	45	0.0	0.0
Beverages	Perkins	Seagram's Ginger Ale Vanilla	170	45	0.0	0.0



Beverages	Perkins	Seagram's Ginger Ale Raspberry	170	45	0.0	0.0
Beverages	Perkins	Seagram's Ginger Ale Orange	170	45	0.0	0.0
Beverages	Perkins	Seagram's Ginger Ale Lime	170	45	0.0	0.0
Beverages	Perkins	Seagram's Ginger Ale Cherry	170	45	0.0	0.0
Beverages	Perkins	Seagram's Diet Ginger Ale	5	1	0.0	0.0
Beverages	Perkins	Seagram's Diet Ginger Ale Vanilla	10	2	0.0	0.0
Beverages	Perkins	Seagram's Diet Ginger Ale Raspberry	10	2	0.0	0.0
Beverages	Perkins	Seagram's Diet Ginger Ale Orange	5	1	0.0	0.0
Beverages	Perkins	Seagram's Diet Ginger Ale Lime	5	1	0.0	0.0
Beverages	Perkins	Seagram's Diet Ginger Ale Cherry	10	2	0.0	0.0
Beverages	Perkins	Powerade Zero Raspberry	5	1	0.0	0.0
Beverages	Perkins	Powerade Zero Orange	5	1	0.0	0.0
Beverages	Perkins	Powerade Zero Lime	5	1	0.0	0.0
Beverages	Perkins	Powerade Zero Grape	5	1	0.0	0.0
Beverages	Perkins	Powerade Zero Lemon	5	1	0.0	0.0
Beverages	Perkins	Powerade Zero Fruit Punch	10	2	0.0	0.0
Beverages	Perkins	Powerade Zero Cherry	5	1	0.0	0.0
Beverages	Perkins	Powerade Strawberry	130	34	0.0	0.0
Beverages	Perkins	Powerade Raspberry	130	34	0.0	0.0
Beverages	Perkins	Powerade Orange	130	34	0.0	0.0
Beverages	Perkins	Powerade Lime	130	34	0.0	0.0
Beverages	Perkins	Powerade Grape	130	34	0.0	0.0
Beverages	Perkins	Powerade Lemon	130	34	0.0	0.0
Beverages	Perkins	Powerade Fruit Punch	130	34	0.0	0.0
Beverages	Perkins	Powerade Cherry	130	34	0.0	0.0
Entrees	Perkins	Pot Roast Stroganoff Pasta	1120	71	49.0	66.0
Entrees	Perkins	Mini Chicken Pot Pie	690	50	20.0	43.0
Entrees	Perkins	Mini Chicken Pot Pie Combo	780	61	25.0	46.0
Entrees	Perkins	Classic Pot Roast Dinner	530	17	54.0	27.0
Entrees	Perkins	Holiday Turkey & Dressing Dinner	800	81	46.0	31.0
Appetizers & Sides	Perkins	Homestyle, Seasoned Potato	210	40	4.0	3.0
Appetizers & Sides	Perkins	Baked Potato, Loaded	340	42	11.0	14.0
Entrees	Perkins	Chicken Strips For Pick 3/4 w/ Honey Mustard Dressing	750	53	36.0	44.0
Toppings & Ingredients	Perkins	Chipotle Ranch Dressing For Appetizers	140	3	0.0	15.0
Entrees	Perkins	Pot Roast Melt	880	63	51.0	49.0

Sandwiches	Perkins	Big BLT	420	2	12.0	40.0
Salads	Perkins	Southwest Avocado Chicken Salad	820	61	35.0	50.0
Sandwiches	Perkins	Patty Melt	1070	61	55.0	69.0
Burgers	Perkins	BBQ Tangler Burger	1190	82	52.0	73.0
Toppings & Ingredients	Perkins	Green Peppers	5	1	0.0	0.0
Toppings & Ingredients	Perkins	Egg Whites, 1	50	0	5.0	3.5
Appetizers & Sides	Perkins	Two Buttermilk Pancakes	330	43	5.0	15.0
Entrees	Perkins	55 Plus Continental	340	57	8.0	9.0
Entrees	Perkins	55 Plus One Egg Traveler	100	1	6.0	8.0
Entrees	Perkins	55 Plus Buttermilk Pancake Breakfast	490	66	8.0	21.0
Entrees	Perkins	Kids' Turkey Dinner	130	13	12.0	2.5
Appetizers & Sides	Perkins	Strawberry Go-gurt	50	10	2.0	0.5
Desserts	Perkins	Ice Cream Sundae, Strawberry	300	43	2.0	14.0
Desserts	Perkins	Ice Cream Sundae, Hot Fudge	380	45	3.0	21.0
Appetizers & Sides	Perkins	Option Hash Browns	210	22	3.0	13.0
Toppings & Ingredients	Perkins	Cheese, Monterey Jack, Shredded	100	0	7.0	8.0
Toppings & Ingredients	Perkins	Fresh Avocado	150	9	3.0	14.0
Toppings & Ingredients	Perkins	Cheese, Cheddar, Monterey Jack & Swiss, Shredded	110	1	7.0	9.0
Entrees	Perkins	Top Sirloin Steak & Eggs	480	3	48.0	31.0
Entrees	Perkins	Top Sirloin Steak w/ Shrimp Dinner	620	42	46.0	29.0
Baked Goods	Perkins	Oatmeal Cranberry Cookies, 2	580	90	6.0	44.0
Entrees	Perkins	55 Plus One Egg Classic	70	1	6.0	4.5
Entrees	Perkins	55 Plus Two Egg Omelete	170	2	12.0	13.0
Entrees	Perkins	55 Plus Country Fried Steak	600	45	26.0	34.0
Entrees	Perkins	55 Plus Chicken Strips Dinner	800	59	44.0	43.0
Entrees	Perkins	Hearty Man's Combo	800	11	34.0	69.0
Beverages	Perkins	Diet Coke	0	0	0.0	0.0
Beverages	Perkins	Sprite	180	49	0.0	0.0
Beverages	Perkins	Barq's Zero Strawberry Vanilla Creme Soda	5	0	0.0	0.0
Desserts	Perkins	Chocolate Chip Cookies, 2	620	60	6.0	40.0
Entrees	Perkins	55 Plus Tilapia Grille Dinner	360	9	42.0	18.0
Appetizers & Sides	Perkins	Broccoli, Fresh	70	5	4.0	4.5
Entrees	Perkins	55 Plus Grilled Chicken Breast	200	0	32.0	8.0
Entrees	Perkins	Chicken Strips	870	62	44.0	49.0
Beverages	Perkins	Bacardi Strawberry	230	33	0.0	0.0

Baked Goods	Perkins	Pineapple Upside Down Mammoth Muffin	730	111	9.0	30.0
Beverages	Perkins	Sutter Home Riesling	130	8	0.0	0.0
Beverages	Perkins	Sutter Home White Wine Spritzer	120	3	0.0	0.0
Beverages	Perkins	Sutter Home White Zinfandel	110	8	0.0	0.0
Beverages	Perkins	Syrah Wine	120	4	0.0	0.0
Beverages	Perkins	Tinhorn Creek Cab Franc	110	1	0.0	0.0
Beverages	Perkins	White Wine Spritzer	120	3	0.0	0.0
Beverages	Perkins	White Zinfandel	110	5	0.0	0.0
Beverages	Perkins	William Hill Estates Chardonnay	120	3	0.0	0.0
Beverages	Perkins	Woodbridge Chardonnay	120	4	0.0	0.0
Beverages	Perkins	Brownstone Cabernet	120	5	0.0	0.0
Beverages	Perkins	Pinot Noir	120	4	0.0	0.0
Beverages	Perkins	Shiraz	120	4	0.0	0.0
Beverages	Perkins	Smirnoff Grape	230	36	0.0	0.0
Beverages	Perkins	Smirnoff Green Apple	180	175	0.0	0.0
Beverages	Perkins	Sparkling Brut	80	1	0.0	0.0
Beverages	Perkins	Sutter Home Cabernet	120	4	0.0	0.0
Beverages	Perkins	Sutter Home Chardonnay	120	4	0.0	0.0
Beverages	Perkins	Sutter Home Merlot	120	9	0.0	0.0
Burgers	Perkins	55 Plus Cheeseburger	640	41	32.0	34.0
Burgers	Perkins	55 Plus Hamburger	560	40	27.0	27.0
Fried Potatoes	Perkins	Toast, Rye, 2 Slices	340	54	10.0	10.0
Beverages	Perkins	Mello Yello Zero Strawberry	5	1	0.0	0.0
Beverages	Perkins	Mello Yello Zero Raspberry	5	1	0.0	0.0
Beverages	Perkins	Fuze Peach Raspberry Iced Tea	170	45	0.0	0.0
Beverages	Perkins	Fuze Raspberry Peach Iced Tea	5	1	0.0	0.0
Beverages	Perkins	Minute Maid Lemonade Lemon Lime	220	56	0.0	0.0
Toppings & Ingredients	Perkins	Onions	10	3	0.0	0.0
Entrees	Perkins	Potato Pancake Platter	650	48	23.0	42.0
Fried Potatoes	Perkins	Breakfast Potatoes	280	30	3.0	17.0
Baked Goods	Perkins	Half Dozen Biscuits	1790	204	36.0	92.0
Appetizers & Sides	Perkins	Ham Slice	140	4	15.0	5.0
Baked Goods	Perkins	Toast, Sourdough, 2 Slices	340	58	10.0	8.0
Baked Goods	Perkins	Toast, White, 2 Slices	260	34	7.0	11.0
Beverages	Perkins	Aha Blueberry Pomegranate	5	0	0.0	0.0

Beverages	Perkins	Aha Peach Honey	5	1	0.0	0.0
Beverages	Perkins	Barq's Orange Vanilla Creme Soda	200	53	0.0	0.0
Beverages	Perkins	Barq's Peach Vanilla Creme Soda	200	53	0.0	0.0
Beverages	Perkins	Barq's Strawberry Vanilla Creme Soda	200	53	0.0	0.0
Beverages	Perkins	Barq's Zero Orange Vanilla Creme Soda	5	0	0.0	0.0
Beverages	Perkins	Barq's Zero Peach Vanilla Creme Soda	5	0	0.0	0.0
Beverages	Perkins	Barq's Zero Strawberry Vanilla Creme Soda	5	0	0.0	0.0
Beverages	Perkins	Coca-cola Lime	210	56	0.0	0.0
Beverages	Perkins	Diet Lime Coke	0	0	0.0	0.0
Beverages	Perkins	Diet Raspberry Lemon Coke	0	0	0.0	0.0
Beverages	Perkins	Fuze Unsweetened Iced Tea	0	0	0.0	0.0
Beverages	Perkins	Hi-c Raspberry Vanilla	220	57	0.0	0.0
Beverages	Perkins	Mello Yello Fruit Punch	170	46	0.0	0.0
Beverages	Perkins	Mello Yello Grape	170	46	0.0	0.0
Beverages	Perkins	Mello Yello Raspberry	170	46	0.0	0.0
Beverages	Perkins	Mello Yello Strawberry	170	46	0.0	0.0
Beverages	Perkins	Mello Yello Zero Fruit Punch	5	1	0.0	0.0
Beverages	Perkins	Mello Yello Zero Grape	5	1	0.0	0.0
Beverages	Perkins	Minute Maid Cherry Lime	260	66	0.0	0.0
Beverages	Perkins	Minute Maid Light Limeade	15	3	0.0	0.0
Beverages	Perkins	Minute Maid Light Mixed Berry	20	4	0.0	0.0
Beverages	Perkins	Minute Maid Light Orange	10	3	0.0	0.0
Beverages	Perkins	Minute Maid Light Peach	10	3	0.0	0.0
Beverages	Perkins	Minute Maid Light Pink Lemonade	10	3	0.0	0.0
Beverages	Perkins	Minute Maid Lime Lemonade	210	54	0.0	0.0
Beverages	Perkins	Minute Maid Limeade	250	64	0.0	0.0
Beverages	Perkins	Powerade Zero Strawberry	5	1	0.0	0.0
Beverages	Perkins	Sprite Lymonade	180	46	0.0	0.0
Beverages	Perkins	Sprite Lymonade Peach	180	46	0.0	0.0
Beverages	Perkins	Sprite Lymonade Raspberry	180	47	0.0	0.0
Beverages	Perkins	Sprite Lymonade Strawberry	180	46	0.0	0.0
Beverages	Perkins	Sprite Zero Lymonade	10	2	0.0	0.0
Beverages	Perkins	Sprite Zero Lymonade Peach	10	1	0.0	0.0
Beverages	Perkins	Sprite Zero Lymonade Raspberry	10	1	0.0	0.0
Beverages	Perkins	Sprite Zero Lymonade Strawberry	10	1	0.0	0.0

Entrees	Perkins	Tilapia Grille	360	9	42.0	18.0
Entrees	Perkins	55 Plus Fish N' Chips	1290	97	33.0	85.0
Entrees	Perkins	55 Plus Pork Chop Dinner	560	8	58.0	32.0
Salads	Perkins	The Garden Salad w/ Chicken	200	13	20.0	6.0
Toppings & Ingredients	Perkins	Green Bell Peppers	5	1	0.0	0.0
Toppings & Ingredients	Perkins	Strawberry Topping	90	23	0.0	0.0
Toppings & Ingredients	Perkins	Pepper Jack Cheese, Shredded	150	2	11.0	12.0
Entrees	Perkins	The Big Country Sunrise Skillet	1180	64	38.0	74.0
Beverages	Perkins	Aha Lemon Lime Sparkling	0	0	0.0	0.0
Beverages	Perkins	Aha Sparkling	0	0	0.0	0.0
Beverages	Perkins	Barq's Diet Root Beer Vanilla	0	0	0.0	0.0
Beverages	Perkins	Barq's Zero Vanilla Creme Soda	5	0	0.0	0.0
Beverages	Perkins	Coca-cola	200	53	0.0	0.0
Beverages	Perkins	Coca-cola Cream Soda	220	59	0.0	0.0
Beverages	Perkins	Coke Zero Cream Soda	5	1	0.0	0.0
Beverages	Perkins	Fanta Mystery Mix #1	200	54	0.0	0.0
Beverages	Perkins	Fanta Mystery Mix #2	220	58	0.0	0.0
Beverages	Perkins	Fanta Mystery Mix #3	150	39	0.0	0.0
Beverages	Perkins	Fanta Zero Mystery Mix #1	0	0	0.0	0.0
Beverages	Perkins	Fanta Zero Mystery Mix #2	10	0	0.0	0.0
Beverages	Perkins	Fanta Zero Mystery Mix #3	10	0	0.0	0.0
Beverages	Perkins	Fuze Sparkling Lemon Tea	170	45	0.0	0.0
Beverages	Perkins	Fuze Sparkling Orange Vanilla Tea	180	48	0.0	0.0
Beverages	Perkins	Fuze Sparkling Raspberry Peach Tea	170	45	0.0	0.0
Beverages	Perkins	Fuze Sparkling Strawberry Lemon Tea	190	50	0.0	0.0
Beverages	Perkins	Fuze Sparkling Tea	170	45	0.0	0.0
Beverages	Perkins	Mello Yello Raspberry Peach	170	46	0.0	0.0
Beverages	Perkins	Mello Yello Strawberry Orange	170	46	0.0	0.0
Beverages	Perkins	Minute Maid Aguas Frescas Limonada	140	36	0.0	0.0
Beverages	Perkins	Minute Maid Aguas Frescas Strawberry Limon	130	32	0.0	0.0
Beverages	Perkins	Minute Maid Light Lemonade Orange	10	3	0.0	0.0
Entrees	Perkins	Chicken Bacon Broccoli Pasta	1090	75	49.0	66.0
Entrees	Perkins	55 Plus French Toast Breakfast, 3 Pieces	440	51	19.0	18.0
Appetizers & Sides	Perkins	Corned Beef Hash	380	20	18.0	26.0
Entrees	Perkins	55 Plus Turkey & Dressing Dinner	400	21	38.0	17.0

Desserts	Perkins	Oreo Cookie Cheesecake	630	84	7.0	29.0
Desserts	Perkins	Oreo Cookie Silk Pie	590	64	6.0	35.0
Baked Goods	Perkins	Pumpkin Cream Cheese Mammoth Muffin	690	95	10.0	31.0
Appetizers & Sides	Perkins	Buttered Rye Toast	340	54	10.0	10.0
Entrees	Perkins	Chocolate Chipper Pancakes	1550	197	17.0	76.0
Entrees	Perkins	Chocolate Chipper Sweet Cakes Platter	1720	199	29.0	89.0
Entrees	Perkins	Lemon Blueberry Pancakes	1300	195	11.0	52.0
Entrees	Perkins	Lemon Blueberry Sweet Cakes Platter	1470	197	23.0	64.0
Entrees	Perkins	Snickerdoodle Pancakes	1160	175	14.0	43.0
Entrees	Perkins	Snickerdoodle Sweet Cakes Platter	1330	177	26.0	55.0
Entrees	Perkins	Strawberry Shortcake Pancakes	1270	206	14.0	43.0
Entrees	Perkins	Strawberry Shortcake Sweet Cakes Platter	1440	208	26.0	56.0
Entrees	Perkins	Bacon & Broccoli Breakfast Skillet	1000	68	34.0	65.0
Entrees	Perkins	Bacon Pepper Jack Omelet	600	19	37.0	42.0
Entrees	Perkins	Bacon Spinach Benedict	730	72	27.0	39.0
Sandwiches	Perkins	Big Bacon BLT	420	2	12.0	40.0
Entrees	Perkins	Maple Bacon Pancake Platter	1000	131	26.0	42.0
Entrees	Perkins	Maple Bacon Pancakes	840	129	14.0	29.0
Burgers	Perkins	Smokehouse Bacon Double Cheeseburger	1140	42	65.0	70.0
Soup	PF Chang's	Wonton Soup Bowl	130	14	9.0	3.5
Soup	PF Chang's	Hot & Sour Soup Cup	70	9	4.0	2.0
Soup	PF Chang's	Hot & Sour Soup Bowl	70	9	4.0	2.0
Soup	PF Chang's	Egg Drop Soup Cup	40	6	1.0	1.0
Soup	PF Chang's	Egg Drop Soup Bowl	40	6	1.0	1.0
Entrees	PF Chang's	Crispy Honey Chicken	840	71	35.0	42.0
Entrees	PF Chang's	Ginger Chicken with Broccoli	240	17	30.0	7.0
Entrees	PF Chang's	GF Mongolian Beef	370	14	33.0	20.0
Entrees	PF Chang's	GF Beef with Broccoli	340	21	28.0	16.0
Entrees	PF Chang's	Baby Buddha's Feast Stir Fried	130	16	5.0	5.0
Entrees	PF Chang's	Kids Chicken Fried Rice	570	75	23.0	19.0
Entrees	PF Chang's	Kids Chicken Lo Mein	400	51	19.0	13.0
Appetizers & Sides	PF Chang's	Northern Style Spare Ribs	380	5	19.0	14.0
Appetizers & Sides	PF Chang's	Dynamite Shrimp	290	20	7.0	21.0
Appetizers & Sides	PF Chang's	6 Handmade Pork Dumplings, Pan Fried	90	7	3.0	5.0
Appetizers & Sides	PF Chang's	6 Handmade Pork Dumpling, Steamed	80	7	3.0	3.5

Appetizers & Sides	PF Chang's	6 Handmade Shrimp Dumplings, Pan Fried	60	6	4.0	2.5
Entrees	PF Chang's	Mongolian Beef	380	15	34.0	20.0
Entrees	PF Chang's	Beef with Broccoli	330	19	28.0	16.0
Entrees	PF Chang's	Pepper Steak	290	11	26.0	16.0
Entrees	PF Chang's	Crispy Honey Shrimp	700	56	23.0	40.0
Entrees	PF Chang's	Oolong Chilean Sea Bass	280	15	17.0	18.0
Entrees	PF Chang's	Shrimp with Lobster Sauce	210	6	18.0	11.0
Entrees	PF Chang's	GF Fried Rice with Beef	550	77	23.0	15.0
Entrees	PF Chang's	GF Fried Rice with Pork	570	80	21.0	17.0
Entrees	PF Chang's	GF Fried Rice with Chicken	540	82	27.0	11.0
Entrees	PF Chang's	GF Fried Rice with Shrimp	480	77	18.0	9.0
Entrees	PF Chang's	Buddha's Feast Stir-Fried	160	21	10.0	4.0
Entrees	PF Chang's	Ma Po Tofu	450	25	29.0	29.0
Desserts	PF Chang's	Banana Spring Rolls	470	75	7.0	17.0
Entrees	PF Chang's	GF Shrimp with Lobster Sauce	210	6	18.0	11.0
Entrees	PF Chang's	GF Chang's Spicy Chicken	580	48	39.0	30.0
Appetizers & Sides	PF Chang's	Chang's Chicken Lettuce Wraps	330	33	19.0	13.0
Entrees	PF Chang's	Sweet & Sour Chicken	440	44	18.0	21.0
Entrees	PF Chang's	Fried Rice with Beef	540	74	24.0	15.0
Entrees	PF Chang's	Fried Rice with Pork	600	74	22.0	22.0
Entrees	PF Chang's	Fried Rice with Shrimp	470	74	19.0	9.0
Entrees	PF Chang's	Fried Rice Combo	580	76	30.0	17.0
Entrees	PF Chang's	Lo Mein Beef	440	55	23.0	14.0
Entrees	PF Chang's	Lo Mein Pork	460	58	21.0	16.0
Entrees	PF Chang's	Lo Mein Chicken	410	55	25.0	10.0
Entrees	PF Chang's	Lo Mein Shrimp	370	55	18.0	9.0
Appetizers & Sides	PF Chang's	Chili Garlic Green Beans	250	17	4.0	20.0
Appetizers & Sides	PF Chang's	White Rice	220	49	4.0	0.0
Appetizers & Sides	PF Chang's	Edamame	200	12	18.0	8.0
Desserts	PF Chang's	New York-Style Cheesecake	480	42	8.0	31.0
Desserts	PF Chang's	The Great Wall of Chocolate	850	130	8.0	36.0
Soup	PF Chang's	Wonton Soup Cup	130	14	9.0	3.5
Entrees	PF Chang's	Kids Honey Chicken	420	39	18.0	20.0
Appetizers & Sides	PF Chang's	6 Handmade Shrimp Dumplings, Steamed	50	6	4.0	1.0
Entrees	PF Chang's	GF Kids Chicken Fried Rice	570	75	23.0	19.0

Entrees	PF Chang's	Chang's Spicy Chicken	570	49	39.0	29.0
Entrees	PF Chang's	Chicken Pad Thai	670	95	34.0	18.0
Entrees	PF Chang's	Shrimp Pad Thai	630	93	24.0	18.0
Entrees	PF Chang's	Combo Pad Thai	650	93	28.0	19.0
Entrees	PF Chang's	Kids Sweet & Sour Chicken	390	34	17.0	20.0
Appetizers & Sides	PF Chang's	GF Fried Rice	510	77	13.0	15.0
Entrees	PF Chang's	Kung Pao Shrimp	510	26	24.0	36.0
Entrees	PF Chang's	Kung Pao Chicken	540	26	38.0	37.0
Entrees	PF Chang's	California Roll	50	7	1.0	2.0
Entrees	PF Chang's	Spicy Tuna Roll	45	6	2.0	2.0
Entrees	PF Chang's	Fried Rice with Vegetables	450	80	13.0	8.0
Entrees	PF Chang's	Sesame Chicken	530	44	36.0	27.0
Entrees	PF Chang's	GF Fried Rice with Vegetables	450	82	13.0	8.0
Entrees	PF Chang's	Stir Fried Eggplant	260	25	3.0	17.0
Appetizers & Sides	PF Chang's	Kids Fruit Cup	30	7	0.0	0.0
Appetizers & Sides	PF Chang's	Kids Steamed Broccoli	10	1	1.0	0.0
Appetizers & Sides	PF Chang's	Kids Steamed Carrots	10	3	0.0	0.0
Appetizers & Sides	PF Chang's	Kids Steamed Snap Peas	10	2	1.0	0.0
Appetizers & Sides	PF Chang's	GF Fried Rice	420	58	11.0	15.0
Appetizers & Sides	PF Chang's	Crispy Green Beans	500	35	4.0	39.0
Beverages	PF Chang's	Kids Milk 2%	180	18	12.0	7.0
Beverages	PF Chang's	Kids Apple Juice	170	42	0.0	0.0
Beverages	PF Chang's	Kids Orange Juice	170	39	3.0	0.5
Beverages	PF Chang's	Kids Lemonade	120	31	0.0	0.0
Beverages	PF Chang's	Kids Strawberry Lemonade	110	30	0.0	0.0
Beverages	PF Chang's	Kids Soda	0-80	0-25	0.0	0.0
Desserts	PF Chang's	Kids Coconut Pineapple Ice Cream	250	32	4.0	12.0
Desserts	PF Chang's	Kids Vanilla Ice Cream	230	25	5.0	13.0
Entrees	PF Chang's	Shrimp Tempura Roll	70	9	3.0	3.0
Entrees	PF Chang's	GF Pad Thai Chicken	630	92	28.0	17.0
Entrees	PF Chang's	GF Pad Thai Shrimp	590	92	22.0	15.0
Entrees	PF Chang's	GF Pad Thai Combo	610	92	25.0	16.0
Appetizers & Sides	PF Chang's	GF Chang's Chicken Lettuce Wraps	240	23	15.0	10.0
Entrees	PF Chang's	Miso Glazed Salmon	320	14	25.0	18.0
Entrees	PF Chang's	Kung Pao Dragon Roll	60	7	3.0	3.0



Entrees	PF Chang's	Mongolian Beef	450	19	38.0	25.0
Entrees	PF Chang's	Chang's Spicy Chicken	810	58	59.0	44.0
Salads	PF Chang's	Asian Caesar Salad	210	11	8.0	15.0
Salads	PF Chang's	Mandarin Crunch Salad	370	38	7.0	23.0
Appetizers & Sides	PF Chang's	Chang's Vegetarian Lettuce Wraps	260	23	8.0	14.0
Toppings & Ingredients	PF Chang's	Chicken, for Salads	140	1	15.0	7.0
Toppings & Ingredients	PF Chang's	Salmon, for Salads	160	0	11.0	13.0
Toppings & Ingredients	PF Chang's	Sauce Trio	190	28	5.0	6.0
Soup	PF Chang's	GF Egg Drop Soup cup	40	6	1.0	1.0
Soup	PF Chang's	GF Egg Drop Soup bowl	270	42	7.0	7.0
Appetizers & Sides	PF Chang's	Brown Rice	190	40	4.0	0.0
Entrees	PF Chang's	Chang's Spicy Chicken Steamed	300	32	29.0	7.0
Entrees	PF Chang's	Sesame Chicken Steamed	330	30	32.0	9.0
Entrees	PF Chang's	Kung Pao Chicken Steamed	290	11	31.0	14.0
Entrees	PF Chang's	Pepper Steak Steamed	250	13	19.0	14.0
Entrees	PF Chang's	Kung Pao Shrimp Steamed	220	12	18.0	12.0
Entrees	PF Chang's	Shrimp with Lobster Sauce Steamed	190	7	16.0	10.0
Entrees	PF Chang's	GF Mongolian Beef Bowl	500	22	39.0	27.0
Entrees	PF Chang's	GF Fried Rice Combo	600	79	30.0	17.0
Appetizers & Sides	PF Chang's	White Rice	290	65	5.0	0.0
Entrees	PF Chang's	Orange Chicken	670	55	34.0	34.0
Entrees	PF Chang's	Ginger Chicken with Broccoli	330	28	34.0	10.0
Entrees	PF Chang's	GF Beef with Broccoli	380	31	22.0	19.0
Appetizers & Sides	PF Chang's	Dynamite Shrimp Roll	100	9	2.0	6.0
Entrees	PF Chang's	Beef & Broccoli	400	33	30.0	18.0
Entrees	PF Chang's	GF Ginger Chicken with Broccoli	500	39	32.0	14.0
Entrees	PF Chang's	Sweet & Sour Chicken	630	64	24.0	30.0
Entrees	PF Chang's	Singapore Street Noodles	610	112	26.0	7.0
Entrees	PF Chang's	GF Singapore Street Noodles	610	112	26.0	7.0
Appetizers & Sides	PF Chang's	Brown Rice	250	53	5.0	2.0
Entrees	PF Chang's	Kung Pao Shrimp	440	24	21.0	30.0
Entrees	PF Chang's	Kung Pao Chicken	620	30	41.0	42.0
Entrees	PF Chang's	Sesame Chicken	630	58	38.0	31.0
Appetizers & Sides	PF Chang's	Fried Rice	500	74	14.0	15.0
Appetizers & Sides	PF Chang's	Fried Rice	300	53	8.0	6.0

Appetizers & Sides	PF Chang's	6 BBQ Pork Spare Ribs	430	17	19.0	14.0
Entrees	PF Chang's	Lo Mein Combo	460	55	27.0	14.0
Desserts	PF Chang's	Chocolate Souffle	400	42	6.0	25.0
Desserts	PF Chang's	GF Chocolate Souffle	400	42	6.0	25.0
Appetizers & Sides	PF Chang's	Tempura Calamari	380	22	10.0	29.0
Appetizers & Sides	PF Chang's	Kung Pao Brussel Sprouts	370	43	8.0	21.0
Appetizers & Sides	PF Chang's	Shishito Peppers	230	28	4.0	12.0
Appetizers & Sides	PF Chang's	Vegetable Spring Rolls (1)	350	48	4.0	16.0
Appetizers & Sides	PF Chang's	Vegetable Spring Rolls (3)	240	30	3.0	12.0
Soup	PF Chang's	Chang's Chicken Noodle Soup Cup	170	30	9.0	2.0
Soup	PF Chang's	Chang's Chicken Noodle Soup Bowl	170	30	9.0	2.0
Entrees	PF Chang's	Fire Braised Short Ribs	770	51	26.0	50.0
Entrees	PF Chang's	Wagyu Steak	260	14	14.0	18.0
Entrees	PF Chang's	Cantonese Style Lobster	610	56	29.0	30.0
Entrees	PF Chang's	Fried Rice with Chicken	510	74	26.0	11.0
Entrees	PF Chang's	Orange Chicken	580	44	33.0	29.0
Entrees	PF Chang's	Short Rib Fried Rice	840	86	24.0	43.0
Entrees	PF Chang's	Korean Glass Noodles with Beef	490	60	18.0	20.0
Entrees	PF Chang's	Korean Glass Noodles with Shrimp	420	60	14.0	15.0
Entrees	PF Chang's	Korean Glass Noodles Combo	500	60	24.0	19.0
Appetizers & Sides	PF Chang's	Noodles	550	92	16.0	13.0
Desserts	PF Chang's	Sticky Toffee Pudding	430	51	6.0	24.0
Desserts	PF Chang's	Chang's Apple Crunch	460	62	6.0	21.0
Pizza	Pizza Hut	Veggie Lover's, Medium Original Pan Slice	230	29	2.0	9.0
Pizza	Pizza Hut	Veggie Lover's, Large Original Pan Slice	330	38	3.0	14.0
Pizza	Pizza Hut	Veggie Lover's, Personal Pan Pizza Slice	140	18	1.0	5.0
Pizza	Pizza Hut	Veggie Lover's, Medium Hand Tossed Slice	190	27	2.0	6.0
Pizza	Pizza Hut	Veggie Lover's, Large Hand Tossed Slice	260	36	3.0	8.0
Pizza	Pizza Hut	Veggie Lover's, Large Original Stuffed Crust Slice	300	37	3.0	11.0
Pizza	Pizza Hut	Veggie Lover's, Large Thin 'N Crispy Slice	230	31	3.0	8.0
Pizza	Pizza Hut	Veggie Lover's, Medium Thin 'N Crispy Slice	170	23	2.0	5.0
Pizza	Pizza Hut	Supreme, Large Original Pan Slice	380	37	2.0	19.0
Pizza	Pizza Hut	Supreme, Medium Hand Tossed Slice	230	26	2.0	10.0
Pizza	Pizza Hut	Supreme, Large Hand Tossed Slice	320	35	3.0	14.0
Pizza	Pizza Hut	Supreme, Large Original Stuffed Crust Slice	350	36	3.0	16.0

Pizza	Pizza Hut	Pepperoni, Medium Original Pan Slice	250	28	2.0	11.0
Pizza	Pizza Hut	Pepperoni, Large Original Pan Slice	360	36	2.0	18.0
Pizza	Pizza Hut	Pepperoni, Personal Pan Pizza Slice	150	17	1.0	7.0
Pizza	Pizza Hut	Supreme, Medium Thin 'N Crispy Slice	220	23	2.0	10.0
Pizza	Pizza Hut	Supreme, Large Thin 'N Crispy Slice	300	30	2.0	14.0
Pizza	Pizza Hut	Pepperoni, Medium Hand Tossed Slice	220	25	2.0	9.0
Pizza	Pizza Hut	Meat Lover's, Medium Original Pan Slice	310	28	2.0	17.0
Pizza	Pizza Hut	Pepperoni, Large Hand Tossed Slice	300	34	3.0	12.0
Pizza	Pizza Hut	Meat Lover's, Large Original Pan Slice	450	36	2.0	25.0
Pizza	Pizza Hut	Meat Lover's, Personal Pan Pizza Slice	190	17	1.0	9.0
Pizza	Pizza Hut	Pepperoni, Large Original Stuffed Crust Slice	340	35	2.0	15.0
Pizza	Pizza Hut	Meat Lover's, Large Hand Tossed Slice	390	34	3.0	21.0
Pizza	Pizza Hut	Meat Lover's, Medium Hand Tossed Slice	280	26	2.0	15.0
Pizza	Pizza Hut	Meat Lover's, Large Original Stuffed Crust Slice	420	36	2.0	22.0
Pizza	Pizza Hut	Pepperoni, Medium Thin 'N Crispy Slice	200	22	1.0	9.0
Pizza	Pizza Hut	Pepperoni, Large Thin 'N Crispy Slice	270	28	2.0	12.0
Pizza	Pizza Hut	Meat Lover's, Medium Thin 'N Crispy Slice	280	22	2.0	16.0
Pizza	Pizza Hut	Meat Lover's, Large Thin 'N Crispy Slice	380	29	2.0	22.0
Toppings & Ingredients	Pizza Hut	Ranch Dipping Sauce	210	2	0.0	22.0
Toppings & Ingredients	Pizza Hut	Blue Cheese Dipping Sauce	220	2	0.0	23.0
Pizza	Pizza Hut	Pepperoni Lover's, Medium Hand Tossed Slice	260	26	2.0	12.0
Pizza	Pizza Hut	Pepperoni Lover's, Medium Original Pan Slice	290	28	2.0	15.0
Pizza	Pizza Hut	Pepperoni Lover's, Medium Thin 'N Crispy Slice	250	22	2.0	13.0
Pizza	Pizza Hut	Pepperoni Lover's, Large Hand Tossed Slice	370	34	3.0	18.0
Pizza	Pizza Hut	Pepperoni Lover's, Large Original Stuffed Crust Slice	390	36	3.0	20.0
Pizza	Pizza Hut	Pepperoni Lover's, Large Thin 'N Crispy Slice	340	29	2.0	18.0
Toppings & Ingredients	Pizza Hut	Marinara Dipping Sauce	50	11	2.0	0.0
Beverages	Pizza Hut	Mountain Dew, 20 fl oz	290	77	0.0	0.0
Beverages	Pizza Hut	Diet Pepsi, 20 fl oz	0	0	0.0	0.0
Beverages	Pizza Hut	Pepsi, 20 fl oz	250	69	0.0	0.0
Pizza	Pizza Hut	Buffalo Chicken, Medium Original Pan Slice	240	31	2.0	8.0
Pizza	Pizza Hut	Backyard BBQ Chicken, Medium Original Pan Slice	260	33	2.0	9.0
Pizza	Pizza Hut	Buffalo Chicken, Medium Thin 'N Crispy Slice	180	25	1.0	5.0
Pizza	Pizza Hut	Backyard BBQ Chicken, Medium Thin 'N Crispy Slice	210	27	1.0	7.0
Pizza	Pizza Hut	Backyard BBQ Chicken, Medium Hand Tossed Slice	230	31	2.0	7.0

Pizza	Pizza Hut	Backyard BBQ Chicken, Large Original Pan Slice	370	42	2.0	15.0
Pizza	Pizza Hut	Backyard BBQ Chicken, Large Original Stuffed Crust Slice	340	41	2.0	12.0
Pizza	Pizza Hut	Backyard BBQ Chicken, Large Hand Tossed Slice	310	40	2.0	10.0
Pizza	Pizza Hut	Backyard BBQ Chicken, Large Thin 'N Crispy Slice	280	35	2.0	9.0
Pizza	Pizza Hut	Buffalo Chicken, Large Hand Tossed Slice	270	37	2.0	8.0
Appetizers & Sides	Pizza Hut	Buffalo Burnin' Hot, Bone Out Wing	90	9	0.0	4.0
Appetizers & Sides	Pizza Hut	Buffalo Medium, Bone Out Wing	90	9	0.0	4.0
Appetizers & Sides	Pizza Hut	Buffalo Mild, Bone Out Wing	90	10	0.0	4.0
Appetizers & Sides	Pizza Hut	Buffalo Burnin' Hot, Traditional Bone In Wing	100	5	0.0	4.5
Appetizers & Sides	Pizza Hut	Buffalo Medium, Traditional Bone In Wing	100	5	0.0	4.5
Appetizers & Sides	Pizza Hut	Buffalo Mild, Traditional Bone In Wing	100	5	0.0	4.5
Pizza	Pizza Hut	Buffalo Chicken, Personal Pan Pizza Slice	160	22	1.0	5.0
Pizza	Pizza Hut	Backyard BBQ Chicken, Personal Pan Pizza Slice	180	25	1.0	6.0
Pizza	Pizza Hut	Supreme, Personal Pan Pizza Slice	160	18	1.0	7.0
Appetizers & Sides	Pizza Hut	Garlic Parmesan, Bone Out Wing	130	6	0.0	9.0
Appetizers & Sides	Pizza Hut	Honey BBQ, Bone Out Wing	100	11	0.0	4.0
Appetizers & Sides	Pizza Hut	Honey BBQ, Traditional Bone In Wing	110	7	0.0	4.5
Pizza	Pizza Hut	Pepperoni Lover's, Personal Pan Pizza Slice	180	17	1.0	9.0
Appetizers & Sides	Pizza Hut	Naked, Bone Out Wing	80	6	0.0	4.0
Appetizers & Sides	Pizza Hut	Naked, Traditional Bone In Wing	80	0	0.0	4.5
Pizza	Pizza Hut	Buffalo Chicken, Large Original Pan Slice	340	40	2.0	14.0
Pizza	Pizza Hut	Buffalo Chicken, Large Original Stuffed Crust Slice	310	39	2.0	11.0
Appetizers & Sides	Pizza Hut	Cajun Rub, Bone Out Wing	80	6	0.0	4.0
Appetizers & Sides	Pizza Hut	Lemon Pepper Rub, Bone Out Wing	80	6	0.0	4.0
Appetizers & Sides	Pizza Hut	Spicy Garlic, Bone Out Wing	110	8	0.0	6.0
Appetizers & Sides	Pizza Hut	Spicy Garlic, Traditional Bone In Wing	120	3	0.0	8.0
Baked Goods	Pizza Hut	Breadsticks w/ Extra Cheese	210	21	1.0	10.0
Pizza	Pizza Hut	Supreme, Udi's Gluten Free Crust	130	15	1.0	6.0
Pizza	Pizza Hut	Veggie Lover's, Udi's Gluten Free Crust	110	15	1.0	3.5
Pizza	Pizza Hut	Cheese, Large Hand Tossed Slice	280	34	3.0	10.0
Pizza	Pizza Hut	Hawaiian Chicken, Large Hand Tossed Slice	280	36	3.0	9.0
Pizza	Pizza Hut	Cheese, Large Original Pan Slice	350	37	2.0	16.0
Pizza	Pizza Hut	Hawaiian Chicken, Large Original Pan Slice	340	38	2.0	14.0
Pizza	Pizza Hut	Cheese, Large Original Stuffed Crust Slice	310	35	3.0	12.0
Pizza	Pizza Hut	Hawaiian Chicken, Large Original Stuffed Crust Slice	310	37	3.0	11.0

Pizza	Pizza Hut	Buffalo Chicken, Large Thin 'N Crispy Slice	250	32	2.0	7.0
Pizza	Pizza Hut	Cheese, Large Thin 'N Crispy Slice	250	29	2.0	9.0
Pizza	Pizza Hut	Hawaiian Chicken, Large Thin 'N Crispy Slice	250	31	2.0	8.0
Pizza	Pizza Hut	Buffalo Chicken, Medium Hand Tossed Slice	200	28	2.0	6.0
Pizza	Pizza Hut	Cheese, Medium Hand Tossed Slice	210	26	2.0	7.0
Pizza	Pizza Hut	Hawaiian Chicken, Medium Original Pan Slice	240	29	2.0	9.0
Pizza	Pizza Hut	Cheese, Medium Thin 'N Crispy Slice	180	22	2.0	7.0
Pizza	Pizza Hut	Hawaiian Chicken, Medium Thin 'N Crispy Slice	190	24	2.0	6.0
Pizza	Pizza Hut	Hawaiian Chicken, Personal Pan Pizza Slice	150	18	1.0	5.0
Pizza	Pizza Hut	Hawaiian Chicken, Medium Hand Tossed Slice	200	27	2.0	6.0
Toppings & Ingredients	Pizza Hut	Cheese, Small Express	60	1	0.0	4.0
Desserts	Pizza Hut	Cinnamon Stick	80	13	0.0	2.5
Pizza	Pizza Hut	Pepperoni Lover's, Large Original Pan Slice	430	37	2.0	23.0
Beverages	Pizza Hut	Pepsi, 2L	840	229	0.0	0.0
Beverages	Pizza Hut	Diet Pepsi, 2L	0	0	0.0	0.0
Beverages	Pizza Hut	Mountain Dew, 2L	950	257	0.0	0.0
Pizza	Pizza Hut	Supreme, Medium Original Pan Slice	260	28	2.0	12.0
Salads	Pizza Hut	Garden Side Salad	110	20	2.0	3.0
Toppings & Ingredients	Pizza Hut	Light Italian Vinaigrette Dressing Cup (Side Salad)	80	6	0.0	6.0
Toppings & Ingredients	Pizza Hut	Thousand Island Dressing Cup (Side Salad)	140	7	0.0	12.0
Appetizers & Sides	Pizza Hut	Fried Quepapas w/ Ranch Dipping Cup	690	55	5.0	46.0
Fried Potatoes	Pizza Hut	Baked Quepapas w/ Ranch Dipping Cup	650	51	5.0	44.0
Appetizers & Sides	Pizza Hut	Fried Mozzarella Cheese Stick	80	7	0.0	5.0
Pizza	Pizza Hut	Backyard BBQ Chicken, Small Hand Tossed Pizza Slice	140	20	1.0	4.0
Pizza	Pizza Hut	Hawaiian Chicken, Small Hand Tossed Pizza Slice	120	17	1.0	3.5
Pizza	Pizza Hut	Meat Lover's, Small Hand Tossed Pizza Slice	170	16	1.0	8.0
Pizza	Pizza Hut	Pepperoni, Small Hand Tossed Pizza Slice	130	16	1.0	5.0
Pizza	Pizza Hut	Pepperoni Lover's, Small Hand Tossed Pizza Slice	150	17	1.0	7.0
Pizza	Pizza Hut	Supreme, Small Hand Tossed Pizza Slice	140	17	1.0	5.0
Pizza	Pizza Hut	Veggie Lover's, Small Hand Tossed Pizza Slice	120	17	1.0	3.5
Pizza	Pizza Hut	Cheese, Small Thin 'N Crispy Slice	110	13	1.0	3.5
Pizza	Pizza Hut	Hawaiian Chicken, Small Thin 'N Crispy Slice	110	14	1.0	3.0
Pizza	Pizza Hut	Pepperoni Lover's, Small Thin 'N Crispy Slice	140	13	1.0	6.0
Pizza	Pizza Hut	Supreme, Small Thin 'N Crispy Slice	120	14	1.0	5.0
Pizza	Pizza Hut	Veggie Lover's, Small Thin 'N Crispy Slice	100	14	1.0	3.0

Pizza	Pizza Hut	Backyard BBQ Chicken, Rectangle Slice	260	34	2.0	9.0
Pizza	Pizza Hut	Buffalo Chicken, Rectangle Slice	240	32	2.0	8.0
Pizza	Pizza Hut	Cheese, Rectangle Slice	240	29	2.0	9.0
Pizza	Pizza Hut	Hawaiian Chicken, Rectangle Slice	240	30	2.0	8.0
Pizza	Pizza Hut	Meat Lover's, Rectangle Slice	320	29	2.0	17.0
Pizza	Pizza Hut	Pepperoni, Rectangle Slice	250	29	2.0	11.0
Pizza	Pizza Hut	Pepperoni Lover's, Rectangle Slice	300	29	2.0	15.0
Pizza	Pizza Hut	Supreme, Rectangle Slice	270	30	2.0	12.0
Pizza	Pizza Hut	Veggie Lover's, Rectangle Slice	230	30	3.0	8.0
Pizza	Pizza Hut	Meaty w/ Marinara Sauce, P'Zone	1150	124	9.0	50.0
Pizza	Pizza Hut	Pepperoni w/ Marinara Sauce, P'Zone	970	123	9.0	34.0
Salads	Pizza Hut	Chicken Caesar Salad	410	30	2.0	21.0
Salads	Pizza Hut	Chicken Garden Salad	420	39	4.0	19.0
Salads	Pizza Hut	Zesty Italian Salad	390	33	4.0	23.0
Toppings & Ingredients	Pizza Hut	Blue Cheese Marzetti Dressing Packet	200	2	0.0	21.0
Toppings & Ingredients	Pizza Hut	Buttermilk Ranch Marzetti Dressing Packet	200	2	0.0	22.0
Toppings & Ingredients	Pizza Hut	Fat Free Ranch Marzetti Dressing Packet	35	8	1.0	0.0
Toppings & Ingredients	Pizza Hut	Honey French Marzetti Dressing Packet	190	13	0.0	15.0
Toppings & Ingredients	Pizza Hut	Light Italian Marzetti Dressing Packet	15	2	0.0	1.0
Toppings & Ingredients	Pizza Hut	Royal Caesar Marzetti Dressing Packet	180	2	0.0	18.0
Toppings & Ingredients	Pizza Hut	Thousand Island Marzetti Dressing Packet	210	6	0.0	21.0
Toppings & Ingredients	Pizza Hut	Balsamic Vinaigrette Dressing for Entrée/Shared Salad	220	7	0.0	21.0
Toppings & Ingredients	Pizza Hut	Balsamic Vinaigrette Dressing for Side/Small Salad	110	4	0.0	10.0
Toppings & Ingredients	Pizza Hut	Blue Cheese Dressing Cup (Entrée Salad)	450	3	0.0	48.0
Toppings & Ingredients	Pizza Hut	Blue Cheese Dressing Cup (Side Salad)	220	1	0.0	24.0
Toppings & Ingredients	Pizza Hut	Caesar Dressing Cup (Side Salad)	180	3	0.0	19.0
Toppings & Ingredients	Pizza Hut	Creamy Italian Dressing Cup (Side Salad)	170	2	0.0	18.0
Toppings & Ingredients	Pizza Hut	French Dressing Cup (Side Salad)	160	15	0.0	12.0
Toppings & Ingredients	Pizza Hut	French Dressing for Entrée/Shared Salad	330	29	0.0	23.0
Toppings & Ingredients	Pizza Hut	Light Italian Vinaigrette Dressing for Entrée/Shared Salad	150	11	0.0	11.0
Toppings & Ingredients	Pizza Hut	Light Ranch Dressing Cup (Side Salad)	80	1	0.0	7.0
Toppings & Ingredients	Pizza Hut	Light Ranch Dressing for Entrée/Shared Salad	150	3	0.0	15.0
Toppings & Ingredients	Pizza Hut	Romano Dressing for Entrée/Shared Salad	330	6	0.0	33.0
Sandwiches	Pizza Hut	Black Forest Ham & Cheese Diablo Sandwich w/ Potato Chips	860	89	5.0	39.0
Sandwiches	Pizza Hut	Black Forest Ham & Cheese Local Specialty Sandwich w/ Potato Chips	920	89	5.0	41.0

Sandwiches	Pizza Hut	Black Forest Ham & Cheese Local Specialty Sandwich w/ Straight-Cut Fries	1240	133	7.0	55.0
Sandwiches	Pizza Hut	Black Forest Ham & Cheese Sandwich w/ Potato Chips	850	88	5.0	39.0
Sandwiches	Pizza Hut	Black Forest Ham & Cheese Sandwich w/ Straight-Cut Fries	1170	132	7.0	53.0
Sandwiches	Pizza Hut	Meatball Sub Sandwich w/ Potato Chips	1090	100	6.0	56.0
Sandwiches	Pizza Hut	Meatball Sub Sandwich w/ Straight-Cut Fries	1410	144	9.0	70.0
Sandwiches	Pizza Hut	Roasted Turkey & Provolone Sandwich w/ Potato Chips	850	90	4.0	39.0
Sandwiches	Pizza Hut	Roasted Turkey & Provolone Sandwich w/ Straight-Cut Fries	1160	134	7.0	53.0
Sandwiches	Pizza Hut	Roasted Turkey & Provolone Sandwich w/ Bacon w/ Potato Chips	920	90	4.0	45.0
Sandwiches	Pizza Hut	Roasted Turkey & Provolone Sandwich w/ Bacon w/ Straight-Cut Fries	1240	134	7.0	59.0
Sandwiches	Pizza Hut	Steak & Cheese Hoagie w/ Potato Chips	940	89	4.0	42.0
Sandwiches	Pizza Hut	Steak & Cheese Hoagie w/ Straight-Cut Fries	1260	133	6.0	56.0
Sandwiches	Pizza Hut	Supremo Sandwich Local Specialty w/ Potato Chips	1060	87	4.0	53.0
Sandwiches	Pizza Hut	Supremo Sandwich Local Specialty w/ Straight-Cut Fries	1370	131	6.0	67.0
Sandwiches	Pizza Hut	Supremo Sandwich w/ Potato Chips	970	86	4.0	50.0
Sandwiches	Pizza Hut	Supremo Sandwich w/ Straight-Cut Fries	1290	130	6.0	64.0
Appetizers & Sides	Pizza Hut	Smoky Garlic, Bone Out Wing	110	9	0.0	6.0
Appetizers & Sides	Pizza Hut	Smoky Garlic, Traditional Bone In Wing	120	5	0.0	7.0
Toppings & Ingredients	Pizza Hut	Buffalo Burnin' Hot Sauce, Bone Out Wing	15	3	0.0	0.0
Toppings & Ingredients	Pizza Hut	Buffalo Burnin' Hot Sauce, Traditional Wing	20	5	0.0	0.0
Toppings & Ingredients	Pizza Hut	Buffalo Medium Sauce, Bone Out Wing	15	3	0.0	0.0
Toppings & Ingredients	Pizza Hut	Buffalo Medium Sauce, Traditional Wing	20	4	0.0	0.0
Toppings & Ingredients	Pizza Hut	Buffalo Mild Sauce, Bone Out Wing	15	3	0.0	0.0
Toppings & Ingredients	Pizza Hut	Buffalo Mild Sauce, Traditional Wing	20	5	0.0	0.0
Toppings & Ingredients	Pizza Hut	Cajun-Style Rub, Bone Out Wing	0	0	0.0	0.0
Toppings & Ingredients	Pizza Hut	Cajun-Style Rub, Traditional Wing	0	0	0.0	0.0
Toppings & Ingredients	Pizza Hut	Garlic Parmesan Sauce, Bone Out Wing	45	0	0.0	5.0
Toppings & Ingredients	Pizza Hut	Garlic Parmesan Sauce, Traditional Wing	60	0	0.0	7.0
Toppings & Ingredients	Pizza Hut	Honey BBQ Sauce, Bone Out Wing	20	5	0.0	0.0
Toppings & Ingredients	Pizza Hut	Honey BBQ Sauce, Traditional Wing	25	7	0.0	0.0
Toppings & Ingredients	Pizza Hut	Lemon Pepper Rub, Bone Out Wing	0	0	0.0	0.0
Toppings & Ingredients	Pizza Hut	Lemon Pepper Rub, Traditional Wing	0	0	0.0	0.0
Toppings & Ingredients	Pizza Hut	Spicy Garlic Rub, Bone Out Wing	30	2	0.0	2.5
Toppings & Ingredients	Pizza Hut	Spicy Garlic Rub, Traditional Wing	40	2	0.0	3.0
Fried Potatoes	Pizza Hut	Bacon Cheddar Fries w/ Ranch Dipping Cup	1420	104	9.0	99.0
Appetizers & Sides	Pizza Hut	Bacon Cheesesticks	190	20	1.0	9.0

Appetizers & Sides	Pizza Hut	Baked Bone Out Wing	60	4	0.0	2.0
Appetizers & Sides	Pizza Hut	Baked Mozzarella Cheese Stick	80	6	0.0	4.5
Baked Goods	Pizza Hut	Bakery Style Breadsticks, Local Specialty	150	22	1.0	5.0
Appetizers & Sides	Pizza Hut	Breadstick Appetizer Sampler, Local Specialty	930	118	7.0	38.0
Appetizers & Sides	Pizza Hut	Buffalo Chicken Nachos	1110	132	10.0	50.0
Appetizers & Sides	Pizza Hut	Cheese Sticks	150	20	1.0	4.5
Appetizers & Sides	Pizza Hut	Cheesy Dip 'N Chips	660	78	5.0	36.0
Appetizers & Sides	Pizza Hut	Fried Nacho Straight-Cut Fries	1320	133	9.0	77.0
Appetizers & Sides	Pizza Hut	Garlic Bread	140	15	0.0	8.0
Appetizers & Sides	Pizza Hut	Garlic Cheesesticks	180	21	1.0	7.0
Appetizers & Sides	Pizza Hut	Lay's Classic Potato Chips	150	15	1.0	10.0
Baked Goods	Pizza Hut	Old Fashioned Breadsticks, Local Specialty, 1/8 Medium	180	26	1.0	5.0
Baked Goods	Pizza Hut	Old Fashioned Breadsticks, Local Specialty, 1/10 Large	200	27	1.0	6.0
Appetizers & Sides	Pizza Hut	Sampler Platter, Local Specialty, Full Order w/ Marinara, Ranch, and Honey Mustard Cups	2400	204	15.0	153.0
Appetizers & Sides	Pizza Hut	Sampler Platter, Local Specialty, Half Order w/ Marinara, Ranch, and Honey Mustard Cups	1430	114	9.0	95.0
Appetizers & Sides	Pizza Hut	Saucy BBQ Wing	60	2	0.0	3.5
Appetizers & Sides	Pizza Hut	Saucy Buffalo Wing	60	1	0.0	3.5
Appetizers & Sides	Pizza Hut	Stuffed Pizza Roller	230	27	1.0	10.0
Toppings & Ingredients	Pizza Hut	Buffalo Dipping Sauce	140	35	0.0	0.0
Toppings & Ingredients	Pizza Hut	Cheese Dipping Sauce	250	11	0.0	20.0
Toppings & Ingredients	Pizza Hut	Extra Pizza BBQ Dipping Sauce	120	31	1.0	1.0
Toppings & Ingredients	Pizza Hut	Extra Pizza Buffalo Dipping Sauce	80	21	1.0	1.0
Toppings & Ingredients	Pizza Hut	Heinz Dip and Squeeze Ketchup	30	8	0.0	0.0
Toppings & Ingredients	Pizza Hut	Nacho Cheese Sauce Dipping Cup	90	7	0.0	6.0
Toppings & Ingredients	Pizza Hut	Nacho Cheese Sauce Souffle Cup	130	10	0.0	10.0
Toppings & Ingredients	Pizza Hut	Ranch Dressing Dipping Cup	180	3	0.0	18.0
Soup	Pizza Hut	Broccoli & Cheese Soup w/ Crackers, Bowl	530	35	2.0	37.0
Soup	Pizza Hut	Broccoli & Cheese Soup w/ Crackers, Cup	280	20	1.0	19.0
Soup	Pizza Hut	Creamy Tomato Basil Soup w/ Crackers, Bowl	390	37	4.0	23.0
Soup	Pizza Hut	Creamy Tomato Basil Soup w/ Crackers, Cup	210	21	2.0	12.0
Soup	Pizza Hut	Loaded Baked Potato Soup w/ Crackers, Bowl	600	41	3.0	40.0
Soup	Pizza Hut	Loaded Baked Potato Soup w/ Crackers, Cup	320	23	1.0	21.0
Beverages	Pizza Hut	Mist Twst, 2L	840	218	0.0	0.0
Beverages	Pizza Hut	Mist Twst, 20 fl oz	240	65	0.0	0.0
Desserts	Pizza Hut	Apple Dessert Pizza	250	50	2.0	4.0



Desserts	Pizza Hut	Blueberry Dessert Pizza	230	46	2.0	4.0
Desserts	Pizza Hut	Cherry Dessert Pizza	240	47	2.0	4.0
Beverages	Pizza Hut	Beer, Light	100	6	0.0	0.0
Beverages	Pizza Hut	Beer, Regular	150	13	0.0	0.0
Beverages	Pizza Hut	Bud Light	110	7	0.0	0.0
Beverages	Pizza Hut	Budweiser	150	11	0.0	0.0
Beverages	Pizza Hut	Busch Light	100	3	0.0	0.0
Beverages	Pizza Hut	Coors	150	11	0.0	0.0
Beverages	Pizza Hut	Coors Lite	100	5	0.0	0.0
Beverages	Pizza Hut	Corona Extra	150	14	0.0	0.0
Beverages	Pizza Hut	Dessert/Sweet Wine	280	24	0.0	0.0
Beverages	Pizza Hut	Domestic Beer	150	13	0.0	0.0
Beverages	Pizza Hut	Dos Equis Lager	150	12	0.0	0.0
Beverages	Pizza Hut	Heineken	150	12	0.0	0.0
Beverages	Pizza Hut	Michelob Ultra	100	3	0.0	0.0
Beverages	Pizza Hut	Miller	140	13	0.0	0.0
Beverages	Pizza Hut	Miller Lite	100	3	0.0	0.0
Beverages	Pizza Hut	Premium Beer	150	13	0.0	0.0
Beverages	Pizza Hut	Red Wine	150	5	0.0	0.0
Beverages	Pizza Hut	Shiner	150	13	0.0	0.0
Beverages	Pizza Hut	Sparkling Wine	160	5	0.0	0.0
Beverages	Pizza Hut	Tecate	150	13	0.0	0.0
Beverages	Pizza Hut	White Wine	150	5	0.0	0.0
Beverages	Pizza Hut	Yuengling	140	12	0.0	0.0
Toppings & Ingredients	Pizza Hut	Cheese, Big New Yorker	150	3	1.0	11.0
Pizza	Pizza Hut	Cheese, Medium Original Pan Slice	240	28	2.0	10.0
Toppings & Ingredients	Pizza Hut	Hand Tossed Crust, Large Big New Yorker	210	39	2.0	2.5
Toppings & Ingredients	Pizza Hut	Udi's Gluten Free Crust	60	12	0.0	1.0
Toppings & Ingredients	Pizza Hut	Hand Tossed Crust, Large	160	30	1.0	2.0
Toppings & Ingredients	Pizza Hut	Original Stuffed Crust, Large	220	31	1.0	7.0
Toppings & Ingredients	Pizza Hut	Hand Tossed Crust, Medium	120	22	1.0	1.5
Toppings & Ingredients	Pizza Hut	Original Pan Crust, Medium	150	25	1.0	4.0
Toppings & Ingredients	Pizza Hut	Thin N Crispy Crust, Small	60	11	0.0	0.5
Toppings & Ingredients	Pizza Hut	Barbeque Drizzle	15	4	0.0	0.0
Toppings & Ingredients	Pizza Hut	Buffalo Drizzle	10	3	0.0	0.0

Toppings & Ingredients	Pizza Hut	Barbeque Drizzle, Personal Pan	30	8	0.0	0.0
Toppings & Ingredients	Pizza Hut	Buffalo Drizzle, Personal Pan	20	5	0.0	0.0
Toppings & Ingredients	Pizza Hut	Mayonnaise	30	0	0.0	3.0
Toppings & Ingredients	Pizza Hut	Barbeque Pizza Sauce	5	1	0.0	0.0
Toppings & Ingredients	Pizza Hut	Classic Marinara	5	1	0.0	0.0
Toppings & Ingredients	Pizza Hut	Barbeque Pizza Sauce	20	4	0.0	0.0
Toppings & Ingredients	Pizza Hut	Buffalo Pizza Sauce	10	3	0.0	0.0
Toppings & Ingredients	Pizza Hut	Barbeque Pizza Sauce	10	3	0.0	0.0
Toppings & Ingredients	Pizza Hut	Buffalo Pizza Sauce	10	2	0.0	0.0
Toppings & Ingredients	Pizza Hut	Classic Marinara	10	2	0.0	0.0
Toppings & Ingredients	Pizza Hut	Beef, Large Hand Tossed	70	0	0.0	7.0
Toppings & Ingredients	Pizza Hut	Classic Meatball, Large Hand Tossed	60	2	0.0	4.0
Toppings & Ingredients	Pizza Hut	Applewood Smoked Bacon, Large Hand Tossed	40	0	0.0	3.5
Toppings & Ingredients	Pizza Hut	Fresh Red Onions, Large Hand Tossed	5	2	0.0	0.0
Toppings & Ingredients	Pizza Hut	Green Chile Peppers, Large Original Pan, Large Original Stuffed Crust	5	1	0.0	0.0
Toppings & Ingredients	Pizza Hut	Grilled Chicken, Large Hand Tossed	30	0	0.0	1.0
Toppings & Ingredients	Pizza Hut	Pepperoni, Large Hand Tossed	50	0	0.0	5.0
Toppings & Ingredients	Pizza Hut	Seasoned Pork, Large Hand Tossed	80	0	0.0	7.0
Toppings & Ingredients	Pizza Hut	Sliced Banana Peppers, Large Hand Tossed	0	0	0.0	0.0
Toppings & Ingredients	Pizza Hut	Sweet Pineapple, Large Hand Tossed	10	3	0.0	0.0
Toppings & Ingredients	Pizza Hut	Applewood Smoked Bacon, Small Hand Tossed	15	0	0.0	1.5
Toppings & Ingredients	Pizza Hut	Beef, Gluten Free	35	0	0.0	3.5
Toppings & Ingredients	Pizza Hut	Diced Roma Tomatoes, Detroit Style	0	0	0.0	0.0
Toppings & Ingredients	Pizza Hut	Fresh Green Bell Peppers, Gluten Free	0	0	0.0	0.0
Toppings & Ingredients	Pizza Hut	Fresh Mushrooms, Gluten Free	0	0	0.0	0.0
Toppings & Ingredients	Pizza Hut	Green Olives, Gluten Free	10	0	0.0	1.0
Toppings & Ingredients	Pizza Hut	Grilled Chicken, Gluten Free	15	0	0.0	0.0
Toppings & Ingredients	Pizza Hut	Italian Sausage, Small Hand Tossed	35	0	0.0	3.5
Toppings & Ingredients	Pizza Hut	Mediterranean Black Olives, Gluten Free	10	0	0.0	1.0
Toppings & Ingredients	Pizza Hut	Pepperoni, Gluten Free	25	0	0.0	2.5
Toppings & Ingredients	Pizza Hut	Seasoned Pork, Gluten Free	35	0	0.0	3.5
Toppings & Ingredients	Pizza Hut	Sliced Banana Peppers, Gluten Free	0	0	0.0	0.0
Toppings & Ingredients	Pizza Hut	Sliced Jalapeno Peppers, Gluten Free	0	0	0.0	0.0
Toppings & Ingredients	Pizza Hut	Sweet Pineapple, Gluten Free	5	1	0.0	0.0
Toppings & Ingredients	Pizza Hut	Pepperoni, Large Original Pan	45	0	0.0	4.0

Toppings & Ingredients	Pizza Hut	Sliced Banana Peppers, Large Original Pan	0	0	0.0	0.0
Toppings & Ingredients	Pizza Hut	Sliced Jalapeno Peppers, Large Original Pan	0	0	0.0	0.0
Toppings & Ingredients	Pizza Hut	Sweet Pineapple, Medium Thin 'N Crispy	10	2	0.0	0.0
Toppings & Ingredients	Pizza Hut	Sliced Banana Peppers, Large Original Stuffed Crust	0	0	0.0	0.0
Toppings & Ingredients	Pizza Hut	Fresh Red Onions, Large Thin 'N Crispy	10	2	0.0	0.0
Toppings & Ingredients	Pizza Hut	Green Chile Peppers, Large Thin 'N Crispy	5	2	0.0	0.0
Toppings & Ingredients	Pizza Hut	Pepperoni, Large Thin 'N Crispy	60	0	0.0	6.0
Toppings & Ingredients	Pizza Hut	Sliced Banana Peppers, Large Thin 'N Crispy	0	0	0.0	0.0
Toppings & Ingredients	Pizza Hut	Sweet Pineapple, Large Thin 'N Crispy	15	3	0.0	0.0
Toppings & Ingredients	Pizza Hut	Applewood Smoked Bacon, Large Ultimate Cheesy Crust	30	0	0.0	3.0
Toppings & Ingredients	Pizza Hut	Beef, Large Ultimate Cheesy Crust	50	0	0.0	5.0
Toppings & Ingredients	Pizza Hut	Classic Meatball, Large Ultimate Cheesy Crust	40	1	0.0	3.0
Toppings & Ingredients	Pizza Hut	Fresh Red Onions, Large Original Pan, Large Original Stuffed Crust	5	1	0.0	0.0
Toppings & Ingredients	Pizza Hut	Green Chile Peppers, Rectangle	0	1	0.0	0.0
Toppings & Ingredients	Pizza Hut	Green Olives, Large Ultimate Cheesy Crust	15	0	0.0	1.5
Toppings & Ingredients	Pizza Hut	Grilled Chicken, Large Ultimate Cheesy Crust	20	0	0.0	0.5
Toppings & Ingredients	Pizza Hut	Italian Sausage, Large Ultimate Cheesy Crust	60	0	0.0	6.0
Toppings & Ingredients	Pizza Hut	Pepperoni, Large Ultimate Cheesy Crust	45	0	0.0	4.0
Toppings & Ingredients	Pizza Hut	Seasoned Pork, Large Ultimate Cheesy Crust	50	0	0.0	5.0
Toppings & Ingredients	Pizza Hut	Sliced Banana Peppers, Large Ultimate Cheesy Crust	0	0	0.0	0.0
Toppings & Ingredients	Pizza Hut	Sliced Jalapeno Peppers, Large Ultimate Cheesy Crust	0	0	0.0	0.0
Toppings & Ingredients	Pizza Hut	Fresh Red Onions, Detroit Style	0	1	0.0	0.0
Toppings & Ingredients	Pizza Hut	Sliced Banana Peppers, Medium Hand Tossed	0	0	0.0	0.0
Toppings & Ingredients	Pizza Hut	Sliced Jalapeno Peppers, Medium Hand Tossed	0	0	0.0	0.0
Toppings & Ingredients	Pizza Hut	Fresh Red Onions, Medium Original Pan	0	1	0.0	0.0
Toppings & Ingredients	Pizza Hut	Green Olives, Medium Original Pan	15	0	0.0	1.5
Toppings & Ingredients	Pizza Hut	Pepperoni, Medium Original Pan	35	0	0.0	3.0
Toppings & Ingredients	Pizza Hut	Sliced Banana Peppers, Medium Original Pan	0	0	0.0	0.0
Toppings & Ingredients	Pizza Hut	Sliced Jalapeno Peppers, Medium Original Pan	0	0	0.0	0.0
Toppings & Ingredients	Pizza Hut	Green Olives, Medium Thin 'N Crispy	20	0	0.0	2.0
Toppings & Ingredients	Pizza Hut	Sliced Banana Peppers, Medium Thin 'N Crispy	0	0	0.0	0.0
Toppings & Ingredients	Pizza Hut	Sliced Jalapeno Peppers, Medium Thin 'N Crispy	0	0	0.0	0.0
Toppings & Ingredients	Pizza Hut	Applewood Smoked Bacon, Personal Pan Express	20	0	0.0	1.5
Toppings & Ingredients	Pizza Hut	Beef, Personal Pan Express	40	0	0.0	4.0
Toppings & Ingredients	Pizza Hut	Green Chile Peppers, Personal Pan	0	0	0.0	0.0

Toppings & Ingredients	Pizza Hut	Green Olives, Personal Pan	10	0	0.0	1.0
Toppings & Ingredients	Pizza Hut	Grilled Chicken, Personal Pan Express	15	0	0.0	0.0
Toppings & Ingredients	Pizza Hut	Italian Sausage, Personal Pan Express	50	0	0.0	4.5
Toppings & Ingredients	Pizza Hut	Mediterranean Black Olives, Personal Pan	5	0	0.0	0.5
Toppings & Ingredients	Pizza Hut	Pepperoni, Personal Pan	20	0	0.0	1.5
Toppings & Ingredients	Pizza Hut	Seasoned Pork, Personal Pan Express	45	0	0.0	4.0
Toppings & Ingredients	Pizza Hut	Sliced Banana Peppers, Personal Pan	0	0	0.0	0.0
Toppings & Ingredients	Pizza Hut	Sliced Jalapeno Peppers, Personal Pan	0	0	0.0	0.0
Toppings & Ingredients	Pizza Hut	Applewood Smoked Bacon, Rectangle	30	0	0.0	2.5
Toppings & Ingredients	Pizza Hut	Green Olives, Rectangle	15	0	0.0	1.5
Toppings & Ingredients	Pizza Hut	Pepperoni, Rectangle	35	0	0.0	3.5
Toppings & Ingredients	Pizza Hut	Sliced Banana Peppers, Rectangle	0	0	0.0	0.0
Toppings & Ingredients	Pizza Hut	Sliced Jalapeno Peppers, Rectangle	0	0	0.0	0.0
Toppings & Ingredients	Pizza Hut	Sweet Pineapple, Rectangle	10	2	0.0	0.0
Toppings & Ingredients	Pizza Hut	Green Olives, Small Hand Tossed	5	0	0.0	1.0
Toppings & Ingredients	Pizza Hut	Mediterranean Black Olives, Small Hand Tossed	5	0	0.0	0.5
Toppings & Ingredients	Pizza Hut	Sliced Jalapeno Peppers, Small Hand Tossed, Small Original Pan	0	0	0.0	0.0
Pizza	Pizza Hut	BBQ Chicken, Small Express Hand Tossed Pizza	280	41	2.0	8.0
Pizza	Pizza Hut	Buffalo Chicken, Small Express Hand Tossed Pizza	250	37	2.0	6.0
Pizza	Pizza Hut	Cheese, Small Express Hand Tossed Pizza	250	33	3.0	8.0
Pizza	Pizza Hut	Chicken Supreme, Small Express Hand Tossed Pizza	240	34	3.0	7.0
Pizza	Pizza Hut	Pepperoni & Ham, Small Express Hand Tossed Pizza	260	33	2.0	9.0
Pizza	Pizza Hut	Hawaiian, Small Express Hand Tossed Pizza	240	34	2.0	7.0
Pizza	Pizza Hut	Hawaiian Chicken, Small Express Hand Tossed Pizza	250	34	3.0	7.0
Pizza	Pizza Hut	Italian Sausage, Small Express Hand Tossed Pizza	290	33	3.0	13.0
Pizza	Pizza Hut	Meat Lover's, Small Express Hand Tossed Pizza	330	33	2.0	16.0
Pizza	Pizza Hut	Pepperoni, Small Express Hand Tossed Pizza	260	32	2.0	10.0
Pizza	Pizza Hut	Pepperoni & Jalapeno, Small Express Hand Tossed Pizza	240	33	2.0	8.0
Pizza	Pizza Hut	Pepperoni Lover's, Small Express Hand Tossed Pizza	300	33	3.0	12.0
Pizza	Pizza Hut	Super Supreme, Small Express Hand Tossed Pizza	330	34	3.0	15.0
Pizza	Pizza Hut	Supreme, Small Express Hand Tossed Pizza	280	34	3.0	11.0
Pizza	Pizza Hut	Veggie Lover's, Small Express Hand Tossed Pizza	240	34	3.0	7.0
Pizza	Pizza Hut	Beef, Express Personal Pan Pizza	160	17	1.0	7.0
Pizza	Pizza Hut	Cheese, Express Personal Pan Pizza	150	17	1.0	6.0
Pizza	Pizza Hut	Hawaiian, Express Personal Pan Pizza	150	18	1.0	5.0

Pizza	Pizza Hut	Hawaiian Chicken, Express Personal Pan Pizza	150	18	1.0	5.0
Pizza	Pizza Hut	Italian Sausage, Express Personal Pan Pizza	170	17	1.0	8.0
Pizza	Pizza Hut	Meat Lover's, Express Personal Pan Pizza	190	17	1.0	9.0
Pizza	Pizza Hut	Pepperoni, Express Personal Pan Pizza	150	17	1.0	7.0
Pizza	Pizza Hut	Pepperoni & Jalapeno, Express Personal Pan Pizza	140	17	1.0	6.0
Pizza	Pizza Hut	Pepperoni Lover's, Express Personal Pan Pizza	180	17	1.0	9.0
Pizza	Pizza Hut	Super Supreme, Express Personal Pan Pizza	180	18	1.0	9.0
Pizza	Pizza Hut	Supreme, Express Personal Pan Pizza	160	18	1.0	7.0
Pizza	Pizza Hut	Veggie Lover's, Express Personal Pan Pizza	140	18	1.0	5.0
Appetizers & Sides	Pizza Hut	Bread Bites, Express Sides	45	8	0.0	1.0
Appetizers & Sides	Pizza Hut	Pretzel Bites, Express Sides	40	8	0.0	1.0
Sandwiches	Pizza Hut	Black Forest Ham & Cheese, Express Sandwiches	730	70	3.0	32.0
Sandwiches	Pizza Hut	Roasted Turkey & Provolone, Express Sandwiches	720	74	3.0	21.0
Sandwiches	Pizza Hut	Supremo, Express Sandwiches	840	70	3.0	43.0
Fried Potatoes	Pizza Hut	Hashbrowns	190	27	3.0	9.0
Toppings & Ingredients	Pizza Hut	Small Hand Tossed Crust, Express	150	29	1.0	2.0
Toppings & Ingredients	Pizza Hut	Feta Cheese, Small Express	15	0	0.0	1.0
Toppings & Ingredients	Pizza Hut	Provolone Cheese, Small Express	40	0	0.0	3.0
Toppings & Ingredients	Pizza Hut	Barbeque Drizzle, Small Express	30	8	0.0	0.0
Toppings & Ingredients	Pizza Hut	Buffalo Drizzle, Small Express	20	5	0.0	0.0
Toppings & Ingredients	Pizza Hut	Barbeque Pizza Sauce, Small Express	10	3	0.0	0.0
Toppings & Ingredients	Pizza Hut	Buffalo Pizza Sauce, Small Express	5	2	0.0	0.0
Toppings & Ingredients	Pizza Hut	Barbeque Pizza Sauce, Personal Pan Express	5	1	0.0	0.0
Toppings & Ingredients	Pizza Hut	Classic Marinara, Personal Pan Express	5	1	0.0	0.0
Toppings & Ingredients	Pizza Hut	Applewood Smoked Bacon, Small Hand Tossed Express	35	0	0.0	3.0
Toppings & Ingredients	Pizza Hut	Classic Meatball, Small Hand Tossed Express	50	1	0.0	4.0
Toppings & Ingredients	Pizza Hut	Grilled Chicken, Large Original Pan, Large Original Stuffed Crust	25	0	0.0	0.5
Toppings & Ingredients	Pizza Hut	Pepperoni, Small Hand Tossed Express	25	0	0.0	2.5
Toppings & Ingredients	Pizza Hut	Seasoned Pork, Small Hand Tossed Express	70	0	0.0	7.0
Toppings & Ingredients	Pizza Hut	Pepperoni, Personal Pan Express	25	0	0.0	2.0
Pizza	Pizza Hut	Cheese, Small Hand Tossed Pizza Slice	130	17	1.0	4.0
Desserts	Pizza Hut	The Ultimate Chocolate Chip Cookie	250	35	1.0	12.0
Toppings & Ingredients	Pizza Hut	Cheese	50	1	0.0	3.5
Salads	Pizza Hut	BLT Salad	290	29	3.0	16.0
Salads	Pizza Hut	Caesar Side Salad w/ Chicken	310	16	1.0	17.0

Salads	Pizza Hut	Crispy Chicken Caesar Salad	830	60	4.0	53.0
Salads	Pizza Hut	Garden Side Salad w/ Chicken	320	22	2.0	16.0
Salads	Pizza Hut	Buffalo Chicken Salad	690	77	5.0	30.0
Salads	Pizza Hut	Zesty Italian Side Salad, Express Salads	200	18	2.0	11.0
Toppings & Ingredients	Pizza Hut	Pepperoni, Small Original Pan	20	0	0.0	1.5
Toppings & Ingredients	Pizza Hut	Applewood Smoked Bacon, Medium Hand Tossed	30	0	0.0	2.5
Toppings & Ingredients	Pizza Hut	Green Olives, Detroit Style	15	0	0.0	1.5
Toppings & Ingredients	Pizza Hut	Sliced Banana Peppers, Detroit Style	0	0	0.0	0.0
Toppings & Ingredients	Pizza Hut	Sliced Jalapeno Peppers, Large Original Stuffed Crust	0	0	0.0	0.0
Toppings & Ingredients	Pizza Hut	Sliced Jalapeno Peppers, Detroit Style	0	0	0.0	0.0
Sandwiches	Pizza Hut	Buffalo Chicken Sandwich w/ Fries	1550	179	8.0	75.0
Pizza	Pizza Hut	Egg, Cheese & Veggies, Small Hand Tossed	230	30	2.0	8.0
Pizza	Pizza Hut	Bacon, Egg & Sausage, Small Hand Tossed	290	30	2.0	14.0
Pizza	Pizza Hut	Detroit Double Pepperoni Pizza Slice	320	30	2.0	16.0
Pizza	Pizza Hut	Detroit Meaty Pizza Slice	310	30	2.0	15.0
Pizza	Pizza Hut	Detroit Supremo Pizza Slice	290	31	2.0	13.0
Toppings & Ingredients	Pizza Hut	Grated Cheese Packet	10	0	0.0	5.0
Beverages	Pizza Hut	Brisk Lemon Iced Tea, 16 fl oz	110	29	0.0	0.0
Beverages	Pizza Hut	Coca-Cola Zero, 16 fl oz	0	0	0.0	0.0
Beverages	Pizza Hut	Coca-Cola, 16 fl oz	200	53	0.0	0.0
Beverages	Pizza Hut	Diet Dr Pepper, 16 fl oz	0	0	0.0	0.0
Beverages	Pizza Hut	Diet Mtn Dew, 16 fl oz	5	1	0.0	0.0
Beverages	Pizza Hut	Diet Pepsi, 16 fl oz	0	0	0.0	0.0
Beverages	Pizza Hut	Dr Pepper, 16 fl oz	190	52	0.0	0.0
Beverages	Pizza Hut	MTN Dew Code Red, 16 fl oz	230	62	0.0	0.0
Beverages	Pizza Hut	MTN Dew, 16 fl oz	220	59	0.0	0.0
Beverages	Pizza Hut	Mug Root Beer, 16 fl oz	190	52	0.0	0.0
Beverages	Pizza Hut	Pepsi, 16 fl oz	200	55	0.0	0.0
Beverages	Pizza Hut	Sprite Zero, 16 fl oz	0	0	0.0	0.0
Beverages	Pizza Hut	Sprite, 16 fl oz	190	51	0.0	0.0
Beverages	Pizza Hut	Tropicana Lemonade, 16 fl oz	210	54	0.0	0.0
Beverages	Pizza Hut	Tropicana Pink Lemonade, 16 fl oz	210	54	0.0	0.0
Beverages	Pizza Hut	Brisk Lemon Iced Tea, 22 fl oz	150	40	0.0	0.0
Beverages	Pizza Hut	Coca-Cola Zero, 22 fl oz	0	0	0.0	0.0
Beverages	Pizza Hut	Coca-Cola, 22 fl oz	270	73	0.0	0.0

Beverages	Pizza Hut	Diet Dr Pepper, 22 fl oz	0	0	0.0	0.0
Beverages	Pizza Hut	Diet Mtn Dew, 22 fl oz	10	1	0.0	0.0
Beverages	Pizza Hut	Diet Pepsi, 22 fl oz	0	0	0.0	0.0
Beverages	Pizza Hut	Dr Pepper, 22 fl oz	260	72	0.0	0.0
Beverages	Pizza Hut	MTN Dew Code Red, 22 fl oz	320	85	0.0	0.0
Beverages	Pizza Hut	MTN Dew, 22 fl oz	300	80	0.0	0.0
Beverages	Pizza Hut	Mug Root Beer, 22 fl oz	260	72	0.0	0.0
Beverages	Pizza Hut	Pepsi, 22 fl oz	280	76	0.0	0.0
Beverages	Pizza Hut	Sprite Zero, 22 fl oz	5	0	0.0	0.0
Beverages	Pizza Hut	Sprite, 22 fl oz	260	71	0.0	0.0
Beverages	Pizza Hut	Tropicana Lemonade, 22 fl oz	280	74	0.0	0.0
Beverages	Pizza Hut	Tropicana Pink Lemonade, 22 fl oz	280	74	0.0	0.0
Beverages	Pizza Hut	Brisk Lemon Iced Tea, 32 fl oz	220	58	0.0	0.0
Beverages	Pizza Hut	Coca-Cola Zero, 32 fl oz	0	0	0.0	0.0
Beverages	Pizza Hut	Coca-Cola, 32 fl oz	390	0	107.0	0.0
Beverages	Pizza Hut	Diet Dr Pepper, 32 fl oz	0	0	0.0	0.0
Beverages	Pizza Hut	Diet Mtn Dew, 32 fl oz	15	1	0.0	0.0
Beverages	Pizza Hut	Diet Pepsi, 32 fl oz	0	0	0.0	0.0
Beverages	Pizza Hut	Dr Pepper, 32 fl oz	380	104	0.0	0.0
Beverages	Pizza Hut	MTN Dew Code Red, 32 fl oz	460	123	0.0	0.0
Beverages	Pizza Hut	MTN Dew, 32 fl oz	430	117	0.0	0.0
Beverages	Pizza Hut	Mug Root Beer, 32 fl oz	380	104	0.0	0.0
Beverages	Pizza Hut	Pepsi, 32 fl oz	410	110	0.0	0.0
Beverages	Pizza Hut	Sprite Zero, 32 fl oz	10	0	0.0	0.0
Beverages	Pizza Hut	Sprite, 32 fl oz	380	103	0.0	0.0
Beverages	Pizza Hut	Tropicana Lemonade, 32 fl oz	410	107	0.0	0.0
Beverages	Pizza Hut	Tropicana Pink Lemonade, 32 fl oz	410	107	0.0	0.0
Desserts	Pizza Hut	Individual Ultimate Chocolate Chip Cookie, 4"	300	45	1.0	14.0
Toppings & Ingredients	Pizza Hut	Rectangular Crust	160	26	1.0	4.0
Toppings & Ingredients	Pizza Hut	Ham, Large Thin 'N Crispy	25	0	0.0	1.5
Toppings & Ingredients	Pizza Hut	Ham, Medium Hand Tossed	15	0	0.0	1.0
Toppings & Ingredients	Pizza Hut	Ham, Personal Pan	10	0	0.0	0.0
Salads	Pizza Hut	Buffalo Chicken Salad, Express Salads	690	77	5.0	30.0
Salads	Pizza Hut	Caesar Side Salad	100	14	1.0	4.0
Pizza	Pizza Hut	Sausage, Egg & Veggies, Express Personal Pan	260	18	1.0	17.0

Pizza	Pizza Hut	Bacon, Egg & Veggies, Small Hand Tossed	250	30	2.0	9.0
Pizza	Pizza Hut	Sausage, Egg & Veggies, Small Hand Tossed	280	30	2.0	12.0
Toppings & Ingredients	Pizza Hut	Ham, Small Hand Tossed Express	15	0	0.0	1.0
Toppings & Ingredients	Pizza Hut	Ham, Personal Pan Express	10	0	0.0	0.5
Toppings & Ingredients	Pizza Hut	Crispy Cup Pepperoni (Detroit Style Only)	40	0	0.0	3.5
Toppings & Ingredients	Pizza Hut	Ham, Detroit Style	15	0	0.0	1.0
Toppings & Ingredients	Pizza Hut	Premium Diced Tomato Sauce (Detroit Style Only)	15	3	0.0	0.0
Toppings & Ingredients	Pizza Hut	Alfredo Sauce	25	0	0.0	2.5
Toppings & Ingredients	Pizza Hut	Alfredo Sauce	25	0	0.0	2.5
Toppings & Ingredients	Pizza Hut	Applewood Smoked Bacon, Gluten Free	20	0	0.0	2.0
Toppings & Ingredients	Pizza Hut	Applewood Smoked Bacon, Large Original Pan, Large Original Stuffed Crust	35	0	0.0	3.0
Toppings & Ingredients	Pizza Hut	Applewood Smoked Bacon, Large Thin 'N Crispy	50	0	0.0	4.5
Toppings & Ingredients	Pizza Hut	Applewood Smoked Bacon, Medium Original Pan	25	0	0.0	2.5
Toppings & Ingredients	Pizza Hut	Applewood Smoked Bacon, Medium Thin 'N Crispy	35	0	0.0	3.0
Toppings & Ingredients	Pizza Hut	Applewood Smoked Bacon, Personal Pan	15	0	0.0	1.5
Toppings & Ingredients	Pizza Hut	Applewood Smoked Bacon, Small Original Pan	15	0	0.0	1.5
Pizza	Pizza Hut	Bacon, Egg & Cheese, Small Hand Tossed	300	30	2.0	14.0
Pizza	Pizza Hut	Bacon, Express Personal Pan Pizza	150	17	1.0	6.0
Pizza	Pizza Hut	Bacon, Small Express Hand Tossed Pizza	250	32	2.0	9.0
Pizza	Pizza Hut	Bacon, Small Express Thin 'N Crispy Pizza	220	26	2.0	9.0
Pizza	Pizza Hut	Banana Pepper, Express Personal Pan Pizza	130	17	1.0	5.0
Pizza	Pizza Hut	Banana Pepper, Small Express Hand Tossed Pizza	220	32	2.0	6.0
Pizza	Pizza Hut	Banana Pepper, Small Express Thin 'N Crispy Pizza	190	26	2.0	5.0
Pizza	Pizza Hut	BBQ Chicken, Express Personal Pan Pizza	180	25	1.0	6.0
Pizza	Pizza Hut	BBQ Chicken, Small Express Thin 'N Crispy Pizza	250	35	2.0	7.0
Toppings & Ingredients	Pizza Hut	Beef, Large Original Pan, Large Original Stuffed Crust	60	0	0.0	6.0
Toppings & Ingredients	Pizza Hut	Beef, Large Thin 'N Crispy	90	0	0.0	8.0
Toppings & Ingredients	Pizza Hut	Beef, Medium Original Pan	50	0	0.0	4.5
Toppings & Ingredients	Pizza Hut	Beef, Personal Pan	25	0	0.0	2.5
Pizza	Pizza Hut	Beef, Small Express Hand Tossed Pizza	280	33	2.0	12.0
Pizza	Pizza Hut	Beef, Small Express Thin 'N Crispy Pizza	250	27	2.0	12.0
Toppings & Ingredients	Pizza Hut	Beef, Small Hand Tossed	30	0	0.0	2.5
Toppings & Ingredients	Pizza Hut	Beef, Small Hand Tossed Express	70	0	0.0	6.0
Toppings & Ingredients	Pizza Hut	Beef, Small Original Pan	25	0	0.0	2.5
Sandwiches	Pizza Hut	Black Forest Ham & Cheese Diablo Sandwich w/ Straight-Cut Fries	1170	133	7.0	53.0



Pizza	Pizza Hut	Black Olive, Express Personal Pan Pizza	140	17	1.0	5.0
Pizza	Pizza Hut	Black Olive, Small Express Hand Tossed Pizza	230	33	3.0	7.0
Pizza	Pizza Hut	Black Olive, Small Express Thin 'N Crispy Pizza	200	27	2.0	7.0
Baked Goods	Pizza Hut	Breadsticks	140	19	1.0	4.5
Sandwiches	Pizza Hut	Buffalo Chicken Pizza Hut Melt	1190	134	6.0	53.0
Pizza	Pizza Hut	Buffalo Chicken, Express Personal Pan Pizza	160	22	1.0	5.0
Pizza	Pizza Hut	Buffalo Chicken, Small Express Thin 'N Crispy Pizza	220	31	1.0	6.0
Appetizers & Sides	Pizza Hut	Cheese Bites, Express Sides	60	7	0.0	2.5
Pizza	Pizza Hut	Cheese, Personal Pan Pizza Slice	150	17	1.0	6.0
Pizza	Pizza Hut	Cheese, Small Express Thin 'N Crispy Pizza	220	27	2.0	7.0
Sandwiches	Pizza Hut	Chicken Bacon Parmesan Pizza Hut Melt	1170	86	5.0	70.0
Sandwiches	Pizza Hut	Chicken Parmesan Sandwich, Breadstick Dipping Sauce, Fries	1790	171	10.0	99.0
Pizza	Pizza Hut	Chicken Supreme, Express Personal Pan Pizza	140	18	1.0	5.0
Pizza	Pizza Hut	Chicken Supreme, Small Express Thin 'N Crispy Pizza	210	28	2.0	6.0
Pizza	Pizza Hut	Chicken, Express Personal Pan Pizza	150	17	1.0	5.0
Pizza	Pizza Hut	Chicken, Small Express Hand Tossed Pizza	250	33	2.0	7.0
Pizza	Pizza Hut	Chicken, Small Express Thin 'N Crispy Pizza	210	27	2.0	6.0
Desserts	Pizza Hut	Cinnabon Mini Rolls, 1 roll	80	12	0.0	3.0
Appetizers & Sides	Pizza Hut	Cinnamon Bites, Express Sides	45	7	0.0	1.5
Toppings & Ingredients	Pizza Hut	Classic Meatball, Large Original Pan, Large Original Stuffed Crust	50	1	0.0	3.5
Toppings & Ingredients	Pizza Hut	Classic Meatball, Large Thin 'N Crispy	70	2	0.0	5.0
Toppings & Ingredients	Pizza Hut	Classic Meatball, Medium Original Pan	40	1	0.0	3.0
Toppings & Ingredients	Pizza Hut	Classic Meatball, Medium Thin 'N Crispy	45	1	0.0	3.5
Toppings & Ingredients	Pizza Hut	Classic Meatball, Rectangle	40	1	0.0	3.0
Pizza	Pizza Hut	Egg & Cheese, Express Personal Pan	210	17	1.0	12.0
Pizza	Pizza Hut	Egg & Cheese, Small Hand Tossed	250	30	2.0	9.0
Pizza	Pizza Hut	Egg, Cheese & Veggies, Express Personal Pan	210	17	1.0	12.0
Toppings & Ingredients	Pizza Hut	Fresh Mushrooms, Large Hand Tossed	5	1	0.0	0.0
Toppings & Ingredients	Pizza Hut	Fresh Mushrooms, Large Thin 'N Crispy	10	1	0.0	0.0
Fried Potatoes	Pizza Hut	Fries w/ Ketchup	500	67	3.0	24.0
Toppings & Ingredients	Pizza Hut	Green Olives, Large Original Pan, Large Original Stuffed Crust	20	0	0.0	2.0
Pizza	Pizza Hut	Green Pepper, Express Personal Pan Pizza	140	17	1.0	5.0
Pizza	Pizza Hut	Green Pepper, Small Express Hand Tossed Pizza	230	33	3.0	6.0
Pizza	Pizza Hut	Green Pepper, Small Express Thin 'N Crispy Pizza	190	27	2.0	5.0
Toppings & Ingredients	Pizza Hut	Grilled Chicken, Medium Original Pan	20	0	0.0	0.5

Toppings & Ingredients	Pizza Hut	Grilled Chicken, Personal Pan	10	0	0.0	0.0
Toppings & Ingredients	Pizza Hut	Grilled Chicken, Small Hand Tossed	10	0	0.0	0.0
Pizza	Pizza Hut	Ham, Express Personal Pan Pizza	140	17	1.0	5.0
Toppings & Ingredients	Pizza Hut	Ham, Gluten Free	10	0	0.0	0.5
Toppings & Ingredients	Pizza Hut	Ham, Large Hand Tossed	20	0	0.0	1.5
Toppings & Ingredients	Pizza Hut	Ham, Large Original Pan, Large Original Stuffed Crust	20	0	0.0	1.0
Toppings & Ingredients	Pizza Hut	Ham, Medium Original Pan	15	0	0.0	1.0
Pizza	Pizza Hut	Ham, Small Express Hand Tossed Pizza	240	33	2.0	7.0
Pizza	Pizza Hut	Ham, Small Express Thin 'N Crispy Pizza	210	27	2.0	7.0
Toppings & Ingredients	Pizza Hut	Ham, Small Hand Tossed	10	0	0.0	0.5
Toppings & Ingredients	Pizza Hut	Ham, Small Original Pan	10	0	0.0	0.0
Pizza	Pizza Hut	Hawaiian Chicken, Small Express Thin 'N Crispy Pizza	220	28	2.0	6.0
Pizza	Pizza Hut	Hawaiian, Small Express Thin 'N Crispy Pizza	210	29	2.0	6.0
Sandwiches	Pizza Hut	Honey BBQ Sandwich w/ Fries	1720	210	8.0	78.0
Sandwiches	Pizza Hut	Honey BBQ w/ Bacon Sandwich w/ Fries	1890	210	8.0	94.0
Toppings & Ingredients	Pizza Hut	Italian Sausage, Gluten Free	45	0	0.0	4.0
Toppings & Ingredients	Pizza Hut	Italian Sausage, Medium Hand Tossed	60	0	0.0	6.0
Toppings & Ingredients	Pizza Hut	Italian Sausage, Medium Original Pan	60	0	0.0	6.0
Toppings & Ingredients	Pizza Hut	Italian Sausage, Personal Pan	30	0	0.0	3.0
Toppings & Ingredients	Pizza Hut	Italian Sausage, Rectangle	70	0	0.0	6.0
Pizza	Pizza Hut	Italian Sausage, Small Express Thin 'N Crispy Pizza	270	27	2.0	13.0
Toppings & Ingredients	Pizza Hut	Italian Sausage, Small Original Pan	30	0	0.0	3.0
Pizza	Pizza Hut	Jalapeno, Express Personal Pan Pizza	140	17	1.0	5.0
Pizza	Pizza Hut	Jalapeno, Small Express Hand Tossed Pizza	220	33	2.0	6.0
Pizza	Pizza Hut	Jalapeno, Small Express Thin 'N Crispy Pizza	190	27	2.0	5.0
Sandwiches	Pizza Hut	Meat Lover's Pizza Hut Melt	1100	93	7.0	59.0
Pizza	Pizza Hut	Meat Lover's, Small Express Thin 'N Crispy Pizza	320	27	2.0	17.0
Pizza	Pizza Hut	Mushroom, Express Personal Pan Pizza	140	17	1.0	5.0
Pizza	Pizza Hut	Mushroom, Small Express Hand Tossed Pizza	230	33	3.0	6.0
Pizza	Pizza Hut	Mushroom, Small Express Thin 'N Crispy Pizza	190	27	2.0	5.0
Pizza	Pizza Hut	Onion, Express Personal Pan Pizza	140	18	1.0	5.0
Pizza	Pizza Hut	Onion, Small Express Hand Tossed Pizza	230	34	3.0	6.0
Pizza	Pizza Hut	Onion, Small Express Thin 'N Crispy Pizza	190	28	2.0	5.0
Entrees	Pizza Hut	Oven-Baked Cheesy Alfredo Pasta	880	84	5.0	48.0
Entrees	Pizza Hut	Oven-Baked Chicken Alfredo Pasta	930	85	5.0	49.0

Entrees	Pizza Hut	Oven-Baked Italian Meats Pasta	860	97	8.0	37.0
Entrees	Pizza Hut	Oven-Baked Veggie Pasta	640	99	9.0	16.0
Entrees	Pizza Hut	Penne w/ Marinara & Meatballs (1/2 Size)	630	62	6.0	28.0
Entrees	Pizza Hut	Penne w/ Marinara & Meatballs (Regular)	1120	121	12.0	46.0
Entrees	Pizza Hut	Penne w/ Marinara & Mushrooms (1/2 Size)	430	57	6.0	13.0
Entrees	Pizza Hut	Penne w/ Marinara & Mushrooms (Regular)	820	114	13.0	24.0
Entrees	Pizza Hut	Penne w/ Marinara (1/2 Size)	420	57	6.0	13.0
Entrees	Pizza Hut	Penne w/ Marinara (Regular)	810	112	12.0	23.0
Toppings & Ingredients	Pizza Hut	Pepperoni	1150	95	8.0	62.0
Pizza	Pizza Hut	Pepperoni & Ham, Express Personal Pan Pizza	150	17	1.0	6.0
Pizza	Pizza Hut	Pepperoni & Ham, Small Express Thin 'N Crispy Pizza	230	27	2.0	8.0
Pizza	Pizza Hut	Pepperoni & Italian Sausage, Express Personal Pan Pizza	180	17	1.0	9.0
Pizza	Pizza Hut	Pepperoni & Italian Sausage, Small Express Hand Tossed Pizza	310	33	3.0	14.0
Pizza	Pizza Hut	Pepperoni & Italian Sausage, Small Express Thin 'N Crispy Pizza	290	27	2.0	15.0
Pizza	Pizza Hut	Pepperoni & Jalapeno, Small Express Thin 'N Crispy Pizza	210	27	2.0	7.0
Appetizers & Sides	Pizza Hut	Pepperoni Bites, Express Sides	60	7	0.0	2.5
Pizza	Pizza Hut	Pepperoni Lover's, Small Express Thin 'N Crispy Pizza	270	27	2.0	13.0
Toppings & Ingredients	Pizza Hut	Pepperoni, Medium Hand Tossed	40	0	0.0	3.5
Pizza	Pizza Hut	Pepperoni, Small Express Thin 'N Crispy Pizza	230	26	2.0	9.0
Toppings & Ingredients	Pizza Hut	Pepperoni, Small Thin 'N Crispy	20	0	0.0	2.0
Pizza	Pizza Hut	Pork, Express Personal Pan Pizza	160	17	1.0	7.0
Pizza	Pizza Hut	Pork, Small Express Hand Tossed Pizza	280	33	2.0	12.0
Pizza	Pizza Hut	Pork, Small Express Thin 'N Crispy Pizza	260	27	2.0	12.0
Pizza	Pizza Hut	Sausage, Egg & Cheese, Express Personal Pan	260	17	1.0	17.0
Pizza	Pizza Hut	Sausage, Egg & Cheese, Small Hand Tossed	330	30	2.0	17.0
Toppings & Ingredients	Pizza Hut	Seasoned Pork, Large Original Pan	70	0	0.0	6.0
Toppings & Ingredients	Pizza Hut	Seasoned Pork, Large Original Pan	70	0	0.0	6.0
Toppings & Ingredients	Pizza Hut	Seasoned Pork, Large Thin 'N Crispy	90	0	0.0	8.0
Toppings & Ingredients	Pizza Hut	Seasoned Pork, Medium Original Pan	50	0	0.0	4.5
Toppings & Ingredients	Pizza Hut	Seasoned Pork, Personal Pan	25	0	0.0	2.5
Toppings & Ingredients	Pizza Hut	Seasoned Pork, Rectangle	60	0	0.0	5.0
Toppings & Ingredients	Pizza Hut	Seasoned Pork, Small Hand Tossed	30	0	0.0	3.0
Toppings & Ingredients	Pizza Hut	Seasoned Pork, Small Original Pan	25	0	0.0	2.5
Fried Potatoes	Pizza Hut	Straight-Cut Fries w/ Cajun Style Seasoning w/ Ketchup	510	69	4.0	24.0
Fried Potatoes	Pizza Hut	Straight-Cut Fries w/ Lemon Pepper Seasoning w/ Ketchup	510	69	4.0	24.0

