Fast Casual Restaurant Menus (Enriched with Prices & Calories)

# Chipotle Mexican Grill

- Chicken Burrito — cilantro-lime rice, black beans, pico, cheese **[$9.95, ~720 kcal]**

- Barbacoa Bowl — brown rice, fajita veggies, tomatillo salsa, sour cream **[$10.95, ~650 kcal]**

- Veggie Tacos (3) — guacamole, roasted chili-corn salsa, lettuce **[$8.95, ~540 kcal]**

- Chips & Queso Blanco — tortilla chips with queso **[$4.25, ~320 kcal]**

# Panera Bread

- Broccoli Cheddar Soup (Bread Bowl) — classic cheddar soup in sourdough bowl **[$8.79, ~900 kcal]**

- Fuji Apple Chicken Salad — gorgonzola, apple chips, roasted pecans **[$11.49, ~560 kcal]**

- Chipotle Chicken Avocado Melt — black pepper focaccia **[$10.99, ~740 kcal]**

- Mediterranean Veggie Sandwich — hummus, cucumbers, peppers **[$9.49, ~540 kcal]**

# Shake Shack

- ShackBurger — lettuce, tomato, ShackSauce **[$6.89, ~530 kcal]**

- SmokeShack — bacon, cherry peppers, cheese **[$8.99, ~610 kcal]**

- Crinkle-Cut Fries (Cheese) — classic fries with cheese sauce **[$4.19, ~520 kcal]**

- Frozen Custard Concrete — vanilla custard with mix-ins **[$5.79, ~680 kcal]**

# Chick-fil-A

- Original Chicken Sandwich — buttered bun, dill pickles **[$4.69, ~440 kcal]**

- Spicy Deluxe Sandwich — pepper jack, lettuce, tomato **[$5.69, ~570 kcal]**

- Waffle Potato Fries — medium size **[$2.79, ~400 kcal]**

- Chick-n-Minis (4 ct) — breakfast, honey butter **[$4.19, ~360 kcal]**

# Five Guys

- Bacon Cheeseburger — customizable toppings **[$10.99, ~1060 kcal]**

- Little Hamburger — single patty, grilled onions & mushrooms **[$6.99, ~540 kcal]**

- Cajun Style Fries (Regular) — cajun seasoning **[$5.19, ~530 kcal]**

- Milkshake (Oreo) — hand-spun with mix-in **[$5.79, ~670 kcal]**

# Firehouse Subs

- Hook & Ladder — turkey, ham, Monterey Jack **[$8.99, ~720 kcal]**

- Italian — salami, pepperoni, provolone, Italian dressing **[$9.29, ~850 kcal]**

- New York Steamer — corned beef brisket, pastrami **[$9.69, ~900 kcal]**

- Firehouse Chili (Cup) — hearty beef chili **[$3.99, ~280 kcal]**

# MOD Pizza

- Maddy Pizza — red sauce, mozzarella (11") **[$9.49, ~710 kcal]**

- Caspian Pizza — BBQ chicken, gorgonzola, BBQ drizzle **[$11.49, ~820 kcal]**

- Mad Dog Pizza — pepperoni, sausage, ground beef **[$11.99, ~900 kcal]**

- Build-Your-Own — unlimited toppings (11") **[$10.99, varies]**

# Qdoba Mexican Eats

- 3-Cheese Queso & Chips — signature queso **[$4.49, ~450 kcal]**

- Grilled Chicken Quesadilla — pico de gallo, cheese blend **[$8.99, ~690 kcal]**

- Smothered Burrito (Pork) — queso-smothered **[$9.99, ~870 kcal]**

- Loaded Tortilla Soup (Beef) — toppings and tortilla strips **[$7.99, ~520 kcal]**

# Jersey Mike’s Subs

- Original Italian (#13) — provolone, ham, prosciuttini, cappacuolo, salami, pepperoni **[$9.95, ~920 kcal]**

- Club Sub (#8) — turkey, ham, provolone, bacon, mayo **[$9.45, ~980 kcal]**

- Philly Cheese Steak — griddled onions & peppers **[$9.89, ~840 kcal]**

- Veggie — Swiss, provolone, green peppers **[$7.99, ~720 kcal]**

# Noodles & Company

- Wisconsin Mac & Cheese — cream sauce, cheddar-jack blend **[$7.99, ~980 kcal]**

- Japanese Pan Noodles — udon, broccoli, carrots, shiitake **[$8.79, ~640 kcal]**

- Penne Rosa — spicy tomato cream, spinach, mushrooms **[$8.99, ~720 kcal]**

- Pad Thai — rice noodles, egg, peanuts, green onions **[$9.49, ~740 kcal]**