Pizza	Pizza Hut	Super Supreme, Small Express Thin 'N Crispy Pizza	310	29	3.0	16.0
Pizza	Pizza Hut	Supreme, Small Express Thin 'N Crispy Pizza	250	28	2.0	10.0
Pizza	Pizza Hut	Supremo w/ Marinara Sauce, P'Zone	980	125	9.0	35.0
Appetizers & Sides	Pizza Hut	Sweet Chili, Bone Out Wing	100	10	0.0	4.5
Appetizers & Sides	Pizza Hut	Sweet Chili, Traditional Bone In Wing	100	4	0.0	5.0
Pizza	Pizza Hut	Tomato, Express Personal Pan Pizza	140	17	1.0	5.0
Pizza	Pizza Hut	Tomato, Small Express Hand Tossed Pizza	230	33	2.0	6.0
Pizza	Pizza Hut	Tomato, Small Express Thin 'N Crispy Pizza	190	27	2.0	5.0
Desserts	Pizza Hut	Triple Chocolate Brownie	350	51	3.0	16.0
Desserts	Pizza Hut	Triple Chocolate Brownie	230	34	2.0	10.0
Pizza	Pizza Hut	Veggie Lover's, Small Express Thin 'N Crispy Pizza	200	28	3.0	6.0
Salads	Pizza Hut	Zesty Italian Salad w/ Chicken	200	18	2.0	11.0
Beverages	Pizza Hut	Ziegenbock	150	11	0.0	0.0
Sandwiches	Popeyes	Chicken Biscuit	490	47	17.0	26.0
Appetizers & Sides	Popeyes	Coleslaw, Regular	140	12	1.0	10.0
Appetizers & Sides	Popeyes	Green Beans, Regular	60	7	3.0	2.0
Appetizers & Sides	Popeyes	Cajun Rice, Regular	180	24	9.0	6.0
Appetizers & Sides	Popeyes	Popcorn Shrimp	390	28	14.0	25.0
Appetizers & Sides	Popeyes	Butterfly Shrimp	420	34	16.0	25.0
Baked Goods	Popeyes	Biscuit	210	20	3.0	13.0
Baked Goods	Popeyes	Baguette	120	22	4.0	2.0
Sandwiches	Popeyes	Bacon Biscuit	400	37	8.0	25.0
Sandwiches	Popeyes	Egg & Sausage Biscuit	690	43	20.0	45.0
Sandwiches	Popeyes	Egg Biscuit	510	41	13.0	29.0
Sandwiches	Popeyes	Sausage & Gravy Biscuit	510	42	10.0	33.0
Sandwiches	Popeyes	Sausage Biscuit	540	41	13.0	36.0
Appetizers & Sides	Popeyes	Chicken Livers	1190	65	54.0	80.0
Entrees	Popeyes	Handcrafted Nuggets	190	10	11.0	12.0
Appetizers & Sides	Popeyes	Mac & Cheese, Large	850	48	33.0	63.0
Appetizers & Sides	Popeyes	Mac & Cheese, Regular	280	16	11.0	21.0
Fried Potatoes	Popeyes	Cajun Fries, Large	800	97	10.0	42.0
Fried Potatoes	Popeyes	Cajun Fries, Regular	270	33	4.0	14.0
Fried Potatoes	Popeyes	Hash Rounds	360	41	3.0	20.0
Appetizers & Sides	Popeyes	Cajun Rice, Large	550	71	28.0	18.0
Appetizers & Sides	Popeyes	Coleslaw, Large	420	36	3.0	30.0

Appetizers & Sides	Popeyes	Corn On The Cob Cobbet (1), Regular	210	34	0.0	6.0
Appetizers & Sides	Popeyes	Green Beans, Large	170	22	8.0	6.0
Entrees	Popeyes	Grits	370	80	5.0	5.0
Appetizers & Sides	Popeyes	Mashed Potatoes With Cajun Gravy, Large	330	54	9.0	12.0
Appetizers & Sides	Popeyes	Mashed Potatoes With Cajun Gravy, Regular	110	18	3.0	4.0
Appetizers & Sides	Popeyes	Onion Rings, Large	560	50	6.0	38.0
Appetizers & Sides	Popeyes	Onion Rings, Regular	280	25	3.0	19.0
Appetizers & Sides	Popeyes	Red Beans & Rice, Large	610	51	19.0	40.0
Appetizers & Sides	Popeyes	Jalapeño	5	1	0.0	0.0
Toppings & Ingredients	Popeyes	Buttermilk Ranch	140	2	0.0	15.0
Toppings & Ingredients	Popeyes	Tartar	140	1	0.0	15.0
Desserts	Popeyes	Hot Cinnamon Apple Pie	240	35	3.0	16.0
Desserts	Popeyes	Sweet Potato Pie	350	41	4.0	19.0
Desserts	Popeyes	Mardi Gras Cheesecake	320	29	5.0	21.0
Desserts	Popeyes	Mississippi Mud Cake	260	50	3.0	7.0
Beverages	Popeyes	Coke	270	73	0.0	0.0
Beverages	Popeyes	Sprite	260	71	0.0	0.0
Beverages	Popeyes	Fanta Strawberry	300	82	0.0	0.0
Beverages	Popeyes	Fanta Orange	290	80	0.0	0.0
Beverages	Popeyes	Hawaiian Punch	310	83	0.0	0.0
Beverages	Popeyes	Mountain Dew	290	77	0.0	0.0
Beverages	Popeyes	Pepsi	280	70	0.0	0.0
Beverages	Popeyes	Diet Pepsi	0	0	0.0	0.0
Beverages	Popeyes	Dr Pepper	260	72	0.0	0.0
Beverages	Popeyes	Unsweetened Tea	0	0	0.0	0.0
Beverages	Popeyes	Sweet Tea	180	16	0.0	0.0
Beverages	Popeyes	Coffee	0	0	0.0	0.0
Beverages	Popeyes	Orange Juice	140	33	2.0	0.0
Toppings & Ingredients	Popeyes	Bolddbq	70	16	0.0	0.0
Toppings & Ingredients	Popeyes	Sweet Heat	70	19	0.0	0.0
Toppings & Ingredients	Popeyes	Mardi Gras Mustard	100	5	1.0	8.0
Toppings & Ingredients	Popeyes	Bayou Buffalo	60	2	0.0	6.0
Entrees	Popeyes	3 Handcrafted Tenders - Blackened	170	2	26.0	2.0
Entrees	Popeyes	Cajun Fish Filet	380	37	16.0	19.0
Entrees	Popeyes	Handcrafted Tender - Classic	150	12	13.0	7.0

Entrees	Popeyes	Leg - Classic	160	5	14.0	9.0
Appetizers & Sides	Popeyes	Corn On The Cob Cobbet (3), Large	630	102	0.0	18.0
Appetizers & Sides	Popeyes	Jambalaya, Large	640	58	29.0	32.0
Appetizers & Sides	Popeyes	Jambalaya, Regular	190	17	8.0	9.0
Entrees	Popeyes	3 Handcrafted Tenders - Classic Or Spicy	450	29	38.0	21.0
Entrees	Popeyes	5 Handcrafted Tenders - Classic Or Spicy	740	48	63.0	34.0
Entrees	Popeyes	5 Handcrafted Tenders - Blackened	280	3	43.0	3.0
Entrees	Popeyes	Leg (Each)	160	5	14.0	9.0
Entrees	Popeyes	Thigh (Each)	280	7	14.0	21.0
Entrees	Popeyes	Whole Wing (Each)	210	8	13.0	14.0
Sandwiches	Popeyes	Chicken Sandwich-Classic	700	50	28.0	42.0
Sandwiches	Popeyes	Chicken Sandwich-Spicy	700	50	28.0	42.0
Toppings & Ingredients	Popeyes	Creole Cocktail	40	9	0.0	0.0
Appetizers & Sides	Popeyes	Red Beans & Rice, Regular	250	22	8.0	16.0
Entrees	Popeyes	Catfish Filet	460	27	21.0	29.0
Beverages	Popeyes	Minute Maid Lemonade	270	71	0.0	0.0
Desserts	Popeyes	Edwards Sliced Pecan Pie	410	52	4.0	21.0
Entrees	Popeyes	Breast (Each)	380	16	35.0	20.0
Entrees	Popeyes	8 Handcrafted Nuggets	380	19	22.0	24.0
Entrees	Popeyes	12 Handcrafted Nuggets	570	28	34.0	36.0
Sandwiches	Portillo's	Beef N Cheddar Croissant	670	44	31.0	41.0
Sandwiches	Portillo's	Char-Grilled Italian Sausage	630	58	28.0	30.0
Sandwiches	Portillo's	Regular Sandwich	690	59	33.0	34.0
Sandwiches	Portillo's	Big Beef Sandwich	1040	88	50.0	51.0
Sandwiches	Portillo's	Regular Chili Cheese Dog	500	36	21.0	30.0
Sandwiches	Portillo's	Jumbo Chili Cheese Dog	610	37	27.0	40.0
Sandwiches	Portillo's	Regular Hot Dog with Everything	340	39	12.0	15.0
Sandwiches	Portillo's	Jumbo Hot Dog with Everything	450	40	18.0	25.0
Entrees	Portillo's	Maxwell Street Polish	570	32	25.0	39.0
Sandwiches	Portillo's	Breaded Chicken Sandwich	600	60	30.0	25.0
Burgers	Portillo's	Single Bacon Burger	670	43	41.0	35.0
Burgers	Portillo's	Double Bacon Burger	950	43	68.0	54.0
Burgers	Portillo's	Single Hamburger	570	47	34.0	26.0
Burgers	Portillo's	Double Hamburger	900	47	61.0	50.0
Toppings & Ingredients	Portillo's	Slice of American Cheese	90	2	4.0	7.0

Sandwiches	Portillo's	Meatball Sandwich	1050	83	57.0	57.0
Soup	Portillo's	Bowl of Original Chili with Cheese and Onion	430	42	22.0	20.0
Entrees	Portillo's	Chicken Tenders, 4 Piece	340	24	24.0	16.0
Entrees	Portillo's	Chicken Tenders, 6 Piece	510	36	36.0	25.0
Fried Potatoes	Portillo's	Chili Cheese Fries	450	46	11.0	27.0
Fried Potatoes	Portillo's	French Fries, Small	380	47	5.0	20.0
Fried Potatoes	Portillo's	French Fries, Large	530	67	7.0	28.0
Baked Goods	Portillo's	Fresh Baked House Bread	480	99	18.0	2.0
Appetizers & Sides	Portillo's	Meatball with Sauce and Cheese	330	11	20.0	24.0
Appetizers & Sides	Portillo's	Onion Rings	350	62	6.0	8.0
Salads	Portillo's	Side Garden Salad (no dressing)	170	16	7.0	8.0
Appetizers & Sides	Portillo's	Side of Meatballs	310	13	20.0	21.0
Appetizers & Sides	Portillo's	Tamale in Bowl of Chili	540	43	22.0	31.0
Appetizers & Sides	Portillo's	Tamale	340	36	11.0	17.0
Toppings & Ingredients	Portillo's	Hot Peppers	50	2	0.0	5.0
Toppings & Ingredients	Portillo's	Side of Gravy	120	1	0.0	13.0
Toppings & Ingredients	Portillo's	Sweet Peppers	40	2	0.0	4.0
Soup	Portillo's	Chicken Noodle Soup	140	15	14.0	3.0
Desserts	Portillo's	Strawberry Shortcake	480	73	3.0	20.0
Salads	Portillo's	Greek Salad with Chicken with dressing	615	23	27.0	44.0
Salads	Portillo's	Classic Caesar Salad with dressing	570	18	15.0	48.0
Salads	Portillo's	Chopped Salad with dressing	800	45	40.0	49.0
Entrees	Portillo's	Chicago Combo Bowl	550	0	42.0	42.0
Entrees	Portillo's	Classic Beef Bowl	360	0	32.0	25.0
Entrees	Portillo's	Italiano Bowl	660	10	49.0	47.0
Sandwiches	Portillo's	Spicy Chicken Sandwich	520	60	29.0	17.0
Sandwiches	Portillo's	Breaded Fish Sandwich	710	55	23.0	43.0
Salads	Portillo's	Chopped Salad without dressing	550	37	40.0	25.0
Salads	Portillo's	Classic Caesar Salad without dressing	230	16	13.0	12.0
Salads	Portillo's	Classic Caesar Salad with Grilled Chicken without dressing	360	18	38.0	12.0
Salads	Portillo's	Classic Caesar Salad with Grilled Chicken with dressing	700	24	42.0	65.0
Salads	Portillo's	Greek Salad with Chicken without dressing	340	15	27.0	16.0
Toppings & Ingredients	Portillo's	BBQ Sauce	38	9	0.0	1.0
Toppings & Ingredients	Portillo's	Caesar Dressing	340	2	2.0	36.0
Toppings & Ingredients	Portillo's	Honey Mustard Sauce	195	11	0.0	17.0

Toppings & Ingredients	Portillo's	Hot Giardiniera Sauce	90	2	0.0	5.0
Toppings & Ingredients	Portillo's	House Dressing	340	8	0.0	34.0
Toppings & Ingredients	Portillo's	Lite Italian Dressing	80	4	0.0	7.0
Toppings & Ingredients	Portillo's	Ranch Dressing	260	4	2.0	26.0
Desserts	Portillo's	Lemon Cake	700	103	5.0	29.0
Toppings & Ingredients	Portillo's	Add Bacon	100	0	7.0	9.0
Toppings & Ingredients	Portillo's	Barnell's Add Chicken	130	2	21.0	4.0
Toppings & Ingredients	Portillo's	Barnell's Add Italian Sausage	280	0	18.0	23.0
Toppings & Ingredients	Portillo's	Barnell's Add Meatball	310	13	20.0	21.0
Sandwiches	Portillo's	Char-Grilled Italian Sausage	280	0	18.0	23.0
Entrees	Portillo's	Hot Dog	150	2	7.0	12.0
Entrees	Portillo's	Jumbo Hot Dog	260	3	13.0	22.0
Entrees	Portillo's	Italian Beef and Sausage Combo	820	59	40.0	46.0
Sandwiches	Portillo's	Plant-Based Garden Dog	320	44	10.0	12.0
Burgers	Portillo's	Single Rodeo Burger	790	59	47.0	40.0
Burgers	Portillo's	Double Rodeo Burger	1160	61	77.0	66.0
Sandwiches	Portillo's	Broiled Chicken Sandwich	400	36	26.0	17.0
Toppings & Ingredients	Portillo's	Roasted Garlic Vinaigrette	250	0	0.0	28.0
Baked Goods	Portillo's	Chocolate Eclair Cake	520	83	6.0	18.0
Desserts	Portillo's	Portillo's Famous Chocolate Cake	720	86	6.0	37.0
Baked Goods	Portillo's	Garlic Bread	680	61	10.0	44.0
Baked Goods	Portillo's	Cheesy Garlic Bread	860	63	22.0	58.0
Toppings & Ingredients	Portillo's	Regular Cheese Sauce	135	9	2.0	9.0
Toppings & Ingredients	Portillo's	Jumbo Cheese Sauce	540	36	8.0	36.0
Entrees	Portillo's	Baked Mostaccioli without Sauce	1050	106	55.0	46.0
Entrees	Portillo's	Baked Mostaccioli with Marinara Sauce	1480	129	82.0	74.0
Entrees	Portillo's	Baked Mostaccioli with Meat Sauce	1430	126	83.0	68.0
Entrees	Portillo's	Fettuccine Alfredo	1890	154	95.0	103.0
Entrees	Portillo's	Mostaccioli Large without sauce	760	137	32.0	11.0
Entrees	Portillo's	Mostaccioli Large with Marinara Sauce	1160	164	43.0	39.0
Entrees	Portillo's	Mostaccioli Large with Meat Sauce	1080	160	45.0	30.0
Entrees	Portillo's	Mostaccioli Small without Sauce	510	84	23.0	10.0
Entrees	Portillo's	Mostaccioli Small with Marinara Sauce	780	102	30.0	29.0
Entrees	Portillo's	Mostaccioli Small with Meat Sauce	720	100	32.0	23.0
Entrees	Portillo's	Penne All Arrabbiata	1230	131	37.0	64.0



Entrees	Portillo's	Penne Ala Vodka	2140	192	53.0	129.0
Entrees	Portillo's	Spaghetti Large without Sauce	760	137	32.0	11.0
Entrees	Portillo's	Spaghetti Large with Marinara Sauce	1160	164	43.0	39.0
Entrees	Portillo's	Spaghetti Large with Meat Sauce	1080	160	45.0	30.0
Entrees	Portillo's	Spaghetti Small without Sauce	510	84	23.0	10.0
Entrees	Portillo's	Spaghetti Small with Marinara Sauce	780	102	30.0	29.0
Entrees	Portillo's	Spaghetti Small with Meat Sauce	720	100	32.0	23.0
Entrees	Portillo's	Full Slab Ribs	1020	78	39.0	60.0
Entrees	Portillo's	Half Slab Ribs	510	39	19.0	30.0
Sandwiches	Portillo's	Breaded Chicken	310	26	23.0	12.0
Sandwiches	Portillo's	Breaded Whitefish	250	17	12.0	13.0
Sandwiches	Portillo's	Burger Patty	280	0	27.0	18.0
Sandwiches	Portillo's	Char-Broiled Chicken (Portillo's)	130	2	21.0	4.0
Sandwiches	Portillo's	Char-Broiled Chicken (Barnelli's)	130	2	21.0	4.0
Sandwiches	Portillo's	Char-Grilled Polish Sausage	400	3	20.0	35.0
Soup	Portillo's	Cup of Italian Beef	270	7	11.0	22.0
Entrees	Portillo's	Plant-Based Garden Dog	130	7	5.0	9.0
Baked Goods	Portillo's	Brioche Bun	190	33	7.0	4.0
Baked Goods	Portillo's	French Bread, 6 inch	300	58	10.0	2.0
Baked Goods	Portillo's	Hamburger Bun	220	42	7.0	3.0
Baked Goods	Portillo's	Hot Dog Bun	140	26	4.0	3.0
Baked Goods	Portillo's	Croissant, 3 oz	260	43	6.0	7.0
Beverages	Portillo's	Chocolate Cake Shake (Small)	850	138	13.0	25.0
Beverages	Portillo's	Chocolate Cake Shake (Large)	1490	240	21.0	47.0
Beverages	Portillo's	Chocolate Covered Strawberry Shake (Small)	1300	206	16.0	42.0
Beverages	Portillo's	Chocolate Covered Strawberry Shake (Large)	2200	343	26.0	73.0
Beverages	Portillo's	Chocolate Malt (Small)	600	114	14.0	10.0
Beverages	Portillo's	Chocolate Malt (Large)	970	186	22.0	15.0
Beverages	Portillo's	Chocolate Shake (Small)	540	102	13.0	9.0
Beverages	Portillo's	Chocolate Shake (Large)	890	168	20.0	14.0
Beverages	Portillo's	Coke (Small)	150	41	0.0	0.0
Beverages	Portillo's	Coke (Large)	240	65	0.0	0.0
Beverages	Portillo's	Diet Coke (Small)	0	0	0.0	0.0
Beverages	Portillo's	Diet Coke (Large)	0	0	0.0	0.0
Beverages	Portillo's	Hi-C Flashin Fruit Punch (Small)	160	42	0.0	0.0

Beverages	Portillo's	Hi-C Flashin Fruit Punch (Large)	250	67	0.0	0.0
Beverages	Portillo's	Iced Tea (Small)	0	0	0.0	0.0
Beverages	Portillo's	Iced Tea (Large)	0	0	0.0	0.0
Beverages	Portillo's	Milk	120	11	8.0	5.0
Beverages	Portillo's	Minute Maid Lemonade (Small)	150	39	0.0	0.0
Beverages	Portillo's	Minute Maid Lemonade (Large)	230	62	0.0	0.0
Beverages	Portillo's	Root Beer (Small)	170	45	0.0	0.0
Beverages	Portillo's	Root Beer (Large)	270	72	0.0	0.0
Beverages	Portillo's	Sprite (Small)	150	39	0.0	0.0
Beverages	Portillo's	Sprite (Large)	230	62	0.0	0.0
Beverages	Portillo's	Malt (Small)	600	114	14.0	10.0
Beverages	Portillo's	Strawberry Malt (Large)	970	185	22.0	15.0
Beverages	Portillo's	Strawberry Shake (Small)	540	102	13.0	9.0
Beverages	Portillo's	Strawberry Shake (Large)	890	167	20.0	14.0
Beverages	Portillo's	Strawberry Lemon Cake Shake (Small)	763	132	11.0	21.0
Beverages	Portillo's	Strawberry Lemon Cake Shake (Large)	1309	222	17.0	38.0
Beverages	Portillo's	Sweet Tea (Small)	120	32	0.0	0.0
Beverages	Portillo's	Sweet Tea (Large)	190	50	0.0	0.0
Beverages	Portillo's	Vanilla Malt (Small)	550	103	14.0	10.0
Beverages	Portillo's	Vanilla Malt (Large)	880	164	22.0	15.0
Beverages	Portillo's	Vanilla Shake (Small)	500	91	13.0	9.0
Beverages	Portillo's	Vanilla Shake (Large)	800	146	20.0	14.0
Toppings & Ingredients	Qdoba	Flour Tortilla (10")	210	36	6.0	5.0
Toppings & Ingredients	Qdoba	Flour Tortilla (5.5")	70	12	2.0	1.5
Toppings & Ingredients	Qdoba	Black Beans (4 oz.) (v)	140	24	9.0	1.0
Toppings & Ingredients	Qdoba	Cilantro Lime Rice (4 oz.) (v)	190	38	3.0	2.5
Toppings & Ingredients	Qdoba	Whole Wheat Flour Tortilla 12.5"	280	45	8.0	7.0
Toppings & Ingredients	Qdoba	3 (Three)- Cheese Queso (4 oz.)	190	6	6.0	15.0
Toppings & Ingredients	Qdoba	Pinto Beans (4 oz.) (v)	130	23	8.0	1.0
Toppings & Ingredients	Qdoba	Cilantro Lime Rice (2 oz.)	90	19	2.0	1.5
Toppings & Ingredients	Qdoba	Fajita Veggies (2 oz.)	40	3	1.0	3.0
Toppings & Ingredients	Qdoba	Pinto Beans (2 oz.)	70	12	4.0	0.0
Toppings & Ingredients	Qdoba	Flour Tortilla (12.5")	300	52	8.0	7.0
Desserts	Qdoba	Cookie, Chocolate Chunk	280	36	3.0	14.0
Toppings & Ingredients	Qdoba	Smoked Brisket (3.5 oz.)	270	3	20.0	20.0

Toppings & Ingredients	Qdoba	Pickled Jalapenos (1 oz.)	15	3	0.0	0.0
Beverages	Qdoba	Barq's Root Beer (Reg)	280	73	0.0	0.0
Beverages	Qdoba	Barq's Root Beer (Lrg)	430	110	0.0	0.0
Beverages	Qdoba	Caffeine Free Diet Coke (Reg)	0	0	0.0	0.0
Beverages	Qdoba	Caffeine Free Diet Coke (Lrg)	0	0	0.0	0.0
Beverages	Qdoba	Cherry Coca-Cola (Reg)	230	65	0.0	0.0
Beverages	Qdoba	Cherry Coca-Cola (Lrg)	350	98	0.0	0.0
Beverages	Qdoba	Coca-Cola Zero (Reg)	0	0	0.0	0.0
Beverages	Qdoba	Coca-Cola Zero (Lrg)	0	0	0.0	0.0
Beverages	Qdoba	Coca-Cola (Reg)	240	67	0.0	0.0
Beverages	Qdoba	Coca-Cola (Lrg)	360	100	0.0	0.0
Beverages	Qdoba	Diet Coke (Reg)	0	0	0.0	0.0
Beverages	Qdoba	Diet Coke (Lrg)	0	0	0.0	0.0
Beverages	Qdoba	Fanta Orange (Reg)	270	73	0.0	0.0
Beverages	Qdoba	Fanta Orange (Lrg)	410	110	0.0	0.0
Beverages	Qdoba	Fuze Raspberry Tea (Reg)	150	38	0.0	0.0
Beverages	Qdoba	Fuze Raspberry Tea (Lrg)	230	57	0.0	0.0
Beverages	Qdoba	Hi-C Flashin Fruit Punch (Reg)	130	37	0.0	0.0
Beverages	Qdoba	Hi-C Flashin Fruit Punch (Lrg)	200	55	0.0	0.0
Beverages	Qdoba	Mello Yello (Reg)	290	78	0.0	0.0
Beverages	Qdoba	Mello Yello (Lrg)	440	117	0.0	0.0
Beverages	Qdoba	Minute Maid Lemonade(HFCS) Lrg	410	109	0.0	0.0
Beverages	Qdoba	Minute Maid Light Lemonade (Lrg)	60	15	0.0	0.0
Beverages	Qdoba	POWERRade Mountain Berry Blast (Reg)	130	35	0.0	0.0
Beverages	Qdoba	POWERRade Mountain Berry Blast (Lrg)	200	53	0.0	0.0
Beverages	Qdoba	Gold Peak Classic Blend Tea (Reg)	10	3	0.0	0.0
Beverages	Qdoba	Gold Peak Classic Blend Tea (Lrg)	15	4	0.0	0.0
Beverages	Qdoba	Sprite (Reg)	260	67	0.0	0.0
Beverages	Qdoba	Sprite (Lrg)	400	101	0.0	0.0
Beverages	Qdoba	Coca Cola (20 fl. oz.)	240	65	0.0	0.0
Beverages	Qdoba	Diet Coke (20 fl. oz.)	0	0	0.0	0.0
Beverages	Qdoba	Vitamin Water Power C (20 fl. oz.)	100	27	0.0	0.0
Beverages	Qdoba	Vitamin Water XXX (20 fl. oz.)	100	28	0.0	0.0
Beverages	Qdoba	Vitamin Water Zero Squeezed Lemonade (20 fl. oz.)	5	4	0.0	0.0
Beverages	Qdoba	Simply Orange Juice (11.5 fl. oz.)	160	37	0.0	0.0

Beverages	Qdoba	Minute Maid Kid's Apple Juice Box (6 fl. oz.)	80	21	0.0	0.0
Toppings & Ingredients	Qdoba	Chorizo (3.0 oz.)	170	5	15.0	10.0
Toppings & Ingredients	Qdoba	Eggs (6 oz.)	230	2	19.0	16.0
Toppings & Ingredients	Qdoba	Plant-Based Impossible (3.1 oz.)	170	8	13.0	9.0
Toppings & Ingredients	Qdoba	Picante Ranch Dressing (1.5 oz.)	90	3	1.0	9.0
Toppings & Ingredients	Qdoba	3 (Three)- Cheese Queso (2 oz.)	90	3	3.0	8.0
Beverages	Qdoba	White Milk lowfat 1% (8 fl. oz.)/ Ca Standards	110	14	9.0	2.0
Beverages	Qdoba	White Milk lowfat 1% (8 fl. oz.)/ Fed Standards	100	12	8.0	2.5
Appetizers & Sides	Qdoba	Apple Sauce, Natural	50	13	0.0	0.0
Entrees	Qdoba	Chicken Protein Bowl	500	43	35.0	23.0
Entrees	Qdoba	Fajita Vegan Bowl	530	84	16.0	17.0
Entrees	Qdoba	Smoked Brisket (Keto) Bowl	500	17	29.0	37.0
Sandwiches	Qdoba	Chicken Queso Burrito	1050	127	55.0	36.0
Entrees	Qdoba	Steak Fajita Quesadilla	1100	70	62.0	65.0
Sandwiches	Qdoba	Impossible Fajita Burrito	880	137	36.0	23.0
Toppings & Ingredients	Qdoba	Grilled Adobo Chicken (3.5 oz.)	170	1	23.0	9.0
Toppings & Ingredients	Qdoba	Seasoned Brown Rice (2 oz.)	90	18	2.0	1.0
Toppings & Ingredients	Qdoba	Sour Cream, (1 oz.)	50	3	1.0	5.0
Toppings & Ingredients	Qdoba	Cotija Cheese (.25 oz.)	25	0	1.0	2.0
Entrees	Qdoba	Chicken Queso Bowl	750	74	47.0	29.0
Entrees	Qdoba	Impossible Taco Salad	510	48	31.0	22.0
Entrees	Qdoba	Impossible Fajita Bowl	580	85	28.0	15.0
Toppings & Ingredients	Qdoba	Bacon (Select Locations) (1 oz.)	120	1	9.0	8.0
Toppings & Ingredients	Qdoba	Bacon (Select Locations) (2 oz.)	230	2	19.0	17.0
Toppings & Ingredients	Qdoba	Cholula Hot & Sweet Chicken (3.5oz)	170	8	19.0	7.0
Toppings & Ingredients	Qdoba	Chorizo (1.5 oz.)	90	2	8.0	5.0
Toppings & Ingredients	Qdoba	Citrus Vinaigrette (1.5 oz.)	100	7	0.0	8.0
Toppings & Ingredients	Qdoba	Crunchy Tortilla Shell	390	41	7.0	22.0
Toppings & Ingredients	Qdoba	Grilled Steak (3.5 oz.)	200	3	26.0	10.0
Toppings & Ingredients	Qdoba	Ground Beef (3.5 oz.)	190	4	16.0	11.0
Toppings & Ingredients	Qdoba	Pulled Pork (3.5 oz.)	100	4	14.0	4.5
Toppings & Ingredients	Qdoba	Queso Diablo (2 oz.)	90	3	3.0	7.0
Toppings & Ingredients	Qdoba	Seasoned Brown Rice (4 oz.) (v)	170	36	4.0	1.5
Toppings & Ingredients	Qdoba	Shredded Cheese (1.0 oz.)	110	1	7.0	9.0
Toppings & Ingredients	Qdoba	Soft Corn Tortilla	60	11	1.0	0.5

Entrees	Qdoba	Cholula Hot & Sweet Chicken Bowl	590	75	34.0	18.0
Sandwiches	Qdoba	Cholula Hot & Sweet Chicken Burrito	890	127	42.0	25.0
Salads	Qdoba	Citrus Lime Chicken Salad	540	52	36.0	22.0
Entrees	Qdoba	Low-Cal Chicken Grain Bowl	510	52	37.0	18.0
Salads	Qdoba	Paleo Chicken Salad	330	18	27.0	20.0
Sandwiches	Qdoba	Street Style Chicken Tacos (3) Corn	490	50	31.0	22.0
Sandwiches	Qdoba	Street Style Chicken Tacos (3) Flour	540	52	33.0	25.0
Sandwiches	Qdoba	Street Style Pulled Pork Tacos (3) Corn	320	43	20.0	9.0
Sandwiches	Qdoba	Street Style Pulled Pork Tacos (3) Flour	370	46	22.0	13.0
Toppings & Ingredients	Qdoba	Black Beans (2 oz.)	70	12	5.0	0.0
Toppings & Ingredients	Qdoba	Grilled Chicken (1.75 oz.)	90	1	12.0	4.5
Toppings & Ingredients	Qdoba	Grilled Steak (1.75 oz.)	100	2	13.0	5.0
Toppings & Ingredients	Qdoba	Hand Smashed Guac (1 oz.)	40	2	1.0	4.0
Toppings & Ingredients	Qdoba	Pulled Pork (2 oz.)	60	2	8.0	2.5
Toppings & Ingredients	Qdoba	Shredded Cheese (0.5 oz.)	60	0	3.0	4.5
Toppings & Ingredients	Qdoba	Soft Corn Tortilla	60	11	1.0	0.5
Toppings & Ingredients	Qdoba	Sour Cream (1 oz.)	50	3	1.0	5.0
Toppings & Ingredients	Qdoba	3 (Three)- Cheese Queso (1 oz.)	45	2	2.0	4.0
Appetizers & Sides	Qdoba	Tortilla Chips (2 oz.)	280	37	3.0	13.0
Beverages	Qdoba	Minute Maid Lemonade(HFCS) Reg	280	72	0.0	0.0
Beverages	Qdoba	Gold Peak Southern Tea (Reg)	280	70	0.0	0.0
Beverages	Qdoba	Gold Peak Southern Tea (Lrg)	410	110	0.0	0.0
Beverages	Qdoba	Gold Peak Classic Sweet Tea (Reg)	210	52	0.0	0.0
Beverages	Qdoba	Gold Peak Classic Sweet Tea (Lrg)	310	78	0.0	0.0
Beverages	Qdoba	Chocolate Milk (Lowfat 1%) (7 fl. oz.)	180	29	10.0	2.5
Beverages	Qdoba	Gold Peak Lemon Ice Tea (16.9 fl. oz.)	180	45	0.0	0.0
Beverages	Qdoba	Gold Peak Raspberry Ice Tea (16.9 fl. oz.)	170	44	0.0	0.0
Beverages	Qdoba	Jarritos Lime (12.5 fl.oz)	170	44	0.0	0.0
Beverages	Qdoba	Jarritos Mandarin (12.5 fl.oz)	140	36	0.0	0.0
Beverages	Qdoba	Jarritos Pineapple (12.5 fl. oz)	140	35	0.0	0.0
Beverages	Qdoba	Jarritos Strawberry (12.5fl. oz)	170	43	0.0	0.0
Desserts	Qdoba	Double Chocolate Brownie	360	52	4.0	16.0
Toppings & Ingredients	Qdoba	Chile Corn Salsa (1 oz.)	30	6	1.0	0.0
Toppings & Ingredients	Qdoba	Chile Crema (1 oz)	100	1	0.0	11.0
Toppings & Ingredients	Qdoba	Chopped Cilantro (.12 oz.)	0	0	0.0	0.0

Toppings & Ingredients	Qdoba	Crispy Taco Shell	60	8	1.0	2.5
Toppings & Ingredients	Qdoba	Habanero Salsa (1 oz.)	10	2	0.0	0.0
Toppings & Ingredients	Qdoba	Hand Crafted Guacamole (2 oz.)	80	5	1.0	8.0
Toppings & Ingredients	Qdoba	Hand Crafted Guacamole (4 oz.)	170	9	2.0	15.0
Toppings & Ingredients	Qdoba	Jalapeno Verde (1oz)	30	2	1.0	2.5
Toppings & Ingredients	Qdoba	Pickled Red Onion (0.8 oz)	10	3	0.0	0.0
Toppings & Ingredients	Qdoba	Pico de Gallo (1 oz.)	5	1	1.0	0.0
Toppings & Ingredients	Qdoba	Roasted Tomato Salsa (1 oz.)	5	1	0.0	0.0
Toppings & Ingredients	Qdoba	Romaine Lettuce (0.25 oz.)	0	0	0.0	0.0
Toppings & Ingredients	Qdoba	Romaine Lettuce for Salad (3.5 oz)	15	3	1.0	0.0
Toppings & Ingredients	Qdoba	Salsa Roja (1 oz.)	5	2	0.0	0.0
Toppings & Ingredients	Qdoba	Salsa Verde (1 oz.)	10	0	0.0	0.0
Toppings & Ingredients	Qdoba	Seasoned Potatoes (2 oz.)	100	12	1.0	0.0
Toppings & Ingredients	Qdoba	Tortilla Chips (4 oz.)	560	75	7.0	26.0
Toppings & Ingredients	Qdoba	Tortilla Strips (0.5 oz.)	70	8	1.0	4.5
Entrees	Qdoba	Fresca Chicken Bowl	490	54	37.0	16.0
Sandwiches	Qdoba	Southwest Steak Burrito	1060	134	48.0	38.0
Entrees	Qdoba	Surf & Turf Bowl (8 pieces shrimp + 3.5 oz steak)	760	61	52.0	35.0
Sandwiches	Qdoba	Surf & Turf Burrito (8 pieces shrimp + 3.5 oz steak)	1070	113	60.0	42.0
Beverages	Qdoba	Minute Maid Light Lemonade (Reg)	40	10	0.0	0.0
Beverages	Qdoba	Dasani Water (16.9 fl. oz.)	0	0	0.0	0.0
Beverages	Qdoba	Tazo Organic Giant Peach Tea (13.8 fl. oz.)	130	31	0.0	0.0
Beverages	Qdoba	Tazo Organic Iced Green Tea (13.8 fl. oz.)	100	25	0.0	0.0
Beverages	Qdoba	Tazo Organic Iced Black Tea (13.8 fl. oz.)	100	15	0.0	0.0
Soup	Quiznos	Broccoli Cheese, Small	120	10	4.0	8.0
Soup	Quiznos	Broccoli Cheese, Regular	220	18	6.0	14.0
Soup	Quiznos	Chicken Noodle, Small	70	8	4.0	2.0
Soup	Quiznos	Chicken Noodle, Regular	120	14	7.0	4.0
Soup	Quiznos	Chili, Small	160	19	11.0	5.0
Soup	Quiznos	Chili, Regular	290	34	20.0	10.0
Salads	Quiznos	Apple Harvest Salad Full Salad	520	48	19.0	29.0
Salads	Quiznos	Apple Harvest Salad Half Salad	350	29	9.0	22.0
Sandwiches	Quiznos	Peppercorn Steak 12" Sub	1290	114	60.0	66.0
Sandwiches	Quiznos	Peppercorn Steak 8" Sub	840	76	40.0	42.0
Sandwiches	Quiznos	Peppercorn Steak 4" Sub	420	38	20.0	21.0

Sandwiches	Quiznos	Black Angus Steakhouse 12" Sub	1170	134	70.0	40.0
Sandwiches	Quiznos	Black Angus Steakhouse 8" Sub	780	88	47.0	27.0
Sandwiches	Quiznos	Black Angus Steakhouse 4" Sub	390	44	23.0	13.0
Sandwiches	Quiznos	Carbonara 4" Sub	440	36	27.0	21.0
Sandwiches	Quiznos	Carbonara 8" Sub	890	73	54.0	42.0
Sandwiches	Quiznos	Carbonara 12" Sub	1350	110	82.0	65.0
Sandwiches	Quiznos	Ultimate Turkey Club 4" Sub	370	37	23.0	14.0
Sandwiches	Quiznos	Ultimate Turkey Club 8" Sub	740	73	47.0	29.0
Sandwiches	Quiznos	Ultimate Turkey Club 12" Sub	1120	109	70.0	44.0
Sandwiches	Quiznos	Turkey Bacon Guacamole 4" Sub	420	39	24.0	18.0
Sandwiches	Quiznos	Turkey Bacon Guacamole 8" Sub	840	79	49.0	37.0
Sandwiches	Quiznos	Turkey Bacon Guacamole 12" Sub	1260	116	72.0	57.0
Sandwiches	Quiznos	Classic Italian 4" Sub	450	40	21.0	23.0
Sandwiches	Quiznos	Classic Italian 8" Sub	890	79	38.0	48.0
Sandwiches	Quiznos	Classic Italian 12" Sub	1260	115	61.0	63.0
Sandwiches	Quiznos	Honey Bacon Club 4" Sub	420	44	24.0	16.0
Sandwiches	Quiznos	Honey Bacon Club 8" Sub	830	88	47.0	32.0
Sandwiches	Quiznos	Honey Bacon Club 12" Sub	1270	133	71.0	50.0
Sandwiches	Quiznos	Spicy Monterey 4" Sub	300	41	19.0	8.0
Sandwiches	Quiznos	Spicy Monterey 8" Sub	600	81	38.0	15.0
Sandwiches	Quiznos	Spicy Monterey 12" Sub	920	124	54.0	25.0
Sandwiches	Quiznos	Veggie Guacamole 4" Sub	410	41	14.0	22.0
Sandwiches	Quiznos	Veggie Guacamole 8" Sub	810	81	28.0	44.0
Sandwiches	Quiznos	Veggie Guacamole 12" Sub	1240	121	42.0	67.0
Sandwiches	Quiznos	Mesquite 4" Sub	400	37	27.0	17.0
Sandwiches	Quiznos	Mesquite 8" Sub	800	73	53.0	33.0
Sandwiches	Quiznos	Mesquite 12" Sub	1210	109	79.0	51.0
Sandwiches	Quiznos	Honey Mustard 4" Sub	430	40	27.0	18.0
Sandwiches	Quiznos	Honey Mustard 8" Sub	850	80	53.0	36.0
Sandwiches	Quiznos	Honey Mustard 12" Sub	1300	120	80.0	55.0
Sandwiches	Quiznos	Baja 4" Sub	400	38	26.0	16.0
Sandwiches	Quiznos	Baja 8" Sub	800	76	52.0	32.0
Sandwiches	Quiznos	Baja 12" Sub	1220	114	78.0	49.0
Sandwiches	Quiznos	Chipotle Steak & Cheddar 4" Sub	420	36	20.0	22.0
Sandwiches	Quiznos	Chipotle Steak & Cheddar 8" Sub	840	73	39.0	44.0

Sandwiches	Quiznos	Chipotle Steak & Cheddar 12" Sub	1290	110	59.0	68.0
Sandwiches	Quiznos	Italian Meatball 4" Sub	460	44	26.0	21.0
Sandwiches	Quiznos	Italian Meatball 8" Sub	930	88	53.0	43.0
Sandwiches	Quiznos	Italian Meatball 12" Sub	1390	132	79.0	64.0
Sandwiches	Quiznos	Kids Triple Cheese 4" Sub	230	23	12.0	10.0
Sandwiches	Quiznos	Chipotle Turkey 4" Sub	390	36	19.0	18.0
Sandwiches	Quiznos	Chipotle Turkey 8" Sub	770	72	38.0	37.0
Sandwiches	Quiznos	Chipotle Turkey 12" Sub	1170	108	57.0	58.0
Sandwiches	Quiznos	French Dip 12" Sub	1140	119	62.0	45.0
Sandwiches	Quiznos	French Dip 4" Sub	400	40	22.0	16.0
Sandwiches	Quiznos	French Dip 8" Sub	760	79	42.0	30.0
Sandwiches	Quiznos	Southwest Chicken 12" Sub	1310	109	65.0	70.0
Sandwiches	Quiznos	Southwest Chicken 4" Sub	430	36	22.0	22.0
Sandwiches	Quiznos	Southwest Chicken 8" Sub	860	73	43.0	45.0
Sandwiches	Quiznos	Tuna Melt 12" Sub	990	114	66.0	32.0
Sandwiches	Quiznos	Tuna Melt 4" Sub	330	38	22.0	11.0
Sandwiches	Quiznos	Tuna Melt 8" Sub	660	76	44.0	22.0
Salads	Quiznos	Italian Salad Half Salad	350	9	16.0	45.0
Salads	Quiznos	Italian Salad Full Salad	700	18	31.0	57.0
Salads	Quiznos	Spicy Monterey Half Salad	320	10	15.0	24.0
Salads	Quiznos	Tuna Melt Half Salad	420	12	18.0	34.0
Salads	Quiznos	Tuna Melt Full Salad	600	19	35.0	44.0
Salads	Quiznos	Veggie Guacamole Half Salad	420	12	9.0	37.0
Salads	Quiznos	Veggie Guacamole Full Salad	590	20	18.0	50.0
Salads	Quiznos	Chipotle Turkey Half Salad	470	7	14.0	43.0
Salads	Quiznos	Chipotle Turkey Full Salad	590	11	28.0	49.0
Salads	Quiznos	Ultimate Turkey Club Half Salad	370	6	19.0	29.0
Salads	Quiznos	Ultimate Turkey Club Full Salad	530	10	37.0	38.0
Salads	Quiznos	Honey Bacon Club Half Salad	450	27	19.0	29.0
Salads	Quiznos	Honey Bacon Club Full Salad	620	33	37.0	37.0
Salads	Quiznos	Turkey Bacon Guacamole Half Salad	400	9	20.0	31.0
Salads	Quiznos	Turkey Bacon Guacamole Full Salad	600	18	39.0	42.0



Salads	Quiznos	Mesquite Half Salad	380	7	22.0	29.0
Salads	Quiznos	Mesquite Full Salad	560	11	43.0	38.0
Salads	Quiznos	Baja Half Salad	540	8	21.0	47.0
Salads	Quiznos	Baja Full Salad	730	15	42.0	56.0
Salads	Quiznos	Carbonara Half Salad	510	11	24.0	42.0
Salads	Quiznos	Carbonara Full Salad	700	15	46.0	51.0
Salads	Quiznos	Honey Mustard Half Salad	470	17	22.0	35.0
Salads	Quiznos	Honey Mustard Full Salad	650	22	43.0	43.0
Salads	Quiznos	Southwest Chicken Half Salad	520	7	17.0	47.0
Salads	Quiznos	Southwest Chicken Full Salad	680	13	34.0	57.0
Sandwiches	Quiznos	Apple Harvest 4" Sub	400	49	16.0	16.0
Salads	Quiznos	Black Angus Steakhouse Half Salad	310	31	19.0	12.0
Salads	Quiznos	Black Angus Steakhouse Full Salad	510	37	37.0	24.0
Salads	Quiznos	Peppercom Steak Half Salad	540	10	16.0	48.0
Salads	Quiznos	Peppercom Steak Full Salad	680	16	30.0	55.0
Salads	Quiznos	French Dip Half Salad	390	17	18.0	28.0
Salads	Quiznos	French Dip Full Salad	530	22	33.0	34.0
Salads	Quiznos	Chipotle Steak & Cheddar Half Salad	510	7	15.0	47.0
Salads	Quiznos	Chipotle Steak & Cheddar Full Salad	670	13	30.0	56.0
Fried Potatoes	Quiznos	Classic Tater Tots	210	25	3.0	11.0
Fried Potatoes	Quiznos	Loaded Tater TotS	320	25	11.0	19.0
Salads	Quiznos	Side Garden Salad	270	9	2.0	26.0
Sandwiches	Quiznos	Chipotle Turkey Sammie	400	30	18.0	23.0
Sandwiches	Quiznos	Honey Bacon Club Sammie	430	39	23.0	19.0
Sandwiches	Quiznos	Classic Italian Sammie	330	37	18.0	26.0
Sandwiches	Quiznos	Turkey Ranch & Swiss 4" Sub	340	37	20.0	12.0
Sandwiches	Quiznos	Turkey Ranch & Swiss Sammie	340	31	19.0	16.0
Sandwiches	Quiznos	Spicy Monterey Sammie	300	35	18.0	10.0
Sandwiches	Quiznos	Veggie Guacamole Sammie	420	34	13.0	25.0
Sandwiches	Quiznos	Tuna Melt Sammie	330	32	21.0	13.0
Sandwiches	Quiznos	Mesquite Sammie	410	30	26.0	20.0
Sandwiches	Quiznos	Southwest Chicken Sammie	440	30	21.0	27.0

Sandwiches	Quiznos	Honey Mustard Sammie	440	34	26.0	21.0
Sandwiches	Quiznos	Carbonara Sammie	460	30	26.0	25.0
Sandwiches	Quiznos	Baja Sammie	410	32	25.0	19.0
Sandwiches	Quiznos	Apple Harvest Sammie	410	43	15.0	20.0
Sandwiches	Quiznos	Black Angus Steakhouse Sammie	390	39	23.0	15.0
Sandwiches	Quiznos	Chipotle Steak & Cheddar Sammie	440	30	19.0	26.0
Sandwiches	Quiznos	French Dip Sammie	400	34	21.0	19.0
Sandwiches	Quiznos	Peppercom Steak Sammie	440	32	19.0	26.0
Salads	Quiznos	Turkey Ranch & Swiss Half Salad	320	8	16.0	25.0
Salads	Quiznos	Chef Salad Half Salad	430	8	16.0	37.0
Salads	Quiznos	Chef Salad Full Salad	590	13	32.0	46.0
Salads	Quiznos	Spicy Monterey Full Salad	430	18	29.0	28.0
Salads	Quiznos	Turkey Ranch & Swiss Full Salad	430	12	29.0	30.0
Sandwiches	Quiznos	Turkey Ranch & Swiss 8" Sub	670	73	39.0	25.0
Sandwiches	Quiznos	Turkey Ranch & Swiss 12" Sub	1010	110	58.0	38.0
Toppings & Ingredients	Quiznos	Cheddar	60	0	4.0	4.5
Soup	Quiznos	Tomato Basil Bisque, Small	160	12	2.0	12.0
Soup	Quiznos	Tomato Basil Bisque, Regular	290	21	4.0	21.0
Toppings & Ingredients	Quiznos	Buttermilk Ranch	60	1	0.0	6.0
Toppings & Ingredients	Quiznos	Turkey Breast	45	0	9.0	0.0
Toppings & Ingredients	Quiznos	Yellow Mustard	15	1	1.0	0.5
Toppings & Ingredients	Quiznos	Swiss	50	1	4.0	4.0
Toppings & Ingredients	Quiznos	Guacamole 100g	45	2	0.0	4.0
Salads	Quiznos	Italian Meatball Half Salad	330	17	22.0	21.0
Salads	Quiznos	Italian Meatball Full Salad	620	28	43.0	40.0
Sandwiches	Quiznos	Apple Harvest 8" Sub	790	97	32.0	32.0
Sandwiches	Quiznos	Apple Harvest 12" Sub	1210	147	47.0	50.0
Sandwiches	Quiznos	Traditional Club 4" Sub	360	38	20.0	15.0
Sandwiches	Quiznos	Traditional Club 8" Sub	720	76	39.0	30.0
Sandwiches	Quiznos	Traditional Club 12" Sub	1100	114	58.0	46.0
Sandwiches	Quiznos	Traditional Club Sammie	370	32	19.0	18.0
Salads	Quiznos	Traditional Club Half Salad	340	9	15.0	28.0
Salads	Quiznos	Traditional Club Full Salad	480	15	29.0	35.0
Sandwiches	Quiznos	Italian Meatball Sammie	460	38	25.0	23.0
Sandwiches	Quiznos	Lobster & Seafood Salad 4" Sub	300	40	12.0	11.0

Sandwiches	Quiznos	Lobster & Seafood Salad 8" Sub	610	80	24.0	22.0
Sandwiches	Quiznos	Lobster & Seafood Salad 12" Sub	910	120	35.0	33.0
Sandwiches	Quiznos	Lobster & Seafood Salad Sammie	300	34	11.0	13.0
Salads	Quiznos	Lobster & Seafood Salad Half Salad	300	12	8.0	24.0
Salads	Quiznos	Lobster & Seafood Salad Full Salad	390	21	15.0	28.0
Toppings & Ingredients	Quiznos	3 oz. Portion Au Jus	35	0	2.0	2.5
Sandwiches	Quiznos	Kids Triple Cheese Sammie	260	29	12.0	11.0
Toppings & Ingredients	Quiznos	Artisan White 4"	170	33	6.0	1.5
Toppings & Ingredients	Quiznos	Artisan Wheat 4"	150	29	6.0	1.5
Toppings & Ingredients	Quiznos	Lite Mayo	45	2	0.0	4.5
Toppings & Ingredients	Quiznos	Red Wine Vinaigrette	80	1	0.0	8.0
Toppings & Ingredients	Quiznos	Ham	60	3	9.0	1.5
Toppings & Ingredients	Quiznos	Provolone	40	0	4.0	3.0
Toppings & Ingredients	Quiznos	Black Olives	10	0	0.0	1.0
Toppings & Ingredients	Quiznos	Cucumber	0	0	0.0	0.0
Toppings & Ingredients	Quiznos	Fresh Green Peppers	0	0	0.0	0.0
Toppings & Ingredients	Quiznos	Fresh Mushrooms	0	0	0.0	0.0
Toppings & Ingredients	Quiznos	Lettuce	5	1	0.0	0.0
Toppings & Ingredients	Quiznos	Pickles	0	0	0.0	0.0
Toppings & Ingredients	Quiznos	Red Onions	5	1	0.0	0.0
Toppings & Ingredients	Quiznos	Sautéed Veggies	10	0	0.0	1.0
Toppings & Ingredients	Quiznos	Tomatoes	5	1	0.0	0.0
Sandwiches	Quiznos	Hickory Smoked Burnt Ends 4" Sub	380	45	19.0	14.0
Sandwiches	Quiznos	Hickory Smoked Burnt Ends 8" Sub	740	85	37.0	28.0
Sandwiches	Quiznos	Hickory Smoked Burnt Ends 12" Sub	1110	126	56.0	42.0
Sandwiches	Quiznos	Ultimate Turkey Club Sammie	370	30	22.0	17.0
Sandwiches	Quiznos	Turkey Bacon Guacamole Sammie	420	33	23.0	22.0
Appetizers & Sides	Quiznos	Cheesy Garlic Bread 4"	440	42	15.0	24.0
Toppings & Ingredients	Quiznos	Rosemary Parmesan 4"	140	25	5.0	2.5
Toppings & Ingredients	Quiznos	Jalapeno Cheddar 4"	150	26	6.0	2.0
Toppings & Ingredients	Quiznos	Sammie	160	26	5.0	3.5
Entrees	Raising Cane's Chicken Fingers	Chicken Finger	130	5	13.0	6.0
Fried Potatoes	Raising Cane's Chicken Fingers	Crinkle-Cut Fries	390	49	5.0	19.0
Appetizers & Sides	Raising Cane's Chicken Fingers	Texas Toast	140	23	4.0	4.0
Appetizers & Sides	Raising Cane's Chicken Fingers	Coleslaw	100	11	1.0	6.0

Toppings & Ingredients	Raising Cane's Chicken Fingers	Cane's Sauce	190	6	0.0	19.0
Sandwiches	Raising Cane's Chicken Fingers	Chicken Sandwich	780	66	48.0	39.0
Entrees	Raising Cane's Chicken Fingers	Kids Combo	630	38	29.0	40.0
Entrees	Raising Cane's Chicken Fingers	3 Finger Combo	1020	81	47.0	56.0
Entrees	Raising Cane's Chicken Fingers	Box Combo	1250	97	61.0	68.0
Entrees	Raising Cane's Chicken Fingers	Caniac Combo	1790	124	89.0	104.0
Entrees	Raising Cane's Chicken Fingers	Chicken Sandwich Combo	1080	103	52.0	54.0
Beverages	Raising Cane's Chicken Fingers	Sweet Tea - Kids	90	23	0.0	0.0
Beverages	Raising Cane's Chicken Fingers	Sweet Tea - Regular	140	36	0.0	0.0
Beverages	Raising Cane's Chicken Fingers	Sweet Tea - Large	190	50	0.0	0.0
Beverages	Raising Cane's Chicken Fingers	Unsweet Tea - Kids	1380	355	0.0	0.0
Beverages	Raising Cane's Chicken Fingers	Unsweet Tea - Regular	0	0	0.0	0.0
Beverages	Raising Cane's Chicken Fingers	Unsweet Tea - Large	0	0	0.0	0.0
Beverages	Raising Cane's Chicken Fingers	Lemonade - Kids	0	0	0.0	0.0
Beverages	Raising Cane's Chicken Fingers	Lemonade - Regular	0	0	0.0	0.0
Beverages	Raising Cane's Chicken Fingers	Lemonade - Large	90	24	0.0	0.0
Beverages	Raising Cane's Chicken Fingers	Lemonade - JUG	180	46	0.0	0.0
Beverages	Raising Cane's Chicken Fingers	Sweet Tea - JUG	240	64	0.0	0.0
Beverages	Raising Cane's Chicken Fingers	Unsweet Tea - JUG	1750	455	1.0	1.0
Beverages	Raising Cane's Chicken Fingers	Apple Juice Drink Pouch	35	9	0.0	0.0
Beverages	Raising Cane's Chicken Fingers	Milk 1% Box	110	13	8.0	2.5
Baked Goods	Red Lobster	Cheddar Bay Biscuits (each)	160	16	3.0	10.0
Soup	Red Lobster	Lobster Bisque-Cup	310	14	10.0	20.0
Soup	Red Lobster	Lobster Bisque-Bowl	600	27	18.0	40.0
Soup	Red Lobster	New England Clam Chowder-Cup	240	11	7.0	15.0
Soup	Red Lobster	New England Clam Chowder-Bowl	470	22	15.0	30.0
Salads	Red Lobster	Side Caesar Salad	290	12	5.0	25.0
Salads	Red Lobster	Classic Caesar Salad with Grilled Chicken	720	19	48.0	50.0
Salads	Red Lobster	Classic Caesar with Grilled Shrimp	660	19	33.0	51.0
Entrees	Red Lobster	CYO-Walt's Favorite Shrimp	380	43	15.0	16.0
Appetizers & Sides	Red Lobster	Langostino Lobster-Artichoke-and- Seafood Dip	890	82	30.0	35.0
Appetizers & Sides	Red Lobster	Mozzarella Cheesesticks	730	58	30.0	40.0
Entrees	Red Lobster	Walt's Favorite Shrimp	550	60	22.0	24.0
Entrees	Red Lobster	Admiral's Feast	1680	138	60.0	98.0
Entrees	Red Lobster	Ultimate Feast	1070	60	54.0	68.0

Entrees	Red Lobster	Sailor's Platter	1130	76	42.0	74.0
Entrees	Red Lobster	Bar Harbor Lobster Bake	1100	80	69.0	54.0
Entrees	Red Lobster	Kids Macaroni and Cheese	280	39	10.0	10.0
Entrees	Red Lobster	Kids Popcorn Shrimp	250	34	8.0	10.0
Appetizers & Sides	Red Lobster	Baked Potato	270	55	7.0	3.5
Appetizers & Sides	Red Lobster	Coleslaw	110	10	2.0	8.0
Appetizers & Sides	Red Lobster	Mashed Potatoes	170	24	4.0	9.0
Toppings & Ingredients	Red Lobster	Ketchup	60	15	0.0	0.0
Toppings & Ingredients	Red Lobster	Marinara Sauce	35	4	0.0	2.0
Toppings & Ingredients	Red Lobster	Pina Colada Sauce	100	14	0.0	4.5
Toppings & Ingredients	Red Lobster	Tartar Sauce	210	4	0.0	21.0
Toppings & Ingredients	Red Lobster	100% Pure Melted Butter	300	0	0.0	33.0
Toppings & Ingredients	Red Lobster	Blue Cheese Dressing	230	2	2.0	24.0
Toppings & Ingredients	Red Lobster	Caesar Dressing	300	0	2.0	32.0
Toppings & Ingredients	Red Lobster	Honey Mustard Dressing	200	9	0.0	18.0
Toppings & Ingredients	Red Lobster	Ranch Dressing	150	2	0.0	16.0
Toppings & Ingredients	Red Lobster	Thousand Island Dressing	210	8	0.0	19.0
Toppings & Ingredients	Red Lobster	Add Butter to Baked Potato	80	0	0.0	8.0
Toppings & Ingredients	Red Lobster	Add Sour Cream to Baked Potato	25	0	0.0	2.0
Toppings & Ingredients	Red Lobster	Cocktail Sauce	45	11	0.0	0.0
Toppings & Ingredients	Red Lobster	Pico de Gallo	10	2	0.0	0.0
Appetizers & Sides	Red Lobster	Walt's Favorite Shrimp - Add Six More	300	35	12.0	12.0
Desserts	Red Lobster	Chocolate Wave	1110	134	11.0	62.0
Beverages	Red Lobster	Kids Juice	110	27	2.0	0.0
Beverages	Red Lobster	Kids Milk 1%	100	12	8.0	2.5
Beverages	Red Lobster	Malibu Hurricane	160	28	0.0	0.0
Beverages	Red Lobster	Top-Shelf Long Island Iced Tea	180	15	0.0	0.0
Beverages	Red Lobster	Iced Tea	0	1	0.0	0.0
Beverages	Red Lobster	Dr. Pepper	140	39	0.0	0.0
Beverages	Red Lobster	Classic Margarita-Frozen	180	23	0.0	0.0
Beverages	Red Lobster	Classic Margarita-Rocks	120	8	0.0	0.0
Beverages	Red Lobster	Raspberry Margarita-Frozen	280	46	0.0	0.0
Beverages	Red Lobster	Strawberry Margarita-Frozen	280	47	0.0	0.0
Beverages	Red Lobster	Lobsterita - Strawberry	500	82	0.0	0.0
Beverages	Red Lobster	Lobsterita - Traditional	350	42	0.0	0.0

Beverages	Red Lobster	Lobsterita - Raspberry	500	82	0.0	0.0
Beverages	Red Lobster	Alotta Colada	550	102	0.0	6.0
Beverages	Red Lobster	Bahama Mama	360	61	0.0	0.0
Beverages	Red Lobster	Mango Mai Tai	200	35	0.0	0.0
Beverages	Red Lobster	Sunset Passion Colada	310	66	0.0	3.0
Beverages	Red Lobster	Triple Berry Sangria	200	35	0.0	0.0
Salads	Red Lobster	Classic Caesar Salad	520	18	10.0	46.0
Salads	Red Lobster	Classic Caesar Salad with Salmon	830	19	41.0	65.0
Beverages	Red Lobster	Mojito	160	21	0.0	0.0
Beverages	Red Lobster	Strawberry Margarita-Rocks	170	20	0.0	0.0
Beverages	Red Lobster	Raspberry Margarita-Rocks	170	20	0.0	0.0
Beverages	Red Lobster	Peach Margarita-Rocks	170	20	0.0	0.0
Beverages	Red Lobster	Peach Margarita-Frozen	290	50	0.0	0.0
Beverages	Red Lobster	Hand-Crafted Lemonade-Classic Lemonade	140	37	0.0	0.0
Beverages	Red Lobster	Hand-Crafted Lemonade-Strawberry	240	62	0.0	0.0
Beverages	Red Lobster	Fruit Smoothie-Strawberry	460	95	7.0	6.0
Beverages	Red Lobster	Fruit Smoothie-Raspberry	460	94	7.0	6.0
Beverages	Red Lobster	Fruit Smoothie-Peach	470	96	7.0	6.0
Beverages	Red Lobster	Boston Iced Tea-Classic Cranberry	80	19	0.0	0.0
Beverages	Red Lobster	Boston Iced Tea-Raspberry	100	26	0.0	0.0
Beverages	Red Lobster	Boston Iced Tea-Peach	110	27	0.0	0.0
Beverages	Red Lobster	Kids Lemonade	50	14	0.0	0.0
Beverages	Red Lobster	Kids Raspberry Lemonade	90	24	0.0	0.0
Appetizers & Sides	Red Lobster	White Wine and Roasted-Garlic Mussels	880	67	31.0	53.0
Desserts	Red Lobster	Brownie Overboard	1020	121	13.0	57.0
Entrees	Red Lobster	Salmon New Orleans (Half)	580	9	42.0	41.0
Appetizers & Sides	Red Lobster	Signature Jumbo Shrimp Cocktail	130	11	21.0	0.0
Appetizers & Sides	Red Lobster	Parrot Isle Jumbo Coconut Shrimp Appetizer	610	52	15.0	39.0
Entrees	Red Lobster	Salmon New Orleans (Full)	890	9	74.0	60.0
Appetizers & Sides	Red Lobster	Kids Fruit	30	8	0.0	0.0
Appetizers & Sides	Red Lobster	Seafood-Stuffed Mushrooms	390	18	30.0	22.0
Beverages	Red Lobster	Casco Bay Cooler - Cherry Wave Slushy	150	37	0.0	0.0
Beverages	Red Lobster	Casco Bay Cooler - Peachy Breezy Smoothie	190	45	3.0	0.0
Beverages	Red Lobster	Casco Bay Cooler - Raspberry Bay Smoothie	190	44	3.0	0.0
Beverages	Red Lobster	Casco Bay Cooler - Sunset Strawberry Smoothie	190	44	3.0	0.0

Beverages	Red Lobster	Hard Cider (12 oz.)	220	32	0.0	0.0
Beverages	Red Lobster	14 oz. Draft Beer - Light	120	7	0.0	0.0
Beverages	Red Lobster	20 oz. Draft Beer - Light	170	10	1.0	0.0
Beverages	Red Lobster	Nonalcoholic Beer (12 oz.)	70	15	0.0	0.0
Beverages	Red Lobster	14 oz. Draft Beer - Regular	180	15	2.0	0.0
Beverages	Red Lobster	20 oz. Draft Beer - Regular	260	21	3.0	0.0
Beverages	Red Lobster	Sparkling (Split)	160	10	0.0	0.0
Beverages	Red Lobster	Wine-Bottle	640	29	3.0	0.0
Desserts	Red Lobster	Vanilla Bean Cheesecake	690	56	9.0	49.0
Entrees	Red Lobster	Kids Golden-Fried Fish	530	53	22.0	25.0
Entrees	Red Lobster	Wild-Caught Snow Crab Legs	440	0	32.0	34.0
Pizza	Red Lobster	Lobster & Langostino Pizza	700	59	39.0	35.0
Entrees	Red Lobster	Parrot Isle Jumbo Coconut Shrimp	1220	96	39.0	76.0
Beverages	Red Lobster	Tropical White Sangria	150	24	0.0	0.0
Appetizers & Sides	Red Lobster	Crab-Stuffed Shrimp Rangoon	660	48	15.0	45.0
Entrees	Red Lobster	CYO-Garlic Shrimp Scampi	430	6	24.0	35.0
Appetizers & Sides	Red Lobster	Loaded Baked Potato	520	57	17.0	26.0
Beverages	Red Lobster	Tito's Strawberry Lemonade	180	25	0.0	0.0
Soup	Red Lobster	Family New England Clam Chowder (1 quart)	1390	116	41.0	86.0
Soup	Red Lobster	Family Lobster Bisque (1 quart)	1710	128	52.0	108.0
Entrees	Red Lobster	Walt's Favorite Shrimp Party Platter	1250	155	48.0	49.0
Appetizers & Sides	Red Lobster	Parrot Isle Jumbo Coconut Shrimp Platter	2870	245	83.0	174.0
Entrees	Red Lobster	Seaside Shrimp Trio	1500	114	76.0	82.0
Appetizers & Sides	Red Lobster	Family Mashed Potatoes	560	71	11.0	26.0
Toppings & Ingredients	Red Lobster	French Dressing	180	10	0.0	16.0
Desserts	Red Lobster	Kids Surf's Up Sundae	200	25	3.0	10.0
Beverages	Red Lobster	Coffee	0	0	0.0	0.0
Entrees	Red Lobster	Steak: 7 oz. Sirloin	260	1	41.0	11.0
Entrees	Red Lobster	Lobster Linguini	1120	79	68.0	59.0
Entrees	Red Lobster	Lobster Lover's Dream	1980	75	87.0	150.0
Appetizers & Sides	Red Lobster	Signature Jumbo Shrimp Cocktail Platter (2 lb)	800	53	142.0	2.5
Desserts	Red Lobster	Vanilla Bean Cheesecake (12 Slices)	8680	754	108.0	588.0
Entrees	Red Lobster	Seafarer's Feast	1260	81	53.0	80.0
Fried Potatoes	Red Lobster	Sea-Salted Fries	510	74	7.0	20.0
Entrees	Red Lobster	Garlic Shrimp Scampi Add-On	300	3	12.0	18.0

Appetizers & Sides	Red Lobster	Hand-Breaded Calamari	1000	44	47.0	70.0
Entrees	Red Lobster	Sesame-Soy Salmon Bowl	930	90	46.0	42.0
Entrees	Red Lobster	Garlic Linguini Alfredo with Cajun Chicken	1070	83	63.0	54.0
Entrees	Red Lobster	Garlic Linguini Alfredo with Crab	1110	75	46.0	68.0
Entrees	Red Lobster	Garlic Linguini Alfredo with Shrimp	990	75	53.0	52.0
Entrees	Red Lobster	Fish & Chips	1230	117	46.0	65.0
Appetizers & Sides	Red Lobster	CYO-Bay Scallops (Broiled)	250	20	31.0	6.0
Entrees	Red Lobster	CYO-Popcorn Shrimp	430	49	16.0	19.0
Entrees	Red Lobster	Fish Fry Friday	1230	117	46.0	65.0
Entrees	Red Lobster	Steak-and-Lobster Wednesday	680	2	54.0	50.0
Entrees	Red Lobster	Throwback Thursday - Walt's Favorite Shrimp	550	60	22.0	24.0
Entrees	Red Lobster	Two for Tuesday - Lobster, Shrimp & Salmon (each)	930	5	57.0	50.0
Appetizers & Sides	Red Lobster	Crispy Brussels Sprouts	380	48	11.0	17.0
Appetizers & Sides	Red Lobster	Lobster-Topped Baked Potato	350	51	13.0	11.0
Salads	Red Lobster	Side House Salad	110	10	5.0	6.0
Beverages	Red Lobster	Berry Margarita	180	21	0.0	0.0
Beverages	Red Lobster	Tropic Treasure	190	21	0.0	1.0
Beverages	Red Lobster	Diet Pepsi	0	0	0.0	0.0
Beverages	Red Lobster	Fruit Punch	170	45	0.0	0.0
Beverages	Red Lobster	Mountain Dew	160	44	0.0	0.0
Beverages	Red Lobster	Pepsi	150	41	0.0	0.0
Beverages	Red Lobster	Sierra Mist	150	41	0.0	0.0
Beverages	Red Lobster	Watermelon-Lime Refresca	80	20	0.0	0.0
Beverages	Red Lobster	Wine-6 oz.	150	5	0.0	0.0
Beverages	Red Lobster	Wine-9 oz.	220	7	0.0	0.0
Entrees	Red Lobster	Admiral's Family Feast	4980	393	171.0	302.0
Entrees	Red Lobster	Cajun Chicken Linguini Alfredo Family Meal	3460	259	230.0	166.0
Entrees	Red Lobster	Chicken Breast Strips Platter	4860	160	331.0	323.0
Desserts	Red Lobster	Chocolate Wave Cake (14 slices)	13020	1564	118.0	746.0
Entrees	Red Lobster	Crab Linguini Alfredo Family Meal	3060	225	116.0	184.0
Entrees	Red Lobster	Create Your Own Family Feast – Golden-Fried Fish	2330	119	78.0	172.0
Entrees	Red Lobster	Create Your Own Family Feast – Parrot Isle Jumbo Coconut Shrimp	1520	137	41.0	91.0
Entrees	Red Lobster	Create Your Own Family Feast – Shrimp Scampi	870	12	48.0	70.0
Entrees	Red Lobster	Create Your Own Family Feast – Walt's Favorite Shrimp	690	92	25.0	25.0
Entrees	Red Lobster	Crunchy Popcorn Shrimp Party Platter	2500	270	92.0	117.0



Appetizers & Sides	Red Lobster	Family Baked Potatoes with Butter and Sour Cream	1470	224	28.0	56.0
Salads	Red Lobster	Family Caesar Salad	870	35	15.0	75.0
Appetizers & Sides	Red Lobster	Family French Fries	1730	271	22.0	62.0
Entrees	Red Lobster	Parrot Isle Coconut Shrimp Family Meal	3280	270	98.0	201.0
Entrees	Red Lobster	Seaside Shrimp Trio Family Feast	5090	393	254.0	270.0
Entrees	Red Lobster	Sesame-Soy Salmon Family Bowl	3530	325	181.0	164.0
Entrees	Red Lobster	Shrimp Linguini Alfredo Family Meal	2970	226	158.0	156.0
Entrees	Red Lobster	Shrimp Scampi Family Meal	1730	24	95.0	140.0
Entrees	Red Lobster	Signature Jumbo Shrimp Cocktail Platter (1 1/4 lb)	500	40	82.0	1.5
Entrees	Red Lobster	Ultimate Family Feast	4210	167	207.0	300.0
Entrees	Red Lobster	Walt's Favorite Shrimp Family Meal	1690	190	68.0	73.0
Beverages	Red Lobster	Berry Sunset Lobsterita - Frozen	440	65	0.0	0.0
Entrees	Red Lobster	Live Maine Lobster (1 1/4 lb. Steamed)	440	0	33.0	34.0
Entrees	Red Lobster	Live Maine Lobster (1 1/4 lb. Stuffed)	610	12	45.0	41.0
Sandwiches	Red Lobster	Lobster & Shrimp Tacos	1120	158	39.0	37.0
Entrees	Red Lobster	Lobster & Shrimp Topped Sirloin	1000	7	78.0	72.0
Appetizers & Sides	Red Lobster	Lobster-Topped Mashed Potatoes	320	30	11.0	17.0
Entrees	Red Lobster	Lobster Lover's Dream with Cajun Chicken Alfredo	2100	84	103.0	150.0
Entrees	Red Lobster	Lobster Lover's Dream with Shrimp Alfredo	2020	76	92.0	140.0
Entrees	Red Lobster	Maine Lobster Tail Duo	560	1	25.0	51.0
Beverages	Red Lobster	Passion Fruit Lobsterita - Frozen	580	104	0.0	0.0
Beverages	Red Lobster	Passion Fruit Lobsterita - Rocks	460	72	0.0	0.0
Appetizers & Sides	Red Lobster	Crispy Green Beans	720	50	7.0	58.0
Burgers	Red Lobster	Bacon Cheeseburger	750	43	61.0	36.0
Sandwiches	Red Lobster	Crunch-Fried Flounder Sandwich	1000	87	30.0	59.0
Entrees	Red Lobster	Garlic Shrimp Skewers	380	42	26.0	11.0
Appetizers & Sides	Red Lobster	Garlic Shrimp Skewers - Add a Skewer	80	1	11.0	4.0
Entrees	Red Lobster	Lobster-Topped Stuffed Flounder	510	15	40.0	32.0
Appetizers & Sides	Red Lobster	Parrot Isle Jumbo Coconut Shrimp - Add Five More	470	41	19.0	36.0
Entrees	Red Lobster	Crispy Chicken Tenders	950	28	82.0	56.0
Entrees	Red Lobster	Steak: 6 oz. Filet Mignon	250	2	34.0	12.0
Entrees	Red Lobster	Steak: 10 oz. NY Strip	580	2	66.0	35.0
Entrees	Red Lobster	Caribbean Rock Lobster & Shrimp	920	47	43.0	63.0
Entrees	Red Lobster	Grilled Lobster, Shrimp & Salmon	930	5	57.0	50.0
Entrees	Red Lobster	Surf & Turf: Maine Lobster Tail & 7 oz. Sirloin	680	2	54.0	50.0

Entrees	Red Lobster	Surf & Turf: Walt's Favorite Shrimp & 7 oz. Sirloin	560	36	53.0	23.0
Entrees	Red Lobster	CYO-7 oz. Wood-Grilled Sirloin	260	1	41.0	11.0
Entrees	Red Lobster	CYO-Atlantic Salmon (Blackened)	320	2	32.0	20.0
Entrees	Red Lobster	CYO-Atlantic Salmon (Grilled)	310	0	32.0	19.0
Entrees	Red Lobster	CYO-Atlantic Salmon (Oven-Broiled)	310	0	32.0	19.0
Entrees	Red Lobster	CYO-Bay Scallops (Crispy)	710	61	33.0	36.0
Entrees	Red Lobster	CYO-Crispy Clam Strips	960	74	20.0	65.0
Entrees	Red Lobster	CYO-Grilled Sea Scallops (with rice)	300	43	17.0	7.0
Entrees	Red Lobster	CYO-Parrot Isle Jumbo Coconut Shrimp	660	55	20.0	41.0
Entrees	Red Lobster	CYO-Wild-Caught Broiled Flounder	150	0	18.0	8.0
Entrees	Red Lobster	CYO-Wild-Caught Crispy Flounder	680	43	22.0	46.0
Entrees	Red Lobster	Ultimate Endless Shrimp Monday - Garlic Shrimp Scampi (Initial Order)	250	3	20.0	18.0
Entrees	Red Lobster	Ultimate Endless Shrimp Monday - Garlic Shrimp Scampi (Refill)	220	3	12.0	18.0
Entrees	Red Lobster	Ultimate Endless Shrimp Monday - Grilled Shrimp (Initial Order)	380	42	26.0	11.0
Entrees	Red Lobster	Ultimate Endless Shrimp Monday - Grilled Shrimp (Refill)	80	0	11.0	4.0
Entrees	Red Lobster	Ultimate Endless Shrimp Monday - Parrot Isle Coconut Shrimp (Initial Order)	660	55	20.0	41.0
Entrees	Red Lobster	Ultimate Endless Shrimp Monday - Parrot Isle Coconut Shrimp (Refill)	660	55	20.0	41.0
Entrees	Red Lobster	Ultimate Endless Shrimp Monday - Shrimp Linguini Alfredo (Initial Order)	630	57	27.0	32.0
Entrees	Red Lobster	Ultimate Endless Shrimp Monday - Shrimp Linguini Alfredo (Refill)	630	57	27.0	32.0
Entrees	Red Lobster	Ultimate Endless Shrimp Monday - Walt's Favorite Shrimp (Initial Order)	300	35	12.0	12.0
Entrees	Red Lobster	Ultimate Endless Shrimp Monday - Walt's Favorite Shrimp (Refill)	300	35	12.0	12.0
Appetizers & Sides	Red Lobster	Grilled Shrimp Skewer Add-On	80	0	11.0	4.0
Appetizers & Sides	Red Lobster	Popcorn Shrimp Add-On	430	49	16.0	19.0
Appetizers & Sides	Red Lobster	Snow Crab Legs Add-On	370	1	16.0	34.0
Appetizers & Sides	Red Lobster	Fresh Broccoli	170	10	4.0	14.0
Appetizers & Sides	Red Lobster	Lobster-Topped Mashed Potatoes	320	30	11.0	17.0
Appetizers & Sides	Red Lobster	Orzo Rice	230	41	4.0	5.0
Appetizers & Sides	Red Lobster	Bacon Mac & Cheese	630	47	26.0	37.0
Desserts	Red Lobster	Meyer Lemon Cake	470	56	4.0	26.0
Entrees	Red Lobster	Garlic Shrimp Scampi - Lunch	250	3	20.0	18.0
Entrees	Red Lobster	Grilled Atlantic Salmon-Lunch	310	0	32.0	19.0
Entrees	Red Lobster	Parrot Isle Jumbo Coconut Shrimp - Lunch	660	55	20.0	41.0
Entrees	Red Lobster	Popcorn Shrimp	430	49	16.0	19.0
Entrees	Red Lobster	Shrimp Linguini Alfredo-Lunch	990	75	53.0	52.0
Entrees	Red Lobster	Walt's Favorite Shrimp-Lunch	300	35	12.0	12.0

Entrees	Red Lobster	Wild-Caught Broiled Flounder-Lunch	300	1	35.0	16.0
Entrees	Red Lobster	Wild-Caught Crispy Flounder-Lunch	1140	81	44.0	71.0
Entrees	Red Lobster	Kids Chicken Tenders	680	28	24.0	45.0
Toppings & Ingredients	Red Lobster	BBQ Sauce	70	18	0.0	0.0
Beverages	Red Lobster	12 oz. Bottled Beer - Light	100	6	0.0	0.0
Beverages	Red Lobster	12 oz. Bottled Beer - Regular	150	13	2.0	0.0
Beverages	Red Lobster	Berry Sunset Lobsterita - Frozen	440	65	0.0	0.0
Beverages	Red Lobster	Passion Fruit Lobsterita - Frozen	580	104	0.0	0.0
Beverages	Red Lobster	Passion Fruit Lobsterita - Rocks	460	72	0.0	0.0
Appetizers & Sides	Red Lobster	Family Seasoned Broccoli	520	30	11.0	42.0
Appetizers & Sides	Red Robin	Mandarin Oranges	30	8	0.0	0.0
Appetizers & Sides	Red Robin	Steamed Broccoli	15	3	2.0	0.0
Appetizers & Sides	Red Robin	Towering Onion Rings	1290	179	17.0	57.0
Beverages	Red Robin	Apple Juice	80	19	0.0	0.0
Beverages	Red Robin	Chocolate Milk	200	36	9.0	2.5
Beverages	Red Robin	Freckled Lemonade, Kid	110	28	0.0	0.0
Beverages	Red Robin	Milk	140	17	11.0	3.5
Beverages	Red Robin	Orange Juice	80	19	1.0	0.5
Beverages	Red Robin	Root Beer Float, Kid	190	41	3.0	2.5
Beverages	Red Robin	Coca-Cola Classic, Adult	120	33	0.0	0.0
Beverages	Red Robin	Barq's Root Beer, Adult	130	38	0.0	0.0
Beverages	Red Robin	Diet Coke, Adult	0	0	0.0	0.0
Beverages	Red Robin	Dr Pepper, Adult	130	33	0.0	0.0
Beverages	Red Robin	Freckled Lemonade, Adult	150	38	0.0	0.0
Beverages	Red Robin	Root Beer Float, Adult	580	132	9.0	7.0
Beverages	Red Robin	Sprite, Adult	130	34	0.0	0.0
Beverages	Red Robin	Very Berry Raspberry Limeade	180	46	0.0	0.0
Beverages	Red Robin	Milkshake (Chocolate), Kid	540	77	11.0	21.0
Beverages	Red Robin	Milkshake (Strawberry), Kid	510	72	10.0	21.0
Beverages	Red Robin	Milkshake (Vanilla), Kid	500	69	10.0	21.0
Beverages	Red Robin	Malt (Chocolate), Kid	570	83	12.0	22.0
Beverages	Red Robin	Malt (Strawberry), Kid	550	78	11.0	22.0
Beverages	Red Robin	Malt (Vanilla), Kid	530	75	11.0	22.0
Beverages	Red Robin	Milkshake (Chocolate), Monster	1020	150	21.0	38.0
Beverages	Red Robin	Milkshake (Strawberry), Monster	930	130	20.0	38.0

Beverages	Red Robin	Milkshake (Vanilla), Monster	940	133	19.0	38.0
Beverages	Red Robin	Malt (Strawberry), Monster	990	140	22.0	39.0
Beverages	Red Robin	Malt (Vanilla), Monster	1000	143	20.0	39.0
Beverages	Red Robin	Spiked Freckled Lemonade	270	41	3.0	0.0
Beverages	Red Robin	Sand in Your Shorts	350	61	0.0	0.5
Beverages	Red Robin	Tropical Mai Tai	320	47	0.0	0.0
Beverages	Red Robin	Bud Light, 12oz	100	5	0.0	0.0
Beverages	Red Robin	Coors Light, 12oz	100	5	1.0	0.0
Beverages	Red Robin	Corona Extra, 12oz	150	14	1.0	0.0
Beverages	Red Robin	Guinness, 12oz Bottle	130	0	1.0	0.0
Burgers	Red Robin	Burnin' Love	910	56	42.0	61.0
Burgers	Red Robin	The Big Tavern	730	47	40.0	43.0
Burgers	Red Robin	Keep It Simple w/ Beef	540	46	35.0	24.0
Burgers	Red Robin	Banzai	950	61	42.0	60.0
Burgers	Red Robin	Whiskey River BBQ	1140	73	44.0	75.0
Sandwiches	Red Robin	Grilled Turkey	670	46	29.0	41.0
Desserts	Red Robin	Goey Chocolate Brownie Cake	880	139	12.0	33.0
Desserts	Red Robin	Mountain High Mudd Pie	1340	188	18.0	59.0
Entrees	Red Robin	Arctic Cod Fish & Chips	1520	135	45.0	90.0
Entrees	Red Robin	Ensenada Chicken Platter	400	13	57.0	14.0
Fried Potatoes	Red Robin	Steak Fries	210	29	3.0	10.0
Fried Potatoes	Red Robin	Bottomless Steak Fries (per serving)	360	49	5.0	16.0
Fried Potatoes	Red Robin	Sweet Potato Fries	270	35	3.0	14.0
Salads	Red Robin	Side Salad	5	1	0.0	0.0
Salads	Red Robin	Avo-Cobb-O Salad	510	25	50.0	26.0
Salads	Red Robin	Crispy Chicken Tender Salad	880	60	38.0	50.0
Salads	Red Robin	Simply Grilled Chicken Salad	280	19	35.0	8.0
Sandwiches	Red Robin	Teriyaki Chicken	780	61	43.0	41.0
Sandwiches	Red Robin	Whiskey River BBQ Chicken	960	74	44.0	56.0
Sandwiches	Red Robin	BLTA Croissant	680	49	31.0	40.0
Sandwiches	Red Robin	Whiskey River BBQ Chicken Wrap	1030	81	43.0	58.0
Sandwiches	Red Robin	California Chicken	710	49	51.0	36.0
Appetizers & Sides	Red Robin	The O-Ring Shorty	910	94	9.0	56.0
Appetizers & Sides	Red Robin	Pretzel Bites	810	95	16.0	40.0
Beverages	Red Robin	Silver Patrón Margarita (Rocks and Frozen)	190	22	0.0	0.0

Burgers	Red Robin	Burnin' Love Chicken	740	57	43.0	43.0
Entrees	Red Robin	Ensenada Chicken Platter, One Chicken Breast	210	8	29.0	7.0
Entrees	Red Robin	Clucks & Fries	1330	104	26.0	82.0
Appetizers & Sides	Red Robin	Onion Rings	280	61	6.0	1.0
Beverages	Red Robin	Poppin' Purple Lemonade	190	47	0.0	0.0
Beverages	Red Robin	Raspberry Cream Soda	210	46	0.0	3.0
Beverages	Red Robin	Orange Cream Soda	220	47	0.0	3.0
Beverages	Red Robin	Blue Moon Belgian White, 12oz	170	14	2.0	0.0
Beverages	Red Robin	Samuel Adams Boston Lager, 12oz	170	19	2.0	0.0
Beverages	Red Robin	Stella Artois, 12oz	150	12	1.0	0.0
Beverages	Red Robin	Heineken, 12oz	140	11	0.0	0.0
Beverages	Red Robin	Michelob Ultra, 12 oz	100	3	1.0	0.0
Burgers	Red Robin	Black & Bleu	870	53	40.0	55.0
Burgers	Red Robin	Smoke & Pepper	800	57	52.0	40.0
Sandwiches	Red Robin	Crispy Chicken	930	70	35.0	57.0
Toppings & Ingredients	Red Robin	Smoke & Pepper Ketchup	90	23	1.0	0.0
Toppings & Ingredients	Red Robin	Buzzard	140	0	0.0	16.0
Toppings & Ingredients	Red Robin	Sweet & Spicy Ketchup	130	33	0.0	0.0
Toppings & Ingredients	Red Robin	Red's Secret Tavern Sauce	190	7	0.0	18.0
Toppings & Ingredients	Red Robin	Ranch	260	4	1.0	27.0
Appetizers & Sides	Red Robin	Lil' Appetites Corn Doggies	350	29	10.0	22.0
Entrees	Red Robin	Corn Doggies	530	43	16.0	33.0
Entrees	Red Robin	Cluck-A-Doodles	540	38	15.0	29.0
Appetizers & Sides	Red Robin	Lil' Appetites Cluck-A-Doodles	360	26	10.0	20.0
Desserts	Red Robin	Cinnamon Sugar Doh! Ring Shorty	770	129	10.0	26.0
Entrees	Red Robin	Mac It Yours	380	39	13.0	19.0
Burgers	Red Robin	The Big Pig Out	1070	62	52.0	70.0
Burgers	Red Robin	Pig Out Tavern Double	790	41	45.0	50.0
Beverages	Red Robin	Pineapple Juice	110	26	0.0	0.0
Burgers	Red Robin	Red's Tavern Double	600	33	36.0	35.0
Burgers	Red Robin	The Southern Charm Burger	1140	81	52.0	67.0
Desserts	Red Robin	Cinnamon Sugar Doh! Rings	1550	259	19.0	51.0
Beverages	Red Robin	Lagunitas IPA, 12oz	180	14	3.0	0.0
Beverages	Red Robin	House Margarita (Rocks and Frozen)	120	18	0.0	0.0
Beverages	Red Robin	Long Island Iced Tea	340	38	0.0	0.0

Burgers	Red Robin	The Wedgie Burger	540	18	40.0	34.0
Toppings & Ingredients	Red Robin	American (two slices)	110	2	5.0	10.0
Toppings & Ingredients	Red Robin	Bleu Cheese (crumbles)	150	2	8.0	12.0
Toppings & Ingredients	Red Robin	Pepper-Jack (one slice)	100	0	7.0	8.0
Toppings & Ingredients	Red Robin	Provolone (one slice)	80	0	6.0	6.0
Toppings & Ingredients	Red Robin	Swiss (one slice)	110	0	8.0	9.0
Toppings & Ingredients	Red Robin	Add Bacon	100	0	10.0	7.0
Appetizers & Sides	Red Robin	Fried Pickle Nickels	740	62	6.0	50.0
Appetizers & Sides	Red Robin	Yukon Chips	500	41	4.0	35.0
Baked Goods	Red Robin	Gluten Free	210	39	4.0	4.5
Beverages	Red Robin	Ecco Domani Pinot Grigio, 6oz	130	3	0.0	0.0
Beverages	Red Robin	Ecco Domani Pinot Grigio, 9oz	200	5	0.0	0.0
Burgers	Red Robin	The MadLove Burger	1060	71	65.0	57.0
Burgers	Red Robin	Veggie Burger	750	69	24.0	44.0
Desserts	Red Robin	Sundae	310	58	6.0	7.0
Burgers	Red Robin	Guacamole Bacon	920	50	52.0	57.0
Burgers	Red Robin	Royal Red Robin	1100	48	55.0	77.0
Burgers	Red Robin	Sautéed Shroom	770	53	48.0	40.0
Baked Goods	Red Robin	Brioche	220	41	7.0	3.5
Salads	Red Robin	House Salad	100	9	5.0	5.0
Salads	Red Robin	Southwest Salad	910	47	50.0	61.0
Beverages	Red Robin	Angry Orchard Hard Cider, 16 oz	260	33	0.0	0.0
Beverages	Red Robin	Angry Orchard Hard Cider, 22 oz	360	45	0.0	0.0
Beverages	Red Robin	Angry Orchard Rose Cider, 12 oz	170	17	0.0	0.0
Beverages	Red Robin	Angry Orchard Rose Cider, 16oz	230	23	0.0	0.0
Beverages	Red Robin	Blue Moon Belgian White, 16oz	220	19	3.0	0.0
Beverages	Red Robin	Bud Light, 16oz	140	6	1.0	0.0
Beverages	Red Robin	Bud Light, 22oz	190	8	2.0	0.0
Beverages	Red Robin	Coors Light, 16oz	140	7	1.0	0.0
Beverages	Red Robin	Coors Light, 22oz	190	9	2.0	0.0
Beverages	Red Robin	Corona Extra, 16oz	200	19	2.0	0.0
Beverages	Red Robin	Guinness, 14.9oz Can	160	0	1.0	0.0
Beverages	Red Robin	Guinness, 16oz	170	0	1.0	0.0
Beverages	Red Robin	Guinness, 22oz	230	0	2.0	0.0
Beverages	Red Robin	Heineken, 16oz	190	15	1.0	0.0

Beverages	Red Robin	Lagunitas IPA, 16oz	240	18	3.0	0.0
Beverages	Red Robin	Michelob Ultra, 16oz	130	4	1.0	0.0
Beverages	Red Robin	Miller Lite, 16oz	130	4	1.0	0.0
Beverages	Red Robin	Miller Lite, 22oz	180	6	2.0	0.0
Beverages	Red Robin	Samuel Adams Boston Lager, 16oz	230	25	2.0	0.0
Beverages	Red Robin	Samuel Adams Boston Lager, 22oz	320	34	3.0	0.0
Beverages	Red Robin	Stella Artois, 16oz	190	16	1.0	0.0
Beverages	Red Robin	Stella Artois, 16oz	270	22	2.0	0.0
Appetizers & Sides	Red Robin	Red's Bold Boneless Wings with Buzz Sauce	990	70	23.0	55.0
Appetizers & Sides	Red Robin	Red's Bold Boneless Wings with Whiskey River Sauce	1010	103	23.0	42.0
Appetizers & Sides	Red Robin	Red's Bold Boneless Wings with Island Heat Sauce	960	102	21.0	63.0
Appetizers & Sides	Red Robin	Red's Bold Boneless Wings with Banzai Sauce	920	93	23.0	37.0
Appetizers & Sides	Red Robin	Bone-In Bar Wings with Buzz Sauce	1260	25	93.0	88.0
Appetizers & Sides	Red Robin	Bone-In Bar Wings with Whiskey River Sauce	1280	58	93.0	76.0
Appetizers & Sides	Red Robin	Bone-In Bar Wings with Island Heat Sauce	1230	57	91.0	96.0
Appetizers & Sides	Red Robin	Bone-In Bar Wings with Banzai Sauce	1190	48	93.0	70.0
Fried Potatoes	Red Robin	Sweet Potato Fries	460	59	4.0	23.0
Beverages	Red Robin	Coca Cola Zero, Adult	0	0	0.0	0.0
Burgers	Red Robin	The Master Cheese	790	48	47.0	45.0
Burgers	Red Robin	Keep It Simple w/ Veggie	380	63	15.0	9.0
Burgers	Red Robin	Veggie Vegan Burger w/ Steamed Broccoli	260	34	13.0	11.0
Baked Goods	Red Robin	Tavern Bun	160	28	6.0	2.5
Baked Goods	Red Robin	Croissant	330	41	7.0	15.0
Toppings & Ingredients	Red Robin	Lettuce Wrap Your Burger	15	3	1.0	0.0
Toppings & Ingredients	Red Robin	Add Bacon Bits	140	3	12.0	9.0
Toppings & Ingredients	Red Robin	Onion Straws	200	16	2.0	14.0
Toppings & Ingredients	Red Robin	Red Onion	10	3	0.0	0.0
Toppings & Ingredients	Red Robin	Pickle Slices	5	2	0.0	0.0
Toppings & Ingredients	Red Robin	Red's Pickle Relish	90	22	0.0	0.0
Toppings & Ingredients	Red Robin	Sautéed Mushrooms	140	13	7.0	7.0
Toppings & Ingredients	Red Robin	Sautéed Onions	25	2	0.0	1.5
Toppings & Ingredients	Red Robin	Cucumber Slices (three slices)	0	0	0.0	0.0
Toppings & Ingredients	Red Robin	Tomato (two slices)	5	1	0.0	0.0
Toppings & Ingredients	Red Robin	Fried Egg	90	0	6.0	7.0
Toppings & Ingredients	Red Robin	Grilled Chicken Patty	120	0	27.0	1.5

Toppings & Ingredients	Red Robin	Tavern Patty	130	0	12.0	9.0
Toppings & Ingredients	Red Robin	Turkey Patty	230	2	21.0	15.0
Toppings & Ingredients	Red Robin	Impossible Burger Patty	240	11	19.0	14.0
Toppings & Ingredients	Red Robin	Chipotle Aioli	410	5	0.0	44.0
Toppings & Ingredients	Red Robin	Island Heat Sauce	130	31	0.0	25.0
Toppings & Ingredients	Red Robin	Bistro Sauce	140	6	0.0	13.0
Toppings & Ingredients	Red Robin	Teriyaki Sauce	100	24	2.0	0.0
Toppings & Ingredients	Red Robin	Whiskey River BBQ Sauce	130	31	1.0	0.5
Sandwiches	Red Robin	Simply Grilled Chicken	370	46	35.0	6.0
Burgers	Red Robin	Haystack Tavern Double	690	40	37.0	42.0
Burgers	Red Robin	The Big Haystack	920	61	40.0	58.0
Burgers	Red Robin	Red's Cheeseburger, Beef	360	32	22.0	17.0
Burgers	Red Robin	Red's Cheeseburger, Chicken	350	32	37.0	9.0
Burgers	Red Robin	Red's Cheeseburger, Veggie	360	49	16.0	12.0
Burgers	Red Robin	Red's Burger, Beef	290	28	18.0	12.0
Burgers	Red Robin	Red's Burger, Chicken	280	29	33.0	4.0
Burgers	Red Robin	Red's Burger, Turkey	390	30	27.0	17.0
Burgers	Red Robin	Red's Burger, Veggie	290	45	13.0	7.0
Entrees	Red Robin	Grilled Chicken Dip'Ns Plain	120	0	27.0	1.5
Entrees	Red Robin	Grilled Chicken Dip'Ns w/ BBQ Sauce	250	32	28.0	2.0
Entrees	Red Robin	Grilled Chicken Dip'Ns w/ Ranch	380	5	29.0	28.0
Entrees	Red Robin	Grilled Chicken Dip'Ns w/ Teriyaki Sauce	220	24	29.0	1.5
Appetizers & Sides	Red Robin	Carrots	15	4	0.0	0.0
Beverages	Red Robin	Lagunitas IPA, 22oz	330	25	5.0	0.0
Beverages	Red Robin	Miller Lite, 12oz	100	3	1.0	0.0
Beverages	Red Robin	New Belgium Fat Tire, 22oz	260	17	4.0	0.0
Beverages	Red Robin	Samuel Adams Cold Snap, 12oz	170	14	2.0	0.0
Beverages	Red Robin	Samuel Adams Cold Snap, 16oz	230	19	3.0	0.0
Beverages	Red Robin	Samuel Adams Cold Snap, 22oz	310	26	4.0	0.0
Beverages	Red Robin	Samuel Adams Fresh as Helles, 12oz	180	17	2.0	0.0
Beverages	Red Robin	Samuel Adams Fresh as Helles, 16oz	240	22	3.0	0.0
Beverages	Red Robin	Samuel Adams Fresh as Helles, 22oz	330	30	4.0	0.0
Beverages	Red Robin	Sam Adams Hopscage, 12oz	170	13	2.0	0.0
Beverages	Red Robin	Sam Adams Hopscage, 16oz	220	17	3.0	0.0
Beverages	Red Robin	Sam Adams Hopscage, 22oz	300	23	4.0	0.0



Beverages	Red Robin	Sam Adams OctoberFest, 12oz	180	19	2.0	0.0
Beverages	Red Robin	Sam Adams OctoberFest, 16oz	240	25	2.0	0.0
Beverages	Red Robin	Sam Adams OctoberFest, 22oz	330	34	3.0	0.0
Beverages	Red Robin	Sam Adams Summer Ale, 12oz	170	14	2.0	0.0
Beverages	Red Robin	Sam Adams Summer Ale, 16oz	220	18	3.0	0.0
Beverages	Red Robin	Sam Adams Summer Ale, 22oz	300	25	4.0	0.0
Beverages	Red Robin	Sam Adams Winter Lager, 12oz	180	15	2.0	0.0
Beverages	Red Robin	Sam Adams Winter Lager, 16oz	240	20	3.0	0.0
Beverages	Red Robin	Sam Adams Winter Lager, 22oz	330	28	4.0	0.0
Beverages	Red Robin	Red Robin 1969 Lager, 16oz	180	14	3.0	0.0
Beverages	Red Robin	Red Robin 1969 Lager, 22oz	250	19	4.0	0.0
Beverages	Red Robin	Angry Orchard Hard Cider, 12 oz Bottle	200	25	0.0	0.0
Burgers	Red Robin	Monster Burger	1220	60	73.0	77.0
Appetizers & Sides	Red Robin	Steamed Broccoli	30	6	3.0	0.5
Beverages	Red Robin	Minute Maid Lemonade, Adult	140	36	0.0	0.0
Beverages	Red Robin	Peach Iced Tea	180	47	0.0	0.0
Beverages	Red Robin	Raspberry Iced Tea	180	45	0.0	0.0
Beverages	Red Robin	Ecco Domani Pinot Grigio, 5oz	110	3	0.0	0.0
Beverages	Red Robin	Malt (Chocolate), Monster	1080	160	22.0	39.0
Toppings & Ingredients	Red Robin	Crispy Chicken Patty	430	21	27.0	26.0
Toppings & Ingredients	Red Robin	Bacon Add 10"	300	6	25.0	20.0
Toppings & Ingredients	Red Robin	Bacon Add 14"	570	12	48.0	38.0
Appetizers & Sides	Red Robin	Yukon Chips	250	20	2.0	18.0
Beverages	Red Robin	Fresh-Brewed Iced Tea	0	0	0.0	0.0
Toppings & Ingredients	Red Robin	Salmon Fillet	280	2	33.0	19.0
Beverages	Red Robin	Blue Moon Belgian White, 22oz	310	26	3.0	0.0
Beverages	Red Robin	Fresh-Brewed Tea, Sugar Free Peach	0	8	0.0	0.0
Beverages	Red Robin	Fresh-Brewed Tea, Sugar Free Raspberry	0	8	0.0	0.0
Beverages	Red Robin	Fresh-Brewed Sweet Tea	120	32	0.0	0.0
Beverages	Red Robin	Fresh-Brewed Sweet Tea, Peach	290	75	0.0	0.0
Beverages	Red Robin	Fresh-Brewed Sweet Tea, Raspberry	290	73	0.0	0.0
Beverages	Red Robin	Fresh-Brewed Sweet Tea, Sugar Free Peach	110	36	0.0	0.0
Beverages	Red Robin	Fresh-Brewed Sweet Tea, Sugar Free Raspberry	110	36	0.0	0.0
Beverages	Red Robin	Lemonade with Peach Flavor	300	79	0.0	0.0
Beverages	Red Robin	Lemonade with Raspberry Flavor	300	78	0.0	0.0

Beverages	Red Robin	Lemonade with Sugar Free Peach Flavor	120	38	0.0	0.0
Beverages	Red Robin	Lemonade with Sugar Free Raspberry Flavor	120	38	0.0	0.0
Burgers	Red Robin	Impossible Burger	760	68	33.0	41.0
Beverages	Red Robin	Angry Orchard Rose Cider, 22oz	310	31	0.0	0.0
Beverages	Red Robin	Heineken, 22oz	260	21	1.0	0.0
Beverages	Red Robin	Michelob Ultra, 22oz	170	6	2.0	0.0
Beverages	Red Robin	Modelo Especial, 12oz	140	14	1.0	0.0
Beverages	Red Robin	Modelo Especial, 16oz	190	18	1.0	0.0
Beverages	Red Robin	New Belgium Fat Tire, 12oz	140	9	2.0	0.0
Beverages	Red Robin	New Belgium Fat Tire, 16oz	190	12	3.0	0.0
Beverages	Red Robin	Truly Wild Berry Hard Seltzer, 12oz Can	100	2	0.0	0.0
Beverages	Red Robin	14 Hands Merlot, 5oz	120	4	0.0	0.0
Beverages	Red Robin	14 Hands Merlot, 6oz	150	5	0.0	0.0
Beverages	Red Robin	14 Hands Merlot, 9oz	220	8	0.0	0.0
Beverages	Red Robin	Cupcake Vineyards Chardonnay, 5oz	130	3	0.0	0.0
Beverages	Red Robin	Cupcake Vineyards Chardonnay, 6oz	160	4	0.0	0.0
Beverages	Red Robin	Cupcake Vineyards Chardonnay, 9oz	230	5	0.0	0.0
Beverages	Red Robin	Dark Horse Cabernet Sauvignon, 5oz	140	4	0.0	0.0
Beverages	Red Robin	Dark Horse Cabernet Sauvignon, 6oz	160	5	0.0	0.0
Beverages	Red Robin	Dark Horse Cabernet Sauvignon, 9oz	240	8	0.0	0.0
Toppings & Ingredients	Red Robin	Campfire Mayo	320	16	0.0	28.0
Toppings & Ingredients	Red Robin	Fresh Salsa	15	3	0.0	0.0
Toppings & Ingredients	Red Robin	Gourmet Burger Patty	290	0	27.0	20.0
Toppings & Ingredients	Red Robin	Cheddar (one slice)	110	0	7.0	9.0
Burgers	Red Robin	Red's Cheeseburger, Turkey	460	33	30.0	22.0
Desserts	Red Robin	Fudge Stuffed Chocolate Chip Cookie (per cookie)	330	50	3.0	14.0
Toppings & Ingredients	Red Robin	10" Cauliflower Base (Crust, Sauce, Cheese, Romano Mix)	940	103	43.0	40.0
Toppings & Ingredients	Red Robin	10" Famous Thin Base (Crust, Sauce, Cheese, Romano Mix)	1270	168	56.0	40.0
Toppings & Ingredients	Red Robin	12" GF Base (Crust, Sauce, Cheese, Romano Mix)	1340	167	45.0	55.0
Toppings & Ingredients	Red Robin	14" Famous Thin Base (Crust, Sauce, Cheese, Romano Mix)	1760	199	85.0	68.0
Toppings & Ingredients	Red Robin	Bacon Add 12" GF	500	11	43.0	33.0
Toppings & Ingredients	Red Robin	Banana Pepper Add 10"	10	2	0.0	0.0
Toppings & Ingredients	Red Robin	Banana Pepper Add 12" GF	15	3	0.0	0.0
Toppings & Ingredients	Red Robin	Banana Pepper Add 14"	25	5	0.0	0.0
Toppings & Ingredients	Red Robin	Chicken Add 10"	130	2	22.0	2.5

Toppings & Ingredients	Red Robin	Chicken Add 12" GF	190	4	34.0	4.0
Toppings & Ingredients	Red Robin	Chicken Add 14"	250	5	43.0	5.0
Toppings & Ingredients	Red Robin	Extra Cheese Add 10"	260	4	18.0	19.0
Toppings & Ingredients	Red Robin	Extra Cheese Add 12" GF	370	5	26.0	27.0
Toppings & Ingredients	Red Robin	Extra Cheese Add 14"	510	8	36.0	38.0
Toppings & Ingredients	Red Robin	Founders Favorite 10" (Cauliflower Crust)	100	8	5.0	5.0
Toppings & Ingredients	Red Robin	Founders Favorite 10" (Famous Thin Crust)	120	12	6.0	5.0
Toppings & Ingredients	Red Robin	Founders Favorite 12" GF	140	12	6.0	7.0
Toppings & Ingredients	Red Robin	Founders Favorite 14" (Famous Thin Crust)	160	12	9.0	8.0
Toppings & Ingredients	Red Robin	Green Olives Add 10"	130	0	0.0	11.0
Toppings & Ingredients	Red Robin	Green Olives Add 12" GF	190	0	0.0	16.0
Toppings & Ingredients	Red Robin	Green Olives Add 14"	260	0	0.0	22.0
Toppings & Ingredients	Red Robin	Green Pepper Add 10"	20	4	0.0	0.0
Toppings & Ingredients	Red Robin	Green Pepper Add 12" GF	25	6	1.0	0.0
Toppings & Ingredients	Red Robin	Green Pepper Add 14"	35	8	2.0	0.5
Toppings & Ingredients	Red Robin	Ground Beef Add 10"	250	0	23.0	17.0
Toppings & Ingredients	Red Robin	Ground Beef Add 12" GF	370	0	34.0	25.0
Toppings & Ingredients	Red Robin	Ground Beef Add 14"	490	0	45.0	33.0
Toppings & Ingredients	Red Robin	Ham Add 10"	110	3	18.0	3.5
Toppings & Ingredients	Red Robin	Ham Add 12" GF	160	4	26.0	5.0
Toppings & Ingredients	Red Robin	Ham Add 14"	220	6	35.0	7.0
Toppings & Ingredients	Red Robin	Jalapeno Add 10"	10	2	0.0	0.0
Toppings & Ingredients	Red Robin	Jalapeno Add 12" GF	15	3	0.0	0.0
Toppings & Ingredients	Red Robin	Jalapeno Add 14"	20	4	0.0	0.5
Toppings & Ingredients	Red Robin	Mushroom Add 10"	25	4	4.0	0.5
Toppings & Ingredients	Red Robin	Mushroom Add 12" GF	35	5	5.0	0.5
Toppings & Ingredients	Red Robin	Mushroom Add 14"	50	7	7.0	1.0
Toppings & Ingredients	Red Robin	Onion Add 10"	45	11	1.0	0.0
Toppings & Ingredients	Red Robin	Onion Add 12" GF	70	16	2.0	0.0
Toppings & Ingredients	Red Robin	Onion Add 14"	90	21	2.0	0.0
Toppings & Ingredients	Red Robin	Pepperoni Add 10"	290	2	15.0	25.0
Toppings & Ingredients	Red Robin	Pepperoni Add 12" GF	430	3	23.0	36.0
Toppings & Ingredients	Red Robin	Pepperoni Add 14"	580	4	31.0	49.0
Toppings & Ingredients	Red Robin	Signature Pepperoni Pizza 10" (Cauliflower Crust)	90	7	4.0	4.5
Toppings & Ingredients	Red Robin	Signature Pepperoni Pizza 10" (Famous Thin Crust)	110	12	5.0	4.5

Toppings & Ingredients	Red Robin	Signature Pepperoni Pizza 12" GF	130	12	5.0	7.0
Toppings & Ingredients	Red Robin	Signature Pepperoni Pizza 14" (Famous Thin Crust)	140	12	7.0	7.0
Toppings & Ingredients	Red Robin	Signature Pepperoni Pizza 7" (Famous Thin Crust)	60	5	3.0	3.0
Toppings & Ingredients	Red Robin	Pineapple Add 10"	50	13	0.0	0.0
Toppings & Ingredients	Red Robin	Pineapple Add 12" GF	70	18	1.0	0.0
Toppings & Ingredients	Red Robin	Pineapple Add 14"	100	24	2.0	0.0
Toppings & Ingredients	Red Robin	Roma Tomatoes Add 10"	20	5	1.0	0.0
Toppings & Ingredients	Red Robin	Roma Tomatoes Add 12" GF	35	7	2.0	0.5
Toppings & Ingredients	Red Robin	Roma Tomatoes Add 14"	40	9	2.0	0.5
Toppings & Ingredients	Red Robin	Sausage Add 10"	270	0	15.0	23.0
Toppings & Ingredients	Red Robin	Sausage Add 12" GF	400	1	22.0	33.0
Toppings & Ingredients	Red Robin	Sausage Add 14"	530	2	30.0	44.0
Toppings & Ingredients	Red Robin	Serious Cheese 10" (Cauliflower Crust)	90	8	4.0	4.0
Toppings & Ingredients	Red Robin	Serious Cheese 10" (Famous Thin Crust)	110	12	5.0	4.5
Toppings & Ingredients	Red Robin	Serious Cheese 12" GF	120	12	5.0	6.0
Toppings & Ingredients	Red Robin	Serious Cheese 14" (Famous Thin Crust)	130	12	7.0	6.0
Toppings & Ingredients	Red Robin	Serious Cheese 7" (Famous Thin Crust)	60	6	3.0	3.0
Toppings & Ingredients	Red Robin	Serious Meat Pizza 10" (Cauliflower Crust)	130	8	10.0	7.0
Toppings & Ingredients	Red Robin	Serious Meat Pizza 10" (Famous Thin Crust)	130	12	7.0	6.0
Toppings & Ingredients	Red Robin	Serious Meat Pizza 12" GF	150	13	8.0	8.0
Toppings & Ingredients	Red Robin	Serious Meat Pizza 14" (Famous Thin Crust)	170	12	11.0	9.0
Toppings & Ingredients	Red Robin	Spinach Add 10"	10	2	1.0	0.0
Toppings & Ingredients	Red Robin	Spinach Add 12" GF	15	2	2.0	0.5
Toppings & Ingredients	Red Robin	Spinach Add 14"	20	3	3.0	0.5
Toppings & Ingredients	Red Robin	The Works 10" (Cauliflower Crust)	100	8	5.0	5.0
Toppings & Ingredients	Red Robin	The Works 10" (Famous Thin Crust)	120	13	6.0	5.0
Toppings & Ingredients	Red Robin	The Works 12" GF	140	13	6.0	7.0
Toppings & Ingredients	Red Robin	The Works 14" (Famous Thin Crust)	150	13	8.0	8.0
Toppings & Ingredients	Red Robin	Very Vegy Pizza 10" (Cauliflower Crust)	70	8	3.0	3.0
Toppings & Ingredients	Red Robin	Very Vegy Pizza 10" (Famous Thin Crust)	100	13	4.0	3.0
Toppings & Ingredients	Red Robin	Very Vegy Pizza 12" GF	110	13	4.0	4.5
Toppings & Ingredients	Red Robin	Very Vegy Pizza 14" (Famous Thin Crust)	110	13	5.0	4.5
Toppings & Ingredients	Red Robin	Whiskey River BBQ Pizza 10" (Cauliflower Crust) (Chicken)	90	9	4.0	4.0
Toppings & Ingredients	Red Robin	Whiskey River BBQ Pizza 10" (Famous Thin Crust) (Chicken)	110	14	5.0	4.0
Toppings & Ingredients	Red Robin	Whiskey River BBQ Pizza 14" (Famous Thin Crust) (Chicken)	140	15	7.0	5.0

Fried Potatoes	Red Robin	Loaded Baked Potato Fries	1020	91	32.0	59.0
Appetizers & Sides	Red Robin	Mozzarella Sticks	1240	95	50.0	71.0
Appetizers & Sides	Red Robin	Red's Bold Boneless Plain	810	66	21.0	37.0
Appetizers & Sides	Red Robin	Red's Bold Bone-In Plain	1080	21	91.0	70.0
Burgers	Red Robin	Bacon Cheeseburger	990	47	49.0	67.0
Burgers	Red Robin	Red Robin Gourmet Cheeseburger	810	58	40.0	47.0
Burgers	Red Robin	Savory Steakhouse Burger	1220	72	56.0	78.0
Burgers	Red Robin	Savory Steakhouse Burger w/Steak Fries	1580	121	61.0	94.0
Burgers	Red Robin	Scorpion Gourmet Burger	950	67	43.0	57.0
Beverages	Red Robin	Sam Adams The Wicked Easy, 12oz	130	2	1.0	0.0
Beverages	Red Robin	Sam Adams The Wicked Easy, 16oz	170	3	1.0	0.0
Beverages	Red Robin	Sam Adams The Wicked Easy, 22oz	240	4	2.0	0.0
Beverages	Red Robin	Voodoo Ranger Juicy Haze IPA, 12oz	220	16	3.0	0.0
Beverages	Red Robin	Voodoo Ranger Juicy Haze IPA, 16oz	290	21	4.0	0.0
Beverages	Red Robin	Voodoo Ranger Juicy Haze IPA, 22oz	400	29	6.0	0.0
Beverages	Red Robin	Paradise Punch	370	57	1.0	0.5
Beverages	Red Robin	Red's Signature Margarita (Rocks and Frozen)	140	22	0.0	0.0
Beverages	Red Robin	The Gold Fashioned	170	12	0.0	0.0
Beverages	Red Robin	The Metropolitan	230	26	0.0	0.0
Beverages	Red Robin	Tito's Blue Chill	230	36	0.0	3.0
Entrees	Red Robin	Clucks & Fries, Buffalo Style	1610	103	28.0	112.0
Sandwiches	Red Robin	Buzzin' Chicken Sandwich	940	66	34.0	61.0
Toppings & Ingredients	Red Robin	A1 Steak Sauce 2oz	45	10	0.0	0.0
Toppings & Ingredients	Red Robin	Roasted Garlic Aioli	410	8	1.0	42.0
Fried Potatoes	Red Robin	Garlic Fries	430	50	7.0	22.0
Toppings & Ingredients	Red Robin	Mayonnaise 1oz	250	3	0.0	26.0
Baked Goods	Red Robin	Classic Sesame Bun	220	40	7.0	4.5
Toppings & Ingredients	Red Robin	Ancient-Grain Veggie/Vegan Patty	130	17	7.0	4.0
Beverages	Red Robin	Malt (Oreo Cookie Magic), Monster	1100	156	22.0	44.0
Beverages	Red Robin	Malt (Oreo Cookie Magic), Kid	630	89	12.0	26.0
Beverages	Red Robin	Milkshake (Oreo Cookie Magic), Monster	1040	146	21.0	43.0
Beverages	Red Robin	Milkshake (Oreo Cookie Magic), Kid	600	83	11.0	25.0
Beverages	Red Robin	Malt (Pumpkin Spice & Everything Nice), Monster	1110	209	27.0	22.0
Beverages	Red Robin	Malt (Pumpkin Spice & Everything Nice), Kid	600	111	14.0	13.0
Beverages	Red Robin	Milkshake (Pumpkin Spice & Everything Nice), Monster	1060	199	25.0	21.0

Beverages	Red Robin	Milkshake (Pumpkin Spice & Everything Nice), Kid	570	104	13.0	12.0
Toppings & Ingredients	Red Robin	Add a shot of Fireball Cinnamon Whisky	45	4	0.0	0.0
Desserts	Red Robin	Freckled Lemonade Cake	1060	152	11.0	46.0
Salads	Romano's Macaroni & Grill	Bibb + Bleu	520	17	23.0	42.0
Appetizers & Sides	Romano's Macaroni & Grill	Bruschetta	670	55	17.0	43.0
Appetizers & Sides	Romano's Macaroni & Grill	Calamari Fritti	760	33	33.0	55.0
Appetizers & Sides	Romano's Macaroni & Grill	Crispy Fresh Mozzarella	820	17	13.0	79.0
Salads	Romano's Macaroni & Grill	Parmesan-Crusted Chicken	1080	100	64.0	48.0
Entrees	Romano's Macaroni & Grill	Fettuccine Alfredo	1140	114	44.0	56.0
Entrees	Romano's Macaroni & Grill	Fettuccine Alfredo w/Chicken	1370	117	66.0	72.0
Entrees	Romano's Macaroni & Grill	Fettuccine Alfredo w/Shrimp	1310	115	53.0	71.0
Entrees	Romano's Macaroni & Grill	Mom's Ricotta Meatballs + Spaghetti w/Bolognese	1460	111	73.0	105.0
Entrees	Romano's Macaroni & Grill	Mom's Ricotta Meatballs + Spaghetti w/Pomodorina	1270	105	58.0	141.0
Entrees	Romano's Macaroni & Grill	Mushroom Ravioli	930	53	17.0	66.0
Entrees	Romano's Macaroni & Grill	Penne Rustica	1060	82	66.0	52.0
Entrees	Romano's Macaroni & Grill	Shrimp Portofino	1200	93	36.0	78.0
Entrees	Romano's Macaroni & Grill	Chicken Marsala	790	61	54.0	32.0
Entrees	Romano's Macaroni & Grill	Chicken Scaloppine	1240	83	61.0	76.0
Entrees	Romano's Macaroni & Grill	Pollo Caprese	560	40	50.0	22.0
Entrees	Romano's Macaroni & Grill	Mac + Cheese	540	44	21.0	31.0
Entrees	Romano's Macaroni & Grill	Spaghetti + Meat Sauce	360	45	16.0	14.0
Desserts	Romano's Macaroni & Grill	New York Style Cheesecake	690	70	10.0	41.0
Desserts	Romano's Macaroni & Grill	Tiramisu	600	54	7.0	39.0
Entrees	Romano's Macaroni & Grill	Fettuccine Alfredo	470	42	20.0	24.0
Entrees	Romano's Macaroni & Grill	Butternut Tortellaci	980	63	33.0	66.0
Salads	Romano's Macaroni & Grill	Bibb + Bleu w/Chicken	680	18	61.0	43.0
Salads	Romano's Macaroni & Grill	Bibb + Bleu w/Shrimp	590	18	36.0	43.0
Entrees	Romano's Macaroni & Grill	Mama's Trio	2110	140	103.0	129.0
Entrees	Romano's Macaroni & Grill	Cheese Ravioli	420	36	19.0	21.0
Entrees	Romano's Macaroni & Grill	Grilled Salmon	930	82	61.0	45.0
Entrees	Romano's Macaroni & Grill	Steak + Potatoes w/Rosemary Butter	1250	34	72.0	94.0
Salads	Romano's Macaroni & Grill	Caprese Salad	510	15	16.0	44.0
Appetizers & Sides	Romano's Macaroni & Grill	Side Broccolini	100	7	3.0	7.0
Appetizers & Sides	Romano's Macaroni & Grill	Stuffed Mushrooms	510	20	21.0	38.0
Entrees	Romano's Macaroni & Grill	Pasta Milano	1040	123	49.0	39.0

Salads	Romano's Macaroni & Grill	Italian Chopped	490	20	27.0	34.0
Entrees	Romano's Macaroni & Grill	Pomodoro Tortellaci	460	44	16.0	98.0
Toppings & Ingredients	Romano's Macaroni & Grill	Capellini	400	79	12.0	4.0
Toppings & Ingredients	Romano's Macaroni & Grill	Penne	400	79	12.0	4.0
Toppings & Ingredients	Romano's Macaroni & Grill	Fettuccine	510	102	15.0	5.0
Toppings & Ingredients	Romano's Macaroni & Grill	Rigatoni	400	79	12.0	4.0
Toppings & Ingredients	Romano's Macaroni & Grill	Arrabbiata	470	21	5.0	39.0
Toppings & Ingredients	Romano's Macaroni & Grill	Bolognese	430	15	20.0	32.0
Toppings & Ingredients	Romano's Macaroni & Grill	Alfredo	640	12	19.0	58.0
Toppings & Ingredients	Romano's Macaroni & Grill	Pesto	400	5	13.0	69.0
Toppings & Ingredients	Romano's Macaroni & Grill	Garlic Olive Oil	510	5	1.0	54.0
Toppings & Ingredients	Romano's Macaroni & Grill	Roasted Garlic Cream Sauce	490	17	19.0	39.0
Toppings & Ingredients	Romano's Macaroni & Grill	Fresh Spinach	8	1	1.0	0.0
Toppings & Ingredients	Romano's Macaroni & Grill	Roasted Tomatoes	15	1	0.0	1.0
Toppings & Ingredients	Romano's Macaroni & Grill	Sun-Dried Tomatoes	40	4	1.0	2.0
Toppings & Ingredients	Romano's Macaroni & Grill	Roasted Garlic	40	8	2.0	0.0
Toppings & Ingredients	Romano's Macaroni & Grill	Roasted Mushrooms	5	2	2.0	0.0
Toppings & Ingredients	Romano's Macaroni & Grill	Fresh Mushrooms	5	1	1.0	0.0
Toppings & Ingredients	Romano's Macaroni & Grill	Shrimp	170	1	9.0	15.0
Toppings & Ingredients	Romano's Macaroni & Grill	Italian Sausage	430	2	17.0	39.0
Toppings & Ingredients	Romano's Macaroni & Grill	Roasted Chicken	110	3	23.0	2.0
Toppings & Ingredients	Romano's Macaroni & Grill	Meatballs	420	9	24.0	32.0
Appetizers & Sides	Romano's Macaroni & Grill	Side Crispy Brussels Sprouts	190	18	4.0	13.0
Appetizers & Sides	Romano's Macaroni & Grill	Side Grilled Asparagus	150	3	2.0	14.0
Appetizers & Sides	Romano's Macaroni & Grill	Signature Mac + Cheese Bites	920	44	30.0	70.0
Appetizers & Sides	Romano's Macaroni & Grill	Crispy Brussels Sprouts w/Crispy Prosciutto	410	37	11.0	28.0
Appetizers & Sides	Romano's Macaroni & Grill	Spinach + Artichoke Dip	1100	109	30.0	61.0
Soup	Romano's Macaroni & Grill	Tomato Basil	110	9	2.0	42.0
Soup	Romano's Macaroni & Grill	Lobster Bisque	320	14	5.0	36.0
Entrees	Romano's Macaroni & Grill	Steak + Potatoes w/Oreganata Sauce	1220	42	73.0	85.0
Appetizers & Sides	Romano's Macaroni & Grill	Spinach + Artichoke Dip w/Shrimp	1150	109	39.0	62.0
Appetizers & Sides	Romano's Macaroni & Grill	Crispy Brussels Sprouts	370	37	7.0	25.0
Salads	Romano's Macaroni & Grill	Bibb + Bleu w/Salmon	830	14	63.0	57.0
Salads	Romano's Macaroni & Grill	Rosa's Signature Caesar	470	14	13.0	41.0
Salads	Romano's Macaroni & Grill	Rosa's Signature Caesar w/Chicken	630	15	51.0	41.0

Salads	Romano's Macaroni & Grill	Rosa's Signature Caesar w/Shrimp	540	15	26.0	42.0
Salads	Romano's Macaroni & Grill	Rosa's Signature Caesar w/Salmon	990	18	60.0	77.0
Salads	Romano's Macaroni & Grill	Fresh Greens	360	20	4.0	32.0
Appetizers & Sides	Romano's Macaroni & Grill	Side Buttermilk Mashed Potatoes	480	21	12.0	40.0
Entrees	Romano's Macaroni & Grill	Braised Lamb Shank	1350	29	78.0	101.0
Toppings & Ingredients	Romano's Macaroni & Grill	Lemon Butter	340	4	2.0	36.0
Desserts	Romano's Macaroni & Grill	Romano's Cannoli	640	69	15.0	32.0
Desserts	Romano's Macaroni & Grill	Decadent Chocolate Cake	1090	79	9.0	88.0
Desserts	Romano's Macaroni & Grill	Vanilla Bean Ice Cream	310	42	6.0	13.0
Toppings & Ingredients	Romano's Macaroni & Grill	Gluten-free Tagliatelle	520	99	16.0	6.0
Toppings & Ingredients	Romano's Macaroni & Grill	Imported Pomodorina	310	15	4.0	23.0
Sandwiches	Romano's Macaroni & Grill	Chicken Parmesan (Boxed Lunch)	1490	144	55.0	79.0
Sandwiches	Romano's Macaroni & Grill	Italian Pesto Caprese (Boxed Lunch)	1470	132	30.0	92.0
Sandwiches	Romano's Macaroni & Grill	Meatball (Boxed Lunch)	1670	142	64.0	92.0
Fried Potatoes	Romano's Macaroni & Grill	Side Parmesan Fries	610	74	10.0	32.0
Appetizers & Sides	Romano's Macaroni & Grill	Sautéed Spinach	220	7	9.0	18.0
Appetizers & Sides	Romano's Macaroni & Grill	Spinach + Sun-Dried Tomato Pasta	530	71	11.0	24.0
Baked Goods	Romano's Macaroni & Grill	Rosemary Peasant Bread	480	89	16.0	6.0
Appetizers & Sides	Romano's Macaroni & Grill	Basil Pesto Pasta Salad (Boxed Lunch)	380	40	8.0	21.0
Entrees	Romano's Macaroni & Grill	Grilled Sirloin - Small	2160	69	179.0	129.0
Entrees	Romano's Macaroni & Grill	Grilled Sirloin - Large	3740	102	352.0	213.0
Entrees	Romano's Macaroni & Grill	Grilled Chicken - Small Balsamic Glaze	2020	266	249.0	4.0
Entrees	Romano's Macaroni & Grill	Grilled Chicken - Large Balsamic Glaze	3400	360	498.0	7.0
Entrees	Romano's Macaroni & Grill	Grilled Chicken - Small Mediterranean Vinaigrette	2620	36	250.0	165.0
Entrees	Romano's Macaroni & Grill	Grilled Chicken - Large Mediterranean Vinaigrette	4200	55	499.0	223.0
Entrees	Romano's Macaroni & Grill	Grilled Salmon - Small	2650	29	188.0	215.0
Entrees	Romano's Macaroni & Grill	Grilled Salmon - Large	5300	59	376.0	430.0
Entrees	Romano's Macaroni & Grill	Signature Truffle Mac + Cheese	1060	24	45.0	89.0
Entrees	Romano's Macaroni & Grill	Signature Truffle Mac + Cheese w/Prosciutto	1630	117	61.0	106.0
Entrees	Romano's Macaroni & Grill	Seafood Ravioli	920	36	31.0	74.0
Toppings & Ingredients	Romano's Macaroni & Grill	Spaghetti	400	79	12.0	4.0
Toppings & Ingredients	Romano's Macaroni & Grill	Roasted Peppers	10	2	0.0	0.0
Appetizers & Sides	Romano's Macaroni & Grill	Broccolini	12	2	1.0	0.0
Toppings & Ingredients	Romano's Macaroni & Grill	Asparagus	5	1	1.0	0.0
Toppings & Ingredients	Romano's Macaroni & Grill	Caramelized Onions	25	2	0.0	2.0



Toppings & Ingredients	Romano's Macaroni & Grill	Fresh Mozzarella	210	4	11.0	17.0
Toppings & Ingredients	Romano's Macaroni & Grill	Prosciutto	70	1	8.0	5.0
Entrees	Romano's Macaroni & Grill	Spaghetti + Meatballs w/ Pomodorina Sauce	660	48	33.0	37.0
Entrees	Romano's Macaroni & Grill	Chicken Strips w/ Broccolini or Fries	860	67	46.0	45.0
Entrees	Romano's Macaroni & Grill	Grilled Chicken w/ Mashed Potatoes	600	28	35.0	40.0
Entrees	Romano's Macaroni & Grill	Spaghetti + Pomodorina	290	43	9.0	8.0
Entrees	Romano's Macaroni & Grill	Buttered Noodles + Parmesan	520	57	11.0	28.0
Desserts	Romano's Macaroni & Grill	Chocolate Chip Cookie	300	45	4.0	13.0
Desserts	Romano's Macaroni & Grill	Key Lime Wave	550	73	10.0	26.0
Baked Goods	Round Table Pizza	Garlic Parmesan Twists	170	25	6.0	5.0
Baked Goods	Round Table Pizza	Garlic Bread	70	9	2.0	3.5
Baked Goods	Round Table Pizza	Garlic Bread with Cheese	110	9	4.0	6.0
Pizza	Round Table Pizza	BBQ Chicken, Original Personal	160	19	8.0	6.0
Pizza	Round Table Pizza	BBQ Chicken, Original Small	240	19	12.0	10.0
Pizza	Round Table Pizza	BBQ Chicken, Original Medium	290	26	15.0	12.0
Pizza	Round Table Pizza	BBQ Chicken, Original Large	270	31	13.0	11.0
Pizza	Round Table Pizza	BBQ Chicken, Original Xlarge	260	28	13.0	11.0
Pizza	Round Table Pizza	BBQ Chicken, Pan Crust Personal	220	28	10.0	7.0
Pizza	Round Table Pizza	BBQ Chicken, Pan Crust Medium	350	42	17.0	13.0
Pizza	Round Table Pizza	BBQ Chicken, Pan Crust Large	320	39	15.0	12.0
Pizza	Round Table Pizza	Cheese, Original Large	230	27	12.0	10.0
Pizza	Round Table Pizza	Cheese, Pan Crust Large	280	35	13.0	10.0
Pizza	Round Table Pizza	Gourmet Veggie, Original Personal	130	24	6.0	6.0
Pizza	Round Table Pizza	Gourmet Veggie, Original Small	210	16	10.0	9.0
Pizza	Round Table Pizza	Gourmet Veggie, Original Medium	250	15	12.0	11.0
Pizza	Round Table Pizza	Gourmet Veggie, Original Large	230	23	11.0	10.0
Pizza	Round Table Pizza	Gourmet Veggie, Original Xlarge	220	27	10.0	10.0
Pizza	Round Table Pizza	Gourmet Veggie, Pan Crust Personal	190	25	9.0	7.0
Pizza	Round Table Pizza	Gourmet Veggie, Pan Crust Medium	300	38	13.0	11.0
Pizza	Round Table Pizza	Gourmet Veggie, Pan Crust Large	280	35	12.0	10.0
Pizza	Round Table Pizza	Guinevere's Garden Delight, Original Personal	120	25	6.0	4.5
Pizza	Round Table Pizza	Guinevere's Garden Delight, Original Small	200	17	10.0	8.0
Pizza	Round Table Pizza	Guinevere's Garden Delight, Original Medium	240	15	11.0	9.0
Pizza	Round Table Pizza	Guinevere's Garden Delight, Original Large	220	24	10.0	8.0
Pizza	Round Table Pizza	Guinevere's Garden Delight, Original Xlarge	210	28	10.0	8.0

Pizza	Round Table Pizza	Guinevere's Garden Delight, Pan Crust Personal	190	25	8.0	6.0
Pizza	Round Table Pizza	Guinevere's Garden Delight, Pan Crust Medium	290	39	13.0	9.0
Pizza	Round Table Pizza	Guinevere's Garden Delight, Pan Crust Large	270	36	12.0	9.0
Pizza	Round Table Pizza	Hawaiian, Original Personal	130	26	7.0	4.5
Pizza	Round Table Pizza	Hawaiian, Original Small	200	17	11.0	7.0
Pizza	Round Table Pizza	Hawaiian, Original Medium	240	16	13.0	9.0
Pizza	Round Table Pizza	Hawaiian, Original Large	220	24	12.0	8.0
Pizza	Round Table Pizza	Hawaiian, Original Xlarge	220	29	11.0	8.0
Pizza	Round Table Pizza	Hawaiian, Pan Crust Personal	190	26	9.0	6.0
Pizza	Round Table Pizza	Hawaiian, Pan Crust Medium	300	40	14.0	9.0
Pizza	Round Table Pizza	Hawaiian, Pan Crust Large	280	37	13.0	8.0
Pizza	Round Table Pizza	Italian Garlic Supreme, Original Personal	150	27	7.0	8.0
Pizza	Round Table Pizza	Italian Garlic Supreme, Original Small	250	16	11.0	13.0
Pizza	Round Table Pizza	Italian Garlic Supreme, Original Medium	290	14	13.0	15.0
Pizza	Round Table Pizza	Italian Garlic Supreme, Original Large	270	22	12.0	14.0
Pizza	Round Table Pizza	Italian Garlic Supreme, Original Xlarge	260	26	12.0	14.0
Pizza	Round Table Pizza	Italian Garlic Supreme, Pan Crust Personal	220	24	10.0	10.0
Pizza	Round Table Pizza	Italian Garlic Supreme, Pan Crust Medium	350	37	15.0	16.0
Pizza	Round Table Pizza	Italian Garlic Supreme, Pan Crust Large	320	35	14.0	14.0
Pizza	Round Table Pizza	King Arthur Supreme, Original Personal	150	24	7.0	7.0
Pizza	Round Table Pizza	King Arthur Supreme, Original Small	240	17	12.0	11.0
Pizza	Round Table Pizza	King Arthur Supreme, Original Medium	290	15	14.0	14.0
Pizza	Round Table Pizza	King Arthur Supreme, Original Large	270	24	13.0	13.0
Pizza	Round Table Pizza	King Arthur Supreme, Original Xlarge	260	28	13.0	12.0
Pizza	Round Table Pizza	King Arthur Supreme, Pan Crust Personal	220	25	10.0	9.0
Pizza	Round Table Pizza	King Arthur Supreme, Pan Crust Medium	350	39	16.0	14.0
Pizza	Round Table Pizza	King Arthur Supreme, Pan Crust Large	320	35	15.0	13.0
Pizza	Round Table Pizza	Montague's All Meat Marvel, Original Personal	170	29	8.0	9.0
Pizza	Round Table Pizza	Montague's All Meat Marvel, Original Small	270	16	13.0	14.0
Pizza	Round Table Pizza	Montague's All Meat Marvel, Original Medium	320	14	16.0	17.0
Pizza	Round Table Pizza	Montague's All Meat Marvel, Original Large	290	22	14.0	15.0
Pizza	Round Table Pizza	Montague's All Meat Marvel, Original Xlarge	280	27	14.0	15.0
Sandwiches	Round Table Pizza	Chicken Club	670	58	46.0	27.0
Sandwiches	Round Table Pizza	Ham Club	670	59	39.0	30.0
Appetizers & Sides	Round Table Pizza	Hot Buffalo, Boneless Wings, Oven-Roasted	90	8	6.0	3.5

Appetizers & Sides	Round Table Pizza	Mild Buffalo, Boneless Wings, Oven-Roasted	90	7	6.0	4.0
Appetizers & Sides	Round Table Pizza	Polynesian, Boneless Wings, Oven-Roasted	90	11	6.0	2.0
Appetizers & Sides	Round Table Pizza	BBQ, Boneless Wings, Oven-Roasted	100	13	6.0	2.0
Appetizers & Sides	Round Table Pizza	Hot Buffalo, Classic Wings, Oven-Roasted	400	0	9.0	7.0
Appetizers & Sides	Round Table Pizza	Mild Buffalo, Classic Wings, Oven-Roasted	400	0	9.0	7.0
Appetizers & Sides	Round Table Pizza	Original (No Sauce), Classic Wings, Oven-Roasted	90	0	9.0	5.0
Appetizers & Sides	Round Table Pizza	Polynesian, Classic Wings, Oven-Roasted	100	4	9.0	5.0
Pizza	Round Table Pizza	Cheese, Original Xlarge	220	24	11.0	10.0
Pizza	Round Table Pizza	Cheese, Original Medium	250	22	13.0	11.0
Pizza	Round Table Pizza	Cheese, Pan Crust Medium	310	37	15.0	11.0
Pizza	Round Table Pizza	Cheese, Pan Crust Personal	200	24	10.0	7.0
Pizza	Round Table Pizza	Pepperoni, Original Xlarge	240	26	11.0	11.0
Pizza	Round Table Pizza	Pepperoni, Original Medium	260	16	12.0	12.0
Pizza	Round Table Pizza	Pepperoni, Original Small	230	24	11.0	11.0
Pizza	Round Table Pizza	Pepperoni, Pan Crust Medium	320	37	14.0	13.0
Pizza	Round Table Pizza	Pepperoni, Pan Crust Personal	180	24	8.0	6.0
Pizza	Round Table Pizza	Chicken & Garlic Gourmet, Original Personal	140	23	7.0	6.0
Pizza	Round Table Pizza	Chicken & Garlic Gourmet, Original Small	220	16	12.0	9.0
Pizza	Round Table Pizza	Chicken & Garlic Gourmet, Original Medium	260	14	14.0	11.0
Pizza	Round Table Pizza	Chicken & Garlic Gourmet, Original Large	240	22	13.0	10.0
Pizza	Round Table Pizza	Chicken & Garlic Gourmet, Original Xlarge	230	27	13.0	10.0
Pizza	Round Table Pizza	Maui Zau, Original Personal	140	26	7.0	5.0
Pizza	Round Table Pizza	Maui Zau, Original Small	230	18	11.0	9.0
Pizza	Round Table Pizza	Maui Zau, Original Medium	280	16	14.0	11.0
Pizza	Round Table Pizza	Maui Zau, Original Large	260	26	12.0	10.0
Pizza	Round Table Pizza	Maui Zau, Original Xlarge	250	30	12.0	10.0
Toppings & Ingredients	Round Table Pizza	Pizza Crust, Original Personal	120	14	6.0	4.0
Toppings & Ingredients	Round Table Pizza	Pizza Crust, Original Small	190	22	9.0	7.0
Toppings & Ingredients	Round Table Pizza	Pizza Crust, Original Medium	220	26	11.0	8.0
Toppings & Ingredients	Round Table Pizza	Pizza Crust, Original Large	200	24	10.0	8.0
Toppings & Ingredients	Round Table Pizza	Pizza Crust, Original Xlarge	200	23	10.0	7.0
Toppings & Ingredients	Round Table Pizza	Zesty Red Sauce, Original Personal	0	1	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Zesty Red Sauce, Original Small, Gluten Free Crust	0	1	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Zesty Red Sauce, Original Medium	0	1	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Zesty Red Sauce, Original Large	0	1	0.0	0.0

Toppings & Ingredients	Round Table Pizza	Zesty Red Sauce, Original Xlarge	0	1	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Creamy Garlic Sauce, Original Personal	10	0	0.0	1.0
Toppings & Ingredients	Round Table Pizza	Creamy Garlic Sauce, Original Small	20	0	0.0	2.0
Toppings & Ingredients	Round Table Pizza	Creamy Garlic Sauce, Original Medium	20	0	0.0	2.0
Toppings & Ingredients	Round Table Pizza	Creamy Garlic Sauce, Original Large	20	0	0.0	2.0
Toppings & Ingredients	Round Table Pizza	Creamy Garlic Sauce, Original Xlarge	20	0	0.0	2.0
Toppings & Ingredients	Round Table Pizza	Polynesian, Original Personal	10	2	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Polynesian, Original Small	10	3	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Polynesian, Original Medium	10	3	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Polynesian, Original or Pan Large, Stuffed	10	3	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Polynesian, Original Xlarge	10	3	0.0	0.0
Toppings & Ingredients	Round Table Pizza	BBQ, Gluten Free Crust	10	5	0.0	0.0
Toppings & Ingredients	Round Table Pizza	BBQ, Original Small	30	0	1.0	3.0
Toppings & Ingredients	Round Table Pizza	BBQ, Original Medium	40	0	1.0	4.0
Toppings & Ingredients	Round Table Pizza	BBQ, Stuffed	20	4	0.0	0.0
Toppings & Ingredients	Round Table Pizza	BBQ, Original Xlarge	40	0	1.0	4.0
Toppings & Ingredients	Round Table Pizza	Three Cheese Blend, Original Personal	20	0	2.0	2.0
Toppings & Ingredients	Round Table Pizza	Three Cheese Blend, Gluten Free Crust	20	0	2.0	2.0
Toppings & Ingredients	Round Table Pizza	Three Cheese Blend, Original Small	20	0	2.0	2.0
Toppings & Ingredients	Round Table Pizza	Three Cheese Blend, Original Medium	30	0	2.0	2.0
Toppings & Ingredients	Round Table Pizza	Three Cheese Blend, Original Large	40	0	2.0	2.0
Toppings & Ingredients	Round Table Pizza	Three Cheese Blend, Original Xlarge	40	0	2.0	2.0
Toppings & Ingredients	Round Table Pizza	Shredded Parmesan, Original Personal	20	0	1.0	1.5
Toppings & Ingredients	Round Table Pizza	Shredded Parmesan, Gluten Free Crust	10	0	1.0	0.5
Toppings & Ingredients	Round Table Pizza	Shredded Parmesan, Original Medium	30	0	2.0	2.0
Toppings & Ingredients	Round Table Pizza	Shredded Parmesan, Stuffed	10	0	1.0	0.5
Toppings & Ingredients	Round Table Pizza	Shredded Parmesan, Original Xlarge	30	0	2.0	1.5
Toppings & Ingredients	Round Table Pizza	Anchovies, Original Personal	10	0	1.0	0.5
Toppings & Ingredients	Round Table Pizza	Anchovies, Original Small	10	0	1.0	0.5
Toppings & Ingredients	Round Table Pizza	Anchovies, Original Medium	10	0	1.0	0.5
Toppings & Ingredients	Round Table Pizza	Anchovies, Original Large	10	0	1.0	0.5
Toppings & Ingredients	Round Table Pizza	Anchovies, Original Xlarge	10	0	1.0	0.5
Toppings & Ingredients	Round Table Pizza	Bacon, Armour, Original Personal	30	0	2.0	2.0
Toppings & Ingredients	Round Table Pizza	Bacon, Armour, Original Small	30	0	3.0	3.0
Toppings & Ingredients	Round Table Pizza	Bacon, Armour, Original Medium	40	0	3.0	3.5

Toppings & Ingredients	Round Table Pizza	Bacon, Armour, Original Large	50	0	3.0	3.0
Toppings & Ingredients	Round Table Pizza	Bacon, Armour, Original Xlarge	40	0	3.0	3.0
Toppings & Ingredients	Round Table Pizza	Chicken, Original Personal	10	0	2.0	0.0
Toppings & Ingredients	Round Table Pizza	Chicken, Original Small	10	0	2.0	0.0
Toppings & Ingredients	Round Table Pizza	Chicken, Original Medium	10	0	3.0	0.0
Toppings & Ingredients	Round Table Pizza	Chicken, Original Large	20	0	3.0	0.0
Toppings & Ingredients	Round Table Pizza	Chicken, Original Xlarge	20	0	3.0	0.0
Toppings & Ingredients	Round Table Pizza	Ham, Original Personal	10	0	1.0	0.0
Toppings & Ingredients	Round Table Pizza	Ham, Original Small	10	0	2.0	0.0
Toppings & Ingredients	Round Table Pizza	Ham, Original Medium	10	0	1.0	0.0
Toppings & Ingredients	Round Table Pizza	Ham, Original Large	10	0	1.0	0.0
Toppings & Ingredients	Round Table Pizza	Ham, Original Xlarge	10	0	1.0	0.0
Toppings & Ingredients	Round Table Pizza	Linguica, Burke, Original Personal	15	0	1.0	1.0
Toppings & Ingredients	Round Table Pizza	Linguica, Burke, Original Small	20	0	1.0	2.5
Toppings & Ingredients	Round Table Pizza	Linguica, Burke, Original Medium	20	0	1.0	2.5
Toppings & Ingredients	Round Table Pizza	Linguica, Burke, Original Large	30	0	1.0	2.5
Toppings & Ingredients	Round Table Pizza	Linguica, Burke, Original Xlarge	20	0	1.0	2.0
Toppings & Ingredients	Round Table Pizza	Mini Pepperoni, Original Personal	20	0	1.0	2.5
Toppings & Ingredients	Round Table Pizza	Mini Pepperoni, Original Small	40	0	2.0	3.5
Toppings & Ingredients	Round Table Pizza	Mini Pepperoni, Original Medium	40	0	2.0	4.0
Toppings & Ingredients	Round Table Pizza	Mini Pepperoni, Original Large	50	0	2.0	3.5
Toppings & Ingredients	Round Table Pizza	Mini Pepperoni, Original Xlarge	40	0	2.0	3.5
Toppings & Ingredients	Round Table Pizza	Pepperoni, Original Personal	30	0	1.0	2.5
Toppings & Ingredients	Round Table Pizza	Pepperoni, Original Small	40	0	1.0	4.0
Toppings & Ingredients	Round Table Pizza	Pepperoni, Original Medium	40	0	2.0	4.0
Toppings & Ingredients	Round Table Pizza	Pepperoni, Original Large	50	0	1.0	4.0
Toppings & Ingredients	Round Table Pizza	Pepperoni, Original Xlarge	40	0	1.0	3.5
Toppings & Ingredients	Round Table Pizza	Salami, Original Personal	20	0	1.0	2.0
Toppings & Ingredients	Round Table Pizza	Salami, Original Small	30	0	2.0	3.0
Toppings & Ingredients	Round Table Pizza	Salami, Original Medium	40	0	2.0	3.0
Toppings & Ingredients	Round Table Pizza	Salami, Original Large	40	0	2.0	3.0
Toppings & Ingredients	Round Table Pizza	Salami, Original Xlarge	40	0	2.0	3.0
Toppings & Ingredients	Round Table Pizza	Artichoke Hearts, Original Personal	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Artichoke Hearts, Original Small	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Artichoke Hearts, Original Medium	0	0	0.0	0.0

Toppings & Ingredients	Round Table Pizza	Artichoke Hearts, Original Large	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Artichoke Hearts, Original Xlarge	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Black Olives, Original Personal	10	1	0.0	1.0
Toppings & Ingredients	Round Table Pizza	Black Olives, Original Small	10	1	0.0	1.0
Toppings & Ingredients	Round Table Pizza	Black Olives, Original Medium	20	1	0.0	1.5
Toppings & Ingredients	Round Table Pizza	Black Olives, Original Large	10	1	0.0	1.0
Toppings & Ingredients	Round Table Pizza	Black Olives, Original Xlarge	0	1	0.0	1.0
Toppings & Ingredients	Round Table Pizza	Green Onions, Original Personal	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Green Onions, Original Small	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Green Onions, Original Medium	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Green Onions, Original Large	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Green Onions, Original Xlarge	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Green Peppers, Original Personal	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Green Peppers, Original Small	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Green Peppers, Original Medium	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Green Peppers, Original Large	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Green Peppers, Original Xlarge	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Jalapeños, Original Personal	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Jalapeños, Original Small	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Jalapeños, Original Medium	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Jalapeños, Original Large	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Jalapeños, Original Xlarge	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Mushrooms, Original Personal	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Mushrooms, Original Small	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Mushrooms, Original Medium	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Mushrooms, Original Large	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Mushrooms, Original Xlarge	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Pineapple, Original Personal	10	2	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Pineapple, Original Small	10	2	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Pineapple, Original Medium	10	3	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Pineapple, Original Large	10	2	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Pineapple, Original Xlarge	10	2	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Red Onions, Original Personal	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Red Onions, Original Small	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Red Onions, Original Medium	0	0	0.0	0.0

Toppings & Ingredients	Round Table Pizza	Red Onions, Original Large	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Red Onions, Original Xlarge	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Roma Tomatoes, Original Personal	10	2	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Roma Tomatoes, Gluten Free Crust	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Roma Tomatoes, Original Medium	20	3	1.0	0.0
Toppings & Ingredients	Round Table Pizza	Roma Tomatoes, Original Large	20	3	1.0	0.0
Toppings & Ingredients	Round Table Pizza	Roma Tomatoes, Original Xlarge	20	3	1.0	0.0
Toppings & Ingredients	Round Table Pizza	Chopped Garlic, Original Personal	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Chopped Garlic, Original Small	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Chopped Garlic, Original Medium	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Chopped Garlic, Original Large	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Chopped Garlic, Original Xlarge	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Spinach, Original Personal	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Spinach, Original Small	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Spinach, Original Medium	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Spinach, Original Large	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Spinach, Original Xlarge	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Yellow Onions, Original Personal	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Yellow Onions, Original Small	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Yellow Onions, Original Medium	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Yellow Onions, Original Large	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Yellow Onions, Original Xlarge	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Zucchini, Original Personal	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Zucchini, Original Small	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Zucchini, Original Medium	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Zucchini, Original Large	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Zucchini, Original Xlarge	0	0	0.0	0.0
Pizza	Round Table Pizza	Chicken & Garlic Gourmet, Pan Crust Personal	200	24	10.0	7.0
Pizza	Round Table Pizza	Chicken & Garlic Gourmet, Pan Crust Medium	320	37	16.0	11.0
Pizza	Round Table Pizza	Chicken & Garlic Gourmet, Pan Crust Large	290	35	15.0	10.0
Pizza	Round Table Pizza	Maui Zau, Pan Crust Personal	230	40	10.0	8.0
Pizza	Round Table Pizza	Maui Zau, Pan Crust Medium	360	44	17.0	13.0
Pizza	Round Table Pizza	Maui Zau, Pan Crust Large	340	41	16.0	12.0
Pizza	Round Table Pizza	Montague's All Meat Marvel, Pan Crust Personal	230	24	11.0	10.0
Pizza	Round Table Pizza	Montague's All Meat Marvel, Pan Crust Medium	380	37	18.0	17.0

Pizza	Round Table Pizza	Montague's All Meat Marvel, Pan Crust Large	340	35	16.0	16.0
Toppings & Ingredients	Round Table Pizza	Pizza Crust, Pan Crust Personal	180	14	8.0	3.0
Toppings & Ingredients	Round Table Pizza	Pizza Crust, Pan Crust Medium	280	37	13.0	5.0
Toppings & Ingredients	Round Table Pizza	Pizza Crust, Pan Crust Large	260	34	12.0	9.0
Pizza	Round Table Pizza	BBQ Chicken, Gluten Free Crust	280	36	10.0	10.0
Pizza	Round Table Pizza	Cheese, Gluten Free Crust	250	32	9.0	9.0
Pizza	Round Table Pizza	Chicken & Garlic Gourmet, Gluten Free Crust	260	32	10.0	10.0
Pizza	Round Table Pizza	Gourmet Veggie, Gluten Free Crust	250	32	8.0	10.0
Pizza	Round Table Pizza	Guinevere's Garden Delight, Gluten Free Crust	190	46	7.0	7.0
Pizza	Round Table Pizza	Hawaiian, Gluten Free Crust	290	47	8.0	7.0
Pizza	Round Table Pizza	Italian Garlic Supreme, Gluten Free Crust	300	31	10.0	14.0
Pizza	Round Table Pizza	King Arthur Supreme, Gluten Free Crust	290	33	10.0	12.0
Pizza	Round Table Pizza	Montague's All Meat Marvel, Gluten Free Crust	310	32	12.0	14.0
Pizza	Round Table Pizza	Pepperoni, Gluten Free Crust	270	31	9.0	11.0
Toppings & Ingredients	Round Table Pizza	Pizza Crust, Gluten Free Crust	230	31	8.0	8.0
Toppings & Ingredients	Round Table Pizza	RT Lettuce Blend (iceberg, romaine, spinach, red cabbage, carrots)	5	1	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Romaine Lettuce, chopped	10	2	1.0	0.0
Toppings & Ingredients	Round Table Pizza	Spring Mix	10	2	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Baby Spinach	10	1	1.0	0.0
Toppings & Ingredients	Round Table Pizza	Beets (sliced or julienne)	20	4	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Bell Peppers	5	1	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Black Olives	45	2	0.0	4.5
Toppings & Ingredients	Round Table Pizza	Broccoli (mini florets)	10	2	1.0	0.0
Toppings & Ingredients	Round Table Pizza	Cauliflower (florets)	5	1	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Corn (baby)	25	4	2.0	0.0
Toppings & Ingredients	Round Table Pizza	Cucumbers (sliced)	5	1	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Egg (diced or sliced)	15	0	1.0	1.0
Toppings & Ingredients	Round Table Pizza	Egg (whole)	80	1	6.0	5.0
Toppings & Ingredients	Round Table Pizza	Green Olives	10	1	0.0	0.5
Toppings & Ingredients	Round Table Pizza	Jalapenos	10	2	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Mushrooms (sliced)	5	1	1.0	0.0
Toppings & Ingredients	Round Table Pizza	Peas (frozen only)	60	10	4.0	0.0
Toppings & Ingredients	Round Table Pizza	Pepperoncinis	10	2	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Red Onions (sliced)	10	3	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Bacon Bits	140	0	11.0	11.0



Toppings & Ingredients	Round Table Pizza	Diced Ham	60	3	8.0	1.5
Toppings & Ingredients	Round Table Pizza	Garbanzo Beans	180	31	8.0	3.5
Toppings & Ingredients	Round Table Pizza	Kidney Beans	110	20	6.0	0.0
Toppings & Ingredients	Round Table Pizza	Grilled Chicken (pizza topping)	130	1	28.0	2.0
Toppings & Ingredients	Round Table Pizza	Cheddar Cheese	110	1	7.0	9.0
Toppings & Ingredients	Round Table Pizza	Three Cheese Blend	90	1	6.0	7.0
Toppings & Ingredients	Round Table Pizza	Shredded Parmesan	110	1	10.0	7.0
Toppings & Ingredients	Round Table Pizza	Tropical Fruit Salad	90	22	1.0	0.0
Toppings & Ingredients	Round Table Pizza	Grape Tomatoes	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Balsamic Vinaigrette	60	4	0.0	5.0
Toppings & Ingredients	Round Table Pizza	Balsamic Vinegar	10	3	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Bleu Cheese	160	1	1.0	16.0
Toppings & Ingredients	Round Table Pizza	Fat Free Italian	10	3	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Honey Mustard	130	7	0.0	11.0
Toppings & Ingredients	Round Table Pizza	Olive Oil	120	0	0.0	13.0
Toppings & Ingredients	Round Table Pizza	Parmesan Italian	120	2	0.0	13.0
Toppings & Ingredients	Round Table Pizza	Ranch Dressing	115	1	0.0	10.5
Toppings & Ingredients	Round Table Pizza	Red Wine Vinegar	3	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Thousand Island	150	4	0.0	15.0
Toppings & Ingredients	Round Table Pizza	Chow Mein Noodles	65	10	1.5	2.5
Toppings & Ingredients	Round Table Pizza	Croutons	35	4	1.0	1.5
Toppings & Ingredients	Round Table Pizza	Raisins	110	29	1.0	0.0
Toppings & Ingredients	Round Table Pizza	Sunflower Seeds	190	6	7.0	15.0
Appetizers & Sides	Round Table Pizza	Original (No Sauce), Boneless Wings, Oven-Roasted	70	7	6.0	2.0
Appetizers & Sides	Round Table Pizza	Mango Habanero, Boneless Wings, Oven-Roasted	90	12	6.0	2.5
Appetizers & Sides	Round Table Pizza	Garlic Parmesan, Boneless Wings, Oven-Roasted	90	7	6.0	4.5
Appetizers & Sides	Round Table Pizza	Lemon Pepper, Boneless Wings, Oven-Roasted	80	7	6.0	3.0
Appetizers & Sides	Round Table Pizza	Original (No Sauce), Boneless Wings, Fried	130	5	6.0	9.0
Appetizers & Sides	Round Table Pizza	Mild Buffalo, Boneless Wings, Fried	150	5	6.0	11.0
Appetizers & Sides	Round Table Pizza	Hot Buffalo, Boneless Wings, Fried	140	5	6.0	11.0
Appetizers & Sides	Round Table Pizza	BBQ, Boneless Wings, Fried	150	10	6.0	9.0
Appetizers & Sides	Round Table Pizza	Polynesian, Boneless Wings, Fried	150	8	6.0	9.0
Appetizers & Sides	Round Table Pizza	Mango Habanero, Boneless Wings, Fried	150	9	6.0	10.0
Appetizers & Sides	Round Table Pizza	Garlic Parmesan, Boneless Wings, Fried	150	5	6.0	12.0
Appetizers & Sides	Round Table Pizza	Lemon Pepper, Boneless Wings, Fried	140	5	6.0	10.0

Appetizers & Sides	Round Table Pizza	BBQ, Classic Wings, Oven-Roasted	110	5	9.0	5.0
Appetizers & Sides	Round Table Pizza	Mango Habanero, Classic Wings, Oven-Roasted	100	5	9.0	5.0
Appetizers & Sides	Round Table Pizza	Garlic Parmesan, Classic Wings, Oven-Roasted	110	0	9.0	8.0
Appetizers & Sides	Round Table Pizza	Lemon Pepper, Classic Wings, Oven-Roasted	90	0	9.0	6.0
Appetizers & Sides	Round Table Pizza	Original (No Sauce), Classic Wings, Fried	110	0	8.0	8.0
Appetizers & Sides	Round Table Pizza	Mild Buffalo, Classic Wings, Fried	130	0	8.0	10.0
Appetizers & Sides	Round Table Pizza	Hot Buffalo, Classic Wings, Fried	120	0	7.0	10.0
Appetizers & Sides	Round Table Pizza	BBQ, Classic Wings, Fried	130	5	8.0	8.0
Appetizers & Sides	Round Table Pizza	Polynesian, Classic Wings, Fried	120	4	8.0	8.0
Appetizers & Sides	Round Table Pizza	Mango Habanero, Classic Wings, Fried	130	5	8.0	8.0
Appetizers & Sides	Round Table Pizza	Garlic Parmesan, Classic Wings, Fried	130	0	8.0	11.0
Appetizers & Sides	Round Table Pizza	Lemon Pepper, Classic Wings, Fried	110	0	8.0	9.0
Toppings & Ingredients	Round Table Pizza	Bleu Cheese, 2oz	290	1	3.0	31.0
Toppings & Ingredients	Round Table Pizza	Bleu Cheese, 5oz	730	6	4.0	78.0
Toppings & Ingredients	Round Table Pizza	Creamy Ranch, 2oz	220	2	2.0	23.0
Toppings & Ingredients	Round Table Pizza	Creamy Ranch, 5oz	560	6	4.0	58.0
Toppings & Ingredients	Round Table Pizza	Marinara Sauce, 5oz	70	15	2.0	0.5
Toppings & Ingredients	Round Table Pizza	Zesty Red Sauce, 2oz	30	6	1.0	0.0
Toppings & Ingredients	Round Table Pizza	Zesty Red Sauce, 5oz	70	15	3.0	0.5
Salads	Round Table Pizza	Garden Salad - Individual	100	16	4.0	3.5
Salads	Round Table Pizza	Garden Salad - Family/Entree	210	33	7.0	7.0
Salads	Round Table Pizza	Garden Salad - Party Pack	630	99	21.0	20.0
Salads	Round Table Pizza	Caesar Salad - Individual	350	15	8.0	30.0
Salads	Round Table Pizza	Caesar Salad - Family/Entree	700	30	15.0	60.0
Salads	Round Table Pizza	Caesar Salad - Party Pack	2100	89	45.0	179.0
Salads	Round Table Pizza	Chicken Caesar Salad	800	30	36.0	61.0
Toppings & Ingredients	Round Table Pizza	Side of Grilled Chicken	70	0	14.0	1.0
Fried Potatoes	Round Table Pizza	Garlic Fries (12 oz)	840	79	11.0	53.0
Baked Goods	Round Table Pizza	Cinnamon Twists	180	34	4.0	3.5
Appetizers & Sides	Round Table Pizza	Miss Vickie's Jalapeño Chips (1.375oz.)	210	22	3.0	12.0
Appetizers & Sides	Round Table Pizza	Sun Chips Multi Grain Original (1.5 oz)	210	27	3.0	12.0
Beverages	Round Table Pizza	Brisk No Calorie Peach Green Tea, 12 fl oz	0	0	0.0	0.0
Beverages	Round Table Pizza	Brisk No Calorie Peach Green Tea, 16 fl oz	0	0	0.0	0.0
Beverages	Round Table Pizza	Brisk No Calorie Peach Green Tea, 22 fl oz	0	0	0.0	0.0
Beverages	Round Table Pizza	Brisk No Calorie Peach Green Tea, 32 fl oz	0	0	0.0	0.0

Beverages	Round Table Pizza	Raspberry Brisk Iced Tea, 12 fl oz	80	20	0.0	0.0
Beverages	Round Table Pizza	Raspberry Brisk Iced Tea, 16 fl oz	100	26	0.0	0.0
Beverages	Round Table Pizza	Raspberry Brisk Iced Tea, 22 fl oz	140	36	0.0	0.0
Beverages	Round Table Pizza	Raspberry Brisk Iced Tea, 32 fl oz	200	52	0.0	0.0
Beverages	Round Table Pizza	Brisk Unsweetened No Lemon Iced Tea, 12 fl oz	0	0	0.0	0.0
Beverages	Round Table Pizza	Brisk Unsweetened No Lemon Iced Tea, 16 fl oz	0	0	0.0	0.0
Beverages	Round Table Pizza	Brisk Unsweetened No Lemon Iced Tea, 22 fl oz	0	0	0.0	0.0
Beverages	Round Table Pizza	Brisk Unsweetened No Lemon Iced Tea, 32 fl oz	0	0	0.0	0.0
Beverages	Round Table Pizza	Diet Pepsi, 12 fl oz	0	0	0.0	0.0
Beverages	Round Table Pizza	Diet Pepsi, 16 fl oz	0	0	0.0	0.0
Beverages	Round Table Pizza	Diet Pepsi, 22 fl oz	0	0	0.0	0.0
Beverages	Round Table Pizza	Diet Pepsi, 32 fl oz	0	0	0.0	0.0
Beverages	Round Table Pizza	Dr. Pepper, 12 fl oz	150	40	0.0	0.0
Beverages	Round Table Pizza	Dr. Pepper, 16 fl oz	200	53	0.0	0.0
Beverages	Round Table Pizza	Dr. Pepper, 22 fl oz	275	73	0.0	0.0
Beverages	Round Table Pizza	Dr. Pepper, 32 fl oz	400	106	0.0	0.0
Beverages	Round Table Pizza	Mist Twst, 12 fl oz	140	39	0.0	0.0
Beverages	Round Table Pizza	Mist Twst, 16 fl oz	190	52	0.0	0.0
Beverages	Round Table Pizza	Mist Twst, 22 fl oz	260	72	0.0	0.0
Beverages	Round Table Pizza	Mist Twst, 32 fl oz	380	104	0.0	0.0
Beverages	Round Table Pizza	Mountain Dew, 12 fl oz	165	46	0.0	0.0
Beverages	Round Table Pizza	Mountain Dew, 16 fl oz	220	62	0.0	0.0
Beverages	Round Table Pizza	Mountain Dew, 22 fl oz	300	85	0.0	0.0
Beverages	Round Table Pizza	Mountain Dew, 32 fl oz	440	124	0.0	0.0
Beverages	Round Table Pizza	Mug Root Beer, 12 fl oz	150	38	0.0	0.0
Beverages	Round Table Pizza	Mug Root Beer, 16 fl oz	200	50	0.0	0.0
Beverages	Round Table Pizza	Mug Root Beer, 22 fl oz	280	69	0.0	0.0
Beverages	Round Table Pizza	Mug Root Beer, 32 fl oz	400	100	0.0	0.0
Beverages	Round Table Pizza	Pepsi, 12 fl oz	150	41	0.0	0.0
Beverages	Round Table Pizza	Pepsi, 16 fl oz	200	55	0.0	0.0
Beverages	Round Table Pizza	Pepsi, 22 fl oz	280	75	0.0	0.0
Beverages	Round Table Pizza	Pepsi, 32 fl oz	400	110	0.0	0.0
Beverages	Round Table Pizza	Pepsi Wild Cherry, 12 fl oz	160	42	0.0	0.0
Beverages	Round Table Pizza	Pepsi Wild Cherry, 16 fl oz	210	56	0.0	0.0
Beverages	Round Table Pizza	Pepsi Wild Cherry, 22 fl oz	290	77	0.0	0.0

Beverages	Round Table Pizza	Pepsi Wild Cherry, 32 fl oz	410	112	0.0	0.0
Beverages	Round Table Pizza	Sobe Lifewater Yumberry Pomegranate, 12 fl oz	0	0	0.0	0.0
Beverages	Round Table Pizza	Sobe Lifewater Yumberry Pomegranate, 16 fl oz	0	0	0.0	0.0
Beverages	Round Table Pizza	Sobe Lifewater Yumberry Pomegranate, 22 fl oz	0	0	0.0	0.0
Beverages	Round Table Pizza	Sobe Lifewater Yumberry Pomegranate, 32 fl oz	0	0	0.0	0.0
Beverages	Round Table Pizza	Tropicana Fruit Punch, 12 fl oz	170	45	0.0	0.0
Beverages	Round Table Pizza	Tropicana Fruit Punch, 16 fl oz	220	60	0.0	0.0
Beverages	Round Table Pizza	Tropicana Fruit Punch, 22 fl oz	300	83	0.0	0.0
Beverages	Round Table Pizza	Tropicana Fruit Punch, 32 fl oz	440	120	0.0	0.0
Beverages	Round Table Pizza	Tropicana Pink Lemonade, 12 fl oz	150	41	0.0	0.0
Beverages	Round Table Pizza	Tropicana Pink Lemonade, 16 fl oz	200	51	0.0	0.0
Beverages	Round Table Pizza	Tropicana Pink Lemonade, 22 fl oz	280	74	0.0	0.0
Beverages	Round Table Pizza	Tropicana Pink Lemonade, 32 fl oz	400	108	0.0	0.0
Beverages	Round Table Pizza	Izze Sparkling Blackberry Juice	130	31	0.0	0.0
Beverages	Round Table Pizza	Izze Sparkling Clementine Juice	120	30	0.0	0.0
Beverages	Round Table Pizza	Mott's Apple Juice	100	24	0.0	0.0
Beverages	Round Table Pizza	1% Reduced Fat Milk	100	23	8.0	2.0
Toppings & Ingredients	Round Table Pizza	Anchovies, Gluten Free Crust	10	0	1.0	0.5
Toppings & Ingredients	Round Table Pizza	Bacon, Armour, Gluten Free Crust	30	0	2.0	2.0
Toppings & Ingredients	Round Table Pizza	Chicken, Gluten Free Crust	10	0	2.0	0.0
Toppings & Ingredients	Round Table Pizza	Ham, Gluten Free Crust	10	0	1.0	0.0
Toppings & Ingredients	Round Table Pizza	Mini Pepperoni, Gluten Free Crust	20	0	1.0	2.5
Toppings & Ingredients	Round Table Pizza	Pepperoni, Gluten Free Crust	30	0	1.0	2.5
Toppings & Ingredients	Round Table Pizza	Salami, Gluten Free Crust	20	0	1.0	2.0
Toppings & Ingredients	Round Table Pizza	Zesty Red Sauce, Stuffed	0	1	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Creamy Garlic Sauce, Stuffed	20	0	0.0	2.0
Pizza	Round Table Pizza	Pepperoni, Stuffed	280	30	14.0	12.0
Toppings & Ingredients	Round Table Pizza	Italian Sausage, Original Small	30	0	1.0	2.5
Toppings & Ingredients	Round Table Pizza	Italian Sausage, Original Xlarge	30	0	1.0	2.0
Toppings & Ingredients	Round Table Pizza	Italian Sausage, Stuffed	40	0	1.0	2.5
Toppings & Ingredients	Round Table Pizza	Black Olives, Stuffed	10	1	0.0	1.0
Toppings & Ingredients	Round Table Pizza	Artichoke Hearts, Stuffed	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Pineapple, Stuffed	10	2	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Green Peppers, Stuffed	0	0	0.0	0.0

Toppings & Ingredients	Round Table Pizza	Roma Tomatoes, Stuffed	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Jalapeños, Stuffed	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Salami, Stuffed	40	0	2.0	3.0
Toppings & Ingredients	Round Table Pizza	Italian Sausage, Original Large	40	0	1.0	2.5
Pizza	Round Table Pizza	Gourmet Veggie, Stuffed	270	30	13.0	11.0
Pizza	Round Table Pizza	Guinevere's Garden Delight, Stuffed	260	31	13.0	10.0
Pizza	Round Table Pizza	Hawaiian, Stuffed	270	31	14.0	9.0
Pizza	Round Table Pizza	Italian Garlic Supreme, Stuffed	300	30	14.0	14.0
Pizza	Round Table Pizza	King Arthur Supreme, Stuffed	300	31	15.0	13.0
Pizza	Round Table Pizza	Maui Zau!, Stuffed	290	32	15.0	11.0
Pizza	Round Table Pizza	BBQ Chicken, Stuffed	300	33	15.0	12.0
Toppings & Ingredients	Round Table Pizza	Italian Sausage, Original Personal	20	0	1.0	2.0
Toppings & Ingredients	Round Table Pizza	Italian Sausage, Original Medium	30	0	2.0	2.5
Pizza	Round Table Pizza	Cheese, Stuffed	270	25	14.0	12.0
Pizza	Round Table Pizza	Chicken & Garlic Gourmet, Stuffed	280	30	15.0	11.0
Pizza	Round Table Pizza	Montague's All Meat Marvel, Stuffed	320	30	16.0	15.0
Toppings & Ingredients	Round Table Pizza	Pizza Crust, Stuffed	250	30	12.0	9.0
Salads	Round Table Pizza	Spinach Salad - Individual	80	7	5.0	4.0
Salads	Round Table Pizza	Spinach Salad - Family/Entree	160	14	11.0	8.0
Salads	Round Table Pizza	Spinach Salad - Party Pack	470	41	32.0	42.0
Pizza	Round Table Pizza	Pepperoni, Original Large	240	22	11.0	11.0
Pizza	Round Table Pizza	Double Play Pepperoni, Original Personal	150	24	7.0	7.0
Pizza	Round Table Pizza	Double Play Pepperoni, Original Small	240	14	11.0	12.0
Pizza	Round Table Pizza	Double Play Pepperoni, Original Medium	280	22	13.0	14.0
Pizza	Round Table Pizza	Double Play Pepperoni, Original Large	260	26	12.0	13.0
Pizza	Round Table Pizza	Double Play Pepperoni, Original Xlarge	250	24	12.0	13.0
Toppings & Ingredients	Round Table Pizza	Black Olives	45	2	0.0	4.5
Toppings & Ingredients	Round Table Pizza	Cheddar Cheese, Original Personal	110	1	7.0	9.0
Toppings & Ingredients	Round Table Pizza	Cheddar Cheese, Original Small	170	2	11.0	14.0
Toppings & Ingredients	Round Table Pizza	Cheddar Cheese, Original Medium	280	3	18.0	23.0
Toppings & Ingredients	Round Table Pizza	Cheddar Cheese, Original Large	390	4	25.0	32.0
Toppings & Ingredients	Round Table Pizza	Cheddar Cheese, Original Xlarge	500	5	32.0	41.0
Toppings & Ingredients	Round Table Pizza	Roma Tomatoes, Original Small	10	2	1.0	0.0
Pizza	Round Table Pizza	Pepperoni, Pan Crust Large	300	34	13.0	12.0
Pizza	Round Table Pizza	Double Play Pepperoni, Pan Crust Large	310	34	14.0	13.0

Toppings & Ingredients	Round Table Pizza	Zesty Red Sauce, Pan Crust Personal	0	1	0.0	8.0
Toppings & Ingredients	Round Table Pizza	Creamy Garlic Sauce, Pan Crust Personal	10	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Creamy Garlic Sauce, Pan Crust Medium	20	0	0.0	1.0
Toppings & Ingredients	Round Table Pizza	Polynesian, Pan Crust Personal	10	2	0.0	2.0
Toppings & Ingredients	Round Table Pizza	BBQ, Pan Crust Personal	10	5	0.0	0.0
Toppings & Ingredients	Round Table Pizza	BBQ, Pan Crust Medium	20	4	0.0	0.0
Toppings & Ingredients	Round Table Pizza	BBQ, Pan Crust Large	20	4	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Shredded Parmesan, Pan Crust Personal, Medium, Large	10	0	1.0	0.5
Toppings & Ingredients	Round Table Pizza	Anchovies, Pan Crust Medium	10	0	1.0	0.5
Toppings & Ingredients	Round Table Pizza	Anchovies, Pan Crust Large	10	0	1.0	0.5
Pizza	Round Table Pizza	Double Play Pepperoni, Stuffed	300	25	15.0	15.0
Toppings & Ingredients	Round Table Pizza	Black Olives, Gluten Free Crust	10	1	0.0	1.0
Toppings & Ingredients	Round Table Pizza	Cheddar Cheese, Stuffed	390	4	25.0	32.0
Toppings & Ingredients	Round Table Pizza	Red Onions, Stuffed	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Chopped Garlic, Stuffed	0	0	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Yellow Onions, Stuffed	0	0	0.0	0.0
Pizza	Round Table Pizza	Maui Zaul, Gluten Free Crust	280	35	10.0	10.0
Pizza	Round Table Pizza	Double Play Pepperoni, Gluten Free Crust	290	32	10.0	13.0
Toppings & Ingredients	Round Table Pizza	Creamy Garlic Sauce, Gluten Free Crust	10	0	0.0	1.0
Toppings & Ingredients	Round Table Pizza	Shredded Parmesan, Original Large	30	0	2.0	2.0
Toppings & Ingredients	Round Table Pizza	Cheddar Cheese, Gluten Free Crust	170	2	11.0	14.0
Toppings & Ingredients	Round Table Pizza	Italian Sausage, Gluten Free Crust	20	0	1.0	2.0
Toppings & Ingredients	Round Table Pizza	Shredded Parmesan, Original Small	20	0	2.0	2.0
Toppings & Ingredients	Round Table Pizza	BBQ, Original Large	50	0	1.0	4.0
Toppings & Ingredients	Round Table Pizza	BBQ, Original Personal	20	0	1.0	2.5
Toppings & Ingredients	Round Table Pizza	Polynesian, Gluten Free Crust	10	4	0.0	0.0
Fried Potatoes	Round Table Pizza	Fries, Lg (12 oz)	670	76	8.0	37.0
Fried Potatoes	Round Table Pizza	Fries, Side (6 oz)	330	38	4.0	19.0
Appetizers & Sides	Round Table Pizza	House Chips (12 oz)	890	74	9.0	62.0
Appetizers & Sides	Round Table Pizza	House Chips (4 oz)	300	25	3.0	21.0
Appetizers & Sides	Round Table Pizza	Onion Rings, 12 count	690	63	6.0	46.0
Appetizers & Sides	Round Table Pizza	Onion Rings, 6 count	350	32	3.0	23.0
Appetizers & Sides	Round Table Pizza	Lay's Potato Chips Original (1 oz.)	160	15	2.0	10.0
Appetizers & Sides	Round Table Pizza	Lay's Potato Chips Original (1.50 oz.)	240	23	3.0	15.0
Appetizers & Sides	Round Table Pizza	Lay's Potato Chips, BBQ (1.50 oz.)	230	24	3.0	14.0

Toppings & Ingredients	Round Table Pizza	Polynesian Sweet Chili Sauce, 2oz	90	21	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Polynesian Sweet Chili Sauce, 5oz	220	52	1.0	0.5
Toppings & Ingredients	Round Table Pizza	Thousand Island, 5oz	700	18	1.0	70.0
Toppings & Ingredients	Round Table Pizza	Parmesan Vinaigrette, 2oz	230	2	0.0	25.0
Toppings & Ingredients	Round Table Pizza	Parmesan Vinaigrette, 5oz	600	5	0.0	60.0
Toppings & Ingredients	Round Table Pizza	Mango Habanero Sauce, 2oz	80	20	0.0	0.0
Toppings & Ingredients	Round Table Pizza	RT BBQ Sauce, 2oz	90	22	0.0	0.0
Toppings & Ingredients	Round Table Pizza	RT BBQ Sauce, 5oz	220	53	2.0	0.5
Toppings & Ingredients	Round Table Pizza	RT Mild Buffalo Sauce, 2oz	120	2	0.0	12.0
Toppings & Ingredients	Round Table Pizza	RT Hot Buffalo Sauce, 2oz	100	2	0.0	10.0
Toppings & Ingredients	Round Table Pizza	RT Hot Buffalo Sauce, 5oz	250	5	1.0	26.0
Toppings & Ingredients	Round Table Pizza	Side of Grilled Chicken	140	0	28.0	2.0
Salads	Round Table Pizza	Wedge Salad	580	11	13.0	56.0
Burgers	Round Table Pizza	Bleu Cheese Burger	1220	66	52.0	81.0
Burgers	Round Table Pizza	Classic Cheeseburger	1280	57	54.0	91.0
Burgers	Round Table Pizza	Mushroom Swiss Burger	1320	56	56.0	96.0
Burgers	Round Table Pizza	Smokehouse Burger	1420	77	73.0	89.0
Burgers	Round Table Pizza	Bleu Cheese Sliders	1300	77	53.0	86.0
Burgers	Round Table Pizza	Classic Sliders	1460	64	55.0	108.0
Toppings & Ingredients	Round Table Pizza	Applewood Smoked Bacon	110	0	6.0	30.0
Toppings & Ingredients	Round Table Pizza	Bleu Cheese	80	1	5.0	6.0
Toppings & Ingredients	Round Table Pizza	Cheddar Cheese	170	0	10.0	15.0
Toppings & Ingredients	Round Table Pizza	Grilled Onions	60	2	2.0	6.0
Toppings & Ingredients	Round Table Pizza	Jalapeños	10	3	0.0	8.0
Toppings & Ingredients	Round Table Pizza	Sautéed Mushrooms	80	6	0.0	7.0
Sandwiches	Round Table Pizza	Italian Meats	840	59	41.0	49.0
Entrees	Round Table Pizza	Macaroni and Cheese	230	16	9.0	14.0
Entrees	Round Table Pizza	Chicken Bacon Alfredo	170	13	10.0	9.0
Toppings & Ingredients	Round Table Pizza	Carrots (matchsticks)	5	2	0.0	0.0
Toppings & Ingredients	Round Table Pizza	Pineapple tidbits	30	8	0.0	0.0
Desserts	Round Table Pizza	Chocolate Chip Cookie	310	43	4.0	15.0
Desserts	Round Table Pizza	Double Fudge Cookie	300	44	4.0	13.0
Desserts	Round Table Pizza	Chocolate Chip King Cookie	340	47	4.0	16.0
Desserts	Round Table Pizza	Vanilla Gelato	180	20	4.0	10.0
Desserts	Round Table Pizza	Chocolate Gelato	200	29	5.0	9.0

Desserts	Round Table Pizza	Salted Caramel Gelato	230	29	5.0	11.0
Desserts	Round Table Pizza	Gelookie – Choc Chunk + Vanilla	830	110	9.0	42.0
Desserts	Round Table Pizza	Gelookie – White Chocolate Macadamia Nut + Vanilla	770	98	10.0	37.0
Desserts	Round Table Pizza	Gelookie – Choc Chunk + Chocolate	850	118	10.0	41.0
Desserts	Round Table Pizza	Gelookie – White Chocolate Macadamia Nut + Chocolate	790	107	11.0	37.0
Desserts	Round Table Pizza	Gelookie – Choc Chunk + Salted Caramel	880	119	10.0	43.0
Desserts	Round Table Pizza	Gelookie – White Chocolate Macadamia Nut + Salted Caramel	810	108	11.0	38.0
Beverages	Round Table Pizza	2% Reduced Fat Chocolate Milk	220	32	10.0	5.0
Pizza	Sbarro	17in NY Sausage	3540	354	167.0	163.0
Pizza	Sbarro	17in NY Supremo	3420	357	153.0	156.0
Salads	Sbarro	Tomato Cucumber Salad 16oz	170	20	3.0	10.0
Pizza	Sbarro	17in NY 4 Cheese White	3300	330	144.0	164.0
Pizza	Sbarro	17in NY Spinach and Tomato	2850	355	129.0	105.0
Pizza	Sbarro	17in NY Classic Hawaiian	2880	369	156.0	89.0
Baked Goods	Sbarro	Garlic Breadsticks	280	38	8.0	11.0
Salads	Sbarro	Fruit Salad 12oz	120	29	2.0	0.5
Appetizers & Sides	Sbarro	Vegetable Rice 14oz	400	67	6.0	11.0
Pizza	Sbarro	17in NY Buffalo Chicken	3230	315	171.0	145.0
Pizza	Sbarro	17in NY Mama's Meatball	3780	352	173.0	182.0
Pizza	Sbarro	17in NY Meat Primo	3990	356	206.0	192.0
Pizza	Sbarro	17in NY Pepperoni	3110	341	145.0	132.0
Pizza	Sbarro	Roman Classic Hawaiian	3890	386	165.0	192.0
Pizza	Sbarro	Roman Meat Primo	5000	374	215.0	295.0
Pizza	Sbarro	Roman Sausage and Pepperoni	4810	373	187.0	290.0
Pizza	Sbarro	Roman Supremo	4500	376	167.0	264.0
Salads	Sbarro	Greek Salad 12oz	160	12	9.0	10.0
Pizza	Sbarro	14in NY Cheese Pizza	1850	228	91.0	65.0
Pizza	Sbarro	17in NY Cheese Pizza	2750	340	135.0	96.0
Pizza	Sbarro	17in NY Veggie	2780	357	126.0	97.0
Appetizers & Sides	Sbarro	Roasted Potatoes Large Side	450	82	10.0	9.0
Pizza	Sbarro	17in NY Mushroom	2770	341	123.0	104.0
Pizza	Sbarro	17in NY Chicken, Bacon and Ranch	4030	323	179.0	225.0
Pizza	Sbarro	14in NY Pepperoni	2110	229	99.0	91.0
Pizza	Sbarro	14in NY Supremo	2350	239	107.0	110.0
Pizza	Sbarro	14in NY Veggie	1930	240	90.0	70.0



Pizza	Sbarro	14in NY Classic Hawaiian	1960	248	107.0	61.0
Pizza	Sbarro	14in NY 4 Cheese White	2260	222	99.0	114.0
Pizza	Sbarro	14in NY Mama's Meatball	2620	237	120.0	129.0
Pizza	Sbarro	Roman Classic Cheese	3670	357	137.0	193.0
Pizza	Sbarro	Roman Pepperoni and Bacon	4580	360	185.0	271.0
Pizza	Sbarro	Roman Veggie	3810	375	135.0	202.0
Pizza	Sbarro	Roman Double Duo Pepperoni	4790	358	178.0	298.0
Pizza	Sbarro	Roman Buffalo Chicken Ranch	4120	332	187.0	232.0
Pizza	Sbarro	Pan Classic Hawaiian	4510	497	203.0	195.0
Pizza	Sbarro	Pan Spinach and Tomato	4470	481	173.0	213.0
Pizza	Sbarro	Pan Spinach and Mushroom	4580	474	173.0	228.0
Pizza	Sbarro	Pan Meat Primo	5570	479	248.0	297.0
Pizza	Sbarro	Pan Veggie	4580	482	171.0	225.0
Pizza	Sbarro	Pan Sausage and Pepperoni	5450	479	224.0	298.0
Pizza	Sbarro	Pan Chicken and Broccoli	5070	461	242.0	260.0
Pizza	Sbarro	Pan Double Duo	5810	466	243.0	334.0
Pizza	Sbarro	Sicilian Cheese Pizza	3870	447	159.0	164.0
Pizza	Sbarro	Sicilian Sausage and Pepperoni	5580	460	216.0	322.0
Pizza	Sbarro	Stuffed Sausage and Pepperoni Pizza	7200	661	314.0	372.0
Pizza	Sbarro	Stuffed Spinach and Broccoli Pizza	5890	650	233.0	272.0
Entrees	Sbarro	Pepperoni and Cheese Stromboli	3430	311	152.0	180.0
Entrees	Sbarro	Spinach and Cheese Stromboli	2970	319	124.0	138.0
Entrees	Sbarro	Fresh Spinach and Cheese Stromboli	3090	325	145.0	141.0
Entrees	Sbarro	Sausage, Pepperoni and Bacon Stromboli	3510	313	156.0	184.0
Entrees	Sbarro	Chicken and Four Cheese Stromboli	3180	314	173.0	142.0
Entrees	Sbarro	Chicken, Pepper and Onion Stromboli	2960	318	160.0	120.0
Entrees	Sbarro	Veggie Stromboli	2780	320	116.0	117.0
Entrees	Sbarro	Meat Primo Stromboli	4040	324	196.0	217.0
Entrees	Sbarro	Buffalo Chicken Stromboli	3110	314	166.0	136.0
Entrees	Sbarro	Classic Hawaiian Stromboli	3170	336	146.0	142.0
Entrees	Sbarro	Supremo Stromboli	3450	325	143.0	178.0
Toppings & Ingredients	Sbarro	Pasta Sauce	30	3	1.0	2.0
Appetizers & Sides	Sbarro	Baked Ziti Side	480	48	19.0	24.0
Appetizers & Sides	Sbarro	Baked Ziti Side With Chicken	760	58	48.0	38.0
Appetizers & Sides	Sbarro	Baked Ziti Side With Meatballs	890	59	39.0	53.0

Entrees	Sbarro	Baked Ziti Entree	700	70	28.0	36.0
Entrees	Sbarro	Spaghetti Entrée	850	103	20.0	39.0
Appetizers & Sides	Sbarro	Spaghetti Side	420	52	10.0	20.0
Entrees	Sbarro	Spaghetti With Meatballs	990	83	34.0	56.0
Entrees	Sbarro	Steam Meatballs	400	10	20.0	28.0
Entrees	Sbarro	Steam Baked Lasagna	1250	112	58.0	63.0
Entrees	Sbarro	Steam Service Chicken Parmesan A la Carte	260	15	27.0	11.0
Entrees	Sbarro	Steam Service Chicken Parmesan Entrée Baked Ziti	850	66	52.0	43.0
Entrees	Sbarro	Steam Service Chicken Parmesan Entrée with Spaghetti	850	77	44.0	41.0
Entrees	Sbarro	Steam Chicken Parmesan	320	14	32.0	16.0
Appetizers & Sides	Sbarro	Roasted Potatoes Reg Side	280	52	6.0	5.0
Appetizers & Sides	Sbarro	Roasted Carrots Large Side	250	41	4.0	9.0
Appetizers & Sides	Sbarro	Roasted Carrots Reg Side	140	23	2.0	5.0
Entrees	Sbarro	Steam Sausage and Peppers	4360	190	199.0	345.0
Entrees	Sbarro	Steam Service Sausage and Peppers Entrée with Baked Ziti	840	63	35.0	51.0
Entrees	Sbarro	Steam Service Sausage and Peppers Entrée with Spaghetti	830	72	27.0	49.0
Appetizers & Sides	Sbarro	Vegetable Rice 10oz	280	48	5.0	8.0
Appetizers & Sides	Sbarro	Yellow Rice 10oz Side	330	65	6.0	4.5
Appetizers & Sides	Sbarro	Yellow Rice 16oz Large	530	104	10.0	8.0
Appetizers & Sides	Sbarro	Mixed Vegetables	2210	145	42.0	178.0
Appetizers & Sides	Sbarro	Steam Service Mac and Cheese Side	670	47	31.0	37.0
Entrees	Sbarro	Steam Macaroni and Cheese Entree	1090	82	50.0	61.0
Salads	Sbarro	Mushroom & Three Pepper Salad 10oz	150	12	7.0	10.0
Salads	Sbarro	Mushroom & Three Pepper Salad 14oz	210	17	10.0	15.0
Salads	Sbarro	Garden Salad Entrée	45	10	2.0	0.0
Salads	Sbarro	Garden Salad Side	25	5	1.0	0.0
Salads	Sbarro	Caesar Salad Side	50	8	2.0	1.0
Salads	Sbarro	Caesar Salad Entrée	70	13	3.0	1.5
Salads	Sbarro	Tomato Cucumber Salad 12oz	130	15	3.0	8.0
Salads	Sbarro	Pasta Primavera Salad 10oz	480	39	7.0	35.0
Salads	Sbarro	Pasta Primavera Salad 14oz	680	55	10.0	49.0
Salads	Sbarro	Greek Salad 8oz	50	4	3.0	3.5
Salads	Sbarro	Fruit Salad 16oz	150	38	3.0	0.5
Desserts	Sbarro	NY Cheesecake	600	55	6.0	39.0
Desserts	Sbarro	Strawberry Cheesecake	640	64	6.0	39.0

Desserts	Sbarro	Chocolate Cake	440	56	5.0	23.0
Desserts	Sbarro	Carrot Cake	530	58	5.0	29.0
Desserts	Sbarro	Cannoli	230	23	5.0	13.0
Desserts	Sbarro	NY Tiramisu	190	19	2.0	12.0
Beverages	Sbarro	Iced Tea 12 fl oz	5	1	0.0	0.0
Beverages	Sbarro	Sweet Iced Tea 12 fl oz	130	35	0.0	0.0
Beverages	Sbarro	Lemonade 12 fl oz	180	47	0.0	0.0
Burgers	Shake Shack	'Shroom Burger	510	49	18.0	27.0
Toppings & Ingredients	Shake Shack	American Cheese	70	1	4.0	6.0
Toppings & Ingredients	Shake Shack	Bacon (2 Slices)	70	0	6.0	4.5
Burgers	Shake Shack	Bacon Cheeseburger, Single	500	25	35.0	29.0
Burgers	Shake Shack	Bacon Cheeseburger, Double	760	25	58.0	47.0
Burgers	Shake Shack	Brat Burger, Single	860	34	44.0	61.0
Burgers	Shake Shack	Brat Burger, Double	1050	34	62.0	73.0
Toppings & Ingredients	Shake Shack	Burger Patty	190	0	19.0	12.0
Burgers	Shake Shack	Single Cheeseburger	440	25	29.0	24.0
Burgers	Shake Shack	Double Cheeseburger	700	25	51.0	42.0
Toppings & Ingredients	Shake Shack	Cherry Peppers	10	2	0.0	0.0
Burgers	Shake Shack	Golden State, Single	560	26	31.0	37.0
Burgers	Shake Shack	Golden State, Double	840	27	54.0	56.0
Burgers	Shake Shack	Green Chile CheddarShack, Single	470	28	30.0	26.0
Burgers	Shake Shack	Green Chile CheddarShack, Double	750	28	53.0	46.0
Sandwiches	Shake Shack	Grilled Cheese	320	25	14.0	18.0
Burgers	Shake Shack	Single Hamburger	370	24	25.0	18.0
Burgers	Shake Shack	Double Hamburger	560	24	44.0	30.0
Toppings & Ingredients	Shake Shack	Lettuce	1	0	0.0	0.0
Toppings & Ingredients	Shake Shack	Lettuce Wrap	5	1	1.0	0.0
Burgers	Shake Shack	Link Burger	680	27	39.0	46.0
Burgers	Shake Shack	Link Burger, Double	930	28	61.0	64.0
Burgers	Shake Shack	Link Burger, Triple	1190	28	83.0	82.0
Burgers	Shake Shack	Lockhart Link Burger	780	27	39.0	56.0
Burgers	Shake Shack	Lockhart Link Burger, Double	1040	28	61.0	74.0
Burgers	Shake Shack	Lockhart Link Burger, Triple	1300	29	83.0	92.0
Toppings & Ingredients	Shake Shack	Martin's Potato Roll	180	24	7.0	6.0
Burgers	Shake Shack	Montlake Single Cut	670	36	29.0	45.0

Burgers	Shake Shack	Montlake Double Cut	980	36	54.0	68.0
Burgers	Shake Shack	Mound City Double	780	26	56.0	48.0
Toppings & Ingredients	Shake Shack	Onion	5	1	0.0	0.0
Toppings & Ingredients	Shake Shack	Pickle	1	0	0.0	0.0
Burgers	Shake Shack	Roadside Double Burger	770	32	53.0	46.0
Toppings & Ingredients	Shake Shack	ShackSauce	60	0	0.0	6.0
Toppings & Ingredients	Shake Shack	Shack Stack	770	50	40.0	45.0
Burgers	Shake Shack	Single ShackBurger	500	26	29.0	30.0
Burgers	Shake Shack	Double ShackBurger	760	27	51.0	48.0
Burgers	Shake Shack	Single SmokeShack	570	28	36.0	35.0
Burgers	Shake Shack	Double SmokeShack	830	28	58.0	53.0
Toppings & Ingredients	Shake Shack	Tomato	5	1	0.0	0.0
Burgers	Shake Shack	Veggie Shack	530	56	16.0	27.0
Burgers	Shake Shack	Veggie Shack, Vegan, Lettuce Wrap	310	31	4.0	18.0
Burgers	Shake Shack	Veggie Shack, Vegan	390	50	6.0	22.0
Toppings & Ingredients	Shake Shack	BBQ Sauce	70	16	1.0	0.0
Toppings & Ingredients	Shake Shack	Herb Mayonnaise	90	0	0.0	10.0
Toppings & Ingredients	Shake Shack	Honey Mustard	180	4	1.0	19.0
Sandwiches	Shake Shack	Bacon Breakfast Sandwich	400	25	23.0	23.0
Sandwiches	Shake Shack	Bacon Breakfast Sandwich (Double Egg)	490	26	29.0	30.0
Sandwiches	Shake Shack	Egg and Cheese Breakfast Sandwich	530	28	30.0	32.0
Sandwiches	Shake Shack	Egg and Cheese Breakfast Sandwich (Double Egg)	620	28	36.0	39.0
Sandwiches	Shake Shack	Sausage Breakfast Sandwich	340	25	17.0	19.0
Sandwiches	Shake Shack	Sausage Breakfast Sandwich (Double Egg)	430	25	23.0	25.0
Toppings & Ingredients	Shake Shack	Add Cheese Sauce	80	1	2.0	7.0
Sandwiches	Shake Shack	Garden Dog	180	27	8.0	3.0
Sandwiches	Shake Shack	Hot Dog	350	25	16.0	22.0
Entrees	Shake Shack	Sausage Link	240	2	9.0	20.0
Entrees	Shake Shack	Shackmeister Cheddar Brat	690	33	27.0	51.0
Fried Potatoes	Shake Shack	Bacon Cheese Fries	840	65	24.0	52.0
Fried Potatoes	Shake Shack	Cheese Fries	710	64	12.0	44.0
Fried Potatoes	Shake Shack	Double Down Fries	1910	164	41.0	117.0
Fried Potatoes	Shake Shack	Regular Fries	470	63	6.0	22.0
Beverages	Shake Shack	Black & White Shake	770	80	19.0	42.0
Beverages	Shake Shack	Bourbon Salted Honey Shake	890	89	18.0	44.0

Beverages	Shake Shack	Chocolate Shake	750	76	16.0	45.0
Beverages	Shake Shack	Cookies & Cream Shake	850	98	19.0	44.0
Beverages	Shake Shack	Loaded Chocolate Cookies & Cream Shake	1160	126	17.0	56.0
Toppings & Ingredients	Shake Shack	Malt	90	19	2.0	1.0
Beverages	Shake Shack	Strawberry Shake	690	77	17.0	35.0
Beverages	Shake Shack	Vanilla Shake	680	72	18.0	36.0
Toppings & Ingredients	Shake Shack	Whipped Cream	70	5	1.0	5.0
Beverages	Shake Shack	Creamsicle Float	440	75	7.0	15.0
Beverages	Shake Shack	Purple Cow Float	460	79	7.0	15.0
Beverages	Shake Shack	Root Beer Float	430	70	7.0	15.0
Desserts	Shake Shack	Single Chocolate Cup	310	32	6.0	19.0
Desserts	Shake Shack	Double Chocolate Cup	490	51	9.0	30.0
Desserts	Shake Shack	Single Vanilla & Chocolate Cup	290	31	6.0	17.0
Desserts	Shake Shack	Double Vanilla & Chocolate Cup	470	50	10.0	27.0
Desserts	Shake Shack	Single Vanilla Cup	280	30	7.0	15.0
Desserts	Shake Shack	Double Vanilla Cup	450	49	11.0	24.0
Beverages	Shake Shack	Beer Float	490	52	8.0	15.0
Beverages	Shake Shack	Brooklyn Brewery ShackMeister Ale (16oz. Draft)	210	17	2.0	0.0
Beverages	Shake Shack	Brooklyn Brewery ShackMeister Ale (24oz. Draft)	310	25	4.0	0.0
Beverages	Shake Shack	Brooklyn Brewery ShackMeister Ale (32oz. Draft)	420	33	5.0	0.0
Beverages	Shake Shack	Brooklyn Brewery ShackMeister Ale (60oz. Draft)	780	62	9.0	0.0
Beverages	Shake Shack	Shack Red (6 oz)	150	5	0.0	0.0
Beverages	Shake Shack	Shack Red Bottle (750 ml)	620	19	1.0	0.0
Beverages	Shake Shack	Shack Red Can (8.4 oz)	210	6	0.0	0.0
Beverages	Shake Shack	Shack Rosé Can (8.4 oz)	210	9	1.0	0.0
Beverages	Shake Shack	Shack Sparkling Can (8.4 oz)	200	6	0.0	0.0
Beverages	Shake Shack	Shack White (6 oz)	140	4	0.0	0.0
Beverages	Shake Shack	Shack White Bottle (750 ml)	600	15	1.0	0.0
Beverages	Shake Shack	Shack White Can (8.4 oz)	200	5	0.0	0.0
Beverages	Shake Shack	Abita Root Beer Small	170	42	0.0	0.0
Beverages	Shake Shack	Abita Root Beer Large	280	69	0.0	0.0
Beverages	Shake Shack	Abita Root Beer Bottle	180	44	0.0	0.0
Beverages	Shake Shack	Coke Small	140	39	0.0	0.0
Beverages	Shake Shack	Coke Large	210	58	0.0	0.0
Beverages	Shake Shack	Coke Zero Small	0	0	0.0	0.0

Beverages	Shake Shack	Coke Zero Large	0	0	0.0	0.0
Beverages	Shake Shack	Crush Small	160	43	0.0	0.0
Beverages	Shake Shack	Crush Large	240	65	0.0	0.0
Beverages	Shake Shack	Diet Coke Small	0	0	0.0	0.0
Beverages	Shake Shack	Diet Coke Large	0	0	0.0	0.0
Beverages	Shake Shack	Diet Dr. Pepper Small	0	0	0.0	0.0
Beverages	Shake Shack	Diet Dr. Pepper Large	0	0	0.0	0.0
Beverages	Shake Shack	Diet Mountain Dew Small	5	1	0.0	0.0
Beverages	Shake Shack	Diet Mountain Dew Large	10	1	0.0	0.0
Beverages	Shake Shack	Diet Pepsi Small	0	0	0.0	0.0
Beverages	Shake Shack	Diet Pepsi Large	0	0	0.0	0.0
Beverages	Shake Shack	Dr. Pepper Small	150	40	0.0	0.0
Beverages	Shake Shack	Dr. Pepper Large	220	59	0.0	0.0
Beverages	Shake Shack	Fresh Brewed Sweetened Iced Tea Small	110	28	0.0	0.0
Beverages	Shake Shack	Fresh Brewed Sweetened Iced Tea Large	170	45	0.0	0.0
Beverages	Shake Shack	Fanta Grape Small	180	49	0.0	0.0
Beverages	Shake Shack	Fanta Grape Large	270	73	0.0	0.0
Beverages	Shake Shack	Honest Kids Apple Juice	40	10	0.0	0.0
Beverages	Shake Shack	Mist TWST Large	220	58	0.0	0.0
Beverages	Shake Shack	Mist TWST Small	140	39	0.0	0.0
Beverages	Shake Shack	Mountain Dew Small	170	46	0.0	0.0
Beverages	Shake Shack	Mountain Dew Large	260	69	0.0	0.0
Beverages	Shake Shack	Fanta Orange Small	160	45	0.0	0.0
Beverages	Shake Shack	Fanta Orange Large	240	67	0.0	0.0
Beverages	Shake Shack	Orange Juice	165	41	3.0	0.0
Beverages	Shake Shack	Pepsi Small	150	41	0.0	0.0
Beverages	Shake Shack	Pepsi Large	220	62	0.0	0.0
Beverages	Shake Shack	PepsiMAX Small	0	0	0.0	0.0
Beverages	Shake Shack	PepsiMAX Large	0	0	0.0	0.0
Beverages	Shake Shack	Shack-made Lemonade Small	160	43	0.0	0.0
Beverages	Shake Shack	Shack-made Lemonade Large	270	70	0.0	0.0
Beverages	Shake Shack	SHACK2O	0	0	0.0	0.0
Beverages	Shake Shack	Sprite Small	140	36	0.0	0.0
Beverages	Shake Shack	Sprite Large	240	60	0.0	0.0
Burgers	Shake Shack	Slap Shot Burger, Single	490	33	28.0	27.0

Burgers	Shake Shack	Slap Shot Burger, Double	680	33	47.0	40.0
Burgers	Shake Shack	Hot Ones Burger, Single	590	25	37.0	38.0
Burgers	Shake Shack	Hot Ones Burger, Double	860	25	61.0	56.0
Toppings & Ingredients	Shake Shack	Gluten Free Bun	160	31	3.0	3.0
Toppings & Ingredients	Shake Shack	Crispy Shallots	110	7	1.0	8.0
Sandwiches	Shake Shack	Chicken Shack	550	34	33.0	31.0
Entrees	Shake Shack	Chicken Bites (6 piece)	300	15	17.0	19.0
Entrees	Shake Shack	Chicken Bites (10 piece)	510	26	29.0	32.0
Sandwiches	Shake Shack	Hot Ones Chicken	680	34	44.0	41.0
Fried Potatoes	Shake Shack	Hot Ones Cheese Fries	890	70	13.0	62.0
Fried Potatoes	Shake Shack	Hot Ones Bacon Cheese Fries	1020	70	25.0	71.0
Beverages	Shake Shack	Salted Caramel Shake	840	99	17.0	42.0
Beverages	Shake Shack	Apple Cider Donut Shake	970	123	21.0	45.0
Beverages	Shake Shack	Pumpkin Patch Shake	820	87	21.0	44.0
Beverages	Shake Shack	Choco Salted Toffee Shake	920	111	21.0	47.0
Beverages	Shake Shack	Fresh Brewed Iced Tea Small	5	1	0.0	0.0
Beverages	Shake Shack	Fresh Brewed Iced Tea Large	5	2	0.0	0.0
Beverages	Shake Shack	Fifty-Fifty Small	80	22	0.0	0.0
Beverages	Shake Shack	Fifty-Fifty Large	140	36	0.0	0.0
Burgers	Sonic	Jr Burger	310	32	14.0	14.0
Burgers	Sonic	Hatch Green Chile Cheeseburger With Mustard	690	54	31.0	37.0
Sandwiches	Sonic	Chicken Wrap, Grilled	480	39	31.0	14.0
Sandwiches	Sonic	Fish Sandwich	540	57	18.0	27.0
Sandwiches	Sonic	Corn Dog	230	23	6.0	13.0
Sandwiches	Sonic	Breakfast Toaster Bacon	610	52	29.0	31.0
Sandwiches	Sonic	Breakfast Toaster Ham	540	54	29.0	22.0
Sandwiches	Sonic	Breakfast Toaster Sausage	720	52	29.0	43.0
Sandwiches	Sonic	Breakfast Burrito Bacon	470	35	25.0	25.0
Sandwiches	Sonic	Breakfast Burrito Sausage	500	35	23.0	30.0
Sandwiches	Sonic	Breakfast Burrito Ham	440	38	27.0	20.0
Sandwiches	Sonic	SuperSonic Breakfast Burrito	610	49	24.0	35.0
Entrees	Sonic	Jumbo Popcorn Chicken, Medium	490	36	23.0	28.0
Entrees	Sonic	Jumbo Popcorn Chicken, Large	750	55	36.0	43.0
Appetizers & Sides	Sonic	Handmade Onion Rings, Small	440	55	6.0	21.0
Toppings & Ingredients	Sonic	Ranch Dressing	130	2	1.0	14.0

Sandwiches	Sonic	Grilled Cheese Sandwich	430	51	14.0	19.0
Sandwiches	Sonic	Chicken Club Toaster Sandwich	770	63	32.0	43.0
Sandwiches	Sonic	Bacon Cheeseburger Toaster Sandwich	840	68	37.0	46.0
Sandwiches	Sonic	6" All American Dog	410	41	13.0	21.0
Sandwiches	Sonic	6" Chicago Dog	400	41	11.0	20.0
Sandwiches	Sonic	6" Chili Cheese Coney	470	34	18.0	29.0
Sandwiches	Sonic	6" New York Dog	400	35	13.0	23.0
Sandwiches	Sonic	6" All Beef Regular Hot Dog	360	31	12.0	21.0
Fried Potatoes	Sonic	Chili Cheese Tots, Small	350	32	7.0	21.0
Sandwiches	Sonic	Biscuit Sandwich w/ Bacon	630	41	29.0	35.0
Sandwiches	Sonic	Biscuit Sandwich w/ Ham	520	42	26.0	24.0
Sandwiches	Sonic	Biscuit Sandwich w/ Sausage	750	68	31.0	39.0
Sandwiches	Sonic	BLT Toaster Sandwich	580	53	19.0	32.0
Sandwiches	Sonic	Bagel Breakfast Sandwich w/ Bacon	640	68	31.0	27.0
Sandwiches	Sonic	Bagel Breakfast Sandwich w/ Ham	570	70	31.0	19.0
Sandwiches	Sonic	Bagel Breakfast Sandwich w/ Sausage	750	68	31.0	39.0
Sandwiches	Sonic	Country Fried Steak Sandwich	700	80	16.0	35.0
Sandwiches	Sonic	Country Fried Steak Toaster Sandwich	700	80	15.0	35.0
Sandwiches	Sonic	Chicken Wrap, Crispy	530	48	21.0	28.0
Sandwiches	Sonic	CroisSonic Breakfast Sandwich w/ Bacon	580	32	27.0	38.0
Sandwiches	Sonic	CroisSonic Breakfast Sandwich w/ Ham	470	33	24.0	27.0
Sandwiches	Sonic	CroisSonic Breakfast Sandwich w/ Sausage	650	31	24.0	47.0
Sandwiches	Sonic	Footlong Quarter Pound Coney	790	55	31.0	49.0
Sandwiches	Sonic	Jr Breakfast Burrito	290	22	12.0	17.0
Sandwiches	Sonic	Philly Cheesesteak Sandwich	750	53	46.0	39.0
Burgers	Sonic	Sonic Bacon Cheeseburger w/ Mayo	860	54	37.0	54.0
Burgers	Sonic	SuperSonic Bacon Double Cheeseburger w/ Mayo	1140	52	58.0	77.0
Burgers	Sonic	SuperSonic Jalapeno Double Cheeseburger w/ Mustard	1030	55	53.0	65.0
Sandwiches	Sonic	Ultimate Meat & Cheese Breakfast Burrito	840	47	30.0	58.0
Entrees	Sonic	3 Crispy Tenders	260	16	21.0	12.0
Entrees	Sonic	5 Crispy Tenders	430	27	35.0	20.0
Entrees	Sonic	4 French Toast Sticks w/o Syrup	480	54	8.0	25.0
Fried Potatoes	Sonic	Fries, Large	470	63	5.0	22.0
Fried Potatoes	Sonic	Fries, Medium	290	38	3.0	13.0
Fried Potatoes	Sonic	Fries, Small	250	33	3.0	12.0



Fried Potatoes	Sonic	Fries w/ Cheese, Large	600	64	12.0	33.0
Fried Potatoes	Sonic	Fries w/ Cheese, Medium	380	39	9.0	22.0
Fried Potatoes	Sonic	Fries w/ Cheese, Small	310	34	6.0	17.0
Fried Potatoes	Sonic	Tots, Large	580	69	5.0	31.0
Fried Potatoes	Sonic	Tots, Medium	360	43	3.0	19.0
Fried Potatoes	Sonic	Tots, Small	250	30	2.0	13.0
Toppings & Ingredients	Sonic	American Cheese	70	1	4.0	6.0
Desserts	Sonic	Real Ice Cream Sundae, Caramel	490	61	7.0	22.0
Toppings & Ingredients	Sonic	Crispy Bacon	80	1	6.0	7.0
Toppings & Ingredients	Sonic	Hatch Green Chiles	5	0	0.0	0.0
Toppings & Ingredients	Sonic	Grilled Onions	5	1	0.0	0.0
Toppings & Ingredients	Sonic	Hickory BBQ Sauce	30	7	0.0	0.0
Toppings & Ingredients	Sonic	Hot Chili	60	3	3.0	4.0
Desserts	Sonic	Real Ice Cream Sundae, Hot Fudge	520	65	7.0	26.0
Toppings & Ingredients	Sonic	Slaw	140	17	1.0	7.0
Toppings & Ingredients	Sonic	Spicy Jalapenos	5	1	0.0	0.0
Desserts	Sonic	Real Ice Cream Sundae, Strawberry	440	55	7.0	21.0
Desserts	Sonic	Real Ice Cream Sundae, Chocolate	430	51	7.0	22.0
Desserts	Sonic	Vanilla Cone	250	30	4.0	12.0
Beverages	Sonic	1% Milk Jug	130	16	10.0	2.5
Beverages	Sonic	Coca Cola, Wacky Pack	70	19	0.0	0.0
Beverages	Sonic	Coca Cola, Small	110	29	0.0	0.0
Beverages	Sonic	Coca Cola, Medium	180	48	0.0	0.0
Beverages	Sonic	Coca Cola, Large	270	72	0.0	0.0
Beverages	Sonic	Coca Cola, RT 44	360	98	0.0	0.0
Beverages	Sonic	Diet Coke, Wacky Pack	0	0	0.0	0.0
Beverages	Sonic	Diet Coke, Small	0	0	0.0	0.0
Beverages	Sonic	Diet Coke, Medium	0	0	0.0	0.0
Beverages	Sonic	Diet Coke, Large	0	0	0.0	0.0
Beverages	Sonic	Diet Coke, RT 44	0	0	0.0	0.0
Beverages	Sonic	Coca Cola Zero Sugar, Wacky Pack	0	0	0.0	0.0
Beverages	Sonic	Coca Cola Zero Sugar, Small	0	0	0.0	0.0
Beverages	Sonic	Coca Cola Zero Sugar, Medium	0	0	0.0	0.0
Beverages	Sonic	Coca Cola Zero, Large	0	0	0.0	0.0
Beverages	Sonic	Coca Cola Zero, RT 44	0	0	0.0	0.0

Beverages	Sonic	Diet Dr Pepper, Wacky Pack	0	0	0.0	0.0
Beverages	Sonic	Diet Dr Pepper, Small	0	0	0.0	0.0
Beverages	Sonic	Diet Dr Pepper, Medium	0	0	0.0	0.0
Beverages	Sonic	Diet Dr Pepper, Large	0	0	0.0	0.0
Beverages	Sonic	Diet Dr Pepper, RT 44	0	0	0.0	0.0
Beverages	Sonic	Dr Pepper, Wacky Pack	60	18	0.0	0.0
Beverages	Sonic	Dr Pepper, Small	100	28	0.0	0.0
Beverages	Sonic	Dr Pepper, Medium	160	46	0.0	0.0
Beverages	Sonic	Dr Pepper, Large	240	70	0.0	0.0
Beverages	Sonic	Dr Pepper, RT 44	330	94	0.0	0.0
Beverages	Sonic	Sprite, Wacky Pack	70	18	0.0	0.0
Beverages	Sonic	Sprite, Small	100	28	0.0	0.0
Beverages	Sonic	Sprite, Medium	170	46	0.0	0.0
Beverages	Sonic	Sprite, Large	260	70	0.0	0.0
Beverages	Sonic	Sprite, RT 44	350	94	0.0	0.0
Beverages	Sonic	Sprite Zero, Wacky Pack	0	0	0.0	0.0
Beverages	Sonic	Sprite Zero, Small	5	0	0.0	0.0
Beverages	Sonic	Sprite Zero, Medium	5	0	0.0	0.0
Beverages	Sonic	Sprite Zero, Large	5	0	0.0	0.0
Beverages	Sonic	Sprite Zero, RT 44	10	0	0.0	0.0
Beverages	Sonic	Barqs Root Beer, Wacky Pack	80	21	0.0	0.0
Beverages	Sonic	Barqs Root Beer, Small	120	32	0.0	0.0
Beverages	Sonic	Barqs Root Beer, Large	300	81	0.0	0.0
Beverages	Sonic	Barqs Root Beer, RT 44	400	109	0.0	0.0
Beverages	Sonic	Barqs Root Beer, Medium	200	53	0.0	0.0
Beverages	Sonic	Hi C Fruit Punch, Small	110	30	0.0	0.0
Beverages	Sonic	Hi C Fruit Punch, Medium	180	50	0.0	0.0
Beverages	Sonic	Hi C Fruit Punch, Large	280	75	0.0	0.0
Beverages	Sonic	Hi C Fruit Punch, RT 44	380	102	0.0	0.0
Beverages	Sonic	Fanta Orange, Small	110	31	0.0	0.0
Beverages	Sonic	Fanta Orange, Medium	190	51	0.0	0.0
Beverages	Sonic	Fanta Orange, Large	280	78	0.0	0.0
Beverages	Sonic	Fanta Orange, RT 44	380	105	0.0	0.0
Beverages	Sonic	Mello Yello, Small	110	31	0.0	0.0
Beverages	Sonic	Mello Yello, Medium	190	51	0.0	0.0

Beverages	Sonic	Mello Yello, Large	280	78	0.0	0.0
Beverages	Sonic	Mello Yello, RT 44	380	105	0.0	0.0
Beverages	Sonic	Minute Maid, 100% Apple Juice Box	80	21	0.0	0.0
Beverages	Sonic	Unsweet Iced Tea, Wacky Pack	0	0	0.0	0.0
Beverages	Sonic	Unsweet Iced Tea, Small	0	0	0.0	0.0
Beverages	Sonic	Unsweet Iced Tea, Medium	0	0	0.0	0.0
Beverages	Sonic	Unsweet Iced Tea, Large	0	0	0.0	0.0
Beverages	Sonic	Unsweet Iced Tea, RT 44	0	0	0.0	0.0
Beverages	Sonic	Sweet Iced Tea, Wacky Pack	80	21	0.0	0.0
Beverages	Sonic	Sweet Iced Tea, Small	140	37	0.0	0.0
Beverages	Sonic	Sweet Iced Tea, Medium	170	45	0.0	0.0
Beverages	Sonic	Sweet Iced Tea, Large	290	78	0.0	0.0
Beverages	Sonic	Sweet Iced Tea, RT 44	360	96	0.0	0.0
Fried Potatoes	Sonic	Tots w/ Cheese, Large	840	86	13.0	50.0
Fried Potatoes	Sonic	Tots w/ Cheese, Medium	450	43	8.0	28.0
Fried Potatoes	Sonic	Tots w/ Cheese, Small	310	30	6.0	19.0
Fried Potatoes	Sonic	Chili Cheese Tots, Large	960	92	19.0	57.0
Fried Potatoes	Sonic	Chili Cheese Tots, Medium	530	47	12.0	32.0
Beverages	Sonic	Limeade, Wacky Pack	70	18	0.0	0.0
Beverages	Sonic	Limeade, Small	100	28	0.0	0.0
Beverages	Sonic	Limeade, Medium	180	47	0.0	0.0
Beverages	Sonic	Limeade, Large	270	72	0.0	0.0
Beverages	Sonic	Limeade, RT 44	360	97	0.0	0.0
Beverages	Sonic	Diet Lime Limeade, Wacky Pack	5	1	0.0	0.0
Beverages	Sonic	Diet Lime Limeade, Small	5	1	0.0	0.0
Beverages	Sonic	Diet Lime Limeade, Medium	10	1	0.0	0.0
Beverages	Sonic	Diet Lime Limeade, Large	10	2	0.0	0.0
Beverages	Sonic	Diet Lime Limeade, RT 44	15	2	0.0	0.0
Beverages	Sonic	Cherry Limeade, Wacky Pack	110	29	0.0	0.0
Beverages	Sonic	Cherry Limeade, Small	150	39	0.0	0.0
Beverages	Sonic	Cherry Limeade, Medium	250	66	0.0	0.0
Beverages	Sonic	Cherry Limeade, Large	370	99	0.0	0.0
Beverages	Sonic	Cherry Limeade, RT 44	490	132	0.0	0.0
Beverages	Sonic	Diet Cherry Limeade, Wacky Pack	15	3	0.0	0.0
Beverages	Sonic	Diet Cherry Limeade, Small	15	3	0.0	0.0

Beverages	Sonic	Diet Cherry Limeade, Medium	20	3	0.0	0.0
Beverages	Sonic	Diet Cherry Limeade, Large	25	4	0.0	0.0
Beverages	Sonic	Diet Cherry Limeade, RT 44	30	4	0.0	0.0
Beverages	Sonic	Strawberry Limeade, Wacky Pack	100	25	0.0	0.0
Beverages	Sonic	Strawberry Limeade, Small	130	35	0.0	0.0
Beverages	Sonic	Strawberry Limeade, Medium	220	59	0.0	0.0
Beverages	Sonic	Strawberry Limeade, Large	340	90	0.0	0.0
Beverages	Sonic	Strawberry Limeade, RT 44	450	120	0.0	0.0
Beverages	Sonic	Minute Maid Cranberry Limeade, Wacky Pack	100	27	0.0	0.0
Beverages	Sonic	Minute Maid Cranberry Limeade, Small	140	37	0.0	0.0
Beverages	Sonic	Minute Maid Cranberry Limeade, Medium	240	64	0.0	0.0
Beverages	Sonic	Minute Maid Cranberry Limeade, Large	360	97	0.0	0.0
Beverages	Sonic	Minute Maid Cranberry Limeade, RT 44	490	131	0.0	0.0
Beverages	Sonic	Powerade Mountain Blast, Wacky Pack	45	12	0.0	0.0
Beverages	Sonic	Powerade Mountain Blast, Small	70	18	0.0	0.0
Beverages	Sonic	Powerade Mountain Blast, Medium	110	30	0.0	0.0
Beverages	Sonic	Powerade Mountain Blast, Large	170	46	0.0	0.0
Beverages	Sonic	Powerade Mountain Blast, RT 44	230	62	0.0	0.0
Beverages	Sonic	Ocean Water, Wacky Pack	80	21	0.0	0.0
Beverages	Sonic	Ocean Water, Small	120	31	0.0	0.0
Beverages	Sonic	Ocean Water, Medium	200	52	0.0	0.0
Beverages	Sonic	Ocean Water, Large	300	79	0.0	0.0
Beverages	Sonic	Ocean Water, RT 44	400	107	0.0	0.0
Toppings & Ingredients	Sonic	Blue Coconut, Wacky Pack	15	3	0.0	0.0
Toppings & Ingredients	Sonic	Blue Coconut, Small	15	3	0.0	0.0
Toppings & Ingredients	Sonic	Blue Coconut, Medium	25	6	0.0	0.0
Toppings & Ingredients	Sonic	Blue Coconut, Large	40	9	0.0	0.0
Toppings & Ingredients	Sonic	Blue Coconut, RT 44	50	13	0.0	0.0
Toppings & Ingredients	Sonic	Caramel Topping, Wacky Pack	90	19	0.0	1.0
Toppings & Ingredients	Sonic	Caramel Topping, Small	90	19	0.0	1.0
Toppings & Ingredients	Sonic	Caramel Topping, Medium	180	37	0.0	2.0
Toppings & Ingredients	Sonic	Caramel Topping, Large	270	56	0.0	3.5
Toppings & Ingredients	Sonic	Caramel Topping, RT 44	360	75	0.0	4.5
Desserts	Sonic	Sonic Blast w/ Oreo Cookie Pieces, Small	650	78	10.0	33.0
Desserts	Sonic	Sonic Blast w/ Oreo Cookie Pieces, Medium	860	103	13.0	44.0

Desserts	Sonic	Sonic Blast w/ Oreo Cookies Pieces, Large	1300	153	20.0	67.0
Desserts	Sonic	Sonic Blast w/ Reeses Peanut Butter Cup, Small	750	84	14.0	41.0
Desserts	Sonic	Sonic Blast w/ Reeses Peanut Butter Cup, Medium	990	110	18.0	55.0
Desserts	Sonic	Sonic Blast w/ Reeses Peanut Butter Cup, Large	1460	162	27.0	80.0
Desserts	Sonic	Sonic Blast w/ Butterfinger Pieces, Mini	470	57	9.0	23.0
Desserts	Sonic	Sonic Blast w/ Butterfinger Pieces, Small	740	90	14.0	37.0
Desserts	Sonic	Sonic Blast w/ Butterfinger Pieces, Medium	980	118	18.0	48.0
Desserts	Sonic	Sonic Blast w/ Butterfinger Pieces, Large	1440	172	26.0	72.0
Desserts	Sonic	Sonic Blast w/ Snickers Bar, Small	720	84	12.0	37.0
Desserts	Sonic	Sonic Blast w/ Snickers Bar, Medium	890	103	15.0	46.0
Desserts	Sonic	Sonic Blast w/ Snickers Bar, Large	1340	154	23.0	70.0
Beverages	Sonic	Vanilla Shake, Small	650	71	10.0	36.0
Beverages	Sonic	Vanilla Shake, Medium	820	89	13.0	45.0
Beverages	Sonic	Vanilla Shake, Large	1200	132	19.0	66.0
Beverages	Sonic	Chocolate Shake, Small	650	74	10.0	35.0
Beverages	Sonic	Chocolate Shake, Medium	810	95	12.0	43.0
Beverages	Sonic	Chocolate Shake, Large	1200	142	19.0	63.0
Beverages	Sonic	Strawberry Shake, Small	630	72	9.0	34.0
Beverages	Sonic	Strawberry Shake, Medium	790	92	11.0	41.0
Beverages	Sonic	Strawberry Shake, Large	1160	137	17.0	60.0
Beverages	Sonic	Fresh Banana Shake, Small	660	80	10.0	34.0
Beverages	Sonic	Fresh Banana Shake, Medium	850	108	13.0	41.0
Beverages	Sonic	Fresh Banana Shake, Large	1250	160	19.0	61.0
Beverages	Sonic	Caramel Shake, Small	660	71	10.0	34.0
Beverages	Sonic	Caramel Shake, Medium	830	97	12.0	41.0
Beverages	Sonic	Caramel Shake, Large	1230	144	19.0	61.0
Beverages	Sonic	Hot Fudge Shake, Small	680	77	10.0	36.0
Beverages	Sonic	Hot Fudge Shake, Medium	940	113	13.0	48.0
Beverages	Sonic	Hot Fudge Shake, Large	1350	162	19.0	69.0
Sandwiches	Sonic	Classic Chicken Sandwich, Grilled	470	39	30.0	22.0
Sandwiches	Sonic	Classic Chicken Sandwich, Crispy	550	48	21.0	30.0
Appetizers & Sides	Sonic	3 Cinnasnacks	380	38	6.0	22.0
Appetizers & Sides	Sonic	5 Cinnasnacks	630	63	10.0	37.0
Beverages	Sonic	Strawberry Cheesecake Shake, Medium	700	84	10.0	35.0
Beverages	Sonic	Strawberry Cheesecake Shake, Small	890	112	12.0	43.0

Beverages	Sonic	Strawberry Cheesecake Shake, Large	1300	165	19.0	62.0
Beverages	Sonic	Oreo Cheesecake Shake, Medium	820	102	10.0	41.0
Beverages	Sonic	Oreo Cheesecake Shake, Small	1030	131	13.0	51.0
Beverages	Sonic	Oreo Cheesecake Shake, Large	1470	184	19.0	72.0
Beverages	Sonic	Cheesecake Shake, Medium	670	79	10.0	35.0
Beverages	Sonic	Cheesecake Shake, Small	840	101	12.0	43.0
Beverages	Sonic	Cheesecake Shake, Large	1230	148	19.0	62.0
Beverages	Sonic	Hi C Fruit Punch, Wacky Pack	70	19	0.0	0.0
Sandwiches	Sonic	6" Cheesy Bacon Pretzel Dog	430	27	15.0	29.0
Sandwiches	Sonic	6" Original Pretzel Dog	320	23	11.0	20.0
Sandwiches	Sonic	Seafood & Crab Sandwich	500	65	14.0	21.0
Appetizers & Sides	Sonic	6 Buffalo Boneless Wings	440	17	29.0	28.0
Appetizers & Sides	Sonic	12 Buffalo Boneless Wings	880	34	59.0	57.0
Appetizers & Sides	Sonic	24 Buffalo Boneless Wings	1760	68	117.0	113.0
Appetizers & Sides	Sonic	6 Asian Sweet Chili Boneless Wings	470	32	30.0	24.0
Appetizers & Sides	Sonic	12 Asian Sweet Chili Boneless Wings	930	65	60.0	48.0
Appetizers & Sides	Sonic	24 Asian Sweet Chili Boneless Wings	1860	129	119.0	95.0
Appetizers & Sides	Sonic	4 Ched R Peppers, Small	330	37	9.0	28.0
Appetizers & Sides	Sonic	6 Ched R Peppers, Medium	490	56	13.0	48.0
Appetizers & Sides	Sonic	8 Ched R Peppers, Large	660	74	17.0	57.0
Appetizers & Sides	Sonic	Handmade Onion Rings, Medium	580	74	8.0	29.0
Appetizers & Sides	Sonic	4 Mozzarella Sticks, Small	370	40	15.0	19.0
Appetizers & Sides	Sonic	6 Mozzarella Sticks, Medium	560	61	23.0	29.0
Appetizers & Sides	Sonic	8 Mozzarella Sticks, Large	750	79	31.0	38.0
Beverages	Sonic	Oreo Chocolate Shake, Mini	520	65	6.0	27.0
Beverages	Sonic	Oreo Chocolate Shake, Small	750	90	10.0	40.0
Beverages	Sonic	Oreo Chocolate Shake, Medium	1000	125	13.0	51.0
Beverages	Sonic	Oreo Chocolate Shake, Large	1430	178	19.0	73.0
Beverages	Sonic	Plain Slush Only, Small	180	48	0.0	0.0
Beverages	Sonic	Plain Slush Only, Medium	240	66	0.0	0.0
Beverages	Sonic	Plain Slush Only, Large	380	103	0.0	0.0
Beverages	Sonic	Plain Slush Only, RT 44	540	145	0.0	0.0
Toppings & Ingredients	Sonic	Avocado	35	2	0.0	3.0
Toppings & Ingredients	Sonic	Blue Raspberry, Wacky Pack	10	3	0.0	0.0
Toppings & Ingredients	Sonic	Blue Raspberry, Small	10	3	0.0	0.0

Toppings & Ingredients	Sonic	Blue Raspberry, Medium	20	6	0.0	0.0
Toppings & Ingredients	Sonic	Blue Raspberry, Large	35	8	0.0	0.0
Toppings & Ingredients	Sonic	Blue Raspberry, RT 44	45	11	0.0	0.0
Appetizers & Sides	Sonic	12 Honey BBQ Boneless Wings	930	67	58.0	48.0
Appetizers & Sides	Sonic	24 Honey BBQ Boneless Wings	1860	133	117.0	95.0
Appetizers & Sides	Sonic	6 Honey BBQ Boneless Wings	470	33	29.0	24.0
Appetizers & Sides	Sonic	Jumbo Popcorn Chicken, Small	330	24	16.0	19.0
Appetizers & Sides	Sonic	Handmade Onion Rings, Large	800	101	11.0	39.0
Appetizers & Sides	Sonic	Tree Top Apple Sauce	45	13	0.0	0.0
Beverages	Sonic	Lemonade Slush, Wacky Pack	140	37	0.0	0.0
Beverages	Sonic	Lemonade Slush, Small	190	52	0.0	0.0
Beverages	Sonic	Lemonade Slush, Medium	280	74	0.0	0.0
Beverages	Sonic	Lemonade Slush, Large	430	116	0.0	0.0
Beverages	Sonic	Lemonade Slush, RT 44	600	162	0.0	0.0
Beverages	Sonic	Limeade Slush Wacky Pack	140	37	0.0	0.0
Beverages	Sonic	Limeade Slush, Small	190	53	0.0	0.0
Beverages	Sonic	Limeade Slush, Medium	280	74	0.0	0.0
Beverages	Sonic	Limeade Slush, Large	430	116	0.0	0.0
Beverages	Sonic	Limeade Slush, RT 44	600	163	0.0	0.0
Beverages	Sonic	All Natural Lemonade, Wacky Pack	100	27	0.0	0.0
Beverages	Sonic	All Natural Lemonade, Small	160	42	0.0	0.0
Beverages	Sonic	All Natural Lemonade, Medium	270	69	0.0	0.0
Beverages	Sonic	All Natural Lemonade, Large	400	105	0.0	0.0
Beverages	Sonic	All Natural Lemonade, RT 44	540	142	0.0	0.0
Beverages	Sonic	Fanta Orange, Wacky Pack	70	20	0.0	0.0
Fried Potatoes	Sonic	Chili Cheese Fries, Small	350	36	8.0	19.0
Fried Potatoes	Sonic	Chili Cheese Fries, Medium	450	42	12.0	26.0
Fried Potatoes	Sonic	Chili Cheese Fries, Large	710	70	18.0	40.0
Beverages	Sonic	Mello Yello, Wacky Pack	70	20	0.0	0.0
Burgers	Sonic	Quarter Pound Double Cheeseburger	560	34	26.0	35.0
Sandwiches	Sonic	Pork Tenderloin Sandwich	710	73	20.0	35.0
Sandwiches	Sonic	Brioche Breakfast Sandwich w/ Bacon	530	38	27.0	30.0
Sandwiches	Sonic	Brioche Breakfast Sandwich w/ Ham	470	40	27.0	22.0
Sandwiches	Sonic	Brioche Breakfast Sandwich w/ Sausage	640	38	27.0	43.0
Entrees	Sonic	2 Crispy Tenders	170	11	14.0	8.0

Sandwiches	Sonic	Breakfast Burrito Steak & Egg	650	48	33.0	36.0
Beverages	Sonic	French Vanilla Cold Brew Iced Coffee, Small	210	29	4.0	9.0
Beverages	Sonic	French Vanilla Cold Brew Iced Coffee, Medium	300	42	5.0	13.0
Beverages	Sonic	French Vanilla Cold Brew Iced Coffee, Large	470	65	8.0	20.0
Beverages	Sonic	French Vanilla Cold Brew Iced Coffee, RT 44	650	90	11.0	27.0
Beverages	Sonic	Green Mountain Coffee Roasters, Hot Coffe, Regular 16oz	0	0	0.0	0.0
Beverages	Sonic	Original Cold Brew Iced Coffee, Small	190	24	4.0	9.0
Beverages	Sonic	Original Cold Brew Iced Coffee, Medium	260	32	5.0	13.0
Beverages	Sonic	Original Cold Brew Iced Coffee, Large	410	50	8.0	20.0
Beverages	Sonic	Original Cold Brew Iced Coffee, RT 44	570	70	11.0	27.0
Appetizers & Sides	Sonic	Ched 'R'Bites, Small	280	23	14.0	27.0
Appetizers & Sides	Sonic	Ched 'R'Bites, Medium	410	35	21.0	46.0
Appetizers & Sides	Sonic	Ched 'R'Bites, Large	550	46	27.0	53.0
Entrees	Sonic	Fritos Chili Pie, Small	510	35	14.0	34.0
Entrees	Sonic	Fritos Chili Pie, Medium	750	53	20.0	50.0
Entrees	Sonic	Fritos Chili Pie, Large	990	71	26.0	66.0
Appetizers & Sides	Sonic	Pickle O'S, Small	190	23	3.0	21.0
Appetizers & Sides	Sonic	Pickle O'S, Medium	310	39	5.0	39.0
Appetizers & Sides	Sonic	Pickle O'S, Large	500	61	8.0	49.0
Appetizers & Sides	Sonic	Soft Pretzel Twist	250	39	7.0	7.0
Desserts	Sonic	Sonic Blast w/ Chocolate Chip Cookie Dough, Mini	450	59	6.0	22.0
Desserts	Sonic	Sonic Blast w/ Chocolate Chip Cookie Dough, Small	690	89	10.0	34.0
Desserts	Sonic	Sonic Blast w/ Chocolate Chip Cookie Dough, Medium	920	118	13.0	45.0
Desserts	Sonic	Sonic Blast w/ Chocolate Chip Cookie Dough, Large	1370	172	20.0	68.0
Desserts	Sonic	Sonic Blast w/ Oreo Cookie Pieces, Mini	440	54	6.0	22.0
Desserts	Sonic	Sonic Blast w/ Reeses Peanut Butter Cup, Mini	490	55	9.0	27.0
Desserts	Sonic	Sonic Blast w/ Snickers Bar, Mini	460	54	8.0	24.0
Beverages	Sonic	Caramel Shake, Mini	430	45	6.0	22.0
Beverages	Sonic	Chocolate Shake, Mini	420	48	6.0	23.0
Beverages	Sonic	Fresh Banana Shake, Mini	430	54	6.0	22.0
Beverages	Sonic	Hot Fudge Shake, Mini	450	51	6.0	24.0
Beverages	Sonic	Strawberry Shake, Mini	400	47	5.0	21.0
Beverages	Sonic	Vanilla Shake, Mini	420	45	6.0	23.0
Beverages	Sonic	Cheesecake Shake, Mini	440	53	6.0	23.0
Beverages	Sonic	Oreo Cheesecake Shake, Mini	550	69	6.0	27.0



Beverages	Sonic	Strawberry Cheesecake Shake, Mini	460	59	6.0	23.0
Toppings & Ingredients	Sonic	Peanuts Add On	40	2	2.0	3.5
Toppings & Ingredients	Sonic	Whipped Topping Add On	70	5	0.0	5.0
Toppings & Ingredients	Sonic	BBQ Sauce	40	9	0.0	0.0
Toppings & Ingredients	Sonic	Honey Mustard	90	6	0.0	8.0
Burgers	Sonic	Sonic Cheeseburger w/ Ketchup & Mayo	720	52	31.0	42.0
Burgers	Sonic	Supersonic Double Cheeseburger w/ Ketchup & Mayo	1070	54	53.0	71.0
Burgers	Sonic	Veggie Burger w/ Ketchup & Mayo	500	70	14.0	17.0
Toppings & Ingredients	Sonic	Syrup	90	22	0.0	0.0
Beverages	Sonic	Minute Maid Orange Juice Small	140	34	2.0	0.0
Beverages	Sonic	Minute Maid Orange Juice Medium	200	47	3.0	0.0
Toppings & Ingredients	Sonic	Powerade Add-in Wacky Pack	25	6	0.0	0.0
Toppings & Ingredients	Sonic	Powerade Add-in Small	25	6	0.0	0.0
Toppings & Ingredients	Sonic	Powerade Add-in Large	70	20	0.0	0.0
Toppings & Ingredients	Sonic	Powerade Add-in Rt 44	90	25	0.0	0.0
Toppings & Ingredients	Sonic	Vanilla Add-in Wacky Pack	20	6	0.0	0.0
Toppings & Ingredients	Sonic	Vanilla Add-in Small	20	6	0.0	0.0
Toppings & Ingredients	Sonic	Vanilla Add-in Medium	45	12	0.0	0.0
Toppings & Ingredients	Sonic	Vanilla Add-in Large	70	18	0.0	0.0
Toppings & Ingredients	Sonic	Vanilla Add-in Rt 44	90	24	0.0	0.0
Toppings & Ingredients	Sonic	Chocolate Add-in Wacky Pack	80	19	0.0	0.0
Toppings & Ingredients	Sonic	Chocolate Add-in Small	80	19	0.0	0.0
Toppings & Ingredients	Sonic	Chocolate Add-in Medium	160	38	0.0	0.0
Toppings & Ingredients	Sonic	Chocolate Add-in Large	240	57	0.0	0.0
Toppings & Ingredients	Sonic	Chocolate Add-in Rt 44	320	76	0.0	0.0
Toppings & Ingredients	Sonic	Cherry Add-in Wacky Pack	30	8	0.0	0.0
Toppings & Ingredients	Sonic	Cherry Add-in Small	30	8	0.0	0.0
Toppings & Ingredients	Sonic	Cherry Add-in Medium	60	17	0.0	0.0
Toppings & Ingredients	Sonic	Cherry Add-in Large	90	25	0.0	0.0
Toppings & Ingredients	Sonic	Cherry Add-in Rt 44	120	34	0.0	0.0
Toppings & Ingredients	Sonic	Grape Add-in Wacky Pack	20	5	0.0	0.0
Toppings & Ingredients	Sonic	Grape Add-in Medium	45	11	0.0	0.0
Toppings & Ingredients	Sonic	Lemon Add-in Wacky Pack	0	1	0.0	0.0
Toppings & Ingredients	Sonic	Lemon Add-in Medium	5	1	0.0	0.0
Toppings & Ingredients	Sonic	Lime Add-in Wacky Pack	0	1	0.0	0.0

Toppings & Ingredients	Sonic	Strawberry Add-in Wacky Pack	25	7	0.0	0.0
Toppings & Ingredients	Sonic	Strawberry Add-in Small	25	7	0.0	0.0
Toppings & Ingredients	Sonic	Strawberry Add-in Medium	50	12	0.0	0.0
Toppings & Ingredients	Sonic	Strawberry Add-in Large	70	18	0.0	0.0
Toppings & Ingredients	Sonic	Strawberry Add-in Rt 44	90	24	0.0	0.0
Toppings & Ingredients	Sonic	Hot Fudge Topping Wacky Pack	100	16	1.0	3.5
Toppings & Ingredients	Sonic	Hot Fudge Topping Small	100	16	1.0	3.5
Toppings & Ingredients	Sonic	Hot Fudge Topping Medium	200	32	2.0	7.0
Toppings & Ingredients	Sonic	Hot Fudge Topping Large	300	48	2.0	10.0
Toppings & Ingredients	Sonic	Hot Fudge Topping Rt 44	400	64	3.0	14.0
Toppings & Ingredients	Sonic	Minute Maid Cranberry** Add-in Wacky Pack	35	9	0.0	0.0
Toppings & Ingredients	Sonic	Minute Maid Cranberry** Add-in Small	35	9	0.0	0.0
Toppings & Ingredients	Sonic	Minute Maid Cranberry** Add-in Medium	70	17	0.0	0.0
Toppings & Ingredients	Sonic	Minute Maid Cranberry** Add-in Large	100	26	0.0	0.0
Toppings & Ingredients	Sonic	Minute Maid Cranberry** Add-in Rt 44	130	34	0.0	0.0
Toppings & Ingredients	Sonic	Mustard	5	0	0.0	0.0
Toppings & Ingredients	Sonic	Light Mayo	40	3	0.0	3.0
Toppings & Ingredients	Sonic	Ketchup	10	3	0.0	0.0
Toppings & Ingredients	Sonic	Marinara	15	4	0.0	0.0
Toppings & Ingredients	Sonic	Sweet Relish	10	3	0.0	0.0
Toppings & Ingredients	Sonic	Salsa De Sonic	0	0	0.0	0.0
Toppings & Ingredients	Sonic	Cherry Garnish	10	2	0.0	0.0
Toppings & Ingredients	Sonic	Cream Cheese Frosting	160	17	0.0	10.0
Toppings & Ingredients	Sonic	Nerds Candy Add-in Wacky Pack	110	26	0.0	0.0
Toppings & Ingredients	Sonic	Nerds Candy Add-in Small	160	39	0.0	0.0
Toppings & Ingredients	Sonic	Nerds Candy Add-in Medium	210	52	0.0	0.0
Toppings & Ingredients	Sonic	Nerds Candy Add-in Large	230	57	0.0	0.0
Toppings & Ingredients	Sonic	Nerds Candy Add-in Rt 44	290	71	0.0	0.0
Toppings & Ingredients	Sonic	Country Gravy	70	13	1.0	2.0
Toppings & Ingredients	Sonic	Signature Cheese Sauce	110	5	2.0	9.0
Toppings & Ingredients	Sonic	Signature Sauce	100	10	0.0	6.0
Sandwiches	Sonic	Chicken Slinger	350	35	14.0	16.0
Entrees	Sonic	Sauced Jumbo Popcorn Chicken Medium, Buffalo	620	38	24.0	41.0
Entrees	Sonic	Sauced Jumbo Popcorn Chicken Large, Buffalo	940	59	37.0	62.0
Entrees	Sonic	Sauced Jumbo Popcorn Chicken Medium, Honey BBQ	640	73	24.0	28.0

Entrees	Sonic	Sauced Jumbo Popcorn Chicken Large, Honey BBQ	980	111	37.0	43.0
Beverages	Sonic	Big Red Wacky Pack	70	20	0.0	0.0
Beverages	Sonic	Big Red Small	110	31	0.0	0.0
Beverages	Sonic	Big Red Medium	170	45	0.0	0.0
Beverages	Sonic	Big Red Large	250	68	0.0	0.0
Beverages	Sonic	Big Red Rt 44	340	92	0.0	0.0
Beverages	Sonic	Canada Dry Ginger Ale Wacky Pack	70	16	0.0	0.0
Beverages	Sonic	Canada Dry Ginger Ale Small	100	26	0.0	0.0
Beverages	Sonic	Canada Dry Ginger Ale Medium	150	37	0.0	0.0
Beverages	Sonic	Canada Dry Ginger Ale Large	230	56	0.0	0.0
Beverages	Sonic	Canada Dry Ginger Ale Rt 44	310	76	0.0	0.0
Beverages	Sonic	Sun Drop Wacky Pack	80	21	0.0	0.0
Beverages	Sonic	Sun Drop Small	130	33	0.0	0.0
Beverages	Sonic	Sun Drop Medium	190	48	0.0	0.0
Beverages	Sonic	Sun Drop Large	280	73	0.0	0.0
Beverages	Sonic	Sun Drop Rt 44	380	99	0.0	0.0
Toppings & Ingredients	Sonic	Blackberry Sugar-free Add-in Wacky Pack	0	1	0.0	0.0
Toppings & Ingredients	Sonic	Blackberry Sugar-free Add-in Small	0	1	0.0	0.0
Toppings & Ingredients	Sonic	Blackberry Sugar-free Add-in Medium	5	1	0.0	0.0
Toppings & Ingredients	Sonic	Blackberry Sugar-free Add-in Large	5	2	0.0	0.0
Toppings & Ingredients	Sonic	Blackberry Sugar-free Add-in Rt 44	10	2	0.0	0.0
Toppings & Ingredients	Sonic	Diet Cherry Sugar-free Add-in Wacky Pack	15	3	0.0	0.0
Toppings & Ingredients	Sonic	Diet Cherry Sugar-free Add-in Small	15	3	0.0	0.0
Toppings & Ingredients	Sonic	Diet Cherry Sugar-free Add-in Medium	20	3	0.0	0.0
Toppings & Ingredients	Sonic	Diet Cherry Sugar-free Add-in Large	25	4	0.0	0.0
Toppings & Ingredients	Sonic	Diet Cherry Sugar-free Add-in Rt 44	30	4	0.0	0.0
Toppings & Ingredients	Sonic	Grape Add-in Small	20	5	0.0	0.0
Toppings & Ingredients	Sonic	Grape Add-in Large	70	16	0.0	0.0
Toppings & Ingredients	Sonic	Grape Add-in Rt 44	90	22	0.0	0.0
Toppings & Ingredients	Sonic	Lemon Add-in Small	0	1	0.0	0.0
Toppings & Ingredients	Sonic	Lemon Add-in Large	5	2	0.0	0.0
Toppings & Ingredients	Sonic	Lemon Add-in Rt 44	10	3	0.0	0.0
Toppings & Ingredients	Sonic	Lime Add-in Small	0	1	0.0	0.0
Toppings & Ingredients	Sonic	Lime Add-in Medium	5	1	0.0	0.0
Toppings & Ingredients	Sonic	Lime Add-in Large	5	2	0.0	0.0

Toppings & Ingredients	Sonic	Lime Add-in Rt 44	5	2	0.0	0.0
Toppings & Ingredients	Sonic	Mango Sugar-free Add-in Wacky Pack	0	1	0.0	0.0
Toppings & Ingredients	Sonic	Mango Sugar-free Add-in Small	0	1	0.0	0.0
Toppings & Ingredients	Sonic	Mango Sugar-free Add-in Medium	0	1	0.0	0.0
Toppings & Ingredients	Sonic	Mango Sugar-free Add-in Large	5	2	0.0	0.0
Toppings & Ingredients	Sonic	Mango Sugar-free Add-in Rt 44	10	2	0.0	0.0
Toppings & Ingredients	Sonic	Peach Sugar-free Add-in Wacky Pack	0	0	0.0	0.0
Toppings & Ingredients	Sonic	Peach Sugar-free Add-in Small	0	0	0.0	0.0
Toppings & Ingredients	Sonic	Peach Sugar-free Add-in Medium	0	1	0.0	0.0
Toppings & Ingredients	Sonic	Peach Sugar-free Add-in Large	5	1	0.0	0.0
Toppings & Ingredients	Sonic	Peach Sugar-free Add-in Rt 44	5	1	0.0	0.0
Toppings & Ingredients	Sonic	Powerade Add-in Medium	45	13	0.0	0.0
Toppings & Ingredients	Sonic	Raspberry Sugar-free Add-in Wacky Pack	0	0	0.0	0.0
Toppings & Ingredients	Sonic	Raspberry Sugar-free Add-in Small	0	0	0.0	0.0
Toppings & Ingredients	Sonic	Raspberry Sugar-free Add-in Medium	5	1	0.0	0.0
Toppings & Ingredients	Sonic	Raspberry Sugar-free Add-in Large	5	1	0.0	0.0
Toppings & Ingredients	Sonic	Raspberry Sugar-free Add-in Rt 44	5	1	0.0	0.0
Beverages	Sonic	Sonic Water Bottle (16.9 Oz.)	0	0	0.0	0.0
Toppings & Ingredients	Sonic	Ranch	110	1	0.0	11.0
Sandwiches	Sonic	Fish Sandwich	540	58	18.0	26.0
Entrees	Sonic	Sauced Jumbo Popcorn Chicken Medium, Asian Sweet Chili	670	78	25.0	28.0
Entrees	Sonic	Sauced Jumbo Popcorn Chicken Large, Asian Sweet Chili	1020	118	39.0	44.0
Desserts	Sonic	Sonic Blast w/ M&M's Minis Chocolate Candies, Mini	530	65	7.0	27.0
Desserts	Sonic	Sonic Blast w/ M&M's Minis Chocolate Candies, Small	800	97	11.0	41.0
Desserts	Sonic	Sonic Blast w/ M&M's Minis Chocolate Candies, Medium	1060	127	15.0	54.0
Desserts	Sonic	Sonic Blast w/ M&M's Minis Chocolate Candies, Large	1540	183	22.0	80.0
Beverages	Sonic	Reese's Peanut Butter Shake, Mini	480	44	8.0	31.0
Beverages	Sonic	Reese's Peanut Butter Shake, Small	710	70	12.0	43.0
Beverages	Sonic	Reese's Peanut Butter Shake, Medium	940	87	17.0	59.0
Beverages	Sonic	Reese's Peanut Butter Shake, Large	1490	132	29.0	97.0
Beverages	Sonic	Oreo and Reese's Peanut Butter Shake, Mini	590	60	9.0	35.0
Beverages	Sonic	Oreo and Reese's Peanut Butter Shake, Small	820	86	12.0	48.0
Beverages	Sonic	Oreo and Reese's Peanut Butter Shake, Medium	1130	116	18.0	67.0
Beverages	Sonic	Oreo and Reese's Peanut Butter Shake, Large	1720	168	30.0	106.0
Sandwiches	Sonic	Seafood & Crab Sandwich	510	65	14.0	21.0

Burgers	Sonic	Bacon on Bacon Quarter Pound Double Cheeseburger	780	36	38.0	54.0
Desserts	Sonic	Double Stuf Oreo Waffle Cone	590	72	7.0	30.0
Desserts	Sonic	Double Stuf Oreo Blast, 10oz	600	64	6.0	35.0
Desserts	Sonic	Double Stuf Oreo Blast, 14oz	830	91	9.0	47.0
Desserts	Sonic	Double Stuf Oreo Blast, 20oz	1130	123	13.0	64.0
Desserts	Sonic	Double Stuf Oreo Blast, 32oz	1660	181	20.0	95.0
Baked Goods	Starbucks	Plain Bagel	280	56	9.0	1.5
Baked Goods	Starbucks	Butter Croissant	250	26	5.0	14.0
Baked Goods	Starbucks	Cinnamon Coffee Cake	330	43	4.0	15.0
Baked Goods	Starbucks	Glazed Doughnut	480	56	5.0	27.0
Baked Goods	Starbucks	Chocolate Croissant	300	34	5.0	18.0
Baked Goods	Starbucks	Petite Vanilla Bean Scone	120	18	2.0	4.5
Sandwiches	Starbucks	Tomato & Mozzarella on Focaccia	360	47	15.0	12.0
Entrees	Starbucks	Cheese & Fruit Protein Box	470	37	20.0	28.0
Beverages	Starbucks	Caffe Misto, Grande	110	10	7.0	4.0
Beverages	Starbucks	Decaf Pike Place Roast, Grande	5	0	1.0	0.0
Beverages	Starbucks	Iced Coffee w/ Milk, Grande	110	23	2.0	1.5
Beverages	Starbucks	Hot Chocolate, Grande	370	43	14.0	16.0
Beverages	Starbucks	Caffe Americano, Grande	15	2	1.0	0.0
Beverages	Starbucks	White Chocolate Mocha, Grande	430	54	15.0	18.0
Beverages	Starbucks	Caramel Frappuccino Blended Beverage, Grande	380	55	4.0	16.0
Beverages	Starbucks	Coffee Frappuccino Blended Beverage, Grande	230	46	3.0	3.0
Beverages	Starbucks	Double Chocolate Chip Crème Frappuccino Blended Beverage, Tall	290	36	5.0	14.0
Beverages	Starbucks	Java Chip Frappuccino Blended Beverage, Grande	440	64	6.0	19.0
Beverages	Starbucks	Mocha Frappuccino Blended Beverage, Grande	370	54	5.0	15.0
Beverages	Starbucks	Vanilla Bean Crème Frappuccino Blended Beverage, Grande	380	53	5.0	16.0
Beverages	Starbucks	Caffe Misto, Short	50	5	4.0	2.0
Beverages	Starbucks	Caffe Misto, Tall	80	8	5.0	3.0
Beverages	Starbucks	Caffe Misto, Venti	130	13	9.0	5.0
Beverages	Starbucks	Decaf Pike Place Roast, Short	5	0	0.0	0.0
Beverages	Starbucks	Decaf Pike Place Roast, Tall	5	0	0.0	0.0
Beverages	Starbucks	Decaf Pike Place Roast, Venti	5	0	1.0	0.0
Beverages	Starbucks	Iced Coffee w/ Milk, Tall	80	17	2.0	1.0
Beverages	Starbucks	Iced Coffee w/ Milk, Venti	170	35	4.0	2.0
Beverages	Starbucks	Iced Coffee w/ Milk, Trenta	230	46	5.0	3.0

Beverages	Starbucks	Hot Chocolate, Kids, Short	190	21	6.0	9.0
Beverages	Starbucks	Hot Chocolate, Tall	280	32	10.0	12.0
Beverages	Starbucks	Hot Chocolate, Venti	450	54	17.0	18.0
Beverages	Starbucks	Caffe Americano, Short	5	1	0.0	0.0
Beverages	Starbucks	Caffe Americano, Tall	10	1	1.0	0.0
Beverages	Starbucks	Caffe Americano, Venti	15	3	1.0	0.0
Beverages	Starbucks	White Chocolate Mocha, Short	230	27	7.0	11.0
Beverages	Starbucks	White Chocolate Mocha, Tall	340	41	11.0	15.0
Beverages	Starbucks	White Chocolate Mocha, Venti	530	68	19.0	21.0
Beverages	Starbucks	Caffe Vanilla Frappuccino Blended Beverage, Tall	280	44	3.0	11.0
Beverages	Starbucks	Caffe Vanilla Frappuccino Blended Beverage, Grande	410	64	4.0	15.0
Beverages	Starbucks	Caffe Vanilla Frappuccino Blended Beverage, Venti	510	85	6.0	16.0
Beverages	Starbucks	Caramel Frappuccino Blended Beverage, Tall	260	38	3.0	11.0
Beverages	Starbucks	Caramel Frappuccino Blended Beverage, Venti	470	73	6.0	17.0
Beverages	Starbucks	Coffee Frappuccino Blended Beverage, Tall	160	31	3.0	2.5
Beverages	Starbucks	Double Chocolatey Chip Crème Frappuccino Blended Beverage, Grande	410	51	7.0	20.0
Beverages	Starbucks	Java Chip Frappuccino Blended Beverage, Tall	320	46	4.0	14.0
Beverages	Starbucks	Java Chip Frappuccino Blended Beverage, Venti	560	86	8.0	22.0
Beverages	Starbucks	Mocha Frappuccino Blended Beverage, Tall	250	36	4.0	10.0
Beverages	Starbucks	Mocha Frappuccino Blended Beverage, Venti	470	71	7.0	17.0
Beverages	Starbucks	Vanilla Bean Crème Frappuccino Blended Beverage, Tall	260	35	4.0	12.0
Beverages	Starbucks	Vanilla Bean Crème Frappuccino Blended Beverage, Venti	470	68	7.0	18.0
Beverages	Starbucks	White Chocolate Mocha Frappuccino Blended Beverage, Tall	280	40	4.0	12.0
Beverages	Starbucks	Steamed Apple Juice, Tall	170	44	0.0	0.0
Beverages	Starbucks	Steamed Apple Juice, Venti	280	69	0.0	0.0
Baked Goods	Starbucks	Cheese Danish	290	33	7.0	1.0
Desserts	Starbucks	Chocolate Cake Pop	150	21	2.0	8.0
Desserts	Starbucks	Chocolate Chip Cookie	360	47	6.0	18.0
Sandwiches	Starbucks	Double-Smoked Bacon, Cheddar & Egg Sandwich	500	43	21.0	27.0
Entrees	Starbucks	PB & J Protein Box	520	51	20.0	27.0
Sandwiches	Starbucks	Bacon, Gouda & Egg Sandwich	360	35	19.0	18.0
Baked Goods	Starbucks	Cinnamon Raisin Bagel	270	58	9.0	1.0
Baked Goods	Starbucks	Ham & Swiss Croissant	320	28	14.0	17.0
Beverages	Starbucks	Featured Starbucks Dark Roast Coffee, Short	5	0	0.0	0.0
Beverages	Starbucks	Featured Starbucks Dark Roast Coffee, Tall	5	0	0.0	0.0

Beverages	Starbucks	Featured Starbucks Dark Roast Coffee, Grande	5	0	1.0	0.0
Beverages	Starbucks	Featured Starbucks Dark Roast Coffee, Venti	5	0	1.0	0.0
Beverages	Starbucks	Starbucks Cold Brew Coffee, Tall	5	0	0.0	0.0
Beverages	Starbucks	Strawberry Acai Starbucks Refreshers Beverage, Tall	80	18	0.0	0.0
Beverages	Starbucks	Strawberry Acai Starbucks Refreshers Beverage, Grande	100	23	0.0	0.0
Beverages	Starbucks	Strawberry Acai Starbucks Refreshers Beverage, Venti	140	33	0.0	0.0
Baked Goods	Starbucks	Blueberry Scone	380	54	6.0	17.0
Beverages	Starbucks	Nitro Cold Brew, Tall	5	0	0.0	0.0
Beverages	Starbucks	Pink Drink Starbucks Refreshers Beverage, Grande	140	28	1.0	2.5
Beverages	Starbucks	Pink Drink Starbucks Refreshers Beverage, Tall	110	22	0.0	2.0
Beverages	Starbucks	Pink Drink Starbucks Refreshers Beverage, Trenta	270	55	1.0	5.0
Beverages	Starbucks	Pink Drink Starbucks Refreshers Beverage, Venti	200	40	1.0	4.0
Beverages	Starbucks	Steamed Apple Juice, Short, Kids	120	30	0.0	0.0
Beverages	Starbucks	Teavana Mango Black Tea	100	24	0.0	0.0
Toppings & Ingredients	Starbucks	Avocado Spread	90	5	1.0	8.0
Appetizers & Sides	Starbucks	Bacon & Gruyere Egg Bites	300	9	19.0	20.0
Appetizers & Sides	Starbucks	Egg White & Roasted Red Pepper Egg Bites	170	11	12.0	8.0
Sandwiches	Starbucks	Crispy Grilled Cheese on Sourdough	520	47	21.0	27.0
Desserts	Starbucks	Iced Lemon Loaf	450	63	6.0	19.0
Desserts	Starbucks	Cranberry Bliss Bar	290	39	3.0	15.0
Entrees	Starbucks	Strawberry Overnight Grains	300	35	5.0	16.0
Beverages	Starbucks	Caramel Apple Spice, Grande	380	77	1.0	8.0
Beverages	Starbucks	Caramel Apple Spice, Tall	310	60	1.0	7.0
Beverages	Starbucks	Caramel Apple Spice, Short	220	40	0.0	6.0
Beverages	Starbucks	White Hot Chocolate, Venti	540	69	19.0	22.0
Beverages	Starbucks	White Hot Chocolate, Short	240	28	8.0	11.0
Beverages	Starbucks	White Hot Chocolate, Tall	350	41	12.0	15.0
Beverages	Starbucks	White Hot Chocolate, Grande	440	55	15.0	19.0
Beverages	Starbucks	White Hot Chocolate, Kids	240	28	8.0	11.0
Beverages	Starbucks	Vanilla Crème, Short	180	20	6.0	9.0
Beverages	Starbucks	Steamed Milk, Venti	260	25	17.0	10.0
Beverages	Starbucks	Steamed Milk, Tall	160	15	10.0	6.0
Beverages	Starbucks	Steamed Milk, Short	100	10	7.0	4.0
Beverages	Starbucks	Steamed Milk, Grande	200	19	13.0	8.0
Beverages	Starbucks	Hawai'i Ka'u Clover Starbucks Reserve, Venti	10	0	1.0	0.0

Beverages	Starbucks	Hawai'i Ka'u Clover Starbucks Reserve, Tall	10	0	0.0	0.0
Beverages	Starbucks	Hawai'i Ka'u Clover Starbucks Reserve, Short	10	0	0.0	0.0
Beverages	Starbucks	Hawai'i Ka'u Clover Starbucks Reserve, Grande	10	0	1.0	0.0
Beverages	Starbucks	Sumatra Clover, Venti	5	0	1.0	0.0
Beverages	Starbucks	Sumatra Clover, Tall	5	0	0.0	0.0
Beverages	Starbucks	Sumatra Clover, Short	5	0	0.0	0.0
Beverages	Starbucks	Sumatra Clover, Grande	5	0	1.0	0.0
Beverages	Starbucks	Komodo Dragon Clover, Venti	10	0	1.0	0.0
Beverages	Starbucks	Komodo Dragon Clover, Short	10	0	0.0	0.0
Beverages	Starbucks	Komodo Dragon Clover, Tall	10	0	0.0	0.0
Beverages	Starbucks	Komodo Dragon Clover, Grande	10	0	1.0	0.0
Beverages	Starbucks	Italian Roast Clover, Venti	5	0	1.0	0.0
Beverages	Starbucks	Italian Roast Clover, Short	5	0	0.0	0.0
Beverages	Starbucks	Italian Roast Clover, Tall	5	0	0.0	0.0
Beverages	Starbucks	Italian Roast Clover, Grande	5	0	1.0	0.0
Beverages	Starbucks	French Roast Clover, Tall	10	0	0.0	0.0
Beverages	Starbucks	French Roast Clover, Short	10	0	0.0	0.0
Beverages	Starbucks	French Roast Clover, Venti	10	0	1.0	0.0
Beverages	Starbucks	Ethiopia Clover, Tall	10	0	0.0	0.0
Beverages	Starbucks	French Roast Clover, Grande	10	0	1.0	0.0
Beverages	Starbucks	Ethiopia Clover, Venti	10	0	1.0	0.0
Beverages	Starbucks	Ethiopia Clover, Grande	10	0	1.0	0.0
Beverages	Starbucks	Ethiopia Clover, Short	10	0	0.0	0.0
Beverages	Starbucks	Decaf Espresso Roast Clover, Venti	10	0	1.0	0.0
Beverages	Starbucks	Decaf Espresso Roast Clover, Tall	10	0	0.0	0.0
Beverages	Starbucks	Decaf Espresso Roast Clover, Short	10	0	0.0	0.0
Beverages	Starbucks	Decaf Espresso Roast Clover, Grande	10	0	1.0	0.0
Beverages	Starbucks	Clover Brewed Starbucks Willow Blend, Venti	10	0	1.0	0.0
Beverages	Starbucks	Clover Brewed Starbucks Willow Blend, Short	10	0	0.0	0.0
Beverages	Starbucks	Clover Brewed Starbucks Willow Blend, Tall	10	0	0.0	0.0
Beverages	Starbucks	Clover Brewed Starbucks Willow Blend, Grande	10	0	1.0	0.0
Beverages	Starbucks	Veranda Blend Clover, Venti	10	0	1.0	0.0
Beverages	Starbucks	Veranda Blend Clover, Tall	10	0	0.0	0.0
Beverages	Starbucks	Veranda Blend Clover, Grande	10	0	1.0	0.0
Beverages	Starbucks	Veranda Blend Clover, Short	10	0	0.0	0.0



Beverages	Starbucks	Kenya Clover, Venti	10	0	1.0	0.0
Beverages	Starbucks	Kenya Clover, Tall	10	0	0.0	0.0
Beverages	Starbucks	Kenya Clover, Short	10	0	0.0	0.0
Beverages	Starbucks	Kenya Clover, Grande	10	0	1.0	0.0
Beverages	Starbucks	Clover Brewed Breakfast Blend, Venti	10	0	1.0	0.0
Beverages	Starbucks	Clover Brewed Breakfast Blend, Tall	10	0	0.0	0.0
Beverages	Starbucks	Clover Brewed Breakfast Blend, Short	10	0	0.0	0.0
Beverages	Starbucks	Clover Brewed Breakfast Blend, Grande	10	0	1.0	0.0
Beverages	Starbucks	Espresso Macchiato, Quad	25	4	2.0	0.0
Beverages	Starbucks	Espresso Macchiato, Triple	20	3	1.0	0.0
Beverages	Starbucks	Caramel Macchiato, Tall	190	26	8.0	6.0
Beverages	Starbucks	Caramel Macchiato, Venti	310	44	13.0	9.0
Beverages	Starbucks	Espresso Macchiato, Doppio	15	2	1.0	0.0
Beverages	Starbucks	Caramel Macchiato, Short	120	16	5.0	4.0
Beverages	Starbucks	Caramel Macchiato, Grande	250	35	10.0	7.0
Beverages	Starbucks	Starbucks Reserve Dark Chocolate Mocha, Venti	400	47	16.0	17.0
Beverages	Starbucks	Starbucks Reserve Dark Chocolate Mocha, Short	150	19	6.0	6.0
Beverages	Starbucks	Starbucks Reserve Dark Chocolate Mocha, Grande	320	38	13.0	14.0
Beverages	Starbucks	Decaf Pike Place Roast, Coffee Traveler	5	0	1.0	0.0
Beverages	Starbucks	Pike Place Roast, Coffee Traveler	5	0	1.0	0.0
Beverages	Starbucks	Dark Roast, Coffee Traveler	5	0	0.0	0.0
Beverages	Starbucks	Starbucks Blonde Vanilla Latte, Venti	320	46	15.0	9.0
Beverages	Starbucks	Starbucks Blonde Vanilla Latte, Tall	200	28	9.0	5.0
Beverages	Starbucks	Starbucks Blonde Vanilla Latte, Short	130	18	6.0	3.5
Beverages	Starbucks	Starbucks Blonde Vanilla Latte, Grande	250	37	12.0	6.0
Beverages	Starbucks	Starbucks Reserve Hazelnut Bianco Latte, Venti	520	55	19.0	25.0
Beverages	Starbucks	Starbucks Reserve Hazelnut Bianco Latte, Short	190	21	7.0	9.0
Beverages	Starbucks	Starbucks Reserve Hazelnut Bianco Latte, Grande	380	40	13.0	18.0
Beverages	Starbucks	Starbucks Reserve Hazelnut Bianco Latte, Tall	310	33	11.0	15.0
Beverages	Starbucks	Starbucks Reserve Latte, Tall	180	14	9.0	9.0
Beverages	Starbucks	Starbucks Reserve Latte, Venti	290	24	15.0	15.0
Beverages	Starbucks	Starbucks Reserve Latte, Short	110	9	6.0	6.0
Beverages	Starbucks	Cinnamon Dolce Latte, Short	190	22	6.0	9.0
Beverages	Starbucks	Cinnamon Dolce Latte, Venti	420	54	15.0	16.0
Beverages	Starbucks	Cinnamon Dolce Latte, Grande	340	43	12.0	14.0

Beverages	Starbucks	Starbucks Reserve Latte, Grande	230	19	12.0	12.0
Beverages	Starbucks	Caffe Latte, Venti	250	24	16.0	9.0
Beverages	Starbucks	Caffe Latte, Tall	150	15	10.0	6.0
Beverages	Starbucks	Caffe Latte, Short	100	10	6.0	3.5
Beverages	Starbucks	Caffe Latte, Grande	190	19	13.0	7.0
Beverages	Starbucks	Caramel Brulee Latte, Venti	500	76	15.0	15.0
Beverages	Starbucks	Caramel Brulee Latte, Tall	310	46	9.0	11.0
Beverages	Starbucks	Caramel Brulee Latte, Grande	410	61	12.0	14.0
Beverages	Starbucks	Caramel Brulee Latte, Short	220	31	5.0	8.0
Beverages	Starbucks	Flat White, Grande	220	18	12.0	11.0
Beverages	Starbucks	Flat White, Tall	170	14	9.0	9.0
Beverages	Starbucks	Flat White, Venti	290	24	15.0	15.0
Beverages	Starbucks	Flat White, Short	110	9	6.0	5.0
Beverages	Starbucks	Strawberry Acai Starbucks Refreshers Beverage, Trenta	190	46	0.0	0.0
Beverages	Starbucks	Strawberry Acai Lemonade Starbucks Refreshers Beverage, Venti	210	51	0.0	0.0
Beverages	Starbucks	Strawberry Acai Lemonade Starbucks Refreshers Beverage, Tall	110	27	0.0	0.0
Beverages	Starbucks	Strawberry Acai Lemonade Starbucks Refreshers Beverage, Trenta	290	71	1.0	0.0
Beverages	Starbucks	Strawberry Acai Lemonade Starbucks Refreshers Beverage, Grande	140	35	0.0	0.0
Beverages	Starbucks	Mango Dragonfruit Lemonade Starbucks Refreshers Beverage, Trenta	280	68	1.0	0.5
Beverages	Starbucks	Mango Dragonfruit Lemonade Starbucks Refreshers Beverage, Venti	200	49	1.0	0.0
Beverages	Starbucks	Mango Dragonfruit Lemonade Starbucks Refreshers Beverage, Tall	110	27	0.0	0.0
Beverages	Starbucks	Mango Dragonfruit Lemonade Starbucks Refreshers Beverage, Grande	140	34	0.0	0.0
Beverages	Starbucks	Mango Dragonfruit Starbucks Refreshers Beverage, Venti	130	31	0.0	0.0
Beverages	Starbucks	Mango Dragonfruit Starbucks Refreshers Beverage, Trenta	180	44	1.0	0.5
Beverages	Starbucks	Mango Dragonfruit Starbucks Refreshers Beverage, Tall	70	18	0.0	0.0
Beverages	Starbucks	Mango Dragonfruit Starbucks Refreshers Beverage, Grande	90	22	0.0	0.0
Beverages	Starbucks	Iced Clover Brewed Decaf Pike Place Roast, Venti	10	0	1.0	0.0
Beverages	Starbucks	Iced Clover Brewed Decaf Pike Place Roast, Tall	10	0	0.0	0.0
Beverages	Starbucks	Iced Clover Brewed Decaf Espresso Roasta, Venti	10	0	1.0	0.0
Beverages	Starbucks	Iced Clover Brewed Decaf Pike Place Roast, Grande	10	0	1.0	0.0
Beverages	Starbucks	Iced Clover Brewed Decaf Espresso Roast, Tall	10	0	0.0	0.0
Beverages	Starbucks	Iced Clover Brewed Decaf Espresso Roast, Grande	10	0	1.0	0.0
Beverages	Starbucks	Iced Caffe Verona Clover, Tall	0	0	0.0	0.0
Beverages	Starbucks	Iced Caffe Verona Clover, Venti	5	0	0.0	0.0
Beverages	Starbucks	Iced Caffe Verona Clover, Grande	5	0	0.0	0.0

Beverages	Starbucks	Iced Clover Brewed Breakfast Blenda, Venti	10	0	1.0	0.0
Beverages	Starbucks	Iced Pike Place Roast Clover, Venti	10	0	1.0	0.0
Beverages	Starbucks	Iced Veranda Blend Clover, Grande	10	0	1.0	0.0
Beverages	Starbucks	Iced Veranda Blend Clover, Tall	10	0	0.0	0.0
Beverages	Starbucks	Iced Pike Place Roast Clover, Tall	10	0	0.0	0.0
Beverages	Starbucks	Iced Pike Place Roast Clover, Grande	10	0	1.0	0.0
Beverages	Starbucks	Iced Komodo Dragon Clover, Venti	10	0	1.0	0.0
Beverages	Starbucks	Iced Komodo Dragon Clover, Grande	10	0	1.0	0.0
Beverages	Starbucks	Iced Komodo Dragon Clover, Tall	10	0	0.0	0.0
Beverages	Starbucks	Iced Clover Brewed Kenya, Venti	10	0	1.0	0.0
Beverages	Starbucks	Iced Clover Brewed Kenya, Tall	10	0	0.0	0.0
Beverages	Starbucks	Iced Clover Brewed Kenya, Grande	10	0	1.0	0.0
Beverages	Starbucks	Iced Clover Brewed Italian Roast, Grande	10	0	1.0	0.0
Beverages	Starbucks	Iced Clover Brewed Italian Roast, Tall	10	0	0.0	0.0
Beverages	Starbucks	Iced Clover Brewed Italian Roast, Venti	10	0	1.0	0.0
Beverages	Starbucks	Iced Clover Brewed Gold Coast Blend, Venti	10	0	1.0	0.0
Beverages	Starbucks	Iced Ethiopia Clover, Tall	10	0	0.0	0.0
Beverages	Starbucks	Iced Espresso Roast Clover, Venti	10	0	1.0	0.0
Beverages	Starbucks	Iced Espresso Roast Clover, Grande	10	0	1.0	0.0
Beverages	Starbucks	Iced Espresso Roast Clover, Tall	10	0	0.0	0.0
Beverages	Starbucks	Vanilla Sweet Cream Cold Brew, Grande	110	14	1.0	5.0
Beverages	Starbucks	Vanilla Sweet Cream Cold Brew, Venti	200	23	2.0	11.0
Beverages	Starbucks	Vanilla Sweet Cream Cold Brew, Tall	90	9	1.0	5.0
Beverages	Starbucks	Vanilla Sweet Cream Cold Brew, Trenta	220	28	2.0	11.0
Beverages	Starbucks	Nitro Cold Brew, Grande	5	0	0.0	0.0
Beverages	Starbucks	Starbucks Cold Brew Coffee w/ Milk, Venti	60	5	4.0	2.0
Beverages	Starbucks	Starbucks Cold Brew Coffee w/ Milk, Trenta	70	6	5.0	2.5
Beverages	Starbucks	Starbucks Cold Brew Coffee w/ Milk, Grande	35	3	2.0	1.5
Beverages	Starbucks	Starbucks Cold Brew Coffee w/ Milk, Tall	25	2	2.0	1.0
Beverages	Starbucks	Iced Caramel Brulee Latte, Tall	300	43	6.0	11.0
Beverages	Starbucks	Iced Caramel Brulee Latte, Venti	520	81	11.0	17.0
Beverages	Starbucks	Iced Caramel Brulee Latte, Grande	400	56	8.0	16.0
Beverages	Starbucks	Iced Cinnamon Dolce Latte, Tall	240	29	6.0	12.0
Beverages	Starbucks	Iced Cinnamon Dolce Latte, Venti	420	55	12.0	18.0
Beverages	Starbucks	Iced Cinnamon Dolce Latte, Grande	300	38	8.0	13.0

Beverages	Starbucks	Iced Caffè Latte, Venti	180	18	12.0	6.0
Beverages	Starbucks	Iced Caffè Latte, Tall	100	10	6.0	3.5
Beverages	Starbucks	Starbucks Reserve Iced Hazelnut Bianco Latte, Grande	280	30	10.0	13.0
Beverages	Starbucks	Iced Caffè Latte, Grande	130	13	8.0	4.5
Beverages	Starbucks	Starbucks Reserve Iced Hazelnut Bianco Latte, Tall	210	23	8.0	10.0
Beverages	Starbucks	Starbucks Reserve Iced Hazelnut Bianco Latte, Venti	390	41	14.0	18.0
Beverages	Starbucks	Starbucks Reserve Iced Latte, Venti	290	24	15.0	15.0
Beverages	Starbucks	Starbucks Reserve Iced Latte, Tall	150	12	8.0	8.0
Beverages	Starbucks	Starbucks Reserve Iced Latte, Grande	210	17	11.0	11.0
Beverages	Starbucks	Iced Flat White, Venti	220	19	12.0	11.0
Beverages	Starbucks	Iced Flat White, Tall	110	10	6.0	6.0
Beverages	Starbucks	Iced Flat White, Grande	150	13	8.0	8.0
Beverages	Starbucks	Starbucks Reserve Iced Dark Chocolate Mocha, Tall	210	26	8.0	8.0
Beverages	Starbucks	Starbucks Reserve Iced Dark Chocolate Mocha, Venti	380	49	14.0	15.0
Beverages	Starbucks	Starbucks Reserve Iced Dark Chocolate Mocha, Grande	260	33	10.0	10.0
Beverages	Starbucks	Iced White Chocolate Mocha, Grande	420	49	11.0	20.0
Beverages	Starbucks	Iced Caffè Mocha, Venti	450	55	14.0	20.0
Beverages	Starbucks	Iced Caffè Mocha, Tall	260	29	8.0	13.0
Beverages	Starbucks	Iced Caffè Mocha, Grande	350	38	10.0	17.0
Beverages	Starbucks	Iced Caffè Americano, Venti	15	3	1.0	0.0
Beverages	Starbucks	Iced Caffè Americano, Tall	10	1	1.0	0.0
Beverages	Starbucks	Iced Caffè Americano, Grande	15	2	1.0	0.0
Beverages	Starbucks	Iced Caramel Macchiato, Tall	180	26	7.0	5.0
Beverages	Starbucks	Iced Caramel Macchiato, Venti	350	53	13.0	9.0
Beverages	Starbucks	Iced Caramel Macchiato, Grande	250	37	10.0	7.0
Beverages	Starbucks	Caramel Ribbon Crunch Crème Frappuccino Blended Beverage, Venti	510	64	7.0	25.0
Beverages	Starbucks	Chocolate Cookie Crumble Crème Frappuccino Blended Beverage, Tall	330	38	5.0	18.0
Beverages	Starbucks	Chocolate Cookie Crumble Crème Frappuccino Blended Beverage, Venti	560	68	9.0	29.0
Beverages	Starbucks	Caramel Ribbon Crunch Crème Frappuccino Blended Beverage, Grande	420	50	5.0	22.0
Beverages	Starbucks	Caramel Ribbon Crunch Crème Frappuccino Blended Beverage, Tall	300	36	4.0	16.0
Beverages	Starbucks	Chocolate Cookie Crumble Crème Frappuccino Blended Beverage, Grande	460	52	7.0	25.0
Beverages	Starbucks	White Chocolate Crème Frappuccino Blended Beverage, Tall	250	31	5.0	13.0
Beverages	Starbucks	White Chocolate Crème Frappuccino Blended Beverage, Venti	450	60	8.0	20.0
Beverages	Starbucks	White Chocolate Crème Frappuccino Blended Beverage, Grande	380	49	6.0	18.0
Beverages	Starbucks	Mocha Cookie Crumble Frappuccino, Venti	590	82	8.0	27.0

Beverages	Starbucks	Mocha Cookie Crumble Frappuccino, Tall	350	45	4.0	17.0
Beverages	Starbucks	Mocha Cookie Crumble Frappuccino, Grande	480	62	6.0	24.0
Beverages	Starbucks	Caramel Brulee Frappuccino Blended Beverage, Venti	490	80	6.0	16.0
Beverages	Starbucks	Caramel Brulee Frappuccino Blended Beverage, Tall	270	42	3.0	11.0
Beverages	Starbucks	Caramel Brulee Frappuccino Blended Beverage, Grande	400	64	4.0	15.0
Beverages	Starbucks	Espresso Frappuccino Blended Beverage, Venti	290	58	4.0	4.0
Beverages	Starbucks	Espresso Frappuccino Blended Beverage, Tall	140	29	2.0	1.5
Beverages	Starbucks	Espresso Frappuccino Blended Beverage, Grande	210	43	3.0	2.5
Beverages	Starbucks	Caramel Ribbon Crunch Frappuccino Blended Beverage, Tall	330	45	4.0	15.0
Beverages	Starbucks	Caramel Ribbon Crunch Frappuccino Blended Beverage, Venti	570	84	7.0	24.0
Beverages	Starbucks	Caramel Ribbon Crunch Frappuccino Blended Beverage, Grande	470	65	5.0	22.0
Beverages	Starbucks	Royal English Breakfast Tea Latte, Venti	190	27	9.0	5.0
Beverages	Starbucks	Royal English Breakfast Tea Latte, Tall	110	16	5.0	3.0
Beverages	Starbucks	Royal English Breakfast Tea Latte, Grande	150	21	7.0	4.0
Beverages	Starbucks	Royal English Breakfast Tea Latte, Short	80	11	4.0	2.0
Beverages	Starbucks	Royal English Breakfast Tea, Tall	0	0	0.0	0.0
Beverages	Starbucks	Royal English Breakfast Tea, Venti	0	0	0.0	0.0
Beverages	Starbucks	Royal English Breakfast Tea, Short	0	0	0.0	0.0
Beverages	Starbucks	Royal English Breakfast Tea, Grande	0	0	0.0	0.0
Beverages	Starbucks	Jade Citrus Mint Brewed Tea, Grande	0	0	0.0	0.0
Beverages	Starbucks	Jade Citrus Mint Brewed Tea, Short	0	0	0.0	0.0
Beverages	Starbucks	Jade Citrus Mint Brewed Tea, Tall	0	0	0.0	0.0
Beverages	Starbucks	Jade Citrus Mint Brewed Tea, Venti	0	0	0.0	0.0
Beverages	Starbucks	Honey Citrus Mint Tea, Venti	150	37	0.0	0.0
Beverages	Starbucks	Honey Citrus Mint Tea, Tall	80	20	0.0	0.0
Beverages	Starbucks	Honey Citrus Mint Tea, Short	60	16	0.0	0.0
Beverages	Starbucks	Honey Citrus Mint Tea, Grande	130	32	0.0	0.0
Beverages	Starbucks	Organic Yukon Blend Clover, Venti	10	0	1.0	0.0
Beverages	Starbucks	Organic Yukon Blend Clover, Short	10	0	0.0	0.0
Beverages	Starbucks	Organic Yukon Blend Clover, Tall	10	0	0.0	0.0
Beverages	Starbucks	Organic Yukon Blend Clover, Grande	10	0	1.0	0.0
Desserts	Starbucks	Double Chocolate Brownie	480	55	6.0	28.0
Beverages	Starbucks	Coffee Frappuccino Blended Beverage, Venti	310	60	5.0	5.0
Beverages	Starbucks	Double Chocolatey Chip Crème Frappuccino Blended Beverage, Venti	510	68	9.0	23.0
Beverages	Starbucks	White Chocolate Mocha Frappuccino Blended Beverage, Grande	420	61	5.0	17.0

Beverages	Starbucks	White Chocolate Mocha Frappuccino Blended Beverage, Venti	500	77	7.0	18.0
Beverages	Starbucks	Iced Starbucks Blonde Vanilla Latte, Venti	270	45	10.0	5.0
Beverages	Starbucks	Iced Starbucks Blonde Vanilla Latte, Tall	140	23	6.0	3.0
Beverages	Starbucks	Iced Starbucks Blonde Vanilla Latte, Grande	190	30	7.0	4.0
Sandwiches	Starbucks	Sausage, Cheddar & Egg Sandwich	480	34	18.0	29.0
Sandwiches	Starbucks	Spinach, Feta & Egg White Wrap	290	34	20.0	8.0
Desserts	Starbucks	Birthday Cake Pop	160	21	2.0	8.0
Beverages	Starbucks	Caffe Mocha, Grande	370	43	14.0	15.0
Beverages	Starbucks	Cappuccino, Grande	140	14	9.0	5.0
Beverages	Starbucks	Espresso, Solo	5	1	0.0	0.0
Beverages	Starbucks	Espresso Con Panna, Solo	30	1	1.0	2.5
Beverages	Starbucks	Espresso Macchiato, Solo	10	1	0.0	0.0
Beverages	Starbucks	Cinnamon Dolce Latte, Tall	270	33	9.0	12.0
Beverages	Starbucks	Espresso Con Panna, Doppio	35	2	1.0	2.5
Beverages	Starbucks	Espresso, Doppio	10	2	1.0	0.0
Beverages	Starbucks	Caffe Mocha, Short	200	22	7.0	9.0
Beverages	Starbucks	Caffe Mocha, Tall	290	33	11.0	13.0
Beverages	Starbucks	Caffe Mocha, Venti	450	54	18.0	18.0
Beverages	Starbucks	Cappuccino, Short	70	7	4.0	2.5
Beverages	Starbucks	Cappuccino, Tall	100	10	7.0	4.0
Beverages	Starbucks	Cappuccino, Venti	200	20	13.0	8.0
Beverages	Starbucks	Steamed Apple Juice, Grande	220	55	0.0	0.0
Beverages	Starbucks	Espresso, Triple	15	3	2.0	0.0
Beverages	Starbucks	Espresso, Quad	20	4	2.0	0.0
Beverages	Starbucks	Espresso Con Panna, Triple	40	3	1.0	2.5
Beverages	Starbucks	Espresso Con Panna, Quad	45	3	1.0	2.5
Baked Goods	Starbucks	Blueberry Muffin	330	47	5.0	14.0
Beverages	Starbucks	Evolution Fresh Organic Defense Up	170	41	2.0	0.0
Beverages	Starbucks	Vanilla Crème, Kids	180	20	6.0	9.0
Beverages	Starbucks	Vanilla Crème, Tall	280	34	10.0	12.0
Beverages	Starbucks	Vanilla Crème, Grande	350	44	13.0	14.0
Beverages	Starbucks	Vanilla Crème, Venti	430	55	16.0	16.0
Beverages	Starbucks	Evolution Fresh Orange	170	39	3.0	0.0
Beverages	Starbucks	Caramel Brulee Crème Frappuccino Blended Beverage, Tall	260	35	4.0	12.0
Beverages	Starbucks	Caramel Brulee Crème Frappuccino Blended Beverage, Grande	380	54	5.0	16.0

Beverages	Starbucks	Caramel Brulee Crème Frappuccino Blended Beverage, Venti	450	65	7.0	18.0
Desserts	Starbucks	Marshmallow Dream Bar	230	44	1.0	5.0
Beverages	Starbucks	Honey Almondmilk Flat White, Grande	170	30	3.0	5.0
Beverages	Starbucks	Honey Almondmilk Flat White, Short	80	15	1.0	2.5
Beverages	Starbucks	Honey Almondmilk Flat White, Tall	120	22	2.0	4.0
Beverages	Starbucks	Honey Almondmilk Flat White, Venti	210	38	3.0	7.0
Beverages	Starbucks	Pumpkin Spice Latte, Grande	390	52	14.0	14.0
Beverages	Starbucks	Pumpkin Spice Latte, Short	210	26	7.0	9.0
Beverages	Starbucks	Pumpkin Spice Latte, Tall	300	39	11.0	12.0
Beverages	Starbucks	Pumpkin Spice Latte, Venti	470	65	18.0	16.0
Beverages	Starbucks	Apple Crisp Oatmilk Macchiato, Short	150	28	1.0	4.0
Beverages	Starbucks	Apple Crisp Oatmilk Macchiato, Tall	230	41	2.0	7.0
Beverages	Starbucks	Apple Crisp Oatmilk Macchiato, Grande	320	56	3.0	10.0
Beverages	Starbucks	Apple Crisp Oatmilk Macchiato, Venti	390	68	4.0	12.0
Beverages	Starbucks	Vietnam Da Lat Clover Starbucks Reserve, Short	10	0	0.0	0.0
Beverages	Starbucks	Vietnam Da Lat Clover Starbucks Reserve, Tall	10	0	0.0	0.0
Beverages	Starbucks	Vietnam Da Lat Clover Starbucks Reserve, Grande	10	0	1.0	0.0
Beverages	Starbucks	Vietnam Da Lat Clover Starbucks Reserve, Venti	10	0	1.0	0.0
Beverages	Starbucks	Clover Starbucks Reserve Costa Rica Naranjo, Short	10	0	0.0	0.0
Beverages	Starbucks	Clover Starbucks Reserve Costa Rica Naranjo, Tall	10	0	0.0	0.0
Beverages	Starbucks	Clover Starbucks Reserve Costa Rica Naranjo, Grande	10	0	1.0	0.0
Beverages	Starbucks	Clover Starbucks Reserve Costa Rica Naranjo, Venti	10	0	1.0	0.0
Beverages	Starbucks	Clover Brewed Pike Place Roast, Short	10	0	0.0	0.0
Beverages	Starbucks	Clover Brewed Pike Place Roast, Tall	10	0	0.0	0.0
Beverages	Starbucks	Clover Brewed Pike Place Roast, Grande	10	0	1.0	0.0
Beverages	Starbucks	Clover Brewed Pike Place Roast, Venti	10	0	1.0	0.0
Beverages	Starbucks	Clover Brewed Gold Coast Blend, Short	10	0	0.0	0.0
Beverages	Starbucks	Clover Brewed Gold Coast Blend, Tall	10	0	0.0	0.0
Beverages	Starbucks	Clover Brewed Gold Coast Blend, Grande	10	0	1.0	0.0
Beverages	Starbucks	Clover Brewed Gold Coast Blend, Venti	10	0	1.0	0.0
Beverages	Starbucks	Decaf Sumatra Clover, Short	10	0	0.0	0.0
Beverages	Starbucks	Decaf Sumatra Clover, Tall	10	0	0.0	0.0
Beverages	Starbucks	Decaf Sumatra Clover, Grande	10	0	1.0	0.0
Beverages	Starbucks	Decaf Sumatra Clover, Venti	10	0	1.0	0.0
Beverages	Starbucks	Caffè Verona Clover, Short	10	0	0.0	0.0

Beverages	Starbucks	Caffe Verona Clover, Tall	10	0	0.0	0.0
Beverages	Starbucks	Caffe Verona Clover, Grande	10	0	1.0	0.0
Beverages	Starbucks	Caffe Verona Clover, Venti	10	0	1.0	0.0
Beverages	Starbucks	Clover Brewed Decaf Pike Place Roast, Short	10	0	0.0	0.0
Beverages	Starbucks	Clover Brewed Decaf Pike Place Roast, Tall	10	0	0.0	0.0
Beverages	Starbucks	Clover Brewed Decaf Pike Place Roast, Grande	10	0	1.0	0.0
Beverages	Starbucks	Clover Brewed Decaf Pike Place Roast, Venti	10	0	1.0	0.0
Beverages	Starbucks	Espresso Roast Clover, Short	5	0	0.0	0.0
Beverages	Starbucks	Espresso Roast Clover, Tall	5	0	0.0	0.0
Beverages	Starbucks	Espresso Roast Clover, Grande	5	0	1.0	0.0
Beverages	Starbucks	Espresso Roast Clover, Venti	5	0	1.0	0.0
Beverages	Starbucks	Chai Tea Latte, Short	120	22	4.0	2.0
Beverages	Starbucks	Chai Tea Latte, Tall	190	34	6.0	3.5
Beverages	Starbucks	Chai Tea Latte, Grande	240	45	8.0	4.5
Beverages	Starbucks	Chai Tea Latte, Venti	310	56	10.0	6.0
Beverages	Starbucks	Chai Tea, Short	0	0	0.0	0.0
Beverages	Starbucks	Chai Tea, Tall	0	0	0.0	0.0
Beverages	Starbucks	Chai Tea, Grande	0	0	0.0	0.0
Beverages	Starbucks	Chai Tea, Venti	0	0	0.0	0.0
Beverages	Starbucks	Earl Grey Tea, Short	0	0	0.0	0.0
Beverages	Starbucks	Earl Grey Tea, Tall	0	0	0.0	0.0
Beverages	Starbucks	Earl Grey Tea, Grande	0	0	0.0	0.0
Beverages	Starbucks	Earl Grey Tea, Venti	0	0	0.0	0.0
Beverages	Starbucks	Emperor's Clouds & Mist, Short	0	0	0.0	0.0
Beverages	Starbucks	Emperor's Clouds & Mist, Tall	0	0	0.0	0.0
Beverages	Starbucks	Emperor's Clouds & Mist, Grande	0	0	0.0	0.0
Beverages	Starbucks	Emperor's Clouds & Mist, Venti	0	0	0.0	0.0
Beverages	Starbucks	Matcha Tea Latte, Short	110	14	6.0	3.5
Beverages	Starbucks	Matcha Tea Latte, Tall	190	25	10.0	5.0
Beverages	Starbucks	Matcha Tea Latte, Grande	240	34	12.0	7.0
Beverages	Starbucks	Matcha Tea Latte, Venti	320	45	16.0	9.0
Beverages	Starbucks	Mint Majesty, Short	0	0	0.0	0.0
Beverages	Starbucks	Mint Majesty, Tall	0	0	0.0	0.0
Beverages	Starbucks	Mint Majesty, Grande	0	0	0.0	0.0
Beverages	Starbucks	Mint Majesty, Venti	0	0	0.0	0.0



Beverages	Starbucks	Peach Tranquility, Short	0	0	0.0	0.0
Beverages	Starbucks	Peach Tranquility, Tall	0	0	0.0	0.0
Beverages	Starbucks	Peach Tranquility, Grande	0	0	0.0	0.0
Beverages	Starbucks	Peach Tranquility, Venti	0	0	0.0	0.0
Beverages	Starbucks	Caramel Apple Spice, Kids	220	40	0.0	6.0
Beverages	Starbucks	Caramel Apple Spice, Venti	460	96	1.0	8.0
Beverages	Starbucks	Pumpkin Spice Crème, Kids	210	27	8.0	9.0
Beverages	Starbucks	Pumpkin Spice Crème, Short	210	27	8.0	9.0
Beverages	Starbucks	Pumpkin Spice Crème, Tall	310	40	12.0	12.0
Beverages	Starbucks	Pumpkin Spice Crème, Grande	400	52	15.0	15.0
Beverages	Starbucks	Pumpkin Spice Crème, Venti	480	65	19.0	17.0
Beverages	Starbucks	Steamed Milk, Kids	100	10	7.0	4.0
Beverages	Starbucks	Pumpkin Spice Frappuccino Blended Beverage, Tall	290	45	4.0	11.0
Beverages	Starbucks	Pumpkin Spice Frappuccino Blended Beverage, Grande	420	66	6.0	15.0
Beverages	Starbucks	Pumpkin Spice Frappuccino Blended Beverage, Venti	510	82	7.0	17.0
Beverages	Starbucks	Pumpkin Spice Crème Frappuccino Blended Beverage, Tall	250	31	5.0	12.0
Beverages	Starbucks	Pumpkin Spice Crème Frappuccino Blended Beverage, Grande	360	47	6.0	16.0
Beverages	Starbucks	Pumpkin Spice Crème Frappuccino Blended Beverage, Venti	450	62	9.0	19.0
Beverages	Starbucks	Strawberry Crème Frappuccino Blended Beverage, Tall	250	33	4.0	11.0
Beverages	Starbucks	Strawberry Crème Frappuccino Blended Beverage, Grande	370	51	5.0	16.0
Beverages	Starbucks	Strawberry Crème Frappuccino Blended Beverage, Venti	460	66	7.0	17.0
Beverages	Starbucks	Matcha Crème Frappuccino Blended Beverage, Tall	300	44	5.0	12.0
Beverages	Starbucks	Matcha Crème Frappuccino Blended Beverage, Grande	420	62	6.0	16.0
Beverages	Starbucks	Matcha Crème Frappuccino Blended Beverage, Venti	520	81	8.0	18.0
Beverages	Starbucks	Pumpkin Cream Cold Brew, Tall	140	18	2.0	7.0
Beverages	Starbucks	Pumpkin Cream Cold Brew, Grande	250	31	3.0	12.0
Beverages	Starbucks	Pumpkin Cream Cold Brew, Venti	310	40	3.0	15.0
Beverages	Starbucks	Pumpkin Cream Cold Brew, Trenta	360	48	4.0	17.0
Beverages	Starbucks	Starbucks Cold Brew Coffee, Grande	5	0	0.0	0.0
Beverages	Starbucks	Starbucks Cold Brew Coffee, Venti	5	0	0.0	0.0
Beverages	Starbucks	Starbucks Cold Brew Coffee, Trenta	5	0	0.0	0.0
Beverages	Starbucks	Vanilla Sweet Cream Nitro Cold Brew, Tall	70	4	1.0	5.0
Beverages	Starbucks	Vanilla Sweet Cream Nitro Cold Brew, Grande	70	4	1.0	5.0
Beverages	Starbucks	Iced Espresso, Solo	5	1	0.0	0.0
Beverages	Starbucks	Iced Espresso, Doppio	10	2	1.0	0.0

Beverages	Starbucks	Iced Espresso, Triple	15	3	2.0	0.0
Beverages	Starbucks	Iced Espresso, Quad	20	4	2.0	0.0
Beverages	Starbucks	Iced Brown Sugar Oatmilk Shaken Espresso, Tall	100	17	1.0	2.5
Beverages	Starbucks	Iced Brown Sugar Oatmilk Shaken Espresso, Grande	120	22	2.0	3.0
Beverages	Starbucks	Iced Brown Sugar Oatmilk Shaken Espresso, Venti	190	34	2.0	5.0
Beverages	Starbucks	Iced Chocolate Almondmilk Shaken Espresso, Tall	80	14	1.0	2.0
Beverages	Starbucks	Iced Chocolate Almondmilk Shaken Espresso, Grande	110	20	2.0	3.0
Beverages	Starbucks	Iced Chocolate Almondmilk Shaken Espresso, Venti	150	27	3.0	4.0
Beverages	Starbucks	Iced Shaken Espresso, Tall	80	13	3.0	1.5
Beverages	Starbucks	Iced Shaken Espresso, Grande	100	17	4.0	2.0
Beverages	Starbucks	Iced Shaken Espresso, Venti	160	25	6.0	3.0
Beverages	Starbucks	Iced Honey Almondmilk Flat White, Tall	100	20	1.0	2.5
Beverages	Starbucks	Iced Honey Almondmilk Flat White, Grande	140	27	2.0	3.5
Beverages	Starbucks	Iced Honey Almondmilk Flat White, Venti	200	40	3.0	5.0
Beverages	Starbucks	Iced Pumpkin Spice Latte, Tall	270	35	8.0	12.0
Beverages	Starbucks	Iced Pumpkin Spice Latte, Grande	370	47	11.0	16.0
Beverages	Starbucks	Iced Pumpkin Spice Latte, Venti	480	68	15.0	18.0
Beverages	Starbucks	Iced Vietnam Da Lat Clover Starbucks Reserve, Tall	10	0	0.0	0.0
Beverages	Starbucks	Iced Vietnam Da Lat Clover Starbucks Reserve, Grande	10	0	1.0	0.0
Beverages	Starbucks	Iced Vietnam Da Lat Clover Starbucks Reserve, Venti	10	0	1.0	0.0
Beverages	Starbucks	Iced Clover Starbucks Reserve Costa Rica Naranjo, Tall	10	0	0.0	0.0
Beverages	Starbucks	Iced Clover Starbucks Reserve Costa Rica Naranjo, Grande	10	0	1.0	0.0
Beverages	Starbucks	Iced Clover Starbucks Reserve Costa Rica Naranjo, Venti	10	0	1.0	0.0
Beverages	Starbucks	Iced Hawai'i Ka'u Clover Starbucks Reserve, Tall	10	0	0.0	0.0
Beverages	Starbucks	Iced Hawai'i Ka'u Clover Starbucks Reserve, Grande	10	0	1.0	0.0
Beverages	Starbucks	Iced Clover Brewed Breakfast Blend, Tall	10	0	0.0	0.0
Beverages	Starbucks	Iced Clover Brewed Breakfast Blend, Grande	10	0	1.0	0.0
Beverages	Starbucks	Iced Ethiopia Clover, Grande	10	0	1.0	0.0
Beverages	Starbucks	Iced Ethiopia Clover, Venti	10	0	1.0	0.0
Beverages	Starbucks	Iced French Roast Clover, Tall	10	0	0.0	0.0
Beverages	Starbucks	Iced French Roast Clover, Grande	10	0	1.0	0.0
Beverages	Starbucks	Iced French Roast Clover, Venti	10	0	1.0	0.0
Beverages	Starbucks	Iced Clover Brewed Gold Coast Blend, Grande	10	0	1.0	0.0
Beverages	Starbucks	Iced Veranda Blend Clover, Venti	10	0	1.0	0.0
Beverages	Starbucks	Iced Organic Yukon Blend Clover, Tall	10	0	0.0	0.0

Beverages	Starbucks	Iced Organic Yukon Blend Clover, Grande	10	0	1.0	0.0
Beverages	Starbucks	Iced Organic Yukon Blend Clover, Venti	10	0	1.0	0.0
Beverages	Starbucks	Iced Clover Brewed Starbucks Willow Blend, Tall	10	0	0.0	0.0
Beverages	Starbucks	Iced Clover Brewed Starbucks Willow Blend, Grande	10	0	1.0	0.0
Beverages	Starbucks	Iced Clover Brewed Starbucks Willow Blend, Venti	10	0	1.0	0.0
Beverages	Starbucks	Iced Decaf Sumatra Clover, Tall	10	0	0.0	0.0
Beverages	Starbucks	Iced Decaf Sumatra Clover, Grande	10	0	1.0	0.0
Beverages	Starbucks	Iced Decaf Sumatra Clover, Venti	10	0	1.0	0.0
Beverages	Starbucks	Iced Sumatra Clover, Tall	0	0	0.0	0.0
Beverages	Starbucks	Iced Sumatra Clover, Grande	5	0	0.0	0.0
Beverages	Starbucks	Iced Sumatra Clover, Venti	5	0	0.0	0.0
Sandwiches	Starbucks	Impossible Breakfast Sandwich	420	36	21.0	22.0
Sandwiches	Starbucks	Turkey Bacon, Cheddar & Egg White Sandwich	230	28	17.0	5.0
Baked Goods	Starbucks	Pumpkin Cream Cheese Muffin	350	53	5.0	14.0
Baked Goods	Starbucks	Pumpkin Scone	500	70	4.0	23.0
Entrees	Starbucks	Eggs & Gouda Protein Box	530	30	26.0	28.0
Entrees	Starbucks	Cheese Trio Protein Box	520	59	20.0	24.0
Entrees	Starbucks	Cheddar & Uncured Salami Protein Box	470	31	20.0	31.0
Entrees	Starbucks	Chickpea Bites & Avocado Protein Box	560	43	15.0	37.0
Entrees	Starbucks	Eggs & Cheddar Protein Box	470	41	23.0	25.0
Entrees	Starbucks	Berry Trio Parfait	240	39	14.0	3.0
Beverages	Starbucks	Starbucks Reserve Dark Chocolate Mocha, Tall	240	29	10.0	10.0
Sandwiches	Starbucks	Bacon, Sausage & Egg Wrap	640	58	28.0	33.0
Appetizers & Sides	Starbucks	Kale & Mushroom Egg Bites	230	11	15.0	14.0
Baked Goods	Starbucks	Everything Bagel	290	57	10.0	3.0
Desserts	Starbucks	Owl Cake Pop	160	22	2.0	8.0
Desserts	Starbucks	Reindeer Cake Pop	140	19	1.0	7.0
Desserts	Starbucks	Lime Frosted Coconut Bar	240	30	3.0	14.0
Desserts	Starbucks	Bullseye Cookie	240	31	2.0	14.0
Desserts	Starbucks	Snowman Cookie	390	47	3.0	21.0
Desserts	Starbucks	Chocolate Pistachio Swirl	280	37	7.0	11.0
Baked Goods	Starbucks	Pumpkin & Pepita Loaf	390	59	6.0	14.0
Baked Goods	Starbucks	Banana Walnut & Pecan Loaf	410	50	6.0	20.0
Baked Goods	Starbucks	Sugar Plum Cheese Danish	330	42	7.0	15.0
Sandwiches	Starbucks	Ham & Swiss on Baguette	480	41	24.0	23.0

Sandwiches	Starbucks	Turkey, Provolone & Pesto on Ciabatta	520	53	32.0	19.0
Baked Goods	Starbucks	Gingerbread Biscotti	240	32	4.0	12.0
Baked Goods	Starbucks	Dipped Madeleines	280	35	3.0	15.0
Baked Goods	Starbucks	Madeleines	220	26	3.0	11.0
Baked Goods	Starbucks	Vanilla Biscotti w/ Almonds	200	25	5.0	9.0
Desserts	Starbucks	Shortbread Cookies	170	21	2.0	9.0
Desserts	Starbucks	Dark Chocolate Graham	140	17	2.0	8.0
Desserts	Starbucks	Rip van Wafels, Honey & Oat	130	19	1.0	6.0
Desserts	Starbucks	Salted Peppermint Bark	130	14	1.0	9.0
Desserts	Starbucks	Dark Chocolate Sea Salt Caramels	130	17	1.0	7.0
Desserts	Starbucks	Salted Almond Chocolate Bites	300	24	7.0	22.0
Desserts	Starbucks	Dark Chocolate Covered Espresso Beans	260	29	3.0	15.0
Desserts	Starbucks	Dark Chocolate Peanut Butter Cups	220	21	4.0	14.0
Appetizers & Sides	Starbucks	Squirrel Brand, Fruit & Nut	200	23	4.0	12.0
Appetizers & Sides	Starbucks	Squirrel Brand, Classic Almonds	260	8	9.0	23.0
Appetizers & Sides	Starbucks	Peter Rabbit Organics Apple & Grape	100	26	0.0	0.0
Appetizers & Sides	Starbucks	Peter Rabbit Organics Strawberry Banana	80	18	1.0	0.0
Appetizers & Sides	Starbucks	Starbucks Butter Popcorn	150	18	2.0	7.0
Appetizers & Sides	Starbucks	Hippeas, White Cheddar	200	25	6.0	8.0
Appetizers & Sides	Starbucks	Salt & Vinegar Kettle Potato Chips	270	34	5.0	13.0
Appetizers & Sides	Starbucks	Perfectly Salted Chips	280	34	5.0	14.0
Appetizers & Sides	Starbucks	Country Archer Hickory Smoked Turkey Jerky	70	5	10.0	1.0
Appetizers & Sides	Starbucks	Country Archer Original Beef Jerky	70	5	11.0	1.0
Appetizers & Sides	Starbucks	String Cheese	80	1	7.0	6.0
Appetizers & Sides	Starbucks	Perfect Bar, Dark Chocolate Chip Peanut Butter	320	25	15.0	19.0
Appetizers & Sides	Starbucks	Perfect Bar, Peanut Butter	330	26	17.0	18.0
Appetizers & Sides	Starbucks	Kind Almond Coconut Cashew Chai	200	18	5.0	14.0
Appetizers & Sides	Starbucks	Kind Blueberry Vanilla & Cashew Bar	180	19	4.0	12.0
Appetizers & Sides	Starbucks	Kind Peanut Butter Dark Chocolate Bar	200	17	7.0	13.0
Appetizers & Sides	Starbucks	Kind Salted Caramel & Dark Chocolate Nut Bar	200	16	6.0	15.0
Appetizers & Sides	Starbucks	That's It Apple & Blueberry Bar	100	26	1.0	0.0
Appetizers & Sides	Starbucks	That's It Apple & Mango Bar	100	27	0.0	0.0
Appetizers & Sides	Starbucks	This Bar Saves Lives, Dark Chocolate Cherry & Sea Salt Bar	160	26	3.0	6.0
Appetizers & Sides	Starbucks	This Bar Saves Lives, Dark Chocolate Peanut Butter	190	22	4.0	10.0
Appetizers & Sides	Starbucks	This Bar Saves Lives, Madagascar Vanilla Almond & Honey Bar	180	22	4.0	9.0

Appetizers & Sides	Starbucks	This Bar Saves Lives, Wild Blueberry Pistachio Bar	160	24	4.0	7.0
Entrees	Starbucks	Rolled & Steel-Cut Oatmeal	410	67	8.0	12.0
Beverages	Starbucks	Veranda Blend, Short	5	0	0.0	0.0
Beverages	Starbucks	Veranda Blend, Tall	5	0	0.0	0.0
Beverages	Starbucks	Veranda Blend, Grande	5	0	1.0	0.0
Beverages	Starbucks	Veranda Blend, Venti	5	0	1.0	0.0
Beverages	Starbucks	Featured Medium Roast, Pike Place Roast, Short	5	0	0.0	0.0
Beverages	Starbucks	Featured Medium Roast, Pike Place Roast, Tall	5	0	0.0	0.0
Beverages	Starbucks	Featured Medium Roast, Pike Place Roast, Grande	5	0	1.0	0.0
Beverages	Starbucks	Featured Medium Roast, Pike Place Roast, Venti	5	0	1.0	0.0
Beverages	Starbucks	Chestnut Praline Latte, Short	190	22	6.0	8.0
Beverages	Starbucks	Chestnut Praline Latte, Tall	270	32	9.0	11.0
Beverages	Starbucks	Chestnut Praline Latte, Grande	330	42	12.0	14.0
Beverages	Starbucks	Chestnut Praline Latte, Venti	410	52	15.0	16.0
Beverages	Starbucks	Sugar Cookie Almondmilk Latte, Short	90	16	1.0	2.5
Beverages	Starbucks	Sugar Cookie Almondmilk Latte, Tall	140	24	2.0	4.0
Beverages	Starbucks	Sugar Cookie Almondmilk Latte, Grande	180	32	3.0	6.0
Beverages	Starbucks	Sugar Cookie Almondmilk Latte, Venti	230	40	3.0	7.0
Beverages	Starbucks	Peppermint Mocha, Short	240	32	7.0	10.0
Beverages	Starbucks	Peppermint Mocha, Tall	350	48	10.0	13.0
Beverages	Starbucks	Peppermint Mocha, Grande	440	63	13.0	16.0
Beverages	Starbucks	Peppermint Mocha, Venti	540	78	17.0	18.0
Beverages	Starbucks	Peppermint White Chocolate Mocha, Short	270	38	7.0	11.0
Beverages	Starbucks	Peppermint White Chocolate Mocha, Tall	400	56	11.0	15.0
Beverages	Starbucks	Peppermint White Chocolate Mocha, Grande	510	74	14.0	18.0
Beverages	Starbucks	Peppermint White Chocolate Mocha, Venti	620	93	18.0	21.0
Beverages	Starbucks	Toasted White Chocolate Mocha, Short	230	29	7.0	9.0
Beverages	Starbucks	Toasted White Chocolate Mocha, Tall	330	43	11.0	13.0
Beverages	Starbucks	Toasted White Chocolate Mocha, Grande	420	56	15.0	15.0
Beverages	Starbucks	Toasted White Chocolate Mocha, Venti	510	70	19.0	18.0
Beverages	Starbucks	Starbucks Reserve Christmas 2022 Clover, Short	10	0	0.0	0.0
Beverages	Starbucks	Starbucks Reserve Christmas 2022 Clover, Tall	10	0	0.0	0.0
Beverages	Starbucks	Starbucks Reserve Christmas 2022 Clover, Grande	10	0	1.0	0.0
Beverages	Starbucks	Starbucks Reserve Christmas 2022 Clover, Venti	10	0	1.0	0.0
Beverages	Starbucks	Sun-Dried Zambia Ngoli Estate Clover Starbucks Reserve, Short	10	0	0.0	0.0

Beverages	Starbucks	Sun-Dried Zambia Ngoli Estate Clover Starbucks Reserve, Tall	10	0	0.0	0.0
Beverages	Starbucks	Sun-Dried Zambia Ngoli Estate Clover Starbucks Reserve, Grande	10	0	1.0	0.0
Beverages	Starbucks	Sun-Dried Zambia Ngoli Estate Clover Starbucks Reserve, Venti	10	0	1.0	0.0
Beverages	Starbucks	Veranda Blend, Coffee Traveler	5	0	1.0	0.0
Beverages	Starbucks	Teavana London Fog Tea Latte, Short	90	15	4.0	2.0
Beverages	Starbucks	Teavana London Fog Tea Latte, Tall	140	22	5.0	3.0
Beverages	Starbucks	Teavana London Fog Tea Latte, Grande	180	29	7.0	4.0
Beverages	Starbucks	Teavana London Fog Tea Latte, Venti	230	37	9.0	5.0
Beverages	Starbucks	Peppermint Hot Chocolate, Kids	230	31	6.0	9.0
Beverages	Starbucks	Peppermint Hot Chocolate, Short	230	31	6.0	9.0
Beverages	Starbucks	Peppermint Hot Chocolate, Tall	330	46	9.0	12.0
Beverages	Starbucks	Peppermint Hot Chocolate, Grande	440	62	13.0	16.0
Beverages	Starbucks	Peppermint Hot Chocolate, Venti	530	78	16.0	18.0
Beverages	Starbucks	Peppermint White Hot Chocolate, Kids	280	38	7.0	11.0
Beverages	Starbucks	Peppermint White Hot Chocolate, Short	280	38	7.0	11.0
Beverages	Starbucks	Peppermint White Hot Chocolate, Tall	400	57	11.0	15.0
Beverages	Starbucks	Peppermint White Hot Chocolate, Grande	520	75	15.0	19.0
Beverages	Starbucks	Peppermint White Hot Chocolate, Venti	630	93	18.0	22.0
Beverages	Starbucks	Toasted White Hot Chocolate, Kids	240	29	8.0	10.0
Beverages	Starbucks	Toasted White Hot Chocolate, Short	240	29	8.0	10.0
Beverages	Starbucks	Toasted White Hot Chocolate, Tall	340	43	12.0	13.0
Beverages	Starbucks	Toasted White Hot Chocolate, Grande	430	57	15.0	16.0
Beverages	Starbucks	Toasted White Hot Chocolate, Venti	520	71	19.0	18.0
Beverages	Starbucks	Caramel Brulee Crème, Kids	220	31	6.0	8.0
Beverages	Starbucks	Caramel Brulee Crème, Short	220	31	6.0	8.0
Beverages	Starbucks	Caramel Brulee Crème, Tall	320	46	9.0	11.0
Beverages	Starbucks	Caramel Brulee Crème, Grande	420	61	13.0	14.0
Beverages	Starbucks	Caramel Brulee Crème, Venti	510	76	16.0	16.0
Beverages	Starbucks	Chestnut Praline Crème, Kids	190	22	7.0	9.0
Beverages	Starbucks	Chestnut Praline Crème, Short	190	22	7.0	9.0
Beverages	Starbucks	Chestnut Praline Crème, Tall	270	32	10.0	12.0
Beverages	Starbucks	Chestnut Praline Crème, Grande	350	42	13.0	15.0
Beverages	Starbucks	Chestnut Praline Crème, Venti	420	52	16.0	17.0
Beverages	Starbucks	Apple Crisp Oatmilk Frappuccino Blended Beverage, Tall	290	49	1.0	11.0
Beverages	Starbucks	Apple Crisp Oatmilk Frappuccino Blended Beverage, Grande	420	70	2.0	15.0

Beverages	Starbucks	Apple Crisp Oatmilk Frappuccino Blended Beverage, Venti	520	91	3.0	17.0
Beverages	Starbucks	Peppermint Mocha Frappuccino Blended Beverage, Tall	300	45	4.0	12.0
Beverages	Starbucks	Peppermint Mocha Frappuccino Blended Beverage, Grande	430	67	5.0	16.0
Beverages	Starbucks	Peppermint Mocha Frappuccino Blended Beverage, Venti	530	85	7.0	18.0
Beverages	Starbucks	Peppermint White Chocolate Mocha Frappuccino Blended Beverage, Tall	310	47	4.0	12.0
Beverages	Starbucks	Peppermint White Chocolate Mocha Frappuccino Blended Beverage, Grande	470	73	6.0	17.0
Beverages	Starbucks	Peppermint White Chocolate Mocha Frappuccino Blended Beverage, Venti	550	89	7.0	19.0
Beverages	Starbucks	Chestnut Praline Frappuccino Blended Beverage, Tall	260	38	3.0	11.0
Beverages	Starbucks	Chestnut Praline Frappuccino Blended Beverage, Grande	380	57	4.0	15.0
Beverages	Starbucks	Chestnut Praline Frappuccino Blended Beverage, Venti	460	73	6.0	16.0
Beverages	Starbucks	Sugar Cookie Almondmilk Frappuccino Blended Beverage, Tall	250	40	1.0	10.0
Beverages	Starbucks	Sugar Cookie Almondmilk Frappuccino Blended Beverage, Grande	370	61	2.0	13.0
Beverages	Starbucks	Sugar Cookie Almondmilk Frappuccino Blended Beverage, Venti	440	77	2.0	14.0
Beverages	Starbucks	Toasted White Chocolate Mocha Frappuccino Blended Beverage, Tall	280	42	4.0	11.0
Beverages	Starbucks	Toasted White Chocolate Mocha Frappuccino Blended Beverage, Grande	420	65	6.0	16.0
Beverages	Starbucks	Toasted White Chocolate Mocha Frappuccino Blended Beverage, Venti	510	82	7.0	17.0
Beverages	Starbucks	Apple Crisp Oatmilk Crème Frappuccino Blended Beverage, Tall	270	40	2.0	12.0
Beverages	Starbucks	Apple Crisp Oatmilk Crème Frappuccino Blended Beverage, Grande	380	58	2.0	16.0
Beverages	Starbucks	Apple Crisp Oatmilk Crème Frappuccino Blended Beverage, Venti	470	74	3.0	19.0
Beverages	Starbucks	Peppermint Mocha Crème Frappuccino Blended Beverage, Tall	270	35	5.0	13.0
Beverages	Starbucks	Peppermint Mocha Crème Frappuccino Blended Beverage, Grande	390	53	6.0	18.0
Beverages	Starbucks	Peppermint Mocha Crème Frappuccino Blended Beverage, Venti	480	67	9.0	20.0
Beverages	Starbucks	Peppermint White Chocolate Crème Frappuccino Blended Beverage, Tall	270	35	5.0	13.0
Beverages	Starbucks	Peppermint White Chocolate Crème Frappuccino Blended Beverage, Grande	420	58	7.0	18.0
Beverages	Starbucks	Peppermint White Chocolate Crème Frappuccino Blended Beverage, Venti	490	70	9.0	20.0
Beverages	Starbucks	Chestnut Praline Crème Frappuccino Blended Beverage, Tall	240	29	4.0	12.0
Beverages	Starbucks	Chestnut Praline Crème Frappuccino Blended Beverage, Grande	340	43	5.0	16.0
Beverages	Starbucks	Chestnut Praline Crème Frappuccino Blended Beverage, Venti	400	54	7.0	18.0
Beverages	Starbucks	Sugar Cookie Almondmilk Crème Frappuccino Blended Beverage, Tall	210	29	1.0	10.0
Beverages	Starbucks	Sugar Cookie Almondmilk Crème Frappuccino Blended Beverage, Grande	310	45	2.0	14.0
Beverages	Starbucks	Sugar Cookie Almondmilk Crème Frappuccino Blended Beverage, Venti	370	57	2.0	15.0
Beverages	Starbucks	Toasted White Chocolate Crème Frappuccino Blended Beverage, Tall	260	33	5.0	12.0
Beverages	Starbucks	Toasted White Chocolate Crème Frappuccino Blended Beverage, Grande	390	52	7.0	17.0
Beverages	Starbucks	Toasted White Chocolate Crème Frappuccino Blended Beverage, Venti	460	64	9.0	19.0
Beverages	Starbucks	Chai Crème Frappuccino, Tall	230	29	4.0	11.0

Beverages	Starbucks	Chai Crème Frappuccino, Grande	340	46	5.0	16.0
Beverages	Starbucks	Chai Crème Frappuccino, Venti	420	58	7.0	18.0
Beverages	Starbucks	Chocolate Cream Cold Brew, Tall	190	20	2.0	12.0
Beverages	Starbucks	Chocolate Cream Cold Brew, Grande	250	29	2.0	14.0
Beverages	Starbucks	Chocolate Cream Cold Brew, Venti	300	36	3.0	16.0
Beverages	Starbucks	Chocolate Cream Cold Brew, Trenta	320	40	3.0	16.0
Beverages	Starbucks	Salted Caramel Cold Brew, Tall	160	16	1.0	10.0
Beverages	Starbucks	Salted Caramel Cold Brew, Grande	220	24	2.0	13.0
Beverages	Starbucks	Salted Caramel Cold Brew, Venti	270	31	2.0	15.0
Beverages	Starbucks	Salted Caramel Cold Brew, Trenta	310	38	2.0	16.0
Beverages	Starbucks	Irish Cream Cold Brew, Tall	150	16	1.0	8.0
Beverages	Starbucks	Irish Cream Cold Brew, Grande	200	24	2.0	11.0
Beverages	Starbucks	Irish Cream Cold Brew, Venti	240	26	2.0	14.0
Beverages	Starbucks	Irish Cream Cold Brew, Trenta	300	38	2.0	15.0
Beverages	Starbucks	Iced Coffee, Tall	60	15	0.0	0.0
Beverages	Starbucks	Iced Coffee, Grande	80	20	0.0	0.0
Beverages	Starbucks	Iced Coffee, Venti	120	30	0.0	0.0
Beverages	Starbucks	Iced Coffee, Trenta	160	40	1.0	0.0
Beverages	Starbucks	Iced Toasted Vanilla Oatmilk Shaken Espresso, Tall	100	17	1.0	3.5
Beverages	Starbucks	Iced Toasted Vanilla Oatmilk Shaken Espresso, Grande	140	23	2.0	4.5
Beverages	Starbucks	Iced Toasted Vanilla Oatmilk Shaken Espresso, Venti	190	32	3.0	6.0
Beverages	Starbucks	Iced Chestnut Praline Latte, Tall	240	28	6.0	12.0
Beverages	Starbucks	Iced Chestnut Praline Latte, Grande	320	37	8.0	16.0
Beverages	Starbucks	Iced Chestnut Praline Latte, Venti	400	52	11.0	17.0
Beverages	Starbucks	Iced Sugar Cookie Almondmilk Latte, Tall	110	22	1.0	2.5
Beverages	Starbucks	Iced Sugar Cookie Almondmilk Latte, Grande	150	29	2.0	3.5
Beverages	Starbucks	Iced Sugar Cookie Almondmilk Latte, Venti	220	42	3.0	5.0
Beverages	Starbucks	Iced Apple Crisp Oatmilk Macchiato, Tall	230	44	2.0	6.0
Beverages	Starbucks	Iced Apple Crisp Oatmilk Macchiato, Grande	310	58	3.0	9.0
Beverages	Starbucks	Iced Apple Crisp Oatmilk Macchiato, Venti	430	78	4.0	12.0
Beverages	Starbucks	Iced Peppermint Mocha, Tall	310	43	7.0	13.0
Beverages	Starbucks	Iced Peppermint Mocha, Grande	420	57	9.0	17.0
Beverages	Starbucks	Iced Peppermint Mocha, Venti	560	83	12.0	20.0
Beverages	Starbucks	Iced White Chocolate Mocha, Tall	310	37	8.0	15.0
Beverages	Starbucks	Iced White Chocolate Mocha, Venti	560	72	15.0	24.0



Beverages	Starbucks	Iced Peppermint White Chocolate Mocha, Tall	360	52	8.0	14.0
Beverages	Starbucks	Iced Peppermint White Chocolate Mocha, Grande	490	69	10.0	19.0
Beverages	Starbucks	Iced Peppermint White Chocolate Mocha, Venti	660	101	14.0	23.0
Beverages	Starbucks	Iced Toasted White Chocolate Mocha, Tall	300	39	8.0	13.0
Beverages	Starbucks	Iced Toasted White Chocolate Mocha, Grande	400	52	11.0	17.0
Beverages	Starbucks	Iced Toasted White Chocolate Mocha, Venti	530	74	15.0	20.0
Beverages	Starbucks	Iced Starbucks Reserve Christmas 2022 Clover, Tall	10	0	0.0	0.0
Beverages	Starbucks	Iced Starbucks Reserve Christmas 2022 Clover, Grande	10	0	1.0	0.0
Beverages	Starbucks	Iced Starbucks Reserve Christmas 2022 Clover, Venti	10	0	1.0	0.0
Beverages	Starbucks	Iced Hawai'i Ka'u Clover Starbucks Reserve, Venti	10	0	1.0	0.0
Beverages	Starbucks	Iced Sun-Dried Zambia Ngoli Estate Clover Starbucks Reserve, Tall	10	0	0.0	0.0
Beverages	Starbucks	Iced Sun-Dried Zambia Ngoli Estate Clover Starbucks Reserve, Grande	10	0	1.0	0.0
Beverages	Starbucks	Iced Sun-Dried Zambia Ngoli Estate Clover Starbucks Reserve, Venti	10	0	1.0	0.0
Beverages	Starbucks	Teavana Sparkling Unsweetened Peach Nectarine Green Tea	0	1	0.0	0.0
Beverages	Starbucks	Iced Black Tea, Tall	0	0	0.0	0.0
Beverages	Starbucks	Iced Black Tea, Grande	0	0	0.0	0.0
Beverages	Starbucks	Iced Black Tea, Venti	0	0	0.0	0.0
Beverages	Starbucks	Iced Black Tea, Trenta	0	0	0.0	0.0
Beverages	Starbucks	Iced Black Tea Lemonade, Tall	35	9	0.0	0.0
Beverages	Starbucks	Iced Black Tea Lemonade, Grande	50	12	0.0	0.0
Beverages	Starbucks	Iced Black Tea Lemonade, Venti	70	18	0.0	0.0
Beverages	Starbucks	Iced Black Tea Lemonade, Trenta	90	23	0.0	0.0
Beverages	Starbucks	Iced Royal English Breakfast Tea Latte, Tall	100	19	3.0	2.0
Beverages	Starbucks	Iced Royal English Breakfast Tea Latte, Grande	140	25	4.0	2.5
Beverages	Starbucks	Iced Royal English Breakfast Tea Latte, Venti	210	37	6.0	3.5
Beverages	Starbucks	Iced London Fog Tea Latte, Tall	100	19	3.0	2.0
Beverages	Starbucks	Iced London Fog Tea Latte, Grande	140	25	4.0	2.5
Beverages	Starbucks	Iced London Fog Tea Latte, Venti	210	37	6.0	3.5
Beverages	Starbucks	Iced Chai Tea Latte, Tall	180	33	5.0	3.0
Beverages	Starbucks	Iced Chai Tea Latte, Grande	240	44	7.0	4.0
Beverages	Starbucks	Iced Chai Tea Latte, Venti	350	65	10.0	6.0
Beverages	Starbucks	Iced Peach Green Tea, Grande	60	15	0.0	0.0
Beverages	Starbucks	Iced Peach Green Tea, Venti	90	22	0.0	0.0
Beverages	Starbucks	Iced Peach Green Tea, Trenta	120	30	0.0	0.0
Beverages	Starbucks	Iced Peach Green Tea Lemonade, Tall	60	16	0.0	0.0

Beverages	Starbucks	Iced Peach Green Tea Lemonade, Grande	80	21	0.0	0.0
Beverages	Starbucks	Iced Peach Green Tea Lemonade, Venti	130	31	0.0	0.0
Beverages	Starbucks	Iced Peach Green Tea Lemonade, Trenta	170	42	0.0	0.0
Beverages	Starbucks	Iced Matcha Tea Latte, Tall	140	21	7.0	4.0
Beverages	Starbucks	Iced Matcha Tea Latte, Grande	200	29	9.0	5.0
Beverages	Starbucks	Iced Matcha Tea Latte, Venti	280	41	13.0	8.0
Beverages	Starbucks	Iced Green Tea, Tall	0	0	0.0	0.0
Beverages	Starbucks	Iced Green Tea, Grande	0	0	0.0	0.0
Beverages	Starbucks	Iced Green Tea, Venti	0	0	0.0	0.0
Beverages	Starbucks	Iced Green Tea, Trenta	0	0	0.0	0.0
Beverages	Starbucks	Iced Green Tea Lemonade, Tall	60	16	0.0	0.0
Beverages	Starbucks	Iced Green Tea Lemonade, Grande	80	21	0.0	0.0
Beverages	Starbucks	Iced Green Tea Lemonade, Venti	130	31	0.0	0.0
Beverages	Starbucks	Iced Green Tea Lemonade, Trenta	170	42	0.0	0.0
Beverages	Starbucks	Iced Matcha Lemonade, Tall	90	21	1.0	0.0
Beverages	Starbucks	Iced Matcha Lemonade, Grande	120	29	1.0	0.0
Beverages	Starbucks	Iced Matcha Lemonade, Venti	170	41	1.0	0.0
Beverages	Starbucks	Iced Matcha Lemonade, Trenta	190	45	1.0	0.0
Beverages	Starbucks	Iced Passion Tango Tea, Tall	0	0	0.0	0.0
Beverages	Starbucks	Iced Passion Tango Tea, Grande	0	0	0.0	0.0
Beverages	Starbucks	Iced Passion Tango Tea, Venti	0	0	0.0	0.0
Beverages	Starbucks	Iced Passion Tango Tea, Trenta	0	0	0.0	0.0
Beverages	Starbucks	Iced Passion Tango Tea Lemonade, Tall	35	9	0.0	0.0
Beverages	Starbucks	Iced Passion Tango Tea Lemonade, Grande	50	12	0.0	0.0
Beverages	Starbucks	Iced Passion Tango Tea Lemonade, Venti	70	18	0.0	0.0
Beverages	Starbucks	Iced Passion Tango Tea Lemonade, Trenta	90	23	0.0	0.0
Beverages	Starbucks	Dragon Drink Starbucks Refreshers Beverage, Tall	110	21	1.0	2.0
Beverages	Starbucks	Dragon Drink Starbucks Refreshers Beverage, Grande	130	26	1.0	3.0
Beverages	Starbucks	Dragon Drink Starbucks Refreshers Beverage, Venti	190	38	1.0	4.0
Beverages	Starbucks	Dragon Drink Starbucks Refreshers Beverage, Trenta	270	53	1.0	6.0
Beverages	Starbucks	Paradise Drink Starbucks Refreshers Beverage, Tall	110	21	0.0	2.0
Beverages	Starbucks	Paradise Drink Starbucks Refreshers Beverage, Grande	140	27	1.0	2.5
Beverages	Starbucks	Paradise Drink Starbucks Refreshers Beverage, Venti	200	39	1.0	4.0
Beverages	Starbucks	Paradise Drink Starbucks Refreshers Beverage, Trenta	270	54	1.0	5.0
Beverages	Starbucks	Pineapple Passionfruit Lemonade Starbucks Refreshers Beverage, Tall	110	27	0.0	0.0

Beverages	Starbucks	Pineapple Passionfruit Lemonade Starbucks Refreshers Beverage, Grande	140	35	0.0	0.0
Beverages	Starbucks	Pineapple Passionfruit Lemonade Starbucks Refreshers Beverage, Venti	210	51	0.0	0.0
Beverages	Starbucks	Pineapple Passionfruit Lemonade Starbucks Refreshers Beverage, Trenta	290	70	1.0	0.0
Beverages	Starbucks	Starbucks Baya Energy Mango Guava	90	23	0.0	0.0
Beverages	Starbucks	Evolution Fresh Organic Vital Berry	140	34	2.0	0.0
Beverages	Starbucks	Evolution Fresh Organic Super Fruit Greens	180	41	3.0	0.0
Beverages	Starbucks	Evolution Fresh Mighty Watermelon	130	29	2.0	0.0
Beverages	Starbucks	Tree Top Apple Juice Box	120	29	0.0	0.0
Beverages	Starbucks	Starbucks Baya Energy Raspberry Lime	90	23	0.0	0.0
Beverages	Starbucks	Lemonade, Tall	80	21	0.0	0.0
Beverages	Starbucks	Lemonade, Grande	120	28	0.0	0.0
Beverages	Starbucks	Lemonade, Venti	160	40	0.0	0.0
Beverages	Starbucks	Lemonade, Trenta	200	48	0.0	0.0
Beverages	Starbucks	Blended Strawberry Lemonade, Tall	130	32	0.0	0.0
Beverages	Starbucks	Blended Strawberry Lemonade, Grande	190	46	0.0	0.0
Beverages	Starbucks	Blended Strawberry Lemonade, Venti	260	64	0.0	0.0
Beverages	Starbucks	Horizon Chocolate Organic Milk	150	24	8.0	2.5
Beverages	Starbucks	Horizon Organic Lowfat Milk Box	150	23	8.0	2.5
Beverages	Starbucks	SBC Milk, Tall	200	19	13.0	8.0
Beverages	Starbucks	SBC Milk, Grande	260	25	17.0	10.0
Beverages	Starbucks	SBC Milk, Venti	370	36	24.0	15.0
Beverages	Starbucks	Horizon Organic Vanilla Milk Box	140	22	8.0	2.5
Beverages	Starbucks	Galvanina Sparkling Water	0	0	0.0	0.0
Beverages	Starbucks	Spindrift Grapefruit Sparkling Water	15	4	0.0	0.0
Beverages	Starbucks	Spindrift Raspberry Lime Sparkling Water	9	2	0.0	0.0
Beverages	Starbucks	Galvanina Sparkling Water, Lime	0	0	0.0	0.0
Beverages	Starbucks	Hawai'i Volcanic Water	0	0	0.0	0.0
Burgers	Steak 'N Shake	The Original Double Steakburger	460	33	23.0	26.0
Burgers	Steak 'N Shake	Single Steakburger w/o cheese	320	32	15.0	14.0
Burgers	Steak 'N Shake	Single Steakburger w/Cheese	390	32	19.0	20.0
Burgers	Steak 'N Shake	Triple Steakburger	610	32	32.0	38.0
Burgers	Steak 'N Shake	Triple Steakburger w/Cheese	750	32	40.0	50.0
Burgers	Steak 'N Shake	Bacon 'n Cheese Double Steakburger	600	29	34.0	38.0
Burgers	Steak 'N Shake	Frisco Melt	960	51	34.0	66.0
Burgers	Steak 'N Shake	Steakburger and Fries	460	39	15.0	27.0

Burgers	Steak 'N Shake	Steakburger w/ Cheese and Fries	530	39	19.0	33.0
Sandwiches	Steak 'N Shake	Grilled Cheese 'n Bacon	590	41	24.0	35.0
Sandwiches	Steak 'N Shake	Grilled Cheese	620	41	17.0	43.0
Sandwiches	Steak 'N Shake	Bagel Sandwich w/sausage	690	53	33.0	37.0
Sandwiches	Steak 'N Shake	Bagel Sandwich w/bacon	450	53	23.0	16.0
Appetizers & Sides	Steak 'N Shake	Chicken Fingers (3)	330	22	21.0	18.0
Entrees	Steak 'N Shake	Chicken Fingers and Fries	380	25	15.0	25.0
Soup	Steak 'N Shake	Chili, Genuine - Bowl	550	65	29.0	20.0
Soup	Steak 'N Shake	Chili, Genuine - Cup	330	39	18.0	12.0
Soup	Steak 'N Shake	Chili Deluxe, Bowl	1000	71	58.0	56.0
Soup	Steak 'N Shake	Chili Deluxe, Cup	500	36	29.0	28.0
Fried Potatoes	Steak 'N Shake	Cheese French Fries, Large	790	88	9.0	45.0
Fried Potatoes	Steak 'N Shake	Cheese French Fries, Small	320	34	4.0	18.0
Appetizers & Sides	Steak 'N Shake	Baked Beans	310	64	13.0	0.0
Appetizers & Sides	Steak 'N Shake	Onion Rings, Large	660	79	8.0	35.0
Soup	Steak 'N Shake	Chili 5-Way	1160	103	59.0	57.0
Soup	Steak 'N Shake	Chili 3-Way	710	98	31.0	21.0
Soup	Steak 'N Shake	Chili Mac Supreme	1410	114	64.0	78.0
Soup	Steak 'N Shake	Chili Mac	1200	112	46.0	61.0
Toppings & Ingredients	Steak 'N Shake	Honey Mustard	130	8	0.0	10.0
Toppings & Ingredients	Steak 'N Shake	Thousand Island	120	5	0.0	10.0
Appetizers & Sides	Steak 'N Shake	Toast - Wheat (buttered) 2 slices	180	23	5.0	6.0
Appetizers & Sides	Steak 'N Shake	Toast - Rye (buttered) 2 slices	180	25	6.0	6.0
Appetizers & Sides	Steak 'N Shake	Toast - Sourdough (buttered) 2 slices	270	41	9.0	6.0
Baked Goods	Steak 'N Shake	Biscuit (1)	320	33	4.0	20.0
Entrees	Steak 'N Shake	Cheddar Scrambler (a la carte)	710	6	42.0	55.0
Entrees	Steak 'N Shake	Sausage Gravy and Biscuits (full order)	970	81	13.0	67.0
Toppings & Ingredients	Steak 'N Shake	2 Eggs Scrambled	130	2	12.0	8.0
Entrees	Steak 'N Shake	Sausage Gravy and Biscuits (half order)	480	41	7.0	33.0
Sandwiches	Steak 'N Shake	Bacon, Egg and Cheese Biscuit	520	34	18.0	35.0
Sandwiches	Steak 'N Shake	Steak Frank - Chili Cheese	710	46	33.0	44.0
Sandwiches	Steak 'N Shake	Egg and Cheese Biscuit	460	34	14.0	30.0
Sandwiches	Steak 'N Shake	Grilled Chicken Sandwich	360	37	28.0	7.0
Burgers	Steak 'N Shake	Royale Steakburger	750	33	41.0	49.0
Sandwiches	Steak 'N Shake	Sausage and Egg Biscuit	690	34	23.0	50.0

Sandwiches	Steak 'N Shake	Sausage Biscuit	620	33	17.0	46.0
Sandwiches	Steak 'N Shake	Sausage, Egg and Cheese Biscuit	760	34	27.0	56.0
Sandwiches	Steak 'N Shake	Spicy Chicken Sandwich	480	48	26.0	16.0
Burgers	Steak 'N Shake	Western BBQ 'N Bacon Steakburger	790	54	35.0	43.0
Entrees	Steak 'N Shake	Country Skillet	1320	57	37.0	106.0
Entrees	Steak 'N Shake	Kid's Chocolate Chip Pancakes	970	176	40.0	20.0
Entrees	Steak 'N Shake	Kid's Egg (scrambled) Bacon and Toast	230	22	13.0	9.0
Entrees	Steak 'N Shake	Kid's Egg (scrambled) Sausage and Toast	300	21	12.0	17.0
Entrees	Steak 'N Shake	Mini Corn Dogs and Fries	350	29	7.0	24.0
Entrees	Steak 'N Shake	Steak Frank and Fries	540	40	13.0	36.0
Fried Potatoes	Steak 'N Shake	Chili Cheese Fries, Large	1070	120	26.0	53.0
Fried Potatoes	Steak 'N Shake	Chili Cheese Fries, Small	430	47	11.0	22.0
Appetizers & Sides	Steak 'N Shake	Applesauce	90	22	0.0	0.0
Appetizers & Sides	Steak 'N Shake	Hash Browns - Shredded	300	15	1.0	28.0
Beverages	Steak 'N Shake	Cherry Limeade - 20 oz	140	38	0.0	0.0
Beverages	Steak 'N Shake	Tea - Iced, 20 oz (w/ ice)	0	1	0.0	0.0
Beverages	Steak 'N Shake	Hot Chocolate	110	17	7.0	3.5
Beverages	Steak 'N Shake	Coffee-Brewed	0	0	0.0	0.0
Beverages	Steak 'N Shake	Coffee - Brewed decaffeinated	0	0	0.0	0.0
Beverages	Steak 'N Shake	Banana - Regular	700	126	40.0	17.0
Beverages	Steak 'N Shake	Banana - Small/Kids	420	75	18.0	10.0
Beverages	Steak 'N Shake	Butterfinger - Regular	760	128	39.0	22.0
Beverages	Steak 'N Shake	Butterfinger - Small/Kids	520	87	18.0	15.0
Beverages	Steak 'N Shake	Chocolate Covered Strawberry - Small/Kids	440	71	18.0	13.0
Beverages	Steak 'N Shake	Chocolate Covered Strawberry - Regular	740	117	40.0	24.0
Beverages	Steak 'N Shake	Chocolate - Small/Kids	380	66	16.0	10.0
Beverages	Steak 'N Shake	Chocolate - Regular	600	101	38.0	17.0
Beverages	Steak 'N Shake	Cookie Dough - Small/Kids	510	86	18.0	15.0
Beverages	Steak 'N Shake	Cookie Dough - Regular	760	127	38.0	22.0
Beverages	Steak 'N Shake	Oreo Cookies 'n Cream - Small/Kids	490	82	17.0	14.0
Beverages	Steak 'N Shake	Oreo Cookies 'n Cream - Regular	730	122	38.0	22.0
Beverages	Steak 'N Shake	Very Berry Strawberry - Small/Kids	340	56	16.0	9.0
Beverages	Steak 'N Shake	Very Berry Strawberry - Regular	550	87	37.0	17.0
Beverages	Steak 'N Shake	Orange Freeze - Small/Kids	360	63	15.0	9.0
Beverages	Steak 'N Shake	Orange Freeze - Regular	600	104	35.0	16.0

Beverages	Steak 'N Shake	Strawberry - Small/Kids	400	71	16.0	9.0
Beverages	Steak 'N Shake	Turtle Caramel Nut - Small/Kids	560	97	19.0	15.0
Beverages	Steak 'N Shake	Turtle Caramel Nut - Regular	820	139	40.0	23.0
Beverages	Steak 'N Shake	Vanilla - Small/Kids	400	72	16.0	9.0
Beverages	Steak 'N Shake	Vanilla - Regular	620	105	37.0	17.0
Beverages	Steak 'N Shake	M&M's - Small/Kids	550	90	18.0	16.0
Beverages	Steak 'N Shake	M&M's - Regular	790	131	39.0	24.0
Sandwiches	Steak 'N Shake	Steak Frank	390	32	13.0	23.0
Burgers	Steak 'N Shake	Jalapeno Crunch Steakburger	690	39	27.0	43.0
Beverages	Steak 'N Shake	Red Velvet Regular	840	139	40.0	25.0
Beverages	Steak 'N Shake	Ultimate Banana - Regular	660	116	38.0	17.0
Beverages	Steak 'N Shake	Chocolate Banana - Regular	710	128	39.0	17.0
Beverages	Steak 'N Shake	Strawberry Banana -Regular	660	115	38.0	17.0
Burgers	Steak 'N Shake	The Original Double Steakburger w/Cheese	530	32	27.0	32.0
Burgers	Steak 'N Shake	Portobello and Swiss Steakburger	740	36	29.0	50.0
Baked Goods	Steak 'N Shake	Single bagel	250	52	9.0	1.0
Entrees	Steak 'N Shake	Breakfast Bowl with Hash Browns	460	11	12.0	42.0
Entrees	Steak 'N Shake	Breakfast Bowl without Hash Browns	350	5	21.0	27.0
Sandwiches	Steak 'N Shake	Potato and Egg Breakfast Taco	190	20	5.0	10.0
Sandwiches	Steak 'N Shake	Sausage, Egg n Cheese Breakfast Taco	220	18	8.0	12.0
Beverages	Steak 'N Shake	Chocolate Banana - Small/Kids	430	80	17.0	10.0
Beverages	Steak 'N Shake	Red Velvet - Small/Kids	490	82	18.0	13.0
Beverages	Steak 'N Shake	Strawberry Banana - Small/Kids	390	70	17.0	10.0
Beverages	Steak 'N Shake	Ultimate Banana - Small/Kids	410	74	17.0	10.0
Beverages	Steak 'N Shake	Strawberry - Regular	610	103	37.0	17.0
Burgers	Steak 'N Shake	Garlic Double Steakburger	730	33	28.0	50.0
Burgers	Steak 'N Shake	7 X 7 Steakburger	1660	29	95.0	128.0
Sandwiches	Steak 'N Shake	Foot Long, Chili n Cheese	730	48	33.0	45.0
Sandwiches	Steak 'N Shake	Classic Foot Long, Mustard	390	32	13.0	23.0
Beverages	Steak 'N Shake	Birthday Cake Shake - Small/Kids	500	82	17.0	15.0
Beverages	Steak 'N Shake	Birthday Cake Shake - Regular	840	136	39.0	26.0
Entrees	Steak 'N Shake	Chocolate Chip Pancakes	1320	226	43.0	38.0
Beverages	Steak 'N Shake	Nutella - Small/Kids	480	68	18.0	20.0
Entrees	Steak 'N Shake	Kid's - 3 Pancakes (incl. butter and syrup)	520	93	9.0	12.0
Fried Potatoes	Steak 'N Shake	Kids French Fries	150	19	1.0	8.0

Entrees	Steak 'N Shake	Mac and Cheese	170	26	6.0	5.0
Beverages	Steak 'N Shake	Nutella - Regular	820	110	40.0	36.0
Entrees	Steak 'N Shake	Kid's - 2 Pancakes (incl. butter and syrup)	420	74	6.0	10.0
Beverages	Steak 'N Shake	Reese's Chocolate PB - Small/Kids	560	71	22.0	25.0
Beverages	Steak 'N Shake	Egg Nog - Small/Kids	380	64	16.0	10.0
Beverages	Steak 'N Shake	Oreo Red Velvet Milk Shake - Small/Kids	600	99	19.0	19.0
Beverages	Steak 'N Shake	Reese's Peanut Butter - Small/Kids	550	69	21.0	24.0
Beverages	Steak 'N Shake	Peppermint Chocolate Chip - Small/Kids	500	86	17.0	14.0
Beverages	Steak 'N Shake	Reese's Chocolate PB - Regular	980	118	48.0	47.0
Beverages	Steak 'N Shake	Egg Nog - Regular	630	106	38.0	17.0
Beverages	Steak 'N Shake	Reese's Peanut Butter - Regular	900	98	47.0	47.0
Beverages	Steak 'N Shake	Peppermint Chocolate Chip - Regular	750	127	38.0	21.0
Beverages	Steak 'N Shake	White Chocolate - Regular	630	105	37.0	18.0
Beverages	Steak 'N Shake	White Chocolate- Small/Kids	390	66	16.0	10.0
Beverages	Steak 'N Shake	Oreo Red Velvet Milk Shake - Regular	960	157	41.0	30.0
Burgers	Steak 'N Shake	Bacon Lovers Steakburger	870	34	46.0	55.0
Appetizers & Sides	Steak 'N Shake	Sausage (1 patty)	300	0	13.0	26.0
Appetizers & Sides	Steak 'N Shake	Bacon (2 slices)	80	0	5.0	7.0
Appetizers & Sides	Steak 'N Shake	Sausage (2 patties)	600	0	26.0	52.0
Appetizers & Sides	Steak 'N Shake	Bacon (4 slices)	160	0	10.0	14.0
Baked Goods	Steak 'N Shake	2 Biscuits	640	66	8.0	40.0
Sandwiches	Steak 'N Shake	Bacon Biscuit	380	33	8.0	25.0
Beverages	Steak 'N Shake	Barq's Root Beer - 12 oz (w/ ice)	70	18	0.0	0.0
Beverages	Steak 'N Shake	Barq's Root Beer - 16 oz (w/ ice)	90	24	0.0	0.0
Beverages	Steak 'N Shake	Barq's Root Beer - 18 oz (w/ ice)	100	27	0.0	0.0
Beverages	Steak 'N Shake	Barq's Root Beer - 20 oz (w/ ice)	110	30	0.0	0.0
Beverages	Steak 'N Shake	Barq's Root Beer - 22 oz (w/ ice)	120	33	0.0	0.0
Beverages	Steak 'N Shake	Barq's Root Beer - 24 oz (w/ ice)	130	36	0.0	0.0
Beverages	Steak 'N Shake	Barq's Root Beer - 28 oz (w/ ice)	160	42	0.0	0.0
Beverages	Steak 'N Shake	Barq's Root Beer - 32 oz (w/ ice)	180	48	0.0	0.0
Beverages	Steak 'N Shake	Barq's Root Beer - 44 oz (w/ ice)	250	66	0.0	0.0
Beverages	Steak 'N Shake	Budweiser	150	11	1.0	0.0
Beverages	Steak 'N Shake	Caffeine Free Pepsi - 12 oz (w/ ice)	90	25	0.0	0.0
Beverages	Steak 'N Shake	Caffeine Free Pepsi - 16 oz (w/ ice)	120	34	0.0	0.0
Beverages	Steak 'N Shake	Caffeine Free Pepsi - 18 oz (w/ ice)	140	38	0.0	0.0

Beverages	Steak 'N Shake	Caffeine Free Pepsi - 20 oz (w/ ice)	150	42	0.0	0.0
Beverages	Steak 'N Shake	Caffeine Free Pepsi - 22 oz (w/ ice)	170	46	0.0	0.0
Beverages	Steak 'N Shake	Caffeine Free Pepsi - 24 oz (w/ ice)	180	50	0.0	0.0
Beverages	Steak 'N Shake	Caffeine Free Pepsi - 32 oz (w/ ice)	240	67	0.0	0.0
Beverages	Steak 'N Shake	Caffeine Free Pepsi - 44 oz (w/ ice)	330	92	0.0	0.0
Beverages	Steak 'N Shake	Caramel Apple - Small/Kids	460	82	17.0	11.0
Beverages	Steak 'N Shake	Caramel Apple -- Regular	790	141	38.0	19.0
Beverages	Steak 'N Shake	Cherry Coke - 12 oz (w/ ice)	90	24	0.0	0.0
Beverages	Steak 'N Shake	Cherry Coke - 16 oz (w/ ice)	120	32	0.0	0.0
Beverages	Steak 'N Shake	Cherry Coke - 18 oz (w/ ice)	130	36	0.0	0.0
Beverages	Steak 'N Shake	Cherry Coke - 20 oz (w/ ice)	150	40	0.0	0.0
Beverages	Steak 'N Shake	Cherry Coke - 22 oz (w/ ice)	170	44	0.0	0.0
Beverages	Steak 'N Shake	Cherry Coke - 24 oz (w/ ice)	180	48	0.0	0.0
Beverages	Steak 'N Shake	Cherry Coke - 32 oz (w/ ice)	240	64	0.0	0.0
Beverages	Steak 'N Shake	Cherry Coke - 44 oz (w/ ice)	330	88	0.0	0.0
Beverages	Steak 'N Shake	Coke Classic - 12 oz (w/ ice)	60	16	0.0	0.0
Beverages	Steak 'N Shake	Coke Classic - 16 oz (w/ ice)	80	22	0.0	0.0
Beverages	Steak 'N Shake	Coke Classic - 18 oz (w/ ice)	90	24	0.0	0.0
Beverages	Steak 'N Shake	Coke Classic - 20 oz (w/ ice)	100	27	0.0	0.0
Beverages	Steak 'N Shake	Coke Classic - 22 oz (w/ ice)	110	30	0.0	0.0
Beverages	Steak 'N Shake	Coke Classic - 24 oz (w/ ice)	120	32	0.0	0.0
Beverages	Steak 'N Shake	Coke Classic - 32 oz (w/ ice)	160	43	0.0	0.0
Beverages	Steak 'N Shake	Coke Classic - 44 oz (w/ ice)	220	59	0.0	0.0
Beverages	Steak 'N Shake	Coke Zero w/ Ice, 12 oz	0	0	0.0	0.0
Beverages	Steak 'N Shake	Coke Zero w/ Ice, 16 oz	0	0	0.0	0.0
Beverages	Steak 'N Shake	Coke Zero w/ Ice, 18 oz	0	0	0.0	0.0
Beverages	Steak 'N Shake	Coke Zero Sugar, 20 oz (w/ Ice), Regular	0	0	0.0	0.0
Beverages	Steak 'N Shake	Coke Zero w/ Ice, 22 oz	0	0	0.0	0.0
Beverages	Steak 'N Shake	Coke Zero w/ Ice, 24 oz	0	0	0.0	0.0
Beverages	Steak 'N Shake	Coke Zero w/ Ice, 32 oz	0	0	0.0	0.0
Beverages	Steak 'N Shake	Coke Zero w/ Ice, 44 oz	0	0	0.0	0.0
Beverages	Steak 'N Shake	Diet Coke (Caffeine-free) - 12 oz (w/ ice)	0	0	0.0	0.0
Beverages	Steak 'N Shake	Diet Coke (Caffeine-free) - 16 oz (w/ ice)	0	0	0.0	0.0
Beverages	Steak 'N Shake	Diet Coke (Caffeine-free) - 18 oz (w/ ice)	0	0	0.0	0.0
Beverages	Steak 'N Shake	Diet Coke (Caffeine-free) - 22 oz (w/ ice)	0	0	0.0	0.0



Beverages	Steak 'N Shake	Diet Coke (Caffeine-free) - 24 oz (w/ ice)	0	0	0.0	0.0
Beverages	Steak 'N Shake	Diet Coke (Caffeine-free) - 32 oz (w/ ice)	0	0	0.0	0.0
Beverages	Steak 'N Shake	Diet Coke (Caffeine-free) - 44 oz (w/ ice)	0	0	0.0	0.0
Beverages	Steak 'N Shake	Diet Coke - 12 oz (w/ ice)	0	0	0.0	0.0
Beverages	Steak 'N Shake	Diet Coke - 16 oz (w/ ice)	0	0	0.0	0.0
Beverages	Steak 'N Shake	Diet Coke - 18 oz (w/ ice)	0	0	0.0	0.0
Beverages	Steak 'N Shake	Diet Coke - 20 oz (w/ ice)	0	0	0.0	0.0
Beverages	Steak 'N Shake	Diet Coke - 22 oz (w/ ice)	0	0	0.0	0.0
Beverages	Steak 'N Shake	Diet Coke - 24 oz (w/ ice)	0	0	0.0	0.0
Beverages	Steak 'N Shake	Diet Coke - 32 oz (w/ ice)	0	0	0.0	0.0
Beverages	Steak 'N Shake	Diet Coke - 44 oz (w/ ice)	0	0	0.0	0.0
Beverages	Steak 'N Shake	Diet Dr Pepper - 12 oz (w/ ice)	0	0	0.0	0.0
Beverages	Steak 'N Shake	Diet Dr Pepper - 16 oz (w/ ice)	0	0	0.0	0.0
Beverages	Steak 'N Shake	Diet Dr Pepper - 18 oz (w/ ice)	0	0	0.0	0.0
Beverages	Steak 'N Shake	Diet Dr Pepper - 20 oz (w/ ice)	0	0	0.0	0.0
Beverages	Steak 'N Shake	Diet Dr Pepper - 22 oz (w/ ice)	0	0	0.0	0.0
Beverages	Steak 'N Shake	Diet Dr Pepper - 24 oz (w/ ice)	0	0	0.0	0.0
Beverages	Steak 'N Shake	Diet Dr Pepper - 32 oz (w/ ice)	0	0	0.0	0.0
Beverages	Steak 'N Shake	Diet Dr Pepper - 44 oz (w/ ice)	0	0	0.0	0.0
Beverages	Steak 'N Shake	Diet Pepsi - 12 oz (w/ ice)	0	0	0.0	0.0
Beverages	Steak 'N Shake	Diet Pepsi - 16 oz (w/ ice)	0	0	0.0	0.0
Beverages	Steak 'N Shake	Diet Pepsi - 18 oz (w/ ice)	0	0	0.0	0.0
Beverages	Steak 'N Shake	Diet Pepsi - 20 oz (w/ ice)	0	0	0.0	0.0
Beverages	Steak 'N Shake	Diet Pepsi - 22 oz (w/ ice)	0	0	0.0	0.0
Beverages	Steak 'N Shake	Diet Pepsi - 24 oz (w/ ice)	0	0	0.0	0.0
Beverages	Steak 'N Shake	Diet Pepsi - 32 oz (w/ ice)	0	0	0.0	0.0
Beverages	Steak 'N Shake	Diet Pepsi - 44 oz (w/ ice)	0	0	0.0	0.0
Beverages	Steak 'N Shake	Dr Pepper - 12 oz (w/ ice)	90	24	0.0	0.0
Beverages	Steak 'N Shake	Dr Pepper - 16 oz (w/ ice)	120	32	0.0	0.0
Beverages	Steak 'N Shake	Dr Pepper - 18 oz (w/ ice)	130	36	0.0	0.0
Beverages	Steak 'N Shake	Dr Pepper - 20 oz (w/ ice)	140	40	0.0	0.0
Beverages	Steak 'N Shake	Dr Pepper - 22 oz (w/ ice)	160	44	0.0	0.0
Beverages	Steak 'N Shake	Dr Pepper - 24 oz (w/ ice)	170	48	0.0	0.0
Beverages	Steak 'N Shake	Dr Pepper - 32 oz (w/ ice)	230	65	0.0	0.0
Beverages	Steak 'N Shake	Draft Brooklyn Lager	170	17	2.0	0.0

Beverages	Steak 'N Shake	Fanta Orange - 12 oz (w/ ice)	60	17	0.0	0.0
Beverages	Steak 'N Shake	Fanta Orange - 16 oz (w/ ice)	80	23	0.0	0.0
Beverages	Steak 'N Shake	Fanta Orange - 18 oz (w/ ice)	100	26	0.0	0.0
Beverages	Steak 'N Shake	Fanta Orange - 20 oz (w/ ice)	110	29	0.0	0.0
Beverages	Steak 'N Shake	Fanta Orange - 22 oz (w/ ice)	120	32	0.0	0.0
Beverages	Steak 'N Shake	Fanta Orange - 24 oz (w/ ice)	130	35	0.0	0.0
Beverages	Steak 'N Shake	Fanta Orange - 28 oz (w/ ice)	150	41	0.0	0.0
Beverages	Steak 'N Shake	Fanta Orange - 32 oz (w/ ice)	170	46	0.0	0.0
Beverages	Steak 'N Shake	Fanta Orange - 44 oz (w/ ice)	230	64	0.0	0.0
Beverages	Steak 'N Shake	Fuze Raspberry Iced tea - 12 oz (w/ ice)	35	9	0.0	0.0
Beverages	Steak 'N Shake	Fuze Raspberry Iced tea - 16 oz (w/ ice)	50	12	0.0	0.0
Beverages	Steak 'N Shake	Fuze Raspberry Iced tea - 18 oz (w/ ice)	50	13	0.0	0.0
Beverages	Steak 'N Shake	Fuze Raspberry Iced tea - 20 oz (w/ ice)	60	15	0.0	0.0
Beverages	Steak 'N Shake	Fuze Raspberry Iced tea - 22 oz (w/ ice)	70	16	0.0	0.0
Beverages	Steak 'N Shake	Fuze Raspberry Iced tea - 24 oz (w/ ice)	70	18	0.0	0.0
Beverages	Steak 'N Shake	Fuze Raspberry Iced tea - 32 oz (w/ ice)	100	24	0.0	0.0
Beverages	Steak 'N Shake	Fuze Raspberry Iced tea - 44 oz (w/ ice)	130	33	0.0	0.0
Beverages	Steak 'N Shake	Hi-C Flashin Fruit Punch - 12 oz (w/ ice)	60	17	0.0	0.0
Beverages	Steak 'N Shake	Hi-C Flashin Fruit Punch - 16 oz (w/ ice)	80	23	0.0	0.0
Beverages	Steak 'N Shake	Hi-C Flashin Fruit Punch - 18 oz (w/ ice)	90	26	0.0	0.0
Beverages	Steak 'N Shake	Hi-C Flashin Fruit Punch - 20 oz (w/ ice)	100	29	0.0	0.0
Beverages	Steak 'N Shake	Hi-C Flashin Fruit Punch - 22 oz (w/ ice)	110	32	0.0	0.0
Beverages	Steak 'N Shake	Hi-C Flashin Fruit Punch - 24 oz (w/ ice)	120	35	0.0	0.0
Beverages	Steak 'N Shake	Hi-C Flashin Fruit Punch - 32 oz (w/ ice)	170	46	0.0	0.0
Beverages	Steak 'N Shake	Hi-C Flashin Fruit Punch - 44 oz (w/ ice)	230	64	0.0	0.0
Beverages	Steak 'N Shake	Kit Kat, Kids/Small	460	76	18.0	14.0
Beverages	Steak 'N Shake	Kit Kat, Regular	710	116	38.0	21.0
Beverages	Steak 'N Shake	Lemonade, Tropicana - 12 oz (w/ ice)	90	24	0.0	0.0
Beverages	Steak 'N Shake	Lemonade, Tropicana - 16 oz (w/ ice)	120	32	0.0	0.0
Beverages	Steak 'N Shake	Lemonade, Tropicana - 18 oz (w/ ice)	140	36	0.0	0.0
Beverages	Steak 'N Shake	Lemonade, Tropicana - 20 oz (w/ ice)	150	40	0.0	0.0
Beverages	Steak 'N Shake	Lemonade, Tropicana - 22 oz (w/ ice)	170	45	3.0	0.0
Beverages	Steak 'N Shake	Lemonade, Tropicana - 24 oz (w/ ice)	180	49	0.0	0.0
Beverages	Steak 'N Shake	Lemonade, Tropicana - 32 oz (w/ ice)	240	65	0.0	0.0
Beverages	Steak 'N Shake	Lemonade, Tropicana - 44 oz (w/ ice)	330	89	0.0	0.0

Beverages	Steak 'N Shake	Mello Yello (coke) - 12 oz (w/ ice)	100	28	0.0	0.0
Beverages	Steak 'N Shake	Mello Yello (coke) - 16 oz (w/ ice)	140	38	0.0	0.0
Beverages	Steak 'N Shake	Mello Yello (coke) - 18 oz (w/ ice)	150	42	0.0	0.0
Beverages	Steak 'N Shake	Mello Yello (coke) - 20 oz (w/ ice)	170	47	0.0	0.0
Beverages	Steak 'N Shake	Mello Yello (coke) - 22 oz (w/ ice)	190	52	0.0	0.0
Beverages	Steak 'N Shake	Mello Yello (coke) - 24 oz (w/ ice)	200	56	0.0	0.0
Beverages	Steak 'N Shake	Mello Yello (coke) - 32 oz (w/ ice)	270	75	0.0	0.0
Beverages	Steak 'N Shake	Mello Yello (coke) - 44 oz (w/ ice)	370	103	0.0	0.0
Beverages	Steak 'N Shake	Minute Maid Lemonade - 12 oz (w/ ice)	60	16	0.0	0.0
Beverages	Steak 'N Shake	Minute Maid Lemonade - 16 oz (w/ ice)	80	22	0.0	0.0
Beverages	Steak 'N Shake	Minute Maid Lemonade - 18 oz (w/ ice)	80	24	0.0	0.0
Beverages	Steak 'N Shake	Minute Maid Lemonade - 20 oz (w/ ice)	90	27	0.0	0.0
Beverages	Steak 'N Shake	Minute Maid Lemonade - 22 oz (w/ ice)	100	30	0.0	0.0
Beverages	Steak 'N Shake	Minute Maid Lemonade - 24 oz (w/ ice)	110	32	0.0	0.0
Beverages	Steak 'N Shake	Minute Maid Lemonade - 28 oz (w/ ice)	130	38	0.0	0.0
Beverages	Steak 'N Shake	Minute Maid Lemonade - 32 oz (w/ ice)	150	43	0.0	0.0
Beverages	Steak 'N Shake	Minute Maid Lemonade - 44 oz (w/ ice)	210	59	0.0	0.0
Beverages	Steak 'N Shake	Mountain Berry Blast (Powerade) - 12 oz (w/ ice)	50	13	0.0	0.0
Beverages	Steak 'N Shake	Mountain Berry Blast (Powerade) - 16 oz (w/ ice)	60	17	0.0	0.0
Beverages	Steak 'N Shake	Mountain Berry Blast (Powerade) - 18 oz (w/ ice)	70	19	0.0	0.0
Beverages	Steak 'N Shake	Mountain Berry Blast (Powerade) - 20 oz (w/ ice)	80	21	0.0	0.0
Beverages	Steak 'N Shake	Mountain Berry Blast (Powerade) - 22 oz (w/ ice)	90	23	0.0	0.0
Beverages	Steak 'N Shake	Mountain Berry Blast (Powerade) - 24 oz (w/ ice)	100	25	0.0	0.0
Beverages	Steak 'N Shake	Mountain Berry Blast (Powerade) - 32 oz (w/ ice)	130	34	0.0	0.0
Beverages	Steak 'N Shake	Mountain Berry Blast (Powerade) - 44 oz (w/ ice)	180	46	0.0	0.0
Beverages	Steak 'N Shake	Mountain Dew - 12 oz (w/ ice)	100	28	0.0	0.0
Beverages	Steak 'N Shake	Mountain Dew - 16 oz (w/ ice)	140	37	0.0	0.0
Beverages	Steak 'N Shake	Mountain Dew - 18 oz (w/ ice)	150	41	0.0	0.0
Beverages	Steak 'N Shake	Mountain Dew - 20 oz (w/ ice)	170	46	0.0	0.0
Beverages	Steak 'N Shake	Mountain Dew - 22 oz (w/ ice)	190	51	0.0	0.0
Beverages	Steak 'N Shake	Mountain Dew - 24 oz (w/ ice)	200	55	0.0	0.0
Beverages	Steak 'N Shake	Mountain Dew - 32 oz (w/ ice)	270	74	0.0	0.0
Beverages	Steak 'N Shake	Mountain Dew - 44 oz (w/ ice)	370	101	0.0	0.0
Beverages	Steak 'N Shake	Pepsi - 12 oz (w/ ice)	90	25	0.0	0.0
Beverages	Steak 'N Shake	Pepsi - 16 oz (w/ ice)	120	33	0.0	0.0

Beverages	Steak 'N Shake	Pepsi - 18 oz (w/ ice)	130	37	0.0	0.0
Beverages	Steak 'N Shake	Pepsi - 20 oz (w/ ice)	150	41	0.0	0.0
Beverages	Steak 'N Shake	Pepsi - 22 oz (w/ ice)	170	45	0.0	0.0
Beverages	Steak 'N Shake	Pepsi - 24 oz (w/ ice)	180	49	0.0	0.0
Beverages	Steak 'N Shake	Pepsi - 32 oz (w/ ice)	240	66	0.0	0.0
Beverages	Steak 'N Shake	Pepsi - 44 oz (w/ ice)	330	90	0.0	0.0
Beverages	Steak 'N Shake	Pumpkin Spice - Small/Kids	390	68	17.0	9.0
Beverages	Steak 'N Shake	Pumpkin Spice - Regular	660	113	39.0	17.0
Beverages	Steak 'N Shake	Sierra Mist - 12 oz (w/ ice)	90	23	0.0	0.0
Beverages	Steak 'N Shake	Sierra Mist - 16 oz (w/ ice)	120	31	0.0	0.0
Beverages	Steak 'N Shake	Sierra Mist - 18 oz (w/ ice)	130	35	0.0	0.0
Beverages	Steak 'N Shake	Sierra Mist - 20 oz (w/ ice)	150	39	0.0	0.0
Beverages	Steak 'N Shake	Sierra Mist - 22 oz (w/ ice)	170	43	0.0	0.0
Beverages	Steak 'N Shake	Sierra Mist - 24 oz (w/ ice)	180	47	0.0	0.0
Beverages	Steak 'N Shake	Sierra Mist - 32 oz (w/ ice)	240	62	0.0	0.0
Beverages	Steak 'N Shake	Sierra Mist - 44 oz (w/ ice)	330	86	0.0	0.0
Beverages	Steak 'N Shake	Sprite - 12 oz (w/ ice)	60	16	0.0	0.0
Beverages	Steak 'N Shake	Sprite - 16 oz (w/ ice)	80	21	0.0	0.0
Beverages	Steak 'N Shake	Sprite - 18 oz (w/ ice)	90	23	0.0	0.0
Beverages	Steak 'N Shake	Sprite - 20 oz (w/ ice)	100	26	0.0	0.0
Beverages	Steak 'N Shake	Sprite - 22 oz (w/ ice)	110	29	0.0	0.0
Beverages	Steak 'N Shake	Sprite - 24 oz (w/ ice)	120	31	0.0	0.0
Beverages	Steak 'N Shake	Sprite - 32 oz (w/ ice)	160	42	0.0	0.0
Beverages	Steak 'N Shake	Sprite - 44 oz (w/ ice)	210	57	0.0	0.0
Burgers	Steak 'N Shake	Bacon 'n Cheese Single Steakburger	460	29	25.0	26.0
Burgers	Steak 'N Shake	Prime Steakburger	780	56	37.0	44.0
Appetizers & Sides	Steak 'N Shake	Single Pancake (incl. butter and syrup)	370	74	6.0	6.0
Entrees	Steak 'N Shake	Banana Pancakes	970	189	41.0	16.0
Sandwiches	Steak 'N Shake	Veggie Melt with Portobellos	620	44	16.0	45.0
Appetizers & Sides	Steak 'N Shake	1 Slice of Bacon, Breakfast	40	0	2.0	3.5
Toppings & Ingredients	Steak 'N Shake	Steakburger (1)	140	0	9.0	12.0
Toppings & Ingredients	Steak 'N Shake	Bacon	60	0	4.0	5.0
Toppings & Ingredients	Steak 'N Shake	Chili (for fries)	170	19	9.0	6.0
Toppings & Ingredients	Steak 'N Shake	Grilled onions	30	2	0.0	2.5
Toppings & Ingredients	Steak 'N Shake	Side of Syrup	140	35	0.0	0.0

Burgers	Steak 'N Shake	Bacon 'n Cheese Triple Steakburger	1030	32	52.0	74.0
Burgers	Steak 'N Shake	Butter Steakburger	870	34	28.0	65.0
Sandwiches	Steak 'N Shake	Fish Sandwich	470	18	15.0	19.0
Entrees	Steak 'N Shake	Fish Plate	890	63	25.0	59.0
Soup	Steak 'N Shake	Chili, Genuine (NYC) - Cup	570	36	30.0	34.0
Sandwiches	Steak 'N Shake	Grilled Cheese Steakburger Melt	650	41	25.0	41.0
Appetizers & Sides	Steak 'N Shake	Onion Rings, Medium	330	39	4.0	17.0
Fried Potatoes	Steak 'N Shake	Medium French Fries	450	54	4.0	24.0
Fried Potatoes	Steak 'N Shake	Parmesan & Garlic Herb French Fries, Large	660	79	7.0	35.0
Fried Potatoes	Steak 'N Shake	Parmesan & Garlic Herb French Fries, Medium	450	54	4.0	24.0
Fried Potatoes	Steak 'N Shake	Parmesan & Garlic Herb French Fries, Small	250	30	2.0	13.0
Fried Potatoes	Steak 'N Shake	Cajun French Fries - Large	660	81	6.0	35.0
Fried Potatoes	Steak 'N Shake	Cajun French Fries, Medium	450	55	4.0	24.0
Fried Potatoes	Steak 'N Shake	Cajun French Fries - Small	250	30	2.0	13.0
Fried Potatoes	Steak 'N Shake	Cheese French Fries, Medium	590	63	8.0	35.0
Fried Potatoes	Steak 'N Shake	Chili Cheese Fries, Medium	760	83	18.0	39.0
Fried Potatoes	Steak 'N Shake	Bacon Cheese Fries, Large	880	88	18.0	50.0
Fried Potatoes	Steak 'N Shake	Bacon Cheese Fries, Medium	680	63	16.0	39.0
Fried Potatoes	Steak 'N Shake	Bacon Cheese Fries, Small	360	34	8.0	21.0
Salads	Steak 'N Shake	Garden Fresh Salad	310	18	18.0	19.0
Toppings & Ingredients	Steak 'N Shake	Add Fried Chicken to Garden Fresh	330	22	21.0	18.0
Toppings & Ingredients	Steak 'N Shake	Add Grilled Chicken to Garden Fresh	120	3	21.0	2.5
Toppings & Ingredients	Steak 'N Shake	Honey French	120	8	0.0	10.0
Desserts	Steak 'N Shake	Chocolate Chip Cookie	130	17	1.0	6.0
Sandwiches	Steak 'N Shake	Foot Long, Chili n Cheese (NYC)	730	47	33.0	46.0
Beverages	Steak 'N Shake	Chardonnay	120	3	0.0	0.0
Beverages	Steak 'N Shake	Darioush Cabernet 2008	120	4	0.0	0.0
Beverages	Steak 'N Shake	Pinot	120	3	0.0	0.0
Beverages	Steak 'N Shake	Ridge Santa Cruz Mountain Estate 2007	120	4	0.0	0.0
Beverages	Steak 'N Shake	Table Red Wine	120	4	0.0	0.0
Beverages	Steak 'N Shake	Fresh Lemonade, Splenda	15	5	0.0	0.0
Beverages	Steak 'N Shake	Fresh Lemonade, Sugar	120	4	0.0	0.0
Beverages	Steak 'N Shake	Lipton Peach Iced Tea - 12 oz (w/ ice)	45	11	0.0	0.0
Beverages	Steak 'N Shake	Lipton Peach Iced Tea - 16 oz (w/ ice)	45	11	0.0	0.0
Beverages	Steak 'N Shake	Lipton Peach Iced Tea - 18 oz (w/ ice)	45	11	0.0	0.0

Beverages	Steak 'N Shake	Lipton Peach Iced Tea - 20 oz (w/ ice)	45	11	0.0	0.0
Beverages	Steak 'N Shake	Lipton Peach Iced Tea - 22 oz (w/ ice)	45	11	0.0	0.0
Beverages	Steak 'N Shake	Lipton Peach Iced Tea - 24 oz (w/ ice)	45	11	0.0	0.0
Beverages	Steak 'N Shake	Lipton Peach Iced Tea - 32 oz (w/ ice)	45	11	0.0	0.0
Beverages	Steak 'N Shake	Lipton Peach Iced Tea - 44 oz (w/ ice)	45	11	0.0	0.0
Beverages	Steak 'N Shake	Chocolate Milk (7 fl oz bottle)	150	26	7.0	2.5
Beverages	Steak 'N Shake	Milk (7 fl oz bottle)	90	10	7.0	2.0
Beverages	Steak 'N Shake	Tea - Sweet, 20 oz (w/ ice)	110	28	0.0	0.0
Beverages	Steak 'N Shake	Tea - Sweet, 24 oz (w/ ice)	130	35	0.0	0.0
Beverages	Steak 'N Shake	Tea - Sweet, 44 oz (w/ ice)	250	64	0.0	0.0
Beverages	Steak 'N Shake	Smore's - Regular	910	148	41.0	30.0
Beverages	Steak 'N Shake	Smore's - Small/Kids	570	92	19.0	18.0
Beverages	Steak 'N Shake	Hershey's Special Dark Chocolate - Regular	710	121	39.0	21.0
Beverages	Steak 'N Shake	Hershey's Special Dark Chocolate - Small/Kids	460	77	17.0	13.0
Beverages	Steak 'N Shake	Oreo Mint - Regular	730	120	38.0	22.0
Beverages	Steak 'N Shake	Oreo Mint - Small/Kids	510	87	17.0	14.0
Beverages	Steak 'N Shake	Reese's Peanut Butter Cup - Regular	780	125	39.0	25.0
Beverages	Steak 'N Shake	Reese's Peanut Butter Cup - Small/Kids	530	84	18.0	18.0
Beverages	Steak 'N Shake	Oreo White Chocolate - Regular	710	118	38.0	21.0
Beverages	Steak 'N Shake	Oreo White Chocolate - Small/Kids	540	83	34.0	18.0
Beverages	Steak 'N Shake	Strawberry Cheesecake, Kids/Small	540	81	19.0	18.0
Beverages	Steak 'N Shake	Strawberry Cheesecake, Regular	720	105	40.0	25.0
Beverages	Steak 'N Shake	Reese's Outrageous - Regular	970	131	47.0	40.0
Beverages	Steak 'N Shake	Reese's Outrageous - Small/Kids	830	108	42.0	37.0
Beverages	Steak 'N Shake	Oreo Cookies Double Stuf - Regular	1010	117	38.0	54.0
Beverages	Steak 'N Shake	Oreo Cookies Double Stuf - Small/Kids	900	97	34.0	51.0
Toppings & Ingredients	Steak 'N Shake	Sausage Gravy, 4 oz	160	8	3.0	13.0
Toppings & Ingredients	Steak 'N Shake	Sausage Gravy, 8 oz	330	15	5.0	27.0
Toppings & Ingredients	Steak 'N Shake	1 Egg (over easy, medium, hard)	80	0	6.0	5.0
Toppings & Ingredients	Steak 'N Shake	1 Egg Scrambled	70	1	6.0	4.0
Appetizers & Sides	Steak 'N Shake	Pancakes - a la carte (2 -incl. butter and syrup)	670	113	11.0	18.0
Appetizers & Sides	Steak 'N Shake	Pancakes - a la carte (3 -incl. butter and syrup)	880	151	17.0	21.0
Beverages	Steak 'N Shake	Diet Coke (Caffeine-free) - 20 oz (w/ ice)	0	0	0.0	0.0
Beverages	Steak 'N Shake	Dr Pepper - 44 oz (w/ ice)	320	89	0.0	0.0
Burgers	Steak 'N Shake	Pork Belly Steakburger	740	45	24.0	47.0

Fried Potatoes	Steak 'N Shake	Large French Fries	650	79	6.0	34.0
Fried Potatoes	Steak 'N Shake	Small French Fries	240	30	2.0	13.0
Beverages	Steak 'N Shake	Black Raspberry Chocolate Chip- Regular	790	128	39.0	25.0
Beverages	Steak 'N Shake	Black Raspberry Chocolate Chip - Small/Kids	650	88	15.0	31.0
Beverages	Steak 'N Shake	Cotton Candy - Regular	620	104	37.0	17.0
Beverages	Steak 'N Shake	Cotton Candy - Small/Kids	370	63	16.0	9.0
Appetizers & Sides	Steak 'N Shake	Chicken Bites	240	27	21.0	5.0
Entrees	Steak 'N Shake	Chicken Bites	240	27	21.0	5.0
Sandwiches	Subway	6" Sweet Onion Chicken Teriyaki	340	54	24.0	4.0
Sandwiches	Subway	6" Chicken & Bacon Ranch (with Rotisserie-Style Chicken) Fresh Melt	570	39	38.0	32.0
Sandwiches	Subway	6" Spicy Italian	430	39	19.0	24.0
Sandwiches	Subway	6" Italian BMT	360	39	19.0	16.0
Sandwiches	Subway	6" Roast beef	300	41	22.0	5.0
Sandwiches	Subway	6" Black Forest Ham	270	41	18.0	4.0
Sandwiches	Subway	6" Cold Cut Combo	280	38	17.0	10.0
Sandwiches	Subway	#11 Subway Club	460	41	29.0	20.0
Sandwiches	Subway	6" Meatball Marinara	410	48	20.0	18.0
Sandwiches	Subway	6" Tuna	430	37	19.0	25.0
Sandwiches	Subway	6" Veggie Delite	200	39	8.0	2.0
Salads	Subway	Sweet Onion Chicken Teriyaki Salad	260	43	19.0	4.0
Salads	Subway	Veggie Delite Salad	50	9	3.0	1.0
Salads	Subway	Black Forest Ham Salad	120	12	13.0	3.0
Salads	Subway	Roast Beef Salad	150	12	17.0	4.0
Salads	Subway	Cold Cut Combo Salad	160	10	12.0	9.0
Salads	Subway	Italian B.M.T. Salad	240	12	14.0	15.0
Salads	Subway	Meatball Marinara Salad	300	23	16.0	17.0
Salads	Subway	Spicy Italian Salad	310	12	14.0	23.0
Salads	Subway	Steak & Cheese Salad	210	12	22.0	9.0
Sandwiches	Subway	6" Steak & Cheese (with American cheese)	320	37	25.0	10.0
Salads	Subway	Tuna Salad	310	10	15.0	24.0
Sandwiches	Subway	6" Rotisserie-Style Chicken	300	39	23.0	6.0
Salads	Subway	Rotisserie-Style Chicken Salad	150	10	18.0	5.0
Sandwiches	Subway	Black Forest Ham on Plain Wrap	440	58	28.0	11.0
Sandwiches	Subway	Roast Beef on Plain Wrap	500	58	38.0	14.0
Sandwiches	Subway	Rotisserie-Style Chicken on Plain Wrap	500	54	38.0	15.0

Sandwiches	Subway	Sweet Onion Chicken Teriyaki on Plain Wrap	540	71	41.0	11.0
Sandwiches	Subway	Veggie Delite on Plain Wrap	330	57	10.0	8.0
Sandwiches	Subway	Chicken & Bacon Ranch (with Rotisserie-Style Chicken) on Plain Wrap	840	56	55.0	45.0
Sandwiches	Subway	Cold Cut Combo on Plain Wrap	530	55	27.0	23.0
Sandwiches	Subway	Italian BMT on Plain Wrap	680	58	32.0	36.0
Sandwiches	Subway	Meatball Marinara on Plain Wrap	800	78	34.0	39.0
Sandwiches	Subway	Spicy Italian on Plain Wrap	820	58	31.0	52.0
Sandwiches	Subway	Tuna on Plain Wrap	820	53	33.0	54.0
Sandwiches	Subway	6" Chicken & Bacon Ranch (with Rotisserie-Style Chicken)	530	39	34.0	29.0
Salads	Subway	Buffalo Chicken (with Grilled Chicken) Salad	300	13	20.0	19.0
Salads	Subway	Chicken & Bacon Ranch (with Rotisserie-Style Chicken and Peppercorn Ranch Sauce) Salad	490	13	30.0	36.0
Sandwiches	Subway	6" Buffalo Chicken (with Grilled Chicken)	340	39	24.0	12.0
Sandwiches	Subway	6" Oven Roasted Turkey	260	39	20.0	3.0
Sandwiches	Subway	Buffalo Chicken Wrap (with Grilled Chicken) on Plain Wrap	560	56	42.0	19.0
Sandwiches	Subway	Oven Roasted Turkey on Plain Wrap	430	54	32.0	10.0
Sandwiches	Subway	Steak & Cheese on Plain Wrap	570	55	43.0	20.0
Sandwiches	Subway	6" Buffalo Chicken (with Grilled Chicken) Fresh Melt	450	40	30.0	22.0
Sandwiches	Subway	6" Italian B.M.T. Fresh Melt	470	41	25.0	26.0
Sandwiches	Subway	6" Meatball Marinara Fresh Melt	520	50	25.0	27.0
Sandwiches	Subway	6" Oven Roasted Turkey Fresh Melt	380	41	25.0	14.0
Sandwiches	Subway	6" Spicy Italian Fresh Melt	540	40	24.0	34.0
Sandwiches	Subway	6" Steak & Cheese (with American cheese and Mayo) Fresh Melt	500	39	29.0	28.0
Sandwiches	Subway	6" Tuna Fresh Melt	570	35	30.0	37.0
Salads	Subway	Oven Roasted Turkey Salad	110	10	14.0	2.0
Sandwiches	Subway	#1 The Philly	480	37	31.0	25.0
Sandwiches	Subway	#2 The Outlaw	440	37	30.0	21.0
Sandwiches	Subway	#3 The Monster	540	39	35.0	29.0
Sandwiches	Subway	#4 Supreme Meats	500	41	26.0	28.0
Sandwiches	Subway	#5 Bella Mozza	420	41	27.0	18.0
Sandwiches	Subway	#6 The Boss	580	49	29.0	31.0
Sandwiches	Subway	#7 The MexiCali (with Smashed Avocado)	500	40	29.0	27.0
Sandwiches	Subway	#7 The MexiCali (with Sliced Avocado)	480	40	29.0	25.0
Sandwiches	Subway	#8 The Great Garlic	470	38	31.0	24.0
Sandwiches	Subway	#9 The Champ	440	37	28.0	22.0
Sandwiches	Subway	#10 All-American Club	450	39	25.0	24.0



Sandwiches	Subway	#12 Turkey Cali Club (with Smashed Avocado)	590	43	31.0	34.0
Sandwiches	Subway	#12 Turkey Cali Club (with Sliced Avocado)	570	42	31.0	32.0
Sandwiches	Subway	6" Big Hot Pastrami	470	38	27.0	26.0
Sandwiches	Subway	6" B.L.T	330	37	17.0	14.0
Sandwiches	Subway	6" Grilled Chicken	280	40	24.0	4.0
Sandwiches	Subway	6" Oven Roasted Chicken	280	41	21.0	5.0
Sandwiches	Subway	6" Oven Roasted Turkey and Ham	270	40	19.0	4.0
Sandwiches	Subway	6" Pizza Sub	420	41	18.0	23.0
Sandwiches	Subway	6" Veggie Patty	380	56	14.0	11.0
Sandwiches	Subway	#1 The Philly, Footlong	1190	78	95.0	60.0
Sandwiches	Subway	#2 The Outlaw, Footlong	1120	78	93.0	52.0
Sandwiches	Subway	#3 The Monster, Footlong	1470	83	114.0	80.0
Sandwiches	Subway	#4 Supreme Meats, Footlong	1440	89	82.0	88.0
Sandwiches	Subway	#5 Bella Mozza, Footlong	1030	89	80.0	44.0
Sandwiches	Subway	#6 The Boss, Footlong	1810	128	91.0	108.0
Sandwiches	Subway	#7 The MexiCali (with Smashed Avocado), Footlong	1190	81	87.0	62.0
Sandwiches	Subway	#7 The MexiCali (with Sliced Avocado), Footlong	1140	80	87.0	57.0
Sandwiches	Subway	#8 The Great Garlic, Footlong	1290	79	101.0	69.0
Sandwiches	Subway	#9 The Champ, Footlong	1070	75	86.0	52.0
Sandwiches	Subway	#10 All-American Club, Footlong	1190	82	81.0	64.0
Sandwiches	Subway	#11 Subway Club, Footlong	1140	87	94.0	46.0
Sandwiches	Subway	#12 Turkey Cali Club (with Smashed Avocado), Footlong	1460	88	94.0	83.0
Sandwiches	Subway	#12 Turkey Cali Club (with Sliced Avocado), Footlong	1410	87	94.0	78.0
Sandwiches	Subway	Black Forest Ham, Footlong	670	88	55.0	12.0
Sandwiches	Subway	Buffalo Chicken (with Grilled Chicken), Footlong	840	80	81.0	27.0
Sandwiches	Subway	Chicken & Bacon Ranch (with Rotisserie-Style Chicken), Footlong	1410	80	107.0	78.0
Sandwiches	Subway	Cold Cut Combo, Footlong	790	78	51.0	35.0
Sandwiches	Subway	Italian BMT, Footlong	1080	84	61.0	61.0
Sandwiches	Subway	Meatball Marinara, Footlong	1310	123	66.0	66.0
Sandwiches	Subway	Oven Roasted Turkey, Footlong	640	80	62.0	9.0
Sandwiches	Subway	Roast beef, Footlong	780	87	73.0	16.0
Sandwiches	Subway	Rotisserie-Style Chicken, Footlong	790	80	75.0	19.0
Sandwiches	Subway	Spicy Italian, Footlong	1360	83	59.0	93.0
Sandwiches	Subway	Steak & Cheese (with American cheese), Footlong	860	78	84.0	28.0
Sandwiches	Subway	Sweet Onion Chicken Teriyaki, Footlong	900	125	80.0	11.0

Sandwiches	Subway	Tuna, Footlong	1360	75	63.0	95.0
Sandwiches	Subway	Big Hot Pastrami, Footlong	1450	80	89.0	94.0
Sandwiches	Subway	B.L.T, Footlong	970	76	54.0	54.0
Sandwiches	Subway	Grilled Chicken, Footlong	730	80	82.0	11.0
Sandwiches	Subway	Oven Roasted Chicken, Footlong	720	85	67.0	14.0
Sandwiches	Subway	Oven Roasted Turkey and Ham, Footlong	650	84	58.0	10.0
Sandwiches	Subway	Pizza Sub, Footlong	1170	85	49.0	76.0
Sandwiches	Subway	Veggie Patty, Footlong	1090	145	40.0	40.0
Sandwiches	Subway	Veggie Delite, Kids	140	26	5.0	2.0
Sandwiches	Subway	Black Forest Ham, Kids	170	27	10.0	3.0
Sandwiches	Subway	Oven Roasted Turkey, Kids	160	26	11.0	2.0
Sandwiches	Subway	Big Hot Pastrami on Plain Wrap	860	56	46.0	53.0
Sandwiches	Subway	B.L.T on Plain Wrap	620	54	29.0	33.0
Sandwiches	Subway	Grilled Chicken on Plain Wrap	470	54	42.0	11.0
Sandwiches	Subway	Oven Roasted Chicken on Plain Wrap	470	57	34.0	13.0
Sandwiches	Subway	Oven Roasted Turkey & Ham on Plain Wrap	440	56	30.0	11.0
Sandwiches	Subway	Pizza Sub on Plain Wrap	720	59	26.0	44.0
Sandwiches	Subway	Veggie Patty on Plain Wrap	660	87	21.0	26.0
Sandwiches	Subway	6" Black Forest Ham on Artisan Italian Fresh Melt	450	40	23.0	25.0
Sandwiches	Subway	6" Cold Cut Combo Fresh Melt	400	39	22.0	20.0
Sandwiches	Subway	6" Roast Beef Fresh Melt	480	46	28.0	21.0
Sandwiches	Subway	6" Rotisserie-Style Chicken Fresh Melt	410	41	28.0	16.0
Sandwiches	Subway	6" Sweet Onion Chicken Teriyaki Fresh Melt	460	57	30.0	14.0
Sandwiches	Subway	6" Veggie Delite (on Artisan Italian with Mayo) Fresh Melt	390	38	13.0	23.0
Sandwiches	Subway	6" Big Hot Pastrami	550	39	31.0	33.0
Sandwiches	Subway	6" Oven Roasted Chicken	400	42	26.0	15.0
Salads	Subway	Big Hot Pastrami Salad	370	14	24.0	26.0
Salads	Subway	B.L.T. Salad	210	11	13.0	14.0
Salads	Subway	Grilled Chicken Salad	130	10	19.0	3.0
Salads	Subway	Oven Roasted Chicken Salad	130	11	16.0	4.0
Salads	Subway	Oven Roasted Turkey & Ham Salad	110	11	14.0	3.0
Salads	Subway	Pizza Sub Salad	310	16	14.0	23.0
Salads	Subway	Veggie Patty Salad	220	26	9.0	10.0
Entrees	Subway	Black Forest Ham Protein Bowl	170	12	21.0	5.0
Entrees	Subway	Buffalo Chicken Protein Bowl	380	13	36.0	21.0

Entrees	Subway	Chicken & Bacon Ranch (with Rotisserie-Style Chicken) Protein Bowl	760	13	55.0	55.0
Entrees	Subway	Cold Cut Combo Protein Bowl	260	9	20.0	16.0
Entrees	Subway	Italian B.M.T. Protein Bowl	410	13	25.0	29.0
Entrees	Subway	Meatball Marinara Protein Bowl	540	36	29.0	33.0
Entrees	Subway	Oven Roasted Turkey Protein Bowl	150	8	25.0	3.0
Entrees	Subway	Roast Beef Protein Bowl	230	12	30.0	7.0
Entrees	Subway	Rotisserie-Style Chicken Protein Bowl	220	8	31.0	8.0
Entrees	Subway	Spicy Italian Protein Bowl	550	12	24.0	45.0
Entrees	Subway	Steak & Cheese Protein Bowl	380	12	42.0	19.0
Entrees	Subway	Sweet Onion Chicken Teriyaki Protein Bowl	330	41	34.0	5.0
Entrees	Subway	Tuna Protein Bowl	550	8	26.0	47.0
Entrees	Subway	Big Hot Pastrami Protein Bowl	680	15	45.0	52.0
Entrees	Subway	B.L.T. Protein Bowl	360	10	22.0	26.0
Entrees	Subway	Grilled Chicken Protein Bowl	200	9	35.0	4.0
Entrees	Subway	Oven Roasted Chicken Protein Bowl	200	11	27.0	6.0
Entrees	Subway	Oven Roasted Turkey & Ham Protein Bowl	160	10	23.0	4.0
Entrees	Subway	Pizza Sub Protein Bowl	610	18	30.0	48.0
Entrees	Subway	Veggie Patty Protein Bowl	380	41	14.0	19.0
Sandwiches	Subway	6" Black Forest Ham, Egg White & Cheese Flatbread	390	45	23.0	12.0
Sandwiches	Subway	6" Egg White & Cheese Flatbread	350	44	18.0	11.0
Sandwiches	Subway	6" Bacon, Egg White & Cheese Flatbread	430	44	23.0	17.0
Sandwiches	Subway	6" Steak, Egg White & Cheese Flatbread	420	45	28.0	14.0
Sandwiches	Subway	6" Black Forest Ham, Egg & Cheese Flatbread	480	44	23.0	23.0
Sandwiches	Subway	6" Egg & Cheese Flatbread	450	43	19.0	22.0
Sandwiches	Subway	6" Bacon, Egg & Cheese Flatbread	530	44	24.0	28.0
Sandwiches	Subway	6" Steak, Egg & Cheese Flatbread	520	44	29.0	25.0
Sandwiches	Subway	6" Black Forest Ham, Egg White & Cheese	320	38	23.0	10.0
Sandwiches	Subway	6" Egg White & Cheese	290	37	18.0	9.0
Sandwiches	Subway	6" Bacon, Egg White & Cheese	370	38	23.0	15.0
Sandwiches	Subway	6" Steak, Egg White & Cheese	350	38	28.0	12.0
Sandwiches	Subway	6" Black Forest Ham, Egg & Cheese	410	38	23.0	21.0
Sandwiches	Subway	6" Egg & Cheese	380	36	19.0	20.0
Sandwiches	Subway	6" Bacon, Egg & Cheese	460	37	24.0	26.0
Sandwiches	Subway	6" Steak, Egg & Cheese	450	38	29.0	22.0
Sandwiches	Subway	Black Forest Ham, Egg White & Cheese Wrap	580	59	39.0	21.0

Sandwiches	Subway	Egg White & Cheese Wrap	510	56	29.0	19.0
Sandwiches	Subway	Bacon, Egg White & Cheese Wrap	670	57	39.0	32.0
Sandwiches	Subway	Steak, Egg White & Cheese Wrap	630	58	46.0	24.0
Sandwiches	Subway	Black Forest Ham, Egg & Cheese on Plain Wrap	770	57	40.0	42.0
Sandwiches	Subway	Egg & Cheese on Plain Wrap	700	55	30.0	40.0
Sandwiches	Subway	Bacon, Egg & Cheese on Plain Wrap	860	56	40.0	53.0
Sandwiches	Subway	Steak, Egg & Cheese on Plain Wrap	820	56	47.0	45.0
Pizza	Subway	Cheese Flatizza	410	45	18.0	17.0
Pizza	Subway	Pepperoni Flatizza	470	45	21.0	22.0
Pizza	Subway	Sausage Flatizza	520	46	22.0	27.0
Pizza	Subway	Spicy Italian Flatizza	510	46	23.0	26.0
Pizza	Subway	Veggie Flatizza	430	49	19.0	17.0
Pizza	Subway	Cheese, 8" Pizza	720	94	28.0	24.0
Pizza	Subway	Bacon, 8" Pizza	840	95	36.0	34.0
Pizza	Subway	Meatball, 8" Pizza	860	98	37.0	35.0
Pizza	Subway	Pepperoni, 8" Pizza	850	95	34.0	35.0
Pizza	Subway	Sausage, 8" Pizza	870	96	34.0	37.0
Burgers	Subway	Ham & Jack (includes Pepper Jack Cheese)	140	18	9.0	4.0
Burgers	Subway	Italian Spice (includes American Cheese and MVP Parmesan Vinaigrette)	230	19	9.0	15.0
Burgers	Subway	Little Cheesesteak (includes American Cheese and Baja Chipotle Sauce)	160	19	8.0	7.0
Burgers	Subway	Turkey (includes Pepper Jack Cheese and Mayonnaise)	180	17	11.0	9.0
Toppings & Ingredients	Subway	6" Artisan Flatbread	220	40	7.0	4.0
Toppings & Ingredients	Subway	6" Artisan Italian Bread	160	34	7.0	2.0
Toppings & Ingredients	Subway	6" Hearty Multigrain Bread	190	36	7.0	2.0
Toppings & Ingredients	Subway	6" Italian Herbs & Cheese Bread	200	36	9.0	4.0
Toppings & Ingredients	Subway	6" Jalapeño Cheddar Bread	190	34	9.0	4.0
Toppings & Ingredients	Subway	Biscuit	290	35	4.0	14.0
Toppings & Ingredients	Subway	Gluten-Free Bread	340	51	6.0	12.0
Toppings & Ingredients	Subway	Spinach Wrap	290	48	8.0	8.0
Toppings & Ingredients	Subway	Tomato Basil Wrap	290	49	8.0	8.0
Toppings & Ingredients	Subway	Wrap	300	50	8.0	8.0
Toppings & Ingredients	Subway	Mini Artisan Italian Bread	100	22	4.0	1.0
Toppings & Ingredients	Subway	Mini Hearty Multigrain Bread	120	24	5.0	2.0
Toppings & Ingredients	Subway	6" Hero Bread	100	27	12.0	5.0
Toppings & Ingredients	Subway	Baja Chipotle Southwest Sauce	70	1	0.0	7.0

Toppings & Ingredients	Subway	Barbecue Sauce	30	7	0.0	0.0
Toppings & Ingredients	Subway	Franks Red Hot Buffalo Sauce	5	1	0.0	0.0
Toppings & Ingredients	Subway	Creamy Sriracha	40	2	0.0	4.0
Toppings & Ingredients	Subway	Giardiniera	80	1	0.0	9.0
Toppings & Ingredients	Subway	Honey Mustard	20	4	0.0	0.0
Toppings & Ingredients	Subway	Hot Pepper Relish	0	1	0.0	0.0
Toppings & Ingredients	Subway	Lite Mayonnaise	50	1	0.0	5.0
Toppings & Ingredients	Subway	Mayonnaise	100	0	0.0	11.0
Toppings & Ingredients	Subway	Mustard, Yellow	10	1	1.0	1.0
Toppings & Ingredients	Subway	MVP Parmesan Vinaigrette	60	1	0.0	6.0
Toppings & Ingredients	Subway	Oil	45	0	0.0	5.0
Toppings & Ingredients	Subway	Oil & Vinegar	45	0	0.0	5.0
Toppings & Ingredients	Subway	Peppercom Ranch Sauce	80	1	0.0	8.0
Toppings & Ingredients	Subway	Red Wine Vinegar	0	0	0.0	0.0
Toppings & Ingredients	Subway	Roasted Garlic Aioli	80	1	0.0	9.0
Toppings & Ingredients	Subway	Sweet Onion Teriyaki Sauce	30	7	0.0	0.0
Toppings & Ingredients	Subway	Pepper, Black	0	0	0.0	0.0
Toppings & Ingredients	Subway	Oregano	0	0	0.0	0.0
Toppings & Ingredients	Subway	Salt	0	0	0.0	0.0
Toppings & Ingredients	Subway	Avocado, Sliced	45	2	1.0	4.0
Toppings & Ingredients	Subway	Avocado, Smashed	70	3	1.0	6.0
Toppings & Ingredients	Subway	Banana Peppers (3 rings)	0	0	0.0	0.0
Toppings & Ingredients	Subway	Cucumbers (3 slices)	0	1	0.0	0.0
Toppings & Ingredients	Subway	Green Chiles	5	1	0.0	0.0
Toppings & Ingredients	Subway	Green Peppers (3 strips)	0	0	0.0	0.0
Toppings & Ingredients	Subway	Jalapeno Peppers (3 rings)	0	0	0.0	0.0
Toppings & Ingredients	Subway	Lettuce	0	0	0.0	0.0
Toppings & Ingredients	Subway	Olives, Black (3 rings)	0	0	0.0	0.0
Toppings & Ingredients	Subway	Onions	0	1	0.0	0.0
Toppings & Ingredients	Subway	Pickles (3 chips)	0	0	0.0	0.0
Toppings & Ingredients	Subway	Pickles, Crinkle (3 chips)	0	0	0.0	0.0
Toppings & Ingredients	Subway	Spinach, Baby	0	0	0.0	0.0
Toppings & Ingredients	Subway	Sweet Peppers	15	3	0.0	0.0
Toppings & Ingredients	Subway	Tomatoes (3 wheels)	5	1	0.0	0.0
Toppings & Ingredients	Subway	American	40	1	2.0	4.0

Toppings & Ingredients	Subway	BelGioioso Fresh Mozzarella	40	0	3.0	3.0
Toppings & Ingredients	Subway	Monterey Cheddar, Shredded	50	1	3.0	5.0
Toppings & Ingredients	Subway	Mozzarella, Shredded	45	1	3.0	4.0
Toppings & Ingredients	Subway	Parmesan Grated	5	0	1.0	0.0
Toppings & Ingredients	Subway	Pepperjack	50	0	3.0	4.0
Toppings & Ingredients	Subway	Provolone	50	0	4.0	4.0
Toppings & Ingredients	Subway	Swiss	60	0	4.0	5.0
Toppings & Ingredients	Subway	Bacon (2 strips)	80	1	5.0	6.0
Toppings & Ingredients	Subway	Black Forest Ham	70	2	10.0	2.0
Toppings & Ingredients	Subway	Capicola (6 slices)	70	2	7.0	4.0
Toppings & Ingredients	Subway	Chicken Patty, Oven Roasted	80	2	13.0	3.0
Toppings & Ingredients	Subway	Cold Cut Combo Meats	110	1	9.0	8.0
Toppings & Ingredients	Subway	Egg Patty (regular)	180	2	10.0	15.0
Toppings & Ingredients	Subway	Egg Patty (white)	90	3	9.0	4.0
Toppings & Ingredients	Subway	Grilled Chicken	80	1	16.0	2.0
Toppings & Ingredients	Subway	Grilled Chicken, Buffalo	90	2	17.0	2.0
Toppings & Ingredients	Subway	Grilled Chicken, Sweet Onion Teriyaki Glazed	110	9	16.0	2.0
Toppings & Ingredients	Subway	Italian B.M.T. Meats	180	3	11.0	14.0
Toppings & Ingredients	Subway	Meatballs	250	14	13.0	16.0
Toppings & Ingredients	Subway	Oven Roasted Turkey	60	0	11.0	1.0
Toppings & Ingredients	Subway	Pastrami	130	1	9.0	10.0
Toppings & Ingredients	Subway	Pepperoni, (3 slices)	80	1	3.0	7.0
Toppings & Ingredients	Subway	Roast Beef	90	2	14.0	3.0
Toppings & Ingredients	Subway	Rotisserie-Style Chicken	90	0	15.0	4.0
Toppings & Ingredients	Subway	Spicy Italian Meats	250	2	11.0	22.0
Toppings & Ingredients	Subway	Steak (no cheese)	110	2	17.0	5.0
Toppings & Ingredients	Subway	Subway Club Meats	110	3	18.0	3.0
Toppings & Ingredients	Subway	Tuna	250	0	12.0	23.0
Toppings & Ingredients	Subway	Veggie Patty	170	17	6.0	9.0
Desserts	Subway	Chocolate Chip Cookie	210	30	2.0	10.0
Desserts	Subway	Oatmeal Raisin Cookie	200	30	3.0	8.0
Desserts	Subway	Raspberry Cheesecake	210	29	2.0	9.0
Desserts	Subway	White Chip Macadamia Nut Cookie	210	28	2.0	10.0
Appetizers & Sides	Subway	Applesauce	70	16	0.0	0.0
Appetizers & Sides	Subway	Biscuit & Gravy	340	39	6.0	18.0

Baked Goods	Subway	Cinnamon Roll	570	89	8.0	20.0
Fried Potatoes	Subway	Hash Browns	190	24	3.0	9.0
Baked Goods	Subway	Muffin, Apple Cinnamon	450	53	6.0	24.0
Baked Goods	Subway	Muffin, Blueberry Crumb	410	59	5.0	17.0
Baked Goods	Subway	Muffin, Double Chocolate	550	61	6.0	31.0
Soup	Subway	Beef Chili with Beans	360	21	21.0	22.0
Soup	Subway	Broccoli Cheddar	200	16	9.0	16.0
Soup	Subway	Chicken Noodle	70	6	7.0	3.0
Soup	Subway	Loaded Baked Potato with Bacon	200	17	9.0	14.0
Fried Potatoes	Taco Bell	Cheesy Fiesta Potatoes - Specialties	240	28	3.0	13.0
Appetizers & Sides	Taco Bell	Chips and Nacho Cheese Sauce (V)	220	24	3.0	13.0
Entrees	Taco Bell	Nachos BellGrande - Beef	730	81	17.0	38.0
Sandwiches	Taco Bell	Bean Burrito (V)	350	55	13.0	9.0
Sandwiches	Taco Bell	Burrito Supreme - Beef	400	51	16.0	14.0
Sandwiches	Taco Bell	Burrito Supreme - Chicken	370	49	19.0	11.0
Sandwiches	Taco Bell	Burrito Supreme - Steak	380	50	19.0	12.0
Sandwiches	Taco Bell	Crunchy Taco	170	13	8.0	10.0
Sandwiches	Taco Bell	Crunchy Taco Supreme	190	15	8.0	11.0
Sandwiches	Taco Bell	Soft Taco - Beef	180	18	9.0	9.0
Sandwiches	Taco Bell	Soft Taco Supreme - Beef	210	20	9.0	10.0
Sandwiches	Taco Bell	Chalupa Supreme - Beef	360	31	12.0	21.0
Sandwiches	Taco Bell	Chalupa Supreme - Chicken	340	29	16.0	17.0
Sandwiches	Taco Bell	Chalupa Supreme - Steak	350	30	15.0	18.0
Entrees	Taco Bell	Quesadilla - Chicken	520	41	26.0	26.0
Sandwiches	Taco Bell	Crunchwrap Supreme - Specialties	540	73	15.0	21.0
Baked Goods	Taco Bell	Cinnamon Twists (V)	170	27	1.0	6.0
Sandwiches	Taco Bell	Cheesy Roll Up - Value Menu	180	17	8.0	9.0
Sandwiches	Taco Bell	Beefy 5-Layer Burrito	490	65	18.0	18.0
Sandwiches	Taco Bell	Cheesy Bean & Rice Burrito - Value Menu	420	55	9.0	16.0
Sandwiches	Taco Bell	Cheesy Gordita Crunch	500	41	20.0	28.0
Sandwiches	Taco Bell	Soft Taco - Chicken	160	16	12.0	5.0
Toppings & Ingredients	Taco Bell	Fire Sauce Packet (V)	0	0	0.0	0.0
Toppings & Ingredients	Taco Bell	Hot Sauce Packet (V)	0	0	0.0	0.0
Toppings & Ingredients	Taco Bell	Mild Sauce Packet (V)	0	0	0.0	0.0
Beverages	Taco Bell	Mug Root Beer (16 fl oz)	190	51	0.0	0.0

Beverages	Taco Bell	Mug Root Beer (20 fl oz)	240	64	0.0	0.0
Beverages	Taco Bell	Pepsi (16 fl oz)	200	55	0.0	0.0
Beverages	Taco Bell	Pepsi (20 fl oz)	250	69	0.0	0.0
Beverages	Taco Bell	Pepsi (30 fl oz)	380	103	0.0	0.0
Beverages	Taco Bell	Diet Pepsi (16 fl oz)	0	0	0.0	0.0
Beverages	Taco Bell	Diet Pepsi (20 fl oz)	0	0	0.0	0.0
Beverages	Taco Bell	Diet Pepsi (30 fl oz)	0	0	0.0	0.0
Beverages	Taco Bell	Dr Pepper (16 fl oz)	190	52	0.0	0.0
Beverages	Taco Bell	Dr Pepper (20 fl oz)	240	65	0.0	0.0
Beverages	Taco Bell	Dr Pepper (30 fl oz)	360	98	0.0	0.0
Entrees	Taco Bell	Power Menu Bowl - Chicken	460	41	27.0	21.0
Entrees	Taco Bell	Power Menu Bowl - Steak	480	42	25.0	23.0
Entrees	Taco Bell	Power Menu Bowl - Veggie (V)	420	47	13.0	20.0
Sandwiches	Taco Bell	Breakfast Crunchwrap - Bacon	670	52	21.0	40.0
Sandwiches	Taco Bell	Breakfast Crunchwrap - Sausage	730	52	20.0	47.0
Fried Potatoes	Taco Bell	Hash Brown	160	14	1.0	11.0
Appetizers & Sides	Taco Bell	Black Beans (V)	50	7	3.0	1.5
Appetizers & Sides	Taco Bell	Black Beans & Rice (V)	160	25	4.0	4.5
Beverages	Taco Bell	Mtn Dew Baja Blast Freeze (20 oz)	190	51	0.0	0.0
Beverages	Taco Bell	Mtn Dew Baja Blast Freeze (16 oz)	150	41	0.0	0.0
Sandwiches	Taco Bell	Nacho Cheese Doritos Locos Taco Supreme	190	15	8.0	11.0
Sandwiches	Taco Bell	Nacho Cheese Doritos Locos Taco	170	13	8.0	9.0
Baked Goods	Taco Bell	Cinnabon Delights (12 Pk - Serves 4) (V)	930	104	9.0	53.0
Baked Goods	Taco Bell	Cinnabon Delights (2 Pk) (V)	160	17	2.0	9.0
Beverages	Taco Bell	Brisk Mango Iced Tea (16 fl oz)	90	24	0.0	0.0
Beverages	Taco Bell	Brisk Mango Iced Tea (30 fl oz)	170	45	0.0	0.0
Entrees	Taco Bell	Quesarito - Beef	650	67	21.0	33.0
Sandwiches	Taco Bell	Spicy Potato Soft Taco	240	28	5.0	12.0
Sandwiches	Taco Bell	Breakfast Crunchwrap - Steak	660	53	24.0	38.0
Entrees	Taco Bell	Quesarito - Steak	630	65	24.0	31.0
Beverages	Taco Bell	Diet Mtn Dew (16 fl oz)	5	1	0.0	0.0
Beverages	Taco Bell	Diet Mtn Dew (20 fl oz)	10	1	0.0	0.0
Beverages	Taco Bell	Diet Mtn Dew (30 fl oz)	10	1	0.0	0.0
Beverages	Taco Bell	Water	0	0	0.0	0.0
Toppings & Ingredients	Taco Bell	Diablo Sauce Packet (V)	0	0	0.0	0.0



Beverages	Taco Bell	Brisk Unsweetened No Lemon Iced Tea (16 fl oz)	0	0	0.0	0.0
Beverages	Taco Bell	Brisk Unsweetened No Lemon Iced Tea (20 fl oz)	0	0	0.0	0.0
Beverages	Taco Bell	Brisk Unsweetened No Lemon Iced Tea (30 fl oz)	0	0	0.0	0.0
Beverages	Taco Bell	Diet Dr Pepper (16 fl oz)	0	0	0.0	0.0
Beverages	Taco Bell	Diet Dr Pepper (20 fl oz)	0	0	0.0	0.0
Beverages	Taco Bell	G2 - Fruit Punch (16 fl oz)	45	10	0.0	0.0
Beverages	Taco Bell	G2 - Fruit Punch (20 fl oz)	50	13	0.0	0.0
Beverages	Taco Bell	G2 - Fruit Punch (30 fl oz)	80	19	0.0	0.0
Beverages	Taco Bell	Pepsi Wild Cherry (16 fl oz)	210	56	0.0	0.0
Beverages	Taco Bell	Pepsi Wild Cherry (20 fl oz)	260	70	0.0	0.0
Beverages	Taco Bell	Pepsi Wild Cherry (30 fl oz)	390	106	0.0	0.0
Beverages	Taco Bell	Pepsi Zero Sugar (16 fl oz)	0	0	0.0	0.0
Beverages	Taco Bell	Pepsi Zero Sugar (20 fl oz)	0	0	0.0	0.0
Beverages	Taco Bell	Prosecco Sparkling Wine (350 mL)	280	9	0.0	0.0
Beverages	Taco Bell	Red Sangria - LV	330	28	0.0	0.0
Beverages	Taco Bell	Red Wine (6.3 fl oz)	160	5	0.0	0.0
Beverages	Taco Bell	Rum (80 proof)	70	0	0.0	0.0
Beverages	Taco Bell	Rum (80 proof) - Double - LV	250	0	0.0	0.0
Beverages	Taco Bell	Tequila (80 proof)	70	0	0.0	0.0
Beverages	Taco Bell	Tequila (80 proof) - Double - LV	250	0	0.0	0.0
Beverages	Taco Bell	Vodka (80 proof)	70	0	0.0	0.0
Beverages	Taco Bell	Vodka (80 proof) - Double - LV	250	0	0.0	0.0
Beverages	Taco Bell	Whiskey (80 proof) - Double - LV	250	0	0.0	0.0
Beverages	Taco Bell	Whiskey (80 proof) - Single - LV	120	0	0.0	0.0
Entrees	Taco Bell	Quesadilla - Cheese (V)	470	41	18.0	24.0
Entrees	Taco Bell	Quesadilla - Steak	520	42	26.0	27.0
Beverages	Taco Bell	Beer - General (16 oz)	200	17	2.0	0.0
Entrees	Taco Bell	Quesarito - Chicken	630	65	25.0	30.0
Beverages	Taco Bell	Beer - General (12 oz)	150	13	2.0	0.0
Beverages	Taco Bell	Blue Moon Belgian White (12 oz)	170	14	2.0	0.0
Beverages	Taco Bell	Blue Moon Belgian White (16 oz)	220	19	3.0	0.0
Beverages	Taco Bell	Blue Point Big City Bells Pilsner (12 oz)	160	10	2.0	0.0
Beverages	Taco Bell	Blue Point Big City Bells Pilsner (16 oz)	210	14	2.0	0.0
Beverages	Taco Bell	Blue Point Hoptical Illusion IPA (12 oz)	220	18	3.0	0.0
Beverages	Taco Bell	Blue Point Hoptical Illusion IPA (16 oz)	290	24	4.0	0.0

Beverages	Taco Bell	Blue Point Toasted Lager (12 oz)	150	15	2.0	0.0
Beverages	Taco Bell	Blue Point Toasted Lager (16 oz)	200	20	3.0	0.0
Beverages	Taco Bell	Bud Light (16 oz)	150	9	1.0	0.0
Beverages	Taco Bell	Budweiser (12 oz)	150	11	1.0	0.0
Beverages	Taco Bell	Budweiser (16 oz)	190	14	2.0	0.0
Beverages	Taco Bell	Coors (Coors Banquet) (12 oz)	150	12	1.0	0.0
Beverages	Taco Bell	Coors (Coors Banquet) (16 oz)	200	16	1.0	0.0
Beverages	Taco Bell	Coors Light (12 oz)	100	5	0.0	0.0
Beverages	Taco Bell	Coors Light (16 oz)	140	7	0.0	0.0
Beverages	Taco Bell	Corona Extra (12 oz)	150	14	1.0	0.0
Beverages	Taco Bell	Corona Extra (16 oz)	200	19	2.0	0.0
Beverages	Taco Bell	Dos Equis Mexican Pale Ale (12 oz)	180	15	2.0	0.0
Beverages	Taco Bell	Dos Equis Mexican Pale Ale (16 oz)	230	20	3.0	0.0
Beverages	Taco Bell	Firestone 805 (12 oz)	150	14	2.0	0.0
Beverages	Taco Bell	Firestone 805 (16 oz)	200	18	2.0	0.0
Beverages	Taco Bell	Heineken (12 oz)	140	11	2.0	0.0
Beverages	Taco Bell	Heineken Light (12 oz)	100	7	1.0	0.0
Beverages	Taco Bell	Heineken Light (16 oz)	130	9	1.0	0.0
Beverages	Taco Bell	Kona Big Wave Golden Ale (12 oz)	130	10	1.0	0.0
Beverages	Taco Bell	Kona Big Wave Golden Ale (16 oz)	180	13	2.0	0.0
Beverages	Taco Bell	Michelob Original Lager (12 oz)	160	14	2.0	0.0
Beverages	Taco Bell	Michelob Original Lager (16 oz)	210	19	3.0	0.0
Beverages	Taco Bell	Miller Genuine Draft (12 oz)	140	12	0.0	0.0
Beverages	Taco Bell	Miller Genuine Draft (16 oz)	190	16	0.0	0.0
Beverages	Taco Bell	Miller High Life (12 oz)	140	12	0.0	0.0
Beverages	Taco Bell	Miller High Life (16 oz)	190	16	0.0	0.0
Beverages	Taco Bell	Miller Lite (12 oz)	100	3	0.0	0.0
Beverages	Taco Bell	Miller Lite (16 oz)	130	4	0.0	0.0
Beverages	Taco Bell	Modelo Especial (12 oz)	150	14	1.0	0.0
Beverages	Taco Bell	Modelo Especial (16 oz)	200	19	1.0	0.0
Beverages	Taco Bell	Modelo Negra (12 oz)	180	16	2.0	0.0
Beverages	Taco Bell	Modelo Negra (16 oz)	240	21	2.0	0.0
Beverages	Taco Bell	Motorworks Intellectual Property IPA (12 oz)	220	18	4.0	0.0
Beverages	Taco Bell	Motorworks Intellectual Property IPA (16 oz)	290	24	5.0	0.0
Beverages	Taco Bell	Motorworks Pulp Fiction IPA (12 oz)	220	18	4.0	0.0

Beverages	Taco Bell	Motorworks Pulp Fiction IPA (16 oz)	300	24	5.0	0.0
Beverages	Taco Bell	Newcastle Brown Ale (12 oz)	130	10	1.0	0.0
Beverages	Taco Bell	Newcastle Brown Ale (16 oz)	170	13	1.0	0.0
Beverages	Taco Bell	Road 2 Ruin Double IPA (12 oz)	220	14	3.0	0.0
Beverages	Taco Bell	Road 2 Ruin Double IPA (16 oz)	290	19	4.0	0.0
Beverages	Taco Bell	Sea Hag IPA (12 oz)	190	15	3.0	0.0
Beverages	Taco Bell	Sea Hag IPA (16 oz)	250	20	4.0	0.0
Beverages	Taco Bell	Shock Top Belgian White (12 oz)	170	15	2.0	0.0
Beverages	Taco Bell	Stella Artois (12 oz)	140	11	0.0	0.0
Beverages	Taco Bell	Stella Artois (16 oz)	190	15	0.0	0.0
Beverages	Taco Bell	Tecate Light (12 oz)	110	7	1.0	0.0
Beverages	Taco Bell	Tecate Light (16 oz)	140	9	1.0	0.0
Beverages	Taco Bell	Tecate Original (12 oz)	140	14	1.0	0.0
Beverages	Taco Bell	Tecate Original (16 oz)	190	19	1.0	0.0
Beverages	Taco Bell	Yuengling - Black and Tan (12 oz)	150	15	0.0	0.0
Beverages	Taco Bell	Yuengling - Black and Tan (16 oz)	200	20	0.0	0.0
Beverages	Taco Bell	Yuengling - Golden Pilsner (12 oz)	140	9	0.0	0.0
Beverages	Taco Bell	Yuengling - Golden Pilsner (16 oz)	180	12	0.0	0.0
Beverages	Taco Bell	Yuengling - Lager (12 oz)	140	12	0.0	0.0
Beverages	Taco Bell	Yuengling - Lager (16 oz)	190	16	0.0	0.0
Beverages	Taco Bell	Yuengling - Light Lager (12 oz)	100	9	0.0	0.0
Beverages	Taco Bell	Yuengling - Light Lager (16 oz)	130	12	0.0	0.0
Beverages	Taco Bell	Yuengling - Porter (12 oz)	160	15	0.0	0.0
Beverages	Taco Bell	Yuengling - Porter (16 oz)	220	20	0.0	0.0
Beverages	Taco Bell	Yuengling - Premium (12 oz)	140	12	0.0	0.0
Beverages	Taco Bell	Yuengling - Premium (16 oz)	190	16	0.0	0.0
Beverages	Taco Bell	Yuengling - Premium Light (12 oz)	100	7	0.0	0.0
Beverages	Taco Bell	Yuengling - Premium Light (16 oz)	130	9	0.0	0.0
Sandwiches	Taco Bell	Black Bean Quesanto (V)	630	71	19.0	30.0
Entrees	Taco Bell	Nachos BellGrande - Chicken	710	79	20.0	35.0
Entrees	Taco Bell	Nachos BellGrande - Steak	720	79	20.0	36.0
Beverages	Taco Bell	Barrio Blonde (12 oz)	160	10	0.0	0.0
Beverages	Taco Bell	Barrio Blonde (16 oz)	210	13	0.0	0.0
Beverages	Taco Bell	Beach Bell Beer (12 oz)	180	14	0.0	0.0
Beverages	Taco Bell	Beach Bell Beer (16 oz)	240	19	0.0	0.0

Beverages	Taco Bell	Bell Tower Cerveza (12 oz)	110	11	2.0	0.0
Beverages	Taco Bell	Bell Tower Cerveza (16 oz)	140	15	2.0	0.0
Beverages	Taco Bell	Brooklyn Lager (12 oz)	170	13	0.0	0.0
Beverages	Taco Bell	Brooklyn Lager (16 oz)	230	18	0.0	0.0
Beverages	Taco Bell	Copperhead Red (12 oz)	180	19	2.0	0.0
Beverages	Taco Bell	Copperhead Red (16 oz)	240	25	3.0	0.0
Beverages	Taco Bell	Corona Light (16 oz)	130	7	1.0	0.0
Beverages	Taco Bell	Corona Premier (12 oz)	90	3	0.0	0.0
Beverages	Taco Bell	Dos Equis Lager Especial (12 oz)	130	11	0.0	0.0
Beverages	Taco Bell	Dos Equis Lager Especial (16 oz)	170	15	0.0	0.0
Beverages	Taco Bell	Fair Winds Howling Gail (12 oz)	220	0	0.0	0.0
Beverages	Taco Bell	Fair Winds Howling Gail (16 oz)	300	0	0.0	0.0
Beverages	Taco Bell	Fat Tire Amber Ale (12 oz)	160	0	0.0	0.0
Beverages	Taco Bell	Fat Tire Amber Ale (16 oz)	210	0	0.0	0.0
Beverages	Taco Bell	Four Peaks Kilt Lifter (12 oz)	180	14	2.0	0.0
Beverages	Taco Bell	Four Peaks Kilt Lifter (16 oz)	240	19	3.0	0.0
Beverages	Taco Bell	Lagunitas IPA (12 oz)	190	14	3.0	0.0
Beverages	Taco Bell	Lagunitas IPA (16 oz)	250	19	4.0	0.0
Beverages	Taco Bell	Landshark Lager (12 oz)	150	13	1.0	0.0
Beverages	Taco Bell	Landshark Lager (16 oz)	200	18	2.0	0.0
Beverages	Taco Bell	Old Elephant IPA (12 oz)	180	17	3.0	0.0
Beverages	Taco Bell	Old Elephant IPA (16 oz)	230	22	4.0	0.0
Beverages	Taco Bell	Pabst Blue Ribbon Original (12 oz)	140	12	1.0	0.0
Beverages	Taco Bell	Pabst Blue Ribbon Original (16 oz)	190	16	2.0	0.0
Beverages	Taco Bell	Pacifico (12 oz)	140	14	1.0	0.0
Beverages	Taco Bell	Pacifico (16 oz)	190	19	1.0	0.0
Beverages	Taco Bell	Revolution Anti Hero (12 oz)	220	20	3.0	0.0
Beverages	Taco Bell	Revolution Anti Hero (16 oz)	290	27	4.0	0.0
Beverages	Taco Bell	Samuel Adams Winter Lager (12 oz)	190	0	0.0	0.0
Beverages	Taco Bell	Samuel Adams Winter Lager (16 oz)	260	0	0.0	0.0
Beverages	Taco Bell	Shock Top Belgian White (16 oz)	220	19	3.0	0.0
Beverages	Taco Bell	Sol Cervesa (12 oz)	140	12	0.0	0.0
Beverages	Taco Bell	Sol Cervesa (16 oz)	180	15	0.0	0.0
Beverages	Taco Bell	Sweetwater 420 Extra Pale Ale (12 oz)	170	13	2.0	0.0
Beverages	Taco Bell	Sweetwater 420 Extra Pale Ale (16 oz)	220	17	3.0	0.0

Beverages	Taco Bell	Victoria (12 oz)	140	13	0.0	0.0
Beverages	Taco Bell	Victoria (16 oz)	180	18	0.0	0.0
Beverages	Taco Bell	White Claw Hard Seltzer (12 oz)	100	2	0.0	0.0
Beverages	Taco Bell	Mtn Dew Baja Blast Zero Sugar (16 fl oz)	5	0	0.0	0.0
Beverages	Taco Bell	Mtn Dew Baja Blast Zero Sugar (20 fl oz)	10	0	0.0	0.0
Beverages	Taco Bell	Mtn Dew Baja Blast Zero Sugar (30 fl oz)	15	0	0.0	0.0
Beverages	Taco Bell	Sierra Mist (20 fl oz)	260	68	0.0	0.0
Beverages	Taco Bell	Sierra Mist (30 fl oz)	380	101	0.0	0.0
Beverages	Taco Bell	Sierra Mist (16 fl oz)	200	54	0.0	0.0
Sandwiches	Taco Bell	Black Bean Crunchwrap Supreme - Specialties	520	77	13.0	18.0
Beverages	Taco Bell	Heineken (16 oz)	190	15	3.0	0.0
Sandwiches	Taco Bell	Soft Taco Supreme - Chicken	190	18	13.0	7.0
Entrees	Taco Bell	Power Menu Bowl - Specialties	460	41	27.0	21.0
Sandwiches	Taco Bell	Quesadilla - Specialties	520	41	26.0	26.0
Entrees	Taco Bell	Veggie Power Menu Bowl - Specialties	420	47	13.0	20.0
Beverages	Taco Bell	Orange Juice	140	33	2.0	0.0
Sandwiches	Taco Bell	Beef Burrito - Value Menu	430	49	12.0	19.0
Sandwiches	Taco Bell	Chicken Chipotle Melt - Value Menu	190	16	12.0	9.0
Sandwiches	Taco Bell	Cheesy Toasted Breakfast Burrito - Bacon	350	38	13.0	16.0
Sandwiches	Taco Bell	Cheesy Toasted Breakfast Burrito - Fiesta Potato (V)	340	44	9.0	14.0
Sandwiches	Taco Bell	Cheesy Toasted Breakfast Burrito - Sausage	350	38	10.0	17.0
Sandwiches	Taco Bell	Grande Toasted Breakfast Burrito - Bacon	570	52	23.0	30.0
Sandwiches	Taco Bell	Grande Toasted Breakfast Burrito - Sausage	570	51	21.0	31.0
Sandwiches	Taco Bell	Grande Toasted Breakfast Burrito - Steak	570	52	27.0	28.0
Sandwiches	Taco Bell	Hash Brown Toasted Breakfast Burrito - Bacon	580	52	20.0	32.0
Sandwiches	Taco Bell	Hash Brown Toasted Breakfast Burrito - Sausage	570	52	18.0	33.0
Sandwiches	Taco Bell	Hash Brown Toasted Breakfast Burrito - Steak	570	53	24.0	30.0
Beverages	Taco Bell	Anchor Steam (16 oz)	200	0	0.0	0.0
Beverages	Taco Bell	Angel Island IPA (12 oz)	190	14	1.0	0.0
Beverages	Taco Bell	Angel Island IPA (16 oz)	250	19	2.0	0.0
Beverages	Taco Bell	Angry Orchard (16 oz)	260	0	0.0	0.0
Beverages	Taco Bell	Captain Lawrence Hop Commander (12 oz)	200	15	2.0	0.0
Beverages	Taco Bell	Cool Kidz IPA (16 oz)	220	0	0.0	0.0
Beverages	Taco Bell	Hop Commander IPA (12 oz)	210	0	0.0	0.0
Beverages	Taco Bell	Hop Commander IPA (16 oz)	280	0	0.0	0.0

Beverages	Taco Bell	Samuel Adams '76 (12 oz)	130	8	0.0	0.0
Beverages	Taco Bell	St. Archer (16 oz)	200	0	0.0	0.0
Beverages	Taco Bell	Voodoo Ranger Juicy Haze IPA (12 oz)	230	16	0.0	0.0
Beverages	Taco Bell	Voodoo Ranger Juicy Haze IPA (16 oz)	310	21	0.0	0.0
Beverages	Taco Bell	7-Up (16 fl oz)	190	46	0.0	0.0
Beverages	Taco Bell	7-Up (20 fl oz)	240	58	0.0	0.0
Beverages	Taco Bell	7-Up (30 fl oz)	350	87	0.0	0.0
Beverages	Taco Bell	Mtn Dew (30 fl oz)	420	110	0.0	0.0
Appetizers & Sides	Taco Bell	Chips and Nacho Cheese Sauce	220	24	3.0	13.0
Baked Goods	Taco Bell	Cinnabon Delights (12 Pack - Serves 4) (V)	930	104	9.0	53.0
Baked Goods	Taco Bell	Cinnabon Delights (12 Pack - Serves 4)	930	104	9.0	53.0
Baked Goods	Taco Bell	Cinnabon Delights (2 Pack) (V)	160	17	2.0	9.0
Baked Goods	Taco Bell	Cinnabon Delights (2 Pack)	160	17	2.0	9.0
Beverages	Taco Bell	Rum (80 proof) - Single - LV	120	0	0.0	0.0
Beverages	Taco Bell	Tequila (80 proof) - Single - LV	120	0	0.0	0.0
Beverages	Taco Bell	Vodka (80 proof) - Single - LV	120	0	0.0	0.0
Beverages	Taco Bell	Angry Orchard - Crisp Apple (12 oz)	200	25	0.0	0.0
Beverages	Taco Bell	Angry Orchard - Crisp Apple (16 oz)	260	33	0.0	0.0
Beverages	Taco Bell	Bell's Two Hearted Ale (12 oz)	210	17	0.0	0.0
Beverages	Taco Bell	Bell's Two Hearted Ale (16 oz)	280	22	0.0	0.0
Beverages	Taco Bell	Black Abbey - The Rose (12 oz)	160	12	0.0	0.0
Beverages	Taco Bell	Black Abbey - The Rose (16 oz)	220	17	0.0	0.0
Beverages	Taco Bell	Blue Moon Belgian White Bottle (12 oz)	170	14	2.0	0.0
Beverages	Taco Bell	Blue Moon Mango Wheat (12 oz)	180	16	2.0	0.0
Beverages	Taco Bell	Blue Moon Mango Wheat (16 oz)	230	21	3.0	0.0
Beverages	Taco Bell	Blue Raspberry Electric Strawberry Freeze (16 oz)	130	35	0.0	0.0
Beverages	Taco Bell	Blue Raspberry Electric Strawberry Freeze (16 oz)	130	35	0.0	0.0
Beverages	Taco Bell	Blue Raspberry Electric Strawberry Freeze (20 oz)	160	43	0.0	0.0
Beverages	Taco Bell	Blue Raspberry Electric Strawberry Freeze (20 oz)	160	43	0.0	0.0
Beverages	Taco Bell	Boulevard Cherry Blossom and Lime (12 oz)	90	3	0.0	0.0
Beverages	Taco Bell	Boulevard Cherry Blossom and Lime (16 oz)	120	4	0.0	0.0
Beverages	Taco Bell	Boulevard Space Camper Cosmic IPA (12 oz)	180	14	0.0	0.0
Beverages	Taco Bell	Boulevard Space Camper Cosmic IPA (16 oz)	230	19	0.0	0.0
Beverages	Taco Bell	Boulevard Unfiltered Wheat Beer (12 oz)	150	15	0.0	0.0
Beverages	Taco Bell	Boulevard Unfiltered Wheat Beer (16 oz)	200	20	0.0	0.0

Beverages	Taco Bell	Boulevard Unfiltered Wheat Beer 100 (12 oz)	100	5	0.0	0.0
Beverages	Taco Bell	Boulevard Unfiltered Wheat Beer 100 (16 oz)	130	7	0.0	0.0
Beverages	Taco Bell	Breaking Bud (12 oz)	180	11	2.0	0.0
Beverages	Taco Bell	Breaking Bud (16 oz)	240	15	3.0	0.0
Beverages	Taco Bell	Brisk Dragon Paradise Sparkling Iced Tea (16 fl oz)	70	17	0.0	0.0
Beverages	Taco Bell	Brisk Dragon Paradise Sparkling Iced Tea (20 fl oz)	80	21	0.0	0.0
Beverages	Taco Bell	Brisk Dragon Paradise Sparkling Iced Tea (30 fl oz)	120	32	0.0	0.0
Beverages	Taco Bell	Brisk Mango Iced Tea (20 fl oz)	110	30	0.0	0.0
Beverages	Taco Bell	Budweiser Bottle (16 oz)	180	14	2.0	0.0
Beverages	Taco Bell	Calcraft Coast (12 oz)	130	11	0.0	0.0
Beverages	Taco Bell	Calcraft Coast (16 oz)	170	15	0.0	0.0
Beverages	Taco Bell	Cinnabon Delights Coffee - Hot	160	34	1.0	2.0
Beverages	Taco Bell	Cinnabon Delights Coffee - Hot	160	34	1.0	2.0
Beverages	Taco Bell	Cinnabon Delights Coffee - Iced	160	34	1.0	2.0
Beverages	Taco Bell	Cinnabon Delights Coffee - Iced	160	34	1.0	2.0
Beverages	Taco Bell	Dole Strawberry Lemonade Squeeze (16 fl oz)	70	17	0.0	0.0
Beverages	Taco Bell	Dole Strawberry Lemonade Squeeze (20 fl oz)	90	22	0.0	0.0
Beverages	Taco Bell	Dole Strawberry Lemonade Squeeze (30 fl oz)	130	33	0.0	0.0
Beverages	Taco Bell	Estrella Jalisco (12 oz)	190	14	1.0	0.0
Beverages	Taco Bell	Estrella Jalisco (16 oz)	250	19	1.0	0.0
Beverages	Taco Bell	Flybird Lime Margarita (Can)	240	25	0.0	0.0
Beverages	Taco Bell	Flybird Lime Margarita	190	15	0.0	0.0
Beverages	Taco Bell	Flybird Mangonada	160	13	0.0	0.0
Beverages	Taco Bell	Flybird Mojito	190	16	0.0	0.0
Beverages	Taco Bell	Flybird Pina Colada	190	16	0.0	0.0
Beverages	Taco Bell	Flybird Prickly Pear Margarita	190	15	0.0	0.0
Beverages	Taco Bell	Flybird Strawberry Margarita (Can)	250	27	0.0	0.0
Beverages	Taco Bell	Flybird Strawberry Margarita	190	17	0.0	0.0
Beverages	Taco Bell	Goose Island IPA (12 oz)	190	15	2.0	0.0
Beverages	Taco Bell	Goose Island IPA (16 oz)	250	20	3.0	0.0
Beverages	Taco Bell	Hard Mtn Dew - Baja Blast (12 oz)	100	2	0.0	0.0
Beverages	Taco Bell	Hard Mtn Dew - Baja Blast (24 oz)	200	4	0.0	0.0
Beverages	Taco Bell	Hard Mtn Dew - Black Cherry (12 oz)	100	2	0.0	0.0
Beverages	Taco Bell	Hard Mtn Dew - Black Cherry (24 oz)	200	4	0.0	0.0
Beverages	Taco Bell	Hard Mtn Dew - Original (12 oz)	100	2	0.0	0.0

Beverages	Taco Bell	Hard Mtn Dew - Original (24 oz)	200	4	0.0	0.0
Beverages	Taco Bell	Hard Mtn Dew - Watermelon (12 oz)	100	2	0.0	0.0
Beverages	Taco Bell	Hard Mtn Dew - Watermelon (24 oz)	200	4	0.0	0.0
Beverages	Taco Bell	Harpoon IPA (12 oz)	180	14	2.0	0.0
Beverages	Taco Bell	Harpoon IPA (16 oz)	240	18	3.0	0.0
Beverages	Taco Bell	Heineken 0.0 (12 oz)	70	17	1.0	0.0
Beverages	Taco Bell	Heineken 0.0 (16 oz)	100	23	2.0	0.0
Beverages	Taco Bell	Heineken Bottle (12 oz)	140	11	2.0	0.0
Beverages	Taco Bell	Kansas City Dunkel (12 oz)	180	13	2.0	0.0
Beverages	Taco Bell	Kansas City Dunkel (16 oz)	230	18	3.0	0.0
Beverages	Taco Bell	Kansas City Helles (12 oz)	180	12	2.0	0.0
Beverages	Taco Bell	Kansas City Helles (16 oz)	230	16	3.0	0.0
Beverages	Taco Bell	Mad Tasty Grapefruit Sparkling Water	5	0	0.0	0.0
Beverages	Taco Bell	Mad Tasty Unicorn Tears Sparkling Water	5	0	0.0	0.0
Beverages	Taco Bell	Mad Tasty Watermelon Kiwi Sparkling Water	15	2	0.0	0.0
Beverages	Taco Bell	Mad Tasty Yuzu Citrus Sparkling Water	5	0	0.0	0.0
Beverages	Taco Bell	Michelob Ultra Bottle (16 oz)	100	3	0.0	0.0
Beverages	Taco Bell	Modelo Chelada (16 oz)	290	35	3.0	0.0
Beverages	Taco Bell	Modelo Chelada (20 oz)	360	44	4.0	0.0
Beverages	Taco Bell	Modelo Chelada Especial (12 oz)	150	18	2.0	0.0
Beverages	Taco Bell	Modelo Chelada Especial (16 oz)	190	24	2.0	0.0
Beverages	Taco Bell	Modelo Chelada Limon y Sal (12 oz)	130	14	0.0	0.0
Beverages	Taco Bell	Mtn Dew (16 fl oz)	220	59	0.0	0.0
Beverages	Taco Bell	Mtn Dew (20 fl oz)	280	73	0.0	0.0
Beverages	Taco Bell	Mtn Dew Baja Blast (16 fl oz)	220	59	0.0	0.0
Beverages	Taco Bell	Mtn Dew Baja Blast (20 fl oz)	280	74	0.0	0.0
Beverages	Taco Bell	Mtn Dew Baja Blast (30 fl oz)	420	111	0.0	0.0
Beverages	Taco Bell	Mtn Dew Baja Blast Freeze (16 oz)	150	41	0.0	0.0
Beverages	Taco Bell	Mtn Dew Baja Blast Freeze (20 oz)	190	51	0.0	0.0
Beverages	Taco Bell	Mtn Dew Baja Blast Freeze (32 oz)	310	82	0.0	0.0
Beverages	Taco Bell	Mtn Dew Zero Sugar (16 fl oz)	0	0	0.0	0.0
Beverages	Taco Bell	Mtn Dew Zero Sugar (20 fl oz)	0	0	0.0	0.0
Beverages	Taco Bell	Mug Root Beer (30 fl oz)	360	96	0.0	0.0
Beverages	Taco Bell	Premium Roast Coffee - Hot	0	0	0.0	0.0
Beverages	Taco Bell	Premium Roast Coffee - Iced	0	0	0.0	0.0



Beverages	Taco Bell	Sierra Nevada Hazy Little Thing IPA (12 oz)	210	21	2.0	0.0
Beverages	Taco Bell	Sierra Nevada Hazy Little Thing IPA (16 oz)	290	27	3.0	0.0
Beverages	Taco Bell	Starry (16 fl oz)	200	52	0.0	0.0
Beverages	Taco Bell	Starry (20 fl oz)	240	65	0.0	0.0
Beverages	Taco Bell	Starry (30 fl oz)	370	97	0.0	0.0
Beverages	Taco Bell	Tampa Bay Reef Donkey (16 oz)	240	14	2.0	0.0
Beverages	Taco Bell	Wild Cherry Electric Strawberry Freeze (16 oz)	170	46	0.0	0.0
Beverages	Taco Bell	Wild Cherry Electric Strawberry Freeze (20 oz)	210	56	0.0	0.0
Beverages	Taco Bell	Wild Cherry Freeze (16 oz)	150	40	0.0	0.0
Beverages	Taco Bell	Wild Cherry Freeze (20 oz)	190	50	0.0	0.0
Entrees	Taco Bell	Black Bean Quesarito - Online Exclusive	630	71	19.0	30.0
Entrees	Taco Bell	Cheese Quesadilla	470	41	18.0	24.0
Entrees	Taco Bell	Quesarito - Online Exclusive	650	67	21.0	33.0
Pizza	Taco Bell	Mexican Pizza - Specialties	540	49	19.0	29.0
Pizza	Taco Bell	Mexican Pizza - Veggie - Specialties	470	46	14.0	25.0
Sandwiches	Taco Bell	Beefy Melt Burrito - Value Menu	620	70	20.0	29.0
Sandwiches	Taco Bell	Black Bean Chalupa Supreme - Online Exclusive	340	36	10.0	18.0
Sandwiches	Taco Bell	Black Bean Chalupa Supreme - Specialties	340	36	10.0	18.0
Sandwiches	Taco Bell	Black Bean Chalupa Supreme	340	36	10.0	18.0
Sandwiches	Taco Bell	Breakfast Quesadilla - Bacon	510	41	25.0	27.0
Sandwiches	Taco Bell	Breakfast Quesadilla - Sausage	510	40	23.0	29.0
Sandwiches	Taco Bell	Breakfast Quesadilla - Steak	510	41	28.0	25.0
Sandwiches	Taco Bell	Chalupa Supreme - Specialties	360	31	12.0	21.0
Sandwiches	Taco Bell	Chipotle Ranch Grilled Chicken Burrito - Value Menu	510	47	17.0	29.0
Sandwiches	Taco Bell	Crispy Melt Taco - Beef	280	21	10.0	17.0
Sandwiches	Taco Bell	Crispy Melt Taco - Black Beans	260	26	9.0	14.0
Sandwiches	Taco Bell	Fiesta Veggie Burrito - Value Menu	570	65	14.0	28.0
Sandwiches	Taco Bell	Quesarito - Specialties	650	67	21.0	33.0
Sandwiches	Taco Bell	Soft Taco - Specialties	180	18	9.0	9.0
Sandwiches	Taco Bell	Soft Taco Supreme - Specialties	210	20	9.0	10.0
Toppings & Ingredients	Taco Bell	Vanilla Creamer	20	4	0.0	0.0
Soup	TGI Friday's	Soup - White Cheddar Broccoli	290	18	12.0	20.0
Soup	TGI Friday's	Soup - French Onion	590	84	21.0	18.0
Salads	TGI Friday's	Million Dollar Cobb Salad with Grilled Chicken with Ranch	1000	21	66.0	75.0
Sandwiches	TGI Friday's	Fridays Signature Whiskey-Glazed Chicken Sandwich without Side	1160	107	57.0	56.0

Burgers	TGI Friday's	Fridays Signature Whiskey Glazed Burger without Side Fries	1140	117	40.0	56.0
Appetizers & Sides	TGI Friday's	Pan-Seared Pot Stickers with Szechwan Dipping Sauce	590	72	18.0	25.0
Entrees	TGI Friday's	Sizzling Chicken & Shrimp with Mashed Potatoes	1030	41	59.0	71.0
Entrees	TGI Friday's	Parmesan Crusted Chicken (2) with Mashed Potatoes & Lemon-Butter Broccoli	920	55	87.0	41.0
Fried Potatoes	TGI Friday's	Sweet Potato Fries	390	50	3.0	20.0
Fried Potatoes	TGI Friday's	Seasoned Fries	230	21	2.0	15.0
Appetizers & Sides	TGI Friday's	Side Mashed Potatoes	130	23	3.0	4.0
Appetizers & Sides	TGI Friday's	Green Bean Fries with Cucumber-Wasabi Ranch	900	69	9.0	65.0
Fried Potatoes	TGI Friday's	Loaded Potato Skins	2120	283	44.0	92.0
Desserts	TGI Friday's	Oreo Madness	540	79	6.0	23.0
Appetizers & Sides	TGI Friday's	Mozzarella Sticks with Marinara	840	54	39.0	52.0
Appetizers & Sides	TGI Friday's	Side Cheddar Mac & Cheese	530	49	22.0	28.0
Salads	TGI Friday's	Caesar Salad with Grilled Chicken	790	21	45.0	59.0
Appetizers & Sides	TGI Friday's	Side Coleslaw	150	13	1.0	11.0
Salads	TGI Friday's	Side House Salad with Bread Stick without Dressing FRIED	300	38	9.0	14.0
Entrees	TGI Friday's	Fridays Signature Whiskey-Glazed Chicken with Mashed Potatoes & Lemon-Butter Broccoli	850	102	76.0	18.0
Burgers	TGI Friday's	Kids Sliders (add choice of side & beverage)	490	37	19.0	29.0
Entrees	TGI Friday's	Sizzling Chicken & Cheese with Mashed Potatoes	930	37	63.0	60.0
Salads	TGI Friday's	Side Caesar Salad with Breadstick FRIED	500	35	10.0	36.0
Salads	TGI Friday's	BBQ Chicken Salad with BBQ Ranch Dressing	980	72	54.0	56.0
Appetizers & Sides	TGI Friday's	Bucket of Bones	1540	108	57.0	100.0
Appetizers & Sides	TGI Friday's	Giant Onion Rings with BBQ Ranch	1120	146	14.0	52.0
Appetizers & Sides	TGI Friday's	Giant Onion Rings with BBQ Ranch	510	61	6.0	26.0
Burgers	TGI Friday's	Bacon Cheeseburger without Side Fries	840	45	38.0	56.0
Burgers	TGI Friday's	Beyond Meat Cheeseburger without Side Fries	860	52	44.0	52.0
Appetizers & Sides	TGI Friday's	Fridays Signature Whiskey-Glazed Sesame Chicken Strips	810	119	38.0	22.0
Appetizers & Sides	TGI Friday's	Sizzling Queso Chips	1340	82	44.0	94.0
Appetizers & Sides	TGI Friday's	Tostado Nachos	1950	104	101.0	127.0
Appetizers & Sides	TGI Friday's	Spinach & Artichoke Dip	760	43	20.0	55.0
Burgers	TGI Friday's	Cheeseburger without Fries	770	41	34.0	52.0
Entrees	TGI Friday's	Crispy Chicken Tenders (PB) with Coleslaw, Seasoned Fries & Honey Mustard Dressing	1030	74	30.0	67.0
Desserts	TGI Friday's	Red Velvet Cake	1560	191	17.0	82.0
Entrees	TGI Friday's	Fridays Big Ribs - Whiskey-Glazed (Full Rack) with Seasoned Fries & Coleslaw	1620	185	44.0	81.0
Salads	TGI Friday's	Chinese Chicken Salad with Sesame Citrus Dressing	1040	68	45.0	69.0
Entrees	TGI Friday's	Fridays Big Ribs - Apple Butter BBQ (Full Rack) with Seasoned Fries & Coleslaw	1150	66	44.0	81.0

Entrees	TGI Friday's	Fridays Big Ribs - Apple Butter BBQ (Half Rack) with Seasoned Fries & Coleslaw	770	50	24.0	53.0
Entrees	TGI Friday's	Sizzling Fridays Signature Whiskey-Glazed Flat Iron Steak with Mashed Potatoes	1470	127	70.0	78.0
Soup	TGI Friday's	Soup - New England Clam Chowder (SOD)	500	45	14.0	30.0
Soup	TGI Friday's	Soup - Tortilla (SOD)	210	220	12.0	6.0
Soup	TGI Friday's	Soup - Chicken Noodle (SOD)	150	18	11.0	3.5
Soup	TGI Friday's	Soup - Creamy Tomato Basil (SOD)	300	20	5.0	24.0
Toppings & Ingredients	TGI Friday's	Balsamic Vinaigrette 1.25fl	190	4	0.0	19.0
Desserts	TGI Friday's	Brownie Obsession	1180	154	14.0	58.0
Beverages	TGI Friday's	Kids Blue Raspberry Slush	100	24	0.0	0.0
Beverages	TGI Friday's	Kids Chocolate Milk 1%	150	26	7.0	2.5
Beverages	TGI Friday's	Kids Milk 1%	90	10	7.0	2.0
Beverages	TGI Friday's	Kids Diet Coke	0	0	0.0	0.0
Beverages	TGI Friday's	Kids Dr Pepper	110	30	0.0	0.0
Beverages	TGI Friday's	Kids Lemonade	120	33	0.0	0.0
Beverages	TGI Friday's	Kids Cherry Limeade Slush	150	35	0.0	0.0
Beverages	TGI Friday's	Kids Strawberry Lemonade Slush	120	31	0.0	0.0
Toppings & Ingredients	TGI Friday's	Caesar 1.25fl	190	1	1.0	20.0
Salads	TGI Friday's	Side Caesar Salad with Breadstick IMPINGER	480	35	10.0	34.0
Appetizers & Sides	TGI Friday's	Chips and Salsa	240	29	4.0	10.0
Appetizers & Sides	TGI Friday's	Kids Side Fresh Fruit Cup	50	13	1.0	0.0
Appetizers & Sides	TGI Friday's	Side Fruit	50	12	1.0	0.0
Appetizers & Sides	TGI Friday's	Side Multi-Grain Toast & Butter	190	30	5.0	4.5
Beverages	TGI Friday's	Kids Apple Juice	100	24	0.0	0.0
Beverages	TGI Friday's	Cafe Toledo	190	25	1.0	4.0
Beverages	TGI Friday's	Michelada	100	11	3.0	0.0
Beverages	TGI Friday's	Mimosa Ruby Red Vanilla	130	18	0.0	0.0
Beverages	TGI Friday's	Kids Orange Juice	80	19	1.0	0.0
Beverages	TGI Friday's	Strawberry Shortcake	450	62	2.0	16.0
Beverages	TGI Friday's	Ultimate Long Island Iced Tea	220	24	0.0	0.0
Entrees	TGI Friday's	Omelet Bacon Cheddar with Potatoes and Multi-Grain Toast	1090	60	47.0	73.0
Entrees	TGI Friday's	Chicken & Waffles HB (Fresh)	700	108	27.0	19.0
Entrees	TGI Friday's	Fish & Chips with Seasoned Fries, Coleslaw, & Tartar Sauce	1180	97	40.0	72.0
Entrees	TGI Friday's	French Toast	850	93	14.0	45.0
Entrees	TGI Friday's	Oatmeal	330	55	5.0	11.0
Entrees	TGI Friday's	Strawberry Waffle (Fresh)	380	77	6.0	6.0

Toppings & Ingredients	TGI Friday's	Add Cheese (American - 1 slice)	60	1	3.0	4.5
Sandwiches	TGI Friday's	Bacon Ranch Chicken Sandwich without Side	690	47	56.0	31.0
Appetizers & Sides	TGI Friday's	Wings Boneless Apple Butter BBQ without Dressing	880	83	40.0	42.0
Appetizers & Sides	TGI Friday's	Wings Boneless Carolina Reaper without Dressing	820	65	39.0	43.0
Appetizers & Sides	TGI Friday's	Wings Boneless Frank's Buffalo without Dressing	770	54	39.0	42.0
Appetizers & Sides	TGI Friday's	Wings Boneless Garlic Parm without Dressing	1090	63	41.0	74.0
Appetizers & Sides	TGI Friday's	Wings Boneless Signature Whiskey Glazed without Dressing	990	110	39.0	42.0
Appetizers & Sides	TGI Friday's	Wings Traditional Apple Butter BBQ without Dressing	740	29	34.0	55.0
Appetizers & Sides	TGI Friday's	Wings Traditional Carolina Reaper without Dressing	670	11	34.0	56.0
Appetizers & Sides	TGI Friday's	Wings Traditional Garlic Parm without Dressing	940	9	35.0	87.0
Appetizers & Sides	TGI Friday's	Wings Traditional Signature Whiskey Glazed without Dressing	840	56	34.0	55.0
Appetizers & Sides	TGI Friday's	Chicken Quesadilla	1320	80	64.0	83.0
Toppings & Ingredients	TGI Friday's	Side Bleu Cheese Dressing	200	1	2.0	21.0
Toppings & Ingredients	TGI Friday's	Side Ranch Dressing	130	1	1.0	14.0
Appetizers & Sides	TGI Friday's	Wings Traditional Chile-Lime without Dressing	700	7	35.0	61.0
Appetizers & Sides	TGI Friday's	Wings Traditional Dragon-Glazed without Dressing	750	28	36.0	56.0
Toppings & Ingredients	TGI Friday's	BBQ Ranch 1.25fl	110	5	1.0	9.0
Toppings & Ingredients	TGI Friday's	Blue Cheese 1.25 fl	200	1	2.0	21.0
Toppings & Ingredients	TGI Friday's	Honey Mustard 1.25fl	190	8	0.0	17.0
Toppings & Ingredients	TGI Friday's	Ranch 1.25fl	130	1	1.0	14.0
Toppings & Ingredients	TGI Friday's	Sesame Citrus 1.25fl	160	7	0.0	15.0
Salads	TGI Friday's	Side House Salad with Bread Stick without Dressing IMPINGER	280	38	9.0	11.0
Toppings & Ingredients	TGI Friday's	Burger Topping - Add Avocado	60	3	1.0	5.0
Toppings & Ingredients	TGI Friday's	Burger Topping - Add Bacon	60	1	5.0	4.0
Entrees	TGI Friday's	Crispy Chicken Tenders (HB) with Coleslaw, Seasoned Fries & Honey Mustard Dressing	840	47	30.0	60.0
Appetizers & Sides	TGI Friday's	Half Rack Apple Butter BBQ Ribs (Add-On)	390	16	21.0	28.0
Appetizers & Sides	TGI Friday's	Half Rack Whiskey-Glazed Ribs (Add-On)	570	58	20.0	30.0
Burgers	TGI Friday's	GS - Udi's Bun - Cheeseburger without Side	780	42	34.0	55.0
Entrees	TGI Friday's	Kids Cheddar Mac & Cheese (add choice of side & beverage)	450	48	17.0	23.0
Appetizers & Sides	TGI Friday's	Side Seasonal Vegetables - Lemon-Butter Broccoli	90	11	4.0	5.0
Appetizers & Sides	TGI Friday's	Kids Side Mashed Potatoes	130	23	3.0	4.0
Appetizers & Sides	TGI Friday's	Kids Side Mozzarella Sticks	430	28	20.0	27.0
Beverages	TGI Friday's	Baileys .75oz Add On	70	5	1.0	3.0
Beverages	TGI Friday's	House Bloody Mary	120	7	1.0	1.0
Beverages	TGI Friday's	Hendrick's Cooler	200	28	0.0	0.0

Beverages	TGI Friday's	Irish Coffee	140	14	0.0	1.0
Beverages	TGI Friday's	Mimosa Orange	110	13	1.0	0.0
Beverages	TGI Friday's	Mudslide	550	68	4.0	23.0
Beverages	TGI Friday's	Sangria Peach	220	34	0.0	0.0
Fried Potatoes	TGI Friday's	Breakfast Potato Skins	1570	149	57.0	84.0
Entrees	TGI Friday's	Kids French Toast	630	64	7.0	38.0
Appetizers & Sides	TGI Friday's	Side Bacon (3)	120	1	11.0	8.0
Appetizers & Sides	TGI Friday's	Dynamite Shrimp with Boom Boom Sauce HB	830	15	27.0	73.0
Appetizers & Sides	TGI Friday's	Dynamite Shrimp with Boom Boom Sauce PB	940	50	20.0	75.0
Entrees	TGI Friday's	Dynamite Shrimp HB	1670	137	42.0	106.0
Entrees	TGI Friday's	Dynamite Shrimp PB	1790	172	35.0	108.0
Entrees	TGI Friday's	Philly Cheesesteak	1470	146	65.0	73.0
Entrees	TGI Friday's	Tandoori Chicken Skewers	2230	178	199.0	82.0
Entrees	TGI Friday's	Whiskey-Glazed Grilled Chicken	1380	199	57.0	42.0
Entrees	TGI Friday's	Whiskey-Glazed Blaze Grilled Chicken	1380	188	57.0	47.0
Entrees	TGI Friday's	Whiskey-Glazed Grilled Sirloin	1380	199	54.0	44.0
Entrees	TGI Friday's	Whiskey-Glazed Blaze Grilled Sirloin	1380	188	55.0	49.0
Entrees	TGI Friday's	Whiskey-Glazed Grilled Sirloin & Chicken Combo	1430	200	62.0	45.0
Entrees	TGI Friday's	Whiskey-Glazed Blaze Grilled Sirloin & Chicken Combo	1430	189	62.0	50.0
Fried Potatoes	TGI Friday's	Twisted Steak Frites	650	56	32.0	35.0
Appetizers & Sides	TGI Friday's	Wings Traditional Stout- Glazed without Dressing	830	53	34.0	55.0
Appetizers & Sides	TGI Friday's	Wings Traditional Frank's Buffalo without Dressing	620	0	34.0	55.0
Appetizers & Sides	TGI Friday's	Wings Boneless Stout- Glazed without Dressing	980	107	39.0	42.0
Appetizers & Sides	TGI Friday's	Wings Boneless Dragon-Glazed without Dressing	900	82	42.0	43.0
Appetizers & Sides	TGI Friday's	Wings Boneless Chile-Lime without Dressing	850	61	40.0	48.0
Appetizers & Sides	TGI Friday's	Wings - Roulette Boneless Wings BBQ without Celery and Dressing	730	72	32.0	34.0
Appetizers & Sides	TGI Friday's	Wings - Roulette Boneless Wings Buffalo without Celery and Dressing	610	43	31.0	34.0
Appetizers & Sides	TGI Friday's	Wings - Roulette Boneless Wings Carolina Reaper without Celery and Dressing	670	54	31.0	35.0
Appetizers & Sides	TGI Friday's	Wings - Roulette Boneless Wings Chili-Lime without Celery and Dressing	690	50	32.0	40.0
Appetizers & Sides	TGI Friday's	Wings - Roulette Boneless Wings Dragon-Glaze without Celery and Dressing	740	71	34.0	35.0
Appetizers & Sides	TGI Friday's	Wings - Roulette Boneless Wings Garlic Parmesan without Celery and Dressing	930	51	33.0	65.0
Appetizers & Sides	TGI Friday's	Wings - Roulette Boneless Wings Stout-Glaze without Celery and Dressing	820	96	31.0	34.0
Appetizers & Sides	TGI Friday's	Wings - Roulette Boneless Wings Whiskey-Glaze without Dressing	830	99	31.0	34.0
Appetizers & Sides	TGI Friday's	Wings - Roulette Traditional Wings BBQ without Celery and Dressing	370	14	17.0	28.0
Appetizers & Sides	TGI Friday's	Wings - Roulette Traditional Wings Buffalo without Celery and Dressing	310	0	17.0	27.0

Appetizers & Sides	TGI Friday's	Wings - Roulette Traditional Wings Carolina Reaper without Celery and Dressing	330	5	17.0	28.0
Appetizers & Sides	TGI Friday's	Wings - Roulette Traditional Wings Chile-Lime without Celery and Dressing	350	4	17.0	30.0
Appetizers & Sides	TGI Friday's	Wings - Roulette Traditional Wings Dragon-Glaze without Celery and Dressing	380	14	18.0	28.0
Appetizers & Sides	TGI Friday's	Wings - Roulette Traditional Wings Garlic Parm without Celery and Dressing	470	4	18.0	43.0
Appetizers & Sides	TGI Friday's	Wings - Roulette Traditional Wings Stout-Glaze without Celery and Dressing	410	26	17.0	28.0
Appetizers & Sides	TGI Friday's	Wings - Roulette Traditional Wings Whiskey-Glaze without Celery and Dressing	420	28	17.0	27.0
Appetizers & Sides	TGI Friday's	Wings - Roulette Wings - Side Celery (4)	5	0	0.0	0.0
Appetizers & Sides	TGI Friday's	Warm Pretzels with Beer Cheese FRIED	1370	140	39.0	74.0
Appetizers & Sides	TGI Friday's	Warm Pretzels with Beer Cheese Sauce IMPINGER	1120	140	39.0	46.0
Appetizers & Sides	TGI Friday's	Fridays Signature Whiskey-Glazed Sampler (PB)	1570	198	68.0	59.0
Appetizers & Sides	TGI Friday's	Fridays Signature Whiskey-Glazed Sampler (HB)	1510	180	72.0	58.0
Burgers	TGI Friday's	Fridays Signature Whiskey-Glazed Sliders - 2 with Fries	820	69	24.0	50.0
Burgers	TGI Friday's	Fridays Signature Whiskey-Glazed Sliders - 3 with Fries	1120	93	35.0	68.0
Burgers	TGI Friday's	Fridays Signature Whiskey-Glazed Sliders - 4 with Fries	1420	116	46.0	85.0
Appetizers & Sides	TGI Friday's	Philly Cheesesteak Eggrolls with Beer Cheese Sauce	1070	82	47.0	61.0
Appetizers & Sides	TGI Friday's	Nachos with Chili & Cheese	1060	133	18.0	65.0
Appetizers & Sides	TGI Friday's	Beyond Chili Loaded Potato Skins	2130	288	41.0	92.0
Appetizers & Sides	TGI Friday's	Beyond Chili with Saltine Crackers	440	21	17.0	33.0
Appetizers & Sides	TGI Friday's	Beyond Chili Ballpark Nachos with Ranch Sour Cream	1120	63	47.0	75.0
Appetizers & Sides	TGI Friday's	Fridays Combo Wings - Traditional Stout-Glazed (add choice of dressing)	580	53	20.0	33.0
Appetizers & Sides	TGI Friday's	Fridays Combo Wings - Traditional Dragon-Glazed (add choice of dressing)	500	28	23.0	34.0
Appetizers & Sides	TGI Friday's	Fridays Combo Wings - Traditional Garlic Parm (add choice of dressing)	690	9	22.0	65.0
Appetizers & Sides	TGI Friday's	Fridays Combo Wings - Traditional Frank's Buffalo (add choice of dressing)	370	0	20.0	33.0
Appetizers & Sides	TGI Friday's	Fridays Combo Wings - Traditional Signature Whiskey-Glazed (add choice of dressing)	590	56	20.0	33.0
Appetizers & Sides	TGI Friday's	Fridays Combo Wings - Traditional Chile-Lime (add choice of dressing)	450	7	21.0	39.0
Appetizers & Sides	TGI Friday's	Fridays Combo Wings - Traditional Apple Butter BBQ (add choice of dressing)	490	29	21.0	33.0
Appetizers & Sides	TGI Friday's	Fridays Combo Wings - Traditional Carolina Reaper (add choice of dressing)	420	10	20.0	34.0
Appetizers & Sides	TGI Friday's	Fridays Combo Wings - Boneless Stout-Glazed (add choice of dressing)	980	107	39.0	42.0
Appetizers & Sides	TGI Friday's	Fridays Combo Wings - Boneless Dragon-Glazed (add choice of dressing)	900	82	42.0	43.0
Appetizers & Sides	TGI Friday's	Fridays Combo Wings - Boneless Garlic Parm (add choice of dressing)	1090	63	41.0	74.0
Appetizers & Sides	TGI Friday's	Fridays Combo Wings - Boneless Frank's Buffalo (add choice of dressing)	770	54	39.0	42.0
Appetizers & Sides	TGI Friday's	Fridays Combo Wings - Boneless Signature Whiskey Glazed (add choice of dressing)	990	110	39.0	42.0
Appetizers & Sides	TGI Friday's	Fridays Combo Wings - Boneless Chile-Lime (add choice of dressing)	850	61	40.0	48.0
Appetizers & Sides	TGI Friday's	Fridays Combo Wings - Boneless Apple Butter BBQ (add choice of dressing)	880	83	40.0	42.0
Appetizers & Sides	TGI Friday's	Fridays Combo Wings - Boneless Carolina Reaper (add choice of dressing)	820	64	39.0	43.0

Appetizers & Sides	TGI Friday's	Fridays Combo Loaded Potato Skins	850	108	18.0	39.0
Appetizers & Sides	TGI Friday's	Fridays Combo Mozzarella Sticks with Marinara Sauce	570	37	26.0	35.0
Appetizers & Sides	TGI Friday's	Add - Fridays Combo Pan Seared Pot Stickers with Szechwan Dipping Sauce	390	48	12.0	17.0
Appetizers & Sides	TGI Friday's	Add - Fridays Combo Warm Pretzel with Beer Cheese Sauce FRIED	630	68	17.0	32.0
Appetizers & Sides	TGI Friday's	Add - Fridays Combo Warm Pretzel with Beer Cheese Sauce IMPINGER	500	68	17.0	18.0
Salads	TGI Friday's	Side House Salad without Bread Stick without Dressing	90	11	4.0	4.0
Baked Goods	TGI Friday's	Toasted Challah Bun Only	280	36	7.0	12.0
Baked Goods	TGI Friday's	Udi's Toasted Gluten Free Bun Only	290	36	6.0	15.0
Toppings & Ingredients	TGI Friday's	Green Style Only	10	1	1.0	0.0
Burgers	TGI Friday's	Loaded Cheese Fry Burger without Side Fries	1450	99	55.0	93.0
Burgers	TGI Friday's	Double-Stacked Whiskey-Glazed Burger without Side Fries	2590	251	83.0	137.0
Burgers	TGI Friday's	Spicy Reaper Burger without Side Fries	870	46	35.0	60.0
Burgers	TGI Friday's	Philly Cheesesteak Burger without Side Fries	1050	63	48.0	67.0
Burgers	TGI Friday's	Fridays Guinness Pub Burger without Side Fries	1310	124	50.0	68.0
Toppings & Ingredients	TGI Friday's	Beef Patty	370	1	21.0	30.0
Toppings & Ingredients	TGI Friday's	Beyond Meat Patty	400	9	30.0	27.0
Burgers	TGI Friday's	Beyond The Border Burger without Side Fries	1000	70	41.0	62.0
Burgers	TGI Friday's	Beyond Chili Cheeseburger without Side Fries	1000	60	51.0	61.0
Salads	TGI Friday's	Caesar Salad WITHOUT Protein	600	19	11.0	54.0
Salads	TGI Friday's	BBQ Chicken Salad WITHOUT Protein with BBQ Ranch Dressing	790	70	19.0	52.0
Salads	TGI Friday's	Million Dollar Cobb Salad with Grilled Chicken with Ranch	1000	21	66.0	75.0
Salads	TGI Friday's	Million Dollar Cobb Salad WITHOUT Protein with Ranch	820	19	31.0	70.0
Salads	TGI Friday's	Chinese Chicken Salad WITHOUT Protein with Sesame Citrus Dressing	850	66	10.0	64.0
Toppings & Ingredients	TGI Friday's	Protein Only - Grilled Salmon for ALL Salads	280	7	29.0	15.0
Toppings & Ingredients	TGI Friday's	Protein Only - Beyond Meat Patty for ALL Salads	400	9	30.0	27.0
Toppings & Ingredients	TGI Friday's	Protein Only - Crispy Fried Shrimp (HB) for ALL Salads	150	3	13.0	8.0
Toppings & Ingredients	TGI Friday's	Protein Only - Crispy Fried Shrimp (PB) for ALL Salads	210	21	10.0	9.0
Toppings & Ingredients	TGI Friday's	Protein Only - 6 oz. Sirloin for ALL Salads	170	2	25.0	7.0
Toppings & Ingredients	TGI Friday's	Protein Only - Sautéed Shrimp ALL Salads	200	0	13.0	16.0
Toppings & Ingredients	TGI Friday's	Protein Only - Chicken for ALL Salads	190	3	35.0	4.5
Salads	TGI Friday's	Side Caesar Salad without Breadstick	290	8	5.0	27.0
Toppings & Ingredients	TGI Friday's	Low Fat Balsamic Vinaigrette 1.25fl	50	9	0.0	2.0
Sandwiches	TGI Friday's	Southern FRIED Chicken Sandwich without Side	920	65	41.0	55.0
Sandwiches	TGI Friday's	Buffalo FRIED Chicken Sandwich without Side	920	66	41.0	55.0
Sandwiches	TGI Friday's	Chipotle Turkey BLT Sandwich without Side	810	56	46.0	44.0

Entrees	TGI Friday's	Cajun Shrimp & Chicken Pasta with Breadstick FRIED	1390	132	73.0	60.0
Entrees	TGI Friday's	Cajun Shrimp & Chicken Pasta with Breadstick IMPINGER	1370	132	73.0	58.0
Entrees	TGI Friday's	Chicken & Broccoli Cheese Tortelloni with Breadstick FRIED	1850	140	78.0	110.0
Entrees	TGI Friday's	Chicken & Broccoli Cheese Tortelloni with Breadstick IMPINGER	2020	167	83.0	114.0
Entrees	TGI Friday's	Chicken Parmesan Pasta with Breadstick FRIED	1630	161	71.0	75.0
Entrees	TGI Friday's	Chicken Parmesan Pasta with Breadstick IMPINGER	1610	161	71.0	73.0
Entrees	TGI Friday's	Rustic Chicken Penne Diablo Pasta with Breadstick FRIED	1420	141	60.0	67.0
Entrees	TGI Friday's	Rustic Chicken Penne Diablo Pasta with Breadstick IMPINGER	1390	141	60.0	64.0
Entrees	TGI Friday's	New York Strip (Whiskey-Glazed) with Mashed Potatoes & Lemon-Butter Broccoli	890	85	71.0	30.0
Entrees	TGI Friday's	New York Strip (Parmesan Butter) with Mashed Potatoes & Lemon-Butter Broccoli	740	36	71.0	34.0
Entrees	TGI Friday's	Sirloin (6 oz) (Parmesan Butter) & Crispy Fried Shrimp (PB) with Mashed Potatoes & Lemon-Butter Broccoli	670	63	42.0	31.0
Entrees	TGI Friday's	Sirloin (6 oz) (Parmesan Butter) & Crispy Fried Shrimp (HB) with Mashed Potatoes & Lemon-Butter Broccoli	620	45	45.0	30.0
Entrees	TGI Friday's	Sirloin (6 oz) (Whiskey-Glazed) with Mashed Potatoes & Lemon-Butter Broccoli	540	71	32.0	17.0
Entrees	TGI Friday's	Sirloin (6 oz) (Parmesan Butter) with Mashed Potatoes & Lemon-Butter Broccoli	440	36	32.0	21.0
Entrees	TGI Friday's	Fridays Signature Whiskey-Glazed Sirloin (6 oz) & Crispy Fried Shrimp (PB) with Mashed Potatoes & Lemon-Butter Broccoli	690	77	42.0	26.0
Entrees	TGI Friday's	Fridays Signature Whiskey-Glazed Sirloin (6 oz) & Crispy Fried Shrimp (HB) with Mashed Potatoes & Lemon-Butter Broccoli	630	59	45.0	25.0
Entrees	TGI Friday's	Flat Iron Steak (Whiskey Glazed) with Mashed Potatoes and Broccoli	710	86	43.0	23.0
Entrees	TGI Friday's	Flat Iron Steak (Parm Butter) with Mashed Potatoes and Broccoli	560	37	43.0	28.0
Entrees	TGI Friday's	FZ Ribeye 14 oz (Parmesan Butter) with Mashed Potatoes and Lemon-Butter Broccoli	1270	34	81.0	90.0
Entrees	TGI Friday's	FZ Ribeye 14 oz (Whiskey Glazed) with Mashed Potatoes and Lemon-Butter Broccoli	1280	46	81.0	85.0
Toppings & Ingredients	TGI Friday's	Crispy FRIED Shrimp 6 (Add-On) (PB)	210	21	10.0	9.0
Toppings & Ingredients	TGI Friday's	Crispy FRIED Shrimp 6 (Add-On) (HB)	150	3	13.0	8.0
Toppings & Ingredients	TGI Friday's	Sautéed Shrimp	200	0	13.0	16.0
Toppings & Ingredients	TGI Friday's	Sesame Whiskey- Glazed Chicken Strips (Add-On)	590	91	25.0	15.0
Appetizers & Sides	TGI Friday's	Half Rack Fridays Stout-Glazed Big Ribs (Add-On)	430	28	20.0	28.0
Entrees	TGI Friday's	Fridays Big Ribs - Stout-Glazed (Half Rack) with Seasoned Fries & Coleslaw	970	95	23.0	56.0
Entrees	TGI Friday's	Fridays Big Ribs - Stout-Glazed (Full Rack) with Seasoned Fries & Coleslaw	1430	123	44.0	86.0
Entrees	TGI Friday's	Fridays Big Ribs - Whiskey-Glazed (Half Rack) with Seasoned Fries & Coleslaw	1070	127	23.0	53.0
Entrees	TGI Friday's	Fridays Signature Whiskey-Glazed Ribs (Half Rack) & Crispy Fried Shrimp (PB) with Mashed Potatoes & Lemon-Butter Broccoli	1170	154	37.0	49.0
Entrees	TGI Friday's	Fridays Signature Whiskey-Glazed Ribs (Half Rack) & Crispy Fried Shrimp (HB) with Mashed Potatoes & Lemon-Butter Broccoli	1120	136	40.0	48.0
Entrees	TGI Friday's	Fridays Big Ribs - Apple Butter BBQ (Half Rack) & Sirloin (6oz) (Parmesan Butter) with Mashed Potatoes & Lemon- Butter Broccoli	830	52	52.0	49.0
Appetizers & Sides	TGI Friday's	Side Fruit Cup	50	13	1.0	0.0
Appetizers & Sides	TGI Friday's	Side Jasmine Rice	370	63	6.0	10.0
Appetizers & Sides	TGI Friday's	Side Seasonal Vegetables - Lemon-Butter Broccoli	90	11	4.0	5.0
Appetizers & Sides	TGI Friday's	Side Seasonal Vegetables - Green Beans	110	12	4.0	7.0



Appetizers & Sides	TGI Friday's	Side Seasonal Vegetables - Brussels Sprouts	120	12	6.0	7.0
Appetizers & Sides	TGI Friday's	Side Seasonal Vegetables - Asparagus	70	6	3.0	5.0
Appetizers & Sides	TGI Friday's	Side Seasonal Vegetables - Mixed Veg	80	8	2.0	5.0
Entrees	TGI Friday's	Crispy Fried Shrimp (PB) with Cocktail Sauce, Seasoned Fries & Coleslaw	820	82	24.0	45.0
Entrees	TGI Friday's	Crispy Fried Shrimp (HB) with Cocktail Sauce, Seasoned Fries & coleslaw	700	47	30.0	43.0
Entrees	TGI Friday's	Dragon-Glaze Salmon with Lemon-Butter Broccoli & Jasmine Rice	810	98	40.0	31.0
Entrees	TGI Friday's	Dragon-Glaze Salmon with Lemon-Butter Broccoli & Mashed Potatoes (SV)	510	46	35.0	23.0
Entrees	TGI Friday's	Dragon Glaze Salmon with Double Lemon-Buttered Broccoli	540	45	37.0	26.0
Entrees	TGI Friday's	Simply Grilled Salmon with Lemon-Butter Broccoli & Jasmine Rice	830	81	38.0	41.0
Entrees	TGI Friday's	Simply Grilled Salmon with Lemon-Butter Broccoli and Mashed Potatoes (SV)	530	29	34.0	33.0
Entrees	TGI Friday's	Simply Grilled Salmon with Double Lemon-Buttered Broccoli	560	29	36.0	36.0
Desserts	TGI Friday's	Cinnabon Cheesecake	970	127	11.0	49.0
Desserts	TGI Friday's	Stout Irish Cream Cake	730	107	4.0	31.0
Entrees	TGI Friday's	Kids Chicken Tenders (PB) with Honey Mustard (add choice of side & beverage)	460	27	16.0	32.0
Entrees	TGI Friday's	Kids Chicken Tenders (HB) with Honey Mustard (add choice of side & beverage)	350	11	16.0	27.0
Entrees	TGI Friday's	Kids Penne Pasta with Alfredo Sauce (add choice of side & beverage)	290	39	11.0	9.0
Entrees	TGI Friday's	Kids Penne Pasta with Butter (add choice of side & beverage)	350	35	10.0	18.0
Entrees	TGI Friday's	Kids Penne Pasta with Marinara Sauce (add choice of side & beverage)	300	43	8.0	10.0
Fried Potatoes	TGI Friday's	Kids Side Fries	230	21	2.0	15.0
Appetizers & Sides	TGI Friday's	Side Seasonal Vegetables - Green Beans	110	12	4.0	7.0
Appetizers & Sides	TGI Friday's	Side Seasonal Vegetables - Brussels Sprouts	120	12	6.0	7.0
Appetizers & Sides	TGI Friday's	Side Seasonal Vegetables - Asparagus	70	6	3.0	5.0
Appetizers & Sides	TGI Friday's	Side Seasonal Vegetables - Mixed Veg	80	8	2.0	5.0
Desserts	TGI Friday's	Kids Dessert Vanilla Ice Cream	650	94	12.0	28.0
Desserts	TGI Friday's	Kids Dessert Sundae	420	48	11.0	24.0
Beverages	TGI Friday's	Kids Milk 2%	140	13	9.0	5.0
Beverages	TGI Friday's	Kids Tea Unsweet	5	1	0.0	0.0
Beverages	TGI Friday's	Kids Coke	110	29	0.0	0.0
Beverages	TGI Friday's	Kids Sprite	120	30	0.0	0.0
Desserts	TGI Friday's	Kids Sundae	420	48	11.0	24.0
Desserts	TGI Friday's	Kids Vanilla Ice Cream	650	94	12.0	28.0
Burgers	TGI Friday's	GS - Udi's Bun - Bacon Cheeseburger without Side	850	45	37.0	59.0
Burgers	TGI Friday's	GS - Green - Bacon Cheeseburger without Side	560	9	31.0	44.0
Burgers	TGI Friday's	GS - Green - Cheeseburger without Side	500	7	28.0	40.0
Burgers	TGI Friday's	GS - Udi's Bun - Spicy Reaper Burger without Side	880	46	34.0	63.0

Burgers	TGI Friday's	GS - Green Style - Spicy Reaper Burger without Side	590	10	28.0	48.0
Burgers	TGI Friday's	GS - Udi's Bun - Beyond Cheeseburger without Side	870	52	43.0	55.0
Burgers	TGI Friday's	GS - Green Style - Beyond Cheeseburger without Side	580	16	37.0	40.0
Burgers	TGI Friday's	GS - Udi's Bun - Beyond The Border Burger without Tortillas without Side	900	57	39.0	60.0
Burgers	TGI Friday's	GS - Green Style - Beyond The Border Burger without Tortillas without Side	610	22	33.0	44.0
Toppings & Ingredients	TGI Friday's	Beef Patty	370	1	21.0	30.0
Toppings & Ingredients	TGI Friday's	Beyond Meat Patty	400	9	30.0	27.0
Salads	TGI Friday's	GS - Caesar Salad with Beyond Meat Patty without Croutons	960	19	41.0	81.0
Salads	TGI Friday's	GS - Caesar Salad with Chicken without Croutons	720	12	44.0	57.0
Salads	TGI Friday's	GS - Caesar Salad with Salmon without Croutons	810	16	38.0	68.0
Salads	TGI Friday's	GS - Caesar Salad with Steak 6 oz without Croutons	710	12	35.0	60.0
Salads	TGI Friday's	GS - Caesar Salad without Croutons without Breadstick	260	4	4.0	26.0
Salads	TGI Friday's	GS - House Salad without Croutons, Breadstick and Dressing	30	3	2.0	1.5
Salads	TGI Friday's	Million Dollar Cobb Salad WITHOUT Protein with Ranch	820	19	31.0	70.0
Salads	TGI Friday's	GS - Million Dollar Cobb Salad with Beyond Meat Patty and Ranch Dressing	1240	31	62.0	97.0
Salads	TGI Friday's	GS - Million Dollar Cobb Salad with Salmon and Ranch Dressing	1110	29	60.0	86.0
Salads	TGI Friday's	GS - Million Dollar Cobb Salad with Steak 6 oz and Ranch Dressing	1000	24	57.0	78.0
Soup	TGI Friday's	Soup - Creamy Tomato Basil (SOD)	300	20	5.0	24.0
Toppings & Ingredients	TGI Friday's	Blue Cheese 1.25 fl	200	1	2.0	21.0
Toppings & Ingredients	TGI Friday's	Caesar 1.25fl	190	1	1.0	20.0
Toppings & Ingredients	TGI Friday's	Honey Mustard 1.25fl	190	8	0.0	17.0
Toppings & Ingredients	TGI Friday's	Low Fat Balsamic Vinaigrette 1.25fl	50	9	0.0	2.0
Toppings & Ingredients	TGI Friday's	Ranch 1.25fl	130	1	1.0	14.0
Entrees	TGI Friday's	Sizzling Chicken & Shrimp with Mashed Potatoes	1030	41	59.0	71.0
Entrees	TGI Friday's	Sizzling Chicken & Cheese with Mashed Potatoes	930	37	63.0	60.0
Entrees	TGI Friday's	New York Strip (Parmesan Butter) with Mashed Potatoes & Lemon-Butter Broccoli	740	36	71.0	34.0
Entrees	TGI Friday's	Sirloin (6 oz) (Parmesan Butter) with Mashed Potatoes & Lemon-Butter Broccoli	440	36	32.0	21.0
Entrees	TGI Friday's	GS - Fridays Big Ribs - Apple Butter BBQ Ribs without Sides - Full	780	32	41.0	55.0
Entrees	TGI Friday's	Fridays Big Ribs - Apple Butter BBQ (Half Rack) & Sirloin (6oz) (Parmesan Butter) with Mashed Potatoes & Lemon- Butter Broccoli	830	52	52.0	49.0
Entrees	TGI Friday's	GS - Fridays Big Ribs - Apple Butter BBQ (Half Rack) & Sirloin (6 oz) (Parmesan Butter) without Sides	600	18	46.0	40.0
Toppings & Ingredients	TGI Friday's	Add Sautéed Shrimp	200	0	13.0	16.0
Entrees	TGI Friday's	Simply Grilled Salmon with Lemon-Butter Broccoli & Jasmine Rice	830	81	38.0	41.0
Entrees	TGI Friday's	Simply Grilled Salmon with Lemon-Butter Broccoli and Mashed Potatoes (SV)	530	29	34.0	33.0
Entrees	TGI Friday's	Simply Grilled Salmon with Double Lemon-Buttered Broccoli	560	29	36.0	36.0
Appetizers & Sides	TGI Friday's	Side Coleslaw	150	13	1.0	11.0

Appetizers & Sides	TGI Friday's	Side Fruit Cup	50	13	1.0	0.0
Appetizers & Sides	TGI Friday's	Side Jasmine Rice	370	63	6.0	10.0
Appetizers & Sides	TGI Friday's	Side Mashed Potatoes	130	23	3.0	4.0
Appetizers & Sides	TGI Friday's	Side Seasonal Vegetables - Lemon-Butter Broccoli	90	11	4.0	5.0
Appetizers & Sides	TGI Friday's	Side Seasonal Vegetables - Green Beans	110	12	4.0	7.0
Appetizers & Sides	TGI Friday's	Side Seasonal Vegetables - Brussels Sprouts	120	12	6.0	7.0
Appetizers & Sides	TGI Friday's	Side Seasonal Vegetables - Asparagus	70	6	3.0	5.0
Appetizers & Sides	TGI Friday's	Side Seasonal Vegetables - Mixed Veg	80	8	2.0	5.0
Entrees	TGI Friday's	GS - Kids Chicken Sandwich with GF Bun without Side and Drink	380	37	21.0	18.0
Entrees	TGI Friday's	Kids - Chicken Platter with Lemon Butter Broccoli without Drink	180	12	18.0	8.0
Appetizers & Sides	TGI Friday's	Kids Side Fresh Fruit Cup	50	13	1.0	0.0
Desserts	TGI Friday's	Kids Dessert - Sundae	420	48	11.0	24.0
Desserts	TGI Friday's	Kids Dessert Vanilla Ice Cream	650	94	12.0	28.0
Sandwiches	TGI Friday's	Breakfast Tacos with Bacon	1150	77	46.0	74.0
Sandwiches	TGI Friday's	Breakfast Tacos with Sausage	1250	74	38.0	88.0
Sandwiches	TGI Friday's	Egg BLT Sandwich	1170	70	43.0	80.0
Entrees	TGI Friday's	Friday's Egg Breakfast - Fried with Potatoes and Multi-Grain Toast without Meat	650	54	20.0	39.0
Entrees	TGI Friday's	Friday's Egg Breakfast - Scrambled with Potatoes and Multi-Grain Toast without Meat	680	54	23.0	41.0
Entrees	TGI Friday's	Kids Egg Breakfast with Fried Egg, Potatoes without Meat	390	23	9.0	29.0
Entrees	TGI Friday's	Kids Egg Breakfast with Scrambled Eggs, Potatoes without Meat	450	23	14.0	33.0
Entrees	TGI Friday's	Chicken & Waffles HB (Premade)	870	111	30.0	34.0
Entrees	TGI Friday's	Chicken & Waffles PB (Fresh)	840	130	27.0	25.0
Entrees	TGI Friday's	Chicken & Waffles PB (Premade)	1010	133	30.0	40.0
Entrees	TGI Friday's	Strawberry Waffle (Premade)	540	80	9.0	21.0
Entrees	TGI Friday's	Omelet Spinach Florentine with Potatoes and Multi-Grain Toast	940	61	37.0	58.0
Entrees	TGI Friday's	Steak 6 oz & Eggs Fried with Potatoes and Multi-Grain Toast without Meat Choice	920	57	46.0	57.0
Entrees	TGI Friday's	Steak 6 oz & Eggs Scrambled with Potatoes and Multi-Grain Toast without Meat Choice	960	57	49.0	59.0
Appetizers & Sides	TGI Friday's	Side Sausage Links (3)	200	0	5.0	20.0
Fried Potatoes	TGI Friday's	Side Seasoned Fries 4 oz	230	21	3.0	15.0
Appetizers & Sides	The Capital Grille	Au Gratin Potatoes	420	29	13.0	27.0
Beverages	The Capital Grille	Blackberry Bourbon Sidecar	310	18	9.0	22.0
Entrees	The Capital Grille	Bone-In Dry Aged Strip 14 oz.	220	13	6.0	16.0
Entrees	The Capital Grille	Bone-In Ribeye 22 oz.	750	26	38.0	57.0
Salads	The Capital Grille	Caesar Salad	470	21	25.0	34.0
Beverages	The Capital Grille	Capital Cosmopolitan	680	21	43.0	49.0

Soup	The Capital Grille	New England Clam Chowder - Bowl	1180	71	91.0	59.0
Soup	The Capital Grille	New England Clam Chowder - Cup	100	4	2.0	9.0
Desserts	The Capital Grille	Classic Crème Brûlée	940	58	49.0	58.0
Desserts	The Capital Grille	Coconut Cream Pie	740	54	39.0	40.0
Appetizers & Sides	The Capital Grille	Cold Shellfish Platter	320	25	3.0	23.0
Salads	The Capital Grille	Field Greens w/Parmesan Vinaigrette	990	6	34.0	92.0
Entrees	The Capital Grille	Filet Mignon 10 oz.	640	29	43.0	38.0
Entrees	The Capital Grille	Filet Mignon 8 oz.	530	34	31.0	30.0
Desserts	The Capital Grille	Flourless Chocolate Espresso Cake	380	28	20.0	21.0
Soup	The Capital Grille	French Onion Soup - Crock (where available)	400	16	10.0	35.0
Soup	The Capital Grille	French Onion Soup - Cup	650	0	77.0	39.0
Appetizers & Sides	The Capital Grille	Creamed Spinach	890	4	72.0	65.0
Appetizers & Sides	The Capital Grille	Oysters On The Half (6)	390	2	43.0	23.0
Beverages	The Capital Grille	Fresh Mint Lemonade	430	37	53.0	8.0
Appetizers & Sides	The Capital Grille	Grand Plateau	710	36	17.0	56.0
Appetizers & Sides	The Capital Grille	Grilled Asparagus with Lemon Mosto	130	24	4.0	1.0
Appetizers & Sides	The Capital Grille	Housemade Chips	280	10	18.0	18.0
Beverages	The Capital Grille	Housemade Grapefruit Soda	460	3	27.0	38.0
Beverages	The Capital Grille	In Fashion	410	8	16.0	36.0
Appetizers & Sides	The Capital Grille	Lobster and Crab Cakes	350	41	5.0	18.0
Appetizers & Sides	The Capital Grille	Lobster Mac 'N' Cheese	450	14	25.0	27.0
Appetizers & Sides	The Capital Grille	Lollipop Lamb Chops w/Herb Oil & Balsamic	440	18	23.0	29.0
Salads	The Capital Grille	Maine Lobster Salad w/Citrus Vinaigrette	130	9	16.0	3.0
Sandwiches	The Capital Grille	Mini Tenderloin Sliders (3)	430	24	72.0	3.5
Appetizers & Sides	The Capital Grille	Pan-Fried Calamari with Hot Cherry Peppers	1120	28	147.0	44.0
Fried Potatoes	The Capital Grille	Parmesan Truffle Fries	170	16	26.0	0.5
Appetizers & Sides	The Capital Grille	Parmesan Truffle Fries	460	31	5.0	36.0
Entrees	The Capital Grille	Porcini Rubbed Bone-In Ribeye	320	10	13.0	26.0
Appetizers & Sides	The Capital Grille	Prosciutto Wrapped Mozzarella w/Tomatoes	370	13	13.0	29.0
Sandwiches	The Capital Grille	Ribeye Steak Sandwich w/Onions and Havarti	600	50	10.0	42.0
Appetizers & Sides	The Capital Grille	Soy Glazed Brussels Sprouts with Bacon	210	11	3.0	18.0
Appetizers & Sides	The Capital Grille	Roasted Wild Mushrooms	590	13	18.0	53.0
Salads	The Capital Grille	Seared Salmon w/Avocado, Mango, Tomato	850	50	23.0	62.0
Entrees	The Capital Grille	Tenderloin w/Butter Poached Lobster Tails	580	23	57.0	30.0
Appetizers & Sides	The Capital Grille	Shrimp/Prawn Cocktail (5)	990	5	80.0	72.0

Entrees	The Capital Grille	Sliced Filet Mignon w/Cipollini Onions (D)	950	9	85.0	65.0
Beverages	The Capital Grille	Stoll Doli	570	0	74.0	30.0
Beverages	The Capital Grille	The Bohemian	1070	16	101.0	61.0
Salads	The Capital Grille	Capital Grille "Cobb" Salad w/Tenderloin	710	0	83.0	42.0
Desserts	The Capital Grille	The Capital Grille Cheesecake	990	4	80.0	72.0
Burgers	The Capital Grille	The Grille's Signature Cheeseburger	730	5	85.0	41.0
Salads	The Capital Grille	Wedge Salad w/Bleu Cheese & Bacon	710	19	79.0	35.0
Appetizers & Sides	The Capital Grille	Sam's Mashed Potatoes	840	29	80.0	44.0
Sandwiches	The Capital Grille	Mini Tenderloin Sandwiches (2)	490	3	54.0	29.0
Appetizers & Sides	The Capital Grille	Tuna Tartare w/Avocado, Mango and Sriracha	1090	6	46.0	99.0
Appetizers & Sides	The Capital Grille	Sautéed Spinach with Garlic Confit	500	37	68.0	8.0
Beverages	The Capital Grille	Dessert Wine, 2 oz.	810	6	47.0	66.0
Beverages	The Capital Grille	Wine - Red, 1.5L	830	56	25.0	57.0
Beverages	The Capital Grille	Cognac/Brandy, 2 oz.	460	54	7.0	24.0
Beverages	The Capital Grille	Grappa, 2 oz.	420	27	15.0	28.0
Beverages	The Capital Grille	Scotch, 2 oz.	120	9	2.0	9.0
Beverages	The Capital Grille	Tequila, 2 oz.	590	27	12.0	49.0
Beverages	The Capital Grille	Whiskey/Bourbon, 2 oz.	80	5	3.0	7.0
Beverages	The Capital Grille	Cordials, 2 oz. (herbal, fruit)	280	10	5.0	27.0
Beverages	The Capital Grille	Cordials, 2 oz. (cream)	700	26	19.0	60.0
Beverages	The Capital Grille	Port, 3 oz.	60	7	4.0	3.0
Beverages	The Capital Grille	Wine - Red, 3L	1060	110	15.0	62.0
Beverages	The Capital Grille	Wine - Red, 6 oz.	780	62	8.0	55.0
Beverages	The Capital Grille	Wine - Sparkling, 5 oz.	910	106	10.0	49.0
Beverages	The Capital Grille	Wine - White, 1.5L	460	45	8.0	29.0
Beverages	The Capital Grille	Wine - White, 3L	470	33	4.0	36.0
Beverages	The Capital Grille	Wine - White, 6 oz.	240	3	29.0	13.0
Soup	The Capital Grille	Lobster Bisque - Cup	380	25	23.0	20.0
Soup	The Capital Grille	Lobster Bisque - Bowl	180	1	19.0	12.0
Appetizers & Sides	The Capital Grille	Burrata with Heirloom Tomatoes	170	8	0.0	0.0
Toppings & Ingredients	The Capital Grille	Creamy Horseradish Sauce	200	20	0.0	0.0
Salads	The Capital Grille	Field Greens w/Parmesan Vinaigrette	220	22	0.0	0.0
Appetizers & Sides	The Capital Grille	Crab Cocktail	200	17	0.0	0.0
Entrees	The Capital Grille	Seared Sea Bass with Miso Butter (D)	150	8	0.0	0.0
Entrees	The Capital Grille	Sirloin w/Sweet Chili Vinaigrette, Wasabi Oil	250	18	0.0	0.0

Beverages	The Capital Grille	Black Tie Margarita	190	1	1.0	2.5
Beverages	The Capital Grille	Dirty Goose	300	43	0.0	0.0
Beverages	The Capital Grille	Double Oaked & Rye Manhattan	220	14	0.0	0.0
Beverages	The Capital Grille	Fresh Brewed Iced Tea	180	14	0.0	0.0
Entrees	The Capital Grille	Dry Aged Strip 14 oz.	230	12	0.0	0.0
Entrees	The Capital Grille	Boneless Ribeye 14 oz.	130	0	0.0	0.0
Entrees	The Capital Grille	Seared Salmon with Lemon Basil Mosto (L)	150	0	0.0	0.0
Entrees	The Capital Grille	Roasted Chicken Breast w/Parmesan Risotto (L)	140	0	0.0	0.0
Entrees	The Capital Grille	Sesame Seared Tuna w/Gingered Rice (L)	130	0	0.0	0.0
Appetizers & Sides	The Capital Grille	Steak Tartare	160	0	0.0	0.0
Appetizers & Sides	The Capital Grille	Double Cut Cherrywood Bacon, Korean BBQ Glaze	150	19	0.0	0.0
Salads	The Capital Grille	Roasted Pear and Gorgonzola Salad	250	28	0.0	0.0
Entrees	The Capital Grille	Bone-In Kona Crusted Strip w/Shallot Butter	140	11	0.0	0.0
Entrees	The Capital Grille	Tomahawk Veal Chop with Sage Butter	140	12	0.0	0.0
Entrees	The Capital Grille	Dry Aged Strip au Poivre 14 oz.	160	5	0.0	0.0
Entrees	The Capital Grille	Double Cut Lamb Rib Chops	1310	43	1.0	0.0
Entrees	The Capital Grille	Roasted Chicken Breast w/Parmesan Risotto (D)	2620	85	2.0	0.0
Entrees	The Capital Grille	Seared Salmon with Lemon Basil Mosto (D)	120	8	0.0	0.0
Entrees	The Capital Grille	Sesame Seared Tuna w/Gingered Rice (D)	150	4	0.0	0.0
Appetizers & Sides	The Capital Grille	Cauliflower Au Gratin	1250	32	1.0	0.0
Desserts	The Capital Grille	Seasonal Berries & Cream w/Almond Biscotti	2510	64	2.0	0.0
Beverages	The Capital Grille	Kona Espresso Martini	110	27	0.0	0.0
Beverages	The Capital Grille	Belvedere Single Estate Mule	140	36	0.0	0.0
Beverages	The Capital Grille	Passionfruit Mojito	0	1	0.0	0.0
Beverages	The Cheesecake Factory	Whiskey Smash	190	22	0.0	0.0
Beverages	The Cheesecake Factory	Whisky & Ginger	270	37	0.0	0.0
Beverages	The Cheesecake Factory	Mai Tai	320	38	1.0	0.0
Beverages	The Cheesecake Factory	Factory Peach Bellini	250	46	1.0	0.0
Beverages	The Cheesecake Factory	Red Sangria	160	23	0.0	0.0
Beverages	The Cheesecake Factory	J.W.'s Pink Lemonade	300	49	0.0	0.0
Beverages	The Cheesecake Factory	Georgia Peach	350	55	1.0	0.0
Beverages	The Cheesecake Factory	Pineapple Moscow Mule	320	49	0.0	0.0
Beverages	The Cheesecake Factory	Tropical Tiki Punch	300	37	0.0	0.0
Beverages	The Cheesecake Factory	Strawberry Blossom	260	21	0.0	0.0
Beverages	The Cheesecake Factory	The Well-Mannered Dirty Martini	250	0	1.0	6.0

Beverages	The Cheesecake Factory	Lemon Drop	270	28	0.0	0.0
Beverages	The Cheesecake Factory	Guava Daiquiri	280	44	0.0	0.0
Beverages	The Cheesecake Factory	Bourbon & Honey	280	30	0.0	0.0
Beverages	The Cheesecake Factory	Passion Mint Fizz	110	26	1.0	0.0
Beverages	The Cheesecake Factory	Pineapple Cherry Limeade	150	37	0.0	0.0
Beverages	The Cheesecake Factory	Tropical Ginger Cooler	140	36	0.0	0.0
Beverages	The Cheesecake Factory	Apple Juice	190	44	0.0	0.0
Beverages	The Cheesecake Factory	Fresh Orange Juice	170	39	3.0	0.5
Beverages	The Cheesecake Factory	San Pellegrino Water	0	0	0.0	0.0
Beverages	The Cheesecake Factory	Fiji Natural Artesian Water	0	0	0.0	0.0
Beverages	The Cheesecake Factory	Strawberry Lemonade	330	87	1.0	0.0
Beverages	The Cheesecake Factory	Cucumber Lemonade	340	90	1.0	0.0
Beverages	The Cheesecake Factory	Cold Brew Iced Coffee	5	0	0.0	0.0
Beverages	The Cheesecake Factory	Freshly Brewed Coffee	5	1	0.0	0.0
Beverages	The Cheesecake Factory	Frozen Iced Mango	380	89	2.0	2.5
Beverages	The Cheesecake Factory	Peach Smoothie	330	82	2.0	0.0
Beverages	The Cheesecake Factory	Tropical Smoothie	370	88	1.0	3.0
Beverages	The Cheesecake Factory	Strawberry Fruit Smoothie	320	74	2.0	3.0
Beverages	The Cheesecake Factory	Factory Hot Chocolate	820	77	12.0	54.0
Beverages	The Cheesecake Factory	Caramel Royale Macchiato	660	79	9.0	34.0
Beverages	The Cheesecake Factory	Double Espresso	5	1	0.0	0.0
Beverages	The Cheesecake Factory	Cappuccino	100	11	7.0	3.0
Beverages	The Cheesecake Factory	Cafe Mocha	630	48	11.0	46.0
Beverages	The Cheesecake Factory	Cafe Latte	140	16	10.0	4.5
Beverages	The Cheesecake Factory	Oreo Milkshake	1630	182	26.0	90.0
Beverages	The Cheesecake Factory	Chocolate Milkshake	1260	143	22.0	67.0
Beverages	The Cheesecake Factory	Strawberry Milkshake	1210	154	19.0	59.0
Beverages	The Cheesecake Factory	Vanilla Milkshake	1210	132	21.0	66.0
Desserts	The Cheesecake Factory	Pumpkin Pecan	1270	105	14.0	90.0
Desserts	The Cheesecake Factory	Pumpkin	1040	76	10.0	79.0
Desserts	The Cheesecake Factory	Caramel Pecan Turtle Cheesecake	1300	124	15.0	88.0
Desserts	The Cheesecake Factory	Key Lime Cheesecake	1160	92	13.0	86.0
Desserts	The Cheesecake Factory	Tiramisu Cheesecake	980	75	11.0	70.0
Desserts	The Cheesecake Factory	Vanilla Bean Cheesecake	1170	84	11.0	88.0
Desserts	The Cheesecake Factory	30th Anniversary Chocolate Cake Cheesecake	1310	127	16.0	85.0

Desserts	The Cheesecake Factory	Hershey's Chocolate Bar Cheesecake	1320	135	14.0	85.0
Desserts	The Cheesecake Factory	Chocolate Tuxedo Cream Cheesecake	1250	109	11.0	90.0
Desserts	The Cheesecake Factory	Chocolate Mousse Cheesecake	1220	85	13.0	94.0
Desserts	The Cheesecake Factory	Lemon Raspberry Cream Cheesecake	1040	87	10.0	73.0
Desserts	The Cheesecake Factory	Fresh Banana Cream Cheesecake	1250	99	14.0	90.0
Desserts	The Cheesecake Factory	Mango Key Lime Cheesecake	1300	123	13.0	85.0
Desserts	The Cheesecake Factory	White Chocolate Raspberry Truffle	1220	92	13.0	89.0
Desserts	The Cheesecake Factory	Dulce De Leche Caramel Cheesecake	1390	107	14.0	110.0
Desserts	The Cheesecake Factory	Ultimate Red Velvet Cake Cheesecake	1580	125	14.0	116.0
Desserts	The Cheesecake Factory	Godiva Chocolate Cheesecake	1400	110	15.0	105.0
Desserts	The Cheesecake Factory	Adam's Peanut Butter Cup Fudge Ripple	1250	118	18.0	82.0
Desserts	The Cheesecake Factory	Lemon Meringue Cheesecake	1170	117	13.0	73.0
Desserts	The Cheesecake Factory	Toasted Marshmallow S'mores Galore	1550	141	14.0	108.0
Desserts	The Cheesecake Factory	Salted Caramel Cheesecake	1240	130	15.0	73.0
Desserts	The Cheesecake Factory	Celebration Cheesecake	1380	114	15.0	98.0
Desserts	The Cheesecake Factory	Reese's Peanut Butter Chocolate Cake Cheesecake	1510	154	23.0	95.0
Desserts	The Cheesecake Factory	Cinnabon Cinnamon Swirl Cheesecake	1370	141	10.0	85.0
Desserts	The Cheesecake Factory	Very Cherry Ghirardelli Chocolate Cheesecake	1160	96	11.0	84.0
Desserts	The Cheesecake Factory	Oreo Dream Extreme Cheesecake	1510	166	15.0	93.0
Desserts	The Cheesecake Factory	Pineapple Upside-Down Cheesecake	1260	109	10.0	83.0
Desserts	The Cheesecake Factory	Fresh Strawberry	1000	82	12.0	69.0
Desserts	The Cheesecake Factory	Original	830	63	12.0	59.0
Desserts	The Cheesecake Factory	Bowl of Fresh Strawberries	250	26	3.0	15.0
Desserts	The Cheesecake Factory	Fresh Strawberry Shortcake	1340	143	25.0	76.0
Desserts	The Cheesecake Factory	Chocolate Tower Truffle Cake	1770	192	20.0	111.0
Desserts	The Cheesecake Factory	Tiramisu	1270	91	13.0	94.0
Desserts	The Cheesecake Factory	Warm Apple Crisp	1000	170	9.0	33.0
Desserts	The Cheesecake Factory	Carrot Cake	1720	146	15.0	122.0
Desserts	The Cheesecake Factory	Linda's Fudge Cake	1450	233	13.0	66.0
Desserts	The Cheesecake Factory	Bowl of Vanilla Ice Cream	750	60	13.0	51.0
Desserts	The Cheesecake Factory	Godiva Chocolate Brownie Sundae - Serves 2-4	1750	168	25.0	118.0
Desserts	The Cheesecake Factory	Hot Fudge Sundae	1280	116	20.0	86.0
Entrees	The Cheesecake Factory	Jambalaya Hash & Eggs	1750	106	44.0	128.0
Sandwiches	The Cheesecake Factory	Monte Cristo Sandwich	1960	145	74.0	121.0
Entrees	The Cheesecake Factory	Green Chilaquiles with Camitas and Eggs	1640	97	85.0	101.0



Entrees	The Cheesecake Factory	Green Chilaquiles with Chicken and Eggs	1610	86	90.0	100.0
Entrees	The Cheesecake Factory	Fried Chicken & Waffles Benedict	1670	96	33.0	128.0
Entrees	The Cheesecake Factory	Fried Chicken & Waffles	1190	118	44.0	61.0
Entrees	The Cheesecake Factory	Eggs Benedict with Canadian Bacon and Hollandaise	1290	50	38.0	104.0
Entrees	The Cheesecake Factory	Bruléed French Toast	1980	205	33.0	115.0
Entrees	The Cheesecake Factory	Brunch Combo	1110	81	26.0	77.0
Entrees	The Cheesecake Factory	Lemon-Ricotta Pancakes	1740	212	28.0	88.0
Entrees	The Cheesecake Factory	Cinnamon Roll Pancakes	2040	241	23.0	110.0
Entrees	The Cheesecake Factory	Buttermilk Pancakes	1370	171	23.0	67.0
Entrees	The Cheesecake Factory	Giant Belgian Waffle	690	77	6.0	41.0
Entrees	The Cheesecake Factory	Breakfast Burrito	2260	138	89.0	151.0
Entrees	The Cheesecake Factory	Spinach, Mushroom, Bacon and Cheese Omelette	730	7	41.0	59.0
Entrees	The Cheesecake Factory	California Omelette	1170	11	57.0	99.0
Sandwiches	The Cheesecake Factory	Brioche Breakfast Sandwich	1030	59	48.0	67.0
Entrees	The Cheesecake Factory	Factory Huevos Rancheros	1080	72	57.0	63.0
Toppings & Ingredients	The Cheesecake Factory	Farm Fresh Eggs	280	1	13.0	25.0
Sandwiches	The Cheesecake Factory	Chicken Parmesan Sandwich	1960	99	107.0	126.0
Sandwiches	The Cheesecake Factory	Cuban Sandwich	1200	64	71.0	73.0
Sandwiches	The Cheesecake Factory	Grilled Chicken and Avocado Club	1080	16	82.0	77.0
Sandwiches	The Cheesecake Factory	The Club	1290	112	56.0	68.0
Sandwiches	The Cheesecake Factory	Chicken Salad Sandwich	1180	77	41.0	78.0
Burgers	The Cheesecake Factory	Impossible Burger	930	80	35.0	53.0
Burgers	The Cheesecake Factory	Veggie Burger	1340	122	27.0	84.0
Sandwiches	The Cheesecake Factory	Spicy Crispy Chicken Sandwich - Spicy Buffalo Sauce	1090	62	62.0	66.0
Sandwiches	The Cheesecake Factory	Spicy Crispy Chicken Sandwich - Chipotle Mayo	1170	62	60.0	74.0
Burgers	The Cheesecake Factory	Bacon-Bacon Cheeseburger	1680	77	78.0	116.0
Burgers	The Cheesecake Factory	Macaroni and Cheese Burger	1340	81	60.0	85.0
Burgers	The Cheesecake Factory	Americana Cheeseburger	1400	81	60.0	91.0
Burgers	The Cheesecake Factory	Mushroom Burger	1460	73	66.0	100.0
Burgers	The Cheesecake Factory	Smokehouse B.B.Q. Burger	1580	106	68.0	97.0
Burgers	The Cheesecake Factory	Classic Burger	1340	69	66.0	87.0
Burgers	The Cheesecake Factory	Stuffed Cheddar Burger	1140	72	59.0	68.0
Burgers	The Cheesecake Factory	Old Fashioned Burger	990	64	46.0	60.0
Pizza	The Cheesecake Factory	The Everything Flatbread	1160	92	55.0	63.0
Pizza	The Cheesecake Factory	Fresh Basil, Tomato and Cheese	850	84	42.0	38.0

Pizza	The Cheesecake Factory	Pepperoni Flatbread	1110	87	53.0	61.0
Pizza	The Cheesecake Factory	Margherita Flatbread	760	85	34.0	30.0
Pizza	The Cheesecake Factory	Cheese Flatbread	1000	86	49.0	50.0
Desserts	The Cheesecake Factory	Kids' Scoop of Ice Cream	320	26	6.0	21.0
Desserts	The Cheesecake Factory	Kids' Mini Hot Fudge Sundae	480	44	7.0	32.0
Desserts	The Cheesecake Factory	Kids' Strawberries	180	13	1.0	14.0
Entrees	The Cheesecake Factory	Kids' Grilled Salmon	540	40	32.0	28.0
Entrees	The Cheesecake Factory	Kids' Grilled Chicken	450	38	30.0	19.0
Entrees	The Cheesecake Factory	Kids' Grilled Cheese Sandwich	700	73	18.0	37.0
Entrees	The Cheesecake Factory	Kids' Quesadilla	810	48	39.0	52.0
Entrees	The Cheesecake Factory	Kids' Fried Chicken Strips	620	41	35.0	35.0
Entrees	The Cheesecake Factory	Kids' Macaroni and Cheese	1160	84	29.0	79.0
Entrees	The Cheesecake Factory	Kids' Spaghetti with Meatball	810	92	33.0	34.0
Entrees	The Cheesecake Factory	Kids' Pasta with Butter and Parmesan	550	76	17.0	20.0
Entrees	The Cheesecake Factory	Kids' Pasta with Marinara Sauce	630	96	20.0	19.0
Entrees	The Cheesecake Factory	Kids' Pasta with Alfredo Sauce	1110	87	29.0	72.0
Pizza	The Cheesecake Factory	Kids' Cheese Flatbread Pizza	1000	86	49.0	50.0
Pizza	The Cheesecake Factory	Kids' Pepperoni Flatbread Pizza	990	86	47.0	50.0
Entrees	The Cheesecake Factory	Kids' Mini Corn Dogs	610	41	17.0	42.0
Entrees	The Cheesecake Factory	Kids' Roadside Sliders	360	30	22.0	16.0
Entrees	The Cheesecake Factory	Herb Crusted Filet of Salmon	1150	42	48.0	86.0
Entrees	The Cheesecake Factory	Miso Salmon	1000	96	46.0	48.0
Entrees	The Cheesecake Factory	Fresh Grilled Salmon	840	43	47.0	53.0
Entrees	The Cheesecake Factory	Famous Factory Meatloaf	1400	105	52.0	84.0
Entrees	The Cheesecake Factory	Shepherd's Pie	1030	66	55.0	60.0
Entrees	The Cheesecake Factory	Fish & Chips	1680	127	44.0	108.0
Entrees	The Cheesecake Factory	Fettuccini Alfredo	1450	113	39.0	94.0
Entrees	The Cheesecake Factory	Four Cheese Pasta	950	111	35.0	41.0
Entrees	The Cheesecake Factory	Pasta Carbonara	1470	112	38.0	96.0
Entrees	The Cheesecake Factory	Spaghetti and Meatballs	1390	140	49.0	72.0
Entrees	The Cheesecake Factory	Pasta da Vinci	1180	106	54.0	60.0
Entrees	The Cheesecake Factory	Louisiana Chicken Pasta	1380	113	53.0	80.0
Entrees	The Cheesecake Factory	Spicy Chicken Chipotle Pasta	1290	123	48.0	68.0
Entrees	The Cheesecake Factory	Evelyn's Favorite Pasta	940	102	24.0	49.0
Entrees	The Cheesecake Factory	Crusted Chicken Romano	1100	96	57.0	55.0

Entrees	The Cheesecake Factory	Chicken Piccata	1340	85	66.0	82.0
Entrees	The Cheesecake Factory	Orange Chicken	1440	176	47.0	62.0
Salads	The Cheesecake Factory	Cobb Salad	1010	22	39.0	87.0
Salads	The Cheesecake Factory	Chinese Chicken Salad	990	82	32.0	60.0
Salads	The Cheesecake Factory	Santa Fe Salad	1130	76	42.0	76.0
Salads	The Cheesecake Factory	Barbeque Ranch Chicken Salad	1210	98	35.0	75.0
Salads	The Cheesecake Factory	Sheila's Chicken and Avocado Salad	1110	80	37.0	75.0
Entrees	The Cheesecake Factory	Cajun Jambalaya Pasta	1560	135	125.0	57.0
Entrees	The Cheesecake Factory	Shrimp with Angel Hair	1570	150	53.0	85.0
Entrees	The Cheesecake Factory	Bistro Shrimp Pasta	2170	155	58.0	147.0
Entrees	The Cheesecake Factory	Spicy Chicken Chipotle Pasta	1770	146	67.0	103.0
Entrees	The Cheesecake Factory	Farfalle with Chicken and Roasted Garlic	1820	153	81.0	98.0
Entrees	The Cheesecake Factory	Pasta da Vinci	1560	129	72.0	84.0
Entrees	The Cheesecake Factory	Louisiana Chicken Pasta	2270	176	98.0	132.0
Entrees	The Cheesecake Factory	Evelyn's Favorite Pasta	1270	122	29.0	75.0
Entrees	The Cheesecake Factory	Spaghetti and Meatballs	1920	179	66.0	105.0
Entrees	The Cheesecake Factory	Four Cheese Pasta	1280	132	49.0	62.0
Entrees	The Cheesecake Factory	Pasta Carbonara	2070	141	51.0	143.0
Entrees	The Cheesecake Factory	Fettuccini Alfredo	2040	145	53.0	139.0
Entrees	The Cheesecake Factory	Tomato Basil Pasta	1720	162	72.0	88.0
Entrees	The Cheesecake Factory	Shrimp with Angel Hair	1160	112	40.0	62.0
Entrees	The Cheesecake Factory	Bistro Shrimp Pasta	1530	120	40.0	99.0
Entrees	The Cheesecake Factory	Farfalle with Chicken and Roasted Garlic	1050	99	49.0	51.0
Salads	The Cheesecake Factory	Cobb Salad	1460	30	62.0	123.0
Salads	The Cheesecake Factory	Santa Fe Salad	1700	107	74.0	112.0
Salads	The Cheesecake Factory	Barbeque Ranch Chicken Salad	1980	150	62.0	124.0
Salads	The Cheesecake Factory	Chinese Chicken Salad	1630	134	50.0	101.0
Salads	The Cheesecake Factory	Sheila's Chicken and Avocado Salad	1810	134	56.0	123.0
Salads	The Cheesecake Factory	Caesar Salad	1270	41	21.0	112.0
Salads	The Cheesecake Factory	Factory Chopped Salad	760	34	30.0	58.0
Salads	The Cheesecake Factory	Caesar Salad	860	30	15.0	75.0
Entrees	The Cheesecake Factory	Grilled Steak Medallions	440	24	45.0	19.0
Entrees	The Cheesecake Factory	SkinnyLicious Grilled Salmon	590	22	45.0	36.0
Entrees	The Cheesecake Factory	Lemon-Garlic Shrimp	550	52	33.0	21.0
Entrees	The Cheesecake Factory	Tuscan Chicken	590	19	81.0	21.0

Entrees	The Cheesecake Factory	SkinnyLicious Chicken Pasta	590	75	46.0	13.0
Sandwiches	The Cheesecake Factory	SkinnyLicious Chicken Soft Tacos	510	63	32.0	15.0
Sandwiches	The Cheesecake Factory	SkinnyLicious Shrimp Soft Tacos	510	66	31.0	14.0
Sandwiches	The Cheesecake Factory	SkinnyLicious Turkey & Avocado Sandwich	550	43	38.0	26.0
Burgers	The Cheesecake Factory	SkinnyLicious Grilled Turkey Burger	560	45	29.0	30.0
Burgers	The Cheesecake Factory	SkinnyLicious Hamburger	570	41	35.0	30.0
Appetizers & Sides	The Cheesecake Factory	Chicken Pot Stickers - Serves 2-4	420	42	31.0	14.0
Sandwiches	The Cheesecake Factory	Asian Chicken Lettuce Wrap Tacos	450	49	29.0	15.0
Appetizers & Sides	The Cheesecake Factory	Chicken Samosas	420	29	28.0	21.0
Appetizers & Sides	The Cheesecake Factory	Chicken Taquitos	390	31	16.0	22.0
Salads	The Cheesecake Factory	Little House Salad	260	10	2.0	25.0
Salads	The Cheesecake Factory	Beet and Avocado Salad	290	40	7.0	12.0
Salads	The Cheesecake Factory	Greek Salad	770	17	16.0	71.0
Salads	The Cheesecake Factory	Mexican Tortilla Salad	550	59	29.0	23.0
Salads	The Cheesecake Factory	SkinnyLicious Asian Chicken Salad	590	53	44.0	24.0
Salads	The Cheesecake Factory	SkinnyLicious Factory Chopped Salad	500	35	29.0	28.0
Salads	The Cheesecake Factory	Tossed Green Salad	110	13	4.0	6.0
Appetizers & Sides	The Cheesecake Factory	Dynamite Shrimp	500	22	19.0	37.0
Appetizers & Sides	The Cheesecake Factory	Crispy Fried Cheese	1080	50	52.0	75.0
Appetizers & Sides	The Cheesecake Factory	Fried Zucchini	890	65	14.0	62.0
Appetizers & Sides	The Cheesecake Factory	Cheeseburger Spring Rolls	1010	44	43.0	73.0
Appetizers & Sides	The Cheesecake Factory	Loaded Baked Potato Tots	1030	53	25.0	78.0
Appetizers & Sides	The Cheesecake Factory	Crispy Brussels Sprouts	570	30	8.0	46.0
Appetizers & Sides	The Cheesecake Factory	Stuffed Mushrooms	510	19	15.0	42.0
Appetizers & Sides	The Cheesecake Factory	Korean Fried Cauliflower	1150	113	11.0	71.0
Appetizers & Sides	The Cheesecake Factory	Buffalo Wings - Serves 2-4	1120	16	109.0	69.0
Appetizers & Sides	The Cheesecake Factory	Buffalo Chicken Strips - Serves 2-4	1090	87	76.0	48.0
Appetizers & Sides	The Cheesecake Factory	Factory Nachos - Serves 2-4	2670	173	63.0	192.0
Appetizers & Sides	The Cheesecake Factory	Thai Lettuce Wraps with Satay Chicken Strips - Serves 2-4	850	105	51.0	27.0
Appetizers & Sides	The Cheesecake Factory	Eggroll Sampler - Serves 2-4	1340	112	44.0	80.0
Appetizers & Sides	The Cheesecake Factory	Sweet Corn Tamale Cakes - Serves 2-4	1340	119	16.0	88.0
Appetizers & Sides	The Cheesecake Factory	Buffalo Blasts- Serves 2-4	1670	129	78.0	93.0
Appetizers & Sides	The Cheesecake Factory	Fried Calamari - Serves 2-4	1520	98	44.0	105.0
Appetizers & Sides	The Cheesecake Factory	Tex Mex Eggrolls - Serves 2-4	930	72	43.0	53.0
Appetizers & Sides	The Cheesecake Factory	Hot Spinach and Cheese Dip - Serves 2-4	1730	115	31.0	126.0

Appetizers & Sides	The Cheesecake Factory	Southern Fried Chicken Sliders - Serves 2-4	1290	87	57.0	77.0
Appetizers & Sides	The Cheesecake Factory	Fried Macaroni and Cheese - Serves 2-4	1310	70	40.0	96.0
Appetizers & Sides	The Cheesecake Factory	Quesadilla - Serves 2-4	1030	61	44.0	70.0
Appetizers & Sides	The Cheesecake Factory	Pretzel Bites with Cheddar Cheese Fondue - Serves 2-4	1010	84	29.0	61.0
Appetizers & Sides	The Cheesecake Factory	Avocado Eggrolls - Serves 2-4	930	111	14.0	48.0
Appetizers & Sides	The Cheesecake Factory	Roadside Sliders - Serves 2-4	800	70	48.0	35.0
Fried Potatoes	The Cheesecake Factory	French Fries	1060	152	11.0	46.0
Appetizers & Sides	The Cheesecake Factory	Green Beans	140	10	3.0	10.0
Fried Potatoes	The Cheesecake Factory	Sweet Potato Fries	1010	125	7.0	52.0
Appetizers & Sides	The Cheesecake Factory	Mashed Potatoes	450	49	5.0	25.0
Appetizers & Sides	The Cheesecake Factory	Sauteed Spinach	650	10	7.0	67.0
Appetizers & Sides	The Cheesecake Factory	Broccoli	260	15	8.0	18.0
Appetizers & Sides	The Cheesecake Factory	Grilled Asparagus	120	8	5.0	8.0
Appetizers & Sides	The Cheesecake Factory	Macaroni & Cheese	1550	92	50.0	109.0
Entrees	The Cheesecake Factory	Bang-Bang Chicken and Shrimp	1390	145	76.0	56.0
Entrees	The Cheesecake Factory	Chicken Marsala and Mushrooms	1680	130	93.0	89.0
Entrees	The Cheesecake Factory	Spicy Cashew Chicken	1820	244	94.0	53.0
Entrees	The Cheesecake Factory	Chicken Piccata	1420	86	79.0	85.0
Entrees	The Cheesecake Factory	Crispy Chicken Costoletta	1800	104	77.0	120.0
Entrees	The Cheesecake Factory	Parmesan-Herb Crusted Chicken	1350	59	105.0	77.0
Entrees	The Cheesecake Factory	Orange Chicken	1870	239	57.0	78.0
Entrees	The Cheesecake Factory	Crusted Chicken Romano	1800	132	107.0	94.0
Entrees	The Cheesecake Factory	Chicken & Biscuits	1950	129	83.0	122.0
Entrees	The Cheesecake Factory	Chicken Bellagio	2020	144	98.0	116.0
Entrees	The Cheesecake Factory	Chicken Madeira	1300	72	89.0	73.0
Entrees	The Cheesecake Factory	Famous Factory Meatloaf	1930	144	75.0	115.0
Entrees	The Cheesecake Factory	Factory Burrito Grande	1950	161	96.0	105.0
Sandwiches	The Cheesecake Factory	Grilled Steak Tacos	1140	127	38.0	54.0
Sandwiches	The Cheesecake Factory	Grilled Fish Tacos	1040	121	45.0	42.0
Sandwiches	The Cheesecake Factory	Crispy Beer Battered Fish Tacos	1330	140	52.0	63.0
Sandwiches	The Cheesecake Factory	Baja Chicken Tacos	1230	125	73.0	50.0
Entrees	The Cheesecake Factory	Shepherd's Pie	1460	90	79.0	85.0
Entrees	The Cheesecake Factory	Chicken Parmesan "Pizza Style"	1940	90	120.0	123.0
Entrees	The Cheesecake Factory	Truffle-Honey Chicken	1700	115	71.0	107.0
Entrees	The Cheesecake Factory	Chicken Riesling	1430	88	77.0	84.0

Entrees	The Cheesecake Factory	Crispy Pineapple Chicken and Shrimp	1610	242	53.0	49.0
Entrees	The Cheesecake Factory	Thai Coconut-Lime Chicken	1960	156	71.0	118.0
Salads	The Cheesecake Factory	Vegan Cobb Salad	1060	54	16.0	89.0
Entrees	The Cheesecake Factory	Miso Salmon	1340	120	64.0	67.0
Entrees	The Cheesecake Factory	Herb Crusted Filet of Salmon	1350	65	64.0	93.0
Entrees	The Cheesecake Factory	Fresh Grilled Salmon	1230	66	62.0	78.0
Entrees	The Cheesecake Factory	Jamaican Black Pepper Shrimp	1290	195	67.0	27.0
Entrees	The Cheesecake Factory	Shrimp and Chicken Gumbo	1450	93	85.0	82.0
Entrees	The Cheesecake Factory	Shrimp Scampi	1260	105	41.0	76.0
Entrees	The Cheesecake Factory	Fried Shrimp Platter	1920	191	50.0	104.0
Entrees	The Cheesecake Factory	Fish & Chips	1860	134	53.0	121.0
Entrees	The Cheesecake Factory	Filet Mignon	870	56	74.0	39.0
Entrees	The Cheesecake Factory	Grilled Rib-Eye Steak	1250	57	75.0	80.0
Entrees	The Cheesecake Factory	Hibachi Steak	1380	97	57.0	85.0
Entrees	The Cheesecake Factory	Steak Diane	1150	67	76.0	65.0
Entrees	The Cheesecake Factory	Chargrilled New York Steak	1000	65	63.0	54.0
Entrees	The Cheesecake Factory	Carne Asada Steak	1290	132	57.0	61.0
Beverages	The Cheesecake Factory	Mojito	240	30	0.0	0.0
Beverages	The Cheesecake Factory	Long Island Iced Tea	240	28	0.0	0.0
Beverages	The Cheesecake Factory	Margarita	210	25	0.0	0.0
Burgers	The Cheesecake Factory	Happy Hour Burger	1100	67	52.0	68.0
Toppings & Ingredients	The Cheesecake Factory	Avocado	160	8	2.0	14.0
Toppings & Ingredients	The Cheesecake Factory	Grilled Chicken	220	0	39.0	7.0
Toppings & Ingredients	The Cheesecake Factory	Grilled Shrimp	90	2	18.0	1.0
Toppings & Ingredients	The Cheesecake Factory	Grilled Salmon	220	2	26.0	12.0
Toppings & Ingredients	The Cheesecake Factory	Chargrilled Steak	200	0	34.0	7.0
Sandwiches	The Cheesecake Factory	Renee's Special One-Half Fresh Turkey Sandwich	790	69	32.0	43.0
Sandwiches	The Cheesecake Factory	One-Half Chicken-Almond Salad Sandwich	850	49	23.0	62.0
Salads	The Cheesecake Factory	Small Green Salad	260	9	2.0	25.0
Salads	The Cheesecake Factory	Small Caesar Salad	440	15	8.0	38.0
Fried Potatoes	The Cheesecake Factory	French Fries	530	76	6.0	23.0
Salads	The Cheesecake Factory	Green Salad	130	5	1.0	12.0
Fried Potatoes	The Cheesecake Factory	Sweet Potato Fries	510	78	4.0	20.0
Burgers	The Cheesecake Factory	Factory Turkey Burger	1110	57	52.0	76.0
Entrees	The Cheesecake Factory	Jamaican Black Pepper Chicken	1390	192	90.0	29.0

Entrees	The Cheesecake Factory	Jamaican Black Pepper Chicken and Shrimp	1340	195	72.0	30.0
Entrees	The Cheesecake Factory	Shrimp Scampi and Steak Diane	1780	87	72.0	127.0
Entrees	The Cheesecake Factory	Chicken Madeira and Steak Diane	1570	79	89.0	99.0
Entrees	The Cheesecake Factory	Steak Diane and Herb Crusted Salmon	1730	75	82.0	123.0
Salads	The Cheesecake Factory	Thai Chicken Salad	1210	93	73.0	63.0
Toppings & Ingredients	The Cheesecake Factory	Bacon	140	0	5.0	13.0
Toppings & Ingredients	The Cheesecake Factory	Ham	60	0	12.0	1.5
Toppings & Ingredients	The Cheesecake Factory	Cheddar Cheese	230	1	13.0	19.0
Toppings & Ingredients	The Cheesecake Factory	Jack Cheese	210	1	12.0	18.0
Toppings & Ingredients	The Cheesecake Factory	Swiss Cheese	220	0	17.0	17.0
Toppings & Ingredients	The Cheesecake Factory	Fontina Cheese	180	1	13.0	14.0
Toppings & Ingredients	The Cheesecake Factory	Avocado	40	2	0.0	3.5
Toppings & Ingredients	The Cheesecake Factory	Roasted Peppers	20	4	1.0	0.0
Toppings & Ingredients	The Cheesecake Factory	Fresh Mushrooms	15	2	2.0	0.0
Toppings & Ingredients	The Cheesecake Factory	Asparagus	25	3	2.0	1.0
Toppings & Ingredients	The Cheesecake Factory	Spinach	5	1	1.0	0.0
Toppings & Ingredients	The Cheesecake Factory	Bell Peppers	15	4	1.0	0.0
Toppings & Ingredients	The Cheesecake Factory	Fresh Tomato	10	2	0.0	0.0
Toppings & Ingredients	The Cheesecake Factory	Red Onions	10	3	0.0	0.0
Toppings & Ingredients	The Cheesecake Factory	Green Onions	5	1	0.0	0.0
Appetizers & Sides	The Cheesecake Factory	Breakfast Potatoes	630	66	8.0	37.0
Toppings & Ingredients	The Cheesecake Factory	Sliced Tomatoes	25	5	1.0	0.0
Baked Goods	The Cheesecake Factory	White Toast	330	64	10.0	5.0
Baked Goods	The Cheesecake Factory	Wheat Toast	270	49	10.0	4.0
Baked Goods	The Cheesecake Factory	Bagel	360	74	11.0	1.5
Baked Goods	The Cheesecake Factory	English Muffin	190	37	6.0	1.5
Baked Goods	The Cheesecake Factory	Sourdough Baguette	260	55	9.0	1.0
Baked Goods	The Cheesecake Factory	Wheat Baguette	370	72	12.0	4.0
Entrees	The Cheesecake Factory	Giant Belgian Waffle with Strawberries, Pecans and Chantilly Cream	950	108	8.0	56.0
Entrees	The Cheesecake Factory	Buttermilk Pancakes with Wild Blueberries	1460	194	23.0	68.0
Entrees	The Cheesecake Factory	Kids' Brunch with French Toast	1140	116	23.0	65.0
Entrees	The Cheesecake Factory	Kids' Brunch with Buttermilk Pancakes	680	75	14.0	37.0
Toppings & Ingredients	The Cheesecake Factory	A La Mode	400	36	8.0	24.0
Toppings & Ingredients	The Cheesecake Factory	Hot Fudge	280	27	3.0	20.0
Beverages	The Cheesecake Factory	Certified Organic Black and Herb Teas	0	0	0.0	0.0

Beverages	The Cheesecake Factory	Freshly Brewed Black, Green or Tropical Iced Teas	0	0	0.0	0.0
Beverages	The Cheesecake Factory	Arnold Palmer	160	42	0.0	0.0
Beverages	The Cheesecake Factory	Coke	100	27	0.0	0.0
Beverages	The Cheesecake Factory	Diet Coke	0	0	0.0	0.0
Beverages	The Cheesecake Factory	Coca-Cola Zero Sugar	0	0	0.0	0.0
Beverages	The Cheesecake Factory	Barq's Root Beer	110	29	0.0	0.0
Pizza	The Cheesecake Factory	The Everything Flatbread with Kalamata Olives	1240	93	55.0	72.0
Pizza	The Cheesecake Factory	Pepperoni Flatbread with Hot Honey	1140	96	53.0	61.0
Entrees	The Cheesecake Factory	Lunch Pasta Carbonara	1540	120	27.0	105.0
Entrees	The Cheesecake Factory	Lunch Evelyn's Favorite Pasta	830	92	11.0	47.0
Salads	The Cheesecake Factory	Lunch Cobb Salad	1140	22	39.0	100.0
Burgers	The Cheesecake Factory	Factory Turkey Burger	940	59	49.0	60.0
Burgers	The Cheesecake Factory	Impossible Burger	560	51	30.0	27.0
Burgers	The Cheesecake Factory	Impossible Burger	790	67	29.0	48.0
Burgers	The Cheesecake Factory	Bacon-Bacon Cheeseburger	1520	78	74.0	103.0
Burgers	The Cheesecake Factory	Americana Cheeseburger	1250	82	56.0	78.0
Burgers	The Cheesecake Factory	Mushroom Burger	1300	73	61.0	86.0
Burgers	The Cheesecake Factory	Stuffed Cheddar Burger	990	73	55.0	55.0
Burgers	The Cheesecake Factory	Old Fashioned Burger	840	64	43.0	46.0
Entrees	The Cheesecake Factory	Kids' Pasta with Butter and Parmesan	460	66	5.0	20.0
Entrees	The Cheesecake Factory	Kids' Pasta with Marinara Sauce	540	85	8.0	19.0
Entrees	The Cheesecake Factory	Kids' Pasta with Alfredo Sauce	1020	77	18.0	71.0
Entrees	The Cheesecake Factory	Lunch Pasta Carbonara with Chicken	1630	120	44.0	108.0
Entrees	The Cheesecake Factory	Evelyn's Favorite Pasta	1150	112	14.0	73.0
Entrees	The Cheesecake Factory	Pasta Carbonara	2170	151	38.0	154.0
Salads	The Cheesecake Factory	Cobb Salad	1630	30	62.0	140.0
Salads	The Cheesecake Factory	Caesar Salad	720	19	12.0	66.0
Salads	The Cheesecake Factory	Caesar Salad	1070	25	18.0	99.0
Salads	The Cheesecake Factory	Factory Chopped Salad	840	34	29.0	66.0
Salads	The Cheesecake Factory	Tossed Green Salad	35	7	2.0	0.0
Burgers	The Cheesecake Factory	Happy Hour Burger	950	68	49.0	55.0
Salads	The Cheesecake Factory	Green Salad	160	5	1.0	16.0
Beverages	The Cheesecake Factory	Coke	35	10	0.0	0.0
Beverages	The Cheesecake Factory	Diet Coke	0	0	0.0	0.0
Beverages	The Cheesecake Factory	Kids' Barq's Root Beer	70	18	0.0	0.0



Beverages	The Cheesecake Factory	Barq'sRoot Beer	40	11	0.0	0.0
Beverages	The Cheesecake Factory	Sprite	35	9	0.0	0.0
Beverages	The Cheesecake Factory	Dr. Pepper	35	10	0.0	0.0
Beverages	The Cheesecake Factory	Pineapple Mezcal	290	36	0.0	0.0
Beverages	The Cheesecake Factory	Raspberry Lemon Drop	270	32	0.0	0.0
Beverages	The Cheesecake Factory	Strawberry Martini	250	14	0.0	0.0
Beverages	The Cheesecake Factory	The Ultimate	270	29	0.0	0.0
Beverages	The Cheesecake Factory	Strawberry Infused Margarita	280	28	0.0	0.0
Beverages	The Cheesecake Factory	Passion Fruit Margarita	240	32	0.0	0.0
Beverages	The Cheesecake Factory	SkinnyLicious Mojito	150	16	0.0	0.0
Beverages	The Cheesecake Factory	Coconut Mojito	260	31	1.0	4.0
Beverages	The Cheesecake Factory	Passion Fruit Mojito	270	34	0.0	0.0
Beverages	The Cheesecake Factory	Draft Beer (glass)	180	15	2.0	0.0
Beverages	The Cheesecake Factory	Draft Light Beer (glass)	120	7	1.0	0.0
Beverages	The Cheesecake Factory	Bottled Beer (12 oz)	150	13	2.0	0.0
Beverages	The Cheesecake Factory	Bottled Light Beer (12 oz)	100	6	1.0	0.0
Entrees	The Cheesecake Factory	Fettuccini Alfredo with Chicken	1540	113	56.0	97.0
Entrees	The Cheesecake Factory	Four Cheese Pasta with Chicken	1040	111	52.0	43.0
Entrees	The Cheesecake Factory	Pasta Carbonara with Chicken	1560	112	55.0	99.0
Entrees	The Cheesecake Factory	Chicken and Broccoli Pasta	860	83	47.0	39.0
Burgers	The Cheesecake Factory	French Dip Cheeseburger	1620	78	60.0	117.0
Entrees	The Cheesecake Factory	Korean Fried Chicken	1830	240	50.0	75.0
Toppings & Ingredients	The Cheesecake Factory	Balsamic Vinaigrette	80	1	0.0	8.0
Toppings & Ingredients	The Cheesecake Factory	Barbeque Ranch Dressing	80	3	0.0	7.0
Toppings & Ingredients	The Cheesecake Factory	Blue Cheese Dressing	60	1	1.0	5.0
Toppings & Ingredients	The Cheesecake Factory	Caesar Dressing	80	1	1.0	7.0
Toppings & Ingredients	The Cheesecake Factory	Chinese Plum Dressing	60	6	0.0	4.5
Toppings & Ingredients	The Cheesecake Factory	Cilantro Dressing	60	1	1.0	6.0
Toppings & Ingredients	The Cheesecake Factory	Citrus Honey Dressing	60	4	0.0	4.5
Toppings & Ingredients	The Cheesecake Factory	Ketchup	20	5	0.0	0.0
Toppings & Ingredients	The Cheesecake Factory	Ranch Dressing	70	1	0.0	7.0
Toppings & Ingredients	The Cheesecake Factory	Shallot Vinaigrette	90	1	0.0	9.0
Toppings & Ingredients	The Cheesecake Factory	SkinnyLicious Mustard Vinaigrette	15	1	0.0	1.0
Toppings & Ingredients	The Cheesecake Factory	SkinnyLicious Sesame Soy Dressing	20	3	0.0	0.0
Toppings & Ingredients	The Cheesecake Factory	Spicy Peanut Vinaigrette	60	4	1.0	4.0

Toppings & Ingredients	The Cheesecake Factory	Thousand Island Dressing	70	2	0.0	7.0
Entrees	The Cheesecake Factory	Farm Fresh Eggs with Old Smokehouse Bacon	480	4	25.0	40.0
Entrees	The Cheesecake Factory	Farm Fresh Eggs with Grilled Ham	440	2	44.0	29.0
Entrees	The Cheesecake Factory	Factory Create An Omelette Plain Omelette	630	2	22.0	60.0
Entrees	The Cheesecake Factory	Caramel Apple Pancakes	1950	258	25.0	93.0
Entrees	The Cheesecake Factory	Brûléed French Toast with Bacon	2180	208	45.0	131.0
Entrees	The Cheesecake Factory	Brûléed French Toast with Grilled Ham	2140	206	64.0	120.0
Desserts	The Cheesecake Factory	Coconut Cream Pie Cheesecake	1370	114	12.0	98.0
Desserts	The Cheesecake Factory	Caramel Apple Cheesecake	1110	110	12.0	70.0
Beverages	The Cheesecake Factory	Kids' Coke	60	17	0.0	0.0
Beverages	The Cheesecake Factory	Kids' Diet Coke	0	0	0.0	0.0
Beverages	The Cheesecake Factory	Kids' Coca-Cola Zero Sugar	0	0	0.0	0.0
Beverages	The Cheesecake Factory	Kids' Sprite	60	16	0.0	0.0
Beverages	The Cheesecake Factory	Kids' Dr. Pepper	60	17	0.0	0.0
Beverages	The Cheesecake Factory	Kids' Milk	200	20	13.0	7.0
Beverages	The Cheesecake Factory	Kids' Chocolate Milk	330	60	12.0	5.0
Beverages	The Cheesecake Factory	Kids' Non-Fat Milk	120	17	12.0	0.0
Beverages	The Cheesecake Factory	Kids' Apple Juice	170	40	0.0	0.0
Beverages	The Cheesecake Factory	Kids' Lemonade	190	52	0.0	0.0
Appetizers & Sides	The Cheesecake Factory	Kids' French Fries	300	45	3.0	11.0
Appetizers & Sides	The Cheesecake Factory	Kids' Fresh Fruit	50	13	1.0	0.0
Entrees	The Cheesecake Factory	Kids' Quesadilla with Chicken	920	48	59.0	56.0
Beverages	The Cheesecake Factory	Well Bourbon	80	0	0.0	0.0
Beverages	The Cheesecake Factory	Well Gin	80	0	0.0	0.0
Beverages	The Cheesecake Factory	Well Rum	80	0	0.0	0.0
Beverages	The Cheesecake Factory	Well Scotch	80	0	0.0	0.0
Beverages	The Cheesecake Factory	Well Tequila	80	0	0.0	0.0
Beverages	The Cheesecake Factory	Well Vodka	90	2	0.0	0.0
Beverages	The Cheesecake Factory	Coca-Cola Zero Sugar	0	0	0.0	0.0
Beverages	The Cheesecake Factory	Ginger Ale	35	9	0.0	0.0
Beverages	The Cheesecake Factory	Cranberry Juice	45	11	0.0	0.0
Beverages	The Cheesecake Factory	Orange Juice	40	10	1.0	0.0
Beverages	The Cheesecake Factory	Pineapple Juice	50	12	0.0	0.0
Beverages	The Cheesecake Factory	The Cheesecake Factory Signature Lemonade	110	31	0.0	0.0
Salads	The Cheesecake Factory	Tossed Green Salad with Blue Cheese Dressing	370	13	9.0	31.0

Salads	The Cheesecake Factory	Tossed Green Salad with French Mustard Vinaigrette	630	13	3.0	62.0
Salads	The Cheesecake Factory	Tossed Green Salad with Ranch Dressing	450	14	3.0	40.0
Salads	The Cheesecake Factory	Tossed Green Salad with Thousand Island Dressing	470	18	2.0	41.0
Salads	The Cheesecake Factory	Caesar Salad with Chicken	950	19	52.0	73.0
Entrees	The Cheesecake Factory	Lunch Four Cheese Pasta	930	106	24.0	46.0
Entrees	The Cheesecake Factory	Lunch Four Cheese Pasta with Chicken	920	100	38.0	41.0
Entrees	The Cheesecake Factory	Lunch Pasta with Chicken and Roasted Garlic	1190	120	42.0	60.0
Entrees	The Cheesecake Factory	Lunch Shrimp with Rotini	1000	74	27.0	66.0
Entrees	The Cheesecake Factory	Lunch Fresh Grilled Salmon with Corn Succotash	1020	67	50.0	61.0
Entrees	The Cheesecake Factory	Lunch Fresh Grilled Salmon with Green Beans	850	42	46.0	55.0
Entrees	The Cheesecake Factory	Lunch Fresh Grilled Salmon with Sautéed Spinach	880	45	49.0	57.0
Beverages	The Cheesecake Factory	Sparkling Wine (5-1/2 oz)	130	4	0.0	0.0
Beverages	The Cheesecake Factory	Sparkling Wine Bottle 375ml	300	9	0.0	0.0
Beverages	The Cheesecake Factory	Sparkling Wine Bottle 750ml	600	19	0.0	0.0
Beverages	The Cheesecake Factory	White Wine (6-1/2 oz)	160	5	0.0	0.0
Beverages	The Cheesecake Factory	White Wine (9 oz)	220	7	0.0	0.0
Beverages	The Cheesecake Factory	White Wine Bottle	630	19	1.0	0.0
Beverages	The Cheesecake Factory	Red Wine (6-1/2 oz)	160	5	0.0	0.0
Beverages	The Cheesecake Factory	Red Wine (9 oz)	220	7	0.0	0.0
Beverages	The Cheesecake Factory	Red Wine Bottle	630	19	1.0	0.0
Appetizers & Sides	The Cheesecake Factory	Quesadilla with Chicken - Serves 2-4	1150	61	63.0	74.0
Appetizers & Sides	The Cheesecake Factory	Factory Nachos with Spicy Chicken - Serves 2-4	2950	180	83.0	211.0
Appetizers & Sides	The Cheesecake Factory	Thai Lettuce Wraps with Grilled Avocado - Serves 2-4	830	110	15.0	42.0
Soup	The Cheesecake Factory	Cup of Baked Potato Soup	480	32	12.0	34.0
Soup	The Cheesecake Factory	Cup of Butternut Squash Soup	270	21	3.0	21.0
Soup	The Cheesecake Factory	Cup of Tortilla Soup	290	24	10.0	17.0
Soup	The Cheesecake Factory	Cup of Clam Chowder	310	24	11.0	19.0
Soup	The Cheesecake Factory	Cup of Cream of Chicken Soup	390	25	17.0	25.0
Soup	The Cheesecake Factory	Cup of Mexican Chicken and Vegetable Soup	230	33	13.0	6.0
Soup	The Cheesecake Factory	Cup of Cream of Broccoli Soup	390	16	11.0	32.0
Soup	The Cheesecake Factory	Bowl of Baked Potato Soup	800	52	20.0	57.0
Soup	The Cheesecake Factory	Bowl of Butternut Squash Soup	420	33	4.0	32.0
Soup	The Cheesecake Factory	Bowl of Tortilla Soup	500	42	17.0	30.0
Soup	The Cheesecake Factory	Bowl of Clam Chowder	500	39	18.0	30.0
Soup	The Cheesecake Factory	Bowl of Cream of Chicken Soup	630	40	28.0	40.0

Soup	The Cheesecake Factory	Bowl of Mexican Chicken and Vegetable Soup	400	56	21.0	10.0
Soup	The Cheesecake Factory	Bowl of Cream of Broccoli Soup	630	25	19.0	52.0
Salads	The Cheesecake Factory	Tossed Green Salad with Balsamic Vinaigrette	580	19	5.0	55.0
Salads	The Cheesecake Factory	Tossed Green Salad with Blue Cheese Dressing	450	19	11.0	36.0
Salads	The Cheesecake Factory	Tossed Green Salad with SK Mustard Vinaigrette	200	21	5.0	11.0
Salads	The Cheesecake Factory	Tossed Green Salad with Ranch Dressing	530	20	5.0	46.0
Salads	The Cheesecake Factory	Tossed Green Salad with Thousand Island Dressing	550	24	4.0	47.0
Salads	The Cheesecake Factory	Caesar Salad with Chicken	1090	30	54.0	83.0
Entrees	The Cheesecake Factory	Fettuccini Alfredo with Chicken	2180	145	79.0	143.0
Entrees	The Cheesecake Factory	Pasta Carbonara with Chicken	2210	141	78.0	147.0
Entrees	The Cheesecake Factory	Chicken and Broccoli Pasta	1200	114	68.0	54.0
Entrees	The Cheesecake Factory	Four Cheese Pasta with Chicken	1420	132	76.0	66.0
Entrees	The Cheesecake Factory	Chicken Madeira and Herb Crusted Salmon	1480	73	72.0	100.0
Entrees	The Cheesecake Factory	Chicken Madeira and Shrimp Scampi	1530	85	62.0	104.0
Entrees	The Cheesecake Factory	Shrimp Scampi and Herb Crusted Salmon	1690	81	56.0	127.0
Appetizers & Sides	The Cheesecake Factory	Fresh Corn	270	28	8.0	14.0
Salads	The Cheesecake Factory	Caesar Salad with Chicken	1500	41	60.0	119.0
Desserts	The Cheesecake Factory	Chocolate Caramelicious Cheesecake Made With Snickers	1370	116	19.0	96.0
Desserts	The Cheesecake Factory	Low-Licious Cheesecake	570	37	10.0	44.0
Desserts	The Cheesecake Factory	Low-Licious Cheesecake with Strawberries	580	39	10.0	44.0
Beverages	The Cheesecake Factory	The Cheesecake Factory Signature Lemonade	310	84	1.0	0.0
Salads	The Cheesecake Factory	Tossed Green Salad with SK Sesame Soy Dressing	220	33	6.0	8.0
Sandwiches	The Cheesecake Factory	SkinnyLicious Spicy Crispy Chicken Sandwich	580	57	25.0	28.0
Entrees	The Cheesecake Factory	Four Cheese Pasta	1270	126	36.0	69.0
Entrees	The Cheesecake Factory	Four Cheese Pasta with Chicken	1410	127	63.0	73.0
Entrees	The Cheesecake Factory	Pasta with Chicken and Roasted Garlic	1910	164	68.0	109.0
Entrees	The Cheesecake Factory	Pasta Carbonara with Chicken	2300	152	65.0	158.0
Entrees	The Cheesecake Factory	Shrimp with Rotini	1390	107	37.0	91.0
Entrees	The Cheesecake Factory	Fresh Grilled Salmon with Fresh Corn	1330	86	63.0	80.0
Entrees	The Cheesecake Factory	Fresh Grilled Salmon with Green Beans	1150	61	59.0	74.0
Entrees	The Cheesecake Factory	Fresh Grilled Salmon with Sauted Spinach	1190	63	62.0	76.0
Appetizers & Sides	The Cheesecake Factory	Roasted Sweet Potatoes	450	63	5.0	21.0
Salads	The Cheesecake Factory	Caesar Salad with Chicken	1300	25	57.0	106.0
Beverages	The Cheesecake Factory	SkinnyLicious Red Sangria	120	16	1.0	0.0
Beverages	The Cheesecake Factory	Espresso Martini	250	23	0.0	0.0

Beverages	The Cheesecake Factory	Guava Sparkler	150	39	0.0	0.0
Soup	The Cheesecake Factory	Cup of Street Corn Soup	370	33	5.0	26.0
Soup	The Cheesecake Factory	Bowl of Street Corn Soup	620	55	8.0	42.0
Salads	The Cheesecake Factory	Beet and Avocado Salad	290	40	7.0	12.0
Entrees	The Cheesecake Factory	Chicken "Littles"	2120	168	108.0	112.0
Entrees	The Cheesecake Factory	Bacon And Avocado Benedict	1340	59	35.0	107.0
Desserts	The Cheesecake Factory	Classic Basque Cheesecake	1150	85	30.0	148.0
Beverages	The Cheesecake Factory	Peach Lemonade	330	83	1.0	0.0
Beverages	The Cheesecake Factory	SkinnyLicious® Long Island Iced Tea	110	6	0.0	0.0
Beverages	The Cheesecake Factory	SkinnyLicious Red Sangria	120	16	1.0	0.0
Beverages	The Cheesecake Factory	SkinnyLicious Margarita	150	17	0.0	0.0
Beverages	The Cheesecake Factory	SkinnyLicious Cosmopolitan	110	9	0.0	0.0
Sandwiches	The Cheesecake Factory	SkinnyLicious Crispy Chicken Sandwich	560	57	25.0	27.0
Beverages	The Cheesecake Factory	Sprite	100	26	0.0	0.0
Beverages	The Cheesecake Factory	SkinnyLicious Long Island Iced Tea	110	6	0.0	0.0
Beverages	The Cheesecake Factory	Dr. Pepper	100	27	0.0	0.0
Appetizers & Sides	The Cheesecake Factory	Sweet Corn Tamale Cakes - Serves 2-4	1340	119	16.0	88.0
Entrees	The Cheesecake Factory	Lunch Shepherd's Pie	1030	66	55.0	60.0
Entrees	The Cheesecake Factory	Shepherd's Pie	1460	90	79.0	85.0
Entrees	The Cheesecake Factory	Steak Diane	1150	67	76.0	65.0
Entrees	The Cheesecake Factory	Chargrilled New York Steak	1000	65	63.0	54.0
Entrees	The Cheesecake Factory	Grilled Rib-Eye Steak	1250	57	75.0	80.0
Entrees	The Cheesecake Factory	Filet Mignon	870	56	74.0	39.0
Entrees	The Cheesecake Factory	Jambalaya Hash & Eggs	1750	106	44.0	128.0
Sandwiches	The Cheesecake Factory	SkinnyLicious Chicken Soft Tacos	510	63	32.0	15.0
Sandwiches	The Cheesecake Factory	SkinnyLicious Shrimp Soft Tacos	510	66	31.0	14.0
Entrees	The Cheesecake Factory	Kids' Grilled Chicken	450	38	30.0	19.0
Entrees	The Cheesecake Factory	Kids' Grilled Salmon	540	40	32.0	28.0
Desserts	The Cheesecake Factory	Kids' Scoop of Ice Cream	320	26	6.0	21.0
Desserts	The Cheesecake Factory	Kids' Mini Hot Fudge Sundae	480	44	7.0	32.0
Desserts	The Cheesecake Factory	Kids' Strawberries	180	13	1.0	14.0
Salads	The Cheesecake Factory	Californian Chopped Salad	1200	25	24.0	111.0
Entrees	The Cheesecake Factory	SkinnyLicious Spicy Shrimp Pasta	580	72	21.0	21.0
Beverages	The Cheesecake Factory	Paradise Colada	340	37	0.0	2.0
Beverages	The Cheesecake Factory	Paradise Colada (NON INFUSED)	330	37	0.0	2.0

Beverages	The Cheesecake Factory	Sangria Rosa	270	40	0.0	0.0
Beverages	The Cheesecake Factory	Strawberry Mule	310	32	0.0	0.0
Appetizers & Sides	The Cheesecake Factory	Street Corn	720	47	16.0	55.0
Appetizers & Sides	The Cheesecake Factory	Asparagus Fries	790	47	13.0	60.0
Appetizers & Sides	The Cheesecake Factory	Spicy Tuna	480	49	21.0	22.0
Appetizers & Sides	The Cheesecake Factory	Ahi Poke Nachos	1030	77	30.0	67.0
Pizza	The Cheesecake Factory	Cacio e Pepe Flatbread	1010	87	42.0	54.0
Pizza	The Cheesecake Factory	Bee Sting Flatbread	1140	96	54.0	60.0
Salads	The Cheesecake Factory	Californian Chopped Salad	1200	25	24.0	111.0
Salads	The Cheesecake Factory	Harvest Chicken Salad	1170	52	44.0	89.0
Entrees	The Cheesecake Factory	Cacio e Pepe Pasta	1970	145	43.0	136.0
Entrees	The Cheesecake Factory	Cacio e Pepe Pasta with Chicken	2250	145	87.0	148.0
Entrees	The Cheesecake Factory	Spicy Rigatoni Vodka	1640	131	36.0	107.0
Entrees	The Cheesecake Factory	Seared Ahi Tuna	990	121	45.0	38.0
Entrees	The Cheesecake Factory	SkinnyLicious Lemon-Herb parmesan Chicken	590	17	53.0	32.0
Entrees	The Cheesecake Factory	SkinnyLicious Spicy Shrimp Pasta	590	69	27.0	20.0
Sandwiches	Tropical Smoothie Café	Chicken Caprese	660	62	45.0	26.0
Sandwiches	Tropical Smoothie Café	Chicken Caprese w/ Bacon	720	62	49.0	31.0
Sandwiches	Tropical Smoothie Café	Turkey Bacon Ranch	560	59	42.0	20.0
Entrees	Tropical Smoothie Café	Santa Fe Chicken	600	50	35.0	28.0
Entrees	Tropical Smoothie Café	Three Cheese Chicken	550	41	33.0	27.0
Entrees	Tropical Smoothie Café	Chicken Bacon Ranch	500	44	31.0	23.0
Entrees	Tropical Smoothie Café	Chicken Pesto	430	43	28.0	16.0
Entrees	Tropical Smoothie Café	Chipotle Chicken Club	490	42	27.0	24.0
Entrees	Tropical Smoothie Café	Cheese Quesadilla	400	37	19.0	19.0
Entrees	Tropical Smoothie Café	Cheese Quesadilla w/ Chicken	480	38	33.0	21.0
Sandwiches	Tropical Smoothie Café	Turkey & Cheddar Wrap	370	37	24.0	14.0
Sandwiches	Tropical Smoothie Café	All American Wrap	410	37	18.0	20.0
Sandwiches	Tropical Smoothie Café	Peanut Butter Banana Crunch Flatbread	580	79	16.0	23.0
Sandwiches	Tropical Smoothie Café	Southwest Wrap	580	38	24.0	36.0
Appetizers & Sides	Tropical Smoothie Café	Apple	90	25	0.0	0.0
Appetizers & Sides	Tropical Smoothie Café	Banana	110	27	1.0	0.0
Appetizers & Sides	Tropical Smoothie Café	Kale & Apple Slaw	130	11	1.0	9.0
Appetizers & Sides	Tropical Smoothie Café	Baked Lay's Original	140	24	2.0	4.0
Appetizers & Sides	Tropical Smoothie Café	Sunchips Harvest Cheddar	210	28	3.0	9.0

Appetizers & Sides	Tropical Smoothie Café	Miss Vickie's Sea Salt & Vinegar	200	23	3.0	11.0
Appetizers & Sides	Tropical Smoothie Café	Miss Vickie's Simply Sea Salt	210	23	3.0	12.0
Appetizers & Sides	Tropical Smoothie Café	Miss Vickie's Jalapeno	200	22	3.0	11.0
Appetizers & Sides	Tropical Smoothie Café	Miss Vickie's Smokehouse BBQ	200	23	2.0	11.0
Desserts	Tropical Smoothie Café	Chocolate Chunk	350	41	4.0	20.0
Desserts	Tropical Smoothie Café	Snickerdoodle	330	48	4.0	14.0
Beverages	Tropical Smoothie Café	Aquafina Bottled Water, 20 fl oz	0	0	0.0	0.0
Beverages	Tropical Smoothie Café	Brewed Sweet Tea, 24 fl oz	250	62	0.0	0.0
Beverages	Tropical Smoothie Café	Brewed Unsweet Tea, 16 fl oz	0	1	0.0	0.0
Beverages	Tropical Smoothie Café	Brewed Unsweet Tea, 24 fl oz	5	2	0.0	0.0
Beverages	Tropical Smoothie Café	Coca-cola, 8.5 fl oz	110	29	0.0	0.0
Beverages	Tropical Smoothie Café	Coca-cola, 12 fl oz	150	40	0.0	0.0
Beverages	Tropical Smoothie Café	Coca-cola, 20 fl oz	240	67	0.0	0.0
Beverages	Tropical Smoothie Café	Coca-cola, 24 fl oz	290	80	0.0	0.0
Beverages	Tropical Smoothie Café	Coke Zero, 24 fl oz	0	0	0.0	0.0
Beverages	Tropical Smoothie Café	Dasani Bottled Water, 20 fl oz	0	0	0.0	0.0
Beverages	Tropical Smoothie Café	Diet Coke, 8.5 fl oz	0	0	0.0	0.0
Beverages	Tropical Smoothie Café	Diet Coke, 12 fl oz	0	0	0.0	0.0
Beverages	Tropical Smoothie Café	Diet Coke, 20 fl oz	0	0	0.0	0.0
Beverages	Tropical Smoothie Café	Diet Coke, 24 fl oz	0	0	0.0	0.0
Beverages	Tropical Smoothie Café	Minute Maid Lemonade, 24 fl oz	270	75	0.0	0.0
Beverages	Tropical Smoothie Café	Nestle Pure Life Bottled Water, 20 fl oz	0	0	0.0	0.0
Beverages	Tropical Smoothie Café	Organic ½ Tea & ½ Lemonade, 16.9 fl oz	100	25	0.0	0.0
Beverages	Tropical Smoothie Café	Organic Honey Green Tea, 16.9 fl oz	70	19	0.0	0.0
Beverages	Tropical Smoothie Café	Organic Peach Tea, 16.9 fl oz	100	25	0.0	0.0
Beverages	Tropical Smoothie Café	Sprite, 8.5 fl oz	100	27	0.0	0.0
Beverages	Tropical Smoothie Café	Sprite, 12 fl oz	140	39	0.0	0.0
Beverages	Tropical Smoothie Café	Sprite, 20 fl oz	240	64	0.0	0.0
Beverages	Tropical Smoothie Café	Sprite, 24 fl oz	280	77	0.0	0.0
Beverages	Tropical Smoothie Café	Acai Berry Boost	470	114	1.0	2.0
Beverages	Tropical Smoothie Café	Avocolada	600	112	4.0	17.0
Beverages	Tropical Smoothie Café	Bahama Mama	510	117	3.0	4.0
Beverages	Tropical Smoothie Café	Beach Bum	550	131	4.0	4.0
Beverages	Tropical Smoothie Café	Blimey Limey	480	119	2.0	0.0
Beverages	Tropical Smoothie Café	Blueberry Bliss	340	86	1.0	0.5

Beverages	Tropical Smoothie Café	Chia Banana Boost with Peanut Butter	770	130	14.0	26.0
Beverages	Tropical Smoothie Café	Chia Banana Boost with Strawberry	610	127	8.0	12.0
Beverages	Tropical Smoothie Café	Detox Island Green	180	43	4.0	0.0
Beverages	Tropical Smoothie Café	Island Green	410	102	3.0	0.0
Beverages	Tropical Smoothie Café	Jetty Punch	370	94	2.0	0.0
Beverages	Tropical Smoothie Café	Kiwi Quencher	450	111	2.0	0.0
Beverages	Tropical Smoothie Café	Lean Machine	490	124	2.0	0.0
Beverages	Tropical Smoothie Café	Mango Magic	400	98	3.0	0.0
Beverages	Tropical Smoothie Café	Mocha Madness	540	124	5.0	4.0
Beverages	Tropical Smoothie Café	Paradise Point	430	110	3.0	0.0
Beverages	Tropical Smoothie Café	Peanut Butter Cup	700	131	10.0	18.0
Beverages	Tropical Smoothie Café	Peanut Paradise with Pea	730	109	37.0	17.0
Beverages	Tropical Smoothie Café	Peanut Paradise with Whey	680	107	31.0	17.0
Beverages	Tropical Smoothie Café	Pomegranate Plunge	520	131	1.0	0.0
Beverages	Tropical Smoothie Café	Sunrise Sunset	400	97	2.0	0.0
Beverages	Tropical Smoothie Café	Triple Berry Oat	410	83	15.0	4.5
Beverages	Tropical Smoothie Café	Kids Jetty Junior	190	47	1.0	0.0
Beverages	Tropical Smoothie Café	Kids Lil' Limeberry	260	66	0.0	0.0
Toppings & Ingredients	Tropical Smoothie Café	Energizer	0	0	0.0	0.0
Toppings & Ingredients	Tropical Smoothie Café	Fat Bumer	0	0	0.0	0.0
Toppings & Ingredients	Tropical Smoothie Café	Multivitamin	15	4	0.0	0.0
Toppings & Ingredients	Tropical Smoothie Café	Pea Protein Powder	150	4	28.0	2.0
Toppings & Ingredients	Tropical Smoothie Café	Probiotic	20	6	0.0	0.0
Toppings & Ingredients	Tropical Smoothie Café	Vitamin B12	15	4	0.0	0.0
Toppings & Ingredients	Tropical Smoothie Café	Vitamin C Immune Complex	20	5	0.0	0.0
Toppings & Ingredients	Tropical Smoothie Café	Whey Protein Powder	100	2	22.0	2.0
Toppings & Ingredients	Tropical Smoothie Café	Raw Almonds	40	2	2.0	3.5
Toppings & Ingredients	Tropical Smoothie Café	Chia Seeds	45	4	1.0	2.5
Toppings & Ingredients	Tropical Smoothie Café	Ground Flaxseed	20	1	1.0	2.0
Toppings & Ingredients	Tropical Smoothie Café	Fresh Ginger	0	1	0.0	0.0
Toppings & Ingredients	Tropical Smoothie Café	Peanut Butter	180	6	6.0	14.0
Toppings & Ingredients	Tropical Smoothie Café	Spinach & Kale Super Pack	15	2	1.0	0.0
Toppings & Ingredients	Tropical Smoothie Café	Whole-Grain Oats	70	15	2.0	0.5
Beverages	Tropical Smoothie Café	Locolada Smoothie w/ Splenda	220	53	2.0	2.0
Beverages	Tropical Smoothie Café	Locolada Smoothie w/ Turbinado	460	113	2.0	2.0



Sandwiches	Tropical Smoothie Café	Baja Chicken	640	67	38.0	24.0
Sandwiches	Tropical Smoothie Café	Buffalo Chicken	510	44	34.0	21.0
Sandwiches	Tropical Smoothie Café	Caribbean Jerk Chicken	590	74	37.0	17.0
Sandwiches	Tropical Smoothie Café	Hummus Veggie	680	83	19.0	31.0
Sandwiches	Tropical Smoothie Café	Supergreen Caesar Chicken	600	42	37.0	31.0
Sandwiches	Tropical Smoothie Café	Thai Chicken	500	62	30.0	15.0
Appetizers & Sides	Tropical Smoothie Café	Jalapeno Corn	150	22	3.0	5.0
Appetizers & Sides	Tropical Smoothie Café	Maple-Kissed Sweet Potatoes	140	26	2.0	4.0
Beverages	Tropical Smoothie Café	Kids Awesome Chocolate	260	62	2.0	2.0
Beverages	Tropical Smoothie Café	Nats Berry Crush	410	102	0.0	0.0
Beverages	Tropical Smoothie Café	Grand Slam Smoothie w/ Splenda	240	59	2.0	2.5
Beverages	Tropical Smoothie Café	Grand Slam Smoothie w/ Turbinado	480	119	2.0	2.5
Beverages	Tropical Smoothie Café	Acai Berry Boost w/ Splenda	250	61	1.0	2.0
Beverages	Tropical Smoothie Café	Avocolada w/ Splenda	380	59	4.0	17.0
Beverages	Tropical Smoothie Café	Bahama Mama w/ Splenda	290	64	3.0	4.0
Beverages	Tropical Smoothie Café	Beach Bum w/ Splenda	330	78	4.0	4.0
Beverages	Tropical Smoothie Café	Blimey Limey w/ Splenda	210	52	2.0	0.0
Beverages	Tropical Smoothie Café	Blueberry Bliss w/ Splenda	130	33	1.0	0.5
Beverages	Tropical Smoothie Café	Chia Banana Boost with Peanut Butter w/ Splenda	670	103	14.0	26.0
Beverages	Tropical Smoothie Café	Chia Banana Boost with Strawberry w/ Splenda	500	100	8.0	12.0
Beverages	Tropical Smoothie Café	Detox Island Green w/ Splenda	200	50	4.0	0.0
Beverages	Tropical Smoothie Café	Island Green w/ Splenda	190	49	3.0	0.0
Beverages	Tropical Smoothie Café	Jetty Punch w/ Splenda	150	40	2.0	0.0
Beverages	Tropical Smoothie Café	Kiwi Quencher w/ Splenda	230	58	2.0	0.0
Beverages	Tropical Smoothie Café	Lean Machine w/ Splenda	170	43	2.0	0.0
Beverages	Tropical Smoothie Café	Mango Magic w/ Splenda	180	44	3.0	0.0
Beverages	Tropical Smoothie Café	Mocha Madness w/ Splenda	320	71	5.0	4.0
Beverages	Tropical Smoothie Café	Paradise Point w/ Splenda	210	56	3.0	0.0
Beverages	Tropical Smoothie Café	Peanut Butter Cup w/ Splenda	480	77	10.0	18.0
Beverages	Tropical Smoothie Café	Peanut Paradise with Pea w/ Splenda	510	55	37.0	17.0
Beverages	Tropical Smoothie Café	Peanut Paradise with Whey w/ Splenda	460	53	31.0	17.0
Beverages	Tropical Smoothie Café	Pomegranate Plunge w/ Splenda	310	78	1.0	0.0
Beverages	Tropical Smoothie Café	Sunrise Sunset w/ Splenda	180	43	2.0	0.0
Beverages	Tropical Smoothie Café	Triple Berry Oat w/ Splenda	410	83	15.0	4.5
Beverages	Tropical Smoothie Café	Kids Awesome Chocolate w/ Splenda	150	35	2.0	2.0

Beverages	Tropical Smoothie Café	Kids Jetty Junior w/ Splenda	190	20	1.0	0.0
Beverages	Tropical Smoothie Café	Kids Lil' Limeberry w/ Splenda	100	26	0.0	0.0
Toppings & Ingredients	Tropical Smoothie Café	Vital Proteins Collagen	35	0	9.0	0.0
Toppings & Ingredients	Tropical Smoothie Café	Lime Straw	40	10	0.0	0.0
Toppings & Ingredients	Tropical Smoothie Café	Strawberry Straw	40	10	0.0	0.0
Salads	Tropical Smoothie Café	Beach Club	350	11	29.0	20.0
Salads	Tropical Smoothie Café	Supergreen Caesar	550	9	32.0	43.0
Salads	Tropical Smoothie Café	Thai Chicken	370	39	25.0	13.0
Sandwiches	Tropical Smoothie Café	Avocado Grilled Cheese	930	69	42.0	56.0
Sandwiches	Tropical Smoothie Café	Smoky Grilled Cheese	650	63	25.0	33.0
Sandwiches	Tropical Smoothie Café	Classic Grilled Cheese	610	65	29.0	26.0
Beverages	Tropical Smoothie Café	Gingerbread Smoothie	600	112	25.0	7.0
Beverages	Tropical Smoothie Café	Gingerbread Smoothie, 1/2 Turbinado	480	82	25.0	7.0
Beverages	Tropical Smoothie Café	Gingerbread Smoothie, Splenda	380	58	25.0	7.0
Entrees	Tropical Smoothie Café	Hawaiian BBQ Island Flat	610	67	41.0	20.0
Beverages	Tropical Smoothie Café	Red Sangria Smoothie	490	120	3.0	0.0
Beverages	Tropical Smoothie Café	Red Sangria Smoothie, 1/2 Turbinado	430	105	3.0	0.0
Beverages	Tropical Smoothie Café	Red Sangria Smoothie, Splenda	400	96	3.0	0.0
Entrees	Tropical Smoothie Café	Thai Crunch Island Flat	530	60	35.0	17.0
Beverages	Tropical Smoothie Café	Duval Delight Smoothie	460	113	2.0	2.0
Entrees	Waffle House	Cheese 'N Eggs	280	2	18.0	22.0
Entrees	Waffle House	Ham & Cheese Omelet Breakfast: 2 Egg Ham & Cheese Omelet	560	5	26.0	47.5
Entrees	Waffle House	Fiesta Omelet Breakfast: 2 Egg Fiesta Omelet	590	12	26.0	47.5
Entrees	Waffle House	Cheesesteak Omelet Breakfast: 2 Egg Cheesesteak Omelet	630	3	33.0	53.0
Entrees	Waffle House	Cheese Omelet Breakfast: 2 Egg Cheese Omelet	500	3	17.0	46.0
Entrees	Waffle House	T-Bone & Eggs	1230	3	139.0	73.0
Entrees	Waffle House	Steak & Eggs	660	4	59.0	46.0
Entrees	Waffle House	Country Ham & Eggs	640	5	83.0	33.0
Entrees	Waffle House	Classic Waffle	410	55	8.0	18.0
Burgers	Waffle House	"Original" Angus Hamburger	465	30	11.0	33.0
Burgers	Waffle House	Double "Original" Angus Cheeseburger	625	30	21.0	46.0
Entrees	Waffle House	Sausage, Egg & Cheese Grits Bowl	360	17	15.0	26.0
Sandwiches	Waffle House	Sausage Egg & Cheese Biscuit	650	35	19.0	48.0
Sandwiches	Waffle House	Bacon Egg & Cheese Biscuit	610	35	19.0	44.0
Sandwiches	Waffle House	Sausage, Egg & Cheese Sandwich	530	28	23.0	36.5

Sandwiches	Waffle House	Bacon, Egg & Cheese Sandwich	410	27	21.0	24.5
Appetizers & Sides	Waffle House	Bacon	140	0	8.0	12.0
Appetizers & Sides	Waffle House	Large Bacon	230	1	13.0	19.0
Appetizers & Sides	Waffle House	Sausage	260	1	10.0	24.0
Appetizers & Sides	Waffle House	Large Sausage	390	1	15.0	36.0
Appetizers & Sides	Waffle House	City Ham	110	7	15.0	2.5
Appetizers & Sides	Waffle House	Country Ham	210	0	32.0	9.0
Appetizers & Sides	Waffle House	Grits	90	16	1.0	2.5
Appetizers & Sides	Waffle House	Cheese Grits	140	16	4.0	6.5
Appetizers & Sides	Waffle House	Hashbrowns	190	29	3.0	7.0
Beverages	Waffle House	Coffee	5	1	0.0	0.0
Beverages	Waffle House	Coffee - Decaf	5	1	0.0	0.0
Beverages	Waffle House	Dark Roast Coffee	5	1	0.0	0.0
Sandwiches	Waffle House	Texas Cheesesteak Melt	650	42	28.0	40.0
Sandwiches	Waffle House	Texas Angus Patty Melt	730	42	26.0	50.0
Toppings & Ingredients	Waffle House	Bert's Chili	80	8	5.0	3.0
Toppings & Ingredients	Waffle House	Jalapeno Peppers	10	2	0.0	0.0
Toppings & Ingredients	Waffle House	Bacon	90	0	5.0	8.0
Sandwiches	Waffle House	Texas Grilled Chicken Melt	660	43	41.0	35.0
Sandwiches	Waffle House	Ham & Cheese Sandwich	295	34	22.0	8.0
Sandwiches	Waffle House	Grilled Cheese Sandwich	330	26	10.0	21.0
Beverages	Waffle House	Alice's Iced Tea - Sweet	70	17	0.0	0.0
Beverages	Waffle House	Alice's Iced Tea-Monade	140	36	0.0	0.0
Beverages	Waffle House	Regular Chocolate Milk	230	31	9.0	9.0
Beverages	Waffle House	Large Chocolate Milk	440	58	16.0	16.0
Beverages	Waffle House	Hot Tea	5	0	0.0	0.0
Appetizers & Sides	Waffle House	Regular Bert's Chili	150	15	10.0	6.0
Toppings & Ingredients	Waffle House	American Cheese (2 Slices)	100	1	5.0	8.0
Toppings & Ingredients	Waffle House	Grilled Onions	15	3	0.0	0.0
Toppings & Ingredients	Waffle House	Grilled Tomatoes	5	2	0.0	0.0
Burgers	Waffle House	Kid's Cheeseburger with Hashbrowns	705	59	17.0	44.0
Entrees	Waffle House	Kid's Grilled Cheese with Hashbrowns	520	55	13.0	28.0
Toppings & Ingredients	Waffle House	2 Eggs - Scrambled	180	2	12.0	14.0
Burgers	Waffle House	Double "Original" Angus Hamburger	575	30	18.0	42.0
Burgers	Waffle House	"Original" Angus Cheeseburger	515	30	14.0	37.0

Sandwiches	Waffle House	Egg & Cheese Sandwich	270	27	13.0	12.5
Sandwiches	Waffle House	Sausage & Egg Sandwich	480	28	20.0	32.5
Sandwiches	Waffle House	Texas Egg & Cheese Melt	590	39	18.0	39.0
Sandwiches	Waffle House	Texas Sausage, Egg & Cheese Melt	850	40	28.0	63.0
Sandwiches	Waffle House	Bacon & Egg Sandwich	360	27	18.0	20.5
Sandwiches	Waffle House	Texas Bacon, Egg & Cheese Melt	730	39	26.0	51.0
Salads	Waffle House	Grilled Chicken Salad	175	8	31.0	2.5
Sandwiches	Waffle House	Grilled Chicken Sandwich Deluxe	490	30	33.0	26.5
Sandwiches	Waffle House	Ham, Egg & Cheese Sandwich	380	34	28.0	15.0
Appetizers & Sides	Waffle House	Grilled Biscuit	380	34	5.0	25.0
Appetizers & Sides	Waffle House	Raisin Toast	300	38	6.0	14.0
Toppings & Ingredients	Waffle House	Sliced Tomatoes	10	2	1.0	0.0
Appetizers & Sides	Waffle House	Texas Toast - 1 Slice	200	19	3.0	12.0
Appetizers & Sides	Waffle House	Wheat Toast	220	22	8.0	12.0
Appetizers & Sides	Waffle House	White Toast	230	26	4.0	13.0
Appetizers & Sides	Waffle House	Hickory Smoked Ham	120	4	18.0	3.0
Entrees	Waffle House	2 Egg Breakfast	180	2	12.0	14.0
Entrees	Waffle House	Chicken & Eggs	550	3	46.0	39.0
Entrees	Waffle House	Meat Lover's Chicken & Eggs	500	4	54.0	30.5
Entrees	Waffle House	Meat Lover's Pork Chops & Eggs	1230	3	139.0	73.0
Entrees	Waffle House	Pork Chops & Eggs	570	3	57.0	37.0
Toppings & Ingredients	Waffle House	Chocolate Chips	110	16	1.0	6.0
Toppings & Ingredients	Waffle House	Peanut Butter Chips	150	17	3.0	8.0
Toppings & Ingredients	Waffle House	Pecans	150	3	2.0	15.0
Toppings & Ingredients	Waffle House	Grilled Mushrooms	20	3	2.0	0.0
Toppings & Ingredients	Waffle House	Hickory Smoked Ham	60	2	9.0	1.5
Toppings & Ingredients	Waffle House	Melted American Cheese	50	0	3.0	4.0
Toppings & Ingredients	Waffle House	Sausage Gravy	90	10	1.0	5.0
Toppings & Ingredients	Waffle House	Sautéed Onions	15	3	0.0	0.0
Appetizers & Sides	Waffle House	Large Hashbrowns	380	59	5.0	14.0
Appetizers & Sides	Waffle House	Triple Hashbrowns	570	87	9.0	21.0
Entrees	Waffle House	Bacon Egg & Cheese Grits Bowl	330	17	16.0	21.0
Entrees	Waffle House	Biscuit & Sausage Gravy	470	44	6.0	30.0
Entrees	Waffle House	Ham Egg & Cheese Grits Bowl	290	19	19.0	15.0
Appetizers & Sides	Waffle House	Tomatoes	10	2	1.0	0.0

Sandwiches	Waffle House	Bacon Biscuit	470	34	10.0	33.0
Sandwiches	Waffle House	City Ham Biscuits (2)	870	75	25.0	53.0
Sandwiches	Waffle House	Country Ham Biscuits (2)	970	68	42.0	60.0
Sandwiches	Waffle House	Sausage Biscuit	510	34	10.0	37.0
Sandwiches	Waffle House	Bacon Sandwich	270	26	12.0	13.5
Sandwiches	Waffle House	Egg Sandwich	220	27	10.0	8.5
Sandwiches	Waffle House	Grilled Ham Sandwich	240	33	19.0	4.0
Sandwiches	Waffle House	Ham & Egg Sandwich	330	34	25.0	11.0
Sandwiches	Waffle House	Sausage Sandwich	390	27	14.0	25.5
Sandwiches	Waffle House	Texas Ham, Egg & Cheese Melt	700	46	33.0	41.5
Entrees	Waffle House	Kid's 1 Egg Breakfast with Bacon or Sausage: 1 Egg Scrambled	90	1	6.0	7.0
Appetizers & Sides	Waffle House	Kid's Bacon	90	0	5.0	8.0
Appetizers & Sides	Waffle House	Kid's Sausage	130	0	5.0	12.0
Entrees	Waffle House	2 Egg Omelet	400	2	12.0	38.0
Toppings & Ingredients	Waffle House	Cheesesteak	130	0	16.0	7.0
Toppings & Ingredients	Waffle House	Grilled Chicken	140	1	29.0	2.5
Toppings & Ingredients	Waffle House	Sausage	130	0	5.0	12.0
Entrees	Waffle House	Chicken Dinner	565	56	37.0	21.5
Entrees	Waffle House	Country Ham Dinner	635	55	40.0	28.0
Entrees	Waffle House	Meat Lovers Chicken Dinner	705	57	66.0	24.0
Entrees	Waffle House	Meat Lovers Pork Chop Dinner	1295	55	122.0	64.0
Entrees	Waffle House	Pork Chop Dinner	1005	55	84.0	49.0
Entrees	Waffle House	Sirloin Dinner	615	55	29.0	30.0
Entrees	Waffle House	T-Bone Dinner	725	56	42.0	37.0
Appetizers & Sides	Waffle House	Large Bert's Chili	230	23	15.0	8.0
Burgers	Waffle House	Angus 1/4 LB Hamburger Deluxe	560	27	19.0	41.0
Burgers	Waffle House	Angus 1/4 LB Cheeseburger Deluxe	620	29	22.0	45.0
Burgers	Waffle House	Double Angus 1/4 LB Cheeseburger Deluxe	890	29	40.0	66.0
Sandwiches	Waffle House	BLT Sandwich	275	27	12.0	13.5
Sandwiches	Waffle House	Grilled Chicken Bacon Cheese Sandwich Deluxe	630	30	41.0	38.5
Sandwiches	Waffle House	Texas Bacon Lover's BLT Sandwich	635	39	19.0	44.0
Sandwiches	Waffle House	Waffle Sandwich	380	29	26.0	18.5
Desserts	Waffle House	Regular Slice Southern Pecan Pie	520	65	4.0	27.0
Desserts	Waffle House	Small Slice Southern Pecan Pie	260	32	2.0	13.0
Desserts	Waffle House	Regular Slice Triple Chocolate Pie	880	120	8.0	42.0

Desserts	Waffle House	Small Slice Triple Chocolate Pie	440	60	4.0	21.0
Salads	Waffle House	Garden Salad	35	7	2.0	0.0
Beverages	Waffle House	Large Apple Juice	200	46	0.0	0.0
Beverages	Waffle House	Regular Apple Juice	100	23	0.0	0.0
Beverages	Waffle House	Barq's Root Beer	180	50	0.0	0.0
Beverages	Waffle House	Coca-Cola	160	44	0.0	0.0
Beverages	Waffle House	Diet Coke	0	0	0.0	0.0
Beverages	Waffle House	Hi-C Fruit Punch	170	46	0.0	0.0
Beverages	Waffle House	Minute Maid Classic Style Lemonade	210	56	0.0	0.0
Beverages	Waffle House	Large Minute Maid Orange Juice	120	28	0.0	0.0
Beverages	Waffle House	Regular Minute Maid Orange Juice	230	53	0.0	0.0
Beverages	Waffle House	Pibb-Xtra	150	42	0.0	0.0
Beverages	Waffle House	Sprite	160	42	0.0	0.0
Entrees	Waffle House	Kids Waffle with Bacon or Sausage: Waffle	410	55	8.0	18.0
Appetizers & Sides	Waffle House	Sausage	260	1	10.0	24.0
Sandwiches	Waffle House	Chicken Biscuit	520	35	34.0	27.5
Toppings & Ingredients	Waffle House	1 Egg - Scrambled	90	1	6.0	7.0
Toppings & Ingredients	Waffle House	American Cheese	50	0	3.0	4.0
Beverages	Waffle House	Alice's Iced Tea - Unsweet	0	0	0.0	0.0
Beverages	Waffle House	Regular Milk	130	13	9.0	5.0
Beverages	Waffle House	Large Milk	250	24	16.0	10.0
Burgers	Wendy's	Jr. Cheeseburger	290	26	14.0	14.0
Burgers	Wendy's	Jr. Bacon Cheeseburger	370	25	18.0	23.0
Burgers	Wendy's	Double Stack	410	26	23.0	24.0
Burgers	Wendy's	Jr. Cheeseburger Deluxe	340	27	15.0	20.0
Sandwiches	Wendy's	Crispy Chicken Sandwich	330	33	14.0	16.0
Sandwiches	Wendy's	Spicy Chicken Sandwich	490	50	28.0	20.0
Soup	Wendy's	Chili, Small	240	22	16.0	11.0
Soup	Wendy's	Chili, Large	340	31	22.0	15.0
Fried Potatoes	Wendy's	French Fries, Small	260	35	4.0	12.0
Fried Potatoes	Wendy's	French Fries, Medium	350	47	5.0	16.0
Fried Potatoes	Wendy's	French Fries, Large	470	63	7.0	21.0
Appetizers & Sides	Wendy's	Sour Cream & Chive Baked Potato	310	63	8.0	2.5
Appetizers & Sides	Wendy's	Bacon Cheese Baked Potato	440	64	17.0	13.0
Burgers	Wendy's	Baconator	960	36	57.0	66.0

Burgers	Wendy's	Dave's Double	850	37	49.0	57.0
Burgers	Wendy's	Dave's Triple	1160	38	70.0	81.0
Appetizers & Sides	Wendy's	Apple Bites	35	8	0.0	0.0
Beverages	Wendy's	Classic Chocolate Frosty, Junior	200	33	6.0	5.0
Beverages	Wendy's	Fresh Brewed Coffee, Large	5	0	0.0	0.0
Beverages	Wendy's	Fresh Brewed Decaffeinated Coffee, Large	0	0	0.0	0.0
Beverages	Wendy's	Vanilla Frosty, Large	570	94	15.0	15.0
Beverages	Wendy's	Vanilla Frosty, Junior	190	32	5.0	5.0
Beverages	Wendy's	Vanilla Frosty, Small	340	56	9.0	9.0
Beverages	Wendy's	Vanilla Frosty, Medium	450	75	12.0	12.0
Burgers	Wendy's	Son of Baconator	630	36	32.0	40.0
Beverages	Wendy's	Strawberry Lemonade, Medium	330	84	0.0	0.0
Beverages	Wendy's	Strawberry Lemonade, Small	260	65	0.0	0.0
Beverages	Wendy's	Strawberry Lemonade, Large	420	106	0.0	0.0
Beverages	Wendy's	Classic Chocolate Frosty, Small	350	58	10.0	9.0
Beverages	Wendy's	Classic Chocolate Frosty, Medium	470	79	13.0	12.0
Beverages	Wendy's	Classic Chocolate Frosty, Large	590	99	17.0	15.0
Sandwiches	Wendy's	Crispy Chicken BLT	420	35	19.0	23.0
Beverages	Wendy's	All Natural Lemonade, Small	200	52	0.0	0.0
Beverages	Wendy's	All Natural Lemonade, Medium	280	72	0.0	0.0
Beverages	Wendy's	All Natural Lemonade, Large	330	86	0.0	0.0
Fried Potatoes	Wendy's	Baconator Fries	460	43	14.0	26.0
Salads	Wendy's	Taco Salad	690	68	30.0	34.0
Appetizers & Sides	Wendy's	Chili & Cheese Baked Potato	500	74	20.0	14.0
Appetizers & Sides	Wendy's	Cheese Baked Potato	450	65	15.0	14.0
Desserts	Wendy's	Chocolate Chunk Cookie	330	43	3.0	16.0
Desserts	Wendy's	Sugar Cookie	330	44	3.0	16.0
Fried Potatoes	Wendy's	French Fries, Junior	210	28	3.0	9.0
Beverages	Wendy's	Honest Kids Fruit Punch	35	8	0.0	0.0
Beverages	Wendy's	Cold Brew Iced Coffee, Small	15	3	1.0	0.0
Beverages	Wendy's	Cold Brew Iced Coffee, Large	25	5	1.0	0.0
Beverages	Wendy's	Vanilla Frosty-ccino, Small	210	35	6.0	5.0
Beverages	Wendy's	Vanilla Frosty-ccino, Large	310	51	8.0	8.0
Beverages	Wendy's	Chocolate Frosty-ccino, Small	220	36	6.0	5.0
Beverages	Wendy's	Chocolate Frosty-ccino, Large	310	52	9.0	8.0

Fried Potatoes	Wendy's	Chili Cheese Fries	520	53	17.0	27.0
Appetizers & Sides	Wendy's	Plain Baked Potato	270	61	7.0	0.0
Sandwiches	Wendy's	Spicy Asiago Ranch Club	620	51	36.0	31.0
Entrees	Wendy's	4pc Spicy Chicken Nuggets	190	9	10.0	12.0
Entrees	Wendy's	6pc Spicy Chicken Nuggets	280	13	15.0	18.0
Entrees	Wendy's	10 pc Spicy Chicken Nuggets	470	22	26.0	31.0
Sandwiches	Wendy's	Asiago Ranch Classic Chicken Club	630	50	36.0	31.0
Burgers	Wendy's	Bacon Double Stack	440	26	26.0	26.0
Burgers	Wendy's	Dave's Single	590	37	29.0	37.0
Burgers	Wendy's	Pretzel Bacon Pub Cheeseburger	850	53	40.0	54.0
Burgers	Wendy's	Big Bacon Classic	650	37	33.0	41.0
Burgers	Wendy's	Big Bacon Classic Double	910	37	53.0	62.0
Burgers	Wendy's	Big Bacon Classic Triple	1220	38	75.0	86.0
Burgers	Wendy's	Pretzel Bacon Pub Double	1190	53	64.0	80.0
Burgers	Wendy's	Pretzel Bacon Pub Triple	1530	53	89.0	107.0
Sandwiches	Wendy's	Pretzel Bacon Pub Chicken	840	69	43.0	44.0
Sandwiches	Wendy's	Spicy Pretzel Bacon Pub	840	70	43.0	44.0
Salads	Wendy's	Apple Pecan Salad	440	27	29.0	24.0
Toppings & Ingredients	Wendy's	Caesar Dressing	140	2	1.0	14.0
Salads	Wendy's	Parmesan Caesar Salad	280	6	32.0	14.0
Salads	Wendy's	Southwest Avocado Salad	400	13	30.0	25.0
Fried Potatoes	Wendy's	Cheese Fries	470	44	12.0	27.0
Fried Potatoes	Wendy's	Pub Fries	470	43	15.0	26.0
Beverages	Wendy's	Fresh Brewed Decaffeinated Coffee, Small	0	0	0.0	0.0
Desserts	Wendy's	Oatmeal Bar	270	44	3.0	10.0
Burgers	Wendy's	Italian Mozzarella Cheeseburger, Single	780	65	42.0	40.0
Burgers	Wendy's	Italian Mozzarella Cheeseburger, Double	1100	65	65.0	65.0
Burgers	Wendy's	Italian Mozzarella Cheeseburger, Triple	1420	65	88.0	91.0
Burgers	Wendy's	Bourbon Bacon Cheeseburger	730	52	34.0	43.0
Burgers	Wendy's	Bourbon Bacon Cheeseburger, Double	990	52	54.0	63.0
Burgers	Wendy's	Bourbon Bacon Cheeseburger, Triple	1300	53	75.0	88.0
Burgers	Wendy's	Jr. Hamburger	250	25	13.0	11.0
Sandwiches	Wendy's	Italian Mozzarella Chicken	780	81	45.0	31.0
Entrees	Wendy's	Family Size Nuggets, Spicy	2340	112	128.0	153.0
Entrees	Wendy's	Family Size Nuggets, Crispy	2260	116	123.0	145.0



Sandwiches	Wendy's	Classic Chicken Sandwich	490	49	28.0	21.0
Sandwiches	Wendy's	Grilled Chicken Wrap	410	41	25.0	16.0
Entrees	Wendy's	10pc Crispy Chicken Nuggets	450	23	25.0	29.0
Entrees	Wendy's	6pc Crispy Chicken Nuggets	270	14	15.0	17.0
Entrees	Wendy's	4pc Crispy Chicken Nuggets	180	9	10.0	12.0
Toppings & Ingredients	Wendy's	Ranch Dressing	180	3	2.0	18.0
Toppings & Ingredients	Wendy's	Pomegranate Vinaigrette Dressing	90	16	0.0	3.0
Toppings & Ingredients	Wendy's	Southwest Ranch Dressing	140	4	1.0	14.0
Fried Potatoes	Wendy's	Garlic Fries	450	41	5.0	30.0
Soup	Wendy's	Family Chili	1100	130	94.0	26.0
Beverages	Wendy's	Sunburst Melon Lemonade, Small	280	71	0.0	0.0
Beverages	Wendy's	Sunburst Melon Lemonade, Medium	350	90	0.0	0.0
Beverages	Wendy's	Sunburst Melon Lemonade, Large	470	118	0.0	0.0
Beverages	Wendy's	Pineapple Mango Lemonade, Small	260	66	0.0	0.0
Beverages	Wendy's	Pineapple Mango Lemonade, Medium	330	86	0.0	0.0
Beverages	Wendy's	Pineapple Mango Lemonade, Large	420	109	0.0	0.0
Beverages	Wendy's	Iced Tea, Small	5	0	0.0	0.0
Beverages	Wendy's	Iced Tea, Medium	10	0	0.0	0.0
Beverages	Wendy's	Iced Tea, Large	10	0	0.0	0.0
Beverages	Wendy's	Strawberry Sweet Iced Tea, Small	140	36	0.0	0.0
Beverages	Wendy's	Strawberry Sweet Iced Tea, Medium	240	60	0.0	0.0
Beverages	Wendy's	Strawberry Sweet Iced Tea, Large	270	69	0.0	0.0
Beverages	Wendy's	Pure Life Bottled Water	0	0	0.0	0.0
Beverages	Wendy's	Fresh Brewed Coffee, Small	5	0	0.0	0.0
Beverages	Wendy's	Milk	90	10	7.0	2.0
Beverages	Wendy's	Chocolate Milk	140	23	7.0	2.5
Sandwiches	Whataburger	WhatacatchSandwich	490	59	19.0	20.0
Sandwiches	Whataburger	Buttermilk Biscuit with Bacon	360	35	8.0	21.0
Sandwiches	Whataburger	#21 Breakfast On A Bun with Bacon	360	35	18.0	16.0
Sandwiches	Whataburger	#21 Breakfast On A Bun with Sausage	510	35	27.0	28.0
Sandwiches	Whataburger	Egg Sandwich	310	34	15.0	12.0
Entrees	Whataburger	Taquito with Bacon	360	29	17.0	20.0
Entrees	Whataburger	Taquito with Potato	400	38	15.0	21.0
Entrees	Whataburger	Taquito with Sausage	380	28	16.0	23.0
Appetizers & Sides	Whataburger	Medium Onion Rings	300	33	4.0	17.0

Desserts	Whataburger	Chocolate Chunk Cookie	230	32	2.0	11.0
Baked Goods	Whataburger	Cinnamon Roll (single)	580	103	8.0	16.0
Desserts	Whataburger	Hot Apple Pie	270	34	3.0	14.0
Desserts	Whataburger	Sugar Cookie	230	34	3.0	10.0
Desserts	Whataburger	Fruit Chews	80	19	1.0	0.0
Desserts	Whataburger	Hot Lemon Pie	320	41	4.0	16.0
Beverages	Whataburger	Medium Barq's Root Beer (32 fl oz)	430	116	0.0	0.0
Beverages	Whataburger	Medium Coca-Cola Classic (32 fl oz)	390	107	0.0	0.0
Beverages	Whataburger	Medium Diet Dr Pepper(32 fl oz)	0	1	0.0	0.0
Beverages	Whataburger	Medium Dr Pepper(32 fl oz)	380	104	0.0	0.0
Beverages	Whataburger	Medium Fanta Orange (32 fl oz)	390	108	0.0	0.0
Beverages	Whataburger	Medium Minute Maid Light Lemonade (32 fl oz)	15	5	0.0	0.0
Beverages	Whataburger	Medium POWERADE Fruit Punch (32 fl oz)	220	59	0.0	0.0
Beverages	Whataburger	Medium Vanilla Shake (20 fl oz)	510	86	13.0	15.0
Beverages	Whataburger	Medium Sprite(32 fl oz)	370	99	0.0	0.0
Beverages	Whataburger	Medium Strawberry Shake (20 fl oz)	560	103	12.0	14.0
Burgers	Whataburger	#8 Double Meat Whataburger Jr.	420	37	23.0	20.0
Sandwiches	Whataburger	#16 Chicken Fajita Taco	340	31	29.0	11.0
Sandwiches	Whataburger	Grilled Chicken Melt	390	39	33.0	11.0
Sandwiches	Whataburger	Grilled Cheese	510	42	16.0	28.0
Salads	Whataburger	Garden Salad with Grilled Chicken	290	12	34.0	12.0
Salads	Whataburger	Garden Salad with Whatachick'n	400	22	35.0	20.0
Beverages	Whataburger	1% Low Fat Milk (8 fl oz)	110	13	9.0	2.5
Beverages	Whataburger	1% Low Fat Chocolate Milk (8 fl oz)	160	27	8.0	2.5
Toppings & Ingredients	Whataburger	Thousand Island Dressing	260	8	1.0	25.0
Toppings & Ingredients	Whataburger	Fat-Free Ranch Dressing	50	13	1.0	0.0
Toppings & Ingredients	Whataburger	Honey BBQ Sauce	90	22	0.0	0.0
Toppings & Ingredients	Whataburger	Jalapeno Ranch Dressing	280	2	0.0	30.0
Baked Goods	Whataburger	Jalapeno Cheddar Biscuit	310	30	6.0	18.0
Burgers	Whataburger	#6 Avocado Bacon Burger	820	52	37.0	52.0
Sandwiches	Whataburger	Jalapeno Cheddar Biscuit with Bacon	370	31	9.0	23.0
Sandwiches	Whataburger	#22 Jalapeno Cheddar Biscuit Sandwich with Bacon	500	31	19.0	32.0
Sandwiches	Whataburger	Jalapeno Cheddar Biscuit with Sausage	510	30	18.0	35.0
Sandwiches	Whataburger	#22 Jalapeno Cheddar Biscuit Sandwich with Sausage	640	31	28.0	45.0
Beverages	Whataburger	Medium Coke Zero(32 fl oz)	0	0	0.0	0.0

Toppings & Ingredients	Whataburger	Monterey Jack Cheese	60	0	3.0	5.0
Toppings & Ingredients	Whataburger	Bacon (per slice)	25	0	2.0	1.5
Toppings & Ingredients	Whataburger	Jalapeños (whole or sliced – about 5-8 slices)	0	1	0.0	0.0
Toppings & Ingredients	Whataburger	Avocado	90	4	1.0	9.0
Toppings & Ingredients	Whataburger	Grilled Peppers and Onions	25	3	0.0	1.5
Toppings & Ingredients	Whataburger	Buttermilk Ranch Dressing	240	3	1.0	25.0
Toppings & Ingredients	Whataburger	Spicy Ketchup	30	7	0.0	0.0
Toppings & Ingredients	Whataburger	Fancy Ketchup	35	8	0.0	0.0
Toppings & Ingredients	Whataburger	Salsa Verde	5	1	0.0	0.0
Toppings & Ingredients	Whataburger	Picante Sauce	5	1	0.0	0.0
Toppings & Ingredients	Whataburger	Small American Cheese (per slice)	45	0	3.0	3.5
Sandwiches	Whataburger	Jalapeño Cheddar Biscuit with Egg & Cheese	440	30	16.0	28.0
Toppings & Ingredients	Whataburger	Buffalo Sauce	25	3	0.0	1.5
Toppings & Ingredients	Whataburger	Honey Butter Sauce	300	20	0.0	24.0
Beverages	Whataburger	Medium Coffee (16 fl oz)	5	0	1.0	0.0
Beverages	Whataburger	Medium Decaf Coffee (16 fl oz)	0	0	0.0	0.0
Toppings & Ingredients	Whataburger	Balsamic Vinaigrette	180	10	0.0	15.0
Toppings & Ingredients	Whataburger	Apple Slices	30	8	0.0	0.0
Fried Potatoes	Whataburger	Medium French Fries	400	51	4.0	21.0
Sandwiches	Whataburger	Buffalo Ranch Chicken Strip Sandwich	990	90	41.0	51.0
Sandwiches	Whataburger	Jr. Buffalo Ranch Chicken Strip Sandwich	660	56	28.0	35.0
Beverages	Whataburger	Small Coca-Cola Classic (20 fl oz)	250	67	0.0	0.0
Beverages	Whataburger	Small Diet Dr Pepper(20 fl oz)	0	0	0.0	0.0
Beverages	Whataburger	Large Diet Dr Pepper(44 fl oz)	5	1	0.0	0.0
Beverages	Whataburger	Large Fanta Strawberry (44 fl oz)	600	162	0.0	0.0
Beverages	Whataburger	Small Minute Maid Light Lemonade (20 fl oz)	10	3	0.0	0.0
Beverages	Whataburger	Large Minute Maid Light Lemonade (44 fl oz)	25	7	0.0	0.0
Beverages	Whataburger	Small POWERADE Fruit Punch (20 fl oz)	130	37	0.0	0.0
Beverages	Whataburger	Large POWERADE Fruit Punch (44 fl oz)	300	82	0.0	0.0
Burgers	Whataburger	Mushroom Swiss Burger	1110	61	56.0	70.0
Burgers	Whataburger	Jr. Mushroom Swiss Burger	700	47	32.0	42.0
Beverages	Whataburger	Small Coke Zero(20 fl oz)	0	0	0.0	0.0
Beverages	Whataburger	Large Fuze Raspberry Tea (44 fl oz)	310	84	0.0	0.0
Beverages	Whataburger	Medium Fuze Raspberry Tea (32 fl oz)	220	61	0.0	0.0
Beverages	Whataburger	Medium Mello Yello (32 fl oz)	440	116	0.0	0.0

Beverages	Whataburger	Small Mello Yello (20 fl oz)	270	73	0.0	0.0
Beverages	Whataburger	Kid's POWERADE Mountain Blast (16 fl oz)	110	29	0.0	0.0
Beverages	Whataburger	Large POWERADE Mountain Blast (44 fl oz)	310	80	0.0	0.0
Beverages	Whataburger	Medium POWERADE Mountain Blast (32 fl oz)	220	58	0.0	0.0
Beverages	Whataburger	Small POWERADE Mountain Blast (20 fl oz)	140	37	0.0	0.0
Beverages	Whataburger	Large Sprite(44 fl oz)	510	137	0.0	0.0
Beverages	Whataburger	Small Sprite(20 fl oz)	230	62	0.0	0.0
Beverages	Whataburger	Large Strawberry Shake (32 fl oz)	890	160	19.0	22.0
Beverages	Whataburger	Small Strawberry Shake (16 fl oz)	450	80	9.0	11.0
Burgers	Whataburger	Justaburger	300	35	14.0	11.0
Burgers	Whataburger	#7 Whataburger Jr.	310	37	14.0	11.0
Burgers	Whataburger	#1 Whataburger	590	62	29.0	25.0
Burgers	Whataburger	#5 Bacon & Cheese Whataburger	750	62	39.0	37.0
Burgers	Whataburger	Bacon & Cheese Whataburger Jr.	400	37	21.0	18.0
Burgers	Whataburger	#2 Double Meat Whataburger	830	62	47.0	44.0
Burgers	Whataburger	#3 Triple Meat Whataburger	1070	62	65.0	63.0
Sandwiches	Whataburger	#25 Honey Butter Chicken Biscuit	580	52	13.0	36.0
Entrees	Whataburger	#20 Taquito with Cheese & Potato	440	38	17.0	25.0
Fried Potatoes	Whataburger	Large French Fries	530	68	6.0	28.0
Fried Potatoes	Whataburger	Small French Fries	270	34	3.0	14.0
Salads	Whataburger	Garden Salad	160	10	10.0	10.0
Appetizers & Sides	Whataburger	Large Onion Rings	450	49	7.0	25.0
Entrees	Whataburger	#24 Breakfast Platter with Bacon	600	39	28.0	38.0
Entrees	Whataburger	#24 Breakfast Platter with Sausage	750	39	37.0	50.0
Toppings & Ingredients	Whataburger	Large American Cheese (per slice)	90	0	5.0	7.0
Burgers	Whataburger	Green Chile Double	980	61	54.0	57.0
Sandwiches	Whataburger	Honey BBQ Chicken Strip Sandwich	890	87	38.0	42.0
Sandwiches	Whataburger	Jr. Honey BBQ Chicken Strip Sandwich	650	63	28.0	31.0
Sandwiches	Whataburger	WhataburgerPatty Melt	940	45	49.0	61.0
Sandwiches	Whataburger	Jr. WhataburgerPatty Melt (Single Patty)	640	45	28.0	37.0
Beverages	Whataburger	Large Barq's Root Beer (44 fl oz)	590	160	0.0	0.0
Beverages	Whataburger	Small Barq's Root Beer (20 fl oz)	270	73	0.0	0.0
Beverages	Whataburger	Kid's Caffeine Free Diet Coke(16 fl oz)	0	0	0.0	0.0
Beverages	Whataburger	Small Caffeine Free Diet Coke(20 fl oz)	0	0	0.0	0.0
Beverages	Whataburger	Kid's Cherry Coke(16 fl oz)	210	56	0.0	0.0

Beverages	Whataburger	Large Cherry Coke(44 fl oz)	560	154	0.0	0.0
Beverages	Whataburger	Medium Cherry Coke(32 fl oz)	410	112	0.0	0.0
Beverages	Whataburger	Kid's Coca-Cola Classic (16 fl oz)	200	54	0.0	0.0
Beverages	Whataburger	Large Coca-Cola Classic (44 fl oz)	540	147	0.0	0.0
Beverages	Whataburger	Small Cherry Coke(20 fl oz)	260	70	0.0	0.0
Beverages	Whataburger	Large Diet Coke(44 fl oz)	0	1	0.0	0.0
Beverages	Whataburger	Large Dr Pepper(44 fl oz)	530	143	0.0	0.0
Beverages	Whataburger	Small Dr Pepper(20 fl oz)	240	65	0.0	0.0
Beverages	Whataburger	Kid's Dr Pepper(16 fl oz)	190	52	0.0	0.0
Beverages	Whataburger	Kid's Diet Dr Pepper(16 fl oz)	0	0	0.0	0.0
Beverages	Whataburger	Kid's Fanta Orange (16 fl oz)	200	54	0.0	0.0
Beverages	Whataburger	Large Fanta Orange (44 fl oz)	540	148	0.0	0.0
Beverages	Whataburger	Small Fanta Orange (20 fl oz)	250	67	0.0	0.0
Beverages	Whataburger	Kid's Fanta Strawberry (16 fl oz)	220	59	0.0	0.0
Beverages	Whataburger	Medium Fanta Strawberry (32 fl oz)	430	118	0.0	0.0
Beverages	Whataburger	Small Fanta Strawberry (20 fl oz)	270	74	0.0	0.0
Beverages	Whataburger	Kid's Minute Maid Light Lemonade (16 fl oz)	10	3	0.0	0.0
Beverages	Whataburger	Kid's POWERADE Fruit Punch (16 fl oz)	110	30	0.0	0.0
Beverages	Whataburger	Large Vanilla Shake (32 fl oz)	820	137	21.0	24.0
Beverages	Whataburger	Small Vanilla Shake (16 fl oz)	410	69	10.0	12.0
Beverages	Whataburger	Kid's Sprite(16 fl oz)	180	50	0.0	0.0
Beverages	Whataburger	Large Sweet Tea (44 fl oz)	610	158	0.0	0.0
Beverages	Whataburger	Small Sweet Tea (20 fl oz)	280	72	0.0	0.0
Burgers	Whataburger	#4 Jalapeño & Cheese Whataburger	680	63	34.0	32.0
Entrees	Whataburger	#23 Pancake Platter with Sausage	830	109	21.0	33.0
Entrees	Whataburger	#23 Pancake Platter with Bacon	680	109	12.0	21.0
Toppings & Ingredients	Whataburger	Low-Fat Herb Vinaigrette	35	7	0.0	0.5
Toppings & Ingredients	Whataburger	Low-Fat Honey Pepper Vinaigrette	90	15	0.0	3.5
Toppings & Ingredients	Whataburger	Shredded Cheddar Cheese	170	0	11.0	14.0
Toppings & Ingredients	Whataburger	Creamy Pepper Sauce	240	4	1.0	24.0
Toppings & Ingredients	Whataburger	Honey Mustard Sauce	200	15	1.0	16.0
Toppings & Ingredients	Whataburger	Pancake Syrup	160	39	0.0	0.0
Toppings & Ingredients	Whataburger	Cream Gravy	60	8	0.0	3.0
Entrees	Whataburger	Whatachick'nStrips (2)	300	20	16.0	18.0
Entrees	Whataburger	Whatachick'nBites (4)	260	16	20.0	12.0

Sandwiches	Whataburger	#26 Jalapeño Cheddar Biscuit & Gravy	490	44	9.0	31.0
Sandwiches	Whataburger	#10 Whatachick'n Sandwich with Whatasauce	540	54	32.0	22.0
Sandwiches	Whataburger	#10 Whatachick'n Sandwich with Mayonnaise	580	52	32.0	28.0
Sandwiches	Whataburger	#11 Grilled Chicken Sandwich with Mayonnaise	470	42	32.0	20.0
Sandwiches	Whataburger	#12 Spicy Chicken Sandwich	550	50	31.0	26.0
Entrees	Whataburger	#13 Whatachick'n Strips (3)	460	30	24.0	27.0
Entrees	Whataburger	#14 Whatachick'n Bites (6)	390	25	30.0	19.0
Entrees	Whataburger	#15 Whatachick'n Bites (9)	580	37	45.0	28.0
Appetizers & Sides	Whataburger	Texas Toast	160	21	3.0	7.0
Salads	Whataburger	Apple & Cranberry Salad with Whatachick'n	490	47	34.0	20.0
Salads	Whataburger	Apple & Cranberry Salad with Spicy Chicken	500	49	31.0	21.0
Salads	Whataburger	Cobb Salad	300	8	20.0	21.0
Salads	Whataburger	Cobb Salad with Grilled Chicken	430	10	44.0	23.0
Salads	Whataburger	Cobb Salad with Whatachick'n	540	20	45.0	31.0
Salads	Whataburger	Cobb Salad with Spicy Chicken	550	21	43.0	32.0
Salads	Whataburger	Buffalo Ranch Chicken Salad with Grilled Chicken	370	13	37.0	19.0
Salads	Whataburger	Buffalo Ranch Chicken Salad with Whatachick'n	480	23	38.0	27.0
Salads	Whataburger	Buffalo Ranch Chicken Salad with Spicy Chicken	480	24	35.0	28.0
Salads	Whataburger	Garden Salad with Spicy Chicken	400	22	32.0	21.0
Toppings & Ingredients	Whataburger	Hard-Boiled Egg	80	1	6.0	5.0
Toppings & Ingredients	Whataburger	Blue Cheese	110	2	6.0	9.0
Toppings & Ingredients	Whataburger	Fire Roasted Brown Mushrooms	15	1	1.0	1.0
Toppings & Ingredients	Whataburger	Margarine	35	0	0.0	4.0
Toppings & Ingredients	Whataburger	Sugar-Free Pancake Syrup	25	10	0.0	0.0
Entrees	Whataburger	#20 Taquito with Cheese & Bacon	400	29	20.0	23.0
Entrees	Whataburger	#20 Taquito with Cheese & Sausage	420	28	19.0	26.0
Sandwiches	Whataburger	#22 Buttermilk Biscuit Sandwich with Bacon	490	35	18.0	31.0
Sandwiches	Whataburger	#22 Buttermilk Biscuit Sandwich with Sausage	640	35	27.0	44.0
Sandwiches	Whataburger	#26 Buttermilk Biscuit & Gravy	490	49	8.0	30.0
Baked Goods	Whataburger	Buttermilk Biscuit	310	34	5.0	17.0
Sandwiches	Whataburger	Buttermilk Biscuit with Sausage	510	35	17.0	34.0
Sandwiches	Whataburger	Buttermilk Biscuit with Egg & Cheese	440	35	14.0	27.0
Fried Potatoes	Whataburger	Hashbrowns	190	21	2.0	11.0
Entrees	Whataburger	Pancakes with syrup & margarine	630	108	9.0	17.0
Beverages	Whataburger	Small Coffee (12 fl oz)	5	0	0.0	0.0

Beverages	Whataburger	Large Coffee (20 fl oz)	5	0	1.0	0.0
Beverages	Whataburger	Small Decaf Coffee (12 fl oz)	0	0	0.0	0.0
Beverages	Whataburger	Large Decaf Coffee (20 fl oz)	0	0	1.0	0.0
Beverages	Whataburger	Kid's Unsweet Tea (16 fl oz)	5	1	0.0	0.0
Beverages	Whataburger	Small Unsweet Tea (20 fl oz)	5	2	0.0	0.0
Beverages	Whataburger	Medium Unsweet Tea (32 fl oz)	10	3	0.0	0.0
Beverages	Whataburger	Large Unsweet Tea (44 fl oz)	15	4	0.0	0.0
Beverages	Whataburger	Kid's Sweet Tea (16 fl oz)	220	58	0.0	0.0
Beverages	Whataburger	Small Chocolate Shake (16 fl oz)	440	80	10.0	11.0
Beverages	Whataburger	Medium Chocolate Shake (20 fl oz)	560	102	13.0	14.0
Beverages	Whataburger	Large Chocolate Shake (32 fl oz)	890	159	20.0	23.0
Beverages	Whataburger	Small Chocolate Malt (16 fl oz)	460	85	10.0	11.0
Beverages	Whataburger	Medium Chocolate Malt (20 fl oz)	590	110	12.0	13.0
Beverages	Whataburger	Large Chocolate Malt (32 fl oz)	920	170	19.0	22.0
Beverages	Whataburger	Small Strawberry Malt (16 fl oz)	460	85	9.0	11.0
Beverages	Whataburger	Medium Strawberry Malt (20 fl oz)	590	111	11.0	13.0
Beverages	Whataburger	Large Strawberry Malt (32 fl oz)	920	171	18.0	21.0
Beverages	Whataburger	Small Vanilla Malt (16 fl oz)	430	74	10.0	12.0
Beverages	Whataburger	Medium Vanilla Malt (20 fl oz)	540	94	12.0	14.0
Beverages	Whataburger	Large Vanilla Malt (32 fl oz)	860	148	20.0	23.0
Beverages	Whataburger	Small Dr Pepper Shake(16 fl oz)	430	78	9.0	11.0
Beverages	Whataburger	Medium Dr Pepper Shake (20 fl oz)	550	100	12.0	14.0
Beverages	Whataburger	Large Dr Pepper Shake(32 fl oz)	870	157	19.0	22.0
Beverages	Whataburger	Kid's Diet Coke(16 fl oz)	0	0	0.0	0.0
Beverages	Whataburger	Kid's Coke Zero(16 fl oz)	0	0	0.0	0.0
Beverages	Whataburger	Kid's Barq's Root Beer (16 fl oz)	210	58	0.0	0.0
Beverages	Whataburger	Kid's Hi-C Orange Lavaburst (16 fl oz)	220	58	0.0	0.0
Beverages	Whataburger	Small Hi-C Orange Lavaburst (20 fl oz)	280	73	0.0	0.0
Beverages	Whataburger	Medium Hi-C Orange Lavaburst (32 fl oz)	440	116	0.0	0.0
Beverages	Whataburger	Large Hi-C Orange Lavaburst (44 fl oz)	610	160	0.0	0.0
Beverages	Whataburger	Kid's Hi-C Poppin' Pink Lemonade (16 fl oz)	190	50	0.0	0.0
Beverages	Whataburger	Small Hi-C Poppin' Pink Lemonade (20 fl oz)	240	63	0.0	0.0
Beverages	Whataburger	Medium Hi-C Poppin' Pink Lemonade (32 fl oz)	380	100	0.0	0.0
Beverages	Whataburger	Large Hi-C Poppin' Pink Lemonade (44 fl oz)	520	138	0.0	0.0
Beverages	Whataburger	Kid's Mello Yello (16 fl oz)	220	58	0.0	0.0

Beverages	Whataburger	Large Mello Yello (44 fl oz)	600	160	0.0	0.0
Beverages	Whataburger	Kid's Fuze Raspberry Tea (16 fl oz)	110	31	0.0	0.0
Beverages	Whataburger	Small Fuze Raspberry Tea (20 fl oz)	140	38	0.0	0.0
Beverages	Whataburger	Kid's Pibb Xtra (16 fl oz)	190	50	0.0	0.0
Beverages	Whataburger	Small Pibb Xtra (20 fl oz)	240	63	0.0	0.0
Beverages	Whataburger	Medium Pibb Xtra (32 fl oz)	380	101	0.0	0.0
Beverages	Whataburger	Large Pibb Xtra (44 fl oz)	530	139	0.0	0.0
Sandwiches	Whataburger	#11 Grilled Chicken Sandwich with Whatasauce	430	44	32.0	14.0
Sandwiches	Whataburger	Grilled Veggie Wrap	330	38	7.0	18.0
Burgers	Whataburger	Sweet & Spicy Bacon Burger	1080	69	60.0	62.0
Burgers	Whataburger	Jr. Sweet & Spicy Bacon Burger	600	42	32.0	33.0
Burgers	Whataburger	Jr. Green Chile Double	540	37	28.0	30.0
Salads	Whataburger	Apple & Cranberry Salad with Grilled Chicken	380	38	33.0	12.0
Beverages	Whataburger	Orange Juice (11.5 fl oz)	160	37	2.0	0.0
Beverages	Whataburger	Medium Sweet Tea (32 fl oz)	440	115	0.0	0.0
Toppings & Ingredients	Whataburger	Green Chiles	40	5	1.0	2.5
Entrees	Whataburger	#20 Taquito with Cheese & Chorizo	450	28	19.0	28.0
Appetizers & Sides	Whataburger	Grits	100	22	2.0	0.5
Burgers	White Castle	Cheese Slider (New York / New Jersey only)	170	17	8.0	9.0
Burgers	White Castle	Jalapeño Cheese Slider	170	16	8.0	9.0
Burgers	White Castle	Bacon Cheese Slider	220	15	11.0	14.0
Burgers	White Castle	Double Cheese Slider	300	24	14.0	17.0
Burgers	White Castle	Double Jalapeño Cheese Slider	320	25	15.0	19.0
Sandwiches	White Castle	Chicken Ring w/Cheese	200	18	9.0	10.0
Sandwiches	White Castle	Breakfast Slider w/Sausage, Egg & Cheese	350	15	14.0	26.0
Sandwiches	White Castle	Breakfast Slider w/Bacon, Egg & Cheese	260	15	12.0	17.0
Sandwiches	White Castle	Breakfast Slider w/Bologna, Egg & Cheese	350	17	15.0	24.0
Sandwiches	White Castle	Breakfast Slider w/Egg & Cheese	200	15	9.0	12.0
Appetizers & Sides	White Castle	Chicken Rings, 6 pc.	320	12	18.0	20.0
Appetizers & Sides	White Castle	Chicken Rings, 9 pc.	470	18	26.0	31.0
Appetizers & Sides	White Castle	Chicken Rings, 20 pc. (serves 3)	1050	41	58.0	68.0
Appetizers & Sides	White Castle	Mozzarella Cheese Sticks, 3 Sticks	460	26	12.0	33.0
Appetizers & Sides	White Castle	Mozzarella Cheese Sticks, 5 Sticks	760	40	21.0	55.0
Appetizers & Sides	White Castle	Mozzarella Cheese Sticks, 10 Sticks (serves 3)	1490	77	41.0	111.0
Appetizers & Sides	White Castle	Medium Fish Nibblers	590	51	30.0	29.0



Appetizers & Sides	White Castle	Fish Nibblers Sack (serves 3)	1100	95	55.0	53.0
Appetizers & Sides	White Castle	Medium Onion Chips	930	73	8.0	65.0
Appetizers & Sides	White Castle	Onion Chips Sack (serves 3)	1350	92	11.0	101.0
Appetizers & Sides	White Castle	Small Onion Rings	480	40	6.0	33.0
Appetizers & Sides	White Castle	Onion Rings Sack (serves 3)	890	74	11.0	61.0
Burgers	White Castle	Double Original Slider	250	24	11.0	13.0
Burgers	White Castle	The Original Slider	140	16	6.0	7.0
Fried Potatoes	White Castle	Medium French Fries (New York / New Jersey only)	630	60	9.0	39.0
Fried Potatoes	White Castle	French Fries Sack (serves 3)	770	76	8.0	49.0
Fried Potatoes	White Castle	Medium French Fries	600	57	6.0	39.0
Fried Potatoes	White Castle	Hash Round Nibblers (New York / New Jersey only), Sack	1330	92	9.0	101.0
Fried Potatoes	White Castle	Hash Round Nibblers (New York / New Jersey only), Small	340	23	2.0	25.0
Fried Potatoes	White Castle	Hash Round Nibblers (New York / New Jersey only), Medium	560	39	4.0	42.0
Fried Potatoes	White Castle	Hash Round Nibblers, Medium	720	51	5.0	55.0
Fried Potatoes	White Castle	Hash Round Nibblers Sack	1440	101	10.0	110.0
Fried Potatoes	White Castle	Hash Round Nibblers, Small	360	25	2.0	28.0
Appetizers & Sides	White Castle	Small Onion Rings (New York / New Jersey only)	340	33	2.0	22.0
Beverages	White Castle	Coffee, Small	5	0	0.0	0.0
Beverages	White Castle	Coffee, Medium	5	0	1.0	0.0
Beverages	White Castle	Coffee, Large	5	0	1.0	0.0
Beverages	White Castle	Decaf Coffee, Small	0	0	0.0	0.0
Beverages	White Castle	Hot Chocolate, Medium	240	41	2.0	6.0
Beverages	White Castle	Hot Tea, Medium	0	0	0.0	0.0
Beverages	White Castle	Crave Cooler Coke, Small	110	29	0.0	0.0
Beverages	White Castle	Crave Cooler Coke, Medium	140	39	0.0	0.0
Beverages	White Castle	Crave Cooler Coke, Large	190	51	0.0	0.0
Beverages	White Castle	Crave Cooler Fanta Wild Cherry, Medium	140	39	0.0	0.0
Beverages	White Castle	Chocolate Shake, Chicago Only, Small	550	106	12.0	9.0
Beverages	White Castle	Chocolate Shake, Chicago Only, Medium	780	152	16.0	14.0
Beverages	White Castle	Chocolate Shake, Chicago Only, Large	1040	202	22.0	18.0
Beverages	White Castle	Vanilla Shake, Chicago Region, Small	460	85	12.0	8.0
Beverages	White Castle	Vanilla Shake, Chicago Region, Medium	660	122	17.0	11.0
Beverages	White Castle	Vanilla Shake, Chicago Region, Large	890	163	23.0	15.0
Beverages	White Castle	Strawberry Shake, Chicago Region, Small	540	103	12.0	8.0
Beverages	White Castle	Strawberry Shake, Chicago Region, Medium	770	148	17.0	11.0

Beverages	White Castle	Strawberry Shake, Chicago Region, Large	1020	197	23.0	15.0
Beverages	White Castle	Chocolate Shake, Cincinnati Only, Small	640	112	16.0	17.0
Beverages	White Castle	Chocolate Shake, Cincinnati Only, Medium	920	160	23.0	24.0
Beverages	White Castle	Chocolate Shake, Cincinnati Only, Large	1220	213	30.0	32.0
Beverages	White Castle	Vanilla Shake, Cincinnati Only, Small	630	109	16.0	16.0
Beverages	White Castle	Vanilla Shake, Cincinnati Only, Medium	900	157	23.0	23.0
Beverages	White Castle	Vanilla Shake, Cincinnati Only, Large	1200	209	30.0	30.0
Beverages	White Castle	Chocolate Shake, Detroit Only, Small	560	91	16.0	16.0
Beverages	White Castle	Chocolate Shake, Detroit Only, Medium	790	130	23.0	23.0
Beverages	White Castle	Chocolate Shake, Detroit Only, Large	1060	174	30.0	30.0
Beverages	White Castle	Vanilla Shake, Columbus Only, Small	410	67	13.0	11.0
Beverages	White Castle	Vanilla Shake, Columbus Only, Medium	590	96	19.0	16.0
Beverages	White Castle	Vanilla Shake, Columbus Only, Large	780	128	25.0	21.0
Beverages	White Castle	Strawberry Shake, Columbus Only, Small	480	85	13.0	11.0
Beverages	White Castle	Strawberry Shake, Columbus Only, Medium	690	122	19.0	16.0
Beverages	White Castle	Strawberry Shake, Columbus Only, Large	920	162	25.0	21.0
Beverages	White Castle	Chocolate Shake, Indianapolis Only, Small	560	91	16.0	16.0
Beverages	White Castle	Chocolate Shake, Indianapolis Only, Medium	790	130	23.0	23.0
Beverages	White Castle	Chocolate Shake, Indianapolis Only, Large	1060	174	30.0	30.0
Beverages	White Castle	Chocolate Shake, Louisville Only, Small	680	110	15.0	19.0
Beverages	White Castle	Chocolate Shake, Louisville Only, Medium	1040	167	23.0	28.0
Beverages	White Castle	Chocolate Shake, Louisville Only, Large	1430	230	31.0	39.0
Beverages	White Castle	Chocolate Shake, Nashville Only, Small	570	101	13.0	13.0
Beverages	White Castle	Chocolate Shake, Nashville Only, Medium	820	145	19.0	19.0
Beverages	White Castle	Chocolate Shake, Nashville Only, Large	1090	193	25.0	25.0
Beverages	White Castle	Chocolate Shake, New Jersey Only, Small	560	91	16.0	16.0
Beverages	White Castle	Chocolate Shake, New Jersey Only, Medium	790	130	23.0	23.0
Beverages	White Castle	Chocolate Shake, New Jersey Only, Large	1060	174	30.0	30.0
Beverages	White Castle	Vanilla Shake, New Jersey Only, Small	560	91	16.0	16.0
Beverages	White Castle	Vanilla Shake, New Jersey Only, Medium	790	130	23.0	23.0
Beverages	White Castle	Vanilla Shake, New Jersey Only, Large	1060	174	30.0	30.0
Beverages	White Castle	Chocolate Shake, St Louis Only, Small	490	87	11.0	11.0
Beverages	White Castle	Chocolate Shake, St Louis Only, Medium	700	124	16.0	16.0
Beverages	White Castle	Chocolate Shake, St Louis Only, Large	980	174	23.0	23.0
Fried Potatoes	White Castle	French Fries (New York / New Jersey only) Sack (serves 3)	810	81	12.0	49.0

Appetizers & Sides	White Castle	Mott's Snack and Go Natural Applesauce Pouch	40	10	0.0	0.0
Desserts	White Castle	Fudge Dipped Brownie	240	34	2.0	12.0
Desserts	White Castle	Fudge Dipped Cheesecake	190	21	3.0	11.0
Fried Potatoes	White Castle	Small French Fries (New York / New Jersey only)	350	34	5.0	21.0
Sandwiches	White Castle	Breakfast Toast Sandwich w/Sausage, Egg, Cheese	420	29	16.0	27.0
Sandwiches	White Castle	Breakfast Toast Sandwich w/Bacon, Egg, Cheese	380	29	17.0	23.0
Sandwiches	White Castle	Breakfast Toast Sandwich w/Egg, Cheese	270	29	11.0	13.0
Sandwiches	White Castle	Breakfast Toast Sandwich w/Bologna, Egg, Cheese	420	31	17.0	24.0
Baked Goods	White Castle	Cinnamon Donuts	150	22	2.0	8.0
Baked Goods	White Castle	Chocolate Covered Donuts	160	21	2.0	9.0
Baked Goods	White Castle	Powdered Sugar Donuts	150	22	2.0	8.0
Baked Goods	White Castle	Plain Donuts	150	22	2.0	8.0
Fried Potatoes	White Castle	Loaded Fries (New York / New Jersey only)	460	20	4.0	38.0
Appetizers & Sides	White Castle	Small Onion Chips	480	33	4.0	36.0
Fried Potatoes	White Castle	Small French Fries	330	32	3.0	21.0
Fried Potatoes	White Castle	Cheese Fries (New York / New Jersey only)	410	35	4.0	28.0
Appetizers & Sides	White Castle	Onion Rings (New York / New Jersey only) Sack (serves 3)	640	62	4.0	41.0
Sandwiches	White Castle	Waffle Breakfast Slider w/Bacon, Egg, Cheese	390	27	12.0	26.0
Sandwiches	White Castle	Chicken & Waffles - Crispy	350	36	9.0	18.0
Sandwiches	White Castle	Waffle Breakfast Slider w/Egg, Cheese	330	27	9.0	21.0
Beverages	White Castle	Bottled Water	0	0	0.0	0.0
Burgers	White Castle	The Original Slider (New York / New Jersey only)	150	17	6.0	7.0
Burgers	White Castle	Cheese Slider	170	16	8.0	9.0
Burgers	White Castle	Double Original Slider (New York / New Jersey only)	260	27	11.0	13.0
Burgers	White Castle	Jalapeño Cheese Slider (New York / New Jersey only)	180	17	8.0	9.0
Burgers	White Castle	Bacon Cheese Slider (New York / New Jersey only)	230	17	11.0	14.0
Burgers	White Castle	Veggie Slider w/Ranch	320	23	5.0	23.0
Burgers	White Castle	Double Cheese Slider (New York / New Jersey only)	310	27	14.0	17.0
Desserts	White Castle	Goey Butter Cake	220	31	3.0	9.0
Beverages	White Castle	Monster Energy	210	54	0.0	0.0
Baked Goods	White Castle	Glazed Donuts	160	21	2.0	9.0
Beverages	White Castle	Barq's Red Cream Soda (select locations)	280	75	0.0	0.0
Beverages	White Castle	Hot Chocolate, Columbus	300	46	1.0	10.0
Beverages	White Castle	Iced Tea, Southern Sweet, Columbus, New York & New Jersey Only, Gallon	1450	376	0.0	0.0
Beverages	White Castle	Iced Tea, Southern Sweet, Columbus, New York & New Jersey Only, Large	450	118	0.0	0.0

Beverages	White Castle	Iced Tea, Southern Sweet, Columbus, New York & New Jersey Only, Medium	340	88	0.0	0.0
Beverages	White Castle	Iced Tea, Southern Sweet, Columbus, New York & New Jersey Only, Small	240	62	0.0	0.0
Beverages	White Castle	Iced Tea, Southern Sweet, Gallon	1100	286	0.0	0.0
Beverages	White Castle	Iced Tea, Southern Sweet, Large	340	89	0.0	0.0
Beverages	White Castle	Iced Tea, Southern Sweet, Medium	260	67	0.0	0.0
Beverages	White Castle	Iced Tea, Southern Sweet, Small	180	47	0.0	0.0
Beverages	White Castle	Iced Tea, Unsweetened, Gallon	40	11	0.0	0.0
Beverages	White Castle	Iced Tea, Unsweetened, Large	5	2	0.0	0.0
Beverages	White Castle	Iced Tea, Unsweetened, Medium	5	1	0.0	0.0
Beverages	White Castle	Iced Tea, Unsweetened, Small	5	1	0.0	0.0
Beverages	White Castle	Strawberry Shake, Louisville Only, Large	1300	215	31.0	36.0
Beverages	White Castle	Strawberry Shake, Louisville Only, Medium	940	156	23.0	27.0
Beverages	White Castle	Strawberry Shake, Louisville Only, Small	620	102	15.0	17.0
Beverages	White Castle	Vanilla Shake, Detroit Only, Large	1060	174	30.0	30.0
Beverages	White Castle	Vanilla Shake, Detroit Only, Medium	790	130	23.0	23.0
Beverages	White Castle	Vanilla Shake, Detroit Only, Small	560	91	16.0	16.0
Beverages	White Castle	Vanilla Shake, Louisville Only, Large	1140	177	31.0	36.0
Beverages	White Castle	Vanilla Shake, Louisville Only, Medium	830	129	23.0	27.0
Beverages	White Castle	Vanilla Shake, Louisville Only, Small	550	84	15.0	17.0
Beverages	White Castle	Vanilla Shake, Nashville Only, Medium	950	176	19.0	19.0
Beverages	White Castle	Vanilla Shake, Nashville Only, Small	660	124	13.0	13.0
Sandwiches	White Castle	Breakfast Slider w/Sausage, Egg & Cheddar Cheese	360	16	15.0	27.0
Sandwiches	White Castle	Original Slider w/Egg & Cheese	270	16	13.0	18.0
Burgers	White Castle	Smoked Cheddar Cheese Slider	180	16	8.0	10.0
Burgers	White Castle	Smoked Cheddar Cheese Slider (New York / New Jersey only)	180	18	8.0	10.0
Sandwiches	White Castle	Breakfast Slider w/Sausage, Egg & Jalapeño Cheese	360	16	15.0	27.0
Burgers	White Castle	Veggie Slider w/Honey Mustard	210	27	5.0	10.0
Sandwiches	White Castle	Breakfast Slider w/Egg & Jalapeño Cheese	210	15	9.0	13.0
Sandwiches	White Castle	Breakfast Slider w/Egg & Cheddar Cheese	210	15	10.0	13.0
Sandwiches	White Castle	Breakfast Slider w/Bacon, Egg & Jalapeño Cheese	260	15	12.0	18.0
Sandwiches	White Castle	Breakfast Slider w/Bacon, Egg & Cheddar Cheese	260	15	13.0	18.0
Sandwiches	White Castle	Breakfast Slider w/Bologna, Egg & Jalapeño Cheese	360	17	15.0	25.0
Sandwiches	White Castle	Breakfast Slider w/Bologna, Egg & Cheddar Cheese	360	17	16.0	25.0
Sandwiches	White Castle	Original Slider w/Egg & Jalapeño Cheese	280	17	14.0	18.0
Sandwiches	White Castle	Original Slider w/Egg & Cheddar Cheese	280	17	14.0	18.0

Appetizers & Sides	White Castle	Two Waffles w/Syrup	280	46	2.0	10.0
Sandwiches	White Castle	Breakfast Toast Sandwich w/Sausage, Egg, Cheddar Cheese	430	30	17.0	28.0
Sandwiches	White Castle	Breakfast Toast Sandwich w/Sausage, Egg, Jalapeño Cheese	430	30	17.0	28.0
Sandwiches	White Castle	Breakfast Toast Sandwich w/Egg, Jalapeño Cheese	280	29	11.0	14.0
Sandwiches	White Castle	Breakfast Toast Sandwich w/Egg, Cheddar Cheese	280	29	12.0	14.0
Sandwiches	White Castle	Breakfast Toast Sandwich w/Bacon, Egg, Jalapeño Cheese	390	29	18.0	24.0
Sandwiches	White Castle	Breakfast Toast Sandwich w/Bacon, Egg, Cheddar Cheese	390	29	18.0	24.0
Sandwiches	White Castle	Waffle Breakfast Slider w/Sausage, Egg, Cheddar Cheese	490	28	15.0	36.0
Sandwiches	White Castle	Breakfast Toast Sandwich w/Bologna, Egg, Jalapeño Cheese	430	31	17.0	25.0
Sandwiches	White Castle	Breakfast Toast Sandwich w/Bologna, Egg, Cheddar Cheese	430	31	18.0	25.0
Sandwiches	White Castle	Waffle Breakfast Slider w/Egg, Jalapeño Cheese	340	27	9.0	22.0
Sandwiches	White Castle	Waffle Breakfast Slider w/Egg, Cheddar Cheese	340	27	10.0	22.0
Sandwiches	White Castle	Waffle Breakfast Slider w/Sausage, Egg, Jalapeño Cheese	490	28	15.0	36.0
Sandwiches	White Castle	Waffle Breakfast Slider w/Bacon, Egg, Cheddar Cheese	390	27	13.0	27.0
Sandwiches	White Castle	Waffle Breakfast Slider w/Bologna, Egg, Cheese	480	29	15.0	33.0
Sandwiches	White Castle	Waffle Breakfast Slider w/Bologna, Egg, Jalapeño Cheese	490	29	15.0	34.0
Sandwiches	White Castle	Waffle Breakfast Slider w/Bologna, Egg, Cheddar Cheese	490	29	16.0	34.0
Sandwiches	White Castle	Waffle Breakfast Slider w/Bacon, Egg, Jalapeño Cheese	390	27	13.0	27.0
Burgers	White Castle	Double Smoked Cheddar Cheese Slider	320	26	15.0	19.0
Burgers	White Castle	Double Smoked Cheddar Cheese Slider (New York / New Jersey only)	330	29	15.0	19.0
Burgers	White Castle	Double Jalapeño Cheese Slider (New York / New Jersey only)	320	27	15.0	18.0
Burgers	White Castle	Bacon Jalapeño Cheese Slider	230	16	11.0	15.0
Burgers	White Castle	Bacon Jalapeño Cheese Slider (New York / New Jersey only)	230	17	11.0	14.0
Burgers	White Castle	Bacon Smoked Cheddar Cheese Slider	230	16	11.0	15.0
Burgers	White Castle	Bacon Smoked Cheddar Cheese Slider (New York / New Jersey only)	240	18	11.0	15.0
Sandwiches	White Castle	Chicken Ring w/Jalapeno Cheese	210	19	10.0	11.0
Sandwiches	White Castle	Chicken Ring w/Smoked Cheddar Cheese	210	19	10.0	11.0
Sandwiches	White Castle	Crispy Chicken w/Cheese	230	22	11.0	10.0
Sandwiches	White Castle	Crispy Chicken w/Jalapeno Cheese	230	23	11.0	11.0
Sandwiches	White Castle	Crispy Chicken w/Smoked Cheddar Cheese	230	23	11.0	11.0
Burgers	White Castle	Impossible Slider w/Smoked Cheddar Cheese	230	17	10.0	13.0
Burgers	White Castle	Impossible Slider - No Cheese	190	16	8.0	10.0
Burgers	White Castle	Impossible Slider w/American Cheese (Las Vegas only)	220	16	9.0	13.0
Beverages	White Castle	Vanilla Shake, Nashville Only, Large	1260	236	25.0	25.0
Sandwiches	White Castle	Panko Fish Slider - Plain	320	25	9.0	20.0

Sandwiches	White Castle	Panko Fish Slider w/Cheese	340	25	11.0	22.0
Sandwiches	White Castle	Panko Fish Slider w/Jalapeno Cheese	350	26	11.0	23.0
Sandwiches	White Castle	Panko Fish Slider w/Cheddar Cheese	350	26	11.0	23.0
Sandwiches	White Castle	Panko Surf & Turf w/Cheese	550	34	21.0	36.0
Sandwiches	White Castle	Panko Surf & Turf w/Cheese (New York / New Jersey only)	550	36	21.0	36.0
Sandwiches	White Castle	Panko Surf & Turf w/Jalapeno Cheese	560	36	22.0	37.0
Sandwiches	White Castle	Panko Surf & Turf w/Jalapeno Cheese (New York / New Jersey only)	570	38	22.0	37.0
Sandwiches	White Castle	Panko Surf & Turf W/Smoked Cheddar Cheese	560	36	22.0	37.0
Sandwiches	White Castle	Panko Surf & Turf W/Smoked Cheddar Cheese (New York/ New Jersey only)	570	38	22.0	37.0
Burgers	White Castle	Veggie Slider - Plain	190	22	5.0	10.0
Toppings & Ingredients	White Castle	BBQ Sauce Tubs	40	10	0.0	0.0
Toppings & Ingredients	White Castle	BBQ Sauce Packets	15	3	0.0	0.0
Toppings & Ingredients	White Castle	Fat-Free Honey Mustard Tubs	50	11	0.0	0.0
Toppings & Ingredients	White Castle	Fat-Free Honey Mustard Packets	20	5	0.0	0.0
Toppings & Ingredients	White Castle	Hot Sauce Packets	0	0	0.0	0.0
Toppings & Ingredients	White Castle	Marinara Tubs	0	5	0.0	0.0
Toppings & Ingredients	White Castle	Mayonnaise Packets	70	0	0.0	7.0
Toppings & Ingredients	White Castle	Ranch Tubs	120	1	0.0	13.0
Toppings & Ingredients	White Castle	Tartar Sauce Tubs	120	4	0.0	11.0
Toppings & Ingredients	White Castle	Tartar Sauce Packets	45	2	0.0	4.0
Toppings & Ingredients	White Castle	Zesty Zing Sauce Tubs	110	4	0.0	10.0
Toppings & Ingredients	White Castle	Dusseldorf Mustard Packets	5	0	0.0	0.0
Toppings & Ingredients	White Castle	Horseradish Mustard Packets	5	0	0.0	0.0
Beverages	White Castle	Small, Chocolate Shake, Columbus Only	500	88	13.0	12.0
Beverages	White Castle	Medium, Chocolate Shake, Columbus Only	710	126	19.0	18.0
Beverages	White Castle	Large, Chocolate Shake, Columbus Only	950	167	25.0	23.0
Beverages	White Castle	100% Apple Juice Box	100	24	0.0	0.0
Burgers	White Castle	Bacon & Smoked Cheddar Crispy Chicken	290	23	14.0	16.0
Sandwiches	White Castle	Sloppy Joe (limited time offering)	160	19	8.0	6.0
Sandwiches	White Castle	Smokey Joe (limited time offering)	220	22	10.0	11.0
Sandwiches	White Castle	Spicy Joe (limited time offering)	220	22	10.0	11.0
Burgers	White Castle	1921 Slider w/Smoked Cheddar, Lettuce & Tomato (select locations)	250	17	14.0	15.0
Burgers	White Castle	1921 Slider w/Smoked Cheddar (select locations)	250	16	14.0	15.0
Fried Potatoes	White Castle	Cheese Fries	400	35	4.0	27.0
Fried Potatoes	White Castle	Sloppy Fries (limited time offering)	390	30	10.0	26.0

Fried Potatoes	White Castle	Sloppy Fries (limited time offering) - New York / New Jersey only	400	32	11.0	26.0
Fried Potatoes	White Castle	Loaded Fries	460	20	4.0	38.0
Fried Potatoes	White Castle	Small French Fries (Scottsdale / Orlando only)	430	42	3.0	29.0
Fried Potatoes	White Castle	Medium French Fries (Scottsdale / Orlando only)	540	59	4.0	33.0
Fried Potatoes	White Castle	French Fries (Scottsdale / Orlando only) Sack (serves 3)	770	74	5.0	51.0
Fried Potatoes	White Castle	Cheese Fries (Scottsdale / Orlando only)	470	43	4.0	32.0
Fried Potatoes	White Castle	Loaded Fries (Scottsdale / Orlando only)	570	33	4.0	44.0
Fried Potatoes	White Castle	Sloppy Fries (limited time offering) - Scottsdale / Orlando only	380	30	9.0	25.0
Appetizers & Sides	White Castle	Small Shrimp Nibblers - Limited Time Offering	430	31	12.0	29.0
Appetizers & Sides	White Castle	Medium Shrimp Nibblers - Limited Time Offering	790	62	24.0	51.0
Appetizers & Sides	White Castle	Shrimp Nibblers - Limited Time Offering Sack (serves 3)	1280	94	36.0	87.0
Appetizers & Sides	White Castle	Small Fish Nibblers	320	28	16.0	16.0
Appetizers & Sides	White Castle	Chicken Rings, 12 pc. (serves 2) - select locations	630	25	35.0	41.0
Sandwiches	White Castle	Waffle Breakfast Slider w/Sausage, Egg, Cheese	490	28	15.0	36.0
Desserts	White Castle	Strawberry Swirl Cheesecake	150	20	2.0	8.0
Desserts	White Castle	Birthday Cake (limited time offering)	250	25	3.0	15.0
Beverages	White Castle	Crave Cooler Fanta Wild Cherry, Small	110	29	0.0	0.0
Beverages	White Castle	Crave Cooler Fanta Wild Cherry, Large	190	51	0.0	0.0
Beverages	White Castle	Strawberry Shake, Cincinnati Only, Small	630	109	16.0	16.0
Beverages	White Castle	Strawberry Shake, Cincinnati Only, Medium	900	157	23.0	23.0
Beverages	White Castle	Strawberry Shake, Cincinnati Only, Large	1200	209	30.0	30.0
Beverages	White Castle	Chocolate Shake, Minneapolis Only, Small	460	85	12.0	8.0
Beverages	White Castle	Chocolate Shake, Minneapolis Only, Medium	660	122	16.0	12.0
Beverages	White Castle	Chocolate Shake, Minneapolis Only, Large	880	163	22.0	16.0
Beverages	White Castle	Chocolate Shake, New York Only, Small	560	91	16.0	16.0
Beverages	White Castle	Chocolate Shake, New York Only, Medium	790	130	23.0	23.0
Beverages	White Castle	Chocolate Shake, New York Only, Large	1060	174	30.0	30.0
Beverages	White Castle	Vanilla Shake, New York Only, Small	560	91	16.0	16.0
Beverages	White Castle	Vanilla Shake, New York Only, Medium	790	130	23.0	23.0
Beverages	White Castle	Vanilla Shake, New York Only, Large	1060	174	30.0	30.0
Beverages	White Castle	Strawberry Banana Smoothie - 16oz.	360	88	5.0	0.5
Beverages	White Castle	Strawberry Lemonade Smoothie- 16oz.	370	88	4.0	0.5
Beverages	White Castle	Simply Orange Juice	160	37	2.0	0.0
Appetizers & Sides	Wingstop	Veggie Stick Celery	9	1.5	1.0	0.0
Appetizers & Sides	Wingstop	Veggie Stick Carrots	27	6.5	1.0	0.0

Toppings & Ingredients	Wingstop	Ranch Dip	324	2	1.0	34.0
Toppings & Ingredients	Wingstop	Blue Cheese Dip	325	4	4.0	33.0
Toppings & Ingredients	Wingstop	Honey Mustard Dip	390	18	0.0	33.0
Fried Potatoes	Wingstop	Seasoned Fries Large	899	126	14.0	37.0
Fried Potatoes	Wingstop	Seasoned Fries Regular	495	69	8.0	21.0
Fried Potatoes	Wingstop	Cheese Fries Regular	577	75	9.0	27.0
Fried Potatoes	Wingstop	Cheese Fries Large	1023	134	15.0	47.0
Fried Potatoes	Wingstop	Buffalo Ranch Fries Regular	612	71	8.0	32.0
Fried Potatoes	Wingstop	Buffalo Ranch Fries Large	1074	129	15.0	55.0
Fried Potatoes	Wingstop	Louisiana Voodoo Fries Regular	684	75	9.0	38.0
Fried Potatoes	Wingstop	Louisiana Voodoo Fries Large	1180	133	16.0	64.0
Appetizers & Sides	Wingstop	Atomic Classic Bone In Wings	90	1	10.0	5.0
Appetizers & Sides	Wingstop	Original Hot Classic Bone In Wings	90	0	10.0	5.0
Appetizers & Sides	Wingstop	Lemon Pepper Classic Bone In Wings	120	0	10.0	8.0
Appetizers & Sides	Wingstop	Hawaiian Classic Bone In Wings	100	3	10.0	5.0
Appetizers & Sides	Wingstop	Atomic Boneless Wings	90	7	4.0	4.5
Appetizers & Sides	Wingstop	Cajun Boneless Wings	80	6	4.0	4.5
Appetizers & Sides	Wingstop	Original Hot Boneless Wings	80	6	4.0	4.5
Appetizers & Sides	Wingstop	Mild Boneless Wings	110	6	4.0	7.0
Appetizers & Sides	Wingstop	Lemon Pepper Boneless Wings	110	6	4.0	7.0
Appetizers & Sides	Wingstop	Hawaiian Boneless Wings	90	8	4.0	4.5
Appetizers & Sides	Wingstop	Plain Boneless Wings	80	6	4.0	4.5
Appetizers & Sides	Wingstop	Mango Habanero Classic Bone In Wings	100	4	10.0	5.0
Appetizers & Sides	Wingstop	Mango Habanero Boneless Wings	90	9	4.0	4.5
Appetizers & Sides	Wingstop	Mango Habanero Boneless Tenders	170	17	10.0	7.0
Appetizers & Sides	Wingstop	Spicy Korean Q Classic Bone In Wings	100	3	10.0	5.0
Appetizers & Sides	Wingstop	Spicy Korean Q Boneless Wings	90	8	5.0	4.5
Appetizers & Sides	Wingstop	Spicy Korean Q Boneless Tenders	170	16	10.0	7.0
Appetizers & Sides	Wingstop	Louisiana Rub Classic Bone In Wings	110	0	10.0	7.0
Appetizers & Sides	Wingstop	Louisiana Rub Boneless Wings	100	6	4.0	6.0
Appetizers & Sides	Wingstop	Louisiana Rub Boneless Tenders	180	10	10.0	12.0
Appetizers & Sides	Wingstop	Hickory Smoked BBQ Classic Bone In Wings	100	4	10.0	5.0
Appetizers & Sides	Wingstop	Hickory Smoked BBQ Boneless Wings	90	9	5.0	4.5
Appetizers & Sides	Wingstop	Hickory Smoked BBQ Boneless Tenders	170	17	10.0	7.0
Appetizers & Sides	Wingstop	Cajun Classic Bone In Wings	90	0	10.0	5.0



Appetizers & Sides	Wingstop	Garlic Parm Classic Bone In Wings	120	1	10.0	8.0
Appetizers & Sides	Wingstop	Mild Classic Bone In Wings	120	0	10.0	8.0
Appetizers & Sides	Wingstop	Plain Classic Bone In Wings	90	0	10.0	5.0
Appetizers & Sides	Wingstop	Old Bay Classic Bone In Wings	100	0	10.0	7.0
Appetizers & Sides	Wingstop	Garlic Parm Boneless Wings	110	6	4.0	7.0
Appetizers & Sides	Wingstop	Old Bay Boneless Wings	100	6	4.0	6.0
Appetizers & Sides	Wingstop	Atomic Boneless Tenders	150	12	10.0	7.0
Appetizers & Sides	Wingstop	Cajun Boneless Tenders	150	11	10.0	7.0
Appetizers & Sides	Wingstop	Garlic Parm Boneless Tenders	210	11	10.0	14.0
Appetizers & Sides	Wingstop	Hawaiian Boneless Tenders	160	16	10.0	7.0
Appetizers & Sides	Wingstop	Lemon Pepper Boneless Tenders	200	10	10.0	13.0
Appetizers & Sides	Wingstop	Mild Boneless Tenders	200	10	10.0	14.0
Appetizers & Sides	Wingstop	Original Hot Boneless Tenders	140	10	10.0	7.0
Appetizers & Sides	Wingstop	Plain Boneless Tenders	140	10	10.0	7.0
Appetizers & Sides	Wingstop	Old Bay Boneless Tenders	170	10	10.0	11.0
Desserts	Wingstop	Brownie	430	49	6.0	24.0
Sandwiches	Wingstop	Atomic Chicken Sandwich	650	74	33.0	24.0
Sandwiches	Wingstop	Cajun Chicken Sandwich	640	70	33.0	25.0
Sandwiches	Wingstop	Garlic Parmesan Chicken Sandwich	890	71	34.0	52.0
Sandwiches	Wingstop	Hawaiian Chicken Sandwich	710	90	33.0	24.0
Sandwiches	Wingstop	Hickory Smoked BBQ Chicken Sandwich	730	96	34.0	24.0
Sandwiches	Wingstop	Spicy Korean Q Chicken Sandwich	720	90	34.0	24.0
Sandwiches	Wingstop	Lemon Pepper Chicken Sandwich	850	67	32.0	50.0
Sandwiches	Wingstop	Louisiana Rub Chicken Sandwich	790	67	32.0	43.0
Sandwiches	Wingstop	Mango Habanero Chicken Sandwich	740	94	32.0	24.0
Sandwiches	Wingstop	Mild Chicken Sandwich	870	67	32.0	52.0
Sandwiches	Wingstop	Original Hot Chicken Sandwich	630	68	32.0	25.0
Sandwiches	Wingstop	Plain Chicken Sandwich	610	66	32.0	24.0
Toppings & Ingredients	Wingstop	Cheddar Cheese Sauce Dip	124	8	2.0	9.0
Appetizers & Sides	Wingstop	Fried Corn Regular	202	24	6.0	9.0
Appetizers & Sides	Wingstop	Fried Corn Large	404	48	12.0	18.0
Appetizers & Sides	Yard House	Chicken Nachos	2630	164	121.0	168.0
Appetizers & Sides	Yard House	Fried Calamari	990	55	36.0	70.0
Appetizers & Sides	Yard House	Onion Ring Tower	1330	127	15.0	85.0
Burgers	Yard House	BBQ Bacon Cheddar Burger	1370	68	67.0	91.0

Burgers	Yard House	Pepper Jack Burger	1150	54	62.0	75.0
Appetizers & Sides	Yard House	Shitake Garlic Noodles	800	77	17.0	49.0
Appetizers & Sides	Yard House	Blackened Ahi Sashimi	470	22	29.0	30.0
Entrees	Yard House	Lobster Garlic Noodles	1140	98	70.0	54.0
Entrees	Yard House	Kid's Fried Chicken Tenders	500	25	30.0	31.0
Entrees	Yard House	Kid's Mac & Cheese	1050	68	35.0	71.0
Fried Potatoes	Yard House	Sweet Potato Fries	650	98	5.0	26.0
Fried Potatoes	Yard House	Truffle Fries	410	53	6.0	20.0
Fried Potatoes	Yard House	Fries	360	52	4.0	14.0
Pizza	Yard House	BBQ Chicken Pizza	1250	140	74.0	44.0
Pizza	Yard House	Margherita Pizza	1070	119	43.0	46.0
Pizza	Yard House	Pepperoni & Mushroom Pizza	1100	112	59.0	48.0
Salads	Yard House	Ahi Crunchy Salad, Regular	780	42	37.0	52.0
Sandwiches	Yard House	Baja Fish Taco (each)	240	19	9.0	14.0
Sandwiches	Yard House	Grilled Chicken & Avocado Sandwich	1050	51	58.0	70.0
Entrees	Yard House	Grilled Cheese & Tomato Bisque	1320	73	38.0	99.0
Soup	Yard House	Chicken Tortilla Soup , Bowl	1110	59	32.0	84.0
Soup	Yard House	Chicken Tortilla Soup , Cup	610	31	18.0	47.0
Pizza	Yard House	Kid's Cheese Pizza	810	107	43.0	24.0
Sandwiches	Yard House	Vampire Taco (each)	470	19	31.0	31.0
Appetizers & Sides	Yard House	Buffalo Wings (Gardein)	900	45	53.0	57.0
Entrees	Yard House	Gardein [Mac + Cheese]®, Small	1140	68	42.0	79.0
Salads	Yard House	Ahi Crunchy Salad, Small	410	20	22.0	27.0
Salads	Yard House	BBQ Chicken Salad, Small	970	64	50.0	58.0
Appetizers & Sides	Yard House	Buffalo Wings (Boneless)	920	50	56.0	55.0
Salads	Yard House	Cobb Salad with Chicken, Regular	940	25	65.0	66.0
Salads	Yard House	Cobb Salad with Chicken, Small	610	16	52.0	40.0
Burgers	Yard House	Classic Sliders & Fries	1330	133	59.0	62.0
Entrees	Yard House	Maui Pineapple Chicken	1320	147	91.0	38.0
Salads	Yard House	Cobb Salad with Shrimp, Regular	860	26	52.0	62.0
Salads	Yard House	Cobb Salad with Shrimp, Small	530	17	38.0	36.0
Appetizers & Sides	Yard House	Buffalo Wings (Crispy Traditional)	1120	11	85.0	82.0
Appetizers & Sides	Yard House	Wisconsin Fried Cheese Curds	1980	105	71.0	141.0
Salads	Yard House	Traditional Caesar	410	13	16.0	34.0
Beverages	Yard House	Black Orchid	230	21	0.0	0.0

Beverages	Yard House	Hawaiian Mule	240	37	0.0	0.0
Beverages	Yard House	Malibu Peach	280	30	0.0	0.0
Beverages	Yard House	Moscow Mule	240	37	0.0	0.0
Beverages	Yard House	Old 43	230	22	0.0	0.0
Beverages	Yard House	Pineapple Express	220	28	0.0	0.0
Beverages	Yard House	Salted Watermelon Margarita	270	38	0.0	0.0
Appetizers & Sides	Yard House	Chicken Lettuce Wraps	750	68	39.0	37.0
Appetizers & Sides	Yard House	Poke Nachos	870	51	35.0	59.0
Beverages	Yard House	Midnight Sangria	240	28	0.0	0.0
Burgers	Yard House	Kurobuta Pork Burger	1170	65	56.0	74.0
Pizza	Yard House	Kid's Pepperoni Pizza	930	107	48.0	34.0
Pizza	Yard House	The Carnivore Pizza	1520	111	87.0	81.0
Sandwiches	Yard House	Nashville Hot Chicken Sandwich	1180	84	43.0	76.0
Appetizers & Sides	Yard House	GS Parmesan Mashed Potatoes	250	30	6.0	11.0
Beverages	Yard House	Coffee	0	0	0.0	0.0
Beverages	Yard House	Coke Zero Sugar	0	0	0.0	0.0
Beverages	Yard House	Diet Coke	0	0	0.0	0.0
Beverages	Yard House	Milk, 2%	230	22	15.0	9.0
Beverages	Yard House	Sugar free Red Bull	10	3	1.0	0.0
Beverages	Yard House	Vitamin Water XXX	45	13	0.0	0.0
Beverages	Yard House	Seagram's Ginger Ale	80	21	0.0	0.0
Beverages	Yard House	Coke	90	26	0.0	0.0
Beverages	Yard House	Cherry Coke	100	28	0.0	0.0
Beverages	Yard House	Dr. Pepper	100	27	0.0	0.0
Beverages	Yard House	Barq's Root Beer	110	30	0.0	0.0
Beverages	Yard House	Ocean Spray Ruby Red Grapefruit Juice	110	28	0.0	0.0
Beverages	Yard House	Orange Juice	110	25	2.0	0.0
Beverages	Yard House	Red Bull	110	28	1.0	0.0
Beverages	Yard House	Cappuccino	120	15	7.0	3.5
Beverages	Yard House	Hot Chocolate	120	23	1.0	2.0
Beverages	Yard House	Ocean Spray Cranberry Juice	120	30	0.0	0.0
Beverages	Yard House	Dole Pineapple Juice	130	30	1.0	0.0
Beverages	Yard House	Beer (Light) - Pint/Goblet	140	8	1.0	0.0
Beverages	Yard House	Beer (under 6% ABV) - Bottle	150	13	2.0	0.0
Beverages	Yard House	Latte	150	18	9.0	5.0

Beverages	Yard House	Wine - White, 6 oz.	150	4	0.0	0.0
Beverages	Yard House	Wine - Red, 6 oz.	160	5	0.0	0.0
Beverages	Yard House	Beer (under 6% ABV) - Pint/Goblet	200	17	2.0	0.0
Beverages	Yard House	Beer (6% ABV and up) - Bottle	210	15	3.0	0.0
Beverages	Yard House	Classic Mojito	230	34	0.0	0.0
Beverages	Yard House	Wine - White, 9 oz.	220	6	0.0	0.0
Beverages	Yard House	Wine - Red, 9 oz.	230	8	0.0	0.0
Beverages	Yard House	Beer (6% ABV and up) - Pint/Goblet	270	20	4.0	0.0
Beverages	Yard House	Beer (Light) - Half Yard	270	15	2.0	0.0
Beverages	Yard House	Cider - Pint/Goblet	270	28	0.0	0.0
Beverages	Yard House	Mocha	340	50	10.0	12.0
Beverages	Yard House	Beer (under 6% ABV) - Half Yard	410	34	4.0	0.0
Beverages	Yard House	Cider - Half Yard	530	56	0.0	0.0
Beverages	Yard House	Beer (6% ABV and up) - Half Yard	550	39	9.0	0.0
Beverages	Yard House	Beer (Light) - Growler	550	31	5.0	0.0
Beverages	Yard House	Wine Sparkling, Bottle	630	38	2.0	0.0
Beverages	Yard House	Beer (under 6% ABV) - Growler	820	67	9.0	0.0
Beverages	Yard House	Cider - Growler	1060	112	0.0	0.0
Burgers	Yard House	GS Kurobuta Pork Burger	770	27	49.0	51.0
Burgers	Yard House	GS BBQ Bacon Cheddar Burger	930	19	60.0	67.0
Entrees	Yard House	Orange Chicken	1730	221	64.0	67.0
Entrees	Yard House	Gardein Orange Chicken	1720	216	60.0	69.0
Sandwiches	Yard House	GS Street Taco - Carne Asada (each)	240	22	16.0	10.0
Sandwiches	Yard House	GS Grilled Chicken & Avocado Sandwich	720	18	52.0	51.0
Sandwiches	Yard House	Baja Shrimp Taco (each)	320	25	10.0	20.0
Sandwiches	Yard House	Blackened Shrimp Taco (each)	210	16	12.0	11.0
Appetizers & Sides	Yard House	Spicy Rice & Pinto Beans	310	58	10.0	5.0
Desserts	Yard House	Bread Pudding with Crème Anglaise	810	101	14.0	38.0
Desserts	Yard House	Mini Cheesecake Brulee	400	43	6.0	24.0
Appetizers & Sides	Yard House	GS Guacamole & Veggies	240	21	6.0	18.0
Salads	Yard House	GS BBQ Chicken Salad, Small	630	35	46.0	35.0
Salads	Yard House	GS BBQ Chicken Salad, Regular	970	65	55.0	56.0
Sandwiches	Yard House	GS Street Taco - Blackened Shrimp (each)	200	20	12.0	9.0
Burgers	Yard House	GS Pepper Jack Burger	780	13	53.0	57.0
Beverages	Yard House	Passion Fruit Mojito	250	39	0.0	0.0

Beverages	Yard House	Sunset Sangria	200	22	0.0	0.0
Beverages	Yard House	Beer (Light) - 23 oz.	200	11	2.0	0.0
Beverages	Yard House	Beer (under 6% ABV) - 23 oz.	290	24	3.0	0.0
Beverages	Yard House	Beer (6% ABV and up) - 23 oz.	380	40	0.0	0.0
Beverages	Yard House	Cider - 23 oz.	390	28	6.0	0.0
Appetizers & Sides	Yard House	Jumbo Bavarian Pretzel	1440	154	43.0	72.0
Salads	Yard House	Cobb Salad with Salmon, Regular	1140	25	70.0	85.0
Toppings & Ingredients	Yard House	Flour Tortilla	90	12	2.0	3.5
Toppings & Ingredients	Yard House	Corn Tortilla	80	16	2.0	1.0
Toppings & Ingredients	Yard House	Lettuce Wrapped	0	0	0.0	0.0
Baked Goods	Yard House	Vampire Style	240	13	15.0	14.0
Salads	Yard House	GS Cobb Salad with Salmon, Regular	1140	25	70.0	85.0
Beverages	Yard House	House Margarita	220	27	0.0	0.0
Beverages	Yard House	Grand Patron Margarita	270	30	0.0	0.0
Beverages	Yard House	Mango Mojito	280	47	0.0	0.0
Beverages	Yard House	Strawberry Mojito	280	47	0.0	0.0
Beverages	Yard House	Wine Sparkling, 5.25 oz.	130	8	0.0	0.0
Beverages	Yard House	Apple Juice	110	28	0.0	0.0
Appetizers & Sides	Yard House	Onion Rings	420	52	5.0	22.0
Beverages	Yard House	Sprite	90	25	0.0	0.0
Entrees	Yard House	Kid's Fish & Chips	860	76	31.0	48.0
Fried Potatoes	Yard House	Sweet Potato Fries	400	47	4.0	22.0
Fried Potatoes	Yard House	Kid's French Fries	360	52	4.0	14.0
Salads	Yard House	Cobb Salad, Small	410	16	15.0	34.0
Salads	Yard House	Cobb Salad, Regular	740	25	29.0	60.0
Sandwiches	Yard House	Gardein Grilled Chicken & Avocado Sandwich	1040	57	46.0	72.0
Salads	Yard House	Cobb Salad with Salmon, Small	820	16	56.0	59.0
Appetizers & Sides	Yard House	Four Cheese Spinach Dip	950	69	23.0	64.0
Beverages	Yard House	Classic Lemonade	110	29	0.0	0.0
Salads	Yard House	GS Kale & Romaine Caesar with Chicken, Small	690	26	56.0	43.0
Salads	Yard House	GS Kale & Romaine Caesar with Shrimp, Small	610	26	43.0	39.0
Salads	Yard House	GS Kale & Romaine Caesar with Shrimp, Regular	750	36	48.0	49.0
Salads	Yard House	GS Kale & Romaine Caesar with Chicken, Regular	830	35	62.0	53.0
Salads	Yard House	GS Cobb Salad with Salmon, Small	820	16	56.0	59.0
Burgers	Yard House	GS Beyond Burger	660	31	34.0	48.0

Appetizers & Sides	Yard House	Firecracker Shrimp	1320	106	26.0	89.0
Appetizers & Sides	Yard House	Spicy Tuna Stack	550	20	44.0	33.0
Appetizers & Sides	Yard House	Call Roll Stack	970	99	18.0	57.0
Appetizers & Sides	Yard House	Avocado Toast	750	69	15.0	49.0
Fried Potatoes	Yard House	Parmesan Truffle Fries	500	63	8.0	24.0
Appetizers & Sides	Yard House	Steamed Edamame	180	13	16.0	8.0
Appetizers & Sides	Yard House	Whiskey Black Pepper Wings (Crispy Traditional)	1070	71	83.0	51.0
Appetizers & Sides	Yard House	Whiskey Black Pepper Wings (Boneless)	810	89	54.0	27.0
Appetizers & Sides	Yard House	Whiskey Black Pepper Wings (Gardein)	800	84	51.0	29.0
Appetizers & Sides	Yard House	Lemon Pepper Wings (Crispy Traditional)	940	7	83.0	64.0
Appetizers & Sides	Yard House	Lemon Pepper Wings (Boneless)	770	47	54.0	41.0
Appetizers & Sides	Yard House	Lemon Pepper Wings (Gardein)	750	42	51.0	43.0
Appetizers & Sides	Yard House	BBQ Wings (Crispy Traditional)	1220	58	84.0	73.0
Appetizers & Sides	Yard House	Korean Chili Garlic Wings (Crispy Traditional)	1230	46	86.0	79.0
Appetizers & Sides	Yard House	Korean Chili Garlic Wings (Boneless)	1010	74	56.0	56.0
Appetizers & Sides	Yard House	Korean Chili Garlic Wings (Gardein)	1000	69	53.0	58.0
Salads	Yard House	House Salad	430	26	19.0	29.0
Salads	Yard House	Kale & Romaine Caesar	540	31	21.0	39.0
Salads	Yard House	Poke Salad	730	35	33.0	52.0
Salads	Yard House	Kale & Romaine Caesar, Small	540	31	21.0	39.0
Salads	Yard House	Kale & Romaine Caesar, Regular	700	43	27.0	50.0
Salads	Yard House	Kale & Romaine Caesar with Chicken, Small	740	31	57.0	45.0
Salads	Yard House	Kale & Romaine Caesar with Chicken, Regular	900	44	63.0	56.0
Salads	Yard House	Kale & Romaine Caesar with Shrimp, Small	650	32	44.0	41.0
Salads	Yard House	Kale & Romaine Caesar with Shrimp, Regular	810	44	49.0	52.0
Salads	Yard House	Kale & Romaine Caesar with Salmon, Small	940	31	62.0	64.0
Salads	Yard House	Kale & Romaine Caesar with Salmon, Regular	1100	44	68.0	75.0
Burgers	Yard House	Hamburger	1030	50	50.0	69.0
Burgers	Yard House	Beyond Burger with Side Salad	1000	77	43.0	61.0
Sandwiches	Yard House	Carne Asada Taco (each)	240	17	16.0	12.0
Sandwiches	Yard House	Grilled Korean Beef Taco (each)	340	23	16.0	20.0
Entrees	Yard House	20 oz. Bone-In Rib Eye	1390	57	109.0	81.0
Entrees	Yard House	20 oz. Bone-In Rib Eye with Shrimp	1500	58	132.0	83.0
Entrees	Yard House	Steak Bowl	520	47	42.0	19.0
Entrees	Yard House	Chicken Bowl	500	47	45.0	16.0

Entrees	Yard House	Shrimp Bowl	420	48	31.0	13.0
Entrees	Yard House	[Mac + Cheese] <sup>†</sup> , Small	1340	67	55.0	96.0
Entrees	Yard House	[Mac + Cheese] <sup>†</sup> , Large	2510	113	102.0	187.0
Entrees	Yard House	Beer-Battered Fish & Chips	2000	108	74.0	143.0
Entrees	Yard House	Whiskey Glazed Salmon	920	95	51.0	37.0
Entrees	Yard House	Spicy Jambalaya, Small	730	11	45.0	58.0
Toppings & Ingredients	Yard House	Choice of Linguine, Small	270	53	9.0	1.5
Toppings & Ingredients	Yard House	Choice of Jasmine Rice, Small	130	22	2.0	4.0
Toppings & Ingredients	Yard House	Choice of Brown Rice, Small	90	18	2.0	0.5
Entrees	Yard House	Spicy Jambalaya, Large	1290	17	68.0	109.0
Toppings & Ingredients	Yard House	Choice of Linguine, Large	430	84	15.0	2.5
Toppings & Ingredients	Yard House	Choice of Jasmine Rice, Large	400	66	6.0	11.0
Toppings & Ingredients	Yard House	Choice of Brown Rice, Large	260	55	5.0	2.0
Entrees	Yard House	Gardein [Mac + Cheese] <sup>†</sup> , Large	2120	115	77.0	152.0
Salads	Yard House	Kid's House Salad	240	15	10.0	16.0
Beverages	Yard House	Kid's Milk	220	18	12.0	12.0
Desserts	Yard House	Chocolate Fudge Cake	890	114	9.0	45.0
Desserts	Yard House	Carrot Cake	460	65	5.0	20.0
Desserts	Yard House	Brookie	1280	175	17.0	57.0
Appetizers & Sides	Yard House	GS Steamed Edamame	180	13	16.0	8.0
Soup	Yard House	GS Tomato Bisque , Cup	240	15	2.0	20.0
Salads	Yard House	GS Kale & Romaine Caesar, Small	490	25	20.0	37.0
Salads	Yard House	GS Kale & Romaine Caesar, Regular	630	35	25.0	47.0
Salads	Yard House	GS Kale & Romaine Caesar with Salmon, Small	890	26	61.0	62.0
Salads	Yard House	GS Kale & Romaine Caesar with Salmon, Regular	1030	35	66.0	72.0
Salads	Yard House	GS Cobb Salad, Small	410	16	15.0	34.0
Salads	Yard House	GS Cobb Salad, Regular	740	25	29.0	60.0
Salads	Yard House	GS Cobb Salad with Chicken, Regular	940	25	65.0	66.0
Salads	Yard House	GS Cobb Salad with Shrimp, Small	530	17	38.0	36.0
Salads	Yard House	GS Cobb Salad with Shrimp, Regular	860	26	52.0	62.0
Entrees	Yard House	GS Bone-In Rib Eye	1390	57	109.0	81.0
Entrees	Yard House	GS Bone-In Rib Eye with Shrimp	1500	58	132.0	83.0
Baked Goods	Yard House	Gluten-free Bun	200	40	2.0	4.5
Salads	Yard House	GS House Salad	200	11	9.0	14.0
Beverages	Yard House	Dragonfruit Lemonade	390	99	0.0	0.0

Beverages	Yard House	Strawberry Lemonade	300	78	0.0	0.0
Beverages	Yard House	Sweet Tea	80	20	0.0	0.0
Beverages	Yard House	Black Cherry Sparkling Water	60	14	0.0	0.0
Beverages	Yard House	Cucumber Mint Sparkling Water	40	10	0.0	0.0
Beverages	Yard House	Passion Fruit Sparkling Water	45	11	0.0	0.0
Beverages	Yard House	Topo Chico Sparkling	0	0	0.0	0.0
Beverages	Yard House	Grey Goose Strawberry Mule	250	38	0.0	0.0
Beverages	Yard House	Dragon Fruit Cosmo	190	22	0.0	0.0
Beverages	Yard House	Hendrick's Elderflower Tonic	140	8	0.0	0.0
Beverages	Yard House	Long Beach Tea	270	29	0.0	0.0
Beverages	Yard House	Southern Rush	270	22	0.0	0.0
Beverages	Yard House	Hard Seltzer - Pint/Goblet	130	1	0.0	0.0
Beverages	Yard House	Hard Seltzer - 23 oz.	190	2	0.0	0.0
Appetizers & Sides	Yard House	Gardein Chicken Nachos	2530	167	109.0	160.0
Toppings & Ingredients	Yard House	Miguel's Queso Dip	1560	135	52.0	90.0
Appetizers & Sides	Yard House	Chili Garlic Edamame	490	29	17.0	36.0
Appetizers & Sides	Yard House	Guac & Chips	800	77	9.0	53.0
Appetizers & Sides	Yard House	BBQ Wings (Boneless)	980	81	55.0	48.0
Appetizers & Sides	Yard House	BBQ Wings (Gardein)	970	76	52.0	51.0
Appetizers & Sides	Yard House	Hand-Battered Chicken Tenders & Fries	1320	106	50.0	78.0
Appetizers & Sides	Yard House	Gardein Chicken Tenders & Fries	1230	96	42.0	76.0
Soup	Yard House	Tomato Bisque , Cup	240	15	2.0	20.0
Soup	Yard House	Tomato Bisque , Bowl	480	30	4.0	40.0
Pizza	Yard House	Three Cheese Pizza	1040	109	51.0	43.0
Salads	Yard House	Cobb Salad with Gardein, Small	460	20	32.0	30.0
Salads	Yard House	Cobb Salad with Gardein, Regular	650	29	39.0	44.0
Salads	Yard House	BBQ Chicken Salad, Regular	1650	124	62.0	103.0
Salads	Yard House	Gardein BBQ Chicken Salad, Small	950	70	37.0	60.0
Salads	Yard House	Gardein BBQ Chicken Salad, Regular	1640	129	49.0	105.0
Burgers	Yard House	Classic Cheeseburger	1080	51	55.0	71.0
Sandwiches	Yard House	Gardein Nashville Hot Chicken Sandwich	1110	75	44.0	72.0
Sandwiches	Yard House	Stacked Turkey Club	1360	81	73.0	85.0
Sandwiches	Yard House	Double Decker BLT	1140	70	41.0	78.0
Sandwiches	Yard House	"Everything-Crusted" Ahi	950	56	53.0	57.0
Sandwiches	Yard House	Korean BBQ Cheesesteak (Beef)	1390	99	82.0	75.0



Sandwiches	Yard House	Korean BBQ Cheesesteak (Chicken)	1320	101	67.0	74.0
Sandwiches	Yard House	House Cheesesteak (Beef)	1260	88	80.0	66.0
Sandwiches	Yard House	House Cheesesteak (Chicken)	1190	90	65.0	66.0
Sandwiches	Yard House	Beer-Battered Fish	1070	69	38.0	73.0
Sandwiches	Yard House	Beer-Battered Fish - "Hot Fish" Style	1170	70	38.0	83.0
Entrees	Yard House	Korean Ribeye	2000	149	112.0	106.0
Entrees	Yard House	Korean Ribeye with Shrimp	2110	150	135.0	108.0
Entrees	Yard House	8 oz. Filet	900	61	52.0	51.0
Entrees	Yard House	Gardein Chicken Bowl	490	52	32.0	18.0
Entrees	Yard House	Thai Grilled Pork Chop	650	54	44.0	30.0
Entrees	Yard House	Cilantro Lime Chicken	590	30	80.0	18.0
Entrees	Yard House	Nashville Hot Chicken & Pancakes	1610	162	54.0	83.0
Entrees	Yard House	Gardein Nashville Hot Chicken & Pancakes	1470	143	55.0	76.0
Entrees	Yard House	Fontina Vodka Penne	1460	99	76.0	70.0
Entrees	Yard House	Mediterranean Salmon	630	23	50.0	38.0
Entrees	Yard House	Sesame Shrimp Noodles	530	64	37.0	15.0
Entrees	Yard House	Sesame-Crusted Ahi	670	28	54.0	38.0
Entrees	Yard House	Kid's Grilled Chicken	400	47	38.0	6.0
Burgers	Yard House	Kid's Classic Sliders	580	56	37.0	23.0
Burgers	Yard House	Kid's Classic Cheese Sliders	670	57	42.0	30.0
Sandwiches	Yard House	Kid's Grilled Cheese Sandwich	570	44	17.0	36.0
Appetizers & Sides	Yard House	GS Miguel's Queso Dip	740	37	39.0	49.0
Soup	Yard House	GS Tomato Bisque , Bowl	480	30	4.0	40.0
Salads	Yard House	GS Cobb Salad with Chicken, Small	610	16	52.0	40.0
Entrees	Yard House	GS 8 oz. Filet	900	61	52.0	51.0
Entrees	Yard House	GS Sesame Crusted Ahi	490	25	53.0	19.0
Entrees	Yard House	GS Sesame Shrimp Noodles	530	64	37.0	15.0
Entrees	Yard House	GS Cilantro Lime Chicken	590	30	80.0	18.0
Appetizers & Sides	Yard House	GS Spicy Rice	200	40	4.0	3.0
Appetizers & Sides	Yard House	GS Pinto Beans	110	17	6.0	2.0
Burgers	Yard House	GS Classic Cheeseburger	670	12	48.0	48.0
Sandwiches	Yard House	GS Stacked Turkey Club	1010	25	64.0	76.0
Sandwiches	Yard House	GS Ultimate BLT	790	13	31.0	69.0
Sandwiches	Yard House	GS Everything-Crusted Ahi	480	19	46.0	25.0
Appetizers & Sides	Yard House	GS Buttered Jasmine Rice	400	66	6.0	11.0

Appetizers & Sides	Yard House	GS Spicy Rice	200	40	4.0	3.0
Appetizers & Sides	Yard House	GS Pinto Beans	110	17	6.0	2.0
Toppings & Ingredients	Yard House	GS Ranch	200	3	1.0	21.0
Toppings & Ingredients	Yard House	GS Caesar	300	2	3.0	31.0
Toppings & Ingredients	Yard House	GS Balsamic Vinaigrette	130	10	0.0	10.0
Toppings & Ingredients	Yard House	GS Oil & Vinegar	270	0	0.0	31.0
Toppings & Ingredients	Yard House	GS Sweet Chili	200	51	0.0	1.0
Toppings & Ingredients	Yard House	GS Sriracha Mayo	290	4	1.0	30.0
Toppings & Ingredients	Yard House	GS Lemon Basil Aioli	350	3	1.0	37.0
Beverages	Yard House	Dirty Ketel Martini	140	0	0.0	1.5
Beverages	Yard House	Lavender Drop	220	25	0.0	0.0
Beverages	Yard House	Pink Dragon	260	33	0.0	0.0
Beverages	Yard House	Grapefruit Paloma	240	26	0.0	0.0
Beverages	Yard House	Pepino Margarita	220	27	0.0	0.0
Beverages	Yard House	Smoked Old Fashioned	230	20	0.0	0.0
Beverages	Yard House	Espresso Manhattan	270	15	0.0	0.0
Beverages	Yard House	The Recovery	180	17	0.0	0.0
Beverages	Yard House	House Light Lager - Pint/Goblet	130	6	1.0	0.0
Beverages	Yard House	House Light Lager - 23 oz.	180	8	2.0	0.0
Beverages	Yard House	House Light Lager - Half Yard	250	12	3.0	0.0
Beverages	Yard House	Beer (6% ABV and up) - Growler	1100	78	17.0	0.0
Beverages	Zaxby's	Cole Slaw, Side	140	13	1.0	10.0
Toppings & Ingredients	Zaxby's	Ranch	150	2	1.0	16.0
Toppings & Ingredients	Zaxby's	Honey Mustard	130	7	1.0	11.0
Toppings & Ingredients	Zaxby's	Blue Cheese	180	2	0.0	19.0
Toppings & Ingredients	Zaxby's	Lite Vinaigrette	35	7	0.0	0.5
Desserts	Zaxby's	Chocolate Chip Cookies	170	24	2.0	8.0
Toppings & Ingredients	Zaxby's	Zax Sauce	180	5	1.0	18.0
Salads	Zaxby's	The Garden House Zalad	410	33	17.0	25.0
Salads	Zaxby's	The Fried House Zalad	700	46	46.0	38.0
Entrees	Zaxby's	Big Zax Snak Meal	960	84	38.0	52.0
Entrees	Zaxby's	Boneless Wings & Things	1480	111	62.0	88.0
Entrees	Zaxby's	Chicken Finger Plate, 5	1290	105	59.0	71.0
Entrees	Zaxby's	Kiddie Cheese	410	39	11.0	23.0
Entrees	Zaxby's	Kiddie Finger	480	36	38.0	21.0

Fried Potatoes	Zaxby's	Crinkle Fries, Regular	330	47	5.0	14.0
Toppings & Ingredients	Zaxby's	Honey Mustard	130	7	0.0	11.0
Toppings & Ingredients	Zaxby's	Ranch Sauce	190	2	1.0	20.0
Beverages	Zaxby's	Sweet Tea, Kidz	160	41	0.0	0.0
Beverages	Zaxby's	Sweet Tea, Small	270	68	0.0	0.0
Beverages	Zaxby's	Sweet Tea, Medium	410	103	0.0	0.0
Beverages	Zaxby's	Sweet Tea, Large	550	137	0.0	0.0
Beverages	Zaxby's	Unsweet Tea, Kidz	0	0	0.0	0.0
Beverages	Zaxby's	Unsweet Tea, Small	0	0	0.0	0.0
Beverages	Zaxby's	Unsweet Tea, Medium	0	0	0.0	0.0
Beverages	Zaxby's	Unsweet Tea, Large	0	0	0.0	0.0
Beverages	Zaxby's	Milk, 8oz	110	13	8.0	2.5
Beverages	Zaxby's	Chocolate Milk, 8oz	160	27	8.0	2.5
Beverages	Zaxby's	Apple Juice, 6oz	80	21	0.0	0.0
Entrees	Zaxby's	Traditional Wings & Things	1540	92	77.0	96.0
Appetizers & Sides	Zaxby's	Fried White Cheddar Bites & Ranch	890	48	28.0	65.0
Salads	Zaxby's	The Grilled Cobb Zalad	700	35	61.0	36.0
Salads	Zaxby's	The Fried Cobb Zalad	820	47	56.0	47.0
Salads	Zaxby's	The Garden Cobb Zalad	530	34	26.0	34.0
Beverages	Zaxby's	Coca-Cola, Kidz	150	40	0.0	0.0
Beverages	Zaxby's	Coca-Cola, Small	240	66	0.0	0.0
Beverages	Zaxby's	Coca-Cola, Medium	370	100	0.0	0.0
Beverages	Zaxby's	Coca-Cola, Large	490	133	0.0	0.0
Beverages	Zaxby's	Diet Coke, Kidz	0	0	0.0	0.0
Beverages	Zaxby's	Diet Coke, Small	0	0	0.0	0.0
Beverages	Zaxby's	Diet Coke, Medium	0	0	0.0	0.0
Beverages	Zaxby's	Diet Coke, Large	0	0	0.0	0.0
Beverages	Zaxby's	Coke Zero, Kidz	0	0	0.0	0.0
Beverages	Zaxby's	Coke Zero, Small	0	0	0.0	0.0
Beverages	Zaxby's	Coke Zero, Medium	0	0	0.0	0.0
Beverages	Zaxby's	Coke Zero, Large	0	0	0.0	0.0
Beverages	Zaxby's	Hi-C Fruit Punch, Kidz	170	42	0.0	0.0
Beverages	Zaxby's	Hi-C Fruit Punch, Small	280	70	0.0	0.0
Beverages	Zaxby's	Hi-C Fruit Punch, Medium	420	106	0.0	0.0
Beverages	Zaxby's	Hi-C Fruit Punch, Large	560	141	0.0	0.0

Beverages	Zaxby's	Fanta Cherry, Kidz	160	42	0.0	0.0
Beverages	Zaxby's	Fanta Cherry, Small	260	70	0.0	0.0
Beverages	Zaxby's	Fanta Cherry, Medium	390	105	0.0	0.0
Beverages	Zaxby's	Fanta Cherry, Large	520	139	0.0	0.0
Beverages	Zaxby's	Sprite, Kidz	140	36	0.0	0.0
Beverages	Zaxby's	Sprite, Small	230	61	0.0	0.0
Beverages	Zaxby's	Sprite, Medium	350	91	0.0	0.0
Beverages	Zaxby's	Sprite, Large	460	121	0.0	0.0
Entrees	Zaxby's	Chicken Finger Plate, 4	1190	101	49.0	66.0
Entrees	Zaxby's	Chicken Finger Plate, 6	1570	115	69.0	93.0
Entrees	Zaxby's	Buffalo Chicken Finger Plate, 4	1220	102	50.0	69.0
Entrees	Zaxby's	Buffalo Chicken Finger Plate, 5	1320	107	60.0	74.0
Entrees	Zaxby's	Buffalo Chicken Finger Plate, 6	1610	114	70.0	98.0
Sandwiches	Zaxby's	Kickin' Chicken Sandwich Only	730	55	37.0	41.0
Sandwiches	Zaxby's	Grilled Chicken Sandwich Only	480	35	38.0	21.0
Appetizers & Sides	Zaxby's	10 Traditional Wings, Wimpy	810	16	77.0	49.0
Appetizers & Sides	Zaxby's	10 Traditional Wings, BBQ	880	35	77.0	48.0
Appetizers & Sides	Zaxby's	10 Traditional Wings, HHM	960	15	77.0	66.0
Appetizers & Sides	Zaxby's	10 Traditional Wings, Nuclear	800	11	77.0	49.0
Appetizers & Sides	Zaxby's	10 Traditional Wings, Sweet & Spicy	890	34	77.0	50.0
Appetizers & Sides	Zaxby's	10 Traditional Wings, Teriyaki	870	30	78.0	49.0
Appetizers & Sides	Zaxby's	10 Traditional Wings, Tongue Torch	790	11	77.0	49.0
Appetizers & Sides	Zaxby's	5 Boneless Wings, Tongue Torch	340	24	24.0	16.0
Appetizers & Sides	Zaxby's	5 Boneless Wings, Nuclear	340	24	24.0	16.0
Appetizers & Sides	Zaxby's	5 Boneless Wings, Wimpy	350	26	24.0	16.0
Entrees	Zaxby's	20 Traditional Wings, BBQ	1770	70	154.0	97.0
Appetizers & Sides	Zaxby's	5 Boneless Wings, Teriyaki	370	32	24.0	16.0
Appetizers & Sides	Zaxby's	5 Boneless Wings, Sweet & Spicy	390	36	24.0	17.0
Appetizers & Sides	Zaxby's	5 Boneless Wings, HHM	420	26	24.0	24.0
Entrees	Zaxby's	20 Traditional Wings, HHM	1920	30	155.0	132.0
Entrees	Zaxby's	20 Traditional Wings, Nuclear	1590	22	155.0	98.0
Entrees	Zaxby's	20 Traditional Wings, Sweet & Spicy	1780	69	154.0	99.0
Entrees	Zaxby's	20 Traditional Wings, Teriyaki	1750	60	156.0	98.0
Entrees	Zaxby's	20 Traditional Wings, Tongue Torch	1580	22	154.0	98.0
Entrees	Zaxby's	20 Traditional Wings, Wimpy	1620	31	154.0	98.0

Appetizers & Sides	Zaxby's	10 Boneless Wings, Nuclear	680	48	47.0	33.0
Appetizers & Sides	Zaxby's	5 Traditional Wings, BBQ	440	17	39.0	24.0
Appetizers & Sides	Zaxby's	10 Boneless Wings, Wimpy	700	53	47.0	33.0
Appetizers & Sides	Zaxby's	10 Boneless Wings, Teriyaki	740	63	48.0	33.0
Appetizers & Sides	Zaxby's	10 Boneless Wings, BBQ	770	73	47.0	32.0
Appetizers & Sides	Zaxby's	10 Boneless Wings, Sweet & Spicy	770	71	47.0	34.0
Appetizers & Sides	Zaxby's	10 Boneless Wings, HHM	840	53	47.0	49.0
Appetizers & Sides	Zaxby's	5 Traditional Wings, HHM	480	8	39.0	33.0
Appetizers & Sides	Zaxby's	5 Traditional Wings, Nuclear	400	6	39.0	25.0
Appetizers & Sides	Zaxby's	5 Traditional Wings, Sweet & Spicy	450	17	38.0	25.0
Appetizers & Sides	Zaxby's	5 Traditional Wings, Teriyaki	440	15	39.0	25.0
Appetizers & Sides	Zaxby's	5 Traditional Wings, Tongue Torch	400	5	38.0	24.0
Appetizers & Sides	Zaxby's	5 Traditional Wings, Wimpy	410	8	39.0	24.0
Entrees	Zaxby's	20 Boneless Wings, Tongue Torch	1360	98	94.0	66.0
Entrees	Zaxby's	20 Boneless Wings, Nuclear	1350	96	94.0	66.0
Entrees	Zaxby's	20 Boneless Wings, Wimpy	1390	106	95.0	65.0
Entrees	Zaxby's	20 Boneless Wings, Teriyaki	1480	126	96.0	66.0
Entrees	Zaxby's	20 Boneless Wings, BBQ	1540	145	95.0	65.0
Entrees	Zaxby's	20 Boneless Wings, Sweet & Spicy	1550	142	94.0	67.0
Entrees	Zaxby's	20 Boneless Wings, HHM	1680	106	95.0	98.0
Beverages	Zaxby's	Dr Pepper, Kidz	140	39	0.0	0.0
Beverages	Zaxby's	Dr Pepper, Small	230	62	0.0	0.0
Beverages	Zaxby's	Dr Pepper, Medium	350	93	0.0	0.0
Beverages	Zaxby's	Dr Pepper, Large	460	124	0.0	0.0
Appetizers & Sides	Zaxby's	Chicken Finger, BBQ	120	9	10.0	4.5
Appetizers & Sides	Zaxby's	Chicken Finger, HHM	130	6	10.0	7.0
Appetizers & Sides	Zaxby's	Chicken Finger, Nuclear	100	5	10.0	4.5
Appetizers & Sides	Zaxby's	Chicken Finger, Sweet & Spicy	120	9	10.0	4.5
Appetizers & Sides	Zaxby's	Chicken Finger, Teriyaki	110	8	10.0	4.5
Appetizers & Sides	Zaxby's	Chicken Finger, Tongue Torch	100	5	10.0	4.5
Appetizers & Sides	Zaxby's	Chicken Finger, Wimpy	100	6	10.0	4.5
Appetizers & Sides	Zaxby's	10 Chicken Fingers, BBQ	1170	92	100.0	44.0
Appetizers & Sides	Zaxby's	10 Chicken Fingers, HHM	1270	57	100.0	71.0
Appetizers & Sides	Zaxby's	10 Chicken Fingers, Nuclear	1010	49	100.0	45.0
Appetizers & Sides	Zaxby's	10 Chicken Fingers, Sweet & Spicy	1160	86	100.0	46.0

Appetizers & Sides	Zaxby's	10 Chicken Fingers, Teriyaki	1140	82	102.0	45.0
Appetizers & Sides	Zaxby's	10 Chicken Fingers, Tongue Torch	1010	51	100.0	45.0
Appetizers & Sides	Zaxby's	10 Chicken Fingers, Wimpy	1030	57	100.0	45.0
Entrees	Zaxby's	20 Chicken Fingers, BBQ	2330	184	201.0	89.0
Entrees	Zaxby's	20 Chicken Fingers, HHM	2530	115	201.0	141.0
Entrees	Zaxby's	20 Chicken Fingers, Nuclear	2010	99	200.0	91.0
Entrees	Zaxby's	20 Chicken Fingers, Sweet & Spicy	2320	173	199.0	93.0
Entrees	Zaxby's	20 Chicken Fingers, Teriyaki	2290	164	203.0	91.0
Entrees	Zaxby's	20 Chicken Fingers, Tongue Torch	2020	102	200.0	90.0
Entrees	Zaxby's	20 Chicken Fingers, Wimpy	2070	114	200.0	90.0
Appetizers & Sides	Zaxby's	5 Chicken Fingers, BBQ	580	6	50.0	22.0
Appetizers & Sides	Zaxby's	5 Chicken Fingers, HHM	630	29	50.0	35.0
Appetizers & Sides	Zaxby's	5 Chicken Fingers, Nuclear	500	25	50.0	23.0
Appetizers & Sides	Zaxby's	5 Chicken Fingers, Sweet & Spicy	580	43	50.0	23.0
Appetizers & Sides	Zaxby's	5 Chicken Fingers, Teriyaki	570	41	51.0	23.0
Appetizers & Sides	Zaxby's	5 Chicken Fingers, Tongue Torch	510	26	50.0	23.0
Appetizers & Sides	Zaxby's	5 Chicken Fingers, Wimpy	520	29	50.0	22.0
Entrees	Zaxby's	Buffalo Traditional Wings & Things	1550	91	78.0	98.0
Entrees	Zaxby's	Nibblerz Only	1000	80	40.0	58.0
Toppings & Ingredients	Zaxby's	Hot Honey Mustard	180	8	1.0	16.0
Toppings & Ingredients	Zaxby's	Sweet & Spicy	140	32	1.0	1.5
Toppings & Ingredients	Zaxby's	Teriyaki	110	23	2.0	0.5
Appetizers & Sides	Zaxby's	Texas Toast, 1 slice	150	19	3.0	7.0
Entrees	Zaxby's	Buffalo Boneless Wings & Things	1500	110	63.0	90.0
Baked Goods	Zaxby's	Texas Toast, Basket	450	57	9.0	21.0
Salads	Zaxby's	The Grilled House Salad	580	35	52.0	27.0
Beverages	Zaxby's	Unsweet Tea, Gallon	0	0	0.0	0.0
Beverages	Zaxby's	Sweet Tea, Gallon	1750	438	0.0	0.0
Entrees	Zaxby's	Buffalo Big Zax Snak Meal	970	86	38.0	52.0
Entrees	Zaxby's	Boneless Wings Meal, 5	1010	92	32.0	57.0
Fried Potatoes	Zaxby's	Crinkle Fries, Large	530	75	8.0	23.0
Toppings & Ingredients	Zaxby's	Sweet & Spicy	630	139	3.0	7.0
Toppings & Ingredients	Zaxby's	Hot Honey Mustard	800	36	4.0	71.0
Toppings & Ingredients	Zaxby's	Zax Sauce	1040	30	3.0	102.0
Appetizers & Sides	Zaxby's	Traditional Wings, Wimpy	80	2	8.0	5.0

Appetizers & Sides	Zaxby's	Traditional Wings, Nuclear	80	1	8.0	5.0
Appetizers & Sides	Zaxby's	Traditional Wings, Sweet & Spicy	90	3	8.0	5.0
Appetizers & Sides	Zaxby's	Traditional Wings, Teriyaki	90	3	8.0	5.0
Appetizers & Sides	Zaxby's	Traditional Wings, Tongue Torch	80	1	8.0	5.0
Appetizers & Sides	Zaxby's	Boneless Wings, Tongue Torch	70	5	5.0	3.5
Appetizers & Sides	Zaxby's	Boneless Wings, Nuclear	70	5	5.0	3.5
Appetizers & Sides	Zaxby's	Boneless Wings, Wimpy	70	5	5.0	3.5
Appetizers & Sides	Zaxby's	Boneless Wings, Teriyaki	70	6	5.0	2.5
Appetizers & Sides	Zaxby's	Boneless Wings, Sweet & Spicy	80	7	5.0	3.5
Appetizers & Sides	Zaxby's	Traditional Wings, BBQ	90	3	8.0	5.0
Appetizers & Sides	Zaxby's	Traditional Wings, HHM	100	2	8.0	7.0
Entrees	Zaxby's	Traditional Wings Meal, 5	1070	73	47.0	65.0
Appetizers & Sides	Zaxby's	Boneless Wings, HHM	80	5	5.0	5.0
Appetizers & Sides	Zaxby's	Boneless Wings, BBQ	80	7	5.0	3.0
Sandwiches	Zaxby's	Zaxby's Signature Sandwich Only w/ Zax Sauce	740	52	44.0	40.0
Sandwiches	Zaxby's	Zaxby's Signature Sandwich Only w/ Spicy Zax Sauce	730	51	44.0	39.0
Appetizers & Sides	Zaxby's	Boneless Wings, No Sauce	70	4	5.0	3.0
Appetizers & Sides	Zaxby's	5 Boneless Wings, No Sauce	330	22	23.0	16.0
Appetizers & Sides	Zaxby's	10 Boneless Wings, No Sauce	650	44	46.0	32.0
Entrees	Zaxby's	20 Boneless Wings, No Sauce	1310	89	93.0	65.0
Appetizers & Sides	Zaxby's	5 Traditional Wings, No Sauce	380	3	38.0	24.0
Appetizers & Sides	Zaxby's	10 Traditional Wings, No Sauce	760	6	76.0	48.0
Entrees	Zaxby's	20 Traditional Wings, No Sauce	1530	12	153.0	97.0
Appetizers & Sides	Zaxby's	Chicken Finger, No Sauce	100	4	10.0	4.5
Appetizers & Sides	Zaxby's	5 Chicken Fingers, No Sauce	480	22	49.0	22.0
Appetizers & Sides	Zaxby's	10 Chicken Fingers, No Sauce	970	44	99.0	44.0
Toppings & Ingredients	Zaxby's	Spicy Zax Sauce	170	5	1.0	16.0
Toppings & Ingredients	Zaxby's	Tongue Torch	20	4	0.0	0.0
Toppings & Ingredients	Zaxby's	BBQ	60	15	0.0	0.0
Toppings & Ingredients	Zaxby's	Wimpy	45	9	1.0	0.0
Toppings & Ingredients	Zaxby's	Ranch	990	12	4.0	105.0
Toppings & Ingredients	Zaxby's	Honey Mustard	860	48	2.0	75.0
Toppings & Ingredients	Zaxby's	Spicy Zax Sauce	920	28	3.0	89.0
Toppings & Ingredients	Zaxby's	Wimpy	200	41	4.0	2.0
Toppings & Ingredients	Zaxby's	Tongue Torch	130	23	3.0	2.5

Toppings & Ingredients	Zaxby's	Nuclear	120	19	4.0	3.5
Toppings & Ingredients	Zaxby's	Teriyaki	470	102	7.0	3.0
Toppings & Ingredients	Zaxby's	BBQ	420	96	3.0	0.5
Toppings & Ingredients	Zaxby's	Nuclear	30	4	1.0	1.0
Sandwiches	Zaxby's	Zaxby's Signature Club Only w/ Zax Sauce	820	52	50.0	46.0
Sandwiches	Zaxby's	Zaxby's Signature Club Only w/ Spicy Zax Sauce	810	52	50.0	45.0
Appetizers & Sides	Zaxby's	Traditional Wings, No Sauce	80	1	8.0	5.0
Appetizers & Sides	Zaxby's	Traditional Wings, Buffalo Garlic Blaze	90	1	8.0	6.0
Beverages	Zaxby's	Minute Maid Lemonade, Small	260	68	0.0	0.0
Beverages	Zaxby's	Minute Maid Lemonade, Medium	390	102	0.0	0.0
Beverages	Zaxby's	Minute Maid Lemonade, Large	520	136	0.0	0.0
Beverages	Zaxby's	Minute Maid Lemonade, Kidz	160	41	0.0	0.0
Fried Potatoes	Zaxby's	Kid's Crinkle Fries	200	28	3.0	8.0
Appetizers & Sides	Zaxby's	Goldfish Giant Grahams, Vanilla	120	19	1.0	4.0
Appetizers & Sides	Zaxby's	Fried Pickles & Ranch	800	54	7.0	62.0
Appetizers & Sides	Zaxby's	Chicken Finger, Buffalo Garlic Blaze	110	5	10.0	6.0
Toppings & Ingredients	Zaxby's	Buffalo Garlic Blaze	500	12	2.0	49.0
Toppings & Ingredients	Zaxby's	Buffalo Garlic Blaze	120	3	1.0	12.0
Appetizers & Sides	Zaxby's	Boneless Wings, Buffalo Garlic Blaze	80	5	5.0	4.5
Appetizers & Sides	Zaxby's	5 Traditional Wings, Buffalo Garlic Blaze	440	5	38.0	30.0
Appetizers & Sides	Zaxby's	5 Chicken Fingers, Buffalo Garlic Blaze	570	24	50.0	31.0
Appetizers & Sides	Zaxby's	5 Boneless Wings, Buffalo Garlic Blaze	390	24	24.0	22.0
Appetizers & Sides	Zaxby's	5 Boneless Wings, BBQ	390	36	24.0	16.0
Entrees	Zaxby's	20 Traditional Wings, Buffalo Garlic Blaze	1770	18	154.0	121.0
Entrees	Zaxby's	20 Chicken Fingers, No Sauce	1940	88	198.0	89.0
Entrees	Zaxby's	20 Chicken Fingers, Buffalo Garlic Blaze	2290	96	199.0	123.0
Entrees	Zaxby's	20 Boneless Wings, Buffalo Garlic Blaze	1560	95	94.0	90.0
Appetizers & Sides	Zaxby's	10 Traditional Wings, Buffalo Garlic Blaze	890	9	77.0	60.0
Appetizers & Sides	Zaxby's	10 Chicken Fingers, Buffalo Garlic Blaze	1150	48	100.0	62.0
Appetizers & Sides	Zaxby's	10 Boneless Wings, Tongue Torch	680	49	47.0	33.0
Appetizers & Sides	Zaxby's	10 Boneless Wings, Buffalo Garlic Blaze	780	47	47.0	45.0